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CERRITOS CROSS COUNTRY

THE INSIDER

September 28, 2015
Volume XIII Issue 13

Dons Battle the Heat and Dust at Billy York

¤ THE NEW CIF COURSE IN RIVERSIDE PROVIDED SOME CHALLENGES FOR THE DONS - HEAT AND DUST. WHILE THE COURSE IS FAIRLY FLAT, IT WILL STILL BE CHALLENGING.

RIVERSIDE, CA - A flat course may seem like an easier route through CIF, however, the flat terrain provided its own challenge as the dust made for one obstacle at the Billy York Invitational, along with the blazing heat of Riverside which reached 90 degrees by the final race.

The boys varsity led off the day as Bill Chuang led the boys in 12th place overall setting a new season PR of 15:39. He had a solid pack training him with Jaineel Pael (16:47), Derick Kwon (17:34), Alex Yao (17:40), and Nick Tai (17:49) helping the Dons to 13th in a solid field. The lady Dons were led by Brianna Katsuda in 20:52. Catherine Lin finished in 21:52 with first-time varsity runner Laura Sat finishing as the third runner in 21:55. Marie Chu (22:10) and Kayla Katusda (22:13) were the other scorers for the lady Dons.

The junior varsity teams had strong finishes on the day. The boys took home fourth behind the 1-2 combination of JiWoo Choi (18:20) and Emmanuel Ramos (18:39) who both finished in the top 20. Derrick Yang (18:56) and Kevin Sato (18:56) ran indential times to finish in the top 25. Derek Huang finish in 19:35 as the Dons final scorer. The lady Dons took home third as they were led by Bella Vasquez (23:07) and Bea Castrence (23:17). Eunice Lee, Melissa Oshiro, and Gina Huh also helped them take home a divisional trophy.

The boys frosh/soph team followed that up with a third place finish behind Mario Amaro's fourth place finish in 18:31). Meynard Luciano (20:13), Vraj Patel (20:13), Luc Skube (20:34) and Patrick Dang (20:43) were scorers in the race. Lindsay Fujihiro (25:06) crossed the line first for the Dons with a huge PR. Claire Lee also ran strong for the Dons. Sarah M. Lee, Alison Tang, and Peighton Macatuno scored for the sixth place team.

New career PRs by over one minute were set by Christian Ryono (3:48), Lindsay Fujihiro (2:27), Steven Guan (2:25), and Destiny Delgadillo (1:44)

Suburban Cluster #1 - Thursday 10/1

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

Release: 11:20am
11:45am - Depart for Regional (Walking)
1:45pm - Novice (non-scoring)
2:15pm - JV Girls
3:00 - JV Boys
3:30pm - Varsity Girls
4:00pm - Varsity Boys
4:45pm - Clean Up/Arrange Ride Home

Novice race will ONLY include a few athletes who are brand new team to the team and cannot complete a full three mile race. All non-varsity athletes will compete on the JV level.

Our league consists of seven schools including ours: Artesia, Bellflower, Glenn, La Mirada, Mayfair and Norwalk. We will be racing all of the teams in an invitational scoring format. The meet will count for 25% of the final league standings.

Varsity athletes who finish in the top fourteen will earn themselves all-league honors. There are no medals or awards given at this race.

Athletes will need to arrange their own ride home from the meet. Please plan on staying until the end of the meet including clean up. If you plan on driving to the park, you must bring a note and can only drive yourself directly to the park. You will need to transport bags to the park.

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
09/29	Ice Bath
10/1	Suburban Cluster #1 Cerritos Regional Park
10/2	No Practice Run 4-8mi Total this Wknd
10/6	Picture Day
10/7	Non-League Dual Cerritos HS
10/10	SoCal Invitational

Highlights

Athletes of the Meet: Billy York
Lindsay Fujihiro, Mario Amaro
Catherine Lin, Derek Huang
Ivy Jung, Jeffrey Wang

Honorable Mention
Steven Guan, Destiny Delgadillo
Christian Ryono, Bea Castrence
JiWoo Choi, Marie Chu
Justin Kim, Francine Nguyen
Kevin Sato, Ami Patel

Freeze Frames

Smile

Slap

Girls JV

Boys F/S

Quotable Corner

"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work."

- Vince Lombardi

Contact Information
Coach Jason Watanabe
wutanabe5@aol.com
562-397-0867

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Non-League Meet - Wednesday, 10/7

We will host a non-league meet on Wednesday 10/7 at Cerritos HS.

1:45pm - Report to Track
3:15pm - Boys Frosh/Soph
3:45pm - Girls
4:15pm - Boys Junior/Senior + Varsity

Potluck (SoCal)

We are looking for someone to host our second potluck of the year on Friday, October 9th. If you are interested, please contact Coach Watanabe.

Picture Day - Tuesday, 10/6

Picture day will be on Tuesday, October 6th! You must have your jersey, team shorts, running shoes and the team shirt. You may also bring solid black shorts/spandex but please have your team shorts. DO NOT FORGET THESE ITEMS, as you will not be allowed to go home to get them and will receive a 2% deduction for missing practice! We will be doing a short run after pictures so please plan accordingly. Order envelopes will be available. Consider ordering, as the company may charge us in the future if we do not order any photographs!

Clearance

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!

