

CCCAA Southern California Regional Prelims and Championships - 5/4/2019 to 5/1

Riverside College

Results - Prelims

Event 39 Women 10000 Meter Run

Name	Year	School	Finals
Finals			
1 Rebecca Ruiz	FR	Mt. Sac	38:50.38
1:31.945 (1:31.945)	3:06.125 (1:34.180)	4:38.607 (1:32.483)	6:12.961 (1:34.355)
7:46.832 (1:33.871)	9:20.872 (1:34.040)	10:54.779 (1:33.907)	12:28.619 (1:33.840)
14:02.271 (1:33.652)	15:34.302 (1:32.031)	17:07.587 (1:33.285)	18:40.504 (1:32.918)
20:14.128 (1:33.624)	21:49.554 (1:35.426)	23:23.616 (1:34.062)	24:59.233 (1:35.618)
26:31.701 (1:32.469)	28:05.046 (1:33.345)	29:38.295 (1:33.249)	31:12.628 (1:34.334)
32:47.532 (1:34.905)	34:21.702 (1:34.170)	35:56.089 (1:34.388)	37:25.892 (1:29.803)
38:50.376 (1:24.485)			
2 Sophia Cortina	FR	Moorpark	39:57.83
1:39.050 (1:39.050)	4:53.712 (3:14.663)	6:24.701 (1:30.989)	7:56.571 (1:31.871)
9:28.923 (1:32.352)	11:01.489 (1:32.567)	12:36.788 (1:35.299)	14:12.853 (1:36.066)
15:50.362 (1:37.510)	17:27.648 (1:37.286)	19:07.048 (1:39.401)	20:42.591 (1:35.543)
22:16.101 (1:33.511)	23:54.355 (1:38.254)	25:34.650 (1:40.295)	27:14.632 (1:39.983)
28:54.280 (1:39.648)	30:33.731 (1:39.452)	32:10.452 (1:36.721)	33:51.157 (1:40.706)
35:32.359 (1:41.202)	37:11.143 (1:38.784)	38:42.295 (1:31.152)	39:57.829 (1:15.534)
3 Sujei Esteve	SO	Riverside	40:01.98
1:34.290 (1:34.290)	3:07.448 (1:33.159)	4:40.713 (1:33.266)	6:14.918 (1:34.205)
6:14.919 (0.002)	7:48.941 (1:34.023)	9:22.928 (1:33.987)	10:57.296 (1:34.368)
12:30.598 (1:33.302)	14:03.400 (1:32.802)	15:34.580 (1:31.180)	17:07.878 (1:33.299)
18:40.809 (1:32.932)	20:14.479 (1:33.670)	21:49.866 (1:35.388)	23:24.107 (1:34.241)
25:01.739 (1:37.632)	26:39.771 (1:38.032)	28:19.707 (1:39.936)	30:00.624 (1:40.918)
31:40.735 (1:40.111)	33:22.801 (1:42.067)	35:04.286 (1:41.485)	36:48.143 (1:43.857)
40:01.971 (3:13.828)			
4 Cynthia Melendez	SO	West Los Angeles	40:10.15
1:39.838 (1:39.838)	3:23.807 (1:43.970)	4:57.716 (1:33.910)	6:30.261 (1:32.546)
8:04.773 (1:34.512)	9:39.193 (1:34.420)	11:14.992 (1:35.799)	12:50.545 (1:35.554)
14:27.148 (1:36.603)	16:01.764 (1:34.616)	17:35.826 (1:34.063)	19:08.966 (1:33.140)
20:42.395 (1:33.429)	22:15.986 (1:33.592)	23:54.197 (1:38.212)	25:34.396 (1:40.199)
27:14.461 (1:40.065)	28:53.991 (1:39.530)	30:33.447 (1:39.456)	32:10.334 (1:36.888)
33:51.146 (1:40.812)	35:32.319 (1:41.174)	37:10.969 (1:38.651)	38:42.268 (1:31.299)
40:10.147 (1:27.880)			
5 Olivia Quezada	SO	West Los Angeles	40:39.88
1:39.546 (1:39.546)	3:23.392 (1:43.847)	4:57.396 (1:34.004)	6:27.142 (1:29.746)
7:59.352 (1:32.210)	9:34.021 (1:34.670)	11:09.319 (1:35.299)	12:45.345 (1:36.027)
14:22.241 (1:36.896)	15:58.301 (1:36.060)	17:34.313 (1:36.012)	19:11.516 (1:37.204)
20:49.412 (1:37.896)	22:27.561 (1:38.150)	24:07.202 (1:39.641)	25:46.067 (1:38.866)
27:24.356 (1:38.290)	29:04.571 (1:40.215)	30:44.841 (1:40.271)	32:25.996 (1:41.155)
34:07.751 (1:41.756)	35:51.961 (1:44.211)	37:34.141 (1:42.180)	39:12.719 (1:38.579)
40:39.873 (1:27.154)			
6 Montserrath Celis	FR	Mt. Sac	41:03.84
1:35.208 (1:35.208)	3:07.670 (1:32.463)	4:41.250 (1:33.580)	6:15.900 (1:34.651)
7:50.989 (1:35.090)	9:26.976 (1:35.987)	11:03.495 (1:36.519)	12:40.989 (1:37.495)
14:19.235 (1:38.246)	15:56.621 (1:37.387)	17:34.585 (1:37.964)	19:12.036 (1:37.451)
20:49.956 (1:37.921)	22:28.032 (1:38.076)	24:06.748 (1:38.716)	25:45.625 (1:38.878)
27:24.955 (1:39.330)	29:05.024 (1:40.069)	30:45.670 (1:40.647)	32:26.613 (1:40.943)
34:07.995 (1:41.382)	35:52.207 (1:44.213)	37:37.102 (1:44.895)	39:21.373 (1:44.271)
41:03.835 (1:42.462)			



