

2010 LONG BEACH STATE CROSS COUNTRY

(04Sep10) Fullerton Opener 6K Carbon Canyon Park Brea, Calif.	(18Sep10) Aztec Invitational 5K Balboa Park San Diego, Calif.	(25Sep) Stanford Invitational 6K Stanford Golf Course Stanford, Calif.	(16Oct10) Bronco Invitational 5K Baylands Reg. Park Sunnyvale, Calif.	(22Oct10) Titan Invitational 5K CS Fullerton Fullerton, Calif.	(30Oct10) Big West Champ. 6K UC Riverside Riverside, Calif.	(13Nov10) NCAA West Regional 6K Springfield Country Club Springfield, Ore.
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Personal Bests

WOMEN	5K / 6K	2nd (71 points)	2nd (61)	3rd (127)	1st (60)			
Alisa Barajas (Jr.)	17:32 / 21:10	22:41.3 (7)	--	21:40 (28)	17:32.1 (18)	--	21:22.2 (18)	21:10.13 (47)
Jessica Barnard (Jr.)	18:22 / 22:37	--	--	--	--	--	--	--
Maggie Cummings (Fr.)	--	--	--	--	--	--	--	--
Kelly Caulfield (Fr.)	18:46 / 25:06	24:06.1 (44)	19:49.5 (45)	--	19:04.8 (133)	18:46.2 (28)	23:22.2 (60)	--
Rosa Del Toro (Jr.)	17:16 / 20:45	--	18:02.3 (1)	21:30 (22)	17:16.6 (7)	--	20:56.6 (9)	20:45.51 (26)
Veronica Franco (Jr.)	18:33 / 23:08	23:54.2 (36)	--	23:19 (106)	18:33.5 (93)	--	23:10.6 (58)	23:08.09 (185)
Prism Garcia (So.)	19:18 / 22:38	23:25.3 (24)	19:06.2 (25)	22:54 (88)	--	--	22:38.4 (50)	23:01.87 (179)
Kelly Guerrero (Jr.)	--	--	--	--	--	--	--	--
Erica Hovind (Fr.)	--	--	--	--	--	--	--	--
Kylee Martin (Fr.)	19:18 / --	--	19:36.5 (37)	--	19:11.9 (140)	19:18.3 (48)	--	--
Nina Moore (So.)	17:25 / 21:28	--	18:05.6 (2)	21:38 (26)	17:25.8 (13)	--	21:28.8 (22)	21:56.99 (103)
Lenore Moreno (Jr.)	17:28 / 21:09	--	18:34.1 (7)	21:47 (33)	17:28.4 (17)	--	21:09.6 (12)	21:48.70 (91)
Kirsten Neill (So.)	19:11 / 25:54	--	20:20.3 (59)	--	--	19:11.3 (43)	--	--
Denise Nunez (Jr.)	20:00 / --	--	--	--	--	--	--	--
Liz Ramos (Jr.)	17:44 / 21:10	22:44.1 (6)	--	21:50 (34)	17:44.4 (27)	--	--	--
Annie Randall (So.)	17:33 / 21:15	23:37.1 (25)	--	--	--	--	--	--
Jennifer Rodriguez (Sr.)	17:23 / 21:04	23:20.1 (19)	--	22:07 (45)	17:23.9 (10)	--	21:04.5 (11)	21:15.29 (53)
Michelle Thompson (Jr.)	--	--	--	--	--	--	--	--

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Personal Bests

MEN	8K / 10K	2nd (68 points)	3rd (74)	10th (261)	6th (199)			
Raul Arcos (Jr.)	24:54 / 32:14	26:45.2 (21)	26:37.9 (17)	25:47 (117)	--	24:54.0 (7)	--	32:14.44 (129)
Steven DeCastro (Jr.)	25:02 / 31:43	26:40.2 (19)	--	25:26 (89)	25:14.7 (82)	--	25:09.2 (27)	31:43.34 (99)
Andrew Garcia (Fr.)	25:04 / --	26:55.1 (25)	26:05.4 (5)	25:27 (90)	25:04.8 (65)	--	25:33.6 (38)	--
Bret Hasvold (So.)	24:37 / 30:54	26:22.6 (15)	--	--	24:47.1 (41)	--	24:37.1 (8)	30:54.95 (38)
Nick Kelley (So.)	24:45 / 32:41	26:39.9 (18)	26:48.0 (23)	26:01 (136)	24:45.9 (38)	--	--	--
Naveed Kharrat (So.)	25:22 / --	--	27:02.6 (26)	--	--	25:22.8 (20)	--	--
Jared Long (So.)	25:06 / 31:33	--	26:44.3 (22)	25:41 (111)	25:06.8 (70)	--	25:18.4 (31)	31:33.92 (83)
Matt Maldonado (Jr.)	24:27 / 31:01	26:15.8 (14)	--	24:27 (28)	24:51.5 (46)	--	24:27.2 (4)	31:01.26 (43)
Heath Reedy (Fr.)	24:43 / 31:22	--	--	24:59 (53)	24:43.4 (34)	--	25:06.3 (26)	31:22.98 (70)
Josh Ruff (Jr.)	24:01 / 31:12	26:50.1 (23)	26:18.5 (11)	25:01 (57)	25:11.2 (77)	--	24:41.4 (11)	31:12.71 (56)
Mark Thomas (Jr.)	25:21 / 33:35	--	--	--	--	--	--	--
Chris Walden (Jr.)	25:17 / --	27:26.3 (38)	26:43.3 (21)	25:33 (101)	25:17.3 (83)	--	--	--