

CALIFORNIA

Track & Running News

JANUARY/FEBRUARY 1997

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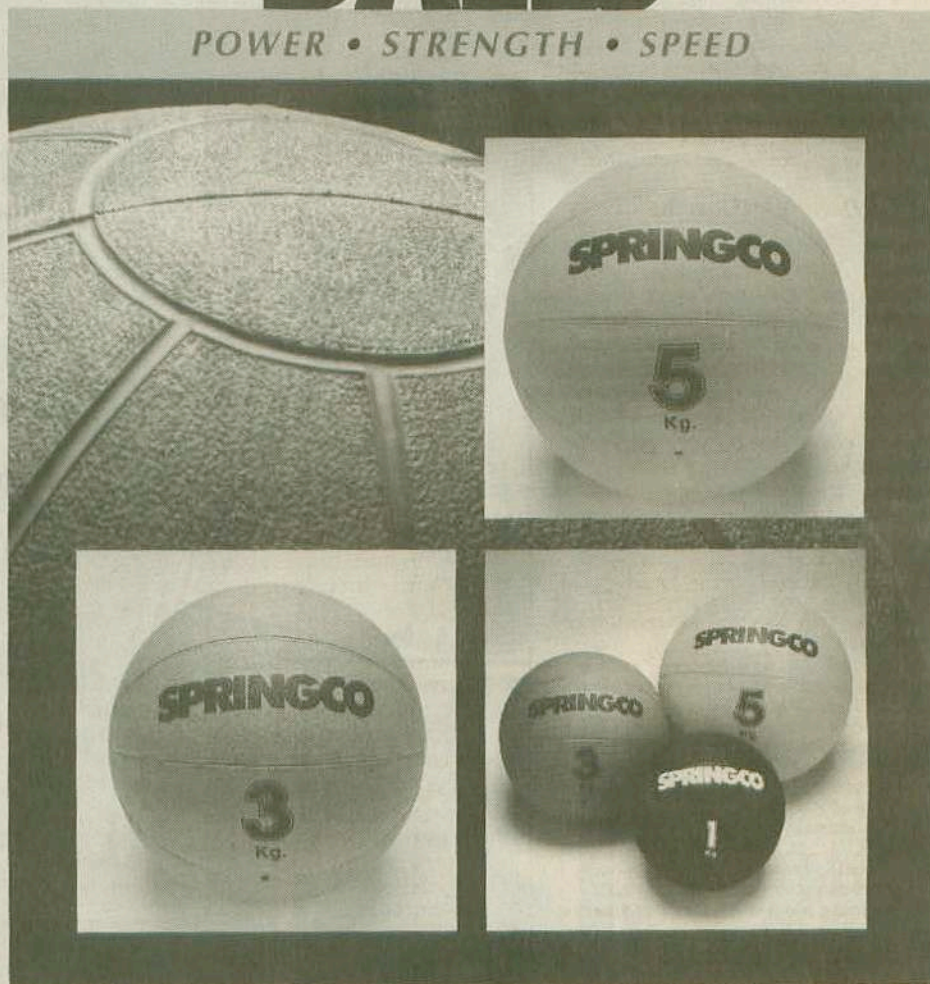
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FROM THE EDITOR

What's New in the New Year?

Over the past year California Track and Running News has been experimenting with an Internet version of the magazine. This "cyberspace" form of CTRN has revealed several advantages over the traditional print version.


The biggest advantage is the space advantage. The print version of CTRN is always short on space, limited by page size and the number of pages our printer is capable of printing. The electronic version, however, isn't bound by these same space restrictions, and space is, for our purposes, practically limitless. What that means is that instead of only printing a small representative sample of the top marks from events, we can print the entire results. The High School State Cross Country Championships or the Community College State Cross Country Championships or the Foot Locker Western Cross Country Championships are examples of the difference between print and electronic versions. There is only room for ten percent or fewer finishers on the CTRN paper pages, yet you can find complete results on the CTRN electronic Internet Web pages.

The other big advantage of the electronic version is timeliness. Take the High School State Cross Country Championships. This January/February printing of CTRN contains the top finishers of this end of November event --two months after the event! The

complete results were posted to the CTRN Web version the very same day as the event--now, that's timely news reporting.

Here at CTRN we are excited about the potential of the electronic version. Space limitations and timeliness problems have plagued us from the beginning (23 years ago). Finally, these issues can be addressed and the problems they present can be relieved.

Even though the electronic magazine medium has advantages of timeliness and completeness, there will still be a place for print versions of track and running magazines. The need for the convenience of a quick reference and a ready permanent record can't completely be met by the computer. After all, who's going to take the computer into the bathroom for a quick read. B.C.

 <http://www.RunningNetwork.com/CTRN/>

ON THE COVER: Winning Californians -- MARISOL BARAJAS (lower left) and ELEAZAR HERNANDEZ, winners of the Community College State Meet (Photos by Bill Cockerham). GREG JIMMERSON (4th place) and AMY SKIERESZ (#1) (photos on the right) led the nation at the NCAA I Championships (Photos by Phillip Enbody). And, KRISTEN GORDON (top left) raced to top cross country honors by winning the Foot Locker National Championships (Fine Flicks by Don Gosney).

SCHEDULE

ROAD RACING

February 1 (Sat.)

Stinson Beach: Cascading Cataracts Marathon, 25K & 7M, Stinson Beach Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Chinese Camp: Orient Express 4M/1M, Chinese Camp School, 9 a.m./1M, 10 a.m./4M. Eddie Zoma R.C., P.O. Box 78, Sonoma 95370 (209/532-7974).

Bakersfield: Bakersfield T.C. Half-Marathon/5K, Beach Park (Hwy. 99/178E), 8 a.m. Leslie King, 3825 Fairmount, Bakersfield 93306 (805/872-9554).

San Juan Bautista: Rotary Mission Ten 10M/5K, Mission San Juan Bautista, 10 a.m./10M, 10:15 a.m./5K. Sam Breger, 321 San Felipe Rd., #15, Hollister 95023 (408/637-9283).

Las Vegas, NV: Roadrunner 4M/2M, Location TBA, 8:30 a.m. Info: Tri-A-Run (702/656-4081).

February 2 (Sun.)

Pt. Reyes: Limantour Split 10M and Half Split 6.2M (1st of Coastal Challenge Series), Limantour Beach parking lot, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Francisco: DSE Windmill Run 6.5 Mile. (415) 978-0837.

Davis: Davis Stampede Half-Marathon/10K/5K, Davis Sr. H.S., 9 a.m. A Change of Pace, 221

Jack Leydig, serves California Track & Running News as editor/compiler of the largest, most complete schedule of road racing events in the State of California. As owner of Jack's Athletic Supply, Jack has served the running community since 1977 by providing a complete line of race supplies. Jack lives and works in San Mateo, CA.



"G" St., #205, Davis 95616 (916/757-6017).
Torrance: President's Day Run, 5K/10K/Youth Races, South H.S. stadium, 8 a.m./10K, 8:15 a.m./5K, 9:30 a.m./Youth Races. Info: Conte Prods. (310/798-2488).

Irvine: Orange County Half-Marathon/5K, Corner of San Canyon/Barranca (near the Irvine Spectrum), 8 a.m./HM, 8:15 a.m./5K. OCHM, 8001 Irvine Center Dr., Suite 1200, Irvine 92618 (714/476-7076).

February 8 (Sat.)

Trinidad: Clam Beach Run, 8.75M & 3M Family Fun Run, Patrick's Point Dr. at Westgate, 2:30 p.m. (1:30 p.m./Walkers). Clam Beach Run, Trinidad Chamber of Commerce, P.O. Box 389, Trinidad 95570 (707/441-9827 or 677-3448).

Huntington Beach: The Great American Adventure Run, 2.8M/4.8M, Central Park West, 8 a.m./2.8M, 8:30 a.m./4.8M. Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Playa del Rey: "Love to Run/Walk", 10K Run & 5K Run/Walk, Dockweiler Beach, 8 a.m. Info: Start to Finish (310/540-5201).

Furnace Creek: Death Valley Trail Marathon/Half-Marathon (3500 ft. net elev. loss), 8 a.m. (100 Limit). Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

San Diego: Naval Medical Center San Diego 10K/5K, Pan American Plaza (Balboa Park), 8 a.m. MWR/NMCS, Attn: 10K/5K, Code Bea, San Diego 92134 (619/532-7245).

Las Vegas, NV: International Breakfast Run 5K, Vacation Village (Las Vegas Blvd., south of Sunset), 8 a.m. Al Boka, LVM, P.O. Box 81262, Las Vegas, NV 89180 (702/876-3870).

February 9 (Sun.)

Muir Beach: Breakers to Breakers 5K/7.2M (2nd of Coastal Challenge Series), Hwy. 1 (GGNRA), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Francisco: DSE Ferry Building Run 3.83 Mile. (415) 978-0837.

Pacific Grove: Together With Love 10K Run/Walk, Lover's Point, 9 a.m. Monterey Bay Rape Crisis Center, P.O. Box 2630, Monterey 93942 (408/373-3389).

Woodland Hills: Heart Run & Walk 5K/10K. (310) 277-2171.

Las Vegas, NV: Las Vegas International Marathon/5-Person Relay/Half-Marathon, Vacation Village (Las Vegas Blvd., south of Sunset), 7 a.m./HM, 7:30 a.m./Mara. Al Boka, LVM, P.O. Box 81262 Las Vegas, NV 89180 (702/876-3870).

February 15 (Sat.)

San Mateo: Castaway 5K/10K, Coyote Point (Castaway Restaurant), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Marin Headlands: Escape from Marin Marathon, Half-Marathon & 7M, East Ft. Baker Coast Guard Sta. (Mara. & HM start), Rodeo Beach (7M start), 9 a.m./Mara. & HM, 10 a.m./7M. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Redding: The Record Searchlight Half-Marathon/10K/2M, Caldwell Park, 10 a.m. Lina Calvo-Smith, P.O. Box 492113, Redding 96049 (916/223-5136).

San Luis Obispo: Hospice for the Heart Valentine's Run, 8:30 a.m. Mitchell Park. (805) 544-2266. (805)

Santa Barbara: Valentine's Couples Relay, 2x4 Mi., Palm Park, Time TBA. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

La Habra: I Love La Habra 5K/1K, La Habra Community Center, 8 a.m. Info: Brian Burleigh (310/905-9708).

Playa Del Rey: Valentine's Day Run for Crippled Children 5K/10K, Dockweiler Beach, 8 a.m./5K, 8:30 a.m./10K. W2 Promotions, Walt Walston, 1666 Ashland Av., Santa Monica 90405 (310/828-4123).

Las Vegas, NV: LVTC 5K/2M, Sunset Park (south of Sunset on Eastern, in Park 2000 complex), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Please send us your schedule information.

Cross Country and Track information: CTRN, 4957 E. Heaton Ave., Fresno, CA 93727. FAX (209) 255-4904. E-Mail: CTRN@ix.netcom.com

Road Racing Information: Jack Leydig, PO Box 1390, San Mateo, CA 94401. FAX (415) 372-0789.

The schedule is subject to change, so please verify dates, locations, times, etc., prior to traveling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

continued next page...

SCHEDULE

February 16 (Sun.)

San Francisco: Chinese New Year Runs, 10K/5K, Grant & Sacramento Sts., 8 a.m. China-town YMCA, 855 Sacramento St., San Francisco 94108 (415/982-4412).

San Francisco: DSE Golden Gate Bridge Vista Run 5.04M. (415) 978-0837.

Novato: Indian Valley Biathlon (3mR-10mB-2mR), Stafford Lake, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Novato: Mud Run/Walk 4 Mile. (415) 897-2185.

Palm Springs: Heart of Palm Springs 5K/10K & 2 Miler, Palm Springs H.S., 7:30 a.m. Info: Keenan Barber, MD (619/346-8109).

Hermosa Beach: Sand & Strand, 2.5M/5M/ Munchkin Race, Hermosa Beach Pier, 8 a.m. Info: Ann Gerrish (310/379-2797, x4).

Dana Point: Whale Chase 5K, Ritz Carlton Hotel, 8 a.m. Race Pace Promotions, Attn: Whale Chase, P.O. Box 795, Dana Point 92629 (714/661-6062).

San Diego: Couples 4 Mile Run, Rose Canyon, 7:30 a.m. Info: Kendall Webb (619/268-1932).

Rancho Santa Fe: San Dieguito Half-Marathon/5K, San Dieguito County Park (1M east of I-5 Lomas Santa Fe exit), 8 a.m./HM, 8:05 a.m./5K. Kathy Loper Events, 7801 Mission Center Ct., Ste. 103, San Diego 92108 (619/298-7400).

February 22 (Sat.)

Saratoga: Santa Cruz Mountains Half-Marathon & 10K, Saratoga Gap (Hwy. 9 & Hwy. 35), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Fresno: Race to Erase Racism Run & Walk. Woodward Park. 2.3 Mile Relay (5 persons). Contact: Paul Copeland, H.O.O.D. Prevention Program, 102 E. Clinton Ave., Fresno High North, Fresno CA 93704. Phone: (209) 265-2759 or FAX (209) 228-1509.

Santa Barbara: Adventours Run Series #1 5K. (805) 963-2248.

Los Alamitos: Los Alamitos 10K/5K, Los Alamitos Community Center, 8 a.m. Info: Bill Calkins (310/430-1073).

Las Vegas, NV: LVTC 5K/2M, Pueblo Park (Lake Mead & Pueblo), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

February 23 (Sun.)

Oakland: Couples Relay (2 x 5K, female runs first), Lake Merritt (Old Boathouse, 14th St./Lakeside Dr.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (510/601-7887).

San Francisco: DSE Single Lake Merced Run 4.6 Mile. (415) 978-0837.

Ft. Cronkhite: Tennessee Valley Waltz 10M/5M (last of Coastal Challenge Series), near Rodeo Lagoon, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Saratoga: The Great Race, 3.2M, Saratoga Village to downtown Los Gatos, 9 a.m. Info: Rotary Club of Los Gatos (Stewart Elner), address/phone TBA.

Santa Cruz: The Great Chowder Chase, 4.5M Run, Santa Cruz Beach Boardwalk, 8:45 a.m./Men, 9:30 a.m./Women. Lisa McGinnis, Santa Cruz Rec. Dept., 307 Church St., Santa Cruz 95060 (408/429-3477).

Santa Barbara: Adventours 5K Series, East Palm Park, Time TBA. Santa Barbara A.A., 4476 Meadowlark Ln., Santa Barbara 93105.

Brea: Brea 8K Classic & Kids' 1K Fun Run, Brea Mall, 8 a.m. Info: 714/671-1305.

Newport Beach: Sutro & Co. Spirit Run, 5K/10K/1M & Kids Runs (0.25 to 1 Mi.), Fashion Island (Newport Center), 7:30 a.m. Spirit Run 97, c/o Race Central, P.O. Box 828, Rialto 92377 (714/224-9899).

March 1 (Sat.)

Sausalito: Run for the Seals 4M, Rodeo Beach (Marin Headlands, near Ft. Cronkhite Beach), 9 a.m. Marine Mammal Center, GGNRA-Marin Headlands, Sausalito 94965 (415/255-3833).

Chico: Bidwell Classic Half Marathon & 5K, Bidwell Park (One Mile Area), 9 a.m. Chico R.C., P.O. Box 1182, Chico 95927 (916/898-4781).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Santa Barbara: Adventours Run Series #2 5K. (805) 963-2248.

San Diego: Sue Krenn 15K, Fiesta Island (Mission Bay), 7:30 a.m. Info: Hal Goforth (619/697-4467).

Seaside, OR: Trail's End Marathon, Time TBA. Info: 503/646-7867.

Las Vegas, NV: Race for the Cure 5K, Location TBA, 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

March 2 (Sun.)

San Francisco: DSE Rainbow Falls 5K. (415) 978-0837.

Calistoga: Sutter Home Napa Valley Marathon/5K (RRCA Western Regional Marathon Championships), finishes in Napa, 7 a.m. SHNVM, P.O. Box 4307, Napa 94558 (707/255-2609).

Napa: 3 R's 5K, Vintage H.S. (1375 Trower), 8 a.m. Mary Duenow, 1375 Trower Av., Napa 94558 (707/253-3686).

Napa: Sutter Home Napa Valley Marathon & 5K. (707) 255-2609.

Los Angeles: City of Los Angeles Marathon/5K Run, Time TBA. Los Angeles Marathon, 11110 W. Ohio Av., Suite 100, Los Angeles 90025 (310/444-5544).

March 8 (Sat.)

San Rafael: China Camp Shoreline 10K, Half-Mara. & Marathon, China Camp State Park (Miwok Meadows picnic area), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Chino Hills: West Valley Search & Rescue. 5K/10K. Alterra Park, Soquel Canyon Rd. 8 a.m. Contact: Shirley Keebaugh (909) 623-5575.

Santa Barbara: Adventours Run Series #3 5K/8K. (805) 963-2248.

Lompoc: LVDC Winter Memorial Run. Ryon Park. 5K/8:30 a.m. 10K/9:15 a.m. Info: Leo Aragon (805) 736-6773.

San Diego: Nutrition Fuels Fitness 10K/5K, Mission Bay (south of Hilton), 7 a.m. Info: Mary Ryzner (619/749-5336).

San Diego: Cystic Fibrosis Stairclimb, The Koll Center (downtown), 9 a.m. (to noon). Info: CF Foundation (619/234-5880).

Las Vegas, NV: Fox Run 97 (Child Seeker), 5K/2M/Kids' Run, Galleria Mall (Stephanie & Sunset), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

March 9 (Sun.)

San Jose: Mercury News 10K Race, 5K Competitive Walk/Fun Run, Park Av./Almaden Av., 9 a.m. San Jose Mercury News, Attn: Angela Liberman, 750 Ridder Park Dr., San Jose 95190 (408/920-5602).

San Francisco: DSE Walt Stack Trail 10K. (415) 978-0837.

Fairfield: Fairfield 5K/10K, Lee Bell Park, 8:30 a.m. James Fiori, 841 Brookdale Ct., Cordella 94585 (707/854-8196).

Temple City: Temple City 5K Scholarship Run & 1K Kiddie Fun Run, Temple City H.S., 8 a.m. Temple City 5K Run, 9501 E. Lemon, Temple City 91780 (818/285-2111, x8481).

San Diego: People for Trees 5 Miler, Little Italy section of downtown, 7:30 a.m. Info: In Motion (619/792-2900).

March 15 (Sat.)

Big Basin: Big Basin Marathon, Half-Marathon & 5M, Big Basin Redwoods State Park HQ (Hwy. 236 off Hwy. 9), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Fort Bragg: Whale Run 10K/5K, Haul Road (1M north of Ft. Bragg), 8:30 a.m. Barbara D'Arezzo, Soroptimist Int'l. of Fort Bragg, P.O. Box 131, Fort Bragg 95437 (707/964-0994).

San Francisco: Irish Sprint & Stride 4.5 Mile Run/4 Mile Walk. (415) 905-0647.

Bradley: 4th Annual Bradley Bulldog 5K/10K. 9 a.m. Contact Linda Richards, Bradley Union School District, P.O. Box 60, Bradley 93426 (805) 472-2310.

continued next page...

SCHEDULE

Santa Barbara: Adventours Run Series #4 5K/10K. (805) 963-2248.

Bradley: Bradley Bulldog Fun Run/Walk, 5K/10K, Bradley Union Elem. School, 9 a.m. Bradley School, P.O. Box 60, Bradley 93426 (Linda Richards: 805/472-2947).

San Diego: St. Patrick's Day 10K/5K & 1M Kids' Run, Mission Bay Park, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: LVTC 5K/2M, Desert Breeze Park (Spring Mtn. & Durango), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

March 16 (Sun.)

San Mateo: Prime of Life Fitness Games Half Marathon, Couty Fairgrounds (Delaware & 25th Av.), 7:30 a.m. Arthur Stubbs, 4295 - 24th St., San Francisco 94114 (415/285-8853). -- **Note:** Fitness Games include 78 events over 3 wknds. (includes track & field, race walking, cycling, etc.).

San Francisco: DSE Little Marina Gren Run 3.8 Mile. (415) 978-0837.

Berkeley: Berkeley Rainbow Run, 5K/10K, Berkeley Marina (University Av. exit off Hwy 80), 8 a.m. Rachel Dent, Canned Food Grocery Outlets, 2000 Fifth St., Berkeley 94710 (510/704-2813).

Stockton: Dave's 4 Mile & Team Challenge (209) 948-0938.

Merced: The County Bank Run at RASCAL Creek, 10K/3K/1M Youth Race (RRCA 10K Championships), Rahilly Park, 8:30 a.m./1M, 9:15 a.m./3K, 9:30 a.m./10K. David Zacharias,

860 W. Olive, Suite B, Merced 95348 (209/723-4016, 209/722-4428).

Fresno: St. Patrick's Day Run (CCAPW). 5 Miles. Woodward Park.

Torrance: Mobil St. Patrick's Day 10K/5K, Del Amo Fashion Center, 9:45 a.m. (?) / Women's Invit., 8 a.m./10K, 8:20 a.m./5K, 9:30 a.m./0.5M Kids' Dash. Elite Racing, 19671 Beach Blvd., #204, Huntington Beach 92627 (714/374-3200).

Temecula: Temecula Jaycees Blind Pig Blarney Classic 10K Run, 5K Run/Walk & 1 Miler, Rancho California Sports Park, 8 a.m. Info: Kathy Loper Events (619/298-7400).

Palm Springs: Palm Springs Kiwanis 10K Run/2 Mile Fun Walk. (619) 327-2311.

March 22 (Sat.)

Fresno: Vital Signs Challenge 10K. Woodward Park.

Carpinteria: Orchard to Ocean Run 5K/10K/1 Mile. (805) 648-2783.

South Gate: Azalea Festival 5K/10K, Hollydale Park (on Century Blvd., 3 blocks west of Garfield Av.), 8 a.m./5K, 8:30 a.m./10K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Avalon: Catalina Island 5K/10K & Kids' Run, 8 a.m. (9 a.m./Kids). Info: 714/737-1495.

Las Vegas, NV: LVTC 5K/2M, Sunset Park (south of Sunset on Eastern, Park 2000 complex), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Phoenix, AZ: Crown King Scramble 50K/50M, Lake Pleasant (north of Phoenix) (run from

desert floor to mountaintop, 6,000 feet elev.), Time TBA. Arizona Road Racers, P.O. Box 37876, Phoenix, AZ 85069 (602/954-8341).

March 23 (Sun.)

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Info: LMJS Hotline (510/601-7887).

San Francisco: DSE Diamond Heights Run 2.99 Mile. (415) 978-0837.

Sausalito: Houlihan's to Houlihan's 12K (shuttle to start from Aquatic Park/S.F.), 8 a.m. (3 wave start). Info: RhodyCo Productions (415/564-0532).

Irvine: Get-in-Line Festival 5K Run. (714) 548-1170.

Palm Springs: Palm Springs-Desert Half-Marathon & Marathon, 8 a.m. (**limited entries**). Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

March 29 (Sat.)

Woodside: Woodside-Phleger Estate Half-Marathon & 10K, Huddart Park (Redwood Meadow), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Oakland: Greek Independence Day Run/Stride, 5K/10K, Lake Merritt (New Boathouse), 8:30 a.m. George Zuras, 601 Fortress Isle, Alameda 94501 (510/521-3310, after 4 p.m.).

Santa Barbara: Adventours Run Series #5 5K/12K. (805) 963-2248.

Palm Springs: Palm Springs Women Running Wild 5K Run/Walk. (619) 320-1341.

Las Vegas, NV: LVTC Marathon Relay, Tule Springs (Floyd Lamb Park, Las Vegas Gun Club), 8 a.m. Info: Carlos Rosa (702/459-6957).

March 30 (Sun.)

Angel Island: Romancing the Island 12K & 25K, Ayala Cove (S.F. Bay), 8:30 a.m. charter ferry from Tiburon only, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (414/868-1829).

San Francisco: DSE Easter Jog "Lotto" Run 3 Mile. (415) 978-0837.

Fresno: Easter Sunrise Celebration Jog, 3 mile run, 2 mile walk/jog, 1 mile walk. Dawn. Woodward Park. Contact Harry Harder (209) 638-5007.

April 5 (Sat.)

Ft. Cronkhite: Golden Gate Headlands Marathon, Half-Marathon & 7M, Rodeo Beach (Ft. Cronkhite), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Fresno: Run for Relief 10K. Fresno Pacific University, 7 a.m. Info: (209) 638-6911 or (209) 638-5007 or (209) 456-0535.

Los Angeles: The L.A. Philharmonic Run, 5K/

continued next page...

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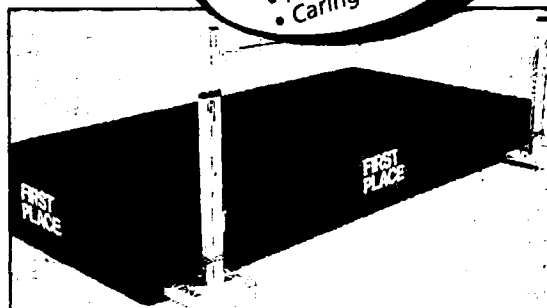
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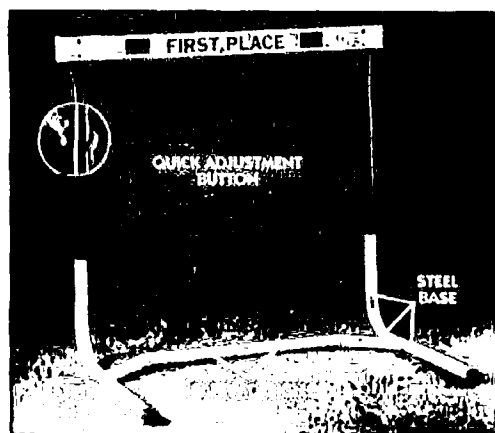
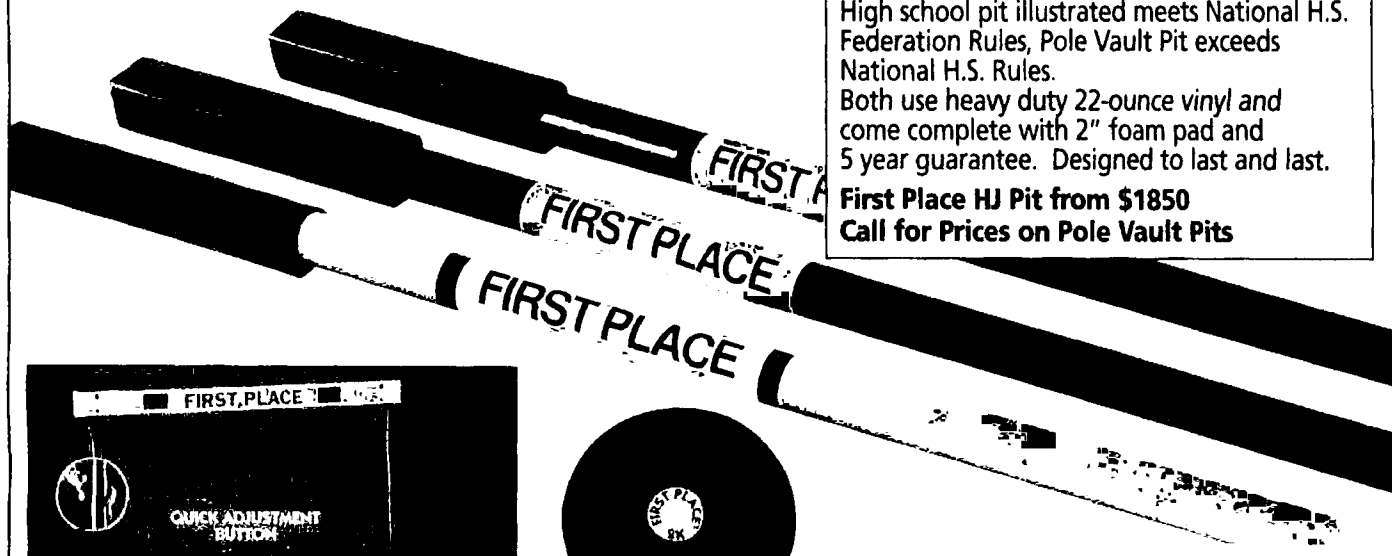


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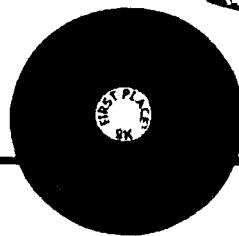
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SCHEDULE

10K & Kiddie-K, Griffith Park, 8 a.m. Info: W2 Promotions (310/828-4123).

Arcadia: Santa Anita Derby Day 5K Run/Walk & Kids' Mile, 8 a.m./5K, 9:15 a.m./1M. Elite Racing, 19671 Beach Blvd., #204, Huntington Beach 92627 (714/374-3200).

El Cajon: El Cajon 20K, 7:30 a.m. Info: Judi Richardson (619/444-3785).

April 6 (Sun.)

Palo Alto: Fifty-Plus Generation Celebration 8K Run/5K Walk (50 and over only, 5-year age groups), 9 a.m. Fifty-Plus Fitness Assoc., Box D, Stanford 94309 (415/323-6160).

Upland: (listed as Apr. 13 in some sources) San Antonio Community Hospital 5K/10K, Memorial Park, 7:30 a.m. Info: Vicki Mosby (909/920-4964).

San Diego: Rainforest Run, 5K, Tecolote Shores (Mission Bay), 7:30 a.m. Info: Margaret Gregory or Bill Sweetman (619/455-3259, 551-0874).

April 12 (Sat.)

Napa Valley: Napa Valley Trail Half-Marathon, Marathon & 10K, Bothe-Napa Valley State Park (Hwy. 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Davis: AMSA Heart Beat 10K Run/5K Walk, UC Davis School of Medicine, 9 a.m. Barbara Napoletano, UC Davis School of Medicine, Davis 95616 (916/752-3170).

Bakersfield: Rio Bravo 10 Miler, Lake Ming Rd., Time TBA. Info: Grady Buck (805/871-9074).

Santa Barbara: Santa Barbara Winery 10 Mile & 5K. Info: (805) 963-2248.

Carlsbad: Junior Carlsbad (12 & Under), 25Y to 1M (9 age groups), 7:30 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

Temecula: Callaway's Run Through the Vineyards 5K/10K, Bell Vineyards (Callaway), 10M east of I-15 on Rancho California Rd., 7:45 a.m. Info: Brian McNamara (909/684-5700, x231).

Medford, OR: Pear Blossom Run 10M/5K (also Mayors Cup 1M/2M/3M), Medford City Hall, 7:25 a.m. Jerry & Zellah Swartsley, P.O. Box 146, Medford 97501 (503/535-1205, eves; 503/772-6293, days).

April 13 (Sun.)

Los Gatos: Brickyard Run, 8M/4M, Martinez Municipal Park (Talbart/Buckley St.), 8:30 a.m. Diablo R.R., P.O. Box 31236, Walnut Creek 94598 (510/672-2478, 906-8880).

Martinez: Brickyard Run, 4M/8M, Municipal Park (Talbart/Buckley Sts.), 8:30 a.m. Diablo R.R., P.O. Box 31236, Walnut Creek 94598 (510/672-2478, 906-8880).

Chico: Chico Duathlon (4mR-30mB-4mR or 1.5mR-15mB-1.5mR), Durham Park (4.5M south of Chico), 9 a.m. John Whitehead, Exchange Center, 2592 Notre Dome Blvd., Suite B, Chico 95928 (916/894-8920).

San Luis Obispo: Cuesta Biathlon (10kR-40kB), Cuesta College. Info: 805/546-3207.

Lompoc: Laura Stegman Memorial Women's 5K Run/Walk, River Park, 8:30 a.m. (women only). Bill Graham, 1309 E. Palmetto St., Lompoc 93436 (805/736-4696).

Upland: (listed as Apr. 6 in some sources) San Antonio Community Hospital 5K/10K, Memorial Park, 7:30 a.m./5K, 8:30 a.m./10K. Vickie Mosby, 999 San Bernardino Rd., Upland 91786 (909/920-4964).

Carlsbad: Carlsbad 5000 (6 events w/Masters, Women's, Men's Invit. & Wheelchair), Time TBA. Elite Racing, 10509 Via Sorrento Pkwy., #102, San Diego 92129 (619/450-6510).

April 19 (Sat.)

San Francisco: Ruth Anderson 100K (Ultra Brand Prix event), Lake Merced (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

Los Angeles: LMU Run for the Bay, 5K/10K, Loyola Marymount Univ. (7900 Loyola Blvd.), 8 a.m. Info: Peter Mosinskis (310/338-7596).

Irvine: Zot Trot 5K, UCI Campus, 7:30 a.m. Info: 714/824-2586, 824-3460.

April 20 (Sun.)

Cupertino: Tandem's Up & Running 10K/2M & 1M Kids' Race (7-12 Yrs.) & Trike-& Trot (3-6 Yrs.), Tandem Computer (19333 Valco Pkwy.), 9 a.m./10K-2M, 10 a.m./1M, 10:30 a.m./Trike.

Napa: Napa Valley Triathlon (0.5mS-5kR-15mB), Lake Hennessey, 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Los Angeles: Jimmy Stewart Relay Marathon (5-Person Teams) (also kids' races), Griffith Park (near Merry Go Round), 8 a.m. Rosa Hernandez, 1328 - 22nd St., Santa Monica 90404 (310/829-8968).

April 21 (Mon.)

Hopkinton, MA: Boston Marathon (101st), noon (qualifying times req'd.). BAA, Box 1997, Hopkinton, MA 01748 (508/435-6905; Marathon Tours: 800/444-4097).

April 26 (Sat.)

Davis: Earth Day Run, 5K/10K, Families First Complex (2100 Fifth St.), 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Santa Barbara: Law Day USA 15K/3x5 Relay & Kids' 1K Fun Run, Palm Park, 8:30 a.m. Joe Howell, c/o Santa Barbara Bar Assoc., 1111 Garden St., #106, Santa Barbara 93101 (805/962-3443).

April 27 (Sun.)

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Info: LMJS Hotline (510/601-7887).

Livermore: Livermore Fitness Days 11M/20M Bike, 5K/10K Walk/Run, The Barn (3131 Pacific Av.), 8 a.m./Bike, 8:30 a.m./Runs. Livermore Rec. & Park District, Sheryl Hardin/Brian Tibbetts, 71 Trevarno Rd., Livermore 94550 (510/373-5723).

Big Sur: Big Sur International Marathon. 7 a.m. Event also includes: Power-Walk/6:45 a.m., 5-runner Relay/7:00 a.m., 5K/7:30 a.m. (start from Hwy. 1 and Rio Road, Carmel), 7 & 10 Mile Walk/8:50 a.m. (from Bixby Bridge). Big Sur International Marathon and Events, P.O. Box 222620, Carmel 93922 (408) 625-6226. 5K hotline: (408) 625-6287.

Laguna Beach: BMW Laguna Beach Classic 5K/10K & Kids' 1K, Sawdust Festival, 7:45 a.m./5K, 8:15 a.m./10K, 9:15 a.m./1K. Kinane Events, 2987 Highland Dr., Carlsbad 92008 (619/434-7706).

Laguna Beach: Laguna Beach Classic. 5K/10K and Kid's 1K Run. Sawdust Festival Grounds, Laguna Canyon. 5K Run-Walk/7:45 a.m., 8:15 a.m./10K, 9:15 a.m./Kid's 1K. Info: Schoolpower (714) 494-6811.

Del Mar: La Jolla Half Marathon, 7:30 a.m. Info: La Jolla Sports Group (619/454-1262).

La Jolla: La Jolla Shores 5K Run, La Jolla Cove Park (above La Jolla Shores), 7:30 a.m. Info: La Jolla Sports Group (619/454-1262).

LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

May 4 (Sun.)

Weott: Avenue of the Giants Marathon & 10K, Dyerville Bridge, 9 a.m. Ave. of Giants Marathon, 281 Hidden Valley Rd., Bayside 95524 (707/443-1226).

May 10 (Sat.)

Stinson Beach: Muir Woods Marathon, 25K & 7M, Stinson Beach Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

May 18 (Sun.)

San Francisco: Examiner Bay to Breakers 12K, Howard/Spear Sts. to Ocean Beach (Elite quality by 4/15), 8 a.m. EXBB, P.O. Box 429200, San Francisco 94142 (415/ 510/ 408/808-5000, x2222).

continued next page...

SCHEDULE

TRACK & FIELD CROSS COUNTRY

Youth

Track & Field

February 21-23

Merrillville, IN: AAU National Indoor Track & Field and Multi-Events Championships. Info: (407) 363-6170.

July 28-29

Walt Disney World, FL: AAU National Multi-Events Club Championship. Info: (407) 363-6170.

July 30-August 2

Walt Disney World, FL: AAU National Track & Field Club Championship. Info: (407) 363-6170.

August 3-4

Charlotte, NC: AAU National Multi-Event Championships (AAU Junior Olympic Games). Info: (407) 363-6170.

August 6-9

Charlotte, NC: AAU National Track & Field Championships (AAU Junior Olympic Games). Info: (407) 363-6170.

Cross Country

December 7

Walt Disney World, FL: AAU National Cross Country Championships. (407) 363-6170.

High School

Track & Field

February 15

CANCELLED. Los Angeles: Los Angeles Invitational Indoor Track Meet.

March 8

Los Banos: Los Banos Breakfast Lions Track & Field Invitational. Los Banos HS. 9 a.m. Contact Mike Miller, Track Coach., Los Banos HS, 1966 S. 11th St., Los Banos 93635. (209) 826-6033.

March 15

Camarillo: Channel Coast Track & Field Invitational. Camarillo HS. Contact: Mike Stewart, Meet Director, Newbury Park HS, 456 Reino Rd., Newbury Park 91320. Phone: (805) 498-3676 ext 265 or e-mail at: nistew@themall.net

March 29

Martinez: Martinez Relays. At Alhambra High School. (The oldest high school only relays in California—since 1933.). Information: (510) 313-0439 school, (510) 944-5531 home, (510) 944-9382 FAX.

April 5

San Diego: San Diego Invitational. Balboa Stadium. 3 p.m. / twilight meet. Open/College, Junior College, High School. Featuring the "Break the Barrier Mile." Contact: Paul Locher, 1405 Park Blvd., San Diego 92101 (619) 525-7455 school, (619) 231-0973 FAX, (619) 448-8922 home.

April 12

Arcadia: Arcadia Invitational. Info: (818) 446-0131.

April 26 (Saturday)

Union City: Bay Area Top 8 Track & Field Invitational. Logan High School. Divisions: frosh/soph, girls, boys. Contact Lee Webb, Meet Director (510) 505-9557 or (510) 471-2520 ext. 5113.

June 6-7

Sacramento: CIF State Track & Field Championships.

June 14

Sacramento: Golden West Invitational. Info: (916) 989-2411.

June 20-21

Columbus, OH: USATF Junior Nationals.

Cross Country

December 6 (Sat.)

Fresno: 19th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 13 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535. E-mail: CTRN@ix.netcom.com.

December 13 (Sat.)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

College & Open

Track & Field

February 1

Reno, NV: Wolf Pack Indoor Invitational.
Bakersfield: Road Runner Invitational. Cal State Bakersfield.

February 8

Reno, NV: Cosby Indoor Invitational.
Hayward: Chabot Festival of Miles. Chabot College.

February 14-15

Fresno: Fresno State Indoor Mini Meet (Only indoor meet in California) and Track Clinic. Info: Bob Fraley (209) 278-6183 or Red Estes (209) 278-6182.

February 15

CANCELLED. Los Angeles: Los Angeles Invitational Indoor Track Meet.

Reno, NV: Holiday Inn Classic.

Long Beach: Long Beach Relays. Contact: Andy Sythe (310) 985-1700.

February 21-22

Reno, NV: Mountain-Pacific Conference Indoor Championships.

February 22

San Francisco: The Gator Preview. Contact: Matt Lydum (415) 338-1561.

March 1

Pomona: Bronco Invitational. Contact: Jim Sackett (909) 869-2831.

March 1-2

Stanford: Cardinal Decathlon & Heptathlon.

March 7

Chico: Chico Decathlon.

March 7-8

Indianapolis, IN: NCAA Indoor Championships.

March 8

Fullerton: Ben Brown Invitational. CS Fullerton. Contact: John Elders (714) 773-3490.

March 15

Sacramento: Beaver Relays.

San Luis Obispo: Mustang Invitational.

Long Beach: Collegiate Classic. CS Long Beach. Contact: Andy Sythe (310) 985-1700.

Eagle Rock: Oxy Distance Carnival. Occidental College. Info: (213) 259-2715.

March 22

Davis: Pappa Blue Gold Classic. UC Davis. March 22-23

Stanford: Stanford Invitational. Info: Michael Reilly (415) 723-2736.

March 24

Fresno: Fresno Relays Decathlon. Contact: Red Estes (209) 278-4097.

March 28

Modesto: Modesto Community College Classic. Contact: Jack Albani (209) 575-6279.

March 29

Sacramento: 1997 Panther/Stam Wright Invitational. Sacramento City College. Open to all athletes. Contact: Lisa Bauduin (916) 558-2610.

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

April 4-5

Fresno: Bob Mathias Relays. Ratcliffe Stadium.

continued next page...

SCHEDULE

April 5

San Francisco: Johnny Mathis Invitational. Contact Matt Lydum (415) 338-1561.
San Diego: San Diego Invitational. Balboa Stadium. 3 p.m. / twilight meet. Open/College, Junior College, High School. Featuring the "Break the Barrier Mile." Contact: Paul Locher, 1405 Park Blvd., San Diego 92101 (619) 525-7455 school, (619) 231-0973 FAX, (619) 448-8922 home.

April 12

Berkeley: Pierce Golden Bear Challenge. UC Berkeley. (510) 642-3158.
Turlock: Stanislaus Invitational. CS Stanislaus. Contact: Kim Duyst (209) 667-3312.
Azusa: BFI Meet of Champions. Info: Kevin Reid (818) 815-3856.
San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

April 17

Claremont: SCIAC Championships. Info: (909) 621-8429.

April 17-18

Azusa: Azusa Pacific Decathlon/Heptathlon.

April 18-20

Walnut: Mt. SAC Relays.

April 19

Davis: Woody Wilson Invitational. UC Davis.
Long Beach: Long Beach Invitational. CS Long Beach. Contact Andy Sythe (310) 985-1700.

April 23-26

Philadelphia, PA: Penn Relays.

April 26

Turlock: Warrior Invitational. CS Stanislaus. Contact Kim Duyst (209) 667-3312.
Northridge: Cal-Nevada State Championships. CS Northridge. Contact Don Strametz (818) 885-3608.

May 2

San Francisco: NorCal JC Trials.
Stanford: Stanford vs. Cal.

May 3

Stanford: Stanford vs Berkeley.
Chico: Chico Invitational. Contact Kirk Freitas (916) 898-5150.

Santa Barbara: Nick Carter Invitational. Info: (805) 893-8276.

Irvine: Steve Scott Invitational.

May 9

Stanford: Cardinal Invitational. Contact Michael Reilly (415) 723-2736.
Turlock: NCAC Championship. Contact Kim Duyst (209) 667-3312.

May 10

Stockton: NorCal JC Finals. Info: (209) 474-5191.

Modesto: Modesto Relays. Contact Tom Moore (209) 537-0411.

Eagle Rock: Occidental Invitational. Contact Bill Harvey (213) 259-2715.

May 16

Santa Monica: Asics Santa Monica Distance Classic. Santa Monica College. (310) 483-7655.

May 17

Davis: Davis Open Invitational.

Irvine: Big West Championships.

Fresno: California JC State Championships.

May 17-18

Seattle, WA: PAC-10 Decathlon & Heptathlon.

May 18

San Jose: Bruce Jenner Classic. Contact Bert Bonanno (408) 288-3730.

May 19

Santa Barbara: Armed Forces Championships. Contact John Register (703) 325-1837.

May 24

Hayward: Pacific Association Open Championships. Contact Ken Grace (510) 786-6930.

Los Angeles: Patriots Invitational. Contact: Marv Thompson (213) 257-1285.

May 24-25

Seattle, WA: PAC-10 Championships.

June 4-7

Bloomington, IN: NCAA Championships.

June 7

Long Beach: USATF Championship Tune-up (SCA Grand Prix). CS Long Beach. Contact: Andy Sythe (310) 985-1700.

San Diego: San Diego-Imperial Assoc. USA Track & Field Championships. UC San Diego. 12 noon. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

June 11-15

Indianapolis, IN: USATF Nationals.

August 1

Los Angeles: SCA Summer Grand Prix.

Masters

Track & Field

February 8-9

Palm Springs: California Senior Olympics. 50+. Contact Ben Green (619) 323-5689.

February 15-17

Honolulu, HI: Paradise Pentathlon. (Weight). Hawaii Masters Track Club, PO Box 15763, Honolulu, HI 96830-5763. Ed Costello (808) 988-2379.

February 16

Reno, NV: Silver State Indoor Masters Classic. Silver State Striders, PO Box 21171, Reno, NV 89515 (702) 329-2814.

March 21-23

Boston, MA: USATF National Masters Indoor Championships. Tracs, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. FAX (617) 964-8356.

May 4

Eagle Rock: Crown Valley Spring Games/Pasadena Senior Olympics (50+). Occidental College. Info: Cynthia Vaughn (818) 397-4064.

May 10

Long Beach: Southern California Striders Meet of Champions. CS Long Beach. Info: Hugh Cobb (619) 436-7696.

May 21-28

Tucson, AZ: US National Senior Sports Classic VI. TLOC, 4 East Congress, 2nd Floor, Bank One Annex Bldg., Tucson, AZ 85701 (520) 791-5555.

May 25

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Info: Mac McCormick (714) 586-9942.

June 8

Eagle Rock: USATF Southern California District Championships. Occidental College. Info: Christel Miller (818) 843-2139 (before 9 p.m.).

June 14

Los Gatos: Los Gatos Open & Masters Classic. Various locations. Monica Townsend, 138 Johnson, Los Gatos (408) 395-9486.

June 29

Los Angeles: Trojan Master's Meet. USC. Contact Russ Reabold (818) 917-6289.

July 12-13

San Jose: USATF Western Regional Championships. Location TBA. Info: Rick Millen (408) 241-6578.

July 17-27

Durban, South Africa: WAVA World Championships. Contact Barbara Kousky, USATF National Master's Chairman (541) 687-1989.

August 7-10

San Jose: 30th Annual USATF National Masters Championships. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose 95113. Contact: Steve Hess (408) 288-2935.

August 16

Seattle, WA: USATF National Masters Weight & Superweight Championships. Contact: George Mathews, 5701 6th Ave. South, Seattle, WA 98108. (206) 764-7000 w.

September 20-21

Thomasville, NC: USATF National Masters Decathlon & Heptathlon. Contact: Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. (910) 476-1228 h, 475-8141 w.

continued next page...

SCHEDULE

October 4

Santa Barbara: Club West Masters Meet. Santa Barbara City College. Contact Beverly Lewis (805) 969-5851 or Gordon McClenathen (805) 964-3005.

October 27

Long Beach: Sri Chinmoy Masters Games. (40+). CS Long Beach. Contact Bigalita Egger (310) 645-0271.

November 15

Long Beach: Long Beach Senior Games (50+). Long Beach City College. Contact Karla Yuki (310) 570-1776.

Camps & Clinics

February 1

Union City: Northern California Olympic Developmental Track & Field Clinic. James Logan HS. Info: Lee Webb (510) 505-9557 home or (510) 471-2520 ext 5113.

February 1-2

Riverside: AAF/CIF Track & Field Clinic. UC Riverside. Event-Specialist Clinics (Coaches can receive a Certificate of Completion in ONE of the following event groups: Sprints & Relays, Hurdles, Distances, Long & Triple Jump, Shot & Discus, High Jump, Pole Vault). (Prior AAF/CIF Basic Clinic attendance is required.) For registration materials write to: Palmer Addressing & Mailing, P.O. Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

February 7-9

Martinez: USATF Level I Coaching Track & Field Clinic. Certificate program starts 6 p.m. Friday; concludes Sunday afternoon. At Alhambra High School. For information contact Tim Bruder: (510) 313-0439 school, (510) 944-5531 home, FAX (510) 944-9382.

February 8-9

Van Nuys: AAF/CIF Track & Field Clinic. Birmingham High School. Event-Specialist Clinics (Coaches can receive a Certificate of Completion in ONE of the following event groups: Sprints & Relays, Hurdles, Distances, Long & Triple Jump, Shot & Discus, High Jump, Pole Vault). (Prior AAF/CIF Basic Clinic attendance is required.) For registration materials write to: Palmer Addressing & Mailing, P.O. Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

February 14-15

Fresno: Fresno State Indoor Mini Meet (Only indoor meet in California) and Track Clinic. Info: Bob Fraley (209) 278-6183 or Red Estes (209) 278-6182.

July 27-August 1

Lake Tahoe: Runner's Workshop Cross Country Clinic. Ages 12 & older. Contact: Mark & Rene Celestin, Coordinators (310) 493-7545. Write to: Runner's Workshop Inc., P.O. Box 5028, Los Alamitos 90720.

August 4-8

Grouse Ridge: High Altitude Running Camp & Clinic. Contact Nick Vogt, Christian Runner's Association, 1025 Grange Road, Meadow Vista 95722. (916) 878-0697.

August 18-23 or 23-28

Catalina Island: Runner's Workshop Cross Country Clinic. Ages 12 & older. Contact: Mark & Rene Celestin, Coordinators (310) 493-7545. Write to: Runner's Workshop Inc., P.O. Box 5028, Los Alamitos 90720.

All-Comer Meets

February 1

Walnut: Mt. SAC All-Comers Meets. Mt. SAC. 9:30 a.m. field events, 10:15 a.m. running events. Info: (909) 594-5611 ext 4882.

February 1 & 8

Long Beach: Long Beach State Winter All-Comer Meets. 10 a.m. Long Beach State University. Open, Masters, High School and Youth. Info: (310) 985-1700.

February 1, 8, 15, 22

Los Gatos: Los Gatos All-Comers Meets. Los Gatos HS. Willie Harmatz (408) 354-7365.

February 8

Santa Cruz: KELfield Throws Meet #57. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060. (408) 458-0202.

February 15

Santa Monica: All-Comer Track Meets. Santa Monica HS. 9 a.m. Info: Mike Griswold (310) 395-3204 ext 332.

February 15

Berkeley: Cal All-Comers. (510) 642-3158 or (510) 642-1649.

San Luis Obispo: San Luis Obispo All-Comer Track Meet. CPSLO. Info: Doug Lynch (805) 756-2235.

Claremont: Pomona-Pitzer All-Comers. (909) 621-8429.

February 22, March 1, 8

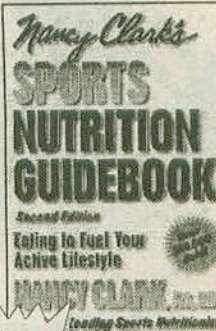
Berkeley: Cal All-Comers. (510) 642-3158 or (510) 642-1649.

June 28, July 12

Long Beach: All-Comers. Contact Andy Sythe (310) 985-1700.

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 _____ Nancy Clark's Sports Nutrition Guidebook, \$19
 _____ Both books -- only \$34!
 _____ Weight Loss Audiocassette, \$10.95
 _____ Information about nutrition teaching materials.

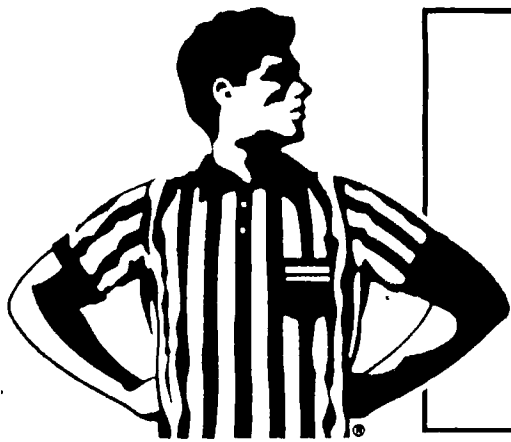
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Mass. residents add 5% sales tax



Foot Locker CROSS COUNTRY CHAMPIONSHIPS

West Regional Saturday, December 7, 1996 Woodward Park, Fresno, CA

Coch/Parent Race

Female 29 & Under:

76 Kelly Dix (F29&under) Rio Rancho, NM	18:03
109 Elizabeth Robles (F29&u) Baldw Prk, CA	19:01
127 Tanla Nunez (F29&under) Walnut, CA	19:24

Female 30-39:

60 Kim Jones Spokane, WA 1st overall	17:41
108 Laura Sanchez Salinas, CA	19:00
146 Rachel Heister Albany, OR	19:46

Female 40-49:

99 Debra Sharp Port Hueneme, CA	18:51
162 Sheryl Snyder Thousand Oaks, CA	20:10
163 Ellen Lucas Gardnerville, NV	20:13

Female 50-59:

243 Barbara Wright Los Alamitos, CA	23:56
267 Christine Breining Rancho St Fe, CA	NT
267 Julie Atwater (F5059) Hooper, UT	NT

Male 29 & Under:

4 Ryan Bullock So Jordan, UT	15:41
5 Scott Kennedy San Leandro, CA	15:43
6 Ole Petter Hjellev Tucson, AZ	15:58

Male 30-39:

1 Mike McManus Piedmont, CA 1st overall	15:19
2 Phil Olsen Provo, UT	15:36
3 Pete Bowman Espanola, NM	15:40

Male 40-49:

28 Steve Carney Tucson, AZ	16:49
36 George Chavez Tucumcari, NM	17:05
48 Bruce Edwards Riverbank, CA	17:18

Male 50-59:

100 George Wright Los Alamitos, CA	18:52
115 Bob Coons Bakersfield, CA	19:11
118 Gary Hanson Kalispell, MT	19:16
281 Finishers	

Freshman Boys

1 Tyler Williams (Fr) Boise, ID	16:06
2 Daniel Mejia (Fr) Anaheim, CA	16:06
3 Juan Reyes (Fr) Phoenix, AZ	16:18
4 Rowdy Sargason (Fr) Helena, MT	16:32
5 Jacob Dorton (Fr) Lehi, UT	16:40
6 Jeffrey Torres (Fr) Clovis, CA	16:43
7 Humberto Vargas (Fr) Los Angeles, CA	16:44
8 Ian Dobson (Fr) Klamath Falls, OR	16:45
9 Brett Andrus (Fr) Orem, UT	16:46
10 Andrew Bybee (Fr) Orem, UT	16:46
11 Steven Springhorn (Fr) Redding, CA	16:55
12 Kevin Clary (Fr) Kalispell, MT	16:57

13 Matt McInvalle (Fr) Ramona, CA	16:59
14 Eugene Roberts (Fr) Beaverton, OR	17:01
15 Erick Estrada (Fr) Santa Ana, CA	17:02
16 Andrew Gallegos (Fr) So San Fran, CA	17:03
17 Colin Steele (Fr) Carlsbad, CA	17:04
18 Mark Lott (Fr) Ogden, UT	17:08
19 Patrick Murphy (Fr) Kalispell, MT	17:10
20 Karl Siebach (Fr) Orem, UT	17:14
21 Nathan Long (Fr) Rock Springs, WY	17:15
22 Cory Jeffers (Fr) Las Vegas, NV	17:15
23 Mateo Moya (So) Clovis, CA	17:16
24 Jeff Bullock (Fr) S Jordan, UT	17:17
224 Finishers	

Freshman Girls

1 Rachel Guerrero (Fr) Palmdale, CA	19:01
2 Victoria Chang (Fr) Honolulu, HI	19:24
3 Sarah Doty (Fr) Boise, ID	19:29
4 Randi Fee (Fr) Auburn, CA	19:30
5 Beth Grossheim (Fr) Yucalpa, CA	19:34
6 Robin Witcher (Fr) Boise, ID	19:37
7 Kristi Andersen (Fr) Orem, UT	19:38
8 Jessica Winters (Fr) Riverton, UT	19:40
9 Liz Derner (Fr) Boise, ID	19:45
10 Crystal Evans (Fr) Colville, WA	19:53
11 Christina Ellis (Fr) Altadena, CA	19:55
12 Karl Moreno (Fr) Chino, CA	20:01
13 Mindy Noble (Fr) Spokane, WA	20:04
14 Amy Stout (Fr) Corona, CA	20:05
15 Ali Nicolas (Fr) Stockton, CA	20:09
16 Priscilla Moreno (Fr) Cameron Park, CA	20:20
17 Emily Fuller (Fr) Spokane, WA	20:24
18 Andrea Ellis (Fr) Provo, UT	20:25
19 Lisa Paxton (Fr) South Jordan, UT	20:30
20 Debbie Fullwood (Fr) Hesperia, CA	20:32
21 Nellie Hammons (Fr) Layton, UT	20:33
22 Kristen Coombs (Fr) Layton, UT	20:33
23 Rebecca McLean (Fr) SL Obispo, CA	20:35
24 Lauren Gustafson (Fr) Millbrae, CA	20:35
147 Finishers	

Sophomore Boys

(Odd Numbers)

1 James De Bruhl (So) Ontario, CA	16:12
2 Marice Chandler (So) San Diego, CA	16:16
3 Justin Calbreath (So) Springfield, OR	16:21
4 David Ulibarri (So) Manteca, CA	16:30
5 Brian Paff (So) National City, CA	16:32
6 Bruce Hancock (So) Costa Mesa, CA	16:38
7 Victor Flores (So) Riverbank, CA	16:38
8 Sam Scheuller (So) Kaysville, UT	16:44
9 Ashera Dirar (So) Union City, CA	16:46
10 Ben Rook (So) Snohomish, WA	16:46
11 Kurt Wolf (So) Helena, MT	16:46
12 Miles Wiscombe (So) Kuna, ID	16:47
13 Christopher Hernandez (So) Antioch, CA	16:49
14 Todd Coshow (So) Redlands, CA	16:50
15 Matthew Edwards (So) Espanola, NM	16:55

16 Eric Schutts (So) Henderson, NV	16:56
17 Wes Kramer (So) Henderson, NV	16:57
18 Julian Nahan (So) Cedar Ridge, CA	16:59
19 Enrique Rodriguez (So) Merced, CA	17:02
20 Brian Greenough (So) San Mateo, CA	17:04
21 Dan Kinsella (So) La Mesa, CA	17:05
22 Tyson Magney (So) Spokane, WA	17:09
23 Bryan Wales (So) Albuquerque, NM	17:15
24 Richard Calix (So) Spanaway, WA	17:16
167 Finishers	

Sophomore Boys

(Even Numbers)

1 Jason Finch (So) El Cajon, CA	16:14
2 Marcus Chandler (So) San Diego, CA	16:20
3 Brett Winegar (So) Columbia Falls, MT	16:34
4 Trevor Stehman (So) Kremlin, MT	16:38
5 Jeff Allen (So) Riverton, UT	16:41
6 Tyler Noesen (So) San Pedro, CA	16:43
7 James Rowe (So) Hesperia, CA	16:45
8 Morgan McLeland (So) Gillette, WY	16:47
9 Michael Walls (So) Phoenix, AZ	16:49
10 Sean McLachlan (So) Otis Orchards, WA	16:50
11 Travis Dean (So) Syracuse, UT	16:51
12 Matt Lavasskur (So) Anaheim, CA	16:52
13 Brent Shaw (So) Santa Rosa, CA	16:55
14 Sam Dasturp (So) Orem, UT	16:56
15 Rob Oslund (So) Henderson, NV	16:56
16 Jason Gallegos (So) Boise, ID	16:56
17 James Lee (So) Anchorage, AK	16:57
18 Peter Holm (So) Orem, UT	16:58
19 Feliciano Leyva (So) Madera, CA	16:59
20 Jesse Fuentes (So) Inglewood, CA	17:02
21 Jonathan Eskin (So) Henderson, NV	17:03
22 Daniel Maher (So) Tucson, AZ	17:03
23 Jeremy Moore (So) Madera, CA	17:04
24 Mark Davis (So) Spokane, WA	17:04
182 Finishers	

Sophomore Girls

1 Kristy Murff (So) Gillette, WY	19:08
2 Stefani Clark (So) Park City, UT	19:09
3 Sarah McAleer (So) Los Gatos, CA	19:11
4 Juli Lawson (So) Fresno, CA	19:16
5 Jennifer Toler (So) Fresno, CA	19:22
6 Emily Dixon (So) Oakland, CA	19:24
7 Summer Bell (So) Salt Lake City, UT	19:29
8 Melina Brambila (So) Porterville, CA	19:34
9 Vanessa Yonan (So) Modesto, CA	19:35
10 Monique Melara (So) Martinez, CA	19:37
11 Kaci Jensen (So) Provo, UT	19:41
12 Carly Harrell (So) Lancaster, CA	19:41
13 Sandra Willey (So) Gillette, WY	19:41
14 Kristine Musante (So) Concord, CA	19:43
15 Keyonna Gilles (So) American Fork, UT	19:44
16 Christina Lynn Gonzales (So) Chino, CA	19:50
17 Tiffany Burgess (So) Van Nuys, CA	19:55
18 Meghan Andrade (So) San Ramon, CA	19:58

continued next page...

