

JANUARY / FEBRUARY 1995

# CALIFORNIA

## Track News

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Champ



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# California

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# CALIFORNIA Track News

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## EDITORIAL



Julia Stamps near the one mile mark at Foot Locker West. Compare to the photo on page 5.

*Fine Flicks by Don Gosney*

The dust has settled. The 1994 harrier season is now history. And, what a season it was! This issue of CTN should bring back memories and feelings of all the excitement.

You gotta love this CTN cross country championships issue! Here, in one place, are all the results from the big end-of-the-season meets.

Living in Fresno is an advantage when it comes to cross country. Fresno, being in the geographical center of the state, is the ideal location for state championships. Woodward Park is a frequent site for such events and, this past season, played host to both the high school and junior college state meets. Additionally, Woodward Park hosts the Foot Locker West Regionals.

I am thankful to have been able to attend all these meets, plus the Foot Locker Nationals in San Diego.

It doesn't get much better!

For those of you who couldn't make it to Fresno or San Diego, let this issue of CTN fill you in on the happenings in these and other harrier action. Dive in. Go for it.

Next year, maybe we'll see you in Fresno.

*Bill*

**ON THE COVER:** National high school cross country champion JULIA STAMPS proved cross country experts / predictors correct by outdistancing all others, all season. *Photo by Kirby Lee/LA Times.* JASON BALKMAN enjoyed an outstanding season his senior year in high school, as well. Look for both names in the California State Meet and Foot Locker stories and results. *Fine Flicks by Don Gosney*





# Foot Locker

## Cross Country Championships

WEST REGIONAL • December 3, 1994 • Woodward Park, Fresno, CA

### ● Coach/Parent

Plc	Finisher/Age-M-F/City/State	Time
1	Jeff Hess, 33M, Glendale, OR	15:04
2	Ernie Freer, 28M, Fresno, CA	15:07
3	Phil Olsen, 30M, Provo, UT	15:15
4	Chip Smith, 25M, Albuquerque, NM	15:24
5	Emmet Hogan, 25M, Seattle, WA	15:26
6	Joe Alward, 32M, Anchorage, AK	15:35
7	Chris Morlen, 27M, Spokane, WA	15:39
8	Criss James, 32M, Soda Sprgs, ID	15:41
9	Armand Crespo, 26M, Alhmbra, CA	15:41
10	David Sanford, 25M, Cypress, CA	15:47
11	Pete Bowman, 30M, Espanola, NM	15:50
12	Frank Ebner, 35M, Pomona, CA	15:50
13	James Garrison, 19M, BuenPkCA	15:53
14	Steve Boaz, 37M, Los Osos, CA	15:55
15	Rich Medellin, 35M, Yorb Linda, CA	16:01
16	Steve Blum, 39M, Ventura, CA	16:03
17	Bob Adams, 32M, Fullerton, CA	16:09
18	Shaun Nichols, 23M, Anaheim, CA	16:12
19	Dean Miller, 28M, Tulare, CA	16:18
20	Vernon Morris, 32M, Daggett, CA	16:22
21	Kele Perkins, 21M, Fullerton, CA	16:26
22	Bill Lind, 26M, Bakersfield, CA	16:28
23	Mark LaPlant, 30M, Bev Hills, CA	16:29
24	Steve Allen, 20M, Riverton, UT	16:31
25	Mike Hadway, 40M, Spok, WA	16:31
177 Finishers		

### ● Freshman Boys

Plc	Finisher/Yr/City/State	Time
1	Isaiah Festa, 1, Los Osos, CA	16:18
2	Ka-akpema Yelapaala, 1, Sac, CA	16:36
3	Brandon Grady, 1, No. LVegas, NV	16:39
4	Cuco Chavez, 1, San Juan Bta, CA	16:41
5	Jonathan Stevens, 1, Fremont, CA	16:46
6	Justin Henley, 1, Pleas Grove, UT	16:47
7	Jimmy Rucker, 1, Spokane, WA	16:54
8	George McCleary, 1, Portland, OR	16:58
9	Mario Zambrano, 1, Madera, CA	16:59
10	Chris Knapp, 1, San Jose, CA	16:59
11	Louis Quam, 1, Zuni, NM	17:02
12	Louis White, 1, Montara, CA	17:06

13	Anton Klemens, 1, Walnut Crk, CA	17:10
14	Steven Smith, 1, Chino Hills, CA	17:13
15	Garrett Larsson, 1, Roseville, CA	17:14
16	David Young, 1, Oceanside, CA	17:15
17	Louis Haber, 1, Los Angeles, CA	17:16
18	Miguel Martinez, 1, Santa Ana, CA	17:16
19	Michael Buckley, 1, Clovis, CA	17:16
20	Justus Talley, 1, Riverton, UT	17:18
21	Isabel Casillas, 1, Glendale, CA	17:19
22	Nathan Martin, 1, Livermore, CA	17:20
23	Nic Evans, 1, Riverton, UT	17:21
24	David Jackson, 1, Crestline, CA	17:27
25	Frank Montoya, 1, Chino Hills, CA	17:31
170 Finishers		

### ● Freshman Girls

Plc	Finisher/Yr/City/State	Time
1	Erin Belger, Albuquerque, NM	18:31
2	Jandee Hood, 1, Orem, UT	19:30
3	Kim Welch, 1, Yucaipa, CA	19:32
4	Belen Ferree, 1, West Covina, CA	19:41
5	Anne Davis, 1, Portland, OR	19:42
6	Jamie Heeman, 1, Boise, ID	19:43
7	Leslie Vanoy, 1, Lindon, UT	19:49
8	Louise Indrisie, 1, Clayton, CA	19:53
9	Erica Hanson, 1, Las Vegas, NV	19:57
10	Annie Gendron, 1, Albuquerque, NM	20:01
11	Krista Carlson, 1, Grants Pass, OR	20:06
12	Genevieve Cruise, 1, PacificPal, CA	20:13
13	Moriah Cooperson, 1, Napa, CA	20:18
14	Julian Santibanez, 1, Anaheim, CA	20:18
15	Carrie Lacey-Krietz, 1, Portld, OR	20:19
16	Sinfiorosa Orozco, 1, San Ana, CA	20:24
17	Lisa Lindberg, 1, Alta Loma, CA	20:25
18	Shae Messersmith, 1, AmerFork, UT	20:30
19	Salina Diaz, 1, Temecula, CA	20:31
20	Coton Stine, 1, Boise, ID	20:33
21	Jessica Zarndt, 1, Las Vegas, NV	20:36
22	Cherie Stevens, 1, Orem, UT	20:36
23	Amber Tubb, 1, American Fork, UT	20:38
24	Mary Ascencio, 1, WCovina, CA	20:41
25	Erin Sorensen, 1, Thous Oaks, CA	20:42
151 Finishers		

### ● Sophomore Boys

Odd Race Numbers		
Plc	Finisher/Yr/City/State	Time
1	Ryan Deane, 2, Pal Verdes Est Ca	16:07
2	Joey Corr, 2, Redmond, WA	16:14
3	Matt Kimball, 2, El Dorado Hills, CA	16:18
4	Trent Hooper, 2, Centerville, Ut.	16:26
5	Devin Bybee, 2, Orem, UT	16:30
6	Jeff Stewart, 2, Newhall, CA	16:30
7	Raul Huerta, 2, Stockton, CA	16:35
8	Brent Edson, 2, Angelus Oaks, CA	16:36
9	Justin Carter, 2, Concord, CA	16:36
10	Jose Gonzalez, 2, Rialto, CA	16:39
11	Jason Fayant, 2, Spokane, WA	16:42
12	David Heald, 2, Portland, OR	16:43
13	Brian Blackham, 2, Orem, UT	16:44
14	Brandon Benkosky, 2, El Cajon, CA	16:45
15	Javier Rodriguez, 2, Espanola, NM	16:47
16	Jess Brereton, 2, Orem, UT	16:48
17	Schuyler Judd, 2, Orem, UT	16:50
18	Nicholas Piellusch, 2, San Jose, CA	16:51
19	Randy Evans, 2, Grants Pass, OR	16:54
20	Josh Adams, 2, Fairfield, CA	16:55
21	Jorge Gutierrez, 2, Santa Ana, CA	16:57
22	Calvin Egnew, 2, Hyrum, UT	16:57
23	Michael Armstrong, 2, Hermist, OR	16:59
24	James Perez, 2, Rosemead, CA	17:01
25	Jesse Gray, 2, Midvale, UT	17:02
162 Finishers		

### ● Sophomore Boys

Even Race Numbers		
Plc	Finisher/Yr/City/State	Time
1	Shane Ackerly, 2, Bigfork, MT	16:07
2	Ryan Andrus, 2, Orem, UT	16:10
3	Andrew Wulf, 2, Los Altos, CA	16:11
4	Steve Barrus, 2, Clovis, CA	16:19
5	Michael Kasahun, 2, Fresno, CA	16:24
6	Danny Allen, 2, Riverton, UT	16:25
7	Jose Godinez, 2, Reedley, CA	16:27
8	Charley Hulsey, 2, San Diego, CA	16:34
9	Spencer Talley, 2, Riverton, UT	16:34

continued next page.



# Foot Locker



One mile mark of the Seeded Boy's Race

Fine Flicks by Don Gosney

10	Nicki Russell, 2, Orange, CA	16:41
11	Ross Wood, 2, Newbury Park, CA	16:43
12	Josh Nelson, 2, Gardnerville, NV	16:44
13	David Green, 2, Chattaroy, WA	16:44
14	Zachary Kerns, 2, Bend, OR	16:45
15	Eron Tello, 2, San Diego, CA	16:46
16	Stephen Ketcham, 2, Vista, CA	16:46
17	Geoffrey Streitt, 2, Los Alamos, NM	16:48
18	Enrique Henriquez, 2, San Lean, CA	16:48
19	Jacob Geyer, 2, Palmdale, CA	16:49
20	Pete Peterson, 2, Riverside, CA	16:51
21	Casey Perry, 2, Spokane, WA	16:53
22	Ernesto Ramos, 2, Salinas, CA	16:54
23	Peter Carter, 2, Saratoga, CA	16:54
24	Curtis Garcia, 2, San Fidel, NM	16:55
25	Ryan Wiser, 2, Spokane, WA	16:57
157	Finishers	

11	Jennifer Smith, 2, Spokane, WA	19:22
12	Shannon O'Connor, 2, S Diego, CA	19:24
13	Elizabeth Roodell, 2, Eureka, MT	19:27
14	Emily Free, 2, Roseburg, OR	19:28
15	Kym Pilger, 2, Clovis, CA	19:30
16	Casey McGuire-Turcotte, 2, Naal, HI	19:30
17	Karen King, 2, Spokane, WA	19:35
18	Taraka Campbell, 2, Spokane, WA	19:38
19	Elizabeth Benson, 2, Orem, UT	19:38
20	Shelby Steele, 2, Orem, UT	19:42
21	Kelly Kearsley, 2, Spokane, WA	19:46
22	Michelle Trujillo, 2, Chimayo, NM	19:48
23	Trisia Tressler, 2, Riverside, CA	19:53
24	Devon Lasiter, 2, Oceanside, CA	19:59
25	Yadira Ramirez, 2, Ventura, Ca	20:07
145	Finishers	

11	Ty Lujan, 3, Santa Cruz, NM	16:40
12	Miles Mason, 3, Kalispell, MT	16:41
13	Brian Shapiro, 3, La Canada, CA	16:41
14	Robert Pittman, 3, Kingman, AZ	16:46
15	Dennis Scott, 3, Grants, NM	16:47
16	George Pinto, 3, Anaheim, CA	16:47
17	Lane Covington, 3, Grn River, WY	16:48
18	Kirk Hell, 3, Green River, WY	16:49
19	Andrew Fondacaro, 3, Palmdle, CA	16:50
20	Tyler Mack, 3, San Diego, CA	16:50
21	David Gartz, 3, Los Alamos, NM	16:52
22	Arthur Negrete, 3, Clovis, CA	16:53
23	Joe Orlando, 3, Loomis, CA	16:53
24	William Neujahr, 3, Diam Bar, CA	16:54
25	Liam Clemons, 3, Fair Oaks, CA	16:54
145	Finishers	

## ● Sophomore Girls

Plc	Finisher/Yr/City/State	Time
1	Tara Rohatinsky, 2, Provo, UT	18:15
2	Jessica Riehle, 2, Spokane, WA	18:48
3	Angie Simmers, 2, Spokane, WA	18:49
4	Stefanie McCarty, 2, Madera, CA	18:55
5	Wendy Allen, 2, Orem, UT	18:55
6	Emili Lawson, 2, Fresno, CA	19:04
7	Deborah Osteen, 2, Clayton, Ca	19:05
8	Kelly Rice, 2, Gillette, WY	19:16
9	Kelly Fugal, 2, Orem, UT	19:17
10	Andrea Neipp, 2, Palmdale, Ca	19:19

## ● Junior Boys

### Odd Race Numbers

Plc	Finisher/Yr/City/State	Time
1	Mario Argueta, 3, Mira Loma, CA	16:04
2	Omar Orendain, 3, Rosemead, CA	16:11
3	Jose Barajae, 3, National City, CA	16:21
4	Marc Hutcheson, 3, Nipomo, CA	16:24
5	Daniel Gohlke, 3, Stockton, CA	16:25
6	Corey Whalen, 3, Gillette, WY	16:29
7	Dustin Hawes, 3, Alta Loma, CA	16:34
8	Kevin Casper, 3, Orem, UT	16:35
9	Ramon Chavez, 3, Rialto, CA	16:37
10	Matt Moore, 3, Fair Oaks, CA	16:39

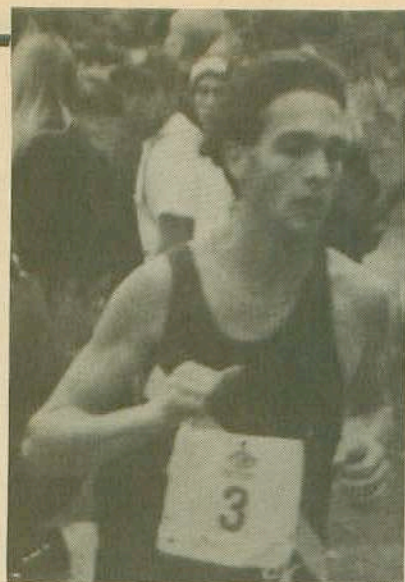
## ● Junior Boys

### Even Race Numbers

Plc	Finisher/Yr/City/State	Time
1	Kenny Rhoan, 3, Tollhouse, CA	15:47
2	Dustin Wadlow, 3, Modesto, CA	16:12
3	Amos Ulibarri, 3, Espanola, NM	16:12
4	Wayne Leighty, 3, Juneau, AK	16:13
5	Mario Arce, 3, Palmdale, CA	16:18
6	Mason Moore, 3, Ojai, CA	16:19
7	John Duarte, 3, Newhall, CA	16:20
8	Demian Quiroz, 3, Tucson, AZ	16:22
9	Julio Serratos, 3, Duarte, CA	16:23

continued next page...





**JASON BALKMAN**  
1994 West Region Winner  
*Fine Flicks by Don Gosney*



**JULIA STAMPS**  
1994 West Region Winner  
*Fine Flicks by Don Gosney*

10	Jason Land, 3, Vista, CA	16:25
11	Brian Smith, 3, Seattle, WA	16:31
12	Jeremy Cole, 4, Gillette, WY	16:37
13	Matt Swartz, 3, Newbury Park, CA	16:38
14	Carlos Chavez, 3, Phoenix, AZ	16:38
15	Chris Cole, 3, Hayden Lake, ID	16:39
16	Mathew Dossantos, 3, S. Diego, CA	16:40
17	Joe Smith, 3, Livermore, CA	16:40
18	Bernard Maltai, 3, Whittier, CA	16:42
19	Steve Riggs, 3, Agoura Hills, CA	16:44
20	Mike Case, 3, Brea, CA	16:45
21	Jesus Enriquez, 3, Oakland, CA	16:45
22	Sean Clendaniel, 3, Yucaipa, CA	16:47
23	Jose Pimentel, 3, Stockton, CA	16:48
24	Andrew Hori, 3, Rolling Hills Est, CA	16:49
25	Jacob Murcray, 3, Rock Sps, WY	16:52
151	Finishers	

## ● Junior/Senior Girls

Plc	Finisher/Yr/City/State	Time
1	Jamille Claiborne, Jr, RPalVer, CA	18:54
2	Rosalinda Castaneda, Sr, Mad, CA	19:04
3	Brigitte Thomas, Jr, Salt Lk, UT	19:18
4	Aster Tesfai, Jr, Oakland, CA	19:19
5	Sarah McCafferty, Jr, PalVerEst, CA	19:21
6	Robynn Hill, Jr, Plain City, UT	19:26
7	Angie Dunn, Jr, S. Jordan, UT	19:29
8	Clodagh Rafferty, Jr, La Jolla, CA	19:29
9	Sonia Rodriguez, Jr, Vista, CA	19:30
10	Sedina Banks, Jr, Crestline, CA	19:32
11	Michelle Zayas, Sr, La Cresc, CA	19:37
12	Gretchen Grindle, Jr, Portland, OR	19:37
13	Leah Walkey, Jr, La Jolla, CA	19:37
14	Sarah Schmidt, Jr, San Diego, CA	19:41
15	Katie Steele, Sr, Orem, UT	19:41

16	Heather DeWitt, Sr, Orem, UT	19:42
17	Lindsey Daehlin, Jr, Spokane, WA	19:46
18	Jenni Saling, Jr, Veredale, WA	19:46
19	AnneMarie Franco, Jr, Oakld, CA	19:47
20	Krissy Schranz, Sr, Valencia, CA	19:48
21	Stacy Roberson, Jr, Lk Forest, CA	19:51
22	Jennifer Osteen, Jr, Clayton, Ca	19:52
23	Marci Lawson, Sr, Fresno, CA	19:53
24	Julia Ornelas, Sr, Chino, CA	20:05
25	Bethany Lucas, Sr, Eugene, OR	20:09

## ● Senior Boys

Plc	Finisher/Yr/City/State	Time
1	Joel Givens, 4, Valencia, CA	16:05
2	David McDonough, 4, Cupert, CA	16:07
3	Ty Stewart, 4, San Diego, CA	16:08
4	Wade Allen, 4, Orem, UT	16:09
5	Richard Aguilar, 4, W Covina, CA	16:10
6	Michael Klass, 4, Salt Lake City, UT	16:11
7	Chad Livesay, 4, San Diego, CA	16:13
8	Andy Farrer, 4, Orem, UT	16:16
9	Adam Perea, 4, Madera, CA	16:20
10	Juan Escalera, 4, Lynwood, CA	16:23
11	Jeremiah Moody, 4, Chico, CA	16:24
12	Joel Orozco, 4, Santa Ana, CA	16:24
13	Afran Abutin, 4, San Diego, CA	16:24
14	Nathan McLeland, 4, Gillette, WY	16:25
15	Kevin Wood, 4, Tucson, AZ	16:27
16	David Farnsworth, 4, Orem, UT	16:28
17	Daniel Hodson, 4, Orem, UT	16:28
18	Ryan Short, 4, San Diego, CA	16:29
19	Pedro Lopez, 4, Santa Ana, CA	16:29
20	Eric Tokubo, 4, Camelian Bay, CA	16:30
21	Jason Neese, 4, RanPalVerdes, CA	16:30
22	Cesar Gonzalez, 4, Rialto, CA	16:31

## Foot Locker

23	Alejandro Tinajero, 4, Van Nuys, CA	16:34
24	Duncan Kirkpatrick, 4, Eugene, OR	16:35
25	Trevor Wells, 4, Riverton, UT	16:38
253	Finishers	

## ● Seeded Girls

Plc	Finisher/Yr/City/State	Time
FIRST TEAM ALL-WESTERN		

### National Qualifiers

1	Julia Stamps, So, San Rosa, CA	16:45CR
2	Elaine Canchola, Fr, Ojai, CA	17:33
3	Mary Huang, Jr, Provo, UT	17:40
4	Courtney Pugmire, Sr, Yorba Linda, CA	17:43
5	Amy Skieresz, Sr, West Village, CA	17:47
6	Marie Davis, Sr, Portland, OR	17:50
7	Heather Garrison, Fr, Fullerton, CA	17:53
8	Mindy Mizell, Jr, Albuquerque, NM	18:02

### SECOND TEAM ALL-WESTERN

9	Kristen Gordon, So, Alamo, CA	18:06
10	Kim Mortensen, Jr, Thous Oaks, CA	18:07
11	Veronica Sanchez, Fr, Wasco, CA	18:12
12	Jessica Corbin, Jr, Irvine, CA	18:12
13	Jeanette Zimmer, Fr, Spokane, WA	18:14
14	Tracy Clark, Sr, Newport Bch, CA	18:14
15	Alison Lambert, Sr, Walnut Crk, CA	18:15
16	Annie Ebner, Jr, West Covina, CA	18:15

### THIRD TEAM ALL-WESTERN

17	Darlene Salvador, Sr, AcoPueb, NM	18:16
18	Bennie Ridgley, So, Riverton, WY	18:16
19	Heather Wallace, Jr, Clayton, Ca	18:17
20	Kara Ormond, Sr, Orem, UT	18:18
21	Eliaser Estrada, Sr, Santa Ana, CA	18:19
22	Sarah Gardiner, So, Salt Lk City, UT	18:23
23	Tina Bowen, Jr, Danville, CA	18:26
24	Rachel Mosher, Sr, San Leand, CA	18:30

25	Emily Thompson, Sr, Spokane, WA	18:31
26	Molly Mehlberg, Sr, Pal Ver Est, CA	18:31
27	Aleah Thome, Jr, Selah, WA	18:32
28	Julie Hassan, Sr, Grass Valley, CA	18:34
29	Andrea Warner, Sr, Tacoma, WA	18:35
30	Adrienne Sorenson, Jr, Orem, UT	18:35
31	Valencia Tilden, Jr, Gallup, NM	18:36
32	Heather McMahon, Sr, Bend, OR	18:39
33	Amy Swier, So, Aztec, NM	18:40
34	Becky Ward, Sr, Richfield, ID	18:43
35	Melinda Campbell, So, Newport, OR	18:43
36	Susan Werner, Fr, Boise, ID	18:44
37	Holly Peterson, Sr, Grn River, WY	18:45
38	Amanda Grout, So, Cheyenne, WY	18:45
39	Shelby Horgan, So, Canyon Lk, CA	18:46
40	Ellen Muench, Sr, Canyon Lake, CA	18:46
41	Tracy Cohn, So, Bakersfield, CA	18:47
42	Molly Lawrence, Sr, San Marino, CA	18:47
43	Cara Wieser, So, Park City, UT	18:49
44	Kilee Smith, Jr, Ashland, OR	18:51

continued next page...



## Foot Locker

45	Deeja Youngquist, Sr, Enumclaw, WA	18:52
46	Mindy Brown, Jr, Yucaipa, CA	18:52
47	Nicole Caster, Fr, El Cajon, CA	18:53
48	Emily Allison, Jr, San Jose, CA	18:54
49	Heather Miller, Jr, Midland, OR	18:55
50	Katrina DeBoer, Sr, West Linn, OR	18:55
137	Finishers	

### Seeded Boys

Plc Finisher/Yr/City/State Time

#### FIRST TEAM ALL-WESTERN National Qualifiers

1	Jason Balkman, Sr, Saratoga, CA	14:58
2	Brandon Leslie, Sr, Churchrock, NM	15:03
3	Antonio Arce, Sr, Palmdale, CA	15:05
4	Eleazar Hernandez, Sr, Camarillo, CA	15:08
5	Brett Strahan, Sr, Valencia, CA	15:09
6	Corbin Talley, Sr, Riverton, UT	15:09
7	Skiy Detray, Sr, Mead, WA	15:09
8	Ronald Roybal, Sr, Santa Fe, NM	15:11

#### SECOND TEAM ALL-WESTERN

9	Dula Parkinson, Sr, Orem, UT	15:12
10	Zachary James, Sr, Orem, UT	15:14
11	Adalberto Sanchez, Sr, SJCapis, CA	15:15
12	Dave Mitchell, Sr, Los Osos, CA	15:16
13	Jorn Grimsley, Sr, Billings, MT	15:17
14	Peter Gilmore, Sr, Pacific Palis, CA	15:19
15	Jeff McLarty, Sr, Chino Hills, CA	15:22
16	Michell Jones, Jr, Livermore, CA	15:23

#### THIRD TEAM ALL-WESTERN

17	Tom Becker, Sr, Los Altos Hills, CA	15:24
18	Aaron Gillen, Jr, Yreka, CA	15:28
19	Billy Herman, Jr, Boise, ID	15:29
20	David Martin, Jr, Edmonds, WA	15:30
21	Alex Teekell, Sr, Oakland, CA	15:31
22	David Abril, Jr, Tucson, AZ	15:31
23	Brad Treat, Jr, Kalispell, MT	15:31
24	Jeffrey Fischer, Sr, Thous Oaks, CA	15:31

25	Erik Kean, Sr, Cheyenne, WY	15:32
26	Joe Johnson, Sr, Lynnwood, WA	15:32
27	Rey Sanchez, Sr, Delano, CA	15:36
28	Michael Stember, Jr, Fair Oaks, CA	15:36
29	Zachariah Ventress, Sr, Spok, WA	15:36
30	Keith O'Doherty, Sr, ThousOaks, CA	15:37
31	Trevor Sybert, Sr, Vista, CA	15:37
32	Javier Ramirez, Sr, Ventura, CA	15:38
33	Vernon Yazzie, Sr, Gallup, NM	15:38
34	Ricardo Villalobos, Sr, Riverside, CA	15:39
35	John Greene, Sr, Agoura, CA	15:39
36	Bryan Kee, Jr, Klageon, AZ	15:40
37	Kevin Koeper, Jr, Arcadia, CA	15:40
38	Scott Cummings, Jr, Lehi, UT	15:41
39	Jeffrey Hopkinson, Jr, S Jordan, UT	15:42
40	Tom Prindville, So, Antioch, CA	15:42
41	Ian Enriquez, Sr, Corona, CA	15:43

# WESTERN REGIONAL ROUNDUP

by Keith Conning

This chart shows the top ten finishers in the Foot Locker Western Regional with their state meet performances.

Place	Time	Plc./Div.	Time
<b>Boys</b>			
1.	Jason Balkman, Sr, Saratoga, CA	14:58	1) DI 15:15
2.	Brandon Leslie, Sr, Churchrock, NM	15:03	1) 4A 15:57
3.	Antonio Arce, Sr, Palmdale, CA	15:05	1) DII 15:25
4.	Eleazar Hernandez, Sr, Camarillo, CA	15:08	2) DII 15:20
5.	Brett Strahan, Sr, Valencia, CA	15:09	11) DI 15:46
6.	Corbin Talley, Sr, Riverton, UT	15:09	3) 5A 15:03
7.	Skiy Detray, Sr, Mead, WA	15:09	4) AAA 15:00
8.	Ronald Roybal, Sr, Santa Fe, NM	15:11	1) AAA 16:57
9.	Dula Parkinson, Sr, Orem, UT	15:12	2) 5A 15:01
10.	Zachary James, Sr, Orem, UT	15:14	1) 5A 14:54
<b>Girls</b>			
1.	Julia Stamps, So, Santa Rosa, CA	16:45	1) DI 17:06
2.	Elaine Canchola, Fr, Ojai, CA	17:33	2) D3 18:07
3.	Mary Huang, Jr, Provo, UT	17:40	2) 4A 17:57
4.	Courtney Pugmire, Sr, Yorba Linda, CA	17:43	2) DI 18:08
5.	Amy Skieresz, Sr, Westlake Village, CA	17:47	1) DII 18:12
6.	Marie Davis, Sr, Portland, OR	17:50	2) 4A 19:08
7.	Heather Garritson, Fr, Fullerton, CA	17:53	1) D3 18:01
8.	Mindy Mizell, Jr, Albuquerque, NM	18:02	2) 4A 20:13
9.	Kristen Gordon, So, Alamo, CA	18:06	8) DI 18:46
10.	Kim Mortensen, Jr, Thousand Oaks, CA	18:07	4) DI 18:29

42	Ryan Bullock, Jr, South Jordan, UT	15:43
43	Matt Brown, Jr, Corona, CA	15:44
44	Gabe Szody, Sr, Shingletown, CA	15:47
45	David McQuitty, Jr, El Cajon, CA	15:47
46	Teddy Craig, Sr, Gillette, WY	15:48
47	Arnold Song, Sr, San Jose, CA	15:48
48	Larry Henderson, Jr, SDiego, CA	15:48
49	Kevin Marsden, Sr, ThousOaks, CA	15:48
50	Lee Doherty, Sr, Tucson, AZ	15:49
254	Finishers	

### State Team Results BOYS

1. CALIFORNIA 75:29 (Balkman, Arce, Hernandez, Strahan, Sanchez), 2. UTAH 76:58 (Talley, Parkinson, James, Cummings, Hopkinson), 3. NEW MEXICO 77:37 (Leslie, Roybal, Yazzie, Murphy, Cheromiah), 4. WASHINGTON 77:38 (Detray, Martin, Johnson, Ventress, Harkins), 5. ARIZONA 78:58 (Abril, Kee, Doherty, Goetz, Martinez), 6. OREGON 79:57 (Cripps, Robison, Hagemann, Lindner, Orman), 7. WYOMING 80:08

(Kean, Craig, Parsons, Skinner, Stephens), 8. IDAHO 80:24 (Herman, Jex, Fullmer, Erickson, Bergeson), 9. MONTANA 80:28 (Mason, Ackerly, Grimsley, Treat, Adams), 10. NEVADA 83:32 (Bentley, Hyde, Sinnott, Noble, Long), 11. ALASKA 84:06 (Prosser, Leighty, Keene, Settle, Corinth), 12. HAWAII 89:54 (Gerdes, Hodge, Holton, Gerdel, Stevens). U. S. MILITARY INSTALLATIONS -- team incomplete.

### GIRLS

1. CALIFORNIA 87:41 (Stamps, Canchola, Skieresz, Pugmire, Garritson), 2. UTAH 91:11 (Huang, Rohatinsky, Ormond, Gardiner, Sorenson), 3. NEW MEXICO 92:05 (Mizell, Salvador, Tilden, Belger, Swier), 4. WASHINGTON 92:44 (Zimmer, Thompson, Thome, Warner, Youngquist), 5. OREGON 92:58 (Davis, McMahon, Campbell, Smith, Miller), 6. WYOMING 95:14 (Ridgley, Peterson, Grout, Rice, Gebbs), 7. IDAHO 97:51 (Ward, Werner, Heeman, Harrison, Stine), 8. ARIZONA 99:40 (Kelewood, Doherty, Marotta, Kaye, Logan), 9. MONTANA 100:49 (Nordeen, Roodell, Hayden, Ruby, Rumsey), 10. NEVADA 105:27 (Downing, Carlsen, Newby, Gardner, Downer). ALASKA, HAWAII, U.S. MILITARY INSTALLATIONS -- teams incomplete.

continued next page.



## Foot Locker

### NATIONALS ● December 10, 1994 Balboa Park, San Diego, CA

By DOUG SPECK

**Weather - 60-65 overcast  
(perfect for cross-country).  
Course 5000 meters  
with two good hills.**

In the 16th Annual Foot Locker National Championship Finals race super soph Julia Stamps (Santa Rosa, Ca) completed a spectacular 1994 Cross-Country season with another huge win, with Matt Downin (Pinkerton Academy, Hampstead, NH) nipping rival John Mortimer (Londonderry, NH) in the most competitive Boys contest ever in this series.

Soph Stamps, who suffered an appendectomy that took her out of her 1993 frosh Fall harrier campaign, led the late March 1994 U.S. Junior Cross-Country team with a 44th place effort in the Worlds, and was last summer's Junior National Outdoor 3000m Champ in track at age 15, while setting a frosh class record of 9:28.50. The San Francisco Bay area star came into the Fall of 1994 like a house afire, taking down respected Course Records at Mt. SAC and Woodward Park in Fresno.

Famous for quick starts, Julia charged out in San Diego at her usual torrid clip, with only defending champ, soph Erin Davis (Saratoga Springs, NY), able to stay close through 600 meters. By 1000 meters Stamps already was fifteen yards ahead, with a 5:11 first mile seriously taking many other regional stars out of their "comfort zones." Ahead by thirteen seconds half-way through the contest, Stamps continued to stretch her lead at the tape to thirty seconds (16:42) over second placer Sally Glynn, with this margin of victory the closest of Julia's Fall. A strong Northeast team to-

talled 23 points for an easy victory, led by the 2-3-4 performances of Sally Glynn (17:13), Mary Cobb (17:17), and defending champ Erin Davis (17:19). The Course Record is 16:40 by famed Coloradan Melody Fairchild in 1990. Of course, Julia mildly blew away the CR for sophs of 17:19, set by Fairchild (1988), so the next two years should be interesting. Ever the bubbly personality, Julia indicated afterwards that she did not even know what the course record was beforehand, really had no idea of her pacing with crowd noise at the split posts, and thanked the TV truck crew for letting her know how big a lead she had as the race went along. Keep an eye on this young lady!

The Boys race had no real clear-cut favorite, which made for interesting viewing as the race unfolded. Almost everyone was in close attendance through a 4:42 first mile, with Abdul Alzindani (Fordson, Dearborn, Mi) making the first move and taking the lead up the course's big hill just after that mile point.

Midwestern winner Tim Broe (East Peoria, Ill), Western top qualifier Brandon Leslie (Gallup, NM), and New Hampshire's John Mortimer (Londonderry) were prominent in the top pack through a mile and three-quarters. Through two miles at 9:45 Broe, Leslie, Mortimer, Northeast Regional champ Matt Downin (Pinkerton Academy, Derry, NH) and Eleazar Hernandez (Camarillo, Ca) edged away from the field, with the group basically five abreast as they moved into the "picnic loop" before the



**1994 Foot Locker Champions  
MATT DOWNIN & JULIA STAMPS**

*Photo by Kirby Lee/LA Times*

last hill. Broe made the first move, jetting into the lead half-way through that picnic loop, with Leslie reining him in and leading the race the second time up the course's steep hill.

Mortimer and Downin, great friends and local rivals, bided their time close behind, moving in tandem strongly across the top of the hill and into the lead. The duo had met five times previously, with Mortimer taking three of the first four, and Downin the Northeast Regional two weeks previous. Downin later said that the New Hampshire duo had not talked strategy beforehand, but said they would help each other if they ended up near the lead. Guess What? In a tremendously exciting final quarter mile the New England stars battled stride for stride, with Mortimer mounting a big final charge to move into the lead with 120 meters to go. Downin gathered momentum for about fifteen meters, then blast-

*continued next page*



# Foot Locker

ed into his final sprint, racing away to a nearly five second victory over that final 100 meters. It was tremendously exciting for the thousands viewing the contest!

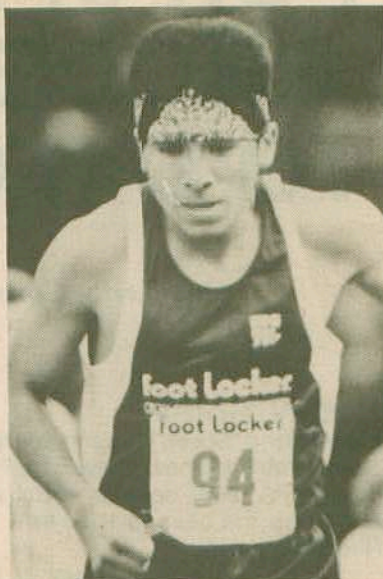
Claiming to have visualized victory for weeks previous, Downin had the race unfold as he thought it would, with himself just behind a lead pack at the mile and a half or two mile mark. The challenge he was able to pull off was to steadily work up to and past that group. Matt indicated it was very exciting to look over as the two leaders crested the final hill and see his local rival. Something to be said for tempering yourself against the best. Matt indicated that he felt truly battle-hardened this season after he and Mortimer met in a series of three straight meets at Derryfield Park in Manchester (NH) that ended with the New Englands in which the duo recorded the fastest six times ever on that course.

The West won a competitive team contest 38-43 over the Midwest squad.

## RESULTS

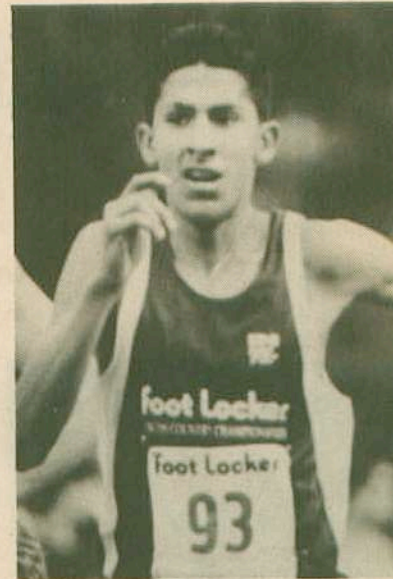
### Girls

1	Julia Stamps (Santa Rosa HS, Santa Rosa, CA) So	16:41
2	Sally Glynn (Johnson HS, Rockville, MD) Jr	17:12
3	Mary Cobb (Pittsfield HS, Pittsfield, MA) Sr	17:17
4	Erin Davis (SaraSpr, Gansevoort, NY) So	17:18
5	Cassidy Wall (Mt. Asst Acad, Palos Hts, IL) Jr	17:21
6	Gladys Ganiel (Narrag. HS, Harrington, ME) Sr	17:25
7	Katy Radkewish (Beaumont HS, Hudson, OH) So	17:26
8	Dana Ostrander (Shenendehowa HS, BallstonLk, NY) Jr	17:30
9	Courtney Pugmire (Esperanza HS, Yorba Linda, CA) Sr	17:31
10	Donna Fidler (Norristown HS, Norristown, PA) Sr	17:31
11	Amy Yoder (E. Noble HS, Kendallville, IN) Jr	17:33
12	Mary Huang (Provo HS, Provo, UT) Jr	17:33
13	Mane Davis (Lincoln HS, Portland, OR) Sr	17:35
14	Amy Skieresz (Agoura HS, Westlake Vlg, CA) Sr	17:43
15	Carrie Tollefson (Dawson-Boyd HS, Dawson, MN) Sr	17:50
16	Kyla Barbour (Marist School, Roswell, GA) Jr	17:50
17	Kara Wheeler (Duluth East HS, Duluth, MN) Jr	17:51
18	Casi Florida (Joshua HS, Joshua, TX) Sr	17:52
19	Elaine Canchola (Nordoff HS, Ojai, CA) Fr	17:57
20	Jessica Koch (Round Rock HS, Round Rock, TX) Jr	18:01
21	Cara Aley (Hanover HS, Hanover, NH) Sr	18:02
22	Elizabeth Kampfe (MacArthur HS, Decatur, IL) Jr	18:02
23	Heather Garritson (Buena Park HS, Fullerton, CA) Fr	18:09
24	Nicole LaSelle (Cham-Jul Cat., Dayton, OH) Jr	18:11
25	Kristen Nicolini (Annapolis HS, Annapolis, MD) Sr	18:12
26	Jackie Kerr (Jefferson HS, Reston, VA) So	18:16
27	Laura Heiner (Centreville HS, Clifton, VA) Fr	18:16
28	Mindy Mizell (La Cueva HS, Albuquerque, NM) Jr	18:19
29	Patricia Nervo (Glenvar HS, Salem, VA) Jr	18:28
30	Katie Sobczak (Caledonia HS, Alto, MI) Jr	18:29
31	Jennifer Meador (Atee HS, Mechanicsville, VA) So	18:41
32	Lisa Welter (New Braunfels HS, New Braunfels, TX) Jr	19:13
1. Northeast Region 23 points / 86:43, 2. West Region 49 points / 87:06, 3. Midwest Region 55 points / 88:03, 4. South Region 107 points / 90:16.		



