



Mt. SAC Goes Back-To-Back In South Coast Conference Men's/Women's Cross Country Titles



Photo Credit: Dean Lofgren
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(*La Canada Flintridge*) For the second straight year, Mt. San Antonio College swept the men's and women's team titles at the 2014 South Coast Conference Cross Country Championships held at Hahamongna Watershed Park Friday morning. The event was hosted by Pasadena City College. The Mounties have won 16 SCC titles in each gender, the men dating back to 1971 and the women collecting the first--place crowns since 1984.

In the men's 4--mile race, Mt. SAC scored 32 team points to outdistance El Camino (78), Los Angeles Trade Tech (88), and Cerritos (91). The Mounties placed seven runners on to the 14--man, All--SCC First and Second Teams.

El Camino sophomore harrier Teddy Kassa was SCC men's individual champion, winning the race in a time of 20 minutes, 32.8 seconds. Mt. SAC's parade of runners including **Kevin Matthews** in second (20:40.4), Daniel Harrigan--Cota in fourth (20:50.1), and **Salvador Salas** in seventh (21:07.3).

In the 5-kilometer women's race, the Mounties dominated the field, grabbing the second through fourth individual places behind sophomore Sierra Ungerman (18:18.4), Lindsey Keough (18:39.3) and Nichelle Jackson (18:46.2).

East Los Angeles sophomore Laura Aceves, who has not lost to a Southern California region opponent all season, won her second consecutive SCC women's individual crown by nearly 26 seconds with a blistering time of 17:52.7. Aceves was the 2013 CCCAA state champion as a freshman.

Mt. SAC scored 27 points to finish well ahead of Cerritos (54), and LA Trade Tech (83).

"We're always happy to win the SCC championship, knowing the type of strength we have in our conference," said Mt. SAC women's head coach Doug Todd. "It's an important victory as it leads into the start of the postseason. We feel we are in a good position going into the final two big meets at SoCal and state."

MEN'S TEAM STANDINGS: 1. Mt. San Antonio 32, 2. El Camino 78. 3. LA Trade Tech 88, 4. Cerritos 91, 5. East Los Angeles 125, 6. Long Beach City 144, 7. Pasadena City 157.

WOMEN'S TEAM STANDINGS: 1. Mt. San Antonio 27, 2. Cerritos 54, 3. LA Trade Tech 83, 4. El Camino 119, T5. Pasadena City, 121, T5. East Los Angeles 121, 7. Long Beach City 182.

COMPLETE RESULTS: Please click here.