

2013
Castro Valley
Cross --CC-> Country
Trojan Invitational

Saturday, October 12, 2013
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 16 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.

W E L T E
CONSTRUCTION

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High Schools Competing Today

Albany
Alhambra
American
Benicia
Carondelet
Casa Grande
Castro Valley
De La Salle
Downey
Freedom
Granada
Gregori High
Hayward
Holy Names
James Logan
Las Lomas
Leadership
Manteca
Mercy (Burlingame)
Miramonte
Mt Eden
Northgate
Pacheco
Piner
Pittsburg
San Francisco International
San Leandro
Westmoor
Windsor
Ygnacio Valley
Yreka

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
9:45	Junior High Boys	1.5 miles	top 1	top 25	unlimited
10:05	Boys' Frosh	2.1 miles	top 3	top 20	unlimited
10:30	Girls' Frosh-Soph	2.1 miles	top 4	top 25	unlimited
11:00	Boys' Frosh-Soph	2.1 miles	top 4	top 25	unlimited
11:25	Girls' Varsity	3.0 miles	top 5	top 30	7 only
12:00	Boys' Varsity	3.0 miles	top 5	top 30	7 only
12:30	Girls' Junior Varsity	2.1 miles	top 3	top 20	unlimited
1:00	Boys' Junior Varsity	2.1 miles	top 3	top 20	unlimited

“Running -- Of Course It Hurts”

Co-ordinating committee:

Meet Director: Peter Brewer
Volunteers: Anita Gundi
Sound: Kathy Ray
Starter: Bob Shor
Timing: Jim Schneider
Finish Judge: Dino Cardiasmenos
Monitors: Dooney Jones
Decor: Bill Welte

Coaches:
Dooney Jones
Raoul Perez
Dino Cardiasmenos

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
2009	Jim	Sorenson	Bancroft Middle	11:23
2010	Jim	Sorenson	Bancroft Middle	11:32
2011	Jim	Sorenson	Bancroft Middle	11:41
2012				

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
2009 Hyde Middle School
2010 Albany Middle
2011 Hyde Middle School
2102 Canyon Middle School

Individuals

(1.2 miles course)

1997	Megahn	Berhdt	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
2009	Spencer	Moore	3M Track Club	10:05
2010	Alex	Embodly	Castro Valley Track Club	10:15
2011	Annabel	Driussi	Albany Middle School	10:34
2012	Annika	McBride	Aptos Middle School	10:15

9:45 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
2009 Hyde Middle School
2010 Hyde Middle School
2011 Aptos Junior High
2012 Aptos Junior High

(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
2009	Rocky	Avila	Willow Glen	9:37
2010	Tom	Sanders	Hyde Middle School	9:30
2011	Patrick	Olson	Aptos Junior High	9:35
2012	Chad	Nathason	Kenilworth	9:11

10:05 Boys' Frosh Race -- (2.1 miles)

Team Awards: Top 3 teams

Individual Medals: top 20

Entries: unlimited

Previous Winners

Team Winners		Individual Winners			
1993	Castro Valley	Shane	Dulaney	Castro Valley	13:03
1994	Castro Valley	Damien	Dulaney	Castro Valley	12:50
1995	Castro Valley	Ashera	Dirar	James Logan	13:04
1996	Ygnacio Valley	Micah	Strom	Mission San Jose	12:37
1997	DeLaSalle	Mike	Randazzo	DeLaSalle	12:40
1998	DeLaSalle	Beau	Bettinger	Castro Valley	12:50
1999	San Ramon Valley	Nick	Neely	Crystal Springs	12:52
2000	Foothill	Matt	Fitch	Montgomery	12:18
2001	Castro Valley	Marty	Skeels	Alameda	12:35
2002	Castro Valley	Ryan	Lewis	Ygnacio Valley	12:22
2003	Sacred Heart Cathedral	Matt	Riley	Castro Valley	12:23
2004	Castro Valley	Wesley	Schneider	Castro Valley	12:35
2005	Los Banos	Dan	Mitchell	Del Campo	13:03
2006	DeLaSalle	Tom	Ashby	Castro Valley	12:37
2007	DeLaSalle	Steven	Mandac	Westmoor HS	12:29
2008	Bishop O'Dowd	Evan	Molineaux	DeLaSalle	12:58
2009	DeLaSalle	Brad	Whaler	Del Oro	13:11
2010	Las Lomas	Matt	Whitman	Las Lomas	12:53
2011	DeLaSalle	Matt	Schumann	DeLaSalle	12:21
2012	Piner	Aiden	Fike	Berkeley	12:34

