

# MT.SAC

CROSS COUNTRY



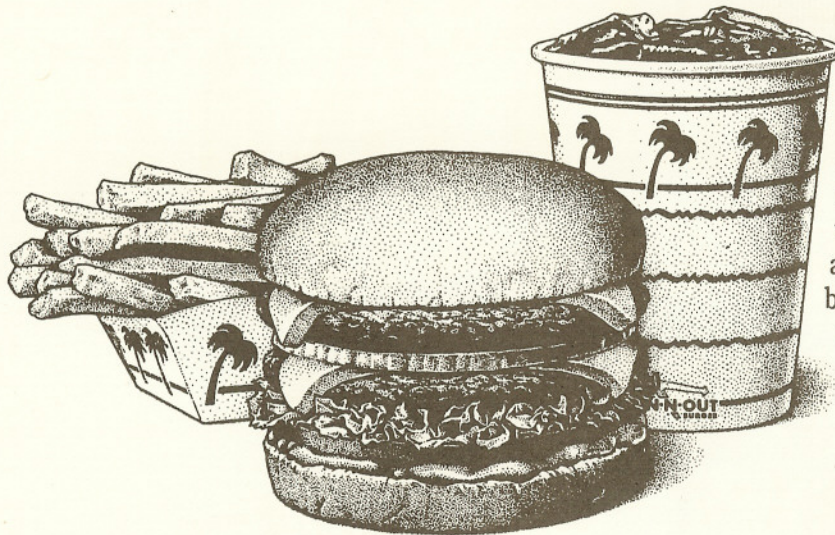
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**OCTOBER 18-19  
25-26, 1996**

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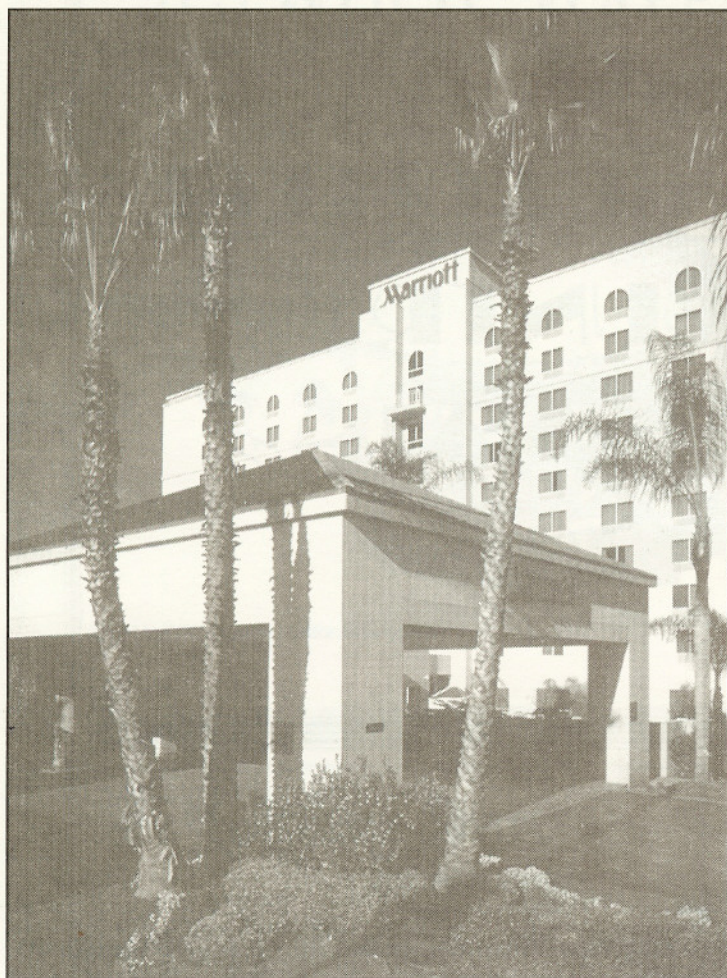
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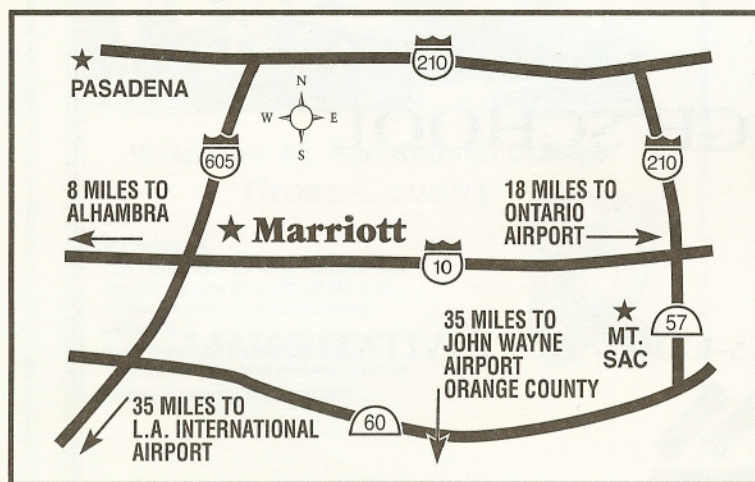


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# 1996 Schedule of Events

## FRIDAY, OCTOBER 18

7:15 a.m.	Coaches' Fun Run	(3-4 Miles)
7:30 a.m.	Coaches Light Breakfast	
8:10 a.m.	Community College, Novice, Men	(4 Miles)
8:30 a.m.	Community College, Women's Varsity	(3 Miles)
9:00 a.m.	Community College, Women's Invitational	(3 Miles)
9:30 a.m.	Community College, Men's Invitational	(4 Miles)
10:00 a.m.	Community College, Men, Varsity	(4 Miles)
10:45 a.m.	Community College, 3200M Relay, without Zones	(3200 Meters)
11:00 a.m.	Community College, Paarlauf Relays, 5 x 8 x 200M Relay	(5 Miles)
2:45 p.m.	Junior High School, Middle School, Boys and Girls Division (Grades 6,7,8,9)	(2.0 Miles)
5:00 p.m.	Elementary School Division, Grades 3 - 4	(1 Mile)
	Grades 5 - 6	(1.2 Miles)

## FRIDAY, OCTOBER 25

2:15 p.m.	Division IV High School, Boys and Girls	(3 Miles)
3:30 p.m.	Division III High School, Boys and Girls	(3 Miles)
5:15 p.m.	Division III & IV Seepstakes Races, Boys and Girls	(3 Miles)

## SATURDAY, OCTOBER 26

7:30 a.m.	Division I High Schools, Boys and Girls	(3 Miles)
9:30 a.m.	Sweepstakes Races, Divisions I, II.	(3 Miles)
10:00 a.m.	Division II High Schools, Boys and Girls	(3 Miles)
1:00 p.m.	Late Entry Race-Divisions (All Divisions)	(3 Miles)



# • SPECIAL THANKS •

Mt. San Antonio College and Walnut High School continue to work together to put on two of our nation's largest annual amateur events the Mt. San Antonio College Cross country Invitational in the Mt. San Antonio Relays in the spring. With upwards of 8,000 athletes actively entering competition in each, the Mt. SAC Cross Country Invitational as well established as our nation's largest of all of America's Track and Field Meets.

Both events require a great deal of time by a large number of dedicated and enthusiastic supporters. We give credit and special thanks to those listed below.

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Don Ruh  
Doug Todd

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Jim Polite  
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Don Ruh

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Mike Goff  
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Hank Krachir

John Norton  
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Doug Todd  
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## TEE SHIRT ART

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Circle K & Key Clubs

Walnut High School

## RECORDS & STATISTICS

Ray Scofield

Doug Speck

## OUR THANKS TO ALL THE ABOVE

Directors:  
Assistant-Athletic Directors:

Don Ruh & Jim Polite  
Ray Adermann  
& Debbie Cavion  
Dr. William Feddersen  
Ken Gunn

President of Mt. San Antonio College:  
Principal of Walnut High School:



## FORTY-EIGHTH ANNIVERSARY

### MT. SAN ANTONIO CROSS-COUNTRY INVITATIONAL

### A HISTORY and A PHILOSOPHY

In 1948, Mt. San Antonio College initiated the first major Cross Country Invitational Meet in Southern California with the philosophy of extending competition to as many young distance runners as possible. Today, we are celebrating our Forty-Seventh of cross country competition over the hills of Mt. San Antonio College.

In its first running, the meet attracted ten (10) high schools and nine (9) community colleges with a total of 148 runners competing in two (2) prep divisions (Open and Novice) and one Varsity Junior College race. The course was located in what is now the West Campus area and included the western farm area of the present campus. The late Hilmer Lodge founded the event and served as its director until his retirement in 1962. In 1963, Don Ruh took over the directorship with Bud Peterson of Ganesha High School serving as the high school coordinator it was in 1964 that grade level competition and "Team Times" were first introduced to cross country scoring. Dave Casper of Baldwin Park High School and Jim Polite of Walnut High School have since coordinated and sponsored the high school divisions.

Over the years, the meet has grown to become the most competitive cross country meet in the Nation. With the increased popularity of distance running in Southern California, combined with the basic philosophy of the Mt. SAC INVITATIONAL, new divisions have been established to grant equal, but yet very competitive, competition to a wide range of athletic abilities and talents.

Friday afternoon, October 18, over 1,100 Junior High School Boys and Girls will take to the 1.8-mile course in the single most important meet of their competitive season. This Division has grown in popularity each year since its humble beginnings back in 1969. We expect over 36 schools again this year. That event will be followed by an ever-growing elementary school division competition at 5:00 p.m. Runners in grades 5-6 and 3-4 were first included in 1989.

On the morning of October 18, approximately thirty community colleges will compete in six separate Varsity Division races (based on school enrollments), as well as a novice race for those athletes ranking eighth or over from each of these colleges. A men's and women's 5-mile Paarlauf Relay has also been established to provide competition for off-season track athletes. The Paarlauf is a European innovation encouraged by guest lecturer and national coach of England, Geoffrey Dyson at a Mt. SAC Clinic in 1970. This year, to make track and field more innovative, a (4) person 1600 m relay will be added (no specific distances or zones - just 4 athletes running the 1600 m distance).

The Friday and Saturday, October 25-26, high school competition will necessitate the running of over 75 separate races with divisions for Varsity athletes, Junior Varsity, Sophomores, and Freshmen. Over 380 high schools will enter the 48th Annual Mt. SAC INVITATIONAL with athletes numbering over 8,600. Each race will be considered a "final," in that races include approximately 15 schools and are traditionally seeded by geography, size, and strength. In 1967, Mt. SAC was the first to initiate a system of determining overall success by comparing team times throughout the entire day of competition. A sweepstakes championship was given to that team of five runners which earned the fastest mark in each of the three divisions. The system of "best times" has grown in popularity in cross country ever since its start at Mt. SAC in 1967. In 1993 four divisional structures of C.I.F. classification (I, II, III, IV) was used to determine even more equitable competition.

Of equal popularity is the Mt. SAC Cross Country Souvenir T-Shirt, first printed in 1965 and in more recent years uniquely designed by a young cartoonist, Mark Gutierrez, who himself ran cross country at Walnut High School and Mt. SAC. Souvenir Pins were also introduced for the first time in 1968 and have since become a valuable collectors item.

Traditional plaque and medal awards are given in each of over 90 races that guarantee pride in achievement. Plentiful as they are, a fraternal respect exists among all recipients as each knows the training required to achieve success on the rugged hills of the Mt. San Antonio College Cross Country Course. Today, fathers can share with their sons, the experiences of running the hills of the Mt. SAC Cross Country Invitational.

At the 1988 celebration of our 40th anniversary, the first inductees into the new Mt. SAC Cross Country Hall of Fame were honored. A special bar-b-que recognizing those whose dedication and inspiration had made them worthy of this very special honor was held. (*Please see "Hall of Fame" article in your program.*) Inductions have been made in subsequent years.

We welcome all to our Forty-Eighth Annual Mt. San Antonio Cross Country Invitational and trust the experiences encountered will be of great value to all involved. We congratulate every athlete and coach for the work and effort that has been exerted just to reach this point in competition. Have pride in the fact that you have done your best, as this is really the great lesson to be learned from athletics!



# Chick's

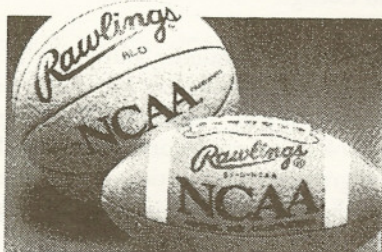
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## "THE REAL STORY"

### Mt. Sac Cross Country Invitational

When Cross Country was in its infancy in California, Mt. San Antonio College decided to help promote the sport by establishing an invitational in which schools from throughout the area (*who might otherwise not have a chance to meet*) could come together in fair and equitable competition.

At that time, there was no other opportunity, no actual regional tests (*as we know them today*), and no state or interstate options.

The Mt. SAC Invitational was to have only two divisions in its 1948 debut — one for high schools and one for junior colleges. At that time, there weren't that many high schools and community colleges in California and cross country running only involved a rather special (*sometimes considered "strange"*) group of guys who wanted to run over distance in the Fall. There just weren't the runners or joggers on the roads in 1948 — it was still basically a European phenomenon, not "something Americans considered the thing to do."

High school cross country consisted of 1.2 to 2 mile races while their collegiate counterparts were running 2.5 to 3.1 miles (*four-year colleges up to four [4] miles*). Believe it or not, most ran barefooted with protection coming from the depth of the calluses they had developed on the bottom of their feet. The calluses became so thick, they would often tear off (*like tread on retreaded tire*), leaving a raw, bloody mess of tissue exposed beneath. The smarter runners often used a thin gymnastic-type shoe for protection.

Well, needless to say, much has changed in Cross Country since Mt. SAC's first Cross Country Invitational back in 1948. From 148 runners representing ten (10) high schools and nine (9) community colleges in 1948 to more than 8,600 athletes representing over 380 schools grouped in divisions for all ability levels last year. Quite a change. There is even a 1.8-mile junior high school and grade school division (*1.8 to 1.2 miles*) to help introduce youths to the fun and enjoyment of running. Boys and girls, men and women are all involved today in competition — all running in shoes since first required in 1965.

Today, Mt. SAC is our nation's largest and most prestigious of all Cross Country meets. It still functions to bring athletes (*who otherwise would not meet*) together on a challenging course that has changed little over the years — thus making for records and performance comparisons that are truly meaningful.

The meet's philosophy has remained as constant as the course — hopefully still promoting Cross Country as a great individual and team sport, while building confidence and self-respect among the hundreds of participating athletes.

#### **CROSS COUNTRY INVITATIONAL SPECIAL**

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# MT. SAC CROSS COUNTRY INVITATIONAL HALL OF FAME

## Mt. San Antonio College Cross Country Invitational Hall of Fame

Where as the Mt. San Antonio College Cross Country Invitational is the largest and most prestigious in our Nation; and

Where as the Mt. San Antonio College Cross Country Invitational competition has been conducted continuously since 1948; and

Where as thousands upon thousands of young men and women have competed on the Mt. San Antonio College course during this time; and

Where as many athletes and coaches have excelled in the sport of Cross Country at Mt. San Antonio College and elsewhere.

Let it now be stated that only the below named individual has been selected from among all peers to receive this particular recognition as only the aforementioned individual has performed and contributed to the sport of Cross Country to such a degree as to warrant induction into the Mt. San Antonio College Cross Country Invitational Hall of Fame.

Your work, effort, and spirit will live on for years to come.