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Results - Prelims

....Event 39 Women 10000 Meter Run

7	Estrella Montiel	SO West Los Angeles	41:22.31				
	1:38.324 (1:38.324)	3:22.893 (1:44.569)	4:54.036 (1:31.144)	6:24.479 (1:30.443)			
	7:56.442 (1:31.963)	9:28.857 (1:32.416)	11:01.266 (1:32.409)	12:36.516 (1:35.250)			
	14:12.621 (1:36.106)	15:50.244 (1:37.624)	17:27.727 (1:37.483)	19:07.244 (1:39.518)			
	20:52.207 (1:44.963)	22:38.533 (1:46.327)	24:23.812 (1:45.280)	26:07.420 (1:43.608)			
	27:52.469 (1:45.050)	29:35.616 (1:43.148)	31:18.846 (1:43.230)	33:04.449 (1:45.604)			
	34:49.743 (1:45.294)	36:32.565 (1:42.823)	38:13.651 (1:41.087)	39:53.772 (1:40.121)			
	41:22.305 (1:28.534)						
8	Andrea Anaya	FR Orange Coast	41:31.26				
	1:39.388 (1:39.388)	3:21.692 (1:42.304)	4:57.010 (1:35.319)	6:34.619 (1:37.610)			
	8:14.142 (1:39.523)	9:54.044 (1:39.902)	11:34.300 (1:40.257)	13:14.262 (1:39.962)			
	14:54.799 (1:40.537)	16:35.147 (1:40.348)	18:15.396 (1:40.250)	19:57.077 (1:41.682)			
	21:38.291 (1:41.214)	23:19.053 (1:40.763)	25:00.550 (1:41.497)	26:40.824 (1:40.275)			
	28:21.387 (1:40.563)	30:02.885 (1:41.499)	31:44.237 (1:41.352)	32:22.817 (38.580)			
	33:24.373 (1:01.557)	35:06.389 (1:42.016)	36:47.810 (1:41.422)	38:28.791 (1:40.981)			
	43:19.048 (4:50.258)						
9	Emiliana Merida Cano	FR Riverside	41:58.68				
	1:38.146 (1:38.146)	3:22.120 (1:43.975)	4:54.146 (1:32.026)	6:27.341 (1:33.195)			
	8:03.982 (1:36.642)	9:39.807 (1:35.825)	11:17.063 (1:37.257)	12:55.263 (1:38.200)			
	14:34.807 (1:39.544)	16:14.525 (1:39.719)	17:53.753 (1:39.228)	19:35.535 (1:41.782)			
	21:19.143 (1:43.609)	23:01.731 (1:42.588)	24:45.531 (1:43.801)	26:28.039 (1:42.508)			
	28:10.380 (1:42.342)	29:56.920 (1:46.540)	31:42.008 (1:45.088)	33:25.663 (1:43.655)			
	35:12.223 (1:46.560)	36:58.437 (1:46.215)	38:43.030 (1:44.593)	40:23.600 (1:40.571)			
	41:58.673 (1:35.074)						
10	Sadie Encinas	FR Mt. Sac	42:16.34				
	1:38.591 (1:38.591)	3:07.392 (1:28.802)	4:41.056 (1:33.664)	6:15.436 (1:34.381)			
	7:50.274 (1:34.838)	9:25.536 (1:35.263)	11:02.419 (1:36.883)	12:39.834 (1:37.415)			
	14:18.933 (1:39.100)	15:56.573 (1:37.640)	17:35.468 (1:38.895)	19:15.557 (1:40.090)			
	20:59.861 (1:44.304)	22:42.212 (1:42.351)	26:12.379 (3:30.168)	27:57.091 (1:44.712)			
	29:43.761 (1:46.671)	31:31.941 (1:48.180)	33:19.409 (1:47.469)	35:07.916 (1:48.507)			
	36:56.261 (1:48.346)	38:45.568 (1:49.308)	40:35.873 (1:50.305)	42:16.333 (1:40.460)			
11	Deana Takoaka	SO El Camino	42:32.81				
	3:21.549 (3:21.549)	4:53.623 (1:32.075)	6:26.613 (1:32.990)	8:01.457 (1:34.845)			
	9:38.931 (1:37.474)	11:17.342 (1:38.411)	12:58.106 (1:40.764)	14:39.916 (1:41.810)			
	16:23.300 (1:43.384)	18:03.383 (1:40.084)	19:45.972 (1:42.589)	21:28.273 (1:42.302)			
	23:11.731 (1:43.459)	24:55.833 (1:44.103)	26:41.615 (1:45.782)	28:26.705 (1:45.090)			
	30:13.414 (1:46.710)	31:59.497 (1:46.083)	33:45.449 (1:45.952)	35:34.955 (1:49.507)			
	37:23.302 (1:48.347)	39:11.650 (1:48.348)	40:56.687 (1:45.037)	42:32.802 (1:36.116)			
12	Meagan Silves	FR Orange Coast	42:54.85				
	1:38.885 (1:38.885)	3:21.915 (1:43.030)	4:57.199 (1:35.284)	6:34.645 (1:37.447)			
	8:14.165 (1:39.520)	9:54.102 (1:39.938)	11:34.353 (1:40.251)	13:14.325 (1:39.972)			
	14:55.229 (1:40.905)	16:35.718 (1:40.489)	18:17.088 (1:41.371)	19:59.120 (1:42.032)			
	21:43.495 (1:44.375)	23:28.508 (1:45.014)	25:13.895 (1:45.387)	27:01.460 (1:47.566)			
	28:47.237 (1:45.778)	30:32.996 (1:45.759)	32:18.183 (1:45.187)	34:03.652 (1:45.470)			
	35:50.508 (1:46.856)	37:38.136 (1:47.629)	39:24.495 (1:46.359)	41:11.080 (1:46.586)			
	42:54.845 (1:43.766)						



