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CERRITOS CROSS COUNTRY

THE INSIDER

September 21, 2015
Volume XIII Issue 12

The Dons Capture Two Crowns at District

¤ WITH THE DONS NOT SURE WHAT TO EXPECT ON THE DAY OF THE DISTRICT CHAMPIONSHIPS, THEY FOUND THEMSELVES A PRETTY SUCCESSFUL DAY.

CERRITOS, CA - The lineup of the Dons was a fairly young one overall with not as much varsity experience as in the past, however, the Dons battled and ran solid times in their efforts.

The girls varsity team was led by Brianna Katsuda (4th), Catherine Line (5th) and Kayla Katsuda (8th) who fell just short of some key points in a very close race. Both B. Katsuda and Lin were able to sneak under the 20 minute mark along the course. in finishing in third. The boys trailed heavily early on, but they made progress through the race with Bill Chuang closing the gap on Ayala to finish second (14:58) and Jaineel Patel just falling short of fourth, as he took fifth in 15:57. Alex Yao took 8th and the Dons stacked in 10th, 11th and 12th behind Derick Kwon, Aaron Alvarado and Nathan Edwards as they fell just short of Gahr 28-33.

Facing a F/S team from Whitney who beat their varsity team for the day, winning the title would be a challenge, however, the Dons ran strong with Mario Amaro (17:45) taking home a medal on the day. Vraj Patel and Luc Skube were the next two scorers for the Dons.

The two races that ran simultaneously were the two that brought the titles for the Dons. Ji Woo Choi took home the individual crown in 17:17 as he passed a Gahr athlete. Behind him, Emmanuel Ramos, Derrick Yang and Kevin Sato showed the depth of the Dons as they cleaned house, with all these athletes breaking the 18 minute mark. George Sandoval was the fifth scorer for the Dons who won 21-38. The lady Dons trailed in their race but made some big moves behind Laura Sauto (3rd, 20:59) and Bella Vasquez (4th, 21:01) to take a 25-30 victory. Melissa Oshiro also earned a medal in sixth.

Noah Kim saw a new PR by 2:22 with Patrici Gomez with the biggest drop among the girls in 1:57. Others with over one minute PRs included Narissa Hantragoon (1:12) and Sarah M. Lee (1:10). The biggest improvements from Rosemead included Genevieve Le (2:24), Cindy Hantragoon (2:21), and Kimse Sok (1:44).

Medals Galore at Oregon

The Dons collected 24 medals among the 31 athletes who competed at the Three Course Challenge in Oregon.

On the easy course, JiWoo Choi led the way for the Dons in 17:33, closely followed by Nathan Edwards (17:40) who finished in the top 60 overall. Christie Kim finished in 63rd in leading the lady Dons as she ran 22:12 with Karenina Alfaro as the other scorer.

On the moderate course, Derick Kwon took 47th in 20:59, while Alex Yao ran 21:03 to take 52nd while on the girls side, both finished in the top 80, with Melissa Oshiro coming in at 26:22 and Marie Chu at 26:50.

The difficult course always provides some of the slowest times but still the Dons managed some solid times. Bill Chuang ran to a 20:47 in finishing 18. His teammates both finished in the top 60 in 22:02 for Jaineel Patel and 22:09 for Aaron Alvarado. Brianna Katsuda led the girls in 38th in 26:58 wihth Catherine Lin (56th, 27:44) and Kayla Katsuda (68th, 27:56) scoring for the Dons.

While team scores are still being tabulated, the Dons excelled on the course and showed that they are ready for all challenges that come their way. The three courses increase indifficulty and length. The course runs along challenging terrain that traditional make the times slow.

Getting the Right Shoes

Shoes are one of the most important ways of staying injury free during cross country! As stated in the parent packet, it is encouraged that athletes to go Roadrunner Sports to get their shoes, as they provide a good fit for your feet and style of running, however, you could pick up at least a lower end pair at Sportsmart or Big 5. It is worth the money to buy a pair at Roadrunners, but if you have a tighter budget, any running shoe will do. Please ask Coach Watanabe for more details.

Injured? Let Someone Know!

If you feel INJURED, be sure to let a captain or coach know ASAP. It is often normal to feel SORE in the quads and hamstrings from starting to run, but sharp pain in the knees, hips or shins should be reported. Often times it is wise to soak in hot water and massage out the tight muscles and then stretch well. Also, icing helps speed the process of recovery.

Upcoming Events

TODAY	Stamped Blue Card
09/25	Clothing Order Deadline
09/25	Potluck at the Chu's!
09/26	Bill York Invitational Riverside, CA
10/1	Suburban Cluster #1 Cerritos Regional Park
10/6	Picture Day
10/7	Non-League Dual
10/10	SoCal Invitational

Highlights

Athletes of the Meet: ABC
Gina Huh, Alex Yao
Narissa Hantragoon, Noah Kim
Patricia Gomez, Nathan Tran

Athletes of the Meet: Oregon
Derick Kwon, Brianna Katsuda

Freeze Frames

Quotable Corner

"Keep your face always towards the sunshine - and shadows will fall behind you."