Top Individual Times:

1	12:18	Matt	Fitch	Montgomery	2000
1	12:18	KJ	Withers	Cardinal Newman	2000
3	12:21	Matt	Schumann	DeLaSalle	2011
4	12:22	Ryan	Lewis	Ygnacio Valley	2002
5	12:23	Matt	Riley	Castro Valley	2003
6	12:24	Juan	Gomez	Dublin	2002
6	12:28	Sean	Wanket	DeLaSalle	2011
8	12:29	Steven	Mandac	Westmoor	2007
8	12:29	Nick	Mitchell	DeLaSalle	2011
10	12:30	Cade	Parker	Yreka	2011
11	12:31	Tom	Ashby	Castro Valley	2006
12	12:33	KC	Cody	Montgomery	2000
13	12:34	Neal	Rodriguez	St. Joe's-Notre Dame	2002
13	12:34	Aiden	Fike	Berkeley	2012
15	12:35	Marty	Skeels	Alameda	2001
15	12:35	Wesley	Schneider	Castro Valley	2004
17	12:37	Micah	Strom	Mission San Jose	1996
18	12:38	David	Brody	American	2008
19	12:40	Mike	Randazzo	DeLaSalle	1997
19	12:40	Mauricio	Hurtado	Hayward	2002
19	12:40	Tom	Robey	Las Lomas	2012
22	12:42	Ghani	Jamali	Clayton Valley	2000
23	12:43	Michael	Langella	Castro Valley	2004
24	12:45	Favio	Castro	Los Banos	2006
25	12:46	Cameron	Schaeffer	Castro Valley	2006
25	12:46	Matt	Joachim	Yreka	2011

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

64:05	DeLaSalle	10/8/11	Matt Schumann 12:21	Sean Wanket 12:38	Nick Mitchell 12:29	Drew Johnson 13:09	Frank DeMartini 13:38
65:34	Las Lomas	10/9/10	Matt Whitman 12:53	Riley Smith 12:58	Kailen Swain 13:02	Kelly tarter 13:15	Samuel Ernst 13:26
66:31	Yreka	10/8/11	Cade Parker 12:30	Matt Jochim 12:46	Brenden Berry 13:25	Jacob Hill 13:43	Matt Ward 13:56
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
67:12	Piner	10/13/12	Eduardo Cameron 13:17	Harris Nguyen 13:19	Marco Roasles 13:25	Jacob Hayes 13:34	Aiden Carpenter 13:36
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

10:30 Girls' Frosh-Soph -- 2.1 Miles

Team Awards: Top 4 teams

Individual Medals: top 25

Entries: unlimited

Previous Winners

Team Winners			Individual Winners		
1993	Castro Valley	Angela	Iriarte	Antioch	14:42
1994	James Logan	Senhit	Dirar	James Logan	14:33
1995	Montgomery	Diana	Rancourt	Montgomery	15:01
1996	Lincolnm	Dirkje	Dunham	Analy	14:45
1997	San Marin	Amy	Loper-Riley	Alhambra	13:32
1998	Carondelet	Larisa	Solozhuk	Hayward	14:13
1999	Carondelet	Stephanie	Byrne	Carondelet	14:16
2000	Bishop O'Dowd	Nani	Boone	Bishop O'Dowd	14:35
2001	Bishop O'Dowd	Anna	Purcell	Bishop O'Dowd	14:05
2002	College Park	Ariel	Wright	Bishop O'Dowd	14:06
2003	Castro Valley	Kelsey	Dellara	College Park	14:09
2004	Livermore	Lea	DeLuca	Analy	14:31
2005	Carondelet	Lacey	Bockhaus	Arroyo	14:24
2006	Montgomery	Kayla	Matsuda	James Lick	13:44
2007	Washington	Julia	Eylar	Oakland Tech	14:41
2008	Del Oro	Jennifer	Goldstein	Foothill	14:05
2009	Del Oro	Alexa	Lua	Del Oro	14:16
2010	James Logan	Kylie	Goo	Westmoor	13:37
2011	Northgate	Caitlyn	Mundrane	Northgate	14:20
2012	Castro Valley	Alex	Embody	Castro Valley	14:57

Top Individuals:

