

JANUARY 1993

# CALIFORNIA

## Track News

4920 Oak Leaf Avenue  
Carmichael CA 95608

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Permit No. 629

Track & Field ■ Cross Country

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# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION

**Paper advance switch:**  
With each press of the switch, one line is advanced. The paper is advanced continuously by keeping the switch pressed.

**Print mode selection switch:**  
Split time and lap time are printed out.  
 Upper position: LAP SPLIT  
 Lower position: SPLIT  
 Split time is printed out. SPLIT

**Readout selection button:**  
With each press of the button, the measurement is displayed in 1/100 seconds and one second alternately.

**Mode selection button:**  
 1 Stopwatch mode  
 2 Auto start setting mode  
 3 Time/calendar mode

**Roll paper cover:**  
Set the roll paper inside the cover.

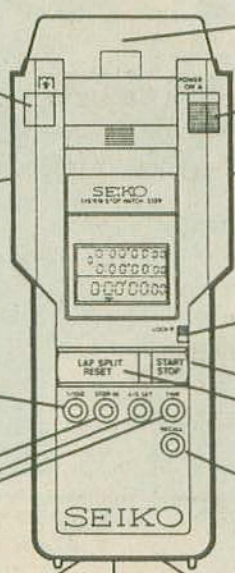
**Power switch for printer**

**Grip switch selector:**  
When the grip switch is used.  
 Upper position  
 Lower position  
 When the grip switch is not used.

**Lock lever:** The lever locks button A.

|          |                 |                                       |
|----------|-----------------|---------------------------------------|
|          | Stopwatch mode  | Auto start set and Time/Calendar mode |
| Button A | Start/stop      | Digit set                             |
| Button B | Split/lap reset | Selection of digits to be advanced    |

**Memory recall button:**  
With each press of the button, the times stored in the memory can be recalled.



**\$279.00**

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**External data output jack**

**Grip Switch Jack:**  
The jack connects the grip switch with the stopwatch.

**Auto Start Jack:**  
The jack is used for transferring the auto start time.

**SEIKO S129**

## System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured or printed later from the memory function of the stopwatch.