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....Event 39 Women 10000 Meter Run

13 Sarah Simpson	SO El Camino		43:05.20				
1:39.217 (1:39.217)	3:23.176 (1:43.959)	4:58.185 (1:35.009)	6:35.203 (1:37.019)				
8:14.429 (1:39.227)	9:54.373 (1:39.944)	11:34.580 (1:40.208)	13:14.644 (1:40.064)				
14:55.153 (1:40.509)	16:35.544 (1:40.392)	18:17.348 (1:41.804)	20:00.726 (1:43.379)				
21:49.725 (1:49.000)	23:36.892 (1:47.167)	25:24.205 (1:47.314)	27:10.015 (1:45.810)				
28:58.599 (1:48.584)	30:45.178 (1:46.579)	32:30.505 (1:45.327)	34:18.465 (1:47.961)				
36:11.341 (1:52.876)	38:00.185 (1:48.844)	39:48.907 (1:48.722)	41:34.143 (1:45.236)				
43:05.193 (1:31.051)							
14 Maria Marroquin	FR Santa Ana		43:12.76				
1:38.781 (1:38.781)	3:23.229 (1:44.448)	5:00.853 (1:37.624)	6:41.004 (1:40.152)				
8:23.679 (1:42.675)	10:05.119 (1:41.440)	11:44.253 (1:39.135)	13:28.465 (1:44.212)				
15:12.568 (1:44.103)	16:55.042 (1:42.475)	18:39.907 (1:44.865)	20:23.988 (1:44.082)				
23:56.105 (3:32.117)	25:43.124 (1:47.020)	27:29.883 (1:46.759)	29:17.487 (1:47.604)				
31:04.272 (1:46.786)	32:50.131 (1:45.859)	34:36.579 (1:46.448)	36:22.947 (1:46.369)				
38:07.887 (1:44.940)	39:51.708 (1:43.821)	41:34.765 (1:43.058)	43:12.758 (1:37.993)				
15 Ariel Martinez	FR Riverside		43:23.06				
1:38.408 (1:38.408)	3:23.103 (1:44.695)	4:56.850 (1:33.747)	6:32.183 (1:35.333)				
8:06.979 (1:34.796)	9:42.412 (1:35.434)	13:01.964 (3:19.552)	14:39.279 (1:37.316)				
16:21.793 (1:42.514)	18:05.214 (1:43.422)	19:49.491 (1:44.277)	21:36.191 (1:46.701)				
23:24.809 (1:48.619)	25:14.059 (1:49.250)	27:03.980 (1:49.921)	28:54.233 (1:50.254)				
30:44.500 (1:50.267)	32:35.407 (1:50.908)	34:24.901 (1:49.494)	36:13.504 (1:48.604)				
38:04.155 (1:50.651)	39:54.617 (1:50.463)	41:45.499 (1:50.883)	43:23.052 (1:37.554)				
16 Alexis Park	FR Saddleback		43:24.48				
1:37.987 (1:37.987)	3:22.565 (1:44.578)	6:37.008 (3:14.444)	8:16.321 (1:39.313)				
9:56.719 (1:40.398)	11:38.757 (1:42.039)	13:22.091 (1:43.334)	15:07.373 (1:45.282)				
16:54.777 (1:47.404)	18:42.626 (1:47.850)	20:32.060 (1:49.434)	22:21.731 (1:49.672)				
26:07.191 (3:45.460)	28:00.485 (1:53.294)	29:54.283 (1:53.798)	31:49.827 (1:55.545)				
33:43.428 (1:53.601)	35:38.539 (1:55.112)	37:33.220 (1:54.681)	39:30.392 (1:57.172)				
41:30.467 (2:00.076)	43:24.480 (1:54.013)						
17 Kirsten Whieldon	SO Saddleback		44:34.04				
1:37.940 (1:37.940)	3:22.435 (1:44.495)	6:35.175 (3:12.740)	8:14.982 (1:39.808)				
9:55.451 (1:40.469)	11:38.529 (1:43.079)	13:22.431 (1:43.902)	15:07.727 (1:45.297)				
16:54.804 (1:47.078)	18:41.373 (1:46.569)	20:26.120 (1:44.748)	22:08.552 (1:42.432)				
22:14.480 (5.928)	24:03.547 (1:49.067)	25:55.288 (1:51.742)	27:47.709 (1:52.422)				
29:40.565 (1:52.856)	31:33.961 (1:53.397)	33:25.536 (1:51.575)	35:18.137 (1:52.601)				
37:12.584 (1:54.448)	39:05.589 (1:53.005)	40:59.938 (1:54.350)	42:52.032 (1:52.094)				
44:34.036 (1:42.005)							
18 Maia Chaffin	FR Palomar		45:20.74				
1:39.260 (1:39.260)	3:22.660 (1:43.400)	5:00.352 (1:37.692)	6:40.771 (1:40.420)				
8:23.374 (1:42.603)	10:06.873 (1:43.499)	11:52.969 (1:46.097)	13:40.247 (1:47.278)				
15:28.486 (1:48.239)	17:18.031 (1:49.545)	19:08.461 (1:50.431)	20:56.790 (1:48.330)				
22:46.324 (1:49.535)	24:38.433 (1:52.109)	26:29.939 (1:51.506)	28:22.571 (1:52.633)				
30:18.493 (1:55.922)	32:13.380 (1:54.888)	34:10.464 (1:57.084)	36:05.999 (1:55.536)				
38:02.376 (1:56.377)	39:56.745 (1:54.370)	41:50.511 (1:53.767)	43:35.435 (1:44.924)				
45:20.731 (1:45.296)							



