

51st

1998

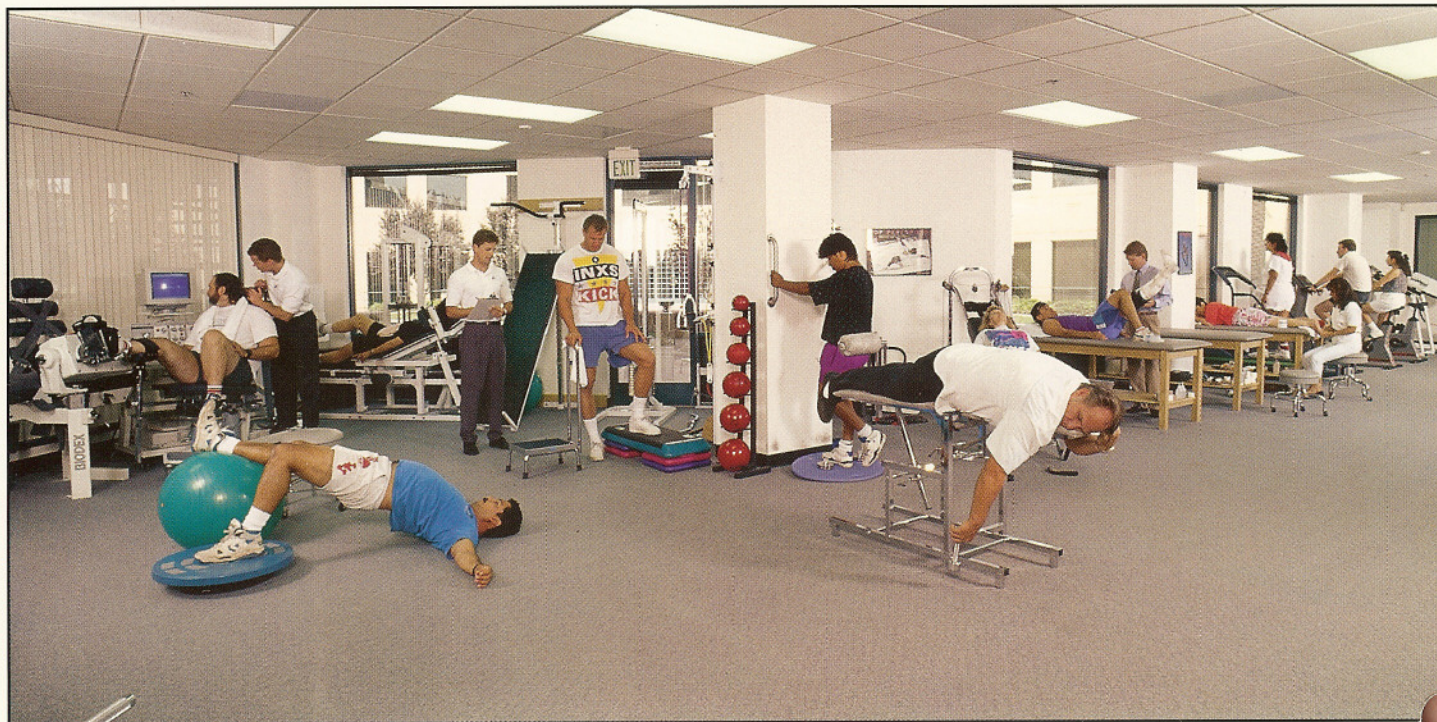
Annual Mt. SAC C.C. Invitational



Mt. San Antonio College
Walnut, California



Orthopaedic Medical Group & Athletic Rehabilitation Center



Arthur H. Osborne, M.D., F.A.A.O.S.

American Society for Surgery of the Hand
Diplomate, American Board of Orthopaedic Surgery

Vic A. Osborne, M.D., F.A.A.O.S.

Spine & Orthopaedic Surgery
Clinical Assistant Professor of Orthopaedics
University of Southern California School of Medicine
Diplomate, American Board of Orthopaedic Surgery

William H. Warden III, M.D.

Orthopaedic Surgery
Sports Medicine

Jeffrey T. Bekendam, P.T., O.C.S.

Board Certified Orthopaedic Specialist
Director of Physical Therapy

Michelle L. Ferro, P.T.

Physical Therapist

Glenda J. Fuentes-Almeda, P.T.

Physical Therapist

Joseph L. Olivarez, P.A.-C.

Physician Assistant

Thomas O. Bryan, M.D., F.A.A.O.S.

Clinical Assistant Professor of Orthopaedics
University of Southern California School of Medicine
Diplomate, American Board of Orthopaedic Surgery

Carlos Lugo, M.D., F.A.A.O.S.

Orthopaedic Surgeon
Sports Medicine, Foot and Ankle Surgery
Diplomate, American Board of Orthopaedic Surgery

Patrick Duke, P.A.-C.

Physician Assistant

Diamond Bar

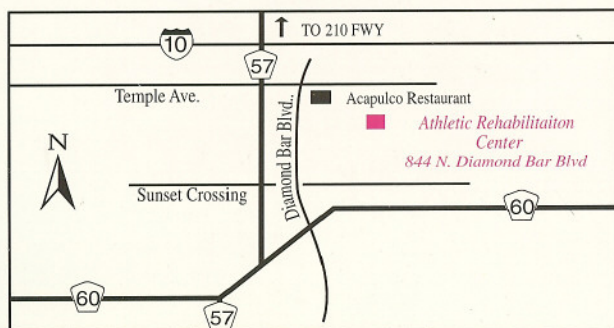
Physician's Office

909 396-1280

Athletic Rehabilitation Center

909 396-1009

844 N. Diamond Bar Blvd,
Diamond Bar, CA 91765



West Covina

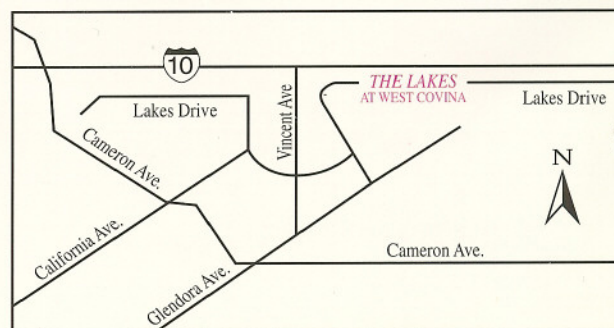
Physician's Office

626 918-6655

Athletic Rehabilitation Center

626 917-2393

1050 Lakes Dr. • Suite 100
The Lakes • West Covina, CA 91790



FIFTY-FIRST

ANNUAL

MT. SAN ANTONIO COLLEGE

CROSS COUNTRY

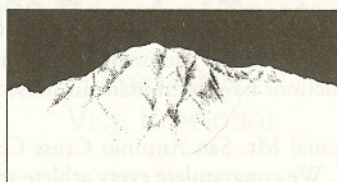
INVITATIONAL

1948 - 1998

with the
High School Division
sponsored by

WALNUT HIGH SCHOOL

"AMERICA'S LARGEST CROSS-COUNTRY INVITATIONAL"



MT. SAN ANTONIO COLLEGE • WALNUT, CALIFORNIA

HALF CENTURY 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 Fiftieth 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. It was also at this time that the finish of the Mt. SAC course was moved off the track & the course made more "Spectator Friendly" while more challenging to the athlete. 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 16, over a thousand youth representing nearly 50 Junior High School will take to the 2.0-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. That event will be followed by an ever-growing elementary school division competition at 4:45 p.m. Runners in grades 5-6 and 3-4 were first included in 1989, and last year youths from over 30 schools competed.

On the morning of October 16, approximately seventeen community colleges will compete in the invitational Varsity Division races. 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.

The Friday and Saturday, October 23-24, high school competition will necessitate the running of over 80 separate races with divisions for Varsity athletes, Junior Varsity, Sophomores, and Freshmen. Over 400 high schools will enter the 51st Annual Mt. SAC INVITATIONAL with athletes numbering over 11,000. Each race will be considered a "final," in that races include approximately 20 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 five divisional structures of C.I.F. classification (I, II, III, IV, V) were 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 95 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 and mothers and even grandfathers can share with their off springs, the experiences of running the hills of the Mt. SAC Cross Country Invitational changed little over all these many years.

On 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 Fifty-First 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!

A Message from the President...



On behalf of our students, staff, and Board of Trustees I would like to welcome you to the 51st Anniversary of the Mt. San Antonio College Cross Country Invitational – the Nation's largest cross country meet!

Since 1948, the Mt. SAC Cross Country Invitational has grown in size and stature. It has become a wonderful tradition for student athletes of all ages! We are looking forward to another exciting year with almost 400 schools competing in over 90 different races.

Your continued support and participation have made the Annual Mt. SAC Cross Country Invitational a huge success. Join us as we celebrate 51 years of this great individual and team sport. The future of cross country is sure to prove even more rewarding, and Mt. San Antonio College is proud to be your host!

Sincerely yours,

A handwritten signature in dark ink, appearing to read "Bill Feddersen". The signature is fluid and cursive.

Bill Feddersen
President

1999 Board of Trustees

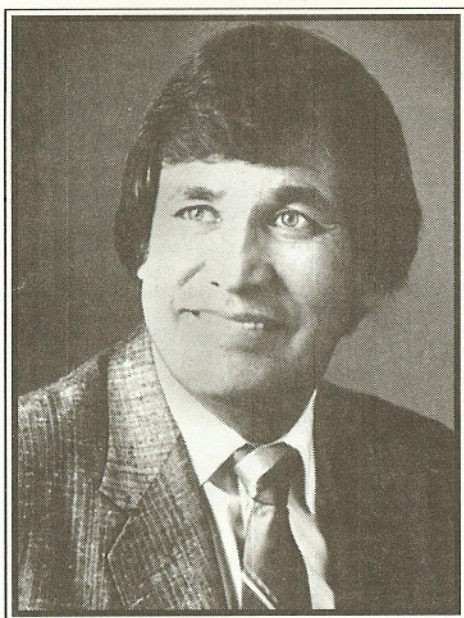
Dexter MacBride
President

Fred Chyr
Vice President

Barbara Booth
Clerk

Dr. David Hall ♦ Martha J. House
Members

Jesus Prado
Student Trustee



HONORARY REFEREE BILLY MILLS

We are proud to honor one of America's greatest athletes as our Honorary Referee for our 51st Annual Mt. Sac Cross Country Invitational. It is particularly significant that our nation's largest and most prestigious gathering of cross country athletes will have the individual whose life story most exemplifies the spirit of athletes among America's youth.

His story has been told on the screen with the performances of Robby Benson, Graham Greene, and Pat Hingle in the inspiring Award Winning Movie "RUNNING BRAVE". One of the greatest true life athletes motion picture ever produced, tells the uplifting story of a young athlete who chooses cross country and track to achieve successes he really never dreamed possible as a boy.

His story tells of the hardships he faced as an American Indian, as a student and athlete, and as a young man. It tells the story of training and competition from his early running days through the day in Tokyo (October 14, 1964 - Almost 34 years to the day) that Billy Mills upset the world record holder to win the 1964 Olympic Gold Medal in the 10,000m run. It has often been described as one of the greatest of all American Olympic victories, and if seeing it, we think you would agree.

Billy Mills is a graduate of the University of Kansas ('62), Captain in the U.S. Marine Corps (62-65), World Record holder in the 6 Mile Run ('65) & set 7 American track & field records ('65). He has since been given 3 Honorary Doctorate degrees, been inducted into 5 Halls of Fame, including the U.S. Olympic and World Sports Humanitarian Halls of Fame. His awards for service and contributions to fitness and sport are too numerous to mention here, but those he is most proud of are those associated with his work helping today's Indian youth and adults identify and pursue their dream.

Billy Mills will be with us on Friday and Saturday October 23rd and 24th.

This great American hero has run at Mt. San Antonio College before (1964 Olympic Trials at Mt. Sac), but has never seen the Mt. Sac Cross Country Invitational. He can't imagine a cross country meet of this size, so please (as our guest) make him feel at home. We welcome you, Billy Mills. We are honored to have you share in our 51st annual event.



1998 Schedule of Events

FRIDAY, OCTOBER 16

8:30 a.m.	Coaches'/Open Fun Run	(3-4 Miles)
7:30-8:45 a.m.	Coaches Light Breakfast	
9:00 a.m.	Community College, Women's Invitational	(3 Miles)
9:30 a.m.	Community College, Men's Invitational	(4 Miles)
10:30 a.m.	Community College, Paarlauf Relays, 5 x 8 x 200M Relay	(5 Miles)
2:30 p.m.	Junior High School, Middle School, Boys and Girls Division (Grades 6,7,8,9)	(2.0 Miles)
4:45 p.m.	Elementary School Division, Grades 3 - 4	(.8 Mile)
	Grades 5 - 6	(1.2 Miles)

FRIDAY, OCTOBER 23

1:45 p.m.	Divisions IV & V High School, Boys and Girls	(3 Miles)
3:00 p.m.	Division III High School, Boys and Girls	(3 Miles)
5:10 p.m.	Division III, IV & V Seepstakes Races, Boys and Girls	(3 Miles)
5:30 p.m.	First Showing "Running Brave" (Building 26 - Free)	
7:00 p.m.	Billy Mills shares his life (Building 26 - Free)	
7:30 p.m.	Second Showing "Running Brave" (Building 26 - Free)	

SATURDAY, OCTOBER 24

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)



Dr. John W. Pagliano
Podiatric Sports Medicine

Columbia Medical Building
2840 Long Beach Blvd. #130
Long Beach, CA 90806
(562) 426-0376

*Specializing in sports
medicine and rehabilitation*

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).

