

**CIF SOUTHERN SECTION-FORD CROSS COUNTRY DIVISIONAL PRELIMINARIES**

Friday-Saturday, Nov. 11-12, 2022 @ Mt. San Antonio College - Walnut, CA

**Friday, November 11th (Races 1 to 16 - Divisions 1 & 5)****8:30 Race 1****Girls Div 5 Ht 1**

Archer  
Desert Christian/Lanc  
Flintridge Prep  
La Sierra Academy  
Loma Linda Academy  
Newbury Park Adventist  
Packinghouse Christian  
Ramona Convent  
St. Genevieve  
St. Margarets Episcopal  
Trinity Classical Acad

**Individuals:**

Campbell Hall	Shannon	Mia	11
Grove	Gutierrez	Mya	12
Highland Hall	Arenas	Sofi	12
Mary Star of the Sea	Babbitt	Claire	12
Notre Dame Academy	Barber	Ella	12
San Gabriel Mission	Arias	Celeste	12
Santa Rosa Academy	Neilsen	Andrea	11
St. Marys Academy	Hobbs	A'shari	9
United Christian Academy	Hernandez	Elee	11
Webb	Samson	Nicole	9

**8:43 Race 2****Girls Div 5 Ht 2**

Alverno Heights Academy  
Brentwood  
Linfield Christian  
Louisville  
Milken Community  
Paraclete  
Pomona Catholic  
Providence/Burbank  
St. Monica Catholic  
Temecula Prep  
Viewpoint

**Individuals:**

Acad. Academic Ex.	Zierdt	Kayla	12
Bethel Christian/Riv.	Trejos	Emma	12
Buckley	Barrett	Lorelei	10
Hamilton	Rodrigue	Jay	
Hesperia Christian	Page	Kylie	
Laguna Blanca	Rameson	Kira	
Lake Arrowhead Christian	Nicolaise	Johanna	
St. Paul	Zambano	Jazmin	12
United Christian Academy	Valdez	Savanna	11
United Christian Academy	Chloe	Riedel	9

**8:56 Race 3****Girls Div 5 Ht 3**

Cate  
Crossroads Christian  
Hawthorne MSA  
La Reina  
Oakwood  
Pacifica Christian(SM)  
Sacred Heart  
Sage Hill  
St. Anthony  
St. Lucy's Priory  
Vasquez

**Individuals:**

Cantwell/Sacred Heart	Tadian	Maria	12
Grove	Tolksdorf	Lyla	9
Hamilton	Martinez-	Stephanie	12
Malibu	Murphree	Tallula	10
Santa Clarita Christian	Michlin	Maggie	9
Santa Rosa Academy	Strauser	Adison	9
Southlands Christian	Cronk	Esther	11
St. Marys Academy	Scott	Diana	10
Thacher	Clemens	Lily	11
United Christian Academy	Chloe	Riedel	9

**9:09 Race 4****Girls Div 5 Ht 4**

Aquinas  
Chadwick  
Fairmont Prep  
Geffen Academy  
Ojai Valley  
Ontario Christian  
Pacifica Christian(OC)  
Samueli Academy  
Sherman Indian  
Western Christian  
Windward  
Xavier Prep

**Individuals:**

Acad. Academic Ex.	Lorz	Brooke	9
Avalon	Cazares	Arlene	12
Buckley	Lee	Lumi	11
Cal. Lutheran	Doebler	Eva	12
Cantwell/Sacred Heart	Zaragoza	Samant	12
Hamilton	Lopez	Olivia	11
United Christian Academy	Martinez	Ella	11
Vistamar	Feit-Lach	Meriah	11
Wildwood	Barrett	Jamie	12

**9:29 Race 5**  
**Boys Div 5 Ht1**

Chadwick  
Dunn  
Geffen Academy  
Pacifica Christian(OC)  
Pacifica Christian(SM())  
Paraclete  
Redlands Adventist  
Sage Hill  
Valley Christian/Cerritos  
Viewpoint  
Webb  
Whittier Christian  
Wildwood

