

***17th Annual
Castro Valley
Cross --CC--> Country
Mizuno/Trojan Invitational***

***Saturday, October 10, 2009
Canyon Middle School, Castro Valley***



Trojan Sponsor Bill Welte

The Castro Valley Cross --CC--> Country program wishes to express its deepest gratitude to Bill Welte and Welte Construction. For the last 12 years Bill and his family have lent their energies and talents to improving and enhancing the Castro Valley Invitational and making it the grand affair that it is today.

We sincerely thank Bill for this tireless support, and his help every year to assist putting on this extravaganza. Without this type of sponsorship from many people we could not do the job we do.



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Schools Competing Today

Analy
Antioch
Arroyo
Atwater
Bell Gardens (Los Angeles)
Berkeley
Beyer
Bishop O'dowd
California
Casa Grande
Castro Valley
Chavez
Chinese Christian
College Park
De La Salle
Del Campo
Del Oro
Downey (Los Angeles)
Edison
El Molino
Freedom
Holy Names
Homestead
James Logan
Lathrop
Los Banos
Manteca
Marin Academy
Marin Catholic
Mercy (Burlingame)
Mt Eden
Northgate
North Monterey
Overfelt
Pittsburg
San Leandro
Santa Rosa
Santa Teresa
Saratoga
Stagg
Sunnyside
Tennyson
Washington (Fremont)
Westmoor
Willow Glen

Mizuno/Trojan Cross --CC-> Country Invitational

Schedule

<u>Time</u>	<u>Race:</u>	<u>Distance</u>	<u>Team Medals</u>	<u>Ind. Medals</u>	<u>Entries</u>
9:00	Coaches	2.1 miles	none	all	unlimited
9:25	Junior High Girls	1.5 miles	top 1	top 25	unlimited
9:40	Junior High Boys	1.5 miles	top 1	top 25	unlimited
9:55	Boys' Frosh	2.1 miles	top 3	top 20	unlimited
10:20	Girls' Frosh-Soph	2.1 miles	top 4	top 25	unlimited
10:50	Boys' Frosh-Soph	2.1 miles	top 4	top 25	unlimited
11:15	Girls' Varsity	3.0 miles	top 5	top 30	7 only
11:45	Boys' Varsity	3.0 miles	top 5	top 30	7 only
12:15	Girls' Junior Varsity	2.1 miles	top 3	top 20	unlimited
12:45	Boys' Junior Varsity	2.1 miles	top 3	top 20	unlimited

“Running -- Of Course It Hurts”

Co-ordinating committee:

Meet Director: Peter Brewer
Snack Bar: Jolene Owyang
Volunteers: Susan Schneider
Sound: Art Beringer
Starter: Bob Shor
Timing: Dick Iwamiya
Finish Judge: Dino Cardiasmenos
Monitors: Ron MacLeod
Decor: Bill Welte

Coaches:
Mike Spencer
Raoul Perez
Dino Cardiasmenos
Kevin Shintani

9:00 Alumni, Coaches', & Parents' Race -- (2.1 miles)

Team Awards: none
Individual Medals: all
T-shirts: head coaches only -- honor system -- present finish line card
entries: unlimited

Previous Winners

1993	Dave	Goodrich	San Lorenzo	11:35
1994	Glen	Walder	Dublin	12:28
1995	Brandon	Kelly	DeLaSalle	12:14
1996	Steve	Overgaard	Lincoln	12:04
1997	Mike	Amorosa	Antioch	11:42
1998	steve	Overgaard	Lincoln	11:41
1999	Kevin	Selby	DeLaSalle	11:30
2000	Manuel	Mandoza	Westmoor	11:58
2001	Mike	Spencer	Foothill	11:52
2002	Jim	Sorenson	Bancroft Middle	11:28
2003	Jim	Sorenson	Bancroft Middle	11:35
2004	Jim	Sorenson	Bancroft Middle	11:06
2005	Jim	Sorenson	Bancroft Middle	11:05
2006	Alex	Cardiasmenos	Castro Valley alum	11:22
2007	Jim	Sorenson	Bancroft Middle	11:15
2008	Jim	Sorenson	Bancroft Middle	11:28

9:25 Girls' Junior High Race -- 1.5 Miles

Team Awards: Top 1 team
Individual Medals: top 25
Entries: unlimited

Previous Winners

Teams

(no team scoring prior to 2003)
2003 Crystal Springs Uplands
2004 King (Berkeley)
2005 Crystal Springs Uplands
2006 Albany Middle School
2007 Hyde Middle School
2008 Kerr Middle

Individuals

(1.2 miles course)

1997	Megahn	Berhd	El Molino	8:16
1998	Rebecca	Bartlow	Canyon	7:44
1999	Kelly	Moon	King	7:27
2000	Rebecca	Bartlow	Canyon	7:21
2001	Caprice	Bradshaw	Vallejo	7:17
2002	Maddie	Rozwat	Crystal Springs	7:13
2003	Hayley	Pasquale	Tierra Linda	6:56
2004	Hayley	Pasquale	Tierra Linda	6:18
2005	Claire	Rudolph	Crystal Springs	6:51
(in 2006 the race was changed to a 1.5 mile course)				
2006	Jessica	Quinn	Albany	10:01
2007	Kai	Wilson	Prospect Sierra	10:13
2008	Amihan	Agustin	Alvarado	10:50

9:40 Boys' Junior High Race -- 1.5 Miles

Team Awards: Top 1 team
Individual Medals: top 25
Entries: unlimited

Previous Winners

Team

(no team scoring prior to 2003)

2003 Crystal Springs Uplands
2004 Crystal Springs Uplands
2005 Albany Middle School
2006 Albany Middle School
2007 Albany Middle School
2008 Kerr Middle School

