

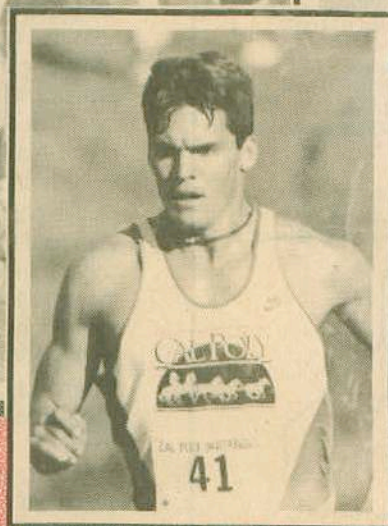
NOVEMBER / DECEMBER 1994

# CALIFORNIA

## Track News



Walt Lange  
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Track & Field ■ Cross Country

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# CALIFORNIA Track News

**Bill Cockerham**

Editor & Publisher

**Judy Cockerham**

Production/Advertising Manager

**Keith Conning**

High School Editor

**Doug Speck**

Southern California  
High School Editor

**Dennis McClanahan**

California Coaches Alliance

**Bob Womack**

High School All-Time Lists

**Bill Minarik**

SoCal Diary

**Jim Hunt**

Technique & Training

**PHOTOGRAPHERS:** Keith Conning, Burt Davis, Phillip Enbody, Don Gosney, Ken Isaak, Kirby Lee, Bill Leung Jr., Elaine Rosenfield, Doug Speck and George Washington.

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## EDITORIAL

### Paying the Freight

Cross country meets don't just happen. Hosting a quality harrier competition takes a lot of planning, preparation, money and help. Gone are the days of painting a white stripe on the grass for the start, placing a few cones for the course, yelling out times and handing out popsicle sticks for the finish. For a big championship or invitational meet, you must consider things like: printing, postage, telephone, program, awards, t-shirts, refreshments, bib numbers, pins, banners, entry and result processing, traffic control, course monitors, clean-up, medical, public address system, parking, and on, and on, and on.

So, who pays for such expenses? Normal entry fees don't even come close. Two options that are most popular are having spectators pay and/or having a sponsor pay. I was at a recent big high school cross country meet that opted for method number one above. A runner was accompanied to the meet by both parents and a brother. First they paid to park their vehicle, then paid to get in, then paid for a program, then paid for a t-shirt for their running daughter, and then they paid for results. Fair enough. Nobody forced these parents to drop the approximately \$30 to support their daughter on race day. But, I did hear several people moan about having to shell out for a cross country meet.

At that same cross country meet, I was passing out Foot Locker Cross Country entry forms. One woman complained that this represented commercialization of the sport. From my perspective and 15 years with Foot

Locker Cross Country, I have to disagree with this line of thinking. At the Foot Locker meet, for example, the runners each pay a modest \$7 entry fee. The parking is free, the admission is free, the programs are free, the t-shirts are free, and each participant receives complete results mailed free. The complaining lady was probably one of the same ones who complained about having to plunk down her own money each week to support the sport.

What does a sponsor get out of hosting an event? In the case of many athletic related companies, such as Foot Locker, it is a chance to give something back to the sport and those who make the sport what it is. Foot Locker doesn't even sell a single pair of shoes at the meet. They like doing something very positive, like hosting the cross country regionals and nationals (the only nationwide championships for high schoolers in any sport).

Sponsorship costs to corporations are out-of-sight, but the good will and benefit to the sport is immeasurable.

The kind of quality meet that the athletes and coaches deserve takes a lot of time and money. Who pays the freight? You, or a sponsor? Next time you get to ride for free, be sure you thank the sponsor.

B.C.

**ON THE COVER:** Start of men's race at the Cal Poly San Luis Obispo Invitational. Results are on page 27. COLEY CANDAELE (bottom inset), #1 for CPSLO, won three invitationals in a row in October. Look for his name in the results. Photo by Bill Leung, Jr. Prep running star JULIA STAMPS set a new course record at Mt. SAC--story begins on page 10. Photo by Phillip Enbody.



# SCHEDULE

Please send cross country and track information to CTN, 4957 E. Heaton Ave., Fresno, CA 93727.

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

## High School Cross Country

### November 13 (Sunday)

**Santa Rosa:** PA/USATF Junior Olympic Cross Championships National Qualifier. Info: Bob Shor (707) 538-0708.

### November 20 (Sunday)

**Fresno:** Region 14 Junior Olympic Cross Country Championships National Qualifier.

### December 3 (Saturday)

**Fresno:** Foot Locker West Regional Cross Country Championships. Woodward Park. New race schedule for 1994. Includes coaches race. 5K. Contact Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

### December 4 (Sunday)

**Portland, OR:** USATF Junior Cross Country Championships. Men. Harry Simonis (503) 253-2639.

### December 10 (Saturday)

**San Diego:** Foot Locker Cross Country National Championships. Morley Field, Balboa Park. 5K. Eight boys & eight girls each from 4 regional events.

**Reno, NV:** National Junior Olympic

Cross Country Championships. Wildcreek Golf Course. Meet Director: Bruce Susong. Info: (702) 358-1401 days, (702) 849-0599 nights.

## Track & Field

### November 19 (Saturday)

**Santa Cruz:** KELfield Throws Series #33. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

### December 17 (Saturday)

**Santa Cruz:** KELfield Throws Series #34. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## 1995

### January 21 (Saturday)

**Santa Cruz:** KELfield Throws Series #35. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

### February 11 (Saturday)

**Los Angeles:** Sunkist Indoor Meet.

### February 17-18 (Fri-Sat)

**Pocatello, ID:** Simplot Games. High School Indoor Track & Field Event. Idaho State University. 200m banked board track. Info: Carol Lish 1-800-635-9444.

### March 11 (Saturday)

**Stockton:** Dom George Relays. San Joaquin Delta College. For info call: Greg Wright (209) 943-2735 home, or (209) 953-8235 at Bear Creek HS.

### March 31-April 1 (Fri-Sat)

**Fresno:** Bob Mathias Fresno Relays. Ratcliffe Stadium.

### April 29 (Saturday)

**Stockton:** Bear Creek Invitational. San Joaquin Delta College. For info call: Greg Wright (209) 943-2735 home, or (209) 953-8235 at Bear Creek HS.

## College & Open Cross Country

### November 5 (Saturday)

**San Diego:** GSAC Championships.

### November 12 (Saturday)

**Salt Lake City, UT:** WAC/NCAA Region VII. Craig Poole (801) 378-7508.

**Walnut:** Asics Cup Cross Country Challenge. (In conjunction with CIF XC Prelims.) All Day. Mt. SAC 3 mile course. Men/11:30 a.m., Women/11:45 a.m. This race open to college and open runners. Contact Kevin Galbraith, 7605 Manchester Ave., #103, Playa Del Rey 90293 (310) 641-4303. Pre-entry deadline is November 2.

### November 19 (Saturday)

**San Francisco:** West Region

## COACHES / MEET DIRECTORS

Send us information about your cross country or track event. We want to include it in the Schedule -- no charge, of course.



# SCHEDULE

Cross Country Championships.  
(617) 566-7600.

**Kearney, NE:** NCAA Div. II Cross Country Championships. Dick Berchner (308) 234-8333.

**Alfred, NY:** NCAA Div. III Cross Country Championships. Steve Babcock (607) 587-4431.

**Kenosha, WI:** NAIA National Cross Country Championships. Wally Schwartz (918) 494-8828.

## November 22

**Fayetteville, AR:** NCAA Div. I Cross Country Championships. Bev Lewis (501) 575-5403.

## November 26 (Saturday)

**Sandy, OR:** National Cross Country Championships.

## December 4 (Saturday)

**Portland, OR:** USATF Cross Country Championships. Harry Simonis (503) 253-2639.

## December 10 (Saturday)

**Reno, NV:** USATF Junior Olympic X-C Championships.

## December 11 (Sunday)

**Palm Desert, CA:** National 5K Championships.

## Track & Field

## November 17 (Thursday)

**Fresno:** FSU Turkey Trials. Warmerdam Field, 2:00 p.m. Red Estes (209) 278-4097.

## November 19 (Saturday)

**Santa Cruz:** KELfield Throws Series #33. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## December 10-11 (Sat./Sun.)

**Long Beach:** VISA Winter Decathlon & Heptathlon. Long Beach State. Andy Sythe (310) 985-1700.

## December 17 (Saturday)

**Santa Cruz:** KELfield Throws Series #34. All divisions -- Weight throw, hammer, shot, discus, javelin. Be-

gins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## 1995

## January 21 (Saturday)

**Santa Cruz:** KELfield Throws Series #35. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

**Fresno:** FSU Weight Pentathlon. Warmerdam Field 9 a.m.

## January 28 (Saturday)

**Reno, NV:** Wolfpack Invitational.

## February 4 (Saturday)

**Bakersfield:** Cal State Bakersfield Invitational.

## February 11 (Saturday)

**Los Angeles:** Sunkist Indoor Invitational.

**Pasadena:** Cal Tech Invitational.

**Reno, NV:** Cal/Nevada Indoor. Qualifying standards apply.

## February 24 (Friday)

**Atlanta, GA:** Indoor National Championships.

## February 24-25 (Fri-Sat)

**Lincoln, NE:** NAIA Indoor National Championships.

**Colorado Springs, CO:** WAC Indoor Championships.

## March 10-11 (Fri-Sat)

**Indianapolis, IN:** NCAA Indoor Championships. Qualifying standards apply.

## March 10-12 (Friday-Sunday)

**Barcelona, Spain:** World Indoor Championships.

## March 18 (Saturday)

**San Luis Obispo:** Cal Poly SLO Invitational.

## March 25 (Saturday)

**Palo Alto:** Stanford Invitational.

**Northridge:** Northridge Invit.

**San Diego:** UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

## March 31-April 1 (Fri-Sat)

**Fresno:** Bob Mathias Fresno Relays. Ratcliffe Stadium.

## April 8 (Saturday)

**San Diego:** UCSD Invitational Track & Field Meet. Contact Tony Salerno, Head Track & Field Coach, UCSD, ICA-0905, 9500 Gilman Dr., La Jolla 92093 (619) 534-0328.

## April 9 (Sunday)

**Athens, Greece:** World Marathon Cup.

## April 10-11 (Mon-Tues)

**Fresno:** FSU Decathlon/Heptathlon. Warmerdam Field.

## April 13-14 (Thurs-Fri)

**Azusa:** Cal Invitational Multi-Events.

## April 14 (Friday)

**Pomona:** Pomona-Pitzer Invitational.

## April 22 (Saturday)

**Turlock:** Stanislaus Invitational.

## April 28-29 (Fri-Sat)

**San Diego:** GSAC Championships.

## April 29-30 (Sat-Sun)

**Fresno:** Cal/Nevada Championships. Ratcliffe Stadium.

**Beijing, China:** World Cup of Racewalking.

## May 13 (Saturday)

**Modesto:** Modesto Relays.

## May 17-20 (Wed-Sat)

**Provo, UT:** WAC Championships.

## May 25-27 (Thurs-Sat)

**Azusa:** NAIA National Outdoor Championships.

## May 31-June 3 (Wed-Sat)

**Knoxville, TN:** NCAA Championships.

## June 9 (Friday)

**Fresno:** Central California Championships. Ratcliffe Stadium.

## June 15-17 (Thurs-Sat)

**Sacramento:** USATF Senior Championships. Qualifying standards apply.



# SCHEDULE

**June 23-24 (Fri-Sat)**

**Walnut:** USATF Junior Championships. Qualifying standards apply.

**August 4-13**

**Gothenburg, Sweden:** World Track & Field Championships.

## Masters

### Cross Country

**November 19**

**Boston, MA:** USATF National Masters 8K Cross Country Championships. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167 (617) 964-7802.

### Track & Field

**November 12 (Saturday)**

**Long Beach:** Long Beach Senior Olympics. 55+. Senior Olympics, Long Beach Parks & Rec., 2760 Studebaker Rd., Long Beach 9815. Deadline October 24. (310) 421-9431, 3260.

**November 19 (Saturday)**

**Santa Cruz:** KELfield Throws Series #33. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

**December 17 (Saturday)**

**Santa Cruz:** KELfield Throws Series #34. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

**1995**

**January 21 (Saturday)**

**Santa Cruz:** KELfield Throws Series #35. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.



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**February 24-26**

**Reno, NV:** USATF National Masters Indoor Championships. Bill Bowser, U of Nevada-Reno, Dept. of Athletics, Reno, NV 89557-0041 (702) 784-4870.

**July 6-9:**

**East Lansing, MI:** USATF National Masters Championships. Michigan State University. Randy Williams, 12651 Cloverlawn, Detroit, MI 48238 (313) 834-0378.

**Jumpers Vertical Sports Club, 6505 Santa Cruz, Atascadero 93422. 1 p.m. Divisions/men & women: under 9, 10-12, 13-14, 15-16, 17-18, 19-34, 35-44, 45-54, 55-64, 65-74, 75-84. Contact Jan Johnson, FAX (805) 466-8273 or phone (805) 466-8119.**

**January 11, 1995 (Sunday)**

**Sacramento:** Trackathon Marathon & 50K. American River College all-weather track. 10K, 20K, 30K, 50K or marathon. Paul Reese, 308 Forest Ct., Auburn 95603

## All-Comers

**November 13, December 17  
January 14, 1995, February 4, 1995**

**Atascadero:** Sky Jumpers All Comers Vaulting Competitions. Sky

## Camps & Clinics

**December 27-31, 1994**

**San Luis Obispo:** Sky Jumpers Christmas Vault Camp. For vaulters age 12 and up, resident or commut-



# SCHEDULE

er. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

**January 14, 1995 (Saturday)**  
**Manteca:** NSCA NorCal Strength & Conditioning Track & Field Clinic. East Union High School. Info: Dan King (209) 823-0414.

**February 17-18, 1995**  
**Fresno:** San Joaquin Valley Coach of the Year Clinic. Fresno State University. For information contact: Bob Fraley or Doug Fraley (209) 278-2644.

**April 13-15, 1995**  
**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for

pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

**April 17-19, 1995**  
**Atascadero:** Sky Jumpers Vertical Sports Club. See above.

**June 18-20, 1995**  
**Atascadero:** Sky Jumpers Vertical Sports Club. See above.

**July 30-August 4, 1995**  
**Lake Tahoe:** Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los

Alamitos, CA 90720. (Camp also in Prescott, AZ at this same time.)

**August 22-27, 1995**  
**Catalina Island:** Runner's Workshop Cross Country Running Camp. Coed. Ages 12 & older, novice to state champ. For more information contact: Mark and Rene Celestin, (310) 493-7545. Or mail to: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

**December 27-31, 1995**  
**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

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# California Track and Cross Country Coaches Alliance

## Why Should I Join The Coaches Alliance?

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

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The COACHES ALLIANCE directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco.

## What Do I Receive For My Membership?

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

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

The COACHES ALLIANCE works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports. Starting in the fall of 1994, as a member of the Alliance, you will be able to vote in this process.

**To join, please fill out and return the following: (Please Print)**

Name: \_\_\_\_\_ School: \_\_\_\_\_

Section: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

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



# Woodward Park

## Cross Country All-Time

### High School Lists

### 5000 Meter Course

These lists were made possible through the efforts of Steve Ward, Bill Cockerham, Doug Speck, and Richard Roybal. Please send any corrections to: Doug Speck - 563 N. Willowgrove - Glendora, CA 91741

#### All-Time Boys

1. Marc Davis (San Diego, Ca) 1986	14:38
2. Eric Reynolds (Camarillo, Ca) 1982	14:39
Bryan Dameworth (Agoura, Ca) 1989	14:39
4. Jay Marden (Miss SJ Fremont, Ca) 1980	14:40
5. Louie Quintana (Arroyo Grande, Ca) 1990	14:47
6. Tom Ansberry (S Rita, Tucs, Az) 1980	14:49
Calvin Gaziano (Castro Valley, Ca) 1984	14:49
8. Jon Butler (Edison, Hunt Bch, Ca) 1980	14:52
9. Dan Mazo (South, Eugene, Or) 1980	14:53
Matthew Davis (Mead, Spok, WA) 1993	14:53
11. Mark Mastalir (Jesuit, Sacto, Ca) 1985	14:54
Tracy Garrison (Klamath Falls, Or) 1983	14:54
13. Chris Caldwell (Tucson, Az) 1982	14:55
Mark Dani (Valhalla, El Cajon, Ca) 1985	14:55
15. Francis O'Neill (San Pasq, Escon, Ca) 1988	14:56
16. Jim Ortiz (Barstow, Ca) 1982	14:57
Brad Hudson (South, Eugene, Or) 1984	14:57
Theo Martin (Page, Az) 1992	14:57
Matt Farley (Jesuit, Sacto, Ca) 1993	14:57
20. Jesus Gutierrez (Pasadena, Ca) 1982	14:58

#### All-Time Boy's Team Time List

(Top Ten Performances List Included)

1. MEAD, SPOKANE, WA 1993	77:22
2. THOUSAND OAKS, CA 1993	77:59
3. ARROYO, EL MONTE, CA 1987	78:23
4. CAMARILLO, CA 1989	78:50
Arroyo 1987	78:51
5. JESUIT, SACRAMENTO, CA 1985	79:05
6. WALNUT, CA 1987	79:16
7. CAMPBELL CO, GILLETTE, WY 1990	79:17
8. MISSION BAY, SAN DIEGO, CA 1993	79:20
9. DANA HILLS, CA 1988	79:21
<b>10 Performances</b>	
10. HART, NEWHALL, CA 1991	79:22
11. EL DORADO, PLACENTIA, CA 1982	79:26
12. HART, NEWHALL, CA 199	79:29
13. ARROYO, EL MONTE, CA 1986	79:30
14. JESUIT, SACRAMENTO, CA 1993	79:30
15. BELLARMINE, SAN JOSE, CA 1986	79:31
16. CAMARILLO, CA 1980	79:33
17. MEAD, SPOKANE, WA 1992	79:33
18. BINGHAM, SOUTH JORDAN, UT 1991	79:35
19. CASA ROBLE, ORANGEVALE, CA 1986	79:38
20. AGOURA, CA 1989	79:44
21. VIEWMONT, BOUTIFUL, UT 1991	79:49

#### All-Time Girls

1. Marnie Mason (Klamath Falls, Or) 1984	17:07
Deena Drossin (Agoura, Ca) 1990	17:07
3. Rebecca Chamberlain (Leigh, SJ, Ca) 84	17:09
Melissa Lucas (Jesuit, Portland, Or) 1993	17:09
5. Laurie Chapman (Gunderson, SJ, Ca) 1985	17:10
6. Milena Glusac (Fallbrook, Ca) 1991-92	17:11
7. Vickie Cook (Alemay, Miss Hills, Ca) 1980	17:13
8. Sarah Schwald (Mead, Spokane, WA) 1989	17:14
9. Cory Schubert (Del Mar, SJ Ca) 1982	17:15
10. Marilyn Davis (Miram, Orinda, Ca) 1981	*17:16
Jeannie Rothman (Westlake, WVigCa) 1990	17:16
12. Katy McCandless (Cast, Palto, Ca) 1986	17:21
Kira Jorgensen (RBVist, Vista, Ca) 1987	17:21
14. Millicent Anderson (Cyndoro, Tuc, Az) '80	17:22
15. Inga Thompson (Reno, Nv) 1981	*17:23
Melissa Sutton (Newbury Park, Ca) 1986	17:23
Heidi Van Borkulo (Blan, Seattle, Wa) 1991	17:23
18. Brigid Freyne (Poly, Riverside, Ca) 1986	17:24
19. Kirsten O'Hara (Palos Verdes, Ca) 1983	17:25
20. Tania Fischer (Cham, CanPark, Ca) 1981	*17:26

#### All-Time Girl's Team Time List

(Top Ten Performances List Included)

1. AGOURA, CA 1991	93:06
2. AGOURA, CA 1990	93:25
Agoura, Ca 1990	93:28
3. PALOS VERDES, CA 1986	94:02
4. COSTA MESA, CA 1980	94:04
5. BEND, OR 1992	94:32
6. AGOURA, CA 1989	94:35
7. PALOS VERDES, CA 1987	94:37
8. EDISON, HUNTINGTON BCH, CA 1991	94:38
9. HESPERIA, CA 1987	94:44
10. AGOURA, CA 1992	95:03
<b>10 Performances</b>	
11. PENINSULA, ROLLING HILLS, CA 1991	95:10
12. SAN PASQUAL, ESCONDIDO, CA 1990	95:17
13. TUSTIN, CA 1983	95:22
14. AGOURA, CA 1987	95:23
15. MOUNTAIN VIEW, OREM, UT 1993	95:35
16. PALOS VERDES, CA 1989	95:36
17. SAN PASQUAL, ESCONDIDO, CA 1991	95:42
18. PALOS VERDES, CA 1986	95:46
19. BEND, OR 1991	95:53
20. PENINSULA, ROLLING HILLS, CA 1993	95:55
21. TUSTIN, CA 1981	95:57
IRVINE, CA 1993	95:57



Course Record Holder MARC DAVIS  
Photo courtesy of Kinney Shoe Corp.