**Individuals:**

Crossroads Christian	Novak	Erek	10
Mary Star of the Sea	Babbitt	Finn	10
Orangewood Academy	Semenovit	Daniel	11
Packinghouse Christian	Urista	Liam	9
Pilgrim	Speight	Steve	10
Santa Rosa Academy	Jenkins	Riley	12
Southlands Christian	Salahieh	Zayd	12
Vasquez	Anderson	Dillon	12

**9:41 Race 6**  
**Boys Div 5 Ht 2**

Aquinas  
Cantwell-Sacred Heart  
Desert Christian(Lan)  
Flintridge Prep  
Hamilton  
Ojai Valley  
Poly/Pasadena  
Samueli Academy  
St. Margarets Episcopal  
St. Monica Academy  
Western Christian  
Xavier Prep

**Individuals:**

Buckley	Barbarasl Rueben	11
Malibu	Murphree Ranger	10
Maranatha	Yun Christopl	12
Public Safety Academy	Tucci Christopl	10
Santa Clarita Christian	Michlin Gregory	9
Santa Rosa Academy	Bowen Bryce	12
Trinity Classical Academy	Margrave Cai	12
St. Genevieve	Selverian David	12
United Christian Academy	Mendoza Rodrigo	10

**9:53 Race 7**  
**Boys Div 5 Ht 3**

Bethel Christian/Riverside  
Brentwood  
Calvary Chapel/Downey  
Cate  
Hawthorne MSA  
Heritage Christian  
Lake Arrowhead Chr.  
Milken Community  
Oakwood  
Sherman Indian  
Temecula Prep  
Windward  
Yeshiva

**Individuals:**

Campbell Hall	Boyd	Reilly	11
Linfield Christian	Logan	Pledger	12
Malibu	Reid	Satchel	12
Maranatha	Lazo	Jacob	11
New Roads	Luthge	Albert	12
River Springs Magnolia	Barrios	Anthony	11
St. Genevieve	Selverian	David	12
United Christian Academy	Mendoza	Rodrigo	10

**10:05 Race 8**  
**Boys Div 5 Ht 4**

Acad/Acad Excellence  
Calvary Baptist  
Crossroads  
Loma Linda Academy  
Mesa Grande Academy  
Newbury Park Adventist  
Ontario Christian  
Providence/Burbank  
St. Monica Catholic  
St. Paul  
Thacher  
Woodcrest Christian

**Individuals:**

Arrowhead Christian	Micah Slagter	9
Cal. Lutheran	Gabb Anders	10
Grove	Rushakof Dimitri	10
Highland Hall	Quintanill Suni	10
Packinghouse Christian	Saldana George	9
St. Bonaventure	Partello Mario	11
St. Genevieve	Gongora Pedro	10
St. Matthias-Pius X	Miguel Leon	10

**10:22 Race 9**  
**Girls Div 1 Ht 1**

Camarillo  
 Carter  
 Channel Islands  
 Chino Hills  
 Crescenta Valley  
 La Quinta/LQ  
 Los Alamitos  
 Millikan  
 Orange Vista  
 Palmdale  
 Rancho Cucamonga  
 Roosevelt  
 Segerstrom

**Individuals:**

Montclair	Meza	Nayeli	10
Paramount	Banderas	Azairah	11
San Juan Hills	Sullivan	Taylor	10

**10:35 Race 10**  
**Girls Div 1 Ht 2**

Anaheim  
 Arcadia  
 Beaumont  
 Coachella Valley  
 Great Oak  
 Huntington Beach  
 Katella  
 Long Beach Poly  
 Oxnard  
 Rialto  
 Riverside Poly  
 San Clemente  
 Warren

**Individuals:**

Fountain Valley	Tallas	Kiera	12
San Juan Hills	Love	Payton	12

**10:48 Race 11**  
**Girls Div 1 Ht 3**

Downey  
 Etiwanda  
 Highland  
 Patriot  
 Quartz Hill  
 Santa Ana  
 Santa Monica  
 Trabuco Hills  
 Troy  
 Valencia/Pl.  
 Valley View  
 Wilson/LB  
 Yucaipa

