

# 1997

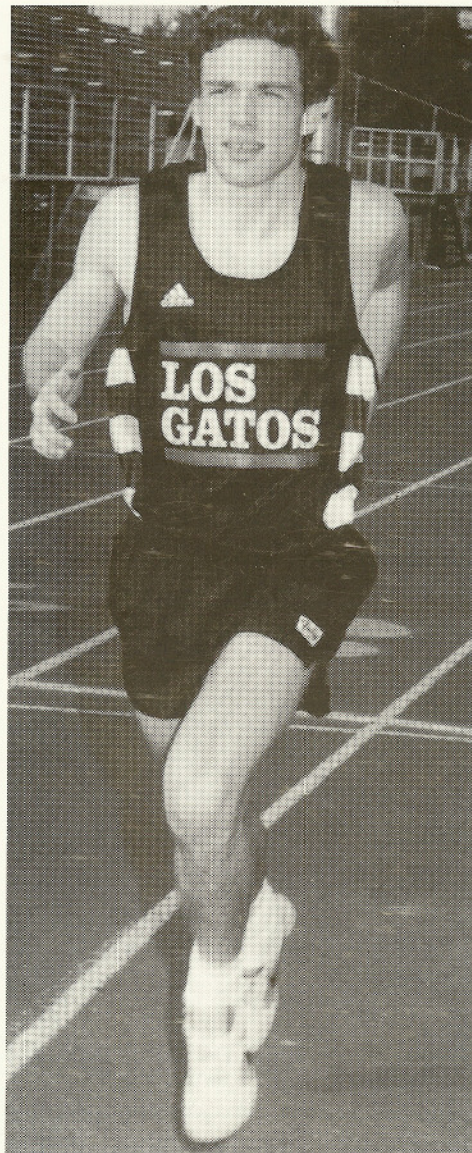


**STEVE BARTH**  
"OUR NEW HEAD COACH"



**LINA BIBER-FERRO (11)**  
CCS 800 Champion '96  
#2 All-Time 800  
School Record 4x400 Relay

# TRACK AND FIELD



**PETER CARTER (12)**  
3-Year Cross Country MVP  
F/S Mile School Record '95  
3-Time Mile CCS Finalist

# LOS GATOS



**STEPHANIE CHAVEZ (12)**  
CCS 100 and 200 Champion '95  
School Record 200, 4x100  
4x400 Relays

# RECORD BOOK

# HIGHLIGHTS OF 1996



**ALLI LOMBARDI**  
2:15.5-10th in State  
League 800 Champ  
2nd CCS, #3 All-Time

**TOM NEWMAN**  
1:53.9-6th in State  
3rd in CCS  
#3 All-Time 800

**COACH  
WILLIE HARMATZ**  
1:50.6-1973

**BEEBE RUTLEDGE**  
1:51.6-School Record  
League Mile/800 Champ  
2nd in CCS, #8 in USA

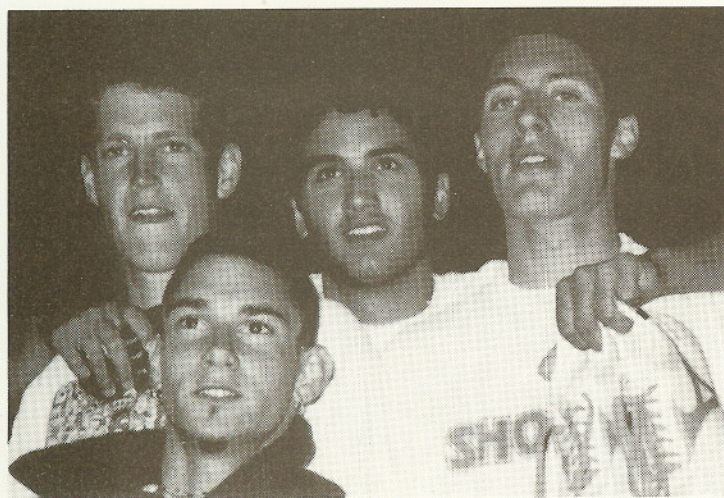
**LINA BIBER-FERRO**  
2:15.1-CCS Champ  
League Mile Champ  
#2 All-Time 800