(1.2 miles course)

1997	Harris	Henning	Creekside	8:28
1998	Abdullah	Jamali	Ygnacio Valley	5:57
1999	Mauricio	Hurtado	Burbank	6:45
2000	Ryan	Lewis	Oak Grove	6:27
2001	Mauricio	Hurtado	Winton	6:09
2002	William	Wheeler	Canyon	6:33
2003	Wesley	Schneider	Canyon	6:22
2004	Charlie	Avis	Crystal Springs Uplands	6:27
2005	Tristan	Vranizan	Live Oak	6:21

(in 2006 the course was changed to 1.5 miles)

2006	Erich	Coulter	Creekside	9:24
2007	Michael	McCabe	Willow Glen	9:08
2008	Kevin	Poteracke	King	9:09

9:55 Boys' Frosh Race -- (2.1 miles)

Team Awards: Top 3 teams

Individual Medals: top 20

Entries: unlimited

Previous Winners

Team Winners

1993	Castro Valley
1994	Castro Valley
1995	Castro Valley
1996	Ygnacio Valley
1997	DeLaSalle
1998	DeLaSalle
1999	San Ramon Valley
2000	Foothill
2001	Castro Valley
2002	Castro Valley
2003	Sacred Heart Cathedral
2004	Castro Valley
2005	Los Banos
2006	DeLaSalle
2007	DeLaSalle
2008	Bishop O'Dowd

Individual Winners

Shane	Dulaney	Castro Valley	13:03
Damien	Dulaney	Castro Valley	12:50
Ashera	Dirar	James Logan	13:04
Micah	Strom	Mission San Jose	12:37
Mike	Randazzo	DeLaSalle	12:40
Beau	Bettinger	Castro Valley	12:50
Nick	Neely	Crystal Springs	12:52
Matt	Fitch	Montgomery	12:18
Marty	Skeels	Alameda	12:35
Ryan	Lewis	Ygnacio Valley	12:22
Matt	Riley	Castro Valley	12:23
Wesley	Schneider	Castro Valley	12:35
Dan	Mitchell	Del Campo	13:03
Tom	Ashby	Castro Valley	12:37
Steven	Mandac	Westmoor HS	12:29
Evan	Molineaux	DeLaSalle	12:58

Top Individual Times:

1	12:18	Matt	Fitch	Montgomery	2000
1	12:18	KJ	Withers	Cardinal Newman	2000
3	12:22	Ryan	Lewis	Ygnacio Valley	2002
4	12:23	Matt	Riley	Castro Valley	2003
5	12:24	Juan	Gomez	Dublin	2002
6	12:29	Steven	Mandac	Westmoor	2007
7	12:31	Tom	Ashby	Castro Valley	2006
8	12:33	KC	Cody	Montgomery	2000
9	12:34	Neal	Rodriguez	St. Joe's-Notre Dame	2002
10	12:35	Marty	Skeels	Alameda	2001
10	12:35	Wesley	Schneider	Castro Valley	2004
12	12:37	Micah	Strom	Mission San Jose	1996
13	12:38	David	Brody	American	2008
14	12:40	Mike	Randazzo	DeLaSalle	1997
14	12:40	Mauricio	Hurtado	Hayward	2002
16	12:42	Ghani	Jamali	Clayton Valley	2000
17	12:43	Michael	Langella	Castro Valley	2004
18	12:45	Favio	Castro	Los Banos	2006
19	12:46	Cameron	Schaeffer	Castro Valley	2006
20	12:50	Damien	Dulaney	Castro Valley	1994
20	12:50	Anthony	Lopez	Ygnacio Valley	1996
20	12:50	Beau	Bettinger	Castro Valley	1998
20	12:50	Jacob	Garcia	College Park	2007
24	12:51	Alan	Bayless	DeLaSalle	1997
25	12:52	Nick	Nealy	Crystal Springs Upland	1999

Canyon Course Top 10 Team Times -- Boys' Frosh (2.1 miles)

66:38	DeLaSalle	10/14/06	Nathan Carbajal 12:55	Derek Burgstaller 13:00	Paul Johnson 13:14	Hunter Bonny 13:17	Kevin Beel 14:12
66:44	DeLaSalle	10/11/97	Mike Randazzo 12:40	Alan Bayless 12:51	Mike Yowe 13:41	Greg Varno 13:42	Peter Francis 13:50
66:46	Castro Valley	10/09/04	Wesley Schneider 12:35	Michael Langella 13:43	Jack Leng 13:21	Chris Vargas 13:19	Kyle Adams 14:55
66:51	San Ramon	10/9/99	Jeff Atwod 13:00	Paul Keener 13:21	John Martn 13:21	Jeremy Babel 13:21	Chris Mills 13:32
67:20	DeLaSalle	10/13/07	Kyle Williams 13:10	Connor VanMeter 13:10	Thams Houser 13:22	Riley Shingler 13:48	Will McCurdy 13:50
68:08	Castro Valley	10/10/98	Beau Bettinger 12:50	Chris Wong 12:54	David Stadelman 13:54	Chad Lapum 14:02	Todd Bartlow 14:28
68:15	Castro Valley	10/9/93	Shane Dulaney 13:03	Henry Patterson 13:06	Mike Boruta 13:40	Joe Willits 14:06	Troy Sammons 14:20
68:31	DeLaSalle	10/10/98	Stewart Harwell 12:53	Tony Sala 13:42	Bryan Bryne 13:56	Mike Sullivan 13:56	Mark Richeson 14:04
68:32	College Park	10/13/07	Jacob Garcia 12:50	Will Holland 13:03	Copoper Shanks 13:27	Matt Alcina 14:16	Sam Smith 14:56
68:35	Albany	10/9/04	Zach Alexander 13:33	Nick McIntyre 13:34	ian Allwn 13:37	Justin McLane 13:54	Jake Phillips 13:57