- Walt Whitman

Contact Information
Coach Jason Watanabe
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562-397-0867

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Suburban Cluster #1

The first Suburban League Cluster will be held at Cerritos Regional Park.

1:45pm - Novice (non-scoring)
2:15pm - JV Girls
2:45 - JV Boys
3:15pm - Varsity Girls
3:45pm - Varsity Boys

Chu Potluck

Join us for our first potluck of the season as we venture to the Chu residence. Please sign up for an item with Coach Watanabe today! Your item should be between $10 and $15!

Potluck at Marie's
18103 Antonio Avenue, Cerritos
Right on 183rd
Left onto Marquardt
Left onto Ashworth Circle
Left onto Antonio Drive

Join us for our first potluck of the season!!! Sign up today!!!

Cross Country 2014-2015

If you know of any athletes who want to join for the cross country season, please pick up a packet for them ASAP! Remember, you receive $10 fundraising credit for athletes who remain for the entire season and make the option 1 donation. Please let me know if you recruit an athlete. If we need to reduce the size of our team, your attendance and effort will be used in our evaluation to decide who makes the final team. We will be limited to approximately 150 athletes.

Important Dates
9/25 - Potluck at the Chu's. 6p
9/26 - Bill York Invitational, 5:30a
9/29 - Ice Baths (Weather Permitting)
10/1 - Suburban Cluster #1

Athletes MUST have a stamped blue card in order to attend all future meets! Athletes that do not will not be allowed to compete and will receive a deduction in their grade!

Billy York Invitational - 9/26
The Dons will compete at the NEW CIF PRELIMS Course in Riverside!

5:30am - Bus Departs (Bloom)
8:00am - Varsity Boys (Large)
8:40am - Varsity Girls (Large)
9:20am - JV Boys (Large)
9:40am - JV Girls
10:20am - F/S Boys (Large)
10:40am - F/S Girls
12:45pm - Return to CHS

*It tends to get warm in Riverside, please hydrate and prepare! The drive can be long, thus, we are leaving early and may take some time to return.

ten athletes qualify for one gender.

Academics (3.5 - Grace: 3.0)
Attitude/Attendance/Citizenship
Fundraising ($300)
Mammoth Camp Attendance (No Peittions)
Community Service (Cow Run, Library + 5 hours)
Performance Standards (Below)

	Qual/Grace/BQual	Qual/Grace/BQual
2-MiXC	11:20/11:30/11:45	13:40/13:55/14:10
3-MiXC	17:30/17:50/18:15	21:30/21:50/22:15
5kXC	18:05/18:25/18:50	22:15/22:35/23:00
1.5MiX	9:15/9:25/9:40	10:30/10:40/10:55
800m	2:12/2:15/2:18	2:40/2:45/2:50
1600m	5:00/5:10/5:15	6:00/6:10/6:15
3200m	11:00/11:10/11:20	13:10/13:30/13:40
1500m	4:40/4:50/4:55	5:37/5:50/6:00
3000m	10:20/10:30/10:40	12:20/12:40/12:50
Steeple	7:40/7:50	9:25/9:40

* A minimum of one time must be completed in track & field.
^ Qualifying must be completed by July 4, 2015

Qualifiers
Bill Chuang (2miXC, 3miXC)
Brianna Katsuda (2miXC-G, 3miXC)
Jaineel Patel (2miXC-G, 3miXC)
Alex Yao (3miXC-G)

(G) - Grace Standard - Qualifying mark will count with another mark.
(B) - B Standards - Qualifying mark will count for a JV qualifying mark if enough members qualify to a field a second team at the meet. PLEASE NOTE - Qualifying is not guaranteed with this mark.

Clothing Sale

Clothing Sale deadline extended to Friday!!

Sweatshirts
Sweatpants
Polos
Tanks
Ohana T-shirt
& More!!!

Adoptions
We need to complete adoptions! If you are not adopted or have not adopted someone, we will be competing adoptions this week! Please be on the lookout for someone to adopt or for someone to adopt you! Let's grow our family tree and try to make it as strong as possible! Let's do this!

THE INSIDER

THE COLUMN "SCORING"

THE COLUMN: SCORING

How is cross country scored and what is my role in that?

While many of you know how cross country is scored, I make an annual post on cross country scoring so that those new to the sport can learn more about how their sport is scored. While invitationals may do different scoring, the basic model for cross country scoring looks like this:

Five Scorers
Two Displacers

A scorer is defined as any athlete that finishes in your top five. Their score will be totaled into your final score. A displacer is someone who still counts in the point total, however, will not be totaled into the score. Their role is to knock back the scorers of other teams. Why? The deeper your team, the better chance you have of winning.

A runner will get a point based on their finish. The first place finisher who is a part of a team will get one point, second, two points and so on. If a runner is a part of a team that does not have at least five runners, they are not factored into the scoring.