1	13:32	Amy	Loper-Riley	Alhambra	1997
2	13:33	Kelsey	Santisteban	Castro Valley	2008
3	13:37	Kylie	Goo	Westmoor	2010
4	13:44	Nicole	Hood	Carondelet	2006
4	13:44	Kayla	Matsuda	James Lick	2006
6	13:50	Kellie	Houser	Carondelet	2006
7	13:57	Marisa	Martines	Castro Valley	2008
8	14:00	Chelsea	Schneider	Castro Valley	2007
8	14:00	Lauren	Stanislaw	Beyer	2010
10	14:01	Jennie	LaPonte	Castro Valley	2005
11	14:05	Anna	Purcell	Bishop O'Dowd	2001
11	14:05	Jennifer	Goldstein	Foothill	2008
13	14:06	Ariel	Wright	Bishop O'Dowd	2002
14	14:09	Kelsey	Dallara	College Park	2003
15	14:11	Diana	George	Livermore	2006
16	14:13	Larisa	Solozhuk	Hayward	1998
16	14:13	Pam	MacLeod	Castro Valley	2007
18	14:14	Caitlin	DeVitt-Payne	Del Oro	2008
19	14:15	Lea	DeLuca	Analy	2003
20	14:16	Stephanie	Byrne	Carondelet	1999
20	14:16	Alexa	Lua	Del Oro	2009
22	14:19	Jenny	Esser	Foothill	1998
23	14:20	Jennifer	Randazzo	Carondelet	1999
23	14:20	Celeste	Berg	Montgomery	2006
25	14:20	Caitlyn	Mundrane	Northgate	2011

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 Esklidsen 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
76:33	Del Oro	10/10/09	Alexa Lua 14:16	Taylor Schairer 15:05	Emily Nash 15:35	Marisa Grattan 15:47	Anna Paraskevopoulos 15:50
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

11:00 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
2009	DeLaSalle
2010	Jesuit
2011	Las Lomas
2012	DeLaSalle

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
Nolan	Petersen	Washington	12:17
Gabe	Arias	St. Josphe's/Notre Dame	11:47
Carter	Mackay	Castro Valley	12:10
Sean	Wanket	DeLaSalle	12:00

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	11:47	Gabe	Arias	St. Joseph's	2010
6	11:49	Kyle	Kessler	Castro Valley	1979
6	11:49	Anthony	Lopez	Ygnacio Valley	1997
8	11:51	Mohammed	Abdul	Westmoor	1995
9	11:53	Nick	Ratto	St. Joseph's	2010
10	11:55	Larry	Guinee	Castro Valley	1977
10	11:55	JR	Gonzales	Westmoor	2003
12	11:56	Paul	Denzler	Castro Valley	1986
13	11:57	Zach	Ardell-Smith	San Leandro	1997
14	11:59	Stewart	Harwell	DeLaSalle	1999
15	12:00	Saul	Hurtado	Hayward	1999
15	12:00	Sean	Wanket	DeLaSalle	2012
17	12:02	Chad	Foster	James Logan	1994
17	12:02	Zeal	Levin	Bishop O'Dowd	2006
19	12:03	John	Atwood	Castro Valley	1991
19	12:03	John	Thyken	Clayton Valley	1999
19	12:03	James	Fazzio	Castro Valley	2005
19	12:03	Dhillon	Ranvir	Washington	2006
23	12:04	Dave	Shea	Castro Valley	1978
24	12:04	Dave	Brody	American	2008
25	12:05	David	Pensker	Miramonte	2002
25	12:05	Scott	Riccabona	DeLaSalle	2006

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

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
62:43	DeLaSalle	10/13/12	Sean Wanket 12:00	Nick Mitchell 12:29	Austin Sanchez 12:38	/drew Johnson 12:47	Kevin Sandri 12:48
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
63:21	Jesuit	10/9/10	Chris Goode 12:15	Tristyn Martin 12:24	Tanner Misono 12:58	Sam Stoll 12:57	Flavio Medrano 12:58
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
63:40	St. Josphe's	10/9/10	Gabe Arias 11:47	Nick Ratto 11:53	Louis Rodriguez 12:36	James Lafollette 12:57	Sam Levy-Wendt 13:57

11:25 Girls' Varsity -- 3.0 Miles

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
2009	Del Oro	Kelsey	Santisteban	Castro Valley	19:05
2010	Livermore	Kelsey	Santisteban	Castro Valley	18:45
2011	Castro Valley	Kylie	Goo	Westmoor	19:46
2012	Granada	Delaney	White	Santa Rosa	19:35