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	1981 Grossmont	Lux
1965 Grossmont	Vavra	1982 Pima, AZ	Mielke
1966 Mt. SAC	Ruh	1983 El Camino	Shannon
1967 Pasadena	Knuth	1984 Grossmont	Muirhead
1968 Pasadena	Knuth	1985 Central AZ	Young
1969 Moorpark	Brinkman	1986 Central AZ	Young
1970 L.A. Valley	Ker	1987 Central AZ	Young
1971 Grossmont	Larsen	1988 Pima, AZ	Mielke
1972 Grossmont	Larsen	1989 Central AZ	Young
1973 L.A. Valley	Ker	1990 Central AZ	Young
1974 Grossmont	Larsen	1991 Riverside	Banks
1975 Grossmont	Larsen	1992 Riverside	Banks
1976 Grossmont	Larsen	1993 Mt. SAC	Ebner-Ruh
1977 Grossmont	Larsen	1994 Mt. SAC	Ebner
1978 Grossmont	Larsen	1995 El Camino	Lofgren
1979 Grossmont	Peabody	1996 El Camino	Lofgren
1980 Grossmont	Peabody	1997 Santa Ana	Siddens

WOMEN'S DIVISIONAL CHAMPIONS

	Coach		Coach
1978 Orange Coast	Fitzel	1987 Mt. SAC	Norton
1979 Orange Coast	Fitzel	1988 Mt. SAC	Norton
1980 Orange Coast	Fitzel	1989 Mt. SAC	Norton
1981 Orange Coast	Greer	1990 El Camino	Lofgren
1982 Orange Coast	Greer	1991 Mt. SAC	Norton
1983 Phoenix, AZ	Moore	1992 Mt. SAC	Norton
1984 Santa Monica	Biller	1993 Mt. SAC	Norton
1985 L.A. Valley	Christian/ Brumwell	1994 El Camino	Lofgren
	Norton	1995 Mt. SAC	Todd
1986 Mt. SAC		1996 Yavapai, AZ.	Williams
		1997 El Camino	Lofgren

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 Record	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	Lofgren
1995 Mt. SAC (Men, 1:47.21; Women, 1:38.45)	3:26.16	Todd, Ebner, Yokoyama
1996 Mt. SAC (Men, 1:49.31; Women, 1:37.20)	3:26.51	Todd, Ebner, Yokoyama
1997 El Camino (Men, 1:48.55; Women, 1:43.33.3)	3:32.28.3	Lofgren

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) - 1.5 mi

Boys	Mario Argueta	Jurupa	8:07	1991
Boys Team		Tenaya-Fresno	43:44	1991
Girls	Jayne Ambos	Frisbe	8:44	1997
Girls Team		Potter	48:39	1997

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

Boys	Montoya	Townsend	11:55	1993
	G. Moore	Thurston	11:55	
Boys Team	Olive Peirce		1:05.01	1995
Girls	A. Peterson	Francis Parker	12:57	1996
Girls Team	Potter		1:14.16	1996

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	Rileshyn Haynie	Suzanne, Walnut	5:57	1997
3-4 Grade Boys	Chris Isley	Helendale	5:44.5	1997
3-4 Grade Girls	Alyssa Cota	Madison	6:54	1997

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

5-6 Grade Boys				
Team Time		Hewes Middle	46:07	1996
Individual	Josh Finley	Oswalt-Walnut	8:37	1996
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	P. Munoz	Pepper Tree	9:43	1996

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 6-8th grade team efforts - called varsity team championships. The recorded history is as follows:

Junior High-Middle School Champions

1970	Sierra Vista	Revis
1971	Sinaloa	Hyink
	Center	McCullough
1972	Suzanne	Lindsay
	Alessandro	Reading
1973	Kraemer	OCana
	Suzanne	Lindsay
1974	Suzanne	Linsay
	Meadow Brook	Harmon
1975	No Championship	
1976	Barstow	Duarte
	Suzanne	Murphy
1977	Ramona	Hunter
1978	No Championship	
1979	Suzanne	Murphy
1980	Suzanne	Murphy
1981	Hewes	Livingston
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	Oye
	Potter	Rhode
1992	Meadowbrook	
	Woodcrest Christ.	Mendoza
1993	Rancho Hesperia	Schamberg
1994	Olive Peirce	Hunter/Ponczocha
	Barstow	Harness/Ortiz
1995	Olive Peirce	Hunter/Ponczocha
	Hewes	Livingston/Funkhouser
1996	Hesperia	Lamb/Upham
	Potter	Rohde
1997	Willard	Torres
	Potter	Rohde

Elementary School Champions

1991	Roosevelt	La Porte/Kinder
	Mojave Desert	Ortiz
1992	Mojave Desert	Ortiz
	Vista Heights	Axup/Cripe
1993	Alta Loma	Young
	Suzanne	Arenas/Dobberpuhl
	Alta Loma (3-4)	Young
1994	Suzanne	Megaree/Dobberpuhl
	Barstow	Harness/Ortiz
	Meadows (E-Centro)	Gaede
	Christ Lutheran (3-4)	Meza/Shivley
1995	Glenelder	Owen/Carrera
	Meadows (E. Centro)	Gaede
	Oasis (29 Palms)	Wentz
1996	Mariposa (Redlands)	C. Tolar/K. Tolar
1997	Culver City	Hieatt
	Anaheim Lutheran	Thompson
	Our Lady of	
	Assumption (3-4)	Bettencourt

51ST ANNIVERSARY T-SHIRT

THANKS MARK GUTIERREZ AND MARC RUH FOR THIS SPECIAL 51ST ANNIVERSARY EDITION! THE TRADITIONAL MT. SAC INVITATIONAL SHIRT INCLUDES THE ALWAYS POPULAR "MT. SAC COMICS". READ CAREFULLY THE SHARING OF IMMA RUNNER, CHRIS COUNTRY, MORA HILLS, LOTTA WARDS, SHIRLEY WANAWIN, AND JOSE AMONG OTHERS. WERE STARTING THE SECOND CENTURY OF MT. SAC CROSS COUNTRY COLLECTIBLES T-SHIRTS. YOUR 51ST ANNUAL SHIRT WILL BE A VERY SPECIAL ONE DESIGNED ESPECIALLY WITH THAT THOUGHT IN MIND.

Welcome Coaches & Athletes
to the
MT. SAC X-COUNTRY INVITATIONAL
Helen & Bill Holt
from Orange, California

IF I WERE A HIGH SCHOOL COACH OR IF I WERE INTERESTED IN PROMOTING TRACK AND FIELD AND CROSS COUNTRY AMONG THE YOUTH IN YOUR AREA I WOULD...

Consider the free program offered by the Amateur Athletic Foundation of Los Angeles in conjunction with the Mt. San Antonio College Relays (Mt. Sac Relays). It's a great program aimed at getting your area elementary and middle schools involved in a track and field program by introducing the sport to the entire student body and demonstrating the fun and opportunities available to them in the sport. As follow up, the Mt. Sac Relays offers all the youth (grades 3 - 8), two special days of fun competition at the Mt. Sac Relays. April 10th is the day for boys and girls in Elementary Schools grades 3 - 6, April 16th for those in Middle Schools Grades 6-8.

Since 1986, over 131,000 youth from hundreds of Southern California Elementary and Middle Schools have taken part in the annual program with nothing but positive results.

It's been very encouraging seeing so many elementary and middle schools develop track and field programs and organize school teams, in a large part, due to the AAF-Mt. Sac Relays Instructional Program and Youth Days. Last year alone over 11,000 youth and their teachers were part of the Instructional Clinic Program, with another 4,900 youth participating in Youth Days. Most encouraging is the fact 99% of all the Youth Days participants were entered by Teachers, Coaches, and Administrators from Elementary, Middle, and Jr. High Schools. Many were having their first-ever experience as athletes and coaches, but none had problems in that their interest and enthusiasm alone made their experiences nothing less than spectacular. School pride, self satisfaction, and lots of fun were the most obvious of all the rewards. The medals, ribbons, certificates, t-shirts, pins, and other more tangible rewards were nothing more than "icing on the cake" when all looked back on their Youth Day experiences.

It's a great introduction to the sport that has so many opportunities for so many youth. It's a great introduction to the world's most important and prestigious Olympic sport - track and field (athletics). It's a great opportunity for all elementary and middle schools to organize, revitalize, and promote what should be an important part of their physical education program in their school. It's a great opportunity for the high school coach to promote the sport at their "feeder school". By visiting these schools and by encouraging their involvement and organization of an Elementary and Middle School track and field program:

For information on the free AAF-Mt. Sac Relays Instructional Clinic Project, please contact the numbers below at your earliest convenience. Last year, 32 clinics were conducted, with all possible dates filled by early February. We are there to help you. Please do your part to promote track & field. The future is in your hands!

For Instructional Clinic Information and Relays Entry Materials:

Write: AAF-Mt. Sac Relays Youth Days, P.O. Box 2109, Walnut, CA 91789

FAX: (909) 594-4266

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. |
| Juan Hernandez | Winner of Mt. SAC Cross Country Invitational while attending Arroyo H.S., later became coach at Arroyo, winning the team sweepstakes, before becoming Coach and Administrator at Oxnard College. |



COACHES

Medical Alert

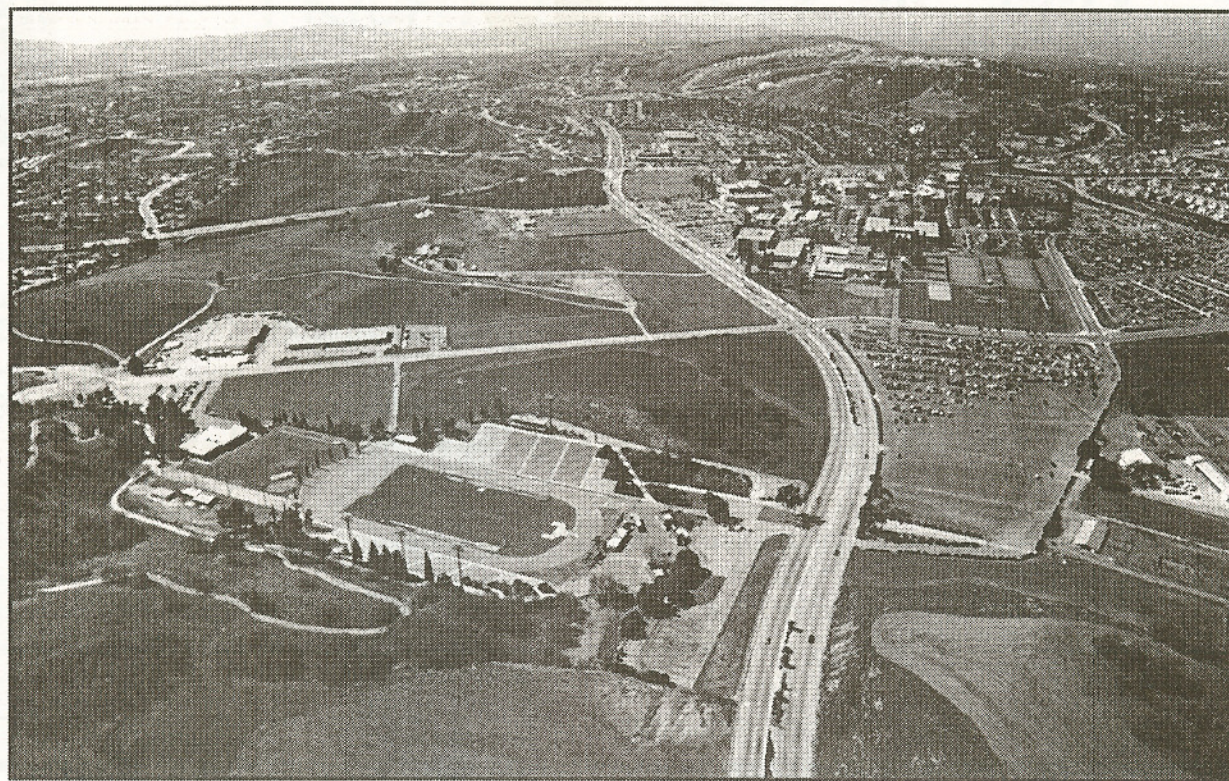


1. This meet is not the "World Championships"! Your athletes are running only for "fun" and "experience"!
2. None of your athletes should compete today if you feel you might be jeopardizing their health or well being. Do not gamble with those who have not been or are not now in 100% good health, those 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).

1999 MT. SAC RELAYS ••• DATES TO REMEMBER

Friday, April 9th	Community College Division	10:00a.m. - 7:00p.m.
Saturday, April 10th	AAF-Mt. Sac Relays Youth Days (Grades 3-6)	8:00a.m. - 3:00p.m.
Friday, April 16th	AAF-Mt. Sac Relays Youth Days (Grades 7-8)	Noon - 6:00p.m.
	Collegiate Distance Carnival	6:30p.m. - 10:00p.m.
Saturday, April 17th	High School Division	8:00a.m. - 3:00p.m.
	College/University Division	3:00p.m. - 7:00p.m.
	International Distance Carnival	7:00p.m. - 10:00p.m.
Sunday, April 18th	Youth Munchkin Runs	8:00a.m. - 9:00a.m.
	International Day of Champions	9:00a.m. - 5:00p.m.
May, 23 & 24, 1999	Mt. Sac Relays High School Decathlon and Heptathlon Championships	8:00a.m. - 4:00p.m.





M T . S A N A N T O N I O
C O L L E G E

Venue

PROUD SUPPORTER OF
THE MT. SAC RELAYS

S P O R T S

**ASK ABOUT OUR
FREE CUSTOM UNIFORM
SAMPLE PROGRAM**

**UNIFORMS & WARMUPS?
VENUE SPORTS OFFERS THE LARGEST
SELECTION IN CALIFORNIA**

**NIKE TRACK & FIELD
SPECIALTY SHOES?
WE CARRY THEM ALL!**

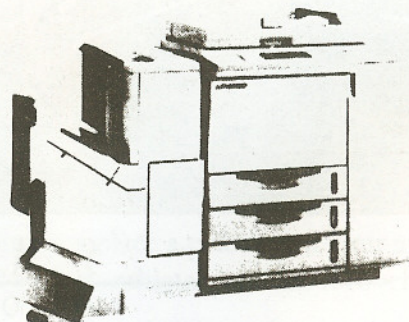
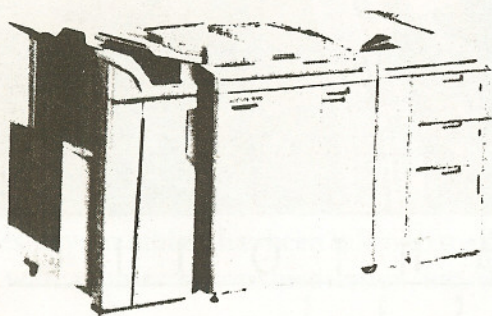
**IN-HOUSE
SILKSCREENING
& ARTWORK**

OUTSTANDING SELECTION • EXPERT ADVICE • TEAM DISCOUNTS **1.800.676.7463**

mita

Copiers are Free!!

**Pay Only For The Copies You Make
Stop Paying On Your Old Lease
Today!**



We Guarantee...

- * 4 Hour Response Time
- * 95% Up-time
- * 5 Year Fixed Prices
- * Equipment Changes As Needed
- * Remote Diagnostics

And...

You can cancel if we fail to perform!