On this

Day of

19

## INDUCTEES

### (Information Included - Upon Induction)

- Bruce Bess: La Habra High School record holder on the 1.8 mile Mt. SAC Invitational Course (1960-63) until 2.0 course used. Also ran for USC in 4-year division of Mt. SAC Invitational.
- Tim Danielson: Course record holder, Chula Vista High School (1965) and later at Grossmont College.
- Jack Hedges: Coach, Westminster High School having a tradition of success at the Mt. SAC Invitational and elsewhere.
- Hilmer Lodge: Founder of the Mt. SAC Cross Country Invitational and Mt. SAC Relays. Successful cross country and track coach at Mt. SAC from 1948 to 1963, setting tradition in both Track and Cross Country at Mt. SAC.
- Bob Larsen: Successful coach at Monte Vista High School in the 1960's, then developed Mt. SAC Invitational and long list of State championship teams at Grossmont College in the '70's. Presently coaching at U.C.L.A.
- Jeff Nelson: As a student at Burbank High School, he ran the fastest time ever at the Invitational (14:32) in 1978. His record remained upon his 1988 installation.
- Tracy Smith: Arcadia High School stand-out who held the old Mt. SAC course record for three years in the 1960's. His career extended for over 20 years thereafter.
- John Ward: Santa Ana College coach with numerous Mt. SAC Invitational (3), conference (8), and state (3) championships. A legend in his day in both cross country and track and field coaching.
- Al Baeta: American River College coach for 25 years. Al holds numerous conference, regional, and state honors. Has brought teams to every Mt. SAC Invitational since 1965. Has had teams in the state Cross Country Championships more times than any other college in the state. Served as National Coach, Manager, and Technical Advisor as well as on state and national committees for cross country and track.
- Bob Fries: Fresno High School and Fresno City College. Thirty-six years of successful coaching in the valley area including many contributions to the sport such as clinic programs, the Fresno Invitational and Fresno Relays. His teams have participated in the Mt. SAC Cross Country Invitational for over 25 years.
- Fred Barton: Retired Track Coach and School Administrator in La Puente School District, Fred served as the Cross Country Invitational "Starter" for 30 years. He has also contributed to Track & Field in many ways including the AAF-Mt. SAC Relays Youth Projects.



## FRED BARTON INDUCTED IN THE HALL OF FAME

"Listen to what the starter tells you" has always been sound advice given by coaches before sending their teams to the starting line. This year, more than ever, "Listen Up" because your starter has just been awarded one of the Invitational's Greatest Honors - Induction into its Hall of Fame.

One of the rules for induction is that the recipient is no longer involved in the activity that earned them the honor. And while Fred Barton will be starting this year's high school races, he will be doing it in an honorary capacity.

Fred and his wife Naomi retired last year (from their voluntary pursuits in So. California) and moved to their new home in Eugene Oregon last spring - Really before we had a chance to say good-bye. We invited them back for our 48th annual event especially for that "GOOD-BYE" and his Hall of Fame induction.

Like other inductees, his contributions to the sport have been unique and many. We best know him as the official starter of the annual Mt. SAC Cross Country Invitation. If your father or coach ran at Mt. SAC as a student, he too would remember him as you do, for he has been sending thousands of young boys and girls off from the starting line for over 30 years now. Millions have responded to Fred's instructions and starter's gun over these years, certainly something no one else in this nation could ever claim.

He started his gunnery career (after an illustrious athletic career at El Monte High School), when he manned anti-aircraft guns in New Guinea and in the Philippine Islands during World War II. He later continued his athletic career at Whittier College and first started coaching at Fullerton High School. While there he started their first Cross Country Teams - running their meets at halftime of the football games. From there he initiated Cross Country at La Puente High where his teams remained undefeated for many years.

In 1962 Fred left track and cross country coaching to enter administration at Cedarlane Middle School in La Puente, still promoting sport in that capacity there. He also became increasingly active in officiating and starting as part of Southern California's Volunteer Officials Association. He proudly claims he has officiated at every one of the Mt. SAC meets and served as its new AAF -Mt. SAC Relays Youth Day Chairman for the past 11 years. While we could go on, we think the brief biography we've included confirms Fred Barton's deserved Hall of Fame Honors.

We welcome Fred and his wife Naomi back to Mt. SAC this weekend and extend that welcome to include visits in the future. From all of us here today - thanks Fred for all of your contributions to the great sport of Cross Country!



One of 35 boy's races contested over the traditional 3 mile course.  
Athletes pictured have just covered the flat first mile and are heading up the "switchbacks".

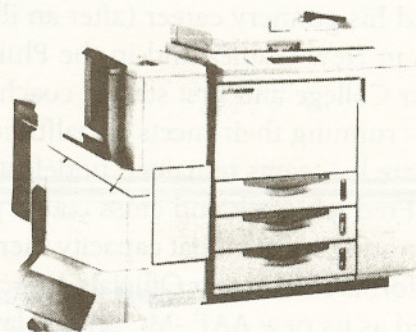
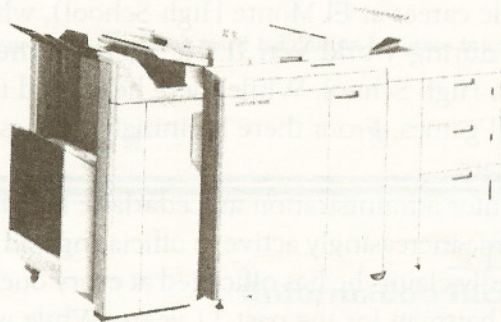


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COMMUNITY COLLEGE DIVISION

FRIDAY, OCTOBER 18, 1996

*"The Traditional California-Arizona Cross Country Championships"*

7:40AM COACHES & OPEN FUN RUN

8:30AM MEN'S NOVICE DIVISION

American River

El Camino

Los Angeles City College

Mt. San Antonio College

Riverside City College

9:00AM MEN'S INVITATIONAL DIVISION

American River

College of the Desert

Compton City College

De Anza College

East Los Angeles College

El Camino

Glendale College - Az.

Los Angeles City College

Mt. San Antonio College

Phoenix Comm. - Az

Pima College - Az.

Riverside City College

Scottsdale Comm. - Az.

Southwestern College

West Valley College

9:40AM WOMEN'S INVITATIONAL DIVISION

American River

College of the Desert

Compton City College

De Anza College

East Los Angeles College

El Camino

Glendale College - Az.

Los Angeles City College

Mt. San Antonio College

Phoenix Comm. - Az

Pima College - Az.

Riverside City College

San Bernardino Valley College

Scottsdale Comm. - Az.

Southwestern College

West Valley College

Yavapai Coll. - Az

10:30AM MEN'S & WOMEN'S PAARLAUF RELAYS

Compton City College

El Camino

Los Angeles City College

Long Beach City College

Mt. San Antonio College

\* Each race will be scored as a final with the combined race times to determine the overall 1996 Sweepstakes Champions. Awards will be given to the first 20 finishers and to all 7 members of the first 5 team in each race. School certificates will be given to the first 3 teams in each race.



## PREVIOUS COMMUNITY COLLEGE CHAMPIONS A HISTORY

In 1964, team champions were first determined by a system of "team times" (combined times of a team's first five [5] runners).

In 1978, Women's Cross Country developed to the extent that this same system could be used to determine "A Champion" from among all the larger and smaller colleges (as with the men).

In 1988, an "Overall Team Sweepstakes Championship" was structured to recognize those colleges having the best combined men's and women's team (as based on their combined team times).

### MEN'S DIVISIONAL CHAMPIONS

		Coach			Coach
1964	Grossmont	Vavra	1980	Grossmont	Peabody
1965	Grossmont	Vavra	1981	Grossmont	Lux
1966	Mt. SAC	Ruh	1982	Pima, AZ	Mielke
1967	Pasadena	Knuth	1983	El Camino	Shannon
1968	Pasadena	Knuth	1984	Grossmont	Muirhead
1969	Moorpark	Brinkman	1985	Central AZ	Young
1970	L.A. Valley	Ker	1986	Central AZ	Young
1971	Grossmont	Larsen	1987	Central AZ	Young
1972	Grossmont	Larsen	1988	Pima, AZ	Mielke
1973	L.A. Valley	Ker	1989	Central AZ	Young
1974	Grossmont	Larsen	1990	Central AZ	Young
1975	Grossmont	Larsen	1991	Riverside	Banks
1976	Grossmont	Larsen	1992	Riverside	Banks
1977	Grossmont	Larsen	1993	Mt. SAC	Ebner-Ruh
1978	Grossmont	Larsen	1994	Mt. SAC	Ebner
1979	Grossmont	Peabody	1995	El Camino	Loften

### WOMEN'S DIVISIONAL CHAMPIONS

		Coach			Coach
1978	Orange Coast	Fitzel	1986	Mt. SAC	Norton
1979	Orange Coast	Fitzel	1987	Mt. SAC	Norton
1980	Orange Coast	Fitzel	1988	Mt. SAC	Norton
1981	Orange Coast	Greer	1989	Mt. SAC	Norton
1982	Orange Coast	Greer	1990	El Camino	Loften
1983	Phoenix, AZ	Moore	1991	Mt. SAC	Norton
1984	Santa Monica	Biller	1992	Mt. SAC	Norton
1985	L.A. Valley	Christian/ Brumwell	1993	Mt. SAC	Norton
			1994	El Camino	Loften
			1995	Mt. SAC	Todd

### TEAM SWEEPSTAKES CHAMPIONS

1988	Mt. SAC (Men, 1:44.32; Women, 1:37.13)	3:21.45	Norton, Ebner, Ruh
1989	Mt. SAC (Men, 1:42.38; Women, 1:37.01)	3:19.39 <b>Record</b>	Norton, Ebner, Ruh
1990	Mt. SAC (Men, 1:42.56; Women, 1:37.13)	3:20.09	Norton, Ebner, Ruh
1991	Mt. SAC (Men, 1:44.42; Women, 1:37.51)	3:22.33	Norton, Ebner, Ruh
1992	Mt. SAC (Men, 1:42:46, Women, 1:37:18)	3:20:04	Norton, Ebner, Ruh
1993	Mt. SAC (Men, 1:43:24, Women, 1:39:01)	3:22:25	Norton, Ebner, Ruh
1994	El Camino (Men, 1:47:55, Women, 1:37:12)	3:25:07	Loften
1995	Mt. SAC (Men, 1:47:21, Women, 1:38:45)	3:26:16	Todd



# COMMUNITY COLLEGE RECORDS

## MT. SAC COURSE

### All Time Records:

Individual-Men	Bob Thomas	Glendale	19:19.8	1974
Team Time-Men	Grossmont	Rose, McCormack Hamblin, Podlenski Varley	1:40:00.8	1979
Individual-Women	Kim Stewart	L.A. Valley	17:26.6	1985
Team Time-Women	L.A. Valley	Stewart, Lohr, Martinez, DiMaggio, Jackson	92:53.0	1985

### Invitational Records:

Individual-Men	Mark Roberts	Central Arizona	19:25.3	1986
Team Time-Men	Central Arizona Roberts,	Cardenas, Lopez	1:41.03	1986
Novice-Men	Pat Carroll	Grossmont	20:39.2	1977
Paarlauf Relay-Men	Long Beach		18:11.3	1985
Individual-Women	Kim Stewart	L.A. Valley	17:26.6	1985
Novice-Women	B. Setherley	Pima	19:51.8	1982
Team Time-Women	L.A. Valley	Stewart, Lohr, Martinez, DiMaggio, Jackson	92:53.0	1985
Paarlauf Relay-Women	Mt. SAC		22:18.4	1985

## JUNIOR HIGH MIDDLE SCHOOL RECORDS

### Short Course: 6-7-8 Grades (Varsity) - 1.6 mi

Boys	Mario Argueta	Jurupa	8:07	1991
Boys Team	Tenaya	Fresno	43:44	1991
Girls	Jenno Rhode	Potter	9:44	1991
Girls Team	Potter-La Paloma		52:31	1991

### Regular Course: 6-7-8 Grades (Varsity) - 2.0 mi

Boys	Montoya	Townsend	11:55	1993
	G. Moore	Thurston	11:55	1995
Boys Team	Olive Peirce		1:05.01	1995
Girls	J. Manson	Bernardo Hts.	13:05	1995
Girls Team	Barstow		1:14.34	1995

## ELEMENTARY SCHOOL RECORDS

### Short Course: 3-4-5-6 Grades - .8 mi

5-6 Grade Boys	Gabe Patten	Roosevelt	5:12	1991
5-6 Grade Girls	Kattie Cottrell	Hidden Valley	6:02	1991
3-4 Grade Boys	Nick Gottry	Jurupa	6:55	1991
3-4 Grade Girls	Austin Williams	Desert	7:13	1991

### Regular Course: 3-4-5-6 Grades - 1.2 mi

5-6 Grade Boys				
Team Time		Alta Loma	49:47	1993
Individual	Brian Peterson	Chaparral	8:52	1993
5-6 Grade Girls				
Team Time		Meadows	51:12	1994
Individual	J. Ambos	Garcia Elementary	8:48	1995
3-4 Grade Boys/Girls				
Team Time		Meadow Union	54:20	1995
Individual	J. Sunberg	Sierra	9:51	1994



# JUNIOR HIGH-MIDDLE SCHOOL AND ELEMENTARY SCHOOL DIVISION CHAMPIONS

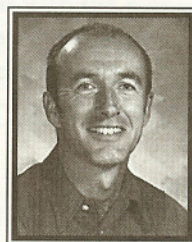
These Divisions have had a variety of team scoring and non-scoring categories over the years of development. In some cases separate divisions were scored, in others, Boys and Girls combined team efforts determined the championships. Today, championships are based on combined 7-8th grade team efforts - called varsity team championships. The recorded history is as follows:

## Junior High-Middle School Champions

1970	Sierra Vista	Revis
1971	Sinaloa Center	Hyink McCullough
1972	Suzanne Alessandro	Lindsay Reading
1973	Kraemer Suzanne	OCana Lindsay
1974	Suzanne Meadow Brook	Linsay Harmon
1975	No Championship	
1976	Barstow Suzanne	Duarte Murphy
1977	Ramona	Hunter
1978	No Championship	
1979	Suzanne	Murphy
1980	Suzanne	Murphy
1981	No Championship	
1982	San Onofre	Overton
1983	Twin Peaks	Higgins
1984	Twin Peaks	Higgins
1985	Twin Peaks	Higgins
1986	No Championship	
1987	Suzanne	Murphy
1988	Mission Riverside	Gee
1989	No Championship	
1990	Roosevelt	
1991	Tenaya Potter	Oye Rhode
1992	Meadowbrook Woodcrest Christ.	Mendoza Schamberg
1993	Rancho Hesperia	Hunter/Ponczocha
1994	Olive Peirce Barstow	Harness/Ortiz
1995	Olive Peirce Henes	Hunter/Ponczocha Levingston/Funkhouser

## Elementary School Champions

1991	Roosevelt Mojave Desert	La Porte/Kinder Ortiz
1992	Mojave Desert Vista Heights	Ortiz Axup/Cripe
1993	Alta Loma Suzanne Alta Loma (3-4)	Young Arenas/Dobberpuhl Young
1994	Suzanne Barstow Meadows (E-Centro) Christ Lutheran (3-4)	Megaree/Dobberpuhl Harness/Ortiz Gaede Meza/Shivley
1995	Glenelder Meadows (E. Centro) Oasis (29 Palms)	Owen/Carrera Gaede Wentz



## HONORARY REFEREE

We are proud to have Ed Lindsay recognized as the Honorary Referee of the 48th Annual Mt. SAC Cross Country Invitational.

We are especially proud to have a person from the ranks of our Junior / Middle School Division selected for this very special honor - selected because he is a very special individual himself.

In 1970 the first Junior High / Middle School Division Race was run at Mt. SAC. He served as the division's first coordinator and has (since that time) served as the event's official coordinator. Now, 26 years later he can be proud of his accomplishments, both as a coach and as the divisional coordinator.

He proved his abilities in these two areas as well as being an outstanding teacher and just a great all-around person, loved and respected by his peers.

After 5 years in the Los Angeles School System and 28 years in the Walnut School District (Suzanne Intermediate and Chaparral Middle Schools), Ed was forced to retire this year due to health problems.

