

PACIFIC COAST ATHLETIC CONFERENCE / SEPT. 19, 2016

SBVC's Ortega, City's Contreras share AOTW award

San Bernardino Valley College cross country runner Luis Ortega and San Diego City College soccer player Francisco Contreras share the Pacific Coast Athletic Conference Men's Athlete of the Week award for the week that ended Sunday.

PCAC 2016-17 MEN'S ATHLETES OF THE WEEK		
Sept 5	Joe Joe Hudson, Southwestern	Football
	Fred Zaragoza, San Bernardino Valley	Soccer
Sept 12	Jomari Becnel, Mt. San Jacinto	Football
	Rockne O'Brien, Grosmont	Water Polo
Sept 19	Luis Ortega, San Bernardino Valley	Cross Country
	Francisco Contreras, San Diego City	Soccer

Ortega, a sophomore from Jurupa Hills High School in Fontana, won the men's race at the prestigious Southern California Preview Meet / Brubaker Invitational, running the 4.0-mile course at Irvine Regional Park in Orange in 20:31.58 to defeat a field of 317 runners.

Ortega led the Wolverines to a fourth place team finish in the 32-college event as he defeated runner-up Joshua Silva of team champion Riverside City College, who was timed in 20:38.96, by 7.38 seconds.

Contreras, City College's sophomore midfielder from Castle Park High School who leads the state in both goals (12) and points (26) seven games into the Knights' season, had another big week.

He scored three goals in leading City to a 5-1 victory over Palomar and had a goal and two assists in a 5-1 win over College of the Desert as the Knights jumped out to a 2-0 start in the PCAC. City College is 4-1-2 overall.

Honorable mention for the week was awarded to Palomar wrestler Braulio Banuelos, Cuyamaca cross country runner Steven Lepe, San Diego Mesa football player Ronnie Ochoa, COD football player De'Abrie Smith and Southwestern football player Mike Glass.

Banuelos, Palomar's freshman 174-pounder from Poway High School, went 4-0 and pinned all four of his opponents as the Comets swept undefeated through the season-opening Mt. SAC Duals. Palomar, which will be shooting to improve on its fourth-place state team finish of a year ago, defeated Sierra 54-0, Bakersfield 48-0 and Santa Ana 35-10 at Mt. SAC. The Comets' other match was against an all-star team in which no team scores were kept.

Lepe, a sophomore from Monte Vista High School and a transfer from Southwestern College, ran 4.0 miles in 21:01.90 to finish sixth out of the 317 runners in the Southern California Preview Meet / Brubaker Invitational. He led Cuyamaca to second in team scoring out of 32 community colleges. The Coyotes finished with 100 points, compared to 73 points for team champion Riverside. Mt. SAC trailed Cuyamaca in third place with 111 points.

Ochoa, a freshman from Liberty High School in Bakersfield, kicked field goals of 30, 25, 36 and 32 yards and was 6-for-6 on PATs in Mesa's 54-9 victory over El Camino Compton Center.

Smith, a 6-foot-2, 200 pound freshman quarterback from Palatka High School in Palatka, Florida, led COD to a 31-24 victory over West Los Angeles. He was 21-for-25 passing for 245 yards for the Roadrunners. He threw touchdown passes of 19 and 18 yards to Trevon Williams and had no interceptions.

Glass, a sophomore from Hazelwood Central High School in Florissant, Missouri, was 19-for-28 passing for 196 yards and three touchdowns and also rushed for 43 yards on eight carries as Southwestern defeated host Los Angeles Pierce 42-13 to advance to 3-0 on the year.