FOOT LOCKER CROSS COUNTRY CHAMPIONSHIPS

19 Lindsay Goeller (So) Tucson, AZ	19:57
20 Natalie Persson (So) SJuan Capistr, CA	19:58
21 Abbey Cortright (So) Yreka, CA	19:59
22 Michelle Shipman (So) Rock Springs, WY	20:01
23 Katie Martin (So) Fremont, CA	20:02
24 Katie Stafford (So) Santa Rosa, CA	20:04
225 Finishers	

Junior Boys

(Odd Numbers)

1 Orlando Archuleta (Jr) Taos, NM	16:16
2 Aaron Lyon (So) Idaho Falls, ID	16:18
3 Jacob Powell (Jr) Boise, ID	16:23
4 Nathaniel Martin (Jr) Walnut Creek, CA	16:26
5 Matt Koenigs (Jr) Arlington, WA	16:30
6 Jamal Balouch (Jr) Glendale, CA	16:32
7 Timothy Layden (Jr) Oakley, CA	16:32
8 Irving Moreno (Jr) Marina, CA	16:34
9 Phil Young (Jr) La Canada Flintridge, CA	16:38
10 Sean Rivers (Jr) Sandy, OR	16:39
11 Travis Clark (Jr) Albuquerque, NM	16:39
12 Carl Moren (Jr) Piedmont, CA	16:40
13 Brandon Grady (Jr) North Las Vegas, NV	16:41
14 Justin Wood (Jr) Nevada City, CA	16:41
15 Randy Padilla (Jr) Chino, CA	16:42
16 Brad Graham (Jr) Paradise Valley, AZ	16:43
17 Preston Gillespie (Jr) Highland, UT	16:45
18 David Ojeda (Jr) Santa Ana, CA	16:46
19 Jason DeSelle (Jr) Santa Rosa, CA	16:47
20 Matthew Gallely (Jr) Escondido, CA	16:48
21 Frank Montoya (Jr) Chino Hills, CA	16:52
22 Brian Engleton (Jr) Antioch, CA	16:53
23 Mike Helms (Jr) Poway, CA	16:57
24 Alexander Wood (Jr) McMinnville, OR	17:00
214 Finishers	

Junior Boys

(Even Numbers)

1 Michael Altier (Jr) Sacramento, CA	16:11
2 Reed Steele (Jr) Carlsbad, CA	16:15
3 Isabel Castillas (Jr) Glendale, CA	16:21
4 Joey Hord (Jr) Ridgefield, WA	16:30
5 Adam Eggers (Jr) Seattle, WA	16:33
6 Chef Smith (Jr) Highland, UT	16:34
7 Topher Patillo (Jr) Salt Lake City, UT	16:37
8 James Moser (Jr) Albuquerque, NM	16:42
9 Ryan Stanton (Jr) Danville, CA	16:43
10 Justin Patananan (Jr) Palmdale, CA	16:46
11 John Getskow (Jr) Saugus, CA	16:47
12 Aaron Sharp (Jr) Port Hueneme, CA	16:48
13 Joel Haarstad (Jr) Rainier, OR	16:48
14 Rick White (Jr) Spokane, WA	16:49
15 Scott MacDonald (Jr) Hayward, CA	16:49
16 Jeff Sleichter (Jr) San Diego, CA	16:50
17 David Dunbar (Jr) La Jolla, CA	16:52
18 David RomeroYoung (Jr) Oceanside, CA	17:00
19 Roberto Lopez (Jr) Sanger, CA	17:03
20 Oscar Gonzalez (So) San Jose, CA	17:04
21 Brian Sullivan (Jr) San Diego, CA	17:04
22 Andrew Hernandez (Jr) Hesperia, CA	17:04
23 Kevin Murphy (Jr) Kalspell, MT	17:05
24 Joshua Herring (Jr) Temecula, CA	17:05
192 Finishers	

Junior Girls

1 Leslie Vanoy (Jr) Lindon, UT	18:42
2 Terry Vega (Jr) San Bernardino, CA	19:12
3 Marie Hodson (Jr) Orem, UT	19:36
4 Kristin Fairley (Jr) Clovis, CA	19:37
5 Jessica Zamot (Jr) Las Vegas, NV	19:37
6 Coleen Porter (Jr) Rock Springs, WY	19:38
7 Beth Morales (Jr) Highland, CA	19:38

8 Aileen Porter (Jr) Rock Springs, WY	19:45
9 Janina Crain (Jr) Gillette, WY	19:46
10 Melanie McClellan (Jr) Orem, UT	19:47
11 Kyra Patterson (Jr) San Luis Obispo, CA	19:52
12 Dagny Dingman (Jr) Salt Lake City, UT	19:52
13 Valerie Westwood (Jr) Orem, UT	19:53
14 Crissy Cedergreen (Jr) Snohomish, WA	19:53
15 Lindsey Bullock (Jr) South Jordan, UT	19:57
16 Jennifer Martin (Jr) Corona, CA	19:59
17 Haley Anderson (Jr) Vancouver, WA	20:01
18 Marcela Villalobos (Jr) Clayton, CA	20:01
19 Linsey Henthorn (Jr) Brentwood, CA	20:05
20 Berenice Carbajal (Jr) Garden Grove, CA	20:10
21 Jenny Petite (Jr) Yucaipa, CA	20:10
22 Stephanie Bullock (Jr) Orem, UT	20:11
23 Andrea Julian (Jr) Boise, ID	20:11
24 Jasmin Hanson (Jr) Portland, OR	20:12
237 Finishers	

Senior Boys

1 Philip Hassan (Sr) Grass Valley, CA	16:09
2 Chris Chaffield (Sr) Oregon City, OR	16:15
3 James Perez (Sr) Rosemead, CA	16:15
4 Matt Roman (Sr) Albuquerque, NM	16:19
5 Rudy Padilla (Sr) Chino, CA	16:26
6 Salvador Barnes (Sr) Rock Springs, WY	16:29
7 Kevin Whitlow (Sr) Palos Verdes Penin, CA	16:29
8 Lucas Neubauer (Sr) Anaheim, CA	16:30
9 Ryan Miller (Sr) Placerville, CA	16:32
10 Michael Donaldson (Sr) Pearl City, HI	16:33
11 Calvin Egnew (Sr) Hyrum, UT	16:35
12 Matthew Duma (Sr) Visalia, CA	16:36
13 Matt Galaviz (Sr) San Diego, CA	16:36
14 Josh Child (Sr) West Jordan, UT	16:38
15 Ivan Bernal (Sr) Riverside, CA	16:40
16 Dan Cline (Sr) Durham, CA	16:40
17 Ryan Suburu (Sr) Bakersfield, CA	16:41
18 Chris Sharp (Sr) Tucson, AZ	16:42
19 Jason Boda (Sr) Chino, CA	16:42
20 Scott Frost (Sr) Riverside, CA	16:42
21 Josh Guzman (Sr) South Pasadena, CA	16:45
22 Mike Langdon (Sr) Grand Terrace, CA	16:45
23 Sean Zanderson (Sr) Poway, CA	16:45
24 Victor Cortes (Sr) San Jose, CA	16:46
325 Finishers	

Senior Girls

1 Elizabeth Benson (Sr) Orem, UT	19:04
2 Katie Barto (Sr) Henderson, NV	19:17
3 Julie Harris (Sr) Canyon Country, CA	19:23
4 Kathryn Henrie (Sr) Orem, UT	19:27
5 Kerri BockWillmes (Sr) Danville, CA	19:32
6 Amy Reiler (Sr) Rock Springs, WY	19:37
7 Autumn Glynn (Sr) Cedar Ridge, CA	19:42
8 Amber Messier (Sr) Albuquerque, NM	19:49
9 Jennifer Derego (Sr) Sonora, CA	19:51
10 Mandy Barlow (Sr) Orem, UT	19:51
11 Stacey Young (Sr) Garden Grove, CA	20:02
12 Yvonne Sanchez (Sr) Palmdale, CA	20:05
13 Stefanie McCarty (Sr) Madera, CA	20:05
14 Sunny Shaffer (Sr) CanyonLake, CA	20:06
15 Lell Arroyo (Sr) Pittsburg, CA	20:07
16 Emily Stewart (Sr) Wellsville, UT	20:08
17 Jennifer Winters (Sr) Riverton, UT	20:09
18 Jody Mendenhall (Sr) South Jordan, UT	20:10
19 Mariah Morrow (Sr) Eugene, OR	20:12
20 Jessica Riehle (Sr) Spokane, WA	20:14
21 Elizabeth Parker (Sr) Chino, CA	20:15
22 Elizabeth Bates (Sr) Provo, UT	20:15
23 Keegan Rumsey (Sr) Lakeside, MT	20:15
24 Rachel Deonier (Sr) Thousand Oaks, CA	20:16
158 Finishers	

Seeded Boys

FIRST TEAM ALL-WESTERN

(National Qualifiers)

1 Ryan Andrus (Sr) Orem, UT	15:00
2 Rhy Reynolds (Sr) Newport, OR	15:12
3 David Lopez (Sr) Glendale, CA	15:16
4 Isaac Hawkins (Sr) Spokane, WA	15:17
5 David Rodriguez (Sr) Fremont, CA	15:19
6 Geoff Fleming (Sr) Roseville, CA	15:22
7 Michael Kasahun (Sr) Fresno, CA	15:24
8 Chris Sorensen (Sr) Albuquerque, NM	15:25

SECOND TEAM ALL-WESTERN

9 Mike Hill (Sr) Bellevue, WA	15:26
10 Juan Pablo Miramontes (Sr) Merced, CA	15:33
11 Josh Rohatinsky (Fr) Provo, UT	15:34
12 Noel Nelson (Sr) Three Rivers, CA	15:35
13 Joe Driscoll (Sr) Bremerton, WA	15:37
14 Mark Gleason (Jr) Mission Viejo, CA	15:39
15 Joey Corr (Sr) Redmond, WA	15:40
16 Ron Buchanan (Jr) Santa Maria, CA	15:41

THIRD TEAM ALL-WESTERN

17 Juwan Nuvayokva (Sr) Old Oraibi, AZ	15:43
18 Joseph Urbanski (Jr) Tucson, AZ	15:44
19 Dusty Herman (Jr) Ojai, CA	15:45
20 Joel Atwater (Jr) Hooper, UT	15:47
21 Grant Robison (Sr) McMinnville, OR	15:47
22 Michael Murray (Sr) Mission Viejo, CA	15:47
23 Kyle Smiths (Sr) Bellevue, WA	15:48
24 Mike Baskin (Jr) San Diego, CA	15:48

25 Isaiah Festa (Jr) Los Osos, CA	15:48
26 Danny Powell (Sr) Boise, ID	15:49
27 Brandon Strong (Sr) Sun City, AZ	15:50
28 Ryan Deane (Sr) Palos Verdes Penin, CA	15:50
29 Ryan Wiser (Sr) Spokane, WA	15:51
30 Luis Estrada (Sr) Santa Ana, CA	15:51
31 Steve Prescott (Sr) Shelley, ID	15:52
32 Dan Gaston (Sr) Huntington Beach, CA	15:52
33 Nick Hamlin (Sr) San Diego, CA	15:53
34 Cameron Hatch (Sr) Spokane, WA	15:54
35 Louie White (Jr) Montara, CA	15:54
36 Nick McCombs (So) Salt Lake City, UT	15:54
37 Tom Prindville (Sr) Antioch, CA	15:56
38 Max King (Jr) Central Point, OR	15:58
39 Bryan Green (Sr) Palmdale, CA	15:58
40 Jason Hart (Sr) Sonora, CA	15:58
41 Nicholas Jacques (Sr) Hemet, CA	15:59
42 Anthony Francisco (Jr) Sells, AZ	15:59
43 Enrique Henriquez (Sr) San Leandro, CA	16:00
44 Kurt Stevens (Sr) Roy, UT	16:00
45 Nic Evans (Jr) Riverton, UT	16:01
46 Juan Chavira (Jr) Armona, CA	16:01
47 Justin Nyberg (Sr) Irvine, CA	16:02
48 Jason Fayant (Sr) Spokane, WA	16:02
49 Jacob Geyer (Sr) Palmdale, CA	16:03
50 Oliver Redig (Jr) Henderson, NV	16:04
244 Finishers	

Seeded Girls

FIRST TEAM ALL-WESTERN

(National Qualifiers)

1 Kristen Gordon (Sr) Alamo, CA	17:01
2 Abby Miller (Fr) Henderson, NV	17:08
3 Julia Stamps (Sr) Santa Rosa, CA	17:15
4 Jen Schindler (Sr) Cameron Park, CA	17:47
5 Katie Nuanes (Sr) Santa Ana, CA	17:55
6 Sarah Gardiner (Sr) Salt Lake City, UT	17:57
7 Lisa Whiting (So) Orem, UT	18:05
8 Ann Ramsey (Sr) Seattle, WA	18:06

SECOND TEAM ALL-WESTERN

9 Lindsey Argyle (Sr) American Fork, UT	18:10
10 Kimi Welsh (Jr) Calimesa, CA	18:11

continued next page...

FOOT LOCKER CROSS COUNTRY CHAMPIONSHIPS

11 Emili Lawson (Sr) Fresno, CA	18:13
12 Susan Werner (Jr) Boise, ID	18:20
13 Pamela Johnson (Sr) Portland, OR	18:21
14 Elizabeth Roodell (Sr) Eureka, MT	18:21
15 Beka Barron (Sr) Highland, UT	18:22
16 Tara Rohatinsky (Sr) Provo, UT	18:22
THIRD TEAM ALL-WESTERN	
17 Yvonne Liebig (Jr) Sacramento, CA	18:24
18 Amber Tubb (Jr) American Fork, UT	18:27
19 Lauren Fleshman (So) Cyn Country, CA	18:31
20 Kate Bradshaw (So) Issaquah, WA	18:32
21 Anita Gilbert (Sr) Meridian, ID	18:32
22 Erin Belger (Jr) Albuquerque, NM	18:34
23 Jennifer Burris (Jr) Chino Hills, CA	18:36
24 Wendy Allen (Sr) Orem, UT	18:37

25 Anne Gunnison (Sr) Sacramento, CA	18:43
26 Megan McGowan (Fr) Wrightwood, CA	18:45
27 Amanda Grout (Sr) Cheyenne, WY	18:47
28 Jennifer Smith (Sr) Chino, CA	18:49
29 Jennifer Akana (Jr) San Francisco, CA	18:49
30 Sharlyn Maughan (Sr) Rupert, ID	18:50
31 Emily Hawkins (Jr) Spokane, WA	18:50
32 Nicole Portley (Jr) San Mateo, CA	18:54
33 Jaymie Harper (Sr) Santee, CA	18:55
34 Brooke Thomas (So) Laguna Hills, CA	18:59
35 Breanne Schweitzer (Sr) SClair, CA	19:00
36 Kimber Tolar (Sr) Redlands, CA	19:02
37 Danielle Day (Jr) Lancaster, CA	19:03
38 Kim Stone (So) Graham, WA	19:03
39 Heather Gibson (Jr) Piedmont, CA	19:04
40 Jill Santibanez (Jr) Anaheim, CA	19:05
41 Amanda Armstrong (So) ThOks, CA	19:06
42 Latesha Jones (Fr) Rialto, CA	19:07
43 Kelly Howisey (Sr) Concord, CA	19:08
44 Trina Cox (So) Santa Rosa, CA	19:09
45 Kelly Schumacher (Sr) Albuquerque, NM	19:10
46 Kareen Nilsson (Sr) Chino Hills, CA	19:11
47 Tarrah Monson (Sr) Provo, UT	19:14
48 Kimberly Garnic (So) LCanFlint, CA	19:15
49 Jennie Ewing (Sr) Castro Valley, CA	19:15
50 Kendra Goffredo (Jr) Escondido, CA	19:16
174 Finishers	

State Team Places

Boys State Team Places

1. California - 1:16:54
David Lopez - 15:16, David Rodriguez - 15:19, Geoff Fleming - 15:22, Michael Kasahun - 15:24, Juan Pablo Miramontes - 15:33
2. Washington - 1:17:48
Isaac Hawkins - 15:17, Mike Hill - 15:26, Joe Driscoll - 15:37, Joey Corr - 15:40, Kyle Smith - 15:48.
3. Utah - 1:18:15
Ryan Andrus - 15:00, Josh Rohatinsky 15:34, Joel Atwater - 15:47, Nick McCombs - 15:54, Kurt Stevens - 16:00.
4. Oregon - 1:19:11
Rhy Reynolds - 15:12, Grant Robison - 15:47, Max King - 15:58, Will Smith - 16:05, Tyson Fisher - 16:09.
5. Arizona - 1:19:34
Juwan Nuvayokva - 15:43, Joseph Urbanski - 15:44, Brandon Strong - 15:50, Anthony Francisco 15:59, Aaron Black - 16:14.
6. Idaho - 1:20:21, 7. New Mexico - 1:20:30, 8. Montana - 1:21:27, 9. Nevada - 1:21:41, 10. Wyoming - 1:25:10, 11. Hawaii - 1:25:39, 12. Alaska - 1:26:38.

Girls State Team Places

1. California - 1:28:09
Kristen Gordon - 17:01, Julia Stamps - 17:15, Jen Schindler - 17:47, Katie Nuanes - 17:55, Kimi Welsh - 18:11.

2. Utah - 1:30:56
Sarah Gardiner - 17:57, Lisa Whiting - 18:05, Lindsey Argyle - 18:10, Tara Rohatinsky - 18:22, Beka Barron - 18:22.
3. Washington - 1:33:50
Ann Ramsey - 18:06, Kate Bradshaw - 18:32, Emily Hawkins - 18:50, Kim Stone - 19:03, Jamie Borgan - 19:19.
4. Idaho - 1:34:48
Susan Werner - 18:22, Anita Gilbert - 18:32, Sharlyn Maughan - 18:50, Sarah Doty - 19:29, Robin Wlitcher - 19:37.
5. Oregon - 1:35:54
Pamela Johnson - 18:21, Melinda Campbell - 19:17, Sara Barker - 19:17, Lauren Wiener - 19:29, Jill Rencher - 19:30.
6. Wyoming - 1:36:51, 7. New Mexico - 1:37:01, 8. Nevada - 1:37:05, 9. Arizona - 1:39:09, 10. Montana - 1:39:42.

National Championships

Saturday, December 14, 1996
Morley Field, Balboa Park,
San Diego, CA.

Girls Results:

1. Kristen Gordon (Alamo, CA)	17:34.7
2. Katy Radkewich (Hudson, OH)	17:37.7
3. Abby Miller (Henderson, NV)	17:39.4
4. Sharon Van Tuyl (Portage, MI)	18:05.7
5. Laura Heiner (Clifton, VA)	18:07.9
6. Rebecca Mitchell (Geneva, IL)	18:12.1
7. Erin Davis (Gansevoort, NY)	18:15.4
8. Jen Schindler (Cameron Park, CA)	18:16.6
9. Sarah-Vance Goodman (Asheville, NC)	18:19.9
10. Erin Dromgoole (Millbury, MA)	18:24.2
11. Amy Wiseman (Lee's Summit, MO)	18:25.0
12. Christin Wurth (Bloomington, IL)	18:25.4
13. Sarah Gray (Cedar Falls, IA)	18:34.5
14. Sarah Gardiner (Salt Lake City, UT)	18:37.9
15. Erica Palmer (Gilsom, NH)	18:38.8
16. Ann Ramsey (Seattle, WA)	18:39.2
17. Liz Awtrey (Burke, VA)	18:40.5
18. Jennifer Fazoli (Averill Park, NY)	18:41.3
19. Rachel Hixson (Media, PA)	18:42.1
20. Ann Monroe Fitzner (Rome, GA)	18:49.3
21. Laura Turner (Portsmouth, RI)	18:50.1
22. Allison Medlin (Carthage, MO)	18:51.0
23. Lisa Whiting (Orem, UT)	18:53.9
24. Katie Nuanes (Santa Ana, CA)	18:55.4
25. Jackie Kerr (Reston, VA)	18:58.9
26. Shannon Saraby (Centerville, VA)	19:02.9
27. Jodie Hughes (The Woodlands, TX)	19:15.0
28. Caroline Annis (Tampa, FL)	19:37.6
29. Katie Sabino (Cuyahoga Falls, OH)	19:53.9
30. Tara Chaplin (Montpelier, VT)	19:58.2
31. Dana Satir (Ramsey, NJ)	20:28.2

DNF: Julia Stamps

Girls Team Scores: 1. Midwest Region - 35, 2. West Region - 42, 3. Northeast Region - 69, 4. South Region - 76.

Boys Results:

1. Abdilrazak Mohamud (Boston, MA)	15:20.98
2. Sharif Karie (Burke, VA)	15:23.52
3. Ryan Andrus (Orem, UT)	15:30.18
4. Michael Kasahun (Fresno, CA)	15:30.88

FOOT LOCKER WEST SPLITS

by Keith Conning

	1 MILE	2 MILE	2ND MI	5,000M	LAST 1.1M
Coach/Par.	4:44.8	9:52.3	5:07.5	15:18.7	5:26.4
Boys					
Fresh	4:55.8	10:20.1	5:24.3	16:05	
Soph odd	4:55.8	10:18.8	5:24.0	16:11	
Soph even	4:55.6	10:23.2	5:27.6	16:14	
Jr odd	4:52	10:20	5:28		
Jr even	4:51	10:26	5:35		
Senior	4:51.7	10:20.6	5:28.9	16:08.8	5:48.2
Seeded	4:35.5	9:33.7	5:04.3	15:00.1	5:20.4
Girls					
Fresh	5:37.4	12:03.9	6:26.5	19:01.4	6:57.5
Soph	5:41.2	12:14.7	6:33.5		
Junior	5:33.6	11:49.9	6:16.3	18:40.9	
Senior	5:38.9	12:11.5	6:32.6	19:04.4	6:52.9
Seeded					
Stamps	4:59.1	10:38.2	5:39.1		
Miller	5:04.6	10:50.5	5:45.9		
Gordon	5:07.3	10:50.5	5:43.2		



Top Californians at the Nationals

Kristen Gordon	Michael Kasahun
1st Place	4th Place

Photos by Phillip Enbody

5. Jorge Torres (Wheeling, IL)	15:37.37
6. Christopher Dugan (Scottsdale, PA)	15:40.53
7. Mark Thompson (Edmond, OK)	15:47.46
8. Jonathon Riley (Brookline, MA)	15:47.75
9. Steven Slattery (Flinders, NJ)	15:49.08
10. Jamey Gifford (Lookout Mtn., GA)	15:55.19
11. Jesse Barnes (Batavia, IL)	15:56.09
12. Aaron Blondeau (Salida, CO)	15:57.10
13. David Lopez (Glendale, CA)	15:57.53
14. Eric Post (Fairfax, VA)	15:57.95
15. Wes Stockard (Knoxville, TN)	15:58.32
16. Rhy Reynolds (Newport, OR)	16:01.16
17. Eric Kweder (Alexandria, VA)	16:01.52
18. Chris Sorenson (Albuquerque, NM)	16:04.10
19. Ernie Zeigler (Harrison, OH)	16:05.13
20. David Rodriguez (Fremont, CA)	16:05.61
21. Ryan Travis (Zachary, LA)	16:08.82
22. Geoffrey Fleming (Roseville, CA)	16:08.41
23. Eduardo Torres (Wheeling, IL)	16:11.73
24. Adam Daniels (Pomton Plains, NJ)	16:17.70
25. Michael Sanford (Gibsonia, PA)	16:23.46
26. Isaac Hawkins (Spokane, WA)	16:29.63
27. Gabe Jennings (Madison, WI)	16:30.36
28. Josh Crowfoot (Lithonia, GA)	16:34.79
29. Parker Pruett (Birch Harbor, ME)	16:37.94
30. David Christian (Owensboro, KY)	16:39.38
31. Matthew Elmuccio (Westfield, NJ)	16:51.17
32. Christian Dullock (Jackson, MI)	18:01.76

Boys Team Scores: 1. Northeast Region - 48, 2. West Region - 54 (79:04), 3. Midwest Region - 54 (79:24), 4. South Region - 58.

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California State High School Cross Country Meet

Summaries by KEITH CONNING

BOYS

▲ DIVISION I

Peninsula (Rolling Hills), Southern Section, second last year with 119 points, won with 130 points (3, 6, 20, 34, 67). Their team was composed of senior Ryan Deane, second in 1995 in 15:46, (5th in 15:44), junior Jason Taylor, 27th last year in 16:32, (9th in 15:49), senior Kevin Whitlow (33rd in 16:24), junior Eric Mittelstaedt (54th in 16:38), and sophomore Neal Dodson (97th in 17:09). They placed second in 1995, fourth in 1994, fifth in 1993 and 1992, and second in 1991.

Poway placed second with 134 points (16, 17, 18, 37, 46). Nevada Union (Grass Valley), Sac-Joaquin Section, third last year with 127 points, was third again with 157 points (11, 13, 38, 43, 52).

Senior Michael Kasahun (Fresno), fifth last year in 15:49, won in 15:16 (5:04 per mile).

"I felt great," said Kasahun to Lisa Burnett (Fresno Bee). "It's nice weather, and plus this is the home course. It's a real advantage to be on the home course. And the crowd was great. That's all it takes to be a state champion."

"A lot of people think the Central Section does not have great runners," Kasahun said. "I think this year, the Central Section has great runners."

Senior David Lopez (Hoover, Glendale), Southern Section, 13th last year in 16:08, placed second in 15:20 (5:05). Junior Juan Chavira (Hanford), Central Section, ninth last year in 15:57, was third in 15:38 (5:11).

Splits (as timed by Keith Conning): first mile 4:44.8 Kasahun leading, two-miles 9:53.2 (5:08.4 second mile) #107, 5,000 meters 15:15.3 (5:22.1 last 1.1 miles).]

1 Michael Kasahun SR 1 FRESNO	15:16
2 David Lopez SR 1 HOOVER-GLEN	15:20
3 Juan Chavira JR 1 HANFORD	15:38
4 Steve Barrus SR 1 CLOVIS	15:40
5 Ryan Deane SR 1 PENINSULA	15:44
6 Chris Farley JR 1 DEL CAMPO	15:46
7 Manuel Lopez SR 1 BELMONT	15:48
8 Justin Nyberg SR 1 IRVINE	15:48
9 Jason Taylor JR 1 PENINSULA	15:49
10 Mike Baskin JR 1 MT. CARMEL	15:50
11 Paulo Carvalho JR 1 MODESTO	15:51
12 Ryan Gallagher SR 1 TEMECULA VALLEY	15:54
13 Chad Durham JR 1 POLY-LONG BEACH	15:54
14 Ali Benmohamed SR 1 MONROE	15:55
15 Zack McGahey SR	

1 WOODLAND 15:56, 16 Andrew Wulf SR 1 BEL-LARMINE 16:00, 17 Luis Estrada SR 1 SANTA ANA VALLEY 16:02, 18 Corey Creasey SR 1 NEVADA UNION 16:04, 19 Jason Finch SO 1 GRANITE 16:05, 20 Nate Bristow JR 1 DEL CAMPO 16:07.

21 Philip Hassan SR 1 NEVADA UNION 16:08, 22 Isabel Casillas JR 1 HOOVER-GLENDALE 16:10, 23 Omar Hart JR 1 BELLARMINE 16:14, 24 Mike Helms JR 1 POWAY 16:16, 25 Gonzalo Garcia SR 1 VISTA 16:18, 26 Michael Buckley JR 1 CLOVIS 16:19, 27 Sean Ricketts FR 1 RANCHO BERNARDO 16:20, 28 Sean Zanderson SR 1 POWAY 16:20, 29 Chris Ramirez SR 1 ROYAL 16:22, 30 Matt Gailey JR 1 POWAY 16:23.

31 Chad Foster SR 1 JAMES LOGAN 16:23, 32 Erik Mencarini SR 1 FLORIN 16:23, 33 Kevin Whitlow SR 1 PENINSULA 16:24, 34 Michael Martinez SR 1 BELL 16:24, 35 Jeff Sleichter JR 1 MT. CARMEL 16:24, 36 Bert Romero JR 1 MT. CARMEL 16:25, 37 Jamal Balouch JR 1 HOOVER-GLENDALE 16:26, 38 Jeremy Moore SO 1 MADERA 16:26, 39 Mario Zembrano JR 1 MADERA 16:27, Miller SR 1 PONDEROSA 16:27.

41 John Gould JR 1 POLY-LONG BEACH 16:28, 42 Leo Balderas JR 1 SILVER CREEK 16:28, 43 Brian Palf SO 1 BONITA 16:29, 44 Tyler Noesen SO 1 POLY-LONG BEACH 16:29, 45 Kenzo Bergeron JR 1 HAMILTON 16:31, 46 Fernando Blanco SR 1 RANCHO BUENO VISTA 16:32, 47 Kevin Funk SR 1 MONTGOMERY 16:32, 48 Andres Bazante SO 1 MADERA 16:33, 49 Scott MacDonald JR 1 JAMES LOGAN 16:33, 50 David Friedman JR 1 TAFT 16:34.

DIVISION I TEAMS

1. PENINSULA 3 6 20 34 67 (100)(107) = 130
Ryan Deane SR, Jason Taylor JR, Kevin Whitlow SR, Eric Mittelstaedt JR, Neal Dodson SO, Kyle Dunst FR, Mark D'Amico SR

2. POWAY 16 17 18 37 46 (72) (85) = 134
Mike Helms JR, Sean Zanderson SR, Matt Gailey JR, Jake McNeely SR, Josh Pope FR, Justin Lucas JR, Ben Schwab JR

3. NEVADA UNION 11 13 38 43 52 (57) (93) = 157
Corey Creasey SR, Philip Hassan SR, Justin Wood JR, Jeremy Klein SR, Conor Medley SR, Julian Nahan SO, Brian Wood FR

4. POLY-LONG BEACH 8 26 28 44 55 (82) (90) = 161
Chad Durham JR, John Gould JR, Tyler Noesen SO, Aaron Durham FR, Martin Conrad SO, Nathan Bershtel SR, Nicholas Brulois SO

5. MT. CARMEL 7 21 22 48 64 (80) (96) = 162
Mike Baskin JR, Jeff Sleichter JR, Bert Romero JR, John Zanzucchi JR, Scott Bachman JR, Rocky Metcalfe SO, Christian Esquivel JR

6. DEL CAMPO 176, 7. HOOVER-GLENDALE 176, 8. BELMONT 188, 9. MADERA 196, 10. BELLARMINE 205, 11. SANTA ANA VALLEY 207, 12. HANFORD 297, 13. MONTGOMERY 331, 14. JAMES LOGAN 331, 15. BIRMINGHAM 346, 16. SILVER CREEK 360, 17. SKYLINE 394, 18. LOWELL 459.

▲ DIVISION II

De La Salle (Concord), North Coast Section, first in 1991 with 75 points, won with 84 points

(4, 16, 19, 20, 25). Their team was composed of senior Tom Prindiville, ninth last year in 15:50, (7th in 15:44), senior Sean Kenady (29th in 16:12), junior Tim Layden (32nd in 16:16), junior Ryan Stanton (33rd in 16:19), and senior Alex Sanchez (41st in 16:32).

"My freshman year, we had a good class, but I didn't know how far it would take us until this year," Prindiville said to Jim Seimas (Contra Costa Times).

"We had less talent than in '91," De La Salle coach Rico Balatti said. "But (these guys) put in the miles. They learned a lot about themselves."

Santa Margarita (Rancho Santa Margarita), Southern Section, placed second with 119 points (3, 15, 30, 31, 40). Santa Ana, Southern Section, was third with 121 points (5, 18, 22, 37, 39).

Senior David Rodriguez (Mission San Jose, Fremont), North Coast Section, 32nd last year, won in 15:21 (5:06).

"I never thought it was a realistic goal for me to win state," Rodriguez said to Scott M. Johnson (San Jose Mercury News). "It was like a dream. Then Jon (Stevens, Mission San Jose, 5th) came along. He's such a great natural athlete and he really pushed me. Without him (Stevens), I wouldn't have had any kick. I owe that to him."

Rodriguez became the first runner from the Mission Valley Athletic League to win a state cross country title.

Senior Geoff Fleming (Roseville), Sac-Joaquin Section, 19th last year in 16:03, placed second in 15:23 (5:06). Senior Noel Nelson (Redwood), Central Section, 15th last year in 15:57, was third in 15:29 (5:08).

Splits: first mile 4:43.9 #1488, two-miles 9:49.6 (5:05.7) #414, 5,000 meters 15:20.3 (5:30.7 last 1.1 miles)

1 David Rodriguez SR MISS SAN JOSE	15:21
2 Geoff Fleming SR ROSEVILLE	15:23
3 Noel Nelson SR REDWOOD	15:29
4 Mark Gleason JR MISSION VIEJO	15:36
5 Jon Stevens JR MISSION SAN JOSE	15:43
6 Michael Murray JR SANTA MARG	15:44
7 Tom Prindiville SR DELASALLE	15:44
8 Alfonso Leon SO SANTA ANA	15:47
9 Tony Trueba SR HUNT BEACH	15:47
10 Jacob Geyer SR PALMDALE	15:50

11 Nicholas Jacques SR HEMET 15:52, 12 Brian Cooke SR BURLINGAME 15:53, 13 Dan Gaston SR HUNTINGTON BEACH 15:55, 14 Jose Godinez SR REEDLEY 15:56, 15 Tim Leahy SR BURBANK 15:57, 16 Steve Rider SR SCRIPPS RANCH 15:57, 17 Mike Altieri JR JESUIT 15:58, 18 Juan Pablo Miramon SR GOLDEN VALLEY 15:59, 19 Ronnie Buchanan JR RHGHETTI 16:00, 20 Clint Coon SR HEMET 16:02.

continued next page...

21 Enrique Henriquez SR SAN LEANDRO 16:02, 22 Dustin Diaz JR WEST HILLS 16:04, 23 Reed Steele JR CARLSBAD 16:05, 24 Nick Russell SR ORANGE 16:06, 25 Adam Perez JR SERRA 16:08, 26 Richard Granillo SR GOLDEN WEST 16:09, 27 Brian Hanstorf SR AMADOR VALLEY 16:10, 28 Brandon Von Guenther JR SANTA MARGARITA 16:10, 29 Sean Kennedy SR DELASALLE 16:12, 30 Ka-akpema Yelapa JR JESUIT 16:15,

31 Raul Quinonez SR SANTA ANA 16:16, 32 Tim Layden JR DELASALLE 16:16, 33 Ryan Stanton JR DELASALLE 16:19, 34 Brad Stapleton SR SERRA 16:21, 35 Juan Salgado SO SANTA ANA 16:24, 36 Andrew Hill SO LOS ALTOS 16:25, 37 Ruben Camargo JR SULTANA 16:27, 38 Nick Piellusch SR LELAND 16:28, 39 Mike Hills SR JESUIT 16:31, 40 Justin Carter SR CLAYTON VALLEY 16:31,

41 Alex Sanchez SR DELASALLE 16:32, 42 Jacob Childs SR HUNTINGTON BEACH 16:36, 43 Dan Vasquez SR HEMET 16:36, 44 Chris Dewitt JR JESUIT 16:38, 45 Bryce Lighthall SO ENTERPRISE 16:38, 46 Jon Doroski JR VALHALLA 16:41, 47 Chris Caulfield JR SANTA MARGARITA 16:41, 48 Corey Collins SO SANTA MARGARITA 16:42, 49 Evan Fox FR WEST HILLS 16:42, 50 Andy Evans SR VINTAGE 16:43.

DIVISION II TEAMS

1. DELASALLE 4 16 19 20 25 (48) (56) = 84
Tom Prindville SR, Sean Kennedy SR, Tim Layden JR, Ryan Stanton JR, Alex Sanchez SR, Matt Click SR, Jeff George SR

2. SANTA MARGARITA 3 15 30 31 40 (67) (87) = 119
Michael Murray SR, Brandon Von Guenther JR, Chris Caulfield JR, Corey Collins SO, Tyson Von Guenther SR, Jimmy Speranzo JR, Matt Matterna JR

3. SANTA ANA 5 18 22 37 39 (50) (52) = 121
Alfonso Leon SO, Raul Quinonez SR, Juan Salgado SO, Jorge Pena SO, Oscar Orozco SR, Omar Mateo SO, Luis Perez JR

4. JESUIT 10 17 24 28 47 (57) (59) = 126
Mike Altieri JR, Ka-akpema Yelapa JR, Mike Hills SR, Chris Dewitt JR, Garrett Larsson JR, Jonathan Salsberg JR, Dave DePiazza JR

5. HEMET 7 12 27 44 49 (65) (90) = 139
Nicholas Jacques SR, Clint Coon SR, Dan Vasquez SR, Jason Paine SR, Evan Holt SR, Chris Vail JR, Nick Gnadt JR

6. HUNTINGTON BEACH 160, 7. MISSION SAN JOSE 188, 8. SULTANA 196, 9. WEST HILLS 208, 10. SERRA 217, 11. REEDLEY 248, 12. GOLDEN VAL-



Michael Kasahun
Division I
Photo by Bill Cockerham



David Rodriguez
Division II
Photo by Elaine Rosenfield



Jason Hart
Division III
Photo by Bill Cockerham



Isalah Festa
Division IV
Photo by Elaine Rosenfield



Ryan Downey
Division V
Photo by Bill Cockerham



Julia Stamps
Division I
Photo by Elaine Rosenfield



Andrea Neipp
Division II
Photo by Bill Cockerham



Kristen Gordon
Division III
Photo by Bill Cockerham



Sarah Ellis
Division IV
Photo by Bill Cockerham



Kat Saxton
Division V
Photo by Elaine Rosenfield

LEY 255, 13. POINT LOMA 327, 14. WESTMOOR 350, 15. MT. WHITNEY 378, 16. ENTERPRISE = 430.

▲ DIVISION III

St. Ignatius (San Francisco), Central Coast Section, third last year with 138 points, won with 79 points (7, 9, 12, 25, 26). Their team was composed of senior Brendan Fitzgibbon (15th in 16:11), senior Brad Hansen (17th in 16:23), fresh-

man Neil McDonagh (22nd in 16:34), junior Brendan Wells (36th in 16:48), and junior Matt Chen (39th in 16:51).

"Dave Frank and Brian Curley (of St. Francis, Mountain View) were the first two people to congratulate me today," Richter said to Scott M. Johnson (*San Jose Mercury News*), "and I think that speaks worlds about their program."

Tustin, Southern Section, placed second with 89 points (3, 5, 14, 33, 34). Katella, Southern Section, was third with 95 points (6, 11, 22, 27, 29).

continued next page...

Senior Jason Hart (Sonora), Sac-Joaquin Section, ninth last year in 16:05, won in 15:40 (5:12).

"I pushed myself hard at the start and the flatter spots that I usually don't do well on," Hart said to James TenNapel (*The Modesto Bee*).

"I kept thinking about all of those eight- and nine-mile intervals in the August heat," Hart said. "This is why I did those, especially the extra ones- and did them so seriously."

Senior Mike Bilborough (Barstow) placed second in 15:50 (5:15). Senior Avery Blackwell (San Luis Obispo), Southern Section, was third in 15:51 (5:16).

Splits: first mile 4:47.5 #766 leading, two-miles 10:03.4 (5:15.9 second mile) #768, 5,000 meters 15:39.3 (5:35.9 last 1.1 miles) Hart.

1 Jason Hart SR SONORA	15:40
2 Mike Bilborough SR BARSTOW	15:50
3 Avery Blackwell SR SAN LUIS OBIS	15:51
4 Dave Jackson JR RIM OF WORLD	15:54
5 Leo Gordillo SO TUSTIN	15:54
6 Ryan Mack SO UKIAH	15:55
7 Gary Passanisi JR APTOS	16:00
8 Marcus Chandler SO SERRA SD	16:00
9 Tim Ricard SR LIVERMORE	16:01
10 C. J. Marciales JR TUSTIN	16:04

11 Lucas Neubauer SR KATELLA 16:04, 12 Ross Wood SR NEWBURY PARK 16:08, 13 Marice Chandler SO SERRA 16:09, 14 James Perez SR ROSEMEAD 16:10, 15 Brendan Fitzgibbon SR ST. IGNATIUS 16:11, 16 Brad Dietsch SR SAN RAMON 16:16, 17 Brad Hansen SR ST. IGNATIUS 16:23, 18 Nathan Martin JR LIVERMORE 16:24, 19 Budi Kampoila SR EL DORADO 16:25, 20 Danny Mejia FR KATELLA 16:30.

21 Bryan Green SR LITTLEROCK 16:32, 22 Neil McDonagh FR ST. IGNATIUS 16:34, 23 Ken Golston JR BARSTOW 16:36, 24 Daniel Smith SR TUSTIN 16:39, 25 Joey Creighton JR PLEASANT VALLEY 16:42, 26 Mark Hassell SR BARSTOW 16:43, 27 Daniel Phiffer JR BOSCO TECH 16:43, 28 Zachary Mills JR BOSCO TECH 16:44, 29 Adam Tucker JR ST. FRANCIS MV 16:45, 30 Dan Woodhead SR ST. FRANCIS MV 16:45.

31 Mike Cheung SR ST. FRANCIS MV 16:45, 32 Matt Levassur SO KATELLA 16:46, 33 James Adams SR RAMONA 16:46, 34 Armando Solis SO BOSCO TECH 16:47, 35 Fernando Corona JR MAR VISTA 16:48, 36 Brendan Wells JR ST. IGNATIUS 16:48, 37 Esteban Rocha SR MAR VISTA 16:49, 38 Dave Vigil SO COLLEGE PARK 16:49, 39 Matt Chen JR ST. IGNATIUS 16:51, 40 Alex Smith JR KATELLA 16:52.

41 Sherwin Arce SR OCEANSIDE 16:53, 42 Victor Sloan SR ST. FRANCIS MV 16:54, 43 Augie Nava SO KATELLA 16:57, 44 Carmen Sarmiento JR YGNACIO VALLEY 16:58, 45 Dan Chaves SO ST. FRANCIS MV 17:00, 46 Kevin Sullivan SR ST. FRANCIS MV 17:04, 47 Steve Dundas SR TRACY 17:04, 48 Nick Howard SR NORTH BK 17:04, 49 Justin Willingham SO EAST UNINO 17:05, 50 Tom Coffey SR TUSTIN 17:06.

DIVISION III TEAMS

1. ST. IGNATIUS 7 9 12 25 26 (44) (73) = 79
Brendan Fitzgibbon SR, Brad Hansen SR, Neil McDonagh FR, Brendan Wells JR, Matt Chen JR, Derek Drummond SR, Brian Mulry SR

2. TUSTIN 3 5 14 33 34 (46) (51) = 89
Leo Gordillo SO, C. J. Marciales JR, Daniel Smith SR, Tom Coffey SR, Martin Kuklinski SR, Ray Vergara SR, Brian Cameron SR

3. KATELLA 6 11 22 27 29 (39) (54) = 95
Lucas Neubauer SR, Danny Mejia FR, Matt Levassur

SO, Alex Smith JR, Augie Nava SO, Frank Aguilar JR, Jaime Ortiz JR

4. ST. FRANCIS MV 19 20 21 28 30 (31) (64) = 118
Adam Tucker JR, Dan Woodhead SR, Mike Cheung SR, Victor Sloan SR, Dan Chaves SO, Kevin Sullivan SR, Anthony Culazzo SR

5. BOSCO TECH 17 18 24 35 37 (49) (67) = 131
Daniel Phiffer JR, Zachary Mills JR, Armando Solis SO, Juan-Diego Miranda JR, Reymundo Barrasa SO, Michael Luna JR, Edward Guerrero FR

6. BARSTOW 141, 7. LIVERMORE 193, 8. SAN RAMON 215, 9. RAMONA 218, 10. SONORA 240, 11. PLEASANT VALLEY 242, 12. NORTH BK 312, 13. PLACER 315.

▲ DIVISION IV

Corona Del Mar, Southern Section, won with 122 points. Their team was composed of senior Jason Rogers (21st in 16:25), senior Tyler Beardslee (23rd in 16:27), senior Pat Russell (43rd in 16:50), junior Brian Coombe (61st in 17:11), and junior Matt Dennerline (63rd in 17:14).

Granada (Livermore), North Coast Section, ranked fifth coming in, placed second with 123 points (13, 15, 19, 25, 51). It was the closest finish of the day. Corona Del Mar had defeated Granada by more than 100 points at the Stanford Invitational.

"We just came in thinking, 'Let's have fun,'" said senior Marty Kinsey (Granada) to Mitch Stephens (*The Times*). "We had a lot of fun and did our best. What more can you ask?"

"It's bittersweet," Heinar Urrutia (Granada) said. "To finish second in the state is more than we could have ever imagined. But to be a state champion...if only we'd known it was one point."

"We broke every goal we had this year," coach Brian Davis said to Steve Clay (*The Herald*). "We just wanted to get in the top three, and we got second. I couldn't be happier."

Nordhoff (Ojai), Southern Section, the division 3 champion last year with 35 points, was third with 136 points (2, 4, 27, 44, 59).

Junior Isaiah Festa (Morro Bay), second last year in 16:04, won in 15:33 (5:17). Senior Craig Farley (Lompoc), 21st last year in Division 3 in 16:27, placed second in 15:44 (5:20). Junior Louie White (Half Moon Bay), Central Coast Section, fifth last year in 16:17, was third in 15:47 (5:22).

Splits: one mile 4:48.5, two-mile 9:53.8 (5:05.3 second mile), 15:32.1 (5:38.3 last 1.1 miles).

One Second Determines State Meet Boys

Division 4 Champion

Corona Del Mar 122 vs. Granada 123

When senior Tyler Beardslee (Corona Del Mar) defeated senior Marty Kinsey (Granada) by one second, he gave his team the state championship.

21. 16:25	Jason Rogers	SR	Corona Del Mar
23. 16:27	Tyler Beardslee	SR	Corona Del
24. 16:28	Marty Kinsey	SR	Granada
27. 16:31	Heinar Urrutia	SR	Granada
36. 16:46	Adam Morrison	SR	Granada
43. 16:50	Pat Russell	SR	Corona Del Mar
47. 16:58	Matt Loyer	SO	Granada
61. 17:11	Brian Coombe	JR	Corona Del Mar

63. 17:14	Matt Dennerline	JR	Corona Del Mar
73. 17:23	Richard Hossfeld	SR	Corona Del Mar
76. 17:25	Rick Viach	JR	Granada
110. 18:02	Rob Contant	SR	Corona Del Mar
116 18:07	Steve Smith		Granada
129. 18:51	Chris Eggers	FR	Granada

Dual Meet Scoring:

Corona Del Mar 1, 2, 6, 8, 9, (10), (12) = 26
Granada 3, 4, 5, 7, 11, (13), (14) = 30

1 Isaiah Festa JR MORRO BAY	15:33
2 Craig Farley SR LOMPOC	15:44
3 Louie White JR HALF MOON BAY	15:47
4 Dusty Herman JR NORDHOFF	15:49
5 James Nielsen SR SAN MARIN	15:55
6 David Braund SR WEST VALLEY	15:56
7 Victor Ochoa JR NORDHOFF	15:57
8 Neil Cooper SR DIXON	15:58
9 Dan McDonough JR CUPERTINO	15:59
10 Irving Moreno JR SEASIDE	16:03

11 Eric Solis SR COSTA MESA 16:09, 12 Solin Gutierrez SR SAN DIMAS 16:10, 13 Nick Hamlin SR MADISON 16:13, 14 David Ulibarri SO SIERRA MT 16:13, 15 Nate Farley SR SAN JUAN 16:15, 16 Adam Greene JR ST. AUGUSTINE 16:19, 17 Bruce Hancock SO COSTA MESA 16:19, 18 Marcos Avila SR BEAUMONT 16:22, 19 Brian Sullivan JR ST. AUGUSTINE 16:23, 20 Todd Hunt SR NOVATO 16:24.

21 Jason Rogers SR CORONA DEL MAR 16:25, 22 Alberto Meza SR LICK 16:25, 23 Tyler Beardslee SR CORONA DEL MAR 16:27, 24 Marty Kinsey SR GRANADA 16:28, 25 Steven Springhorn FR CENTRAL VALLEY 16:28, 26 Francisco Guevara SR TERRA LINDA 16:30, 27 Heinar Urrutia SR GRANADA 16:31, 28 Joma Dewald JR SOQUEL 16:33, 29 Celedonio Rodrigo SO ELSIE ALLEN 16:35, 30 Kevin Lelles SO NOTRE DAME SO 16:35.

31 Ryan Saburu SR RIDGEVIEW 16:37, 32 Andy Chain JR HALF MOON BAY 16:39, 33 Dave Rios JR COLFAX 16:40, 34 Geoff Garcia SR NOVATO 16:41, 35 Cheyne Jones SR CORONADO 16:41, 36 Adam Morrison SR GRANADA 16:46, 37 Alex Gomez SR SHAFETER 16:47, 38 Billy Maas SO FORTUNA 16:47, 39 Alejandro Palacio SR CORCORAN 16:48, 40 Jaime Carrillo SR COSTA MESA 16:48.

41 Ryan Preston JR MORREAU 16:49, 42 Ricardo DeLuna JR YUCCA VALLEY 16:49, 43 Pat Russell SR CORONA DEL MAR 16:50, 44 Adam Boothe SR PIONEER 16:54, 45 Vic Moreno FR ESCALON 16:54, 46 Paul Carr JR WEST VALLEY 16:57, 47 Matt Loyer SO GRANADA 16:58, 48 Nick Clark JR COLFAX 16:59, 49 Chris Proudman SO NORDHOFF 16:59, 50 Darnell Taylor SR SAN MATEO 16:59.

DIVISION IV

1. CORONA DEL MAR 11 12 23 37 39 (48) (76) = 122
Jason Rogers SR, Tyler Beardslee SR, Pat Russell SR, Brian Coombe JR, Matt Dennerline JR, Richard Hossfeld SR, Rob Contant SR

2. GRANADA 13 15 19 25 51 (82) (95) = 123
Marty Kinsey SR, Heinar Urrutia SR, Adam Morrison SR, Matt Loyer SO, Rick Viach JR, Steve Smith JR, Chris Eggers FR

3. NORDHOFF 2 4 27 44 59 (66) (83) = 136
Dusty Herman JR, Victor Ochoa JR, Chris Proudman SO, Aidan Short FR, Mike Deutsch SO, Kent Krumpshmidt FR, Robby Hill FR

4. HALF MOON BAY 1 16 31 38 63 (77) (81) = 149
Louie White JR, Andy Chain JR, Matthew Benda SO, David Dines SR, Matt Wilkinson JR, Tony Dines SO, Mike Dvorak SR

5. COSTA MESA 6 8 21 60 62 (65) (98) = 157
Eric Solis SR, Bruce Hancock SO, Jaime Carrillo SR, Jesus Gonzalez SR, Marcello Martinez SR, Francisco Ortiz

continued next page...

For complete results of the CIF ARCO/am-pm Championships go to CTRN's page on the World Wide Web...
<http://www.RunningNetwork.com/CTRN/>

SO, Alex Martinez SO

6. WEST VALLEY 174, 7. YUCCA VALLEY 178, 8. CENTRAL VALLEY 179, 9. ST. AUGUSTINE 188, 10. SHAFTER 203, 11. NOVATO 236, 12. DIXON 240, 13. SAN MATEO 254, 14. COLFAX 273, 15. YOSEMITE

▲ DIVISION V

McFarland, Central Section, the division 4 champion for the last four years and the 1987 division 3 champion, won this newly created division with 29 points (1, 4, 5, 8, 11). They have won more state championships (6) than any other team. Their team was composed of junior Jose Perezchica (2nd in 15:59, 5:26), senior Rudy Cavazos, 12th last year in 16:40, (7th in 16:16), junior Rudy Ballardo, seventh last year in 16:22, (8th in 16:16), junior Jose Arambula (13th in 16:30), and senior Joel Lopez, 15th last year in 16:43, (16th in 16:45).

"It's one we wanted really bad," said McFarland coach White to the *Fresno Bee*. "We have a lot of kids who are dedicated to the program, and they want to contribute. They don't want to be the one to let it down."

Holtville, San Diego Section, placed second with 120 points (2, 23, 28, 81, 36). St. Bonaventure was third with 122 points.

Junior Ryan Downey (St. Margaret's), 13th last year in 16:41, won in 15:55 (5:24). Junior Miguel Ramirez (Holtville), San Diego Section, third last year in 16:09, was third again in 16:01 (5:26).

Splits: first mile 4:50.2, two miles 10:09.7 (5:19.5 second mile) #1199, 15:54.9 (5:45.2 last 1.1 miles).

1 Ryan Downey JR ST. MARGARET'S	15:55
2 Jose Perezchica JR MCFARLAND	15:59
3 Miguel Ramirez JR HOLTVILLE	16:01
4 Jason Hoetzel SR MAMMOTH	16:12
5 Doug Hall JR FLINTRIDGE	16:14
6 Daniel Cline SR DURHAM	16:15
7 Rudy Cavazos SR MCFARLAND	16:16
8 Rudy Ballardo JR MCFARLAND	16:16
9 Carl Moren JR PIEDMONT	16:23
10 Chris Felix SR ST. JOSEPH	16:23

11 Matthew Torres JR ST. BONAVENTURE 16:23, 12 James Avia JR MARANATHA 16:24, 13 Jose Arambula JR MCFARLAND 16:30, 14 Elijah Bilotta SR YORK SCHOOL 16:34, 15 Stephen Martin JR OAK PARK 16:38, 16 Joel Lopez SR MCFARLAND 16:45, 17 Jorge Rebello SR MENDOTA 16:46, 18 Mike Arp JR ST. MARY'S BERK. 16:51, 19 Morgan Harrelson SR OAK PARK 16:52, 20 Juan Verdusco JR CHOWCHILLA 16:53.

21 Damien Schultz SR FLINTRIDGE 16:55, 22 Aurelio Velasco FR MCFARLAND 16:56, 23 Brian Armstrong JR OAK PARK 16:58, 24 Robert Morgan SR ORANGE LUTHERAN 17:00, 25 Adam Sepulveda JR ST. BONAVENTURE 17:01, 26 Fritz Knoll JR ST. BONAVENTURE 17:02, 27 Max Hamlin JR UNIVERSITY SF 17:05, 28 Paul Miser SO MARANATHA 17:05, 29 Edward Agundez SR MCFARLAND 17:07, 30 Ramiro Arias SR MENDOTA 17:11.

31 Robert-John Gonzal SO HOLTVILLE 17:12, 32 Aaron Fleming SR MONTE VISTA 17:14, 33 Josh Keyes JR MODOC 17:16, 34 Matt Fischer SR ORANGE LUTHERAN 17:17, 35 Ben Maniatis JR ST. MARY'S BERK. 17:18, 36 Victor Hugo Ochoa SR MENDOTA 17:21, 37 Derek Bartlett SO ORANGE LUTHERAN 17:24, 38 Luis Salazar SR HOLTVILLE 17:27, 39 Jose Gutierrez JR CAL SCHOOL DEAF 17:27, 40 Justin Hite JR ST. MARY'S BERK. 17:28.

41 Martin Keck JR MENLO 17:30, 42 Mark Pepe SR MARANATHA 17:33, 43 Jose Gallegos SO HOLTVILLE 17:34, 44 Bart Conder SO CALVIN CHRISTIAN 17:35, 45 Thomas Quinlan JR ST. BONAVENTURE

17:36, 46 Chris Dunnick SR ST. JOSEPH ND 17:37, 47 Mark Wadly SR SUMMERVILLE 17:38, 48 Travis Johnson SO ST. JOSEPH ND 17:39, 49 Andres Medina SO HOLTVILLE 17:41, 50 George Moreno SR FIREBAUGH 17:42.

DIVISION V

1. MCFARLAND 14 5 8 11 (15) (21) = 29

Jose Perezchica JR, Rudy Cavazos SR, Rudy Ballardo JR, Jose Arambula JR, Joel Lopez SR, Aurelio Velasco FR, Edward Agundez SR

2. HOLTVILLE 2 23 28 31 36 (57) (95) = 120
Miguel Ramirez JR, Robert-John Gonzalez SO, Luis Salazar SR, Jose Gallegos SO, Andres Medina SO, Ismael Mejia SR, Michael Hardin SR

3. ST. BONAVENTURE 6 18 19 32 47 (52) (54) = 122
Matthew Torres JR, Adam Sepulveda JR, Fritz Knoll JR, Thomas Quinlan JR, Jose Barcelona JR, Diego Valdes JR, Jeff Scheffert JR

4. OAK PARK 10 14 16 41 44 (45) (46) = 125
Stephen Martin JR, Morgan Harrelson SR, Brian Armstrong JR, Marc Clebanoff JR, Bobby Armstrong JR, D. J. Evans FR, Jon Candy JR

5. MARANATHA 7 20 30 38 39 (67) (74) = 134
James Avia JR, Paul Miser SO, Mark Pepe SR, David Wood JR, Chris Horn JR, Brian Abe JR, Chris Villagrana JR

6. ST. MARY'S BERK. 152, 7. ORANGE LUTHERAN 183, 8. MENDOTA 204, 9. ST. JOSEPH ND 234, 10. YORK SCHOOL 236, 11. SUMMERVILLE 284, 12. CARMEL 331, 13. DURHAM 355, 14. JUSTIN-SIENA 377, 15. BUTTE VALLEY 393.

GIRLS

▲ DIVISION I

Clovis, Central Section, won with 93 points (5, 20, 21, 23, 24). Their team was composed of sophomore Christie Gregory, 15th last year in 19:11, (8th in 18:33), junior Kristin Fairley (26th in 19:14), senior Kym Pilger, 30th last year in 19:41, (28th in 19:17), freshman Lindsey Hahn (33rd in 19:21), and junior Tianna Martinez (34th in 19:23).

"Pretty awesome," Clovis coach Rob Brenner said to the *Fresno Bee*. "A lot of No. 1 teams get upset. You still have to run the race, and the girls ran great.... Our 2-5 were 9 seconds apart, and that was the difference," Brenner said.

Ayala (Chino), Southern Section, fifth last year with 146 points, placed second with 118 points (3, 8, 17, 34, 56). Clovis West, Central Section, was third with 127 points (4, 16, 18, 43, 46).

Senior Julia Stamps (Santa Rosa), North Coast Section, the two-time defending champion, set a new course record of 16:43 (5:33). The old record of 16:45 was set by Stamps last year. She would have placed 60th out of 161 finishers in the boys division 1 race!

"Today, I was incredibly relaxed," said Stamps to the *Fresno Bee*. "I didn't feel like I ever was out of my comfort zone."

Springs), Sac-Joaquin Section, fourth last year in 18:22, placed second in 17:32 (5:49). Sophomore Trina Cox (Santa Rosa), North Coast Section, was third in 18:04 (6:00).

Splits: first mile 5:04.9 Stamps leading, two miles 10:39.8 (5:34.9 second mile) Stamps, 5,000 meters 16:42.9 (6:03.1 last 1.1 miles) Stamps.

1 Julia Stamps SR SANTA ROSA	16:43 CR
2 Jen Schindler SR PONDEROSA	17:32

3 Trina Cox SO SANTA ROSA	18:04
4 Jennifer Burris JR AYALA	18:13
5 Emili Lawson SR CLOVIS WEST	18:20
6 Danielle Day JR QUARTZ HILL	18:27
7 Latesha Jones FR RIALTO	18:31
8 Christie Gregory SO CLOVIS	18:33
9 Susan Chou SR LOWELL	18:33
10 Jennifer Akana JR LOWELL	18:44

11 Julie Mason FR RANCHO BERNARDO 18:46, 12 Karen Nilsson SR AYALA 18:47, 13 Erin Zehntner SO IRVINE 18:49, 14 Kendra Goffredo JR ORANGE GLEN 18:49, 15 Becky Miske SO EL TORO 18:49, 16 Tricia Mattson SR FALLBROOK 18:49, 17 Melissa Livemore SO IRVINE 18:50, 18 Kim Crosswell FR FALLBROOK 19:00, 19 Emily Dixon SO SKYLINE 19:04, 20 Amanda Armstrong SO THOUSAND OAKS 19:05, 21 Jennifer Toler SO CLOVIS WEST 19:08, 22 Nicole Gurnicz SO AYALA 19:08, 23 Juli Lawson SO CLOVIS WEST 19:08, 24 Lisa Massoth SO ESPERANZA 19:11, 25 Sarah Wilkins SO RANCHO BERNARDO 19:13, 26 Kristin Fairley JR CLOVIS 19:14, 27 Jennifer Smith SR CHINO 19:16, 28 Kym Pilger SR CLOVIS 19:17, 29 Carly Hamill SO QUARTZ HILL 19:19, 30 Brianna Hibbs FR POWAY 19:20.

31 Tiffany Burgess SO BIRMINGHAM 19:20, 32 Valerie Morris FR IRVINE 19:21, 33 Lindsey Hahn FR CLOVIS 19:21, 34 Tianna Martinez JR CLOVIS 19:23, 35 Cathy Picha SO FALLBROOK 19:24, 36 Kristine Shedd JR ESPERANZA 19:25, 37 Melina Brambilla SO MONACHE 19:26, 38 Karen Mitchell SR ESPERANZA 19:27, 39 Kristin Chadez FR ESPERANZA 19:30, 40 Monica Topete SO SILVER CREEK 19:34, 41 Nicole Rodriguez SR GRANT HILLS 19:35, 42 Tamar Gamliel SR EL CAMINO REAL 19:36, 43 Nydia Rivera SR LOWELL 19:36, 44 Cara Rumble JR ORANGE GLEN 19:37, 45 Pam Smith SO ESPERANZA 19:38, 46 Autumn Glynn SR NEVADA UNION 19:39, 47 Tessa Candejas SO AYALA 19:40, 48 Katie Cattrell JR ORANGE GLEN 19:40, 49 Sara Swan JR ESPERANZA 19:43, 50 Carly Hampton SO FALLBROOK 19:46.

DIVISION I TEAMS

1. CLOVIS 5 20 21 23 24 (50) (77) = 93

Christie Gregory SO, Kristin Fairley JR, Kym Pilger SR, Lindsey Hahn FR, Tianna Martinez JR, Emily Barrus JR, Pam Campbell SO

2. AYALA 3 8 17 34 56 (59) (84) = 118

Jennifer Burris JR, Karen Nilsson SR, Nicole Gurnicz SO, Tessa Candejas SO, Laura Davidson SO, Tayla Trudell SR, Erin Uyeshima FR

3. CLOVIS WEST 4 16 18 43 46 (80) (96) = 127
Emili Lawson SR, Jennifer Toler SO, Juli Lawson SO, Andrea Palacio FR, Krista Kennedy FR, Kimmie Schmidt FR, Sarah Smith SO

4. FALLBROOK 12 14 25 37 40 (49) (71) = 128
Tricia Mattson SR, Kim Crosswell FR, Cathy Picha SO, Carly Hampton SO, Katie Hauck SO, Alison Plischke SO, Kristen Brown JR

5. ESPERANZA 19 26 27 28 32 (36) (42) = 132
Lisa Massoth SO, Kristine Shedd JR, Karen Mitchell SR, Kristin Chadez FR, Pam Smith SO, Sara Swan JR, Beth Weidler JR

6. IRVINE 153, 7. LOWELL 154, 8. ORANGE GLEN 191, 9. EL TORO 220, 10. SANTA ROSA 230, 11. LINCOLN STOCK 285, 12. NEVADA UNION 311, 13. LELAND 390, 14. BELL 396, 15. EL CAMINO REAL 397, 16. SANTA TERESA 447, 17. SKYLINE 434, 18. ACALANES 456.

▲ DIVISION II

Yucaipa, Southern Section, the defending champion with 84 points, won with 48 points (1, 6, 8, 16, 17). Their team was composed of junior Kimi Welsh, second last year in 17:56, (4th in 18:04), junior Vickie Whiteside, 12th last year in 19:01, (15th in 18:49), senior Cristin Ray (17th in

continued next page...

18:53), junior Jenny Petite (26th in 19:13), and freshman Beth Grossheim (27th in 19:14).

Clayton Valley (Concord), North Coast Section, second last year in division 3 with 53 points, placed second with 80 points (3, 10, 14, 26, 27). They were the #1 ranked division 3 team, but were moved up to division 2, because their enrollment went up by more than 15 per cent between 1995 and 1996.

"We knew everybody would have to work harder than before," Howisey said to Jim Seamus (*Contra Costa Times*). "Everybody was more motivated."

"We knew Yucaipa was going to real good," Osteen said. "We didn't know the other competition, but we knew what Yucaipa's uniforms looked like."

Dana Hills (Dana Point), Southern Section, was third with 124 points.

Senior Andrea Neipp (Highland), third last year in division one in 18:12, won in 17:33 (5:50). Sophomore Allyson Marquand (University, Irvine), fifth last year in 18:17, placed second in 17:53 (5:56). Senior Katie Nuanes (Santa Margarita), third last year in 18:05, was third again in 18:00 (5:58).

Splits: first mile 5:21.9 #393 leading, two-miles 11:15.0 (5:53.1 second mile) #393, 5,000 meters 17:33.1 (6:18.1 last 1.1 miles) Neipp.

1 Andrea Neipp SR HIGHLAND	17:33
2 Allyson Marquand SO UNIVERSITY	17:53
3 Katie Nuanes SR STA MARGARITA	18:00
4 Kimi Welsh JR YUCAIPA	18:04
5 Sydney Leonard SR DANA HILLS	18:10
6 Lauren Fleshman SO CYN COUNTRY	18:18
7 Mary Moore JR WOODBRIDGE	18:24
8 Jennifer Ewing SR CASTRO VALLEY	18:27
9 Yvonne Liebig JR J. F. KENNEDY	18:28
10 Kelly Howisey SR CLAYTON VLY	18:38
11 Anne Gunnison SR MCCLATCHY	18:42
12 Emily McFarland SO SCRIPPS RANCH	18:47
13 Brianna Barber FR CENTENNIAL	18:47
14 Kelly Grimes JR SCRIPPS RANCH	18:48
15 Vickie Whiteaide JR YUCAIPA	18:49
16 Andrea Clemens JR VALHALLA	18:50
17 Kristin Ray SR YUCAIPA	18:53
18 Christa Fitzgerald JR DANA HILLS	18:57
19 Debra Osteen SR CLAYTON VALLEY	19:01
20 Jessica Felts FR AMADOR VALLEY	19:01

21 Isabel DeJoume JR VENTURA 19:04, 22 Andrea Haver JR DAVIS 19:05, 23 Julie Leininger JR CLAYTON VALLEY 19:07, 24 Nicole Campbell SR VENTURA 19:08, 25 Sophia Hawker SR GROSSMONT 19:08, 26 Jenny Petite JR YUCAIPA 19:13, 27 Beth Grossheim FR YUCAIPA 19:14, 28 Molly Shannon JR DAVIS 19:16, 29 Kelley Halligan SR VALHALLA 19:18, 30 Angela Schoor SR MISSION VIEJO 19:23

31 Christina Jamieson SO OAK RIDGE 19:29, 32 Marielle Schlueter SR ST. IGNATIUS 19:30, 33 Allyson Macintosh SR VENTURA 19:31, 34 Stephanie Kindreic SR EL CAPITAN 19:33, 35 Kristina Staako JR SCRIPPS RANCH 19:34, 36 Rachelle Hastings FR FOOTHILL 19:37, 37 Macie Silva FR AMADOR VALLEY 19:37, 38 Marcela Villalobos JR CLAYTON VALLEY 19:41, 39 Kristine Musante SO CLAYTON VALLEY 19:41, 40 Eileen Grove SR ST. IGNATIUS 19:42, 41 Monica VanWegen SR AMADOR VALLEY 19:43, 42 Brooke Wheeland JR NORTHGATE 19:43, 43 Sarah Ross JR DEL CAMPO 19:43, 44 Carri Leto FR VALHALLA 19:44, 45 Elaine Lassen SO VALHALLA 19:44, 46 Angela Ruiz SR REEDLEY 19:44, 47 Michelle Smith SO DANA HILLS 19:46, 48 Julia Barbour JR DANA HILLS 19:47, 49 Jordana Gustafson SR VENTURA 19:52, 50 Megan Stone SR DEL CAMPO 19:52.

DIVISION II TEAMS

1. YUCAIPA 1 6 8 16 17 (58) (63) = 48

Kimi Welsh JR, Vickie Whiteside JR, Cristin Ray SR, Jenny Petite JR, Beth Grossheim FR, Leann Jimenez FR, Lacey Hitter SO

2. CLAYTON VALLEY 3 10 14 26 27 (74) (86) = 80
Kelly Howisey SR, Debra Osteen SR, Julie Leininger JR, Marcela Villalobos JR, Kristine Musante SO, Emily Pitti SO, Julianne Ghiglicin JR

3. DANA HILLS 2 9 33 34 46 (60) (75) = 124
Sydney Leonard SR, Christa Fitzgerald JR, Michelle Smith SO, Julia Barbour JR, Laura Kroniger SR, Gabrielle Amette SO, Kimbra Hall JR

4. VENTURA 12 15 22 35 40 (82)(105) = 124
Isabel DeJoume JR, Nicole Campbell SR, Allyson Macintosh SR, Jordana Gustafson SR, Rachel Osborn JR, Monika Navarro SR, Elisa Sequeira SR

5. VALHALLA 7 19 31 32 47 (50) (67) = 136
Andrea Clemens JR, Kelley Halligan SR, Carri Leto FR, Elaine Lassen SO, Amy Kennott SO, Margie Broselle SR, Sarah Chionis SO

6. AMADOR VALLEY 157, 7. SCRIPPS RANCH 160, 8. MISSION VIEJO 199, 9. ST. IGNATIUS 213, 10. DAVIS 256, 11. DEL CAMPO 264, 12. SULTANA 273, 13. FOOTHILL 337, 14. BUCHANAN 374, 15. PIEDMONT HILLS 389, 16. MT. WHITNEY 444.

▲ DIVISION III

Carondelet (Concord), North Coast Section, fourth last year in division 3 with 126 points, won with 67 points (1, 9, 11, 17, 29). Their team was composed of senior Kristen Gordon, second last year in 18:12, (1st in 17:17, 5:44); senior Kerri Bock-Willmes, 25th last year in 19:31, (18th in 19:24), junior Kelly Piatanesi (21st in 19:29), sophomore Cristyn Enea, 28th last year in 19:32, (29th in 19:37), and sophomore Megan Andrade (47th in 20:05).

"It's been my dream to win the individual state title," Gordon said to Jim Seimas (*Contra Costa Times*). "People don't understand, but runners are different. You put in so many hours and when it pays off, it's the best feeling."

Carondelet coach Helen Lehman-Winters said: "What matters is we gave a team effort. Times aren't everything. We came here trying to win a state title and we did."

El Modena, Southern Section, fifth last year with 128 points, placed second with 91 points (4, 8, 15, 28, 36). Their sixth runner was 37th. Placer, Sac-Joaquin Section, was third with 91 points (7, 12, 16, 24, 32). Their sixth runner was 48th.

Junior Heather Garrison (Buena Park), Southern Section, third last year in 18:21, placed second in 18:24 (6:06). Junior Nicole Portley (Aragon), Central Coast Section, 30th last year in 19:34, was third in 18:25 (6:07).