**Individuals:**

Lakewood	Lopez	Maia	10
Rio Mesa	Dalquist	Anna	10

**11:01 Race 12**  
**Girls Div 1 Ht 4**

Aliso Niguel  
 Arroyo Valley  
 Beckman  
 California  
 Centennial/Cor.  
 Chaffey  
 Diamond Bar  
 Eastside  
 Elsinore  
 Redondo Union  
 Santiago/Cor.  
 Valencia/Val.  
 Vista Murrieta

**Individuals:**

Montclair	Garcia	Lizbeth	12
Temecula Valley	Wettlauf	Ava	12

**11:21 Race 13**  
**Boys Div 1 Ht 1**

Anaheim  
Beckman, Arnold  
Elsinore  
Fontana  
Paramount  
Patriot  
Poly/Long Beach  
Quartz Hill  
San Clemente  
Valencia/Valencia  
Valley View  
Vista Murrieta  
Warren

**Individuals:**

Arroyo Valley	Marquez	Andre	12
Diamond Bar	Worku	Simon	12
Santa Monica	McCormick	Colin	12

**11:33 Race 14**  
**Boy Div 1 Ht 2**

California  
Carter  
Coachella Valley  
Downey  
Etiwanda  
Great Oak  
Huntington Beach  
Millikan  
Paloma Valley  
Rialto  
Trabuco Hills  
Valencia/Placentia  
Wilson/Long Beach

**Individuals:**

Los Alamitos	Mastick	Daniel	12
Montclair	Flores	Jerry	12

**11:45 Race 15**  
**Boys Div 1 Ht 3**

Chaffey  
Crescenta Valley  
Cypress  
Fountain Valley  
Highland  
Loyola  
Orange Vista  
Poly/Riverside  
Rancho Cucamonga  
Rio Mesa  
San Jacinto  
Santiago/Corona  
Troy

**Individuals:**

Beaumont	Rutherford	Eli	12
Los Alamitos	Nakada	Zachary	12
Los Osos	Chairez	Noah	12

**11:57 Race 16**  
**Boys Div 1 Ht 4**

Arcadia  
Camarillo  
Channel Islands  
Chino Hills  
King, Martin Luther  
La Quinta/La Quinta  
Lakewood  
Lancaster  
Redondo Union  
Santa Ana  
Segerstrom  
Summit  
Yucaipa

**Individuals:**

Chaparral	Agostini	Joshua	11
Roosevelt	Enriquez	Jude	12

**Saturday, November 12th -- Races 17 to 36 (Divisions 2, 3 & 4)**

**7:45 Race 17**

**Girls Div 4 Ht 1**

Bassett  
Beverly Hills  
Castaic  
Edgewood  
El Segundo  
Excelsior Charter  
Harvard-Westlake  
JSerra Catholic  
Lutheran/Orange  
Marlborough  
Oxford Academy  
South El Monte  
South Pasadena

**Individuals:**

Bishop Conaty-Loretto	Arevalo	Ruby	11
Cal. Acad. Math/Science	Ayala	Genesis	11
Cathedral City	Diaz	Briana	9
Northview	Sanchez	Genesis	9
Notre Dame (S.O.)	Lample	Rocky	11
Pacific	Cardoza	Nina	12
San Dimas	Sanchez	Audrey	10

**7:58 Race 18**

**Girls Div 4 Ht 2**

Banning  
Big Bear  
Bishop Amat  
Burroughs/Ridgecrest  
Cobalt Institute  
Covina  
Fillmore  
Immaculate Heart  
Laguna Hills  
Mayfield  
Oaks Christian  
Ocean View  
St. Joseph/Lakewood  
Wilson/Hacienda Heights

**Individuals:**

Alemanya	Retamozo: Cameryn	9
Bishop Conaty-Loretto	Baltazar Jessenia	12
Crean Lutheran	Mo Gwendy	9
Ganesha	Belteton Leila	11
La Puente	Rocha Arianna	10
La Salle	Bohanec Olivia	11