Top 50 Individual Times

1	18:07	Jacque	Taylor	Casa Grande	2008	25	19:46	Kyle	Goo	Westmoor	2011
2	18:13	Kristin	Gordon	Carondelet	1996	27	19:47	Crystal	Esperanza	Beyer	2007
3	18:16	Sara	Bei	Montgomery	2000	28	19:48	Amy	O'Connell	University	1994
4	18:21	Colleen	Lillig	California	2008	28	19:48	Jessica	Scalzo	Arroyo	2003
5	18:35	Trina	Cox	Santa Rosa	1997	28	19:48	Natalie	Dimits	Livermore	2010
6	18:44	Lindsay	Allen	College Park	2003	31	19:49	Ariel	Wright	Bishop O'Dowd	2004
7	18:45	Kelsey	Santisteban	Castro Valley	2010	32	19:50	Andrea	Moffit	Casa Grande	2012
8	18:47	Alicia	Cridinbring	College Park	2006	33	19:51	Erica	Holland	College Park	2000
9	18:55	Janie	Nolan	Antioch	1999	34	19:54	Rachel	Mitchell	American	2008
10	18:57	Amy	Loper-Riley	Alhambra	1998	35	19:55	Katie	Martin	Irvington	1997
11	19:08	Nicole	Pennes	College Park	2003	35	19:55	Maryann	Gong	Granada	2012
12	19:12	Theresa	DeVine	Marin Catholic	2008	37	19:56	Danila	Musante	Bishop O'Dowd	2002
13	19:16	Katie	Hotchkiss	Mission San Jose	1997	38	19:58	Melissa	Ackermann	Castro Valley	1991
14	19:17	Elaine	McVay	California	2009	38	19:58	Jennie	Essser	Foothill	2000
15	19:20	Beth	Raymond	Washington	2007	40	20:00	Tammy	Foley	Mission San Jose	1986
16	19:21	Jennie	Ewing	Castro Valley	1996	41	20:01	Elisa	Reidy	Mission San Jose	1994
17	19:22	Lucy	McCullough	Marin Academy	2009	41	20:01	Christine	Perez	Antioch	2001
18	19:25	Emma	Freeman	Del Oro	2009	43	20:02	Dominique	Ratto	Casa Grande	2007
19	19:27	Brittney	Escamilla	El Molino	2006	44	20:03	Sara	Jakel	Sonoma Valley	1993
20	19:33	no name available		Berkeley	2009	44	20:03	Ashley	Chan	Arroyo	2005
21	19:35	Delaney	White	Santa Rosa	2012	45	20:05	Hannah	Haley	Windsor	2012
22	19:39	Damajeria	DuBose	Bishop O'Dowd	2008	46	20:07	Kim	Conley	Montgomery	2001
23	19:44	Susan	Chan	Monte Vista	1999	46	20:07	Marisa	Buckley	College Park	2009
23	19:44	Chelsea	Schneider	Castro Valley	2007	48	20:10	Lindsay	Johnson	Santa Rosa	1996
25	19:46	Elise	Wummer	Castro Valley	2009	49	20:11	Megan	Newton	Foothill	1998
						49	20:11	Elizabeth	Escildsen	College Park	2003

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 Martinez 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 Terrabilini 20:54
101:49	Castro Valley	10/13/07	Kelsey Santisteban 19:34	Chelsea Schneider 19:56	Nicole Yang 20:24	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
102:26	Granada	10/13/12	Mary Ann gong 19:55	Sarah Franklin 20:13	Sophie Hartley 20:29	Megan McCandless 20:52	Taylor Lawson 20:55
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
103:04	Castro Valley	11/05/09	Elise Wummer 20:05	Chelsea Schneider 20:35	Gabrielle White 20:37	Samantha Fong 20:43	Nicole Yang 21:04