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
```

## Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of a time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

## Specifications

### Time Base and Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

### Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

### Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show P or Lap Number.

### Modes:

Split Time and Split/Lap Time, time of day and calendar.

### Temperature:

Accuracy guaranteed ranges 23°F to 104°F; operational range 5°F to 131°F.

### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).  
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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# CALIFORNIA Track News

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## FROM THE EDITOR

### HOPE

The past year we have reported several discouraging signs concerning our sport of track and field. We have written about decreasing participation and loss of programs at all levels. There has been a lot of discussion as to why track seems to be deteriorating not only in California but nationwide. We've talked about some of the possible solutions to these and other problems facing track in the USA.

Ideas are what we need and talk about the solutions is a start, but talk is cheap. It's time to put some of the ideas to work. I recently witnessed such an idea being tested. Coach Bob Fraley at Fresno State University has spoken out in CTN about the need to get to the grass roots, the bottom levels and work our way up. Get the young kids and their parents involved (soccer and baseball do it) and we can establish a broader foundation upon which to build.

So, what's the ol' coach been up to? Fraley put his money where his mouth is and hosted a Saturday "Learn by Doing" Track Clinic for kids of all ages. I thought maybe 50 kids max would give up a Saturday afternoon, especially considering it rained all night before and the weather report predicted more of the same. Well, over 200 youngsters showed up at Warnerdam Field, accompanied by eager-to-learn parents and coaches. Fraley had three periods rotating between 13

stations. Clinicians included people like Randy Huntington, Bob Covey, Jack Armour, Leo Williams, Lacy Barnes and a host of other national class coaches and athletes.

Two things especially impressed me at the Learn by Doing Youth Track Clinic: (1) Kids are lacking in basic motor skills. I was astonished to see youngsters not even able to negotiate a simple skipping motion. (2) If you host it, they will come. Both parents and kids were enthusiastic and excited about learning to "do track." I know, I was one of those parents and my two daughters can't wait to go to another such clinic. I hope they don't have to wait a year.

Another recent step in the right direction has been the TAC name change to USATF (USA Track & Field). The change was unanimously approved by TAC at its annual convention in Louisville, KY, December 5. The word "athletics" was confusing to most people in the USA who equate the term with meaning "all" sports. Both the new name and a newly developed logo will give more clarity to and marketability to track and field. Long live USATF!

ON THE COVER: California State Meet Division II pack includes ANGEL IBARRA (#564), eventual winner RYAN WILSON (#524), ZACH BARRETT (#207) and JOHN ATWOOD (#204).

Photo by Phillip Erbody



# 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 23 (Sat.)

~Berkeley. Cal All-Comers T&F Meet. Edwards Field, Cal Berkeley. 11 a.m. Youth, High School, Open, Masters--Men & Women. Entry \$2. per person. Info: (510) 642-3158, 642-1649 or 642-3867.

~Los Gatos. All-Comer Track Meets, Los Gatos High School. Willie Hamatz. (408) 354-7365.

#### January 30 (Sat.)

~Berkeley. Cal All-Comers T&F Meet. See information January 23.

~Los Gatos. All-Comers Track Meet, Los Gatos High School. Willie Hamatz. (408) 354-7365.

#### February 6 (Sat.)

~Berkeley. Cal All-Comers T&F Meet. See information January 23.

~Los Gatos. All-Comes Meet. See info from Jan. 23.

#### February 13 (Sat.)

~Berkeley. Cal All-Comers T&F Meet. See information January 23.

~Los Gatos All-Comers Track Meet. See info from Jan. 23.

#### February 13-14 (Sat.-Sun.)

~Lawrence, Kansas. 1993 AAU National Youth Indoor Track & Field. Entry deadline received by Feb. 8th. Anschutz Pavilion, Univ. of Kansas. Dennis Spratt, P.O. Box 3743, Lawrence, KS 66046. (913) 842-2582 (be-

tween 10:00 a.m. and 10:00 p.m. Only)

#### February 20 (Sat.)

~Los Angeles. Sunkist Invitational Indoor Track Meet. 1 p.m. Los Angeles Sports Arena. H.S. starts at 12:30 p.m. Tickets at the Sports Arena (213) 741-2164. Tickets through Ticketmaster or (213) 480-3232. Sunkist Invitational, 9171 Wilshire Blvd., Suite 410, Beverly Hills, CA 90210.

~Los Gatos All-Comers Meet. See info from Jan 23.

#### February 20 (Sat.)

~Berkeley. Cal All-Comers T&F Meet. See information January 23.

#### February 27 (Sat.)

~Berkeley. Cal All-Comers T&F Meet. See information January 23.

~Los Gatos All-Comers Meet. See info from Jan 23.

#### March 6

~Hanford. Hanford Invitational.

~Tulare. Mustang Relays at Tulare Western.

~Orange. Orange/Santa Ana Rotary Relays for Girls. (714) 997-6236.

~Long Beach. Long Beach Poly Invitational. Charles Clinton (310) 424-7335.

#### March 13

~Bakersfield. East Bakersfield Relays.

~Visalia. Pioneer Relays at Mt. Whitney.

#### March 19

~North Yosemite League Relays.

#### March 20

~Visalia. Golden West Relays at Golden West.

~Selma. Selma Relays.

~Taft. Taft Relays.

#### March 26

~Coalinga. George Olsen Invitational.

#### March 27

~Corcoran. Corcoran Relays.

~Delano. Delano Kiwanis Relays.

~Oakhurst. Yosemite Relays at Yosemite High.

#### March 27

~Azusa. Meet of Champions, High School Div., Top Distance Invitational in California. Irv Ray, Tim O'Rourke. (818) 969-3434 X 3294.

~San Jose. Hampton-Phillips Track & Field Classic, San Jose City College track. Robert Poynter, Silver Creek High School, 3434 Sil-

ver Creek Rd., San Jose, CA 95121. 274-1700. FAX (408) 270-1004.

~Martinez. Martinez Relays. Tim Bruder. Wamosh (510) 313-0439.

~Long Beach. Bruin Invitational. Jim. (310) 433-0481.

#### April 2 & 3

~Fresno. Fresno Relays. Dave Dodson. 875-7121 ext 339.

#### April 3

~Wasco. Wasco Relays.

~Berkeley. The Oakland Invitational at Alameda Coliseum. Ralph Belany at McCly High School, Oakland. This meet is open to schools in the North Coast Section. Wamosh, Athletic Director, Alhambra High School, Martinez.

#### April 6

~Hanford. San Joaquin Valley Relays.

#### April 7

~Visalia. Sunkist Invitational High School Track Meet. Sunkist Stadium. CIF sanctioned. Contact Al Franken (310) 278-2782. FAX (310) 278-8402.

#### April 10 (Sat)

~Arcadia. Arcadia High School Invitational. Arcadia High School. Nils Miller, Arcadia High School, 1800 Campus Dr., Arcadia 91007. (818) 447-0131.

~Pierce Golden Bear. Tim Bruder & E. Wamosh (510) 313-0439.

#### April 16

~Lemoore. Lemoore Kiwanis Meet.

#### April 17

~Chowchilla. Chowchilla Invitational.

~McFarland. McFarland Invitational.

~Tulare. Tulare Elks Meet at Tulare University.

#### April 23

~Sanger. Sanger Metric Classic.

~Porterville. Tulare County Champions.

~Chico. West Valley/Chico Invitational. Fairley (916) 347-7171.

#### April 24

~Bakersfield. Kern Relays.

~Yreka. Yreka Lion's Invitational, Yreka High School. Jim Eckman (916) 842-6151.

~San Diego. Mt. Carmel/Pepsi Invitational. Dennis McClanahan (619) 484-1180.

#### April 30

~Fresno. Fresno City Championsips.

~Visalia. Redwood Invitational.



# SCHEDULE

ie Eaton Relays. Manny Myers (510) 00.

ley. Reedley Invitational.

20

er. CIF Central Section Championships.

4 & 5

Reebok California State Track & Field Championships. Cerritos College.

12 (Sat)

amento. Golden West High School Invitational, Cal State Univ., John Mansoor, 120 Rosa Ct., Folsom 95630. (916) 983-FAX (916) 983-4624.

18-19 (Fri-Sat)

ath Falls, OR. Dan O'Brien Invitational School Decathlon. Doug Stiles, 54109 West 34th Place, Portland, OR 97221. 246-6872.

19 (Sat)

urst, IL. Keebler International Track York High School. Joe Newton, Ath York High School, Elmhurst, IL. 60126. 517-2472.

## College & Open

### Track & Field

ary 16-17 (Sat.-Sun.)

angeles. Cal State LA Decathlon & Heptathlon. Jesse Owens Track, CSLA. Kevin Arthy, 5151 State Univ. Dr., Los Angeles, 90032. (213) 343-6413. FAX (213) 343-

ary 23 (Sat.)

keley. Cal All-Comers T&F Meet. Ed Stadium, Cal Berkeley. Youth, high school, open, masters--men & women. 11:00-12:00 per person. Info: (510) 642-3158, 649 or 642-3867.

AC All-Comers.

no. Fresno State University Weight Penetration, Warmerdam Field. Red Estes, Ath. #27, FSU, Fresno, CA 93740. (209) 278-FAX (209) 278-6611.

Beach. Long Beach All Comers, Long Beach State Track. Andy Sythe, 1250 Bell Blvd., Long Beach, CA 90840. (310) 700. FAX (310) 985-8197.

ary 30 (Sat.)

keley. Cal All-Comers T&F Meet. See information January 23.

AC All-Comers

-Long Beach. Long Beach All Comers. See info from Jan. 23.

**February 5 (Fri)**

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

**February 6 (Sat.)**

-Berkeley. Cal All-Comers T&F Meet. See information January 23.

-Azusa. McDonald's Cougar Classic. Azusa Pacific University.

-Bakersfield. Pepperidge Farm Invitational. CS Bakersfield. Charlie Craig, Ath Dept. 9001 Stockdale Hwy. Bakersfield 93311. (805) 644-2347. FAX (805) 644-2376.

**February 13 (Sat.)**

-Berkeley. Cal All-Comers T&F Meet. See information January 23.

-Reno, NV. Bill Cosby Indoor Invitational, Univ. of Nevada, Roger Bowen, Track Coach, Lawlor Annex, Reno, NV. 89557. (702) 784-6081.

**February 19 (Fri)**

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

**February 20 (Sat.)**

-Berkeley. Cal All-Comers T&F Meet. See information January 23.

-Los Angeles. 34th Annual Sunkist Invitational Indoor Track Meet. Los Angeles Sports Arena. 6 p.m. Tickets at Sports Arena (213) 741-2164. Ticketmaster locations or call (213) 480-3232. Al Franken, 9171 Wilshire Blvd., Suite 410, Beverly Hills, CA 90210.

(310) 879-9210 (h) (310) 278-2030 (o).

-Flagstaff, AZ. Miller Lite Skydome Invitational. Ron Mann, Track Coach, Northern Arizona Univ., Box 15400, Flagstaff, AZ 86011 (602) 523-5646.

**February 23**

-Reno, NV. Wolfpack Invitational, Univ. of Nevada, Roger Bowen, Track Coach. Lawlor Annex, Reno, NV. 89557. (702) 784-6081.

**February 26 (Fri)**

-New York, NY. USA/Mobil, Madison Square Garden, New York. Heliodoro Rico, TAC USA, P.O. Box 427, Crugers, NY 10521 (914) 271-4252.

**February 26-27 (Fri.-Sat.)**

-Reno, NV. Mountain Pacific Sports Federation Indoor Championships, Reno Livestock Center. Roger Bowen, Ath Dept. Univ of Nevada, Lawlor Annex, Reno, NV 89557. (702) 784-4385. FAX (702) 784-4508.

**February 27 (Sat.)**

-Berkeley. Cal All-Comers T&F Meet. See information January 23.

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

-Azusa. Azusa Pacific Indoor Qualifier. Kevin Ried (818) 969-3434 X 3290.

**February 28 (Sun)**

-Flagstaff, AZ. Arizona TAC Association Indoor Championships. Northern Arizona Univ. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. (602) 949-1991.

**March 4-6 (Thurs.-Sat)**

-Manhattan, KS. National Jr. College Athletics Ass'n. Indoor Championships, Bramlage Col

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# SCHEDULE

seum. Cliff Rovelto, Track Office, Kansas State Univ., Manhattan, KS 66506. (913) 532-6567. FAX (913) 532-7358.

## March 6 (Sat)

-Tempe, AZ. Arizona State All Comers, Sun Angel Stadium. Ken Lehman, Track Office, CA-507, Tempe, AZ 85287-2505. (602) 965-4313. FAX (602) 965-8219.

-Fresno. Bulldog All-Comers, Warnerdam Field. Red Estes, Ath. Dept. #27 FSU, Fresno, CA 93740. (209) 278-4097. FAX (209) 278-6611.

-Portland, OR. Lewis & Clark March Open, Lewis & Clark College. David Fix, Ath Dept. Lewis & Clark College, Portland, OR 97219. (503) 768-7068. FAX (503) 768-7058.

-San Diego. Aztec Invitational, Sportsman Oval. Rhan Sheffield, Ath Dept., San Diego State Univ. San Diego, CA 92182. (619) 594-5594. FAX (619) 582-6541.

## March 6-7 (Fri-Sat.)

-Kansas City, MO. NAAI Indoor Championships.

## March 12-13 (Fri-Sat)

-Indianapolis, IN. NCAA Division I Indoor Championships, Hoosier Dome. Tom McLean, TAC, One Hoosier Dome, Suite 140, Indianapolis, IN 46224. (317) 261-0500. FAX (317) 261-0481.

-Vermillion, SD. NCAA Division II Indoor Championships, Dakota Dome. Dave Gottsleben, Ath Dept., Univ. of South Dakota, Vermillion, SD 57069. (605) 677-5942. FAX (605) 677-6273.

-Brunswick, ME. NCAA Division III Indoor Championships, Bowdoin College. Peter Slovenski, Ath Dept. Bowdoin College, Morrell Gym, Brunswick, ME 04011. (207) 725-3010. FAX (207) 725-3123.

## March 12-14 (Fri.-Sun.)

-Toronto. IAAF World Indoor Championships '93, IAAF World Indoor Championships in Athletics, 41 Peter St., 2nd Floor, Toronto, Ontario, Canada M5V 2G2. (416) 2348. FAX (416) 341-2371.

## March 13 (Sat)

-Sacramento. Sacramento Invitational, Sacramento State Univ. Joe Neff, Ath Dept. J Street, Sacramento, CA 95819. (916) 6208.

-Pomona. Bronco Invitational, Kellogg. Jim Sackett, 3801 W. Temple Ave., Pomona, CA 91768. (714) 869-2831. FAX (714) 2814.

## March 19-20 (Fri-Sat)

-Tucson, AZ. Willie Williams Classic, Dec 17-18) Drachman Stadium. Dave McKale Center, U of AZ, Tucson, AZ (602) 621-4829. FAX (602) 621-2681.



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# SCHEDULE

**20 (Sat.)**  
Santa Barbara. Easter Relays. Nick Carter  
Russell Smelley, Ath Dept. 955 La  
Santa Barbara, CA 93108-1099.  
65-6010.

Tempe, AZ. Arizona State Invitational, Sun  
Stadium. Ken Lehman, Track Office,  
707, Tempe, AZ 85287-2505. (602) 965-  
FAX (602) 965-8219.

**20-21 (Sat.-Sun.)**  
Los Angeles. Occidental Decathlon & Hep-  
thlon. Bill Henry Track. Bill Harvey, Ath  
Occidental College, Los Angeles, CA  
(213) 259-2608. FAX (213) 341-4993.

**25-26 (Thurs.-Fri.)**  
Tempe, AZ. Sun Devil Multi-Event Invitation-  
al. Angel Stadium. Ed Gorman, Track Of-  
fice, 507, Tempe, AZ 85287-2505. (602)  
FAX (602) 965-8219.

**26 (Fri)**  
Tempe, AZ. Sun Devil Invitational Distance  
Meet. See Info from March 25-26.

**26-27 (Fri-Sat)**  
Stanford. Stanford Invitational, Stanford  
Stadium. Vin Lannana, Ath Dept., Stanford  
University, Stanford, CA 94305. (415) 723-2736.

San Francisco. San Francisco Invitational  
Multi-Event Classic, Cox Stadium. Dave Wet-  
zel, Ath Dept. 1600 Holloway Ave., San Fran-  
cisco, CA 94132. (415) 338-1561. FAX (415)  
338-1567.

**27 (Sat.)**  
Northridge. Cal State Northridge Invitational.  
Vince O'Boyle, Ath Dept., 18111 Nordhoff St.,  
Northridge, CA 91330. (818) 885-3242. FAX  
(818) 885-4762.

Tempe, AZ. Sun Devil Invitational. See info  
from March 25-26.  
Sacramento. River City Classic, Sacramen-  
to State Univ. Joe Neff, Ath Dept. 6000 J  
Street, Sacramento, CA 95819. (916) 278-  
FAX (916) 278-5429.

**2-3 (Fri-Sat)**  
Fresno. Fresno Relays, Ratcliffe Stadium.  
Red Estes, Ath., Dept. #27 FSU, Fresno, CA  
(209) 278-4097. FAX (209) 278-6611.

Sacramento. Stan Wright/Panther Invita-  
tional. Hughes Stadium. Joe Neff, Ath Dept.,  
1600 Holloway Street, Sacramento 95819. (916) 278-  
FAX (916) 278-5429.

**3 (Sat.)**  
Santa Barbara. GSAC Championships. 1  
Mile. Santa Barbara, CA 93108-1099.

Riverside. Riverside Invitational, Highlander  
Stadium. Chris Rinne, Coach, U of California,  
Riverside, CA 92521. (714) 787-5207. FAX  
(714) 787-5889.

Tempe, AZ. Sun Angel Track Classic. Her-  
man Frazier, Arizona St U-ICA, Tempe, AZ  
85287-2505. (602) 965-3856. FAX (602) 965-  
8219.

**April 5-6 (Mon.-Tues.)**  
Fresno. FSU Easter Decathlon & Heptath-  
lon, Warmerdam Field. Red Estes, Ath. Dept.  
#27 FSU, Fresno, CA 93740. (209) 278-4097.  
FAX (209) 278-6611.

**April 10 (Sun)**  
Davis, CA. Woody Wilson Invitational (Multis  
Apr 9-10) Toomey Field. Jon Vochatzer, Ath  
Dept., UC Davis, Davis, CA 95616. (916) 752-  
8608. FAX (916) 752-6681.

**April 15-16 (Thu-Fri)**  
Azusa. Walnut Mt. SAC & California Invitational De-  
cathlon/Heptathlon. 8 a.m. Azusa Pacific  
Univ. Kevin Reid/Terry Franson, Citrus &  
Alosta, Azusa, CA 91702. (818) 969-  
3434x3290x3294. FAX (818) 969-7180.

Sacramento. Sacramento City College De-  
cathlon, Hughes Stadium. Bob Lanza, 3835  
Freepoint Blvd., Sacto 95822-1386. (916) 558-  
2305.

**April 15-18 (Thu-Sun)**  
Walnut Mt. SAC Relays. Hilmer Lodge Sta-  
dium. Dan Shrum, 1100 No. Grand Ave., Wal-  
nut Mt. SAC, Walnut, CA 91789. (714) 594-5611x4840. FAX (714)  
594-4266.

**April 17 (Sat)**  
Eugene, OR. Oregon Invitational (Hep & Dec  
4/15-16), Hayward Field. Mark Stream, 2727  
Leo Harris Parkway, Eugene, OR 97401.  
(503) 346-5321. FAX (503) 346-5449.

San Francisco. Johnny Mathis Invitational,  
Cox Stadium. Dave Wetzel, Ath Dept. 1600  
Holloway Ave. San Francisco 94132. (415)  
338-1561. FAX (415) 338-1967.

Long Beach. Long Beach State Grand Prix,  
Long Beach State Track. Andy Sythe, 1250  
Bellflower Blvd., Long Beach 90840. (310)  
985-1700. FAX (310) 985-8197.

Salinas, CA. Hartnell College Thrower's  
Meet, Hartnell College. Gary Shaw, Coach,  
156 Homestead Ave., Salinas 93901. (408)  
755-6845. FAX (408) 755-6751.

**April 20 (Tues)**  
Long Beach. Long Beach Collegiate Invita-  
tional Classic. Info same as April 17th.

**April 24 (Sat.)**  
Azusa. Meet of Champions. Azusa Pacific  
University. Noon. Kevin Reid/Terry Franson,  
Citrus & Alosta, Azusa 91702. (818) 969-  
3434x3290x3294. FAX (818) 969-7180.

Turlock. Stanislaus Invitational, CSU Sta-  
nislus. Kim Kemp, Ath Dept. 801 W. Monte  
Vista Ave., Turlock 95380. (209) 667-  
3566x3312. FAX (209) 667-3084.

Santa Barbara. UC Santa Barbara Gaucha  
Invitational, Pauley Track. Pete Dolan, Ath  
Dept. UCSB, Santa Barbara 93106. (805)  
893-8276.

**April 24-25 (Sat.-Sun.)**  
Irvine. Irvine Invitational, UC Irvine Stadium.  
Vince O'Boyle, Crawford Hall, UCI, Irvine  
92717. (714) 856-6080. FAX (714) 856-5260.

**May 1 (Sat.)**  
San Diego. UC San Diego Invitational. 1  
a.m.  
Northridge. Northridge Open, CS Northridge  
Stadium. Tony Veney, Ath Dept., 18111 Nordhoff St.,  
Northridge 91330. (818) 885-3242. FAX (818)  
885-4762.

Tucson, AZ. Arizona Last Chance, Drach-  
man Stadium. Dave Murray, Track Office,  
McKale Center, U of AZ, Tucson, AZ 85721.  
(602) 621-4829. FAX (602) 621-2681.

Santa Barbara. Nick Carter Invitational  
(Men), Pauley Track. Pete Dolan, Ath Dept.  
UCSB, Santa Barbara 93106. (805) 893-8276.  
FAX (805) 893-8640.

**May 7-8 (Fri-Sat.)**  
NAIA District III Championships. Noon. Azu-  
sa Pacific Univ. Terry Franson/Kevin Reid,  
Citrus & Alosta, Azusa 91702. (818) 969-  
3434x3290x3294. FAX (818) 969-7180.

Long Beach. Big West Conference Champi-  
onships, Long Beach State Track. Andy  
Sythe, 1250 Bellflower Blvd., Long Beach  
90840. (310) 985-1700. FAX (310) 985-8197.

Arcata. Northern California Athletic Confer-  
ence Outdoor Championships, Redwood  
Bowl. David Wells, Humboldt State Univ. Ar-  
cata 95521. (707) 826-5955. FAX (707) 826-  
5961.

**May 8 (Sat)**  
Los Angeles. Occidental Invitational, Bi-  
Henry Track. Bill Harvey, Ath Dept. 1600  
Campus Rd., Los Angeles 90041. (213) 259-  
2608. FAX (213) 341-4993.

Modesto. S&W Modesto Invitational, Mod-  
esto JC Stadium. Tom Moore, P.O. Box 367  
Ceres 95307. (209) 537-0411. FAX (209) 572-  
5982.

**May 15 (Sat.)**  
Pomona. Pomona Last Chance Meet. 1  
a.m.

San Francisco. Kezar-Mizuno Invitational  
Mike Fanelli (415) 252-5370. Jerry Colmar  
(916) 487-3175.

Sacramento. Homet Invitational, Sacramen-  
to State Univ. Joe Neff, Ath Dept. 6000 J  
Street, Sacramento 95819. (916) 278-6208.  
FAX (916) 278-5429.

Eugene, OR. Oregon Twilight, Hayward



# SCHEDULE

Field. Mark Stream, 2727 Leo Harris Parkway, Eugene, OR. 97401. (503) 346-5321. FAX (503) 346-5449.

## May 15-16 (Sat-Sun)

~Santa Barbara. Late Afternoon Decathlon, Pauley Track, Pete Dolan, Ath Dept. UCSB, Santa Barbara 93106. (805) 893-8276. FAX (805) 893-8640.

## May 19-22 (Wed-Sat)

~El Paso, TX. Western Athletic Conference Championships, UTEP. Bob Kitchens, Ath Dept, Univ. Texas El Paso, El Paso, TX 79968. (915) 747-5812. FAX (915) 747-5444.

## May 20-22 (Thu-Sat)

~Abbotsford, B.C., Canada. NAIA Outdoor Championships. Wally Schwartz, 1221 Baltimore Ave., Kansas City, MO 64105. (816) 842-5050. FAX (816) 421-4471.

~Odessa, TX. National Junior College Athletic Ass'n. Championships (Hep & Dec 5/12-13), Ratliff Stadium. James Segrest/Que McMaster, 201 W. University, Odessa, TX 79764. (915) 335-6567. FAX (915) 335-6304.

## May 21-22 (Fri-Sat)

~Berkeley. Pacific-10 Conference Championships (Multi 14-15), Edwards Stadium. Erv Hunt, Ath Dept., Harmon Arena, Berkeley 94720. (510) 642-3158. FAX (510) 642-1765.

~Santa Monica. Santa Monica Twilight Distance Classic (not a road race), Santa Monica College. Skip Stolley, 825 16th St., Suite B, Santa Monica 90403. (310) 453-7655.

~Redding. California Junior College Championships, Shasta College. Gary Lewis, Ath Dept., 11555 North Old Oregon Trail, Redding 96049-6006. (916) 221-1428.

## May 24 (Mon)

~Gainesville, FL. NCAA Qualifier, Percy Beard Track. John Webb, Ath Dept. Box 14485, U of Florida, Gainesville, FL. 32604. (904) 375-4684x4461. FAX (904) 375-4809.

## May 25-26 (Tues-Wed)

~Long Beach. Southern California TAC Ass'n. Heptathlon Championships, Long Beach State Track. Andy Sythe, 1250 Bellflower Blvd. Long Beach 90840. (310) 985-1700. FAX (310) 985-8197.

## May 26 (Wed)

~Tucson, AZ. Arizona Elite Classic, Drachman Stadium. Dave Murray, McKale Center, U of AZ, Tucson, AZ 85721. (602) 621-4829. FAX (602) 621-2681.

~Fresno. FSU Last Chance, Warmerdam Field. Red Estes, Ath Dept, #27 FSU, Fresno 93740. (209) 278-4097. FAX (209) 278-6611.

~Long Beach. Long Beach Twilight Invitational, Long Beach State Track. See info from May 25-26.

## May 26-29 (Wed-Sat)

~Berea, OH. NCAA Division III Championships (Hep & Dec 5/26-27), Baldwin Wallace College. Bill Tarashke, 130 East Bagley Rd., Bera, OH 44017. (216) 826-2184. FAX (216) 826-2192.

## May 27-29 (Thrus-Sat)

~Abilene, TX. NCAA Division II Championships (Hep & Dec 5/27-28), Gray Stadium. Wes Kitley, Box 7916, ACU Station, Abilene, TX 79699-7916. (915) 674-2321/674-2581. FAX (915) 674-6904.

## May 29 (Sat)

~San Jose. Bruce Jenner Classic (Grand Prix Meet), San Jose City College. Bert Bonanno, Ath Dept., 2100 Moorpark Ave., San Jose 95128. (408) 288-3732. FAX (408) 287-7222.

## May 30 (Sun)

~Norwalk, CA. SPA/TAC Outdoor Championships, Cerritos College. Doug Wells, Ath Dept, 11110 E Alondra Blvd., Norwalk 90650. (310) 860-2451x236.

## June 2-5 (Wed-Sat)

~New Orleans, LA. NCAA Division I Championships, Tad Gormley Stadium. Sam Seemes, Ath Dept. Tulane Univ., New Orleans, LA 70118. (504) 865-5501. FAX (504) 865-5512.

## June 5 (Sat)

~Eugene, OR. Prefontaine Classic, Hayward Field. Tom Jordan, 2110 Fairmount Blvd., Eugene, OR. 97403. (503) 683-5635. FAX (503) 687-1016.

~New York, NY. MET TAC Outdoor Championships, Randalls Island, NY. Tracy Sundlun-MAC, 57 Reade St., 4th Floor, New York City, NY 10007. (212) 227-0071. FAX (212) 227-0756.

## June 6 (Sun)

~Monmouth, OR. Oregon TAC Ass'n. Open Track & Field Championships, Griswold Stadium. Bemy Wagner, 1111 Pawnee Circle, SE, Salem, OR 97306. (503) 585-8107.

## June 10 (Thurs)

~Long Beach. TAC Tune-Up, Long Beach State Track, Andy Sythe, 1250 Bellflower Blvd., Long Beach 90840. (310) 985-1700. FAX (310) 985-8197.

## June 11 (Fri)

~Central California TAC Ass'n Championships. Ken Dose, 1101 E. University Ave., Fresno 93741. (209) 442-4600. FAX (209) 485-3367.

## June 17-19 (Thurs-Sat)

~Eugene, OR. USA/Mobil Outdoor Championships (Multis 15-16), Hayward Field. Tom Jordan/Barbara Kousky, P.O. Box 10825, Eu-

gene, OR 97440. (503) 687-1989. FAX 687-1016.

## July 1 (Thurs)

~Long Beach. Long Beach Summer Comers, Long Beach State Track. Andy Sythe, 1250 Bellflower Blvd., Long Beach 90840. (310) 985-1700. FAX (310) 985-8197.

## July 3 (Sat)

~Sacramento. Independence Invitational, Sacramento State Univ. Joe Neff, Ath Dept, 6000 J Street, Sacto 95819. (916) 278-5429. FAX (916) 278-5429.

## July 22 (Thurs)

~Long Beach. Long Beach Summer Comers. Info same as July 1.

## August 13-22

~Stuttgart, Germany. IAAF World Championships.

## Masters

### Track & Field

#### January 23 (Sat.)

~Berkeley. Cal All-Comers T&F Meet, Edwards Stadium, Cal Berkeley, You school, open, masters--men & women a.m. \$2.00 per person. Info (510) 642-1649 or 642-3867.

~Los Gatos All-Comers Track Meet, Los Gatos High School. \$5 per entrant. \$2 per spectator. Willie Hamatz. (408) 354-7365.

#### January 30 (Sat.)

~Berkeley. Cal All-Comers T&F Meet formation January 23.

~Los Gatos All-Comers Track Meet, from Jan 23.

#### February 6 (Sat.)

~Berkeley. Cal All-Comers T&F Meet formation January 23.

~Los Gatos All-Comers Track Meet, from Jan 23.

~Bakersfield. CSUB Roadrunner Invitational. Contact Charlie Craig, Track Office, Dept., 9001 Stockdale Hwy., Bakersfield 93311-1099.

#### February 13 (Sat.)

~Palm Springs. California Outdoor Olympics, Palm Springs High. Berkeley. 480 S. Sunrise, Palm Springs 92262. 323-5689. FAX (619) 320-9373.

~Berkeley. Cal All-Comers T&F Meet formation January 23.



# SCHEDULE

Gatos All-Comers Track Meet. See info on 23.

## January 20 (Sat.)

Cal All-Comers T&F Meet. See info on January 23.

Gatos All-Comers Track Meet. See info on 23.

Ana. John Ward Masters T&F Meet. Santiago College, 17th St., & Bristol. (415) 564-6936.

## January 27 (Sat.)

All-Comers T&F Meet. See information on 23.

Gatos All-Comers Track Meet. See info on 23.

## February 13 (Sat.)

Los Angeles. LA Patriots Meet. LA City College. (213) 662-1062.

## February 20-21 (Sat-Sun)

Bozeman, MT. TAC/USA National Masters Championships, Montana State Univ. Bozeman, 545 Coulee Dr., Bozeman, MT. (406) 587-1141.

## February 25 (Sun)

Sacramento. Ken Carnine Masters Invitational. Sacto State Univ. Joe Neff, Ath Dept, 1000 St., Sacto 95819. (916) 278-6208. FAX: (916) 78-5429.

## February 25 (Sat.)

Long Beach. Southern California Striders Meet. CS Long Beach. (213) 666-0379.

## February 27 (Sat)

Gatos. Pacific TAC Ass'n. Masters Championships, Los Gatos High School. Springbett, 220 Oak Meadow Dr., Los

Gatos 95030. (408) 354-7333.

## June 19 (Sat)

Los Gatos. Pacific TAC Ass'n. Masters Championships. Info same as June 12.

Los Angeles. Southern California TAC Ass'n. Masters Championships, Occidental College. Christel Miller, 1740 Grandview Ave. Glendale 91201. (818) 843-2139.

## July 11 (Sun.)

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

## July 11-12 (Sun.)

Columbus, OH. Natl Decathlon /Heptathlon.

## August 11-14 (Wed-Sat)

Provo, UT. TAC/USA National Masters Outdoor Championships, Brigham Young Univ. Ben Stowell, 1663 Moordale Lane, Salt Lake City, UT 84117. (801) 272-9316.

## September 24 (Fri)

Long Beach. Sri Chinmoy Masters Meet. CS Long Beach. (213) 838-4746.

## October 2 (Sun)

Santa Barbara. Club West Meet. Santa Barbara City College. (805) 682-9540.

## October 6-17 (Sun.)

Miyazaki, Japan. WAVA World Games. 81-985-32-3376. FAX: 81-985-31-1153.

## Camps / Clinics

### January 22-23 (Fri.-Sat.)

Reno, NV. Reno Pole Vault Clinic. All Sessions at Holiday Inn, Competition at Reno

Livestock Event Center-Indoor Track. UCSB Spirit, 1601 Fairview Dr., #1, Carson City, NV. 89701. 1-800-537-7117.

## January 23 (Sat.)

San Diego. TAC/Coaches Alliance Clinic. Mt. Carmel High School. Contact Dennis McClanahan (619) 484-1180.

## February 6 (Sun)

Union City. Northern California Olympic Developmental Track & Field Clinic. At James Logan High School. A learn-by-doing clinic. 9 a.m. - 3:30 p.m. Contact Lee Webb (510) 471-2520 ext 4113 (days) or (510) 505-9557 (eves.).

## July 9-13 (Fri.-Tues.)

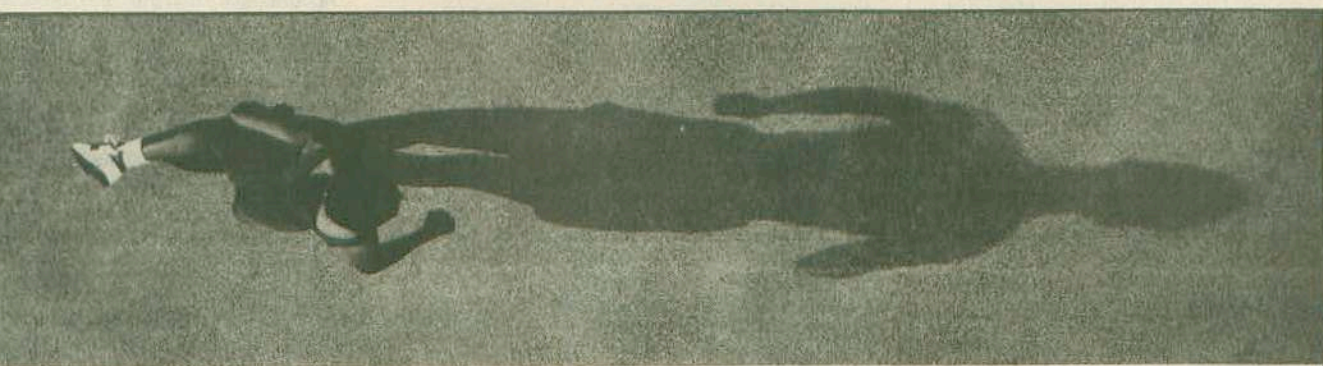
Buffalo, New York. XIII International Track & Field Coaches Association Congress & Clinic (Immediately Preceding the World University Games). Track & Field Events at Univ. of Buffalo Stadium. ITFCA, 1705 Evanston St, Kalamazoo, Michigan 49008.

## August 2-8 (Mon-Sun)


Lake Tahoe, CA. Camp Fleet Feet. Fitness Sports Camp. Camp Fleet Feet, 4455 Arden Way, Sacramento, CA 95864. (916) 972-1119.

## August 1-Sept. 4 (Sun)

9th Annual Runner's Workshop Cross Country Running Camps. (Coed - Ages 12 & Older) Aug. 1-6: Lake Tahoe, CA. Aug. 8-13: Lake Tahoe, CA. August 8-13: Prescott AZ. Aug. 24-29: Catalina Island, CA. Aug. 30-Sept. 4: Catalina Island, CA. For more info contact Mark & Rene Celestin, Coordinators: (310) 493-7545. Runner's Workshop Inc., P.O. Box 5028, Los Alamitos, CA 90720.



SEE WHAT TAKES SHAPE. EXERCISE.

American Heart Association 

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# California State High School Cross Country Meet

## DIVISION I

By Keith Conning

### BOYS

Hart, the 1990 and 1991 State Meet champion with 58 and 43 points and second in the 1992 Southern Section with 104 points, upset Thousand Oaks, the Southern Section champion with 53 points, by 27 points--53 to 80. Madera, fourth in the 1989 State Meet with 132 points, second in the 1990 State Meet with 113 points, third in the 1991 State Meet with 90 points, and the 1992 Central Section champion, placed third with 117. De La Salle (Concord), fifth in the 1988 State Meet Division I with 174 points, second in the 1989 State Meet Division I with 97 points, the 1991 State Meet Division II champion with 75 points, and the 1992 North Coast Section champion, voluntarily moved up this year to Division I, in order to run against Hart.

The North Coast Section changed their rules this year, in order to allow teams to move from one division to another as St. Joseph's of Alameda with superstar Jason Kidd did so successfully the last two years in basketball. Last year Hart and De La Salle had the two best team times in the State Meet, but they were in different races. De La Salle placed fourth with 155. If De La Salle had remained in Division II they would have placed sixth on the basis of team time, two seconds behind Jesuit. So their decision to move up actually turned out to their advantage. Peninsula, second in the 1991 State Meet with 88 points and third in the 1992 Southern Section with 113 points, placed fifth with 167 points.

The Hart team was composed of sophomore Brett Strahan, eighth in the Southern Section in 15:37, who finished 7th here in 5:37; senior Paul De La Cerda (12th in 5:45); senior Keith Grossman, fourth in the 1991 State Meet in 15:24, was 14th in 15:47;

senior Tommy Givens (32nd in 16:09); junior Gavin Klenger (36th in 16:11); and junior Jose Erazo (69th in 16:35). Hart only had six finishers. Their team scoring places were 1, 6, 7, 19, 20, and 45.

The Thousand Oaks team was made up of sophomore Jeff Fischer, sixth in the Southern Section in 15:29, who placed 8th in 15:41; junior Brandon Del Campo (24th in 16:01); senior Ryan Nugent (26th in 16:03); sophomore Kevin Marsden, tenth in the Southern Section in 15:48, placed 30th in 16:08; junior Chadd Aldrich (48th in 16:20); senior Ryan Glass (64th in 16:33); and senior Scott Farrell (68th in 16:34).

Senior Margarito Casillas (Hoover, Glendale), second in the 1991 State Meet in 15:14 and the 1992 Southern Section champion in 15:09, won in 15:03, a pace of 4:51 per mile. Casillas moves to the number three performer on the all-time State Meet top times. Only Bryan Dameworth (Agoura 1989), who holds the State Meet record at 14:45, and Luis Quintana (Arroyo Grande 1990), second all-time at 14:47, have run the course faster in the State Meet. Senior Jim Cera (Upland), tenth in the 1991 State Meet in 15:42 and fourth in the 1992 Southern Section in 15:25, placed second in 15:12 (4:54). Junior Megbratom Keflezighi (San Diego), the San Diego Section champion in 15:34, was third in 15:22 (4:57).

|    |                      |                  |       |
|----|----------------------|------------------|-------|
| 1  | Margarito Casillas   | 12 Hoover        | 15:03 |
| 2  | Jim Cera             | 12 Upland        | 15:12 |
| 3  | Megbratom Keflezighi | 11 San Diego     | 15:22 |
| 4  | Jaime Martinez       | 11 Orange        | 15:25 |
| 5  | Eric Dunn            | 11 Arroyo Grande | 15:30 |
| 6  | Scott Cervilli       | 11 Santa Teresa  | 15:36 |
| 7  | Brett Strahan        | 10 Hart          | 15:37 |
| 8  | Jeff Fisher          | 10 Thousand Oaks | 15:41 |
| 9  | Juan Pinal           | 12 Overfelt      | 15:43 |
| 10 | Brian Wilkinson      | 12 Merced        | 15:44 |
| 11 | Jorge Perea          | 12 Hunt Park     | 15:44 |
| 12 | Paul DeLaCerde       | 12 Hart          | 15:45 |
| 13 | Jose Melgar          | 11 San Diego     | 15:46 |
| 14 | Keith Grossman       | 12 Hart          | 15:47 |
| 15 | Anvaro Mejia         | 12 Birmingham    | 15:48 |
| 16 | Manuel Ortega        | 12 Stagg         | 15:50 |

|    |                  |                  |
|----|------------------|------------------|
| 17 | Mike Prindville  | 12 DeLaSalle     |
| 18 | Dan Minami       | 12 Peninsula     |
| 19 | Ty Walker        | 12 DeLaSalle     |
| 20 | Konrad Knutsen   | 11 Del Campo     |
| 21 | Eric Kropf       | 11 Madera        |
| 22 | Cesar Guerrero   | 11 Locke, LA     |
| 23 | Mike Gomez       | 12 Hunt Park     |
| 24 | Brandon DelCampo | 11 Thousand Oaks |
| 25 | Sean Fios        | 12 Madera        |

| School          | Place                         |
|-----------------|-------------------------------|
| 1 Hart          | (1,6,7,19,20 (45)             |
| 2 Thousand Oaks | (2,14,16,18,30 (41) (44)      |
| 3 Madera        | (12,15,17,36,37(39)(78)       |
| 4 DeLaSalle     | (8,10,29,43,65(75)            |
| 5 Peninsula HS  | (9,26,34,35,63(66)            |
| 6 Mt. Carmel    | (22,25,32,46,74(82)(87)       |
| 7 Hunt Park     | (5,13,21,81,86(92)(95)        |
| 8 Santa Ana     | (23,40,51,53,58(64)(79)       |
| 9 Mira Mesa     | (27,33,48,49,70(97)(107)      |
| 10 Belamine     | (31,38,47,52,68(71)(98)       |
| 11 Overfelt     | (3,54,57,61,69(76)(104)       |
| 12 Del Campo    | (11,42,55,77(90)(96)          |
| 13 Belmont LA   | (28,50,56,60,62(72)(93)       |
| 14 Merced       | (4,73,102,103(108)            |
| 15 Clovis West  | 24,59,91,94,99(100)(105)      |
| 16 Skyline      | (80,85,101,112(113)(116)      |
| 17 Lowell       | (88,109,110,111,114(115)(117) |

1991 Team Results: 1. Hart (Newhall) 43, 2. Peninsula Madera 90, 4. San Gabriel 123, 5. Buena 141, 6. Miramonte 202, 7. Bell 205, 8. Overfelt 216, 9. Fallbrook 259, 10. San Gabriel 266, 11. Clovis West 287, 12. Bellarmine 290, 13. Gatos 320, 14. Skyline 382, 15. Beyer 418, 16. Atwater 472, 17. Lowell 472.

### GIRLS

Agoura, second in the 1987 State Meet with 91 points, 1988 (108), and 1989 (75) 1990 and 1991 champion with 41 points, the 1992 Southern Section champion with 75 points; won with 75 points. Irvine, third in the Southern Section with 87 points, placed second with 109. Mt. Carmel, fourth in the State Meet with 121 points, second in the 1990 State Meet with 68 points, third in the 1991 State Meet with 114 points, the 1992 San Diego Section champions with 34 points, was third again with 113 points. Peninsula, first in the 1987 State Meet with 70 points, 1988 (65), and 1989 (65) as Palos Verdes, second in 1990 (124) as Palos Verdes; second in 1991 (67); second in the 1992 Southern

continued on



h 56 points; was fourth with 117  
 Peninsula was created in 1991 out of  
 a former schools: Palos Verdes, Mira-  
 and Rolling Hills. Wilson (Long Beach),  
 in the Southern Section with 144  
 was fifth with 137 points.

Agoura team was composed of sopho-  
 my Skieresz (2nd in 17:42), junior Kay  
 (5th in 18:36), senior Tiffany Burt  
 (19:06), senior Kristie Camp (23rd in  
 junior Limor Berci (55th in 20:22), jun-  
 ion Kaz (78th in 20:55), and junior Ca-  