**ELEAZAR HERNANDEZ**

Photo by Kirby Lee/LA Times



**ANTONIO ARCE**

Photo by Kirby Lee/LA Times

### Boys

1	Matt Downin (Pinkerton Acad, Hampstead, NH) Sr	14:58
2	John Mortimer (Londonderry HS, Londonderry, NH) Sr	15:03
3	Brandon Leslie (Gallup HS, Church Rock, NM) Sr	15:06
4	Andrew Begley (Westview HS, Topoka, IN) Sr	15:08
5	Eleazar Hernandez (Camarillo HS, Camarillo, CA) Sr	15:09
6	Dean Fulmer (LaSalle HS, Cincinnati, OH) Sr	15:10
7	Antonio Arce (Paimdale HS, Paimdale, CA) Sr	15:11
8	Steve Schell (Fordson HS, Dearborn, MI) Sr	15:12
9	Sharif Karie (W Springfield HS, Burke, VA) So	15:13
10	Tim Broe (E. Peoria HS, E Peoria, IL) Sr	15:14
11	Ronald Roybal (Pojoaque HS, Santa Fe, NM) Sr	15:18
12	Corbin Talley (Bingham HS, Riverton, UT)	15:22
13	Adam Dailey (Austin HS, Austin, TX) Sr	15:22
14	Tim Engelhardt (E. Syra-Minoa HS, E Syracuse, NY) Sr	15:22
15	Steve Fein (Shawnee Miss NW, Lenexa, KS) Sr	15:22
16	Seth Williams (Plymouth So HS, Manomet, MA) Jr	15:25
17	Dula Parkinson (Mtn View HS, Orem, UT) Sr	15:25
18	Joseph Gibson (Spotswood HS, Harrisonburg, VA) Sr	15:26
19	Chris Mulford (Burnt Hills HS, Burnt Hills, NY) Sr	15:30
20	Coulby Dunn (Wallenpaupack HS, Greentown, PA) Sr	15:32
21	Mohammed Musse (Woodson HS, Annadale, VA) Sr	15:32
22	Abdul Aizindani (Fordson HS, Dearborn, MI) Jr	15:32
23	Thomas Chorny (Fruitport HS, Fruitport, MI) Sr	15:33
24	Brent Hauser (Kingwood HS, Kingwood, TX) Sr	15:34
25	Russell Coleman (Hatboro-Horsham HS, Hatboro, PA) Sr	15:39
26	Brett Strahan (Hart HS, Valencia, CA) Sr	15:45
27	Carl Mauro (Homell HS, Homell, NY) Sr	15:46
28	Steve Leuer (Osseo Sr HS, Maple Grove, MN) Jr	15:53
29	Brad Hauser (Kingwood HS, Kingwood, TX) Sr	16:00
30	Skiy Datray (Mead HS, Mead, WA) Sr	16:08
31	Lewis Jones (Kingwood HS, Kingwood, TX) Jr	16:22
32	Charlie Moore (Davies Co HS, Owensboro, KY) Sr	16:26
1. West Region 38 points / 76:09, 2. Midwest Region 43 points / 76:07, 3. Northeast Region 52 points / 76:19, 4. South Region 85 points / 77:08.		

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# FOR SPIES, ALL RHODES LEAD TO OXFORD

by Keith Conning



## Becky Spies

(pronounced "Speez") (Livermore High School 1991/Villanova University, Philadelphia, PA 1995), daughter of Bob and Ann Spies, has been selected as a Rhodes Scholar!

Bob Spies is a marine biologist, fly-fisherman and rock climber, who is the chief scientist on the Exxon Valdez oil spill cleanup project in Alaska. After retiring from the Lawrence Livermore Laboratory, Bob set up his own company--Applied Marine Sciences. Ann is a very conscientious fourth grade elementary school teacher at St. Michael's in Livermore. Bob and Ann have traveled widely to support Becky, including trips to the Penn Relays last spring and the NCAA Cross Country Championships in Arkansas in November. The Spies have raised a wonderful family of three children.

Becky, who celebrated her 21st birthday on May 23, was one of the finest high school cross country and track athletes in California history. She placed second in the 1989 state cross country meet in 17:33, only six-seconds behind Deena Drossin (Agoura/Arkansas). Spies won the 1990 and 1991 state track meet 1,600-meter run in 4:48.74 and 4:45.11, respectively. She was a member of the U.S. World Championship Cross Country team that competed in Aix Les Bains, France in 1990. In the summer following her high school graduation, she won the TAC Junior 3,000-meter run in 4:25.16. She also ran the 800-meters in 2:07.25.

Becky's sister Jessica, 30, was also an outstanding runner at Livermore High

School. As a junior in high school, she ran the 800-meters in 2:05.84. Jessica graduated from Stanford University with a B.Sc. in Biology. In June she graduated from the University of Alabama Medical School, and is now continuing her studies at the University of California Medical School at Davis.

Becky's brother Brennan, 28, graduated from the University of California at San Diego in Biology, worked in the biotech industry in La Jolla, and now is working on his MBA in Business and Microbiology at the University of Rochester in New York.

Becky is in the process of applying to the following medical schools: UCLA, UCSD, UCSF, and Stanford. Becky's first choice of medical schools is UCSF, where her great-grandfather Dr. George E. Ebright taught in the early part of this century.

Track and running has been a common thread weaving its way through the Spies' ancestry. An ancestor on Becky's father's side received a silver bowl from the Queen in the 1800's for completing a city-to-city distance run in Ireland. Her father ran cross country for coach Bob Vincent at San Ramon High School in Danville. Ann's father Robert Thornton Durkee was a half-miler, while her brother Bob Durkee set the pole vault record at Bellarmine Prep in San Jose in the 1950's.

Ann's uncle Charles Webster Doe II, 96, who lives in Rossmoor, a retirement community near Walnut Creek, was a member of the U.S. Olympic Rugby team in the 1920's. Doe's uncle donated funds to construct the Main Library on

*continued next page...*



## SPIES ...

the Berkeley campus of the University of California, which was given his name.

Becky is a senior biology and philosophy major with a 3.86 grade-point average. She expects to graduate with a B.S. and B.A. in May 1995. She is planning to study either an undergraduate philosophy/politics/economics program at Oxford or earn the equivalent of a master's in public health.

"I haven't decided which will better suit my interest of eventually entering public health care," said Spies to *USA Today*.

Becky, a four-time NCAA All-American, placed third in the NCAA Division I Cross Country Championship this fall. Villanova won its sixth straight team title. She was co-captain of the Villanova track and cross country teams from 1993 to 1995. Villanova is an independent Roman Catholic comprehensive coed college. It was founded in 1842.

Becky wants to continue competing after college and will try to make the 1996 Olympic team in the 1,500-meters.

"I have an eye on the (U.S. Olympic) Trials," Spies said to Dave Newhouse of *The Oakland Tribune*, but it would take significant juggling to do the training in Oxford."

There are many people responsible for Becky's success: Virgil Dahl, a physical education teacher and now Vice-Principal at Junction Junior High School in Livermore; Mr. Ofesh, a math teacher at Livermore High School; Ms. Beery, a Latin teacher at Livermore High School; Nan Davies, a flute teacher; George Gilbert, her coach and family friend from after the eighth grade to the completion of high school; Marty Stern, her coach for the first three years at Villanova; and current Villanova coach John Marshall.

"Marty helped me a lot with adjusting (to college)," Spies said to Bill Fleischman of *The Philadelphia News*. "He was always there for me. The track team became my family."

"I've enjoyed running more than I did in high school. In high school, it's always in the back of your mind that you're trying to earn a scholarship. Now, I'm running for myself and for my team. He's (Marshall) a fantastic coach with incredible potential," Spies said.

"When I learned that Becky had received this great honor, the excitement equalled that of winning the NCAA Championship last month," commented Marshall in a Villa-

nova press release. "I believe that our athletes are here, first and foremost, for academics, and secondly as runners. In the past three weeks, Becky has achieved the highest possible level in both of her endeavors. Becky is someone who cares about everyone around her. When I first met Becky two years ago, one of our freshmen arrived on campus for the university's orientation program without any family, and Becky spent the entire orientation process with her to make her feel comfortable. As a coach you

dream about having upperclassmen like Becky, but with her it is reality.

"She's the most intense athlete I've ever been associated with," Marshall said to *USA Today*.

"She's tremendously focused and motivated. You have to hold her back rather than push her forward. She's also a truly good person."

"If I didn't have finals, I'd be out on cloud nine, certainly," said Spies to *USA Today*.

"I'm shocked (re the Rhodes selection). You don't expect it. You meet the other candidates and learn about them and their accomplishments. You're amazed and wonder how you were chosen."

"It's a fantastic opportunity to study at one of the best universities (Oxford) in the world," Spies said to *The Oakland Tribune*.

"They choose people they feel will make an impact."

"I was disappointed that I had finished with my philosophy courses," Spies said to the *Philadelphia Daily News*. "I found the courses interesting. When you're in college, it's time to think about your beliefs and your values. I wasn't sure how I felt about medical ethics, euthanasia and abortion."

"I love French existentialism, which I'd had a brief encounter with in high school. So I started taking philosophy courses and I loved it. I began to see it merge with my interest in science."

Spies is also the second former California high school cross country and track athlete to become a Rhodes Scholar since 1991. Jesse Malkin (Berkeley High School 1987/ Oberlin College, Ohio 1991) was awarded a Rhodes Scholarship in 1991. He has completed his studies at Oxford University, and is now working on his Ph.D. at the Rand Corporation in Santa Monica.

There were 1,253 applicants for the 32 Rhodes Scholarships. Harvard led the list with six winners. About 60 schol-

*continued next page...*





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## SPIES ...

ars were chosen from 17 other countries, officials said. The program is administered through Pomona College in Claremont, California.

Rhodes Scholarships bring overseas students to study at Oxford University. It is open to nationals of Australia, Bermuda, the Commonwealth Caribbean, Canada, Hong Kong, India, Jamaica, Kenya, Malaysia, New Zealand, Nigeria, Pakistan, Singapore, South Africa, the United States, West Germany, and Zimbabwe. Candidates should be between 19 and 25 years of age and should have at least junior standing or equivalent at a recognized degree-granting university or college. Monetary awards are presented annually. It was established in 1903 by the Right Honorable Cecil Rhodes, a British philanthropist and African colonialist. Rhodes left most of his fortune to establish scholarships to Oxford University. Approximately 70 scholarships are awarded each year. In the United States 32 scholarships are offered each year. Four go to each of eight districts. They last for two years. The original grant for a scholarship--300 pounds--has been raised to more than 2,600 pounds a year.

Rhodes hoped to establish close ties among an Anglo-Saxon elite to "secure the peace of the world." The program's criteria include academic excellence, integrity, leadership ability and athletic prowess.

Many of the students named Rhodes scholars showed interest in community service. Becky was an AIDS Peer Educator, and a volunteer with the Jesse Owens Track & Field Games and the Pennsylvania Special Olympics.

Scholarship winners may select any course of study at Oxford that they are qualified to pursue. In some cases the scholarship may be extended to cover a third year in postgraduate study.

Spies was among 18 women chosen this year, the third straight year that the number of women selected has set a record. Seventeen women were named scholars last year and 16 women in 1992. It was opened to women in 1976.

Spies was the second Villanova woman to receive a Rhodes Scholarship

in two years. Nnenna Lynch became the first Villanova student to ever win one in December 1992. Lynch was also an outstanding runner. As a freshman at Villanova, Lynch won the TAC Junior 1,500-meters in 4:19.9, and as a junior she won the NCAA 3,000-meters in 9:09.46.



Photo by Bill Leung, Jr.

*Keith Conning is a teacher of American Government and Computer Keyboarding, and cross country coach at Berkeley High School in Berkeley, California, a correspondent for Track & Field News, and the high school editor of California Track News.*

~  
From the Prep Editor: I have known Becky and her family since her freshman year at Livermore High School. She has made a wonderful contribution to our sport. She is a great role model both athletically and academically for young girls. I wish her the best of luck in the future. I would like to thank Ann Spies for providing me with information about Becky for eight years.



# SoCAL DIARY

By Bill Minarik

## October 31

The Ventura County Championships were the only major prep competition locally last week. At that one, it was certainly no surprise to see Thousand Oaks destroy both the boys and girls fields by scores of 28-61 over Camarillo and 34-92 in front of runner-up Agoura. Individually, Agoura's Amy Skieresz broke her own Lake Casitas course record with a time of 17:48.

All of the community colleges were at the Johnny O Invitational which serves as the state qualifying meet. No real surprises there as the Riverside men took four of the first six places enroute to a 76-104 win over runner-up Mt. SAC. In the women's meet, it was San Diego Mesa again outrunning El Camino 71-96.

At the PAC-10, it was Arizona ahead of Washington, UCLA and Oregon by a 49-58-97-97 count with the Bruins Mebrahtom Keflezighi an individual second. The Stanford women were surprise 57-74 winners over Oregon with UCLA fifth. The Bruins Karen Hecox was the individual champion with Shelley Taylor sixth.

There were no major surprises at the Big West meet where the Utah State men eased by UCSB 27-48, while the UCSB female swarm outran a pesky UC Irvine seven 55-62.

In the new American West Conference, it was all Cal Poly SLO as the Mustang women eased past CS Northridge 21-40, while the men outdistanced Southern Utah 27-53.

The West Coast Conference saw Portland run away from Gonzaga and San Diego by scores of 18-60 in the men's race 23-81 in the women's.

The CCAA Championships went to the men of Cal Poly Pomona 33-48 over UC Riverside; and the women of Cal State LA who rolled a perfect 15 in front of runner-up Grand Canyon's 73.

At the SCIAC meet, the conference

meet mirrored the dual meets as the Occidental men defeated second place Claremont-Mudd 37-56, while the Claremont women were 42-56 ahead of tough Whittier.

## November 7

In community college conference finals, a surprise in the men's South Coast Conference meet where El Camino tied Mt. SAC at 39. In the women's meet, it was El Camino easy over Mt. SAC 19-52. At the Orange Empire Conference, the Riverside men, as expected, destroyed the field with 19 points ahead of Fullerton's 67. The Irvine Valley women also won as predicted 44-68 ahead of Riverside.

The Golden State Conference Championships saw Azusa-Pacific ahead of Westmont in both men and women's divisions by scores of 24-45 and 34-42.

At the NCAA Division II West Regionals, Cal Poly Pomona's men again outran UC Riverside 53-73, while the Cal State LA women edged UC Davis 38-44.

## November 14

Both LA City and Southern CIF sections had their preliminaries, with all potential contenders advancing safely.

In more community college conference action, the Citrus and Antelope Valley men tied at 32, while the Citrus women destroyed the field 17-53 ahead of Rio Hondo. At the Western States Conference Meet, the Glendale men dominated the rest of the conference and runner-up Moorpark 21-76, while the Ventura women were comfortably ahead of Glendale 56-71.

At the NCAA Div I District 8 Meet, the Arizona men outran Stanford 46-58, however the Cardinal women cruised by the Wildcats 55-73.

At the Division III Regionals, UCSD put 5 runners in the top 10 to easily top

Oxy's men 32-64, while the Claremont women continued to hold off Whittier 45-49.

## November 23

For the first time ever, three high schools won both boy's and girl's championships in Southern CIF Section Finals. Thousand Oaks, Nordhoff, and Morro Bay won Division I, III and IV titles, while the Palmdale boys and Edison girls came away with Division II crowns. The Thousand Oaks boys team time of 77:09 breaks their own course record and makes them arguably the best prep team of all time.

At the LA City Section Championships, the Garfield boys notched their first championship in over 30 years 43-48 in front of Palisades. The Palisades girls, however, came back to edge Taft 54-64 for their divisional title.

The State Community College Championships were virtually a rerun of the Johnny O Invitational as Riverside's men with an awesome 1-2-3-4 finish held on to beat Mt. SAC and Glendale 87-89-109. San Diego Mesa then continued it's late season mastery of the El Camino women with a 85-92 victory.

At the NAIA Championship, the best local finish was by the Azusa-Pacific men with a fourth place total of 170 behind Lubbock Christian's winning total of 21.

At the NCAA Division III Meet, the UCSD men with 301 points, good for 12th place, was the best local finish. At the Division II Meet, the Cal State LA women's 7th place finish was the best showing.

At the NCAA Division I Meet, there were no local teams participating, however, there were good individual performances turned in by UCLA's Mebrahtom Keflezighi 15th, Karen Hecox 9th, and former Agoura star Deena Drossin 12th for Arkansas.



# California State High School Cross Country Meet

## ▲ BOYS

### ▼ Division I

By Keith Conning

#### Teams

Thousand Oaks (Southern Section), first in 1993 with 23 points, defended their title with 38 points. They won by 68 points. They are coached by Jack Farrell, the English department's chairperson at Thousand Oaks. He teaches four classes and, in the spring, is an assistant track coach (coaching the distance runners). My hat goes off to a man like Farrell, who can be a department chairman and coach at the same time! The Lancers' team places were 2, 3, 5, 13, 15, (42), and (84). They had the best team score of the meet with 102 points. This is determined by scoring the meet if it was one race. Bob Rush has the computer program that accomplishes this at the meet. They also had the lowest team time of all four divisions--1:19:09. Last year they set a team time record of 1:17:59.

Their team was composed of senior Jeff Fischer (3rd in 15:29), senior Keith O'Doherty (6th in 15:41), senior Kevin Marsden (9th in 15:45), junior Josh Carolan (20th in 16:05), junior Todd Disney (23rd in 16:09), senior Tony Smith (62nd in 16:47), and senior Todd Larson (118th in 17:38).

Chula Vista (San Diego Section) placed second with 106 points. The Spartans' team places were 10, 12, 20, 26, 38, and (51). They only had six finishers. They had the fifth best team score of the day with 317 points, and the fifth best team time of 1:21:37. Their team was composed of senior Ruben Carrillo (16th in 16:03), senior Jorge Martinez (18th in 16:04), senior Jason White (29th in 16:17), senior Matt Dunn (41st in 16:29), junior Jose Ramirez (56th in 16:44), and senior Larry Romero (75th in 17:00). They only had six finishers.

Bellarmine Prep (San Jose, Central Coast Section), fourth in 1993 with 99 points, was third with 110 points. The Bells' team places were 4, 8, 21, 33, 44, (57), and (71). They had

the sixth best team score of the day with 336 points, but the fourth best team time of 1:21:25. Their team was composed of senior Thomas Becker (7th in 15:44), senior Arnold Song (12th in 15:54), sophomore Andrew Wulf (30th in 16:18), junior Adrian Webb (49th in 16:40), junior Casey Immel (64th in 16:49), senior Kevin Prindiville (84th in 17:07), and senior Mike Banulescu (101st in 17:19).

#### Individuals

Race #2 was scheduled to start at 9:35 a.m. and actually started at 9:36 a.m. The splits on my watch were: 4:47.2, 9:54.0 (5:06.8), and 15:14.5 (5:20.5).

Senior Jason Balkman (Lynbrook, San Jose, Central Coast Section) won the race by five seconds in 15:15. Doug Speck, the Southern California guru of our sport, was surprised by Balkman's performance. While Doug was attending the Stanford Invitational, I was watching Balkman at the Arichoke Invitational at Half Moon Bay, just over the Coast Range and north a piece. Balkman sat back in the pack at first, but when he made his move the race was all over. I also saw Balkman run very impressively in the Central Coast Section Championships. So for me at least, Balkman's performance at state did not surprise. His pace was 4:55 per mile. Senior Eleazar Hernandez (Camarillo, Southern Section), third in Division II last year in 15:27, placed second in 15:20. Senior Jeff Fischer (Thousand Oaks, Southern Section) was third in 15:29. Senior Jeff McLarty (Ayala, Chino Hills, Southern Section) was fourth in 15:29. Senior Adalberto Sanchez (Capistrano Valley, Mission Viejo, Southern Section) was fifth in 15:35.

1	Jason Balkman (Sr) Lynbrook	15:15
2	Eleazar Hernandez (Sr) Camarillo	15:20
3	Jeff Fischer (Sr) Thousand Oaks	15:29
4	Jeff McLarty (Sr) Ayala	15:29
5	Adalberto Sanchez (Sr) Capistrano	15:35
6	Keith O'Doherty (Sr) Thousand Oaks	15:41
7	Thomas Becker (Sr) Bellarmine	15:44
8	Larry Henderson (Jr) Mira Mesa	15:44
9	Kevin Marsden (Sr) Thousand Oaks	15:45
10	Trevor Sybert (Sr) Vista	15:46
11	Brett Strahan (Sr) Hart	15:46
12	Arnold Song (Sr) Bellarmine	15:54
13	Ian Enriquez (Sr) Corona	15:55
14	Ken Goodrich (Sr) Peninsula	15:56
15	David Lopez (So) Hoover	15:57

16. Ruben Carrillo (Sr) Chula Vista 16:03, 17. Jeremy Park (Sr) Camarillo 16:04, 18. Jorge Martinez (Sr) Chula Vista 16:04, 19. Michael Kasahun (So) Fresno 16:04, 20. Josh Carolan (Jr) Thousand Oaks 16:05.

21. John Duarte (Jr) Hart 16:06, 22. Enrique Torres (Jr) Silver Creek 16:08, 23. Todd Disney (Jr) Thousand Oaks 16:09, 24. Katsu Sano (Sr) Peninsula 16:15, 25. Ryan Deane (So) Peninsula 16:15, 26. Zach Barrett (Sr) Santa Rosa 16:15, 27. Jason Land (Jr) Vista 16:16, 28. Francisco Sandoval (Sr) Channel Islands 16:16, 29. Jason White (Sr) Chula Vista 16:17, 30. Andrew Wulf (So) Bellarmine 16:18.

31. Jason Yonan (Sr) Beyer 16:19, 32. Peter Egerton (Sr) Santa Rosa 16:20, 33. Chris Oudegeest (Sr) Beyer 16:20, 34. Richard Martinez (Sr) Garfield 16:21, 35. Jesse Robinette (Sr) El Camino 16:24, 36. Justin Buenrostro (Sr) Stagg 16:24, 37. Chris Gabriel (Jr) San Diego 16:24, 38. Joel Givens (Sr) Hart 16:26, 39. Steve Barrus (So) Clovis 16:28, 40. Gregg Nett (Sr) Mt. Carmel 16:29.

41. Matt Dunn (Sr) Chula Vista 16:29, 42. Dave Crass (Jr) Del Campo 16:30, 43. Jason Neese (Sr) Peninsula 16:31, 44. Jeff Meisner (Sr) Rancho Bernardo 16:35, 45. Alberto Carmona (Sr) Camarillo 16:36, 46. Arthur Negrete (So) Clovis 16:38, 47. Jose Pimentel (Jr) Franklin, Stockton 16:39, 48. Adan Perea (Sr) Madera 16:39, 49. Adrian Webb (Jr) Bellarmine 16:40, 50. Nathan Woodside (Jr) Junipero Serra 16:40.

**Division I Team Scores:** 1. Thousand Oaks 38, 2. Chula Vista 106, 3. Bellarmine Prep 110, 4. Peninsula 122, 5. Hart 124, 6. Camarillo 139, 7. Vista 174, 8. Santa Rosa 232, 9. Clovis 233, 10. Del Campo 240, 11. Madera 262, 12. Garfield 271, 13. Franklin, Stockton 314, 14. Junipero Serra 317, 15. Skyline 351.

### ▼ Division II

By Keith Conning

#### Teams

Jesuit (Carmichael, Sac-Joaquin Section), first last year with 70 points, defended their title with 72 points. They won by 34 points. They are coached by veteran Walt Lange. The Marauders' team places were 3, 7, 19, 21, 22, (27), and (56). They had the second best team score of the day with 213 points, 111 points behind Thousand Oaks in Division I. Jesuit had the second best team time of the day with 1:20:32, 1:24 behind Thousand Oaks. The Jesuit team was composed of junior Michael Stember, who ran the 1,600 meters in 4:08.52 as a sophomore, (4th in 15:39), junior Scott Ab-

continued next page.



bott (14th in 15:59), senior Spencer Bohaty (30th in 16:17), senior Dan Welsh (32nd in 16:18), junior David Valencia (34th in 16:19), sophomore Matt Kimball (41st in 16:27), and senior David Myers (81st in 16:59).

Scripps Ranch (San Diego, San Diego Section) placed second with 106 points. The Falcons' team places were 9, 13, 15, 30, 39, (63), and (75). They had the fourth best team score of the day with 314 points, and the sixth best team time of 1:21:38. Their team was composed of senior Kevin Bowes (17th in 16:04), senior Ty Stewart (21st in 16:11), senior Chad Livesay (25th in 16:13), senior Afran Abutin (44th in 16:30), senior David Romero (59th in 16:40), junior Brent Bolton (89th in 17:06), and sophomore Ron Anderson (104th in 17:21).

Palmdale (Southern Section) was third with 152 points. The Falcons' team places were 1, 17, 40, 46, 48, (67), and (80). They had the ninth best team score of 438 points, and the 11th best team time of 1:21:58. Their team was composed of senior Antonio Arce (1st in 15:25), junior Mario Arce (28th in 16:15), senior Roy Johnston (60th in 16:41), junior Andrew Fondacaro (68th in 16:48), sophomore Jacob Geyer (70th in 16:49), junior Luis Ortega (93rd in 17:10), and senior Robert Bacon (110th in 17:31).

### Individuals

Race #5 was scheduled to start at 11:40 a.m. and actually started at 11:42 a.m. The race was re-started at 11:43 a.m. The splits were: 4:48.8, 9:55.5 (5:06.7), and 15:24.3 (5:28.8).

Senior Antonio Arce (Palmdale, Southern Section), eighth last year in Division I in 15:35, won by six seconds in 15:25. His pace was 4:58 per mile. Senior Peter Gilmore (Palisades, Pacific Palisades, Los Angeles Section), ninth in Division I last year in 15:36, placed second in 15:31. Senior John Greene (Agoura, Agoura Hills, Southern Section), sixth last year in 15:38, was third in 15:36. Junior Michael Stember (Jesuit, Carmichael, Sac-Joaquin Section) was fourth in 15:39. Senior James Liu (Temple City, Southern Section) was fifth in 15:40.

1	Antonio Arce (Sr) Palmdale	15:25
2	Peter Gilmore (Sr) Palisades	15:31
3	John Greene (Sr) Agoura	15:36
4	Michael Stember (Jr) Jesuit	15:39
5	James Liu (Sr) Temple City	15:40
6	Ayub Abdusalam (Jr) Hoover	15:48
7	Tom Prindiville (So) De La Salle	15:53
8	Garrett Jensen (Sr) Sunny Hills	15:53
9	Tom Kloos (Sr) El Camino	15:54
10	Jorge Castro (Jr) Arvin	15:55
11	Ricardo Villalobos (Sr) Ramona	15:56
12	Greg Phister (Sr) Davis	15:59
13	Randy Maestretti (Jr) De La Salle	15:59
14	Scott Abbott (Jr) Jesuit	15:59
15	Luis Herrera (Jr) Arvin	16:02
16	David McQuitty	



**JASON BALKMAN**  
Division I  
Photo by  
Elaine Rosenfield



**ANTONIO ARCE**  
Division II  
Photo by  
Elaine Rosenfield



**MICHEIL JONES**  
Division III  
Photo by  
Bill Cockerham



**GALVIN GONZALES**  
Division IV  
Photo by  
Elaine Rosenfield



**JULIA STAMPS**  
Division I  
Photo by  
Elaine Rosenfield



**AMY SKIERESZ**  
Division II  
Photo by  
Phillip L. Enbody



**HEATHER GARRITSON**  
Division III  
Photo by  
Kathy Kelley



**KRISTIN SCHREIBER**  
Division IV  
Photo by  
Elaine Rosenfield

(Jr) Grossmont 16:02, 17. Kevin Bowes (Sr) Scripps Ranch 16:04, 18. Daniel Sikiric (Jr) Leland 16:05, 19. Daniel Gonzalez (Sr) Mater Dei 16:07, 20. Steve Hansen (Sr) napa 16:08, 21. Ty Stewart (Sr) Scripps Ranch 16:11, 22. Gerardo Guevara (Sr) San Marcos 16:12, 23. Matt Wickersham (Jr) Mater Dei 16:12, 24. Steven Moreno (Sr) North Salinas 16:13, 25. Chad Livesay (Sr) Scripps Ranch 16:13, 26. Ricardo Dominguez (Jr) Overfelt

16:14, 27. Erik Larsen (Jr) Palisades 16:15, 28. Mario Arce (Jr) Palmdale 16:15, 29. Manuel Romero (Sr) San Pasqual 16:16, 30. Spencer Bohaty (Sr) Jesuit 16:17, 31. Brian Murphy (Sr) Leland 16:17, 32. Dan Welsh (Sr) Jesuit 16:18, 33. Ray Sanchez (Sr) Delano 16:19, 34. David Valencia (Jr) Jesuit 16:19, 35. Brad Hansen (So) St. Ignatius 16:20, 36. Martin Gegggs (Sr) Monte Vista 16:21, 37. Juan Alfano (Jr) San Pasqual 16:22, 38. Tony Trueba (so) Huntington Beach 16:23, 39.

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Doug Frichel (Sr) Hemet 16:25, 40. Paul Wellman (Jr) St. Ignatius 16:27.

41. Matt Kimball (So) Jesuit 16:27, 42. Pat O'Leary (Jr) Mission San Jose 16:29, 43. Jim Nelson (Jr) Napa 16:29, 44. Alfran Abutin (Sr) Scripps Ranch 16:30, 45. Victor Medina (Sr) Arvin 16:31, 46. Jose Godinez (So) Reedley 16:31, 47. Geoff Fleming (So) Roseville 16:31, 48. Jesus Villavicencio (Sr) So Bakersfield 16:31, 49. Paul Vincent (Sr) Palisades 16:32, 50. Nicholas Jacques (So) Hemet 16:32.

**Division II Team Scores:** 1. Jesuit 72, 2. Scripps Ranch 106, 3. Palmdale 152, 4. Mater Dei 161, 5. Palisades 170, 6. Arvin 174, 7. Leland 185, 8. Hemet 195, 9. De La Salle 225, 10. San Pasqual 248, 11. St. Ignatius 258, 12. Mission San Jose 259, 13. Yucaipa 290, 14. Napa 303, 15. Reedley 325, 16. Pleasant Valley 405.

### ▼ Division III

*By Doug Speck*

This division would feature a struggle between two super programs who had split in big Invitationals during the season. Nordhoff (Ojai), led by strong individual, Javier Ramirez, had won at Stanford over Livermore, with Micheil Jones and Steve Immel leading a big Cowboy charge that had their squad decisively win at the Mt. SAC Div III contest. The above mentioned trio would be right near the front of the race, with the team contest decided by those back a ways in the pack. Nordhoff had raced an amazing 79:44 to win the Southern Section Meet at Mt. SAC (Livermore was 81:37 at the Mt. SAC Invite a month earlier). Maybe the best Div III team ever to come out of the Southern California, Nordhoff had welcomed junior star Omar Vega back from a basketball injury, following Javier Ramirez's 15:10 and Will Bernaldo's 15:44, with Coach Ken Reeves keeping Vega busy with alternate forms of training. Lassen (Susanville), with soph star Aaron Harris tearing up courses at the frosh/soph level statewide, was another strong team here.

Nordhoff's Ramirez blasted out, with teammate Bernaldo third as the race headed off the grass at the start. Ramirez continued to lead as the pack headed towards the mile. At 4:52 at the mile marker (thanks to Keith Conning for religiously recording "on the way splits" this day) Livermore's Micheil Jones and Steve Immel were right behind the Nordhoff leader, with Darren Holman (Sonora) off to a determined start. A ton of blue and white clad teams, as was Nordhoff, made this a tough race to call early, with the favorites from the south appearing to be in good shape one-third of the way through the contest.

The next view of runners on a downhill segment just before two miles where Livermore's

Micheil Jones and Steve Immel joined Javier Ramirez and Darren Holman in a lead pack of four. Nordhoff had Ramirez, Will Bernaldo, and Omar Vega all in the top dozen at two miles, with Nordhoff's last two scorers around Livermore's #4 runner.

When the runners came into sight it was Micheil Jones and Steve Immel sandwiching Javier Ramirez 15:25-15:32-15:33, with Darren Holman 4th at 15:39. Nordhoff looked tough with Will Bernaldo 6th, Omar Vega 13th, and Mason Moore 37th in before Livermore's third runner. El Modena (Orange) came in with a rush, with Don Kennedy (28th-16:26) having his team back him up with a 17 second 1-5 gap to Shawn Syphers (40th 16:43) and have their first four scorers in before Livermore's third. Nordhoff totalled 69, with surprising El Modena next 101 to Livermore's 117 for the third place plaque.

Coach Ken Reeves of Nordhoff later said he hoped Javier Ramirez could win after four years of hard work. With six underclass in the Ranger top seven, he indicated that he was very pleased with the team's season.

1	Micheil Jones (Jr) Livermore	15:25
2	Javier Ramirez (Sr) Nordhoff	15:32
3	Steve Immel (Sr) Livermore	15:33
4	Darren Holman (Sr) Sonora	15:39
5	Alex Teekell (Sr) Bishop O'Dowd	15:46
6	Will Bernaldo (Jr) Nordhoff	15:50
7	Richard Chisholm (Sr) San Marino	15:51
8	Mike Wojciechowski (Jr) Clayton Vly	15:58
9	Kevin Koeper (Jr) St. Francis	16:00
10	Michael Murray (So) Santa Margarita	16:00
11	Aaron Harris (So) Lassen 16:03, 12. Gabe Szody (Sr) Foothill 16:04, 13. Omar Vega (Jr) Nordhoff 16:05, 14. Shilo Glass (Sr) Ramona 16:09, 15. Richard Aguilar (Sr) La Puente 16:11, 17. Daniel Gohlke (Jr) East Union 16:12, 18. David McDonough (sr) Cupertino 16:14, 19. Jeremy Riddle (Sr) Gunn 16:14, 20. Ross Damman (Sr) U San Diego 16:14,	
21	Geoffrey Brigham (Sr) Clayton Vly 16:19, 22. Chuck Gatchell (Sr) La Habra 16:21, 23. Yonathan Osmerom (Sr) McAteer 16:23, 24. Amerigo Rossi (Sr) Harbor 16:24, 25. Dan D'Ottavio (Jr) Placer 16:25, 26. Dany Brecht (Jr) Petaluma 16:25, 27. Stewart Blain (Sr) West Hills 16:26, 28. Don Kennedy (Sr) El Modena 16:26, 29. Keith Kennedy (Sr) San Leandro 16:26, 30. Ryan Emenaker (Jr) El Modena 16:27,	
31	Bryan Mahon (Sr) La Habra 16:30, 32. Mike Thatcher (Sr) La Canada 16:31, 33. Jason Kolb (Sr) La Habra 16:32, 34. Zach Amos (So) El Modena 16:33, 35. Michael Cheung (So) St. Francis, MV 16:35, 36. Jason Shook (Sr) El Modena 16:36, 37. Mason Moore (Jr) Nordhoff 16:36, 38. Joe Smith (Jr) Livermore 16:39, 39. Galen Reid (Jr) Ramona 16:43, 40. Shawn Syphers (Sr) El Modena 16:43,	
41	Sherman Moore (Sr) Lassen 16:43, 42. Jonathan Holmes (Sr) Mission Bay 16:43, 43. Isaac Harris (Sr) Lassen 16:45, 44. Cameron Watts (Sr) Los Gatos 16:45, 45. Onofre Navarro (Sr) Lick 16:46, 46. Paul Smith (Sr) Lassen 16:47, 47. Rolf Kvalvik (Jr) Northgate 16:47, 48. Jesse Davis (Jr) Nordhoff 16:47, 49. Nick H. Hamlin (So) Madison 16:48, 50. Peter Carter (So) Los Gatos 16:49.	

**Division III Team Scores:** 1. Nordhoff 69, 2. El Modena

101, 3. Livermore 117, 4. Lassen 140, 5. Clayton Valley 163, 6. La Habra 168, 7. Corona Del Mar 184, 8. Sonora 208, 9. St. Francis, MV 216, 10. Los Gatos 237, 11. Ramona 239, 12. West Hills 298, 13. McAteer 299, 14. Placer 343, 15. Corcoran 390, 16. Centennial 441.

### ▼ Division IV

*By Doug Speck*

This was felt to be beforehand, and would turn out to be one of the most special team contests in state history between the two best teams ever in California at this level.

McFarland, the defending champions, was racing super this Fall, often moving up to the Large Schools level and competing strongly there. Galvin Gonzalez, defending state champ, was having a super Fall, and was the individual favorite. Morro Bay, out of the south, was another special group. At Mt. SAC, McFarland ran in the Saturday Div I-II team sweepstakes event, placing 13th with a team time of 82:53. Morro Bay had fine frosh Isaiah Festa improve to 16:25 in the Southern Section Prelims, with star Dave Mitchell leading the squad to an 82:19 Mt. SAC time there, before winning the Section Div IV title at 15:26 on the tough SAC course. Yreka 9:16.93 3200m star, junior Aaron Gillen, was a strong individual leading a good Northern Section crew.

The sun just broke out from behind the clouds as the Div IV contest, first of the day, took off at 9:00 a.m. The McFarland pack, in all white with red lettering, was easily the top squad as the pack headed off the grass at the start after 220 yards. By the 1320 McFarland's Galvin Gonzalez was the leader with Dave Mitchell (Morro Bay) running second, and Steve Miller (Maranatha, Sierra Madre) near the front.

Gonzalez, with a strong local Central Section cheering section, led through the first mile at 4:53, with a pack close behind, including Kenny Rhoan (Sierra, Tollhouse), the above mentioned runners, and Joaquin Pierce (Midland, Los Olivos). At the mile point it looked like McFarland was the team leaders. They had four inside the top twenty, with scorer number five inside the top twenty-five. The wearing of numbers by athletes obscures the school name listed on many jerseys, with Morro Bay tough to pick out after leader Mitchell.

The runners were next visible heading on a downhill segment just prior to the course's one good hill just prior to two miles. A pack of three, Gonzalez, Rhoan, and Mitchell, had broken away from the race. Up the hill Mitchell put forth a determined move, taking the lead, but not able to break contact with the other two. As the rest of the race started up the hill it

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was possible to figure out the Morro Bay uniforms, with Isaiah Festa joining Mitchell in the top ten, and the contest between MB and McFarland, who seemed to pack between fifteenth and twenty-fifth, looking very, very close.

During the final mile it was Gonzalez moving slowly away from his followers, winning by thirty yards over fellow Central Section star, Kenny Rhoan, 15:31-15:37, with Dave Mitchell next at 15:47 and Aaron Gillen 4th at 15:49. Festa held on strong for Morro Bay, racing 16:14 for seventh (an excellent frosh performance!), with Trevor Strohman (MB) 14th at 16:33. McFarland filled the next four spots in the contest between "the big two," with 20th, 26th, 27th, and 28th in before Morro Bay's last two scorers in 34th and 42nd.

Sadly, there were some revisions in the score sheet here. Coach Jim White of McFarland was none too confident after the finish, noting that the Morro Bay "up-front" packing had probably beaten his squad. The first score sheet that came out after the race had Morro Bay winning 57-58. Two more revisions (early ones missed Flintridge Prep athletes) had the contest up front end up in a 62-62 tie, with McFarland winning on the sixth runner rule, 35th to 42nd. To have Coach Cary Nerelli and Morro Bay celebrate a win and then have it yanked away was not a neat way to close a great season for the Pirate group. It was kind of fitting that the State's two best ever groups at this level would tie through five athletes. For the record a dual meet between the two would have gone 27-28 McFarland.

1.	Galvin Gonzalez (Sr) McFarland	15:31
2.	Kenny Rhoan (Jr) Sierra	15:37
3.	Dave Mitchell (Sr) Morro Bay	15:47
4.	Aaron Gillen (Jr) Yreka	15:49
5.	Ryan Gallagher (Sr) Campolindo	16:00
6.	Joaquin Pierce (Sr) Midland	16:13
7.	Isaiah Festa (Fr) Morro Bay	16:14
8.	Dave Brackett (Sr) Calaveras	16:16
9.	Justin Stern (Sr) Half Moon Bay	16:16
10.	Steve Miller (Sr) Maranatha	16:18

11. Trevor Clarke (Jr) Coronado 16:23, 12. Brandon Pacheco (Sr) Brethren Christian 16:26, 13. Jon Evan Hornsby (Sr) St. Mary's 16:31, 14. Trevor Strohman (Sr) Morro Bay 16:33, 15. Miguel Ramirez (Fr) Holtville 16:35, 16. Cody Clark-Thompson (Sr) Arcata 16:36, 17. Eduardo Santillan (Sr) Salesian 16:36, 18. Hilton Robinson (Sr) Flintridge Prep 16:38, 19. Dave Rhodes (Sr) Piedmont 16:39, 20. Jose Galvan (Jr) McFarland 16:43,

21. Micah Fuson (Jr) Taft 16:44, 22. Adrian Gutierrez (Sr) Mt. Diablo 16:49, 23. Jared James (Jr) Boron 16:51, 24. Ryan Wade (So) Central Valley 16:53, 25. Rudy Cavazos (So) McFarland 16:53, 26. Jose Arambula (Fr) McFarland 16:55, 27. Gerardo Soto (Jr) McFarland 16:58, 28. Ajani Brown (Jr) Gompers 16:59, 29. Jason Hardy (Sr) Cal School Deaf 16:59, 30. Mike Aguilar (Sr) Coronado 17:00,

31. Doug Henning (Sr) Woodcrest 17:00, 32. Dylan Renn (Sr) Bret Harte 17:03, 33. Todd Lewis (Sr) Julian 17:04, 34. Rico Gomez (Jr) Morro Bay 17:05, 35. Jared Frost (Sr) Flintridge Prep 17:06, 36. Peter West (Sr) Stevenson 17:08, 37. Efrain Garcia (So) Fillmore 17:09, 38. Marcos Aguirre (Fr) Salesian 17:09, 39. Todd Jordan (Jr) Taft 17:09, 40. John Campise (Sr) San Joaquin Memorial 17:10,

41. Dave Robison (Jr) Flintridge Prep 17:11, 42. Josh Hillis (Sr) Morro Bay 17:13, 43. Andy Malick (Jr) Piedmont 17:16, 44. Keith Trimble (Jr) Piedmont 17:16, 45. Noel Tendick (Sr) Half Moon Bay 17:17, 46. Andy Cortez (Fr) Salesian 17:18, 47. Louie White (Fr) Half Moon Bay 17:19, 48. Ryan Drobnick (So) Palma 17:20, 49. Cisco Schaff (Sr) St. Mary's 17:21, 50. Kyle Wong (Sr) Campolindo 17:22.