#### All-Time Lists by Grade

##### Freshman Boys

1. Bryan Dameworth (Agoura, Ca) 1986	15:18
2. Enrique Ryan (St. Louis, Hono, HA) 1984	15:25
3. Louie Quintana (Arroyo Gr, Ca) 1987	15:30
4. Jason Balkman (Lynbrook, SJ, Ca) 1991	15:37
5. Theo Martin (Page, Az) 1989	15:42
6. Brett Strahan (Hart, Newhall) 1991	15:49
7. Virgil Thomas (Gallup, NM) 1984	15:50
8. Tim Martin (Page, AZ) 1989	15:52
9. Brandon Leslie (Gallup, NM) 1991	15:54
10. Aaron Gillen (Yreka, CA) 1992	15:55
Phil Reynolds (Newport, Or) 1993	15:55
12. Darren Holman (Sonora, Ca) 1991	15:56
13. Eric Dunn (Arroyo Grande, Ca) 1990	15:59
14. Scott Hempel (Walnut, Ca) 1985	16:03
15. Javier Ramirez (Nordhoff, Ojai, Ca) 1991	16:05
16. Ryan Wilkinson (SMarg, RanSM, Ca) 1991	16:06
17. Mehbratom Keflezighi (SDiego, Ca) 1990	16:11
18. Mike Wall (Lassen, Susanville, Ca) 1982	16:15
19. Dave Hartman (Cyn, CCynCountry) 1987	16:16
Terrel Reyes (Lakewood, Ca) 1988	16:16

##### Sophomore Boys

1. Louie Quintana (Arroyo Grande, Ca) 1988	15:02
2. Jason Maschmeyer (Chur, Eug, Or) 1990	15:08
3. Glenn Morgan (Del Norte, Albuq, NM) 1983	15:10
4. Bryan Dameworth (Agoura, Ca) 1987	15:12
5. Chris Schurz (Westwood, Mesa, Az) 1986	15:14
6. Brandon Leslie (Gallup, NM) 1992	15:18

continued next page



7.	Calvin Gaziano (Castro Valley, Ca) 1982	15:19
8.	Dave Hartman (Cyn, CynCntry, Ca) 1988	15:25
9.	Jason Lienau (Clovis, Ca) 1984	15:35
10.	Angel Martinez (San Gabriel, Ca) 1989	15:36
11.	Aaron Mascorro (Rosemead, Ca) 1984	15:37
	Brett Strahan (Hart, Newhall, Ca) 1992	15:37
	Jeremy Skinner (CampCo, Gillette, WY) '92	15:37
14.	Jason Balkman (Lynbrook, SJ, Ca) 1992	15:38
15.	Virgil Thomas (Gallup, NM) 1985	15:39
	Mike Esparza (Newbury Park, Ca) 1986	15:39
	Bryan Kee (Chambers, Az) 1993	15:39
18.	Eric Reynolds (Camarillo, Ca) 1980	15:41
	Theo Martin (Page, Az) 1990	15:41
	Jeff Fischer (Thousand Oaks, Ca) 1992	15:41

## Junior Boys

1.	Calvin Gaziano (Castro Valley, Ca) 1983	14:54
	Louie Quintana (Aroyo Grande, Ca) 1989	14:54
3.	Tracy Garrison (Klamath Falls, Or) 1982	14:56
4.	Jim Ortiz (Barstow, Ca) 1982	14:57
5.	Jesus Gutierrez (Pasadena, Ca) 1982	14:58
	Bryan Dameworth (Agoura, Ca) 1988	14:58
7.	Margarito Casillas (Hoover, Glen, Ca) 1991	15:02
8.	Curt Corvin (Lakes, Tacoma, Wa) 1981	15:04
	Eric Mastalir (Jesuit, Sacto, Ca) 1984	15:04
10.	Matthew Davis (Mead, Spokane, Wa) 1984	15:05
11.	Chris Schurz (Westwood, Mesa, Az) 1987	15:06
12.	David Naranjo (Sanger, Ca) 1984	15:07
	Ryan Wilson (Agoura, Ca) 1991	15:07
14.	Marc Davis (San Diego, Ca) 1985	15:08
15.	Harold Kuphaldt (BVista, Fair Oaks, Ca)	15:09
	Angel Martinez (San Gabriel, Ca) 1990	15:09
	Brandon Leslie (Gallup, NM) 1993	15:09
18.	Theo Molla (University, Tucson, Az) 1990	15:10
19.	Theo Martin (Page, Az) 1991	15:11
	Micah Davis (Mead, Spokane, Wa) 1993	15:11

## Senior Boys

1.	Marc Davis (San Diego, Ca) 1986	14:38
2.	Eric Reynolds (Camarillo, Ca) 1982	14:39
	Bryan Dameworth (Agoura, Ca) 1989	14:39
4.	Jay Marden (MissSJ, Fremont, Ca) 1980	14:42
5.	Tom Ansberry (S Rita, Tucson, Az) 1980	14:49
	Calvin Gaziano (Castro Valley, Ca) 1984	14:49
	Louie Quintana (Arroyo Grande, Ca) 1990	14:49
8.	Jon Butler (Edison, Hunt Beach, Ca) 1980	14:52
9.	Dan Mazo (South, Eugene, Or) 1980	14:53
	Mark Mastalir (Jesuit, Sacto, Ca) 1985	14:53
	Matthew Davis (Mead, Spok, Wa) 1993	14:53
12.	Tracy Garrison (Klamath Falls, Or) 1983	14:54
13.	Chris Caldwell (Tucson, Az) 1982	14:55
	Mark Dani (Valhalla, El Cajon, Ca) 1985	14:55
15.	Francis O'Neill (S Pasg, Escon, Ca) 1988	14:56
16.	Brad Hudson (South, Eugene, Or) 1984	14:57
	Theo Martin (Page, Az) 1992	14:57
	Matt Farley (Jesuit, Sacto, Ca) 1993	14:57
19.	Eric Mastalir (Jesuit, Sacto, Ca) 1985	14:59
	Robin Card (Capitol, Boise, Id) 1985	14:59

## Freshman Girls

1.	Deena Drossin (Agoura, Ca) 1987	17:26
2.	Carrie Garrition (RimWld, LkArr, CA) '90	17:36
3.	Tracey Williams (MtView, El Mon, Ca) '84	17:43
4.	Amber Clark (Dobson, Mesa, Az) 1988	17:53
5.	Kira Jorgensen (Vista, Ca) 1985	17:56
6.	Jessica Fry (Rogers, Spokane, Wa) 1990	18:01
7.	Kay Nekota (Wdbridge, Irvine, Ca) 1990	18:07



**ASHLEY BLACK (left)  
and KAREN HECOX**

*Fine Flicks by  
Don Gosney*

8.	Karen Hecox (SoHills, W Covina, Ca) 1986	18:10
	Becky Spies (Livermore, Ca) 1987	18:10
10.	Rebecca Chamberlain (Leigh, SJCa) 1982	18:12
11.	Heather Scobie (Saugus, Ca) 1985	18:14
	Nicole Robbins (Hesperia, Ca) 1986	18:14
13.	Tina Gorbet (Lassen, Susanville, Ca) 1986	18:15
14.	Nanette Garcia (Silver Crk, SJ Ca) 1981	18:17
15.	Amy Skiersz (Agoura, Ca) 1991	18:17
16.	Laura Cattivera (MCostaManBch, Ca)'81	18:22
17.	Janice Posey (Tuba City, Az) 1982	18:26
	Reina Felix (Oak Grove, SJ, Ca) 1986	18:26
19.	Shelley Taylor (Edison, HuntBeach) 1988	18:28
20.	Milena Glusac (Fallbrook, Ca) 1989	18:31

## Sophomore Girls

1.	Milena Glusac (Fallbrook, Ca) 1990	17:25
2.	Laura Cattivera (MCosta, MBch, Ca) '82	17:27
	Amy Skiersz (Agoura, Ca) 1992	17:27
4.	Nicole Robbins (Hesperia, Ca) 1987	17:29
5.	Carrie Garrition (S Hills, Full Ca) 1991	17:32
6.	Kira Jorgensen (Vista, Ca) 1986	17:36
7.	Nanette Garcia (Silver Crk, SJ, Ca) 1982	17:41
	Carissa Seward (Goldendale, Wa) 1987	17:41
9.	Deena Drossin (Agoura, Ca) 1988	17:42
	Shelley Taylor (EdisonHunt Bch, Ca) 1990	17:42
11.	Erica Sumi (Wilson, Long Beach, Ca) 1990	17:44
12.	Karen Hecox (So Hills, WCov Ca) 1987	17:48
13.	Melissa Sutton (Newbury Park, Ca) 1984	17:50
14.	Christy Farrell (Thous Oaks, Ca) 1984	17:51
15.	Reyna Cervantes (Montebello, Ca) 1986	17:53
16.	Marie Davis (Lincoln, Portland, Or) 1992	17:57
17.	Shannon Clark (Mountain View, Ca) 1983	18:01
	Tina Gorbet (Lassen, Susan, Ca) 1987	18:01
	Kay Nekota (Agoura, Ca) 1991	18:01

## Junior Girls

1.	Rebecca Chamberlain (Leigh, SJ, Ca)'84	17:09
	Melissa Lucas (Jesuit, Portland, Or) 1993	17:09
3.	Milena Glusac (Fallbrook, Ca) 1991	17:11

4.	Vickie Cook (Alemany, MissHills, Ca) 1980	17:13
5.	Sarah Schwald (Mead, Spok, Wa) 1989	17:14
6.	Katy McCandless (Cast, P Alto, Ca) 1986	17:21
	Kira Jorgensen (Vista, Ca) 1987	17:21
8.	Brigid Freyne (Poly, Riverside, Ca) 1986	17:24
9.	Tania Fischer (Cham, Can Park, Ca) 1981	17:26
10.	Deena Drossin (Agoura, Ca) 1989	17:27
11.	Melissa Sutton (Newbury Park, Ca) 1985	17:28
12.	Kathleen Ebner (BAMat, LaPue, Ca) 1981	17:32
13.	Becky Spies (Livermore, Ca) 1989	17:33
14.	Reyna Cervantes (Montebello, Ca) 1987	17:34
	Maribella Aparicio (Fillmore, Ca) 1991	17:34
16.	Kris Katterhagen (Tacoma, Wa) 1980	17:35
17.	Tina Gorbet (Lassen, Susanville, Ca) 1988	17:38
18.	Tracey Williams (Mt View, El M, Ca) 1986	17:42
19.	Veronica Barajas (Chlsls, Ox, Ca) 1990	17:44
20.	Ashley Black (Palos Verdes, Ca) 1987	17:45

## Senior Girls

1.	Marnie Mason (Klamath Falls, Or) 1984	17:07
	Deena Drossin (Agoura, Ca) 1990	17:07
3.	Laurie Chapman (Gunderson, SJ, Ca) 1985	17:10
4.	Milena Glusac (Fallbrook, Ca) 1992	17:11
5.	Cory Schubert (Del Mar, SJ, Ca) 1982	17:15
6.	Marilyn Davis (Mira, Orinda, Ca) 1981	17:16
	Jeannie Rothman (Westlake, WVlgCa)'90	17:16
8.	Millicent Anderson (CyDOro, Tuks, Az)'80	17:22
9.	Inga Thompson (Reno, Nv) 1981	17:23
	Melissa Sutton (Newbury Park, Ca) 1986	17:23
11.	Kirsten O'Hara (Palos Verdes, Ca) 1983	17:25
12.	Vickie Cook (Alemany, MissHills, Ca) 1981	17:26
13.	Kim Roth (Sprague, Salem, Or) 1981	17:28
	Kira Jorgensen (RBV, Vista, Ca) 1988	17:28
	Shelley Taylor (Edison, Hunt Bch, Ca)'91	17:28
16.	Denise Bail (Newbury Park, Ca) 1981	17:29
	Kathy Knowlton (Federal Way, Wa) 1980	17:29
	Rebecca Chamberlain (Leigh, SJCa) 1985	17:29
19.	Kathleen Ebner (B Amat, LaPuen, Ca)'85	17:30
	Robbyn Bryant (Hesperia, Ca) 1987	17:30

\* = converted from shorter course



## MEET SPOTLIGHT

By Doug Speck

# Mt. SAC Invitational

## Julia Stamps "Amazing" 16:58 Course Record Highlights

The Forty-Sixth Annual Walnut H.S./Mt. SAC Invitational meet the week end of Friday, October 21st and Saturday, October 22nd, marked the biggest (and best!) weekend ever of the sport in California, with 390 schools and 7801 finishers in the seventy-nine races over a two-day period. With ideal weather and the course in great shape, some of the most exciting action ever in our Fall activity took place on the course. The success of the Meet was a real tribute to the entire Mt. SAC/Walnut HS crew of Jim Polite, Don Ruh, Doug Todd, Dan Shrum, John Norton, Ernie Gregoire, and all the other volunteers (including members of the Mt. SAC Track & Field squad) who helped out.

In a measurement of what makes a Cross Country meet tops, this Mt. SAC weekend had to come very close. Exciting Sweepstakes races in all divisions (Friday sweeps action features Div III and IV Smaller School teams in separate races, with Saturday Team and Individual having Div I and II, Larger Schools, mixed together) gives top teams and runners a chance to go "head-to-head" for statewide bragging rights on a very challenging course. A team can bring all its levels to the meet with JV, Soph, and Frosh races, in addition to the Varsity. The history of many prep squads is told in terms of Mt. SAC performances, with many Coaches telling current first-timers about how they ran faster than an eventual school male "record-holder" who struggled through the course at 19:58 or some time the first time through as a ninth grader. The tough three mile course is very good for spectators--the

runners come within ten feet of fans five different times at the beginning, middle and near the end of each race. Anyone with binoculars is able to view another good portion of the races, with the entire last Reservoir Hill and finishing quarter mile on the flat easily followed. A program is available with course map, past winners, all-time lists, and a program of competing teams for the current year's meet. Complete duplicated race results are available to coaches for the events that their teams competed in. Knowledgeable announcing is done during Sweepstakes events, with new Course Record holder Julia Stamps indicating afterwards that she heard the announcement state that a 2:42 downhill last half mile would get her the Course Record. (She responded with a 2:26 to blow away a good CR by seventeen seconds at 16:58!!!).

The talented soph Stamps' run down the airstrip, a minute ahead of the pack, with the crowd that came out to support the 8000 runners cheering her on as the seconds were ticked off, was one of the more exciting moments ever in the sport locally, and a great cap to a mid-season "championship" weekend.

### Friday, October 21.

The Small Schools portion (Div III-IV schools with 1,139 and less students top three grades) took over the very hilly Mt. SAC course on Friday, October 21st, for the first day of the 390 school, 7,801 athlete, and seventy-seven race event! Perfect weather greeted a day in which Northern California teams really impressed with some great team running

with the individual star the newest prep member of the Garritson running clan, frosh Heather.

Clayton Valley (Concord) had looked super in winning the Stanford Invitational earlier in the month, running up at Division II, with the state's top rated Girl's team here at Level III against a fine Temescal Canyon (Elsinore) group. In another very, very impressive performance, the Clayton Valley crew raced to the quickest-ever team time by a group from out of the greater Los Angeles area with a 95:58 (19:12 avg for the hilly 3 miles) team time and 63 points to win over Temescal's 103 (98:16). Heather Wallace (18:37 5th) led CV. Up front in the very strong race, frosh Heather Garritson, many time National Age-Group CC Champion, was smarting from a third place in last week's Orange County Championships. Feeling she had run a poor race at OC, Heather had planned a very quick start here, with a 50 meter lead and 5:29 first mile that left a good group far to the rear. Over Mt. SAC's three sets of huge hills the following group could not challenge the frosh star, with Garritson winning at 17:49 (#3 frosh time ever on course, with 5:01 1600m runner Alison Lambert (Northgate, Walnut Creek) next at 18:20. Interestingly, sister Carrie Garritson (currently running #3 at Alabama), one of the few four-time Foot Locker National Finalists, sits at 18:09 on the frosh AT List. Undefeated Stanford Div III winner Tracy Clark (Corona del Mar, Newport Harbor) seemed to have orders to sit back most of the race, finishing with a rush for third at 18:28.

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# MEET SPOTLIGHT

The Boys Div III Sweeps had Nordhoff (Ojai) and Livermore, two very fine teams at this level, meet for the second time this year, with Nordhoff winning the Stanford event. Nordhoff's Javier Ramirez (15:40 here), undefeated this Fall, fell here to third behind the Livermore duo of Steve Immel (15:27) and Micheil Jones (15:32), with that twosome leading their team to a 86 point total (81:37 fine 16:19 avg for five) to Nordhoff's 140 (83:41).

David Brackett (Calaveras) took the Boys Div IV Sweeps at 16:08, with Coronado taking the title with 80 points (87:45 team time--first four teams within twelve points). Flintridge Sacred-Heart (La Canada) pulled a bit of an upset with its Div IV Girls win, with Shalynn Fullove (Louisville, Woodland Hills) the individual winner at 19:31.

## Results--Friday (Varsity Races)

### (Boys)

(#6) 1. Doug Henning (Woodcrest Christian, Riverside) 16:38. Team: 1. Paraclete (Lancaster) 83 (91:06). (#7) 1. Eric Tokubo (North Tahoe) 16:39. Team: 1. North Tahoe 124 (91:28). (#18) 1. Mike Wojciechowski (Clayton Valley, Concord) 16:17, 2. Miguel Raya (Wasco) 16:46. Team: 1. Clayton Valley (Concord) 46 (85:46). (#19) 1. Ross Dammann (University HS, San Diego) 16:11, 2. Enrique Mayer (Rancho Alamitos, Garden Grove) 16:34. Team: 1. Mission Bay 94 (88:34). (#25 Div IV Sweeps) 1. David Brackett (Calaveras) 16:08, 2. Stephen Miller (Maranatha, Sierra Madre) 16:29, 3. Eduardo Santillan (Salesian, L.A.) 16:31, 4. Trevor Clarke (Coronado) 16:46, 6. Joseph Garcia (Maranatha, SM) 16:37, 6. Micah Fuson (Taft) 16:38. Team: 1. Coronado 80 (87:45), 2. Maranatha (Sierra Madre) 83 (87:36), 3. Salesian (L.A.) 83 (87:57), 4. Flintridge Prep (La Canada) 92 (88:32).

(#26 Div III Sweeps) 1. Steve Immel (Livermore) 15:27, 2. Micheil Jones (Livermore) 15:32, 3. Javier Ramirez (Nordhoff, Ojai) 15:40, 4. Richard Chisholm (San Marino) 15:47, 5. Darren Holman (Sonora) 15:55, 6. Ricardo Etheridge (Barstow) 15:58, 7. Kevin Koeper (St. Francis, L. Canada) 16:01, 8. Brian Slingsby (Corona del Mar, Newport Beach) 16:07, 9. Micheal Thatcher (La Canada) 16:11, 10. Chuck Gatchell (La Habra) 16:14. Team: 1. Livermore 86 (81:37), 2. Nordhoff (Ojai) 140 (83:41), 3. St. Francis (La Canada) 155 (84:20), 4. Newport Harbor (Newport Beach) 161 (84:37), 5. Corona del Mar (Newport Beach) 170 (84:41).

### (Girls)

(#8) 1. Kaycee Brittain (Centennial, Bakersfield) 20:46. Team: 1. Centennial (Bakersf) 76 (115:18). (#9) 1. Sierra Domaille (Mammoth, Mammoth Lakes) 21:49. Team: 1. Paraclete (Lancaster) 76 (116:51). (#20) 1. Veronica Sanchez (Wasco) 19:13, 2. Venessa

Hanley (University HS, San Diego) 19:52. Team: 1. Livermore 91 (114:13). (#21) 1. Shannon O'Connor (La Jolla) 19:53, 2. Blair Eschench (Notre Dame, Sherman Oaks) 19:54. Team: 1. La Jolla 77 (107:30), 2. San Luis Obispo 86 (109:48). (#27 Div IV Sweeps) 1. Shalynn Fullove (Louisville, Woodland Hills) 19:31, 2. Jessica Unt (Coronado) 20:03, 3. Melissa MacPherson (Flintridge Sacred Heart) 20:17, 4. Stefanie Woodmansee



JULIA STAMPS

Photo by Phillip Enbody

(Village Christian, Sun Valley) 20:38, 5. Mary Higgins (Chaminade, Canoga Park) 20:46. Team: 1. Flintridge Sacred-Heart (La Canada) 83 (106:35), 2. Orange Lutheran 100 (107:49), 3. Laguna Beach 131 (109:37), 4. Chaminade (Canoga Park) 134 (109:41).

(#28 Div III Sweeps) 1. Heather Garritson (Buena Park) 17:49 (#3 frosh time ever), 2. Alison Lambert (Northgate, Walnut Creek) 18:20, 3. Tracy Clark (Corona del Mar, Newport Beach) 18:28, 4. Allison Twist (San Marino) 18:33, 5. Heather Wallace (Clayton Valley, Conc) 18:33, 6. Veronica Clark (Ramona, San Diego Section) 18:38, 7. Annie Ebner (St. Lucy's, Glendora) 18:41, 8. Katie Nuanes (Santa Margarita, Rancho SM)

18:49, 9. Kelly Howlsey (Clayton Valley, Conc) 18:51, 10. Shelby Horgan (Temescal Canyon, Elsinore) 18:52, 11. Sunny Shaffer (Temescal Canyon, Els) 18:59, 13. Elaine Canchola (Nordhoff, Ojai) 19:00, 14. Maggie Hurst (Sonora) 19:04, 15. Ellen Muench (Temescal Canyon, Els) 19:21. Team: 1. Clayton Valley (Concord) 63 (95:58), 2. Temescal Canyon (Elsinore) 103 (98:16), 3. Santa Margarita 159 (101:53), 4. Northgate (Walnut Creek) 160 (101:35), 5. Foothill (Santa Ana) 161 (102:44), 6. Nordhoff (Ojai) 216 (103:36), 7. Corona del Mar 241 (104:23).

## Saturday, October 22nd.

### 390 schools, 7,801 runners (nation's biggest prep event)

Soph Julia Stamps (Santa Rosa) continued her fabled prep career with a dismantling of the old High School Girl's Course Record of 17:15 by Milena Glusac (Fallbrook) from 1992, with an "outer stratosphere" time of 16:58. The seventeen second drop in the record on a very hilly three mile course that is used by tens of thousands of prep runners each year in Invitational and Interscholastic Championship action, is one of high school history's great distance performances. Since National High School Mile Record Holder Polly Plumer (University, Irvine) first set the course standard in 1981 (17:27) the mark has been slowly chipped away by a second or two by a series of stars, with Stamps destruction of the most recent mark run in her Individual Sweepstakes event under perfect weather conditions, the latest feather in the cap of this latest "super star" of prep running.

