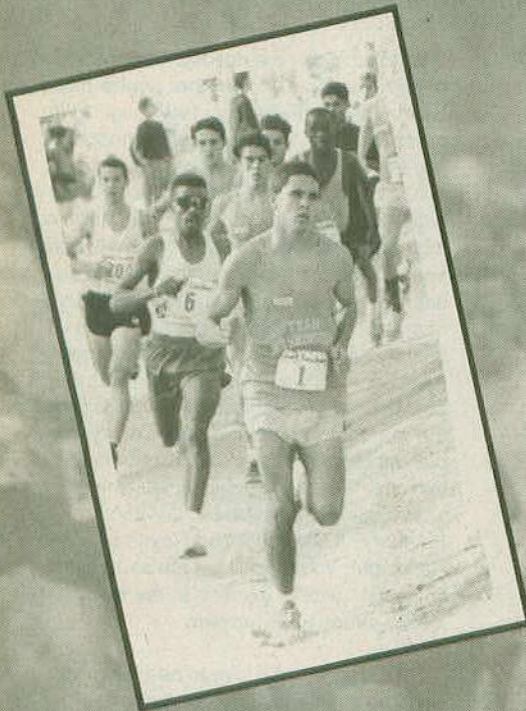


JANUARY / FEBRUARY 1994

CALIFORNIA

Track News



BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

Track & Field

Twentieth Year

Country

✓ California High School Cross Country State Meet
✓ Foot Locker Cross Country ✓ Final Ranking ...and much more!

\$2.25

CALIFORNIA Track News

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California Track News is published 9 times per year - Cover dates are January/February, March, April, May, June, July/August, September, October, November/December. Each issue is mailed about the first of the month.

California Track News has an average circulation of 2,000 copies, consisting of paid subscriptions, store sales, and promotional copies.

California Track News is mailed third class bulk rate and is not forwardable. When you move, please let us know at least 4 weeks in advance.

MAILING RATES: 1 year (11 issues) - \$20.00, 2 years (22 issues) - \$35.00, 3 years (33 issues) - \$46.00. Add \$10 per year for U.S. First Class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special discounted rates for meet / race / clinic ads.

4957 E. Heaton Avenue
Fresno, CA 93727
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EDITORIAL

■ The past year we've heard a lot of talk about the problems with track and field in the U.S. Current problems span high school, college and open track and field. I won't reiterate the depressing statistics now. We have, not only, addressed the problems here in the pages of *California Track News*, but we've tried to present different solutions. All the news hasn't been bad, as there have been some positive developments that are pulling track back in the right direction.

Two causes for optimism are the California Coaches Alliance and the California/Nevada Track and Cross Country Coaches Association. The Coaches Alliance, headed by Mt. Carmel High's Dennis McClanahan, is building membership among concerned high school coaches and has been addressing track and cross country concerns at the prep level in California. The Coaches Association, spearheaded by Northridge's Don Strametz, is doing the same, but at the collegiate level for both California and Nevada.

One exciting feature that the Cal/Nev Coaches Association started last year is the weekly collegiate track and field team dual meet rankings. These rankings were carried in *CTN* as well as in several California newspapers. Fresno State's Bob Fraley did a great job of compiling the poll last year, and has handed the baton over to fellow Bulldog coach Red Estes for the 1994 season. Coach Estes says of the rankings, "As we have many times discussed, polls are rarely 100% accurate (just ask Lou Holtz!) and always subject to debate. The fact that they do stir debate is perhaps their best feature. We want people reading about, talking about, debating about track and field."

If you have any ideas about or would like to have any input into the Cal/Nev dual meet rankings, you may contact Red at Fresno State.

■ You may have noticed from the cover of this issue, that it is another double month issue--January/February. 1994 begins our new publication schedule. Even though it has been years since we have raised the subscription price of *CTN*, we decided that a better way to make ends meet (or not fall behind any faster) would be to cut costs. Since postage rates are rumored to be going up soon, and since there are a few relatively dead months (as far as track and cross country are concerned) that it would make more sense to cut the number of times we paid to have the magazine mailed. Still print the same total number of pages every year, but just combine some of the light months into one. We plan to publish nine times a year; double issues will be: January/February, July/August and November/December. You will still get the same great coverage, just not as often in the slow times. Makes sense to us, anyway.

As always, we'd love to hear from you. Send us your ideas and suggestions. It's your magazine.

Best wishes for a great 1994.

Bill Cockerham, Editor

ON THE COVER: Out early in Division III of the California High School State Cross Country Meet, pack includes DARREN HOLMAN (#995), RONDIE GIBBS (#878) and BEEBE RUTLEDGE (#572).

Inset photo: Action in the Seeded Boys Race at the Foot Locker West Regional--MATTHEW DAVIS (#1) leads pack consisting of MEBRAHTOM KEFLEZIGHI, MATT FARLEY, MICAH DAVIS, ANDREW HUNT, JAIME MARTINEZ and BILLY HARPER.

Fine Flicks by Don Gosney

SCHEDULE

Please send cross country and track information to CTN, 4957 E. Heaton Ave., Fresno, CA 93727.

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

High School Track & Field

January 15 (Saturday)

Los Gatos: Lot Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Walnut: Mt. SAC All-Comers Meet. At Mt. SAC. 10 a.m. - 2 p.m. Open to all-age group boys and girls through the Olympic athlete. Info: (714) 594-5611, ext 4881 or 4882 -- Coaches Norton or Ruh.

January 22 (Saturday)

Los Gatos: Lot Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Walnut: Mt. SAC All-Comers Meet. At Mt. SAC. 10 a.m. - 2 p.m. Open to all-age group boys and girls through the Olympic athlete. Info: (714) 594-5611, ext 4881 or 4882 -- Coaches Norton or Ruh.

Santa Cruz: Throws Series #24. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

January 29 (Sat)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all

divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Reno, NV: Silver State Invitational. (Indoor Meet). 6 p.m. Contact Roger Bowen (702) 784-6081.

February 4 (Friday)

New York, NY: Millrose Games. Madison Square Garden. Howard Schmertz, 2428 Kayron Lane, North Bellmore, NY 11710 (212) 455-5555.

February 5 (Sat)

Los Gatos: Lot Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Walnut: Mt. SAC All-Comers Meet. At Mt. SAC. 10 a.m. - 2 p.m. Open to all-age group boys and girls through the Olympic athlete. Info: (714) 594-5611, ext 4881 or 4882 -- Coaches Norton or Ruh.

Reno, NV: University of Nevada Bill Cosby Invitational. (Indoors). Contact Roger Bowen (702) 784-6081.

February 12 (Saturday)

Los Gatos: Lot Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Reno, NV: University of Nevada Holiday Inn Classic. (Indoors). Contact Roger Bowen (702) 784-6081.

February 13 (Sunday)

Portland, OR: Oregon Indoor Meet. Memorial Coliseum. Paul Banta, 7335 SE 21st St., Portland, OR 97202 (503) 232-0678.

February 18-19 (Fri-Sat)

Pocatello, ID: Simplot Games. Idaho State University. (High School only). 200m banked, board track. Info: Carol Lish 1-800-635-9444.

February 19 (Sat)

Los Angeles: 35th Sunkist Invitational. Los Angeles Sports Arena. 12 noon. Ticket information (213) 741-2164. Special team group sales discounts (310) 278-2030.

Los Gatos: Los Gatos All-Comers Track

Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Santa Cruz: Throws Series #25. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

February 26 (Saturday)

Los Gatos: Lot Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

March 5 (Saturday)

Long Beach: Long Beach Poly Track & Field Invitational. Veteran's Stadium. CIF sanctioned. Info: (310) 591-0581. Meet Director: Charles Clinton.

Los Banos: Los Banos Track & Field Invitational. 9 a.m. Los Banos HS. Contact Mike Miller (209) 826-6033 or (209) 826-2214.

March 12 (Saturday)

Azusa: 20th Annual Foothill Relays. At Azusa Pacific University. All events--relay format. Contact: Irv Ray (818) 969-3434 or Morrier Gear (818) 014-8652.

March 12-13

Syracuse, NY: National Scholastic Championships. Carrier Dome, Syracuse University. Tracy Sundlun, Metropolitan Athletics Congress, 57 Reade St., New York, NY 10007-1821, (212) 227-0071, FAX (212) 227-0756.

March 19 (Saturday)

Santa Cruz: Throws Series #26. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

March 26 (Saturday)

Long Beach: 7th Annual Bruin Invitational. At Long Beach Veteran's Stadium. 10 a.m. Hosted by Long Beach Wilson HS. Open & Relay events, large & small school divisions, full F/S schedule. CIF sanctioned. Includes steeplechase. Contact Therese Butler (310)

SCHEDULE

420-4124 or Terry Kennedy (719) 996-7534 after 5 p.m.

Azusa: Meet of Champions Distance Invitational. Cougar Stadium at Azusa Pacific. 400, 800, 1600, 3200, 4x400, 2K Steeple. Contact Irv Ray (818) 969-3434 or Tim O'Rourke (818) 914-2794.

Martinez: Martinez Relays. Alhambra High School. Relays in all events. 3-person relays in field events. Contact Tim Bruder, Alhambra HS, 150 E Street, Martinez 94553 (510) 313-0439 or FAX (510) 229-1844.

April 2 (Saturday)

Berkeley: Oakland Invitational. At Edwards Stadium, UC Berkeley. Contact Ralph Belany at McClymonds HS (510) 893-6569 or Attorney Tom Broome (510) 465-8744w.

April 8 (Friday)

Davis: UC Davis High School Invitational. Contact Jon or Deanne Vochatzer at (916) 752-1111.

April 9 (Saturday)

Arcadia: Arcadia/Foot Locker Invitational. Arcadia HS. Contact Doug Speck or Mary Lou Guy at Arcadia HS (818) 446-0131.

April 16 (Saturday)

San Jose: Hampton/Phillips Track & Field Classic. At San Jose CC. Contact Bob Poynter or Frank Slaton (408) 274-1700w, (408) 238-0825h, or FAX (408) 270-1004.

April 23 (Saturday)

San Mateo: 3rd Annual Half Moon Bay Track Distance Carnival. College of San Mateo campus. 3200, 800, mile, and 1600 relay. Freshmen race freshmen, sophomores race sophomores, etc. Relay open. Info: HMBay Track, 30 Marie Ct., Half Moon Bay, CA 94019 (415) 726-9043.

COACHES/MEET DIRECTORS--We want to include your track & field invitational. Write to CTN, 4957 E. Heaton Ave., Fresno, CA 93727 or call/FAX (209) 255-4904.

Cross Country

October 29 (Saturday)

Azusa: Collegiate Invitational. Invitational High School 2 Mile 7:30 p.m. All Divisions. Contact Irv Ray (818) 969-3434.

December 3 (Saturday)

Fresno: Foot Locker West Regional Cross Country Championships. Woodward Park. New race schedule for 1994. Includes coaches race. 5K. Contact Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 10 (Saturday)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park.

College & Open

Track & Field

January 15 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Berkeley: UC Berkeley All-Comers. Contact Erv Hunt (510) 642-3158.

Northridge: CSUN All-Comers Meet. Contact Don Strametz (818) 885-3608.

Walnut: Mt. SAC All-Comers Meet. At Mt. SAC. 10 a.m. - 2 p.m. Open to all-age group boys and girls through the Olympic athlete. Info: (714) 594-5611, ext 4881 or 4882 -- Coaches Norton or Ruh.

January 21 (Friday)

Fullerton: Fullerton All-Comers Meet. At Fullerton College. Contact Jim Kiefer (714) 992-7383.

January 22 (Saturday)

Santa Cruz: Throws Series #24. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Berkeley: UC Berkeley All-Comers. Contact Erv Hunt (510) 642-3158.

Stanford: Stanford Open. Contact Betsy Riccardi (415) 725-0761.

Northridge: CSUN All-Comers Meet. Contact Don Strametz (818) 885-3608.

Walnut: Mt. SAC All-Comers Meet. At Mt. SAC. 10 a.m. - 2 p.m. Open to all-age group boys and girls through the Olympic athlete. Info: (714) 594-5611, ext 4881 or 4882 -- Coaches Norton or Ruh.

Fresno: FSU Weight Pentathlon. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

Reno, NV: Silver State Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

January 28 (Friday)

Fullerton: Fullerton All-Comers Meet. Fullerton College. Contact Jim Kiefer (714) 992-7383.

January 29 (Saturday)

Reno, NV: Wolf Pack Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Berkeley: UC Berkeley All-Comers. Contact Erv Hunt (510) 642-3158.

Long Beach: Long Beach All-Comers. At Long Beach State. Contact Andy Sythe (310) 985-1700.

San Diego: San Diego All-Comers Meet. At San Diego State. Contact Rhan Sheffield (619) 594-5514.

February 4 (Friday)

Fullerton: Fullerton All-Comers Meet. Fullerton College. Contact Jim Kiefer (714) 992-7383.

New York, NY: Chemical Bank Millrose Games. Madison Square Garden. Howard Schmertz, 2428 Kayron Lane, North Bellmore, NY 11710 (212) 455-5555.

February 4-5

Bakersfield: Bakersfield Decathlon/Heptathlon. Bakersfield College. Contact Bob Covey (805) 395-4340.

February 5 (Sat)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Walnut: Mt. SAC All-Comers Meet. At Mt. SAC. 10 a.m. - 2 p.m. Open to all-age group boys and girls through the Olympic athlete. Info: (714) 594-5611, ext 4881 or 4882 -- Coaches Norton or Ruh.

Bakersfield: Pepperidge Farm Relays. At Cal State Bakersfield. Contact Charlie Craig (805) 664-2347.

SCHEDULE

Fresno. Fresno City College All-Comers. Ratcliffe Stadium.

Berkeley: Berkeley All-Comers. Contact Erv Hunt (510) 642-3158.

Northridge: CSUN All-Comers. At CSUN. Contact Don Strametz (818) 885-3608.

Azusa. McDonald's Cougar Classic.

Reno, NV: Univ. of Nevada/Bill Cosby Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

February 11 (Friday)

Fullerton: Fullerton All-Comers Meet. Fullerton College. Contact Jim Kiefer (714) 992-7383.

Santa Barbara: Santa Barbara Open. SBCC. Contact R. Paulson (805) 965-0581 x2275.

February 12 (Saturday)

Berkeley: UC Berkeley All-Comers. UCB. Contact Erv Hunt (510) 642-3158.

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Hamatz, Director (408) 354-7365 or 354-5660.

Stanford: Stanford Relays. Contact Betsy Riccardi (415) 725-0761.

Los Angeles: LACC Indoor Dist. Qualifier. LA City College. Contact M. Thompson (213) 953-4000 x 260.

Long Beach: Long Beach All-Comers. Long Beach State. Contact Andy Sythe (310) 985-1700.

San Diego: San Diego All-Comers. San Diego State. Contact Rhan Sheffield (619) 594-5514.

Reno, NV: Univ. of Nevada/Holiday Inn Classic. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

February 13 (Sunday)

Portland, OR: Oregon Indoor Meet. Memorial Coliseum. Paul Banta, 7335 SE 21st Street, Portland, OR 97202 (503) 232-0678.

February 19 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Hamatz, Director (408) 354-7365 or 354-5660.

Santa Cruz: Throws Series #24. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.



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SCHEDULE

Berkeley: UC Berkeley All-Comers. Contact Erv Hunt (510) 642-3158.

Long Beach. Long Beach Relays. Long Beach State. Contact Andy Sythe (310) 985-1700.

Pomona: Pomona All-Comers Meet. Pomona-Pitzer College. Contact Kirk Reynolds (909) 621-8429.

Los Angeles: 35th Sunkist Invitational. Los Angeles Sports Arena. 12 noon. Ticket Information (213) 741-2164.

Reno, NV: Nevada Classic. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

Colorado Springs, CO. WAC Indoor Championships.

Flagstaff, AZ: Skydome Invitational (indoors). Northern Arizona University. Ron Mann, Track Coach, NAU, Box 15400, Flagstaff, AZ 86011 (602) 523-5646.

February 26 (Saturday)

Arcata: Green & Gold All-Comers Meet. Humboldt State Univ. Contact James Williams (707) 826-5954.

Davis: John Pappas Relays. Contact Jon/Deanne Vochatzer at UC Davis (916) 752-1111.

Berkeley: UC Berkeley All-Comers. Contact Erv Hunt (510) 642-3158.

San Francisco: San Francisco Preview. San Francisco State. Contact Matt Lydum (415) 338-1561.

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Azusa: Azusa Pacific Open. Outdoor meet for indoor qualifying. All events. Contact Irv Ray (818) 969-3434.

Reno, NV: Mountain Pacific Sports Federation Championships. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

Flagstaff, AZ: NAU Invitational (indoors). Northern Arizona University. Ron Mann, Track Coach, NAU, Box 15400, Flagstaff, AZ 86011 (602) 523-5646.

February 27 (Sunday)

Cerritos: Cerritos Invitational. Cerritos College. Contact Doug Wells (310) 860-2451 x2889.

March 4-5

Kansas City, MO. NAIA Indoor Champion-

ships. Municipal Auditorium. Doug Sliska, 1221 Baltimore, Kansas City, MO 64105 (918) 494-8828.

Atlanta, GA: USA/Mobil Indoors. Georgia Dome. Heliodoro Rico, PO Box 427, Crugers, NY 10521 (914) 271-4252.

March 5 (Saturday)

Fresno. FSU All-Comers. Warmerdam Field at FSU. 10 a.m. Contact Red Estes (209) 278-4097.

Pomona: Bronco Invitational. Cal Poly Pomona. Contact Jim Sackett (909) 869-2831.

San Diego: Aztec Invitational. San Diego State. Contact Rhan Sheffield (619) 594-5514.

March 11-12

Indianapolis, IN. NCAA I Indoor Championships. Thomas McLean, USAT&F, PO Box 6060, Indianapolis, IN 46206 (317) 261-0500.

Fargo, ND: NCAA II Indoor Championships. North Dakota State. Don Larson, Track Coach, North Dakota State University, 16th Ave. & University Drive N., Fargo, ND 58105 (701) 237-7793.

Oshkosh, WI: NCAA III Indoor Championships. University of Wisconsin/Oshkosh. Bruce Coleman, Track Coach, U of Wisconsin/Oshkosh, 800 Algoma Blvd., Oshkosh, WI 54901 (414) 424-7143.

March 12 (Saturday)

Sacramento: Sacramento Invitational. CS Sacramento. Contact Joe Neff (916) 278-6208.

Northridge: Northridge/Alemany Invitational. CSUN. Contact Don Strametz (818) 885-3608.

Fullerton: Titan Invitational. CS Fullerton. Contact John Elders (714) 773-3490.

March 17-18

Tucson, AZ: Arizona Decathlon/Heptathlon. Univ. of Arizona. Contact Mike Maynard (602) 621-8420.

March 18-19

San Luis Obispo: Golden Mustang Invitational. Cal Poly SLO. Contact Brooks Johnson (805) 756-2235.

March 19 (Saturday)

Santa Barbara. Easter Relays. SB City College. Contact Russ Smelley (805) 565-6108.

Los Angeles: Inner City Relays. LA City College. Contact M. Thompson (213) 953-4000 x260.

March 19-20

Eagle Rock: Oxy Decathlon/Heptathlon.

Occidental College. Contact Bill Harvey (213) 259-2608.

March 24-25

Tempe, AZ: Sun Devil Decathlon/Heptathlon. Arizona State Univ. Contact Herman Frazier (602) 965-3856.

March 25-26

Stanford: Stanford Invitational. Contact Betsy Riccardi (415) 725-0761.

San Francisco: VISA-SFSU Decathlon/Heptathlon. San Francisco State. Contact Matt Lydum (415) 338-1561.

March 26 (Saturday)

Santa Cruz: Throws Series #24. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

Northridge. Cal State Northridge Invitational.

San Diego: UC San Diego Invitational. UC San Diego. Contact Tony Salemo (619) 534-0328.

March 28-29

Fresno: Easter Decathlon/Heptathlon. Fresno State. Contact Bob fraley (209) 278-4097.

April 2 (Saturday)

Riverside: Riverside Track Classic. UC Riverside. Contact Chris Rinne (909) 787-5207.

Sacramento: Stan Wright Panther Invitational. Sacramento CC. Contact Bob Lanza (916) 558-2305.

Tempe, AZ: Sun Angel Classic. Arizona State Univ. Contact Herman Frazier (602) 965-3856.

April 8-9

Fresno. Bob Mathias Fresno Relays. Ratcliffe Stadium. Contact Red Estes (209) 278-4097.

April 9 (Saturday)

Azusa. GSAC Championships.

Davis: 39th Woody Wilson Track Invitational. Contact Jon Vochatzer at UC Davis (916) 752-1111.

San Diego: UC San Diego Invitational. UC San Diego. Contact Tony Salemo (619) 534-0238.

Las Vegas, NV: Las Vegas Invitational. UNLV. Contact Karen Dennis (702) 739-3256.

April 14-15 (Thu-Fri)

Walnut. Mt. SAC & California Invitational Decathlon/Heptathlon. Contact Terry Franson (818) 812-3024.

THE THIRD ANNUAL

LONG BEACH POLY HIGH SCHOOL TRACK AND FIELD INVITATIONAL

SATURDAY MARCH 5, 1994

LONG BEACH CITY COLLEGE VETERANS STADIUM
(SITE OF THE 1994 CIF TRACK AND FIELD PRELIMS AND DIV. FINALS)

WERE CALIFORNIA'S BEST IN THE SPRINTS, DISTANCE AND FIELD EVENTS
COME TO KICK OFF THEIR OUTDOOR SEASON

FOR MORE INFO: CHARLES CLINTON (310) 988-1905(H) OR (310) 591-0581(S)

April 15 (Friday)

Pomona. Pomona-Pitzer Invitational. Contact Pat Mulcahy (909) 621-8016.

April 15-16

Sacramento: Panther Decathlon/Heptathlon. Sacramento CC. Contact Bob Lanza (916) 558-2305.

April 15-17

Walnut. Mt. SAC Relays. Contact Dan Schrum (909) 594-5611 x4840.

April 16 (Saturday)

San Francisco. Johnny Mathis Invitational. San Francisco State. Contact Matt Lydum (415) 338-1561.

April 23 (Saturday)

Azusa. BFI Meet of Champions. All events. Invit. mile elites + Steve Scott. Contact Irv Ray (818) 969-3434.

San Mateo: 3rd Annual Half Moon Bay Track Distance Carnival. College of San Mateo campus. Men--2 mile. Women--mile. Run in middle of High School Invitational. Info: HMBay Track, 30 Marie Ct., Half Moon Bay, CA 94019 (415) 726-9043.

Irvine: Irvine Invitational. UC Irvine. Contact Vince O'Boyle (714) 856-6080.

Santa Barbara: Nick Carter/Gauche Invite. UC Santa Barbara. Contact Pete Dolan (805) 893-8276. Verify this date.

Stanislaus: Stanislaus Invitational. CS Stanislaus. Contact Kim Kemp (209) 667-3312.

April 30 (Saturday)

San Diego. UC San Diego Invitational.

April 30-May 1 (Sat-Sun)

Westwood. Cal/Nevada State Meet. at UCLA.

May 7 (Saturday)

Northridge: Northridge Open. CSUN. Contact Don Strametz (818) 885-3608.

Pomona: Poly Invitational. Cal Poly Pomona. Contact Jim Sackett (909) 869-2831.

May 14 (Saturday)

Modesto: S&W Modesto Invitational Track Meet. (Date changed from May 7.) Contact Tom Moore (209) 537-0411.

Sacramento: Sacramento Hornet Invitational. CS Sacramento. Contact Joe Neff (916) 278-6208.

Long Beach. So. Calif. Striders Open Invite. Long Beach State. Contact John Lomax (213) 666-0379.

Eagle Rock: Oxy Invitational. Occidental College. Contact Bill Harvey (213) 259-2608.

Flagstaff, AZ: Flagstaff Invitational. Northern Arizona Univ. Contact Ron Mann (602) 523-5646.

May 18-21 (Wed-Sat)

Fresno. WAC Championships. Warmerdam Field at FSU.

May 20-21

Van Nuys: Nike Distance Classic. Birmingham HS. Contact Skip Stolley (213) 730-9617.

May 21 (Saturday)

Davis: Davis Invitational (NCAA/USA T&F) Qualifying Meet. Contact Jon Vochatzor at UC Davis (916) 752-1111.

Los Angeles: Los Angeles Invitational. CS Los Angeles. Contact Kevin McCarthy (213) 343-6413/

May 21-22

Santa Barbara: VISA Twilight Decathlon. UC Santa Barbara. Contact Pete Dolan (805) 893-8276.

May 24-25

Long Beach: SCA/USATF Heptathlon Championships. Long Beach St. Contact

SCHEDULE

Andy Sythe Contact Andy Sythe (310) 985-1700.

May 25 (Wednesday)

Fresno. FSU Last Chance. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

Long Beach: Long Beach Twilight Invite. Long Beach State. Contact Andy Sythe (310) 985-1700.

May 28 (Saturday)

San Jose. Bruce Jenner Mobil Grand Prix. San Jose CC. Contact Bert Bonnano (408) 288-3730.

June 1-4 (Wed-Sat)

Boise, ID. NCAA Championships.

June 5 (Sunday)

Norwalk: SCA/USATF Championships. Cerritos College. Contact Doug Wells (310) 860-2451 x2889.

June 9 (Thursday)

Long Beach: USATF Tune-up. Long Beach State. Contact Andy Sythe (310) 985-1700.

June 16-18

Knoxville, TN: USATF Championships. Contact Gloria Ray (615) 522-3777.

June 22 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

June 29 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

June 30 (Thursday)

Long Beach: SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 1 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 6 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

July 7 (Thursday)

Long Beach: SCA/USATF All-Comers

Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 8 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 9 (Saturday)

Los Angeles: SCA/USATF All-Comers Meet. LA City College. Contact M. Thompson (213) 953-4000 x 260.

July 13 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

July 14 (Thursday)

Long Beach: SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 15 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 20 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

July 21 (Thursday)

Long Beach: SCA/USATF All-Comers Meet. Long Beach State. Contact Andy Sythe (310) 985-1700.

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 22 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

July 23 (Saturday)

Norwalk: SCA/USATF AC Championship. Cerritos College. Contact M. Thompson (213) 953-4000 x 260.

July 27 (Wednesday)

Van Nuys: SCA/USATF All-Comers Meet. Birmingham HS. Contact Scott King (805) 259-2687.

July 28 (Thursday)

Santa Barbara: Santa Barbara All-

Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

July 29 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

August 4 (Thursday)

Santa Barbara: Santa Barbara All-Comers. SBCC. Contact R. Paulson (805) 965-0581 x 2275.

August 5 (Friday)

Santa Monica: SCA/USATF All-Comers Meet. Santa Monica College. Contact C. Shropshire (213) 291-2376.

August 6 (Saturday)

Los Angeles: SCA/USATF All-Comers Meet. LA City College. Contact M. Thompson (213) 953-4000 x 260.

Masters

Track & Field

January 15 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Hamatz, Director (408) 354-7365 or 354-5660.

January 22 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Hamatz, Director (408) 354-7365 or 354-5660.

Santa Cruz: Throws Series #24. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

January 29 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Hamatz, Director (408) 354-7365 or 354-5660.

Palm Springs: College of the Desert Meet. Contact Mike Castaneda (619) 321-9299.

February 5 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./

California

Track News

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SCHEDULE

Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

February 11-20

Palm Springs: California Senior Olympics. 50+. Mizell Sr. Center, 480 S. Sunrise Way, Palm Springs, 92262. Contact Douglas Brown (619) 322-4475.

February 12 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Los Angeles: Inner-City Outdoor Meet. Los Angeles CC. 10 a.m. Contact Marv Thompson (213) 666-9126.

February 13 (Sunday)

Alameda: Pacific Assoc. Indoor Pole Vault Development Grand Prix. Horace Crow PV Center, 2317 Central Ave., Alameda. Contact Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-8618.

February 19 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

Santa Cruz: Throws Series #25 at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

February 26 (Saturday)

Los Gatos: Los Gatos All-Comers Track Meets. At Los Gatos High School. 11:30 a.m./Field, 12:30 Track events. Open to all divisions. Info: Willie Harmatz, Director (408) 354-7365 or 354-5660.

March 5 (Saturday)

Chicago, IL: USATF National Masters Men's & Women's Indoor Pentathlon Championships. Proviso West HS. 3 p.m. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168 (414) 843-3567 h, (708) 473-3700.

March 5-6

Alameda: Pacific Assoc. Indoor Pole Vault Development Grand Prix. Horace Crow PV Center, 2317 Central Ave., Alameda. Contact Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-8618.

March 12 (Saturday)

TENTATIVE Rancho Santiago: John Ward Masters Invitational. Rancho Santiago

College. Contact Al Siddons, Rancho Santiago College, 17th & Bristol, Santa Ana 92706 (714) 564-6936.

March 19 (Saturday)

Santa Cruz: Throws Series #26. at KEL Field. All Divisions. 9 a.m. Info: Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

Los Angeles: Inner City Relays. Los Angeles CC. Contact Marv Thompson (213) 662-1062.

March 24-26

Columbia, MO: USATF National Masters Indoor Championships. University of Missouri. Donald Dobson, Univ. of Missouri, 344 Heames Center, Columbia, MO 65211 (314) 882-4087.

April 23 (Saturday)

Westwood: Bob Watanabe Memorial Meet. UCLA. Contact Bill Adler (619) 325-6307.

April 24-May 7

Pasadena: Crown Valley Senior Games. Occidental College. 50+. Contact Christel Miller, Director or Cynthia Vaughn, Pasadena Sr. Center, 85 E. Holly St., Pasadena 91103 (818) 795-4331, 397-4062.

May 14 (Saturday)

Long Beach: Southern California Striders Meet. CS Long Beach. Contact Hugh Cobb (619) 436-7696.

May 21 (Saturday)

Visalia: Visalia Classic. Sunkist Stadium. Contact Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

May 29 (Sunday)

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Contact Mac McCormick (714) 586-9982 eve.

June 11 (Saturday)

Los Gatos: Los Gatos Pacific Classic. Los Gatos HS. Rick Mylem, c/o Athletic Performance, 55 W. Main St., Los Gatos 95030 (408) 354-7365.

Eagle Rock/Pasadena: USATF/SCA Championships. Occidental College. Christel Miller (818) 843-2139.

July 2-3

USATF West Regional Masters Championships. Site TBA. Hugh Cobb (619) 436-7696.

July 10(Sunday)

Los Angeles: Trojan Masters Meet. USC. Russ Reabold (818) 917-6289.

July 16 (Saturday)

Santa Cruz: Pacific USATF Masters & Submasters Weight Pentathlon Championships. At KEL Field. 9 a.m. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

July 16-17

Joplin, MO: USATF National Masters Decathlon/Heptathlon Championships. Contact Tom Thome (417) 451-7417.

August 4-7

Edmonton, Alberta: North American Regional Association of WAVA Championships. Contact Liz McBlain (403) 438-2911 or Bruce Thomas (Games Chairperson), PO Box 51030, Edmonton Alberta T5W5G5 (403) 474-8928.

August 11-14

Eugene, OR: 27th USATF National Masters Championships. Contact Tom Jordan, PO Box 10826, Eugene, OR 97440 (503) 687-1989.

August 20 (Saturday)

Seattle, WA: USATF National Outdoor Weight & Superweight Throw Championships. Univ. of Washington. Contact Ken Weinbel, 4103 Hillcrest Ave., SW, Seattle, WA 98116 (206) 932-3923.

September 26-October 8

Brisbane, Australia: World Masters Games. Info: Crowd Pleasers, Inc. Suite 333, 11777 S.E. Zion Hill Drive, Gresham, OR 97080 (503) 658-6011. FAX (503) 658-6011. Toll Free: (800) 424-8735.

Camps & Clinics

January 15 (Saturday)

Manteca: Northern California Strength & Conditioning Clinic Hands-On Track & Field Clinic. 8 a.m. Contact Dan King (209) 823-0414.

January 22-23, 29-30

Arcadia: AAF Track & Field Clinic. Arcadia High School. (Four-day clinic. Free.) All coaching levels. Info: Skip Stolley, AAF (213) 730-9617.

SCHEDULE

Riverside: AAF Track & Field Clinic. UC Riverside. (Four-day clinic. Free.) All coaching levels. Info: Skip Stolley, AAF (213) 730-9617.

February 5

Union City: Northern California Olympic Developmental Track & Field Clinic. James Logan High School. 9 a.m.-4 p.m. Athletes & coaches of all levels. Info: Lee Webb (510) 505-9557 home, (510) 471-2520 ext 5113 or Marcel Hetu (510) 736-8269 home.

February 5-6, 12-13

San Diego: AAF Track & Field Clinic. San Diego High School. (Four-day clinic. Free.) All coaching levels. Info: Skip Stolley, AAF (213) 730-9617.

February 13 (Sunday)

Alameda: Pacific Assoc. Indoor Pole Vault Development Grand Prix/Clinic. At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

March 5 & 6

Alameda: Pacific Assoc. Indoor Pole Vault Development Grand Prix Final and Awards (3/6) & Clinic (3/5). At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

March 27-31

San Luis Obispo: Sky Jumpers Spring Break Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

June 11 (Saturday)

Azusa: Middle & Long Distance Coaches Seminar (cross country and track). Azusa Pacific University. Call Irv Ray (818) 969-3434 x 3294.

June 19-23

San Luis Obispo: Sky Jumpers Summer Vault Camp. For vaulters age 12 and up, resi-

dent or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.

July 31-August 5

Prescott, AZ: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

July 31-August 5 & August 7-12

Lake Tahoe: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

August 13-20

Mammoth Lakes: 1st Annual Steve Scott Running Camp. For info call Irv Ray at Azusa Pacific University (818) 969-3434 x3294.

August 14-18

Stanford: Stanford Cross country Camp. Info (415) 723-2736. (Inquire about the track & field, throwing events, and speed & strength developments camps.)

August 23-28

Catalina Island: Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

December 27-31

San Luis Obispo: Sky Jumpers Christmas Vault Camp. For vaulters age 12 and up, resident or commuter. Info: (805) 466-8119 or write to Sky Jumpers, 6505 Santa Cruz, Atascadero 93422.



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PLEASE let us know if you have corrections and/or additions to the Schedule. We want to get it right!

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SoCAL DIARY

By Bill Minarik

October 25

As is usually the case on this particular weekend, the Mt. SAC Invitational totally dominates the high school cross country scene. In the sweepstakes race, no team really dominated things, however, the Thousand Oaks boy and Peninsula girls were champions by scores of 84-101 and 83-91 over runners Santa Ana and Edison.

At the community college level, the Glendale men and women swept their second conference meet by scores of 27-100 over runner-up Canyons and 50-67 ahead of second place Ventura.

In four-year/open competition, the Bronco Invitational at Bonelli Park was the only show in town and it was the club teams which stole the show. In the men's competition, the Glory Days Track Club, which features a group of former SoCal collegiate leatherlungs, defeated the entire field combined with a score of 26 points to runner-up Cal Poly Pomona with 95. The Nike West women fared almost as well with a 38 point total ahead of the Air Force with 92.

November 1

While the high schools were winding up their league meets, the community colleges were having their state qualifying meet up at Moorpark which is named the Johnny O Meet in memory of the late Yuba College coach Johnny Orogren. In the men's division, in what is not likely a preview of the State Meet, Cuyamaca's boys from Brazil edged Riverside's African corps 56-59. While in the women's competition, Irvine Valley continues to be a surprise team as they easily outran runner-up San Diego Mesa 106-139.

At the PAC-10 Meet held at Stanford, the Washington men pulled a mild surprise finishing just ahead of Washington State 67-70, while the Stanford women pulled a real upset by defeating favored Arizona 55-65. Individually, UCLA's Karen Hecox continued her winning ways with teammate Beth Bartholomew fourth. For the men, UCLA's Creighton Harris had the highest SoCal finish at sixth.

The Big West meet held at Irvine, saw the Utah State men win as expected 51-60 over runner-up CS Fullerton, while the UCSB wom-

en held a team running clinic enroute to a 43-81-81 win over UCI and Hawaii. Despite the fact that the first UCSB runner was 1:23 behind the leader, the next four Lady Gauchos were within 30 seconds of her and the meet was history.

There were no real surprises at the CCAA Meet were the CPSLO men breezed past newcomer UCSD 20-67, while the Lady Mustangs edged CS Los Angeles by a dual-meet-like 28-31 score.

The West Coast Conference saw Portland outclass both men and women's field by scores of 28-41 over Gonzaga and 21-71 ahead of Pepperdine.

At the SCIAC Meet, the Claremont men won as expected 49-69 over Pomona-Pitzer while the Occidental women went 1-2 in a blanket individual finish to edge Claremont-Mudd 48-49.

November 8

There was a very light schedule over the weekend as most teams were getting ready for championship meets. At the NCAA Division II Western Regionals, there were no surprises as the Cal Poly SLO men and women were solid winners by scores of 23-78 over Humboldt State and 38-49 ahead of Cal State LA.

The NAIA District 3 meet held at La Mirada appeared to be a re-run of the GSAA Conference meet as the Azusa-Pacific men destroyed the field and runner-up Westmont 17-64. Likewise, the Westmont women breezed ahead of Pt. Loma 35-59.

November 15

High school CIF prelims began the final stretch run of the SoCal prep cross country season with no particular surprises in the qualifying results. In the LA City Section, the Belmont boy and girls look like odds-on favorites to add another championship trophy to their total. In the Southern Section, the Thousand Oaks boys and Edison girls appear to be the surest winners of the various divisions being contested.

In community college conference finals, the Mt. SAC men and women swept the South Coast Conference meet by scores of 30-47

and 38-43 over runner-up El Camino. At the Orange Empire Conference, as expected, the Riverside men and Irvine Valley women were easy winners by scores of 31-52 and 34-75 over runner-ups Rancho Santiago and Orange Coast.

At the Western States Conference Meet, the Bakersfield men outdistanced West LA 56-67 while the Ventura women eased by Santa Monica 41-54. The big news here, however, was the fact that Glendale, an odds-on favorite for both men and women's titles, no-showed for the meet. It seems that there had been a verbal agreement among coaches to change the date of the meet from Tuesday to Friday. However, either the change never became official or the date was changed back to Tuesday. In any case, all of the other conference schools discovered the switch back to Tuesday with the exception of Glendale. Since the meet had been run, the results had to stand. However, both the Glendale men and women's teams had qualified for the State Meet. The net result of this snafu was that the Citrus men got bumped from the State Meet. Citrus had qualified ahead of Bakersfield for the final at-large berth in the State Meet, but when Bakersfield went to the State Meet automatically as conference champion, Glendale then went as an at-large team with a better qualifying score than Citrus.

At the NCAA Division I District 8 Meet, there was a real shocker in the men's race where U of Portland defeated all of the PAC-10 teams including runner-up Washington 56-71. The Arizona women edged Stanford 59-65 with UCLA fourth at 88 despite a 1-2 finish by Karen Hecox and Beth Bartholomew.

The NCAA Division III Regionals saw the Claremont-Mudd men edging UCSD 47-48 in the men's competition. However, UCSD came back in the women's divisions to run past the Sagehens by a 38-55 count.

November 22

The prep harriers held their CIF Finals last Saturday with no real team surprises to speak of. In the Southern Section meet, Thousand Oaks ran away with the overall best team performance and joined other boy's teams from Santa Ana, Katella,

continued next page...

SoCAL DIARY

Agoura, Santa Margarita, San Marino, Morro Bay and Maranatha as divisional champions. In the girl's competition, Agoura just edged out Peninsula in a battle of Titans, by a 78-83 margin and joined other divisional winners Thousand Oaks, Edison, El Modena, Newport Harbor, Corona Del Mar, Temescal Canyon and Maranatha as CIF champs.

At the LA City Section meet, there was no surprise here as the Belmont boys and girls ran away from their respective fields by scores of 52-91 over runner-up Birmingham and 35-114 ahead of second place Huntington Park.

At the community college state meet, the men from Cuyamaca, with a tremendous display of depth, ran away from the field and runner-up Mt. SAC 62-99 with Riverside, feeling the impact of a weak fourth and fifth man, finishing third at 130. This race had as much of a foreign flavor as I have ever seen with 8 of the first 10 finishers being foreign nationals. Cuyamaca's Edgar De Oliveira, Brazil's top 1500 meter runner, was the individual winner at 18:58. On the distaff side, Irvine Valley made it 2 for 2 for new community colleges as they cruised past Orange Coast and Glendale 133-189-190.

At the NCAA Division III meet, no local teams were able to break into the top 10, while at the NAIA Meet, the Azusa Pacific men ad seventh and the Westmont women at fifth generated the highest SoCal team finish. However, Biola's Elizabeth Ornyambu was the women's individual champion at 17:35 for the 5000 meter course.

A Visit to U.S.A. Track & Field Convention in Las Vegas by a High School Coach

I attended the USA Track & Field Convention in Las Vegas from November 30 to December 4, 1993. It was five days that started at 9 a.m. and sometimes ended at midnight.

The purpose of this convention encompasses all aspects of track and field including, but not limited to:

- 1) Selecting the Olympic Staff for 1996. California did quite well with two head coaches coming from Northern California--Erv Hunt of UC Berkeley and Deanne Vochatzer from UC Davis.
- 2) Selecting staff for other international competitions as well as state competitions.
- 3) Making major decisions on a variety of topics and areas that affect track and field.
- 4) Holding discussions on bringing in high school coaches as part of the USA Track & Field "family."
- 5) Looking at which way we would like to see USA Track & Field move.

One major item discussed that will be put into action as soon as possible was the establishment of a USA Track & Field Coaches Association for coaches from all divisions--college, high school and club coaches. The purpose this association is to keep all coaches informed on all aspects of track and field including, but not limited to clinics, development of athletes and major meets. The committee will also look at developing a clearinghouse with a phone number and/or regional reps that will provide information on aids for coaches.

Also discussed was the possibility of requiring a certificate in coaching for all levels of coaching. It is hoped that at the high school level we will have the following types of vehicles in place to keep a high school coach up-to-date and informed from the state level up to the USA Track level:

- A) Regional rep--boys and girls
- B) State rep--boys and girls
- C) Coaches Association
- D) Information reps at state meets

All of the above would cover cross country and track for boys and girls.