Ask About The Benchmark Bond®, Call



**Harry Grammer
District Manager
(909) 641-0516**





FRIDAY, OCTOBER 16, 1998

RACE SCHEDULE

COMMUNITY COLLEGE DIVISION

RACE	TIME	GENDER	DIVISION	COLOR	DISTANCE
Coaches	8:30 am	Men/Women	Coaches Fun Run		3.0 Miles
1	9:00 am	Women	Women's Invitational	Red	3.0 Miles
2	9:45 am	Men	Men's Invitational	Yellow	4.0 Miles
3	10:30 am	Men	Men's Novice Race	Blue	4.0 Miles
4	11:00 am	Men/Women	Paarlauf Relay		4.0 Miles Total

ELEMENTARY/JUNIOR HIGH SCHOOL DIVISON

RACE	TIME	GENDER	GRADE	COLOR	DISTANCE
1	2:30 pm	Boys	8th Grade	Green	2.0 Mile
2	2:45 pm	Boys	8th Grade	Red	2.0 Mile
3	2:55 pm	Girls	8th Grade	Yellow	2.0 Mile
4	3:10 pm	Girls	8th Grade	Blue	2.0 Mile
5	3:25 pm	Boys	7th Grade	Green	2.0 Mile
6	3:40 pm	Boys	7th Grade	Red	2.0 Mile
7	3:50 pm	Girls	7th Grade	Yellow	2.0 Mile
8	4:00 pm	Girls	7th Grade	Blue	2.0 Mile
9	4:15 pm	Boys	Varsity Boys (6-7-8)	Green	2.0 Mile
10	4:25 pm	Girls	Varsity Girls (6-7-8)	Red	2.0 Mile
11	4:40 pm	Boys	5th & 6th Grade	Yellow	1.2 Mile
12	4:55 pm	Girls	5th & 6th Grade	Blue	1.2 Mile
13	5:10 pm	Boys	3rd & 4th Grade	Green	1.2 Mile
14	5:20 pm	Girls	3rd & 4th Grade	Red	1.2 Mile



HIGH SCHOOL DIVISION

RACE SCHEDULE

RACE	DIV	GENDER	RACE	COLOR	TIME
FRIDAY: OCTOBER 23, 1998 - Divisions 3,4 and 5					
1	4-5	Boys	Junior Varsity	Green	2:00 pm
2	4-5	Boys	Junior Varsity	Red	2:07 pm
3	4-5	Boys	Sophomore	Yellow	2:14 pm
4	4-5	Boys	Sophomore	Blue	2:21 pm
5	4-5	Boys	Freshman	Green	2:28 pm
6	4-5	Boys	Freshman	Red	2:35 pm
7	4-5	Boys	Varsity	Yellow	2:44 pm
8	4-5	Boys	Varsity	Blue	2:51 pm
9	4-5	Girls	Varsity	Green	2:56 pm
10	4-5	Girls	Varsity	Red	3:03 pm
11	4-5	Girls	Junior Varsity	Yellow	3:10 pm
12	4-5	Girls	Junior Varsity	Blue	3:17 pm
13	4-5	Girls	Sophomore	Green	3:24 pm
14	4-5	Girls	Freshman	Red	3:31 pm
15	3	Boys	Junior Varsity	Yellow	3:40 pm
16	3	Boys	Sophomore	Blue	3:47 pm
17	3	Boys	Freshman	Green	3:44 pm
18	3	Boys	Varsity	Red	3:53 pm
19	3	Boys	Varsity	Yellow	4:00 pm
20	3	Girls	Varsity	Blue	4:07 pm
21	3	Girls	Junior Varsity	Green	4:14 pm
22	3	Girls	Sophomore	Red	4:21 pm
23	3	Girls	Freshman	Yellow	4:28 pm
24	4	Girls	Sweepstakes	Blue	4:40 pm
25	5	Girls	Sweepstakes	Green	4:55 pm
26	3	Girls	Sweepstakes	Red	5:10 pm
27	4	Boys	Sweepstakes	Yellow	5:25 pm
28	5	Boys	Sweepstakes	Blue	5:40 pm
29	3	Boys	Sweepstakes	Green	5:55 pm
SATURDAY: OCTOBER 24, 1998 - Divisions 1 and 2					
30	1	Boys	Junior Varsity	Red	7:15 am
31	1	Boys	Junior Varsity	Yellow	7:22 am
32	1	Boys	Junior Varsity	Blue	7:29 am
33	1	Boys	Junior Varsity	Green	7:36 am
34	1	Boys	Sophomore	Red	7:43 am
35	1	Boys	Sophomore	Yellow	7:50 am
36	1	Boys	Sophomore	Blue	7:57 am
37	1	Boys	Sophomore	Green	8:04 am
38	1	Boys	Freshman	Red	8:11 am
39	1	Boys	Freshman	Yellow	8:18 am
40	1	Boys	Freshman	Blue	8:25 am
41	1	Boys	Freshman	Green	8:32 am
42	1	Boys	Varsity	Red	8:41 am
43	1	Boys	Varsity	Yellow	8:48 am
44	1	Boys	Varsity	Blue	8:55 am

RACE	DIV	GENDER	RACE	COLOR	TIME
SATURDAY: OCTOBER 24, 1998 - Divisions 1 and 2					
45	1	Boys	Varsity	Green	9:02 am
46	1	Boys	Varsity	Red	9:09 am
47	1-2	Boys	Team Sweepstakes	Yellow	9:30 am
48	1-2	Boys	Individual Sweepstakes	Blue	9:50 am
49	1-2	Girls	Individual Sweepstakes	Green	10:10 am
50	1-2	Girls	Team Sweepstakes	Red	10:30 am
51	1	Girls	Varsity	Yellow	10:45 am
52	1	Girls	Varsity	Blue	10:52 am
53	1	Girls	Varsity	Green	11:00 am
54	1	Girls	Varsity	Red	11:07 am
55	1	Girls	Junior Varsity	Yellow	11:13 am
56	1	Girls	Junior Varsity	Blue	11:20 am
57	1	Girls	Junior Varsity	Green	11:27 am
58	1	Girls	Sophomore	Red	11:34 am
59	1	Girls	Sophomore	Yellow	11:41 am
60	1	Girls	Sophomore	Blue	11:48 am
61	1	Girls	Freshman	Green	12:05 pm
62	1	Girls	Freshman	Red	12:12 pm
63	1	Girls	Freshman	Yellow	12:19 pm
64	2	Boys	Varsity	Blue	12:30 pm
65	2	Boys	Varsity	Green	12:37 pm
66	2	Boys	Varsity	Red	12:44 pm
67	2	Boys	Varsity	Yellow	12:51 pm
68	2	Girls	Varsity	Blue	12:57 pm
69	2	Girls	Varsity	Green	1:04 pm
70	2	Girls	Varsity	Red	1:11 pm
71	2	Girls	Freshman	Yellow	1:17 pm
72	2	Girls	Freshman	Blue	1:24 pm
73	2	Boys	Freshman	Green	1:32 pm
74	2	Boys	Freshman	Red	1:39 pm
75	2	Girls	Sophomore	Yellow	1:45 pm
76	2	Girls	Sophomore	Blue	1:52 pm
77	2	Boys	Sophomore	Green	2:00 pm
78	2	Boys	Sophomore	Red	2:07 pm
79	2	Boys	Sophomore	Yellow	2:14 pm
80	2	Girls	Junior Varsity	Blue	2:20 pm
81	2	Girls	Junior Varsity	Green	2:27 pm
82	2	Boys	Junior Varsity	Red	2:36 pm
83	2	Boys	Junior Varsity	Yellow	2:43 pm
84	2	Boys	Junior Varsity	Blue	2:50 pm
LATE RACES - All Divisions					
85	All	Boys	Junior Varsity/Varsity	Green	3:00 pm
86	All	Girls	Junior Varsity/Varsity	Red	3:06 pm
87	All	Boys	Freshman/Sophomore	Yellow	3:15 pm
88	All	Girls	Freshman/Sophomore	Blue	3:21 pm

Pioneer JHS
Ranchero MS
Roosevelt JHS
Santiago MS
Suzanne MS
Twin Peaks MS
Vista Campana MS

RACE #9 - 4:15 pm

Boys Varsity

2.0 Miles - Green

Academy for Academic Excel
Aquinas MS
Bethel Christian (Riverside)
Fairgrove Academy
Francis Parker MS
Hewes MS
Hook JHS
Huntington MS
La Canada HS
Lakeside MS
Lincoln MS
Meadowbrook MS
Medea Creek MS
Mira Loma MS
Ranchero MS
Traweek MS
Villacorta Elementary
Vista Campana MS
Warren JHS

RACE #10 - 4:25 pm

Girls Varsity

2.0 Miles - Red

Aquinas MS
Bethel Christian (Riverside)
Fairgrove Academy
Francis Parker MS
Huntington MS
Jehue MS
Lincoln JHS
Meadowbrook MS
Medea Creek MS
Mira Loma MS
Traweek MS
Villacorta Elementary
Vista Campana MS

RACE #11 - 4:40 pm

Boys 5th & 6th Grade

1.2 Miles - Yellow

Anaheim Lutheran
Apple Valley Christian
Bernardo Heights MS
Black Mountain MS
Bryn Mawr ES
Carr IS
Chaparral MS
Christ Lutheran School
Columbus Tustin MS
Desert Christian MS
Desert Knolls Elementary
Fairgrove Academy
Frisbie MS
Goddard MS
Grace Yokley MS
Helendale ES
Hewes MS
Huntington MS
Lakeside MS
Mariposa ES
Mojave Academy
Monterey Vista ES
Murray MS
Our Lady of The Assumption
Palos Verdes Youth Athletics
Riverview MS

Roosevelt JHS
Suzanne MS
Traweek MS
Twenty-nine Palms JHS
Twin Peaks MS
Utt MS
Vista Campana MS
Walnut ES

RACE #12 - 4:55 pm

Girls 5th & 6th Grade

1.2 Miles - Blue

Academy for Academic Excel
Anaheim Lutheran
Apple Valley Christian
Bernardo Heights MS
Bethel Christian (Riverside)
Black Mountain MS
Bryn Mawr ES
Carr IS
Chaparral MS
Christ Lutheran School
Christ The King School
Columbus Tustin MS
Desert Christian MS
Desert Knolls Elementary
Fairgrove Academy
Frisbie MS
Goddard MS
Grace Yokley MS
Helendale ES
Hewes MS
Huntington MS
Lakeside MS
Mariposa ES
Mesa Verde MS
Mojave Academy
Monterey Vista ES
Murray MS
Our Lady of The Assumption
Palos Verdes Youth Athletics
Riverview MS
Roosevelt JHS
San Jose-Edison Academy
Suzanne MS
Traweek MS
Twin Peaks MS
Utt MS
Vista Campana MS

RACE #13 - 5:10 pm

Boys 3rd & 4th Grade

1.2 Miles - Green

Bryn Mawr ES
Christ Lutheran School
Desert Knolls Elementary
Helendale ES
Mariposa ES
Mojave Academy
Monterey Vista ES
Our Lady of The Assumption
Walnut ES

RACE #14 - 5:20 pm

Girls 3rd & 4th Grade

1.2 Miles - Red

Bryn Mawr ES
Christ Lutheran School
Desert Knolls Elementary
Fairgrove Academy
Helendale ES
Mariposa ES
Mojave Academy
Monterey Vista ES
Our Lady of The Assumption
Palos Verdes Youth Athletics
Ronald Reagan Elementary

San Jose-Edison Academy
Walnut ES

**HIGH SCHOOL
DIVISIONS 4 & 5**

Friday, October 23, 1998

RACE #1 - 2:00 pm

Boys JV - Green

Alhambra (Martinez)
Big Bear
Boys' Republic
Bret Harte
Chaminade
Costa Mesa
Crossroads
Desert
Desert Christian (Lancaster)
Flintridge Prep
Kern Valley
La Salle
McFarland
Nordhoff
Notre Dame (Sherman Oaks)
Oak Park
Poly (Pasadena)
Providence
Salesian
St. Bonaventure
St. Joseph (Santa Maria)
St. Michael's Prep
Trona
University (SF)
Valley Christian (Cerritos)
Village Christian
Woodcrest Christian
Yucca Valley

RACE #2 - 2:07 pm

Boys JV - Red

Aquinas
Brethren Christian
Cal Academy of Math & Science
Calvary Chapel (Santa Ana)
Carpinteria
Chadwick
Covina
Fillmore
Garces Memorial
Harvard Westlake
L.A. Baptist
Laguna Beach
Maranatha
North Tahoe
Notre Dame (Riverside)
Paraclete
San Jacinto
San Marino
Silver Valley
Taft (Taft)
Twenty-nine Palms
Windward

RACE #3 - 2:14 pm

Boys Soph - Yellow

Alhambra (Martinez)
Apple Valley Christian
Big Bear
Bret Harte
Cal Academy of Math & Science
Desert
Desert Christian (Lancaster)
Fillmore
Garces Memorial
Kern Valley

Laguna Beach
Maranatha
McFarland
Nordhoff
Orange Lutheran
Paraclete
Poly (Pasadena)
San Marino
St. Francis (La Canada)
Village Christian
Windward

RACE #4 - 2:21 pm

Boys Soph - Blue

Bethel Christian (Riverside)
Boys' Republic
Calvary Chapel (Santa Ana)
Carpinteria
Corona Del Mar
Covina
Dublin
Flintridge Prep
L.A. Baptist
La Salle
Malibu
Notre Dame (Sherman Oaks)
Oak Park
Riverbank
Salesian
Sherman Indian
St. Bonaventure
St. Joseph (Santa Maria)
St. Michael's Prep
Taft (Taft)
Trona
Whitney

RACE #5 - 2:28 pm

Boys Frosh - Green

Big Bear
Boron
Bret Harte
Cal Academy of Math & Science
Calvary Chapel (Santa Ana)
Carpinteria
Chaminade
Covina
Desert
Desert Christian (Lancaster)
Fillmore
Laguna Beach
Maranatha
Nordhoff
Notre Dame (Sherman Oaks)
Oak Park
Paraclete
Salesian
Sherman Indian
St. Michael's Prep
Taft (Taft)

RACE #6 - 2:35 pm

Boys Frosh - Red

Alhambra (Martinez)
Calaveras
Corona Del Mar
Crossroads
Estancia
Flintridge Prep
L.A. Baptist
La Salle
McFarland
Mojave Academy
Orange Lutheran
Poly (Pasadena)
Riverbank
San Marino



MT. SAC CROSS COUNTRY INVITATIONAL

RACE ENTRIES

COMMUNITY COLLEGE DIVISION

Friday, October 16, 1998

RACE #1 - 9:00 am Women's Invitational Division

3.0 Miles - Red

American River
Citrus
Cuyamaca
East Los Angeles
El Camino
Fullerton
Golden West
Irvine Valley
Los Angeles City
Moorpark
Mt. San Antonio College
Orange Coast
Palomar
Pasadena
Pima, AZ
Riverside
Saddleback
San Bernardino Valley
San Diego City
San Diego Mesa
Santa Ana
Southwestern
West Valley

RACE #2 - 9:45 am Men's Invitational Division

4.0 Miles - Yellow

American River
Citrus
Cuyamaca
East Los Angeles
El Camino
Fullerton
Golden West
Irvine Valley
Los Angeles City
Moorpark
Mt. San Antonio College
Orange Coast
Oxnard
Pasadena
Pima, AZ
Riverside
Saddleback
San Bernardino Valley
San Diego City
San Diego Mesa
Santa Ana
Southwestern
West Los Angeles
West Valley

RACE #3 - 10:30 a.m.