**Division IV Team Scores:** 1. McFarland 62 (Gonzalez 1, Galvan 13, Cavazos 15, Arambula 16, Soto 17, Diaz 35), 2. Morro Bay 62 (Mitchell 2, Festa 5, Strohman 9, Gomez 20, Hillis 26, (Birchmore 42)), 3. Half Moon Bay 147, 4. Piedmont 147, 5. Coronado 159, 6. Salesian 175, 7. Flintridge Prep 178, 8. Yreka 185, 9. Campolindo 190, 10. Fillmore 259, 11. Taft 271, 12. Palma 323, 13. Corning 332.

## Boy's Unofficial Team Scores by Time

1. Thousand Oaks 1:19:09, 2. Jesuit 1:20:32, 3. Nordhoff 1:20:50, 4. Bellarmine Prep 1:21:25, 5. Chula Vista 1:21:37, 6. Scripps Ranch 1:21:38, 7. Hart 1:21:47, 8. Livermore 1:21:51, 9. Camarillo 1:21:54, 10. Peninsula 1:21:55, 11. Palmdale 1:21:58, 12. Palisades 1:22:26, 13. Mater Dei 1:22:42, 14. Arvin 1:22:43, 15. El Modena 1:22:45, 16. 1:22:52, 17. Vista 1:22:53, 18. McFarland 1:23:00, 19. Leland 1:23:03, 20. Hemet 1:23:22, 21. Lassen 1:23:30, 22. De La Salle 1:23:41, 23. Ramona 1:23:44, 24. Clayton Valley 1:23:52, 25. La Habra 1:24:11, 26. Santa Rosa 1:24:17, 27. San Pasqual 1:24:24, 28. Del Campo 1:24:34, 29. Corona Del Mar 1:24:35, 30. Clovis 1:24:36, 31. Sonora 1:24:38, 32. St. Ignatius 1:24:39, 33. Mission San Jose 1:24:42, 34. Madera 1:25:05, 35. Garfield 1:25:06, 36. Yucaipa 1:25:17, 37. St. Francis, MV 1:25:19, 38. Los Gatos 1:25:51, 39. Redelay 1:26:02, 40. Junipero Serra 1:26:09.

## GIRLS

### Division I

By Keith Corning

#### Teams

Peninsula (Palos Verdes, Southern Section), second in 1993 with 87 points, won by 9 points with 82 points. They are coached by Joe Kelly. The Panthers' team places were 3, 6, 17, 19, 37, (45), and (52). Their team was composed of senior Molly Mehlberg (5th in 18:37), junior Jamille Clairborne (11th in 19:08), junior Anna Behrens (28th in 19:34), junior Sarah McCafferty (30th in 19:45), senior Mary Blake (56th in

20:03), junior Liz Minami (68th in 20:17), and senior Sonoko Miyazaki (77th in 20:32). Palos Verdes won consecutive titles (1987-89) before the school was combined with Miraleste and Rolling Hills High into Peninsula High.

Thousand Oaks (Southern Section), which won the boys' Division I title, placed second with 91 points. The Lancers' team places were 2, 8, 15, 25, 41, (48), and (58). Their team was composed of junior Kim Mortensen (4th in 18:29), junior Tara Marsden (13th in 19:10), senior Bridget Roy (25th in 19:28), junior Allison Feinstein (36th in 19:48), junior Katie Scherrei (62nd in 20:12), sophomore Tamara Savage (72nd in 20:21), and freshman Erin Sorenson (84th in 20:43).

Irvine (Southern Section), the 1993 winner with 85 points, was third with 127 points. The Vaqueros' team places were 1, 13, 23, 35, 55, (64), and (77). Their team was composed of junior Jessica Corbin (3rd in 18:19), senior Anna-Kaisa Niemi (22nd in 19:25), junior Erin Livermore (34th in 19:45), sophomore Stacey McMullen (52nd in 20:01), senior Tanya Lyon (80th in 20:34), sophomore Christina Meyer (94th in 20:54), and junior Rachel Newhouse (108th in 21:19).

#### Individuals

Race #4 was scheduled to start at 10:50 a.m. and actually started at 10:49 a.m. The race was re-called because someone fell down. It was re-started at 10:51 a.m.

Sophomore Julia Stamps (Santa Rosa, North Coast Section), the U.S. Junior National 3,000 meter champion in track in 9:28.50, set a new course and state meet record of 17:06. Her pace was 5:30 per mile. She won by 1:02, the largest margin in state meet history. She would have placed 82nd out of 144 finishers in the boys' Division I race!

The old course record was 17:07. Stamps also broke the Mt. SAC Invitational record by 17 seconds in October. Stamps was not able to compete in the state meet last year, because she had an appendectomy just before the North Coast Section Meet of Champions. However, she came back three months later to qualify for the U.S. World Junior Cross Country Championships! She was the first U.S. finisher in Budapest, Hungary in March.

Senior Courtney Pugmire (Esperanza, Anaheim, Southern Section), the section champion, placed second in 18:08. Junior Jessica Corbin (Irvine, Southern Section), third last year in 18:14, was third again in 18:19. Junior Kim Mortenson (Thousand Oaks, Southern Section), ninth last year in 18:44, improved to fourth in

continued next page...



18:29. Senior Molly Mehlberg (Peninsula, Palos Verdes, Southern Section), fourth last year in 18:14, was fifth in 18:37.

1	Julia Stamps (So) Santa Rosa	17:06
2	Courtney Pugmire (Sr) Esperanza	18:08
3	Jessica Corbin (Jr) Irvine	18:19
4	Kim Mortensen (Jr) Thous Oaks	18:29
5	Molly Mehlberg (Sr) Peninsula	18:37
6	Deborah Bleisch (Jr) Silver Creek	18:43
7	Ely Estrada (Sr) Santa Ana Vly	18:43
8	Kristen Gordon (So) Carondelet	18:46
9	Julie Hassan (Sr) Nevada Union	18:55
10	Nancy Dollar (Sr) San Clemente	18:57

11. Jamille Clairborne (Jr) Thous Oaks 19:08, 12. Emili Lawson (So) Clovis W 19:10, 13. Tara Marsden (Jr) Thous Oaks 19:10, 14. Melanie Pickett (Sr) Mt. Carmel 19:12, 15. Marci Lawson (Sr) Clovis W 19:14, 16. Stefanie McCarty (So) Madera 19:15, 17. Nicole Caster (Fr) Granite Hills 19:16, 18. Danielle Day (Fr) Quartz Hill 19:17, 19. Jessica Pound (So) Poway 19:18, 20. Sonia Rodriguez (Jr) Vista 19:21.

21. April Lyon (Fr) Hesperia 19:23, 22. Anna-Kaisa Niemi (Sr) Irvine 19:25, 23. Pamela Richardson (Sr) Montgomery 19:26, 24. Rosalinda Castaneda (Sr) Madera 19:27, 25. Bridget Roy (Sr) Thous Oaks 19:28, 26. Katie Owen (Sr) Carondelet 19:30, 27. Jacquie Cooke (Jr) Burlingame 19:34, 28. Anna Behrens (Jr) Peninsula 19:34, 29. Ann Koscki (So) Poway 19:34, 30. Sarah McCafferty (Jr) Peninsula 19:35.

31. Saleema Fazal (Jr) Beyer 19:36, 32. Stacy Robertson (Jr) El Toro 19:39, 33. Laneisha McPherson (Jr) Silver Creek 19:42, 34. Erin Livermore (Jr) Irvine 19:45, 35. Devon Lasiter-Thurb (So) Vista 19:46, 36. Alison Feinstein (Jr) Thous Oaks 19:48, 37. Megan Farrah (So) Turlock 19:49, 38. Laura Bracht (Sr) Beyer 19:49, 39. Delfina Martinez (Sr) Belmont 19:50, 40. Susan Chou (So) Lowell 19:50.

41. Sanhit Dirar (So) Logan 19:51, 42. Anne Marie Franco (Jr) Skyline 19:51, 43. Jennifer Akana (Fr) Lowell 19:52, 44. Aster Testai (Jr) Skyline 19:53, 45. Jen Schindler (So) Ponderosa 19:53, 46. Fatima El Farrah (Jr) Vista 19:54, 47. Kym Pilger (So) Clovis 19:58, 48. Vi Tran (Sr) Santa Teresa 19:59, 49. Erica Florez (Fr) Bakersfield 19:59, 50. Courtney Svrdlin (Jr) Yerba Buena 19:59.

**Division I Team Scores:** 1 Peninsula 82, 2. Thousand Oaks 91, 3. Irvine 127, 4. Vista 140, 5. Madera 189, 6. Clovis West 194, 7. Carondelet 195, 8. El Toro 197, 9. Poway 208, 10. Lowell 238, 11. Silver Creek 249, 12. Skyline 291, 13. Beyer 294, 14. Logan 367, 15. Santa Teresa 371, 16. Del Campo 393, 17. Taft, Woodland Hills 421.

## ▼ Division II

By Keith Conning

### Teams

This was an incredibly close team competition, as two teams tied for first and two teams tied for third. In cross country ties are broken by looking at the position of the sixth runners.

Buchanan (Clovis, Central Section), who is coached by Marty Simpson and scored 19 points in their section final, won with the same score as the second place team—108 points. Buchanan's sixth runner was in the 42nd team place and Yucaipa's was 57th. This illustrates

how important every runner on the team is.

The Buchanan Bears' team places were 11, 16, 21, 29, 31, (42), and (48). Their team was composed of freshman Rachel Bauer (15th in 19:25), sophomore Corrine Atkins (23rd in 19:43), freshman Tiffany Heilbut (32nd in 19:51), sophomore Lisa Ford (41st in 20:03), senior Shelly Syvertsen (45th in 20:12), junior Heather Ryan (60th in 20:32), and sophomore Jocelyn Keller (67th in 20:38).

Yucaipa (Southern Section) placed second with 108 points. The Thunderbirds' team places were 6, 17, 19, 32, 34, (57) and (76). Their team was composed of junior Mindy Brown (9th in 18:59), freshman Kim Welsh (27th in 19:45), freshman Vicky Whitside (30th in 19:50), senior Kristi Bauer (46th in 20:13), sophomore Christin Ray (50th in 20:20), junior Hillary Carlson (78th in 20:50), and junior Serena Meyer (106th in 21:35).

Edison (Huntington Beach, Southern Section), the defending state champions with 104 points, was third with 111 points. The Chargers' team places were 9, 20, 22, 27, 33, (53), and (54). Their team was composed of senior Elyse Homberger (13th in 19:20), freshman Kelly Burnett (31st in 19:50), senior Jennifer Formosa (33rd in 19:52), senior Jeannie Formosa (39th in 19:58), and sophomore Jennifer Crobbe (48th in 20:18), senior Keri Wright (72nd in 20:48), and sophomore Kellee Pangborn (73rd in 20:49).

Torrey Pines (Encinitas, San Diego Section) was fourth with 111 points, the same total as Edison. The higher sixth runner breaks the tie. The Torrey Pines Falcons' sixth runner, junior Erin Burke, placed 86th in 21:03, 15 seconds behind Keri Wright (Edison).

### Individuals

Senior Amy Skieresz (Agoura, Agoura Hills, Southern Section), the defending state meet Division I champion, won in 18:12, a pace of 5:51 per mile. She won by seven seconds. Senior Elissa Riedy (Mission San Jose, Fremont, North Coast Section), fifth in 1993 in 18:30, placed second in 18:19. Junior Emily Allison (Leland, San Jose, Central Coast Section), second in 1993 in 18:14, was third in 18:34. Senior Lori Riedy (Mission San Jose, Fremont, North Coast Section) was fourth in 18:38. Junior Devon Straitiff (Torrey Pines, Encinitas, San Diego Section), the section champion, was fifth in 18:41.

1	Amy Skieresz (Sr) Agoura	18:12
2	Elissa Riedy (Sr) Mission San Jose	18:19
3	Emily Allison (Jr) Leland	18:34
4	Lori Riedy (Sr) Mission San Jose	18:38
5	Devon Straitiff (Jr) Torrey Pines	18:41
6	Molly Lawrence (Sr) Righetti	18:51

7	Nicole Silva (Sr) Aptos	18:53
8	Tina Bowen (Jr) San Ramon	18:57
9	Mindy Brown (Jr) Yucaipa	18:59
10	Mallinalli Martinez (Jr) Bishop Amat	19:05

11. Annabel Ortiz (Jr) Reedley 19:18, 12. Jamie Vairaro (Sr) Katella 19:19, 13. Elyse Homberger (Sr) Edison, HB 19:21, 14. Sara Pope (Sr) Del Oro 19:22, 15. Rachel Bauer (Fr) Buchanan 19:25, 16. Belen Ferree (Fr) Bishop Amat 19:26, 17. Lisa Gillis (Fr) Moreau 19:30, 18. Tracy Cohn (So) Stockdale 19:32, 19. Sandi Rabie (Sr) Torrey Pines 19:34, 20. Lisa Starkey (So) Del Oro 19:35.

21. Manda Schwecheri (Jr) Laguna Hills 19:37, 22. Jennifer Ewing (So) Castro Vly 19:41, 23. Corrine Atkins (So) Buchanan 19:43, 24. Shannon Kilian (Jr) Escondido 19:43, 25. Ashley Holt (Jr) Menlo Atherton 19:44, 26. Meghan Randall (Sr) Aptos 19:44, 27. Kim Welsh (Fr) Yucaipa 19:45, 28. Melissa Aronson (So) Hemet 19:46, 29. Jessica Lepisto (So) Agoura 19:47, 30. Vickie Whitside (Fr) Yucaipa 19:50.

31. Kelly Burnett (Fr) Edison, HB 19:50, 32. Tiffany Heilbut (Fr) Buchanan 19:51, 33. Jennifer Formosa (Sr) Edison, HB 19:52, 34. Allison Milhollen (Fr) Del Oro 19:53, 35. Larissa Gregerson (Jr) El Capitan 19:54, 36. Sarah Schmidt (Jr) Scripps Ranch 19:56, 37. Carrie Hemerick (Sr) Torrey Pines 19:58, 38. Meredith Hellman (So) Agoura 19:58, 39. Jeannie Formosa (Sr) Edison, HB 19:58, 40. Danielle Valentino (Fr) Torrey Pines 20:01.

41. Lisa Ford (So) Buchanan 20:03, 42. Christy Beckman (Sr) San Pasqual 20:08, 43. Vickie Greene (Sr) Agoura 20:08, 44. Kelly Peterson (Sr) Escondido 20:10, 45. Shelly Syvertsen (Sr) Buchanan 20:12, 46. Kristi Bauer (Sr) Yucaipa 20:13, 47. Jen Chaney (Jr) Tracy 20:14, 48. Jennifer Crobbe (So) Edison, HB 20:18, 49. Andrea Neipp (So) Highland 20:19, 50. Christin Ray (So) Yucaipa 20:20.

**Division II Team Scores:** 1. Buchanan 108 (Bauer 11, Atkins 16, Heilbut 21, Ford 29, Syvertsen 31, (Ryan 42)), 2. Yucaipa 108 (Brown 6, Welsh 17, Whitside 19, Bauer 32, Ray 34 (Carlson 57)), 3. Edison, HB 111, 4. Torrey Pines 111, 5. Del Oro 147, 6. Agoura 149, 7. Bishop Amat 180, 8. Mission San Jose 211, 9. Leland 219, 10. El Capitan 234, 11. Reedley 245, 12. Palisades 276, 13. Castro Valley 358, 14. North Monterey 361, 15. Napa 364, 16. Pleasant Valley 407.

## ▼ Division III

By Doug Speck

### Teams

Some very fine teams would do battle here (with an eventual two of the three top team times from the day).

Clayton Valley (Concord), the defending champion, had developed into a monster group for Coach Ron Silveira. A #13 ranking nationally came for CV after a big Mt. SAC Div III Sweeps effort of 95:58 that was the fastest of the weekend there. The Eagle crew was very, very impressive in races such as the Stanford Invitational, where their top seven was all inside the top fifteen at the mile. Down south Temescal Canyon (Elsinore) was a very tough group that had Shelby Horgan (18:19), Ellen Muench (18:51), and Sunny Shaffer (19:07).

continued next page.



leading a group that had some depth problems in the Section meet and finish (109) fourth behind Nordhoff (Ojai) 69, El Modena (Orange) 85, and Foothill (Santa Ana) 107. Nordhoff featured super frosh Elaine Canchola, the most improved athlete in the Southern Section ever over the length of one season, starting in the 21's and improving to an amazing 17:35 Mt. SAC frosh record in the Section Finals. Heather Garritson (Buena Park), frosh latest member of the great running family, was 17:49 in winning the Mt. SAC Div III Sweeps, with Annie Ebner (St. Lucy's, Glendora), the defending State Champion.

Canchola, a short runner with very powerful, snappy stride, took out hard and led the race off the grass at the start. Ahead at the mile at Temescal Canyon, with three in the top dozen and Clayton Valley, three in the top twenty, looked tough through the mile mark.

At the hill just before the two mile mark it was Veronica Sanchez (Wasco), who had won the Central Section by over a minute, and Elaine Canchola the leaders. Sanchez attacked the hill aggressively, with Heather Garritson, Tracy Clark (Corona del Mar, Newport Beach), and Clayton Valley's Heather Wallace were also near the front. Temescal Canyon looked tougher and tougher, having three in the top ten ahead of Clayton Valley's #2 runner.

During a tough third mile it was Garritson who moved the strongest, with Sanchez fading (eventually to 46th), with the Buena Park frosh winning over Canchola 18:01-18:07. Heather Wallace was 5th for Clayton Valley (18:23) over Shelby Horgan (Temescal 6th-18:23) in the team contest, with Ellen Muench (TC-9th), Deborah Osteen (CV-11th), and Sunny Shafer (TC-12th) showing the power of those two teams. Clayton Valley had Kelly Howlsey (19th), Louise Indrisis (28th), and Jennifer Osteen (49th) eventually close the door on Temescal, scoring 65 to Temescal's 78.

Team times were quite impressive, with Clayton Valley the day's fastest at 96:42 and Temescal #3 overall at 97:04. El Modena (Orange) was tough also, in third with the day's #7 team time overall at 98:49.

1	Heather Garritson (Fr) Buena Park	18:01
2	Elaine Canchola (Fr) Nordhoff	18:07
3	Tracy Clarke (Sr) Corona Del Mar	18:18
4	Alison Lambert (Sr) Northgate	18:22
5	Heather Wallace (Jr) Northgate	18:22
6	Shelby Horgan (So) Temescal Cyn	18:26
7	Katie Nuanes (So) Santa Margarita	18:36
8	Rachel Mosher (Sr) San Leandro	18:45
9	Ellen Muench (Sr) Temescal Cyn	18:47
10	Allison Twist (Sr) San Marino	18:50
11	Deborah Osteen (So) Clayton Vly	18:55
12	Sunny Shafer (So) Temescal Cyn	18:58
13	Veronica Clark	

(So) Ramona 19:01, 14. Laura Sandoval (Jr) St. Ignatius 19:05, 15. Amber Robinson (Sr) Las Lomas 19:09, 16. Maggie Hurst (Sr) Sonora 19:11, 17. 17. Annie Ebner (Jr) St. Lucy's 19:15, 18. Jessica Dahlberg (Fr) El Modena 19:18, 19. Kelly Howlsey (So) Clayton Vly 19:18, 20. 1. Tara Whitfield (Sr) El Modena 19:21,

21. Kristen Koppes (Jr) Foothill 19:27, 22. Jaymie Harper (So) Santana 19:29, 23. Vanessa Hanley (Sr) U San Diego 19:33, 14. Marisa Daniel (Sr) Granada 19:33, 25. Anabay Sullivan (Fr) Foothill, Santa Ana 19:35, 26. Katie Kennedy (So) El Modena 19:35, 27. Jessica Rhodes (Fr) Alacanes 19:38, 28. Louise Indrisis (Fr) Clayton Vly 19:41, 29. Lisa Hernandez (Jr) Healdsburg 19:41, 30. Terrah Chapin (So) Nordhoff 19:47,

31. Dawn Sellers (Fr) East Union 19:48, 32. Alexis Redina (Fr) West Hills 19:49, 33. Louann Vitellaro (So) Anderson 19:53, 34. Shana Driscoll (Jr) St. Ignatius 19:59, 35. Muffie Binkley (Sr) Los Altos 20:00, 36. Liz Cobb (Sr) St. Francis, Sacto 20:01, 37. Leah Walkley (Jr) La Jolla 20:02, 38. Leslie Burton (Fr) El Modena 20:03, 39. Jenni Bair (Fr) Foothill, Santa Ana 20:05, 40. Sarah Haradon (So) Temescal Cyn 20:07,

41. Claire Ryan (Sr) Mitty 20:07, 42. Kendra Greene (So) Nordhoff 20:08, 43. Michelle O'Connor (Jr) Our Lady of Peace 20:12, 44. Shannon O'Connor (So) La Jolla 20:13, 45. Christy Bill (Sr) Lassen 20:16, 46. Veronica Sanchez (Fr) Wasco 20:18, 47. Marielle Schlueter (So) St. Ignatius 20:20, 48. Yadira Ramirez (So) Nordhoff 20:20, 49. Jennifer Osteen (Jr) Clayton Vly 20:25, 50. Nicole Gahrkens (Fr) Harbor 20:25.

**Division III Team Scores:** 1. Clayton Valley 65, 2. Temescal Canyon 78, 3. El Modena 91, 4. Nordhoff 105, 5. Foothill, Santa Ana 141, 6. St. Ignatius 153, 7. Northgate 181, 8. Ramona 225, 9. U. of San Diego 238, 10. Sonora 252, 11. Rio Americano 266, 12. Anderson 298, 13. St. Francis, MV 306, 14. Yosemite 383, 15. Centennial-B 417.

## ▼ Division IV

By Doug Speck

A very competitive division here would feature good teams from all around the state. The Northern Section's Central Valley, an impressive Stanford Invitational winner, had been #1 ranked all Fall. A strong West Valley (Cottonwood) team tied CV with 72 points in the Section Finals. The North Coast Section, always very, very tough here, had Miramonte (Orinda) and Branson (Oakland) push #3 ranked statewide Ursuline (Santa Rosa) to the number three (non-qualifying) position in the Section Meet. Yreka, #6 ranked statewide, lost out in the Northern contest to go to state, with this situation a good argument for some "at-large" entries into the State affair. Down South, Morro Bay, which impressed with a big peak and third place here in 1993, had a good Section Finals race and a #4 ranking statewide. Kristen Schreiber (Miramonte) was the defending State individual champ.

By the time the Girls Div IV contest took off (10:14 a.m.), the sun had kind of permanently been lost behind the clouds, with a definite seri-

ous chill in the air. This was probably at least fifteen degrees cooler than many from the South had raced in this Fall.

Top-ranked Central Valley came to run, with the red-clad Falcons the leading squad as the race went through the first 220 yards. At 5:53 for the first mile Jenny Spoon (West Valley, Cottonwood) had a huge pack in tow, with defending champion Kristen Schreiber and Shaluinn Fullove (Louisville, Woodland Hills), the Southern Section champion, leading a huge pack. The team contest was tough to figure at the mile, with Central Valley and Miramonte having two each in the huge top pack.

At the downhill before the "two-mile hill" a pack of four battled for the lead, with Kristen Schreiber, Jenny Spoon, Theresa Newman (Marin Catholic, Kentfield), and Shaluinn Fullove all looking strong. Spoon attacked the hill, taking the lead. Central Valley had four in the top twenty-five heading up the hill, appearing to be in control of the team contest, but with about half of the teams here in blue and white it made other identifications tough.

Past two miles North Coast rivals Schreiber and Newman started to pull away from the others. As the race appeared to spectators near the finish line it appeared Newman, with a twenty yard lead, would be the winner over defending champ Schreiber. In a stirring homestretch run, the very spent Newman put forth a strong effort, but Schreiber was able to mount a furious sprint, and just edge by with less than ten yards to go, winning 19:11-19:13. Jenny Spoon was third at 19:21 with Melissa McPherson (Flintridge Sacred-Heart, La Canada) moving up to fourth at 19:26.

Miramonte looked good as a team at the finish, with frosh stars Lindsey Bergen 6th and Kristi Miller 17th. Central Valley had Christina Peacock 9th, Claire Hunter 12th, with #3 runner Kara Hunn 20th overall. CV's steady pack had Carie Irwin 33rd and Barbara Stoizoff 46th, with Miramonte 57th and 58th for their final two scorers. Coach Linda Doniak's CV group totalled 72 with Miramonte 85 and third place West Valley 132.

In commenting after the race, Central Valley's Coach Doniak said, "With schools such as West Valley in our League the girls just went out and competed as they had all year long. We ran the race that we expected to. The girls have pulled together so well all season long, with a couple of team members moving up strongly when our fifth scorer went down with a stress fracture. I just wish our sport received more publicity in our area. Next year we ex-

continued next page...



pect to move to Division III with a slight rise in enrollment."

1	Kristen Schreiber (Sr) Miramonte	19:11
2	Theresa Newman (Fr) Marin Catholic	19:13
3	Jenny spoon (sr) West Valley	19:21
4	Melissa MacPherson (So) Flintridge	19:26
5	Shalunn Fullove (Jr) Louisville	19:31
6	Lindsey Bergren (Fr) Miramonte	19:34
7	Jennifer Ponig (Jr) Terra Linda	19:36
8	Gina Blanchard (Sr) Yreka	19:38
9	Christina Peacock (Sr) Central Vly	19:43
10	Marissa Hurwitz (Jr) Bishops LJ	19:49

11. Jessica Lunt (Jr) Coronado 19:54, 12. Claire Hunter (So) Central Vly 20:02, 13. Anne-Elyse Smith (Fr) Monte Vista 20:07, 14. Shauna O'Leary (Sr) Half Moon Bay 20:08, 15. Kim Reynolds (Sr) Branson 20:12, 16. Gina Rafanelli (Sr) College Prep 20:16, 17. Kirsti Miller (Fr) Miramonte 20:18, 18. Hannah Miller (So) La Salle 20:18, 19. Tracy Bowling (So) Taft 20:21, 20. Kara Hunn (So) Central Vly 20:26.

21. Kelly Harrington (Fr) Louisville 20:27, 22. Shavona Chamberlin (So) Rocklin 20:28, 23. Maggie Ricketts (Jr) Saratoga 20:28, 24. Kelly Rhoades (So) Laguna Beach 20:28, 25. Kristen Miller (Jr) Bear River 20:30, 26. Katie Appenrodt (Fr) Mercy Burlingame 20:33, 27. Tegan Zimmerman (Sr) San Rafael 20:33, 28. Brittany

App (So) Morro Bay 20:34, 29. Sarah Halls (Fr) Ursuline 20:37, 30. Cristina Sanchez (So) McFarland 20:38.

31. Kristin Groncy (So) Orange Lutheran 20:40, 32. Jenny Erbsen (So) Marlborough 20:41, 33. Carrie Irwin (Sr) Central Vly 20:41, 34. Stacy Haffner (Jr) West Valley 20:42, 35. Lisa Wade (Fr) Rocklin 20:43, 36. Trisha Felts (So) Sacred Heart Prep 20:46, 37. Katie Peters (So) Orange Lutheran 20:47, 38. Julie Reynolds (Fr) Branson 20:47, 39. Dana Bridges (So) Flintridge 20:49, 40. Tina Gedney (So) Morro Bay 20:50.

41. Alice Irvine (Jr) The York School 20:50, 42. Hilaree Haston (Fr) West Valley 20:51, 43. Siobahn Elster (Jr) Morro Bay 20:55, 44. Ashlee Pinasco (Fr) San Joaquin Mem. 20:55, 45. Molly Alles (Jr) Trinity 20:58, 46. Barbara Stoizoff (Jr) Central Vly 21:00, 47. Tracy Maxwell (Jr) Maranatha 21:00, 48. Meredith Christian (Jr) Garces 21:01, 49. Jenny Eckert (Sr) Branson 21:02, 50. Meredith Sullivan (So) The York School 21:05.

**Division IV Team Scores:** 1. Central Valley 72, 2. Miramonte 85, 3. West Valley 132, 4. Branson 142, 5. Morro Bay 148, 6. Flintridge 148, 7. Orange Lutheran 156, 8. Bishop's 213, 9. Saratoga 233, 10. Laguna Beach 253, 11. Taft 264, 12. Dixon 293, 13. Bret Harte 329, 14. McFarland 329, 15. Half Moon Bay 343, Coronado 395.

## Girl's Unofficial Team Scores by Time

1. Clayton Valley 1:36:42, 2. Peninsula 1:36:57, 3. Temescal Canyon 1:37:04, 4. Thousand Oaks 1:37:07, 5. Irvine 1:38:04, 6. Torrey Pines 1:38:42, 7. El Modena 1:38:49, 8. Nordhoff 1:39:03, 9. Vista 1:39:05, 10. Yucaipa 1:39:07, 11. Buchanan 1:39:14, 12. Edison, HB 1:39:19, 13. Agoura 1:39:35, 14. Del Oro 1:40:16, 15. Carondelet 1:40:24, 16. Madera 1:40:35, 17. Clovis West 1:40:36, 18. El Toro 1:40:37, 19. Poway 1:41:05, 20. Bishop Amat 1:41:06, 21. Mission San Jose 1:41:19, 22. Miramonte 1:41:35, 23. Foothill 1:41:40, 24. St. Ignatius 1:41:43, 25. Central Valley 1:41:52, 26. Lowell 1:41:57, 27. Northgate 1:42:11, 28. Leland 1:42:15, 29. Silver Creek 1:42:51, 30. Reedley 1:43:10, 31. El Capitan 1:43:28, 32. West Valley 1:43:54, 33. Beyer 1:44:20, 34. Ramona 1:44:25, 35. Skyline 1:44:34, 36. Flintridge 1:44:39, 37. Palisades 1:44:43, 38. U San Diego 1:44:49, 39. Branson 1:44:51, 40. Sonora 1:45:01, 41. Morro Bay 1:45:11, 42. Orange Lutheran 1:45:36, 43. Rio Americano 1:46:33, 44. Bishop's 1:46:56, 45. Del Campo 1:46:58, 46. Santa Teresa 1:47:23, 47. Logan 1:47:29, 48. North Monterey 1:47:50, 49. Saratoga 1:48:07, 50. Anderson 1:48:11.

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## Why Should I Join The Coaches Alliance?

Now in its fifth year, the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

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## What Do I Receive For My Membership?

COACHES ALLIANCE members will receive a year's editions of **California Track News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

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**Associate Member \$12** -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

**School Membership \$50** -- Schools will receive discounts for all members of their staff at clinics, as well as a second copy of California Track News (you can have it sent to the library, assistant coach, etc.). Please indicate name and/or address for the second copy below.





# PREP NOTES

By KEITH CONNING

## ■ Northern California Schedules and Results Wanted

Please send Northern California track schedules and results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; FAX (510) 849-3342; e-mail addresses: 1) conning@aol.com 275672.3513@compuserve.com

## ■ Personal Note

It feels great to be back teaching in high school! So much of our worth as individuals depends on our work. When you are out-of-work your self-esteem plummets.

During my two-year absence from Berkeley High School, there have been many changes. One of the big changes has been the great turnover of teachers. Many of our older teachers have retired and have been replaced by young and enthusiastic teachers.

A successful high school needs a regular input of new blood. You need young teachers with boundless energy to take on the time-consuming tasks of sponsoring the school newspaper and yearbook. We also have more teachers who are willing to coach the various teams.

This year our football team experienced a complete reversal of fortunes. From a team that went 2-8 in 1993, it finished at 9-3 in 1994. It was the first time in 25 years that the team played in the North Coast Section semi-finals. They are playing on a new \$1.6 million AstroTurf football field. A large bond issue was passed by Berkeley voters to rebuild the schools and make other improvements.

In Berkeley the citizens are willing to tax themselves, because they know that education is very important. Many of our students come from families that are employed at the University of California, which is only two blocks away.

What is really exciting are the prospects for the track team, as many of the football stars also run track. There is also a brand new six-lane all-weather track around the football field. Berkeley hasn't had a home track meet in many years.

Watch out for Berkeley's 4X400 relay team this year. They return three runners from last

year's team (J'Juan Cherry, Joe Cokes, and Hannibal Navies) which made the finals of the state meet. They ran 3:15.95 last year. In addition, Marlon Monroe, the top 400 meter runner from neighboring St. Mary's, has transferred in.

The team is talking about running 3:12!

## ■ Rhodes Scholarships

I was wondering how many former California high school cross country and track athletes have gone on to become Rhodes Scholars.

I know of two--Jesse Malkin (Berkeley High School 1987/Oberlin College, Ohio 1991) and Becky Spies (see accompanying profile in the Prep Notes section).

I called the Rhodes Scholarship Trust at Pomona College in Claremont, but they don't keep high school records. Applicants apply from their college.

Please let me know if there are others.

## ■ McAteer Time Trial

McAteer High School (San Francisco) is holding their 5th annual Time Trial on Saturday, March 4, at 9:00 a.m. They plan to run a complete meet (state meet order of events, basically), but with a Soph-Frosh Boys Division added. They will charge \$1.00 per athlete on a pre-meet registration, and \$2.00 per athlete after the registration deadline, including the day of the meet.

The Time Trial will be held on McAteer's eight lane all-weather Spartan V track. However, if it is raining in the morning and more rain is anticipated, for safety reason they will postpone the meet, for one week, until the following Saturday. If the meet is postponed, they will be available between 7:45am and 8:30am the morning of the meet (415) 695-5718.

Contact Coach Marc Christensen c/o McAteer High School, 555 Portola Drive, San Francisco, CA 94131-1699. Work phone (415) 695-5700 ext. 610. Home phone (415) 585-2465.

## ■ McAteer's International Cross Country Team

Coach Marc Christensen (J. Eugene McAteer High School, San Francisco) has a cross

country team from around the world. The Jaguars have runners from nine countries on five different continents.

Here is his squad: China--Shu Wei Hua, 12; Eritrea--Bilota and Yonathan Asmerom, 11 and 12; Honduras--Edson Bernardez, 9; Iran--Arash Ravanmehr, 9, Teheran; Laos--Calvin Chanmany, 12; Mexico--Francisco and Jose Garcia, 12; Rosamar Gonzales, 10; Philippines--Balwin Sulit, 12; Switzerland--Christoph Zurbrugg, 11, Burgdorf, (near Bern); United States--Brock Adams, 12, 1/2 American Indian (Cherokee); Alyse Christensen, the coach's daughter of Norwegian and Italian heritage, 12; Jerome Morton, 11, African-American.

Does anyone have more countries represented on their cross country team than McAteer High School? Let me know if you do.

## ■ EDITORIAL

The fund-raising arrangement between the CIF and Bob Seagren's company is unconscionable.

To pay 40% of all funds raised for the CIF to Seagren's company is not fair to high school sports.

I think that the CIF should hire a full-time fund-raiser on a set salary.

## ■ 1994 CIF/TOYOTA STATE CROSS COUNTRY HONOR COACHES

Honor Coaches are selected by the Cross Country Coaches Alliance, in conjunction with the CIF Section Commissioners, and are honored for their contributions to the sport.

### ■ Gary Adams (McFarland High, Central Section)

A three-time California Track & Running News Coach of the Year, Gary Adams has led the McFarland boys' team to three state championships. Only Hart High with four titles has won more. McFarland has won six straight section titles with Adams in charge.

### ■ Ernie Aguirre (Bell High, Los Angeles City Section)

In just five years in charge of the Bell High

continued next page...



# PREP NOTES

cross country program, Ernie Aguirre has experienced a great deal of success. His boys' team placed as high as seventh at the state (1991). Besides cross country, Aguirre has coached basketball, softball, football, soccer, and volleyball during his coaching career which began in 1973.

## ■ Steve Brown (Bishop O'Dowd High, North Coast Section)

The president of 800-SOFTWARE, a computer software sales company, Steve Brown — like so many cross country coaches — does it for the love of the sport. His Bishop O'Dowd girls' teams have placed in the top five at state for three consecutive years in Division III. Bishop O'Dowd's dual meet record is 58-2 under Brown's guidance.

## ■ Marc Christensen (McAtear High, San Francisco Section)

In his 25th year of teaching and coaching in San Francisco, Marc Christensen has had tremendous success at McAtear High. Christensen has provided free clinics to track and field and cross country coaches in the San Francisco Section, last month having Jim Ryun speak to coaches and athletes. He is the co-founder and president of the SF Prep Hall of Fame.

## ■ Bill Cleves (El Capitan High, San Diego Section)

Under Bill Cleves guidance the girl's cross country team at El Capitan High has garnered five straight league titles and two section crowns. His teams have placed in the top 10 in the state four times, with its highest finish third in 1991. A TAC level certified coach, Cleves teams have a 36-4 dual meet record in seven seasons.

## ■ Jim Clendaniel (Yucaipa High, Southern Section)

A highly successful cross country coach, Jim Clendaniel has directed his girls teams to eight league titles in 12 years. Yucaipa has finished as high as second in the state meet which it accomplished in 1988. For the past two years Clendaniel has been the site coordinator for the AAF/CIF cross country coaching clinics.

## ■ Keith Conning (Berkeley High, North Coast Section)

During 27 years as a teacher and coach in Berkeley, one of Keith Conning's crowning achievements was leading the Berkeley High girls' cross country team to a third place finish in the 1989 section finals. In addition to coaching, Conning serves as high school editor of the *California Track News* and as the track announcer at numerous high school and college

track meets.

## ■ Hal Daner (Gunn High, Central Coast Section)

Since 1976 Hal Daner has been in charge of the boy's and girl's cross country teams at Gunn High. His girls' teams have dominated league play, winning 11 titles since 1977. Meanwhile, Daner has guided his boys to seven league championships. Daner has served as both director and co-director of the sub-section meets in cross country.

*(Prep Editor: I have known Hal for many years. We are both 53 years old; most of our contemporaries have long since retired from coaching. Hal is very deserving of this honor for the many years of service he has given to the sport. Hal graduated from Rockaway High School in New York in 1958, East Stroudsburg University in PA in 1964. He has taught Physical Education at Gunn (Palo Alto) since 1979 and he has coached cross country since 1976.*

"I feel I'm representing a lot of hard working coaches," said Daner.

## ■ Scott Fairley (West Valley High, Northern Section)

Scott Fairley has been very involved in cross country within the Northern Section. For the past four years he has chaired the section cross country advisory committee. In his 14 years of coaching, Fairley's teams have experienced much success with a 57-9 dual meet record and two section titles.

## ■ Gordon Hubble (Rio Americano High, Sac-Joaquin Section)

In 18 seasons as the head coach at Rio Americano High, Gordon Hubble's teams have claimed five league championships. Hubble was instrumental in the changing of scoring at the sub and section meets from hand scoring to computer scoring. He is very much involved in youth running clubs and looks to develop athletes who excel and enjoy running.

## ■ Andy Leong (Lowell High, San Francisco Section)

Andy Leong, in his fifth year as Lowell Cross Country coach, receives his fourth consecutive honor coach award. His girls' team will hope to improve on last year's 12th place Division I finish, the school's best showing at the state meet. Coach Leong's biggest accomplishment has been to see all his athletes improve year after year.

## ■ Joan Lewis (Del Oro High, Sac-Joaquin High)

Joan Lewis has guided Del Oro High to two section titles in her 10 years of coaching. Her teams have also fared well in state competition, advancing to the finals every year since 1987.

During the summer, Lewis organizes a youth running club program. She has also been active in strength and conditioning workshops.

## ■ Dennis Lottermoser (Mira Mesa High, San Diego Section)

A veteran of 25 years of coaching, Dennis Lottermoser has amassed a 201-33 dual meet record in his career. His teams have won 15 league crowns and four section titles. His Mira Mesa girls took the section title in 1991 and 1992, while his Crawford High teams won the section championship in 1973-74. His honors include being selected Coach of the Year in San Diego.

## ■ Kerry Moretti (Shasta High, Northern Section)

Himself a successful cross country runner, Kerry Moretti has adapted well to coaching the sport. His teams have won four section titles in 1988, 1989, 1990, and 1991. As a high school senior in 1980, Moretti placed second at the section championships held at Shasta High. He has taught at Shasta since 1988.

## ■ Doyle O'Regan (Piedmont High, North Coast Section)

An eight year veteran coach at Piedmont High, Doyle O'Regan has been an instrumental figure in cross country in the North Coast Section. O'Regan has served as the NCS meet manager in cross country for the past two years. As a coach, has experienced tremendous success guiding his girls' teams to a 58-7 dual meet record, two section titles and four league crowns.

## ■ Mike Smith (Camarillo High, Southern Section)

Mike Smith's teams at Camarillo High have advanced to the state meet eight straight seasons, finishing in the top three six times. In 1989 his boys team came away as state champions. In his 13 years at Camarillo High, Smith has a 63-29 dual meet record. Smith is an AAF/CIF cross country coaching program instructor.