The convention was very informative and enjoyable. If anyone would like more information on any of the above items or specific information on any topic, please feel free to contact me (415) 330-1500 x327 during the day or (510) 651-2316 after 6:30 p.m. in the evening.

Al Hernandez
USA Track & Field Pacific Association
High School Coaches Chairman and National High School Coaches Association/USA Track & Field West Regional Rep

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California State High School Cross Country Meet

DIVISION I

By Keith Conning

BOYS

Thousand Oaks, the Southern Section-champions with 32 points, who set a new Mt. SAC course record of 77:56 and were second in this meet last year with 80 points, won the team title with 23 points (1st, 2nd, 3rd, 7th, and 10th team places). It was the lowest team score in State Meet history. The previous low score of 39 was turned in by Camarillo in 1989. The Thousand Oaks team was composed of junior Jeff Fischer, fifth in the Southern Section at 15:31 and 7th in this meet last year in 15:41, who improved to 3rd in 15:26, a 4:58 per mile pace; senior Brandon Del Campo, the Southern Section champion in 15:09 was 4th in 15:30, 4:59 pace; junior Kevin Marsden, sixth in the Southern Section at 15:32 placed 5th in 15:30, 4:59 pace; senior Chadd Aldrich (14th in 15:40, a 5:03 pace); and junior Keith O'Doherty (18th in 15:53, a 5:07 pace). They set a new team time course record of 77:59. The old record was 78:23. Their average race time was 15:35.8. Their average team place was 4.6.

Thousand Oaks is coached by Jack Farrell, a CIF Cross Country Honor Coach. He has been the head coach since 1975. His boys' teams have won four CIF Southern Section championships and been runner-up twice. This year's team is ranked #1 in the state and #5 nationally.

Santa Ana, second in the Southern Section with 82 points (80:30), ranked #17 in the nation by *Harrier* magazine, placed second with 88 points (6th, 9th, 14th, 26th, and 33rd team places). Their team included: senior Juan Zaragoza (13th in 15:40, 5:03 pace), senior Federico Duran (17th in 15:49, 5:05 pace), senior Juan Medrano (24th in 15:57, 5:08 pace), senior Federico Morales (41st in 16:11,

5:13 pace), and sophomore Nenceslado Morales (52nd in 16:27, 5:18 pace).

Madera (Central Section), third in this meet last year with 117 points, placed third again with 95 points (4th, 8th, 19th, 25th, and 39th team places). Their team was made up of senior Eric Kropf (6th in 15:31, 5:00 pace), senior Ricky Chavez (15th in 15:43, 5:04 pace), senior Luis Granado (31st in 16:03, 5:10 pace), senior Eddie Evangelista (40th in 16:11, 5:13 pace), and sophomore Elpidio Leyva (60th in 16:32, 5:19 pace). Madera is coached by Dee DeWitt.

Senior Mebrahtom Keflezighi (San Diego), the San Diego Section champion in 15:04, who placed third in this meet last year in 15:22, won easily in 15:02 (4:50 per mile pace). It was the fastest time of the day, and the fourth best of all-time in the State Meet. Bryan Dameworth (Agoura) ran 14:45 in 1989, Louie Quintana (Arroyo Grande) ran 14:47 in 1990 and 14:59 in 1989. His splits were: 4:41 at the mile, and 9:41 at the two-mile. Senior Jaime Martinez (Orange), fourth in the Southern Section at 15:17, placed second in 15:18 (4:55 pace).

Plc	Name	Yr	High School	Time
1.	Mebrahtom Keflezighi	Sr	San Diego	15:02
2.	Jaime Martinez	Sr	Orange	15:18
3.	Jeff Fischer	Jr	Thousand Oaks	15:26
4.	Brandon Del Campo	Sr	Thousand Oaks	15:30
5.	Kevin Marsden	Jr	Thousand Oaks	15:30
6.	Eric Kropf	Sr	Madera	15:31
7.	Alejandro Ramirez	Sr	Stagg	15:33
8.	Antonio Arce	Jr	Palmdale	15:35
9.	Peter Gilmore	Jr	Palisades	15:36
10.	Jose Melgar	Sr	San Diego	15:36
11.	Humberto Sanchez	Sr	South Gate	15:38
12.	Adolberto Sanchez	Jr	Capistrano Vly	15:39
13.	Juan Zaragoza	Sr	Santa Ana	15:40
14.	Chadd Aldrich	Sr	Thousand Oaks	15:40
15.	Ricky Chavez	Sr	Madera	15:43
16.	Eric Dunn	Sr	Arroyo Grande	15:44
17.	Federico Duran	Sr	Santa Ana	15:49
18.	Keith O'Doherty	Jr	Thousand Oaks	15:53
19.	Todd Dando	Sr	Bellamine Prep	15:54
20.	Konrad Knutsen	Sr	Del Campo	15:54
21.	Brett Strahan	Jr	Hart	15:55

22.	Francisco Sandoval	Jr	Channel Islands	15:56
23.	Trevor Sybert	Jr	Vista	15:57
24.	Juan Medrano	Sr	Santa Ana	15:57
25.	Ricardo Valenzuela	Sr	Belmont, LA	15:58

Team Results

1. Thousand Oaks 23, 2. Santa Ana 88, 3. Madera 95, 4. Bellamine Prep 99, 5. Peninsula 162, 6. Palmdale 171, 7. Chula Vista 181, 8. Belmont, LA 220, 9. Vista 231, 10. Del Campo 273, 11. Montgomery 300, 12. Birmingham 321, 13. Clovis West 373, 14. Franklin 377, 15. Junipero Serra 400, 16. Skyline 418, 17. Lowell 522, 18. Pleasant Valley 583.

GIRLS

Irvine, fourth in the Southern Section with 105 points (97:53) and second in this meet last year with 109 points, won the team title with 85 points (3rd, 11th, 12th, 29th, and 30th team places). Their team was composed of sophomore Jessica Corbin, fourth in the Southern Section at 18:25 placed 3rd in 18:14, 5:52 pace; freshman Stacey McMullen (15th in 19:03, 6:08 pace), sophomore Erin Livemore (16th in 19:03, 6:08 pace), senior Jennifer Gillis (41st in 19:48, 6:22 pace), and senior Alison Livemore (42nd in 19:49, 6:23 pace).

Peninsula, second in the Southern Section with 83 points (96:59) and fourth in this meet last year with 117 points, placed second with 87 points (4th, 7th, 14th, 16th, and 46th team places). Their team was made up of junior Molly Mehlberg, fifth in the Southern Section at 18:29 and third last year in 18:34 was 4th in 18:14, 5:52 pace; senior Jaime Artzner, eighth in the Southern Section at 18:53 placed 11th in 18:50, 6:04 pace; junior Mary Blake (20th in 19:08, 6:10 pace); sophomore Jamille Claiborne (24th in 19:20, 6:13 pace); and junior Rina Kato (70th in 20:23, 6:34 pace).

Peninsula is coached by Joe Kelly, a 1993 CIF Cross Country Honor Coach. No stranger to the CIF State Meet, Joe Kelly's girls' teams have won three state championships 1987-89 (as Palos Verdes High) and have dominated CIF Southern Section competi-

continued next page...

tion. His girls have won six CIF Southern Section titles. Kelly has coached for 26 years, 13 of which have been in cross country.

Madera (Central Section) placed third with 107 points. Their team included: junior Rosalinda Castaneda (10th in 18:45, 6:02 pace); senior Sherrie Donovan, tenth last year in 18:57 was 13th in 18:58, 6:06 pace; freshman Stefanie McCarty (25th in 19:20, 6:13 pace); junior Andrea Coronado (28th in 19:30, 6:17 pace); and junior Diana Estrada (81st in 20:32, 6:37 pace).

Junior Amy Skieresz (Agoura), the Southern Section champion, fifth in the 1991 State Meet in 18:17 and second last year in 17:42, won in 17:49 (5:44 per mile pace). The first mile was covered in 5:37. Skieresz led at two miles in 11:38. Senior Kay Nekota (Agoura), second in the Southern Section at 18:10, second in the 1991 State Meet in 18:01 and fifth last year in 18:36, placed second in 18:12 (5:51 pace). Skieresz and Nekota are coached by Bill Duley.

Senior Sarah Dickerman (Del Campo, Fair Oaks), first in the Sac-Joaquin Section in 17:46, placed fifth in 18:15 (5:52 pace). Dickerman is coached by Bob King, who is a new member of the C.I.F. Cross Country Advisory Committee.



MEBRAHTOM KEFLEZIGHI
Division I

Photo by Kirby Lee



AMY SKIERESZ
Division I

Photo by Kirby Lee



MATT FARLEY
Division II

Photo by Elaine Rosenfield



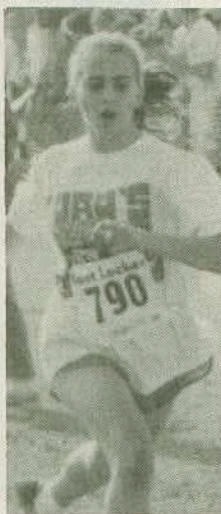
CARRIE GARRITSON
Division II

Photo by Bill Cockerham



MARK HAUSER
Division III

Fine Flicks by Don Gosney



ANNIE EBNER
Division III

Photo by Phillip Enbody



GALVAN GONZALEZ
Division IV

Photo by Bill Cockerham



KRISTEN SCHREIBER
Division IV

Photo by Elaine Rosenfield

Pk	Name	Yr	High School	Time
1.	Amy Skieresz	Jr	Agoura	17:49
2.	Kay Nekota	Sr	Agoura	18:12
3.	Jessica Corbin	So	Irvine	18:14
4.	Molly Mehlberg	Jr	Peninsula	18:14
5.	Sarah Dickerman	Sr	Del Campo	18:15
6.	Carrie Caulkins	Jr	Esperanza	18:24
7.	Eliaser Estrada	Jr	Santa Ana Vly	18:27
8.	Claire Becker	Jr	Bonita Vista	18:38
9.	Kim Mortensen	So	Thousand Oaks	18:44
10.	Rosalinda Castaneda	Jr	Madera	18:45
11.	Jaime Artzner	Sr	Peninsula	18:50
12.	Julie Hassan	Jr	Nevada Union	18:51
13.	Sherrie Donovan	Sr	Madera	18:58
14.	Tara Marsden	So	Thousand Oaks	19:01
15.	Stacey McMullen	Fr	Irvine	19:03
16.	Erin Livermore	So	Irvine	19:03
17.	Emili Lawson	Fr	Clovis West	19:05
18.	Kym Pilger	Fr	Clovis	19:07
19.	Amy Van Atta	Jr	Buena	19:07
20.	Mary Blake	Jr	Peninsula	19:08
21.	Jenny Titus	Jr	Esperanza	19:09
22.	Melanie Pickett	Jr	Mt. Carmel	19:11
23.	Courtney Pigmore	Jr	Esperanza	19:18
24.	Jamille Claiborne	So	Peninsula	19:20
25.	Stefanie McCarty	Fr	Madera	19:20

Team Results

1. Irvine 85, 2. Peninsula 87, 3. Madera 107, 4. Mt. Carmel 142, 5. Agoura 160, 6. Thousand Oaks 175, 7. Poway 202, 8. Clovis West 221, 9. Belmont LA 229, 10. Elk Grove 236, 11. Nevada Union 264, 12. Lowell 268, 13. Santa Teresa 283, 14. Skyline 321, 15. Huntington Park 354, 16. Los Gatos 389, 17. Pleasant Valley 452, 18. James Logan 471.

CIF Cross Country Champions -- 1993

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DIVISION II

By Keith Conning

BOYS

Jesuit (Carmichael), the Sac-Joaquin Section champions with 19 points, ranked #20 in the nation by *Harrier* magazine, fifth in this meet last year with 131 points, won the team title with 70 points (1st, 6th, 12th, 18th, and 33rd team places). Their team was composed of senior Matt Farley, the section champion at Sierra College in 14:36, tenth in this meet last year in 15:50 and the State Meet 3,200 meter champion in 9:04.39, was first in 15:06, 4:52 pace; sophomore Mike Stember, third in the section in 15:19 was 10th in 15:43, 5:04 pace; sophomore Scott Abbott (21st in 16:01, 5:09 pace); senior Ned Prasnall, second in the section in 15:17 was 34th in 16:12, 5:13 pace; and senior Gabe Turco (54th in 16:28, 5:18 pace).

Farley's splits were: 4:43 for the mile and 9:47 for the two-mile. Farley set a new Division II record by two seconds. The old record of 15:08 was set by Daniel Das Neves (Helix, San Diego) in 1991.

Jesuit is coached by Walt Lange, a 1993 CIF Cross Country Honor Coach. A veteran coach of 27 seasons, Lange has been the head coach at Jesuit for the past 23 years. His teams have garnered an amazing 23 league titles, 11 CIF Sac-Joaquin Section championships and one CIF State championship in 1989.

Mission Bay, the San Diego Section champion with 34 points and the defending champion in this meet with 93 points, placed second with 71 points (2nd, 8th, 9th, 21st, and 31st team places). Their team was made up of senior Devin Elizondo, the San Diego Section champion at 15:34 and eighth here last year in 15:43, was 2nd in 15:09, 4:53 pace; senior David Levy, fifth in the San Diego Section at 16:09 was 12th in 15:44, 5:04 pace; senior Mario Marquez, sixth in the San Diego Section at 16:13 was 13th in 15:45, 5:04 pace; senior Roger Romero (37th in 16:15, 5:14 pace); and junior Jonathan Holmes (51st in 16:27, 5:18 pace).

Mission Bay is coached by Dan Ungricht, a 1993 CIF Cross Country Honor Coach. He has coached for 22 years. During that time, his teams have garnered six league titles. He was voted Mission Bay High's Teacher of the Year in 1985, and was the area Coach of the

Year in San Diego in 1992.

Katella, the Southern Section champion with 59 points (81:31), third here last year with 109 points, placed third again with 101 points (4th, 10th, 13th, 36th, and 38th team places). Their team included: senior Mike Moreno, second in the Southern Section at 15:24, sixth here last year in 15:40 was 5th in 15:34, 5:01 pace; senior Delfino Resendiz, fifth in the Southern Section at 16:03 placed 14th in 15:50, 5:06 pace; sophomore Edgar Benitez (26th in 16:05, 5:11 pace); senior Albert Cruz (59th in 16:31, 5:19 pace); and sophomore George Pinto (61st in 16:34, 5:20 pace).

Junior Eleazar Hernandez (Camarillo), third in the Southern Section in 15:30, placed third in 15:27 (4:58 pace). Senior Pamenos Ballantyne (Sanger, Central Section), a foreign exchange student from Saint Vincent and the Grenadines in the eastern Caribbean, placed fourth in 15:31.

Plc	Name	Yr	High School	Time
1.	Matt Farley	Sr	Jesuit	15:06
2.	Devin Elizondo	Sr	Mission Bay	15:09
3.	Eleazar Hernandez	Jr	Camarillo	15:27
4.	Pamenos Ballantyne	Sr	Sanger	15:31
5.	Mike Moreno	Sr	Katella	15:34
6.	John Greene	Jr	Agoura	15:38
7.	Martin Reyes	Sr	Escondido	15:39
8.	Chris Maier	Sr	Amador Valley	15:40
9.	Matt Creason	Sr	Eureka	15:42
10.	Mike Stember	So	Jesuit	15:43
11.	Manuel Romero	Jr	San Pasqual	15:44
12.	David Levy	Sr	Mission Bay	15:44
13.	Mario Marquez	Sr	Mission Bay	15:45
14.	Delfino Resendiz	Sr	Katella	15:50
15.	Ricardo Villalobos	Jr	Ramona	15:54
16.	Keith Kennedy	Jr	San Leandro	15:54
17.	Ray Sanchez	Jr	Delano	15:54
18.	James Liu	Jr	Temple City	15:55
19.	Greg Phister	Jr	Davis	15:57
20.	Josh Cobb	Sr	Santa Barbara	15:58
21.	Scott Abbott	So	Jesuit	16:01
22.	Alfonso Ibarra	So	Arlington	16:02
23.	Ayub Abdusalam	So	Hoover, SD	16:02
24.	Eduardo Verdejo	Sr	Foothill, Bkld	16:03
25.	Ahmed Hussein	Sr	Hoover, SD	16:04

Team Results

1. Jesuit 70 (1, 6, 12, 18, 33, (43, 46), 2. Mission Bay 71 (2, 8, 9, 21, 31, (57, 78), 3. Katella 101, 4. San Pasqual 132, 5. Agoura 162, 6. Sanger 171, 7. De La Salle 205, 8. Villa Park 217, 9. Arvin 219, 10. North Monterey 227, 11. Corona 269, 12. Leland 278, 13. Davis 286, 14. Mission San Jose 291, 15. West Valley 431.

GIRLS

Edison (Huntington Beach), the Southern Section champion with 56 points (99:00), third in this meet last year with 111 points, won the team title with 104 points (11th, 13th, 20th, 28th, and 32nd team places). Their team was

composed of junior Elyse Homberger, sixth last year in 18:58 was 19th in 19:13, 6:11 pace; sophomore Kerry O'Bric (21st in 19:17, 6:12 pace); junior Jennifer Formosa, ninth in the Southern Section at 19:21, placed 32nd in 19:33, 6:18 pace; senior Danielle Eldridge (46th in 19:54, 6:24 pace); and senior Carrie Quinn (50th in 20:00, 6:26 pace). They are coached by Kristi McGihon.

Canyon (Anaheim), second in the Southern Section with 75 points (99:22), placed second with 121 points (2nd, 8th, 34th, 36th, and 41st team places). Their team was made up of senior Kim Nelson, second in the Southern Section in 18:36, second here last year in 18:40, was fourth in 18:25, 5:56 pace; senior Laura Flatauer (15th in 19:04, 6:08 pace); junior Nicole Luque (53rd in 20:09, 6:29 pace); freshman Melissa Luque (56th in 20:12, 6:30 pace); and senior Megan Gillespie (63rd in 20:27, 6:35 pace).

Mission San Jose (Fremont), the North Coast Section champion with 27 points, placed third with 144 points (3rd, 12th, 18th, 55th, and 56th team places). Their team included: junior Elissa Riedy, the North Coast Section champion at Mills College in 19:46 and tenth in this meet last year in 19:07, was fifth in 18:30, 5:57 pace; twin sister Lori, second in the North Coast Section in 19:50 was 20th in 19:16, 6:12 pace; freshman Jennifer Knowlden, third in the North Coast Section in 20:14 was 28th in 19:30, 6:17 pace; senior Amanda Brindley (81st in 20:49, 6:42 pace); and freshman Betsy Stevens (83rd in 20:51, 6:43 pace). They are coached by Jack Marder, the son of the long-time coach of the same name.

Senior Carrie Garrison (Buena Park), the Southern Section champion at 18:11, the 1990 Division III champion for Rim of the World in 18:01 and second in the 1991 Division II race for Sunny Hills in 18:06, won in 18:04 (5:49 pace). Her splits were: 5:28 for the mile, and 11:31 for the two-mile. Her time was the tenth best ever in Division II competition. She also has the second best time of 18:01 in Division III competition. She joins Milena Glusac (Fallbrook 1991,92) and Kira Jorgensen (Rancho Buena Vista 1987,88) as two-time State Meet champions. Deena Drossin (Agoura 1987,89,90) won the State Meet three times.

Sophomore Emily Allison (Leland, San Jose), the Central Coast Section champion at Crystal Springs in 17:58, placed second in

continued next page...

18:14 (5:52 pace). Sophomore Deborah Bleisch (Silver Creek, San Jose), third in the Central Coast Section in 18:26, was third in 18:17 (5:53 pace).

Ptc	Name	Yr	High School	Time
1.	Carrie Garritson	Sr	Buena Park	18:04
2.	Emily Allison	So	Leland	18:14
3.	Deborah Bleisch	So	Silver Creek	18:17
4.	Kim Nelson	Sr	Canyon, Anaheim	18:25
5.	Elissa Riedy	Jr	Mission San Jose	18:30
6.	Nicole Silva	Jr	Aptos	18:34
7.	Jenny Mortensen	Sr	Redwood	18:39
8.	Marla Pleyte	Jr	San Benito	18:44
9.	Gabriela Rodriguez	Sr	Oxnard	18:49
10.	Tara Whitfield	Jr	El Modena	18:50
11.	Danica Buckley	Jr	Vaihalla	19:02
12.	Brook Yerman	Sr	Paradise	19:03
13.	Jennifer Ewing	Fr	Castro Valley	19:03
14.	Nancy Dollar	Jr	San Clemente	19:04
15.	Laura Flatauer	Sr	Canyon, Anaheim	19:04
16.	Angela Ruiz	Fr	Reedley	19:07
17.	Magi Martinez	Sr	Wood	19:10
18.	Kami Schofield	Sr	Mt. Whitney	19:12
19.	Elyse Homberger	Jr	Edison, HB	19:13
20.	Lori Riedy	Jr	Mission San Jose	19:16
21.	Kerry O'Bric	So	Edison, HB	19:17
22.	Meghan Randall	Jr	Aptos	19:19
23.	Larissa Gregerson	So	El Capitan	19:20
24.	Kenna Masuda	Jr	Ocean View	19:22
25.	Jessica Anderson	So	Carlsbad	19:23

Team Results

1. Edison, Huntington Beach 104, 2. Canyon, Anaheim 121, 3. Mission San Jose 144, 4. Aptos 147, 5. Reedley 165, 6. El Capitan 183, 7. Silver Creek 185, 8. El Modena 195, 9. Ocean View 197, 10. Torrey Pines 203, 11. Wood, Vacaville 211, 12. Davis 259, 13. Castro Valley 282, 14. Paradise 294, 15. Foothill, Bakersfield 385.

DIVISION III

By Kim Kutcher

BOYS

There wasn't really any single favorite in the boys Division III team race. Gunn (Palo Alto) and Scripps Ranch (San Diego) figured as strong contenders for the State championship along with St. Augustine (San Diego), Livermore (North Coast Section) and Los Gatos (Central Coast Section). Throw in Southern Section's Santa Margarita, Estancia, San Marino and Nordhoff (Ojai) and it was any team's race.

A week earlier on the three-mile course at Mt. San Antonio College, Santa Margarita (Rancho Santa Margarita) had led all the Southern Section's Division III State meet qualifiers with an 84 point team total over Estancia (122), San Marino (125) and Nordhoff (132).

So when the teams sprinted out from the starting line at Woodward Park, it was anyone's guess as to which team would capture the title.

Rondie Gibbs, a senior from Rubidoux, was the race's early leader, coming through the one-mile mark in 4:44. St. Augustine's Mark Hauser and Sonora's Darren Holman followed along with a wave of runners as no distinct front pack had formed.

At about one-and-a-half miles, Hauser, Gibbs and Nordhoff's Javier Ramirez, a junior, had broken away with Holman following.

At the finish, Hauser, who ran the fastest high school 1,600 meters in the State last season in track, kicked it in, scoring a seven-second margin of victory over a charging Gibbs, who ran 15:22. Ramirez was third in 15:38 and Holman ended up in 12th (15:57).

Nordhoff, which were runner-ups in Division IV last season behind McFarland and before that were Division IV champions in 1991, placed its first four runners among the top 20 finishers to gain another State meet title with 92 points. Scripps Ranch, a new school, was second with 119 and Gunn was third with 127. Only 22 points separated third-place Gunn from sixth-place Santa Margarita.

10.	Steve Immel	Jr	Livermore	15:53
11.	Shilo Glass	Jr	Ramona	15:56
12.	Darren Holman	Jr	Sonora	15:57
13.	Matt Huss	Sr	Santa Margarita	15:57
14.	Richard Chisholm	Jr	San Marino	15:58
15.	David Romero	Jr	Scripps Ranch	15:58
16.	Neal Harder	Sr	Gunn	15:58
17.	Hector Leija	Sr	Manteca	15:59
18.	Ryan Wilkinson	Jr	Santa Margarita	16:00
19.	Michell Jones	So	Livermore	16:00
20.	Johann Appell	Jr	Estancia	16:01
21.	Daniel O'Connor	Sr	St. Augustine	16:07
22.	Matt Harris	Sr	Mira Costa	16:07
23.	Beebe Rudledge	So	Los Gatos	16:09
24.	Liam Jones	Sr	Soquel	16:12
25.	Jeremy Mattern	Sr	Irvington	16:13

Team Results

1. Nordhoff 92, 2. Scripps Ranch 119, 3. Gunn 127, 4. St. Augustine 130, 5. San Marino 147, 6. Santa Margarita 149, 7. Los Gatos 176, 8. Livermore 191, 9. Estancia 208, 10. Sonora 232, 11. Del Oro 232, 12. Bishop O'Dowd 253, 13. Le-moore 311, 14. Yosemite 345, 15. Enterprise 352.

GIRLS

Defending champion Corona del Mar, Newport Harbor and Santa Margarita, all out of the Southern Section, and St. Ignatius (San Francisco) were the favorites for the title. North Coast Section's Clayton Valley (Concord) and Bishop O'Dowd also figured to possibly challenge for the championship.

In the Southern Section Finals at Mt. SAC,

State Meet Splits

By Keith Conning

Boys				Girls			
Div.	Mile	2 Mile	5,000	Div.	Mile	2 Mile	5,000
I	4:41	9:41	15:02	I	5:37	11:38	17:49
II	4:43	9:47	15:06	II	5:28	11:31	18:04
III	4:44	9:50	15:22	III	5:44	12:00	18:32
IV	4:49	10:00	15:30	IV	5:45	12:11	19:04

Ptc	Name	Yr	High School	Time
1.	Mark Hauser	Sr	St. Augustine	15:22
2.	Rondie Gibbs	Sr	Rubidoux	15:29
3.	Javier Ramirez	Jr	Nordhoff	15:38
4.	Warren Wolf	Sr	San Marino	15:39
5.	Kevin Bowes	Jr	Scripps Ranch	15:47
6.	Alex Teekell	Jr	Bishop O'Dowd	15:50
7.	Ryan Bartell	Sr	West Hills, SD	15:51
8.	Micab Robles	Sr	Nordhoff	15:52
9.	Mike Lang	Sr	West Hills, SD	15:53

Corona del Mar had captured the Division III-A title with 24 points over Nordhoff's 56. The Sea Kings led all State meet qualifiers with 53 points, scoring a 20-point victory over Division III-AA champion Newport Harbor. Santa Margarita (78) and Nordhoff (113) were the last two teams out of the section to advance. Individually, St. Lucy's Annie Ebner, who is

continued next page...

the latest high school runner from the Ebner running family, figured to do something here. She captured the Division III-AA championship in the Southern Section finals and was first overall, covering the tough Mt. SAC course in 18:41. Santa Margarita freshman Katie Nuanes (19:02) and Corona del Mar's Dresden Howell (19:03) and Tracy Clark (19:06) had followed.

Ebner faced Christie Johnson (Central, Fresno), Ponderosa's Jenny Schindler, Michelle O'Connor (Our Lady of Peace, San Diego), Janice Kim (Palo Alto), Sara Jakel (Sonoma Valley) and Simone Ferrara (South Torrance) at Woodward Park.

At the mile mark, Ebner wasn't in the top three as O'Connor, Santa Margarita's Amy Gomez, Nuanes, and Clayton Valley's Heather Wallace went through at 5:41. Santa Margarita looked strong and appeared to have its fifth runner in front of Corona del Mar's fifth.

Ebner held off Northgate's Alison Lambert at the finish, 18:32 to 18:34. Wallace was third (18:36) and Nuanes moved ahead of her teammate--Gomez--to take fourth (18:37).

In the team race, Santa Margarita finished strongly to defeat Clayton Valley by a slim margin, 80-85, for the Eagles first title. Bishop O'Dowd (112) was third and Corona del Mar was fourth (126). Newport Harbor (136) and Our Lady of Peace (144) followed with St. Ignatius in eighth place (194).

Plc	Name	Yr	High School	Time
1.	Annie Ebner	So	St. Lucy's	18:32
2.	Alison Lambert	Jr	Northgate	18:34
3.	Heather Wallace	So	Clayton Valley	18:36
4.	Katie Nuanes	Fr	Santa Margarita	18:37
5.	Anjelica Randall	Sr	Bishop O'Dowd	18:38
6.	Kristen Gordon	Fr	Carondelet	18:38
7.	Amy Gomez	Sr	Santa Margarita	18:40
8.	Tracy Clark	Jr	Corona Del Mar	18:47
9.	Allison Twist	Jr	San Martino	18:52
10.	Gwen Twist	Sr	Newport Harbor	18:56
11.	Jenny Schindler	Fr	Ponderosa	18:59
12.	Michelle O'Connor	So	Our Lady of Peace	19:02
13.	Marisa Daniel	Jr	Granada	19:03
14.	Kristie Johnston	Jr	Central	19:07
15.	Gretchen Vanderlip	Fr	Clayton Valley	19:09
16.	Sarah Jakel	Sr	Sonoma Valley	19:10
17.	Kelly Howsey	Fr	Clayton Valley	19:12
18.	Janice Kim	Sr	Palo Alto	19:13
19.	Ann Baldelli	Sr	St. Ignatius	19:14
20.	Laura Sandoval	So	St. Ignatius	19:15
21.	Simone Ferrara	Jr	South Torrance	19:16
22.	Christine Stavolone	Sr	Presentation	19:19
23.	Dresden Howell	Jr	Corona Del Mar	19:23
24.	Brooke Meek	Jr	Corona Del Mar	19:24
25.	Maggie Hurst	Jr	Sonora	19:27

Team Results

1. Santa Margarita 80, 2. Clayton Valley 85, 3. Bishop O'Dowd 112, 4. Corona Del Mar 126, 5. Newport Harbor 136, 6. Our Lady of Peace 144, 7. Nordhoff 175, 8. St. Ignatius

194, 9. Del Oro 211, 10. Central Valley 212, 11. Ponderosa 259, 12. La Jolla 295, 13. Palo Alto 315, 14. Buchanan 379, 15. Edison, Fresno 438.

DIVISION IV

By Doug Speck

BOYS

California had probably its two best small school teams ever at this level, with traditional powers McFarland and Morro Bay racing very strongly during the Fall. The finest team time ever recorded in the State meet on the Woodward Park course was an 82:38 by Nordhoff (Ojai) in their 1991 win. McFarland had raced 81:50 in the Central Section Grand Master's Meet a week previous to this year's state affair, with Morro Bay, also very strong, 82:33 on the Mt. SAC course (which runs very close to Woodward) in Section action. The two had met at Stanford, with McFarland the winner of the division and the Cal Poly/SLO Meet with McFarland winning what was basically a dual meet 29-36. The two were very talented groups, with Coach Cary Nerelli's MB crew leading with Dave Mitchell and Joey Tavemer, both in the top ten in 1992, and Coach Jim White's McFarland group Galvan Gonzalez and Benjamin Galvan. Other top individuals also abounded here, with defending champion Steve Brown (Piedmont) and Aaron Gillen (Yreka) very strong this Fall.

Steve Brown (Piedmont) led the race as it went off the grass at 220 yards into the event, with McFarland and Morro Bay both having a couple of runners in the top pack. At the mile it was Aaron Gillen (Yreka), Steve Brown, Galvan Gonzalez (McFarland), and Dave Mitchell (Morro Bay) in a pack at 4:49 for the mile. McFarland and Morro Bay both had two athletes in the top ten. The "pack of four" continued to run together as the field next came into view heading up the hill just before two miles. Morro Bay had three inside the top ten at two miles, with McFarland four in the top twenty, with their number five scorer at about thirty-fifth. The two mile mark at the top of the grade came by in the mid-9:50's, with Gillen still leading, but that next trio was still close enough to reach out and touch him.

When the field came into view about a quarter of a mile from the finish it was Steve Brown and McFarland's Galvan Gonzalez who were battling for the lead. Dave Mitchell (Morro

Bay) was third, Benjamin Galvan (McFarland) four, and Joey Tavemer (Morro Bay) fifth as the team powers dominated the front end of the event. In a bit of a shocker (he was only third in the Central Section Div IV race) Gonzalez ran down the defending champion Brown during the final fifty yards in a 15:30-15:31 win. The order of the rest of the top five did not change during the final sprint, with the search now for the other Morro Bay and McFarland scorers. Trevor Strohman (MB-13th overall) was just ahead of Jose Sanchez (McF-15th), with Gerrardo Sotto (McF-22nd), Josh Hillis (MB-26th), and Dan Jaramillo (MB-41st) and Jose Galvan (McF-45th) completing the scoring. This had to be very, very close. Gonzalez's individual win was kind of a shocker, with the dual meet order of the two schools McF 1-3-6-7-9 (26) MB 2-4-5-7-8 (26) a dead tie! Displacement of other team runners would tell! After some time it was made known that McFarland had squeaked by 61-63, with the schools racing 81:32 and 81:50 team times respectively (best ever team times at this level). It was a great end to a super season by two fabulous teams and programs. Fifth place Lassen raced this day without their second runner from the Section Meet Sherman Moore.

Coach Jim White of McFarland later commented on the super job done by the top end of his squad, indicating that the group felt no pressure from Morro Bay, but just had to concentrate on running a solid race themselves in order to win.

Plc	Name	Yr	High School	Time
1.	Galvan Gonzalez	Jr	McFarland	15:30
2.	Steve Brown	Sr	Piedmont	15:31
3.	Dave Mitchell	Jr	Morro Bay	15:47
4.	Benjamin Galvan	Sr	McFarland	15:57
5.	Joey Tavemer	Sr	Morro Bay	16:04
6.	Aaron Gillen	So	Yreka	16:06
7.	Kenny Rhoan	So	Sierra	16:07
8.	Micah Fuson	So	Taft	16:17
9.	Doug Henning	Jr	Woodcrest Christian	16:18
10.	Josh Quintal	Sr	Fortuna	16:18
11.	Oswaldo Servio	Sr	Fillmore	16:19
12.	Nate Bowen	Sr	Crossroads	16:20
13.	Trevor Strohman	Jr	Morro Bay	16:20
14.	Aaron Harris	Fr	Lassen	16:23
15.	Jose Luis Sanchez	Sr	McFarland	16:25
16.	Matt Novotny	Sr	Desert Christian	16:27
17.	Justin Cude	So	Middletown	16:29
18.	Britton Owen	Sr	Palma	16:29
19.	Albert Gomez	Sr	Dixon	16:30
20.	Trevor Clarke	So	Coronado	16:33
21.	James Harrison	So	Half Moon Bay	16:33
22.	Gerrardo Sotto	So	McFarland	16:33
23.	Miguel Ibarra	Jr	Fillmore	16:34

continued next page...

24. Eduardo Santillan	Jr	Salesian	16:34
25. David Brackett	Jr	Calaveras	16:37

Team Results

1. McFarland 61, 2. Morro Bay 63, 3. Salesian 150, 4. Piedmont 150, 5. Lassen 152, 6. Oak Park 159, 7. Arcata 217, 8. Fillmore 220, 9. Taft 220, 10. Yreka 233, 11. Pacific Grove 236, 12. Coronado 249, 13. Archbishop Mitty 287, 14. Dixon 328, 15. Summerville 431, 16. Calvin Christian 517.

GIRLS

The Girls Division IV had defending Champion Lassen (Susanville), with most of its team back, a musical chairs order of finish by a fine group of North Coast Section teams whenever they met, and the emergence of one powerful team from the South near the end of the season. Temescal Canyon (Elsinore) is a recently opened school that had junior Ellen Muench, and frosh stars Shelly Horgan and Sunny Shaffer all run under 20:00 on the very difficult Mt. SAC course at the end of the Southern Section season. Temescal raced 102:41 at the Section Finals.

Early season star Julia Stamps of Rincon Valley JHS in Santa Rosa, a big individual favorite here, was struck down with an appendectomy and other complications that knocked her off of the course the last part of the season, with a number of athletes appearing capable of running 19:00 in the individual hunt.

At the start of the Finals race it was groups from Yreka and Bishops (San Diego) who were the early leaders as the field headed off the grass after 220 yards. At the mile a huge pack was in attendance at 5:46 near race leader Ellen Muench (Temescal Canyon), with Lori Fancon (Taft), a 5:01 1600m runner, the first Lassen girl, and Christina Sanchez of McFarland right at the front of a pack of eight

that had separated slightly from the field. In the top twenty at the mile Temescal Canyon had a trio, Lassen a couple, Miramonte (Orinda) two, and Morro Bay a couple. Lassen had its top four through about twenty-fifth to appear to lead slightly. As the pack appeared once again at the hill before two miles Muench (Temescal) and Schreiber (Miramonte) had broken away from the pack by about 30 yards, with Fancon (Taft) and Jaime Herbst (Yreka), and Melody Haas (Clear Lake- North Coast) the next placers. Lassen's front duo was fading a bit just before two miles, but the team had four inside the top twenty-five there, with Temescal three inside the top twenty, and the Northerners appearing to continue its slight team point lead. Two miles went by at 12:05.

When athletes came into view a quarter mile from the finish it was the North Coast section duo of Kristen Schreiber (Miramonte, Orinda) and Melody Haas (Clear Lake) running 1-2. Schreiber won the kick in by thirty yards. Ellen Muench (Temescal Canyon) was the first of the favored teams to finish in third, with her teammate Shelby Horgan tenth, both in ahead of Lassen's first, Sally Pyle (13th). Sunny Shaffer (TC-24th) gave her school three before Lassen's #2 runner, but Christy Bill (Lass-26th), Kristi Andrews (Lass-28th), and DeeDee Gorbet (Lass-34th) sandwiched TC's Venessa Brenton (32nd). Kelly Rose (Lass-36th) finished the Northerners scoring, with Temescal's final scorer 69th place (Brook Camagey). The team scores were anyone's guess, with Lassen defending its championship with 92 points, with Temescal Canyon 94, and surprising Morro Bay, quietly

racing up to its potential here, third at 95. Siobhan Elster (11th) had led a Morro Bay charge that had its scorers politely coming in about every six to ten spots between Elster and forty-fifth place.

Asked to comment about the win, veteran Lassen Coach Bob Wall stated, "It came out closer than I thought it would. Our kids were ready to win, and our older athletes did a good job of selling the two frosh team members on our ability to do so."

Pic	Name	Yr	High School	Time
1.	Kristen Schreiber	Jr	Miramonte	19:04
2.	Melody Haas	Sr	Clear Lake	19:11
3.	Ellen Muench	Jr	Temescal Cyn	19:16
4.	Jaime Herbst	Sr	Yreka	19:17
5.	Lori Fancon	Sr	Taft	19:21
6.	Christina Sanchez	Fr	McFarland	19:24
7.	Tracy Maxwell	So	Maranatha	19:25
8.	Kim Reynolds	Jr	Branson	19:32
9.	Jenny Spoon	Jr	West Valley	19:33
10.	Shelby Horgan	Fr	Temescal Cyn	19:36
11.	Siobhan Elster	So	Morro Bay	19:40
12.	Sierra Domaille	Jr	Mammoth	19:51
13.	Sally Pyle	Sr	Lassen	19:55
14.	Lucia Sanchez	Sr	McFarland	19:57
15.	Jennifer Ponig	So	Terra Linda	20:02
16.	Jessica Lunt	So	Coronado	20:04
17.	Jacqueline Guesno	Jr	St. Anthony	20:04
18.	Amy Bergenske	Sr	Fortuna	20:05
19.	Faye Roundy	Sr	Morro Bay	20:10
20.	Claire Ryan	Jr	Archbishop Mitty	20:11
21.	Shannon Nohr	Jr	Miramonte	20:16
22.	Eve Phillips	Jr	Miramonte	20:18
23.	Carrie Kronberg	Fr	Ursuline	20:18
24.	Sunny Shaffer	Fr	Temescal Cyn	20:19
25.	Lissa DeFries	So	Campolindo	20:20

Team Results

1. Lassen 92, 2. Temescal Canyon 94, 3. Morro Bay 95, 4. Miramonte 139, 5. Ursuline 165, 6. McFarland 181, 7. Yreka 183, 8. Chaminade 186, 9. Taft 234, 10. Flintridge 235, 11. Dixon 242, 12. Archbishop Mitty 261, 13. Coronado 332, 14. York School 346, 15. Bishops 359, 16. Escalante 376.



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STATE CROSS COUNTRY MEET STATISTICS

Once again through the efforts of Bob Rush, whose super computerized finish line system does the great job at the State Meet, we are able to offer some interesting statistics on the Fresno competition. Bob can pull results out amazingly quick from the races, and is capable of printing out the great "race day" sums that coaches, fans, and athletes enjoy. After the close of the meet he pushes a couple of buttons and gives us the great summaries below. Bob can be reached at (415) 595-3619 for information on his services.

Team Times from State Meet (top five from teams added up):

Boys:

77:59	(Course Record) Thousand Oaks
79:20	(#7 team ever) Mission Bay (San Diego)
79:30	(=#11 team ever) Jesuit (Sacramento)
80:00	Madera
80:04	Santa Ana
80:29	Bellarmine Prep (San Jose)
80:34	Katella (Anaheim)
81:09	Nordhoff (Ojai)
81:32	McFarland
81:32	San Pasqual (Escondido)
81:50	Morro Bay
81:52	St. Augustine (San Diego)
81:55	Peninsula (Rolling Hills)
81:56	Agoura
81:57	Palmdale
82:00	Sanger
82:10	Scripps Ranch (San Diego)
82:20	San Marino
82:24	Chula Vista
82:26	Gunn (Palo Alto)

Girls:

95:55	Peninsula
95:57	Irvine
97:01	Santa Margarita (Rancho SM)
97:05	Madera
97:17	Clayton Valley
97:24	Agoura
97:57	Edison (Huntington Beach)
98:14	Bishop O'Dowd (Oakland)
98:17	Canyon (Anaheim)
98:25	Corona del Mar (Newport Beach)
98:44	Mt. Carmel (San Diego)
98:56	Mission San Jose (Fremont)
99:08	Aptos
99:10	Thousand Oaks
99:12	Newport Harbor (Newport Beach)
99:24	Our Lady of Peace (San Diego)
100:17	St. Ignatius (San Francisco)
100:19	Reedley
100:37	Poway
100:51	Silver Creek (San Jose)
100:51	El Capitan (Lakeside)



Division II start led by Matt Farley
Photo by Bill Cockerham

Combined (All Races) Team Scoring

Boys:

1.	Thousand Oaks	61
2.	Mission Bay	213
3.	Jesuit (Sacramento)	236
4.	Santa Ana	237
5.	Madera	252
6.	Bellarmine Prep (San Jose)	271
7.	Katella (Anaheim)	316
8.	Nordhoff (Ojai)	402
9.	San Pasqual (Escondido)	425
10.	Peninsula (Rolling Hills)	462
11.	McFarland	480
12.	Morro Bay	499
13.	Palmdale	509
14.	Agoura	512
15.	Sanger	527
16.	St. Augustine (San Diego)	541
17.	Scripps Ranch (San Diego)	547
18.	Chula Vista	549
19.	Gunn (Palo Alto)	554
20.	San Marino	605

Girls:

1.	Irvine	214
2.	Peninsula (Rolling Hills)	240
3.	Santa Margarita (Rancho SM)	300
4.	Madera	311
5.	Clayton Valley (Concord)	312
6.	Edison (Huntington Beach)	334
7.	Bishop O'Dowd (Oakland)	394
8.	Mt. Carmel (San Diego)	407
9.	Corona del Mar (Newport Bch)	425
10.	Canyon (Anaheim)	431
11.	Newport Harbor (Newport Bch)	466
12.	Our Lady of Peace (San Diego)	496
13.	Agoura	530
14.	Aptos	542
15.	Thousand Oaks	543



PREP NOTES

By KEITH CONNING

■ Northern California Track Results Wanted

FAX (510) 849-3342

Please fax Northern California high school track results to (510) 849-3342. Or send them to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823.