"Last year, I set my goal for the top 10," said Portley to Scott M. Johnson (*San Jose Mercury News*). "As the year went on, I started looking at some of the other girls' times and thought I could get second...I got my goal, so I have to be pleased, but next year I'm going to go for the win."

Splits: first mile 5:14.7, two-miles 11:01.6 (5:46.9 second mile), 5,000 meters 17:16.4 (6:14.8 last 1.1 miles) Gordon.

Sixth Runner Determines Second Place in Girls Division 3

El Modena 91, Placer 91

9. Jessica Dahlberg	JR	El Modena	18:52
13. Lindsay Hyatt	SO	Placer	19:15
15. Leslie Burton	JR	El Modena	19:21
22. Cecilia Lathe	JR	Placer	19:29
26. Katie Kennedy	SR	El Modena	19:31
27. Melinda Fuller	SO	Placer	19:33
42. Randi Fee	FR	Placer	19:56

46. Karyn Booth	JR	El Modena	20:03
51. Kristin Murray	JR	Placer	20:14
55. Allysa Wittenberg	JR	El Modena	20:21
57. Laurie Burns	SO	El Modena	20:23
70. Lucy Schmauch	JR	Placer	20:44

1 Kristen Gordon SR CARONDELET	17:17
2 Heather Garrison JR BUENA PARK	18:24
3 Nicole Portley JR ARAGON	18:25
4 Jamie Witt FR FOLSOM	18:38
5 Meg McGowan FR SERRANO	18:39
6 Terry Vega JR SAN GORGONIO	18:48
7 Jaymie Harper SR SANTANA	18:48
8 Brooke Thomas SO LAGUNA HILLS	18:51
9 Jessica Dahlberg JR EL MODENA	18:52
10 Jill Santibanez JR KATELLA	18:53
11 Allison Millhollen JR DEL ORO	18:57
12 Mariol Marquez JR ST. LUCY'S	19:05
13 Lindsay Hyatt SO PLACER	19:15
14 Alicia McFall SO NEWPORT HARBOR	19:19
15 Leslie Burton JR EL MODENA	19:21
16 Kirstin Odegard JR BENICIA	19:22
17 Jennifer Wong JR BELLA VISTA	19:22
18 Kerri Bock-Willmes SR CARONDELET	19:24
19 Anne-Elyse Smith JR AP-TOS	19:24
20 Jennifer Derego SR SONORA	19:27
21 Kelly Piantisi JR CARONDELET	19:29
22 Cecilia Lathe JR PLACER	19:29
23 Ava Benitez FR SANTANA	19:30
24 Lisa Wade JR ROCKLIN	19:30
25 Beth Morales JR SAN GORGONIO	19:31
26 Katie Kennedy SR EL MODENA	19:31
27 Melinda Fuller SO PLACER	19:32
28 Melara Monique SO COLLEGE PARK	19:36
29 Cristyn Enea SO CARONDELET	19:37
30 Katie Martin SO IRVINGTON	19:39
31 Lisa Starkey SR DEL ORO	19:40
32 Marielena Varela SR ST. LUCY'S	19:40
33 Ann Koaki SR ROCKLIN	19:42
34 Kim Pace SO SANTANA	19:44
35 Ana Lilia Bustos SR MISSION BAY	19:46
36 Sarah McAlcer SO LOS GATOS	19:46
37 Serena DeLaplace SR WESTMONT	19:50
38 Ana Lilia Martinez JR KING CITY	19:55
39 Erinn Gulbrandsen SO PLEASANT VALLEY	19:55
40 Kim Baza JR SANTANA	19:55
41 Sue Pickens SR NEWARK MEMORIAL	19:56
42 Randi Fee FR PLACER	19:56
43 Desiree DeJesus SO ST. LUCY'S	20:00
44 Krista Beas JR ST. LUCY'S	20:02
45 Caroline Welker SO SAN GORGONIO	20:02
46 Karyn Booth JR EL MODENA	20:03
47 Megan Andrade SO CARONDELET	20:05
48 Amanda Powers SO MISSION BAY	20:09
49 Jeanne Fishback SR LOS GATOS	20:09
50 Tiffany DeJesus SO ST. LUCY'S	20:09

DIVISION III TEAMS

1. CARONDELET 1 9 11 17 29 (39) (44) = 67
Kristen Gordon SR, Kerri Bock-Willmes SR, Kelly Piantisi JR, Cristyn Enea SO, Megan Andrade SO, Gindea Carrillo SR, Kristen Hart JR

2. EL MODENA 4 8 15 28 36 (37) (52) = 91
Jessica Dahlberg JR, Leslie Burton JR, Katie Kennedy SR, Karyn Booth JR, Allysa Wittenberg JR, Laurie Burns SO, Heidi Bogue SR

3. PLACER 7 12 16 24 32 (48) (73) = 91
Lindsay Hyatt SO, Cecilia Lathe JR, Melinda Fuller SO, Randi Fee FR, Kristin Murray JR, Lucy Schmauch JR, Allysa Rundle SO

4. SANTANA 3 13 20 23 45 (49) (65) = 104
Jaymie Harper SR, Ava Benitez FR, Kim Pace SO, Kim Baza JR, Melinda Benitez SR, Kerie O'Grady JR, Amanda Harper FR

5. ST. LUCY'S 6 19 25 26 31 (42) (53) = 107
Mariol Marquez JR, Marielena Varela SR, Desiree DeJesus SO, Krista Beas JR, Tiffany DeJesus SO, Rebecca Mooshabadi SO, Stephanie Gomez JR

6. SAN GORGONIO 122, 7. DOS PUEBLOS 208, 8. DEL ORO 214, 9. LOS GATOS 233, 10. PLEASANT VALLEY 294, 11. RAMONA 302, 12. APTOS 310, 13. NORTH BAKERFIELD 345, 14. EUREKA 361.

▲ DIVISION IV

Nordhoff, Southern Section, the division 3 champion last year with 42 points, won with 49

continued next page...

points (2, 4, 8, 17, 18). Their team was composed of junior Elaine Canchola, the division 3 champion last year in 17:36, (2nd in 18:24, 6:06), senior Terrah Chapin, sixth last year in 18:48, (5th in 18:34), senior Bridie Hatch, ninth last year in 18:55, (13th in 19:00), senior Kendra Greene (33rd in 19:55), and junior Yadi Ramirez (37th in 20:06).

La Canada, Southern Section, placed second with 65 points (1, 3, 9, 16, 36). Senior Sarah Ellis won in 18:01 (5:59). Campolindo (Moraga), North Coast Section, fifth last year with 178 points, was third with 84 points (7, 10, 15, 23, 29).

Senior Michelle Leinfelder (Escalon), Sac-Joaquin Section, was third in 18:30 (6:08).

Splits: first mile 5:40.4 #839 leading, two-miles 11:33.0 (5:52.6 second mile) #936 leading, 5k 18:00.8 (6:27.8 last 1.1 miles).

1 Sarah Ellis SR LA CANADA	18:01
2 Elaine Canchola JR NORDHOFF	18:24
3 Michelle Leinfelde SR ESCALON	18:30
4 Kim Garnic SO LA CANADA	18:33
5 Terrah Chapin SR NORDHOFF	18:34
6 Kara Hunn SR CENTRAL VALLEY	18:37
7 Tiffany Hansen SR REDWOOD	18:47
8 Kelly Harrington JR LOUISVILLE	18:49
9 Katie Brizgys SO PALO ALTO	18:50
10 Sara Hallas JR URSULINE	18:51

11 Katy Berkes JR CAMPOLINDO 18:59, 12 Samantha Shenoy JR LORETO 18:59, 13 Bridie Hatch SR NORDHOFF 19:00, 14 Sheila Maude JR LA CANADA 19:05, 15 Tracy Bowling SR TAFT 19:05, 16 Edlyn Smith JR CAMPOLINDO 19:17, 17 Lisa Eccles JR BRET HARTE 19:18, 18 Kersti Miller JR MIRAMONTE 19:25, 19 Jenae Erickson SO WEST VALLEY 19:29, 20 Jennifer Stief FR ESCALON 19:34.

21 Courtney Baird SO UNIVERSITY SD 19:38, 22 Irma Guillen JR SHAFTER 19:38, 23 Laurie Lankhaar FR CATHEDRAL CITY 19:40, 24 Luann Vitellaro SR ANDERSON 19:42, 25 Michelle Martin SR CAMPOLINDO 19:45, 26 Lindsey Bergren SR MIRAMONTE 19:45, 27 Jessica Altnow SR ST. MARY'S 19:46, 28 Angela Yebra SR GONZALES 19:46, 29 Samantha Michel SO MORRO BAY 19:47, 30 Abbey Cortright SO YREKA 19:49.

31 Christina Ellis FR LA CANADA 19:49, 32 Michelle Lasala JR CHRISTIAN BROS. 19:54, 33 Kendra Greene SR NORDHOFF 19:55, 34 Jessica Hackler JR TAFT 20:04, 35 Marriel Holcomb FR LOUISVILLE 20:05, 36 Andi Forker JR PALO ALTO 20:05, 37 Yadi Ramirez SR NORDHOFF 20:06, 38 Nicole Ruff JR LAS PLUMAS 20:07, 39 Hillery Gemmill SR CENTRAL VALLEY 20:08, 40 Lori Kluck SR CENTRAL VALLEY 20:09.

41 Dirkje Dunham FR ANALY 20:11, 42 Shana Manion SO NORDHOFF 20:11, 43 Jill Bodily SO GUNN 20:12, 44 Megan Wherritt JR CAMPOLINDO 20:13, 45 Jenny Nadaner JR GUNN 20:13, 46 Celeste Dunlap FR CUPERTINO 20:19, 47 Jen Morgan SR CORONA DEL MAR 20:21, 48 Jill Quayle FR CORONA DEL MAR 20:22, 49 Veronica Morgado SO WASCO 20:23, 50 Fidcliza Perez JR WASCO 20:23.

DIVISION IV TEAMS

1. NORDHOFF 2 4 8 17 18 (21) (43) = 49
Elaine Canchola JR, Terrah Chapin SR, Bridie Hatch SR, Kendra Greene SR, Yadi Ramirez SR, Shana Manion SO, Jenny Hunt JR

2. LA CANADA 1 3 9 16 36 (74) (92) = 65
Sarah Ellis SR, Kim Garnic SO, Sheila Maude JR, Christina Ellis FR, Heather Zaines FR, Amy Foss SO, Gina Pengra SO

3. CAMPOLINDO 7 10 15 23 29 (31) (48) = 84
Katy Berkes JR, Edlyn Smith JR, Michelle Martin SR, Megan Wherritt JR, Laura Cherdack SO, Emily Zenoni SO, Anya Gutman SO

4. CENTRAL VALLEY 5 19 20 67 75 (82) = 186
Kara Hunn SR, Hillery Gemmill SR, Lori Kluck SR, Lona Young SO, Jennifer Nicolay SO, Suzanne Papini SO

5. CATHEDRAL CITY 14 30 38 53 55 (76) (90) = 190
Laurie Lankhaar FR, Morena Lumapas FR, Lyndee Hovsepian JR, Anapely Valdez JR, Lizette Dinsay SR, Leslie Hovsepian FR, Leslie Bojorquez FR

6. CORONA DEL MAR 199 7. URSULINE 200. 8. UNIVERSITY SD 201, 9. GUNN 226, 10. WASCO 231, 11. MITTY 246, 12. BRET HARTE 275, 13. WEST VALLEY 300, 14. DIXON 311, 15. EXETER 343.

▲ DIVISION V

University (San Francisco), North Coast Section, second last year in Division 4 with 91 points, won with 24 points (2, 3, 4, 6, 9). Their team was composed of sophomore Kira Morser, 22nd last year in 20:01, (3rd in 19:11), sophomore Linden Bader, 12th last year in 19:34, (4th in 19:20), sophomore Mollie Allick (5th in 19:26), freshman Diana Clock (7th in 19:41), and freshman Aliza Cohen (11th in 19:50).

Orange Lutheran, Southern Section, placed second with 84 points (8, 13, 16, 18, 29). McFarland, Central Section, was third with 101 points (1, 7, 20, 33, 40). Senior Cristina Sanchez placed second in 19:07 (6:21).

Junior Kat Saxton (College Prep, Oakland), North Coast Section, eighth last year in division 4 in 19:29, won in 19:06 (6:20). She became the first state meet champion from her small private school located near the Berkeley/Oakland fire of October 1991. The fire storm crossed the freeway just east of the school in the Oakland hills.

Splits: first mile 5:48.8 #1133, 1138 leading; two-miles 12:20.9 (6:32.1 second mile) Saxton leading; 19:06.0 (6:45.1 last 1.1 miles).

1 Kat Saxton JR COLLEGE PREP	19:06
2 Cristina Sanchez SR MCFARLAND	19:07
3 Kira Morser SO UNIVERSITY SF	19:11
4 Linden Bader SO UNIVERSITY SF	19:20
5 Mollie Allick SO UNIVERSITY SF	19:26
6 Heather Gibson JR PIEDMONT	19:36
7 Diana Clock FR UNIVERSITY SF	19:41
8 Katie Newhall JR PASADENA POLY	19:43
9 Laura Davis SO MCFARLAND	19:44
10 Kristin Groncy SR ORANGE LUTH	19:48

11 Aliza Cohen FR UNIVERSITY SF 19:50, 12 Johanna Wans SR VALLEY CHRISTIAN 19:54, 13 Michelle June SO ST. JOSEPH 19:54, 14 Kristin Ferrell JR UNIVERSITY SF 20:06, 15 Melissa Madison JR KELSEY-

VILLE 20:10, 16 Katie Scangos JR CYRSTAL SPRINGS/UP 20:16, 17 Hannah Miller SR LA SALLE 20:16, 18 Katie Rigney SR SANTA CATALINA 20:17, 19 Katie Peters SR ORANGE LUTHERAN 20:19, 20 Tammy Hunt JR MIDDLETOWN 20:23.

21 Erin Miller SR R. L. STEVENSON 20:26, 22 Kara June FR ST. JOSEPH 20:27, 23 Melanie Morgan SO ORANGE LUTHERAN 20:28, 24 Ingrid Elias SO PIEDMONT 20:29, 25 Holly Peters SO OAK PARK 20:31, 26 Elizabeth Rogers JR ORANGE LUTHERAN 20:36, 27 Angie Pena FR PARLIER 20:36, 28 Katharine Laquer SR MARLBOROUGH 20:38, 29 Veronica Herrera SO CHADWICK 20:39, 30 Jenny West SR ST. HELENA 20:41.

31 Caren Jordan SO ST. BONAVENTURE 20:44, 32 Tanya Gonzalez SR MCFARLAND 20:46, 33 Susan Timmreck SO VIVIAN WEBB 20:51, 34 Anna Hunt JR LA SALLE 20:54, 35 Courtney Davidson SO REDWOOD CHRISTIAN 21:03, 36 Susan Torres FR ST. BONAVENTURE 21:06, 37 Stacy Harness SR MODOC 21:07, 38 Lindsay Weinberg SO LA JOLLA CD 21:08, 39 Jenny Root SO BUTTE VALLEY 21:09, 40 Molly Allen JR CARMEL 21:14.

41 Lacey Staff SR LA SALLE 21:14, 42 Kathryn MacCulsh SR ST. JOSEPH 21:15, 43 Rebecca McIntosh JR ORANGE LUTHERAN 21:16, 44 Melissa Rumsey SO SUMMERVILLE 21:24, 45 Mary Kuczkowski SO ST. JOSEPH 21:26, 46 Laura Bocanegra SO ORANGE LUTHERAN 21:29, 47 Wendy King FR MCFARLAND 21:29, 48 Rosario Gutierrez SR CHOWCHILLA 21:30, 49 Julia Greene FR MODOC 21:32, 50 Gwyn Leachman FR FRANCIS PARKER 21:33.

DIVISION V TEAMS

1. UNIVERSITY SF 2 3 4 6 9 (11) (66) = 24
Kira Morser SO, Linden Bader SO, Mollie Allick SO, Diana Clock FR, Aliza Cohen FR, Kristin Ferrell JR, Hope Lewis SR

2. ORANGE LUTHERAN 8 13 16 18 29 (32) (54) = 84
Kristin Groncy SR, Katie Peters SR, Melanie Morgan SO, Elizabeth Rogers JR, Rebecca McIntosh JR, Laura Bocanegra SO, Erin Cunningham FR

3. MCFARLAND 1 7 20 33 40 (67) (76) = 101
Cristina Sanchez SR, Laura Davis SO, Tanya Gonzalez SR, Wendy King FR, April Holguin FR, Maria Cammonia SO, Debby Renteria SR

4. ST. JOSEPH 10 15 28 31 36 (43) (55) = 120
Michelle June SO, Kara June FR, Kathryn MacCulsh SR, Mary Kuczkowski SO, Gina Greathouse FR, Teresa Cavalletto SR, Stephanie Felix SO

5. LA SALLE 12 21 27 44 46 (56) (79) = 150
Hannah Miller SR, Anna Hunt JR, Lacey Staff SR, Swava Stengel JR, Margaret Guercio SR, Cady Staff SO, Cindy Clapham FR

6. PIEDMONT 174 7. ST. BONAVENTURE 210, 8. R. L. STEVENSON 249, 9. TEMPLETON 280, 10. JUS-TIN-SIENA 281, 11. SUMMERVILLE 290, 12. BUTTE VALLEY 298, 13. MODOC 310, 14. LA JOLLA CD 312, 15. CARMEL 322.

1996 STATE MEET SPLITS

by Keith Conning

Boys	1 MILE	2 MILE	2ND MI	5,000M	LAST 1.1M
D1	4:44.8	9:53.2	5:08.4	15:15.3	5:22.1
D2	4:43.9	9:49.6	5:05.7	15:20.3	5:30.7
D3	4:47.5	10:03.4	5:15.9	15:38.3	5:35.9
D4	4:48.5	9:53.8	5:05.3	15:32.1	5:38.3
D5	4:50.2	10:09.7	5:19.5	15:54.9	5:45.2
Girls					
D1	5:04.9	10:39.8	5:34.9	16:42.9	6:03.1
D2	5:21.9	11:15.0	5:53.1	17:33.1	6:18.1
D3	5:14.7	11:01.6	5:46.9	17:16.4	6:14.8
D4	5:40.4	11:33.0	5:52.6	18:00.8	6:27.8
D5	5:48.8	12:20.9	6:32.1	19:06.0	6:45.1

SoCAL DIARY

By Bill Minarik

November 4

The big news in cross country last weekend took place at Stanford at the **Pac-10 Championships**, where the **Stanford Cardinal** men and women continued their drive toward possible national championships with runaway wins in both races. The men's score was 29-58 in front of a very good **Oregon** team while the women appear to be in a class by themselves, as was evidenced by their 38-83 margin ahead of **Washington**.

Individually, **UCLA's Mebrahtom Keflezighi** was the men's champion, while **Arizona's Amy Skierasz** lead the women's parade in front of **UCLA's Kim Mortensen** and **USC's Emebet Shiferaw**.

Elsewhere at the **Big West Championships**, newcomer **Boise State** destroyed the men's field 16-65 over runner-up **Utah State**, while the **UCSB** swarm took charge of the women's race enroute to a 57-87 margin over runner-up **Boise State**.

At the **West Coast Conference Championships**, **Portland University** turned the meet into its usual intra-squad meet with the men whitewashing the rest and runner-up **Santa Clara** 15-85, while the **Pilot** women cruised home 37-50 winners ahead of **St. Mary's**.

There were no real surprises at the **Golden State Athletic Conference** meet as the **Azusa Pacific** men held off a tough **Westmont** squad 31-45, while the **Westmont** women blew away the field and runner-up **AP** 22-60.

In community college action, at the **SoCal State** qualifying meet, the **Pasadena** men remained undefeated by a comfortable 72-101 margin in front of a very good **Moorpark** team. The women's competition saw **MT. SAC** run away from the entire field and second place **Orange Coast** 45-142.

November 11

Regional action dominated the X-C scene last week, with the **NCAA Division II West Regionals** at **McKinleyville** the feature attraction. At that one, the **Cal Poly Pomona** men continue to surprise everyone as they ran away from runner-up **Hawaii Hilo** 47-87. The women's race saw **Seattle Pacific** win with 56 points while the best SoCal team was **UC Riverside** at 7th with 175.

As the **Division III West Regionals** at **Prado Park** in **Chino**, the **UCSD** men again were king as they strode ahead of **Colorado College** and **Claremont-Mudd** 48-62-76. In the women's race, there was a slightly different order as **Colorado College** outran **Claremont-Mudd** and **UCSD** 43-46-66.

The **CIFs Southern Section Preliminaries** at **Mt. SAC** dominated the **SoCal X-C** action last week, with the results providing some contrasts in closeness. In the boy's sections, the 9 top qualifying teams, lead by **Long Beach Poly**, were within a minute of each other. On the distaff side, the girls from **Yucaipa** were almost 3 minutes better than the second fastest team, **Dana Hills**, which was almost 2 minutes better than the next fastest team. The finals here will be next week at **Mt. SAC**.

At the **NCAA Div I District 8 Championships** at **Woodward Park** in **Fresno**, the **Stanford** men and women appeared to be getting stronger, as both raced to wins over strong fields. The **Cardinal** men beat runner-up **Oregon** in a dual-meet-like 31-47 score, while the lady **Cardinals** had too much depth for runner-up **Arizona** to the tune of 51-69.

At the **NCAA Division III Championships**, won by the **Wisconsin La Crosse** men and the **Wisconsin Oshkosh** women, there wasn't much to write home about as the best finish by any local team was the **Claremont-Mudd-Scripps** women who finished 16th.

Finally, at the **ASICS Sparkletts Invitational**, the **ASICS** men and women swept by scores of 25-70 over the **Men of Troy** and 20-54 in front of **JoJo's Go-Gos**.

November 26

The **NCAA Division I Championships** at **Tucson** brought glory to the State of California that I thought I would never see. The **Stanford Cardinals** upset pre-meet favorites **Arkansas** and **Villanova** to win **BOTH the MEN'S AND WOMEN'S TITLES**. The men ran totally out of their heads, putting 5 in the top 15 of an individual field which read like a roster from the **United Nations**, enroute to a comparatively easy 46-74 score in front of runner-up **Arkansas**.

In my opinion, the **Cardinal** victory and score in this race was the most astounding cross country success in this state since **Coach Bob Larsen's Jamal Toads** shocked the cross country world, as well as the big club teams, by winning the **TAC Nationals** about 15 years ago with a bunch of local **San Diego** kids.

The success of the lady **Cardinals**, who beat an awesome **Villanova** seven, is no less of an accomplishment. The 101-106 score will bear witness to the fact that final score and margin of victory wasn't decided until 30 yards from the chute, when the **Stanford** runners picked up their margin of victory. If my recollection is correct, this is the first time the same school has won both races since **Wisconsin** turned the trick about 12 years ago, and only the second time ever.

CONGRATULATIONS STANFORD!!

At the **Southern Section CIF Championships**, the winners in descending order of division level were the boys from **Long Beach Poly** (who have re-affirmed the fact that they are now more than just a sprint factory), **Hemet**, **Tustin**, **Sultana** and **Orange Lutheran**. Girls champions were from **Esperanza**, **Yucaipa**, **El Modena**, **Nordhoff** and **Orange Lutheran**. The first four teams in each division qualified for the **State Meet**.

At the **L.A. City CIF Section**, perennial champion **Belmont** won the boys section again, 65-82 in front of **Birmingham**, while the **El Camino Real** girls were 68-87-87 winners in front of **Bell** and **Birmingham**, with **Bell** being designated as one of the two teams to go to the **State Meet** as a result of a 6th runner tie-breaker.

At the **NCAA Division II Nationals** at **McKinleyville, CA**, the **Cal Poly Pomona** men made a real good run at the national championship before coming in third behind **South Dakota** and **Lewis College** 119-142-145.

At the **State Community College Championships**, there were a couple of surprises. First, **Pasadena CC**, which had been undefeated coming into the meet, made the same mistake as **Rancho Santiago** did last year and that was to go out too fast on the friendly confines of **Woodward Park**. The result was that the **Lancers** ran out of gas at the 2-mile mark, allowing **Coach Manny Trevino's Moorpark College** thinclads, who ran a perfect race, to win going away 72-109. This was **Moorpark's** first **State Championship**.

In the women's race, it wasn't who won that was the surprise, but the score. **Mt. SAC** had won the **SoCal Qualifying Meet** by about 100 points, but had to hang on to beat **Mission** by a microscopic 82-83 margin.

Finally, to jump over to track for a minute, there was some big news for **West Coast** track fans and that is that **CS Northridge**, **Fresno State** and seven **Pac-10** schools have agreed in principle, to staging a series of double-dual meetings during the 98, 99 and 00 track seasons. The **Pac-10** triad will include **CSUN**, **Arizona** and **ASU** in the **Southern**

Region; **Cal**, **Stanford** and **Fresno State** in the **Central Region**; and **Oregon**, **Washington** and **Washington State** in the **Northern Region**. Each school will compete in two double-dual meets a season against teams from other regions and is entitled to play host to two of six meets over the three-year span.

December 2

The big stories coming out of last weekend's **State High School Championship** had to do with **Julia Stamps** and **McFarland High**. **Julia**, of **Santa Rosa High**, won an unprecedented third straight individual championship and **McFarland** won an unprecedented fifth straight team championship in **Division V** boys. Four **SoCal** teams brought home state titles, and those were the **Peninsula** and **Corona Del Mar** boys, and the **Yucaipa** and **Nordhoff** girls. Congratulations to all winning teams!

THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.

BALANCING FOOD & EXERCISE

People exercise for many reasons--to improve fitness, excel as a competitor, lose weight, and reduce stress. But confusion abounds among health-conscious people who want to get the most from their exercise program; I often am asked questions about how much exercise is enough and the best way to balance food and exercise to have plenty of energy. The following article addresses some of these concerns.

Q. How often should I exercise?

A. The amount you exercise should be based upon your fitness goals--do you want to be fit enough to survive a rugby game, run the Boston Marathon, or simply age successfully? For baseline health and fitness, The American College of Sports Medicine recommends at least 30 minutes of accumulated activity over most days of the week. This minimal amount reduces your risk of heart disease, hypertension, and diabetes. Clearly, athletes need to train far more than that for competitive excellence.

Nancy Clark, MS, RD counsels individuals at Boston-area's Sports Medicine

Brookline. Her popular Nancy Clark's Sports Nutrition Guidebook, 2nd Edition (1997; \$19) and nutrition guide for endurance athletes The NYC Marathon Cookbook (\$23) are available by sending a check to Sports Nutrition Materials, 830 Boylston St., Brookline MA 02167.



Many exercisers and athletes believe they fail at fitness if they don't exercise every day. Wrong! Days free of rigorous exercise are an important and appropriate part of a training program because your muscles need time to heal and refuel. And, if you are competitive, your mind also needs time to recharge the mental energy required for rigorous training.

Clearly, competitive athletes who get exhausted during their daily training sessions have a greater need for rest days than do casual exercisers who do not deplete themselves during their 30 minutes of activity. Yet, fitness exercisers should feel no guilt if they take a day off for sickness, rain, or personal commitments. Exercise tends to become a punishment rather than a pleasure if you repeatedly push yourself to workout day after day, week after week.

One on my clients boasted "I haven't missed a day of running in eight years--not even when I was sick, injured, or rained on." Although our society commonly praises such dedication with responses such as "I only wish I could be as disciplined as you are...", the question arises: Is this person a dedicated athlete or a compulsive exerciser? Commonly, the latter.

True athletes exercise to improve performance. They plan rest into their training programs. They know they'll get better only if they work harder or longer, so they eliminate much of the compulsive exerciser's "junk training" that falls into the category of simply burning calories due to fear of getting fat.

Q. I was told I had to exercise at least an hour a day in order to lose weight. Is that true?

A. No. In order to lose weight, you simply have to create a calorie deficit. That is, you have to burn off more calories than you consume. When people are sick, they

commonly create a calorie deficit and lose weight--without doing any purposeful exercise. Exercise is not essential to lose weight -- but it is a key for maintaining weight loss.

I often recommend dieters separate exercise and weight reduction. Otherwise, exercise can too easily become punishment for having excess body fat. (Remember: the E in exercise stands for Enjoyment.) I prefer my clients to exercise because they enjoy it and are hooked on the benefits of exercise.

Regular workouts help you feel good, relieve stress, feel good about yourself, tone muscles, and improve health. If exercise contributes to a calorie deficit, yes, it will contribute to weight reduction. But often, the more you exercise, either the more you eat or the more sedentary you will be in the rest of your day--both of which affect your calorie balance.

I do recommend strength training as the wave of the future in terms of weight control. By strengthening your muscles and increasing your muscle mass, you'll increase your metabolic rate. Because most calories are burned by muscle, the more muscle you have, the more calories you need.

Q. How many calories do I burn off after I exercise due to a higher metabolic rate?

A. Not many. If you exercise intensely for a long period of time, your metabolic rate will likely remain elevated for a little bit. But the average recreational exerciser who works out moderately will experience very little post-exercise calorie expenditure. A recent study comparing the metabolic effects of endurance and strength-trained men vs sedentary peers shows all three groups burned the same amount of calories when they spent a sedentary day in a room calorimeter that measured their caloric expenditure for 24 hours. This sug-

continued on page 31

Track & Field Technical Shoes

A Buyer's Guide

THE 1997 TRACK SEASON has received the fallout of the technically advanced shoes for track and field which performed well for the heroes and heroines of the Atlanta Olympics. We recognize that the shoes are not the catalyst for success, but their failure to perform as expected can certainly precipitate a lack of success. This guide has been assembled in the hopes of assisting coaches in their job of best advising the equipment needs of their athletes to realize their potentials.

adidas, ASICS, Mizuno, Nike, and Reebok offer complete lines of technical track and field shoes, and there are many good shoes to choose from. New Balance continues to offer several production models, as well, which allows an adequate number of choices for the competitor to find the best shoe.

Many of the new shoes were unavailable for review, due to the timing of their release. We have looked at as many of them as possible, and report our findings about their performance where possible.

Cregg Weinmann . Ardent track fan, runner, coach, erstwhile computer teacher, and shoe maven, can be reached at his e-mail address: shuz2run@light.speed.net.

For a sample subscription to Cregg's Running ShoesLetter please send an SASE

(self-addressed stamped legal envelope) to: Running ShoesLetter, 2416 Kayoming Way, Bakersfield, CA 93306-3509



adidas

adidas completely revised their Track & Field lineup in 1996. While experiencing delivery problems through last season, the availability is now back to normal. We were unable to obtain wear test samples, but are including descriptions and suggested prices.

Adistar Accelerator

Sprint Spike -- lightweight nylon/synthetic leather upper with polyurethane wedge and nylon spikeplate, 7 spike arrangement
Color: Black/Yellow
Price: \$85

Sizes: 4-15

Adistar Sprint

Sprint Spike -- lightweight non stretch nylon upper with full-length contoured nylon plate, 8 spike arrangement
Color: Purple/Yellow-Black
Price: \$75

Sizes: 4-15

Adistar MD

Middle Distance Spike -- lightweight nylon/synthetic leather upper with EVA midsole and nylon spikeplate, 8 spike arrangement
Color: Silver/Orange-Purple
Price: \$75

Sizes: 4-15

Adistar LD

Distance Spike -- lightweight nylon/synthetic leather upper with EVA midsole and nylon spikeplate, 8 spike arrangement
Color: Blue/Green-Black
Price: \$75

Sizes: 4-15

Adistar Steeple

Steeplechase/Distance Spike -- lightweight nylon/synthetic leather perforated upper for water release, with EVA midsole and nylon spikeplate, 8 spike arrangement
Color: Blue/Orange-Black
Price: \$75

Sizes: 4-15

Long Jump

Nylon mesh/synthetic leather upper with full-length compression molded EVA and nylon spikeplate, 7 spike arrangement
Color: Black/White-Orange
Price: \$110

Sizes: 4-15

Triple Jump

Nylon mesh/synthetic leather upper with full-length EVA midsole and traction rubber outsole, nylon spikeplate, 7 spike arrangement
Color: Violet/Yellow-White
Price: \$110

Sizes: 4-15

High Jump

Nylon mesh/synthetic leather upper with full-length CM-EVA and nylon spikeplate, 6 spike forefoot arrangement, 4 spikes in heel.
Color: Black/White-Orange
Price: \$110

Sizes: 4-15

Shot Put

Nylon mesh/synthetic leather upper with EVA heel wedge, flat bottom, textured, carbon rubber
Color: Blue/Green-White
Price: \$110

Sizes: 4-15

Hammer/Discus

Nylon mesh/synthetic leather upper with EVA heel wedge, rounded bottom, textured carbon rubber
Color: Black/Green-White
Price: \$110

Sizes: 4-15

Javelin Boot

Nylon mesh/synthetic leather, high cut upper with full length EVA, rubber outsole, and nylon spikeplate, 6 spike forefoot arrangement, 4 spikes in heel.
Color: White/Orange-Black
Price: \$120

Sizes: 4-15

Race Walk

Nylon mesh/synthetic leather upper, EVA midsole carbon rubber outsole.
Color: Black/Violet-Gold
Price: \$70

Sizes: 4-15

adidas also has a quality line of 4 "lower end" shoes which all retail for \$44.99 and are available in sizes 4-13.

Tech Star Sprint ST

Nylon/synthetic suede upper with nylon spike plate and 6 spike arrangement
Color: Black/Red-White

continued next page...

A Buyer's Guide

Tech Star MD ST

Nylon/synthetic suede upper with nylon spike plate and 6 spike arrangement
Color: Black/White or Black/Toro-Yellow

Tech Star Interval ST

Nylon/synthetic suede upper with nylon spike plate, EVA wedge and 6 spike arrangement
Color: White/Blue-Red

Advance MD

Nylon/synthetic suede upper with nylon spike plate and 6 spike arrangement
Color: Black/White

□ Asics

The ASICS Track and Field line includes 11 tested, technical shoes. We wear-tested one new sample and include information for all shoes, with descriptions, and suggested prices for all shoes.

Raptor

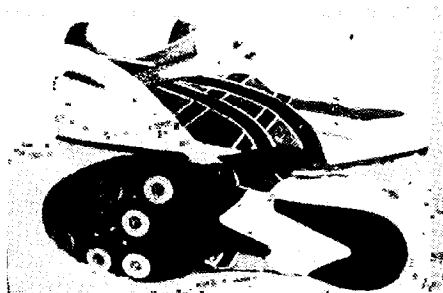
Middle/Long distance Spike -- Nylon mesh/synthetic leather upper with compression molded EVA wedge and traction spikeplate, 6 spike configuration.
Color: White/Concord/Hydro Sizes: 4-12, 13, 14
Price: \$75
"Good fitting shoe, very flexible. Light, but strong--a fantastic shoe."

HyperSprint

Sprint Spike -- nylon/synthetic leather upper with EVA wedge (internal) and nylon spikeplate, 6 spike configuration.
Color: Black/Starfire/White Sizes: 4-12, 13, 14
Price: \$65

Lytetrac

Nylon/synthetic leather upper with EVA wedge and nylon spikeplate, 6 spike configuration.
Color: White/Flash Orange/Black
Sizes: 4-12, 13, 14
Price: \$60



ASICS Lytetrac

Lightening Plus

Nylon/synthetic leather upper with compression molded EVA wedge and nylon spikeplate with EVA underlay, 6 spike configuration.
Color: Black/White or White/Black/Red Hot
Sizes: 4-12, 13, 14
Price: \$43

OmniFlex

Distance Spike -- nylon mesh/synthetic leather upper with full-length EVA and solid rubber covered spikeplate and outsole, 6 spike configuration.
Color: White/Navy/Gold Sizes: 4-13, 14
Price: \$65
"Snug fitting, well cushioned distance spike. Durable enough for workouts, good spike pattern, good flexibility. Overall good value."

OMNISPIKE

Distance Spike -- nylon/synthetic suede upper with full-length single density EVA and polyurethane spikeplate, 6 spike configuration.
Color: Bright Purple/Black/Flash Orange
Sizes: 4-13, 14
Price: \$60

LJ/TJ

Nylon/synthetic leather upper with full-length EVA, traction spikeplate, solid rubber honeycombed outsole, 7 spike configuration.
Color: White/Navy/Red or Bryte Purple/Black/Flash Orange
Sizes: 6-13
Price: \$75

Hi-Jump

Nylon/synthetic leather upper, full-length EVA, solid rubber outsole, 6 spike forefoot, 4 spike heel.
Color: White/Navy/Red or Bryte Purple/Black/Flash Orange
Sizes: 6-13
Price: \$85

Shot/Discus

Nylon/synthetic leather upper with stabilizing strap. EVA heel wedge, flat bottom, textured, solid rubber outsole.
Color: White/Navy/Red or Bryte Purple/Black/Flash Orange
Sizes: 7-12, 13, 14
Price: \$70



ASICS Omniflex

Javelin

Nylon/synthetic leather, high cut upper with stabilizing strap, full-length EVA, with additional EVA in heel, solid rubber honeycombed outsole, 7 spike forefoot, 4 spike heel configuration.
Color: White/Navy/Red or Bryte Purple/Black/Flash Orange
Sizes: 6-13, 14
Price: \$85
"Very impressed by the fit and support afforded by this shoe. Rigid feel causes longer break in. Strap provides very secure feeling."

LyteTrack

Utility Spike -- nylon/synthetic leather upper with EVA wedge and nylon spikeplate with 7 spike configuration.
Color: Blue/Black/Yellow
Sizes: 4-12, 13, 14
Price: \$60
"Well cushioned, versatile spike. Adequate for sprints, well-suited to distance events and jumps."

Harrier '96

Spikeless distance shoe -- nylon/synthetic leather upper with single density EVA and rubber spikeless ribs and ridges similar to a 7 spike configuration.
Color: White/Navy/Red
Sizes: 4-13, 14
Price: \$65
"Snug 'spike-like' fit, and very light. Nibs and ridges provide good traction on a variety of surfaces, good flexibility."

□ Nike

Nike has held firm with their line which we described last season as, "bold in styling and color as they are technically sound." Not all new color combinations are mentioned.

Zoom Super Fly

Sprint Spike -- "speed sandwich mesh"/synthetic suede upper with full length molded nylon spikeplate with multiple traction teeth and angled forward section, 10 spike arrangement
Color: Neon-Yellow /Infrared/Blk
Sizes: 4-13, 14, 15
Price: \$110



ASICS Shot/Discus

continued next page...

A Buyer's Guide

"Close fit, angle of forefoot gives feeling of speed, superb shoe."

Zoom Eldoret

Distance Spike -- "speed mesh"/synthetic suede upper with Phylon (lightweight EVA) midsole and "anatomically correct" nylon spikeplate, 6 spike arrangement
Color: White/Black/Infrared Sizes: 4-13, 14, 15
Price: \$95

"Excellent fit, good flexibility, no break-in. Lacks enough cushion for long distances. Good middle distance shoe."

Zoom Shift

Middle distance shoe -- Nylon mesh/synthetic suede upper with Phylon midsole "Zoom Shift" nylon plate, 8 spike arrangement.
Color: White/Black-Grape Ice Sizes: 3-14, 15, 16
Price: \$85
"Slipper-like fit, snug, comfortable. Cushioning more than adequate, traction is outstanding. Great shoe!"

Zoom V

Nylon mesh/synthetic suede upper with EVA midsole and "Zoom Shift" spikeplate, 8 spike arrangement
Color: White/Infrared/Black or Infrared/Crystal Blue-Black Sizes: 3-13, 14, 15, 16
Price: \$65
"Good fitting well cushioned shoe. Good traction, versatile, useful shoe."



NIKE Zoom Superfly



NIKE Zoom Eldoret

Zoom Country

Distance Spike -- Nylon mesh/synthetic suede upper with EVA midsole and rubber covered outsole, 6 spike arrangement
Color: Grape Ice/Infrared/White or White/Light Lapis/Black Sizes: 4-13, 14, 15
Price: \$60

Zoom Rival D

Nylon/synthetic suede upper with EVA wedge and solid rubber outsole. "Rival" spike plate, 7 spike arrangement.
Color: Black/White-Black or White/Black-Regal Blue or White/Grape Ice/Neon Yellow
Sizes: 3-13, 14, 15
Price: \$45

Zoom Rival S

Nylon mesh/synthetic suede upper solid rubber outsole. "Rival" spike plate, 7 spike arrangement.
Color: Infrared/Dark Crystal Blue/White
Sizes: 3-13, 14, 15
Price: \$45

Zoom Waffle

Spikeless distance shoe -- nylon/synthetic suede upper with full length EVA and rubber "waffle" outsole with rubber nubs similar to a 6 spike arrangement.
Color: Black/White or White/True Red/Grey
Mist Sizes: 4-13, 14, 15
Price: \$45

Zoom Jay

"Ballistic" mesh/DuPont Kevlar® and leather, high cut upper with stabilizing strap, "agressive" nylon spikeplate, 7 spike forefoot arrangement, 4 spikes in heel.
Color: White/Neon Yellow/Mystic Teal
Sizes: 3-13, 14, 15, 16
Price: \$110
"Very secure, supportive, fit. Great traction, well designed shoe."

Zoom LJ

Nylon mesh/synthetic leather upper with full-length EVA, "negative heel" and nylon spikeplate, 8 spike arrangement



NIKE Zoom Javelin

Color: White/Neon Yellow/Black Sizes 4-13, 14, 15
Price: \$100
"Very technical feeling shoe, puts foot in good position to jump. Very solid jumping platform."

Zoom HJ

Nylon mesh/synthetic suede and leather upper with full-length Phylon and full-length nylon spikeplate, 6 spike forefoot arrangement, 3 spikes in heel.
Color: White/Gold Amber/Metallic Silver
Sizes: 4-13, 14, 15
Price: \$100
"Feels loose fitting in ankle. Plants well, gives good traction. Good feel in jump phase."

Zoom Rotation

"Ballistic" mesh/synthetic leather upper with stabilizing strap, "nylon performance base", rounded bottom, smooth, hard, carbon rubber outsole
Color: White/Pro-Orange/Dark Spruce
Sizes: 3-13, 14, 15, 16
Price: \$100
"Very secure fit. Very fast in ring, with adequate grip. Well put together."

Zoom SD

"Ballistic" mesh/pigskin leather upper with stabilizing strap, rounded bottom, textured, carbon rubber outsole.
Color: White/Chile red/Caribbean Blue
Sizes: 3-13, 14, 15
Price: \$75
"Fits well. Good controlled feeling in ring, good grip. Seems durable."

□ Puma

Puma brought in a good representation of their line of technical shoes for field and track in 1996. Due to delivery problems they are unavailable for 1997.

□ Reebok

Reebok is introducing a complete new line of sprint, distance, throwing and jumping shoes. We wear tested some of their

continued next page...



NIKE Zoom HJ

A Buyer's Guide

line, and list these with descriptions and prices of each.

Sprint Shroud

Sprint Spike -- lightweight nylon/synthetic leather upper with EVA wedge and nylon spikeplate, 8 spike arrangement. PU coated Lycra shroud, "sharkskin" outersole.

Color: Black/White/Green Sizes: 4-15
Price: \$100

"Aggressive, forward leaning, sprint spike plate positions foot to maximize power. Aerodynamic shroud creates an interesting visual effect."

ProSprint

Sprint Spike
lightweight nylon/synthetic leather upper with EVA wedge and nylon spikeplate, 8 spike arrangement, "sharkskin" outersole.

Color: Black/White/Green Sizes: 4-15
Price: \$90

"More traditional sprint spike than the shroud, maintains the same spike plate for performance. Snug fit, with synthetic grip material on heel, combined with cushioned pad for longer sprints, increased versatility."

Athletics Sprint

Sprint Spike -- lightweight non stretch nylon upper with nylon plate, 7 spike arrangement, rubber outersole.

Color: Black/White/Green Sizes: 4-15
Price: \$60

"Good features in a mid-priced shoe. Better versatility on a variety of surfaces."

Athletics Distance

Middle/Long Distance Spike -- lightweight nylon/synthetic leather upper with EVA wedge and nylon spikeplate, 8 spike arrangement, rubber outersole.

Color: Black/White/Green Sizes: 4-15
Price: \$60

"As durable a performer as the Sprint model. More versatile in uses for sprints, distances, hurdles, and jumps."

Pro Long Jump

Nylon mesh/synthetic leather upper with full-length very firm compression molded EVA and extended nylon spikeplate, 7 spike arrangement with "sharkskin" outersole.

Color: Black/White/Green Sizes: 4-15
Price: \$90

Pro Triple Jump

Nylon mesh/synthetic leather upper with full-length very firm compression molded EVA and extended nylon spikeplate and flared heel. 7 spike arrangement with "sharkskin" outersole.

Color: Black/White/Green Sizes: 4-15
Price: \$90

Athletics High Jump

Nylon mesh/synthetic leather upper with full-length compression molded EVA and nylon spikeplate, 6 spike forefoot arrangement, 4 spikes in heel.

Color: Black/White/Green Sizes: 4-15
Price: \$90

continued next page...



REEBOK Pro Long Jump



REEBOK Pro Triple Jump



REEBOK Athletics High Jump



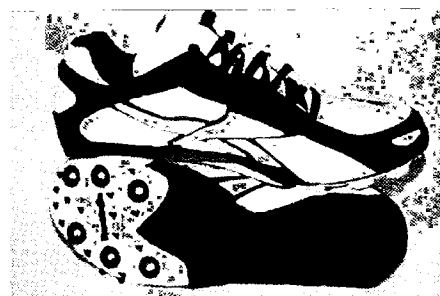
REEBOK Sprint Shroud



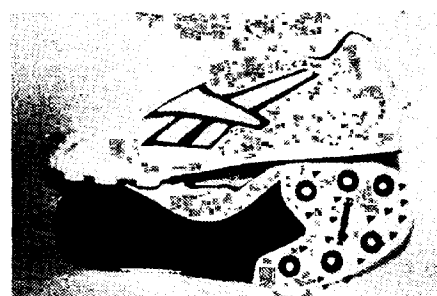
REEBOK Pro Sprint



REEBOK Athletics Throws



REEBOK Athletics Sprint



REEBOK Athletics Distance



REEBOK Athletics Javelin

A Buyer's Guide

Athletics Shot

Nylon mesh/synthetic leather upper with EVA heel wedge, flat bottom, smooth, carbon rubber.

Color: Black/White/Green Sizes: 4-15
Price: \$75

Athletics Throws

Nylon mesh/synthetic leather upper with EVA heel wedge, flat bottom, textured, carbon rubber.

Color: Black/White/Green Sizes: 4-15
Price: \$75

Athletics Javelin

Nylon mesh/synthetic leather, high cut upper with full length firm EVA, rubber outsole, and nylon spikeplate, 6 spike forefoot arrangement, 4 spikes in heel.

Color: Black/White/Green Sizes: 4-15
Price: \$80

Harrier Ultra Racer

Spikeless distance shoe -- nylon/synthetic leather upper with single density EVA and rubber spikeless nibs and ridges similar to a 7 spike configuration.

Color: Orange/Black/White Sizes: 4-13, 14
Price: \$55.00

"Snug 'spike-like' fit, and very light with good flexibility. Rubber spikelike nibs provide good traction on many surfaces."

Harrier Ultra Spike

Distance shoe -- Nylon/synthetic leather upper with EVA midsole and rubber covered outsole with a 6 spike arrangement.

Color: Orange/Black/White Sizes: 4-13, 14
Price: \$55.00

"Snug fit, lightweight, very flexible. Spikes and nibs provide good traction on a variety of surfaces."

Mizuno

Mizuno has introduced a complete line for the Olympics which are a welcome addition. None were available for review. We list prices and descriptions.

Tokyo

Sprint spike -- Nylon mesh/synthetic suede upper with molded EVA sprint wedge "traction rubber wrap" outsole and traction spike plate, 8 spike configuration.

Color: Black/White/Red/Lime Sizes: 6-12, 13
Price: \$90.00

Athens

Distance spike -- nylon mesh/synthetic suede upper with full-length EVA wedge "traction rubber" outsole and flexible spike plate, 6 spike configuration.

Color: White/Red/Black/Lime Sizes: 5-12, 13
Price: \$80.00

Surge

Distance spike -- nylon mesh/synthetic suede upper with full-length molded EVA wedge, "distance spike last" and flexible spike plate, 8 spike configuration.

Color: White/Black/Red Sizes: 4-12, 13
Price: \$60.00

Speed

Sprint trainer/Utility shoe -- nylon/synthetic suede upper with full-length EVA wedge "traction rubber" outsole and "multi-use" spike plate, 8 spike configuration.

Color: White/Black/Red/Lime Sizes: 4-12, 13
Price: \$44.00

3rd Split

Distance trainer/Utility shoe -- nylon/synthetic suede upper with full-length EVA wedge "traction rubber" outsole and "multi-use" spike plate, 8 spike configuration.

Color: Black/White/Red Sizes: 4-12, 13
Price: \$44.00

Javelin

Nylon mesh/synthetic leather upper with power cross strap. EVA wedge in heel with "traction rubber" outsole and two spike plate system, 6 spike forefoot, four spike heel.

Color: White/Red/Black/Lime
Sizes: 6-12, 13, 14, 15
Price: \$110.00

Shot/Discus

Nylon mesh/synthetic leather upper with "Double Cross" strap. Textured carbon rubber outsole.

Color: White/Red/Black/Lime
Sizes: 6-12, 13, 14, 15

Triple Jump/PV

Nylon mesh/synthetic leather upper with full-length EVA wedge "traction rubber" heel and 8 spike configuration spike plate.

Color: White/Red/Black/Lime
Sizes: 6-12, 13, 14, 15
Price: \$105.00

High Jump

Nylon mesh/synthetic leather upper with full-length EVA cushioned "rebound" wedge heel and 6 spike forefoot with 4 spike heel.

Color: White/Red/Black/Lime
Sizes: 6-12, 13, 14, 15
Price: \$110.00

Cross Spike

Distance Spike -- synthetic suede/nylon upper with EVA midsole, traction rubber covered outsole with 7 spike configuration.

Color: White/Black/Blue/Blood Sizes: 5-12, 13
Price: \$55.00

Cross

Spikeless distance shoe -- synthetic suede/nylon upper with full length molded EVA and rubber spikeless nibs and ridges similar to a 7 spike configuration.

Color: White/Yellow/Orange Sizes: 5-12, 13
Price: \$45.00

New Balance

New Balance has built some dependable spike shoes which are suitable for either cross country or the track.

RS 200

Middle distance spike -- nylon mesh/synthetic leather upper with EVA midsole, rubber traction outsole and flexible nylon spike plate, 7 spike arrangement.

Color: White/Orange/Blue

Sizes: (D width) 4-12, 13

"Snug fitting, utility spike for middle or long distance running. Good performer."

RX120

Distance Spike -- nylon mesh/synthetic leather upper with EVA midsole, rubber studded outsole and flexible nylon spike plate, 6 spike arrangement.

Color: White/Black/Brown

Sizes: (D width) 4-12, 13

"Impressive performance spike. Good fitting, well cushioned, great traction."

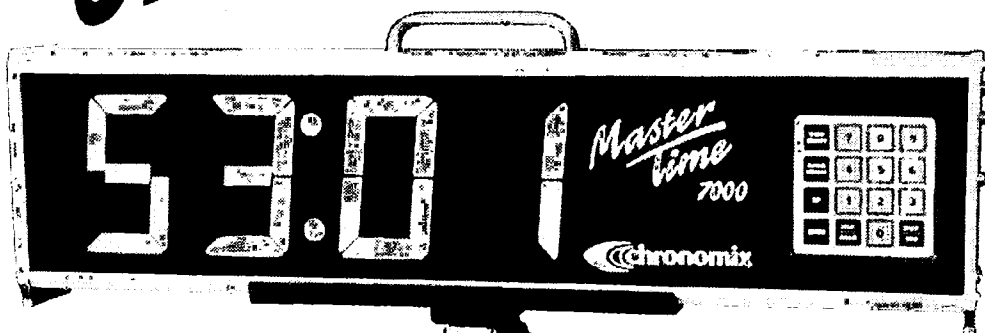


NEW BALANCE RS200

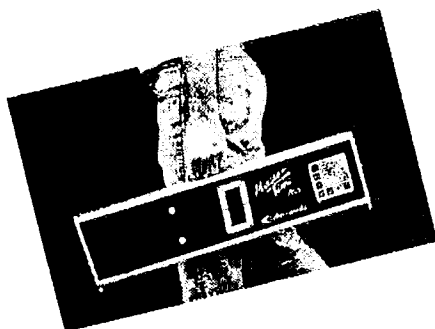


NEW BALANCE RX120

AN *EASY* TIMING DISPLAY



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EASY TO USE
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Model CC7144 MASTER TIME 7000 SERIES

- Chronomix quality in a new size! A perfect solution for timing practice laps, track and field count downs, or as an hour and minute mile point clock.
- Four inch tall digits in fluorescent day glow yellow assure the highest visibility and reliable viewing from 160 feet and more, indoors or out.
- Convenient and portable, with easy operation from the keypad mounted on the front panel. Runs 24 hrs on the Chronomix rechargeable battery system.
- The Master Time 7000 still includes most of the features for which Chronomix displays are famous. Now available in a convenient and economical size.



JACK'S ATHLETIC SUPPLY

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(415) 372-0678, FAX (415) 372-0789

PREDICTIONS

By Bob Womack

PART VI--MEN

THROWS

Sadly, the most accurate prediction I made four years ago was this: "The shot put team will probably be decided more by what happens in the lab than on the field."

Listen to this roll call: Olympic champion **Mike Stulce**, lifetime suspension for drugs; Olympic silver medalist **Jim Doehring**, lifetime suspension for drugs; 1988 Olympic team member **Gregg Taffalls**, four-year suspension (drugs); 1995 national champion **Brent Noon**, four-year suspension (guess what?).

The survivors were **Randy Barnes**, who was coming off a drug suspension, **John Godina** and **C. J. Hunter**. So far, Godina and Hunter have tested 100% clean. Godina comes from a program (UCLA) whose guru, **Art Venegas**, has been a foremost crusader against steroid use. So they, at least, can reasonably be expected to be around four years from now.

Beyond them are a group which might be classified as "the usual suspects"-- people who throw in the mid-60's and place in the national finals. **Kevin Toth**, who was fourth at the Trials, has been around for a while. **Ron Backes**, who was sixth, has been around forever, or at least it seems that way; he made the 1992 Olympic team and got to the Worlds as far back as

1987. Last year's top collegians were **Mark Parlin** and **Andy Bloom**. Parlin, at 6-1 and 250, is relatively small for a shot putter, while Bloom's future appears to be in the discus.

So where is help coming from? Or, more to the point, *is it coming?* Here, we get into a question of economics. First, there is very little demand for American throwers of any kind in Europe, which is where the money is. Second, if you described the ideal shot putter, you'd probably say, "Oh, about 6-8, 310, and explosive speed." Well, you've just described a young man named **Jonathan Ogden** who put for UCLA this year. He also was the No. 4 choice in the NFL draft. It does not take the eminent **Dr. Frank Zarnowski**, with his Ph.D. in economics, to figure out the differential in earning potential. In the unlikely event you're having any trouble, start with six zeros.

Thus, the two best high school shot putters of 1996 were **Randy Roesler** from Texas and **J. D. Martin** of California. Both are going to major football schools (U. of Texas for Roesler, Fresno State for Martin). Do not hold your breath until you see them on the track. The California high school champion, **Jason Hammond**, is a running back of NFL potential, but he is going to Cal State Northridge, which has a football program which might be politely described as vestigial, so there is some chance the track coach will get a shot at him.

Anthony Washington, this year, became the first American to be competitive in the discus at the world level since the golden era of **Mac Wilkins** and **John Powell**. If his corporate sponsor, US West, doesn't lose interest now that the Atlanta Olympics are over, he could give German **Lars Riedel** a real battle for No. 1 in the world the next four years.

There is actually a pretty good crop behind Washington. People have been telling **John Godina** for years that he should concentrate on the shot, but these are the same people who said it was impossible to make the Olympic team in more than one throw. So why should Godina start listening now?

Nobody has been paying any attention to **Adam Setliff** either, and while they haven't, he has edged to the brink of world class. He threw terribly in the Olympic final, but he did make it (Godina was 15 inches short) and he has improved steadily.

Throwers behind them who have been throwing for a while but are still young enough

to be capable of improving to that level include **Brian Blutreich**, **Gregg Hart** and **John Wirtz**.

There is a lot of young talent besides **Andy Bloom** even though four of the top six NCAA finishers were foreigners. Two good juniors in 1996 were **Casey Malone** from Colorado State and **Ian Waltz** of Washington State. I am reluctant to go too heavy on high school throwers since the adjustment from the high school implement to the heavier international disc frequently is too much to handle. However, **Ron Dayne** from New Jersey and **Paul Northway** from Utah had terrific prep marks. Northway had one meet in which his first throw hit the boundary fence; they measured to the bottom of the fence. The second throw cleared the fence and landed on a (higher elevation) road outside. There was no third throw since his only discus had shattered on the asphalt.

If US West wants to take on another project besides **Anthony Washington**, they ought to look at some hammer throwers, specifically **David Popejoy** and **Kevin McMahon**. Both are a year or so out of college and just getting within striking distance of being world class. There is even less money in the hammer than in the other throws, so they need all the help they can get.

We'd add **Lance Deal** to that want list, but at 35, Lance is probably going to take his silver medal from Atlanta and get on with the rest of his life. Such is the state of American hammer throwing, however, that throwing on weekends for recreation, he may still make the team for Sydney since Popejoy and McMahon represent close to 100% of the future of America's future in this event.

The only good young throwers are the **McGehearty** twins, **Sean** and **Mark**. If they improve five feet a year for the next four years, they will be about where Popejoy and McMahon are now.

It would be helpful if some states other than Massachusetts and Rhode Island threw the hammer in high school. The alternative is to continue to rely on ad hoc programs (like **Ed Burke's Explorer Scout** program in San Jose that produced Popejoy and McMahon) and throwers who drift into the hammer by accident, eg. **Deal**. Another example of the latter is **John Badinovac**, a huge youngster from Jesuit High in the Sacramento area, who threw the 12-pound hammer 217 feet as a high school junior just experimenting. Tag him for possible delivery in 2004 or 2008--if we can keep the football

continued next page...

Bob Womack -- track-and-field-fan-without-parallel, announcer of many California collegiate track and cross country events, voice of Foot Locker Cross Country West -- Bob serves CTRN as creator and maintainer of the High School All-Time Lists and contributor of many special features.

A C.P.A. when not following track, Bob lives and works in Fresno, CA.



OLYMPICS 2000

coaches away from him.

What we said about the hammer also goes for current American javelin champion **Todd Riech**. He's not likely to make any money throwing the jav in the immediate future; Europe is full of throwers in the 265-275 range who meet promoters don't have to fly in across the Atlantic.

So, the classic dilemma: Go out and get a day job, throw part-time and stay in that range, and probably still make the next Olympic team--and go out in the qualifying round. Or starve and try to break through to the next level. Where are the corporate sponsors who kicked in \$40 million apiece for the Atlanta Games when we really need them?

Tom Pukstys is one American thrower who has made that jump to the next level. Even if he's not getting rich, he's at least welcome in European meets. He's a couple of years older than Riech, but should still be close to prime at Sydney.

Behind Riech and Pukstys, the digging is fairly deep. Certainly, we can't count on **Dave Stephens** coming out of hibernation every four years. (Dave did not throw between the '92 Trials and April 1996 yet somehow managed to make the team!). **Roald Bradstock**, the ex-Brit who would have made it if Stephens hadn't come up with a last-minute Oly qualifier, is old enough to have thrown in the LA Olympics in 1984. The next group -- **Ed Kaminski**, **Jim Connolly**, **Jason Bender**, **Art Skipper**, **Erik Smith** -- all have been stuck in the 245-255 range for years, which may be national class (OK, it is), but not world class.

Breaux Greer came out of nowhere for a 15-foot PR for the third spot in the Trials. Unfortunately, he was one inch short of qualifying for the Olympics and couldn't come close again. That throw may not have been a fluke, but right now, the burden of proof is on Greer. Most of us probably expected too much from **Troy Burkholder** after a sensational 1995 season in high school. Actually, 1996 wasn't bad at all: American junior record, American junior champion, top U.S. finisher at NCAA and finalist in the Trials. But second place in the

junior meet was only 215 feet and there were only two other throwers over 200.

U.S. Olympic Team Predictions:

Shot Put	Brent Noon, John Godina, C. J. Hunter
Discus	Anthony Washington, Andy Bloom, John Godina
Hammer	David Popejoy, Kevin McMahon, Lance Deal
Javelin	Todd Riech, Tom Pukstys, Troy Burkholder

DECATHLON

Say goodbye to **Dan O'Brien**, too. Given the physical and psychological demands of the ten-eventer and the state of O'Brien's bank account, it would be surprising if he stuck around. Oh, it's possible he might stay through 1997, just to take another crack at his own world record and a fourth world championship, but not for four years.

(One thing that could knock that prediction 180 degrees off is if the 1999 World Championships are awarded to the United States, ie. Stanford. That could influence a lot of veterans, not just O'Brien, to continue just for the chance of competing in the Worlds on home turf, just as the prospect of the Atlanta Olympics did. And if they hang around until 1999, what's one more year? Put another shrimp on the barbie, mate, and see ya at Sydney!)

O'Brien's heir apparent is **Chris Huffins**. Four years ago, he was spotting O'Brien 250 points in each of four events. By last year, stimulated no doubt by comments in *CT&RN*, the gap was down to 100 points in an event, which projected Huffins into world class. Well, somebody else is going to have to take over the job of providing him any necessary stimulus for the next four years. Based on his Trials performance, with normal improvement, some work in the pole vault, and a decent 1500, he can score 9000 in 1997. Where he'll be in the year 2000 is anybody's guess. My guess would be on the victory stand at Sydney. I would say on

top of it, except that Germany's silver medalist, **Frank Busemann**, scored 8700+ points at the age of 21. Busemann vs. Huffins is likely to be the story of the decathlon for the next several years.

Huffins is not going to dominate the American dec scene uncontested, of course. **Steve Fritz**, America's No. 2 decathlete this year, is only a year younger than O'Brien but he is still improving and, unlike Dan O., has unfinished business.

Next come a bunch of athletes in or pushing into their 30's. **Kip Janvrin** was fourth at the Trials -- a classic overachiever who will be 35 by Sydney. **Ricky Barker**, a major talent, has improved his weak areas in the throws (although there's still room for more improvement), but still does not compete well. **Brian Brophy** and **Aric Long** looked like they would be America's future in the 10 events four years ago, but neither has improved significantly. Long has been hurt a lot; Brophy appears to have maxed out his potential. (You can't coach speed.) **Dave Johnson**, **Rob Muzzio** and **Drew Fucci** aren't getting any younger.

Darwin Vandehoef is about where Huffins was four years ago. He has some huge events (high jump and hurdles) and the technique events in which he needs a lot of work. Unfortunately, he doesn't have Huffins' blazing speed. **Mario Sategna** won the 1995 NCAA, but went into eclipse in '96; again, Sategna doesn't have blazing speed but the potential is still there. Farther down the line is the group from this year's NCAA including names like **Ross Bomben**, **Marcus Nichols**, **James Dunkleberger**, **Michael Evers** and **James Cook**. Of these, Bomben was the highest scorer, Dunkleberger looked like the steadiest and best competitor, and Evers had the best basic speed. Add in **David Pope**, from NAIA Azusa Pacific, and **Gabe Garrett**, this year's junior champion, who has outstanding speed but probably needs eight years of work, not four, on his throws and vault.

U.S. Olympic Team Predictions

Decathlon	Chris Huffins, Darwin Vandehoef, Mario Sategna
-----------	--

THE ATHLETE'S KITCHEN, continued

gests no chronic increase in metabolism due to moderate exercise in similarly sized men. (Int'l J Sports Nutr, Dec 1996).

Q. I often get lightheaded when I'm exercising. Help!

A. Lightheadedness is a common complaint, but it is abnormal and can

be prevented. When your blood sugar drops too low, your brain gets inadequate fuel and you experience lightheadedness. You can prevent low blood sugar by fueling properly before you exercise. For example, if you workout in the late afternoon after having endured a busy day with little breakfast and lunch, you'll likely

become lightheaded during exercise. The solution is simple: schedule in substantially more food during the day so you won't be left running on fumes. An adequate pre-exercise fueling program resolves the lightheadedness problem--and also reduces post-exercise hungry horrors! The best plan is equal meals every 4 hours.

PREP NOTES

By Keith Conning

RESULTS WANTED

Please send results to the following addresses:

Northern California (Central Coast, Northern, North Coast, Oakland, Sac-Joaquin, and San Francisco Sections):

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FAX: (510) 849-3342
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Fresno, CA 93702
FAX: (209) 255-4904
E-MAIL: CTRN@ix.netcom.com

Southern California (Los Angeles, San Diego, and Southern Sections): Please note the new address and phone number:

Doug Speck
2155 Verdugo Boulevard #132
Montrose, CA 91020
FAX: (818) 957-4017
E-MAIL: dougspeck@aol.com

THANK YOU FOR SENDING RESULTS

I would like to thank the following people who provided results for this issue: **Peter Brewer** (Castro Valley), **Dick Calvin** (Half Moon Bay), **Jeff DeWitt** (Skyline, Oakland), **Mike Elsesser** (Athletika, Cupertino), **Steve Fagundes** (Bella Vista, Fair Oaks), **Andy Leong** (Lowell, San Francisco), **Rich McCann** (Sacramento), **Joy Upshaw-Margerum** (Hawaii), and **Bob Womack** (Fresno).

Keith Conning, expert on California high school competitors, has served California Track & Running News as Prep Editor for over two decades. Keith is a teacher and cross country coach at Berkeley High School and is a sought-after track announcer in the North-Central California area.



HIGH SCHOOL TRACK

1997

The 39th edition of *High School Track 1997* is now available for \$7.00 from Jack Shepard, 14551 Southfield Drive, Westminster, CA 92683.

Jack Shepard compiled all the men's lists. **Mike Kennedy** compiled the women's outdoor marks. **Doug Speck** compiled the women's indoor lists.

