



SOUTH COAST CONFERENCE

Academic and Athletic Excellence

2009 All-Conference Men's

CROSS COUNTRY TEAM

FIRST TEAM

David Cardona *El Camino*

Pedro DeAlba *L.A. Trade Tech*

Jose Lezama *El Camino*

Chris Rivera *Mt. SAC*

Jason Zapien *Cerritos*

Sean Whitesitt *Mt. SAC*

Rio Enomoto *El Camino*

SECOND TEAM

Patrick Schwab *Cerritos*

Gustavo Cruz *Mt. SAC*

Gilberto Martinez *L.A. Trade Tech*

Joey Bianchi *El Camino*

Adrian Diaz *Mt. SAC*

Gabriel Hilbert *Cerritos*

Andres Zavala *Mt. SAC*

ATHLETE OF THE YEAR

David Cardona
El Camino

TEAM CHAMPION

El Camino College
Mt. SAC

COACH OF THE YEAR

Dean Lofgren - *El Camino*
Mike Goff - *Mt. SAC*

CERRITOS

COMPTON

EAST LOS ANGELES

EL CAMINO

LONG BEACH

L.A. CITY

L.A. HARBOR

L.A. SOUTHWEST

L.A. TRADE TECH

MARYMOUNT

MT. SAC

PASADENA



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2009 All-Conference Women's
CROSS COUNTRY TEAM

- CERRITOS
- COMPTON
- EAST LOS ANGELES
- EL CAMINO
- LONG BEACH
- L.A. CITY
- L.A. HARBOR
- L.A. SOUTHWEST
- L.A. TRADE TECH
- MARYMOUNT
- MT. SAC
- PASADENA

FIRST TEAM

SECOND TEAM

Lenore Moreno *Mt. SAC*

Betty Hernandez *Mt. SAC*

Mallory Celaya *Mt. SAC*

Erica Sandoval *Cerritos*

Tracee Van Der Wyk *Pasadena*

Sandra Flores *Cerritos*

Martitza Hernandez *L.A. Trade Tech*

Rebecca Coracoza *El Camino*

Evelyne Ruiz *Mt. SAC*

Emilia Rincon *Mt. SAC*

Liliana Mercado *L.A. Trade Tech*

Virginia Perez *L.A. Trade Tech*

Jazmin Lopez *Mt. SAC*

Rachelle Abrigo *Mt. SAC*

ATHLETE OF THE YEAR

TEAM CHAMPION

COACH OF THE YEAR

Lenore Moreno
Mt. SAC

Mt. SAC

Doug Todd
Mt. SAC