 chnekoff (108th in 21:41).

Irvine team was made up of senior  
 Roda (4th in 18:35), junior Jennifer Gillis  
 (19:23), freshman Erin Livermore  
 (19:37), freshman Jessica Corbin  
 (19:41), junior Alison Livermore (50th  
 (19:48), junior Uyen Pham (58th in 20:25),  
 junior Jackie Weimer (73rd in 20:47).

Junior Milena Glusac (Fallbrook), ninth in  
 1989 State Meet Division I in 18:31, third  
 in 1990 State Meet Division II in 17:54,  
 1991 State Meet Division I champion in  
 the 1992 San Diego Section champion  
 in 17:14 (a pace of 5:33 per

mile). It was the second fastest performance  
 in the Meet history. Sophomore Amy Skie-  
 berg (Agoura), fifth in the 1991 State Meet in  
 the 1992 Southern Section champion  
 in 17:42 (5:42).

Skieresz moves into a tie for fourth on the all-  
 time list of performers with Kira Jorgensen  
 (Buena Vista 1988). Only Glusac  
 (1991), Deena Drossin (Agoura)  
 (1989), and Becky Spies (Livermore)  
 (1989), have run faster. Sophomore  
 Leah Dickerman (Peninsula), fourth in the  
 Southern Section in 18:31, was third in 18:34.

|                    |                   |       |
|--------------------|-------------------|-------|
| Glusac             | 12 Fallbrook      | 17:14 |
| Skieresz           | 10 Agoura         | 17:42 |
| Leah Dickerman     | 10 Peninsula      | 18:34 |
| Uyen Pham          | 12 Irvine         | 18:35 |
| Alison Livermore   | 11 Agoura         | 18:36 |
| Michelle Sumi      | 12 Wilson, L.B.   | 18:41 |
| Erin Durnell       | 11 Merced         | 18:46 |
| Christine Lewis    | 12 Wilson, L.B.   | 18:51 |
| Michelle Caulkins  | 10 Esperanza      | 18:53 |
| Michelle Donovan   | 11 Madera         | 18:57 |
| Michelle Pickett   | 10 Mt. Carmel     | 18:59 |
| Leah Dickerman     | 11 Del Campo      | 19:00 |
| Michelle Artzner   | 11 Peninsula      | 19:02 |
| Michelle Hand      | 12 Fallbrook      | 19:02 |
| Michelle Davison   | 09 Alta Loma      | 19:03 |
| Michelle Mortenson | 09 Thousand Oaks  | 19:03 |
| Michelle Burt      | 12 Agoura         | 19:06 |
| Michelle Blake     | 10 Peninsula      | 19:07 |
| Michelle Heagerty  | 10 Birmingham, VN | 19:09 |
| Michelle Wilkes    | 12 Logan          | 19:10 |
| Michelle Johnson   | 11 Clovis West    | 19:13 |
| Michelle Dawson    | 12 Hoover         | 19:15 |
| Michelle Camp      | 12 Agoura         | 19:17 |



**MARGARITO CASILLAS**  
 Division I

Photo by Phillip Enbody



**MILENA GLUSAC**  
 Division I

Photo by Phillip Enbody



**RYAN WILSON**  
 Division II

Photo by Phillip Enbody



**MICHELE COX**  
 Division II

Photo by Phillip Enbody



**JASON BALKMAN**  
 Division III

Photo by Bill Cockerham



**MIESHA MARZELL**  
 Division III

Photo by Phillip Enbody



**STEVE BROWN**  
 Division IV

Photo by Bill Cockerham



**KAREN BOCKEL**  
 Division IV

Photo by Phillip Enbody

|                    |                        |              |
|--------------------|------------------------|--------------|
| 24 Courtney Kurth  | 11 Mt. Carmel          | 19:19        |
| 25 Jennifer Gillis | 11 Irvine              | 19:23        |
| <b>School</b>      | <b>Place</b>           | <b>Score</b> |
| 1 Agoura           | (2,5,13,18,37(55)(76)  | 75           |
| 2 Irvine           | (4,20,23,26,36(39)(51) | 109          |
| 3 Mt. Carmel       | (9,19,21,24,40(49)(63) | 113          |
| 4 Peninsula        | (3,11,14,33,56(82)(85) | 117          |
| 5 Wilson, L.B.     | (6,7,32,44,48(86)(87)  | 137          |

|                   |                            |     |
|-------------------|----------------------------|-----|
| 6 Fallbrook       | (1,12,28,46,58(75)(104)    | 141 |
| 7 Belmont, L.A.   | (22,25,27,34,43(45)        | 149 |
| 8 Del Campo       | (10,41,42,50,74(101)(108)  | 210 |
| 9 Clovis West     | (17,29,54,61,67(72)(95)    | 212 |
| 10 Madera         | (8,30,53,70,73(77)(83)     | 212 |
| 11 Logan          | (16,35,38,90,102(105)(107) | 230 |
| 12 Birmingham, VN | (15,65,71,78,80(94)(99)    | 303 |
| 13 Skyline        | (52,59,66,69,98)           | 344 |
| 14 Downey         | (31,60,79,84,93(100)(109)  | 344 |

continued next page



15 Lowell (47,57,81,89,92)(96)(97) 366  
 16 Overfelt (62,64,68,88,91)(103)(106) 373  
**1991 Team Results:** 1. Agoura 41, 2. Peninsula 67, 3. Mt. Carmel 114, 4. Irvine 126, 5. Arroyo Grande 135, 6. Santa Rosa 145, 7. Madera 190, 8. Belmont 200, 9. Poway 276, 10. Clovis West 281, 11. Leigh 301, 12. Palo Alto 332, 13. Downey 339, 14. Davis 345, 15. San Pedro 368, 16. Lowell 462, 17. Technical 541.

## DIVISION II

By Steve Fagundes

### BOYS

The boys team race featured a group of very strong teams from throughout the state. Mission Bay (San Diego) was the premeet favorite off their number eleven national ranking with Katella (Anaheim) a close second with their number sixteen national ranking. Strong contingents from Agoura (a close second place finisher by two points to Katella at the Southern Section Finals), Jesuit (Carmichael), and Canyon (Canyon Country) were also legitimate contenders for a top three finish. In the individual competition, 1991 runner-up, senior Ryan Wilson (Agoura) brought an undefeated season into the race to face the challenge of fellow seniors Ricardo Brewer (North, Bakersfield), Nazario Romero (San Pasqual, Escondido), and George Rivera (Delano).

To the cheers of the local crowd, Delano's George Rivera took the early lead passing the mile in 4:41.7 with a pack of about eight runners in close pursuit. By 2,800 meters Ryan Wilson (Agoura) had taken command of the race passing the two mile mark in 9:40.9. About 15 meters back at the two mile mark, North Bakersfield's Ricardo Brewer had moved into second place followed closely by Rivera and Nazario Romero (San Pasqual) in fourth. Wilson stretched his lead to 40 meters at the finish running 15:13, with Brewer finishing second in 15:20 and Romero edging Rivera for third (15:31 to 15:35). Juniors Devin Elzondo (8) and Mario Marquez (11) led their Mission Bay teammates to the title in a close team race (93 points to 100 points) over a tremendous effort by Agoura with Katella third with 109 points. In addition to Elzondo and Marquez, the championship boys team was composed of juniors Roger Romero (24) and David Levy (34) and senior Fabian Hernandez (57).

1 Ryan Wilson 12 Agoura 15:13

|    |                   |                      |       |
|----|-------------------|----------------------|-------|
| 2  | Ricardo Brewer    | 12 North Bakersfield | 15:20 |
| 3  | Nazario Romero    | 12 San Pasqual       | 15:31 |
| 4  | George Rivera     | 12 Delano            | 15:35 |
| 5  | Matt Creason      | 11 Eureka            | 15:39 |
| 6  | Mike Moreno       | 11 Katella           | 15:40 |
| 7  | Mike Love         | 12 Katella           | 15:40 |
| 8  | Devin Elzondo     | 11 Mission Bay       | 15:43 |
| 9  | Charles Mansfield | 12 Canyon            | 15:46 |
| 10 | Matt Farley       | 11 Jesuit            | 15:50 |
| 11 | Terry Hickey      | 12 Foothill          | 15:51 |
| 12 | Scott McKelvey    | 12 Leigh             | 15:51 |
| 13 | Mario Marquez     | 11 Mission Bay       | 15:58 |
| 14 | Jon Bishop        | 11 Canyon            | 15:58 |
| 15 | Armando Lonma     | 12 Indio             | 15:59 |
| 16 | John Greene       | 10 Agoura            | 15:59 |
| 17 | Mike Pendergraph  | 11 Notre Vista       | 16:02 |
| 18 | Bryson McRay      | 12 Camarillo         | 16:04 |
| 19 | Luis Granado      | 11 North Salinas     | 16:06 |
| 20 | Angel Ibarra      | 12 Righetti          | 16:07 |
| 21 | Nick Niles        | 12 Jesuit            | 16:08 |
| 22 | Matt Berkeland    | 12 Canyon            | 16:09 |
| 23 | Stuart Mayer      | 12 Chico Sr.         | 16:10 |
| 24 | Roger Romero      | 11 Mission Bay       | 16:11 |
| 25 | John Atwood       | 11 Castro Valley     | 16:11 |

| School               | Place                      | Score |
|----------------------|----------------------------|-------|
| 1 Mission Bay        | (7,10,16,21,39)(54)(79)    | 93    |
| 2 Agoura             | (1,12,17,34,36)(88)(100)   | 100   |
| 3 Katella            | (5,6,23,31,44)(53)(78)     | 109   |
| 4 Canyon             | (8,11,15,30,55)(63)(91)    | 119   |
| 5 Jesuit             | (9,14,20,29,59)(67)(69)    | 131   |
| 6 Camarillo          | (13,27,32,33,38)(48)(50)   | 143   |
| 7 San Pasqual        | (3,26,42,43,49)(65)(89)    | 163   |
| 8 Montgomery         | (22,24,28,35,64)(74)(83)   | 173   |
| 9 Leland             | (40,45,46,57,61)(73)(75)   | 249   |
| 10 North Bakersfield | (2,51,58,60,80)(82)(98)    | 251   |
| 11 Delano            | (4,25,62,90,92)            | 273   |
| 12 Fremont           | (18,47,71,72,78)(87)(96)   | 286   |
| 13 San Ramon         | (19,52,66,81,85)(93)(94)   | 303   |
| 14 El Camino         | (37,41,70,77,99)(102)(103) | 324   |
| 15 Shasta            | (56,64,86,88,95)(97)(101)  | 409   |

**1991 Team Results:** 1. DeLaSalle 75, 2. San Pasqual 83, 3. Del Campo 95, 4. Helix 125, 5. El Camino 148, 6. LaHabra 192, 7. Agoura 218, 8. Mission Viejo 221, 9. Delano 222, 10. Leigh 236, 11. Righetti 240, 12. Castro Valley 259, 13. No. Bakersfield 276, 14. Shasta 334, 15. Leland 335.

### GIRLS

The pre-meet favorites for the girls team title were Edison and Ocean View High Schools -- both located in Huntington Beach. As such, league and Southern Section action had seen these talented squads go head-to-head on numerous occasions, with Edison appearing to be the stronger of the two. Edison, the defending state champion and ranked sixth nationally, was led by sophomore Elyse Homberger, a first year cross country runner, while Ocean View countered with talented sophomore Taryn Lawson and 800 meter standout, senior Christie Engesser (2:11:23). Other outstanding teams included San Pasqual (Escondido), state champions in 1990 and second place in 1991, with outstanding individual, senior Melissa Keim, and Los Gatos, the Central Coast Section Champion, led by sophomores Miranda Middlecoff and Holly

Malandar. Other athletes who could o for the individual title included junior K son (Canyon, Anaheim), Jennifer Mor (Redwood, Visalia), and senior Michel (Escondido).

In the race proper, a tight group of seven runners, including Michelle Cox (Escondido), Christie Engesser (Ocean View), Melissa Keim (San Pasqual), and Miranda Middlecoff (Los Gatos), passed the mark led by Ocean View's Taryn Lawson 5:34.7. About 2,800 meters into the race the foot of the steepest hill on the course, San Diego Section standouts Michelle Cox and Melissa Keim were running one-two. Christie Engesser and Kim Nelson (Canyon) leading a second pack about 15 meters behind. Cox continued to maintain her lead at mile mark in 11:42.9. At about 3,600 meters Keim surged into the lead with Cox close behind. During the latter stages of the race however, Keim suffered some obvious physical problems and struggled to an eighth place finish with the unrelenting Cox capturing first CIF/Reebok California State Championship in 18:26. Kim Nelson finished second in 18:40 with Christie Engesser leading the Ocean View teammates to the team title with her third place finish in 18:48 and a low point team score. San Pasqual matched the year's second place finish with a superb effort to edge Edison 100 points to 111 points. In addition to Engesser, the winning Ocean View team was composed of Taryn Lawson (11), sophomore Melissa Johnson (22), freshman Christy Bradshaw (25) and sophomore Celeste Johnson (31).

|                        |                     |
|------------------------|---------------------|
| 1 Michele Cox          | 12 Escondido        |
| 2 Kim Nelson           | 11 Canyon           |
| 3 Christie Engesser    | 12 Ocean View       |
| 4 Cindy Franco         | 12 Delano           |
| 5 Miranda Middlecoff   | 10 Los Gatos        |
| 6 Elyse Homberger      | 10 Edison           |
| 7 Michelle Muething    | 12 Amador Valley    |
| 8 Melissa Klem         | 12 San Pasqual      |
| 9 Taryn Lawson         | 10 Ocean View       |
| 10 Elissa Fiedy        | 10 Mission San Jose |
| 11 Claris Fernandez    | 11 Corona           |
| 12 Jenny Card          | 10 El Capitan       |
| 13 Elizabeth Alexander | 12 Tustin           |
| 14 Holly Malandar      | 10 Los Gatos        |
| 15 Jamie Whitmore      | 11 Valley           |
| 16 Jennifer Stewart    | 11 El Camino        |
| 17 Pamela Richardson   | 10 Montgomery       |
| 18 Janne Evans         | 12 Edison           |
| 19 Erin Famell         | 12 San Pasqual      |
| 20 Gabriela Rodriguez  | 11 Oxnard           |
| 21 Maribel Salinas     | 11 Arvin            |
| 22 Melissa Johnson     | 10 Ocean View       |
| 23 Vally Boulom        | 12 Chico Sr.        |
| 24 Janndee Evans       | 11 Edison           |
| 25 Christy Bradshaw    | 09 Ocean View       |

continued on



|             | Place                         | Score |
|-------------|-------------------------------|-------|
| n Vista     | (1.5, 13.16, 17(24)(26)       | 52    |
| asqual      | (4, 11, 23, 29, 33(77)(81)    | 100   |
|             | (3, 10, 15, 41, 42(53)(62)    | 111   |
| atios       | (2, 9, 38, 44, 48(63)(85)     | 141   |
| ipitan      | (8, 34, 45, 46, 49(66)(87)    | 182   |
| ra          | (7, 18, 30, 61, 67(71)(75)    | 183   |
| Sr.         | (19, 21, 35, 52, 58(59)       | 185   |
| Bakersfield | (25, 27, 32, 36, 68(97)(101)  | 188   |
| on San Jose | (6, 20, 31, 80, 86(92)(98)    | 223   |
| p Amat      | (22, 54, 55, 60, 69(78)(79)   | 260   |
| Sr.         | (14, 28, 57, 82, 90(96)       | 271   |
|             | (12, 43, 51, 84, 94(102)(103) | 284   |
| Roble       | (39, 47, 64, 70, 74(89)(100)  | 294   |
| ammon       | (40, 50, 65, 73, 76(91)(93)   | 304   |
| d           | (37, 56, 72, 83, 88(95)(99)   | 336   |

Final Results: 1. Edison 52, 2. San Pasqual 55, 3. El 136, 4. Woodbridge 151, 5. Claremont 154, 6. Los 10, 7. El Modena 182, 8. Golden West 220, 9. Wood 230, 10. Castro Valley 263, 11. Monte Vista 273, 12. Shasta 284, 13. Reedley 293, 14. Casa Roble 314, 15. Gunderson 336

## DIVISION III

By Doug Speck

### BOYS

Boys Division III contest featured sea-son top-ranked Newport Harbor (Newport), a very strong squad led by fine individuals Jared Overton and Sky Peterka, and an interesting group. Newport was in the Southern Section Finals in an upset win over a revived San Marino that was 81:42, and had recovered from a series of injuries and health problems in its members. St. Augustine (San Diego) raced very strongly early on, with an overall team time at Stanford on a course that had to run pretty close to Woodward

The top pack was together through a 4:46 mile, with Newport appearing to have its legs all through twenty-fifth place. San Marino was off to kind of a leisurely start, with St. Augustine team leaders Mark Houser and Daniel O'Connor near the top pack.

The down-hill just before the hill at two miles. Southern Section runners Rondie (Rubidoux, Riverside), Marcus Ferrara (Torrance), and Roger Ciano (San Luis Obispo) led a pack of ten close enough to touch and touch each other. The team time was very difficult to figure out at that point with Newport and St. Augustine two miles in the top fifteen and San Marino two miles in the top twenty. In the closest individual race ever, there were sixteen athletes

within thirty yards at two miles. The group was 10:05 on the clock there, with San Marino appearing to be building a bit of momentum, steadily passing people during the tough portion of the course at two miles.

When the runners next appeared to the crowd heading towards the finish it was very impressive Lynbrook (San Jose) soph Jason Balkman who had taken a big lead, with the 9:22.15 3200m runner (as a frosh!) probably the pre-race favorite here. Jason finished strongly to win by about 80 yards, with Jed Saueressig (Yosemite, Oakhurst), a Division IV school that moved up from the tough competition there in the Central Section to this level, second at 15:50. A good group flooded in after the first two, with the next ten athletes within fourteen seconds.

In what turned out to be a classic team struggle, Newport went 11-12 (without displacement) with their leaders Peterka and Overton, with San Marino's trio of Ben Nichols (14th) Warren Wolf (17th), and Lee Zuckerman (24th) the next three in this tough dual battle. Trent Bryson was 35th for Newport, with Dylan Guggenmos 43rd, San Marino's Dennis Tong 44th, and NH's Shahran Dezhahd ahead of the Titan's Richard Chisholm 47-49, with the score a real squeaker for Newport 89-94. The Southern Section showed its power here with a 1-2-3-4 team sweep.

Newport Coach Bim Berry later indicated that he was sweating it a bit, pleased that his squad had all good or great races this Fall. The team comes out of the Southern Section's Sea View League, with Saddleback (Santa Ana), Irvine, Corona del Mar, Santa Margarita, Tustin, University (Irvine), and Woodbridge (Irvine) making each week very, very tough competition in addition to a full invitational schedule. Coach Phil Ryan of San Marino had to be very excited with the last couple of weeks for his team, with six of the seven varsity members out during part of the season with one problem or another, with situations as serious as an appendix removal for Warren Wolf, and Lee Zuckerman having heart surgery in August and a stress fracture in October.

|    |                |                    |       |
|----|----------------|--------------------|-------|
| 1  | Jason Balkman  | 10 Lynbrook        | 15:38 |
| 2  | Jed Saueressig | 12 Yosemite        | 15:50 |
| 3  | Craig Stanley  | 12 Lemoore         | 15:53 |
| 4  | Brendon Mahon  | 11 LaHabra         | 15:55 |
| 5  | Rondie Gibbs   | 11 Rubidoux        | 15:57 |
| 6  | Rodger Ciano   | 12 San Luis Obispo | 15:59 |
| 7  | Rick Esponda   | 12 Casa Grande     | 16:00 |
| 8  | Mark Houser    | 11 St. Augustine   | 16:00 |
| 9  | Marcus Ferrara | 12 South Torrance  | 16:00 |
| 10 | Ryan Bartell   | 11 West Hills      | 16:03 |

|    |                 |                   |       |
|----|-----------------|-------------------|-------|
| 11 | Sky Peterka     | 12 Newport Harbor | 16:00 |
| 12 | Jared Overton   | 12 Newport Harbor | 16:00 |
| 13 | Brian Meyer     | 11 Rio Americano  | 16:00 |
| 14 | Ben Nichols     | 12 San Marino     | 16:10 |
| 15 | Darren Holman   | 10 Sonora         | 16:10 |
| 16 | Jeff McLarty    | 10 Ayala          | 16:10 |
| 17 | Warren Wolf     | 11 San Marino     | 16:10 |
| 18 | Aaron Daniel    | 12 Livermore      | 16:10 |
| 19 | Jason Yingling  | 12 St. Francis MV | 16:20 |
| 20 | Steve Immel     | 10 Livermore      | 16:20 |
| 21 | Daniel O'Connor | 11 St. Augustine  | 16:20 |
| 22 | Juan Alva       | 12 Romona         | 16:20 |
| 23 | Juan Rios       | 11 La Puente      | 16:20 |
| 24 | Lee Zuckerman   | 11 San Marino     | 16:20 |
| 25 | Fili Bahera     | 11 La Puente      | 16:20 |

| School           | Place                         | Score |
|------------------|-------------------------------|-------|
| 1 Newport Harbor | (5, 6, 22, 26, 30(35)(69)     | 8     |
| 2 San Marino     | (8, 11, 16, 27, 32(86)(88)    | 9     |
| 3 Ayala          | (10, 19, 20, 28, 44(49)(55)   | 12    |
| 4 La Puente      | (15, 17, 23, 33, 34(81)(84)   | 12    |
| 5 Livermore      | (12, 13, 21, 31, 64(73)(74)   | 14    |
| 6 St. Augustine  | (4, 14, 43, 46, 66(75)(97)    | 17    |
| 7 Lemoore        | (2, 18, 50, 62, 65(87)(100)   | 19    |
| 8 Gunn           | (25, 29, 38, 52, 56(58)(59)   | 20    |
| 9 Los Gatos      | (24, 36, 37, 41, 63(77)(83)   | 20    |
| 10 Sonora        | (9, 48, 51, 54, 57(78)(95)    | 21    |
| 11 La Jolla      | (39, 40, 42, 53, 71(85)(96)   | 24    |
| 12 Casa Grande   | (3, 45, 60, 70, 89(98)(101)   | 26    |
| 13 Yosemite      | (1, 47, 72, 76, 92(102)(103)  | 28    |
| 14 Rio Americano | (7, 61, 67, 80, 90(93)(94)    | 30    |
| 15 Las Plumas    | (68, 79, 82, 91, 99(104)(105) | 41    |

1991 Team Results: 1. Laguna Hills 91, 2. San Marino 98, 3. Corona del Mar 113, 4. St. Ignatius 135, 5. Newbury Park 139, 6. Sonora 147, 7. St. Francis 154, 8. La Jolla 164, 9. Livermore 164, 10. Rio Americano 266, 11. Lemoore 277, 12. Corona del Mar 305, 13. St. Augustine 305, 14. Bishop O'Dowd 311, 15. Las Plumas 478.

### GIRLS

The level of competition was very, very strong here also, with number twelve ranked nationally Corona del Mar (Newport Beach) challenged in the Southern Section Finals by Laguna Hills, with the talented LH group with 33 seconds on the team time clock there. Bishop O'Dowd (Oakland), led by undefeated State 800 meter champ in track, Miesha Marzell, and Aptos, from the Central Coast Section, were very, very talented teams.

The blue-clad Corona del Mar team was quick, with tall, loping Miesha Marzell and Kristina Dahlberg (El Modena, Orange) part of the top group as the race headed off the grass at the start. Marzell led through the mile at just under 5:30 with first year star, Domatilla Torrens (St. Francis, Mountain View), in second, and Southern Section champ Mayra Medina (Laguna Hills) in third. Fine frosh, Michelle O'Connor (Our Lady of Peace, San Diego) led the next pack and the field, with Laguna Hills, in their fluorescent yellow-green outfits easy to pick out and appearing to be in much better shape than Corona del Mar up to that point. Laguna Hills had



Heidi Sickler and Heather McGlone among the top fifteen, with Corona del Mar's scorers all behind the top LH trio to the mile. Miesha Marzell seems to have grown a bit since last year, but it seems to be matched with added strength, as she continued to lope along, seemingly about nine minute per mile pace, edging away from the rest of the athletes in the event.

Marzell and Torrens continued to edge away through two miles, with Torrens looking good, even taking time to adjust her pony tail as she raced up the course's only tough hill just before two miles. The talented Corona del Mar trio of Tracy Clark, Brooke Meek, and Dresden Howell had started to move during the second mile, challenging Laguna's Hills second and third scorers by the two mile mark, with the five CdM scorers all ahead of LH's number four runner to that point.

At two miles, Marzell was just under 11:20, with about twenty yards over Torrens. Corona del Mar's Tracy Clark continued to fly towards the leaders, with a great battle between Laguna Hills' Heidi Sickler and Heather McGlone, and CdM's Meek and Howell back about fifteenth place. CdM continued to appear to have the depth battle won.

Miesha Marzell continued to power over the third mile, starting a wicked sprint with about one hundred yards left in the race, then being content to cruise in to a forty yard win over Torrens 18:02-18:12. Former tennis player Torrens probably set a course record or a first year twelfth grade runner here.

Mayra Medina (Laguna Hills) was third, Tracy Clark (CdM) fifth, with Laguna's Sickler (13th) and McGlone (14th) finishing very strongly in taking CdM's Meek (19th) and Howell (22nd). Coach Bill Sumner's CdM crew did not get its national ranking without reason, with Heather Taketa (25th-19:33) and Heather Bray (27th-19:38) closing quickly to slam the door on everyone. CdM totalled 66 (96:52) with individuals displaced, with Laguna Hills 84 (97:20), with O'Dowd 105 (97:44) and Aptos 117 (98:50), all fine teams capable of averaging well under 20:00 per runner on the rolling 5 kilometer course here.

Marzell and Torrens are particularly impressive. Miesha seemed to lope along at a comfortable tempo that indicated a level of conditioning that should result in some spectacular things come the spring over the 800 and 1600 meter distance. Torrens, who raced 1:34.3 last year for two miles in track, marked this fall as her first harrier campaign, with the pert Central Section star with the

snappy stride looking like a great college prospect.

|    |                    |                    |       |
|----|--------------------|--------------------|-------|
| 1  | Miesha Marzell     | 12 Bishop O'Dowd   | 18:02 |
| 2  | Domatilla Torrens  | 12 St. Francis     | 18:12 |
| 3  | Mayra Medina       | 12 Laguna Hills    | 18:32 |
| 4  | Liz Leigh-Wood     | 12 Aptos           | 18:41 |
| 5  | Tracy Clark        | 10 Corona del Mar  | 18:49 |
| 6  | Carlene Pengra     | 11 La Canada       | 18:54 |
| 7  | Christina Dahlbert | 12 El Modena       | 18:54 |
| 8  | Jenny Wong         | 12 Harvard, Westlk | 18:56 |
| 9  | Michelle O'Connor  | 09 Lady of PE      | 19:02 |
| 10 | Sara Valdez        | 12 El Dorado       | 19:02 |
| 11 | Gwen Twist         | 11 Newport Harbor  | 19:03 |
| 12 | Amy Hallbauer      | 10 Pleasant Valley | 19:03 |
| 13 | Heidi Sickler      | 12 Laguna Hills    | 19:10 |
| 14 | Heather McGlone    | 11 Laguna Hills    | 19:10 |
| 15 | Amy Scherer        | 12 St. Francis     | 19:14 |
| 16 | Nicky Saleta       | 10 Bishop O'Dowd   | 19:17 |
| 17 | Tara Whitfield     | 10 El Modena       | 19:19 |
| 18 | Marisa Daniel      | 10 Granada         | 19:20 |
| 19 | Brooke Meek        | 10 Corona del Mar  | 19:22 |
| 20 | Ann Baldell        | 11 St. Ignatius    | 19:27 |
| 21 | Jane Edwards       | 12 Irvington       | 19:30 |
| 22 | Dresden Howell     | 10 Corona del Mar  | 19:30 |
| 23 | Megan Randall      | 10 Aptos           | 19:32 |
| 24 | Catherine Venables | 12 Alameda         | 19:32 |
| 25 | Heather Taketa     | 11 Corona del Mar  | 19:33 |

| School           | Place                      | Score |
|------------------|----------------------------|-------|
| 1 Corona del Mar | (5,13,14,16,18(32)(36)     | 66    |
| 2 Laguna Hills   | (3,9,10,27,35(62)(79)      | 84    |
| 3 Bishop O'Dowd  | (1,11,19,34,40(63)(65)     | 105   |
| 4 Aptos          | (4,15,17,23,58(71)         | 117   |
| 5 Newport Harbor | (8,22,25,49,52(76)(97)     | 156   |
| 6 St. Francis    | (2,29,44,46,48(61)(80)     | 169   |
| 7 El Modena      | (6,12,28,53,77(86)(87)     | 178   |
| 8 Carondelet     | (24,26,33,50,56(60)(64)    | 189   |
| 9 Lady of Peace  | (7,37,43,55,59(67)(74)     | 201   |
| 10 Del Oro       | (21,38,39,68,72(84)(94)    | 238   |
| 11 Paradise      | (41,47,57,66,69(98)        | 280   |
| 12 Will C. Wood  | (20,45,73,75,85(95)(101)   | 298   |
| 13 Yosemite      | (31,51,78,81,89(93)(99)    | 330   |
| 14 La Jolla      | (42,54,70,82,83(90)(96)    | 331   |
| 15 Garces        | (30,88,91,92,100(102)(103) | 401   |

1991 Team Results: 1. Newport Harbor 96, 2. Laguna Hills 109, 3. San Marino 110, 4. Aptos 137, 5. Bishop O'Dowd 143, 6. Mills 157, 7. La Jolla 181, 8. Univ. San Diego 185, 9. Lassen 202, 10. Moreau 219, 11. San Luis Obispo 220, 12. Saint Francis 224, 13. Del Oro 273, 14. Yosemite 438, 15. Garces 440.

## DIVISION IV

By Doug Speck

### BOYS

The smallest school divisions are in many ways the most fun part of the State Cross Country meet, with schools from more areas of the state competitive for high placings, with the urban requirements for a large school not available everywhere. On this Boys side McFarland (Central Section) had been top ranked all season long, with two wins in trips

south (Bell-Jeff and Mt. SAC) against a top schools there of their size. Yreka had been rolling strongly up north, with the development of amazing frosh Aaron C into the overall Section champion. D champion, Nordhoff (Ojai) had another crew, with a win over a fine Morro Bay of the Southern Section Championship M

Saturday morning's weather was bright when this first race of the day came off line at 9:00 a.m. State meet vets, Leon and Jose Diaz (Bell-Jeff, Burbank) and Lockhart (Ontario Christian) led the field the grass after 220 yards at the start, with Nordhoff squad seeming to be out ahead any other group. Yreka frosh Gillen, C (El Cajon) star, Josh Cox, and Piedmont Steve Brown had joined the Diaz twins through a 4:52 first mile. Nordhoff, with athletes in the top dozen through the race seemed ahead at that point, with the well clad McFarland group also strong. As the race next came into view approaching the before the two mile mark, John Orosco and Steve Brown (Piedmont) had moved the lead ahead of Jose Diaz, with McFarland Jose Sanchez and Yreka's Gillen next. Mitchell and Joey Tavermer (Morro Bay) led their move towards the front group up the hill, with Nordhoff's soph Javier Ramirez moving into individual contention. Through the hill portion it appeared to be very close between Nordhoff and McFarland. Nordhoff more near the front, but McFarland having five in the top thirty and five ahead Nordhoff's fourth runner. At 10:10 at two miles, Orosco and Brown continued to for the lead. As the runners appeared on the road heading towards the finish line Steve Brown had moved ahead and would win 15:48, with Nordhoff's Ramirez and Michales running 2-3 with 100 yards to go. Yreka's Gillen took Robles on the run-in for with Orosco and McFarland's Jose Sanchez also under 16:00 in 5th and 6th. Brock's sick's 18th place gave Nordhoff three in before McFarland's second runner, but the Central Section power went 20-24-25-29 at Essick to help the team to 63 points (in individuals taken out), with Nordhoff 50 and 51 runners 4-5 and a 79 point total. The 8 (McFarland) and 82:39 (Nordhoff) team run by the first two squads are very special with the near 17:00 average for 5 kilometers for the first six teams very impressive group. McFarland Coach Jim White commented afterwards that his squad was quite confident coming into the race, and that it was

continued next



as planned. The trips south had built m's confidence, with a win over the best at Mt. SAC when McFarland had to capabilities, bolstering belief in selves even more.

|                |              |       |
|----------------|--------------|-------|
| er Brown       | 11 Piedmont  | 15:48 |
| er Ramirez     | 10 Nordhoff  | 15:53 |
| in Gillen      | 09 Yreka     | 15:55 |
| sh Robles      | 11 Nordhoff  | 15:56 |
| n Orosco       | 12 Taft      | 15:58 |
| Sanchez        | 12 McFarland | 15:59 |
| ie Mitchell    | 10 Morro Bay | 16:06 |
| h Cox          | 12 Christian | 16:10 |
| ie Diaz        | 12 Bell-Jeff | 16:11 |
| y Tavemer      | 11 Morro Bay | 16:13 |
| nard Diaz      | 12 Bell-Jeff | 16:18 |
| vis Hildebrand | 12 Etna      | 16:25 |
| ff Wulclager   | 12 La Salle  | 16:27 |
| my Ravenscroft | 12 Yreka     | 16:30 |
| valdo Servin   | 11 Fillmore  | 16:31 |
| Kassler        | 12 Crespi    | 16:32 |
| n Genant       | 10 Branson   | 16:32 |
| ck Essick      | 12 Nordhoff  | 16:33 |
| vis Rothman    | 11 Christian | 16:35 |
| riel Diaz      | 10 McFarland | 16:36 |
| in McNelly     | 11 York      | 16:38 |
| in Dreves      | 11 Maranatha | 16:38 |
| tt Riddle      | 12 Maranatha | 16:41 |
| vin Gonzalez   | 10 McFarland | 16:42 |
| jamin Galvan   | 11 McFarland | 16:42 |

|              | Place                      | Score |
|--------------|----------------------------|-------|
| arland       | (5,11,14,15,18(20))(46)    | 63    |
| ndhoff       | (1,3,10,32,33)(80)         | 79    |
| o Bay        | (6,7,21,38,60(61)(63)      | 132   |
| ore          | (9,19,27,36,50(64)(104)    | 141   |
| ia           | (2,8,17,51,68(77)(78)      | 146   |
|              | (4,25,26,45,48(55)(87)     | 148   |
| anatha       | (12,13,28,66,71(74)(79)    | 190   |
| una          | (16,29,40,57,58(75)(97)    | 200   |
| ata          | (22,24,53,62,72(83)(99)    | 233   |
| ic Grove     | (31,39,42,84,91(93)(98)    | 287   |
| oon Bay      | (43,52,59,67,70(73)(82)    | 291   |
| ill          | (23,34,49,90,100(101)(108) | 296   |
| River        | (30,44,69,76,86(96)(103)   | 305   |
| verás        | (37,41,47,92,105(106)(109) | 322   |
| nado         | (54,65,81,85,88(94)(102)   | 373   |
| in Christian | (35,89,95,107,110(111)     | 436   |

Team Results: 1. Nordhoff 66, 2. Yreka 106, 3. Morro Bay 124, 4. Bell-Jeff 124, 5. Oak Park 149, 6. McFarland 182, 7. Yreka 183, 8. Bret Harte 217, 9. West Valley 234, 10. Fortuna 258, 11. Arcata 258, 12. San Jose Academy 289, 13. Colton 332, 14. Stephenson 332, 15. Christian 364, 16. Colton 364.

**GIRLS**

Girls Small School race was a contest of matured squads from areas far and wide. Defending champion Nordhoff (Ojai) had a group back and was bolstered by German exchange student, Karen Bockel. The group seemed to have nagging problems the entire Fall. Lassen (Susanville), with wise Coach Bob Wall orchestrating a talented group, came on strongly in the final part of the season, and were

top-ranked coming into this weekend. Some top individuals, including defending Champion, Maribella Aparicio (Fillmore), would help make this a tough division.

Nordhoff really came to run, with their scoring five in the top fifteen as the race came off the grass after 220 yards. Tall, powerful Vicky Fleschner, a 2:14.9 800m runner from Fortuna, McFarland's Cindy Carter, and the first Lassen runner, were the early individual leaders.

As things sorted out through the first mile, Aparicio, Fleschner, the Nordhoff duo of Karen Bockel and Heather Berlin, Anikai Webb (Bear River, Grass Valley), and former champion (two years ago as a frosh), Laura Hamady (Urban, San Francisco), were ahead of the field, with Aparicio the leader at 5:47. Lassen looked tough to argue with through a mile, with five scorers in the top twenty places, with Nordhoff's #3 just behind the last Lassen scorer. Approaching the hill at two miles Aparicio had stretched out to a twenty yard lead over Webb, with Bockel in third. The Nordhoff three through five scorers started to move through the pack during the second mile, with the Lassen athletes each losing some places during that portion of the race. Aparicio rolled through two miles just under 11:40 with a thirty yard lead over the duo of Webb and Bockel, with Laura Hamady running in fourth. With a mile to go Nordhoff had two in the top half dozen (Bockel and Berlin), with Lassen still a bit more depth, but it was really close!

As the event next appeared to spectators down the stretch to the chute, shockingly Karen Bockel had moved to a big lead, with Anikai Webb also ahead of the big favorite Aparicio (who would finish in third). Heather Berlin finished in sixth for Nordhoff, with Stephanie Giuntini Lassen's first in at fifteenth. Frosh Heather Dron continued Nordhoff's fine day at 25th, with her school three in before Lassen's second scorer. Lassen followed the McFarland (Boys) script, rolling in in 27th-31st-34th and 38th to shut the door before Nordhoff could score 43 and 50 (nondisplacement) for their numbers four and five scorers. With so many individuals a part of the action it was hard to figure out, with the final scoring showing Lassen 71 (101:06) to Nordhoff's 73 (99:03). The duo was almost ninety points ahead of third, with the race about as close as anyone could imagine. Aparicio, ever the relaxed champion, indicated that she simply had one of those "Oops! days," and refused to dig up an excuse. Bockel indicated that she came into the race with no other plan in

mind but to try to run fast, but being rather surprised when she raced past Aparicio with half a mile to go.

Lassen's Coach Bob Wall indicated that the team's tight gap this week, under 40 seconds, was the best that it had been this season, with fifth scorer, Kristy Andrews, one of the team's top runners last year, rejoicing the squad after field hockey was over this fall to make a big difference in the last couple of weeks.

|    |                    |                    |    |
|----|--------------------|--------------------|----|
| 1  | Karen Bockel       | 12 Nordhoff        | 18 |
| 2  | Anikai Webb        | 12 Bear River      | 18 |
| 3  | Maribella Aparicio | 12 Fillmore        | 18 |
| 4  | Laura Hamady       | 12 Urban           | 18 |
| 5  | Vicky Fleschner    | 12 Fortuna         | 19 |
| 6  | Monica Berlin      | 10 Nordhoff        | 19 |
| 7  | Marissa Hurwitz    | 09 Bishop's        | 19 |
| 8  | Ale Allen          | 12 Lick-Wilmerdin  | 19 |