12:00 Boys' Varsity -- 3.0 Miles

Team Awards: Top 5 teams

Individual Medals: top 30

Entries: 7 only

Previous Winners

Team Winners		Individual Winners			
1993	Montgomery	Keith	Kennedy	San Leandro	16:29
1994	Mission San Jose	Keith	Kennedy	San Leandro	17:14
1995	Mission San Jose	Mike	Prindiville	DeLaSalle	16:10
1996	DeLaSalle	David	Rodriguez	Mission San Jose	16:03
1997	College Park	Jon	Stevens	Mission San Jose	15:57
1998	Antioch	Celedonio	Rodriguez	Elsie Allen	16:00
1999	Mission San Jose	Anthony	Lopez	Ygnacio Valley	16:37
2000	Montgomery	Yon-Sung	Leal	Arroyo	15:57
2001	College Park	Tom	Getchell	Del Campo	16:42
2002	College Park	Mitchell	Stevens	College Park	16:50
2003	Antioch	Yosef	Ghebray	James Logan	16:15
2004	Westmoor	Matt	LaForte	Alhambra	16:30
2005	Del Campo	Andy	Peaody	College Park	16:35
2006	College Park	Blake	McDowell	Montgomery	16:14
2007	Deer Valley	James	Tracey	Del Campo	16:25
2008	Castro Valley	Wyatt	Landrum	Liberty	15:51
2009	Del Campo	Ben	Eversole	Castro Valley	16:11
2010	Las Lomas	Ben	Eversole	Castro Valley	16:08
2011	Yreka	Danny	Stalters	Northgate	16:08
2012	Piner	Danny	Stalters	Northgate	15:58

Top 50 Individual Times

1	15:25	Calvin	Gaziano	Castro Valley	1984	26	16:20	Steve	Strangio	Mission San Jose	1977
2	15:51	Wyatt	Landrum	Liberty	2008	26	16:20	Mike	Spencer	Castro Valley	1982
3	15:57	Jon	Stevens	Mission San Jose	1997	28	16:21	Micheil	Jones	Livermore	1995
3	15:57	Yong-Sung	Leal	Arroyo	2000	29	16:23	Steve	Mayberry	Castro Valley	1981
5	15:58	Danny	Stalters	Northgate	2012	29	16:23	Kevin	Berkowitz	Hayward	1989
6	16:00	Celedonio	Rodriguez	Elsie Allen	1998	31	16:25	Ken	Romiguere	Canyon	1977
7	16:02	Beau	Bettinger	Castro Valley	2000	31	16:25	Mike	Wojciechowski	Clayton Valley	1995
8	16:03	David	Rodriguez	Mission San Jose	1996	31	16:25	Jeremy	Rubio	College Park	2006
9	16:04	John	Bass	Castro Valley	1982	31	16:25	James	Tracey	Del Campo	2007
10	16:05	Dave	Shea	Castro Valley	1980	35	16:26	Jack	Leng	Castro Valley	2007
11	16:07	Ben	Gutierrez	Bishop O'Dowd	2005	36	16:27	John	Marden	Mission San Jose	1977
12	16:08	Ben	Eversole	Castro Valley	2009	36	16:27	Dave	Vigil	College Park	1997
12	16:08	Danny	Stalters	Northgate	2011	38	16:28	Jeff	Bickart	College Park	2009
14	16:09	Rory	MacLeod	Santa Rosa	2008	39	16:29	Keith	Kennedy	San Leandro	1993
14	16:10	Tom	Prindiville	DeLaSalle	1995	40	16:30	Mohammed	Abdul	Westmoor	1997
16	16:12	Aidan	Goltra	Las Lomas	2011	40	16:30	Matt	LaFort	Alhambra	2004
17	16:13	Larry	Guinee	Castro Valley	1979	42	16:31	Tom	Ashby	Castro Valley	2009
18	16:14	Jay	Marden	Mission San Jose	1979	43	16:34	Gavin	Ramos	Las Lomas	2011
18	16:14	Kyle	Kessler	Castro Valley	1981	44	16:35	Andy	Peabody	College Park	2005
18	16:14	Blake	McDowell	Montgomery	2006	44	16:35	Josh	MacDonald	Redwood Christian	2008
18	16:14	Jaime	Silva	Piner	2012	46	16:36	Tom	Getchel	DelCampo	2000
22	16:15	Jeremy	Seven	DeLaSalle	1989	46	16:36	Efren	Reyes	Piner	2012
22	16:15	Yosef	Ghebray	James Logan	2003	48	16:37	Anthony	Lopez	Ygnacio Valley	1999
24	16:16	Rich	Read	Mission San Jose	1979	48	16:37	Abdullah	Jamali	Ygnacio Valley	2000
25	16:19	Dave	Anderson	Castro Valley	1980	50	16:38	Matt	Owen	College Park	2000

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
85:58	Del Campo	10/10/09	Josh Mercado 16:43	Jack Nevins 17:05	Robert Pflasterer 17:06	Jordan Rushing 17:25	Garrett Hawkins 17:39