Men's Novice Division

4.0 Miles - Blue

Citrus
El Camino
Fullerton
Moorpark
Mt. San Antonio College

Orange Coast
Pasadena
Riverside
Saddleback
San Bernardino Valley
San Diego Mesa
Santa Ana
Southwestern

ELEMENTARY/JUNIOR HIGH SCHOOL DIVISION

Friday, October 16, 1998

RACE #1 - 2:30 pm

Boys 8th Grade

2.0 Miles - Green

Anaheim Lutheran
Apple Valley Christian
Chadwick School
Desert Christian MS
Garvey IS
Hargitt MS
Matilija JHS
Mendoza School
Mesa Verde MS
Mojave Academy
Our Lady of The Assumption
Palos Verdes Youth Athletics
Riverview MS
Traweek MS
Twentynine Palms JHS

RACE #2 - 2:45 pm

Boys 8th Grade

2.0 Miles - Red

Barstow MS
Black Mountain MS
Carr IS
Cerro Villa MS
Chaparral MS
Columbus Tustin MS
El Rancho MS
Goddard MS
Grace Yokley MS
Hewes MS
Jones JHS
Kraemer MS
La Canada HS
Lakeside MS
Madison MS
Peirce MS
Pioneer JHS
Ranchero MS
Roosevelt JHS
Santiago MS
Suzanne MS
Twin Peaks MS
Upland JHS
Utt MS
Vista Campana MS

RACE #3 - 2:55 pm

Girls 8th Grade

2.0 Miles - Yellow

Anaheim Lutheran
Bethel Christian (Riverside)
Chadwick School

Desert Christian MS
Garvey IS
La Jolla Country Day School
Lincoln MS
Magnolia JHS
Matilija JHS
Mesa Verde MS
Mojave Academy
Our Lady of The Assumption
Palos Verdes Youth Athletics
Riverview MS
Twentynine Palms JHS

RACE #4 - 3:10 pm

Girls 8th Grade

2.0 Miles - Blue

Academy for Academic Excel
Barstow MS
Bernardo Heights MS
Black Mountain MS
Carr IS
Cerro Villa MS
Chaparral MS
Columbus Tustin MS
El Rancho MS
Goddard MS
Grace Yokley MS
Hewes MS
Jones JHS
Kraemer MS
La Canada HS
Lakeside MS
Madison MS
Mendoza School
Peirce MS
Pioneer JHS
Ranchero MS
Roosevelt JHS
Santiago MS
Suzanne MS
Twin Peaks MS
Upland JHS
Vista Campana MS

RACE #5 - 3:25 pm

Boys 7th Grade

2.0 Miles - Green

Anaheim Lutheran
Apple Valley Christian
Chadwick School
Desert Christian MS
Harvard-Westlake
La Canada HS
La Jolla Country Day School
Lincoln MS
Matilija JHS
Mendoza School
Mesa Verde MS
Mojave Academy
Our Lady of The Assumption
Palos Verdes Youth Athletics
Riverview MS
Twentynine Palms JHS

RACE #6 - 3:40 pm

Boys 7th Grade

2.0 Miles - Red

Barstow MS

Bernardo Heights MS
Black Mountain MS
Carr IS
Cerro Villa MS
Chaparral MS
Columbus Tustin MS
El Rancho MS
Francis Parker MS
Frisbie MS
Goddard MS
Grace Yokley MS
Hewes MS
Hook JHS
Huntington MS
Jones JHS
Kraemer MS
Lakeside MS
Madison MS
Peirce MS
Pioneer JHS
Ranchero MS
Roosevelt JHS
Santiago MS
Suzanne MS
Twin Peaks MS
Utt MS
Vista Campana MS

RACE #7 - 3:50 pm

Girls 7th Grade

2.0 Miles - Yellow

Academy for Academic Excel
Anaheim Lutheran
Apple Valley Christian
Chadwick School
Christ Lutheran School
Desert Christian MS
La Jolla Country Day School
Magnolia JHS
Matilija JHS
Mesa Verde MS
Our Lady of The Assumption
Palos Verdes Youth Athletics
Pinon Mesa MS
Riverview MS
Twentynine Palms JHS
Upland JHS
Utt MS

RACE #8 - 4:00 pm

Girls 7th Grade

2.0 Miles - Blue

Barstow MS
Bethel Christian (Riverside)
Carr IS
Cerro Villa MS
Chaparral MS
Columbus Tustin MS
El Rancho MS
Frisbie MS
Grace Yokley MS
Hewes MS
Huntington MS
Jones JHS
Kraemer MS
La Canada HS
Mendoza School
Peirce MS

Silver Valley
St. Bonaventure
St. Francis (La Canada)
St. Joseph (Santa Maria)
Twenty-nine Palms
Village Christian
Whitney
Windward

RACE #7 - 2:44 pm
Boys Varsity - Yellow

Alhambra (Martinez)
Bishop Union
Boulder City
Bret Harte
Brethren Christian
Calaveras
Carpinteria
Covina
Dixon
Garces Memorial
Harvard Westlake
Kern Valley
Malibu
Moapa Valley
Notre Dame (Riverside)
San Jacinto
Santa Ynez
St. Bonaventure
St. Mary's (Berkeley)
St. Monica

RACE #8 - 2:51 pm
Boys Varsity - Blue
Apple Valley Christian
Big Bear
Boron
Cal Academy of Math & Science
Campbell Hall
Capistrano Valley Christian
Chadwick
Desert
Dublin
Linfield
North Tahoe
Ontario Christian
Providence
Silver Valley
St. Genevieve
St. Michael's Prep
Taft (Taft)
Thacher
Tri-Valley
Twenty-nine Palms
Valley Christian (Cerritos)
Village Christian
Virgin Valley
Whitney
Windward

RACE #9 - 2:56 pm
Girls Varsity - Green

Alhambra (Martinez)
Boulder City
Bret Harte
Brethren Christian
Calaveras
Carpinteria
Chaminade
Costa Mesa
Covina
Dixon
Dublin
Estancia
Fillmore
Garces Memorial
Harvard Westlake

Immaculate Heart
Laguna Beach
Marymount
McFarland
Notre Dame (Riverside)
Notre Dame Academy
San Marino
St. Bonaventure
Valley Christian (Cerritos)

RACE #10 - 3:03 pm

Girls Varsity - Red
Apple Valley Christian
Bethel Christian (Riverside)
Bishop Union
Cal Academy of Math & Science
Capistrano Valley Christian
Desert
Moapa Valley
North Tahoe
Providence
Riverbank
San Jacinto
Santa Ynez
Sherman Indian
Silver Valley
St. Genevieve
St. Mary's (Berkeley)
St. Monica
Taft (Taft)
Thacher
Village Christian
Virgin Valley
Whitney
Windward
Woodcrest Christian

RACE #11 - 3:10 pm

Girls JV - Yellow
Alhambra (Martinez)
Calvary Chapel (Santa Ana)
Chadwick
Christ The King Academy
Crossroads
Desert Christian (Lancaster)
Flintridge Prep
Garces Memorial
La Salle
Louisville
Malibu
Marymount
McFarland
Nordhoff
Notre Dame Academy
Orange Lutheran
San Marino
Village Christian
Woodcrest Christian
Yucca Valley

RACE #12 - 3:17 pm

Girls JV - Blue
Aquinas
Capistrano Valley Christian
Costa Mesa
Dixon
Fillmore
Flintridge Sacred Heart
Harvard Westlake
Immaculate Heart
L.A. Baptist
La Reina
Laguna Beach
Moapa Valley
North Tahoe
Notre Dame (Riverside)

Notre Dame (Sherman Oaks)
Oak Park
Paraclete
Providence
St. Bonaventure
St. Joseph (Santa Maria)
Taft (Taft)
University (SF)

RACE #13 - 3:24 pm

Girls Soph - Green
Carpinteria
Corona Del Mar
Fillmore
Flintridge Sacred Heart
La Reina
Laguna Beach
Malibu
Maranatha
Marymount
Nordhoff
Oak Park
Orange Lutheran
Paraclete
San Marino
Sherman Indian
St. Bonaventure
St. Joseph (Santa Maria)
Twenty-nine Palms
Village Christian
Windward

RACE #14 - 3:31 pm

Girls Fresh - Red
Alhambra (Martinez)
Big Bear
Bret Harte
Cal Academy of Math & Science
Calvary Chapel (Santa Ana)
Corona Del Mar
Crossroads
Desert
Fillmore
Flintridge Sacred Heart
Garces Memorial
Laguna Beach
Malibu
Maranatha
Marymount
Moapa Valley
Nordhoff
Notre Dame (Sherman Oaks)
Oak Park
Orange Lutheran
Paraclete
Poly (Pasadena)
St. Bonaventure
St. Joseph (Santa Maria)
Taft (Taft)
Village Christian

HIGH SCHOOL

DIVISION 3

Friday, October 23, 1998

RACE #15 - 3:40 pm

Boys JV - Yellow
Acalanes
Calabasas
Chaparral
Don Bosco
Hesperia
La Habra
La Jolla
La Puente
Los Altos (NC)

Los Gatos
Madison
Newbury Park
North Monterey County
Pioneer
Rancho Alamitos
Santiago (Corona)
Serrano
Servite
Sierra Vista
South Pasadena
Yosemite

RACE #16 - 3:47 pm

Boys Soph - Blue
Antelope Valley
Brawley Union
Calabasas
Don Bosco
East Union
Fullerton
Garden Grove
John Glenn
La Habra
La Jolla
La Quinta (Westminster)
Madison
Newbury Park
Pioneer
Rancho Alamitos
Serrano
Servite
South Pasadena
University of San Diego
West Valley

RACE #17 - 3:44 pm

Boys Fresh - Green
Antelope Valley
Bloomington
Brawley Union
Calabasas
Don Bosco
East Union
Fullerton
Garden Grove
Hollywood
John Glenn
La Habra
La Jolla
La Quinta (Westminster)
Newbury Park
Pioneer
Rancho Alamitos
Savanna
Serrano
Servite
Sierra Vista
Sonora (Sonora)
South Pasadena
University of San Diego
Yosemite

RACE #18 - 3:53 pm

Boys Varsity - Red
Acalanes
Brawley Union
Central Union
Del Mar (San Jose)
East Union
Garden Grove
Kearney
Los Altos
Los Banos
Los Gatos
North Monterey County
Ocean View

Santiago (Corona)
Sierra Vista
South Pasadena
University of San Diego
West Valley
Yosemite

RACE #19 - 4:00 pm
Boys Varsity - Yellow

Alemany
Antelope Valley
Bloomington
Calabasas
Chaparral
Fullerton
Gunn
Hesperia
La Quinta (Westminster)
Rancho Alamitos
Santa Paula
Savanna
Serrano
Servite
Shafter
Western

RACE #20 - 4:07 pm
Girls Varsity - Blue

Acalanes
Alemany
Bloomington
Brawley Union
Calabasas
Chaparral
Fullerton
Harbor (Santa Cruz)
Hesperia
Hollywood
La Habra

HIGH SCHOOL
DIVISION 3, 4 & 5
SWEEPSTAKES RACES
Friday; October 23, 1998

RACE #24 - 4:40 pm
Division 4 - Blue
Girls Sweepstakes
Corona Del Mar
Exeter
Flintridge Sacred Heart
Holtville
Hughson
La Reina
La Salle
Louisville
Malibu
Nordhoff
Notre Dame (Sherman Oaks)
Oak Park
Orange Lutheran
Paraclete
St. Joseph (Santa Maria)
Tuba City
Twentynine Palms
Yucca Valley

RACE #25 - 4:55 pm
Division 5 - Green
Girls Sweepstakes
Boron
Campbell Hall
Chadwick
Crossroads
Desert Christian (Lancaster)
Flintridge Prep

Francis Parker
L.A. Baptist
Linfield
Maranatha
Ontario Christian
Poly (Pasadena)
Santa Clara
Tri-Valley

RACE #26 - 5:10 pm
Division 3 - Red
Girls Sweepstakes

Carondelet
Central Union
Del Mar (San Jose)
East Union
Garden Grove
Gunn
Kearney
La Jolla
Lompoc
Los Altos (NC)
Los Banos
Los Gatos
Mills
Newbury Park
Ocean View
San Luis Obispo
Santiago (Corona)
South Pasadena
St. Francis (Sacramento)
University of San Diego
West Valley
Yosemite

RACE #27 - 5:25 pm
Division 4 - Yellow
Boys Sweepstakes

Central Valley
Chaminade
Corona Del Mar
Costa Mesa
Estancia
Exeter
Fillmore
Holtville
La Salle
Laguna Beach
McFarland
Nordhoff
Notre Dame (Sherman Oaks)
Oak Park
Orange Lutheran
Paraclete
Riverbank
Salesian
San Marino
St. Francis (La Canada)
St. Joseph (Santa Maria)
Tuba City
Yucca Valley

RACE #28 - 5:40 pm
Division 5 - Blue
Boys Sweepstakes
Calvin Christian
Crossroads
Desert Christian (Lancaster)
Flintridge Prep
L.A. Baptist
Maranatha
Poly (Pasadena)
Santa Clara
Sherman Indian
University (SF)
Woodcrest Christian

RACE #29 - 5:55 pm
Division 3 - Green
Boys Sweepstakes
Don Bosco
Hollywood
La Habra
La Jolla
La Puente
Lompoc
Los Altos (NC)
Newbury Park
Pioneer
Redwood
San Luis Obispo
Sonora (Sonora)

HIGH SCHOOL
DIVISION 1
Saturday; October 23, 1998

RACE #30 - 7:15 am
Boys JV - Red

Aliso Niguel
Alta Loma
Baldwin Park
Camarillo
Capistrano Valley
Chino
Crescenta Valley
Dana Hills
Fallbrook
Hoover (Glendale)
Lakewood
Los Alamitos
Murrieta Valley
Pacific
Rancho Buena Vista
Rancho Cucamonga
San Marcos (San Diego)
Sunny Hills
Temecula Valley
University (Irvine)
Valley View

RACE #31 - 7:22 am
Boys JV - Yellow

Anaheim
Arroyo
Belmont
Canyon (Canyon Country)
Castro Valley
Clark (NV)
Diamond Bar
Don Lugo
Glendora
Hueneme
Lowell (San Francisco)
Mark Keppel
Palisades
Righetti
Rio Mesa
Santa Ana
Simi Valley
Upland
Ventura
West Bakersfield

RACE #32 - 7:29 am
Boys JV - Blue
Apple Valley
Ayala
Buchanan
Centennial (Bakersfield)
Channel Islands
Clovis
Eisenhower

El Toro
Irvine
Millikan
Nevada Union
Nogales
Paramount
Peninsula
Rowland
Saddleback
Santa Ana Valley
Valencia (Valencia)
Yucaipa

RACE #33 - 7:36 am
Boys JV - Green

Arlington
Bell Gardens
Birmingham
Buena
Cerritos
Claremont
Coachella Valley
Esperanza
Hart
Helix
La Sierra
Lancaster
Moreno Valley
Ontario
Poly (Long Beach)
Rialto
Royal
Santa Barbara
Santa Monica
Saugus
Tokay
Valley (Las Vegas)

RACE #34 - 7:43 am
Boys Soph - Red

Apple Valley
Arroyo
Baldwin Park
Centennial (Bakersfield)
Cerritos
Chino
Colton
Diamond Bar
Don Lugo
Florin
Glendora
Helix
Lancaster
Los Alamitos
Lowell (San Francisco)
Mark Keppel
Narbonne
Pasadena
Rio Mesa
Rowland
Schurr
Taft (Los Angeles)
Upland
Valley View
Walnut

RACE #35 - 7:50 am
Boys Soph - Yellow

Aliso Niguel
Ayala
Bell Gardens
Belmont
Buchanan
Castro Valley
Coachella Valley
Crescenta Valley
Downey

Etiwanda
 Fallbrook
 Hart
 Hueneme
 Irvine
 Jordan (Long Beach)
 Millikan
 Ontario
 Palmdale
 Paramount
 San Marcos (San Diego)
 Saugus
 University (Irvine)
 Yucaipa

RACE #36 - 7:57 am
Boys Soph - Blue
 Buena
 Canyon (Canyon Country)
 Chaffey
 Claremont
 Dana Hills
 Eisenhower
 Fountain Valley
 La Sierra
 Murrieta Valley
 Peninsula
 Poly (Long Beach)
 Rancho Buena Vista
 Rialto
 Righetti
 Saddleback
 Santa Ana
 Simi Valley
 Valencia (Valencia)

RACE #37 - 8:04 am
Boys Soph - Green
 Alta Loma
 Birmingham
 Camarillo
 Capistrano Valley
 Channel Islands
 Clark (NV)
 Clovis
 El Toro
 Esperanza
 Glendale
 Hoover (Glendale)
 Lakewood
 Pacific
 Palisades
 Royal
 San Pedro
 Santa Ana Valley
 Santa Barbara
 Santa Monica
 Temecula Valley
 Tokay
 Ventura

RACE #38 - 8:11 am
Boys Frosh - Red
 Alta Loma
 Baldwin Park
 Belmont
 Buena
 Camarillo
 Castro Valley
 Clark (NV)
 Eisenhower
 Hueneme
 Jordan (Long Beach)
 Lancaster
 Peninsula
 Rancho Cucamonga
 Righetti