## ■ Steve Unzueta (Lemoore High, Central Section)

Lemoore High has been a force in the state meet under the tutelage of Steve Unzueta. His boys' teams have placed as high as fifth in the state finals and have advanced every year since 1989. A 13-year coaching veteran, Unzueta has won several coach of the year awards and has a 39-7 dual meet record.

## ■ Steve Wright (Garfield High, LA City Section)

Involved in coaching for 24 years, Steve Wright has been at Garfield High for the last 12 years. His boys' and girls' teams have each won six league titles during that time period. A

*continued next page.*



# PREP NOTES

member of the section cross country advisory committee, Wright has helped develop a coaching manual for teachers through the Amateur Athletic Foundation (AAF).

## DEATHS

### Clarence (Bud) Houser

Gardena, October 1--Clarence (Bud) Houser died of natural causes at the age of 93. Houser won shot and discus golds at the 1924 Olympic Games and repeated in the discus in 1928. He won the NCAA discus title for USC in 1926 and that year also raised the World Record to 158-1. He captured 5 national shot titles (the first as a prep senior) and 3 national discus crowns.

## Central Coast Section

Crystal Springs, Belmont, Nov. 12--

**Division I Boys:** Thomas Becker (Bellarmine, San Jose) led at the first mile in 4:52.4.

Jason Balkman (Lynbrook, San Jose) was almost six seconds behind at this point in 4:58.2. Balkman led at two-miles in 9:55 and won the race in 14:54. He was 12 seconds ahead of Arnold Song (Bellarmine). Becker was third in 15:07.



THOMAS BECKER

Photo by Bill Cockerham

Bellarmine, coached by the pride of St. Ignatius Terry Ward, won the team title by 61 points over Serra (San Mateo), coached by Rich Fambrini--30 to 91.

The first two teams qualified for the state meet. Burlingame placed third with 97.

**Division I Girls:** Deborah Bleisch (Silver Creek, San Jose) led at the first mile in 5:47.2, at two-miles in 12:04.6 (6:17.4), and won the race in 18:35.0 (6:30.6). She won by 23.5 seconds over Jacquie Cooke (Burlingame) 18:59.

Silver Creek, coached by Bobby Poynter, defeated Santa Teresa (San Jose), coached by Richard Wade, by 12 points--46 to 58. The first two teams qualified for the state meet. Burlingame was third with 60.

Burlingame missed going to the state meet by six points in the boys' race and two points in the girls' race.

**Division II Boys:** Tomas Garcia (Watsonville) led at the mile in 4:57.6 and at two-miles in 10:13.4 (5:15.8). Brad Hanson (St. Ignatius, San Francisco) passed Garcia with 200 yards to go to win in 15:42.3. He won by 3.4 seconds over Steven Moreno (North Salinas, Salinas).

Leland (San Jose), coached by Tom Service and led by Gunderson transfer Daniel Sikiric, defeated St. Ignatius by 41 points--44 to 85. The first two teams qualified for the state meet.

**Division II Girls:** Splits 5:56.7, 11:49.7 (5:53.0), 18:02.7 (6:13.0). Emily Allison (Leland, San Jose) defeated Nicole Silva (Aptos) by 54.6 seconds--18:02.7 to 18:57.3.

Leland (San Jose) also won the girls' title with 45 points, one more point than the boys' scored. North Monterey County (Castroville) placed second with 68 points. The first two teams qualified for the state meet.

**Division III Boys:** Jeremy Riddle (Gunn, Palo Alto) led at the mile in 5:04.5, at the two-mile in 10:21.2 (5:16.7), and won in 15:38.6 (5:16.4). He won by 12.4 seconds over David McDonough (Cupertino) 15:51.

St. Francis (Mountain View), coached by Brian Curley, edged Los Gatos by only six points--50 to 56. The first two teams qualified for the state meet.

**Division III Girls:** Splits 5:59.8, 12:13.4 (6:13.6), 18:42.7 (6:29.3). Laura Sandoval (St. Ignatius, San Francisco) won by 43.2 seconds over Muffie Binkley (Los Altos) 19:26.

St. Ignatius, coached by Julius Yap, defeated St. Francis (Mountain View) by 46 points--30 to 76. The first two teams qualified for the state meet.

**Division IV Boys:** Peter West (Robert Louis Stevenson, Pacific Grove) led at the mile in 4:56.4. Justin Stern (Half Moon Bay) led at two miles in 10:21.4 (5:25.0), and won in 16:05.2 (5:43.8). Stern defeated teammate Louis White by 36.2 seconds.

Half Moon Bay, coached by Dick Calvin, won the team title with an incredibly low score of 19 points. Their fifth runner placed seventh in the race. Palma (Salinas) placed second with 95. The top two teams qualified for the state meet. Saratoga was third with 104.

**Division IV Girls:** Splits 6:05.6 (Gators), 12:56.1 (6:50.5), 19:47.0 (6:50.9). Trisha Felts (Sacred Heart Prep) defeated Shauna O'Leary (Half Moon Bay) by 8.3 seconds.

Half Moon Bay won its second title of the day by defeating Saratoga by 20 points--44 to 64. Scholastic Award Girls: Cupertino 3.8571.

## Augie Argabright (San Jose State)

November 12--Augie Argabright, who coached at Del Mar High School in San Jose, is the new women's cross country coach at San Jose State.

Argabright is a Union Pacific train engineer and delivers freight trains from Milpitas to Fremont. He started with the Western Pacific railroad in 1959. He is the third oldest in seniority at Union Pacific. He is 54-years-old and graduated from Modoc High School in 1958 and San Jose State in 1971. He has a teacher's credential.

While coaching the San Jose Cindergals, he coached Francie Larrieu, a many time Olympian, and Cyndy Poor, a 1976 Olympian. He also coached Ann Regan (Camden High School, San Jose), the three-time state meet 800 meter champion (1977, 1978, 1979) 2:07.93; Cheri Williams (Livermore High School), the 1978 state meet 3200 meter champion with a best of 10:09.8; and Jessica Spies (Livermore High School) 2:05.84.

## Aldo Congi (St. Ignatius High School, San Francisco)

Aldo Congi, who coaches the shot put and discus at St. Ignatius, is the vice-president of McGuire Real Estate in San Francisco. He practices at 7:00 a.m. and goes to work at 10:00 a.m.

Congi coached Chris DeMartini (St. Ignatius), who had the longest prep discus throw in California last season and fourth longest in the U.S. at 195-6.

Congi has had remarkable success in working with high school discus throwers.

## Interesting Occupations

If you have an interesting occupation outside of coaching and teaching, please let me know. See addresses above.

## Brian Wilkinson (Villanova/Merced High School 1993)

Belmont, November 12--I met Brian Wilkinson, the 1993 State Meet 1,600 meter champion, and his father at the Central Coast Section cross country championship at Crystal Springs. Wilkinson is now running for Hartnell Junior College in Salinas. They chose Hartnell because of the good training area, weather, and coach Gary Shaw. And it's not too far away from home.

continued next page...



# PREP NOTES

Brian won his conference cross country championship the day before on this site.

## ■ Calvin and Alvin Harrison (North Salinas High School)

Brian Wilkinson's father told me that the Harrison brothers are back in Florida, but they are not running.

Imagine being on the cover of High School Track 1994, running a world-class 45.07 in high school, and not competing now.

There should be a program for young men like the Harrisons. It just seems that USATF could find some way of using their talents.

I will never forget that electrifying moment in the 1993 State Meet, when Calvin pointed his baton at the fans on the press box side during the final of the 4 X 400 and proceeded to explode by the other runners ahead of him.

## ■ Asmeron leads McAteer's sweep

**San Francisco, November 16**--With the help of two Ethiopian runners from the mountain region of Eritrea, Golden Gate Park's Speedway Meadows and Polo Fields course was a breeze for McAteer High's cross country team.

Bolota Asmeron, a native of the African country, won the San Francisco High School Cross Country Championships Wednesday in 17:59. He broke the course record of 18:06, set in 1990 by Dan Lilot of Lowell.

It was a medal sweep for the Jaguars, who won the team title with 25 points as Jerome Morton earned the silver in 18:03 and Asmeron's brother Yonathan took the bronze in 18:06.

Lowell took the girl's title with Oassi Lucero winning the 3.1-mile race in 21:31 and freshman teammate Jennifer Akana coming in seconds at 22:12. Alyse Christensen of McAteer took the bronze in 22:32.

*(Prep Editor: The preceding article appeared in the San Francisco Examiner on November 17, 1994.)*

*I ran in this meet three times--1956, 1957, and 1958--representing the Abraham Lincoln Mustangs. Our 1957 team won the Section championship and competed in the state meet at Merced. In those days we ran a course measuring 1.9 miles, which started in Lindley Meadows and finished in Speedway Meadows.)*

## ■ Bob Mathias (Tulare)

**November 17**--Olympian-turned-politician Bob Mathias celebrated his 64th birthday. At the age of 17 he won the 1948 Olympic Games

decathlon championship in London, England. He also won the decathlon in the 1952 Olympic Games Helsinki, Finland. He attended Tulare High School and Stanford University.

## ■ North Coast Section Meet of Champions

**Mills College, Oakland, November 19**  
**Division I**

Santa Rosa, coached by Doug Courtemarche, won the boy's title with 24 points (1, 2, 5, 6, 10, 12, 27). Their team time was 1:28:09. The team was composed of senior Peter Egerton (1st in 16:50.6), senior Zach Barrett (2nd in 17:20.0), senior Ben Vandenheuvel (5th in 17:55.0), junior Mekonnen Fekadu (6th in 17:58.4), junior Mike Schwartz (10th in 18:05.8), senior Ken Leef (12th in 18:14.4), and senior Matt Condon (27th in 19:35.6). Only the winning team qualified for the state meet, because there are only nine teams in the boys Division I. James Logan (Union City) placed second with 39 points (3, 4, 8, 9, 15, 17, 26). Their team time was 1:30:11.

Senior Peter Egerton (Santa Rosa) defeated teammate senior Zach Barrett by 29.4 seconds--16:50.6 to 17:20.0--to win the boy's title. Sophomore Chad Foster (James Logan, Union City) was third in 17:40.8. Other individual qualifiers for the state meet included: senior Aaron Richberg (James Logan, Union City), a fine 800-meter runner, (4th in 17:50.1); senior Ermas Yohannes (Alameda), coached by tugboat dispatcher Brian Lodge, (7th in 18:02.5); senior Ishma Asmatey (James Logan, Union City) (8th in 18:04.1); and junior Daniel Embaye (James Logan, Union City) (9th in 18:05.2). James Logan, coached by Lee Webb, qualified four individuals for the state meet!

Carondelet (Concord), who moved up from the more competitive Division III this season, won the girls title with 29 points (2, 4, 6, 8, 9, 11, 13). Their team time was 1:46:03. Their team time would have placed them second in Division III this season. However, last year they didn't qualify for state in Division III, as they were third. The North Coast Section allows teams to move up from one Division to another. Carondelet's team was composed of sophomore Kristen Gordon (2nd in 19:39.7), senior Katie Owen (4th in 20:50.0), senior Colleen Fitzpatrick (6th in 21:34.6), sophomore Ginaea Carrillo (8th in 21:56.9), senior Megan Goddard (9th in 22:02.3), senior Elissa Chatigny (11th in 22:12.4), and junior Cerene Hanika (13th in 22:30.9). Carondelet is coached by Athletic Director Helen Lehman. James Logan (Union

City), coached by decathlete Lee Webb, placed second with 65 points (5, 7, 14, 18, 21, 38, 42). Their team time was 1:52:00. Their team was composed of sophomore Senhit Dirar (5th in 21:10.9), sophomore Jennifer Bridgeman (10th in 21:49.0), freshman Sky Baumbach (14th in 22:35.2), freshman Danielle Price (18th in 23:09.0), junior Tyra Hughes (21st in 23:16.3), sophomore Amanda Garbe (38th in 24:28.3), and freshman J. Rossett (42nd in 25:06.8). The first two teams qualified for the state meet, as there are 11 girls teams in Division I.

Sophomore Julia Stamps (Santa Rosa), coached by Doug Courtemarche and Danny Aldridge (Petaluma/Cal Poly SLO), won her first NCS cross country title by 1 minute and 29.3 seconds in 18:10.4! Last year she had an appendectomy before the section meet, and was not able to compete. Kristen Gordon (Carondelet, Concord) placed second in 19:39.7. Senior Pamela Richardson (Montgomery, Santa Rosa) was third in 20:33.4. Other individual qualifiers for the state meet included: junior Melissa Duscha (Washington, Fremont) (10th in 22:11.5), sophomore Stephanie Rusmisl (Washington, Fremont) (12th in 22:22.7), and senior Cheri Yokoi (Santa Rosa) (15th in 22:36.7).

## Division II

De La Salle (Concord), coached by Rico Battisti, won the boy's title with 56 points (1, 2, 12, 20, 21, 27, 40). Their team time was 1:27:44. The team was composed of sophomore Tom Prindiville (1st in 16:34.8), junior Randy Maestretti (2nd in 16:52.0), sophomore Alex Sanchez (12th in 17:55.5), senior Jeff Middleton (19th in 18:09.0), senior Joe DeFalco (20th in 18:13.6), junior Chris Coffee (26th in 18:29.8), and Greg Hintz (39th in 19:15.1). Mission San Jose (Fremont), coached by Jack Marden, Sr. (see more about Marden in the girl's Division II story below), placed second with 65 points (4, 7, 8, 14, 31, 37, 47). Their team time was 1:29:08. Their team was composed of freshman Jon Stevens (4th in 17:15.2), junior Pat O'Leary (7th in 17:29.1), senior Amendeep Singh (9th in 17:47.3), sophomore Dave Rodriguez (14th in 17:58.6), senior Jeremiah Strom (30th in 18:37.9), sophomore Bryan Posner (36th in 19:08.2), and sophomore Andrew Ostler (46th in 19:34.3). The first two teams qualified for the state meet.

Eureka was third with 69 points (2, 5, 9, 25, 29, 40, 45). Their team was 1:29:51. Castro Valley, coached by the NCS cross country expert and reporter Peter Brewer, was fourth with 70 points (10, 11, 16, 17, 19, 29, 34). Their team time was 1:29:48. This was the closest

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## PREP NOTES

team battle of the meet, as five points separated three teams for the last state meet qualifying spot.

Tom Prindiville (De La Salle, Concord) won the boy's title by 17.5 seconds in 16:34.5.

Teammate Randy Maestretti placed second in 16:52.0. Adam Grubbe (Eureka) was third in 17:04.9.

Mission San Jose (Fremont), coached by the "old veteran" Jack Marden, Senior, won the girls title with 40 points (1, 2, 6, 8, 23, 31, 37). Marden's son Jack, Jr. moved from Mission to Washington (Fremont) this year. So he asked his father to come out of retirement to coach the Mission team, because they were so talented. Mission's team time was 1:46:24. The team was composed of senior Lori Reidy (1st in 19:26.2), senior Elissa Reidy (2nd in 19:35.4), sophomore Jennifer Knowlden (6th in 21:43.4), sophomore Betsy Stevens (8th in 22:01.5), senior Michelle Chan (23rd in 23:37.5), freshman Alicia Rutledge (31st in 24:18.6), and junior Monica Torrez (37th in 27:16.4).

Castro Valley, coached by Peter Brewer, placed second with 68 points (3, 12, 13, 19, 21, 22, 26). Their team time was 1:52:53. Their team was composed of sophomore Jennifer Ewing (3rd in 20:27.8), sophomore Val Lim (12th in 22:49.2), senior Micheline Wong (13th in 22:50.5), senior Simone Shin (19th in 23:19.4), sophomore Michelle Marques (21st in 23:26.2), junior Jamie McHugh (22nd in 23:30.2), and senior Jamie Nickolopoulos (26th in 23:53.1). The first two teams qualified for the state meet. Moreau Catholic (Hayward), coached by Runner's Workshop Lake Tahoe Camp Director Phil Wilder, was third with 69 points (4, 7, 16, 18, 24, 25, 33). Their team time was 1:52:58. One point decided the final state meet qualifier.

Senior Lori Reidy (Mission San Jose, Fremont) defeated her twin sister Elissa by 9.2 seconds—19:26.2 to 19:35.4. Junior Tina Bowen (San Ramon, Danville) was third in 20:03.9. Other individual qualifiers for the state meet included: freshman Lisa Gillis (Moreau Catholic, Hayward) (4th in 21:14.2), freshman Courtney Burman (Eureka) (21:20.5), junior Kristine Swicki (Monte Vista, Danville) (5th in 21:37.6), and junior Kasia Nowak (Newark Memorial, Newark) (21:37.9).

### Division III

Livermore, coached by Eddie Salazar, won the boys title with 38 points (1, 3, 9, 12, 13, 21, 34). Their team time was 1:25:43. The team was composed of junior Micheil Jones (1st in 16:24.2), senior Steve Immel (3rd in 16:37.8), junior Adrian Eimerl (9th in 17:27.6), junior Joe

Smith (12th in 17:36.3), sophomore Tim Ricard (13th in 17:37.4), senior Peter Nichols (21st in 17:50.5), and sophomore Chris Nebo (34th in 18:12.7).

Clayton Valley (Concord), coached by Ron Silveira, placed second with 87 points (4, 6, 22, 27, 28, 29, 79). Their team time was 1:27:36. Their team was composed of junior Mike Wojciechowski (4th in 16:41.0), senior

Geoff Bingham (6th in 17:03.6), sophomore Justin Carter (22nd in 17:51.5), junior Luke Liningner (27th in 17:59.0), senior Tony Munch (28th in 18:01.1), senior Chris Clausen (29th in 18:02.0), and senior Jim Freeman (79th in 19:49.8). The first two teams qualified for the state meet. Amador Valley, coached by Mike Walsh, was third with 92 points (14, 16, 19, 20, 23, 25, 69). Their team time was 1:28:43. Amador's sixth runner finished ahead of Clayton's fourth runner, but Clayton's first two finished ahead of Amador's top runner. Only five points decided going to state.

Junior Micheil Jones (Livermore) won the boy's title by 11.3 seconds in 16:24.2. Senior Alex Teekel (Bishop O'Dowd, Oakland), the winner of the Hawaii Prep Invitational, placed second in 16:35.5. Senior Steve Immel (Livermore) was third in 16:37.8. Individual qualifiers for the state meet also included: senior Keith Kennedy (San Leandro) (5th in 16:57.6), junior Rolf Kualvik (Northgate, Walnut Creek) (7th in 17:21.4), junior Danny Brecht (Petaluma) (8th in 17:27.1), and sophomore Enrique Henriquez (San Leandro) (10th in 17:30.2).

Clayton Valley (Concord), coached by Ron Silveira, won the girl's title with 35 points (1, 2, 8, 10, 14, 17, 20). Their team time was 1:40:24. The team was composed of junior Heather Wallace (1st in 19:13), sophomore Deborah Osteen (2nd in 19:30), sophomore Kelly Howisey (8th in 20:16), freshman Marcella Villalobos (10th in 20:20), freshman Louise Indrisie (14th in 21:05.0), junior Jennifer Osteen (17th in 21:35), and junior Sarah Frieberg (20th in 21:47).

Northgate (Walnut Creek) placed second with 84 points (4, 16, 19, 22, 23, 24, 31). Their team time was 1:46:36. Their team was com-



STEVE IMMEL

Photo by Bill Cockerham

posed of senior Alison Lambert (4th in 19:50), junior Lisa Kow (16th in 21:21), freshman Brooke Wheeland (19th in 21:42), sophomore Ally Wolfe (22nd in 21:49), sophomore Megan Lathrop (23rd in 21:54), sophomore Lisa Pierce (24th in 21:56), and sophomore Cynthia Krieger (31st in 22:52). The first two teams qualified for the state meet.

Junior Heather Wallace (Clayton Valley) won by 17 seconds in 19:13. Teammate sophomore Deborah Osteen placed second in 19:30. Freshman Jessica Rhodes (Acalanes, Lafayette) was third in 19:34. Other individual qualifiers for the state meet included: senior Amber Robinson (Las Lomas, Walnut Creek) (5th in 19:54.0), senior Rachel Mosher (San Leandro) (19:57), senior Marisa Daniel (Granada, Livermore) (6th in 20:05), and junior Lisa Hernandez (Healdsburg) (7th in 20:07).

### Division IV

Campolindo (Moraga), coached by author and gentleman Chris Walsh, won the boy's title with 74 points. Their team time was 1:29:34. The team was composed of senior Ryan Gallagher (1st in 16:47.0), senior Kyle Wong (9th in 17:51.1), senior James Robertson (18th in 18:10.6), freshman Ryan Mattonen (21st in 18:18.5), senior Kurtis Nakamura (25th in 18:27.3), Dave Carlson (47th in 19:15.3), and freshman Matt Wise (84th in 21:26.0).

Piedmont, coached by hard-working Doyle O'Regan, placed second with 89 points (4, 13, 16, 20, 36, 39, 59). Their team time was 1:30:37. Their team was composed of senior Dave Rhodes (4th in 17:28.8), junior Keith Trimble (13th in 17:56.8), junior Andy Malick (16th in 18:09.8), freshman Carl Moren (20th in 18:13.1), junior Dave Hobstetter (36th in 18:48.5), junior Greg Kunkel (39th in 18:56.6), and junior David Lam (59th in 19:44.9). The first two teams qualified for the state meet.

Terra Linda (San Rafael), coached by Hector Benitez, was third with 95 points (11, 12, 17, 24, 31, 34, 49). Their team time was 1:31:01. The sixth Terra Linda runner beat the fifth Piedmont runner, but to no avail. Only six points decided going to state.

Senior Ryan Gallagher (Campolindo, Moraga) won the boy's race by 9.4 seconds in 16:47. Senior Jason Hardy (California School for the Deaf, Fremont) placed second in 16:56.4. Senior Cody Clark-Thompson (Arcata) was third in 16:57.3. Senior Jonevan Hornsby (St. Mary's, Berkeley), an outstanding 800-meter runner, was fourth in 17:04.9. Senior Adrian Gutierrez (Mt. Diablo, Concord) 17:20.6 and Cisco Schaaf (St. Mary's, Berkeley) 17:34.8 qualified as individuals.

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Miramonte (Orinda), coached by the 1993 NCS honor coach Otis McCain, won the girls title with 55 points. Their team time was 1:47:47. The team was composed of senior Kristen Schreiber (1st in 19:58.2), freshman Lindsey Bergren (4th in 21:00.8), freshman Kirsti Miller (12th in 22:00.3), senior Eve Phillips (15th in 22:16.9), senior Misha Sivia (23rd in 22:31.7), sophomore Ashley Warpack (25th in 22:35.4), and sophomore Amy Rice (31st in 22:46.8).

The Branson School (Ross) was second with 73 points (3, 10, 11, 19, 30, 54, 66). Their team time was 1:49:57. Their team was composed of senior Kim Reynolds (3rd in 20:59.2), freshman Julie Reynolds (10th in 21:53.2), senior Jenny Eckert (11th in 21:57.9), freshman Louani Basara (19th in 22:21.3), junior Brook Cosby (30th in 22:45.5), freshman Casey Maithies (54th in 24:18.8), and junior Brooke Hartzell (54th in 24:59.6). The first two teams qualified for the state meet. Ursuline (Santa Rosa) was third with 77 (7, 13, 16, 20, 21, 57, 71). Their team time was 1:50:21. Only four points decided going to state.

Senior Kristen Schreiber (Miramonte, Orinda) won the girls title by 16.7 seconds in 19:58.2. Freshman Theresa Newman (Marin Catholic, Kentfield) placed second in 20:14.9. Junior Jennifer Ponig (Terra Linda, San Rafael) was third in 20:45.9. Other individual qualifiers for the state meet were: senior Gina Rafanelli (College Prep, Oakland) (5th in 21:04.3), senior Tegan Zimmerman (San Rafael) (6th in 21:11.2), and junior Sarah Hallis (7th in 21:13.2).

## ■ NCS Honor Coach Selection Process

The NCS Honor Coach program is designed to recognize those coaches who meet a specific set of criteria in all sports that culminate in NCS/Toyota Championship Series Events.

Nominations are made to the selection committee from any league/conference in the NCS. The NCS is empowered to nominate coaches when nominations have not been submitted with respective deadlines.

In order to be eligible, nominees must have coached varsity or non-varsity teams at the interscholastic level for a minimum of five years. (Non-credentialed coaches are also eligible if this criteria is met). Nominees need not be currently coaching a sport.

Selection is based on professional standards of conduct, service to the sport, accomplishments, and contributions to the school and com-

munity. Selected individuals are presented a certificate at a major NCS event or school awards ceremony, are recognized in the NCS Prep Magazine, receive a one year NCS pass, letters for personnel file and releases to media.

The selection committee is composed of a California Coaches Association member, an NCS Administrator, an individual appointed by the NCS Executive Committee, and two members from the Sports Advisory Committee. Due dates for nominations are set by the NCS and appear in the Master Calendar.

## ■ Keith Conning (Berkeley High School)

by Steve Dulas

### Contributing Writer NCS Prep

Were Keith Conning ever to hold a reunion of his former Berkeley High School cross country runners, nothing would delight him more than if they all ran to the event. What Conning has tried to instill in his distance runners at Berkeley, as girls cross country coach and as an assistant track coach, is that the dedication, rewards and enjoyment can continue long after high school.

"My philosophy in coaching is to develop a life-long runner, who really loves the sport," he said. "I don't believe in running too many miles in high school. I also feel that academics are important. If there is ever a conflict between academics and athletics, I believe that the academics come first."

During 27 years as a teacher and coach in Berkeley, one of Conning's crowning achievements was leading the girls cross country team to a third-place finish in the 1989 NCS championships. Team honors run a close second, though, to the personal achievements of his student-athletes. Two of his most memorable athletes were Shumeye Mamo, who left war-torn Ethiopia for a better life in the United States and became a three-time CIF State Meet qualifier, and Ben Turman, a four-year runner at Berkeley who went on to become a two-time qualifier for the Pac-10 Championships in the 1,500 meters.

In addition to coaching, serving as high school editor of *California Track News* and as the track announcer at numerous high school and college track meets, Conning remains involved with various civic improvement and Crime Watch organizations in his Berkeley neighborhood.

(Prep Editor: The preceding appeared in the NCS Prep magazine for Fall 1994.)

I would like to thank all those who made this

award possible.

One athlete that I particularly enjoyed coaching was Jesse Malkin, who graduated from Berkeley High School in 1987. He was the captain of the cross country team at Oberlin College in Ohio. He received a Rhodes Scholarship and studied three years at Oxford University in England. He is now working on his Ph.D. at the Rand Corporation in Santa Monica. We attended the Arcadia Invitational in April and the state track meet last June.)

## ■ NCS Honor Coaches Past & Present

### Cross Country

- 1994 Keith Conning, Berkeley
- 1993 Otis McCain, Miramonte
- 1992 Larry Meredith, Montgomery
- 1991 Peter Brewer, Castro Valley
- 1990 Phil Wilder, Moreau
- 1989 Randy Knudson, Monte Vista
- 1988 Steve Shaw, Clear Lake
- 1987 Steve Armstrong, California
- 1986 Jim Underhill, Piner
- 1983 Tom Anderson, Northgate

## ■ The Race Within the Race

By Bruce Meadows

### Santa Rosa Press Democrat

It happened almost 10 years ago, but for cross-country coach Helen Lehman, it was an experience she's not likely to forget.

Lehman, now coaching at Carondelet, was the coach at El Cerrito High in 1985 and the North Coast Section Meet of Champions was at hand. With three outstanding runners—a fourth had been slowed by injuries but was still competing—chances appeared excellent for the team to advance to the NorCals, which was the ultimate at the time with no CIF/Toyota State Meet then in existence.

The race went well for Lehman's girls. As the leaders crossed the finish line, she realized El Cerrito had nailed down sixth, eighth and ninth place—three top 10 spots, usually a lock for a finish in the top three—but her mind was still back on the course at Hayward High School.

"I wasn't sure about our next girl...she'd been near the top all year but had been hurt," recalls Lehman. "I was hoping she'd finish somewhere between 40 and 50, which she did."

But Lehman's major concern was that final scoring spot, a team's fifth-place runner. And in this case, the No. 5 girl finished close to 100th and El Cerrito failed to place in the top three, just missing out on a trip to NorCals.

It was a situation not uncommon to cross-

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country coaches and participants, although maybe not so well-known to those who view the sport from more of a distance.

"We'll be at a meet and people don't always understand why I'm running around and yelling when the winner has already crossed the finish line," says Clear Lake cross-country coach Bob Mayer.

They usually don't have a clue, explains Mayer, that the competition is far from over, that in some cases it has only just begun.

Doug Courtemarche, coach of perennial powerhouse Santa Rosa High, remembers a meet earlier this season against cross-town rival Montgomery.

"Our girl took first, their top two girls were second and third and our girl took fourth," Courtemarche says. "So the top four runners are done but both teams have the same points so absolutely nothing has been decided yet."

The way it turned out, Santa Rosa got six girls across the finish line before Montgomery did, and won the dual meet, 27-29.

Coaches know it's not even just the five scoring places that are critical, but often the non-scoring sixth and seventh runners who decide the outcome of a dual meet, invitational or season-ending event like the NCS/Toyota Championships.

"From a coaching standpoint, it's essential to stress to your runner that every person is important, all the way down to the seventh person in a race," says Keith Conning, a veteran cross-country coach working with the girls' team at Berkeley High.

"It's not just something you might say as a coach to motivate," Conning continues. "It's absolutely necessary that your team understands it and believes it."

As Clear Lake's Mayer explains it, the sixth and seventh runners, although in non-scoring positions, can still displace the runners from other teams and, as all cross-country coaches will tell you, that single point or two can make all the difference when the final total is tallied.

"We were in a dual meet this season that we won because our sixth runner finished ahead of the other team's fifth guy," Mayer says. "Tell me that kid doesn't realize the importance of going all out all the time."

There is also a lot of strategy that goes into coaching a cross-country team. It's more than just running as fast as you can and hoping for the best.

"We always talk about matchups before a race," says Santa Rosa's Courtemarche. "Our kids know who the ones are they need to finish ahead of, and sometimes they get going and

finish even higher than we expected them to."

That's one of the many joys cross-country coaches like to talk about. The self-motivation that leads to self-improvement that often leads to some surprising results.

For Castro Valley coach Pete Brewer, it's often that so-called mediocre runner that brings as much satisfaction to him as the superstars.

"I call them true believers," Brewer says.

"They have to finally believe that all they need to do is put out the effort and they'll see the improvement."

Last year, there was a Castro Valley freshman who, Brewer recalls, "was slow as molasses. Most kids like that might have quit, but not this one."

"He's worked hard and has gradually improved...now he's nibbling at the back pack of regular runners," Brewer says. "The other kids are in awe of what he's done. He's shown the others what hard work can do and I think it's spurred them on."

Lehman sees the role of the less-talented runner as vital to team success. And some of the season's most pleasant surprises can come at the most unexpected times.

"Every once in a while, one of the girls you really aren't counting on for points runs the race of her life," Lehman says. "It's something you can't really anticipate but it's great when it happens."

Berkeley's Conning says some of his best memories are of runners who came out of nowhere to turn in a gutsy performance when it was not expected.

"It's so rewarding to see that happen," Conning says. "Maybe the winners have been in for a while, but you see a tremendous battle between two kids and then one of them makes a last-second lunge at the finish line...it's exciting."

Most cross-country coaches feel a sport often depicted as a primarily individual one is as much of a team sport as many of the others.

"It's a bonding sport more than the others because unlike other sports that have specialties, everybody is doing the same thing in cross-country," says Brewer. "They all suffer the same, they've all been through the same thing and they gain respect for one another."

Adds Brewer: "Any runner respects all runners."

With rare exceptions, the stars support the lesser luminaries on a cross-country team. Coaches talk about their top runners winning a race, then hustling back to the finish line to watch their teammates battle for points.

"It's great to watch your top people standing

at the finish line cheering on their teammates," says Mayer. "They know the race isn't over until everybody's finished and they appreciate their teammates' efforts."

An occasional bad apple sneaks in the superstar barrel exhibiting what Brewer calls the "prince or princess" mentality, a person who has little respect for his teammates or the competition.

"Team members are just baggage to a person like this," Brewer says. "I have always felt that if you're going to wear the [school] uniform, be part of that team."

Coaches also agree that cross-country runners are, generally speaking, more self-motivated and self-disciplined, that they have almost complete control over their progress, which isn't the case in many team sports.

As Conning puts it: "It's more than just ability in cross-country. If you're willing to put in the miles, it's amazing what you can do."

It's that concept that makes cross-country a sport that carries over to a youngster's future. Few high school football players are playing the sport 10 years later, but the same can't be said for cross-country participants.

"The key to motivating is to make something fun," says Carondelet's Lehman. "If you can do that, it may become part of their lifestyle."

Conning says part of his philosophy is to develop an interest in the sport that will carry over to adult life.

"I think it's important not to place winning over participation and improvement because you have to remember you're dealing with a large cross-section of individuals."

Lehman says the public, including the media, would be better off looking at the whole picture and not just the cream of the crop.

"Who won the race...that's usually the story you read," Lehman says. "Maybe it seems more exciting and it's not doubt an easier story to write."

But what about the other people, who work as hard--maybe harder--on a team? Maybe they've been overlooked for too long.

(Prep Editor: The preceding story appeared in NCS Prep Fall 1994.)

I think Bruce Meadows has done an excellent job in describing the different aspects of cross-country.)

### ■ North Coast Section/Jack In The Box Scholastic Championship Team Fall

The Scholastic Championship Team Award is presented to the North Coast Section varsity

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# PREP NOTES



Division III Winners—Clayton Valley

Photo by Kathy Kelley

Hecox (UCLA) was ninth in 17:12.8. Deena Drossin (Arkansas/Agoura High School, Agoura Hills) placed 12th in 17:15.8.

Kortney Dunscombe (Stanford/Bend High School, Oregon) placed 18th in 17:25.2. Stanford placed seventh with 198 points.

Gregory Jimmerson (Stanford/Stevens High School, Rapid City, SD) placed sixth in 30:34.5 on the 10,000 meter men's course. His Stanford team was sixth with 208 points. Mebrahtom Keflezighi (UCLA/San Diego High School 1994) placed 15th in 30:49.6. Louis Quintana (Villanova/Arroyo Grande High School) placed 16th in 30:50.7. Richie Boulet (California/Sir Francis Drake High School, San

Anselmo) had to drop out after unsuccessfully fighting off a week-long illness.

team in each sport having achieved the highest composite grade point average for that season.

Cross Country--Girls	G.P.A.
1993 Clayton Valley	3.77
1992 Lick-Wilmerding	3.74
1991 Tamalpais	3.58
1990 Foothill	3.67
1989 Sir Francis Drake	3.72
1988 Piedmont	3.75
1987 Lick-Wilmerding	3.51
1986 Monte Vista	3.57
1985 Kelseyville	3.80
1984 College Park	3.40

Cross Country--Boys	G.P.A.
1993 El Molino	3.64
1992 Monte Vista	3.83
1991 Southern Trinity	3.61
1990 Rancho Cotate	3.57
1989 Campolindo	3.81
1988 Campolindo	3.63
1987 Campolindo	3.645
1986 Northgate	3.56
1985 El Molino	3.59
1984 Monte Vista	3.30

## ■ NCAA Cross Country

Fayetteville, Arkansas, November 21--Becky Spies (Villanova University 1995/Livermore High School 1991) placed third in the NCAA Cross Country Championship in 16:55.8 on the 5,000-meter women's course. Villanova won its sixth straight women's title. Karen

## ■ School Violence Rising in Cities, Suburbs

by Keith Henderson

*The Christian Science Monitor*

Boston, November 21--If Americans needed any more confirmation that many of their public schools are far from safe havens for learning, a recent survey by the National League of Cities provides it.

The NLC queried cities and towns about violence in their schools and found that 39 percent of the 700 respondents said violent incidents have increased significantly over the past five years. Forty-five percent said the levels had remained constant. One quarter noted serious injuries or deaths during the past year. Only 11 percent reported violence was not a problem, and 6 percent said it had decreased.

Contrary to perceptions that school crime and violence are concentrated in central cities, the survey indicated that officials in many suburban and rural communities also worry about the problem. Around 30 percent of the cities in all categories reported significant increases in school violence. Among cities with populations of 100,000 or more, the proportion reporting increased violence was 55 percent.

Many communities are addressing school violence by assigning police officers to schools. About 70 percent said they had regular patrols or other activities on campus. The police involvement often includes talking with students

about illicit drug use and other topics. One positive aspect of the school-violence issue--it is forcing closer cooperation among city hall, police departments, and school officials.

(Prep Editor: We have a permanent uniformed and armed Berkeley Police Officer assigned to Berkeley High School. We have two police cars on campus at lunch and after school. We also have our own security squad. All teachers are equipped with walkie-talkies while they are on supervision. All staff have to wear ID badges with their pictures. All students must carry an ID card.)

## ■ The Funding Pipeline High School athletic programs find alternative methods for raising money

By Marty Neideffer

Staff Writer, Oakland Tribune

November 22--Skyline High football coach John Beam reads the business section of his morning *Oakland Tribune* more closely than he read the sports section.

Beam reads *Sports Day* for sheer enjoyment. He reads *Business Day* because it contains information he needs to do his job better.

"Right now, fund-raising is the only way that you can run a program like ours," Beam said. "So I keep my eye on the business sections."

"I need to know which companies are doing well and which are not. It's important that I know which companies have given money to charitable organizations and which haven't."

Beam is among a growing number of coaches, school administrators and booster club leaders who, because of cutbacks in school district funding, have turned increasingly to alternative revenue sources to support and enhance their athletic programs.

A recent study by two national high school administrator organizations found more than 60 percent of schools nationally rely on fund-raising to supplement shrinking athletic budgets.

That trend, though controversial, is apparent at every level.

The California Interscholastic Federation, traditionally the regulatory body for high school athletics in the state, has raised \$1 million in corporate sponsorship money this year. It hopes to increase that amount to \$6 million annually by 1997.

The North Coast Section, which governs most athletic leagues in the East Bay, has averaged \$130,000 in sponsorship revenue the past five years.

"The CIF is becoming more sponsorship-driven," said Bob Seagren, the former Olympic

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pole vaulter who is now a member of the marketing firm that represents the CIF. "We're breaking through the myth that education is selling out to corporate America. The fact is, high school athletics need corporate America in order to survive."

That has become apparent at the grassroots level, where fund-raising activities organized by teams, booster clubs or athletic foundations are commonplace in practically every school in the East Bay.

For many groups, fund-raising still consists mainly of the occasional car wash or candy sale. For others, however, it has become a more sophisticated and demanding enterprise.

Last year, Skyline received \$5,000 in district funds for boy's athletics. The sum was reduced to \$3,000 this year.

Through an array of imaginative fund-raising activities and by effectively tapping into the corporate community in Oakland and elsewhere, however, Beam and his Skyline players raised in excess of \$23,000 this season.

The money not only helped meet the basic operating costs of the Skyline football program, it also covered the tab for a road trip to Hawaii the team took for a pre-season game.

Others have found innovative ways to raise money.

✓ In San Leandro, the local youth swim club used a method similar to Skyline's to come with \$25,000 to repair the swimming pool at San Leandro High.

✓ In Santa Rosa, the Schools Plus Foundation worked through the local cable company to air a telethon fund-raiser each year to support co-curricular activities, including athletics.

✓ A San Ramon Valley High, which receives no funding for athletics from the school district, the booster club annually raises \$50,000 to support athletics.

Technology has been a major factor in the success of these relatively small, non-profit groups, said John Tarman, the marketing director for the NCS.

"Because booster clubs and coaches now have access to computer hardware, it has become much easier for them to keep a data base for mailing lists for fund-raising solicitations or advertising solicitations. I've talked to a number of different booster groups and I'm very much impressed at how they've been able to target local merchants for support."

At Skyline, success at raising money has been the residue of a polished fund-raising organization that begins with Beam and which utilizes fully the team's primary resource--its players.

Beam sent out hundreds of letters to companies up and down the state, explaining the goal of the Skyline football team and requesting a donation.

Beam keeps the mailing list of companies and the basic form letter on a computer disk at his house. The body of the letter he personalizes to the target company. "You don't want to hit up the same person every year," he said.

The most important elements in successful fund raising for high school athletics, however, are high school athletes, Beam said.

"The most important thing is that the kids be involved," Beam said. "By each kids working toward the goal, they get a sense of accomplishment. They sweated for it."

The players also provide a valuable resource. Often, they turn out to be quite resourceful. One of the largest donations to the Skyline football program came from American Presidents Line, the Port of Oakland's largest cargo hauler from Japan to the Bay Area. Beam made contact with the company through one of his players, Aaron Potash.

## CROSS COUNTRY REVIEW

Compiled by Peter Brewer  
Head coach, Castro Valley High  
November 23, 1994  
Boys

1. Livermore (1) The Cowboys turned on the jets at the North Coast Section Meet of Champions and turned in the best team time on the day in winning the Division II race. Micheil Jones recorded the fastest time of the day.

2. Clayton Valley (4) The Eagles took the fine running of Mike Wojciechowski and Geoff Brignman to surprise Amador Valley and get a bid to the State Meet with a second place behind Livermore.