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....Event 39 Women 10000 Meter Run

19	Carmen Hernandez	FR El Camino	45:31.56				
	1:39.581 (1:39.581)	4:58.401 (3:18.820)	6:37.404 (1:39.004)	8:19.985 (1:42.581)			
	10:03.162 (1:43.178)	11:49.254 (1:46.092)	13:38.308 (1:49.054)	15:27.336 (1:49.029)			
	17:16.692 (1:49.356)	19:07.257 (1:50.566)	20:57.699 (1:50.442)	22:51.021 (1:53.323)			
	24:46.816 (1:55.795)	26:42.816 (1:56.001)	28:35.181 (1:52.366)	30:29.536 (1:54.355)			
	34:20.478 (3:50.943)	36:16.924 (1:56.447)	38:11.214 (1:54.290)	40:03.999 (1:52.786)			
	41:57.681 (1:53.682)	43:46.491 (1:48.811)	45:31.556 (1:45.066)				
20	Amanda Finn	SO Canyons	45:33.66				
	1:40.213 (1:40.213)	3:24.841 (1:44.628)	5:07.986 (1:43.146)	6:51.819 (1:43.834)			
	8:35.976 (1:44.158)	10:21.554 (1:45.578)	12:09.395 (1:47.841)	13:57.465 (1:48.071)			
	15:46.111 (1:48.646)	17:35.239 (1:49.128)	19:24.500 (1:49.262)	21:15.547 (1:51.048)			
	24:59.535 (3:43.988)	26:52.608 (1:53.074)	28:45.268 (1:52.661)	30:38.491 (1:53.223)			
	32:31.983 (1:53.493)	34:24.685 (1:52.702)	36:20.277 (1:55.592)	38:14.005 (1:53.728)			
	40:08.606 (1:54.602)	42:03.026 (1:54.420)	43:54.540 (1:51.514)	45:33.654 (1:39.115)			
--	Kristal Silva	SO Moorpark	DNF				
	1:40.509 (1:40.509)	3:24.792 (1:44.283)	4:59.272 (1:34.480)	5:07.936 (8.664)			
	6:53.232 (1:45.296)	8:45.544 (1:52.313)	10:37.514 (1:51.970)	12:30.997 (1:53.484)			
	14:25.671 (1:54.674)	16:25.267 (1:59.596)	18:26.847 (2:01.580)	20:27.717 (2:00.871)			
	22:32.117 (2:04.400)	24:34.161 (2:02.044)	26:36.773 (2:02.612)	28:40.660 (2:03.887)			
	30:48.012 (2:07.353)						
--	Marleen Aranda	SO Cuyamaca	DNF				
	1:38.828 (1:38.828)	3:23.561 (1:44.734)	5:00.759 (1:37.198)	6:37.837 (1:37.078)			
	8:17.837 (1:40.001)	9:58.355 (1:40.518)	11:41.047 (1:42.692)	13:24.278 (1:43.232)			
	15:09.649 (1:45.371)	16:55.328 (1:45.679)	18:41.543 (1:46.216)	20:26.192 (1:44.650)			
	22:12.688 (1:46.496)	24:01.389 (1:48.702)	25:53.902 (1:52.514)				
--	Maribel Madera	SO Riverside	DNF				
	1:38.525 (1:38.525)	3:22.823 (1:44.298)	4:57.343 (1:34.520)	6:30.878 (1:33.536)			
	8:04.406 (1:33.528)	9:39.394 (1:34.988)	11:15.107 (1:35.714)	12:50.983 (1:35.876)			
	14:33.030 (1:42.047)	16:14.585 (1:41.556)					

