



Zig-Zag Shuttle

Description: Each athlete was timed on a half-court track that consisted of straight ahead running, defensive shuffle and karaoke shuffle. Each athlete ran the course twice and the fastest to slowest average times are recorded below.

First	Last	High School	Zigzag-1	Zigzag-2	Average
Anthony	Huntley	Bishop Amat	10.53	9.97	20.50
Mauro	Ormedilla	Westlake H.S.	10.62	9.97	20.59
Neil	Dejesus	Glendale H.S.	10.72	10.35	21.07
Virgil	Sanders	Cerritos H.S.	10.75	10.50	21.25
Justin	Clardy	Junipero Serra H.S.	10.72	10.62	21.34
Andrew	Avalas	Corona H.S.	11.25	10.40	21.65
Brandon	Moreland	Damien H.S.	10.94	10.72	21.66
Nathaniel	Olison	Royal	11.31	10.38	21.69
Thomas	Isaacs	Vasquez H.S.	11.31	10.60	21.91
Cameron	Wharton	Arroyo Valley H.S.	11.28	10.72	22.00
Michael	Williams	La Seirra	11.62	10.50	22.12
Bryan	Emanuel	Mayfair	11.53	10.60	22.13
Cameron	Cochrell	Valley Christian H.S.	12.13	10.00	22.13
Tracy	Powell	Colony H.S.	11.25	10.90	22.15
Reginald	Richardson	Torrance	11.81	10.60	22.41
Joshua	Glover	Redondo Union	11.44	11.03	22.47
Matt	Luper	Frazier Mountain H.S.	11.56	10.93	22.49
Kevin	Olivares	Bishop Amat Memorial	11.50	11.09	22.59
Daniel	Phair	El Camino H.S.	11.56	11.13	22.69
Stephon	Addison	Santa Maria H.S.	11.81	10.94	22.75
Darren	Watters	Vasquez H.S.	11.75	11.03	22.78
Shaun	Markley	Estancia	11.82	11.00	22.82
Robert	Perry	Otay Ranch	12.53	10.50	23.03
Mikael	Pyles	Bishop Amat	11.88	11.32	23.20
Spencer	Anderson	Palos Verdes	12.53	10.72	23.25
Eric	Imperio	Arrowhead Christian Aca.	11.93	11.37	23.30
Ralph	Monday	Blair H.S.	11.97	11.37	23.34
Patrick	Eveland	San Pasqual	11.88	11.54	23.42
Scott	Jones	La Salle H.S.	11.65	11.78	23.43
Zach	Anaya	Yucca Valley	12.18	11.28	23.46
Tre	Brewer	Alta Loma H.S.	12.00	11.53	23.53
Brian	Lantos	Oak Park	12.04	11.50	23.54
Philip	Ost	Clairemont	12.25	11.31	23.56
Andrew	Oyamada	South Torrance	12.16	11.40	23.56
Marqus A	Richards	Culver City H.S.	11.93	11.66	23.59
Kenley	Davis	Rialto	12.15	11.44	23.59
London	Pluimer	Capistrano Valley	12.13	11.47	23.60
Wayne	Chapman	Bellflower	12.01	11.65	23.66
Gordon	Cooper Jr.	San Jacinto	11.66	12.00	23.66
Nicolas	Giraud	Pioneer	12.22	11.46	23.68
Korey	Wagoner	Temescal Canyon H.S.	12.34	11.34	23.68
Charles	Dickson	Catherdral H.S.	12.37	11.37	23.74

