

BULLETIN



INTERNATIONAL SPORTS EXCHANGE

3503 Temple Ave., Suite D • Pomona, CA 91768

FINAL "International Sports Exchange" CALIFORNIA TOP TEN PREP CROSS COUNTRY RANKINGS (By State Meet School Size Division)

--By Doug Speck (Arcadia HS), Steve Fagundes (Sacramento), and correspondents around the state.

Division I (1601 students and above for four grades)

Men

1. Arroyo (El Monte)
2. Dana Hills
3. Palos Verdes
4. Bellarmine Prep (San Jose)
5. Vacaville
6. Upland
7. Camarillo
8. Agoura
9. Canyon (Canyon Country)
10. Poway

Women

1. Palos Verdes
2. Agoura
3. Hesperia
4. Arroyo Grande
5. Montebello
6. Vacaville
7. Los Gatos
8. Santa Ana Valley
9. Leland (San Jose)
10. Madera

Division II (801-1600 students for four grades)

Men

1. Corona del Mar
2. Walnut
3. Jesuit (Sacramento)
4. Newport Harbor
5. El Camino (Oceanside)
6. Woodbridge (Irvine)
7. Gunn (Palo Alto) *
8. Half Moon Bay
9. Castro Valley
10. Lassen (Susanville)

Women

1. Newport Harbor
2. Archbishop Mitty (San Jose)
3. Woodbridge (Irvine)
4. South Hills (Covina)
5. Rancho Buena Vista (Vista)
6. Nordhoff (Ojai)
7. Lassen (Susanville)
8. Morro Bay
9. Sonora (Sac-Joaquin Section)
10. Hilltop (Chula Vista)

Division III (800 students or less in four grades)

Men

1. McFarland
2. Yreka
3. Maranatha (Sierra Madre)
4. Sherman Indian (Riverside)
5. Village Christian (Sun Valley)
6. Bishop
7. Calvin Christian (Escondido)
8. Salesian (Los Angeles)
9. Serrano (Phelan)
10. Army/Navy Academy (Carlsbad)

Women

1. Coronado
2. St. Joseph (Santa Maria)
3. Yreka
4. Maranatha (Sierra Madre)
5. Bret Harte (Angel's Camp)
6. University (San Francisco)
7. San Joaquin Memorial (Fresno)
8. Paraclete (Lancaster)
9. McFarland
10. Webb (Claremont)

OVER FOR COMMENTS ON RANKINGS--

* Note: we run @ Crystal Springs
Not on Paper.

Rankings Commentary: Men

I-Arroyo Southern Section 3A champ (79:28 team time at Mt. SAC), Dana Hills upset Palos Verdes in 4A (63-79:28-87 79:56), Bellarmine continuing to improve in Section qualifying. Vacaville super Sac Joaquin Section effort. Upland 80:09 in Section 3A Finals (2nd behind Arroyo) at Mt. SAC. Camarillo 3rd Southern Section 4A (80:45). Agoura* 80:59 2nd Sou Sect 2A. Canyon* 81:43 5th in Sou Sect 4A. Poway super League and Section Prelim efforts.

II-CdM 4th Sou Sect 4A (103-80:27). Walnut Sou Sect 2A Champ (80:45 at Mt. SAC). Jesuit fine Sac Joaquin Sub Section effort. Newport Harbor big improver late (83:34 Sou Sect Fin at Mt. SAC). El Camino easily San Diego best here (85:12 Mt. SAC 10/24). Woodbridge (84:02 4th Sou Sect 2A). Gunn good Central Coast subsect effort to move ahead of Half Moon Bay. Castro Valley North Coast best here. Lassen best from Northern Section here.

III-McFarland very solid still. Yreka Northern best. Maranatha 2nd Sou Sect 1A (85:25 at Mt. SAC--McFarland 83:10 in Mt. SAC Invite 10/23). Sherman Indian 3rd So Sect 1A (86:50). Village Christian 4th So Sect 1A (87:03). Bishop 5th So Sect 1A (87:03). Calvin Christian San Diego best here. Salesian 7th So Sect 1A (88:27). Serrano* 9th So Sect 1A 88:18. Army/Navy #2 in San Diego.

Women

I-Palos Verdes nation's finest. Agoura So Sect 2A titlist (97:42--PV 94:12 winning 4A). Hesperia 97:31 for 2nd So Sect 2A. Arroyo Grande So Sect 3A winner (80-100:30--great grouping). Montebello 2nd So Sect 3A (82-98:16). Vacaville super Sac Joaquin Section efforts. Los Gatos some injury problems but should return. Santa Ana Valley* 2nd So Sect 4A 99:17 at Mt. SAC. Leland (San Jose) improving as #4 and #5 run better. Madera Central Section's best and improving.

II-Newport Harbor 3rd So Sect 4A 99:40 at Mt. SAC. Mitty continuing to improve through Sectional races. Woodbridge 3rd So Sect 2A 102:53 without #3 (would drop 2 min with her). South Hills 4th So Sect 2A (102:20 at Mt. SAC). Rancho Buena Vista continuing to improve, led by Kira Jorgensen (state's best individual) on top. Nordhoff 8th So Sect 2A 105:01. Lassen will be higher if put together solid effort. Morro Bay 9th So Sect 2A 105:44 at Mt. SAC. Sonora Sac Joaquin Section's best here. Hilltop good San Diego group.