3. De La Salle (3) Tom Prindiville and Randy Maestretti took first and second to lead the Spartans to a tough win in the NCS Division II race.

4. Amador Valley (2) The Dons couldn't sustain the momentum of the last two weeks and finished third in a fast Division II race.

5. Mission San Jose (5) Freshman Jon Stevens proved for real with a fine fourth-place showing to lead the Warriors to a State Meet berth with a second-place Division II finish.

6. Campolindo (NR) The Campo team came from second in the regionals to grab an NCS title in Division IV over favored Terra Linda of San Rafael.

7. Castro Valley (7) The Trojans came up four points shy of the State Meet with a close fourth place in the Division II race. Sahne Dula-

ney still advances for them as a top individual.

8. Bishop O'Dowd (8) The Dragons were led by Alex Teekel, who finished second in the Division III race.

9. Skyline (9) The Titans took the Oakland Athletic League with ease and get to attempt to place well at the State Meet.

10. James Logan (6) The Colts ran well but came up short against Santa Rosa in the chase for the Division I title.

## Girls

1. Clayton Valley (1) The Eagles took the top two shots with Heather Wallace and Deborah Osteen to crush the field in the Division III race at NCS. A Truly impressive team.

2. Carondelet (2) With Kristen Gordon in front, the Cougars overwhelmed the Division I field to capture NCS crown.

3. Mission San Jose (5) Lori and Elissa Riedy ran away from the field and easily won the Division II title for the Warriors.

4. Northgate (3) Alison Lambert led the Broncos to the runner-up position behind Clayton Valley in the Division III race to help the team advance to the State Meet.

5. Miramonte (4) Kristen Schreiber defended her individual title and the Matadors easily defended their team crown.

6. Acalanes (NR) Led by freshman surprise Jessica Rhodes, the Dons came in a shocking third in the Division III race.

7. James Logan (NR) Senhit Dirar led the Colts to a solid second place behind Carondelet in Division I to help the team advance to the State Meet.

8. Skyline (9) The Titans had no problem at all in dominating the OAL. They more on the State Meet.

9. Castro Valley (7) Jennifer Ewing took fourth to lead the Trojans to second in the Division II race behind Mission.

10. Moreau Catholic (6) The Mariners finished third in Division II by one point behind rival Castro Valley. Freshman Lisa Gillis advances to the State Meet as an individual.

(Prep Editor: The preceding article appeared in the Oakland Tribune on November 23.

I would like to thank coach Peter Brewer of Castro Valley for writing this article for the Alameda Newspaper Group each week. He has helped promote cross country throughout Alameda County with his fine effort.)

## Bellarmino Prep (San Jose)

Bellarmino's cross-country team has reached the furthest advancement possible for the 12th consecutive season. For the past eight years,

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# PREP NOTES

the Bells have reached the state finals. The previous four years, beginning in 1983, Bellarmine reached the Northern California meet, before the state championships began in 1987. Arnold Song, the Bells' top runner in the CCS Division I finals last week (second overall), will compete in his fourth state meet.

Bellarmine is coached by Terry Ward, whose brother Bernie Ward hosts a radio talk show at night on AM station KGO-81. His show can be heard throughout the Western United States.

## ■ Clayton Valley Has Studious Runners

**December 21**—In addition to winning the Division III girls' state championship, Clayton Valley's cross country team captured the North Coast Section Academic Championship.

Marcela Villalobos, Jennifer and Deborah Osteen, Kelly Howisey, Louise Indrisie, Sarah Frieberg and Heather Wallace had a combined 3.93 grade-point average in helping the Eagles claim the award for the second consecutive year. Teams from all fall sports and any division were eligible for the award.

## ■ Schools End Shower Requirement

**November 23, Hollidaysburg, Pa (AP)**—School officials dropped a requirement that high school students shower after gym class, after the American Civil Liberties Union threatened to sue.

The ACLU argued that the requirement violates students' privacy by forcing them to go naked in front of their classmates.

"This is 100 percent what we were looking for," said Vic Walczak, executive director of the ACLU's Greater Pittsburgh chapter.

"If they want to hold seminars about the values of showering, that's fine. It was the mandatory nature, the intrusiveness that we were concerned about."

The dispute began when Wendy Hardie circulated a petition over the summer asking the school to lift the physical education department's requirement. Hardie graduated last spring from Hollidaysburg Area High School.

The school district, just south of Altoona in central Pennsylvania, refused.

On Tuesday, the physical education department and school Superintendent Leo Gensante agreed in a closed-door meeting of the school board to drop the requirement, said school board president John Seasoltz.

*(Prep Editor: I thought it would be of interest to our readers who teach physical education*

*and/or coach. Physical education students at Berkeley High School are not required to shower. What are the rules in your school?)*

## ■ Lori and Elissa Riedy (Mission San Jose, Fremont)

By Darren Sabedra

Mercury News Staff Writer

**November 25**—MSJ Coach Jack Marden, Sr. hasn't forgotten the 1993 NCS Meet of Champions, a race he attended at the request of his son, Jack Jr., whom Marden replaced as coach this season.

"He asked me if I was going to the Meet of Champions," Marden said. "He wanted me to come out and see the Riedys."

Elissa Riedy, now a senior at MSJ, won the race. Lori Riedy, Elissa's twin sister, finished second.

"You know, I watched Lori all day," Marden recalled this week. "She was really driving. She never quit. That was one year ago."

One year later, Lori is the NCS Division II champion. Elissa is the runner-up. That's because Lori beat Elissa last week at the NCS Meet of Champions.

Saturday, the Riedys will cap their high school careers at the Division II state championships at Woodward Park in Fresno. Marden expects them to challenge for the championship.

"I think this is going to work in our favor," Marden said, referring to Lori's victory over Elissa. "Lori is red-hot. And Elissa probably feels like she has something to prove."

Elissa finished fifth at the state final last season; Lori was 20th.



ELISSA RIEDY

Photo by Bill Cockerham



LORI RIEDY

Photo by Bill Cockerham

## ■ Whites Lead Florida Dropout Rate

**Tallahassee, Florida, November 24 (AP)**—Florida's dropout rate jumped the last school year, and white children dropped out at a much higher rate than blacks or Hispanics.

A total of 29,584 students, or 5.63 percent, dropped out in 1993-1994, a rate nearly a full percent higher than the previous year, the state Department of Education said Wednesday.

Almost half of those dropouts were white, 31 percent were black, 18 percent were Hispanic and 1.3 percent were Asian American or American Indian. The rate of pupils graduating also was down, from nearly 79 percent in 1992-93 to almost 76 percent in 1993-94.

The higher dropout rate was due in part to schools having tougher curricula resulting from higher educational standards statewide, education officials said. Another part of the problem, officials said, is that spending cuts make it more difficult for pupils to get extra help. There have been more than \$1 billion in education cuts since the early 1990s.

The cuts have forced many schools to trim dropout prevention programs and led to overcrowding of classrooms.

Reduction in spending three or four years ago when pupils with learning problems were in middle school could be showing up now that they have reached the age of 16, the legal age for quitting school, the report said.

School advisory committees are preparing improvement plans for each school as part of outgoing Education Commissioner Doug Jamerson's Blueprint 2000 program. The program give more power over curricula and school administration to local districts.

Jamerson also has asked the Legislature for \$404 million for the 1995-96 year to reduce class sizes for students enrolled in basic courses. The proposal would increase per-pupil spending for basic students by \$180, the Education Department said.

## ■ Track Hurdler Harris' Nightmare Officially Ends

Reuters

**BARCELONA, Spain, November 28**—American Danny Harris cleared the biggest hurdle of his career Sunday when the International Amateur Athletic Federation reinstated him in the sport and quashed his four-year ban for cocaine use.

"I'm relieved, pleased, excited," Harris said

*continued next page*



## PREP NOTES

from his home in Brentwood, CA.

The unanimous decision by the council of the world governing body officially brought to an end the 1984 Olympic 400 meter hurdles silver medalist's nightmare descent from world class athlete to cocaine addict.

It also ended a lengthy legal battle which began when Harris, now 29, failed a test for the drug in February 1992. Although the ban was due to run until Feb. 28, 1996, the IAAF invoked its "exceptional circumstances rule" for the first time.

The IAAF lifted the ban, with immediate effect, because it is convinced Harris has broken his addiction to the drug. IAAF President Primo Nebiolo, in urging the council to lift the ban, said, "We are very serious and very hard on doped athletes but in some cases we must show we are human."

Arne Lundqvist of Sweden, the IAAF's drug committee chairman and an International Olympic Committee member, also told the council before they voted, "I am convinced Danny Harris is now clean and will stay clean -- even if you refuse to reinstate him."

Harris said he was surprised after getting a call from Bob Kersee, his coach.

"I thought he was calling about a workout. I didn't think I'd get the news until Tuesday or Thursday. It was real nice to have it come from him since he's the one person who has truly been there the whole time," Harris said.

He said he has been working out regularly since October and his goals for next year are to make the U.S. teams for both the world indoor and outdoor championships.

"That's very important to me," he said.

He was uncertain when his first race would be. "Whenever it is, I'll be ready."

Kersee said Harris could run as early as December, but definitely by January and said Harris had to overcome an extra obstacle.

"Most 400 meters hurdlers have a race with 10 hurdles," Kersee added. "He has had a race that had an 11th hurdle and it's his responsibility to continue to stay strong both on and off the track."

Harris' case was complicated and went through a number of legal twists.

The athlete, who in Madrid in June 1987 became the first man to beat the legendary Ed Moses in 122 races, later began using cocaine heavily and in February 1992 failed a routine test for the drug.

He had been ranked second in the world the previous year but the four-year ban meant he missed the 1992 Barcelona Olympics and the 1993 world championships in Stuttgart. But by

June 1992, Harris had decided to check into a substance abuse program and later began a lengthy battle to clear his name.

Earlier this year he was reinstated by the U.S. federation and ran in four European meets before the IAAF belatedly discovered he was running while still officially banned. He was pulled out of the London Grand Prix on July 15 only hours before the start of the meet. But 10 days later came the first indication that the IAAF was prepared to review the case, when Nebiolo told Kersee that although Harris was not yet allowed to compete, he should take his case for reinstatement to the IAAF.

IAAF spokesman Winner said on Sunday: "The Danny Harris decision does not represent a softening of the IAAF's anti-drugs policies. The council intends to ensure that anti-doping measures are increased, but agreed that special matters arose in this case. Danny Harris will also continue to be tested frequently and randomly in the future."

*(Prep Editor: Danny Harris graduated from Perris High School in Perris, California in 1983. He set the national high school record for the 300 meter low hurdles of 35.52 at the state meet in Bakersfield on June 4, 1983.)*

### ■ Teen Is King Of Cross Country

**Albany, New York, December 7 (AP)--** Barely 16, Erin Davis is already a defending national cross country champion. She also owns three New York state high school cross country titles -- the first coming when she was an eighth grader -- and is gunning for a second national high school title this weekend.

But for all her success, Davis' most impressive performance may have come at a community road race last March. She took off in a pack of about 15 runners, mostly older men, leading a field of 300. Roughly a quarter of the way along the 5-mile oval course, one competitor turned a street too early, sending Davis and her group off course. When they were finally alerted to the mistake, many runners gave up on a good showing and trotted in -- not Davis. The diminutive teen-ager tore through the field to regain the quarter-mile she lost, finishing about where she started.

"We went the wrong way, but I made it all up," she recalled recently.

Davis, a sophomore at Saratoga Springs High School in northeast New York, has shown the same kind of determination ever since becoming a top-flight cross country runner three seasons ago, according to one of her coaches, Linda Kranick.

"In seventh grade, Erin just had a good time.

She wasn't even the best runner on the team," Kranick said. "But in eighth grade, she really developed. She has dedication, focus and a real love of running."

She'll need all those qualities if she plans on repeating as girl's champion at the Foot Locker Cross Country National Finals in San Diego.

At the 1993 finals, held annually at Balboa Park, Davis became the first freshman ever to win the national high school title when she kicked past Melissa Lucas of Portland, Oregon, with less than 200 yards to go.

"She was mature enough and poised enough not to panic," said Kranick, who heads the running program at Saratoga Springs with her husband, Arthur.

Davis cruised through most of her races this season, winning the New York public high school championship at Albany last month in a record 17 minutes, 18.1 seconds for the 5-kilometer course. Her nearest competitor, Dana Ostrander of local rival Shenendehowa High School, was more than 26 seconds behind.

Staying motivated is no problem, even with a big lead, Davis said. "I just think, 'the faster I finish, the sooner I can stop,'" she said.

However, not everything this year has been as easy for Davis as the state championships were. The Kranicks, who have guided several teams to state cross country titles, have been embroiled in a well-publicized controversy over their coaching methods. Parents of some former Saratoga Springs runners have accused the Kranicks of administering unhealthy doses of vitamins to their children, requiring Sunday practices and exerting an abnormal amount of control over runners' lives. An investigation by the Saratoga Springs school district found the Kranicks broke no regulations. The case, however, has been appealed to state education commissioner Thomas Sobol, who is expected to make a ruling shortly.

Opponents have taunted the Saratoga Springs runners with jeers of "druggies," but Davis said she has put the controversy out of her mind.

"It doesn't mean anything to me," she said. "We just focus on our running and nothing else."

Meanwhile, the competition for Davis at this year's nationals promises to be tougher than last year. Julia Stamps, a sophomore from Santa Rosa High School in California, won the Western Regional qualifier last weekend in a blazing 16:45, breaking the regional record by six seconds.

Davis won the right to defend her title by

*continued next page...*



placing in the top eight at the Northeast Regional, but suffered through an uncharacteristic off day. She finished fourth in 17:44, and lost to Ostrander for the first time this season.

"I hung off Erin, stayed with her and then ran by," said Ostrander, who finished third in 17:37.

"I was excited because I qualified for the nationals, but beating Erin was an extra bonus."

Linda Kranick played down the pressure on Davis to win a second national title. Winning isn't as important for Davis as running to the best of her ability.

"Erin has nothing to prove to anyone," Kranick said. "Her coaches, parents and teammates are happy with her performance and that's enough."

## ■ Giusto, Barrios Head Field for Men's 5K Race

On Sunday (Dec. 11), USA Track & Field's 1994 road race championships make their final stop in Palm Desert, CA, for the men's 5 kilometers. The deep, competitive field includes a mixture of former Olympians [Arturo Barrios, Reuben Reina and Brian Abshire (De Anza High School, Richmond 1982)]; road and track veterans Matt Giusto (San Mateo High School 1984), Tim Hacker and Dan Nelson; and young, promising runners Brian Baker, Brian Grosso and Jason Pyrah.

Giusto, 28, from Albuquerque, and new U.S. citizen Barrios, 31, from Boulder, Colorado are among the favorites to challenge for the championship. Giusto, two-time national 5000 meter champion (1993, 1994) has the experience, desire and speed to claim his first road title. This year, Giusto has the fastest American 5K time, a 13:34 at Carlsbad.

Brian Abshire (Piedmont, CA) has the fourth fastest U.S. 5K time (13:49 at Carlsbad).

The prize purse totals \$18,000 with \$10,000 set aside for American men (\$3500, \$2000, \$1250, \$1000 down to \$100 for tenth place). In addition, an athlete breaking the American record [13:26 by Greg Whiteley (University High School, Irvine 1985), in 1993 Grand Bahamas 5000] earns an extra \$1500 bonus, while a time that breaks the world record (13:12 by Kenya's William Mutwol, Carlsbad, 1992), earns an extra \$2500.

The first-year event features a flat, double-looped course designed by Steve Scott (Upland High School 1974), American record holder in the mile. The championship will be featured on ESPN's Foot Locker Road Race of the Month and the Sports Channel's American Athlete.

From Ryan Lamppa, USATF Road Running Information Center

## ■ Giusto Wins Road Race in Luxurious Palm Desert

Palm Desert, California, December 11-- Matt Giusto (FLAC/San Mateo High School 1984) turned on the afterburners and left the field behind in the last 200 meters of the USATF 5K Road Championship. He defeated Tim Gargiulo (Reebok) by three seconds -- 13:53 to 13:56. Reuben Reina (FLAC) placed third in 13:58. Arturo Barrios was fourth in 13:58. Brian Abshire (Reebok/De Anza High School, Richmond 1982) was fifth in 13:59.

Gwyn Coogan (adidas/Claremont-Mudd-Scripps 1985) won the women's race in 15:44. Darcy Arreola (Grossmont High School, La Mesa 1986) placed fifth in 16:12.

I had attended the Foot Locker National High School Cross Country Championships on Saturday morning, then drove here in the afternoon.

The four-star Marriott Desert Springs Resort and Spa was the meet headquarters. Normally rooms go for \$200 plus per night, but they had a \$75 special for runners, so I said "let's splurge". It sure beats the \$40 Best Western. However, a cup of coffee was \$2.00, but you could opt for a sea-weed massage if you were so inclined. Or you could take a boat from the lobby to your choice of restaurants.

Palm Desert is located south of Palm Springs. It is entirely a gated community. Its prime shopping district is like Beverly Hills. I felt out-of-place in my Hertz Ford Escort rental car. All around me were luxury cars--Lexus, Rolls Royce, Mercedes, etc.

From Palm Desert I drove to the new Joshua Tree National Park. It had been dedicated the day before by Senator Diane Feinstein and the Secretary of the Interior. I even saw a road-runner (a long-tailed bird of the southwestern United States, the chaparral cock, characterized by running swiftly instead of flying).

## ■ North Coast Section Cross Country Management Committee Meeting

Alhambra High School, Martinez, December 12--This meeting was called to evaluate the 1994 season. Members present: Rico Balatti (De La Salle, Concord, Bay Valley Athletic League), Pete Brewer (Castro Valley, Hayward Area Athletic League), Steve Brower (Piedmont, Alameda Contra Costa Athletic

League), Tim Bruder (Alhambra, Mountain Bay Athletic League), Keith Conning (Berkeley, Bay Valley Athletic League), Helen Lehman (Carondelet, Concord, Bay Valley Athletic League), Otis McCain (Miramonte, Orinda, Foothill Athletic League), Manny Myers (Acalanes, Lafayette, Foothill Athletic League), Doyle O'Regan (Piedmont, Alameda Contra Costa Athletic League), Eddie Salazar (Livermore, East Bay Athletic League), Chris Walsh (Campolindo, Moraga, Foothill Athletic League), Mike Walsh (Amador Valley, Pleasanton, East Bay Athletic League), Phil Wilder (Moreau Catholic, Hayward, Hayward Area Athletic League), John Nules (North Coast Section).

### Evaluation--Sub-sectionals

1) Problem: Not equal in balance between North and South thus creating situations where only one team gets eliminated (if any) in some divisions.

Solution: Redefine boundaries to equalize the numbers or eliminate the sub-sectional concept.

2) Problem: Not getting enough help in the management of the NCS meets.

Solution: Have an August meeting so that the meet management responsibilities may be divided thus getting more involvement.

### Evaluation--Meet of Champions

1) Problem: Too long of a delay before results are posted.

Solution: Go to a High Tech/Low Tech format.

Low tech would post unofficial results immediately, as well as hand score. High tech would input to the computer. Results when completed will be copied and mailed to the schools as soon as possible.

2) Problem: Mills College site not a good spectator site.

Solution: Secure a new course. After much discussion and deliberation it was decided to change the meet site to Newhall Park in Walnut Creek on a 9 for none against with 3 abstentions.

Also requested and unanimously agreed to follow the CIF State Meet schedule so that our athletes would be better prepared.

### "At-Large"

The concept of "At Large" entrants to the CIF State Meet was discussed so that open slots could be filled. Qualification for application would be accomplishments at designated "Big Meets." The concept was generally agreed upon, however, the method of selecting the entrants in a just, fair procedure with pre-defined criteria must be reviewed.

continued next page.



# PREP NOTES

## Feeders

Question arose if it were legal to go to a Feeder Junior High or Middle School in the Spring when invited by the Feeder School Staff.

Next Meeting: January 11, 1995 at Acalanes High School, Lafayette, 6:00 p.m.

## Movement of NCS Cross Country Championships

The movement of the NCS cross country meet from Mills College to Newhall Park, will affect the Oakland Invitational, which is held at Mills College. One of its big attractions was the fact it was held on the NCS championship course.

## EDITORIAL BY PREP EDITOR

I am opposed to "at large" entrants to the state meet as proposed at a meeting of the Coaches Alliance.

I think it would be too political. Who would decide? Even Doug Speck, who does the team rankings, can't be everywhere. A case in point is Jason Balkman. Doug was surprised by his performance at the state meet, but if you had seen Jason at the Artichoke Invitational and the Central Coast Section as I had, you would not have been surprised.

What criteria would they follow? Would they select certain invitationals? What would that do to the invitationals not selected? For example, if the Stanford Invitational were selected, that could take teams away from other invitationals held that day. The Artichoke Invitational has been able to compete head-to-head with Stanford, but could they if teams are aiming for an "at large" slot?

I think this would be a move in the wrong direction for our sport.

I think the current method is the best. That's the way we select our U.S. Olympic Track Team. You either produce at your section meet or wait until next year.

Incidentally, my view did not prevail at a meeting of the North Coast Section Cross Country Management Committee.

If "at large" are allowed, I would hope we could preserve existing cross country invitationals.

Incidentally, the Stanford vs. Artichoke conflict will be resolved next year, because Stanford is moving back to the last Saturday in September. It was a shame that two of the best invitationals in Northern California, had to be on the same weekend each year.

What do you think?

## Misty May (Newport Harbor, Newport Beach)

December 15--Misty May, who placed second in the 1994 state meet high jump at 5-10, was chosen the 1994 Mizuno Volleyball Player of the Year. A 5-foot-9-inch outside hitter, led Newport Harbor to the state championship and No. 1 in the Mizuno Top 25.

May has a 30-inch vertical leap. Her father Butch played for the U.S. team at the 1968 Olympics.

May plans to attend Long Beach State.

## Rick Brown Correction

December 15--Donn Kirk of Pleasant Hill, Oregon, the author of the History of the California State Meet, writes: There was "no West Coast Relays in 1970. They were scheduled for May 8th and 9th but were cancelled. The meet where Los Altos dropped the baton in the mile relay was the Downey Games in Modesto held on April 25th. I was there. Rick Brown won the 440 in 49.0, won the 880 in 1:58.0, and anchored the mile relay to 4th in 3:29.1. An anchor leg of 44.8 is ridiculous! He peaked more than a month later for the State Meet. His best open 440 for that season was 47.1 at the CCS finals at Foothill on May 30th. The track coach at Los Altos that year was Leo Long, not Dave Maggard, nor was Maggard an assistant coach."

## Oregon Prep Officials Okay Girls PV

December 19--Oregon, which this year became the first state in the nation to offer pole vault competition for girls, will allow girls to compete in the vault next year at the state high school championships. (USATF Memo 12/19/94)

## Belmont Residents Report Encounter with Mountain Lion

December 19--A mountain lion was seen by Christopher Bradbury, 25, near Laurel Creek Road. State Fish and Game Warden Andy Roberts said he found nothing to confirm that what Bradbury saw was a mountain lion. But state wardens and local police urged residents to call if they see the creature again.

The unconfirmed encounter in Belmont follows numerous other reported sightings around the Bay Area this year and two fatal attacks on people in the state.

(Prep Editor: Crystal Springs in Belmont is the site of the Central Coast Section Cross

Country Championships, and numerous other cross country races. So now the runners may have more to worry about than just the course and the other runners.

Tuesday morning, December 20, when I went out running, I saw a sign posted at Skyline Gate in Redwood Regional Park in the Oakland hills warning about mountain lions.)

## Bay Area Woman Wins 50-Mile Race

December 19--Ann Trason of Kensington regained the course record when she captured the women's portion of the Sunmart Texas Trail Endurance Run in Huntsville, Texas.

Trason, 34, ran Saturday's 50-mile race in six hours, 14 minutes and 51 seconds -- four minutes faster than the record set last year by Donna Perkins. Perkins finished Saturday's race in 6:53:35.

"It's nice getting the record back, after hearing for two years now how I lost it by 13 minutes," Trason said. "I took a chance and I went out really hard, because I had a feeling Donna would go out hard, too. I got enough of a cushion that if I crumbled in the mud (which she did), I'd still win."

Rich Hanna, 30, of Sacramento, set a course record of 3:12:25 in the 50-kilometer race.

(Prep Editor: As a senior in high school Ann Trason (Pacific Grove High School 1978) ran the 10,000 meters in 35:11.2, the second fastest in California history and the seventh fastest in U.S. history. She is the finest ultra long distance runner in the U.S.)

## Tiffany Roberts (Carondelet, Concord) drops track for soccer

December 20--Tiffany Roberts has been honored as the best high school soccer player in the nation by the U.S. Soccer Coaches Association. She will give up playing for Carondelet to join the U.S. national women's team in training at Orlando, Florida on January 15 for the 1995 World Cup and the 1996 Olympics.

Last spring she ran the 800 meters in 2:11.81, the second fastest time by a Californian. She will attend the University of North Carolina on a soccer scholarship. She hopes to run with Marion Jones (Thousand Oaks High School) after the Olympic Games.

## Congratulations to correspondent Richard McCann

December 20--In their Christmas newsletter Richard and Ellen McCann of West Sacramen-

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# PREP NOTES

to announced the birth of their son Jacob "Jake" Shesko

McCann on August 5 at 7:58 a.m. He weighed 8 pounds 5 ounces.

Richard faxed me the results of the Sacramento Section cross country meet from the *Sacramento Bee*.

McCann was an outstanding high school distance runner from the state of Washington, who competed for the University of California in Berkeley.

## ■ Foot Locker Cross Country Super 25

Final rankings compiled by Marc Bloom of *The Harrier* magazine.

December 21, 1994

### BOYS

1. Kingwood, Texas
2. THOUSAND OAKS, CALIFORNIA
3. Mountain View, Orem, Utah
4. Brigham, South Jordan, Utah
5. Pioneer, Ann Arbor, Michigan
6. Gallup, New Mexico
7. Mead, Spokane, Washington
8. York, Elmhurst, Illinois
9. Shenendehowa, Clifton Park, New York
10. JESUIT, CARMICHAEL, CALIFORNIA
11. Council Rock, Newtown, Pennsylvania
12. St. Ignatius, Cleveland, Ohio
13. Msgr. Bonner, Drexel Hill, Pennsylvania
14. West Springfield, Springfield, Virginia
15. Campbell County, Gillette, Wyoming
16. Paul VI, Haddonfield, New Jersey
17. NORDHOFF, OJAI, CALIFORNIA
18. Bear Creek, Lakewood, Colorado
19. Gloucester, Massachusetts
20. Stevens Point, Wisconsin
21. Monroe-Woodbury, Central Valley, NY
22. CHULA VISTA, CALIFORNIA
23. Lecanto, Florida
24. Bend, Oregon
25. Manchester, Connecticut

### GIRLS

1. Shenendehowa, Clifton Park, New York
2. Saratoga Springs, New York
3. Caledonia, Michigan
4. Londonderry, New Hampshire
5. Mountain View, Orem, Utah
6. East, Duluth, Minnesota
7. Kingwood, Texas
8. CLAYTON VALLEY, CONCORD, CA
9. Bay Shore, New York
10. State College, Pennsylvania
11. Essex Junction, Vermont
12. PENINSULA, PALOS VERDES, CA

13. THOUSAND OAKS, CA
14. Hylton, Virginia
15. Central, Manchester, New Hampshire
16. Mullen, Denver, Colorado
17. Baldwinsville, New York
18. Red Bank, New Jersey
19. Western Albemarle, Crozet, Virginia
20. Beaumont, Cleveland Heights, Ohio
21. Waukesha, Wisconsin
22. Bend, Oregon
23. Southeast, Lincoln, Nebraska
24. TEMESCAL CYN, ELSINORE, CA
25. Plant, Tampa, Florida

## ■ NCAA Division I Men's All-Academic Team

December 23--Selected by U.S. Cross Country Coaches Association: Stewart Ellington (Tennessee/Milpitas High School), 3.48, nursing; Greg Jimmerson (Stanford/Stevens High School, Rapid City, SD), 3.32, engineering.

## ■ USA Track continues steroid probe of Noon

December 23--A lawyer for USA Track and Field plans to question University of Georgia coaches, athletes and other personnel about allegations of steroid use by two-time NCAA shot put champion Brent Noon.

The latest salvo in the two-year legal battle between USATF and Noon came as federation lawyer Michael Rubino said he wanted to talk to Georgia assistant track coach Ralf Uebel and:

- ✓ Track coach John Mitchell.
- ✓ Two trainers and two university physicians.
- ✓ Current or former track athletes Alessandro Orlando, Jan Belecki, Boris Stoikos, Hans Schmidt, Hrvoje Verzi and Volker Mai.

The move comes less than two weeks after a judge threw out a \$983,000 award to Noon in his suit against USATF on drug-testing procedures and ordered a new trial. The ruling followed the emergence of a diary, allegedly written by Uebel. A photocopy of the diary, with an Athens, GA., postmark, was anonymously sent to a USATF official. It suggests people at Georgia had knowledge of use of steroids by Noon.

Tuesday in San Diego, Superior Court Judge Richard Haden ruled the lawyer for USA Track & Field could take depositions by Noon.

Hoke Wilder Jr., assistant athletic director for compliance, said Thursday that Uebel has been in Louisiana and is expected to be on campus next week. Georgia athletic director

Vince Dooley said he wants to meet with Uebel as soon as possible.

*The Associated Press*

## ■ Realignment appealed; Berkeley unwanted in EBAL

By Mitch Stephens

Staff writer *West County Times*

Dublin, December 24--The appeals are on. The proposed realignment of the North Coast Section has some cracks, according to three schools and one league.

NCS Commissioner Paul Gaddini announced Friday that Amador Valley, Livermore and Richmond high schools, as well as the Alameda Contra Costa Athletic League, have filed appeals concerning a realignment proposal made by section principals Nov. 16.

The four-year realignment cycle is set to begin in the fall of 1996. Among other things, the proposal placed Berkeley into a revamped 31 (large-school) East Bay Athletic League, along with Amador Valley, Livermore, California, Monte Vista and San Ramon Valley.

Principals Steve Dellanini of Amador Valley and Sheila Cooper of Livermore are appealing on grounds that Berkeley is not geographically proximate to their schools.

"It is not fair for our students to have to be out of class longer and to pay higher transportation fees when there are schools that are much closer to Berkeley High," Dellanini said.

Cooper and Dellanini have proposed that the Yellowjackets be placed in another league and Castro Valley be moved to the EBAL.

Gaddini and an NCS alignment and classification committee are scheduled to hear the appeals Jan. 11 at Dublin High. They may vote to keep the plan the way it is, or come up with a new one if they support one or more of the appeals.

Cooper and Dellanini are also appealing the principals' decision to release 3A schools Richmond, El Cerrito, De Anza and Alameda to the 2A (small-school) conference. Cooper and Dellanini said the NCS provides guidelines only for a school to raise its classification, not to lower them.

Had those schools remained 3A and joined Berkeley and Bishop O'Dowd, a natural and proximate six-team league could have been formed.

**SUBSCRIBE TODAY!**



# PREP RESULTS

Please send track & field / cross country results directly to: CTN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

## NORTHERN AND CENTRAL CALIFORNIA

From  
Keith Conning

### Central Section

Mooney Grove, Visalia  
November 10, 1994

#### Boys

##### Division II

**Teams:** 1. Arvin 41, 2. Reedley 101, 3. Sanger 142, 4. Buchanan 147, 5. South 170, 6. Golden West 179, 7. Highland 186, 8. North 190, 9. Stockdale 234, 10. Redwood 276.

**Individuals:** 1. Roy Sanchez, Delano 15:04; 2. Luis Herrera, Arvin 15:14; 3. Jorge Castro, Arvin 15:18; 4. Victor Medina, Arvin

15:33; 5. Jesus Villavicencio, South 15:34; 6. Chad Schmidt, North 15:42; 7. Jose Godinez, Reedley 15:43; 8. Noel Nelson, Redwood 15:43; 9. Jeff Norman, Stockdale 15:48; 10. Michael Lujan, Reedley 15:49.

##### Division III

**Teams:** 1. Corcoran 82 (6th runner finished 31st), 2. Centennial 82 (6th 39), 3. Lemoore 91, 4. Yosemite 102, 5. Mendota 158, 6. Wasco 180, 7. Exeter 206, 8. Tehachapi 207, 9. Shafter 209, 10. Tulare Western 239.

**Individuals:** 1. Miguel Rays, Wasco 15:36; 2. Freddy Ramirez, Wasco 15:37; 3. Jose Palacios, Corcoran 16:07; 4. Jeremiah Hunt, Lemoore 16:10; 5. Joaquin Aviles, Mendota 16:10; 6. Matt Gonzales, Centennial 16:19; 7. Tim Padilla, Yosemite 16:22; 8. Lucas Bianchi, Edison 16:39; 9. Michael Aviles, Mendota 16:45; 10. Alejandro Palacios, Corcoran 16:46.

#### Girls

##### Division II

**Teams:** 1. Buchanan 19, 2. Reedley 52, 3. Golden West 99, 4. Mt. Whitney 129, 5.

North 159, 6. Highland 163, 7. Sanger 196, 8. Foothill 210, 9. Redwood 237 (6th 65), 10. Monache 237 (6th 68).

##### Individuals:

1. Tracy Cohn, Stockdale 17:55; 2. Tiffany Heilbut, Buchanan 18:36; 3. Corrine Atkins, Buchanan 18:40; 4. Annabel Ortiz, Reedley 18:43; 5. Rachel Bauer, Buchanan 18:49; 6. Heather Ryan, Buchanan 18:49; 7. Nicole Eleff, Highland 18:57; 8. Shelly Syvertsen, Buchanan 19:15; 9. Jocelyn Keller, Buchanan 19:21; 10. Angela Ruiz, Reedley 19:22.

##### Division III

**Teams:** 1. Centennial 62, 2. Yosemite 80 (6th 30), 3. Lemoore 80 (6th 34), 4. Exeter 82, 5. Wasco 108, 6. Edison 127, 7. Shafter 129, 8. Tehachapi 226.

**Individuals:** 1. Veronica Sanchez, Wasco 17:39; 2. Signe Hurley, Exeter 19:22; 3. Keeley McKinzie, Centennial 19:49; 4. Kaylee Brittan, Centennial 19:52; 5. Kate Taylor, Lemoore 19:55; 6. Jeanne Abalos, Lemoore 19:58; 7. Sourya Syhalath, Edison 20:02; 8. Charlotte Duran, Shafter 20:28; 9. Keren Padilla, Yosemite 20:15; 10. Thersa Peterson, Yosemite 20:21.

## Sac-Joaquin Section

Sierra College, Rocklin  
November 11, 1994

#### Boys

##### Division I

**Teams:** Del Campo 532, Franklin 63, Nevada Union 87, Beyer 99, Merced 126, Lincoln 141, Wood 165, Casa Roble 167.

**Individuals:** Yonan Beyer, 15:29; Buenrostro, Stagg, 15:35; Oudegeest, Beyer, 15:35; Pimentel, Franklin, 15:40; Roach, Tokay, 15:45; Huerta, Franklin 15:49; Tame, Lincoln, 15:53; Hackworth, Nevada Union 15:55; Panigagua, Franklin, 15:57; Moore, Del Campo, 15:59.

##### Division II

**Teams:** Jesuit 32, Napa 90, Davis 100, El Dorado 110, Roseville 111, Del Oro 126, Manteca 135, Bear Creek 175.

**Individuals:** Stember, Jesuit, 14:51; Phister, Davis, 14:59; Hansen, Napa, 15:06; Blair, Napa, 15:25; Nelson, Napa, 15:26; Bohaty, Jesuit, 15:33; Abbott, Jesuit, 15:35; Valencia, Jesuit, 15:39; Clarke, Del Oro, 15:41; Kimball, Jesuit, 15:42.

##### Division III

**Teams:** Sonora 39, Placer 63, San Juan 82, East Union 85, Oak Ridge 135, Rio Americano 144, Folsom 150, Christian Brothers 216.

**Individuals:** Holman, Sonora, 15:02; D'Ottavio, Placer, 15:33; Gohlke, East Union, 15:38; Henderson, Vacaville, 16:04; Chamberlain, Oak Ridge, 16:11; Denogen, East Union, 16:20; Christiansen, Placer, 16:24; Oleachea, San Juan, 16:24; Moreton, Sonora, 16:25; Wolf, Sonora, 16:25.

##### Division IV

**Teams:** Bret Harte 72, Calaveras 78, Colfax 82, Patterson 93, Summerville 96, Riverbank 137, Dixon 140, Linden 173.

**Individuals:** Brackett, Calaveras, 15:32; Renn, Bret Harte, 16:25; Rocha, Vanden, 16:32; Stovall, Riverbank, 16:36; Long, St. Helena, 16:39; Vomheede, Riverbank, 16:47; Kodet, Colfax, 16:47; Trinidad, Patterson, 16:56; Meza, Linden, 17:07; White, Bret Harte, 17:12.

#### Girls

##### Division I

**Teams:** Del Campo 60, Beyer 81, Ponderosa 100, Casa Roble 101, Turlock 119, Lincoln 127, Nevada Union 128, Tokay 144.

**Individuals:** Schindler, Ponderosa, 18:04; Hassan, Nevada Union, 18:32; Faria, Turlock, 18:38; Hardenburg, Casa Roble, 19:11; Andrews, Del Campo, 19:13; Bracht, Beyer, 19:16; Neil, Wood, 19:19; Ochoa, Fairfield, 19:21.

##### Division II

**Teams:** Del Oro 21, Napa 80, Tracy 90, Oakmont 100, Manteca 113, Davis 119, Lodi 186, Roseville 215.



CORRINE ATKINS

Photo by Bill Cockerham



MICHAEL STEMBER

Photo by Bill Cockerham



DARREN HOLMAN

Photo by Bill Cockerham



# PREP RESULTS

**Individuals:** Pope, Del Oro, 18:31; L. Starke, Del Oro, 19:03; Mariner, Oakmont, 19:10; Millhollen, Del Oro, 19:15; T. Starke, Del Oro, 19:19; Chaney, Tracy, 19:22; Nerdveld, Oakmont, 19:26; Hughes, Napa, 19:26; Andreotti, Del Oro, 19:36; Gunnison, McClatchy, 19:38.

## Division III

**Teams:** Sonora 49, Rio Americano 65, East Union 68, Vacaville 97, Mira Loma 102, Los Banos 121, Golden Valley 169.

**Individuals:** Hurst, Sonora, 18:29; Sellers, East Union, 18:55; Avila, Livingston, 19:32; Souza, East Union, 19:33; Gabellini, Mira Loma, 19:33; Oakland, Rio Americano, 19:35; Cobb, St. Francis, 19:45; Harris, Vacaville, 19:59; McCrea, Los Banos, 20:01; Bower, Mira Loma, 20:05.

## Division IV

**Teams:** Dixon 56, Bret Harte 66, Escalon 82, Bear River 91, Rocklin 99, St. Mary's 136, Colfax 163, Summerville 194.

**Individuals:** Miller, Bear River, 19:32; Chamberlain, Rocklin, 19:34; Firebaugh, Escalon, 20:03; Wade, Rocklin, 20:10; Wiserg, Bear River, 20:28; Brown, Calaveras, 20:32; Sperlock, Dixon, 20:33; Huff, Justin-Siena, 20:33; Knapp, Colfax, 20:36; McNarin, Bret Harte, 20:37.

## Central Coast Section

Crystal Springs, Belmont

November 12, 1994

Distance: 2.96 miles

## Boys

### Division I

**Teams:** 1. Bellarmine 30, 2. Serra 91, 3. Burlingame 97, 4. Silver Creek 119, 5. Live Oak 188, 6. Lynbrook 191, 7. Westmoor 203, 8. Mt. Pleasant 209, 9. Del Mar 225, 10. Prospect 230.

**Individuals:** 1. Jason Balkman, Lynbrook 14:54; 2. Arnold Song, Bellarmine 15:06; 3. Thomas Becker, Bellarmine 15:07; 4. Enrique Torres, Silver Creek 15:32; 5. Andrew Wulf, Bellarmine 15:40; 6. Jesse Robinette, El Camino 16:01; 7. Chris D'Anjou, Live Oak 16:02; 8. Steve Buelow, Burlingame 16:04; 9. Daniel Chen, Independence 16:10; 10. Mike Banulescu, Bellarmine 16:13.

### Division II

**Teams:** 1. Leland 44, 2. St. Ignatius 85, 3. North Monterey 102, 4. Watsonville 105, 5. Overfelt 167, 6. Mountain View 185, 7. Gilroy 191, 8. North Salinas 197, 9. Salinas 208, 10. Homestead 252.

**Individuals:** 1. Brad Hansen, St. Ignatius 15:43; 2. Steven Moreno, North Salinas 15:46; 3. Tomas Garcia, Watsonville 15:52; 4. Ricardo Dominguez, Overfelt 15:55; 5. Daniel Sikiric, Leland 15:57; 6. Leonardo Leon, North Monterey 16:03; 7. Brian Murphy, Leland 16:05; 8. Paul Wellman, St. Ignatius 16:13; 9. Brian Dorgan, Hill 16:14; 10. Cliff Roberts, Leland 16:17.