The book includes selected meet results from Golden West, National USATF Junior, National Scholastic Outdoor and Indoor. I recommend this book for your track library. The men's and women's lists include: records, the 1996 list, and the all-time list. It helps compare today's performances with those of the past. This book is an invaluable reference. I've been getting this book since 1956 when I was sophomore in high school.

1996 MEN'S OUTDOOR LIST EXCLUDING THE CLASS OF 1996 -- 3200 METERS

- 9:09.6 *Eric Kweder (Edison, Alexandria, Va) 79
 - 9:10.51 **Juan Chavira (Hanford, Ca)
 - 9:11.82 *Ryun Andrus (Mountain View, Orem, Ut) 79
 - 9:13.04 *Isaac Hawkins (Ferris, Spokane, Wa) 78
 - 9:14.52 *Jason Fayant (Mead, Spokane, Wa) 78
 - 9:15.22 *Rob Brock (Dubuque, Ia)
 - 9:15.49 *Chris Dugan (Southmore., Alverton, Pa) 79
 - 9:15.75 *David Lopez (Hoover, Glendale, Ca) 78
 - 9:15.81 *Michael Kasahun (Fresno, Ca) 78
 - 9:15.9 *Tyson Hendrickson (Kingwood, Tx)
 - 9:16.6 *David Rodriguez (MissSJ, Fremont, Ca) 79
 - 9:16.68 *Dave Zabel (Glenbard N., Carol Strm, Il) 79
 - 9:16.73 **Mark Pilja (Naperville N, Naperville, Il) 80
 - 9:16.9 *Anthony All (Waverly, Nb)
 - 9:17.22 *Brad Hansen (St. Ignatius, SFran, Ca) 79
 - 9:18.29 **Isaiah Festa (Morro Bay, Ca) 80
- Source: HIGH SCHOOL TRACK 1997
(Prep Editor: Six of the top 16 returning are from California. That is 37.5 percent.)

1996 WOMEN'S OUTDOOR LIST EXCLUDING THE CLASS OF 1996 3200 METERS

- 10:12.20 *Julia Stamps (Santa Rosa, Ca) 78
- 10:17.33 *Katy Radkewich (Cleveland Hts, Oh) 79
- 10:25.76 **Sharon VanTuyt (North, Portage, Mi) 80
- 10:29.43 *Kristen Gordon (Car, Concord, Ca) 79
- 10:35.87 *Tara Rohatinsky (Provo, Ut) 79
- 10:36.57 **Kimi Welsh (Yucaipa, Ca) 81
- 10:40.03 ***Allyson Marquand (Univ, Irvine, Ca) 81
- 10:40.17 *Amy Swier (Aztec, NM) 79
- 10:42.92 *Jennifer Smith (Ferris, Spokane, Wa) 79
- 10:43.91 *Amy Wiseman (Lees Summit, Mo) 78
- 10:44.00 **Heather Garritson (Buena Park, Ca) 80
- 10:45.20 **Danielle Day (Quartz Hill, Ca)
- 10:46.47 ***Kate Bradshaw (Issaquah, Wa) 81
- 10:46.48 *Julie Harris (Canyon, Santa Clarita, Ca) 79
- 10:50.05 **Laura Helmer (Centerville, Clifton, Va) 79
- 10:50.13 *Amani Terrell (Marcus, Flower Mnd, Tx) 79

- 10:50.48 **Jenn Pesce (Toms River, NJ)
- 10:51.02 *Amy Beykirch (Tuckerton, NJ) 79
- 10:51.14 **Anne Gunnison (McClatchy, Sac, Ca) 79
- 10:51.89 *Jennifer Owens (Charlottesville, Va) 78
- 10:52.1 ***Trina Cox (Santa Rosa, Ca)
- 10:53.70 **Allison Medlin (Carthage, Mo) 79
- 10:56.0 *Jennifer McGranahan (Penscola, Fl)
- 10:56.02 *Jennifer Schindler (Shingle Sprgs, Ca) 79
- 10:56.14 *Ann Marie Brooks (St. Joseph, Mo) 78
- 10:56.29 **Melissa Sapa (Oakville, St. Louis, Mo) 80

Source: HIGH SCHOOL TRACK 1997
(Prep Editor: Six of the top 12 returning are from California. That is 50 percent.)

LETTER TO THE PREP EDITOR

From: Joy Upshaw-Margerum. Date: October 30, 1996

Keith Conning!

Aloha! Here are the top results of the **Hawaii Prep XC Invitational** on the Big Island of Hawaii. We had 3 California teams participating!! **Clovis** brought 40 kids!! **Los Altos** brought both boys & girls teams and **Los Gatos** did, too! I hosted the Los Gatos team at our Big Island Lava Rock House. It was great! The kids got a good sense of the Big Island--saw the sun, sea, volcanoes and even the Ironman in Kona. **GOOD EXPERIENCE.**

The kids raced well on the H.P.A. course--which will be the state championship course next month. Hilly, grassy, passing through a forest of Norfolk pines, past the equestrian field, through the school & by a grass hut and finishing down a long chute where tons of fans line the sides!

(Prep Editor: Joy's father **Monte Upshaw** of Piedmont High School set a national high school record of 25-4 1/4 at the state meet in Berkeley on May 29, 1954. I also saw Joy at the USATF convention at the St. Francis Hotel in San Francisco. Her husband **Kenny**, who was a football star at Stanford, is now coaching football at the University of Hawaii.)

FORMER ANTIOCH XC COACH ELECTED TO STATE ASSEMBLY

November 6--High school cross country coaches now have a friend in the State Legislature. **Tom Torlakson**, the former Antioch High School cross country coach, has been elected to the California State Assembly representing District 11. The 11th District includes cities east of San Pablo Bay, including Pinole to Antioch and Concord. Torlakson had been a Contra Costa County Supervisor. He is also a very good masters runner and sponsors

continued next page...

PREP NOTES

a road race every December.

JIM RYUN WINS ELECTION TO CONGRESS

November 6--Jim Ryun won election to the U.S. House of Representatives from District 2 in Kansas. Ryun, a Republican, won with 127,164 votes (52%). John Frieden, a Democrat, placed second with 111,078 (46%).

[Prep Editor: *Jim Ryun (East High School, Wichita, Kansas) set the national high school and age 18 record for the mile of 3:55.3 in the AAU Championships in San Diego on June 27, 1965. He defeated Olympic champion Peter Snell of New Zealand. Ryun ran five sub-four minute miles, while in high school. Ryun set the national high school junior class and age 17 record of 3:59.0 in 1964. Only three high school athletes have broken the four minute mile. Tim Danielson (Chula Vista) set the California record of 3:59.4 at the San Diego Invitational on June 11, 1966. Marty Liquori (Essex Catholic, Roselle, New Jersey) ran 3:59.8 in 1967.]*

HIGH SCHOOL ALL-TIME OUTDOOR MILE LIST

3:55.3	Jim Ryun (EWichita, Ks) 65
3:56.8	Ryun 65
3:58.1	Ryun 65
3:58.3	Ryun 65
3:59.0	*Ryun 64
3:59.4	Tim Danielson (ChVi, Ca) 66
3:59.8	Marty Liquori (Roselle, NJ) 67
4:00.1	Liquori 67
4:01.1	Liquori 67
4:01.5	Gerry Lindgren (Spo, Wa) 64
4:02.4	Richard Kimball (Concord) 74
4:02.7	Matt Centrowitz (NYC, NY) 73
4:03.5	Tom Sullivan (Evans, Il) 61
4:03.59	John Quade (Wood, Wa) 85
4:03.85	John Zishka (Lanc, Oh) 80
4:04.2	*Curtis Beck (SMon, Ca) 72
4:04.25	Jason Pyrah (Willard, Mo) 87
4:04.5	Art Dulong (Randolph, Ma) 66
4:04.65+	Paul Vandegrift (Pa) 87
4:04.7	Rick Riley (Spokane, Wa) 66
4:04.9	Dirk Lakeman (Eug Or) 77
4:05.1	Gary Bjorklund (Proc, Mn) 69
	Mark Feig (Eugene, Or) 71
4:05.24	Ken Lowry (Ambler, Pa) 82
4:05.3	Don Vandrey (Valp, In) 67
	Paul Medvin (LA, Ca) 79
+	John Robinson (Pasa, Tx) 80
4:05.31	Vince Draddy (NRoch, NY) 79
4:05.4	Mark Schilling (GGr, Ca) 72
	John Gregorek (Sm NY) 78
4:05.43+	*Michael Stember (Car Ca) 95
4:05.5	Terry Cotton (El Cajon, Ca) 72
	Craig Virgin (Lebanon, Il) 73
4:05.58+	Mark Mastalir (Car, Ca) 86
	M Keflezighi (SDiego, Ca) 94
4:05.66+	Eric Mastalir (Carmi Ca) 86

(Abbreviations: *—after name indicates foreign athlete attending U.S. school; +—mark converted from meters.)

Source: HIGH SCHOOL TRACK 1997

UNITED STATES ALL-TIME JUNIOR MILE LIST

3:51.3	Jim Ryun (Kansas) 66
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3:57.06	Dub Myers (Oregon) 83
3:57.4	Steve Prefontaine (Oregon) 70
3:58.6	Jerry Richey (Pittsburg) 68
3:58.7	Mark Schilling (SJ State) 73
3:58.9	Roscoe Divine (Oregon) 66
3:59.3	Marty Liquori (Villanova) 68
3:59.4	Tim Danielson 66
3:59.9	Bob Wheeler (Duke) 71
4:00.1	Tom Byers (Ohio State) 74

Source: 1996 USA JUNIOR TRACK & FIELD ANNUAL

NORTHERN SECTION

West Valley High School, Cottonwood, November 14--West Valley won the boys title with 42 points (1, 6, 8, 9, 18). Their team was composed of **David Braund** (2nd in 16:16), **Paul Carr** (7th in 16:38), **Colby Phillips** (9th in 16:59), **Eric Haffner** (10th in 17:00), and **Richard Beck** (19th in 17:18). **Central Valley** placed second with 84 points. **Pleasant Valley** was third with 86 points.

Josh Keyes (Modoc), Division 5, won the boys race in 15:52. **Dan Cline** (Durham), Division 5, was third in 16:25. **Joey Creighton** (Pleasant Valley), Division 3, was fourth in 16:28. **Bryce Lighthall** (Enterprise), Division 2, was fifth in 16:30.

Central Valley won the girls race with 66 points. Their team was composed of **Kara Hunn** (2nd in 19:03), **Hillery Gemmill** (6th in 20:01), **Lori Kluck** (13th in 20:46), **Lona Young** (18th in 20:59), and **Jennifer Nicolay** (28th in 21:34). **Pleasant Valley** placed second with 99 points. **West Valley** was third with 103 points.

Jenee Erickson (West Valley), Division 4, won in 18:54. **Erinn Gulbrandsen** (Pleasant Valley), Division 3, placed third in 19:29. **Rachelle Hastings** (Foothill), Division 2, was fourth in 19:39. **Abbey Cortright** (Yreka), Division 4, was fifth in 19:49.

SAC-JOQUIN SECTION

Sierra College, Rocklin, November 15

Division 1 Boys. **Nevada Union** (Grass Valley) won with 25 points (1, 3, 6, 7, 8). Their team was composed of **Corey Creasey** (1st in 15:38.8), **Philip Hassan** (3rd in 15:58.4), **Gaeton Habekoss** (10th in 16:32.5), **Conor Medley** (11th in 16:35.1), and **Justin Wood** (12th in 16:41.2). **Del Campo** (Fair Oaks) placed second with 56 points. **Woodland** was third with 120 points. **Chris Farley** (Del Campo) placed second in 15:52.5.

Division 2 Boys. You don't get any closer than this, as both first and second place teams had the same point total. **Jesuit** (Carmichael) won with 47 points (2, 6, 11, 13, 15, 16). Their team was composed of **Mike Altieri** (3rd in 16:12.3), **Chris Dewitt** (7th in 16:34.7), **Garrett Larsson** (13th in 16:42.9), **Mike Hills** (15th in 16:52.3), **Jeff**

Viponot (17th in 16:55.2). Their sixth man was **Jon Salzberg** (19th in 17:05.9).

Golden Valley (Merced) placed second with 47 points (1, 3, 9, 14, 20). Their sixth runner was in 33rd place.

According to National Federation Rule 9 Cross Country, Section 2 Scoring, Article 4..."Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail." Thus, **Jesuit** wins and **Golden Valley** places second. **Davis** was third with 75 points.

Geoff Fleming (Roseville) won in 15:22.3. **Juan Miramontes** (Golden Valley) placed second in 15:32.0.

Division 3 Boys. This was another close race, as one point decided the section champion. **Placer** (Auburn) won with 64 points (6, 9, 10, 17, 22). Their team was composed of **Ian Ulmer** (8th in 17:00), **Carl Brumm** (12th in 17:15), **Jared Lesa** (13th in 17:23), **Ryan Baumbach** (23rd in 17:40), and **Glen Gavel** (32nd in 17:54). **Sonora** placed second with 65 points (1, 3, 4, 18, 39). They had three runners ahead of the #1 Placer runner, but their fifth runner was too far back. **Los Banos** (the baths in Spanish) was third with 79.

Jason Hart (Sonora) won in 15:57.0. **Bodi Kamplila** (El Dorado, Placerville) placed second in 16:22.5. **Justin Willingham** (East Union, Manteca) was third in 16:28.6.

Division 4 Boys. **Dixon** won with 41 points (2, 3, 11, 12, 13). Their team was composed of **S. Lane** (3rd in 16:32.2), **N. Cooper** (4th in 16:45.8), **B. Camaren** (13th in 17:31.7), **B. Wilson** (14th in 17:35), and **W. Willis** (15th in 17:36). **Colfax** placed second with 85 points. **Bret Harte** (Altaville) was third with 98 points.

Nate Farley (San Juan, Citrus Heights) won in 16:04.6. **David Ulibarri** (Sierra) placed second in 16:08.6.

Division 5 Boys. **Summerville** (Tuolumne) won with 25 points (1, 3, 5, 6, 7). Their team was composed of **Mark Waelty** (1st in 17:12.5), **Walker Quinn** (3rd in 18:10.3), **K. Pettway** (5th in 18:23.0), **D. Arata** (6th in 18:33.0), and **C. Zelinsky** (7th in 18:38.1). **Justin-Siena** (Napa) placed second with 48 points. **Linden** was third with 61 points. **Raphael Gomez** (Linden) placed second in 17:42.0.

Division 1 Girls. **Lincoln** (Stockton) won with 68 points (6, 11, 16, 17, 18). Their team was composed of **Ali Nicolas** (6th in 19:40.5), **Tiffany Bock** (12th in 20:20.2), **Leslie Chandler** (19th in 20:52.8), **Jaclyn Shaughnessy** (20th in 20:55.2), and **Arianne Suguitan** (21st in 20:56.2). **Nevada Union** (Grass Valley) placed second with 76 points. **Oakmont** (Roseville) was third with 90 points.

PREP NOTES

Jen Schindler (Ponderosa, Shingle Springs) won in 17:41.9. **Leslie Nederveld** (Oakmont) placed second in 19:13.1. **Autumn Glynn** (Nevada Union) was third in 19:28.7.

Division 2 Girls. Davis won with 43 points (2, 3, 6, 14, 18). Their team was composed of **Andrea Haver** (3rd in 18:59), **Molly Shannon** (4th in 19:30), **Sarah Mullin** (7th in 19:59), **Casara Pharris** (17th in 21:02), and **Emily Sieracki** (23rd in 21:34). **Del Campo** (Fair Oaks) placed second with 64 points. **St. Francis** (Sacramento) was third with 78 points. **Yvonne Liebig** (Kennedy, Sacramento) won in 18:30.5. **Anne Gunnison** (McClatchy, Sacramento) placed second in 18:42.2.

Division 3 Girls. Placer (Auburn) won with 30 points (2, 4, 7, 8, 9). Their team was composed of **Lindsay Hyatt** (3rd in 18:59.5), **Randi Fee** (5th in 19:17.5), **Lucy Schmauch** (9th in 19:38.2), **Melinda Fuller** (10th in 19:46.2), and **Kristin Murray** (11th in 19:53.3). **Del Oro** (Loomis) placed second with 88 points. **Rio Americano** (Sacramento) was third with 92 points. **Jamie Witt** (Folsom) won in 18:19.7. **Lisa Wade** (Rocklin) placed second in 18:57.1.

Division 4 Girls. One point decided the section team championship. **Bret Harte** (Altaville) won with 59 points (3, 7, 12, 16, 21). Their team was composed of **Lisa Eccles** (3rd in 19:32.1), **Tiffany Perkins** (9th in 20:19.3), **Lisa Hieb** (16th in 21:26.4), **Crissie Jones** (21st in 21:47.4), and **Bobbie Allhands** (26th in 21:55.4). **Dixon** placed second with 60 points (6, 8, 9, 17, 20). **Escalon** was third with 72 points.

Samantha Shenoy (Loretto, Sacramento) won in 18:49.9. **Jennifer Stief** (Escalon) placed second in 19:24.7.

Division 5 Girls. One point decided the section team championship. **Justin-Siena** (Napa) won with 27 points (1, 4, 6, 7, 9). Their team was composed of **Natalya Lely** (2nd in 21:01.2), **Michelle Lopez** (5th in 22:02.4), **Molly Hoff** (8th in 22:15.6), **Nancy Kang** (9th in 22:18.9), and **Heather Oh** (11th in 23:09.1). **Summerville** (Tuolumne) placed second with 28 points (2, 3, 5, 8, 10). **Hillmar** was third with 66 points. **Jenny West** (St. Helena) won in 20:03.3. **Melissa Rumsey** (Summerville) was third in 21:18.0.

Top Ten Boys Teams Advancing to State Meet

Team	Time
81:26.0	Nevada Union, Grass Valley 1-D1
83:12.1	Golden Valley, Merced 2-D2
83:19.0	Jesuit, Carmichael 1-D2
84:06.8	Del Campo, Fair Oaks 2-D1
86:01.5	Dixon, Dixon 1-D4
86:02.0	Sonora, Sonora 2-D3
87:12.0	Placer, Auburn 1-D3
88:31.3	Colfax, Colfax 2-D4
90:57.2	Summerville, Tuolumne 1-D5
96:09.5	Justin-Siena, Napa 2-D5

Top Ten Girls Teams Advancing to State Meet

97:34.7	Placer, Auburn	1-D3
101:04.0	Davis, Davis	1-D2
102:28.8	Del Oro, Loomis	2-D3
102:46.1	Lincoln, Stockton	1-D1
102:54.1	Nevada Union, Grass Valley2	D1
103:05.5	Del Campo, Fair Oaks	2-D2
105:01.4	Bret Harte, Altaville	1-D4
105:12.5	Dixon, Dixon	2-D4
110:49.4	Justin-Siena, Napa	1-D5
112:03.1	Summerville, Tuolumne	2-D5

Best Combined Boys and Girls

Teams	Time	Rank
81:26.0	Nevada Union Boys	1-D1
102:54.1	Nevada Union Girls	2-D1
184:20.1	Nevada Union Boys + Girls	
87:12.0	Placer Boys	1-D3
97:34.7	Placer Girls	1-D3
184:46.7	Placer Boys + Girls	
84:06.8	Del Campo Boys	1-D1
103:05.5	Del Campo Girls	2-D2
187:12.3	Del Campo Boys + Girls	
86:01.5	Dixon Boys	1-D4
105:12.5	Dixon Girls	2-D4
191:14.0	Dixon Boys + Girls	
90:57.2	Summerville Boys	1-D5
112:03.1	Summerville Girls	2-D5
203:00.3	Summerville Boys + Girls	
96:09.5	Justin-Siena Boys	2-D5
110:49.4	Justin-Siena Girls	1-D5
206:58.9	Justin-Siena Boys + Girls	

Top Ten Boys Times

15:22.3	Geoff Fleming, Roseville	1-D2
15:32.0	Juan Miramontes, Golden Valley	2-D2
15:38.8	Corey Creasey, Nevada Union	1-D1
15:52.5	Chris Farley, Del Campo	2-D1
15:57.0	Jason Hart, Sonora	1-D3
15:58.4	Phil Hassan, Nevada Union	3-D1
16:04.6	Nate Farley, San Juan	1-D4
16:06.0	Paulo Carvalho, Modesto	4-D1
16:08.6	David Ullbari, Sierra	2-D4
16:12.3	Mike Altieri, Jesuit	3-D2

Top Ten Girls Times

17:41.9	Jen Schindler, Ponderosa	1-D1
18:19.7	Jamie Witt, Folsom	1-D3
18:30.5	Yvonne Liebig, Kennedy	1-D2
18:42.2	Anne Gunnison, McClatchy	2-D2
18:49.9	Samantha Shenoy, Loretto	1-D4
18:57.1	Lisa Wade, Rocklin	2-D3
18:59.3	Andrea Maver, Davis	3-D2
18:59.5	Lindsay Hyatt, Placer	3-D3
19:00.0	Allison Milhollen, Del Oro	4-D3
19:13.1	Leslie Nederveld, Oakmont	2-D1

JULIA STAMPS

PHOENIX--(BW SportsWire)--Nov. 15--Who will be named the top male and female high school athlete/scholars in the nation? The **Dial Corporation**, a leading manufacturer and marketer of consumer products, announces that 10 high school seniors are in the running for the 18th Annual Dial Award. Established in 1979, the Dial Award is considered the nation's most

prestigious achievement award for high school seniors.

This year's two Dial Award winners will be chosen by a nationwide panel of high school athletic administrators, sports journalists, academicians and athletic federation members who base their votes on three areas of accomplishment: athletic, academic and civic. The winners will be announced in December.

On behalf of the two national winners, Dial will present a \$5,000 grant to each of their high schools. Thirty-three athletes have been honored by Dial so far, including golf champion **Tiger Woods**, NFL stars **Herschel Walker** and **Chris Spielman**, Olympic gymnast **Shannon Miller** and basketball greats **Cheryl Miller** and **Lisa Leslie**. Here are this year's finalists:

Female Dial Award Finalists, 1996

--Tamika Catchings, Duncanville High School, Duncanville, Texas, GPA 3.17, Basketball
--Shannon Montague, Plano Senior High School, Plano, Texas, GPA 3.78, Synchronized Swimming
--Grace Park, Horizon High School, Scottsdale, Ariz., GPA 3.34, Golf
--Brandi Siegel, Miami Palmetto Senior High School, Miami, Fla., GPA 4.18, Rhythmic Gymnastics
--Julia Stamps, Santa Rosa High School, Santa Rosa, Calif., GPA 3.51, Track and Field, Cross Country
Male Dial Award Finalists, 1996
--Shane Battier, Detroit Country Day School, Beverly Hills, Mich., GPA 3.91, Basketball

--Grant Irons, The Woodlands High School, The Woodlands, Texas, GPA 3.7, Football
--Jeff Knupp, Walsh Jesuit High School, Cuyahoga Falls, Ohio, GPA 4.338, Wrestling
--Jordan Malloch, Nathan Hale High School, Seattle, Wash., GPA 3.10, Canoe-Sprint Racing
--Justin Wilcock, Sky View High School, Smithfield, Utah, GPA 3.96, Diving

For more information on the highlights and accomplishments of the Dial Award finalists, please call Nancy Prenzno, The Dial Corporation, at 602/207-5040.

CONTACT: The Dial Corporation, Phoenix Ann Adams, 602/207-5121

CENTRAL COAST SECTION

Crystal Springs, Belmont, November 16--The top two teams advance to the state meet.

Division 1 Boys. Bellarmine (San Jose) won with 24 points (2, 3, 4, 5, 10). Their team was composed of junior **Omar Hart** (2nd in 15:38), senior **Andrew Wulf** (3rd in 15:38), junior **Chris Knapp** 4th in 16:12, freshman **Daniel Galindo** (5th in 16:14), and senior **John Rocha** (10th in 16:38).

PREP NOTES

Silver Creek (San Jose) placed second with 56 points. **Homestead** was third with 93 points.

Junior **Leo Balderas** (Silver Creek) won by 10 seconds in 15:28.

Division 2 Boys. **Serra** (San Mateo) won with 94 points (3, 10, 17, 27, 37). Their team was composed of junior **Adam Perez** (3rd in 15:46), junior **Jordan Woods** (11th in 16:22), senior **Jerome Madigan** (18th in 16:36), senior **Brad Stapleton** (28th in 16:46), and junior **Patrick Carey** (38th in 16:56). **Westmoor** (Daly City) placed second with 100 points. **Leland** (San Jose) was third with 132 points.

Senior **Nick Pellusch** (Leland) won by 16 seconds in 15:26. Sophomore **Andrew Hill** (Los Altos) placed second in 15:42.

Division 3 Boys. **St. Ignatius** (San Francisco) won with 28 points. Their team was composed of senior **Brad Hansen** (2nd in 15:42), senior **Brendan Fitzgibbon** (3rd in 15:44), freshman **Neil McDonagh** (4th in 15:47), junior **Brendan Wells** (7th in 16:16), and junior **Matt Chen** (12th in 16:46).

St. Francis (Mountain View) placed second with 38 points. **Aragon** (San Mateo) was third with 118 points. Junior **Gary Passanisi** (Aptos) won by 20 seconds in 15:22.

Division 4 Boys. **Half Moon Bay** won with 64 points. Their team was composed of junior **Louie White** (2nd in 15:40), junior **Andy Chain** (7th in 15:58), sophomore **Matthew Benda** (17th in 16:31), senior **David Dines** (22nd in 16:46), and junior **Matt Wilkinson** (30th in 17:03). **San Mateo** placed second with 77 points. **Mitty** (San Jose) was third with 119 points.

Senior **Adam Boothe** (Pioneer) won by 3 seconds in 15:37. Junior **Dan McDonough** (Cupertino) was third in 15:49.

Division 5 Boys. **York School** won with 38 points. Their team was composed of senior **Elijah Bilotta** (1st in 16:06), junior **Adam Perez** (5th in 17:18), junior **Donaciano Ochoa** (9th in 17:39), freshman **Chris Calzetta** (10th in 17:40), and senior **Michael Lambert** (13th in 17:47). **Carmel** placed second with 72 points. **Pacific Grove** was third with 110 points.

Junior **Martin Keck** (Menlo School) placed second in 16:37. Senior **Aaron Fleming** (Monte Vista) was third in 16:57.

Division 1 Girls. **Santa Teresa** (San Jose) won with 88 points. Their team was composed of senior **Annette Holmquist** (11th in 19:54), senior **Sabrina Gunlon** (12th in 20:04), junior **Laraine McPherson** (13th in 20:05), senior **Gina Schaubette** (27th in 20:48), and senior **Michelle Quinet** (28th in 20:52). **Leland** (San Jose) placed second with 91 points. **Silver Creek** (San Jose) was third with 99 points.

Freshman **Deanna Slaton** (Silver

Creek), the daughter of coach **Frank Slaton**, won by 11 seconds in 19:10. Sophomore **Monica Topete** (Silver Creek) placed second in 19:21. Senior **Rachael Wiseman** (Mt. Pleasant, San Jose) was third in 19:30.

Division 2 Girls. **St. Ignatius** (San Francisco) won with 20 points. Their team was composed of senior **Marlette Schlueter** (1st in 18:45), junior **Katie Appenrodt** (2nd in 19:12), senior **Eileen Grove** (3rd in 19:19), sophomore **Erin Lapping** (4th in 19:52), and senior **Stephanie Liblen** (10th in 20:38). **Piedmont Hills** (San Jose) placed second with 69 points. **Overfelt** (San Jose) was third with 88 points.

Division 3 Girls. **Los Gatos** won with 35 points. Their team was composed of sophomore **Sarah McAteer** (4th in 18:59), junior **Lina Bibes-Ferro** (7th in 19:51), senior **Jeanne Fishback** (8th in 19:55), junior **Sarah High** (9th in 20:00), and sophomore **Amy LaPine** (16th in 20:23). **Aptos** placed second with 71 points. **St. Francis** (Mountain View) was third with 100 points.

Junior **Nicole Portley** (Aragon, San Mateo) won by 44 seconds in 18:06. Junior **Anne-Elyse Smith** (Aptos) placed second in 18:50. Senior **Serena DeLaplace** (Westmont) was third in 18:54.

Division 4 Girls. **Mitty** (San Jose) won with 66 points (6, 8, 9, 21, 22). Their team was composed of sophomore **Stephanie Anthony** (7th in 20:05), sophomore **Rebekah Harner** (9th in 20:14), senior **Monica Lebron** (10th in 20:19), sophomore **Lauren Sherburne** (24th in 20:44), and junior **Sarah Silva** (25th in 20:44). **Gunn** (Palo Alto) placed second with 70 points. **Palo Alto** was third with 78 points.

Senior **Angela Yebra** (Gonzales) won in 19:05. Sophomore **Katie Brizgys** (Palo Alto) placed second in 19:12. Junior **Andi Forker** (Palo Alto) was third in 19:33.

Division 5 Girls. **Robert Louis Stevenson** won with 55 points. Their team was composed of senior **Erin Miller** (3rd in 20:06), sophomore **Zena Herman** (9th in 21:40), junior **Stephanie Stuart** (10th in 21:45), junior **Mizuri Fujii** (18th in 22:27), and sophomore **Dania Akkad** (25th in 22:54). **Carmel** placed second with 99 points. **Castilleja** (Palo Alto) was third with 104 points.

Senior **Johanna Wans** (Valley Christian) won in 19:33. Senior **Katie Rigney** (Santa Catalina) placed second in 19:44.

Combined Division I-V Boys' Unofficial Team Scores By Time

1. St. Ignatius, San Francisco	80:15	1-D3
2. Belarmine, San Jose	80:20	1-D1
3. St. Francis, Mountain View	81:36	2-D2
4. Half Moon Bay, Half Moay	81:58	1-D4
5. Serra, San Mateo	82:26	1-D2
6. San Mateo, San Mateo	82:31	2-D4

7. Leland, San Jose	82:36	3-D2
8. Silver Creek, San Jose	82:47	2-D1
9. Westmoor, Daly City	82:50	2-D2
10. Watsonville, Watsonville	83:58	4-D2

Combined Division I-V Girls' Unofficial Team Scores By Time

1. St. Ignatius, San Franc	97:46	1-D2
2. Los Gatos, os Gatos	99:08	1-D3
3. Palo Alto, Palo Alto	01:24	3-D4
4. Santa Teresa, San Jose	101:43	1-D1
5. Silver Creek, San Jose	102:00	3-D1
6. Mitty, San Jose	102:06	1-D4
7. Gunn, Palo Alto	102:07	2-D4
8. Leland, San Jose	102:16	2-D1
9. Aptos, Aptos	102:36	2-D3
10. Westmoor, Daly City	103:28	4-D1

E-MAIL TO THE PREP EDITOR

Subject: Polynesian athletes in California

Date: 11-22-96

From: jeckardt@HRZ.Uni-Bielefeld.DE

To: conning@aol.com

Dear Mr. Conning!

A few days ago I found your very interesting *California Track and Running News* with a lot of results and information. I am especially interested in athletes with Pacific Islands origin who compete in the USA. So I find in the California rankings and results some athletes with Polynesian-sounding names of whom I don't know the origin.

Men:

--Tim Fua (Chico State Univ. DT, SP)

--Roger Finau (Skyline, DT)

Women:

--Fiti Atuafasi (Monti, JT, SP) Is she Samoan?

--Luane Esera (Golden West) (DT, JT)

--Talanoe Fatafehi (Fremont, DT)

--Lili (Lili) Ili (DT, 1985 All-Time rankings)

--Esela Lavaka (300mH, Fremont)

--Vavatau Pohahau (Balb SFS) (DT, SP)

--Pola Sualoa (LBCC) (SP, DT, HT)

--Amanda Tagalo'o (El Camino (SP))

--Nolo Tautolo (Cerritos, HT, SP, DT, JT)

--Toli Togagae (Los Amigos) (SP)

--Kava Tonga (100mH, Skyline)

--Darlene Tulua (Carmel) (SP, DT)

--Is she Tongan?

--Elizabeth Tuputala (Fremont, DT)

--Caolic Uporoora (Jefferson) (SP)

Are Mary (DT, Loretto) and Solomon

Kailiwa (SP, DT) Hawaiians?

Do you know the origin of one or more of the above named athletes? Can you help me?

I know the origin of the following Pacific Islands athletes: Jovesa Naivalu (Fiji), Dolores Tuimokau, Kristina Mataafa and Christiane Etuale (all American Samoa), Natalie Kaaiwahia (Hawaii), Paea Kokohu (Tonga).

I would be very happy if you have any information for me. Many thanks in advance for an answer.

Best regards, Juergen Eckardt

(Prep Editor: If you know the country of origin of any of these Polynesian athletes, please e-mail Juergen Eckardt. Solomon Kailiwa's father is from Hawaii.)

PREP NOTES

■ SAN FRANCISCO SECTION

Polo Fields, Golden Gate Park, November 20-- Lowell won the boys' title with 21 points. Washington placed second with 68 points. Balboa was third with 70 points.

Senior Paul Choi (Lowell) won in 17:49. Junior Ritchie Jong (Lowell) placed second in 18:38. Senior Jonathan Combes (Balboa) was third in 18:49.

Lowell also won the girls' title with 15 points (1, 2, 3, 4, 5). Lowell took the first 11 places and 15 of the top 20. Washington placed second with 57 points. Lincoln was third with 68 points.

Junior Jennifer Akana (Lowell) won in 19:40. Senior Susan Chou (Lowell) placed second in 20:18. Senior Nydia Rivera (Lowell) was third in 21:19.

■ OAKLAND SECTION

Lake Merritt, Oakland, November 20-- The program said: "The Oakland Athletic League has a rich history of cross country running. The boys competition began in 1964, with girls starting in 1978. Except for five years (1985-1989) when Oakland High won the boys titles, Skyline has dominated. From 1964 to 1984, Skyline won 21 straight OAL titles in boys competition. Since 1990 till present Skyline has won the boys title every year."

"In girls competition Skyline has won all but two league titles since 1978. Fremont won the OAL in 1986, and Technical won in 1991. Combined, Skyline High School has won 43 of the possible 50 titles in cross country."

Senior Gregorio Ramirez (Technical) won the 5,000 meter boys' race in 16:27. He is the first Tech runner to win the OAL Championship since Melvin Hayes in 1971.

Junior Hasan McGee (Skyline) placed second in 16:32. Senior Cory Dixon (Skyline) was third in 16:50.

The Skyline boys placed their top five in the top six finishers to capture the team title. Skyline won with 15 points. Fremont placed second with 46 points. Castlemont was third with 79 points. There were 18 boys who finished.

Sophomore Emily Dixon (Skyline) won the girls' race in 18:50. Junior Stephanie Garcia (Skyline) placed second in 20:03. Junior Meli Lleras (Skyline) was third in 21:16. The Skyline girls placed five in the top six, just as the boys had done. Skyline won with 15 points. Castlemont placed second with 49 points. There were 16 girls who finished.

■ CLAYTON BUMPED UP TO DIV. II

By Rick Hurd, Staff writer, Contra Costa Newspapers
DUBLIN -- The North Coast Section

has announced that Clayton Valley High School has been moved up one division to Division II for Saturday's North Coast Section Meet of Champions at Newhall Park in Concord. School divisions are broken down according to a school's enrollment. The Eagles had competed at Division III all season, but results of the 1996 C-BET survey (which measures school enrollment) revealed Clayton Valley is well over the legal limit for Division III.

"We weren't expecting it, but now that it's happened, we're looking forward to it," Clayton Valley coach Shelly Loveall said. "Division III wasn't really that competitive for our girls, so this gives them a new challenge."

Clayton Valley's girls team won the Bay Valley Athletic League championship and is ranked No. 1 in Division III by the California Interscholastic Federation state poll. The Eagles' main rival in Division III was Carondelet, the state's No. 2-ranked Division III team and a team Clayton Valley has defeated twice in head-to-head competition.

"I'm disappointed," Carondelet coach Helen Lehman-Winters said.

"Clayton Valley brought out the best in our runners. On the other hand it will give both schools a chance to win a state championship, which would be a great thing for the NCS."

The decision could have a bigger impact on the Clayton Valley boys team, which went from a Division III favorite to a Division II dark horse. The top two teams and top 12 individuals qualify for the state meet, and the Eagles now must compete with traditional Division II powers De La Salle, Mission San Jose-Fremont and Castro Valley.

"Initially, I was upset, because all season long the boys thought they would be competing at Division III, and they just don't have any idea of what Division II competition is like," Loveall said. "It just seems to me like it would have been more legitimate to do this for winter sports. Our sport is just now in the playoffs."

NCS Director of Operations Gil Lemmon said the NCS had little choice in the matter. The CIF 1996-97 Constitution and Bylaws states that schools must adhere to the results of the C-BET, which measure a school's enrollment as of Oct. 9. If a school's enrollment has increased by more than 15 percent of the cutoff number for a division, a school must move up in division.

Clayton Valley's enrollment has increased from 1,108 to 1,282, a 15.7 percent increase from the Division III cutoff of 969 students.

■ NORTH COAST SECTION

Newhall Park, Concord, November 23--The first two teams in each race

advance to the state meet.

Division V Boys

St. Mary's (Berkeley), the Alameda-Contra Costa Athletic League champion with 30 points, won the team title with 40 points. Their total time for scoring runners was 1:26:32. Their average time for scoring runners was 17:18. The team was composed of junior Michael Arp (4th in 16:53, 5:37 mile pace), junior Justin Hite (5th in 17:11, 5:43), junior Ben Maniatis (6th in 17:16, 5:45), sophomore Ryan Torres (11th in 17:32, 5:50), and junior Jonathan Tapp (14th in 17:45, 5:55).

St. Joseph's Notre Dame (Alameda), second in the ACCAL with 52 points, placed second with 81 points (1:28:34, 17:42). Basketball star Jason Kidd led St. Joseph's to two CIF titles. Now they are coming on in cross country as well. Piedmont, third in the ACCAL with 53 points, was third with 92 points (1:28:14, 17:38).

Junior Carl Moren (Piedmont), the ACCAL champion in 18:16, won the three mile race in 16:36 (5:32 per mile pace). Junior Max Hanlin (University, San Francisco), the Bay Counties League champion in 17:00, placed second in 16:44 (5:34). Jose Gutierrez (California School for the Deaf, Fremont), second in the BCL, was third in 16:44 (5:34).

Division V Girls

University (San Francisco), the BCL champion with 19 points, won with 25 points (1:37:19, 19:27). Their team was composed of sophomore Linden Bader, the BCL champion in 19:07, (2nd, 19:03, 6:21); freshman Diana Clock (4th, 19:16, 6:25); sophomore Kien Morser (5th, 19:26, 6:28); sophomore Moille Allick (6th, 19:26, 6:28); and freshman Aliza Cohen (8th, 20:08, 6:42).

Piedmont, the ACCAL champion with 30 points, placed second with 79 points (1:46:00, 21:12). Middletown, which is north of Calistoga, the Coastal Mountain Conference champion with 21 points, was third with 88 points (1:47:45, 21:33).

Junior Heather Gibson (Piedmont), the ACCAL champion in 20:56, won in 18:34 (6:11). Kat Saxton (College Prep, Oakland), second in the BCL in 19:14, was third in 19:13 (6:24).

Division IV Boys

Granada (Livermore), the Tri-County Athletic League champion with 27 points, won with 54 points (1:23:25, 16:41). Their team was composed of senior Marty Kinsey (4th, 16:18, 5:26); senior Helmar Urrutia (5th, 16:20, 5:26); senior Adam Morrison (6th, 16:23, 5:27); sophomore Matt Leigh (18th, 17:02, 5:40); and junior Rick Vlach (28th, 17:22, 5:47).

Novato, the Marin County Athletic League champion with 32 points, placed second with 91 points (1:24:23, 16:52). Moreau Catholic (Hayward), fourth in the Hayward Area Athletic League with 99 points, was third with 138 points (1:26:44, 17:20).

PREP NOTES

Senior Todd Hunt (Novato), the MCAL champion in 15:47, won in 15:47 (5:15). Senior James Nielsen (San Marin), second in the MCAL in 16:05, placed second in 16:08 (5:22). Senior Francisco Guevara (Terra Linda, San Rafael), third in the MCAL in 16:17, was third in 16:17 (5:25).

Division IV Girls.

Campolindo (Moraga), the TCAL champion with 23 points, won with 55 points (1:39.32, 19:54). Their team was composed of junior Katy Berkes, the TCAL champion in 19:14, (3rd, 19:14, 6:24); junior Edlyn Smith (5th, 19:29, 6:29); senior Michelle Martin (8th, 19:36, 6:32); junior Megan Wherritt (18th, 20:30, 6:50); and sophomore Laura Cherdack (23rd, 20:43, 6:54).

Ursuline (Santa Rosa), second in the North Bay League with 48 points, placed second with 101 points (1:42.25, 20:29). Miramonte (Orinda), second in the TCAL with 65 points, was third with 111 points (1:42.36, 20:31).

Senior Tiffany Hansen (Redwood, Larkspur), the MCAL champion in 19:21, won in 18:49 (6:16). Junior Sarah Hallas (Ursuline, Santa Rosa), third in the NBL in 18:23, placed second in 19:04 (6:21).

Division III Boys.

Livermore, third in the EBAL with 54 points, won with 60 points (1:23:07, 16:37). Their team was composed of junior Nathan Martin, second in the EBAL in 17:14, (2nd, 15:50, 5:16); senior Timothy Ricard, third in the EBAL in 17:16, (3rd, 15:57, 5:19); junior Jason Bayon (16th, 17:06, 5:42); senior Kevin Boercker (19th, 17:07, 5:42); and junior Keith Christian (17:07, 5:42). San Ramon Valley (Danville), the EBAL champion with 37 points, placed second with 65 points (1:23:48, 16:45). Ukiah, the NBL champion with 37 points, was third with 89 points (1:24:37, 16:55).

Sophomore Ryan Mack (Ukiah), the NBL champion in 15:35, won in 15:44 (5:14).

Division III Girls.

Carondelet (Concord), second in the Bay Valley Athletic League with 41 points, won with 21 points (1:36:13, 19:14). Their team was composed of senior Kristen Gordon, the BVAL champion in 16:36, (1st, 17:14, 5:44); senior Kerri Bock-Williams, fourth in the BVAL at 18:26, (2nd, 19:24, 6:28); sophomore Cristyn Enea (3rd, 19:25, 6:28); junior Kelly Plataneel (9th, 20:05, 6:41); and senior Glnaea Carrillo (10th, 20:05, 6:41). Eureka, second in the Humboldt Del Norte League with 33 points, placed second with 73 points (1:45:27, 21:05).

College Park (Pleasant Hill), third in the BVAL with 96 points, was third with 104 points (1:50:02, 22:00).

Division II Boys.

De La Salle (Concord), the BVAL champion with 20 points, won with 37 points (1:20:38, 16:07). Their team was composed of senior Tom

Prindville (4th, 15:40, 5:13); senior Jeff George (6th, 16:10, 5:23); senior Sean Kenady (8th, 16:14, 5:24); junior Ryan Stanton (9th, 16:15, 5:25); and junior Tim Layden (10th, 16:19, 5:26).

Mission San Jose (Fremont), the Mission Valley Athletic League champion with 25 points, placed second with 70 points (1:22:48, 16:33). Clayton Valley (Concord), third in the BVAL with 67 points, was third with 71 points (1:24:06, 16:49). Thus, one point decided who went to Fresno. (See story below.)

Senior David Rodriguez (Mission San Jose, Fremont), second in the MVAL in 16:20, won in 15:30 (5:10). Senior Enrique Henriquez (San Leandro), the HAAL champion in 15:48, placed second in 15:35 (5:11). Junior Jon Stevens (Mission San Jose, Fremont), the MVAL champion in 16:16, was third in 15:38 (5:12).

Division II Girls.

Clayton Valley (Concord), who was moved up from Division III the week of the race due to increased enrollment (see accompanying story), the BVAL champion with 26 points, won with 39 points (1:36:43, 19:20). Their team was composed of senior Kelly Howisey, third in the BVAL in 18:05, (2nd, 18:53, 6:17); junior Julie Leininger (4th, 18:58, 6:19); junior Marcela Villalobos (9th, 19:22, 6:27); senior Deborah Osteen (10th, 19:28, 6:29); and sophomore Kristine Musante (15th, 20:02, 6:40). Amador Valley (Pleasanton), the EBAL champion with 20 points, placed second with 45 points (1:36:55, 19:23). Mission San Jose (Fremont), the MVAL champion with 23 points, was third with 103 points (1:41:39, 20:19).

Senior Jennie Ewing (Castro Valley), the HAAL champion in 18:24, won in 18:30 (6:10). Senior Monica Van Wegen (Amador Valley, Pleasanton), the EBAL champion in 20:07, was third in 18:56 (6:18).

Division I Boys.

Montgomery (Santa Rosa), second in the NBL with 42 points, won with 41 points (1:23:45, 16:45). Their team was composed of senior Kevin Funk, second in the NBL in 15:36, (2nd, 16:25, 5:28); senior Jerry Finlay (7th, 16:42, 5:34); junior Jason De Sella (8th, 16:44, 5:34); senior John Staroba (10th, 16:51, 5:37); and sophomore Greg Funk (14th, 17:03, 5:41). James Logan (Union City), second in the MVAL with 32 points, placed second with 65 points (1:24:45, 16:57). Castro Valley, the HAAL champion with 32 points, was third with 91 points (1:26:02, 17:12).

Senior Chad Foster (James Logan, Union City), third in the MVAL in 17:09, won in 16:01 (5:20). Junior Scott MacDonald (James Logan, Union City), fourth in the MVAL in 17:53, was third in 16:37 (5:32).

Division I Girls.

Santa Rosa, the NBL champion with 26 points, won with 32 points (1:35:22,

19:04). Their team was composed of senior Julia Stamps, the NBL champion in 16:19, (1st, 16:46, 5:35); sophomore Trina Cox, second in the NBL in 17:40, (2nd, 18:05, 6:01); freshman Lindsay Johnson, fourth in the NBL in 18:51, (3rd, 19:20, 6:26); sophomore Katie Stafford (6th, 19:48, 6:36); and freshman Anatheas Meade (21st, 21:23, 7:07). Acalanes (Lafayette), third in the TCAL with 83 points, placed second with 90 points (1:45:57, 21:11). James Logan (Union City), second in the MVAL with 61 points, was third with 97 points (1:46:23, 21:16).

NORTH COAST SECTION TOP TIMES

*=State Meet Qualifier

Boys Team Times

1:20:38	De La Salle, 1st DII	1st	BVAL
1:22:48	M San Jose, 2nd DII	1st	MVAL
1:23:07	Livermore, 1st DIII	3rd	EBAL
1:23:25	Granada, 1st DIV	1st	TCAL
1:23:45	Montgomery, 1st DI	2nd	NBL
1:23:48	San Ramon Vy, 2nd DIII	1st	EBAL
1:24:06	Clayton Valley, 3rd DII	3rd	BVAL
1:24:09	Amador Valley, 4th DII	2nd	EBAL
1:24:23	Novato, 2nd DIV	1st	MCAL
1:24:37	Ukiah, 4th DIII	1st	NBL
1:24:45	James Logan, 2nd DI	2nd	MVAL
1:25:14	Eureka, 4th DIII	1st	HDNL
1:25:57	College Park, 5th DIII	2nd	BVAL
1:26:02	Castro Valley, 3rd DI	1st	HAAL
1:26:32	St. Mary's, 1st DV	1st	ACCAL
1:26:44	Moreau Cath, 3rd DIV	4th	HAAL
1:26:59	Fortuna, 5th DIV	2nd	HDNL
1:27:02	Campolindo, 4th DIV	2nd	TCAL
1:27:35	San Leandro, 5th DII	3rd	HAAL
1:27:38	Redwood, 6th DV	2nd	MCAL
1:28:14	Piedmont, 3rd DV	3rd	ACCAL
1:28:25	Bishop O'Dowd, 7th DIV	2nd	HAAL
1:28:34	St. Jos ND, 2nd DV	2nd	ACCAL

Note: Three of the top eight teams are from the East Bay Athletic League (Livermore, San Ramon Valley, and Amador Valley).

Boys Times

15:30	David Rodriguez, 12, MJ	1st	DII
15:35	Enrique Henriquez, 12, S La	2nd	DII
15:38	Jon Stevens, 11, MisS Jose	3rd	DII
15:40	Tom Prindville, 12, DLS	4th	DII
15:44	Ryan Mack, 10, Ukiah	1st	DIII
15:47	Todd Hunt, 12, Novato	1st	DIV
15:48	Brian Henstorf, 12, Amador	Vly 5th	DII
15:50	Nathan Martin, 11, Liver	2nd	DIII
15:57	Timothy Ricard, 12, Liver	3rd	DIII
16:01	Chad Foster, 12, J Logan	1st	DI

Girls Team Times

1:35:22	Santa Rosa, 1st DI	1st	NBL
1:36:13	Carondelet, 1st DIII	2nd	BVAL
1:36:43	Clayton Valley, 2nd DII	1st	BVAL
1:36:55	Amador Valley, 3rd DII	1st	EBAL
1:37:19	University, 1st DV	1st	BCL
1:39:32	Campolindo, 1st DIV	1st	TCAL
1:41:39	Mission San Jose, 3rd DII	1st	MVAL
1:42:25	Ursuline, 2nd DIV	2nd	NBL
1:42:36	Miramonte, 3rd DIV	2nd	TCAL
1:43:00	Monte Vista, 4th DII	2nd	EBAL
1:44:10	Castro Valley, 6th DII	1st	HAAL
1:44:34	Livermore, 5th DII	3rd	EBAL
1:45:02	Terra Linda, 4th DIV	4th	MCAL
1:45:26	Granada, 5th DIV	4th	TCAL
1:45:27	Eureka, 2nd DIII	2nd	HDNL
1:45:57	Acalanes, 2nd DI	3rd	TCAL

Girls Times

PREP NOTES

16:46	Julia Stamps, 12, S Rosa	1st	DI
17:14	Kristen Gordon, 12, Caron	1st	DIV
18:05	Trina Cox, 10, SRosa	2nd	DI
18:30	Jennie Ewing, 12, CasVly	1st	DII
18:34	Heather Gibson, 11, Pied	1st	DV
18:49	Tiffany Hansen, 12, Red	1st	DIV
18:53	Kelly Howisey, 12, ClayVly	2nd	DII
18:56	MVan Wegen, 12, Amly	3rd	DII
18:58	Julie Leininger, 11, ClayVly	4th	DII
18:59	Jessica Felts, 09, AmVly	5th	DII

ONE SECOND DETERMINES STATE MEET BERTH

One second decided second place in the North Coast Section Division II boys race and the trip to the State Meet.

When senior **Drew Ostler** (Mission San Jose, Fremont) edged senior **Darren Brown** (Clayton Valley, Concord) for 19th place by one second, he helped advance his team to Fresno. If this had been scored as a dual meet, Clayton Valley would have defeated Mission San Jose 26-29.

Clayton Valley was originally scheduled to run in Division III, but their enrollment increased by more than 15 percent, so they were moved into Division II. However, their team time would have placed them third in Division III as well.

NCS DIVISION II BOYS

Miss San Jose 70, Clayton Valley 71

1.	15:30	David Rodriguez, 12, MSJ
3.	15:38	Jon Stevens, 11, MSJ
7.	16:12	Justin Carter, 12, CV
13.	16:47	Steve Nunez, 10, CV
15.	16:58	Adam Davis, ??, CV
16.	17:00	Andy Hall, 12, CV
19.	17:08	Drew Ostler, 12, MSJ
20.	17:09	Darren Brown, 12, CV
23.	17:15	Tom Chapman, 11, MSJ
24.	17:17	Micah Strom, 09, MSJ
26.	17:20	Jerry Stepan, 11, MSJ
29.	17:37	Ed West, 12, MSJ
39.	18:37	Phil Blankenship, 10, CV
42.	19:09	David Nielsen, 11, CV

Mission San Jose--1, 3, 19, 23, 24= 70 (1:22:48, 16:33)
Clayton Valley--7, 13, 15, 16, 20= 71 (1:24:06, 16:49)

SPORTS SWITCH WORKS FOR APTOS RUNNER

San Jose Mercury News

Aptos, November 29-- The path Aptos junior **Gary Passanisi** took to win a Central Coast Section Division III cross-country championship was a little unusual. As a freshman, Passanisi played football in the fall and ran track in the spring. As a sophomore, he gave up the contact sport and devoted his energy to running, which proved to be a great choice. One year later, Passanisi has emerged as one of the section's best distance runners and a top contender at the state cross-country championships Saturday at Woodward

Park in Fresno.

"He has a good chance to place in the top five in Division III," Aptos Coach **Mike Melville** said. "He had a pretty good lead on the second-place finisher at CCS, and he wasn't pushed at the end. So I know he can run faster if he's pushed."

At CCS, Passanisi stunned the field by beating **Brad Hansen** of St. Ignatius, the reigning CCS 3,200-meter champion. Passanisi covered the 2.97-mile course at Crystal Springs in Belmont in 15:22 -- 20 seconds faster than runner-up Hansen. That is quite a contrast with last spring, when Passanisi finished well behind Hansen at the CCS track final.

"I was shocked," Passanisi said. "Totally shocked. I was like, 'Whoa, what's going on here?' I'm not really sure what (Hansen's) strategy was. I just ran well."

Passanisi hopes the momentum carries over to Saturday. At CCS, Passanisi had the best time of anyone in any division.

"Passanisi has been running well," **Bellarmine Coach Terry Ward** said. "If he continues to do that, he should be OK (at the state meet)."

Passanisi works out regularly with **Dan Gruber**, a former cross-country champion at Aptos and San Jose State and now a teacher at the high school.

"That's helped a lot," Passanisi said. "I've had somebody to push me on days that I've needed to be pushed."

With the exception of Hansen, Passanisi doesn't know much about his competition -- and for good reason.

"I always had thought we were in Division II," he said.

LIVERMORE ALUMNI CHEER ON TEAM

By Mitch Stephens, Contra Costa Newspapers

FRESNO, December 1 -- It was a who's who of **Livermore High School** graduates supporting the Cowboys at the state cross country championships at Woodward Park on Saturday. Among the dignitaries who made the 170-mile trek during college breaks were **Michell Jones** (now running at Arizona), **Steve Immel** (Cal), **Joe Smith** (Virginia Military Institute) and **Martina Ze** (Northern Arizona).

"I remember Livermore alums coming to support us here when I ran," said Jones, the 1994 state champion. "It meant a lot to me then. Hopefully it's helpful to these guys."

Livermore coach **Ed Salazar** believes the Cowboys' tradition--they've won seven straight North Coast Section championships--provides the team a large advantage.

"It's an advantage you can't measure," Salazar said. "It had a big effect on why we're here today."

Smith said the trip to Woodward Park brought him goose bumps. Last year,

Smith won one of the most amazing state titles in meet history as Jones, in the lead at the time, fell 100 meters from the finish and Clayton Valley's **Mike Wojciechowski** raised his arms prematurely, allowing Smith to pass him. In 1993, Smith finished 38th and in 1992, 102nd.

AL MOSS, SPORTSWRITER, DIES

David Bush, Chronicle Staff Writer

Al Moss, who covered a variety of sports for *The Chronicle* for more than 30 years, died yesterday at California Pacific Medical Center. He was 61. Mr. Moss, who retired from the newspaper in 1991, died from complications of polymyositis, a degenerative muscle disease.

"Al approached things with a wonderful sense of professionalism," *Chronicle* sports editor **John Curley** said. "It was easy to see how deeply he cared about his craft. He was honest and fair and hard-working. And on top of that, he was one of the kindest, most gentle people I've ever met."

A 1953 graduate of **Lowell High** in San Francisco, Mr. Moss began working for *The Chronicle* as a campus correspondent while attending City College of San Francisco, where he also edited the student newspaper, *The Guardian*. He continued to work for *The Chronicle* while he attended the University of California and joined the newspaper as a full-time staff member in 1958. He covered high school sports for nearly a decade before covering college football and basketball until his retirement. He also covered track and field, but his main passion was rugby.

"He was probably the pre-eminent rugby writer in the U.S.," said **Paul (Boomer) Andrew**, a San Francisco property manager and former rugby player and coach. "Nobody cared more about the sport than he did."

Rugby wasn't the only sport he assisted as well as covered. "When we were covering preps together, he was the only one (reporter) who would actually go to the high school dual meets," recalled former *S.F. Examiner* reporter **Bob Sprenger**. "He would not only cover the meet, he would help them time the races and measure the field events. He knew as much about it as the people who were supposed to be running the meets."

Mr. Moss was one of the foremost track and field experts in the country, and he covered many world-record performances. While focusing on San Francisco schools, Mr. Moss treated virtually all of Northern California as his beat when covering high schools. His weekly feature, *Prep Patter*, was a must read for all fans of regional high school sports.

(Prep Editor: I knew Al Moss for many years. My brother, Stanley, graduated from Lincoln High School the same year that Al graduated from Lowell

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High School. I attended the University of California at Berkeley just after Al did. Al did a lot to promote high school sport in the Bay Area. Back in the old days (the 50's) high school sport got a lot more coverage than it does now. He always treated me with respect. Some writers look up their noses at anyone interested in high school sport. We'll miss you Al.)

■ OLLAN CASSELL DENIED A CONTRACT EXTENSION

By Rob Gloster, AP Sports Writer
SAN FRANCISCO, December 4 (AP) -- During his 31-year stewardship of U.S. track and field, Ollan Cassell oversaw its transformation from an amateur sport to an enterprise in which top athletes earn six-figure salaries. But the pace of change was not enough to satisfy his critics, who accused Cassell of not aggressively promoting the re-development of track and field into a major sport in this country. In a move intended to spur changes in U.S. marketing of the sport, the board of directors of USA Track and Field voted 52-34 Tuesday to deny Cassell a contract extension as the group's executive director.

"We've missed many opportunities, and it's time to move on," said Bruce Douglas, a high school coach and the USATF's race-walking chairman. "I'm concerned about the future of our sport -- we aren't moving ahead aggressively."

The vote followed generational lines, with many athletes and younger board members opposing a contract extension for Cassell.

"We need change. It would be the same as having the same president for 30 years," said Danny Everett, 400-meter bronze medalist at the 1988 Seoul Olympics. "Did he consciously hold back the sport? I don't think so. But you need new blood."

■ HALL OF FAME LUNCHEON

San Francisco, December 5--I would like to thank Pete Cava of USATF for providing me with a press ticket to the Hall of Fame Luncheon at the St. Francis Hotel. I took a day off of teaching school, just so that I could attend this event.

Even though I was born in San Francisco in 1941, I had never eaten in the St. Francis Hotel, which is one of the fanciest in San Francisco. My mother, who is 94 and a veteran of the 1921 Dipsea Hike for women in Marin County, used to enjoy just sitting in the lobby and looking at the Christmas decorations. It was indeed a pleasure to attend the luncheon and hear the stories of these great track and field athletes.

There was display outside from San Jose State University. There was a painting of Bobby Poynter, the coach of Silver Creek High School, provided by

Tom Broome, the director of the Oakland Invitational.

Don Bragg even let out a Tarzan yell at the luncheon and gave a strawberry (Bronx's cheer) to all those that didn't vote for him.

Vern Wolfe had to be assisted to the podium by former USC athlete Tracy Sundlin.

It was interesting to note that Dallas Long and Walter Tewksbury were both dentists.

I would like to praise the USATF for honoring these great people.

■ GAIL DEVERS

SAN FRANCISCO, Dec 6 (Reuter) - Michael Johnson and Gail Devers crowned gold medal seasons Friday by winning the Jesse Owens Awards at USA Track & Field's annual meeting. It was an unprecedented third successive Owens award for Johnson, who became the first athlete in the 15-year history of the award to turn a hat trick.

Johnson had a dream season, winning an historic Olympic double in the 200 and 400 meters. The Texan shattered his own world record in the 200 at the Games, clocking a spectacular 19.32 seconds. He also extended his 400 meter finals winning streak to 57 straight.

Devers, who also won the award in 1993, tied Jackie Joyner-Kersey for most Owens honors by a woman. Devers claimed the sole American women's individual gold in Atlanta, dashing to the 100 meters title. She also won gold on the 4x100 meter relay team and placed fourth in the 100 meter hurdles.

Olympic decathlon champion Dan O'Brien finished a distant second behind Johnson in the men's voting, 2,084 votes to 1,450.

Devers won the women's award by 1,994 to 1,293 over Olympic 4x100 relay teammate and 200 meter bronze medalist Gwen Torrence.

■ RARE TITLE OF NATIONAL CHAMPION DIFFICULT TO CARRY WHILE RUNNING

By Steve Brand, Staff Writer, San Diego Union

San Diego, Dec. 13--Erin Davis of Gansvoort, N.Y., and Julia Stamps of Santa Rosa carry a title no other high school athlete in the United States can claim--national champion.

And it's heavy.

Three years ago, Davis won the Foot Locker National Cross Country Championship as a freshman, and before she could catch her breath, speculation was flying that she'd become the event's first four-time champion. A fourth-place finish the next year wasn't nearly good enough for a defending champ, even if her time was almost as fast as the year before. It was better than last year, though, when Davis couldn't get out of her room.

Two years ago, Stamps won easily and missed the course record by two seconds. Surely, that record would crumble the next time she stepped on Morley Field's 3.1-mile course. Instead, it was Stamps who fell -- in a heap, unconscious -- with a little over a half-mile to go last year. She was knocked down by a chest cold that had plagued her the entire week.

The two former champions return to this year's nationals, older, wiser and much less concerned about finishing first than finishing with their best possible effort.

Stamps, for one, will not let the magnitude of the event -- the only true national high school championship -- wear her down.

"I've learned you can't put that much importance on one race. Last year taught me that," said Stamps, who recently announced she will attend Stanford next fall. "I find when I run the race of a lifetime, it's when I wasn't even planning for it; I just let it happen. But if you point too hard for one race, a lot of things can go wrong. I did that last spring when I tried to qualify for the Olympic Trials at Mt. SAC. Everything was perfect -- then I got tripped."

This time, Stamps plans to thoroughly enjoy her pre-meet experience here, run a smart race and not let things like position or time enter her mind.

"I'm going to just go and run as I feel," said Stamps, who suffered only her third loss in her four-year high school career when she was third in the (Foot Locker) Western Regionals after taking the race out in a blistering 4:58 mile pace.

"I'm stronger now than when I was a sophomore, but except for that, there's not much difference between now and then."

Davis says the difference between now and four years ago is mostly in how she's approaching the event.

"I'm going into this race without as much pressure as when I was a freshman," said Davis, who just turned 18. "I knew I could win as a freshman, but now I don't put a lot of pressure on myself. It's not that I don't want to win, everyone wants to win and so do I. I'm really competitive. It's just that if I do my best, I won't be disappointed with 10th, 32nd or second."

Davis followed her win with her fourth place-finish in 1994 and was pleased. She was not so happy last year when she grew almost two inches and suffered exercise-induced asthma. She finished 12th in the regionals, nine seconds out of the eighth and final qualifying spot.

■ IMMIGRANTS WIN CROSS COUNTRY CHAMPIONSHIPS

SAN DIEGO, December 14 (AP) -- Two recent immigrants from Somalia, who fled their homeland's civil war, finished 1-2 Saturday in the Footlocker National High School Cross Country Championships boys race. Abdurizak Mohamud took the lead from Sharif

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Karle with 400 yards remaining and maintained his lead to win the 3.1-mile in 15 minutes, 21.0 seconds.

Mohamud, a junior from Boston, took up running two years ago when he arrived in the United States after living in a refugee camp in Kenya. He competed in indoor and outdoor track middle-distance events, but this was his first season of cross country.

■ NATIONAL TITLE FOR GORDON

By Demian Bulwa, Staff writer, Contra Costa Times

Carondelet High School's Kristen Gordon, after trailing Julia Stamps for most of the Foot Locker National Cross Country Championships at San Diego's Balboa Park, went on the attack and passed the 1994 national champ with 25 yards left. Stamps attempted to counter, but collapsed from fatigue 10 yards from the finish, and Gordon went on to win in her first career national championship appearance. Her time was 17 minutes, 34.7 seconds on a muddy, slow 3.1-mile course.

"I was gaining on her and I kept telling myself, 'You can do it, you can do it,'" Gordon said. "With 100 yards to go, I still didn't know if I could catch her. People were yelling to me, 'She's dying, you can catch her.' It just felt great.

"In past years, she used to beat me by up to two minutes," Gordon said of Stamps, who failed to complete the race for the second consecutive year. "This is definitely the biggest win of my life. I'm still kind of in shock to tell you the truth."

The victory capped three incredible weeks for Gordon. The senior won the CIF Division III title Dec. 7 in Fresno, then captured the West Regionals, also in Fresno -- in the process bettering Stamps head-to-head for the first time.

"This is a great way to end my high school career," Gordon said. "These last three weeks dreams keep coming true."

Arizona, Oregon, Stanford, UCLA and Georgetown are recruiting Gordon for track and cross country. She became the third Californian in a row to earn national title honors. (Julia Stamps 1994, Kim Mortensen 1995).

■ EDITORIAL: FOOT LOCKER vs. USATF JUNIOR OLYMPICS

By Keith Conning

It's too bad that we have more than one national cross country championship for high school athletes. There is a need for the USATF national junior olympic program. They should concentrate on the pre-high school group. But I don't think they should include high school students.

The Foot Locker National Cross Country Championships is an excellent program for the high school athletes. And, in fact, they attract most of the best runners in the country.

When we have two programs

competing against each other, it doesn't help the sport. Let me know what you think at Conning@aol.com.

■ MERV HARRIS PREP NOTEBOOK

San Francisco Examiner, December 17--Nine lanes: Sacramento City College's Hughes Stadium, with the required nine-lane track to expedite qualifying heats, has been chosen as site for next June's state high school track finals, reciprocation for the move of the basketball title series to The Pond in Anaheim.

The track meet will rotate back to Southern California in 1998, but the 1999 meet may well take place at City College of San Francisco where, athletic director George Rush reports, "We're putting in a nine-lane all-weather track so the state high school meet can be held here."