Event 40 Men 10000 Meter Run

Name	Year	School	Finals				
1	Salvador Capetillo	SO Mt. Sac	31:53.66				
	1:15.424 (1:15.424)	2:39.601 (1:24.178)	4:00.652 (1:21.051)	5:18.401 (1:17.750)			
	6:36.400 (1:18.000)	7:54.440 (1:18.040)	9:11.927 (1:17.487)	10:31.918 (1:19.992)			
	11:52.535 (1:20.618)	13:12.571 (1:20.036)	14:31.226 (1:18.656)	15:50.216 (1:18.991)			
	17:07.633 (1:17.417)	18:21.778 (1:14.146)	19:37.143 (1:15.365)	20:52.795 (1:15.653)			
	22:08.334 (1:15.540)	23:22.927 (1:14.593)	31:53.656 (8:30.730)				
2	Stefen Rasmuson	FR SD Mesa	31:58.43				
	1:16.050 (1:16.050)	2:40.032 (1:23.982)	4:01.053 (1:21.022)	5:18.973 (1:17.920)			
	6:36.929 (1:17.957)	9:12.535 (2:35.606)	10:32.581 (1:20.047)	11:53.215 (1:20.634)			
	13:13.350 (1:20.136)	14:31.823 (1:18.473)	15:50.868 (1:19.046)	17:08.253 (1:17.386)			
	18:22.127 (1:13.874)	19:37.276 (1:15.150)	20:52.985 (1:15.710)	22:08.562 (1:15.577)			
	23:23.134 (1:14.573)	31:43.347 (8:20.213)	31:58.421 (15.075)				



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Results - Prelims

....Event 40 Men 10000 Meter Run

3	Adan Cruz	FR Ventura	32:15.51	
	1:15.800 (1:15.800)	2:39.869 (1:24.070)	4:00.784 (1:20.915)	5:18.532 (1:17.748)
	6:36.534 (1:18.003)	7:54.497 (1:17.964)	13:12.725 (5:18.228)	15:50.512 (2:37.787)
	17:08.101 (1:17.590)	18:22.515 (1:14.414)	19:37.475 (1:14.960)	20:53.220 (1:15.745)
	22:08.849 (1:15.629)	23:23.483 (1:14.635)	32:15.509 (8:52.027)	
4	Kibrom Elias	SO Cuyamaca	32:25.50	
	1:17.169 (1:17.169)	2:41.074 (1:23.905)	4:02.148 (1:21.075)	
	5:20.094 (1:17.946)	6:37.092 (1:16.999)	7:55.324 (1:18.232)	
	9:12.748 (1:17.425)	10:32.701 (1:19.953)	11:53.547 (1:20.846)	
	13:12.556 (1:19.010)	14:30.986 (1:18.430)	15:50.171 (1:19.185)	
	17:08.284 (1:18.114)	18:22.886 (1:14.603)	19:38.181 (1:15.296)	
	20:53.762 (1:15.581)	22:10.578 (1:16.816)	32:25.495 (10:14.918)	
5	Jose Melchor	SO Mt. Sac	32:35.54	
	1:15.665 (1:15.665)	2:39.654 (1:23.990)	2:41.671 (2.017)	
	4:00.939 (1:19.268)	5:18.650 (1:17.712)	6:36.629 (1:17.979)	
	7:54.667 (1:18.039)	9:11.958 (1:17.291)	10:31.900 (1:19.942)	
	13:12.536 (2:40.636)	14:31.363 (1:18.827)	15:50.290 (1:18.928)	
	18:22.006 (2:31.716)	19:37.355 (1:15.349)	20:53.392 (1:16.038)	
	22:11.261 (1:17.869)	32:35.539 (10:24.278)		
6	Matt Arruda	SO El Camino	32:36.45	
	1:16.739 (1:16.739)	2:40.451 (1:23.712)	4:01.695 (1:21.244)	
	5:19.275 (1:17.580)	6:37.224 (1:17.950)	7:55.580 (1:18.357)	
	9:12.669 (1:17.090)	10:32.415 (1:19.746)	11:53.339 (1:20.924)	
	13:13.018 (1:19.680)	14:31.872 (1:18.855)	15:50.897 (1:19.026)	
	17:08.817 (1:17.920)	18:23.023 (1:14.206)	19:38.453 (1:15.430)	
	20:53.947 (1:15.494)	22:10.365 (1:16.419)	32:36.441 (10:26.076)	
7	Luis Huerta	SO Mt. Sac	32:41.89	
	1:15.629 (1:15.629)	2:39.849 (1:24.221)	4:01.163 (1:21.314)	
	5:18.772 (1:17.609)	6:36.763 (1:17.992)	7:54.715 (1:17.952)	
	9:12.155 (1:17.440)	10:32.056 (1:19.902)	11:52.725 (1:20.670)	
	13:12.773 (1:20.048)	14:31.411 (1:18.638)	15:50.390 (1:18.980)	
	17:07.838 (1:17.448)	18:22.204 (1:14.366)	19:37.542 (1:15.339)	
	20:53.502 (1:15.960)	22:09.726 (1:16.225)	32:41.884 (10:32.159)	
8	Michael Ramirez	SO San Bernardino	32:47.66	
	1:16.151 (1:16.151)	4:01.471 (2:45.320)	5:19.177 (1:17.707)	
	7:54.962 (2:35.786)	10:32.365 (2:37.404)	11:52.943 (1:20.578)	
	13:13.152 (1:20.210)	14:31.765 (1:18.613)	15:50.570 (1:18.806)	
	17:07.980 (1:17.411)	18:22.375 (1:14.395)	19:37.699 (1:15.325)	
	20:53.517 (1:15.818)	22:10.023 (1:16.506)	32:47.654 (10:37.632)	
9	Juan Martinez	FR Moorpark	32:52.38	
	1:17.769 (1:17.769)	2:41.233 (1:23.464)	4:02.407 (1:21.174)	
	5:20.425 (1:18.019)	6:38.229 (1:17.804)	7:56.180 (1:17.951)	
	9:13.551 (1:17.371)	10:33.208 (1:19.658)	13:13.690 (2:40.482)	
	14:32.434 (1:18.744)	15:51.404 (1:18.970)	17:09.601 (1:18.198)	
	18:27.914 (1:18.314)	19:46.924 (1:19.011)	21:06.115 (1:19.191)	
	22:25.457 (1:19.343)	32:52.371 (10:26.915)		