The National Junior 3000m champ last summer in a frosh class record 9:28.50, Julia has to be considered one of the favorites for the Foot Locker National Championships in December 10 in San Diego. Emily Allison (Leland, San Jose) ended up 2nd in the event at 18:10 with Amy Skieresz (Agoura), third two years ago in the Foot Locker Championships, 3rd here at 18:16.

Stamps remarked afterwards how fan support around the course for local rival Amy Skieresz (Agoura) during the first mile and a half spurred her on, with the

*continued next page...*



# MEET SPOTLIGHT

5:17 first mile a bit faster than the winner planned on this morning. Trying to "hold her own" up the hills and really work the downhill, Stamps came to the top of the course's last of three huge hill loops (Reservoir Hill) with a huge lead at 14:32 with a downhill half mile to go. Stating later that she could hear the announcer state at that time that she needed a 2:42 final 880 to take the CR, she responded with a 2:26 downhill and flat last 880 and the Santa Rosa soph became the first ever to go under the magic 17:00 barrier with her 16:58 time. A huge crowd there in support of the 8000 runners this day cheered the soph to her record.

The Thousand Oaks Boys team was very, very impressive, with the #7-ranked-nationally squad a one hundred point winner (49 points) in the Men's Team Sweepstakes event with a super 78:19 team time, #3 all-time on the course behind TO's own 77:56 from last year and Jesuit (Sacramento) 77:58 (1985).

Keith O'Doherty (15:14-3rd), Kevin Marsden (15:41), Jeff Fischer (15:41), Todd Disney (15:47), and Josh Carolan (15:56) had all the TO scorers under 16:00 on this very tough course. Marsden (4:17 1600m track runner) and Fischer (9:10 3200m) are both coming back from injuries, each having times ten seconds faster than this weekend last year. By the end of the season, Coach Jack Farrell's Lancers could challenge as the best team in the nation. Jesuit (Sacramento), top-ranked Div II statewide, was second at 149 (81:07).

Individually, in that Men's Team Sweeps race, Camarillo's Eleazar Hernandez showed special determination, moving away from a pack that included Antonio Arce (Palmdale), Keith O'Doherty (Thousand Oaks), and Brett Strahan (Hart, Newhall) over the final 600 meters, winning in a fine 15:02 (=#28 All-Time on course) to Arce's 15:09 and O'Doherty's 15:14. Mike Stember (Jesu-

it, Sacramento), big winner at the Stanford Invite, was 7th here (15:38).

James Liu (Temple City) edged Tom Prindiville (De la Salle, Concord) 15:21-15:22 in an exciting Men's Individual Sweepstakes event, with the four in the field (above plus Phil Gonzalez (Crescenta Valley) and John Greene (Agoura) dead even with less than 200 meters to go.

Girls Team Sweepstakes action had Kim Mortensen (Thousand Oaks) take the event at 18:24 in leading her team to a win bigger than the Lancers' Boys group with 65 points (96:31 team time) over Trabuco Hills (Mission Viejo) 172 (100:48).

Clayton Valley (Concord) emerged with the fastest Girls team time of the meet off their 95:58 Friday evening Div III Sweeps win. Heather Garritson (Buena Park) had Friday's top individual performance, as the frosh sister of four-time Foot Locker National Finalist Carrie, raced the #3 frosh time ever on the Mt. SAC Course with her 17:49 win (interestingly some twenty seconds faster than her famed sister) did at the same age.

## Results--Saturday

### Boys

(Var) (Team Sweepstakes #16) 1. Eleazar Hernandez (Camarillo) 15:02, 2. Antonio Arce (Palmdale) 15:09, 3. Keith O'Doherty (Thousand Oaks) 15:14, 4. Brett Strahan (Hart, Newhall) 15:21, 5. Galvin Gonzalez (McFarland) 15:23, 6. Tom Becker (Bellarmine, San Jose) 15:23, 7. Michael Stember (Jesuit, Sacramento) 15:38, 8. Kevin Marsden (Thousand Oaks) 15:41, 9. Jeff Fischer (Thousand Oaks) 15:41, 10. Kenny Goodrich (Peninsula, Rolling Hills) 15:45, 11. Luis Herrera (Arvin) 15:46, 12. Ian Enriquez (Corona) 15:46, 13. Todd Disney (Thousand Oaks) 15:47, 14. Matt Brown (Corona) 15:53, 15. Mario Arce (Palmdale) 15:55. Teams: 1. Thousand Oaks 49 (78:19), 2. Jesuit (Sacramento) 149 (81:07), 3. Peninsula (Rolling Hills) 167 (81:22), 4. Camarillo 170 (80:47), 5. Bellarmine Prep (San Jose) 185 (81:29), 6. Hart (Newhall) 189 (81:21), 7. Chula Vista 190 (81:57), 8. Arvin 224 (82:21), 9. Palmdale 240 (82:10), 10. Alta Loma 260 (83:11), 11. Corona 261, 12. Santa Ana Valley 263, 13. McFarland 269, 14. Arroyo (El Monte) 277, 15. Santa Ana 297, 16. Mission Viejo 302, 17. Edison (Huntington Beach) 385, 18. Saddleback (Santa Ana) 419.

(Individual Sweepstakes #17) 1. James Liu (Temple City) 15:21, 2. Tom Prindiville (De la Salle, Concord) 15:22, 3. Phil Gonzalez (Crescenta Valley, La Crescenta) 15:25, 4. John Greene (Agoura) 15:27, 5. Tom Kloos (El Camino, Oceanside) 15:37, 6. Ricardo Villal-

bos (Ramona, Riverside) 15:37, 7. David Lopez (Hoover, Glendale) 15:38, 8. Ray Sanchez (Delano) 15:41, 9. Randy Maestretti (De la Salle, Concord) 15:44, 10. Francisco Sandoval (Channel Islands, Oxnard) 15:48, 11. Greg Phister (Davis) 15:50, 12. Peter Gilmore (Palisades, Pac Pali) 15:55, 13. Jesse Barragan (Wilson, Long Beach) 16:11, 14. Felipe Montoro (Hoover, Glendale) 16:12, 15. Zach Barrett (Santa Rosa) 16:16. Team: 1. De la Salle (Concord) 130 (82:27), 2. Wilson (Long Beach) 143 (83:44), 3. Agoura 151 (83:31), 4. Palisades (Pacific Palisades) 154 (83:48), 5. Hoover (Glendale) 171 (83:56), 6. Crescenta Valley (La Crescenta) 184, 7. Davis 191, 8. Channel Islands (Oxnard) 195, 9. Santa Rosa 208, 10. Bishop Amat (La Puente) 266, 11. Woodbridge (Irvine) 274, 12. Del Oro (Loomis) 283.

(#9) 1. Jesse Kimball (Temecula, Temecula Valley) 16:02, 2. Steve Wucetich (Los Alamitos) 16:18, 3. Steve Baarrus (Clovis) 16:27, 4. Derek Estrada (Eisenhower, Rialto) 16:32. (Teams) 1. Clovis 69 (84:17), 2. San Clemente 85 (84:48), 3. Temecula (Tem Vall) 103 (85:17), 4. Upland 119 (86:11). (#10) 1. Michael Kasasun (Fresno) 16:06, 2. Robby Tuttle (Dana Hills) 16:13, 3. Aaron Smith (Bonita Vista, Chula Vista) 16:27, 4. Frankie Sanchez (West, Torrance) 16:33, 5. Shane Hall (Buena, Ventura) 16:41. Team: 1. Dana Hills 51 (84:00), 2. Fresno 71 (84:34), 3. Buena (Ventura) 114 (86:15). (#11) 1. Gabriel Cisneros (Diamond Bar) 16:07, 2. Joe Podoll (Elk Grove) 16:44, 3. Maulin Shah (Diamond Bar) 16:46, 4. Scott Christy (Apple Valley) 16:53, 5. Todd McFauls (Apple Valley) 16:57. Team: 1. Diamond Bar 35 (84:26), 2. Apple Valley 81 (87:30). (#12) 1. Adalberto Sanchez (Capistrano Valley, Mission Viejo) 15:25, 2. Tedros Berhane (Redlands) 16:06, 3. Travis Kirtley (Poway) 16:11, 4. Mario Sambrano (Madera) 16:18, 5. Martin Pennell (El Toro) 16:19, 6. Marc Hutchison (Arroyo Grande) 16:20, 7. Ricardo Garcia (Redlands) 16:21, 8. Joe Kneafsey (Loyola, L.A.) 16:27, 9. Eddie Venegas (Rowland, Row Hts) 16:29, 10. Leyva Elpidio (Madera) 16:32. Teams: 1. Madera 62 (83:05), 2. Capistrano Valley (Mission Viejo) 107 (82:51), 3. Redlands 127 (84:18), 4. Poway 129 (84:36), 5. Belmont 147 (85:10).

(#27) 1. Ronnie Buchanan (Righetti, Santa Maria frosh) 16:29, 2. Saul Gallegos (St. John Bosco, Bellflower) 16:40, 3. Brent Edson (Yucaipa) 16:47, 4. Danny Minx (Laguna Hills) 16:49, 5. Sean Clendaniel (Yucaipa) 16:55. Team: 1. Yucaipa 61 (85:30), 2. Laguna Hills 69 (85:50), 3. St. John Bosco (Bellflower) 113 (86:39). (#28) 1. Thomas Garcia (Watsonville) 16:00, 2. Daniel Sikiric (Leland, San Jose) 16:11, 3. Brian Murphy (Leland, SJ) 16:15, 4. Tony Rueba (Huntington Beach) 16:28, 5. Cerbs Caston (Huntington Beach) 16:40. Team: 1. Leland 32 (83:14), 2. Watsonville 91 (86:47). (#29) 1. Alfonso Ibarra (Arlington, Riverside) 16:17, 2. Manuel Andrade (Coachella Valley, Thermal) 16:30, 3. Michael Troxel (Norco) 16:44, 4. Daryl Batiz (Torrance) 16:45, 5. Adrian Ramirez (Castle Park, San Diego) 16:45. Teams: 1. Hemet 58 (85:27), 2. Arlington (Riverside) 89 (86:18). (#30) 1. Garrett Jensen (Sunny Hills, Fullerton) 16:17, 2. Margin Beggs (Monte Vista, Danville) 16:23, 3. Shane Dulanui (Castro Valley) 16:31, 4. William Zamora (Baldwin Park) 16:49, 5. Spencer Tait (Centennial, Corona) 16:49. Team: 1. Amador Valley (Pleasanton) 66 (85:52), 2. Castro Valley 90 (86:18). (#45) 1. Franky Hernandez (Santiago, Garden

continued next page...



# MEET SPOTLIGHT

Grove) 16:23, 2. Ryan Green (Los Banos) 16:28, 3. Hector Dias (Lakewood) 16:43, 4. O.C. Frank (Servite, Anaheim) 16:45, 5. Mark Ayala (Colton) 17:04. Team: 1. Lakewood 72 (87:36).

## Girls

**Var: (Team Sweepstakes #19)** 1. Kim Mortensen (Thousand Oaks) 18:24, 2. Lori Riedy (Mission San Jose, Fremont) 18:44, 3. Elissa Riedy (Mission San Jose, Fremont) 18:45, 4. Kim Bates (Los Alamitos) 18:45, 5. Stephanie McCarty (Madera) 18:59, 6. Malinali Martinez (Bishop Amat, La Puente) 19:02, 7. Jessica Corbin (Irvine) 19:05, 8. Bridget Roy (Thousand Oaks) 19:07, 9. Mindy Brown (Yucaipa) 19:15, 10. Breanne Schweitzer (Saugus) 19:20, 11. Rosalinda Castaneda (Madera) 19:25, 12. Sara Pope (Del Oro, Loomis) 19:26, 13. Tara Marsden (Thousand Oaks) 19:26, 14. Peggy Hall (Trabuco Hills, Mission Viejo) 19:28, 15. Anna Niemi (Irvine) 19:29. Team: 1. Thousand Oaks 65 (96:31), 2. Trabuco Hills (Mission Viejo) 172 (100:48), 3. El Toro 173 (101:17), 4. Irvine 181 (100:39), 5. Buchanan (Clovis) 184 (101:30), 6. Los Alamitos 199 (101:06), 7. Del Oro (Loomis) 208 (102:03), 8. Peninsula (Rolling Hills) 212 (103:07), 9. Yucaipa 226 (103:07), 10. Bishop Amat (La Puente) 238 (102:08), 11. Madera 239 ( ), 12. Edison (Huntington Beach) 255 (103:17), 13. Hart (Newhall) 304, 14. Mission San Jose (Fremont) 323, 15. Poway 336, 16. Ventura 364, 17. Reedley 461.

**(Individual Sweeps #18)** 1. Julia Stamps (Santa Rosa) 16:58 (Course Record - old record 17:15 Milena Glusac 1992), 2. Emily Allison (Leland, San Jose) 18:10, 3. Amy Skiersz (Agoura) 18:16, 4. Nancy Dollar (San Clemente) 18:56, 5. Nicole Silva (Aptos) 19:02, 6. Tina Bowen (San Ramon Valley, Danville) 19:05, 7. Sharleen Downing (Cheyenne, Las Vegas, Nv) 19:11, 8. Molly Lawrence (Righetti, Santa Maria) 19:15, 9. Meghan Randall (Aptos) 19:20, 10. Karen Villaliente (Rialto) 19:30, 11. Liz Robles (Baldwin Park) 19:37, 12. Rosie Costello (Bonita Vista, Chula Vista) 19:47, 13. Rhaina Echols (Glendale) 19:47, 14. Meghan Phillips (Bonita Vista, Chula Vista) 19:47, 15. Maribel Delgado (Santa Ana Valley) 19:54. Team: 1. Agoura 105 (103:26), 2. Leland (San Jose) 143 (105:52), 3. San Clemente 150 (107:24).

**(#13)** 1. Gabby Hernandez (West Covina) 19:00, 2. Brooke Page (Granada, Livermore) 20:14, 3. Rachea McCauley (Canyon Springs, Moreno Valley) 20:25, 4. Rita Argon (Canyon Springs, Mor Vall) 20:27, 5. Lurdes Menchaca (Huntington Park) 20:43. Team: 1. Canyon Springs (Moreno Valley) 72 (106:32), 2. Capistrano Valley (Mission Viejo) 84 (107:11), 3. Huntington Park 119 (109:58). **(#14)** 1. Lianne Stone (Warren, Downey) 19:51, 2. Kirsten Jensen (Santa Monica) 20:20, 3. Jennifer Buttil (Diamond Bar) 20:20, 4. Skye Lino (Fresno) 20:35, 5. Jamie Anaris (Temecula, Tem Vall) 20:37. Team: 1. Temecula (Tem Vall) 57 (105:30), 2. Esperanza (Anaheim) 102 (108:17). **(#15)** 1. Danielle Day (Quartz Hill) 19:04, 2. Sydney Leonard (Dana Hills) 19:07, 3. Julie Harris (Canyon, Canyon Country) 19:17, 4. Sharon Rohde (Fallbrook) 19:24, 5. Amy Van Atta (Buena, Ventura) 19:24, 6. Angie Winkler (Fountain Valley) 19:27, 7. Nancy Zhang (Rowland, Rowl Hts) 19:38, 8. Mindy Hagstrom (Arroyo Grande) 19:40, 9. Natalie Shaw (Simi Valley) 19:43, 10. Jinna Rohde (Fallbrook) 19:48, 11. Tricia Mattson (Fallbrook) 19:53, 12. Jackie Guesno (Poly, Long Beach) 19:54, 13. Rebecca Armour (Fountain Valley) 19:54, 14. Barbara Almaraz (Buena, Ventura) 19:55, 15. Julia Ornelas



Left to right: ANTONIO ARCE (behind O'Doherty), KEITH O'DOHERTY, ELEAZAR HERNANDEZ and BRETT STRAHAN.

Photo by Phillip Enbody

(Chino) 19:56. Team: 1. Dana Hills 102 (100:28), 2. Arroyo Grande 115 (101:36), 3. Canyon (Canyon Country) 135 (102:11), 4. Buena (Ventura) 174 (104:02), 5. Chino 174 (104:42). **(#30)** 1. Patricia Gibby (Westlake, Westlake Village) 20:05, 2. Monica Van Wegen (Amador Valley, Pleasanton) 20:35, 3. Takisha Carter (Pacific, San Bernardino) 20:50, 4. Sohyun Oh (West Torrance) 21:02, 5. Rebecca Hardenburgh (Casa Roble) 21:02. Team: 1. Westlake (Westlake Vill) 102 (110:38), 2. Mira Costa 123 (112:18). **(#31)** 1. Jen Shindler (Ponderosa, Shingle Springs) 19:03, 2. Lisa Greenburg (Poly, Riverside) 20:38, 3. Denise Warner (Ponderosa, S Spr) 20:52, 4. Jaynee March (Ramona, Riverside) 21:04, 5. Eileen Harle (Burbank) 21:19.

Team: 1. Alemany (Mission Hills) 110 (113:07), 2. Ponderosa (Shingle Springs) 114 (110:19). **(#32)** 1. Elizabeth Sinclair (Troy, Fullerton) 19:29, 2. Jennie Ewing (Castro Valley) 19:58, 3. Mandy Schwerchel (Laguna Hills) 20:00, 4. Heather Cuthbertson (Marina, Huntington Beach) 20:23, 5. Jessica Anderson (Carlsbad) 20:31. Team: 1. Aliso Niguel (Aliso Viejo) 78 (106:01), 2. Laguna Hills 132 (107:39). **(#46)** 1. Andrea Neipp (Highland, Palmdale) 20:25, 2. Jenny Erbsen (Marlborough, L.A.) 20:39, 3. Nancy Salazar (Colton) 20:52, 4. Sharon Raytos (Workman, Industry) 21:05, 5. Sarah Curtis (St. Paul, Whittier) 21:30. Team: 1. Central (El Centro) 94 (113:17).

## NEXT ISSUE . . .

- ✓ California State High School Cross Country Championships
- ✓ Foot Locker West Regional and Nationals
- ✓ and lots more. Don't miss the January/February 1995 edition.





# PREP NOTES

By KEITH CONNING

## ■ Personal Note

Now that I'm back at work again--teaching and coaching at Berkeley High School--I plan to get back into full circulation. By that I mean I'm planning to attend all the championship meets this fall including the Foot Locker Nationals in San Diego. Aside from having some money to spend finally, I want to see Julia Stamps of Santa Rosa go after her first Foot Locker National title. She is one of the finest distance runners ever from Northern California.

The last time I attended the National meet was when the Mastalir brothers were running for Jesuit. Another big reason for going was the \$39.00 airfare from Oakland to San Diego on Southwest. I say "three cheers" for United bringing the Shuttle service to California. We should see low airfares for the foreseeable future. I hope to see many of our loyal readers at State and Foot Locker.

## ■ Northern California High School Results Wanted

Please send Northern California high school cross country and track results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823 or FAX (510) 849-3342.

## ■ Thanks to our contributors

I would like to thank the following people who sent in material for this issue: Steve Brown (Bishop O'Dowd, Oakland), Joy Upshaw-Margerum (Hawaii Preparatory School), Greg Wright (Bear Creek, Stockton).

## ■ Top Ten at Stanford Invitational

Stanford, October 1--The top ten boys' times at the Stanford Invitational were as follows:

15:58	Michael Stember	JR/Jesuit	1) DI
16:01	Brett Strahan	SR/ Har	2) DI
16:02	Antonio Arce	SR/ Palmd	3) DI
16:11	Jeff McLarty	SR/Ayala	4) DI
16:12	Javier Ramirez	SR/Nord	1) DIII
16:14	Tom Prindiville	SO/DeLaS	1) DII
16:16	Galvan Gonzales	SR/McFar	1) DIV
16:17	Michell Jones	JR/ Livern	2) DIII
16:21	Alex Teakell	SR/O'Dowd	3) DIII
16:22	John Greene	SR/Agoura	2) DII

The top ten girls' times were as follows:

18:15	Julia Stamps	SO/SRosa	1) DI
18:42	Amy Skieresz	SR/Agoura	1) DII
18:47	Marie Davis	SR/ Linc,OR	2) DI
19:03	Elissa Riedy	SR/ MissSJ	
19:06	Kristen Gordon	SO/Carond	3) DI
19:15	Lori Riedy	SR/ MissSJ	3) DII
19:22	Sarah Brandy	SR/Ash,OR	4) DI
19:29	Courtney Pugmire	SR/ Esper	5) DI
19:32	Tina Bowen	JR/ SanRam	4) DII
19:34	Tracy Clarke	SR/ CorDM	1) DIII

## ■ De La Salle's Prindiville exceeds expectations

By Jody Berger, Staff Writer  
Hayward Daily Review

October 16, Hayward -- Tom Prindiville said he had low expectations Saturday coming into the 11th Annual Mariner Cross Country Invitational. A sophomore standout at De La Salle High in Concord, Prindiville wanted to finish in the top five in the boys varsity competition. As it turned out, he was aiming low. Prindiville completed the hilly 2.9-mile course in 15 minutes, 11 seconds, a full 20-seconds in front of the next runner, Greg Phister of Davis. Halfway into the race, Prindiville found himself alone on the lead. He continued at the same pace to turn in a personal best over the Garin Park course.

De La Salle junior Randy Maestretti finished fourth to help the Spartans win the large school varsity division.

"We didn't know how we were going to do," Prindiville said. "A lot of teams didn't show up."

Keith Kennedy of San Leandro, the top individual last year, finished sixth with a time of 16:14.

In the small school division, Bishop O'Dowd's Alex Teakell ran the course in 15:40 to win the boys varsity.