SoCal Invitational - Saturday, 10/10

The Dons will travel to Oceanside for the SoCal Invitational. Please bring money, as you will be stopping for lunch before heading back home!

Guajome Park, Oceanside, CA

5:30am - Bus Departs (Bloom)
8:30am - Varsity Girls (1-3)
8:50am - Varsity Boys (1-3)
9:05am - Varsity Girls (4-5)
9:25am - Varsity Boys (4-5)
9:40am - Varsity Girls (6-7)
10:00am - Varsity Boys (6-7)
10:15am - JV Girls D1
10:40am - JV Boys D1
11:00am - Novice Girls D1
11:30am - Novice Boys D1
3:00pm - Return to CHS

*Races will be determined on race day. Please plan accordingly so that you are able to adjust to any race you may be entered into. Novice athletes will be designated.

MUN students must have e-mailed Coach Watanabe AND crossed their name off the SoCal Invitational list in order to be excused from the meet. Students who are excused and do not attend the conference will receive the normal UNEXCUSED meet absence and be charged the cancelation fee, which is $25 for this invitational due to transportation.

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
Marie Chu (3miXC-B)
Bill Chuang (2miXC, 3miXC)
Brianna Katsuda (2miXC-G, 3miXC)
Jaineel Patel (2miXC-G, 3miXC)
Laura Sato (3miXC-B)
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 Monday!!

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
"THE POST RACE"

THE COLUMN: THE POST RACE

What should I be doing after the race to help me recover faster?

What you do immediately after the race is just as important if not more important than what you do before every race. Similar to your pre-race routine, you should have your plan for your post-race routine.

After recovering from your finish, you should gather your team and cool down which includes a light job and stretching. You should also massage, compress and roll out if necessary. Since athletes should be cheering on their teammates, you can also do your jog out along the course so that when it's time to stretch, you can do so along the course and cheer on your teammates at the same time.

It is wise to refuel after the race as well. You should hydrate, replace electrolytes with something such as Gatorade and eating a protein bar or something small to speed up recover will help you be ready for the next day.

Got an injury? Icing right away is an important thing to do including elevating while icing. As mentioned before, if necessary, massage, compress and roll out! Compression is one of the most overlooked items that can be done after a workout and race. By simply putting adequate pressure along the muscles of the body will help break up some of the scar tissue that builds up over the course of a workout and race and will help speed up the recovery process. Rolling out and massaging can also reduce the amount of tightness you have and help avoid some of the problems you may have if you paid no attention to it.

When you get home, paying attention to hydration and what you are eating is also important. Often times, protein is a good way to help you after a race to help your body refuel, recover and get stronger. Of course, you should always be rehydrating and not just drinking water when you feel thirsty, as by then, it's too late.

For mental strength, you need to review the race in your mind and especially for younger athletes who may race that course again, take notes on various aspects of the course, places you could gain an advantage as well as things you need to work on for the future.

The post-race routines is often neglected but can often prevent a lot of the issues that you face down the line if you fail to pay attention to this. So the next time you have a workout or race, think about the routine you have after each and try to work on fixing it! Try to adjust and adapt that routine until you find the one that works for you then, simply try to maintain consistency with it so that you can help your body stay healthy and recover faster.