| 9  | Erin O'Brien       | 12 Campolindo      | 19 |
| 10 | Amber Parkinson    | 12 Orange Lutheran | 19 |
| 11 | Lori Fancon        | 11 Taft            | 19 |
| 12 | Kendra Johnson     | 12 El Molino       | 19 |
| 13 | Sierra Domaille    | 10 Mammoth         | 19 |
| 14 | Faye Roundy        | 11 Morro Bay       | 19 |
| 15 | Stephi Giuntini    | 12 Lassen          | 19 |
| 16 | Brendas Nurmi      | 10 Ursuline        | 19 |
| 17 | Christine Stvolone | 11 Presentation    | 19 |
| 18 | Becca Mendon       | 09 Bidwell Jr.     | 19 |
| 19 | Miranda Maison     | 12 Santa Catalina  | 19 |
| 20 | Callin Henderson   | 12 Arcata          | 20 |
| 21 | Kristi Johnson     | 10 Central         | 20 |
| 22 | Michele Greening   | 12 St. Anthony     | 20 |
| 23 | Traci Anderson     | 11 Yreka           | 20 |
| 24 | Heather Ryan       | 09 Buchanan        | 20 |
| 25 | Heather Dron       | 09 Nordhoff        | 20 |

| School           | Place                      | Score |
|------------------|----------------------------|-------|
| 1 Lassen         | (6,13,15,17,20(42)(85)     | 100   |
| 2 Nordhoff       | (1,3,12,25,32(47)(73)      | 100   |
| 3 Laguna Beach   | (16,24,26,43,52(53)(54)    | 100   |
| 4 Arcata         | (9,36,37,50,60(69)(89)     | 100   |
| 5 Bear River     | (2,27,28,62,79(88)(90)     | 100   |
| 6 Yreka          | (11,18,46,56,70(103)(104)  | 100   |
| 7 Ursuline       | (7,38,45,48,68(72)(96)     | 100   |
| 8 Dixon          | (34,39,41,49,51(64)(81)    | 100   |
| 9 McFarland      | (21,33,44,55,63(75)(76)    | 100   |
| 10 Maranatha     | (14,35,40,61,66(78)(95)    | 100   |
| 11 Half Moon Bay | (19,30,57,59,67(87)(97)    | 100   |
| 12 St. Anthony   | (10,23,29,83,91(100)(102)  | 100   |
| 13 Presentation  | (8,31,71,74,77(80)(84)     | 100   |
| 14 Taft          | (5,58,92,93,98(108)(110)   | 100   |
| 15 Coronado      | (22,65,82,86,109           | 100   |
| 16 Bishop's      | (4,94,99,101,105(106)(107) | 100   |

1991 Team Results: 1. Nordhoff 72, 2. Fillmore 79, 3. Orange Lutheran 129, 4. Yreka 141, 5. Arcata 162, 6. Ursuline 166, 7. Morro Bay 183, 8. Presentation 218, 9. McFarland 220, 10. Bear River 225, 11. Anderson 268, 12. Coronado 310, 13. Taft 320, 14. Half Moon Bay 328, 15. Bret Harte 333, 16. Calvin Christian 450.

continued next page



# COMBINED STATE MEET STATISTICS

## From Doug Speck

The following is possible because of the amazing computer system used for results at Cross Country Meets by Bob Rush. His system was used at the State High School meet for the first time this year, with the following an amazing read-out that was done within a half an hour of the end of the last race result. His computer is able to figure team times on all squads in the competition, and combine athletes from all of the races in an over-all competition. When the races are combined the athletes who have the same time from different races are placed randomly, with the results here done, as usual, for fun, with the results an interesting comparison of the teams in different races. For more information on Mr. Rush's system, contact him at: Robert Rush, Sports Consultant, 115 Wycombe Avenue, San Carlos, CA 94070 (415) 595-3619.

## Top Overall Team Times 1992 California State High School Cross Country Championships

### GIRLS

|                                   |       |
|-----------------------------------|-------|
| 1. Agoura                         | 95:03 |
| 2. Ocean View (Huntington Beach)  | 96:50 |
| 3. Corona del Mar (Newport Beach) | 96:52 |

|                                                                 |        |
|-----------------------------------------------------------------|--------|
| 4. Laguna Hills                                                 | 97:20  |
| 5. Irvine                                                       | 97:24  |
| 6. Peninsula (Rolling Hills)                                    | 97:36  |
| 7. Bishop O'Dowd (Oakland)                                      | 97:44  |
| 8. Fallbrook                                                    | 97:50  |
| 9. Mt. Carmel (San Diego)                                       | 97:52  |
| 10. Wilson (Long Beach)                                         | 98:48  |
| 11. Aptos                                                       | 98:50  |
| 12. Nordhoff (Ojai)                                             | 99:03  |
| 13. Edison (Huntington Beach)                                   | 99:17  |
| 14. Belmont (L.A.)                                              | 99:31  |
| 15. San Pasqual (Escondido)                                     | 99:36  |
| 16. Los Gatos                                                   | 100:19 |
| 17. St. Francis (Mountain View)<br>Newport Harbor (Newport Bch) | 100:29 |
| 19. Lassen (Susanville)                                         | 101:06 |
| 20. El Modena (Orange)                                          | 101:22 |

### Combined Computerized Race Scoring:

|                                            |      |
|--------------------------------------------|------|
| 1. Agoura                                  | 194  |
| 2. Corona del Mar (Newport Bch)            | 222. |
| 3. Ocean View (Huntington Beach)           | 231  |
| 4. Irvine                                  | 274  |
| 5. Laguna Hills                            | 284  |
| 6. Mt. Carmel (San Diego)                  | 297  |
| 7. Bishop O'Dowd (Oakland)<br>(better 6th) | 342  |
| 8. Peninsula (Rolling Hills)               | 342  |
| 9. Belmont (L.A.)                          | 423  |
| 10. Aptos                                  | 425  |
| 11. Wilson (LB)                            | 426  |
| 12. Edison (Huntington Beach)              | 430  |
| 13. San Pasqual (Escondido)                | 440  |
| 14. Fallbrook                              | 466  |
| 15. Nordhoff (Ojai)                        | 478  |
| 16. Lassen (Susanville)                    | 532  |
| 17. Los Gatos                              | 547  |
| 18. Newport Harbor (Newport Bch)           | 557  |
| 19. St. Francis (Mountain View)            | 591  |
| 20. El Modena (Orange)                     | 660  |

### BOYS

|                               |
|-------------------------------|
| 1. Hart (Newhall)             |
| 2. Thousand Oaks              |
| 3. Agoura                     |
| 4. Mission Bay (San Diego)    |
| 5. Katella (Anaheim)          |
| 6. Madera                     |
| 7. Canyon (Canyon Country)    |
| 8. Jesuit (Carmichael)        |
| 9. De la Salle (Concord)      |
| 10. Camarillo                 |
| 11. San Pasqual (Escondido)   |
| 12. Peninsual (Rolling Hills) |
| 13. Newport Harbor            |
| 14. San Marino                |
| 15. Montgomery (Santa Rosa)   |
| 16. Nordhoff (Ojai)           |
| 17. Mt. Carmel (San Diego)    |
| 18. Huntington Park           |
| 19. McFarland                 |
| 20. Ayala (Chino)             |

### Combined Computerized Race Scoring:

|                                  |
|----------------------------------|
| 1. Hart (Newhall)                |
| 2. Thousand Oaks                 |
| 3. Mission Bay (San Diego)       |
| 4. Agoura                        |
| 5. Madera                        |
| 6. Katella (Anaheim)             |
| 7. Canyon (Canyon Country)       |
| 8. Jesuit (Sacramento)           |
| 9. Camarillo                     |
| 10. De la Salle (Concord)        |
| 11. Peninsual (Rolling Hills)    |
| 12. San Pasqual (Escondido)      |
| 13. Newport Harbor (Newport Bch) |
| 14. San Marino                   |
| 15. Montgomery (Santa Rosa)      |
| 16. Mt. Carmel (San Diego)       |
| 17. McFarland                    |
| 18. Nordhoff (Ojai)              |
| 19. Ayala (Chino)                |
| 20. Huntington Park              |



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# Olympics '96

(Part 3)

By Bob Womack

(Third in a series on 1996 U.S. Olympic track and field prospects.)

**110 Hurdles** -- The trinity of Nehemiah-Foster-Kingdom which has dominated world hurdling for the last 15 years has about run its course. The first two are pushing into their late 30's; Kingdom, while younger, has been hurt more than he's been healthy for years.

Our two medalists from Barcelona, Tony Dees and Jack Pierce, aren't all that much younger at 29 and 30, respectively. And the third man on the 1992 U.S. Olympic team, Arthur Blake, has a track record of crashing and burning in international competition.

We do not have a lot of young stud hurdles coming up, either. Mark Crear, the current NCAA champion, looks like a good bet, but most recent collegiate champs have had one good year then disappeared into oblivion.

Glenn Terry was a two-time junior champion, but hasn't made significant progress since, although he did squeeze into the Trials' finals. Most of the other Trials competitors were in the 30-something age bracket: Tonie Campbell, Henry Andrade, Robert Reading, Cletus Clark, et al.)

**U.S. Olympic Team Prediction:**  
Dees; Crear; Blake

**400 H**--No worries for the U.S. here. Kevin Young gives every indication of being the Edwin Moses of the 1990's.

Behind him, David Patrick will probably call it a career, but the third American at Barcelona, McClinton Neal, should be around for a while; he ran well in European post-Olympic competition. Two more Trials finalists who should be in the final eight again in the 1996 Trials are Pat McGhee and Marty Beck.

There's not a lot of young talent behind them. One problem for the U.S. is that this is

an athlete's race; a lot of the best young intermediate hurdlers get siphoned off into football and wind up as NFL cornerbacks instead of running in the Olympics.

There is, however, a wild card here and that's Danny Harris. You may think Danny has been around forever--and he was the silver medalist at Los Angeles in 1984--but he's only a year older than Kevin Young. And while he's currently sitting out a four-year drug suspension which doesn't end until 1996, since the suspension doesn't involve a performance-enhancing drug (at least I don't think cocaine enhances performance), Harris is a logical candidate for clemency and early reinstatement. If that happens, he'll be there in 1996.

**U.S. Olympic Team Predictions:**  
Young; Harris; Neal.

**High Jump** -- Inch for inch, Hollis Conway might be the best high jumper that ever lived. He's barely six feet, a midget compared to the Sotomayors and Sjobergs. And yet he's a consistent medalist in Olympic and world championship competition; the more pressure, seemingly the better he jumps. And the best news is he'll still be under 30 at Atlanta, making him maybe the most solid choice on the entire men's team.

There's more good news. Darin Plab's 1991 NCAA title was considered somewhat fluke by many. His doubters wound up with egg on their face after Austin, where he repeated, and New Orleans. Now you'd have to say he looks like America's first 8-footer.

Charles Austin, the 1991 world champion, appears to have chronic knee problems but he's young enough you have to be reluctant to write him off. Tony Barton has emerged in the last couple of years and should have plenty of motivation to stick around for four

more; he cleared 7-7 1/4 on his first try. Barton, which most people thought would be good enough for the team but instead only a front-row seat for the Triplecast.

There are a lot of people around who will jump 7-6 or 7-7 but none of them show signs of stepping up. It WILL take 7-8 pressure--to qualify for Atlanta. Ask Tony Barton.

**U.S. Olympic Team Prediction:**  
Conway; Plab; Barton

**Pole Vault** -- This is a real lottery since there are probably 20 vaulters who COULD have made the 1992 U.S. team. A good day and most of them will still be there in 1996.

One of them who won't be is Dave Vetter who picked the Trials to PR and might have been the biggest surprise on the 1992 team. Also likely not to be back is Tim Lincecum who has been on three U.S. Olympic teams, the first two in the decathlon.

The rest of the group of vaulters who have been national-class for the last several years can be expected to be back and probably in the '96 Trials final: Kory Tarpening, Deane Starkey, Bill Payne, Doug Fraley, Pat Lincecum, Lane Lohr, Scott Huffman, Greg Lincecum.

There is also some younger vault talent. Brent Bums and Mike Holloway were the two Americans behind Hungarian Istvan Kovacs at the NCAA meet and both made the Trials finals. Holloway had a history of being under pressure but came within one narrow miss of making the team.

Still further back is a group fresh out of junior ranks: Mark Buse (Indiana), Nick Starkey (Arizona St), David Cox (Fresno St) and Bill Deering (Miami). Except for Cox, the 1991 junior champ who was hampered by a back injury, all placed well in the 1992 Trials and Deering made the Trials final.

**U.S. Olympic Team Prediction:**  
Starkey; Tarpening; Holloway



**KEVIN YOUNG**  
Photo by Bill Laung, Jr.



# SOCAL DIARY

Bill Minarik

## November 16

The Community Colleges finished their Conference Championships and can now look forward to the state meet since the SoCal has been dropped. The biggest surprise in the South Coast Conference Meet was El Camino upset pre-season favorite Mt. SAC in the men's division 21-40. The favorites Angel Martinez, figured to be the runner in the state outside of Riverside's Air Corps, was able to do no better than in his home course another upset came in women's division where Long Beach CC in the hometown Mounties 34-41. In the Foothill Conference Meet, the San Bernardino men were 50-60 winners over Anaheim Valley. The Inland Valley Conference and Riverside easily take both men and women's divisions. At the Western States Conference Meet, Glendale and Ventura took turns edging each other with the Vaquero men 32-46 while the Pirate women prevailed 1-0.

In the CIF Southern Section preliminaries at Mt. SAC, all favored teams advanced with the Thousand Oaks boys and Agoura girls posting the fastest combined times of the day. In the L.A. City Section CIF finals at Pierce College, the Agoura girls turned into an all Belmont show with the Sentinel boys edging Huntington Park 1-0 while the Belmont girls destroyed the entire field as well as runner-up Birmingham 19-75.

## November 23

There were no real surprises at the Southern Section CIF Championships last Saturday at Mt. SAC. The Thousand Oaks boys were 53-104 winners over runner-up Hart and the Agoura girls out ran Peninsula 42-0. Other divisional winners included the boys from Katella, Newport Harbor and Nordhoff. Among them were girls teams from Edison, Corona del Mar and Nordhoff. In the Community College State Championships at Woodward Park in Fresno, the Riverside CC men's team, which was considered the surest winner in the history of this meet,

ended up with nothing despite the fact they placed 5 runners in the top 6 positions. The reason given for their team disqualification was that their runners ran abreast of each other and would not let other runners pass. El Camino was declared the champion with Mt. SAC the runner-up. In the women's division, Mt. SAC pulled a mild upset by edging favored Irvine Valley 104-112. With respect to Riverside being DQed in the men's race, I would wonder just how intentional the "Blockade" was considering the pace Riverside's runners were setting and their previous record in head-to-head competition with the other affected runners.

In 4-Year College finals, Arizona found the soil of Arizona to their liking as their men destroyed PAC-10 champ Oregon, as well as the rest of District 8 field by a 27-64 count. The women's meet, however, was one of the closest ever seen as Washington just edged Oregon and Arizona 90-94-94.

At the NCAA Division II Championships at Slippery Rock, Adams State demonstrated the benefits of training at 8000 feet as they shut out the rest of the country and runner-up Western State 15-56 as their first 5 runners were separated by only 4 seconds. The women's competition was virtually the same as Adams out ran Western 64-99 with Cal Poly SLO 3rd.

In NCAA Div. III, UCSD was 8th and 10th while the NAIA produced no local finishes worth mentioning.

## November 30

The State High School Cross Country Championships were business as usual for the CIF's Southern Section as the boys from Hart and the girls from Agoura captured Division I crowns by scores of 53-80 over Thousand Oaks and 75-109 over Irvine. Other So-Cal schools winning State Championships included the boys from Mission Bay and Newport Harbor as well as the girls from Ocean View and Corona del Mar.

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# PREP NOTES

By KEITH CONNING

## ■ Northern California Track Results Wanted

Please send Northern California track results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. Indicate the name of the meet, site, and date.

## ■ Millard Hampton-Andre Phillips Track and Field Classic

The Third Annual Hampton-Phillips Classic will be held on Saturday, March 27th at San Jose City College.

"The 1992 meet proved to be one of the most successful affairs that involved all age groups, elementary, junior high, and high school athletes," said meet director Robert Poynter.

Contact Robert Poynter at Silver Creek High School (408) 274-1700.

## ■ Oakland Invitational

The Oakland Invitational will be held at Edwards Stadium, Berkeley on Saturday, April 3. Contact Ralph Belany at McClymonds High School in Oakland.

## ■ Pierce-Golden Bear Relays

The Pierce-Golden Bear Relays will be held at Edwards Stadium on the campus of the University of California at Berkeley on Saturday, April 10.

This is a meet open only to schools in the North Coast Section.

There will be both invitational and relay events on the schedule. Invitations are being sent out to the top NCS athletes returning from last year.

This first-class meet was well received by both coaches and athletes last year.

Russ Pierce, who placed in the NCS 200 meters while in high school, is now a successful insurance salesman.

Bill Wamosh, the athletic director at Alameda High School in Martinez, is the person to contact for information.

## ■ 20th San Francisco/AAA Invitational

Polo Fields, Golden Gate Park, San Francisco, September 19--The 20th annual San Francisco/AAA Cross Country Invitational Meet had 444 runners cross the finish line from 21 schools from around Northern California.

The 21st annual meet will be held on September 18, 1993 (their tentative date).

*(Prep Editor: Andy Leong, the meet director, asked me why I only ran the newspaper results of his meet in the last issue. Unfortunately, I did not receive his completed results until after my deadline for the November/December issue. Usually I send in my computer disk to Fresno about the 15th of the month before the issue date.*

*Coaches, it is important to send your results to me as soon as possible.)*

## ■ 25th Stevenson Invitational

Pebble Beach, October 3--A total of 421 runners representing 26 schools competed.

## ■ Mariner Invitational IX

Garin Park, Hayward, October 17--Meet director Phil Wilder, the coach at Moreau (Hayward) writes: "The Spaghetti Dinner and Clinic on Friday had over 300 runners and coaches heard Matt Giusto give an awesome 90 minute clinic! ...almost 900 runners crossed the finish line on Saturday!

"Next year we will be celebrating Mariner X on Friday, October 16, and Saturday, October 17, 1993."

## ■ William "Bill" McChesney (South Eugene, Eugene, Oregon 1977) killed

Newport, Oregon, October 29--Bill McChesney (South Eugene, Eugene, Oregon 1977), who still holds five national high school class records and four national high school age records, died in a car accident on

the Oregon Coast. He was 33. McChesney of Eugene, qualified for the U.S. Olympic team at 5,000 meters in 1980 and two years later he missed setting a national record that distance by less than one second.

The former University of Oregon runner was the Pacific-10 Conference record-holder for 5,000 (13:14.80) and 10,000 meters (27:50.82).

He had the following career bests: 3:40.0 (1981); 1 mile 3:56.36 (1981); 2:08:23.16 (1981); 5,000 meters 13:14.80 (1982); and 10,000 meters 27:47.25 (1982).

In 1975, as a sophomore at South Eugene, McChesney set a new national high school sophomore class and age-16 record of 29:27.2 in the 10,000 meters. The old record of 30:12.8 was set by Eric Hulst (Guna Beach) in 1974. Hulst also died tragically young.

In 1976, as a high school junior, McChesney set a new national high school junior class and age-17 record of 29:06.8 in the 10,000 meters. The old record of 29:11.0 was set by Rudy Chapa (Hammond, Ind.) in 1975. *Track & Field News* selected McChesney as an All-American in three events: two miles, three miles, and six miles.

## ■ Reebok sues L.A. Gear over 'The Pump'

Stoughton, Mass., October 29--Reebok International Ltd., armed with a newly-issued patent for its inflatable shoe technology called "The Pump," has filed suit against competitor L.A. Gear Inc.

The patent issued by the U.S. Patent Office Tuesday covers athletic shoes featuring an inflatable chamber and pump mechanism.

Reebok immediately filed a patent infringement suit against L.A. Gear in federal court in Boston over six models of shoes sold by the California company under the name "The Regulator."

The suit seeks an injunction against sale of the shoes, plus unspecified damages.

"The Pump" was introduced by Reebok in November 1989 and the company has



## PREP NOTES

ed more than 12.2 million pairs of shoes incorporating the inflatable technology, which is the wearer to drive air into inflatable fibers to more closely grip the foot. Patent applications are pending for other of the same technology, company officials said. Reebok has constantly been in against competitors it says infringed on its.

## Morgan Hill girl banned from playing on boys' soccer team

Erin Dommert, Mercury News Staff Writer Erin Dommert, a sophomore soccer player at Live Oak High School, is blessed with fine talent. Unfortunately, her talent has led to just one thing: aggravation. Dommert is good enough to play on the junior varsity team. She wants to play on the boys' team the boys want her to play. In fact, she says the whole thing was the idea.

Why? Because a CIF rule states that girls cannot play on a boys' team when a school offers competition in that same sport. For example, a girl can play football with boys because there is no girls' football team. But because the Morgan Hill school offers soccer for boys and girls, the school will not allow her to play on the boys' team.

Erin's father, Dan, said he is in the process of challenging the CIF rule by filing a discrimination complaint with federal civil rights officials.

Erin obviously does not agree with the rule, but she understands the situation. "I don't think I'll get to play even if I make the team," she said.

Junior Varsity Coach Jim Brown has said that if Erin makes the team, she is welcome to practice with the boys every day. But not in games.

"If we played her in games, we would have to forfeit because of the CIF rule," Brown said. "Then nobody would play us. How would they get on a bus to come here when they can stay home and take the win?" Dommert said that practicing every day with the boys would help her improve her strength and quickness. That is the plus side of the scenario. The down side is that she will not experience the competition.

"I might consider going out for another year," she said. "It's something I'll have to think about."

The girls' soccer team is not among the sports Dommert is considering. She said she had every intention of playing on the girls' team until a few weeks ago when the boys encouraged her to play for their team.

"I've come this far already," she explained.

Some members of the girls' team haven't been supportive of her decision.

Playing for her club team, which she did last year, is out because most of the girls on the team are playing high school ball this year.

Asked for his stance on the CIF rule, Brown said, "If you're qualified for a job, you should be able to do it, male or female. Erin qualifies to play soccer on the boys' team. I have no complaints with that."

Dommert's dilemma is ironic. The intent of the CIF rule was to protect girls by preventing boys from taking spots on girls' teams. And many women support the rule, contending girls' teams would be robbed of the better players and, in the process, would be conceding that boys' sports are inherently more important.

*(Prep Editor: The preceding article appeared in the San Jose Mercury News on November 6, 1992.)*

*The CIF is being asked to allow girls to pole vault with the boys, since there is not a pole vault event for girls in track and field. There are two girls entering high school who want to pole vault.)*

## Edwards Stadium becomes landmark

By William Brand, *Oakland Tribune*  
Berkeley--Local residents opposed to the destruction of Cowell Hospital by UC-Berkeley won a unanimous recommendation yesterday from the state to place Cowell and two other university structures on the National Register of Historic Places.

Cowell Hospital, built in 1930, is scheduled for demolition by the university during the winter break to make way for the \$45 million Haas School of Business.

Members of the Berkeley Architectural Heritage Association--who nominated the three buildings, Cowell, Edwards Stadium and Cloyne Court--said placement on the register could delay demolition, but more likely will not.

"At the very least the university will have to do a historic building survey and convince the State commission that the building should

be razed," said Susan Cerny, a BAHA member and vice chair of Berkeley's Landmark Commission.

She noted that the university has published that Edwards Stadium, which is famous for its art deco architecture, may be razed in the future to make way for a new sports facility. This will make it difficult for the university to proceed, Cerny said.

The landmarking is another in a series of attacks by residents of Berkeley concerned about the impact of the university's Long Range Development Plan on historic buildings and on the uniqueness of the university and the quality of life around the campus.

*(Prep Editor: The preceding story appeared in the Oakland Tribune on November 7. Edwards Stadium is used by the North Coast Section for their Meet of Champions which determines who goes to the State Meet. Two major high school invitational meets--Oakland and Pierce-Golden Bear--conducted there.)*

*The university would like to build a large basketball arena on campus on the site of Edwards Stadium. The current Harmon Arena only seats 6,000+. The California basketball team is going to play several games in the Oakland Coliseum Arena this season, in order to accommodate the increased number of fans that they have as a result of recruiting.* Jason Kidd.)

## High school sports grapple with major-league obstacles But participation is up, despite big and growing problems

By Tom Watts, Associated Press  
KANSAS CITY, Mo. -- Lawsuits, problems with funding and lack of sportsmanship in high school athletics worry the man who oversees prep sports nationally.

Brice B. Durbin, the retiring executive director of the National Federation of State High School Associations, said those problems have a big impact on the future of high school sports despite a survey that found participation at its highest level in 13 years.

"Increased litigation has had a definite negative financial impact on athletics," Durbin said. "High schools can no longer run programs without liability and student accident insurance."

Gymnastics has been virtually eliminated at the high school level because of the fear of lawsuits. "Boy's gymnastics has almost dropped off the face of the earth, and the girls' is being phased out."

*continued next page*



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ault isn't far behind," Durbin said.

National Sports Underwriters, Inc., of Overland Park, Kan., handles liability insurance for more than 20,000 individual members of federation organizations throughout the United States.

"The national federation is at a crossroads," said Doug Chickering, president of the federation. "We don't need a backlog of lawsuits."

## Immunity laws needed

After 16 years of heading the federation, Durbin offers two solutions he hopes will put limits on judgments.

"We need immunity laws in states that protect coaches and officials," he said. "We need a major effort to enact federal and state legislation to place caps on judgments."

The obvious effect of increased spending on lawsuits, Durbin said, is that participation at the high school level is certain to drop.

However, a recent survey by the National Federation said there were 5,370,654 high school sports participants in 1991-92, up from 1,983 from the previous year. The total is the highest since the 5,563,912 reported for the 1978-79 school year.

"It is obvious that despite decreases in high school athletic budgets, schools are finding new and unique ways to fund programs," Durbin said.

In fact, one of the most positive transformations during Durbin's tenure is the change in funding philosophy.

"Leaders have begun to accept that other sources of revenue must be sought. Many programs would have folded without this change in thinking, but efforts must be accelerated," Durbin said. "We must continue to obtain funding from businesses, corporations and booster clubs."

"In the 1970s, I was criticized for making suggestions about corporate sponsorship, but no one is laughing now."

## 'Pay to play' counterproductive

Although "pay to play" is the popular temporary answer to funding prep sports in Detroit and Philadelphia, Durbin said it's not the solution.

"Pay to play is counterproductive because some students are not able to pay or are limited to participating in one sport because of the expense," Durbin said. "It has decreased the number of participants."

Sports in San Francisco public high schools have been kept alive by revenue from a special tax applied to Giants and 49ers tickets. In Chicago, principals said they intended

to drop winter and spring sports unless enough money was raised to support them. But donations from Foot Locker, Inc. and Michael Jordan raised the \$1.2 million needed to keep sports afloat.

Lack of sportsmanship and the win-at-all-costs attitude have also hurt sports. "This attitude manifests itself with performance-enhancing drugs," Durbin said. "Steroids is a serious problem. We cannot permit drug use from an athletics and integrity standpoint."

## Girls participation up

The growth of girls sports and stronger academic standards, Durbin said, have been positive changes. The overall number of girls participating in high school sports this year rose to 1,940,801, which was second highest to the 2,083,040 reported in 1977-78.

"More women competing in college athletics has been an inspiration to high school girls," Durbin said. "I am concerned about the decline in the number of women coaches. I hope my successor can turn that around."

*(Prep Editor: The preceding story appeared in the San Francisco Examiner on Nov. 7, 1992.)*

## ■ USC Track News

Jim Bush, the USC track coach, has announced that the following five athletes have enrolled this semester:

Paul Greene (Australia) (Freshman) 45.61, 20.58, (45.1 relay)

Pedro Rodrigues (Portugal) (Freshman) 49.46 (1H), 14.13 (1H)

Balazs Kiss (Hungary) (Freshman) 232' (Hammer)

Chad Danowsky (Sophomore) 176' (Discus), 190' (Hammer)

Dustin James (Junior) 46.02

USC will have 5 high hurdle prospects with the three from the football team, and an outstanding relay man and sprinter in Curtis Conway, the "all purpose" football great.

Bush is looking for some points from their three decathletes, their one high jumper, and one triple jumper, and a lot of points from their very strong group of throwers.

## ■ NCAA Cross Country Championships

Bloomington, Indiana, November 23-- Gary Stolz (Stanford/Rancho Palos Verdes) finished second behind Indiana's Bob Kennedy in the NCAA Cross Country Championships. Stolz's time for 10 kilometers was 30 minutes and 36.1 seconds, 20.8 seconds behind Kennedy.

Four University of Arkansas runners were among the top 15 finishers as the zorbbacks won their third consecutive title with 46 points and record-tying NCAA championship No. 17 for coach John McDonnell. Texas-El Paso coach Ted Banks also had 17 titles. McDonnell has won six NCAA cross country titles: 1984, 1986, 1987, 1990, 1991, and 1992.

Bob Kennedy (Indiana), who won the meet as a freshman in 1988, set a new course record of 30:15.3. The old course record of 30:46.5 was held by Kennedy. Kennedy placed second in the 1992 NCAA 1,500 meters in 3:39.10. Kennedy (North High School, Westerville, Ohio 1988) ran the 16th fastest high school 1,500 meters course (3:47.69). He placed fifth in the 1991 TAC Junior meet 1,500 meters as a high school senior. He also had a best of 4:11.8 in the 1,600 meters in 1988.

Louie Quintana (Villanova/Arroyo Grande High School 1992) placed fourth in 31:09.8. Quintana placed fourth in the 1989 State Meet 1,600 meters in 4:12.49, second in 1990 in 4:08.29, and fourth in 1991 in 4:14.43. Quintana had high school best times of 1:50.2 (800), 3:52.3 (1,500), 4:10.74+ (1,600) and 9:11.8+ (2 miles) in 1991.

David Welsh (Arkansas/Jesuit High School, Carmichael 1989) placed fifth in 31:09.8. Welsh led his team to the title. Welsh won the 1989 State Meet 3,200 meters in 8:58.08.

Deena Drossin (Arkansas/Agoura High School, Agoura Hills 1991), eighth in the 1992 NCAA track 5,000 in 16:49.30, placed second in the women's 5,000 meter race in 17:12.7. Drossin led her team to second place with 130 points. Drossin placed third in the 1989 State Meet 3,200 meters in 10:36.67, first in 1990 in 10:29.60, and in 1991 in 10:30.71. Drossin's 1991 best times were: 4:33.8 (1,500), 4:52.78 (1,600), and



GARY STOLZ  
Photo by Bill Coon



DEENA DROSSIN  
Photo by Bill Coon



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9.62 (3,200). Shelley Taylor (Arkansas/Edison High School, Huntington Beach) placed thirteenth in 4:42.0. Taylor placed fifth in the 1990 State Meet 1,600 meters in 4:57.20. Villanova won its fourth consecutive men's title with 123 points behind Carolac (Baldwin High School, Pittsburg, PA), who led the entire race. Zajac dropped out of the 1992 NCAA track championships in the flu. Becky Spies (Livermore 1991), 1990 State Meet 1,600 meters champion in 4:48.74 and 1991 champion in 4:45.11, was number four woman on their team at the meet.

## Bernard Ellison (Vallejo High School 1986) charged with dealing cocaine

athletes charged with dealing drugs. By Jim Cour, The Associated Press. Seattle--Eight people, including four current or former University of Washington athletes, including a Vallejo High School graduate, were charged yesterday with dealing cocaine or marijuana.

Some of the cocaine deals took place at a dormitory where football players live, King County prosecutor Norm Maleng told reporters.

Bernard Ellison, a former state track meet participant for Vallejo who went on to Santa Clara College and the University of Washington after graduating in 1986, was one of the athletes charged in the case.

"We are shocked and dismayed about the events of today," Washington athletics director Barbara Hedges told a news conference.

Hedges announced the suspension of re-leased football linebacker Danianke Smith, one of those charged with dealing cocaine.

"From a football coach's perspective, the use of drugs by athletes is frightening,"

Don James said. "Even more frightening is having a seller on your team. It's a situation that would scare you the most."