More than 1,600 runners competed in the all-day event.

(Prep Editor: Prindiville's brother Mike runs for Stanford. Santa Rosa ran without Julia Stamps, who is planning to run next week at Mt. SAC.)

## ■ Rick Brown (Los Altos High School 1970)

Berkeley, October 17--I was eating lunch at McDonald's on San Pablo Avenue in Berkeley today, when I noticed Rick Brown enter the restaurant.

At the 1970 West Coast Relays his Los Altos mile relay team had dropped the baton. He anchored his team from 13th place up to 4th place in 44.8. The crowd in Fresno was going wild as he swooped by the field. He was trying to win a medal for a freshman on his team, so that he would be encouraged to stay with the sport. By finishing fourth they received medals.

Brown was one of the greatest 400-800 high school runners in California history. He won the state meet in 1970 at Berkeley.

His coach at Los Altos was Dave Maggard, who later recruited him to Cal. Rick said that he made friends with

continued next page...



## PREP NOTES

several of the coaches who recruited him in his senior year of high school including Ken Shannon (Washington), Jim Bush (UCLA), Payton Jordan (Stanford), and Bill Bowerman (Oregon).

He lived for a time in Eugene, Oregon. He still owns a home there on the Prefontaine trail. He is now a vice-president for the Caldwell-Roland Roofing Company in Berkeley. He specializes in commercial accounts. He lives in Pleasant Hill and has a couple of children.

### ■ 21st Annual Hawaii Preparatory Academy Invitational

By Joy Upshaw-Margerum

Kamuela, Hawaii, October 22--Aloha! In Kamuela, on the Big Island of Hawaii, Hawaii Preparatory Academy hosted its 21st Annual Cross Country Invitational. The fresh air and cool breeze of the higher elevations provided perfect xc weather!

A special guest team was Bishop O'Dowd of Oakland, CA. They had been organizing fund raisers, etc. for two years to come to the island invitational. And what a better time to visit the Big Island--run a race on the State Championship Course--visit the volcano, hike cinder cones, watch sea turtles and check out the black sand beaches!

The race went through the Hawaii Prep campus. Beginning on the equestrian field--up through the soccer fields--by the heavenly smelling plumaria bushes--around the school gym and up "the hill" then through "the forest" of 50 foot tall Norfolk Pines. Then down again through more trees and around more athletic fields and grass pastures. The boy's course did two "hill/forest" loops and totaled 3 miles. The girl's course is 2 miles.

Of 74 competitors in the Boy's Varsity Race--Alex Teekel (senior at O'Dowd) had a fantastic showing--cruising with Hawaii's top distance runner Robert Olson (senior at HPA)--then shifting into another gear during the last mile to win the Boy's Varsity Race. David Alderman

was O'Dowd's 2nd runner (6th overall) followed by Martin Privat (8th overall), Kevin Schumacher (13th), Jake Bouey (16th), and Jason Negri (23rd). Of the eleven schools in this race: Hawaii Prep was first with 41 points and Bishop O'Dowd with 44 points for a close second. (HPA is Hawaii's state defending champion team).

Boys JV finishers from O'Dowd were: Matt Bettinelli-Olpin (2nd), Leo Herrick (3rd) and Ian Thomas (6th).

Of the 70 competitors in the Varsity Girls Race, Nikki Saleta (O'Dowd) took 4th place overall and first for O'Dowd. Her team runners Marisa Larson (11th), Rosa Terrazas (13th), Emily Duplessis (16th), Amanda Zamacoma (20th), Elaine Maes (21st), and Melissa Conradi (26th) totaled 55 points to take team 2nd. Hawaii Prep scored 27 points for first. (HPA girls xc team is also the states defending champion.)

Overall it helped all teams with some good competition. And not to mention...it was fun for all! Mahalo!

The HPA Invitational is usually the 3rd weekend in October. Think about coming next year coaches!! Coach Steve Brown of Bishop O'Dowd organized fund raisers & it worked!! Questions? Fax him (510) 412-1676. Or fax me Joy Upshaw-Margerum @ HPA (808)885-8203 for more information!

Your Hawaii Track Connection!

*(Prep Editor: Joy Upshaw married Ken Margerum, who was an outstanding football player at Stanford. Her father Monte set a national high school record in the long jump back in 1954 for Piedmont. Sounds like a great idea coaches. Why go to New York or Virginia, when you can go to Hawaii? Incidentally, Joy, my pinky finger is getting tired from typing!!!!)*

### ■ Oprah Completes Marathon

Washington (AP) -- Oprah Winfrey realized an 8-year-old dream on Sunday, completing her first marathon and even beating her target time in the process.

"This is better than an Emmy," she said after finishing the 26-mile course in just under 4 1/2 hours, 40 seconds faster than her goal despite having to run in a steady drizzle.

"As I saw the 26 miles, I started to cry because I thought, 'Oh God, it's over, it's over'" she said. "Then that last two -- that two tenths of a mile I thought 'Where is it. Where is the finish?'"

But after 20 weeks in training Winfrey said she's not giving up her day job anytime soon.

"This is my last marathon ... I'm going to stick to half- marathons from here on out," she said.

She plans to feature her marathon performance on an upcoming show.

### ■ Commission Supports Raising Academic 'Bar'

Special to *The New York Times*

Washington, October 25--Fearing a loss in the momentum of the college sports reform movement it has spearheaded, a private commission asserted today that higher academic standards for student-athletes have been successful and stressed its continued support for further measures scheduled to go into effect next year.

Fifteen of the 22 members of the Knight Foundation Commission on Intercollegiate Athletics met here Monday to address challenges to Proposition 16, a standard for freshmen academic eligibility for student-athletes that incorporates both the Scholastic Aptitude Test and grade point averages. The commission sees Proposition 16 as a logical successor to Proposition 48, the first rule that created an S.A.T. minimum score for freshman eligibility (a combined score of 700 with at least a 2.0 grade average in 11 core courses.)

"Student-athletes will rise to the challenge of new standards," the commission's statement said. "Raising the bar a little higher will improve graduation rates of student-athletes, majority and minority alike."

But the National Center for Fair and

*continued next page...*



## PREP NOTES

Open Testing said in the commission's zeal to justify its past recommendations, it ignored the National Collegiate Athletic Association's own research evidence and their plan "increases discrimination, not academic standards."

Proposition 16 was approved by a 3-1 margin at the N.C.A.A. convention in 1992. It sets a sliding scale under which students with a 700 S.A.T. score must have at least a 2.5 grade average in 13 core courses or a 900 S.A.T. score with a 2.0. The rules also allow for partial qualifiers, who can be admitted to schools without meeting the standards, but who are not allowed to play as freshman and have only three years of eligibility.

The Rev. Theodore Hesburgh, the committee's co-chairman and the president emeritus of Notre Dame, said during the time reserved to phase in the new policy, "You could see the mice in the Machinery" making "all sorts of fun little maneuvers" to stall or kill the measure.

Creed Black, the president of the Knight Commission said his "alarm bells really started going off" when he learned of one proposal that would have allowed eligibility for students who scored as low as 410 on the S.A.T. -- which amounts to answering one question correctly. That proposal will not be on the agenda of the N.C.A.A.'s January convention in San Diego.

The committee issued its original report in March 1991 pushing a reform agenda that urged university presidents to take greater control over the academic standards applied to their athletes and financial responsibilities of running an athletic department.

### ■ Inside Running

By Jim Grodnik, *Oakland Tribune*

October 27--Happy Trails: The 7.4-mile Strawberry Canyon run in Berkeley lets you quickly whisk away from civilization into a calm, green sanctuary. It combines tree-shaded trails with open vistas that offer sweeping views of the East

Bay below.

To get there from Interstate 80, take the University Avenue exit. Take University Avenue east until it ends at Oxford Street. Turn left one block, then turn right on Hearst. Go up Hearst and turn right on Gayley Road. Go left at Stadium Rimway, then turn left at Centennial Drive, which is the next intersection. Park in the lot just past the swimming and tennis courts.

Now you're ready to roll. Take the fire trail that heads off into the woods. Before you know it, you're surrounded by forest. You'll soon reach a portion of the path that would give a mountain goat vertigo, but that's just a short stretch. Then you meander and climb over dirt trails until you reach the Space Science Center, 3.7 miles from where you started.

At this point, I like to turn around and retrace my steps, enjoying the view on the way down. There's also the option of returning to the parking lot via the shorter, but more urban Centennial Drive. You'll pass the Lawrence Hall of Science on the way down. You'll be sharing the road with cars, but the view is spectacular.

*(Prep Editor: This is a favorite run of the Berkeley High School cross country team. If you're in Berkeley someday, try this enjoyable run. The section "that would give a mountain goat vertigo" is called the "connector." It connects the lower fire trail with the upper fire trail. It goes straightup at a very precipitous angle. If you don't reach maximum heart rate on this section, you'll never reach it. We like to use it in preparation for the Artichoke Invitational at Half Moon Bay and the Soquel Invitational, which both have steep hills.*

*Jack Yerman, the gold medalist 4x400 runner for the 1960 U.S. Olympic team, used to do repeats on this steep section of the trail under the guidance of his coach Brutus Hamilton.*

*Brian Maxwell of Power Bar fame used to train on these trails as a Canadian marathoner and assistant Cal coach.*

*Max Truax (USC) set the course*

*record here back in the 1950's. However, Cal doesn't use it for competitions anymore.)*

### ■ Do you have a favorite run in your area?

Please describe it and we will share it with our readers.

Please send stories to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

### ■ Seagren deftly vaults over fund-raising credibility gap

By Neil Hayes Prep Sports Editor  
*Contra Costa Times*

Walnut Creek, October 28--Bob Seagren spoke about the importance of high school athletics at a press conference in San Francisco last week. The former Olympic gold medalist talked about how much high school sports means to the future of today's young people.

His message was undeniable. But his words ring hollow after it was learned that Seagren's marketing company gets a fat cut of the money it raises to support high school sports in California. Suddenly, Seagren has a credibility problem. I'm left wondering if he'd give as impassioned a speech about the importance of special sauce if his firm were representing a fast-food company.

The California Interscholastic Federation hired Marketing and Financial Management of Woodland Hills to drum up corporate financial support for prep sports. M&FM signed on Toyota and other sponsors and claimed to have raised \$1 million for high school sports in California.

It turns out the figure is closer to \$800,000 and Seagren's firm will pocket more than 40 percent of the money collected thus far.

The deal is perfectly legal but smacks of profiteering. If funding continues to dwindle for high school sports, Seagren and his firm have more pitiful slides of dilapidated gymnasiums to tug at the heart-strings of corporate executives.

*continued next page...*



## PREP NOTES

Those executives may be persuaded to ante up to help high school sports, thus boosting profits for the marketing firm.

If Seagren really believes saving high school sports is important, why would he accept such a substantial cut? Even lawyers work pro bono. If Seagren really meant what he said last Thursday in San Francisco, his firm wouldn't be taking a lion's share of the sponsorship money.

"I don't have to sit here and defend myself," Seagren said Thursday.

Seagren went on to say the deal was "industry standard."

But spokespeople for several national fund raising and marketing associations contacted this week said there is no industry standard. Every contract is different. It's therefore impossible to say any financial relationship between a marketing firm and a non-profit organization is standard.

Patricia Lewis is the president and chief executive officer of the Society for Fund Raising Executives. She said her association's code of ethics prohibits percentage fund raising.

"Percentage fund raising is not illegal," she said. "We just don't feel it's a form of compensation that's in the best interest of the donors. Some say fund raising should only be done by volume, which is somewhat unrealistic. Others say it's not unfair for a fund-raising organization to charge a percentage. You do have varying opinion."

North Coast Section officials quickly opposed the relationship between CIF and M&FM because they felt the compensation package was excessive. They attempted to make their feelings known at two CIF meetings last spring. The first meeting was canceled at the last minute. When the subject came up in the second meeting, it was quickly tabled.

NCS commissioner Paul Gaddini chooses his words carefully when asked about the perception of profiteering.

"I understand your concern," he said.

The NCS has other concerns. The language in the contract between CIF and Toyota is vague, open to interpretation

and may create exclusivity problems.

Would a Honda advertisement on the scoreboard at Washington High School-Fremont keep that school from hosting future NCS and CIF events?

If Big Bob's Cadillac dealership wanted to donate cars to pull homecoming floats around a track, could Toyota step in and nix the deal?

Washington Principal Daryl Talken wonders.

"We're very concerned about what we may be expected to do to fulfill the terms of the contract," said Talken, who is president of NCS and a member of the CIF Executive Committee.

Seagren said NCS officials are overreacting and answers to their questions will be forthcoming. He also defended the performance of his company.

"We've done our job," he said. "We've delivered and we've done an excellent job for the CIF."

He failed to mention that his company probably turned a tidy profit. Bob Seagren won an Olympic gold medal in the pole vault in 1968. He was a hero then. I'm not sure he is anymore.

### ■ Mike Wojciechowski (Clayton Valley, Concord)

#### *Contra Costa Times* Athlete of the Week

October 28--The junior won the prestigious Mt. San Antonio College Invitational with a time of 16 minutes, 17 seconds. His effort helped the Eagles capture the team title by 87 points over their nearest competitor.

### ■ 2nd Annual Bear Creek Invitational

By Greg Wright  
(Bear Creek Track Coach)

Stockton, October 31--Bear Creek High School will be hosting the 2nd Annual Bear Creek Invitational on Saturday, April 29, 1995 at San Joaquin Delta College's new facility. Delta's track is completed and with its new surface, runways, and Olympic size pits, this facility is arguably the best sight in the Sac-

Joaquin Section.

Last year, Delta's track construction was behind schedule so approximately 50 Bear Creek volunteers headed north to Cordova to co-host the Bear Creek/Mitchell Invitational. With this much help in our own backyard, the BC Invitational will be the best. Forty schools attended last year and we are looking forward to another great turnout. Keith Conning of *California Track News* added his expertise as our announcer last year and, after such a great job, he will definitely be invited back.

There will be some improvements this year! We will have electronic timing at Delta College. Once again we will have the Elite Eight and Regular divisions, but the Elite Eight divisions scoring will be doubled. This will save any questions about where to place your athletes. There will be an upgrade on our fine medals which go five deep, and once again there will be team trophies three deep and trophies for outstanding track athletes and outstanding field athletes. Fees will be \$5 per athlete, \$75 for teams of 25 or less, or \$125 for teams which are larger.

Stockton is centrally located in our Section and we will also be bringing in powerhouses from surrounding areas. If you are looking for a preview of the Section Meet, and want to see state meet contenders from the North Coast, Central Coast, Central, and Northern Sections, Stockton is the place to be on April 29, 1995.

Bear Creek High School will also be helping out in the Don George Relays this year on Saturday, March 11, 1995 at San Joaquin Delta College. This meet is entirely a relay format and is a great early season opportunity for your athletes.

If you would like to attend either of these meets, you can contact Greg Wright at home (209) 943-2735, or at Bear Creek High School (209) 953-8235, and I will send you applications. Thanks coach and we look forward to seeing you!

(Prep Editor: Thanks for the kind

continued next page...



## PREP NOTES

words Greg. I look forward to announcing your fine track invitational meet next year. And I would like to recommend this meet to coaches from all over Northern California.)

### ■ Cross Country Review

Compiled by Peter Brewer  
Head Coach, Castro Valley High School  
*Oakland Tribune*, November 2, 1994

#### Boys

1. Livermore, 2. De La Salle, 3. Amador Valley, 4. Clayton Valley, 5. Castro Valley, 6. Mission San Jose, 7. James Logan, 8. Bishop O'Dowd, 9. Skyline, 10. Alhambra.

#### Girls

1. Clayton Valley, 2. Carondelet, 3. Northgate, 4. Miramonte, 5. Mission San

Jose, 6. Moreau Catholic, 7. Castro Valley, 8. Bishop O'Dowd, 9. Granada, 10. Livermore.

### ■ CCS Rankings

(Poll is by a panel of coaches)  
*San Jose Mercury News*  
November 2, 1994

#### Boys

1. Bellarmine, 2. St. Francis, 3. Leland, 4. Los Gatos, 5. St. Ignatius, 6. Serra, 7. Watsonville, 8. North Monterey County, 9. Half Moon Bay, 10. Gilroy.

#### Girls

1. St. Ignatius, 2. Santa Teresa, 3. Aptos, 4. Leland, 5. Mitty, 6. St. Francis, 7. Silver Creek, 8. Los Gatos, 9. Willow Glen, 10. Saratoga.

### ■ Attention Bob Womack -- Correction to All-Time Girl's List

On November 2, I received a letter from Rod Kausen of Fortuna High School:

Keith,

As I read the September *California Track News*, I found that Robyn Flynn (Fortuna) was omitted from the "All Time" Pole Vault list. There were 4 NCS girls listed, however. Robyn Flynn was the Sectional leader last year at 9'. She was also one of the Sectional leaders in the discus. Do you know how the C.I.F. ruled/decided on the girl's pole vault?

(Prep Editor: Does anyone know the answer to Rod's questio? He can be reached at Fortun High School, 379 12th Street, Fortuna, CA 95540.

## FREE SCHEDULE LISTING

City \_\_\_\_\_

Event Name \_\_\_\_\_

Event Date \_\_\_\_\_ Events \_\_\_\_\_

Location \_\_\_\_\_

Time \_\_\_\_\_

Information Phone Number and/or Address \_\_\_\_\_

Send this form or your race flyer to:  
California Track News ■ 4957 East Heaton Ave.  
Fresno, CA 93727 ■ (209) 255-4904 Office & FAX



# PREP NOTES

## RESULTS

### NORTHERN CALIFORNIA

From Keith Conning

#### Golden West Invitational

September 30, 1994. Cutler Park, Visalia. Open Division

##### Boys Teams

1. Madera 56, 2. Arvin 61, 3. Clovis 98, 4. Yosemite 227, 5. Golden West 230, 6. East 239, 7. Tulare Western 310, 8. Roosevelt 327, 9. Porterville 328, 10. SJ Memorial 335, 11. Bakersfield 339, 12. Corcoran 357, 13. Exeter 362, 14. Mendota 365, 15. Delano 381, 16. Reedley 381, 17. Redwood 413, 18. South 419, 19. Parlier 464, 20. Sanger 483, 21. Hanford 526, 22. Edison 532, 23. Tranquility 541, 24. Fowler 600, 25. Tulare 647, 26. Washington 652, 27. Garces 707, 28. Monache 768, 29. Selma 776.

##### Boys Individuals (212 finishers)

1. Rey Sanchez (Delano) 15:34, 2. Luis Herrera (Arvin) 15:42, 3. Jorge Castro (Arvin) 15:51, 4. Jesus Villavicencio (South) 16:08, 5. Juan Zamora (Sanger) 16:13, 6. Steve Barrus (Clovis) 16:17, 7. Adan Perea (Madera) 16:19, 8. Enrique Navarette (Arvin) 16:24, 9. Arthur Negrete (Clovis) 16:26, 10. Mario Zambrano (Madera) 16:27.

##### Fresh-Soph

1. Michael Lujan (Reedley) 16:19.

##### Girls Teams

1. Reedley 35, 2. Golden West 129, 3. Clovis 142, 4. Roosevelt 145, 5. Yosemite 153, 6. Exeter 159, 7. Bakersfield 201, 8. Sanger 244, 9. Edison 258, 10. Garces 260, 11. Hoover 264, 12. Redwood 293, 13. SJ Memorial 313, 14. Tulare 317, 15. Monache 354, 16. Porterville 394, 17. Hanford 436, 18. Tranquility 458.

##### Girls Individuals (132 finishers)

1. Angela Ruiz (Reedley) 19:14, 2. Signe Hurley (Exeter) 19:55, 3. Anabelle Ortiz (Reedley) 20:06, 4. Andria Cheatwood (Golden West) 20:17, 5. Galina Hall (Reedley) 20:28, 6. Kym Pilger (Clovis) 20:42, 7. Keren Padilla (Yosemite) 20:48, 8. Jhona Mathews (Golden West) 20:51, 9. Souriya Syhalath (Edison) 20:52, 10. Irene Wright (Reedley) 20:56.

#### Rough Rider Invitational

Woodward Park, Fresno  
Large Schools

##### Boys Teams

1. Fresno 118, 2. Sonora 118, 3. Bu-

chanan 136, 4. Merced 141, 5. Sanger 152, 6. Golden West 171, 7. Clovis West 173, 8. North 200, 9. Beyer 213, 10. Mount Pleasant 221, 11. Roosevelt 224, 12. Lemoore 237, 13. Stockdale 308, 14. Turlock 323, 15. Redwood 328, 16. Reedley 394.

##### Boys Individuals

1. Darren Holman (Sonora) 15:52, 2. Mike Kasahun (Fresno) 16:21, 3. Ted Paaske (Merced) 16:31, 4. Jacob Bekins (Bullard) 16:34, 5. Jason Ionan (Beyer) 16:36, 6. Chad Schmidt (North) 16:38, 7. Arthur Negrete (Clovis) 16:39, 8. Jeremy Tulls (Clovis West) 16:40, 9. Alberto Samorano (Sanger) 16:41, 10. Jeremiah Hunt (Lemoore) 16:46.

##### Girls Teams

1. Buchanan 69, 2. Clovis West 99, 3. Santa Teresa 152, 4. Turlock 164, 5. Reedley 170, 6. Sonora 180, 7. Fresno 204, 8. Roosevelt 212, 9. Golden West 232, 10. Lemoore 252, 11. North 290, 12. Stockdale 295, 13. Mount Pleasant 316, 14. Hoover 370, 15. Sanger 373, 16. Atwater 395, 17. Bullard 408, 18. Merced 416, 19. Golden Valley 428, 20. Redwood 492.