1. Team A (1)
2. Team B (2)
3. Team C
4. Team A (3)
5. Team B (4)
6. Team B (5)
7. Team B (6)
8. Team A (7)
9. Team A (8)
10. Team B (9)
11. Team A (10)
12. Team B (11)
13. Team B (12)
14. Team A (13)
15. Team A (14)

Team A
1, 3, 7, 8, 10 (13, 14) = 29

Team B
2, 4, 5, 6, 9, (11, 12) = 26

As you can see, Team C only had one runner and did not receive any points. By totaling up the top five scores, you get the final score. Team A had two runners in the top four, however, because Team B had four in the top 7, they regained the edge and ultimately won 26-29. However, if one of Team had passed a Team B member, that would lead to a two point swing and bring the score even closter to 27-28, with Team B still winning. If the 8th place finisher from Team A moved to 6th, Team A would then win, 27-28. It's a bit confusing, however, understand that every person you pass is either one or two points, depending on which team they are from. Questions? Ask Coach Watanabe!

Website Information
www.cerritosxc.com
cerritos
mustard (NEW!!!)

		GR	ABC15	CONV	AVE	3MPC	+/-	3MP15	+/-	RSE15	+/-	ABC14	+/-	ABC13	ABC12
F	Katsuda, Brianna	10	19:43	21:02	7:01	19:45	1:17	20:39	0:23	19:54	0:32	22:13	1:10		
F	Lin, Catherine	12	19:53	21:13	7:04	19:26	1:47	22:03	0:49	CAN		21:53	0:39		
F	Katsuda, Kayla	12	20:06	21:27	7:09	20:20	1:07	21:15	0:12	CAN		22:30	1:02		
F	Sato, Laura	10	20:59	22:24	7:28	22:44	0:19	22:44	0:19	22:04	0:20				
F	Vasquez, Isabella	12	21:01	22:26	7:28	22:09	0:17	23:08	0:41	CAN		24:08	1:41		
F	Chu, Marie	10	21:02	22:27	7:29	22:30	0:02	22:30	0:02	22:04	0:17	24:16	1:48		
F	Oshiro, Melissa	11	21:10	22:35	7:31	20:44	1:51	23:39	1:03	21:54	0:01	23:33	0:57	22:11	
F	Vitug, Cailey	11	21:26	22:52	7:37	22:43	0:09	22:43	0:09	22:03	0:09				
F	Huh, Gina	11	21:26	22:52	7:37	23:22	0:29	23:22	0:29	22:40	0:29	25:58	3:05		
F	Kim, Christie	11	21:36	23:03	7:41	22:51	0:12	22:51	0:12	22:10	0:12	24:28	1:24		
F	Muralidharan, Amita	10	21:47	23:15	7:45	22:18	0:57	22:18	0:57	CIF					
F	Yamachika, Kristi	10	22:01	23:30	7:50	21:40	1:50	22:39	0:51	22:12	0:37	24:39	1:08		
F	Castrence, Bea	11	22:16	23:46	7:55	23:17	0:29	23:17	0:29	22:36	0:28				
F	Lee, Eunice	11	22:28	23:59	7:59	23:14	0:45	24:12	0:12	23:29	0:13	24:27	0:27	26:59	
F	Navarro, Erika	12	22:33	0:04	8:01	22:00	2:04	24:03	0:01	CAN		24:57	0:52	28:04	
F	Le, Genevieve	10	23:21	0:55	8:18	25:05	0:09	25:05	0:09	26:31	2:24				
F	Hantragoon, Narissa	12	23:26	1:01	8:20	26:14	1:12	26:14	1:12	CAN					
F	Lee, Claire	9	23:32	1:07	8:22	24:06	1:01	24:06	1:01	23:23	1:01				
F	Sancheti, Akanksha	11	23:50	1:26	8:28	24:17	1:09	25:50	0:23	25:04	0:23	26:06	0:39	27:41	
F	Hayakawa, Allyson	10	24:04	1:41	8:33	26:26	0:44	26:26	0:44	25:39	0:44				
F	Kuo, Yvonne	9	24:30	2:09	8:43	26:20	0:10	26:20	0:10	26:12	0:51				
F	Gomez, Patricia	9	24:33	2:12	8:44	28:10	1:57	28:10	1:57	27:20	1:58				
F	Cheng, Anita	11	24:39	2:19	8:46	26:40	0:21	26:40	0:21	25:52	0:21				
F	Alfaro, Karenina	12	24:40	2:20	8:46	22:11	4:09	23:06	3:14	CAN		25:17	1:03		
F	Lee, Sarah M	10	24:50	2:30	8:50	27:41	1:10	27:41	1:10	26:52	1:11				
F	Hantragoon, Cindy	9	25:06	2:47	8:55	27:12	0:24	27:12	0:24	28:17	2:21				
F	Kang, Grace	10	25:07	2:48	8:56	26:26	0:22	27:01	0:12	26:26	0:26				
F	Zaman, Jocelyn	10	25:46	3:30	9:10	27:37	0:06	27:37	0:06	27:41	1:01				
F	Fujihiro, Lindsay	9	25:49	3:33	9:11	27:41	0:07	27:41	0:07	26:59	0:15				
F	Patel, Ami	9	25:51	3:35	9:11	25:56	1:39	25:56	1:39	27:45	1:00				
F	Liang, Sarah	12	25:57	3:42	9:14	26:03	1:39	-		CAN					
F	Tang, Alison	10	26:12	3:58	9:19	27:45	0:13	27:45	0:13	26:56	0:12				
F	Macatuno, Peighton	10	26:36	4:23	9:27	28:43	0:19	28:43	0:19	27:26	0:07	35:52	7:28		
F	Tamaki, Alyxe	9	26:59	4:48	9:36	28:25	0:23	28:25	0:23	27:34	0:23				
F	Patel, Shruti	12	27:08	4:58	9:39	26:27	2:31	-		CAN		31:38	2:39	29:49	
F	Delvadia, Rashmi	12	27:14	5:04	9:41	25:02	4:02	-		CAN		28:46	0:18	28:10	
F	Lee, Tiffany	10	27:15	5:05	9:41	25:51	3:14	29:22	0:16	28:30	0:17	34:32	5:26		
F	Jung, Ivy	12	27:51	5:43	9:54	27:38	2:05	27:38	2:05	CAN					
F	Nguyen, Francine	12	28:46	6:42	10:14	28:38	2:04	-		CAN					
F	Shantharaj, Shreya	10	28:51	6:48	10:16	29:53	0:55	29:53	0:55	29:00	0:54				
F	Ruelas, Jeanette	12	28:54	6:51	10:17	-		-		CAN					
F	Delgadillo, Destiny	10	29:12	7:10	10:23	-		-							
F	Cruz, Christina	10	29:40	7:40	10:33	30:26	1:14	31:36	0:04	30:40	0:03	45:02	13:21		
F	Huynh, Zena	10	29:48	7:48	10:36	32:19	0:30	32:19	0:30	31:21	0:30				
F	Ono, Jenna	9	29:58	7:59	10:39	30:55	1:04	30:55	1:04	30:08	0:55				
F	D'Alwis, Nethmi	10	30:01	8:02	10:40	-		-							
F	Luo, Lina	9	30:08	8:10	10:43	32:21	0:10	32:21	0:10	31:23	0:10				
F	Esipritu-Santo, Kimberly	10	30:20	8:23	10:47	28:16	4:07	32:28	0:04	31:30	0:05	35:59	3:35		
F	Takeda, Yuu	12	30:39	8:43	10:54	24:52	7:51	-		CAN		27:16	5:27	29:03	
F	Thapa, Amira	12	32:12	10:22	11:27	26:58	7:24	-		CAN		30:15	4:07	28:13	
F	Patel, Vinita	11	34:40	13:00	12:20	30:34	6:26								
F	Ramirez, Merceds	10	34:40	13:00	12:20	24:32	12:28								
F	Abad, Amanda	12	INJ			27:45		-		INJ					
F	Park, Robin	10	DR-U			27:20		31:17		30:21		33:21			
F	Yang, Allice	11	S			24:53		25:18		25:03		26:47			