**Beebe and Tom finishing 2-3 in the CCS 800**



**Lina and Ally finishing 1-2 in the CCS 800**

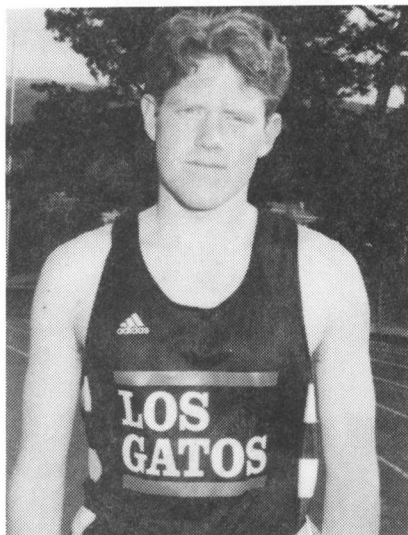


**2nd in CCS, #3 All-Time 1600 Relay - 3:20.35**  
Craig Conley, Manny Austin, Beebe Rutledge, Tom Newman



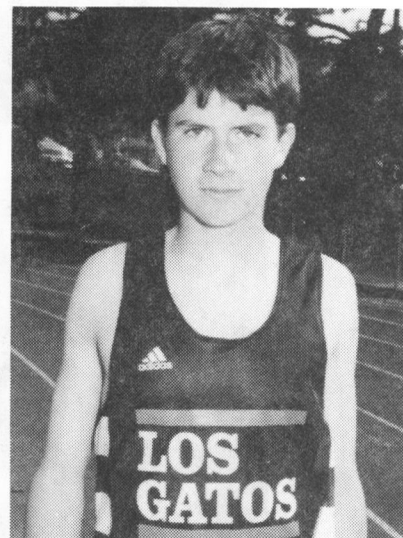
**School Record 1600 Relay - 3:51.84**  
**2nd in CCS and State Finalists**  
Ally Lombardi, Lina Biber-Ferro, Stephanie Chavez, Rose Sczawinski  
4th in CCS 100      2nd in CCS 400

# OUR TOP RETURNING EVENT LEADERS



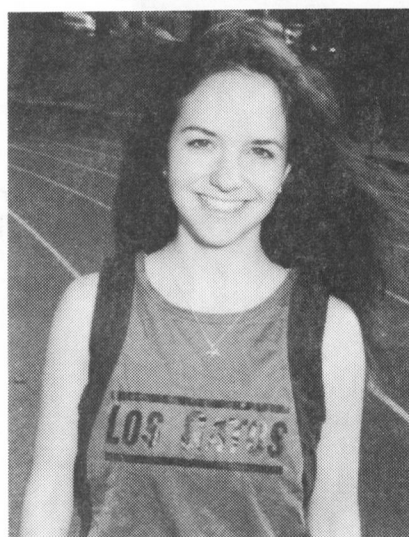
**BEN MARTIN (12)**

1996 Co-MVP X-C  
4th in League 2mile  
6th in League X-C  
Best 2mile: 10:21.7



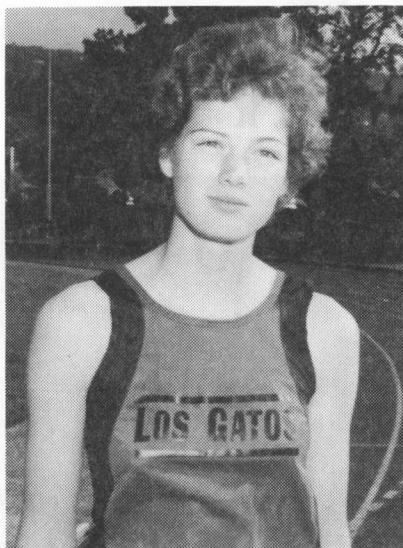
**JEDD MARTIN (10)**

X-C State Finalist  
3rd in League 2mile  
6th in CCS X-C  
Best 2mile: 10:18.2



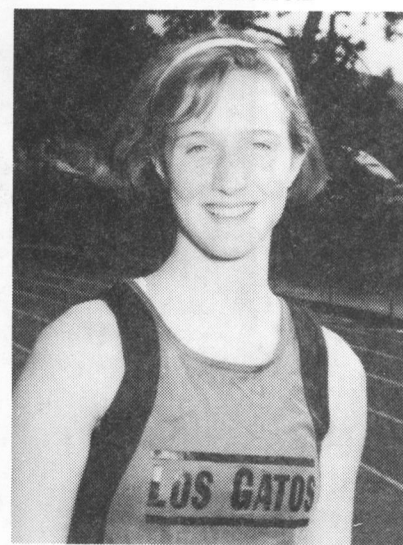
**SARAH HIGH (11)**

CCS Champions X-C '96  
2nd-League X-C '95  
5th-League 2mile, 9th-CCS XC  
Best 2mile: 12:25.7c



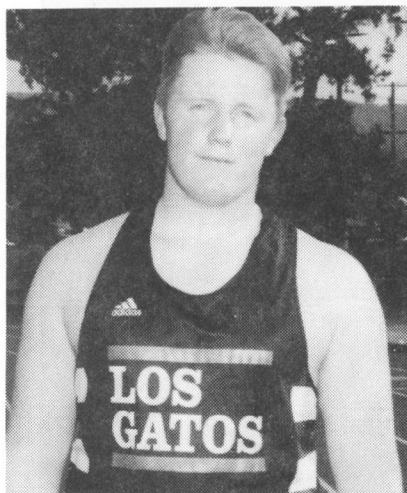
**JEANNE FISHBACK (12)**

CCS Champions X-C '96  
7th-CCS 3200; 8th-CCS X-C  
#8 All-Time 2mile: 11:32.9  
2nd-League 2mile; 3rd-League X-C  
Best Mile-5:25.0