##### Girls Individuals

1. Maggie Hurst (Sonora) 19:01, 2. Tracy Cohn (Stockdale) 19:03, 3. Emily Lawson (Clovis West) 19:08, 4. Marci Lawson (Clovis West) 19:16, 5. Vi Tran (Santa Teresa) 19:45, 6. Laura Brachet (Beyer) 19:53, 7. Jayne Dan-



ANGELA RUIZ

Photo by Phillip Enbody



DARREN HOLMAN

Photo by Phillip Enbody

iel (Clovis West) 19:54, 8. Megan Farrah (Turlock) 19:58, 9. Corrinne Atkins (?) 20:03, 10. LaTonya (North) 20:16.

##### Small Schools

##### Boys Teams

1. McFarland 35, 2. Maranatha 91, 3. Yosemite 94, 4. Foothill 131, 5. Bear Creek 134, 6. Memorial 151, 7. Firebaugh 171, 8. Central 242, 9. Parlier 249, 10. Tranquility 274, 11. Edison 279, 12. Anderson 304, 13. Garces 319.

##### Boys Individuals

1. Galvin Gonzales (McFarland) 15:47, 2. Gabe Szody (Foothill, Redding) 15:47, 3. Miguel Raya (Wasco) 16:27, 4. Steve Miller (Maranatha) 16:36, 5. Jose Plascios (Corcoran) 16:38, 6. Freddy Ramirez (Wasco) 16:39, 7. Joe Garcia (Maranatha) 16:44, 8. Bianchi Luckes (Edison) 16:52, 9. Joel Lopez (McFarland) 16:58, 10. Tim Padilla (Yosemite) 16:58.

##### Girls Teams

1. Central Valley 37, 2. Los Banos 94, 3. Anderson 109, 4. McFarland 117, 5. Yosemite 119, 6. Maranatha 127, 7. Edison 173, 8. Memorial 198, 9. Bear Creek 234, 10. Sierra 241, 11. Garces 244, 12. Tranquility 290.

##### Girls Individuals

1. Kristin Kroppes (Foothill) 19:51, 2. Luanne Vitellaro (Anderson) 19:54, 3. Christina Sanchez (McFarland) 20:14, 4. Cristina Peacock (Central Valley) 20:34, 5. Amber McCree (Los Banos) 20:48, 6. Souriya Syhalath (Edison) 20:49, 7. Karahun (Central

Valley) 20:53, 8. Tracy Maxwell (Maranatha) 21:04, 9. Claire Hunter (Central Valley) 21:04, 10. Teri Irvin (Central Valley) 21:05.

### SOUTHERN CALIFORNIA

From Doug Speck

#### Kenny Staub Invitational

Saturday, October 1st. La Crescenta County Park

##### Boys:

(Div I) 1. Gonzalez (Crescenta Valley, La Crescenta) 15:46, 2. Gilmore (Palisades, Pacific Palisades) 15:47, 3. Lopez (Hoover, Glendale) 15:55, 4. Berhane (Redlands) 16:13, 5. Montoro (Hoover, Gl) 16:17, 6. Vincent (Palis, Pac Pal) 16:28, 7. Larsen (Pali, PP) 16:32, 8. Kneatsey (Loyola, L.A.) 16:38, 9. Martinez (Garfield, L.A.) 16:42, 10. M. Lopez (Belmont, L.A.) 16:44. **Teams:** 1. Palisades (Pacific Palisades) 66 (83:37), 2. Crescenta Valley (La Crescenta) 71 (84:06), 3. Garfield (L.A.) 86 (85:12), 4. Hoover (Glendale) 92 (84:34), 5. Belmont (L.A.) 99 (85:55). (Div II) 1. Rodriguez (Torrance) 16:56. **Team:** 1. Burbank 60 (88:12) (Div III) 1. Liu (Temple City) 15:49 (2nd 17:20). **Team:** 1. Bell-Jeff (Burbank) 86 (93:03).

##### Girls:

(Div I) 1. Ferrara (South Torrance) 19:20, 2. Zayas (Cresc Valley, La Cr) 19:21, 3. Echols (Glendale) 19:47, 4. Harris (Canyon, Canyon Country) 20:11, 5. Epstein (Palisades, Pacific Palisades) 20:16, 6. Hawkings (Simi Valley) 20:24, 7. Martinez (Belmont, L.A.) 20:27, 8. Ramachandran (South Torrance) 20:30, 9. Stigile (Canyon, CC) 20:35, 10. Ramos (Glendale) 20:49. **Team:** 1. Canyon (CC) 49 (103:25), 2. South Torrance 94 (107:04), 3. Simi Valley 97 (108:15), 4. Palisades (Pacific Palisades) 98 (108:02), 5. Glendale 110 (108:38). (Div II) 1. Sosa (North Torrance) 20:57. **Team:** 1. Claremont 56 (111:16). (Div III) 1. Cleavinger (Hoover, Glendale) 19:57. **Team:** 1. Hoover (Glen) 76 (114:16).

#### San Gabriel Valley

##### Invitational

Saturday, October 8th. Mt. SAC.

From: Richard Gonzalez

##### Boys:

(Overall) 1. Gabriel Cisneros (Diamond Bar) 16:04, 2. Omar Orendain (San Gabriel) 16:09, 3. Richard Aguilar (La Puente) 16:14, 4. Eddie Venegas (Rowland, Rowl Hts) 16:20, 5.



# PREP NOTES

Mario Artaego (Nogales, La Puente) 16:28, 6. Byron Hardie (Bishop Amat) 16:32. **Teams: (Overall)** (Large) 1. Nogales 84:59, 2. Diamond Bar 85:18, 3. San Gabriel 86:30, 4. Rowland (Rowl Hts) 87:36. (Small) 1. Covina & La Puente 90:28, Northview (Covina) 93:29.

## Girls:

**(Overall)** 1. Annie Ebner (St. Lucy's, Glendora) 18:45, 2. Malinali Martinez (Bishop Amat, La Puente) 19:36, 3. Nancy Zhang (Rowland, Rowl Hts) 19:56, 4. Liz Robles (Baldwin Park) 20:16, 5. Janary Duran (Bonita, La Verne) 20:24, 6. Julieta Santana (La Salle, Pasadena) 20:43. **Teams:** (Large) 1. Bishop Amat (La Puente) 103:22, 2. Rowland (Rowland Heights) 110:11, 3. San Gabriel 111:10. (Small) 1. St. Lucy's (Glendora) 109:04, 2. La Salle (Pasadena) 115:44.

## Bell Gardens Invitational

Saturday, October 15th. Legg Lake (Whittier), Flat, 3 miles. From: Richard Gonzalez

## Boys:

**(12th Gr)** 1. Jeff McLarty (Ayala, Chino) 15:05, 2. Fili Cortez (Downey) 15:45, 3. Richard Martinez (Garfield, L.A.) 15:58, 4. Carlos Diaz (Bell Gardens) 16:05, 5. Juan Aibizar (Lynwood) 16:09, 6. Carlos Mayen (Upland) 16:11. **(11th)** 1. Saul Gallegos (St. John Bosco, Bellflower) 15:43, 2. Bernard Maitai (Whittier) 15:58, 3. Rafael Escobedo (Garfield, L.A.) 16:22. **(10th)** 1. Miguel Narvaez (Pioneer, Whittier) 16:13, 2. Davis Ryan (Warren, Downey) 16:15, 3. Aurelio Pina (Millikan, Long Beach) 16:23. **(9th)** 1. Steven Smith (Ayala, Chino) 16:44, 2. Joseph Pineda (Warren, Downey) 16:52.

**Team Times (Overall)** 1. Upland 81:19, 2. Ayala (Chino) 81:26, 3. Garfield (L.A.) 81:34, 4. St. John Bosco (Bellflower) 82:12, 5. Millikan (Long Beach) 83:00.

## Girls:

**(12th)** 1. Liz Robles (Baldwin Park) 16:29, 2. Lianne Stone (Warren, Downey) 18:45, 3. Aida Rochia (Garfield, L.A.) 19:42, 4. Jessica Chavez (Millikan, Long Beach) 19:44, 5. Kelli Wyatt (West Torrance) 19:57, 6. Stephanie Hobbs (Lugo, Chino) 20:09. **(11th)** 1. Kim Jackson (St. Joseph, Lakewood) 19:51, 2. Rina Yamada (West Torrance) 19:58, 3. Elsa Arralano (Bell Gardens) 20:09. **(10th)** 1. Summer Shaw (Huntington Beach) 19:11, 2. Jannifer Spahr (Hunt Bch) 19:31, 3. Karen Nilsson (Ayala, Chino) 19:36, 4. Lydia Perez (Warren, Downey) 19:57. **(9th)** 1. Miranda Perez (Millikan, Long Beach) 20:10, 2. Bryn Kreipl (Huntington Beach) 20:35.

**Team Times (Overall)** 1. Huntington

Beach 101:32, 2. Ayala (Chino) 102:21, 3. Millikan (Long Beach) 104:04, 4. St. Joseph's (Lakewood) 104:17, 5. Warren (Downey) 104:46.

## Orange County Championships

Saturday, October 15. Irvine County Park. Course 3.1 miles—cement roads, trails, and grass. (- = 12th grader, \* = 11th grader, \*\* = 10th grader, \*\*\* = 9th grader).

One of California's better running areas, Orange County, perhaps rehearsing for the future when they may break away from the Southern Section to form their own "section" within California's CIF, held their annual "County Championships" at Irvine Park.

A fine group of girls' teams had Irvine emerge victorious, as they have when the entire team has been on the course at one time, with team leader Jessica Corbin, out for a week with illness, back to lead the squad with a 5th place effort. Irvine, ranked inside the top twenty nationally earlier in the year by *Harrier* magazine, edged league rival El Toro 103-108, with any of the top six teams in the race really capable of winning the event on a given day. Individually, Tracy Clark of Corona del Mar (Stanford Invite divisional winner earlier in the month) continues to impress, racing away from 4:59.59 1600m runner Courtney Pugmire (Esperanza, Anaheim) 17:36-17:44, with frosh Heather Garritson (Buena Park), latest star out of that running clan, taring quite well in her first big Invitational race, third at 17:54 (just five seconds off the frosh CR of 17:49 by Kay Nekota from 1990).

The Boys' event had a surprising winner, with Mater Dei (Santa Ana) surprising with its 60 points that featured a less than thirty second 1-5 time gap. Interestingly, one had to go back to eleventh place to find a team that was more than two minutes behind the team time leaders in the race. Adalberto Sanchez (Capistrano Valley, Mission Viejo), 9:13 for 3200m last spring, continues a super Fall, here winning by 100 meters in 15:13. Junior Glen Bush led a surprising Orange High Team (2nd place) with his 15:28 runner-up effort.

**Girls (Sweepstakes):** 1. -Tracy Clark (Corona del Mar, Newport Beach) 17:36, 2. -Courtney Pugmire (Esperanza, Anaheim) 17:44, 3. \*\*\*Heather Garritson (Buena Park) 17:54, 4. -Elly Estrada (Santa Ana Valley) 18:01, 5. \*Jessica Corbin (Irvine) 18:08, 6. \*\*Katie Nuanes (Santa Margarita, Rancho SM) 18:24, 7. -Nancy Dollar (San Clemente) 18:25, 8. Sydney Leonard (Dana Hills) 18:26, 9. \*\*\*Kim Bates (Los Alamitos) 18:41, 10. -Marisol Delgado (Santa Ana Valley)

18:45, 11. -Carrie Caulkins (Esperanza, Ana) 18:47, 12. \*Erin Livermore (Irvine) 18:53, 13. -Anna Kaish Niemi (Irvine)/Finland 18:57, 14. \*\*Jenny Spiers (Aliso Niguel, Aliso Viejo) 19:06, 15. -Taryn Lawson (Ocean View, Huntington Beach) 19:07, 16. \*\*\*Heather Cuthertson (Marina, Huntington Beach) 19:10, 17. \*Stacey Roberson (El Toro) 19:11, 18. -Carol Burns (El Toro) 19:14, 19. -Jennifer Formosa (Edison, Huntington Beach) 19:15, 20. \*Bree Dennison (Dana Hills) 19:17, 21. -Jamie Vaicaro (Katella, Anaheim) 19:19.

**Teams:** 1. Irvine 103 (95:56), 2. El Toro 108 (97:08), 3. Edison (Huntington Beach) 118 (97:30), 4. Dana Hills 133 (better 6th) 97:52, 5. Esperanza (Anaheim) 133 (96:54), 6. Corona del Mar (Newport Beach) 148 (97:21), 7. Aliso Niguel (Aliso Viejo) 166 (better 6th) (99:00), 8. Santa Ana Valley 166 (98:52), 9. Los Alamitos 182 (99:32), 10. Santa Margarita (Rancho SM) 214 (100:41), 11. Katella (Anaheim) 241 (102:53), 12. Ocean View (Huntington Beach) 242 (103:36).

**Girls Varsity I** - 1. \*Mandy Schwecherl (Laguna Hills) 19:00, 2. -Angie Winkler (Fountain Valley) 19:06, 3. \*Elizabeth Sinclair (Troy, Fullerton) 19:19, 4. \*\*Becca Armour (Fountain Valley) 19:22, 5. \*Andrea Craddick (Fountain Valley) 19:30. **Teams:** 1. Foothill 59 (101:10), 2. Laguna Hills 79 (102:20), 3. Fountain Valley 92 (101:42), 4. Tustin 117 (104:32), 5. San Clemente 151 (103:05 with Sweeps runner). **Girl Var II** - 1. \*\*\*Jamie Swarberg (Newport Harbor, Newport Beach) 19:29, 2. \*\*Stephanie Hyink (Mater Dei, Santa Ana) 19:50, 3. \*\*Kristen Johnson (Mater Dei, SA) 19:52, 4. -Kelly Yeend (Mater Dei, SA) 19:54, 5. \*\*Sarah Gertler (Villa Park) 20:03. **Teams:** 1. Mission Viejo 44 (100:48), 2. Mater Dei (Santa Ana) 65 (101:33), 3. Villa Park 85 (103:50, 4. Newport Harbor 86 (102:13). **Girl Var III** - 1. \*Megan MacLeod (Trabuco Hills, Mission Viejo) 19:16, 2. \*Peggy Hall (Tr Hills, MV) 19:21, 3. \*Melissa Keenan (Tr H, MV) 19:21, 4. \*\*Candice Hodge (Tr H, MV) 19:39, 5. \*Allison Bunton (Canyon, Anaheim) 20:00. **Team:** 1. Trabuco Hills (Mission Viejo) 28 (97:59), 2. Canyon (Anaheim) 88 (better 6th) (103:32), 3. Orange Lutheran 88 (103:26), 4. Capistrano Valley (Mission Viejo) 104 (104:20), 5. Laguna Beach 143 (106:52).

**Boys (Sweepstakes)** 1. -Adalberto Sanchez (Capistrano Valley, Miss Viejo) 15:13, 2. \*Glen Bush (Orange) 15:28, 3. \*Ross Venook (Woodbridge, Irvine) 15:36, 4. -Andy Morgan (Mission Viejo) 15:38, 5. -Chuck Gatchell (La Habra) 15:39, 6. -Brian Slingsby (Corona del Mar, Newport Beach) 15:39, 7. -Joel Orozco (Santa Ana Valley) 15:40, 8. -Johann Appell (Estan-

cia, Costa Mesa) 15:45, 9. -Jeremy Mordock (Villa Park) 15:46, 10. \*Wendelasio Morales (Santa Ana) 15:49, 11. -Jason Kolb (La Habra) 15:50, 12. -Joaquin Aceves (Villa Park) 15:51, 13. \*\*Nick Russell (Orange) 15:51, 14. -Shehad Dezaahd (Newport Harbor, Newp Bch) 15:52, 15. \*\*Tony Trueba (Huntington Beach) 15:54, 16. -Frank (Servite, Anaheim) 15:55, 17. Jensen (Sunny Hills, Fullerton) 15:56, 18. \*Matt Wickersham (Mater Dei, Santa Ana) 15:57, 19. -Daniel Gonzalez (Mater Dei, SA) 15:57, 20. -Brian Mitzel (Mater Dei, SA) 15:57.

**Teams:** 1. Mater Dei 60 (80:34), 2. Orange 105 (80:20), 3. Katella (Anaheim) 125 (81:10), 4. Santa Ana Valley 131 (80:58), 5. Villa Park 142 (81:21), 6. Santa Ana 145 (81:23), 7. La Habra 145 (81:38), 8. Newport Harbor (Newport Beach) 157 (81:41), 9. Corona del Mar (Newport Beach) 173 (81:58), 10. Woodbridge (Irvine) 211 (82:15), 11. Saddleback (Santa Ana) 212 (82:55), 12. Laguna Hills 243 (83:59).

**Boys Race I** - 1. Rich Chou (University, Irvine) 16:08, 2. Jimmy Patino (Century, Santa Ana) 16:26, 3. Remigio Garcia (Sonora, La Habra) 16:27, 4. Enriq Mayer (Rancho Alamitos) 16:30, 5. Elvis Rodriguez (Estancia, Costa Mesa) 16:34. **Teams:** 1. Mission Viejo 71 (82:54 when add in Sweeps runner), 2. Century (Santa Ana) 85 (84:58), 3. University (Irvine) 97 (85:21), 4. Trabuco Hills (MV) 129 (86:53). **Boys Var II** - 1. \*Michael Murray (Santa Margarita, Rancho SM) 16:03, 2. -Steve Wucetich (Los Alamitos) 16:05, 3. \*Jay Maynard (Marina, Huntington Beach) 16:09, 4. -Martin Pennell (El Toro) 16:23, 5. \*\*Justin Nyberg (Irvine) 16:34. **Teams:** 1. Santa Margarita (Rancho SM) 63 (83:30), 2. Esperanza (Anah) 72 (84:21), 3. El Toro 82 (84:22). **Boys Var III** - 1. -Franky Hernandez (Santiago, Anaheim) 15:58, 2. -Mike Balderas (Garden Grove) 15:58, 3. -Juan Almejo (Dana Hills) 16:11, 4. \*Mike Gavar (Tustin) 16:17, 5. -Curtis Douglas (San Clemente) 16:20. **Teams:** 1. San Clemente 46 (82:10), 2. Dana Hills 75 (82:39), 3. Tustin 87 (83:08).

## Oceanside Invitational

Boys (3.1089 miles—#1 vs. #1, #2 vs. #2, etc. format)

**(Overall)** 1. Abdusaleem (Hoover, SD) 16:19, 2. Sybert (Vista) 16:21, 3. Shilo (Ramona) 16:28, 4. Kloos (El Camino, Oceanside) 16:39, 5. Romero (San Pasqual, Escondido) 16:47, 6. Land (Vista) 16:48, 7. Guevara (San Marcos) 17:01, 8. Bowes (Scripps Ranch, SD) 17:03, 9. Ketcham (Vista) 17:05, 10. Reid (Ramona) 17:09,



# PREP NOTES

11. Edson (Yucaipa) 17:10, 12. Kirtley (Poway) 17:12, 13. Andrade (Coachella Valley, Thermal) 17:12. Teams: (Times recorded through seven finishers) (Large) 1. Vista 121:03 (84:59 through 5), 2. Hoover (SD) 124:29 (87:19), 3. Poway 126:23 (89:28), 4. Rancho Bernardo 127:15 (88:26). (Small) 1. Scripps Ranch (SD) 125:09, (88:03), 2. Yucaipa 126:59 (88:09), 3. Ramona 127:20 (89:44), 4. Coachella Valley (Thermal) 129:04 (90:50).

**Girls** (2.4563 miles--#1 vs. #1, etc.) (Overall) Clark (Ramona) 15:04, 2. Brown (Yucaipa) 15:14, 3. Pound (Poway) 15:21, 4. Horgan (Temescal Canyon, Elsinore) 15:26, 5. Rohde (Fallbrook) 15:31, 6. Peterson (Escondido) 15:38, 7. Muench (Temescal Canyon, Els) 15:40, 8. Schaffer (Temescal Canyon, Els) 15:51, 9. Rodriguez (Vista) 15:52, 10. Costello (Bonita Vista, CV) 15:55, 11. Phillips (Bonita Vista, CV) 15:55, 12. Koscki (Poway) 15:59, 13. Beckman (San Pasqual, Escondido) 16:00. Teams: (seven finishers) (Large) 1. Vista 115:35 (81:29 through five), 2. Poway 119:36 (82:52 through 5), 3. Fallbrook 119:44 (83:17 thorough 5), 4. Orange Glen (Escondido) 121:57 (86:22 through 5). (Small) 1. Temescal Canyon (Elsinore) 115:08 (80:40 through 5), 2. Yucaipa 116:35 (82:13 thorough 5), 3. Ramona 125:49 (85:34 thorough 5), 4. La Jolla 129:32 (89:q4 through 5).

## Ventura County Championships

October 28. Lake Casitas (Ojai)  
**Boys**

1. O'Doherty (Thousand Oaks) 15:04 (CR, old Record 15:06 Ramirez (Nordhoff) 1994), 2. Hernandez (Camarillo) 15:06, 3. Ramirez (Nordhoff, Ojai) 15:25, 4. Fischer (TO) 15:30, 5. Sandoval (Channel Islands, Oxnard) 15:31, 6. Carolan (TO) 15:50, 7. Bernaldo (Nordhoff, Oj) 15:51, 8. Disney (TO) 15:51, 9. Marsden (TO)

16:07, 10. Park (Camarillo) 16:15. Team: 1. Thousand Oaks 28, 2. Camarillo 61, 3. Nordhoff (Ojai) 110, 4. Channel Islands (Oxnard) 140, 5. Agoura 155, 6. Buena 159, 7. Rio Mesa (Oxnard) 212.