10:20 Girls' Frosh-Soph -- 2.1 Miles

Team Awards: Top 4 teams

Individual Medals: top 25

Entries: unlimited

Previous Winners

Team Winners

1993	Castro Valley
1994	James Logan
1995	Montgomery
1996	Lincoln
1997	San Marin
1998	Carondelet
1999	Carondelet
2000	Bishop O'Dowd
2001	Bishop O'Dowd
2002	College Park
2003	Castro Valley
2004	Livermore
2005	Carondelet
2006	Montgomery
2007	Washington
2008	Del Oro

Individual Winners

Angela	Iriarte	Antioch	14:42
Senhit	Dirar	James Logan	14:33
Diana	Rancourt	Montgomery	15:01
Dirkje	Dunham	Analy	14:45
Amy	Loper-Riley	Alhambra	13:32
Larisa	Solozhuk	Hayward	14:13
Stephanie	Byrne	Carondelet	14:16
Nani	Boone	Bishop O'Dowd	14:35
Anna	Purcell	Bishop O'Dowd	14:05
Ariel	Wright	Bishop O'Dowd	14:06
Kelsey	Dellara	College Park	14:09
Lea	DeLuca	Analy	14:31
Lacey	Bockhaus	Arroyo	14:24
Kayla	Matsuda	James Lick	13:44
Julia	Eylar	Oakland Tech	14:41
Jennifer	Goldstein	Foothill	14:05

Top Individuals:

1	13:32	Amy	Loper-Riley	Alhambra	1997
2	13:33	Kelsey	Santisteban	Castro Valley	2008
3	13:44	Nicole	Hood	Carondelet	2006
3	13:44	Kayla	Matsuda	James Lick	2006
5	13:50	Kellie	Houser	Carondelet	2006
6	13:57	Marisa	Martines	Castro Valley	2008
7	14:00	Chelsea	Schneider	Castro Valley	2007
8	14:01	Jennie	LaPonte	Castro Valley	2005
9	14:05	Anna	Purcell	Bishop O'Dowd	2001
9	14:05	Jennifer	Goldstein	Foothill	2008
11	14:06	Ariel	Wright	Bishop O'Dowd	2002
12	14:09	Kelsey	Dallara	College Park	2003
13	14:11	Diana	George	Livermore	2006
14	14:13	Larisa	Solozhuk	Hayward	1998
14	14:13	Pam	MacLeod	Castro Valley	2007
16	14:14	Caitlin	DeVitt-Payne	Del Oro	2008
17	14:15	Lea	DeLuca	Analy	2003
18	14:16	Stephanie	Byrne	Carondelet	1999
19	14:19	Jenny	Esser	Foothill	1998
20	14:20	Jennifer	Randazzo	Carondelet	1999
20	14:20	Celeste	Berg	Montgomery	2006
22	14:22	Danila	Musante	Bishop O'Dowd	1999
23	14:23	Maria	Palominos	Los Banos	2003
24	14:24	Lacey	Bockhaus	Arroyo	2005
25	14:25	Jessica	Neu	Alhambra	1997

Canyon Course Top 10 Team Times -- Girls' Frosh-Soph (2.1 miles)

72:54	College Park	10/12/02	Rochelle VanBuskirk 14:39	Nicole Pennes 14:45	Elizabeth Eskliidsen 15:11	Courtney Matthews 15:12	Ashley Cheda 15:37
73:59	Del Oro	10/14/08	Caitlin Payne 14:14	Jessie Rozario 14:43	Lauren Gollnick 14:46	Alexa Lua 14:46	Megan Atkins 15:30
74:33	Castro Valley	11/7/08	Kelsey Santisteban 13:33	Marisa Martiens 13:57	Gabrielle White 14:31	Amanda Zen 15:57	Isabel Chi 16:35
74:36	Carondelet	10/9/99	Stephanie Byrne 14:16	Jennifer Randazzo 14:20	Jenna George 14:34	Jamie Enea 15:10	Michelle Telfer 15:17
74:40	Bishop O'Dowd	10/14/00	Nani Boone 14:35	Anna Purcell 14:51	Jessica Hubble 14:55	Emma Williams 14:58	Kristen Wheeler 15:21
75:12	Bishop O'Dowd	10/13/01	Anna Purcell 14:05	Nani Boone 14:55	Kristen Wheeler 15:05	Emma Williams 15:15	Billie Longley 15:52
77:02	Alhambra	10/14/00	Samantha Jones 14:42	Louis Dunn 14:49	Kelly Stephens 15:18	Tanya Rosengren 15:34	Beth Dunn 16:39
77:06	Montgomery	10/14/06	Celeste Berg 14:20	Hunter Cohnell 14:59	Sarah Gallagher 15:04	Nicole BAlan 15:54	Samantha Warren 16:49
77:47	Carondelet	10/10/98	Alyson Wheelr 14:51	Erin Mackay 14:55	Jenna George 15:42	Taylor Prosek 15:48	Lindsey White 16:31
77:49	San Marin	10/11/97	Emily Nielsen 14:48	Laurel Kellner 15:16	Adrienne Walera 15:37	Maxine Bandner 15:40	Jessie Standish 16:18

10:50 Boys' Frosh-Soph -- 2.1 Miles

Team Awards: Top 4 teams

Individual Medals: top 25

Entries: unlimited

Previous Winners

Team winners

1993	DeLaSalle
1994	Novato
1995	DeLaSalle
1996	Lincoln
1997	DeLaSalle
1998	Lincoln
1999	DeLaSalle
2000	College Park
2001	Miramonte
2002	Miramonte
2003	Westmoor
2004	Sacred Heart Cathedral
2005	College Park
2006	DeLaSalle
2007	DeLaSalle
2008	American