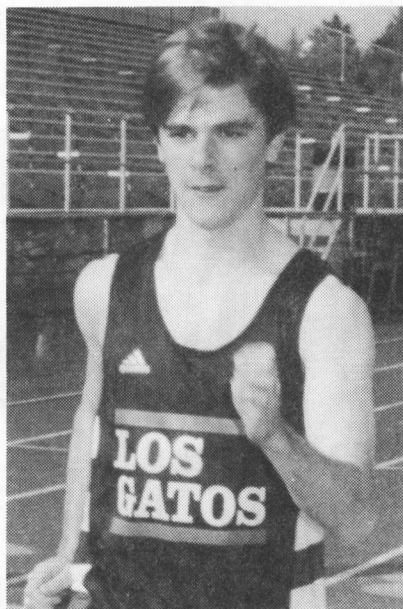
**AMY LaPINE (10)**

CCs Champions X-C '96  
Co-MVP X-C '95  
#1 Frosh CCS 800 '96-2:23.5  
Best 400-60.4; Mile-5:38.4



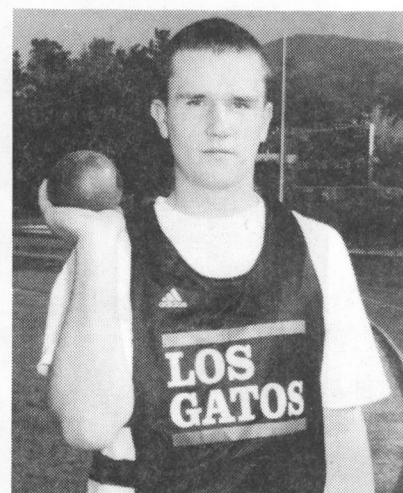
**MIKE MANSON (11)**

Shot Put/Discus



**CHRIS LIPP (12)**

Our Top Sprinter  
4th in League 400  
Best 400: 51.2

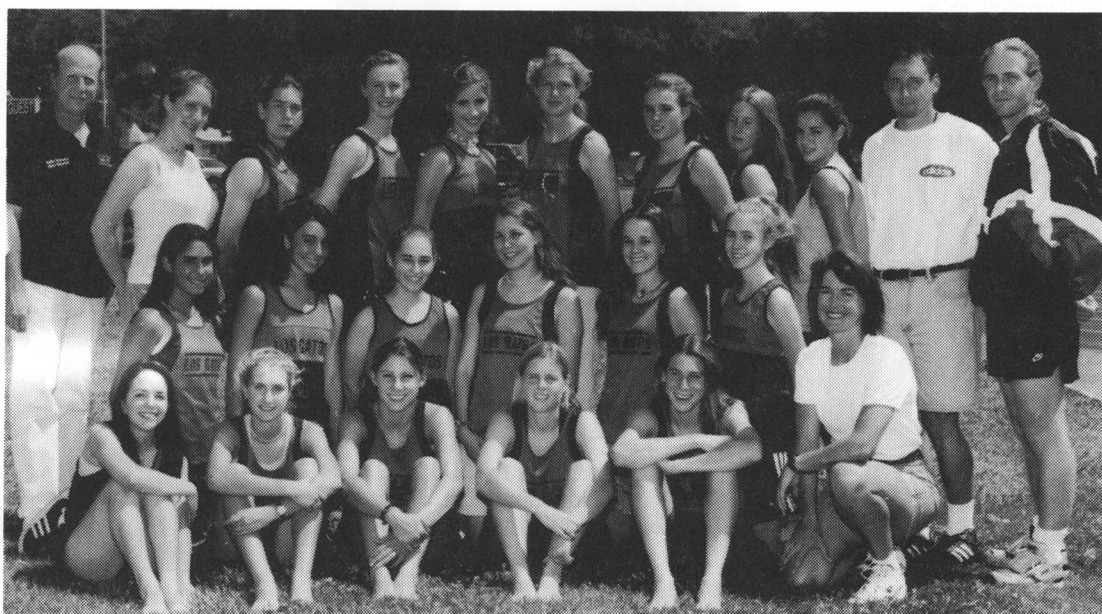


**MIKE PUGH (12)**

Shot Put/Discus



**1996 VARSITY TRACK & FIELD**



**1996 GIRLS TRACK & FIELD**



**1996 F-S TRACK & FIELD**

# 1997 LOS GATOS WILDCAT TRACK AND FIELD RECORD BOOK

(Plus Cross Country)

Cover-	Present School Record Holders & CCS Champions
Inside Cover-	Highlights of 1996
#3 Picture Page-	Our Top Returnees Event Leaders
#4 Picture Page-	1996 Varsity Boys & Girls, F/S Team Pictures

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	1996 Fastest Varsity Girl & Boy at Crystal Springs
	1996 Varsity Boys League Cross Country Champions