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

		GR	YORK15	3MPC	+/-	3MP15	+/-	ABC15	CONV	+/-	RSE15	LAN14	CONV	+/-	BJ13	SH12
F	Katsuda, Brianna	10	20:52	19:45	1:07	20:39	0:13	19:43	21:02	0:10	19:54	22:50	22:05	1:13		
F	Lin, Catherine	12	21:52	19:26	2:26	22:03	0:11	19:53	21:13	0:38	CAN	22:51	22:06	0:14	22:18	
F	Sato, Laura	10	21:55	21:28	0:27	21:28	0:27	20:59	22:24	0:29	22:04					
F	Chu, Marie	10	22:10	22:27	0:17	22:27	0:17	21:02	22:27	0:17	22:04	24:20	23:32	1:22		
F	Katsuda, Kayla	12	22:13	20:20	1:53	21:15	0:58	20:06	21:27	0:45	CAN	22:51	22:06	0:06		
F	Vasquez, Isabella	12	23:07	22:09	0:58	23:08	0:01	21:01	22:26	0:40	CAN	24:18	23:30	0:23	23:56	
F	Castrence, Bea	11	23:17	23:17	0:00	23:17	0:00	22:16	23:46	0:29	22:36					
F	Lee, Eunice	11	23:36	23:14	0:22	23:59	0:23	22:28	23:59	0:23	23:29	24:27	23:39	0:03	28:09	
F	Oshiro, Melissa	11	24:00	20:44	3:16	22:35	1:25	21:10	22:35	1:24	21:54	23:34	22:48	1:11	22:44	
F	Kim, Christie	11	24:04	22:51	1:13	22:51	1:13	21:36	23:03	1:00	22:10					
F	Huh, Gina	11	24:52	22:52	2:00	22:52	2:00	21:26	22:52	1:59	22:40	26:27	1:35	0:43		
F	Fujihiro, Lindsay	9	25:06	27:33	2:27	27:33	2:27	25:49	3:33	2:27	26:59					
F	Lee, Claire	9	25:08	24:06	1:02	24:06	1:02	23:32	1:07	0:00	23:23					
F	Yang, Allice	11	25:29	24:53	0:36	25:18	0:11	S			25:03	26:51	1:59	0:30		
F	Navarro, Erika	12	25:42	22:00	3:42	24:03	1:39	22:33	0:04	1:37	CAN	24:39	23:51	1:50	29:32	
F	Hantragoon, Narissa	12	26:15	25:01	1:14	25:01	1:14	23:26	1:01	1:13	CAN					
F	Sancheti, Akanksha	11	27:03	24:17	2:46	25:26	1:37	23:50	1:26	1:36	25:04	25:20	0:30	2:32		
F	Jung, Ivy	12	27:55	27:38	0:17	27:38	0:17	27:51	5:43	1:48	CAN					
F	Patel, Shruti	12	28:18	26:27	1:51	28:58	0:40	27:08	4:58	0:40	CAN	29:26	4:29	0:11		32:44
F	Lee, Sarah M	10	28:27	26:30	1:57	26:30	1:57	24:50	2:30	1:56	26:52					
F	Tang, Alison	10	28:47	27:45	1:02	27:45	1:02	26:12	3:58	0:48	26:56					
F	Macatuno, Peighton	10	28:56	28:23	0:33	28:23	0:33	26:36	4:23	0:32	27:26	31:07	6:06	1:10		
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F	Nguyen, Francine	12	29:09	28:38	0:31	30:42	1:33	28:46	6:42	1:33	CAN	30:41	5:41	0:32		
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F	Delgadillo, Destiny	10	29:26	31:10	1:44	31:10	1:44	29:12	7:10	1:44						
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F	Tamaki, Alyxe	9	32:37	28:25	4:12	28:25	4:12	26:59	4:48	3:48	27:34					
F	Park, Robin	10	32:50	27:20	5:30	31:17	1:33	DR-U			30:21	28:54	3:58	4:51		
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F	Ono, Jenna	9	34:17	30:55	3:22	30:55	3:22	29:58	7:59	2:17	30:08					
F	Cruz, Christina	10	35:05	30:26	4:39	31:36	3:29	29:40	7:40	3:24	30:40	33:07	8:02	3:02		
F	Thapa, Amira	12	35:25	26:58	8:27	34:22	1:03	32:12	10:22	1:02	CAN	30:35	5:35	5:49	29:29	
F	Patel, Vinita	11	37:12	30:34	6:38	13:00	0:12	34:40	13:00	0:11		35:54	10:44	2:27		
F	Abad, Amanda	12	INJ	27:45		-		INJ			INJ	29:25	4:28			
F	Alfaro, Karenina	12	DNF	22:11		23:06		24:40	2:20		CAN					
F	D'Alwis, Nethmi	10	UNEX	32:02		32:02		30:01	8:02							
F	Gomez, Patricia	9	?	26:11		26:11		24:33	2:12		27:20					
F	Hayakawa, Allyson	10	INJ	25:41		25:41		24:04	1:41		25:39					
F	Huynh, Zena	10	INJ	31:48		31:48		29:48	7:48		31:21					
F	Kuo, Yvonne	9	SICK	26:09		26:09		24:30	2:09		26:12					
F	Muralidharan, Amita	10	CIF	22:18		22:18		21:47	23:15		CIF					
F	Ramirez, Merceds	10	?	24:32		13:00		34:40	13:00			27:45	2:51			
F	Takeda, Yuu	12	?	24:52		32:43		30:39	8:43		CAN	26:12	1:21			31:50
F	Vitug, Cailey	11	BB-U	22:43		22:43		21:26	22:52		22:03					
F	Yamachika, Kristi	10	SICK-U	21:40		22:39		22:01	23:30		22:12	24:17	23:30			

		GR	YORK15	3MPC	+/-	3MP15	+/-	ABC15	CONV	+/-	RSE15	LAN14	CONV	+/-	BJ13	SH12
M	Chuang, Bill	11	15:39	15:27	0:12	15:54	0:15	14:58	15:58	0:19	15:47	16:26	15:54	0:15	18:01	
M	Patel, Jaineel	10	16:47	16:34	0:13	16:34	0:13	15:57	17:01	0:14	16:05	17:55	17:20	0:33		
M	Kwon, Derick	12	17:34	17:30	0:04	17:30	0:04	16:39	17:46	0:12	CAN					21:13
M	Yao, Alex	11	17:40	17:41	0:01	17:41	0:01	16:34	17:41	0:01	17:39	19:35	18:57	1:17		
M	Tai, Nicholas	12	17:49	17:06	0:43	17:31	0:18	17:02	18:11	0:22	CAN	18:33	17:57	0:08	19:37	19:57
M	Edward, Nathan	12	18:08	17:49	0:19	18:03	0:05	16:55	18:03	0:04	CAN					19:05
M	Choi, Ji Woo	11	18:20	18:07	0:13	18:27	0:07	17:17	18:27	0:07	18:21	20:08	19:29	1:09	20:37	
M	Alvarado, Aaron	12	18:31	17:25	1:06	17:25	1:06	16:48	17:56	0:34	CAN	19:26	18:48	0:17	20:36	19:53
M	Amaro, Mario	10	18:31	18:57	0:26	18:57	0:26	17:45	18:57	0:26	18:25					
M	Ramos, Emmanuel	11	18:39	17:05	1:34	18:34	0:05	17:33	18:44	0:05	18:19	19:24	18:46	0:07		
M	Yang, Derrick	11	18:56	17:25	1:31	19:00	0:04	17:53	19:05	0:09	18:58	18:37	18:00	0:55	21:12	
M	Sato, Kevin	12	18:56	19:11	0:15	19:11	0:15	17:59	19:11	0:15	CAN					
M	Huang, Derek	11	19:35	18:37	0:58	19:44	0:09	18:35	19:50	0:15	19:36	20:26	19:46	0:11	22:35	
M	Sandoval, George	12	19:56	19:11	0:45	19:50	0:06	18:35	19:50	0:05	CAN	21:40	20:58	1:02	21:23	22:44
M	Luciano, Meynard	10	20:13	19:35	0:38	19:35	0:38	19:08	20:25	0:12	19:00	20:57	20:16	0:03		
M	Patel, Vraj	10	20:18	19:05	1:13	19:05	1:13	18:42	19:57	0:20	18:53					
M	Skube, Luc	9	20:34	20:04	0:30	20:04	0:30	18:48	20:04	0:29	VAC					
M	Arrington, Kenneth	12	20:40	20:24	0:16	20:24	0:16	19:18	20:36	0:03	CAN					
M	Dang, Patrick	10	20:43	20:03	0:40	20:25	0:18	19:55	21:15	0:32	19:49	22:25	21:41	0:58		
M	Somasundaram, Siddhart	11	20:59	19:50	1:09	21:05	0:06	19:45	21:05	0:06	20:43					