Individual Winners

Tom	Gaim	Cook Jr. High	12:38
Chad	Foster	James Logan	12:02
Mohammed	Abdul	Westmoor	11:51
Chris	Hernandez	Antioch	12:15
Anthony	Lopez	Ygnacio Valley	11:49
Adam	Gosha	Elsie Allen	12:25
Stewart	Harwell	DeLaSalle	11:59
Ruben	Mora	Analy	12:13
Scott	Bauhs	San Ramon Valley	12:21
Yosef	Ghebray	James Logan	11:29
J.R.	Gonzales	Westmoor	11:55
Carl	Swanson	Alhambra	12:13
Victor	Ho	Chinese Christian	12:18
Zeal	Levin	Bishop O'Dowd	12:02
Flavio	Castro	Los Banos HS	12:15
Dave	Brody	American	12:04

Top Individuals:

1	11:08	Calvin	Gaziano	Castro Valley	1982
2	11:23	John	Bass	Castro Valley	1982
3	11:29	Yosef	Gebray	James Logan	2002
4	11:44	Ben	Eversole	Castro Valley	2008
5	11:49	Kyle	Kessler	Castro Valley	1979
5	11:49	Anthony	Lopez	Ygnacio Valley	1997
7	11:51	Mohammed	Abdul	Westmoor	1995
8	11:55	Larry	Guinee	Castro Valley	1977
8	11:55	JR	Gonzales	Westmoor	2003
10	11:56	Paul	Denzler	Castro Valley	1986
11	11:57	Zach	Ardell-Smith	San Leandro	1997
12	11:59	Stewart	Harwell	DeLaSalle	1999
13	12:00	Saul	Hurtado	Hayward	1999
14	12:02	Chad	Foster	James Logan	1994
14	12:02	Zeal	Levin	Bishop O'Dowd	2006
16	12:03	John	Atwood	Castro Valley	1991
16	12:03	John	Thyken	Clayton Valley	1999
16	12:03	James	Fazzio	Castro Valley	2005
16	12:03	Dhillon	Ranvir	Washington	2006
20	12:04	Dave	Shea	Castro Valley	1978
20	12:04	Dave	Brody	American	2008
22	12:05	David	Pensker	Miramonte	2002
22	12:05	Scott	Riccabona	DeLaSalle	2006
24	12:06	Doug	Rogers	Castro Valley	1977
24	12:06	Daniel	Mejia	Miramonte	2002
26	12:11	Shane	Dulaney	Castro Valley	1994
26	12:11	Matt	Blattler	Alhambra	2006

Canyon Course Top 10 Team Times -- Boys' Frosh-Soph (2.1 miles)

62:18	Miramonte	10/12/02	David Penskar 12:05	Daniel Mejia 12:06	Daryl Zalan 12:15	Andrew Gold 12:49	Zack Laher 13:33
62:28	Castro Valley	11/7/08	Ben Eversole 11:44	Anthony Martoere 12:19	Erich Coulter 12:22	Greg Owyang 12:51	CJ Hamilton 13:12
62:49	Castro Valley	10/26/77	Larry Guinee 11:55	Dave Anderson 12:22	Rich Leisgold 12:43	Dave Shea 12:48	Scott Craig 13:01
62:54	Castro Valley	10/19/77	Doug Rogers 12:06	Steve Stevenson 12:23	DaveAnderson 12:40	Larry Guinee 12:43	Scott Craig 13:02
62:32	DeLaSalle	10/13/07	Tyler Gates 12:17	Paul Johnson 12:26	Derek Burgstaller 12:27	Adrian Fuentes 12:36	Matt Godkin 12:46
62:59	DeLaSalle	10/14/06	Scott Riccabona 12:05	Spencer Schaff 12:19	Fausto Malara 12:36	Ben McCurdy 12:57	Jonathan Beltran 13:02
63:34	DeLaSalle	10/9/99	Stewart Harwell 11:59	Mark Richeson 12:30	Andrew Loecher 12:53	Mario Sanchez 13:01	Tony Sala 13:11
63:41	Castro Valley	10/16/86	Paul Denzler 11:56	Todd Saunders 12:20	Matt Guerino 12:38	Mark Wallace 12:58	Tony Bazzano 13:39
63:52	Castro Valley	10/30/86	Paul Denzler 11:56	Matt Guerino 12:15	Todd Saunders 12:35	Tony Bazzano 13:18	Cliff DeYoung 13:48
63:53	Castro Valley	9/28/77	Larry Guinee 12:19	Doug Rogers 12:37	Dave Shea 12:42	Dave Anderson 12:59	Rich Leizgold 13:16

11:15 Girls' Varsity -- 3.0 Miles

Proudly Sponsored by Chef's Express Chinese Cuisine

Team Awards: Top 5 teams

Individual Medals: top 30

Entries: 7 only

Previous Winners

Team Winners			Individual Winners		
1993	Castro Valley	Sara	Jakel	Sonoma Valley	20:03
1994	Castro Valley	Rachel	Moser	San Leandro	20:37
1995	College Park	Senhit	Dirar	James Logan	20:34
1996	Carondelet	Kristen	Gordon	Carondelet	18:13
1997	Santa Rosa	Sarah	Bei	Montgomery	18:33
1998	Santa Rosa	Trina	Cox	Santa Rosa	18:39
1999	Antioch	Janie	Nolan	Antioch	18:55
2000	Montgomery	Sara	Bei	Montgomery	18:16
2001	Montgomery	Lindsay	Allen	College Park	19:39
2002	College Park	Lindsay	Allen	College Park	18:47
2003	College Park	Lindsay	Allen	College Park	18:44
2004	College Park	Brida	Beltrami	Oakdale	20:15
2005	College Park	Ashley	Chan	Arroyo	20:11
2006	College Park	Jacque	Taylor	Casa Grande	18:28
2007	Castro Valley	Jacque	Taylor	Casa Grande	18:30
2008	Castro Valley	Jacque	Taylor	Casa Grande	18:07