# Los Gatos High School 1997 Track and Field Schedule

Date	Meet	Place
Thursday February 27	Del Mar	Los Gatos H.S. 3:30pm
<b>Thursday March 6</b>	<b>St. Francis</b>	<b>Los Gatos H.S. *** 3:15pm</b>
Saturday March 15	K-Bell Classic	Los Gatos H.S. 8:00am
<b>Thursday March 20</b>	<b>Los Altos</b>	<b>Los Gatos H.S. *** 3:15pm</b>
Saturday March 22	Stanford Invitational	Stanford 8:30am
<b>Wednesday March 26</b>	<b>Milpitas</b>	<b>Milpitas H.S. *** 3:15pm</b>
Fri/Sat March 28/29	West Valley Relays	West Valley College 3:00pm/9:00am
<b>Thursday April 3</b>	<b>Cupertino</b>	<b>Los Gatos H.S. *** 3:15pm</b>
Saturday April 5	St. Francis Invitational	St. Francis H.S. 8:30am
Friday April 11	CCS F/S Classic	Los Gatos H.S. 4:00pm
Saturday April 12	Arcadia Invitational	Arcadia (Los Angeles)
<b>Thursday April 17</b>	<b>Gunn</b>	<b>Gunn H.S. *** 3:15pm</b>
Saturday April 19	Hampton-Phillips Meet Mt. Sac Relays	San Jose City College Mt. Sac (Los Angeles)
<b>Wednesday April 23</b>	<b>Palo Alto</b>	<b>Palo Alto H.S. *** 3:15pm</b>
Friday April 25	CCS Top 8 Meet	Los Gatos H.S. 4:00pm
<b>Thursday May 1</b>	<b>Saratoga</b>	<b>Saratoga H.S. *** 3:15pm</b>
<b>Tue/Thur May 6/8</b>	<b>League Trials/Finals</b>	<b>De Anza College *** TBA</b>
Saturday May 17	CCS Qualifying (North)	Los Gatos H.S. 12:00pm
Saturday May 24	CCS Semi-Finals	San Jose City College TBA
Thursday May 29	CCS Finals	San Jose City College TBA
Fri/Sat June 6/7	State Finals	Sacramento TBA

\*\*\* = Required Meet  
BOLD = League Meet

# Los Gatos High School 1997 Track and Field Roster

## BOYS

Peter Carter (12)  
 Chris Lipp (12)  
 Ben Martin (12)  
 Greg Parker (12)  
 Mike Pugh (12)  
 Nick Wilson (12)  
 Joe Cintas (11)  
 Cody Darwin (11)  
 Anthoney Fitzgerald (11)  
 Sam Johnson (11)  
 David Landers (11)  
 Tim Lee (11)  
 Mike Manson (11)  
 Casey Schultheiss (11)  
 Clint Smith (11)  
 Joseph Carter (10)  
 Daniel Grin (10)  
 Todd Fisher (10)  
 Tony Aranda (10)  
 Paul Piasecki (10)  
 Aaron Kerlin (10)  
 Matts Greiner (10)  
 David Hembry (10)  
 Zack Knipe (10)  
 Jedd Martin (10)  
 Adnan Safadi (10)  
 Scott Safadi (10)  
 Ryan Smith (10)  
 Jordan Stulmueller (10)  
 Pat Sullivan (10)  
 Morgan Bennett (10)  
 Jack Arnold (9)  
 Daniel Brenner (9)  
 Robert Brooks (9)  
 Darren Buss (9)  
 Kevin Carney (9)  
 Ian Carpenter (9)  
 Tim Chen (9)  
 Nick Cisowski (9)  
 Ryan Donovan (9)  
 Jason Drew (9)  
 Jon Edwards (9)  
 Corey Horgan (9)  
 Stone Hsu (9)  
 Ivan Jorgenson (9)  
 Dae-Jin Joseph (9)  
 Joel Key (9)  
 Daniel Kramer (9)  
 Ben Emmons (9)  
 Rick Esparza (9)  
 Ben Frazier (9)  
 Cristian Gove (9)  
 James Graves (9)  
 Caleb Hayashi (9)  
 Brian Heisman (9)  
 Don Hilliker (9)  
 Jason Marr (9)  
 Waleed Mohsen (9)  
 Forrest O'Leary (9)  
 Tim Odell (9)  
 Brian Penkoff (9)  
 Zack Regner (9)  
 Seamus Ryan (9)  
 Phil Smith (9)  
 Steve Smith (9)  
 Bill Stanton (9)  
 Erick Sturm (9)  
 Alex Toy (9)  
 Steve Prouty (9)  
 Travis Witten (9)