### Girls

1. Skieresz (Agoura) 17:48 (CR, old Record 17:53 Skieresz 1993), 2. Mortensen (Thousand Oaks) 18:23, 3. Canchola (Nordhoff, Ojai) 18:32, 4. Van Atta (Buena, Ventura) 19:23, 5. Roy (TO) 19:25, 6. MacIntosh (Ventura) 19:31, 7. Marsden (TO) 19:37, 8. Hawking (Simi Valley) 19:38, 9. Sherrei (TO) 19:39, 10. Lepisto (Agoura) 19:42. Team: 1. Thousand Oaks 34, 2. Agoura 92, 3. Nordhoff (Ojai) 93, 4. Simi Valley 106, 5. Buena (Ventura) 115, 6. Camarillo 158, 7. Ventura 167.



AMY SKIERESZ

Photo by Phillip Enbody

Photo by Phillip Enbody



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**COACHES' CORNER**

**GEORGE PAYAN, Column Editor**

# Preparation for the Big Meet

By Jack Farrell

Boys and Girls Cross Country Coach, Thousand Oaks High School

To assist with the continuing education of California coaches, CTN will begin publishing informative articles written by our California coaches.

George Payan, Jr. (Head Cross Country and Track Coach at Valley High School in Santa Ana) will coordinate and serve us as column editor.



**T**housand Oaks High School has run well just often enough at the end of the season to have gained a reputation for peaking. Coaches

I say that we don't do anything special. If there is a secret, that's it.

One of the first barriers to peaking is the coach's belief that he can and must make it happen, that it's somehow his responsibility. Peaking is a matter of circumstance. The championship races have the best competition and are the culmination of several months of training. It stands to reason that they will yield the best performances, especially if the weather is kind.

The idea of resting to produce a peak seems to be borrowed from swimming, where athletes not only taper, but even shave their body hair. Believe it or not, I have had a few athletes over the years ask me if I thought they should try that! But, because of the buoyancy of water, swimmers are able to perform a great deal more work of a cardiovascular na-

gravity, we really do the bare minimum. If we try for more, we inevitably get injured. At Thousand Oaks High School the training sessions last about two hours. But with stretching, form drills, uninspired and redundant speeches by the coaching staff, the actual running is about 45 minutes or less. Thousand Oaks runners rest about 23 hours and 15 minutes a day. And still we get injured! The point is, if we start resting even more than that, the fitness level is going to take a plunge. And so I believe in doing the same basic training all the way to the end. The body can adjust to about any routine over time. However, if you vary the routine too much, with either too much work, too little work, or work of a radically different nature, the body's going to rebel—usually with a very flat looking race.

Another popular approach to peaking is to not only lessen the work load, but increase the speed sessions, in some cases to near sprint sessions. This approach, too, is fraught with danger. At best, the result will be near effortless over-commitment of the opening mile of the race, followed, in most cases, by a steady fade. Too much speed can also make an athlete tight and sore and completely flat. There is a bit of a secret here. The athlete running the fastest at the end of the race is usually the athlete with the most endurance and not the athlete with the most speed. There are exceptions to this, especially if the race has been at less than maxi-

**T**he athlete running the fastest at the end of the race is usually the athlete with the most endurance and not the athlete with the most speed.

have asked me, on occasion, if there is anything special that we do, perhaps some secret, which allows us to perform at our best in the big meets. I never know if I'm quite believed when

ture with much less stress to the musculo-skeletal system than runners. A little rest before a big competition may, in fact, help them with a peak. For the most part, because runners are prisoners of

*continued next page...*



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

mal speed. But most coaches can recall instances of 4:25 milers kicking down 4:08 milers at the end of a cross country race. Basic speed does a runner little good if he is not as fit as his competition.

Here are some of the things we do at Thousand Oaks High School to get ready for the big race:

1. Cut back a little on the intensity, but not the volume of work.

2. Have a general race plan, but don't make it too specific. In other words, give the athlete lots of freedom to follow his own racing instincts.

3. Strategy talks should be early in the competition week. The closer the race, the less said. Avoid talking to athletes about the competition on race day itself. They're just kids and they freak!

4. It's easier for an athlete to race the field than another individual. We almost never talk about beating a certain runner. That's generally irrelevant. We shoot for reasonable places, as in 2 in the top 10, 3 in the top 15, all 5 scorers in the top 25, if we've got a talented group. (That's one of the many reasons why cross country is such a great sport. I find competitors to be much friendlier in cross country than track where the competition is, of necessity, more one-on-

Have a general plan and then forget about the race. The less you think about it the better. And that includes the coach.

one.) In one memorable race, Thousand Oaks upset the favored team in C.I.F. Finals. That team wore radically new uniforms for the big race. Neither our runners nor the coaches caught this and thus, never even saw them in the race. We were surprised to find out that we had won by 3 points. But our runners had gone out and got the places they were supposed to. And this is a unique problem at State where there are so many individuals who do not count in the scoring. I have a hard time advising our runners what places to shoot for. Ironically, the further back they are in the pack, the more individuals there are in front of them, and so the further up they actually are finishing. The State system still baffles me, but it's a piece of cake next to the blizzard of options available to a Southern Section finalist, where an individual has two or three actual finishing places.

5. Avoid absolutely anything approaching mental coaching. There may, in fact, be a mental side to competition, but it is essentially uncoachable. Leave it alone. It's a Pandora's Box. Once you bring it up, you can never get rid of it. This includes running imaginary races in your head, hypnosis and self-hypnosis, relaxation exercises, psyching up, etc. I tell runners that you can't run a race until the gun goes off. Have a general plan and then forget about the race. The less you think about it the better. And that includes the coach. You can whip yourself into a frenzy thinking too much about the big race. It's not good for you. It's not good for your team. And it's anything but relaxing.

6. No race is *the* race! There's always another race!



## CALIFORNIANS Around the Nation

Compiled by DOUG SPECK

(Information from X-Country X-Press, available from: Walt Murphy, P.O. Box 750994, Forest Hills, NY 11375. \$30 per year (\$15 for athletes if Coach is already a subscriber) -- GREAT CROSS COUNTRY INFORMATION!

### Rhode Island Invitational Goodard Park (Warwick, RI)

10/1 3. Tammy Wilcox (Coast Guard/Palos Verdes HS) 19:04. Team: 1. Coast Guard 80 (Wilcox #2 CG)

### Grand Canyon Lopes Invitational

Phoenix, Az 10/1 (Wom) 2. Kim Tonney (Unat/Atascadero HS) 19:10.

### Run-Tex Invitational

Austin, Tx 10/6 4.0 mi. 10. Ben Mesfen (SMU/Venice HS) 21:03. SMU 4th place (Mesfen #2 runner).

### Quad

Williamsburg, Va 10/7 5k 2. Cybelle McFadden (William and Mary/St. Francis HS, Sacramento) 18:07. Team: 1. William & Mary 36 (McFadden #1 W&M).

### Leroy Simpson Invitational

Wayne, Ne - 5k 1. Christina Blackmer (Univ Nebraska/Lincoln/Upland HS) 19:14. (Nebraska incomplete "B"? team)

*continued next page...*



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

### **Notre Dame Invitational**

**South Bend - 10/8** 5000m 9. Carrie Garrison (Alabama/Buena Park HS) 18:05, 10. Sarah Riley (Notre Dame/Campolindo HS, Moraga) 18:07. 1. Alabama 51, 2. Notre Dame 74 (Garrison #2 Ala, Riley #2 Notre Dame) (Notre Dame ranked #18 nationally, Alabama #11).

### **Furman Invitational**

**Greenville, SC 10/8** - 10k - 8. Eric Dunn (Wake Forest/Arroyo Grande HS) 31:21....16. Steve Guerrini (Wake Forest/Santa Rosa HS) 31:46. Wake Forest 1st 45 pts (Dunn #2, Guerrini #4)

### **Texas Tech Invitational**

**Lubbock, Tx 10/8** 5k 3. Katie Eklof (Rice/Costa Mesa HS) 19:28....13. Jessica De la Cerda (Oklahoma State/Hart HS, Newhall) 20:28. 1. Rice 20...3. Okla St 77. (Eklof #3 Rice, De la Cerda #2 Okla St).

### **Maryland Invitational**

**College Park, Md 10/15** 5k (Wom) 1. Becky Spies (Villanova) 17:11. Team: 1. Villanova 15. (Men) 9. Todd Tressler (Villanova/San Marcos HS, Santa Barbara) 26:15. Scores: 1. Villanova 28 (Tressler #4, Quintana did not run).

### **Texas A&M Invitational**

**College Station 10/15** 5.0 mi (Men) 3. Ben Mesfen (SMU) 25:47. 5k (Wom) 10. Katie Eklof (Rice) 18:55. Team: 1. Rice 40.

### **Penn State Invitational**

**University Park, Pa 10/15** 5k 13. Carrie Garrison (Alabama/Buena Park HS) 17:51. Team: 1. Alabama 86 (#11 Alabama beat #10 ranked Penn St and #6 ranked Georgetown--Garrison #3 Alabama finisher)

### **Adams St Invitational**

**Alamosa, Colo - 10/15** 8K (?) 1. Paul De la Cerda (Adams State/Granada Hills HS) 26:24, 2. Peter De la Cerda

(Adams State/Hart HS) 26:25. Team: 1. Adams State 15.

### **Army/Navy**

**10-15 - Annapolis, Md - 5.0 mi** 1. Mike Bernstein (Army/Garden Grove HS) 24:16. Army 20-Navy 38.

### **Cowboy Jamboree**

**Stillwater, Ok - 10/15** - (Men) 12. Ryan Wilson (Arkansas/Agoura HS) 31:26. Team: 1. Lubbock Christian, 2. Arkansas 82 (w/o two top) (Wilson #2 Arkansas here). (Wom) 13. Jessica de la Cerda (Okla St) 19:53. Team: 2. Okla St 59. (de la Cerda #3 Okla St).

### **Wisconsin-LaCrosse**

**Wisc 10/15** 8k - (Men) 2. James Menon (Wisc/San Luis Obispo HS) 24:16. Team: 1. Wisconsin 15 (Menon #2).

### **BYU/Reebok**

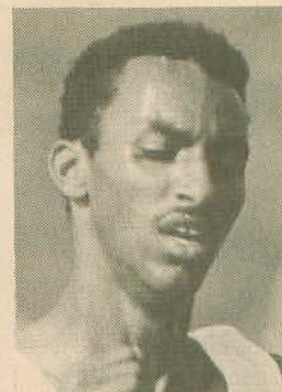
**Provo, Ut 10/15** 8k (Men) 33. Craig Lawson (BYU/Granada Hills HS) 25:59...51. Marc Lawson (BYU/Clovis West HS, Fresno) 26:26. Team? 1. BYU 65....5. BYU 145. (Wom) 9. Maribella Aparicio (BYU/Fillmore HS) 18:10....36. Karen Talamantes (Adams St/Mt. SAC/West Covina HS) 19:10. Teams: 1. BYU 40 (Aparicio #3).

### **Jeff Drenth Invitational**

**Eugene, Or 10/16** 5k 1. Milena Glusac (Oregon/Fallbrook HS) 17:02....15. Deena Drossin (Arkansas/Agoura HS) 17:49, 16. Niamh Zwagerman (Ore/Piedmont) 17:50...37. Christie Engesser (Ore/Ocean View HS, Huntington Beach) 18:32. Team: 1. Colorado 47, 2. Arkansas 59, 3. Oregon 82. (Drossin #3 Ark, Zwagerman #3 Ore, Engesser #5 Ore).

### **Wolverine Invitational**

**Ann Arbor, Mi 10/16** 8K (?) (Men) 5. Stewart Ellington (Tennessee/Channel Islands/Milpitas HS's) 25:04...19. Casillas (Arizona/Hoover HS, Glendale) 25:32...25. Eric Dunn (Wake Forest/Arroyo Grande HS) 25:47...46. Guerrini



**Ben Mesfen**  
Photo by  
Bill Leung, Jr.



**Stewart Ellington**  
Photo by  
Keith Conning

(Wake Forest/Santa Rosa HS) 26:16. Teams: 1. Stanford 69...3. Arizona 87...6. Wake Forest 152. (Wom) 6. Suzanne Castruita (Arizona/Mt. SAC/West Covina HS) 17:54....38. Sarah Riley (Notre Dame/Campolindo HS, Moraga) 18:47....84. Susan Scott (Arizona/Mt. Carmel HS, San Diego) 20:06. Teams: 1. Michigan 43...3. Arizona 118...5. Notre Dame 150.

### **Rocky Mountain Athletic Conference**

**Gunnison, Colo 10/22** (7700') 6. Karen Talamantes (Adams St) 19:55...18. Monique Smith (Adams St/Diamond Bar HS/Mt. SAC) 21:17. Teams: 1. Western St (Colo) 26, 2. Adams 31. (Men) 2. Peter de la Cerda (Adams St) 26:10....35. Paul de la Cerda (Adams St) 30:26. Teams: 1. Adams St 28.

*continued next page...*



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

### **Amateur Athletic Foundation Again to Sponsor FREE Track & Field Clinics This Winter**

If you are a track and field coach and have been looking for a good winter clinic for you and your staff that will not set your budget back a fortune, your wish has been granted again this year. The Amateur Athletic Foundation of Los Angeles (the AAF was the organizing body for the 1984 Olympic Games) will be hosting TRACK AND FIELD CLINICS for free this winter in five different Southern California locations.

Open to all levels of coaching background (club, junior high, high school), the AAF clinics will offer a two weekend format that should have information for every level of coaching background, experience, or position. During the four days of the clinic, the coach will be exposed to a variety of informational topics in the lecture hall, as well as covering different types of training information during the outdoor field sessions. The formats for these clinics were developed by a team of high school coaches and are targeted to help meet the needs of the current generation of coaches working in our school and club programs. Those coaches who attend at least one full weekend of the clinics will be eligible to receive the AAF Track & Field Coaching Manual (a \$25 value) for free. The clinics are a great way for you and your

staff to work together at a clinic that offers sessions in every area of our sport.

For those of you that have been to the clinic before, you will find new sessions to attend, as well as new instructors to listen to. While it is a fact that these track and field clinics are held in the southern part of the state (the AAF charter restricts Foundation activities to certain counties), the Northern and Central California coach can find some silver lining in the fact that these clinics are free. So start scouting around for those bargain airline tickets, and be aware that there will be a hotel near the clinic site for lodging. Then make plans to enjoy and expand your knowledge as you attend one of the AAF Winter Track & Field Clinics.

#### **ATTENTION NORTHERN CALIFORNIA COACHES**

At press time, it appears that there will be a USAT&F Level 1 Clinic to be held in Sacramento the beginning of February. This new format will be designed around the AAF format and will be geared for the high school track coach.

Look for more information coming out of your section or you can contact me at (619) 748-4270.

--Dennis McClanahan

#### **Clinics will be at the following times and locations:**

Sat/Sun	January 7-8/14-15	University of California, Riverside
Sat/Sun	January 7-8/14-15	Santa Barbara City College
Sat/Sun	January 21-22/28-29	San Diego High School
Sat/Sun	January 21-22/28-29	Birmingham High, Los Angeles
Sat/Sun	February 4-5, 11-12	Irvine High School, Irvine

**Coaches seeking more information should call  
Skip Stolley at the Amateur Athletic Foundation  
(213) 730-9617.**

# COACHES

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# RESULTS

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

## Southern California College Invitational

October 8. Back Bay, Newport Beach.  
Men-8K

1. Goshu Tadese (FPC) 26:09, 2. Jason Schaefer (SCC) 27:51, 3. Wes Hinson (SCC) 28:00, 4. Jed Saueresig (FPC) 28:01, 5. Dan Kleiman (Cal-Tech) 28:17, 6. Jon Bishop (SCC) 28:27, 7. Tim Hardin (SCC) 28:38, 8. Gilbert Gomez (Laverne) 29:23, 9. Brian Ward (Laverne) 29:39, 10. Dan Palmer (SCC) 29:55.

11. Jon Beechick (FPC) 30:15, 12. Eric Snook (FPC) 30:16, 13. Andrew Trampe (Whittier) 30:23, 14. Pete Gregory (un) 30:50, 15. Jose Barba (Laverne) 31:00.

**Team Scores:** 1. Southern Calif. College 28, 2. Fresno Pacific College 56, 3. Univ. of LaVerne 62, 4. Calif. Inst Tech 86, 5. Concordia Univ. 106, 6. Chapman Univ. 165.

### Women-5K

1. Jill Perkins (Laverne) 20:13, 2. Sara Beaber (CalTech) 20:14, 3. Caren Anderson (SCC) 20:55, 4. Kim Fichtner (FPC) 21:02, 5. Shirley Rojas-Weller (FPC) 21:09, 6. Kerry Sue Houchin (FPC) 21:11, 7. Eileen Straw (un) 21:12, 8. Erin Culver (SCC) 21:17, 9. Donna Proia (Concordia) 21:18, 10. Monica Patino (Laverne) 21:18.

11. Danielle Garrison (Chapman) 21:25, 12. Jerlene Tatum (Whittier) 21:39, 13. Carolyn Beck (un) 21:40, 14. Heather Salisbury (SCC) 21:41, 15. Angela Sisk (FPC) 21:49.

**Team Scores:** 1. Univ. of LaVerne 54, 2. Fresno Pacific College 55, 3. Southern Calif. College 70, 4. Whittier & Concordia 91, 6. Calif. Inst Tech 122.

## Mills Invitational

October 8. Mills College, Oakland.  
Men-8K

1. Mike Spencer (Aggies) 26:22, 2. Reed Elmore (Humboldt) 26:34, 3. Damon Chamberlain (CS Sacto) 26:38, 4. Russell Hill (Aggies) 27:01, 5. Corey Trovinger (Humboldt) 27:15, 6. Jeff Shaver (Aggies) 27:21, 7. Jeff Taylor (Aggies) 27:37, 8. Lou Ortiz (Humboldt) 27:38, 9. Martin Smith (Aggies) 27:41, 10. Ian Blair (Humboldt) 27:48.

11. Ryan Nugent (CS Sacto) 27:52, 12. Glen Redpath (SF Art Inst) 27:53, 13. Pat Rainey (Aggies) 27:55, 14. Jason Tackett (CS Sacto) 28:08, 15. Arthur Welch (Hoys) 28:09.

**Team Scores:** 1. Aggies 27, 2. Humboldt 40, 3. CSU Sacramento 71, 4. Empire (Open) 123, 5. Tamalpa (Mas-



Start of Mt. SAC JC Women's Race won by the El Camino team.

Photo by Bill Leung, Jr.

ter) 129, 5. Empire (Master) 163, 7. US San Francisco 165.

### Women-5K

1. Lisa Geoffrion (Aggies) 18:33, 2. Jeanne Sapienza (Aggies) 18:41, 3. Carol Stubbs (Impalas) 19:10, 4. Michelle Deasy (un) 19:16, 5. Melanie Voss (Aggies) 19:20, 6. Suzanne Cordes (Impalas) 19:21, 7. Monica Townsend (Aggies) 19:23, 8. Sandy Patterson (Impalas) 19:26, 9. Cathy Dubay (Empire) 19:38, 10. Lynn Erdman (Impalas) 19:51.

11. Lura Damiano (Empire) 19:53, 12. Angela Mogelski (Impalas) 20:04, 13. Arpen Melwani (USF) 20:07, 14. Kate Sweetman (Impalas) 20:13, 15. Jocelyn Finch (Tamalpa) 20:16.

**Team Scores:** 1. Aggies 32, 2. Impalas 35, 3. Empire 78, 4. Tamalpa 141, 5. USF 146, 6. CS Sacto 146, 7. Impalas (Master) 171, 8. Mills 230, 9. UOP 230, 10. Notre Dame 248.

## Mt. San Antonio Invitational / JC

October 14. MT. San Antonio College  
Overall Results-Men's Invitational

1. Wilhelm Gidabuday (Riverside) 19:30, 2. Abdeerasak Merchoud (Riverside) 19:58, 3. Cruz Gallegos (Riverside) 20:06, 4. Nazario Romero (San Diego Mesa) 20:18, 5. Luis Baca (Rt. Sac) 20:28, 6. Scott Cervelli (West Valley) 20:43, 7. James Garrison (Mt. Sac) 20:45, 8. Humberto Sanchez (El Camino) 20:51, 9. Scott McKelvey (West Valley) 20:53, 10. Thomas Beckmum (Mt. Sac) 20:56.

11. Bill Demartin (El Camino) 20:57, 12. Warren Wolf (Mt. Sac) 20:58, 13. Rich Vost (San Diego Mesa) 21:01, 14. Eduardo Avila (West Valley) 21:03, 15. Ray Busman (Mt. Sac) 21:08.

**Team Scores:** 1. MT. Sac (5,7, 10, 12, 15, =49) 2. West Valley (6,9,14,17,19,=65) 3. Riverside (1,2,3,30,34,=70) 4. San Diego Mesa (4,13,20,23,25,=85) 5. El Camino

(8,11,16,31,32=98). 6. Pima College (22,24,26,28,29,=129).

### Overall Results-Men's Varsity

1. Wheeler (Glendale, AZ) 20:56, 2. Baca (Irvine Valley) 21:18, 3. Holland (Irvine Valley) 21:46, 4. Coleman (Sequoias) 21:46, 5. Adams (American River) 21:48, 6. Lee (Sierra) 21:49, 7. Padilla (Glendale, AZ) 21:56, 8. Bonilla (De Anza) 21:57, 9. Taylor (De Anza) 21:58, 10. Santacoy (American River) 22:02.

11. Spreitzer (Glendale, AZ) 22:05, 12. Jarmillo (Glendale, AZ) 22:05, 13. Abbi (Scottsdale) 22:12, 14. Turco (American River) 22:12, 15. Scott (Scottsdale) 22:23.