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CCCAA Southern California Regional Prelims and Championships - 5/4/2019 to 5/1

Riverside College

Results - Prelims

....Event 40 Men 10000 Meter Run

10 Austin Dai	SO Riverside	32:55.73			
1:15.888 (1:15.888)	2:40.068 (1:24.180)	4:01.341 (1:21.274)			
6:36.985 (2:35.644)	7:55.135 (1:18.150)	9:12.365 (1:17.231)			
15:50.784 (6:38.419)	17:08.660 (1:17.877)	18:23.153 (1:14.493)			
19:38.928 (1:15.775)	20:55.174 (1:16.247)	22:13.979 (1:18.805)			
32:55.728 (10:41.750)					
11 Baltazar Bucup	SO West Los Angeles	32:58.03			
1:17.345 (1:17.345)	4:01.540 (2:44.195)	5:19.215 (1:17.675)	6:37.200 (1:17.985)		
7:54.892 (1:17.693)	9:12.316 (1:17.424)	10:32.315 (1:19.999)	11:53.098 (1:20.783)		
13:13.257 (1:20.160)	14:32.034 (1:18.777)	15:51.040 (1:19.006)	17:08.796 (1:17.756)		
18:22.765 (1:13.970)	19:38.020 (1:15.255)	20:55.008 (1:16.988)	22:14.185 (1:19.178)		
31:44.597 (9:30.412)	32:58.024 (1:13.427)				
12 Medhane Woldu	FR SD Mesa	33:51.85			
2:41.307 (2:41.307)	4:02.492 (1:21.186)	5:20.358 (1:17.867)	6:38.395 (1:18.038)		
7:56.059 (1:17.664)	9:13.324 (1:17.266)	10:33.332 (1:20.008)	11:53.471 (1:20.140)		
13:13.877 (1:20.407)	14:32.379 (1:18.502)	15:51.331 (1:18.953)	17:09.247 (1:17.916)		
18:26.417 (1:17.171)	19:47.585 (1:21.168)	21:09.585 (1:22.001)	22:34.349 (1:24.765)		
32:28.675 (9:54.326)	33:51.845 (1:23.170)				
13 Albert Serrano	FR Glendale	34:04.17			
2:40.241 (2:40.241)	5:19.547 (2:39.307)	6:37.989 (1:18.443)			
7:55.838 (1:17.849)	9:14.336 (1:18.498)	10:35.480 (1:21.145)			
11:59.481 (1:24.002)	13:22.845 (1:23.364)	14:44.939 (1:22.094)			
16:07.153 (1:22.214)	17:27.464 (1:20.311)	18:49.992 (1:22.528)			
20:14.558 (1:24.567)	21:36.422 (1:21.864)	23:00.496 (1:24.075)			
34:04.164 (11:03.669)					
14 Mauricio Ramos	SO San Bernardino	34:09.05			
1:17.131 (1:17.131)	2:40.721 (1:23.590)	4:03.062 (1:22.342)			
5:19.325 (1:16.263)	6:37.459 (1:18.134)	7:55.164 (1:17.706)			
9:12.436 (1:17.272)	10:32.155 (1:19.720)	11:52.862 (1:20.707)			
13:12.882 (1:20.020)	14:31.593 (1:18.711)	15:23.152 (51.560)			
15:50.689 (27.538)	17:08.589 (1:17.900)	18:28.174 (1:19.585)			
19:49.210 (1:21.036)	21:11.746 (1:22.536)	22:35.209 (1:23.464)			
34:09.049 (11:33.840)					
15 Alex Valle	SO Moorpark	34:14.43			
1:18.145 (1:18.145)	2:41.507 (1:23.362)	5:20.835 (2:39.328)	6:38.845 (1:18.011)		
7:57.289 (1:18.444)	9:14.099 (1:16.811)	10:32.851 (1:18.752)	11:53.156 (1:20.306)		
13:13.581 (1:20.426)	14:32.757 (1:19.176)	15:52.909 (1:20.152)	17:16.596 (1:23.687)		
18:42.500 (1:25.905)	20:07.638 (1:25.138)	21:33.449 (1:25.812)	22:57.138 (1:23.689)		
32:55.473 (9:58.335)	34:14.421 (1:18.949)				
16 Donovan Zavala	FR Long Beach	34:21.54			
1:18.824 (1:18.824)	2:41.044 (1:22.220)	5:19.404 (2:38.360)	6:37.836 (1:18.432)		
9:14.733 (2:36.898)	10:35.907 (1:21.174)	11:57.056 (1:21.150)	13:18.121 (1:21.065)		
14:39.611 (1:21.491)	16:03.191 (1:23.580)	17:28.021 (1:24.830)	18:53.135 (1:25.114)		
20:17.952 (1:24.818)	21:43.343 (1:25.392)	23:08.693 (1:25.350)	33:07.947 (9:59.255)		
34:21.533 (1:13.586)					