Royal
 Saugus
 Sunny Hills
 Yucaipa

RACE #39 - 8:18 am
Boys Frosh - Yellow
 Arlington
 Ayala
 Canyon (Canyon Country)
 Centennial (Bakersfield)
 Cerritos
 Chino
 Dana Hills
 Diamond Bar
 Don Lugo
 Etiwanda
 Glendale
 Helix
 Palisades
 Rio Mesa
 Saddleback
 Santa Ana
 Santa Barbara
 Tokay
 Upland
 Valley View

RACE #40 - 8:25 am
Boys Frosh - Blue
 Aliso Niguel
 Apple Valley
 Buchanan
 Chaffey
 Channel Islands
 Claremont
 Colton
 Crescenta Valley
 Diamond Ranch
 Downey
 Esperanza
 Los Alamitos
 Mark Keppel
 Narbonne
 Pacific
 Paramount
 Pasadena
 Poly (Long Beach)
 Rancho Buena Vista
 Santa Ana Valley
 Santa Monica
 Temecula Valley
 Valencia (Valencia)

RACE #41 - 8:32 am
Boys Frosh - Green
 Arroyo
 Birmingham
 Capistrano Valley
 Clovis
 Coachella Valley
 El Toro
 Fallbrook
 Hart
 Irvine
 La Sierra
 Lakewood
 Millikan
 Murrieta Valley
 Ontario
 Rialto
 Rowland
 San Marcos (San Diego)
 Simi Valley
 University (Irvine)
 Ventura
 Walnut

RACE #42 - 8:41 am
Boys Varsity - Red
 Arroyo Grande
 Bear Creek
 Birmingham
 Bonanza (Las Vegas)
 Buena
 Camarillo
 Canyon Springs
 Centennial (Bakersfield)
 Clovis West
 El Toro
 Fallbrook
 Irvine
 Peninsula
 San Diego
 Valley (Sacramento)
 West Bakersfield

RACE #43 - 8:46 am
Boys Varsity - Yellow
 Alta Loma
 Canyon (Canyon Country)
 Castro Valley
 Clark (NV)
 Colton
 Downey
 Esperanza
 Florin
 Fountain Valley
 Glendale
 Glendora
 Green Valley
 Hart
 Hoover (Glendale)
 Los Angeles
 Millikan
 Rancho Cucamonga
 San Marcos (San Diego)
 Simi Valley
 University (LA)
 Valley View
 Wilson (Long Beach)

RACE #44 - 8:55 am
Boys Varsity - Blue
 Anaheim
 Apple Valley
 Claremont
 Coachella Valley
 Hawthorne
 Helix
 Los Alamitos
 Ontario
 Palisades
 Palmdale
 Saddleback
 San Pedro
 Sunny Hills
 University (Irvine)
 Valley (Las Vegas)
 Woodland

RACE #45 - 9:02 am
Boys Varsity - Green
 Arlington
 Bell Gardens
 Capistrano Valley
 Channel Islands
 Eisenhower
 Etiwanda
 Fresno
 Hamilton
 Hueneme
 Jordan (Long Beach)
 Lancaster

Rancho Buena Vista
 Rialto
 Rio Mesa
 Royal
 Santa Barbara
 Schurr
 Tokay
 Valencia (Valencia)
 Victor Valley

RACE #46 - 9:09 am
Boys Varsity - Red
 Arroyo
 Baldwin Park
 Cerritos
 Chaffey
 Diamond Bar
 Diamond Ranch
 La Sierra
 Lowell (San Francisco)
 Mark Keppel
 Narbonne
 Nogales
 Pacific
 Paramount
 Pasadena
 Rowland
 Santa Monica
 Santa Teresa
 Taft (Los Angeles)
 Upland
 Walnut
 Watsonville

**HIGH SCHOOL
 DIVISION 1 & 2
 SWEEPSTAKES RACES
 Saturday, October 24, 1998**

RACE #47 - 9:30 am
Division 1 & 2 - Yellow
Boys Team Sweepstakes
 Ayala
 Bellarmine Prep
 Belmont
 Clovis
 Dana Hills
 De La Salle
 Don Lugo
 Eureka
 Murrieta Valley
 Nevada Union
 Newport Harbor
 Poly (Long Beach)
 Santa Ana
 Santa Ana Valley
 Saugus
 Yucaipa

RACE #48 - 9:50 am
Division 1 & 2 - Blue
Boys Individual Sweepstakes
 Aliso Niguel
 Beyer
 Bonita Vista
 Chino
 Crescenta Valley
 Lakewood
 Mission San Jose
 Moreno Valley
 Righetti
 Santa Maria
 Temecula Valley
 Van Nuys (Los Angeles)
 Ventura
 Damien

Loara
Maria Carillo
Serrra (SD)
Villa Park
Whittier

RACE #49 - 10:10 am
Division 1 & 2 - Green
Girls Individual Sweepstakes

Canyon (Canyon Country)
Clayton Valley
Escondido
Hilltop
Hoover (Glendale)
Irvington
Lowell (San Francisco)
Maria Carillo
Montgomery
Mountain Pointe (Arizona)
North Hollywood
Rialto
Royal
San Pedro
Serrra (SD)
St. Joseph (Lakewood)
Sultana
University (Irvine)
West Hills

RACE #50 - 10:30 am
Division 1 & 2 - Red
Girls Team Sweepstakes

Amador Valley
Ayala
Brea Olinda
Claremont
Clovis West
Dana Hills
Edison (Huntington Beach)
El Toro
Green Valley
Mission San Jose
Nevada Union
Newport Harbor
Peninsula
Santa Margarita
Santa Rosa
Simi Valley
University (SF)
Woodbridge
Yucaipa

RACE #51 - 10:45 am
Girls Varsity - Yellow

Aliso Niguel
Anaheim
Arroyo Grande
Belmont
Beyer
Birmingham
Bonanza (Las Vegas)
Buchanan
Buena
Camarillo
Centennial (Bakersfield)
Cerritos
Clark (NV)
Clovis
Fallbrook
Glendora
Hart
Helix
Irvine
Santa Ana
Temecula Valley
Ventura
Wilson (Long Beach)

RACE #52 - 10:52 am
Girls Varsity - Blue

Alta Loma
Arroyo
Bonita Vista
Chaffey
Coachella Valley
Diamond Bar
Diamond Ranch
Etiwanda
Florin
Hawthorne
La Sierra
Los Alamitos
Nogales
Pacific
Paramount
Pasadena
Rio Mesa
San Marcos (San Diego)
Santa Teresa
University (LA)
Valencia (Valencia)
Victor Valley
West Bakersfield

RACE #53 - 11:00 am
Girls Varsity - Green

Apple Valley
Baldwin Park
Canyon Springs
Capistrano Valley
Channel Islands
Colton
Don Lugo
Fresno
Glendale
Hueneme
Lakewood
Los Angeles
Mark Keppel
Murrieta Valley
Palisades
Poly (Long Beach)
Rancho Cucamonga
Rowland
Santa Barbara
Sunny Hills
Tokay
Valley (Sacramento)
Walnut
Woodland

RACE #54 - 11:07 am
Girls Varsity - Red

Arlington
Bell Gardens
Castro Valley
Chino
Crescenta Valley
Eisenhower
Hamilton
Jordan (Long Beach)
Lancaster
Millikan
Moreno Valley
Narbonne
Ontario
Palmdale
Rancho Buena Vista
Righetti
Saddleback
Santa Monica
Taft (Los Angeles)
Upland
Valley View
Watsonville

RACE #55 - 11:13 am
Girls JV - Yellow

Arlington
Buena
Canyon (Canyon Country)
Castro Valley
Coachella Valley
Dana Hills
Diamond Bar
Eisenhower
El Toro
Esperanza
Helix
Hueneme
Irvine
Lowell (San Francisco)
Narbonne
Paramount
Peninsula
Rancho Buena Vista
Rialto
Royal
Santa Ana
Sunny Hills
University (Irvine)

RACE #56 - 11:20 am
Girls JV - Blue

Alta Loma
Anaheim
Arroyo
Baldwin Park
Cerritos
Chino
Colton
Crescenta Valley
El Rancho
Glendora
Hart
Hoover (Glendale)
La Sierra
Lancaster
Moreno Valley
Nevada Union
Palmdale
Poly (Long Beach)
Righetti
Rio Mesa
Saddleback
Simi Valley
Upland

RACE #57 - 11:27 am
Girls JV - Green

Aliso Niguel
Ayala
Bell Gardens
Belmont
Birmingham
Camarillo
Capistrano Valley
Centennial (Bakersfield)
Channel Islands
Claremont
Clovis
Fallbrook
Lakewood
Los Alamitos
Mark Keppel
Rancho Cucamonga
San Marcos (San Diego)
Santa Monica
Saugus
Temecula Valley
Tokay
Valencia (Valencia)
Ventura

Walnut
Yucaipa

HIGH SCHOOL
DIVISION 2
Saturday, October 24, 1998

RACE #58 - 11:34 am
Girls Soph - Red

Apple Valley
Arlington
Ayala
Canyon (Canyon Country)
Capistrano Valley
Centennial (Bakersfield)
Coachella Valley
Colton
Dana Hills
Hueneme
Jordan (Long Beach)
Lancaster
Lowell (San Francisco)
Pacific
Peninsula
Poly (Long Beach)
Rancho Cucamonga
Rowland
Royal
Temecula Valley
Walnut

RACE #59 - 11:41 am
Girls Soph - Yellow

Arroyo
Birmingham
Buena
Chaffey
Crescenta Valley
Don Lugo
Eisenhower
El Toro
Glendale
Helix
La Sierra
Mark Keppel
Millikan
Ontario
Saddleback
San Marcos (San Diego)
Simi Valley
Tokay
Valencia (Valencia)
Valley View
Yucaipa

RACE #60 - 11:48 am
Girls Soph - Blue

Aliso Niguel
Alta Loma
Baldwin Park
Camarillo
Cerritos
Channel Islands
Claremont
Clark (NV)
Diamond Bar
Downey
Esperanza
Fallbrook
Glendora
Hart
Lakewood
Los Alamitos
Palisades
Rio Mesa
Santa Barbara
Santa Monica

Saugus
University (Irvine)
Ventura

RACE #61 - 12:05 pm
Girls Frosh - Green

Aliso Niguel
Alta Loma
Apple Valley
Arlington
Camarillo
Cerritos
Channel Islands
Claremont
Colton
Dana Hills
El Toro
Glendale
La Sierra
Lakewood
Murrieta Valley
Ontario
Poly (Long Beach)
Righetti
Rowland
Valley View
Woodland

RACE #62 - 12:12 pm
Girls Frosh - Red

Arroyo
Ayala
Birmingham
Canyon (Canyon Country)
Capistrano Valley
Chaffey
Coachella Valley
Crescenta Valley
Downey
Esperanza
Hart
Helix
Los Alamitos
Mark Keppel
Narbonne
Pacific
Pasadena
Saddleback
San Marcos (San Diego)
Simi Valley
Temecula Valley
University (Irvine)
Ventura

RACE #63 - 12:19 pm
Girls Frosh - Yellow

Baldwin Park
Buchanan
Buena
Castro Valley
Centennial (Bakersfield)
Clark (NV)
Don Lugo
Eisenhower
Fallbrook
Hueneme
Jordan (Long Beach)
Lancaster
Millikan
Nogales
Paramount
Peninsula
Rancho Buena Vista
Santa Monica
Saugus
Sunny Hills
Valencia (Valencia)

Walnut
Yucaipa

RACE #64 - 12:30 pm
Boys Varsity - Blue

Agoura
Amador Valley
Brea Olinda
Burbank
Casa Roble
Catalina-Foothill
Clayton Valley
Davis
Escondido
Jesuit
Laguna Hills
Mira Costa
Ramona
Redlands East Valley
Rim of the World
Rubidoux
Santa Margarita
St. John Bosco
Sultana
Trabuco Hills
Tustin
West Hills

RACE #65 - 12:37 pm
Boys Varsity - Green

Alameda
Artesia
Bellflower
Castle Park
Centennial (Corona)
Grossmont
Hemet
Hilltop
Irvington
Littlerock
Norco
Rancho Verde
San Leandro
San Marcos (Santa Barbara)
Temescal Canyon
Woodbridge

RACE #66 - 12:44 pm
Boys Varsity - Red

Bishop Amat
Buena Park
California
Canyon (Anaheim)
Cathedral City
Dominguez
El Dorado (Placerville)
Foothill (Santa Ana)
Indio
Kennedy (La Palma)
Lemoore
Montgomery
Mt. Whitney
Norte Vista
Paloma Valley
Redondo
Santa Fe
Santiago (Garden Grove)
South Torrance
Troy
Valencia (Placentia)
Wilson (Los Angeles)

RACE #67 - 12:51 pm
Boys Varsity - Yellow
Bravo Medical Magnet
Burroughs (Burbank)
Charter Oak

El Dorado (Placentia)
El Monte
Elk Grove
Garey
Golden Valley
La Mirada
Moorpark
North Bakersfield
Norwalk
Pacifica
Reedley
Ridgeview
San Bernardino
Sonora (La Habra)
Stockdale
Temple City
Vacaville
Westlake
Westmoor

RACE #68 - 12:57 pm
Girls Varsity - Blue

Agoura
Alameda
Artesia
Bishop Amat
Burbank
California
Casa Roble
Castle Park
Catalina-Foothill
Cathedral City
Elk Grove
Foothill (Santa Ana)
Grossmont
Hemet
Indio
Laguna Hills
Mira Costa
Norte Vista
Point Loma
Redlands East Valley
Santiago (Garden Grove)
South Torrance
Stockdale
Temescal Canyon
Trabuco Hills
Villa Park

RACE #69 - 1:04 pm
Girls Varsity - Green

Bellflower
Buena Park
Charter Oak
Dominguez
El Monte
Golden Valley
Lemoore
Loara
Norco
Norwalk
Paloma Valley
Rancho Verde
Ridgeview
Rim of the World
San Bernardino
San Marcos (Santa Barbara)
Temple City
Tustin
Valencia (Placentia)
Westlake
Whittier

RACE #70 - 1:11 pm
Girls Varsity - Red
Bravo Medical Magnet
Canyon (Anaheim)

Davis
El Dorado (Placentia)
Garey
La Mirada
Littlerock
Moorpark
North Bakersfield
Pacifica
Ramona
Redondo
Rubidoux
San Leandro
Santa Fe
Troy
Vacaville
West Hills
Westmoor

RACE #71 - 1:17 pm
Girls Frosh - Yellow

Agoura
Brea Olinda
Cathedral City
Davis
El Dorado (Placerville)
Grossmont
Indio
Laguna Hills
Newport Harbor
Norco
Pacifica
Point Loma
Redlands East Valley
Rubidoux
Santa Fe
Santa Margarita
Sultana
Temple City
Valencia (Placentia)
West Hills
Woodbridge

RACE #72 - 1:24 pm
Girls Frosh - Blue

Bishop Amat
Burbank
California
Canyon (Anaheim)
Charter Oak
Edison (Huntington Beach)
El Dorado (Placentia)
Elk Grove
Hemet
La Mirada
Mira Costa
North Bakersfield
Paloma Valley
Rancho Verde
Rim of the World
San Marcos (Santa Barbara)
Sonora (La Habra)
South Torrance
Temescal Canyon
Trabuco Hills
Westlake

RACE #73 - 1:32 pm
Boys Frosh - Green

Amador Valley
Bellflower
Burbank
Charter Oak
Davis
El Dorado (Placentia)
El Dorado (Placerville)
Elk Grove
Jesuit
La Mirada

