

OCTOBER 1994

# CALIFORNIA

## Track News

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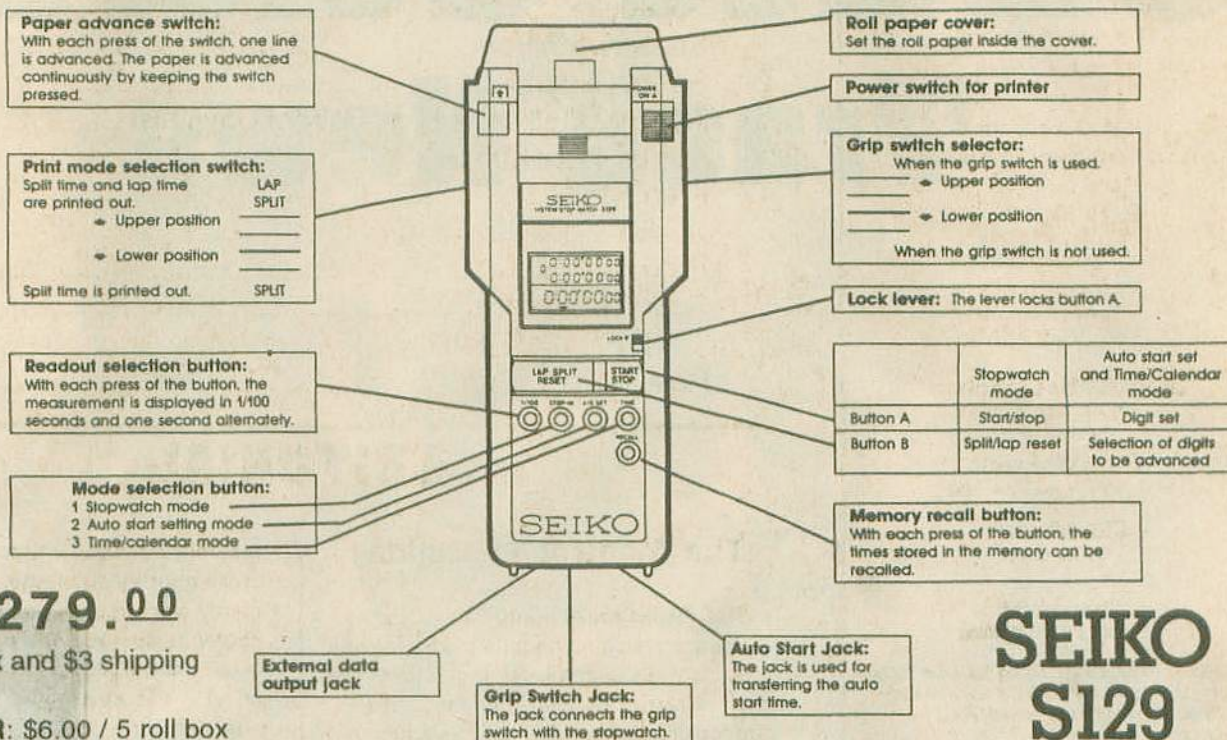
Track & Field ■ Cross Country

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S129**

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### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
```

## Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

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## EDITORIAL

### The Momentum Builds

The dust is really flying. Cross country season is churning up a storm as we head into the championship portion of the '94 harrier season. Just ahead we are looking at Mt. SAC, Cal/Nevada Championship, the PAC-10, NorCal AC, GSAC and Big West, etc., etc.. In the next month, major team champions will be determined and individual winners will be crowned.

For us here at CTN cross country excitement each year builds and builds and builds right up to the grand finale for prep cross country... the Foot Locker championship meets. We are heavily involved with the Western Championship right here in our back yard; and then we follow the West team down to San Diego for the Foot Locker National Championship. I can't think of another program that does more for cross country in this nation than the Foot Locker program.

All Californians owe it to themselves to take in one of these great races that we are fortunate to host in the Golden State. The Foot Locker Western Championship, which determines the team for the nationals, will run on December 3rd. The National meet will follow a week later, on December 10th., in San Diego's Balboa Park. Contact our office for additional information.

In the meantime, look to the pages

that follow for some great mid-season cross country coverage. This issue will surely whet your appetite for those championship events. And, if you have results and news, please send it along, or FAX, or e-mail, so we can let everyone else know, too.

Then, when the dust finally begins to settle, once again you can look to *California Track News* for wrap-up and results of another great cross country season.

Hang on.

**ON THE COVER:** The Stanford men, leading the pack in September's UC Irvine Invitational. Left to right: JASON PERSCHIED, BRIAN McCAFFERY, ROB REEDER J. J. WHITE (behind), GIL SERRANO, MARK FADIL, DAVE DYER (behind Fadil) and BRYAN ZMIJEWSKI. See results on page 33.

Photo by Bill Leung, Jr./Geek Media

# SCHEDULE

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

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

## High School

### Cross Country

#### October 8 (Saturday)

**Castro Valley:** Castro Valley Cross Country Invitational. Canyon Middle School. 9 a.m. Includes Coaches race. Peter Brewer, Castro Valley High School. 19400 Santa Maria, Castro Valley 94546 (510) 537-5910 x470 or (510) 945-8869 after 9:00 p.m.

#### October 22 (Saturday)

**Kamuela HI:** Hawaii Preparatory Academy's HPI Invitational. 9 a.m. Varsity & junior varsity races. Girls=2 mile, boys=3 mile. Contact Joy Margerum, Phil Conley or Steve Perry (808) 885-8227 or FAX (808) 885-8203. HPA, Box 428, Kamuela, HI 96743.

#### October 28 (Friday)

**Azusa:** Arroyo HS/Azusa Pacific University High School Invitational. 2 Mile 7:00 p.m. Azusa Pacific University. All Divisions. Contact Irv Ray (818) 969-3434 x3294 or Tim O'Rourke at Arroyo HS (818) 444-9201..

#### October 29 (Saturday)

**Pacific Grove:** Pacific Grove Cross Country Invitational. 10:00 a.m.-1:30 p.m. Small and large school divisions. 15 races boys/10 races for girls.

(1st men run in one race, 2nd...etc.). Contact Richard Chamberlin at (408) 372-2009 (FAX too) or write c/o Pacific Grove High School, 615 Sunset Drive, Pacific Grove 93950.

#### 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. 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

#### February 11 (Saturday)

**Los Angeles:** Sunkist Indoor Meet.  
**February 17-18, 1995**

**Pocatello, ID:** Simplot Games. High School Indoor Track & Field Event. Ida-

ho State University. 200m banked board track. Info: Carol Lish 1-800-635-9444.

## College & Open

### Cross Country

#### October 8 (Saturday)

**Oakland:** Mills College Invitational. PA/USATF Grand Prix Circuit event. Women's 5K/9 a.m. Men's 5 Mile/9:45 a.m. X-C Coach, Mills College Athletics, 5000 MacArthur Blvd., Oakland 94613. Info: Patty Gray Bellan (510) 430-3282.

**San Francisco:** Lou Vasquez Memorial Cross Country Invitational. Polo Fields, Golden Gate Park. Ken Grace (415) 239-3208.

#### October 15 (Saturday)

**San Diego:** The Balboa Classic Invitational. Balboa Park. Men/5 mile--8 a.m. Women/5K-- 8:45 a.m. Contact Ted Van Arsdale, UC San Diego, Cross Country, ICA-0905, 9500 Gillman Dr., La Jolla, CA 92093 FAX Ted Van Arsdale, Cross Country (619) 534-8172.

**San Luis Obispo:** Cal Poly SLO Invitational. 10 a.m.

**Santa Clara:** Santa Clara Invitational.

**San Francisco:** Pacific Associational USATF Cross Country Championships. Tim Wason (415) 646-1467.

#### October 22 (Saturday)

**Fresno:** Cal/Nevada Championships. Woodward Park, 10:00 a.m. Red Estes (209) 278-4097.

**Tempe, AZ:** Canyon West X-Country Classic (Formerly Phoenix Invitational). Kiwanis Park. Women/3.0 mile--10 a.m. Men/5.0 mile--10:45 a.m. Divisions: Junior College, University, Open, Masters. Canyon West Organizing Committee, 2902 East Campbell

# SCHEDULE

Ave., Phoenix, AZ 85016 Attn: Fred Moore. FAX (602) 468-0319. Phone: (602) 954-4605 or (602) 981-4025.

## October 29 (Saturday)

**La Mirada:** Biola Invitational. La Mirada Park, 9:00 a.m.

**Stanford:** Pac 10 Cross Country Championships. Stanford Golf Course. Betsy Riccardi (415) 725-0761.

**Turlock:** Northern California Athletic Conference Cross Country Championships. CSU Stanislaus. Kim Dyst (209) 667-3312.

**Logan, UT:** Big West Conference Cross Country Championships. Utah State university. Kaye Hart (801) 750-1850.

## 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 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:** NIAA 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.

## December 10-11

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

## February 11, 1995 (Sat.)

**Los Angeles:** Sunkist Indoor Invitational.

## February 24, 1995 (Fri.)

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

## March 10-12, 1995

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

## March 25, 1995 (Sat.)

**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 8, 1995 (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, 1995 (Sunday)

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

## April 29-30, 1995

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

## June 1995

**Los Angeles:** National Junior Championships.

## August 4-13, 1995

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

## Masters

## Cross Country

## October 22 (Saturday)

**Tempe, AZ:** Canyon West X-Country Classic (formerly Phoenix Invitational). Kiwanis Park. Women/3.0 mile--10 a.m. Men/5.0 mile--10:45 a.m. Junior College, University, Open, Master divisions. Canyon West Organizing Committee, 2902 East Campbell Ave., Phoenix, AZ 85016. Attn: Fred Moore FAX (602) 468-0319. Phone (602) 954-4605 or (602) 981-4025.

## 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

## October 8 (Saturday)

**Santa Barbara:** 21st Annual Masters' Track & Field Event. Nick Carter Track, Santa Barbara City College. 9 a.m. club West, PO Box 1079, Goleta 93116-1079 (805) 964-3005.

## October 30 (Sunday)

**Pasadena:** Crown Valley Senior Games. Rose Bowl. Bowl to Bowl Walk '94. 5K Racewalk. Road race. USATF sanctioned. Jim Hanley, Meet Director, Cynthia Vaughan, Walk Coordinator (818) 397-4062.

# SCHEDULE

## 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.

## 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.

## Camps & Clinics

### December 27-31

**San Luis Obispo:** Sky Jumpers Christmas Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

### January 14, 1995 (Sat.)

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

## All-Comers

### October 22 (Saturday)

**Santa Cruz:** KELfield Throws Series #32. All divisions -- Weight throw, hammer, shot, discus, javelin. Begins 10 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

### October 23 (Sunday)

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

### November 13 (Sunday)

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

### 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.

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

### January 11, 1995 (Sun.)

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

### January 14, 1995 (Sat.)

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

### January 21, 1995 (Sat.)

**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 4 (Saturday)

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

## COACHES/MEET DIRECTORS

We want to include your cross country and/or track & field invitational.  
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# California

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# SoCAL DIARY

By Bill Minarik

**B**efore we start cross country season, I think we need to note a major development in local track and field. USC Athletic Director Mike Garrett, in an attempt to bring the Trojan track program back to a championship level, has hired Long Beach City coaching legend Ron Alice to be USC Director of Track. Initially, Ron was to be over men's coach Jim Bush and women's coach Barbara Edmonson, however, Jim quit when he felt he was being pressured out. So the final organization of the coaching staff is probably still up in the air.

In the person of Ron Alice, the Trojans are getting one of the winningest coaches in the history of community college sports. While Ron had modest success in previous stints at four-year colleges (most recently at Cal State Long Beach), it was insignificant compared to his eleven years at LBCC, where he won or tied for the state championship 10 times.

The big question among local track fans is whether Ron's program strengths are enough to overcome the USC program problems. For many of us who have followed Ron closely, we have seen him develop into one of the most prolific fundraisers in the history of the sport. At the community college level, this talent gave him a distinct advantage over many of his impoverished rivals. At USC, however, the big problem is that a private school with a \$15,000 per year tuition must field an entire team with only 12 scholarships. It takes a lot of scouting and a lot of persuasion to get a top Division I athlete to sign a letter of intent for half a scholarship to USC. Even though I am a UCLA alumni, I look forward to the day when, once again, the USC-UCLA dual meet will decide the national dual-meet championship. Whether or not Ron Alice is the man that can make that happen remains to be seen.

On the high school front, there has

been considerable discussion about the new state law which allows students to transfer to other high schools within their school district. Students can transfer virtually at will, although they are subject to enrollment limitations of the receiving school. Since most CIF sections have indicated that eligibility will not be affected by the transfer, speculation has been running wild that the larger school districts will identify magnet schools in which super teams could be formed. This would also save the districts money as they could drop the sport at many or all of the other schools. It's too early to tell if sports will be significantly impacted by the new law, but most coaches that I have spoken with have indicated that they plan on waiting this first year to see what attitude rival coaches, their athletes and parents have about the transfer law before proceeding with any talent raids.

## September 5

UCLA officially opened the 1994 cross country season by hosting a four-way meet at the Rose Bowl. This meet included sec power Tennessee, who was in town to play a football game with the Bruins that same day. It also marked the college debut of Bruin freshman Mebrahtom Keflezighi. Mebrahtom didn't disappoint the onlookers as he destroyed the field with a 19:28 clocking. However, the Volunteers had the next



**KEFLEZIGHI**  
*Fine Flicks by Don Gosney*

five positions for a final score of 29-47-64-97 over the Bruin alumni, Bruins, and Cal Poly Pomona. The UCLA women waltzed to a 15-50 victory over Cal Poly Pomona in a companion dual meet.

## September 12

Cross Country season opened on all levels last weekend with the Seaside Prep Invitational getting top billing. At that one, the Hart boys were comfortable (77:29) winners over a tough field which included defending state champ Thousand Oaks (79:30). In the girl's race, the first four teams were separated by only 15 seconds as Thousand Oaks (96:49) edged out Agoura (96:53), Saugus (96:57) and Hart (97:04). At the Bronco Invitational, Alta Loma, Katella, El Mode-

na and Woodcrest Christian were boy's divisional winners, as were the girl's teams from Chino, Katella, Temescal Canyon and Woodcrest Christian.

At the community college level, the Mt. SAC Mounties went up to Fresno and gave the fans a possible preview of the state meet as their men's team destroyed NorCal favorite West Valley 26-92, while the women edged American River 69-72 at the Fresno Invitational.

Around the four-year college scene, routs were the order of the day at the Whittier Invitational where the Azusa Pacific men ran away from the A-P Track Club 24-110, while the Cal State LA women took the first four places enroute to a 19-76 score ahead of Azusa Pacific. At the CS Fullerton Invitational, Fres-

*continued next page...*

no State took both divisions by scores of 37-67 over the UC Irvine men and 43-48 ahead of the Track West women. In dual meets, the UCSB men edged Cal Poly SLO 28-29 while the CPSLO women were close 25-30 winners. Down south, Pepperdine took both men and women's meets from Loyola-Marymount 18-45 and 15-48.

## September 19

In scoring high school invitational, the boys of Peninsula, Santa Ana, San Clemente, Katella, La Habra, San Diego, La Canada and Ramona were crowned champions at the Woodbridge Invitational; the girl's teams from Irvine, El Toro, Yucaipa and Corona Del Mar also triumphed. At the Rosemead Invitational, the St. Francis boys were comfortably ahead of runner-up San Gabriel 80:19 to 82:51 while the San Marino girls had a safe 1:04:28 to 1:05:54 margin over second place Arroyo.

At the Mira Costa Community College Invitational, the men and women from El Camino showed that I may have underrated them in my pre-season preview, as they took both divisions ahead of powerful Mt. SAC by scores of 28-36 and 31-86. The West L.A. Invitational saw the Glendale men run away from the rest of the field and runner-up Long Beach 28-70, while the Long Beach women cruised by Pasadena 52-77. At the Empire Conference Preview, there were certainly no surprises here with the Riverside men ahead of Rancho Santiago 29-51, while the Irvine Valley women were comfortably ahead of Orange Coast 39-74.

The Aztec Invitational saw UCLA winning both divisions 48-76 over Utah in the men's race, as Mebrahtom Keflezighi ran away from the individual field, and 42-50 in front of Track West in the women's competition.

The UC Irvine Invitational saw the Northern Arizona men destroy the field

and runner-up Stanford 17-40, while the Stanford women surprised national power Arkansas 30-39.

## September 26

The Bell-Jeff Invitational was the feature meet of last weekend's prep action. At that one the Thousand Oaks boys and girls swept the seeded races. The boy's race was extremely close -- 69-71-76 (76:15-76:24-76:26) -- in front of Peninsula and Hart, while the girls were comfortably ahead of Peninsula 33-59. Other divisional winners were the boys from Glendale, Torrance, Cabrillo and Salesian, as well as the girls from South Torrance and Laguna Beach.

At the Dana Hills Invitational, the boy's divisional winners included Chula Vista, Long Beach Wilson, Newport Harbor, San Marcos, San Diego, and Scripps Ranch. The girl's winners included El Toro, Poway, Vista, Torrey Pines (twice), Villa Park, Corona Del Mar, Trabuco Hills and Yucaipa.

In community college conference meets, Citrus swept the Foothill opener 30-66 over the Antelope Valley men, and 27-47 in front of the Rio Hondo women. In the WSC Meet, Glendale destroyed the men's field 24-75 in front of Bakersfield, while the Ventura women edged Bakersfield 61-68. At the Golden West Invitational, the Mt. SAC men reversed last week's defeat by El Camiino with a 33-37 win. However, the El Camiino women continued to roll 36-60 ahead of Irvine Valley. At the SoCal Conference Meet, LA City College ran away with the meet in both men and women's divisions.

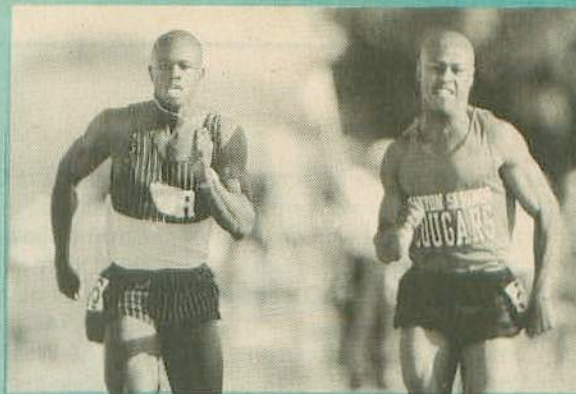
At the Riverside Invitational, the UCR men were 64-80 winners over powerful Riverside CC, while the CS Northridge women were an 81-121 winners in front of a surprisingly good USC team. In a tri-meet at UCSB, the home team swept both men and women's races by scores of 24-54-60 and 21-50-70 over CS Fullerton and Westmont.



The front line of Stanford's powerhouse women's team (left to right): **AMANDA WHITE, KORTNEY DUNSCOMBE, SARAH TRUITT, STEFANIE JENSEN, SARNA RENFRO and LEILA BURR.**

*Photo by Bill Leung, Jr./Geek Media*

# All-Time CALIFORNIA High School Boys List



PAT JOHNSON (left) and BRYAN HOWARD

Photo by Kirby Lee

## By Robert Womack

The following comprises the all-time California high school boys list, updated through August 23, 1994.

Again, the compiler must acknowledge the help of a large number of people, notably including Ron Blackwood, Keith Conning and Doug Speck. None of these, however, have any responsibility for errors and omissions, which are strictly the fault of the writer. Additions and corrections should be addressed to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710.

Since, if I don't do this, somebody will write Bill a nasty letter -- The numbers after the year of performance refer to the number of state championships that athlete has won. (Note that the year or years the athlete was state champion are not necessarily the year of the performance.)

Sincerely,  
Bob Womack

## 100 Meters

**State Meet Record:** 10.30 Riley Washington (Southwest, San Diego) 1992 at Norwalk. **Frosh:** 10.62 Marquez Holiwell (West, Bkld) 1992. **Soph:** 10.43 Bryan Howard (Canyon Springs, Moreno Vly) 1993. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

|       |                                      |      |
|-------|--------------------------------------|------|
| 10.25 | Henry Thomas (Haw)-1 at EagleRock    | 1985 |
| 10.29 | Ricky Carrigan (Compton)-1           | 1991 |
| 10.30 | Quincy Watts (Taft, Wood Hills)-1    | 1987 |
| 10.30 | Riley Washington (Southwest, SD)-1   | 1992 |
| 10.31 | Bryan Howard (CynSpr, MorVly)-1      | 1994 |
| 10.36 | Corey Ealy (Muir, Pasadena)          | 1987 |
| 10.37 | Pat Johnson (Redlands)-1             | 1994 |
| 10.39 | Kenny Robinson (Berkeley)-1          | 1981 |
| 10.39 | Ray Brown (Muir, Pasadena)           | 1984 |
| 10.41 | Tony Miller (Riordan, San Francisco) | 1987 |
| 10.41 | Stoney Jordan (Indio)                | 1993 |
| 10.41 | Barry Smith (Mission, San Francisco) | 1989 |
| 10.42 | Benari Burroughs (Indep, San Jose)   | 1988 |
| 10.42 | Curtis Conway (Hawthorne)-1          | 1989 |
| 10.43 | Jeff Laynes (Oakland)                | 1989 |
| 10.44 | Stanley Davis (Inglewood)            | 1984 |
| 10.45 | Darron Norris (El Camino, Oceanside) | 1984 |

|                     |                                   |      |
|---------------------|-----------------------------------|------|
| 10.46               | Kevin Willhite (Cord, RanCordova) | 1981 |
| 10.46               | Gentry Bradley (Pius X, Downey)   | 1992 |
| 10.49               | Ronald McCree (Madera)-2          | 1986 |
| 10.49               | Paul Turner (University, SD)      | 1993 |
| 10.50               | Phillip Johnson (Gardena)         | 1978 |
| 10.50               | Fabian Cooper (Washington, L.A.)  | 1982 |
| 10.50               | Calvin Holmes (Carson)            | 1987 |
| 10.50               | Anthony Volson (Merced)           | 1992 |
| <b>Hand Timing:</b> |                                   |      |
| 10.2                | Michael Sanford (Pasadena)        | 1979 |

## 200 Meters

(\*220 Yards Minus 0.12)

**State Meet Record:** 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Frosh:** 21.62 Bryan Howard (West, Bkld) 1992. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986. **Junior:** 20.50 Quincy Watts (Taft, Woodland Hills) 1987. **Senior:** 20.53 Brian Bridgewater (Washington, L.A.) 1988.

|        |                                      |      |
|--------|--------------------------------------|------|
| 20.50  | Quincy Watts (Taft, WdHls) Provo-2   | 1987 |
| 20.53  | Brian Bridgewater (Wash, L.A.)-1     | 1988 |
| 20.57  | Calvin Harrison (North, Salinas)-1   | 1993 |
| 20.64  | Henry Thomas (Washington, L.A.)-2    | 1985 |
| 20.67  | Bryan Howard (Cyn Spr, MorVly)       | 1994 |
| 20.68* | James Sanford (Pasadena)             | 1977 |
| 20.80  | Corey Ealy (Muir, Pasadena)          | 1987 |
| 20.81  | Kevin Willhite (Cord, RanCordova)-1  | 1981 |
| 20.82  | Michael Marsh (Hawthorne)-1          | 1985 |
| 20.82  | Barry Smith (Mission, S.F.)-1        | 1989 |
| 20.83  | Pat Johnson (Redlands)-1             | 1994 |
| 20.85  | Ricky Carrigan (Compton)-1           | 1991 |
| 20.88* | Michael Sanford (Pasadena)           | 1979 |
| 20.89  | Curtis Conway (Hawthorne)            | 1989 |
| 20.91  | Bill Green (Cubberley, Palo Alto)    | 1979 |
| 20.97  | Danny Everett (Fairfax, L.A.)        | 1985 |
| 21.00  | Raymond Ethridge (Crawford, SD)      | 1987 |
| 21.01  | Chip Rish (Marina, Huntington Beach) | 1985 |
| 21.03  | Ken Robinson (Berkeley)-1            | 1981 |
| 21.07  | Ato Bolden (Piedmont Hills, SJ)      | 1991 |
| 21.07  | Eric Turner (Morningside, Inglewd)   | 1993 |
| 21.08  | Riley Washington (Southwest, SD)     | 1992 |
| 21.09  | Darron Norris (El Cam, Oceanside)    | 1984 |
| 21.09  | Larry Berkeley (Oxnard)              | 1985 |
| 21.10  | Tony Miller (Riordan, S.F.)          | 1987 |

**Hand Timing: (\*220 yds. minus 0.1)**

|       |                                 |      |
|-------|---------------------------------|------|
| 20.6* | Phil Underwood (Dorsey, L.A.)-1 | 1966 |
| 20.6* | Mel Gray (Montgomery, SRosa)-1  | 1967 |
| 20.7* | Carl McCullough (Sacramento)    | 1972 |
| 20.7* | Mike Farmer (Wilson, S.F.)      | 1974 |
| 20.7* | Dupree Branch (Barstow)         | 1976 |
| 20.7  | Eric Coleman (Monrovia)         | 1982 |

|       |                                      |      |
|-------|--------------------------------------|------|
| 20.8* | James Hines (McClymids, Oakland)-1   | 1964 |
| 20.8* | Dave Masters (El Cerrito)            | 1967 |
| 20.8* | Millard Hampton (Silver Cr, SJose)-1 | 1974 |

## 400 Meters

(\*440 Yds. Minus 0.26)

**State Meet Record:** 45.25 Calvin Harrison (North, Salinas) 1993 at Cerritos. **Frosh:** 46.96 William Moore (Muir, Pasadena) 1994. **Soph:** 46.34 Michael Granville (Bell Gardens) 1994. **Junior:** 45.82 Henry Thomas (Hawthorne) 1984. **Senior:** 45.07 Calvin Harrison (North, Salinas) 1993.

|        |                                     |      |
|--------|-------------------------------------|------|
| 45.09  | Henry Thomas (Hawthorne) at Berlin  | 1985 |
| 45.25  | Calvin Harrison (North, Salinas)-1  | 1993 |
| 45.51  | Bill Green (Cubberley, Palo Alto)-1 | 1979 |
| 45.76  | Danny Everett (Fairfax, L.A.)       | 1985 |
| 45.76  | Steve Lewis (American, Fremont)-2   | 1987 |
| 46.04  | Chip Rish (Marina, HuntHills)-2     | 1985 |
| 46.25  | Alvin Harrison (North, Salinas)     | 1993 |
| 46.34* | James Sanford (Pasadena)-1          | 1977 |
| 46.34  | Michael Granville (Bell Gardens)    | 1994 |
| 46.38  | Fabian Cooper (Washington, L.A.)-1  | 1982 |
| 46.57* | Dave Timmons (Oakland)-1            | 1981 |



CHIP RISH

Fine Flicks by Don Gosney

|        |                                     |      |
|--------|-------------------------------------|------|
| 46.63  | Beno Bryant (Dorsey, L.A.)-1        | 1989 |
| 46.67* | Rod Bethany (Fontana)               | 1978 |
| 46.67  | Quincy Watts (Taft, Woodland Hills) | 1988 |

continued next page...

# All-Time CALIFORNIA High School Boys List

|        |                                     |      |
|--------|-------------------------------------|------|
| 46.68  | Derrick Shepard (Lincoln, SF)-1     | 1992 |
| 46.72  | Richard Dupree (Mt. Pleasant, SJ)-1 | 1992 |
| 46.75* | Ron Williams (Chatsworth)           | 1977 |
| 46.80  | Blair McMurray (Compton)            | 1982 |
| 46.82  | Daymon Lee (South Gate)             | 1984 |
| 46.81  | Travis Hannah (Hawthorne)-1         | 1988 |
| 46.86  | Nate Williams (Edison, Stockton)    | 1979 |
| 46.89  | Tony Banks (Morse, San Diego)-1     | 1979 |
| 46.92  | Michael Turner (Canten, Compton)-1  | 1980 |
| 46.96  | James Davis (Wood, Vacaville)-1     | 1994 |
| 46.96  | William Moore (Muir, Pasadena)      | 1994 |

## Hand Timed: (\*440 yds. minus 0.3)

|       |                                   |      |
|-------|-----------------------------------|------|
| 45.7  | Chip Rish (Marina, Hunt Bch)-2    | 1985 |
| 45.8* | Ulis Williams (Compton)-2         | 1961 |
| 46.3* | Larance Jones (Lemoore)-1         | 1969 |
| 46.4* | Jerry White (Corcoran)-2          | 1956 |
| 46.4* | Edesel Garrison (Cent, Compton)-1 | 1968 |
| 46.4* | Tony Krzyzosiak (Garden Grove)-1  | 1971 |
| 46.4* | Dave Timmons (Oakland)-1          | 1981 |
| 46.5* | Ray Johnson (Blair, Pasadena)     | 1971 |
| 46.5* | Rod Bethany (Fontana)             | 1978 |
| 46.6* | Lee Evans (Overfelt, San Jose)    | 1965 |
| 46.6* | Mike Newton (Whittier)-1          | 1967 |
| 46.6* | Wayne Collett (Gardena)-1         | 1967 |
| 46.6* | Derald Harris (Pittsburg)-1       | 1976 |
| 46.7* | Dave Archibald (Leuzinger, Lawn)  | 1961 |
| 46.7* | Freddie Banks (Jefferson, L.A.)-1 | 1964 |
| 46.7* | Andy Young (Jordan, Long Beach)   | 1968 |
| 46.7* | Ron Whitaker (Wilson, S.F.)-1     | 1973 |
| 46.7* | Donn Thompson (Gahr, Cerritos)    | 1976 |
| 46.8* | Ollie Matson (Washington, S.F.)   | 1948 |
| 46.8* | Henry Dorsey (Berkeley)           | 1956 |
| 46.8* | Bill Sims (Whittier)              | 1969 |
| 46.8* | Rick Brown (Los Altos)-1          | 1970 |
| 46.8* | Frank Berry (Washington, L.A.)    | 1971 |
| 46.8* | Ron Williams (Chatsworth)         | 1977 |
| 46.8  | Kenny Robinson (Berkeley)         | 1981 |

## 800 Meters

(\*880 Yds. Minus 0.7)

**State Meet Record:** 1:47.31 Pete Richardson (Berkeley) at Norwalk, 1981. **Frosh:** 1:51.03 Michael Granville (Bell Gardens) 1993. **Soph:** 1:48.98 Michael Granville (Bell Gardens) 1994. **Junior:** 1:50.16 Vondra Armour (Bakersfield) 1993. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

|         |                                     |      |
|---------|-------------------------------------|------|
| 1:47.31 | Pete Richardson (Berk) at Norwalk-1 | 1981 |
| 1:47.8* | Dale Scott (El Cerrito)-1           | 1972 |
| 1:48.1* | Richard Joyce (Sierra, Whittier)-1  | 1965 |
| 1:48.2  | Jeff West (Crenshaw, L.A.)          | 1979 |
| 1:48.3* | Clark Mitchell (Bakersfield)        | 1965 |
| 1:48.5* | Dennis Carr (Lowell, Whittier)-1    | 1963 |
| 1:48.5* | Robert Hose (Madison, San Diego)-1  | 1964 |
| 1:48.7* | Jim Walters (Espana, Costa Mesa)-1  | 1977 |
| 1:48.98 | Michael Granville (Bell Gardens)-1  | 1994 |
| 1:49.0* | Dan Aldridge (Petaluma)             | 1975 |
| 1:49.21 | Eric Schermerhorn (Wdridge, Ivy)-1  | 1984 |
| 1:49.30 | Scott Cox (Wilson, Long Beach)      | 1981 |
| 1:49.3* | Dave Kingsland (El Modena)          | 1977 |
| 1:49.4* | Brent Tubb (Cleveland, Reseda)      | 1971 |
| 1:49.42 | Vondra Armour (Bakersfield)-1       | 1994 |
| 1:49.43 | Eddie Davis (Compton)               | 1981 |
| 1:49.50 | Brian Wilkinson (Merced)            | 1993 |
| 1:49.5* | David Mack (Locke, L.A.)-2          | 1979 |
| 1:49.56 | Mike Katri (Fortuna)-1              | 1992 |
| 1:49.64 | Milton Hughes (Stagg, Stockton)     | 1992 |
| 1:49.7* | Terry Rogers (Hilltop, ChVista)-1   | 1966 |
| 1:49.84 | Daymon Lee (South Gate)             | 1984 |
| 1:49.9* | Greg Jones (Poly, Long Beach)       | 1968 |
| 1:49.9* | Rick Brown (Los Altos)-1            | 1970 |
| 1:49.95 | Kimmie James (Richmond)-1           | 1983 |

## 1500 Meters

(\* Enroute to Longer Distance)

**State Meet Records:** Frosh: 4:00.5 Robert Planta (Mater Dei, Santa Ana) 1979. **Soph:** 3:51.5 Jim Ariola (Gahr, Cerritos) 1974. **Junior:** 3:49.4 Mark Fricker (Hemet) 1977. **Senior:** 3:46.4 Paul Medvin (University, Los Angeles) 1979.