I need to know the name of the meet, site, date, and whether or not the following events: 100, 200, 110 or 100 hurdles, long jump, and triple jump, were wind-aided or not. Please indicate hand and fully automatic timing.

■ Thanks for your contributions

I would like to thank Marc Christensen (San Francisco), Ron DiMaggio (Westmoor, Daly City), Jim Eckman (Yreka), Robert Mason (Oakland), Rich McCann (West Sacramento), Mac Powell (Modesto), Bob Poynter (San Jose), and Bob Wornack (Fresno) for contributing stories and/or results for this issue.

■ Actor Robert Culp (Berkeley) Vaulted in the 1947 State Meet

I was attending a New Year's Day party, when I was told by Cy Silver that actor Robert Culp had pole vaulted at Berkeley High School.

I checked the results of the 1947 State Meet compiled by Bruce McIntosh, Rick Obrand, and Bill Peck and found that Culp had placed in a tie for second in the pole vault. George Mattos (Pacific Grove, Central Coast) won at 12-6. They were using bamboo poles in those days.

Hugh McElhenney (Washington, Los Angeles), who later starred in football for the University of Washington and the San Francisco 49ers, won three events--high hurdles, low hurdles, and broad jump (as it was then called)--in the 1947 State Meet. He led his team to the team title.

Bob Mathias (Tulare), who won the 1948

and 1952 Olympic Games decathlon, placed fourth in the shot put.

Culp has appeared in the following movies and TV Series: Big Bad Mama II (1987); Blue Lighting, The (1986); Bob & Carol & Ted & Alice (1969); Castaway Cowboy, The (1974); Flood! (1976); Gladiator, The (1986); Goldengirl (1979); Great Scout and Cathouse Thursday, The (1976); Hannie Caulder (1972); I Spy (TV Series) 1965-1968, co-starred with Bill Cosby in this classic; Inside Out (1975); Murderous Vision (1991); Outer Limits, The (TV Series) (1964); PT 109 (1963); Pucker Up and Bark Like a Dog (1989); Sammy, The Way-Out Seal (1962); and Turk 182 (1985), starred Timothy Hutton, who also graduated from Berkeley High School.

■ What is the connection between Kinney and Foot Locker?

Foot Locker has replaced Kinney as the sponsor of the national high school cross country championship. Both Foot Locker and Kinney are part of the Woolworth Corporation.

The Woolworth Corporation is a multinational retailer. As of 7/31/93, Woolworth operated 9,240 stores, consisting of 7,580 speciality stores and 1,660 general merchandise stores. General merchandise is sold through Woolworth stores in the U.S., Canada, Germany and Woolco Stores in Canada. Woolworth operates over 40 speciality formats in 21 countries, including the U.S., Canada, Germany, Australia, England, Belgium and the Netherlands. Footwear and Athletic Apparel and Equipment stores include such names as Kinney, Foot Locker, Lady Foot Locker, Champs Sports, Athletic X-Press, and Williams the Shoeman. Apparel formats include Kids Mart, Lady Foot Locker Casuals, and Northern Reflections. Other Speciality formats include Afterthoughts, The Rx Place, and The Best of Times.

In the U.S., Woolworth is considering opening 300 to 600 World Foot Locker

stores, a new format that will be four to five times larger than an average Foot Locker store. This venture would significantly strengthen its position in the athletic footwear market.

(Prep Editor: The preceding company description appeared in Moody's Handbook of Common Stocks, Fall 1993 Edition, Moody's Investors Service.)

Matt Giusto (San Mateo High School 1984), who won the USAT&F 5,000 meter run last June, appeared at the new World Foot Locker store in Fresno the night before the Foot Locker West Regional. The store took the place of a closed Woolworth outlet.)

■ Lowell (San Francisco) needs sprint coach

Andy Leong, the coach at Lowell has announced an opening for a sprint coach. The job pays \$18 per hour for 120 hours or \$2,160. The season runs from February to the State Meet in June. It requires a five day commitment. You must have a sprint background. Contact Andy at (415) 587-2472.

■ Oakland Invitational

The Oakland Invitational will take place at the University of California in Berkeley on April 2, 1994.

The meet is held in Edwards Stadium, which is also used for the North Coast Section Meet of Champions in May.

High school teams from throughout California are invited. Several teams from Southern California have already expressed interest in participating this year, including Morningside of Inglewood.

Contact coach Ralph Belany at McClymonds High School in Oakland (510) 893-6569 or Attorney Tom Broome (510) 465-8744 (work).

■ Hampton-Phillips Track & Field Classic

The fourth annual Hampton-Phillips Track & Field Classic will take place at San Jose

continued next page...

PREP NOTES

City College on Saturday, April 16, 1994.

The meet is named for former Olympians Millard Hampton and Andre Phillips, who attended Silver Creek High School.

According to the press release, Silver Creek is one of only seven high schools in the United States to produce two Olympic champions.

Many high schools, middle and elementary schools, and track clubs, from all over the state are expected to compete. Please contact meet directors Bob Poynter or Frank Slaton at (408) 274-1700 (w), (408) 238-0825 (h), (408) 270-1004 (FAX).

■ Kristen Gordon breaks Becky Spies' Course Record

Bay Valley Athletic League, Point Pinole Regional Park, November 5--Freshman Kristen Gordon (Carondelet, Concord) set a new course record of

17:54 on the three mile course. The old course record of 17:57 was set by Becky Spies (Livermore) in 1987 at the NCS meet. Angela Iriarte (Antioch) placed second in 18:56, and Carolyn Colyar (Carondelet) was third in 19:07.



KRISTEN GORDON

Photo by Elaine Rosenfield

"Kristen is extremely talented," Carondelet coach Helen Lehman said to Scott Hampton of the *Contra Costa Times*. "She has many more very good races ahead of her."

"I didn't know what to expect this year," Gordon said to Hampton. "The first meet I just thought I was lucky--I didn't expect to do this."

"I knew that there was no way we would be able to beat (Gordon)," Iriarte said to Hampton.

"I heard the announcer (Keith Conning) talk about the record at the end," Gordon said. "I just started going faster."

Carondelet, ranked #4 among state Division III teams by Doug Speck and #2 in the North Coast Section by Peter Brewer, won the girls' team title with 22 points. The remainder of their team was composed of Katie Owen (5th in 19:25), Megan Goddard (6th in 19:27), and Natalie Mariani (7th in 19:28).

Joe Menchaca (Pittsburg) won the boys' three mile race in 15:25, the tenth best all-time on the course. The course record of 14:32 was set by Jeremy Seven (De La Salle, Concord) in 1989.

Proinsias Fitzpatrick (De La Salle) placed second in 15:27, and John Kelly (De La Salle) was third in 15:29.

De La Salle, ranked #8 in the state Division II and #2 in the North Coast Section Division II, edged Monte Vista (Danville), ranked #4 in the North Coast Section Division II, by one point--38 to 39. The remainder of the De La Salle team included Randy Maestretti (7th in 16:08), Joe De Falco (12th in 16:43), and Ed Cancilla (14th in 16:56).

Until this year, De La Salle didn't really have to worry about winning the league championship. However, the North Coast Section moved Monte Vista into the league this year. It certainly made for a very interesting and tightly fought competition.

Unfortunately, just as the NCS move strengthened the boys competition, the girls' competition was weakened by the loss of Clayton Valley. If Clayton Valley were still in the league, the two top North Coast Section Division III teams would have been able to compete against each other.

■ Foothill Athletic League

Newhall Park, Concord, November 5--Campolindo (Moraga) won the boys' team title with 41 points. Northgate (Walnut Creek) placed second with 53, and Miramonte (Orinda) was third with 57.

"I knew it was going to be close," Campolindo coach Chris Walsh said to Kelly Lyell of the *Contra Costa Times*.

Senior Carl McDonald (Miramonte) won the boys' three mile race in 16:48. Ryan Gallagher (Campolindo) placed second in 16:54, and Rolf Kvalik (Northgate) was third in 17:07.

"I didn't really think Carl could keep it up, because I beat him by a lot just last week," said Gallagher to Lyell.

Northgate won the girls' team title with 42 points. Acalanes (Lafayette) placed second with 68, and Campolindo was third with 71.

Junior Alison Lambert (Northgate) won the girls' three mile race in 18:47. Kristen Schreiber (Miramonte) placed second in 19:04, and Tina Bowen (San Ramon Valley, Danville) was third in 19:47.

"I wanted to stay with the person, whoever it was, that was going to go out in front

first," Lambert said to Lyell.

"Some days, you feel really good, light on your toes and all, but (Friday) it was not a good race for me all the way around," Schreiber said to Lyell.

"We ran exactly the way we've run all year against each of these teams," Northgate coach Peat Sutherland said to Lyell. "We won all of our dual meets by 10 points or more, so this is about the way we expected it to go."

■ East Bay Athletic League

Shadow Cliffs Regional Park, Pleasanton, November 6--Livermore, ranked #3 in the state Division III and #1 in the North Coast Section Division III, won the boys' team title with 24 points. Amador Valley (Pleasanton), ranked #1 in the North Coast Section Division II, placed second with 56 points. Granada was third with 88 points.

"One of the things we talked about at the very beginning is that everything up until now is preparation," Livermore coach Ed Salazar said to Matt Schwab (*TRI-VALLEY HERALD*). "The real season for us, we'd like to think, starts right now, (and goes) all the way until the State Meet."

Junior Steve Immel (Livermore) set a new course record of 16:10.6 in the 3.1 mile boys' race. Sophomore teammate Micheil Jones placed second in 16:10.9. They ran the first mile in 4:55. Senior Chris Maier (Amador Valley) was third in 16:37.

"I promised myself that no matter who was there (at the end), I would kick in," Immel said to Schwab. "From the last half mile, we probably both figured it was anyone for himself. I knew he had that sprinting speed, so I tried to go out and put a little surge past him, and he surged past me."

"It's amazing," Salazar said to Schwab. "They just locked onto some kind of concept on what it took to do well and they followed through on it."

"They've been hammering away all season, and they've been winning. It's not like they suddenly started to win. They've been doing well from the very beginning."

Livermore also won the girls' team title with 34. Amador Valley, ranked #3 in the North Coast Section Division II, was second with 56. Granada was third with 64.

"I told the girls second place was within our reach," Salazar said to Scott Hampton (*Valley Times*). "I'm quite pleased and surprised. We don't have any real fast runners--we have a group of solid runners."

continued next page...

PREP NOTES

"I was surprised when we were clearly winning at a mile-and-a-half. We had a 35-second gap between our first and fifth runners, and that's real tough to beat."

"I'm not surprised, because we had a runner running with shin splints (Amy Siegel) and one in the hospital (Diane Pippoly)," Amador Valley coach Michael Walsh said to Hampton.

"When we went against Amador in a dual their first three runners beat all of us," Julie Nichols (Livermore) said to Hampton. "Today we just tried to stay in a group and move up."

"I just kept telling them at the 1 1/2 mile mark, 'Second place is very much within your reach, girls.'" Salazar said to Schwab. "I was stunned when they were so far ahead."

Junior Marisa Daniel (Granada, Livermore), who made the State Meet last year, won the 3.1 mile girls' race in 19:43. Freshman Monica Van Wegen (Amador Valley) placed second in 20:18, and sophomore Jennifer Basch (Foothill, Pleasanton) was third in 20:42.

"I kept trying to get rid of her (Van Wegen), but they she'd go ahead of me and I'd have to catch up to her," Daniel said to Schwab. "It was a really good race. She's a really good runner."

"She's really tough," Granada coach Brian Davis said to Schwab. "She knows what it takes and how much pain you have to go through to get the most out of your workouts. She really help the rest of the girls too, to have a leader like that."

"It's great that she's just a junior."

■ Suzy Powell will attend UCLA

Modesto, November 11--Mac Powell called me this morning to announce that his daughter Suzy, the state champion in the discus, has decided to attend UCLA. She had considered four other schools: Stanford, Florida, North Carolina, and Arizona.

Powell set the national junior class record in the discus of 180-8 in 1993. The old record of 175-10 was set



SUZY POWELL

Photo by Bill Cockerham

by Leslie Deniz (Gridley) in 1979. The national record of 183-11 was set by Deniz on July 3, 1980 in Lancaster. Powell hopes to surpass that record this spring.

Powell now holds all but the national senior class discus record. She threw 162-11 as a freshman, and 169-8 as a sophomore. She also threw the javelin 150-8, which was the sixth best throw in the U.S. last season.

Powell is currently playing basketball for Downey (Modesto). In college she will concentrate on track.

■ Northern Section

West Valley, November 11--Lassen, a Division IV team, won the boys' team title with 52 points. Their team was composed of Aaron Harris, Sherman Moore, Isaac Harris, Paul Smith, and Nathan Brosius. Lassen is coached by Jim Reichle, who graduated from El Cerrito.

Bob Wall (Lassen) is a 1993 C.I.F. Cross Country Honor coach. Wall has taught and coached at Lassen in Susanville since 1966. His boys' and girls' cross country teams have won numerous league and section titles. In 1977, Wall was the C.I.F. Northern Section honor coach for track and field. In 1992, his girls' cross country team won the C.I.F. State championship in Division IV.

Yreka, a Division IV team, placed second with 78 points. Yreka is coached by Jim Eckman, a 1993 C.I.F. Cross Country Honor Coach. In his 15 years of coaching at Yreka, Eckman has produced many outstanding teams and individuals. His boys' teams have qualified for the C.I.F. State meet since its inception, while his girls' teams have had top 10 team place finishes the last three years in Division IV. His boys have a dual meet record of 52-4, while the girls are 48-15.

Enterprise was third with 95.

Sophomore Aaron Gillen (Yreka) set a new course record of 15:49, bettering his old record of 16:20. Senior Lane Carlson (Enterprise) placed second in 16:13, junior Gabe Szody (Foothill) was third in 16:28.

Central Valley, a Division III team, won the girls' team title with 51 points. Their team was composed of freshman Claire Hunter, junior Carrie Irwin, junior Christina Peacock, senior Maranda Cowan, and freshman Kara Hunn. Lassen, a Division IV team, placed second with 75 points. Yreka, a Division IV team, was third with 99.

Sophomore Amy Hallbauer (Pleasant Valley) set a new course record of 19:05. The

old course record was 19:30. Senior Jamie Herbst (Yreka) placed second in 19:09, and senior Brook Yerman (Paradise) was third in 19:18.

Brook Yerman is the daughter of Jack Yerman, who was a member of the 1960 U.S. Olympic Team in the 4 x 400 relay. His team won the Olympics in 3:02.2. Jack Yerman (Woodland) placed third in the 400 meters in the 1956 State Meet in 47.6.

■ Sac-Joaquin Section

Sierra College, Rocklin, November 12--The Del Campo Cougars won the boys' Division I team title with 59 points. Franklin (Stockton) placed second with 64 and Merced was third with 109.

The Advance Information Bulletin of the CIF State Cross Country Championships states: "Qualifying teams plus the top five highest placed individuals (not on a qualifying team) in each division will qualify from section to state meet finals." The Sac-Joaquin Section qualifies two teams in each division.

Senior Alejandro Ramirez (Amos Alonzo Stagg, Stockton), a former soccer player who moved from Mexico City three years ago, won the boys' Division I 3 mile race in 14:55. Senior Konrad Knutsen (Del Campo) placed second in 15:25, and senior Glen Pinnegar (Del Campo) was third in 15:37.

"It (a false start) was great for me because I was really nervous. When we had to start over, it gave me a chance to concentrate," Ramirez said to Larry Lynch (*THE SACRAMENTO BEE*).

"He (Ramirez) passed me like I was standing still," said Knutsen to Lynch. "I tried to go with him, but I just didn't have it."

Jesuit (Carmichael) won the boys' Division II team title with 19 points. Davis placed second with 71, and Oakmont was third with 99.

Senior Matt Farley (Jesuit) won the boys' Division II race in 14:36, the fastest time of the day. It was also 47 seconds better than his winning time last year. Senior Ned Prensall (Jesuit) placed second in 15:17, and sophomore Mike Stember (Jesuit) was third in 15:19.

"Every time I run, it gets easier and easier because you get less nervous. It helps to be experienced," said Farley to Lynch.

Del Oro won the boys' Division III team title with 47 points. Sonora placed second with 56, and Placer was third with 85.

Junior Darren Holman (Sonora) won the

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boys' Division III race in 15:16. Sophomore Dan D'Ottavio (Placer) placed second in 15:44, and senior Ryan Lee (Del Oro) was third in 15:44.

Summerville won the boys' Division IV team title with 63 points. Dixon was second with 65, and Bret Harte (Altaville) was third with 69.

Junior David Brackett (Calaveras) won the boys' Division IV race in 15:51. Senior Gomez (Dixon) was second in 16:14, and senior Lonnie Marshall (Escalon) was third in 16:19.

Elk Grove won the girls' Division I team title with 52 points. Nevada Union was second with 54, and Del Campo was third with 102.

Senior Sarah Dickerman (Del Campo, Fair Oaks) won the girls' Division I race in 17:46.

Senior Jami Nelson (Nevada Union, Grass Valley) placed second in 17:53, and senior Tangi Galloway (Atwater) was third in 18:31.

Will C. Wood (Vacaville) won the girls' Division II team title with 35 points. Davis placed second with 48, and Napa was third with 71.

Senior Jaime Whitmore (Valley, Sacramento), the defending champion, won the girls' Division II race in 18:31. Senior Liz Veruiti (Davis) placed second in 18:40, and senior Magi Martinez (Wood, Vacaville) was third in 18:45.

Del Oro won the girls' Division III team title with 44 points. Ponderosa was second with 61, and Sonora was third with 92.

Freshman Jenny Schindler (Ponderosa) won the girls' Division III race in 18:12. Freshman Sarabeth Schweitzer (Marysville) placed second in 18:37, and junior Maggie Hurst (Sonora) was third in 18:43.

Dixon won the girls' Division IV team title with 22 points. Escalon placed second with 66, and Bret Harte was third with 79.

Senior Sandy Medeiros (Hilmar) won the girls' Division IV race in 19:49. Junior Claudia Bruins (Dixon) placed second in 19:57, and senior Natalie Banas (Dixon) was third in 20:02.



**SARAH
DICKERMAN**

Photo by Bill Cockerham

■ Central Coast Section

Crystal Springs, Belmont, November 17--Bellamine Prep (San Jose) won the Division I boys' team title with 26 points. In one of the closest competitions in the state, only one point separated the second, third and fourth place teams. Junipero Serra (San Mateo) placed second with 101, St. Ignatius (San Francisco) was third with 102 (6th runner was 47th), and W.C. Overfelt (San Jose) was fourth also with 102 (6th runner was 58th). Bellamine and Serra advanced to the State Meet.

Senior Scott Cervelli (Santa Teresa, San Jose) won the boys' Division I 2.95 mile race in 15:31 (5:15 per mile pace). Junior Tom Becker (Bellamine) placed second in 15:33, and sophomore Chris D'Anjou (Live Oak, San Jose) was third in 15:48.

North Monterey County (Castroville) won the boys' Division II team title with 37 points. Leland (San Jose) placed second with 95, and Homestead was third with 113.

Junior Jason Balkman (Lynbrook) won the boys' Division II race in 15:02 (5:05 pace), the fastest time of the day. Sophomore Enrique Torres (Silver Creek, San Jose) placed second in 15:49, and senior Lee Fernandez (Salinas) was third in 15:55.

Henry M. Gunn (Palo Alto) won the boys' Division III team title with 41 points. Los Gatos placed second with 47, and St. Francis (Mountain View) was third with 81.

Sophomore Beebe Rutledge (Los Gatos) won the boys' Division III race in 15:20 (5:11 pace), the second best time of the day. Senior Neal Harder (Gunn) placed second in 15:38, and senior Liam Jones (Soquel) was third in 15:47.

Pacific Grove won the boys' Division IV team title with 46 points. Archbishop Mitty (San Jose) placed second with 51, and Half Moon Bay was third with 74.

Senior Britton Owen (Palma, Salinas) won the boys' Division IV race in 16:20 (5:31 pace). Senior Charles Engel (Pacific Grove) was second in 16:31, and sophomore James Harrison (Half Moon Bay) was third in 16:38.

Santa Teresa (San Jose) won the girls' Division I team title with 39 points. Los Gatos placed second with 66, and Santa Cruz was third with 102.

Junior Vi Tran (Santa Teresa) won the girls' Division I race in 19:26 (6:34 pace). Senior Carrie Burman (Santa Teresa) placed second in 19:53, and senior Dawn Fraser (Live Oak, San Jose) was third in 19:56.

Aptos won the girls' Division II team title with 36 points. Silver Creek (San Jose) placed second with 50, and Leland (San Jose) was third with 62.

Sophomore Emily Allison (Leland) won the girls' Division II race in 17:58 (6:04 pace), the fastest girls' time of the day. Junior Nicole Silva (Aptos) placed second in 18:16, and sophomore Deborah Bleisch (Silver Creek) was third in 18:26.

St. Ignatius (San Francisco) won the girls' Division III team title with 54 points. Palo Alto placed second with 102. St. Francis (Mountain View) was third with 116.

Senior Ann Baldelli (St. Ignatius) won the girls' Division III race in 18:25 (6:13 pace). Senior Janice Kim (Palo Alto) placed second in 18:44, and senior Christine Stavolone (Presentation) was third in 18:51.

Archbishop Mitty (San Jose) won the girls' Division IV team title with 41 points. The York School placed second with 62, and Half Moon Bay was third with 80.

Junior Claire Ryan (Mitty) won the girls' Division IV race in 19:22 (6:33 pace). Freshman Meredith Sullivan (York) placed second in 20:10, and junior Isabelle Young (York) was third in 20:15.

■ Oakland Section

Joaquin Miller Park, Oakland, November 18--The Skyline boys' won the team title with 15 points. Technical placed second with 55, and Fremont was third with 70.

Junior Senai Kidane (Skyline) won the boys' race in 15:27. Junior Andrew Ohren (Skyline) placed second in 15:53, and sophomore Jesus Enriquez (Skyline) was third in 16:26.

The Skyline girls' won the team title with 15 points. Fremont placed second with 47.

Senior Anna Rensi (Skyline) won the girls' race in 18:28. Senior Eman Barfield (Skyline) placed second in 18:34, and junior Sakai Metcalf (Skyline) was third in 20:05.

Senior Angela Harris (Skyline), who was selected as an All-American in the 300/400-meter hurdles by *TRACK AND FIELD NEWS*, placed seventh in 21:06.

■ Swimming coaches question Chinese rise in rankings

By Sharon Robb

Fort Lauderdale, Florida, Nov 19 (Reuter) -- Incredible coaches are stunned by the

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number of recent top performances by Chinese swimmers and wonder whether China has borrowed from the training book of former swim power East Germany.

A startling string of results at China's National Games, from September 9-14 in Beijing, helped China dominate the final 1993 FINA world rankings released last week.

Some coaches, including 1976 U.S. women's Olympic coach Jack Nelson, accuse the Chinese of using performance-enhancing drugs including anabolic steroids. Nelson's team was victimized by built-up East German women at the 1976 Olympics.

"It's amazing to the point of being too amazing," Nelson, who is currently a club coach here, said of China's rise.

Richard Quick, the 1988 U.S. Olympic women's swimming coach, who now coaches at Stanford University, said: "An entire generation of U.S. athletes was cheated out of recognition they deserved because of East German methods, and I feel like this is East Germany all over again.

"It isn't sport. It's pharmaceutical warfare."

In the top 25 rankings of the 13 individual women's events on the Olympic program, China had 101 ranking spots out of 325 -- more than triple the number of Chinese women (28) in the 1992 rankings.

The skepticism follows similar reaction to marks set by Chinese women runners at the world athletics championships in Stuttgart, and China National Games in Beijing, where China won six of nine medals in the 1,500, 3,000 and 10,000 meters finals and had three world bests within five days.

"We have another East Germany on our hands," Dr. Allen Richardson, chairman of the International Swimming Federations's (FINA) medical committee, was quoted as saying by the *Chicago Tribune* earlier this week.

"This (China) is a country with a totalitarian governmental system, which is just the right milieu for...organized drug use," said Richardson of Honolulu, Hawaii. "It has to make you worry."

"Everyone at our last medical committee meeting was concerned, but there is nothing we can do about it legally. The only ways it can change is if the government changes. The only way we got control over East Germany, is when the Wall went down."

Chinese swimmers were runner-up to the United States in the women's medal count at the '92 Olympics in Barcelona. The United States won five gold, four silver and four

bronze, while China won four gold and five silver.

Although there have been no world records set by the Chinese in swimming, the quality and depth have raised eyebrows among coaches and officials.

Coaches said they see the same East German pattern emerging in Chinese swimmers -- acne scarring, facial hair, extreme muscularity and deep voices. After Germany unified, East German swimmers and coaches signed an affidavit admitting they used drugs to enhance performances.

"They basically copied the East German program, it was set up by East Germans," said former West German national swim coach Michael Lohberg, who coaches in Coral Springs, Florida.

"Like in East Germany, everything is centralized and they have an effective selective talent system," he said. "Drugs weren't the only reason for the success of the East Germans."

"Before you pump steroids into people you have to find the talents. If you pump steroids into a cow, you still don't have a racehorse."

China did not compete in any major international meets this year including the Pan Pacific Championships, where drug testing is conducted by international instead of national officials.

Only one Chinese swimmer, Zhou Zin, has tested positive for steroids. Zhou, a club-level swimmer, was banned for two years after anabolic steroids were found in her urine sample at the World Cup meet in Beijing in January.

Lohberg suggested she was a sacrificial lamb.

"It still amazes me that people don't get it," Lohberg said. "If you take steroids you take them in the phases of hard training, not before the meet. Training harder helps the body get to a high level of stimulus. Idiots get caught. There was never an East German caught."

The huge improvement by the women and lack of comparable performances by the men in China also mirrors the East German pattern.

Chinese coaches have denied the accusations, claiming the women do better than the men because they are closer in size to the average Olympic swimmer and they train with the men.

Forty-five percent of the top 10 women's swim performances in history belong to East

Germany (24.4 percent) or China (20.6).

The Chinese had no one in the all-time top 10 until 1988, two years after Klaus Rudolf, who has been credited with structuring East Germany's program, went to China for a year and set up their national training program.

■ North Coast Section

Mills College, Oakland, November 20-- Montgomery (Santa Rosa) won the boys' Division I team title with 44 points. They are the lone qualifier for the State Meet, since there are only nine schools in Division I of the NCS. You must have ten teams in a division before you can send two teams to the State Meet. Santa Rosa placed second with 62, and Antioch was third with 76.

Senior David Toomey (Montgomery) won the boys' Division I 5,000 meter race in 16:54.5. Senior Zach Barrett (Santa Rosa) placed second in 17:17.1, and junior Aaron Richberg (Logan, Union City) was third in 17:28.2.

Mission San Jose (Fremont) won the boys' Division II team title with 57 points. De La Salle (Concord) placed second with 63, and Castro Valley was third with 67.

Senior Matt Creason (Eureka) won the boys' Division II race in 16:23.6, the fastest time of the day. Junior Keith Kennedy (San Leandro) placed second in 16:44.6, and senior John Atwood (Castro Valley) was third in 16:50.4.

Livermore won the boys' Division III team title with 42 points. Bishop O'Dowd (Oakland) placed second with 80, and Irvington (Fremont) was third with 88.

Sophomore Micheil Jones (Livermore) won the boys' Division III race in 16:50.8. Junior Steve Immel (Livermore) placed second in 16:56, and senior Jeremy Mattern (Irvington) was third in 16:59.5.

Piedmont won the boys' Division IV team title with 64 points. Arcata placed second with 86, and Cardinal Newman (Santa Rosa) was third with 151.

Senior Steve Brown (Piedmont), the defending State Meet champion, won the boys' Division IV race in 16:59.3. Senior Josh Quintal (Fortuna) placed second in 17:09.6, and senior Tyler Clark-Thompson (Arcata) was third in 17:11.4.

Logan won the girls' Division I team title with 50 points. Rancho Cotate (Rohnert Park) was second with 68, and Santa Rosa was third with 69.

Senior Michelle McConnico (Santa Rosa)

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won the girls' Division I race in 21:27.5. Junior Angela Iriarte (Antioch) placed second in 21:31.3, and freshman Sehit Kirer (Logan) was third in 21:43.8.

Mission San Jose also won the girls' Division II team title with 27 points. Castro Valley placed second with 56, and San Ramon Valley (Danville) was third with 100.

Junior Elissa Riedy (Mission San Jose) won the girls' Division II race in 19:46.6. Her twin sister Lori placed second in 19:50.2, and freshman Jennifer Knowlden (Mission San Jose) was third in 20:14.6.

Clayton Valley (Concord) won the girls' Division III team title with 46 points. Bishop O'Dowd (Oakland) placed second with 67, and Carondelet (Concord) was third with 81. Clayton Valley, Carondelet, and Bishop O'Dowd came into the meet ranked 4th, 5th, and 6th in the state, but only two teams get to go to the State Meet.

"I didn't think it would be us (that would not qualify for state)," Helen Lehman (Carondelet) said to Scott Hampton (*CONTRA COSTA TIMES*). "We didn't run the way we are capable of. It's unfortunate our season came down to one race."

Carondelet had beaten Bishop O'Dowd in its previous meetings--Stanford, Mariner and NCS Division III South.

"We were definitely the underdogs," Bishop O'Dowd coach Steve Brown said to Hampton. "We hadn't beat either of the teams before. We were never very close to either one of them. Today we had five girls who all ran well on the same day."

"It was no contest," Clayton Valley coach Ron Silveira said to Hampton. "I expected us to win, but didn't for a minute consider it a foregone conclusion. The girls mentally and physically peaked today. It was by far their best race."

"Rosa Terrazos and Candace Miles-Threat both came off injuries to run real well," Brown said to Hampton. "It's a shame all three teams can't go. All three are powerhouses and should get to show off at state."

Sophomore Heather Wallace (Clayton Valley) won the girls' Division III race



HEATHER WALLACE

Photo by Ron Silveira

in 19:33.6. Senior Anjelica Randall (Bishop O'Dowd) placed second in 19:36.6, and senior Sarah Jakel (Sonoma Valley, Sonoma) was third in 19:43.6.

Miramonte (Moraga) won the girls' Division IV team title with 64 points. Ursuline (Santa Rosa) placed second with 86, and Campolindo was third with 87.

"I really thought it would be a long shot for us to finish second," Miramonte coach Otis McCain said to Hampton. "Everyone cranked it up a notch and ran well."

Junior Kristen Schreiber (Miramonte) won the girls' Division IV race in 20:15.0. Junior Kim Reynolds (Branson) placed second in 20:51.1, and senior Amy Bergenske (Fortuna) was third in 20:57.5.

Freshman Julia Stamps (Rincon Valley Junior High School, Santa Rosa), the fastest runner in the North Coast Section with victories at Stanford and Mt. SAC, had an operation which prevented her from competing in the Division IV Sub-Section meet last week.

■ Central Section

Woodward Park, Fresno--Madera won the Division I boys' team title with 18 points. Clovis West placed second with 99, and Reedley was third with 115.

Senior Eric Kropf (Madera) won the boys' Division I 5,000 meter race in 15:42. Senior Ricky Chavez (Madera) placed second in 16:07, and senior Luis Granado (Madera) was third in 16:13.

Madera won the Division I girls' team title with 27 points. Clovis West placed second with 48, and Clovis was third with 71.

Junior Rosalinda Castaneda (Madera) won the girls' Division I race in 18:54. Freshman Kym Pilger (Clovis) placed second in 19:20, and senior Shermie Donovan (Madera) was third in 19:34.

Lemoore won the Division III boys' team title with 49 points. Yosemite placed second with 87, and Exeter was third with 107.

Junior Matt Woodley (Lemoore) won the boys' Division III race in 16:43. Junior Jose Palacios (Corcoran) placed second in 16:50, and junior Tim Padilla (Yosemite) was third in 16:54.

Buchanan won the girls' Division III team title with 48 points. Edison placed second with 81, and Lemoore was third with 83.

Junior Kristie Johnston (Central) won the girls' Division III race in 19:11. Junior Signe Hurley (Exeter) placed second in 19:51, and sophomore Karen Padilla (Yosemite) was

third in 20:09.

■ Central Section

Hart Park--Sanger won the boys' Division II team title with 42 points. Arvin placed second with 94, and Redwood was third with 120.

Senior Pamenos Ballantyne (Sanger), a foreign exchange student from Saint Vincent and the Grenadines in the eastern Caribbean, won the boys' Division II race in 16:33. Junior Ray Sanchez (Delano) placed second in 16:42, and senior Sergio Ruiz (Sanger) was third in 17:03.

Reedley won the girls' Division II team title with 24 points. Foothill placed second with 84, and Mount Whitney was third with 101.

Senior Jenny Mortensen (Redwood) won the girls' Division II race in 19:12. Freshman Angela Ruiz (Reedley) placed second in 19:32, and sophomore Annabel Ortiz (Reedley) was third in 19:37.

McFarland won the boys' Division IV team title with 24 points. Taft placed second with 65, and Mendota was third with 106.

Sophomore Kenny Rhoan (Sierra) won the boys' Division IV race in 16:27. Senior Benjamin Galvan (McFarland) placed second in 16:33, and junior Galvan Gonzalez (McFarland) was third in 16:44.

McFarland won the girls' Division IV team title with 34 points. Taft placed second with 48, and Garces was third with 68.

Senior Lori Fancon (Taft) won the girls' Division IV race in 19:35. Freshman Christina Sanchez (McFarland) placed second in 19:52, and senior Lucia Sanchez (McFarland) was third in 20:34.

■ CCS Cross Country

November 24--These are the final cross-country polls compiled by Terry Ward of Bellamine.

Girls

Ranking	School
1. Aptos	6. St. Francis
2. St. Ignatius	7. Leland
3. Silver Creek	8. Los Gatos
4. Santa Teresa	9. Santa Cruz
5. Palo Alto	10. Mitty

Also receiving consideration -- Live Oak, Burlingame, Wilcox, Hollister, Willow Glen, York, Half Moon Bay.

Boys

Ranking	School
1. Bellamine	6. St. Francis
2. Gunn	7. Homestead

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3. Los Gatos
4. North Monterey County
5. Leland
8. Serra
9. Pacific Grove
10. Mitty

Also receiving consideration -- St. Ignatius, Overfelt, Burlingame, Fremont, Mills, Mountain View, Half Moon Bay, Watsonville, Salinas.

■ ATHLETE OF THE WEEK:

Elissa Riedy, Mission San Jose

SPORT: Cross-country.

CLASS: Junior.

WHAT SHE DID: Riedy moved one step closer to a Division II state championship by finishing first at the North Coast Section championships Saturday. Riedy ran the 3.1-mile course at Mills College in Oakland in 19 minutes, 46 seconds, which was four seconds faster than her twin sister, Lori, who finished second. Elissa will be among the favorites Saturday at the state meet in Fresno.

COMMENT: "Her chances are good," MSJ Coach Jack Marden said. "She's as talented as anyone in the state. She hasn't lost all year."

(Prep Editor: The preceding item was in the San Jose Mercury News on November 24.

Jack Marden is the son of the long-time Mission San Jose coach of the same name. His brother Jay was the 1980 Kinney National Cross Country champion as a senior at Mission San Jose.)

■ Bisa Grant (Bishop O'Dowd, Oakland) signs with UCLA

November 25--Bisa Grant (Bishop O'Dowd, Oakland), the 1993 State Meet 100 meters hurdles champion in 14.11, will attend UCLA on a track scholarship.

She will join State Meet discus champion Suzy Powell (Downey, Modesto); *Track & Field News* athlete of the year Amy Acuff (Callallen, Corpus Christi), who set a new national high jump record of 6 feet 4 inches; Darlene Malco (TX) 300 hurdles in 41.83; Cicely Scott (IL) 400 meters in 54.23; and Nada Kawar (Crescenta Valley, La Crescenta), fifth in the State Meet shot put at 43-5 1/4 and a personal best of 45-9 1/2. Junior college transfer Danielle Brown 39-3 1/4w will also be on the team.

■ California Coaches to Lead U. S. Olympic Team

LAS VEGAS, Nov 28 (Reuter) - A pair of California college track coaches, Erv Hunt and Deanne Vochatzer, were named the U.S. Olympic coaches for the 1996 Atlanta Games, USA Track & Field announced on Sunday.

Hunt, 46, has coached at the University of California for the last 22 years and served as an assistant coach on the 1992 U.S. Olympic team in Barcelona.

A high school star in football, basketball and track who played two seasons as a defensive back for the National Football League Green Bay Packers, Hunt has produced three NCAA champions and more than 50 All-Americans at California. Hunt is considered one of the nation's top hurdles coaches.

Vochatzer, 44, is in her second year at University of California-Davis and served as head coach for the U.S. women's team at last summer's World University Games in Buffalo. She was a member of the 1973 U.S. national team for the World University Games as a hurdler and the following year competed on the U.S. field hockey squad.

USA Track & Field's International Competition Committee also named a pair of Penn State coaches to head the U.S. team for the world championships in Gothenburg, Sweden, in 1995.

Harry Groves, a 41-year coaching veteran, was selected as men's coach. Teri Jordan, women's coach at Penn State since 1988 and a former U.S. record holder at 5,000 meters, will coach the women.

■ Bob Rush: Star Magnet "Excellent!"

Former California junior college coach Bob Rush says he bumped into one of his old runners during the PAC-10 cross country championships at Stanford University in October. "The meet had been over for a while," says Rush, "and I was heading to the parking lot, where I saw a guy sitting on a fence who waved to me." Rush says it was Dana Carvey of "Wayne's World" and "Saturday Night Live" fame, who ran for Rush at College of San Mateo. It turns out that Carvey and his wife Paula were at the meet to cheer for Paula's

sister, Niamh Zwagerman, who runs for the University of Oregon. The Carveys, however, stayed at the meet site longer than they'd anticipated. According to Rush, the key to Carvey's Explorer would fit the ignition, but not the door locks, so "we talked and reminisced" while Dana and Paula "waited for a tow truck to arrive." Rush, who is the technical director of a Miami, FL, road race, tried to convince Carvey to enter the January event. "I asked him to come as the Church Lady or Ross Perot," says Rush.

(Prep Editor: The preceding item appeared in the USA Track & Field Convention News Daily on December 2, 1993. Rush was the official timer of the CIF State Cross Country Championship in Fresno this year. He has been timing the PAC-10 meet for several years.)

■ Lynn Swann Inducted Into College Football Hall of Fame

New York, December 6--Lynn Swann of Southern Cal will be inducted into the College Football Hall of Fame on Tuesday. The Hall of Fame is sponsored by the National Football Foundation.

On June 6, 1970 at Edwards Stadium in Berkeley, Lynn Swann (Serra) won the State Meet long jump with a leap of 24-2 3/4.

■ International Experts Seek Crackdown on Anabolic Steroids

By Bernd Debusmann

Prague, Dec 10 (Reuter) - International police and drugs experts from 17 countries called on Friday for joint efforts to curb a booming illicit traffic in anabolic steroids and said their abuse was spreading at an alarming rate.

"Abuse of anabolic steroids is no longer limited to top athletes...it is fast spreading to the general population and particularly to adolescents in the United States, Canada and Western Europe and other countries," said Gene Haislip of the U.S. Drug Enforcement Administration (DEA).

Haislip was speaking to reporters at the end of a three-day conference, the first of its

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kind, called to discuss how to cope with a multimillion dollar business whose profit margins rival those of the trade in cocaine and heroin.

Conference delegates from the DEA, the international police organisation Interpol, the World Health Organization and countries from the Americas, Europe and Asia agreed on "the urgent need for cooperation in attacking this international illicit traffic."

Experts reported that anabolic steroids, long used by athletes and bodybuilders to increase muscle mass, are increasingly abused by young people who take them to look fit and sexy.

Haislip said studies showed that the large doses of anabolic steroids commonly taken by abusers damage kidneys, the heart and liver. They could also lead to deformed sex organs, cancer and aggressive behaviour.

"Anabolic steroids can also cause mood disturbances and result in a form of (drug) dependence," Haislip said. "And many abusers administer the drugs by injection and thus create an additional risk for the spread of AIDS."

Conference participants said the widespread abuse of anabolic steroids was such a recent phenomenon that there were few reliable data and widely divergent estimates of the number of users.

One recent U.S. academic study put the number of abusers in the United States at around six million and estimated that between four and six percent of the American school-age population were taking anabolic steroids.

While estimates on use are imprecise, experts agree the traffic has been spurred by the lack of controls in many countries, particularly the new democracies of Eastern Europe.

According to the DEA, East European producers of anabolic steroids include Russia, Ukraine, Hungary and the Czech Republic. In Western Europe, large-scale production was taking place in Germany, France, Britain, Italy and Spain.

In the Western Hemisphere, Mexico was the major producer of anabolic steroids smuggles into the United States, he said.

"What we are seeing is a type of illicit traffic which is carried out in virtually the same way as the traffic in cocaine and heroin," Haislip said. "Often, it involves the same people...The profit margins are similar."

