



**SOUTHERN CALIFORNIA
COMMUNITY COLLEGE**
Cross Country
CHAMPIONSHIPS

NOVEMBER 6, 2009 MT. SAC CROSS COUNTRY COURSE WALNUT, CA

team race results

women's championship race number 1 friday, november 6, 2009 - 10:30 am - 3 miles

place	team	points	team time	5P gap	finish order	scoring order
1	Glendale	38	1:31:04	1:40	1 3 5 11 18 19 22	1 3 5 11 18 19 22
2	Orange Coast	87	1:34:44	1:02	7 13 16 24 27 38 44	7 13 16 24 27 38 44
3	Mt. SAC	125	1:35:49	1:45	4 8 32 33 48 72 97	4 8 32 33 48 70 92
4	Southwestern	127	1:35:54	1:35	10 12 26 30 49	10 12 26 30 49
5	Riverside	173	1:37:51	0:59	17 28 37 45 46 79 100	17 28 37 45 46 77 95
6	L.A. Trade Tech	289	1:40:55	3:54	9 34 57 63 140 143 151	9 34 55 61 130 133 139
7	Cuesta	291	1:39:55	4:06	2 39 60 93 111 125 144	2 39 58 89 103 116 134
8	Santa Barbara	300	1:41:22	1:55	29 40 64 70 107	29 40 62 68 101
9	Cerritos	318	1:41:59	0:27	56 59 62 74 77 115 160	54 57 60 72 75 107 148
10	San Diego Mesa	328	1:42:02	2:38	15 36 88 92 112 172	15 36 85 88 104 160
11	Victor Valley	348	1:42:37	2:01	23 67 81 85 104 108 130	23 65 79 83 98 102 121
12	Ventura	360	1:43:00	2:22	25 65 73 96 119 122 133	25 63 71 91 110 113 123
13	Fullerton	375	1:43:26	2:08	31 69 75 105 113 137 139	31 67 73 99 105 127 129
14	Oxnard	395	1:44:37	4:03	14 47 54 148 155 159 186	14 47 53 138 143 147 174
15	Citrus	406	1:44:32	2:46	43 61 80 95 146 161 179	43 59 78 90 136 149 167
16	Antelope Valley	410	1:44:38	2:53	42 53 84 102 147 165	42 52 82 97 137 153
17	Pasadena	412	1:43:54	3:23	6 98 99 116 120 141	6 93 94 108 111 131
18	Saddleback	422	1:45:29	4:42	20 78 87 91 167	20 76 84 87 155
19	Los Angeles Valley	434	1:47:22	5:25	50 66 71 89 177 182	50 64 69 86 165 170
20	Moorpark	460	1:46:08	3:22	21 83 114 126 145	21 81 106 117 135
21	Long Beach	505	1:47:28	2:49	51 76 123 134 154 174	51 74 114 124 142 162
22	Rio Hondo	536	1:49:35	4:32	35 82 132 153 170 175	35 80 122 141 158 163

team race results

women's championship race number 1 friday, november 6, 2009 - 10:30 am - 3 miles

place	team	points	team time	5P gap	finish order	scoring order
23	Canyons	559	1:49:06	2:37	58 121 128 142 152 166	56 112 119 132 140 154
24	San Bernardino Valley	575	1:50:19	3:46	41 127 129 157 163	41 118 120 145 151
25	Santa Ana	646	1:54:25	4:22	101 106 135 171 178 181	96 100 125 159 166 169
26	Palomar	663	1:52:53	1:42	124 136 138 156 162 173 18	115 126 128 144 150 161 17
27	Imperial Valley	700	2:00:21	7:24	68 158 164 176 184	66 146 152 164 172
28	Cuyamaca	761	2:02:19	4:56	118 168 169 180 183	109 156 157 168 171
	Grossmont		No time	No time	150	
	Desert		No time	No time	86 94 117	
	Bakersfield		No time	No time	90 109	
	Santiago Canyon		No time	No time	149	
	El Camino		No time	No time	55	
	West Los Angeles		No time	No time	110	
	Allan Hancock		No time	No time	52	
	Santa Monica		No time	No time	103 131	