|         |                                     |      |
|---------|-------------------------------------|------|
| 3:46.4  | Paul Medvin (Univ.L.A.) at Bloom    | 1979 |
| 3:47.65 | Reggie Williams (RivCity, WSacto)   | 1988 |
| 3:48.73 | Daniel Das Neves (Helix, La Mesa)   | 1992 |
| 3:48.8  | Jim Ariola (Gahr, Cerritos)         | 1976 |
| 3:48.9  | Rich Kimball (DeLaSalle, Concord)   | 1974 |
| 3:49.0+ | Harold Kuphaldt (BellaVista, FOaks) | 1982 |
| 3:49.4  | Mark Fricker (Hemet)                | 1977 |
| 3:50.1  | Ian Alsen (Kennedy, Granada Hills)  | 1988 |
| 3:50.1+ | Coley Candaele (Carpinteria)        | 1990 |
| 3:50.2  | Charlie Christensen (Edison, HBch)  | 1977 |
| 3:50.2  | Steve Whitcomb (Helix, La Mesa)     | 1979 |
| 3:50.2+ | Mebrahtom Kellezighi (San Diego)    | 1994 |
| 3:50.3+ | Louie Quintana (Arroyo Grande)      | 1990 |
| 3:50.4  | Ralph Serna (Loara, Anaheim)        | 1975 |
| 3:50.47 | Angel Martinez (San Gabriel)        | 1992 |
| 3:50.5  | Mark Mastalir (Jesuit, Carmichael)  | 1986 |
| 3:50.8  | Andy DiConti (La Canada)            | 1980 |
| 3:51.0  | Eric Mastalir (Jesuit, Carmichael)  | 1986 |
| 3:51.1  | Dave Cangelosi (Villa Park)         | 1979 |
| 3:51.2  | Dennis Ariola (Gahr, Cerritos)      | 1979 |
| 3:51.2+ | Jeff Williams (Foothill, Tustin)    | 1982 |
| 3:51.36 | Gary Gonzales (Clovis)              | 1981 |
| 3:51.5  | Mike O'Reilly (San Rafael)          | 1978 |
| 3:51.57 | Roman Gomez (Belmont, L.A.)         | 1984 |
| 3:51.9+ | Tom Grewe (Carpinteria)             | 1982 |
| 3:52.0  | Jon Butler (Edison, Hunt Beach)     | 1981 |

## 1600 Meters

(\* One Mile Minus 1.8)

**State Meet Record:** 4:05.4y Mark Schilling (Garden Grove) 1972 at Oroville. **Frosh:** 4:15.4\* Harry Nicholas (Reedley) 1968. **Soph:** 4:07.5\* Jim Ariola (Gahr, Cerritos) 1974. **Junior:** 4:02.4\* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6\* Tim Danielson (Chula Vista) 1966.

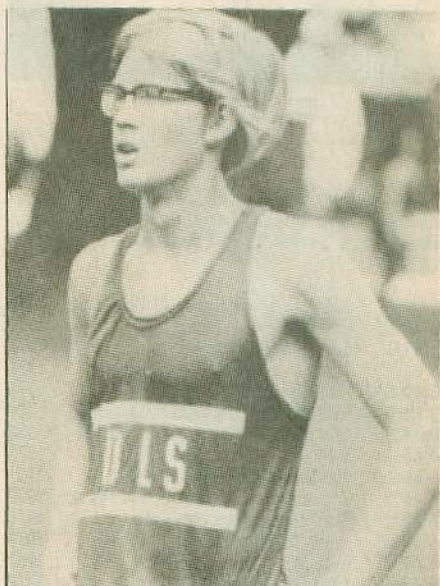
|          |                                        |      |
|----------|----------------------------------------|------|
| 3:57.6*  | Tim Danielson (ChVista) at SDiego-2    | 1966 |
| 4:00.6*  | Rich Kimball (DeLaSalle, Concord)-1    | 1974 |
| 4:02.4*  | Curtis Beck (Santa Monica)             | 1972 |
| 4:03.5*  | Paul Medvin (University, L.A.)-2       | 1979 |
| 4:03.6*  | Mark Schilling (Garden Grove)-1        | 1972 |
| 4:03.7*  | Terry Cotton (Valley, El Cajon)        | 1972 |
| 4:03.98* | Mebrahtom Kellezighi (San Diego)-1     | 1994 |
| 4:04.15  | Mark Mastalir (Jesuit, Carmichael)-1   | 1986 |
| 4:04.21* | Pedro Reyes (Jesuit, Carmichael)       | 1980 |
| 4:04.23  | Eric Mastalir (Jesuit, Carmichael)     | 1986 |
| 4:04.66* | Steve Whitcomb (Helix, La Mesa)        | 1979 |
| 4:04.8*  | Thom Hunt (Henry, San Diego)           | 1976 |
| 4:04.86* | Harold Kuphaldt (BVista, Fair Oaks)    | 1982 |
| 4:04.9*  | Barrie Williams (North, Torrance)      | 1972 |
| 4:04.9*  | Andy Clifford (Sunny Hills, Fullerton) | 1974 |
| 4:05.1*  | Mark Stillman (Willow Glen, SJose)-1   | 1977 |
| 4:05.2*  | Ralph Serna (Loara, Anaheim)           | 1975 |
| 4:05.29* | Roman Gomez (Belmont, LA)-2            | 1985 |
| 4:05.4*  | Armando Valencia (Valley, El Cajon)    | 1967 |
| 4:06.1*  | Mark Fricker (Hemet)                   | 1977 |
| 4:06.18  | Larry Guinee (Castro Valley)-1         | 1980 |
| 4:06.2*  | Pete Romero (Reedley)                  | 1967 |
| 4:06.26  | Coley Candaele (Carpinteria)-1         | 1990 |
| 4:06.4*  | Alvin Gilmore (Lompoc)-1               | 1973 |
| 4:06.4*  | Ray Wicksell (West Covina)             | 1974 |
| 4:06.4*  | Stan Ross (Serra, San Mateo)           | 1977 |

## 3000 Meters

(\* Enroute to Longer Distance)

**Frosh:** 8:44.5 David Naranjo (Sanger) 1983. **Soph:** 8:26.7+ Calvin Gaziano (Castro Valley) 1983. **Junior:** 8:19.9+ Harold Kuphaldt (Bella Vista, Fair Oaks) 1981. **Senior:** 8:07.60 Eric Mastalir (Jesuit, Carmichael) 1986.

|         |                                       |      |
|---------|---------------------------------------|------|
| 8:07.60 | Eric Mastalir (Jesuit, Carm) at Sacto | 1986 |
| 8:09.0+ | Eric Reynolds (Camarillo)             | 1983 |
| 8:10.54 | Mark Mastalir (Jesuit, Carmichael)    | 1986 |
| 8:12.7+ | Thom Hunt (Henry, San Diego)          | 1976 |
| 8:16.2+ | Jeff Nelson (Burbank)                 | 1979 |
| 8:16.3  | Chuck Assumma (Eisen, Rialto)         | 1979 |
| 8:16.3  | Richard Perez (San GorgSan Bern)      | 1980 |
| 8:16.79 | Reggie Williams (RivCity, WSacto)     | 1988 |
| 8:17.5+ | Jon Butler (Edison, HuntBeach)        | 1981 |
| 8:17.7+ | Jay Marden (MissiSJose, Fremont)      | 1981 |
| 8:18.2+ | Mark Dani (Valhalla, El Cajon)        | 1986 |
| 8:19.9+ | Harold Kuphaldt (B Vista, Fair Oaks)  | 1981 |
| 8:20.25 | Paul Thomas (Jesuit, Carmichael)      | 1987 |
| 8:20.59 | Daniel Das Neves (Helix, La Mesa)     | 1992 |
| 8:20.6  | Roman Gomez (Belmont, LA)             | 1984 |
| 8:20.6+ | Bryan Dameworth (Agoura)              | 1990 |
| 8:21.0+ | Mike Carlton (Northview, Covina)      | 1981 |
| 8:21.3+ | Jesse Torres (Indep, San Jose)        | 1981 |
| 8:21.6  | Matt Blaty (Marina, Hunt Beach)       | 1979 |
| 8:21.6  | Jeff Vandereems (Mission Viejo)       | 1979 |
| 8:22.0  | Terry Williams (Lompoc)               | 1973 |



**RICH KIMBALL**

|         |                                     |      |
|---------|-------------------------------------|------|
| 8:22.26 | Jimmie Rodriguez (Santa Ana Valley) | 1989 |
| 8:22.4  | Mark Junkermann (Los Alamitos)      | 1983 |
| 8:23.11 | David Welsh (Jesuit, Carmichael)    | 1989 |
| 8:23.2+ | Mark McAboy (Miramonte, Orinda)     | 1986 |

## 3200 Meters

(\* 2 Miles Minus 3.6)

**State Meet Record:** 8:44.9 Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8\* Eric Hulst

continued next page...

# All-Time CALIFORNIA High School Boys List



ERIC REYNOLDS

Photo by Burt Davis

(Laguna Beach) 1973. **Soph:** 8:46.9\* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3\* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7\* Jeff Nelson (Burbank) 1979.

|          |                                      |      |
|----------|--------------------------------------|------|
| 8:32.7*  | Jeff Nelson (Burbank) at Westwd-2    | 1979 |
| 8:40.4*  | Eric Reynolds (Camarillo)-1          | 1983 |
| 8:41.0*  | Eric Hulst (Laguna Beach)-2          | 1976 |
| 8:41.6*  | Thom Hunt (Henry, San Diego)         | 1976 |
| 8:42.3*  | Ralph Serna (Loara, Anaheim)         | 1975 |
| 8:42.9*  | Rich Kimball (DeLaSalle, Concord)-1  | 1974 |
| 8:44.95  | Eric Mastalir (Jesuit, Carmichael)-1 | 1986 |
| 8:45.2*  | Curtis Beck (Santa Monica)-1         | 1972 |
| 8:46.78  | Jon Butler (Edison, Hunt Beach)-1    | 1981 |
| 8:48.8*  | Chuck Assumma (Eisenhower, Rialto)   | 1979 |
| 8:49.0*  | Don Moses (Crescenta Valley)         | 1976 |
| 8:49.3*  | Frank Assumma (Eisen, Rialto)-1      | 1977 |
| 8:49.4*  | Pete Romero (Reedley)-1              | 1967 |
| 8:49.7*  | Marc Genet (Santa Ana)               | 1972 |
| 8:49.8*  | Rod Berry (Redwood, Larkspur)        | 1977 |
| 8:49.9*  | Dave Taylor (Merced)                 | 1972 |
| 8:50.15  | Todd Lewis (Burbank)                 | 1989 |
| 8:50.2*  | Dale Fleet (Clairemont, San Diego)-1 | 1971 |
| 8:50.2*  | Mark Spillsbury (Foothill, Tustin)   | 1976 |
| 8:50.6*  | Jim Salcido (Sunny Hills, Fullerton) | 1972 |
| 8:50.8*  | Jose Amaya (Wilson, Los Angeles)     | 1971 |
| 8:50.8*  | Gordon Innes (Upland)                | 1971 |
| 8:50.8*  | Sal Godinez (Salesian, Los Angeles)  | 1976 |
| 8:51.0*  | Bob Grubbs (Washington, Fremont)     | 1972 |
| 8:51.15* | Marc Dani (Valhalla, El Camino)      | 1986 |
| 8:51.15* | Jay Marden (MissSan Jose, Fremont)   | 1981 |

## 100 Meter Hurdles

(\* 120 Yards Plus 0.03)

**State Meet Record:** 13.41 Steve Kerho, Mission Viejo, @ Sacramento, 1982. **Frosh:** 14.89 Rambo (Poly, Long Beach) 1994. **Soph:** 14.37 Kyle O'Neill (Bella Vista, Fair Oaks) 1992. **Junior:** 13.69\* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho (Mission Viejo) 1982.

|        |                                        |      |
|--------|----------------------------------------|------|
| 13.41  | Steve Kerho (Mission Viejo) at Sacto-1 | 1982 |
| 13.67* | Phillip Johnson (Gardena)-1            | 1978 |
| 13.67  | David Ashford (West Covina)-1          | 1981 |
| 13.67  | Isaac Carson (Jefferson, DalyCity)-1   | 1991 |
| 13.73  | Don Ward (St. Mary's, Berkeley)-1      | 1980 |
| 13.79  | Henry Andrade (H Johnson, Sacto)       | 1980 |
| 13.79  | Troy Weaver (Edgewood, Covina)         | 1982 |
| 13.80  | Ron Brown (Bishop Amat, La Puente)     | 1982 |
| 13.81* | Ken Margerum (Fountain Valley)         | 1977 |
| 13.84  | Shelton Boykin (San Fernando)          | 1987 |
| 13.84  | Dana Hall (Ganesha, Pomona)-1          | 1987 |
| 13.85  | Ronnie McCoy (Edison, Fresno)          | 1981 |
| 13.87* | Milan Stewart (West Covina)-1          | 1978 |
| 13.87  | Drue Powell (Reseda)-1                 | 1993 |
| 13.88  | Robert Reading (St. Mary's, Berk)-1    | 1985 |
| 13.88  | Terry Johnson (Katella, Anaheim)-1     | 1986 |
| 13.88  | Ron Copeland (Dorsey, LA)              | 1987 |
| 13.90* | Jim Scanella (San Ramon, Danville)-1   | 1979 |
| 13.90  | Erick Montgomery (Indep, San Jose)     | 1983 |
| 13.91* | Tonie Campbell (Banning, Wilmin)       | 1978 |
| 13.91* | Gary Lee (Poly, Long Beach)            | 1979 |
| 13.91  | Raymond Young (Hawthorne)-1            | 1984 |
| 13.92  | Mark Boyd (St. Mary's, Berkeley)-1     | 1983 |
| 13.93  | Rod Green (Palo Alto)                  | 1983 |
| 13.93  | Mo Hill (Stagg, Stockton)              | 1983 |

### Hand Timing:

|       |                                     |      |
|-------|-------------------------------------|------|
| 13.2y | Dedy Cooper (Harry Ellis, Richmond) | 1975 |
| 13.3y | Robert Gaines (Kennedy, Rich)-1     | 1975 |
| 13.3y | Jon Peterson (Saddleback, SAna)     | 1975 |
| 13.3y | Phillip Johnson (Gardena)-1         | 1978 |
| 13.5y | Ken Margerum (Fountain Valley)      | 1977 |
| 13.6y | Charles Jackson (Lompoc)-1          | 1971 |
| 13.6y | Dan Jones (Palo Verde, Blythe)-1    | 1972 |
| 13.6y | Tom Andrews (West, Bakersfield)     | 1973 |
| 13.6y | Carl Florant (Palo Alto)            | 1973 |
| 13.6y | Mike Harris (Indio)                 | 1974 |
| 13.6y | Wilbur Gregory (Mission Viejo)      | 1975 |
| 13.6y | Tonie Campbell (Banning, Wilm)      | 1978 |

## 300 Meter Intermediate Hurdles

(\* 330 Yards Minus 0.19)

**State Meet Record:** 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. **Frosh:** 38.07 Rambo (Poly, Long Beach) 1994. **Soph:** 37.69 Ken Haslip (Muir, Pasadena) 1992. **Junior:** 36.10 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 35.32 George Porter (Cabrillo, Lompoc) 1985.

|       |                                      |      |
|-------|--------------------------------------|------|
| 35.32 | George Porter (Cab, Lom) Walnut-2    | 1985 |
| 35.43 | John Montgomery (Indep, SJose)-1     | 1988 |
| 36.44 | Kevin Jones (Mt. Miguel, SprValley)  | 1988 |
| 36.56 | Michael Graham (Hawthorne)           | 1985 |
| 36.65 | Ken Haslip (Muir, Pasadena)-2        | 1994 |
| 36.71 | Kenny Hall (Ganesha, Pomona)         | 1985 |
| 36.74 | Keith Pontiflet (Esperanza, Anaheim) | 1985 |
| 36.76 | Mike King (Menlo-Atherton)           | 1985 |
| 36.80 | Raymond Young (Hawthorne)            | 1984 |
| 36.80 | Jason Medearis (Hart, Newhall)       | 1994 |

|       |                                       |      |
|-------|---------------------------------------|------|
| 36.83 | Anthony Reynolds (Fremont, L.A.)      | 1984 |
| 36.84 | Gordon Bugg (West Covina)             | 1984 |
| 36.88 | Yki Vallery (Hawthorne)-1             | 1987 |
| 36.88 | Keith Williams (Escondido)-1          | 1991 |
| 36.90 | Bill Gaines (Independence, SJose)     | 1986 |
| 37.07 | Chris Redmond (Vallejo)               | 1992 |
| 37.08 | Nate Wright (Oakland)                 | 1988 |
| 37.10 | Al Blades (Muir, Pasadena)            | 1984 |
| 37.13 | Dana Hall (Ganesha, Pomona)           | 1987 |
| 37.17 | Diatori Gildersleeve (Grant, Sacto)   | 1988 |
| 37.20 | Craig Cooper (Fairfield)              | 1984 |
| 37.20 | Jay Taylor (St. Augustine, San Diego) | 1985 |
| 37.21 | Rodney Jett (Hiram Johnson, Sacto)    | 1984 |
| 37.25 | Coke Edmon (Bellamine, San Jose)      | 1994 |

### Hand Timed: (\*330 yards minus 0.2):

|       |                                       |      |
|-------|---------------------------------------|------|
| 36.2* | Dedy Cooper (Harry Ellis, Richmond)   | 1975 |
| 36.2* | Charles White (San Fernando)          | 1976 |
| 36.9  | Andre Phillips (Silver Crk, San Jose) | 1977 |
| 36.9  | Jim Scannella (SRamon, Danville)      | 1979 |
| 37.0  | Gary Lee (Poly, Long Beach)           | 1979 |
| 37.0  | James Knowles (Blair, Pasadena)       | 1981 |

## High Jump

**State Meet Record:** 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-8 3/4 Ruben Hendrix (South, Bakersfield) 1987. **Soph:** 7-1 Kenny Burke (Westlake, Simi Valley) 1983. **Junior:** 7-3 Maurice Crumby (Balboa, S.F.) 1982. **Senior:** 7-4 1/2 Maurice Crumby (Balboa, S.F.) 1983.

|         |                                      |      |
|---------|--------------------------------------|------|
| 7-4 1/2 | Maurice Crumby (Bal S.F.) @ Stan-2   | 1983 |
| 7-4     | Jeremy Fischer (Camarillo)-1         | 1994 |
| 7-3 1/4 | Lee Balkin (Glendale)-1              | 1979 |
| 7-3     | Reynaldo Brown (Compton)-3           | 1968 |
| 7-3     | Tim Polt (Alemamy, Mission Hills)    | 1979 |
| 7-3     | Jeff Rogers (Overfelt, San Jose)     | 1985 |
| 7-3     | Avery Anderson (North, Riverside)-1  | 1991 |
| 7-2 1/4 | Jeff Nadeau (Monroe, Sepulveda)-1    | 1993 |
| 7-2     | Billy Hice (Oakland)                 | 1977 |
| 7-2     | Dennis Smith (Santa Monica)-1        | 1977 |
| 7-2     | Kerry Myers (Berkeley)               | 1978 |
| 7-2     | Frank Schiefer (Madison, SDiego)     | 1979 |
| 7-2     | Kenny Burke (Westlake, Simi Vly)-1   | 1984 |
| 7-2     | Reggie Betton (Ant Vly, Lanc)-1      | 1988 |
| 7-2     | Art Lloyd (Eisenhower, Rialto)       | 1994 |
| 7-1 3/4 | Mark Wilson (Monte Vista, Danville)  | 1974 |
| 7-1 1/2 | Dwight Stones (Glendale)-1           | 1971 |
| 7-1 1/2 | Todd Kelly (Big Valley, Bieber)      | 1993 |
| 7-1 1/4 | Otis Hailey (Wasco)                  | 1968 |
| 7-1 1/4 | Luis Juico (Piedmont Hills, SJose)-1 | 1987 |
| 7-1     | Rob Olson (El CamReal, Wdind H)      | 1977 |
| 7-1     | Greg Denby (Crenshaw, L.A.)-1        | 1980 |
| 7-1     | Anthony Caire (Pius X, Downey)-1     | 1981 |
| 7-1     | Maury Burnett (Washington, L.A.)     | 1982 |
| 7-1     | Andre La Coste (Lakewood)            | 1988 |
| 7-1     | Mark Wilson (charter Oak, Covina)-1  | 1989 |
| 7-1     | Kevin Carlson (Katella, Anaheim)-1   | 1991 |

## Pole Vault

**State Meet Record:** 17-0 1/2 Anthony Curran (Crespi, Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi, Encino) 1975. **Soph:** 16-2 Brent Burns (Acalanes, Lafayette) 1985. **Junior:** 17-6 Brent Burns (Acalanes, Lafayette) 1986. **Senior:** 18-2 Brandon Richards (San Marcos, Santa Barbara) 1985.

|          |                                      |      |
|----------|--------------------------------------|------|
| 18-2     | Brandon Richards (Smar, S.B.) @ Eug. | 1985 |
| 17-8 1/2 | Brent Burns (Acalanes, Lafayette)-1  | 1987 |
| 17-4 1/4 | Anthony Curran (Crespi, Encino)-2    | 1978 |
| 17-4     | David Cox (Hoover, Fresno)-1         | 1991 |
| 17-1     | Tye Harvey (Sonora)                  | 1993 |

continued next page...

# All-Time CALIFORNIA High School Boys List

|      |     |                                        |      |
|------|-----|----------------------------------------|------|
| 17-0 | 3/4 | Matt Warwick (Hesperia)                | 1988 |
| 17-0 | 3/4 | Scott Slover (Leland, San Jose)-2      | 1994 |
| 17-0 | 1/2 | Doug Fraley (Clovis West)              | 1983 |
| 17-0 |     | Mike Kibort (Saratoga)-1               | 1982 |
| 17-0 |     | Tom Parker (Notre Dame, Sh Oaks)       | 1988 |
| 16-8 | 3/4 | Steve Smith (South, Torrance)-2        | 1969 |
| 16-8 | 3/4 | Mike Tully (Millikan, Long Beach)      | 1974 |
| 16-7 |     | Robert Pullard (Los Angeles)           | 1969 |
| 16-6 | 3/4 | Paul Wilson (Warren, Downey)-2         | 1965 |
| 16-6 |     | Brian Worden (Notre Dame, Sh Oaks)     | 1975 |
| 16-6 |     | Greg Ernst (El Dorado, Palacentia)     | 1978 |
| 16-6 |     | Tom Richards (San Marcos, S.B.)-1      | 1988 |
| 16-6 |     | Borys Orloff (St. John Bosco, Bellfir) | 1994 |
| 16-6 |     | Robbie Weighall (Foothill, Bkfld)      | 1994 |
| 16-5 |     | Jon Vaughn (Corona)                    | 1966 |
| 16-4 | 3/4 | Paul Heglar (Muir, Pasadena)           | 1966 |
| 16-4 | 3/4 | Esa Sallinen (Burroughs, Burbank)      | 1994 |
| 16-4 |     | Dave Noel (Edison, Hunt Beach)         | 1988 |
| 16-4 |     | Jesse Stern (Harv/Westlake, L.A.)      | 1993 |
| 16-3 | 1/4 | Keith Schimmel (Villa Park)            | 1975 |
| 16-3 | 1/4 | Jim Sidler (Villa Park)                | 1977 |



BRANDON RICHARDS

Fine Flicks by Don Gosney

## Long Jump

**State Meet Record:** 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 Heu-lon Hewitt (Merced) 1968. **Senior:** 26-4 3/4 James Stallworth (Tulare) 1989.

|       |     |                                     |      |
|-------|-----|-------------------------------------|------|
| 26-4  | 3/4 | James Stallworth (Tulare) at Cerr-1 | 1989 |
| 26-3  | 3/4 | Randy Williams (Edison, Fresno)-1   | 1971 |
| 26-2  | 1/4 | Ken Duncan (McClatchy, Sacto)       | 1972 |
| 26-0  | 3/4 | Jerry Proctor (Muir, Pasadena)-1    | 1967 |
| 26-0  | 3/4 | Joe Richardson (Pasadena)-1         | 1984 |
| 26-0  |     | Johnny Cleveland (Soquel)-1         | 1984 |
| 25-11 | 1/2 | Larry Doubly (Manual Arts, L.A.)-1  | 1976 |
| 25-10 | 3/4 | Heu-lon Hewitt (Merced)-1           | 1968 |
| 25-9  | 1/2 | Gerald Hardeman (Edison, Fresno)    | 1972 |
| 25-7  |     | James McAlister (Blair, Pasadena)-1 | 1970 |
| 25-6  | 1/4 | Ted Hammond (Compton)               | 1973 |

|      |     |                                       |      |
|------|-----|---------------------------------------|------|
| 25-5 | 1/2 | Percy Knox (Antelope Vly, Lanc)-1     | 1987 |
| 25-5 | 1/4 | Doyle Steel (San Diego)-1             | 1966 |
| 25-5 |     | Carl McCullough (Sacramento)-1        | 1972 |
| 25-5 |     | Gerald Price (Univ/City, SDiego)-1    | 1990 |
| 25-4 | 3/4 | Johnny Johnson (Pacific Grove)        | 1965 |
| 25-4 | 1/2 | Oscar Bean (Jefferson, L.A.)-1        | 1956 |
| 25-4 | 1/4 | Monte Upshaw (Fiedmont)-2             | 1954 |
| 25-4 |     | Donnie Butler (Fremont, L.A.)         | 1978 |
| 25-3 | 3/4 | Diatori Gildersleeve (Grant, Sacto)-1 | 1988 |
| 25-3 |     | Willie Davis (Roosevelt, L.A.)        | 1958 |
| 25-3 |     | Bobby Bonds (Poly, Riverside)-1       | 1964 |
| 25-3 |     | Ken Frazier (Mission, S.F.)           | 1981 |
| 25-2 | 1/2 | George Brown (Jordan, L.A.)-2         | 1949 |
| 25-2 |     | Phil Quinet (Homestead, Cupertino)    | 1968 |

## Triple Jump

**State Meet Record:** 52-5 3/4 Marcus Hooks (Lake-wood) at Norwalk 1986. **Frosh:** 48-4 Dave Tucker (S.J. Memorial, Fresno) 1968. **Soph:** 50-2 1/2 Ken Fra-zier (Mission, S.F.) 1980. **Junior:** 52-6 1/4 Dave Tucker (S.J. Memorial, Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

|       |     |                                      |      |
|-------|-----|--------------------------------------|------|
| 53-6  | 1/2 | Joe Richardson (Pasa) at Sacto-1     | 1984 |
| 52-10 | 1/2 | Charles Mayfield (Muir, Pasadena)    | 1980 |
| 52-6  | 1/4 | Dave Tucker (S.J. Memorial, Fresno)  | 1970 |
| 52-6  |     | Henry Ellard (Hoover, Fresno)-1      | 1979 |
| 52-5  | 3/4 | Marcus Hooks (Lakewood)-1            | 1986 |
| 52-4  | 3/4 | Ken Frazier (Mission, S.F.)-1        | 1981 |
| 52-3  | 1/2 | Randy Williams (Edison, Fresno)      | 1971 |
| 52-0  |     | Von Ware (RanBuenVista, Vista)-1     | 1994 |
| 51-11 |     | Joel Smith (Cordova, R Cordova)-1    | 1987 |
| 51-8  | 3/4 | MacArthur Anderson (Bakersfield)     | 1987 |
| 51-8  |     | Mike Woods (Manual Arts, L.A.)       | 1963 |
| 51-7  | 3/4 | Phouphet Singbradith (Mag, Anah)-1   | 1990 |
| 51-7  | 1/2 | Vestee Jackson (McLane, Fresno)      | 1981 |
| 51-6  | 1/2 | Greg Caldwell (Fremont, L.A.)-1      | 1976 |
| 51-5  | 3/4 | Freeman Miller (Fremont, L.A.)-1     | 1980 |
| 51-3  |     | Willie Banks (Oceanside)-2           | 1974 |
| 51-3  |     | Ricky Holliday (Muir, Pasadena)      | 1980 |
| 51-2  | 1/4 | Dokie Williams (El Cam, Oceanside)-1 | 1977 |
| 51-2  | 1/4 | Tim Prince (Logan)                   | 1988 |
| 51-2  |     | Lenny McGill (OrGlen, Escondido)-1   | 1989 |
| 50-11 | 1/2 | Harold Rucker (Silver Crk, San Jose) | 1986 |
| 50-11 | 1/2 | Terrance Strong (Bakersfield)-1      | 1984 |
| 50-11 | 1/4 | DeAndre Roberson (W, Bakersfield)    | 1989 |
| 50-11 |     | Dan Jackson (Oakland)                | 1975 |

## Shot Put

**State Meet Record:** 74-4 3/4 Brent Noon (Fallbrook) at Cerritos 1990. **Frosh:** 59-8 Brent Noon (Fallbrook) 1987. **Soph:** 62-3 1/2 Brent Noon (Fallbrook) 1988. **Junior:** 69-8 1/4 Brent Noon (Fallbrook) 1989. **Senior:** 76-2 Brent Noon (Fallbrook) 1990.

|       |     |                                      |      |
|-------|-----|--------------------------------------|------|
| 76-2  |     | Brent Noon (Fallbrook)-2             | 1990 |
| 69-6  | 1/2 | Brian Blutreich (Capis Valley)-2     | 1985 |
| 69-3  | 3/4 | Jim Neidhart (Newport Harbor)-1      | 1973 |
| 68-5  | 1/2 | Steve Montgomery (Lass, Susanvil)-1  | 1976 |
| 68-5  |     | David Kurasch (Newport Harbor)-1     | 1975 |
| 67-9  | 3/4 | John Hubbell (Poly, Long Beach)-1    | 1966 |
| 67-9  |     | Terry Albritton (Newport Harbor)     | 1972 |
| 67-9  |     | John McKenzie (Hart, Newhall)        | 1976 |
| 67-8  | 1/4 | Dave Doupe (Inglewood)               | 1973 |
| 67-6  | 1/2 | Randy Cross (Crespi, Encino)-1       | 1972 |
| 67-2  | 1/4 | Mark Stevens (Newport Harbor)-1      | 1971 |
| 67-2  |     | Dave Murphy (Sunny Hills, Fullerton) | 1966 |
| 67-0  |     | David Bultman (Royal, Simi)-1        | 1987 |
| 66-8  |     | Mark Parlin (Esperanza, Anaheim)-1   | 1991 |
| 65-11 | 1/2 | Curt Hampton (El Cajon)-1            | 1974 |
| 65-10 | 3/4 | Dave Porath (Atwater)-1              | 1978 |

|       |     |                                    |      |
|-------|-----|------------------------------------|------|
| 65-10 |     | Steve Wilhelm (Fremont, Sunnyvale) | 1967 |
| 65-9  | 3/4 | John Buehler (Whittier)-1          | 1967 |
| 65-9  |     | Dave Laut (Santa Clara, Oxnard)    | 1975 |
| 65-9  |     | Jeff Stover (Chico)                | 1976 |
| 65-9  |     | John Bender (Shafter)              | 1984 |
| 65-8  | 3/4 | Randy Withrow (Pasadena)-1         | 1970 |
| 65-7  | 3/4 | Don Castle (Cubberley, Palo Alto)  | 1961 |
| 65-7  | 1/4 | Dave Gerasimchuk (Narb, Lomita)    | 1972 |
| 65-6  |     | Bruce Wilhelm (Fremont, Sunny)-1   | 1963 |

## Discus

**State Meet Record:** 203-4 Brian Blutreich (Capis-trano Valley) at Sacramento 1985, and 203-4 Rob Powell (Redwood, Visalia) at Cerritos 1990. **Frosh:** 173-6 Antonio Dobbins (Burroughs, Ridgecrest) 1979. **Soph:** 182-5 Jeff Buckley (Bakersfield) 1990. **Junior:** 210-1 Jeff Buckley (Bakersfield). **Senior:** 210-8 Brian Blutreich (Capistrano Valley) 1985.