One of the biggest seizures of illicit anabolic steroids took place in California last year and highlights the high profits of the

trade. The bust involved 12 kg (26 pounds) of pure anabolic steroids shipped to the United States from Germany and bought by undercover DEA agents at \$26,000 per kg. Diluted and pressed into tablets, one kg (2.2 pounds) would have fetched about \$1.9 million.

■ Quincy Watts (Taft, Woodland Hills 1988)

Los Angeles, December 16--Family members of Olympic runner Quincy Watts were robbed late Tuesday and among the items stolen were the two gold medals won by Watts in the 1992 Olympics. Watts won the 400 meters in Barcelona and was a member of the winning U.S. 1,600-meter relay team.

■ Two Slight Chinese Women Revolutionize Athletics

By John Mehaffey

London, Dec 17 (Reuters) - In eight tumultuous September days, two slight Chinese women revolutionized the sport of athletics and ignited a debate which was still raging at the year's end.

Wang Junxia was the first to astound the statisticians when she slashed 42 seconds off the world 10,000 mark at China's national games in Beijing.

Three days later, Qu Yunxia broke the world 1,500 mark with Wang also running under the 13-year-old previous standard. Then it was Wang's turn again on the final day of the championships, this time taking 16 seconds off the 3,000 record.

In just over a week Wang and Qu proved they were the greatest women distance runners in history at an epochal meeting during which six different women clocked times under the previous world marks.

Not even the Chinese successes at the Stuttgart World Championships in the previous month, where they won all the women's track distance races, had prepared the world for this orgy of record breaking. But reaction was quick and vociferous.

The skeptics -- including many of the world's elite women athletes -- accused the Chinese of using drugs. Parallels were drawn with East Germany and the Soviet Union where state-directed drug programs were integral to sporting success. Other respected authorities pointed instead to the renowned hardiness of Chinese peasant women and the phenomenal training loads imposed by Ma

Junren, coach to both Wang and Qu.

The meeting came only days before the International Olympic Committee (IOC) voted on the site of the 2000 Olympics, with Beijing and Sydney the front-runners.

The opulent principality of Monte Carlo provided the appropriate venue for the climax of the most expensive bid campaign ever and in the end IOC delegates decided by just two votes to pass the sacred flame to Sydney for the first Games of the 21st century.

Beijing was stunned. Sydney promptly started a party which threatened to last until the turn of the century.

Still the Chinese had not finished. In December they set 11 of the 15 women's records at the inaugural world short-course swimming championships in Palma de Mallorca, evoking memories of the East German "Wundermaedchen" who dominated women's swimming for a decade and a half.

The fourth world athletics championships were at least the equal of the previous three with Olympic champion Linford Christie successfully taking on the Americans for the second successive year to win the 100 metres.

Before the championships, Yobes Ondieki ran the first sub-27 minute 10,000 metres and afterwards Nouredine Morcili, who had to be persuaded to run in Stuttgart, took nearly two seconds off the world mile mark.

■ Profits fell 30 percent for Nike Inc.

Beaverton, Oregon, December 21 (AP) -- Profits fell 30 percent for Nike Inc. during its second quarter as sales for the athletic shoe giant dipped along with orders.

Net income for the quarter was \$52.3 million, 69 cents per share for the period ending Nov. 30, compared to \$76 million, or 98 cents per share, for the same period last year.

Revenue totaled \$805.8 million, 8 percent less than 1992 second-quarter revenue of \$875.8 million, the company said Monday.

Worldwide order for Nike athletic shoes and clothing scheduled for delivery between this month and April totaled \$1.4 billion, 14 percent lower than orders for the same period last year.

Nike Chairman Philip H. Knight had predicted the slowdown based on previously announced orders, foreign currency changes and retail trends. He blamed much of the decline on basketball shoes purchases.

"This category remains the backbone of

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the U.S. market," Knight said, "but it is experiencing the ebb and flow common in this industry."

■ Surprise drug test

Beijing, December 24 (AP) -- Track and field's governing body pulled a surprise drug test on China's remarkable women distance runners, including Wang Junxia, who set the world record for the 10,000 meters and 3,000 meters in September.

No results have been made public of the tests which took place last week.

A group from the International Amateur Athletic Federation group flew to northern Liaoning province to test the women, according to the official Xinhua News Agency said.

At the same time, Xinhua reported that 24 athletes, including a former women's weightlifting world record holder, tested positive for use of performance-enhancing drugs this year.

None of the Chinese women distance runners who repeatedly shattered world records were on the list issued by the Chinese Olympic Anti-drug Committee.

Their performances during the year led to suspicion they used performance-enhancing drugs, a claim heatedly denied by the runners and their coach.

Among those testing positive during the year were Xing Fen, the weightlifter who won a gold medal at the 1990 Asian games, and shotputter Zhou Tianhua, Xinhua said.

"As soon as we discovered our athletes taking illegal performance-enhancing drugs, we would punish them strictly," Yang Tianle, spokesman for the anti-drug committee, was quoted as saying.

It did not give details on the punishments received by the athletes who tested positive.

■ Stanford loses out on Iowa prep

ASSOCIATED PRESS

Iowa City, Iowa--Star Iowa City High running back Tim Dwight Friday confirmed he will stay in his hometown and attend Iowa instead of going to Stanford. Dwight scored a state-record 43 touchdowns and rushed for more than 2,100 yards this year in leading City High to a 13-0 record and the Class 4A state championship. He also won three state track championships in the 200 meters, two in the long jump and one in the 400 hurdles.

The decision to pick the Hawkeyes was not a surprise, even though Dwight was wide-

ly recruited. He visited Iowa and Stanford earlier this month, then canceled his remaining visits to Wisconsin, Notre Dame and South Carolina.

Dwight said he felt more comfortable during his Iowa visit than he did at Stanford.

"When you're at the University of Iowa, you're in a whole different world," Dwight said.

"And that opened my eyes. Hey, I like this place."

The announcement that he plans to sign a letter of intent to attend Iowa came in a news conference before a large group of fans in a hallway outside the high school gymnasium.

"This is crazy," Dwight said of the turnout on a snowy morning. Dwight spent most of the time thanking the people who played a role in his development as a football player. The list ranged from his parents--Nancy and Tim Dwight Sr.--to the City High offensive line.

"I'd like to thank my parents for raising me as a pretty good kid," he said. "They're the best people I've ever met. They had some play in my decision of going here to Iowa."

(Prep Editor: The preceding story appeared in The Oakland Tribune on December 25, 1993.)

According to HIGH SCHOOL TRACK 1994 by Jack Shepard, Dwight led the nation in the 400-meter low hurdles with a time of 52.29. Also, Dwight was second in the nation in the 400-meter low hurdles with a time of 52.58. His teammate Joey Woods led the nation at 52.45.)

■ Mother lives college dream

Karleen Shields--former star at Contra Costa after having two kids--is now at USC

By Sharon Ginn, *Riverside Press-Enterprise*
Los Angeles--From the University of Southern California campus, the drive to Albuquerque, New Mexico, is a little more than 800 miles. Just two states over, no more than two days away on the interstate.

But three years ago that distance may as well have been a million miles for Karleen Shields. At 22, she was raising two small children in Albuquerque while working three jobs around the clock just to survive. Her days as a three-sport star in high school at Snyder, Texas, were dim memories. Many who knew her back home had written her off as just another statistic.

It is a familiar story: Girl gets pregnant, abandons her plans for college, and takes a low-paying job to support herself and her child. She gets pregnant again, and has to work more to support two children. No time for school. It's too hard just feeding a family.

But this tale has a different ending. Shields was living that life, but five years out of high school, she escaped.

Basketball was a way out

Her children have been a blessing in more ways than one. But Shields knew there was something else to life, something that could open up a new world for the three of them: a college education. And basketball was a way to get one.

She picked up her daughters and headed for her older sister's house in Vallejo. She enrolled at Contra Costa College and joined the basketball team. She starred. Two years later at 25, she's playing for No. 9-ranked USC.

Now, Shields measures the distance between Los Angeles and Albuquerque not in miles, but in milestones. A few teardrops, yes. But mostly triumphs -- her junior college national records, her picture in *Sports Illustrated*, the day she earned a scholarship to play for the Trojans.

She still works practically around the clock. But now that she's doing what she loves, she hardly notices the obstacles.

"If I sat and thought about it, I think it would be hard," Shields said. "But I don't think about it. It's natural."

Before Shields became pregnant in the summer of 1986, she was a natural -- destined to play some sport at the Division I level. She was the sixth of 12 children from the Thompson family, an athletic group that dominated the sports teams at Snyder High School.

"At Snyder High, every record up on the wall is a Thompson," Shields said. "We were breaking each others' records."

Her oldest sister, Beverly, 32, said Karleen stood out among standouts. Her athletic gifts earned her all-state status in volleyball, basketball and track her senior year.

She didn't know what sport she was going to settle on; she just knew she wanted to someday get to the Olympics. But recruiters from schools around the country in all three sports wanted her decision now. They called, they wrote, they had people pull her out of class so she could listen to their pitches.

Shields found the attention stifling. Sometimes she hid or skipped class altogether. She signed with Texas Tech on a volley-

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ball scholarship, she said, to get everyone to leave her alone. But she never made it to school.

A daily struggle

Shortly after graduation, she learned she was pregnant. Her family was furious, but for her it was a good excuse to get away from the pressure cooker of athletics.

Relief soon gave way to anxiety. The daily struggle to support little Ayesha, and later Keisha, left her yearning for something better. She tried to work things out with the girls' father. Although they did not marry, she took his last name, Shields, and moved with him to Albuquerque.

While there, she worked mornings at a bank, babysat friends' children in the afternoons and flipped hamburgers at a fast-food restaurant from 11 p.m. to 5 a.m. The girls would come with her and sleep or play quietly in the back while she worked.

"I just wasn't happy," Shields said. "I was happy with my kids, but there was always like this big void in my life where I was going, 'Man, I should be playing basketball. I should be going to school. What if?'"

In 1991 she decided she did not want to wonder anymore. In tears, she picked up the phone, called her sister Beverly, and said she needed help to make a new life.

Beverly Thompson, as the oldest of 12 was more like a mother to her siblings. She was the one who always encouraged her younger brothers and sisters to use athletics to get an education.

While Shields struggled, Thompson told her over and over that she needed to get a degree. She offered her home, her money and her babysitting services, and her sister finally accepted. Shields enrolled at Contra Costa College in San Pablo. One the way to register, she heard the women's basketball team practicing in the gym. She joined in, and was asked to play for the team.

It did not take her long to regain her form. In the 1991-92 season, she averaged 29.5 points and 14.6 rebounds at guard, and was selected first-team all-state.

Last season, the 5-7 Shields was even better. She set a national junior college record by averaging 41.8 points a game, the most in college basketball last year for any level, both men and women. She also set national records for most points in a season (1,267) and highest career average (35.6).

She scored more than 50 points seven times, and led the state with an average of 19.5 rebounds. Along the way, she also ran

track and won the state triple jump title. She finished with a 3.4 grade point average and selected USC from among the Division I schools clamoring for her services.

None of this was as simple as it sounds. Shuffling schedules and surviving financially was difficult for Shields and her sister.

"We squabbled, believe that," Thompson said. "We had our differences, like everybody. I guess there was enough love and enough positiveness that we just got through it."

(Prep Editor: The preceding story appeared in the San Francisco Examiner on January 2, 1993.)

Senior Karlene Thompson (Snyder, Tx) triple jumped 38-11 3/4 in 1986, according to HIGH SCHOOL TRACK 1987. She was the 21st best triple jumper in the nation in 1986.

As a sophomore in 1984, Thompson triple jumped 38-3, according to HIGH SCHOOL TRACK 1985. She was the 30th best triple jumper in the nation in 1984.)

■ Morceli Named Champion of Champions By l'Equipe

Paris, Jan 3 (Reuter) - Algerian athlete Noureddine Morceli was named sporting champion of champions for 1993 by the French sports daily l'Equipe on Monday.

Morceli, who won the world 1,500 meters title in Stuttgart in August and was undefeated throughout the year, beat 100 meter world champion Linford Christie and basketball player Michael Jordan in the annual poll.

(Prep Editor: Morceli ran for Riverside Community College in 1990.)

■ Olympic Sprint Medallist Lord Porritt Dies

Porritt Defeated Charles Paddock (Pasadena High School 1918)

London, Jan 3 (Reuter) - Lord Porritt, a former Governor-General of New Zealand, distinguished surgeon and Olympic sprint medallist, has died at the age of 93.

Arthur Porritt won the bronze medal for New Zealand in the 1924 Paris Olympics 100 metres final behind Briton Harold Abrahams and American Jackson Scholtz. The story of Abraham's victory and that of Scot Eric Liddell in the 400 meters were immortalized in the film "Chariots of Fire."

Porritt served a five-year term as Governor-General of his native country and was surgeon to the British royal family for 35 years.

(Prep Editor: Charles Paddock (Pasadena High School/USC/Los Angeles AC), who won the 1918 State Meet 100 meters in 10.4, placed fifth in the 1924 Olympic Games 100 meters in 10.9 and second in the 200 meters 21.7. He won the 1920 Olympic Games 100 meters in 10.8 and placed second in the 200 meters in 22.1, and teamed with Jackson Scholtz on the winning U.S. 4 x 100 team in 42.2.)

Paddock is a member of the Track and Field Hall of Fame. He was a former world record holder, 100 yards (7 times), 1921-26; 100 meters (2 times), 1923; 220 yards (2 times), 1921-24; 4 x 100, 1920.

Scholtz (Missouri/New York AC) is a member of the Track and Field Hall of Fame. He was a former world record holder, 100 yards, 1925; 100 meters (twice), 1920; the 4 x 100m, 1920; and the 4 x 110y, 1925.

Scholtz won the 200 meters in the 1924 Olympic Games in 21.6. He was a member of the U.S. 4 x 100, which won the 1920 Olympic Games in 42.2.)

■ Napoleon Kaufman (Lompoc 1990) says NFL can wait

Seattle, January 3--As Napoleon Kaufman's high school coach Dick Barrett likes to say, the hardship rule was invented for players such as Kaufman who have struggled all their lives to make ends meet. Yet in the end, Kaufman's announcement Monday to bypass the NFL draft and remain at Washington for his senior season had little to do with money and everything to do with relationships.

More than any of several sound reasons, Kaufman said he is staying at Washington to be with his teammates, friends, and fans.

"I feel that me staying builds a lot of bridges," he said. "Someday, I want to live in Seattle and to become involved in the community. So I don't want to leave prematurely."

Kaufman, who led the Pacific-10 Conference in rushing last season with a school-



NAPOLEON KAUFMAN

Fine Flicks by Don Gasney

continued next page...

PREP NOTES

record 1,299 yards, received an indication from an NFL committee Thursday as to what round he might be selected.

Although Kaufman would not reveal the NFL's missive, Husky running back coach Al Lavan said several NFL general managers told him Kaufman would have been drafted no later than the second round.

Washington coach Jim Lambright said at the end of the season that Kaufman wouldn't leave unless the NFL guaranteed he would be a first-round pick.

(Prep Editor: The preceding article appeared in the San Francisco Examiner on January 4, 1994.

Kaufman (Lompoc) won the 1990 State Meet 100 meters in 10.57 and the 200 meters in 21.15. Willie Clark (Wheatland), who went to Notre Dame, placed second in 10.66 and the 200 in 21.16.

Kaufman is just 440 yards from becoming the greatest runner in the Washington Huskie's history.)

■ James Lofton (Washington, Los Angeles 1974/Stanford) retires

San Francisco, January 3--James Lofton of the Philadelphia Eagles announced his retirement after 16 years in the NFL. He set a NFL record for career receiving yards at 14,020 on 763 catches. Lofton wants to become a broadcaster.

Lofton (Washington, Los Angeles) won the 1974 State Meet long jump with a leap of 24-3 1/2. He also finished sixth in 1973 with a jump of 23-4 1/2.

■ Kansas State's track program penalized

January 4--The NCAA penalized Kansas State's track program for making cash payments to athletes. The NCAA Committee on Infractions said the penalties were less than even the minimum possible because the

school aggressively investigated the case after an assistant coach reported the payments to the administration.

(Prep Editor: The preceding item appeared in USA Today on January 5, 1993.)

■ Texas A&M Placed On Probation

College Station, Texas, January 5 (AP) -- Texas A&M's athletics program Wednesday was placed on five years' probation by the NCAA and its football team was barred from television and bowl appearances for one year.

The NCAA found that players were paid for work that was not actually performed, that prospective student-athletes improperly were given financial aid, that athletes received improper extra benefits and that the school showed a "lack of institutional control" in its athletics program which had been involved in an infractions case in 1988.

"While the university administration is committed to compliance, it is apparent that some alumni and student-athletes still believe they can violate NCAA rules with impunity," the NCAA Committee on Infractions said.

"What is even more unfortunate is that the alumnus who was involved in these violations was a prominent member of the university's athletics support group. What is particularly troubling is that his actions led student-athletes to violate NCAA rules and the Texas A&M 'Code of Honor.'"

Pacific Association of USA Track & Field ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM

From Humberto Hernandez

BOYS

Name (Yr) School	Time
1. Matt Farley (12) Jesuit	15:06
2. Steve Brown (12) Piedmont	15:31
3. Alejandro Ramirez (12) Stagg	15:33
4. Chris Maier (12) Amador Vly	15:40
5. Matt Creason (12) Eureka	15:42
6. Mike Stember (10) Jesuit	15:43
7. Alex Teekell (11) O'Dowd	15:50

GIRLS

Name (Yr) School	Time
1. Sarah Dickerman (12) DelCam	18:15
2. Elissa Riedy (11) Miss S Jose	18:30
3. Nicole Silva (11) Aptos	18:34
3. Alison Lambert (11) Northgate	18:34
5. Heather Wallace (10) ClayVly	18:36
6. Anjelica Randall (12) O'Dowd	18:38
7. Kristen Gordon (9) Carondelet	18:38

MATT FARLEY



*Fine Flicks
by Don Gosney*

SARAH DICKERMAN



*Photo by
Bill Cockerham*

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PREP NOTES

NORTHERN CALIFORNIA CROSS COUNTRY RESULTS

Ram Invitational

Westmoor High School, Daly City
September 25, 1993
from Ron DiMaggio (Westmoor)

Boys Teams

1. Bellamine 31, 2. Los Gatos 78, 3. Bishop O'Dowd 149, 4. Castro Valley 177.5, Fremont 187, 6. St. Francis 216, 7. Gunn 217, 8. Homestead 246, 9. St. Ignatius 253, 10. Palo Alto 317, 11. Monte Vista 333, 12. Wilcox 365, 13. Aptos 376, 14. Cupertino 381, 15. Half Moon Bay 397, 16. Sacred Heart/Cathedral 439, 17. Lowell 456, 18. South San Francisco 585.

Boys Individuals (133 finishers)

- | | |
|----------------------------------|-------|
| 1. John Atwood, Castro Valley | 12:28 |
| 2. Beebe Rutledge, Los Gatos | 12:34 |
| 3. Todd Dando, Bellamine | 12:50 |
| 4. Arnold Sung, Bellamine | 12:51 |
| 6. Neal Harder, Gunn | 12:53 |
| 7. Ben Abein, Los Gatos | 13:03 |
| 8. Brock Tessman, Monte Vista | 13:05 |
| 9. Rusty Moore, Bellamine | 13:09 |
| 10. Mike Banulescu, Bellamine | 13:11 |
| 11. David McDonough, Cupertino | 13:12 |
| 12. Adrian Webb, Bellamine | 13:13 |
| 13. Jeremy Riddle, Gunn | 13:13 |
| 14. Brian Stannard, Los Gatos | 13:14 |
| 15. Erik Neal, Homestead | 13:17 |
| 16. Brian Collins, Bishop O'Dowd | 13:18 |
| 17. Dan Sorenson, Woodside | 13:18 |
| 18. Steve Taylor, Bellamine | 13:21 |
| 19. Alex Teekell, Bishop O'Dowd | 13:25 |
| 20. Sean Bowman, Fremont | 13:31 |

Boys Sophomore

- | | |
|-------------------------------|-------|
| 1. John Collin, St. Francis | 13:30 |
| 2. James Van Zorren, MonVista | 13:36 |
| 3. Jerry Lee, Lowell | 13:41 |

Boys Fresh

- | | |
|------------------------------|-------|
| 1. Brad Hansen, St. Ignatius | 13:21 |
| 2. Andrew Wulf, Bellamine | 14:04 |

Girls Teams

1. St. Ignatius 43, 2. Bishop O'Dowd 54, 3. Aptos 67, 4. Castro Valley 144, 5. Lowell 182, 6. Westmoor 214, 7. Wilcox 216.

Girls Individuals (61 finishers)

- | | |
|-----------------------------------|-------|
| 1. Nicole Silva, Aptos | 14:52 |
| 2. Anjelica Randall, O'Dowd | 15:13 |
| 3. Meghan Randall, Aptos | 15:22 |
| 4. Ann Baldelli, St. Ignatius | 15:30 |
| 5. Candice Miles-Threatt, O'Dowd | 15:51 |
| 6. Laura Sandoval, St. Ignatius | 15:56 |
| 7. Janice Kim, Palo Alto | 16:00 |
| 8. Stephanie Libien, St. Ignatius | 16:06 |
| 9. Gina Rafanelli, College Prep | 16:10 |
| 10. Eliza Gaenger, St. Ignatius | 16:11 |

Girls F/S

- | | |
|-------------------------|-------|
| 1. Anna Rutka, Lowell | 15:57 |
| 2. Amy Fonda, El Camino | 16:29 |

Alameda Contra Costa Athletic League

Joaquin Miller Park, Oakland
November 4, 1993
Distance: 3.1 miles

Girls Teams

1. Bishop O'Dowd ??, 2. Albany 65, 3. Alameda 67, 4. El Cerrito 83, 5. Encinal 92.

Girls Individuals (31 finishers)

- | | |
|------------------------------------|-------|
| 1. Anjelica Randall, Bishop O'Dowd | 21:34 |
| 2. Candice Miles-Threatt, O'Dowd | 22:53 |
| 3. Andrea Wilcock, Alameda | 23:03 |
| 4. Sally Daganzo, Bishop O'Dowd | 23:13 |
| 5. Darlene Tanisawa, O'Dowd | 23:43 |
| 6. Jennifer Schlienger, Encinal | 23:52 |
| 7. Suen Sohn, Piedmont | 24:34 |
| 8. Jenny Shargel, Alameda | 25:05 |
| 9. Gloria Leung, Piedmont | 25:19 |
| 10. Mary Malone, Encinal | 25:22 |

Bay Valley Athletic League

Point Pinole Regional Park
November 5, 1993
Distance: 3 miles

Boys Teams

1. De La Salle 38, 2. Monte Vista 39, 3. Antioch 70, 4. Pittsburg 110, 5. Liberty 112, 6. Berkeley 165.

Boys Individuals

- | | |
|-------------------------------------|-------|
| 1. Joe Menchaca, Pittsburg | 15:25 |
| 2. Proinsius Fitzpatrick, DeLaSalle | 15:27 |
| 3. John Kelly, De La Salle | 15:29 |
| 4. Brock Tessman, Monte Vista | 15:48 |
| 5. Jon Sargent, Monte Vista | 15:57 |
| 6. Martin Beggs, Monte Vista | 16:00 |
| 7. Randy Maestretti, De La Salle | 16:08 |
| 8. Fergal Flanagan, Antioch | 16:22 |
| 9. John Dishong, Antioch | 16:33 |
| 10. Brian Wilson, Antioch | 16:35 |

Girls Teams

1. Carondelet 22, 2. Antioch 63, 3. Monte Vista 64, 4. Pittsburg 100, 5. Berkeley 140.

Girls Individuals

- | | |
|---|-------|
| 1. Kristen Gordon, Carondelet | 17:54 |
| (new course record, old record 17:57, Becky Spies, Livermore, 1987) | |
| 2. Angela Iriarte, Antioch | 18:56 |
| 3. Carolyn Colyar, Carondelet | 19:07 |
| 4. Fiona Flanagan, Antioch | 19:20 |
| 5. Katie Owen, Carondelet | 19:25 |
| 6. Megan Goddard, Carondelet | 19:27 |
| 7. Natalie Mariani, Carondelet | 19:28 |
| 8. Laura Kuhl, Pittsburg | 19:43 |
| 9. Stephanie Kolberg, Monte Vista | 19:58 |
| 10. Kelly Hillman, Monte Vista | 20:08 |

Foothill Athletic League

Newhall Park, Concord
November 5, 1993
Distance: 3 miles

Boys Teams

1. Campolindo 41, 2. Northgate 53, 3. Miramonte 57, 4. Acalanes 80, 5. San Ramon Valley 108, 6. Las Lomas 159.

Boys Individuals

- | | |
|-------------------------------|-------|
| 1. Carl McDonald, Miramonte | 16:48 |
| 2. Ryan Gallagher, Campolindo | 16:54 |
| 3. Rolf Kvalik, Northgate | 17:07 |

- | | |
|---------------------------------|-------|
| 4. Jeff Mellin, Northgate | 17:12 |
| 5. James Robertson, Campolindo | 17:15 |
| 6. Kurtis Nakamura, Campolindo | 17:21 |
| 7. Erick Hung, Miramonte | 17:23 |
| 8. John Mullen, Acalanes | 17:24 |
| 9. Ross Beisinger, Northgate | 17:29 |
| 10. Jon Hagen, San Ramon Valley | 17:35 |



ALISON LAMBERT

Photo by Bill Cockerham

Girls Individuals

- | | |
|---------------------------------|-------|
| 1. Alison Lambert, Northgate | 18:47 |
| 2. Kristen Schreiber, Miramonte | 19:04 |
| 3. Tina Bowen, San Ramon Valley | 19:47 |
| 4. Amber Robinson, Las Lomas | 19:54 |
| 5. Lisa Kow, Northgate | 19:57 |
| 6. Lissa DeFries, Campolindo | 20:05 |
| 7. Elizabeth Porto, Acalanes | 20:18 |
| 8. Eve Phillips, Miramonte | 20:19 |
| 9. Ally Wolfe, Northgate | 20:19 |
| 10. Michelle Martin, Acalanes | 20:51 |

East Bay Athletic League

Shadow Cliffs Regional Park, Pleasanton
November 6, 1993
Distance: 3.1 miles

Boys Teams

1. Livermore 24, 2. Amador Valley 44, 3. Granada 88, 4. California 99, 5. Foothill 131, 6. Dublin 161.

Boys Individuals

- | | |
|---------------------------------|-------|
| 1. Steve Immel, Livermore | 16:10 |
| 2. Mitchell Jones, Livermore | 16:10 |
| 3. Chris Maier, Amador Valley | 16:37 |
| 4. Adam Ozarski, Granada | 16:51 |
| 5. Mal Hunnicutt, Amador Valley | 17:06 |
| 6. Jason Noriega, Livermore | 17:11 |
| 7. Joshua Lewis, Amador Valley | 17:13 |
| 8. Joseph Smith, Livermore | 17:29 |
| 9. Matt Engebretson, Amador Vly | 17:32 |
| 10. Greg Francis, Foothill | 17:47 |

Girls Teams

1. Livermore 34, 2. Amador Valley 56, 3. Granada 64, 4. Foothill 66.

Girls Individuals

- | | |
|--------------------------------|-------|
| 1. Marisa Danell, Livermore | 19:43 |
| 2. Monica Van Wegen, AmadorVly | 20:18 |
| 3. Jennifer Basch, Foothill | 20:42 |
| 4. Wendy Lovel, Livermore | 22:13 |
| 5. Julie Nichols, Livermore | 22:22 |
| 6. Gina Donnelly, Foothill | 22:22 |
| 7. Kelly Calaway, California | 22:41 |
| 8. Hillary Probst, Livermore | 22:57 |
| 9. Laura Giannotti, Livermore | 23:03 |
| 10. Heather Morgan, Amador Vly | 23:29 |

CIF SECTION RESULTS

▼ Northern Section

West Valley
November 11, 1993
from Jim Eckman (Yreka)

Boys Teams

1. Lassen 52, 2. Yreka 78, 3. Enterprise 95, 4. Foothill 112, 5. Paradise 136, 6. West Valley 148, 7. Chico SR 151, 8. Pleasant Valley 208, 9. Shasta 268, 10. Anderson 271, 11. Central Valley 289, 12. Las Plumas 305, 13. Coming 363, 14. Red Bluff 378, 15. Wheatland 406, 16. Pierce 458, 17. Durham 486.

Boys Individuals (146 finishers)

- | | | |
|--------------------|---------------|-------|
| 1. Aaron Gillen | Yreka | 15:49 |
| 2. Lane Carlson | Enterprise | 16:13 |
| 3. Gabe Szody | Foothill | 16:28 |
| 4. Aaron Harris | Lassen | 16:38 |
| 5. Chris Anderson | Yreka | 16:42 |
| 6. Sherman Moore | Lassen | 16:48 |
| 7. Isaac Harris | Lassen | 16:57 |
| 8. Chris Duclos | West Valley | 17:01 |
| 9. Mike Davies | Shasta | 17:03 |
| 10. Carlos Carr | Anderson | 17:05 |
| 11. Pepe Martinez | Chico Sr | 17:10 |
| 12. Cory Trento | Paradise | 17:11 |
| 13. Jason Weaver | Paradise | 17:13 |
| 14. Rene Gonzales | East Nicolaus | 17:15 |
| 15. Eric Ortleib | Foothill | 17:19 |
| 16. Clint Snyder | West Valley | 17:21 |
| 17. Damon Shields | Yreka | 17:24 |
| 18. Paul Smith | Lassen | 17:28 |
| 19. Nathan Brosius | Lassen | 17:29 |
| 20. Steve Carter | Enterprise | 17:35 |

Girls Teams

1. Central Valley 51, 2. Lassen 75, 3. Yreka 99, 4. Paradise 102, 5. Pleasant Valley 103, 6. West Valley 127, 7. Shasta 157, 8. Anderson 171.

Girls Individuals (72 finishers)

- | | | |
|-----------------------|----------------|---------|
| 1. Amy Hallbauer | Pleasant Vly | 19:05nr |
| 2. Jamie Herbst | Yreka | 19:09 |
| 3. Brook Yerman | Paradise | 19:18 |
| 4. Claire Hunter | Central Vly | 19:39 |
| 5. Sally Pyle | Lassen | 19:46 |
| 6. Carrie Irwin | Central Valley | 19:49 |
| 7. Chris Peacock | Central Valley | 19:58 |
| 8. Jenny Spoon | West Valley | 20:10 |
| 9. Heather Newcom | Shasta | 20:17 |
| 10. Maranda Cowan | Central Valley | 20:20 |
| 11. Christy Bill | Lassen | 20:27 |
| 12. Sarah Suikonen | Paradise | 20:29 |
| 13. Gina Blanchard | Yreka | 20:34 |
| 14. Becca Mendon | Pleasant Vly | 20:40 |
| 15. Luann Vitellaro | Anderson | 20:41 |
| 16. Michele Cicciardi | West Valley | 20:41 |
| 17. Kristi Andrews | Lassen | 20:44 |
| 18. Eiren McGuire | Pleasant Vly | 20:51 |
| 19. Sam Richards | Lassen | 20:52 |
| 20. Traci Anderson | Yreka | 20:54 |

PREP NOTES

North Coast Section Meet of Champions

Mills College, Oakland

November 20, 1993

Distance: 3.1 miles

*=State Meet Qualifier

Division I Boys Teams

1. *Montgomery 44 1:29:11, 2. Santa Rosa 62 1:30:57, 3. Antioch 76 1:32:19, 4. Logan 85 1:32:31, 5. Rancho Cotate 120 1:35:19, 6. Piner 134 1:36:46, 7. Ukiah 164 1:40:00, 8. Berkeley 234 1:45:52.

Division I Boys Individuals (52 finishers)

1. David Toomey, 12 Montgomery 16:54
2. Zach Barrett, 11 Santa Rosa 17:17
3. *Aam Richberg, 11 Logan 17:28
4. *Peter Egerton, 11 Santa Rosa 17:30
5. Scott Story, 12 Montgomery 17:33
6. *Jeff Flanders, 12 RanCotate 17:37
7. *Josh Dishong, 12 Antioch 17:48
8. Toli Au, 10 Montgomery 17:49
9. Fergal Flanagan Antioch 17:52
10. Rob. Rozelski, 12 Ukiah 17:56
11. Brian Wilson Antioch 18:09
12. Ryan Lew, 12 Montgomery 18:13
13. Vandenheuvel, 11 Santa Rosa 18:19
14. Ben Leung, 11 Logan 18:26
15. Jake Davis, 12 Santa Rosa 18:34
16. Aaron Schrader, Piner 18:36
17. Bill Barr Antioch 18:39
18. J. Greenberg, 12 Montgomery 18:40
19. Denny Sharma, 12 Ran Cotate 18:43
20. Nathan Higgins, 11 Montgomery 18:44

Division II Boys Teams

1. *Mission San Jose 57 1:28:57, 2. *De La Salle 63 1:28:51, 3. Castro Valley 67 1:29:25, 4. Amador Valley 74 1:29:46, 5. Monte Vista 104 1:31:24, 6. San Leandro 169 1:36:26, 7. San Ramon 191 1:37:01, 8. Liberty 204 1:37:52.

Division II Boys Individuals (61 finishers)

1. *Matt Creason Eureka 16:23
2. *Keith Kennedy San Leandro 16:44
3. *John Atwood Castro Valley 16:50
4. *Chris Maier Amador Vly 16:53
5. P. Fitzpatrick De La Salle 17:01
6. *Brock Tessman Monte Vista 17:09
7. Joe Menchaca Pittsburg 17:15
8. Pat Bendzick, 12 MissSan Jose 17:18
9. John Kelly De La Salle 17:22
10. Matt Hunnicutt Amador Valley 17:36
11. Kevin Strharsky, 11 Castro Vly 17:42
12. Amandeep Singh, 11 MSan Jose 17:44
13. RandyMaestretti De La Salle 17:48
14. Pat O'Leary, 10 Miss San Jose 17:50
15. Brett Paull, 12 Miss San Jose 17:55
16. Shane Dulaney, 9 Castro Vly 18:04
17. Matt Engbretson Amador Vly 18:06
18. Drew Ostler, 9 Miss San Jose 18:08
19. Doug Chartier Monte Vista 18:10
20. Tommy Prindville De La Salle 18:10

Division III Boys Teams

1. *Livermore 42 1:27:16, 2. *Bishop O'Dowd 80 1:29:38, 3. Irvington 88 1:29:25, 4. Healdsburg 126 1:31:38, 5. Clayton Valley 147 1:31:58, 6. Northgate 163 1:32:54, 7. Casa Grande 204 1:34:15, 8. Granada 234 1:34:53, 9. Petaluma 243 1:35:13, 10. Acalanes 257 1:35:44, 11. Redwood 294 1:36:50 (83), 12. Alameda 294 1:37:23 (96), 13. Analy 329 1:39:25,

14. Moreau 374 1:40:19, 15. Concord 425 1:45:13.

Division III Boys Individuals (116 finishers)

1. Michell Jones Livermore 16:50
2. Steven Immel Livermore 16:56
3. *Jeremy Mattem Irvington 16:59
4. *Adrian Gutierrez Mt. Diablo 17:10
5. Alex Teekel O'Dowd 17:15
6. *Geoff Brigham Clayton Valley 17:19
7. Brian Collins O'Dowd 17:21
8. *Mike Caine Irvington 17:22
9. *Brian Parodi Alameda 17:23
10. Hector Delgado Healdsburg 17:28
11. Nate Emge Irvington 17:35
12. Adam Ozarski Granada 17:37
13. David Serafini Sonoma Vly 17:44
14. Jason Noriega Livermore 17:45
15. Joseph Smith Livermore 17:48
16. Adrian Eimerl Livermore 17:53
17. Dan Brecht Petaluma 17:57
18. Eric Davis Clayton Valley 17:58
19. Jeff Mellin Northgate 18:02
20. Rolf Kvalick Northgate 18:09

Division IV Boys Teams

1. *Piedmont 64 1:28:45, 2. *Arcata 86 1:29:33, 3. Cardinal Newman 151 1:31:51, 4. University 166 1:32:13, 5. Alhambra 170 1:32:40, 6. Branson 171 1:32:52, 7. Fortuna 173 1:32:16, 8. Campolindo 177 1:32:44, 9. Miramonte 181 1:33:04, 10. St. Mary's 197 1:32:49, 11. Lick-Wilmerding 233 1:34:15, 12. Marin Academy 245 1:34:25, 13. Terra Linda 343 1:37:13, 14. Willits 386 1:38:58, 15. St. Bernard 412 1:44:15.

Division IV Boys Individuals

1. Steve Brown Piedmont 16:59
2. *Josh Quintal Fortuna 17:09
3. Tyler Clark Thompson Arcata 17:11
4. Cody Clark Thompson Arcata 17:14
5. Chris Wong Piedmont 17:26
6. *John Morrow Marin Acad 17:28
7. *Jonevan Hornsby St. Mary's 17:28
8. *Justin Cude Middletown 17:29
9. *Toby Linnett University 17:39
10. Jordan Jarosz St. Mary's 17:42
11. Josh Tuhtan C. Newman 17:44
12. Tony Kauke Alhambra 17:47
13. Tom Galm Cook Jr. High 17:49
14. Ryan Gallagher Campolindo 17:51
15. Steve Kunkel Piedmont 17:52
16. Jesse Moller Albany 17:54
17. Ryan Mlynzcyk C. Newman 17:55
18. Mike Miller College Prep 17:58
19. Carl McDonald Miramonte 17:59
20. Phil Jonas Lick-Wilmer. 18:01

Division I Girls Teams

1. *Logan 50 1:53:08, 2. Rancho Cotate 68 1:55:10, 3. Santa Rosa 69 1:55:04, 4. Antioch 85 1:57:23, 5. Piner 100 1:59:02, 6. Montgomery 131 2:03:39, 7. Ukiah 172 2:08:20.

Division I Girls Individuals

1. *Mich. McConnico S Rosa 21:27
2. *Angela Iriarte Antioch 21:31
3. Sehiti Direr Logan 21:43
4. *Sarah Gibson Ran Cotate 21:48
5. *Fiona Flanagan Antioch 22:08
6. Michelle Klyono Logan 22:09
7. *Pam. Richardson Montgomery 22:14
8. Sarah Campbell Ran. Cotate 22:30
9. Cheri Yokoi Santa Rosa 22:38
10. Leslie Huber Piner 22:51

11. Monique Pale Logan 22:52
12. Robyn Broome Ran. Cotate 22:53
13. Rajni Jutta Logan 22:55
14. Karya Svistun Piner 22:56
15. Marisa Reichmuth Montgomery 22:58
16. Jessica Plekins Ukiah 23:00
17. Hilery Aune Logan 23:26
18. Rachel McGarva Santa Rosa 23:30
19. Grace Neisingh Santa Rosa 23:31
20. Brianne Kostielney RanCotate 23:36

Division II Girls Teams

1. *Mission San Jose 27 1:44:45, 2. *Castro Valley 56 1:51:12, 3. San Ramon Valley 100 1:56:53, 4. Monte Vista 103 1:57:14, 5. Amador Valley 129 2:01:17, 6. Pittsburg 136 2:02:50, 7. Newark Memorial 160 2:08:12.

Division II Girls Individuals

1. Elissa Riedy MissSan Jose 19:46
2. Lori Rledy Miss San Jose 19:50
3. Jennifer Knowlden Miss San Jose 20:14
4. Jennifer Ewing Castro Valley 20:19
5. *Monica Van Wegen Amador Vly 20:50
6. *Tina Bowen San Ram Vly 20:57
7. *Rachel Mosher San Leandro 21:16



ELISSA RIEDY

Photo by Keith Conning

8. *Laura Kuhl Pittsburg 21:34
9. Andrea Comer Castro Valley 22:09
10. Amanda Brindley MissSan Jose 22:19
11. *Erin Bruce San Ram Vly 22:30
12. Stephanie KolbergMonte Vista 22:32
13. Betsy Stevens MissSan Jose 22:34
14. Simone Shin Castro Vly 22:47
15. Jamie Nicolopoulos Castro Vly 22:47
16. Kelly Hillman Monte Vista 22:57
17. Sue Pickens Newark Mem 23:06
18. Dana Matranga Castro Valley 23:08
19. Jamie McHugh Castro Valley 23:15
20. Hillary Brunkei San RamVly 23:17

Division III Girls Teams

1. *Clayton Valley 46, 2. *Bishop O'Dowd 67, 3. Carondelet 81, 4. Northgate 102, 5. Acalanes 155, 6. Washington 216, 7. Livermore 249, 8. Petaluma 260, 9. College Park 269, 10. Moreau 279, 11. Novato 288, 12. Las Lomas 325, 13. Sonoma Valley 341, 14. Casa Grande 349, 15. Analy 382.

Division III Girls Individuals

1. Heather Wallace Clayton Valley 19:33
2. Anjelica Randall O'Dowd 19:36
3. *Sarah Jakel Sonoma Vly 19:43
4. Kelly Howsey Clayton Valley 20:04
5. *Marisa Daniel Granada 20:07
6. Gretchen Vanderlip Clayton Valley 20:08
7. *Kristen Gordon Carondelet 20:12
8. *Alison Lambert Northgate 20:14
9. *Amber Robinson Las Lomas 20:31
10. Nicky Saleta O'Dowd 20:47
11. Candace Miles-Threat O'Dowd 20:55
12. Sally Cheda Petaluma 20:58
13. Lisa Kow Northgate 20:59
14. Shaunna Anderson Novato 21:10
15. Katie Owen Carondelet 21:13
16. Natalie Mariani Carondelet 21:14
17. Jennifer Osteen Clayton Valley 21:17
18. Nicole Schilt American 21:18
19. Jennifer Basch Foothill 21:21
20. Elizabeth Porto Acalanes 21:24

Division IV Girls Teams

1. *Miramonte 64 1:49:31, 2. *Ursuline 86 1:52:00, 3. Campolindo 87 1:51:22, 4. Arcata 115 1:54:06, 5. Branson 116 1:53:23, 6. San Rafael 151 1:55:46, 7. University 190 1:58:13, 8. Fortuna 225 1:59:25, 9. Head Royce 244 2:00:49, 10. Terra Linda 247 2:00:42, 11. Albany 312 2:05:04, 12. Lick-Wilmerding 337 2:07:46, 13. Drake 338 2:07:18, 14. Kelseyville 375 2:11:40, 15. Alhambra 421 2:17:17.