### Division III

**Teams:** 1. St. Francis 50, 2. Los Gatos 56, 3. Mills 115, 4. Gunn 135, 5. Lick 157, 6. Palo Alto 170, 7. King City 195, 8. Los Altos 212, 9. Gonzales 219, 10. Aragon 231.

**Individuals:** 1. Jeremy Riddle, Gunn 15:39;

2. David McDonough, Cupertino 15:51; 3. Michael Cheung, St. Francis 16:00; 4. Amelgo Rossi, Harbor 16:01; 5. Peter Carter, Los Gatos 16:02; 6. Onfre Navarro, Lick 16:03; 7. Brian Leong, Mills 16:09; 8. Cameron Watts, Los Gatos 16:14; 9. Quinn Walker, St. Francis 16:22; 10. John Collin, St. Francis 16:23.

## Division IV

**Teams:** 1. Half Moon Bay 19, 2. Palma 95, 3. Saratoga 104, 4. Monte Vista 112, 5. Stevenson 132, 6. Capuchino 148, 7. San Jose Academy 156, 8. Redwood Christian 175.

**Individuals:** 1. Justin Stern, Half Moon Bay 16:05, 2. Louis White, Half Moon Bay 16:42, 3. Peter West, Stevenson 16:49, 4. Noel Tendick, Half Moon Bay 16:54, 5. James Harrison, Half Moon Bay 17:00, 6. Victor Cortes, San Jose Academy 17:01; 7. David Dines, Half Moon Bay 17:01; 8. Ryan Drobnick, Palma 17:04; 9. Jason Richardson, Redwood Christian 17:08, 10. Hank Nothhaft, Saratoga 17:09.

## Girls

### Division I

**Teams:** 1. Silver Creek 46, 2. Santa Teresa 58, 3. Burlingame 60, 4. Sacred Heart Cathedral 83, 5. Mt. Pleasant 132, 6. Live Oak 138, 7. Wilcox 157, 8. Westmoor 229, 9. Lynbrook 261.

**Individuals:** 1. Deborah Bleisch, Silver Creek 18:35, 2. Jacquie Cooke, Burlingame 18:59, 3. Laneisha McPherson, Silver Creek 19:16, 4. Lisa Renteria, Westmont 19:26; 5. Courtney Syrdin, Yerba Buena 19:38; 6. Tina Kefalas, Sacred Heart Cathedral 19:51; 7. Vi Tran, Santa Teresa 19:57; 8. Annette Holmquist, Santa Teresa 20:00; 9. Michelle Rummelhart, Terra Nova 20:07; 10. Sabrina Gunion, Santa Teresa 20:08.

### Division II

**Teams:** 1. Leland 45, 2. North Monterey 68, 3. Salinas 97, 4. Aptos 131, 5. Piedmont Hills 144, 6. Gunn 156, 7. Monte Vista 157, 8. Leigh 190, 9. San Benito 229, 10. Santa Clara 229.

**Individuals:** 1. Emily Allison, Leland 18:03; 2. Nicole Silva, Aptos, 18:58; 3. Meghan Randall, Aptos 19:16; 4. Ashley Holt, Menlo Atherton 19:41; 5. Brianna Denley, North Monterey 20:02; 6. Stephanie Riggs, Monte Vista 20:04; 7. Meghan Scott, Leland 20:21; 8. Hollie Smith, Aptos 20:25, 9. Joanna Peshkoff, Salinas 20:30, 10. Kathy Sheldon, Leland 20:35.

### Division III

**Teams:** 1. St. Ignatius 30, 2. St. Francis 76, 3. Presentation 94, 4. Mitty 95, 5. Los Gatos 161, 6. Gonzales 162, 7. Soquel 171, 8. Palo Alto 200, 9. Willow Glen 214, 10. Santa Cruz 236.

**Individuals:** 1. Laura Sandoval, St. Ignatius 18:43; 2. Muffie Binkley, Los Altos 19:26, 3. Shana Driscoll, St. Ignatius 19:35; 4. Nichole Gerhens, Harbor 19:48; 5. Marielle Schlueter, St. Ignatius 20:02; 6. Eileen Grove, St. Ignatius 20:09; 7. Claire Ryan, Mitty 20:10; 8. Carla Swiryn, St. Francis 20:18, 9. Veronica DelMar-Enc, Soquel 20:35, 9. Amy Galvin, Sequoia 20:36.

## Division IV

**Teams:** 1. Half Moon Bay 44, 2. Saratoga 64, 3. Carmel 102, 4. York 105, 5. Stevenson 120, 6. Castilleja 128, 7. Mercy-B 187, 8. Notre Dame 189, 9. Redwood Christian 236.

**Individuals:** 1. Trisha Felts, Sacred Heart Prep 19:47, 2. Shauna O'Leary, Half Moon Bay 19:56, 3. Chloe Barger, Half Moon Bay 19:58, 4. Maggie Ricketts, Saratoga 20:10, 5. Anne-Elyse Smith, Monte Vista 20:21, 6. Meredith Sullivan, York 20:30, 7. Katie Appenrodt, Mercy 20:36, 8. Alice Irvine, York 20:37, 9. Molly Allen, Carmel 20:41, 10. Mandy Kemp, Saratoga 20:45.

## San Francisco Section

Academic Athletic Association

Golden Gate Park, San Francisco

November 16, 1994

Distance: 3.2 miles

from Marc Christensen (McAteer)

## Boys

**Teams:** 1. McAteer, 25; 2. Lowell, 45; 3. Lincoln, 68; 4. Galileo, 194; 5. Washington, 195.

**Individuals:** 1. Bolota Asmerom (McAteer), 17 minutes, 59 seconds; 2. Jerome Morton (McAteer), 18:03; 3. Yonathan Asmerom (McAteer), 18:06; 4. Damarcus Thomas (Lincoln), 18:26; 5. Paul Choi (Lowell), 18:37; 6. Jerry Lee (Lowell), 18:51; 7. Graef Norton (Lowell), 18:55; 8. Francisco Garcia (McAteer), 19:20; 9. Alvaro Cardoza (Lincoln), 19:20; 10. Shawn Morris (Balboa), 19:40.

## Girls

**Teams:** 1. Lowell, 18; 2. Lincoln, 113; 3. Wallenberg, 160; 4. Washington 179.

**Individuals:** 1. Oasil Lucero (Lowell), 21:31; 2. Jennifer Akana (Lowell), 22:12; 3. Alyse Christensen (McAteer) 22:32; 4. Valerie Moorhead (Lowell) 22:48; 5. Melinda Huang (Lowell), 22:49; 6. Susan Chou (Lowell), 22:58; 7. Rosamar Gonzalez (McAteer), 23:53; 8. Ying Hua (Lowell), 24:42; 9. Melissa Ng (Galileo), 25:00; 10. Allison Fong (Lowell), 25:11.

## North Coast Section

### Meet of Champions

Mills College, Oakland

November 19, 1994

## Boys

### Division I

**Teams:** 1. Santa Rosa 24, 2. Logan 39, 3. Montgomery 86, 4. Alameda 109, 5. Antioch 125, 6. Berkeley 172, 7. Rancho Cotate 175.

**Individuals:** 1. Peter Egerton, Santa Rosa 16:50; 2. Zach Barrett, Santa Rosa 17:20; 3. Chad Foster, Logan 17:40; 4. Aaron Richberg, Logan 17:50; 5. Ben Vandenheuvel, Santa Rosa 17:55; 6. Mekonnen Fekadu, Santa Rosa 17:58; 7. Ermas Yohannes, Alameda 18:02; 8. Ishma Asmatey, Logan 18:04; 9. Daniel Embaye, Logan 18:05, 10. Mike Schwartz, Santa Rosa 18:05.

### Division II

**Teams:** 1. De La Salle 54, 2. Mission San Jose 64, 3. Eureka 67, 4. Castro Valley 68,

5. San Ramon 157, 6. College Park 175, 7. Ukiah 181, 8. Monte Vista 188, 9. California 199, 10. Moreau 286.

**Individuals:** 1. Tom Prindville, De La Salle 16:34; 2. Randy Maestretti, De La Salle 16:52; 3. Adam Grubbs, Eureka 17:04; 4. Jon Stevens, Mission San Jose 17:15; 5. Kevin White, Eureka 17:17; 6. Martin Beggs, Monte Vista 17:19; 7. Pat O'Leary, Mission San Jose 17:29; 8. Arian De Wald, Eureka 17:33; 9. Amendeep Singh, Mission San Jose 17:47; 10. Shane Dulaney, Castro Valley 17:49.

## Division III

**Teams:** 1. Livermore 38, 2. Clayton Valley 87, 3. Amador Valley 92, 4. Bishop O'Dowd 147, 5. Granada 157, 6. Irvington 190, 7. San Leandro 217, 8. Novato 230, 9. Northgate 233, 10. Healdsburg 240.

**Individuals:** 1. Mitchell Jones, Livermore 16:24, 2. Alex Teekel, Bishop O'Dowd 16:35, 3. Steve Immel, Livermore 16:37, 4. Mike Wojciechowski, Clayton Valley 16:41; 5. Keith Kennedy, San Leandro 16:57; 6. Geoff Brigham, Clayton Valley 17:03; 7. Rolf Kuahvik, Northgate 17:21; 8. Dan Brecht, Petaluma 17:27; 9. Adrian Einerl, Livermore 17:27; 10. Enrique Hennequez, San Leandro 17:30.

## Division IV

**Teams:** 1. Campolindo 74, 2. Piedmont 89, 3. Terra Linda 95, 4. Newman 118, 5. University 132, 6. Arcata 143, 7. St. Mary's 156, 8. Miramonte 199, 9. Lick-Wilmerding 225, 10. Drake 271.

**Individuals:** 1. Ryan Gallagher, Campolindo 16:47; 2. Jason Hardy, California School for the Deaf 16:56; 3. Cody Clark-Thompson, Arcata 16:57, 4. Jonevan Hornsby, St. Mary's 17:04, 5. Adrian Gutierrez, Mt. Diablo 17:20; 6. Dave Rhodes, Piedmont 17:28; 7. Cisco Schaaf, St. Mary's 17:34, 8. Aron Fischer, University 17:37; 9. Jon Genant, Branson 17:41, 10. Justin Cude, Middletown 17:48.

## Girls

### Division I

**Teams:** 1. Carondelet 29, 2. Logan 65, 3. Santa Rosa 98, 4. Washington 103, 5. Montgomery 108, 6. Alameda 138, 7. Piner 168, 8. Antioch 220.

**Individuals:** 1. Julia Stamps, Santa Rosa 18:10; 2. Kristen Gordon, Carondelet 19:39; 3. Pamela Richardson, Montgomery 20:33; 4. Katie Owen, Carondelet 20:50; 5. Senhit Kirar, Logan 21:09; 6. Colleen Fitzpatrick, Carondelet 21:34; 7. Jennifer Bridgeman, Logan 21:49; 8. Ginaea Camillo, Carondelet 21:56; 9. Megan Goddard, Carondelet 22:02; 10. Melissa Dusch, Washington 22:11.

### Division II

**Teams:** 1. Mission San Jose 40, 2. Castro Valley 68, 3. Moreau 69, 4. College Park 82, 5. Monte Vista 85, 6. Ukiah 167.

**Individuals:** 1. Lori Reidy, Mission San Jose 19:26; 2. Elissa Reidy, Mission San Jose 19:35, 3. Tina Bowen, San Ramon 20:03; 4. Jennifer Ewing, Castro Valley 20:27; 5. Lisa Gillis, Moreau 21:14; 6. Courtney Burman, Eureka 21:20; 7. Kristine Swickl, Monte Vista 21:37; 8. Kasia Nowak, Newark Memori-

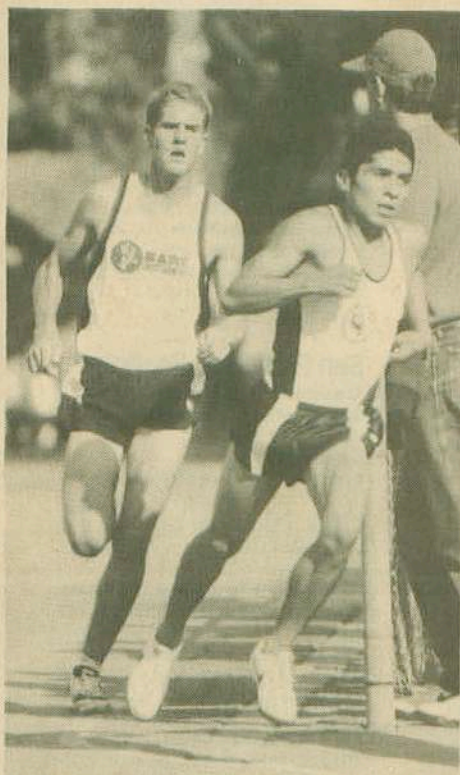


# PREP RESULTS



**HEATHER WALLACE**

Photo by Bill Cockerham



**BRETT STRAHAN (left) & ELEAZAR HERNANDEZ**

Photo by Bill Cockerham



**JEFF FISCHER**

Photo by Bill Cockerham



**JAVIER RAMIREZ**

Photo by Bill Cockerham

at 21:37; 9. Kelly Caloway, California 21:39; 10. Sue Pickens, Newark Memorial 21:41.

## Division III

**Teams:** 1. Clayton Valley 35; 2. Northgate 84; 3. Acalanes 122; 4. Bishop O'Dowd 147; 5. Granada 161; 6. Livermore 176; 7. Petaluma 200; 8. American 225; 9. Las Lomas 255; 10. Amador Valley 257.

**Individuals:** 1. Heather Wallace, Clayton Valley 19:13; 2. Deborah Osteen, Clayton Valley 19:30; 3. Jessica Rhodes, Acalanes 19:34; 4. Alison Lambert, Northgate 19:50; 5. Amber Robinson, Las Lomas 19:54; 6. 7. Marisa Daniel, Granada 20:05; 8. Lisa Hernandez, Healdsburg 20:07; 9. Kelly Howisey, Clayton Valley 20:16; 10. Sally Cheda, Petaluma 20:17.

## Division IV

**Teams:** 1. Miramonte 55; 2. Branson 73; 3. Ursuline 77; 4. Arcata 101; 5. Campolindo 188; 6. Piedmont 197; 7. Terra Linda 211; 8. Drake 238; 9. College Prep 245 (6th 81); 10. San Rafael 245 (6th 89).

**Individuals:** 1. Kristen Schreiber, Miramonte 19:58; 2. Theresa Newman, Marin Catholic 20:14; 3. Jennifer Ponig, Terra Linda 20:45; 4. Kim Reynolds, Branson 20:59; 5. Lindsey Bergren, Miramonte 21:00; 6. Gina Rafanelli, College Prep 21:04;

7. Tegan Zimmerman, San Rafael 21:11; 8. Sarah Hallis, Ursuline 21:13; 9. Abi Heckscher, San Rafael 21:14; 10. Alisa Reynolds, Arcata 21:28.

## SOUTHERN RESULTS

From Doug Speck

### Southern Section Cross-Country Championships

**Saturday, November 19. Mt. San Antonio College. Weather sunny and cool (perfect conditions)**

In really one of the great days of prep cross-country in Southern California, the Southern Section came to the tough three mile course at Mt. SAC on November 19th for its Section Finals and

State qualifying meet. Wow!!! was the only way to describe the day's action, with runners basically going crazy on the super morning for running. It is hard to recall a day when a group of individuals and teams peaked so nicely with a series of superb efforts.

Thousand Oaks, with its special group finally rounding into top shape after injury early in the year, had Jeff Fischer (15:18) and Kevin Marsden (15:19) join 1994 team leader Keith O'Doherty (15:16) as the Lancers blew away their own old Course record of 77:56 with an amazing 77:09 team clocking! An average of under 15:30 (15:26 to be exact) for a scoring five on this course is unbelievable. Coach Jack Farrell, other scorers Todd Disney (15:34) and Josh Carolan (15:42), and the entire TO program need to be saluted for their great effort. The Lancer Girls were not far behind, with the #10 Section team time ever at Mt. SAC with their

94:51 in taking the Div I title, led by Kim Mortensen's 18:00. Kingwood Texas, which defeated both Lancer teams during an early October trip to Texas and took both Lone Star 5A team titles, is the only program nationally that can compare overall to Thousand Oaks.

There was some great individual running during the day also. A great Div I Boys race had one of the Section's better groups ever battling. Mt. SAC winner Eleazar Hernandez (Camarillo) (15:02) had rivals Brett Strahan (4:09 1600m runner), the TO crowd, and upstart Adalberto Sanchez (Capistrano Valley, Mission Viejo) who raced 15:08 in qualifying the previous week. In a tremendous race Hernandez and Sanchez battled the entire way, with a duel down the "air-strip" home-stretch ending with Hernandez the winner by a bare two yards at 14:54-14:55, times that broke into the Section all-time top ten senior listing.



# PREP RESULTS

On the Girls side, one of the sport's amazing stories continued here. Elaine Canchola, a frosh at Nordhoff (Ojai) had started the season with respectable times near 21 minutes. As the season went along she seemed to drop about 30 seconds each time out, racing a fine 19:00 at the Mt. SAC Invitational here, then improving to mid-18:00's in the Ventura County Meet. In the Prelims she blasted a 17:53 here, the #4 section frosh time ever! The Finals would be a heck of a race, with Heather Garritson (Buena Park), winner of the Mt. SAC Div III Sweeps at 17:49 (#3 area and #4 all-time frosh from anywhere on course), and defending Div III State champ Annie Ebner (St. Lucy's, Glendora) not giving up without a fight. The amazing Canchola continued her steady improvement this morning, purring over the three mile course with a determined, powerful form that had her win comfortably at 17:35 to Garritson and Ebner's 18:04's. The 17:35 is only a Mt. SAC frosh course record, breaking the 17:37 by Deena Drossin (Agoura), who had done a heck of a lot of running before her high school career. Canchola is simply the most improved athlete over the length of one season in area history! As a matter of fact, Coach Ken Reeves probably took both Ranger teams farther than any Coach in area history over the length of one season. The Girls were 96:33 this day, with the Boys a mind-boggling 79:44 behind Javier Ramirez's 15:10 winning Div III effort, with the Boys jumping to #8 in the entire Western U.S. in Regional "Harrier Magazine" rankings off their effort. Again, it was an amazing day....

## BOYS

### Division I

Thousand Oaks 77:09 (described above) was a truly magnificent performance and a great close to the careers of the Lancer team leaders. The individual struggle, which had two athletes duck under 15:00 (and is also described above) was another classic! Poor Arroyo (El Monte) ran 81:08 and ended up fifth to miss out on the State Meet, with probably only one or two teams from around the State Div I better than the Knights.

**RESULTS:** 1. Eleazar Hernandez (Camarillo) 14:54, 2. Adalberto Sanchez (Capistrano Valley, Mission Viejo) 14:55, 3. Keith

O'Doherty (Thousand Oaks) 15:16, 4. Jeff Fischer (Thous Oaks) 15:18, 5. Kevin Marsden (Thous Oaks) 15:19, 6. Brett Strahan (Hart, Newhall) 15:20, 7. Jeff McLarty (Ayala, Chino) 15:23, 8. David Lopez (Hoover, Glendale) 15:25, 9. Ian Enriquez (Corona) 15:30, 11. Francisco Sandoval (Channel Islands, Oxnard) 15:33, 12. Jesse Barragan (Wilson, Long Beach) 15:34, 13. Todd Disney (Thous Oaks) 15:34, 14. John Hake (Arroyo, El Monte) 15:40, 15. Felipe Montoro (Hoover, Glen) 15:41, 16. Josh Carolan (Thous Oaks) 15:42, 17. Omar Orendain (San Gabriel) 15:42, 18. Ryan Deane (Peninsula, Rolling Hills) 15:43, 19. Glen Busch (Orange) 15:45, 20. Jeremy Park (Camarillo) 15:46.

**Team:** (Overall) 1. Thousand Oaks 29 (77:09), 2. Peninsula (Rolling Hills) 111 (79:51), 3. Camarillo 117 (79:45), 4. Hart (Newhall) 122 (80:06), 5. Arroyo (El Monte) 150 (81:08), 6. Corona 156 (80:57), 7. Alta Loma 157 (81:12), 8. Orange 166 (81:14), 9. Santa Ana Valley 202 (82:09), 10. Redlands 211 (82:29), 11. Ayala (Chino) 225 (82:16), 12. Diamond Bar 234 (82:54). **AA:** 1. Peninsula 41, 2. Alta Loma 61, 3. Redlands 85, 4. Santa Ana Valley 87, 5. Ayala 98, 6. Diamond Bar 104. **A-1:** Thousand Oaks 25, 2. Camarillo 75, 3. Hart 81, 4. Arroyo 94, 5. Orange 98, 6. Corona 99.

### Division II

Palmdale edged late-season upstart squad, Mater Dei (Santa Ana) 74-77, with the Orange County crew laying pretty low most of the season. They emerged at the Orange County Championships with a surprise victory, and continued fine running here. Antonio Arce (15:10) led Palmdale with his fine individual win, with John Greene (Agoura) keeping the 9:03 3200m star honest with easily his best race ever, a 15:13.

**RESULTS:** 1. Antonio Arce (Palmdale) 15:10, 2. John Greene (Agoura) 15:13, 3. James Liu (Temple City) 15:25, 4. Ricardo Villalobos (Ramona, Riverside) 15:32, 5. Garrett Jensen (Sunny Hills, Fullerton) 15:40, 6. Tony Trueba (Huntington Beach) 15:47, 7. Byron Hardie (Bishop Amat, La Puente) 15:50, 8. Phil Gonzalez (Crescenta Valley, La Crescenta) 15:53, 9. Alfonso Ibarra (Arlington, Riverside) 15:56, 10. Kent Roberts (Edison, Huntington Beach) 15:57, 11. Ronnie Buchanan (Righetti, Santa Maria) 15:59, 12. Daniel Gonzalez (Mater Dei, Santa Ana) 16:02, 13. Mario Arce (Palmdale) 16:05, 14. Brian Mitzel (Mater Dei, Santa Ana) 16:06, 15. Sean Cienadriel (Yucaipa) 16:07. **Teams:** 1. Palmdale 74 (80:23), 2. Mater Dei (Santa Ana) 77 (81:21), 3. Hemet 125 (82:21), 4. Yucaipa 132 (82:16), 5. Villa Park 144 (82:38), 6. Laguna Hills 156 (82:57), 7. Agoura 161 (82:04), 8. Mission Viejo 162 (82:49), 9. Edison (Huntington Beach) 184 (83:28), 10. Katalla (Anaheim) 202 (83:39), 11. Righetti (Santa Maria) 228 (84:26), 12. Crescenta Valley (La Crescenta) 247 (84:39). **AA:** 1.

Palmdale 51, 2. Mater Dei 53, 3. Yucaipa 78, 4. Hemet 80, 5. Agoura 90, 6. Crescenta Valley 129. **A-1:** Villa Park 61, 2. Laguna Hills 64, 3. Mission Viejo 65, 4. Edison 83, 5. Katalla 94, 6. Righetti 110.

### Division III

In another of the day's spectacular performances, Nordhoff (Ojai) raced to what is probably the fastest team time ever by a school of this size with a 79:44 romp, led by Javier Ramirez's 15:10 win, Will Bernaldo's 15:44, and Omar Vega's 15:58. Ramirez graduates, but the next five Nordhoff scorers return for next year! Brian Slingsby (Corona del Mar, Newport Harbor), one of the world's great "junior age" triathletes, concentrated on running this Fall, closing his local career with a fine 15:25 in second.

**RESULTS:** 1. Javier Ramirez (Nordhoff, Ojai) 15:10, 2. Brian Slingsby (Corona del Mar, Newport Beach) 15:25, 3. Kevin Koepfer (St. Francis, La Canada) 15:33, 4. Richard Chisholm (San Marino) 15:43, 5. Will Bernaldo (Nordhoff, Ojai) 15:44, 6. Mike Thatcher (La Canada) 15:52, 7. Michael Murray (Santa Margarita, Rancho SM) 15:53, 8. Richard Aguilar (La Puente) 15:54, 9. Andy Van Orden (St. Francis, LC) 15:55, 10. Omar Vega (Nordhoff, Oj) 15:58, 11. Shahram Deza (Newport Harbor, Newport Beach) 16:03, 12. Fred Kanteena (Barstow) 16:03, 13. Johann Appell (Estancia, Costa Mesa) 16:06, 14. Chuck Gatchell (La Habra) 16:08, 15. Jason Kolb (La Habra) 16:09.

**Teams:** 1. Nordhoff (Ojai) 58 (79:44), 2. El Modena (Orange) 93 (81:48), 3. La Habra 137 (82:42), 4. Corona del Mar (Newport Beach) 140 (82:18) (6th runner runner rule), 5. Newport Harbor (Newport Beach) 140 (82:45), 7. Santa Margarita (Rancho SM) 159 (82:59), 8. San Marino 170 (83:14), 9. Dos Pueblos (Goleta) 205 (84:27), 10. Rubidoux (Riverside) 212 (84:38), 11. La Canada 224 (85:13), 12. Barstow 231 (86:01). **AA:** 1. El Modena 46, 2. La Habra 66, 3. Newport Harbor 69, 4. Santa Margarita 80, 5. Rubidoux 108, 6. Barstow 116. **A-1:** Nordhoff 37, 2. Corona del Mar 72, 3. St. Francis 75, 4. San Marino 86, 5. Dos Pueblos 102, 6. La Canada 115.

### Division IV

Morro Bay, very possibly the area's best ever Small School team, blasted 82:19 in the Prelims meet, bolstered by the emergence of frosh Isaiah Festa (16:25), with the Pirates having a rematch with defending State Champs McFarland in the back of their minds. The MB crew got sick between the prelims and the finals, and while they just had too many guns for the division, they were 82:54 in

the Finals for 52 points against the entire division. Dave Mitchell of the winning team cranked 15:26 to win easily over David Miller (Maranatha, Sierra Madre) 15:59. **RESULTS:** 1. Dave Mitchell (Morro Bay) 15:26, 2. Steve Miller (Maranatha, Sierra Madre) 15:59, 3. Brandon Pacheco (Brethren Christian, Cypress) 16:00, 4. Joaquin Pierce (Midland, Los Olivos) 16:11, 5. Doug Henning (Woodcrest Christian, Riverside) 16:16, 6. Eduardo Santillan (Salesian, L.A.) 16:21, 7. Jared James (Boron) 16:22, 8. Chris Felix (St. Joseph, Santa Maria) 16:25, 9. Milton Robinson (Flintridge Prep, La Canada) 16:30, 10. Josh Hillis (Morro Bay) 16:36. **Teams:** 1. Morro Bay 52 (82:54), Flintridge Prep (La Canada) 80 (84:56), 3. Salesian (L.A.) 91 (85:19), 4. Fillmore 139 (87:48), 5. Sherman Indian (Riverside) 144 (87:45), 6. Desert Christian (Lancaster) 145 (88:06), 7. Maranatha (Sierra Madre) 146 (87:00), 8. Bell-Jeff (Burbank) 148 (88:00), 9. Woodcrest Christian (Riverside) 242 (91:45), 10. Poly (Pasadena) 254 (92:47), 11. Holy Martyrs 310 (94:59), 12. Oakwood (North Hollywood) 313 (96:27).

## Girls

### Division I

Some really fine running took place here. Top-ranked all season long and within the top fifteen nationally, Thousand Oaks put together another fine race with Kim Mortensen (18:00) leading a 94:51 charge (#10 All-time area squad). Peninsula (Rolling Hills) (96:30), Irvine (97:29), and El Toro (98:25) relegated one of the state's top teams, Esperanza (98:16 here) to a non-qualifying fifth spot. Courtney Pugmire of Esperanza raced two super efforts in the Prelims and the Finals, with her 17:45 Finals win the #10 All-time area 12th grader.

**RESULTS:** 1. Courtney Pugmire (Esperanza, Anaheim) 17:45, 2. Kim Mortensen (Thousand Oaks) 18:00, 3. Jessica Corbin (Irvine) 18:18, 4. Molly Mehberg (Peninsula, Rolling Hills) 18:22, 5. Danielle Day (Quartz Hill) 18:36, 6. Nancy Dollar (San Clemente) 18:44, 7. April Lyon (Hesperia) 18:47, 8. Elly Estrada (Santa Ana Valley) 18:47, 9. Bridget Roy (Thousand Oaks) 18:47, 10. Tara Marsden (Thousand Oaks) 18:49, 11. Kim Bates (Los Alamitos) 18:53, 12. Jamiel Clairborne (Peninsula, RH) 18:57, 13. Carrie Caulkins (Esperanza, Anah) 18:57, 14. Nancy Zhang (Rowland, Rowland Heights) 19:03, 15. Stacy Roberson (El Toro) 19:08, 16. Rhaina Echols (Glendale) 19:09, 17. Gabrylle Hernandez (West Covina) 19:10, 18. Angie Winkler (Fountain Valley) 19:12, 19. Lorien Cleavinger (Hoover, Glendale) 19:15, 20. Li-



# PREP RESULTS

anne Stone (Warren, Downey) 19:17.

**Teams:** 1. Thousand Oaks 54 (94:51), 2. Peninsula (Rolling Hills) 79 (96:30), 3. Irvine 99 (97:29), 4. El Toro 109 (98:25), 5. Espe-  
ranza (Anaheim) 142 (98:19), 6. Arroyo  
Grande 166 (100:55), 7. Chino 189  
(101:58), 8. Los Alamitos 192 (101:27), 9.  
Dana Hills 239 (103:22), 10. Simi Valley  
254 (104:04), 11. Alta Loma 282 (105:20),  
no score Santa Ana Valley (4 runners).

## Division II

Some teams have really im-  
proved recently, with a flock of  
groups racing under 100:00 here.  
The topsy-turvy system of having  
teams break out (half into AA in a  
division and the other half into A  
enrollment groupings) had poor  
Trabuco Hills second AA but fall  
to fifth and miss out on State be-  
hind Edison, Bishop Amat, Yuca-  
ipa, and Agoura. Coach Jack Re-  
cla's TH group was second at the  
Mt. SAC Team Sweeps event,  
with an improved 99:31 effort  
here.

Up front, one of the section's  
most decorated harriers ever,  
Amy Skieresz, finished out a  
sterling local career with a 17:45  
prelims run and 17:50 Finals win  
that had her far ahead of the pack.  
Third two years ago in the Foot  
Locker National Finals, all has  
not been smooth since that time  
for the Charger star, with some  
solid races to finish out this sea-  
son hopefully the springboard to a  
solid spring and college running  
career.

**RESULTS:** 1. Amy Skieresz (Agoura)  
17:50, 2. Molly Lawrence (Righetti, Santa  
Maria) 18:41, 3. Melissa Aronson (Hemet)  
18:47, 4. Mindy Brown (Yucaipa) 18:53, 5.  
Jaime Valcaro (Katella, Anaheim) 19:00, 6.  
Malinalli Martinez (Bishop Amat, La  
Puente) 19:01, 7. Andrea Neipp (Highland,  
Palmdale) 19:06, 8. Elyse Homberger (Edi-  
son, Huntington Beach) 19:07, 9. Beien Fer-  
ree (Bishop Amat, LP) 19:10, 10. Mandy  
Schwecherl (Laguna Hills) 19:10, 11. Liz Ro-  
bles (Baldwin Park) 19:11, 12. Michelle Zay-  
as (Crescenta Valley, La Crescenta) 19:11,  
13. Vickie Greene (Agoura) 19:12, 14. Taryn  
Lawson (Ocean View, Huntington Beach)  
19:13, 15. Jennifer Formosa (Edison, Hunt  
Bch) 19:20.

**Teams:** 1. Edison (Huntington Beach) 89  
(98:42), 2. Bishop Amat (La Puente) 92  
(98:46), 3. Yucaipa 91 (98:55), 4. Agoura  
102 (97:49), 5. Trabuco Hills (Mission Viejo)  
103 (99:31), 6. Aliso Niguel (Aliso Viejo) 136  
(101:26), 7. Righetti (Santa Maria) 189  
(102:33), 8. Katella (Anaheim) 192  
(102:55), 9. Mater Dei (Santa Ana) 208  
(103:42), 10. Laguna Hills 221 (104:08), 11.  
Arlington (Riverside) 257 (105:39), 12. Ven-  
tura 291 (109:30), AA 1. Yucaipa 50, 2.  
Trabuco Hills 52, 3. Agoura 55, 4. Aliso Ni-  
guel 73, 5. Mater Dei 114, 6. Arlington 141.

A 1. Bishop Amat 44, 2. Edison 46, 3. Ri-  
ghetti 85, 4. Katella 88, 5. Laguna Hills 103,  
6. Ventura 138.

## Division III

The great individual struggle is  
described above at this level, with  
Elaine Canchola's Nordhoff team  
also improving magnificently over  
the length of the season, with their  
96:33 here possibly the fastest  
ever for an area school of their  
size. El Modena (Orange), which  
stayed out of area hot action most  
of the season, but did travel as far  
away as New York to compete,  
and Foothill (Santa Ana), snuck in  
ahead of a strong Temescal Can-  
yon team.

**RESULTS:** 1. Elaine Canchola (Nordhoff,  
Ojai) 17:35, 2. Heather Garrison (Buena  
Park) 18:04, 3. Annie Ebner (St. Lucy's,  
Glendora) 18:04, 4. Tracy Clark (Corona del  
Mar, Newport Beach) 18:10, 5. Shelby Hor-  
gan (Temescal Canyon, Elsinore) 18:19, 6.  
Allison Twist (San Marino) 18:39, 7. Katie  
Nuanes (Santa Margarita, Rancho SM)  
18:49, 8. Ellen Muench (Temescal Canyon,  
Els) 18:51, 9. Sunny Shaffer (Temescal  
Cany, Els) 19:07, 10. Sarah Ellis (La Cana-  
da) 19:13, 11. Tara Whitfield (El Modena,  
Orange) 19:13, 12. Jessica Dahlberg (El  
Modena, Or) 19:16, 13. Blair Escherich (No-

re Dame, Sherman Oaks) 19:22, 14. Trisia  
Tressler (Rubidoux, Riverside) 19:29, 15.  
Terrah Chapin (Nordhoff, Oj) 19:31. **Teams:**  
1. Nordhoff (Ojai) 69 (96:33), 2. El Modena  
(Orange) 85 (98:28), 3. Foothill (Santa Ana)  
107 (100:07), 4. Temescal Canyon (Elsi-  
nore) 109 (98:28), 5. Corona del Mar (New-  
port Beach) 141 (100:38), 6. Santa Marga-  
rita (Rancho SM) 166 (102:21), 7. San Luis  
Obispo 172 (103:49), 8. Rubidoux (Riverside)  
206 (104:50), 9. St. Lucy's (Glendora) 221  
(104:25), 10. San Marino 253 (104:09), 11.  
South Torrance 259 (107:07), 12. South  
Hills (West Covina) 279 (107:56), AA 1. El  
Modena 41, 2. Foothill 56, 3. Santa Marga-  
rita 82, 4. Rubidoux 103, 5. St. Lucy's 111,  
6. South Torrance 127, A 1. Nordhoff 38, 2.  
Temescal Canyon 58, 3. Corona del Mar 67,  
4. San Luis Obispo 81, 5. San Marino 131,  
6. South Hills 143.

## Division IV

Morro Bay was tough here also,  
with Siobhan Elster, a high placer  
in last year's State meet, rejoining  
the team for the Finals, where  
they romped away from the pack  
with 58 points. Amazingly, a  
three way tie for third had Laguna  
Beach and Flintridge Sacred-  
Heart take the State Meet berths  
over Louisville. Up front, Sha-  
luinn Fullove closed out a fine lo-

cal season with a 19:15 win.

**RESULTS:** 1. Shaluinn Fullove (Louisville,  
Woodland Hills) 19:15, 2. Melissa MacPh-  
erson (Flintridge Sacred-Heart, La Canada)  
19:56, 3. Brittany App (Morro Bay) 20:05,  
4. Tracy Maxwell (Maranatha, Sierra Ma-  
dre) 20:05, 5. Jenny Erbsen (Marlborough,  
LA) 20:14, 6. Kelly Harrington (Louisville,  
WH) 20:17, 7. Hannah Miller (La Salle, Pa-  
sadena) 20:23, 8. Colleen Lavery (Louisville  
WH) 20:30, 9. Dana Bridges (Flintridge Sa-  
cred-Heart, LC) 20:37, 10. Sami Conroy  
(La Reina, Thousand Oaks) 20:46.

**Teams:** 1. Morro Bay 58 (104:47), 2. Or-  
ange Lutheran (Orange) 97 (106:39), 3.  
Laguna Beach 103 (107:00) (6th runner  
rule), 4. Flintridge Sacred-Heart (La Cana-  
da) 103 (106:02) (6th runner), 5. Louisville  
(Woodland Hills) 103 (105:27) (6th runner),  
6. Poly (Pasadena) 117 (108:01), 7. Desert  
Christian (Lancaster) 139 (108:38), 8.  
Chaminade (West Hills) 172 (110:09), 9.  
Woodcrest Christian (Riverside) 241  
(115:56), 10. St. Margaret's 291 (117:48),  
11. Holy Martyrs 314 (120:06), Calvary  
Chapel (Downey) 358 (125:40), AA 1. Mor-  
ro Bay 52, 2. Louisville 75, 3. Orange  
Lutheran 77, 4. Laguna Beach 78, 5. Flin-  
tridge Sacred-Heart 80, 6. Chaminade 121,  
A 1. Poly (Pasadena) 32, 2. Desert Chri-  
stian (Lanc) 36, 3. Woodcrest Christian (Riv-  
ers) 84, 4. St. Margaret's 102, 5. Holy Mar-  
tyrs 117, 6. Calvary Chapel (Downey) 152.



COURTNEY PUGMIRE

Photo by Bill Cockerham



ELAINE CANCHOLA

Photo by Kirby Lee/LA Times



SHALUINN FULLOVE

Photo by Bill Cockerham



# California Track and Cross Country **COACHES ALLIANCE**

*From Doug Speck*

## ▲ STATE HIGH SCHOOL CROSS-COUNTRY MEET

In that our sport is the only at the State Championship team level with four divisions, while Basketball and Volleyball have five, it would be nice to include more deserving Cross-Country teams in the State Championship affair. The Fresno group that has run the meet the past few years has indicated that a few more teams would cause no problems with enough room on the course, and there are teams that could legitimately compete for the three team plaques awarded in a division that are not allowed in the meet from some sections. It would be nice to include them under the guidelines discussed below.

### TEXT OF PROPOSAL:

In that a small group of High School Cross-Country teams who could be competitive for one of the three team awards at the State Cross-Country Meet are not able to advance from their Section Finals competition, it is recommended that there be a small number of "at-large" team entries allowed from Section Finals to the State Cross-Country Meet in Fresno.

The decision as to who these squads will be would be based upon the following:

1) High ranking in a division during the competitive season (State rankings turned out by State Office 10/15, 11/1, and 11/15 of each season).

2) After an exceptional performance in Section Finals which had such teams one place from moving on to the state meet, consideration by a panel of repre-

sentatives (from all areas of the state) via phone conference Sunday morning following the last Section Championship. "At-Large" invitations could be extended to schools chosen by this group. Guiding philosophy in these "at-large" entries would be the ability for a team to be competitive for one of the three State Championship Team plaques awarded at the State Meet.

As you can see from the examples below, all areas of the state would be helped by such a proposal.

### 1994 Examples

#### Division I

##### Boys:

-Arroyo (El Monte) 81:08 Mt. SAC - Southern Section Finals - 5th place. TURNED OUT THAT SOUTHERN SECTION TOOK FOUR OF THE TOP SIX TEAM PLACES IN THE STATE MEET WITH POINT SPREAD FROM 3RD TO 6TH PLACE 29 POINTS. Arroyo was ranked as high as 7th in the 10/15 state rankings

##### Girls:

-Esperanza (Anaheim) 98:25 Mt. SAC - Southern Section Finals - 5th place. SOUTHERN SECTION TEAMS TOOK FIRST THREE SPOTS AT STATE MEET, WITH ESPERANZA COMPETITIVE WITH THOSE TEAMS DURING THE SEASON. Esperanza 2nd (10/15), 6th (11/1), and 5th (11/15) in state rankings.

#### Division II

##### Boys:

-Hoover (San Diego) - 3rd San Diego Section (Scripps Ranch 51 - San Pasqual 76 - Hoover 96). Hoover 6th 11/1 & 7th 11/15 State rankings.

##### Girls:

-Trabuco Hills (Mission Viejo) 99:31 - Southern Section Finals - 5th place. Trabuco Hills 3rd State 11/1 ranking, 3rd 11/15.

#### Division III

##### Boys:

-Newport Harbor (Newport Beach) 82:45 - Southern Section Finals - 5th place on 6th runner rule. Newport 6th (10/15) and 6th (11/1) in State rankings.