|        |  |                                       |      |
|--------|--|---------------------------------------|------|
| 210-8  |  | Brian Blutreich (Capistrano Valley)-1 | 1985 |
| 210-1  |  | Jeff Buckley (Bakersfield)-1          | 1991 |
| 209-6  |  | Dave Porath (Atwater)-1               | 1978 |
| 203-4  |  | Rob Powell (Redwood, Visalia)-1       | 1990 |
| 201-6  |  | Ray Burton (Vacaville)-1              | 1974 |
| 201-3  |  | Chris Adams (Los Altos)-2             | 1970 |
| 200-8  |  | Brent Noon (Fallbrook)                | 1990 |
| 200-7  |  | Paul Bender (Shafter)-1               | 1980 |
| 200-4  |  | Scott Endler (Hoover, Fresno)-1       | 1976 |
| 200-1  |  | Scott Overton (Los Altos)-1           | 1972 |
| 199-0  |  | John Wirtz (Leland, San Jose)-1       | 1988 |
| 198-6  |  | Dave Voorhees (Tulelake)              | 1973 |
| 198-1  |  | Gabe Torre (Notre Dame, Riverside)    | 1992 |
| 197-7  |  | Pete Swanson (San Benito, Hollis)     | 1992 |
| 197-6  |  | Kevin Richardson (Shafter)            | 1984 |
| 196-10 |  | David Bultman (Royal, Simi)-1         | 1987 |
| 195-8  |  | Billy Joe Winchester (Mt. MigSp. Vly) | 1970 |
| 195-6  |  | Chris DeMartini (St. Ign, San Fran)   | 1994 |
| 195-5  |  | Lonnie Shelton (Foothill, Bkfld)-1    | 1973 |
| 195-4  |  | Bob Stoeker (Los Altos)-2             | 1962 |
| 195-4  |  | Tom Birtwhistle (Gunn, Palo Alto)     | 1969 |
| 194-10 |  | David Thomsons (Santa Ynez)-1         | 1977 |
| 194-7  |  | Antonio Dobbins (Burr, Ridgecrest)-2  | 1981 |
| 194-2  |  | Dave Hickson (Leland, San Jose)       | 1973 |
| 194-2  |  | Darrell Elder (Redwood, Larkspur)     | 1974 |
| 194-2  |  | Mark Parlin (Esperanza, Anaheim)      | 1991 |

## 400 Meter Relay

(\* 440 Yards Minus 0.23)

**State Meet Record:** 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

|       |  |                                      |      |
|-------|--|--------------------------------------|------|
| 40.24 |  | Hawthorne at Cerritos                | 1989 |
|       |  | (Alexander, Smith, Allen, Conway)    |      |
| 40.64 |  | Hawthorne                            | 1985 |
|       |  | (Marsh, Graham, Pamam, Thomas)       |      |
| 40.78 |  | Muir, Pasadena-1                     | 1987 |
|       |  | (Douglas, Ervin, Robertson, Ealy)    |      |
| 40.82 |  | Hawthorne                            | 1984 |
|       |  | (Marsh, Young, Parnam, Thomas)]      |      |
| 40.83 |  | Edison, Fresno-1                     | 1983 |
|       |  | (Cowings, Woods, Walker, Wheeler)    |      |
| 40.86 |  | Berkeley-1                           | 1981 |
|       |  | (McCree, Robinson, Clewis, Murray)   |      |
| 40.87 |  | Hawthorne                            | 1983 |
|       |  | (Young, McGee, Young, Thomas)        |      |
| 40.88 |  | Taft, Woodland Hills                 | 1987 |
|       |  | (Feinstein, Roberts, Flores, Watts)  |      |
| 40.91 |  | Hawthorne                            | 1987 |
|       |  | (Hannah, Vallery, Carroll, Conway)   |      |
| 40.92 |  | Dorsey, Los Angeles                  | 1981 |
|       |  | (Boles, Williams, Williams, Jackson) |      |

continued next page...

# All-Time CALIFORNIA High School Boys List

|                         |                                                                |      |
|-------------------------|----------------------------------------------------------------|------|
| 40.93                   | Berkeley-1<br>(Davis, Henderson, Hunter, Usher)                | 1984 |
| 40.93                   | Muir, Pasadena<br>(Limbrick, Ealy, Ervins, Jeffries)           | 1986 |
| 40.95                   | Washington (Los Angeles)                                       | 1990 |
| 40.98                   | Berkeley<br>(Davis, Henderson, Hunter, Paulding)               | 1983 |
| 41.00                   | El Camino, Oceanside-1<br>(Powell, Eubanks, Owbsu, Forte)      | 1994 |
| 41.01                   | Oakland-1<br>(Porter, Watson, Williams, Watson)                | 1982 |
| 41.05                   | Washington, Los Angeles                                        | 1988 |
| 41.05                   | San Bernardino-1                                               | 1990 |
| 41.06                   | Morningside, Inglewood                                         | 1987 |
| 41.09                   | Muir, Pasadena<br>(Carr, Haslip, Moore, Baldwin)               | 1994 |
| 41.11                   | Morningside, Inglewood<br>(Lloyd, Butler, Reed, Taylor)        | 1994 |
| 41.11                   | Washington (Los Angeles)                                       | 1991 |
| 41.11                   | Muir, Pasadena                                                 | 1983 |
| 41.12                   | Compton-1<br>(Person, Herurdi, Ephriam, Carrigan)              | 1991 |
| 41.13                   | Taft, Woodland Hills                                           | 1986 |
| <b>Hand Timing:</b>     |                                                                |      |
| (* 440 yards minus 0.2) |                                                                |      |
| 40.8"                   | Wilson, San Francisco-1<br>(Farmer, Whitaker, Kirtman, Walker) | 1973 |

## 1600 Meter Relay

(\* Mile Minus 1.1)

**State Meet Record:** 3:08.94 Berkeley (Walker, Richardson, Murray, Robinson) at Norwalk 1981.

|          |                                                             |      |
|----------|-------------------------------------------------------------|------|
| 3:07.40  | Hawthorne @ Austin, Texas<br>(Graham, Marsh, Kelly, Thomas) | 1985 |
| 3:08.94  | Berkeley -1<br>(Walker, Richardson, Murray, Robinson)       | 1981 |
| 3:09.45  | Hawthorne -1<br>(Graham, Young, Kelly, Thomas)              | 1984 |
| 3:10.11  | Hawthorne -1<br>(McGee, Torrence, Kelly, Thomas)            | 1983 |
| 3:10.33  | Perris<br>(Flenough, Stamps, Jackson, Harris)               | 1983 |
| 3:10.37  | Centennial, Compton -1<br>(Graham, Ware, Jackson, Turner)   | 1980 |
| 3:10.42  | Berkeley<br>(Dotson, Richardson, Walker, Robinson)          | 1980 |
| 3:10.46  | Hawthorne -1<br>(Alexander, Conway, DelPino, Hannah)        | 1988 |
| 3:10.47* | Banning, Wilmington -1<br>(Davis, Caesar, Plalock, Lewis)   | 1978 |
| 3:11.10  | Poly, Long Beach                                            | 1981 |
| 3:11.32  | Compton<br>(Davis, Taylor, Smith, Barksdale)                | 1980 |
| 3:11.77  | Hawthorne -1<br>(Thomas, Carroll, Thomas, Hannah)           | 1987 |
| 3:11.81  | Centennial, Compton<br>(Pinchback, Ware, Jones, Graham)     | 1981 |
| 3:12.1*  | Castlemont, Oakland -1<br>(Roberts, Morgan, Curry, Rodgers) | 1971 |
| 3:12.21  | Dorsey, Los Angeles -1                                      |      |
| 3:12.3*  | Westchester, Los Angeles<br>(Brown, Lee, Jones, Pittman)    | 1978 |

|         |                                                           |      |
|---------|-----------------------------------------------------------|------|
| 3:12.45 | Muir, Pasadena<br>(Carroll, Anderson, Mathis, Brown)      | 1981 |
| 3:12.50 | Morningside, Inglewood                                    | 1987 |
| 3:12.5* | Fremont, Los Angeles<br>(Butler, Derry, Shelton, Daniels) | 1978 |
| 3:12.54 | Oakland                                                   | 1981 |
| 3:12.54 | Muir, Pasadena -1<br>(Carr, Haslip, Baldwin, Moore)       | 1994 |
| 3:12.6* | Pasadena -1<br>(Cleveland, Dancer, Sanford, Sanford)      | 1977 |
| 3:12.6* | Fontana<br>(Cooper, Gary, Fowler, Bethany)                | 1978 |
| 3:12.64 | Pasadena                                                  | 1981 |
| 3:12.68 | Hawthorne                                                 | 1989 |

## Miscellaneous Records

|                     |                                                          |      |
|---------------------|----------------------------------------------------------|------|
| 160 Y               | Mikel Sanford (Pasadena)                                 | 1979 |
| 9.44                | Tony Pitts (Valley, Santa Ana)                           | 1978 |
| 9.3 ht              | (220 Y (str.)                                            |      |
| 20.2                | Forest Beaty (Hoover, Glendale)                          | 1961 |
| 5000                | 14:01.40 Eric Mastalir (Jesuit, Carmichael)              | 1986 |
| 6M                  | 27:58.0 Eric Hulst (Laguna Beach)                        | 1976 |
| 10,000              | 28:55.0 Eric Hulst (Laguna Beach)                        | 1976 |
| 10M                 | 49:15.0 George Aguirre (Santa Barbara)                   | 1975 |
| 1 Hr.               | 12M,254Y Ajim Baksh (Hollywood)                          | 1975 |
| Marathon            | 2:23:47 Mitch Kingery (San Carlos)                       | 1973 |
| 110 H (42")         | 14.1 Dedy Cooper (Harry Ells, Richmond)                  | 1974 |
| 180y LH (Straight)  | 18.1 Steve Caminiti (Crespi, Encino)                     | 1964 |
| 18.1                | Earl McCullough (Poly, Long Beach)                       | 1964 |
| 180y LH (turn)      | 18.6 Wayne Collett (Gardena)                             | 1967 |
| 18.6                | Rich Graybehl (Las Lomas, Walnut Ck)                     | 1974 |
| 300 LH              | 35.52 Danny Harris (Perris)                              | 1983 |
| 400 H               | 51.5 Charles White (San Fernando)                        | 1976 |
| 440y H              | 52.7 Mark Low (Pomona)                                   | 1969 |
| 2000 SC             | 5:43.9 Steve Guarrini (Santa Rosa)                       | 1991 |
| 3000 SC             | 9:10.8 Dave Daniels (San Geronio, S.Bern.)               | 1976 |
| 4x120 LH            | 53.5 Franklin, Stockton                                  | 1974 |
| 4x120 HH            | 58.4 Fresno<br>(Larson, Cox, Lyons, Elders)              | 1971 |
| 4x200               | 1:25.6 Berkeley                                          | 1976 |
| Sprint Medley Relay | 3:21.1 Berkeley<br>(Lewis, Murray, Robinson, Richardson) | 1981 |



MITCH KINGERY

Photo by Lou Vincent

|                       |                                                                   |      |
|-----------------------|-------------------------------------------------------------------|------|
| 4x800                 | 7:44.0y El Cerrito<br>(Stodden, Wolfe, Rice, Wood)                | 1969 |
| Distance Medley Relay | 9:56.3 Jesuit, Carmichael<br>(Thomas, Cahill, Mastalir, Mastalir) | 1986 |
| 4x1500                | 16:13.4 Compton                                                   | 1987 |
| 4xMile                | 17:13.2 Lompoc<br>(Schankel, Fabing, Gilmore, Williams)           | 1973 |
| SP (16 lb.)           | 57-10 1/4 Dave Murphy (Sunny Hills, Fullerton)                    | 1966 |
| DT (4 lb. 6 oz.)      | 177-4 Ray Burton (Vacaville)                                      | 1974 |
| HT (12 lb.)           | 219-2 Kevin McMahon (Bellarmine, San Jose)                        | 1990 |
| HT (16 lb.)           | 173-11 Chuck Vandagriff (Castro Valley)                           | 1967 |
| JT (Old)              | 218-11 Mike Ostrom (Las Lomas, Walnut Creek)                      | 1983 |
| JT (New)              | 214-7 Greg Johnson (Woodside)                                     | 1990 |
| Pentathlon            | 3418 Dixon Farmer (Miramonte, Orinda)                             | 1959 |
| Decathlon             | 7172 Tom Richards (San Marcos, S.B.)                              | 1988 |

YOUR COMPLETE SOURCE FOR CALIFORNIA TRACK, FIELD & CROSS COUNTRY...

# CALIFORNIA TRACK NEWS

# 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: \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ School (\_\_\_\_) \_\_\_\_\_

**Dues for 1994/95 year (Tax Deductible) -- \$25.00.**

**Make check out to "Coaches Alliance" and send to:**

Dennis McClanahan, Treasurer  
c/o California Track News  
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**Associate Member \$12** -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

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# PREP NOTES

By KEITH CONNING

## ■ COACHES WITH INTERESTING OCCUPATIONS

Now that we have more off-campus coaches, I thought it would be enlightening to tell you about some of the interesting occupations I have run across in the San Francisco Bay Area.

Brian Lodge (Alameda High School) dispatches tugboats in the San Francisco Bay for the Crowley Maritime Corporation. They fuel ships and do ocean towing. He works from 6 p.m. to 6 a.m., three days on and three days off. This allows him to coach in the afternoon.

Steve Brown (Bishop O'Dowd High School, Oakland) is the President of 800-SOFTWARE, a multi-million dollar business located in Richmond.

Tom Torlakson (Antioch High School) is a Supervisor for Contra Costa County and also a very good runner in the 40+ age group.

Bill Taylor (Drake High School, San Anselmo) is a financial consultant for the Royal Alliance. He gets up early for the stock market in New York, but he devotes his afternoons to coaching. He was a track star for USC and the U.S. Marine Corps in the mid-50's.

Dolly Ackerman (Antioch High School) delivers cookies and snacks in Martinez for the Charles Chips Company. She has a flexible work schedule that allows her to coach.

Charles Venables (Skyline High School, Oakland) is a Berkeley fireman.

Kevin Cubillas (Pittsburg High School) is an accountant for Varian in Walnut Creek.

John Renteria (Liberty High School, Brentwood) is a Deputy Sheriff.

I would like to thank these coaches

for taking time out of their busy schedules to help coach our high school athletes.

## ■ COACHES, DO YOU HAVE AN INTERESTING OCCUPATION?

Let me know your occupation, the company you work for, and what sort of work you do.

Please write Keith Conning at 2235 Browning Street, Berkeley, CA 94702 or fax me at (510) 849-3342.

## ■ NORTHERN CALIFORNIA HIGH SCHOOL CROSS COUNTRY RESULTS WANTED

Please send, fax, or e-mail Northern California high school cross country results. Keith Conning, 2235 Browning Street, Berkeley, CA. 94702-1823. FAX: (510) 849-3342. e-mail: Conning@aol.com

## ■ CONTRIBUTORS TO THIS ISSUE

I would like to thank the following people who have contributed results or stories for this issue: Peter Brewer (Castro Valley High School), Dave Dodson (Sanger High School), Scott Fairley (West Valley High School, Cottonwood), Andy Leong (Lowell High School, San Francisco), Steve Nesheim (College Park High School, Pleasant Hill), Chuck Sheley (Chico Junior High School), and Bill Taylor (Drake High School, San Anselmo).

## ■ CROSS COUNTRY REVIEW

Compiled by Peter Brewer  
Head Coach, Castro Valley High  
for the *Oakland Tribune*, October 5, 1994.

### Boys

Last week's rankings in parenthesis

**1. Livermore (1):** The Stanford Invitational reaffirmed the Cowboys as the top East Bay team. Micheil Jones and Steve Immel went 2-5 in the Division III race to place a close second to perennial state power Nordhoff.

**2. De La Salle (2):** The Spartans had a great day at Stanford with sophomore Tommy Prindiville recording the win in the Division II race, and the team grabbing third place overall.

**3. Amador Valley (3):** Also a good day at Stanford, placing 6th in the tough Division III race and making a case for a state ranking.

**4. Mission San Jose (4):** A close pack of runners goes a long way, and the Warriors used theirs to earn 7th place at Stanford.

**5. Clayton Valley (6):** Sixth at Stanford in the Division III race, the Eagle boys are no longer a secret in the East Bay.

**6. Bishop O'Dowd (5):** Alex Teekell led the Dragons to 9th place in the Stanford Division III race.

**7. Castro Valley (8):** A healthy squad propelled the Trojans to a 4th-place finish in large schools at Half Moon Bay behind Sacramento's Del Campo and Nevada powers Reed and Douglas.

**8. James Logan (7):** Ishma Ashmatey is the leader as the Colts continue to impress.

*continued next page...*

# PREP NOTES

**9. Manteca (NR):** The Sac-Joaquin Section power went to Half Moon Bay and was impressive in a 6th-place finish in the large-school division.

**10. Skyline (9):** The current round of the flu kept the Titans from full strength at Half Moon Bay, but when healthy they are impressive.

Runners to watch: Gusty Maat of Alhambra continues his front-running habits after a 6th-place finish at Half Moon Bay in small schools. Ryan Gallagher of Campolindo is steamrolling through the Foothill Athletic League.

## Girls

**1. Clayton Valley (1):** Its win at Stanford in Division III was the lowest team score of the day. In the state's second-toughest invitational (Mt. SAC is the first), the Eagles came up with a great effort.

**2. Carondelet (2):** The Cougars placed a strong ninth at Stanford in the tough Division I race. Sophomore Kristen Gordon took third.

**3. Mission San Jose (3):** Riding the front-running of the Reidy twins (2-3 finish) the Warriors snagged 5th in Division II at Stanford.

**4. Miramonte (5):** Superb team depth carried the Matadors to a 4th-place finish in the Division III race (they are a Division IV team).

**5. Northgate (4):** Emily Lambert leads a very good Broncos team. She took 3rd at Stanford in Division III, and the team was 5th.

**6. Castro Valley (8):** A complete squad helped the Trojans to second at Half Moon Bay, behind only defending Nevada state champ Reed. Sophomore Jennifer Ewing led the squad with a 4th place individually.

**7. Acalanes (NR):** The Dons attracted immediate notice with a team win in the small schools division at Half Moon Bay. Jessica Rhodes led their victory with a second-place finish.

**8. Tracy (NR):** The Bulldogs came to the beach at Half Moon Bay and came away with a 7th place in large schools.

**9. Bishop O'Dowd (9):** The Dragons always command respect with Nicky Saleta up front. They turned back the ACCAL challenges of Piedmont and Alameda easily in dual meet action.

**10. Skyline (6):** Tremendous front-running by the duo of Julio Franco and Aster Tesfai, but injuries thin them out quickly. When healthy, a very competitive Division I team.

Runners to watch: San Leandro's Rachel Mosher took 4th in Division IV at Stanford. Lisa Gillis of Moreau won the Half Moon Bay Frosh-Soph race in a run-away fashion.

*(Prep Editor: This review appears in the five newspapers of the Alameda Newspaper Group: The Oakland Tribune, Alameda Times Star, Hayward Daily Review, Fremont Argus, and the Tri-Valley Herald.*

*It has become so popular that the Contra Costa Times has been forced to do their own rankings in order to compete. The two chains go head-to-head in some areas like the San Ramon, Amador and Livermore valleys.*

*Peter would be happy to provide his rankings for both chains, but since he started first with the Alameda Group, the Contra Costa Times wants to do its own.*

*If there are any other rankings out there for Northern California, would you kindly send them to Keith Conning.)*

## Central Coast Section Rankings

October 5, 1994

Poll is by a panel of coaches.

### Boys Teams

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

### Boys Individuals

1. Jason Balkman (Lynbrook)

2. Brad Hansen (St. Ignatius)
3. Tom Becker (Bellarmine)
4. Tomas Garcia (Watsonville)
5. Dave McDonough (Cupertino)



EMILY ALLISON

Photo by Bill Cockerham

### Girls Teams

1. St. Ignatius
2. Aptos
3. Leland
4. Mitty
5. Santa Teresa
6. St. Francis
7. Presentation
8. Silver Creek
9. Saratoga
10. Half Moon Bay

### Girls Individuals

1. Emily Allison (Leland)
2. Deborah Bleisch (Silver Creek)
3. Laura Sandoval (St. Ignatius)
4. Maria Pleyte (Hollister)
5. Claire Ryan (Mitty)

# PREP NOTES

## PREP RESULTS

### NORTHERN CALIFORNIA

From  
KEITH CONNING

#### Yreka Taco Bell Invitational

Greenhorn Park  
September 10, 1994

##### Girls Teams

1. Ashland 1, 2. South Medford 82, 3. Central Valley 99, 4. Henley 107, 5. Roseburg 119, 6. West Valley 137, 7. Pleasant Valley 164, 8. Grants Pass 189, 9. Klamath Union 208, 10. Crater 210, 11. Yreka 237, 12. Mazama 329.

##### Girls Individuals (84 finishers)

1. Sarah Brandy (Ashland) 15:26, 2. Heather Miller (Henley) 15:34, 3. Melissa Waggener (South Medford) 15:42, 4. Kilee Smith (Ashland) 15:48, 5. Jenny Spoon (West Valley) 15:53, 6. Marisa Quinn (Ashland) 15:55, 7. Amy Hallbauer (Pleasant Valley) 15:59, 8. Emily Free (Roseburg) 16:05, 9. Cyndi Wallace (South Medford) 16:05, 10. Christina Peacock (Central Valley) 16:06, 11. Krista Carlson (Grants Pass) 16:06, 12. G. Blanchard (Yreka) 16:13, 13. Kristen Koppes (Foothill) 16:16, 14. Julia Lingren (Klamath Union) 16:39, 15. Heffner (West Valley) 17:01, 16. M. Wisdom (Roseburg) 17:04, 17. K. Rentro (Henley) 17:07, 18. L. Naverson (South Medford) 17:08, 19. S. Lockwood (Roseburg) 17:09, 20. K. Hunn (Central Valley) 17:11.

##### Boys Teams

1. Grants Pass 65, 2. Roseburg 74, 3. South Medford 119, 4. Yreka 125, 5. Ashland 129, 6. Pleasant Valley 143, 7. Corning 177, 8. Klamath Union 177, 9. Mazama 226, 10. Crater 236, 11. Central Valley 273, 12. West Valley 279, 13. Shasta 364, 4. Red Bluff 388.

##### Boys Individuals (105 finishers)

1. Gabe Szody (Foothill) 16:06, 2. Aaron Gillen (Yreka) 16:183, Chris Lyke (Grants Pass) 16:42, 4. Joel

- Johnson (South Medford) 16:44, 5. Jeremiah Moody (Pleasant Valley) 16:466, Jamahl Ryan (Ashland) 16:59, 7. Jay Williams (Klamath Union) 17:31, 8. Johnny Swagerty (Roseburg) 17:32, 9. Aaron Sewall (Roseburg) 17:37, 10. Ted Adkins (Mazama) 17:40, 11. Randy Evans (Grants Pass) 17:41, 12. Gil Jeronimo (Grants Pass) 17:41, 13. Damon Shields (Yreka) 17:43, 14. Brian Oilar (Roseburg) 17:45, 15. Christian Berkey (South Medford) 17:48, 16. Ronnie Farrar (Corning) 17:51, 17. Ryan Russell (South Medford) 17:51, 18. Andy Harrington (Grants Pass) 17:52, 19. David Frankel (HV) 17:53, 20. Daniel Moller (Corning) 17:54, 21. Gregg Neitsch (Yreka) 18:03.

#### Monte Vista Invitational

Oak Hill Park, Danville  
September 16, 1994

##### Boys Teams

1. Livermore 52, 2. Bellarmine (San Jose) 62, 3. De La Salle (Concord) 64, 4. Leland (San Jose) 157, 5. Granada (Livermore) 160, 6. St. Ignatius (San Francisco) 170, 7. James Logan (Union City) 175, 8. Castro Valley 180, 9. Monte Vista (Danville) 248, 10. University (San Francisco) 250, 11. San Ramon Valley (Danville) 292, 12. Alameda 334, 13. Antioch 347, 14. Dublin 380, 15. Armijo (Fairfield) 413.

##### Boys Individuals

1. Micheil Jones (Livermore) 10:29, 2. Brad Hansen (St. Ignatius) 10:32, 3. Alex Teekell (Bishop O'Dowd) 10:34, 4. Steve Immell (Livermore) 10:35, 5. Tom Becker (Bellarmine) 10:36, 6. Tom Prindiville (De La Salle) 10:41, 7. Randy Maestretti (De La Salle) 10:43, 8. Martin Beggs (Monte Vista) 11:06, 9. Justin Buerosko (Stagg, Stockton) 11:08, 10. Shane Dulaney (Castro Valley) 11:09, 11. Brian Murphy (Leland) 11:10, 12. Aheti (James Logan) 11:13, 13. Arnold Song (Bellarmine) 11:13, 14. Heinar Urrutia (Granada) 11:15, 15. Greg Hintz (De La Salle) 11:17, 16. Joseph Smith (Livermore) 11:19, 17. Dan Brecht (Petaluma) 11:19, 18. Adrian Eimerl (Livermore) 11:20, 19. Marty Kinsey (Granada) 11:22, 20. Carter (James Logan) 11:24, 21. Alex Sanchez (De La Salle) 11:25, 22. Christopher Nebo (Livermore) 11:26, 23. Mike Banulescu (Bellarmine) 11:27, 24. Ishma Ashmatey (James Logan) 11:29, 25. Chris Coffee (De La Salle) 11:29.

##### Girls Teams

1. St. Ignatius (San Francisco) 56, 2. Archbishop Mitty (San Jose) 83, 3. Granada (Livermore) 116, 4. Castro Valley 125, 5. Bishop O'Dowd (Oakland) 128, 6. Monte Vista (Danville)

- 136, 7. Livermore 142, 8. Alameda 182, 9. Armijo (Fairfield) 231.

##### Girls Individuals

1. Emily Allison (Leland) 12:45, 2. Tina Bowen (San Ramon Valley) 12:49, 3. Claire Ryan (Mitty) 13:06, 4. Jennifer Ewing (Castro Valley) 13:16, 5. Sally Cheda (Petaluma) 13:17, 6. Marisa Daniel (Granada) 13:20, 7. Martina Ze (Livermore) 13:53, 8. Laura Sandoval (St. Ignatius) 13:57, 9. Nicky Saleta (Bishop O'Dowd) 14:03, 10. Serena Dellaplace (Mitty) 14:09, 11. Marielle Schluete (St. Ignatius) 14:09, 12. Senhit Dirar (James Logan) 14:13, 13. Kelly Hillman (Monte Vista) 14:17, 14. Jessica Morrow (Granada) 14:25, 15. Shana Driscoll (St. Ignatius) 14:26, 16. Danielle Decker (St. Ignatius) 14:28, 17. Megan Scott (Leland) 14:29, 18. Rosa Terrazas (Bishop O'Dowd) 14:31, 19. Eileen Grove (St. Ignatius) 14:41, 20. Jenny Shargel (Alameda) 14:45, 21. Val Lim (Castro Valley) 14:48, 22. Kristine Sawicki (Monte Vista) 14:52, 23. Amanda Tomei (University) 14:56, 24. Sara Silva (Mitty) 15:00, 25. Kathy Sheldon (Leland) 15:01.

#### 16th Annual Sanger Invitational

Avocado Lake  
September 16, 1994  
from Dave Dodson  
(Sanger HS)

##### Boys Large Teams

1. Clovis 77, 2. Reedley 90, 3. Buchanan 138, 4. Clovis West 186, 5. Lemoore 229, 6. Edison 244, 7. Mt. Whitney 316.

##### Boys Small Teams

1. McFarland 32, 2. Yosemite 161, 3. San Joaquin Memorial 226, 4. Exeter 242, 5. Mendota 259, 6. Firebaugh 260, 7. Sierra 326, 8. Tranquillity 358.

##### Boys Individuals (130 finishers)

1. Galvin Gonzales (McFarland) 15:22, 2. K. Rhgan (Sierra) 15:46, 3. Gabriel Diaz (McFarland) 16:05, 4. Steve Barrus (Clovis) 16:06, 5. Arthur Negrete (Clovis) 16:09, 6. Gerardo Soto (McFarland) 16:12, 7. Jose Godinez (Reedley) 16:13, 8. Matt Woodley (Lemoore) 16:18, 9. Joel Lopez (McFarland) 16:23, 10. S. Osario (Reedley) 16:25, 11. J. Lopez (Roosevelt) 16:25, 12. A. Lovejoy (Buchanan) 16:30, 13. R. Gonzalez (Buchanan) 16:33, 14. R. Cavazos (McFarland) 16:33, 15. J. Padilla (Reedley) 16:33, 16. T. Padilla (Yosemite) 16:35, 17. J. Osborne (Clovis West) 16:39, 18. S. Alves (Clovis) 16:40, 19. L. Bianchi (Edison) 16:44, 20. P. Vasquez (Firebaugh) 16:45, 21. R. Arias (Mendota) 16:51, 22. I. Peterson (Yosemite) 16:54, 23. J. Galvan (McFarland)

- 16:55, 24. S. Moreno (Fowler) 16:56, 25. A. Vargas (Reedley) 17:04.

##### Junior Boys

1. Jeremy Tukilis (Clovis West) 16:38

##### Soph Boys (Course Record: 10:33)

1. M. Duma (Mt. Whitney) 10:32.

##### Girls Large Teams

1. Reedley 47, 2. Clovis West 84, 3. Clovis 134, 4. Buchanan 147, 5. Lemoore 155, 6. Sanger 208, 7. Mt. Whitney 226, 8. Edison 245.

##### Girls Small Teams

1. Yosemite 132, 2. McFarland 139, 3. Exeter 238, 4. San Joaquin Memorial 242, 5. Sierra 330.

##### Girls Individuals (119 finishers)

1. Angela Ruiz (Reedley) 18:41, 2. Marci Lawson (Clovis West) 18:55, 3. Sheelky Syvertsen (Buchanan) 19:35, 4. H. Ryan (Buchanan) 19:44, 5. Jaynee Daniel (Clovis West) 19:47, 6. Annabel Ortiz (Reedley) 19:52, 7. Karen Padilla (Yosemite) 20:04, 8. Gelina Hall (Reedley) 20:07, 9. Cristina Sanchez (McFarland) 20:14, 10. Irene Wright (Reedley) 20:25, 11. T. Nesmith (Mt. Whitney) 20:33, 12. T. Peterson (Yosemite) 20:34, 13.



**GALVAN GONZALEZ**

Photo by Bill Cockerham

- A. Pinasco (San Joaquin Memorial) 20:38, 14. A. Cordova (Clovis West) 20:43, 15. K. Pilger (Clovis) 20:49, 16. J. Abalos (Lemoore) 20:56, 17. S. De La Cruz (Roosevelt) 21:02, 18. B. O'Clare (Clovis West) 21:08, 19. S. Syhalata (Edison) 21:09, 20. K. Taylor (Lemoore) 21:18, 21. T. Gonzalez (McFarland) 21:25, 22. C. Diezi (Sanger) 21:2823, A. White (Hoover) 21:3024, B. Trevino (Reedley) 21:33, 25. J.K. Gonzales (Exeter) 21:36.

# PREP NOTES

## Fresh-Soph Girls (Course Record: 12:58)

1. Emil Lawson (Clovis West) 11:58,
2. Corrine Atkins (Buchanan) 12:45.

## Ed Sias Invitational

**Martinez**  
**September 17, 1994**  
**from Steve Nesheim**  
**(College Park)**  
**Boys Teams**

1. Amador Valley 42, 2. St. Mary's 136, 3. Wood 137, 4. Alhambra 152, 5. Miramonte 153, 6. Campolindo 155, 7. Casa Grande 184, 8. College Park 203, 9. Acalanes 213, 10. Northgate 230, 11. Piedmont 242, 12. Rio Americano 264, 13. San Ramon 269, 14. Fairfield 342.

### Boys Individuals (117 finishers)

1. Ryan Gallagher (Campolindo) 10:29, 2. Gusti Maat (Alhambra) 10:46, 3. Dave Rhodes (Piedmont) 10:47, 4. Mat Hunnicutt (Amador) 10:52, 5. Adrian Gutierrez (Mt. Diablo) 10:55, 6. Jonevan Hornsby (St. Mary's) 10:57, 7. Dean Treviatt (Amador) 11:05, 8. Cisco Schaff (St. Mary's) 11:06, 9. Kvalvik (Northgate) 11:11, 10. Mike Scott (Amador) 11:13, 11. Larry Fischer (Alhambra) 11:15, 12. Ryan Freeman (Amador) 11:15, 13. Adam Henderson (Vacaville) 11:20, 14. Donny Brown (Amador) 11:22, 15. Luke Szymanski (San Lorenzo) 11:23, 16. Ryan Henderson (Wood) 11:24, 17. Rocky Adams (Fairfield) 11:25, 18. Brian Henstorf (Amador) 11:27, 19. Elis Gere (Wood) 11:28, 20. Rob Podwany (Miramonte) 11:30, 21. Ryan Grow (College Park) 11:30, 22. Rick Riley (Alhambra) 11:31, 23. Mark Fritz (San Ramon) 11:31, 24. Brett Carpenter (Miramonte) 11:32, 25. Joe Janakes (Casa Grande) 11:32.