		GR	YORK15	3MPC	+/-	3MP15	+/-	ABC15	CONV	+/-	RSE15	LAN14	CONV	+/-	BJ13	SH12
M	Quarles, Jacob	12	21:02	20:21	0:41	20:21	0:41	19:09	20:26	0:35	CAN					26:40
M	Hoang, Anthony	10	21:07	20:46	0:21	20:46	0:21	20:24	21:46	0:39	20:50	21:59	21:16	0:09		
M	Wang, Jeffrey	10	21:14	21:02	0:12	21:02	0:12	20:39	22:02	0:48	20:33					
M	Furukido, Wesley	12	21:30	19:56	1:34	21:30	0:00	20:09	21:30	0:00	CAN				19:20	19:29
M	Luu, Raymond	11	21:31	20:34	0:57	21:16	0:15	19:56	21:16	0:14	20:43	22:03	21:20	0:10		
M	Chung, Jacob	10	21:41	20:43	0:58	20:43	0:58	20:30	21:53	0:12	20:06	25:55	1:04	3:23		
M	Alba, Chandler	10	21:53	21:50	0:03	21:50	0:03	20:36	21:59	0:06	21:11	30:56	5:56	8:03		
M	Yamachika, Ryan	9	21:53	20:33	1:20	20:33	1:20	20:39	22:02	0:09	21:24					
M	Lee, Bryan	12	22:06	21:06	1:00	21:57	0:09	20:34	21:57	0:08	CAN	23:10	22:25	0:19	27:00	
M	Villegas, Elino	12	22:48	21:03	1:45	21:29	1:19	20:08	21:29	1:18	CAN					
M	Alba, Francis	10	23:01	21:51	1:10	21:51	1:10	20:28	21:51	1:09	22:10	29:52	4:54	5:53		
M	Kim, Justin	9	23:10	23:04	0:06	23:04	0:06	22:22	23:52	0:42	23:59					
M	Tenzas, Lucas	9	23:12	22:05	1:07	22:05	1:07	22:16	23:46	0:34	FAM					
M	Fu, Aaron	9	23:13	22:01	1:12	22:01	1:12	20:41	22:04	1:08	21:22					
M	Kim, Noah	10	23:15	22:27	0:48	22:27	0:48	21:02	22:27	0:47	24:06					
M	Soh, Min Woo	12	23:16	21:53	1:23	22:05	1:11	20:42	22:05	1:10	CAN	26:28	1:36	2:20		
M	Ruan, Leo	11	23:26	23:44	0:18	23:44	0:18	22:14	23:44	0:18						
M	Vasquez, Jimmy	11	23:30	23:03	0:27	23:03	0:27	21:36	23:03	0:26	23:03					
M	Luu, Christopher	9	23:52	23:34	0:18	23:34	0:18	22:47	0:19	0:27	22:52					
M	Manuel, Ryan Jay	11	23:53	19:55	3:58	23:45	0:08	22:15	23:45	0:07	?	22:14	21:30	2:22	26:22	
M	Kim, Isaiah	10	25:04	22:12	2:52	22:12	2:52	21:43	23:11	1:52	21:33					
M	Guan, Steven	9	25:09	27:34	2:25	27:34	2:25	25:50	3:34	2:25						
M	Sok, Kimse	11	25:13	24:05	1:08	25:07	0:06	23:32	1:07	0:05	26:04	25:45	0:55	0:17		
M	Muley, Vighnesh	9	25:15	24:32	0:43	24:32	0:43	25:20	3:02	1:47	23:48					
M	Yang, Ethan	10	25:16	22:59	2:17	27:41	2:25	25:56	3:41	2:25						
M	Tran, Eric	12	25:38	21:48	3:50	23:33	2:05	W			CAN	23:08	22:23	3:14	24:23	
M	Gardner, Johnny	10	25:44	22:22	3:22	23:46	1:58	23:24	0:58	0:45	23:04					
M	Ryono, Christian	11	26:18	30:06	3:48	-						30:06	5:07	2:49		
M	Wooley, Everett	9	26:23	-		-										
M	Samortin, Matthew	9	26:41	23:10	3:31	23:10	3:31	24:24	2:02	0:38	FAM					
M	Hwang, Nathan	11	26:55	20:32	6:23	4:22	1:27	26:35	4:22	1:27						
M	Magante, Grant	10	26:58	26:23	0:35	26:23	0:35	24:43	2:23	0:34						
M	Yohannes, Adam	9	27:16	-		-										
M	Garrett, Curtis	11	27:39	-		-										
M	Arisue, Jake		32:41	-		-										
M	Cao, Chong	9	32:45	-		-										
M	Johar, Rajbir	10	32:59	-		-										
M	Santos, Jed	9	45:04	38:03	7:01	38:03	7:01	40:18	19:01		36:55					
M	Carrillo, Cody	9	W	27:59		27:59		28:45	6:41		27:09					
M	Chanmany, Samuel	9	UNEX	33:03		33:03		30:58	9:03							
M	Chavez, Isaiah	10	W	22:28		22:28		W			DNR					
M	Choe, Ken	11	UNEX	27:39		27:39		W			26:50	26:57	2:04			
M	Gonzales, Michael	12	UNEX	19:57		19:57		18:54	20:10		CAN					
M	Hong, Aldy	12	UNEX	18:50		20:42		19:24	20:42		CAN	20:37	19:57		20:48	
M	Miranda, Justin	9	SICK	20:43		20:43		19:25	20:43		20:29					
M	Ortiz, Giancarlo	12	UNEX	19:00		-		W			CAN	21:39	20:57			
M	Sy, Aaron	11	NW	18:59		-		W			?	22:05	21:22			
M	Thomson, Michael	12	CIF	19:16		19:16		W			CIF					
M	Tran, Nathan	12	DNF	21:13		21:13		19:53	21:13		CAN					
M	Umpant, Tyler	12	W	26:28		26:28		24:48	2:28		FAM					