SOUTHERN CALIFORNIA
COMMUNITY COLLEGE
Cross Country
CHAMPIONSHIPS

NOVEMBER 6, 2009 MT. SAC CROSS COUNTRY COURSE WALNUT, CA



2009 CHAMPION
Nina Moore-Glendale

individual race results

women's championship race number 1

friday, november 6, 2009 - 10:30 am - 3 miles

place	name	year	college	time	avg m	place	name	year	college	time	avg m
1	Moore, Nina	FR	Glendale	17:17	5:46	38	Gayton-Jacob, A	FR	Orange Coast	19:44	6:35
2	Barmann, Kelly	FR	Cuesta	17:24	5:48	39	Petersen, Paige	FR	Cuesta	19:45	6:35
3	Jauregui, Brianna	FR	Glendale	18:04	6:01	40	Schaeffer, Erika	FR	Santa Barbara	19:45	6:35
4	Moreno, Lenore	SO	Mt. SAC	18:15	6:05	41	Trujillo, Yesenia	FR	San Bernardino Vall	19:48	6:36
5	DelToro, Rosa	SO	Glendale	18:17	6:06	42	Ortiz, Anaiz	FR	Antelope Valley	19:49	6:36
6	VanDerWyk, Tra	FR	Pasadena	18:20	6:07	43	Esquivel, Vanessa	SO	Citrus	19:51	6:37
7	Hewitt, Kimone	SO	Orange Coast	18:21	6:07	44	Ercout, Sonya	SO	Orange Coast	19:53	6:38
8	Celaya, Mallory	FR	Mt. SAC	18:22	6:07	45	Perryman, Ashle	FR	Riverside	19:54	6:38
9	Hernandez, Mart	SO	L.A. Trade Tech	18:25	6:08	46	Davidek, Adriann	FR	Riverside	19:55	6:38
10	Mulvany, Nadine	FR	Southwestern	18:26	6:09	47	Robles, Liz	FR	Oxnard	19:59	6:40
11	Rosas, Karen	FR	Glendale	18:29	6:10	48	Villanueva, Jacqui	SO	Mt. SAC	20:00	6:40
12	Valenzuela, Tany	FR	Southwestern	18:39	6:13	49	Ortega, Jessica	FR	Southwestern	20:01	6:40
13	Kerner, Jane	SO	Orange Coast	18:46	6:15	50	Beltran, Erika	FR	Los Angeles Valley	20:04	6:41
14	Navarro, Cynthia	FR	Oxnard	18:52	6:17	51	Palacios, Malia	FR	Long Beach	20:04	6:41
15	Thompson, Mich	SO	San Diego Mesa	18:55	6:18	52	Madonado, Moni	FR	Allan Hancock	20:06	6:42
16	McDuffee, Marga	SO	Orange Coast	18:55	6:18	53	Choate, Caitlin	FR	Antelope Valley	20:07	6:42
17	Gomez, Katherin	SO	Riverside	18:56	6:19	54	Serrano, Jessica	FR	Oxnard	20:08	6:43
18	Gonzalez, Angeli	SO	Glendale	18:57	6:19	55	Caracoza, Rebec	SO	El Camino	20:10	6:43
19	Wences, Jessica	FR	Glendale	19:04	6:21	56	Sandoval, Erica	SO	Cerritos	20:12	6:44
20	Breen, Kelley	SO	Saddleback	19:06	6:22	57	Ponce, Carla	SO	L.A. Trade Tech	20:13	6:44
21	Stoltze, Madelyn	SO	Moorpark	19:13	6:24	58	Schaefer, Daniell	FR	Canyons	20:14	6:45
22	Ochoa, Vivian	FR	Glendale	19:15	6:25	59	Sandoval, Ariana	FR	Cerritos	20:15	6:45
23	Taylor, Sara	FR	Victor Valley	19:17	6:26	60	Love, Jennifer	SO	Cuesta	20:17	6:46
24	Toberty, Sara	FR	Orange Coast	19:19	6:26	61	Granados, Meliss	FR	Citrus	20:18	6:46
25	Gonzalez, Tefany	SO	Ventura	19:20	6:27	62	Flores, Sandra	FR	Cerritos	20:20	6:47
26	Maela, Bianca	FR	Southwestern	19:22	6:27	63	Perez, Virginia	FR	L.A. Trade Tech	20:21	6:47
27	Labelle, Hillary	SO	Orange Coast	19:23	6:28	64	Thompson, Alex	FR	Santa Barbara	20:23	6:48
28	Perez, Brenda	SO	Riverside	19:23	6:28	65	Ramirez, Stephan	SO	Ventura	20:24	6:48
29	Rigney, Seanie	FR	Santa Barbara	19:24	6:28	66	Beltran, Liliana	SO	Los Angeles Valley	20:24	6:48
30	Aleman, Paula	FR	Southwestern	19:26	6:29	67	Hernandez, Meli	SO	Victor Valley	20:26	6:49
31	Gastelum, Saman	FR	Fullerton	19:29	6:30	68	Lemus, Jhovanna	FR	Imperial Valley	20:28	6:49
32	Hernandez, Bett	SO	Mt. SAC	19:36	6:32	69	Hotchkiss, Johnn	SO	Fullerton	20:28	6:49
33	Abrigo, Rachelle	FR	Mt. SAC	19:36	6:32	70	Gustavsson, Sara	SO	Santa Barbara	20:31	6:50
34	Mercado, Liliana	FR	L.A. Trade Tech	19:37	6:32	71	Herrera, Elizabet	FR	Los Angeles Valley	20:31	6:50
35	Huizar, Ashley	SO	Rio Hondo	19:41	6:34	72	Pina, Brenda	FR	Mt. SAC	20:31	6:50
36	Cornwell, Suzan	FR	San Diego Mesa	19:42	6:34	73	Flores, Maricela	SO	Ventura	20:32	6:51
37	Candelaria, Case	FR	Riverside	19:43	6:34	74	Freerksen, Brian	FR	Cerritos	20:33	6:51