**8:11 Race 19**

**Girls Div 4 Ht 3**

Bishop Montgomery  
Chaminade  
Esperanza  
Flintridge Sacred Heart  
Foothill Technology  
Gabrielino  
La Canada  
Laguna Beach  
Nordhoff  
Nuvview Bridge  
Palos Verdes  
Rim of the World  
University Prep  
Whitney

**Individuals:**

Baldwin Park	Gonzalez	Ariana	11
Carpinteria	Herrera	Belen	12
Ganesha	Camacho	Maricarm	11
Northview	Dionson	Megan	11
Palmdale Aerospace Acad	Villagriaci	Maven	11
Riverside Prep	Reynoso	Amanda	11
San Marino	Giddings	Kayla	10

**8:31 Race 20**

**Boys Div 4 Ht 1**

Beverly Hills  
Big Bear  
Chaminade  
Cobalt Institute  
Covina  
Fillmore  
Foothill Technology  
JSerra Catholic  
Oaks Christian  
Ocean View  
Oxford Academy  
San Marino  
St. Francis  
Whitney  
Wilson/Hacienda Heights

**Individuals:**

Crean Lutheran	Rivas	Hayden	11
Don Bosco	Perez	Christian	12
Duarte	Gamboa	Leonard	11
La Puente	Espinoza	Jorge	9
La Salle	Alvarez	Alex	12
Marshall	Adomou	Corazon	10

**8:43 Race 21**  
**Boys Div 4 Ht 2**

Azusa  
 Bassett  
 Bishop Montgomery  
 Centennial/Compton  
 Edgewood  
 El Segundo  
 Harvard-Westlake  
 La Canada  
 Nuvview Bridge  
 Palos Verdes  
 Saddleback  
 Salesian  
 South Pasadena  
 Verbum Dei

**Individuals:**

Cal. Acad. Math/Science	Ryu Adam: John	11
Laguna Beach	Drews Christoph	12
Lutheran (Orange)	O'Donnell Joseph	12
Nordhoff	Blacker Dylan	11
Northview	Gomez Alejandro	12
Pioneer	Venegas Zachary	12

**8:55 Race 22**  
**Boys Div 4 Ht 3**

Baldwin Park  
 Banning  
 Bishop Amat  
 Burroughs/Ridgecrest  
 Carpinteria  
 Cathedral  
 Cathedral City  
 Esperanza  
 Gabrielino  
 Palmdale Aerospace  
 Rim of the World  
 South El Monte  
 St. John Bosco  
 University Prep

**Individuals:**

Costa Mesa	Nguyen-S Govern	10
Damien	Urdiales Diego	12
Don Bosco	Cendejas Daniel	10
La Puente	Torres Alex	11
Marshall	Nicoletti Nate	9
Northview	Cortez Louie	12

**9:10 Race 23**  
**Girls Div 2 Ht 1**

Bloomington  
 Capistrano Valley  
 Claremont  
 Eisenhower  
 Kennedy/La Palma  
 Newbury Park  
 Norco  
 North, J.W.  
 Peninsula  
 Portola  
 Serrano  
 Silverado  
 Woodbridge

**Individuals:**

Foothill	Kashima Kayla	12
Garden Grove	Alba Melanie	11
Heritage	Medina Isabella	11
Newport Harbor	McCullough Marley	10
Ramona	Hanes Skye	10
Sunny Hills	Kim Esther	11

**9:23 Race 24**  
**Girls Div 2 Ht 2**

Ayala, Ruben  
 Canyon/Anaheim  
 Cerritos  
 Citrus Valley  
 Glendora  
 La Quinta/Westminster  
 La Serna  
 Moreno Valley  
 Murrieta Valley  
 Oak Hills  
 Schurr  
 Temescal Canyon  
 Ventura

**Individuals:**

Burbank	Guyot Amelie	10
El Dorado	Baranick Alyssa	9
Hemet	Lopez Gabriella	9
Marina	Murray Ella	11
Newport Harbor	Robar Keaton	10
Santa Barbara	Knecht Anne	12
Walnut	Sino-Cruz Aiden	11