### Boys Fresh Soph

1. Josh Adams (Fairfield) 11:15.

### Girls Teams

1. Northgate 62, 2. Rio Americano 82, 3. Miramonte 89, 4. Will C. Wood 116, 5. College Park 165, 6. Acalanes 183, 7. St. Francis 200, 8. Vacaville 232, 9. Amador Valley 257, 10. Piedmont 269, 11. Campolindo 270, 12. Castro Valley 298, 13. Las Lomas 312, 14. Ygnacio Valley 323, 15. Concord 340, 16. Casa Grande 409.

### Girls Individuals (103 finishers)

1. Tina Bowen (San Ramon) 12:13 (ties meet record by Nika Horn (Santa Rosa) 1990), 2. Lambert (Northgate) 12:28, 3. Amber Robinson (Las Lomas) 12:45, 4. Kristen Schrieber (Miramonte) 12:55, 5. Liz Cobb (St. Francis) 13:02, 6. Tenika Neil (Wood) 13:26, 7. Shannon Nohr (Miramonte) 13:36, 8. Monica Van Wegen (Amador Valley) 13:32, 9. Marisa Taylor (Rio Americano) 13:45, 10. Sharon Harris

- (Vacaville) 13:46, 11. Kow (Northgate) 13:52, 12. Susana Ochoa (Fairfield) 13:58, 13. Eve Phillips (Miramonte) 14:00, 14. Cathro (Northgate) 14:00, 15. Wolf (Northgate) 14:01, 16. Megan Farrell (Rio Americano) 14:01, 17. Michelle Martin (Acalanes) 14:04, 18. Alexis Oakland (Rio Americano) 14:05, 19. Amy Siegal (Amador Valley) 14:07, 20. Melanie Melara (College Park) 14:09.

### Coaches Race

1. David Goodrich (San Lorenzo) Open 10:22, 2. Brian McGuire (Alhambra) 36 10:36, 3. Dave Flynn (Alhambra) 20 10:54, 4. Ed Esponda (Casa Grande) Open 10:58, 5. Jeff Verhoer (Mt. Diablo) 29 11:07, 6. Kevin Cubillas (Pittsburg) 30 11:26, 7. Darrin Nelitz (Acalanes) 29 11:31, 8. Devin Young 21 11:43, 9. Karl Wurzoack (Fairfield) Open 11:53, 10. Jon Hagen (San Ramon Valley) 18 12:09, 11. Paul Swenson (San Ramon Valley) 36 12:12, 12. Peat Sutherland (Northgate) 31 12:20, 13. Jennifer Cubillas (Pittsburg) 25 12:30, 14. Larsen (Wood) 40 12:58, 15. Hyrum Ernststrom (Alhambra) 18 14:07, 16. Jim Bruce (Ygnacio Valley) 47 14:21, 17. Ken Copa (College Park) 47 14:29, 18. John Renteria (Liberty) 35 14:30, 19. Pete Blades (St. Francis) 51 14:47, 20. Manny Myers (Acalanes) 42 14:51, 21. Crespo (Las Lomas) 27 14:57, 22. Stan Oberg (Acalanes) 50 15:08, 23. Kim Locket (Las Lomas) 29 15:32, 24. Cliff Hatch (San Ramon Valley) Open 15:44, 25. Gus Pacheco (Ygnacio Valley) 58 15:48, 26. Patty Hung (Miramonte) Open 15:52, 27. Lai (Wood) pen 17:53, 28. Mark Wiedel (Vacaville) Open 17:54.

## Lowell Invitational

**Lindley Meadow, Golden Gate  
Park, San Francisco**  
**September 17, 1994**  
**from Andy Leong (Lowell)**  
**Boys Teams**

1. Half Moon Bay 97, 2. Irvington 102, 3. Overfelt 107, 4. Lowell 124, 5. Cupertino 168, 6. Fremont 169, 7. Sacred Heart Cathedral 184, 8. Westmoor 248, 9. Redwood Christian 259.

### Boys Individuals (68 finishers)

1. Dave McDonough (Cupertino) 14:36, 2. Jeorme Morton (McAteer) 14:57, 3. Jesse Robinette (El Camino) 14:58, 4. Justin Stern (Half Moon Bay) 14:59, 5. Bolota Asmerom (McAteer) 15:05, 6. Ricardo Dominguez (Overfelt) 15:29, 7. Brian Neesham (Irvington) 15:37, 8. Tim Hess (Irvington) 15:41, 9. Yonathan Asmeron (McAteer) 15:46, 10. Jerry Lee (Lowell) 15:55, 11. Graef Norton (Lowell) 16:11, 12. San Schecter (Half

- Moon Bay) 16:20, 13. Alvin Yu (Sacred Heart Cathedral) 16:25, 14. John Frey (Redwood Christian) 16:26, 15. Phil Jonas (Lick-Wilmerding) 16:27.

### Girls Teams

1. Sacred Heart Cathedral 70, 2. Half Moon Bay 85, 3. Lick Wilmerding 138, 4. Irvington 142, 5. Redwood Christian 203, 6. Mercy 233.

### Girls Individuals (53 finishers)

1. Tina Kefalas (Sacred Heart Cathedral) 18:05, 2. Susan Chou (Lowell) 18:52, 3. Shauna O'Leary (Half Moon Bay) 19:10, 4. Denise Rummelhart (Terra Nova) 19:17, 5. Valerie Moorhead (Lowell) 19:28, 6. Melinda Huang (Lowell) 19:29, 7. Courtney Svrdlin (Yerba Buena) 19:30, 8. Michelle Rummelhart (Terra Nova) 20:02, 9. Kim O'Brien (Half Moon Bay) 20:18, 10. Remedios Gomez (Westmoor) 20:24, 11. Alyse Christensen (McAteer) 20:29, 12. Laurie Rummelhart (Terra Nova) 20:33, 13. Jenny Major (Sacred Heart Cathedral) 20:42, 14. Laura Hess (Irvington) 20:51, 15. Celina Lee (Lick-Wilmerding) 20:58.

## West Valley Coed Invitational

**Cottonwood (Northern  
Section)**  
**September 17, 1994**  
**from S. Fairley (West Valley)**  
**Distance: 3.0 miles**

**Combined Coed Team Time**  
**(Top 3 Varsity Boys/  
top 3 Varsity Girls)**

1. Lassen 118:34, 2. West Valley 123:11, 3. Central Valley 126:05, 4. Foothill 128:07, 5. Chico 128:49, 6. Pleasant Valley 129:46, 7. Shasta 125:43.

### Boys Individuals (67 finishers)

1. Gabe Szody (Foothill) 16:12, 2. Niall Lewis (Lassen) 17:23, 3. Sherman Moore (Lassen) 17:33, 4. Miles Neissey (Pleasant Valley) 17:52, 5. Saul Alvarado (Corning) 17:55, 6. Isaac Harris (Lassen) 17:58, 7. Ronnie Farrar (Corning) 18:03, 8. Ricky Paniagua (West Valley) 18:12, 9. Simon Hase (Chico) 18:37, 10. Aaron Ford (Pleasant Valley) 18:53, 11. Keith Avant (Lassen) 18:56, 12. Ryan Hayes (Pleasant Valley) 18:59, 13. Mike Fender (Pleasant Valley) 19:07, 14. Yamaich Hernandez (Shasta) 19:10, 15. Kevin Yates (Central Valley) 19:11.

### Girls Individuals (33 finishers)

1. Christy Bill (Lassen) 19:23, 2. Kristen Koppes (Foothill) 20:13, 3. Christina Peacock (Central Valley) 20:38, 4. Jenny Spoon (West Valley) 20:56, 5. Sarabeth Schweitzer (Maxwell) 21:14, 6. Stacey Haffner (West Valley) 21:19, 7. Louann Vitellaro (Anderson) 21:30, 8. Carrie Irwin (Central Valley) 21:33, 9. Christy Wheeler (Shasta) 21:39, 10. Katie Crabb (Pleasant Valley) 22:20.

## Aggie Invitational

**Davis**

### Women Individuals

1. Julia Stamps (Unattached/Santa Rosa) 16:58, 2. Carrie Neugebauer (Stanislaus State) 17:29, 3. Suzy Jones (UC Davis) 17:32, 4. Cathy Christenson (Unattached) 17:44, 5. Jeanne Sapienza (Mizuno) 17:54.

## Ram Invitational

**Westmoor High, Daly City**  
**September 24, 1994**  
**from Ron DiMaggio (Westmoor)**  
**Boys Teams**

1. Bellarmine 51, 2. St. Francis 62, 3. St. Ignatius 125, 4. Bishop O'Dowd 157, 5. Serra 173, 6. Gunn 261, 7. Castro Valley 264, 8. Homestead 272, 9. Fremont 293, 10. Lynbrook 328, 11. Casa Grande 342, 12. Lowell 353, 13. Andrew Hill 413, 14. Wilcox 442, 15. Riordan 504, 16. Palo Alto 522.

### Boys Individuals (137 finishers)

1. Jason Balkman (Lynbrook) 12:16, 2. Brad Hansen (St. Ignatius) 12:23, 3. Tom Becker (Bellarmine) 12:27, 4. Alex Teekell (Bishop O'Dowd) 12:31, 5. Arnold Song (Bellarmine) 12:53, 6. Jesse Roninette (El Camino) 12:59, 7. Michael Cheung (St. Francis) 13:03, 8. Paul Wellman (St. Ignatius) 13:11, 9. John Boniface (St. Francis) 13:13, 10. Andrew Wulf (Bellarmine) 13:22, 11. Justin Stern (Half Moon Bay) 13:24, 12. Jeremy Riddle (Gunn) 13:26, 13. John Collin (St. Francis) 13:29, 14. Quinn Walker (St. Francis) 13:30, 15. Jerome Morton (McAteer) 13:30, 16. Kevin Prindiville (Bellarmine) 13:32, 17. Casey Immel (Bellarmine) 13:32, 18. Nathan Woodside (Serra) 13:34, 19. Bryan Stevens (St. Francis) 13:35, 20. Matt Talbott (St. Ignatius) 13:40, 21. Victor Sloan (St. Francis) 13:42, 22. J.P. Tchamoulian (Serra) 13:43, 23. Mike Bandlescu (Bellarmine) 13:43, 24. Brian Dorgan (Andrew Hill) 13:44, 25. Kevin Schumacher (Bishop O'Dowd) 13:45.

### Junior Varsity Individual

1. Sean Fallon (St. Francis) 13:37.

### Soph Individuals

1. Shane Dulaney (Castro Valley) 13:11, 2. Enrique Enriquez (San Leandro) 13:13, 3. Paul Choi (Lowell) 13:28.

### Girls Teams

1. St. Ignatius 30, 2. Lowell 58, 3. Castro Valley 134, 4. Half Moon Bay 169, 5. Gunn 189, 6. Wilcox 200, 7. Palo Alto 233, 8. Casa Grande 247.

### Girls Individuals (67 finishers)

1. Rachel Mosher (San Leandro) 15:15, 2. Laura Sandoval (St. Ignatius)

# PREP NOTES

tius) 15:27, 3. Oasii Lucero (Lowell) 15:33, 4. Marielle Schlueter (St. Ignatius) 16:03, 5. Susan Chou (Lowell) 16:11, 6. Shana Driscoll (St. Ignatius) 16:13, 7. Stephanie Libien (St. Ignatius) 16:32, 8. Denise Rummelhart (Terra Nova) 16:41, 9. Shauna O'Leary (Half Moon Bay) 16:45, 10. Michelle Rummelhart (Terra Nova) 16:55, 11. Eileen Grove (St. Ignatius) 16:56, 12. Danielle Dekker (St. Ignatius) 16:58, 13. Valerie Moorhead (Lowell) 17:00, 14. Katie Appenrodt (Mercy, Burlingame) 17:03, 15. Melinda Huang (Lowell) 17:10.

## Girls Frosh/Soph

1. Jennie Ewing (Castro Valley) 16:14, 2. Val Lim (Castro Valley) 16:48, 3. Marisa Larson (Bishop O'Dowd) 16:58.

## Chico Invitational

September 24, 1994

Distance: 3 miles boys,

1.85 miles girls

from Chuck Sheley (Chico Junior High) and S. Fairley (West Valley)

### Boys Teams

1. Lassen 36, 2. Arcata 67, 3. Pleasant Valley 91, 4. Corning 92, 5. Chico High 133, 6. West Valley 144, 7. Foothill 171, 8. Woodland 216, 9. McKinleyville 226, 10. Anderson 227

### Boys Individuals (92 finishers)

1. Gabe Szody (Foothill) 16:28, 2. Sherman Moore (Lassen) 17:21, 3. Jeremiah Moody (Pleasant Valley) 17:28, 4. Cody Clark Thompson (Arcata) 17:32, 5. Isaac Harris (Lassen) 17:38, 6. Niall Lewis (Lassen) 17:40, 7. Danny Brecht (Petaluma) 17:48, 8. Jesse Chan (Arcata) 17:49, 9. Paul Smith (Lassen) 17:59, 10. Dan Moeller (Corning) 18:07, 11. Ricky Paniagua (West Valley) 18:16, 12. Ronnie Farrar (Corning) 18:22, 13. Saul Alvarado (Corning) 18:23, 14. Andy Jones (Arcata) 18:25, 15. Miles Neisser (Pleasant Valley) 18:29, 16. Jason Weaver (Paradise) 18:30, 17. Keith Avant (Lassen) 18:31, 18. Simon Hase (Chico High) 18:38, 19. Pepe Martinez (Chico High) 18:42, 20. Chris West (Arcata) 18:43.

### Girls Teams

1. West Valley 48, 2. Lassen 63, 3. Pleasant Valley 65, 4. Chico High 83, 5. Arcata 104, 6. Anderson 116.

### Girls Individuals (60 finishers)

1. Christy Bill (Lassen) 10:58, 2. Sally Cedaz (Petaluma) 11:14, 3. Jenny Spoon (West Valley) 11:22, 4. Kristen Koppes (Foothill) 11:26, 5. Louann Vitellaro (Anderson) 11:29, 6. Stacy Haffner (West Valley) 11:32, 7. Amy Hallbauer (Pleasant Valley) 11:58, 8. Katie Crabb (Pleasant Valley) 12:02, 9. Samantha Richards (Lassen) 12:21, 10. Alisa Reynolds

(Arcata) 12:23, 11. Kim Dean (Paradise) 12:25, 12. Shanna Durand (West Valley) 12:28, 13. Eiren McGuire (Pleasant Valley) 12:29, 14. Meesha Artzner (Chico High) 12:33, 15. Sarah Duclos (West Valley) 12:34.

### Junior Varsity Individuals

1. Ana Bingham (Corning) 12:26.

### Elementary Individuals

1. Erinn Gulbrandsen (Bidwell) 11:59, 2. Jennifer Freitas (Bidwell) 12:26.

## Stinson Beach Relays

September 26, 1994

from Bill Taylor (Drake, San Anselmo)

### Boys Teams

1. Drake 52:52, 2. Novato 52:56, 3. Terra Linda I 53:34, 4. Terra Linda II 53:42, 5. San Rafael 58:33, 6. Redwood 59:46, 7. Tamalpais 59:52.

### Boys Individuals

1. Espen Walker (Terra Linda) 10:00, 2. Josh Wilson (Terra Linda) 10:04, 3. Robin Pendoley (Terra Linda) 10:10, 4. Jason Cameron (Drake) 10:11, 5. Brendan O'Reilly (Novato) 10:12.

### Girls Teams

1. Drake 64:23, 2. Terra Linda 66:40, 3. Marin Catholic 70:04, 4. San Rafael 71:03, 5. San Marin 73:11, 6. Tamalpais 73:20, 7. Novato 75:27, 8. Drake II 75:34, 9. Redwood 75:45.

### Girls Individuals

1. Theresa Newman (Marin Catholic) 11:58, 2. Jen Ponig (Terra Linda) 12:07, 3. Tegan Zimmerman (San Rafael) 12:07, 4. Jenny LaPlante (Drake) 12:11, 5. Jenny McGee (Drake) 12:41.

## Merced Invitational

### Girls Teams

1. Clovis West 47, 2. Madera 58, 3. Turlock 127, 4. Fresno 132, 5. Lincoln 135, 6. Tokay 159, 7. Yosemite 166, 8. East Union 176, 9. Atwater 260, 10. Bear Creek 262, 11. Merced 290, 12. Franklin 318, 13. G. Davis 319.

### Girls Individuals (153 finishers)

1. Emily Lawson (Clovis West) 18:08, 2. Stephanie McCarty (Madera) 18:32, 3. Rosalinda Castaneda (Madera) 18:38, 4. Marci Lawson (Clovis West) 18:56, 5. Jayne Daniell (Clovis West) 19:17, 6. Caristre Castaneda (Tokay) 19:28, 7. Orene Hables (Atwater) 19:37, 8. Diana Astrada (Madera) 19:37, 9. Kamy Sornick (Lincoln) 19:42, 10. Megan Farria (Turlock) 19:49, 11. Mollie Thornburn (Turlock) 19:50, 12. Celena Delacruz (Rosevelt) 20:06, 13. Andrea Coronado (Madera) 20:07, 14. Skye Lino (Fresno) 20:07, 15. Karen Padilla (Yosemite) 20:15.



EMILI LAWSON (left) & STEPHANIE MCCARTY

Photo by Mike Lambert

16. Andrea Cordova (Clovis West) 20:26, 17. Connie Souza (East Union) 20:28, 18. Tammy Nietschke (Tokay) 20:30, 19. Tannia Welch (G. Davis) 20:31, 20. Alle Pierson (Turlock) 20:38.

## SOUTHERN CALIFORNIA

From DOUG SPECK

## Seaside Invitational

September 10. San Buenaventura State Beach (Ventura). 3 mile course on cement trails and bike path.

Some of Southern California's better prep runners and teams showed up on the beach in Ventura for the usual "opening weekend" race under perfect 70-75 degree and breezy conditions. There was some real quality up front in the "by-grade"

paces.

Amy Skieresz (Agoura), 1992 Foot Locker National 4th place finisher marked a return to competitive running, after the spring track season of her junior year off, in fine style, racing an unpressed 17:21--the #4 time ever here. The Boys' 12th grade race featured some flyers, with 4:09.71 1600m runner Brett Strahan (Hart, Newhall), who later stated that he was working through this weekend, the winner at 14:30 (#4 ever behind Louie Quintana's 14:14 CR). With Thousand Oaks, the #2 ranked team nationally in the first *Harrier Magazine* poll this Fall, resting team leaders Jeff Fischer and Kevin Marsden with slight injuries, Lancer Keith O'Doherty stepped up, racing 14:35 for second, with Francisco Sandoval (Channel Islands, Oxnard) sprinting to take 9:03 3200m runner, Antonio Arce (Palmdale), 14:45-14:46 for third.

Thousand Oaks (#22 ranked nationally) had the fastest Girl's team time at 96:49 despite running without Kim Mortensen, a 10:53.65 3200m runner. Hart (Newhall) was the quickest Boys group at 77:29, in ahead of Palmdale, 18th ranked in the first National *Harrier Magazine* poll. Plugging in Thousand Oaks' Fischer, a 9:10.42 3200m runner and Marsden, 4:17.67 last spring for 1600m, with last year's times here would have given TO a team time of 75:41, close behind their

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**BRETT STRAHAN**

Photo by Bill Cockerham

75:37 here last year when they ended the season ranked #3 in the country (of course O'Doherty raced 15:27 last year and improved 50 seconds, so Fischer and Marsden would have undoubtedly put them far under the CR team time).

Thousand Oaks will travel to Texas on October 1st to do battle with the #1 ranked team nationally, Kingwood, Texas, a group fueled by the first trio ever to make the Foot Locker Nationals from the same school—Mark and Brent Hauser and Lewis Jones. TO was stung this Fall by the transfer out of two juniors who would have added depth to the Varsity squad.

## Results:

**Girls:** (CR 17:03 Maribella Aparicio (Fillmore) 1992)

**Fresh** - Danielle Day (Quartz Hill) 18:57, Yvonne Curtis (Little Rock) 19:36, **Soph** - Breanne Schwitzer (Saugus) 18:43, Monica Priele (Hart, Newhall) 18:43, Andrea Heipp (Highland, Palmdale) 18:56, Jessica Lepisto (Agoura) 19:09, Alyson McIntosh (Ventura) 19:13, Lisa Klinger (Hart, Newhall) 19:18 **Junior** - Tara Marsden (Thousand Oaks) 18:28, Patricia Gib-

by (Westlake, Westlake Village) 19:02, Shannon Earle (Highland, Palmdale) 19:12, Kellie Stigile (Canyon, CC) 19:16, Jamie Thomas (Saugus) 19:17, **Senior** - Amy Skieresz (Agoura) 17:21 (#4 time on course), Molly Lawrence (Righetti, Santa Maria) 18:20, Amy Van Atta (Buena, Ventura) 18:44, Mindy Hagstrom (Arroyo Grande) 18:52, Sabrina Caplis (Foothill, SA) 19:00, Bridget Roy (Thous Oaks) 19:05, Michelle Zayas (Crescenta Valley, La Crescenta) 19:22, Krissy Schranz (Hart, Newhall) 19:24, Vicky Greene (Agoura) 19:25, Maggie Dwire (Ventura) 19:32.

**Team Times:** Thousand Oaks 96:49, Agoura 96:53, Saugus 96:57, Hart (Newhall) 97:04, Canyon (CC) 98:53, Foothill (SA) 98:58, Arroyo Grande 99:57, Buena (Ventura) 100:02, Quartz Hill 100:16, **Boys:** (CR 14:14 Louie Quintana (Arroyo Grande) 1990)

**Fresh** - Ronnie Buchanan (Righetti, Santa Maria) 15:34, Mike Gamboa (Righetti, SM) 16:19, Ascray Cocina (San Diego) 16:49, **Soph** - Ron Wood (Newbury Park) 15:50, Jeff Stewart (Hart, Newhall) 15:54, Clark Schuyler (Saugus) 15:58, Efram Garcia (Fillmore) 16:11, Nate Olson (Channel Islands, Oxnard) 16:20 **Junior** - Mario Arce (Palmdale) 15:03, Todd Disney (Thous Oaks) 15:19, Josh Carolan (Thous Oaks) 15:34, Duarte (Hart, Newhall) 15:36, Matt Swarts (Newbury Park) 15:48 **Senior** - Brett Strahan (Hart, Newhall) 14:30 (#4 time ever on course), Keith O'Doherty (Thous Oaks) 14:35 (#6 time ever on course), Francisco Sandoval (Channel Islands, Oxnard) 14:45 (#9), Antonio Arce (Palmdale) 14:46 (#11), John Greene (Agoura) 14:58, Phil Gonzalez (Crescenta Valley, La Cresco) 15:12, Dezahd Shahram (Newport Harbor, Newport Beach) 15:23, Joel Givens (Hart, Newhall) 15:34, Roy Johnston (Palmdale) 15:36, Suarez (Fillmore) 15:44, Ryan Adams (Newport Harb, NB) 15:45

**Team Times:** Hart (Newhall) 77:29 (#4 TT in Meet history), Palmdale 78:03, Newport Harbor (Newport Beach) 79:16, Thousand Oaks 79:30, Channel Islands (Oxnard) 79:46, Crescenta Valley (La Crescenta) 80:53, Agoura 80:54, Dos Pueblos (Goleta) 81:35

## Morro Bay Invitational

**September 10. Morro Bay. 3.0 miles (slow course with beach sand).**

**Boys:** 1. J. Ramirez (Nordhoff, Ojai) 18:01, 2. W. Bernardo (Nordhoff, Oj) 18:23, 3. O. Vega (Nordhoff, Oj) 18:24, 4. D. Mitchell (Morro Bay)

18:53, 6. M. Kasahun (Fresno), 7. M. Moore (Nordhoff, Oj) 19:29. **Teams:** 1. Nordhoff (Ojai) 35, 2. Morro Bay 64, 3. Fresno 71, 4. Cabrillo (Lompoc) 106, 5. Paso Robles 139, 6. Atascadero 151,

**Girls:** 1. N. Young (Cabrillo, Lompoc) 24:02, 2. S. Elster (Morro Bay) 24:17, 3. M. Moore (Atascadero) 24:32, 4. S. Lino (Fresno) 25:27, 5. T. Gedney (Morro Bay) 25:29, 7. A. Reboul (Fresno) 25:36, 7. K. Michielson (Atascadero) 25:40. **Teams:** 1. Atascadero 23, 2. Fresno 40, 3. Paso Robles 79, 4. Bell-Jeff (Burbank) 98, 5. St. Bernard (Playa del Rey) 135.

## Bronco Invitational

**September 10. Cal Poly/Pomona.**

**Course 3 miles - grass, cement trails and roads.**

This early season gathering of a number of Southern Section Schools has an interesting format where there is one race for the Boys and one for the Girls. The scores are not separated by division which amounts for some pretty monstrous totals, but no one can come back complaining that they did not have someone to compete against in the race.

John Hake (Arroyo, El Monte), a 9:29 3200m runner last year as a sophomore, won the Boys' contest with the #4 time ever run here, at 15:56, after a fairly casual start (5:25 first mile in about 30th place). Katella (Anaheim), #3 ranked area-wide at Div II had the lowest overall point total at 90 on the Boys' side.

Senior Nancy Dollar (San Clemente), a 10:54.38 3200m runner last year as a junior in track, took the Girls' run at 18:56 over Temescal Canyon's soph Shelby Horgan (19:03) and last year's State Div III Champ in CC, Annie Ebner (St. Lucy's,

Glendora-19:05), 10:53.91 last year for 3200m in track. Recently opened Temescal Canyon (Elsinore), under Coach Larry Allen, continues to roll on the Girls' side, with the State Div IV runner-ups last Fall now at Div III and the overall winner here with 94 points. (Thanks to Richard Gonzalez for info)

## Results:

**Boys:** Div I - 1. Alta Loma 138, 2. Nogales (La Puente) 189, 3. Arroyo (El Monte) 194, 4. Upland 202, 5. Diamond Bar 247 Div II - 1. Katella (Anaheim) 90, 2. Villa Park 146, 3. Etiwanda 290, 4. Glendora 543. Div III - 1. El Modena (Orange) 130, 2. Brea Olinda (Brea) 367, 3. Bosco Tech (Rosemead) 449. Div IV - 1. Woodcrest Christian (Riverside) 654, 2. Cathedral (L.A.) 732.

**(Indiv)** 1. Hake (Arroyo, El Monte) 15:56, 2. Enriquez (Corona) 16:06, 3. Aguilar (La Puente) 16:08, 4. Slater (Alta Loma) 16:16, 5. Aceves (Villa Park) 16:17, 6. no card 16:18, 7. Miramontes (Katella, Anaheim) 16:21, 8. Sanchez (Nogales, LP) 16:21, 9. Amos (El Modena, Orange) 16:25, 10. Henning (Woodcrest Christian, Rivers) 16:29.

**Girls:** Div I - 1. Chino 145, 2. Alta Loma 167, 3. Corona 308, 4. Arroyo (El Mon) 358, 5. Millikan (Long Beach) 377. Div II - 1. Katella (Anaheim) 118, 2. Villa Park 210, 3. San Geronio (San Bernardino) 515. Div III - 1. Temescal Canyon (Elsinore) 94, 2. El Modena (Orange) 117, 3. St. Lucy's (Glendora) 210, 4. Brea-Olinda (Brea) 393. Div IV - 1. Woodcrest Christian (Rivers) 628.

**(Indiv)** 1. Dollar (San Clemente) 18:56, 2. Horgan (Temescal Canyon, Elsi) 19:03, 3. Ebner (St. Lucy's, Glendora) 19:05, 4. Vaicaro (Katella, Anaheim) 19:20, 5. Zhang (Rowland, Rowl Hts) 19:23, 6. Shaffer (Tem Canyon, Elsi) 19:42, Whitfield (El Modena, Or) 19:47, 8. Nunez (Chino) 19:51, 9. Grenberg (Poly, Riverside) 19:55, 10. Kellar (Poly, Rivers) 20:00.

## Colton Invitational

**September 10. Colton H.S. 3.0 mile campus course**

**Boys:** (Team Times) 1. Redlands 83:28, 2. Edison (Huntington Beach) 84:21, 3. St. John Bosco (Bellflower) 85:35. **Indiv:** 1. Roberts (Edison, HB) 16:02.

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## Laguna Hills Invitational

Sept. 10. Laguna Hills H.S.  
Course 3.0 miles - grass,  
weather, cement trails

Searing early season heat had paramedics shut the Laguna Hills Invitational with the three Boy's twelfth grade races yet to run. Previous to that, the latest of the running Garritson family--frosch Heather--had burned up the course with a 37 second frosh CR at 17:41 in her first prep race ever. Heather's time was the "fastest of the day" by over half a minute, with the latest Garritson age-group star having won five consecutive AAU Age-group Cross-Country titles. With Carrie Garritson off to the University of Alabama to join that fine program, it appears Heather will dominate the local headlines as her older sister did for four years.

Yucaipa High School showed real power in the three Boys' contests held, with soph Brent Edson posting a 16:12 in winning his race, equalling the time posted by Venook of Dana Hills in his junior race.

**Boys:** Div I - (Fr) 1. M. Martinez (Santa Ana Valley) 17:22. Team: El Toro. (So) 1. Estrada (SA Valley) 16:20, 2. Deane (Peninsula, Rolling Hills) 16:40, 3. Gutierrez (SA Valley) 16:46. (Jr) 1. Venook (Dana Hills) 16:12, 2. Ramirez (Chula Vista) 16:20, 3. Barragan (Wilson, Long Beach) 16:37. Team: 1. Fallbrook. (Sr) cancelled because of heat (Div II) (Fr) 1. Marciales (Tustin) 16:36, 2. Vonguenthner (Santa Margarita, Rancho SM) 16:43. (Team) 1. Santa Margarita. (So) 1. Edson (Yucaipa) 16:12, 2. Murray (Santa Margarita, RSM) 16:27, 3. Alford (Yuc) 16:31. Team: 1. Yucaipa (Jr) 1. Clendaniel (Yucaipa) 16:14, 2. Gavar (Tustin) 16:20, 3. Tait (Centennial, Corona) 16:25. (Sr) cancelled heat. (Div III) - (Fr) 1. Young



HEATHER GARRITSON

Photo by Doug Speck

(El Camino, Oceanside) 17:37. Team: 1. Corona del Mar. (So) 1. Beardslee (Corona del Mar, Newport Beach) 16:54. Team: 1. Corona del Mar (NB). (Jr) 1. Clarke (Coronado) 16:21, 2. Garritson (Buena Park) 16:34, 3. Osune (?) 16:34. (Sr) cancelled heat  
**Girls:** Div I - (Fr) 1. Bates (Los Alamitos) 19:29, 2. Moore (Woodbridge, Irvine) 20:08. Team: 1. El Toro. (So) 1. Leonard (Dana Hills) 19:45, 2. Mattson (Fallbrook) 19:52. Team: (Jr/Sr) 1. Estrada (Santa Ana Valley) 18:16, J. Rohde (Fallbrook) 18:16, 3. Pugmire (Esperanza, Anaheim) 18:45. Team: 1. Esperanza. Div II - (Fr) 1. Cuthbertson (Marina, Hunt Bch) 18:54, 2. Belen (Bishop Amat, La Puente) 19:38. Team: 1. Bishop Amat (La Puente). (So) 1. Aronson (Hemet) 19:02, 2. Nuanes (Santa Margarita, Rancho SM) 19:06. Team: 1. Aliso Niguel (Aliso Viejo). (Jr/Sr) 1. Brown (Yucaipa) 18:42, 2. Wright (Edison, Huntington Beach) 19:03, 3. Martinez (Bishop Amat, La Puente) 19:03. Team: 1. Edison. Div III - (Fr) 1. Garritson (Buena Park) 17:41 (Frosh Course Record old 18:18 Kay Nekota Woodbridge (Irvine), 2. Swarbery (Newport Harbor, Newp Bch) 19:47. Team: 1. Lutheran (Orange). (So) 1. Wilson (University, Irvine) 20:31. Team: 1. Corona del Mar (Newp Bch). (Jr/Sr) 1. Clark (Corona del Mar, NB) 18:39, 2. Schmidt (Scripps Ranch, SD) 19:33, 3. Cummins (?) 19:41.

## Las Vegas Invitational

September 10. University of Nevada at Las Vegas.