Smith, former basketball star Doug Meehan, former hurdler Bernard Ellison and former football player James Goodwin were charged with dealing cocaine, Maleng said.

Ellison, 25, a native of Shreveport, La., attended Vallejo schools, is the Washington record-holder in the 400-meter hurdles and had the second-fastest time in the Pacific Conference last year. He faces two suspensions. Last Aug. 28, The Athletics Con-

gress announced Ellison had been suspended from track and field competition for four years after he failed to appear for an out-of-competition drug test. Prosecutors were seeking \$25,000 bond on Ellison, who resided in the Seattle area after college.

Ellison, according to his high school track coach Mike Wilson, received his degree from Washington this past summer.

"Because of the volume of cocaine involved, these defendants cannot be described as small-time cocaine dealers and as a result will face serious penalties if convicted," Maleng said.

Dealing cocaine carries a maximum penalty of 10 years in prison. The maximum penalty for selling marijuana is five years.

The seven-month investigation turned up no sales of drugs to athletes, Maleng said.

"I'm satisfied that the criminal justice system has rooted out the source of the problem," he said.

(Prep Editor: The story appeared in the Vallejo Times-Herald on November 25, 1992.)

In the 1985 State Meet the Vallejo 4 X 100 relay team placed fourth in 41.86. Ellison was a member of that team. Ellison also placed seventh in heat 2 of the 110-meter high hurdles in 15.47w.

In the 1986 State Meet the Vallejo 4 x 100 relay team placed ninth in 42.20. Ellison placed sixth in heat one of the 110 meter high hurdles in 15.30.

Ellison ran the 400 hurdles in 50.54 in 1988 as a college freshman at Shasta Community College.

Ellison had a best of 51.33 as a junior at Washington in 1990.

On March 30, 1991 Ellison, a senior at Washington, placed second in 49.85, his personal best, in a 5-way meet in Tempe, Arizona.

Ellison did not compete after qualifying for the semifinal round of the 400 hurdles at the 1991 NCAA meet.

Ellison was 13th on the 1991 United States list in the 400 meter hurdles. The twelve listed ahead of him were: Danny Harris (Perris High School 1983) 47.38, Kevin Young (Jordan High School, Los Angeles 1984) 47.83, Derrick Adkins 48.60, David Patrick 48.65, Nat Page 48.92, Pat McGhee 48.93, McClinton Neal 48.99, Torrance Zellner 49.30, Kevin Henderson 49.32, George Porter (Cabrillo High School, Lompoc 1985) 49.51, Robert Rucker 49.54, and Andre Phil-

lips (Silver Creek High School, San Jose 1977) 49.56.

Ellison was 43rd on the 1991 World List in the 400 meter hurdles.

According to the **EAST UNITED STATES TRACK AND FIELD ANNUAL 1992**, Berman Bentwaine Ellison was born in Shreveport, Louisiana on June 16, 1967. He is 6-5 and 185.)

## Kevin Young named athlete of the year

November 26--United States hurdler Kevin Young (Jordan High School, Los Angeles 1984), third in the 1984 State Meet high hurdles in 14.34, and German high jumper Heike Henkel were named athletes of the year yesterday by the International Amateur Athletic Federation. Young set a world record of 46.78 in winning the gold medal in the 400-meter hurdles at the Barcelona Olympics. Henkel won a gold medal in the women's high jump in Barcelona. In voting for male athlete of the year, Young outpolled distance runner Moses Kiptanui of Kenya and last year's winner, Carl Lewis (Willingboro High School, New Jersey 1979). Pole vaulter Sergei Bubka was fourth, with Olympic 400-meter champion Quincy Watts (Taft High School, Woodland Hills 1988), the 1986 and 1987 State Meet 200 meter champion, of the United States fifth. Heike Drechsler of Germany, winner of the Olympic long jump, finished second in the voting for female athlete of the year. She was followed by Olympic heptathlon champion Jackie Joyner-Kersey (Lincoln High School, East St. Louis, Illinois 1980) of the United States.

## New Mexico placed on probation

December 9--New Mexico's athletic program was placed on three years probation by the NCAA for major violations within the men's track team.

The NCAA listed six specific violations of the men's track program under former coach Del Hessel, who was fired in July 1990.

## Kamy Keshmiri (Reno High School, Reno, Nevada 1987)

December 13--Kamy Keshmiri, the 1990 world leader in the discus, with a throw of 207 feet, 5 inches, faces a lifetime suspension after failing to take an out-of-competition drug



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st as mandated by USA Track & Field.

Instead, Keshmiri, already under suspension until 1996 after testing positive for the steroid methandienone earlier this year, said at "I took my own test" at the University of Nevada in Reno.

Keshmiri said he was notified Wednesday by the national governing body for the sport, to take a random test within 48 hours or face a lifetime ban. He took a test within the allotted time, but not according to the conditions set by USATF.

Keshmiri (Reno High School, Reno, Nevada, 1987) set the national high school record in the discus of 225-2 at the Golden West Invitational in Sacramento on June 13, 1987. He also set the national high school sophomore class record of 200-10 in 1985.

## Pedro daSilva (Oregon)

December 15--The Pacific-10 Conference publicly reprimanded the University of Oregon for an NCAA eligibility rule violation involving former decathlon star Pedro da Silva, commissioner Tom Hansen announced.

Points scored by daSilva in all of Oregon's 1991-92 competitions, including the Pac-10 and NCAA championships, will be deducted, and daSilva will be stripped of his decathlon championship last season.

DaSilva placed third in the NCAA on June 5 with 8,176. His teammate Muhammad Iqbal was fourth with 8,087.

DaSilva won the Pac-10 championship with 8,060. Dallow (Arizona) was second with 7,881.

## Robert E. Nelson

athlete, vocational teacher

San Francisco, December 17--Robert E. Nelson, a state record-setting pole vaulter at Polytechnic High School and a retired vocational training teacher at San Quentin, has died of acute plasma cell leukemia. Mr. Nelson was 75.

The disease is extremely rare and fast-moving, according to Nelson's wife of 53 years, Bette, who was her husband's high school sweetheart. "He didn't have it a month ago, when he took routine blood tests," she said, "and he was only diagnosed with it Saturday, December 5, when I took him to the hospital after he'd been violently ill the night before. By then they had to put him on a kidney dialysis machine."

Mr. Nelson was born in San Francisco -- his father was the popular local pop recording

artist Robert Olsen -- and by the time he left Polytechnic High School he was a sports legend as a high school All-American pole-vaulter. He was the first California school boy to clear 16 feet (see note below) -- and with a bamboo pole. He also competed at meets around the state for the Olympic Club.

Mr. Nelson's athletic prowess earned him a scholarship to Stanford, but he injured his back and was unable to compete further. "He couldn't afford to stay there without a scholarship," Bette Nelson remembered. "So we got married in 1939, and he became a shoemaker, who specialized in making shoes for the handicapped."

Mr. Nelson's interrupted college career, his shoe repair work -- and even his pole-vaulting -- would come into a curious alignment after his 40th birthday, when he successfully applied for a California state job as a vocational teacher at San Quentin. He needed a college degree to keep the job -- and, as he often jokingly remarked, he wanted the job so he could teach the inmates pole-vaulting -- so he returned to school at UC-Berkeley, earning his degree in vocational education in 1963.

He would teach shoe repair -- but not pole-vaulting, as he often wryly lamented -- at San Quentin for 21 years, retiring in 1980. He and his wife played golf three times a week during his retirement years at the Peacock Gap Golf Club and he frequently remarked that his major regret in life was not shooting a hole-in-one, while his greatest thrill was standing on the tee with his wife as he watched her sink one on Peacock's 13th hole. "I never came even close again, but I've often seen him come within inches," Bette Nelson recalled with a laugh.

Survivors, besides his wife, Bette, of San Rafael, include three sons, Dr. Gary Nelson of Mill Valley, and Robert Nelson and Ronald Nelson, both of Lagunitas; and one daughter, Arline Moore of San Rafael. Mr. Nelson also leaves eight grandchildren and two great-grandchildren.

It is suggested that memorial gifts go to Guide Dogs for the Blind, P.O. Box 151200, San Rafael, CA 94915.

(Prep Editor: The preceding obituary appeared in the San Francisco Examiner on December 17.

Nelson was not the first California schoolboy to clear 16 feet. Nelson would have been 18-years-old in 1935.

On April 30, 1932 Bill Sefton (Polytechnic, Los Angeles) set the national high school

pole vault record of 13-6 1/2 in the Los Angeles City meet. Sefton and Tom White (Long Beach) set a State Meet record of that year.

On April 29, 1938 Baylor Maynard (Montclair, Los Angeles) broke Sefton's record with a vault of 13-9 1/4 against Garfield.

On June 8, 1953 Ron Morris (Burbank) broke Maynard's record with a vault of 13-11 1/2.

I was unable to find Nelson's name in HIGH SCHOOL SPORTS HISTORY CALIFORNIA Track & Field by Bruce McIntosh, Rick Obrand, and Bill Peck, or in the Highlights of the State Track Meet 1915-1975 by Donn B. Kirk and David M. Cooper.

If anyone out there knows what Nelson vaulted please let me know.)

## John Billingsley banned for life

Indianapolis, December 18--John Billingsley, the 10th-ranked hammer thrower in the United States in 1989, has been banned from competition for life, USA Track & Field announced.

Billingsley, 26, of Placentia, was suspended for two years in June 1991, after testing positive for high levels of testosterone. He would have been eligible to return to competition June 16, 1992, provided he passed further drug tests.

He was selected for testing the week of October 19 but failed to appear.

Kathy Presnal, USTAF's substance abuse program manager, said Billingsley informed that he had 28 days to explain his failure to comply and another 14 days to appeal, but never appeared.

Billingsley was born on April 14, 1966. He graduated from Woodway High School in Edmonds, Washington in 1984. He competed for Spokane Community College 1985-86, Washington State 1989. He placed fourth in the NCAA in 1989.

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**PREP NOTES**

## "California Track and Cross Country Coaches Alliance Editorial "It is time for a Fifth State Division in X-C"

What has made support for Cross-Country so great the last couple of years in our state? I'll bet your first reaction is that the initiation of a CIF/Reebok High School State Championship was the biggest factor in increasing interest and following of the Fall competitions. Each year the harrier campaign has ended with massive gathering in Fresno at Woodward Park for the very competitive State Finals meet with teams and individuals from the far and wide corners of our huge state. Athletes, coaches, and their followers go through all the emotional highs and lows that go with reaching for the ultimate competitive heights during a day of torrid action that completes another great harrier season.

There is another very important factor that goes with this rise of interest in our Fall Sport. The school-size championship divisions have allowed for a large number of schools and individuals to be competitive for statewide honors, with the significance of successes along the way magnified for all by the four levels that now exist. Some of the best racing, closest competition, and certainly the most widely diverse division geographically in the battle for state honors is the Division IV or Small Schools level. With teams from Yreka, Lassen (Susanville), McFarland, Nordhoff (Ojai), and others, year in and year out battling for top awards, our sport has created a real niche for all. If you were to ask perennial award-winning small school coaches Jim Eckman of Yreka or Ken Reeves of Nordhoff if a factor in attracting talented athletes to the sport of Cross-Country is the simple statement, "We are going to state and we have a chance to win a championship," I am sure that their response would be in the affirmative. Racing against schools of their size all the way to the State Championship level has really helped to make Cross-Country special on their campuses. While the above mentioned schools all have rich traditions in many other sports, even in those such as Track and Field, where athletes and teams of all sizes are mixed together at Championship time, I am sure the excitement that takes place in those other activities does not equal the thrill and spirit that goes with the cross-country squads going for team glory at their enrollment level in Fresno in late November.

The above information may not be too surprising to you. Interest has arisen lately over the number of championship divisions in Cross-Country compared to some of the other sports with state championships. The sports of Volleyball and Basketball each have five divisions at the State Championship level. Is this by chance? No, we are sure that some thought went into the dividing up of schools of different sizes and what size schools should realistically be expected to be able to com-

pete against each other in their divisions. Squads in the sports of Volleyball and Basketball have to compete against far fewer teams statewide in their quest for championship honors.

Perhaps it is time for Cross-Country to also move to a five-division structure. In reviewing the four divisions currently in place for Cross-Country (three grades 10-11-12 used in figuring) Division IV-1-704, Div III-705-1139, Div II-1140-1515, Div I-1516+ the widest range of enrollments within a division are at the top and the bottom. There are approximately 225 schools in each of the state's four Cross-Country divisions. Division I has high schools of the four year variety with over 2000 students on campus (with ninth graders figured in). I think most would agree that a coach who wishes to build a program will have sufficient bodies available at that level to put a representative team out on the course. Yes, there are schools in the state with as many as 5000 students, but when you hear the horror stories about scheduling and crowding, there does come a point where too many candidates becomes a detriment.

The inequalities seem to show up at the lower (Division IV) end, where schools of a couple of hundred are often on a campus with an eleven man football program, fall volleyball and other sports teams, and are expected to compete in their division against schools that total close to a thousand students when the ninth graders are added in.

The division of the State's Cross-Country schools into five divisions of approximately 180 schools each would put things much more into balance, as well as give the state's Cross-Country teams the same chance at Statewide honors that Volleyball and Basketball teams are now accorded. Dividing the Cross-Country divisions into five levels would have enrollments (three grades 10-11-12 figures used) as follows:

- Div V 1-441
- Div II-442-863
- Div III 864-1222
- Div II-1223-1604
- Div I-1605+.

For close followers of the sport it seems kind of freaky. It is like some of the upper and lower ends of a previous division were tossed up or down a level. Remember, these divisions now contain 20% less schools (180 versus 225 in each division when four were used). If you look more closely, you can see the inequity that was done to the state's smaller schools is better corrected, as the range of schools enrollment size there has gone down significantly (440 student difference now while 703 before), while interestingly each of the rest of the divisions outside of Div I are in the mid-300's to high 400's in total enrollment range of schools there. While there may be some disparity in the number of schools in some of the State's sections in some of the divisions that would be set up, when it comes to discussing an issue statewide, what is best for all is the most important factor (for who knows what will happen down the road in overall enrollments in different areas?).

With the recommendation recently by the State Track and Cross-Country Advisory Committee to reduce the number of individuals allowed from each section in each division on to the State Cross-Country meet to the level that each section has to the State Track Meet in each event it appears we are moving towards a reduction in participation in the State Cross Country Meet. This reduction of individuals is a whole other issue that we do not have the time to take up here. What the California Track and Cross Country Coaches Alliance is interested in is a trade involving the creation of a fifth division in exchange for the reduction in these individuals. A detailed summary of the above information was sent to each Section Commissioner by the Alliance earlier this Winter. It is hoped that the State's Coaches and schools will follow through with the impetus to take the legislative steps with their section and statewide to make possible the creation of this fifth division in the sport.

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# California Track and Cross Country Coaches Alliance

## 1992-93 Membership Update:

In its fourth year the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE continues to expand its scope, involvement, and improvement regarding our two sports within the state.

## Why Should I Join The Coaches Alliance?

The CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field. Additionally, during the 91/92 year we honored 36 coaches throughout the state for their contributions to our sport.

Provides a unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows a group consensus helps to bring about change more effectively than isolated individual concerns.

The COACHES ALLIANCE was directly involved in helping to create a change in the State Cross Country meet format from three divisions to four.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE will be involved with clinics at Stanford, Fresno State, and San Diego during the month of January.

The State CIF has thought enough of the ALLIANCE to include two of its members on a select CIF Track and Cross Country Advisory Committee. Additionally, during the 92/93 season the ALLIANCE will assist the state office in helping to select section honor coaches for the state meet program.

## What Do I Receive For My Membership?

COACHES ALLIANCE members will receive monthly editions of **California Track News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings organized around the **CIF/REEBOK** State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

## **If you would like to join, please fill out the following: (Please Print)**

Name: \_\_\_\_\_

School: \_\_\_\_\_ Section: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ School (\_\_\_\_) \_\_\_\_\_



**Dues for one year (Tax Deductible) \$25.00 -- Individual Membership / \$50.00 -- School Membership\*. Make check out to Coaches Alliance and send to:**

Dennis McClanahan--Treasurer ■ 4957 East Heaton Ave. ■ Fresno, CA 93727

**\*School Membership \$50** --- Schools will receive discounts for all members of their staff at clinics as well as a second copy of California Track News (you can have it sent to the library, or a second copy for your staff)

School: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

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# PREP NOTES

## One Person's Opinion

by Doug Speck

Congratulations to the group who ran the 1992 California State High School Cross Country Championships. Meet Director Steve Kelley from Fresno High School, Assistant Director Ellen Jackson from Yosemite HS (Oakhurst), the amazing computer system of Bob Rush, and local Fresno support crew did their usual super job of running the carrier event.

The time may have come to take a look at the State Cross Country Championship day with the intent of making it a bit of a tighter affair, with the intention this year where award presentations took place while other divisions were out racing on the course; it made the affair seem quite disjointed. The day does not seem like the kind of a production that would keep the average fan coming back again and again after their relative or neighbor ran one year, the major reason why they may have come out for the first time. Further, do state harrier fans and followers realize a big reason why the state has never gone to five cross-country divisions, as there are Volleyball and Basketball, is because of the length of the State Cross Country Meet?

Fans should be able to watch all the races (if they wish), have athletes and teams introduced, and have a chance to view all athletes receiving their awards after their races. The Southern Section Championships at Mt. San Antonio College feature all of the above, currently an eight race Final day, with awards presented and all of the above important viewing, introduction, and award presentations done in a period of three and a half hours.

Twenty five minutes between Boys races and thirty minutes between girls races would allow for viewing of all the races, introductions of the teams and major individuals at the starting line, and give everyone a chance to see the award winners receive their trophies in two sessions during the morning and early afternoon.

The following schedules show how the schedule currently set up, how a five division final (with introductions at the starting line and award presentations so that all could view them) could be designed, and how the Southern Section runs its Finals competition.

### Current Schedule:

|                                    |            |
|------------------------------------|------------|
| Division IV - Boys Introductions   | 8:50 a.m.  |
| Boys Race                          | 9:00 a.m.  |
| Division IV - Girls Introductions  | 9:25 a.m.  |
| Girls Race                         | 9:35 a.m.  |
| Division III - Boys Introductions  | 10:05 a.m. |
| Boys Race                          | 10:15 a.m. |
| Division IV Awards                 | 10:20 a.m. |
| Division III - Girls Introductions | 10:40 a.m. |
| Girls Race                         | 10:50 a.m. |

|                                   |            |
|-----------------------------------|------------|
| Division II - Boys Introductions  | 11:20 a.m. |
| Boys Race                         | 11:30 a.m. |
| Division III Awards               | 11:35 a.m. |
| Division II - Girls Introductions | 11:55 a.m. |
| Girls Race                        | 12:05 p.m. |
| Division I - Boys Introductions   | 12:35 p.m. |
| Boys Race                         | 12:45 p.m. |
| Division II Awards                | 12:50 p.m. |
| Division I - Girls Introductions  | 1:10 p.m.  |
| Girls Race                        | 1:20 p.m.  |
| Division I Awards                 | 1:40 p.m.  |

### POSSIBLE 1993 SCHEDULE

(with fifth division):

|                                                                                                                                                       |            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Division V-Boys Introductions (starting line)                                                                                                         | 8:55 a.m.  |
| Boys Race                                                                                                                                             | 9:00 a.m.  |
| Division IV - Boys Introductions                                                                                                                      | 9:20 a.m.  |
| Boys Race                                                                                                                                             | 9:25 a.m.  |
| Division V - Girls Introductions                                                                                                                      | 9:45 a.m.  |
| (this system of running two boys races in different divisions followed by two girls races would avoid a coach having squads in two consecutive races) |            |
| Girls Race                                                                                                                                            | 9:50 a.m.  |
| Division IV - Girls Introductions                                                                                                                     | 10:15 a.m. |
| Girls Race                                                                                                                                            | 10:20 a.m. |
| Division III - Boys Introductions                                                                                                                     | 10:45 a.m. |
| Boys Race                                                                                                                                             | 10:50 a.m. |
| Division II - Boys Introductions                                                                                                                      | 11:10 a.m. |
| Boys Race                                                                                                                                             | 11:15 a.m. |
| AWARDS DIVISION V-IV                                                                                                                                  | 11:40 a.m. |
| Division III- Girls Introductions                                                                                                                     | 11:55 a.m. |
| Girls Race                                                                                                                                            | 12:00 noon |
| Division I - Boys Introductions                                                                                                                       | 12:25 p.m. |
| Boys Race                                                                                                                                             | 12:30 p.m. |
| Division II - Girls Introductions                                                                                                                     | 12:50 p.m. |
| Girls Race                                                                                                                                            | 12:55 p.m. |
| Division I - Girls Introductions                                                                                                                      | 1:20 p.m.  |
| Girls Race                                                                                                                                            | 1:25 p.m.  |
| AWARDS DIVISIONS III-II-I                                                                                                                             | 2:00 p.m.  |

### Current Southern Section Championship Race Schedule:

|                                                     |            |
|-----------------------------------------------------|------------|
| Division I - Girls Introductions (at starting line) | 7:55 a.m.  |
| Girls Race                                          | 8:00 a.m.  |
| Division II - Girls Introductions                   | 8:15 a.m.  |
| Girls Race                                          | 8:20 a.m.  |
| Division III - Girls Introductions                  | 8:35 a.m.  |
| Girls Race                                          | 8:40 a.m.  |
| Division IV - Girls Introductions                   | 8:55 a.m.  |
| Girls Race                                          | 9:00 a.m.  |
| Division I - Boys Introductions                     | 9:15 a.m.  |
| Boys Race                                           | 9:20 a.m.  |
| Division II - Boys Introductions                    | 9:10 a.m.  |
| Boys Race                                           | 9:40 a.m.  |
| Division III - Boys Introductions                   | 9:50 a.m.  |
| Boys Race                                           | 10:00 a.m. |
| Division IV - Boys Introductions                    | 10:10 a.m. |
| Boys Race                                           | 10:20 a.m. |
| AWARDS - ALL DIVISIONS                              | 10:45 a.m. |

## New Year's Resolutions for Track Coaches in 1993

- ✓ Inventory your track equipment before March 1st.
- ✓ Pass out uniforms at least one day prior to the first meet.
- ✓ Have your eligibility list OK'd by the AD prior to your first invitational.
- ✓ Have your coaching staff ready to go by the first day of practice.
- ✓ Vow to submit only legitimate times for entries to invitationals this year.
- ✓ Have entries in to the invitational meet within 4 days of the deadline.
- ✓ Have officials for your dual meet organized, trained and showing up on time by your second dual meet.
- ✓ Have your managers score your meet results correctly by the 3rd meet of the season.
- ✓ Vow to join the Coaches Alliance (staff included) by the beginning of the track season.

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Irvine, CA 92714



**PREP NOTES**

From Dennis McClanahan. . .

**Coaches Alliance Notes**

By the time this issue finds you, many of the coaches will be meeting on the clinic circuit and getting ready for the upcoming Track season. But before this season starts, let's wrap up cross country with just a few comments.

Congratulations, to all the XC teams involved in the CIF/Reebok State Meet in Fresno. It was a great day watching the events of the day and enjoying what is just a great season ending for our sport. A special note of congratulations goes out to those teams that either won their respective divisions or placed in the top three. It is a great achievement for your programs and we hope your kids, parents, school, and administrators realize it.

Also, a special note of congratulations and pats on the back should go out to Meet Director Steve Kelley and his crew for a great job running the state meet. The meet ran well, Bob Rush's result sheets were great, and the runners of California benefited from your time and effort. Hopefully, you enjoyed it enough to continue to do it in the future. A great many of us hope so.

Membership in the Alliance is up roughly 25% throughout the state, as we head into the clinic season. We had probably our best attendance ever at the Alliance meeting at the State XC Meet and quite a bit of good communication and information came out of meetings with various representatives of each section. Additionally, a big thanks to Peanut Harms

and Ron Richardson of Reebok for allowing us to use the Reebok room for our meetings.

Last but not least, if you are reading this article you are probably a member of the Alliance and supporting our attempt to improve the sports in our state. Try and get one of your fellow coaches to join and support us. Our future depends on association and communication, and more members helps us to reach that goal.

Hope your off season is going well, your healthy and looking forward to the spring, and hope to see you at some of the clinics this winter.

**1993 Prep Track Invitationals of Note:**

In the last few issues the Coaches Alliance has requested meet directors to send in information regarding their meet scheduling for the upcoming season. The following meets have requested information be printed regarding their meets. Hopefully in the future more meet directors will take advantage of this offer, as we feel that this could be a great service for coaches in the spring. We want to have the same idea for Cross Country and will offer it during the May issue.

Key--S=Section held, HS=Host school, MD=Meet Director, O=Open to schools outside section, E=Event emphasis/relay or individual.

**March 6**

Orange/Santa Ana Rotary Relays for Girls, S-Southern, HS-Orange High, MD-Lanny Car-

ter, (714) 997-6236, O-No, E-Relay.

**March 6**

Long Beach Poly Invitational, S-Southern, HS-Long Beach Poly High, MD-Charles Clinton, (310) 424-7335, O-Yes, E-Both with some field events.

**March 27**

Martinez Relays, S-North Coast, HS-Alhambra High, MD-Tim Bruder & Bill Wamosh, (510) 313-0439, O-Yes, E-Relay and some Ind.

**March 27**

Bruin Invitational, S-Southern, HS-Long Beach Wilson High, MD-Jim Arquilla, (310) 433-0481, O-Yes, E-Both.

**March 27**

Hampton-Phillips Track Classic, S-Central Coast, HS-Silver Creek High, MD-Bob Poynter & Frank Slayton, (408) 274-1700, Fax-408/274-1004, O-Yes, E-Ind.

**April 2/3**

Fresno Relays, S-Central, HS-Sanger High, MD-Dave Dodson, (209) 875-7121, Ext. 339, O-Yes, E-Both.

**April 10**

Pierce Golden Bear, S-North Coast, HS-Alhambra High, MD-Tim Bruder & Bill Wamosh, (510) 313-0439, O-Yes, E-Relay.

**April 23**

West Valley/Chico Invitational, S-Northern, HS-West Valley High, MD-Scott Fairley, (916) 347-7171, O-Yes, E-Ind.

**April 23**

Sanger Metric Invitational, S-Central, HS-Sanger High, MD-Dave Dodson, (209) 875-7121, Ext. 339, O-Yes, E-Ind.

**April 24**

Mt. Carmel/Pepsi Invitational, S-San Diego, HS-Mt. Carmel High, MD-Dennis McClanahan, (619) 484-1180, Fax-619/748-6984, O-Yes, E-Both.

**April 30**

Charley Eaton Relays, S-North Coast, HS-Acalanes High, MD-Manny Myers, (510) 935-2600, O-?, E-Relay.

**JOIN THE COACHES ALLIANCE TODAY**



# California Track and Cross Country Coaches Alliance

## PREP NOTES

### IF SECTION MEET RESULTS

#### Central Section

Mark, November 12, 1992. From Bob

ck

| Division I                                |         |
|-------------------------------------------|---------|
| <b>Teams</b>                              |         |
| era 19, 2. Clovis West 76, 3. McLane      |         |
| Clovis 124, 5. Bakersfield 138, 6. Roose- |         |
| 1, 7. Hanford 178, 8. Fresno 188, 9. Bul- |         |
| 0, 10. Hoover 298.                        |         |
| <b>Individuals (72 finishers)</b>         |         |
| havez 11 (Madera)                         | 14:53.1 |
| ropi 11 (Madera)                          | 14:55.0 |
| awson 12 (Clovis West)                    | 15:22.4 |
| olorio 12 (Madera)                        | 15:30.8 |
| os 12 (Madera)                            | 15:33.1 |
| arda 12 (Roosevelt)                       | 15:34.3 |
| arez 12 (Madera)                          | 15:51.4 |
| angelista 11 (Madera)                     | 15:53.8 |
| Clair 11 (Clovis West)                    | 15:59.7 |
| Meador 11 (Clovis)                        | 16:14.7 |
| Sesmas 12 (Bakersfield)                   | 16:15.4 |
| ollin 12 (McLane)                         | 16:16.1 |
| Gutierrez 12 (Clovis)                     | 16:16.4 |
| Dye 9 (Bullard)                           | 16:22.5 |
| Immanuel (McLane)                         | 16:25.3 |
| McNeal 11 (Clovis West)                   | 16:27.1 |
| Nagatani 11 (Hanford)                     | 16:32.1 |
| Martinez 11 (Hanford)                     | 16:32.3 |
| Howell 12 (West)                          | 16:33.4 |
| Imezola 12 (Madera)                       | 16:35.4 |

| Division II                             |         |
|-----------------------------------------|---------|
| <b>Teams</b>                            |         |
| West 46, 2. Madera 57, 3. Bakersfield   |         |
| over 107, 5. Clovis 122, 6. Fresno 151, |         |
| 166, 8. Roosevelt 189, 9. Bullard 216.  |         |
| <b>Individuals</b>                      |         |
| awson (Hoover)                          | 17:59.4 |
| inson (Clovis West)                     | 18:15.8 |
| nowan (Madera)                          | 18:29.1 |