individual race results

women's championship race number 1

friday, november 6, 2009 - 10:30 am - 3 miles

place	name	year	college	time	avg m	place	name	year	college	time	avg m
75	Goto, Taylor	FR	Fullerton	20:34	6:51	122	Sahagun, Mayra	FR	Ventura	21:46	7:15
76	Lopez, Carley	SO	Long Beach	20:35	6:52	123	Bell, Danielle	FR	Long Beach	21:48	7:16
77	Mejia, Cassie	FR	Cerritos	20:39	6:53	124	Nabor, Ana	FR	Palomar	21:49	7:16
78	Berenda, Jessica	FR	Saddleback	20:43	6:54	125	Lawrence, Liz	SO	Cuesta	21:49	7:16
79	Retano, Daniella	FR	Riverside	20:44	6:55	126	Marschik, Torrie	FR	Moorpark	21:54	7:18
80	Acedo, Cynthia	SO	Citrus	20:45	6:55	127	Lopez, Angelica	FR	San Bernardino Vall	21:54	7:18
81	Magallanes, Mari	FR	Victor Valley	20:46	6:55	128	Malone, Natalie	FR	Canyons	21:55	7:18
82	Raigosa, Roxy	SO	Rio Hondo	20:47	6:56	129	Mora, Nancy	SO	San Bernardino Vall	21:55	7:18
83	Cole, Kristen	SO	Moorpark	20:48	6:56	130	Hoover, Moniqu	SO	Victor Valley	21:57	7:19
84	Marleaux, Jewell	FR	Antelope Valley	20:49	6:56	131	Faust, Rebekah	FR	Santa Monica	21:58	7:19
85	Cervantes, Joann	FR	Victor Valley	20:50	6:57	132	Lopez, Christine	FR	Rio Hondo	22:02	7:21
86	Cavazos, Delia	SO	Desert	20:52	6:57	133	Forbess, Courtn	FR	Ventura	22:06	7:22
87	Lugano, Estefania	FR	Saddleback	20:53	6:58	134	McDole, Emily	FR	Long Beach	22:08	7:23
88	Henman, Jessyca	SO	San Diego Mesa	20:53	6:58	135	Perez, Saira	FR	Santa Ana	22:09	7:23
89	Lopez, Erika	SO	Los Angeles Valley	20:54	6:58	136	Heuring, Julie	SO	Palomar	22:11	7:24
90	Habebo, Emnet	SO	Bakersfield	20:56	6:59	137	Buenviaje-River,	FR	Fullerton	22:14	7:25
91	Andersen, Kris	FR	Saddleback	20:59	7:00	138	Leon, Veronica	FR	Palomar	22:16	7:25
92	Schneider, Kristi	FR	San Diego Mesa	20:59	7:00	139	Farnsworth, Mad	FR	Fullerton	22:18	7:26
93	Anderson, Tayler	FR	Cuesta	20:59	7:00	140	Arielly, Conde	FR	L.A. Trade Tech	22:19	7:26
94	Salas, Candace	SO	Desert	21:01	7:00	141	Morales, Marissa	FR	Pasadena	22:20	7:27
95	Moreno, Crystal	SO	Citrus	21:01	7:00	142	Roward, Tracy	FR	Canyons	22:21	7:27
96	Ramirez, Jennifer	SO	Ventura	21:02	7:01	143	Barrera, Cynthia	FR	L.A. Trade Tech	22:22	7:27
97	Rincon, Emilia	FR	Mt. SAC	21:04	7:01	144	Solorio, Diana	FR	Cuesta	22:32	7:31
98	Garcia, Lidia	FR	Pasadena	21:05	7:02	145	Bongiovanni, Am	FR	Moorpark	22:35	7:32
99	Read, Abigail	FR	Pasadena	21:06	7:02	146	Hebb, Michelle	FR	Citrus	22:37	7:32
100	Fairley, Rebekah	SO	Riverside	21:07	7:02	147	Martinez, Serena	FR	Antelope Valley	22:42	7:34
101	Perez, Karla	FR	Santa Ana	21:11	7:04	148	Samano, Marysel	FR	Oxnard	22:43	7:34
102	Burwell, Allison	FR	Antelope Valley	21:11	7:04	149	Garcia, Francisca	FR	Santiago Canyon	22:43	7:34
103	Gonzalez, Kariss	SO	Santa Monica	21:15	7:05	150	Scholte, Rebecca	FR	Grossmont	22:44	7:35
104	Espinosa, Gloria	FR	Victor Valley	21:18	7:06	151	Perez, Zaira	FR	L.A. Trade Tech	22:49	7:36
105	Gomez, Leslie	FR	Fullerton	21:18	7:06	152	Bond, Jasmin	FR	Canyons	22:51	7:37
106	Lopez, Zobeida	FR	Santa Ana	21:18	7:06	153	Guzman, Lizette	SO	Rio Hondo	22:52	7:37
107	Lundin, Emelie	FR	Santa Barbara	21:19	7:06	154	Shaw, Deborah	FR	Long Beach	22:53	7:38
108	O'Grady, Shay	SO	Victor Valley	21:21	7:07	155	Jijada, Maria	FR	Oxnard	22:55	7:38
109	Leming, Emilley	SO	Bakersfield	21:22	7:07	156	Kaste, Jacqueline	FR	Palomar	23:06	7:42
110	Baker, Stancia	SO	West Los Angeles	21:29	7:10	157	Tantare, Monika	FR	San Bernardino Vall	23:08	7:43
111	Tellez, Christine	SO	Cuesta	21:30	7:10	158	Palacio, Nicole	FR	Imperial Valley	23:17	7:46
112	Sherelis, Brianna	FR	San Diego Mesa	21:33	7:11	159	Tomaschow, Eri	SO	Oxnard	23:21	7:47
113	Galindo, Irene	FR	Fullerton	21:37	7:12	160	Rivas, Desirae	FR	Cerritos	23:26	7:49
114	Ruiz, Maria	SO	Moorpark	21:38	7:13	161	Villagomez, Caro	FR	Citrus	23:29	7:50
115	Gallegos, Selena	SO	Cerritos	21:39	7:13	162	McAdams, Jana	FR	Palomar	23:31	7:50
116	Hernandez, Ashl	SO	Pasadena	21:40	7:13	163	Alcantar, Alejand	SO	San Bernardino Vall	23:34	7:51
117	Gray, Jasmine	FR	Desert	21:41	7:14	164	Constantino, Eric	FR	Imperial Valley	23:34	7:51
118	Simmons, Beth	FR	Cuyamaca	21:42	7:14	165	Martinez, Jessica	FR	Antelope Valley	23:37	7:52
119	Nims, Elisha	FR	Ventura	21:42	7:14	166	Alvarado, Alexan	FR	Canyons	23:46	7:55
120	Nunez, Rebecca	FR	Pasadena	21:43	7:14	167	Pacific, Sarah	SO	Saddleback	23:48	7:56
121	Serrano, Kristal	SO	Canyons	21:45	7:15	168	Gomez, Fatima	FR	Cuyamaca	23:57	7:59