Division IV Girls Individuals

1. Kristen Schreiber Miramonte 20:15
2. *Kim Reynolds Branson 20:51
3. *Amy Bergenske Fortuna 20:57
4. *Melody Haas Clear Lake 20:57
5. *Lissa DeFries Campolindo 21:03
6. *Jennifer Ponig Terra Linda 21:26
7. Eve Phillips Miramonte 21:38
8. Karen Fletcher Campolindo 21:45
9. Brenna Nurmi Ursuline 21:49
10. Tegan Zimmerman San Rafael 21:51
11. Carrie Kronberg Ursuline 21:53
12. Alyssa Sutter Campolindo 21:55
13. Shannon Nohr Miramonte 21:59
14. Megan Canova Ursuline 22:06
15. Megan Gridley University 22:11
16. Beth Haile San Rafael 22:15
17. Alisa Reynold Arcata 22:21
18. Julia Storek Branson 22:29
19. Christy Minkema Arcata 22:36
20. Anne Hege Piedmont 22:37

Sac-Joaquin Section

Sierra College, Rocklin

November 12, 1993

Distance: 3 miles

from Rich McCann (West Sacramento)

*=State Meet Qualifiers

Division I Boys Teams

1. *Del Campo 59 80:09, 2. *Franklin 64 80:50, 3. Merced 109, 4. Nevada Union 109, 5. Atwater 122, 6. Fairfield 125, 7. Beyer 138, 8. Lincoln (Stockton) 157.

Division I Boys Individuals

1. *Alejandro Ramirez Stagg 14:55
2. Konrad Knutsen Del Campo 15:25
3. Glenn Pinnegar Del Campo 15:37
4. *David Alexis Fairfield 15:46

PREP NOTES

5. *Mark Jenkins	Atwater	15:48
6. *Andre Fields	Stagg	15:51
7. *Jose Bustamante	Atwater	15:55
8. Jose Pimentel	Franklin	15:56
9. David Paragua	Franklin	15:58
10. Batchelor	Merced	16:03
11. Buenrostro	Stagg	16:07
12. Matt Andrews	Del Campo	16:10
13. Gilton	Beyer	16:10
14. Brown	Nevada Union	16:11
15. White	Nevada Union	16:13
16. Alcaraz	Franklin	16:16
17. Oudegeest	Beyer	16:17
18. Yonan	Beyer	16:18
19. Podoll	Elk Grove	16:18
20. Paaske	Merced	16:18

Division II Boys Teams

1. *Jesuit 19 76:39, 2. *Davis 71 81:25,
3. Oakmont 99, 4. Wood 101, 5. El Dorado 124, 6. El Camino 160, 7. East Union 179,
8. Casa Roble 207.

Division II Boys Individuals

1. Matt Farley	Jesuit	14:36
2. Ned Presnall	Jesuit	15:17
3. Mike Stember	Jesuit	15:19
4. Greg Phister	Davis	15:32
5. Scott Abbott	Jesuit	15:36
6. *John Dearing	Oakmont	15:38
7. *Todd Hodnett	El Dorado	15:47
8. Tim Mangum	Jesuit	15:52
9. *Daniel Gohike	East Union	15:54
10. Brian Murphy	Davis	15:55
11. Turco	Jesuit	15:58
12. Welsh	Jesuit	16:02
13. Myers	Jesuit	16:03
14. Bohaty	Jesuit	16:03
15. Chadwick	Davis	16:09
16. Schmid	Jesuit	16:17
17. *Jared Plemons	Oakmont	16:24
18. *Ryan Henderson	Wood	16:24
19. Boscow	El Dorado	16:25
20. Farrell	Jesuit	16:26

Division III Boys Teams

1. *Del Oro 47 80:55, 2. *Sonora 56 81:11,
3. Placer 85, 4. San Juan 94, 5. Bear Creek 97, 6. Vacaville 159, 7. Rio Americano 179, 8. Los Banos 196.

Division III Boys Individuals

1. Darren Holman	Sonora	15:16
2. *Dan D'Ottavio	Placer	15:44
3. Ryan Lee	Del Oro	15:45
4. Mike Orellana	Sonora	15:46
5. *Hector Leija	Manteca	15:50
6. *Caleb Casey	Placer	15:52
7. Chris Coalt	Del Oro	15:58
8. Mark Limbird	Del Oro	16:00
9. *David Oleachea	San Juan	16:03
10. *Ernesto Barajas	Bear Creek	16:12
11. Clarke	Del Oro	16:17
12. Meyer	Rio Americano	16:17
13. Rodriguez	Marysville	16:19
14. Fuller	Folsom	16:20
15. Henderson	Vacaville	16:20
16. Barnes	Placer	16:21
17. Schweitzer	Marysville	16:25
18. Copher	Bear Creek	16:30
19. Cassidy	San Juan	16:31
20. Schweitzer	Marysville	16:36

Division IV Boys Teams

1. *Summerville 63 87:52, 2. *Dixon 65 86:47, 3. Bret Harte 69, 4. Calaveras 96,
5. Bear River 117, 6. Vanden 141, 7. Esca-

lon 156, 8. St. Helena 174.

Division IV Boys Individuals

1. *David Brackett	Calaveras	15:51
2. Albert Gomez	Dixon	16:14
3. *Lonnie Marshall	Escalon	16:19
4. *Dylan Renn	Bret Harte	16:26
5. Oscar Nieves	Dixon	16:45
6. *Jesse Ziegler	Bear River	16:49
7. Joe Waely	Summerville	16:57
8. *Zach Stovall	Riverbank	17:01
9. Rocha	Vanden	17:09
10. La Salla	Christian Bro.	17:17
11. Long	St. Helena	17:22
12. White	Bret Harte	17:31
13. Cory Halls	Summer	17:34
14. Mark Waely	Summerville	17:38
15. Lytchfield	Bear River	17:40
16. Torres	Justin-Siena	17:46
17. Seymour	Summerville	17:49
18. Easton	Bret Harte	17:50
19. Farhood	Dixon	17:51
20. Hastings	Bret Harte	17:52

Division I Girls Teams

1. *Elk Grove 52 97:19, 2. *Nevada Union 54 96:33, 3. Del Campo 102,
4. Turlock 119, 5. Atwater 120, 6. Beyer 127, 7. Florin 153, 8. Tracy 161.

Division I Girls Individuals

1. *Sarah Dickerman	Del Campo	17:46
2. Jami Nelson	Nevada Union	17:53
3. *Tangi Galloway	Atwater	18:31
4. Ann Maschmeier	Elk Grove	18:37
5. Julie Hassan	Nevada Union	18:43



DARREN HOLMAN

Photo by Phillip L. Embody

6. *Joanna Cerri	Downey	18:48
7. *Val Cornwall	Turlock	18:56
8. *Irene Hobbs	Atwater	19:02
9. Margarette Jones	Elk Grove	19:21
10. Hannah Jones	Elk Grove	19:22
11. Ochoa	Fairfield	19:26
12. Paulson	Nevada Union	19:33

13. Bersbach	Elk Grove	19:37
14. Cabitac	Florin	19:45
15. Thornburn	Turlock	19:47
16. Fazal	Beyer	19:48
17. Vomackova	Nevada Union	19:51
18. LaPierre	Del Campo	19:54
19. Pearson	Turlock	19:59
20. Orr	Kennedy	20:14

Division II Girls Teams

1. *Wood 35 98:53, 2. *Davis 48 99:53, 3. Napa 71, 4. Casa Roble 79, 5. Oakmont 122, 6. Roseville 172, 7. East Union 204,
8. El Dorado 212.

Division II Girls Individuals

1. *Jamie Whitmore	Valley	18:31
2. Liz Verutti	Davis	18:40
3. Magi Martinez	Wood	18:45
4. *Alma Anguiano	Ceres	19:31
5. Jennifer Morejohn	Davis	19:34
6. *Darci Lewis	Napa	19:38
7. Tenika Neil	Wood	19:43
8. *Kelly Hughes	Napa	19:49
9. Deniz Anders	Wood	19:52
10. Leilani Kauhaug	Wood	20:01
11. Carnes	Davis	20:02
12. *Gowan	Valley	20:09
13. Hardenburgh	Casa Roble	20:14
14. Kirby	Napa	20:14
15. McDowell	Casa Roble	20:31
16. Adams	Wood	20:34
17. Burnett	Wood	20:35
18. Byrne	Davis	20:36
19. Turrentine	Oakmont	20:??
20. Berton	Vintage	20:??

Division III Girls Teams

1. *Del Oro 44 98:57, 2. *Ponderosa 61 99:26, 3. Sonora 92, 4. St. Francis 99, 5. Los Banos 120, 6. Rio Americano 141, 7. Mira Loma 144, 8. Vacaville 195.

Division III Girls Individuals

1. Jenny Schindler	Ponderosa	18:12
2. *Sarabeth Schweitzer	Marysville	18:37
3. *Maggie Hurst	Sonora	18:43
4. *Liz Cobb	St. Francis	19:02
5. *Blanca Carreon	Los Banos	19:05
6. Sara Pope	Del Oro	19:14
7. *Charity Cornwell	Galt	19:23
8. Talia Starkey	Del Oro	19:36
9. Gabbari	Mira Loma	19:38
10. Denise Warner	Ponderosa	19:48
11. Lisa Starkey	Del Oro	19:53
12. Ray	Del Oro	20:02
13. Hower	Los Banos	20:03
14. Hadley	Ponderosa	20:06
15. Smith	Ponderosa	20:09
16. Funk	Del Oro	20:10
17. McGill	Rio Americano	20:17
18. Mejeson	Del Oro	20:17
19. Allen	Mira Loma	20:17
20. Blades	St. Francis	20:27

Division IV Girls Teams

1. *Dixon 22 102:01, 2. *Escalon 66 107:14,
3. Bret Harte 79, 4. Bear River 92, 5. Calaveras 97, 6. Vanden 140, 7. Colfax 182.

Division IV Girls Individuals

1. *Sandy Medeiros	Hilmar	19:49
2. Claudia Bruins	Dixon	19:57
3. Natalie Banas	Dixon	20:02
4. *Susanna Fisher	Summerville	20:03
5. Donna Bruins	Dixon	20:19
6. *Aimee Lowry	Bret Harte	20:19
7. *Christi Morf	St. Helena	20:20

8. Nari Mora	Escalon	20:27
9. *Rebecca Dillon	Christian Bro	20:36
10. Cunningham	Bret Harte	20:49
11. Julie Glide	Dixon	20:51
12. Alexander	Bear River	21:04
13. Toban	Dixon	21:04
14. Carda	Bear River	21:22
15. Moore	Escalon	21:23
16. Forgette	Calaveras	21:24
17. Richardson	Calaveras	21:28
18. Trejo	Escalon	21:31
19. Fausto	Riverbank	21:37
20. Firebaugh	Escalon	21:41

Academic Athletic Association

▼ San Francisco Section

Golden Gate Park, San Francisco

November 17, 1993

Distance: 5,000 meters

from Marc Christensen (McAteer)

Boys Teams

1. Lowell 53, 2. Washington 64, 3. Lincoln 63, 4. McAteer 85, 5. Balboa 134, 6. Mission 150, 7. Wallenberg 155, 8. Wilson 213.

Boys Individuals (79 finishers)

1. Jonathan Asmerom	McAteer	18:32
2. Demarcus Thomas	Lincoln	19:39
3. Alvaro Cardoza	Lincoln	19:43
4. John-Michael Hernandez	Lowell	19:44
5. Distson Garcia	Mission	19:48
6. Shaun Morris	Balboa	19:49
7. Derek Gerugthy	Washington	19:57
8. Jamie Jesson	Washington	19:58
9. Jason Hughes	Washington	20:02
10. Donald Chau	Lowell	20:03
11. Raymond Lie	Lowell	20:06
12. Khuong Luu	Wallenberg	20:08
13. Tim Lee	Lowell	20:12
14. Richard Sigua	Balboa	20:13
15. Lars Jorgensen	Galileo	20:19
16. Jimmy Chan	Lowell	20:28
17. Vernon Kwan	McAteer	20:42
18. Scott Wheeler	Washington	20:45
19. Alex Darr	Lowell	20:46
20. Ricco Redd	Lincoln	20:51

Girls Teams

1. Lowell 15, 2. Lincoln 61, 3. Washington 68.

Girls Individuals (52 finishers)

1. Logan Hiroshima	Lowell	22:27
2. Oasii Lucero	Lowell	22:27
3. Valerie Moorhead	Lowell	22:57
4. Melinda Huang	Lowell	23:11
5. Cathy Choy	Lowell	23:16
6. Katherine Schoen	Lowell	23:31
7. Susan Chou	Lowell	23:38
8. Alyse Christensen	McAteer	24:21
9. Cecilia Rejas	Lowell	24:30
10. Ying Ha	Lowell	24:50

Boys Soph-Fresh Individuals

1. Bisrat Yohannes	Lincoln	19:07
2. Jerry Lee	Lowell	19:18
3. Paul Choi	Lowell	19:29
4. Issachar Mejia	Lincoln	19:29
5. Sebastian Ischer	Wallenberg	20:02
6. Yonas Amare	Washington	20:09
7. Jimmy Ma	Lincoln	20:20
8. Tariq Javald	Lincoln	20:34

PREP NOTES

▼ Oakland Athletic League

Joaquin Miller Park, Oakland
November 18, 1993

Boys Teams

1. Skyline 15, 2. Technical 55, 3. Fremont 70

Boys Individuals (28 finishers)

1. Senai Kidane	Skyline	15:27
2. Andrew Ohren	Skyline	15:53
3. Jesus Enriquez	Skyline	16:26
4. Tim Brown	McClymonds	16:52
5. Derrick Deans	Skyline	17:00
6. Michael Salas	Oakland	17:04
7. Ed Mola	Skyline	17:14
8. Cory Dixon	Skyline	17:24
9. Jesse O'Con	Skyline	17:37
10. Tai Nguyen	Technica	17:42

Girls Teams

1. Skyline 15, 2. Fremont 47,

Girls Individuals (18 finishers)

1. Anna Rensi	Skyline	18:28
2. Eman Barfield	Skyline	18:34
3. Sakai Metcalf	Skyline	20:05
4. Aster Testai	Skyline	20:10
5. Anjanette Scott	Skyline	20:36
6. Orisha Hines	Fremont	20:39
7. Angela Harris	Skyline	21:06
8. Aisha Wallace	Skyline	21:06
9. Jesenia Morales	Skyline	21:06
10. LaToya Godley	Skyline	21:33

▼ Central Coast Section

Crystal Springs, Belmont
November 17, 1993

Distance: 2.95 miles

*=State Meet qualifier

Division I Boys Teams

1. *Bellarmine 26, 2. *Serra 101, 3. St. Ignatius 102 (47), 4. Overfelt 102 (58), 5. Watsonville 111, 6. Live Oak 182, 7. Independence 195, 8. Milpitas 205, 9. Prospect 234 (61), 10. Pioneer 234 (84), 11. Mt. Pleasant 276, 12. El Camino 330, 13. Oak Grove 354.

Division I Boys Individuals (88 finishers)

1. *Scott Cervelli, Sr	Santa Teresa	15:31
2. Tom Becker, Jr	Bellarmine	15:33
3. *Chris D'Anjou, So	Live Oak	15:48
4. Tom Washington, Sr	Serra	15:49
5. Todd Dando, Sr	Bellarmine	15:51
6. *Bradford Hansen, Fr	St. Ignatius	15:54
7. Arnold Song, Jr	Bellarmine	15:57
8. Brian Lucido, Sr	Bellarmine	15:57
9. Rusty Moore, Sr	Bellarmine	16:06
10. *Juan Del Rio, Sr	Overfelt	16:11
11. *Jose Guerrero, Sr	Overfelt	16:13
12. Rich Erkilla, Sr	St. Ignatius	16:18
13. Steve Taylor, Jr	Bellarmine	16:19
14. Joe Kermleski, Sr	St. Ignatius	16:20
15. Adrian Webb, So	Bellarmine	16:22
16. Tomas Garcia, Jr	Watsonville	16:23
17. Manuel Castorena, Jr	Watsonville	16:25
18. Jean-Paul Tchamouri, So	Serra	16:30
19. Nathan Woodside, So	Serra	16:32
20. Kevin Freeman, Sr	Milpitas	16:33

Division II Boys Teams

1. *North Monterey County 37, 2. *Leland

- 95, 3. Homestead 113, 4. Burlingame 120, 5. Fremont 122, 6. Salinas 131, 7. Silver Creek 171, 8. Hill 194, 9. Aptos 251, 10. North Salinas 252, 11. Wilcox 290, 12. Piedmont Hills 324, 13. Alisal 328.

Division II Boys Individuals (93 finishers)

1. *Jason Balkman, Jr	Lynbrook	15:02
2. *Enrique Torres, So	Silver Creek	15:49
3. *Lee Fernandez, Sr	Salinas	15:55
4. Leonardo Leon, Jr	NoMontCo	15:58
5. *Sean Bowman, Sr	Fremont	16:05
6. Enrique Cervantes, Sr	NoMontCo	16:06
7. Ricardo Garcia, Sr	NoMontCo	16:09
8. Sergio Vazquez, Jr	NoMontCo	16:13
9. *Jason Hakes, Sr	Homestead	16:14
10. Jason Lee, Sr	Leland	16:18
11. David Beals, Jr	Salinas	16:20
12. Mike Haddad, Sr	Burlingame	16:22
13. Steve Buelow, Jr	Burlingame	16:24
14. Erik Neal, Sr	Homestead	16:27
15. Shant Vartanian, Sr	Burlingame	16:28
16. Cliff Roberts, Jr	Leland	16:30
17. Stacy Hughes, Sr	NoMontCo	16:30
18. John Ball, Jr	North Salinas	16:32
19. Brian Dorgan, Jr	Hill	16:33
20. Ben Rogers, Jr	Leland	16:34

Division III Boys Teams

1. *Gunn 41, 2. *Los Gatos 47, 3. St. Francis 81, 4. Mills 128, 5. Mt. View 136, 6. Gunderson 210, 7. Santa Cruz 216, 8. King City 245, 9. Palo Alto 262, 10. Lick 279, 11. San Lorenzo Valley 319, 12. Willow Glen 348, 13. Los Altos 350, 14. Westmont 353, 15. Aragon 384, 16. Gonzales 390, 17. Del Mar 434, 18. Cupertino 435.

Division III Boys Individuals (128 finishers)

1. Beebe Rutledge, So	Los Gatos	15:20
2. Neal Harder, Sr	Gunn	15:38
3. *Liam Jones, Sr	Soquel	15:47
4. Jeremy Riddle, Jr	Gunn	15:54
5. *Daniel Sikiric, So	Gunderson	15:59
6. *Dan Sorenson, Sr	Woodside	16:01
7. Ben Abeln, So	Los Gatos	16:05
8. Stephen Bosshart, Sr	Gunn	16:11
9. *Mike Liberatore, Sr	Santa Cruz	16:12
10. *Henry Darius, Sr	St. Francis	16:13
11. Brian Leong, Jr	Mills	16:14
12. Brian Stannaro, Sr	Los Gatos	16:14
13. Matt Tompkins, Sr	Gunn	16:16
14. John Boniface, Jr	St. Francis	16:16
15. Mike Darling, Jr	Mills	16:17
16. Amerigo Rossi, Jr	Harbor	16:18
17. Mark Shahinian, Sr	Mt. View	16:19
18. Jason Hervey, Jr	Los Gatos	16:20
19. Peter Carter, Fr	Los Gatos	16:21
20. Jeff Colbeck, So	Palo Alto	16:21

Division IV Boys Teams

1. *Pacific Grove 46, 2. *Archbishop Mitty 51, 3. Half Moon Bay 74, 4. Carmont 126, 5. Monte Vista Christian 155, 6. Stevenson 168, 7. Redwood Christian 170, 8. Saratoga 199, 9. San Jose Academy 225, 10. Valley Christian 265, 11. Sacred Heart Prep 285.

Division IV Boys Individuals (75 finishers)

1. *Britton Owen, Sr	Palma	16:20
2. Charles Engel, Sr	Pacific Grove	16:31
3. *James Harrison, So	Half Moon B	16:38
4. *Justin Stern, Jr	Half Moon Bay	16:40
5. Lonnie Auty, Sr	Mitty	16:42
6. *Jason Richardson, Jr	Redwd Chr	16:53
7. Nick Quinn, Jr	Mitty	17:00
8. *Peter West, Jr	Stevenson	17:01



EMILY ALLISON

Photo by Bill Cockerham

9. Dave Uldrick, Jr	Carlmont	17:05
10. Ryan Bartlett, Sr	Pacific Grove	17:07
11. Lars Mininni, Sr	Pacific Grove	17:12
12. Bart Rowley	Carmel	17:14
13. Dan Burkhead, Jr	Mitty	17:16
14. Shawn Gallup, So	Pacific Grove	17:23
15. Eddie Galardo, Jr	Mitty	17:27
16. David Rolander, Sr	Pacific Grove	17:33
17. Kip Lyons, So	MVista Chris	17:35
18. David Dines, Fr	Half Moon Bay	17:36
19. Hank Nothhaft, Fr	Mitty	17:36
20. Carlos Herrera, Sr	Carlmont	17:40

Division I Girls Teams

1. *Santa Teresa 39, 2. *Los Gatos 66, 3. Santa Cruz 102, 4. Live Oak 111, 5. Independence 139, 6. Prospect 150, 7. Overfelt 154, 8. Mt. Pleasant 168, 9. Yerba Buena 228, 10. Milpitas 259, 11. Santa Clara 281.

Division I Girls Individuals (71 finishers)

1. Vi Tran, Jr	Santa Teresa	19:26
2. Carrie Burman, Sr	Santa Teresa	19:53
3. *Dawn Fraser, Sr	Live Oak	19:56
4. *Courtney Svrdlin, So	Yerba Buena	19:57
5. *Phuong-Mai Bui-Quen, Sr	Prspt	20:03
6. Cathy Landers, Sr	Los Gatos	20:11
7. Susie Landers, Jr	Los Gatos	20:24
8. *Tami Simpson, Sr	Overfelt	20:25
9. Julie Ruckriegel, Sr	Santa Teresa	20:25
10. Holly Malander, Jr	Los Gatos	20:39
11. *Melanie Caffee, Sr	Santa Cruz	20:40
12. Beckie Skiba, Sr	Santa Teresa	20:40
13. Gurpreet Johal, Jr	Independence	20:47
14. Rebecca Boyd, Fr	Santa Cruz	20:47
15. Sabrina Gunion, Jr	Santa Teresa	20:53
16. Maria Biber-Ferro, Sr	Los Gatos	21:00
17. Rachel Wiseman, Fr	Mt. Pleas	21:09
18. Carolina Robeiro, Sr	Prospect	21:17
19. Elizabeth Lam, Sr	Independence	21:19
20. Nicole Sebek, Jr	Prospect	21:19

Division II Girls Teams

1. *Aptos 36, 2. *Silver Creek 50, 3. Leland 62, 4. Burlingame 131, 5. Wilcox 137, 6. San Benito 151, 7. Gilroy 167, 8. Fremont 194.

Division II Girls Individuals (65 finishers)

1. *Emily Allison, So	Leland	17:58
2. Nicole Silva, Jr	Aptos	18:16
3. Deborah Bleisch, So	Silver Creek	18:26
4. *Marla Playte, Jr	San Benito	18:30
5. Megan Randall, Jr	Aptos	19:01
6. *Rachelle Thomas, Sr	Leigh	19:27
7. Lisa Crouch, Sr	Aptos	19:34
8. Laneisha McPherson, So	Silver Cr	19:36
9. Sheryl Medina, Jr	Silver Creek	19:38
10. Erin DeLaCruz, Fr	Silver Creek	19:50
11. *Julie Conger, Sr	Homestead	19:54
12. *Sonia Mann, So	Homestead	19:57
13. Jacquie Cooke, So	Burlingame	20:16
14. Hollie Smith, Fr	Aptos	20:25
15. Kelli Homer, So	Aptos	20:25
16. Cathy Sheldon, Fr	Leland	20:31
17. Caroline Knapp, So	Leland	20:47
18. Megan Scott, So	Leland	20:55
19. Joanna Peskoff, So	Salinas	20:58
20. Malia Byers, Fr	Aptos	21:04

Division III Girls Teams

1. *St. Ignatius 54, 2. *Palo Alto 102, 3. St. Francis 116, 4. Willow Glen 146, 5. Presentation 196, 6. Harbor 197, 7. Menlo-Atherton 217, 8. North Monterey County 231, 9. Westmont 256, 10. Mills 300 (86), 11. Aragon 300 (93), 12. Gunn 305 (94), 13. Los Altos 305 (107), 14. King City 306, 15. Westmoor 310, 16. Sacred Heart Cathedral 317, 17. Gonzales 427.

Division III Girls Individuals (122 finishers)

1. Ann Baldelli, Sr	St. Ignatius	18:25
2. Janice Kim, Sr	Palo Alto	18:44
3. *Christine Stavolone, Sr	Present	18:51
4. *Stephanie Hovancik, Sr	Lynbrook	18:57
5. *Tina Kefalas, Jr	Sacred Heart	19:08
6. Laura Sandoval, So	St. Ignatius	19:14
7. *Anniken Iversen, Sr	St. Francis	19:16
8. *Angela Yebra, Fr	Gonzales	19:20
9. Nina Rabin, Sr	Palo Alto	19:24
10. Muffie Binkley, Jr	Los Altos	19:26
11. Lisa Renteria, So	Westmont	19:28
12. Xandra Rarden, Sr	Aragon	19:29
13. Heather Iversen, Jr	Willow Glen	19:33
14. Lakeisha Poole, So	Gunderson	19:34
15. Ashley Holt, So	Menlo-Ath	19:38
16. Jessica Blount, Jr	NoMontCo	19:54
17. Joanna Lee, Sr	St. Ignatius	19:57
18. Danielle Dekker, So	St. Ignatius	20:03
19. Amy Rhein, Sr	St. Ignatius	20:04
20. Katie Monahan, Sr	St. Francis	20:07

Division IV Girls Teams

1. *Archbishop Mitty 41, 2. *York 62, 3. Half Moon Bay 80, 4. Saratoga 109, 5. Redwood Christian 123, 6. Carmel 129, 7. Castilleja 156, 8. Carmont 185.

Division IV Girls Individuals (59 finishers)

1. Claire Ryan, Jr	Mitty	19:22
2. Meredith Sullivan, Fr	York	20:10
3. Isabelle Young, Jr	York	20:15
4. Serena Deleplace, Fr	Mitty	20:19
5. *Shauna O'Leary, Jr	Half Moon B	20:27
6. Alice Irving, So	York	20:28
7. *Danielle Wall, Sr	Carmel	20:33
8. *Rosie Leutzinger	Pacific Grove	20:44
9. Camille Cohen, So	Mitty	20:45
10. *Elizabeth Gould, So	SacredHrt	20:46
11. *Sandi Kalcic, Sr	Capuchino	20:56
12. Kim O'Brien, Sr	Half Moon Bay	21:05
13. Bonnie Monk, Sr	Redwood Chrs	21:11

PREP NOTES

14. Lisa Taylor, So	Mitty	21:20
15. Heather Patterson, Fr	HalfMoon	21:27
16. Jennifer Murphy, Sr	Carimont	21:33
17. Angela Sugimura, Sr	Redwood Ch	21:38
18. Stephanie Sun, Fr	Saratoga	21:44
19. Sarah Williams, So	MonteVisChr	21:53
20. Denise Cardamone, So	Carmel	21:56

▼ Central Section

Division I

Woodward Park, Fresno

Boys Teams

1. Madera 18, 2. Clovis West 99, 3. Reedley 115, 4. Clovis 117, 5. Bullard 126, 6. West 139, 7. Bakersfield 180, 8. Fresno 209, 9. Roosevelt 209, 10. McLane 262, 11. Hoover 310, 12. Hanford 349.
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Boys Individuals

1. Eric Kropf	Madera	15:42
2. Chavez	Madera	16:07
3. Granado	Madera	16:13
4. Evangelista	Madera	16:17
5. O'Clair	Clovis West	16:29
6. Barrus	Clovis	16:43
7. Meador	Clovis	16:43
8. Ramirez	Madera	16:48
9. Eliotis	Bullard	16:50
10. Evans	Clovis West	16:51

Girls Teams

1. Madera 27, 2. Clovis West 48, 3. Clovis 71, 4. West 98, 5. Fresno 122, 6. Bakersfield 170, 7. Roosevelt 216, 8. Bullard 221, 9. Hoover 231, 10. Hanford 287.

Girls Individuals

1. Castaneda	Madera	18:54
2. Pilger	Clovis	19:20
3. Donovan	Madera	19:34
4. McCarty	Madera	19:38
5. E. Lawson	Clovis West	19:47
6. M. Lawson	Clovis West	20:03
7. Coronado	Madera	20:12
8. Lino	Fresno	20:22
9. Cordova	Clovis West	20:30
10. Daniel	Clovis West	20:31

Division II

Hart Park

Boys Teams

1. Sanger 42, 2. Arvin 94, 3. Redwood 120, 4. South 131, 5. East 139, 6. North 141, 7. Foothill 175, Highland 175.9, Mount Whitney 210, 10. Delano 223, 11. Golden West 241, 12. Porterville 265.

Boys Individuals

1. Ballantyne	Sanger	16:33
2. Sanchez	Delano	16:42
3. Ruiz	Sanger	17:03
4. Verdejo	Foothill	17:04
5. Chavez	East	17:05
6. Villavioanco	South	17:06
7. Temmerman	Mt Whitney	17:17
8. Guerrero	Redwood	17:18
9. Henry	Sanger	17:19
10. Herrera	Arvin	17:21

Girls Teams

1. Reedley 24, 2. Foothill 84, 3. Mount Whitney 101, 4. Golden West 118, 5. North 125, 6. Highland 136, 7. Sanger 146, 8. Porterville 165.
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Girls Individuals

1. Mortensen	Redwood	19:12
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2. Ruiz	Reedley	19:32
3. Ortiz	Reedley	19:37
4. Schofield	Mt Whitney	19:53
5. Hall	Reedley	20:35
6. Sumlin	North	21:02
7. Cheatwood	Golden West	21:08
8. Maricella	Sanger	21:18
9. Trevino	Reedley	21:19
10. Wright	Reedley	21:20

Division III

Woodward Park, Fresno

Boys Teams

1. Lemoore 49, 2. Yosemite 87, 3. Exeter 107, 4. Buchanan 109, 5. Stockdale 125, 6. Corcoran 165, 7. Central 189, 8. Wasco 200, 9. Edison 203, 10. Selma 258, 11. Western 259, 12. Shafter 321.

Boys Individuals

1. Woodley	Lemoore	16:43
2. Palacios	Corcoran	16:50
3. Padilla	Yosemite	16:54
4. Rodriguez	Stockdale	16:56
5. Coleman	Lemoore	16:57
6. Gonzales	Buchanan	17:06
7. Cordoza	Western	17:09
8. Hernandez	Exeter	17:09
9. Lovejoy	Buchanan	17:13

Girls Teams

1. Buchanan 48, 2. Edison 81, 3. Lemoore 83, 4. Yosemite 88, Stockdale 88, 6. Exeter 134, 7. Selma 213.

Girls Individuals

1. Johnston	Central	19:11
2. Hurley	Exeter	19:51
3. Padilla	Yosemite	20:09
4. Cohn	Stockdale	20:25
5. Atkins	Bak	20:32
6. Syhalaih	Reedley	20:45
7. Taylor	Lemoore	20:46
8. Ryan	Bak	20:53
9. Lopez	Stockdale	21:02
10. Phelan	Edison	21:03



PAMENOS BALLANTYNE

Photo by Phillip Enbody

Division IV

Hart Park

Boys Teams

1. McFarland 24, 2. Taft 65, 3. Mendota 106, 4. Centennial 122, 5. Memorial 144, 6. Washington 147, 7. Sierra 162, 8. Garces 223, 9. Tranquillity 252, 10. Kingsburg 257.

Boys Individuals

1. Rhoan	Sierra	16:27
2. B. Galvan	McFarland	16:33
3. Gonzalez	McFarland	16:44
4. Fuson	Taft	16:56
5. Sanchez	McFarland	17:16
6. Sotto	McFarland	17:23
7. Morales	Washington	17:31
8. Mirales	Coalinga	17:34
9. J. Galvan	McFarland	17:43
10. Diaz	McFarland	17:51

Girls Teams

1. McFarland 34, 2. Taft 48, 3. Garces 68, 4. Sierra 116, 5. Kingsburg 120, 6. Memorial 137, 7. Washington 191.

Girls Individuals

1. Fancon	Taft	19:35
2. C. Sanchez	McFarland	19:52
3. L. Sanchez	McFarland	20:34
4. Christian	Garces	20:56
5. Bowling	Taft	21:03
6. Fowler	Centennial	21:17
7. Brittain	Centennial	21:17
8. Carter	McFarland	21:38
9. Gonzales	McFarland	21:54
10. Ellis	Sierra	22:15

▼ Los Angeles City

Finals

Pierce College

Girls: 1. Genevieve Debose (Hamilton, L.A.) 19:33, 2. Imelda Flores (Belmont, L.A.) 19:42, 3. Yolanda Gomez (Belmont) 19:52, 4. Roseanna Heagerty (Birmingham, Van Nuys) 19:55, 5. Gisela Colunga (Lincoln, L.A.) 19:59, 6. Alma Herrera (Huntington Park) 20:01, 7. Sarah Wilkes (El Camino Real, Woodland Hills) 20:01, 8. Flor Sanchez (Huntington Park) 20:02, 9. Leydi Gutierrez (Belmont) 20:11, 10. Norma Juarez (San Pedro) 20:13.
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Teams: 1. Belmont (L.A.) 35, 2. Huntington Park 114, 3. Garfield (L.A.) 120, 4. El Camino Real (Woodland Hills) 130, 5. Taft (Woodland Hills) 131.

Boys: 1. Richard Valenzuela (Belmont, L.A.) 15:19, 2. Humberto Sanchez (South Gate) 15:24, 3. Peter Gilmore (Palisades, Pacific Palisades) 15:31, 4. Miguel Ramirez (Roosevelt, L.A.) 15:35, 5. Jose Padilla (Monroe, Sepulveda) 15:42, 6. Richard Martinez (Garfield, L.A.) 15:45, 7. Jerry Martinez (Sylmar) 15:54, 8. Jose Torres (Birmingham, Van Nuys) 15:57, 9. Stuart Pattle (Birmingham, VN) 15:59, 10. Denis Vela (Bell) 16:01.

Teams: 1. Belmont 52, 2. Birmingham (Van Nuys) 91, 3. Palisades (Pacific Palisades) 109, 4. Garfield 123, 5. Bell 126.

▼ Southern Section

Finals

By DOUG SPECK

Southern Section action is held at the popular Mt. SAC course, with each of the state's four divisions divided into half for an "AA" and "A" breakdown (top half of enrollment of state division in "AA," and lower half in "A").

One of the great team racing efforts by Coach Jack Farrell's Thousand Oaks Boys squad highlighted the day of action. After fifteen years of racing on this course to take down a record such as the overall team time one, as the Lancers did this day, was truly spectacular and put the cap on a beautiful late Fall morning of racing. But read on for the whole story—

Girls Division I

Agoura, ranked #8 nationally, brought everyone together on the course for the Section Finals, with Amy Skieresz (17:51) and Kay Nekota (18:10) going 1-2 and leading fine hurdler Cathy Prater (19:19) and Vickie Green (19:30) to another close win over Peninsula (Rolling Hills), with Coach Joe Kelly's group running a fine race, led by Molly Mehberg's 18:29. Agoura was 36-40 "AA" and 78-83 overall, with the



KAY NEKOTA (left) & AMY SKIERESZ

Photo by Bill Cockerham

Chargers 95:38 on the team watch and Penn 96:59. Thousand Oaks, not ranked all season at this level, was 101 (97:41), with Irvine the final State Qualifier at 105 (97:53). Dana Hills, among the State's top ten teams did not qualify on at fifth (139-100:27 team time).

Results: 1. Amy Skieresz (Agoura) 17:51, 2. Kay Nekota (Agoura) 18:10, 3. Kim Mortensen (Thousand Oaks) 18:21, 4. Jessica Corbin (Irvine) 18:25, 5. Molly Mehberg (Peninsula, Rolling Hills) 18:29, 6. Carrie Caulkins (Esperanza, Anaheim) 18:35, 6. Eliazar Estrada (Santa Ana Valley) 18:41, 7. Jamie Artzner (Peninsula, RH) 18:53, 8. Courtney Pugmire (Esperanza, Ana) 18:57, 9. Erin Livemore (Irvine) 19:00, 10. Jenny Titus (Esperanza, Ana) 19:05, 11. Tara Marsden (Thousand Oaks)

PREP NOTES

19:12, 12. Amy Van Atta (Buena, Ventura) 19:16, 13. Cathy Prater (Agoura) 19:19, 14. Jenny Hansen (Royal, Simi Valley) 19:20, 15. Bridget Roy (Thousand Oaks) 19:23.

Teams: AA: 1. Agoura 36, 2. Peninsula 40, 3. Dana Hills 68, 4. Chino 93, 5. Simi Valley 125, 6. Poly (Long Beach) 134, A: 1. Thousand Oaks 54, 2. Irvine 56, 3. Saugus 77, 4. Esperanza (Anaheim) 78, 5. Buena 103, 6. Hart (Newhall) 108. (Overall-State Qualifying) 1. Agoura 78 (95:38), 2. Peninsula 83 (96:59), 3. Thousand Oaks 101 (97:41), 4. Irvine 105 (97:53), 5. Dana Hills 139 (100:27), 6. Saugus 144 (100:25), 7. Esperanza 144 (99:22), 8. Chino 185 (102:27), 9. Buena (Ventura) 193 (102:26), 10. Hart (Newhall) 215 (103:40), 11. Simi Valley 255 (105:24), 12. Poly (Long Beach) 272 (106:14).

Girls Division II

Edison (Huntington Beach) welcomed back 10:54.28 3200m star Elyse Homberger the last couple of weeks of the season, with the team's other Varsity members each filling in at least once during the season in a big way when help up front was needed. Coach Kristi McGihon had molded a solid crew who was still smarting from defeat at the hands of city rival Ocean View at the end of last year. Gapping at just over a minute behind this week's leader, Jennifer Formosa (19:21), the Edison group would not be denied this year, racing to a Div IIAA win over Canyon (Anaheim) and Ocean View 34-49-65, with a 56 (99:00)-76 (99:22) win over Canyon when both AA and A were brought together. El Modena (Orange) took the IIA contest with 51 points over Trabuco Hills (Mission Viejo) 62. Carrie Garrison closed out her super Southern Section harrier career with a win here at 18:11, with Kim Nelson (Canyon, Anaheim) next at 18:36.

Results: 1. Carrie Garrison (Buena Park) 18:11, 2. Kim Nelson (Canyon, Anaheim) 18:36, 3. Heather McGlone (Laguna Hills) 19:02, 4. Nancy Dollar (San Clemente) 19:06, 5. Mary Nwaoguakor (Muir, Pasadena) 19:10, 6. Gabriela Rodriguez (Oxnard) 19:11, 7. Tara Whitfield (El Modena, Orange) 19:16, 8. Molly Lawrence (Righetti, Santa Maria) 19:17, 9. Jennifer Formosa (Edison, Hunt Bch) 19:21, 10. Misha Wilson (University, Irvine) 19:30.

Teams: AA: 1. Edison (H Bch) 34, 2. Canyon (Ana) 49, 3. Ocean View (Hunt Bch) 65, 4. Corona 84, 5. Tustin 125, 6. Santa Barbara 148, A: 1. El Modena (Orange) 51, 2. Trabuco Hills (Mission Viejo) 62, 3. Bishop Amat (La Puente) 66, 4. Righetti (Santa Maria) 94, 5. Laguna Hills 96, 6. Westlake (West Village) 103. (overall-State Qualifying) 1. Edison 56 (99:00), 2. Canyon (Anaheim) 76 (99:22), 3. Ocean View (Huntington Beach) 103 (101:18), 4. El Modena 127 (101:51), 5. Corona 129 (102:51), 6. Bishop Amat (La Puente) 160 (103:40), 7. Trabuco Hills (Miss Viejo) 167 (104:18), 8. Tustin 197 (105:28), 9. Righetti (Santa Maria) 217 (105:47), 10. Laguna

Hills 228 (105:55), 11. Santa Barbara 249 (107:44), 12. Westlake (West. Vill) 249 (107:33).

Girls Division III

The Sea View League is very, very tough in this sport, with teams as far back as fifth place competing for one of the three plaques awarded at the State Meet when the conference grouping spills out into its different divisions for Championship competition. The three schools that went to this level after the League Finals proved to be far ahead of the pack.

Santa Margarita (Rancho SM), the Section's newest parochial athletic power, in the Orange County area, had been getting some fine racing from its team, with senior Amy Gomez much improved and frosh Katie Nuanes team leaders. Corona del Mar (Newport Harbor) was one of the nation's best with everyone running strongly, with Tracy Clark, Dresden Howell, and Brooke Meek capable of well under 20:00 on the challenging Mt. SAC course. Newport Harbor had depth behind team leader Gwen Twist to keep everyone honest.

On Finals day the real CdM team showed up to run, with Howell (3rd) and Clark (4th) close behind Santa Margarita's Nuanes (2nd), and Meek (8th overall) putting together her best race recently to emerge victorious at the IIIA level (24 points) and overall 53 points (to Newport's 73 and Santa Margarita's 78). Coach Bill Sumner's CdM crew had a team time of 97:07 this day, marking them as one of the nation's top fifteen squads when everyone was healthy.

Individually, the latest of the running Ebner's, this one Annie, a soph at St. Lucy's in Glendora (first of the family to not run at Bishop Amat), raced away from the pack over the final mile to an 18:41 triumph that puts her in great shape against the rest of the state at Fresno.