Scoring	SG	1-7	1-10	Team	Ave
Girls Team	1:21	2:25	3:12	109:02	21:48
Boys Team	2:10	1:33	3:00	85:29	17:05

	Girls Varsity	YORK15	LAN14	CONV	BJ04	BJ07	BJ07C	BJ10	BJ13	DIFF
1	Katsuda, Brianna	20:52	21:46	21:03	20:36	19:25	20:01	19:41	21:17	0:11
2	Lin, Catherine	21:52	22:27	21:43	20:53	19:54	20:31	20:19	21:26	0:08
3	Sato, Laura	21:55	22:50	22:05	21:02	20:20	20:58	20:57	22:18	0:10
4	Chu, Marie	22:10	22:51	22:06	22:30	20:41	21:20	21:05	22:21	0:03
5	Katsuda, Kayla	22:13	22:51	22:06	22:44	21:30	22:10	21:25	22:44	0:06
6	Vasquez, Isabella	23:07	23:08	22:23	22:50	21:56	22:37	21:43	23:24	0:43
7	Castrence, Bea	23:17	23:34	22:48	23:34	21:58	22:39	22:02	23:38	0:28
		109:02	112:45	109:03	107:45	101:50	105:00	103:27	110:06	0:04

	Boys Varsity	YORK15	LAN14	CONV	BJ04	BJ07	BJ07C	BJ10	BJ13	DIFF
1	Chuang, Bill	15:39	16:26	15:54	17:06	15:32	16:01	16:50	16:51	0:15
2	Patel, Jaineel	16:47	17:50	17:15	17:45	16:02	16:32	16:57	17:11	0:28
3	Kwon, Derick	17:34	17:55	17:20	17:53	16:22	16:53	17:24	17:14	0:13
4	Yao, Alex	17:40	18:33	17:57	17:57	16:24	16:55	17:27	18:00	0:17
5	Tai, Nicholas	17:49	18:37	18:00	17:58	16:58	17:30	17:32	18:01	0:11
6	Edward, Nathan	18:08	19:00	18:23	18:17	16:39	17:10	18:00	18:03	0:15
7	Choi, Ji Woo	18:20	19:24	18:46	18:25	16:53	17:24	18:22	18:17	0:26
		85:29	89:21	86:26	88:39	81:18	83:51	86:10	87:17	0:59

New Career Personal Records

		GR	YORK15	3MPC	+/-
M	Ryono, Christian	11	26:18	30:06	3:48
F	Fujihiro, Lindsay	9	25:06	27:33	2:27
M	Guan, Steven	9	25:09	27:34	2:25
F	Delgadillo, Destiny	10	29:26	31:10	1:44
M	Amaro, Mario	10	18:31	18:57	0:26
M	Ruan, Leo	11	23:26	23:44	0:18
F	Chu, Marie	10	22:10	22:27	0:17
M	Sato, Kevin	12	18:56	19:11	0:15
M	Yao, Alex	11	17:40	17:41	0:01