**Boys:** (Div ?) 1. Tony Trueba (Hunt-

ington Beach soph) 15:21...3. Fisher (HB) 15:38. **Team:** 1. Huntington Beach 73, 2. Bonanza (Las Vegas) 74, 3. Coachella Valley (Thermal) 78.

## Woodbridge Invitational

Saturday, September 17.

Woodbridge H.S. (Irvine).  
Weather - cool and cloudy in morning. (Div's I-II) - Div III-IV late afternoon.

The 14th Annual Woodbridge High School/Newport Irvine Rotary Cross Country Invitational came off again in super style on a day made for the sport. One hundred and forty schools brought four thousand athletes to the campus grass, trail, and sidewalk three mile course with the day split between a cloudy and cool Div I-II morning session and sunny, breezy late afternoon Div III-IV contests. A number of super individuals and squads graced the course, as they do each year in this annual "coming out" affair for many of Southern California's best.

Hottest action came in the Div II Girls Varsity run, with Amy Skieresz (Agoura), third in the Foot Locker Finals two years ago, restating her conditioning with a 17:22 "fastest of day" win after taking the spring track season off. The El Toro Girls team surprised with a 37 point team total and 95:09 (19:02 avg for five) team time that was also the fastest of the day. Irvine, defending State Div I champ, raced 95:24 (50 points) in taking Peninsula (Rolling Hills) (53-95:46) in the Div I Girls race. Irvine ran without one of its top athletes, Jessica Corbin,

nursing a slight injury, with Scandinavian foreign exchange student Anna Niemi giving the team a powerful fifth runner as the team's leader here at 18:33. Tan-ya Andrews, a State meet placer over 800 meters with a best of 2:13.89, took the Div I contest at 18:18. Heather Garritson (Buena Park), frosh sister of Carrie, raced 18:23 in winning a frosh/soph race after taking a sixty yard wrong turn at three-quarters of a mile.

Adalberto Sanchez (Capistrano Valley, Mission Viejo), a 9:13.48 3200m runner, had the day's quickest Boys time with his 15:00 Div I 12th grade win, with John Greene (Agoura) 15:06 in Div II. Traditional power Peninsula (Rolling Hills) had the day's quickest overall team time of 78:16.

## Results

### Div I

**Boys: Frosh:** 1. Caesar Marciales (Tustin) 16:01, 2. Irlandes Castanon (Santa Ana) 16:05, 3. Frank Montoya (Chino) 16:34. Team: 1. Santa Ana 61 (86:13). **Soph:** 1. Ryan Deane (Peninsula, Rolling Hills) 15:23, 2. Tony Trueba (Huntington Beach) 15:31, 3. Dan Gasdon (Huntington Beach) 15:54, 4. Jose Alvarado (Saddleback, Santa Ana) 16:00, 5. Raul Quinones (Santa Ana) 16:00, 6. Erion Tello (Rancho Bernardo, San Diego) 16:17. **Team:** 1. Saddleback (Santa Ana) 28 (83:03). **Junior:** 1. Jessie Barragan (Wilson, Long Beach) 15:30, 2. Eddie Venegas (Rowland, Rowl Hts) 15:31, 3. Matt Brown (Corona) 15:34, 4. Akhil Bharadwaj (Rowland, Rowl Hts) 15:36, 5. Wenceslad (Santa Ana) 15:36, 6. Omar Cordero (Saddleback, Santa Ana) 15:37, 7. Daniel Rivera (Santa Ana) 15:45, 8. Jesus Lopez (Santa Ana) 16:00, 9. Mario Arleaga (Nogales, La Puente) 16:02, 10. Ricardo Garcia (Redlands) 16:03, 11. Michael Gavar (Tustin) 16:14, 12. Hugh Keegan (Redlands) 16:18, 13. Raymond Herrera (Saddleback, Santa Ana) 16:24. **Teams:** 1. Santa Ana 72 (81:34), 2. Peninsula (Rolling Hills) 110 (84:30).

# PREP NOTES

**Seniors:** 1. Adalberto Sanchez (Capistrano Valley, Mission Viejo) 15:00, 2. Shahram Dezhad (Newport Harbor, Newport Bch) 15:12, 3. Ian Enriquez (Corona) 15:17, 4. Kenny Goodrich (Peninsula, RH) 15:18, 5. John Nehls (Upland) 15:23, 6. Katsuno Sano (Peninsula, RH) 15:24, 7. Jeff Meisner (Rancho Bernardo, San Diego) 15:26, 8. Tedros Berhane (Redlands) 15:30, 9. Jason Neese (Peninsula, RH) 15:46, 10. Ryan Short (Rancho Bernardo, SD) 15:47, 11. Fili Cortez (Downey) 15:50, 12. Steve Nelson (Upland) 15:50, 13. Travis Fisher (Huntington Beach) 15:51, 14. Ryan Adams (Newport Harbor, Newport Bch) 15:52, 15. Luis Zaragoza (Santa Ana) 15:53, 16. James Lindeman (Capistrano Valley, MV) 15:53, 17. James Sandoval (Saddleback, Santa Ana) 15:53, 18. Jamie Herra (Wilson, Long Beach) 15:58, 19. Matt Moore (Del Campo, Fair Oaks) 15:59, 20. Ryan Larson (Rancho Bernardo, SD) 16:00. **Teams:** 1. Peninsula (Rolling Hills) 76 (79:25), 2. Newport Harbor (Newport Beach) 80 (79:48), 3. Del Campo (Fair Oaks) 89 (80:33), 4. Upland 89 (80:09), 5. Rancho Bernardo (San Diego) 114 (81:08), 6. Saddleback (Santa Ana) 122 (81:19).

**Girls: Fresh/Soph:** 1. Summer Shaw (Huntington Beach) 20:04, 2. Jennifer Spahr (Huntington Beach) 20:07, 3. Christine Calvert (Peninsula, Rolling Hills) 20:30. **Team:** 1. Redlands 54 (105:46). **Junior Varsity (Div I-II)** 1. Jennifer Flores (Corona) 19:47, 2. Carolyn Phan (El Toro) 19:54, 3. Rebecca Burch (Irvine) 20:31. **Team:** Peninsula (Rolling Hills) 42 (105:04).

**Varsity:** 1. Tanya Andrews (Del Campo, Fair Oaks) 18:18, 2. Molly Mehlerberg (Peninsula, Rolling Hills) 18:21, 3. Anna Niemi (Irvine) 18:33, 4. Rhaina Echols (Glendale) 18:37, 5. Nancy Zhang (Rowland, Rowland Hts) 18:41, 6. Erin Livmore (Irvine) 18:44, 7. Jamille Claiborne (Peninsula, RH) 19:00, 8. Rachel Newhouse (Irvine) 19:01, 9. Gaby Martinez (Saddleback, Santa Ana) 19:11, 10. Jamie Swarberg (Newport Harbor, Newport Bch) 19:12, 11. Mary Blake (Peninsula, RH) 19:16, 12. Julia Ornelas (Chino) 19:18, 13. Tania Nunez (Chino) 19:18, 14. Jacqueline Guesno (Poly, Long Beach) 19:23, 15. Allison Reigle (Tustin) 19:24, 16. Stephanie Hancock (Rancho Bernardo, San Diego) 19:25, 17. Heather Backer (Irvine) 19:25, 18. Menchaca Lorsaless (Huntington Park) 19:31, 20. Sarah McCarty (Peninsula, RH) 19:35. **Teams:** 1. Irvine 50 (95:24), 2. Peninsula (Rolling Hills) 53 (95:46), 3. Chino 131 (99:37), 4. Poly (Long Beach) 136 (99:35), 5. Saddleback (Santa Ana) 152 (100:32), 6. Del Campo (Fair Oaks) 173 (101:06).

## Div II

**Boys: Fresh:** 1. Brandon Van Guent (Santa Margarita, Rancho SM) 16:22, 2. Brad Wright (Diamond Bar) 16:38. **Team:** 1. Rubidoux (Riverside) 101 (90:00). **Soph:** 1. David Lopez (Hoo-ver, Glendale) 15:14, 2. Michael Murray (Santa Margarita, Rancho SM) 15:55, 3. Luis Estrada (Santa Ana Valley) 16:08, 4. Mike Cisneros (Katella, Anaheim) 16:20, 5. Pete Peterson (Rubidoux, Riverside) 16:23. **Team:** 1. Pt. Loma (San Diego) 77 (85:38). **Junior:** Alfonso Ibarra (Arlington, Riverside) 15:22, 2. Edgar Benitez (Katella, Anaheim) 15:28, 3. Felipe Montoro (Hoo-ver, Glendale) 15:42, 4. Erick Miramontes (Katella, Anaheim) 15:48, 5. Juan Vanegas (Katella, Anaheim) 15:55, 6. Rich Chou (University, Irvine) 15:55, 7. Matt Wickersham (Mater Dei, Santa Ana) 15:58, 8. Miguel Lara (Century, Santa Ana) 16:00. **Teams:** 1. Katella (Anaheim) 37 (79:40), 2. Arlington (Riverside) 105 (82:08). **Senior:** 1. John Greene (Agoura) 15:06, 2. Gabriel Cisneros (Diamond Bar) 15:25, 3. Brian Mitzel (Mater Dei, Santa Ana) 15:27, 4. Daniel Gonzalez (Mater Dei, Santa Ana) 15:29, 5. Steve Wucetich (Los Alamitos) 15:29, 6. Pedro Lopez (Santa Ana Valley) 15:51, 7. Chris Werdenberg (Pt. Loma, San Diego) 15:53, 8. Jimmy Patino (Century, Santa Ana) 15:54, 9. Moises Guzman (Torrance) 15:56, 10. Vince Wallace (Etiwanda) 15:57, 11. Maulin Sarah (Diamond Bar) 15:57, 12. Andy Morgan (Mission Viejo) 15:59, 13. Chris Love (Mater Dei, Santa Ana) 15:59, 14. Bryne Duffy (Rubidoux, Riverside) 16:04, 15. Fernando Ayala (San Clemente) 16:05, 16. Clarke Graves (Pt. Loma, SD) 16:09, 17. Zack Schriber (Poly, Riverside) 16:10.

**Teams:** 1. San Clemente 69 (81:18), 2. Mater Dei (Santa Ana) 83 (82:03). **Girls: Fresh/Soph:** 1. Kim Bates (Los Alamitos) 18:23, 2. Misha Wilson (University, Irvine) 18:31, 3. Kara Walker (Diamond Bar) 19:00, 4. Trisia Tressler (Rubidoux, Riverside) 19:44, 5. Christa Talbot (El Toro) 19:56, 6. Martha Brito (Santa Ana Valley) 19:57. **Team:** 1. El Toro 57 (103:03). **Varsity:** 1. Amy Skiersz (Agoura) 17:22, 2. Eliaser Estrada (Santa Ana Valley) 18:03, 3. Nancy Dollar (San Clemente) 18:08, 4. Katie Nuanes (Santa Margarita, Rancho SM) 18:18, 5. Lisa Greenberg (Poly, Riverside) 18:25, 6. Jaime Vaicaro (Katella, Anaheim) 18:28, 7. Maribel Delgado (Santa Ana Valley) 18:28, 8. Briana Frigo (El Toro) 18:47, 9. Stacey Roberson (El Toro) 19:03, 10. Stefani Lefevre (El Toro) 19:04, 11. Anne Klaassen (Arlington, Riverside) 19:05, 12. Maile Kellar (Poly, Riverside) 19:06, 13. Inge Mikkelson (El Toro) 19:07, 14. Carol Burns (El Toro) 19:08, 15. Jimmy Griether (Santa Margarita, RSM) 19:13. **Teams:** 1. El Toro 37 (95:09), 2.

Santa Margarita (RSM) 97 (97:49), 3. Katella (Anaheim) 112 (98:57), 4. Mater Dei (Santa Ana) 132 (100:02), 5. Los Alamitos 156 (101:09), 6. Agoura 181 (100:53).

## Div III

**Boys: Fresh:** 1. Keven Kelly (Laguna Hills) 16:42. **Team:** 1. San Diego 44 (96:27). **Soph:** 1. Brent Edson (Yucaipa) 16:16, 2. Tim Alford (Yucaipa) 16:47. **Team:** 1. Yucaipa 54 (86:16). **Junior:** 1. Ross Venook (Woodbridge, Irvine) 15:37, 2. Danny Minx (Laguna Hills) 16:16, 3. Bernard Maltai (Whittier) 16:17, 4. Sean Clendaniel (Yucaipa) 16:17, 5. Jarod Garrtison (Buena Park) 16:19. **Team:** 1. San Diego 47 (84:19), 2. Yucaipa 76 (85:51). **Senior:** 1. Byron Hardie (Bishop Amat, La Puente) 15:13, 2. Chuck Gatchell (La Habra) 15:15, 3. James Liu (Temple

ney) 19:17, 12. Mandy Schwechel (Laguna Hills) 19:25, 13. Lisa Howard (St. Bernard, Playa del Rey) 19:27, 14. Melissa Keenan (Trabuco Hills, MV) 19:32, 15. Megan MacLeod (Trabuco Hills, MV) 19:48. **Teams:** 1. Yucaipa 56 (98:03), 2. Trabuco Hills (Mission Viejo) 68 (99:14), 3. Bishop Amat (La Puente) 71 (98:38), 4. St. Lucy's (Glendora) 139 (102:11), 5. Canyon (Anaheim) 146 (103:30). **(Fr/So)** 1. Heather Garrtison (Buena Park) 18:23, 2. Mary Moore (Woodbridge, Irvine) 19:25, 3. Shawnelle Cox (Escondido) 19:53, 4. Marina Rocha (Laguna Hills) 20:12. **Team:** 1. Laguna Hills 49 (106:19).

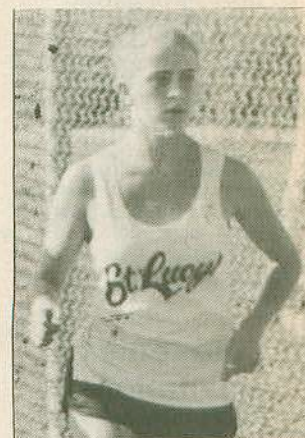
## Div IV

**Boys: Fresh:** 1. Dave Jackson (Rim of World, Lake Arrowhead) 16:40. **Teams:** 1. El Dorado (Placentia) 42



JOHN GREENE

Photo by Philip Erboday



ANNIE EBNER

Photo by Doug Speck

City) 15:17, 4. Charles Appell (Estancia, Costa Mesa) 15:26, 5. Steve Sherman (Woodbridge, Irvine) 15:38, 6. Mike Balderas (Garden Grove) 15:44, 7. Jason Kolb (La Habra) 15:51, 8. Hamed Aryafar (Yucaipa) 15:58, 9. Jonathan Holmes (Mission Bay) 16:02, 10. Ryan Miller (Laguna Hills) 16:03, 11. Cesar Gonzalez (Rialto) 16:04, 12. Fred Kanteena (Barstow) 16:06, 13. Sean Bottego (Mission Bay, San Diego) 16:12, 14. Bryan Mahon (La Habra) 16:14, 15. Gabriel Aguilar (Bishop Amat, La Puente) 16:15. **Teams:** 1. La Habra 58 (81:58), 2. Laguna Hills 67 (83:06), 3. Barstow 81 (84:28).

**Girls: Varsity:** 1. Annie Ebner (St. Lucy's, Glendora) 18:04, 2. Mindy Brown (Yucaipa) 18:27, 3. Kelly Peterson (Escondido) 18:31, 4. Malinalli Martinez (Bishop Amat, La Puente) 1 Shannon Kilian (Escondido) 19:04, 8. Serena Meyer (Yucaipa) 19:08, 9. Peggy Hall (Trabuco Hills, Mission Viejo) 19:08, 10. Lianne Stone (Warren, Dow-

(98:08). **Soph:** 1. Tyler Beardslee (Corona del Mar, Newport Beach) 16:25, 2. Gabriel Carbajal (Rancho Alamitos, Garden Grove) 16:37. **Team:** 1. Aliso Niguel 56 (98:55). **Junior:** 1. Zeke Noonan (Costa Mesa) 16:46, 2. Andrew Gwin (Corona del Mar, Newport Bch) 16:46. **Team:** 1. Ramona (SD Sect) 63 (95:46). **Senior:** 1. Ricardo Villalobos (Ramona, SD Section) 15:22, 2. John Caldon (Barstow) 15:35, 3. Brian Slingsby (Corona del Mar, Newport Bch) 15:39, 4. Brandon Pacheco (Brethren Christian, Cypress) 15:45, 5. Ross Damman (University of San Diego) 16:06, Mike Thatcher (La Canada) 16:13, 7. Kohai Tsujimoto (Corona del Mar, NB) 16:20. **Team:** 1. La Canada 42 (87:05).

**Girls: Varsity:** 1. Tracy Clark (Corona del Mar, Newport Beach) 18:24, 2. Sara Ellis (La Canada) 18:48, 3. Vanessa Hanley (University of San Diego) 18:53, 4. Sedina Banks (Rim

# PREP NOTES

of World, Lake Arrowhead) 19:03, 5. Alexis Rendina (West Hills, Santee) 19:16, 5. Brooke Meek (Corona del Mar, Newport Beach) 19:27, 7. Sara Janes (Our Lady of Peace, San Diego) 19:28, 8. Dresden Howell (Corona del Mar, Newport Beach) 19:34, 9. Mary Higgins (Chaminade, Canoga Park) 19:35, 10. Andrea Rosien (Aliso Niguel, Aliso Viejo) 19:40, 11. Sharon Mars (La Canada) 19:47, 12. Jaynee March (Ramona, SD Sect) 19:48, 13. Ashley Caro (Chaminade, CP) 19:53, 14. Christine Cummins (Corona del Mar, NB) 19:55, 15. Blair Escherich (Notre Dame, Sherman Oaks) 19:55. **Team:** 1. Corona del Mar (Newport Beach) 98:09, 2. West Hills (Santee) 80 (99:52), 3. Chaminade (Canoga Park) 120 (103:10), 4. Rim of World (Lake Arrowhead) 159 (104:48), 5. Our Lady of Peace (San Diego) 175 (106:11). **Fresh-Soph:** 1. Erin Shea (University of San Diego) 19:29, 2. Jenny Spiers (Aliso Niguel, Aliso Viejo) 19:49, 3. Sarah Connor (Aliso Niguel, AV) 19:59, 4. Teresa Greening (St. Anthony, Long Beach) 20:03, 5. Melissa Franz (Aliso Niguel, AV) 20:06. **Team:** 1. Aliso Niguel (Aliso Viejo) 28 (102:02), 2. University of San Diego 39 (103:42). **Junior Varsity (Div III-IV combined)** 1. Heidi Ellingson (Trabuco Hills, Mission Viejo) 20:51. **Team:** 1. Trabuco Hills (Miss Viejo) 34 (107:19).

## Rosemead Invitational

Saturday, September 17.  
Rosemead H.S.

3.0 miles - flat campus course  
(track, grass, cement side-walks).

**Boys:** 1. Kevin Kooper (St. Francis, La Canada) 15:24, 2. Andy Van Orden (St. Francis, LC) 15:25, 3. Rich Chisholm (San Marino) 15:34, 4. Omar Orendain (San Gabriel) 15:37, 5. Richard Aguilar (La Puente) 15:47, 6. Joe Kneafsey (Loyola, L.A.) 15:56, 7. Joe Garcia (Maranatha, Sierra Madre) 16:01, 8. Art Ramirez (Covina) 16:08, 9. Stephen Miller (Maranatha, Sierra Madre) 16:17, 10. Greg Williams (Rosemead) 16:18. **Team:** (overall team times top five) 1. St. Francis 80:19, 2. San Gabriel 82:51, 3. Loyola (L.A.) 84:24, 4. San Marino 84:27, 5. Arroyo (El Monte) Fr/So 84:37, 6. Maranatha (Sierra Madre) 85:32.

**Girls:** 1. Allison Twist (San Marino) 18:32, 2. Liz Robles (Baldwin Park) 18:41, 3. Gabriela Hernandez (West Covina) 19:21, 4. Yesenia Navarro (Arroyo, El Monte) 19:51, 5. Tracy Maxwell (Maranatha, SM) 20:04, 6. Emily McFarland (South Pasadena) 20:18, 7. Laura Heppson (South Hills, West Covina) 20:24, 8. Alma Raygoza

(Montebello) 20:25, 9. Michelle Curtis (Desert Christian, Lancaster) 20:29, 10. Rosario Lopez (El Rancho, Pico Rivera) 20:34. **Team times:** 1. San Marino 104:28, 2. Arroyo (El Monte) 105:54, 3. San Gabriel 106:12, 4. Desert Christian (Lancaster) 106:21, 5. Maranatha (Sierra Madre) 106:51, 6. South Hills (W. Covina) 107:55.

## Sunny Hills Invitational

Saturday, September 17.  
Ralph B. Clark Park

3.0 miles - cement roads  
and grass.

**Boys: (Sr-12th gr)** 1. Jeff McLarty (Ayala, Chino) 15:50, 2. Garrett Jensen (Sunny Hills, Fullerton) 16:13, 3. Hecturo Diaz (Lakewood), 4. C.C. Franck (Servite, Anaheim), 5. Brad Balaban (La Mirada) 16:37, 6. Brendan Kingsbury (Ayala, Chino) 16:56, 7. Leo Sanders (St. Paul (Whittier) 16:59. **Team:** 1. Anaheim 80. **(Jr-11th gr)** 1. Saul Gallegos (St. John Bosco, Bellflower) 16:32, 2. Ranen Bhattacharya (Sunny Hills, Full) 16:55. **Team:** 1. Ayala 53. **(So-10th gr)** 1. Josh Vincelet (La Mirada) 17:09. **Team:** 1. St. John Bosco 43. **(Fr-9th gr)** 1. Steve Smith (Ayala) 17:16. **Team:** 1. St. Paul (Whittier) 62. **Team Times (Overall)** 1. Ayala (Chino) 84:57, 2. Lakewood 86:13, 3. St. John Bosco (Bellflower) 87:04, 4. La Mirada 88:20, 5. Anaheim 89:30, 6. Sunny Hills (Fullerton) 89:32.

**Girls: (Jr/Sr 11th-12th Gr)** 1. Monica Falcon (St. Paul, Whittier) 20:30, 2. Kim Jackson (St. Joseph's, Lakewood) 20:34, 3. Kim McMillan (St. Paul, Wh) 20:43, 4. Sandy Harriger (St. Jos) 21:35, 5. Kirsty Lang (Ayala, C) 22:00, 6. Colleen Gunderson (Ayala, C) 22:03, 7. Monique Ortiz (Ayala, C) 22:08. **Team:** 1. Ayala 45. **(Fr/So-9th-10th Gr)** 1. Kareen Nilsson (Ayala) 20:24, 2. Amanda Kingsbury (Ayala) 20:45, 3. Elizabeth Mallors (St. Joseph's, L) 20:44. **Team:** 1. Ayala 24. **Team Times (Overall)** 1. Ayala (Chino) 107:20, 2. St. Joseph (Lakewood) 107:38, 3. Rosary (Anaheim) 114:49, 4. St. Paul (Whittier) 114:59, 5. Sunny Hills (Fullerton) 119:38, 6. La Mirada 121:26.

## Rotary West/Ojai Invitational

Saturday, September 17. Lake Casitas (Ojai)

3.0 miles roads and trails

**Boys:** 1. Javier Ramirez (Nordhoff, Ojai) 15:08 (Course Record), 2. Will Bernaldo (Nordhoff, Ojai) 15:56, 3. Dave Mitchell (Morro Bay) 16:08, 4. Omar Vega (Nordhoff, Oj) 16:17, 5.

Ross Wood (Newbury Park) 16:25, 6. Ryan Duston (St. Bonaventure, Ventura) 16:33, 7. Mike Locke (Dos Pueblos, Goleta) 16:35, 8. Sean Phillips (Dos Pueblos, Go) 16:36, 9. Mason Moore (Nordhoff, Oj) 16:37, 10. Trevor Strohman (Morro Bay) 16:38. **Team Times:** 1. Nordhoff 81:04, 2. Morro Bay 84:25, 3. Dos Pueblos (Goleta) 85:01, 4. Newbury Park 87:23, 5. Fillmore 88:16, 6. San Luis Obispo 88:42, 7. Moorpark 88:51, 9. Cabrillo (Lompoc) 89:27, 10. St. Bonaventure (Ventura) 90:59.

**Girls:** 1. Shalynn Fullove (Louisville, Woodland Hills) 19:42, 2. Naomi Young (Cabrillo, Lompoc) 20:02, 3. Siobhan Elster (Morro Bay) 20:25, 4. Zahara Wignot (Dos Pueblos, Goleta) 20:51, 6. Cristen Hamley (San Luis Obispo) 20:57, 6. Melinda Goad (Oak Park) 21:20, 7. Kelly Harrington (Louisville, WH) 21:25, 8. Terri Mathews (Newbury Park) 21:29, 9. Brandy Lara (Moorpark) 21:31, 10. Sami Conroy (La Reina, Thousand Oaks) 21:32. **Team:** 1. Moorpark 109:33, 2. San Luis Obispo 109:42, 3. Dos Pueblos (Goleta) 109:56, 4. Morro Bay 110:25, 5. Nordhoff (Ojai) 110:34, 6. La Reina (Thousand Oaks) 110:42, 7. Louisville (Woodland Hills) 113:27, 8. Newbury Park 114:42, 9. St. Bonaventure (Ventura) 117:27, 10. Thacher (Ojai) 117:55.

## Chaffey Invitational

**Boys: (Var)** 1. McLarty (Ayala, Chino) 15:03, 2. Nehls (Upland) 15:28, 3. Slater (Alta Loma) 15:56, 4. Larsen (AL) 15:57, 5. Cummings (Chaffey, Ontario) 16:01, 6. Goodman (AL) 16:03, 7. Smith (Ayala, Chino) 16:04, 8. Baughman (Upland) 16:05, 9. Siana (AL) 16:11, 10. Kingsbury (Ayala, C) 16:15. **Team:** 1. Alta Loma 33 (80:24), 2. Upland 66 (81:16), 3. Ayala 66 (80:49), 4. Etiwanda 106 (83:50). Fr/So 1. Massaro (Rancho Cucamonga) 17:01.

**Girls: (Var)** 1. Nunez (Chino) 18:56, 2. Nilsson (Ayala, Chino) 19:00, 3. September Cortes (Alta Loma) 19:15, 4. Ornelas (Chino) 19:26, 5. Bersbach (Upland) 19:33, 6. Kingsbury (Ayala, C) 19:37, 7. Lisa Lindberg (Alta Loma) 19:47, 8. Parker (Chino) 20:01, 9. Gunderson (Ayala) 20:20, 10. Smith (Chino) 20:27. **Team:** 1. Chino 33 (98:48), 2. Alta Loma 50 (100:44), 3. Ayala 57 (100:59), 4. Upland 125 (106:14).

## Dana Hills Invitational

Saturday, September 24. Dana Hills H.S.

3.0 mile campus course - dirt, grass, and cement trails.  
(course has finish line 50 feet below start in elevation):

**Boys: Div I (Sr)** 1. Trevor Sybert (Vista) 14:37, 2. Adalberto Sanchez (Capistrano Valley, Miss Viejo) 14:37, 3. Ruben Carrillo (Chula Vista) 15:10, 4. Jorge Martinez (Chula Vista) 15:11, 5. Jesse Kimble (Temecula Valley, Temecula) 15:18, 6. Gregg Nett (Mt. Carmel, San Diego) 15:20, 7. Wenceslao Morales (Santa Ana) 15:23, 8. Eric Wersching (Ocean View, Hunt Bch) 15:35. **Team:** 1. Chula Vista 64. **(Jr)** 1. Jason Land (Vista) 15:05, 2. Jesse Barragan (Wilson, LB) 15:18, 3. Omar Arderro (Saddleback, SA) 15:28, 4. Mike Compean (Mt. Carmel, SD) 15:39, 5. Jose Ramirez (Chula Vista) 15:45. **Team:** 1. Wilson (LB) 140. **(So)** 1. Steve Ketcham (Vista) 15:45, 2. Ryan Gallagher (Temecula Valley, Tem) 15:51. **Team:** 1. Saddleback (SA) 97. **(Fr)** 1. Caesar Marciales (Tustin) 16:02. **Team:** 1. Poway 126.

**Div II (Sr)** 1. Manuel Romero (San Pasqual, Esc) 15:00, 2. Joel Orozco (Valley, SA) 15:10, 3. Shahram Dezhad (Newport Harbor, Newp Bch) 15:18, 4. Gerardo Guevara (San Marcos, SD Sect) 15:24, 5. Pedro Lopez (Valley, SA) 15:24, 6. Steve Sherman (Woodbridge, Irv) 15:36, 7. Henry Chian (Newport Harbor, NB) 15:41. **Team:** 1. Newport Harbor (Newport Beach) 75. **(Jr)** 1. Larry Henderson (Mira Mesa, San Diego) 15:16, 2. Ross Venook (Woodbridge, Irv) 15:24, 3. Joe Briceno (San Marcos) 15:39. **Team:** 1. San Marcos (SD Section) 99. **(So)** 1. Tony Trueba (Huntington Beach) 15:31, 2. Dan Gaston (Hunt Bch) 15:38, 3. Charley Hulsey (Torrey Pines, Enc) 15:44. **Team:** 1. Valley (Santa Ana) 92. **(Fr)** 1. Miguel Martinez (Valley, SA) 16:13. **Team:** 1. Rubidoux (Riverside) 92.

**Div III (Sr)** 1. Kevin Bowes (Scripps Ranch, SD) 15:12, 2. Richard Chisholm (San Marino) 15:17, 3. Brian Slingsby (Corona del Mar, Newport Beach) 15:29, 4. Ricky Etheridge (Barstow) 15:41, 5. Magana (Norte Vista, Rivers) 15:44. **Team:** 1. Scripps Ranch 36. **(Jr)** 1. Kevin Kooper (St. Francis, La Canada) 15:17, 2. Andy Van Orden (St. Fr, LC) 15:31, 3. Chris Gabriel (San Diego, Encinitas) 15:39. **Team:** 1. San Diego 75. **(So)** 1. Brent Edson (Yucaipa) 15:47. **Team:** 1. Ramona 51. **(Fr)** 1. David Jackson (Rim of World, Lake Arrowhead) 16:27. **Team:** 1. San Diego 118.

**Girls: Div I (Jr/Sr)** 1. Jessica Corbin (Irvine) 18:12, 2. Anna Niemi (Irvine) 18:16, 3. Taryn Lawson (Ocean View, Hunt Bch) 18:18, 4. Erin Livermore (Irvine) 18:22, 5. Stacey Roberson (El Toro) 18:29, 6. Melanie Pickett

# PREP NOTES

(Mt. Carmel, San Diego) 18:30, 7. Angie Winkler (Fountain Valley) 18:34, 8. Sonia Rodriguez (Vista) 18:37. **Team:** 1. El Toro 63. **(So)** 1. Sydney Leonard (Dana Hills, D Point) 18:24, 2. Jessica Pound (Poway) 18:25, 3. Ann Koscki (Poway) 18:36, 4. Becca Armour (Fountain Valley) 18:48. **Team:** 1. Poway 60. **(Fr)** 1. Heather Cuthbertson (Marina, Hunt Bch) 18:42. **Team:** 1. Vista 71.

**Div II (Jr/Sr)** 1. Elly Estrada (Valley, Santa Ana) 17:49, 2. Devon Straitiff (Torrey Pines, Encintas) 18:02, 3. Kelly Peterson (Escondido) 18:11, 4. Manel Grey (Mira Mesa, San Diego) 18:25, 5. Maribel Delgado (SA Valley) 18:29, 6. Christy Beckman (San Pasqual, Esc) 18:44. **Team:** 1. Torrey Pines (Enc) 78. **(So)** 1. Miesha Wilson (University, Irv) 18:50, 2. Shawnelle Cox (Escondido) 19:14. **Team:** 1. Villa Park 66. **(Fr)** 1. Mary Moore (Woodbridge, Irvine) 18:40, 2. Jame Swarberg (Newport Harbor, NB) 19:03. **Team:** 1. Torrey Pines 49.



TRACY CLARK

Photo by Philip Enbody

**Div III (Jr/Sr)** 1. Tracy Clark (Corona del Mar, NB) 17:54, 2. Mindy Brown (Yucaipa) 18:05, 3. Allison Twist (San Marino) 18:25, 4. Peggy Hall (Trabuco Hills, Miss Viejo) 18:34, 4. Serena Meyer (Yucaipa) 18:38, 6. Sedina Banks (Rim of World, Lake Arrow) 18:41. **(So)** 1. Veronica Clarke (Ramona, SD Section) 18:31. **Team:** 1. Trabuco Hills (Miss Viejo) 75. **(Fr)** 1. Vickie Whiteside (Yucaipa) 19:31. **Team:** 1. Yucaipa 64.