California Interscholastic Federation facilities administrators have taken due notice.

■ TIMES' TOP RUNNER HEADS FOR THE COUCH

By Jim Seimas, Staff writer, Contra Costa Times

Concord, December 25--Would somebody please pass the bonbons?

Carondelet High School's Kristen Gordon -- a.k.a. the nation's best cross country runner, wants to be a couch potato. At least for a while. She deserves the rest.

With state, west regional and national titles to her credit this year, Gordon, who finished the season unbeaten, is the Times' Runner of the Year.

Now, she's hoping to catch "Days of Our Lives" on the tube. Apparently, there was a time conflict between practice and her favorite soap, and she intends to watch a couple of episodes before she concludes her three-week vacation from running. "I haven't run in a week," Gordon said. "I don't feel lazy, I just don't feel like I've done much this week."

At the national meet, Gordon had her baggage carried to her room and got to dance with Olympic long-jumper Mike Powell.

"Does it get any better than that?" Gordon asked.

Maybe. In the next few months she has recruiting visits planned for Stanford, Oregon, Arizona, Georgetown and UCLA. Gordon beat Santa Rosa's Julia Stamps for the first two times in her career at the West Regional and national championships to close the season. Part of the credit belongs to Helen Lehman-Winters' training schedule, which allowed Gordon to peak at the right time.

"For some coaches, it's very easy to see things and want it all for them right away," Lehman-Winters said after Gordon, won the state title on Nov. 30. "By being conservative in the beginning, it can pay off at the end. That way a runner can

appreciate it even more."

How right Lehman-Winters was. Until this season Gordon never had won a state title, much less a national championship.

"She planned it all perfectly," Gordon said. "And I never felt sick of running because I liked my teammates so much. They made it fun. This is an experience I'll remember my entire life." (Prep Editor: I have known Helen Lehman since she ran for El Cerrito High School. She did a great job this season coaching Gordon and her Carondelet High School, Concord team to the state championship.)

■ DLS RUNS AWAY WITH HONOR AS TOP CROSS COUNTRY SQUAD

By Jim Seimas, Staff writer, Contra Costa Times

CONCORD, December 25--De La Salle High School's cross country squad was one of the best ever assembled. Oddly, there wasn't an individual state champion on the Spartans team. They received no major honors at the West Regional Championships and didn't even have a representative at the national meet that closed the season in mid-December. But De La Salle did win the state Division II team title. On that day, the Spartans' top six finished in a faster combined time than any other team at the meet. For that reason, the Spartans have been selected the Times Cross Country Team of the Year.

"We were confident," said Tom Prindville, the team's No. 1 runner. "And we were the best."

Prindville, the Spartans' highest finisher at the state meet, took fourth in 15 minutes, 44 seconds at Woodward Park in Fresno on Nov. 30. And one by one his teammates followed. The Spartans next four runners (Sean Kenady, Tim Layden, Ryan Stanton and Alex Sanchez) finished in the top 25 out of 144 runners competing in the race.

"It was the fastest team in any division," coach Rico Balatti said. "It's not that we had two front-runners (Prindville and Stanton). We had four guys under 16:20. It was just a team's team, not a superstar team."

The Spartans only lost one race to Jesuit-Sacramento and Nevada Union at Mt. SAC. The state title was De La Salle's second. The Spartans first won the state title in 1991 and has qualified the past nine seasons for the state meet.

In The Harrier magazine's final national poll, De La Salle finished at No. 12 and was the only California team ranked in the top 25.

PREP RESULTS

NORTHERN CALIFORNIA

From Keith Conning

ARTICHOKE INVITATIONAL

Half Moon Bay High School, Half Moon Bay
October 5, 1996

Boys Large Schools Teams

1. Del Campo 75, 2. Logan 110, 3. Castro Valley 177, 4. Lowell 190, 5. Silver Creek 198, 6. Watsonville 202, 7. Reno 215, 8. Monte Vista 282, 9. South Bakersfield 290, 10. Mt. Pleasant 336.

Boys Large Schools Individuals (146 finishers)

1. Chris Farley, Del Campo	11:32.8
2. Gary Passanai, Aptos	11:37.6
3. Paulo Carvalho, Modesto	11:54.0
4. Nick Pielusch, Leland	11:59.7
5. Leo Balderas, Silver Creek	12:03.9
6. James Bagley, Del Campo	12:04.8
7. Chad Foster, Logan	12:08.7
8. Carlos Concha, Reno	12:11.6
9. Andy Kirkpatrick, Del Campo	12:15.5
10. Oscar Gonzalez, Mt. Pleasant	12:17.9

Boys Small Schools Teams

1. North Tahoe 119, 2. Cardinal Newman 136, 3. Mitty 179, 4. Sierra 214, 5. San Mateo 227, 6. Acalanes 230, 7. Flordan 243, 8. Sacred Heart Cathedral 248, 9. Palma 252, 10. Saratoga 280.

Boys Small Schools Individuals (159 finishers)

1. Ryan Drobnick, Palma	11:54.7
2. David Ullbarri, Sierra	11:57.3
3. Josh Keyes, Modoc	12:09.2
4. Andy Chain, Half Moon Bay	12:12.8
5. Victor Cortez, San Jose	12:15.6
6. Peter Lunny, Sacred Heart	12:24.1
7. Brent Shaw, Cardinal Newman	12:27.8
8. Max Hanlin, University	12:31.0
9. Jose Buenrostro, N. Monterey Co	12:31.8
10. Josh Nicol, Cardinal Newman	12:32.8

Boys Freshman Small School

1. John Gillis, Moreau 12:48.9

Boys Fresh/Soph Small Schools

1. Victor Flores, Riverbank	12:10.1
2. J.T. Service, Mitty	12:32.9
3. Booker Tynes, Mitty	12:43.1
4. Brian Greenough, San Mateo	12:48.0

Boys Fresh/Soph Large Schools

1. Justin Willingham, East Union 12:16.6

Girls Large Schools Teams

1. Lowell 43, 2. Del Campo 65, 3. Douglas 91, 4. Castro Valley 148, 5. Reno 159, 6. St. Francis 168, 7. Logan 183, 8. Monte Vista 226, 9. Leland 258, 10. Overfell 279.

Girls Large Schools Individuals (149 finishers)

1. Jenny Akana, Lowell	13:30.8
2. Jennifer Ewing, Castro Valley	14:05.6
3. Susan Chou, Lowell	14:14.6
4. Jessamyn Parker, Reno	14:36.2
5. Sarah Ross, Del Campo	14:44.5
6. Sky Baumbach, Logan	14:46.2
7. Angela Borin, Del Campo	14:52.2
8. Nydia Rivera, Lowell	14:55.0
9. Serina DeLaPiazza, Westmont	14:55.9
10. Kathleen McSweeney, Douglas	14:57.6

Girls Small Schools Teams

1. University 38, 2. Acalanes 104, 3. Ursuline 113, 4. Moreau 138, 5. Half Moon Bay 161, 6. North Tahoe 206, 7. Mountain View 268, 8. Saratoga 309, 9. Mitty 319, 10. Sierra 322.

Girls Small Schools Individuals (163 finishers)

1. Sarah Hallas, Ursuline	13:52.3
2. Lisa Gillis, Moreau	14:08.4
3. Kira Morser, University	14:42.5
4. Linden Bader, University	14:48.6
5. Mollie Allick, University	14:49.8
6. Terri O'Brien, Moreau	14:51.3
7. Luana Espana, Moreau	14:24.0
8. Anne Rickatts, Saratoga	14:55.5
9. Hope Lewis, University	15:11.6
10. Tonya Graud, Mountain	15:18.0

Girls Fresh/Soph Small Schools

1. Dirke Dunham, Analay	14:48.5
2. Amy Laper Riley, Alhambra	14:55.4
3. Celeste Dunlap, Cupertino	15:15.7
4. Diana Clock, University	15:18.9
5. Rebekah Harmer, Mitty	15:22.9
6. Stephanie Anthony, Mitty	15:28.2
7. Amy Birmingham, Manteca	15:40.9
8. Vanessa Graham, Head-Royce	15:51.6

Girls Fresh/Soph Large Schools

1. Hillary Smith, Reno	15:33.5
2. Chantella Barcellona, Mt. Pleas	15:42.7

HAWAII PREPARATORY ACADEMY KA MAKANI INVITATIONAL

Big Island of Hawaii

October 25, 1996. From Joy Upshaw Margerum

Boys Teams

1. Clovis, California 42, 2. Los Gatos, California 53, 3. Seabury Hall, Maui 86, 4. Kamehameha 131, 5. Hawaii Prep. Big Island 157, 6. Los Altos, California 195, 7. Waialae, Big Island 213, 8. Iolani 227, 9. Hilo, Big Island 231, 10. Kohala, Big Island 249.

Boys Individuals

1. Jerin Kelly, Waialae	17:33
2. Steve Barnes, Clovis	17:33
3. Joseph Carter, Los Gatos	17:36
4. Kekoa Morton, Honokaa	17:44
5. Michael Buckley, Clovis	17:48
6. Jedd Martin, Los Gatos	17:49
7. Peter Carter, Los Gatos	17:59
8. Sam Chong, Kamehameha	18:05
9. Ben Martin, Los Gatos	18:20
10. Jeff Simons, Clovis	18:25

Girls Teams

1. Clovis, California 30, 2. Los Gatos, California 50, 3. Hawaii Prep. Big Island 79, 4. Kamehameha 100, 5. St. Anthony, Maui 128, 6. Konaheena, Big Island 177, 7. Seabury Hall, Maui 222, 8. Iolani 232, 9. Waialae, Big Island 242, 10. Kohala, Big Island 255.

Girls Individuals

1. Crisie Gregory, Clovis	13:06
2. Alicia Snyder-Carlson, St. Anthony	13:28
3. Casey McGuire-Turcotte, H.P.A.	13:33
4. Kirstin Fairley, Clovis	13:35
5. Sarah McNeer, Los Gatos	13:47
6. Jeanne Fishback, Los Gatos	14:00
7. Emily Barnes, Clovis	14:02
8. Tianna Martinez, Clovis	14:02

9. Sarah High, Los Gatos

14:03

10. Kym Pilger, Clovis

14:05

EAST BAY ATHLETIC LEAGUE CHAMPIONSHIP

Monte Vista High School, Danville. Thursday, November 7, 1996. Distance: 3 miles.

Boys Teams

1. San Ramon Valley 37, 2. Amador Valley 43, 3. Livermore 54, 4. California 107, 5. Monte Vista 135, 6. Berkeley 164.

Boys Individuals (40 finishers)

1. Brian Henstorf, 12, Amador Valley	16:41 CR
2. Nathan Martin, 11, Livermore	17:14
3. Timothy Ricard, 12, Livermore	17:16
4. Dan Ambrose, 12, San Ramon	17:40
5. Jeff Stordahl, 11, San Ramon	17:48
6. Troy Smith, 11, California	17:55
7. Brad Dietsch, 12, San Ramon	17:57
8. Edgar Alas, 10, Amador Valley	17:58
9. Chris Perry, 9, San Ramon	17:58
10. Don Zimmerman, 11, Amador Valley	18:02

Girls Teams

1. Amador Valley 20, 2. Monte Vista 55, 3. Livermore 68, 4. San Ramon Valley 90, 5. California 145.

Girls Individuals (33 finishers)

1. Monica Van Wegen, 12, Amador Valley	20:07
2. Jessica Felts, 9, Amador Valley	20:09
3. Marce Silva, 09, Amador Valley	20:19
4. Ashlee Nutty, 09, San Ramon	20:56
5. Allison Erbert, 11, Monte Vista	20:59
6. Kristen Bergeson, 09, Amador Valley	21:06
7. Jackie Gavlin, 09, Monte Vista	21:11
8. Sarah Silva, 09, Amador Valley	21:13
9. Katy Beggs, 10, Monte Vista	21:15
10. Hilary Probst, 12, Livermore	21:18

HAYWARD AREA ATHLETIC LEAGUE

Hayward High School. November 7, 1996. Distance: 3.0 miles

Boys Teams

1. Castro Valley 32, 2. Bishop O'Dowd 48, 3. San Leandro 99, 5. Hayward 105.

Boys Individuals

1. Enrique Henriquez, 12, San Leandro	15:48
2. Jake Bouey, 12, O'Dowd	16:10
3. Shane Dulaney, 12, Castro Valley	16:18
4. Martin Privat, 12, San Lorenzo	16:20
5. Kevin Gardner, 12, O'Dowd	16:22
6. Tom Cathey, 12, Castro Valley	16:26
7. Peter Barta, 12, Castro Valley	16:33

Girls Teams

1. Castro Valley 31, 2. Moreau Catholic 44, 3. Bishop O'Dowd 54, 4. San Leandro 127, 5. Hayward 129.

Girls Individuals

1. Jennie Ewing, 12, Castro Valley	18:24
2. Lisa Gillis, 11, Moreau Catholic	19:14
3. Luana Espana, 12, Moreau Catholic	19:51
4. Terri O'Brien, 11, Moreau Catholic	20:07
5. Stephanie Weisman, 11, Castro Valley	20:28
6. Ashli Tingle, 10, Castro Valley	20:39
7. Alysia Galchallan, 11, O'Dowd	20:44

PREP RESULTS

Tri County Athletic League

Newhall Park, Concord, November 8, 1986. Distance: 3.0 miles

Boys Teams

1. Granada 27, 2. Campolindo 52, 3. Miramonte 113, 4. Acalanes 114, 5. Alhambra 129, 6. Concord 170, 7. Dublin 174, 8. Las Lomas 192, 9. Mt. Diablo 231, 10. Foothill 283.

Boys Individuals

1. Marty Kinsey, 12, Granada 16:19
2. Adam Morrison, 12, Granada 16:23
3. Heinar Umutia, 12, Granada 16:33
4. Rick Riley, 12, Alhambra 16:46
5. Andrew Shogun, 12, Acalanes 16:54
6. Grant Clams, 12, Campolindo 17:02
7. Matt Wise, 12, Campolindo 17:16

Girls Teams

1. Campolindo 23, 2. Miramonte 65, 3. Acalanes 83, 4. Granada 87, 5. Las Lomas 108, 6. Alhambra 120, 7. Concord 130, 8. Foothill 196.

Girls Individuals

1. Katie Berkes, 11, Campolindo 19:14
2. Kristin Odegard, 12, Benicia 19:32
3. Michelle Martin, 12, Campolindo 19:43
4. Edyn Smith, 11, Campolindo 19:50
5. Lindsey Bergren, 12, Miramonte 20:05
6. Amy Lopez-Riley, 9, Alhambra 20:14
7. Kristi Miller, 12, Miramonte 20:20

BAY VALLEY ATHLETIC LEAGUE

Point Pinole, Richmond, November 8, 1986. Distance: 3.0 miles

Boys Teams

1. De La Salle 20, 2. College Park 63, 3. Clayton Valley 67, 4. Northgate 126, 5. Liberty 142, 6. Ygnacio Valley 146, 7. Antioch 156, 8. Pittsburg 209, 9. Deer Valley 258.

Boys Individuals

1. Tom Prindiville, 12, De La Salle 14:59
2. Ryan Stanton, 12, De La Salle 15:42
3. David Vigil, 11, College Park 15:45
4. Sean Kenady, 11, De La Salle 15:51
5. Justin Carter, 12, Clayton Valley 15:51
6. Tim Layden, 12, De La Salle 15:56
7. Alex Sanchez, 12, De La Salle 16:00

Girls Teams

1. Clayton Valley 26, 2. Carondelet 41, 3. College Park 96, 4. Northgate 101, 5. Liberty 130, 6. Antioch 157, 7. Ygnacio Valley 187.

Girls Individuals

1. Kristen Gordon, 12, Carondelet 18:36
2. Deborah Orsten, 12, Clayton Valley 18:02
3. Kelly Howley, 11, Clayton Valley 18:05
4. Kerri Bock-Wilmes, 11, Carondelet 18:26
5. Brooke Wheeland, 12, Northgate 18:33
6. Julie Leninger, 10, Clayton Valley 18:41
7. Kristine Musante, 09, Clayton Valley 18:43

HUMBOLDT DEL NORTE LEAGUE

Point Patrick, Trinidad, November 8, 1986. Distance: 3 miles

Boys Teams

1. Eureka 34, 2. Fortuna 64, 3. Arcata 69, 4. South Trinity 114, 5. McKinleyville 130, 6. Del Norte 173.

Boys Individuals

1. Adam Hall, 12, Eureka 16:41
2. Nick Gai, 12, Arcata 16:51
3. Billy Maas, 11, Fortuna 16:54
4. Kyle Klear, 11, South Trinity 16:56
5. Jeremy Trout, 11, Eureka 17:00
6. Ryan Dexter, 11, Eureka 17:05
7. Levi Mendes, 10, Fortuna 17:10

Girls Teams

1. Arcata 30, 2. Eureka 33, 3. Fortuna 83.

Girls Individuals

1. Joey Mason, 10, Arcata 19:51

2. Anni Kelly-Day, 10, Eureka 20:07
3. Myra Kessley, 09, Arcata 20:19
4. Andre Wookcock, 10, Eureka 20:24
5. Sierra Maltoni, 11, Arcata 20:29
6. Terra Gregs, 11, Fortuna 20:44
7. Erin Carter, 11, Eureka 20:48

MISSION VALLEY ATHLETIC LEAGUE

Coyote Hills, Fremont, November 14, 1986. Distance: 3.1 miles

Boys Teams

1. Mission San Jose 25, 2. James Logan 32, 3. Irvington 85, 4. Washington 101, 5. Newark Memorial 129.

Boys Individuals

1. Jon Stevens, 11, Mission San Jose 16:16
2. Dave Rodriguez, 12, Mission San Jose 16:20
3. Chad Foster, 12, James Logan 17:09
4. Scott MacDonald, 11, James Logan 17:53
5. Ashere Firar, 10, James Logan 17:56
6. Jerry Stepan, 12, Mission San Jose 18:08
7. Micah Strom, 09, Mission San Jose 18:17

Girls Teams

1. Mission San Jose 23, 2. James Logan 61, 3. Irvington 79, 4. Washington 86, 5. Newark Memorial 108.

Girls Individuals

1. Katie Holchikiss, 10, Mission San Jose 20:12
2. Katie Martin, 10, Irvington 20:17
3. Lizzie Bailey, 10, Mission San Jose 20:45
4. Sue Plorens, 12, Newark 20:52
5. Jennifer Bridgeman, 12, James Logan 21:45
6. Charlet Shaw, 9, Irvington 21:57
7. Stephanie Rusmiesl, 12, Washington 22:04

SONOMA COUNTY LEAGUE

Spring Lake, Santa Rosa, November 14, 1986

Boys Teams

1. Casa Grande 32, 2. Healdsburg 49, 3. Analy 96, 4. Sonoma Valley 120

Boys Individuals

1. Jason Mendes, 12, Healdsburg 16:17
2. Ivan Raya, 12, Analy 16:21
3. Mike Wilson, 11, Healdsburg 16:32
4. Nathan Kabanuk, 09, Casa Grande 16:53
5. Brent Petersen, 11, Casa Grande 16:57
6. Josh Baughman, 12, Casa Grande 17:03
7. Robin Barker, 12, El Molino 17:23

Girls Teams

1. Analy 53, 2. Sonoma 60, 3. Casa Grande 60, 4. El Molino 94, 5. Petaluma 108, 6. Healdsburg 113.

Girls Individuals

1. Dirkje Dunham, 09, Analy 19:53
2. Sarah Hernandez, 11, Healdsburg 19:58
3. Elizabeth Pool, 7, Sonoma 20:01
4. Sally Cheda, 12, Petaluma 20:11
5. Kristen Von Fleet, 11, Sonoma 20:18
6. Jennifer Franceschini, 10, Analy 20:43
7. Kathryn Entricken, 12, El Molino 21:04

NORTHERN SECTION

West Valley High School, Cottonwood, November 14, 1986. From Scott Fairley (West Valley)

Boys Teams

1. West Valley 42, 2. Central Valley 84, 3. Pleasant Valley 86, 4. Yreka 111, 5. Paradise 161, 6. Enterprise 181, 7. Foothill 192, 8. Las Plumas 214, 9. Lassen 288, 10. Butte Valley 307, 11. Anderson 317, 12. Red Bluff 330, 13. Durham 346, 14. Shasta 353, 15. Delta 372, 16. Chico SR 399, 17. Corning 487.

Boys Individuals (171 finishers)

1. Josh Keyes, 5, Modoc 15:52
2. David Braund, 4, West Valley 16:16
3. Dan Cline, 5, Durham 16:25

4. Joey Creighton, 3, Pleasant Valley 16:28
5. Bryce Lighthall, 2, Enterprise 16:30
6. Steven Springhorn, 4, Central Valley 16:35
7. Paul Carr, 4, West Valley 16:38
8. Ryan Wade, 4, Central Valley 16:54
9. Colby Phillips, 4, West Valley 16:59
10. Eric Hafner, 4, West Valley 17:00
11. Brian Marchione, 4, Central Valley 17:05
12. Jesse Louis, 4, Las Plumas 17:08
13. Tony Ham, 4, Yreka 17:10
14. Philip Ogilvie, 5, Delta 17:10
15. Nate Atwood, 4 17:11
16. Gary McGuire, 4, Anderson 17:12
17. Juan Lugo, 3, Pleasant Valley 17:12

Girls Teams

1. Central Valley 66, 2. Pleasant Valley 99, 3. West Valley 103, 4. Las Plumas 105, 5. Foothill 143, 6. Shasta 168, 7. Anderson 195, 8. Paradise 224, 9. Enterprise 228, 10. Yreka 244, 11. Modoc 250, 12. Corning 252, 13. Butte Valley 269, 14. Fall River 374.

Girls Individuals (129 finishers)

1. Jenae Erickson, 4, West Valley 18:54
2. Kara Hunt, 4, Central Valley 19:03
3. Erinn Gulbrandsen, 3, Pleasant Valley 19:29
4. Rachelle Hastings, 2, Foothill 19:39
5. Abbey Cortright, 4, Yreka 19:49
6. Hilary Gemmill, 4, Central Valley 20:01
7. Louann Wellaro, 4, Anderson 20:19
8. Nicole Ruff, 4, Las Plumas 20:25
9. Naomi Ramos, 3, Enterprise 20:28
10. Hilaree Haston, 4, West Valley 20:33
11. Aubree Wilson, 4, West Valley 20:42
12. Jana Robertson, 4, Las Plumas 20:44
13. Lori Kluck, 4, Central Valley 20:46
14. Melynda Ogden, 3, Pleasant Valley 20:48

ALAMEDA-CONTRA COSTA ATHLETIC LEAGUE

Joaquin Miller Park, Oakland, November 15, 1986. Distance: 3.0 miles

Boys Teams

1. St. Mary's 30, 2. St. Joseph's 52, 3. Piedmont 53, 4. Salesian 149, 5. Albany 171

Boys Individuals

1. Carl Moren, 12, Piedmont 18:16
2. Mike Arp, 11, St. Mary's 19:08
3. Justin Hille, 10, St. Mary's 19:29
4. Ben Meniallas, 11, St. Mary's 19:31
5. Travis Johnson, 12, St. Joseph's 19:49
6. Chris Dunnick, 12, St. Joseph's 19:53
7. Jed Johnson, 12, Piedmont 19:56

Girls Teams

1. Piedmont 30, 2. Alameda 37, 3. St. Joseph's 71, 4. St. Mary's 108, 5. Albany 113.

Girls Individuals

1. Heather Gibson, 11, Piedmont 20:56
2. Amada Roberts, 9, Alameda 22:57
3. Ingrid Elias, 10, Piedmont 23:23
4. Janet Morrison, 10, Alameda 24:27
5. Sofia VanLeeuwen, 10, Alameda 24:30
6. Melissa Mao, 11, Piedmont 25:05
7. Katie McCulloch, 12, St. Joseph 25:10

BAY COUNTIES LEAGUE

Lindley Meadow, Golden Gate Park, San Francisco, November 15, 1986. Distance: 3.1 miles

Boys Teams

1. University 63, 2. Lick-Wilmerding 69, 3. Head Royce 90, 4. College Prep 113, 5. California School for Deaf 123, 6. Branson 129, 7. Urban 132, 8. Crystal Springs Upland 191, 9. Marin Academy 220, 10. Athenian 245, 11. Contra Costa Christian 310.

PREP RESULTS

Boys Individual

1. Max Hanlin, 12, Calif Sch for Deaf	17:08
3. Raymi Dyskant, 11, Lick-Wilmerding	17:51
4. Jesse Skidmore, 12, Head Royce	17:51
5. Trevor Tileston, 10, Crystal Spr Upland	17:52
6. Peter Munoz, 11, Head Royce	17:54
7. Kyle Corcoran, 10, Branson	18:02

Girls Teams

1. University 19, 2. College Prep 76, 3. Convent 115, 4. Branson 124, 5. Head Royce 125, 6. Crystal Springs Upland 183, 7. Urban 191, 8. San Domenico 203, 9. Lick-Wilmerding 206, 10. Marin Academy 230, 11. Athenian 232
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Girls Individuals

1. Linden Bader, 10, University	19:07
2. Kat Saxon, 11, College Prep	19:14
3. Kira Moser, 10, University	19:47
4. Diana Clock, 09, University	19:55
5. Mollie Allick, 10, University	19:55
6. Aliza Cohen, 09, University	20:12
7. Kristen Ferrel, 11, University	20:36

MARIN COUNTY ATHLETIC LEAGUE

Stafford Lake, Novato. November 15, 1896

Distance: 3.0 miles

Boys Teams

1. Novato 32, 2. Redwood 46, 3. Terra Linda 83, 4. San Rafael 114, 5. San Marin 124, 6. Drake 153, 7. Marin Catholic 173
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Boys Individuals

1. Todd Hunt, 12, Novato	15:47
2. James Nielsen, 12, San Marin	16:05
3. Francisco Guevar, 12, Terra Linda	16:17
4. Geoff Garcia, 12, Novato	16:36
5. Todd Bancroft, 11, Novato	16:42
6. Adam Bessia, 11, Redwood	16:57
7. Mike Tribolet, 12, Redwood	17:11

Girls Teams

1. Novato 48, 2. Drake 61, 3. San Marin 72, 4. Terra Linda 79, 5. Redwood 119, 6. San Rafael 156, 7. Marin Catholic 194

Girls Individuals

1. Tiffany Hansen, 12, Redwood	19:21
2. Melissa Green, 11, Terra Linda	19:40
3. Ann Green, 10, Drake	20:25
4. Bonnie Hanks, 10, Novato	20:38
5. Laura Kellner, 09, San Marin	20:43
6. Maxine Bandner, 09, San Marin	20:43
7. Katie Bernading, 12, Drake	20:56

NORTH BAY LEAGUE

Spring Lake, Santa Rosa. November 15, 1896

Distance: 2.97 miles

Boys Teams

1. Ukiah 37, 2. Montgomery 42, 3. Cardinal Newman 95, 4. Elsie Allen 113, 5. Santa Rosa 131, 6. Rancho Cotale 146, 7. Maria Carrillo 172
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Boys Individuals

1. Ryan Mack, 10, Ukiah 3, Josh Otto, 11, Ukiah	16:04
4. Brett Shaw, 10, Cardinal Newman	16:10
5. Celedonio Rodriguez, 10, Elsie Allen	16:12
6. John Por, 11, Ukiah	16:21
7. Alex Barrios, 10, Santa Rosa	16:30

Girls Teams

1. Santa Rosa 26, 2. Ursuline 48, 3. Ukiah 77, 4. Montgomery 99, 5. Piner

Girls Individuals

1. Julia Stamps, 12, Santa Rosa	16:19
2. Trina Cox, 10, Santa Rosa	17:40
3. Sarah Hallas, 11, Ursuline	18:23
4. Lindsey Johnson, 09, Santa Rosa	18:51
5. Katie Stafford, 10, Santa Rosa	19:07
6. Dana Withaus, 09, Piner	19:17
7. Diana Rancourt, 11, Montgomery	19:20

SAC-JOAOQUIN SECTION

Sierra College, Rocklin. November 15, 1996. From Steve Fagundes (Bella Vista)

The top two teams advance to the state meet.

Division 1 Boys Teams

1. Nevada Union, Grass Valley 25 (81:26.0), 2. Del Campo, Fair Oaks 56 (84:06.8), 3. Woodland 120, 4. Ponderosa, Shingle Springs 125, 5. Lincoln, Stockton 134, 6. Fairfield 140, 7. Oakmont 168
--

Division 1 Boys Individuals (67 finishers)

1. Corey Creasey, Nevada Union	15:38.8
2. Chris Farley, Del Campo	15:52.5
3. Philip Hassen, Nevada Union	15:58.4
4. Paulo Carvalho, Modesto	16:06.0 Advances
5. Zack McGahey, Woodland	16:12.7 Advances
6. Eric Mancarini, Florin	16:16.6 Advances
7. Ryan Carroll, Merced	16:18.7 Advances
8. Ryan Miller, Ponderosa	16:19.6 Advances
9. Ryan Reimer, Elk Grove	16:32.2
10. Gaeton Habekoss Nevada Union,	16:32.5
11. Conor Medley, Nevada Union	16:35.1
12. Justin Wood, Nevada Union	16:41.2

Division 2 Boys Teams

1. Jesuit, Carmichael 47 (2, 6, 11, 13, 15, 16) 83:19.0, 2. Golden Valley, Merced 47 (1, 3, 9, 14, 20, 33) 83:12.1, 3. Davis 75, 4. Vintage 80, 5. Casa Roble 136, 6. Kennedy 149, 7. Napa 171
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Division 2 Boys Individuals (65 finishers)

1. Geoff Fleming, Roseville	15:22.3 Advances
2. Juan Miramontes, Golden Valley	15:32.0
3. Mike Altieri, Jesuit	16:12.3
4. Eddie Levine, Golden Valley	16:25.0
5. Sam Evans, Vintage	16:31.8 Advances
6. Jason Blair, Casa Roble	16:34.3 Advances
7. Chris Dewit, Jesuit	16:34.7
8. Steve Fairclough, Davis	16:35.1 Advances
9. Andy Evans, Vintage	16:38.1 Advances
10. Craig Stevens, Bear Creek	16:38.6
11. Enrique Rodriguez, Golden Valley	16:40.6
12. Neil Haydon, Sacramento	16:41.0

Division 3 Boys Teams

1. Placer, Auburn 64 (6, 8, 10, 17, 22) 87:12.0, 2. Sonora 65 (1, 3, 4, 18, 39) 88:02.0, 3. Los Banos 79, 4. Oak Ridge 86, 5. Manteca 102

Division 3 Boys Individuals (64 finishers)

1. Jason Hart, Sonora	15:57.0
2. Bod Kampila, El Dorado	16:22.5 Advances
3. Justin Willingham, East Union	16:28.6 Advances
4. Jon Jeffrey, Rocklin	16:44.3 Advances
5. Garrett Anderson, Sonora	16:46.0
6. Erik Brians, Sonora	16:51.0
7. Josh Roddy, Manteca	16:59.1 Advances
8. Ian Ulmer, Placer	17:00.3
9. Steve Dundas, Tracy	17:01.0 Advances
10. Junior Villanueva, Los Banos	17:06
11. Anton Chamberland, Oak Ridge	17:07
12. Carl Brumm, Placer	17:15.0

Division 4 Boys Teams

1. Dixon 41 (88:01.5), 2. Colfax 85 (88:31.3), 3. Bret Harte 98, 4. Sierra 103, 5. Riverbank 116, 6. Escalon 121
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Division 4 Boys Individuals (69 finishers)

1. Nate Farley, San Juan	16:04.6 Advances
2. David Ulbarri, Sierra	16:08.6 Advances
3. S. Lana, Dixon	16:32.2
4. N. Cooper, Dixon	16:45.8
5. David Rios, Colfax	16:51.0
6. Victor Flores, Riverbank	16:58.6 Advances
7. Nick Smith, Bret Harte	16:59.9 Advances
8. Vic Moreno, Escalon	17:04.3 Advances
9. J. Ferguson, Sierra	17:17.3
10. N. Clark, Colfax	17:18.9
11. T. Jones, Escalon	17:20.1
12. J. Whitfield, Vanden	17:25

Division 5 Boys Teams

1. Summerville 22 (90:57.2), 2. Justin-Siena, Napa 48 (96:09.5), 3. Linden 61

Division 5 Boys Individuals (30 finishers)

1. Mark Wadly, Summerville	17:12.5
2. Raphael Gomez, Linden	17:42.0 Advances
3. Walker Quinn, Summerville	18:10.3
4. G. Lacey, Justin-Siena	18:15.0
5. K. Pettway, Summerville	18:23.0
6. D. Arata, Summerville	18:33.0
7. C. Zelinsky, Summerville	18:38.0
8. Damion Laughlin, Tioga	18:54.1 Advances
9. Nestor Lara, Linden	19:01.8 Advances
10. Joe Booth, St. Pat/St. Vin.	19:03.4 Advances
11. T. Nolan, Justin-Siena	19:09.3
12. S. Mooney, Justin-Siena	19:18.4

Division 1 Girls Teams

1. Lincoln, Stockton 68 (102:46.1), 2. Nevada Union, Grass Valley 76 (102:54.1), 3. Oakmont 90, 4. Ponderosa, Shingle Springs 93, 5. Beyer, Modesto 97, 6. Woodland 137, 7. Turlock 164

Division 1 Girls Individuals (64 finishers)

1. Jen Schindler, Ponderosa	17:41.9 Advances
2. Leslie Nederveid, Oakmont	19:13.1 Advances
3. Autumn Glynn, Nevada Union	19:28.7
4. Lasca Gaylord, Ponderosa	19:38.3 Advances
5. Jana-Lee Asby, Tracy	19:38.9 Advances
6. Ali Nicolas, Lincoln-S	19:40.5
7. Katie Scarlett, Woodland	19:48.6 Advances
8. Nicola Gilatt, Oakmont	20:01.9
9. Vanessa Yonan, Beyer	20:09.9
10. Erin Jensen, Nevada Union	20:13.5
11. Wendy Fortino, Grace Davis	20:15.9
12. Tiffany Bock, Lincoln-S	20:20.2

Division 2 Girls Teams

1. Davis 43 (101:04.0), 2. Del Campo, Fair Oaks 64 (103:05.5), 3. St. Francis 78, 4. Oak Ridge 100, 5. Vintage 113, 6. Napa 129, 7. Lodi 164
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Division 2 Girls Individuals (62 finishers)

1. Yvonne Liebig, Kennedy	18:30.5 Advances
2. Anne Gunnison, McClatchy	18:42.2 Advances
3. Andrea Haver, Davis	18:59.3
4. Molly Shannon, Davis	19:30.5
5. Christina Jameson, Oak Ridge	19:44.6 Advances
6. Sarah Ross, Del Campo	19:51.2
7. Sarah Mullin, Davis	19:59.5
8. Priscilla Moreno, Oak Ridge	20:01.2 Advances
9. Sharon Muha, St. Francis	20:07.7 Advances
10. Megan Stone, Del Campo	20:09.0
11. Caitlin Elliott, Napa	20:15
12. Crysta Evans, Del Campo	20:27

Division 3 Girls Teams

1. Placer, Auburn 88 (102:28.8), 2. Del Oro, Loomis 88 (102:28.8), 3. Rio Americano 92, 4. Rocklin 124, 5. Sonora 138, 6. Laguna Creek 150, 7. Vacaville 156
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Division 3 Girls Individuals (66 finishers)

1. Jamie Witt, Folsom	18:19.7 Advances
2. Lisa Wade, Rocklin	18:57.1 Advances
3. Lindsay Hyatt, Placer	18:59.5
4. Allison Millhollen, Del Oro	19:00.0
5. Randi Fee, Placer	19:17.5
6. Ann Koski, Rocklin	19:19.7 Advances
7. Jennifer Wong, Bella Vista	19:23.2 Advances
8. Lisa Starkey, Del Oro	19:28.3
9. Lucy Schmauch, Placer	19:38.2
10. Melinda Fuller, Placer	19:46.2
11. Kristin Murray, Placer	19:53.3
12. Jennifer Derojo, Sonora	19:59.6 Advances

Division 4 Girls Teams

1. Bret Harte, Altaville 59 (105:01.6), 2. Dixon 60 (105:12.5), 3. Escalon 72, 4. Bear River 119, 5. Loretto 120, 6. St. Mary's 129, 7. West 163, 8. Colfax 187

Division 4 Girls Individuals (64 finishers)

1. Samantha Shenoy, Loretto	18:49.9 Advances
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PREP RESULTS

2. Jennifer Stief, Escalon	19:24.7 Advances
3. Lisa Eccles, Bret Harte	19:32.1
4. Michelle Leinfelder, Escalon	19:56.3 Advances
5. Michelle Lasala, Christian Brothers	20:02.5 Advances
6. Jessica Altkow, St. Mary's	20:02.8 Advances
7. Kelly McVemey, Dixon	20:08.3
8. Angela Albert, Sierra	20:16.9
9. Tiffany Perkins, Bret Harte	20:19.3
10. Stephanie Damerat, Vanden	20:20.4
11. Julie Glide, Dixon	20:39.0
12. Chita Gonzales, Dixon	20:41.0

Division 5 Girls Teams

1. Justin-Siena, Napa 27 (1, 4, 6, 7, 9) 110:49.4, 2. Summerville 28 (2, 3, 5, 8, 10) 112:03.1, 3. Hilmar 66

Division 5 Girls Individuals (22 finishers)

1. Jenny West, St. Helena	20:33.3 Advances
2. Nataya Ledy, Justin-Siena	21:01.2
3. Melissa Rumsey, Summerville	21:18.0
4. Nina Alderette, Summerville	21:51.8
5. Michelle Lopez, Justin-Siena	22:02.4
6. Melissa Jenkins, Tioga	22:7
7. Laurel Haycock, Summerville	22:12.8
8. Molly Hoff, Justin-Siena	22:15.6
9. Nancy Kang, Justin-Siena	22:18.9
10. Paige Alderette, Summerville	22:38.9
11. Heather Oh, Justin-Siena	23:09.1
12. Raini Spitzer, Summerville	24:00.0

COASTAL MOUNTAIN CONFERENCE

Anderson Marsh State Park, November 16, 1996

Distance: 3.5 miles

Boys Teams

1. Willits 54, 2. Clear Lake 55, 3. Kelseyville 70, 4. Middletown 79, 5. St. Vincent's 127, 6. Ft. Bragg 150

Boys Individuals

1. Tom Simons, 12, Kelseyville	20:29
2. Chris Gayer, 11, Rincon Valley Christian	20:38
3. Jesse Rogers, 11, Middletown	20:49
4. Alex Aldridge, 12, Willits	21:00
5. Wes Skrin, 10, Willits	21:02
6. Willow Luezing, 10, Middletown	21:04
7. Matt Palma, 12, Kelseyville	21:32

Girls Teams

1. Middletown 21, 2. Ft. Bragg 53, 3. Kelseyville 81, 4. Willits 102

Girls Individuals

1. Tammy Hunt, 11, Middletown	23:05
2. Melissa Madsen, 11, Kelseyville	24:10
3. Carrie Hunt, 11, Middletown	24:24
4. Alison Zamoch, 09, Rincon Valley Christian	24:59
5. Laura Mitchell, 10, Middletown	25:17
6. Kristine Lemke, 12, Fort Bragg	25:37
7. Megan Menudti, 10, Middletown	25:38

CENTRAL COAST SECTION

Crystal Springs, Belmont, November 16, 1996

Top two teams in each division advance to the state meet.

Boys Division 1 Teams

1. Bellarmine 24, 2. Silver Creek 56, 3. Homestead 93, 4. Live Oak 112, 5. Santa Teresa 148, 6. Independence 176, 7. Terra Nova 180, 8. Lynbrook 212, 9. Milpitas 235, 10. South San Francisco 236

Boys Division 1 Individuals (70 finishers)

1. Leo Baldaras, JR, Silver Creek	15:28
2. Omar Hart, JR, Bellarmine	15:38
3. Andrew Wulf, SR, Bellarmine	15:38
4. Chris Knapp, JR, Bellarmine	16:12
5. Daniel Galindo, FR, Bellarmine	16:14
6. Nuru Abdella, JR, Live Oak	16:16 Advances
7. Juan Montes, SO, Silver Creek	16:17
8. Michael Wolman, SR, Homestead	16:19 Advances
9. Joshua McMullin, SR, Terra Nova	16:29 Advances
10. John Rocha, SR, Bellarmine	16:38

11. Paul Neves, SR, Lynbrook	16:43 Advances
12. Daniel Seddiqui, FR, Homestead	16:50 Advances

Boys Division 2 Teams

1. Serra 94, 2. Westmoor 100, 3. Leland 132, 4. Watsonville 140, 5. Los Gatos 163, 6. North Salinas 181, 7. Salinas 182, 8. North Monterey County 225, 9. Burlingame 228, 10. Piedmont Hills 261, 11. Los Altos 264, 12. Overfelt 267, 13. Del Mar 283, 14. Monta Vista 295, 15. Mt. Pleasant 334, 16. Wilcox 402

Boys Division 2 Individuals (126 finishers)

1. Nick Pielusch, SR, Leland	15:26 Advances
2. Andrew Hill, SO, Los Altos	15:42 Advances
3. Adam Perez, JR, Serra	15:46
4. Brian Cooke, SR, Burlingame	15:57 Advances
5. Zack Pielusch, SR, Leland	15:59 Advances
6. Jedd Martin, SO, Los Gatos	16:05 Advances
7. Manuel Mendoza, SO, Westmoor	16:06
8. Oscar Gonzalez, JR, Mt. Pleasant	16:12
9. Jason Hulet, SR, North Salinas	16:15
10. Cuco Chavez, JR, San Benito	16:18
11. Jordan Woods, JR, Serra	16:22
12. Mohammed Abdul, JR, Westmoor	16:25

Boys Division 3 Teams

1. St. Ignatius 28, 2. St. Francis MV 38, 3. Aragon 118, 4. Mills 125, 5. Westmont 152, 6. Carlmont 160, 7. King City 171, 8. Fremont S 210, 9. Aptos 235, 10. Menlo Atherton 256

Boys Division 3 Individuals (76 finishers)

1. Gary Passanisi, JR, Aptos	15:22 Advances
2. Brad Hansen, SR, St. Ignatius	15:42
3. Brendan Fitzgibbon, SR, St. Ignatius	15:44
4. Neil McDonagh, FR, St. Ignatius	15:47
5. Mike Chung, SR, St. Francis	15:55
6. Adam Tucker, JR, St. Francis	16:08
7. Brendan Wells, JR, St. Ignatius	16:16
8. Dan Chaves, SO, St. Francis	16:27
9. Dan Woodhead, SR, St. Francis	16:32
10. Kevin Sullivan, SR, St. Francis	16:34
11. Michie Sakurada, SO, Aragon	16:37 Advances
12. Matt Chen, JR, St. Ignatius	16:46

Boys Division 4 Teams

1. Half Moon Bay 64, 2. San Mateo 77, 3. Mitty 119, 4. Soquel 138, 5. Gunn 140, 6. Gunderson 157, 7. Lick 186, 8. Cupertino 212, 9. Palma 215, 10. Palo Alto 228, 11. Seaside 246, 12. San Lorenzo Valley 257, 13. Harbor 337

Boys Division 4 Individuals (103 finishers)

1. Adam Boothe, SR, Pioneer	15:37 Advances
2. Louis White, JR, Half Moon Bay	15:40
3. Dan McDonough, JR, Cupertino	15:49 Advances
4. Joma Dewald, JR, Soquel	15:52 Advances
5. Alberto Meza, SR, Lick	15:53 Advances
6. Irving Moreno, JR, Seaside	15:56 Advances
7. Andy Chain, JR, Half Moon Bay	15:58
8. Joshua Greenough, SR, San Mateo	16:04
9. Booker Tynes, SO, Mitty	16:05
10. Victor Cortes, SR, San Jose Academy	16:08
11. Darnell Taylor, SR, San Mateo	16:12
12. Ryan Stroup, JR, Gunderson	16:14

Boys Division 5 Teams

1. York School 38, 2. Carmel 72, 3. Pacific Grove 110, 4. Valley Christian 112, 5. Monte Vista 117, 6. Menlo 138, 7. Sacred Heart P. 174, 8. Pinewood 223, 9. Redwood Christian 240, 10. Woodside Priory 263

Boys Division 5 Individuals (68 finishers)

1. Elijah Blotta, SR, York School	16:06
2. Martin Keck, JR, Menlo	16:37 Advances
3. Aaron Fleming, SR, Monte Vista	16:57 Advances
4. Chad Perry, JR, Valley Christian	17:10 Advances
5. Adam Perez, JR, York School	17:18
6. Shane Braunstein, JR, Menlo	17:21 Advances
7. Dan Woodruff, JR, Pacific Grove	17:24 Advances
8. Joey Shelveson, SO, Carmel	17:36
9. Donadano Ochoa, JR, York School	17:39
10. Chris Calzetta, FR, York School	17:40
11. Jeff Wilson, SO, Sacred Heart P.	17:40
12. Michael Koda, SR, Monte Vista	17:43

Girls Division 1 Teams

1. Santa Teresa 88, 2. Leland 91, 3. Silver Creek 99, 4. Westmoor 120, 5. Burlingame 150, 6. Live Oak 157, 7. Milpitas 160, 8. Sacred Heart C. 172, 9. Mt. Pleasant 184, 10. Independence 274, 11. Terra Nova 290, 12. Del Mar 299, 13. Lynbrook 316

Girls Division 1 Individuals (90 finishers)

1. Deanna Slaton, FR, Silver Creek	19:10 Advances
2. Monica Topeta, SO, Silver Creek	19:21 Advances
3. Rachael Wiseman, SR, Mt. Pleasant	19:39 Advances
4. Mary Lucido, SO, Homestead	19:41 Advances
5. Ana Morales, SO, Burlingame	19:42 Advances
6. Brittany Hall, FR, Sacred Heart C 19:46	
7. Pamela Wong, SO, Westmoor	19:47
8. Sonja Willis, SR, Leland	19:50
9. Melanie Hahn, FR, Live Oak	19:50
10. Minji Wong, JR, Leland	19:53
11. Annette Holmquist, SR, Santa Teresa	19:54
12. Sabrina Gunion, SR, Santa Teresa	20:04

Girls Division 2 Teams

1. St. Ignatius 20, 2. Piedmont Hills 69, 3. Overfelt 88, 4. Monta Vista 110, 5. San Benito 115, 6. Salinas 142, 7. Gilroy 210, 8. Santa Clara 215, 9. Leigh 220, 10. Wilcox 280

Girls Division 2 Individuals (67 finishers)

1. Marilee Schuster, SR, St. Ignatius	19:45
2. Katie Appenrodt, JR, St. Ignatius	19:12
3. Eileen Grove, SR, St. Ignatius	19:19
4. Erin Lapping, SO, St. Ignatius	19:52
5. Taylor Todd, SO, San Benito	20:02 Advances
6. Jennifer Tunstall, JR, Salinas	20:09 Advances
7. Christine Silva, SR, Piedmont Hills	20:25
8. Christina Duenas, JR, Overfelt	20:31 Advances
9. Rebecca Paterson, SR, Overfelt	20:37 Advances
10. Stephanie Libien, SR, St. Ignatius	20:38
11. Rebecca Goodwin, SO, Piedmont Hills	20:43
12. Amber Swain, FR, Salinas	20:44 Advances

Girls Division 3 Teams

1. Los Gatos 35, 2. Aptos 71, 3. St. Francis MV 105, 4. Los Altos 126, 5. North Monterey County 135, 6. Menlo Atherton 145, 7. Prospect 169, 8. Aragon 176, 9. Mills 181

Girls Division 3 Individuals (71 finishers)

1. Nicole Portley, JR, Aragon	18:06 Advances
2. Anne-Elyse Smith, JR, Aptos	18:50
3. Serena Delaplace, SR, Westmont	18:54 Advances
4. Sarah McAteer, SO, Los Gatos	18:59
5. Chloe Glare, SO, Menlo Atherton	19:03 Advances
6. Ana Lilla Martinez, JR, King City	19:41 Advances
7. Lina Bibes-Ferre, JR, Los Gatos	19:51
8. Jeanne Fishback, SR, Los Gatos	19:55
9. Sarah High, JR, Los Gatos	20:00
10. Monique Silva, FR, Aptos	20:06
11. Lauren Gustafson, FR, Mills	20:07 Advances
12. Arlene Hadi, JR, Mills	20:10

Girls Division 4 Teams

1. Mitty 66, 2. Gunn 70, 3. Palo Alto 78, 4. Half Moon Bay 113, 5. Presentation 154, 6. Harbor 201, 7. Gonzales 210, 8. Saratoga 216, 9. Notre Dame S. 219, 10. Alvarez 226, 11. Soquel 255, 12. Monterey 266, 13. San Mateo 355, 14. Notre Dame SJ 363, 15. Mercy SF 429

Girls Division 4 Individuals (111 finishers)

1. Angela Yebra, SR, Gonzales	19:05 Advances
2. Katie Brizgys, SO, Palo Alto	19:12 Advances
3. Andi Forker, JR, Palo Alto	19:33 Advances
4. Jenny Nadaner, JR, Gunn	19:54
5. Celeste Dunlap, FR, Cupertino	19:54 Advances
6. Anna Schecter, JR, Half Moon Bay	19:55 Advances
7. Stephanie Anthony, SO, Mitty	20:05
8. Maegan Surbridge, FR, Notre Dame S.	20:08
9. Rebekah Harmer, SO, Mitty	20:14
10. Monica Lebron, SR, Mitty	20:19
11. Tonia Graud, SO, Mt. View	20:20
12. Marsha Habb, FR, Gunn	20:20

Girls Division 5 Teams

PREP RESULTS

1. R. L. Stevenson 55, 2. Carmel 99, 3. Castilleja 104, 4. Santa Catalina 105, 5. York School 117, 6. Monte Vista 123, 7. Menlo 127, 8. Redwood Christian 148, 9. Mercy B. 210

Girls Division 5 Individuals (62 finishers)

1. Johanna Wans, SR, Valley Christian	19:33 Advances
2. Katie Rigney, SR, Santa Catalina	19:44 Advances
3. Erin Miller, SR, R. L. Stevenson	20:06
4. Molly Allen, JR, Carmel	20:33
5. Courtney Davidson, SQ, Redwood Christian	20:54 Advances
6. Melissa Roth, JR, Castilleja	21:07 Advances
7. Monica Coghlan, SQ, Menlo	21:15 Advances
8. Vanessa Auburn, FR, Carmel	21:29
9. Zena Herman, SO, R. L. Stevenson	21:40
10. Stephanie Stuart, JR, R. L. Stevenson	21:45
11. Sarah Dyer, FR, Redwood Christian	21:49
12. Natalie Woodhall, JR, Santa Catalina	21:49

SAN FRANCISCO SECTION

Polo Field, Golden Gate Park, November 20, 1996. Distance: 5,000 meters. From Andy Leong (Lowell)

Boys Teams

1. Lowell 25, 2. Lincoln 53, 3. Galileo 83, 4. Washington 107, 5. McAtter 126, 6. O'Connell 172, 7. Wallenberg 176

Boys Individuals (84 finishers)

1. Paul Choi, 12, Lowell	17:49
2. Ritchie Jong, 11, Lowell	18:38
3. Jonathan Combes, 12, Balboa	18:49
4. Suaro Cervantes, 12, Balboa	18:53
5. Sanders Li, 12, Lowell	19:06
6. Ben Reichardt, 11, Lowell	19:08
7. Thang Ta, 12, Lowell	19:09
8. Tan Nguyen, 12, Lowell	19:10
9. Raymond Yu, 11, Lowell	19:19
10. Adrian Lee, 11, Lowell	19:23

Girls Teams

1. Lowell 15, 2. Washington 57, 3. Lincoln 68

Girls Individuals (66 finishers)

1. Jennifer Akana, 11, Lowell	19:40
2. Susan Choi, 12, Lowell	20:18
3. Nydia Rivera, 12, Lowell	21:19
4. Melinda Huang, 12, Lowell	22:03
5. Emily Price, 12, Lowell	22:21
6. Sopagna Eap, 10, Lowell	22:40
7. Ying Hua, 12, Lowell	23:04
8. Melicia Wong, 10, Lowell	23:20
9. Melissa Thomas, 12, Lowell	23:34
10. Lisa Chan, 11, Lowell	23:46

OAKLAND SECTION

Lake Merritt, Oakland, November 20, 1996. From Jeff DeWitt (Skyline)

Boys Individuals (18 finishers)

1. Gregorio Ramirez, 12, Technical	16:27
2. Hasan McGee, 11, Skyline	16:32
3. Cory Dixon, 12, Skyline	16:50
4. Travis Neal, 12, Skyline	17:07
5. Michael Przybylski, 12, Skyline	17:15
6. Joaquin Delgado, 12, Skyline	17:42
7. Julio Sanchez, 11, Fremont	18:15
8. Oscar Sanchez, 10, Fremont	18:23
9. Jeremy Jue, 10, Skyline	18:46
10. Maurice Davis, 11, Skyline	18:53

Girls Individuals (16 finishers)

1. Emily Dixon, 10, Skyline	18:50
2. Stephanie Garcia, 11, Skyline	20:03
3. Meli Lleras, 11, Skyline	21:16
4. Samantha Machado, 11, Fremont	23:36
5. Selamawit Tarekegn, 10, Skyline	24:28
6. Angelica Lu, 11, Skyline	25:16
7. Esther Lavaka, 11, Fremont	26:39
8. Maggie Przybylski, 10, Skyline	27:54
9. Robin Smith, 10, Technical	28:29

10. Jasmine Brown, 10, Castlemont 28:39

NORTH COAST SECTION

Newhall Park, Walnut Creek, November 23, 1996. Distance: 3.00 miles, 4.84 kilometers. Note: Top two teams advance to the state meet.

Division 1 Boys Teams

1. Montgomery Santa Rosa 41, 2. James Logan, Union City 65, 3. Castro Valley 91, 4. Santa Rosa 151, 5. Antioch 153, 6. Acalanes, Lafayette 180, 7. Liberty, Brentwood 181, 8. Healdsburg 190, 9. Alameda 199, 10. Alhambra, Martinez 202, 11. Hayward 255

Division 1 Boys Individuals (78 finishers)

1. Chad Foster, 12, James Logan	16:01
2. Kevin Funk, 12, Montgomery	16:25
3. Scott MacDonald, 11, James Logan	16:37
4. Mike Wilson, 11, Healdsburg	16:39 Advances
5. Chris Hernandez, 10, Antioch	16:39 Advances
6. John Dubois, 11, Alameda	16:42 Advances
7. Jerry Finlay, 12, Montgomery	16:42
8. Jason DeSelle, 11, Montgomery	16:44
9. Ulises Teutle, 12, Santa Rosa	16:51 Advances
10. John Staroba, 12, Montgomery	16:51
11. Tom Cathey, 12, Castro Valley	16:51 Advances
12. Andrew Shogan, 12, Acalanes	16:53

Division 2 Boys Teams

1. De La Salle, Concord 37, 2. Mission San Jose, Fremont 70, 3. Clayton Valley, Concord 71, 4. Amador Valley, Pleasanton 84, 5. San Leandro 123, 6. Northgate, Walnut Creek 158, 7. Pittsburg 203, 8. Monte Vista, Danville 216

Division 2 Boys Individuals (61 finishers)

1. David Rodriguez, 12, Mission San Jose	15:30
2. Enrique Henriquez, 12, San Leandro	15:35 Advances
3. Jon Stevens, 11, Mission San Jose	15:38
4. Tom Prindiville, 12, De La Salle	15:40
5. Brian Henstorf, 12, Amador Valley	15:48 Advances
6. Jeff George, 12, De La Salle	16:10
7. Justin Carter, 12, Clayton Valley	16:12 Advances
8. Sean Kenady, 12, De La Salle	16:14
9. Ryan Stanton, 11, De La Salle	16:15
10. Tim Layden, 11, De La Salle	16:19
11. Alex Sanchez, 12, De La Salle	16:20
12. Matt Click, 12, De La Salle	16:42

Division 3 Boys Teams

1. Livermore 60, 2. San Ramon Valley, Danville 65, 3. Ukiah 89, 4. Eureka 93, 5. College Park, Pleasant Hill 106, 6. Irvington, Fremont 168, 7. Ygnacio Valley, Concord 196, 8. Rancho Cotate, Rohnert Park 224, 9. Washington, Fremont 266, 10. California, San Ramon 278, 11. Concord, 282, 12. Benicia, 336

Division 3 Boys Individuals (79 finishers)

1. Ryan Mack, 10, Ukiah	15:44 Advances
2. Nathan Martin, 11, Livermore	15:50
3. Timothy Ricard, 12, Livermore	15:57
4. Brad Dietsch, 12, San Ramon	16:02
5. Adam Hall, 9, Eureka	16:15 Advances
6. Tim Hess, 12, Irvington	16:27 Advances
7. Dan Ambrose, 12, San Ramon	16:32
8. Cameron Sarmiento, 11, Ygnacio Vly	16:35 Advances
9. David Vigil, 10, College Park	16:35 Advances
10. Jeff Stordahl, 11, San Ramon	16:46
11. Josh Otto, 11, Ukiah	16:48
12. Eric Frome, Eureka	16:52

Division 4 Boys Teams

1. Granada, Livermore 54, 2. Novato 91, 3. Moreau Catholic, Hayward 138, 4. Campolindo, Moraga 141, 5. Fortuna 153, 6. Redwood, Larkspur 163, 7. Bishop O'Dowd, Oakland 238, 8. Cardinal Newman, Santa Rosa 243, 9. Terra Linda, San Rafael 252, 10. Casa Grande, Petaluma 259, 11. Miramonte, Orinda 281, 12. Arcata 290, 13. Elsie Allen, Santa Rosa 294, 14. San Rafael 298, 15. McKinleyville 451, 16. Analy, Sebastopol 458, 17. Dublin 473, 18. Las Lomas, Walnut Creek 476, 19. Foothill, Pleasanton 498, 20. Albany 501, 21. Petaluma 521

Division 4 Boys Individuals (154 finishers)

1. Todd Hunt, ??, Novato	15:47
2. James Nielsen, ??, San Marin	16:08 Advances
3. Francisco Guevara, ??, Terra Linda	16:17 Advances
4. Marty Kinsey, 12, Granada	16:18
5. Heinar Urrutia, 12, Granada	16:20
6. Adam Morrison, 12, Granada	16:23
7. Celedonio Rodriguez, 10, Elsie Allen	16:26 Advances
8. Ryan Preston, 11, Moreau Catholic	16:28 Advances
9. Geoff Garcia, ??, Novato	16:31
10. Billy Maas, 10, Fortuna	16:32 Advances
11. Ivan Raya, 12, Analy	16:39
12. Jason Bouey, 12, Bishop O'Dowd	16:40

Division 5 Boys Teams

1. St. Mary's, Berkeley 40, 2. St. Joseph's Notre Dame, Alameda 61, 3. Piedmont 92, 4. University San Francisco 166, 5. Head Royce, Oakland 177, 6. Lick Wilmerding, San Francisco 178, 7. Salesian, Richmond 218, 8. CA School For The Deaf, Fremont 222, 9. College Preparatory Sch, Oakland 235, 10. Clear Lake, Lakeport 240, 11. Branson, Ross 279, 12. Maria Carillo, Santa Rosa 311, 13. Middletown 319, 14. Willits 352, 15. Kelseyville 363, 16. Marin Catholic, Kentfield, 390, 17. Fort Bragg 491

Division 5 Boys Individuals (122 finishers)

1. Carl Moren, 11, Piedmont	16:36 Advances
2. Max Hanlin, 11, University	16:44 Advances
3. Jose Gutierrez, 12, CA Sch Deaf	16:44 Advances
4. Michael Arp, 11, St. Mary's	16:53
5. Justin Hite, 11, St. Mary's	17:11
6. Ben Manialis, 11, St. Mary's	17:16
7. Travis Johnson, 10, St. Joseph's ND	17:23
8. Chris Dunnick, 12, St. Joseph's ND	17:27
9. Jed Johnson, 12, Piedmont	17:28 Advances
10. Raymi Dyskant, 11, Lick Wilmerding	17:29 Advances
11. Ryan Torres, 10, St. Mary's	17:32
12. Jesse Rogers, 11, Middletown	17:36

Division 1 Girls Teams

1. Santa Rosa 32, 2. Acalanes, Lafayette 90, 3. James Logan, Union City 97, 4. San Ramon Valley, Danville 119, 5. Alameda 140, 6. Liberty, Brentwood 163, 7. Alhambra, Martinez 165, 8. Hayward 183, 9. Antioch 187, 10. Healdsburg 252

Division 1 Girls Individuals (65 finishers)

1. Julia Stampe, 12, Santa Rosa	16:46
2. Trina Cox, 10, Santa Rosa	18:05
3. Lindsey Johnson, 9, Santa Rosa	18:20
4. Linsey Henthorn, 11, Liberty	19:25 Advances
5. Amy Loper-Riley, 9, Alhambra	19:29 Advances
6. Katie Stafford, 10, Santa Rosa	19:48
7. Jennifer Bridgeman, 12, James Logan	19:57 Advances
8. Ashlee Nulty	20:02 Advances
9. Amanda Roberts, 9, Alameda	20:22 Advances
10. Oralla Coon, 10, Hayward	20:41
11. Ana Lopes, 12, Antioch	20:44
12. Kim Busby, 11, San Ramon	20:45

Division 2 Girls Teams

1. Clayton Valley, Concord 39, 2. Amador Valley, Pleasanton 45, 3. Mission San Jose, Fremont 103, 4. Monte Vista, Danville 123, 5. Livermore 142, 6. Castro Valley 145, 7. Montgomery, Santa Rosa 186, 8. Ukiah 198, 9. Northgate, Walnut Creek 204, 10. Piner, Santa Rosa 268

Division 2 Girls Individuals (72 finishers)

1. Jennie Ewing, 12, Castro Valley	18:30 Advances
2. Kelly Howsley, 12, Clayton Valley	18:53
3. Monica Van Wegen, 12, Amador Valley	18:56
4. Julie Leininger, 11, Clayton Valley	18:58
5. Jessica Felts, 9, Amador Valley	18:59
6. Marcie Silva, 9, Amador Valley	19:00
7. Brooke Wheeland, 11, Northgate	19:19 Advances
8. Diana Rancourt, 11, Montgomery	19:20 Advances
9. Marcela Villalobos, 11, Clayton Valley	19:22
10. Deborah Osteen, 12, Clayton Valley	19:28
11. Leti Arroyo, 12, Pittsburg	19:34 Advances
12. Shewitt Haile, 11, Montgomery	19:36 Advances

PREP RESULTS

Division 3 Girls Teams

1. Carondelet, Concord 21, 2. Eureka 73, 3. College Park, Pleasant Hill 104, 4. Irvington, Fremont 119, 5. Washington, Fremont 138, 6. Concord 157, 7. Rancho Cotate, Rohnert Park 160, 8. California, San Ramon 195

Division 3 Girls Individuals (63 finishers)

1. Kristen Gordon, 12, Carondelet 17:14
2. Keri Bock-Wilmes, 12, Carondelet 19:24
3. Chislyn Enea, 10, Carondelet 19:25
4. Katie Martin, 10, Irvington 19:25 Advances
5. Kirilin Odegard, 11, Benicia 19:37 Advances
6. Sue Pickens, 12, Newark Memorial 19:46 Advances
7. Monique Melara, 10, College Park 19:55 Advances
8. Charli Shaw, 9, Irvington, 20:01 Advances
9. Kelly Platanesi, 11, Carondelet 20:05
10. Glinda Carrillo, 12, Carondelet 20:05
11. Kristan Hart, 11, Carondelet 20:06
12. Ann Kelley-Day, 10, Eureka 20:19

Division 4 Girls Teams

1. Campolindo, Moraga 55, 2. Ursuline, Santa Rosa 101, 3. Miramonte, Orinda 111, 4. Terra Linda, San Rafael 162, 5. Granada, Livermore 168, 6. Moreau Catholic, Hayward 182, 7. Novato 199, 8. Las Lomas, Walnut Creek 212, 9. Bishop O'Dowd, Oakland 223, 10. St. Francis Drake, San Anselmo 230, 11. Arcata, 240, 12. Analay, Sebastopol 276, 13. Redwood, Larkspur 299, 14. San Rafael 372, 15. Casa Grande, Petaluma 381

Division 4 Girls Individuals (127 finishers)

1. Tiffany Hansen, ??, Redwood 18:49 Advances
2. Sara Hallas, 11, Ursuline 19:04
3. Katy Berkes, 11, Campolindo 19:14
4. Melissa Green, ??, Terra Linda 19:26 Advances
5. Edlyn Smith, 11, Campolindo 19:29
6. Dirkie Dunham, 9, Analay 19:34 Advances
7. Kersti Miller, ??, Miramonte 19:36 Advances
8. Michelle Martin, 12, Campolindo 19:36
9. Lindsey Bergren, ??, Miramonte 19:38 Advances
10. Julia Fischer, 9, Granada 19:42
11. Alysa Gatchalian, 11, Bishop O'Dowd 19:54
12. Lisa Gilis, 11, Moreau Catholic 19:55

Division 5 Girls Teams

1. University, San Francisco 25, 2. Piedmont 78, 3. Middletown 88, 4. College Preparatory Sch., Oakland 119, 5. Fort Bragg 170, 6. Head Royce, Oakland 177, 7. Branson, Rose 183, 8. Kelseyville 199, 9. Crystal Springs Uplands, Hillsborough 223, 10. Lick-Wilmerding, San Francisco 248, 11. Marin Academy, San Rafael 268, 12. St. Mary's, Berkeley 273, 13. Willits 320

Division 5 Girls Individuals (81 finishers)

1. Heather Gibson, 11, Piedmont 18:34
2. Linden Bader, 10, University 19:03
3. Kat Saxton, 11, College Prep 19:13 Advances
4. Diana Clock, 9, University 19:16
5. Kien Moore, 10, University 19:26
6. Mollie Allick, 10, University 19:26
7. Tammy Hunt, 11, Middletown 20:00 Advances
8. Aliza Cohen, 9, University 20:08
9. Melissa Madson, 11, Kelseyville 20:17 Advances
10. Ingrid Elias, 10, Piedmont 20:24
11. Kristin Ferrell, 11, University 20:28
12. Katie Scangos, 11, Crystal Spr 20:46 Advances