Little Rock
Newport Harbor
Norco
Norte Vista
North Bakersfield
Norwalk
Ramona
Rancho Verde
Santa Margarita
St. John Bosco
Trabuco Hills
Troy
Tustin
Valencia (Placentia)
West Hills
Woodbridge

RACE #74 - 1:39 pm
Boys Frosh - Red

Agoura
Bishop Amat
Brea Olinda
Burrroughs (Burbank)
California
Canyon (Anaheim)
Castle Park
Cathedral City
Damien
Golden Valley
Grossmont
Hemet
Indio
Laguna Hills
Mira Costa
Montgomery
Moorpark
Pacifica
Redlands East Valley
Rim of the World
Rubidoux
San Marcos (Santa Barbara)
Santa Fe
Sonora (La Habra)
South Torrance
Sultana
Temescal Canyon
Temple City
Villa Park
Westlake

RACE #75 - 1:45 pm
Girls Soph - Yellow
Agoura
Bravo Medical Magnet
California
Cathedral City
Edison (Huntington Beach)
Escondido
Hemet
Loara
Mira Costa
Norwalk
Redlands East Valley
San Marcos (Santa Barbara)
Santa Margarita
Sonora (La Habra)
Temple City
Trabuco Hills
Westlake

RACE #76 - 1:52 pm
Girls Soph - Blue
Bellflower
Bishop Amat
Brea Olinda
Centennial (Corona)
Grossmont

Indio
La Mirada
Laguna Hills
Pacifica
Paloma Valley
Rim of the World
Rubidoux
Santa Fe
South Torrance
Temescal Canyon
Troy
Valencia (Placentia)
Woodbridge

RACE #77 - 2:00 pm
Boys Soph - Green
Bishop Amat
Bravo Medical Magnet
Burbank
Canyon (Anaheim)
Cathedral City
Escondido
Golden Valley
Hemet
Kennedy (La Palma)
Laguna Hills
Loara
Pacifica
Paloma Valley
Ramona
Rubidoux
Santa Fe
Santiago (Garden Grove)
Temple City
Troy
Westlake
Woodbridge

RACE #78 - 2:07 pm
Boys Soph - Red
Brea Olinda
California
Catalina-Foothill
Centennial (Corona)
Davis
Elk Grove
Grossmont
Jesuit
Little Rock
Montgomery
Point Loma
Redlands East Valley
San Leandro
Santa Margarita
Sonora (La Habra)
South Torrance
Temescal Canyon
Valencia (Placentia)
West Hills

RACE #79 - 2:14 pm
Boys Soph - Yellow
Agoura
Bellflower
Burrroughs (Burbank)
Charter Oak
Damien
De La Salle
El Dorado (Placentia)
El Dorado (Placerville)
Indio
La Mirada
Mira Costa
Norte Vista
North Bakersfield
Norwalk
Rancho Verde

Rim of the World
San Bernardino
St. John Bosco
Sultana
Trabuco Hills
Tustin

RACE #80 - 2:20 pm
Girls JV - Blue
Agoura
Bishop Amat
Casa Roble
Catalina-Foothill
Charter Oak
Edison (Huntington Beach)
Elk Grove
Garey
Hemet
Indio
Little Rock
Loara
Newport Harbor
Pacifica
Redondo
San Bernardino
Santa Margarita
South Torrance
Sultana
Temescal Canyon
Trabuco Hills
Tustin
West Hills
Whittier
Woodbridge

RACE #81 - 2:227
Girls JV - Green
Amador Valley
Brea Olinda
Burbank
Burrroughs (Burbank)
California
Canyon (Anaheim)
Cathedral City
Centennial (Corona)
Davis
El Dorado (Placentia)
El Dorado (Placerville)
Escondido
Foothill (Santa Ana)
Laguna Hills
Mira Costa
Moorpark
Norte Vista
North Bakersfield
Redlands East Valley
Rubidoux
Santiago (Garden Grove)
Temple City
Troy
Vacaville
Valencia (Placentia)
Villa Park
Westlake

RACE #82 - 2:36 pm
Boys JV - Red
Agoura
Amador Valley
Burrroughs (Burbank)
Catalina-Foothill
Damien
El Dorado (Placentia)
Elk Grove
Golden Valley
Grossmont
Jesuit
Mira Costa

Newport Harbor
Norco
Norte Vista
Pacifica
Ramona
Rim of the World
San Bernardino
Santa Margarita
Temple City
Vacaville
West Hills
Woodbridge

RACE #83 - 2:43 pm
Boys JV - Yellow
Bishop Amat
California
Canyon (Anaheim)
Casa Roble
Cathedral City
Davis
Garey
Hemet
Kennedy (La Palma)
Moorpark
North Bakersfield
Paloma Valley
Redlands East Valley
Rubidoux
San Leandro
Sonora (La Habra)
South Torrance
Trabuco Hills
Valencia (Placentia)
Westlake

RACE #84 - 2:50 pm
Boys JV - Blue
Brea Olinda
Centennial (Corona)
Charter Oak
De La Salle
Foothill (Santa Ana)
Indio
Laguna Hills
Loara
Mt. Whitney
Norwalk
Redondo
San Marcos (Santa Barbara)
Santiago (Garden Grove)
St. John Bosco
Sultana
Temescal Canyon
Troy
Villa Park
Whittier

**HIGH SCHOOL
ALL DIVISIONS
LATE ENTRY RACES
Saturday, October 24, 1998**

RACE #85 - 3:00 pm
Boys JV/Varsity - Green

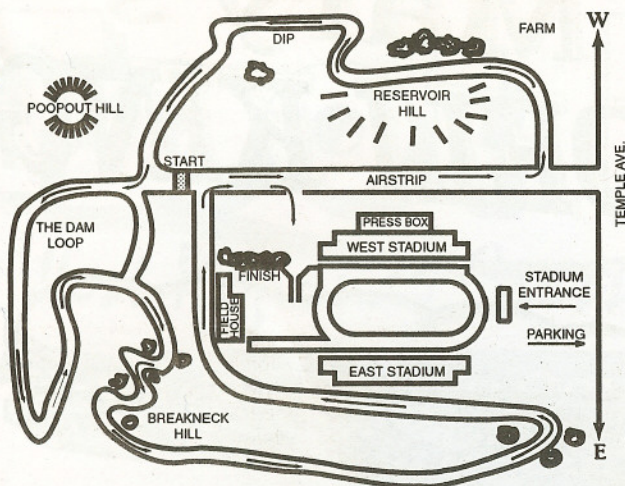
RACE #86 - 3:06 pm
Girls JV/Varsity - Red

RACE #87 - 3:15 pm
Boys Frosh/Soph - Yellow

RACE #88 - 3:21 pm
Girls Frosh/Soph - Blue

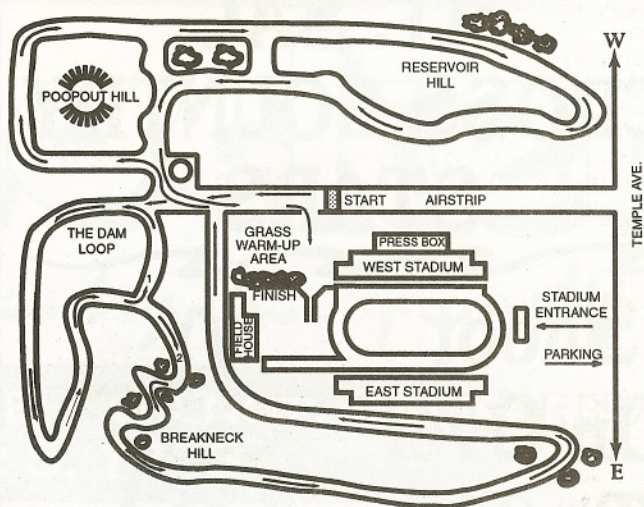
2 MILE COURSE MAP

MT. SAC



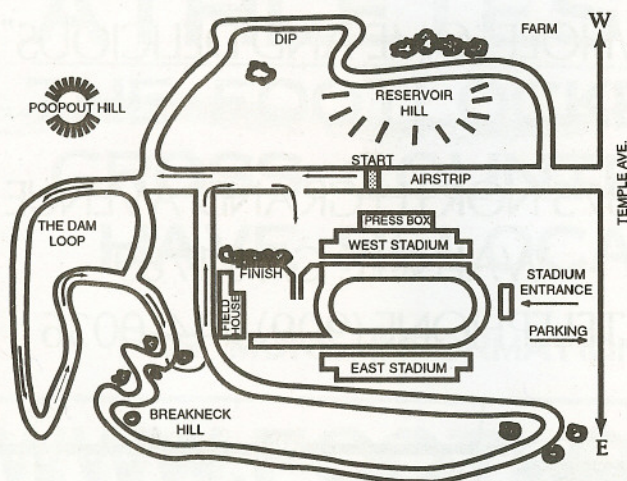
3 MILE COURSE MAP

MT. SAC



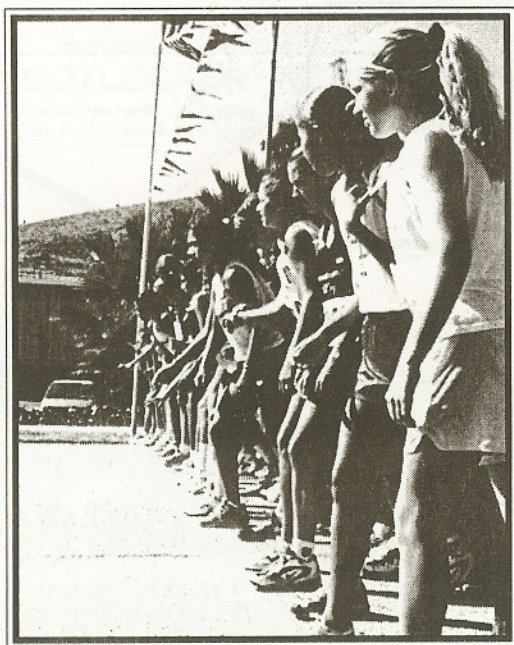
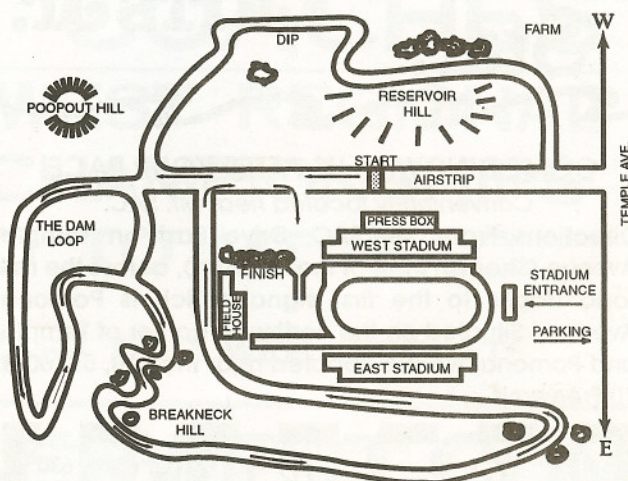
.8 MILE COURSE MAP

MT. SAC



1.2 MILE COURSE MAP

MT. SAC



"Runners Set"!



Running Strong Over The Top.

MT. SAC CROSS COUNTRY STARS

Shoot
On Over
To The
Star.



COME DINE WITH US AFTER YOUR RACE!

Conveniently located near Mt. SAC.

Directions From Mt. SAC: Drive East on Temple Avenue (Street in front of the stadium), across the rail road tracks to the first signal which is Pomona Avenue. Situated on the northwest corner of Temple and Pomona, we are located near the 210, 57, 60 & 10 Freeways.

Save \$1.00

630

on a Super Star Hamburger®
and Regular Fries

Present this coupon and Save \$1.00 on Super Star Hamburger and Regular Fries.

Valid at this Pomona location.
Through November 30, 1998.

One coupon per customer per visit. One discount per coupon.
Not valid with any other combo offer or discount. Tax not included.

© 1996 Carl Karcher Enterprises, Inc.



FREE

635

Super Star Hamburger®
When You Purchase Another

Present this coupon and receive a free Super Star Hamburger when you purchase another at the regular price.

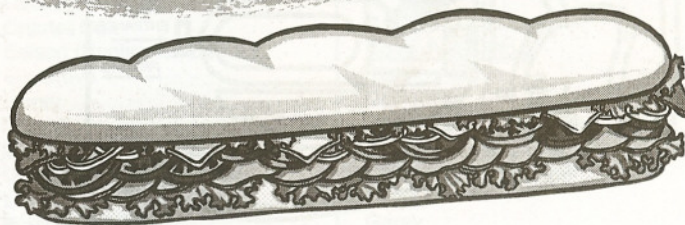
Valid at this Pomona location.
Through November 30, 1998.

One coupon per customer per visit. One discount per coupon.
Not valid with any other offer or discount. Tax not included.

© 1996 Carl Karcher Enterprises, Inc.



Mary's DELI KING

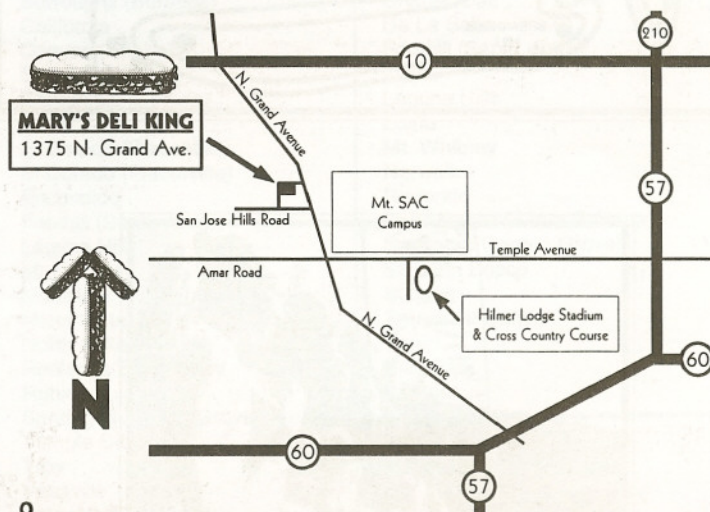


"FRESH, HEALTHY,
WHOLESOME AND DELICIOUS"

1375 NORTH GRAND AVENUE

WALNUT, CA 91789

TELEPHONE (909) 444-0036



GET A 16oz SOFT DRINK

"FREE"

WITH ANY REGULAR PRICE
SANDWICH PURCHASE

Offer good at Mary's Deli King, 1375 North Grand Avenue, Walnut, CA 91780
Directly across from Mt. SAC next to 7-11.

Foot Locker

West Regional Cross Country Championships

MT. SAN ANTONIO COLLEGE - WALNUT, CALIFORNIA
DECEMBER 5, 1998

ATHLETES & COACHES

THE FOOTLOCKER WEST REGIONAL
CROSS COUNTRY CHAMPIONSHIPS
HAVE RELOCATED TO MT. SAC.

FOR MORE INFORMATION ACCESS OUR WEB SITE AT:

WWW.FOOTLOCKERWEST.COM

OR WRITE TO:

FOOTLOCKER WEST REGIONAL CROSS COUNTRY CHAMPIONSHIPS
MT. SAN ANTONIO COLLEGE TRACK OFFICE
WALNUT, CA 91789



SUBMIT YOUR ENTRY
THROUGH THE WEB
ON OUR EASY TO USE ENTRY
FORM. OVER 5,000
INDIVIDUALS ARE EXPECTED TO RUN
AT THIS YEARS EVENT. PLEASE GET
YOUR ENTRIES IN EARLY.