Results: 1. Annie Ebner (St. Lucy's, Glendora) 18:41, 2. Katie Nuanes (Santa Margarita, Rancho SM) 19:02, 3. Dresden Howell (Corona del Mar, Newp Bch) 19:03, 4. Tracy Clark (CdM, NB) 19:06, 5. Simone Ferrara (South Torrance) 19:11, 6. Amy Gomez (Santa Marg, Rancho SM) 19:12, 7. Allison Twist (San Marino) 19:19, 8. Brook Meek (CdM, NB) 19:33, 9. Kate Roy (Atascadero) 19:37, 10. Sarah Dien (La Canada) 19:41.

Teams: AA: 1. Newport Harbor (Newport Beach) 39, 2. Santa Margarita (Rancho SM) 45, 3. Rubidoux (Riverside) 74, 4. South Torrance 111, 5. St. Lucy's (Glendora) 117, 6. Mira Costa (Manhattan Beach) 132, A: 1. Corona del Mar (Newport Beach) 24, 2. Nordhoff (Ojai) 56, 3. Aliso Niguel (Aliso Viejo) 94, 4. Yucca Valley 97, 5. San Luis Obispo 103, 6. St. Paul (Whittier) 120. (Overall-State Qualifying) 1. Corona del Mar 53 (97:07), 2. Newport Harbor 73 (100:09), 3. Santa Margarita (Rancho SM) 78 (99:40), 4. Nordhoff (Ojai) 113 (101:59), 5. Rubidoux (Riverside) 149 (103:28), 6. Aliso Niguel (Aliso Viejo) 182 (104:26), 7. San

Luis Obispo 188 (104:33), 8. Yucca Valley 188 (104:43), 9. St. Paul (Whittier) 225 (106:33), 10. South Torrance 229 (105:50), 11. St. Lucy's (Glendora) 245 (106:08), 12. Mira Costa (Manhattan Beach) 268 (107:52).

Girls Division IV

Temescal Canyon (Elsinore) was peaking in spectacular style at this level, with the recently opened Riverside County School winning over a strong Mountain View League group, then cranking a big 102:56 Prelim Heat race that had them nearly two minutes ahead of any other group on the team time watch. Frosh Shelly Horgan (19:49) and Sunny Shaffer (19:57) joined with Finals winner Ellen Muench (19:32) to score 35 points at the IVAA level to easily handle a strong Chaminade (Canoga Park) team (61), with the margin wider when divisions were combined. Special note must go to Maranatha (Sierra Madre), with Coach Ron Honsaker continuing the tradition started under Coach Ken Cronquist, by winning the school's eighth consecutive team championship plaque at the IVA level.

Results: 1. Ellen Muench (Temescal Canyon, Elsinore) 19:32, 2. Shelly Horgan (Tem Canyon, Els) 19:49, 3. Mary Higgins (Chaminade, Canoga Park) 20:02, 4. Melinda Good (Oak Park) 20:04, 5. Jackie Guesno (St. Anthony, Long Beach) 20:07, 6. Sierra Domaille (Mammoth, Mammoth Lakes) 20:09, 7. Ashley Caro (Cham, CP) 20:10, 8. Laurie Juranek (Orange Lutheran) 20:11, 9. Tracy Maxwell (Maranatha, SM) 20:24, 10. Sunny Shaffer (Tem Canyon, Els) 20:32.

Teams: AA: 1. Temescal Canyon (Elsinore) 35, 2. Chaminade (Canoga Park) 61, 3. Morro Bay 69, 4. Flintridge-Sacred Heart (La Canada) 92, 5. Laguna Beach 94, 6. La Salle (Pasadena) 116, A: 1. Maranatha (Sierra Madre) 48, 2. Orange Lutheran 60, 3. Desert Christian (Lancaster) 81, 4. Brentwood (L.A.) 81 (6th runner rule), 5. Mammoth (Mammoth Lakes) 102, 6. Sherman Indian (Riverside) 130. (Overall-State Qualifying) 1. Temescal Canyon (Els) 50 (102:41), 2. Chaminade (Canoga Park) 84 (105:20), 3. Morro Bay 99 (107:04), 4. Flintridge-Sacred Heart (La Canada) 132 (109:16), 5. Laguna Beach 134 (109:06), 6. Maranatha (Sierra Madre) 139 (108:48), 7. Orange Lutheran 162 (110:32), 8. La Salle (Pasadena) 166 (110:52), 9. Brentwood (L.A.) 227 (114:44), 10. Desert Christian (Lancaster) 233 (114:30), 11. Mammoth (Mamm L) 249 (117:37), 12. Sherman Indian (Riverside) 294 (123:25).

Boys Division I

Thousand Oaks had put together a super season, with a current #5 ranking by *Harrier* magazine. A 79:15 effort in the Prelims put them almost two minutes ahead of #17 ranked nationally Santa Ana and the pack. One reviewed the All-Time Mt. SAC Course records before the Finals. Coach Jack Farrell's Lancers let no one down, with the individual race at this level turning out to be one of the season highlights also.

A super group of individuals here had the nation's top tenth grader miler from last Spring, Brett Strahan (Hart, Newhall) (4:13.90 and 15:13 at the Mt. SAC Invitational), Foot Locker National Finals 10th placer Jaime Martinez (4:13.24 1600m and 9:06.48 3200m), super Palmdale junior Antonio Arce (15:26 here), and others.

It was very surprising Brandon del Campo (Thousand Oaks) who improved over twenty seconds to win the race, cranking a 15:09 that barely edged Strahan (15:10), with Arce (15:15), and Martinez (15:17) making this one of the fastest mass races in a few years. The team action was even better, with TO following del Campo's 15:09 with Jeff Fischer's (15:31), Kevin Marsden (15:32), Chadd Aldrich (15:48), and Keith O'Doherty (15:56) totalling a 77:56 team time, taking down the super 77:58 by the Jesuit (Sacramento) team led by the Mastalir twins (sub-4:05 milers) and Paul Thomas (a 9:04 3200m runner). It was hard to imagine a better team in the country this day! TO was awesome, scoring 27 points against the rest of the 1A division, and only 32 against the other eleven teams in this very, very competitive division combined. Only del Campo and Aldrich graduate from the TO team next year.

Results: 1. Brandon del Campo (Thousand Oaks) 15:09, 2. Brett Strahan (Hart, Newhall) 15:10, 3. Antonio Arce (Palmdale) 15:15, 4. Jaime Martinez (Orange) 15:17, 5. Jeff Fischer (Thous Oaks) 15:31, 6. Kevin Marsden (Thous Oaks) 15:32, 7. Eric Dunn (Arroyo Grande) 15:35, 8. Adalberto Sanchez (Capistrano Valley, Mission Viejo) 15:37, 9. Francisco Sandoval (Channel Islands, Oxnard) 15:44, 10. Oscar Estrada (San Gabriel) 15:47, 11. Chadd Aldrich (Thous Oaks) 15:48, 12. Pat Garrity (Arroyo Grande) 15:49, 13. Hide Sano (Peninsula, Rolling Hills) 15:51, 14. Jason Barrada (Loyola, L.A.) 15:52, 15. Federico Duran (Santa Ana) 15:54.

Teams: AA: 1. Santa Ana 29, 2. Peninsula (Rolling Hills) 57, 3. Bell Gardens 68, 4. Rowland (Rowl Hts) 99, 5. San Gabriel 102, 6. Wilson (Long Beach) 136, A: Thousand Oaks 27, 2. Palmdale 71, 3. Hart (Newhall) 79, 4. Arroyo Grande 81, 5. Arroyo (El Monte) 107, 6. Buena (Ventura) 135. (Overall-State Qualifying) 1. Thousand Oaks 32 (77:56 COURSE RECORD), 2. Santa Ana 82 (80:30), 3. Palmdale 123 (81:40), 4. Peninsula (Rolling Hills) 134 (82:07), 5. Arroyo Grande 139 (81:53), 6. Hart (Newhall) 142 (81:37), 7. Bell Gardens 184 (83:56), 8. Arroyo (El Monte) 202 (84:15), 9. Rowland (Rowl Hts) 208 (84:13), 10. San Gabriel 208 (84:08) (6th runner), 11. Buena (Ventura) 263 (85:29), 12. Wilson (Long Beach) 273 (86:15).

Boys Division II

Katella (Anaheim) was ranked #24 nationally at the end of last year and are possibly stronger this Fall. Their 81:28 seasonal best time at Mt. SAC separated them from the pack of other Div II teams by about two minutes. Katella's Mike Moreno

PREP NOTES

(15:24) and Marmonte League juniors John Greene (Agoura) (15:32) and Eleazar Hernandez (Camarillo) (15:34) were good individuals.

No big surprises on either the team or individual front, as Katella raced away to a 33 point 2A win and scored 59 overall with Agoura next on the overall scorecard at 105. John Greene added another championship medal to the crowded Agoura case with his individual win over Moreno 15:23-24, with the Chargers also the IIAA titlists with 54 points.

Results: 1. John Greene (Agoura) 15:23, 2. Mike Moreno (Katella, Anaheim) 15:24, 3. Eleazar Hernandez (Camarillo) 15:30, 4. John Liu (Temple City) 15:57, 5. Delfino Resendiz (Katella, Ana) 16:03, 6. Ricard Villalobos (Ramona, Riverside) 16:10, 7. Alfonso Ibarra (Arlington, Riverside) 16:12, 8. Josh Cobb (Santa Barbara) 16:13, 9. Simon Mudd (Riverside Poly) 16:15, 10. Ryan O'Hara (Wilson, Hacienda Heights) 16:19.

Teams: AA: 1. Agoura 54, 2. Corona 57, 3. Camarillo 77, 4. Claremont 86, 5. Crescenta Valley (La Crescenta) 104, 6. Tustin 117. A: 1. Katella (Anaheim) 33, 2. Villa Park 67, 3. Laguna Hills 71, 4. La Habra 85, 5. Trabuco Hills (Mission Viejo) 123, 6. Righetti (Santa Maria) 144. (Overall-State Qualifying) 1. Katella (Anah) 59 (81:31), 2. Agoura 105 (82:55), 3. Corona 112 (84:04), 4. Villa Park 133 (84:39), 5. Camarillo 146 (84:00), 6. Laguna Hills 149 (84:45), 7. Claremont 167 (85:26), 8. La Habra 175 (85:44), 9. Crescenta Valley 197 (86:19), 10. Tustin 220 (86:59), 11. Trabuco Hills 251 (88:29), 12. Righetti (Santa Maria) 310 (89:30).

Boys Division III

This division had been wide open all season long, with a number of teams very, very close on paper. About a half a dozen teams appeared capable of running within a minute on the team time watch.

Nordhoff (Ojai) raced 82:47 to win their heat in the Prelims to take the favorite's role, but it was Santa Margarita (Rancho SM) who emerged best on Final's day, comfortably taking the IIAA race and overall title here. Early-season highly ranked Estancia (Costa Mesa) finished in fine style, ending up second ahead of San Marino and Nordhoff (Ojai) for the treasured State Meet berths.

Individually, Rondie Gibbs (Rubidoux, Riverside) took the event out very, very hard, with Javier Ramirez (Nordhoff) strongest over the last mile which includes tough Reservoir Hill on the way to his 15:36 win.

Results: 1. Javier Ramirez (Nordhoff, Ojai) 15:36, 2. Kevin Koeper (St. Francis, La Canada) 15:56, 3. Richard Chisholm (San Marino) 15:57, 4. Trent Bryson (Newport Harbor, Newport Beach) 16:11, 5. Jeff Loomis (Dos Pueblos, Goleta) 16:12, 6. Rondie Gibbs (Rubidoux, Riverside) 16:12, 7. Matt Harris (Mira Costa, Manhattan Beach) 16:13, 8. Matt Huss (Santa Margarita, Rancho SM) 16:14, 9. Johann Appell (Estancia, Costa Mesa) 16:16, 10. Ryan Wil-

kinson (Santa Margarita, Rancho SM) 16:23.

Teams: AA: 1. Santa Margarita (Rancho SM) 44, 2. Estancia (Costa Mesa) 61, 3. Mira Costa (Manhattan Beach) 74, 4. Newport Harbor (Newport Beach) 100, 5. Paso Robles 101, 6. Brea (Brea-Olinda) 103. A: 1. San Marino 64, 2. Nordhoff (Ojai) 67, 3. St. Francis (La Canada) 80, 4. Covina 86, 5. Dos Pueblos (Goleta) 91, 6. Corona del Mar (Newport Beach) 93. (Overall-State Qualifying) 1. Santa Margarita (RSM) 84 (83:19), 2. Estancia (CM) 122 (84:28), 3. San Marino 125 (84:20), 4. Nordhoff (Ojai) 132 (84:09), 5. St. Francis (La Canada) 152 (85:15), 6. Mira Costa (Manhattan Beach) 158 (85:29), 7. Covina 167 (86:03), 8. Dos Pueblos (Goleta) 176 (86:17), 9. Corona del Mar (Newp Bch) 179 (86:28), 10. Newport Harbor (Newp Bch) 201 (86:49), 11. Brea (Brea-Olinda) 202 (87:03), 12. Paso Robles 203 (86:56).

Boys Division IV

Morro Bay blew through the Section Prelims to prove inclinations that they were among the best ever Southern California small school teams ever with a sterling 82:33 team time that put them almost four minutes ahead of the rest of the pack.

Dave Mitchell, Joey Taverner, and Trevor Strohman had run hot all Fall, with the lone sticking point to their season that McFarland out of the Central Section was probably the State's best ever Division IV team.

Mitchell (15:55), a junior, and Taverner (16:00) went 1-2 in the Finals, with the rest of the team not terribly far behind with their 40 point total against the eleven team division and an 82:35 team time. Nate Bowen (Crossroads, Santa Monica) (16:13) and fine Woodcrest Christian (Riverside) junior Doug Henning (16:17) were 3-4.

Results: 1. Dave Mitchell (Morro Bay) 15:55, 2. Joey Taverner (Morro Bay) 16:04, 3. Nate Bowen (Crossroads, Santa Monica) 16:13, 4. Doug Henning (Woodcrest Christian, Riverside) 16:17, 5. Oswaldo Servin (Fillmore) 16:17, 6. Matt Novotny (Desert Christian, Lancaster) 16:25, 7. Kevin Purcell (Crossroads, SM) 16:29, 8. Miguel Ibarra (Fillmore) 16:37, 9. Josh Hillis (Morro Bay) 16:41, 10. Trevor Strohman (Morro Bay) 16:42.

Teams: AA: Morro Bay 32, 2. Oak Park 82, 3. Fillmore 84, 4. Salesian (L.A.) 91, 5. Crossroads (Santa Monica) 107, 6. Santa Ynez 111. A: 1. Maranatha (Sierra Madre) 46, 2. Desert Christian (Lancaster) 55, 3. Flintridge Prep (La Canada) 62, 4. Sherman Indian (Riverside) 102, 5. Woodcrest Christian (Riverside) 107, 6. Brentwood (L.A.) 134. (Overall-State Qualifying) 1. Morro Bay 40 (82:35), 2. Oak Park 106 (86:57), 3. Fillmore 113 (86:37), 4. Salesian (L.A.) 122 (86:36), 5. Maranatha (SM) 146 (88:36), 6. Santa Ynez 157 (88:38), 7. Desert Christian (Lancaster) 175 (89:09), 8. Crossroads (SM) 182 (90:30), 9. Flintridge Prep (La Canada) 191 (90:11), 10. Woodcrest Christian (Riverside) 255 (92:3), 11. Sherman Indian (Riverside) 275 (93:32), 12. Brentwood (L.A.) 315 (95:58).

San Diego Section

Girls Division I

1. Claire Becker (Bonita Vista, Chula Vista) 15:16, 2. Jina Rohde (Fallbrook) 15:30, 3. Karen Richter (Rancho Bernardo) 15:36, 4. Melanie Pickett (Mt. Carmel, SD) 15:45, 5. Laura Dockery (Mt. Carmel) 15:51, 6. Erika Boone (Mt. Carmel) 15:51, 7. Sarah Leone (Mt. Carmel) 15:52, 8. Mariel Gray (Mira Mesa, SD) 15:54, 9. Jessica Pound (Poway) 15:54, 10. Noelle Magana (Vista) 15:55.

Teams: 1. Mt. Carmel 35, 2. Poway 82, 3. Vista 87, 4. Mira Mesa 142, 5. Fallbrook 152.

Girls Division II

1. Stephanie Nelle (Valhalla, El Cajon) 15:29, 2. Danica Buckley (Valhalla, El Cajon) 15:38, 3. Stacey Murphy (Granite Hills, El Cajon) 15:43, 4. Angel Reed (El Camino, Oceanside) 15:43, 5. Jessica Anderson (Carlsbad) 15:44, 6. Kristi Jenkins (El Capitan, Lakeside) 15:47, 7. Larissa Gregerson (El Capitan, L.) 15:49, 8. Jenny Gard (El Cap, L.) 15:54, 9. Kelly Peterson (Elsinore) 15:56, 10. Dani Coleman (Mission Bay, SD) 16:01.

Teams: 1. El Capitan (Lakeside) 63, 2. Torrey Pines (Encinitas) 77, 3. Valhalla (El Cajon) 91, 4. Pt. Loma 161, 5. San Marcos 180.

Girls Division III

1. Michelle O'Connor (Our Lady of Peace, San Diego) 15:55, 2. Jennifer Stuart (West Hills, Santee) 16:06, 3. Vanessa Hanley (University SD HS) 16:11, 4. Autumn Patton (USDHS) 16:12, 5. Sarah Wilson (La Jolla) 16:29, 6. Sarah Janes (OLP) 16:20, 7. Leah Walkey (La Jolla) 16:29, 8. Erin Shea (USDHS) 16:30, 9. Erin Killian (Ramona) 16:32, 10. Jaymie Harper (Santana, Santee) 16:38.

Teams: 1. Our Lady of Peace (SD) 51, 2. La Jolla 57, 3. University of San Diego HS 63, 4. West Hills (Santee) 79, 5. Ramona 113.

Girls Division IV

1. Jessica Lunt (Coronado) 16:46, 2. Hallie Hammer (Bishops, La Jolla) 17:02, 3. Christina Kushnir (Bishops, LJ) 17:09, 4. Angie Hansen (Coronado) 17:24, 5. Katherine Zablouil (Bishops, LJ) 17:47, 6. Julie Dillaway (Parker, SD) 17:51, 7. Rachel Boonstra (Calvin Christian, Escondido) 17:52, 8. Chantal Pink (Parker, SD) 17:59, 9. Sarah Yellon (Parker, SD) 18:14, 10. Stephanie Pettigrew (Bishops, LJ) 18:34.

Teams: 1. Bishops (LJ) 31, 2. Coronado 61, 3. Parker (SD) 65, 4. Calvin Christian 103, 5. Christian (El Cajon) 119, 6. Claremont 122.

Boys Division I

1. Merbratom Keflezighi (San Diego) 15:04, 2. Jose Meigar (San Diego) 15:43, 3. Armando Barajas (Sweetwater, Nat'l City) 16:00, 4. Ruben Carrillo (Chula Vista) 16:03, 5. Trevor Sybert (Vista) 16:06, 6. Greg Nett (Mt. Carmel) 16:14, 7. Jason Land (Vista) 16:14, 8. Larry Henderson (Mira Mesa, SD) 16:17, 9. Jose Ramirez (Chula Vista) 16:22, 10. Jose Barajas (Sweetwater, Nat'l C) 16:22.

Teams: 1. Chula Vista 67, 2. Vista 68, 3.

Rancho Bernardo (San Diego) 123, 4. Mt. Carmel (San Diego) 127, 5. Poway 132.



DEVIN ELIZONDO

Photo by Elaine Rosenfield

Boys Division III

1. Devin Elizondo (Mission Bay, SD) 15:34, 2. Manuel Romero (San Pasqual, Escondido) 15:54, 3. Martin Reyes (Escondido) 16:05, 4. Ayub Abdusaleem (Hoover, SD) 16:07, 5. David Levy (Mission Bay, SD) 16:09, 5. Mario Marquez (Mission Bay, SD) 16:13, 7. Ahmed Hussein (Hoover, SD) 16:17, 8. David McQuilty (Grossmont, La Mesa) 16:21, 9. Tom Klood (El Camino, Oceanside) 16:21, 10. Jesse Camp (El Capitan, Lakeside) 16:29.

Teams: 1. Mission Bay 34, 2. San Pasqual (Escondido) 68, 3. Escondido 103, 4. Hoover (SD) 115, 5. El Capitan (Lakeside) 132.

Boys Division III

1. Mark Hauser (St. Augustine, SD) 15:43, 2. Kevin Bowes (Scripps Ranch, SD) 15:58, 3. Shilo Glass (Ramona) 16:11, 4. Ryan Barfell (West Hills, Santee) 16:20, 5. Ross Damman (University of San Diego HS) 16:26, 6. Mike Lang (West Hills, S) 16:29, 7. Ryan Newstrum (West Hills, S) 16:32, 8. Martin Reyes (St. Augustine, SD) 16:32, 9. Shane Melrose (St. August, SD) 16:37, 10. David Romero (Scripps Ranch, SD) 16:39.

Teams: 1. Scripps Ranch 54, 2. St. Augustine 61, 3. West Hills (Santee) 66, 4. Crawford (SD) 121, 5. La Jolla 126.

Boys Division IV

1. Trevor Clarke (Coronado) 16:43, 2. Erin O'Connor (Calvin Christian, Escondido) 17:22, 3. Mike Aguilar (Coronado) 17:34, 4. Todd Lewis (Julian) 17:36, 5. Derrick Davis (Claremont) 17:37, 6. Brian O'Connor (Calvin Christian, Esc) 17:43, 7. Ajani Brown (Gompers, SD) 17:44, 8. Tim Cates (Gompers, SD) 18:01, 9. Ucre Mattson (Coronado) 18:04.

Teams: 1. Coronado 38, 2. Calvin Christian (Escondido) 70, 3. Bishops (LJ) 91, 4. Army-Navy (Carlsbad) 132, 5. Claremont 136.

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Final 1993 California State High School Cross Country Rankings

By a committee of Doug Speck, Ray Scofield, Dennis McClanahan, Alex Carmona, Dennis DeWitt, Steve Ward, Willie Harmatz, Hal Daner, Peter Brewer, Steve Fagundes, and Jim Eckman.
Special Thanks to Bob Rush. (415) 595-3619 for State Meet Statistics

GIRLS DIVISION I

- Irvine/SS
- Peninsula (Rolling Hills)/SS
- Agoura/SS
- Madera/CE
- Mt. Carmel (San Diego)/SD
- Thousand Oaks/SS
- Poway/SD
- Vista/SS
- Dana Hills/SS
- Saugus/SS
- Esperanza (Anaheim)/SS
- Clovis West (Fresno)/CE
- Belmont (L.A.)/LA
- Elk Grove/SJ
- Nevada Union (Grass Valley)/SJ
- El Toro/SS
- Lowell (San Francisco)/SF
- Santa Teresa (San Jose)/CCS
- Mira Mesa (San Diego)/SD
- Chino/SS
- Buena (Ventura)/SS
- Clovis/CE
- Hart (Newhall)/SS
- Canyon (Canyon Country)/SS
- Los Alamitos/SS

BOYS DIVISION I

- Thousand Oaks/SS
- Santa Ana/SS
- Madera/CE
- Bellamine Prep (San Jose)/CCS
- Peninsula (Rolling Hills)/SS
- Palmdale/SS
- Arroyo Grande/SS
- Hart (Newhall)/SS
- Chula Vista/SD
- Belmont (L.A.)/LA
- Vista/SD
- Del Campo (Fair Oaks)/SJS
- Bell Gardens/SS
- Arroyo (El Monte)/SS
- Rowland (Rowland Heights)/SS

- San Gabriel/SS
- Montgomery (S Rosa)/NCS
- Buena (Ventura)/SS
- Wilson (Long Beach)/SS
- Hesperia/SS
- Mater Dei (Santa Ana)/SS
- Birmingham (Van Nuys)/LA
- Orange/SS
- Alta Loma/SS
- Redlands/SS

GIRLS DIVISION II

- Edison (Huntington Beach)/SS
- Canyon (Anaheim)/SS
- Mission San Jose (Fremont)/NCS
- Aptos/CCS
- Reedley/CE
- El Capitan (Lakeside)/SD
- Silver Creek (San Jose)/CCS
- El Modena (Orange)/SS
- Ocean View (Huntington Bch)/SS
- Torrey Pines (Encinitas)/SD
- Wood (Vacaville)/SJS
- Corona/SS
- Valhalla (El Cajon)/SS
- Leland (San Jose)/CCS
- Davis/SJ
- Bishop Amat (La Puente)/SS
- Trabuco Hills (Mission Viejo)/SS
- Castro Valley/NCS
- Paradise/NO
- Tustin/SS
- Righetti (Santa Maria)/SS
- Napa/SJS
- Laguna Hills/SS
- Santa Barbara/SS
- Westlake (Westlake Village)/SS

BOYS DIVISION II

- Jesuit (Sacramento)/SJS
- Mission Bay (San Diego)/SD
- Katella (Anaheim)/SS
- San Pasqual (Escondido)/SD

- Agoura/SS
- Sanger/CE
- De la Salle (Concord)/NCS
- Escondido/SD
- Hoover (San Diego)/SD
- Villa Park/SS
- Arvin/CE
- North Monterey Co (Castroville)/CCS
- Castro Valley/NCS
- Corona/SS
- Camarillo/SS
- El Capitan (Lakeside)/SD
- Amador Valley (Plisanton)/NCS
- Leland (San Jose)/CCS
- Laguna Hills/SS
- Davis/SJS
- Mission San Jose (Frem)/NCS
- Homestead (Sunnyvale)/CCS
- Claremont/SS
- Burlingame/CCS
- Fremont (Sunnyvale)/CCS

GIRLS DIVISION III

- Santa Margarita (Rancho SM)/SS
- Clayton Valley (Concord)/NCS
- Bishop O'Dowd (Oakland)/NCS
- Corona del Mar (Newp Beach)/SS
- Newport Harbor (Newp Bch)/SS
- Our Lady of Peace (San Diego)/SD
- Carondolet (Concord)/NCS
- Nordhoff (Ojai)/SS
- St. Ignatius (San Francisco)/CCS
- Del Oro (Loomis)/SJS
- Central Valley/NO
- Ponderosa (Shingle Springs)/SJS
- Northgate (Walnut Creek)/NCS
- Rubidoux (Riverside)/SS
- La Jolla/SD
- University HS (San Diego)/SD
- Aliso Niguel (Aliso Viejo)/SS
- San Luis Obispo/SS
- Yucca Valley/SS
- Sonora/SJS

continued next page...

Final Cross Country Ranking

21. Palo Alto/CCS
22. West Hills (Santee)/SD
23. St. Francis (Sacramento)/SJ
24. Francis (Mountain View)/CCS
25. St. Paul (Whittier)/SS

BOYS DIVISION III

1. Nordhoff (Ojai)/SS
2. Scripps Ranch (San Diego)/SD
3. Gunn (Palo Alto)/CCS
4. St. Augustine (San Diego)/SD
5. San Marino/SS
6. West Hills (Santee)/SD
7. Santa Margarita (Rancho SM)/SS
8. Los Gatos/CCS
9. Livermore/NCS
10. St. Francis (Mntain View)/CCS
11. Estancia (Costa Mesa)/SS
12. Sonora/SJS
13. Del Oro (Loomis)/SJS
14. Mills (Millbrae)/CCS
15. Bishop O'Dowd (Oakland)/NCS
16. Irvington (Fremont)/NCS
17. St. Francis (La Canada)/SS
18. Mira Costa (Manhattan Beach)/SS
19. Mountain View/CCS
20. Covina/SS
21. Dos Pueblos (Goleta)/SS
22. Corona del Mar (Newport Bch)/SS
23. Lemoore/CE
24. Placer (Auburn)/SJS
25. Newport Harbor (Newport Bch)/SS

GIRLS DIVISION IV

1. Lassen (Susanville)/NO
2. Temescal Canyon (Elsinore)/SS
3. Morro Bay/SS
4. Miramonte (Orinda)/NCS
5. Ursuline (Santa Rosa)/NCS
6. Campolindo (Moraga)/NCS
7. McFarland/CE
8. Yreka/NO
9. Chaminade (Canoga Park)/SS
10. Arcata/NCS
11. Branson (Ross)/NCS
12. West Valley (Cottonwood)/NO
13. Taft/CE
14. Flintridge/Sacr Hrt (La Can)/SS
15. Dixon/SJS
16. Mitty (San Jose)/CCS
17. San Rafael/NCS
18. Maranatha (Sierra Madre)/SS
19. Laguna Beach/SS

20. University (San Francisco)/NCS
21. Garces (Bakersfield)/CE
22. Orange Lutheran/SS
23. Anderson/NO
24. Fortuna/NCS
25. La Salle (Pasadena)/SS

BOYS DIVISION IV

1. McFarland/CE
2. Morro Bay/SS
3. Lassen (Susanville)/NO
4. Salesian (L.A.)/SS
5. Piedmont/NCS
6. Oak Park/SS
7. Arcata/NCS
8. Fillmore/SS
9. Taft/CE
10. Yreka/NO
11. Pacific Grove/CCS
12. Coronado/SD
13. West Valley (Cottonwood)/NO
14. Mitty (San Jose)/CCS
15. Maranatha (Sierra Madre)/SS



TARA MARSDEN

Photo by Kirby Lee, LA Times

16. Santa Ynez/SS
17. Desert Christian (Lancaster)/SS
18. Half Moon Bay/CCS
19. Cardinal Newman (Santa Rosa)/NCS
20. University (San Francisco)/NCS
21. Dixon/SJS
22. Alhambra (Martinez)/NCS
23. Branson (Ross)/NCS
24. Fortuna (NCS)
25. Campolindo (Moraga)/NCS



Division IV standouts (left to right): DAVE MITCHELL, STEVE BROWN, AARON GILLEN and GALVAN GONZALES

Photo by Elaine Rosenfield

Foot Locker CROSS COUNTRY CHAMPIONSHIPS

WEST REGIONAL

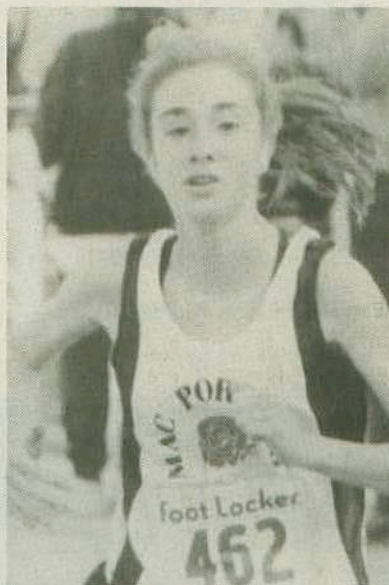
December 4, 1993

Woodward Park, Fresno, CA ■ 5,000 Meters



MATTHEW DAVIS
Mead, WA

Fine Flicks by Don Gosney



MELISSA LUCAS
Portland, OR

Fine Flicks by Don Gosney

Coaches' Race

1	Marcus Dunbar, 28, Anchorage, AK	14:59
2	Mark LaPlant, 29, Manhattan Bch, CA	15:05
3	David Goodrich, 25, Hayward, CA	15:35
4	Chip Smith, 24, Albuquerque, NM	15:52
5	Rick Herr, 27, Mission Viejo, CA	16:16
6	Matt Johanson, 23, Castro Valley, CA	16:20
7	Steve Boaz, 39, Los Osos, CA	16:23
8	Matt Romersa, 24, Hayward, CA	16:24
9	Vernon Morris, 31, Brea, CA	16:27
10	Terry Thomas, 36, Provo, UT	16:33
11	Dreux Valenti, 24, Fullerton, CA	16:35
12	Todd Nunan, 38, Grass Valley, CA	16:37

13	Gumby Anderson, 25, Long Beach, CA	16:39
14	Abner Lupee, 38, Zuni, NM	16:40
15	Alex Wright, 35, Portland, OR	16:53
16	Pat Haller, 24, Mukilteo, WA	16:57
17	Wesley Smith, 22, Northridge, CA	16:58
18	Michael Young, 35, Tulare, CA	17:08
19	Derek Turner, 31, Ventura, CA	17:16
20	Pete Weinerth, 27, Ventura, CA	17:17
21	Daniel King, 30, Brea, CA	17:18
22	Faridodin Lajvardi, 23, Scottsdale, AZ	17:20
23	Louie Quintana, Sr., 41, Nipomo, CA	17:22
24	Brad Peters, 28, Riverside, CA	17:24
25	Cris Doborskielski, 24, San Diego, CA	17:30

86 Finishers
Division Places

Men 39 & under: 1. Marcus Dunbar 14:59, 2. Mark LaPlant

15:05, 3. David Goodrich 15:35. Men 40 & over: 1. Louie Quintana, Sr. 17:22, 2. Bruno Hunziker 17:44, 3. Jack Benson 17:50. Women 39 & under: 1. Jennifer Cubillas 17:56, 2. Michele Buchicchio 18:18, 3. Ellen Lucas 20:02. Women 40 & over: 1. Grace Voss 23:21, 2. Pat Lawson 24:44, 3. Lucy Fox 25:49.

Freshman Boys

PL	FINISHER, GR, CITY, STATE	TIME
1	Rhy Reynolds, Fr, Newport, OR	15:55
2	Peter Carter, Fr, Saratoga, CA	16:31
3	Steve Barrus, Fr, Clovis, CA	16:32
4	David Lopez, Fr, Glendale, CA	16:32
5	Ryan Andrus, Fr, Orem, UT	16:36
6	Tomas Mejia, Fr, Lake Forest, CA	16:49
7	Alexander Speed, Fr, Riverton, UT	16:49
8	Shane Ackerly, Fr, Big Fork, MT	16:51
9	Trent Hooper, Fr, Centerville, UT	16:52
10	Isaac Hawkins, Fr, Spokane, WA	16:53
11	Matt Johnson, Fr, Oregon City, OR	16:58
12	Zachary Kems, Fr, Bend, OR	17:00
13	Devin Bybee, Fr, Orem, UT	17:03
14	Tom Prindiville, Fr, Antioch, CA	17:09
15	Lawrence Kennedy, Fr, Browning, MT	17:11
16	Rudy Padilla, Fr, Chino, CA	17:12
17	Allan Boggio, Fr, Orem, UT	17:14
18	Jeffrey Stewart, Fr, Newhall, CA	17:17
19	Ryan Deane, Fr, Palos Verdes Est.	17:17
20	David Harrison, Fr, Santa Paula, CA	17:17
21	Jerad Durnohew, Fr, Green River, WY	17:18
22	Robert Northrup, Fr, Highland, UT	17:18
23	Raul Huerfa, Fr, Stockton, CA	17:23
24	Gavin Chamberlain, Fr, Orangevale, CA	17:24
25	Tim Miller, Fr, Ramona, CA	17:25

186 finishers

Sophomore Boys

PL	FINISHER, GR, CITY, STATE	TIME
1	Buddy Priest, So, Springfield, OR	15:50
2	Adrian Webb, So, San Jose, CA	15:58
3	Omar Vega, So, Ojai, CA	16:03
4	Brad Treat, So, Kalispell, MT	16:05
5	Scott Abbott, So, Sacramento, CA	16:06
6	Cary Stidham, So, Seattle, WA	16:09
7	Larry Henderson, So, San Diego, CA	16:10
8	Jesse Barragan, So, Long Beach, CA	16:17
9	Enrique Torres, So, San Jose, CA	16:18
10	John Hake, So, Temple City, CA	16:19
11	Jeremy Lyon, So, Hesperia, CA	16:19
12	David McQuilty, So, El Cajon, CA	16:28
13	Dan D'Ottavio, So, Auburn, CA	16:31
14	Jose Ramirez, So, Chula Vista, CA	16:32
15	Josh Carolan, So, Camarillo, CA	16:33
16	James Harrison, So, Half Moon Bay, CA	16:33
17	Vicente Guerrero, So, Los Angeles, CA	16:33

continued next page...

1993 Foot Locker

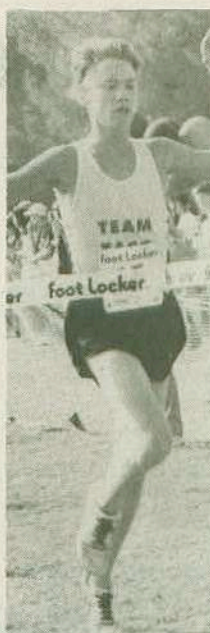
18	Daniel Gohlke, So, Stockton, CA	16:33
19	Kevin Kooper, So, Arcadia, CA	16:37
20	Billy Paulus, So, Thousand Oaks, CA	16:37
21	Mike Avellan, So, Orange, CA	16:37
22	Steve Riggs, So, Thousand Oaks, CA	16:38
23	Omar Orendain, So, Rosemead, CA	16:39
24	Corey Whalen, So, Gillette, WY	16:41
25	Brian Smith, So, Seattle, WA	16:42
314 finishers		

■ Freshman/Sophomore Girls

PL	FINISHER , GR, CITY, STATE	TIME
1	Allison Cowart, Fr, Bend, OR	18:49
2	Sarah Gardiner, Fr, Salt Lake City, UT	18:49
3	Wendy Allen, Fr, Orem, UT	18:58
4	Shelby Steele, Fr, Orem, UT	18:58
5	Jessica Riehle, Fr, Spokane, WA	19:00
6	Angie Simmers, Fr, Spokane, WA	19:05
7	Emilii Lawson, Fr, Fresno, CA	19:06
8	Audry Townsell, Fr, Sparks, NV	19:12
9	Kelly Howisey, Fr, Concord, CA	19:14
10	Heidi Johnson, So, Anchorage, AK	19:15
11	Stacey Grant, So, Gillette, WY	19:19
12	Tara Rohatinsky, Fr, Provo, UT	19:19
13	Kelly Upshaw, So, Fort Defiance, AZ	19:19
14	Gretchen Vanderlip, Fr, Clayton, CA	19:22
15	Sandra White, So, Verdale, WA	19:24
16	Lori Kostelecky, So, Spokane, WA	19:24
17	Stefanie McCarty, Fr, Madera, CA	19:26
18	Jodie Abbott, So, Bend, OR	19:26
19	Shalynn Fullove, So, Canoga Park, CA	19:26
20	Tina Bowen, So, Danville, CA	19:27
21	Emily Free, Fr, Roseburg, OR	19:27
22	Tamarah Begay, Fr, Ft. Wingate, NM	19:27
23	Jinna Rohde, So, Fallbrook, CA	19:28
24	Jenni Saling, So, Verdale, WA	19:29
25	Lindsay Daehlin, So, Spokane, WA	19:31
330 finishers		

■ Junior Boys

PL	FINISHER , GR, CITY, STATE	TIME
1	Kevin Bowes, Jr, San Diego, CA	15:49
2	Dula Parkinson, Jr, Orem, UT	15:53
3	Shilo Glass, Jr, Ramona, CA	15:57
4	Tyson Estes, Jr, Hoquiam, WA	16:11
5	Teddy Craig, Jr, Gillette, WY	16:13
6	Tom Becker, Jr, Los Altos Hills, CA	16:15
7	Richard Chisholm, Jr, San Marino, CA	16:21
8	Gabe Szody, Jr, Shingletown, CA	16:21
9	Thomas Kloos, Jr, Oceanside, CA	16:23
10	Jose Torres, Jr, Los Angeles, CA	16:24
11	David Romero, Jr, San Diego, CA	16:25
12	Joel Orozco, Jr, Santa Ana, CA	16:26
13	Ryan Villmow, Jr, Gillette, WY	16:26
14	Adrian Gutierrez, Jr, Concord, CA	16:27
15	Andy Farrer, Jr, Orem, UT	16:28
16	Martin Reyes, Jr, San Diego, CA	16:28
17	Jayson Long, Jr, Mentmore, NM	16:29
18	Jorge Martinez, Jr, Chula Vista, CA	16:29
19	Dan Rowe, Jr, Orem, UT	16:29
20	James Zion, Jr, Olympia, WA	16:30
21	Wade Allen, Jr, Orem, UT	16:30



KEVIN BOWES
San Diego, CA
Junior Boys Winner
Fine Flicks by Don Gosney



RICK CHAVEZ
Madera, CA
Senior Boys Winner
Fine Flicks by Don Gosney

22	David Myers, Jr, Sacramento, CA	16:30
23	Joel Givens, Jr, Valencia, CA	16:34
24	Gabriel Cisneros, Jr, Diamond Bar, CA	16:34
25	Roy Johnston, Jr, Palmdale, CA	16:36
322 finishers		

■ Junior/Senior Girls

PL	FINISHER , GR, CITY, STATE	TIME
1	Susan Taylor, Jr, Salt Lake City, UT	19:06
2	Melanie Pickett, Jr, San Diego, CA	19:20
3	Emilee Marek, Sr, Orem, UT	19:32
4	Kristy Breinholt, Jr, West Jordan, UT	19:33
5	Amy Hallbauer, Jr, Chico, CA	19:34
6	Katie Steele, Jr, Orem, UT	19:36
7	Stephanie Patton, Sr, San Bernardino, CA	19:39
8	Karen Ray, Sr, Gilbert, AZ	19:40
9	Terri Kelewood, Jr, Ganado, AZ	19:41
10	Cathy Middleton, Sr, Orem, UT	19:42
11	Sarah Dien, Sr, LaCanada, CA	19:43
12	Julie Broadhead, Sr, Sandy, UT	19:44
13	Sharon Mars, Jr, LaCanada, CA	19:46
14	Melissa Sharp, Sr, Albuquerque, NM	19:46
15	Carli Connally, Jr, Highland, UT	19:49
16	Bridget Roy, Jr, Thousand Oaks, CA	19:50
17	Cynthia Morman, Jr, Chugiak, AK	19:54
18	Brandi Hagemann, Jr	19:54
19	Krissy Schranz, Jr, Valencia, CA	19:55
20	Tiffany Gebbs, Jr, Green River, WY	19:57
21	My Nguyen, Sr, Seattle, WA	20:01

22	Jennifer Ruiterman, Sr, Chino, CA	20:02
23	Andrea Coronado, Jr, Madera, CA	20:05
24	Elizabeth Hake, Sr, Temple City, CA	20:06
25	Vi Tran, Jr, San Jose, CA	20:08
250 finishers		