#### Division IV:

##### Girls:

-Ursuline (Santa Rosa) - 3rd North Coast Section Finals (behind ranked teams Miramonte (Orinda) and Branson (San Francisco) - MIRAMONTE 2ND AND BRANSON 4TH STATE MEET. Ursuline ranked 3rd (10/15), 3rd (11/1), and 3rd (11/15) in State Rankings.  
-Yreka (Northern) - 3rd Northern Section Finals Central Valley (72) - West Valley (72) - Yreka (112). CENTRAL VALLEY 1ST AND WEST VALLEY 3RD IN STATE MEET Yreka 7th, 6th, and 6th in State 10/15, 11/1, and 11/15 State Rankings.

## ▲ ARCADIA/ FOOT LOCKER MEET

Always a highlight of the spring season, the 28th Annual Arcadia/Foot Locker Invitational will be held April 8, 1995.

With Foot Locker's continued assistance, the 1994 affair was another big success, with eighteen of the thirty-three event winners having the nation-leading mark for their event. Suzy Powell (Downey, Modesto) led the action with a National Interscholastic Discus Record of 178-8 in winning her event. The competition once again was so tough in the Arcadia/Foot Locker affair that fifteen California individual and relay Champions at June's State Championship meet were not winners while competing in the April Arcadia competition.

*continued next page...*



## California Track and Cross Country **COACHES ALLIANCE**

Forty-nine members of the last three U.S. Olympic teams competed in the Arcadia Meet as high-schoolers, with twelve U.S. medal winning athletes (six gold) in the Barcelona Games prep competitors at Arcadia. The Arcadia competition has featured eight National High School Records in the last fifteen years!

Coverage of the Meet over the last four years has ranged from ESPN's "Scholastic Sports America" to ABC's "Wide World of Sports." Interest in the 1995 Meet is high from all across the country, with competitors expected from coast-to-coast once again. Recent competitions have featured the best athletes from over three hundred teams from as many as fifteen states.

The Meet date includes a day-time "Open" Meet in addition to the very select evening "Invitational" session. For further information, contact: Doug Speck, Arcadia High School, 180 Campus Drive, Arcadia, CA 91007 (818) 445-7507 (Invitational School Line), (818) 445-8564 (Invitational Fax Line)

### ▲ **INDOOR EXPERIENCES**

This year the Sunkist Indoor (February 11th) and Simplot Indoor (Pocatello, Idaho / February 18th) Prep Indoor Meets for athletes competing "unattached" are not in date conflict.

The Sunkist, at the L.A. Sports Arena always attracts the top athletes from California and around the Western U.S. The Simplot Meet, at Idaho State University in Pocatello, Idaho at Holt Arena, is run on one of the nation's fastest indoor tracks. The 200 meter banked board facility is a favorite of all who run, with Skyline of Oakland's relay squads (competing unattached) setting National Records in each of the last two year's meets (4x200m 1:37.89 and 1600m medley 4:04.28).

Everyone who has gone in recent years has had great things to say about the Meet and how it is run. Trials are on

Friday, Feb 17th, with Finals on Sat, Feb 18th. The Pocatello site sits at 1361 meters altitude (about 4000 feet) which will negatively affect distance races and help sprinters. Realize that weather can also be a factor with the white stuff (snow) on the ground frequently that time of year, maybe affecting travel in or out.

For further information call Greg Burch at (800) 635-9444. Entries close January 27th.

### ▲ **NATIONAL SCHOLASTIC INDOOR CHAMPIONSHIPS**

The titanic close to the Indoor season each Winter, the Eleventh Annual National Scholastic Indoor Track & Field Championships, again for prep athletes from our area competing "unattached," will be held March 11 and 12, 1995, at the Carrier Dome in Syracuse, New York at the University of Syracuse. This competition, which attracts athletes from all 50 states each winter, will once again be attended by well over a thousand athletes, and give those "elite" prep athletes a chance to decide on the track and in the field true "national prep champions" in the undercover sport.

For information, contact: Metropolitan Athletic Congress, P.O. Box 170, Church St. Station, NY, NY 10008. (212) 227-0071 (fax) (212) 227-0756.

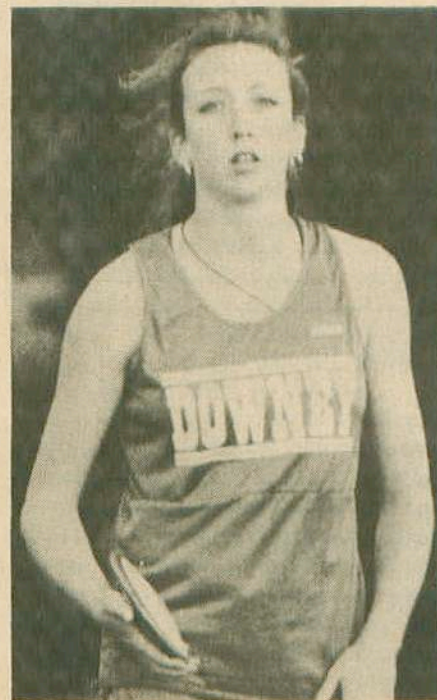
### ▲ **USA TRACK & FIELD JUNIOR NATIONAL CHAMPIONSHIPS to Southern California**

Locally there will be a great competitive experience for those young athletes born 1976 or later at the end of their season. The U.S. Junior National Championships in Track & Field will be held June 23-24, 1995, in Walnut, California at Mt.

San Antonio College. This Meet will bring together the finest young athletes in the country and serve as the qualifying competition for the Pan American Junior Track & Field Championships, in Santiago, Chile later in the Summer.

The U.S. Junior Championship Meet is the only end-of-season competition for high school athletes that can lead on to valuable international experience as the member of a U.S. Junior National Team.

The U.S. Junior Championship competition is a highlight of the season for the top high school athletes in the nation. The 1994 Junior Championship Meet in Tallahassee, Florida at Florida State University, was headlined by the presence



**SUZY POWELL**

*Photo by Bill Leung, Jr*

of Track & Field News Prep Female Athlete of the Year, National record setting Discus Thrower, Suzy Powell, from Modesto, California. Suzy later went on to place third in the World Junior Championships as a member of the U.S. Junior National team, after qualifying for

*continued next page...*



# California Track and Cross Country COACHES ALLIANCE

that team from the Tallahassee competition.

The 1994 World Junior Championships in Lisbon, Portugal was a spectacular one for the Junior National team, with the U.S. almost doubling the medal (gold-silver-bronze) count of any other nation with a total of seventeen first, second, or third place awards. Preps who brought home medals were from Pennsylvania, Tennessee, California, Texas, Louisiana, Georgia, Colorado, South Carolina, Virginia, and New York, showing the geographically diverse nature of the U.S. Championships and participation from across the country.

A number of National High School Records have been set in recent years in the USA Track & Field Junior National Championships or by members of the U.S. Junior National team chosen from that competition during summer international meets. Seven of the top ten on the Boys side in voting for 1994 US Prep Male Athlete of the Year, and nine of the top ten on the Girls side for that honor were all participants in the U.S. Junior National Championships during their prep careers. Many of these athletes were members of the U.S. Junior National team in summer meets, picking up invaluable international experience. The presence at the U.S. Junior Nationals of these top male and female stars shows the importance of that competition in the seasonal plan of top prep athletes. Over half of the U.S. Junior National team selected from last year's U.S. Junior National Championship Meet was of high school age. Most College coaches follow the Junior Championships to discover future recruits.

**PLAN TO FINISH YOUR 1995 SEASON AGAINST THE VERY BEST OF YOUR AGE, AND PLAN ON THIS INVALUABLE EXPERIENCE IN YOUR 1995 OUTDOOR SEASONAL PLANS!!** (as you can see from the enclosed qualifying date guidelines you may already be qualified from 1994 best efforts).

More information on the 1995 United States Junior Track & Field Championships can be secured by contacting the

Meet Management. Dan Shrum, Mt. San Antonio College, 1100 North Grand Avenue, Walnut, CA 91789-1397. You can call (909) 594-5611 Ext. 4840 or (fax) (909) 594-4266. Doug Speck, USA Track & Field Consultant to Juniors (818) 963-7709 (fax) (818) 963-2955.

## 1995 USA TRACK & FIELD JUNIOR OUTDOOR CHAMPIONSHIP QUALIFYING STANDARDS MEN

	Automatic/Hand
100m	10.64/10.4
100y	9.74/9.5
200m	21.54/21.3
200y	21.64/21.4
400m	47.84/47.7
440y	48.14/48.0
800m	1:53.14/1:53.0
880y	1:53.24/1:53.1
1500m	3:58.64/3:58.5
1600m	4:15.64/4:15.5
1 Mile	4:17.14/4:17.0
3000m SC	9:40.14/9:40.0
2000m SC	6:27.14/6:27.0
3000m	8:40.14/8:40.0
3200m	9:16.14/9:16.0
2 Mile	9:19.34/9:19.2
5000m	15:00.14/15:00.4
3 Mile	14:25.14/14:25.0
10,000m	32:30.14/32:30.0
6 Mile	31:15.14/31:15.0
110m H (42")	14.64/14.4
110m H (39")	14.24/14.0
400m H (36")	53.94/53.8
440y H (36")	54.14/54.0
400m H (30")	53.74/53.6
440y H (30")	53.94/53.8
300m H (36")	37.64/37.4
330y H (36")	37.74/37.5
300m H (30")	37.14/36.9
330y H (30")	37.24/37.0
5K Walk	25:28.14/25:28.0
10K Walk	55:15.14/55:15.0
<b>Metric/English</b>	
High Jump	2.09/6-10.25
Pole Vault	4.80/15-9
Long Jump	7.28/23-10.75
Triple Jump	14.78/48-06
Shot (16#)	15.54/51-00
Shot (12#)	17.98/59-00
Discus (2K)	47.24/155-0
Discus (HS)	53.34/175-00
Hammer (16#)	42.68/140-0
Hammer (12#)	48.78/160-0
Javelin (NEW)	54.86/180-00
Javelin (OLD)	59.44/195-00
Decathlon	5850 (Int'l)/6000 (HS)

## WOMEN

	Automatic/Hand
100m	12.14/11.9
100y	11.14/10.9
200m	24.74/24.5

220y	24.84/24.6
400m	56.14/56.0
440y	56.44/56.3
800m	2:15.14/2:15.0
880y	2:16.14/2:16.0
1500m	4:46.14/4:46.0
1600m	5:04.94/5:04.8
1 Mile	5:06.14/5:06.0
3000m	10:25.14/10:25.0
3200	11:05.14/11:05.0
2 Mile	11:10.14/11:10.0
5000m	19:00.14/19:00.0
10,000 M	45:00.14/45:00.0
100m H (33")	14.64/14.4
100m H (30")	14.34/14.1
300m H (30")	44.14/44.0
400m H (30")	63.14/63.0
3K Walk	16:00.14/16:00.0
5K Walk	28:30.14/28:30.0
10K Walk	58:00.14/58:00.0
<b>Metric/English</b>	
High Jump	1.70/5-07.00
Pole Vault	2.75/9-00.25
Long Jump	5.70/18-8.5
Triple Jump	11.60/38-0.75
Shot (4K)	12.75/41-10
Discus	42.50/139-5
Javelin	39.00/127-11
Hammer	30.00/98-05
Heptathlon	4200 (FAT)

## Qualifying Guidelines:

1. Qualifying marks must be made in 1) USA Track & Field sanctioned meets, 2) collegiate meets, or 3) high school meets, except dual and triangular meets.
2. Junior Qualifying standards must be met from May 1, 1994 through June 18, 1995.
3. Junior multi-event marks must be made from January 1, 1994 through June 19, 1995.
4. Indoor marks made after December 1, 1994 are acceptable for entry into the Junior Championships.
5. A three percent (3%) altitude allowance will be permitted on track events of 1500 meters and longer conducted above 4000 feet.
6. Standards for events of 3000 meters and longer must be met on standard tracks, not on road courses.
7. If fully automatic and manual times are both recorded, only FAT can be submitted. Times submitted in hundredths of seconds must be FAT.
8. 1500-meter, 1600-meter, one mile, 3000-meter, 3200-meter, and two mile qualifying times also qualify for the 5000 meters and 10,000 meters both men and women and the 3000 meter steeplechase for men.



**COACHES' CORNER**

**GEORGE PAYAN, Column Editor**

## Shot Put and Discus Workouts Through the Season

By **TONY CIARELLI**

Newport Harbor High School, Newport Beach, CA

THE SHOT PUT AND DISCUS both take an enormous amount of time to perfect. The philosophy at Newport Harbor is to start slow and early. We begin our season in January with a program that takes us to the state finals in June. We feel you must have high expectations for the season ahead and set your goals accordingly.

The formula for distance is technique plus strength and speed. We work on all three all year round, putting emphasis on two of these disciplines at a time, depending on the time of the year.

### ▼ EARLY SEASON

In the early season, although we throw, we focus on speed and strength. Speedwork includes running sprints, footwork drills (such as dot drills), stadiums, box jumps, jumping rope and medicine ball throws, along with a certain amount of technique work. We feel our strength program is second-to-none. We use the Olympic lifts as the basis of our strength development. The Olympic lifts apply directly to the throws because of the speed, power and technique involved in performing them. Along with the snatch and

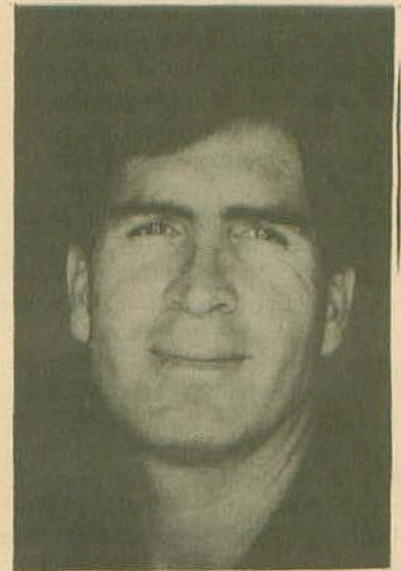
clean-and-jerk, we do the front squat, back squat, bench and overhead press as our base workout. The time factor is a problem, but to throw far it is unavoidable.

Our early season timetable is about 30 minutes of throwing and technique work, 1 hour of plyometrics and about 2 to 3 hours of lifting. An example of our early season workout would consist of plyometrics, 20 stadiums, 10 sets of dot drills. In the throwing part of our workout, we use a 15 pound medicine ball for trunk rotations and overhead throws, with sets of 15. The lifting portion of our workout might consist of:

Power snatch + overhead squat	(65%x4+4, 70%x4+4, 75%x3+4) 3
Power clean + front squat	(70%x4+2, 75%x4+2, 80%x3+1) 2
Front squat - 1 set of box jumps between each set	(75%x%, 80%x5) 3
Push Press - 1 set of 10 seated medicine ball pops between each set	(60%x5, 55%x5, 60%x5) 3
Hyperextensions	4x15 plus Russian twist with dowel
Roman chair sit-ups	4x15 plus Russian twist

### ▼ MID-SEASON

During mid-season workouts, we tend to push the technique and strength, with



Coach Ciarelli

less emphasis on running and plyometrics. We throw with mostly light-weight shots to work on speed and technique. We will attempt to correct any leftover errors in our technique at this time to get ready for the championship part of the season. Throwing over a fence to work on height, throwing with no reverse to get better use of the legs, or working on extension are examples of drills that can help us throw farther. We throw the discus into nets to focus on our technique and not distances. We also throw the discus with no reverse. We throw a rubber discus over our football stadium to work on lift. We throw a lighter girl's discus to work on speed and we will also throw blind-folded to get a feel for the movement.

Our timetable for mid-season is 1 1/2 hour of throwing, 20 to 30 minutes of plyometrics and 2 to 3 hours of lifting. The plyometric portion of the workout includes 30 yard sprints,

*continued next page...*



depth jumps with sets of 10, and medicine ball throws using the 10 pound medicine balls. An example of our lifting program is:

Snatch	(75%x4, 80%x3, 85%x3) 2
Clean + jerk	(75%x3+2, 80%x2+1, 85%x2+1) 2
Clean pull	(90%x3, 95%x3, 100%x2) 2
Stop squat (hold in bottom 3 seconds)	(80%x3, 85%x2, 90%x2) 2
- 1 set of 10 box jumps between sets	
Bench - 1 set of medicine ball pops x 10 between sets	(85%x3, 90%x3, 95%x2) 3
Hyperextensions	4x15 - Russian twists with 60 pounds
Roman chair sit-ups	4x20 with 40 pounds

## ▼ CHAMPIONSHIP SEASON

During the championship part of the season, we increase the intensity and lower the volume of the throwing and lifting. On plays, we try to emphasize quick explosive hand and foot movements. We try to shorten our entire workout to 2 to 3 hours. We throw light and regulation shots usually in a sequence, such as 2 throws with the 10 pound shot, 2 throws with the 11 pound shot, and 3

throws with the 12 pound shot, repeating this sequence 4 to 6 times. We will also have inter-squad competition with handicaps in shot weight. This is so all throwers throw about the same distance to see who can overcome under pressure and prepare ourselves for the tough competitions coming up. We do the same in the discus.

During the championship part of the season, the plyometrics we might do would include 5 sets of 5 box jumps and throws using the 8 pound medicine ball for sets of 6. The lifting during this time is cut to one or two lifts a day at 85-90%+ for 1-2 sets of 12-15 reps. Our lifting program for this part of the season might be as follows:

Monday - Front squat	(90%x2, 95%x1, 100%x1) 3
Tuesday - Bench	(90%x2, 95%x2, 100%x1) 3
Wednesday - Clean + jerk	(85%x2+1, 90%x1+1, 95%x1+1) 3
Thursday - Snatch	(85%x3, 90%x2, 95%x1) 3
Friday - Rest	

This is a general overview of the track season at Newport Harbor. Of course, I adjust the workouts for any individual needs. I work the athletes very hard psychologically to prepare them for championship performances. This is a must in order to become champions. I hope this can help you in your season to become champions yourselves.

*The information in **Coaches' Corner** is offered to assist in the continuing education of California track & field and cross country coaches.*  
*George Payan, Jr.*  
*(Head Cross Country and Track Coach at Valley High School in Santa Ana) serves CTN as column editor.*



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**(415) 595-2249**



# FINAL CALIFORNIA STATE HIGH SCHOOL CROSS-COUNTRY RANKINGS

Compiled by Doug Speck & Ray Scofield (Help from Steve Fagundes (SJS), Jim Eckman (No), Dennis DeWitt (CE), Peter Brewer (NCS), Willie Harmatz/Hal Daner (CCS), Manuel Gomez/Alex Carmona (LA), Dennis McClanahan/Buzz Thom (SD) & Bob Rush).

Section abbreviations: SS=Southern SD=San Diego, LA=Los Angeles, CE=Central, CC=Central Coast  
NC=North Coast SJ=Sac Joaquin, No=Northern, OK=Oakland, SF=San Francisco.

## BOYS DIVISION I

- 1 THOUSAND OAKS (SS)
- 2 CHULA VISTA (SD)
- 3 BELLARMINE (SAN JOSE) (CC)
- 4 PENINSULA (ROLLING HILLS) (SS)
- 5 HART (NEWHALL) (SS)
- 6 CAMARILLO (SS)
- 7 VISTA (SD)
- 8 ARROYO (EL MONTE) (SS)
- 9 CORONA (SS)
- 10 ALTA LOMA (SS)
- 11 ORANGE (SS)
- 12 SANTA ROSA (NC)
- 13 CLOVIS (CE)
- 14 DEL CAMPO (FAIR OAKS) (SJ)
- 15 SANTA ANA VALLEY (SS)
- 16 REDLANDS (SS)
- 17 AYALA (CHINO) (SS)
- 18 MADERA (CE)
- 19 GARFIELD (LA)
- 20 -RANCHO BERNARDO (SD)
- 21 TEMECULA VALLEY (SS)
- 22 MT. CARMEL (SAN DIEGO) (SD)
- 23 FRESNO (CE)
- 24 DIAMOND BAR (SS)
- 25 HOOVER (GLENDALE) (SS)

## BOYS DIVISION II

- 1 JESUIT (SACRAMENTO) (SJ)
- 2 SCRIPPS RANCH (SAN DIEGO) (SD)
- 3 PALMDALE (SS)
- 4 MATER DEI (SANTA ANA) (SS)
- 5 PALISADES (PACIFIC PALIS.) (LA)
- 6 ARVIN (CE)
- 7 LELAND (SAN JOSE) (CC)
- 8 HEMET (SS)
- 9 -DE LA SALLE (CONCORD) (NC)
- 10 SAN PASQUAL (ESCONDIDO) (SD)
- 11 HOOVER (SAN DIEGO) (SD)
- 12 ST. IGNATIUS (SAN FRAN) (CC)
- 13 MISSION SAN JOSE (FREMONT) (NC)
- 14 EUREKA (NC)
- 15 YUCAIPA (SS)
- 16 VILLA PARK (SS)
- 17 LAGUNA HILLS (SS)
- 18 AGOURA (SS)

- 19 MISSION VIEJO (SS)
- 20 NO MONTEREY CO (CSTRVLE) (CC)
- 21 CASTRO VALLEY (NC)
- 22 TORREY PINES (DEL MAR) (SD)
- 23 NAPA (SJ)
- 24 EDISON (HUNTINGTON BEACH) (SS)
- 25 KATELLA (ANAHEIM) (SS)



Division I leaders (left to right): BRETT STRAHAN, ELEAZAR HERNANDEZ, MICHAEL KASAHUN, JEFF McLARTY and JEFF FISCHER.

Photo by Elaine Rosenfield

## BOYS DIVISION III

- 1 NORDHOFF (OJAI) (SS)
- 2 EL MODENA (ORANGE) (SS)
- 3 LIVERMORE (NC)
- 4 LASSEN (SUSANVILLE) (NO)
- 5 CLAYTON VALLEY (CONCORD) (NC)
- 6 LA HABRA (SS)
- 7 CORONA DEL MAR (NEWBCH) (SS)
- 8 AMADOR VLY (PLEASANTON) (NC)
- 9 SONORA (SJ)
- 10 NEWPORT HARB (NEWB BCH) (SS)
- 11 ST. FRANCIS (LA CANADA) (SS)
- 12 ST. FRANCIS (MTN VIEW) (CC)
- 13 SANTA MARGARITA (RAN SM) (SS)
- 14 SAN MARINO (SS)
- 15 LOS GATOS (CC)
- 16 RAMONA (SD)
- 17 BISHOP O'DOWD (OAKLAND) (NC)
- 18 DOS PUEBLOS (GOLETA) (SS)
- 19 RUBIDOUX (RIVERSIDE) (SS)
- 20 LA CANADA (SS)
- 21 WEST HILLS (SANTEE) (SD)
- 22 GRANADA (LIVERMORE) (NC)
- 23 MCATEER (SAN FRANCISCO) (SF)
- 24 MISSION BAY (SAN DIEGO) (SD)
- 25 LA JOLLA (SD)

## BOYS DIVISION IV

- 1 MCFARLAND (CE)
- 2 MORRO BAY (SS)
- 3 HALF MOON BAY (CC)
- 4 PIEDMONT (NC)
- 5 CORONADO (SD)
- 6 SALESIAN (LA) (SS)
- 7 FLINTRIDGE PREP (LA CANADA) (SS)
- 8 YREKA (NO)
- 9 CAMPOLINDO (MORAGA) (NC)
- 10 TERRA LINDA (SAN RAFAEL) (NC)
- 11 CARD. NEWMAN (SANTA ROSA) (NC)
- 12 UNIVERSITY (SAN FRANCISCO) (NC)
- 13 ARCATA (NC)
- 14 ST. MARY'S (BERKELEY) (NC)
- 15 FILLMORE (SS)
- 16 TAFT (CE)
- 17 SHERMAN INDIAN (RIVERSIDE) (SS)

continued next page...



# California Track and Cross Country COACHES ALLIANCE

- 18 DESERT CHRIST. (LANCASTER) (SS)
- 19 MARANATHA (SIERRA MADRE) (SS)
- 20 BELL-JEFF (BURBANK) (SS)
- 21 ST. BONAVENTURE (VENTURA) (SS)
- 22 SAN JOAQUIN MEM. (FRESNO) (CE)
- 23 PALMA (SALINAS) (NC)
- 24 SARATOGA (CC)
- 25 MIRAMONTE (ORINDA) (NC)

## GIRLS DIVISION I

- 1 PENINSULA (ROLLING HILLS) (SS)
- 2 THOUSAND OAKS (SS)
- 3 IRVINE (SS)
- 4 VISTA (SD)
- 5 MADERA (CE)
- 6 CLOVIS WEST (FRESNO) (CE)
- 7 CARONDOLET (CONCORD) (NC)
- 8 EL TORO (SS)
- 9 ESPERANZA (ANAHEIM) (SS)
- 10 POWAY (SD)
- 11 LOWELL (SAN FRANCISCO) (SF)
- 12 BONITA VISTA (CHULA VISTA) (SD)
- 13 SILVER CREEK (SAN JOSE) (CC)
- 14 GRANITE HILLS (SAN DIEGO) (SD)
- 15 ARROYO GRANDE (SS)
- 16 BUENA (VENTURA) (SS)
- 17 CANYON (CANYON COUNTRY) (SS)
- 18 CHINO (SS)
- 19 ORANGE GLEN (ESCONDIDO) (SD)
- 20 MT. CARMEL (SAN DIEGO) (SD)
- 21 RANCHO BERNARDO (S DIEGO) (SD)
- 22 CLOVIS (CE)
- 23 SKYLINE (OAKLAND) (OK)
- 24 BEYER (MODESTO) (SJ)
- 25 FALLBROOK (SD)



**RACHEL BAUER** of  
Buchanan HS  
*Photo by Bill Cockerham*



Left to right: **KRISTEN SCHREIBER, TERESA  
NEWMAN and JENNY SPOON**  
*Photo by Bill Cockerham*

## GIRLS DIVISION II

- 1 BUCHANAN (CLOVIS) (CE)
- 2 YUCAIPA (SS)
- 3 EDISON (HUNTINGTON BEACH) (SS)
- 4 TORREY PINES (DEL MAR) (SD)
- 5 DEL ORO (LOOMIS) (SJ)
- 6 AGOURA (SS)
- 7 BISHOP AMAT (LA PUENTE) (SS)
- 8 MISSION SAN JOSE (FREMONT) (NC)
- 9 TRABUCO HILLS (MISS VIEJO) (SS)
- 10 LELAND (SAN JOSE) (CC)
- 11 EL CAPITAN (LAKESIDE) (SD)
- 12 VALHALLA (EL CAJON) (SD)
- 13 REEDLEY (CE)
- 14 ALISO NIGUEL (ALISO VIEJO) (SS)
- 15 PALISADES (PACIFIC PALIS.) (LA)
- 16 RIGHETTI (SANTA MARIA) (SS)
- 17 KATELLA (ANAHEIM) (SS)
- 18 SAN MARCOS (SD)
- 19 MATER DEI (SANTA ANA) (SS)
- 20 LAGUNA HILLS (SS)
- 21 ESCONDIDO (SD)
- 22 SAN PASQUAL (ESCONDIDO) (SD)
- 23 SCRIPPS RANCH (SAN DIEGO) (SD)
- 24 CASTRO VALLEY (NC)
- 25 MOREAU (HAYWARD) (NC)

## GIRLS DIVISION III

- 1 CLAYTON VALLEY (CONCORD) (NC)
- 2 TEMESCAL CYN (ELSINORE) (SS)
- 3 EL MODENA (ORANGE) (SS)
- 4 NORDHOFF (OJAI) (SS)
- 5 FOOTHILL (SANTA ANA) (SS)
- 6 ST. IGNATIUS (SAN FRAN) (CC)
- 7 NORTHGATE (WALNUT CREEK) (NC)
- 8 CORONA DEL MAR (NEWP BCH) (SS)
- 9 RAMONA (SD)
- 10 UNIVERSITY OF SAN DIEGO (SD)
- 11 SANTA MARGARITA (RAN SM) (SS)
- 12 SONORA (SJ)
- 13 SAN LUIS OBISPO (SS)
- 14 RUBIDOUX (RIVERSIDE) (SS)
- 15 RIO AMERICANO (SACTO) (SJ)
- 16 ST. LUCY'S (GLENDDORA) (SS)
- 17 SAN MARINO (SS)
- 18 LA JOLLA (SD)
- 19 SANTANA (SANTEE) (SD)
- 20 OUR LADY PEACE (SAN DIEGO) (SD)
- 21 ACALANES (LAFAYETTE) (NC)
- 22 ANDERSON (NO)
- 23 WEST HILLS (SANTEE) (SD)
- 24 BISHOP O'DOWD (OAKLAND) (NC)
- 25 ST. FRANCIS (MOUNTAIN VIEW) (CC)

## GIRLS DIVISION IV

- 1 CENTRAL VALLEY (NO)
- 2 MIRAMONTE (ORINDA) (NC)
- 3 WEST VALLEY (COTTONWD) (NO)
- 4 BRANSON (OAKLAND) (NC)
- 5 MORRO BAY (SS)
- 6 FLINT. SACRED HEART (LA CAN) (SS)
- 7 URSULINE (SANTA ROSA) (NC)
- 8 ORANGE LUTHERAN (SS)
- 9 YREKA (NO)
- 10 BISHOPS (LA JOLLA) (SD)
- 11 ARCATA (NC)
- 12 SARATOGA (CC)
- 13 LAGUNA BEACH (SS)
- 14 LOUISVILLE (WOODLAND HILLS) (SS)
- 15 TAFT (CE)
- 16 DIXON (SJ)
- 17 POLY (PASADENA) (SS)
- 18 DESERT CHRIST. (LANCASTER) (SS)
- 19 CAMPOLINDO (MORAGA) (NC)
- 20 BRET HARTE (ALTAVILLE) (SJ)
- 21 PIEDMONT (NC)
- 22 MCFARLAND (CE)
- 23 HALF MOON BAY (CC)
- 24 CHAMINADE (WEST HILLS) (SS)
- 25 PARACLETE (LANCASTER) (SS)



# RESULTS

Please send track & field / cross country results directly to: CTN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

## CROSS COUNTRY

### NCAA Division III Western Regional

Prado Park, Chino.

#### Overall Results-Men

1. Castner, UCSD, 25:29. 2. Newman, CM, 25:51. 3. Voegtle, CM, 25:57. 4. Artinyan, PP, 26:04. 5. Dehority, UCSD, 26:09. 6. Leonard, O, 26:16. 7. Walsh, UCSD, 26:19. 8. Allan, O, 26:24. 9. Ho, UCSD, 26:24. 10. Harder, UCSD, 26:30.

**Overall Team Results:** 1. UC San Diego (32). 2. Occidental (64). 3. Claremont-Mudd (66). 4. Pomona-Pitzer (97). 5. Redlands (138). 6. La Verne (150). 7. Whittier (174). 8. Caltech (204).

#### Overall Results-Women

1. Stuart, CM, 19:21. 2. Pister, R, 19:29. 3. Austin, O, 19:30. 4. Henderson, CT, 19:33. 5. Gonzalez, W, 19:36. 6. Molinder, O, 19:39. 7. Barnhart, W, 19:45. 8. Backer, W, 19:46. 9. Brugman, CMS, 19:50. 10. Tench, CMS, 19:52.

**Overall Team Results:** 1. Claremont-Mudd-Scripps (45). 2. Whittier (49). 3. Occidental (105). 4. UC San Diego (107). 5. Pomona-Pitzer (115). 6. Caltech (175). 7. Redlands (176). 8. La Verne (177). 9. Mills (236).

### NCAA Division I District VIII

Tucson, Arizona.

#### Overall Results-Men

1. M. Keino, A, 30:50. 2. Boulet, C, 31:08. 3. Jimmerson, S, 31:14. 4. R. Keino, 31:17. 5. Keflezighi, UCLA, 31:23. 6. White, 31:28. 7. Davis, O, 31:28. 8. Steidl, Portland, 31:40. 9. Farley, S, 31:49. 10. Loudaides, WS, 31:53.

**Overall Team Results:** 1. Arizona (46). 2. Stanford (58). 3. Washington (91). 4. Oregon (115). 5. UCLA (180). 6. Portland (183). 7. UC Irvine (193). 8. California (206). 9. UC Santa Barbara (220). 10. Cal Poly SLO (227).

#### Overall Results-Women

1. Glusac, O, 17:26. 2. Hecox, UCLA,



NAZARIO ROMERO

Photo by Allison Cockerham



MARISA AVENDANO

Photo by Kirby Lee/LA Times



CHARLOTTE MAYOCK

Photo by Bill Cockerham

17:38. 3. Castruita, A, 17:42. 4. Duncombe, S, 17:44. 5. Schaffer, A, 17:47. 6. Karr, P, 17:55. 7. T. Carlson, 17:57. 8. Chokshi, S, 18:05. 9. Quaintance, A, 18:07. 10. Renfro, S, 18:07.

**Overall Team Results:** 1. Stanford (55). 2. Arizona (73). 3. Oregon (99). 4. Washington (107). 5. UCLA (117). 6. UC Santa Barbara (190). 7. Portland (197). 8. Washington St. (203). 9. UC Irvine (261). 10. California (275).

### West Coast Conference Championships

October 29, Belmont.

#### Overall Results-Men

1. Steidl, Por, 24:58. 2. Lambert, Por, 25:09. 3. Gomez, Por, 25:24. 4. Neill, G, 25:28. 5. Roe, Por, 25:64. 6. Melgar, SD, 26:13. 7. Briggs, Por, 26:16. 8. Hones, SD, 26:20. 9. Aaman, SD, 25:23. 10. Roskahl, G, 26:28.

**Overall Team Results:** 1. Portland

(18). 2. Gonzaga (60). 3. San Diego (61). 4. Santa Clara (110). 5. Pepperdine (128). 6. St Mary's (174). 7. tie between Loyola Marymount and USF (197).

#### Overall Results-Women

1. Karr, Por, 17:43. 2. Simmons, Por, 18:18. 3. Byd, 18:29. 4. Harris, G, 18:38. 5. Cox, SD, 18:40. 6. Melwani, USF, 18:54. 7. Youngkin, Pep, 19:08. 8. Schondorf, Por, 19:12. 9. Greinert, Por, 19:26. 10. O'Brien, SM, 19:26.

**Overall Team Results:** 1. Portland (23). 2. San Diego (81). 3. Gonzaga (84). 4. St. Mary's (107). 5. USF (125). 6. Pepperdine (127). 7. Santa Clara (158). 8. Loyola Marymount (251).

### CCAA Championships

October 29, Balboa Park, San Diego.

#### Overall Results-Men

1. Le, UCR, 25:29. 2. Castner, UCSD, 25:37. 3. Gibbs, CPP, 15:43. 4. Rami-

rez, UCR, 25:46. 5. Nudge, UCR, 25:49. 6. Moreno, CPP, 26:00. 7. Curtis, CPP, 26:07. 8. Graber, CPP, 26:16. 9. Foote, CPP, 26:18. 10. Perea, SCLA, 26:26.

**Overall Team Results:** 1. Cal Poly Pomona (33) 2:10:24. 2. UC Riverside (48). 2:10:49. 3. UC San Diego (56) 2:12:13. 4. Grand Canyon (108) 2:16:36. 5. CS Los Angeles (117) 2:16:14.

#### Overall Results-Women

1. Avendano, CSLA, 17:33. 2. Cossio, CSLA, 17:57. 3. Pinto, CSLA, 18:18. 4. Martinez, CSLA, 19:03. 5. Pedraza, CSLA, 19:05. 6. Marion, UCR, 19:09. 7. Roberto, CSLA, 19:13. 8. Enderle, GC, 19:20. 9. Hunter, CPP, 19:22. 10. McManis, GC, 19:36.

**Overall Team Results:** 1. CS Los Angeles (15) 1:31:56. 2. Grand Canyon (73) 1:40:02. 3. UC San Diego (84) 1:41:20. 4. UC San Diego (86) 1:41:16. 5. UC Riverside (110) 1:45:24.

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# RESULTS

## Junior College

### Johnie O Invitational

October 29. Moorpark College  
Overall Results-Men

1. Gidabuday, R, 19:38. 2. Merchoud, R, 20:05. 3. Romero, SDM, 20:12. 4. Nguku, R, 20:14. 5. J. Wilson, MP, 20:20.

Overall Team Results: 1. Riverside (76). 2. Mt. San Antonio (104). 3. Glendale (117). 4. San Diego Mesa (136). 5. El Camono (138).

### Overall Results-Women

1. Mayock, R, 19:09. 2. Nakamura, EC, 19:31. 3. Bermudez, Citrus, 19:40. 4. Medina, IV, 19:51. 5. Barnett, SDM, 20:03.

Overall Team Results: 1. San Diego Mesa (71). 2. El Camino (96). 3. Citrus (147). 4. Irvine Valley (159). 5. Mt. San Antonio (209).

## SCIAC Championships

October 29. Prado Park, Chino

### Overall Results-Men

1. Allan, O, 25:43. 2. Voegtil, CM, 26:01. 3. Newman, CM, 26:05. 4. Kleiman, CT, 26:19. 5. Leonard, O, 26:11.

Overall Team Results: 1. Occidental (37). 2. Claremont-Mudd (56). 3. Pomona-Pitzer (75). 4. Redlands (117). 5. La Verne (121). 6. Whittier (152). 7. Caltech (193). 8. Cal Lutheran (202).

### Overall Results-Women

1. Stuart, CMS, 19:14. 2. Garcia, W, 19:25. 3. Austin, O, 19:28. 4. Pister, R, 19:32. 5. Burco, PP, 19:36.

Overall Team Results: 1. Claremont-Mudd-Scripps (42). 2. Whittier (54). 3. Pomona-Pitzer (94). 4. Occidental (107). 5. Caltech (132). 6. La Verne (139). 7. Redlands (161).

## Golden State Athletic Conference

November 5. Morley Field, San Diego.

### Overall Results-Men

1. John Gachau (Azusa Pacific) 25:40. 2. Anthony Fisher (Azusa Pacific) 25:44. 3. Matt Nealon (Westmont) 25:52. 4. Goshu Tadese (Fresno Pacific) 25:56. 5. Denes Balazs (Azusa Pacific) 26:07. 6. Todd Farrington (Westmont) 26:10. 7. Scott Rehstrom (Azusa Pacific) 26:13. 8. Eben Robinson (Westmont) 26:26. 9. Jaime Martinez (Azusa Pacific) 26:13. 10. Jeff Burns (Azusa Pacific) 26:36.

11. Jason Schaefer (Southern Cal) 26:38. 12. Jon Bishop (Southern Cal) 26:39. 13. Philip Livingood (Westmont) 26:54. 14. Steve Pye (Azusa Pacific) 27:09. 15. Matt Thomson (Westmont) 27:14.

Team Results: 1. Azusa Pacific (24). 2. Westmont (45). 3. Southern California (80). 4. Fresno Pacific (107). 5. Biola (140). 6. Concordia (166).

### Overall Results-Women

1. Miriam Niednagel (Westmont) 18:58. 2. Michelle Teodoro (Azusa Pacific) 19:19. 3. Beth Hake (Azusa Pacific) 19:30. 4. Thea Van Gordon (Point Loma Nazarene) 19:41. 5. Amy Bergenske (Westmont) 19:41. 6. Sarah Laufer (Azusa Pacific) 19:48. 7. Liz Sutton (Azusa Pacific) 19:48. 8. Shirley Rojas-Weller (Fresno Pacific) 19:50. 9. Brandy Pierce (Westmont) 19:56. 10. Amy Johnson (Westmont) 20:01.

11. Kerry Sue Houchin (Fresno Pacific) 20:09. 12. Karen Karcher (Point Loma Nazarene) 20:23. 13. Donna Proia (Concordia) 20:30. 14. Caren Anderson (Southern California) 20:44. 15. Heather Salisbury (Southern California) 20:55.

Team Results: 1. Azusa Pacific (34). 2. Westmont (42). 3. Point Loma Nazarene (96). 4. Fresno Pacific (97). 5. Southern California (106). 6. Concordia (135).

## Orange Empire Conference Championships

November 5. Costa Mesa.

### Overall Team Results-Men

1. Riverside (19). 2. Fullerton (67). 3. Orange Coast (73). 4. Irvine Valley (83). 5. Golden West (138). 6. Saddleback (142). 7. Rancho Santiago (n/s). Ind.: 1. Gidabuday, R, 19:29. 2. Nguku, R, 19:08. 3. Merchoud, R, 19:29. 4. Gallegos, R, 19:39. 5. Baca, IV, 20:42.

### Overall Team Results-Women

1. Irvine Valley (44). 2. Riverside (68). 3. Rancho Santiago (88). 4. Orange Coast (90). 5. Saddleback (134). 6. Golden West (136). 7. Fullerton (139). Ind.: 1. Mayock, R, 18:51. 2. Remy, OC, 19:12. 3. Medina, IV, 19:34. 4. Foster, GW, 19:40. 5. Vega, F, 19:56.

## South Coast Conference Championships

November 5. CS Dominguez Hills

### Overall Team Results-Men

1. Tie between El Camino and Mt. San Antonio, (39). 3. Pasadena (68). 4. Long Beach (83). 5. Cerritos (155).

Ind.: 1. Giddens, EC, 19:10. 2. Wolf, Mt SAC, 19:13. 3. Beckum, Mt. SAC, 19:23. 4. DeMartin, EC, 19:25. 5. Gomez, P, 19:31.