**Team Scores:** 1. Glendale, AZ (1,7,11,12,25,=56), 2. American River (5,10,14,16,26,=71), 3. Scottsdale, AZ (13,15,17,23,29,=97), 4. Irvine Valley (2,3,24,34,35,=98), 5. Sequoias (4,18,22,30,33,=107), 6. Sierra (6,20,21,38,39,=124), 7. L.A. City (19,27,41,47,48,=182), 8. S.B.V.C. (31,49,52,53,54,=239)



# RESULTS

## Overall Results-Men's Novice

1. Ruben Rios (El Camino) 21:32. 2. Chris Shyink (El Camino) 21:44. 3. Jose Oregel (MT. Sac) 21:51. 4. Jason Fultz (San Diego Mesa) 21:59. 5. Bill Mustard (El Camino) 22:04. 6. Andrew McLarty (MT. Sac) 22:06. 7. Sebastian Cortez (El Camino) 22:06. 8. Andy Kocmaros (Pima) 22:07. 9. Zach Corke (Pima) 22:10. 10. Rene Paragas (El Camino) 22:15.

**Team Scores:** 1. El Camino (1,2,5,7,10, =25) 2. MT San Antonio (3,6,12,13,14, =48) 3. San Diego Mesa (4,11,15,17,18, =65).

## Overall Results-Women's Invitational

1. Charlotte Mayock (Riverside) 18:29. 2. Sawako Nakamura (El Camino) 18:33. 3. Mayra Denina (Irvine Valley) 19:05. 4. Adrienne Friedrichsen (El Camino) 19:15. 5. Carrie Barnett (San Diego Mesa) 19:27. 6. Alizia Pedroza (San Diego Mesa) 19:34. 7. Adrienne Ling (El Camino) 19:37. 8. Keana Collins (West Valley) 19:40. 9. Melinda McCoy (San Diego Mesa) 19:40. 10. Gabby Salgado (El Camino) 19:48.

11. Dawn Williams (Riverside) 19:51. 12. Tiffany Trudeau (American River) 19:52. 13. Myrna Aroma (San Diego Mesa) 19:54. 14. Darlene Pruitt (Irvine Valley) 19:58. 15. Diane Silva (El Camino) 19:59.

**Team Scores:** 1. El Camino (2,4,7,10,15, =38) 2. San Diego Mesa (5,6,9,13,21, =54) 3. Irvine Valley (3,14,19,20,22, =78) 4. American River (12,17,18,26,34, =107) 5. MT. Sac (16,24,27,33,35, =135) 6. Riverside (1,11,38,52,55, =157) 7. Long Beach City (29,39,41,51,62, =222) 8. Pima College (36,53,71,72,75, =307).

## Balboa Classic Invitational

October 15, Balboa Park, San Diego.

### Overall Results-Men's 8K

1. Thom Hunt, 25:24. 2. Matt Clayton, 25:33. 3. Hector Hernandez-Salazar, 25:36. 4. Travis Anderson, 25:42. 5. Linh Le, 26:15. 6. Steve Nudge, 26:20. 7. Eli Gibbons, 26:22. 8. Javier Ramirez, 26:26. 9. Kaid McKay, 26:30. 10. Brian Holmes, 26:32.

11. J.J. Castner, 26:33. 12. David Bell, 26:33. 13. Robert Ho, 26:33. 14. John Walsh, 26:35. 15. Walter Hehori, 26:36. 16. Jaime Bastidas, 26:40. 17. Jose Melgar, 26:41. 18. Rei Yameda, 26:47. 19. Jim Calme, 26:53. 20. Joshua Black, 26:59.

21. Nate Johnson, 27:03. 22. Elesio Heredia, 27:07. 23. Mike Burns, 27:08. 24. Gora Lindsay, 27:10. 25. Ola Knutsson, 27:11.

**Team Scores:** 1. University of Cal. Riverside, 48. 2. University of Cal. San Diego, 3. Southern Utah University, 80. 4. University of San Diego, 102. 5. San Diego Track Club, 136. 6.

Pima Community College, 155. 7. Cuyamaca College, 206. 8. CHART, 209. 9. Pepperdine University, 217. 10. U.C.S.D., 245. 11. Loyola Marymount University, 291.

### Overall Results-Women's 5000m

1. Laura Stuart, SDTC, 18:05. 2. Meghan Mayee, SUU, 18:21. 3. Michelle Cox, USD, 18:50. 4. Suzanne Hass, SDTC, 18:59. 5. Michelle Marsh, SDSU, 19:06. 6. Stephanie Long, SUU, 19:10. 7. Jessica Youngkin, PEPP, 19:23. 8. Jennifer Nanista, 19:27. 9. Jessica Barraza, SUU, 19:28. 10. San Howland, CHART, 19:35.

11. Susan Armenta, CPP, 19:36. 12. Kelly Olson, SDSU, 19:37. 13. Carrie Casper, SUU, 19:41. 14. Kyndra Smith, UCSD, 19:43. 15. Susannah Thrasher, UCLA, 19:46. 16. Karen Hinkie, UCSD, 19:43. 17. Marci Mauro, UCMAS, 19:51. 18. Mariam Chatfield, SUU, 19:53. 19. Marcia Larson, 19:56. 20. Rosetta Hunter, CPP, 20:03.

21. Patty Trejo, CPP, 20:16. 22. Joanna Lee, USD, 20:19. 23. Shannon Rogers, PEPP, 20:22. 24. Alexandria Brava, 20:23. 25. Jessie Therriault, UCSD, 20:25.

**Team Results:** 1. Southern Utah University, 33. 2. University of Cal. San Diego, 76. 3. University of San Diego, 90. 4. Cal Poly Pomona, 95. 5. U.C.S.D. Masters, 126. 6. Pepperdine University, 136. 7. San Diego State University, 138. 8. Pima Community College, 221. 9. Southwestern College.

## Cal Poly SLO Invitational

October 15, San Luis Obispo.

### Overall Results-Men's University

1. Coley Candaele, SLO, 25:08. 2. Dan Heid, SLO, 25:26. 3. Israel Pose, Fresno St., 25:32. 4. Ryan Winn, SLO, 25:41. 5. Mark Sinderson, Fullerton, 25:47. 6. Dave Cullum, UC Santa Barbara, 25:58. 7. Brad Glosser, UC Santa Barbara, 26:04. 8. Paul Goodrich, UC Santa Barbara, 26:08. 9. Erik Spayde, Stanford, 26:14. 10. Greg Byard, Cal, 26:22.

11. Jonathan Weldon, Stanford, 26:23. 12. Fernando Mendoza, Fresno, 26:26. 13. Casey LaFran, Willamette U., 26:28. 14. Curtis Alexander, Fresno, 26:26. 15. Rich Raya, SLO, 26:34. 16. Ricardo Brewer, Fresno, 26:35. 17. Matt Nealson, Westmont, 26:35. 18. Dace Rivera, Stanislaus, 26:36. 19. Polo Duarte, Fresno, 26:38. 20. Nate Jobe, UC Santa Barbara, 26:40.

**Team Scores:** 1. Cal Poly SLO, 47. 2. UC Santa Barbara, 63.

### Overall Results-Men's Open

1. Ivan Huff, San Luis Distance, 25:20. 2. Jim Sorenson, Tahoe Boat Co., 25:27. 3. Robert Nelson, Asics Track West, 25:28. 4. Daniel Martinez, Club Cacique, 25:34. 5. Dan Zoldak, FSUTC, 25:57. 6. Jeff Jacobs, Santa



IVAN HUFF

Photo by Elaine Rosenfield



HEATHER KILLEEN

Photo by Elaine Rosenfield



DAN HELD

Photo by Elaine Rosenfield

Barbara AZ, 25:58. 7. Hector Lopez, Club Cacique, 26:02. 8. Dave Olds, Asics Track West, 26:04. 9. Gustavo Mojarrero, Club Cacique, 26:06. 10. Troy Rowtham, Asics Track West, 26:14.

11. Adolfo Lopez, San Luis Distance, 26:25. 12. Alfonso Nunez, Club Cacique, 26:27. 13. Jesus Gutierrez, Club Cacique, 26:35. 14. Gushu Tadese, Fresno Pacific, 26:45. 15. Dan Berkeley, Tahoe Boat Co., 26:58.

### Overall Results-Women's Invitational

1. Heather Killeen, Fullerton, 17:12. 2. Carrie Neugebauer, Stanislaus, 17:37. 3. Lisa Lopez, Cal, 17:38. 4. Kellie Flathers, SLO, 17:47. 5. Ann Burris, Fresno, 17:52. 6. Danielle Nelson, Fresno, 17:53. 7. Suzy Jones, Davis, 17:56. 8. Magdalena Lewy, Cal, 18:11. 9. Kelly Jacobson, Fresno, 18:12. 10. Laura Hayward, Stanford, 18:15.

11. Kay Luo, Stanford, 18:18. 12. Sarah Dawson, Fresno, 18:18. 13. Sarah Dickerman Davis, 18:20. 14. Jilla Torrena Stanford, 18:22. 15. Kara Bradbury, UC Santa Barbara, 18:25. 16. Eliza Alexander, UC Santa Barbara, 18:25. 17. Lori Fancon, SLO, 18:29. 18. Deanna Hadley, UC Santa Barbara, 18:35. 19. Minan Niednagel, Westmont, 18:38. 20. Lia Leigh-Wood, Fresno, 18:40. **Team Scores:** 1. Fresno State, 47. 2. Stanford, 85. 3. UC Santa Barbara, 93. 4. California, 95. 5. Cal Poly SLO, 110. 6. UC Davis, 122. 7. CSU Fullerton, 126. 8. Westmont College, 214. 9. Willamette U. 241. 10. San Jose State, 300.

### Overall Results-Women's Open

1. Ceci St. Geme, Asics Track West, 17:03. 2. Tanie Fischer, SMT, 18:00. 3. Lesley Noll-Mayne, Asics Track West, 18:04. 4. Jennifer Briggs,

SMT, 18:10. 5. Chris Morgan, Asics Track West, 18:13. 6. Jon-Paul Eging, Larsen, 18:34. 7. Liliana Mendoza, Club Cacique, 18:40. 8. Mary Kenney, Asics Track West, 18:48. 9. Gracie Padilla, Asics Track West, 19:02. 10. Gretchen Lohr, Asics Track West, 19:05.

11. Sandra Rodriguez, Club Cacique, 19:09. 12. Annie Seawright Asica Track West, 19:11. 13. Michelle Johnson, San Luis Distance, 19:15. 14. Janet Norem, San Luis Distance, 19:17. 15. Annie Lunsman, Asics Track West-B, 19:25. **Team Scores:** 1. Asics Track West, 17. 2. Culub Cacique, 77. 3. Santa Barbara AC, 90. 4. San Luis Distance, 92. 5. Cal Poly Alum, 99. 6. Fresno Pacific, 144.

## PA-USA T&F Grand Prix Circuit

October 22, Crystal Springs, Belmont, CA

All dirt, pretty hilly

Men - 4.2 Miles:

1) Ray Cook, Silver State 20:47  
2) Dave Frank, ReebAggies 20:55  
3) Victor SantaMaria, Aggies 20:56  
4) Name Unknown, Stanford B 20:57  
5) Name Unknown, Stanford B 20:57  
6) Bret Kimple, Aggies 21:01  
7) Reed Elmore, Humboldt 21:0X  
8) Corey Trovinger, Humboldt 21:0X  
9) Name Unknown, Stanford B 21:1X  
10) Russell Hill, Aggies 21:17

**Open Team Scores:** 1) Reebok Aggies 33; 2) Humboldt 65

Women - 2.95 Miles:

1) Jeanne Sapienza, Aggies 17:17  
2) Kris Luckin, Impala 17:24  
3) Kathy Wood, Aggies 17:36



# RESULTS

- 4) Andrea Garner, Stan B 17:44
  - 5) Kay Luo, Stanford B 17:57
  - 6) Marcia West, Impala 17:59
  - 7) Tilla Torrens, Stanford B 18:00
  - 8) Suzanne Cordes, Impala 18:07
  - 9) Lorena Harrigan, Impala 18:12
  - 10) Ryan Thomas, Stanford B 18:18
- Open Team Scores: 1) Impala 43; 2) Reebok Aggies 70

## Bronco Invitational

October 22, Bonelli Park, San Dimas  
Overall Results-Men

1. Joey Gomez, Unattached, 24:37. 2. Gary Borbon, Unattached, 24:43. 3. Mike Nelson, Unattached, 25:00. 4. Brian Godsey, Cal State Northridge, 25:12. 5. Pat Bendzick, Long Beach State, 25:32. 6. Dennis Swerlingson, Long Beach State, 25:41. 7. Andrew Tansley, Unattached, 25:44. 8. Todd Coulston, UC Irvine, 25:45. 9. Jason Schaefer, Southern Cal. College, 25:52. 10. Mike Cherman, UC Irvine, 25:57.

11. Ricardo Valenzuela, West End Track Club, 25:57. 12. Nathan Shopay, Pepperdine Univ., 25:58. 13. Chad Bogie, Concordia Univ., 25:58. 14. Tim Hardin, Southern Cal. College, 25:59. 15. Wes Hinson, Southern Cal. College, 26:02. 16. Gus Harper, UC Santa Barbara, 26:03. 17. Liam Jones, UC Santa Barbara, 26:04. 18. Victor Perez, West End Track Club, 26:04. 19. Gerardo Vega, Cal State Fullerton, 26:08. 20. Matt Olin, UCLA, 26:12.

**Team Scores Div. 1:** 4. Long Beach State (54). 6. Cal State Northridge (86). 7. Pepperdine Univ. (104). 8. Loyola Marymount (191). **Team Scores All Others:** 3. Southern Cal. College (55). 4. West End Track Club (73). 5. UC San Diego (97). 8. Concordia Univ. (168). 9. Chapman University (263).

### Overall Results-Women

1. Githa Hampson, UCLA, 18:00. 2. Jeanene Harlick, UCLA, 18:11. 3. Sara Whittingham, US Air Force Academy, 18:16. 4. Jennifer Andrews, Cal State Northridge, 18:22. 5. Michelle Truesdale, US Air Force Academy, 18:25. 6. Dolly Patel, US Air Force Academy, 18:33. 7. Brenda Terry, Unattached, 18:34. 8. Jamie Whitmore, Cal State Northridge, 18:37. 9. Michelle Marc-sh, San Diego State, 18:38. 10. Kris Farmer, Unattached, 18:41.

11. Sonya Berro, Long Beach State, 18:51. 12. Christine Lewis, USC, 18:52. 13. Tiffany York, UC Irvine, 18:54. 14. Kelly Olson, San Diego State, 18:58. 15. Alva Dancer, Sal State Northridge, 18:58. 16. Marcia Larson, Unattached, 19:00. 17. Renae Bartolone, US Air Force Academy, 19:00. 18. Susannah Thrasher, UCLA, 19:01. 19. Chen-Lee Segal, Cal State Northridge, 19:03. 20. Katy Clark, UC Irvine, 19:07.

**Team Scores Div. 1:** 4. Cal State Northridge (43). 6. USC (77). 7. UC Irvine (93). 8. San Diego State (101).

9. Pepperdine Univ. (176).
- Team Scores All Others:** 1. US Air Force Academy (21). 5. Southern Cal. College (115). 7. UC San Diego (123).

## Cal/Nevada Cross

### Country Championships

October 22, Woodward Park, Fresno, Cal.

#### Overall Results-Men's 5 Mile

1. Coley Candaele, Cal Poly SLO, 24:48. 2. Jason Lienau, FSTC, 25:01. 3. Israel Pose, Fresno State, 25:04. 4. David Naranjo, FSTC, 25:12. 5. Dan Held, Cal Poly SLO, 25:21. 6. Ryan Winn, Cal Poly SLO, 25:24. 7. Fernando Mendoza, Fresno State, 25:39. 8. Goshu Tadesse, Fresno Pacific, 25:44. 9. Richard Raya, Cal Poly SLO, 25:46. 10. Dan Zoldak, FSTC, 25:48.

11. Todd Farrington, Westmont, 25:49. 12. Kipp Ortenburger, Fresno State, 25:51. 13. Ricardo Brewer, Fresno State, 25:55. 14. Curtis Alexander, Fresno State, 25:57. 15. Will Bower, Cal Poly SLO, 25:58. 16. Matt Nealon, Westmont, 26:01. 17. Polo Duarte, Fresno State, 26:07. 18. Ernie Freer, FSTC, 26:12. 19. Ahmik Jones, Cal Poly SLO, 26:15. 20. Pat Garrity, Cal Poly SLO, 26:17.

**Team Scores:** 1. Cal Poly SLO, (36). 2. Fresno State Univ. (49). 3. FSTC (56). 4. Westmont College (99). 5. Fresno Pacific (126).

#### Overall Results-Women's 5,000M

1. Kellie Flathers, Cal Poly SLO, 17:39. 2. Ann Burris, Fresno State, 17:44. 3. Danielle Nelson, Fresno State, 18:00. 4. Kelly Jacobson, Fresno State, 18:09. 5. Lori Fancon, Cal Poly, 18:21. 6. Sarah Dawson, Fresno State, 18:31. 7. Minam Niednagel, Westmont, 18:35. 8. Amy Graflus, Fresno State, 18:37. 9. Melanie Hand, Cal Poly SLO, 18:40. 10. Liz Leigh-Wood, Fresno State, 18:56.

11. Julie Oehlschlaeger, FSTC, 19:01. 12. Laura Bevil, Cal Poly SLO, 19:07. 13. Shirley Rojas-Weller, Fresno Pacific, 19:22. 14. Devon Moates, Fresno State, 19:27. 15. Amy Bergeske, Westmont, 19:34. 16. Brandy Pierce, Westmont, 19:44. 17. Amy Davidson, Cal Poly SLO, 19:44. 18. Amy Johnson, Westmont, 19:46. 19. Kerr-Sue Houchin, Fresno Pacific, 20:05. 20. Heidi Romero, Fresno State, 20:06.

**Team Scores:** 1. Fresno State (23). 2. Cal Poly SLO (42). 3. Westmont College (73). 4. Fresno Pacific (109). 5. Piont Loma Nazarene (115).

## Sky Jumpers Vertical

### Sports Club Pole

### Vaulting Competition

October 23, Atascadero.

1. Rene Lorraine (18) Petaluma, 14-9. 2. Bruce Hotaling (51) 13-3. 3. Mike Morris (50) Santa Maria, 12-9. 4. Dan

- Foss (32) Atascadero, 12-3. 5. Todd Hunter (17) 12-3.

## Pac-10

October 29, Stanford Golf Course.

### Men-8K

1. Martin Keino (Ariz) 24:04. 2. Ma-brahtom Keflezighi (UCLA) 24:29. 3. Richie Boulet (Cal) 24:35. 4. Bob Keino (Ariz) 24:45. 5. Matt Davis (Ore) 24:48. 6. Gregory Jimmerson (Stan) 24:51. 7. Darren Hunter (Wash) 24:54. 8. Tracy Hollister (Ore) 25:03. 9. Colin Johnston (Wash) 25:07. 10. Sam Alexander (Wash) 25:08. 11. George Loukaides (Wash St) 25:08. 12. Margarito Casillas (Ariz) 25:09. 13. Robert Reeder (Stan) 25:10. 14. Art Jimenez (Ariz) 25:12. 15. Andy Wyman (Wash) 25:13. 16. Devin Elizondo (UCLA) 25:15. 17. Nick

- (Stan) 25:37. 27. James Long (Wash St) 25:37. 28. Jeremy White (Stan) 25:40. 29. Tim Dodson (Ore) 25:44. 30. Nathan Nutter (Stan) 25:46.

**Team Scores:** 1. Arizona 49, 2. Washington 58, 3. UCLA 97 & Oregon 97 (tied), 5. Stanford 103, 6. California 146, 7. Wash State 151, 8. Ariz State 216.

### Women-5K

1. Karen Hecox (UCLA) 17:00 (2nd title). 2. Milena Glusac (Ore) 17:07. 3. Suzanne Castruita (Ariz) 17:12. 4. Kortney Dunscombe (Stan) 17:12. 5. Viola Schaffer (Ariz) 17:27. 6. Shelley Taylor (UCLA) 17:31. 7. Joelle Brayton (Wash) 17:32. 8. Melody Fairchild (Ore) 17:41. 9. Niamh Zwagerman (Ore) 17:44. 10. Monal Chokshi (Stan) 17:48.

11. Kristin Liebich (Wash St) 17:52.



Pac-10 front runners from left: SHELLEY TAYLOR (6th), SUZANNE CASTRUITA (3rd), KAREN HECOX (1st) and KORTNEY DUNSCOMBE (4th).

Photo by Phillip Enbody

- Pavach (Wash) 25:16. 18. Jeff Haynes (Ariz) 25:17. 19. Daniel Niednagel (UCLA) 25:19. 20. Jon Pillow (Ariz) 25:23.

21. Rick Cantwell (Ore) 25:26. 22. Brian Gastelum (UCLA) 25:28. 23. Bard Zajac (Wash) 25:30. 24. Mark Douglas (Cal) 25:31. 25. Bryan Winters (Ariz) 25:34. 26. Matthew Farley

12. Lisa Lopez (Cal) 17:53. 13. Sama Renfro (Stan) 17:57. 14. Sarah Truitt (Stan) 17:57. 15. Tara Carlson (Wash) 18:00. 16. Amanda White (Stan) 18:00. 17. Emily Johnson (Wash) 18:05. 18. Angela Froese (Wash) 18:06. 19. Ann Colonna (Ariz) 18:08. 20. Lisa Quintance (Ariz) 18:14.



# RESULTS

21. Maya Muneno (UCLA) 18:15, 22. Carrie Tacheira (Wash St) 18:15, 23. Magdalena Lewy (Cal) 18:15, 24. Anne Degado (UCLA) 18:18, 25. Rosy Gardner (Ore) 18:22, 26. Katherine Malm (Wash) 18:26, 27. Leila Burr (Stan) 18:26, 28. Aimee Langevin (Stan) 18:34, 29. Annemarie Hobbs (Wash St) 18:34, 30. Christie Engesser (Ore) 18:37.