Ed says he loves Cross Country because as long as kids stay in the sport, they're guaranteed of improvement and a great deal of self-satisfaction.

"Cross Country builds some very special bonds between the runners. It's always great to see the kids come together at Mt. SAC and achieve what they do year after year".

Ed misses his coaching and the excitement he always got from coaching and cheering his kids on. To an even greater extent, his students and fellow coaches will miss Ed doing the same.

The Mt. SAC Staff and all of us connected with the Annual Mt. SAC Cross Country Invitational wish Ed the very best in his fight for full recovery, he deserves it!



## JUNIOR & MIDDLE SCHOOL DIVISIONS

FRIDAY, OCTOBER 18, 1996

*"Traditional, Southern California's Junior-Middle School Championships" - 2 miles*

### RACE #1 @ 2:45PM - 8<sup>TH</sup> GRADE BOYS

Anaheim Lutheran	Ranchero - Hesperia
Black Mountain - Poway	Roosevelt - Carlsbad
El Rancho - Anaheim	Sierra - Riverside
H. Huntington - San Marino	Suzanne Elem. - Walnut
Hewes - Santa Ana	Twenty Nine Palms
La Canada	Upland
La Jolla Country Day	Vista Campana - Apple Valley
Our Lady of Assumption	

### RACE #2 @ 3:00PM - 8<sup>TH</sup> GRADE BOYS

Barstow	Olive Pierce - Ramona
Carr - Santa Ana	Palos Verdes
Chaparral - D. Bar	Pioneer - Upland
C.E. Utt - Tustin	Rancho Starbuck - La Habra
Goddard - Glendora	Santiago - Orange
Lathrop - Santa Ana	Sparks - La Puente
Monte Vista - San Jacinto	Village Christian - S. Valley

### RACE #3 @ 3:10PM - 8<sup>TH</sup> GRADE GIRLS

Bernardo Hgts. - San Diego	Olive Pierce - Ramona
Black Mountain - Poway	Rancho Starbuck - La Habra
Carr - Santa Ana	Roosevelt - Carlsbad
Edgewood	Suzanne Elem. - Walnut
La Canada	Upland
La Jolla Country Day	
Lathrop - Santa Ana	

### RACE #4 @ 3:22PM - 8<sup>TH</sup> GRADE GIRLS

Anaheim Lutheran	Our Lady of Assumption
Barstow	Pioneer - Upland
Chaparral - D. Bar	Ranchero - Hesperia
Edgewood	Santiago - Orange
El Rancho - Anaheim	Vista Campana - Apple Valley
H. Huntington - San Marino	
Hewes - Santa Ana	

### RACE #5 @ 3:35PM - 7<sup>TH</sup> GRADE BOYS

Barstow	Olive Pierce - Ramona
Black Mountain - Poway	Palos Verdes
Carr - Santa Ana	Pioneer - Upland
Chaparral - D. Bar	Rancho Starbuck - La Habra
C.E. Utt - Tustin	Roosevelt - Carlsbad
El Rancho - Anaheim	Santiago - Orange
Hewes - Santa Ana	Sparks - So. El Monte
La Jolla Country Day	Suzanne Elem. - Walnut
Monte Vista - San Jacinto	Riverview - Helendale
	Upland

### RACE #6 @ 3:47PM - 7<sup>TH</sup> GRADE BOYS

Anaheim Lutheran	La Jolla Country Day
Christ Lutheran - W. Covina	Lathrop - Santa Ana
Edgewood	Our Lady of Assumption
Goddard - Glendora	Ranchero - Hesperia
H. Huntington - San Marino	Twenty Nine Palms
High Point Academy - Pasadena	Village Christian - S. Valley
La Canada	Vista Campana - Apple Valley

### RACE #7 @ 3:57PM - 7<sup>TH</sup> GRADE GIRLS

Black Mountain - Poway	Ranchero - Hesperia
Chaparral - D. Bar	Rancho Starbuck - La Habra
El Rancho - Anaheim	Roosevelt - Carlsbad
La Canada	Santiago - Orange
Lathrop - Santa Ana	Sparks - La Puente
Olive Pierce - Ramona	Suzanne Elem. - Walnut
Our Lady of Assumption	Upland
Pioneer - Upland	

### RACE #8 @ 4:10PM - 7<sup>TH</sup> GRADE GIRLS

Anaheim Lutheran	Hilltop - S.D.
Barstow	Holy Name of Mary - La Verne
Bernardo Hgts. - San Diego	Monte Vista - San Jacinto
Carr - Santa Ana	Palos Verdes
Edgewood	Riverview - Helendale
H. Huntington - San Marino	Twenty Nine Palms
Hewes - Santa Ana	Vista Campana - Apple Valley
High Point Academy - Pasa.	

### RACE #9 @ 4:25PM - VARSITY BOYS

Adelanto	Olive Pierce - Ramona
Arrowhead Christian - Redlnd	Ranchero - Hesperia
Assembly of God - Victorville	Riverview - Helendale
Chaparral - D. Bar	Shivley - So. El Monte
Edgewood	Sparks - La Puente
Hooks - Victorville	Thurston - CDM
Monte Vista - San Jacinto	Vista Campana - Apple Valley

### RACE #10 @ 4:35PM - VARSITY GRADE GIRLS

Assembly of God - Victorville	Potter - Fallbrook
Bethel Christian	Ranchero - Hesperia
Chaparral - D. Bar	Riverview - Helendale
Edgewood	Shivley - So. El Monte
Garcia - Rialto	Sparks - La Puente
Hooks - Victorville	Vista Campana - Apple Valley
Monte Vista - San Jacinto	

## ELEMENTARY SCHOOL DIVISIONS

*"Traditional, Southern California's Elementary School Championships" - 1.2 miles*

### RACE #11 @ 4:50PM - 5<sup>TH</sup> & 6<sup>TH</sup> GRADE BOYS

Anaheim Lutheran	Palos Verdes
Christ Lutheran - W. Covina	Mariposa - Redlands
Foothill Country Day	Sycamore - Claremont
Hewes	Village Christian - S. Valley
Oasis - 29 Palms	Wing Lane - Valinda
Our Lady of Assumption	

### RACE #12 @ 5:05PM - 5<sup>TH</sup> & 6<sup>TH</sup> GRADE GIRLS

Anaheim Lutheran	Oasis - 29 Palms
Christ Lutheran - W. Covina	Our Lady of Assumption
Helendale	Palos Verdes
Hewes	Thurston - CDM
Mariposa - Redlands	Wing Lane - Valinda

### RACE #13 @ 5:20PM - 3<sup>RD</sup> & 4<sup>TH</sup> BOYS & GIRLS

Christ Lutheran - W. Covina	Thurston - CDM
Helendale	Twenty Nine Palms
Oasis - 29 Palms	Wing Lane - Valinda
Our Lady of Assumption	
Mariposa - Redlands	



# A SPECIAL OPPORTUNITY FOR YOUTH IN YOUR SCHOOL

THE A.A.F.-YOUTH DAYS AND INSTRUCTIONAL PROGRAM (1986-1996) has proven to be a very successful beginning for the Amateur Athletic Foundation's efforts to promote the sport of Track and Field among Southern California's Elementary and Junior High School-age students. The A.A.F. and the Mt. SAC Relays Games Committee have joined hands in a program that has introduced as many young people as possible (especially those who have had little or no experience in the area of Track and Field) to the sport through a series of instructional clinics and by two full days of competition at the Mt. SAC Relays-A.A.F. Youth Days.

In 1986, over 1,700 young boys and girls participated in the special day for youths. In 1987, the number of competitors grew to nearly 2,000; in 1988, the figure was over 2,400; in 1989, 3,200; in 1990, 3,600; and in each of the years 1991 thru 1995 over 4,100 youths participated in "Youth Days" in 1996 a record 4,600 took part. For the past three years another 500 have run in the Munchkin Runs on "The Day of Champions" during the final weekend of the relays.

Most of the boys and girls in grades three through six were out of the classroom and have had no previous training, or experience, in the area of Track and Field. In grades seven through nine, it was a similar story as well as an opportunity for youths from the city to come and compete against those from the outlying areas. Most exciting is seeing the large number of Elementary and Middle Schools who have now organized "Teams" for this event. Over 95% of all participants are now coming from school programs.

The marks of these youths have been outstanding considering their of experience in Track and Field. Most had never thrown the javelin-development bean bag; many had never high-jumped, long jumped or put the shot; and few had ever been on an outstanding track as Mt. SAC before. There enthusiasm is always simulating; their conduct and cooperation outstanding! The atmosphere is always competitive, relaxed, and fun as games should be.

As in the years past, every athlete leaves the meet with many "reminders" of their special day. Each athlete carries away a Certificate of Accomplishment, a competition number, a free tickets to the Mt. SAC Relays, a souvenir program and pin, and a very special A.A.F.-Mt. SAC Relays T-shirt. Thousand even take home awards. But most importantly, all leave knowing there's something for everyone in Track and Field; and that there's a lot of fun and satisfaction in just taking part. New friends were made and perhaps a new future in athletics have started because of what happened at Mt. SAC.

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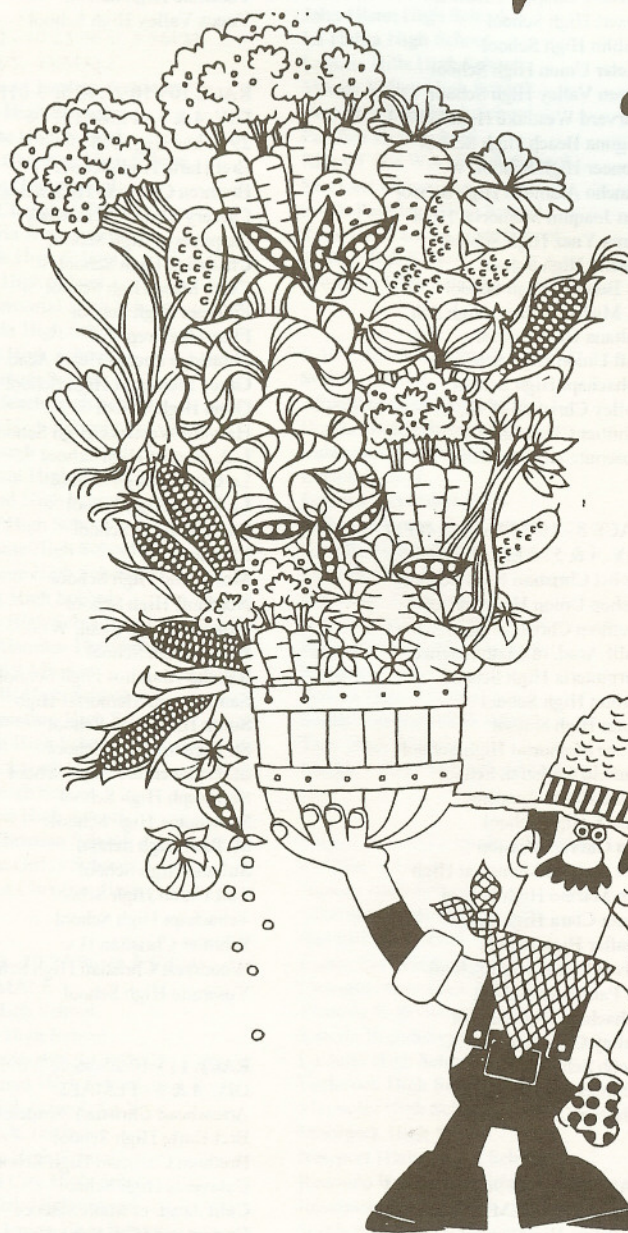
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# HIGH SCHOOL DIVISION

OCTOBER 25 & 26, 1996

## RACE 1 - 10/25/96 @ 2:00PM DIV. 4 & 5 - MALE

29 Palms High School  
Aquinas High School  
Bishop Union High School  
Bret Harte High School  
Brethren Christian High School  
Calvary Chapel of Downey  
Chadwick High School  
Costa Mesa High School  
Daniel Murphy High School  
Dixon High School  
Dublin High School  
Fillmore High School  
Flintridge Prep.  
Grace Memorial High School  
Harvard Westlake High School  
L.A. Baptist High School  
La Salle High School  
McFarland High School  
Nordhoff High School  
Northview High School  
Notre Dame High School (SO)  
Oak Park High School  
Pioneer High School, W.  
San Joaquin Memorial High  
San Marino High School  
South Hills High School  
St. Bernard High School  
St. Bonaventure High School  
St. Francis High School (LC)  
St. Monica High School  
St. Paul High School  
Sultana High School  
Taft Union High School  
Tehachapi High School  
Village Christian School  
Whitney High School  
Whittier Christian H.s.  
Woodcrest Christian High Sch.  
Yosemite High School  
Yucca Valley High School

## RACE 2 - 10/25/96 @ 2:07PM DIV. 4 & 5 - MALE

Arrowhead Christian Academy  
Bret Harte High School  
Carpinteria High School  
Cathedral High School  
Crespi High School  
Flintridge Prep.  
La Canada High School  
La Salle High School  
Nordhoff High School  
Paraclete High School  
Rancho Alamitos High School  
Salesian High School  
San Marino High School  
South Hills High School  
St. Bonaventure High School  
St. Monica High School  
Village Christian School  
Woodcrest Christian High Sch.  
Yosemite High School

## RACE 3 - 10/25/96 @ 2:14PM DIV. 4 & 5 - MALE

Brethren Christian High School  
Calif Acad. of Math/Science  
Chadwick High School

Fillmore High School  
Grace Memorial High School  
L.A. Baptist High School  
Laguna Beach High School  
Northview High School  
Oak Park High School  
Pioneer High School, W.  
San Joaquin Memorial High  
Sierra High School  
Silver Valley High School  
St. Joseph High School  
St. Michael's Prep. High Sch.  
Taft Union High School  
Whitney High School

## RACE 4 - 10/25/96 @ 2:21PM DIV. 4 & 5 - MALE

Arrowhead Christian Academy  
Bishop Union High School  
Calaveras High School  
Calvary Chapel of Downey  
Carpinteria High School  
Crespi High School  
Flintridge Prep.  
L.A. Baptist High School  
Laguna Beach High School  
Notre Dame High School (SO)  
Oak Park High School  
Pioneer High School, W.  
San Joaquin Memorial High  
South Hills High School  
St. Bonaventure High School  
St. Michael's Prep. High Sch.  
Taft Union High School  
Village Christian School  
Whittier Christian H.s.

## RACE 5 - 10/25/96 @ 2:28PM DIV. 4 & 5 - MALE

Bret Harte High School  
Brethren Christian High School  
Calif Acad. of Math/Science  
Cathedral High School  
Chadwick High School  
Fillmore High School  
Grace Memorial High School  
La Canada High School  
McFarland High School  
Nordhoff High School  
Paraclete High School  
Rancho Alamitos High School  
San Marino High School  
St. Joseph High School  
St. Michael's Prep. High Sch.  
Sultana High School  
Tehachapi High School  
Woodcrest Christian High Sch.  
Yosemite High School

## RACE 6 - 10/25/96 @ 2:36PM DIV. 4 & 5 - MALE

29 Palms High School  
Aquinas High School  
Arrowhead Christian Academy  
Arrowhead Christian Academy  
Bethel Christian High School  
Bishop Union High School  
Brethren Christian High School  
Calif Acad. of Math/Science

Capistrano Valley Christian  
Carpinteria High School  
Chadwick High School  
Duarte High School  
Dunn High School  
Santa Clara High School  
Sierra High School  
Silver Valley High School  
St. Anthony High School  
Village Christian School  
Webb Schools  
Whitney High School

## RACE 7 - 10/25/96 @ 2:43PM DIV. 4 & 5 - MALE

Bonanza High School  
Calaveras High School  
Calvary Chapel of Downey  
Desert High School  
Dublin High School  
Exeter Union High School  
Green Valley High School  
Harvard Westlake High School  
Laguna Beach High School  
Pioneer High School, W.  
Rancho Alamitos High School  
San Joaquin Memorial High  
Santa Ynez High School  
Shafter High School  
St. Bernard High School  
St. Michael's Prep. High Sch.  
Sultana High School  
Taft Union High School  
Tehachapi High School  
Valley Christian H. S., C.  
Whittier Christian H.s.  
Yosemite High School

## RACE 8 - 10/25/96 @ 2:48PM DIV. 4 & 5 - FEMALE

Bethel Christian High School  
Bishop Union High School  
Brethren Christian High School  
Calif Acad. of Math/Science  
Carpinteria High School  
Dublin High School  
Dunn High School  
Grace Memorial High School  
Linfield Christian School  
Notre Dame Academy  
Pius X High School  
San Gabriel Mission  
San Joaquin Memorial High  
San Marino High School  
Santa Clara High School  
Shafter High School  
Silver Valley High School  
St. Paul High School  
Tehachapi High School  
Valley Christian H. S., C.  
Webb Schools  
Whitney High School  
Whittier Christian H.s.