Top 50 Individual Times

1	18:07	Jacque	Taylor	Casa Grande	2008	27	19:56	Danila	Musante	Bishop O'Dowd	2002
2	18:13	Kristin	Gordon	Carondelet	1996	28	19:58	Melissa	Ackermann	Castro Valley	1991
3	18:16	Sara	Bei	Montgomery	2000	28	19:58	Jennie	Essser	Foothill	2000
4	18:21	Colleen	Lillig	California	2008	30	20:00	Tammy	Foley	Mission San Jose	1986
5	18:35	Trina	Cox	Santa Rosa	1997	31	20:01	Elisa	Reidy	Mission San Jose	1994
6	18:44	Lindsay	Allen	College Park	2003	31	20:01	Christine	Perez	Antioch	2001
7	18:47	Alicia	Cridinbring	College Park	2006	33	20:02	Dominique	Ratto	Casa Grande	2007
8	18:55	Janie	Nolan	Antioch	1999	34	20:03	Sara	Jakel	Sonoma Valley	1993
9	18:57	Amy	Loper-Riley	Alhambra	1998	34	20:03	Ashley	Chan	Arroyo	2005
10	19:07	Kelsey	Santisteban	Castro Valley	2008	36	20:07	Kim	Conley	Montgomery	2001
11	19:08	Nicole	Pennes	College Park	2003	37	20:10	Lindsay	Johnson	Santa Rosa	1996
12	19:12	Theresa	DeVine	Marin Catholic	2008	38	20:11	Megan	Newton	Foothill	1998
13	19:16	Katie	Hotchkiss	Mission San Jose	1997	38	20:11	Elizabeth	Escildsen	College Park	2003
14	19:20	Beth	Raymond	Washington	2007	40	20:13	Jessica	Neu	Alhambra	1998
15	19:21	Jennie	Ewing	Castro Valley	1996	41	20:14	Lori	Reidy	Mission San Jose	1994
16	19:27	Brittany	Escamilla	El Molino	2006	41	20:14	Christy	Brown	Monte Vista	2000
17	19:39	Damajeria	DuBose	Bishop O'Dowd	2008	41	20:14	Elaine	McVay	California	2007
18	19:44	Susan	Chan	Monte Vista	1999	41	20:14	Kaitlyn	Spees	Bishop O'Dowd	2008
18	19:44	Chelsea	Schneider	Castro Valley	2007	45	20:15	Brida	Beltrami	Oakdale	2004
20	19:47	Crystal	Esperanza	Beyer	2007	46	20:18	Samantha	Kearney	Arroyo	2007
21	19:48	Amy	O'Connell	University	1994	47	20:19	Samantha	Racine	Del Oro	2007
21	19:48	Jessica	Scalzo	Arroyo	2003	47	20:19	Karlina	Beringer	Castro Valley	2004
23	19:49	Ariel	Wright	Bishop O'Dowd	2004	47	20:19	Zuna	Portillo	Pittsburg	2005
24	19:51	Erica	Holland	College Park	2000	47	20:19	Anna	Smidebush	Concord	2005
25	19:54	Rachel	Mitchell	American	2008	47	20:19	Mellie	Regalado	Antioch	2006
26	19:55	Katie	Martin	Irvington	1997	47	20:19	Lauren	Crawford	College Park	2006

Canyon Course Top 10 Team Times -- Girls' Varsity (3.0 miles)

100:51	Castro Valley	10/14/08	Kelsey Santisteban 19:07	Chelsea Schneider 20:03	Marisa Martines 20:26	Gabrielle White 20:29	Nicole Yang 20:46
101:10	College Park	10/11/03	Lindsay Allen 18:44	Nicole Pennes 19:08	Elisabeth Escildson 20:11	Katie Maltester 21:32	Briana McCready 21:35
101:29	Montgomery	10/14/00	Sara Bei 18:16	Elisa Pederson 20:41	Christy Sweaney 20:48	Kim Conley 20:50	Joy Terrablini 20:54
101:49	Castro Valley	10/13/07	Kelsey Santisteban 19:34	Chelsea Schneider 19:56	Nicole Yang 10:24	Pam MacLeod 10:55	Sam Owyang 21:00
102:10	Antioch	10/9/99	Janie Nolan 18:55	Christine Perez 20:17	Angela Flood 20:53	Katie Wallace 20:56	Laura Simoncini 21:09
102:22	Castro Valley	11/01/07	Kelsey Santisteban 19:33	Chelsea Schneider 19:46	Nicole Yang 20:26	Sam Owyang 20:57	Karlina Beringer 21:40
102:37	Carondelet	10/12/96	Kristen Gordon 18:13	Kelly Piantenesi 20:30	Kerri Bock-Williams 20:30	Kristen Hart 21:40	Katie Nash 21:40
103:04	Casa Grande	10/14/08	Jacque Taylor 18:07	Dominique Ratto 20:25	Eva Luu 21:09	Kylie Bock 21:17	Taylor Falk 22:06
103:06	College Park	10/14/06	Alycia Cridenbring 18:47	Lauren Crawford 20:19	Kelsey Gallagher 20:27	Eli Orando 21:27	Sunny Perlington 22:06
103:09	Santa Rosa	10/10/98	Trina Cox 18:39	Katie Stafford 20:26	Anna Shaver 20:30	Lindsay Johnson 21:06	Jackie White 22:27
103:34	Antioch	10/14/00	Janie Nolan 19:14	Christine Perez 20:01	Laura Simoncini 21:04	Angela Flood 21:27	Jennifer Fortney 21:48