THE FOOTLOCKER WESTERN REGIONAL
CROSS COUNTRY CHAMPIONSHIPS COMES TO MT. SAC.

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

Varsity Division - Boys

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
1996	I. Nevada Union	Lehman
	II. De La Salle	Balotti
	III. St. Ignatius	Richter
	IV. Costa Mesa	Busi
	V. St. Bonaventure	Hackworth
1997	I. Long Beach Poly	Wright
	II. Jesuit	Lange
	III. Don Bosco	Perez
	IV. Nordhoff	Reeves
	V. Hopi, Arizona	Baker

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 Verde 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 & Girl's Sophomore and Freshman programs to the overall picture. Please see the Lower Division Synopsis below:

PREVIOUS HIGH SCHOOL DIVISION CHAMPIONS AND THEIR COACHES

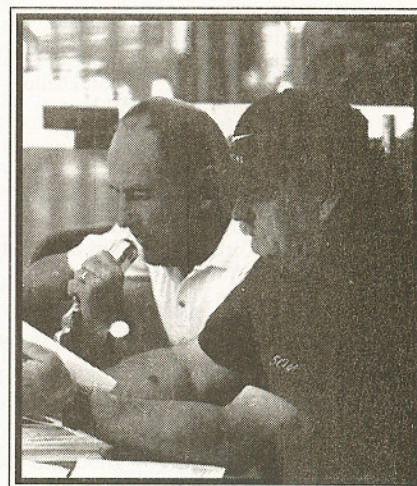
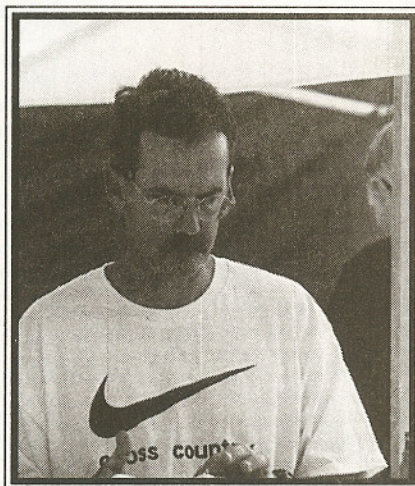
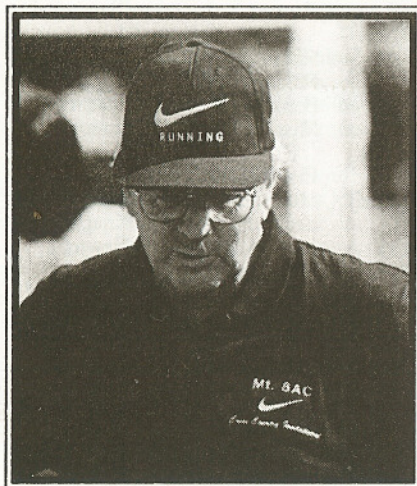
Varsity Division - Girls

1976	Bishop Amat	Reyes
1977	Edison	Fitzel
1978	Edison	O'Cana
1979	Edison	O'Cana
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

Varsity Division - Girls

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	McGilhorn
	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
1996	I. Irvine	Rossi
	II. Yucaipa	Clendaniel
	III. Clayton Valley	Loveall
	IV. La Canada	Haynes
	V. Orange Lutheran	Zimmerman
1997	I. Yucaipa	Clendaniel
	II. San Francisco-Univ.	McManus
	III. Newport Harbor	Tweit
	IV. Corona Del Mar	Sumner
	V. Hopi, Arizona	Honyout

LONG TIME MEET COORDINATORS



Left to Right: John Norton (Mt. SAC Dean of Physical Education & Athletics), Doug Todd (Mt. SAC Track & Cross Country Coach), Don Ruh & Jim Polite (Meet Directors).

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	Division I		
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 Division III		
	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	Division II		
1972	Soph	San Diego	Temples	Soph Boys	West Torrance	Fulton
	Frosh	Cathedral	Mize	Soph Girls	San Pasquel	Webster
1973	Soph	Bishop Amat	Ryan	Division I		
	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 Division II		
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	Division I		
	Girls'F	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'F	Fillmore	Torres	1986 Division III		
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'F	Bishop Amat	Ebiner	Frosh Girls	Maranatha	Chronquist
1980	Soph	Mater Dei	Richardson	Division II		
	Frosh	Arroyo	O'Rourke	Soph Boys	Barstow	Braden
	Girls'S.	University	Christensen	Soph Girls	San Ramon	Vincent
	Girls'F	San Marino	Ryan	Frosh Boys	Corona del Mar	Sumner
1981	Division III			Frosh Girls	Calexico	Belcher
	Soph Boys	San Marcos	Harmon	Division I		
	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
	Division II			Frosh Girls	Tustin	Coffey
	Soph Boys	Arroyo	O'Rourke	1987 Division III		
	Soph Girls	El Dorado	Chadez	Soph Boys	Yucaipa	Watkins
	Frosh Boys	de la Salle	Stocking	Soph Girls	Yucaipa	Clendaniel
	Frosh Girls	Bishop Amat	Ebiner	Frosh Boys	Rancho Buena Vista, S.D.	
	Division I			Frosh Girls	Yucaipa	Clendaniel
	Soph Boys	Thousand Oaks	Farrell	Division II		
	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	Division III			Frosh Girls	Mission Viejo	Donoff
	Soph Boys	South Hills	Rapp	Division I		
	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
	Division II			Frosh Girls	Santa Ana	Newman
	Soph Boys	Mater Dei	Richards	1988 Division III		
	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
	Division I			Frosh Girls	None	
	Soph Boys	Westlake	Manning	Division II		
	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	Division III			Frosh Girls	San Pasquel	Wester
	Soph Boys	Sherman Indian	Taylor	Division I		
	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	Division III				Division III		
	Soph Boys	Yucaipa	Watkins		Soph Boys	Newbury Park	Duarte
	Soph Girls	St. Lucy's	Daudel		Soph Girls	Moorpark	Smith
	Frosh Boys	Yucaipa	Watkins		Frosh Boys	Corona Del Mar	Sumner
	Frosh Girls	Miraleste	Towers		Frosh Girls	Nordhoff	Reeves
	Division II				Division II		
	Soph Boys	San Pasqual	Wester		Soph Boys	Jesuit	Lange
	Soph Girls	El Capitan	Cleves		Soph Girls	Aliso Niguel	
	Frosh Boys	Jesuit	Lange		Frosh Boys	Jesuit	Lange
	Frosh Girls	San Pasqual	Wester		Frosh Girls	Mission Viejo	Almond
1990	Division I				Division I		
	Soph Boys	Valley	Payan		Soph Boys	Madera	Dewit
	Soph Girls	Millbrae-Mills	Parker		Soph Girls	El Toro	Hale
	Frosh Boys	Poway	Schaitel		Frosh Boys	Poway	Schatel
	Frosh Girls	Poway	Schaitel		Frosh Girls	Redlands	Sadler
	Division III			1995	Division IV		
	Soph Boys	Salesian	Garcia		Soph Boys	Oak Park	Smith
	Soph Girls	Maranatha	Chronquist		Soph Girls	Desert Christian	Spoelstra
	Frosh Boys	Ramona, S.D.	Wilson		Frosh Boys	Laguna Beach	Tower
	Frosh Girls	Nordhoff	Reeves		Frosh Girls	Bret Harte	O'Green
1991	Division II				Division III		
	Soph Boys	Point Loma	Parry		Soph Boys	West Hills	Connolly
	Soph Girls	San Pasqual	Wester		Soph Girls	Bonita	Dangleis
	Frosh Boys	San Pasqual	Wester		Frosh Boys	West Hills	Connolly
	Frosh Girls	University	Rolfing		Frosh Girls	La Jolla	Dorman
	Division I				Division II		
	Soph Boys	Wilson, L.B.	Arquilla		Soph Boys	Jesuit	Lange
	Soph Girls	Claremont	Ede		Soph Girls	La Mirada	Gupton
	Frosh Boys	Saddleback	Silva		Frosh Boys	Capistrano Valley	Gross
	Frosh Girls	Mt. Carmel	McClanahan		Frosh Girls	Yucaipa	Clendaniez
1992	Division III				Division I		
	Soph Boys	Notre Dame, S.D.	Macias		Soph Boys	Poway	Schaitel
	Soph Girls	Bret Harte	Maurer		Soph Girls	Thousand Oaks	Farrell
	Frosh Boys	La Salle	Garciano		Frosh Boys	Warren	Waldron
	Frosh Girls	Hopi	Honyout		Frosh Girls	Nevada Union	Homan
	Division II			1996	Division V		
	Soph Boys	Madera	DeWitt		Soph Boys	Silver Valley	Andreasen
	Soph Girls	Claremont	Ede		Soph Girls	Oak Park	Smith
	Frosh Boys	San pasqual	Wester		Frosh Boys	McFarland	White
	Frosh Girls	Newport Harbor	Tweit		Frosh Girls	Oak Park	Smith
1993	Division I				Division IV		
	Soph Boys	Canyon, CC	De Long		Soph Boys	Lancaster	Carver
	Soph Girls	Mt. Carmel	McClanahan		Soph Girls	Nordhoff	Reeves
	Frosh Boys	Peninsula	Kelly		Frosh Boys	Nordhoff	Reeves
	Frosh Girls	Hart	Blankenship		Frosh Girls	Bret Harte	O'Green
	Division III				Division III		
	Soph Boys	Sacred Heart	Mohun		Soph Boys	T. Newport Harbor	Barry
	Soph Girls	Laguna	Carter			T. Pacifica	Sanchez
	Frosh Boys	Covina	Carruth		Soph Girls	St. Francis	Curley
	Frosh Girls	Murrieta Valley	Cape		Frosh Boys	Katella	Cochrane
1994	Division II				Frosh Girls	Westlake	Snyder
	Soph Boys	Point Loma	Parry		Division II		
	Soph Girls	Santa Margarita	Zeitler		Soph Boys	Rubidoux	Gee
	Frosh Boys	Katella	Cochrane		Soph Girls	El Dorado	Goldman
	Frosh Girls	Ramona, San Diego	Moore		Frosh Boys	Yucaipa	Clendaniel
	Division I				Frosh Girls	Claremont	Ede
	Soph Boys	Palmdale	Fairly		Division I		
	Soph Girls	Peninsula	Kelly		Soph Boys	Madera	De Witt
	Frosh Boys	Fallbrook	Hauck		Soph Girls	Ayala	Peters
	Frosh Girls	Peninsula	Kelly		Frosh Boys	Santa Ana Valley	Payan
1995	Division III				Frosh Girls	Ayala	Peters
	Soph Boys	Nordhoff	Reeves		Division IV - V		
	Soph Girls	La Jolla	Dorman		Soph Boys	Lutheran, Orange	Davis
	Frosh Boys	Newbury Park	Stewart		Soph Girls	Bret Hart	O'Green
	Frosh Girls	University (S.D.)	Winters		Frosh Boys	Nordhoff	Reeves
	Division II				Frosh Girls	Flintridge Sacred Heart	Nishiyama
	Soph Boys	Jesuit	Lange		Division III		
	Soph Girls	Villa Park	White		Soph Boys	Rim of the World	Mitchell
	Frosh Boys	Jesuit	Lange		Soph Girls	St. Francis (SAC)	Ducray
	Frosh Girls	La Habra	Winkelmann		Frosh Boys	Newbury Park	Stewart
1996	Division I				Frosh Girls	La Jolla	Dorman
	Soph Boys	Hoover	Switzer		Division II		
	Soph Girls	Peninsula	Kelley		Soph Boys	Katella	Cochrane
	Frosh Boys	Dana Hills	Butler		Soph Girls	Grossmont	Singer
	Frosh Girls	Poway	Schaitel		Frosh Boys	Rubidoux	Gee
	Division IV				Frosh Girls	Ventura	Tokar
	Soph Boys	Fillmore	Flores		Division I		
	Soph Girls	St. Joseph	Cavaletto		Soph Boys	Clovis	Brenner
	Frosh Boys	Maranatha	Chaikittirattana		Soph Girls	Poway	Schaitel
	Frosh Girls	Bret Harte	O'Green		Frosh Boys	Rialto	Japs
1997					Frosh Girls	Royal	Crosse

MT. SAN ANTONIO COLLEGE

ALL-TIME HIGH SCHOOL INDIVIDUAL PERFORMANCES

WOMEN

(Three-Mile Course)

Performance List (10 Deep) and All-Time Performers' List

1.	Julia Stamps (Santa Rosa) 1995 Inv.	16:55
2.	Julia Stamps (Santa Rosa) 1994 Inv.	16:58
2.	Kristin Gordon (Carondelet) 1996 Inv.	16:58
4.	Kim Mortensen (Thousand Oaks) 1995 Inv.	17:14
5.	Milena Glusac (Fallbrook) 1992 Inv.	17:15
6.	Deena Drossin (Agoura) 1990 Inv.	17:16
6.	Kirsten O'Hara (Palos Verdes) 1983 CIF SS	17:16
8.	Kim Mortensen (Thousand Oaks) 1995 CIF SS	17:17
9.	Milena Glusac (Fallbrook) 1991 Inv.	17:18
10.	Amy Skiersz (Agoura) 1992 CIF SS	17:24
11.	Katie Dunsmuir (Palisades, Pacific Palisades) 1982 Inv.	17:25
11.	Jeannie Rothman (Westlake) 1990 Inv.	17:25
11.	Annie Ebner (St. Lucys) 1995 CIF SS	17:25
14.	Laura Cattivera (Mire Costa, Manhatten Beach) 1982 Inv.	17:26
15.	Polly Plumer (University, Irvine) 1981 CIF SS	17:27
15.	Kira Jorgensen (Rancho Buena Vista) 1987 Inv.	17:27
15.	Kate Landau (Tri-Valley, N.Y.) 1993 Inv.	17:27
18.	Tania Fischer (Chaminade, Canoga Park) 1981 CIF SS Prelims	17:29
18.	Shelly Taylor (Edison) 1991 CIF SS	17:29
18.	Kim Welsch (Yucaipa) 1997 Inv.	17:29
18.	Trina Cox (Santa Rosa) 1997 Inv.	17:29
18.	Jen Schindaler (Ponderosa) 1996 Inv.	17:29
21.	Melissa Sutton (Newbury Park) 1986 CIF SS	17:30
22.	Maribella Aparicio (Fillmore) 1992 CIF SS	17:32
23.	Elaine Canchola (Nordhoff) 1994 CIF SS	17:35
24.	Tracey Williams (Mountain View, El Monte) 1984 CIF SS	17:37
25.	Allyson Marquand (Univ. Irvine) 1995 CIF SS	17:38
26.	Vickie Cook (Alemany, Mission Hills) 1981 CIF SS Prelims	17:39
27.	Andrea Neipp (Highland) 1996 Inv.	17:40
28.	Brigid Freyne (Riverside Poly) 1986 CIF SS	17:42
28.	Yvonne Lieberg (Keddedy-SAC) 1997 Inv.	17:42
29.	Teresa Barrios (University, Irvine) 1981 CIF SS Prelims	17:43
30.	Martha Pinto (Katella) 1990 Inv.	17:44
31.	Rebecca Chamberlain (Lehigh, San Jose) 1985 Inv.	17:45
31.	Nicole Houle (Hesperia) 1986 CIF SS	17:45
31.	Courtney Pugmire (Esperanza) 1994 CIF SS	17:45
34.	Sandy Blakeslee (Vista) 1982 Inv.	17:46
34.	Robbyn Bryant (Hesperia) 1986 CIF SS	17:46
34.	Kimi Welsh (Yucaipa) 1997 CIF SS	17:46
37.	Veronica Barajas (Channel Islands) 1990 Inv.	17:47
38.	Jamie Park (Santa Barbara) 1988	17:48
39.	Heather Garritson (Buena Park) 1994 Inv.	17:49