## RACE 9 - 10/25/96 @ 2:55PM DIV. 4 & 5 - FEMALE

29 Palms High School  
Aquinas High School  
Bonanza High School

Calaveras High School  
Calvary Chapel of Downey  
Capistrano Valley Christian  
Desert High School  
Duarte High School  
Exeter Union High School  
L.A. Baptist High School  
Lompoc High School  
Northview High School  
Notre Dame High School (SO)  
Notre Dame High School, S.  
Pioneer High School, W.  
Rancho Alamitos High School  
Redwood High School  
Santa Ynez High School  
Sierra High School  
St. Anthony High School  
St. Bernard High School  
Yosemite High School  
Yucca Valley High School

## RACE 10 - 10/25/96 @ 3:01PM DIV. 4 & 5 - FEMALE

29 Palms High School  
Bret Harte High School  
Brethren Christian High School  
Calvary Chapel of Downey  
Carpinteria High School  
Chadwick High School  
Costa Mesa High School  
Fillmore High School  
Flintridge Prep.  
Flintridge Sacred Heart Acad.  
Grace Memorial High School  
Gunn High School  
Harvard Westlake High School  
L.A. Baptist High School  
La Canada High School  
La Reina High School  
La Salle High School  
Marlborough  
McFarland High School  
Nordhoff High School  
Pioneer High School, W.  
Pius X High School  
Rancho Alamitos High School  
San Joaquin Memorial High  
South Hills High School  
St. Bernard High School  
St. Bonaventure High School  
St. Joseph High School  
St. Monica High School  
St. Paul High School  
Sultana High School  
Taft Union High School  
Tehachapi High School  
Whittier Christian H.s.  
Woodcrest Christian High Sch.  
Yosemite High School

## RACE 11 - 10/25/96 @ 3:09PM DIV. 4 & 5 - FEMALE

Arrowhead Christian Academy  
Bret Harte High School  
Brethren Christian High School  
Calaveras High School  
Calif Acad. of Math/Science  
Carpinteria High School  
Chadwick High School  
Fillmore High School



Grace Memorial High School  
 L.A. Baptist High School  
 La Reina High School  
 La Salle High School  
 Laguna Beach High School  
 Lutheran High School  
 Marlborough  
 Marymount High School  
 Nordhoff High School  
 Notre Dame High School (SO)  
 Notre Dame High School, S.  
 Oak Park High School  
 Paraclete High School  
 Pioneer High School, W.  
 San Joaquin Memorial High  
 South Hills High School  
 St. Bonaventure High School  
 St. Joseph High School  
 St. Monica High School  
 Taft Union High School  
 Tehachapi High School  
 Village Christian School  
 Westridge Girls' School  
 Woodcrest Christian High Sch.

RACE 12 - 10/25/96 @ 3:16PM  
 DIV. 4 & 5 - FEMALE  
 Arrowhead Christian Academy  
 Bonanza High School  
 Bret Harte High School  
 Brethren Christian High School  
 Calaveras High School  
 Calvary Chapel of Downey  
 Carpinteria High School  
 Chadwick High School  
 Fillmore High School  
 Grace Memorial High School  
 La Canada High School  
 La Reina High School  
 La Salle High School  
 Laguna Beach High School  
 Lutheran High School  
 Marlborough  
 Marymount High School  
 McFarland High School  
 Nordhoff High School  
 Notre Dame High School (SO)  
 Notre Dame High School, S.  
 Oak Park High School  
 Paraclete High School  
 Rancho Alamitos High School  
 San Gabriel Mission  
 South Hills High School  
 St. Bonaventure High School  
 St. Joseph High School  
 St. Monica High School  
 Sultana High School  
 Taft Union High School  
 Village Christian School  
 Westridge Girls' School  
 Woodcrest Christian High Sch.

RACE 13 - 10/25/96 @ 3:30PM  
 HS JV - MALE  
 Agoura High School  
 Alemany High School  
 Alhambra High School (NC)  
 Bishop Amat High School  
 Bonita High School, La V.  
 Bosco Tech. Institute  
 Calabasas High School  
 Cathedral City High School  
 Charter Oak High School  
 Fullerton Union High School  
 John Glenn High School  
 La Jolla High School

Laguna Hills High School  
 Littlerock High School  
 Moorpark High School  
 Newbury Park High School  
 Newport Harbor High School  
 Redondo Union High School  
 Rosemead High School  
 San Luis Obispo H.s.  
 South Pasadena High School  
 South Torrance High School  
 St. Francis High School (MV)  
 Temescal Canyon High School  
 Troy High School  
 Tustin High School  
 Westlake High School  
 Whittier High School

RACE 14 - 10/25/96 @ 3:37PM  
 SOPH - MALE  
 Agoura High School  
 Bella Vista High School  
 Bosco Tech. Institute  
 Cathedral City High School  
 Elsinore High School  
 John Glenn High School  
 La Habra High School  
 Laguna Hills High School  
 Moapa Valley High School  
 Newbury Park High School  
 Pacifica High School  
 Rim Of The World High School  
 San Luis Obispo H.s.  
 South Pasadena High School  
 Temescal Canyon High School  
 Tustin High School  
 Westlake High School

RACE 15 - 10/25/96 @ 3:44PM  
 SOPH - MALE  
 Alhambra High School (NC)  
 Bonita High School, La V.  
 Calabasas High School  
 Edison H. S., F.  
 Fontana AB Miller High  
 Fullerton Union High School  
 Katella High School  
 La Jolla High School  
 Moorpark High School  
 Newport Harbor High School  
 Redondo Union High School  
 Rosemead High School  
 Sonora High School (lh)  
 South Torrance High School  
 Troy High School  
 Virgin Valley High School (NV)

RACE 16 - 10/25/96 @ 3:51PM  
 FROSH - MALE  
 Agoura High School  
 Alhambra High School (NC)  
 Bonita High School, La V.  
 Buena Park High School  
 Cathedral City High School  
 Elsinore High School  
 Katella High School  
 La Jolla High School  
 Littlerock High School  
 Magnolia High School  
 Moorpark High School  
 Newport Harbor High School  
 Redondo Union High School  
 Rosemead High School  
 South Pasadena High School  
 Temescal Canyon High School  
 Tustin High School

Westlake High School

RACE 17 - 10/25/96 @ 3:58PM  
 FROSH - MALE  
 Alemany High School  
 Bella Vista High School  
 Bosco Tech. Institute  
 Calabasas High School  
 Edison H. S., F.  
 Fullerton Union High School  
 La Habra High School  
 Laguna Hills High School  
 Mardian Educational Center  
 Moapa Valley High School  
 Newbury Park High School  
 Pacifica High School  
 Rim Of The World High School  
 Sonora High School (lh)  
 South Torrance High School  
 Troy High School  
 Virgin Valley High School (NV)

RACE 18 - 10/25/96 @ 4:07PM  
 HS VAR - MALE  
 Alemany High School  
 Bella Vista High School  
 Buena Park High School  
 Cathedral City High School  
 Del Oro High School  
 Elsinore High School  
 Hilltop High School  
 La Habra High School  
 Los Banos High School  
 Moapa Valley High School  
 Pacifica High School  
 Ridgeview High School  
 San Geronio High School  
 South Torrance High School  
 Troy High School  
 Wasco Union High School

RACE 19 - 10/25/96 @ 4:14PM  
 HS VAR - MALE  
 Alhambra High School (NC)  
 Bishop Amat High School  
 Calabasas High School  
 Charter Oak High School  
 Edison H. S., F.  
 Fullerton Union High School  
 John Glenn High School  
 La Jolla High School  
 Magnolia High School  
 Moorpark High School  
 Redondo Union High School  
 Rosemead High School  
 Sonora High School (lh)  
 Temescal Canyon High School  
 Virgin Valley High School (NV)  
 Westlake High School

RACE 20 - 10/25/96 @ 4:20PM  
 HS VAR - FEMALE  
 Alhambra High School (NC)  
 Bonita High School, La V.  
 Calabasas High School  
 Charter Oak High School  
 Elsinore High School  
 Hilltop High School  
 Laguna Hills High School  
 Los Banos High School  
 Moapa Valley High School  
 Ramona High School (RAMONA)  
 Ridgeview High School  
 San Luis Obispo H.s.

Sonora High School (lh)  
 South Torrance High School  
 Troy High School  
 Virgin Valley High School (NV)

RACE 21 - 10/25/96 @ 4:27PM  
 HS VAR - FEMALE  
 Bishop Amat High School  
 Brea Olinda High School  
 Cathedral City High School  
 Edison H. S., F.  
 Fullerton Union High School  
 La Habra High School  
 Littlerock High School  
 Magnolia High School  
 Newbury Park High School  
 Redondo Union High School  
 Rosemead High School  
 Sonora High School  
 South Pasadena High School  
 St. Joseph Girls High School  
 Tustin High School  
 Wasco Union High School

RACE 22 - 10/25/96 @ 4:33PM  
 HS JV - FEMALE  
 Agoura High School  
 Alemany High School  
 Alhambra High School (NC)  
 Bishop Amat High School  
 Bonita High School, La V.  
 Brea Olinda High School  
 Carondelet High School  
 Cathedral City High School  
 La Jolla High School  
 Littlerock High School  
 Moapa Valley High School  
 Moorpark High School  
 Newbury Park High School  
 Newport Harbor High School  
 Redondo Union High School  
 San Luis Obispo H.s.  
 South Pasadena High School  
 South Torrance High School  
 St. Joseph Girls High School  
 Temescal Canyon High School  
 Troy High School  
 Tustin High School  
 Westlake High School

RACE 23 - 10/25/96 @ 4:40PM  
 SOPH - FEMALE  
 Agoura High School  
 Alhambra High School (NC)  
 Bonita High School, La V.  
 Brea Olinda High School  
 Buena Park High School  
 Calabasas High School  
 Carondelet High School  
 Cathedral City High School  
 Elsinore High School  
 Fullerton Union High School  
 La Habra High School  
 La Jolla High School  
 Laguna Hills High School  
 Littlerock High School  
 Moorpark High School  
 Newbury Park High School  
 Pacifica High School  
 Rosemead High School  
 San Luis Obispo H.s.  
 South Pasadena High School  
 South Torrance High School  
 St. Joseph Girls High School  
 Temescal Canyon High School



Troy High School  
Virgin Valley High School (NV)  
Westlake High School

RACE 24 - 10/25/96 @ 4:47PM

FROSH - FEMALE

Agoura High School  
Alemany High School  
Alhambra High School (NC)  
Bonita High School, La V.  
Brea Olinda High School  
Calabasas High School  
Cathedral City High School  
Elsinore High School  
La Habra High School  
La Jolla High School  
Laguna Hills High School  
Littlerock High School  
Magnolia High School  
Moapa Valley High School  
Moorpark High School  
Newbury Park High School  
Pacifica High School  
Rosemead High School  
South Pasadena High School  
South Torrance High School  
St. Joseph Girls High School  
Temescal Canyon High School  
Troy High School  
Virgin Valley High School (NV)  
Westlake High School

RACE 25 - 10/25/96 @ 5:00PM

SWEEPSTAKE/T - MALE

Crespi High School  
Daniel Murphy High School  
Fillmore High School  
Flintridge Prep.  
Grace Memorial High School  
La Salle High School  
Linfield Christian School  
McFarland High School  
Oak Park High School  
Salesian High School  
St. Bonaventure High School  
St. Joseph High School  
York High School

RACE 26 - 10/25/96 @ 5:10PM

SWEEPSTAKE/T - MALE

Bret Harte High School  
Cathedral High School  
Costa Mesa High School  
Dixon High School  
Estancia High School  
Gunn High School  
L.A. Baptist High School  
La Canada High School  
Lompoc High School  
Mendota High School  
Nordhoff High School  
North Tahoe High School  
Notre Dame High School (SO)  
Roseville High School  
San Marino High School  
South Hills High School  
St. Francis High School (LC)  
St. Paul High School  
Yucca Valley High School

RACE 27 - 10/25/96 @ 5:20PM

SWEEPSTAKE/T - FEMALE

Agoura High School  
Bonita High School, La V.

Bosco Tech. Institute  
Clayton Valley High School  
Dos Pueblos High School  
Laguna Hills High School  
Littlerock High School  
Livermore High School  
Newbury Park High School  
Newport Harbor High School  
Ramona High School (RAMONA)  
Rim Of The World High School  
San Luis Obispo H.s.  
Sonora High School  
South Pasadena High School  
St. Francis High School (MV)  
St. Ignatius College Prep.  
Tustin High School

RACE 28 - 10/25/96 @ 5:30PM

SWEEPSTAKE/T - FEMALE

Chadwick High School  
Fillmore High School  
Flintridge Prep.  
La Salle High School  
Lutheran High School  
Marlborough  
Marymount High School  
McFarland High School  
Oak Park High School  
St. Bonaventure High School  
St. Joseph High School  
Village Christian School  
Westridge Girls' School

RACE 29 - 10/25/96 @ 5:40PM

SWEEPSTAKES - FEMALE

Bret Harte High School  
Costa Mesa High School  
Dixon High School  
Estancia High School  
Flintridge Sacred Heart Acad.  
Green Valley High School  
Gunn High School  
Harvard Westlake High School  
La Canada High School  
La Reina High School  
Laguna Beach High School  
Nordhoff High School  
North Tahoe High School  
South Hills High School  
Sultana High School  
Taft Union High School

RACE 30 - 10/25/96 @ 5:50PM

SWEEPSTAKES - FEMALE

Agoura High School  
Alemany High School  
Bella Vista High School  
Buena Park High School  
Carondelet High School  
Clayton Valley High School  
Del Oro High School  
Dos Pueblos High School  
La Jolla High School  
Livermore High School  
Louisville High School  
Moorpark High School  
Newport Harbor High School  
Pacifica High School  
Rim Of The World High School  
San Geronio High School  
St. Ignatius College Prep.  
Temescal Canyon High School  
Westlake High School

RACE 31 - 10/26/96 @ 7:30AM

HS JV - MALE

Aliso Niguel High School  
Alta Loma High School  
Ayala High School  
Buena High School  
Chino High School  
Corona High School  
El Toro High School  
Esperanza High School  
Hoover High School (GLEN)  
Nevada Union High School  
Peninsula High School  
Redlands High School  
San Marcos High School  
Santa Ana Valley  
Thousand Oaks High School  
Warren High School

RACE 32 - 10/26/96 @ 7:37AM

HS JV - MALE

Arcadia High School  
Bellarmine High School  
Camarillo High School  
Castro Valley High School  
Cerritos High School  
Channel Islands High School  
Colton High School  
Crescenta Valley High School  
Fallbrook High School  
Hueneme High School  
Long Beach Poly  
Lowell High School  
Mark Keppel High School  
Ontario High School  
Paramount High School  
Quartz Hills High School  
Rancho Cucamonga High School  
Royal High School  
San Pedro High School  
Simi Valley High School  
Torrance High School