11:45 Boys' Varsity -- 3.0 Miles

Team Awards: Top 5 teams

Individual Medals: top 30

Entries: 7 only

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Previous Winners

<u>Team Winners</u>		<u>Individual Winners</u>	
1993	Montgomery	Keith	Kennedy
1994	Mission San Jose	Keith	Kennedy
1995	Mission San Jose	Mike	Prindiville
1996	DeLaSalle	David	Rodriguez
1997	College Park	Jon	Stevens
1998	Antioch	Celedonio	Rodriguez
1999	Mission San Jose	Anthony	Lopez
2000	Montgomery	Yon-Sung	Leal
2001	College Park	Tom	Getchell
2002	College Park	Mitchell	Steves
2003	Antioch	Yosef	Ghebray
2004	Westmoor	Matt	LaForte
2005	Del Campo	Andy	Peaody
2006	College Park	Blake	McDowell
2007	Deer Valley	James	Tracey
2008	Castro Valley	Wyatt	Landrum

1	15:25	Calvin	Gaziano	Castro Valley	1984	26	16:25	James	Tracey	Del Campo	2007
2	15:51	Wyatt	Landrum	Liberty	2008	26	16:25	Jeremy	Rubio	College Park	2006
3	15:57	Jon	Stevens	Mission SJ	1997	30	16:26	Jack	Leng	Castro Valley	2007
3	15:57	Yong-Sung	Leal	Arroyo	2000	31	16:27	John	Marden	Mission SJ	1977
5	16:00	Celedonio	Rodriguez	Elsie Allen	1998	31	16:27	Dave	Vigil	College Park	1997
6	16:02	Beau	Bettinger	Castro Valley	2000	33	16:29	Keith	Kennedy	San Leandro	1993
7	16:03	David	Rodriguez	Mission SJ	1996	34	16:30	Mohammed	Abdul	Westmoor	1997
8	16:04	John	Bass	Castro Valley	1982	34	16:30	Matt	LaFort	Alhambra	2004
9	16:05	Dave	Shea	Castro Valley	1980	36	16:31	Ben	Eversole	Castro Valley	2008
10	16:07	Ben	Gutierrez	Bishop O'Dowd	2005	37	16:35	Andy	Peabody	College Park	2005
11	16:09	Rory	MacLeod	Santa Rosa	2008	37	16:35	Josh	MacDonald	Redwood Christ	2008
12	16:10	Tom	Prindiville	DeLaSalle	1995	39	16:36	Tom	Getchel	DelCampo	2000
13	16:13	Larry	Guinee	Castro Valley	1979	40	16:37	Anthony	Lopez	Ygnacio Valley	1999
14	16:14	Kyle	Kessler	Castro Valley	1981	40	16:37	Abdullah	Jamali	Ygnacio Valley	2000
14	16:14	Jay	Marden	Mission SJ	1979	42	16:38	Matt	Owen	College Park	2000
14	16:14	Blake	McDowell	Montgomery	2006	42	16:38	Miguel	Castro	Alameda	2005
17	16:15	Jeremy	Seven	DeLaSalle	1989	42	16:38	Reese	Byers	Santa Rosa	2008
17	16:15	Yosef	Ghebray	James Logan	2003	45	16:39	Manny	Rin	Deer Valley	2007
19	16:16	Rich	Read	Mission SJ	1979	46	16:40	Efeson	Yosief	San Leandro	1999
20	16:19	Dave	Anderson	Castro Valley	1980	47	16:41	Alex	Cardiasmenos	Castro Valley	2000
21	16:20	Mike	Spencer	Castro Valley	1982	48	16:42	Esco	Long	Los Banos	2003
21	16:20	Steve	Strangio	Mission SJ	1977	49	16:43	Mekkonen	Fekadu	Santa Rosa	1995
23	16:21	Micheil	Jones	Livermore	1995	50	16:44	Todd	Martinez	Castro Valley	1982
24	16:23	Kevin	Berkowitz	Hayward	1989	50	16:44	Matt	Humphries	Antioch	2007
24	16:23	Steve	Mayberry	Castro Valley	1981	50	16:44	Mauricio	Hurtado	Hayward	2005
26	16:25	Ken	Romiguere	Canyon	1977	50	16:44	Tom	Ashby	Castro Valley	2008
26	16:25	Mike	Wojciechowski	Clayton Valley	1995						

Canyon Course Top 10 Team Times -- Boys' Varsity (3.0 miles)