New Season Personal Records

		GR	YORK15	3MP15	+/-
F	Fujihiro, Lindsay	9	25:06	27:33	2:27
M	Guan, Steven	9	25:09	27:34	2:25
M	Yang, Ethan	10	25:16	27:41	2:25
F	Delgadillo, Destiny	10	29:26	31:10	1:44
F	Nguyen, Francine	12	29:09	30:42	1:33
M	Hwang, Nathan	11	26:55	4:22	1:27
F	Patel, Shruti	12	28:18	28:58	0:40
M	Amaro, Mario	10	18:31	18:57	0:26
F	Lee, Eunice	11	23:36	23:59	0:23
M	Ruan, Leo	11	23:26	23:44	0:18
F	Chu, Marie	10	22:10	22:27	0:17
M	Sato, Kevin	12	18:56	19:11	0:15
M	Chuang, Bill	11	15:39	15:54	0:15
F	Lin, Catherine	12	21:52	22:03	0:11
M	Huang, Derek	11	19:35	19:44	0:09
M	Choi, Ji Woo	11	18:20	18:27	0:07
M	Somasundaram, Siddharth	11	20:59	21:05	0:06
F	Esipritu-Santo, Kimberly	10	32:18	32:23	0:05
M	Yang, Derrick	11	18:56	19:00	0:04
F	Vasquez, Isabella	12	23:07	23:08	0:01
M	Yao, Alex	11	17:40	17:41	0:01

Improvement from Lancer Classic (2014) to Billy York (2015)

		GR	YORK15	LAN14	CONV	+/-
M	Alba, Chandler	10	21:53	30:56	5:56	8:03
M	Alba, Francis	10	23:01	29:52	4:54	5:53
M	Chung, Jacob	10	21:41	25:55	1:04	3:23
M	Ryono, Christian	11	26:18	30:06	5:07	2:49
M	Soh, Min Woo	12	23:16	26:28	1:36	2:20
F	Kang, Grace	10	29:01	31:48	6:46	1:45
F	Chu, Marie	10	22:10	24:20	23:32	1:22
M	Yao, Alex	11	17:40	19:35	18:57	1:17
F	Katsuda, Brianna	10	20:52	22:50	22:05	1:13
F	Macatuno, Peighton	10	28:56	31:07	6:06	1:10
M	Choi, Ji Woo	11	18:20	20:08	19:29	1:09
F	Liang, Sarah	12	28:59	31:03	6:02	1:03
M	Sandoval, George	12	19:56	21:40	20:58	1:02
M	Dang, Patrick	10	20:43	22:25	21:41	0:58
F	Huh, Gina	11	24:52	26:27	1:35	0:43
M	Patel, Jaineel	10	16:47	17:55	17:20	0:33
F	Nguyen, Francine	12	29:09	30:41	5:41	0:32
F	Yang, Allice	11	25:29	26:51	1:59	0:30
F	Vasquez, Isabella	12	23:07	24:18	23:30	0:23
M	Lee, Bryan	12	22:06	23:10	22:25	0:19
M	Alvarado, Aaron	12	18:31	19:26	18:48	0:17
M	Chuang, Bill	11	15:39	16:26	15:54	0:15
F	Lin, Catherine	12	21:52	22:51	22:06	0:14
M	Huang, Derek	11	19:35	20:26	19:46	0:11
F	Patel, Shruti	12	28:18	29:26	4:29	0:11
M	Hoang, Anthony	10	21:07	21:59	21:16	0:09
M	Tai, Nicholas	12	17:49	18:33	17:57	0:08
M	Ramos, Emmanuel	11	18:39	19:24	18:46	0:07
F	Lee, Eunice	11	23:36	24:27	23:39	0:03
M	Luciano, Meynard	10	20:13	20:57	20:16	0:03

Improvement from ABC District (2015) to Billy York (2015)

		GR	YORK15	ABC15	CONV	+/-
F	Fujihiro, Lindsay	9	25:06	25:49	3:33	2:27
M	Guan, Steven	9	25:09	25:50	3:34	2:25
M	Yang, Ethan	10	25:16	25:56	3:41	2:25
F	Jung, Ivy	12	27:55	27:51	5:43	1:48
M	Muley, Vighnesh	9	25:15	25:20	3:02	1:47
F	Delgadillo, Destiny	10	29:26	29:12	7:10	1:44
F	Nguyen, Francine	12	29:09	28:46	6:42	1:33
M	Hwang, Nathan	11	26:55	26:35	4:22	1:27
M	Wang, Jeffrey	10	21:14	20:39	22:02	0:48
M	Kim, Justin	9	23:10	22:22	23:52	0:42
F	Patel, Shruti	12	28:18	27:08	4:58	0:40
M	Hoang, Anthony	10	21:07	20:24	21:46	0:39
M	Tenzas, Lucas	9	23:12	22:16	23:46	0:34
M	Dang, Patrick	10	20:43	19:55	21:15	0:32
F	Castrence, Bea	11	23:17	22:16	23:46	0:29
F	Sato, Laura	10	21:55	20:59	22:24	0:29
M	Luu, Christopher	9	23:52	22:47	0:19	0:27
M	Amaro, Mario	10	18:31	17:45	18:57	0:26
F	Lee, Eunice	11	23:36	22:28	23:59	0:23
M	Tai, Nicholas	12	17:49	17:02	18:11	0:22
M	Chuang, Bill	11	15:39	14:58	15:58	0:19
M	Ruan, Leo	11	23:26	22:14	23:44	0:18
F	Chu, Marie	10	22:10	21:02	22:27	0:17
M	Sato, Kevin	12	18:56	17:59	19:11	0:15
M	Huang, Derek	11	19:35	18:35	19:50	0:15
M	Patel, Jaineel	10	16:47	15:57	17:01	0:14
M	Luciano, Meynard	10	20:13	19:08	20:25	0:12
M	Kwon, Derick	12	17:34	16:39	17:46	0:12
M	Chung, Jacob	10	21:41	20:30	21:53	0:12
F	Katsuda, Brianna	10	20:52	19:43	21:02	0:10
M	Yamachika, Ryan	9	21:53	20:39	22:02	0:09
M	Yang, Derrick	11	18:56	17:53	19:05	0:09
M	Choi, Ji Woo	11	18:20	17:17	18:27	0:07
M	Alba, Chandler	10	21:53	20:36	21:59	0:06
M	Somasundaram, Siddharth	11	20:59	19:45	21:05	0:06
M	Ramos, Emmanuel	11	18:39	17:33	18:44	0:05
F	Esipritu-Santo, Kimberly	10	32:18	30:20	8:23	0:05
M	Yao, Alex	11	17:40	16:34	17:41	0:01
M	Furukido, Wesley	12	21:30	20:09	21:30	0:00