**9:36 Race 25**  
**Girls Div 2 Ht 3**

Burroughs/Burbank  
Canyon Springs  
El Toro  
Mark Keppel  
Mater Dei  
Miller, A.B.  
Mira Costa  
Montebello  
Ontario  
Santa Ana Valley  
Saugus  
Tesoro  
Villa Park  
Westlake

**Individuals:**

Alhambra	Sanchez	Alondra	11
Alta Loma	Palacios	Lexi	10
Godinez	Ramos	Alyssa	12
Heritage	Valenzuela	Shilah	9
Newport Harbor	Scheuman	Emma	11
Northwood	Laygo	Sharice	11

**9:56 Race 26**  
**Boys Div 2 Ht 1**

Citrus Valley  
Eisenhower  
El Toro  
Godinez  
Hart  
La Serna  
Montebello  
Murrieta Valley  
Newbury Park  
Oak Hills  
Portola  
Silverado  
Westlake

**Individuals:**

Canyon Springs	Abebe	Biruk	12
Capistrano Valley	Perez	Angel	11
Edison	Cleugh	Wylie	12
Foothill	Horrocks	Nathanie	10
Hemet	Baca	Jace	12
Northwood	Feldman	Joshua	10
Ramona	Tolbert	Dyeem	11
Tustin	Nguyen	Mason	9
Villa Park	Handorf	Spencer	12

**10:08 Race 27**  
**Boys Div 2Ht 2**

Bell Gardens  
Cerritos  
Claremont  
El Dorado  
El Rancho  
Glendora  
Miller, A.B.  
Newport Harbor  
Saugus  
Schurr  
Temescal Canyon  
Tesoro  
Ventura

**Individuals:**

Foothill	Shiotsu	Benjamin	11
Hueneme	Perez	Edward	12
La Quinta (W)	Tran	Jayden	11
Mark Keppel	Yung	Ethan	10
North, J.W.	Lyons	Timothy	11
Ramona	Soto	Jezael	12
Serrano	Zylker	Aiden	12
University	Parashar	Ansh	12
Villa Park	Handorf	Spencer	12

**10:20 Race 28**  
**Boys Div 2 Ht 3**

Ayala, Ruben  
Bell Gardens  
Burroughs/Burbank  
Canyon/Anaheim  
Heritage  
Hesperia  
Kennedy/La Palma  
Mira Costa  
Norco  
Perris  
Royal  
Santa Barbara  
Walnut  
Woodbridge

**Individuals:**

Alhambra	Arraya	Daniel	10
Bloomington	Nava	Alan	12
Burbank	Mujica	Ricardo	11
Desert Mirage	Cisneros	Bryant	12
Foothill	Horrocks	Jack	11
Golden Valley	Eaton	Jack	12
Hemet	Teague	Owen	10
La Quinta (W)	Heffern	Samuel	11
West Valley	Esquivel	Nathan	12

**10:32 Race 29**  
**Girls Div 3 Ht 1**

Arroyo  
 Citrus Hill  
 Dana Hills  
 Desert Hot Springs  
 Indian Springs  
 La Habra  
 Moorpark  
 Norwalk  
 Oak Park  
 Orange  
 Temple City  
 West Covina  
 West Ranch

**Individuals:**

Arlington	Vargas	Danielle	11
Indio	Torres	Areli	9
Lynwood	Ramirez	Mayra	10
Sonora	Ortega-Cai	Joselyn	12
Vista del Lago	Rios	Kassandra	10
Western	Tsai	Chiayun	9

**10:45 Race 30**  
**Girls Div 3 Ht 2**

Canyon/Canyon Country  
 Chino  
 Diamond Ranch  
 Hawthorne  
 La Mirada  
 Norte Vista  
 Pacifica/Garden Grove  
 San Marcos  
 Santa Margarita  
 South Torrance  
 Tahquitz  
 Torrance  
 Whittier