individual race results

women's championship race number 1

friday, november 6, 2009 - 10:30 am - 3 miles

place	name	year	college	time	avg m	place	name	year	college	time	avg m
169	Miranda, Laura	SO	Cuyamaca	24:11	8:04						
170	Vinopal, Sarah	FR	Rio Hondo	24:13	8:04						
171	Valerio, Araceli	SO	Santa Ana	24:14	8:05						
172	Goodwin, Kim	FR	San Diego Mesa	24:20	8:07						
173	Hicks, Megan	FR	Palomar	24:26	8:09						
174	Roche, Britney	FR	Long Beach	24:36	8:12						
175	Martinez, Ashley	SO	Rio Hondo	24:41	8:14						
176	Evers, Jazmin	FR	Imperial Valley	25:10	8:23						
177	Johnson, Natalie	FR	Los Angeles Valley	25:29	8:30						
178	Damacio, Yadira	FR	Santa Ana	25:33	8:31						
179	Aguilar, Alexis	FR	Citrus	25:51	8:37						
180	Kitchenka, Katie	FR	Cuyamaca	25:51	8:37						
181	Torres, Yoselin	FR	Santa Ana	25:52	8:37						
182	Samano, Edith	FR	Los Angeles Valley	25:53	8:38						
183	Duchesne, Shain	FR	Cuyamaca	26:38	8:53						
184	Be, Carla	FR	Imperial Valley	27:52	9:17						
185	Martensen, Dana	FR	Palomar	27:54	9:18						
186	Rolph, Kristen	SO	Oxnard	27:56	9:19						