RACE 33 - 10/26/96 @ 7:44AM

HS JV - MALE

Apple Valley High School  
Bell High School  
Birmingham High School  
Capistrano Valley High School  
Centennial High School (CRN)  
Chaffey High School  
Coachella Valley High School  
Diamond Bar High School  
Fontana AB Miller High  
Irvine High School  
Los Alamitos High School  
Loyola High School  
Narbonne High School  
Paloma Valley High School  
Ponderosa High School  
Rancho Buena Vista  
Rialto High School  
San Gabriel High School  
Temecula High School  
Valley View High School  
Woodland High School

RACE 34 - 10/26/96 @ 7:50AM

HS JV - FEMALE

Aliso Niguel High School  
Alta Loma High School  
Ayala High School  
Bell High School  
Capistrano Valley High School  
Castro Valley High School

Chaffey High School  
Chino High School  
Crescenta Valley High School  
Eisenhower High School  
Esperanza High School  
Fallbrook High School  
Long Beach Poly  
Los Alamitos High School  
Lowell High School  
Paramount High School  
Peninsula High School  
Quartz Hills High School  
Rancho Cucamonga High School  
Rialto High School  
San Marcos High School  
Santa Ana Valley  
Temecula High School  
Warren High School

RACE 35 - 10/26/96 @ 7:57AM

HS JV - FEMALE

Apple Valley High School  
Birmingham High School  
Buena High School  
Camarillo High School  
Cerritos High School  
Channel Islands High School  
Corona High School  
Diamond Bar High School  
El Toro High School  
Fontana AB Miller High  
Hoover High School (GLEN)  
Hueneme High School  
Irvine High School  
Mark Keppel High School  
Nevada Union High School  
Ponderosa High School  
Rancho Buena Vista  
Redlands High School  
Royal High School  
San Gabriel High School  
Simi Valley High School  
Thousand Oaks High School  
Valley View High School  
Woodland High School

RACE 36 - 10/26/96 @ 8:06AM

SOPH - MALE

Aliso Niguel High School  
Alta Loma High School  
Ayala High School  
Bellarmine High School  
Buena High School  
Capistrano Valley High School  
Central Union High Sch. (EC)  
Chino High School  
Corona High School  
Esperanza High School  
Irvine High School  
Long Beach Poly  
Nevada Union High School  
Peninsula High School  
Redlands High School  
Royal High School  
Santa Ana Valley  
Thousand Oaks High School  
Tokay High School  
Warren High School

RACE 37 - 10/26/96 @ 8:13AM

SOPH - MALE

Apple Valley High School  
Banning High School, W.  
Bell High School  
Camarillo High School



Crescenta Valley High School  
 El Toro High School  
 Fallbrook High School  
 Fontana AB Miller High  
 Hoover High School (GLEN)  
 Jordan High School (LB)  
 Leuzinger High School  
 Lowell High School  
 Madera High School  
 Narbonne High School  
 Paloma Valley High School  
 Ponderosa High School  
 Rancho Buena Vista  
 Rialto High School  
 San Marcos High School  
 Santa Monica High School (SM)  
 Taft High School  
 Torrance High School  
 West High School

RACE 38 - 10/26/96 @ 8:20AM  
 SOPH - MALE  
 Arcadia High School  
 Bell Gardens High School  
 Birmingham High School  
 Cerritos High School  
 Diamond Bar High School  
 Elk Grove Unified School Dist.  
 Florin High School  
 Highland High School  
 Hueneme High School  
 Kennedy High - (GH)  
 Los Alamitos High School  
 Loyola High School  
 Mark Keppel High School  
 Ontario High School  
 Paramount High School  
 Quartz Hills High School  
 Rancho Cucamonga High School  
 San Gabriel High School  
 San Pedro High School  
 Simi Valley High School  
 Temecula High School  
 Valley View High School

RACE 39 - 10/26/96 @ 8:29AM  
 HS VAR - MALE  
 Apple Valley High School  
 Arcadia High School  
 Bell Gardens High School  
 Cerritos High School  
 Elk Grove Unified School Dist.  
 Florin High School  
 Granada Hills High School  
 Hueneme High School  
 Jordan High School (LB)  
 Leuzinger High School  
 Millikan High School  
 Paloma Valley High School  
 Ponderosa High School  
 Rancho Buena Vista  
 San Pedro High School  
 Santa Teresa High School  
 Taft High School  
 Tokay High School  
 Woodland High School

RACE 40 - 10/26/96 @ 8:36AM  
 HS VAR - MALE  
 Aliso Niguel High School  
 Arroyo Grande High School  
 Banning High School, W.  
 Bell High School  
 Birmingham High School  
 Castro Valley High School

Centennial High School (CRN)  
 Corona High School  
 Narbonne High School  
 Paramount High School  
 Rancho Cucamonga High School  
 San Gabriel High School  
 San Marcos High School  
 San Marcos High School  
 Valley View High School  
 Van Nuys High School  
 West High School

RACE 41 - 10/26/96 @ 8:43AM  
 HS VAR - MALE  
 Central Union High Sch. (EC)  
 Chaffey High School  
 Channel Islands High School  
 Cheyenne High School (LV)  
 Coachella Valley High School  
 Colton High School  
 Eisenhower High School  
 Fallbrook High School  
 Fontana AB Miller High  
 Fresno High School  
 Los Alamitos High School  
 Lowell High School  
 Mark Keppel High School  
 Merced High School  
 Ontario High School  
 Quartz Hills High School  
 Royal High School

RACE 42 - 10/26/96 @ 8:50AM  
 HS VAR - MALE  
 Alta Loma High School  
 Camarillo High School  
 Canyon Springs High School  
 Capistrano Valley High School  
 Diamond Bar High School  
 El Toro High School  
 Esperanza High School  
 Loyola High School  
 Redlands High School  
 Rialto High School  
 Rio Mesa High School  
 Santa Monica High School (SM)  
 Simi Valley High School  
 Thousand Oaks High School  
 Torrance High School  
 Warren High School

RACE 43 - 10/26/96 @ 8:57AM  
 HS VAR - FEMALE  
 Aliso Niguel High School  
 Apple Valley High School  
 Buena High School  
 Cerritos High School  
 Cheyenne High School (LV)  
 Corona High School  
 Crescenta Valley High School  
 Highland High School  
 Long Beach Poly  
 Merced High School  
 Peninsula High School  
 Presentation High School  
 Rancho Buena Vista  
 Redlands High School  
 Rio Mesa High School  
 Royal High School  
 San Marcos High School  
 Santa Ana Valley  
 Santa Teresa High School  
 Temecula High School  
 Thousand Oaks High School  
 Valley View High School

RACE 44 - 10/26/96 @ 9:04AM  
 HS VAR - FEMALE  
 Alta Loma High School  
 Arcadia High School  
 Bell Gardens High School  
 Camarillo High School  
 Capistrano Valley High School  
 Centennial High School (CRN)  
 Colton High School  
 Eisenhower High School  
 Elk Grove Unified School Dist.  
 Granada Hills High School  
 Hueneme High School  
 Leuzinger High School  
 Mark Keppel High School  
 Nevada Union High School  
 Paloma Valley High School  
 Rancho Cucamonga High School  
 San Gabriel High School  
 San Pedro High School  
 Taft High School  
 Warren High School  
 West High School  
 Woodland High School

RACE 45 - 10/26/96 @ 9:11AM  
 HS VAR - FEMALE  
 Arroyo Grande High School  
 Banning High School, W.  
 Bell High School  
 Central Union High Sch. (EC)  
 Channel Islands High School  
 Coachella Valley High School  
 Diamond Bar High School  
 Florin High School  
 Fresno High School  
 Hoover High School (GLEN)  
 Kennedy High - (GH)  
 Narbonne High School  
 Ontario High School  
 Paramount High School  
 Santa Monica High School (SM)  
 Simi Valley High School  
 Tokay High School  
 Torrance High School  
 Van Nuys High School  
 West Covina High School

RACE 46 - 10/26/96 @ 9:30AM  
 SWEEPSTAKE/T - MALE  
 Arroyo High School, El M.  
 Ayala High School  
 Bellarmine High School  
 Chino High School  
 De La Salle High School  
 Hemet High School  
 Hoover High School (GLEN)  
 Huntington Beach High School  
 Jesuit High School  
 Long Beach Poly  
 Madera High School  
 Peninsula High School  
 Reedley High School  
 Santa Ana Valley  
 Santa Margarita High School  
 West Hill High School  
 Yucaipa High School

RACE 47 - 10/26/96 @ 9:50AM  
 SWEEPSTAKE/I - MALE  
 Amador Valley High School  
 Aptos High School  
 Buena High School  
 Burbank High School  
 Crescenta Valley High School

Golden Valley High School  
 Highland High School  
 Irvine High School  
 La Mirada High School  
 Mission San Jose High School  
 Mount Whitney High School  
 Palmdale High School  
 Righetti High School  
 Temecula High School  
 Whittier High School  
 Woodbridge High School

RACE 48 - 10/26/96 @ 10:10AM  
 SWEEPSTAKE/I - FEMALE  
 Amador Valley High School  
 Birmingham High School  
 Canyon Springs High School  
 Castro Valley High School  
 Catalina Foothills High Sch.  
 Grossmont High School  
 Madera High School  
 Mission San Jose High School  
 Ponderosa High School  
 Quartz Hills High School  
 Rialto High School  
 San Marcos High School  
 Santa Margarita High School

RACE 49 - 10/26/96 @ 10:30AM  
 SWEEPSTAKE/T - FEMALE  
 Ayala High School  
 Buchanan High School  
 Canyon High School  
 Carondelet High School  
 Chino High School  
 Clayton Valley High School  
 El Toro High School  
 Esperanza High School  
 Fallbrook High School  
 Irvine High School  
 Lowell High School  
 Yucaipa High School

RACE 50 - 10/26/96 @ 10:45AM  
 SOPH - FEMALE  
 Aliso Niguel High School  
 Ayala High School  
 Bell Gardens High School  
 Camarillo High School  
 Capistrano Valley High School  
 Crescenta Valley High School  
 Diamond Bar High School  
 Esperanza High School  
 Fallbrook High School  
 Hueneme High School  
 Jordan High School (LB)  
 Mark Keppel High School  
 Nevada Union High School  
 Paloma Valley High School  
 Paramount High School  
 Ponderosa High School  
 Presentation High School  
 Rialto High School  
 Royal High School  
 San Pedro High School  
 Santa Ana Valley  
 Simi Valley High School  
 Taft High School  
 Thousand Oaks High School  
 Torrance High School



RACE 51 - 10/26/96 @ 10:52AM  
SOPH - FEMALE

Alta Loma High School  
Apple Valley High School  
Birmingham High School  
Buena High School  
Centennial High School (CRN)  
Coachella Valley High School  
Corona High School  
Eisenhower High School  
El Toro High School  
Elk Grove Unified School Dist.  
Fontana AB Miller High  
Highland High School  
Long Beach Poly  
Los Alamitos High School  
Ontario High School  
Peninsula High School  
Quartz Hills High School  
Rancho Cucamonga High School  
Redlands High School  
San Gabriel High School  
Santa Monica High School (SM)  
Temecula High School  
Valley View High School  
Warren High School

RACE 52 - 10/26/96 @ 11:00AM  
FROSH - MALE

Aliso Niguel High School  
Alta Loma High School  
Ayala High School  
Bellarmine High School  
Buena High School  
Centennial High School (CRN)  
Central Union High Sch. (EC)  
Chino High School  
Corona High School  
El Toro High School  
Esperanza High School  
Long Beach Poly  
Nevada Union High School  
Peninsula High School  
Redlands High School  
San Marcos High School  
Santa Ana Valley  
Thousand Oaks High School  
Warren High School

RACE 53 - 10/26/96 @ 11:07AM  
FROSH - MALE

Apple Valley High School  
Bell Gardens High School  
Camarillo High School  
Cerritos High School  
Cheyenne High School (LV)  
Crescenta Valley High School  
Eisenhower High School  
Fallbrook High School  
Highland High School  
Irvine High School  
Leuzinger High School  
Loyola High School  
Narbonne High School  
Paloma Valley High School  
Quartz Hills High School  
Rancho Cucamonga High School  
Royal High School  
San Marcos High School  
Santa Monica High School (SM)  
Temecula High School  
Torrance High School  
West High School

RACE 54 - 10/26/96 @ 11:14AM  
FROSH - MALE

Arcadia High School  
Birmingham High School  
Capistrano Valley High School  
Channel Islands High School  
Coachella Valley High School  
Diamond Bar High School  
Elk Grove Unified School Dist.  
Fontana AB Miller High  
Hueneme High School  
Jordan High School (LB)  
Los Alamitos High School  
Mark Keppel High School  
Nogales High School  
Ontario High School  
Paramount High School  
Rancho Buena Vista  
Rialto High School  
San Gabriel High School  
San Pedro High School  
Simi Valley High School  
Tokay High School  
Valley View High School

RACE 55 - 10/26/96 @ 11:20AM  
FROSH - FEMALE

Aliso Niguel High School  
Alta Loma High School  
Ayala High School  
Buena High School  
Capistrano Valley High School  
Channel Islands High School  
Coachella Valley High School  
Crescenta Valley High School  
Eisenhower High School  
El Toro High School  
Esperanza High School  
Fontana AB Miller High  
Highland High School  
Long Beach Poly  
Los Alamitos High School  
Nevada Union High School  
Paloma Valley High School  
Peninsula High School  
Rialto High School  
San Gabriel High School  
Santa Ana Valley  
Simi Valley High School  
Thousand Oaks High School  
Tokay High School  
Valley View High School

RACE 56 - 10/26/96 @ 11:27AM  
FROSH - FEMALE

Arcadia High School  
Bell Gardens High School  
Camarillo High School  
Centennial High School (CRN)  
Cheyenne High School (LV)  
Corona High School  
Diamond Bar High School  
Elk Grove Unified School Dist.  
Fallbrook High School  
Florin High School  
Hueneme High School  
Leuzinger High School  
Mark Keppel High School  
Ontario High School  
Paramount High School  
Quartz Hills High School  
Redlands High School  
Royal High School  
San Marcos High School  
San Pedro High School  
Santa Monica High School (SM)

Temecula High School  
Torrance High School  
Warren High School

RACE 57 - 10/26/96 @ 11:35AM

HS VAR - MALE  
Anaheim High School  
Buchanan High School  
Clark High School  
Damien High School  
Edison H. S., H. B.  
El Dorado H. S., (PLACERVILLE)  
Eureka High School  
Lynbrook High School  
Mira Costa High School  
Mountain View High School (EM)  
North High School, R.  
Pacific High School  
Ramona High School (RVSDE)  
Riverside Poly High School  
Rubidoux High School  
Santa Fe High School  
Santiago High School  
St. John Bosco High School  
Stockdale High School  
Trabuca Hills High School  
Valley High Sch. (sacramento)  
Villa Park High School  
West Torrance High School

RACE 58 - 10/26/96 @ 11:42AM

HS VAR - MALE  
Bravo Medical Magnet  
Burroughs High School, R.  
Casa Roble High School  
Castle Park High School  
Dominguez High School  
Durango High School  
El Dorado High School (LB)  
Foothill H. S., S. A.  
Garey High School  
Grossmont High School  
La Sierra High School  
Lemoore High School  
Norte Vista High School  
North Torrance High School  
Perris High School  
San Ramon Valley High School  
Savanna High School  
Sunny Hills High School  
Valencia High School  
Ventura High School  
Watsonville High School  
Whittier High School