## GIRLS

Stephanie Chavez (12)  
 Carol Chen (12)  
 Jeanne Fishback (12)  
 Angie Wendell (12)  
 Lina Biber-Ferro (11)  
 Annita Bruna (11)  
 Laura Destro (11)  
 Sarah High (11)  
 Sara Hiltgen (11)  
 Kristin Hoeft (11)  
 Laura Sund (11)  
 Kristin Young (11)  
 Amy LaPine (10)  
 Emy Baer (10)  
 Stacy Caro (10)  
 Nicki Cohn (10)  
 Elizabeth Espe (10)  
 Kathy Falkenhagen (10)  
 Sarah McAleer (10)  
 Erin Peebles (10)  
 Shannon Hart (10)  
 Trina Mills (10)  
 Tamsin McEwen-Asker (10)  
 Elizabeth Obermeier (10)  
 Stephanie Pearson (10)  
 Katie Reich (10)  
 Giselle Sylvester (10)  
 Ashley Weger (10)  
 Ruby Aikman (10)  
 Suzanne Nguyen (9)  
 Kea Loewen (9)  
 Becca Bradley (9)  
 Alana Busi (9)  
 Mika Clark (9)  
 Alyson Coler (9)  
 Katya Dara (9)  
 Mary Demblewski (9)  
 Annmarie Farnady (9)  
 Rebecca Fong (9)  
 Gretchen Halldin (9)  
 Katie Johnson (9)  
 Courtney Kelly (9)  
 Andie Knudsen (9)  
 Heather Kottmeier (9)  
 Karisse Leis (9)  
 Georgeann O'Brien (9)  
 Meghan O'Brien (9)  
 Allie Parker (9)  
 Dominique Schweighofer (9)  
 Zoe Segnitz (9)  
 Maya Stevens (9)  
 Leigha Tatro (9)  
 Amanda Vellejo (9)  
 Jane Wilson (9)  
 Heidi Zoellner (9)  
 Katy Castaneda (9)

# 1997 TRACK AND FIELD COACHING STAFF

STEVE BARTH - 1st Year Head Track Coach and 2 years Head Cross Country Coach. Has two Varsity Boys League Cross Country championships already, plus 3 Frosh/Soph X-C titles. Former varsity X-C distance runner and 800/miler in track here at Los Gatos. Steve coaches the boys distance runners and coordinates all other event training groups with the assistants. Organizes all aspects of the program and will guide Los Gatos track and cross country to new heights in the future.

WILLIE HARMATZ - 19th year at Los Gatos. Former Head Coach for 17 years in Cross Country and Track. Has 13 CCS team championships and over 70 league team titles. Coached 21 individual CCS champions, 21 unbeaten track teams, had an 11-year girls win streak (1980-91), a 5-year boys win streak (1989-93), 19 state-ranked X-C teams, 1 state X-C title, and honored "Coach of the Year" 7 times. The CCS "Top 8" Track Classic meet director. Coaches the girls 400-800-Mile-2 Mile-Mile Relay.

DAVE HAY - 2nd year coach at Los Gatos in Cross Country & Track. Also coached the Fisher Jr. High sprinters last year. Is an outstanding sprint coach with great enthusiasm. Has an outstanding future in coaching. Competed in HS & College. Coaches the boys & girls sprints & relays.

RUSS PUGH - 10th year coaching at Los Gatos. Has developed many fine throwers here at Los Gatos. Has great knowledge for the events and has a solid young group this year. Has 17 individual league champions & 16 CCS finalists to his credit. Competed at San Jose State. Coaches all the boys and girls Shot Put and Discus throwers.

MICHAEL MATTHEWS - 1st year coach at Los Gatos. Former middle distance runner at Santa Clara H.S. and San Jose St. Will assist in the boys & girls sprints and relays. Has a key role in our sprint program development.

TOM McGRAW - 9th year coaching at Los Gatos. Has coached hurdles, jumps, throws, and pole vault for our program. Former record holder here at Los Gatos. Tom was the best decathlete in Los Gatos history. Competed at San Jose State. Now coaches Long Jump, Triple Jump, & P. Vault.

STACY KUEHNIS - 2nd year coaching at Los Gatos. Former sprint and hurdle great at Los Gatos. Held 4 school records here at one time. Still has both our hurdle school records. Competed at Cal Poly. Coaches our 100 and 300 hurdlers.

ED LANDEROS - 2nd year coaching at Los Gatos. Coached all 3 jumps last year. Athletic Director and Head Track Coach at Fisher. Has been a tremendous help in getting a large turn-out of athletes in our track program. Will coach coach the high jumpers this season.

JASON HERVEY - 1st year coach at Los Gatos. Former varsity cross country runner and 800/Mile/2 Miler here at Los Gatos. Competed for West Valley in X-C and finished 9th in Nor.Cal. Will coach and train with the boys distance runners.

## Special Thanks to Our Programs Main Supporters:

- |                                 |                           |
|---------------------------------|---------------------------|
| * Ted Simonson (Principal)      | * Ralf Horn (Official)    |
| * Al Simon (Vice-Principal)     | * Dave Conragen (Weights) |
| * Bruce Springbett (LGAA)       | * Lee Smith (Finish Line) |
| * Joel Newman (LG Booster Club) | * Bob Hughey (Starter)    |