■ Senior Boys

PL	FINISHER , GR, CITY, STATE	TIME
1	Rick Chavez, Sr, Madera, CA	16:00
2	Gavin Klinger, Sr, Valencia, CA	16:03
3	Leonard McIntosh, Sr, San Carlos, AZ	16:05
4	Jonathan Blichop, Sr, Canyon Country, CA	16:06
5	Corey Larrabee, Sr, Riverton, UT	16:08
6	Vince Cof, Sr, Diamond Bar, CA	16:09
7	Jeremy Moran, Sr, Chattahoochee, GA	16:10
8	Eduardo Verdejo, Sr, Bakersfield, CA	16:10
9	Brian Lucido, Sr, Sunnyvale, CA	16:13
10	Daniel O'Connor, Sr, San Diego, CA	16:15
11	Scott Crouter, Sr, Seaside, OR	16:15
12	Jonathan Lansa, Sr, Winslow, AZ	16:17
13	John Stires, Sr, Glendale, CA	16:18
14	Martinez Watson, Sr, Tonalea, AZ	16:20
15	Jacob Mills, Sr, Kings Beach, CA	16:21
16	Tim Henry, Sr, Sanger, CA	16:21
17	Craig Wilson, Sr, Agoura Hills, CA	16:22
18	Chris Bennington, Sr, Palmdale, CA	16:22
19	Luis Granado, Sr, Madera, CA	16:23
20	Larry Butler, Sr, Tuba City, AZ	16:24
21	Devan DeWitt, Sr, Orem, UT	16:24
22	John Atwood, Sr, Castro Valley, CA	16:25
23	Phillip Hunter, Sr, Riverton, UT	16:27
24	Joel Herrera, Sr, Glendale, CA	16:28
25	Erick Arnell, Sr, Kaysville, UT	16:30
234 finishers		

■ Seeded Girls

PL	FINISHER , GR, CITY, STATE	TIME
First Team All-Western / National Qualifiers		
1	Melissa Lucas, Jr, Portland, OR	17:09
2	Sarna Rentro, Sr, Federal Way, WA	17:50
3	Carrie Garrison, Sr, Fullerton, CA	17:53
4	Marie Davis, Jr, Portland, OR	17:56
5	Rosanna Gardner, Sr, Salt Lake City, UT	17:58
6	Sarah Brandy, Jr, Ashland, OR	18:06
7	Molly Mehlberg, Jr, Palos Verdes Est., CA	18:12
8	Emily Nay, Jr, Helena, MT	18:18
Second Team All-Western		
9	Flora Bighair, Jr, Crow Agency, MT	18:18
10	Kim Mortensen, So, Thousand Oaks, CA	18:21
11	Emily Allison, So, San Jose, CA	18:21
12	Annie Ebner, Fr, West Covina, CA	18:28
13	Becky Ward, Jr, Richfield, ID	18:32
14	Heather Frushour, Sr, Orem, UT	18:33
15	Mary Huang, So, Provo, UT	18:33
16	Jessie Schra, Sr, Sweet Home, OR	18:34
Third Team All-Western		
17	Gabriela Rodriguez, Sr, Oxnard, CA	18:35
18	Eliaser Estrada, Jr, Santa Ana, CA	18:35
19	Nicole Silva, Jr, Aptos, CA	18:36
20	Adrienne Sorenson, So, Orem, UT	18:40
21	Jessica Fry, Sr, Spokane, WA	18:41
22	Dana Ergenbright, Sr, Bend, OR	18:42
23	Malgorzata Biela, Sr, Kailua, HI	18:44
24	Alison Lambert, Jr, Walnut Creek, CA	18:44

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1993 Foot Locker

25	Kay Nekota, Sr. Agoura Hills, CA	18:44
26	Emily Thompson, Jr. Spokane, WA	18:48
27	Bennie Ridgley, Fr. Riverton, WY	18:50
28	Iris Cripps, Sr. Glendale, OR	18:50
29	Kim Nelson, Sr. Anaheim, CA	18:51
30	Valencia Tilden, So. Gallup, NM	18:51
31	Kara Ormond, Jr. Orem, UT	18:52
32	Kristen Gordon, Fr. Alamo, CA	18:53
33	Sheri Goodwin, Sr. Seattle, WA	18:54
34	Barkley Hedinger, Jr. Portland, OR	18:54
35	Darlene Salvador, Jr. Acoma, NM	18:56
36	Sarah Piccolo, Sr. Carson City, NV	18:57
37	Tara Marsden, So. Thousand Oaks, CA	18:58
38	Magi Martinez, Sr. Vacaville, CA	18:58
39	Deborah Bleisch, So. San Jose, CA	18:59
40	Shelley Zickler, Sr. Spokane, WA	18:59
41	Sherie Donovan, Sr. Madera, CA	19:00
42	Betsy Meek, So. Clatskanie, OR	19:02
43	Magdalena Paszta, Sr. Kailua, HI	19:05
44	Stefanie Hansen, Sr. Salt Lake City, UT	19:06
45	Erica Dalkas, Sr. Boise, ID	19:08
46	Maggie Hurst, Jr. Jamestown, CA	19:08
47	Aleah Thome, So. Selah, WA	19:11
48	Jamie Herbst, Sr. Yreka, CA	19:11
49	Lyad Gozal, So. Beverly Hills, CA	19:12
50	Julie Hassan, Jr. Nevada City, CA	19:15
127 finishers		

Seeded Boys

PL	FINISHER, GR, CITY, STATE	TIME
First Team All-Western / National Qualifiers		
1	Matthew Davis, Sr. Mead, WA	14:53
2	Matthew Farley, Sr. Sacramento, CA	14:57
3	Mebratom Keflezighi, Sr. San Diego, CA	15:01
4	Mark Hauser, Sr. San Diego, CA	15:08
5	Brandon Leslie, Jr. Churchrock, NM	15:09
6	Jaime Martinez, Sr. Orange, CA	15:10
7	Andrew Hunt, Sr. Springfield, OR	15:10
8	Micah Davis, Jr. Mead, WA	15:11
Second Team All-Western		
9	John Tsabetsaye, Sr. Zuni, NM	15:16
10	Miguel Gomez, Sr. Anchorage, AK	15:16
11	Rondie Gibbs, Sr. Riverside, CA	15:17
12	Nathan Nutter, Sr. Phoenix, AZ	15:19
13	Brandon Delcampo, Sr. Thousand Oaks, CA	15:23
14	Matt Creason, Sr. Eureka, CA	15:24
15	Jason Balkman, Jr. Saratoga, CA	15:27
16	Rob Aubrey, Sr. Colbert, WA	15:27
Third Team All-Western		
17	Jeffrey Fischer, Jr. Thousand Oaks, CA	15:28
18	Elaazar Hernandez, Jr. Camarillo, CA	15:28
19	Pamamos Ballantyne, Sr. Sanger, CA	15:31
20	Devin Elzondo, Sr. San Diego, CA	15:32
21	Jeremy Skinner, Jr. Gyllette, WY	15:33
22	Antonio Arce, Jr. Palmdale, CA	15:35
23	Stephen Brown, Sr. Piedmont, CA	15:35
24	Mike Sherfinski, Sr. Federal Way, WA	15:38
25	Jose Melgar, Sr. San Diego, CA	15:38
26	Jom Grimsley, Jr. Billings, MT	15:39
27	Bryan Kee, So. Chambers, AZ	15:39
28	Eric Dunn, Sr. Pismo Beach, CA	15:41
29	Benjamin Sandy, Sr. Newcastle, WY	15:43
30	Zachariah Ventress, Jr. Spokane, WA	15:44
31	Casey LaFran, Sr. Spokane, WA	15:44
32	Alejandro Ramirez, Sr. Stockton, CA	15:45

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National Championships

December 11, 1993

Balboa Park, San Diego, CA ■ 5000 Meters

Girls Results

1. Erin Davis, Fr. Saratoga Springs, NY 17:11.8, 2. Melissa Lucas, Jr. Portland, OR 17:14.5, 3. Sama Renfro, Sr. Federal Way, WA 17:36.7, 4. Janelle Thomas, So. Bethlehem, PA 17:39.9, 5. Carrie Tollefson, Jr. Dawson, MN 17:48.4, 6. Kelly Smith, Sr. Petoskey, MI 17:59.1, 8. Marie Davis, Jr. Portland, OR 18:01.6, 9. Kara Wheeler, So. Duluth, MN 18:03.8, 10. Rosanna Gardner, Sr. Salt Lake City, UT 18:04.1, 11. Donna Fidler, Jr. Norristown, PA 18:05.4, 12. Amy Yoder, So. Kendallville, IN 18:09.0, 13. Rebecca Pollock, Jr. Averill Park, NY 18:09.8, 14. Molly Mehberg, Jr. Palos Verdes Estates, CA 18:10.3, 15. Sarah Brandy, Jr. Ashland, OR 18:11.1, 16. Aimee Langevin, Sr. Brimfield, MA 18:18.2, 17. Carrie Garrison, Sr. Fullerton, CA 18:18.4, 18. Molly Dinan, Sr. Cumberland, ME 18:18.9, 19. Danyelle Wood, Sr. Rochester, NH 18:19.8, 20. Katy Radkewich, Fr. Hudson, OH 18:20.6, 21. Molly DeMark, So. Lanconia, NH 18:28.0, 22. Ramona Saridakis, So. W. Palm Beach, FL 18:28.3, 23. Lisa Weitzer, So. New Braunfels, TX 18:37.8, 24. Rebecca Nugent, Sr. Lubbock, TX 18:38.6, 25. Marisa Posch, Jr. Cleveland Hts., OH 18:39.3, 26. Jennifer Meador, Fr. Mechanicsville, VA 18:42.4, 27. Brianna Harrington, Fr. St. Petersburg, FL 18:44.7, 28. Jackie Kerr, Fr. Reston, VA 18:49.1, 29. Emily Nay, Jr. Helena, MT 18:56.5, 30. Christy Goodison, Sr. Sterling Hts., MI 19:08.9, 31. Katherine Helland, Jr. Burke, VA 19:11.5, Jessica Heiner, Sr. Clifton, VA DNF.

Team Results: 1. West Region (Lucas, Renfro, M. Davis, Gardner, Mehberg) 37, 2. Midwest Region (Tollefson, Smith, Fleck, Wheeler, Yoder) 39, 3. Northeast Region (E. Davis, Thomas, Fidler, Pollock, Langevin) 45, 4. South Region (Saridakis, Weitzer, Nugent, Meador, Harrington) 122.

Boys Results

1. Adam Goucher, Sr. Colorado Springs, CO 14:41.7, 2. Mebratom Keflezighi, Sr. San Diego, CA 14:53.0, 3. Matthew Davis, Sr. Mead, WA 15:08.9, 4. Brad Hauser, Jr. Kingwood, TX 15:09.3, 5. Bob Keino, Sr. Ridgewood, NY 15:09.6, 6. Brandon Leslie, Jr. Church Rock, NM 15:11.8, 7. Doug Bockensette, Sr. Cincinnati, OH 15:17.0, 8. Matt Downin, Jr. Hampstead, NH 15:21.4, 9. Matthew Farley, Sr. Sacramento, CA 15:23.5, 10. Micah Davis, Jr. Mead, WA 15:24.6, 11. Mark Hauser, Sr. San Diego, CA 15:29.5, 12. Jason Rexing, Sr. Pickerington, OH 15:34.3, 13. Jaime Martinez, Sr. Orange, CA 15:35.9, 14. Howard Townsend, Sr. Yorktown, VA 15:36.2, 15. Jonathan White, Sr. Austin, IN 15:38.8, 16. Keith Woodman, Sr. Mapleville, RI 15:42.3, 17. Nicholas LaRosa, Sr. Hamburg, NY 15:42.8, 18. Andrew Hunt, Sr. Springfield, OR 15:46.4, 19. Zachery Wright, Sr. Jaffrey, NH 15:46.7, 20. Thomas Murley, So. Elizabethtown, KY 15:46.9, 21. Mark Churchill, Sr. Morrisville, VT 15:47.1, 22. Brian Watts, Sr. Carmel, IN 15:50.3, 23. William Arnold, Jr. Brooklyn, NY 15:51.0, 24. Brent Hauser, Jr. Kingwood, TX 15:55.3, 25. Brian Good, Sr. Pensacola, FL 15:58.1, 26. John Carson, Sr. York, PA 16:03.9, 27. Lewis Jones, So. Kingwood, TX 16:10.9, 28. Kyle Baker, Sr. Anderson, IN 16:11.8, 29. Chris Moore, Sr. Sylvania, OH 16:15.6, 30. Adam Dailey, Jr. Austin, TX 16:20.6, 31. Jim Colling, Sr. Herndon, VA 16:40.2.



MATTHEW DAVIS (left) and ADAM GOUCHER

Photo by Henry Wiegand

1993 Foot Locker

Nationals, continued

Team Results: 1. West Region (Keflezighi, Matthew Davis, Leslie, Farley, Micah Davis) 30, 2. Midwest Region (Goucher, Bockensette, Rexing, White, Watts) 57, 3. Northeast Region (Keino, Downin, Woodman, LaRosa, Wright) 65, 4. South Region (Brad Hauser, Townsend, Murley, Brent Hauser, Good) 87.

(AP) -- Adam Goucher of Doherty High School in Colorado Springs, Colorado, rallied to win the boys race at the Foot Locker Cross Country Championships at Balboa Park.

Goucher, having learned from last year's mistake when he went out too fast and faded to a 13th-place finish, covered the 5,000-meter (3.1-mile) course in 14 minutes, 41.7 seconds.

Erin Davis, a ninth-grade junior high student from Saratoga Springs, N.Y., became the first freshman to win the girls title. She covered 5,000 meters in 17:11.8.

Davis also came from behind, passing Melissa Lucas of Jesuit High in Portland, Oregon, in the final 150 yards. Lucas was second in 17:14.5 and Sama Renfro of Bellamine Prep in Federal Way, Washington, third in 17:36.7.

Goucher passed local favorite Mebrahtom Keflezighi of San Diego High and Matthew Davis of Mead (Washington) High with three-quarters of a mile remaining.

Keflezighi was second in 14:53.0 and Davis third in 15:08.9. Brad Hauser of Kingwood (Texas) High finished fourth in 15:09.3. Bob Keino of Ridgewood (N.J.) High, the son of two-time Olympic gold medalist Kip Keino of Kenya, was fifth in 15:09.6.



MEBRAHTOM KEFLEZIGHI
San Diego, CA

Photo by Henry Wiegand

33	Mike Moreno, Sr, Anaheim, CA	15:45	43	Greg James, Sr, Spokane, WA	15:50
34	Jonathan Murray, Jr, Lakewood, WA	15:46	44	Ryan Bybee, Sr, Orem, UT	15:50
35	Javier Ramirez, Jr, Ojai, CA	15:46	45	Francisco Sandoval, Jr, Oxnard, CA	15:51
36	Orlando Begay, So, Keams Canyon, AZ	15:47	46	Erik Kean, Jr, Cheyenne, WY	15:52
37	Kevin Marsden, Jr, Thousand Oaks, CA	15:48	47	Cameron Copher, Jr, Spokane, WA	15:52
38	Shawn Nixon, Sr, Kailua, HI	15:48	48	Jeremy Vehar, Sr, Albuquerque, NM	15:52
39	Michael Jones, So, Livermore, CA	15:49	49	John Greene, Jr, Agoura Hills, CA	15:53
40	Warren Wolf, Sr, San Marino, CA	15:49	50	Joe Wilson, Sr, Veteran, WY	15:54
41	Manuel Romero, Jr, Escondido, CA	15:50		169 finishers	
42	Eric Kropf, Sr, Madera, CA	15:50			

Fine Ficks by Don Gosney



CARRIE GARRITSON
Fullerton, CA



MOLLY MEHLBERG
Palos Verdes Estates, CA



MARK HAUSER
San Diego, CA



JAIME MARTINEZ
Orange, CA

STATE TEAM RESULTS

BOYS

1. California (Matthew Farley 14:57, Mebrahtom Keflezighi 15:01, Mark Hauser 15:08, Jaime Martinez 15:10, Rondie Gibbs 15:17) 75:33, 2. Washington (Matthew Davis 14:53, Micah Davis 15:10, Rob Aubrey 15:27, Mike Sheffski 15:38, Zachariah Ventress 15:44) 76:52, 3. New Mexico (Brandon Leslie 15:09, John Tsabetsaye 15:16, Jeremy Vehar 15:52, Shane Morrison 16:04, Alred Murphy 16:16) 78:37, 4. Arizona (Nathan Nutter 15:19, Bryan Kee 15:39, Orlando Begay 15:47, Aaryn Olsson 16:04, Leonard McIntosh 16:05 (Michael Shaw 18:14)) 78:54, 5. Oregon (Andrew Hunt 15:10, Billy Harper 15:56, Buddy Priest 15:50, Rhy Reynolds 15:55, Tai Chippis 16:03 (Scott Crouter 16:15)) 78:54, 6. Wyoming (Jeremy Skinner 15:33, Benjamin Sandy 15:43, Erik Kean 15:52, Joe Wilson 15:54, Teddy Craig 16:13) 79:15, 7. Utah (Ryan Bybee 15:50, Nate Hill 15:54, Dula Parkinson 15:53, Zachary James 15:57, Corbin Talley 16:00) 79:34, 8. Montana (Jorn Grimsley 15:39, Jesse Zentz 16:02, Kevin Jacobsen 16:09, Brad Treat 16:05, Jason Ridgway 16:15) 80:10, 9. Alaska (Miguel Gomez 15:16, Laird Prosser 16:22, Paul Myers 16:45, Wayne Leighty 16:57, James Lee 16:58) 82:18, 10. Hawaii (Shawn Nixon 15:48, Brent Edelen 16:32, Richard Tampon 16:40, Brian Ching 17:08, Matt Holtan 16:40) 82:48, 11. Nevada (Ryan Bentley 16:58, Dom Sinnott 17:02, Ryan Nash 16:49, Brett Long 17:02, Rex Noble 17:24) 85:15, Idaho—incomplete team.

GIRLS

1. Oregon (Melissa Lucas 17:08, Marie Davis 17:56, Sarah Brandy 18:06, Jessica Schra 18:34, Dana Ergenbright 18:42) 90:26, 2. California (Carrie Garritson 17:53, Molly Mehlberg 18:12, Kim Mortenson 18:21, Emily Allison 18:21, Annie Ebner 18:28) 91:15, 3. Utah (Rosanna Gardner 17:58, Heather Frushour 18:33, Mary Huang 18:33, Adrienne Sorenson 18:40, Sarah Gardner 18:49) 92:33, 4. Washington (Sama Renfro 17:50, Jessica Fry 18:41, Emily Thompson 18:48, Sheri Goodwin 18:54, Shelly Zickler 18:59) 93:12, 5. New Mexico (Valencia Tilden 18:51, Darlene Salvador 18:56, Amy Swier 19:17, Tamarah Begahy 19:27, Justin Fox 19:30) 96:01, 6. Montana (Emily Nay 18:18, Flora Big Har 18:18, Kara Ackery 19:39, Kelly Hayden 19:53, Teri Cordova 20:04) 96:12, 7. Wyoming (Bennie Ridgley 18:50, Stacie Grant 19:19, Holly Peterson 19:30, Kelly Rice 19:35, Tiffany Gabs 19:57) 97:11, 8. Nevada (Sarah Piccolo 18:57, Audrey Townsell 19:12, Kim Fichtner 19:45, Sharlene Downing 19:51, Jenny Barney 20:00) 97:45, 9. Arizona (Kelly Upshaw 19:19, Karen Ray 19:40, Teri Kelwood 19:41, Miranda Kaye 19:49, Tegan Freestone 19:49) 98:18, 10. Hawaii (Malgorzata Biela 18:44, Magdalena Paszta 19:05, Anna Neubauer 19:47, Tammy Agader 20:30, Tracy Carole 20:45, Alaska and Idaho—incomplete team.

If you desire a **COMPLETE** set of West Regional results, send your request, along with \$1, to Foot Locker West Regional, 4957 E. Heaton Ave., Fresno, CA 93727.

1993 Foot Locker

FOOT LOCKER WEST REGIONAL ROUNDUP

From KEITH CONNING

Alaska State Championships

October 2—Miguel Gomez (West Anchorage), tenth in the Foot Locker in 15:16, set a new course record of 15:38. The old course record of 15:49 was set by Chris Gilbert (Wasilla) in 1988 and tied by Gomez last year.

Cynthia Morman (Chugiak), 17th in the Foot Locker Junior/Senior in 19:54, placed third in the 4A in 19:46. Stephanie Van Troba (Colony) won in 18:47.

Heidi Johnson (East Anchorage), tenth in the Foot Locker Freshman/Sophomore in 19:15, placed seventh in the 4A in 20:05.

Arizona State Championships

Nathan Nutter, 12th in the Foot Locker in 15:19, won the 5A in 15:41. Second place was 16:33.

Bryan Kee (Window Rock), 27th in the Foot Locker in 15:39, won the 3A race in 15:12.8.

Orlando Begay (Chinle), 36th in the Foot Locker in 15:47, placed sixth in the 4A in 15:37. Lansy Yellowhair (Page) won in 15:15.

Leonard McIntosh (San Carlos), third in the Foot Locker Senior in 16:05, placed second in the 1A/2A in 15:39.8. Saul Maskey (Bisbee) won in 15:33.9.

Jonathan Lansa (Winslow), 12th in the Foot Locker Senior in 16:17, placed sixth in the 3A in 16:09.7. Martinez Watson (Tonalea), 14th in the Foot Locker Senior in 16:20, placed third in the 3A in 15:56.3. Larry Butler (Tuba City), 20th in the Foot Locker Senior in 16:24, placed fifth in the 3A in 16:02.6.

Karen Ray (Gilbert), eighth in the Foot Locker Junior/Senior in 19:40, placed 14th in the 5A in 15:04.

Terri Kellewood (Ganado), ninth in the Foot Locker Junior/Senior in 19:41, placed second in the 3A in 18:50.5. Kelly Upshaw (Window Rock), 13th in the Foot Locker Freshman/Sophomore in 19:19, placed third in the 3A in 19:17.7.

Hawaii State Championships

Senior Shawn Nixon (Kalaheo, Kailua), 38th in the Foot Locker in 15:48, won the state meet.

Magdalena Paszta (Kalaheo, Kailua), 43rd at Foot Locker in 19:05, won the state meet.

Idaho State Championships

Hells Gate State Park, Lewiston, October 29-30—Junior Becky Ward (Richfield), 13th in the Foot Locker in 18:32, won the Class B in 20:17.81.

Senior Erica Dallas (Borah), 45th in the Foot Locker in 19:08, placed second in the Class A in 20:41:98. Junior Jamee Windsor (Twin Falls) won in 20:27.37.

Montana State Championships

Helena, October 24—Junior Jori Grimsley (Skyview, Billings), 26th in the Foot Locker in 15:39, won the Class AA by 12 seconds in 14:41. The Billings Skyview boys' won their second straight Class AA team championship by scoring 56 points, beating Great Falls Russell by five points. Kalispell was third with 83.

Junior Emily Nay (Capital, Helena), eighth in the Foot Locker in 18:18, won the Class AA by 11 seconds in 18:11.

Junior Flora Big Hair (Hardin, Crow Agency), ninth in the Foot Locker for the second straight year in 18:18, won her third straight Class A title with a time of 17:47. Big Hair finished one minute ahead of runner-up Laura Swagger of Miles City.

Brad Treat (Kalispell), fourth in the Foot Locker Sophomore in 16:05, placed third in the Class AA in 14:59. Shane Ackertly (Kalispell, Big Fork), eighth in the Foot Locker Freshman in 16:51, placed 14th in the Class AA in 15:46.

Lawrence Kennedy (Browning), 15th in the Foot Locker Freshman in 17:11, placed fifth in the Class A in 16:10.

Nevada State Championships

November 16—Senior Sarah Piccolo (Carson), 36th in the Foot Locker in 18:57, placed ninth in the AAA 3.1 mile race in 22:49. Amy Carling (Wooster) won in 21:16. Freshman Audry Townsell (Reed, Sparks), eighth in the Foot Locker Freshman/Sophomore in 19:12, placed fourth in the AAA in 22:22.

New Mexico State Championships

Gallup—Brandon Leslie (Gallup), fifth in the Foot Locker in 15:09, won the Class AAAA in 15:37.54. The second place runner ran 16:37.74.

Sophomore Valencia Tilden (Gallup), 30th in the Foot Locker in 18:51, placed second in the Class AAAA race in 20:16.46. April Brannon (Manzano) won in 19:42.91.

Junior Darlene Salvador (Grants), 35th at the Foot Locker in 18:56, placed tenth in the Class AAA in 20:56.77.

Oregon State Championships

November 6—Andrew Hunt (Springfield), 8th in the Foot Locker in 15:11, won the Class 4A in 15:47.

Junior Melissa Lucas (Jesuit, Portland), the Foot Locker champion in 17:08.9, won the Class 4A in 17:34.9. Junior Marie Davis (Lincoln, Portland), fourth in the Foot Locker in 17:56, placed second in the Class 4A in 18:14.3. Kortney Duncombe (Bend), second at the Stanford Invitational, placed third in the Class 4A in 18:31.2. Junior Sarah Brandy (Ashland), sixth in the Foot Locker in 18:06, placed fourth in the 4A in 18:45.3.

Senior Jessie Schra (Sweet Home), 16th in the Foot Locker in 18:34, won the Class 3A in 18:41.6.

Senior Dana Ergenbright (Bend), 22nd in the Foot Locker in 18:42, placed sixth in the 4A in 18:54.2.

Senior Iris Cripps (Glendale), 28th in the Foot Locker in 18:50, won the Class 2A-A in 19:17.7.

Junior Barkley Hedinger (Portland), 34th in the Foot Locker in 18:54, placed seventh in the Class 4A in 18:54.7.

Sophomore Betsy Meek (Clatskanie), 42nd in the Foot Locker in 19:02, placed second in the Class 3A in 18:52.2.

Scott Crouter (Seaside), 11th in the Foot Locker Senior in 16:15, placed 15th in the Class 3A in 16:51.3.

Freshman Allison Cowart (Bend), the Foot Locker Freshman/Sophomore champion in 18:49.7, placed 11th in the Class 4A in 19:13.7.

Sophomore Jodie Abbott (Bend), 18th in the Foot Locker Freshman/Sophomore in 19:26, placed 18th in the Class 4A in 19:50.1. Buddy Priest (Springfield), the Foot Locker Sophomore winner in 15:50, placed fifth in the Class 4A in 16:15.2. Rhy Reynolds (Newport), the Foot Locker Freshman winner in 15:55.1, placed second in the Class 3A in 16:08.4.

Utah Activities Association

October 27—Senior Ryan Bybee (Mountain View, Orem), 44th in the Foot Locker in 15:50, won the 5A in 14:53.9.

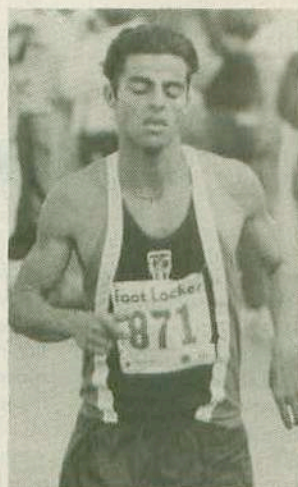
Senior Rosy Gardner (East, Salt Lake City), fifth in the Foot Locker in 17:58, won the 4A in 18:05.3. Sophomore Mary Huang (Provo), 15th in the Foot Locker in 18:33, placed second in the 4A in 18:34.6.

Senior Heather Frushour (Mountain View, Orem), 14th in the Foot Locker in 18:33, won the 5A in 17:56.1. Sophomore Adrienne Sorenson (Orem), 20th in the Foot Locker in 18:40, placed fourth in the 5A in 18:13.8. Junior Kara Ormond (Orem), 31st in the Foot Locker in 18:52, placed third in the 5A in 17:59.0. Senior Stefanie Hansen (Skyline, Salt Lake City), 44th in the Foot Locker in 19:06, placed 12th in the 5A in 18:31.8. Junior Susan Taylor (Skyline, Salt Lake City), the Foot Locker Junior/Senior winner in 19:06.7, placed 22nd in the 5A in 19:20.0.



BRANDON LESLIE
Church Rock, NM

Fine Flicks by Don Gosney



ANDREW HUNT
Springfield, OR

Fine Flicks by Don Gosney



Close race for 8th and 9th place in the Seeded Girls Race – FLORA BIG HAIR (left) Crow Agency, MT and EMILY NAY Helena, MT

Fine Flicks by Don Gosney

Devan Dewitt (Orem), 21st in the Foot Locker Senior in 16:24, placed 13th in the 5A in 15:37.9.

Senior Emilee Marek (Mountain View, Orem), third in the Foot Locker Junior/Senior in 19:32, placed 15th in the 5A in 18:57.3.

Junior Kristy Breinholt (West Jordan), fourth in the Foot Locker Junior/Senior in 19:33, placed 27th in the 5A in 19:26.8. Junior Katie Steele (Mountain View, Orem), sixth in the Foot Locker Junior/Senior in 19:36, placed 23rd in the 5A in 19:21.3. Senior Cathy Middleton (Mountain View, Orem), tenth in the Foot Locker Junior/Senior in 19:42, placed 21st in the 5A in 19:17.3. Senior Julie Broadhead (Skyline, Salt Lake City), 12th in the Foot Locker Junior/Senior in 19:44, placed 59th in the 5A in 20:45.1.

Dula Parkinson (Mountain View, Orem), second in the Foot Locker Junior in 15:53, placed tenth in the 5A in 15:29.7. Andy Farrer (Mountain View, Orem), 15th in the Foot Locker Junior in 16:28, placed 45th in the 5A in 16:17.3.

Freshman Sarah Gardiner (East, Salt Lake City), second in the Foot Locker Freshman/Sophomore in 18:49.9, placed eighth in the 4A in 19:02.0.

Freshman Wendy Allen (Mountain View, Orem), third in the Foot Locker Freshman/Sophomore in 18:58, placed second in the 5A in 17:57.1. Freshman Shelby Steele (Mountain View, Orem), fourth in the Foot Locker Freshman/Sophomore in 18:58, placed 14th in the 5A in 18:51.5.

Freshman Tara Rohatinsky (Provo), 12th in the Foot Locker Freshman/Sophomore in 19:19, placed 39th in the 4A in 20:29.6.

Washington State Championships

November 6--Senior Matthew Davis (Mead), the Foot Locker champion in 14:53, won the AAA Classification race in 14:09.3. Mead won the AAA team title with 29 points. Their team was composed of Matthew Davis, Micah Davis, Rob Aubrey, Greg James, and junior Skiy DeTrya (27th in 15:43).

Junior Micah Davis (Mead), seventh in the Foot Locker in 15:10, placed second in the AAA in 14:46. Senior Rob Aubrey (Mead), 16th in the Foot Locker in 15:27, placed third in the AAA in 14:48. Junior Zachariah Ventress (Joel Ferris, Spokane), 30th in the Foot Locker in 15:44, placed 11th in the AAA in 15:21. Senior Casey La-Fran (John Rogers, Spokane), 31st in the Foot Locker in 15:44, placed sixth in the AAA in 15:12.

Senior Jonathan Murray (Lakewood), 34th in the Foot Locker in 15:46, placed second in the A in 15:18.

Senior Greg James (Mead), 43rd in the Foot Locker in 15:50, placed seventh in the AAA in 15:13. Junior Cameron Copher (Joel Ferris, Spokane), 47th in the Foot Locker in 15:52, placed tenth in the AAA in 15:19.

Senior Sarna Renfro (Bellermino/Federal Way), second in the Foot Locker in 17:50, had the best time by a senior of 16:59.9. Jessica Fry (Rogers, Spokane), 21st in the Foot Locker in 18:41, had the second best time by a senior of 17:19.

Sheri Goodwin (Shorecrest, Seattle), 33rd in the Foot Locker in 18:54, had the 11th best time by a senior of 18:24. Shelley Zickler (Ferris, Spokane), 40th in the Foot Locker in 18:59, had the 14th best time by a senior of 18:33.

Senior Jeremy Moran (Riverside/Chattaroy), 7th in the Foot Locker Senior in 16:10, placed sixth in the A in 15:36.

My Nguyen (Franklin, Seattle), 21st in the Foot Locker Junior/Senior in 20:01, had the 16th best time by a senior of 18:34.

Tyson Estes (Hoquiam), fourth in the Foot Locker Junior in 16:11, placed seventh in the AA in 15:28. Cary Stridham (Nathan Hale, Seattle), 6th in the Foot Locker Sophomore in 16:09, placed 30th in the AA in 16:00.

Isaac Hawkins (Joel Ferris, Spokane), tenth in the Foot Locker Freshman in 16:53, placed 85th in the AAA in 16:19.

(Prep Editor: Unfortunately, I did not have the girls' state results by classification. I did receive a list of seniors from all-classes by time.)

Wyoming State Championships

Junior Jeremy Skinner (Gillette), 21st in the Foot Locker in 15:33, won the 4A in 16:05.82.

Senior Benjamin Sandy (Newcastle), 29th in the Foot Locker in 15:43, placed second in the 3A in 16:50.85.

Junior Erik Kean (Cheyenne Central), 46th in the Foot Locker in 15:52, placed second in the 4A in 16:18.96.

Senior Joe Wilson (Torrington), 50th in the Foot Locker in 15:54, won the 3A in 16:43.78.

Freshman Bennie Ridgley (Riverton), 27th in the Foot Locker in 18:50, won the 4A in 19:08.92.

Junior Tiffany Gebs (Green River), 20th in the Foot Locker in 19:57, placed sixth in the 4A in 20:15.5.

Teddy Craig (Gillette), fifth in the Foot Locker Junior in 16:13, placed sixth in the 4A in 16:45.13. Ryan Villmow (Gillette), 13th in the Foot Locker Junior in 16:26, placed tenth in the 4A in 16:53.76.

Sophomore Stacey Grant (Gillette), 11th in the Foot Locker Freshman/Sophomore in 19:19, placed fourth in the 4A in 20:03.4. Jerad Dunnohew (Green River), 21st in the Foot Locker Freshman in 17:18, placed 33rd in the 4A in 17:42.26.

California Track and Cross Country
COACHES ALLIANCE

FROM THE DIRECTOR:
A New Step Forward

It is time to organize a change in the Coaches Alliance structure throughout the sections of the state. For the past four years, a core of about 10 to 15 coaches from all ten sections have been the organizational core of the Alliance and everything that we have accomplished. Most of these coaches were drafted by Doug Speck (Arcadia) or myself. Many of them did this as a favor to the sport, the organization, or to us, with a knowledge that someone had to help take a leadership role to get the concept of a state coaches organization off the ground. They are some of the doers of our sport in each section, and we all owe them for the time and commitment they made.

While their leadership has been significant and many things have been accomplished, everything has not gone our way and been as smooth as we would like. At least two major achievements have been accomplished by this organization. The first is that we do have a statewide organization that can work as a communication and action vehicle for the Track and

Cross Country coaches of the state. The second is that a large number of coaches within the state are now aware that there is an organization that speaks for them. Many choose not to join and the reasons are varied--some don't want to spend the time, some think we have a certain agenda and don't believe in it, some don't want to spend the money, etc., etc. But the growth of the organization has been consistent and, with patience, we could be a very large and active organization--one that could eventually do a great job representing coaches at the section level, as well as the state level.

Starting in September, we would like to have each section represented within the

Alliance by at least three people. The first of these representatives would be the section coordinator. The second representative would be the Cross Country rep and the third, the Track & Field rep. Here are some basic expectations for each position:

A. The **Section Coordinator** would be the overall contact to the Alliance within the section. Some of his/her responsibilities would be to help pass along information from the section to the organization, as well as state information to each section. This person would be kept aware of statewide problems in both sports, and would help coordinate any actions that we would need to have accomplished within the sections. Hopefully, this person would be on one of the section advisory committees and aware of how changes take place within your section. Additionally, the coordinator would help promote the concept and membership of a state coaches association within the section. He/she would help be the constant personality and tie-together for the Alliance within each section, while the Track and XC sport reps would be the keys within each sport.

B. The **Cross Country and Track Representatives** would be sport specific and be the key people within their sports in their section. They would coordinate the selection of honor coaches for the State Meet program within their section. Hopefully, they also would be members of section advisory committees on their sport. If concerns with their sport need to be brought to the State XC & Track Advisory Committee, they would help get this information to us. If we need input/information from a specific sport within the sections, they will be the ones to help get it. In addition to promoting membership, this person should be able to work with others to help get things going by their sport coaches when it is needed.

At our statewide meetings held in conjunction with the State Cross Country and Track meets, this rep would, hopefully, provide

section-based agenda items that need to be addressed. Also, in an attempt to keep these reps and, subsequently, your section better informed, these people would receive current bulletins from Doug and me throughout the year by mail or fax.

In an effort to get more and new coaches involved, we are opening up all these positions within each section. We would like to have nominations or volunteers for each of these representative positions. If more than one person from a section is up for an open position, we will have an election by current Alliance members within that section for the spot. These spots are wide open and everyone is welcome to apply. In the past, we have not had enough female coaches or track coaches involved within our organization. Hopefully, this would be something that will change.

Nominations or interested coaches should contact:

Dennis McClanahan
Mt. Carmel High
9550 Camel Mt. Road
San Diego, CA 92129
FAX (619) 748-6985

Please include the following information--name, school name, position applying for, state section, how we can contact you. While a person does not have to be a current Alliance member to receive a position, it is expected that he/she will join upon becoming a rep.

If members within your section choose not to be involved and we do not fill these positions, the Alliance will continue to do the best job that we can to represent you at the state level. Hopefully the end result of these changes will bring new section leadership, a greater voice in what is happening to you both on the state and section level, and expanded membership throughout the state.

--Dennis McClanahan

California Track and Cross Country **COACHES ALLIANCE**

TO: California Coaching Colleagues
FROM: Dennis McClanahan, Director, Coaches Alliance
SUBJECT: Proposals for Individuals in State XC Meet

By the time that you read this, the Alliance will probably have put forth a proposal to the State XC and Track Advisory Committee. This is for your information in the hope of keeping you informed. We will print the final proposal in the next issue of the magazine along with some additional comments.

As I relayed to you in mid-November, our organization has been asked to return to the State XC and Track Advisory Committee on January 20 with a proposal regarding the qualification of individuals to the State XC Meet. If we do not come up with a proposal that passes this committee, we will set into motion a process that will have the State Federated Council vote on a currently tabled proposal that will reduce the individuals to the numbers that we currently use in the State Track Meet (the exception to these numbers would be that the North, San Francisco, and Oakland Sections would have 2 individuals instead of the one that is currently in the State track qualifiers.) At the Alliance meeting after the social at the State XC Meet, this topic was discussed and four formal proposals were made. Here is a review of the proposals.

#1 Mike Sayward, Canyon High School (Southern Section)

Mike's proposal would be that an individual would advance from the section final to the state meet only if he/she defeats at least one #1 runner from a qualifying team. Sections will be eligible to receive a minimum of 3 individuals per section and a maximum of 5. We do not have enough current figures to know just how many individuals would be pared from the meet using this formula.

#2 Marc Christianson, McAteer High School (San Francisco Section)

Marc proposes that we try and maintain the State Meet at the current numbers for individuals--(5) per section. This proposal would mean that as a group, we would have to go back to our current sections and get the members of the State Federated Council to re-

verse their current votes to cut back on individuals and vote to maintain the status quo. This means we would have to change the current voting status of either the Southern, Los Angeles, or North Coast sections. If we are successful, we would not lose any runners from the meet. If we are not successful, the current proposal before the State Federated Council would probably take effect and approximately 124 runners would be pared from the meet.

#3 Mike Sayward, Canyon High School (Southern Section)

Mike's second proposal would be that each section would receive one more individual than the number of teams that they send. Example: If a section sends two teams in a division, they would send 3 individuals. Under this proposal approximately 168 runners would be pared from the meet.

#4 Dennis DeWitt, Madera High School (Central Section) and Dennis McClanahan, Mt. Carmel High School (San Diego Section)

This combination proposal depends on the number of teams that your section qualifies and where the individuals place in the race. If your section qualifies one team, your individuals must place in the top 9 of a race. If you have two teams, the individuals must place in the top 11 of the section race. If you have 4 teams, your individuals must place in the top 16. Sections will receive a minimum of 3 individuals per division and a maximum of 5. Using this formula, approximately 20 individuals would have been pared from the 1993 meet. If the individuals run strong, sections are OK. If the individuals run weakly, sections will decrease their numbers.

All current Alliance members were mailed a copy of this proposal just before winter break along with a ballot to return and voice their choice. Hopefully this action will allow us accurately represent the state's XC coaches at this January meeting.

Southern Section Cross Country Notes

From DOUG SPECK

✓ NATIONAL CROSS COUNTRY RANKINGS

This was the best year in a long, long time for Boy's Cross-Country teams across the nation. Kingwood Texas and Mead HS in Spokane, Washington both had super groups this season. While one has to find it hard to imagine anybody better than this year's Thousand Oaks Boys team, these other squads would have provided very, very formidable competition. During the 1993 season Thousand Oaks took down the team time course records by some very, very respected teams at both Mt. SAC and Woodward Park.

Kingwood was the toast of Texas, with that area of the nation become much more competitive than it used to be. The distance races are now quite a bit more than just fillers while the sprinters rest between their events. Kingwood raced a postal competition this Fall, with full two mile times (not 3200 meters) of 9:09-9:15-9:20-9:20 and 9:43. Coach Zoe Simpson's Kingwood squad also became the first team in modern history to have three of its members qualify on to the Foot Locker National Finals from a region (South in their case)--kind of a scary



**BRANDON
DEL CAMPO**

Photo by Phillip Entbody

continued next page...

California Track and Cross Country COACHES ALLIANCE



**TRIO FROM MEAD HS (left to right):
ROB AUBREY, MATTHEW DAVIS and
MICAH DAVIS**

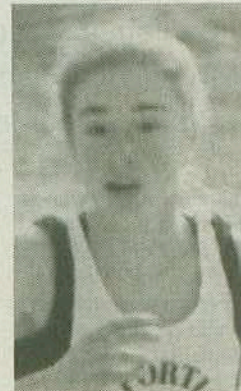
Fine Flicks by Don Gosney

happening when you figure that there are at least a dozen full states in each of the four Foot Locker regionals. What that means is that Kingwood, on that day, had three of the top eight athletes in the dozen Southern states included in that grouping.