**SOUTHERN CALIFORNIA
COMMUNITY COLLEGE**
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CHAMPIONSHIPS

NOVEMBER 6, 2009 MT. SAC CROSS COUNTRY COURSE WALNUT, CA

team race results

men's championship race number 2 friday, november 6, 2009 - 11:15 am - 4 miles

place	team	points	team time	5P gap	finish order	scoring order
1	San Bernardino Valley	56	1:46:04	0:14	6 8 13 14 15 17 18	6 8 13 14 15 17 18
2	Orange Coast	134	1:48:08	1:04	7 10 32 35 51 59 84	7 10 32 35 50 57 82
3	Glendale	140	1:48:03	1:05	5 21 26 41 47 67 136	5 21 26 41 47 65 133
4	Mt. SAC	160	1:48:38	1:05	9 11 42 46 54 69 99	9 11 42 46 52 67 96
5	El Camino	165	1:47:57	1:51	2 3 44 55 65 71 110	2 3 44 53 63 69 107
6	Cerritos	169	1:48:48	1:04	19 20 31 33 68 93 146	19 20 31 33 66 90 142
7	Riverside	237	1:50:00	1:48	4 34 56 62 87 105 145	4 34 54 60 85 102 141
8	Ventura	253	1:50:35	1:23	12 38 52 75 81 126 142	12 38 51 73 79 123 139
9	San Diego Mesa	289	1:51:13	0:55	37 43 45 73 96 158 167	37 43 45 71 93 152 158
10	Cuyamaca	340	1:52:03	1:30	27 30 66 108 117 120 122	27 30 64 105 114 117 119
11	Southwestern	345	1:51:24	3:06	1 23 78 124 127 139 176	1 23 76 121 124 136 167
12	Oxnard	370	1:52:36	2:24	24 40 57 106 154 174 183	24 40 55 103 148 165 174
13	Antelope Valley	387	1:52:51	1:15	29 79 90 92 107 144 168	29 77 88 89 104 140 159
14	Fullerton	390	1:53:01	0:44	50 61 85 102 103 114 128	49 59 83 99 100 111 125
15	Victor Valley	396	1:53:07	1:36	28 82 83 94 119 157 171	28 80 81 91 116 151 162
16	Saddleback	433	1:53:45	1:45	36 64 98 109 137 152 162	36 62 95 106 134 146 155
17	Cuesta	435	1:54:01	1:44	39 60 76 129 141 155 189	39 58 74 126 138 149 180
18	Palomar	446	1:53:44	1:46	25 95 101 116 121 161 201	25 92 98 113 118 154 192
19	Pasadena	461	1:54:13	2:04	22 80 115 125 130 159 187	22 78 112 122 127 153 178
20	Santa Barbara	476	1:54:22	2:16	16 97 112 131 132 194	16 94 109 128 129 185
21	Los Angeles Valley	497	1:54:53	1:28	70 86 89 111 156 177 181	68 84 87 108 150 168 172
22	Long Beach	506	1:55:14	1:20	72 77 88 134 150 166 178	70 75 86 131 144 157 169

team race results

men's championship race number 2

friday, november 6, 2009 - 11:15 am - 4 miles

place	team	points	team time	5P gap	finish order	scoring order
23	Bakersfield	614	1:58:28	2:56	48 74 169 172 180 197	48 72 160 163 171 188
24	West Los Angeles	629	1:57:43	2:06	58 135 138 151 170 188	56 132 135 145 161 179
25	Desert	683	2:03:07	4:44	63 118 140 193 195 198 200	61 115 137 184 186 189 191
26	Santiago Canyon	691	1:59:36	2:38	100 123 147 163 184 196 19	97 120 143 156 175 187 190
27	Allan Hancock	748	2:02:48	3:00	104 133 173 185 186 191 19	101 130 164 176 177 182 18
28	San Diego	766	2:01:50	2:09	113 153 175 179 182 190	110 147 166 170 173 181
	Moorpark		No time	No time	53 149	
	Canyons		No time	No time	91 148	
	Barstow		No time	No time	49	
	Santa Monica		No time	No time	143 160 165	
	Citrus		No time	No time	164	