83:41	Castro Valley	10/30/80	Dave Shea 16:05	Dave Anderson 16:19	Kyle Kessler 16:25	Steve Mayberry 17:17	Brian Quick 17:35
84:31	Mission San Jose	9/29/77	Steve Strangio 16:20	John Marden 16:27	Mike Chastaine 17:02	Scott Rugging 17:17	Rich Reed 17:25
84:50	College Park	10/11/97	David Vigil 16:27	Craig Lee 16:48	Jeff Wang 17:00	Chris Rust 17:15	Sina Aboutalebik 17:20
85:20	DeLaSalle	10/11/97	Tim Layden 16:46	Brian Engleton 16:54	Ryan Stanton 17:03	Darren Silmi 17:06	Chris Wheeler 17:31
85:44	Del Campo	10/13/07	James Tracey 16:25	Dan Mitchell 16:54	Matt Case 17:11	Josh Mercado 17:29	Zach Grinstead 17:45
85:46	Castro Valley	9/18/80	Dave Anderson 16:38	Dave Shea 16:59	Steve Mayberry 17:02	Kyle Kessler 17:26	Brian Quick 17:41
85:47	Castro Valley	10/14/08	Ben Eversole 16:31	Tom Ashby 16:44	Anthony Martore 17:04	Will Weekes 17:09	Greg Owyang 18:19
85:55	Castro Valley	10/25/77	Ken Romiguere 16:26	Charlie Harb 17:15	Dave Fisher 17:17	Scott Flagg 17:27	Tom Jensen 17:30
85:58	Deer Valley	10/13/07	Manny Rin 16:39	name not avail 17:15	name not avail 17:17	name not avail 17:23	name not avail 17:24
86:11	Castro Valley	10/18/79	Larry Guinee 16:13	Dave Anderson 17:25	Phil Duncan 17:25	Dave Shea 17:25	Tom Vertrees 17:43

12:15 Girls' Junior Varsity 2.1 Miles

Team Awards: Top 3 teams

Individual Medals: top 20

Entries: unlimited

Previous Winners

<u>Team Winners</u>		<u>Individual Winners</u>			
1993	Castro Valley	Amy	Clark	Castro Valley	16:54
1994	Tokay	Christine	Castelanelli	Tokay	15:04
1995	James Logan	Kristine	Musante	Clayton Valley	15:04
1996	Carondelet	Melissa	Harvey	Rancho Coatate	15:26
1997	Northgate	Leslie	Chandler	Lincoln	14:56
1998	Lincoln	Susan	Chan	Monte Vista	14:03
1999	Lincoln	Christina	Oliver	Lincoln	15:08
2000	Clayton Valley	Carlolyn	Parsons	San Ramon Valley	15:33
2001	San Ramon Valley	Margaret	Finnega	Foothill	14:57
2002	Carondelet	Jessica	Scalzo	Arroyo	14:55
2003	College Park	Amanda	Parsons	Antioch	15:28
2004	Antioch	Yesenia	Esquivez	Los Banos	15:08
2005	College Park	Hayley	Crawford	Deer Valley	15:15
2006	Castro Valley	Nicole	Yang	Castro Valley	15:13
2007	Castro Valley	Karlina	Beringer	Castro Valley	15:14
2008	Castro Valley	Katherine	Carvin	Castro Valley	15:57

Top 25 Individuals

1	14:03	Susan	Chan	Monte Vista	1998
2	14:14	Ashley	Stratman	Foothill	2003
3	14:45	Caitlyn	Mcdonald	Amador Valley	2003
4	14:55	Jessica	Scalzo	Arroyo	2002
5	14:56	Leslie	Chandler	Lincoln (Stockton)	1997
6	14:57	Margaret	Finnegan	Foothill	2001
7	15:02	Shae	Dinino	Carondelet	2002
8	15:04	Christine	Castelanelli	Tokay	1994
9	15:05	Kristine	Musante	Clayton Valley	1995
10	15:08	Christina	Oliver	Lincoln	1999
10	15:08	Kristen	Boon-Nitoff	Castro Valley	2000
10	15:08	Yesenia	Esquivez	Los Banos	2004
13	15:10	Mindy	Eastman	Ygnacio Valley	1999
13	15:10	Karlina	Beringer	Castro Valley	2004
15	15:12	Rebecca	Zamolo	Alhambra	1999
16	15:13	Nicole	Yang	Castro Valley	2006
17	15:15	Haley	Crawford	Deer Valley	2005
18	15:16	Katie	Mar	Carondelet	2002
19	15:19	Anna	Purcell	Bishop O'Dowd	2002
19	15:19	Kristen	Scanlon	Carondelet	2002
21	15:20	Francesca	Au	Ygnacio Valley	2002
22	15:22	Lisa	Bostjanich	Acalanes	1996
23	15:23	Amy	Hilliard	Antioch	1997
24	15:24	Alison	Wheeler	Carondelet	1999
24	15:24	Jessic	Dawney	Foothil	2003

Canyon Course Top 10 Team Times -- Girls' Junior Varsity (2.1 miles)

78:34	Carondelet	10/12/02	Shae Dinino 15:02	Katie Mar 15:16	Kristen Scanlon 15:19	Marie Englehart 15:45	Elise Ricardo 17:12
79:27	Lincoln (Stockton)	10/9/99	Christina Oliver 15:08	Kaitlyn Shipe 15:49	Shannon Alvarez 15:51	Anne Conway 16:06	Becky Lee 16:33
81:17	Antioch	10/9/99	Jennifer Townsend 15:24	Sondra Ciaramitaro 15:55	Lisa Ingroff 16:13	Jennifer Fortney 16:39	Gina Richman 17:02
81:10	Lincoln (Stockton)	10/10/98	Kaitlyn Shipe 15:51	Christina Oliver 15:57	Katie Conway 16:13	Ashley Frush 16:27	Becky Lee 16:42
81:11	James Logan	10/12/02	Marcie Hernandez 15:37	Sophie Sidhu 16:18	Khariyah Shabazz 16:19	Katrina Anderson 16:22	Sarah Willyerd 16:25
81:37	College Park	10/12/02	Lauren Meyers 15:50	Eliuth Gomez 16:02	Lindsay Gorden 16:03	MaryBeth Costa 16:19	Kara Flaskerud 17:12
82:02	Castro Valley	10/14/06	Nicole Yang 15:13	Karen Chan 15:34	Corinne Velasquez 16:53	Ashley Guzman 16:57	Michelle Matsui 18:25
82:12	Castro Valley	10/31/96	Jesselle Loss 15:35	Trish Chung 15:36	Allissa Horejsi 16:15	Teresa Ko 16:29	Nicole Watt 18:17
83:21	San Ramon Valley	10/13/01	Tenaya Dunbar 15:30	Bobbi Annal 16:12	Kristina Lucas 16:17	Katie Kistner 17:18	Hayley Krevohela 18:04
83:52	Antioch	10/10/98	Stefanie Nunez 15:45	Jenna Bedwell 16:25	Lisa Ingroff 16:42	Jennifer Rich 17:26	Marissa Suoter 17:37