**Individuals:**

Don Lugo	Amezcu	Aariana	12
Los Altos	Arellanes	Catalina	10
Mission Viejo	Tubman	Danica	11
San Gabriel	Ealba	Haley	11
Santa Paula	Galvan	Miahna	10
Simi Valley	Kassi	Keira	10

**10:58 Race 31**  
**Girls Div 3 Ht 3**

Agoura  
 Barstow  
 Brea Olinda  
 Century  
 Fullerton  
 Granite Hills/Apple Valley  
 La Sierra  
 Mayfair  
 Rancho Verde  
 Santiago/Garden Grove  
 Shadow Hills  
 West Torrance

**Individuals:**

Colton	Jimenez	Brianna	10
El Modena	Mendoza	Wendy	12
Jurupa Hills	Perez	Zyani	10
Santa Paula	Ramirez	Lindsay	11
Savanna	Martinez	Valeria	11
Simi Valley	Espinoza	Angelica	9
Sonora	Bergman	Tigist	12

**11:11 Race 32**  
**Girls Div 3 Ht 4**

Bolsa Grande  
 Corona del Mar  
 Dos Pueblos  
 Garey  
 Grand Terrace  
 Leuzinger  
 Liberty/Winchester  
 North Torrance  
 Rowland  
 San Bernardino  
 Thousand Oaks  
 Yorba Linda

**Individuals:**

Hoover	Canal	Emma	10
Indio	Coronado	Anika	10
Irvine	Kanitkar	Anika	12
Kaiser	Betcher	Janine	10
Mission Viejo	Tuck	Katelyn	10
Redlands East Valley	Walker	Meghan	10
Western	Toriz	Grace	11



**11:31 Race 33**  
**Boys Div 3 Ht 1**

Bellflower  
 Bolsa Grande  
 Brea Olinda  
 Corona del Mar  
 Dana Hills  
 Hillcrest  
 Indian Springs  
 Orange  
 Rancho Alamitos  
 Shadow Hills  
 Sierra Vista  
 Torrance  
 West Ranch

**Individuals:**

Arlington	Serrano	Bryan	10
Buena Park	Guerrero	Nathaniel	12
Simi Valley	Rojas	Elijah	10
South Hills	Gonzalez	Gabriel	9
Temple City	Augustyn	Luca	12

**11:43 Race 34**  
**Boys Div 3 Ht 2**

Century  
 Don Lugo  
 Dos Pueblos  
 Indio  
 Granite Hills/Apple Valley  
 Jurupa Hills  
 Mission Viejo  
 Norwalk  
 Rancho Verde  
 Redlands East Valley  
 Santa Margarita  
 Savanna  
 South Torrance

**Individuals:**

El Modena	Bray	Sebastia	12
Jurupa Valley	Gardner	Jesse	12
Nogales	Guzman	Daniel	10
Western	Soto	Luis	11

**11:55 Race 35**  
**Boys Div 3 Ht 3**

Agoura  
 Arroyo  
 Diamond Ranch  
 Grand Terrace  
 La Mirada  
 Liberty/Winchester  
 Norte Vista  
 Oak Park  
 Rosemead  
 Rowland  
 Santiago/Garden Grove  
 Servite  
 Victor Valley  
 West Torrance

**Individuals:**

Buena Park	Juarez Gar	David	11
Desert Hot Springs	Morales	Rey	11
Nogales	Pedroza	Kevin	12
Pacifica (G.G.)	Chikami	Isaac	10
Yorba Linda	Farley	Mason	11

**12:07 Race 36**  
**Boys Div 3 Ht 4**

Buena  
 Fullerton  
 Garey  
 Irvine  
 Leuzinger  
 Littlerock  
 Moorpark  
 San Bernardino  
 Santa Paula  
 Sonora  
 Thousand Oaks  
 Vista Del Lago  
 West Covina

**Individuals:**

Gahr	Martinez	Baron	11
Hawthorne	Cruz	Sebastia	10
Jurupa Valley	Lopez	Christopl	12
Mayfair	Davis	Reeve	11