		GR	ABC15	CONV	AVE	3MPC	+/-	3MP15	+/-	RSE15	+/-	ABC14	+/-	ABC13	ABC12
M	Chuang, Bill	11	14:58	15:58	5:19	15:27	0:31	15:54	0:04	15:47	0:17	16:40	0:41	16:41	
M	Patel, Jaineel	10	15:57	17:01	5:40	16:34	0:27	16:34	0:27	16:05	0:26	18:07	1:05		
M	Yao, Alex	11	16:34	17:41	5:53	17:41	0:00	18:11	0:29	17:39	0:30	21:17	3:35		
M	Kwon, Derick	12	16:39	17:46	5:55	17:30	0:16	17:30	0:16	CAN					
M	Alvarado, Aaron	12	16:48	17:56	5:58	17:25	0:31	17:25	0:31	CAN		18:26	0:29	19:11	20:59
M	Edward, Nathan	12	16:55	18:03	6:01	17:49	0:14	18:13	0:09	CAN					19:49
M	Tai, Nicholas	12	17:02	18:11	6:03	17:06	1:05	17:31	0:40	CAN		19:10	0:58	19:10	20:56
M	Choi, Ji Woo	11	17:17	18:27	6:09	18:07	0:20	18:55	0:27	18:21	0:27	21:18	2:50	22:20	
M	Ramos, Emmanuel	11	17:33	18:44	6:14	17:05	1:39	18:34	0:10	18:19	0:08	20:49	2:04		

