

## SCHEDULE 2010

9/11/10	The Great Cow Run	Cerritos Regional Park*	Cerritos, Ca	8:00am
9/15/10	ABC District Championships	Cerritos Regional Park**	Cerritos, Ca	3:00pm
9/18/10	Iolani Invitational	Kualoa Ranch	Honolulu, HI	8:00am
9/18/10	Woodbridge Invitational	Estancia HS	Costa Mesa, Ca	7:40am
9/25/10	Bell-Jeff Invitational	Griffith Park	Los Angeles, Ca	8:00am
9/30/10	Suburban League Cluster #1	La Mirada Regional Park	La Mirada, Ca	2:00pm#
10/2/10	Warren Invitational^	Hollydale Park	South Gate, Ca	8:00am^
10/6/10	Non-League Meet	Cerritos HS	Cerritos, Ca	3:15pm
10/14/10	Suburban League Cluster #2	Cerritos Regional Park	Cerritos, Ca	1:45pm#
10/16/10	Bell Gardens Invitational	Legg Lake	El Monte, Ca	8:00am
10/23/10	Mt. SAC Invitational	Mt. SAC	Walnut, Ca	TBD
11/4/10	Suburban League Finals	La Mirada Regional Park	La Mirada, Ca	1:45pm#
11/13/10	CIF Preliminaries	Mt. SAC	Pomona, Ca	TBD
11/20/10	CIF Finals	Mt. SAC	Pomona, Ca	TBD
11/27/10	State Championships	Woodward Park	Fresno, Ca	TBD

\*Starting Line Located on the Southwest side of the park near the basketball courts.

\*\*Starting Line Located on the Southeast side of the park near the skate park.

^Reduced team due to a Model United Nations Conference.

#Time schedule subject to change following coaches= meeting.

**Girls Preview:** The Cerritos High School girls teams had two girls break the 19 minute barrier for the first time in a single season, the first in four year and the fastest since 1981. The team could also break the school record for the third year in a row, with the latest mark set at the Suburban League Finals in 2009. **Jessica Sunio** (18:38) and **Gina Tai** (18:48) will move into their senior year hoping to surpass the school record of 18:23 set in 1981 by Lea MacFarland. The two athletes have continued their progress from their previous personal records: **Sunio** (2008 - 19:16); **Tai** (2007 - 20:44, 2008 - 19:03), and hopes this downward trend will continue in 2010. The two ladies will be joined by surging sophomore **Jennifer Park** who joined the Dons in September of 2009. With a PR of 20:31 in 2009, **Park** has demonstrated potential to join **Sunio** and **Tai** in the chase for the school record supported by her second place finish at the opening Gahr Two Mile Summer Series Race in July. Despite battling back from a soccer injury early in the summer, sophomore **Connie Caliz** could also finish under the 19 minute mark for the Dons, helping them contend in a tough CIF Southern Section that is loaded with talent. Senior **Rachel Flores**, juniors **Athalia Magaña**, **Kathia Avila**, **Audrey Lee**, and sophomore **Erika Resultay** (3rd Place at the Gahr Summer Series Race in July) look to mix into the varsity group for the Dons this season who could see nine or more girls in the 19 minute range by season's end. Key races for the Dons this season will be the ABC District Championships, the Iolani Invitational (partial varsity squad), as well as the Suburban League Finals.

**Boys Preview:** The boys faced the graduation of their #1/2 runners in 2008 and four of their top six in 2009, however, the boys have had huge developments among their underclassmen in order to remain competitive in 2010. In fact, the boys will look to surpass previous teams' performances in summer trials at the end of this month. Sophomore **Ganesh Tilve** has developed his endurance and strength with the help of junior **Andrew Shen** (2008 - 19:22, 2009 - 16:52) (6th Place at the Gahr Summer Series Race in July), both of who have demonstrated their development over the past months with their record-breaking ascent over their summer camp's toughest course which rises 3,000 feet over the course of four and one-half miles. Both athletes will hope to surpass the 16 minute barrier this season, being key frontrunners for a team that runs more of a pack style. The arrival of freshmen **Joshua Quarles** and **Jang Won (Frank) Lee** has been a key to the reloading of the Dons team. **Quarles** and **Lee** have smashed all previous junior high records in cross country en route to the ABCUSD Jr. High Cross Country Championship and will look to challenge the records of the 1998 freshmen class which included Raemon Rodriguez (Sub-15 HS PR). Seniors **Jonathan Liang**, **Douglas Kim** and junior **Mike Tran** look to fill out the roster of a team with a balance of youth and experience. Key races for the Dons this season will be the ABC District Championships, the Iolani Invitational, as well as the Suburban League Finals.