12:45 Boys' Junior Varsity -- 2.1 Miles

Team Awards: Top 3 teams

Individual Medals: top 20

Entries: unlimited

Previous Winners

	<u>Team</u>	<u>Individual</u>			
1993	Montgomery	Vincent	Perry	Pittsburg	13:19
1994	Castro Valley	Dan	Ambrose	San Ramon	13:13
1995	DeLaSalle	Adam	Davis	Clayton Valley	12:55
1996	James Logan	Justin	Coffeen	Castro Valley	12:28
1997	DeLaSalle	Mike	Caranci	DeLaSalle	12:32
1998	College Park	Brian	Grist	Antioch	12:50
1999	College Park	Baltimore	Alas	DeLaSalle	12:30
2000	College Park	Anthony	Gladstein	San Ramon Valley	12:14
2001	San Ramon Valley	Jonathan	Hart	San Ramon Valley	12:41
2002	College Park	Esco	Long	Los Banos	12:13
2003	DeLaSalle	Steven	Giron	Los Banos	12:11
2004	Los Banos	Enrique	Sotelo	Los Banos	12:20
2005	College Park	Andrew	Cheshire	Castro Valley	12:37
2006	College Park	Tyler	Wagner	College Park	12:38
2007	Deer Valley	Louis	Dressel	San Mateo HS	12:43
2008	Del Oro	Matt	Lozanich	Del Oro	12:48

Top 25 Individuals

1	12:11	Steven	Giron	Los Banos	2003
2	12:13	Esco	Long	Los Banos	2002
3	12:14	Paul	Warrin	Castro Valley	1979
3	12:14	Anthony	Gladstein	San Ramon Valley	2000
5	12:20	Enrique	Sotelo	Los Banos	2004
6	12:25	Bryan	Quick	Castro Valley	1980
7	12:28	Justin	Coffeen	Castro Valley	1996
7	12:28	Shaun	Farr	College Park	2000
7	12:28	Manjit	Sandhu	Tokay	2003
7	12:28	Jonathan	Navas	Antioch	2004
11	12:30	Scott	Craig	Castro Valley	1979
11	12:30	Tom	Vertrees	Castro Valley	1979
11	12:30	Baltimore	Alas	DeLaSalle	1999
14	12:32	Mike	Cranci	DeLaSalle	1997
15	12:33	Charles	Naranung	Florin	2000
16	12:34	Jordan	Jarosz	St. Mary's	1992
16	12:34	Connor	Dunn	San Ramon Valley	2000
16	12:34	Carlos	Munos	Tokay	2003
19	12:35	Jacob	Ackerman	Tokay	2002
20	12:37	Andrew	Cheshire	Castro Valley	2005
21	12:38	Chase	Phivirotto	College Park	2000
21	12:38	Tyler	Wagner	College Park	2006
23	12:39	BJ	Kirk	San Ramon Valley	2000
23	12:39	Juan	Martinez	Ygnacio Valley	2003
25	12:40	Delmar	Bodin	Castro Valley	1980
25	12:40	Kevin	Dickson	Castro Valley	2000

Canyon Course Top 10 Team Times -- Boys' Junior Varsity (2.1 miles)

64:22	San Ramon	10/13/01	Jonathan Hart 12:41	Dallin Rosdahl 12:48	Nick Degolia 12:52	BJ Kirk 13:00	Jo Rihel 13:01
64:31	San Rramon	10/14/00	Anthony Gladstein 12:14	Connor Dunn 12:34	BJ Kirk 12:39	Adam Brodenck 13:24	Greg Chance 13:40
64:44	DeLaSalle	10/11/97	Mike Caranci 12:32	Calvin Beocerra 12:53	Matt Green 13:01	Dan Olson 13:09	Henry Martinez 13:09
65:19	College Park	10/14/00	Shaun Farr 12:28	Chase Phivirotto 12:38	Jeff Belezuo 13:02	Gustavo Lezama 13:17	Joe Kestlen 13:26
65:48	Castro Valley	10/30/80	Delmar Bodin 12:40	Steve Stevenson 12:50	John Davidson 12:53	Chris Colby 13:17	Rich Speckner 14:08
65:53	Castro Valley	9/25/80	Brian Quick 12:25	Dave Brehmer 12:54	Gene Boles 13:10	John Davidson 13:36	Steve Stevenson 13:48
66:07	DeLaSalle	9/22/81	Clint McClellan 12:58	Brian Amador 12:59	John Fitzsimmons 13:16	Jamie Fowler 13:26	Sean Fottrell 13:28
66:07	Castro Valley	10/14/00	Kevin Dickson 12:40	Nate Fernsten 13:09	Ben Draper 13:1	Todd Bartlow 13:26	Dan Groom 13:36
66:30	Castro Valley	10/13/78	Scott Craig 12:52	Tom Vertrees 13:12	Robert Hordyk 13:20	Phil Duncan 13:25	Dave Quigley 13:41
66:30	Castro Valley	10/13/01	TJ Miller 13:08	Jeff Ribeira 13:10	Ryan Albonico 13:10	Jordan Mar 13:15	Nate Fernsten 13:47

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