		GR	ABC15	CONV	AVE	3MPC	+/-	3MP15	+/-	RSE15	+/-	ABC14	+/-	ABC13	ABC12
M	Amaro, Mario	10	17:45	18:57	6:19	18:59	0:01	18:59	0:01	18:25	0:02				
M	Yang, Derrick	11	17:53	19:05	6:21	17:25	1:40	19:00	0:05	18:58	0:27	19:27	0:21	20:44	
M	Sato, Kevin	12	17:59	19:11	6:23	19:18	0:06	19:18	0:06	CAN					
M	Huang, Derek	11	18:35	19:50	6:36	18:37	1:13	19:44	0:06	19:36	0:21	21:29	1:38	22:04	
M	Sandoval, George	12	18:35	19:50	6:36	19:11	0:39	20:40	0:49	CAN		20:10	0:19	21:09	22:58
M	Patel, Vraj	10	18:42	19:57	6:39	19:05	0:52	19:05	0:52	18:53	0:29				
M	Skube, Luc	9	18:48	20:04	6:41	-		-		VAC					
M	Gonzales, Michael	12	18:54	20:10	6:43	19:57	0:13	19:57	0:13	CAN					
M	Luciano, Meynard	10	19:08	20:25	6:48	19:35	0:50	19:35	0:50	19:00	0:50	23:43	3:17		
M	Quarles, Jacob	12	19:09	20:26	6:48	20:21	0:05	20:21	0:05	CAN				22:50	28:24
M	Arrington, Kenneth	12	19:18	20:36	6:52	20:24	0:12	20:24	0:12	CAN					
M	Hong, Aldy	12	19:24	20:42	6:54	18:50	1:52	21:31	0:48	CAN		20:16	0:26	21:15	
M	Miranda, Justin	9	19:25	20:43	6:54	21:07	0:23	21:07	0:23	20:29	0:23				
M	Somasundaram, Siddhart	11	19:45	21:05	7:01	19:50	1:15	21:21	0:15	20:43	0:16	22:28	1:22	27:23	
M	Tran, Nathan	12	19:53	21:13	7:04	21:40	0:26	-		CAN				30:19	
M	Dang, Patrick	10	19:55	21:15	7:05	20:03	1:12	20:25	0:50	19:49	0:50				
M	Luu, Raymond	11	19:56	21:16	7:05	20:34	0:42	21:21	0:04	20:43	0:04	22:58	1:41	22:28	
M	Villegas, Elino	12	20:08	21:29	7:09	21:03	0:26	-		CAN		23:54	2:24		
M	Furukido, Wesley	12	20:09	21:30	7:10	19:56	1:34	23:34	2:03	CAN		19:56	1:34	18:43	20:53
M	Hoang, Anthony	10	20:24	21:46	7:15	20:46	1:00	20:46	1:00	20:50	0:18	22:26	0:39		
M	Alba, Francis	10	20:28	21:51	7:17	22:12	0:20	22:12	0:20	22:10	1:00				
M	Chung, Jacob	10	20:30	21:53	7:17	20:43	1:10	20:43	1:10	20:06	1:09	28:24	6:30		
M	Lee, Bryan	12	20:34	21:57	7:19	21:06	0:51	-		CAN					
M	Alba, Chandler	10	20:36	21:59	7:19	21:50	0:09	21:50	0:09	21:11	0:09				
M	Wang, Jeffrey	10	20:39	22:02	7:20	21:02	1:00	21:02	1:00	20:33	0:51				
M	Yamachika, Ryan	9	20:39	22:02	7:20	20:33	1:29	20:33	1:29	21:24	0:00				
M	Fu, Aaron	9	20:41	22:04	7:21	22:01	0:03	22:01	0:03	21:22	0:03				
M	Soh, Min Woo	12	20:42	22:05	7:22	21:53	0:12	-		CAN					
M	Kim, Noah	10	21:02	22:27	7:29	24:50	2:22	24:50	2:22	24:06	2:23				
M	Vasquez, Jimmy	11	21:36	23:03	7:41	23:45	0:41	23:45	0:41	23:03	0:42				
M	Kim, Isaiah	10	21:43	23:11	7:43	22:12	0:59	22:12	0:59	21:33	0:58				
M	Ruan, Leo	11	22:14	23:44	7:54	-		-							
M	Manuel, Ryan Jay	11	22:15	23:45	7:55	19:55	3:50	-		?		24:11		31:01	
M	Tenzas, Lucas	9	22:16	23:46	7:55	22:05	1:41	22:05	1:41	FAM					
M	Kim, Justin	9	22:22	23:52	7:57	23:04	0:48	23:04	0:48	23:59	0:50				
M	Luu, Christopher	9	22:47	0:19	8:06	23:34	0:45	23:34	0:45	22:52	0:45				
M	Gardner, Johnny	10	23:24	0:58	8:19	22:22	2:36	23:46	1:12	23:04	1:12				
M	Sok, Kimse	11	23:32	1:07	8:22	24:05	1:02	26:52	1:44	26:04	1:44	31:14			
M	Samortin, Matthew	9	24:24	2:02	8:41	23:10	2:52	23:10	2:52	FAM					
M	Magante, Grant	10	24:43	2:23	8:47	-		-							
M	Umpant, Tyler	12	24:48	2:28	8:49	26:33	0:04	26:33	0:04	FAM					
M	Muley, Vighnesh	9	25:20	3:02	9:00	24:32	2:30	24:32	2:30	23:48	2:30				
M	Guan, Steven	9	25:50	3:34	9:11	-		-							
M	Yang, Ethan	10	25:56	3:41	9:13	22:59	4:42	-							
M	Hwang, Nathan	11	26:35	4:22	9:27	20:32	7:50	-				25:11			
M	Carrillo, Cody	9	28:45	6:41	10:13	27:59	2:42	27:59	2:42	27:09	2:42				
M	Chanmany, Samuel	9	30:58	9:03	11:01	-		-							
M	Santos, Jed	9	40:18	19:01	14:20	38:03	4:58	38:03	4:58	36:55	4:57				
M	Chavez, Isaiah	10	W			22:28		22:28		DNR					
M	Choe, Ken	11	W			27:39		27:39		26:50					
M	Ortiz, Giancarlo	12	W			19:00		-		CAN		21:29		22:57	
M	Sy, Aaron	11	W			18:59		-		?		22:31			
M	Thomson, Michael	12	W			19:16		19:16		CIF					
M	Tran, Eric	12	W			21:48		23:33		CAN		23:52		24:08	