# Los Gatos High School Varsity Boys Track and Field School Records

100 Meters	JASON ISAAC	10.47	1994
200 Meters	JASON ISAAC	21.28	1994
400 Meters	PETER CIFELLI	49.16	1995
800 Meters	BEEBE RUTLEGE	1:51.59	1996
1500 Meters	SCOTT LAFORCE	3:55.9	1986
MILE	PAUL COX	4:13.4	1981
2 MILES	SCOTT LAFORCE	9:06.8	1986
3 MILES	JOHN CLARK	15:22.0	1981
5000	JOHN CLARK	15:51.3	1981
110 High Hurdles	MITCH MANDITCH	14.4	1966
300 Inter.Hurdles	GREG FRY	39.11	1989
300 Low Hurdles	JOE SORDI	38.1	1983
SHOT PUT	BRET MANNON	63'11 1/2"	1972
DISCUS	GARY BERSANO	181'10"	1974
HIGH JUMP	BRETT WOODS	6'7"	1977
LONG JUMP	BRETT WOODS	23'10 1/2"	1977
TRIPLE JUMP	NATHAN SASO	47'5 3/4"	1995
POLE VAULT	BRANDON VANCE	16'3"	1993
400 Relay (4x100)	SORICH-ISAAC- CIFELLI-CONLEY	42.04	1994
1600 Relay (4x400)	CONLEY-JONES- RUTLEDGE-CIFELLI	3:18.65	1995
2 Mile Relay (4x800)	BAIKO (1:58.7) HASTINGS (2:00.3) LAFORCE (1:56.7) WENDLING (1:55.6)	7:51.99	1986
DISTANCE MEDLEY (1320-400-800-Mile)	WENDLING (3:11.4) R.McCORMICK (52.0) BAIKO (1:59.3) LAFORCE (4:18.4)	10:23.32	1986
800 Relay (4x200)	ULLRICH-RAPPORT- DADGAR-R.McCORMICK	1:33.6	1986
SPRINT MEDLEY (400-200-200-800)	KNOTT (51.2) NEUBAUER BUTLER OLIVER (1:54.7)	3:32.0	1980
4 Mile Relay (4xMile)	CLARK (4:29.8) BERGSTROM (4:26.4) MELLEMA (4:33.9) P.COX (4:15.9)	17:46.0	1981
DECATHLON	TOM MCGRAW	6971 Points	1981
MARATHON	STEVE KROTOSKI	2:42.42	1980
INDOOR 1500	JIM MELLEMA	4:15.0	1981
INDOOR 2 Mile	SCOTT LAFORCE	9:32.8	1986

In 1975, Holden Smith ran 100 yards in 9.6, which equals 10.5 100 meters. He competed in a AAU meet, not for Los Gatos H.S.

# Los Gatos High School Varsity Girls Track and Field School Records

100 Meters	KIM HAY	1994	11.96
200 Meters	STEPHANIE CHAVEZ	1995	24.64
400 Meters	LEZLI JENSEN	1987	56.16
800 Meters	LAURA HENRY	1984	2:14.7
1500 Meters	DEBBIE MORRIS	1981	4:45.6
MILE	DEBBIE MORRIS	1981	5:05.2
3000 Meters	MIRANDA MIDDLECOFF	1992	10:21.3
2 MILE	MIRANDA MIDDLECOFF	1992	11:05.3
100 Hurdles (30")	STACY KUEHNIS	1986	13.97
100 Hurdles (33")	KIM VEEDER	1994	15.07
300 Low Hurdles	STACY KUEHNIS	1985	43.68
LONG JUMP	LEZLI JENSEN	1987	19'2"
HIGH JUMP	TINA FARNADY	1993	5'7"
TRIPLE JUMP	LEZLI JENSEN	1986	37'5"
DISCUS	HEIDEE RUIZ	1988	145'7"
SHOT PUT	HEIDEE RUIZ	1988	44'9"
400 Relay (4x100)	LOMBARDI-CHAVEZ- LUMBY-SCZAWINSKI	1996	48.19
1600 Relay (4x400)	LOMBARDI (57.6) BIBER/FERRO (59.2) CHAVEZ (56.6) SCZAWINSKI (58.1)	1996	3:51.84
2 MILE Relay (4x800)	C.LANDERS (2:24.9) MIDDLECOFF (2:19.6) MALANDER (2:23.7) M.VEEDER (2:20.1)	1992	9:29.44
DISTANCE MEDLEY (1320-400-800-Mile)	MALANDER (3:56.0) FARNADY (59.7) M.VEEDER (5:14.0)	1992	12:42.0
800 Relay (4x200)	SCZAWINSKI-LUMBY- LOMBARDI-CHAVEZ	1995	1:44.06
SPRINT MEDLEY (400-200-200-800)	KUEHNIS (59.9) RUIZ (26.5) JENSEN (25.5) DALEY (2:25.1)	1986	4:17.1
4 MILE Relay (4xMile)	D.PARKER (5:30.6) HARTMAN (5:23.7) HARTMAN (5:28.0) DALEY (5:23.6)	1986	21:46.5
HEPTATHLON	HEIDEE RUIZ	1986	4157 points

In 1973, Cindy Sandberg high jumped 5'8", and Valerie Eberly in 1973, ran the mile in 5:00.3 (4:38.1-1500), plus the 2 Mile in 10:40.0 (10:10.2-3000). They competed in AAU meets for the San Jose Cindergals Club, without Los Gatos H.S. affiliation. Girls track officially started in 1976 in CCS and State.