RACE 59 - 10/26/96 @ 11:49AM

HS VAR - MALE  
Arlington High School  
Brawley Union High School  
California High School (YL)  
Canyon High School  
Claremont High School  
Davis High School  
Don Lugo High School  
El Monte High School  
El Rancho High School  
Gahr High School  
Glendora High School  
Hart High School  
Los Altos High School  
Marina High School (HB)  
North High School, B.  
Oxnard High School  
Piedmont Hills High School  
Santa Barbara High School

Sierra Vista High School  
Temple City High School  
Valencia High School (VAL)  
Verdugo Hills High School  
West Hills Wolf Pack

RACE 60 - 10/26/96 @ 12:02PM

HS VAR - FEMALE  
Aptos High School  
Arlington High School  
Claremont High School  
Don Lugo High School  
El Dorado High School (LB)  
Foothill H. S., S. A.  
Hart High School  
Hemet High School  
Marina High School (HB)  
North High School, R.  
Palmdale High School  
Piedmont Hills High School  
Ramona High School (RVSDE)  
Stockdale High School  
Sunny Hills High School  
Trabuca Hills High School  
Villa Park High School  
West Hill High School  
Woodbridge High School

RACE 61 - 10/26/96 @ 12:10PM  
HS VAR - FEMALE

Arroyo High School, El M.  
Brawley Union High School  
Burroughs High School, R.  
Casa Roble High School  
Clark High School  
Durango High School  
El Monte High School  
Eureka High School  
Garey High School  
Golden Valley High School  
La Mirada High School  
Lemoore High School  
Lynbrook High School  
Mission Bay High School  
North High School, B.  
Oxnard High School  
Righetti High School  
Rubidoux High School  
Santa Barbara High School  
Santiago High School  
St. Francis Girls High School  
Valencia High School  
Valley High Sch. (sacramento)  
Verdugo Hills High School  
West Torrance High School

RACE 62 - 10/26/96 @ 12:17PM

HS VAR - FEMALE  
Bravo Medical Magnet  
Burbank High School  
Burroughs High School, R.  
California High School (YL)  
Castle Park High School  
Davis High School  
El Dorado H. S., (PLACERVILLE)  
El Rancho High School  
Gahr High School  
Glendora High School  
La Sierra High School  
Los Altos High School  
Mira Costa High School  
Norte Vista High School  
North Torrance High School  
Point Loma High School  
Riverside Poly High School



San Ramon Valley High School  
Santa Fe High School  
Sierra Vista High School  
Temple City High School  
Valencia High School (VAL)  
Ventura High School  
West Hills Wolf Pack  
Whittier High School

RACE 63 - 10/26/96 @ 12:23PM  
FROSH - FEMALE

Amador Valley High School  
Arroyo High School, El M.  
Buchanan High School  
California High School (YL)  
Canyon High School  
Davis High School  
Durango High School  
El Monte High School  
El Rancho High School  
Hart High School  
Hemet High School  
La Sierra High School  
Mira Costa High School  
Ramona High School (RVSDE)  
Riverside Poly High School  
Santiago High School  
St. Francis Girls High School  
Temple City High School  
Valencia High School  
West Hill High School  
West Torrance High School  
Woodbridge High School

RACE 64 - 10/26/96 @ 12:30PM  
FROSH - FEMALE

Arlington High School  
Burrroughs High School, R.  
Casa Roble High School  
Claremont High School  
El Dorado H. S., (PLACERVILLE)  
El Dorado High School (LB)  
Gahr High School  
Glendora High School  
Grossmont High School  
La Mirada High School  
Marina High School (HB)  
Mater Dei High School  
North High School, B.  
Pacific High School  
Rubidoux High School  
Santa Barbara High School  
Savanna High School  
Trabuca Hills High School  
Ventura High School  
Villa Park High School  
West Hills Wolf Pack  
Yucaipa High School

RACE 65 - 10/26/96 @ 12:39PM  
FROSH - MALE

Arroyo High School, El M.  
Buchanan High School  
Burbank High School  
Burrroughs High School, R.  
California High School (YL)  
Claremont High School  
Don Lugo High School  
El Dorado High School (LB)  
El Monte High School  
El Rancho High School  
Glendora High School  
La Sierra High School  
Mira Costa High School  
North High School, B.

North High School, R.  
Pacific High School  
Perris High School  
Reedley High School  
Riverside Poly High School  
Santa Barbara High School  
Sunny Hills High School  
Temple City High School  
Valencia High School  
Valencia High School (VAL)  
West Hill High School  
West Hills Wolf Pack  
Whittier High School

RACE 66 - 10/26/96 @ 12:46PM  
FROSH - MALE

Amador Valley High School  
Arlington High School  
Canyon High School  
Damien High School  
Davis High School  
Durango High School  
Edison H. S., H. B.  
El Dorado H. S., (PLACERVILLE)  
Gahr High School  
Golden Valley High School  
Grossmont High School  
Hart High School  
Hemet High School  
Huntington Beach High School  
Jesuit High School  
La Mirada High School  
Mater Dei High School  
North Torrance High School  
Ramona High School (RVSDE)  
Righetti High School  
Rubidoux High School  
Savanna High School  
St. John Bosco High School  
Trabuca Hills High School  
Ventura High School  
Villa Park High School  
West Torrance High School  
Woodbridge High School  
Yucaipa High School

RACE 67 - 10/26/96 @ 12:52PM  
SOPH - FEMALE

Amador Valley High School  
Arlington High School  
Arroyo High School, El M.  
Burbank High School  
California High School (YL)  
Claremont High School  
Davis High School  
Dominguez High School  
El Dorado High School (LB)  
Grossmont High School  
Hart High School  
La Sierra High School  
Mater Dei High School  
North High School, B.  
Riverside Poly High School  
Santa Barbara High School  
St. Francis Girls High School  
Trabuca Hills High School  
Valley High Sch. (sacramento)  
Villa Park High School  
West Hill High School  
West Torrance High School  
Yucaipa High School

RACE 68 - 10/26/96 @ 12:58PM  
SOPH - FEMALE  
Bravo Medical Magnet  
Buchanan High School  
Canyon High School  
Durango High School  
El Dorado H. S., (PLACERVILLE)  
El Rancho High School  
Gahr High School  
Hemet High School  
La Mirada High School  
Marina High School (HB)  
Mira Costa High School  
Perris High School  
Point Loma High School  
Rubidoux High School  
Santa Margarita High School  
Sunny Hills High School  
Temple City High School  
Valencia High School  
Ventura High School  
West Hills Wolf Pack  
Woodbridge High School

RACE 69 - 10/26/96 @ 1:06PM  
SOPH - MALE

Anaheim High School  
Arroyo High School, El M.  
Bravo Medical Magnet  
Buchanan High School  
California High School (YL)  
Catalina Foothills High Sch.  
Claremont High School  
Davis High School  
Don Lugo High School  
El Rancho High School  
Glendora High School  
Golden Valley High School  
La Sierra High School  
Mira Costa High School  
Mount Whitney High School  
North High School, B.  
North Torrance High School  
Pacific High School  
Perris High School  
Riverside Poly High School  
Santa Barbara High School  
Santa Fe High School  
Santiago High School  
Savanna High School  
Temple City High School  
Valencia High School  
Valencia High School (VAL)  
West Hill High School  
West Hills Wolf Pack  
West Torrance High School  
Whittier High School

RACE 70 - 10/26/96 @ 1:14PM  
SOPH - MALE

Amador Valley High School  
Arlington High School  
Burbank High School  
Burrroughs High School, R.  
Canyon High School  
Casa Roble High School  
Damien High School  
De La Salle High School  
Durango High School  
Edison H. S., H. B.  
El Dorado High School (LB)  
Gahr High School  
Garey High School  
Grossmont High School  
Hart High School  
Hemet High School

Huntington Beach High School  
Jesuit High School  
La Mirada High School  
Mater Dei High School  
Norte Vista High School  
Ramona High School (RVSDE)  
Righetti High School  
Rubidoux High School  
Santa Margarita High School  
St. John Bosco High School  
Sunny Hills High School  
Trabuca Hills High School  
Ventura High School  
Villa Park High School  
Woodbridge High School  
Yucaipa High School

RACE 71 - 10/26/96 @ 1:20PM  
HS JV - FEMALE

Arlington High School  
Burrroughs High School, R.  
Canyon High School  
Clark High School  
Davis High School  
Garey High School  
Glendora High School  
Hemet High School  
La Sierra High School  
Mater Dei High School  
Mira Costa High School  
Pacific High School  
Righetti High School  
Santa Margarita High School  
Sierra Vista High School  
Temple City High School  
Ventura High School  
West Hills Wolf Pack  
Yucaipa High School

RACE 72 - 10/26/96 @ 1:27PM  
HS JV - FEMALE

Arroyo High School, El M.  
Catalina Foothills High Sch.  
Claremont High School  
El Rancho High School  
Grossmont High School  
Hart High School  
Marina High School (HB)  
North High School, B.  
North Torrance High School  
Oxnard High School  
Perris High School  
Riverside Poly High School  
Santa Barbara High School  
Savanna High School  
St. Francis Girls High School  
Trabuca Hills High School  
West Hill High School  
Woodbridge High School

RACE 73 - 10/26/96 @ 1:35PM  
HS JV - MALE

Anaheim High School  
Arroyo High School, El M.  
Burbank High School  
California High School (YL)  
Claremont High School  
Davis High School  
Don Lugo High School  
Durango High School  
El Rancho High School  
Glendora High School  
Golden Valley High School  
Hart High School  
La Sierra High School



Mira Costa High School  
 North High School, B.  
 North Torrance High School  
 Oxnard High School  
 Palmdale High School  
 Santa Barbara High School  
 Savanna High School  
 Sierra Vista High School  
 Temple City High School  
 Trabuca Hills High School  
 Valencia High School (VAL)  
 Verdugo Hills High School  
 West Hill High School  
 West Hills Wolf Pack  
 West Torrance High School  
 Whittier High School

Castle Park High School  
 Clark High School  
 Damien High School  
 De La Salle High School  
 Edison H. S., H. B.  
 El Dorado High School (LB)  
 Gahr High School  
 Garey High School  
 Grossmont High School  
 Hemet High School  
 Huntington Beach High School  
 Jesuit High School  
 La Mirada High School  
 Marina High School (HB)  
 Mater Dei High School  
 Mission San Jose High School  
 Ramona High School (RVSDE)  
 Righetti High School  
 Riverside Poly High School  
 Santa Margarita High School  
 St. John Bosco High School  
 Ventura High School  
 Woodbridge High School  
 Yucaipa High School

RACE 74 - 10/26/96 @ 1:41PM  
 HS JV - MALE  
 Arlington High School  
 Canyon High School  
 Casa Roble High School



Our nations largest cross country and track and field meet has given Mt. SAC stature around the world and you shouldn't be surprised to see many of these traditional shirts wherever you may travel, especially in the running circles. Such travelers have reported seeing them worn in such far away places as China, Australia, Russia, Africa and South America. Several were seen being worn in warm-up by athletes representing their native countries in Barcelona in 1992. With Mark living in Virginia now, even the President of the United States has taken a liking to his work. The White House recently commissioned our own Mark "Gootz" to do t-shirts for the President as a gag gift for other world leaders.

## SCORING SYSTEM FOR COMMUNITY COLLEGES

In a continuing effort to promote Cross Country at the community college level, a new Team Championship Title was established at the **MT. SAC CROSS COUNTRY INVITATION** in 1988.

To encourage "Total Programs" (men and Women), the **MT. SAC INVITATIONAL** established as its highest honor the "Team Champion Award" based on the combined best "team times" of both the men's and women's results.

### Overall Awards Are As Follows:

**Novice:** Individual awards for those runners who do not qualify as the top seven (Varsity). This novice competition is intended not only to encourage younger athletes but also to emphasize the importance of team depth.

**Varsity Division:** Men's and Women's varsity competition with teams divided into three (3) smaller, more competitive division races based on the size of school and enrollment (Large Men, Small Men, and a Womens, and race). Varsity men's teams are limited to seven (7) runners, while women's teams are unlimited in numbers.

**Invitational Women's Division:** Based on a strong record or a wish to compete against the strongest of all colleges, a women's Invitational Race will be run. This women's race will not be restricted to only seven (7) runners.

**Invitational Men's Division:** If a team's record proves itself especially strong or a team wishes to run in a race of strong teams, they will compete in the Invitational Division. Only seven (7) runners may represent a team with only five (5) scoring.

**Overall Team Championship:** From all Varsity and Invitational Divisions, an overall women's and men's championship is determined (based on team times). From the combined overall results of both the men's and women's races the actual overall Team Champion will be selected (combined team times of men's & women's teams).





# COACHES

## Medical Alert



1. This meet is not the "World Championships"! Your athletes are running only for "fun" and "experience"!
2. None of your athletes should compete today if you feel you might be jeopardizing their health or well being. Do not gamble with those who have not been or are not now in 100% good health, those who do not respond well in heat, or those who suffer from asthma or other respiratory problems. (*Do they have their proper medication, etc.*)
3. Make sure all of your athlete's water intake is sufficient to prevent dehydration...before and after their race.
4. All teams with trainers: Please have your trainers check-in at the EMS/First Aid Center, upon arrival. (*Southeast end of the stadium*)
5. Coaches: If your athlete has been taken to the EMS Center, you must place a priority on your arrival to that center with all information, medication, etc. that might assist in your athlete's earliest recovery.
6. Any coach, athlete, and/or manager may go out on the course for medical emergency reasons....to assist an athlete in need, get to a communications center. (The course trails are otherwise off-limits to all but athlete's in competition).

## FOR YOUR 1997 TRACK & CROSS COUNTRY CALENDAR

39th Annual Mt. SAC Relays

AAF Mt. SAC Youth Days  
High School Divisions

April 11 & 12, 1997  
April 18 & 19, 1997

Mt. SAC Relays

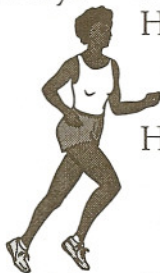
H.S. Decathlon & Heptathlon

May 24 & 25, 1997

49th Annual Mt. SAC  
Cross Country Invitational \*

High School Division  
Comm. College, JHS-Elem. Schools

October 24 & 25, 1997  
October 17, 1997



•NOTE: High school division is always the 7th week of the season...5th Saturday before the State Championships (*Thanksgiving Weekend*)...6th Saturday from the season (*State Meet*).