**Team Times: (all races combined)**

**Boys:** 1. Vista 77:12, 2. Chula Vista 77:51, 3. Valley (Santa Ana) 78:36, 4. Scripps Ranch (San Diego) 78:58, 5. Mt. Carmel (San Diego) 79:03, 6.

Santa Ana 79:16, 7. Saddleback (Santa Ana) 79:24, 8. Capistrano Valley (Mission Viejo) 79:38, 9. Newport Harbor (Newport Beach) 79:40, 10. Torrey Pines (Encintas) 79:42, 11. Wilson (Long Beach) 80:05, 12. Yucaipa 80:24, 13. Temecula Valley (Temecula) 80:36, 14. Woodbridge (Irvine) 80:47, 15. Laguna Hills 80:51, 16. St. Francis (La Canada) 80:56, 17. Tustin 81:04, 18. Redlands 81:06, 19. Mission Viejo 81:12, 20. San Marcos (SD Section) 81:21, 21. Corona del Mar (Newport Beach) 81:28.

**Girls:** 1. Irvine 92:54, 2. El Toro 93:43, 3. Torrey Pines (Encintas) 94:26, 4. Vista 94:38, 5. Poway 95:41, 6. Dana Hills (Dana Point) 95:47, 7. Valley (Santa Ana) 96:19, 8. Yucaipa 96:34, 9. Corona del Mar (Newport Beach) 96:59, 10. (tie) Mt. Carmel (San Diego) & Fountain Valley 97:25, 12. Poly (Long Beach) 98:20, 13. Foothill (Santa Ana) 98:37, 14. Ramona (SD Section) 98:49, 15. Trabuco Hills (Mission Viejo) 99:22, 16. Saddleback (Santa Ana) 99:23, 17. Newport Harbor (Newport Beach) 99:31, 18. Villa Park 99:47, 19. San Pasqual (Escondido) 100:00, 20. Laguna Hills 100:24, 21. Canyon (Anaheim) 100:59.

## Sonora Invitational

Saturday, September 24. At Carbon Canyon Regional Park 3.0 mi (?)

**Boys: (Div I)** 1. Balderas (Garden Grove) 15:18, 2. J. Garrison (Buena Park) 15:32, 3. Fuente (Damien, La Verne) 15:34. **Team:** 1. Garden Grove 36, 2. Warren (Downey) 46. **(Div II)** 1. O'Hara (Wilson, Hacienda Heights) 14:51, 2. Emenaker (El Modena, Orange) 14:54, 3. Zach (El Modena, Or) 14:55. **Team:** 1. El Modena (Orange) 15, 2. Anaheim 63. **(Div IIA)** 1. Garcia (Sonora, La Habra) 15:04, 2. Smith (Northview, Covina) 15:38, 3. Segura (Los Amigos) 16:03. **Team:** 1. Northview (Covina) 32, 2. Sonora (La Habra) 39. **(Div A)** 1. Henning (Woodcrest Christian, Riverside) 15:03, 2. Mondonca (Woodcrest Christian, Riv) 16:23, 3. Perezchica (Cathedral City) 16:38. **Team:** 1. Woodcrest Christian 23, 2. Cathedral City 38.

**Girls: (Div I)** 1. H. Garrison (Buena Park) 17:39, 2. Stone (Warren, Downey) 18:36, 3. Nelson (Garden Grove) 19:54. **Team:** 1. Garden Grove 48, 2. Buena Park 51. **(Div II)** 1. Sinclair (Troy, Fullerton) 18:03, 2. Dahlberg (El Modena, Orange) 18:13, 3. Whitfield (El Mode, Or) 18:14. **Team:** 1. El Modena 20, 2. Troy (Fullerton) 59. **(Div IIA)** 1. Mendoza (Fullerton) 20:00, 2. Young (Pacifica, Garden Grove) 20:01, 3. Maxey (Sonora, La Habra) 20:07. **Team:** 1. Fullerton 37, 2. Pacifica

ca (GG) 49. **(Div A)** 1. Garcia (Whitney, Cerritos) 20:16, 2. Horn (Calvary Chapel, Downey) 20:23, 3. Love (Calvary Chapel, Down) 20:59. **Team:** 1. Cathedral 15.

## Nogales/Foothill Invitational

Citrus College. 2.9 miles-- campus cement course. (from Rich Gonzalez)

**Boys: (12th Gr)** 1. Rich Villalobos (Ramona, Riverside) 14:45, 2. Fred Zamora (Arroyo, El Monte) 15:08, 3. Jose Alvarado (Nogales, La Puente) 15:31, 4. Sal Plascencia 15:35, 5. Nelson Moreno (San Gabriel) 15:40. **Team:** 1. Arroyo 41. **(Jr)** 1. John Hake (Arroyo, El M) 14:45, 2. Omar Orendain (San Gabriel) 15:00, 3. Jeremy Lyon (Hesperia) 15:05, 4. Julio Serratos (San Gabriel) 15:16, 5. Eddie Venegas (Rowland, Rowl Hts) 15:17. **Team:** 1. Arroyo 71. **(So)** 1. Steve Vega (Arroyo, El M) 15:38, 2. Solin Gutierrez (San Dimas) 15:59. **Team:** 1. San Gabriel 103. **(Fr)** 1. Mike Paredes (Arroyo, EM) 16:31. **Team:** 1. Hesperia 52.

**Girls: (12th Gr)** 1. April Lyon (Hesperia Frosh) 17:30, 2. Yesenia Navarro (Arroyo, El Monte) 18:39, 3. Liz Robles (Baldwin Park) 19:02, Jaynee March (Ramona, Rivers) 19:16. **Team:** 1. Hesperia 47. **(Jr)** 1. Malinalli Martinez (Bishop Amat, La Puente) 18:01, 2. Gabryela Hernandez (West Covina) 18:17, 3. Laurel Heflin (Norco) 19:05, 4. Diana Feree (Bishop Amat, LP) 19:17. **Team:** 1. Arroyo 78. **(So)** 1. Nancy Zhang (Rowland, Rowl Hts) 18:23, 2. Summer Shaw (Huntington Beach) 19:01, 3. Jennifer Sphar (Hunt Bch) 19:05, 4. Fabiola Herta (Nogales, LP) 19:20. **Team:** 1. Huntington Beach 38. **(Fr)** 1. Belen Feree (Bishop Amat, LP) 18:42, 2. Mary Ascencio (Bishop Amat, LP) 19:06. **Team:** 1. Huntington Beach 60.

## La Mirada Roadrunner Classic

Saturday, September 24th. La Mirada Regional Park 3.0 miles (from Rich Gonzalez) **Boys: (Large Schools) (Var)** 1. Gabriel Cisneros (Diamond Bar) 15:35, 2. Edgar Benitez (Katella, Anaheim) 15:42, 3. Kent Roberts (Edison, HB) 15:43, 4. Eric Miramontes (Katella, Ana) 16:03, 5. Juan Venegas (Katella, Ana) 16:05, 6. Dylan Clait (Edison, HB) 16:08, 7. Jeremy Milton (Edis, HB) 16:11, 8. Jorge Pinto (Katella, Ana) 16:14, 9. Jorge Evangelista (Lake-wood) 16:16, 10. Ranen Bhattacharya (Sunny Hills, Fullerton) 16:16. **Teams:** 1.

Katella (Anaheim) 35, 2. Edison (Huntington Beach) 51, 3. Diamond Bar 70.

**(Small Schools) (Var)** 1. Mike Murray (Santa Margarita, Rancho SM) 15:59, 2. Art Ramirez (Covina) 16:22, 3. Brad Balaban (La Mirada) 16:23, 4. Brandon Von Guvnthner (Santa Marg, RSM) 16:30. **Teams:** 1. Santa Margarita (Rancho SM) 30, 2. Brea-Olinda (Brea) 54, 3. Covina 92. **(Team Times--Overall)** 1. Katella (Anaheim) 80:31, 2. Edison (Huntington Beach) 81:05, 3. Diamond Bar 81:42, 4. Santa Margarita (Rancho SM) 83:22, 5. Lakewood 83:49, 6. St. John Bosco (Bellflower) 84:20, 7. Brea-Olinda (Brea) 85:19.

**Girls (Large Schools) (Var)** 1. Jamie Viacaro (Katella, Anaheim) 19:09, 2. Jennifer Formosa (Edison, Hunt Bch) 19:15, 3. Breanne Schwetzer (Saugus) 19:24, 4. Keri Wright (Edison, HB) 19:32, 5. Shelly Burkert (Saugus) 19:36, 6. Elyse Homberger (Edison, HB) 19:43, 7. Jeannie Formosa (Edison, HB) 19:49, 8. Kelly Burnette (Edison, HB) 19:54, 9. Nancy Pinto (Katella, Anah) 20:03, 10. Kelly Yeend (Mater Dei, Santa Ana) 20:07. **Teams:** 1. Edison 27, 2. Saugus 59, 3. Mater Dei (Santa Ana) 68.

**(Small Schools) (Var)** 1. Annie Ebner (St. Lucy's, Glendora) 18:23, 2. Katie Nuanes (Santa Margarita, Rancho SM) 18:48, 3. Kim Jackson (St. Joseph's Lakewood) 20:08, 4. Darcy Kasmal (Santa Marg, RSM) 20:29. **Teams:** 1. Santa Margarita (Rancho SM) 44, 2. St. Lucy's (Glendora) 45, 3. St. Joseph's (Lakewood) 62.

**Team Times (Overall)** 1., Edison (Huntington Beach) 98:13, 2. Saugus 100:27, 3. Mater Dei (Santa Ana) 101:26, 4. Santa Margarita (Rancho Santa Margarita) 102:50, 5. St. Lucy's (Glendora) 102:53, 6. Katella (Anaheim) 103:37, 7. St. Joseph's (Lakewood) 106:26, 8. Diamond Bar 107:24.

## Bell-Jeff Invitational

September 24.

Griffith Park

**Boys: (Seeded)** 1. Brett Strahan (Hart, Newhall) 14:19, 2. Keith O'Doherty (Thousand Oaks) 14:29, 3. Kenny Goodrich (Peninsula, Rolling Hills) 14:35, 4. Galvin Gonzalez (McFarland) 14:35, 5. Luis Herrera (Arvin) 14:41, 6. David Lopez (Hoo-ver) 14:52, 7. Peter Gilmore (Palisades, Pacific Palisades) 14:56, 8. Todd Disney (Thous Oaks) 14:57, 9. Katsunoru Sano (Peninsula, RH) 15:01, 10. Ryan Deane (Penin) 15:10, 11. Dave Mitchell (Morro Bay) 15:14, 12. Paul Vincent (Palisades) 15:17.

# PREP NOTES

13. Jorge Castro (Arvin) 15:18, 14. Jeff Fischer (1000 Oaks) 15:19, 15. Joel Givens (Hart) 15:21, 16. John Duarte (Hart) 15:21, 17. Eric Larsen (Pali) 15:22. **Teams:** 1. Thousand Oaks 69 (76:15), 2. Peninsula (Rolling Hills) 71 (76:26), 3. Hart (Newhall) 76 (76:24), 4. McFarland 121 (78:31), 5. Arvin 125 (78:43), 6. Palisades (Pacific Palisades) 134 (79:29), 7. Morro Bay 145 (79:38), 8. Belmont 207 (LA) 82:41. **(Div I)** 1. Steve Wulech (Los Alamitos) 15:10, 2. Fili Cortez (Downey) 15:30. **Team:** 1. Glendale 78 (84:28). **(Div II)** 1. Phil Gonzalez (Crescenta Valley, La Crescenta) 14:51, 2. M. Guzman (Torrance) 15:23. **Team:** 1. Torrance 62 (81:42). **(Fr/So)** 1. James Perez (Rosemead) 15:35. **(Div III)** 1. Peterson (Cabrillo, Lompoc) 16:09. **Team:** 1. Cabrillo (Lompoc) 47 (85:05). **(Div IV)** 1. Joseph Garcia (Maranatha, Sierra Madre) 15:38, 2. Eduardo Santillan (Salesian, L.A.) 15:47. **Team:** 1. Salesian (L.A.) 60 (83:23), 2. Maranatha (SM) 104 (85:10), 3. Flintridge Prep (La Canada) 108 (85:13). **Girls: (Seeded)** 1. Kim Mortensen (Thousand Oaks) 17:24, 2. Molly Mehlberg (Peninsula (Rolling Hills) 17:57, 3. Kim Bates (Los Alamitos frosh) 18:11, 4. Leziee Tamo (Los Alamitos) 18:40, 5. Tara Marsden (Thousand Oaks) 18:46, 6. Rhaina Echols (Glendale) 18:48, 7. Bridget Roy (Thousand Oaks) 18:54, 8. Jamille Claiborne (Peninsula, RH) 19:00, 9. Katie Scherrei (Thous Oaks) 19:00, 10. Sarah McCafferty (Penins, RH) 19:01, 11. Alison Feinstein (1000 Oaks) 19:21, 12. Amber Pierce (Los Alamitos) 19:23, 13. Kristin Hawking (Simi Valley) 19:23, 14. Lorien Cleavinger (Hoover, Glen) 19:27, 15. Kristen Jensen (Santa Monica) 19:38, 16. Siobhan Elster (Morro Bay) 19:42. **Teams:** 1. Thousand Oaks 33 (93:25), 2. Peninsula (Rolling Hills) 59 (95:54), 3. Los Alamitos 68 (96:34), 4. Hart (Newhall) 154 (102:23), 5. Simi Valley 168 (103:38), 7. Morro Bay 203 (106:34). **(Div II)** 1. Michelle Zayas (Crescenta Valley, La Cresc) 18:40, 2. Diana Epstein (Palisades, Pac Palisades) 19:07, 3. Cambria D'Amico (Torrance) 19:40. **Team:** 1. Palisades 63 (101:55). **(Div III)** 1. Simone Ferreira (South Torrance) 18:48, 2. Blair Escherich (Notre Dame, Sherman Oaks) 19:12, 3. Patrice Karavas (Harvard-Westlake, North Hollywood) 19:43. **Team:** 1. South Torrance 50. **(Div IV)** 1. Woodmansee (Village Christian, Sun Valley) 19:34, Christina Sanchez (McFarland) 19:51, 3. Tracy Maxwell (Maranatha, Sierra Madre) 20:18. **Team:** 1. South Torrance 50 (106:49). **Div IV: Team:** 1. Laguna Beach 75 (106:38), 2. McFarland 92 (107:16), 3. Paraclete (Lancaster) 93 (108:00).

## Blue Lagoon Invitational

September 24. UCSB.

**Boys:** 1. Javier Ramirez (Nordhoff, Ojai) 15:13 (Course Record), 2. Will Bernaldo (Nordhoff, Oj) 15:45, 3. Omar Vega (Nordhoff, Oj) 15:46, 4. Sean Phillips (Dos Pueblos, Goleta) 16:26, 5. Mason Moore (Nordhoff, Oj) 16:29, 6. Mike Locke (Dos Pueblos, Goleta) 16:30, 7. Jeff Shelton (Dos Pueblos, Goleta) 16:34, 8. Aldo Hernandez (Rio Mesa, Oxnard) 16:36, 9. Efrain Garcia (Fillmore) 16:45, 10. Marcos Suarez (Fillmore) 16:50. **Team Times (Overall)** 1. Nordhoff 80:06, 2. Dos Pueblos (Goleta) 84:07, 3. Rio Mesa (Oxnard) 86:25, 4. Fillmore 86:29.

**Girls:** 1. Maggie Dwire (Ventura) 20:06, 2. Liz Woodling (Ventura) 20:14, 3. Zahara Wignot (Dos Pueblos, Goleta) 20:28, 4. Alyson Macintosh (Ventura) 20:42, 5. Elaine Canchola (Nordhoff, Oj) 20:46, 6. Sally Distad (Rio Mesa, Oxnard) 20:47, 7. Lindley Conger (Dos Pueblos, Goleta) 21:20, 8. Gina Tallakson (Nordhoff, Oja) 21:27, 9. Terrah Chapin (Nordhoff, Oj) 21:28, 10. Megan Mescher (Rio Mesa, Oxnard) 21:35. **Team Times:** 1. Ventura 105:08, 2. Dos Pueblos (Goleta) 107:15, 3. Nordhoff (Ojai) 107:58, 4. Rio Mesa (Oxnard) 107:56.

## Stanford Invitational

October 1

The very significant Stanford University Invitational had a great quality turnout from California and Oregon. Individually, once again, Julia Stamps amazed, this time with a thorough "defrocking" of the best runners the Western U.S. could offer. Poor Brett Strahan of Hart (Newhall), for the second year in a row, had a Jesuit (Sacramento) star--this year junior Mike Stember (last year it was Matt Farley)--charge by on the Final straightaway to seize victory from the 4:09 1600m runner.

Stamps would meet a group of Foot Locker finalists, led by 6th placer Marie

Davis (Lincoln, Portland, Or), 14th placer Molly Mehlberg (Peninsula, Rolling Hills, Ca), and 15th finisher Sarah Brandy (Ashland, Or).

Stamps, 16:38 last weekend for 5k, showed no mercy, racing away by 5 meters through 200 into the race, with a six second lead after 600 meters, and a huge gap through a 5:13 mile. At the finish, on the lengthened, more overgrown and wet (in areas) course, Stamps was 18:15 (Julia was 17:40 last year here), with Davis (a 4:55.55 1600m runner), who led her Lincoln team to an impressive victory over two other Foot Locker "super-25" teams, next at 18:47. Lincoln, with 2:12.90 800m runner Christy Lacy-Krietz 14th (20:10), scored 120 (101:58 team time) to win over surprising Vista (San Diego area) 152, Esperanza (Anaheim) 153, traditional power Peninsula (Rolling Hills) 165, with #8 nationally ranked Bend back at 174 in 5th. 22nd Ranked Irvine, with a big dual meet against League rival El Toro Thursday (which they won easily), and a big drive on Friday, faded to 7th in the competitive field.

**Boys' Div I** race was one of those great individual competitive events. Brett Strahan (Hart, Newhall), 4:09.71 1600m star and undefeated this Fall, came into the final 800 battling with 9:03.19 3200m runner Antonio Arce (Palmdale). Sitting back five meters at that point was Mike Stember (Jesuit, Sacramento), who last year in his fourth sport

(Cross-Country, Soccer, Basketball, then Track) raced 4:08.52 for 1600m (#4 soph time ever 1600m/Mi). All but the running is out the window this year, with the final 200 meters here showing the success of the new concentration. Two weeks ago when Strahan blasted Stember over a hilly course by 100 meters, Stember was heard to mutter in the chute to the winner, "Hey buddy, this sure isn't the mile." The underclass star learns fast, with Stember blasting the final 200 meters here in well under 30 seconds for a 15:58-16:01 win over Strahan, much in the same way Matt Farley (currently frosh at Stanford) from Jesuit did on the same course last year in his 15:04 victory on the shorter course. Jesuit surprised with its 106 points to win, with Hart (115), Peninsula (127 without #5), and Vista (San Diego area) (130) leading a parade that had #8 Bend (Ore) back at 9th place with 224.

Amy Skieresz (Agoura), third two years ago in the Foot Locker Finals, was content to cruise with the leaders through a 5:49 first mile, eventually moving away from 4:54.25 1600m star Elissa Riedy and her sister Lori, 18:42-19:03-19:15.

Clayton Valley (Concord), the best Northern Cal Girls team in recent years had the day's #2 team time of the day (behind Lincoln) with their Girls Div III win (102:50).

# PREP NOTES

## Girls

**Div I** -- A dynamite crew of individuals and teams would meet here. Julia Stamps, Oregon's Marie Davis and Sarah Brandy, and Molly Mehlberg would make up a dynamite front end of the race. Stamps, the U.S. Junior National 3000m Champ and frosh record holder at 9:28.50 has started her soph year like a "house-a fire," racing 16:38 to easily win the UC Davis Invite the previous week. Here it was more of the same, despite the competition, with the Santa Rosa star a huge lead through a mile at 5:13. Romping to a near-200 meter win at 18:15, Marie Davis led her Lincoln (Portland, Or 100:58) team to a big win with her 18:47 in second. Shocking was the team runner-up effort by Vista (San Diego), who really came to run and was ahead of many previously nationally ranked squads.

**Div II** - 1992 Foot Locker National Finals third placer Amy Skieresz (Agoura) was content to join a small pack through a 5:49 first mile, then edging away over the hills to take 4:54.25 1600m star Elissa Riedy and her sister Lori, 18:42-19:03-19:15. Edison (Huntington Beach), gapping at 50 seconds behind leader Elyse Homberger (12th 20:43) was a comfortable team winner with 108 points 106:05).

**Div III** - Southern Cal's Tracy Clark (Corona del Mar, Newport Beach) emerged from a pack of



AMY SKIERESZ

Photo by Elaine Rosentfield

Northerners at a mile and a half (Heather Wallace-Clayton Valley, Alison Lambert-Northgate (Walnut Creek), and Rachel Mosher-San Leandro) to race away to a 19:34-19:46 win over Wallace. A very impressive team performance here had Clayton Valley (Concord), the best Northern Cal Girls team in recent years record the day's #2 team time of the day (behind Lincoln Div I) with their very impressive hundred point win with 60 points (102:50). **Div IV** - A competitive race had Jenny Spoon (West Valley, Cottonwood) edge away from Shalunn Fullove (Louisville, Woodland Hills) over the final half mile 20:19-20:37. A fine team struggle had Northern Section power Central Valley (84) edge Ursuline (Santa Rosa) (98).

## Boys

**Div I** - A dynamite field had some of the nation's top



JULIA STAMPS

Photo by Bill Cockerham

runners. Undefeated 4:09 1600m star Brett Strahan (Hart, Newhall) was neck and neck with 9:03 3200m runner Antonio Arce (Palm-dale) with a quarter mile to go, with Jesuit (Sacramento) junior (4:08.52 1600m as soph in 1994) run them both down with a spirited final stretch sprint. Jesuit surprised with a 106 point team win, with the pack behind Stember moving up through a Bend (Oregon) group, #8 ranked nationally before this weekend, but only 9th in today's contest.

**Div II** - Fine soph Tom Prindiville (De la Salle, Concord), whose brother was a 4:11 1600m runner two years back, edged away from Agoura's John Greene 16:14-16:22 to win the race, with Scripps Ranch (San Diego) a big team winner with 77 to Edison (Huntington Beach) 145.

**Div III** - Some very strong

teams here, Javier Ramirez (Nordhoff, Ojai), who has been racing very strongly this Fall, took the lead at a mile and a half and raced to a 16:12 win over 4:16.80 junior 1600m runner Micheil Jones (Livermore) (16:17), with the two teams starting the build towards a big state meet confrontation with Nordhoff winning here 80-95 over Livermore.

**Div IV** - Another division with super squads for its size (705 and under for top three grades). Galvin Gonzalez (McFarland) eventually caught early leader David Mitchell (Morro Bay) (4:48 first mile) 16:16-16:38, with the two schools having a great team battle. McFarland won here 60-78 over Morro Bay, but the development of the groups between now and the late November State Meet an interesting one to watch.

## RESULTS

**Course 3.15 miles (83 meters longer than last year). Grass golf course. (Athletes in following results from California unless noted)**

**Girls: Div I:** 1. Julia Stamps (Santa Rosa) 18:15, 2. Marie Davis (Lincoln, Portland, Or) 18:45, 3. Kristen Gordon (Carondolet, Concord) 19:06, 4. Sara Brandy (Ashland, Or) 19:22, 5. Courtney Pugmire (Esperanza, Anaheim) 19:29, 6. Heather McMahon (Bend, Or) 19:35, 7. Molly Mehlberg (Peninsula, Rolling Hills) 19:40, 8. Emily Lawson (Clovis West, Fresno) 19:48, 9. Stephanie McCarty (Madera) 19:51, 10. Rosalinda Cataneda (Madera) 19:55, 11. Allison Coward (Bend, Or) 19:57, 12. Kilee Smith (Ashland, Or) 20:03, 13. Deborah Bleisch (Silver Creek, San Jose) 20:06. **Teams:** 1. Lincoln (Portland, Or) 120, 2. Vista 152, 3. Esperanza (Anaheim) 153, 4. Peninsula (Rolling Hills) 165, 5. Bend (Or) 174, 6. Clovis West (Fresno) 194, 7. Irvine 196. **Div II** 1. Amy Skieresz (Agoura) 18:42, 2. Elissa Riedy (Mission San Jose, Fremont) 19:03, 3. Lori Riedy (MSJ, Fre) 19:15, 4. Tina Bowen (San Ramon Valley, Danville) 19:32, 5.

# PREP NOTES

Molly Lawrence (Righetti, Santa Maria) 19:41, 6. Malinalli Martinez (Bishop Amat, La Puente) 19:47, 7. Sara Pope (Del Oro, Loomis) 19:55, 8. Belen Ferree (Bishop Amat, LP) 20:04. **Teams:** 1. Edison (Huntington Beach) 108, 2. Del Oro (Loomis) 140, 3. Bishop Amat (La Puente) 159, 4. Aliso Niguel (Aliso Viejo) 159, 5. Mission San Jose (Fremont) 200.

**Div III 1.** Tracy Clark (Corona del Mar, Newport Beach) 19:34, 2. Heather Wallace (Clayton Valley, Concord) 19:46, 3. Alison Lambert (Northgate, Walnut Creek) 19:48, 4. Rachel Moser (San Leandro) 20:04, 5. Amber Robinson (Las Lomas, Walnut Creek), 6. Vanessa Hanley (University of San Diego HS) 20:08, 7. Deborah Osteen (Clayton Valley, Con) 20:12. **Team:** 1. Clayton Valley (Concord) 60, 2. St. Ignatius (San Franc) 164, 3. West Hills (Santee) 170, 4. Corona del Mar (Newport Beach) 178.

**Div IV 1.** Jenny Spoon (West Valley, Cottonwood) 20:19, 2. Shaluinn Fullove (Louisville, Woodland Hills) 20:37, 3. Siobhan Elster (Morro Bay) 20:43, 4. Christina Peacock (Central Valley) 20:46. **Team:** 1. Central Valley 84, 2. Ursuline (Santa Rosa) 98, 3. Morro Bay 115, 4. Orange Lutheran 119.

**Boys: Div I 1.** Michael Stember (Jesusita, Sacramento) 15:58, 2. Brett Strahan (Hart, Newhall) 16:01, 3. Antonio Arce (Palmdale) 16:02, 4. Jeff McLarty (Ayala, Chino) 16:11, 5. Tom Becker (Belarmine, San Jose) 16:31, 6. Jason Land (Vista) 16:34, 7. Ian Enriquez (Corona) 16:34, 8. John Hake (Arroyo, El Monte) 16:36, 9. Kenny Goodrich (Peninsula, Rolling Hills) 16:38, 10. Bobby Gomez (Crescent Valley, Corvallis, Or) 16:41, 11. Trevor Sybert (Vista) 16:43, 12. Mario Arce (Palmdale) 16:45. **Team:** 1. Jesuit 106, 2. Hart 115, 3. Peninsula 127, 4. Vista 130, 5. Arroyo (El Monte) 206.

**Div II 1.** Tom Prindiville (De la Salle, Concord) 16:14, 2. John Greene (Agoura) 16:22, 3. Kevin Bowes (Scripps Ranch, San Diego) 16:25, 4. Byron Hardie (Bishop Amat, La Puente) 16:29, 5. Randy Maestretti (De la Salle, Conc) 16:34, 6. Kent Roberts (Edison, Huntington Beach) 16:41, 7. Greg Phister (Davis) 16:44, 8. Steve Hansen (Napa) 16:46, 9. Ronnie Buchanan (Righetti, Santa Maria) 16:46. **Team:** 1. Scripps Ranch (San Diego) 77, 2. Edison (Hunt Bch) 145, 3. De la Salle (Concord) 155, 4. Laguna Hills 158, 5. Davis 170.

**Div III 1.** Javier Ramirez (Nordhoff, Ojai) 16:12, 2. Micheil Jones (Livermore) 16:17, 3. Alex Teckell (Bishop O'Dowd, Oakland) 16:21, 4. Will Bernaldo (Nordhoff, Ojai) 16:26, 5. Steve Immel (Livermore) 16:27, 7. Ross Damman (University of San Diego HS) 16:49. **Team:** 1. Nordhoff (Ojai) 80, 2.

Livermore 95, 3. St. Francis (Mountain View) 151, 4. Corona del Mar (Newport Beach) 167, 5. St. Francis (La Canada) 180.

**Div IV** Galvin Gonzalez (McFarland) 16:16, 2. Dave Mitchell (Morro Bay) 16:38, 3. Dave Brackett (Calaveras) 16:52, 4. Gabriel Diaz (McFarland) 17:16. **Teams:** 1. McFarland 60, 2. Morro Bay 78, 3. Terra Linda (San Rafael) 118, 4. Salesian (L.A.) 132, 5. Cardinal Newman (Santa Rosa) 164.

## Yucaipa

### Invitational

October 1. Yucaipa High School.

#### Boys:

**Div I - 1.** Busch (Orange) 15:46, 2. Villalobos (Ramona, Riverside) 16:00, 3. Garcia (Orange) 16:17, 4. Avellan (Orange) 16:30, 5. Russell (Or) 16:34, 6. Estrada (Eisenhower, Rialto) 16:39, 7. Gonzales (Rialto) 16:50, 8. Ayala (Colton) 17:00, 9. Aranda (Or) 17:01, 10. Priotte (Colton) 17:02.

**Team:** 1. Orange 22, 2. Apple Valley 94. **(Fr/So)** 1. Gonzalez (Rialto) 17:05. **Div II - 1.** Ibarra (Arlington, Riverside) 15:40, 2. Andrade (Coachella Valley, Thermal) 16:00, 3. Gatchell (La Habra) 16:05, 4. Fichtel (Hemet) 16:13, 5. Clendaniel (Yucaipa) 16:13, 6. Aryasar (Yucaipa) 16:15, 7. Kolb (La Habra) 16:16, 8. Sherman (Woodbridge, Irv) 16:19, 9. Edson (Yucaipa) 16:21, 10. Castaneda (Arlington, Riv) 16:25. **Team:** 1. Yucaipa 81, 2. Arlington (Riversid) 89, 3. La Habra 96.

**(Fr/So)** 1. Jacques (Hemet) 16:33. **Div III 1.** Apell (Estancia, Costa Mesa) 15:48, 2. Etheridge (Barstow) 16:23, 3. Holiday (Sherman Indian, Riverside) 16:25, 4. Kanteena (Barstow) 16:35, 5. Henning (Woodcrest Christian, Riverside) 16:43, 6. Mayer (Rancho Alamitos, Garden Grove) 16:47, 7. Morales (Cathedral, L.A.) 16:54, 8. Jordan (Aquinas, San Bernardino) 16:54, 9. Bogart (Barstow) 16:57, 10. Patterson (Yuca Valley) 16:57. **Team:** 1. Barstow 67, 2. Paraclete (Lancaster) 124. **(Fr/So)** 1. Smith (29 Palms) 17:25.

#### Girls:

**Div I - 1.** Villafuente (Rialto) 19:15, 2. March (Ramona, Rivers) 20:25, 3. McCaulley (Canyon Springs, Moreno Valley) 20:36, 4. Salazar (Colton) nt, 5. Warrison (Rialto) 21:32, 7. Tabreshia (Rialto) 21:41, 8. Snyder (Orange) 21:42, 9. McClure-Beck (Murrieta) 21:43, 10. Lazane (Apple Valley) 21:47. **Team:** 1. Rialto 46, 2. Canyon Springs (Mor Valley) 62. **(Fr/So)** 1. Lopez (El Rancho, Pico Rivera) 21:11. **Div II - 1.** Aronson (Hemet) 18:44, 2. Brown (Yucaipa) 18:58, 3. Greenburg (Poly, Riverside) 19:35, 4. Valdivia (Moreno Valley) 19:55, 5. Dale

## COACHES' ASSOCIATION POLL

### NCAA Division II

#### Men's Cross Country

10-17-94

#### Plc. School/State/Ranking last week

1. Adams State / CO 1
2. Western State / CO 2
3. Edinboro / PA 3
4. Lewis University / IL 4
5. Abilene Christian / TX 6
6. Nebraska-Kearney / NB 5
7. Mankato State / MN 7
8. **CALIFORNIA-RIVERSIDE 8**
9. Univ. of South Dakota / SD 9
10. **CAL POLY POMONA 10**
11. Central Missouri / MO 11
12. South Dakota State / SD 12
13. Emporis State / KS 13
14. SIU-Edwardsville 14
15. North Dakota State / ND 15
16. Pittsburg State / KS 20
17. Fort Hays State / KS 21
18. Southern Indiana / IN 17
19. East Stroudsburg / PA 16
20. Ashland / OR 18
21. **CHICO STATE 19**
22. Southern Connecticut / CT nr
23. Portland State / OR nr
24. Minnesota-Duluth / MN 24
25. Kennesaw State College / GA 25

(Mor Valley) 19:58, 6. Klaassen (Arlington, Rivers) 20:09, 7. Kellar (Poly, Riverside) 20:18, 8. Whiteside (Yucaipa) 20:20, 9. Harris (San Geronio, San Bern) 20:38, 10. Hobbs (Don Lugo, Chino) 20:55. **Team:** 1. Yucaipa 59, 2. Arlington (Rivers 95, 3. Moreno Valley 174. **(Fr/So)** 1. Moore (Woodbridge, Irv) 20:01, 2. Munoz (Coachella Valley, Thermal) 20:16, 3. Shermerhorn (Cajon, San Bernardino) 20:20. **Div III** 1. Banks (Rim of World, Lake Arrowhead) 19:25, 2. Heard (Yuca Valley) 20:09, 3. Miller (Rim of World, Lake Ar) 20:20, 4. Perkins (Estancia, Costa Mesa) 20:??, 5. Pelayo (Estancia, CM) 21:20, 6. Rhodes (Laguna Beach) 21:28, 7. Lines (Yuca Valley) 21:30, 8. Nessa (Paraclete, Lancaster) 21:35, 9. Ortega (Paraclete, Lanc) 21:36, 10. Martinez (Estancia, CM) 21:40. **Team:** 1. Rim of World 62, 2. Estancia (Costa Mesa) 69, 3. Laguna Beach 74.