5. Ramon Gonzalez (Roosevelt)

15:38
6. Alex Palodios (Corcor) 15:38
7. Humberto Flores (Roosevelt) 15:39
8. Andres Bazante (Madera) 15:39
9. Jorge Rebello (Mendota) 15:40
10. rias Ramiro (Mendota) 15:48
Team Scores: 1. Madera 38, 2. Roosevelt 70, 3. Corcoran (small school champs) 92, 4. Clovis 98, 5. Yosemite 166, 6. Mendota 170, 7. Hoover 231, 8. Firebaugh 240, 9. San Joaquin Memorial 251, 10. Washington Union 253

Varsity Girls

1. Christie Gregory (Clovis) 17:41
2. Stephanie McCarty (Madera) 17:59
3. Jocelyn Keller (Buchanan) 18:34
4. Sanjuana Gomez (Roosevelt) 18:45
5. Kristin Fairley (Clovis) 19:13
6. Ashlee Pinasco (Central) 19:19
7. Kristy Chaffee (Buchanan) 19:36
8. Lindsay Hahn (Clovis) 19:41
9. Emile Barrus (Clovis) 19:46
10. Tianna Martinez (Clovis) 19:47
Team Scores: 1. Clovis 26, 2. Madera 55, 3. Yosemite (small school champ) 108, 4. Roosevelt 109, 5. Central 123, 6. San Joaquin Memorial 135, 7. Bullard 173, 8. Tranquility 183

Clovis Invitational

October 12, 1996: Woodward Park, Fresno, CA

All races 5,000 meters

Small School Varsity Girls

1. Veronica Sanchez (Wasco) 19:04, 2. Tracy Bowling (Taft) 19:16, 3. Samantha Michel (Morro Bay) 19:44, 4. Christina Sanchez (McFarland) 19:49, 5. Laura Davis (McFarland) 19:50, 6. Katie Barks (Campolindo) 19:58, 7. Truc Tran (Tustin) 20:06, 8. Edlyn Smith (Campolindo) 20:22, 9. Nikl Salcido (Taft) 20:25, 10. Laura Jeppson (South Hills) 20:26, 11. Brooke Wheeland (Northgate) 20:33, 12. Katie Peters (Orange Lutheran) 20:34, 13. Molly Peterson (Laguna Creek) 20:40, 14. Anne Ricketts (Saratoga) 20:48, 15. Jessica Hadder (Taft) 20:49

Team Scores: 1. Campolindo 76, 2. Taft 87, 3. Orange Lutheran 115, 4. Wasco 129, 5. Acalanes 148, 6. South Hills 166, 7. McFarland 191, 8. Morro Bay 200, 9. Tustin 213, 10. Laguna Creek 238, 15 teams finished

Large School Varsity Girls

1. Jennifer Toler (Clovis West) 18:58, 2. Stephanie McCarty (Madera) 18:59, 3. J. Fells (Amador Valley) 19:03, 4. Juli Lawson (Clovis West) 19:34, 5. Jocelyn Keller (Buchanan) 19:45, 6. Rachel Bauer (Buchanan) 19:51, 7. Christie Gregory (Clovis) 19:56, 8. Kym Pilger (Clovis) 19:58, 9. Lindsey Hahn (Clovis) 20:04, 10. M. Silva (Amador Valley) 20:06, 11. Kristin Fasley (Clovis) 20:11, 12. Tracie Dummer (North High) 20:17, 13. Emily Barrus (Clovis) 20:34, 14. Andrea Palacio (Clovis West) 20:35, 15. Tiana Martinez (Clovis) 20:35

Team Scores: 1. Clovis 47, 2. Clovis West 54, 3. Amador Valley 106, 4. Buchanan 109, 5. Hart 118, 6. Madera 121, 7. Livermore 140, 8. Hanford 220

Small School Varsity Boys

1. Isalah Festa (Morro Bay) 16:02, 2. Daniel Smith (Tustin) 16:19, 3. C.J. Marels (Tustin) 16:19, 4. Andrew Hill (Los Altos) 16:24, 5. Leo Gordillo (Tustin) 16:30, 6. Jorge Rebello (Mendota) 16:38, 7. Mike Solis (Brea Olinda) 16:48, 8. Ramiro Arias (Mendota) 16:55, 9. Jorge Salinas (Los Altos) 17:04, 10. Tom Coffey (Tustin) 17:04, 11. Milae Arp (St. Mary's) 17:07, 12. Charo Luviano (Dinuba) 17:10, 13. Lutz Braun (Brea Olinda) 17:12, 14. Esseyas Gebray (Alameda) 17:21, 15. Chris Lacuni (South Hills) 17:22

Team Scores: 1. Tustin 37, 2. Brea Linda 65, 3. South Hills 157, 4. St. Mary's 163, 5. Campolindo 173, 6. Morro Bay 173, 7. Los Altos 218, 8. North Gate 231, 9. Saratoga 278, 10. Wasco 303, 18 teams finished

Large School Varsity Boys

1. Juan Chavira (Hanford) 15:57, 2. Brian Henstauf (Amador Valley) 16:07, 3. Jose Perezchica (McFarland) 16:07, 4. Jacob

Geyer (Palmdale) 16:18, 5. Nathan Martin (Livermore) 16:22, 6. Steve Barrus (Clovis) 16:23, 7. Rudy Callardo (McFarland) 16:33, 8. Mario Zambrano (Madera) 16:41, 9. Andres Cazante (Madera) 16:41, 10. Jose Arambula (McFarland) 16:44, 11. Benito Avila (Hanford) 16:45, 12. Gabriel Gil (Madera) 16:46, 13. Rudy Chavaos (McFarland) 16:48, 14. Jeremy More (Madera) 16:52, 15. Chris Davis (Hart) 16:56

Team Scores: 1. McFarland 54, 2. Madera 60, 3. Hanford 96, 4. Hart 140, 5. Livermore 162, 6. Clovis West 163, 7. Amador Valley 176, 8. North 202, 9. Palmdale 203, 10. Clovis 213, 14 teams finished

Rough Rider Invitational

October 18, Fresno

Girls-Large Schools

1. Emil Lawson (Clovis W) 18:56, 2. Tracy Cohn (Stock) 19:09, 3. Jenny Toler (Clovis W) 19:18, 4. Juli Lawson (Clovis W) 19:25, 5. Christin Krumm (Bldg) 19:39, 6. Rachel Bauer (Buch) 19:52, 7. Sanjuana Gomez (Roses) 19:59, 8. Krista Kennedy (Clovis W) 20:05, 9. Jennifer DeRego (Son) 20:08, 10. Wendy Fortino (G Davis) 20:12

Team Scores: 1. Clovis West 32, 2. Beyer 28, 3. Santa Theresa 142, 4. Bakersfield 158, 5. Madera 183, 6. Mt. Pleasant 186, 7. Silver Creek 198, 8. Stockdale 205, 9. Roosevelt 214, 10. Buchanan 220

Girls-Small Schools

1. L. Zetlardo (Anderson) 19:20, 2. Christina Sanchez (McFar) 19:22, 3. Veronica Sanchez (Wasco) 19:37, 4. Kara Hunt (Cent Vly) 19:45, 5. Jenae Erickson (W Vly) 20:01, 6. Hilary Gremm (Cent Vly) 20:23, 7. Ashli Pinasco (Cent) 20:26, 8. Lori Kluck (Cent Vly) 20:33, 9. Lisa Eccels (B Hart) 20:38, 10. Laura Davis (McFar) 20:41

Team Scores: 1. Wasco 61, 2. Central Valley 71, 3. McFarland 89, 4. Anderson 101, 5. West Valley 150, 6. Los Banos 161, 7. Yosemite 177, 8. Bret Harte 199, 9. Maranatha 203, 10. Sierra 208

Boys-Large Schools

1. Michael Kasahun (Fresno) 15:41, 2. Juan Miramontes (Gold Vly) 15:47, 3. Jason Hart (Sonora) 15:53, 4. Matt Duma (Mt. Whitney) 16:15, 5. Richard Granillo (Gold West) 16:25, 6. Leo Baldaras (Silver Oak) 16:29, 7. Mike Tanaka (Gold West) 16:34, 8. Humberto Flores (Roses) 16:40, 9. Eddie Levine (Gold Vly) 16:41, 10. James Manderson (Stock) 16:43

Team Scores: 1. Fresno 91, 2. Mt. Whitney 136, 3. Roosevelt 156, 4. Golden Valley 175, 5. Silver Creek 181, 6. Sonora 194, 7. Buchanan 196, 8. Clovis West 200, 9. Madera 215, 10. Golden West 221

Boys-Small Schools

1. Jose Perezchica (McFar) 16:16, 2. David Braund (W Vly) 16:26, 3. Rudy Cavazos (McFar) 16:43, 4. Steven Springhorn (Cent Vly) 16:44, 5. Joel Lopez (McFar) 16:53, 6. James Avis (Maran) 16:58, 7. Conor Bright (Lem) 17:00, 8. Jose Arambula (McFar) 17:03, 9. Juan Verdusco (Chow) 17:06, 10. Paul Micer (Maran) 17:09

Team Scores: 1. McFarland 27, 2. West Valley 67, 3. Central Valley 100, 4. Maranatha 126, 5. Los Banos 136, 6. Lemoore 149, 7. Gunderson 187, 8. Bret Harte 206, 9. Yosemite 229, 10. Wasco 254

Tri-River Athletic Conference

November 8, 1996: Woodward Park, Fresno, CA

5,000 Meters:

Boys

1. Steve Barrus (Clovis) 15:57
2. Mario Zambrano (Madera) 16:26
3. Michael Buckley (Clovis) 16:33
4. Jeremy Moore (?) 17
5. Miguel Perez (Clovis) 16:40
6. Andres Bazante (Madera) 16:41
7. Jeff Torres (Buchanan) 16:46
8. Leonard Covarrubias (Madera) 16:49
9. Mateo Moya (Clovis) 16:57
10. Robert Lopez (Sanger) 17:04

CENTRAL CALIFORNIA

Madera Lions Clubs Invitational

October 8, 1996: Lions Town and Country Park, Madera, CA

Varsity Boys-3 Miles

1. Michael Kasahun (Fresno) 14:53
2. Steve Barrus (Clovis) 15:09
3. Gil Gabri (Madera) 15:32
4. Mario Ramppan (Madera) 15:34

PREP RESULTS

Boys Teams:

1. Madera 1, 2. Clovis 33, 3. Buchanan 85, 4. Clovis West 99, 5. Sanger 128

Girls

1. Emill Lawson (Clovis West) 18:36
2. Christie Gregory (Clovis) 18:50
3. Jennifer Toler (Clovis West) 19:14
4. Kristin Fairley (Clovis) 19:20
5. Lindsey Hahn (Clovis) 19:21
6. Krista Kennedy (Clovis West) 19:28
7. Juli Lawson (Clovis West) 19:31
8. Jocelyn Keller (Buchanan) 19:34
9. Stefanie McCarty (Madera) 19:34
10. Tianna Martinez (Clovis) 19:47

Girls Teams:

1. Clovis 34 (wins tiebreaker) 34, 2. Clovis West 34, 3. Buchanan 83, 4. Madera 93, 5. Central 143

West Yosemite League HS Cross Country Championships

November 8, 1996: Mooney Grove, Visalia, CA

Boys

1. Noel Nelson (Redwood) 14:50
2. Jose Godnez (Reedley) 15:03
3. Juan Chavira (Hanford) 15:12
4. Richard Granillo (Golden West) 15:24
5. Matt Duma (Mt. Whitney) 15:33
6. Mike Tanaka (Golden West) 15:49
7. Michael Lujan (Reedley) 15:52
8. Benito Avila (Hanford) 15:53
9. Esteban Espino (Reedley) 15:54
10. Rafael Lopez (Hanford) 16:01

Boys Teams

1. Hanford 6, 2. Reedley 73, Mount Whitney 67, 4. Golden West 99, 5. Redwood 106, 6. Lemoore 130.

Girls

1. Angela Ruiz (Reedley) 19:02
2. Stacy Esquivel (Mt. Whitney) 19:38
3. Yibel Rodriguez (Reedley) 19:46
4. Valerie Gomez (Golden West) 19:49
5. Chanille Cheatwood (Golden West) 19:49
6. Lisa Romine (Golden West) 19:55
7. Sara Santoya (Reedley) 19:58
8. Jenny Navarrete (Mt. Whitney) 19:59
9. Devon Pipe (Golden West) 20:00
10. Irene Wright (Reedley) 20:00

Girls Teams

1. Golden West 38, 2. Reedley 5, 3. Mt. Whitney 50, 4. Lemoore 108, 5. Redwood 127.

Central Section Grand Masters

November 22, 1996: Woodward Park, Fresno, 5K

Boys

1. Michael Kasahun (Fresno) 15:30
2. Juan Chavira (Hanford) 15:33
3. Noel Nelson (Redwood) 15:38
4. Jose Godnez (Reedley) 16:05
5. Jose Perzchica (McFarland) 16:09
6. Richard Granillo (Golden West) 16:10
7. Rudy Ballardo (McF) 16:13
8. Eric Aguilar (Porterville) 16:23
9. Michael Lujan (Reedley) 16:29
10. Mario Zambrano (Madera) 16:31
11. Jeff Torres (Buchana) 16:33, 12. Juan Verduzco (Chowchilla) 16:38, 13. Jeremy Moore (Madera) 16:39, 14. Gabriel Gil (Mad) 16:40, 15. Jorge Rebollo (Mendota) 16:40, 16. Jess Padilla (Han) 16:41, 17. Roberto Lopez (Sanger) 16:43, 18. Jose Arambula (McF) 16:43, 19. Rudy Cavazo (McF) 16:43, 20. Joel Lopez (McF) 16:43, 21. Ricardo Mendoza (McLane) 16:45, 22. Matt Duma (Mt. Whitney) 16:46, 23. Feliciano Leyva (Mad) 16:50, 24. Angel Hernandez (Mad) 16:53, 25. Ramiro Arias (Mad) 16:57.

Team Scores: 1. McFarland 56, 2. Madera 68, 3. Reedley 123, 4. Fresno 126, 5. Hanford 128, 6. Mt. Whitney 204, 7. Shafter 206, 8. McLane 207, 9. Golden West 230, 10. Buchanan 247, 11. Corcoran 304, 12. Mendota 362, 13. Yosemite 393, 14. Exeter 398, 15. Edison 399, 16. Lemoore 410, 17. Firebaugh 466, 18. Tulare 469, 19. Tulare Western 488, 20. Garces 533.

Girls

1. Emill Lawson (Clovis West) 18:32
2. Juli Lawson (Clovis West) 18:59
3. Tracy Bowling (Taft) 19:06
4. Brianne Barber (Centennial) 19:07
5. Jennifer Toler (CW) 19:13
6. Irma Guillan (Shafter) 19:46
7. Sanjuana Gomez (Roosevelt) 19:47, 23
8. Andrea Palacio (CW) 19:47, 69
9. Jessica Haddler (Taft) 19:48
10. Christina Krumm (Bakersfield) 19:50
11. Angela Ruiz (Reedley) 19:51, 12. Stefanie McCarty (Madera) 19:54, 13. Katie Meyer (Bak) 20:04, 14. Christina Sanchez (McF) 20:09, 15. Krista Kennedy (CW) 20:10, 16. Laura Davis (McF) 20:14, 17. Fidelina Perez (Wasco) 20:26, 18. Ashlee Pinasco (Central) 20:28, 19. Veronica Morgan (Wasco) 20:29, 20. Sarah Smith (CW) 20:37, 21. Jocelyn Keller (Buchanan) 20:38, 22. Kiros Yebal (Edison) 20:39, 23. Yebel Rodriguez (Reedley) 20:40, 24. Wendy King (McF) 20:42, 25. Erin Stewart (Stockdale) 20:45.

Team Scores: 1. Clovis West 26, 2. McFarland 126, 3. Wasco 138, 4. Golden West 148, 5. Madera 173, 6. Taft 179, 7. Mt. Whitney 194, 8. Reedley 195, 9. Bakersfield 223, 10. Exeter 246, 11. Stockdale 272, 12. West 310, 13. Lemoore 337, 14. Shafter 346, 15. Central 375, 16. Garces 407, 17. Tulare 527, 18. Tranquillity 545.

SOUTHERN CALIFORNIA

Huntington Central Park Cross Country Invitational

October 12, 1996 Huntington Beach, CA. From Dave Winkler

High School Boys Division I - (3.0 miles)

1. Chris Farley (Del Campo) 15:21, 2. Jaime Carrillo (Costa Mesa) 15:37, 3. Brett Larsen (Bonanza) 15:43, 4. Alfonso Leon (Santa Ana) 15:44, 5. Raul Quinones (Santa Ana) 15:46, 6. Ethan Friend (Aliso Niguel) 15:46, 7. Nate Briston (Del Campo) 15:48, 8. Bruce Hancock (Costa Mesa) 15:52, 9. Kenzo Bergeron (Hamilton) 15:53, 10. Martin Brix (University) 15:57, 11. Jose Alvarado (Saddleback) 15:57, 12. Anoy Kirkpatrick (Del Campo) 16:01, 13. James Bagley (Del Campo) 16:02, 14. Bertell (Etiwanda) 16:05, 15. Escobedo (Saddleback) 16:06, 16. David Byun (Los Alamitos) 16:06, 17. Saldivar (Santiago) 16:09, 18. Jake Horn (Alta Loma) 16:09, 19. Bob Kennedy (Santiago) 16:11, 20. Eric Solis (Costa Mesa) 16:15, 21. Rene Rangel (Santiago) 16:16, 22. Antonio Baeg (Santiago) 16:16, 23. Jesus Diaz (Millikan) 16:18, 24. Adam Esparza (Century) 16:18, 25. Danny Mejia (Saddleback) 16:19.

Team Scores: 1. Del Campo 66, 2. Santa Ana 85, 3. Saddleback 104, 4. Costa Mesa 157, 5. Century 185.

High School Boys Division II - (3.0 miles)

1. Dan Gaston (Huntington Beach) 15:24, 2. Fredig (Basic) 15:30, 3. Tony Trueba (Huntington Beach) 15:34, 4. Marcos Chandler (Serra) 15:38, 5. Green (Little Rock) 15:43, 6. James Adams (Ramona) 15:45, 7. Maries Chandler (Serra) 15:46, 8. Adrian Ramirez (Chula Vista) 15:49, 9. Chris Caman (Cheyenne) 15:54, 10. Edgar Reyes (Anaheim) 15:58, 11. Patricio Mejia (Anaheim) 15:59, 12. John Barbachano (Thousand Oaks) 16:00, 13. Brandon Grady (Cheyenne) 16:01, 14. Jacob Childs (Huntington Beach) 16:09, 15. Jeremy Brown (Cheyenne) 16:10, 16. David Hayes (Point Loma) 16:13, 17. Josh Vincetel (La Mirada) 16:14, 18. R. Mignosa (Marina) 16:16, 19. Osland (Basic) 16:17, 20. Danny Kilgore (Thousand Oaks) 16:19, 21. Ronnie Alvarez (Huntington Beach) 16:222, David Shotstall (Huntington Beach) 16:2623, Angelo Seybert

(Basic) 16:2724, Flavin Gutieg (Anaheim) 16:2825, Alvaro Reyes (Ramona) 16:31

Team Scores: 1. Huntington Beach 78, 2. Cheyenne 98, 3. Thousand Oaks 130, 4. Ramona 141, 5. Anaheim 165.

Best Overall Boys Team Times:

1. Del Campo 79:50, 2. Huntington Beach 80:16, 3. Santa Ana 80:49, 4. Saddleback 81:30, 5. Cheyenne 81:43, 6. Costa Mesa 82:05, 7. Basic 82:13, 8. Thousand Oaks 82:18, 9. Ramona 82:26, 10. Anaheim 82:43.

High School Girls Division I

(3.0 miles)

1. Allyson Marquand (University) 17:39, 2. Allyson Kulak (Sunny Hills) 18:40, 3. Brenda Nava (Santa Ana) 19:04, Sarah Ross (Del Campo) 19:08, 5. Liz Sisk (Los Alamitos) 19:14, 6. Moruc Araceli (Santa Ana) 19:21, 7. Samantha Rushforth (Warren) 19:22, 8. Michelle Basanda (Aliso Niguel) 19:23, 9. Lindberg (Alta Loma) 19:23, 10. Tkay Alvarez (Sunny Hills) 19:24, 11. Megan Stone (Del Campo) 19:27, 12. Becca Armour (Fountain Valley) 19:28, 13. Elsa Ortega (Century) 19:29, 14. Angela Borin (Del Campo) 19:35, 15. Jamie Peterson (Canyon) 19:36, 16. Tomchok (University) 19:40, 17. Allison Rice (University) 19:41, 18. Sally Garcia (Millikan) 19:43, 19. Julieta Moran (Saddleback) 19:44, 20. Kristi Fries (Silverado) 19:46, 21. Crysta Evans (Del Campo) 19:47, 22. Jaime DeNoewer (Costa Mesa) 19:48, 23. Sabrina Wilhelm (Upland) 19:49, 24. Jessica Vazquez (Bishop Gorman) 19:50, 25. Christine Krauss (Pacific) 19:51.

Team Scores: 1. Del Campo 125, 2. Aliso Niguel 140 based on 6th runner, 3. Sunny Hills 140, 4. Santa Ana 161, 5. Warren 233 based on 6th runner, 6. Los Alamitos 233.

High School Girls Division II - (3.0 miles)

1. Jaymie Harper (Santana) 18:15, 2. Sophia Hawker (Grossmont) 18:30, 3. Amanda Armstrong (Thousand Oaks) 18:36, 4. Jennifer Spahr (Marina) 18:57, 5. Sharunn Dowling (Cheyenne) 19:01, 6. Kim Pace (Santana) 19:21, 7. Melissa McBain (Thousand Oaks) 19:33, 8. Jessica Zarndt (Cheyenne) 19:45, 9. Kara Dose (La Jolla) 19:51, 10. Ava Benitez (Santana) 19:53, 11. Kim Bazo (Santana) 19:54, 12. Jennie Kwok (Ramona) 19:55, 13. Morgan Romine (La Jolla) 19:56, 14. Angela Nail (Huntington Beach) 19:56, 15. Bonnie Albilar (Marina) 19:58, 16. Katie Bailey (Marina) 20:02, 17. Tamra Savage (Thousand Oaks) 20:04, 18. Lisa Pecklar (Grossmont) 20:09, 19. Alexis Hoag (Marina) 20:13, 20. Tiffany Hollins (Cheyenne) 20:16, 21. Erin Sally (Cimeron) 20:17, 22. Tammy McArthur (Marina) 20:22, 23. Olivia Telloz (Point Loma) 20:22, 24. Stephanie David (West Torrance) 20:26, 25. Ivette Mendez (Gahr) 20:28.

Team Scores: 1. Santana 65, 2. Cheyenne 80, 3. Marina 95, 4. Thousand Oaks 112, 5. La Jolla 173.

Best Overall Girls Team Times:

1. University 97:03, 2. Santana 98:13, 3. Del Campo 99:38, 4. Cheyenne 99:42, 5. Sunny Hills 99:52, 6. Thousand Oaks 100:19, 7. Marina 100:12, 8. Aliso Niguel 100:35, 9. Santa Ana 101:00, 10. Los Alamitos 102:39.

Hind/Cal Poly Invitational

October 19, San Luis Obispo. From Doug Lynch.

BOYS DIVISION I

1. Ryan Deane PENINSULA PVE 16:19, 2. Jason Taylor PENINSULA PVE 16:47, 3. Chad Foster JAMES LOGAN 16:51, 4. Mario Zambrano MADERA 16:57, 5. David Burke TORREY PINES 17:01, 6. Ronald Almaguer RIO MESA 17:02, 7. Scott Johnson RIO MESA 17:03, 8. Jeremy Moor MADERA 17:12, 9. Andreas Bazante MADERA 17:13, 10. Gabriel Gil MADERA 17:25.

11. Kevin Whitlow PENINSULA PVE 17:26, 12. Leonard Covarrubias MADERA 17:27, 13. Charley Hulsey TORREY PINES 17:30, 14. Feliciano Leyva MADERA 17:30, 15. Armando Zavala SANTA MARIA 17:31, 16. Jay Bailey ARROYO GRANDE 17:32, 17. Eric Mittelstaedt PENINSULA PVE 17:42, 18. Scott MacDonald JAMES LOGAN 17:46, 19. Ulises Teulle SANTA ROSA 17:48, 20. Mark D'Amico PENINSULA PVE 17:51.

PREP RESULTS

Team Scores: 1. MADERA 43, 2. PENINSULA PVE 50, 3. RIOMESA 95, 4. TORREY PINES 97, 5. JAMES LOGAN 121, 6. LOYOLA LA 128, 7. ARROYO GRANDE 176, 8. SANTA MARIA 181.

BOYS DIVISION II

1 Ronnie Buchanan JR RIGGETTI 16:46, 2 Jarrell Meier SR RIGGETTI 17:06, 3 Jason Boda SR DON LUGO 17:10, 4 Adrian Aguilar JR EUREKA 17:11, 5 Armando Ortiz JR ALISAL 17:21, 6 Lorenzo Arguilo JR RIGGETTI 17:33, 7 Anton Klemens JR NORTHGATE 17:36, 8 Junior Ruelas SR WATSONVILLE 17:45, 9 James Sabin SR NORTH HIGH BK 17:45, 10 Nick Howard SR NORTH HIGH BK 17:45.

11 Clint Sapiro SR SALINAS 17:49, 12 Juan Carlos JR WATSONVILLE 17:50, 13 Jose Moreno JR WATSONVILLE 17:54, 14 Trevor Crawford SR SANTA BARBARA 17:57, 15 Ryan McRae SR RIGGETTI 17:59, 16 Roberto Torres JR NAPA 18:01, 17 Mark Mitchell JR SALINAS 18:04, 18 Joey Beals SR SALINAS 18:05, 19 Daniel White JR DON LUGO 18:06, 20 Rick Gutierrez SR DON LUGO 18:09 5:51.

Team Scores: 1. RIGGETTI 48, 2. WATSONVILLE 77, 3. DON LUGO 106, 4. NORTH HIGH BK 113, 5. EUREKA 124, 6. SALINAS 147, 7. NORTHGATE 170, 8. ALISAL 99, 9. NAPA 202, 10. SANTA BARBARA 210, 11. EL CAMINO 274.

BOYS DIVISION III

1 Avery Blackwell SR SAN LUIS OBISPO 16:43, 2 Josh Guzman SR SOUTH PASADENA 17:22, 3 Ryan Suburu SR RIDGEVIEW 17:24, 4 Jose Buenostro SR NORTH MONTEREY 17:34, 5 Jordan Lester JR PASO ROBLES 18:05, 6 Joe Morris SR SAN LUIS OBISPO 18:06, 7 Doug Wells JR ATASCADERO 18:12, 8 David Leon SO NORTH MONTEREY 18:14, 9 Jon-Paul Ewing SO PASO ROBLES 18:23, 10 Charles Graf SO SOUTH PASADENA 18:26.

11 Jason DeMarco SO SAN LUIS OBISPO 18:30, 12 John Huff SR PASO ROBLES 18:32, 13 Abe Pedrosa JR NORTH MONT 18:32, 14 Dylan Hernandez JR SOUTH PASADENA 18:34, 15 Devin Jones SO SAN LUIS OBISPO 18:34, 16 Will Pennycook JR NORTH MONTEREY 18:39, 17 Josh Campbell SO NORTH MONTEREY 18:42, 18 Chris Layman FR PASO ROBLES 18:44, 19 Jacob Horn SR ATASCADERO 18:47, 20 Temo Trujillo FR NORTH MONTEREY 18:48.

Team Scores: 1. NORTH MONTEREY 58, 2. SAN LUIS OBISPO 61, 3. PASO ROBLES 66, 4. SOUTH PASADENA 74, 5. ATASCADERO 100, 6. RIDGEVIEW 138.

BOYS DIVISION IV

1 Isaiah Festa JR MORRO BAY 16:26, 2 Heinar Hirutia SR GRANADA 16:45, 3 Marty Kinsey SR GRANADA 16:48, 4 Adam Morrison SR GRANADA 17:15, 5 Sean Tallungan JR NOTRE DAME S.O. 17:21, 6 Miguel Narvaez SR PIONEER WHITT 17:28, 7 Alex Gomez SR SHAFTER 17:32, 8 Craig Farley SR LOMPOC 17:35, 9 Kevin Lelles SO NOTRE DAME S.O. 17:36, 10 Francisco Solares SR PIONEER WHITT 17:37, 11 Miguel Alonso SO PIONEER WHITT 17:41, 12 Seamus Perry SO MORRO BAY 17:44, 13 Mike Brose SR NOTRE DAME S.O. 17:46, 14 Matt Neufeld JR SHAFTER 17:57, 15 Matthew Mock SR ST. PAUL 18:00, 16 Humberto Hernandez SO ST. PAUL 18:02, 17 Jonathan Corral JR ST. PAUL 18:12, 18 Larry Piliin FR NOTRE DAME S.O. 18:12, 19 Matt Laye SO GRANADA 18:13.

Team Scores: 1. GRANADA 63, 2. NOTRE DAME S.O. 67, 3. SHAFTER 79, 4. ST. PAUL 81, 5. PIONEER WHITT 106, 6. LOMPOC 132, 7. EXETER 172, 8. TAFT 204.

BOYS DIVISION V

1 Jose Perezchica JR MCFARLAND 16:32, 2 Rudy Ballardo JR MCFARLAND 16:53, 3 Jeff Tomlinson SO CROSSROADS 17:15, 4 Mike Tomlinson SO CROSSROADS 17:15, 5 Jose Arambula JR MCFARLAND 17:16, 6 Joel Lopez SR MCFARLAND 17:28, 7 Chris Felix SR ST. JOSEPH SM 17:43, 8 Aurelio Velasco MCFARLAND 17:50, 9 Josh Stern JR ST. JOSEPH SM 17:56, 10 Edward Aguiroz SO MCFARLAND 18:06.

11 Carlos Mino JR LA SALLE 18:11, 12 Marcos Aguirre JR SALESIAN LA 18:16, 13 Aaron Fleming MONTE VISTA CHR.S 18:27, 14 Rolando Sanchez SR SALESIAN LA 18:28, 15 Pascual Rivera SO SALESIAN LA 18:45, 16 Miguel Aguilar JR

MCFARLAND 18:50, 17 Javier Garcia SR SALESIAN LA 18:59, 18 Rudy Castanon SO SALESIAN LA 19:01, 19 Hank Elgin SO TEMPLETON 19:11, 20 Darren Stagnaro SR ST. JOSEPH SM 19:14.

Team Scores: 1. MCFARLAND 22, 2. SALESIAN LA 72, 3. ST. JOSEPH SM 82, 4. CROSSROADS 97, 5. LA SALLE 113, 6. TEMPLETON 136.

GIRL'S DIVISION I

1 Trina Cox SO SANTA ROSA 19:13, 2 Stefanie McCarty JR MADERA 19:48, 3 Jaclyn Nolan JR TORREY PINES 20:25, 4 Nichole Canby JR ARROYO GRANDE 20:38, 5 Lindsay Johnson FR SANTA ROSA 20:44, 6 Sky Baumbach JR JAMES LOGAN 20:55, 7 Katie Stafford SO SANTA ROSA 21:01, 8 Katherine Niblett SO ARROYO GRANDE 21:04, 9 Jennifer Bridgeman SR JAMES LOGAN 21:07, 10 Sandra Posing JR PENINSULA PVE 21:18.

11 Laura Mason FR ARROYO GR 21:22, 12 Christa Watkins SR ARROYO GR 21:26, 13 Laura Hilton SR TORREY PINES 21:39, 14 Kathy Read SO TORREY PINES 21:50, 15 Monique Silva FR APTOS 21:52, 16 Sipriana Reyes SR MADERA 21:58, 17 Christy Julin SO PENINSULA PVE 22:03, 18 Gina Dawson JR MADERA 22:12, 19 Courtney Stundin FR PENINSULA PVE 22:15, 20 Kristin Roth SR TORREY PINES 22:36.

Team Scores: 1. SANTA ROSA 19, 2. NORTH HIGH BK 36.

GIRL'S DIVISION II

1 Angela Ruiz SR REEDLEY 20:2, 2 Tracie Dumlser SO NORTH HIGH BK 21:12, 3 Sara Moreno SR RIGGETTI 21:35, 4 Jessica Martinez SO RIGGETTI 21:42, 5 Veronica Altaia FR DON LUGO 22:22, 6 Cheri Wall SR NORTH HIGH BK 22:29, 7 Stacy Esquivel SR MT. WHITNEY 22:42, 8 Heather McRae SO RIGGETTI 22:46, 9 Celina Lopez FR REEDLEY 22:50, 10 Fabiola Huerta SO EUREKA 22:53.

11 Dana Garcia SR DON LUGO 22:58, 12 Alex Cordova SR DON LUGO 23:15, 13 Mary Moreno SR EUREKA 23:19, 14 Felicity Freeman SR RIGGETTI 23:22, 15 Jenny Navarrete FR MT. WHITNEY 23:26, 16 Valerie Friesen SR MT. WHITNEY 23:28, 17 Alena Gordon SR NAPA 23:34, 18 Yolanda Gutierrez SO ARROYO 23:41, 19 Leahena Pen JR ARROYO 23:55, 20 Wendy Luce JR NAPA 24:15.

Team Scores: 1. NORTH HIGH BK 15.

GIRL'S DIVISION 3

1 Kelly Harrington JR LOUISVILLE 20:31, 2 Kyra Patterson JR SAN LUIS OBISPO 20:48, 3 Erin Spaulding JR LOUISVILLE 21:01, 4 Carolyn Jones SO ATASCADERO 21:09, 5 Brie Benley SR NORTH MONTEREY 21:34, 6 Claire Tillotson SR REDONDO UNION 21:37, 7 Mariel Holcome FR LOUISVILLE 21:55, 8 Mariah Eccleston FR SOUTH PASADENA 22:00, 9 Amanda Vielbaum JR NORTH MONTE 22:49, 10 Colleen Foster JR SOUTH PASADENA 22:53.

11 Dard Davis SO ATASCADERO 22:58, 12 Larissa Van Beurden JR ATASCADERO 23:10, 13 Katy Howe SO ATASCADERO 23:13, 14 Mariana Natoreno SO REDONDO UNI 23:16.

Team Scores: 1. SOUTH PASADENA 15.

GIRL'S DIVISION IV

1 Samantha Michel SO MORRO BAY 20:44, 2 Lupe Banuelos SR EXETER 20:54, 3 Kristie Gonzales SO EXETER 21:42, 4 Lisa Eggleston SO TAFT 21:49, 5 Katie Moon SO LOMPOC 21:57, 6 Annie Turner SO MORRO BAY 22:04, 7 Alda Rivas SR PIONEER WHITT 22:12, 8 Sarah Sawyer JR NOTRA DAME SAL 22:16, 9 Kassia Regehr SR EXETER 22:20, 10 Brooke Stevens FR SHAFTER 22:23.

11 Lisa Tindle SO GRANADA 22:27, 12 Michelle Barraza JR NOTRE DAME S.O. 22:33, 13 Nicole Taylor FR ST. PAUL 22:39, 14 Raquel Catalan JR EXETER 22:46, 15 Kelly Morisoli FR GRANADA 23:07, 16 Concepcion Barreras JR EXETER 23:26, 17 Wendy Freeland SO GRANADA 23:37, 18 Jessie Stephenson SR LOMPOC 23:44, 19 Rachika Tillmon SO NOTRE DAME S.O. 23:53.

Team Scores: 1. EXETER 18, 2. PIONEER WHITT 37.

GIRL'S DIVISION V

1 Cristina Sanchez SR MCFARLAND 19:59, 2 Kara June FR ST. JOSEPH SM 21:14, 3 Anna Hunt JR LA SALLE 22:08, 4 Stephanie Felix SO ST. JOSEPH SM 23:29, 5 Kristen Juelson

SO LA SALLE 23:32, 7:35, 6 Gina Greathouse FR ST. JOSEPH SM 23:40, 7 Iris Silva JR MCFARLAND 24:57, 8 Cynthia Sanchez JR MCFARLAND 26:10, 9 Calle Phillips SO TEMPLETON 26:25, 10 Debi Abernathy SR TEMPLETON 27:01.

Orange County Championships

At Irvine Regional Park, 3.05 miles

October 19, 1996

Boys Seeded Race

Team Scores: 1. Tustin 98, 2. Santa Ana Valley 103, 3. Santa Ana 116, 4. El Toro 134, 5. Katella 141, 6. Saddleback 162, 7. Anaheim 174, 8. Huntington Beach 175, 9. Santa Margarita 180, 10. Mater Dei 191, 11. El Modena 233, 12. Santiago 237.

Individuals:

1. Gleason (Mission Viejo) 15:05, 2. Russell (Orange) 15:13, 3. Lee (El Toro) 15:14, 4. Murray (Santa Margarita) 15:17, 5. Estrada (Santa Ana Valley) 15:18, 6. Gaston (Huntington Beach) 15:31, 7. Gordillo (Tustin) 15:34, 8. Trueba (Huntington Beach) 15:35, 9. Mejia (Anaheim) 15:43, 10. Neubauer (Katella) 15:45, 11. Smith (Tustin) 15:48, 12. Reyes (Anaheim) 15:49.

Boys Gold Race

Team Scores: 1. Foothill 85, 2. Costa Mesa 112, 3. Newport Harbor 115, 4. Dana Hills 119, 5. Corona del Mar 126, 6. Capistrano Valley 127, 7. Orange 134, 8. Brea Olinda 149, 9. Century 194, 10. Mission Viejo 196, 11. Laguna Hills 247, 12. Irvine 291, 13. Also Niguel 349.

Individuals:

1. Kuehn (Foothill) 15:52, 2. Carrillo (Costa Mesa) 15:57, 3. Hancock (Costa Mesa) 15:57, 4. Perez (Capistrano Valley) 16:01, 5. Rogers (Corona del Mar) 16:04, 6. Solis (Brea) 16:05, 7. Lindahl (Dana Hills) 16:16, 8. Diaz (Dana Hills) 16:17, 9. Solis (Costa Mesa) 16:18, 10. Olmeada (Orange) 16:18.

Boys Silver Race

Team Scores: 1. Esperanza 102, 2. Estancia 105, 3. Marina 127, 4. Woodbridge 128, 5. Sonora 142, 6. Fountain Valley 162, 7. Trabuco Hills 168, 8. San Clemente 174, 9. Los Alamitos 180, 10. University 242, 11. Valencia 256.

Individuals:

1. Brix (University) 15:48, 2. Byon (Los Alamitos) 16:04, 3. Jeffrey (Woodbridge) 16:13, 4. Manhart (Trabuco Hills) 16:14, 5. Sarabia (Sonora) 16:16, 6. Iverson (San Clemente) 16:16, 7. Sparks (Garden Grove) 16:22, 8. Kincade (Esperanza) 16:23, 9. West (Sonora) 16:31.

Boys Bronze Race

Team Scores: 1. Villa Park 52, 2. Sunny Hills 68, 3. Western 108, 4. Loara 173, 5. Cypress 199, 6. Pacifica 214, 7. Kennedy 259, 8. Servite 275.

Individuals:

1. Downey (St. Margaret) 16:05, 2. Olivares (Villa Park) 16:15, 3. Alvarez (Sunny Hills) 16:25, 4. Montijo (Western) 16:31, 5. Escobar (Villa Park) 16:38, 6. Salazar (Ocean View) 16:43, 7. Ellis (La Quinta) 16:45, 8. Gabriel (Rancho Alamitos) 16:54, 9. Weaver (Cypress) 16:58, 10. Solis (Sunny Hills) 17:02.

Girls Seeded Race

Team Results:

1. Dana Hills 74, 2. Esperanza 75, 3. Irvine 128, 4. El Modena 133, 5. University 136, 6. Santa Margarita 165, 7. Los Alamitos 175, 8. Mission Viejo 178, 9. Sunny Hills 195, 10. Marina 200, 11. Capistrano Valley 258, 12. Aliso Niguel 262.

Individuals:

1. Marquand (University) 17:39, 2. Nuanes (Santa Margarita) 17:58, 3. Leonard (Dana Hills) 18:27, 4. Fitzgerald (Dana Hills) 18:28, 5. Rope (Santa Margarita) 18:29, 6. Massoth (Esperanza) 18:42, 7. Kulak (Sunny Hills) 18:42, 8. Dahlberg (El Modena) 18:46, 9. Mitchell (Esperanza) 18:47, 10. Bates (Los Alamitos) 18:49, 11. Zehnlner (Irvine) 18:53, 12. Burton (El Modena) 18:54.

Girls Gold Race

Team Scores: 1. Woodbridge 110, 2. Foothill 114, 3. El Toro 133, 4. Pacifica 142, 5. Newport Harbor 143, 6. Mater Dei 155, 7. Buena Park 166, 8. Corona del Mar 174, 9. Edison 189, 10.

PREP RESULTS

Fountain Valley 191, 11. San Clemente 231, 12. Laguna Hills 232, 13. Brea Olinda 397.

Individuals:

1. Garrison (Buena Park) 18:20, 2. Thomas (Laguna Hills) 18:30, 3. McFall (Newport Harbor) 18:36, 4. Buwalda (Laguna Beach) 18:57, 5. Moore (Woodbridge) 19:03, 6. Green (Fountain Valley) 19:08, 7. Morgan (Corona del Mar) 19:14, 8. Crobbe (Edison) 19:24, 9. Miske (El Toro) 19:28, 10. Young (Pacific) 19:31.

Girls Silver Race

Team Scores:

1. Katella 79, 2. Santa Ana 97, 3. Villa Park 105, 4. Estancia 121, 5. Costa Mesa 141, 6. Saddleback 147, 7. Trabuco Hills 160, 8. Huntington Beach 169, 9. Rosary 183.

Individuals:

1. Leyrer (Villa Park) 19:03, 2. Tran (Tustin) 19:09, 3. Nava (Santa Ana) 19:16, 4. Monje (Santa Ana) 19:33, 5. Pinto (Katella) 19:39, 6. Inouye (Estancia) 19:43, 7. Green (Huntington Beach) 19:47, 8. Santibanez (Katella) 19:49, 9. Hernandez (Katella) 19:50, 10. Anderson (Villa Park) 19:58.

Girls Bronze Race

Team Scores: 1. Rancho Alamitos 41, 2. Canyon 63, 3. Century 89, 4. Sonora 108, 5. Kennedy 126.

Individuals:

1. Carbajal (Rancho Alamitos) 19:26, 2. Ortega (Century) 19:43, 3. Pittam (Canyon) 20:27, 4. Luque (Canyon) 20:33, 5. Flutur (Rancho Alamitos) 20:42, 6. Watkins (Orange) 20:51, 7. Wenz (Rancho Alamitos) 20:51, 8. Romero (Los Amigos) 21:18, 9. Maxey (Sonora) 21:20, 10. Hernandez (Sonora) 21:37.

Los Angeles City Section Finals

November 23, Pierce College.

Boys

1. Benmohamed (Monroe) 15:28, 2. Lopez (Belmont) 15:42, 3. Martinez (Bell) 15:59, 4. Bergeron (Hamilton) 16:05, 5. Friedman (Taft) 16:11, 6. Correa (No Hollywood) 16:21, 7. Lorenzo (Birmingham) 16:22, 8. Acevedo (Birmingham) 16:23, 9. Obeso (Bell) 16:24, 10. Vargas (Belmont) 16:26, 11. Perez (Garfield) 16:27, 12. Gavino (No Hollywood) 16:29, 13. Luna (Garfield) 16:29, 14. Newman (Bravo Medical) 16:30, 15. Muite (No Hollywood) 16:35.

Team Scores: 1. Belmont 65, 2. Birmingham 82, 3. North Hollywood 87, 4. Garfield 104, 5. Bell 106, 6. University 146, 7. South Gate 195, 8. Palisades 197, 9. Bravo Medical 206, 10. Monroe 216.

Girls

1. Burgess (Birmingham) 19:03, 2. Gamel (El Cam Real) 19:17, 3. Bailey (ECR) 19:29, 4. Perry (Hamilton) 19:29, 5. Flores (San Pedro) 19:34, 6. Ayon (Bell) 19:39, 7. Herrera (No Hollywood) 19:40, 8. Acadio (Reseda) 19:40, 9. Campbell (Palisades) 19:41, 10. Munoz (Franklin) 19:47, 11. Cruise (Palisades) 19:48, 12. Serrato (Narbonne) 19:51, 13. Santin (Taft) 19:58, 14. Serralde (Bell) 19:58, 15. Salcedo (Roosevelt) 20:01.

Team Scores: 1. El Camino Real 68, 2. Bell 87, 3. Birmingham 87, 4. Narbonne 102, 5. Taft 121, 6. Palisades 152, 7. Franklin 156, 8. Roosevelt 165, 9. Chatsworth 204, 10. South Gate 213.

CIF Southern Section Cross Country Championships

November 23, 1996: Mt. San Antonio College, Walnut, CA. 2.9 mile paved rain course. Top four teams, plus first 5 individuals among top 15 finishers on a non-qualifying team advance to state finals, from Dave Winder.

Boys

Division I

Teams: 1. Long Beach Poly 91, 2. Santa Ana Valley 109, 3. Peninsula 115, 4. Hoover/Bur 124, 5. Chino 127, 6. Ayala 136, 7. El Toro 152, 8. Temecula Valley 163, 9. Thousand Oaks 217, 10. Corona 230, 11. Capistrano Valley 250, 12. Arroyo Grande and Century 262.

Individuals:

1. Lopez (Hoover) 14:15, 2. Nyberg (Irvine) 14:26, 3. Gallagher (Temecula Valley) 14:31, 4. Durham (LB Poly) 14:33, 5. Estrada (Santa Ana Valley) 14:33, 6. Taylor (Peninsula) 14:36, 7. Deane (Peninsula) 14:38, 8. Smith (Ayala) 14:42, 9. Hipskind (Buena) 14:44, 10. Ramirez (Roy) 14:46.

Division II

Teams: 1. Hemet 123, 2. Santa Margarita 124, 3. Santa Ana 127, 4. Huntington Beach 138, 5. Rubidoux 144, 6. Anaheim 159, 7. Righetti 162, 8. Burbank 179, 9. Orange 180, 10. Yucaipa 182, 11. Arroyo 188, 12. Norte Vista 212, 13. Dana Hills 217.

Individuals:

1. Gleason (Mission Viejo) 14:20, 2. Russell (Orange) 14:27, 3. Gaston (Huntington Beach) 14:30, 4. Leahy (Burbank) 14:32, 5. Buchanan (Righetti) 14:33, 6. Trueba (Huntington Beach) 14:35, 7. Leon (Santa Ana) 14:40, 8. Geyer (Palmdale) 14:41, 9. Murray (Santa Margarita) 14:41, 10. Hernandez (Rubidoux) 14:42.

Division III

Teams: 1. Tustin 67, 2. Barstow 120, 3. Katella 121, 4. Bosco Tech 125, 5. Newport Harbor 140, 6. Newbury Park 151, 7. El Modena 156, 8. Brea Olinda 173, 9. Sonora 189, 10. Paso Robles 210, 11. Laguna Hills 243, 12. Glenn 295, 13. San Luis Obispo 301.

Individuals:

1. Jackson (Rim of the World) 14:26, 2. Billsborough (Barstow) 14:29, 3. Green (Littlerock) 14:40, 4. Blackwell (San Luis Obispo) 14:45, 5. Gordillo (Tustin) 14:48, 6. Perez (Rosemead) 14:55, 7. Wood (Newbury Park) 14:56, 8. Smith (Tustin) 14:59, 9. Neubauer (Katella) 14:59, 10. Marciales (Tustin) 15:01.

Division IV

Teams: 1. Sultana 115, 2. Nordhoff 123, 3. Corona del Mar 125, 4. Costa Mesa 127, 5. Yucca Valley 144, 6. San Marino 151, 7. Notre Dame 167, 8. Beaumont 200, 9. Pioneer 202, 10. Estancia 204, 11. Morro Bay 207, 12. Lompoc 223, 13. Cabrillo 234.

Individuals:

1. Festa (Morro Bay) 14:13, 2. Herman (Nordhoff) 14:21, 3. Farley (Lompoc) 14:38, 4. Hancock (Costa Mesa) 14:57, 5. Ochoa (Nordhoff) 14:58, 6. Rogers (Corona del Mar) 15:00, 7. Gutierrez (SD) 15:01, 8. Solis (Costa Mesa) 15:08, 9. Avila (Beaumont) 15:09, 10. Beardslee (Corona del Mar) 15:14.

Division V

Teams: 1. Orange Lutheran 83, 2. Oak Park 107, 3. Maranatha 127, 4. St. Bonaventure 155, 5. Salesian 166, 6. L.S. Baptist 171, 7. Flintridge Prep 176, 8. Paraclete 178, 9. St. Joseph/SM 188, 10. Pasadena Poly 199, 11. Crossroads 213, 12. Desert Christian 221, 13. La Salle 227.

Individuals:

1. Downey (St. Margaret's) 14:59, 2. Felix (St. Joseph/SM) 15:01, 3. Hall (Flintridge Prep) 15:03, 4. Hoetzel (Mamm) 15:03, 5. Torres (St. Bonaventure) 15:10, 6. Schultz (Flintridge Prep) 15:11, 7. Sharp (SC) 15:15, 8. Tomlinson (Crossroads) 15:19, 9. Fischer (Orange Lutheran) 15:20, 10. Cole (Desert) 15:25.

Girls

Division I

Teams: 1. Esperanza 79, 2. Ayala 93, 3. Irvine 101, 4. El Toro 162, 5. Buena 165, 6. Redlands 169, 7. Rialto 188, 8. Los Alamitos 188, 9. Thousand Oaks 195, 10. Quartz Hill 219, 11. Arroyo Grande 233, 12. Canyon Springs 240, 13. Crescenta Valley 272.

Individuals:

1. Burris (Ayala) 16:59, 2. Day (Quartz Hill) 17:07, 3. Armstrong (Thousand Oaks) 17:20, 4. Zehntner (Irvine) 17:20, 5. Harrill (Quartz Hill) 17:26, 6. Jones (Rialto) 17:26, 7. Smith (Chino) 17:29, 8. Nilsson (Ayala) 17:29, 9. Miske (El Toro) 17:35, 10. Tolar (Redlands) 17:41.

Division II

Teams: 1. Yucaipa 60, 2. Ventura 91, 3. Dana Hills 105, 4. Mission Viejo 135, 5. University 156, 6. Canyon/SC 174, 7. Santa Margarita 182, 8. Woodbridge 209, 9. Highland 226, 10. Sunny Hills 233, 11. Mater Dei 235, 12. Saugus 240, 13. Marina 242.

Individuals:

1. Neipo (Highland) 16:12, 2. Marquand (University) 16:34, 3. Welsch (Yucaipa) 16:40, 4. Nuanes (Santa Margarita) 16:45, 5. Flesman (Canyon/SC) 16:52, 6. Leonard (Dana Hills) 17:08, 7. Moore (Woodbridge) 17:22, 8. Rope (Santa Margarita) 17:27, 9. Whiteside (Yucaipa) 17:29, 10. Grossheim (Yucaipa) 17:30.

Division III

Teams: 1. El Modena 80, 2. San Geronio 121, 3. Dos Pueblos 123, 4. St. Lucy's 124, 5. Newport Harbor 143, 6. Katella 162, 7. Westlake 189, 8. Pacifica 198, 9. Laguna Hills 199, 10. San Luis Obispo 209, 11. Norco 209, 12. Buena Park 276, 13. La Habra 291.

Individuals:

1. Garrison (Buena Park) 17:21, 2. McFall (Newport Harbor) 17:25, 3. Thomas (Laguna Hills) 17:34, 4. Vega (San Geronio) 17:35, 5. McGown (Servite) 17:42, 6. Santibanez (Katella) 17:46, 7. Marquez (St. Lucy's) 17:49, 8. Patterson (San Luis Obispo) 17:49, 9. Dahlberg (El Modena) 17:59, 10. Wilkinson (Alemany) 18:02.

Division IV

Teams: 1. Nordhoff 34, 2. La Canada 78, 3. Corona del Mar 104, 4. Sultana 142, 5. Cathedral City 152, 6. Louisville 162, 7. Flintridge Sacred Heart 186, 8. South Hills 220, 9. Estancia 225, 10. Rancho Alamitos 236, 11. Fillmore 275, 12. Rosary 288, 13. Morro Bay 298.

Individuals:

1. Canchola (Nordhoff) 16:49, 2. Ellis (La Canada) 17:08, 3. Chapin (Nordhoff) 17:27, 4. Hatch (Nordhoff) 17:47, 5. Michel (Morro Bay) 17:50, 6. Harrington (Louisville) 17:52, 7. Lankhaar (Cathedral City) 17:54, 8. Garrill (La Canada) 17:59, 9. Maude (La Canada) 17:59, 10. Whitesock (Sultana) 18:14.

Division V

Teams: 1. Orange Lutheran 63, 2. St. Joseph/SM 69, 3. La Salle 103, 4. St. Bonaventure 149, 5. Pasadena Poly 161, 6. Maranatha 174, 7. Chadwick 187, 8. Paraclete 192, 9. Westridge 207, 10. Webb 226, 11. Marlborough 240, 12. L.A. Baptist 275, 13. Desert Christian/Lan 299.

Individuals:

1. Groncy (Orange Lutheran) 16:23, 2. Newhall (Pasadena Poly) 16:29, 3. M. June (St. Joseph/SM) 18:33, 4. Laquer (Marlborough) 18:48, 5. Peters (Orange Lutheran) 18:52, 6. Torres (St. Bonaventure) 18:55, 7. Miller (La Salle) 18:56, 8. K. June (St. Joseph/SM) 18:57, 9. Carter (St. Joseph/SM) 19:10, 10. Herrera (Chadwick) 19:15.



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COACHES EDUCATION

From George Payan

Training the Middle Distance Runner

By
Jack Ransone, Ph.D.

While performance continued to improve for United States Olympic athletes through the 1980's and the early 1990's, the recent world competitions has shown that this improvement has stalled. Previous improvements were, in part, the result of continued development of training

methods and coaching education through increased influence of science. This particularly applies to sports medicine, sports physiology and sports psychology, as well as biomechanics. All areas of science contributed to the improved performance parameters in middle distance running.

The factors that decide the performance in middle distance running are **anaerobic endurance** and **aerobic power**.

Anaerobic endurance primarily determines how long an athlete can sustain maximum power output with a minimum drop in speed. Its greatest effect is noticed on distances which require performance times of two to five minutes, ie. 800 to 1500 meter events. Anaerobic endurance is determined by: 1) productive power of these energetic pathways which are concerned with anaerobic glycolysis and, 2) subjective tolerance to lactic acid accumulation. Anaerobic breakdown of carbohydrates occurs in the cell and the required enzymes are dominant in fast-twitch muscle fibers. Lactate tolerance is related to pain threshold and motivational level, as well as lactate removal rate from the muscle cells.

To tie together this enormous lactate puzzle requires an understanding of 3 different working units within this energy system. The first working unit is termed Speed Endurance. To challenge this system, runs are done at maximum or sub-maximum speed (90-100%) for approximately 7 to 20 seconds (60-150 meters), like speed, this involves a motor educational process to implant the correct patterns, not the actual energy source. Speed endurance runs can be done with-

out the penalizing disadvantage of heavy lactate accumulation. No more than 2 to 3 sets or 300-1200 meters in total distance should be run. Sets of 2 to 5 reps with 2 to 5 minutes recovery between sets, and 8 to 10 minutes between reps is recommended.

Special Endurance I refers to the technical demand and/or the energy system demands. Runs are done at 90 to 100% for approximately 20 to 40 seconds (150-300 meters) with complete or near complete recovery (10-20 minutes) between reps. 1 to 5 reps are done for this competition specific type endurance for 300 to 1200 meters in total distance. Special Endurance II involves 1 to 3 runs, done at 90 to 100% intensity for approximately 40 seconds to 2 minutes, 300-600 meters, with complete or near complete recovery (20-30 minutes). Low intensity jogging or tempo runs (40-50% intensity) will help recovery and removal of lactates in 20 to 30 minutes. If just walking or sitting recovery is done, it will take 1-2 hours to remove lactate accumulation.

Anaerobic power is associated with the biochemical ability to produce the greatest amount of aerobic energy (ATP through oxidative phosphorylation) per time unit. This is one limiting factor in events which demand peak energy output and energy production during a period of four to twelve minutes, 1500 to 3000 meter events. Aerobic power is largely limited by transport, rather than utilization, of oxygen. Factors of the greatest influence here are lung diffusion, hemoglobin, pumping ability of the heart and capillarization of specific muscles.

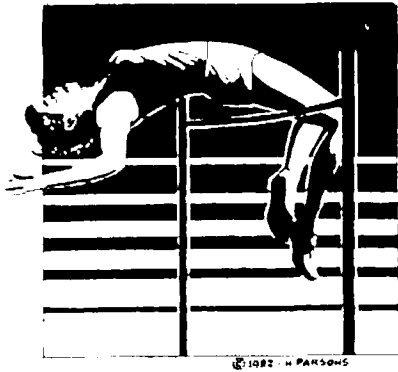
Training for anaerobic endurance entails what is often called "lactate training". Training results are rapid but of brief duration. In addition, this type of training is very strenuous and taxing on the athlete, so its use should be restricted to certain intense periods just prior to peaking for competition. Lactate training should be conducted as interval training with incom-

continued next page...

The information submitted for the Coaches Alliance section is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. **George Payan** (Head Cross Country and Track Coach at Santa Ana Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact: George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443. In addition, please send any information you have on California coaching clinics. Thank you!





An Argument for Fundamentals in the Flop High Jump

By Jim Kiefer

Head Men's Coach, Fullerton College

After reviewing several articles on the mechanics and techniques employed in the development of high jumpers, one primary trend became evident. It is not uncommon for writers (especially coaches) who are writing and describing the principles of training for the flop high jump to conclude that the practices of a gifted athlete (his/her behaviors) explain the proper or correct variables and absolutes for everyone participating in the event to model themselves after.

The error in this assertion lies in the fact that conclusions are being drawn from

the specific at the expense of the general. Another way of saying this is that these authors, who are expressly impressed with a particular athlete's performance, are guilty of focusing on the individual differences that exist between persons and attributing some underlying truth or value to a difference while overlooking the applied laws of our environment that are the universal causatives for a particular effort.

■ God or natural law explains what occurs in our universe, not the actions, behaviors, or compensations of any individual entity.

With this in mind, consider two conclusions that may apply to the training

modes one would likely employ in the process of teaching young men and women to become competent high jumpers.

CAUSE AND EFFECT

In nature we are aware of the maxim that Mr. Newton forwarded to us: "For each action, there will be an equal and opposite reaction." A precise force imparted by an athlete's body striking the ground and extending and flexing the major muscles of the appendages with the take-off foot will result in a precise raising or lifting of the individual's center of mass (COM). This is observable and measurable. The greater the force against the earth's surface, the greater the displacement of the COM in the opposite direction of that force. The direction and amount of

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Middle Distance, continued

plete recovery between highly intensive work periods.

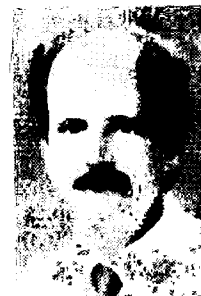
Aerobic power is improved by intensive bouts of exercise lasting four to eight minutes. Heart rate should exceed 180 beats per minute and jogging during "rest" should never be so slow as to allow heart rate to drop below 120 beats per minute. Rest intervals could be about equal in length to the work periods. It is essential to note that no athlete should be subjected to highly-intensive bouts of exercise without completing overdistance training. This is especially critical in young athletes; it takes years of diligent endurance training and tempo intervals with allowance for good lactate removal from the muscles to tolerate highly-intensive exercises.

Extensive Tempo training involves running at 60-80% (HR 120-160) intensity, the trained athlete will experience lactate

formation but only a fraction of those levels reached while running at 90-100% intensity. Continuous running at extensive tempo levels assists the removal of lactate and the body's ability to tolerate greater levels of lactate. At submaximal work levels of 60-80%, lactate forms in larger amounts when the oxidative system is insufficient to meet the demands of the muscle, creating a state of oxygen shortage or oxygen debt accelerating the demand for anaerobic metabolism. This level may not occur until well into the workout or during intensive tempo work. This method involves relaxed and smooth running at 60-80% intensity, to assist recovery and enhance the oxidative mechanisms.

Intensive Tempo training refers to exercise at 80-90% (HR 160-180) intensity, a relaxed, smooth and controlled tempo will allow an athlete to run without undue stress. Stress develops from running tight with poor mechanics bringing about a type of emotional and mental fatigue often associated with stress. An athlete may not

necessarily get tired from running fast, but from working harder. Insufficient oxygen and the build-up of lactate will bring muscle activity to a stop, owing to a build-up of waste products causing fatigue. The onset of this condition is determined to a large extent by the efficiency of circulation developed with extensive tempo preparation. Tempo work of all three levels is used by progressively increasing its intensity and gradually work into special and speed endurance sessions. It is intensive tempo that lays the base for anaerobic energy systems which follow.



Dr. Ransone is Associate Professor of Human Performance at San Jose University and also serves the USATF as a Level II and Level III Coaching Education Instructor.

COACHES EDUCATION

Flop High Jump, continued

change in the COM will be determined by the direction and magnitude of the force as it is imparted to the take-off surface.

Therefore, an important component of the training plan would be to condition each athlete so as to increase the amount of explosive force (power) that each would be capable of applying and releasing into the take-off surface. This strategy is a simple result of the critical thinking process, but it is essential to utilize the occasion to train the athlete's awareness and understanding of this concept as well as his/her body in the principle. It will open the door to the understanding and awareness of the necessity for sound progressions in their training. It will explain and give meaning to such variables as the length of run necessary for best performance at each individual's specific stage of development. Not every athlete is going to use the ten step approach. Some will not benefit from this quantity. However, as the individual gains strength and control, they may benefit by increasing the quantity of potential force by lengthening the run up. As an individual becomes stronger and more in control, they may need to go beyond that which is the norm for experienced jumpers. But those individual differences are specific to each individual's personal characteristics and abilities.

SUMMATION OF FORCES

Where there is more than one vector of force being generated in a particular effort, the forces created by each cause will be added to one another so as to impact the center of mass of the athlete cumulatively. With this understanding in mind, it is clear why the coach must spend time teaching the athlete not only that he/she must run in a curvilinear path, but why this must be the case. Force generated in a linear pathway is expressed with a specific measurable amount of potential work depending upon the variables of velocity, mass of the individual and the distance of the described path. In the high jump, this potential work force will be translated into the vertical moment when the athlete performs the take-off movements. If the athlete's run up is ten steps in length, then the amount of force will be cumulatively developed by the nature and characteristics

of linear momentum. If the quality of this straight or linear approach is modified with the addition of a portion of the run up being performed on a curved pathway, then the value of work is affected positively. This is because the curved pathway must be executed in such a way that a greater force will be exerted (a result of countering centrifugal force). When the take-off is performed with these two vectors or work potentials functioning and reacting together, the result is greater than the forces exerted by either one. What this means is that the athlete who performs the run up correctly will be able to realize greater energy into the act of lifting the COM vertically and, in addition, the collective or summative nature of the run up will supply the necessary force and direction to carry his/her body in the optimum direction for bar clearance.

The simple purpose of this article is to argue, again, the necessity for coaches and athletes to return to the basic fundamentals of technique and training that will reinforce truth and sound performance. The basic study and application of sound biomechanical principles will result in sound training plans. The result of this sound and defensible method will give

greater and continuing confidence to the athlete during difficult and stressful training, problem solving and competition.

Jim Kiefer has been the head track and field coach at Fullerton College for the past eighteen years. A long time fixture in the Southern California Track and Field community, he has seen coaching action at the high school, junior college and university levels. Kiefer has been a field event specialist and has worked with some of California's finest athletes over his twenty-eight year coaching career. Arnie Robinson (1976 Olympic Long Jump Champ),



Willie Banks (former world Triple Jump record holder), Dave Laut (former American Shot Put record holder), Mike Tully (former indoor and outdoor record holder in the Pole Vault), and Doug Nordquist (1984 Olympic High Jumper) are but a few of the athletes who have worked with Coach Kiefer. A frequent speaker on the track and field clinic circuit, Kiefer has been a prominent part of the Amateur Athletic Foundation's Track and Field coach education program since its inception in 1991.

CALIFORNIA

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COACHES EDUCATION ARTICLES COMING UP . . .

- ✓ 800 & 1600 meters
- ✓ Relays: "Getting It Done in the Zone"
- ✓ Part III of the H20 Exercises

Aquatic Exercise Program as an Effective Alternative Method of Cross Training for Cross Country and Track Athlete

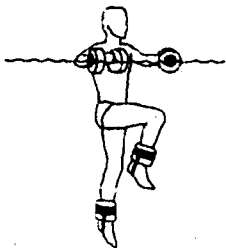
PART II

Below is a list of some typical track-related exercises that can be used for both aerobic (endurance) and anaerobic (power) training.

Deep Water Exercises

The following exercises are to be performed in a vertical position with the abdominal musculature contracted to help stabilize the spine. Maintaining the three natural curves of the spine begins at the head. Alternating concave-convex curvatures begins at cervical spine and progresses to the lumbar spine. Maintaining proper head position with the chin tucked shoulders retracted and the abdominal muscles taught to help avoid lumbar hyperextension.