12:30 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
2009	Homestead	Janae	Mayfield	James Logan	15:33
2010	Las Lomas	Tiffany	Monsulad	James Logan	14:57
2011	Castro Valley	Denise	Arzon	James Logan	15:36
2012	Las Lomas	Marilyn	Narloch	Northgate	15:31

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
6	14:57	Tiffany	Monsulad	James Logan	2010
8	15:02	Shae	Dinino	Carondelet	2002
9	15:04	Christine	Castelanelli	Tokay	1994
10	15:05	Kristine	Musante	Clayton Valley	1995
11	15:08	Christina	Oliver	Lincoln	1999
11	15:08	Kristen	Boon-Nitoff	Castro Valley	2000
11	15:08	Yesenia	Esquivez	Los Banos	2004
14	15:10	Mindy	Eastman	Ygnacio Valley	1999
14	15:10	Karlina	Beringer	Castro Valley	2004
16	15:12	Rebecca	Zamolo	Alhambra	1999
17	15:13	Nicole	Yang	Castro Valley	2006
17	15:13	Marisa	Martines	Castro Valley	2009
19	15:15	Haley	Crawford	Deer Valley	2005
20	15:16	Katie	Mar	Carondelet	2002
20	15:16	Jamie	Mayfield	James Logan	2010
22	15:19	Anna	Purcell	Bishop O'Dowd	2002
22	15:19	Kristen	Scanlon	Carondelet	2002
24	15:20	Francesca	Au	Ygnacio Valley	2002
25	15:22	Lisa	Bostjanich	Acalanes	1996

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	Marciel 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
81:37	Castro Valley	11/05/09	Marisa Martines 15:13	Pam MacLeod 16:01	Nghi Le 16:18	Angie Shin 16:27	Sarah Gilchriese 17:38
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
82:11	James Logan	10/9/10	Tiffany Monsulad 14:57	Janae Mayfield 15:16	Denise Arzon 16:19	Llane Monsulad 17:27	Kelli VanderMoer 18:42
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

1:00 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
2009	Del Campo	Jonnathan	Terry	Del Campo 12:34
2010	DeLaSalle	James	Sheehy	Northgate 13:13
2011	Yreka	Matt	Wood	Yreka 12:28
2012	Granada	Justin	Moore	Granada 12:36

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
7	12:28	Matt	Wood	Yreka	2011
12	12:30	Scott	Craig	Castro Valley	1979
12	12:30	Tom	Vertrees	Castro Valley	1979
12	12:30	Baltimore	Alas	DeLaSalle	1999
15	12:32	Mike	Cranci	DeLaSalle	1997
16	12:33	Charles	Naranung	Florin	2000
17	12:34	Jordan	Jarosz	St. Mary's	1992
17	12:34	Connor	Dunn	San Ramon Valley	2000
17	12:34	Carlos	Munos	Tokay	2003
17	12:34	Jonnathan	Terry	Del Campo	2009
21	12:35	Jacob	Ackerman	Tokay	2002
22	12:36	Justin	Moore	Granada	2012
23	12:37	Andrew	Cheshire	Castro Valley	2005
23	12:37	Cody	Griffith	Yreka	2011
25	12:38	Chase	Phivirotto	College Park	2000
25	12:38	Tyler	Wagner	College Park	2006

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	Joe Rihel 13:01
64:31	San Ramon	10/14/00	Anthony Gladstein 12:14	Connor Dunn 12:34	BJ Kirk 12:39	Adam Brodenck 13:24	Greg Chance 13:40
64:37	Del Campo	10/10/09	Jonnathan Terry 12:34	brennan 12:41	Joey Cody Alderman 12:45	Aaron Letay 13:18	Jacob Brown 13:19
64:44	DeLaSalle	10/11/97	Mike Caranci 12:32	Calvin Becerra 12:53	Matt Green 13:01	Dan Olson 13:09	Henry Martinez 13:09
65:04	Granada	10/13/12	Justin Moore 12:36	Joe Burton 12:39	Taylor Futral 13:09	James Baker 13:11	Luis Perez 13:27
65:19	College Park	10/14/00	Shaun Farr 12:28	Chase Phivirotto 12:38	Jeff Belezuozi 13:02	Gustavo Lezama 13:17	Joe Kestlen 13:26
65:46	Las Lomas	10/13/12	Andreas Thallaug 12:54	SAmuel Ernst 13:00	Miles Dawes 13:12	Gabriel Newman 13:16	Jared O'Chaughnessey 13:23
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