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NOVEMBER 6, 2009 MT. SAC CROSS COUNTRY COURSE WALNUT, CA



2009 CHAMPION
Dahir Mohamed-SWC

individual race results

men's championship race number 2

friday, november 6, 2009 - 11:15 am - 4 miles

place	name	year	college	time	avg m	place	name	year	college	time	avg m
1	Mohamed, Dahir	FR	Southwestern	20:24	5:06	38	Reyes, Miguel	FR	Ventura	21:56	5:29
2	Lezama, Jose	FR	El Camino	20:34	5:08	39	Denlinger, Paul	FR	Cuesta	21:56	5:29
3	David, Cardona	FR	El Camino	20:43	5:11	40	Lopez, Cesar	SO	Oxnard	21:57	5:29
4	Pelarde, Jeffrey	SO	Riverside	20:53	5:13	41	Mayer, Matan	SO	Glendale	21:57	5:29
5	Quijada, Francisc	SO	Glendale	20:58	5:14	42	Santana, Robbie	SO	Mt. SAC	21:59	5:30
6	Dominguez, Ray	FR	San Bernardino Vall	21:04	5:16	43	Arnold, Justin	FR	San Diego Mesa	22:00	5:30
7	Westphal, Russel	SO	Orange Coast	21:08	5:17	44	Enomoto, Rio	SO	El Camino	22:01	5:30
8	Sanchez, Martin	FR	San Bernardino Vall	21:08	5:17	45	Betancourt, Con	SO	San Diego Mesa	22:01	5:30
9	Rivera, Chris	FR	Mt. SAC	21:09	5:17	46	Ebel, Thomas	SO	Mt. SAC	22:02	5:30
10	Dyson, Eric	FR	Orange Coast	21:12	5:18	47	Avila, Ricky	FR	Glendale	22:03	5:31
11	Whitesitt, Sean	SO	Mt. SAC	21:14	5:18	48	Francisco, Mejia	SO	Bakersfield	22:04	5:31
12	Martinez, Marc	SO	Ventura	21:15	5:19	49	Romano, Andre	FR	Barstow	22:06	5:32
13	Sanchez, Sam	FR	San Bernardino Vall	21:17	5:19	50	Cummings, Davi	SO	Fullerton	22:11	5:33
14	Nemchik, Travis	FR	San Bernardino Vall	21:17	5:19	51	Baquero, Francis	FR	Orange Coast	22:12	5:33
15	Parra, Art	SO	San Bernardino Vall	21:18	5:20	52	Soliz, Gabriel	FR	Ventura	22:13	5:33
16	Moreno, Mark	SO	Santa Barbara	21:19	5:20	53	Claus, Cooper	SO	Moorpark	22:13	5:33
17	Joshi, Ankur	SO	San Bernardino Vall	21:22	5:20	54	Zavala, Andres	FR	Mt. SAC	22:14	5:34
18	Stocksdale, Devi	FR	San Bernardino Vall	21:22	5:20	55	Bianchi, Joey	SO	El Camino	22:14	5:34
19	Aguirre, Angel	SO	Cerritos	21:23	5:21	56	Blakely, Jeff	FR	Riverside	22:14	5:34
20	Zapien, Jason	SO	Cerritos	21:25	5:21	57	Cervantes, Marti	SO	Oxnard	22:15	5:34
21	Alpizar, Jonathan	SO	Glendale	21:28	5:22	58	Singh, Ramandee	SO	West Los Angeles	22:16	5:34
22	Rodriguez, Ernes	SO	Pasadena	21:29	5:22	59	Saucedo, Pedro	SO	Orange Coast	22:18	5:34
23	Lopez, Edgar	SO	Southwestern	21:30	5:22	60	Castanon, Taylor	FR	Cuesta	22:20	5:35
24	Herrera, Isidore	SO	Oxnard	21:31	5:23	61	Santana, Lenny	SO	Fullerton	22:21	5:35
25	Avilez, Alexande	SO	Palomar	21:34	5:24	62	Alvarez, Charlie	FR	Riverside	22:23	5:36
26	Gutierrez, Rico	FR	Glendale	21:37	5:24	63	Sanchez, Gerard	SO	Desert	22:24	5:36
27	Beason, Jesse	FR	Cuyamaca	21:41	5:25	64	Guerrero, Josh	FR	Saddleback	22:24	5:36
28	Walters, Brett	FR	Victor Valley	21:43	5:26	65	Duffin, Jimi	FR	El Camino	22:25	5:36
29	Aquino, Uriel	FR	Antelope Valley	21:44	5:26	66	Gorney, Mike	FR	Cuyamaca	22:26	5:36
30	Bedrosian, Nick	FR	Cuyamaca	21:44	5:26	67	Gutierrez, Jesus	FR	Glendale	22:27	5:37
31	Schwab, Patrick	SO	Cerritos	21:45	5:26	68	Martinez, Johnat	SO	Cerritos	22:27	5:37
32	Olivarrias, Sergio	SO	Orange Coast	21:46	5:26	69	Kisner, Benjamin	FR	Mt. SAC	22:28	5:37
33	Hilbert, Gabriel	FR	Cerritos	21:48	5:27	70	Anzaldo, Paulo	FR	Los Angeles Valley	22:29	5:37
34	Cooper, Daniel	SO	Riverside	21:49	5:27	71	Noro, Ryan	FR	El Camino	22:30	5:38
35	Dawson, Jake	FR	Orange Coast	21:50	5:28	72	Rodriguez, Edwi	FR	Long Beach	22:30	5:38
36	Ayala, Jorge	FR	Saddleback	21:52	5:28	73	Burnham, Chris	FR	San Diego Mesa	22:31	5:38
37	McMonigle, Ryan	SO	San Diego Mesa	21:53	5:28	74	Quintero, Rober	FR	Bakersfield	22:32	5:38

individual race results

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friday, november 6, 2009 - 11:15 am - 4 miles