# F/S Boys Track and Field School Records

100 Meters	EMERSON DELUCIA	10.9	1980
	JASON ISAAC	10.92	1992
	CRAIG CONLEY	10.92	1994
200 Meters	JASON ISAAC	22.24	1992
400 Meters	PETER CIFELLI	50.69	1993
800 Meters	JON MANN	1:57.0	1980
1500 Meters	BRIAN BERGSTROM	4:07.8	1980
1600 Meters	PETER CARTER	4:24.9	1994
MILE	BEEBE RUTLEDGE	4:26.3	1994
2 MILE	JAMES METCALF	9:47.0	1987
70 High Hurdles	RICK YABROFF	9.0	1975
330 Low Hurdles	RAY STAFFORD	39.5	1979
330 Inter.Hurdles	CRAIG McCORMICK	42.20	1987
SHOT PUT	GARY BERSANO	63'3"	1973
DISCUS	GARY BERSANO	173'2"	1973
HIGH JUMP	KEVIN MATLOCK	6'4"	1974
LONG JUMP	ANDY SYTHE	22'2"	1980
TRIPLE JUMP	BARRETT TRULUCK	44'0"	1984
POLE VAULT	ANDY SYTHE	13'7"	1980
400 Relay (4x100)	WEDEMEYER-FIELD- ULLRICH-RAPPORT	44.3	1985
1600 Relay (4x400)	OLIVER-HERALD- E.COMEAU-KNOTT	3:31.6	1978

# F/S Boys Helm Field Records

100 Meters	Anthoney Pacheco (Milpitas)	10.87	1987
200 Meters	Felton Charles (Westmoor)	22.10	1994
400 Meters	Felton Charles (Westmoor)	48.81	1994
800 Meters	Scott Cervelli (Santa Teresa)	1:55.2	1992
MILE	Sean Crowley (Overfelt)	4:24.3	1982
2 MILE	Chris Craig (Leigh)	9:36.2	1982
400 Relay	Silver Creek	43.5	1978
	Westmoor	43.67	1994
MILE Relay	Overfelt	3:22.8	1982
70 Hurdles	Don Powell (Palo Alto)	8.80	1984
	Joel Castillo (N. Monterey)	8.6	1990
300 Int.Hurdles	Joe Naivalu (Fremont)	39.65	1994
POLE VAULT	Andy Sythe (Los Gatos)	13'7"	1980
TRIPLE JUMP	Allen Picchi (St.Francis)	48'6½"	1981
LONG JUMP	Mark Montgomery (Indep.)	22'5½"	1981
HIGH JUMP	Jeff Rodgers (Overfelt)	6'6"	1983
SHOT PUT	Davis (Camden)	59'6"	1972
DISCUS	Gary Bersano (Los Gatos)	173'2"	1974

1996 LOS GATOS DISTANCE RUNNERS TOP MARKS LIST  
(400-800-Mile-2 Mile-Relays)

400

Beebe Rutledge \*48.6r  
Tom Newman \*49.2r  
Manny Austin 50.4r  
Craig Conley 50.6r  
Chris Lipp 51.2r  
Nick Sorich 52.1  
Ben Abeln 54.3r  
Dustin Kicinski 55.1  
Peter Carter 55.3  
Pat Sullivan 56.4r  
Cody Darwin 56.9r  
David Landers 59.1  
Joseph Carter 59.1r  
Ryan Smith 61.5

800

⊕ Beebe Rutledge \*\*1:51.6\*\*\*  
Tom Newman \*1:58.1\*\*\*  
Peter Carter 2:00.6  
Ben Abeln 2:05.5  
Chris Lipp 2:06.5  
Ben Martin 2:14.5  
Jedd Martin 2:15.5  
Cody Darwin 2:15.6  
Pat Sullivan 2:17.8  
David Landers 2:18.0  
Joseph Carter 2:21.1  
Knowlton Shore 2:24.9  
Brian Toy 2:27.2  
David Aidi 2:28.4  
Paul Piasecki 2:29.8  
Myles Heinsoth 2:37.5  
Tim Fong 2:40.8  
David Hembry 2:44.2  
Joe Cintas 2:50.2

MILE

⊕ Beebe Rutledge \*4:19.7\*\*\*  
Tom Newman \*4:23.4\*\*\*  
Peter Carter 4:28.3  
Ben Abeln 4:42.8  
Jedd Martin 4:51.2  
Ben Martin 4:54.6  
Joseph Carter 4:58.4  
Pat Sullivan 5:03.2  
Ryan Smith 5:05.6  
David Aidi 5:16.9  
David Landers 5:17.2  
Roy Skinner 5:22.5  
David Hembry 5:32.0  
Cody Darwin 5:33.0  
Tim Fong 5:37.5  
Brian Toy 5:40.4  
Knowlton Shore 5:40.7  
Steve Todd 5:44.5  
Joe Cintas 6:02.8  
Myles Heimsoth 6:08.2  
Paul Piasecki 6:10.8

400

Rose Sczawinski \*56.59\*\*\*  
Stephanie Chavez 56.6r\*  
Ally Lombardi 57.6r\*  
Lina Biber-Ferro 59.2r\*  
Amy LaPine 60.4r  
Kelly Lumby 65.3r  
Liz Pegram 65.4  
Jeanne Fishback 67.5r  
Laura Sund 71.9r  
Andrea Rutledge 73.0r