| irson (Clovis West)                     | 18:33.1 |
| ronado (Madera)                         | 18:38.8 |
| nBebber (Bakersfield)                   | 18:39.7 |
| riel (Clovis West)                      | 18:55.4 |
| min (Bakersfield)                       | 19:27.7 |
| le (Bakersfield)                        | 19:41.4 |
| strada (Madera)                         | 19:47.1 |
| rnandez (Hoover)                        | 19:48.4 |
| aballa (Fresno)                         | 19:57.1 |
| leyer (Clovis)                          | 19:59.1 |
| eyes (Madera)                           | 20:05.1 |
| rness (Clovis)                          | 20:05.6 |
| zevado (Clovis West)                    | 20:13.2 |
| ughton (Clovis West)                    | 20:14.7 |
| guitra (Roosevelt)                      | 20:17.7 |
| ogan (Bakersfield)                      | 20:18.2 |
| visdo (West)                            | 20:19.9 |

| Division III                             |         |
|------------------------------------------|---------|
| <b>Teams</b>                             |         |
| re 34, 2. Yosemite 74, 3. Coalinga 95,   |         |
| ran 107, 5. Exeter 111, 6. Tehachapi     |         |
| idison 173, 8. Tulare West 228, 9. Tran- |         |
| 31, 10. Garces 267, 11. Shafter 305,     |         |
| a 323                                    |         |
| <b>Individuals</b>                       |         |
| eressig (Yosemite)                       | 15:15.6 |
| riley (Lemoore)                          | 15:32.6 |
| erman (Lemoore)                          | 15:48.8 |
| oa (Corcoran)                            | 15:58.6 |
| as (Lemoore)                             | 16:15.9 |
| bosa (Coalinga)                          | 16:28.8 |
| illa (Yosemite)                          | 16:31   |
| andez (Exeter)                           | 16:35.1 |

|                              |         |
|------------------------------|---------|
| 9. J. Palacios (Corcoran)    | 16:36   |
| 10. M. Newman (Lemoore)      | 16:37.2 |
| 11. L. Bianchi (Edison)      | 16:50.5 |
| 12. E. Wallman (Tehachapi)   | 16:51.3 |
| 13. T. Campos (Coalinga)     | 16:54.8 |
| 14. J. Shannon (Lemoore)     | 16:55.5 |
| 15. J. Avilas (Tranquility)  | 16:56.2 |
| 16. O.J. Kinsey (Lemoore)    | 17:07.4 |
| 17. D. Prescott (Yosemite)   | 17:06.6 |
| 18. J. Howard (Coalinga)     | 17:09.9 |
| 19. J. Thomas (Tehachapi)    | 17:11.7 |
| 20. J. Cardoza (Tulare West) | 17:12.4 |

**Girls Teams**  
1. Yosemite 33, 2. Garces 61, 3. Lemoore 90, 4. Edison 91, 5. Exeter 92.

| Girls Individuals             |         |
|-------------------------------|---------|
| 1. K. Padilla (Yosemite)      | 19:02.1 |
| 2. M. Christian (Garces)      | 19:12.1 |
| 3. El. Straw (Yosemite)       | 19:15.7 |
| 4. Ja. King (Tehachapi)       | 19:25   |
| 5. Ju. King (Tehachapi)       | 20:01.9 |
| 6. V. Rodriguez (Tulare West) | 20:21.7 |
| 7. K. Taylor (Lemoore)        | 20:36.1 |
| 8. K. Williams (Yosemite)     | 20:50.5 |
| 9. J. Abalos (Lemoore)        | 21:02.2 |
| 10. T. Castro (Exeter)        | 21:14.9 |
| 11. M. Chavez (Corcoran)      | 21:15.5 |
| 12. M. Low (Exeter)           | 21:19   |
| 13. M. Phelan (Edison)        | 21:19.7 |
| 14. A. Buchanan (Garces)      | 21:23.7 |
| 15. R. Sebastian (Yosemite)   | 21:24.2 |
| 16. E. Cattani (Garces)       | 21:25.4 |
| 17. H. Saueressig (Yosemite)  | 21:26.2 |
| 18. L. Loberg (Yosemite)      | 21:27.1 |
| 19. A. Smith (Lemoore)        | 21:43.5 |
| 20. K. Snyder (Edison)        | 21:46.9 |

**Avocado Lake**  
November 12, 1992. From Dave Dodson (Sanger)

| Division II                                       |         |
|---------------------------------------------------|---------|
| <b>Boys Teams</b>                                 |         |
| 1. North 82, 2. Delano 90, 3. Sanger 132.4, East  |         |
| 133, 5. Arvin 136, 6. Foothill 137, 7. South 174, |         |
| 8. Highland 177, 9. Redwood 203, 10. Reedley      |         |
| 207, 11. Mt. Whitney 225, 12. Porterville 312,    |         |
| 13. Golden West 339, 14. Monache 367.             |         |
| <b>Boys Individuals (96 finishers)</b>            |         |
| 1. Ricardo Brewer (North)                         | 14:45.3 |
| 2. George Rivera (Delano)                         | 14:45.4 |
| 3. Terry Hickey (Foothill)                        | 15:16.5 |
| 4. Eduardo Verdejo (Foothill)                     | 15:24.2 |
| 5. Rey Sanchez (Delano)                           | 15:38.9 |
| 6. Jered Caldwell (Highland)                      | 15:41.0 |
| 7. Sergio Ruiz (Sanger)                           | 15:56.7 |
| 8. Ismael Sanchez (Delano)                        | 15:59.4 |
| 9. Paul Temmerman (Mt. Whitney)                   | 16:03.8 |



**JED SAUERESSIG**

Photo by Bill Cockerham

|                                   |         |
|-----------------------------------|---------|
| 10. Chad Schmidt (North)          | 16:06.3 |
| 11. Vince Feliz (South)           | 16:08.0 |
| 12. Humberto Moreno (Redwood)     | 16:11.1 |
| 13. Chris Chavez (East)           | 16:12.4 |
| 14. Stan Lovett (North)           | 16:21.2 |
| 15. Jesusse Villavicencio (South) | 16:23.5 |
| 16. Favian Vega (Foothill)        | 16:24.0 |
| 17. Jorge Castro (Arvin)          | 16:25.4 |
| 18. Lewis Herrera (Arvin)         | 16:25.8 |
| 19. Enrique Navarrete (Arvin)     | 16:27.2 |
| 20. Toby Horath (North)           | 16:33.3 |

**Girls Teams**  
1. North 48, 2. Arvin 71, 3. Reedley 83, 4. Golden West 93, 5. Mt. Whitney 125, 6. Redwood 148, 7. Foothill 176, 8. Porterville 203, 9. Sanger 205, 10. Monache 267.

| Girls Individuals (81 finishers) |         |
|----------------------------------|---------|
| 1. Jenny Mortensen (Redwood)     | 18:11.2 |
| 2. Cindy Franco (Delano)         | 18:19.5 |
| 3. Geina Hall (Reedley)          | 18:27.2 |
| 4. Judy Petty (Golden West)      | 18:27.7 |
| 5. Maribel Salinas (Arvin)       | 18:27.9 |
| 6. Kami Schofield (Mt. Whitney)  | 18:47.2 |
| 7. LaTanya Sumlin (North)        | 18:57.2 |
| 8. Kelly Jacobson (North)        | 19:03.9 |
| 9. Keely McKenzie (North)        | 19:08.3 |
| 10. Nicole Elliott (Highland)    | 19:08.7 |
| 11. Teresa Blivado (Golden West) | 19:23.3 |
| 12. Marisela Gonzalez (Arvin)    | 19:33.5 |
| 13. Theresa Martinez (Reedley)   | 19:38.5 |
| 14. Natasha Teston (North)       | 19:41.7 |
| 15. Bea Trevino (Reedley)        | 19:48.6 |
| 16. Martha Peralta (Arvin)       | 19:49.6 |
| 17. Jenny Toler (North)          | 19:55.3 |
| 18. Deena Crowe (Mt. Whitney)    | 20:15.6 |
| 19. Jessica Perez (Golden West)  | 20:19.6 |
| 20. Vanessa Allen (Highland)     | 20:22.7 |

**Division IV**  
**Boys Teams**  
1. McFarland 91, 2. Taft 42, 3. Buchanan 105, 4. Washington 138, 5. San Joaquin Memorial 140, 6. Central 150, 7. Sierra 199, 8. Stockdale 238, 9. Avenal 254, 10. Firebaugh 262, 11. Fowler 279, 12. Immanuel 325.

| Boys Individuals (83 finishers)   |         |
|-----------------------------------|---------|
| 1. Jose Sanchez (McFarland)       | 15:25.7 |
| 2. John Orsco (Taft)              | 15:33.0 |
| 3. Benjamin Galvan (McFarland)    | 16:01.4 |
| 4. Chris Torres (Avenal)          | 16:07.5 |
| 5. Sammy Morales (Washington)     | 16:08.7 |
| 6. Galvan Gonzalez (McFarland)    | 16:09.6 |
| 7. Micah Fuson (Taft)             | 16:11.1 |
| 8. Chad Roberts (Taft)            | 16:12.5 |
| 9. Juan Morales (Washington)      | 16:21.1 |
| 10. Gabriel Diaz (McFarland)      | 16:33.0 |
| 11. Jose Luis Sanchez (McFarland) | 16:35.0 |
| 12. Phil Smith (Taft)             | 16:44.0 |
| 13. Roy Ruelas (Taft)             | 16:45.7 |
| 14. Roberto DeLoera (Central)     | 16:48.0 |
| 15. Victor Heredia (McFarland)    | 17:07.1 |
| 16. Matt Saar (Sierra)            | 17:08.0 |
| 17. Roman Gonzalez (Buchanan)     | 17:22.7 |
| 18. Rene Cisneros (Central)       | 17:26.6 |
| 19. Travis Keller (Buchanan)      | 17:28.0 |
| 20. Andrew Lovejoy (Buchanan)     | 17:32.9 |

**Girls Teams**  
(Note: Rule 9-3 Art. 6... If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers. Therefore, Fowler finishes seventh and Immanuel is eighth.)  
1. McFarland 38, 2. Taft 58, 3. San Joaquin Memorial 93, 4. Buchanan 96, 5. Sierra 121, 6. Kingsburg 134, 7. Fowler 200 (First four total=152), 8. Immanuel 200 (First four total=153).

**Girls Individuals (54 finishers)**

|                                   |         |
|-----------------------------------|---------|
| 1. Lori Fancon (Taft)             | 18:48.9 |
| 2. Kristie Johnston (Central)     | 18:54.0 |
| 3. Heather Ryan (Buchanan)        | 19:26.6 |
| 4. Jennifer Michels (San Joaquin) | 19:32.5 |
| 5. Lucia Sanchez (McFarland)      | 19:42.1 |
| 6. Cindy Carter (McFarland)       | 20:04.3 |
| 7. Juanita Robles (McFarland)     | 20:09.3 |

|                                  |       |
|----------------------------------|-------|
| 8. Kristina Vega (Taft)          | 20:01 |
| 9. Regina Kinsman (Sierra)       | 20:01 |
| 10. Celeste Coleman (Buchanan)   | 20:01 |
| 11. Denise Ellis (Sierra)        | 20:01 |
| 12. Esmeralda Lopez (McFarland)  | 20:01 |
| 13. Laura Leal (McFarland)       | 21:01 |
| 14. Anna Rosa (Parlier)          | 21:01 |
| 15. Tiffany Yochum (Taft)        | 21:01 |
| 16. Toni Garcia (Parlier)        | 21:01 |
| 17. Elizabeth Zuniga (McFarland) | 21:01 |
| 18. Kerri Rose (San Joaquin)     | 21:01 |
| 19. Emily Cervantes (McFarland)  | 22:01 |

**Grand Masters Meet**  
Woodward Park, Fresno, 5,000 Meters.

**Boys**  
**Teams:** 1. Madera 38, 2. McFarland 68, 3. North 113, 4. Lemoore 133, 5. Delano 137, 6. Taft 147, 7. Sanger 193, 8. Yosemite 240, 9. East 250, 10. Coalinga 254, 11. Corcoran 26, 12. Bakersfield 301, 13. Washington 337, 14. Clovis 351, 15. Buchanan 387, 16. Roosevelt 404.  
**Individuals:** 1. Ricardo Brewer (North) 15:10, 2. Ricky Chavez (Madera) 15:31, 3. George Fera (Delano) 15:32, 4. Eric Kropl (Madera) 15:33, 5. Jed Saueressig (Yosemite) 15:39, 6. Terry Hickey (Foothill) 15:53, 7. John Orsco (Taft) 15:59, 8. Eduardo Verdejo (Foothill) 16:01, 9. Jose Sanchez (McFarland) 16:06, 10. Sean Rios (Madera) 16:08.

**Girls**  
**Teams:** 1. North 71, 2. Madera 82, 3. Arvin 137, 4. Reedley 146, 5. Bakersfield 156, 6. McFarland 170, 7. Golden West 209, 8. Yosemite 221, 9. Clovis 229, 10. Hoover 231, 11. Taft 261, 12. Garces 282, 13. Buchanan 314, 14. Memorial 320, 15. Edison 338, 16. Lemoore 404.  
**Individuals:** 1. Sherrie Donovan (Madera) 18:39, 2. Cindy Franco (Delano) 18:58, 3. Sara Dawson (Hoover) 19:09, 4. Kami Schofield (Mt. Whitney) 19:28, 5. Judy Petty (Golden West) 19:34, 6. Geina Hall (Reedley) 19:38, 7. Latareya Sumlin (North) 19:43, 8. Kristie Johnson (Central) 19:45, 9. Andrea Coronado (Madera) 19:50, 10. Lori Fancon (Taft) 19:53.

### Northern Section

November 12, 1992

from Bob Womack

| Boys Teams                                                                                                                                                                                                                             |       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 1. Yreka 69/4, 2. Shasta 70/2, 3. Chico 111                                                                                                                                                                                            |       |
| 4. Foothill 145/4, 5. Las Plumas 196/3, 6. Central Valley 214/3, 7. Pleasant Valley 237/3, 8. Anderson 266/4, 9. Enterprise 277/2, 10. Paradise 281/3, 11. West Valley 290/4, 12. Corning 306/4, 13. Oroville 307/4, 14. Wheatland 326 |       |
| 4, 15. Lassen 367/4, 16. Etna 405/4, 17. Reed Bluff 412/2, 18. Durham 482/4, 19. Pierce 483                                                                                                                                            |       |
| 4.                                                                                                                                                                                                                                     |       |
| <b>Boys Individuals (161 finishers)</b>                                                                                                                                                                                                |       |
| 1. Aaron Gillen D4 (Yreka)                                                                                                                                                                                                             | 16:01 |
| 2. Jeremy Ravenscroft D4 (Yreka)                                                                                                                                                                                                       | 16:01 |
| 3. Lane Carlson D2 (Enterprise)                                                                                                                                                                                                        | 16:01 |
| 4. Stuart Mayer D2 (Chico)                                                                                                                                                                                                             | 16:01 |
| 5. Erik Jacobson D2 (Shasta)                                                                                                                                                                                                           | 16:01 |
| 6. Greg Wheeler D2 (Shasta)                                                                                                                                                                                                            | 16:01 |
| 7. Nathan Craig D4 (Anderson)                                                                                                                                                                                                          | 16:01 |
| 8. Matt Okowski D3 (Central Valley)                                                                                                                                                                                                    | 16:01 |
| 9. Dan Krause D2 (Chico)                                                                                                                                                                                                               | 16:01 |
| 10. Rene Gonzalez D4 (E. Nicolaus)                                                                                                                                                                                                     | 16:01 |
| 11. Jason Allen D4 (Yreka)                                                                                                                                                                                                             | 17:01 |
| 12. Gabe Szody D4 (Foothill)                                                                                                                                                                                                           | 17:01 |
| 13. Travis Hildebrand D4 (Etna)                                                                                                                                                                                                        | 17:01 |
| 14. Ernie Gorbet D4 (Lassen)                                                                                                                                                                                                           | 17:01 |
| 15. Colton Carpenter D4 (Modoc)                                                                                                                                                                                                        | 17:01 |
| 16. Eric Miller D2 (Shasta)                                                                                                                                                                                                            | 17:01 |
| 17. Mike Davies D2 (Shasta)                                                                                                                                                                                                            | 17:01 |
| 18. Matt Geyer D4 (Anderson)                                                                                                                                                                                                           | 17:01 |
| 19. Griff Harty D3 (Las Plumas)                                                                                                                                                                                                        | 17:01 |
| 20. Caleb Anderson D4 (Chico Jr)                                                                                                                                                                                                       | 17:01 |

**Girls Teams**



# California Track and Cross Country Coaches Alliance

## PREP NOTES



**BRIAN WILKINSON**

Photo by Bill Cockerham

Lassen 55/4, 2. Paradise 80/3, 3. Central Valley 81/3, 4. Chico 85/2, 5. Yreka 116/4, Anderson 125/4, 7. Pleasant Valley 130/3, 8. Headland 203/4.

**Iris Individuals**

|                                     |       |
|-------------------------------------|-------|
| Valy Boulom D2 (Chico)              | 19:23 |
| Amy Hallbauer D3 (Pleasant Vly)     | 19:43 |
| Steph Giuntini D4 (Lassen)          | 19:55 |
| Brandy Andrews D4 (Anderson)        | 20:08 |
| Sally Pyle D4 (Lassen)              | 20:14 |
| Becca Mendon D4 (Bidwell Jr)        | 20:21 |
| Carie Irwin D3 (Central Valley)     | 20:25 |
| Christina Peacock D3 (Central Vly)  | 20:29 |
| Maranda Cowan D3 (Central Vly)      | 20:32 |
| 0. Brook Yerman D3 (Paradise)       | 20:40 |
| 1. Kimberly Dean D3 (Paradise)      | 20:42 |
| 2. Jolena Avitia D3 (Las Plumas)    | 20:46 |
| 3. Jamie Herbst D4 (Yreka)          | 20:47 |
| 4. Kerry Houdin D2 (Chico)          | 20:56 |
| 5. Karie Hill D4 (Quincy)           | 20:56 |
| 6. Christy Bill D4 (Lassen)         | 20:59 |
| 7. Stacy Stephenson D2 (Chico)      | 21:04 |
| 8. Sarah Suihkonen D3 (Paradise)    | 21:07 |
| 9. Dee Dee Gorbet D4 (Lassen)       | 21:09 |
| 0. Barbara Stokoff D3 (Central Vly) | 21:17 |

### Sac-Joaquin Section

November 13, 1992. From Steve Fagundes

**Boys-Division One Teams**

|                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------|
| Del Campo 58 /82:25, 2. Merced 60 /82:02                                                                                          |
| Atwater 100 /84:37, 4. Lincoln 121 /85:41, 5. Tagg 126 /87:19, 6. Lodi 127 /86:23, 7. Turlock 136 /86:24, 8. Woodland 159 /87:44. |

**Individuals (63 finishers)**

|                              |       |
|------------------------------|-------|
| Brian Wilkinson 12 (Merced)  | 15:14 |
| Alejandro Ramirez 11 (Stagg) | 15:30 |
| Korrad Knutsen (Del Campo)   | 15:40 |
| Jason Tackett 12 (Mira Loma) | 15:46 |
| Manuel Ortega 12 (Stagg)     | 15:54 |
| David Alexis 11 (Fairfield)  | 15:58 |
| Jose Bustamente 11 (Atwater) | 16:07 |
| R. Bjarnason (Turlock)       | 16:17 |
| Mark Jenkin (Atwater)        | 16:23 |
| 0. Mike Haggard (Lodi)       | 16:24 |
| 1. Kevin Ferno (Del Campo)   | 16:26 |
| 2. Matt Batchelor (Merced)   | 16:28 |

|                               |       |
|-------------------------------|-------|
| 13. David Raske (Del Campo)   | 16:28 |
| 14. Christian Lamont (Merced) | 16:29 |
| 15. Joel Swenddal (Lodi)      | 16:31 |
| 16. P. Lapointe (Lincoln)     | 16:36 |
| 17. Rene Giron (Atwater)      | 16:42 |
| 18. Stephen Dunbar (Merced)   | 16:45 |
| 19. Glen Pinnegar (Del Campo) | 16:49 |
| 20. Sean Svare (Armiijo)      | 16:59 |

**Division II Teams**

|                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Jesuit 29 /79:39, 2. El Camino 84 /83:46, 3. Davis 97 /84:06, 4. Nevada Union 100 /84:15, 5. El Dorado 110 /84:19, 6. Manteca 119 /85:11, 7. Casa Roble 146 /86:25, 8. Oakmont 203 /91:01. |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Individuals**

|                                     |       |
|-------------------------------------|-------|
| 1. Matt Farley (Jesuit)             | 15:23 |
| 2. N Niles (Jesuit)                 | 15:32 |
| 3. Ned Presnall (Jesuit)            | 15:47 |
| 4. Sonny Quinn (El Dorado)          | 15:52 |
| 5. Greg Phister (Davis)             | 16:10 |
| 6. Hector Leija (Manteca)           | 16:15 |
| 7. Charles Williams (Hogan)         | 16:15 |
| 8. Devin McCord (El Camino)         | 16:16 |
| 9. David Eastman (El Camino)        | 16:17 |
| 10. Brian Murphy (Davis)            | 16:19 |
| 11. Jason Perscheid (Jesuit)        | 16:21 |
| 12. Jeremy Miller (El Dorado)       | 16:23 |
| 13. Adrian Gutierrez (Sacramento)   | 16:34 |
| 14. Keith McCord (El Camino)        | 16:36 |
| 15. Shawn Huarte (Jesuit)           | 16:36 |
| 16. Corbin Chamberlain (Casa Roble) | 16:36 |
| 17. Roger Stender (El Camino)       | 16:40 |
| 18. Anthony Paulson (Nevada Union)  | 16:40 |
| 19. Eddid Schwab (Bella Vista)      | 16:42 |
| 20. Corey Lohman (Manteca)          | 16:48 |

**Division III Teams**

(Note: Rule 9, Section 2, Article 4. Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail.)

**1992 HIGH SCHOOL TRACK AND FIELD AND CROSS COUNTRY RULES:** Therefore, Wood places third and San Juan places fourth. Oakdale places seventh and Ponderosa eighth.)

|                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Sonora 62 /83:33, 2. Rio Americano 81 /84:50, 3. Wood 110 /86:31 (Sixth place finisher was 35th), 4. San Juan 110 /86:56 (Sixth place finisher was 39th), 5. Del Oro 112 /86:01, 6. Placer 123 /87:11, 7. Oakdale 142 /88:28 (Sixth place finisher was 49th), 8. Ponderosa 142 /88:07 (Sixth place finisher was 53rd). |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Individuals (65 finishers)**

|                                    |       |
|------------------------------------|-------|
| 1. Darren Holman (Sonora)          | 15:41 |
| 2. Jacob Young (Ponderosa)         | 15:47 |
| 3. Tom Peebles (Del Oro)           | 15:50 |
| 4. Marc Zoss (San Juan)            | 16:15 |
| 5. Brian Meyer (Rio Americano)     | 16:18 |
| 6. Spencer Fine (Rio Americano)    | 16:28 |
| 7. Steve Miller (Folsom)           | 16:29 |
| 8. Aaron Peasley (Oakdale)         | 16:33 |
| 9. Caleb Casey (Placer)            | 16:35 |
| 10. Willie Boling (Ponderosa)      | 16:41 |
| 11. Doug Barnes (Placer)           | 16:41 |
| 12. Mike Orelania (Sonora)         | 16:45 |
| 13. Tyler Elles (Wood)             | 16:52 |
| 14. Dan Good (San Juan)            | 16:57 |
| 15. Paul Woodard (Sonora)          | 16:57 |
| 16. Josh Morton (Sonora)           | 17:01 |
| 17. Scott Vaughan (Wood)           | 17:02 |
| 18. Ryan Lee (Del Oro)             | 17:04 |
| 19. Kevin Pflessinger (Bear Creek) | 17:07 |
| 20. Matt McGraw (Wood)             | 17:07 |

**Division IV Teams**

|                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Calaveras 46 /86:38, 2. Bear River 61 /87:27, 3. Bret Harte 73 /88:20, 4. Summerville 78 /89:04, 5. St. Patrick/St. Vincent 140 /93:10, 6. Escalon 161 /94:38, 7. Colfax 177 /95:56, 8. St. Mary's 160 /95:41, 9. Hilmar 222 /96:32. |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Individuals (69 finishers)**

|                                    |       |
|------------------------------------|-------|
| 1. Aaron Bell (Bear River)         | 16:02 |
| 2. Dan Carli (Bret Harte)          | 16:17 |
| 3. Mike Blair (Justin-Siena)       | 16:31 |
| 4. A Gomez (Dixon)                 | 16:43 |
| 5. Nieves (Dixon)                  | 16:43 |
| 6. Billy Flowers (Calaveras)       | 16:48 |
| 7. Chris Beck (Calaveras)          | 16:55 |
| 8. David Brackett (Calaveras)      | 16:57 |
| 9. Lonie Marshall (Escalon)        | 16:58 |
| 10. Joel Wasily (Summerville)      | 17:00 |
| 11. Gregg Tucker (Bear River)      | 17:20 |
| 12. Steve Azymanski (Justin-Siena) | 17:28 |
| 13. Jesse Ziegler (Bear River)     | 17:30 |
| 14. Dio Siegel (St. Mary's)        | 17:35 |
| 15. Derek Velloza (Bret Harte)     | 17:36 |
| 16. Mike Degannaro (Summerville)   | 17:37 |
| 17. Richard Godin (Calaveras)      | 17:40 |
| 18. Tim Welsh (Colfax)             | 17:44 |
| 19. Aaron Adams (Bret Harte)       | 17:46 |
| 20. Chris Northway (St. Patrick)   | 17:54 |

**Girls Division I Teams**

|                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Del Campo 58 /102:43, 2. Downey 73 /104:14, 3. Merced 91 /106:02, 4. Johnson 111 /108:56, 5. Elk Grove 115 /109:51, 6. Atwater 122 /110:11, 7. Tokay 131 /111:49, 8. Florin 158 /117:26. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Individuals (62 finishers)**

|                                 |       |
|---------------------------------|-------|
| 1. Grace Durnell (Merced)       | 18:09 |
| 2. D Gablac (Florin)            | 19:02 |
| 3. Sarah Dickerman (Del Campo)  | 19:13 |
| 4. Val Cornwall (Turlock)       | 19:24 |
| 5. JoAnna Cerri (Downey)        | 19:33 |
| 6. Deide Barsbach (Elk Grove)   | 19:45 |
| 7. Leslie Nielson (Del Campo)   | 19:56 |
| 8. Courtney Cannizzaro (Downey) | 19:56 |
| 9. Stephanie Rivera (Tokay)     | 20:01 |
| 10. Jennifer Hicek (Atwater)    | 20:04 |
| 11. Anu Urjarheimo (Yuba City)  | 20:12 |
| 12. Irene Hobbs (Atwater)       | 20:15 |
| 13. S Underwood (Johnson)       | 20:25 |
| 14. Julie Cox (Del Campo)       | 20:38 |
| 15. Stephanie Taylor (Lodi)     | 20:48 |
| 16. Shannon Reed (Johnson)      | 20:54 |
| 17. Tanya Andrews (Del Campo)   | 20:59 |
| 18. Robin Lindsay (Tokay)       | 21:03 |
| 19. Katie Derry (Merced)        | 21:10 |
| 20. Linda Street (Downey)       | 21:14 |

**Division II Teams**

(Note: Rule 9-2 Art. 4. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail. Therefore, Tracy places sixth and Bella Vista is seventh.)

|                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Davis 60 /101:54, 2. Casa Roble 65 /102:26, 3. Nevada Union 77 /102:31, 4. Napa 86 /103:08, 5. El Camino 112 /106:26, 6. Tracy 160 /109:32 (Sixth place finisher was 44th), 7. Bella Vista 160 /112:10 (No sixth place finisher), 8. Roseville 162 /114:07. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Individuals (60 finishers)**

|                                    |       |
|------------------------------------|-------|
| 1. Jamie Whitmore (Valley)         | 18:45 |
| 2. Jennifer Stewart (El Camino)    | 18:59 |
| 3. Danielle Nelson (Napa)          | 19:16 |
| 4. Jaimi Nelson (Nevada Union)     | 19:19 |
| 5. Saskia Cornes (Davis)           | 19:32 |
| 6. Julie Hassan (Nevada Union)     | 19:46 |
| 7. Jennifer Marnach (Bella Vista)  | 19:57 |
| 8. Becky Hardenburgh (Casa Roble)  | 20:01 |
| 9. Darci Lewis (Napa)              | 20:01 |
| 10. Debbie Buffington (El Camino)  | 20:01 |
| 11. Natascha McDowell (Casa Roble) | 20:03 |
| 12. Liz Verutti (Davis)            | 20:15 |
| 13. Lisa Orr (Kennedy)             | 20:17 |
| 14. Dahlia Vazquez (El Dorado)     | 20:29 |
| 15. Shelby Knight (Casa Roble)     | 20:32 |
| 16. Jean Tillman (Davis)           | 20:32 |
| 17. Tiffany Patterson (Davis)      | 20:38 |
| 18. Kate Leary (Roseville)         | 20:42 |
| 19. Heidi Eslinger (Nevada Union)  | 20:43 |

20. Darce Thompson (Casa Roble)

**Division III Teams**

|                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Del Oro 52 /101:06, 2. Wood 66 /101:00, Rio Americano 92 /104:51, 4. St. Francis 104:20, 5. Sonora 114 /107:00, 6. Placer 109:04, 7. Los Banos 148 /109:23, 8. Colusa 181 /112:28. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Individuals**

|                                |       |
|--------------------------------|-------|
| 1. Magi Martinez (Wood)        | 17:00 |
| 2. Amy Scherer (St. Francis)   | 17:00 |
| 3. Julie Schuster (Oak Ridge)  | 17:20 |
| 4. C McFadden (St. Francis)    | 17:28 |
| 5. Sara Pope (Del Oro)         | 17:30 |
| 6. B Carreon (Los Banos)       | 17:35 |
| 7. E Zuniga (Rio Americano)    | 17:36 |
| 8. Amanda Marr (Rio Americano) | 17:37 |
| 9. Talia Starkey (Del Oro)     | 17:40 |
| 10. A Lee (Placer)             | 17:44 |
| 11. Deniz Anders (Wood)        | 17:46 |
| 12. Marinida Funk (Del Oro)    | 17:46 |
| 13. Lealani Kauhane (Wood)     | 17:46 |
| 14. Erin Lynett (Vacaville)    | 17:46 |
| 15. Amy Hoffman (Del Oro)      | 17:46 |
| 16. Mindy Wisdom (Del Oro)     | 17:46 |
| 17. S Morse (Sonora)           | 17:46 |
| 18. M Hurst (Sonora)           | 17:46 |
| 19. K Miller (Placer)          | 17:46 |
| 20. Thoa Huynh (Rio Americano) | 17:46 |

**Division IV Teams**

|                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Dixon 25 /102:55, 2. Bear River 46 /103:32, 3. Bret Harte 67 /109:32, 4. St. Mary's 116:38, 5. Escalon 154 /121:29, 6. Colusa 121:56, 7. Summerville 167 /126:23. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|



**ANIKAI WEBB**

Photo by Bill C

**Individuals**

|                                    |       |
|------------------------------------|-------|
| 1. Anikai Webb (Bear River)        | 18:59 |
| 2. Kristin Hawking (Dixon)         | 19:16 |
| 3. Rebecca Fellows (Bear River)    | 19:32 |
| 4. Donna Bruins (Dixon)            | 19:46 |
| 5. Liz Spurlock (Dixon)            | 19:57 |
| 6. Claudia Bruins (Dixon)          | 20:01 |
| 7. Katie Landruth (Calaveras)      | 20:01 |
| 8. Sandy Madeiros (Hilmer)         | 20:01 |
| 9. Gretchen Schmauder (Bret Harte) | 20:01 |
| 10. Jessica Chandler (Vanden)      | 20:03 |
| 11. Natalie Vanas (Dixon)          | 20:03 |
| 12. Angie Munoz (Dixon)            | 20:15 |
| 13. Elizabeth Gustorf (St. Mary's) | 20:17 |
| 14. Kasha Forgette (Calaveras)     | 20:17 |







# California Track and Cross Country Coaches Alliance

## PREP NOTES

|                                 |       |
|---------------------------------|-------|
| Juan Pablo Bailon (Balboa)      | 20:06 |
| Donald Chau (Lowell)            | 20:10 |
| Jaime Jesson (Washington)       | 20:25 |
| Luis Nieto (Mission)            | 20:26 |
| Thong Lam (Lowell)              | 20:26 |
| Vernon Kwan (McAteer)           | 20:41 |
| John Michael Hernandez (Lowell) | 20:52 |
| Minh Luu (Lowell)               | 20:57 |
| Jason Hughes (Washington)       | 21:05 |
| Royce Fung (Lowell)             | 21:10 |
| Peter Lee (Washington)          | 21:15 |
| Jimmy Chan (Lowell)             | 21:21 |
| Tyler Cole (Mission)            | 21:26 |
| Charis Wong (Washington)        | 21:30 |

|                                       |       |
|---------------------------------------|-------|
| <b>Boys Fresh/Soph (62 finishers)</b> |       |
| Knuong Luu (Wallerberg)               | 19:22 |
| Alvaro Cardoza (Lincoln)              | 19:24 |
| Fernando Romero (McAteer)             | 20:18 |
| Damarcus Thomas (Lincoln)             | 20:30 |
| Jimmy Ma (Lincoln)                    | 20:32 |
| Jerry Lee (Lowell)                    | 20:33 |
| Yonas Amare (Washington)              | 20:40 |
| Lars Jurgensen (Galileo)              | 20:44 |
| Brook Adams (McAteer)                 | 20:44 |
| Nevada Ferguson (Washington)          | 20:54 |

|                                                                                           |  |
|-------------------------------------------------------------------------------------------|--|
| <b>Boys Teams</b>                                                                         |  |
| Lowell 24, 2. Washington 49, 3. McAteer 72, Lincoln 117, 5. Balboa 153, 6. O'Connell 174. |  |

|                                         |       |
|-----------------------------------------|-------|
| <b>Girls Individuals (54 finishers)</b> |       |
| Logan Hiroshima (Lowell)                | 22:43 |
| Oasi Lucero (Lowell)                    | 23:44 |
| Clarissa Aviles (McAteer)               | 23:55 |
| Susanne Lee (Washington)                | 23:57 |
| Denise Leo (Washington)                 | 24:02 |
| Valerie Moorhead (Lowell)               | 24:17 |
| Aura Smithers (Lowell)                  | 24:31 |
| Linda Feng (Lowell)                     | 24:32 |
| Cathy Ohoy (Lowell)                     | 24:43 |
| Katherine Schoen (Lowell)               | 24:44 |
| Alyse Christensen (McAteer)             | 24:53 |
| Megan Lyies (McAteer)                   | 25:05 |
| Jill Kantor (Washington)                | 25:40 |
| Vaia Rowland (O'Connell)                | 25:54 |
| Katherine Jung (Lowell)                 | 26:05 |
| Vivian Toy (Washington)                 | 26:16 |
| Alyssa Mellott (Lowell)                 | 26:20 |
| Cecilia Rojas (Lowell)                  | 26:23 |
| Melissa Ng (Galileo)                    | 26:59 |
| Michelle Valentin (Lowell)              | 27:05 |

### Oakland Section

**Maquinn Miller Park, November 16, 1992.**  
**from Jeff Dewitt (Skyline). Distance: 2.91 miles (boys), 2.65 miles (girls)**  
 Top team and best individual not on that team advance to State Meet.

|                                                              |  |
|--------------------------------------------------------------|--|
| <b>Boys Teams</b>                                            |  |
| Skyline 17, 2. Oakland 50, 3. Fremont 83, 4. Castlemont 102. |  |

|                                        |       |
|----------------------------------------|-------|
| <b>Boys Individuals (51 finishers)</b> |       |
| Deonte McClendon (Skyline)             | 17:27 |
| Senai Igdane (Skyline)                 | 17:30 |
| Daniel Gohike (Skyline)                | 17:34 |
| Marc Gladney (Oakland)                 | 18:01 |
| Marhawzi Testay (Skyline)              | 18:07 |
| Mike Morse (Skyline)                   | 18:16 |
| Viraphonh Sayprash (Fremont)           | 18:20 |
| Andrew Ohren (Skyline)                 | 18:50 |
| Luis Esparanza (Oakland)               | 19:06 |
| Matt Morgan (Skyline)                  | 19:06 |
| Rogelio Bravo (Technical)              | 19:15 |
| Cuong Le (Technical)                   | 19:28 |
| Derrick Deans (Skyline)                | 19:34 |
| Carl Williams (Oakland)                | 19:35 |
| Dedrick Deans (Skyline)                | 19:58 |
| Francisco Avita (Oakland)              | 20:02 |
| Ernesto Medrano (Castlemont)           | 20:30 |
| Tai Nguyen (Technical)                 | 20:35 |
| Cory Dixon (Skyline)                   | 20:38 |
| Umi Vaughn (Skyline)                   | 20:55 |

|                                                              |  |
|--------------------------------------------------------------|--|
| <b>Boys Teams</b>                                            |  |
| Skyline 17, 2. Oakland 50, 3. Fremont 83, 4. Castlemont 102. |  |

1. Skyline 15, 2. Oakland 49, 3. Castlemont 73.

|                             |       |
|-----------------------------|-------|
| <b>Girls Individuals</b>    |       |
| 1. Anna Rensi (Skyline)     | 19:33 |
| 2. Malika Freeman (Skyline) | 20:09 |
| 3. Sakai Metcalf (Skyline)  | 20:17 |
| 4. Eman Barfield (Skyline)  | 20:20 |
| 5. Angela Harris (Skyline)  | 20:37 |
| 6. Reyna Goodwin (Skyline)  | 21:01 |
| 7. Ageles Mercado (Fremont) | 22:03 |

### North Coast

#### Meet of Champions

**Millis College, Oakland, November 21, 1992.**  
 Distance: 5,000 meters.

Qualifying teams plus the top five highest placed individuals (not on a qualifying team) in each division will qualify to the State Meet.

|                                                                                                                                                                           |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Boys</b>                                                                                                                                                               |  |