Mead raced 14:53-15:11-15:27-15:50 at Woodward Park with the members of its team that it had there some one month after its state meet. Mead had two of its members, the brother combo of Matthew and Micah Davis both qualify on from that Western Regional Meet to the National Foot Locker Finals, where Matthew placed 3rd and Micah 10th for the winning West team. While it is hard to imagine two teams in the nation better than Thousand Oaks this year it appears that Kingwood and Mead may have been in another world.

✓ MELISSA LUCAS

Foot Locker National Finalist runner-up in a courageous contest December 11th at San Diego's Balboa Park, is an eleventh grader at Portland Oregon's Jesuit High School. It turned out two years ago that Melissa was a frosh student at Villanova Prep in Ojai in the Southern Section. Melissa described herself as one of the few members of the harrier team at Villanova, with the young lady who got away from us obviously developing magnificently since then. Melissa took the Foot Locker Western Regional competition by 42 seconds in 17:08 at Woodward Park, then



went out very aggressively in the middle of the Foot Locker National Run, with frosh Erin Davis (Saratoga Springs, NY) only running her down in the last 100 yards.

MELISSA LUCAS

*Fine Flicks
by Don Gosney*

✓ SPECIAL THANKS

...as always to those who are a big help each season with passing on results and information. Gary Brooks and Eric Tweit once again proved invaluable in assisting us to try to keep on things, with Ray Scofield providing a statistical assistance which we could not operate without.

Thanks to all the Meet Directors and parents who passed on specific meet results and just stopped to say hello along the way.



**HEATHER WALLACE leads Div. III at the State Meet,
followed by KRISTEN GORDON and ALLISON TWIST**

Photo by Elaine Rosenfield



LORI FANCON

Photo by Bill Cockerham



**JEFF FISCHER (left) &
JAIME MARTINEZ**

Photo by Bill Cockerham



**BRANDON DEL CAMPO (left) &
ERIC KROPP**

Photo by Bill Cockerham

BOOK REVIEW

By Barbara T. Erskine, BOOKS FOR RUNNERS

Sports Strength

By Ken Sprague (Perigee Books, 1993, \$16.95)

With so many good strength training books available and the benefits of weightlifting widely accepted, why don't more runners try these routines? Ken Sprague, owner of the original Gold's Gym and coach with 35 years of experience, feels most books and articles emphasize changes in physical appearance, not ability. His new publication, *Sports Strength*, supports the axiom that strength directly affects performance.

Sprague describes strength as the "muscle's ability to produce force in a single effort." He continues, "Strength increases the force of every push, pull, heave, swing, thrust or jump. There's no question in the coaching or scientific community that strength training builds strength. All else being equal, stronger muscles make a better athlete."

To develop that advantage, the coach presents individualized instruction for many sports and bodies. He "gives you the information you need to tailor a strength training program to your sport's specific needs." For 20 sports, from golf to bowling, football to cycling, he designs workouts, explains their purpose, includes notes on injuries. Pictures are plentiful, techniques clear and amplified with charts. Sprague has been in the business long enough to be creditable on issues of training, nutrition, steroids, and the uses of reps, sets and seasonal variations.

The author acknowledges the help of his son, a 13-year old who is also a four-time national champion in the shot and discus. So it is not surprising he thoroughly discusses

training for adolescents and teenagers, as well as adults.

What does the book offer a runner? In track and field, he highlights jumps, pole vault, sprints, hurdles, and the throws: shot put, discus and javelin. If strength training is useful for track, what is its value in distance running? Sprague admits, "The athlete's success in cross country or the longer track races depends much more on aerobic capacity than muscular strength. But strength training does have its place." Where? "[It] reduces the risk of injury and inhibits the...response a runner encounters while satisfying the demands of too much running." For endurance runners, he outlines a weight course which takes less than one hour twice a week.

This may be the book which convinces you of the merits of strength training. You can increase your speed, power, flexibility, muscular endurance and prevent injury with a well-planned weight program. Sprague advises, "Strength is a safety net. Stronger muscles can better absorb acceleration and have a greater range of safe operation. Bones become dense so they can better absorb the stress of athletic activity." Does this sound like a good return for two hours a week at the gym? It's a sound investment in yourself and your running career.

For information on this book or a free catalog, please contact Barbara Erskine, BOOKS FOR RUNNERS, 386 Portlock Road, Dept. CA, Honolulu, HI 96825.

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RESULTS

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Big West Conference

Carbon Canyon Regional Park

Men's Team Results

1. Utah St. 51, 2. CS Fullerton 60, 3. Nevada 67, 4. UC Santa Barbara 74, 5. UC Irvine 92, 6. New Mexico St. 170, 7. Long Beach St. 212.

Men's Individuals

1. M. Tansley (CSF) 24:33, 2. Mazano (US) 24:55, 3. Haugen (UCSB) 24:57, 4. Galindo (UCI) 25:01, 5. Howell (N) 25:05, 6. Johnson (CSF) 25:07, 7. Davidson (US) 25:10, 8. A. Tansley (CSF) 25:13, 9. Reinisch (N) 25:14, 10. Coulston (UCI) 25:15.

Women's Team Results

1. UC Santa Barbara 43, 2. tie between Hawaii and UC Irvine 81, 4. Long Beach St. 86, 5. Utah St. 120, 6. Nevada Las Vegas 153, 7. CS Fullerton 176, 8. New Mexico St. 190, 9. Nevada 205, 10. Pacific 314.

Women's Individuals

1. Nicodemus (US) 17:22, 2. Goodrich (UCI) 17:59, 3. Pando (LBS) 18:12, 4. Crooks (UNLV) 18:25, 5. Bradbury (UCSB) 18:45, 6. Von Teuber (UCSB) 18:49, 7. Alexander (UCSB) 18:50, 8. Monson (UCI) 18:52, 9. Thomas (UCSB) 18:53, 10. Yaba (UCI) 18:59.

Johnnie O Invitational

Moorpark College

Men's Team Results

1. Cuyamaca 56 (4,8,13,15,16), 2. Riverside 59 (1,2,3,20,33), 3. Mt. SAC 114, 4.



ABDERRAZAK MARCHOUD

Photo by Bill Cockerham

Glendale 163, 5. El Camino 184, 6. Rancho Satiago 190, 7. Long Beach 234, 8. San

Diego Mesa 273, 9. Antelope Valley 278, 10. West LA 353, 11. Orange Coast 372, 12. Irvine Valley 380, 13. Citrus 383, 14. Desert 388, 15. Bakersfield 392, 16. Ventura 410, 17. Fullerton 431, 18. Rio Hondo 435, 19. Canyons 486, 20. Moorpark 501, 21. Pasadena 547, 22. San Bernardino Valley 573, 23. Cerritos 586, 24. Santa Monica 653, 25. Cuesta 663, 26. Golden West 680, 27. LACC 723, 28. Southwestern 836, 29. Valley 867.

Men's Individuals

1. Jimma (Riv) 20:29, 2. Merchoud (Riv) 20:30, 3. Gidabuday (Riv) 20:40, 4. Olivera (Cuy) 20:49, 5. Sinderson (AV) 20:49, 6. Ortenberger (Cuesta) 20:57, 7. Romero (SDM) 20:58, 8. Das Neves (Cuy) 21:10, 9. Zavala (RS) 21:13, 10. Martinez (Mt. SAC) 21:23.

Women's Team Results

1. Irvine Valley 106, 2. San Diego Mesa 139, 3. Mt. SAC 146, 4. Glendale 182, 5. Orange Coast 193, 6. El Camino 212, 7. Long Beach 227, 8. Golden West 255, 9. Cuyamaca 283, 10. Rancho Santiago 294.

Women's Individuals

1. Shiferaw (Riv) 19:05, 2. Lewy (LB) 19:25, 3. Nakamira (EC) 19:27, 4. Medina (IV) 19:35, 5. Olson (Cuy) 19:41, 6. Sweester (OC) 19:43, 7. Vega (Full) 19:45, 8. Sanchez (Mt. SAC) 9. Roberto (Glen), 10. Meister (MC) 19:56.

NCAA II/Western Regional

Cal Poly Pomona

Men's Team Results

1. Cal Poly SLO 23, 2. Humboldt 78, 3. UC Davis 81, 4. CS Chico 117, 5. Cal State LA 160, 6. Grand Canyon 169, 7. Cal Poly Pomona 169, 8. CS Stanislaus 170, 9. Portland 188, 10. UC Riverside 217, 11. Alaska Anchorage 298.

Men's Individuals

1. Scott Hempel (CPSLO) 31:36, 2. Coley Candaele (CPSLO) 31:36, 3. Dan Berkeley (CPSLO) 31:37, 4. Dan Held (CPSLO) 31:48, 5. Katon (Port) 31:52, 6. Padilla (CSLA) 32:05, 7. Smith (Humb) 32:11, 8. Curtis (CPP) 32:27, 9. Kilbridge (UCD) 32:30, 10. Rocheleau (UCD) 32:48.

Women's Team Results

1. Cal Poly SLO 38, 2. Cal State LA 49, 3. UC Davis 82, 4. Humboldt State 97, 5. Seattle Pacific 135, 6. CS Stanislaus 146, 7. Portland 186, 8. Cal Poly Pomona 199, 9. Grand Canyon 252.

Women's Individuals

1. Angela Oratic (CPSLO) 17:??, 2. Marisol Cossio (CSLA) 17:32, 3. Walker (Humb) 17:41, 4. Jones (UCD) 17:44, 5. Flathers (CPSLO) 17:57, 6. Whitmer (Port) 18:05, 7. Nika Horn (CPSLO) 18:08, 8. Marisa Avendano (CSLA) 18:09, 9. Melanie Hand

(CPSLO) 18:18, 10. Pedraza (CSLA) 18:24.

NCAA Division III

Grinnell, Iowa

Men's Team Results

1. North Central 32, 2. Wisc/LaCrosse 123, 3. SUNY Albany 124. Others: 14. UC San Diego 322, 17. Claremont-Mudd 431, 21. Pomona-Pitzer 499.

Men's Individuals

1. Mayer (NC) 24:29, 2. Weigel (NC) 24:30, 3. Rebencluc (Augustana) 24:47. Others: 30. Newman (CM) 25:46, 33. Castner (UCSD) 25:47.

Women's Team Results

1. SUNY Cortland 61, 2. Calvin 93, 3. Moravian 112. Others: 11. UC San Diego 288, 15. Claremont-Mudd 381.

Women's Individuals

1. Bluekamp (Calv) 17:46, 2. Miller (Cort) 17:50, 3. Millar (Chicago). Others: 23. Beeler (Occid) 18:20, 43. Hinkle (UCSD) 18:46.

NCAA Division III / West Regional

Prado Park

Men's Team Results

1. Claremont-Mudd 47, 2. UC San Diego 48, 3. Pomona-Pitzer 79, 4. Occidental 102, 5. Redlands 142, 6. Whittier 143, 7. Caltech 156, 8. La Verne 221.

Men's Individuals

1. Castner (UCSD) 25:25, 2. Artinyan (PP) 25:54, 3. Newman (CM) 16:02, 4. Voegil (CM) 26:05, 5. Aagaard (CM) 16:07.

Women's Team Results

1. UC San Diego 38, 2. Claremont-Mudd 55, 3. Occidental 63, 4. Pomona-Pitzer 101, 5. Whittier 124, 6. Cal Lutheran 158, 7. Mills 192, 8. Caltech 238, 9. Menlo 285.

Women's Individuals

1. Kopchik (O) 18:48, 2. Ferriera (UCSD) 19:02, 3. Nikie (UCSD) 19:04, 4. Boydston (UCSD) 19:10, 5. Beeler (O) 19:17.

Western State Conference No. 2

Arroyo Verde Park

Men's Team Results

1. Glendale 27, 2. College of the Canyons 100, 3. Bakersfield 102, 4. West LA 103, 5. Ventura 114, 6. Moorpark 131, 7. Santa Barbara CC 185, 8. Santa Monica 198, 9. Cuesta 229, 10. Valley 274.

Men's Individuals

1. Rivera (B) 22:07, 2. Delgado (G) 22:26, 3. Jacobo (G) 22:32, 4. Awetongh (WLA) 22:36, 5. Ortenberger (C) 22:42, 6. Almendarez (G) 22:56, 7. Baca (G) 23:00, 8. As-

faw (WLA) 23:04, 9. Roca (G) 23:22, 10. Carmona (V) 23:27.

Women's Team Results

1. Glendale 50, 2. Ventura 67, 3. Cuesta 75, 4. Santa Monica 76, 5. Moorpark 97, 6. Santa Barbara CC 157, 7. Canyons 170, 8. Valley 247, Bakersfield, West LA no score.



GITHA HAMPSON

Photo by Bill Cockerham

Women's Individuals

1. Hampson (SM) 20:12, 2. Roberto (G) 20:42, 3. Hamilton (Cuesta) 20:50, 4. Tisovic (COC) 21:05, 5. Hernandez (G) 21:06, 6. Jefferson (Cuesta) 21:16, 7. Allen (B) 21:20, 8. Perez (MP) 21:28, 9. Renteria (G) 21:32, 10. Kunde (V) 21:34.

NCAA Division I / District 7

Salt Lake City, UT

Men's Team Results

1. Colorado 50, 2. BYU 66, 3. Montana St. 144. Others: 10. Northern Arizona 271, 16. Fresno State 413, 20. San Diego St 654.

Men's Individuals

1. Mazano (US) 30:18, 2. Cupepper (C) 20:23, 3. Svenoy (TX El Paso) 30:26.

Women's Team Results

1. BYU 49, 2. Colorado 57, 3. Weber St. 108. Others: 8. Northern Arizona 205, 14. Fresno State 318, 19. San Diego St. 534.

Women's Individuals

1. Caizalitin (BYU) 17:03, 2. Pilskog (TX El Paso) 17:08, 3. Todd (BYU) 17:08.

RESULTS

West Coast Conference

October 30, Belmont.

Men's Team Results

1. Portland 28, 2. Gonzaga 41, 3. San Diego 84, 4. Pepperdine 104, 5. Santa Clara 138, 6. USF 109, 7. tie Loyola Marymount & St. Mary's 193.

Men's Individuals

1. Arndt (Por) 25:36, 2. Gilbert (Por) 25:45, 3. Rosdahl (G) 25:55, 4. Neill (G) 26:07, 5. Kite (Pep) 26:09.

Women's Team Results

1. Portland 21, 2. Pepperdine 71, 3. San Diego 80, 4. St. Mary's 92, 5. Gonzaga 100, 6. USF 166, 7. Santa Clara 172, 8. Loyola Marymount 244.

Women's Individuals

1. Simmons (Por) 20:17, 2. Blackwell (Por) 20:40, 3. Karr (Por) 20:47, 4. Cox (SD) 20:50, 5. Mitsud-Eliul (Por) 21:02.

Women's Team Results



ELIZABETH ONYAMBU

Photo by Ken Isaack

NAIA Championships

November 13, U. of Wisconsin Parkside, Kenosha, WI.

Men's Team Results

1. Lubbock Christian 24, 2. Simon Fraser 61, 3. Hillsdale 119. Others: 7. Azusa Pacific 270, 13. Westmont 419.

Men's Individuals

1. Bungel (LC) 23:37, 2. Randich (LC) 23:59, 3. Kibur (SF) 24:06. Others: 27. John Gachau (AP) 25:37.

Women's Team Results

1. Puget Sound 38, 2. Simon Fraser 169, 3. Doane 169.

Women's Individuals

1. Onyambu (Biola) 17:35, 2. Mota (Hawaii Pacific) 17:39, 3. Ibarra (Wayland Baptist) 17:40. Others: 12. Niednagal (West) 18:20, 16. Davis (Pt. Loma) 18:26, 19. Graft-Emmerling (Concord/Irv) 18:31, 34. Helsebeck (West) 18:52, 38. Allen (West) 18:57.

Orange Empire Conference

November 13, Brea Craig Park.

Men's Team Results

1. Riverside 31, 2. Rancho Santiago 52, 3. Irvine Valley 84, 4. Orange Coast 92, 5. Fullerton 118, 6. Golden West 151.

Men's Individuals

1. Merchoud (R) 19:12, 2. Gidabuday (R) 19:23, 3. Robba-Jimma (R) 19:28, 4. Rabb (OCC) 20:02, 5. Zavala (RS) 20:14.

Women's Team Results

1. Irvine Valley 34, 2. Orange Coast 75, 3. Golden West 81, 4. Riverside 84, 5. Rancho Santiago 92, 6. Fullerton 151.

Women's Individuals

1. Shiferaw (R) 17:11, 2. Medina (IV) 17:51, 3. Gingrich (IV) 18:12, 4. Vega (F) 18:16, 5. Foster (GW) 18:23.

South Coast Conference

November 13, Mt. SAC, Walnut.

Men's Team Results

1. Mt. SAC 30, 2. El Camino 47, 3. Long Beach 52, 4. Pasadena 108, 5. Cerritos 145.

Men's Individuals

1. Martinez (Mt. SAC) 20:31, 2. Delahunty (EC) 20:39, 3. Page (EC) 20:43, 4. Mitchell (Mt. SAC) 20:47, 5. Bronaugh (Mt. SAC) 21:05.

Women's Team Results

1. Mt. SAC 38, 2. El Camino 43, 3. Long Beach 46, 4. Cerritos 105, 5. Pasadena 120.

Women's Individuals

1. Lewy (LB) 18:33, 2. L. Sanchez (Mt. SAC) 18:55, 3. Nakamura (EC) 19:24, 4. Larson (EC) 19:41, 5. R. Sanchez (Mt. SAC) 19:48.

Western State Conference Finals

November 13.

Men's Team Results

1. Bakersfield 56, 2. West LA 67, 3. Ventura 76, 4. Moorpark 88, 5. Canyons 94, 6. Cuesta and Santa Barbara CC 170, 8. Santa Monica 172, 9. Valley 249.

Men's Individuals

1. Ortenburger (C) 19:40, 2. Rivera (B) 19:50, 3. Awetahegn (WLA) 20:06, 4. Luce

(MP) 20:15, 5. Camona (V) 20:42.

Women's Team Results

1. Ventura 41, 2. Santa Monica 54, 3. Cuesta 72, 4. Moorpark 78, 5. Canyons 145, 6. Santa Barbara CC 151, 7. Bakersfield 157, 8. Valley 237.

Women's Individuals

1. Hampson (SM) 18:15, 2. Hamilton (Cue) 18:37, 3. Aceves (V) 18:43, 4. Tisovic (Can) 18:44, 5. Perez (MP) 18:57.

California Community Colleges Cross Country Championships

November 20, Woodward Park, Fresno.

Overall Results—Men

1. Edgar De Oliveira (Cuyamaca) 18:58, 2. Wilhelm Gidabuday (Riverside) 19:13, 3. Alenayehu Jinna (Riv) 19:17, 4. Daniel Das Neves (Cuya) 19:19, 5. Robert Malseed (COS) 19:20, 6. Abderrazak Marchoud (Riv) 19:44, 7. Darin Rabb (OrangeCC) 19:49, 8. Nazario Romero (San Diego Mesa) 19:56, 9. Mark Sinderson (Antelope Vly) 19:59, 10. Ivo Rodriguez (LA Trade) 20:02.

11. Geoff Delahanty (El Camino) 20:09, 12. Heron Echeveste (Rio Hondo) 20:14, 13. Juan Pinales (San Jose CC) 20:17, 14. Angel Martinez (Mt. SAC) 20:17, 15. Glenn Losenick (Mt. SAC) 20:18, 16. Amare Awetahegn (West LA) 20:19, 17. Geoff Plau (Cuya) 20:20, 18. Eric Ricketts (Cuya) 20:20, 19. James O'Connor (Mt. SAC) 20:21, 20. Ruben Carrillo (Diablo Vly) 20:24, 21. John Orosco (Taft) 20:24, 22. Bart Stephens (Diablo) 20:25, 23. Nacho Flores (Hartnell) 20:26, 24. Jorge Rivera (Bakersfield) 20:28, 25. Dave Torres (Cuya) 20:29, 26. Gary Mitchell (Mt. SAC) 20:29, 27. Morris Giddens (El Camino) 20:30, 28. Ryan Luce (Moorpark) 20:30, 29. Fidel Zavala (Rancho Santiago) 20:35, 30. Joe Garcia (Citrus) 20:37.

31. Jorge Franciso (Rancho Santiago) 20:37, 32. Bryan Contreras (Mt. SAC) 20:38, 33. Luis Jacobo (Glendale) 20:40, 34. Ian Smith (Cuya) 20:42, 35. Tyson Thomas (West Valley) 20:44, 36. Macho Delgado (Glendale) 20:46, 37. Dio Almendarez (Glendale) 20:47, 38. Dave Hensley (Antelope Vly) 20:47, 39. Luis Cervantes (Rio Hondo) 20:49, 40. Dylan Kennedy (Taft) 20:49.

41. Robert Ho (OrCC) 20:49, 42. Juan Hernandez (Glendale) 20:50, 43. Kipp Ortenburger (Cuesta) 20:51, 44. Larry Bronaugh (Mt. SAC) 20:52, 45. Bob Escay (American River) 20:54, 46. Dax Baca (Irvine Vly) 20:54, 47. Shawn Page (El Camino) 20:55, 48. Eric Secane (Glendale) 20:55, 49. Devon O'Neill (Long Beach CC) 20:58, 50. Herb Montgomery (Long Beach CC) 20:59.

Team Scores—Men

1. Cuyamaca College 62, 2. Mt. SAC 99, 3. Riverside 134, 4. Glendale 178, 5. Diablo Valley 190, 6. El Camino 217, 7. Long Beach CC 254, 8. Rancho Santiago 261, 9. West Valley 297, 10. Antelope Valley 345,



EDGAR DE OLIVEIRA

Photo by Bill Cockerman

11. San Diego Mesa 376, 12. Orange Coast 400, 13. West Los Angeles 406, 14. Bakersfield 417, 15. LA Trade Tech 426, 16. Taft 426, 17. American River 436, 18. College of Sequoias 445, 19. San Jose CC 480, 20. Irvine Valley 488, 21. Hartnell 504, 22. Cabrillo 522, 23. Shasta 544, 24. Foothill 551, 25. Santa Rosa 598, 26. Fresno City 621, 27. Sierra 663, 28. San Joaquin Delta 676.

Overall Results—Women

1. Genet Gbregiorgis (LA Trade) 17:58, 2. Emebel Shiferaw (Riverside) 17:59, 3. Carrie Tacheira (Modesto) 18:12, 4. Magdalena Lewy (Long Bch CC) 18:15, 5. Rachel Hartin (CC of San Fran) 18:18, 6. Sandy Meister (Mira Costa) 18:30, 7. Githa Hampson (Santa Monica) 18:30, 8. Kelly Olson (Cuyamaca) 18:32, 9. Adrienne Sweetser (Orange Coast) 18:41, 10. Amy Grafius (Modesto) 18:42.

11. Mayra Medina (Irvine Vly) 18:45, 12. Aurla Roberto (Glendale) 18:52, 13. Jennifer Bovee (American River) 18:54, 14. Stacey Moseley (DeAnza) 18:55, 15. Sawako Nakamura (El Camino) 18:58, 16. Katie Ross (Southwestern) 18:59, 17. Lorena Sanchez (Mt. SAC) 19:01, 18. Randi O'Neill (Diablo Vly) 19:03, 19. Summer Gingrich (Irvine Vly) 19:16, 20. Karen Karcher (Cuya) 19:20.

21. Kim Rupert (San Mateo) 19:22, 22. Teresa Santana (Antelope Vly) 19:23, 23. Sonia Perez (Rancho Santiago) 19:24, 24. Teresa Vega (Fullerton) 19:25, 25. Laura Bermudez (Citrus) 19:27, 26. Kim Foster (Golden West) 19:27, 27. Joann Nickel (Santa Rosa) 19:29, 28. Valerie Aceves (Ventura) 19:31, 29. Donna Proia (Irvine Vly) 19:32, 30. Heidi Romero (El Camino) 19:33.

31. Heidi Tisovic (Coil of Canyons) 19:34, 32. Katie Larson (El Camino) 19:36, 33. Anna Hernandez (Glendale) 19:37, 34. Donna Rodriguez (Santa Rosa) 19:38, 35. Jenny Chaffee (San Diego Mesa) 19:39, 36. Holly Rohne (American River) 19:41, 37. Darlene Pruitt (Irvine Vly) 19:44, 38. Liz Pelayo (Orange Coast) 19:44, 39. Dawn Ra-

RESULTS



GENET GBREGIORGIS (left) & EMEBET SHIFERAW - at mile one. They finished that way, too.

Photo by Richard Lee Slotkin

lay (Mt. SAC) 19:44, 40. Debbie Roche (Foothill) 19:44.

41. Annette White (Diablo Vly) 19:46, 42. Erin Remy (Orange Coast) 19:46, 43. Jennifer Davis (Mira Costa) 19:46, 44. Melinda McCoy (San Diego Mesa) 19:47, 45. Sandra Vaccaro (Long Bch CC) 19:47, 46. Margarita Renteria (Glendale) 19:47, 47. Myrna Arana (SD Mesa) 19:50, 48. Sherish Marlon (SD Mesa) 19:50, 49. Lisa Mote (Golden West) 19:52, 50. Taunika Ogans (CC of San Fran) 19:52.

Team Results—Women

1. Irvine Valley 133, 2. Orange Coast 189, 3. Glendale 190, 4. San Diego Mesa 197, 5. Mt. SAC 207, 6. American River 220, 7. Ventura 236, 8. El Camino 240, 9. Santa Monica 260, 10. Cuyamaca 272, 11. CC of San Francisco 286, 12. Long Beach CC 300, 13. Golden West 306, 14. Rancho Santiago 336, 15. Santa Rosa 344, 16. Modesto 366, 17. Foothill 401, 18. Antelope Valley 407, 19. Diablo Valley 461, 20. LA Trade Tech 489.

21. Sierra College 491, 22. DeAnza 527, 23. Shasta 588, 24. Dabrillo 596, 25. Fresno City 613.

NCAA Division I

November 22, Lehigh University, Bethlehem, PA.

Men's 10,000 meters—Overall Results

1. Josephat Kapkory (Wash St) 29:32, 2. Jason Bunston (U of Ark) 29:40, 3. Niall Bruton (U of Ark) 29:43, 4. Kevin Sullivan (U of Mich) 29:46, 5. Seamus Power (E. Tenn) 29:48, 6. Conor Holt (U of Okla) 29:50, 7. Ray Appenheimer (Colgate) 29:51, 8. Teddy Mitchell (U of Ark) 29:51, 9. Solomon Kioni (Okla St) 29:51, 10. Simon Baines (U of Wash) 29:52.

11. Andy Keith (Providence) 29:54, 12. Brian Clas (Cornell) 29:54, 13. John Kihonge (Iowa St) 29:58, 14. Louie Quintana (Villanova) 29:59, 15. Pat Muturi (Wash St) 30:05, 16. Brian Baker (U of Ark) 30:08, 17. Jason Caslano (U of Wis) 30:11, 18. Michael McWilliams (U of Notre Dame) 30:12, 19. Steve Brooks (Iowa St) 30:15, 20. Jonathon Wild (Okla St) 30:18.

23. Corey Ihmels (Iowa St) 30:24, 33. Richie Boulet (Cal) 30:34, 65. Francis O'Neill

(Kansas St) 31:10, 67. Ben Mesfen (So Methodist) 31:17, 78. Brendan Heffernan (Georgetown) 31:23, 90. Bryan Dameworth (U of Wis) 31:27, 100. Theo Molla (U of Mich) 31:38.

Men's Team Results

1. University of Arkansas 31 (1,2,4,8,16), 2. Brigham Young 153, 3. Iowa State 156, 4. University of Colorado 172, 5. University of Notre Dame 200, 6. U. S. Military Academy 210, 7. Georgetown University 243, 8. University of Washington 269, 9. University of Wisconsin 291, 10. University of Michigan 295.

Women's 5,000 Meters—Overall Results

1. Carolé Zajac (Villanova) 16:40, 2. Jennifer Rhines (Villanova) 16:44, 3. Kay Gooch (Okla) 16:47, 4. Molly McClimmon (U of Mich) 16:48, 5. Amy Rudolph (Providence) 16:51, 6. Deena Drossin (U of Ark) 16:54, 7. Becky Spies (Villanova) 16:54, 8. Megan Flowers (U of Ark) 16:56, 9. Shelley Taylor (U of Ark) 16:58, 10. Karen Hecox (UCLA) 16:58.

11. Marcia Homan (Wm & Mary) 16:58.

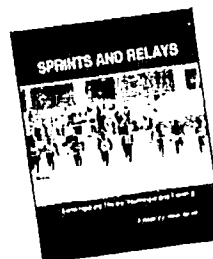
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RESULTS



FRANCIS O'NEILL

Photo by Elaine Rosenfield

12. Milena Glusac (U of Oregon) 16:59, 13. Courtney Babcock (U of Mich) 16:59, 14. Sarah Schwald (U of Ark) 17:00, 15. Kristin Beaney (Princeton) 17:00, 16. Beth Bartholomew (UCLA) 17:01, 17. Kristen Hall

(No. Carolina St) 17:01, 18. April Ecke (Miss St) 17:02, 19. Becki Wells (U of Ala) 17:03, 20. Brenda Sleenwenhoek (U of Ariz) 17:04.

27. Louise Watson (Stanford) 17:14, 33. Sarah Riley (U of Notre Dame) 17:20, 37. Teneya Soderman (Cal) 17:25, 62. Sarah Truitt (Stanford) 17:39, 71. Melody Fairchild (U of Oregon) 17:42, 73. Miesha Marzell (Georgetown) 17:46, 83. Niamh Zwagerman (U of Oregon) 17:53, 89. Stefanie Jensen (Stanford) 17:57, 95. Maribella Aparicio (Brigham Young) 17:59, 96. Susanna Matsen (U of North Carolina) 18:00, 99. Leila Burr (Stanford) 18:01.

102. Laura Hayward (Stanford) 18:04, 109. Suzanne Castruita (U of Ariz) 18:09, 114. Ann Sheehy (Stanford) 18:12, 115. Virginia Pedersoll (U of Ariz) 18:12, 142. Christina Blackmer (U of Nebraska) 18:38, 145. Monal Chokshi (Stanford) 18:43, 170. Christie Engesser (U of Oregon) 19:18, 172. Jean Harvey (U of Ariz) 19:25, 173. Veronica Barajas (U of Colo) 19:28.

Women's Team Results

1. Villanova 66 (1,2,6,22,35), 2. University of Arkansas 71, 3. Georgetown 199, 4. Cornell 205, 5. Providence College 213, 6. Univ. of Michigan 224, 7. Penn State 226, 8. Univ. of Oregon 238, 9. North Carolina State 240, 10. Brigham Young 265, 11. Stanford 286.

Throws Series #22

November 27. Stanford University.

35#/25# Weight Throw--60-64: 1. Stu Thomson 54-9 1/2. 55-59: 1. Don Hughes 28-7, 40-44: 1. Gary Kelmenson 41-1 1/2. 35-39: 1. Eric Hodgdon 38-7 1/2. 30-34: 1. Marty Martinez 39-1 1/2. Open: 1. Eric Halterman 47-4.

Hammer--60-64: 1. Stu Thomson 160-2. 40-44: 1. Gary Kelmenson 129-8. 35-39: 1. Eric Hodgdon 121-7. 30-34: 1. Dave Debus 194-11. Open: 1. John Thomas 203-4.

Shot--55-59: 1. Don Hughes 24-9 3/4. 40-44: 1. Gary Kelmenson 32-6. 35-39: 1. Eric Hodgdon 43-10. Open: 1. Gabe Allende 53-1 1/4.

Discus--60-64: 1. Stu Thomson 162-3. 55-59: 1. Don Hughes 75-8. 40-44: 1. Gary Kelmenson 110-8. 30-34: 1. Dave Debus 152-0. W30-34: 1. Peggy Pollack 147-8. Open: 1. Gabe Allende 158-6.

Javelin--40-44: 1. Gary Kelmenson 108-7.

(Rancho Santiago) 2599.

Women--University/Open

1. Peggy Odita (Sacto TC) 5221, 2. Lisa Collett (un) 4135, 3. Shannon Chapman (un) 2681.

Women--Submasters/30-39

1. Irene Thompson (Syracuse Chargers) 2656.

Men--High School

1. Brian Lindeman (un) 4974, 2. Jonathan Cartwright (Porterville TC) 4925, 3. Josh Jones (un) 4800.

Men--Community College

1. Dennis Siagle (Pima CC) 5505, 2. Ty Wynn (Rancho Santiago) 5209, 3. Alvin Hodgeman (Pima CC) 5019.

Men--University/Open

1. Mark Spitzer (un) 6914, 2. Alonzo Arriola (un) 6394, 3. Phillip Wagner (un) 5551.

Men--Masters / 40-49

1. Neal Schuster (Midwest Masters TC) 2890.

Men--Masters / 50-59

1. Hugh Adams (un) 4535, 2. Ed Oleata (un) 4377, 3. Gary Miller (CDM) 3017.

Winter Decathlon / Heptathlon

December 11-12. Long Beach State University.

Women--Community College

1. Stacy Lybeck (PimaCC) 3021, 2. Maris Doty (Pima CC) 2859, 3. Sharon Moss



MILENA GLUSAC

Photo by Burt Davis



BETH BARTHOLOMEW

Photo by Blurt Davis



LOUISE WATSON (left) & STEFANIE JENSEN

Photo by Burt Davis

RESULTS

Long Beach State Distance Carnival

December 11, Long Beach State University.

Men

800 Meters: 1. Greg Howell (U of Utah) 2:03.1, 2. Greg Field (un) 2:07.4. 1600 Meters: 1. Greg Howell (4:35.0), 2. Larry Stanley (U of Utah) 4:35.9, 3. Eric Anderson (un) 4:46.2. 2000 Meter Steeplechase: 1. Francisco Rubalcava (un) 6:32.4. 5000 Meters: 1. Steven Sumresion (U of Utah) 15:22.3, 2. Jeremy Call (U of Utah) 15:49.

Women

800 Meters: 1. Elizabeth Onyambu (Biola) 2:17.2, 2. Dana Smith (U of Utah) 2:20.7. 1600 Meters: 1. Dana Smith (U of Utah) 5:10.8, 2. Shelly Hill (U of Utah) 5:11.6, 3. Clare Jaeger (Nike Coast) 5:16.0. 5000 Meters: 1. Chris Morgan (Nike TW) 17:33, 2. Jennifer Lewis (U of Utah) 17:54.0.

Throws Series #23

December 18, Stanford University.

35#/25# Weight Throw: 60-64: 1. 54-10 1/2. 55-59: 1. Don Hughes 29-2 1/2. 40-44: 1. Gary Kelmenson 41-4. 35-39: 1. Eric Hodgdon 41-7 1/4. 30-34: 1. Marty Martinez 39-4. Open: 1. Eric Halterman 51-6.

Hammer-60-64: 1. Stu Thomson 160-7. 40-44: 1. Gary Kelmenson 130-4. 35-39: 1. Mike Venning 120-4. 30-34: 1. Dave Debus 195-8. Open: 1. Eric Halderman 172-8.

Shot-40-44: 1. Gary Kelmenson 35-10 1/4. 35-39: 1. Eric Hodgdon 42-0.

Discus-60-64: 1. Stu Thomson 153-5. 40-44: 1. Gary Kelmenson 106-0.

Javelin-40-44: 1. Gary Kelmenson 111-3.

Cougar Run II

January 10, Monrovia Nursery & Azusa Canyon, Azusa. 8K.

1. Kevin Berko 23:35, 2. Tony Bergman 23:44, 3. Anthony Fisher 24:16, 4. Jason Carney 24:27, 5. Jef Burns 24:33.

Long Beach State All Comers

January 29, Long Beach State.

Men

100 Meters: 1. Jeff Williams 10.2, 2. Jamie Barragan (LBSU) 10.5, 3. Troy McKinney 11.0, 4. Rod Smith 11.1, 5. Gerald Williams 11.3.

200 Meters: 1. Kevin Maxie 21.8, 2. Serlin Lankford 21.7, 3. Larry Billoups 21.9, 4. Troy McKinney 22.2, 5. Jon Bryant 22.3.

400 Meters: 1. Jeff Williams 48.1, 2. Sterling Lankford 48.7, 3. Jon Bryant 49.3, 4. Jeff Nasternak 49.9, 5. Lloyd Guss (Nike) 50.6.

800 Meters: 1. Carlos Ward (Asics) 1:50.3, 2. DeWayne Williams 2:01.0, 3. William Martinez 2:01.3, 4. Steven Calderon 2:02.4, 5. Will Humphries 2:04.3.

1500 Meters: 1. Dave West 4:13.4, 2. Quoc 4:17.2, 3. Jose Lira 4:29.9, 4. Trent

Bryson 4:31.2, 5. Mike Morgan (LBSU) 4:36.6.

3000 Meters: 1. Kenny Goodrich 9:18.0, 2. Ross Verook 9:21.5, 3. Steve Sherman 9:21.8, 4. Jesse Barragan 9:49.2, 5. Eric Phinozoi 10:00.9.

5000 Meters: 1. Dave Schumacher (Beach TC) 15:00.3, 2. Bob Heath (LBSU) 16:55.3.

55m Hurdles: 1. Derek Knight 7.1, 2. Calblayn 7.8, 3. Roderick (Adv) 8.4, 4. Jordan Foote (Stu) 8.2, 5. Chris Swan (Adv) 8.6.

4x400 Meter Relay: 1. Jordan Foote 3:41.2.

High Jump: 1. Mario Leon (ECC) 6-6, 2. William Fort (Lav) 6-4, 3. Ryan Lauterio 6-2.

Pole Vault: 1. John Shirly (LBSU) 13-11 3/4, 2. Mike Marshall 13-5 3/4, 3. Walter Calmett 12-11 3/4.

Long Jump: 1. Carl Hampton 21-3 1/2, 2. Ronald Stewart 21-1 1/2, 3. Gerald Williams 21-1 1/4, 4. Pat Scott 20-9 1/4, 5. Mario Leon 20-9.

Triple Jump: 1. Jonathan Jordan (LBC) 51-3 3/4, 2. Mario Leon 46-11 1/2, 3. Pat Scott 43-4 1/2, 4. Ronald Stewart 40-2 3/4.

Shot Put: 1. Wade Tilt 57-2, 2. Tony Ciarelli 56-4 1/2, 3. Stephen Gonzales 50-2 3/4, 4. Jared Naab 47-3 1/4, 5. Vinnie Lopez 46-9 1/2.

Discus/Open: 1. Tighe Jaffe (LBSU) 123-5, 2. Chris Henry 118-5, 3. Jason Frudakis (LBSU) 112-3. Masters: 1. Mike Woodward 135-0, 2. Steve Barba 125-1, 3. Leroy Neal 88-11. High School: 1. Jason Bader 157-2, 2. Jared Naab 145-11, 3. Jim Stewart 140-6. Youth: 1. Travis Pendleton 101-1.

Javelin: 1. Hector Sanchez (LBSU) 193-4, 2. Bill Moll (LBSU) 166-7, 3. Dave Phillips (LBSU) 164-5, 4. Steve Barbs 160-6, 5. Jason Bader 142-2.

Women

100 Meters: 1. Marsha Guida (Nike) 11.9, 2. Oshonda Posey 11.9, 3. Lee Hinds (LBSU) 12.4, 4. Meisha Wilson-Duval (WHS) 12.4, 5. Leshette Molette 12.6.

200 Meters: 1. Oshonda Posey 24.9, 2. Lashanda Ererage 25.4, 3. Dorneisha Lewis 25.6, 4. Angel Mosley (LBSU) 26.0, 5. Meisha Wilson 26.1.

400 Meters: 1. LS Everage (ECC) 58.3, 2. Kristi McGihon 59.3, 3. Lakusha 59.6, 4. Christina Sorva 60.1, 5. D. Lewis 60.1.

800 Meters: 1. Alley Poulin (Nike) 2:14.5, 2. Sherron Rhetta 2:26.2, 3. Kira Hartwell 2:26.7, 4. Steffie Ambrozak 2:28.0, 5. Lashinda Demus 2:29.5.

1500 Meters: 1. Stacy Pando (LBSU) 4:49.6, 2. Joan Gallagher 4:57.2, 3. Lisa Bower (LBSU) 5:00.5, 4. Tanya Futami (LBSU) 5:02.7, 5. Jamie Cummings (LBSU) 5:10.5.

3000 Meters: 1. Brooke Mabe (LBSU) 10:39.5, 2. Michelle Greening (LBSU) 11:09.9, 3. Cecelia Bustamante (LBSU) 11:18.5.

55m Hurdles: 1. Marsha Guida (Nike) 7.7, 2. Lee Hinds (LBSU) 7.7, 3. Clare Look-Jaeger (Nike) 8.2, 4. Kristi McGihon (Nike) 8.2, 5. Allison Poulin (Nike) 8.3.

High Jump: 1. Clare Look-Jaeger (Nike) 5-9 3/4, 2. Shavent Williams 5-5 3/4, 3. Jennifer Kump 5-1 3/4, 4. Wendy Brown (Wood. HS) 4-11 3/4, 5. Cecilia Noel 4-7 3/4.

Long Jump: 1. Michelle Nelson 16-4, 2. Tara Oettinger 16-0, 3. Jackie Campbell 14-9, 4. Tiffany Morgan 13-0 1/4.

Triple Jump: 1. Wintress Lang 38-10 1/2, 2. Jackie Campbell 32-9 3/4, 3. Shantel Wilson 30-10 1/4, 4. Tiffany Morgan 28-1 1/2.

Shot Put: 1. Pua Poloa (WHS) 29-10 1/4,

2. Marqui Jackson (WHS) 29-0 1/2, 3. Jennifer Sullivan (LBSU) 28-10 1/4, 4. Shannon Chapman (LBSU) 25-7 1/4, 5. Rosemary Amezcua (LBSU) 25-6 3/4.

Discus: 1. Jennifer Sullivan (LBSU) 81-7, 2. Carolyn Pendleton 51-2.

Javelin: 1. Nadene Volkoff (LBSU) 115-8, 2. Terra Buccellato (LBSU) 104-4, 2. Rosemary Amezcua (LBSU) 70-6 1/2, 4. Shannon Chapman (LBSU) 61-2 3/4.

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