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Riverside College

Results - Prelims

....Event 40 Men 10000 Meter Run

17 Ian Rusk	SO Fullerton	34:21.76			
1:17.579 (1:17.579)	2:40.629 (1:23.050)	4:01.941 (1:21.312)			
5:19.845 (1:17.905)	6:37.719 (1:17.874)	7:55.901 (1:18.183)			
9:13.858 (1:17.957)	10:33.429 (1:19.572)	11:54.015 (1:20.586)			
13:14.107 (1:20.093)	14:33.859 (1:19.752)	15:54.168 (1:20.310)			
17:15.855 (1:21.688)	18:38.884 (1:23.030)	20:03.139 (1:24.255)			
21:27.785 (1:24.646)	22:52.444 (1:24.659)	32:59.603 (10:07.160)			
34:21.759 (1:22.157)					
18 Moises Marquez	SO Long Beach	34:47.92			
1:19.006 (1:19.006)	2:41.584 (1:22.578)	7:56.297 (5:14.714)	9:14.863 (1:18.566)		
10:35.729 (1:20.867)	11:57.051 (1:21.322)	13:18.498 (1:21.448)	14:40.145 (1:21.648)		
16:03.068 (1:22.923)	17:27.989 (1:24.922)	18:53.527 (1:25.538)	20:20.412 (1:26.886)		
21:46.942 (1:26.530)	23:12.993 (1:26.051)	31:57.984 (8:44.992)	33:25.197 (1:27.213)		
34:47.917 (1:22.720)					
19 Akol Malong	SO Glendale	35:07.69			
1:16.664 (1:16.664)	2:40.595 (1:23.931)	7:55.405 (5:14.810)	9:13.119 (1:17.714)		
10:33.044 (1:19.926)	11:53.797 (1:20.754)	13:16.778 (1:22.981)	14:41.536 (1:24.758)		
16:05.908 (1:24.372)	17:31.507 (1:25.599)	18:58.946 (1:27.440)	20:26.552 (1:27.607)		
21:54.342 (1:27.790)	23:22.909 (1:28.567)	32:26.370 (9:03.462)	33:49.342 (1:22.972)		
35:07.685 (1:18.344)					
20 Jason Smith	FR Cuyamaca	35:49.25			
1:19.644 (1:19.644)	2:41.961 (1:22.318)	4:03.424 (1:21.463)			
5:23.241 (1:19.818)	6:44.264 (1:21.023)	8:07.063 (1:22.799)			
9:32.380 (1:25.318)	10:59.424 (1:27.044)	12:26.888 (1:27.464)			
13:52.432 (1:25.544)	15:19.061 (1:26.630)	16:45.517 (1:26.456)			
18:12.401 (1:26.884)	19:39.937 (1:27.536)	21:09.449 (1:29.512)			
22:39.209 (1:29.760)	33:00.607 (10:21.399)	34:30.602 (1:29.995)			
35:49.249 (1:18.648)					
21 Justin Dominguez	FR Orange Coast	36:06.13			
1:19.359 (1:19.359)	2:41.887 (1:22.529)	5:22.824 (2:40.937)			
8:06.316 (2:43.492)	9:29.099 (1:22.783)	10:53.822 (1:24.724)			
12:20.227 (1:26.405)	13:47.936 (1:27.710)	15:16.296 (1:28.361)			
16:45.922 (1:29.626)	18:16.151 (1:30.229)	19:44.594 (1:28.444)			
21:13.429 (1:28.835)	22:42.208 (1:28.779)	33:10.132 (10:27.925)			
34:39.794 (1:29.663)	36:06.127 (1:26.333)				
22 Jerry Martinez	FR Riverside	36:12.93			
1:18.447 (1:18.447)	2:41.331 (1:22.884)	4:02.885 (1:21.555)	5:22.541 (1:19.656)		
6:43.763 (1:21.222)	8:05.997 (1:22.235)	9:27.592 (1:21.596)	10:53.269 (1:25.678)		
12:19.035 (1:25.766)	13:46.508 (1:27.474)	15:14.988 (1:28.480)	16:43.935 (1:28.947)		
18:12.370 (1:28.435)	19:39.485 (1:27.116)	21:09.175 (1:29.690)	22:38.909 (1:29.734)		
31:40.178 (9:01.270)	33:11.867 (1:31.690)	34:42.839 (1:30.972)	36:12.924 (1:30.086)		
23 Kevin Keller	FR Glendale	36:41.83			
4:02.215 (4:02.215)	5:20.769 (1:18.555)	6:38.552 (1:17.783)	7:56.481 (1:17.929)		
9:15.291 (1:18.810)	10:39.564 (1:24.274)	12:06.015 (1:26.451)	13:33.285 (1:27.271)		
15:00.315 (1:27.030)	16:31.296 (1:30.982)	18:02.732 (1:31.436)	19:34.929 (1:32.198)		
21:06.928 (1:31.999)	22:43.224 (1:36.296)	32:09.766 (9:26.543)	33:43.664 (1:33.899)		
35:14.909 (1:31.245)	36:41.829 (1:26.920)				