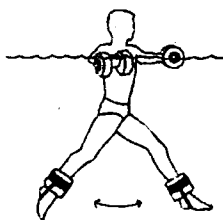
High Knees**



Alternate hip and knee flexion on one side and hip and knee extension on the other. In each deep water exercise the athlete

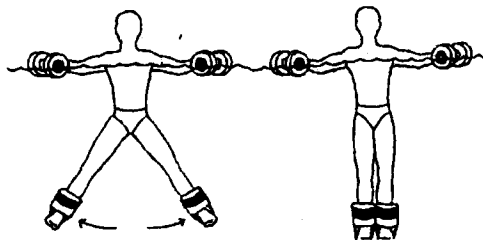
lete is shown using hydro-fit dumbbells (buoyancy assistive devices) in each hand and hydro-fit cutoffs (buoyancy assistive and resistive devices around ankles). These devices are optional. Exercise can also be conducted in a corner section of the pool as the athlete holds the top pool coping section for support. Pool side bars can also be used for upper body support during lower extremity exercise.

Cross Country Ski (CC Ski)**



Alternate hip flexion and extension while keeping the arms and legs straight.

Half Jack**

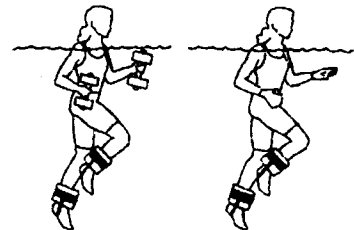


Simultaneous hip flexion with knee extension and hip extension with knee extension.

Jogging

Simulation of jogging on land performed in the water. See description of running.

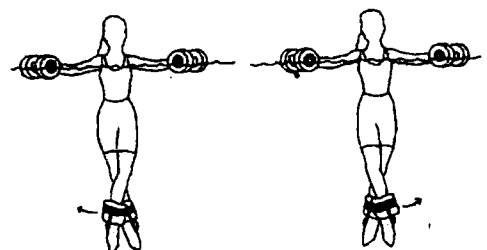
Running**



Running in deep water is performed with the in a 5 degree forward tilt. This bend should occur at the hips, not from the spine. The biomechanical movement pattern of water running resembles that used on land. (3) Running in water requires the following techniques:

- A) The head is held comfortably out of the water, facing forward; avoid the forward head and shoulder posturing.
- B) Maintain a neutral spine as previously described.
- C) The arm action is the same as for land running, with the primary movement occurring at the shoulder and with the hands relaxed but lightly closed. (3)
- D) Hip flexion should reach approximately 60-80 degrees at the same time the knees flex or extend. (3)
- E) Ankle movements should include both dorsi and plantar flexion.

Scissors**



By
Michael Mandas, P.T.;
Andrew R. Einhorn, P.T. C.S.M.T.;
Jon Ellertson, B.S., P.T.A.;
Shawn Hickling, B.S.
 Exercise Physiology;
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 Athletic Training;
Michael Quinn; Gilbert Orbeso
 of
Los Alamitos Orthopaedic & Sports Physical Therapy

continued next page...

COACHES EDUCATION

Start with hip and knee extension bilaterally. Adduct both legs, one in front the other behind, followed by, abduction and adduction but the rear leg is now in front and the front is now behind.

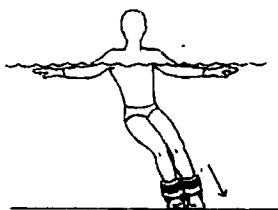
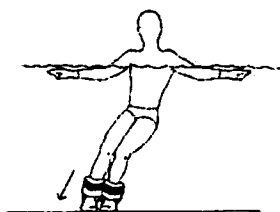
Knee Extension

Place thigh buoy between inner thighs just above the knee joint. Keep thighs together while simultaneously alternating knee flexion on one leg and knee extension on contralateral knee.

Shallow Water Exercises

Double Leg Hopping/Single Leg Hopping

(Forwards-Backwards-Side to Side with feet together). Shown below is side to side hopping. Hydro-fit cuffs (buoyancy assistive and resistive devices around ankles). These devices are optional.



Shallow hops, directly upward, with only slight knee bend upon impact. Emphasize a proper lower extremity alignment. Keep the patella over the big toe during all movements. The quadriceps femoris muscles will control patellofemoral alignment if excessive valgus-varus posturing is avoided.

High Knees

Exaggerated walking, performed by full flexion of hip and knee while other leg remains fixed on pool bottom.

Skateboarding (6)

Performed with one leg fixed on the edge of a step while the other leg simulates the propulsion phase of skateboarding. The leg on the step slightly bends with the "toe touch" part of this exercise.

Split Jumps

Alternating lunges performed at a high intensity by jumping out of the lunge and alternating the lead leg.

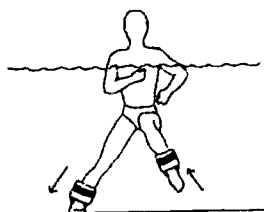
Step Jumps-Double Leg

Double Leg jump upwards, onto a step, followed by a backwards "hop" off the step.

Jump Squats

Legs shoulder width apart. Start in a semi-squat position, followed by a forceful jump upwards and only a slight knee bend upon impact.

Speed Skaters**



Alternating sideways hopping on one leg. Similar to the motion performed by an ice skater.

Split Jumps on Step

Similar to split jump only the lunge is performed on a step.

Skier Side Jumps

Double leg side hopping performed in a side-to-side or diagonal motion.

Karioka

Sideways walking or jogging only lead leg alternates between each step.

Hopping Single Leg

Same as hopping described previously, only performed on one leg.

North/South/East/West

Instructor cues athlete on spontaneous change of direction on any given exercise, mostly running.

Deceleration Jump Squats

Begin with the legs shoulder-width apart and slightly bent. Jump upwards and absorb the impact of the landing by performing a moderate bend at knees.

WALL CONDITIONING

Burpees

Arms remain fixed at poolside while athlete performs full body extension away from poolside, followed by full body flexion toward poolside. Same as traditional physical education exercise only performed in deep water.

Crunches

The athlete starts in a vertical position and then proceeds to "curl" lower body up toward the water surface and returns to the vertical position. Emphasize a neutral spine position.

BALANCE AND PROPRIOCEPTION

Deep H2O Wonderboard Squatting

Athlete attempts standing on wonderboard while simultaneously performing deep leg squats.

SLIPS (7) = Single Leg Integrated Proprioception Skills

A) Single Leg Balance -- Balance on one leg with minimal body movement.

B) SLIPS with Leg Swing--While standing on involved leg, combine contralateral hip flexion and extension.

C) SLIPS with KNEE LIFT--While standing on involved leg, combine contralateral hip and knee flexion as in marching. Alternate shoulder flexion-extension while maintaining elbow flexion of 90 degrees. This arm motion simulates running.

COMING UP . . . In the next issue we will return with Part III, which will such topics as "Beginning, Intermediate and Advanced Exercises for Knee Problems, Shin Splints and Stress Fractures."

RESULTS

TRACK & FIELD

Bronco Invitational Cross Country

October 26, 1996: Cal Poly Pomona, Pomona, CA
Men's 8K:

1. Chris Merley (So. Utah)	24:19
2. Danny Martinez (Unat)	24:26
3. Mike Baldaras (CS Northridge)	24:36
4. Gary Borbon (Unat)	24:48
5. Phil Woolston (So. Utah)	25:12
6. Luis Baca (CS Fullerton B)	25:15
7. Tom Castro (Unat)	25:16
8. Will Bernaldo (CS Northridge)	25:19
9. Ian Blair (Unat)	25:24
10. Adam Moore (So. Utah)	25:38

Team Scores: 1. Southern Utah 30, 2. Cal State Fullerton "B" 79, 3. Pepperdine 124, 4. Loyola Marymount 142, 5. UC San Diego "B" 75, 6. The Masters College 127, 7. Chapman College 162.

Women's 5K:

1. JoJo Yaba (Unat)	17:17
2. Terri McAllister (Urb/Cyt)	17:26
3. Sara MacDougall (CS Fullerton B)	17:32
4. Carmen Martinez (Unat)	17:38
5. Katherin Kechris (UCLA)	17:38
6. Melinda George (UCLA)	17:39
7. Jessica Corbin (UCLA)	17:40
8. Christina Bowen (UCLA)	17:45
9. Krista Ayuso (Unat)	17:48
10. Kara Bamard (UCLA)	18:02
11. Heather Bray (UC Santa Barbara)	18:03
12. Vanessa Lund (UC Santa Barbara)	18:04
13. Denisha Bendz (CS Fullerton B)	18:06
14. Esther Woolston (So. Utah)	18:12
15. Kim Rouse (Urb/Cyt)	18:17

Women's Div. 1 Team Scores: 1. UCLA 20, 2. UC Santa Barbara "B" 62, 3. Cal State Fullerton "B" 84, 4. Southern Utah 107, 5. UC Irvine 112, 6. Loyola Marymount 139, 7. Pepperdine 148.

Women's Div. 2 Team Scores: 1. Urbanek/Cytomax 55, 2. UC San Diego "B" 96, 3. Biola University 117, 4. Chapman University 120, 5. Masters College 208, 6. College of the Desert 214.

CCAA Cross Country Championships

October 26, 1996: Cal Poly Pomona, Pomona, CA
Men's 8K

1. Dan Reed (UC Riverside)	23:59
2. Steve Nudge (UC Riverside)	24:23
3. Cliff Curtis (CP Pomona)	24:43
4. Jose Rangel (CP Pomona)	24:51
5. Gavin Klingler (UC San Diego)	24:52
6. Rondie Gibbs (CP Pomona)	24:53
7. Rhodes Walton (UC San Diego)	24:53
8. Warren Wolf (CP Pomona)	24:56
9. Bryan Leek (UC San Diego)	24:58
10. Michael Moreno (CP Pomona)	25:03
11. Bryan Ramos (CP Pomona)	25:07
12. Devin Bards (Grand Canyon)	25:16
13. Oscar Urizar (CS Los Angeles)	25:29
14. Jonathan Spano (Grand Canyon)	25:35
15. Tedros Berhane (UC Riverside)	25:39

Team Scores: 1. Cal Poly Pomona 31, 2. UC San Diego 54, 3. UC Riverside 77, 4. Grand Canyon 101, 5. Cal State Los Angeles 113.

Women's 5K

1. Martha Pinto (CS Los Angeles)	17:14
2. Laura Bermudez (CS Los Angeles)	17:56
3. Michelle Barnes (Grand Canyon)	17:59
4. Catherine Ellett (Grand Canyon)	18:21
5. Jenny Card (UC San Diego)	18:31
6. Danielle Pekar (UC Riverside)	18:37
7. Maggie Dwire (UC San Diego)	18:43
8. Amy Kitchen (UC San Diego)	18:50
9. Autumn McManis (Grand Canyon)	18:54
10. Maria Jaramillo (Grand Canyon)	18:56
11. Courtney Gray (UC San Diego)	19:02
12. Kristen Koenig (UC San Diego)	19:03
13. Kai Ramachandran (UC Riverside)	19:06
14. Christine Darga (Grand Canyon)	19:10
15. Meghan Scott (UC San Diego)	19:11

Team Scores: 1. Grand Canyon 40, 2. UC San Diego 43, 3. Cal State Los Angeles 87, 4. UC Riverside 87, 5. Cal Poly Pomona 145.

SCIAC Championships

October 26, 1996: Prado Park, Chino Hills.

Men-8000 meters

1. Dan Kleiman (Cal Tech) 25:50, 2. Juan Rodriguez (Whittier) 26:08, 3. Barry Dabbaghian (Redlands) 26:09, 4. Jed Colvin (Cal Lutheran) 26:26, 5. Jose Tomayo (Occidental) 26:31, 6. Matt Tompkins (Occidental) 26:36, 7. Jason Detwiler (Occidental) 26:37, 8. James Uwins (Claremont Mudd Scripps) 26:45, 9. Ken Reed (Redlands) 26:50, 10. Walter Voegtl (ClareMS) 27:05.

Team Scores: 1. Claremont MS 52, 2. Occidental 62, 3. Whittier 86, 4. Redlands 109, 5. Cal Tech 117, 6. Pomona-Pitzer 119, 7. La Verne 163, 8. Cal Lutheran Inc.

Women-5000 meters

1. Louise Trench (Clare MS) 18:38, 2. Stephanie Shideler (Pom-Pitz) 18:56, 3. Talla Starkey (Occid) 19:18, 4. Claudia Murilo (Whitt) 19:35, 5. Callin Henderson (Cal Tech) 19:40, 6. Yarrow Moeuch (Clare MS) 19:41, 7. Rosa Sanchez (LaVerne) 19:55, 8. Sedina Banks (Clare MS) 20:16, 9. Alayna Smith (Pom-Pitz) 20:17, 10. Heather Backer (Whitt) 20:19.

Team Scores: 1. Clare MS 42, 2. Pomona-Pitzer 53, 3. Occidental 99, 4. LaVerne 112, 5. Whittier 115, 6. Cal Tech 131, 7. Redlands 158, 8. Cal Lutheran Inc.

Big West Conference Championships

November 2, 1996: Columbia Village Sports Complex, Boise, Idaho. From Dave Winkler

Men's Results, 5 miles

Team Results:

1. Boise State 16 (1-2-3-4-6-11-30), 2. Utah State 70 (5-9-10-15-32-42-65), 3. UC-Santa Barbara 82 (9-12-19-20-22-23-35), 4. UC-Irvine 113 (16-18-21-24-34-36-45), 5. Long Beach State 166 (14-17-33-48-54-58-64), 6. Idaho 175 (7-25-44-48-53-55-62), 7. Cal Poly SLO 181 (13-28-31-52-57), 8. Cal State Fullerton 183 (27-37-38-40-41-47-49), 9. North Texas 226 (29-39-43-56-59), 10. New Mexico State 248 (26-50-51-60-61-63-66).

Individual Results:

1. Jose Uribe (BSU) 24:54, 2. Cormac Smith (BSU) 25:07.5, 3. Josh Danielson (BSU) 25:18.5, 4. Jerry Zlak (BSU) 25:31.5, 5. Toby Conley (USU) 25:44.2, 6. Tom Carey (BSU) 25:47.8, 7. Frank Bruder (UI) 25:50.6, 8. Shane Bingham (USU) 25:52.4, 9. Ben Flamm (UCSB) 25:54.1, 10. Glenn Busch (USU) 25:56.1, 11. John McKay (BSU) 26:04.8, 12. Nate Jobe (UCSB) 26:12.8, 13. Joe Tavernier (CPSLO) 26:22.8, 14. Pat Bendzick (LBS) 26:23.9, 15. Trevor Wiley (USU) 26:25.9, 16. Jorge Gutierrez (UCI) 26:29.3, 17. Dennis Swenigson

(LBS) 26:29.9, 18. Shawn Frack (UCI) 26:39.1, 19. John Stires (UCSB) 26:41.4, 20. Nate Elston (UCSB) 26:42.4, 21. Jesse Kimball (UCI) 26:44.4, 22. Trent Bryson (UCSB) 26:48.2, 23. Liam Jones (UCSB) 26:50.7, 24. Doug Frichtel (UCI) 26:51.2, 25. Bernd Schroeder (UI) 26:52.6, 26. Simon Miera (NMS) 26:54.4, 27. Luis Baca (CSF) 27:02.6, 28. Brian Cullum (CPSLO) 27:05.1, 29. Ricky Stover (NT) 27:07.2, 30. Chris Decker (BSU) 27:08.7,

31. Dave Mitchell (CPSLO) 27:09.2, 32. Frank Torres (USU) 27:12.2, 33. Trevor Marca (LBS) 27:12.5, 34. Robert Frichtel (UCI) 27:14.7, 35. Jason Kolb (UCSB) 27:18.0, 36. Byron Hardie (UCI) 27:19.6, 37. Phil Sitzer (CSF) 27:20.2, 38. Josh Slater (CSF) 27:24.4, 39. Alan Roberts (UCSB) 27:27.5, 40. David Drueckhammer (NT) 27:30.8, 40. Dave Picha (CSF) 27:30.8, 42. Andy Stauffer (BSU) 27:33.5, 43. Adam Loo (CSF) 27:34.344, Jason Jones (USU) 27:35.345, George Lutkenhaus (NT) 27:37.646, Josh Muxen (UI) 27:39.5, 47. Shahram Dezhad (UCI) 27:41.2, 48. Dave Blum (UCSB) 27:43.3, 49. Blaine Maley (UI) 27:45.4, 50. Josh Carolan (UCI) 27:49.3.

Women's Results 5K

Team Results:

1. UC-Santa Barbara 57 (5-6-7-17-22-31-52), 2. Boise State 87 (2-8-11-32-34-49-58), 3. Utah State 94 (9-12-16-18-39-43-46), 4. UC-Irvine 99 (10-19-21-23-26-27-35), 5. Cal Poly SLO 109 (4-13-14-24-54-57-67), 6. Cal State Fullerton 158 (15-20-29-44-50-63-65), 7. Idaho 164 (25-28-36-37-38-41-78), 8. Nevada 167 (1-3-48-56-59-70-75), 9. North Texas 230 (30-42-45-55-58-60), 10. Long Beach State 268 (40-47-51-61-69-71-77), 11. NewMexico State 278 (33-53-62-64-66-79), 12. Pacific 375 (72-73-74-76-80-81-82).

Individual Results:

1. Denise Danielson (UN) 17:36.8, 2. Niamh Beime (BSU) 17:58.5, 3. Angie Fortner (UN) 18:02.5, 4. Clair Becker (CPSLO) 18:13.2, 5. Gabriela Rodriguez (UCSB) 18:18.6, 6. Heather Bray (UCSB) 18:21.4, 7. Eliza Alexander (UCSB) 18:23.2, 8. Judy Barretto (BSU) 18:26.5, 9. Colleen Walsh (USU) 18:26.8, 10. Jamie Blair (UCI) 18:30.8, 11. Brenda Funk (BSU) 18:34.4, 12. Angie Winkler (USU) 18:34.7, 13. Lori Fancos (CPSLO) 18:38.7, 14. Amber Robinson (CPSLO) 18:41.4, 15. Sonia Perez (CSF) 18:43.1, 16. Carl Connolly (USU) 18:43.5, 17. Vanessa Lund (UCSB) 18:44.8, 18. Anna Pett (USU) 18:45.4, 19. Kay Nekota (UCI) 18:49.4, 20. Teresa Santana (CSF) 18:51.0, 21. Holiday Molway (UCI) 18:52.2, 22. Mary Crane (UCSB) 18:53.1, 23. Carrie Quinn (UCI) 18:54.8, 24. Nikki Shaw (CPSLO) 18:58.6, 25. Althea Belgrave (UI) 18:59.2, 26. Magi Martinez (UCI) 19:00.3, 27. Katy Clark (UCI) 19:00.7, 28. Brigitta Sara (UI) 19:01.2, 29. Sarah MacDougall (CSF) 19:02.3, 30. Tisha Russell (NT) 19:02.8.

Northern California Athletic Conference

November 2, 1996: Bidwell Park, Chico, CA. From Matt Krupnick

Men

Teams:

1. Humboldt State 42, 2. UC Davis 44, 3. Chico State 74, 4. San Francisco State 113, 5. Cal State Stanislaus 115, 6. Cal State Hayward 153.

Individuals:

1. Mark McManus (Davis) 24:43 (New course record, old record 25:33 Noah Marcus, Chico St., 1996), 2. Brent Butler (SF State) 24:52, 3. Noah Marcus (Chico) 25:00, 4. Cisco Rubalcava (Humboldt) 25:07, 5. Erick Hansen (Hayward) 25:09, 6. Luke Roundy (Humboldt) 25:15, 7. Tim Miller (Humboldt) 25:30, 8. Paul Wellman (Davis) 25:37, 9. Justin Backs (Davis) 25:41, 10. Sean Gettman (Chico) 25:41.

RESULTS

Women

Team: 1. Humboldt State 30, 2. UC Davis 36, 3. Chico State 82, 4. SF State 103, 5. CSU Stanislaus 159, 6. Sonoma State 164, 7. CSU Hayward 180.

Individual:

1. Sarah Dickerman (Davis) 17:57, 2. Melody Haas (Humboldt) 18:12, 3. Kirsten Kabo (Davis) 18:13, 4. Courtney Cannizzaro (Humboldt) 18:16, 5. Natalie Lupica (Humboldt) 18:42, 6. Jodi Dailey (SF State) 18:49, 7. Shelly Niro (Humboldt) 18:55, 8. Laura Dockery (Chico) 18:56, 9. Sarah Leone (Davis) 18:57, 10. Megan Canova (Davis) 18:59.

Men's Coach of the Year: David Wells, Humboldt

Women's Coach of the Year: David Wells, Humboldt

PAUSATF

November 2, Stanford.

Men-8K

1. Richie Boulet (23) New Balance 23:45
2. Gary Stolz (25) Farm Team 23:47
3. Eric Mack (22) addas 24:16
4. Brad Barquist (28) 24:26
5. Ray Appenheimer (24) Farm Team 24:31
6. Fred Carter (27) Farm Team 24:42
7. Dave Scudamore (26) Farm Team 24:45
8. Daniel Martinez (34) 24:48
9. Tom Coogan (25) Farm Team 24:51
10. Ernie Frear (30) Aggies 25:06
11. Jamey Harris (25) Aggies 25:10
12. Peter Gilmore (19) un 25:13
13. Jon Weldon (20) Stanford 25:19
14. David Dyer (21) Stanford 25:20
15. Mike Spencer (31) Aggies 25:23
16. Russell Hill (28) Aggies 25:24
17. Ryan McCalmon (20) Stanford 25:26
18. Mark LaPland (32) Asics 25:29
19. Steve Hansen (21) un 25:32
20. Jeff Jacobs (29) Asics 25:35

21. Mike McManus (31) 25:36, 22. Kendrick Sealy (28) addas 25:36, 23. Andrew Boudreau (26) 25:42, 24. Dave Olds (35) Asics 25:43, 25. Rod Heskett (28) Aggies 25:47, 26. Tyrus Deminkler (33) Men of Troy 25:48, 27. David Abril (18) Stanford Frosh 25:51, 28. Mike Livingston (31) Aggies 25:52, 29. Mark Douglas (24) 25:53, 30. Seth Williams (21) Stanford Frosh 25:55.

31. Jake Mass (19) Stanford 25:57, 32. JR Meloro (23) Farm Team 25:58, 33. Mason Moore (18) Team Wolf 25:58, 34. Victor Santamaria (29) Aggies 25:59, 35. Thomas Murley (20) Stanford Frosh 25:59, 36. Jose Fierro (21) Stanford 26:13, 37. Eddie Gonzalez (26) Asics 26:14, 38. Matt Pearson (20) Washington 26:16, 39. Jon Pritchard (24) Farm Team 26:17, 40. Chris Kennedy (20) Stanford 26:17.

41. Carmelo Rios (37) un 26:19, 42. Chris Maler (20) 26:20, 43. Mike Devine (18) Stanford 26:24, 44. Joe Karnes (30) Humboldt TC 26:24, 45. Michael Prindiville (20) Stanford 26:31, 46. Brian Richter (27) Excelsior 26:35, 47. Albert DeLaTorre (34) Aggies 26:44, 48. Brian Leon (19) Team Wolf 26:47, 49. Tim Berger (29) Asics 26:49, 50. Dan Mancini (32) Hoys 26:52.

Women-5K

1. Laura Cativera (26) Asics 16:57
2. Polly Plumer-St. Gene (32) Asics 17:14
3. Pattise Plumer (34) un 17:27
4. Regina Joyce (39) un 17:29
5. Bigna Samuel (30) Wolfpack Int'l 17:37
6. Kim Fitcher (28) Farm Team 17:48
7. Carmen Martinez (29) 17:50
8. Rae Henderson (30) un 17:50
9. Monica Townsend (28) Aggies 17:51
10. Andrea Della Monica (25) Asics 18:01
11. Ryan Thomas (20) Stanford 18:06
12. Tenaya Soderman (23) Aggies 18:07
13. Jennifer Gonzalez (31) Asics 18:08
14. Linn Schulte-Sasse (19) Stanford 18:09
15. Allison Twist (19) Stanford 18:10
16. Gracie Padilla (25) Asics 18:12

17. Cathy Christensen (30) un 18:13
18. Sissel Bernstein-Heber (32) WVTC 18:18
19. Melissa Martel (35) Aggies 18:22
20. Mary Huang (18) Stanford 18:24
21. Mary Kerney (30) Asics 18:24, 22. Lisa Geoffrion (36) Aggies 18:26, 23. Christine Lundy (26) Impalas 18:28, 24. Eileen Vukovich (37) Aggies 18:31, 25. Meg Svoboda (30) Buffalo Chips 18:32, 26. Shauiinn Fullove (18) Stanford 18:32, 27. Kathy Wood (32) Silver State 18:33, 28. Samantha Burns (21) Wash 18:36, 29. Amanda White (21) Stanford 18:43, 30. Shannon Sweeney (37) Aggies 18:45, 31. Susie Blake (30) Wolfpack Int'l 18:50, 32. Annie Seawright (31) Asics 18:50, 33. Amy MacArthur (21) Stanford 18:52, 34. Tina Cox (16) Santa Rosa HS 18:59, 35. Ashley Holt (18) Stanford 18:00, 36. Tienia DePass (18) Stanford 19:03, 37. Julie Rohloff (33) Aggies 19:06, 38. Suzanne Cordes (36) Impalas 19:09, 39. Beth Vitale (31) WVTC 19:13, 40. Kathy Ward (42) Chips 19:18, 41. Joan Ottaway (52) WVTC 19:21, 42. Jennifer Maxwell (31) Impalas 19:29, 43. Kerry Dugan (18) Stanford 19:33, 44. Julie Meyers (20) Cal 18:40, 45. Beth Hickman (30) Aggies 19:45, 46. Alva Dancel (24) Asics 19:52, 47. Lindsey Johnson (14) Santa Rosa HS 19:56, 48. Allison Freeman (36) Impalas 20:07, 49. Kim Rupert (41) WVTC 20:13, 50. Lisa Nichols (30) SCTC 20:14.

Pac-10 Championships

November 2, 1996: Stanford Golf Course, Palo Alto, CA
From Gil Lopez, Contributing Writer, Stanford Daily
Both the men's and women's cross country teams dominated their conference competition enroute to capturing both Pacific 10 Conference titles at the Stanford Golf Course.

The title is the first for the men since 1985. And after winning consecutive championships in 1993 and 1994, but losing to Oregon last season, the women fulfilled their year-long goal to "Take the Pac Back."

"I think that all of our athletes have worked so hard to make it happen," said Stanford head coach Vin Lananna. "It's not just seven athletes competing on either team. It's the whole team, the whole program. That's what's so rewarding about it."

Despite strong individual performances from other teams, the Stanford men, ranked second in the nation, proved to be too deep in talent for anyone else to compete. All five of the Cardinal point-earners finished before any other team had two men across the line, and fourth-ranked Oregon was the only other team with more than one runner in when the sixth and seventh Stanford runners finished.

UCLA junior Mebrahtom Kellezighi won the race with a time of 23 minutes 45 seconds, shattering the race record set by Arizona's Martin Keino in 1994. Defending champion Karl Keska from Oregon finished second with a time of 23:55, just beating Cardinal sophomore Brad Hauser to the finish line by one second. Cardinal senior Greg Jimmerson (24:15) and sophomore Brent Hauser (24:24) finished fourth and fifth, respectively.

"I think we've got to put this in perspective," said sophomore Brent Hauser. "It's just the Pac-10s. We've got a long way to go still. It's still almost a month to Nationals. We're just trying to set ourselves for a good race, and I think this was a very good race for us."

For the women, Arizona sophomore and defending champion Amy Skieresz (16:36) beat her own record of 16:45 to take her second Pac-10 title in as many years. Freshman Kim Mortensen of UCLA was not much of a threat to Skieresz and took second with a time of 16:54. USC senior Emebet Shiferaw (17:07) finished third. Cardinal junior Jessica Fry edged Oregon sophomore Marie Davis at the finish line to take fourth, both women finishing with times of 17:15. Sophomore Mary Cobb and junior Sarna Rento both finished with times of 17:25 to take sixth and seventh, respectively.

"I think that, as a team, we're just going to have to do the same things we were doing to get here, to get us this championship—those are hard work and working together as

a team. That is the biggest thing," recounted Jessica Fry. "This team is so together. We are the best of friends; nothing could hurt that. I think our closeness is why we accomplish the things we do. We're so supportive of each other."

The third-ranked Cardinal combined for 38 points, well ahead of 18th-ranked Washington's total of 82. Arizona, which is ranked 11th in the nation and figured to be Stanford's toughest competition going into the race, finished a disappointing third place with 92 points. "I felt our women were heavily favored going into this meet, stated Beth Alford-Sullivan, Stanford's head women's cross country coach. "And I think they handled that pressure very well."

Men's 8K

Team Scores: 1. Stanford 29, 2. Oregon 58, 3. UCLA 93, 4. Washington State 103, 5. Arizona 112, 6. Washington 132, 7. California 204, 8. Arizona 229.

Individuals

1. Mebrahtom Kellezighi, UCLA 23:45, 2. Karl Keska, Oregon 23:55, 3. Brad Hauser, Stanford 23:56, 4. Greg Jimmerson, Stanford 24:16, 5. Brent Hauser, Stanford 24:24, 6. Bob Keino, Arizona 24:30, 7. Bernard Langat, WSU 24:32, 8. J.J. White, Stanford 24:33, 9. Robert Reeder, Stanford 24:37, 10. Oliver Wirz, Oregon 24:41, 11. Daniel Das Neves, Oregon 24:44, 12. Jason Lunn, Stanford 24:51, 13. Nathan Nutter, Stanford 24:54, 14. Jon Pillow, Arizona 24:58, 15. Greg James, Oregon 25:01, 16. Christian Belz, Washington 25:02, 17. Kiplangat, WSU 25:07, 18. Devin Elzondo, UCLA 25:09, 19. Mark Hauser, UCLA 25:11, 20. Nic Rogers, Oregon 25:12, 21. Brad Treat, WSU 25:29, 22. Micell Jones, Arizona 25:31, 23. Dan Hilton, Washington 25:36, 24. Chris Lynch, UCLA 25:41, 25. Eric Kamau, WSU 25:44, 26. Rob Aubrey, Oregon 25:47, 27. Simon Mudd, Cal 25:50, 28. Chad Wenger, Arizona 25:52, 29. Dave Bazzi, Wash 25:54, 30. Paul Harkins, Wash 26:07, 31. Dan Brecht, UCLA 26:16, 32. Travis Anderson, Ariz St 26:19, 33. Chris Charles, Wash St 26:24, 34. Brice Newton, Wash 26:28, 35. Micah Davis, Ore 26:34, 36. Brandon Del Campo, UCLA 26:35, 37. Ty Whitten, Wash 26:42, 38. Kevin Bowen, UCLA 26:47, 39. Peter Egerton, Cal 26:51, 40. Ernie Ammons, Wash St 26:58.

Women's 5K, Team Scores: 1. Stanford 38, 2. Washington 82, 3. Arizona 92, 4. UCLA 116, 5. Oregon 126, 6. USC 149, 7. Washington State 169, 8. California 185, 9. Arizona State 216.

INDIVIDUAL RESULTS, 1. Amy Skieresz, Arizona 16:36, (New Course record), 2. Kim Mortensen, UCLA 16:54, 3. Emebet Shiferaw, USC 17:07, 4. Jessica Fry, Stanford 17:15, 5. Marie Davis, Oregon 17:15, 6. Mary Cobb, Stanford 17:25, 7. Sarna Rento, Stanford 17:25, 8. Grazyna Penc USC 17:29, 9. Deeja Youngquist, Washington 17:31, 10. Monal Chokshi, Stanford 17:31, 11. Leila Burr, Stanford 17:38, 12. Githa Hampson, UCLA 17:40, 13. Heather McMahon, Oregon 17:42, 14. Kristen Parrish, Arizona 17:44, 15. Danella Kabush, Washington, 17:45, 16. Kortney Dunscombe, Stanford 17:45, 17. Virginia Camacho, Arizona 17:46, 18. Anna Aoki, Washington 17:48, 19. Margaret Butler, Washington 17:48, 20. Kaarin Knudson, Oregon 17:49, 21. Angela Froese, Washington 17:50, 22. Elissa Riedy, California 17:51, 23. Kristie Johnston, USC 17:53, 24. Liz Minelli, Washington 17:56, 25. Priscilla Bolt, ASU 17:58, 26. Sally Glynn, Stan 17:59, 27. Lori Riedy, Cal 18:03, 28. Emily Nay, Arizona 18:03, 29. Katherine Kechris, UCLA 18:05, 30. Jessica Corbin, UCLA 18:13, 31. Tammi Green, Wash St 18:17, 32. Tone Bratteng, Ariz 18:26, 33. Sara Coundl, Wash St 18:26, 34. Kim Schmolka, Wash St 18:28, 35. Annie Hobbs, Wash St 18:29, 36. Marilyn Moberly, Wash St 18:36, 37. Kristin Lieblich, Wash St 18:36, 38. Mary Duerbeck, Ariz St 18:38, 39. Lynde Johnson, Wash 18:44, 40. Kirsten Jensen, Cal 18:45.

RESULTS

Junior College SoCal Regional State Qualifying Meet

At Fairview Regional Park, Costa Mesa
Nov. 2, 1996

Mens

Team Results: 1. Pasadena City 72, 2. Moorpark 101, 3. El Camino 113, 4. Rancho Santiago 144, 5. Ventura 236, 6. Mt. San Antonio 264, 7. L.A. Trade Tech 290, 8. L.A. City 290, 9. L.A. Mission 293, 10. Riverside 302.

Individual Results:

1. Hernandez (Moor) 19:42, 2. Galindo (Ven) 19:46, 3. Sandoval (Moor) 20:13, 4. Gonzalez (PCC) 20:14, 5. Valenzuela (LAMC) 20:14, 6. Goodrich (ECC) 20:21, 7. Feliciano (ECC) 20:22, 8. Ramirez (PCC) 20:31, 9. Fabian (ECC) 20:34, 10. Lara (MSAC) 20:40.

Women's

Team Results: 1. Mt. San Antonio 45, 2. Orange Coast 142, 3. Rancho Santiago 143, 4. Pasadena City 156, 5. Ventura 190, 6. Moorpark 243, 7. El Camino 250, 8. East L.A. 261, 9. L.A. City 278, 10. Long Beach City 303.

Individual Results:

1. Robles (MSAC) 19:23, 2. Mills (OCC) 19:33, 3. Francek (IVC) 19:36, 4. Estrada (RSC) 19:37, 5. Nunez (MSAC) 19:48, 6. Loera (LAMC) 19:51, 7. Flores (RSC) 20:01, 8. Duran (MSAC) 20:06, 9. Abielu (ECC) 20:08, 10. Bindloss (IVC) 20:17.

WAC Championships

Nov. 2, 1996 Norbuck Park, Dallas, Texas. Hosted by SMU

Women's Team Standings: 1. BYU 23, 2. UTEP 78, 3. Utah 86, 4. Colorado State 125, 5. SMU 184, 6. New Mexico 195, 7. Fresno State 209, 8. Rice 217, 9. Tulsa 222, 10. Air Force 224, 11. Wyoming 228, 12. San Diego State 332, 13. San Jose State 348, 14. TCU 368, 15. UNLV 369, 16. Hawaii 443.

Women's Individual Results (5K)

Scoring place (1-35): 1. Courtney Pugmire (BYU) 17:07.67, 2. Maggie Chan (BYU) 17:17.22, 3. Elizabeth Jackson (BYU) 17:29.78, 4. Marne Findlay (CSU) 17:37.97, 5. Frida Vullum (Tulsa) 17:39.64, 6. Melissa Teemant (BYU) 17:40.25, 7. Sarah Piccolo (CSU) 17:41.71, 8. Jeanette Castro (UTEP) 17:42.27, 9. Ulrike Malsch (UTEP) 17:42.64, 10. Lauren Adams (Utah) 17:43.02.

11. Lynette Jorgensen (BYU) 17:44.99, 12. Alexandra Knike (UTEP) 17:45.59, 13. Alex Gajewski (RU) 17:48.14, 14. Tangi Galloway (UNLV) 17:52.73, 15. Johanna Trevinn (Utah) 17:53.09, 16. Rachel Hasser (Tulsa) 17:53.76, 17. Aimee Jensen (Utah) 17:54.26, 18. Nora Reinert (UTEP) 17:57.02, 19. Kim Nelson (BYU) 17:57.33, 20. Becky Ward (BYU) 17:57.64.

21. Denise Spriggs (Utah) 18:02.24, 22. Emily Richards (CSU) 18:05.28, 23. Brooke Babbitt (Utah) 18:08.15, 24. Danielle Nelson (FSU) 18:09.80, 25. Shaquandra Roberson (RU) 18:12.20.

Men's Team Standings: 1. Air Force 66, 2. BYU 69, 3. Utah 97, 4. Colorado State 117, 5. SMU 126, 6. Wyoming 139, 7. UTEP 169, 8. Fresno State 216, 9. Tulsa 245, 10. TCU 259, 11. New Mexico 287, 12. Rice 310.

Men's Individual Results

Scoring place 1. Mark Ostendarp (UTEP) 24:32.77, 2. Damian Kallabis (UTEP) 24:43.30, 3. Zach Smith (AFA) 24:57.85, 4. Filipe Wondrash (BYU) 25:04.23, 5. Jeff Simonich (Utah) 25:13.58, 6. Ray Jensen (Utah) 25:14.41, 7. Steve Leuer (UW) 25:14.81, 8. Dan Alder (BYU) 25:16.38, 9. Andrew Marx (AFA) 25:20.31, 10. Scott McDonald (UW) 25:21.35.

11. Duncan Cragg (SMU) 25:23.26, 12. Dave Sobolik (CSU) 25:28.87, 13. Richard Cooney (SMU) 25:31.30, 14. Andrew Carman (BYU) 25:35.77, 15. Richard Obert (SMU) 25:36.66, 16. Brandon Maroon (AFA) 25:37.77, 17. Sean Coster (CSU) 25:39.54, 18. Will Woodard (AFA) 25:41.87, 19. Nacho Flores (FSU) 25:45.84, 20. Jim Nelson (AFA) 25:46.78.

21. Michael Sherman (BYU) 25:48.43, 22. Brandon Wikling (BYU) 25:48.87, 23. Mike Evans (Utah) 25:50.35, 24. Mike Klass (CSU) 25:54.61, 25. Sam St. Clair (BYU) 25:55.16.

West Coast Conference

Crystal Springs Course, Belmont

Nov. 2, 1996

Mens 8K

Team Results:

1. Portland 15, 2. Santa Clara 85, 3. Gonzaga 95, 4. San Diego 96, 5. Pepperdine 107, 6. Loyola Marymount 151, 7. San Francisco 198, 8. St. Mary's n.s.

Individual Results:

1. Grote (Portland) 25:43, 2. Lambert (Portland) 25:44, 3. Martin (Portland) 25:44, 4. Davis (Portland) 25:44, 5. Bothwell (Portland) 25:45, 6. Steidl (Portland) 26:06, 7. Roe (Portland) 26:07, 8. Fear (Santa Clara) 26:19, 9. Knutson (San Diego) 26:25, 10. Shaw (Pepperdine) 26:34.

Women's 5K

Team Results:

1. Portland 37, 2. St. Mary's 50, 3. Gonzaga 63, 4. San Diego 143, 5. Pepperdine 150, 6. Loyola Marymount 152, 7. San Francisco 165, 8. Santa Clara 181.

Individual Results:

1. Fairbanks (Gonzaga) 17:26, 2. Cox (San Diego) 18:20, 3. Owen (St. Mary's) 18:26, 4. James (Portland) 18:33, 5. Boyd (Portland) 18:34, 6. Smith (Portland) 18:45, 7. O'Brien (St. Mary's) 18:48, 8. Mulligan (Gonzaga) 18:54, 9. Michels (St. Mary's) 19:07, 10. Sandoval (Portland) 19:09.

NCAA Division II

November 9, 1996. West Region Championships. Beau Pre Golf Course in McKinleyville, California. Hosted by Humboldt State University. -- Top 3 teams advance to Nov. 23 Division II nationals, McKinleyville, CA

Men:

Team -- 1. Cal Poly Pomona 47*, 2. Hawaii-Hilo 87*, 3. Humboldt State 89*, 4. UC Davis 105, 5. Alaska-Anchorage 139, 6. Chico State 162, 7. UC Riverside 164, 8. Grand Canyon 204, 9. CSU Stanislaus 225, 10. Cal State LA 239, 11. Seattle Pacific 258, 12. San Francisco State 317, 13. Chaminade 348, 14. Alaska-Fairbanks 377, 15. Montana State-Billings 401.

Individuals--

1. Dan Reed UC Riverside 32:44*
2. Mark McManus UC Davis 32:48*
3. Steve Nudge UC Riverside 32:55
4. Cliff Curtis Cal Poly Pomona 33:05
5. Michael Moreno Cal Poly Pomona 33:15
6. Luke Roundy Humboldt State 33:21
7. Noah Marcus Chico State 33:24
8. Fidel Zavala Hawaii-Hilo 33:29
9. Steven Gonzales Hawaii-Hilo 33:33
10. Warren Wolf Cal Poly Pomona 33:35

11. Brent Butler San Francisco St. 33:42, 12. Francisco Rubalcava Humboldt State 33:48, 13. Bryan Ramos Cal Poly Pomona 33:50, 14. Erik Hansen CSU Hayward 34:07, 15. Miguel Gomez Alaska-Anchorage 34:11.

-- advance to nationals as individuals. Course was 10k. 5k circuit run twice. One major hill. Grass and gravel path. Warm (70 degrees). 98 finishers.

Women:

Teams --

1. Seattle Pacific 56*, 2. UC Davis 59*, 3. Humboldt State 60*, 4. Grand Canyon 86, 5. Chico State 144, 6. Montana State-Billings 164, 7. UC Riverside 175, 8. San Francisco State 189, 9. Hawaii-Hilo 249, 10. Cal Poly Pomona 256, 11. Chaminade 341, 12. College of Notre Dame 353.

-- Top 3 teams advance to Division II nationals

Individuals--

1. Martha Pinto Cal State LA 18:30*
2. Laura Bermudez Cal State LA 18:55*
3. Kirstin Kabo UC Davis 19:00
4. Michelle Barnes Grand Canyon 19:04

5. Heather Wallace Seattle Pacific 19:05
6. Sarah Dickman UC Davis 19:08
7. Sheila Larkin Seattle Pacific 19:21
8. Melody Haas Humboldt State 19:23
9. Kelley Marsh Seattle Pacific 19:25
10. Courtney Cannizzaro Humboldt State 19:33
11. Sarah Leone UC Davis 19:35, 12. Sarah Gibson Chico State 19:36, 13. Jodi Dailey San Francisco State 19:40, 14. Danielle Pekar UC Riverside 19:41, 15. Molly Alles Humboldt State 19:48, 16. Lela Giambastiani Humboldt State 19:50.

-- Top 2 individuals advance to nationals. 5k loop. One big hill.

N.A.I.A. National Cross Country Championships

November 16, 1996: Univ. of Wisconsin-Parkside, Kenosha, WI

Men's 8K

1. Silah Misol (Life) 23:14, 2. Jame Njoroge (Taylor) 23:55, 3. Sammy Nyamongo (Life) 24:01, 4. Japheth Kirui (Lubbock Christian) 24:06, 5. James Siele (Lubbock Christian) 24:32, 6. Mike Mamo (Lubbock Christian) 24:34, 7. Simeon Sawe (Lubbock Christian) 24:34, 8. Case Shay (Lubbock Christian) 24:39, 9. Garth Wilford (Cumberland) 24:39, 10. Jaime Martinez (Azusa Pacific) 24:51, 11. Peter Tanui (Lubbock Christian) 24:55, 12. Marcos Morillon (Lubbock Christian) 25:00, 13. Scott Wenger (Rio Grande) 25:02, 14. Sean Nesbitt (Eastern Oregon) 25:04, 15. Patrick Rono (McDendree) 25:06, 16. Shadrack Kiamba (Taylor) 25:11, 17. Henno Haava (Berea) 25:12, 18. Levis Anyega (Lindsey Wilson) 25:13, 19. Noey Mpador (Westmont) 25:15, 20. Chris Engel (Pacific Lutheran) 25:16.

Men's Team Scores:

1. Lubbock Christian, TX 30, 2. Life College, GA 79, 3. Pacific Lutheran, WA 181, 4. Dana College, NE 225, 5. Hillsdale, MI 241, 6. Taylor, IN 261, 7. Indiana Wesleyan, IN 297, 8. Univ. Puget Sound, WA 299, 9. Belmont, TN 311, 10. Simon Fraser, BC Canada 336, 11. Siena Heights, MI 363, 12. Jamestown, ND 379, 13. Malone, OH 392, 14. Cumberland, KY 402, 15. Doane, NE 408, 16. Azusa Pacific, CA 439.

Women's 5K

1. Cari Rampersad (Simon Fraser) 17:14, 2. Heather DeGeest (Simon Fraser) 17:26, 3. Josephine Kandie (Life) 17:33, 4. 17:35 Sarah Korir (McDendree) 17:35, 5. Michelle Abernathy (Berry) 17:44, 6. Annmarie Hynes (Rio Grande) 17:51, 7. Tanya Robinson (Pacific Lutheran) 18:01, 8. Marie Parker (Dakota State) 18:05, 9. Krista Ruth (Houghton) 18:06, 10. Julianne Pletcher (Cedarville) 18:07, 11. Amy Luft (Concordia) 18:11, 12. Christin Barber (Doane) 18:12, 13. Debbie Linn (Rio Grande) 18:16, 14. Amy Hansen (Dakota State) 18:16, 15. My Nguyen (Puget Sound) 18:16, 16. Beth Robbins (Puget Sound) 18:17, 17. Andrea BNoitano (Puget Sound) 18:18, 18. Julie Hassan (Westmont) 18:19, 19. Miriam Niechagel (Westmont) 18:19, 20. Sylvia Fisher (Hawaii Pacific) 18:20.

Women's Team Scores:

1. Simon Fraser, BC Canada 75, 2. Univ. Puget Sound, WA 114, 3. Westmont, CA 172, 4. Pacific Lutheran, WA 221, 5. Cedarville, OH 225, 5. Berry, GA 225, 7. Hillsdale, MI 246, 8. Univ. Rio Grande, OH 268, 9. Oklahoma Baptist 347, 10. Concordia, NE 355, 11. Park College, MO 368, 12. Azusa Pacific, CA 421, 13. Seattle University, WA 432, 14. Houghton, NY 437, 15. Siena Heights, MI 439.

NCAA Region 8 Championships

November 16, 1996: Woodward Park, Fresno, CA

Men's 10,000 Meters

Team Scores: 1. Stanford University 31, 2. University of Oregon 47, 3. University of Portland 71, 4. UCLA 165, 5. University of Washington 174, 6. University of Arizona 181, 7. UC Santa Barbara 200, 8. Washington State 257, 9. Cal Poly SLO 285, 10. Fresno State 289, 11. Cal State Sacramento 301, 12. Cal State Northridge 303, 13. UC

RESULTS

Irvine 336, 14. UC Berkeley 341, 15. Long Beach State 395, 16. Cal State Fullerton 422, 17. Pepperdine 551, 18. Santa Clara 560. No Scores: Arizona State, Loyola Marymount, St. Mary's College, Univ. of San Diego, Univ. of San Francisco.

Individual Results

Karl Keska Sr Univ. Of Oregon	30:16 1
Bradley Hauser So Stanford University	30:33 2
Jeremy White Sr Stanford University	30:41 3
Gregory Jimmerson Sr Stanford University	30:44 4
Mebrahtom Kellezighi Jr UCLA	30:47 5
Oliver Wirz Jr Univ. Of Oregon	30:48 6
Matt Davis Jr Univ. Of Oregon	30:56 7
Christian Belz Fr Univ. Of Washington	30:58 8
Brent Hauser So Stanford University	31:04 9
Ulrich Steidl Sr Univ. Of Portland	31:06 10
Jerry Lambert Sr Univ. Of Portland	31:08 11
Ryan Grote Sr Univ. Of Portland	31:11 12
Jason Perscheid Jr Stanford University	31:12 13
Jason Balkman So Stanford University	31:28 14
Mc Rogers Jr Univ. Of Oregon	31:29 15
Todd Davis Jr Univ. Of Portland	31:33 16
Jon Pillow Sr Univ. Of Arizona	31:35 17
Daniel DasNeves Sr Univ. Of Oregon	31:35 18
Bob Keino Jr Univ. Of Arizona	31:43 19
Hector Delgado Jr Cal State Sacramento	31:44 20
Greg James So Univ. Of Oregon	31:46 21
Tim Briggs Jr Univ. Of Portland	31:47 22
Jonathan Weldon So Stanford University	31:47 23
Rasto Kiplangat Jr Washington State Univ.	31:52 24
Andy Martin Jr Univ. Of Portland	31:54 25

Women's 5,000 Meters

Team Scores: 1. Stanford University 51, 2. University of Arizona 69, 3. University of Washington 88, 4. University of Oregon 153, 5. UCLA 172, 6. UC Berkeley 232, 7. USC 233, 8. Washington State 236, 9. Cal Poly SLO 237, 10. Fresno State 276, 11. UC Santa Barbara 283, 12. UC Irvine 349, 13. Nevada-Reno 357, 14. Cal State Fullerton 360, 15. University of Portland 361, 16. St. Mary's College 464, 17. Cal State Sacramento 470, 18. San Diego State 477, 19. Cal State Northridge 486, 20. San Jose State 548, 21. Long Beach State 586, 22. Pepperdine 650, 23. Univ. Hawaii, Manoa 671, 24. Santa Clara 742. No Score: Arizona State, Gonzaga, Loyola Marymount, Univ. of San Diego, Univ. of San Francisco.

Individuals

Amy Skieresz So Univ. Of Arizona	16:13 1
Emebet Gulilat/Shifraw Sr USC	17:03 2
Marisa Avendano Jr Cal State Sacramento	17:08 3
Jessica Fry Jr Stanford University	17:09 4
Monal Chokshi Sr Stanford University	17:13 5
Marie Davis So Univ. Of Oregon	17:14 6
Mary Cobb So Stanford University	17:14 7
Francesca Fairbanks So Gonzaga	17:15 8
Emily Nay So Univ. Of Arizona	17:22 9
Kristen Parish Fr Univ. Of Arizona	17:22 10
Virginia Camacho Jr Univ. Of Arizona	17:31 11
Angela Froese Jr Univ. Of Washington	17:33 12
Grazyna Penc Fr USC	17:35 13
Denise Danielson Jr Nevada-Reno	17:36 14
Kristie Johnston Fr USC	17:36 15
Sarna Ramto Jr Stanford University	17:36 16
Margaret Butler Fr Univ. Of Washington	17:37 17
Heather McMahon So Univ. Of Oregon	17:41 18
Elissa Riedy So UC Berkeley	17:42 19
Kasrin Knudson Jr Univ. Of Oregon	17:43 20
Sara Moore Jr Stanford University	17:46 21
Priscilla Boldt Jr Arizona State	17:47 22
Deeja Youngquist So Univ. Of Washington	17:48 23
Githa Hampson Sr UCLA	17:50 24
Danielle Nelson Sr Fresno State	17:50 25

NCAA III Men's Championships

November 16, 1996. Rock Island, IL. From Mike Trujillo

INDIVIDUAL RESULTS

1 Matt Brill Sr North Central College 87 23:57

2 Karl Paranya Sr Haverford College 59 24:11

3 Tony Fraji Sr Rochester Inst. of Tech 107 24:23
4 Ambo Bati Sr Augustana College 1 24:33
5 Chad Johnson Jr UW-Stevens Point 174 24:33
6 Tony Rizzo So North Central College 91 24:38
7 Brad Wilson Jr UW-LaCrosse 163 24:38
8 Brett Altergott Jr UW-LaCrosse 154 24:42
9 Mark Sundet Sr Luther College 221 24:44
10 Paul Alsford So Williams College 194 24:45

TEAM RESULTS

1 UW-LaCrosse 86, 2 North Central College 94, 3 UW-Stevens Point 99, 4 UW-Oshkosh 129, 5 Williams College 147, 6 Calvin College 200, 7 Tufts University 211, 8 University of Rochester 235, 8 Haverford College 253, 10 Augustana College 255, ... 21 UC-San Diego 549

INDIVIDUAL RESULTS

1 Turena Johnson Sr Luther College 139 17:40
2 Cheryl Lichtensteiger So Carroll College 2 17:52
3 Chanda Merrill So Frostburg State Univ. 42 17:54
4 Karen Carpenter Jr Frostburg State Univ. 43 18:00
5 Cynthia Lauzon Jr New York - Cortland 184 18:02
6 Betsy Haverkamp Sr Calvin College 75 18:03
7 Meredith Unger Sr Haverford College 122 18:08
8 Sarah Bashinski Sr Wisconsin - LaCrosse 15 18:10
9 Paula Elstrom Fr Univ. of Saint Thomas 205 18:12
10 Jenn Lalonde So Wisconsin - Oshkosh 25 18:13
11 Louise Tench Sr Claremont-Mudd-Scotpy 85 18:14
32 Talla Starkey So Occidental College 51 18:35

NCAA Division I

November 23, 1996, Tucson AZ. From Peter Guerrini

Men's 10K Overall Results

1 Godfrey Siamusiye, Arkansas	29:49
2 Jonah Kiplarus, Nebraska	30:20
3 Cleophas Boor, Nebraska	30:24
4 Gregory Jimmerson, Stanford	30:38
5 Matt Davis, Oregon	30:43
6 Brad Hauser, Stanford	30:44
7 Sean Kaley, Arkansas	30:47
8 Ryan Wilson, Arkansas	30:47
9 Jeremy White, Stanford	30:49
10 Mebrahtom Kellezighi, UCLA	31:00
11 Christian Nicolson, Oklahoma State	31:02
12 Jose Uribe, Boise State	31:02
13 Christopher Kebenei, Oklahoma State	31:05
14 Brent Hauser, Stanford	31:10
15 Nathan Nutter, Stanford	31:11
16 Ulrich Steidl, Portland	31:14
17 Chris Severy, Colorado	31:19
18 Oliver Wirz, Oregon	31:21
19 Damian Kallabis, UTEP	31:25
20 Jon Russell, Wake Forest	31:25
21 Brook Kintz, Georgetown	31:27
22 Tim Martin, Northern Arizona University	31:29
23 Zeke Tieman, Colorado	31:29
24 Tim Broe, Alabama	31:32
25 Josh Ritchie, Ohio	31:33
34 Karl Keska, Oregon 31:42, 56 Jim Cera, Northern Arizona University 32:13, 69 Robert Reeder, Stanford 32:28	
Team Scores: 1. Stanford 46, 2. Arkansas 74, 3. Oregon 140, 4. Oklahoma St. 5. Colorado 179, 6. Wisconsin 204, 7. Nebraska 209, 8. Boise St. 223, 9. Notre Dame 248, 10. Portland 261.	

Women's 5K Overall Results

1. Amy Skieresz, Arizona	17:04
2. Marie McMahon, Providence	17:20
3. Joanna Deeter, Notre Dame	17:24
4. Kristine Joet, Villanova	17:29
5. Carrie Tolleson, Villanova	17:43
6. Marisa Avendano, CS Sacramento	17:49
7. Emebet Shifraw, USC	17:53
8. Laura Rhoads, North Carolina	17:53
9. Rikke Pedersen, Northern Arizona	17:54
10. Monal Chokshi, Stanford	17:58
11. Krestena Sullivan, Villanova	17:59
12. Courtney Pugmire, BYU	18:00
13. Marne Friday, Colorado St.	18:00

14. Francesca Fairbanks, Georgia 18:01
15. Colleen Glyde, Colorado 18:02
Team Scores: 1. Stanford 101, 2. Villanova 106, 3. BYU 136, 4. Colorado 145, 5. Dartmouth 211, 6. Arizona 214, 7. Providence 219, 8. Wisconsin 226, 9. Georgetown 247, 10. Northern Arizona 261.

California Community College Championships

November 23, 1996 Host: Fresno City College
Woodward Park Course, Fresno, CA.

Weather: Cool/Clear/Mild

1 Eleazar Hernandez SO MOORPARK COLLEGE 20:11, 2 Miguel Galindo FR VENTURA COLLEGE 20:33, 3 Ricardo Valenzuela SO L. A. MISSION COLLEGE 20:38, 4 William Feliciano FR EL CAMINO COLLEGE 20:45, 5 Phil Gonzalez SO PASADENA CITY COLLEGE 20:51, 6 Francisco Sandoval FR MOORPARK COLLEGE 20:52, 7 Steve Moreno SO HARTNELL COLLEGE 20:53, 8 Ricardo Villalobos FR RIVERSIDE COLLEGE 20:58, 9 Mike Wojciechowski FR DIABLO VALLEY COLLEGE 21:00, 10 Dickson Mwai SO CITRUS COLLEGE 21:02, 11 Eddie Sanchez FR L. A. CITY COLLEGE 21:04, 12 Johann Appeli SO ORANGE COAST COLLEGE 21:05, 13 Juan Fabian SO EL CAMINO COLLEGE 21:07, 14 Joey Montelongo SO ANTELOPE VALLEY COLLEGE 21:09, 15 Neil Smart FR RIVERSIDE COLLEGE 21:11, 16 Juan Medrano SO RANCHO SANTIAGO COLLEGE 21:14, 17 Israel Rivero FR PASADENA CITY COLLEGE 21:17, 18 Adam Blanks SO BAKERSFIELD COLLEGE 21:19, 19 Mario Gutierrez FR TRADE TECH. COLLEGE 21:21, 20 Jesus Villavicencio FR MOORPARK COLLEGE 21:22, 21 Juan Cortez SO MOORPARK COLLEGE 21:23, 22 Cuco Serbin FR TRADE TECH. COLLEGE 21:24, 23 Leonardo Fernandez SO HARTNELL COLLEGE 21:25, 24 Samuel Morales SO FRESNO CITY COLLEGE 21:28, 25 Danny Gonzalez SO RANCHO SANTIAGO COLLEGE 21:29, 26 Ed Venegas FR MT. SAN ANTONIO 21:30, 27 Svet Gavrilov FR AMERICAN RIVER COLLEGE 21:32, 28 Kenny Goodrich SO EL CAMINO COLLEGE 21:33, 29 Apolonio Ruiz FR GLENDALE COLLEGE 21:33, 30 Jose Jimenez FR PASADENA CITY COLLEGE 21:34, 31 Oscar Sanchez SO PASADENA CITY COLLEGE 21:36 5:24
32 Sabino Baltran SO MOORPARK COLLEGE 21:36, 33 Luciano Lara FR MT. SAN ANTONIO 21:36, 34 Jorge Castro FR BAKERSFIELD COLLEGE 21:37, 35 Paul Vincent FR SANTA MONICA COLLEGE 21:39, 36 Ben Mejia SO RANCHO SANTIAGO COLLEGE 21:40, 37 David Oleashea SO SIERRA COLLEGE 21:40, 38 Patrick Dickson SO PASADENA CITY COLLEGE 21:41, 39 Sai Martinez FR VENTURA COLLEGE 21:41, 40 Danny Oliva FR MOORPARK COLLEGE 21:42
41 Lee Cadwallader FR RIVERSIDE COLLEGE 21:43, 42 Carlos Gonzalez SO CITRUS COLLEGE 21:43, 43 Wenceslao Morales FR RANCHO SANTIAGO COLLEGE 21:44, 44 Cecil Litema SO FRESNO CITY COLLEGE 21:44, 45 Jerod Saiz FR EL CAMINO COLLEGE 21:44 5:26, 46 Arturo Guzman FR SAN DIEGO MESA 21:45, 47 Remigio Garcia FR RIO HONDO COLLEGE 21:46, 48 Luis Ruiz SO EL CAMINO COLLEGE 21:46, 49 Tony Torres SO L. A. MISSION COLLEGE 21:48, 50 Juan Solo SO RANCHO SANTIAGO COLLEGE 21:48, 51 Miguel Ramirez SO PASADENA CITY COLLEGE 21:49, 52 Liam Clemens FR AMERICAN RIVER COLLEGE 21:49, 53 George Jensen FR COLLEGE OF SAN MATEO 21:50, 54 Daniel Embaye FR CHABOT COLLEGE 21:50, 55 Amado Munoz SO L. A. CITY COLLEGE 21:51, 56 Raphael Escobedo FR L. A. CITY COLLEGE 21:51, 57 Reberto Leonardo FR TRADE TECH. COLLEGE 21:52, 58 Amadu Kamara FR SANTA ROSA JUNIOR COLLEGE 21:52, 59 Julio Guevara FR TRADE TECH. COLLEGE 21:52, 60 Dan D'Ottavio FR SIERRA COLLEGE 21:53
61 William Zamora FR MT. SAN ANTONIO 21:53, 62 Joel Givens SO COLLEGE OF THE CANYONS 21:56, 63

RESULTS

Spencer Bohaty SO AMERICAN RIVER COLLEGE 21:56.
64 Dave Beals FR HARTNELL COLLEGE 21:56, 65
Rigoberto Vega FR TRADE TECH. COLLEGE 21:57, 66
Jason Hervey SO WEST VALLEY COLLEGE 21:57, 67 Joel
Sanchez FR TRADE TECH. COLLEGE 21:58, 68 Nate
Crosno FR HARTNELL COLLEGE 21:58, 69 T. W.
Burchmore FR MOORPARK COLLEGE 21:59, 70 Peter
Gallardo SO CITRUS COLLEGE 22:00
71 Mekonnen Fekadu FR SANTA ROSA JUNIOR
COLLEGE 22:00, 72 Brian Pruyn FR SANTA ROSA
JUNIOR COLLEGE 22:01, 73 Derrick Davis FR SAN
DIEGO MESA 22:02, 74 Omar Orendan FR PASADENA
CITY COLLEGE 22:02, 75 Julio Serratos FR GLENDALE
COLLEGE 22:02, 76 Hector Leija SO WEST VALLEY
COLLEGE 22:05, 77 Sean Svarc SO DIABLO VALLEY
COLLEGE 22:06, 78 Brad Laaf SO SACRAMENTO CITY
COLLEGE 22:06, 79 Joey Ybarra FR SAN BERNARDINO
VALLEY 22:07, 80 Oscar Denogean FR SAN JOAQUIN
DELTA COLLEGE 22:07
81 Justin Brennan SO VENTURA COLLEGE 22:08, 82
Vicente Guerrero FR EL CAMINO COLLEGE 22:08, 83
Chris Gabriel FR SAN DIEGO MESA 22:10, 84 Michael
Donawa FR LONG BEACH CITY 22:11, 85 Paavo Clavel
FR AMERICAN RIVER COLLEGE 22:13, 86 Mark Hurtado
FR VENTURA COLLEGE 22:13, 87 Alejandro Sapiens FR
WEST VALLEY COLLEGE 22:15, 88 Ryan Lee SO SIERRA
COLLEGE 22:16, 89 Carlos Herrera FR SANTA MONICA
COLLEGE 22:17, 90 Ramon Chavez FR SAN
BERNARDINO VALLEY 22:17
91 Kent Roberts FR SADDLEBACK COLLEGE 22:18, 92
Brian Baughman SO MT. SAN ANTONIO 22:18, 93 Esteban
Lopez FR RIO HONDO COLLEGE 22:19, 94 Johan
Cisneros FR EL CAMINO COLLEGE 22:20, 95 Jorge Lopez
FR FRESNO CITY COLLEGE 22:21, 96 Paul Wilson SO
MT. SAN ANTONIO 22:22, 97 Henry Sweeney SO LONG
BEACH CITY 22:22, 98 Chris Maher FR SAN DIEGO MESA
22:23, 99 Rosendo Sobal FR CUESTA COLLEGE 22:23
100 Oliver Vegara SO ORANGE COAST COLLEGE 22:23
MEN TEAM SCORES
1. MOORPARK COLLEGE 1 6 18 19 29 (36) (62) = 73
Eliazar Hernandez SO, Francisco Sandoval FR, Jesus
Villavicencio FR, Juan Cortez SO, Sabino Barran SO,
Danny Oliva FR, T. W. Burchmore FR
2. PASADENA CITY COLLEGE 5 15 27 28 34 (46) (67) =
109
Phil Gonzalez SO, Israel Rivero FR, Jose Jimenez FR,
Oscar Sanchez SO, Patrick Dickson SO, Miguel Ramirez
SO, Omar Orendan FR
3. EL CAMINO COLLEGE 4 12 26 41 43 (74) (82) = 126
William Feliciano FR, Juan Fabian SO, Kenny Goodrich SO,
Jerod Saliz FR, Luis Ruiz SO, Vicente Guerrero FR, Johan
Cisneros FR
4. RANCHO SANTIAGO COLLEGE 14 23 32 39 45 (92)
(97) = 153
Juan Medrano SO, Danny Gonzalez SO, Ben Mejia SO,
Wenceslao Morales FR, Juan Soto SO, Vitor Vigueras
SO, Mike Avellan FR
5. TRADE TECH. COLLEGE 17 20 51 53 58 (60)(106) =
199
Mario Gutierrez FR, Cuco Serbin FR, Reberto Leonardo FR,
Julio Guevara FR, Rigoberto Vega FR, Joel Sanchez FR,
Ludin Gonzales FR
6. HARTNELL COLLEGE 7 21 57 61 111 (133) = 257
Steve Moreno SO, Leonardo Fernandez SO, Dave Beals
FR, Nate Crosno FR, Dave Serrafini SO, Manuel Rosas FR
7. VENTURA COLLEGE 2 35 73 77 87 (134)(142) = 274
Miguel Galindo FR, Sai Martinez FR, Justin Brennan SO,
Mark Hurtado FR, Miguel Ibarra SO, Matt Emmons SO,
Ramon Barragan FR
7. MT. SAN ANTONIO 24 30 55 81 84 (109)(123) = 274
Ed Venegas FR, Luciano Lara FR, William Zamora FR,
Brian Baughman SO, Paul Wilson SO, Juan Escalera SO,
Akhil Bhargava FR
9. RIVERSIDE COLLEGE 8 13 37 113 125 (150)(162) =
286