# PREVIOUS HIGH SCHOOL DIVISION CHAMPIONS AND THEIR COACHES

## Varsity Division - Boys

1964	Westminster	Hedges
1965	Westminster	Hedges
1966	Westminster	Hedges
1967	Point Loma	Ledwig
1968	Upland	Loney
1969	Upland	Loney
1970	Arroyo	Hernandez
1971	Lompoc	Johnson
1972	Lompoc	Johnson
1973	Royal	Schultz
1974	Monte Vista	Godfrey
1975	Edison	Fitzel
1976	Costa Mesa	Fisher
1977	Helix	Muirhead
1978	So. Eugene (OR)	Gillispe
1979	Mission-S. Jose	Marsden
1980	Costa Mesa	Lackey
1981	I. El Toro	Waddell
	II. Canyon-Saugus	Garner
	III. La Canada	Logan
1982	I. Monte Vista	Sandoval
	II. Mater Dei	Richards
	III. Mar Vista	Holt
1983	I. Mater Dei	Richardson
	II. Jesuit (SAC)	Lange
	III. El Camino	Mazzarella
1984	I. Simi Valley	McCollough
	II. Thousand Oaks	Del Campo
	III. San Marino	Ryan
1985	I. Walnut	Polite
	II. Jesuit	Lange
	III. Simi Valley	McCollough
1986	I. Arroyo	O'Rourke
	II. Casa Robles	Gomez
	III. McFarland	White
1987	I. Arroyo	O'Rourke
	II. Palos Verdes	Kelly
	III. McFarland	White
1988	I. Poway	Schaitel
	II. Christian Bros. (NJ)	Heath
	III. McFarland	White
1989	I. Canyon	De Long
	II. Camarillo	Smith
	III. So. Pasadena	Wieienga
1990	I. Madera	De Witt
	II. Page (Arizona)	Farr
	III. San Marino	Ryan
1991	I. Peninsula	Kelly
	II. San Pasqual	Wester
	III. San Marino	Ryan
1992	I. Thousand Oaks	Farrell
	II. Katella	Cochrane
	III. McFarland	White
1993	I. Thousand Oaks	Farrell
	II. Jesuit (Sacramento)	Lange
	III. Gunn (Palo Alto)	Daner
	IV. McFarland	White
1994	I. Thousand Oaks	Farrell
	II. De La Salle	Balatti
	III. Livermore	Salazar
	IV. Maranatha	Rouse
1995	I. Nevada Union	Lehman
	II. Jesuit	Lange
	III. McFarland	White
	IV. Desert Christian	Tema

## Varsity Division - Girls

1976	Bishop Amat	Reyes
1977	Edison	Fitzel
1978	Edison	O'Can
1979	Edison	O'Can
1980	University	Christensen
1981	I. El Toro	Waddell
	II. University	Messina
	III. Laguna Beach	Toomey
1982	I. Mira Costa	Holland
	II. Foothill	Thomas
	III. Louisville	Parrish
1983	I. Tustin	Coffey
	II. El Dorado	Chadez
	III. San Marino	Ryan
1984	I. Vista	Hause
	II. Arroyo Grande	Denike
	III. Nordhoff	Krumpschmidt
1985	I. Walnut	Polite
	II. Arroyo Grande	Denike
	III. Vista	Hause
1986	I. Thousand Oaks	Farrell
	II. Palos Verdes	Kelly
	III. South Hills	Gomez
1987	I. Arroyo Grande	Denike
	II. Palos Verdes	Kelly
	III. South Hills	Gomez
1988	I. Agoura	Duley
	II. Palos Verdes	Kelly
	III. South Hills	Gomez
1989	I. Mt. Carmel (S.D.)	McClanahan
	II. Agoura	Duley
	III. Monument Valley	Faer
1990	I. Madera	DeWitt
	II. Agoura	Duley
	III. Monument Valley	Lomeland
1991	I. Peninsula	Kelly
	II. Agoura	Duley
	III. Fillmore	Torres
1992	I. Peninsula	Kelly
	II. Agoura	Dulley
	III. San Luis Obispo	Boaz
1993	I. Peninsula	Kelly
	II. Edison	McGillhorn
	III. Santa Margarita	Schaff
	IV. Tri-Valley (N.Y.)	Latauro
1994	I. Thousand Oaks	Farrell
	II. Agoura	Duley
	III. Clayton Valley	Silveira
	IV. Sacred Heart	Baraclough
1995	I. Thousand Oaks	Farrell
	II. Yucaipa	Clendaniel
	III. Louisville	Murphy
	IV. Orange Lutheran	Zimmerman

Varsity Division Team scoring based on overall team times was first initiated in the Boys Division in 1964 and with the Girls in 1976.

Over the years the greatest number of "Sweepstakes Championships" among the Boys have been won by Coach White (McFarland H.S.)-6, Thousand Oaks (Farrell)-3, San Marino (Ryan)-3, Westminster (Hedges)-3.

Among the Girls Sweepstakes Championships, Coach Kelly leads the field with a total of six (6) championships while at Palos Verdes and Peninsula H.S. Coach Duley has led the Agoura Girls to six (6) team titles himself - all at Agoura.

In combined Boys and Girls Varsity performances, Coach Kelly, Farrell and Ryan have shown the greatest total (Boys & Girls) program strength over the years.

It becomes an interesting story of team and coaches successes when one adds the Boy's & Girls Sophomore and Freshman programs to the overall picture. Please see the Lower Division Synopses below:



# PREVIOUS SOPH-FROSH HIGH SCHOOL CHAMPIONS

Year	Division	School	Coach	Division II		
1964	Frosh	Fillmore	Steward	Soph Boys	Loyola	Castellanos
1965	Soph	Helix	Muirhead	Soph Girls	Serra	Oliver
	Frosh	Monte Vista	Larsen	Frosh Boys	Costa Mesa	Burns
1966	Soph	West Torrance	Holtel	Frosh Girls	Newport Harbor	Van Sickle
	Frosh	Rowland	Dickey	<b>Division I</b>		
1967	Soph	St. Bernardine	Lange	Soph Boys	Simi Valley	McCullough
	Frosh	Palos Verdes	Wallace	Soph Girls	Edison	Chapins
1968	Soph	Pomona	Green	Frosh Boys	Huntington Beach	Wood
	Frosh	Corona Del Mar	Blair	Frosh Girls	Edison	Chapins
1969	Soph	Dos Pueblo	McClendon	1984 <b>Division III</b>		
	Frosh	Rancho Alamitos	Taylor	Soph Boys	San Marcos (SD)	Harman
1970	Soph	North Torrance	Jackson	Soph Girls	Maranatha	Cronquist
	Frosh	Westminster	Hedges	Frosh Boys	Covina	Miller
1971	Soph	Los Altos	Bossard	Frosh Girls	Ramona	Wilson
	Frosh	Monte Vista	Godfrey	<b>Division II</b>		
1972	Soph	San Diego	Temples	Soph Boys	West Torrance	Fulton
	Frosh	Cathedral	Mize	Soph Girls	San Pasquel	Webster
1973	Soph	Bishop Amat	Ryan	<b>Division I</b>		
	Frosh	Sherman Indian	Taylor	Soph Boys	Palm Springs	Willson
1974	Soph	Salesian	Keegan	Soph Girls	Millikan	Petkovic
	Frosh	Sherman Indian	Taylor	Frosh Boys	Dana Hills	Hoover
1975	Soph	Artesia	Valois	Frosh Girls	Granada	Mahin/Ayres
	Frosh	Sherman Indian	Taylor	1985 <b>Division II</b>		
1976	Soph	Helix	Muirhead	Soph Boys	Arroyo	O'Rourke
	Girls	Bishop Amat	Reyes	Soph Girls	San Marcos	Harmon
1977	Soph	Huntington Beach	Wood	Frosh Boys	San Pasqual	Webster
	Frosh	Rolling Hills	Eckert	Frosh Girls	Arroyo	O'Rourke
	Girls'S.	Helix	Muirhead	<b>Division I</b>		
	Girls'E.	Hueneme	Crawley	Soph Boys	Magnolia	Mangan
1978	Soph	Rowland	Brown	Soph Girls	Ramona	Wilson
	Frosh	Rolling Hills	Eckert	Frosh Boys	St. Augustine	Downey
	Girls'S.	Brea	Bayes	Frosh Girls	Ramona	Wilson
	Girls'E.	Fillmore	Torres	1986 <b>Division III</b>		
1979	Soph	Mater Dei	Richardson	Soph Boys	Nordhoff	Reeves
	Frosh	Buena Park	Hirsch	Soph Girls	San Luis Obispo	Hamley
	Girls'S.	University	Christensen	Frosh Boys	Sherman Indian	Taylor
	Girls'E.	Bishop Amat	Ebner	Frosh Girls	Maranatha	Chronquist
1980	Soph	Mater Dei	Richardson	<b>Division II</b>		
	Frosh	Arroyo	O'Rourke	Soph Boys	Barstow	Braden
	Girls'S.	University	Christensen	Soph Girls	San Ramon	Vincent
	Girls'E.	San Marino	Ryan	Frosh Boys	Corona del Mar	Sumner
1981	<b>Division III</b>			Frosh Girls	Calexico	Belcher
	Soph Boys	San Marcos	Harmon	<b>Division I</b>		
	Soph Girls	Miraleste	Towers	Soph Boys	Loyola	Castellanos
	Frosh Boys	South Hills	Rapp	Soph Girls	Granada(Liver)	Mahin-Ayres
	Frosh Girls	Chaminade	Stafford	Frosh Boys	Arroyo	O'Rourke
	<b>Division II</b>			Frosh Girls	Tustin	Coffey
	Soph Boys	Arroyo	O'Rourke	1987 <b>Division III</b>		
	Soph Girls	El Dorado	Chadez	Soph Boys	Yucaipa	Watkins
	Frosh Boys	de la Salle	Stocking	Soph Girls	Yucaipa	Clendaniel
	Frosh Girls	Bishop Amat	Ebner	Frosh Boys	Rancho Buena Vista, S.D.	
	<b>Division I</b>			Frosh Girls	Yucaipa	Clendaniel
	Soph Boys	Thousand Oaks	Farrell	<b>Division II</b>		
	Soph Girls	Montebello	Nilsson	Soph Boys	Saugus	Spraker
	Frosh Boys	Walnut	Polite	Soph Girls	Mission Viejo	Gurule
	Frosh Girls	Edison	Chapins	Frosh Boys	Bonita Vista, S.D.	Matthews
1982	<b>Division III</b>			Frosh Girls	Mission Viejo	Donoff
	Soph Boys	South Hills	Rapp	<b>Division I</b>		
	Soph Girls	Mar Vista	Robinson	Soph Boys	Eisenhower	Black
	Frosh Boys	La Salle	Blair	Soph Girls	Marina	Moreno
	Frosh Girls	Rim of World	Moore	Frosh Boys	Saddleback	Knapp
	<b>Division II</b>			Frosh Girls	Santa Ana	Newman
	Soph Boys	Mater Dei	Richards	1988 <b>Division III</b>		
	Soph Girls	Tustin	Coffey	Soph Boys	Yucaipa	Watkins
	Frosh Boys	Mission Viejo	Gurule	Soph Girls	Santa Margarita	Johnson
	Frosh Girls	Newport	Van Sickle	Frosh Boys	Yucaipa	Watkins
	<b>Division I</b>			Frosh Girls	None	
	Soph Boys	Westlake	Manning	<b>Division II</b>		
	Soph Girls	Edison	Chapins	Soph Boys	Arroyo	O'Rourke
	Frosh Boys	Thousand Oaks	Farrell	Soph Girls	Rancho Buena	Matheus
	Frosh Girls	Edison	Chapins	Frosh Boys	Carson City, NV	Amster
1983	<b>Division III</b>			Frosh Girls	San Pasquel	Wester
	Soph Boys	Sherman Indian	Taylor	<b>Division I</b>		
	Soph Girls	Monrovia	Higgins	Soph Boys	Saddleback	Knapp
	Frosh Boys	Sherman Indian	Taylor	Soph Girls	Santa Ana	Newman
	Frosh Girls	El Camino	Mazzarella	Frosh Boys	Dana Hills	Butler
				Frosh Girls	Poway	Schaitel



# PREVIOUS SOPH-FROSH HIGH SCHOOL CHAMPIONS CONTINUED:

1989	<b>Division III</b>	Yucaipa	Watkins
	Soph Boys	St. Lucy's	Daudel
	Soph Girls	Yucaipa	Watkins
	Frosh Boys	Miraleste	Towers
	Frosh Girls		
	<b>Division II</b>		
	Soph Boys	San Pasqual	Wester
	Soph Girls	El Capitan	Cleves
	Frosh Boys	Jesuit	Lange
	Frosh Girls	San Pasqual	Wester
1990	<b>Division I</b>		
	Soph Boys	Valley	Payan
	Soph Girls	Millbrae-Mills	Parker
	Frosh Boys	Poway	Schaitel
	Frosh Girls	Poway	Schaitel
	<b>Division III</b>		
	Soph Boys	Salesian	Garcia
	Soph Girls	Maranatha	Chronquist
	Frosh Boys	Ramona, S.D.	Wilson
	Frosh Girls	Nordhoff	Reeves
1991	<b>Division II</b>		
	Soph Boys	Point Loma	Parry
	Soph Girls	San Pasqual	Wester
	Frosh Boys	San Pasqual	Wester
	Frosh Girls	University	Rolfing
	<b>Division I</b>		
	Soph Boys	Wilson, L.B.	Arquilla
	Soph Girls	Claremont	Ede
	Frosh Boys	Saddleback	Silva
	Frosh Girls	Mt. Carmel	McClanahan
1992	<b>Division III</b>		
	Soph Boys	Notre Dame, S.D.	Macias
	Soph Girls	Bret Harte	Maurer
	Frosh Boys	La Salle	Garciano
	Frosh Girls	Hopi	Honyout
	<b>Division II</b>		
	Soph Boys	Madera	DeWitt
	Soph Girls	Claremont	Ede
	Frosh Boys	San pasqual	Wester
	Frosh Girls	Newport Harbor	Tweit
1993	<b>Division I</b>		
	Soph Boys	Canyon, CC	De Long
	Soph Girls	Mt. Carmel	McClanahan
	Frosh Boys	Peninsula	Kelly
	Frosh Girls	Hart	Blankenship
	<b>Division III</b>		
	Soph Boys	Sacred Heart	Mohun
	Soph Girls	Laguna	Carter
	Frosh Boys	Covina	Carruth
	Frosh Girls	Murrieta Valley	Cape
1994	<b>Division II</b>		
	Soph Boys	Point Loma	Parry
	Soph Girls	Santa Margarita	Zeitler
	Frosh Boys	Katella	Cochrane
	Frosh Girls	Ramona, San Diego	Moore
	<b>Division I</b>		
	Soph Boys	Palmdale	Fairly
	Soph Girls	Peninsula	Kelly
	Frosh Boys	Fallbrook	Hauck
	Frosh Girls	Peninsula	Kelly

1995	<b>Division III</b>		
	Soph Boys	Newbury Park	Duarte
	Soph Girls	Moorpark	Smith
	Frosh Boys	Corona Del Mar	Sumner
	Frosh Girls	Nordhoff	Reeves
	<b>Division II</b>		
	Soph Boys	Jesuit	Lange
	Soph Girls	Aliso Niguel	
	Frosh Boys	Jesuit	Lange
	Frosh Girls	Mission Viejo	Almond
	<b>Division I</b>		
	Soph Boys	Madera	Dewit
	Soph Girls	El Toro	Hale
	Frosh Boys	Poway	Schatel
	Frosh Girls	Redlands	Sadler
	<b>Division IV</b>		
	Soph Boys	Oak Park	Smith
	Soph Girls	Desert Christian	Spoelstra
	Frosh Boys	Laguna Beach	Tower
	Frosh Girls	Bret Harte	O'Green
	<b>Division III</b>		
	Soph Boys	West Hills	Connolly
	Soph Girls	Bonita	Dangleis
	Frosh Boys	West Hills	Connolly
	Frosh Girls	La Jolla	Dorman
	<b>Division II</b>		
	Soph Boys	Jesuit	Lange
	Soph Girls	La Mirada	Gupton
	Frosh Boys	Capistrano Valley	Gross
	Frosh Girls	Yucaipa	Clendaniez
	<b>Division I</b>		
	Soph Boys	Poway	Schaitel
	Soph Girls	Thousand Oaks	Farrell
	Frosh Boys	Warren	Waldron
	Frosh Girls	Nevada Union	Homan