III-Coronado rated just ahead of a charging group. St. Joseph 7 points behind Coronado in race at Mt. SAC Invite 10/23, 6th Sou Sect 2A 104:23. Yreka good Northern group. Maranatha Sou Sect 1A winner 105:41 at Mt. SAC. Bret Harte good Sac Joaquin Section team. University sixth very solid team in this division. San Joaquin Memorial good Sub-Section effort. Paraclete 3rd Sou Sect 1A (108:41 at Mt. SAC). McFarland good group from Central Section (111:45 at Mt. SAC Invite 10/23). Webb (Claremont) 5th Sou Sect 1A 112:29. * non-qualifier for State as team.

--A SPECIAL THANKS TO DENNIS MCCLANAHAN (MT. CARMEL HS, SAN DIEGO), BOB WALL (LASSEN HS), BILL HOTCHKISS (LEIGH HS, SAN JOSE), WILLIE HARMATZ (LOS GATOS HS), PHIL WILDER (MOREAU HS, HAYWARD), KEITH CONNING (BERKELEY HS), JIM ECKMAN (YREKA HS), AND STEVE WARD (CLOVIS HS) WHOSE HELP WAS INVALUABLE THIS FALL.

BULLETIN



INTERNATIONAL SPORTS EXCHANGE

3503 Temple Ave., Suite D • Pomona, CA 91768

November 1st - "International Sports Exchange" California Top Ten Prep Cross Country Rankings (By State Meet School Size Division)
--by Doug Speck (Arcadia HS), Steve Fagundes (Sacramento), and correspondents around the state.

Division I (1601 students and above for four grades)

Men

1. Arroyo (El Monte)
2. Palos Verdes
3. Camarillo
4. Bellarmine Prep (San Jose)
5. Vacaville
6. Dana Hills
7. Upland
8. Antelope Valley
9. Canyon (Canyon Country)
10. (tie) Poway & Serra
(San Diego)

Women

1. Palos Verdes
2. Agoura
3. Arroyo Grande
4. Los Gatos
5. Hesperia
6. Santa Ana Valley
7. Montebello
8. Villa Park
9. El Toro
10. Irvine

Division II (801-1600 students for four grades)

Men

1. Corona del Mar
2. Walnut
3. Jesuit (Sacramento)
4. Woodbridge (Irvine) ✓
5. El Camino (Oceanside)
6. Half Moon Bay
7. Trabuco Hills
8. Castro Valley
9. Coachella Valley
10. Lompoc

Women

1. Woodbridge (Irvine)
2. Newport Harbor
3. Archbishop Mitty (San Jose)
4. South Hills (West Covina)
5. Lassen (Susanville)
6. Rancho Buena Vista (Vista)
7. Nordhoff
8. Corona del Mar
9. St. Joseph (Santa Maria)
10. Laguna Hills

Division III (800 students or less in four grades)

Men

1. McFarland
2. Yreka
3. Sherman Indian (Riverside)
4. Bishop
5. Maranatha (Sierra Madre)
6. Village Christian (Sun Valley)
7. La Salle (Pasadena)
8. Cathedral (LA)
9. Salesian (LA)
10. Paraclete (Lancaster)

Women

1. Coronado
2. Yreka
3. Paraclete (Lancaster)
4. Maranatha (Sierra Madre)
5. Bret Harte (Angel's Camp)
6. McFarland
7. University (San Francisco)
8. San Joaquin Memorial (Fresno)
9. Bishop
10. Webb (Claremont)

October 15 - "International Sports Exchange" California Top Ten
Prep Cross Country Rankings (by State Meet School Size Divisions)
--by Doug Speck (Arcadia HS), Steve Fagundes (Sacramento), and
correspondents around the state

Division I (1601 students and above for four grades)

Men

1. Arroyo (El Monte)
2. Palos Verdes
3. Camarillo
4. Upland
5. Bellarmine Prep (San Jose)
6. Dana Hills
7. Poway
8. Antelope Valley (Lancaster)
9. Thousand Oaks
10. Agoura

Women

1. Palos Verdes
2. Arroyo Grande
3. Los Gatos
4. Thousand Oaks
5. Hesperia
6. Santa Ana Valley
7. Montebello
8. Villa Park
9. Agoura
10. Leland (San Jose)

Division II (801-1600 students for four grades)

Men

1. Corona del Mar
2. Walnut
3. El Camino (Oceanside)
4. Jesuit (Sacramento)
5. Lompoc
6. Woodbridge (Irvine)
7. Half Moon Bay
8. Cabrillo (Lompoc)
9. Castro Valley
10. St. Francis (Mountain View)

Women

1. Woodbridge (Irvine)
2. Corona del Mar
3. Lassen (Susanville)
4. Archbishop Mitty (San Jose)
5. Lompoc
6. Laguna Hills
7. Hilltop (Chula Vista)
8. Yucaipa
9. Morro Bay
10. Nordhoff (Ojai)

Division III (800 students or less in four grades)

Men

1. McFarland
2. Sherman Indian (Riverside)
3. Maranatha (Sierra Madre)
4. Village Christian (Sun Valley)
5. Cathedral (LA)
6. Serrano (Phelan)
7. Bishop
8. Yreka
9. Webb (Claremont)
10. Bell-Jeff (Burbank)

Women

1. Paraclete (Lancaster)
2. Yreka
3. Coronado
4. Maranatha (Sierra Madre)
5. Bell-Jeff (Burbank)
6. Bret Harte (Angel's Camp)
7. Moorpark
8. McFarland
9. University (San Francisco)
10. San Joaquin Memorial (Fresno)

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