Scoring	1-3	SG	1-7	1-10	Team	Team
Girls Team	0:23	1:18	1:27	1:53	101:42	108:32
Boys Team	1:36	1:50	2:04	2:47	80:56	86:22

	Girls Varsity	ABC15	ABC14	ABC13	ABC12	ABC11	ABC10	ABC09	ABC08	ABC07	ABC06	ABC05	ABC04	DIFF
1	Katsuda, Brianna	21:02	19:39	20:56	21:20	19:40	19:27	19:50	20:06	20:28	20:40	20:53	21:07	1:23
2	Lin, Catherine	21:13	20:41	21:23	21:28	20:45	19:49	19:52	20:24	21:02	20:51	21:19	21:10	0:32
3	Katsuda, Kayla	21:27	21:07	21:44	21:48	21:12	20:16	20:27	21:28	21:24	21:09	22:05	21:45	0:20
4	Sato, Laura	22:24	21:53	22:11	22:09	21:19	20:31	20:38	21:28	21:44	21:10	22:50	21:47	0:31
5	Vasquez, Isabella	22:26	22:06	22:15	22:40	21:49	20:46	21:03	21:51	21:54	21:40	22:58	22:35	0:20
6	Chu, Marie	22:27	22:13	22:18	22:52	21:56	21:12	22:18	22:02	22:10	21:54	23:12	23:34	0:14
7	Oshiro, Melissa	22:35	22:23	22:18	22:56	22:07	21:33	22:35	22:11	22:15	22:13	23:15	23:45	0:12
		108:32	105:26	108:29	109:25	104:45	100:49	101:50	105:17	106:32	105:30	110:00	108:24	3:06

	Boys Varsity	ABC15	ABC14	ABC13	ABC12	ABC11	ABC10	ABC09	ABC08	ABC07	ABC06	ABC05	ABC04	DIFF
1	Chuang, Bill	15:58	16:40	16:08	16:59	16:48	16:50	17:22	15:57	16:23	16:55	17:25	17:29	0:42
2	Patel, Jaineel	17:01	17:12	16:30	17:04	17:10	17:18	17:41	17:16	16:54	16:59	17:47	18:12	0:11
3	Yao, Alex	17:41	18:07	16:41	17:33	17:13	17:31	17:49	17:38	16:57	17:08	17:54	18:15	0:26
4	Kwon, Derick	17:46	18:26	17:06	17:36	17:14	17:33	17:49	17:52	17:41	17:44	18:26	18:33	0:40
5	Alvarado, Aaron	17:56	19:09	17:15	17:41	17:19	17:50	17:49	17:59	17:42	17:50	18:49	18:34	1:13
6	Edward, Nathan	18:03	19:10	17:20	18:16	17:24	17:59	18:17	18:02	17:48	18:07	18:55	18:37	1:07
7	Tai, Nicholas	18:11	19:27	17:34	18:34	17:32	18:24	18:35	18:49	18:33	18:11	18:59	18:45	1:16
		86:22	89:34	83:40	86:53	85:44	87:02	88:30	86:32	85:37	89:12	90:21	91:03	3:12

New Personal Records (Career)