place	name	year	college	time	avg m	place	name	year	college	time	avg m
75	Enriquez, Eddie	SO	Ventura	22:33	5:38	122	Gusich, Rob	FR	Cuyamaca	23:22	5:50
76	Mirzaei, Jehan	SO	Cuesta	22:33	5:38	123	Castellanos, Fran	FR	Santiago Canyon	23:23	5:51
77	Brewer, Charles	FR	Long Beach	22:35	5:39	124	Gonzales, Willia	FR	Southwestern	23:24	5:51
78	Aparicio, Alejand	FR	Southwestern	22:36	5:39	125	Zarazua, Richard	FR	Pasadena	23:25	5:51
79	Zaragoza, Pedro	FR	Antelope Valley	22:37	5:39	126	Zarate, Sergio	SO	Ventura	23:26	5:52
80	Zentmyer, Wil	FR	Pasadena	22:37	5:39	127	Chavoya, Manuel	FR	Southwestern	23:30	5:52
81	Cantos, Lino	FR	Ventura	22:38	5:40	128	Martinez, Angel	FR	Fullerton	23:30	5:52
82	Whiteside, Taylo	SO	Victor Valley	22:39	5:40	129	Bremer, Andrew	FR	Cuesta	23:32	5:53
83	Pulice, AJ	SO	Victor Valley	22:39	5:40	130	Murphey, McKinl	FR	Pasadena	23:33	5:53
84	Torres, Jorge	SO	Orange Coast	22:40	5:40	131	Edwards, Garrett	FR	Santa Barbara	23:34	5:54
85	Ramon, Julio	SO	Fullerton	22:40	5:40	132	Arellano, Fabian	SO	Santa Barbara	23:35	5:54
86	Montoya, Emma	FR	Los Angeles Valley	22:40	5:40	133	Casteel, Orion	SO	Allan Hancock	23:35	5:54
87	Johnson, Brent	SO	Riverside	22:41	5:40	134	Curran, Doug	SO	Long Beach	23:36	5:54
88	Ramos, Javier	FR	Long Beach	22:43	5:41	135	Gray, Isaiah	FR	West Los Angeles	23:36	5:54
89	Sanchez, Vicente	FR	Los Angeles Valley	22:44	5:41	136	Herrera, Francis	SO	Glendale	23:36	5:54
90	Aquino, Ulises	FR	Antelope Valley	22:45	5:41	137	Dean, Tyler	FR	Saddleback	23:37	5:54
91	McEvoy, Michael	SO	Canyons	22:46	5:42	138	Singh, Daman	FR	West Los Angeles	23:38	5:54
92	Sohal, Maninder	FR	Antelope Valley	22:46	5:42	139	Martinez, Freddi	FR	Southwestern	23:39	5:55
93	Kelly, Russell	SO	Cerritos	22:46	5:42	140	Serrano, Miguel	SO	Desert	23:40	5:55
94	McCreadie, John	FR	Victor Valley	22:47	5:42	141	Welton, Brecon	SO	Cuesta	23:40	5:55
95	Burke, Brian	SO	Palomar	22:47	5:42	142	Booth-Ortega, Ju	FR	Ventura	23:41	5:55
96	Westphall, Maso	SO	San Diego Mesa	22:48	5:42	143	Alvarez, Nick	FR	Santa Monica	23:42	5:56
97	Organista, Matt	FR	Santa Barbara	22:49	5:42	144	Hernandez, Vict	FR	Antelope Valley	23:43	5:56
98	Kimura, AJ	SO	Saddleback	22:50	5:42	145	Guzman, Edwin	FR	Riverside	23:44	5:56
99	Diaz, Adrian	FR	Mt. SAC	22:51	5:43	146	Bailey, Torion	SO	Cerritos	23:45	5:56
100	Lawrence, Steph	FR	Santiago Canyon	22:52	5:43	147	Zweig, Jesse	FR	Santiago Canyon	23:47	5:57
101	Rihan, Saieed	FR	Palomar	22:53	5:43	148	Gill, Chris	SO	Canyons	23:48	5:57
102	Avellaneda, Luis	FR	Fullerton	22:54	5:44	149	Klein, Luke	FR	Moorpark	23:49	5:57
103	Takamiya, Kaiber	SO	Fullerton	22:55	5:44	150	Eastly, Alex	FR	Long Beach	23:50	5:58
104	Camarillo, Benit	FR	Allan Hancock	22:56	5:44	151	Bailey, Paul	SO	West Los Angeles	23:51	5:58
105	Fishelburg, Joshu	SO	Riverside	22:57	5:44	152	Wessendorf, Mik	SO	Saddleback	23:52	5:58
106	Coleman, Chris	FR	Oxnard	22:58	5:44	153	DeLaCruz, Marti	FR	San Diego	23:54	5:58
107	Downer, Josiah	SO	Antelope Valley	22:59	5:45	154	Rivera, Nelson	SO	Oxnard	23:55	5:59
108	William, Johnny	FR	Cuyamaca	23:01	5:45	155	Flores, Gabriel	SO	Cuesta	23:56	5:59
109	Copeland, Josh	FR	Saddleback	23:02	5:46	156	Aguilar, Cristobal	FR	Los Angeles Valley	23:57	5:59
110	O'Rourke, Patric	SO	El Camino	23:02	5:46	157	Reeves, Chris	FR	Victor Valley	23:59	6:00
111	Hernandez, Oma	FR	Los Angeles Valley	23:03	5:46	158	Akuien, Deng	FR	San Diego Mesa	24:00	6:00
112	Semler, Steven	FR	Santa Barbara	23:05	5:46	159	Barrantes, Anter	FR	Pasadena	24:00	6:00
113	Robolledo, Rey	FR	San Diego	23:06	5:46	160	Falcon, Alex	FR	Santa Monica	24:01	6:00
114	Diaz, Sergio	FR	Fullerton	23:08	5:47	161	Marsh, Noah	SO	Palomar	24:01	6:00
115	Cano, Kevin	FR	Pasadena	23:09	5:47	162	Davis, Keaton	SO	Saddleback	24:02	6:00
116	Avilez, Cameron	FR	Palomar	23:10	5:48	163	Morales, Jonatha	FR	Santiago Canyon	24:04	6:01
117	Haines, Nick	FR	Cuyamaca	23:11	5:48	164	Mendoza, Daniel	SO	Citrus	24:07	6:02
118	Alvarez, Armand	FR	Desert	23:14	5:48	165	Bravo, Anthony	SO	Santa Monica	24:07	6:02
119	Bernard, Tyler	FR	Victor Valley	23:19	5:50	166	Farrugia, David	FR	Long Beach	24:12	6:03
120	Garcia, Gabe	FR	Cuyamaca	23:20	5:50	167	Brown, Eric	FR	San Diego Mesa	24:14	6:04
121	Wood, Dexter	FR	Palomar	23:20	5:50	168	Knerr, Kris	SO	Antelope Valley	24:20	6:05