| <b>Division I</b>                                                                                                                                                         |  |
| <b>Teams (Top team qualifies to the State Meet.)</b>                                                                                                                      |  |
| 1. De La Salle 22 (1:26:13.2), 2. James Logan 50 (1:29:26.3), 3. Antioch 56 (1:29:45.9), 4. Piner 122 (1:37:48.3), 5. Ukiah 125 (1:37:45.5), 6. Berkeley 148 (1:40:23.8). |  |

|                                         |         |
|-----------------------------------------|---------|
| <b>Individuals (40 finishers)</b>       |         |
| 1. Mike Prindville 12 (De La Salle)     | 16:43.3 |
| 2. John Kelly 11 (De La Salle)          | 16:59.2 |
| 3. Prónais Fitzpatrick 11 (De La Salle) | 17:10.3 |
| 4. Ty Walker 12 (De La Salle)           | 17:18.0 |
| 5. Sam Yemane 12 (Logan)                | 17:24.9 |
| 6. Alejandro Pena 11 (Logan)            | 17:30.4 |
| 7. Mike Byroads 12 (Antioch)            | 17:32.1 |
| 8. John Lockard 12 (Logan)              | 17:35.0 |
| 9. Fergal Flanagan 11 (Antioch)         | 17:35.6 |
| 10. Phil France 12 (Antioch)            | 17:48.3 |
| 11. Brian Wilson 10 (Antioch)           | 17:54.7 |
| 12. Brendan Kelly 12 (De La Salle)      | 18:02.4 |
| 13. Aaron Richberg 10 (Logan)           | 18:11.2 |
| 14. Sam Sadoulet 12 (Berkeley)          | 18:18.1 |
| 15. Chris Coast 11 (De La Salle)        | 18:21.1 |
| 16. David Bonogli 11 (Piner)            | 18:32.2 |
| 17. Miles Salinas 12 (Ukiah)            | 18:35.0 |
| 18. Sam Forbes 10 (Logan)               | 18:44.8 |
| 19. John Dishong 10 (Antioch)           | 18:55.2 |
| 20. Greg Hintz 9 (De La Salle)          | 18:55.9 |

|                                                                                                                                                                                                                                                                                                                                                                                                           |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Division II</b>                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <b>Teams (Top two teams qualify to the State Meet.)</b>                                                                                                                                                                                                                                                                                                                                                   |  |
| 1. Montgomery 53 (1:27:22.5), 2. San Ramon 87 (1:28:40.7), 3. Monte Vista 89 (1:28:53.3), 4. Santa Rosa 93 (1:29:19.0), 5. Amador Valley 115 (1:30:24.4), 6. Castro Valley 116 (1:30:17.9), 7. Mission San Jose 206 (1:34:28.8), 8. San Leandro 236 (1:38:01.7), 9. Clayton Valley 242 (1:36:40.1), 10. Liberty 256 (1:37:24.8), 11. Ygnacio Valley 295 (1:41:04.8), 12. Newark Memorial 353 (1:45:51.1). |  |

|                                     |         |
|-------------------------------------|---------|
| <b>Individuals (79 finishers)</b>   |         |
| 1. Matt Creason 11 (Eureka)         | 16:32.9 |
| 2. Keith Kennedy 10 (San Leandro)   | 16:52.4 |
| 3. Dave Braden 12 (Amador Valley)   | 16:58.1 |
| 4. Dave Campbell 12 (San Ramon)     | 16:59.3 |
| 5. John Atwood 11 (Castro Valley)   | 17:00.7 |
| 6. Jason Selby 12 (Montgomery)      | 17:03.0 |
| 7. David Toomey 11 (Montgomery)     | 17:15.9 |
| 8. Zach Barrett 10 (Santa Rosa)     | 17:18.7 |
| 9. Peter Egerton 10 (Santa Rosa)    | 17:23.0 |
| 10. Brock Tessman 11 (Monte Vista)  | 17:24.4 |
| 11. Tim Sanborn 12 (Montgomery)     | 17:35.2 |
| 12. Josh Hinkle 12 (Montgomery)     | 17:35.7 |
| 13. Rob Johnson 12 (San Ramon)      | 17:41.0 |
| 14. Kevin Sbrharsky 10 (Castro Vly) | 17:42.5 |
| 15. Sky Pile 12 (Santa Rosa)        | 17:44.5 |
| 16. Geoff Long 11 (Amador Valley)   | 17:46.6 |
| 17. Jan Sargent 11 (Monte Vista)    | 17:47.8 |
| 18. Martin Boggs 10 (Monte Vista)   | 17:48.0 |
| 19. Rich Lassar 12 (San Ramon)      | 17:49.8 |
| 20. Chris Maier 11 (Amador Valley)  | 17:50.7 |

|                                                                                                                                                                                                                                                                               |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Division III</b>                                                                                                                                                                                                                                                           |  |
| <b>Teams (Top two teams qualify to the State Meet.)</b>                                                                                                                                                                                                                       |  |
| 1. Livermore 48, 2. Casa Grande 102, 3. Bishop O'Dowd 110, 4. Northgate 147, 5. Acalanes 148, 6. Petaluma 165, 7. Irvington 169, 8. Concord 174, 9. College Park 205, 10. Redwood 223, 11. Healdsburg 251, 12. Alameda 273, 13. Moreau 344, 14. Las Lomas 350, 15. Analy 373. |  |

|                                      |         |
|--------------------------------------|---------|
| <b>Individuals (113 finishers)</b>   |         |
| 1. Chris Palmer 12 (Alameda)         | 16:46.0 |
| 2. Aaron Daniel 12 (Livermore)       | 16:59.6 |
| 3. Hector Delgado 12 (Healdsburg)    | 17:07.2 |
| 4. Rick Esponda 12 (Casa Grande)     | 17:15.0 |
| 5. Jeremy Matteen 11 (Irvington)     | 17:15.5 |
| 6. Steve Immel 10 (Livermore)        | 17:15.7 |
| 7. Mike Petty 11 (Granada)           | 17:28.4 |
| 8. Jeff Barbee 12 (Bishop O'Dowd)    | 17:30.9 |
| 9. Alex Trakel 10 (Bishop O'Dowd)    | 17:33.0 |
| 10. Morgan Kapi 12 (Concord)         | 17:35.7 |
| 11. John Downing 11 (Acalanes)       | 17:38.1 |
| 12. Michel Jones 9 (Livermore)       | 17:38.6 |
| 13. Adrian Gutierrez 10 (Mt. Diablo) | 17:40.8 |
| 14. Joshua Lewis 11 (Livermore)      | 17:41.6 |
| 15. Bindu Frank 12 (Bishop O'Dowd)   | 17:43.2 |
| 16. Mike Caine 11 (Irvington)        | 17:44.8 |
| 17. Brian Zirkelbach 12 (Concord)    | 17:50.6 |
| 18. Justin White 12 (Casa Grande)    | 17:52.2 |
| 19. Ryan deFord 12 (Sonoma Valley)   | 17:58.0 |
| 20. Jacob Schleininger 10 (Encinal)  | 17:58.8 |

|                                                                                                                                                                                                                                                                           |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Division IV</b>                                                                                                                                                                                                                                                        |  |
| <b>Teams (Top two teams qualify to the State Meet.)</b>                                                                                                                                                                                                                   |  |
| 1. Fortuna 90, 2. Arcata 108, 3. University 126, 4. Piedmont 138, 5. Branson 140, 6. St. Mary's 159, 7. Miramonte 179, 8. Marin Academy 210, 9. Lick-Wilmerding 216, 10. Campolindo 229, 11. Cardinal Newman 233, 12. Willits 241, 13. Alhambra 258, 14. Terra Linda 309. |  |

|                                     |         |
|-------------------------------------|---------|
| <b>Individuals</b>                  |         |
| 1. Steve Brown 11 (Piedmont)        | 16:55   |
| 2. Tyler Clark-Thompson 11 (Arcata) | 17:19   |
| 3. Jon Genant 10 (Branson)          | 17:23   |
| 4. Ken Brito 12 (Fortuna)           | 17:24.1 |
| 5. Cody Clark-Thompson 10 (Arcata)  | 17:24.6 |
| 6. Jordan Jarosz 11 (St. Mary's)    | 17:28   |
| 7. Jon Evan Hornsby 10 (St. Mary's) | 17:37   |
| 8. Chris Wong 11 (Piedmont)         | 17:39   |
| 9. Josh Quintal 11 (Fortuna)        | 17:46   |
| 10. Adam Bonner 12 (Tamalpais)      | 17:50   |
| 11. Troy Kauke 11 (Alhambra)        | 17:52   |
| 12. John Morrow 11 (Marin Academy)  | 18:00.0 |
| 13. Steve Kunkel 11 (Piedmont)      | 18:00.9 |
| 14. Josh Tuntan 10 (Cardinal New)   | 18:05   |
| 15. Hyrum Erstrom 11 (Alhambra)     | 18:06   |
| 16. Matt Ziblich 11 (St. Bernard's) | 18:07   |
| 17. Tom Smith 11 (Branson)          | 18:10   |
| 18. Jesse Hunt 11 (Fortuna)         | 18:13.3 |
| 19. Ryan Gallagher 10 (Campolindo)  | 18:13.7 |
| 20. Chris Koontz 12 (University)    | 18:16.0 |

|                                                                                                                                                                         |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Girls</b>                                                                                                                                                            |  |
| <b>Division I</b>                                                                                                                                                       |  |
| <b>Teams</b>                                                                                                                                                            |  |
| 1. James Logan 43 (1:53:34.7), 2. Santa Rosa 47 (1:54:44.4), 3. Antioch 75 (1:59:24.3), 4. Ukiah 86 (2:03:35.4), 5. Berkeley 119 (2:09:36.9), 6. Piner 137 (2:16:35.9). |  |

|                                      |         |
|--------------------------------------|---------|
| <b>Individuals (37 finishers)</b>    |         |
| 1. Megan Reeder 12 (Santa Rosa)      | 20:24.7 |
| 2. Kim Wilkes 12 (James Logan)       | 20:44.6 |
| 3. Mei Ling McNamara 12 (Logan)      | 21:14.4 |
| 4. Michelle Kiyono 9 (James Logan)   | 21:30.2 |
| 5. Angela Iriarte 9 (Antioch)        | 21:42.9 |
| 6. Lola Cooper 9 (Ukiah)             | 21:54.0 |
| 7. Annette White 12 (Antioch)        | 22:15.3 |
| 8. Michelle McConico 11 (Santa Rosa) | 22:22.8 |
| 9. Charlotte Scott 12 (Ukiah)        | 25:28.0 |
| 10. Eleana Martysh 12 (Berkeley)     | 23:41.4 |
| 11. Suz Patterson 12 (Santa Rosa)    | 23:49.3 |
| 12. Chris Pittane 12 (Ukiah)         | 23:53.9 |
| 13. Liz Bookus 12 (Santa Rosa)       | 24:02.1 |
| 14. Heather Berg 11 (Santa Rosa)     | 24:05.5 |
| 15. Tania Braun 10 (Antioch)         | 24:12.7 |
| 16. Michelle Pemberton 12 (Logan)    | 24:54.1 |
| 17. Alicia O'Day 11 (Piner)          | 25:08.1 |

|                                   |  |
|-----------------------------------|--|
| 18. Akliah Moore 12 (Logan)       |  |
| 19. Phoebe Seaton 9 (Berkeley)    |  |
| 20. Angelina Camarillo 11 (Logan) |  |

|                                                                                                              |  |
|--------------------------------------------------------------------------------------------------------------|--|
| <b>Division II</b>                                                                                           |  |
| <b>Teams</b>                                                                                                 |  |
| 1. San Ramon Valley 50, 2. Mission San Jose 129, 6. Montgomery 134, Monte Vista 148, 8. Newark Memorial 206. |  |

|                                        |  |
|----------------------------------------|--|
| <b>Individuals</b>                     |  |
| 1. Elissa Riedy 10 (Mission San Jose)  |  |
| 2. Michelle Muething 12 (Amador Vly)   |  |
| 3. Pamela Richardson 10 (Montgomery)   |  |
| 4. Heather Wallace 9 (Clayton Valley)  |  |
| 5. Tina Bowen 9 (San Ramon Valley)     |  |
| 6. Lori Riedy 10 (Mission San Jose)    |  |
| 7. Heather Morgan 10 (Amador Valley)   |  |
| 8. Thea Van Gordon 12 (San Ram Vly)    |  |
| 9. Erin Bruce 10 (San Ramon Valley)    |  |
| 10. Shannon Matre 10 (Ygnacio Vly)     |  |
| 11. Nicole Milne 12 (Amador Valley)    |  |
| 12. Amy Siegel 10 (Amador Valley)      |  |
| 13. Rachel Moser 10 (San Leandro)      |  |
| 14. Amanda Brindley 11 (Miss SJose)    |  |
| 15. Stacey Radowicz 12 (San Ram Vly)   |  |
| 16. Andrea Comer 11 (Castro Valley)    |  |
| 17. Brooke Otterson 12 (San Ram Vly)   |  |
| 18. Julie Borer 11 (Eureka)            |  |
| 19. Nicole Paris 12 (Clayton Valley)   |  |
| 20. Sarah McClendon 12 (Montgmyr)      |  |
| 21. Ana Tellez 11 (Castro Valley)      |  |
| 22. Stephanie Kolberg 11 (Monte Vista) |  |
| 23. Heather Bingham 10 (Eureka)        |  |
| 24. Rachelle Knitzer 12 (Monte Vista)  |  |
| 25. Simone Shin 10 (Castro Valley)     |  |

|                                                                                                                                                                                                                                                             |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Division III</b>                                                                                                                                                                                                                                         |  |
| <b>Teams</b>                                                                                                                                                                                                                                                |  |
| 1. Bishop O'Dowd 36, 2. Carondelet 79, 3. J29, 4. Northgate 173, 5. Redwood 174, 6. James 180, 7. Rancho Cotate 185, 8. Alamogordo 190, 9. College Park 230, 10. Washington 231, 11. San Rafael 251, 12. Irvington 258, 13. Ukiah 276, 14. Casa Grande 329. |  |

|                                           |  |
|-------------------------------------------|--|
| <b>Individuals</b>                        |  |
| 1. Mesha Marzeli 12 (Bishop O'Dowd)       |  |
| 2. Angelica Randall 11 (Bishop O'Dowd)    |  |
| 3. Nicky Saleta 10 (Bishop O'Dowd)        |  |
| 4. Marisa Daniel 10 (Granada)             |  |
| 5. Jane Edwards 12 (Irvington)            |  |
| 6. Dana Mawdsley 10 (Football)            |  |
| 7. Catherine Venables 12 (Alameda)        |  |
| 8. Magdalena Valterova 12 (Rancho Cotate) |  |
| 9. Alison Lambert 10 (Northgate)          |  |
| 10. Melanie Melara 9 (College Park)       |  |
| 11. Laura Kuhl 11 (Carondelet)            |  |
| 12. Crissy O'Brien 12 (Northgate)         |  |
| 13. Carolyn Colyar 11 (Carondelet)        |  |
| 14. Nicole Schitt 9 (American)            |  |
| 15. Jennifer Schleininger 11 (Encinal)    |  |
| 16. Katie Owen 10 (Carondelet)            |  |
| 17. Liz Masourakis 12 (Washington)        |  |
| 18. Sally Dagarzo 11 (Bishop O'Dowd)      |  |
| 19. Amber Robinson 10 (Las Lomas)         |  |
| 20. Becky Loggins 10 (Moreau)             |  |

|                                                                                                                                                                                              |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Division IV</b>                                                                                                                                                                           |  |
| <b>Teams</b>                                                                                                                                                                                 |  |
| 1. Ursuline 73, 2. Arcata 79, 3. University 148, 7. Lick-Wilmerding 222, 8. Fort Bragg 277, 11. Fort Bragg 277, 11. no 283, 12. Marin Academy 292, 13. Terra Linda 309, 14. Kelseyville 308. |  |

|                                   |  |
|-----------------------------------|--|
| <b>Individuals</b>                |  |
| 1. Laura Hamady 12 (Urban)        |  |
| 2. Vicky Fleschner 12 (Fortuna)   |  |
| 3. Kendra Johnson 12 (El Molino)  |  |
| 4. Erin O'Brien 12 (Campolindo)   |  |
| 5. Ale Allen 12 (Lick-Wilmerding) |  |
| 6. Caillin Henderson 12 (Arcata)  |  |
| 7. Brenna Numli 10 (Ursuline)     |  |
| 8. Amanda Tomel 9 (University)    |  |
| 9. Melody Haas 11 (Clear Lake)    |  |



# California Track and Cross Country Coaches Alliance

## PREP NOTES

|                                |       |
|--------------------------------|-------|
| Rafanelli 10 (College Prep)    | 21:48 |
| Sica McCool 12 (Fiedmont)      | 22:01 |
| yan Gridley 12 (University)    | 22:05 |
| erine McCaughey 9 (Arcata)     | 22:09 |
| Brown 12 (University)          | 22:12 |
| annon Nohr 10 (Miramonte)      | 22:13 |
| ah Underhill 9 (Marin Academy) | 22:15 |
| ita Hakel 11 (Ursuline)        | 22:16 |
| Nannizzi 10 (Ursuline)         | 22:17 |
| rgina Balkwell 10 (Ursuline)   | 22:19 |
| Eagan 9 (Arcata)               | 22:27 |

### Los Angeles City Section

College.  
Top two teams qualify for State meet, (1.)

#### Boys Results

Scores: 1. Belmont 50, 2. Huntington Park  
Birmingham 68, 4. Taft 103, 5. South  
33, 6. Lincoln 153, 7. San Pedro 198, 8.  
9. Garfield 201, 10. San Fernando 204.  
Results: 1. Perea (HP) 15:30, 2. Moreno  
velt) 15:32, 3. Hernandez (T) 15:42, 4.  
(HP) 15:47, 5. Guerrero (Locke) 15:49, 6.  
(Belmont) 15:50, 7. Lira (Gardena)  
B. Urizar (HP) 15:55, 9. Mejia (Birming-  
5:57, 10. Valenzuela (Belmont) 16:00.  
Law (Westchester) 16:11, 12. Rodriguez  
6:15, 13. Espino (Eagle Rock) 16:15, 14.  
(Birmingham) 16:19, 15. Arroyo (Garfield)

#### Girls Results

Scores: 1. Belmont 19, 2. Birmingham 75,  
eld 100, 4. Taft 146, 5. El Camino Real  
Bell 160, 7. South Gate 161, 8. San Pe-  
9. Hamilton 236, 10. Palisades 236.  
Results: 1. Trejo (Belmont) 18:37, 2. Gomez  
nt) 18:52, 3. Roberto (Belmont) 19:27, 4.  
y (Birmingham) 19:33, 5. Flores (Belmont)  
6. Polillo (ECR) 19:53, 7. Debose (H)  
8. Giacomani (Belmont) 20:17, 9. Luke  
a Park) 20:32, 10. Herrera (Belmont)  
guire (Bravo) 20:35, 12. Corona (South  
0:37, 13. Sanchez (HP) 20:42, 14. Ah-  
(Belmont) 20:45, 15. Ramirez (Belmont)

### Southern Section

Finals

SAC - Saturday, November 21.

By Doug Speck  
The very tough Southern Section gath-  
er at the challenging Mt. SAC facility the  
ends of November 14th and 21st for  
Section Finals. The nation's strongest  
in the sport had a couple of weekends  
of racing, with great weather the  
ing of the November 21st Finals com-  
ing with a group of athletes ready to race  
for some of the finest running in recent  
in Southern California. With Boys and  
Teams and individuals capable of chal-  
lenging as "best in the nation" it was a heck  
of fun!

The Southern Section divides the four  
divisions into an upper enrollment divi-  
sion AA\*, with the lower half of that di-  
vision enrollment schools at the "A" desig-  
nation. There are eight team titles  
at hand. The 1AA and 1A schools run in  
together, with the overall scoring de-  
termining the section's four team representa-  
tives to the state meet, with the top five

from non-qualifying teams moving on to  
Fresno in a week.

### Girls

#### Div I

The big interest here was in the re-match  
between Peninsula (Rolling Hills), which had  
twice conquered the nation's #1 ranked pre-  
season team, Agoura, during the regular  
season. "Penn" (that's what it says in gold  
lettering on their black uniforms) currently is  
ranked #2 nationally by *Harrier* magazine,  
with Agoura #5. Mid-season ankle problems



AMY SKIERESZ

Photo by Mike Lambert

for Kristie Camp and continued stomach  
problems for Allison Kaz had held Agoura  
back with defeats at the Kenny Staub and  
Mt. SAC Team Sweepstakes events.

When healthy, these were two very hot  
teams. Agoura soph Amy Skieresz set the  
tone for her team by rocketing away from  
the field from the start, blasting through the  
mile at 5:29 and leaving some good people  
far behind.

Erica Sumi (Wilson, Long Beach) and Kay  
Nekota (Agoura) led the second pack, with  
Agoura having four runners up near the front  
of the race. Soph Molly Mehlerberg (Peninsula)  
moved up to fourth (18:31) in the race, with  
Jamie Artzner of Penn ending up eighth  
(18:50), but it was Agoura's day. Skieresz  
continued to press to the finish, setting a  
course soph record at 17:24, with Nekota  
third at 18:18, Camp 7th at 18:45, Tiffany  
Burt 10th at 18:53, and Limor Berci 21st  
(19:42) for an amazing 93:02 team time  
and 42 points overall, the second fastest  
time ever on the Mt. SAC course. There is  
some real significance to the 93:02 mark, as  
the 92:25 course record is set by the 1982  
University of Irvine team, led by Polly Plumer,  
thought by many to be the top prep female  
distance group in prep history with the still-  
standing prep distance medley relay record of  
11:43.53 and 4x1500m mark of 18:52.5.

Bend, Oregon, coached by former Palos  
Verdes HS mentor, Bob Latham, has moved  
to the #1 spot nationally with Agoura one  
more shot at a super race, at the state  
meet. Peninsula raced easily its seasonal  
best, 95:18 in second with 56 points, another  
super effort that should keep them rated  
among the very top few in the nation. Irvine  
was another very strong team on this morn-  
ing of great racing, with Kelly Roda (5th-  
18:36) leading the Vaquero's to a 96:50  
team time and 87 points in third.

#### Results:

(Overall Teams): 1. Agoura 42 (93:02), 2. Penin-  
sula 56 (95:18), 3. Irvine 87 (96:50), 4. Wilson  
(Long Beach) 144 (98:07), 5. Upland 95, 6. Esperan-  
za (Anaheim) 163, 7. Buena (Ventura) 196, 8.  
El Toro 209. (AA) 1. Agoura 32 (sixth consecutive  
divisional team title), 2. Peninsula 42, 3. Wilson  
(LB) 84, 4. Upland 88, (A) 1. Irvine 32, 2. Espe-  
ranza 68, 3. Buena 92, 4. Capistrano Valley 95.  
(Indiv) 1. Amy Skieresz (Agoura) 17:24 (soph  
course record, old 17:26 Laura Cattivera (Mira  
Costa) 1982), 2. Erica Sumi (Wilson, LB) 18:15,  
3. Kay Nekota (Agoura) 18:18, 4. Molly Mehler-  
berg (Peninsula, RH Est's) 18:31, 5. Kelly Roda  
(Irvine) 18:36, 6. Patricia Gibby (Thousand  
Oaks) 18:39, 7. Christine Lewis (Wilson, LB)  
18:41, 8. Kim Mortensen (1000 Oaks) 18:42, 9.  
Kristie Camp (Agoura) 18:45, 10. Jamie Artzner  
(Peninsula) 18:50, 11. Carrie Caulkins (Esperan-  
za) 18:50, 12. Amber Davidson (Alta Loma)  
18:50, 13. Tiffany Burt (Agoura) 18:53, 14.  
Mindy Hagstrom (Arroyo Grande) 18:54.

#### Div II

The fireworks continued in the meet here,  
with a cross-town Huntington Beach city ri-  
val of #6 ranked nationally Edison and Ocean  
View really cranked it up here at the end of  
the season. Soph Taryn Lawson of Ocean  
View leads a squad that features Christie  
Engesser, one of the nation's quickest 800m  
runners at 2:11.23, and the quickly develop-  
ing young group of frosh Christie Bradshaw,  
and sophs Melissa and Celeste Johnson. Ed-  
ison, with everyone back except Shelley Tay-  
lor, this year's #3 placer in the Southeastern

Conference Division I Championship race.  
Coach Lance Harter at the University  
Arkansas, had a ringer of its own in Ed-  
ison. Homberger. Edison's leading returnees, s-  
twin Jeannie and Jennifer Formosa, and  
Evans clan of Janna and Janndee, are v-  
solid, with Homberger, in her first season  
running ever turning out to be the teams  
runner. The contest at the top in the  
nials here was a classic. Homberger was  
individual winner in an excellent 18:30, v-  
OV's Lawson finishing third at 18:57. O-  
Engesser raced the effort of her life in  
sport with a 19:00 clocking for fourth.  
nifer Formosa (Edison) nipped Christy Br-  
shaw for 7th, with Janna Evans 11th  
overall team scoring. Janndee Evans  
13th, with Melissa 15th and Celeste Jo-  
son 17th finishing around Jeannie Form-  
in 16th. That was it as the two teams  
placed ten of the top sixteen placers  
good quality event. Overall scoring:  
Ocean View the surprising winner with  
points (96:29 team time) and Edison  
(96:12). When the divisions were broken  
it was Edison 42 and Ocean View 43  
level athletes in the race removed from  
'AA' scoring). What an exciting contest.  
One looked forward to the state meet  
real anticipation with Coach Beth Chilco-  
job with her Ocean View truly one of ex-  
cellence this fall!

#### Results:

Overall Teams: 1. Ocean View (HB) 47 (96:  
2. Edison (HB) 48 (96:12), 3. Corona  
(102:05), 4. Bishop Amat 148 (102:45), 5.  
bin 152, 6. Canyon (Anaheim) 173, 7. Claren-  
186, 8. Righetti (Santa Maria) 187. (AA) 1.  
son 42, 2. Ocean View 43, 3. Tustin 100, 4.  
rona 102. (A) 1. Bishop Amat 40, 2. Trabuco  
(Mission Viejo) 63, 3. Righetti 70, 4. Rio Mesa  
nard) 85.  
(Individuals) 1. Elyse Hornberger (Edison,  
18:30, 2. Kim Nelson (Canyon, Anaheim)  
Taryn Lawson (Ocean View, HB) 18:57,  
Christie Engesser (Ocean View, HB) 19:00,  
Claris Fernandez (Corona) 19:01, 6. Liza  
ander (Tustin) 19:03, 7. Gabriela Rodriguez  
nard) 19:06, 8. Jennifer Formosa (Edison,  
19:14, 9. Christy Bradshaw (Ocean View,  
19:18, 10. Molly Lawrence (Righetti, Santa  
ria) 19:18, 11. Tiffany Marra (Rio Mesa,  
nard) 19:19.

#### Div III

The great racing in this meet did not  
as the enrollment divisions became sma-  
with Corona del Mar (Newport Bea-  
ranked #11 nationally with a dynamic c-  
hooking up with a strong Laguna Hills te-  
Coach Bill Sumner's CdM crew had a si-  
soph trio on top with Tracy Clark, Br-  
Meek, and Dresden Howell. Laguna H-  
with Coach Debbie Wilkinson joined by  
mer UC Irvine star Jennifer Thomas-  
husband Dan, steadily building a mon-  
team over the last year or two. Before  
day was over we would observe two of  
nation's top teams doing battle.

Mayra Medina, an 11:38.55 3200m  
ner last spring in track, looked very strong  
the Prelims, with a brilliant effort on the  
morning of the Finals, racing away to  
18:16 win, making her one of the favor-



# California Track and Cross Country Coaches Alliance PREP NOTES



**MARIBELLA APARICIO**

Photo by Kirby Lee

for the state individual title. Tracy Clark started the CdM flood in second at 18:37, with Heather McGlone adding to the LH cause with a fine third place effort of 19:00. With four in the top ten overall Corona del Mar scored 46 points (97:04 team time), with Laguna Hills impressive at 97:37 with 74 in second. When divisions were broken out the two totally dominated, with LH 34 in AA and CdM 25 in 3A. These are two schools equal to any in California's history at their size, and when one looks at national rankings in the sport one gets the impression that most ahead of them are very large schools.

## Overall

1. Corona del Mar 46 (97:04), 2. Laguna Hills 74 (97:37), 3. Newport Harbor 117 (100:37), 4. El Modena (Orange) 125 (101:01), 5. Santa Margarita (Rancho SM) 162, 6. San Luis Obispo 180, 7. Chaminade (Canoga Park) 182, 8. Rubidoux (Riverside) 188. (AA) 1. Laguna Hills 34, 2. El Modena 5, 3. Rubidoux 84, 4. Newbury Park 87. (A) 1. Corona del Mar 25, 2. Newport Harbor 66, 3. Santa Margarita 97, 4. Chaminade 102. (Individuals) 1. -Mayra Medina (Laguna Hills) 8:18, 2. \*\*Tracy Clark (Corona del Mar) 18:37, 3. -Heather McGlone (Laguna Hills) 19:00, 4. -Danielle Pekar (Rubidoux, Riverside) 19:04, 5. -Dresden Howell (CdM) 19:06, 6. -Jenny Wong (Harvard/Westlake, North Hollywood) 19:06, 7. -Carlene Pengra (La Canada) 19:11, 8. -Kristina Ahlberg (El Modena, Orange) 19:18, 9. -Sara Aldeiz (El Dorado, Placentia) 19:21, 10. -Jodi Bailey (South Torrance) 19:24.

## Div IV

Defending State Champion here, as on the Boys side, Nordhoff (Ojai) showed up with its usual fine peak at the end of the season. The Ranger team of Coach Ken Reeves had been bolstered this Fall by the arrival of German foreign exchange student Karen Bockel, who is said to have run under 2:40 for 1500 meters, and based upon her efforts during the season she will be a fine addition to the state's small school crop of runners. Many of the rest of the Nordhoff team have been in and out of race results, with one getting the sense that injuries and all had taken their toll thus far this campaign. This morning the crew was back in gear.

Out in front the division has one of the nation's best, with Maribella Aparicio (Fillmore) powering away this morning to the section's equal number eight twelfth grade clocking ever at Mt. SAC with an excellent solo 17:32. Bockel led the Nordhoff charge with an 18:51 in second. Monica Berlin, an 1:44.72 3200m runner last spring in track, dropped quite a bit to 19:28 in third. The rest of the Ranger group was much closer this week, with Heather Dron (6th overall scoring at 20:15) and Sarah Kunde (7th-20:17), and Lisa Severino (20:52) setting the team up for a big match-up in a week at the state meet with a special group from Lassen (Susanville) from the Northern Section. Nordhoff's 99:43 team time is very, very special at this level, with probably no team in the nation as strong at the enrollment size.

## Overall results:

1. Nordhoff 99 (99:43), 2. Laguna Beach 115 (106:08), 3. Maranatha (Sierra Madre) 128 (106:33), 4. St. Anthony (Long Beach) 141 (106:44), 5. Temescal Canyon (Elsinore) 155, 6. Fillmore 159, 7. Mammoth 169, 8. Morro Bay 174. (AA) 1. Nordhoff 30, 2. Laguna Beach 71, 3. St. Anthony 85, 4. Fillmore 95. (A) 1. Maranatha 50 (seventh consecutive section divisional title), 2. Temescal Canyon 64, 3. Mammoth 67, 4. Murrieta Valley (Murrieta) 78. (Individual) 1. -Maribella Aparicio (Fillmore) 17:32, 2. -Karen Bockel (Nordhoff, Ojai) 18:51, 3. -Monica Berlin (Nordhoff, Oj) 19:28, 4. -Faye Roundy (Morro Bay) 19:30, 5. -Amber Parkinson (Orange Lutheran) 19:43, 6. -Jackie Guesno (St. Anthony, Long Beach) 19:45, 7. -Sierra Dommale (Mammoth, Mammoth Lakes) 19:48, 8. -Adrienne Bell (La Reina, 1000 Oaks) 19:58.

## Boys

### Div I

This division would feature another titanic match-up between two of the nation's best, with preseason #1 ranked and defending State Champion Hart falling to fourth at the Mt. SAC Invitational to Thousand Oaks, with the 79:39 by the Lancer underclass dominated team very impressive and rocketing them to a #7 ranking nationally (Hart currently sat #4).

In prelim action both teams qualified easily, with Hart looking ready for a good finals run and Thousand Oaks maybe not looking quite so solid when team leader, junior Brandon Del Campo, raced somewhere 19:23 (he was 15:27 at the Mt. SAC invite). There were some other good teams and individuals in the race, with Margarito Casillas (Hoover, Glendale), the nation's #2 returnee from the Kinney Nationals at 5th place, undefeated this Fall.

Casillas took the race out, cranking a 4:36 first mile. The Thousand Oaks green,

black, and white uniforms stood out with soph Jeff Fischer leading four athletes in the top fifteen through the first mile and a half. Hart had soph Brett Strahan in that pack, but the rest of the team's scorers were between fifteenth and thirtieth place. While one waited for the Hart team with so much potential to make its move, the race never developed, with TO racing to 53 points overall (79:29 team time), with Hart 104 (80:49), and Peninsula creeping close in third at 113 (80:53).

Coach Gene Blankenship of Hart announced the previous week that this will be his last year at Hart, as he is moving to the State of Washington. Casillas finished very strong individually up front, racing a seasonal best here of 15:09, with next year's battle set up with junior Jaime Martinez (Orange) nipping Arroyo Grande's fine eleventh grader, Eric Dunn, for second 15:20-15:23.

One must keep in mind that Thousand Oaks has two sophs and two juniors in their top six, with the sky the limit for this squad next year.

## (Overall):

1. Thousand Oaks 53 (79:29), 2. Hart 104 (80:49), 3. Peninsula (RH Estates) 113 (80:53), 4. Santa Ana 155 (81:58), 5. Saddleback 158, 6. Arroyo Grande 159, 7. Rowland 176, 8. Huntington Beach 188. (AA) 1. Peninsula 46, 2. Santa Ana 66, 3. Saddleback 68, 4. Redlands 86. (A) 1. Thousand Oaks 37, 2. Hart 65, 3. Arroyo Grande 89, 4. Rowland 99. (Individuals) 1. -Margarito Casillas (Hoover, Glendale) 15:09, 2. -Jaime Martinez (Orange) 15:20, 3. -Eric Dunn (Arroyo Grande) 15:23, 4. -Jim Cera (Upland) 15:25, 5. -Jaime Bastidas (Eisenhower, Rialto) 15:28, 6. -Jeff Fischer (1000 Oaks) 15:29, 7. -Dan Minami (Peninsula, RH Est's) 15:33, 8. -Brett Strahan (Hart, Newhall) 15:37, 9. -Luis Baca (Rowland, Rowland Hts) 15:44, 10. -Kevin Marsden (1000 Oaks) 15:48, 11. -Tedros Berhane (Redlands) 15:51, 12. -Nathan Jobe (Buena, Ventura) 15:52, 13. -Ralph Spennato (Esperanza, Anaheim) 15:52, 14. -Federico Duran (Santa Ana) 15:54, 15. -Ben Flamm (Huntington Beach) 15:56.

## Div II

Katella (Anaheim), building steadily over the last two years under Coach Dave Wilson, had arrived with a #16 ranking nationally off a fine effort in the Mt. SAC Invitational (80:12). The Knights were led by the outstanding duo of Mike Love (4:14.72 1600m) and junior Mike Moreno (15:28 here at Mt. SAC). Katella would be pressed to the limit here by another great Agoura squad, led by one of the nation's best, Ryan Wilson (4:12.77 1600m, #2 returnee in country there), the fastest at Mt. SAC this Fall with a 15:03.

Wilson raced out to a 4:38 first mile, with aims at moving up the course all-time list this morning. Katella's Love and Moreno led the second pack, with surprising Agoura soph, John Greene, holding on close to that group. Delphino Resendiz of Katella is also strong, with the two teams kind of alternating places back in the pack. Wilson powered in at an unpressed 14:54, the section's #8 time ever by a twelfth grader, with Love 15:29 and Moreno 15:34 2-3. Agoura soph Greene held on to fourth in an impressive

15:38 (the assembly line keeps rolling out at Charger-ville). It was tougher than that, but Katella did squeak in (80:02-81 (79:56), with Agoura 81, to be considered among the top two of the nation off this effort, making it the nation's most outstanding overall in the Girls program.

## (Overall):

1. Katella (Anaheim) 79 (80:02), 2. Agoura 81 (79:56), 3. Canyon (Canyon Cou) 81 (81:24), 4. Camarillo 101 (81:43), 5. Valley (La Crescenta) 147 (83:06), 6. Villa Park 151, 7. Villa Park 161, 8. Righetti 163, 9. Agoura 47, 2. Canyon 58, 3. Camarillo 87. (A) 1. Katella 35, 2. Valley 65, 3. Villa Park 71, 4. Righetti 81. (Individuals) 1. -Ryan Wilson (Agoura) -Mike Love (Katella, Anaheim) 15:29, 3. -Delphino Resendiz (Katella, Ana) 15:34, 4. -John Agoura) 15:38, 5. -Mike Pendergraph (La, Riverside) 15:43, 6. -Walter Ch (Claremont) 15:45, 7. -Jon Bischoff (Canyon Country) 15:46, 8. -Angel Ibarra (Santa Maria) 15:47, 9. -Bryson McFarrell (Arillo) 15:49, 10. -Delphino Resendiz 15:55, 11. -Armando Lerma (Indio) 15:55, 12. -Donald Carmona (Huaneme, Oxnard) 15:55.

## Div III

Newport Harbor (Newport Beach) came out charging early with a very good group, led by Jared Overton and Skyler Ka, with a wide margin over the top during the season. They would get a scare here, with their act perked for the state meet.

Coach Phil Ryan of San Marino got much out of his Titan runners as the State, with the 1992 Fall season being like a war zone hospital list. He wandered out to the course for the without a limp and some very interesting things happened. Up front in the race, Ciano (San Luis Obispo) eventually away from Marcus Ferrara (Soledad) 15:44-15:49, with San Marino's Warren Wolf surprisingly edging Newport Harbor's Jared Overton 15:58-16:00 team contest. Sky Pterka was second in Newport (16:03), but San Marino repesistent, with Ben Nichols (16:12) lived Lee Zuckerman (16:14) ahead of Sailor's #3 runner.

