









South Coast Conference Champs

Harbor Regional Park

Race 1 - Women - 5K

10/27/2023 - 9:30

Team Results

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	 Mt. SAC	29	1:36:21	19:17	6:13	1:40	1-5-8-9-10-11-12	1-4-7-8-9-10-11
2	 Cerritos	59	1:44:29	20:54	6:44	2:38	6-13-19-20-21-24-25	5-12-13-14-15-17-18
3	 El Camino	80	1:48:49	21:46	7:01	6:49	2-4-31-38-44-52	2-3-20-25-30-35
4	 LA Harbor	113	2:00:19	24:04	7:45	9:41	7-22-33-51-53-55-57	6-16-21-34-36-38-39
5	 Long Beach	122	1:57:40	23:32	7:35	2:48	27-34-36-41-42-47	19-22-24-28-29-31
6	 Pasadena	141	2:06:03	25:13	8:07	4:04	35-39-40-48-49-54	23-26-27-32-33-37
DNP	 East LA		43:40	21:50	7:02		3-45	2 Runners
DNP	 Compton		1:00:57	30:29	9:49		50-56	2 Runners

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Individual Results

Place	Name	Grade	Team	Time	Points
1	Aarianna Amezcua	FR	Mt. SAC	18:14.5	1
2	Sequoia Gonzales	SO	El Camino	18:20.6	2
3	Marbella Flores	SO	East LA	18:23.5	
4	Ami Jacobson	SO	El Camino	18:49.7	3
5	Ingrid Tamayo	SO	Mt. SAC	19:06.4	4
6	Megan Feitz	SO	Cerritos	19:08.6	5
7	Sherlyn Gomez	FR	LA Harbor	19:10.1	6
8	Shandy Moore	SO	Mt. SAC	19:21.7	7
9	Tigist Bergman	FR	Mt. SAC	19:43.6	8
10	Ava Cornell	FR	Mt. SAC	19:53.8	9
11	Brenna Butler	SO	Mt. SAC	20:05.3	10
12	Trista Michael	SO	Mt. SAC	20:15.0	11
13	Evelyn Mejia	FR	Cerritos	20:20.1	12
14	Gaby Cerrillos	SO	Mt. SAC	20:33.2	
15	Cassandra Apahidean	SO	Mt. SAC	20:34.1	
16	Elyssa Gonzales	FR	Mt. SAC	20:40.5	
17	Natalie Sumner	FR	Mt. SAC	20:49.8	
18	Isabella Flores	FR	Mt. SAC	21:28.4	
19	Diana Raya Perez	FR	Cerritos	21:36.2	13
20	Kimberly Ibarra	FR	Cerritos	21:37.4	14
21	Delilah Chavez	SO	Cerritos	21:45.9	15
22	Emily Mejia	FR	LA Harbor	21:50.1	16
23	Denise Villarreal	FR	Mt. SAC	21:52.1	
24	Vannesa Rojas	FR	Cerritos	21:55.0	17
25	Ariel Alvarez	FR	Cerritos	21:56.8	18
26	Saray Tapia	FR	Mt. SAC	21:57.5	
27	Lorena Galaviz	SO	Long Beach	22:05.2	19
28	Faith Ayala	FR	Mt. SAC	22:23.4	
29	Lila Palmer	FR	Cerritos	22:26.5	
30	Kahlai Cruser	FR	Mt. SAC	22:28.7	
31	Torah Noah	SO	El Camino	22:29.0	20
32	Emely Jacobo	SO	Mt. SAC	22:39.0	
33	Miyoko Mataalii	SO	LA Harbor	22:39.2	21
34	Frida Hernandez	SO	Long Beach	22:53.1	22
35	Kayla Ma	FR	Pasadena	23:02.4	23
36	Katlyn Moratoya	SO	Long Beach	23:03.6	24
37	Leslie Juarez	SO	Cerritos	23:37.9	
38	Arianna Hurtado	FR	El Camino	24:00.0	25

Place	Name	Grade	Team	Time	Points
39	Melissa Le	FR	Pasadena	24:08.5	26
40	Summer Hamilton	FR	Pasadena	24:44.0	27
41	Alona Washington	FR	Long Beach	24:44.1	28
42	Mel Moreno	SO	Long Beach	24:53.2	29
43	Claudia Rios	FR	Cerritos	25:03.6	
44	Elaine Dugmore	FR	El Camino	25:09.0	30
45	Rosalinda Solis	FR	East LA	25:16.2	
46	Natalia Orta	FR	Cerritos	25:16.7	
47	Morgan Venable	FR	Long Beach	26:30.5	31
48	Isabella Evans	FR	Pasadena	27:01.6	32
49	Alejandra Penaloza	FR	Pasadena	27:06.0	33
50	Ryann Crawford	FR	Compton	27:45.0	
51	Jasmine Ramirez	FR	LA Harbor	27:48.2	34
52	Kimberly Garcia	FR	El Camino	28:19.6	35
53	Charleze Aceves	FR	LA Harbor	28:50.6	36
54	Emily Dean	FR	Pasadena	29:43.0	37
55	Cristal Chavez	FR	LA Harbor	32:06.0	38
56	Patience Mosley,	FR	Compton	33:12.0	
57	Lourdes Duran	FR	LA Harbor	33:22.6	39