ALL-TIME HIGH SCHOOL INDIVIDUAL PERFORMANCES

MEN

(Three-Mile Course)

Performance List (10 Deep) and All-Time Performers' List

1.	Jeff Nelson (Burbank) 1978 Inv.	14:32
2.	Bryan Dameworth (Agoura) 1989 CIF SS	14:36
3.	Eric Mastalir (Jesuit, Sacramento) 1985 Inv.	14:38
4.	Eric Reynolds (Camarillo) 1982 CIF	14:39
5.	Louie Quintana (Arroyo Grande) 1990 Inv.	14:40
6.	Eric Reynolds (Camarillo) 1982 Inv.	14:44
7.	Louie Quintana (Arroyo Grande) 1989 Inv.	14:45
8.	Eric Reynolds (Camarillo) 1982 CIF SS Prelims	14:46
9.	Jesus Gutierrez (Pasadena) 1983 Inv.	14:49
10.	Dave Hartman (Canyon CC) 1990 Inv.	14:51
11.	Jim Ortiz (Barstow) 1983 Inv.	14:53
12.	Daren Stonerock (Saugus) 1985 CIF SS	14:54
12.	Ryan Wilson (Agoura) 1992	14:54
12.	Eleazar Hernandez (Camarillo) 1994 CIF SS	14:54
15.	Jon Butler (Edison, Huntington Beach) 1980 Inv.	14:55
15.	Alberto Sanchez (Capo Valley) 1994 CIF SS	14:55
17.	John Gerhardt (Costa Mesa) 1977 Inv.	14:56
18.	Chuck Assuma (Eisenhower, Rialto) 1977 Inv.	14:57
18.	Mark Mastalir (Jesuit, Sacramento) 1985 Inv.	14:57
20.	Paul Medvin (University, Los Angeles) 1978 Inv.	14:58
20.	Eric Sappenfield (Santa Barbara) 1979 Inv.	14:58
20.	Mark Junkermann (Los Alamitos) 1982 CIF SS	14:58
20.	Marc Davis (San Diego) 1985 Inv.	14:58
24.	Jeff Holyfield (Crescenta Valley, La Crescenta) 1981 CIF SS	15:00
24.	Danny Holmes (Santa Barbara) 1983 CIF SS	15:00
24.	Mark Dani (Valhalla, El Cajon) 1985 Inv.	15:00
27.	Rick Rose (Helix, San Diego) 1977 Inv.	15:01
27.	Mike Williamson (Thousand Oaks) 1988	15:01
27.	Calvin Gaziano (Castro Valley) 1983 Inv.	15:01
27.	David Lopez (Hoover) 1996 Inv.	15:01
31.	Ed Toro (Barstow) 1983 CIF SS	15:02
31.	Kevin Holbrook (Vacaville) 1988	15:02
31.	John Stevens (Mission-S.J.) 1997 Inv.	15:02
34.	John Coyle (Christian Bros., J.M.) 1988	15:03
34.	Isian Festa (Morro Bay) 1997 CIF SS	15:03
36.	Ken Ernst (El Dorado, Placentia) 1978 Inv.	15:04
36.	Aaron Mascorro (Rosemead) 1986 CIF SS	15:04
38.	Jay Marden (Mission San Jose, Fremont) 1979 Inv.	15:05
38.	Aaron Gillen (Yreka) 1995 Inv.	15:05

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 Dameworth (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
7.	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
17.	Matt Hempel (Walnut) 1985	16:12
19.	Ryan Wilkerson (Santa Margarita) 1991	16:13
19.	Thomas Mejia (El Toro) 1993	16:13
21.	Tim Cammack (South Hills, Covina) 1979	16:17
21.	Eric Billmeyer (Mt. Carmel, San Diego) 1985	16:17
23.	Joey Hernandez (Glendora) 1990	16:18
24.	Javier Ramirez (Nordhoff) 1991	16:19
24.	Marcus Castro (Palmdale) 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
4.	Jim Ortiz (Barstow) 1981	15:24
4.	Louis Quintana (Arroyo Grande) 1988	15:24
7.	Steve Gerkin (Costa Mesa) 1977	15:25
7.	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
12.	Ronnie Buchanan (Righetti) 1995	15:34
14.	Ryan Wilson (Agoura) 1990	15:36
15.	Eric Dunn (Arroyo Grande) 1991	15:37
15.	Brett Strahan (Hart) 1992	15:37
17.	Ken Feters (Upland) 1981	15:38
17.	Jesus Gutierrez (Pasadena) 1981	15:38
17.	Pete Burks (Upland) 1986	15:38
17.	John Green (Agoura) 1992	15:38
21.	Tim Cammack (South Hills, Covina) 1980	15:40
22.	Troy Nelson (La Sierra, Riverside) 1983	15:41
22.	Aaron Mascorro (Rosemead) 1984	15:41
22.	Ed Lavalley (Corona del Mar) 1986	15:41
25.	Chris Rice (Newbury Park) 1982	15:42
25.	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
4.	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
11.	Mason Myers (Vallejo) 1985	15:11
13.	Dave Hartman (Canyon CC) 1989	15:12
14.	Dan Palma (Glendale) 1983	15:13
15.	Jeff Nelson (Burbank) 1977	15:15
15.	Margarito Casillas (Hoover) 1991	15:15
15.	Ryan Wilson (Agoura) 1991	15:15
15.	Antonio Arce (Palmdale) 1993	15:15
19.	Frank Assuma (Eisenhower, Rialto) 1977	15:16
19.	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
23.	Isreal Pose (Torrance) 1989	15:19
25.	Aaron Mascorro (Rosemead) 1985	15:20
25.	Richard Erbes (Glendale) 1985	15:20
25.	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 (Arroyo Grande) 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
9.	Ryan Wilson (Agoura) 1992	14:54
9.	Eleazar Hernandez (Capo Valley) 1994	14:54
12.	Jon Butler (Edison, Huntington Beach) 1980	14:55
12.	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
16.	Eric Sappenfield (Santa Barbara) 1978	14:58
16.	Mark Junkermann (Los Alamitos) 1982	14:58
19.	Jeff Holyfield (Crescenta Valley, La Crescenta) 1981	15:00
19.	Dan Holmes (Santa Barbara) 1983	15:00
19.	Mark Dani (Valhalla, El Cajon) 1985	15:00
22.	Rick Rose (Helix, San Diego) 1977	15:01
22.	Mike Williamson (Thousand Oaks) 1988	15:01
24.	Ed Toro (Barstow) 1983	15:02
24.	Chuck Assuma (Eisenhower, Rialto) 1978	15:02
24.	Kevin Holbrook (Vacaville) 1988	15:02

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
7.	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
11.	Sandra Acosta (Walnut) 1985	18:14
11.	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 C.C.) 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
23.	Pat Gibby (Thousand Oaks) 1992	18:39
23.	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 Garretson (Sunny Hills) 1991	17:58
12.	Kira Jorgensen (Vista) 1986	17:59
12.	Kay Nekota (Agoura) 1991	17:59
14.	Melissa Sutton (Newbury Park) 1984	18:00
14.	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 Viejo) 1983	18:12
21.	Heather Scobie (Saugus) 1986	18:16
22.	Tracy Clark (Corona Del Mar) 1992	18:19
22.	Shelby Horgan (Temescal Canyon) 1994	18:19
24.	Angie Lovell (Thousand Oaks) 1986	18:21
24.	Erica Sumi (Wilson, Long Beach) 1990	18:21
24.	Kim Mortensen (Thousand Oaks) 1993	18:21

JUNIORS

1.	Julia Stamps (Santa 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 Neipp (Highland) 1995	17:38
8.	Maribella Aparicio (Fillmore) 1991	17:41
9.	Brigid Freyne (Riverside Poly) 1986	17:42
9.	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.	Lauren Fleshman (Canyon) 1997 CIF	17:58
19.	Kim Mortensen (Thousand Oaks) 1994	18:00
19.	Kristen Gordon (Carondelet) 1995	18:00
21.	Jamie Park (Santa Barbara) 1987	18:01
21.	Jeannie Rothman (Westlake) 1989	18:01
23.	Kirsten O'Hara (Palos Verdes) 1982	18:03
24.	Annie Ebner (Bishop Amat) 1994	18:04
25.	Katie Nuanes (Santa Margarita) 1995	18:05
26.	Ashley Black (Palos Verdes) 1987	18:06

SENIORS

1.	Kristin Gordon (Carondelet) 1996	16:58
2.	Kim Mortensen (Thousand Oaks) 1995	17:14
3.	Milena Glusac (Fallbrook) 1992	17:15
4.	Deena Drossin (Agoura) 1990	17:16
4.	Kirsten O'Hara (Palos Verdes) 1983	17:16
6.	Jeannie Rothman (Westlake) 1990	17:25
6.	Katie Dunsmuir (Palisades, Pacific Palisades) 1982	17:25
6.	Annie Ebner (St. Lucys) 1995	17:25
9.	Polly Plumer (University, Irvine) 1981	17:27
9.	Kate Landau (Tri-Valley, N.Y.) 1993	17:27
11.	Shelly Taylor (Edison) 1991	17:29
11.	Jen Schindler (Ponderosa) 1996	17:29
13.	Melissa Sutton (Newbury Park) 1986	17:30
14.	Tania Fischer (Chaminade, Canoga Park) 1982	17:32
14.	Kira Jorgensen (Rancho Buena Vista) 1988	17:32
14.	Maribella Aparicio (Fillmore) 1992	17:32
17.	Vickie Cook (Alemany, Mission Hills) 1981	17:39
18.	Andrea Neipp (Highland) 1996	17:40
19.	Martha Pinto (Katella) 1990	17:44
20.	Rebecca Chamberlain (Lehigh, San Jose) 1985	17:45
20.	Courtney Pugmire (Esperanza) 1994	17:45
20.	Amy Skiersz (Agoura) 1994	17:45
23.	Kimi Welsh (Yucaipa) 1997 (CIF)	17:46
24.	Sandy Blakeslee (Vista) 1982	17:46
25.	Jamie Park (Santa Barbara) 1988	17:48
26.	Christy Farrell (Thousand Oaks) 1986	17:51
27.	Sylvia Mosqueda (San Gabriel) 1983	17:53

Mt. San Antonio College

36th Annual

ALL-COMERS TRACK & FIELD MEETS

(AND SPECIAL JANUARY CLINIC)

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 1998 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.

1999 DATES

Sat. January 9	9:30 a.m. - 3 p.m. *	Sat. January 24	8:00 a.m. - 4 p.m. **
	Sat. January 31	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 (1/3, 1/10)
10:00 a.m.	Long Jump		100M (1/31)
	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 (1/3, 1/10)	2:10 p.m.	4X400 Relay
	100-110M Hurdles (1/31)	2:20 p.m.	3000M Steeplechase (1/10, 1/31)
11:15 a.m.	400M		

Additional Dates to Remember:

**NOTE: January 23, date above will (instead of a meet) be a free "Hot Topics in Track Clinic" Sponsored by the AAF. Please register by calling Skip Stolley at (800) 527-7678.
May 23-24, 1999 - High School Decathlon/Heptathlon Championships.

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

• 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 over 8,500 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.

EXECUTIVE COMMITTEE

Greg Anderson
Mike Goff
Ernie Gregoire
Ken Gunn

John Norton
Jim Polite
Don Ruh
Doug Todd

Brian Yokoyama

TECHNICAL and RULES COMMITTEE

Anthony Gomez
Jesse Gomez
Steven Hernandez
Mike Goff

Bob McGuire
Jack Malloy
Tim O'Rourke
Jim Polite

Doug Speck

INVITATIONAL DIRECTORS

Jim Polite

Don Ruh

Doug Todd

DEAN PHYSICAL EDUCATION - ATHLETICS

John Norton

MEET MANAGERS

Mike Geoff
Curtis Goss
Hank Krachir

John Norton
Doug Todd
Elliot White

Brian Yokoyama

SECRETARIAL STAFF

Evelyn Lewis

1997 THEME TEE SHIRT ART & PROGRAM ART

Mark Gutierrez

Marc Ruh

TEE SHIRT PRODUCTION

Rhags Internationale

INFORMATION BOOKLET

Associated Students/Copy Center

Mark Minor

PROGRAM PRODUCTION

Mark Minor

Ran Graphics

PROMOTION - MARKETING

Ernie Gregoire

FACILITIES SUPERVISOR

Greg Anderson

COMMUNICATIONS FACILITIES

Greg Anderson

James Gonzales

COURSE PREPARATION

Ray Ramariz

Dan Zamora

Freddy Tarin

COURSE CONTROL - SECURITY

Mt. Sac Cross Country Team

Mt. SAC Security Staff

EQUIPMENT / SUPPLIES

Pat Garrett

MEDICAL

Andy Paulin & Mt. SAC Training Staff

SOUVENIR PIN / SHIRT PRODUCTION

Rhags Internationle

GATE & SOUVENIRS

Carol Norton

Janet Todd

Brian Yokoyama

ANNOUNCER

Doug Speck

STARTER

Seth Ruiner

TIMERS

Coordinator:
Mt. Sac Relay Committee

Dr. Ernie Gregoire
Mt. Sac Cross Country Team

JUDGES

Curtis Goss
Ricardo Nunez

Mt. Sac Track and Cross Country Teams

Mike Geoff
Elliott White

COMPUTER and SEEDING

Bob McGuire
Janet Todd

Doug Todd
Brian Yokoyama

CLERK

Matt Ebner

Mt. SAC Cross Country Team

SUPPORT STAFF

Baldwin Park High School

Mt. SAC Track and Cross Country Team Members

Walnut High School

RECORDS & STATISTICS

Jim polite

Don Ruh

OUR THANKS TO ALL THE ABOVE

Meet Directors: Doug Todd, Don Ruh & Jim Polite
Mt. Sac Dean of Physical Educ. & Athletics: John Norton
Assistant-Athletic Directors: Bill Fisk & Debbie Cacion
Mt. Sac Head Cross Country & Track Coach: Doug Todd
President of Mt. San Antonio College: Dr. William Feddersen
Principal of Walnut High School: Ken Gunn

WHATEVER YOUR GAME, TEAM UP WITH...

Hansen's® Natural



PROUD SPONSOR OF C.I.F. HIGH SCHOOL SPORTS

Hansen's has a full lineup of delicious natural beverages... Natural Sodas, Fruit Juice Smoothies, Apple Juice, Iced Teas, Lemonades, Juice Cocktails and Functionals.

**Hansen's®
Natural**

Made only from all natural ingredients with no preservatives. Available at your favorite store. Team up with Hansen's Natural Beverages.

FOR YOUR BEVERAGE AND SPONSORSHIP NEEDS, CALL THE HANSEN NATURAL BEVERAGE CO. **1(800) HANSENS**



Why do I run?

They said

*I was the best
high school runner
in the last 20
years.*

*Then they said
I was washed up
and burned out.*

Finished.

I know what I was.

I know what I am.

*You know what
they're saying now?
Me neither.*

nike