### Overall Team Results-Women

1. El Camino (19). 2. Mt. San Antonio (52). 3. Pasadena (66). 4. Long Beach (83). 5. Cerritos (152).

Ind.: 1. Nakamura, EC, 16:28. 2. Salgado, EC, 17:21. 3. Sanchez, Mt. SAC, 17:32. 4. Friedrichsen, EC, 17:33. 5. Ling, EC, 17:38.

## Foothill Conference

November 12. Bonelli Regional County Park

### Overall Results-4 Mile Men

1. Perales, AV, 21:40. 2. Gutierrez, C, 22:02. 3. Perez, C, 22:10. 4. Magnuson, AV, 22:22. 5. Bennington, AV, 22:38. 6. Cervantes, RH, 23:00. 7. Tran, C, 23:03. 8. Jacobs, AV, 23:08. 9. Delgado, C, 23:10. 10. Siguenza, RH, 23:15.



JOSEFINA SANCHEZ

Photo by Bill Cockerham

do, C, 23:10. 10. Siguenza, RH, 23:15.

Team Results: 1. Tie between Antelope Valley and Citrus, (32). 3. Rio Hondo (97). 4. San Bernardino (113). 5. Desert (119). 6. Cerro Coso (133).

### Overall Results-5,000 Meters Women

1. Bermudez, C, 19:39. 2. Cejeda, C, 21:00. 3. Johnson, C, 21:23. 4. Vizcarra, RH, 21:41. 5. Krause, C, 21:46. 6. Gallardo, C, 22:42. 7. Martin, AV, 22:55. 8. Groaz, RH, 23:07. 9. Torres, C, 23:14. 10. Castruita, SB, 23:28.

Team Results: 1. Citrus (17). 2. Rio Hondo (53). 3. Antelope Valley (85). 4. San Bernardino (92). 5. Cerro Coso (102).

## Western State Conference Finals

November 12. Kenneth Hahn Park

### Overall Results-4 Mile Men

1. Wilson, MP, 19:50. (course record, previous best, 20:05, Wilson, Moorpark, 1994) 2. Delgado, G, 20:10. 3. Sallberg, G, 20:15. 4. Macias, G, 20:25.

5. Padilla, G, 20:29. 6. Verdejo, B, 20:32. 7. Almdarez, G, 20:37. 8. Jones, SBCC, 20:39. 9. Serratos, COC, 20:43. 10. Avouan, G, 20:44.

Team Results: 1. Glendale (21). 2. Moorpark (76). 3. Bakersfield (84). 4. Santa Barbara City (96). 5. College of the Canyons (133). 6. Ventura (139). 7. Hancock (177). 8. Cuesta (235). 9. Santa Monica (238). 10. West L.A. (n/s).

### Overall Results-5,000 Meters Women

1. Sanchez, V, 19:18. (course record, previous best, 19:19, Hampson, Santa Monica, 1993). 2. Janet, G, 19:30. 3. Tisovic, COC, 19:48. 4. Hernandez, G, 19:58. 5. Nakashima, B, 20:06. 6. Overlock, COC, 20:09. 7. Moreno, V, 20:14. 8. Ferguson, SM, 20:17. 9. Weigert, MP, 20:19. 10. Cardenas, G, 20:24.

Team Results: 1. Ventura (56). 2. Glendale (71). 3. Bakersfield (77). 4. College of the Canyons (81). 5. Cuesta (93). 6. Moorpark (110). 7. Santa Monica (149). 8. Santa Barbara City (210). 9. Hancock and West L.A., (n/s).

## NAIA National Championships

November 19. University of Wisconsin-Parkside, Kenosha, WI

### Overall Results-8K Men

1. Simeon Sawe, Lubbock Christian U TX, 23:42. 2. Julius Randich, Lubbock Christian U TX, 23:54. 3. James Njoroge, Taylor Univ IN, 24:29. 4. Lev is Anyega, Lubbock Christian U TX, 24:35. 5. Henno Haava, Berea Col KY, 24:35. 6. Peter Tanui, Lubbock Christian U TX, 24:37. 7. Geoff Greaves, Simon Fraser U BC, 25:02. 8. Chris Myhr, Simon Fraser U BC, 25:03. 9. Eric Tollefson, Central Washington U, 25:03. 10. Jim Tucker, Southwestern Col KS, 25:04.

11. Peter Ruiz, Lubbock Christian U TX, 25:06. 12. Tim Kemei, Lubbock Christian U TX, 25:06. 13. PJ O'Rourke, Malone Col OH, 25:11. 14. Matt Gaha, Siena Heights Col MI, 25:12. 15. Joe O'Connor, Hillsdale Col MI, 25:13.

38. Denes Balazs, Azusa Pacific U CA, 25:47. 39. Anthony Fisher, Azusa Pacific U CA, 25:47. 40. Goshu Tadese, Fresno Pacific Col CA, 25:50. 41. Jamie Martinez, Azusa Pacific U CA, 25:52. 70. Paul Ashby, Westmont Col CA, 26:15. 77. Jef Burns, Azusa Pacific U CA, 26:20. 79. Philip Livingood, Westmont Col CA, 26:21.

Overall Team Results: 1. Lubbock Christian U TX (21). 2. Hillsdale Col MI (120). 3. Malone Col OH (148). 4. Azusa Pacific U CA (170). 5. Simon Fraser U BC (174). 6. Cumberland Col KY (272). 7. Southwestern Col KS (275). 8. Eastern Oregon ST (279). 9. Siena Heights Col MI (305).



# RESULTS

10. Univ/Rio Grande OH (306).

## Overall Results-5K Women

1. Cari Rampersad, Simon Fraser U BC, 17:51. 2. Rosa Ibarra, Wayland Baptist TX, 17:53. 3. Danita Erickson-Parkhu, Univ/Puget Sound WA, 18:00. 4. Jennifer Stevenson, Hillsdale Col MI, 18:03. 5. Amy Haines, Wisconsin-Parkside, 18:05. 6. Emily Kellman, Univ/Puget Sound WA, 18:06. 7. Tracey Pope, Wisconsin-Parkside, 18:13. 8. Jodie Young, Wayland Baptist TX, 18:14. 9. Aundrea Bertola, Simon Fraser U BC, 18:16. 10. Miriam Niednagel, Westmont Col CA, 18:17.

11. Jessica Bissonnette, Whitman Col WA, 18:19. 12. Darlene Mota, Hawaii Pacific U, 18:30. 13. Beth Robbins, Univ/Puget Sound WA, 18:30. 14. Tricia Satre, Seattle Univ WA, 18:31. 15. Christina Hruby, Doane Coll NE, 18:33.

49. Michelle Teodoro, Azusa Pacific U CA, 19:39. 88. Beth Hake, Azusa Pacific U CA, 20:32. 94. Thea Van Gordon, PT Loma Nazarene CA, 20:41. 97. Amy Johnson, Westmont Col CA, 20:46. 111. Sarah Laufer, Azusa Pacific U CA, 21:09. 119. Amy Bergenske, Westmont Col CA, 21:21. 131. Shirley Rojas-Weller, Fresno Pacific Col CA, 21:44. 138. Brynn Abby, Westmont Col CA, 21:58. 140. Anna Hellsabeck, Westmont Col CA, 22:03. 148. Brandy Pierce, Westmont Col CA, 22:17. 173. Betsy Haverlandt, Azusa Pacific U CA, 23:46. 180. Michele Dupont, Westmont Col CA, 24:47. 184. Heather McGlone, Azusa Pacific U CA, 25:49. 195. Liz Sutton, Azusa Pacific U CA, 29:59. 228. Debbie Bonner, Azusa Pacific U CA, 29:59. 272. Mandi Duapin, Dominican/San Rafael CA, 29:59. 303. Megan Stewart, Dominican/San Rafael CA, 29:59.

## College NCAA Division II

November 19, Kearney, Neb.

### Overall Results-Men

1. Mulinga, Lewis, 30:50. 2. Pratlley, WS, 31:00. 3. Mitchell, Emporia ST., 31:11. 4. Hernandez-Salazar, AS, 31:14. 5. Caulfield, AS, 31:15. Others included: 32. Curtis, CPP, 32:37. 35. Gibbs, CPP, 32:39. 36. Le, UCR, 32:45. 65. Nudge, UCR, 33:34. 79. Page, CPP, 33:37. 78. Moreno, CPP, 33:51. 85. Bastidas, UCR, 34:03. 88. Foote, CPP, 34:10. 105. Sturtevant, UCR, 35:18. 107. Taylor, UCR, 35:37.

**Team Results:** 1. Adams St., Colo. (55). 2. Western St., Colo. (73). 3. NE Missouri (195). 4. Neb Kearney (196). 5. Ashland (201). 8. Portland ST. (221). 11. Cal Poly Pomona (262). 16. UC Riverside (350).

### Overall Results-Women

1. Dryer, WS, 17:20. 2. Samuel, AC, 17:48. 3. Jones, UCD, 17:55. 4. Tala-

mantes, AS, 18:00. 5. Horan, WS, 18:10. 6. Avendano, CSLA, 18:17. 23. Dickerman, UCD, 18:47. 39. Pinto, CSLA, 19:07. 56. Cossio, CSLA, 19:31. 60. Scobie, UCD, 19:35. 54. McNamara, UCD, 19:37. 77. Roberto, CSLA, 19:47. 85. Pedraza, CSLA, 19:56. **Team Results:** 1. Adams St., Colo. (47). 2. Western St., Colo. (55). 3. UC Davis (171). 4. North Dakota (173). 5. Abilene Christian (205). 8. CS Los Angeles (234).

## NCAA Division III

November 19, Lehigh, Pa.

### Overall Results-Men

1. Perry, Williams, 24:21. 2. Weigel, NC, 24:55. 3. Dickerson, NC, 24:56. 4. Castner, UCSD, 25:00. 5. Glydon, Rochester Institute of Technology, 25:06. Others included: 65. Leonard, O, 26:11. 84. Harder, UCSD, 26:28. 93. Walsh, UCSD, 26:33. 105. Ho, UCSD, 26:45. 110. Johnson, UCSD, 26:52. 128. Allan, O, 27:09. 138. Flynn, 27:15. 159. Tompkins, 27:56. 165. Tamayo, O, 28:10.

**Team Results:** 1. Williams, Mass., (98). 2. North Central, Ill. (110). 3. Rochester (136). 4. Wabash, (158). 5. Wis. LaCrosse (161). 12. UC San Diego (301). 19. Occidental (505).

### Overall Results-Women

1. Lafleur, Cortland, 17:47. 2. Copps, St. Thomas, 17:51. 3. Petersen, St. Benedict, 17:56. 4. Olson, Wartburg, 17:58. 5. Moorefield, Wooster, 18:03.

**Team Results:** 1. Cortland St., N.Y., (54). 2. Calvin College (115). 3. Wis. Oskosh (147). 4. Williams, Mass., (151). 5. Wartburg, Pa., (197). 18. Claremont-Mudd-Scripps (407). 21. Whittier (475).

## California Community College Championships

November 19, Woodward Park, Fresno.

### Overall Results-Men

1. Wilhelm Gidabuday, Riverside, 19:18. 2. Cosmas Nguku, Riverside, 19:20. 3. Abderrazak Merchoud, Riverside, 19:36. 4. Cruz Gallegos, Riverside, 19:43. 5. Morris Giddens, El Camino, 19:51. 6. Jeff Wilson, Moorpark, 19:57. 7. Nazario Romero, San Diego Mesa, 20:09. 8. Jacques Sallberg, Glendale, 20:17. 9. Oscar Estrada, Pasadena City, 20:18. 10. Brian Wilkinson, Hartnell, 20:19.

11. Manuel Perales, Antelope Valley, 20:20. 12. Juan Pinales, San Jose City, 20:22. 13. Warren Wolf, Mt. San Antonio, 20:22. 14. Ray Butman, Mt. San Antonio, 20:23. 15. Ray Gomez, Pasadena City, 20:24. 16. Nacho Delgado, Glendale, 20:25. 17. Eduardo Verdejo, Bakersfield, 20:26. 18. David Chavez, San Jose City, 20:27. 19. Thomas

Beckum, Mt. San Antonio, 20:29. 20. Luis Baca, Mt. San Antonio, 20:30.

21. Jose Padilla, Glendale, 20:31. 22. Dax Baca, Irvine Valley, 20:31. 23. Jose Lira, El Camino, 20:32. 24. James Garritson, Mt. San Antonio, 20:32. 25. Robert Jones, Santa Barbara City, 20:34. 26. Bill Demartin, El Camino, 20:35. 27. Adrian Baca, Glendale, 20:39. 28. Eduardo Avila, West Valley, 20:39. 29. Scott Vervelli, West Valley, 20:40. 30. Miguel Ramirez, Long Beach City, 20:41.

31. Steve Lopez, West Valley, 20:43. 32. Humberto Sanchez, El Camino, 20:45. 33. Sam Yohannes, San Jose City, 20:48. 34. Ryan Luce, Moorpark, 20:49. 35. Shaun Kilburn, Pasadena City, 20:50. 36. Scott McKeibey, West Valley, 20:51. 37. Dave Adams, El Camino, 20:52. 38. Rich Vogt, San Diego Mesa, 20:55. 39. Dio Almdarez, Glendale, 20:57. 40. Ramon Serratos, College of the Canyons, 20:58.

41. Greg Tadey, San Jose City, 20:58. 42. Ruben Rios, El Camino, 20:58. 43. Ismael Bernal, East LA, 20:59. 44. Juan Vega, Mt. San Antonio, 21:00. 45. Larry Holland, Irvine Valley, 21:00. 46. Andres Ordenez, Pasadena City, 21:01. 47. Steve Olson, Modesto Jr. College, 21:02. 48. Luis Granado, Hartnell, 21:02. 49. Jorge Gutierrez, Citrus, 21:03. 50. Cesar Vasquez, LA City, 21:05.

## Overall Team Results-Men

1. Riverside (87). 2. Mt. San Antonio (98). 3. Glendale (109). 4. El Camino (119). 5. Pasadena City (133). 6. San Jose City (162). 7. West Valley (168). 8. San Diego Mesa (198). 9. Hartnell (323). 10. Moorpark (340). 11. Long Beach City (356). 12. Bakersfield (358). 13. Fullerton (366). 14. Antelope Valley (405). 15. Santa Barbara CC (428). 16. College Of Sequoias (428). 17. East LA (452). 18. Citrus (458). 19. American River (474). 20. College of San Mateo (494). 21. Sierra College (560). 22. Modesto Jr. College (570). 23. Shasta (634). 24. Diablo Valley (635). 25. Cabrillo (647). 26. Yuba (667). 27. Deanza (676). 28. San Joaquin Delta (695).

## Overall Results-Women

1. Laura Bermudez, Citrus, 18:11. 2. Rachael Hawtin, CC of San Francisco, 18:17. 3. Sawako Nakamura, El Camino, 18:19. 4. Charlotte mayock, Riverside, 18:37. 5. Carrie Barnett, San Diego Mesa, 18:40. 6. Mayra Medina, Irvine Valley, 18:42. 7. Keana Collins, West Valley, 18:53. 8. Katie Ross, Southwestern, 18:53. 9. Kim Foster, Golden West, 18:56. 10. Joan Ottaway, CC of San Francisco, 18:56.

11. Teresa Vega, Fullerton, 18:58. 12. Josephina Sanchez, Ventura, 19:04. 13. Alicia Pelfroza, San Diego Mesa, 19:04. 14. Melinda McCoy, San Diego



WILHELM GIDABUDAY (right) and COSMAS NGUKU



MORRIS GIDDENS

Photo by Allison Cockerham

Photo by Allison Cockerham



# RESULTS

19:05. 15. Renee Friedrichsen, El Camino, 19:09. 16. Jessica Leal, Fresno City, 19:10. 17. Erin Remy, Orange Coast, 19:12. 18. Dawn Williams, Riverside, 19:13. 19. Tanya Janet, Glendale, 19:14. 20. Kim Wilkes, Chabot, 19:18.

21. Wendy Schmitt, American River, 19:21. 22. Sara Valdez, Mt. San Antonio, 19:23. 23. Gabby Salgado, El Camino, 19:26. 24. Traci Ballard, American River, 19:26. 25. Heidi Tisovic, College of the Canyons, 19:26. 26. Natalie Lupica, Saddleback, 19:27. 27. Tiendress Rowden, Merritt, 19:27. 28. Adrienne Ling, El Camino, 19:30. 29. Tina Albert, San Diego City, 19:31. 30. Tiffany Trudeau, American River, 19:33.

31. Elizabeth Pelayo, Orange Coast, 19:38. 32. Darlene Pruitt, Irvine Valley, 19:42. 33. Vanessa Allen, Bakersfield, 19:43. 34. Katy Donahue, Long Beach City, 19:45. 35. Matilde Arroyo, Pasadena City, 19:46. 36. Margarita Walters, San Diego Mesa, 19:46. 37. Barbara Moreno, Ventura, 19:46. 38. Socorro Cejeda, Citrus, 19:50. 39. Rownea Gonzalez, San Diego Mesa, 19:50. 40. Nicole Martin, Antelope Valley, 19:51.

41. Anna Hernandez, Glendale, 19:51. 42. Monique Serrano, Rancho Santiago, 19:51. 43. Trina Perez, Irvine Valley, 19:54. 44. Jolenne Argandar, Antelope Valley, 19:55. 45. Aree Khodai, Irvine Valley, 19:57. 46. Rachel Krause, Citrus, 19:58. 47. Ilbea Zamora, Mt. San Antonio, 19:58. 48. Patty Farfan, El Camino, 19:58. 49. Maria Case, Pasadena, 20:00. 50. Carolyn Benson, West Valley, 20:00.

## Overall Team Results-Women

1. San Diego Mesa (85). 2. El Camino (92). 3. Irvine Valley (158). 4. American River (165). 5. Citrus (189). 6. CC of San Francisco (205). 7. Mt. San Antonio (240). 8. Pasadena City (243). 9. Riverside (265). 10. Ventura (272). 11. Orange Coast (272). 12. Bakersfield (342). 13. College of the Canyons (357). 14. Antelope Valley (357). 15. Long Beach City (367). 16. Fresno City (402). 17. West Valley (407). 18. East LA (461). 19. Cabrillo (492). 20. Sierra (499). 21. San Joaquin Delta (511). 22. Shasta (544). 23. Deanza (591). 24. Modest Jr. (648). 25. San Jose City (681). 26. Diablo Valley (710).



SAWAKO NAKAMURA (left) and RACHAEL HAWTIN

Photo by Bill Cockerham

## NCAA Division I Championships

November 22. Fayetteville, Ark.  
Overall Results-Men

1. Martin Keino, Arizona, 30:08. 2. Adam Goucher, Colorado, 30:18. 3. Kevin Sullivan, Michigan, 30:22. 4. Kamiel Maase, Texas, 30:28. 5. Jon Wild, Oklahoma St., 30:29. 6. Gregory Jimmerson, Stanford, 30:34. 7. Jason Casiano, Wisconsin, 30:35. 8. James Menon, Wisconsin, 30:35. 9. Ian Robinson, Iowa St., 30:36. 10. Jason Bunston, Arkansas, 30:39. 11. Mebrahtom Keflezighi, UCLA, 30:49.

Overall Team Results: 1. Iowa St. (65). 2. Colorado (88). 3. Arizona (172). 4. Northern Arizona (181). 5. Wisconsin (185). 6. Stanford (208). 7. Michigan (222). 8. Penn St. (250). 9. Villanova (263). 10. Arkansas (266).

## Overall Results-Women

1. Jennifer Rhines, Villanova, 16:31. 2. Amy Rudolph, Providence, 16:44. 3. Rebecca Spies, Villanova, 16:55. 4. Megan Flowers, Arkansas, 17:04. 5. Kathy Butler, Wisconsin, 17:07. 6. Alice Braham, Oklahoma, 17:09. 7. Suzanne Castruita, Arizona, 17:09. 8. Christine Stief, Boston U., 17:10. 9. Karen Hecox, UCLA, 17:12. 10. Marcie Homan, William & Mary, 17:14. 11. Kortney Dunscombe, Stanford, 17:25.

Overall Team Results: 1. Villanova (75). 2. Michigan (108). 3. Arkansas (110). 4. Colorado (126). 5. Providence (154). 6. Georgetown (195). 7. Stanford (198). 8. Wisconsin (233). 9. Penn St. (250). 10. Arizona (273).

## US Cross Country Championships

December 4. Blue Lake Park, Portland, OR.

### Senior Men-10.195 meters

1. Reuben Reina (FLAC) 30:00. 2. Pat Porter (Mizuno) 30:01. 3. Todd Williams (adidas) 30:02. 4. Brad Barquist (Mizuno) 30:03. 5. Keith Brantly (Team New Balance) 30:04. 6. Jim Westphal (Nike Int) 30:10. 7. Bob Kempainen (Nike Int) 30:11. 8. Matt Giusto (FLAC) 30:18. 9. Bob Kennedy (Nike Indiana) 30:19. 10. Dan Nelson (Team New Balance) 30:20. 11. John Trautmann (adidas) 30:27. 12. Eric Morrison (Reebok) 30:28. 13. Keith Dowling (adidas) 30:29. 14. Dan Middleman (NYAC) 30:33. 15. Bo Reed (Mizuno) 30:34. 16. Dan Held (Nike Int) 30:39. 17. Paul Vandegriff (adidas) 30:40. 18. Chris Schille (Reebok Aggies) 30:41. 19. Jason Casiano (U of Wis) 30:43. 20. Todd Lewis (Nike Int) 30:44.

### Senior Women-5.875 meters

1. Olga Appell (Reebok) 18:15. 2. Gwyn Coogan (adidas) 18:37. 3. Lynn Jennings (Nike Int) 18:41. 4. Sinead Delahunty (un) 18:44. 5. Cathy O'Brien (Team New Bal) 18:45. 6. Ceci St. Geme (Asics) 18:47. 7. Lucy Nusrata (Reebok) 18:51. 8. Kate Fongshell (Asics) 18:59. 9. Kristen Seabury (Team New Bal) 18:59. 10. Lisa Senatore (Team New Bal) 19:02.

11. Liz Wilson (Team New Bal) 19:04. 12. Fran Ten Bensel (Team New Bal) 19:05. 13. Laura Mason (adidas) 19:06. 14. Elva Dryer (un) 19:07. 15. Cheri Goddard (Reebok Enci) 19:07. 16. Patti Weigand (Team New Bal) 19:08. 17. Joan Nesbit (Team New Bal) 19:09. 18. Nnenna Lynch (un) 19:14. 19. Kathy Franey (Reebok) 19:19. 20. Kristin Beaney (Boston AA) 19:20.

### Junior Men-8.240 meters

1. Gregory Jimmerson (Cardinal Harriers) 25:14. 2. Jason Rexing (U of Notre Dame) 25:25. 3. Mark Hauser (un) 25:26. 4. Nathan Nutter (Card Harr) 25:29. 5. Matthew Farley (Card Harr) 25:33. 6. Kelly Lambert (U of Portland) 25:35. 7. Chris Severy (un) 25:41. 8. Travis Landreth (U of CT) 25:41. 9. Todd Agger (U of Wis) 25:49. 10. Brian Brodrick (un) 25:54. 11. Tim Briggs (U of Port) 25:54. 12. Samuel Bell (un) 25:55. 13. Ryan McCalmon (un) 25:59. 14. Joseph Wirgau (NC St) 26:03. 15. Fernando MendozA (Fresno St TC) 26:04. 16. Warren Wolf (un) 26:05. 17. Jeff Bray (un) 26:06. 18. Patrick Bendick (un) 26:07. 19. Jaime Martinez (Azusa Pac TC) 26:8. 20. Sean Agger (U of Wis) 26:11.

### Junior Women-5.105 meters

1. Kortney Dunscombe (Card Harr) 17:44. 2. Sarna Rentro (Card Harr) 17:55. 3. Leslie Almeida (un) 18:13. 4. Nora Shepherd (U of NB) 18:16. 5. Pamela White (Adams Family) 18:25. 6. Danielle Nelson (Fresno St TC) 18:32. 7. Janelle Olson (Adams Fam) 18:35. 8. Nara Lee Hawker (Adams Fam) 18:39. 9. Jodie Reise (Madison U) 18:43. 10. Tracey Livengood (Madison U) 18:47.

11. Nicole Jefferson (un) 18:53. 12. Michelle Teodoro (Azusa Pac TC) 18:55. 13. Denise Summers (Adams Fam) 18:56. 14. Domitilla Torrens (Card Harr) 18:59. 15. Kelly Jacobson (Fresno St TC) 19:04. 16. Betsy Cunningham (Colgate U) 19:10. 17. Aimee Langevin (Card Harr) 19:13. 18. Tamarah Begay (Wings of the SW) 19:26. 19. Traci Clark (TX AM) 19:33. 20. Kelly Marie Concho (Wings of the SW) 19:37.



GREG JIMMERSON

Photo by Bill Leung, Jr./Geek Media



# SCHEDULE

Please send cross country and track information to CTN, 4957 E. Heaton Ave., Fresno, CA 93727.

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

## High School

### Track & Field

#### January 21 (Saturday)

**Santa Cruz:** KELfield Throws Series #35. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

#### February 11 (Saturday)

**Los Angeles:** 36th Sunkist Invitational. Los Angeles Sports Arena. Prep action begins at noon; invitational at 6:30 p.m. (213) 748-6131, group sales (213) 741-0821. Credit card phone orders: (213) 480-3232, (714) 740-2000.

#### February 17-18 (Fri-Sat)

**Pocatello, ID:** Simplot Games. High School Indoor Track & Field Event. Holt Arena at Idaho State University. 200m banked board track. Info: Carol Lish 1-800-635-9444.

#### March 4 (Saturday)

**Long Beach:** Long Beach Poly High School Track & Field Invitational. Veteran's Stadium, Long Beach City College. Boys and girls, frosh, soph and varsity. Entry information due by February 3, 1995. Charles Clinton (310) 591-0581 or (310) 988-1905 home.

**San Francisco:** 5th Annual Time Trial. McAt-  
eer High School. 9 a.m. Contact Coach Marc  
Christensen, c/o McAteer High School, 555  
Portola Dr., San Francisco 94131-1699. (415)  
695-5700 ext 610, or (415) 585-2465 home.

**Los Banos:** Los Banos Lions Track & Field In-  
vitational. 9 a.m. Mike Miller (209) 826-6033.

#### March 11 (Saturday)

**Stockton:** Dom George Relays. San Joaquin  
Delta College. For info call: Greg Wright (209)  
943-2735 home, or (209) 953-8235 at Bear  
Creek HS.

**Azusa:** Foothill Relays. 10 a.m.

#### March 11-12 (Sat-Sun)

**Syracuse, New York:** 11th Annual National  
Scholastic Indoor Track & Field Champion-  
ships. Carrier Dome at University of Syracuse.  
Metropolitan Athletic Congress, PO box 170,  
Church St. Station, New York, NY 10008 (212)  
227-0071 or FAX (212) 227-0756.

#### March 18 (Saturday)

**Azusa:** San Gabriel Valley Invitational 10 a.m.  
Azusa Pacific University.

#### March 25 (Saturday)

**Azusa:** High School Meet of Champions. 1 p.m.  
(Distance Inv.)

#### March 31-April 1 (Fri-Sat)

**Fresno:** Bob Mathias Fresno Relays. Ratcliffe  
Stadium.

#### April 8 (Saturday)

**Arcadia:** Arcadia/Foot Locker Invitational.  
Contact Doug Speck, Arcadia High School,  
180 Campus Dr., Arcadia 91007 (818) 445-  
7507 or FAX (818) 445-8564.

#### April 22 (Saturday)

**Saratoga:** West Valley Relays. 9 a.m. to 5:30  
p.m. at West Valley College. Contact Bill  
Hotchkiss, Leigh HS, 5210 Leigh Ave., San  
Jose, 95124.

#### April 29 (Saturday)

**Stockton:** Bear Creek Invitational. San Joa-  
quin Delta College. For info call: Greg Wright  
(209) 943-2735 home, or (209) 953-8235 at  
Bear Creek HS.

#### June 2-3

**Norwalk:** California State High School Track  
& Field Championships. At Cerritos College.

#### June 23-24 (Fri-Sat)

**Walnut:** U.S. Junior National Track & Field  
Championships. Qualifier for Pan American  
Track & Field Championships in Santiago,  
Chile.

## COACHES/MEET DIRECTORS

We want to include your cross country and/  
or track & field invitational.

Write to CTN, 4957 E. Heaton Ave.,  
Fresno, CA 93727  
or call/FAX (209) 255-4904.

## College & Open

### Track & Field

#### January 21 (Saturday)

**Santa Cruz:** KELfield Throws Series #35. All  
divisions -- Weight throw, hammer, shot, discus,  
javelin. Begins 10 a.m. Gary Kelmenson, 5601  
Empire Grade, Santa Cruz 95060 (408) 458-  
0202.

**Fresno:** FSU Weight Pentathlon. Warmerdam  
Field 9 a.m.

**Reno, NV:** Silver State Invit. University of NV  
Curt Kraft, Track Coach, U of NV, Lawlor An-  
nex, Reno, NV 89557 (702) 784-6081. In-  
doors.

#### January 28 (Saturday)

**Reno, NV:** Wolfpack Invitational. University  
of Nevada. Curt Kraft, Track Coach, U of NV,  
Lawlor Annex, Reno, NV 89557 (702) 784-  
6081. Indoors.

#### February 3 (Friday)

**New York, NY:** Millrose Games. Indoors.

#### February 4

**Reno, NV:** Bill Cosby Invitational. University  
of Nevada. Curt Kraft, Track Coach, U of NV,  
Lawlor Annex, Reno, NV 89557 (702) 784-  
6081. Indoors.

**Bakersfield:** Cal State Bakersfield Invitation-  
al.

#### February 10

**Reno, NV:** Reno Games/Grand Prix. Universi-  
ty of Nevada. John Mansoor, Pacific USATF,  
120 Ponderosa Ct., Folsom CA 95630 (916)  
983-4622. Indoors.

**Azusa:** Pentathlon. 5 Multi-Events. 2 p.m. Azu-  
sa Pacific University.

#### February 11 (Saturday)

**Los Angeles:** Sunkist Indoor Invitational.

**Pasadena:** Cal Tech Invitational.

**Reno, NV:** Cal/Nevada Indoor. Qualifying  
standards apply.

#### February 18

**Flagstaff, AZ:** Flagstaff Invitational. Northern  
Arizona University. Ron Mann, Track Coach,  
NAU, Box 15400, Flagstaff, AZ 86011 (602)  
523-5646. Indoors.



# SCHEDULE

## February 24 (Friday)

Atlanta, GA: Indoor National Championships.

## February 24-25 (Fri-Sat)

Lincoln, NE: NAIA Indoor National Championships.

Colorado Springs, CO: WAC Indoor Championships.

## February 25

Flagstaff, AZ: NAU Invitational. Northern Arizona University. Ron Mann, Track Coach, NAU, Box 15400, Flagstaff, AZ 86011 (602) 523-5646. Indoors.

## March 4 (Saturday)

Atlanta, GA: USA Mobil Indoor Track & Field Championships. Georgia Dome. Duffy Mahoney, USA Track & Field, PO Box 120, Indianapolis, IN 46206 (913) 532-6910. Tickets: (404) 525-1256.

## March 10-11 (Friday-Saturday)

Indianapolis, IN: NCAA I & II Indoor Championships. Qualifying standards apply.

## March 10-11 (Friday-Saturday)

Indianapolis, IN: NCAA III Indoor Championships. Qualifying standards apply. Ohio Northern Univ. Larry Cole, Track Coach, Ohio Northern Univ., King Horn Center, Ada, OH 45810 (419) 772-2458.

## March 10-12 (Friday-Sunday)

Barcelona, Spain: World Indoor Championships.

## March 11 (Saturday)

Fullerton: Cal State Fullerton Invitational.

## March 16-18

Tucson, AZ: Willie Williams Invitational.

March 18 (Saturday)

San Luis Obispo: Cal Poly SLO Invitational.  
Long Beach: Collegiate Classic.

## March 18 (Saturday)

Santa Barbara: Easter Relays.

## March 23-24

Tempe, AZ: Arizona State Invitational.

## March 25 (Saturday)

Palo Alto: Stanford Invitational.

Northridge: Northridge Invitational.

San Diego: UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

## March 31-April 1 (Fri-Sat)

Fresno: Bob Mathias Fresno Relays. Ratcliffe Stadium.

# Saturday, March 4, 1995



## THE LONG BEACH POLY HIGH SCHOOL TRACK AND FIELD INVITATIONAL

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Long Beach



Info: (310) 591-0581 or (310) 988-1905



# SCHEDULE

## April 1 (Saturday)

Tempe, AZ: Sun Angel Classic.  
Riverside: UC Riverside Invitational.

## April 8 (Saturday)

San Diego: UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field Coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

## April 9 (Sunday)

Athens, Greece: World Marathon Cup.

## April 10-11 (Mon-Tues)

Fresno: FSU Decathlon/Heptathlon. Warmerdam Field. 9 a.m.

## April 13-14 (Thurs-Fri)

Azusa: Cal Invitational Multi-Events.

## April 13-15 (Thurs-Sat)

Walnut: Mt. SAC Invitational.

## April 14 (Friday)

Pomona: Pomona-Pitzer Invitational.

## April 22 (Saturday)

Turlock: Stanislaus Invitational.

Azusa: Meet of Champions.

## April 28-29 (Fri-Sat)

San Diego: GSAC Championships.

## April 29 (Saturday)

San Diego: GSAC Championships.

## April 29-30 (Sat-Sun)

Fresno: Cal/Nevada Championships. Ratcliffe Stadium.

Beijing, China: World Cup of Racewalking.

## May 13 (Saturday)

Modesto: Modesto Invitational.

Los Angeles: Occidental Invitational.

Eugene, OR: Twilight Meet. 5 p.m. Tom Heinonen 1-800-531-9253, John Gillespie (503) 346-5438.

## May 17-18

Sacramento: American West Conference Decathlon & Heptathlon.

## May 17-20 (Wed-Sat)

Provo, UT: WAC Championships.

## May 19-20 (Fri-Sat)

Sacramento: American West Conference Championships.

Tucson, AZ: PAC-10 Championships.

## May 25-27 (Thurs-Sat)

Azusa: NAIA National Outdoor Championships.

## May 31-June 3 (Wed-Sat)

Knoxville, TN: NCAA Championships.

## June 9 (Friday)

Fresno: Central California Championships. Ratcliffe Stadium.

## June 10 (Saturday)

Azusa: USA Last Chance Distance Qualifier. 7 p.m.

## June 15-17 (Thurs-Sat)

Sacramento: USATF Senior Championships. Qualifying standards apply.

## June 23-24 (Fri-Sat)

Walnut: USATF Junior Championships. Qualifying standards apply.

## July 6 (Thursday)

Azusa: Summer Twilight Cross Country Series. 7 p.m. 2K, 3K, 4K, 5K.

## July 13 (Thursday)

Azusa: Summer Twilight Cross Country Series. 7 p.m. 2K, 3K, 4K, 5K.

## July 20 (Thursday)

Azusa: Summer Twilight Cross Country Series. 7 p.m. 2K, 3K, 4K, 5K.

## July 27 (Thursday)

Azusa: Summer Twilight Cross Country Series. 7 p.m. 2K, 3K, 4K, 5K.

## August 4-13

Gothenburg, Sweden: World Track & Field Championships.

# Masters

## Track & Field

## January 20-February 17

Yuma, AZ: Yuma Senior Olympics. 50+. Don Fishel, 1793 1st Ave., Yuma, AZ 85364 (602) 343-8685, 343-8672.

## January 21 (Saturday)

Santa Cruz: KELfield Throws Series #35. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## January 21-28

Tucson, AZ: Tucson Senior Olympic Festival. U of Arizona. 50+. Ray Hoyt/Virginia Martinez, 220 S. 5th Ave., Tucson, AZ 85701 (602) 791-4865.

## January 28

Palm Desert: College of the Desert. Grass track. Mike Castaneda (619) 321-9299.

## February 10-19

Palm Springs: California Senior Olympics VIII. 55+ Mizell Senior Center, 480 S. Sunrise Way, Palm Springs 92262 (619) 323-5689.

## February 24-26

Reno, NV: USATF National Masters Indoor Championships. Bill Bowser, U of Nevada-Reno, Dept. of Athletics, Reno, NV 89557-0041 (702) 784-4870.

## February 25-28

California Senior Winter Games. 55+. Harry Lund, PO Box 96, Running Springs 92382 (909) 867-2411.

## March 11 (Saturday)

Santa Ana: Orange Spring Games/John Ward Masters Meet. Rancho Santiago College. Al Siddons (714) 564-6936.

## March 11-12

Los Angeles: Decathlon/Heptathlon. Occidental College. Gary Miller (818) 843-2139 (until 9 a.m. PST).

## April 8

Los Angeles: USATF/SCA Meet. Occidental College. (818) 843-2139.

## April 23

Irvine: Steve Scott Open Invitational & Masters Meet. UC Irvine. Mac McCormick (714) 586-9942 eve.

## May 14

Long Beach: Southern California Striders Meet of Champions. CSU Long Beach. Hugh Cobb (619) 436-7696.

## May 17-24

San Antonio, TX: US National Senior Sports Classic V. USNOSO, 14323 South Outer Forty Rd., Suite N300, Chesterfield, MO 63017 (314) 878-4900.

## May 20

Visalia: Visalia Classic Masters T&F Meet. 30+ Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

## May 28

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Mac McCormick (714) 586-9942 eve.

## June 10

Los Gatos: Los Gatos Open & USATF Pacific Association Masters Championships. Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

## June 17-18

Eugene, OR: USATF National Masters Decathlon/Heptathlon Championships. Mark Stream (503) 346-5321.

## June 24

Los Gatos: USATF West Regional Masters Championships. Los Gatos HS. Monica Town-



# SCHEDULE

send, 138 Johnson, Los Gatos 95032 (408) 395-9486.

**July 6-9**

**East Lansing, MI:** USATF National Masters Championships. Michigan State University. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238 (313) 834-0378.

## Camps & Clinics

**January 14 (Saturday)**

**Manteca:** NSCA NorCal Strength & Conditioning Track & Field Clinic. East Union High School. Info: Dan King (209) 823-0414.

**January 21 (Saturday)**

**USAT&F Pacific Association High School Clinic.** Info: Al Hernandez (510) 651-3162 home, or (415) 330-1500 work. Location TBA.

**February 4**

**Union City:** Northern California Olympic Developmental Track & Field Clinic. 9 a.m. - 5 p.m. James Logan HS. Contact: Lee Webb (510) 505-9557 home or (510) 471-2520 ext 5113. Marcel Hetu (510) 736-8629 home.

**February 17-18**

**Fresno:** San Joaquin Valley Coach of the Year Clinic. Fresno State University. For information contact: Bob Fraley or Doug Fraley (209) 278-2644.

**April 13-15**

**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 &

up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

**April 17-19**

**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

**June 2-30**

**Azusa:** Sprint Training for Distance Runners.

**June 10**

**Azusa:** Part 2/Australian Training Model for Middle & Long distance.

**June 18-20**

**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

**July 10-15**

**Azusa:** San Gabriel Valley Summer Day Track Camp. Boys & girls ages 10-18.

**July 23-July 27**

**Flagstaff, AZ:** Ron Mann's High Altitude Camp Track & Field/Cross Country Camp. Northern Arizona University. Info: (602) 523-0011 or Coach Mann (602) 523-5646. Track & Field Cross Country Camp, PO Box 15400, Flagstaff, AZ 86011-5400.

**July 30-August 4**

**Lake Tahoe:** Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720. (Camp also in Prescott, AZ at this same time.)

**July 31-August 5**

**Azusa:** Steve Scott Camp & Workshop

**August 22-27**

**Catalina Island:** Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

**December 27-31**

**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

## All-Comers

**January 7, 14, 21, February 4**

**Walnut:** All-Comers Meets. At Mt. SAC. 10 a.m.-2 p.m.

**January 14, February 4**

**Atascadero:** Sky Jumpers All Comers Vaulting Competitions. Sky Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero 93422. 1 p.m. Divisions/men & women: under 9, 10-12, 13-14, 15-16, 17-18, 19-34, 35-44, 45-54, 55-64, 65-74, 75-84. Contact Jan Johnson, FAX (805) 466-8273 or phone (805) 466-8119.

**January 11 (Sunday)**

**Sacramento:** Trackathon Marathon & 50K. American River College all-weather track. 10K, 20K, 30K, 50K or marathon. Paul Reese, 308 Forest Ct., Auburn 95603

**July 6, 13, 20, 27 (Thursday)**

**Azusa:** Summer Twilight Cross Country Series. 7 p.m. 2K, 3K, 4K, 5K.

## POLE VAULT STANDARD



*International Pole Vault Newsletter*

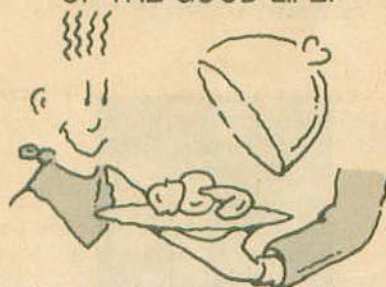
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