		GR	ABC15	CONV	3MPC	+/-
M	Kim, Noah	10	21:02	22:27	24:50	2:22
F	Gomez, Patricia	9	24:33	2:12	28:10	1:57
F	Hantragoon, Narissa	12	23:26	1:01	26:14	1:12
F	Lee, Sarah M	10	24:50	2:30	27:41	1:10
F	Hayakawa, Allyson	10	24:04	1:41	26:26	0:44
M	Vasquez, Jimmy	11	21:36	23:03	23:45	0:41
F	Huynh, Zena	10	29:48	7:48	32:19	0:30
F	Huh, Gina	11	21:26	22:52	23:22	0:29
M	Tran, Nathan	12	19:53	21:13	21:40	0:26
F	Hantragoon, Cindy	9	25:06	2:47	27:12	0:24
M	Miranda, Justin	9	19:25	20:43	21:07	0:23
F	Cheng, Anita	11	24:39	2:19	26:40	0:21
M	Alba, Francis	10	20:28	21:51	22:12	0:20
F	Sato, Laura	10	20:59	22:24	22:44	0:19
F	Macatuno, Peighton	10	26:36	4:23	28:43	0:19
F	Luo, Lina	9	30:08	8:10	32:21	0:10
F	Kuo, Yvonne	9	24:30	2:09	26:20	0:10
F	Le, Genevieve	10	23:21	0:55	25:05	0:09
F	Fujihiro, Lindsay	9	25:49	3:33	27:41	0:07
F	Zaman, Jocelyn	10	25:46	3:30	27:37	0:06
M	Sato, Kevin	12	17:59	19:11	19:18	0:06
M	Umpant, Tyler	12	24:48	2:28	26:33	0:04
F	Chu, Marie	10	21:02	22:27	22:30	0:02
M	Amaro, Mario	10	17:45	18:57	18:59	0:01

Improvement from Rosemead to ABC

		GR	ABC15	CONV	RSE15	+/-
F	Le, Genevieve	10	23:21	0:55	26:31	2:24
M	Kim, Noah	10	21:02	22:27	24:06	2:23
F	Hantragoon, Cindy	9	25:06	2:47	28:17	2:21
F	Gomez, Patricia	9	24:33	2:12	27:20	1:58
M	Sok, Kimse	11	23:32	1:07	26:04	1:44
F	Lee, Sarah M	10	24:50	2:30	26:52	1:11
F	Zaman, Jocelyn	10	25:46	3:30	27:41	1:01
F	Patel, Ami	9	25:51	3:35	27:45	1:00
M	Alba, Francis	10	20:28	21:51	22:10	1:00
F	Kuo, Yvonne	9	24:30	2:09	26:12	0:51
M	Kim, Justin	9	22:22	23:52	23:59	0:50
F	Hayakawa, Allyson	10	24:04	1:41	25:39	0:44
M	Vasquez, Jimmy	11	21:36	23:03	23:03	0:42
M	Yao, Alex	11	16:34	17:41	17:39	0:30
F	Huynh, Zena	10	29:48	7:48	31:21	0:30
F	Huh, Gina	11	21:26	22:52	22:40	0:29
M	Choi, Ji Woo	11	17:17	18:27	18:21	0:27
M	Yang, Derrick	11	17:53	19:05	18:58	0:27
F	Kang, Grace	10	25:07	2:48	26:26	0:26
F	Sancheti, Akanksha	11	23:50	1:26	25:04	0:23
M	Miranda, Justin	9	19:25	20:43	20:29	0:23
M	Huang, Derek	11	18:35	19:50	19:36	0:21
F	Cheng, Anita	11	24:39	2:19	25:52	0:21
F	Sato, Laura	10	20:59	22:24	22:04	0:20
F	Chu, Marie	10	21:02	22:27	22:04	0:17
M	Chuang, Bill	11	14:58	15:58	15:47	0:17
F	Lee, Tiffany	10	27:15	5:05	28:30	0:17
M	Somasundaram, Siddharth	11	19:45	21:05	20:43	0:16
F	Fujihiro, Lindsay	9	25:49	3:33	26:59	0:15
F	Lee, Eunice	11	22:28	23:59	23:29	0:13
F	Luo, Lina	9	30:08	8:10	31:23	0:10
M	Ramos, Emmanuel	11	17:33	18:44	18:19	0:08
F	Esipritu-Santo, Kimberly	10	30:20	8:23	31:30	0:05
M	Luu, Raymond	11	19:56	21:16	20:43	0:04
M	Amaro, Mario	10	17:45	18:57	18:25	0:02
M	Yamachika, Ryan	9	20:39	22:02	21:24	0:00

New Personal Records (Season)