**Team Scores:** 1. Stanford 57, 2. Oregon 74, 3. Arizona 82, 4. Washington 83, 5. UCLA 84, 6. Wash State 141, 7. California 166, 8. Ariz State 230, 9. Southern Calif 261.

## NCAC Championships

October 29. Tuolumne River Regional Park, Turlock.

### Men-8K

1. Erick McBride (Stanis) 25:24, 2. Erick Ricketts (Chico) 25:33, 3. William Ricketts (Chico) 25:36, 4. Todd Stevens (Chico) 25:39, 5. Dave Wasserman (Humboldt) 25:43, 6. Dave Braden (UC Davis) 25:49, 7. Dave Rivera (Stanis) 25:52, 8. Noah Marcus (Chico) 25:55, 9. Gary Blanco (Chico) 25:57, 10. Dutch Yerton (Humboldt) 25:58.

11. Sean Gettman (Chico) 25:59, 12. Blake Rothschild (UC Davis) 25:59, 13. Evan Sjostrom (Humboldt) 26:07, 14. Dan Pereira (UC Davis) 26:09, 15. Phillip Rocheleau (UC Davis) 26:11.

**Team Scores:** 1. Chico State 26, 2. Humboldt & UC Davis 63, 4. Stanislaus State 74, 5. SF State 147, 6. Hayward State.

### Women-5K

1. Carrie Neugebauer (Stanis) 17:29, 2. Suzanne Jones (UC Davis) 17:50, 3. Sarah Dickerman (UC Davis) 18:16, 4. Sara Flores (Humboldt) 18:28, 5. Audrey Maynor (Humboldt) 18:40, 6. Chris Lindstrom (UC Davis) 18:50, 7. Andrea Gibbens (Humboldt) 18:53, 8. Heather Scobie (UC Davis) 19:00, 9. Karin Merritt (Humboldt) 19:01, 10. Irene McLoughlin (SF State) 19:06.

11. Lisa Gay (Chico) 19:09, 12. Julie Roddick (UC Davis) 19:14, 13. Kim Souza (Humboldt) 19:20, 14. Erica Greene (Stanis) 19:25, 15. Katie Larson (Humboldt) 19:48.

**Team Scores:** 1. UC Davis 31, 2. Humboldt 38, 3. Chico State 93, 4. Stanislaus State 95, 5. SF State 115, 6. Hayward State 174.

## American West Conference Championships

October 29. San Luis Obispo.

### Overall Results-Men

1. Candaele, Cal Poly SLO, 25:43, 2. Anderson, SU, 25:59, 3. Held, Cal Poly SLO, 26:44, 4. Chamberlain, CSS, 26:55, 5. Bower, Cal Poly SLO, 27:02.

6. Bell, SU, 27:08, 7. Garrity, Cal Poly SLO, 27:17, 8. Tackett, CSS, 27:20, 9. Godsey, CSN, 27:33, 10. Davidson, SU, 27:53.

**Team Scores:** 1. Cal Poly SLO, (27), 2. Southern Utah, (53), 3. CS Sacramento, (61), 4. CS Northridge, (90).

### Overall Results-Women

1. Flathers, Cal Poly SLO, 18:17, 2. Fancon, Cal Poly SLO, 18:35, 3. Ore-fice, Cal Poly SLO, 18:38, 4. Whitmore, CSN, 19:02, 5. M. Hand, Cal Poly SLO, 19:03, 6. Mayes, SU, 19:04, 7. Andrews, 19:11, 8. Segal, CSN, 19:28, 9. Miller, CSN, 19:41, 10. Bevil, Cal Poly SLO, 19:44.

**Team Scores:** 1. Cal Poly SLO, (21), 2. CS Northridge, (40), 3. Southern Utah, (59), 4. CS Sacramento, (un)..

## NCAA II West Regional Championships

November 5. Golden Gate Park, San Francisco.

### Men-10,000m

1. Mike Mahoney (Portland St) 32:22, 2. Rondie Gibbs (CP Pomona) 32:32, 3. Cliff Curtis (CP Pomona) 32:40, 4. Andy Maris (Portland St) 32:45, 5. Linh Le (UC Riverside) 32:54, 6. Darrin Rabb (Portland St) 33:03, 7. Stephen Nudge (UCRiverside) 33:06, 8. Chad Kozak (Hawaii-Hilo) 33:08, 9. Dutch Yerton (Humboldt St) 33:09, 10. Dave Wasserman (Humboldt St) 33:12.

11. Jaime Bastidas (UC Riverside) 33:14, 12. Eric Ricketts (Chico St) 33:16, 13. Michael Moreno (CP Pomona) 33:16, 14. Jose Villanueva (CS Stanislaus) 33:21, 15. William Ricketts (Chico St) 33:23.

**Team Scores:** 1. Cal Poly Pomona 53, 2. UC Riverside 73, 3. Portland State 77, 4. CS Chico 113, 5. Humboldt State 114, 6. UC Davis 131, 7. CS Stanislaus 158, 8. Grand Canyon Univ. 181, 9. Univ of Alaska-Anchorage 247, 10. San Francisco State Univ. 267.

### Women-5K

1. Marisa Avendano (CS Los Angeles) 17:32, 2. Marisol Cossio (CS Los Angeles) 17:41, 3. Suzanne Jones (UC Davis) 17:52, 4. Martha Pinto (CS Los Angeles) 17:53, 5. Carrie Neugebauer (CS Stanislaus) 18:02, 6. Janet Roller (UC Davis) 18:19, 7. Sarah Dickerman (UC Davis) 18:20, 8. Sara Flores (Humboldt St) 18:21, 9. Heidi Hamlin (Seattle Pacific) 18:33, 10. Audrey Maynor (Humboldt St) 18:33.

11. Natalie Turner (Seattle Pacific) 18:40, 12. Heather Scobie (UC Davis) 18:46, 13. Jennifer Bolibol (Seattle Pacific) 18:50, 14. Lisa Gray (Chico St) 18:50, 15. Cristy Ditchburn (Hawaii-Hilo) 18:51.

**Team Scores:** 1. Cal State Los Angeles 38, 2. UC Davis 44, 3. Humboldt State 65, 4. Seattle Pacific 86.

## Golden State Athletic Conference Championships

November 5. Balboa Park, San Diego.

### Men

1. John Gachau (APU) 25:40, 2. Anthony Fisher (APU) 25:44, 3. Matt Nealon (West) 25:52, 4. Goshu Tadese (FPC) 25:56, 5. Denes Balazs (APU) 26:07, 6. Todd Farrington (West) 26:10, 7. Scott Rehnstrom (APU) 26:13, 8. Eben Robinson (West) 26:26, 9. Jaime Martinez (APU) 26:29, 10. Jeff Burns (APU) 26:36, 11. Jason Schaefer (SCC) 26:38, 12. Jon Bischoff (SCC) 26:39, 13. Philip Livingood (West) 26:54, 14. Steve Pye (APU) 27:09, 15. Matt Thomson (West) 27:14.

**Team Scores:** 1. Azusa Pacific 24, 2. Westmont 45, 3. Southern California 80, 4. Fresno Pacific 107, 5. Biola 140, 6. Concordia 166.

### Women

1. Miriam Niednagel (West) 18:58, 2. Michelle Teodoro (APU) 19:19, 3. Beth Hake (APU) 19:30, 4. Thea Van Gordon (Pt. Loma) 19:41, 5. Amy Bergenske (West) 19:41, 6. Sarah Laufer (APU) 19:48, 7. Liz Sutton (APU) 19:48, 8. Shirley Rojas-Weller (FPC) 19:50, 9. Brandy Pierce (West) 19:56, 10. Amy Johnson (West) 20:01.

11. Kerry Sue Houchin (FPC) 20:09, 12. Karen Karcher (Pt. Loma) 20:23, 13. Donna Prota (Concordia) 20:30, 14. Caren Anderson (SCC) 20:44, 15. Heather Salisbury (SCC) 20:55.

**Team Scores:** 1. Azusa Pacific 34, 2. Westmont 42, 3. Pt. Loma Nazarene 96, 4. Fresno Pacific 97, 5. Southern California 106, 6. Concordia 135.

## Asics Cup Cross Country Challenge

November 12. Mt. SAC, Walnut.

### Men

1. Sasha Vujic (SBTC) 14:28, 2. Mike Tansley (CalCoast TC) 14:31, 3. Robert Nelson (Asics TW) 14:34, 4. Steve Frisone (Cal Coast TC) 14:36, 5. Ivan Huff (SLDC) 14:38, 6. Joey Gomez (SLDC) 15:01, 7. Mike Nielsen 15:10, 8. Troy Rowtham (Asics TW) 15:17, 9. Brian Johnson 15:19, 10. Andrew Tansley (Cal Coast TC) 15:24, 11. Dave Olds (Asics TW) 15:34, 12. Mike Richardson (Cal Coast TC) 15:44, 13. Armand Crespo 15:47, 14. Jim Maynard (Cal Coast TC) 15:49, 15. Dave Sanford (Cal Coast TC) 15:52, 16. Pat Hill (Asics TW) 15:57, 17. Peter Gallardo (AzPacTC) 15:59, 18. Eddie Gonzalez (Asics TW) 16:00, 19. Kele Perkins (Whittier 2nd Wind) 16:01, 20. Juan Sotelo (UCLA) 16:02.

**Team Scores:** 1. Cal Coast TC 30, 2. Asics Track West 42, 3. Azusa Pacific TC 105, 4. San Luis Distance Club 107,

5. Mounties TC 125, 6. Aztlan 127.

### Women

1. Valerie Vaughan (Asics) 17:09, 2. Polly Plummer (Asics) 17:13, 3. Jennifer Briggs (SMTC) 17:22, 4. Chris Morgan (Asics TW) 17:35, 5. Tania Fischer (SMTC) 17:39, 6. Lesley Noll-Mayne (Asics TW) 17:46, 7. Michele Buchicchio (Asics TW) 17:51, 8. Annie Seawright (Asics TW) 18:01, 9. Alison Stauber (Asics TW) 18:13, 10. Ruth Vomund (Team Inside Track) 18:15,

11. Vicki Peterson (Fleet Feet) 18:16, 12. Gracie Padilla (Asics TW)



MIKE TANSLEY

18:18, 13. Sandy Robbins 18:22, 14. Jade Martinez 18:24, 15. Pam Allie-Morrill (Fleet Feet) 18:30, 16. Janell Dovalina (SLDC) 18:37, 17. Gretchen Lohr (Asics TW) 18:41, 18. Karen Laslo (Fleet Feet) 18:45, 19. Rebecca Kopchik 18:48, 20. Michelle Johnson (SLDC) 18:51.

**Team Scores:** 1. Asics Track West 15, 2. Fleet Feet 58, 3. San Luis Distance Club 82, 4. Team Inside Track 96, 5. Cal Coast TC 110.



# SoCAL DIARY

By Bill Minarik

## October 3

A number of SoCal prep teams headed north to the Stanford Invitational to seek their fortune, and a few came away with the gold. One that did not was Hart High, who was upset by Sacramento Jesuit 106-115 in Boy's Division I action. Local winners included Nordhoff in Boy's Division III and Huntington Beach Edison in Girl's Division II. At the Yucaipa Invitational, boy's teams from Orange, Yucaipa, and Barstow High School claimed divisional championships, as did the girls from Rialto, Yucaipa and Rim of the World.

Finally, at the Southwestern University Invitational at Georgetown, Texas, the Thousand Oaks boys and girls finished second behind Kingwood, Texas, which is the number one ranked high school in the country in both boys and girls cross country.

On the college scene, routs were the order of the day at the Biola Invitational where the Weber State men ran away from UC Riverside 21-70 and the Asics Track West women destroyed the field and runner-up Claremont-Mudd 16-89.

At the Stanford Collegiate Invitational, the Arizona men, behind the Keino brothers, were 47-57 winners over Stanford, while the Cardinal women defeated a surprisingly strong UCLA team 63-87. The Bruins have become a potent team this year thanks to Shelley Taylor, an All-American transfer from Arkansas who became immediately eligible for the Bruins this fall after competing for the Razorbacks last season.

## October 10

A limited schedule had the Huntington Beach Invitational as the only prep attraction in the area. At this one, sweeps prevailed, as the Katella boys and girls scored 69-75 and 51-107 wins over second place teams from Santa Ana and Fountain Valley. Likewise, Thousand

Oaks destroyed the boy's and girl's field in Division II by scores of 26-75 and 29-119 ahead of Chula Vista and Green Valley, Nevada.

At the Irvine Community College Invitational, there were a couple of surprises as the Glendale men defeated Riverside 45-52, despite the fact that Riverside's African corps went 1-2-3-4. In the women's meet, San Diego Mesa surprised top-rated El Camino 72-73 in what may have been a preview of the State Meet.

The Cal Poly Pomona Invitational only reported the women's team results and that one had UC Irvine defeating UCSB 25-40. In a multi-team meet at Pepperdine, USD defeated the men from the West End TC and Pepperdine 20-49-60, while the USC women topped USD and the Waves 25-50-74.

## October 17

The Orange County Championships topped this past weekend's prep menu, with both sweepstake races going right down to the wire. The girls from Irvine High edged out runner-up El Toro 103-109, while the boys from Mater Dei slipped by second place Orange 99-105, despite a slower team time. Other divisional winners included girl's teams from Foothill, Mission Viejo and Trabuco Hills, along with boys representing Mission Viejo, Santa Marguerita and San Clemente. At the San Luis Obispo Invitational, only the boy's results were reported with Camarillo High ahead of runner-up Peninsula 44-50.

On the community college scene, most of the top teams were at Mt. SAC for its annual cross country bash. The Mountie men demonstrated why they are given the best chance of defeating Riverside for the state title, as they outdistanced both NorCal power West Valley and Riverside 49-66-70. On the distaff side, El Camino avenged its loss to San

Diego Mesa last week with a solid 38-54 victory. Elsewhere, at the Santa Barbara Invitational, the Glendale College men destroyed the field and runner-up Pasadena 24-111, while the Orange Coast women edged Ventura 111-118.

In four-year/open meets, UCLA had mixed results at the BYU Invitational with a 7th place men's finish and a 2nd place women's finish behind BYU. At the Arizona State Invitational, the Cal State LA women were winners 72-89 ahead of Northern Arizona, while the UC Irvine men and women took 7th and 4th respectively. Up at the Cal Poly SLO Invitational, the CPSLO men turned back UCSB 47-63, while the Fresno State women ran away from the rest of the field and runner-up Stanford 47-85. In a special club section of that meet, the Club Cacique men were first ahead of the Asics TC 41-59, while the Asics women destroyed the field and runner-up Cacique 17-77.

At the SCIAC Multi-Dual Meet, the Oxy men surprised going 7-0 in front of Pomona-Pitzer at 6-1. There was one real surprise in the women's meets with Claremont-Mudd going 7-0 as expected, but Whittier coming in second at 6-1.

## October 24

As usual, Mt. SAC had a monopoly on the prep cross country teams last week. In the prestigious Division I, Thousand Oaks destroyed both the boy's and girl's fields with scores of 49-149 and 65-172 in front of Sacramento Jesuit and Trabuco Hills. Other sweepstakes winners were boy's teams from Concord, De La Salle, Livermore and Coronado, as well as girl's teams from Agoura, Clayton Valley and Sacred Heart.

At the Western States Conference meet #2, Glendale's men continued to run away with things, finishing 22-71 ahead of Bakersfield. The Ventura women also looked like conference champi-

*continued next page...*



# CALIFORNIA STATE HIGH SCHOOL CROSS COUNTRY TOP TEN POLLS

BASED ON RESULTS THROUGH 10/22

Compiled by Doug Speck & Ray Scofield  
(Committee of Steve Fagundes (SJS), Jim  
Eckman (No), Dennis DeWitt (CE), Peter  
Brewer (NCS), Willie Harmatz/Hal Daner  
(CCS), Manuel Gomez/Alex Carmona (LA),  
Dennis McClanahan & Buzz Thom (SD), &  
Bob Rush) Section abbreviations: SS =  
Southern, SD = San Diego, LA = Los  
Angeles, CE = Central, CCS = Central  
Coast NCS = North Coast SJ = Sac  
Joaquin Section, No = Northern.

## Div I (1516

+ top three grades)

### Boys

1. Thousand Oaks (SS)
2. Peninsula (Rolling Hills) (SS)
3. Camarillo (SS)
4. Bellarmine Prep (San Jose) (CCS)
5. Hart (Newhall) (SS)
6. Vista (SD)
7. Chula Vista (SD)
8. Alta Loma (SS)
9. Madera (CE)
10. Orange (SS)

### Girls

1. Thousand Oaks (SS)
2. Vista (SD)
3. Irvine (SS)
4. El Toro (SS)
5. Dana Hills (Dana Point) (SS)
6. Esperanza (Anaheim) (SS)
7. Clovis West (Fresno) (CE)
8. Peninsula (Rolling Hills) (SS)
9. Arroyo Grande (SS)
10. Canyon (Canyon Country) (SS)

## Div II (1140-1515)

### Boys

1. Jesuit (Sacramento) (SJ)
2. Scripps Ranch (San Diego) (SD)
3. Arvin (CE)
4. Palmdale (SS)
5. De la Salle (Concord) (NCS)
6. Hoover (San Diego) (SD)
7. Leland (San Jose) (CCS)
8. Mater Dei (Santa Ana) (SS)
9. Agoura (SS)
10. Katella (Anaheim) (SS)

### Girls

1. Torrey Pines (Del Mar) (SD)
2. Edison (Huntington Beach) (SS)
3. Trabuco Hills (Mission Viejo) (SS)
4. Buchanan (Clovis) (CE)
5. Del Oro (Loomis) (SJ)
6. Yucaipa (SD)
7. Bishop Amat (La Puente) (SS)
8. Reedley (CE)
9. Agoura (SS)
10. Aliso Niguel (Aliso Viejo) (SS)

## Div III (705-1139)

### Boys

1. Livermore (NCS)
2. Nordhoff (Ojai) (SS)
3. Lassen (Susanville) (No)
4. St. Francis (Mountain View) (CCS)
5. St. Francis (La Canada) (SS)
6. Newport Harbor (New Beach) (SS)
7. Corona del Mar (Newport Harbor) (SS)
8. La Habra (SS)
9. Santa Margarita (Rancho SM) (SS)
10. Sonoma (SJ)

### Girls:

1. Clayton Valley (Concord) (NCS)
2. Temescal Canyon (Elsinore) (SS)
3. Santa Margarita (Ran SM) (SS)
4. St. Ignatius (San Fran) (CCS)
5. Northgate (Walnut Creek) (NCS)
6. Foothill (Santa Ana) (SS)
7. Nordhoff (Ojai) (SS)
8. El Modena (Orange) (SS)
9. West Hills (Santee) (SD)
10. St. Lucy's (Glendora) (SS)

## Div IV (704 or less)

### Boys

1. McFarland (CE)
2. Morro Bay (SS)
3. Terra Linda (San Rafael) (NCS)
4. Yreka (No)
5. Coronado (SD)
6. Maranatha (Sierra Madre) (SS)
7. Salesian (L.A.) (SS)
8. Card. Newman (Santa Rosa) (NCS)
9. Flintridge Prep (La Canada) (SS)
10. Corning (No)

### Girls

1. Central Valley (No)
2. Miramonte (Orinda) (NCS)
3. Ursuline (Santa Rosa) (NCS)
4. Morro Bay (SS)
5. West Valley (Cotoonwood) (No)
6. Yreka (No)
7. Flintridge Sacred Heart  
(La Canada) (SS)
8. Orange Lutheran (Orange) (SS)
9. Chaminade (Canoga Park) (SS)
10. Louisville (Woodland Hills) (SS)

## SoCal Diary, continued

ons with a 51-60 win ahead of Canyons.  
At the Inner-City Invitational at Griffith  
Park, LACC was a 23-45 winner ahead of  
Cerro Cosso in the men's race, while the  
Cerro Cosso women scored a perfect 15  
points.

~  
**Correction to  
"Cross Country Preview"  
in the September 1994 issue:**  
Regarding the Big West conference, it  
is true that the University of Nevada

has dropped their men's program, but  
the women's program continues and is  
going strong, according to Nevada  
coach Curt Kraft.

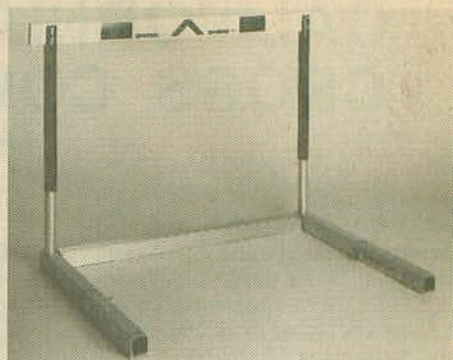
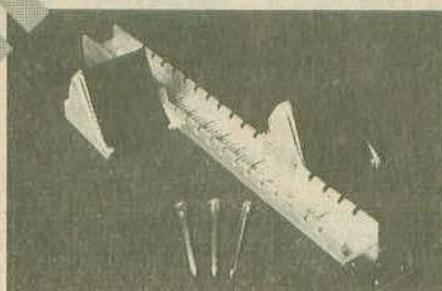
So, remove that question mark we  
gave Nevada in 8th place and watch for  
those Nevada women! ◆



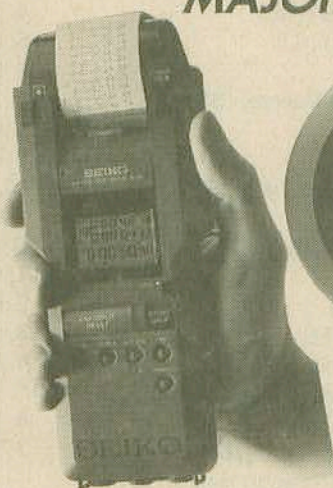
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