Billy York Invitational Top 15

Top 15 Females	1	1	F	Katsuda, Brianna	10	20:52	Riverside XC Course	2015
	2	2	F	Lin, Catherine	12	21:52	Riverside XC Course	2015
	3	3	F	Sato, Laura	10	21:55	Riverside XC Course	2015
	4	4	F	Chu, Marie	10	22:10	Riverside XC Course	2015
	5	5	F	Katsuda, Kayla	12	22:13	Riverside XC Course	2015
	6	6	F	Vasquez, Isabella	12	23:07	Riverside XC Course	2015
	7	7	F	Castrence, Bea	11	23:17	Riverside XC Course	2015
	8	8	F	Lee, Eunice	11	23:36	Riverside XC Course	2015
	9	9	F	Oshiro, Melissa	11	24:00	Riverside XC Course	2015
	10	10		Kim, Christie	11	24:04	Riverside XC Course	2015
	11	11		Huh, Gina	11	24:52	Riverside XC Course	2015
	12	12		Fujihiro, Lindsay	9	25:06	Riverside XC Course	2015
	13	13		Lee, Claire	9	25:08	Riverside XC Course	2015
	14	14		Yang, Allice	11	25:29	Riverside XC Course	2015
	15	15		Navarro, Erika	12	25:42	Riverside XC Course	2015
Top 15 Males	1	1	M	Chuang, Bill	11	15:39	Riverside XC Course	2015
	2	2	M	Patel, Jaineel	10	16:47	Riverside XC Course	2015
	3	3	M	Kwon, Derick	12	17:34	Riverside XC Course	2015
	4	4	M	Yao, Alex	11	17:40	Riverside XC Course	2015
	5	5	M	Tai, Nicholas	12	17:49	Riverside XC Course	2015
	6	6	M	Edward, Nathan	12	18:08	Riverside XC Course	2015
	7	7	M	Choi, Ji Woo	11	18:20	Riverside XC Course	2015
	8	8	M	Alvarado, Aaron	12	18:31	Riverside XC Course	2015
	9	9	M	Amaro, Mario	10	18:31	Riverside XC Course	2015
	10	10	M	Ramos, Emmanuel	11	18:39	Riverside XC Course	2015
	11	11	M	Yang, Derrick	11	18:56	Riverside XC Course	2015
	12	12	M	Sato, Kevin	12	18:56	Riverside XC Course	2015
	13	13	M	Huang, Derek	11	19:35	Riverside XC Course	2015
	14	14	M	Sandoval, George	12	19:56	Riverside XC Course	2015
	15	15	M	Luciano, Meynard	10	20:13	Riverside XC Course	2015