Jorge	Gonzalez	Pioneer	13.05	10.69	23.74
Richard	English	Upland H.S.	11.60	12.16	23.76
Alexander	Dantzler	Quartz Hill H.S.	12.38	11.40	23.78
Nicholas	Hackie	St. Bernards	12.27	11.53	23.80
Charles	Hinkle	Los Alamitos	11.94	11.87	23.81
Dexter	McDuffie	Otay Ranch	11.68	12.16	23.84
Brian	Mancilla	Damien	12.09	11.88	23.97
Ethan	Jones	Valencia	12.34	11.63	23.97
Nick	Cardona	San Pasqual	12.35	11.63	23.98
Andrew	Carrera	Santa Paula	12.19	11.88	24.07
Christian	Velasco	Montclair	12.71	11.44	24.15
Myron	Taylor	Montclair H.S.	12.25	11.90	24.15
Alex	Lopez	Valley Christian	12.47	11.75	24.22
Kelley	Chapman	La Sierra	12.07	12.19	24.26
Aubrey	McAlpine	St. Bernard H.S.	12.57	11.75	24.32
Valentine	Ike	Nono	12.87	11.50	24.37
Willie	Trimble	Upland H.S.	12.81	11.59	24.40
Thomas	Bradford	Woodcrest Christian	12.59	11.81	24.40
Preston	LaMarco	Hesperia Christian H.S.	12.25	12.16	24.41
Michael	Clue	Bishop Amat H.S.	12.06	12.35	24.41
Devin	Hechanova	Torrance H.S.	10.75	13.69	24.44
Kenny	Albritton	Verbum Dei H.S.	13.03	11.47	24.50
Justin	Jerry	Carter	12.50	12.00	24.50
Perry	Thomas	Norwalk H.S.	12.79	11.94	24.73
Wil	Jones	Montclair H.S.	12.57	12.16	24.73
Antwan	Thompson	Culver City	13.35	11.38	24.73
Bernabe	Valenzuela	Calexico H.S.	12.53	12.22	24.75
Erick	Sevilla	Valencia H.S.	12.63	12.13	24.76
Cedric	Hicks	North High	12.88	11.91	24.79
Chet	Wyche	Valencia H.S	13.00	11.79	24.79
Jimmy	Ormiston	Azuza	13.10	11.75	24.85
Brandon	Parker	Alta Loma	12.60	12.25	24.85
Trivoyea	Ross	Quartz Hill	12.52	12.34	24.86
Alex	McCarthy	Clairemont	12.43	12.43	24.86
Justin	Hamilton	Bellflower	12.66	12.34	25.00
Devin	Pilgram	South	12.44	12.59	25.03
Jose	Lara	Santa Paula Union	12.31	12.81	25.12
Matthew	Bremont	Notre Dame H.S.	13.00	12.56	25.56
Ahmed	Sedam	Gladstone	12.91	12.72	25.63
Brandon	Jones	Pacific	14.00	11.72	25.72
Ling Fung	Sin	San Gabriel Academy	13.75	11.97	25.72
Charles	Adams	Yucca Valley H.S.	13.25	12.56	25.81
Jake	Ruff	Calvary Baptist	12.96	12.91	25.87
Albert	Edwards	La Quinta	13.31	12.91	26.22
Justin	Davis	Banning H.S.	13.88	12.56	26.44
Collin	Tuilelufuga	Paramount H.S.	13.32	13.19	26.51
Joey	Mesropian	Charter Oaks H.S.	13.59	12.96	26.55
Cameron	Gray	Bellflower H.S.	13.59	12.96	26.55
Michael	Maerzluf	Hesperia Christian	13.63	13.00	26.63
Andy	Saharan	La Quinta	13.94	12.72	26.66
Robert	Brown	Norwalk H.S.	13.62	13.06	26.68
William	Watkins	Desert H.S	13.69	13.00	26.69
Joshua	Johnson		14.16	12.62	26.78
Jeff	Allen	Claremont	13.06	13.75	26.81

John	Newton	Calvary Baptist	13.50	13.34	26.84
Brandon	Cross	Desert	14.34	12.56	26.90
Tyler	Thompson	Kern Valley H.S.	15.00	12.09	27.09
Nico	Matthews	Twentynine Palms	14.19	12.91	27.10
Stephen	Bernabe	Cathedral H.S	13.50	13.60	27.10
Mauricio	Lucero	Calexico H.S.	14.16	13.28	27.44
Markese	Henry	Pacific H.S.	15.37	12.12	27.49
Christian	Goudeau	Frazier Mountain H.S.	13.98	13.81	27.79
John	Rogers	Western Christian	14.31	13.57	27.88
Brian	Schumm	Charter Oak H.S.	15.09	12.81	27.90
Joshua	Miles	Verbum Dei	14.47	13.48	27.95
Keith	Richmond	Vista Del Lago	15.12	13.00	28.12
Randy	Agyepong	Calvary Baptist H.S.	14.38	13.97	28.35
Cory	Torregano	Montgomery	14.97	13.72	28.69
P.	Salcido	Calvary Baptist	14.34	14.50	28.84
Adam	Bradford	Woodcrest Christian H.S.	14.84	14.57	29.41