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CCCAA Southern California Regional Prelims and Championships - 5/4/2019 to 5/1

Riverside College

Results - Prelims

....Event 40 Men 10000 Meter Run

24 Robby Riggs	FR Moorpark	36:57.28			
1:18.466 (1:18.466)	5:21.912 (4:03.446)	6:39.358 (1:17.447)	8:03.163 (1:23.806)		
9:28.493 (1:25.330)	10:55.964 (1:27.472)	11:52.565 (56.602)	12:24.581 (32.016)		
13:53.284 (1:28.704)	16:53.661 (3:00.378)	17:07.696 (14.035)	18:25.144 (1:17.448)		
19:56.663 (1:31.519)	21:28.817 (1:32.155)	22:59.738 (1:30.921)	32:17.330 (9:17.593)		
33:51.909 (1:34.579)	35:26.579 (1:34.670)	36:57.278 (1:30.700)			
25 Cole Goldman	SO El Camino	37:18.91			
1:19.151 (1:19.151)	2:41.601 (1:22.450)	4:02.750 (1:21.150)			
5:21.606 (1:18.856)	6:40.874 (1:19.268)	8:02.971 (1:22.097)			
9:27.283 (1:24.313)	10:53.933 (1:26.651)	12:22.264 (1:28.331)			
13:51.903 (1:29.639)	15:23.884 (1:31.982)	16:57.063 (1:33.179)			
18:29.560 (1:32.497)	20:03.765 (1:34.206)	21:38.775 (1:35.011)			
23:13.805 (1:35.031)	34:20.511 (11:06.706)	35:52.009 (1:31.498)			
37:18.909 (1:26.901)					
26 Adrian Casas	SO Cerritos	37:19.82			
1:19.291 (1:19.291)	4:03.214 (2:43.924)	5:23.613 (1:20.400)	6:45.081 (1:21.468)		
8:09.868 (1:24.787)	9:35.552 (1:25.684)	11:03.360 (1:27.808)	12:28.949 (1:25.590)		
13:53.068 (1:24.120)	15:19.183 (1:26.115)	16:48.337 (1:29.155)	18:19.707 (1:31.370)		
19:49.183 (1:29.476)	21:24.243 (1:35.060)	22:58.269 (1:34.026)	32:26.713 (9:28.445)		
34:06.958 (1:40.245)	35:46.184 (1:39.226)	37:19.817 (1:33.634)			
27 Michael McHugh	FR Riverside	37:44.46			
1:18.073 (1:18.073)	2:41.445 (1:23.372)	4:02.606 (1:21.161)			
5:21.089 (1:18.484)	6:40.605 (1:19.516)	8:02.719 (1:22.115)			
9:26.971 (1:24.252)	10:51.745 (1:24.774)	12:17.768 (1:26.024)			
13:44.897 (1:27.130)	15:12.033 (1:27.136)	16:41.103 (1:29.071)			
18:10.611 (1:29.508)	19:42.319 (1:31.708)	21:17.911 (1:35.593)			
22:54.702 (1:36.791)	34:32.321 (11:37.620)	36:09.654 (1:37.333)			
37:44.456 (1:34.803)					
-- Giovanni Barajas	FR Santa Ana	DNF			
1:17.863 (1:17.863)	2:40.904 (1:23.041)	4:01.890 (1:20.987)	5:20.047 (1:18.158)		
6:37.355 (1:17.308)	7:55.609 (1:18.255)	9:14.620 (1:19.012)	10:36.127 (1:21.507)		
11:57.915 (1:21.788)	13:21.535 (1:23.620)	14:46.161 (1:24.627)	16:11.491 (1:25.330)		
17:37.208 (1:25.718)	19:03.274 (1:26.066)	20:29.325 (1:26.052)			

Women - Team Rankings - 21 Events Scored

1) Cerritos	166	2) Riverside	130
3) West Los Angeles	88	4) Mt. SAC	82
5) Long Beach	33	6) El Camino	30
6) Moorpark	30	8) Ventura	27
8) Saddleback	27	10) Southwestern	25
10) SD Mesa	25	12) Glendale	22
12) Bakersfield	22	14) Orange Coast	21
15) Santa Monica	20	15) Cuesta	20
17) Fullerton	16	18) Santa Barbara	13
19) Palomar	11	20) Cuyamaca	3
20) Antelope Valley	3	20) Canyons	3
23) San Bernardino	1	23) Pasadena	1



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CCCAA Southern California Regional Prelims and Championships - 5/4/2019 to 5/1

Riverside College

Results - Prelims

....Event 40 Men 10000 Meter Run

Men - Team Rankings - 21 Events Scored

1) Riverside	212	2) Mt. SAC	110
3) Cerritos	104	4) El Camino	86
5) SD Mesa	50	6) West Los Angeles	42
7) Cuesta	27	7) Canyons	27
9) Santa Monica	25	10) Saddleback	21
11) Bakersfield	18	12) Cuyamaca	14
12) Moorpark	14	12) Orange Coast	14
15) Golden West	13	16) Glendale	8
16) Santa Barbara	8	18) Antelope Valley	7
19) Ventura	6	20) Long Beach	5
21) Southwestern	3	22) Santa Ana	2
23) San Bernardino	1		



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