Billy York Invitational Top 10 by Grade - Girls

		G	Name	GR	Total	Course	Date
Top 10 Fresmen Girls	1	F	Fujihiro, Lindsay	9	25:06	Riverside XC Course	2015
	2	F	Lee, Claire	9	25:08	Riverside XC Course	2015
	3	F	Patel, Ami	9	29:26	Riverside XC Course	2015
	4	F	Hantragoon, Cindy	9	32:24	Riverside XC Course	2015
	5	F	Tamaki, Alyxe	9	32:37	Riverside XC Course	2015
	6	F	Luo, Lina	9	34:14	Riverside XC Course	2015
	7	F	Ono, Jenna	9	34:17	Riverside XC Course	2015
	8						
	9						
	10						
Top 10 Sophomore Girls	1	F	Katsuda, Brianna	10	20:52	Riverside XC Course	2015
	2	F	Sato, Laura	10	21:55	Riverside XC Course	2015
	3	F	Chu, Marie	10	22:10	Riverside XC Course	2015
	4	F	Lee, Sarah M	10	28:27	Riverside XC Course	2015
	5	F	Tang, Alison	10	28:47	Riverside XC Course	2015
	6	F	Macatuno, Peighton	10	28:56	Riverside XC Course	2015
	7	F	Kang, Grace	10	29:01	Riverside XC Course	2015
	8	F	Zaman, Jocelyn	10	29:04	Riverside XC Course	2015
	9	F	Delgadillo, Destiny	10	29:26	Riverside XC Course	2015
	10	F	Le, Genevieve	10	30:21	Riverside XC Course	2015
Top 10 Junior Girls	1	F	Castrence, Bea	11	23:17	Riverside XC Course	2015
	2	F	Lee, Eunice	11	23:36	Riverside XC Course	2015
	3	F	Oshiro, Melissa	11	24:00	Riverside XC Course	2015
	4	F	Kim, Christie	11	24:04	Riverside XC Course	2015
	5	F	Huh, Gina	11	24:52	Riverside XC Course	2015
	6	F	Yang, Allice	11	25:29	Riverside XC Course	2015
	7	F	Sancheti, Akanksha	11	27:03	Riverside XC Course	2015
	8	F	Cheng, Anita	11	29:14	Riverside XC Course	2015
	9	F	Patel, Vinita	11	37:12	Riverside XC Course	2015
	10						
Top 10 Senior Girls	1	F	Lin, Catherine	12	21:52	Riverside XC Course	2015
	2	F	Katsuda, Kayla	12	22:13	Riverside XC Course	2015
	3	F	Vasquez, Isabella	12	23:07	Riverside XC Course	2015
	4	F	Navarro, Erika	12	25:42	Riverside XC Course	2015
	5	F	Hantragoon, Narissa	12	26:15	Riverside XC Course	2015
	6	F	Jung, Ivy	12	27:55	Riverside XC Course	2015
	7	F	Patel, Shruti	12	28:18	Riverside XC Course	2015
	8	F	Liang, Sarah	12	28:59	Riverside XC Course	2015
	9	F	Nguyen, Francine	12	29:09	Riverside XC Course	2015
	10	F	Delvadia, Rashmi	12	30:52	Riverside XC Course	2015

Billy York Invitational Top 10 by Grade - Boys

		G	Name	GR	Total	Course	Date
Top 10 Fresmen Boys	1	M	Skube, Luc	9	20:34	Riverside XC Course	2015
	2	M	Yamachika, Ryan	9	21:53	Riverside XC Course	2015
	3	M	Kim, Justin	9	23:10	Riverside XC Course	2015
	4	M	Tenzas, Lucas	9	23:12	Riverside XC Course	2015
	5	M	Fu, Aaron	9	23:13	Riverside XC Course	2015
	6	M	Luu, Christopher	9	23:52	Riverside XC Course	2015
	7	M	Guan, Steven	9	25:09	Riverside XC Course	2015
	8	M	Muley, Vighnesh	9	25:15	Riverside XC Course	2015
	9	M	Wooley, Everett	9	26:23	Riverside XC Course	2015
	10	M	Samortin, Matthew	9	26:41	Riverside XC Course	2015
Top 10 Sophomore Boys	1	M	Patel, Jaineel	10	16:47	Riverside XC Course	2015
	2	M	Amaro, Mario	10	18:31	Riverside XC Course	2015
	3	M	Luciano, Meynard	10	20:13	Riverside XC Course	2015
	4	M	Patel, Vraj	10	20:18	Riverside XC Course	2015
	5	M	Dang, Patrick	10	20:43	Riverside XC Course	2015
	6	M	Hoang, Anthony	10	21:07	Riverside XC Course	2015
	7	M	Wang, Jeffrey	10	21:14	Riverside XC Course	2015
	8	M	Chung, Jacob	10	21:41	Riverside XC Course	2015
	9	M	Alba, Chandler	10	21:53	Riverside XC Course	2015
	10	M	Alba, Francis	10	23:01	Riverside XC Course	2015
Top 10 Junior Boys	1	M	Chuang, Bill	11	15:39	Riverside XC Course	2015
	2	M	Yao, Alex	11	17:40	Riverside XC Course	2015
	3	M	Choi, Ji Woo	11	18:20	Riverside XC Course	2015
	4	M	Ramos, Emmanuel	11	18:39	Riverside XC Course	2015
	5	M	Yang, Derrick	11	18:56	Riverside XC Course	2015
	6	M	Huang, Derek	11	19:35	Riverside XC Course	2015
	7	M	Somasundaram, Siddharth	11	20:59	Riverside XC Course	2015
	8	M	Luu, Raymond	11	21:31	Riverside XC Course	2015
	9	M	Ruan, Leo	11	23:26	Riverside XC Course	2015
	10	M	Vasquez, Jimmy	11	23:30	Riverside XC Course	2015
Top 10 Senior Boys	1	M	Kwon, Derick	12	17:34	Riverside XC Course	2015
	2	M	Tai, Nicholas	12	17:49	Riverside XC Course	2015
	3	M	Edward, Nathan	12	18:08	Riverside XC Course	2015
	4	M	Alvarado, Aaron	12	18:31	Riverside XC Course	2015
	5	M	Sato, Kevin	12	18:56	Riverside XC Course	2015
	6	M	Sandoval, George	12	19:56	Riverside XC Course	2015
	7	M	Arrington, Kenneth	12	20:40	Riverside XC Course	2015
	8	M	Quarles, Jacob	12	21:02	Riverside XC Course	2015
	9	M	Furukido, Wesley	12	21:30	Riverside XC Course	2015
	10	M	Lee, Bryan	12	22:06	Riverside XC Course	2015