## Brea Olinda Invitational

October 1. Carbon Canyon Park (3.1 miles)

**Boys:** 1. Balderas (Garden Grove) 16:46, 2. Wecetich (Los Alamitos) 16:55, 3. Trueba (Huntington Beach) 16:59, 4. Nehls (Upland) 17:05, 5. (tie) Hernandez (Santiago, Anaheim) & Fischer (Huntington Beach) 17:18. **Teams:** 1. Alta Loma 88:07, 2. Upland 88:30, 3. Huntington Beach 90:00, 4. Garden Grove 90:13, 5. Santiago (Ana) 90:40.

**Girls:** 1. Ebner (St. Lucy's, Glendora) 19:52, 2. Bates (Los Alamitos) 19:58, 3. Horgan (Temescal Canyon, Elsinore) 20:04, 4. Hernandez (West Covina) 20:11, 5. Muench (Temescal Canyon, Els) 20:14. **Team:** 1. Temescal Canyon (Els) 105:38, 2. Los Alamitos 106:30, 3. Foothill (Santa Ana) 107:13, 4. Alta Loma 109:53, 5. Fountain Valley 112:12.

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

**From DOUG SPECK**

## **IRVINE HIGH SCHOOL**

Coach Randy Rossi of Irvine had his prayers answered this Fall when Finnish foreign exchange student Anna Niemi showed up to assist the team with her 11:00 3000m credentials. The Finnish star added the fifth runner the Vaqueros needed to be a top team, with Niemi leading the Irvine crew at the Woodbridge Invite at 18:33. Irvine has had kind of an "up and down" season, with a win over power Peninsula at Woodbridge without team leader Jessica Corbin.

A big 9/29 dual with El Toro had Irvine roll 17-38, the #22 nationally ranked Irvine crew place only 7th at Stanford (two days and a long drive after the El Toro win), then, without Corbin, a 23-32 loss to Corona del Mar (Newport Harbor), which had Tracy Clark, Brook Meek, and Dresden Howell leading a potentially very, very powerful CdM squad. Come to think of, the Sea View League (above schools plus Santa Margarita and Woodbridge) may be one of the strongest in America.

## **THOUSAND OAKS HIGH SCHOOL**

Coach Jack Farrell took his Boy's (#2 ranked nationally) and Girl's (#18) teams back to Texas on the October 1 Stanford weekend to do battle with the nation's #1 ranked Boy's team from Kingwood, Texas. Despite nagging early season injuries to 9:10 3200m runner Jeff Fischer and 4:17 1600m runner Kevin Marsden, the Lancers did a fine job against Kingwood. The Texans won 37-44 with the

Invitational basically turned into a dual meet. Keith O'Doherty continued his great season for TO with a fourth to the Hauser twins and another Texan Foot Locker National Finalist, with Todd Disney (8th), Marsden (9th), Fischer (10th), and Josh Carolan (13th) the other Lancer scorers. The Kingwood Girls were also winners over the Lancers.

Great credit must be given to Thousand Oaks for their willingness to travel halfway across the country to meet a team in its backyard (Texas State Meet Course). The margin of difference is really about what a "home course" advantage is worth, with the Lancers certain to not slip a bit in the National Rankings off of their effort.

## **HOT YOUNGSTERS**

RONNIE BUCHANAN (Righetti, Santa Maria), a frosh, has been tearing up the courses that he has competed on this Fall.

HEATHER GARRITSON (Buena Park), the frosh sister of Carrie, who is racing very strongly at University of Alabama, has romped to big wins in a couple of Invitationals. Her 17:41 at the 9/10 Laguna Hills Meet was particularly impressive, taking down the old frosh record (Kay Nekota) by thirty-seven seconds. An 18:23 frosh class win at Woodbridge featured a sixty yard wrong turn before the mile.

JAVIER RAMIREZ (Nordhoff, Ojai), the leader of the Div III Boy's team has been hot early this Fall, taking down Course Records on the Lake Casitas Course at 15:08, a super 15:12 Lagoon CR at UCSB to go along with a big win at Stanford.

## **CALIFORNIANS AROUND THE NATION**

### **✓ INFORMATION FROM X-COUNTRY**

X-PRESS available from:

Walt Murphy

P.O. Box 750994

Forest Hills, NY 11375

\$30.00 per year (\$15 for athletes if your coach is already a subscriber)

Great x-country info!!!

### **Tennessee dual - Knoxville - 9/9**

4.0 mi -- 1. Stewart Ellington (Tenn/Channel Islands HS/Milpitas HS) 20:35.  
Tenn 20 - Ga Tech 41.

### **Iowa City Inv - 9/10 5.0 Mi**

7. Margarito Casillas (Arizona/Hoover HS, Glendale) 26:07. Teams: 1. Arizona 24. (Casillas #4).



**MARGARITO CASILLAS**

Photo by Kirby Lee

### **Texas Tech Inv - Lubbock - 9/10**

3. Brian Keim (Baylor/San Pasqual HS, Escondido) 25:40. Teams: 1. Lubbock Christian 29, 2. Baylor 32.

### **Jayhawk Stamped - Lawrence, Ks 9/10 - 8k (Men) -- 9. Ryan Wilson**

(Arkansas/Agoura HS) 25:12. Team: 1. Kansas 52, 2. Arkansas 54 (first Div I loss since 1991, but without couple of top runners--Wilson #2 Ark here).

**Join the COACHES ALLIANCE**

*continued next page...*

# California Track and Cross Country COACHES ALLIANCE

**Tulane Twilight - New Orleans, La 9/10 5k** -- 1. Carrie Garritson (Alabama) 17:43. Team: 1. Alabama 16.

**Joe Vigil Inv - Alamoose, Colo 9/10 (7000'+ altitude) - 8k** -- 1. Peter de la Cerda (Adams St/Hart HS) 25:36...10. Paul de la Cerda (Adams St/Hart HS) 27:15. Team: 1. Western St 27, Adams St 28 (Paul #5 Adams).

**MSCC Stampede - Joplin, Mo - 9/17 8k** -- 3. Ryan Wilson (Arkansas/Agoura HS) 24:37. Team: 1. Arkansas 34 (Wilson #2 on team).



**RYAN WILSON**  
Photo by Doug Speck

**Wayland Baptist Inv - Plainview, Texas 9/17 5.0 mi** -- 3. Derek Kite (Un) 25:57.

**Tennessee Inv - Knoxville 9/17 5.0 mi (rainy)** -- 2. Stewart Ellington (Univ Tenn/Channel Islands HS/Milpitas HS) 25:49...Team: 1. Tennessee 31 (Ellington #1 man)

**Woody Green Inv - Lincoln, Ne 9/17 5k** -- 11. Amber Parkinson (Univ Neb/Lincoln-Orange Lutheran HS) 18:49...20. Blackmer (Neb/Upland HS) 19:21 Team: 1. Wesley Athletics 28, 2. Nebraska 38 (Parkinson #6, Blackmer #8 Nebraska)

**Crimson Classic - Tuscaloosa, Alabama 9/17 (5.0)** -- 4. Carrie Garritson (Alabama) 18:24. Team: 1. Alabama 20. (Garritson #2 Alabama).

**Notre Dame/Georgetown - South Bend 9/17 - 5k** -- 2. Miesha Marzell (George-town/Bishop O'Dowd HS, Oakland) 18:07...16. Riley (Notre Dame/Campolindo HS, Moraga) 19:06. Team: Geo 15 - ND 40 (Marzell #2 Georgetown, Riley #8 ND).

**Quad - Emmitsburg, Md 9/17 5.0k (Wom)** -- 1. Becky Spies (Villanova/Livermore HS) 16:33.9 (course record). (Men) 5.0 mi. -- 2. Louie Quintana (Villanova/Arroyo Grande HS) 26:07...6. Todd Tressler (Villanova/San Marcos HS, Santa Barbara) 26:49 (Quintana #1, Tressler #5 Villanova).

**Tri- St. Paul, Minnesota - 9/17 5.0 Mi** -- 2. James Menon (Wisconsin/San Luis Obispo HS) 25:03. Team: Wisconsin 15-Iowa 44, Wisc 15 - Minnesota 76 (Bryan Dameworth stress fracture).

**Georgia State Inv - Atlanta, Ga 9/17 5.0 mi** -- 13. Eric Dunn (Wake Forest) 26:51. Team: 1. Wake Forest 49 (Dunn #5 Wake Forest).



**ERIC DUNN**  
Photo by Phillip Enbody

**Baylor Inv - Waco, Tx 9/17 5.0 mi (Men)** -- 1. Brian Keim (Baylor/San Pasqual HS, Escondido) 25:24. Team: 1. Baylor 21. (Wom) 5k 3. Hamel (Baylor/Merced HS) 17:56...10. Melissa Keim (Baylor/San Pasqual HS) 19:17. Teams: 1. Baylor 25. (Keim #6 Baylor).

**Valparaiso Inv - Valparaiso, In 9/17 8k** -- 4. Kyle Dando (Purdue/Bellarmine, San Jose) 26:06. Team: 1. Purdue 24. (Dando #2 Purdue)

**Air Force Invitational - Colorado Springs - 9/24 7000'+ altitude - 5k** -- 8. Karen Talamantes (Adams State) 20:16...10. Monique Smith (Adams/Diamond Bar HS/Mt. SAC) 20:23 ...15. Kristen Dahlberg (Colorado/El Modena HS, Orange) 20:45. Teams: 1. Adams State 20 (Talamantes #5, Smith #6)...4. Colorado B 103 (Dahlberg #1). 8K 2. Peter de la Cerda (Adams) 25:59...20. Paul de la Cerda (Adams) 27:53. Teams: 1. Western St 36, 2. Adams St 53 (Paul #6).

**U Mass-Dartmouth Inv - 9/24 - 5K** -- 5. Tammy Wilcox (Coast Guard/Palos Verdes HS) 18:17. Teams: 1. Colby 54, 2. Coast Guard 131.

**Valderrbilt Inv - Nashville, Tenn - 9/24 5k** -- 3. Carrie Garritson (Alabama) 18:14. Teams: 1. Alabama 17. (Garritson #3).



**CARRIE GARRITSON**  
Photo by Bill Cockerham

**SMU Inv - Dallas - 9/24 8k** -- 7. Ben Mesfen (SMU/Venice HS) 25:37. Teams: 1. No Texas 57, 2. SMU 64 (Mesfen #1).

**Boston College Inv - 9/24 5.0 Mi** -- 2. Mike Bernstein (Army/Garden Grove HS) 24:22. Team: 1. Dartmouth 80, 2. Army 91.

**Morven Park Inv - Leesburg, Va 9/24 - 5k** -- 9. Michelle Muething (Georgetown/Amador Valley HS) 18:57...11. Cybelle McFadden (William & Mary/St. Francis HS, Sacto) 19:06. Team: 1. Wm & Mary 58 (McFadden #3)...5. Georgetown B 108 (Muething #1).



**MICHELLE MUETHING**  
Photo by Keith Conning



**MILENA GLUSAC**  
Photo by Burt Davis

**Mountain West Classic - Missoula, Mt 9/24 - 3200' altitude (Women)** -- 2. Milena Glusac (Oregon/

continued next page...

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

Fallbrook HS) 20:49...5. Suzanne Cas-  
truita (Arizona/West Covina) 21:13...11.  
Niamah Zwagerman (Oregon/Piedmont  
HS) 21:32...15. Maribella Aparicio (BYU/  
Fillmore HS) 21:46...44. Christie Enges-  
ser (Ore/Ocean View HS, Huntington  
Beach) 23:14. Teams: 1. Michigan 63, 2.  
BYU 70, 3. Oregon 75, 4. Arizona 94.  
**(Men)** 8K- 10. Craig Lawson (BYU/  
Granada Hills) 24:52...25. Margarito Ca-  
sillas (Ariz/Hoover HS, Glendale)  
25:25...4. Marc Lawson (BYU/Clovis  
West HS, Fresno) 25:54...83. Blake  
Bogges (BYU/Palos Verdes HS) 26:41.  
Teams: 1. Montana St 87, 2. BYU 97...4.  
Arizona 108.

**Chile Pepper Festival - Fayette-  
ville Ark - 8k (site of NCAA  
Championships Div I)(Men) -- 3.**  
Louie Quintana (Villanova/Arroyo  
Grande HS) 23:51...8. Mike Bernstein  
Army/Garden Grove HS) 24:09, 9. Ryan  
Wilson (Arkansas/Agoura HS)  
24:11...14. Brian Keim (Baylor/San Pas-  
qual HS) 24:22...56. Jim Cera (Northern  
Arizona/Upland HS). Teams: 1. George-  
town 90, 2. Arkansas 97...5. Northern

Arizona 149...8. Bay-  
lor 207...10. Army  
217.

**(Wom)** 2. Becky  
Spies (Villanova/  
Livermore HS)  
17:11...21. Deena  
Drossin (Arkansas/  
Agoura HS)  
18:02...46.  
Miesha Marzell  
(Georgetown/O'Dowd  
HS) 18:34. Teams:  
1. Arkansas 72, 2.

Villanova 88...4. Georgetown 123.  
**Minnesota Inv - Minneapolis, Mn  
10/1 8K -- 5. James Menon (Wisc/San  
Luis Obispo) 24:34. Teams: 1. Wiscon-  
sin 35 (12 teams).**

**Rocky Mountain Shootout Boul-  
der - 10/1 - 8k - 5400'+ altitude  
(Men) -- 3. Peter de la Cerdá (Adams  
St) 25:46...32. Paul de la Cerdá (AS)  
27:18. Teams: 1. Colorado 40...3. Ad-  
ams St 118. (Wom) 30. Kristina Dahl-  
berg (Colorado/El Modena HS) 19:13.  
Teams: 1. Colorado 29.**



**JIM CERA**  
Photo by  
Phillip Enbody

**Quad - Blacksburg, Va 10/1 5.0  
Mi -- 2. Stewart Ellington (Tenn) 25:20  
(under old CR). Teams: 1. Tennessee  
29.**

**Nike Inv - Minneapolis, 10/1 5k --**  
2. Milena Glusac (Oregon/Fallbrook)  
17:14...9. Niamh Zwagerman (Ore/  
Piedmont) 17:44...22. Amber Parkinson  
(Nebraska/Orange Lutheran HS)  
18:21...29. Christie Engesser (Ore/  
Ocean View HS) 18:32. Teams: 1. Ore-  
gon 61, 2. Nebraska 79.

**Willamette Inv - Salem, Ore - 10/  
1 5K --3. Sherrie Donovan (Boise St/  
Madera HS) 18:08. Teams: 1. Boise  
State 68 (19 teams)**

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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.

## CROSS COUNTRY

### Quadrangular at UCLA

September 3. Brookside Golf Course.

#### Men

1. Keffezighi (UCLA) 19:28, 2. Ellington (T) 20:00, 3. Cosey (T) 20:09, 4. Wangler (UCLA Alumni) 20:11, 5. Santa Maria (UCLA Alumni) 20:24.

**Team Scores:** 1. Tennessee 29, 2. UCLA Alumni 47, 3. UCLA 64, 4. Cal Poly Pomona 97.

#### Women

1. Taylor (UCLA) 17:40, 2. Harlick (UCLA) 19:06, 3. Muneno (UCLA) 19:12.

**Team Scores:** 1. UCLA 15, 2. Cal Poly Pomona 50.

### Watermelon Run

September 3. Fresno State Campus, Fresno.

#### 6 Mile

1. Matt Woodley 34:33, 2. Pedro Martinez 36:04, 3. Bill Johnston 36:36, 4. Craig Elia 36:39, 5. Jim Healy 37:27, 6. Curtis Elia 37:39, ... 13. Jessica Leal (1stF) 39:45.

#### 4 Mile

1. David Naranjo 19:31, 2. Israel Pose 19:47, 3. Goshu Tadese 19:54, 4. Joe Carnegie 20:02, 5. Al Lara 20:03, 6. Jason Lienau 20:30, 7. Fernando Mendoza 20:08, 8. Ernie Freer 20:20, 9. Jay Farrior 20:21, 10. Kipp Ortenburger 20:21, 11. Dan Zoldak 20:22, 12. Ricardo Brewer 20:35, 13. Curtis Alexander 20:38, 14. Rod Heskett 20:46, 15. Polo Duarte 20:50, 16. Cris Banuelos 21:00, 17. Jon Steele 21:30, 18. Jed Saueressig 21:34, 19. Richie Shehadey 21:40, 20. Eric Schwab, 21. Dale Campbell 22:00, 22. Blair Venables 22:02, 23. Mark Waitman 22:07, 24. Chris Parod 22:15, 25. Jon Beechick 22:47, 26. Eric Snook, ... 38. Emili Lawson (1stF) 25:46, ... 40. Marci Lawson 26:13, ... 42. Shirley Rojas-Waller 26:18, 43. Kim Fichtner 26:38, 44. Kerry Sue Houchin 26:39.

#### 2 Mile

1. Canzenbuber 10:28, 2. Juan Zamora 10:33, 3. Matt Woodley 10:40, 4. James Gates 10:49, 5. Andrew Lovejoy 10:51, 6. Ann Burris (1stF) 10:58, 7. Ray Rehn 11:01, 8. Danielle Nelson 11:07, 9. Kelly Jacobson 11:13, 10. Brian O'Clair 11:15, 11. Sarah Dawson 11:23, 12. Robert Lopez 11:31.

### Fresno Community College Invitational

September 10. Woodward Park, Fresno.

#### Men

1. Baca (Mt SAC) 20:34, 2. Peral (Ant Vly) 20:35, 3. Wolf (Mt SAC) 20:39, 4. Vazquez (RS) 20:51, 5. Vega (Mt SAC) 20:51.

**Team Scores:** 1. Mt. SAC 26, 2. West Valley 92, 3. Rancho Santiago 110, 4. San Jose 121, 5. Hartnell 126.

#### Women

1. Bermudez (C) 19:18, 2. Potillo (AV) 20:09, 3. Martin (AV) 20:12, 4. Leal (Fresno) 20:18, 5. Krause (C) 20:20.

**Team Scores:** 1. Mt. SAC 69, 2. American River 72, 3. Citrus 106, 4. Antelope Valley 107, 5. Long Beach 133.

### CS Fullerton Jammin Invitational

September 10. Carbon Canyon Regional Park, Fullerton.

#### Men

1. Danny Martinez (un) 24:30, 2. Israel Pose (FSU) 24:47, 3. Fernando Mendoza (FSU) 24:51, 4. Joey Gomez (un) 24:52, 5. Goshu Tadese (FPC) 24:53, 6. Dave Olds (ATW) 24:57, 7. Troy Rowtham (ATW) 25:02, 8. Bryan Contreras (UCI) 25:09, 9. Robert Nelson (ATW) 25:11, 10. Todd Coulston (UCI) 25:14, 11. Curtis Alexander (FSU) 25:22, 12. Fidal Zavala (un) 25:31, 13. Jerry Hernandez (un) 25:32, 14. Reymundo Duarte (LBCC) 25:32, 15. Oscar Urizar (CSLA) 25:37, 16. Kipp Ortenburger (FSU) 25:40, 17. Ricardo Brewer (FSU) 25:44, 18. Pat Benozick (LBSU) 25:45, 19. Doug Jannusch (UCI) 25:46, 20. Mark Sinderson (CSUF) 25:49.

**Team Scores:** 1. Fresno State 37, 2. UC Irvine 67, 3. Track West 78, 4. CS Fullerton 107, 5. CS Los Angeles 157, 6. Long Beach CC 177, 7. Fresno Pacific 211.

#### Women

1. Heather Killeen (CSUF) 17:33, 2. Gracie Padilla (ATW) 17:37, 3. Mary Kennedy (ATW) 17:50, 4. Traci Goodrich (Nike Coast) 17:55, 5. Ann Burris (FSU) 17:58, 6. Danielle Nelson (FSU) 17:58, 7. Annie Seawright (ATW) 18:25, 8. Laura Monson (UCI) 18:29, 9. Kelly Jacobson (FSU) 18:32, 10. Sarah Dawson (FSU) 18:40, 11. Gretchen Lohr (ATW) 18:40, 12.

Josephine Yaba (UCI) 18:50, 13. Holiday Molway (UCI) 19:01, 14. Christa Ayuso (LBSU) 19:02, 15. Teresa Santana (CSUF) 19:03, 16. Kia Robinson (UCI) 19:04, 17. Lisa Bower (LBSU) 19:13, 18. Amy Grafius (FSU) 19:18, 19. Michelle Marsh (SDSU) 19:19, 20. Kyai Quackenbush (un) 19:19.

**Team Scores:** 1. Fresno State 43, 2. Track West 48, 3. UC Irvine 75, 4. Long Beach State 111, 5. CS Fullerton 156, 6. Nevada Las Vegas 182, 7. San Diego St. 185, 8. North Texas 188, 9. USC 225, 10. Fresno Pacific 285.

### Loyola Marymount Invitational

September 10.

#### Men

1. C. Matsumara (Club Hack) 16:10, 2. Shopay (P) 16:38, 3. W. Matsumara (CH) 16:41.

**Team Scores:** 1. Pepperdine 18, 2. Loyola Marymount 45.

#### Women

1. Youngkin (P) 19:17, 2. Rogers (P) 20:51, 3. Mendelson (P) 21:24.

**Team Scores:** 1. Pepperdine 15, 2. Loyola Marymount 48.

### UCSB / CPSLO Dual

September 10.

#### Men

1. Candaele (CPSLO) 24:14, 2. Culum (UCSB) 24:29, 3. Winn (CPSLO) 24:38.

**Team Scores:** 1. UCSB 28, 2. CPSLO 38.

#### Women

1. Flanders (CPSLO) 17:44, 2. Bradbury (UCSB) 18:05, 3. Orefice (CPSLO) 18:40.

**Team Scores:** 1. CPSLO 25, 2. UCSB 25.

### Whittier Invitational

September 10. Ralph B. Clark Regional Park, Whittier.

#### Men-6K

1. Ivo Rodriguez (East LA TC) 18:40, 2. John Gauchau (APU) 18:59, 3. Denes Balazs (APU) 19:16, 4. Anthony Fisher (APU) 19:17, 5. Tony Bergman (APU) 19:22, 6. Jaime Martinez (APU) 19:24, 7. JJ Castner (UCSD) 19:29, 8. Matt Newman (CMS) 19:33, 9. Scott Rehnstrom (APU) 19:36, 10. Eben Robinson (Westmont) 19:45.

11. Jason Schaefer (SCC) 19:47, 12. Walter Voegli (CMS) 19:47, 13. Brent Purin (APU) 19:48, 14. Jef Burns (APU) 19:49, 15. Dan Kileman (Cal

Tech) 19:50, 16. Matt Thomson (Westmont) 19:53, 17. Wes Hinson (SCC) 19:57, 18. John Walsh (UCSD) 20:00, 19. Jonathan Bishop (SCC) 20:01, 20. Joe Vella (Pom-Pitz) 20:04.

21. Justin Snook (APTC) 20:04, 22. Phil Livingood (Westmont) 20:06, 23. Greg Copeland (Pom-Pitz) 20:09, 24. Ricardo Valenzuela (West End TC) 20:10.

**Team Scores:** 1. Azusa Pacific "Black" 24, 2. Azusa Pacific Track Club 110, 3. Azusa Pacific "Orange" and UC San Diego 124, 5. SCC 126, 6. CMS 152, 7. Westmont 153, 8. East LA TC 210, 9. West End TC and Pomona-Pitzer 306, 11. CMS "B" 362, 12. Redlands 367, 13. College of the Canyons 445, 14. LaVerne 453, 15. Ventura 465, 16. Master's College 481, 17. Cal Tech 504, 18. Biola 505, 19. Golden West 510, 20. Whittier 513, 21. Concordia 698, 22. East LA TC 700, 23. Chapman 842.

#### Women

1. Marisa Avendano (CSLA) 22:00, 2. Marisol Cossio (CSLA) 22:43, 3. Martha Pinto (CSLA) 23:07, 4. Marisol Pedraza (CSLA) 23:21, 5. Michelle Buchicchio (Asics West) 23:30, 6. Mathea Kok (APU) 23:35, 7. Brynn Abby (Westmont) 23:43, 8. Michelle Teodoro (APU) 23:52, 9. Auria Roberto (CSLA) 23:53, 10. Miriam Niednagel (Westmont) 23:58.

11. Nikee Pool (SCC) 24:08, 12. Amy Bergenske (Westmont) 24:09, 13. Josephina Sanchez (Ventura) 24:25, 14. Caillin Henderson (Cal Tech) 24:28, 15. Caren Anderson (SCC) 24:29, 16. Jennifer Stuart (CMS) 24:29, 17. Mayra Medina (Irvine Vly) 24:30, 18. Heather McGlone (APU) 24:32, 19. Darlene Pruitt (Irvine Vly) 24:35, 20. Gretchen Brugman (CMS) 24:37.

21. Sarah Laufer (APU) 24:38, 22. Katie Burco (Pom-Pitz) 24:41, 23. Beth Hake (APU) 24:42, 24. Kim Foster (Golden West) 24:47, 25. Heidi Tisovic (Canyons) 24:48.

**Team Scores:** 1. CS Los Angeles 19, 2. Azusa Pacific 76, 3. Westmont 100, 4. Claremont-Mudd-Scripps 130, 5. Irvine Valley 175, 6. Whittier 227, 7. UC San Diego 286, 8. Ventura College 297, 9. Pomona-Pitzer 303, 10. Southern Calif. College 342, 11. CMS "B" 344, 12. LaVerne 351, 13. Canyons 375, 14. East LA TC 426, 15. Golden West 430, 16. Redlands 436, 17. Concordia 457, 18. Cal Lutheran 618, 19. Chapman 653, 20. Redlands "B" 689.

# RESULTS

## Aztec Invitational

September 17. Balboa Park, San Diego.

### Men

1. Keflezighi (UCLA) 25:05, 2. R. Nelson (ATW) 25:56, 3. Castner (UCSD) 16:04, 4. Anderson (SU) 26:05, 6. Clayton (SDS Alum) 26:07.

**Team Scores:** 1. UCLA 48, 2. Utah 76, 3. Arizona St 76, 4. Asics Track West 125, 5. UC San Diego 128, 6. Southern Utah 154, 7. San Diego 161, 8. San Diego St. Alumni 184, 9. Long Beach St. 189.

### Women

1. Avendano (CSLA) 17:45, 2. Taylor 17:49, 3. Padilla (ATW) 17:51, 4. Lassee-Johnson (adidas) 18:16, 5. Cossio (CSLA) 18:18.

**Team Scores:** 1. UCLA 42, 2. Asics Track West 50, 3. CS Los Angeles 57, 4. Utah 113, 5. Long Beach St. 145, 6. Southern Utah 178, 7. Arizona St. 179, 8. San Diego 196, 9. UC San Diego 196, 9. UC San Diego 115, 10. Redlands 282.

## Empire Conference Preview

September 17. Fairview Park, Costa Mesa.

### Men

1. Gidabuday (R) 19:20, 2. Gallegos (R) 19:46, 3. Merchoud (R) 20:10, 4. Vasquez (RS) 20:46, 5. Holland (IV) 21:01.

**Team Scores:** 1. Riverside 29, 2. Rancho Santiago 51, 3. Fullerton 62, 4. Orange Coast 101, 5. Irvine Valley 141, 6. Golden West 155, 7. Saddleback 172.

### Women

1. Mayock (R) 19:43, 2. Foster (GW) 19:45, 3. Remy (OCC) 19:53, 4. Vega (F) 20:05, 5. Medina (IV) 20:11.

**Team Scores:** 1. Irvine Valley 39, 2. Orange Coast 74, 3. Rancho Santiago 95, 4. Golden West 104, 5. Riverside 18, 6. Saddleback 141, 7. Fullerton 155.

## Fresno X-C Invitational

September 17. Woodward Park, Fresno.

### Men-5 Mile

1. Coley Candaale (CPSLO) 25:08, 2. Israel Pose (FSU) 25:10, 3. Mark Douglas (Cal) 25:12, 4. Fernando Mendoza (FSU) 25:40, 5. Ryan Winn (CPSLO) 25:42, 6. Dan Zoldak (FSU Alumni) 25:45, 7. Dan Held (CPSLO) 25:55, 8. Goshu Tadese (FPC) 26:05, 9. Kipp Ortenburger (FSU) 26:09, 10. Rod Heskett (FSU Alumni) 26:12, 11. Ricardo Brewer (FSU) 26:12, 12. Andy Bupp (Cal) 26:22, 13. Curtis Alexander (FSU) 26:29, 14. Greg Byard (Cal) 26:41, 15. Pat Garrity (CPSLO) 26:49, 16. Ahmik Jones (CPSLO) 27:11, 17. Polo Duarte

(FSU) 27:15, 18. Jed Saueressig (FPC) 27:20, 19. Richie Shehadey (FSU) 27:22, 20. Will Bower (CPSLO) 27:22.

**Team Scores:** 1. Fresno State 34, 2. Cal Poly SLO 39, 3. California 66, 4. Fresno Pacific 99, 5. St. Mary's 134.



ANN BURRIS

Photo by Bill Cockerham

### Women-5K

1. Ann Burris (FSU) 17:50, 2. Danielle Nelson (FSU) 17:51, 3. Kerrie Flathers (CPSLO) 17:59, 4. Lisa Lopez (Cal) 18:09, 5. Kelly Jacobson (FSU) 18:35, 6. Angela Orefice (CPSLO) 18:41, 7. Sarah Dawson (FSU) 18:44, 8. Magdalena Lewy (Cal) 18:44, 9. Amy Grafius (FSU) 18:45, 10. Nikki Shaw (CPSLO) 18:51, 11. Jamie Bascom (Cal) 19:04, 12. Lori Fancon (CPSLO) 19:14, 13. Julie Oehlschlaeger (FSU TC) 19:18, 14. Melanie Hand (CPSLO) 19:23, 15. Shirley Rojas-Weller (FPC) 19:29, 16. Liz Leigh-Wood (FSU) 19:30, 17. Courtney Bolin (Cal) 19:32, 18. Amy Davidson (CPSLO) 19:37, 19. Julie

Meyers (Cal) 19:48, 20. Genevieve Debose (Cal) 20:15.

**Team Scores:** 1. Fresno State 24, 2. Cal Poly SLO 44, 3. California 57, 4. St. Mary's 119, 5. Fresno Pacific 129, 6. San Jose State 176, 7. Chapman 203.

## UC Irvine Invitational

September 17. Fairview Park, Costa Mesa.

### Men

1. Tim Martin (NA) 24:15, 2. Theo Martin (NA) 24:15, 3. Bile (NA) 24:26, 4. White (S) 24:28, 5. Walton (NA) 24:29.

**Team Scores:** 1. Northern Arizona 17, 2. Stanford 40, 3. UC Irvine 109, 4. Cal Poly Pomona 120, 5. Stanford "B" 131, 6. CS Los Angeles 159, 7. Occidental 184, 8. UC Irvine "B" 238, 9. CS Northridge 262.