		GR	ABC15	CONV	3MP15	+/-
M	Kim, Noah	10	21:02	22:27	24:50	2:22
M	Furukido, Wesley	12	20:09	21:30	23:34	2:03
F	Gomez, Patricia	9	24:33	2:12	28:10	1:57
M	Sok, Kimse	11	23:32	1:07	26:52	1:44
F	Hantragoon, Narissa	12	23:26	1:01	26:14	1:12
F	Lee, Sarah M	10	24:50	2:30	27:41	1:10
F	Oshiro, Melissa	11	21:10	22:35	23:39	1:03
M	Sandoval, George	12	18:35	19:50	20:40	0:49
F	Lin, Catherine	12	19:53	21:13	22:03	0:49
M	Hong, Aldy	12	19:24	20:42	21:31	0:48
F	Hayakawa, Allyson	10	24:04	1:41	26:26	0:44
F	Vasquez, Isabella	12	21:01	22:26	23:08	0:41
M	Vasquez, Jimmy	11	21:36	23:03	23:45	0:41
F	Huynh, Zena	10	29:48	7:48	32:19	0:30
M	Yao, Alex	11	16:34	17:41	18:11	0:29
F	Huh, Gina	11	21:26	22:52	23:22	0:29
M	Choi, Ji Woo	11	17:17	18:27	18:55	0:27
F	Hantragoon, Cindy	9	25:06	2:47	27:12	0:24
F	Sancheti, Akanksha	11	23:50	1:26	25:50	0:23
M	Miranda, Justin	9	19:25	20:43	21:07	0:23
F	Cheng, Anita	11	24:39	2:19	26:40	0:21
M	Alba, Francis	10	20:28	21:51	22:12	0:20
F	Sato, Laura	10	20:59	22:24	22:44	0:19
F	Macatuno, Peighton	10	26:36	4:23	28:43	0:19
F	Lee, Tiffany	10	27:15	5:05	29:22	0:16
M	Somasundaram, Siddharth	11	19:45	21:05	21:21	0:15
F	Lee, Eunice	11	22:28	23:59	24:12	0:12
F	Kang, Grace	10	25:07	2:48	27:01	0:12
F	Luo, Lina	9	30:08	8:10	32:21	0:10
F	Kuo, Yvonne	9	24:30	2:09	26:20	0:10
M	Edward, Nathan	12	16:55	18:03	18:13	0:09
F	Le, Genevieve	10	23:21	0:55	25:05	0:09
F	Fujihiro, Lindsay	9	25:49	3:33	27:41	0:07
F	Zaman, Jocelyn	10	25:46	3:30	27:37	0:06
M	Sato, Kevin	12	17:59	19:11	19:18	0:06
F	Esipritu-Santo, Kimberly	10	30:20	8:23	32:28	0:04
M	Umpant, Tyler	12	24:48	2:28	26:33	0:04
M	Luu, Raymond	11	19:56	21:16	21:21	0:04
F	Chu, Marie	10	21:02	22:27	22:30	0:02
M	Amaro, Mario	10	17:45	18:57	18:59	0:01

Improvement from 2014-2015 (ABC)

		GR	ABC15	CONV	ABC14	+/-
F	Cruz, Christina	10	29:40	7:40	45:02	13:21
F	Macatuno, Peighton	10	26:36	4:23	35:52	7:28
M	Chung, Jacob	10	20:30	21:53	28:24	6:30
F	Lee, Tiffany	10	27:15	5:05	34:32	5:26
F	Esipritu-Santo, Kimberly	10	30:20	8:23	35:59	3:35
M	Yao, Alex	11	16:34	17:41	21:17	3:35
M	Luciano, Meynard	10	19:08	20:25	23:43	3:17
F	Huh, Gina	11	21:26	22:52	25:58	3:05
M	Choi, Ji Woo	11	17:17	18:27	21:18	2:50
F	Patel, Shruti	12	27:08	4:58	31:38	2:39
M	Villegas, Elino	12	20:08	21:29	23:54	2:24
M	Ramos, Emmanuel	11	17:33	18:44	20:49	2:04
F	Chu, Marie	10	21:02	22:27	24:16	1:48
F	Vasquez, Isabella	12	21:01	22:26	24:08	1:41
M	Luu, Raymond	11	19:56	21:16	22:58	1:41
M	Huang, Derek	11	18:35	19:50	21:29	1:38
F	Kim, Christie	11	21:36	23:03	24:28	1:24
M	Somasundaram, Siddharth	11	19:45	21:05	22:28	1:22
F	Katsuda, Brianna	10	19:43	21:02	22:13	1:10
F	Yamachika, Kristi	10	22:01	23:30	24:39	1:08
M	Patel, Jaineel	10	15:57	17:01	18:07	1:05
F	Katsuda, Kayla	12	20:06	21:27	22:30	1:02
M	Tai, Nicholas	12	17:02	18:11	19:10	0:58
F	Oshiro, Melissa	11	21:10	22:35	23:33	0:57
F	Navarro, Erika	12	22:33	0:04	24:57	0:52
M	Chuang, Bill	11	14:58	15:58	16:40	0:41
F	Lin, Catherine	12	19:53	21:13	21:53	0:39
F	Sancheti, Akanksha	11	23:50	1:26	26:06	0:39
M	Hoang, Anthony	10	20:24	21:46	22:26	0:39
M	Alvarado, Aaron	12	16:48	17:56	18:26	0:29
F	Lee, Eunice	11	22:28	23:59	24:27	0:27
M	Yang, Derrick	11	17:53	19:05	19:27	0:21
M	Sandoval, George	12	18:35	19:50	20:10	0:19