individual race results

men's championship race number 2 friday, november 6, 2009 - 11:15 am - 4 miles

place	name	year	college	time	avg m	place	name	year	college	time	avg m
169	Diaz, Victor	SO	Bakersfield	24:21	6:05						
170	Gonzalez, Jose	FR	West Los Angeles	24:22	6:06						
171	Rivera, Andrew	FR	Victor Valley	24:23	6:06						
172	Hurtado, Ariel	FR	Bakersfield	24:31	6:08						
173	Morales, Uriel	FR	Allan Hancock	24:33	6:08						
174	Alvarado, Rios	FR	Oxnard	24:39	6:10						
175	Liddell, Thomas	FR	San Diego	24:41	6:10						
176	Castillo, Abraha	FR	Southwestern	24:47	6:12						
177	Mendoza, Juan	FR	Los Angeles Valley	24:49	6:12						
178	Davis, Marquis	FR	Long Beach	24:53	6:13						
179	Felty, Christophe	FR	San Diego	24:54	6:14						
180	Smith, Gehrig	FR	Bakersfield	25:00	6:15						
181	Jimenez, Waldo	SO	Los Angeles Valley	25:13	6:18						
182	Lopez, Jose	SO	San Diego	25:15	6:19						
183	Yonko, David	FR	Oxnard	25:20	6:20						
184	Imfeld, Patrick	FR	Santiago Canyon	25:30	6:22						
185	Vasquez, Jorge	FR	Allan Hancock	25:48	6:27						
186	Caton, Cameron	SO	Allan Hancock	25:56	6:29						
187	Flores, Herminio	FR	Pasadena	26:03	6:31						
188	Bladen, Gilroy	FR	West Los Angeles	26:13	6:33						
189	VanBoxtel, Bryce	FR	Cuesta	26:18	6:34						
190	Saxer, Wayne	FR	San Diego	26:21	6:35						
191	Smith, Keenan	SO	Allan Hancock	26:21	6:35						
192	Toledo, Gerardo	FR	Allan Hancock	26:23	6:36						
193	Lopez, Jose	FR	Desert	26:41	6:40						
194	Jonsson, Dennis	FR	Santa Barbara	26:49	6:42						
195	Osorio, Misael	SO	Desert	27:08	6:47						
196	Martinez, Jorge	FR	Santiago Canyon	27:28	6:52						
197	Meyer, Robert	FR	Bakersfield	27:51	6:58						
198	Hiller, Stuart	SO	Desert	28:36	7:09						
199	Moreno, Carlo	FR	Santiago Canyon	29:20	7:20						
200	Mackay, Jeremia	FR	Desert	29:46	7:26						
201	Ramirez, Marco	FR	Palomar	30:07	7:32						