Newport eventually put six in behind Marino's fourth, but the Titans gave the favorite their state meet "wake-up" the final totals Newport 66-San Marino Fresno will be interesting to see if they can put together such a super effort weekends straight. Anyway, the team Irishman, Ryan, deserves an award recognizing his talent each year. The Ebiner family is still a presence in with Frank the Coach of the four overall La Puente squad.

## (Overall):

1. Newport Harbor 66 (81:41), 2. San Marino 74 (81:42), 3. Ayala (Chino) 116 (82:32), 4. Puenente 157 (83:42), 5. El Modena 159, 6. Santa Ana 166, 7. Paso Robles 167, 8. Estancia Mesa) 172. (AA) 1. Ayala 54, 2. La Puente 79, 3. La Habra 78, 4. Estancia 79. (A) 1. Harbor 39, 2. San Marino 45, 3. Paso Robles 44, 4. Covina 95. (Individuals) 1. -Roger Cl



# California Track and Cross Country Coaches Alliance

## PREP NOTES

15:44, 2. -Marous Ferrara (South  
15:49, 3. \*Rondie Gibbs (Rubidoux, Riv-  
15:53, 4. \*Warren Wolf (San Marino)  
-Jared Overton (Newport Harbor, Newport  
02, 6. -Steve Monja (South Hills, West  
16:02, 7. -Sky Peterka (Newport Harbor,  
3, 8. \*Brendon Mahon (La Habra) 16:05.

ditional powers galore would battle  
th some qualify at a very impressive  
a young group of athletes near the  
his race. Morro Bay has an out-  
g young duo in soph Dave Mitchell  
or Joey Taverner. Nordhoff leads  
h Javier Ramirez and Micah Robles,  
division having a fine twin duo in  
Leonard and Jose Diaz of Bell-Jeff  
k). The team contest appeared to  
m to a battle between Nordhoff and  
ay. Mitchell, looking very strong in  
m weather during the prelims, was  
onger in the Finals, rocketing away  
44 win, with his junior teammate,  
r, cruising in next at 15:49. North-  
Ramirez was third in a fine 15:51.  
e Diaz 15:53.

Nordhoff depth proved to be a bit too  
r Morro Bay (67-77), with Marana-  
-Filmore both racing outstanding fi-  
ports. Nordhoff's 82:44 and Morro



**JO ROMERO**  
Photo by Bill Cockerham

Bay's 82:54 are very, very impressive team  
times at this level. McFarland, which has  
come south twice this Fall to defeat the  
area best, and a very strong Yreka team,  
will provide adequate State Meet competi-  
tion for our Section's best.

### (Overall):

1. Nordhoff (Ojai) 67 (82:44), 2. Morro Bay 77  
(82:52), 3. Maranatha 117 (85:13), 4. Fillmore  
120 (85:16), 5. La Salle (Pasadena) 128, 6.  
Salesian (L.A.) 152, 7. Bell-Jeff (Burbank) 179,  
8. Ontario Christian 183. (AA) 1. Nordhoff 46, 2.  
Morro Bay 51, 3. Fillmore 76, 4. Salesian 91. (A)  
1. Maranatha 46, 2. La Salle 53, 3. Desert Chris-  
tian (Lancaster) 82, 4. Ontario Christian 82.  
(Individual) 1. \*Dave Mitchell (Morro Bay)  
15:44, 2. \*Joey Taverner (Morro Bay) 15:49, 3.  
\*Javier Ramirez (Nordhoff, Ojai) 15:51, 4. Jose  
Diaz (Bell-Jeff, Burbank) 15:53, 5. Geoff Wullsch-  
lager (La Salle, Pasadena) 16:04, 6. \*Micah Ro-  
bles (Nordhoff, Ojai) 16:09, 7. Leonard Diaz (Bell-  
Jeff, Burbank) 16:16.

## San Diego Section

### Boys Results - Division 1 - 3.02 Mile

Team Scores: 1. Mira Mesa 47, 2. Mt. Carmel  
61, 3. San Diego 121, 4. Poway 141, 5. Vista  
170, 6. Chula Vista 174.

Individuals: 1. Mebrahton Kellezighi (SD) 15:34,  
2. Jose Meigar (SD) 15:42, 3. Chad Wenger (Mira  
Mesa) 16:08, 4. Ahlu McFlezigighi (SD) 16:13, 5.  
Jeff Higginbotham (Poway) 16:16, 6. Doug Clark  
(Mt. Carmel) 16:18, 7. Kevin Bowes (Mira Mesa)  
16:19, 8. Rich Vogt (Mt. Carmel) 16:32, 9. Robert  
Callahan (Mt. Carmel) 16:32, 10. David Rom-  
era (Mira Mesa) 16:33.

11. Armando Barajas (Sweetwater) 16:39, 12.  
Mike Johnson (Mira Mesa) 16:40, 13. Greg Nett  
(Mt. Carmel) 16:47, 14. Ronnie Peel (Granite  
Hills) 16:43, 15. Larry Henderson (Mira Mesa)  
16:43.

### Girls Results - Division 1 - 2.45 Mile

Team Scores: 1. Mt. Carmel 34, 2. Fallbrook 84,  
3. Poway 87, 4. Chula Vista 142, 5. Rancho Bu-  
ena Vista 145, 6. Mira Mesa 170.

Individuals: 1. Milena Glusac (Fallbrook) 14:19,  
2. Claire Becker (Bonita) 15:07, 3. Melanie Pick-  
ett (Mt. Carmel) 15:15, 4. Tiffany Kinder (Vista)  
15:34, 5. Kim Ricks (Mt. Carmel) 15:35, 6. Jenni-  
fer Vergin (Mt. Carmel) 15:41, 7. Jessica Youngin  
(Poway) 15:44, 8. Erika Boone (Mt. Carmel)  
15:47, 9. Myrna Arana (Chula Vista) 15:47, 10.  
Wendy Murphy (Granite Hills) 15:50.

11. Jennifer Koenig (Poway) 15:50, 12. Court-  
ney Kurth (Mt. Carmel) 15:53, 13. Melanie Hand  
(Fallbrook) 15:56, 14. Ginna Rohd (Fallbrook)  
16:01, 15. Heidi Culea (Mt. Carmel) 16:05.

### Boys Results - Division 11 - 3.02 Mile

Team Scores: 1. Mission Bay 44, 2. San Pasqual  
57, 3. Escondido 104, 4. El Capitán 161, 5. Pt.  
Loma 171, 6. Rancho Bernardo 174.

Individuals: 1. Nazario Romero (San Pasqual)  
15:37, 2. Devin Elizonda (Mission Bay) 15:53, 3.  
Rubin Carrillo (Hilltop) 16:01, 4. David Levy (Mis-  
sion Bay) 16:05, 5. Mario Marquez (Mission Bay)  
16:06, 6. Gilbert Serrano (Pt. Loma) 16:09, 7.  
Avarin Reyes (Escondido) 16:14, 8. Rashad  
Neunoy (Pt. Loma) 16:17, 9. Nathan Hollenber-  
ger (Helix) 16:18, 10. No Name Available (San  
Pasqual) 16:25.

11. Brian Dickson (Monte Vista) 16:28, 12. Syl-  
vester Gunnar (Escondido) 16:29, 13. Chris Ruhe  
(San Pasqual) 16:34, 14. Matt Silva (San Pas-  
qual) 16:36, 15. Fabian Hernandez (Mission Bay)  
16:43.

### Girls Results - Division 11 - 2.45 Mile

Team Scores: 1. San Pasqual 79, 2. El Capitán  
111, 3. Rancho Bernardo 117, 4. Torrey Pines  
133, 5. Pt. Loma 164, 6. Valhalla 219.

Individuals: 1. Michele Cox (Escondido) 14:44, 2.

Melissa Keim (San Pasqual) 15:14, 3. Wendy  
Brown (Rancho Bernardo) 15:32, 4. Jenny Caro  
(El Capitán) 15:41, 5. Lisa Gruberling (Monte Vis-  
ta) 15:46, 6. Laura Leach (Rancho Bernardo)  
15:51, 7. Sandi Rabie (Torrey Pines) 15:53, 8.,  
Dani Coleman (Mission Bay) 15:56, 9. Erin Farrell  
(San Pasqual) 16:00, 10. Lara Harder (Gross-  
mont) 16:02.

11. Melinda McCoy (San Marcos) 16:03, 12.  
Rowena Gonzales (Mar Vista) 16:06, 13. Danila  
Buckley (Valhalla) 16:06, 14. Anny Serrano (Pt.  
Loma) 16:07, 15. Susan Pienado (Pt. Loma)  
16:11.

### Boys Results - Division 111 - 3.02 Mile

Team Scores: 1. St. Augustine 42, 2. La Jolla 54,  
3. West Hills 69, 4. Crawford 94, 5. Ramona 113,  
6. Santana 138.

Individuals: 1. Mark Hauger (St. Augustine)  
15:48, 2. Juan Alva (Ramona) 16:18, 3. Daniel  
O'Conner (St. Augustine) 16:21, 4. Ryan Bartel  
(West Hills) 16:35, 5. Martin Reyes (St. Augustine)  
16:40, 6. Mike Lang (West Hills) 16:44, 7. Leonel  
Velaquez (Crawford) 16:47, 8. Mike Cullman (La  
Jolla) 17:00, 9. Robert Eikel (La Jolla) 17:02, 10.  
Jacob Gruse (La Jolla) 17:06.

11. Brian Ferguson (Santana) 17:10, 12. Ryan  
Newstrom (West Hills) 17:10, 13. Manuel Alcalá  
(La Jolla) 17:11, 14. David Hewitt (La Jolla)  
17:12, 15. Blain Stewart (West Hills) 17:21.

### Girls Results - Division 111 - 2.45 Mile

Team Scores: 1. O.L.P. 51, 2. La Jolla 79, 3. Ra-  
mona 97, 4. West Hills 100, 5. Crawford 116, 6.  
U.S.D. 118.

Individuals: 1. Michele O'Conner (OLP) 15:12, 2.  
Erin Kilian (Ramona) 16:26, 3. Vanessa Hanley  
(USD) 16:30, 4. Christina Kenney (Crawford)  
16:34, 5. Pat Belton (Ramona) 16:35, 6. Jennifer  
Stuart (West Hills) 16:37, 7. Carrie Barnett (Madi-  
son) 16:40, 8. Liz Cornet (La Jolla) 16:42, 9. Su-  
san Maurico (OLP) 16:44, 10. Tina Hamilton  
(West Hills) 16:48.

11. Bree McCahn (USD) 16:51, 12. Sarah Jo-  
(OLP) 16:55, 13. Angela Amarillas (La Jolla)  
17:08, 14. Kathryn Winsley (OLP) 17:26, 15. Sa-  
rah Winsley (OLP) 17:34.

### Boys Results - Division IV - 3.02 Mile

Team Scores: 1. Coronado 56, 2. Calvin Ch-  
ristian 59, 3. Gompers 94, 4. Clairemont 144,  
Christian 150, 6. Bishop 157.

Individuals: 1. Josh Cox (Christian) 16:28,  
Travis Rothman (Christian) 16:54, 3. Nick S-  
phens (Coronado) 17:11, 4. Mike Aldriniz (Ch-  
ristian) 17:31, 5. Matt Doyle (Corona-  
do) 17:39, 6. Ryan Swanson (Tri-City) 17:47,  
Todd Lewis (Julian) 17:52, 8. Brian O'Con-  
(Cal Christian) 17:53, 9. Mike Aguilar (Corona-  
do) 17:57, 10. Elmer Semere (Gompers) 17:50.

11. Quinn Dondera (Clairemont) 18:06, 12. T.  
Ross (Army/Navy) 18:08, 13. Robert Frank  
(Army/Navy) 18:21, 14. Adam Brown (Gom-  
pers) 18:21, 15. Erin O'Conner (Cal Christian)  
18:28.

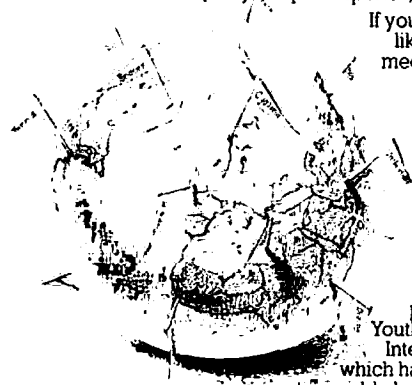
### Girls Results - Division IV - 2.45 Mile

Team Scores: 1. Coronado 23, 2. Bishop's 53,  
Christian 92, 4. Santa Fe Christian 123,  
Clairemont 135, 6. Gompers 146.


Individuals: 1. Marissa Hurwitz (Bishops) 15:52,  
2. Jessica Lunt (Coronado) 16:45, 3. Angie He-  
sen (Coronado) 16:46, 4. Rachel Boonstra (Ch-  
ristian) 17:15, 5. Andrea Herschman (Bishop)  
17:42, 6. Helen Lannunziata (Coronado) 17:51,  
Summer Hesse (Coronado) 18:05, 8. Cat-  
Chapman (Coronado) 18:26, 9. Diana De Grian-  
(Christian) 18:28, 10. Janelle Honning (Clai-  
mont) 18:41.

11. Jen Millis (Coronado) 18:47, 12. Rebe-  
Bowman (Santa Fe Christian) 18:50, 13. Jenni-  
Lewis (East Lake) 18:55, 14. Mariah Gay  
(Bishops) 19:00, 15. Michelle Leane (Christi-  
an) 19:01.

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# RESULTS

Please send track & field / cross country results directly to: CTN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

## Big West X-C Conference Meet

October 31.

### Men's Results

**Team Scores:** 1. Utah State 55, 2. Univ. of Nevada 58, 3. CS Fullerton 68, 4. UC Santa Barbara 68, 5. UC Irvine 78, 6. Long Beach State 189, 7. New Mexico State 190.

**Individuals:** 1. Mike Tansley (Full) 25:53, 2. Peter Oviatt (Utah St) 26:00, 3. Peter Woods (Nev) 26:02, 4. Edgar Montes (Nev) 26:09, 5. Clark Acuna (UCSB) 26:18, 6. Steve Frisone (Full) 26:24, 7. Mike Nielson (UCI) 26:25, 8. Jason Kayne (Utah St) 26:29, 9. Damon Lewin (UCSB) 26:31, 10. Shane Bingham (Utah St) 26:37.

11. Jose Serrano (Full) 26:44, 12. Jole Hamilton (Nev) 26:45, 13. Todd Coulston (UCI) 26:48, 14. Matt Haugen (UCSB) 26:54, 15. Jason Heideman (Utah St) 26:56, 16. Brad Glosser (UCSB) 26:59, 17. Adam Shanks (UCI) 27:03, 18. David Tejedor (Nev) 27:06, 19. Jeff Cook (UCI) 27:07, 20. Eric Roberts (Utah St) 27:09.

21. Kein Wu-Tsang (Nev) 27:13, 22. Brian Hill (UCI) 27:14, 23. Rene Gutierrez (Full) 27:16, 24. Froylan Sanchez (UCSB) 27:22, 25. Mike Davidson (Utah St) 27:28, 26. Ed Wolf (Nev) 27:30, 27. Marty Baratti (Full) 27:37, 28. Daniele Galindo (UCI) 27:49, 29. Jon Chaikittiratta (Long Bch St) 27:53, 30. Charles Wallace (Utah St) 28:04.

31. Brian Johnson (Full) 28:08, 32. Eric Flores (NM St) 28:32, 33. Lee Brinker (NM St) 28:33, 34. Jason Scott (Nev) 28:37, 35. Steve Fong (Long Bch St) 28:42, 36. Tom Casto (Full) 28:46, 37. James Wilburn (NM St) 28:54, 38. James Foidan (UCI) 29:03, 39. Bill Aronson (UCSB) 29:04, 40. Chris Puppione (Long Bch St) 29:09.

**Athlete of the Year:** Mike Tansley (CSUF).

**Coach of the Year:** Gregg Gensel (USU).

### Women's Results

**Team Scores:** 1. UC Irvine 48, 2. UC Santa Barbara 73, 3. CS Fullerton 87, 4. Univ. of Nevada 108, 5. Univ. of Hawaii 123, 6. Long Beach State 134, 7. Utah State 142, 8. UN Las Vegas 201, 9. New Mexico State 207, 10. Univ. of Pacific 313.

**Individuals:** 1. Alisa Nicodemus (Utah St) 17:27, 2. Heather Killen (Full) 17:46, 3. Traci Goodrich (UCI) 17:58, 4. Rayna Cervantes (UCI) 18:09, 5. Jade Preato (UCI) 18:10, 6. Rachel Juarez (Nev) 18:11, 7. Kim Neighbour (Nev) 18:19, 8. Brooke Mabe (LBSU) 18:20, 9. Kara Bradbury (UCSB) 18:21, 10. Kristin Peters (Full) 18:22.

11. Beckie Levy (UCSB) 18:32, 12. Julie Thomas (UCSB) 18:32, 13. Dianne McCarthy (UNLV) 18:35, 14. Amanda Dillio (Hawaii) 18:38, 15. Martha Luna (UCI)

18:50, 16. Deanna Hadley (UCSB) 19:01, 17. Jennie Buchanan (Utah St) 19:03, 18. Roxanna Marquez (NM St) 19:05, 19. Barbara Kozlowski (Full) 19:06, 20. Darlene Mota (Hawaii) 19:07.

21. Tanja Brix (UCI) 19:09, 22. Kelly Coster (LBST) 19:15, 23. Tiffany York (UCI) 19:18, 24. Angela Dullio (Hawaii) 19:20, 25. Thea Roberts (UCSB) 19:21, 26. Steffie Ambrozak (LBST) 19:24, 27. Ruth Viramontas (Full) 19:29, 28. Rachel Visser (Hawaii) 19:30, 29. Lucinda Reyes (Full) 19:41, 30. Lisa Miles (Nev) 19:42.

31. Jean Fletcher (UNLV) 19:43, 32. Kelly Swinney (Nev) 19:45, 33. Rochelle Hair (Nev) 19:47, 34. Kristin Von Teuber (UCSB) 19:58, 35. Linda Terry (Full) 19:59, 36. Malene Ingram (NM St) 20:01, 37. Juliet Stone (Hawaii) 20:05, 38. Lisa Bower (LBST) 20:05, 39. Carolyn Oviatt (Utah St) 20:09, 40. Evangelina Machado (LBSU) 20:19.

**Athlete of the Year:** Alisa Nicodemus (USU).

**Coach of the Year:** (tie) Vince O'Boyle (UCI) and Jim Triplett (UCSB).

## PAC-10 Cross Country Conference Meet

October 31, Stanford Golf Course.

### Men's Results - 8K

**Team Scores:** 1. Oregon 48, 2. Arizona 51, 3. UCLA 89, 4. Stanford 93, 5. Univ. of Washington 123, 6. Washington State 134, 7. California 141, 8. Arizona State 245, 9. USC 290.

**Individuals:** 1. Joe Kapkery (WSU) 23:46, 2. Martin Keine (AZ) 23:58, 3. Gary Stolz (Stanford) 23:58, 4. Karl Locks (OR) 24:10, 5. Jaime Gallado (AZ) 24:27, 6. Jimmy Rodriguez (AZ) 24:32, 7. Neil Paschen (UOWashington) 24:33, 8. Tracy Holister (OR) 24:34, 9. Brad Meyer (AZ) 24:42, 10. Creighton Harris (UCLA) 24:48.

11. Rick Mestler (OR) 24:50, 12. John Dimoff (OR) 24:51, 13. Jason Humble (OR) 24:53, 14. Todd Lewis (Stanford) 25:03, 15. Mike Reilly (Stanford) 25:04, 16. Daniel Niednager (UCLA) 25:11, 17. Richie Boulet (UCI) 25:13, 18. Robert Mata (UCLA) 25:16, 19. Coiden Baxter (OR) 25:16, 20. Tim Julian (OR) 25:17.

21. Mike Kirkendall (UO Washington) 25:18, 22. Elizazr Herrera (UCLA) 25:20, 23. Troy Rowthas (UCLA) 25:20, 24. Teslaya Beyene (Cal) 25:21, 25. Nick Pavach (UO Washington) 25:24, 26. Andy Bupp (Cal) 25:27, 27. Nathan Davis (WSU) 25:29, 28. Derek Bork (Stanford) 25:30, 29. Bernie Semler (AZ) 25:33, 30. David Hughes (UOWashington) 25:33.

31. Art Jimenez (AZ) 25:37, 32. Bryon DeVore (UCLA) 25:39, 33. Greg Shryock (Stanford) 25:52, 34. Chris Lewis (WSU)

25:55, 35. Jamie Nordstrom (WSU) 25:56, 36. Steve Zirkelback (Cal) 26:01, 37. Kevin Guiberson (WSU) 26:02, 38. Mark Douglas (Cal) 26:04, 39. Pete Nichols (Cal) 26:06, 40. George Barajaz (UO Washington) 26:06.

### Women's Results - 5K

**Team Scores:** 1. Univ. of Oregon 58, 2. Univ. of Washington 73, 3. Arizona 82, 4. Stanford Univ. 95, 5. UCLA 122, 6. Washington State 141, 7. Arizona State 144, 8. California 163, 9. USC 285.

**Individuals:** 1. Nicole Woodward (OR) 16:51, 2. Louise Matson (Stanford) 17:04, 3. Tara Carlson (UOWashington) 17:07, 4. Jennifer Bravard (WSU) 17:10, 5. Stacie Molihak (UOWashington) 17:16, 6. Katie Williams (AZ) 17:26, 7. Janet Bowie (Cal) 17:28, 8. Heidi Van Borkule (OR) 17:30, 9. Jean Harvey (AZ) 17:32, 10. Karen Hecox (UCLA) 17:33.

11. Beth Bartholomew (UCLA) 17:36, 12. Rachel Brennan (AZ) 17:39, 13. Erika Klein (OR) 17:45, 14. Kelly Cordell (ASU) 17:48, 15. Brenda Sleewenhoeck (AZ) 17:51, 16. Jill Callero (OR) 17:55, 17. Brandi Evans (UOWashington) 17:57, 18. Jennifer Carpenter (USU) 17:59, 19. Sara Truitt (Stanford) 17:59, 20. Misah Zwagerman (OR) 18:00.

21. Christine Dehlendorf (Stanford) 18:09, 22. Jim McElhinney (Stanford) 18:10, 23. Emily Johnson (UOWashington) 18:13, 24. Sharetta Garcia (AZ) 18:17, 25. Aimee Kriz (UOWashington) 18:20, 26. Kim Toney (AZ St) 18:20, 27. Tenaya Soderman (Cal) 18:21, 28. Joelle Brayton (UOWashington) 18:25, 29. Joni Warehas (OR) 18:28, 30. Kira Jorgensen (UCLA) 18:28.

31. Kay Luo (Stanford) 18:30, 32. Jeanne Hall (WSU) 18:30, 33. Andrea Garner (Stanford) 18:32, 34. Kristin Wellman (AZ St) 18:39, 35. Gloria Barron (UCLA) 18:44, 36. Jeanene Harlick (UCLA) 18:45, 37. Tami Dobe (Cal) 18:49, 38. Laura Hayward (Stanford) 18:50, 39. Jessica Brathord (WSU) 18:53, 40. Kathy Delgado (AZ) 18:55.

## UC Santa Barbara at Lagoon Cross Country

October 31.

### Men's Results - 5000m

**Team Scores:** 1. SBAA 19, 2. Westmont 52, 3. Biola 70, 4. San Luis DC 84.

**Individuals:** 1. Jesse Taylor (Masters) 15:30, 2. Mike Smith (SBAA) 15:41, 3. Gus Hermes (SBAA) 15:53, 4. Peter Hopkins (SBTC) 16:01, 5. Ramon Tello (SBAA) 16:13, 6. Steve Boaz (SDDC) 16:14, 7. Ketting (SBAA) 16:18, 8. Matt Nealton (Westmont) 16:23, 9. Rosendo Soboul (Biola) 16:27, 10. Terry Howell (SBAA) 16:32.

### Women's Results - 2 Miles

**Team Scores:** 1. Westmont 23, 2. Biola 24, 3. Biola 55.

**Individuals:** 1. Elizabeth Onyambu 11:33, 2. Misty Allen (Westmont) 12:32, 3. Danela Bazoch (Westmont) 12:32, 4. Copper (SLDC) 12:33, 5. Sh... (Westmont) 12:36, 6. Amy Johns... (Westmont) 12:40, 7. Anna Heilbeck (Westmont) 12:53, 8. Deena Stuhman (SLDC) 13:03, 9. DeAnn Keller (Biola) 13:03, 10. Neva (Biola) 13:28.



ELIZABETH ONYAMBU  
Photo by

## NAIA District I Championship

November 7, Woodward Park, Fresno, CA

### Men's Results - 8K

**Team Scores:** 1. Pt. Loma 31, 2. Pacific 45, 3. Westmont 83, 4. Fresno State 95, 5. Biola 124, 6. Southern Oregon 166.

**Individuals:** 1. Robert Kater 25:29, 2. Tony Bergman (Az) 25:46, 3. Kenneth Jansson 25:49, 4. Eban Robinson (Westmont) 25:50, 5. Scott Lardner (Pt. Loma) 25:50, 6. Burns (Azusa Pac) 26:02, 7. Jeri Holm (Fresno Pac) 26:10, 8. Jim (Masters) 26:23, 9. Anthony Fier (Fresno Pac) 26:24, 10. Goshu Tadesse (Fresno Pac) 26:27.



# RESULTS

ran Wallbank (Pt. Loma) 26:52, 12. So. California (Pt. Loma) 27:06, 14. Justin (Azusa Pac) 27:10, 15. Eric Engel (Westmont) 27:20, 16. Matt Nealon (Westmont) 27:23, 17. Chris Ray (Azusa Pac) 27:28, 18. Scott Rehnstrom (Azusa Pac) 27:30, 19. Jose Sanchez (Fresno Pac) 27:35, 20. Jaime Guerro (Azusa Pac) 27:40.

## Women's Results - 5K

Team Scores: 1. Westmont 36, 2. Azusa 36, 3. Pt. Loma 87, 4. So. California 97, 5. Fresno Pacific 132, 6. Biola 155, 7. Christ College 155, 8. St. Mary's 155.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

## Coast-Valley Conference Championships

November 13, Woodward Park, Fresno.

Men's Results  
Team Scores: 1. Taft 24, 2. Hancock 65, 3. So. California 69, 4. College of the Sequoias 69.

Individuals: 1. Johnson (Taft) 20:03, 2. Johnson (Porterville) 20:07, 3. Johnston (Taft) 20:37, 4. Gallegos (Taft) 20:53, 5. Johnston (Hancock) 20:54, 6. Caroria (Taft) 20:55, 7. Kennedy (Taft) 21:04, 8. Dale (FCC) 21:15, 9. Duis (Taft) 21:20, 10. Wilson (COS) 21:25.

Women's Results  
Team Scores: 1. Hancock 25, 2. Fresno 25, 3. So. California 25, 4. College of the Sequoias 25.

Individuals: 1. Browne (Hancock) 19:01, 2. Browne (Hancock) 19:10, 3. George (Hancock) 19:42, 4. James (Taft) 20:07, 5. Alford (FCC) 20:25, 6. McGorman (Taft) 20:30, 7. Jensen (Hancock) 22:31, 8. Terris (Hancock) 23:00, 9. Jacobsen (FCC) 23:07, 10. Jacobsen (FCC) 23:09.

## District 7 Championships

November 14, Salt Lake City, Utah.

Men's Results  
Team Scores: 1. Colorado Univ. 77, 2. Utah 77, 3. Brigham Young 120, 4. Utah State 120.

Northern Arizona 130, 5. Air Force 146, 6. Montana State 182, 7. Weber State 191, 8. Colorado State 203, 9. Univ. of Wyoming 216, 10. Utah State 254.

Individuals: 1. Chris Jones (Weber St) 30:25, 2. Jamey Harris (Fresno St) 30:46, 3. Marcel Laros (UTEP) 30:48, 4. Eric Bartels (Montana St) 30:52, 5. Jim Svenoy (UTEP) 30:59, 6. Jason Pyrah (BYU) 31:01, 7. Phil Swenson (Air Force) 31:04, 8. Fritz Rogers (Colorado Univ.) 31:06, 9. Scott Larson (Colorado Univ) 31:09, 10. Rich Brown (Montana St) 31:10.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

## WAC Cross Country Championships

November 14, Salt Lake City, Utah.

Men's Results - 10K  
Team Scores: 1. Univ. of Texas at El Paso 54, 2. Brigham Young Univ. 61, 3. Air Force 75, 4. Colorado State 97, 5. Univ. of Wyoming 108, 6. Fresno State Univ. 125, 7. Univ. of Utah 168, 8. Univ. of New Mexico 205, 9. San Diego State 246.

Individuals: 1. Jamey Harris (Fresno St) 30:46, 2. Marcel Laros (UTEP) 30:48, 3. Jim Svenoy (UTEP) 30:59, 4. Jason Pyrah (BYU) 31:01, 5. Phil Swenson (Air Force) 31:04, 6. Alejandro Villanueva (UTEP) 31:13, 7. Gregg Chidester (Utah) 31:20, 8. Jason Surratt (Colorado St) 31:28, 9. Luke Spencer (Colorado St) 31:41, 10. Harvey Franco (San Diego State) 31:45.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

## NAIA National Championships

November 21, Parkside Nat'l Course, Kenosha, WI.

Men's Results - 8K  
Team Scores: 1. Lubbock Christian, TX 33, 2. Hillsdale College, MI 94, 3. Malone College, OH 96, 4. Simon Fraser, BC 127, 5. George Fox College, OR 189, 6. Western Washington 281, 7. Park College, MO 296, 8. Southwestern College, KS 334, 9. Wisconsin 334.

consin Eau Claire 338, 10. Indiana Wesleyan 344.

Individuals: 1. James Bunge (Lubbock Christian) 24:52, 2. Julius Randsch (Lubbock Christian) 26:00, 3. Todd Black (Malone) 26:03, 4. Chris Erickson (Moorhead St., MN) 26:06, 5. Joseph Kite (Simon Fraser) 26:09, 6. Geoff Greaves (Simon Fraser) 26:11, 7. Derek Kite (Lubbock) 26:15, 8. Alan Boos (Malone) 26:19, 9. Mike Boruta (Hillsdale Col. MI) 26:19, 10. Kelly Mortenson (Moorhead, MN) 26:27.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

Individuals: 1. Elizabeth Onyambu (Biola) 20:00, 2. Guadalupe Ambriz (Pt. Loma) 20:00, 3. Daniela Bazzoli (Westmont) 20:00, 4. Shirley Rojas-Weller (Fresno Pac) 20:00, 5. Misty Allen (Westmont) 19:05, 6. Anna Weir (Azusa Pac) 19:22, 7. Anna Hamrick (Westmont) 19:42, 8. Nikee Pool (Westmont) 19:49, 9. Shea Abby (Westmont) 19:56, 10. Nancy Bird (So. Calif) 19:56.

## NCAA Cross Country Championships

November 23, Bloomington, Indiana.

Men's Results - 10K  
Team Scores: 1. Univ. of Arkansas 46, 2. Univ. of Wisconsin 87, 3. Providence College 108, 4. Villanova Univ. 153, 5. Univ. of Michigan 214, 6. Univ. of Notre Dame 247, 7. US Naval Academy 254, 8. Univ. of Oregon 276, 9. Wake Forest Univ. 303, 10. North Carolina State Univ. 305.

Individuals: 1. Univ. of Colorado 320, 12. Georgetown Univ. 322, 13. Brown Univ. 333, 14. Iowa State 333.



# RESULTS

ate Univ. 342, 15. Kansas State Univ. 14, 16. East Tennessee State Univ. 374, 7. Eastern Michigan Univ. 375, 18. Univ. of Arizona 388, 19. Cornell Univ. 401, 20. Univ. of Texas at El Paso 404.

21. Univ. of Kentucky 419, 22. Univ. of Texas at Austin 467.

**Individuals:** 1. Bob Kennedy (Indiana) 1:15, 2. Gary Stolz (Stanford) 30:56, 3. Mark Carroll (Providence) 31:00, 4. Louie Luitana (Villanova) 31:02, 5. David Welsh (Arkansas) 31:09, 6. Jason Casiano (Wisconsin) 31:11, 7. Conor Holt (Oklahoma) 31:13, 8. Greg Keller (Naval Acad) 31:16, 9. Edward O'Carroll (Western Kentucky) 31:16, 10. Matthew Smith (U of Michigan) 31:17.

11. Michael Morin (Arkansas) 31:18, 12. Frank Kapkory (Washington St) 31:19, 13. Frank Hanley (Arkansas) 31:21, 14. R. Paterson (East Tennessee) 31:24, 15. Jason Johnston (Arkansas) 31:27, 16. Scott Macdonald (Michigan) 31:28, 17. Andy Downin (Georgetown) 31:29, 18. Chris Teague (Providence) 31:29, 19. Momay Annadale (Vichita State) 31:30, 20. D. Bergstrom (Wisconsin) 31:31.

## Women's Results - 5K

**Team Scores:** 1. Villanova Univ. 123, 2. Univ. of Arkansas 130, 3. Georgetown Univ. 141, 4. Cornell Univ. 167, 5. Providence College 172, 6. Univ. of Wisconsin 179, 6. Penn State Univ. 179, 8. Univ. of Michigan 186, 9. Northern Arizona Univ. 267, 10. Brigham Young Univ. 285.

11. North Carolina State Univ. 331, 12. Univ. of Washington 334, 13. Univ. of Iowa 400, 14. Univ. of Arizona 360, 15. Univ. of Oregon 372, 16. College of William & Mary 395, 17. Baylor Univ. 390, 18. Univ. of Nebraska 394, 19. Wake Forest Univ. 426, 20. Univ. of Colorado 454.

21. Kansas State Univ. 489, 22. Dartmouth College 569.

**Individuals:** 1. Carol Zajac (Villanova) 17:01, 2. Deena Drossin (Arkansas) 17:12, 3. Nneenna Lynch (Villanova) 17:18, 4. Jacce Brown (William & Mary) 17:20, 5. Tracy Morris (Iowa) 17:26, 6. Sinead Delahunty (Providence) 17:33, 7. Cheri Goddard (Villanova) 17:33, 8. D. Buczkowska (BYU) 17:34, 9. Fran tenBensel (Nebraska) 17:34, 10. Amy Rudolph (Providence) 17:37.

11. Brooke Baughman (Colorado) 17:37, 12. Pam Hunt (Cornell) 17:38, 13. Shelley Taylor (Arkansas) 17:42, 14. Alisa Nicodemus (Utah St) 17:47, 15. Pauline Durran (Arkansas) 17:48, 16. Jean Hughes (Providence) 17:48, 17. Molly McLinton (Michigan) 17:49, 18. Julia Saul (Kansas) 17:50, 19. Caryn Landau (Georgetown) 17:52, 20. Elaine Staehel (Georgetown) 17:52.

## TAC Junior & Senior National Championships

November 28. Wisconsin-Parkside Course, Kenosha, WI.

### Senior Men's Results - 10K

1. Robert Kennedy (Bloomington) 29:41, 2.

Todd Williams (Adidas) 29:41, 3. Pat Porter (Mizuno TC) 29:45, 4. Mark Coogan (Nike Boston) 29:51, 5. Aaron Ramirez (Mizuno TC) 30:06, 6. Robert Rempainen (Nike Boston) 30:10, 7. Tim Hacker (Nike North) 30:16, 8. Matt Giusto (Foot Locker AC) 30:19, 9. Bo Reed (Mizuno TC) 30:20, 10. Seamus McElligott (Philadelphia, PA) 30:22.

11. James Westphal (Nike North) 30:24, 12. Brad Schlapay (New York AC) 30:25, 13. Joe Lemay (Nike Running Room) 30:27, 14. Ken Martin (Nike Boston) 30:28, 15. Trey Harrison (FCA Wesley Ath) 30:30, 16. Joe Falcon (Foot Locker AC) 30:33, 17. Danny Reese (Littleton, CO) 30:34, 18. Andy Ball (Nike Run.Room) 30:36, 19. Stan Bickford (Nike Boston) 30:37, 20. Harry Green (Mizuno TC) 30:38.

21. Jeff Smith (New York AC) 30:44, 22. Peter Sherry (Adidas) 30:45, 23. Paul Aufderberge (Ann Arbor, MI) 30:48, 24. Craig Dickson (Reebok RC) 30:49, 25. David Durham (Central Mass Striders) 30:51.

34. Chris Schille (San Luis Obispo) 31:04, 42. Marc Davis (Foot Locker) 31:18, 43. Mark Mastalir (Reebok TC) 31:19, 44. Mark Platjees (Mizuno TC) 31:19, 57. Jim Sorensen (San Luis Obispo) 31:35, 78. David Scudamore (Palo Alto) 31:51, 91. Armando Siqueiros (San Luis Obispo) 32:10, 99. Daniel Gonzalez (Reebok RC) 32:23.

### Senior Women's Results - 6K

1. Lynn Jennings (Newmarket, NH) 20:26, 2. Gwynn Coogan (Adidas) 20:43, 3. Gina Procaccio (Alexandria, VA) 20:46, 4. Laura Mason (Adidas) 21:02, 5. Melody O'Reilly (Nike Run.Room) 21:03, 6. Lesley Lehane (Chestnut Hill, MA) 21:05, 7. Carmen Troncoso (Nike Texas) 21:06, 8. Sammy Gdowski (Reebok RC) 21:11, 9. Lynn MacDougall (Nike South) 21:13, 10. Laurie Gomez-Henes (Nike South) 21:14.

11. Anne Marie Letko (Nike Run.Room) 21:15, 12. Monique Ecker (Adidas) 21:16, 13. Mindy Schmidt (Adidas) 21:17, 14. Elaine Van Blunk (Nike Run. Room) 21:17, 15. Lisa Graham (Reebok RC) 21:19, 16. Geraldine Hendricks (Providence, RI) 21:22, 17. Cassie McWilliam (Nike Run.Room) 21:23, 18. Stephanie Wessel (Eugene, OR) 21:24, 19. Fran tenBensel (Nike South) 21:24, 20. Kathy Franey (Reebok RC) 21:25.

21. Alisa Hill (Upland) 21:26, 22. Laura Cattivera (Boston Ath. Ass'n.) 21:26, 23. Christie Allen (Pittsburgh, KS) 21:31, 24. Cathy Palacios (Reebok RC) 21:32, 25. Jennifer Martin (Nike Boston) 21:34.

39. Robyn Berry (San Anselmo) 21:56, 61. Chris Boyd (Impala RT) 22:28, 67. Jennifer Thatcher (Impala RT) 22:34, 68. Jeanne Sapienza (Impala RT) 22:35, 80. Trish Stone (Impala RT) 23:02, 91. Jennifer Cobb (Impala RT) 23:23, 95. Jennifer Cubillas (Impala RT) 23:33.

### Junior Men's Results - 5K

1. Chris Georgules (Boston College) 15:26, 2. Brandon Leslie (Wings of Southwest) 15:32, 3. Ted Fitzpatrick (Hanover, NH) 15:32, 4. Terry McLean (Cincinnati, OH) 15:37, 5. Nick MacFalls (USAF Academy)

15:41, 6. Jason Rush (Loyola Univ.Chicago) 15:41, 7. Ron Rosset (Loyola Univ. Chicago) 15:56, 8. Shane Garcia (Raleigh, NC) 15:56, 9. Mike Bonuta (Hillsdale, MI) 15:58, 10. Chago Navarro (Milwaukee, WI) 16:02.

### Junior Women's Results - 5K

1. Heather Hollis (Raleigh, NC) 19:03, 2. Deb Springer (Edinboro, PA) 19:14, 3. Katy Holbacher (Ann Arbor, MI) 19:16, 4. Karlette Tunaley (London Ontario, Can) 19:33, 5. Valencia Tilden (Wings of Southwest) 19:43, 6. Mary Jo Boot (Wings of Southwest) 19:44, 7. Melissa Lucero (Wings of Southwest) 19:47, 8. Melanie Long (Wings of Southwest) 20:09, 9. Patricia Klein (Tilsonburg Ont., Can) 20:18, 10. Pamela Tucker (Kenosha, WI) 20:19.

## Moorspark Invitational

No Date Available. Moorspark College.

### Men's Results

**Team Scores:** 1. Riverside 15, 2. El Camino 66, 3. Mt. SAC 86, 4. Long Beach 169, 5. Ventura 190, 6. Desert 208, 7. San Bernardino 230, 8. Glendale 259, 9. Rio Hondo 272, 10. Cuyamaca 278.

**Individuals:** 1. Roba (R) 20:07, 2. Mazano (R) 20:12, 3. Abdelkater (R) 20:14, 4. Funusa (R) 20:30, 5. Mavhera (R) 20:31, 6. Pose (EC) 20:34, 7. Martinez (Mt. SAC) 20:38, 8. Gonzalez (Mt. SAC) 21:02, 9. Reinisch (EC) 21:05, 10. Pendergraph (SB) 21:24.

### Women's Results

**Team Scores:** 1. Irvine Valley 75, 2. Mt. SAC 94, 3. El Camino 184, 4. Antelope Valley 187, 5. SD Mesa 213, 6. Rio Honda 232, 7. Glendale 285, 8. Ventura 289, 9. Rancho Santiago 291, 10. Cuesta 322.

**Individuals:** 1. Shieraw (Riverside) 17:54, 2. Hunsacker (IV) 19:08, 3. Looney (RH) 19:19, 4. Rivas (G) 19:37, 5. Prola (IV) 19:34, 6. Larson (SD Mesa) 19:43, 7. Skel (V) 19:44, 8. Maldonado (EC) 19:44, 9. Smith (Mt. SAC) 19:53, 10. Yaba (Mt. SAC) 19:57.

## San Diego Cross Country Invitational

No Date Available. San Diego.

### Men's Results

**Team Scores:** 1. San Diego 37, 2. Jamul Toads 51, 3. San Diego Alumni 61, 4. Movin' Shoes TC 92, 5. San Diego St. 125.

**Individuals:** 1. Calms (SD TC) 16:18, 2. Cortez (SD) 16:29, 3. Namada (SDTC) 16:37, 4. Emory (MS) 16:40, 5. Trup (JT) 16:42.

**Individuals:** 1. Onyambo (B) 19:13, 2. McCann (SD) 20:51, 3. Keller (B) 21:12, 4. McDonough (SD) 21:33, 5. Nava (B) 21:33.

## SCIA Cross Country Championships

No Date Available. Prado Park, Chino.

### Men's Results

**Team Scores:** 1. Occidental 40, 2. Red-

lands 41, 3. Claremont Mudd 64, 4. 114, 5. Pomona-Pitzer 150, 6. C. 161, 7. Cal Lutheran 200, 8. La Verne

**Individuals:** 1. Garcia (O) 25:56, 2. Draich (O) 25:57, 3. Allan (O) 26:02, 4. Vida (R) 26:32, 5. Artinyan (PP) 26:32.

### Women's Results

**Team Scores:** 1. Occidental 33, 2. 63, 3. Pomona-Pitzer 71, 4. Claremont Mudd 72, 5. LaVerne 159, 6. Redlands 173, 7. CalTech 173.

**Individuals:** 1. Gomez (O) 19:36, 2. Chick (O) 19:47, 3. Gerard (CM) 19:47, 4. Dearborn (O) 20:40, 5. Munoz (R) 20:40.

## CCAA Cross Country Championships

No Date Available. Cal Poly Pomona.

### Men's Results

**Team Scores:** 1. Cal Poly SLO 22, 2. San Diego 66, 3. Cal Poly Pomona 68, 4. CS Los Angeles 85, 5. UC Riverside 85, 6. Chapman 190.

**Individuals:** 1. Berkeland (CPSLO) 25:16, 2. Raza (CPSLO) 25:16, 3. Le (UCR) 25:29, 4. Jones (CPSLO) 25:33, 5. Moore (CPP) 25:35, 6. Ortega (CPP) 25:33, 7. Padilla (CSLA) 25:39, 8. Castner (UCSD) 25:40.

### Women's Results

**Team Scores:** 1. Cal Poly SLO 25, 2. Los Angeles 46, 3. UC San Diego 84, 4. Riverside 86, 5. Cal Poly Pomona 123, 6. Chapman 123.

**Individuals:** 1. Lacovara (CPSLO) 18:19, 2. Cossio (CSLA) 18:33, 3. son (CPSLO) 18:40, 4. Flatheys (CPSLO) 18:41, 5. Cazares (CSLA) 18:41, 6. mo (CSLA) 18:42, 7. Pardini (UCR) 18:42, 8. Orefice (CPSLO) 18:56, 9. (CPSLO) 19:09, 10. Hanna (CPSLO) 19:27.

## Cal Poly Pomona Invitational

No Date Available. Pomona.

### Men's Results

**Team Scores:** 1. Cal Poly Pomona 75, 2. UC Irvine 75, 3. UC Riverside 135, 5. CS Northridge 155.

**Individuals:** 1. Pena (CPP) 25:46, 2. tega (CPP) 26:14, 3. Lee (UCR) 26:14, 4. Vida (Redlands) 26:32, 5. Gref (UCR) 26:39.

### Women's Results

**Team Scores:** 1. CS Northridge 41, 2. Riverside 67, 3. Cal Poly Pomona 71, 4. Las Vegas 85, 5. UC San Diego 159, 6. Chapman 173, 7. Pardini (UCR) 19:34, 8. Hanna (UCR) 20:13, 9. Dineen (UCR) 20:15, 10. (GSN) 20:25.



# ook Review

## Weight Training for Women

Thomas D. Fahey and Gayle  
Inson (1992, Mayfield Publishing  
\$12.95)

time you pack your gym clothes and  
for the health club, take along a friend.  
*Weight Training for Women* -- it's the best text  
for women to be written in recent

you enjoy a particular sport and want to  
then the muscles you use for it but  
sure how? Have you studied the wall  
at the gym and tried to imitate those  
only to feel you were missing some-  
basic? Do you need advice on using the  
weights? *Weight Training for Women* an-  
all of these questions. It is written for  
woman who wants "a more attractive  
increased strength and power, im-  
sports performance, enhanced self-  
(or) a competitive outlet."

Weight training provides many benefits: it  
muscles, helps you lose weight and  
achieves a more defined body and in-  
creases your strength. Muscle power slows  
blood pressure rise associated with exer-  
cise. It makes muscles, tendons and liga-  
ments stronger and less susceptible to injury,  
from sports or everyday chores.

More and more athletes are incorporating  
weight training into their daily regimen. Look  
at the arm muscles of any track star or the leg  
muscles of a top swimmer. Weights are an in-  
dispensable part of strength-speed sports  
and have been proven to increase perfor-

In endurance sports, results depend  
on ability to maintain speed over time.  
Endurance, derives from muscle strength.  
It is said that by weight training.

For the casual or serious athlete, weight  
training in the 90's is a great way to improve  
self-image and body shape. Women are  
beginning to develop unsightly muscle  
because of their low level of the andro-  
genic hormones. Rather, most women  
experience rapid and dramatic gains in their  
muscles with even a basic weight program.  
Weights, free or machines, are available  
everywhere in all but the smallest towns.  
Even all of the local Y's have weight rooms.  
Health clubs around the country com-  
bine weight training with aerobics and cardio-  
vascular machines in their facilities. Most of-  
ten, if you're visiting or don't choose  
to go to a health club, And the major hotel/motel chains have  
increased the value of a weight room in at-  
tracting customers. The club you try should

be convenient, fit your price range and have a  
well-trained staff. You may eventually choose  
to buy a set-up for your garage or extra room.  
Machines come in a variety of sizes and one  
unit works all the major muscle groups. All  
you need to get started are gym shoes, cloth-  
ing (shorts and T-shirt or sweats) and a towel.

*Weight Training for Women* does not out-  
line one program for the novice or intermedi-  
ate to follow. Instead, the book examines  
several types of training: cycle, circuit, pyra-  
mid -- and lets the reader pick what's best for  
her. The unique feature of this text is the  
space devoted to explaining almost 100 dif-  
ferent exercises for all parts of the body.  
They are organized by body part: chest and  
shoulders, arms, neck and back, abdominals  
and lower body. Each section describes how  
to perform the exercises using both free  
weight and machines. Diagrams depict sub-  
jects performing every exercise sequentially  
plus an inset of the body, with the muscle at  
work and its name.

No longer will you have to wonder why  
you're doing a movement or if you're doing it  
correctly. There is no misunderstanding the  
combination of drawings and text. The au-  
thors included all common exercises taught  
and pictured at health clubs and Y's plus  
many more. They discuss how often to train,  
where and why to increase weight vs repeti-  
tions, the basics of muscle function during  
exercise and the reason for strengthening  
certain muscle groups. The back page is a  
detachable card where the athlete can chart  
progress.

"There are many weight training exercises  
and programs. The right one for you depends  
on your goals. For example, if your goal is to  
have a healthy-looking body, your program  
will be different than if you want to improve fit-  
ness for sports. . . Most of us fall somewhere  
between wonder woman and total klutz. A  
good training program can help you develop  
your potential and overcome your weaknes-  
ses. Even the weakest among us can get  
strong if the training program is intense  
enough. You can't expect to see miraculous  
changes overnight, but if you're patient and  
train consistently and correctly, you will attain  
the desired results."

Make you want to pack your bag and head  
for the club? It's an 8 x 9 package of motiva-  
tion for men as well as women of all ages to  
achieve a healthy body.

-- Barbara T. Erskine  
BOOKS FOR RUNNERS

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Why are they so good?

Why can't I be Kenyan?