### Women

1. Flowers (A) 17:30, 2. Pedersoli (NA) 17:46, 3. Dunscombe (S) 17:59, 4. Renfro (S) 18:00, 5. Drossin (A) 18:13.

**Team Scores:** 1. Stanford 30, 2. Arkansas 39, 3. Northern Arizona 82, 4. Stanford "B" 107, 5. UC Irvine 126, 6. CS Northridge 185, 7. USC 215, 8. Occidental 256, 9. Cal Poly Pomona 160, 10. UC Irvine "B" 271.

## Miracosta Invitational

September 17. Oceanside.

### Men

1. Sanchez (EC) 21:17, 2. Gittens (EC) 21:27, 3. Garritson (MisAC) 21:36, 4. Adams (EC) 21:39, 5. Wolf (MisAC) 21:39.

**Team Scores:** 1. El Camino 28, 2. Mt. SAC 36, 3. Cuyamaca 136, 4. Citrus 148, 5. SD Mesa 186.

### Women

1. Nakamura (EC) 18:55, 2. Bermudez (Cit) 19:21, 3. Friedrichsen (EC) 19:33, 4. Lima (East LA) 19:41, 5. Krause (C) 20:17.

**Team Scores:** El Camino 31, 2. Mt. SAC 86, 3. Citrus 91, 4. SD Mesa 96, 5. East LA 124.

## West LA Invitational

September 17. Hahn Park.

### Men

1. J. Wilson (M) 20:04, 2. Sallberg (G) 20:11, 3. Delgado (G) 20:23, 4. Macia 20:32, 5. Moreno (LB) 20:36.

**Team Scores:** 1. Glendale 28, 2. Long Beach 70, 3. Pasadena 86, 4. Moorpark 113, 5. LACC 117.

### Women

1. Janet (G) 21:04, 2. Tisovic (C) 21:10, 3. Donahue (LB) 21:20, 4. Weigert (M) 21:35, 5. Mesa (P) 22:18.

**Team Scores:** 1. Long Beach 52, 2. Pasadena 77, 3. Rio Hondo 89, 4. Moorpark 99.

## Westmont Invitational

September 17. Santa Barbara.

### Men-3.9 miles

1. Kevin Sturm (West) 21:21, 2. Jeffrey Cole (un) 21:22, 3. Harold Ketting (SBAA) 21:23, 4. Gregg Horner (SBAA) 21:30, 5. Jed Colvin (CLU) 21:32, 6. Dan Kleman (CT) 21:40, 7. Jim Triplett (SBAA) 22:02, 8. Robert Holt (SBAA) 22:09, 9. Jim Drake (West) 22:14, 10. Matt Pelascini (West) 22:17.

11. Mark McNeese (SBAA) 22:19, 12. Sean McCormick (SLDC) 22:24, 13. Jason Swanson (MC) 22:29, 14. Adam Bennett (WHC) 22:34, 15. Joel Jorgens (MC) 22:54, 16. Schuyler Cullen (CT) 22:58, 17. Matt Novotny (MC) 23:07, 18. Cory Stigile (CLU) 23:14, 19. Brian Dowd (West) 23:17, 20. Derrick Yazzie (WHC) 23:18.

**Team Scores:** 1. Santa Barbara AA 25, 2. Westmont 53, 3. The Master's College 87, 4. Cal Tech 93, 5. San Luis DC 112, 6. Whittier College 121.

### Women-5K

1. Ruth Vomund (TT) 18:53, 2. Megan Riker (un) 19:12, 3. Janet Norem (SLDC) 19:38, 4. Erica Coble (TT) 19:54, 5. Carol Knox (SBAA) 20:17, 6. Mary Cooper (SLDC) 20:21, 7. Helen Garcia (WHC) 20:23, 8. Laurie Montoya (TT) 20:38, 9. Cailin Henderson (CT) 20:52, 10. Laurie Kirkpatrick (SLDC) 20:58.

11. Amy Johnson (West) 21:06, 12. Sara Beaver (CT) 21:14, 13. Sheila Logan (TT) 21:34, 14. Tamara Taylor (MC) 21:50, 15. Claudia Murillo (WHC) 22:12, 16. Dao Truong (West) 22:32, 17. Carolyn Doll (TT) 22:34, 18. Julie Hiramatsu (SLDC) 22:40, 19. Gerlene Tatum (WHC) 22:44, 20. Marianne Chavez (WHC) 23:14.

**Team Scores:** 1. Team Inside Track 31, 2. San Luis DC 44, 3. Whittier 58, 4. Santa Barbara AA 76.

## Riverside Invitational

September 24. Riverside.

### Men-5 Mile

1. Wilhelm Gidabudy (RCC) 24:35, 2. Aberrazak Merchoud (RCC) 24:55, 3. Dan Reed (un) 24:58, 4. Cruz Gallegos (RCC) 25:15, 5. Nazario Romero (SD Mesa) 25:16, 6. M. Aaman (UofSD) 26:05, 7. Javier Ramirez (UCR) 26:12, 8. Terence Flynn (Oxy) 26:16, 9. Pete Sturtevant (UCR) 26:18, 10. Mike Garnica (Gr Cyn) 26:20.

11. Will Allan (Oxy) 26:22, 12. Chris LaRoche (un) 26:23, 13. Brian Holmes (UofSD) 26:24, 14. Emiglio Zarazua (Taz Devils) 26:26, 15. Felipe Martinez (Taz Devils) 26:26, 16. Miguel Ramirez (LBCC) 26:29, 17. Jaime Bastidas (UCR) 26:30, 18. Rich Vogt (SD Mesa) 26:33, 19. Steve Nudge (UCR) 26:35, 20. Mark Taylor (UCR) 26:36.

# RESULTS

21. Jose Melgar (UofSD) 26:37, 22. Greg Copeland (Poom-Pitz) 26:50, 23. Matt Newman (CMS) 26:51, 24. Jeff Sneed (UCLA) 26:53, 25. Joe Vella (Pom-Pitz) 26:55, 26. Matt Olin (UCLA) 27:00, 27. Ola Knutsson (UofSD) 27:02, 28. Clyde Resendez (Gr Cyn) 27:03, 29. Jason Fultz (Los Much TC) 27:06, 30. Brian Godsey (CSN) 27:09.

**Team Scores:** 1. UC Riverside 64, 2. Riverside CC 90, 3. Univ of SD 117, 4. Grand Canyon 121, 5. San Diego Mesa 124, 6. Occidental 148, 7. Pomona-Pitzer 176, 8. Claremont-Mudd-Scripps 186, 9. Long Beach CC 256, 10. UCSD 269, 11. Redlands 305, 12. Tazmanian Devils 306, 13. CS Northridge 314, 14. Santa Clara 330, 15. Pepperdine 412, 16. Concordia 492, 17. Loyola Marymount 502.

## Women-5K

1. Karen Hecox (UCLA) 17:47, 2. Jennifer Bessel (un) 18:25, 3. Emebet Shiferaw (un) 18:29, 4. Traci Goodrich (Nike Coast) 18:40, 5. Michelle Cox (U of SD) 18:47, 6. Lori Miller (CSN) 18:54, 7. Charlotte Mayock (RCC) 19:00, 8. America Rivas (un) 19:16, 9. Suzanne Haas (un) 19:27, 10. Zetta Daniel (Gr Cyn) 19:27.

11. Kelly Olson (SDS) 19:28, 12. Danielle Pekar (UCR) 19:29, 13. Jamie Whitmore (CSN) 19:32, 14. Jennifer Nanista (un) 19:33, 15. Michelle Marsh (SDS) 19:34, 16. Brenda Enderle (Gr Cyn) 19:36, 17. Christine Lewis (USC) 19:37, 18. Jennifer Andrews (CSN) 19:38, 19. Marcia Larsen (un) 19:38, 20. Autumn McManis (Gr Cyn) 19:39.

21. Carrie Barnett (SD Mesa) 19:42, 22. Krystal Pinter (Redlands) 19:44, 23. Jessica Youngkin (Pepperdine) 19:44, 24. Gretchen Sauer (CMS) 19:46, 25. Alicia Pedroza (SD Mesa) 19:47.

**Team Scores:** 1. CS Northridge 81, 2. USC 121, 3. Claremont-Mudd-Scripps 135, 4. San Diego Mesa 135, 5. Grand Canyon 139, 6. Pomona-Pitzer 185, 7. San Diego State 232, 8. Cal Poly Pomona 233, 9. Univ. of San Diego 238, 10. Occidental 273, 11. Pepperdine 278, 12. UC Riverside 280, 13. UC Irvine 291, 14. Riverside CC 335, 15. Pt. Loma Nazarene 399, 16. Redlands 402, 17. Concordia 441, 18. Santa Clara 450, 19. UC San Diego 565, 20. Loyola Marymount.

## UCSB Triangular Meet

September 24. Santa Barbara.

### Men

1. Brad Glosser (UCSB) 24:41, 2. Dave Cullum (UCSB) 24:51, 3. Eben Robinson (Westmont) 25:07, 4. Matt Nealon (West) 25:09, 5. Mark Sinderon (CSUF) 25:09, 6. Nate Weber (UCSB) 25:13, 7. Paul Glosser (UCSB) 25:24, 8. Forest Quinlan (UCSB) 25:25, 9. Todd Farrington

(West) 25:28, 10. Dave Guenther (UCSB) 25:40.

11. Trent Bryson (UCSB) 25:48, 12. Nathan Jobe (UCSB) 25:52, 13. Liam Jones (UCSB) 25:55, 14. Phil Sitner (CSUF) 25:56, 15. Dave Blum (UCSB) 26:05, 16. Blake Schumacher (CSUF) 26:06, 17. Stuart Gonzalez (CSUF) 26:06, 18. Kevin Storm (West) 26:08, 19. Gerardo Vega (CSUF) 26:21, 20. Phil Livingood (West) 26:22.

**Team Scores:** 1. UCSB 24, 2. CS Fullerton 54, 3. Westmont 60.

### Women

1. Heather Killeen (CSUF) 17:14, 2. Kara Bradbury (UCSB) 17:54, 3. Eliza Alexander (UCSB) 18:07, 4. Beckie Levy (UCSB) 18:16, 5. Gabriela Rodriguez (UCSB) 18:17, 6. Teresa Santana (CSUF) 18:23, 7. Eva Mattson (UCSB) 18:29, 8. Deanna Hadley (UCSB) 18:34, 9. Miriam Niednagel (West) 18:36, 10. Heather Bray (UCSB) 18:37.

11. Brynn Abby (West) 18:48, 12. Mary Crane (UCSB) 18:52, 13. Adrienne Bell 18:57, 14. Tania Nahale (CSUF) 18:58, 15. Alison Livermore (CSUF) 19:09.

**Team Scores:** 1. UCSB 21, 2. CS Fullerton 50, 3. Westmont 70.

## Western State Conference

September 24. Cuesta College.

### Men

1. Wilson (M) 20:51, 2. Delgado (G) 21:00, 3. Macias (G) 21:02, 4. Sallberg (G) 21:06, 5. Verdejo (B) 21:08.

**Team Scores:** 1. Glendale 24, 2. Bakersfield 75, 3. Santa Barbara 86, 4. Moorpark 89, 5. Ventura 131, 6. Canyons 154, 7. Hancock 186, 8. Santa Monica 238, 9. Cuesta 243.

### Women

1. Sanchez (V) 19:40, 2. Janet (G) 20:05, 3. Hernandez (G) 20:19, 4. Moreno (V) 20:37, 5. Weigert (M) 20:41.

**Team Scores:** 1. Ventura 61, 2. Bakersfield 68, 3. Canyons 94, 4. Moorpark 98, 5. Glendale 100, 6. Cuesta 120, 7. Santa Monica 146, 8. Santa Barbara 207, 9. Hancock 216.

## Foothill Conference

### Preview

September 24. Bonelli Park.

### Men

1. Perales (AV) 22:07, 2. Perez (C) 22:22, 3. Gutierrez (C) 22:31, 4. Cervantes (RH) 22:54, 5. Siguenza (RH) 23:24.

**Team Scores:** 1. Citrus 30, 2. Antelope Valley 66, 3. San Bernardino 88, 4. Rio Hondo 103, 5. Cerro Coso 116, 6. Desert 126.

### Women

1. Bermudez (C) 20:14, 2. Krause (C) 21:19, 3. Potilla (AV) 21:27, 4.

Ordaz (RH) 22:19, 5. Johnson (C) 22:50.

**Team Scores:** 1. Citrus 27, 2. Rio Hondo 47, 3. Antelope Valley 61, 4. San Bernardino 97, 5. Cerro Coso 107, Desert 0.

## Golden West Invitational

September 24. Huntington Beach.

### Men

1. Sanchez (EC) 20:19, 2. Wolf (MS) 20:21, 3. Giddens (EC) 20:36, 4. Baca (MS) 20:40.

**Team Scores:** 1. Mt. SAC 33, 2. El Camino 37, 3. Pasadena 77, 4. Fullerton 124, 5. Irvine Valley 163, 5. Whittier 197, 7. East LA 215, 8. Fullerton 226, 9. Cerritos 246, 10. Saddleback 250.

### Women

**Team Scores:** 1. El Camino 36, 2. Irvine Valley 60, 3. Whittier 66, 4. Mt. SAC 146, 5. Long Beach 151, 6. Pasadena 179, 7. Golden West 182, 8. Saddleback 198, 9. Fullerton 225, 10. Cerritos 283.

## Southern California Conference

September 24. Griffith Park, Los Angeles.

### Men

1. Vasquez (LACC) 19:29, 2. Khamis (LACC) 20:00, 3. Cuahonte (LACC) 20:17.

**Team Scores:** 1. LACC 29.

### Women

1. Ramirez (LACC) 17:15, 2. Covarrubias (East LA) 17:19, 3. Flores (LACC) 18:15.

**Team Scores:** 1. LACC 21.

## Stanford Invitational

October 1. Stanford.

### Men-Invitational

1. Martin Keino (Ariz) 24:23, 2. Mebrahtom Kellezighi (UCLA) 24:45, 3. Richie Boulet (Cal) 24:57, 4. Bob Keino (Ariz) 25:00, 5. Gregory Jimmerson (Stanford) 25:04, 6. Coley Candaele (CPSLO) 25:05, 7. Dan Held (CPSLO) 25:12, 8. Mark Johansen (BYU) 25:16, 9. Margarito Casillas (Ariz) 25:18, 10. JJ White (Stanford) 25:23.

11. Bryan Znijewski (Stanford) 25:27, 12. Christian Fogarazzo (St Johns U) 25:28, 13. Jon Pillow (Ariz) 25:29, 14. Israel Pose (Fresno St) 25:30, 15. Matthew Farley (Stanford) 25:32, 16. Nathan Nutter (Stanford) 25:33, 17. Anthony Fisher (Azusa Pacific) 25:39, 18. Mark Douglas (Cal) 25:41, 19. Dave Cullum (Santa Barbara) 25:44, 20. Art Jimenez (Ariz) 25:44.

21. Mike Davidson (Utah St) 25:45, 22. Daniel Niednagel (UCLA) 25:45, 23. Bryan Winters (Ariz) 25:46, 24. Brian Gastelum (UCLA) 25:47, 25.

Robert Reeder (Stanford) 25:52, 26. Marc Lawson (BYU) 25:52, 27. Fernando Mendoza (Fresno St) 25:53, 28. Frank Torres (Utah St) 25:54, 29. Dan Alder (BYU) 25:56, 30. Brad Glosser (Santa Barbara) 25:58.

31. Travis Anderson (So Utah) 25:59, 32. Devon Elizondo (UCLA) 26:01, 33. Toby Conley (Utah St) 26:02, 34. Andy Bupp (Cal) 26:03, 35. Jaime Martinez (Azusa Pacific) 26:17, 36. Scott Rehnstrom (Azusa Pacific) 26:19, 37. Curtis Alexander (Fresno St) 26:21, 38. John Gachau (Azusa Pacific) 26:22, 39. Kipp Ortenburger (Fresno St) 26:23, 40. Nate Weber (Santa Barbara) 26:23.

41. Ryan Gauss (UCI) 26:24, 42. Phil Rocheleau (UC Davis) 26:24, 43. Bill Bower (CPSLO) 26:25, 44. Paul Goodrich (Santa Barbara) 26:25, 45. Blake Rothschild (UC Davis) 26:26, 46. Brian Quinn (St. Johns U) 26:26, 47. Blake Boggacs (BYU) 26:26, 48. Dave Wasserman (Humboldt) 26:27, 49. Bryan Contreras (UCI) 26:29, 50. Doug Jannusch (UCI) 26:30.

**Team Scores:** 1. Arizona 47, 2. Stanford 57, 3. UCLA 135, 4. California 203, 5. Brigham Young 163, 6. Fresno State 173, 7. Cal Poly SLO 179, 8. Santa Barbara 193, 9. Azusa Pacific University 200, 10. Utah State 209, 11. UC Irvine 266, 12. St. John's University 305, 13. So. Utah 353, 14. UC Davis 365, 15. Humboldt 378, 16. Fullerton 381, 17. Long Beach 429.

### Men-Open/University

1. Damon Chamberlain (CS Sacto) 25:59, 2. Andrew Cowgill (Stanford) 26:16, 3. Eric Ricketts (Chico St) 26:17, 4. Goshu Tadese (Fresno Pacific) 26:18, 5. Cliff Curtis (CP Pomona) 26:26, 6. Sean Shaeffer (Neb Wesleyan) 26:27, 7. Jon Weldon (Stanford) 26:34, 8. Erick McBride (CS Stanis) 26:37, 9. Rondie Gibbs (CP Pomona) 26:39, 10. Todd Stevens (Chico St) 26:45.

11. Mike Moreno (CP Pomona) 26:47, 12. Chuck Foote (CP Pomona) 26:48, 13. John Walsh (UCSD) 26:50, 14. Matt Nealon (Westmont) 26:50, 15. Walter Dehority (UCSD) 26:52, 16. Joe Vella (Pom-Pitz) 26:52, 17. Dave Rivera (CS Stanis) 26:53, 18. Eben Robinson (Westmont) 26:56, 19. David Dyer (Stanford) 26:58, 20. Chris Myers (Chico St) 26:59.

21. Steve Pye (APU) 27:00, 22. Jason Schaefer (SCC) 27:01, 23. John Stires (SBBarb) 27:01, 24. Will Allan (Oxy) 27:05, 25. Oscar Orizar (CSLA) 27:07, 26. Danny Trejo (APU) 27:08, 27. Matt Thomson (Westmont) 27:09, 28. Robert Ho (UCSD) 27:10, 29. Brian Godsey (CSN) 27:11, 30. Terry Bia (Yavapai College) 27:12.

31. Philip Livingood (Westmont) 27:13, 32. Matt Ramersa (Hayward) 27:14, 33. Josh Cobb (S Barb) 27:15.

# RESULTS

34. James Senechal (Stanford) 27:16, 35. Sergio Becerrio (CSLA) 27:17, 36. Kevin Barta (Yavapai) 27:18, 37. Jonathan Bishop (SCC) 27:18, 38. Gil Serrano (Stanford) 27:19, 39. Gavin Klinger (UCSD) 27:19, 40. Jason Tackett (CS Sacto) 27:20.

**Team Scores:** 1. Cal Poly Pomona 84, 2. Stanford 98, 3. Chico State 132, 4. Westmont 139, 5. UC San Diego 144, 6. Santa Barbara 211, 7. Yavapai College 235, 8. CS Stanislaus 249, 9. Nebraska Wesleyan 256, 10. Colgate Univ. 285, 11. CS Sacramento 289, 12. CS Los Angeles 303, 13. Pomona Pitzer 339, 14. Southern Calif. College 343, 15. Azusa Pacific 354, 16. Occidental 364, 17. UC Davis 436, 18. Fresno Pacific 483, 19. Northridge 533, 20. Santa Clara 534, 21. So. Mountain College 569.

## Women-Invitational

1. Karen Hecox (UCLA) 17:14, 2. Suzanne Castruita (Ariz) 17:20, 3. Sarna Renfro (Stanford) 17:39, 4. Shelley Taylor (UCLA) 17:40, 5. Kortney Dunscombe (Stanford) 17:42, 6. Viola Schaffer (Ariz) 18:05, 7. Candace Lessmeister (Rice U) 18:05, 8. Lisa Lopez (Cal) 18:06, 9. Janeth Caizalitin (BYU) 18:07, 10.



COLEY CANDAELE

Photo by Bill Cockerham

Julie Orton (BYU) 18:36, 23. Sarah Truitt (Stanford) 18:38, 24. Sarah Dickerman (UC Davis) 18:42, 25. Anna Delgado (UCLA) 18:42, 26. Erica Sumi (UCLA) 18:45, 27. Kara Bradbury (Santa Barbara) 18:46, 28. Amanda White (Stanford) 18:47, 29. Eliza Alexander (Santa Barbara) 18:48, 30. Aimee Langevin (Stanford) 18:49.

31. Lori Falcon (CPSLO) 18:50, 32. Stacy Swank (Rice U) 18:52, 33. Katy Eklof (Rice U) 18:52, 34. Gretchen Hyder (BYU) 18:53, 35. Maya Munend (UCLA) 18:54, 36. Deanna Hadley (Santa Barbara) 18:55, 37. Lynn Sherry (Rice U) 18:56, 38. Amy MacArthur (Stanford) 18:57, 39. Heather Bray (Santa Barbara) 18:57, 40. Eva Mattson (Santa Barbara) 18:58.

41. Beckie Levy (Santa Barbara) 18:59, 42. Kelly Jacobson (Fresno St) 18:59, 43. Sarah Dawson (Fresno St) 19:02, 44. Lora Heyl (Utah St) 19:03, 45. Kim Nelson (BYU) 19:04, 46. Melissa Teenant (BYU) 19:06, 47. Jennifer Andrews (Northridge) 19:06, 48. Mandy Malouf (Texas Tech) 19:06, 49. Teresa Santana (Fullerton) 19:08, 50. Kay Luo (Stanford) 19:09.

**Team Scores:** 1. Stanford 63, 2.



KAREN HECOX

Photo by Elaine Rosenfield

UCLA 87, 3. Brigham Young 91, 4. Arizona 96, 5. Santa Barbara 161, 6. Rice University 170, 7. Fresno State 171, 8. UC Davis 181, 9. California 189, 10. Fullerton 302, 11. Utah State 321, 12. Long Beach 364, 13. Northridge 369, 14. Texas Tech 371, 15. Humboldt 408, 16. So. Utah.

## Women-Open/University

1. Carrie Neugebauer (CS Stanislaus) 18:28, 2. Mirsada Buric-Adam (Yavapai) 18:37, 3. Ryan Thomas

(Stanford) 19:01, 4. Rochelle Hair (Nev Reno) 19:02, 5. Andrea Garner (Stanford) 19:02, 6. Tilia Torrens (Stanford) 19:10, 7. Gwen Williams (Stanford) 19:18, 8. Miriam Niednagel (Westmont) 19:22, 9. Desiree Owen (Phoenix Coll) 19:22, 10. Betsy Cunningham (Colgate) 19:23.

11. Michelle Teodoro (APU) 19:24, 12. Adrienne Bell (S Barb) 19:33, 13. Brynn Abby (Westmont) 19:34, 14. Carla Estrella (Yavapai) 19:37, 15. Lisa Gay (Chico St) 19:38, 16. Usila Chepkenboi (Nev LV) 19:39, 17. Kelly Olson (SD) 19:39, 18. Mary Crane (S Barb) 19:40, 19. Josephina Sanchez (Ventura) 19:44, 20. Heather McGlone (APU) 19:45.

21. Sara Moore (Stanford) 19:46, 22. Michelle Marsh (SD) 19:47, 23. Catherine Ellett (Yavapai) 19:48, 24. Jami Nelson (Nev Reno) 19:49, 25. Von Harkins (Phoenix) 19:50, 26. Julie Clooks (Nev LV) 19:51, 27. Arpen Melwani (USF) 19:51, 28. Susan Armenta (CPP) 19:52, 29. Lena Lopez (Yavapai) 19:58, 30. Jillian Reckies (Stanford) 19:55.

31. Kyndra Smith (UCSD) 19:57, 32. Priscilla Boldt (Yavapai) 19:58, 33. Erica Greene (CS Stanis) 20:01, 34. Helen Garcia (Whittier) 20:02, 35. Genevieve Farnady (Nev Reno) 20:03, 36. Sara Foster (Stanford) 20:05, 37. Kelly Polinsky (Colgate) 20:11, 38. Stephanie Artis (CS Sacto) 20:12, 39. Melissa Roberts (UCSD) 20:14, 40. Amy Bergenske (Westmont) 20:14.

**Team Scores:** 1. Stanford 40, 2. Yavapai College 93, 3. Azusa Pacific 183, 4. Westmont 188, 5. Nevada Las Vegas 190, 6. Colgate Univ. 200, 7. Nevada Reno 236, 8. UC San Diego 251, 9. Whittier 273, 10. Chico State 292, 11. UC Davis 351, 12. Cal Poly Pomona 352, 13. CS Stanislaus 357, 14. San Diego & Pomona Pitzer 376, 16. Occidental 418, 17. St. Mary's 427, 18. Phoenix 477, 19. Ventura 481, 20. Fresno Pacific 515, 21. U of San Francisco 532, 22. Nebraska Wesleyan 536, 23. Southern Calif. College 558, 24. Pt. Loma Nazarene 602, 25. Santa Clara U 660, 26. San Jose State 710.

## Biola Invitational

October 1. La Mirada Regional Park, La Mirada.

### Men-5 Miles

1. Chris Jones (Weber St) 25:07, 2. Robert Nelson (Asics TW) 25:14, 3. Bob Evans (Weber St) 25:24, 4. Matt Godfrey (Weber St) 25:28, 5. Joey Gomez (un) 25:34, 6. Troy Rowtham (Asics TW) 25:35, 7. Matt Harmer (Weber St) 25:40, 8. Warren Jones (Weber St) 25:50, 9. Dave Olds (Asics TW) 25:56, 10. Rob Duncan (Weber St) 25:59.

11. Guy Perry (Weber St) 26:00, 12. Linh Le (UCR) 26:03, 13. Jacques

Sallberg (Glendale CC "A") 26:05, 14. Javier Ramirez (UCR) 26:13, 15. Steve Nudge (UCR) 26:16, 16. Jaime Bastidas (UCR) 26:19, 17. Dio Almenarez (Glendale CC "A") 26:22, 18. Pete Sturtevant (UCR) 26:24, 19. Walter Voegtli (Claremont) 26:25, 20. Chris Klaes (un) 26:25.

21. Eduardo Macias (Glendale CC "A") 26:28, 22. Jose Padilla (Glendale CC "A") 26:28, 23. Jose Melgar (USD) 26:34, 24. Brian Holmes (USD) 26:37, 25. Kele Perkins (un) 26:38.

**Team Scores:** 1. Weber State 21, 2. UC Riverside 70, 3. Asics Track West 77, 4. Glendale CC "A" 90, 5. USD 144, 6. Claremont "A" 164, 7. West End TC 200, 8. LaVerne 278, 9. Redlands 280, 10. CS Fullerton 345, 11. Pepperdine 355, 12. Biola 356, 13. Rio Hondo College 375, 14. Claremont "B" 382, 15. Cal Tech 411, 16. Loyola MU 461, 17. College of the Desert 467, 18. Cal Tech 526.

### Women-5K

1. Gracie Padilla (Asics TW) 18:09, 2. Lesley Noll-Mayne (Asics TW) 18:14, 3. Chris Morgan (Asics TW) 18:16, 4. Mary Kenney (Asics TW) 18:36, 5. Michelle Cox (U of SD) 18:45, 6. Allison St. Auber (Asics TW) 18:54, 7. Gretchen Lohr (Asics TW) 18:58, 8. Kristin Von Teuber (un) 19:07, 9. Annie Seawright (Asics TW) 19:15, 10. Danielle Ecker (UCR) 19:22.

11. Jessica Youngkin (Pepperdine) 19:24, 12. Christina Lewis (USC) 19:27, 13. Brenda Terry (un) 19:29, 14. Cailin Henderson (Cal Tech) 19:33, 15. Debbie Mayana (Asics TW) 19:43, 16. Gretchen Brugman (Claremont) 19:43, 17. Leticia Mora (USC) 19:45, 18. Krystal Fister (Redlands) 19:48, 19. Marcia Larson (un) 19:50, 20. Jennifer Stuart (Claremont) 19:51.

**Team Scores:** 1. Asics TW 16, 2. Claremont 89, 3. USC 94, 4. U of San Diego 136, 5. UC Riverside 175, 6. Cal Tech 185, 7. Pepperdine 195, 8. Glendale CC 225, 9. LaVerne 229, 10. Redlands 242, 11. Rio Hondo 248, 12. Chapman 343, 13. Loyola-Marymount 388.

## TRACK & FIELD

### Sky Jumpers Pole Vault Competition

October 2. Atascadero.

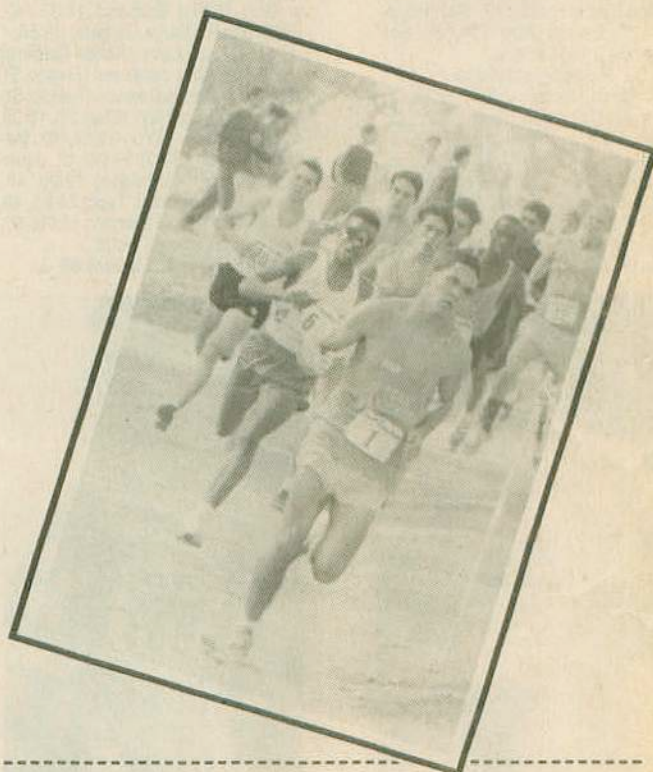
1. Shawn Brown (21) SLO 15-9 (new club all-comers record), 2. Todd Hunter (17) Ata 13-0, 3. Logan Nichols (17) AG 13-0, 4. Don Foss (33) Ata 11-0, 5. Terry Cannon (57) SB 11-0.



# THE ONLY EASY THING ABOUT THIS RACE IS ENTERING IT

**FOOT LOCKER  
CROSS COUNTRY  
WEST REGIONAL**  
Woodward Park, Fresno, CA  
Saturday, December 3

**FOOT LOCKER CROSS COUNTRY NATIONAL FINALS**  
Balboa Park, San Diego, CA • Saturday December 10



For an entry form, please mail to: **FOOT LOCKER**  
4957 E. Heaton Ave.  
Fresno, CA 93727  
(209) 456-0535



## ENTRY FORM REQUEST FOOT LOCKER CROSS COUNTRY CHAMPIONSHIPS

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| <b>LAST NAME</b>                                                                                                            |  |  |  |  |  |  |  |  |  |                                         |  |  |  |  | <b>FIRST NAME</b>                                           |  |                                                             |  |  |                                                             |  |                     |  |  |  |  |  |  |  |  |  |
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| <b>STREET ADDRESS or P.O. BOX</b>                                                                                           |  |  |  |  |  |  |  |  |  |                                         |  |  |  |  |                                                             |  |                                                             |  |  |                                                             |  |                     |  |  |  |  |  |  |  |  |  |
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| <b>CITY</b>                                                                                                                 |  |  |  |  |  |  |  |  |  |                                         |  |  |  |  | <b>STATE</b>                                                |  |                                                             |  |  | <b>ZIP CODE</b>                                             |  |                     |  |  |  |  |  |  |  |  |  |
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| <b>HOME PHONE</b>                                                                                                           |  |  |  |  |  |  |  |  |  | <b>BIRTH DATE</b>                       |  |  |  |  | <b>M/F</b>                                                  |  | <b>GRADE</b>                                                |  |  |                                                             |  | <b>AGE/RACE DAY</b> |  |  |  |  |  |  |  |  |  |
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| <b>HIGH SCHOOL</b>                                                                                                          |  |  |  |  |  |  |  |  |  |                                         |  |  |  |  | MS <input type="checkbox"/>                                 |  | <b>COACH'S NAME</b>                                         |  |  |                                                             |  |                     |  |  |  |  |  |  |  |  |  |