GRAPHIC DESIGN AND PROMOTION

(909) 593-5306

(909) 595-6337



# MT. SAN ANTONIO COLLEGE

## THREE-MILE CROSS-COUNTRY BEST MARKS BY GRADES

### HIGH SCHOOL WOMEN

#### FROSH

1.	Elaine Conchola (Nordhoff) 1994	17:35
2.	Deena Drossin (Agoura) 1987	17:37
3.	Allyson Marquand (Univ. Irvine) 1995	17:38
4.	Tracey Williams (Mountain View, El Monte) 1984	17:47
5.	Heather Garritson (Buena Park) 1994	17:49
6.	Laura Cattivera (Mira Costa, Manhattan Beach) 1981	18:07
7.	Kay Nekota (Woodbridge) 1990	18:08
8.	Tanya Thayer (Serrano, Phelan) 1986	18:08
9.	Carrie Garritson (Sunny Hills) 1990	18:09
10.	Karen Hecox (South Hills, Covina) 1986	18:10
11.	Sharon Plante (Arroyo Grande) 1984	18:14
12.	Sandra Acosta (Walnut) 1985	18:14
13.	Heather Scobie (Saugus) 1985	18:14
14.	Tiffany York (Agoura) 1987	18:19
15.	Kat Prince (Rubidoux, Riverside) 1984	18:23
16.	Lisa Rizzo (Hart, Newhall) 1982	18:24
17.	Mira Hornbacker (Rancho Buena Vista) 1988	18:25
18.	Lauren Fleshman (Canyon CC) 1995	18:30
19.	Amy Skiersz (Agoura) 1991	18:31
20.	Maya Muneo (Palos Verdes) 1988	18:35
21.	Danielle Day (Quartz Hills) 1994	18:36
22.	Julie Crooks (Palos Verdes, Palos Verdes Estates) 1986	18:37
23.	Julie Cooper (El Dorado, Placentia) 1983	18:39
24.	Pat Gibby (Thousand Oaks) 1992	18:39
25.	Trina Cox (Santa Rosa) 1995	18:39

#### SOPHS

1.	Julia Stamps (Santa Rosa) 1994	16:58
2.	Amy Skiersz (Agoura) 1992	17:24
3.	Laura Cattivera (Mira Costa, Manhattan Beach) 1982	17:26
4.	Elaine Canchola (Nordhoff) 1995	17:35
5.	Tracey Williams (Mountain View, El Monte) 1985	17:37
6.	Teresa Barrios (University, Irvine) 1981	17:43
7.	Milena Glusac (Fallbrook) 1990	17:45
8.	Shelly David (Edison) 1989	17:50
9.	Jamie Park (Santa Barbara) 1986	17:55
10.	Kimi Welsh (Yucaipa) 1995	17:56
11.	Carrie Garritson (Sunny Hills) 1991	17:58
12.	Kira Jorgensen (Vista) 1986	17:59
13.	Kay Nekota (Agoura) 1991	17:59
14.	Melissa Sutton (Newbury Park) 1984	18:00
15.	Karen Hecox (South Hills) 1987	18:00
16.	Christy Farrell (Thousand Oaks) 1984	18:02
17.	Jennifer Burris (Ayala) 1995	18:05
18.	Rayna Cervantes (Montebello) 1986	18:07
19.	Lisa Rizzo (Hart, Newhall) 1983	18:08
20.	Maura Daly (Mission Viego) 1983	18:12
21.	Heather Scobie (Saugus) 1986	18:16
22.	Tracy Clark (Corona Del Mar) 1992	18:19
23.	Shelby Horgan (Temescal Canyon) 1994	18:19
24.	Angie Lovell (Thousand Oaks) 1986	18:21
25.	Erica Sumi (Wilson, Long Beach) 1990	18:21
26.	Kim Mortensen (Thousand Oaks) 1993	18:21

#### JUNIORS

1.	Julia Stamps (St. Rosa) 1995	16:55
2.	Milena Glusac (Fallbrook) 1991	17:18
3.	Kira Jorgensen (Rancho Buena Vista) 1987	17:27
4.	Tania Fischer (Chaminade, Canoga Park) 1981	17:29
5.	Melissa Sutton (Newbury Park) 1985	17:32
6.	Shelly Taylor (Edison) 1990	17:37
7.	Andrea Kneip (Highland) 1995	17:38
8.	Maribella Aparicio (Fillmore) 1991	17:41
9.	Brigid Freyne (Riverside Poly) 1986	17:42
10.	Deena Drossin (Agoura) 1989	17:42
11.	Nicole Houle (Hesperia) 1986	17:45
12.	Robbyn Bryant (Hesperia) 1986	17:46
13.	Veronica Barajas (Channel Islands) 1990	17:47
14.	Amy Skiersz (Agoura) 1993	17:51
15.	Claire Feit (Mater Dei, Santa Ana) 1982	17:52
16.	Rayna Cervantes (Montebello) 1987	17:54
17.	Karen Hecox (South Hills, West Covina) 1988	17:57
18.	Kim Mortensen (Thousand Oaks) 1994	18:00
19.	Kristen Gordon (Carondolet) 1995	18:00
20.	Jamie Park (Santa Barbara) 1987	18:01
21.	Jeanie Rothman (Westlake) 1989	18:01
22.	Kirsten O'Hara (Palos Verdes) 1982	18:03
23.	Annie Ebner (Bishop Amat) 1994	18:04
24.	Katie Nuanes (Santa Margarita) 1995	18:05
25.	Ashley Black (Palos Verdes) 1987	18:06

#### SENIORS

1.	Kim Mortensen (Thousand Oaks) 1995	17:14
2.	Milena Glusac (Fallbrook) 1992	17:15
3.	Deena Drossin (Agoura) 1990	17:16
4.	Kirsten O'Hara (Palos Verdes) 1983	17:16
5.	Jeannie Rothman (Westlake) 1990	17:25
6.	Katie Dunsmuir (Palisades, Pacific Palisades) 1982	17:25
7.	Annie Ebner (St. Lucys) 1995	17:25
8.	Polly Plumer (University, Irvine) 1981	17:27
9.	Kate Landau (Tri-Valley, N.Y.) 1993	17:27
10.	Shelly Taylor (Edison) 1991	17:29
11.	Melissa Sutton (Newbury Park) 1986	17:30
12.	Tania Fischer (Chaminade, Canoga Park) 1982	17:32
13.	Kira Jorgensen (Rancho Buena Vista) 1988	17:32
14.	Maribella Aparicio (Fillmore) 1992	17:32
15.	Vickie Cook (Alemany, Mission Hills) 1981	17:39
16.	Martha Pinto (Katella) 1990	17:44
17.	Rebecca Chamberlain (Lehigh, San Jose) 1985	17:45
18.	Courtney Pugmire (Esperanza) 1994	17:45
19.	Amy Skiersz (Agoura) 1994	17:45
20.	Sandy Blakeslee (Vista) 1982	17:46
21.	Jamie Park (Santa Barbara) 1988	17:48
22.	Christy Farrell (Thousand Oaks) 1986	17:51
23.	Sylvia Mosqueda (San Gabriel) 1983	17:53
24.	Lesley White (Sonora, La Habra) 1981	17:54
25.	Denise Ball (Newbury Park) 1981	17:56



# MT. SAN ANTONIO COLLEGE

## THREE-MILE CROSS-COUNTRY BEST MARKS BY GRADES

### HIGH SCHOOL MEN

#### FROSH

1.	Louis Quintana (Arroyo Grande) 1987	15:23
2.	Bryan Damesworth (Agoura) 1986	15:32
3.	Aaron Mascorro (Rosemead) 1983	15:43
4.	Robbie Barrios (University, Irvine) 1983	15:49
5.	Eric Dunn (Arroyo Grande) 1990	15:50
6.	Paul Thomas (Jesuit, Sacramento) 1983	15:51
7.	Shawn Goetzinger (Camarillo) 1986	15:54
8.	Brett Strahan (Hart) 1991	15:54
9.	Scott Hempel (Walnut) 1985	15:56
10.	Ron Buchanan (Righetti) 1994	15:59
11.	David Hartman (Canyon CC) 1987	16:01
12.	Juan Salgado (Santa Ana) 1995	16:03
13.	Rene Rigal (Loyola, Los Angeles) 1986	16:06
14.	Dale Kroege (Canyon, CC) 1981	16:08
15.	Marco Ocegura (Rubidoux, Riverside) 1985	16:10
16.	Mario Argueta (Jurupa Valley) 1992	16:11
17.	Ramon Perez (Rosemead) 1984	16:12
18.	Matt Hempel (Walnut) 1985	16:12
19.	Ryan Wilkerson (Santa Margarita) 1991	16:13
20.	Thomas Mejia (El Toro) 1993	16:13
21.	Tim Cammack (South Hills, Covina) 1979	16:17
22.	Eric Billmeyer (Mt. Carmel, San Diego) 1985	16:17
23.	Joey Hernandez (Glendora) 1990	16:18
24.	Javier Ramirez (Nordhoff) 1991	16:19
25.	Marcus Castro (Paledale) 1992	16:19

#### SOPHS

1.	Dave Hartman (Canyon CC) 1988	15:19
2.	Tom Prindiville (De La Salle) 1994	15:22
3.	Scott Hempel (Walnut) 1986	15:23
4.	Jon Spillman (Simi Valley) 1977	15:24
5.	Jim Ortiz (Barstow) 1981	15:24
6.	Louis Quintana (Arroyo Grande) 1988	15:24
7.	Steve Gerkin (Costa Mesa) 1977	15:25
8.	Bryan Dameworth (Agoura) 1987	15:25
9.	Angel Martinez (San Gabriel) 1989	15:26
10.	Jeff Fischer (Thousand Oaks) 1992	15:29
11.	Isaiah Festa (Morro Bay) 1995	15:31
12.	Mike Esparza (Newbury Park) 1986	15:34
13.	Ronnie Buchanan (Rigetti) 1995	15:34
14.	Ryan Wilson (Agoura) 1990	15:36
15.	Eric Dunn (Arroyo Grande) 1991	15:37
16.	Brent Strahan (Hart) 1992	15:37
17.	Ken Feters (Upland) 1981	15:38
18.	Jesus Gutierrez (Pasadena) 1981	15:38
19.	Pete Burks (Upland) 1986	15:38
20.	John Green (Agoura) 1992	15:38
21.	Tim Cammack (South Hills, Covina) 1980	15:40
22.	Troy Nelson (La Sierra, Riverside) 1983	15:41
23.	Aaron Mascorro (Rosemead) 1984	15:41
24.	Ed Lavalley (Corona del Mar) 1986	15:41
25.	Chris Rice (Newbury Park) 1982	15:42
26.	Abe Valdez (Camarillo) 1987	15:42

#### JUNIORS

1.	Louis Quintana (Arroyo Grande) 1989	14:45
2.	Jesus Gutierrez (Pasadena) 1982	14:53
3.	Jim Ortiz (Barstow) 1982	14:56
4.	Chuck Assuma (Eisenhower, Rialto) 1977	14:57
5.	Jon Butler (Edison, Huntington Beach) 1979	14:57
6.	Marc Davis (San Diego) 1985	14:58
7.	Calvin Gaziano (Castro Valley) 1983	15:01
8.	Martin Sandoval (Monte Vista, San Diego) 1982	15:08
9.	Bryan Dameworth (Agoura) 1988	15:09
10.	Brett Strahan (Hart) 1993	15:10
11.	Paul Medvin (University, Los Angeles) 1977	15:11
12.	Mason Myers (Vallejo) 1985	15:11
13.	Dave Hartman (Canyon CC) 1989	15:12
14.	Dam Palma (Glendale) 1983	15:13
15.	Jeff Nelson (Burbank) 1977	15:15
16.	Margarito Casillas (Hoover) 1991	15:15
17.	Ryan Wilson (Agoura) 1991	15:15
18.	Antonio Arce (Palmdale) 1993	15:15
19.	Frank Assuma (Eisenhower, Rialto) 1977	15:16
20.	Scott Hempel (Walnut) 1987	15:16
21.	Mark Mastalir (Jesuit, Sacramento) 1984	15:17
22.	Eric Mastalir (Jesuit, Sacramento) 1984	15:18
23.	Paul Thomas (Jesuit, Sacramento) 1985	15:19
24.	Isreal Pose (Torrance) 1989	15:19
25.	Aaron Mascorro (Rosemead) 1985	15:20
26.	Richard Erbes (Glendale) 1985	15:20
27.	Jamie Martinez (Orange) 1992	15:20

#### SENIORS

1.	Jeff Nelson (Burbank) 1978	14:32
2.	Bryan Dameworth (Agoura) 1989	14:36
3.	Eric Mastalir (Jesuit, Sacramento) 1985	14:38
4.	Eric Reynolds (Camarillo) 1982	14:39
5.	Louie Quintana (Agoura) 1990	14:40
6.	Jesus Gutierrez (Pasadena) 1983	14:49
7.	Dave Hartman (Canyon CC) 1990	14:51
8.	Jim Ortiz (Barstow) 1983	14:53
9.	Daren Stonerock (Saugus) 1985	14:54
10.	Ryan Wilson (Agoura) 1992	14:54
11.	Eleazar Hernandez (Capo Valley) 1994	14:54
12.	Jon Butler (Edison, Huntington Beach) 1980	14:55
13.	Alberto Sanchez (Camarillo) 1994	14:55
14.	John Gerhardt (Costa Mesa) 1977	14:56
15.	Mark Mastalir (Jesuit, Sacramento) 1985	14:57
16.	Paul Medvin (University, Los Angeles) 1978	14:58
17.	Eric Sappenfield (Santa Barbara) 1978	14:58
18.	Mark Junkermann (Los Alamitos) 1982	14:58
19.	Jeff Holyfield (Crescenta Valley, La Crescenta) 1981	15:00
20.	Dan Holmes (Santa Barbara) 1983	15:00
21.	Mark Dani (Valhalla, El Cajon) 1985	15:00
22.	Rick Rose (Helix, San Diego) 1977	15:01
23.	Mike Williamson (Thousand Oaks) 1988	15:01
24.	Ed Toro (Barstow) 1983	15:02
25.	Chuck Assuma (Eisenhower, Rialto) 1978	15:02
26.	Kevin Holbrook (Vacaville) 1988	15:02



# Mt. San Antonio College

## 34th Annual

### ALL-COMERS TRACK & FIELD MEETS

Mt. San Antonio College will again be hosting the oldest "on-going"  
All-Comers Track and Field meets in Southern California.

We invite you to put each of the following meets on your 1996 schedule.  
Competition is open to all - (*age-group boys and girls through the Olympian athlete*).

#### Please note the following important details:

- No pre registration
- Entry through **back gate of stadium**; free parking in same area.
- Entry fee - \$3.00: Spectators and Competitors (unlimited events)
- 1/8" - 3/16" needle spikes will be required.

#### 1997 DATES

Sat. January 4	9:30 a.m. - 3 p.m. *	Sat. January 25	9:30 a.m. - 3 p.m.
Sat. January 11	9:30 a.m. - 3 p.m. *	Sat. February 1	9:30 a.m. - 3 p.m.

#### TENTATIVE TIME SCHEDULE

**Event order will be:** Age group female, age group male, high school female, high school male, univ/open female, univ/open male.

Starting heights will be determined the day of the meet.

Bar height will progress from the lowest to the highest height.

Bar progression: High Jump = 2 inches/Pole Vault = 6 inches.

\* = Special indoor race distances held on dates listed in parenthesis.

9:30 a.m.	Hammer	11:40 a.m.	*60M (1/4, 1/11)
10:00 a.m.	Long Jump		100M (1/25, 2/1)
	Pole Vault	12:00 p.m.	800M
	High Jump		Discus
	Shot Put		Triple Jump
	Javelin	12:30 p.m.	400 Hurdles
10:15 a.m.	4X100 Relays	1:00 p.m.	200M
10:30 a.m.	1500M	1:30 p.m.	3000M/5000M Combined
10:50 a.m.	*60M Hurdles (1/4, 1/11)	2:10 p.m.	4X400 Relay
	100-110M Hurdles (1/25, 2/1)	2:20 p.m.	3000M Steeplechase (1/20, 2/3)
11:15 a.m.	400M		

#### Additional Dates to Remember:

December 27 - 31

February 3 - March 30

April 11 - 12

April 18 - 20

Mt. Sac Pole Vault Camp

AAF/Mt. SAC Relays Youth Clinic Program

AAF/Mt. SAC Relays Youth Days

39th Annual Mt. SAC Relays

For additional information call: (909) 594-5611 ext. 4840, 4882 or 4881  
or write: Track and Field Office/Mt. SAC/ Walnut, CA 91789





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## Shilo Inns is proud to support Mt. SAC Cross Country!

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\*Plus 10% tax. Special rates valid October 24-26, 1996.

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