Ricardo Villalobos FR, Neil Smart FR, Lee Cadwallader FR,
Ed Crickenberger FR, Alex Delatejera SO, Andy Cesena
FR, Wesley Oliver FR
9. L. A. CITY COLLEGE 11 49 50 30 96 (105)(140) = 296
Eddie Sanchez FR, Amado Munoz SO, Raphael Espobedo
FR, Jorge Lopez FR, Rigo Chavez SO, Jose Jarquin FR,
Mateo Mateo FR
11. AMERICAN RIVER COLLEGE 297, 12. CITRUS
COLLEGE 340, 13. FRESNO CITY COLLEGE 355, 14.
SAN DIEGO MESA 356, 15. L. A. MISSION COLLEGE 357,
16. BAKERSFIELD COLLEGE 364, 17. SIERRA COLLEGE
394, 18. WEST VALLEY COLLEGE 408, 19. SANTA ROSA
JUNIOR COLLEGE 415, 20. DIABLO VALLEY COLLEGE
449, 21. SAN BERNARDINO VALLEY 522, 22. CHABOT
COLLEGE 658, 23. MODESTO JUNIOR COLLEGE 695,
24. SAN JOAQUIN DELTA COLLEGE 762, 25. SHASTA
COLLEGE 769, 26. BUTTE COLLEGE 770, 27.
SACRAMENTO CITY COLLEGE 777, 28. DEANZA
COLLEGE 796.
Women's Individual Results
1 Marisol Barajas FR L. A. MISSION COLLEGE 18:29, 2
Jadice McCleary SO WEST VALLEY COLLEGE 18:34, 3
Donna Mills FR ORANGE COAST COLLEGE 18:45, 4 Liz
Robles SO MT. SAN ANTONIO 18:53, 5 Lisa Hernandez
FR SANTA ROSA JUNIOR COLLEGE 18:54, 6 Patricia
Loera FR L. A. MISSION COLLEGE 18:55, 7 Tania Nunez
SO MT. SAN ANTONIO 18:56, 8 Aidita Gibson SO
PASADENA CITY 18:56, 9 Christina Peacock SO SHASTA
COLLEGE 18:59, 10 Deborah Bleisch FR WEST VALLEY
COLLEGE 19:05,
11 Carle Irwin SO SHASTA COLLEGE 19:08, 12 Lesley
Bindloss FR IRVINE VALLEY COLLEGE 19:16, 13 Monica
Landa SO SANTA MONICA COLLEGE 19:18, 14 Araceli
Martinez FR ORANGE COAST COLLEGE 19:29, 15
Melissa Flynn SO FRESNO CITY COLLEGE 19:30, 16
Jennifer Flores SO RANCHO SANTIAGO COLLEGE 19:30,
17 Jennifer Chaney FR SAN JOAQUIN DELTA COLLEGE
19:41, 18 Alba Lima FR EL CAMINO COLLEGE 19:44, 19
Andrea Duran SO MT. SAN ANTONIO 19:50, 20 Wendy
Vallejo SO L. A. MISSION COLLEGE 19:53,
21 Julia Ornelas SO MT. SAN ANTONIO 19:57, 22 Elsa
Arelano FR PASADENA CITY 19:59, 23 Michelle Ruggles
FR SANTA ROSA JUNIOR COLLEGE 20:01, 24 Jennifer
Grooms FR SAN DIEGO MESA 20:05, 25 Meredith
Christian FR BAKERSFIELD COLLEGE 20:07, 26 Melissa
Carter FR SAN DIEGO MESA 20:10, 27 Elma Rodriguez
SO FULLERTON COLLEGE 20:11, 28 Zuzana Petrovskia
FR L. A. CITY COLLEGE 20:13, 29 Sara Grell FR CHABOT
COLLEGE 20:14, 30 Cathy Ahern FR CHABOT COLLEGE
20:14,
31 Yadra Estrada FR L. A. MISSION COLLEGE 20:17, 32
Elizabeth Woodling FR VENTURA COLLEGE 20:17, 33
Christy Bradshaw FR GOLDEN WEST COLLEGE 20:20, 34
Jennifer Staggs FR SIERRA COLLEGE 20:20, 35 Nicole
Reinhart FR EL CAMINO COLLEGE 20:21, 36 Bridget Roy
SO MOORPARK COLLEGE 20:21, 37 Dena Lumel SO L. A.
MISSION COLLEGE 20:21, 38 Berilee Akutgawa SO SAN
JOAQUIN DELTA COLLEGE 20:22, 39 Jeannie Formosa
SO MT. SAN ANTONIO 20:22, 40 Emily McPhee SO
DIABLO VALLEY COLLEGE 20:23
41 Sonia Lopez SO SAN JOAQUIN DELTA COLLEGE
20:23, 42 Ilana Levin COLLEGE OF MARIN 20:25, 43
Therese Nesmith FR COLLEGE OF SEQUOIAS 20:26, 44
Carolina Villamil SO PASADENA CITY 20:27, 45 Cecilia
Estrada FR EAST L. A. 20:27, 46 Martha Gomez FR
HARTNELL COLLEGE 20:27, 47 Melanie Bedorthe SO
ANTELOPE VALLEY COLLEGE 20:28, 48 Tracy Thomas
FR LONG BEACH CITY COLLEGE 20:28, 49 Lisa DeFazio
FR SADDLEBACK COLLEGE 20:30, 50 Angela Lopez FR
RIVERSIDE COLLEGE 20:31
51 Lisa Renteria FR WEST VALLEY COLLEGE 20:31, 52
Katie Scherrel FR MOORPARK COLLEGE 20:31, 53
Jennifer Formosa SO MT. SAN ANTONIO 20:32, 54
Tahnee Thiel FR ORANGE COAST COLLEGE 20:33, 55
Jessica Brower FR AMERICAN RIVER COLLEGE 20:33, 56
Christine Hellewell FR AMERICAN RIVER COLLEGE 20:34

, 57 Francine Ramirez FR CITRUS COLLEGE 20:34, 58
Michelle O'Connor FR SAN DIEGO MESA 20:34, 59
Maranda Cowan SO SHASTA COLLEGE 20:36, 60
Shannon Earle FR ANTELOPE VALLEY COLLEGE 20:35
61 Ana Rosales SO RANCHO SANTIAGO COLLEGE
20:35, 62 Karla Rojas FR RANCHO SANTIAGO COLLEGE
20:37, 63 Yali Giacomani FR L. A. CITY COLLEGE 20:37,
64 Lydia Berlage FR WEST VALLEY COLLEGE 20:43, 65
Nancy Dankenbring FR PASADENA CITY 20:43, 66
Melanie Melara FR DIABLO VALLEY COLLEGE 20:43, 67
Jeannette Segovia FR VENTURA COLLEGE 20:46, 68
Vero Garcia SO PASADENA CITY 20:47, 69 Martha
Martinez FR SIERRA COLLEGE 20:47, 70 Sonia Rea SO
SANTA MONICA COLLEGE 20:48
71 Jessica Grooms FR SAN DIEGO MESA 20:50, 72
Sandra Zepeda FR PASADENA CITY 20:52, 73 Tricia
Helton SO MOORPARK COLLEGE 20:54, 74 Anniken
Iversen FR WEST VALLEY COLLEGE 20:56, 75 Miriam
Garcia FR RANCHO SANTIAGO COLLEGE 20:57, 76 Kelly
Home SO ANTELOPE VALLEY COLLEGE 20:59, 77 Emma
Middlebrook FR MOORPARK COLLEGE 20:59, 78 Dina
Panico FR COLLEGE OF SEQUOIAS 21:00, 79 Andrea
Chelotti SO SAN JOAQUIN DELTA COLLEGE 21:01, 80
Lourdes Menchaca SO EAST L. A. 21:05
81 Juanta Rodriguez SO CITRUS COLLEGE 21:05, 82 Ana
Bautista FR L. A. CITY COLLEGE 21:06, 83 Tricia
Gonzales FR MT. SAN ANTONIO 21:07, 84 Christine Riel
FR ORANGE COAST COLLEGE 21:08, 85 Rachel
McGarva FR SANTA ROSA JUNIOR COLLEGE 21:10, 86
Jennifer Rivera SO PASADENA CITY 21:11, 87 Tara Rivera
FR LONG BEACH CITY COLLEGE 21:12, 88 Maribah
Abiedu SO EL CAMINO COLLEGE 21:12, 89 Marsha
McNicol FR SIERRA COLLEGE 21:12, 90 Gabriela
Gonzales FR EAST L. A. 21:14,
91 Jill Chaney FR SAN JOAQUIN DELTA COLLEGE 21:15,
92 Erin Kilian FR CUYAMACA COLLEGE 21:16, 93 Donna
Huggins FR EL CAMINO COLLEGE 21:18, 94 Sheila
Matthews FR LONG BEACH CITY COLLEGE 21:20, 95
Nereida Hernandez FR L. A. CITY COLLEGE 21:20, 96 Paz
Guerrero FR SAN DIEGO CITY 21:20, 97 Raymunda
Ramos FR EAST L. A. 21:22, 98 Isabel Guito FR SANTA
BARBARA CITY 21:22, 99 Erin Kelly COLLEGE OF MARIN
21:23, 100 Jennifer Cochran SO COLLEGE OF SEQUOIAS
21:24
WOMEN TEAM SCORES
1. MT. SAN ANTONIO 4 7 18 20 33 (44) (72) = 82
Liz Robles SO, Tania Nunez SO, Andrea Duran SO, Julia
Ornelas SO, Jeannie Formosa SO, Jennifer Formosa SO,
Tricia Gonzales FR
2. L. A. MISSION COLLEGE 1 6 19 26 31 (119)(145) = 83
Marisol Barajas FR, Patricia Loera FR, Wendy Vallejo SO,
Yadra Estrada FR, Dena Lumel SO, Piroeka Farkas FR,
Odily Parada FR
3. WEST VALLEY COLLEGE 2 10 42 54 64 (104)(114) =
172
Jackie McCleary SO, Deborah Bleisch FR, Lisa Renteria
FR, Lydia Berlage FR, Anniken Iversen FR, Laurie Barranti
SO, Cathy Wiseman SO
4. PASADENA CITY 8 21 37 55 58 (62) (75) = 179
Aidita Gibson SO, Elsa Arelano FR, Carolina Villamil SO,
Nancy Dankenbring FR, Vero Garcia SO, Sandra Zepeda
FR, Jennifer Rivera SO
5. ORANGE COAST COLLEGE 3 13 45 73 86 (101)(124) =
220
Donna Mills FR, Araceli Martinez FR, Tahnee Thiel FR,
Christine Riel FR, Kim Butcher FR, Sheena Dietz FR,
Christa Gonzales SO
6. SAN JOAQUIN DELTA COLLEGE 16 32 35 69 80 (127) =
232
Jennifer Chaney FR, Berilee Akutgawa SO, Sonia Lopez
SO, Andrea Chelotti SO, Jill Chaney FR, Melissa Minjarez
SO
7. SAN DIEGO MESA 23 24 48 61 93 = 249
Jennifer Grooms FR, Melissa Carter FR, Michelle O'Connor
FR, Jessica Grooms FR, Sarah Jones SO
8. SHASTA COLLEGE 9 11 49 90 99 (167)(177) = 258

RESULTS

Christina Peacock SO, Carie Irwin SO, Maranda Cowan SO, Karl Landreth SO, Shelly Myers FR, Vanessa Hyatt FR, Kristen Reyes SO
 9. MOORPARK COLLEGE 30 43 63 67 89 (100)(108) = 292
 Bridget Roy SO, Katie Scherrei FR, Tricia Helton SO, Emma Middlebrook FR, Abby Vergara FR, Bettie Richards SO, Lella Askamia SO
 10. RANCHO SANTIAGO COLLEGE 15 51 52 65 118 (129)(165) = 301
 Jennifer Flores SO, Ana Rosales SO, Karla Rojas FR, Miriam Garcia FR, Laura Alvarez FR, Erin Kitt SO, Jackie Solorio FR
 11. EL CAMINO COLLEGE 329, 12. SANTA ROSA JUNIOR COLLEGE 333, 13. SIERRA COLLEGE 361, 14. EAST L. A. 366, 15. L. A. CITY COLLEGE 380, 16. AMERICAN RIVER COLLEGE 381, 17. ANTELOPE VALLEY COLLEGE 400, 18. COLLEGE OF SEQUOIAS 417, 19. LONG BEACH CITY COLLEGE 422, 20. VENTURA COLLEGE 446, 21. SANTA MONICA COLLEGE 459, 22. FRESNO CITY COLLEGE 466, 23. DIABLO VALLEY COLLEGE 574, 24. MONTEREY PENINSULA 645, 25. HARTNELL COLLEGE 647, 26. BUTTE COLLEGE 681, 27. DEANZA COLLEGE 747, 28. LAS POSITAS COLLEGE 762.

USA Track & Field Western Regional Cross Country Championships

NOVEMBER 23, SAN FRANCISCO

Rob Cook of Seattle, Washington and Carmen Troncoso of Austin, Texas emerged as winners at USA Track & Field's Western Regional/Pacific Cross Country Championships today. The event, hosted by the Pacific Association of USATF, was held on muddy trails and mushy meadows of San Francisco's Golden Gate Park.

USATF's Western Region is composed of 15 western states. It served as a tune-up race for over 500 competitors and their running clubs for the U.S. National Cross Country Championships to be held at Stanford University in two weeks.

Cook, a 25-year-old steeplechase runner, won the men's 10,000-meter race in 30 minutes, 45 seconds. He won by sliding behind mid-race leader Eric Mack of Adidas in a small pack and then breaking away from 2-time Olympian Ed Eyestone (Layton, Utah), last year's runner-up Dan Nelson (Eugene, Oregon), and Scott Larsen (Boulder, CO). "I'm shocked that I won today," said Cook, who admitted it was the biggest win of his young career. "At five miles I was hurting pretty bad. I really didn't know if I was going to get caught or not. I just kept saying 'press, press.'"

His margin at the finish was 10 seconds ahead of runner-up Eyestone. Troncoso, 37, successfully defended last year's title. The veteran of two U.S. world cross country teams did it by going out with the lead women, taking the lead fairly early in the women's 6,000-meter race, and holding on for a 20:57 victory. Troncoso was 3 seconds up on second-placer Elva Dryer (Colorado). Former Arkansas collegiate standout, Deena Drossin, placed third in 21:06. Dryer was crowned the USATF Western Region Champion, since Troncoso resides outside the region.

"It was a tough race for me," Troncoso said. "I found myself in a pack going into a wet, sandy area in the first mile. I'm a really bad racer following people—I lose concentration—so I decided to take the lead. It was very hard mentally." Former U.S. 5,000-meter record holder, Patti Sue Plumer (Menlo Park, California) tripped on an uneven bridge trail early in the race and had to withdraw.

In total, over \$4,000 in prize money was awarded to top placers and teams. The race was a key event on the Reebok USA Cross Country National Grand Prix.

Top Results

Top Male Finishers (10,000-Meter Race)

1. Rob Cook Club NorthWest WA 25 30:45.89 \$450*
 2. Ed Eyestone Reebok UT 35 30:54.23 \$300*
 3. Dan Nelson New Bal OR 32 30:56.04 \$150*
 4. Scott Larsen CO 26 30:56.37 \$100

5. Shawn Found BoulRdRn CO 26 31:11.80
 6. Eric Mack Adidas CO 22 31:14.49
 7. Bo Reed Mizuno AZ 30 31:15.37
 8. Alan Cupepper Adidas CO 24 31:18.72
 9. Richie Boulet New Bal CA 23 31:22.13 \$150**
 10. Keith Dowling Adidas NM 27 31:22.51
 11. Peter DeLaCorda Reebok CO 24 31:23.28, 12. Mark Piasas Mizuno CO 35 31:24.43, 13. Paul Pilkington Mizuno UT 38 31:27.90 14. Fred Carter Farm Team CA 27 31:30.53 15. Gary Stolz Farm Team CA 25 31:37.95 \$100** 16. Dan Martinez CA 34 31:42.89 17. Brad Barquist Mizuno WA 28 31:43.71 18. Craig Dickson Club NorthWest WA 29 31:44.70 19. Dan Gonzalez CA 32 31:46.24 20. Derek Kite FutureTrack CA 25 31:49.76

Top Female Finishers (6,000-Meter Race)

1. Carmen Troncoso Nike TX 37 20:56.37 \$450*
 2. Elva Dryer CO 25 21:00.38 \$300*
 3. Deena Drossin Reebok CO 23 21:06.4 \$150*
 4. Fran TenBeseel New Bal NE 27 21:07.46 \$100*
 5. Laura Cattavera CA 25 21:08.67
 6. Liz Wilson OR 28 21:14.55
 7. Lisa Kamopp Nike OR 28 21:26.80
 8. Polly Plumer-SL Game Asics CA 31 21:34.98 \$150**
 9. Michele Buresh Min West MT 28 21:40.14
 10. Lynn Nelson Mizuno CO 34 21:43.44
 11. Celsa Bowman Reebok CA 30 21:48.32 12. Chris Udovich Club NorthWest WA 30 21:50.64 13. Karen Oudekerk CA 29 21:52.50 14. Kathryn Herrmann OR 33 21:56.46 15. Kira Jorgenson CO 25 22:08.27 16. Shelly Smathers WA 25 22:11.89 17. Kim Fitcher Farm Team CA 28 22:13.05 18. Jennifer Gonzalez CA 31 22:15.13 19. Lisa Lopez Adidas CA 24 22:15.68 20. Rae Henderson Aggies CA 30 22:21.89 \$100**

* Reebok Grand Prix prize money

** Pacific Association/USATF Championship prize money

USATF Association Teams

MEN: 1-Colorado USATF Association, 22 points; 2-Pacific USATF "A", 59, 3-Pacific Northwest USATF, 72, 4-Southern California USATF, 73, 5-Pacific USATF "B", 127.

WOMEN: 1-Colorado USATF Association, 38, 2-Southern California USATF, 68, 3-Pacific Northwest USATF, 70, 4-Oregon USATF, 72, 5-Pacific USATF "A", 99, 6-Pacific USATF "B", 137. Top Clubs: MEN: 1-Nike Farm Team, 31, 2-Reebok Aggies, 48, 3-Club Northwest, 54 (more being scored)

WOMEN: 1-Club Northwest, 30, 2-Asics Sparketts, 39, 3-Reebok Aggies, 65, 4-Impala Racing Team, 123, 5-Wildpack International, 142, 6-Buffalo Chips, 165, 7-East Bay Striders, 187.

Mark Winitz Pacific Association/USATF LDR Chair (415) 948-0618 Fax: (415) 948-2172 WinitzUSATF@aol.com

ROAD RACING

Fire Trails 50 Miler

October 12, 1996: San Leandro, CA

Overall Results:

1. Ken Gregorich 7:07:40
 2. Lance Davis 7:09:26
 3. Geoff Vaughan 7:16:16
 4. Jake Niebaum 7:35:57
 5. Mike Topper 7:37:23
 6. Todd Holmes 7:45:13
 7. Kevin Rumon 7:48:53
 8. Wayne Miles 7:53:30
 9. Rick Simonson 8:01:14
 10. Kevin Purcell 8:01:14
 98 starters, 87 finishers

Men's Age Divisions:

20-29

1. Charles EHM (27) 8:19:41
 2. Eric Robinson (28) 8:46:40
 3. Will Aarshelm (27) 8:49:04

30-39:

1. Ken Gregorich (37) 7:07:40
 2. Lance Davis 7:09:26
 3. Geoff Vaughan (31) 7:16:16

40-49:

1. Todd Holmes (40) 7:45:13
 2. Kevin Purcell (41) 8:01:14
 3. Gary Neel (42) 8:01:46

50-59:

1. Wayne Miles (50) 7:53:30 CR
 2. Dana Gard (51) 8:33:35
 3. Roger Delfor (54) 8:54:47

60-69:

1. Orin Dahl (61) 11:38:21
 2. Mike Tseleotis 12:55:28

70-79:

1. Frank Rodriguez (71) 13:01:19

Women's Age Divisions

30-39:

1. Suzie Lister (31) 8:19:41
 2. MaryAnn Murphy (32) 8:56:17
 3. Celeste Langau (39) 9:18:04
 4. Rena Schumann (35) 9:42:19

40-49:

1. Leslie Matti-Vitale (43) 8:58:32
 2. Kathy Welch (43) 9:13:31
 3. Ronda Gail (42) 10:07:21

50-59:

1. Marge Dunlap (57) 9:41:57
 2. Margaret Curtle (56) 10:47:41
 3. Barbara Ella (52) 11:18:41

Running for the Birds

October 12, 1996: Bolsa Chica Beach, CA. From

Adrianne Morrison

Over 800 runners participated in the 17th annual "Running for the Birds" on Saturday, October 12th at Bolsa Chica State Beach. The event, sponsored by the Amigos de Bolsa Chica is the major source of revenue for the Amigos. Funds raised by the event are used to support the Amigos work toward preserving and restoring the Bolsa Chica wetlands, which are adjacent to the Bolsa Chica State Beach. This year's race raised almost \$15,000 for Amigos activities.

10K Male Overall Results:

1. Jim Maynard (28) Huntington Beach 33:53
 2. Frank Tai (41) Playa Del Rey 34:54
 3. Steve Slevett (28) 35:09

10K Female Overall Results:

1. Jane Despas (31) 36:35
 2. Jodie Conlay (26) 37:27
 3. Sara Rivera (32) Los Alamitos 40:51

5K Male Overall Results:

1. James Faeder (27) 17:08
 2. Dan Goldman (41) Mission Viejo 17:39
 3. Darios Castaneda (42) Santa Ana 18:39

5K Female Overall Results:

1. Joan Gallagher (32) Long Beach 19:22
 2. Helen Moreno (36) 19:52
 3. Meganhel Crawford (28) Long Beach 20:06

Do the Bridge '96 - 4 Mile

October 13, 1996: San Diego, CA

Women's Divisions:

12 and Under: 1. Britanni Herman 35:57, 2. Alana Murphy 38:10, 3. Lindsay Frost 38:43 13-17: 1. Christina Pollan 33:45, 2. Karen McGinn 42:25 18-24: 1. Aubrie Smith 32:46, 2. Tiffany Mallia 32:51, 3. Mora Oldendorph 33:04 25-29: 1. Suzanne Segesta (1st OVERALL) 24:10, 2. Valerie Shick 28:37, 3. Karen Duenas 29:47 30-34: 1. Ginny Cole 25:33, 2. Felicia Franssens 28:18, 3. Audrey Jackson 26:41 35-39: 1. Diana Tenio 27:55, 2. Judea Brooks 28:29, 3. Carolyn Jane Gallagher 32:56 40-44: 1. Carey Guerrero 26:34, 2. Trudy Martineau 27:52, 3. Josie Gutierrez 28:50 45-49: 1. Carol Evans 34:47, 2. Mary Tonkin 35:11, 3. Gloria Marin 37:28 50-54: 1. Glee

RESULTS

Shaddock 34:37, 2. Floyd Humphreys 35:41, 3. Chloe Elms 38:23 55-59 1. Arlene Jarvis 34:42, 2. Mary Acosta 37:36, 3. Kathy Clark 37:36 60-64 1. Valeria Schwartz 49:17, 2. Mary Marvin 50:06 65-69 1. Dorothy Delipizzi 50:30 70 and Over 1. Mary Glassey 43:46, 2. Marjorie Lawson 43:59

Men's Divisions

12 and Under 1. Chris Copley 31:59, 2. Christopher Garcia 32:48, 3. Michael Rhoads 34:45, 13-17 1. Mark Savel 24:20, 2. Dan Dobbsteien 26:14, 3. Pepe Cervantes 27:10, 18-24 1. Niklaus Streit 19:52, 2. Alfred Howell 24:25, 3. Keith Lattman 24:35, 25-29 1. Mondo Tijerina 20:10, 2. Gary Rosenberg 20:11, 3. Rich Hathaway 23:19, 30-34 1. Robert Keler (1st OVERALL) 19:51, 2. Juan Lopez 20:12, 3. Steven Peterson 20:14, 35-39 1. Guy Gary 21:45, 2. Eric Drummond 23:29, 3. Michael Haber 23:30.

40-44 1. Robert Wiegand 21:34, 2. Francisco DeLaFuenta 26:53, 3. Robert Bergman 27:14, 45-49 1. Rob Mahoney 24:13, 2. Larry Spires 24:15, 3. Gary Manson 26:05, 50-54 1. Bill Sullivan 23:45, 2. Stan Rotman 26:29, 3. Robert Villanueva 26:40, 55-59 1. Don Cullen 28:57, 2. Pete Savitz 30:13, 3. Jon Skaglund 32:22, 60-64 1. Eric Fagan 34:02, 2. Steve Shearing 40:35, 3. Al Atkinson 48:22, 65-69 1. Ollie Olivares 28:28, 2. Jim Higgins 28:39, 3. Paul Shipley 34:04, 70 and Over 1. Harold Mulder 41:26, 2. Robert Paye 43:33, 3. Brownlow Miller 45:48.

Lake Tahoe Marathon, Half, 10K, 5K

October 13, 1996. South Lake Tahoe, CA. From Les Wright

5K Men: 1. Paul Jolly (25) Zephyr Cove, NV 18:34, 2. Ryan Ress (22) Reno, NV 19:12, 3. Neal Chappell (57) Stateline, NV 19:48, 4. Bruce Phinney (36) San Rafael 20:01, 5. Jim Snyder (51) Apple Valley 20:43. 5K Women: 1. Sandy Syder (45) Truckee 20:41, 2. Jamie Hansen (15) S. Lk Tahoe 23:30, 3. Sue Tarter (39) S. Lk Tahoe 24:42, 4. Amy Pittick (25) Truckee 25:19, 5. Suzanne Hirabayash (33) Homewood 25:41. 10K Men: 1. David Sutej (28) Omaha, NE 36:59, 2. Daniel Wolfers (36) S. Lk Tahoe 39:02, 3. Mike Keck (30) Sacramento 40:25, 4. Bill Monahan (54) Omaha, NE 41:00, 5. Rudy Talk (28) Berkeley 42:09. 10K Women: 1. Maria Rafal (29) S. Lk Tahoe 41:23, 2. Jeanne Marsh (37) Reno, NV 44:49, 3. Stephanie Kane (23) Olympic Valley 46:42, 4. Avril Harcourt (37) S. Lk Tahoe 47:00, 5. Kathy Breidenback (33) S. Lk Tahoe 48:47. Half Marathon Men 1. Eric Studenicka (30) Truckee 1:23:57, 2. Sean Sweeney (29) S. Lk Tahoe 1:25:55, 3. Scott Robinson (36) Carson City, NV 1:26:14, 4. Jon Paul (28) Stateline, NV 1:27:06, 5. Tom Lyons (34) Reno, NV 1:27:28. Half Marathon Women 1. Francis Gissler (22) Switzerland 1:31:30, 2. Renee Golan (37) Davis 1:41:30, 3. Natalie Laughlin (36) Tahoe City 1:46:51, 4. Kelli Twomey (31) Tahoe City 1:48:02, 5. Nancy Karadakis (40) Reno, NV 1:49:11. Marathon Men 1. Beman Donnell (23) Irvine 3:09:27, 2. Mike Miller (40) Sonoma 3:10:01, 3. Mark Classick (33) England 3:18:53, 4. Bruce Hoffman (34) Fremont 3:19:30, 5. Michael Sharp (38) S. Lake Tahoe 3:22:50. Marathon Women: 1. Kathy D'Onofrio-Wood (32) Truckee 3:36:52, 2. Missy Sanderman (44) Homewood 3:49:44, 3. Ellen Banaghan (34) Granite Bay 4:02:21, 4. Karmen McKenzie (23) S. Lk Tahoe 4:03:04, 5. Nancy Gimbert (34) Tahoe City 4:05:39.

Corporate Rat Race 5K

October 18, Downtown Bakersfield.

Division Results—Men

12u: 1. Andre Jeanpierre 19:00, 13-19: 1. Calvin Gonzalez (19) 15:40, 2. Adrian Dominguez (18) 16:04, 3. Paul Martinez (13) 20:10, 20-29: 1. Roy Sanchez (20) 15:22, 2. Bill Lind (28) 16:13, 3. Tim Coburn (25) 16:50, 30-39: 1. Al Bates (32) 15:36, 2. Juan Hernandez (34) 15:48, 3. Juan Rayna (35) 17:00, 40-49: 1. Bruce Deeter (41) 16:59, 2. Mark Miller (43) 17:02, 3. Scott Rosenlieb (44) 17:42, 50-59: 1. Bill McDougale (53) 20:18, 2. Gary Smedley (57) 20:27, 3. Brad Standley (51) 20:48, 60-69: 1. James Lipford (61)

21:09, 2. George Medina (62) 21:15, 3. Dave Hiatt 26:10.

70+: 1. Stanley Coombs (73) 28:30.

Division Results—Women

13-19: 1. Christina Tafaya (16) 23:41, 2. Heather Ingurd (15) 25:01, 3. Tracey Kittles (16) 23:24, 20-29: 1. Lori Miller (22) 17:43, 2. Bobby Jo Carlotsky (26) 18:25, 3. Susan Schima (26) 19:09, 30-39: 1. Ruth Voumound (38) 17:27, 2. Krisi Harmon (34) 19:38, 3. Brenda Villanueva (36) 20:13, 40-49: 1. Leslie King (44) 20:41, 2. Marion Molhook (44) 21:18, 3. Kathy Sweo (47) 21:21, 50-59: 1. Susan Lucas (54) 22:49, 2. Becky Whitehead (58) 26:25, 3. Mard Briggs (54) 26:25, 60-69: 1. Barbara Gaitan (61) 32:25.

Corporate Team

1. McFarland Unified Schools 43, 2. Occidental Oil & Gas 103, 3. Cal Resources 125.

City to Sea Half Marathon & 5K

October 20, San Luis Obispo.

Half Marathon—Men

1. Daniel Gonzalez (Rancho S) 30:1:08:52, 2. Thomas Reiss (Ahwahnee) 28:1:10:31, 3. Brent Griffiths (Morro Bay) 33:1:12:30, 4. Armando Siqueros (SLO) 37:1:13:01, 5. Andreas Soetiker (Ahwahnee) 36:1:13:39, 6. Thomas McKeown (Atascadero) 42:1:14:02, 7. Pete Dolan (Santa Barb) 36:1:14:24, 8. Steve Boaz (Los Osos) 39:1:15:52, 9. Frank Hutchinson (Los Osos) 44:1:16:49, 10. David Fronckowiak (Gilroy) 36:1:17:16, 11. Travis Clark (San Fran) 26:1:17:37, 12. Tony Jebian (Fresno) 36:1:18:21, 13. Steve Jennings 36:1:18:26, 14. Jussi Hamalainen (Agoura) 50:1:18:53, 15. Gregor Robin (Santa Barb) 39:1:20:24, 16. Tony Battilega (San Diego) 29:1:20:37, 17. Joe Bergquist (Atascadero) 32:1:20:40, 18. Joey Aguirre (SLO) 20:1:21:56, 19. John Leembruggen (Los Osos) 44:1:21:56, 20. Michael Baumann (Visalia) 39:1:22:00, 21. Russ Meznarich (Paso Robles) 34:1:22:13, 22. Ranz Wienart (LA) 22:1:22:19, 23. Alfredo Ramirez (Salinas) 35:1:23:00, 24. Jim Hurley (Los Osos) 40:1:23:33, 25. Cody Thompson (SLO) 36:1:23:41, 26. Larry Jamison 54:1:23:51, 27. Chris Connors (SLO) 45:1:23:59, 28. Nathan Carter (Arroyo Gr) 20:1:24:17, 29. Chris Hale (Orcutt) 43:1:24:39, 30. John Butler 36:21:6.

Finishers

Half Marathon—Women

1. Kristen Orr 23:1:24:03, 2. Riva Rahl (Piedmont) 23:1:27:18, 3. Julie Holt (SLO) 22:1:28:01, 4. Michelle Johnson (Arroyo Gr) 31:1:28:20, 5. Stephanie Nunes (SLO) 26:1:29:55, 6. Laura Bushnell (Costa Mesa) 29:1:30:40, 7. Paullette Scoville (Los Osos) 35:1:31:41, 8. Veronica Pineda (Santa Maria) 23:1:31:09, 9. Liz Leigh-Wood (Cambria) 21:1:33:00, 10. Trish Avery (SLO) 32:1:33:02, 11. Leslie King 44:1:33:16, 12. Angie Ramirez 44:1:33:53, 13. Julie Hiramatsu 39:1:34:12, 14. Sue O'Sullivan 34:1:35:10, 15. Cathy Agler 39:1:35:20, 16. Sally Adam 54:1:36:01, 17. Valerie Taylor-Johnson 36:1:37:37, 18. Kristie Lukes 34:1:37:50, 19. Kathy Fox 39:1:38:09, 20. Vicki Eyre 45:1:38:12, 21. Anne Orred 23:1:38:22, 22. Lisa Henson 35:1:38:34, 23. Brigitte Schlatter 44:1:39:11, 24. Donna Jackson 29:1:39:14, 25. Kathleen Kleins 39:1:39:50, 26. Lisa Shaner 39:1:39:52, 27. Laura Urish 38:1:39:53, 28. Barbara Engel 38:1:40:28, 29. Jill Battilega 27:1:40:47, 30. Amy Drew 22:1:41:24.

5K—Men

1. Louie Quintana, Sr. 44:17:32, 2. Dave Fleishman 30:17:52, 3. Max Meyer 32:17:57, 4. David Babbitt 27:18:02, 5. Deik Maxwell 29:18:04, 6. Salaz 37:18:10, 7. Will Hall 29:18:35, 8. Michael Massee 44:18:04, 9. Ricardo Valencia 13:19:09, 10. Coy Kendrick 37:19:19, 11. Russell Raymond 49:20:18, 12. Mike Wilett 13:20:24, 13. John Hollinshead 34:20:46, 14. Stan Rosenfeld 48:20:47, 15. John Westhater 49:21:01, 16. Tommie Wagner 32:21:20, 17. Bob Arnold 40:21:26, 18. Zack Georgeson 18:21:44, 19. Mark Weiss 22:22:09, 20. Bryson Bost 13:22:39, 21. John Thompson 42:22:40, 22. Shane Kendrick 8:23:19, 23. Curtis Hunt 29:24:59, 24. Brian Miller 27:25:02, 25. Jeffrey Pero 50:25:08, 26. Chris Davis 52:25:15, 27. Dave Darge 42:25:23, 28. Bob Herman 71:25:34, 29. Thomas Potter 41:26:10, 30. Frank Sheahan 52:26:21.

5K—Women

1. Ruth Wysocki 39:16:47, 2. Katherine Niblett 15:19:40, 3. Catherine Arnold 36:22:22, 4. Evelyn Major 41:22:42, 5. Cherie Moore 33:23:52, 6. Aileen Chann 30:24:02, 7. Dale McVay 44:24:32, 8. Margaret Nerille 36:24:55, 9. Lauren Shearer 19:25:01, 10. Sarah Hedger 21:25:32, 11. Catherine Richmond 16:25:33, 12. Wendy Mann 35:26:13, 13. Stephanie Morris 23:26:25, 14. Britta Baird 19:26:49, 15. Jennifer Jarratt 19:26:50, 16. Cheryl Schmitz 39:27:34, 17. Sarah Heitman 22:27:36, 18. Terri Bogart 38:27:53, 19. Sabrina Suckell 19:28:07, 20. Michelle Robies 34:28:10, 21. Michele Hunkle 28:28:18, 22. Allison Hungerford 29:28:32, 23. Kathy Ritter 49:28:34, 24. Antonette Burns 22:28:39, 25. Aileen Burns 50:28:39, 26. Arlene Stern 34:29:18, 27. Maria Magana 6:29:27, 28. Josselyn Perez 9:29:43, 29. Terri Prince 22:29:51, 30. Susan Robertson 32:29:55, 56 finishers.

Humboldt Redwoods Marathon & Half Marathon

October 20, Weott, From Maureen Reiner.

Marathon—Top 20 Men

1. Billy Morris (31) Trinidad, CA 2:38:06, 2. Marc Gosselin (32) Merio Park 2:38:56, 3. James Washington (42) Arcata 2:44:46, 4. Michael Duncan (46) San Mateo 2:45:45, 5. Brian Hopkins (27) Pullman, WA 2:48:35, 6. Spidey Kaufmann (29) Bakersfield 2:51:23, 7. Lawrence Berg (38) Santa Cruz 2:53:20, 8. Kent Parnell (35) Sacramento 2:53:36, 9. Terry Wahl (38) Langlois, OR 2:57:20, 10. John Pearch (23) Roseburg, OR 2:58:30, 11. Michael Kappler (31) Santa Cruz 2:58:51, 12. Jeffrey Baker (37) Petaluma 2:59:23, 13. Scott Anderson (24) Columbus, OH 2:59:50, 14. Brett Singer (28) Berkeley 3:00:44, 15. Glen Frank (32) Houston, CO 3:03:21, 16. Dusty Miller (49) Mt. Shasta 3:04:06, 17. George Holland (42) Watertown, MA 3:04:23, 18. Ian Reid (53) San Francisco 3:06:19, 19. Bill Elbersen (49) Ketchikan, AK 3:07:47, 20. Rick Mollenkoph (48) San Rafael 3:08:31.

Division Results—Men's Marathon: 19-24 1. John Pearch 2:58:30, 2. Scott Anderson 2:59:50, 3. Osamu Chiba (23) Arcata 3:30:51, 25-29: 1. Brian Hopkins 2:48:35, 2. Spidey Kaufmann 2:51:23, 3. Brett Singer 3:00:44, 30-34: 1. Billy Morris 2:38:06, 2. Marc Gosselin 2:38:56, 3. Michael Kappler 2:58:51, 35-39: 1. Lawrence Berg 2:53:20, 2. Kent Parnell 2:53:36, 3. Terry Wahl 2:57:20, 40-44: 1. James Washington 2:44:46, 2. George Holland 3:04:23, 3. Joe Fennel (25) Fayetteville, AR 3:11:46, 45-49: 1. Michael Duncan 2:45:45, 2. Dusty Miller 3:04:06, 3. Bill Elbersen 3:07:47, 50-54: 1. Ian Reid 3:06:19, 2. David Large (51) San Francisco 3:08:46, 3. Alanasio Espinosa (51) Roseville 3:13:25, 55-59: 1. Rolf Nebelung (56) Dublin 3:18:22, 2. Bob Kennedy (56) El Paso, TX 3:33:10, 3. Philo Short (58) Monterey 3:37:10, 60-64: 1. Robert Hudson (60) San Leandro 3:16:38, 2. Jack Swanson (62) Spokane, WA 3:48:16, 3. Frank Nolte (62) Castro Vly 4:39:00, 70-74: 1. Jim Ray (71) Santa Rosa 4:08:25, 2. John Norberg (70) Eureka 4:47:39, 3. Jack Taylor (71) Agoura 5:03:23. Wheelchair: 1. Geoffrey Erickson (46) Pt. Townsend, WA 3:06:44.

Marathon—Top 20 Women

1. Karl Erickson (32) Berkeley 3:07:47, 2. Dee Lindsay (35) Chicago, IL 3:12:41, 3. Lisa Beggs (35) Phoenix, AZ 3:16:03, 4. Karen-Louise White (33) Eugene, OR 3:16:08, 5. Susan Dugan (30) Eureka 3:16:14, 6. Penelope Douglas (44) San Francisco 3:18:08, 7. Ellie Nolan (36) Portland, OR 3:18:33, 8. Karen Hickey (33) Palo Alto 3:26:42, 9. Christie Kissinger (36) Soquel 3:28:47, 10. Gunhild Swanson (52) Spokane, WA 3:28:56, 11. Brandon Earp (23) Palo Alto 3:30:27, 12. Stephanie Lane (23) Olympic Vly 3:31:08, 13. Deborah Dusanaky (26) Boulder, CO 3:31:27, 14. Kim Maxwell (25) San Francisco 3:32:28, 15. Jodi Isaacs (29) Merio Park 3:35:28, 16. Sandy Rierson (29) San Diego 3:37:16, 17. Melissa Eppley-Hart (27) Boulder Crk 3:38:07, 18. Alice Lane (42) Pt. Townsend, WA

RESULTS

3:38:50, 19. Leslie Dicou (38) Salem, UT 3:40:15, 20. Julie Ryerson (37) Eugene, OR 3:43:55.

Division Results—Women's Marathon, 19-24: 1. Brandon Earp 3:30:27, 2. Stephanie Lane 3:31:08, 3. Jennifer Matthews (22) San Diego 3:44:10, 25-29: 1. Deborah Dusensky 3:31:27, 2. Kim Maxwell 3:32:28, 3. Jodi Isaacs 3:35:28, 30-34: 1. Karl Erickson 3:07:47, 2. Karen-Louise White 3:16:08, 3. Susan Dugan 3:16:14, 35-39: 1. Dee Lindsey 3:12:41, 2. Lisa Begin 3:16:03, 3. Ellie Nolan 3:18:33, 40-44: 1. Penelope Douglas 3:18:08, 2. Alice Lane 3:36:50, 3. Terry Watanabe (44) Spokane 3:53:17, 45-49: 1. Cedila Chase (45) San Fran 3:51:18, 2. Sue Hodges (46) San Diego 3:51:57, 3. Bobbie Garcia (47) 4:08:16, 50-54: 1. Gunhild Swanson 3:28:56, 2. Charlotte Swanson (54) Yakima 3:54:27, 3. Jane Noelker (50) Foster City 3:55:07, 55-59: 1. Gaby McCullity (59) Santa Maria 4:01:34, 2. Phyllis Bule (58) Sequim 4:28:57.

Half Marathon—Top 20 Men, 1. Eric Tollerfon (23) Brownstown, WA 1:06:07, 2. Jamey Harris (25) Clovis 1:06:36, 3. Mike Stone (27) Petaluma 1:07:20, 4. Jose Pilar Alsapuro (35) Watsonville 1:07:27, 5. Russel Will (28) Milpitas 1:07:52, 6. Jeff Shaver (36) Cupertino 1:08:62, 7. Miguel Tibaduiza (40) Reno 1:08:09, 8. Joe Kames (31) Monterey 1:08:23, 9. Jason Dressler (23) Arcata 1:08:25, 10. Brian Richter (27) San Francisco 1:08:38, 11. Danny Aldridge (40) Santa Rosa 1:09:07, 12. Andrew Boudreau (26) Berkeley 1:09:08, 13. Chris Phipps (26) 1:09:12, 14. Eric Walker (20) 1:09:42, 15. Douglas Avrit (37) Murphys 1:10:06, 16. Reik Bohn (30) Rohnert Park 1:10:16, 17. Lloyd Stephenson (42) San Francisco 1:11:09, 18. Rick Reitz (26) Livermore 1:11:15, 19. Aaron Pierson (33) Daly City 1:11:33, 20. Mike Gottard (28) Sacramento 1:11:43.

Division Results—Men's Half Marathon: 6-12: 1. Splenghar Komak (11) Eureka 2:22:33, 13-18: 1. Shaun Lyle (13) Eureka 1:20:48, 2. Ian Miller (14) Mt. Shasta 1:29:59, 3. Shane Gunderson (17) Fortuna 1:36:44, 19-24: 1. Eric Tollerfon 1:06:07, 2. Jason Dressler 1:08:25, 3. Eric Walker 1:09:42, 25-29: 1. Jamey Harris 1:06:36, 2. Mike Stone 1:07:20, 3. Russel Will 1:07:52, 30-34: 1. Joe Kames 1:08:23, 2. Reik Bohn 1:10:16, 3. Aaron Pierson 1:11:33, 35-39: 1. Jose Pilar Alsapuro 1:07:27, 2. Jeff Shaver 1:08:06, 3. Douglas Avrit 1:10:06, 40-44: 1. Miguel Tibaduiza 1:08:09, 2. Danny Aldridge 1:09:07, 3. Lloyd Stephenson 1:11:09, 45-49: 1. Charles Thompson (46) San Fran 1:13:34, 2. Chuck MacDonald (49) Redding 1:17:31, 3. Bill Dunn (49) Sunnyvale 1:17:36, 50-54: 1. Ewar Gordillo (51) Reno 1:16:25, 2. Alphonzo Jackson (51) San Leandro 1:17:06, 3. Frank Ruona (51) Novato 1:17:40, 55-59: 1. Jim Williams (55) Novato 1:18:53, 2. Jon MacPherson (55) Santa Rosa 1:20:38, 3. Larry Warren (56) Mt. Shasta 1:24:42, 60-64: 1. Alex Derieux (62) San Fran 1:29:08, 2. Bernie Hollander (60) Novato 1:31:08, 3. Ralph Harms (61) Santa Rosa 1:31:50, 65-69: 1. Carl Ellsworth (65) Nevada City 1:31:15, 2. Marion Carter (65) San Jose 1:40:10, 3. Bill Stowell (69) Fort Jones 1:40:41, 70-74: 1. Robert Kay (70) Newport Bch 1:42:22, 2. David Valles (72) Santa Clara 1:45:30, 3. Stan Demartins (73) Saratoga 1:55:43, 75-79: 1. Bill Hutchinson (76) Eagle Pt. OR 2:07:33, 80-84: 1. Redlands De Le (81) Loma Linda 2:59:55, 85-89: 1. Thomas B. Cullen (85) Sequim, WA 3:36:59. **Wheelchair:** 1. Bruce Cornell (44) Truckee 1:45:42.

Half Marathon—Top 20 Women, 1. Terry Adams-Schmidt (40) Stateline, NV 1:17:53, 2. Kristina Mathias (26) Sunnyvale 1:18:34, 3. Sissel Bernitsen-Heber (32) San Fran 1:18:59, 4. Denise Foote (37) Aloha, OR 1:20:02, 5. Lisbet Engberg (32) San Fran 1:20:09, 6. Tenaya Soderman (23) Palo Alto 1:20:21, 7. Kristin Jacobs (31) San Jose 1:20:28, 8. Sandy Patterson (38) San Fran 1:20:42, 9. Honor Fetherston (41) Mill Vly 1:21:21, 10. Amanda Gerhardt (28) Woodside 1:22:05, 11. Shirley Matson (55) Moraga 1:23:09, 12. Joan Ottaway (52) Sonoma 1:23:14, 13. Lisa Geoffron (36) Petaluma 1:23:33, 14. Laura Stanfield (36) Glen Ellen 1:23:47, 15. Cynthia Castle (31) San Diego 1:23:50, 16. Max Moehs (34) El Cerrito 1:23:53, 17. Janet Smith (36) Cupertino 1:24:39, 18. Christine Lincke (31) Min View 1:24:53, 19. Bz

Churchman (34) Oakland 1:24:59, 20. Lisa Travaglini (35) San Fran 1:25:03.

Division Results—Women's Half Marathon, 6-12: 1. Stephanie Frick (11) Danville 2:02:07, 13-18: 1. Isis Sien (13) Santa Cruz 1:54:10, 2. Nicole Webber (17) Camellian Bay 2:04:37, 19-24: 1. Tenaya Soderman 1:20:21, 2. Audrey Maynor (24) Arcata 1:28:40, 3. Riva Rahl (23) Piedmont 1:32:24, 25-29: 1. Kristina Mathias 1:18:34, 2. Amanda Gerhardt 1:22:05, 3. Cheryl Kruse (29) San Fran 1:27:17, 30-34: 1. Sissel Bernitsen-Heber 1:18:59, 2. Lisbet Engberg 1:20:09, 3. Kristin Jacobs 1:20:28, 35-39: 1. Denise Foote 1:20:02, 2. Sandy Patterson 1:20:42, 3. Lisa Geoffron 1:23:33, 40-44: 1. Terry Adams-Schmidt 1:17:53, 2. Honor Fetherston 1:21:21, 3. Kathy Ward (42) Sacramento 1:25:54, 45-49: 1. Darlene Wallace (45) San Jose 1:32:00, 2. Karen Kelley-Day (46) Eureka 1:32:44, 3. Margaret Ryan (45) San Fran 1:35:49, 50-54: 1. Joan Ottaway 1:23:14, 2. Cyndy Calvin (50) Auburn 1:35:26, 3. Dorie Quam (52) Bellevue 1:35:42, 55-59: 1. Shirley Matson 1:23:09, 2. Barbara E. Miller (57) Modesto 1:28:47, 3. Louise Walters (56) Foresthill 1:39:31, 60-64: 1. Myra Rhodess (64) Sacramento 1:42:56, 2. Ron Gotcher (60) Portland, OR 1:57:49, 3. Mary Weiz (64) Penn Vly 2:01:07, 65-69: 1. Inge Hendon (67) Spokane, WA 1:58:14, 2. Peggy Hansen (63) Castro Vly 2:04:55, 3. Ruth Anderson (67) Oakland 2:05:13.

Monster Mash Dash 5 & 10K

October 27, Newport Beach.

5K Men

Open Men

1. Joey Gomez (36) 16:03, 2. Francisco Vazquez (42) 16:08, 3. Mike Nilsen (25) 17:41.

Masters Men

1. John Holcomb (42) 18:15, 2. Don Irvine (47) 18:33, 3. Bill Sumner (48) 19:07.

Division Results

15u: 1. Fab Garcia (11) 23:44, 15-18: 1. Nick Murdock (17) 20:07, 19-24: 1. Francisco Vazquez (21) 16:08, 2. Jesus Gomez (20) 17:55, 3. Braulio Gallegos (23) 18:10, 25-29: 1. Mike Nilsen (25) 17:41, 2. Eric Kobrina (26) New Bch 18:18, 3. Javier Fernandez (25) 19:27, 30-34: 1. Mike Fried (33) 18:43, 2. Gerald Kuse (32) 19:12, 3. Curtis Chapman (31) Irvine 19:33, 35-39: 1. Joey Gomez (36) 16:03, 2. Tim Clemente (38) 17:59, 3. Timothy Jones (36) 18:38, 40-44: 1. John Holcomb (42) 18:15, 2. Mike Belancourt (40) 21:05, 3. Art Orlitt (41) 21:44, 45-49: 1. Don Irvine (47) 18:33, 2. Bill Sumner (48) 19:07, 3. Roger Watson (47) 21:04, 50-54: 1. Bob Giblin (51) 20:16, 2. Bill Sokol (53) 22:05, 3. Randall Shetley (53) 22:26, 55-59: 1. Vladimir Bondybyev (56) 20:31, 2. Jim Schultz (55) 23:31, 3. Ralph Smith (56) 23:37, 60-64: 1. Christopher Bourke (60) Dana Pt 23:20, 2. Jim Rander (64) 26:45, 3. Dan Blodgett (64) 27:45, 65-69: 1. Ed Foat (66) Dana Pt 27:29, 2. Bob Gunnar (66) Orange 33:24, 3. Bob Berg (68) Costa Mesa 44:59.

5K Women

Open Women

1. Yayoi Liu (39) Irvine 19:44, 2. Rosalinda Alcalá (26) 19:47, 3. Sila Jones (25) 20:00.

Masters Women

1. Debby Jameson (47) 21:31, 2. Cori Leone (42) Orange 23:28, 3. Beth Handweiser (40) Irvine 23:39.

Division Results

15u: 1. Katharine Jacobs (8) 30:15, 15-18: 1. Paz Garcia (15) 23:02, 2. Marcela Serrano (18) 34:15, 3. Kelly Spickelmier (17) Gard Gr 38:49, 19-24: 1. Jill Mahoney (23) 23:42, 2. Melanie Madole (24) Costa Mesa 25:53, 3. Nicola Peters (21) 27:44, 25-29: 1. Rosalinda Alcalá (26) 19:47, 2. Sila Jones (25) 20:00, 3. Julie Salas (26) 22:00, 30-34: 1. Molly Donnellan (34) 24:43, 2. Lori Reiniger (33) 25:40, 3. Karina Hamilton (34) 25:58, 35-39: 1. Yayoi Liu (39) Irvine 19:44, 2. Helen Moreno (36) 20:23, 3. Gina Krieg (37) 20:25, 40-44: 1. Cori Leone (42) Orange 23:28, 2. Beth Handweiser (40) Irvine 23:39, 3. Patti Tieone (44) 24:14, 45-49: 1. Debby Jameson (47) 21:31, 2. Vikki McCrann (45) 31:18, 3. Sheila Spickelmier (46) Gard Gr 39:06, 50-54: 1.

Sue Robins (51) 26:39, 2. Sharon Kirk (52) Santa Ana 29:10, 3. Kathy Nash (52) 31:14, 55-59: 1. Nanda Fischer (57) 26:41, 2. Estrella Perez (55) Corona 45:13, 3. Helen Wilkerson (55) Long Beach 49:17, 60-64: 1. Eleanor Waldhouse (62) 56:38, 65-69: 1. Sumi Onodera (68) 29:07, 2. Rachel Sandoval (66) Santa Ana 44:43, 70u+: 1. Lois Edds (76) Tustin 35:13.

10K

Open Men

1. Oliver Wild (27) 33:14, 2. Kevin Berko (26) 34:04, 3. Darren Cox (26) 34:35.

Division Results

15-18: 1. Bryce Williams (17) 47:30, 19-24: 1. Brian McDonough (24) 41:04, 2. Chris Marshall (24) 41:33, 3. Miguel Jimenez (20) 43:16, 25-29: 1. Oliver Wild (27) 33:14, 2. Kevin Berko (26) 34:04, 3. Darren Cox (26) 34:35, 30-34: 1. Polin Beilge (30) 35:17, 2. David Schiller (34) 38:54, 3. Norman Williams (30) 40:59, 35-39: 1. Eric Drummond (38) 37:39, 2. Alex Puchner (35) 38:25, 3. JP Schauweker (35) 38:56, 40-44: 1. Lorenzo Herrera (44) 40:32, 2. Paul Vicknair (42) 41:18, 3. Felipe Lugo (40) 42:05, 45-49: 1. Irv Ray (45) 39:00, 2. Joseph McKeever (45) 40:12, 3. Arthur Byrne (49) 44:10, 50-54: 1. Wayne Mitchell (51) 38:02, 2. Jerry Goodwin (54) 38:57, 3. Tim Goodwin (53) 46:41, 55-59: 1. Gary Foster (57) 48:26, 65-69: 1. Keith Dunn (65) 56:15, 2. Albert Morris (65) 1:02:01.

Open Women

1. Denise Ripley (34) 39:05, 2. Bonnie Eng (25) 42:45, 3. Janet Bober (52) 44:18.

Division Results

19-24: 1. Julie Karworth (22) 45:18, 2. Carrie Paez (23) 46:18, 3. Paula Amett (24) 53:15, 25-29: 1. Bonnie Eng (26) 42:45, 2. Tina Osorio (27) 45:53, 3. Tammy Dastle (26) 47:57, 30-34: 1. Denise Ripley (34) 39:05, 2. Elaine Kirby (31) 44:23, 3. Michele Downs (34) 45:33, 35-39: 1. Patti Daino (36) 49:30, 2. Debra Holm (35) 50:54, 3. Christie Foster (36) 52:36, 40-44: 1. Pam Koslov (44) 50:00, 2. Theresa Blakebrough (42) 50:40, 3. Rosemarie Lewin (44) 53:57, 45-49: 1. Dora Haikal (45) 49:41, 2. Rosemarie Koenig (47) 1:05:45, 3. Olga Fabrick (46) 1:12:12, 50-54: 1. Janet Bober (52) 44:18, 2. Ginger Tangedal (50) 49:31, 3. Kathie Litchfield (52) 54:35, 65-69: 1. Inge Hendon (67) 56:48, 2. Dorie Smith (65) 59:38.

Santa Barbara Half Marathon

November 2, 1996, Santa Barbara.

1. Ramiro Aguirre (29) Goleta 1:10:29, 2. Dan Goldstein (32) Thousand Oaks 1:10:48, 3. Gregg Homer (42) Santa Barbara 1:11:30, 4. Adolfo Lopez (37) Santa Maria 1:11:41, 5. Robert Hollister (37) Goleta 1:13:43, 6. Jose Juvenal (36) Santa Barbara 1:14:45, 7. David Saunders (30) Santa Barbara 1:15:18, 8. Bob Brennan (35) Federal Way 1:15:34, 9. Jim Kornell (45) Santa Barbara 1:16:23, 10. Samuel Morales (27) Oxnard 1:17:16.

11. John Foley (30) Santa Monica 1:17:27, 12. Misty Allen (30F/1st F) Santa Barbara 1:17:53, 13. David Chakrez (37) Las Vegas 1:18:07, 14. Kazuto Fujita (36) Beverly Hills 1:18:13, 15. Takashi Yagisawa (42) LA 1:19:35, 16. Gregor Robin (39) Santa Barbara 1:19:39, 17. Ovidio Mora (32) Santa Barbara 1:20:17, 18. Chris Devine (23) Santa Barbara 1:20:26, 19. Steven MacIntosh (46) Ventura 1:20:36, 20. Matthew Fisher (36) Goleta 1:20:45.

21. Brian King (29) Santa Barbara 1:20:48, 22. A. Goldschmidt (34) Santa Barbara 1:21:33, 23. David Holt (39) Santa Barbara 1:21:33, 24. Ramon Tello (31) Santa Barbara 1:21:51, 25. Paul Marcel (47) Summerland 1:22:05, 26. Robert Denis (27) Seal Beach 1:22:08, 27. Michael Cope (37) Santa Barbara 1:22:23, 28. Jay Clark (25) Santa Maria 1:22:31, 29. John Leembruggen (44) San Luis Obispo 1:22:40, 30. Russ Meznarich (34) Paso Robles 1:22:46, 31. Steve Goin (30) Carpinteria 1:22:50, 32. John Woolley (27) Costa Mesa 1:22:56, 33. Michael Mahurin (26) Van Nuys 1:23:22, 34. Gene Ball (51) Oxnard 1:23:27, 35. Gary Nagel (29) S Barbara 1:23:48, 36. Shiggy Suzuki (38) Thousand Oaks 1:23:58, 37. Mike Dungan (44) S Barb 1:24:13, 38.

RESULTS

Wade Lawrence (29) San Luis Obispo 1:24:24, 39. Sai Natarajan (25) Agoura Hills 1:24:29, 40. Brian Hunt (42) Oakview 1:24:37.

41. Howard Brittain (41) Ventura 1:24:52, 42. Joseph Banach (48) S. Barb 1:24:56, 43. Larry Jamison (54) San Luis Obispo 1:25:07, 44. Steven Johnston (48) S. Barb 1:25:37, 45. Gregg Tedeski (25) Goleta 1:25:48, 46. Mike Lanham (42) S. Barb 1:25:59, 47. Michael Warrington (27) Portola vly 1:26:21, 48. Vic Birtalan (53) Goleta 1:26:29, 49. Thomas Roth (32) Santa Monica 1:26:38, 50. Blaire Choate (25) S Barb 1:26:42.

72. Melissa Bermant (31F/2nd F) Santa Barbara 1:28:25, 77. Brigid Freyne (26F/3rd F) Santa Barbara 1:29:11, 79. Dianna Hall (39F/4th F) Santa Barbara 1:29:27, 80. Susan Petronio (33F/5th F) Santa Barbara 1:29:43, 86. Felicia Franssens (30F/6th F) 1:29:56, 89. Gae McClenathan (34F/7th F) Santa Barbara 1:30:02, 91. Carol Knox (33F/8th F) Santa Barbara 1:30:23, 96. Carrie Sova (33F/9th F) Santa Barbara 1:31:08, 100. Cheryl Nelson (38F/10th F) Santa Barbara 1:31:26.

Division Results—Men

18u: 1. Trevor Crawford (18) S Barb 1:32:54, 19-29: 1. Ramiro Aguirre 1:10:29, 2. Samuel Morales 1:17:16, 3. Chris Devine 1:20:26, 30-34: 1. Dan Goldstein 1:10:48, 2. David Saunders 1:15:18, 3. John Foley 1:17:27, 35-39: 1. Adolfo Lopez 1:11:41, 2. Robert Hollister 1:13:43, 3. Jose Juvenal 1:14:45, 40-44: 1. Gregg Horner 1:11:30, 2. Takashi Yagisawa 1:19:35, 3. John Leembruggen 1:22:40, 45-49: 1. Jim Kornell 1:16:23, 2. Steven MacIntosh 1:20:36, 3. Paul Marcel 1:22:05, 50-54: 1. Gene Ball 1:23:27, 2. Larry Jamison 1:25:07, 3. Vic Birtalan 1:26:29, 55-59: 1. Sandy Waddell (55) Ventura 1:37:57, 2. James Robertson (59) Goleta 1:42:24, 3. Patrick Higgins (59) S. Barb 1:43:46, 60-64: 1. Fred Vega (62) S Barb 1:52:20, 65-69: 1. George McGaffigan (66) Corona Del Mar 1:44:38, 70&+: 1. David Kille (73) Ojai 1:58:08.

Division Results—Women

19-29: 1. Brigid Freyne 1:29:11, 2. Susan McClaughlin (21) S. Barb 1:32:56, 3. Meghan Behrens (25) S. Barb 1:33:52, 30-34: 1. Misty Allen 1:17:53, 2. Melissa Bermant 1:28:25, 3. Susan Petronio 1:29:43, 35-39: 1. Dianna Hall 1:29:27, 2. Cheryl Nelson 1:31:26, 3. Elizabeth Kelly (37) Agoura Hills 1:31:59, 40-44: 1. Deborah Flores (43) Carpinteria 1:32:44, 2. Kate Hengeler (41) Ventura 1:45:34, 3. Card Florence (42) San Luis Obispo 1:45:56, 45-49: 1. Mimi Baranowski (48) Ventura 1:38:29, 2. Kathy Frank (48) Palo Alto 1:39:15, 50-54: 1. Glynis Greening (50) Long Beach 1:37:46, 55-59: 1. Shirley Saunders (55) S. Barb 1:54:16, 60-64: 1. Jane Dods (60) Springfield, OR 2:04:52.

Asics Sparkletts Cup

November 9, 1996.

Men

1. Steve Frisone (Future Track) 14:25, 2. Bryan Dameworth (FT) 14:32, 3. Daniel Martinez 14:36, 4. Danny Gonzalez (Asics) 14:39, 5. Mike Tansley (FT) 14:54, 6. Tyrus Deminter (Men of Troy) 14:55, 7. David Cullum 14:56, 8. Dave Olds (Asics) 15:04, 9. Mark LaPlant (Asics) 15:12, 10. Humberto Sanchez (El Camino Alumni) 15:24, 11. Jeff Jacobs (Asics) 15:24, 12. Ian Blair 15:28, 13. Eddie Gonzalez (Asics) 15:34, 14. Tyson Sacco (Asics) 15:35, 15. Gus Hermes (Vanguard Racing Club) 15:39, 16. Francisco Vazquez 15:40, 17. Tom Castro (02 Debt) 15:43, 18. Tim Berger (Asics) 15:44, 19. Bryan Willkins (VanRC) 15:47, 20. Bryan Contreras (Pony Express) 15:53, 21. Brandon Pacheco (Men of Troy) 15:58, 22. Matt Dos Santos (PEXP) 15:58, 23. Scott Uner (Asics) 16:00, 24. Ruben Rios (El Cam) 16:03, 25. Jason Schaefer (VanRC) 16:05.

Team Scores: 1. Asics Sparkletts TC 35, 2. Future Track 39, 3. Men of Troy 78, 4. Vanguard Racing Club 79, 5. Los Feliz Flyers 143, 6. Beach City Flyers 150.

Women

1. Laura Cattivera (Asics) 16:42 CR, 2. Jennifer Gonzalez (Asics) 17:18, 3. Karen Dudekerk (San Diego TC) 17:24, 4. Heather Frisone 17:26, 5. Andrea Della Monica (Asics)

17:36, 6. JoJo Yaba (JoJo GoGos) 17:38, 7. Carmen Martinez 17:39, 8. Terri McAllister (Urbanek Cytomax) 17:41, 9. Sharette Garcia (El Camino Alumni) 17:55, 10. Mary Kenney (Asics) 17:57.

11. Brook Busch (Team Tyrus) 17:58, 12. Kristin Von Teuber (Asics) 18:03, 13. Gracie Padilla (Asics) 18:13, 14. Christa Ayuso 18:15, 15. Gail Wehrli (Los Feliz Flyers) 18:27, 16. Tonia Acosta (South Bay TC) 18:31, 17. Denise Bigelow-Ripley (Team Tyrus) 18:38, 18. Jamie Vaicaro (JoJo) 18:42, 19. Annie Seawright (Asics) 18:52, 20. Chili Davis (UrbCy) 18:56, 21. Michelle Ishia (Team Tyrus) 19:10, 22. Joan Gallagher (Beach TC) 19:12, 23. Kelly Hughes (JoJo) 19:13, 24. Kristen Rubolz (Athletes in Action) 19:20, 25. Alva Dancel (Asics) 19:21.

Team Scores: 1. Asics Sparkletts TC 20, 2. JoJo Go-Gos 64, 3. Team Tyrus 69, 4. Urbanek Cytomax 90.

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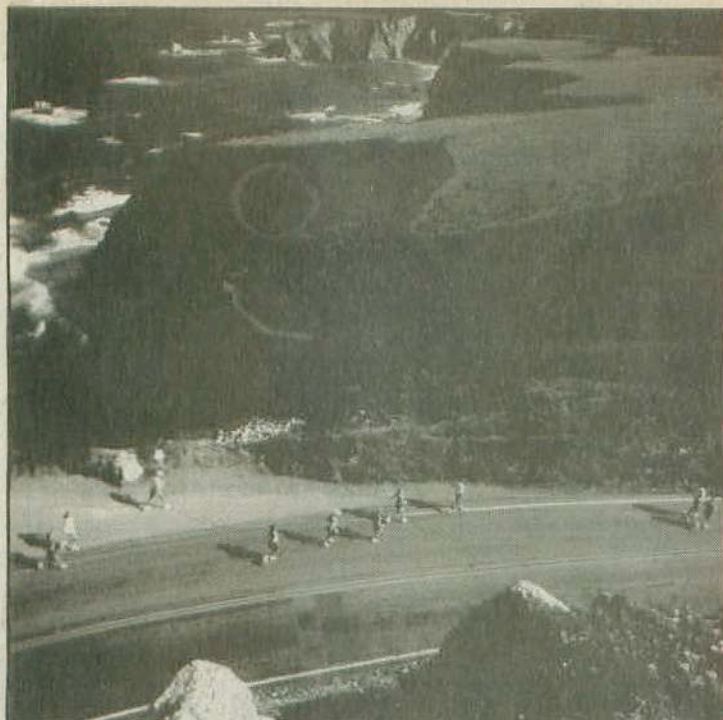
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