800

Lina Biber-Ferro \*2:15.15\*\*\*  
⊕ Ally Lombardi \*2:15.53\*\*\*  
Amy LaPine 2:23.5  
Jeanne Fishback 2:31.9  
Laura Sund 2:40.0  
Kristin Hoeft 2:42.9  
Andrea Rutledge 2:44.7  
Sarah High 2:47.9  
D. Patterson 2:55.3  
Katie Reich 3:07.3

MILE

⊕ Lina Biber-Ferro 5:24.4  
Jeanne Fishback 5:25.0  
Amy LaPine 5:40.0  
Sarah High 5:56.0  
Laura Sund 5:57.5  
Andrea Rutledge 6:23.2  
Kristin Hoeft 6:25.1  
Danielle Patterson 6:57.3  
Shannon Price 7:00.0  
Skye Standish 7:04.9

2 MILE

Jeanne Fishback \*11:32.9\*\*\*  
Sarah High 11:45.7-3000=  
12:25.7 2-mile  
Andrea Rutledge 14:11.3  
Skye Standish 16:22.0

2 MILE

Jedd Martin 10:18.2  
Ben Martin 10:21.7  
Peter Carter 10:29.7  
Ben Abeln 10:43.6  
Ryan Smith 11:09.9c  
Pat Sullivan 11:20.8  
David Aidi 11:34.2  
David Landers 11:38.7  
Cody Darwin 11:43.5  
Joseph Carter 11:41.3  
David Hembry 12:07.8  
Steve Todd 12:32.2  
Tim Fong 12:35.2  
Myles Heimsoth 12:41.8  
Paul Piasecki 13:43.2

⊕ 4x400 Relay \*\*3:51.84\*\*\*  
Chavez/Biber-Ferro/  
Lombardi/Sczawinski

⊕ 4 x 400 Relay \*\*\*  
Conley-Austin-  
Newman-Rutledge 3:20.35

4x800 Relay 9:47.6\*  
Lombardi/LaPine/  
Fishback/Biber-Ferro

4 x 800 Relay \*  
Newman-Lipp-  
Carter-Rutledge 8:00.2

F/S Mile Relay  
Kicinski-Sullivan-  
Landers-Darwin 3:48.0

F/S Distance Medley  
Smith-Hembry-  
Sullivan-Martin 11:41.4

Distance Medley 13:30.3\*  
LaPine-Lumby-  
Fishback-BiberFerro

Distance Medley \*  
\*Newman(3:11.1-1200)  
Conley-Abeln-Rutledge

10:34.5

5000  
Ben Martin 17:04.0

\* All-Time List  
\*\* School Record  
\*\*\* CCS Finalist  
⊕ League Champion

# League Track and Field Team Championships

## VARSITY BOYS

1978	WESTMONT
1979	WESTMONT
1980	LOS GATOS
1981	LOS GATOS
1982	LEIGH
1983	LOS GATOS WESTMONT
1984	DEL MAR
1985	LOS GATOS
1986	LOS GATOS
1987	LOS GATOS
1988	LEIGH
1989	LOS GATOS
1990	HOMESTEAD
1991	LOS GATOS
1992	FREMONT
1993	LOS GATOS
1994	LOS GATOS
1995	LOS GATOS
1996	LOS ALTOS

## VARSITY GIRLS

1978	CAMDEN
1979	LOS GATOS
1980	LOS GATOS
1981	LOS GATOS
1982	LOS GATOS
1983	LOS GATOS DEL MAR
1984	LOS GATOS
1985	LOS GATOS
1986	LOS GATOS
1987	LOS GATOS
1988	LOS GATOS
1989	LOS GATOS
1990	ST. FRANCIS
1991	LOS GATOS
1992	ST. FRANCIS
1993	LOS GATOS
1994	LOS GATOS
1995	LOS GATOS ST. FRANCIS
1996	ST. FRANCIS

## F/S BOYS

1978	LOS GATOS
1979	LOS GATOS
1980	LOS GATOS
1981	LOS GATOS
1982	LOS GATOS
1983	PROSPECT
1984	BRANHAM
1985	LOS GATOS
1986	LEIGH
1987	LEIGH
1988	LOS GATOS
1989	HOMESTEAD
1990	LOS GATOS
1991	FREMONT
1992	HOMESTEAD
1993	LOS GATOS
1994	FREMONT
1995	MILPITAS
1996	GUNN

## LOS GATOS TRACK AND FIELD DUAL MEET RECORD

	<u>Varsity</u>	<u>Girls</u>	<u>F/S</u>
1978	7-7	9-5	14-0
1979	9-1	9-1	10-0
1980	10-0	9-1	10-0
1981	7-1	8-0	6-1-1
1982	4-3	8-0	7-0
1983	5-2	8-0	6-1
1984	5-2	8-0	3-2-2
1985	6-1	7-1	7-0
1986	9-0	10-0	6-3
1987	8-0	9-0	7-1
1988	4-4	9-0	6-2
1989	7-0	7-1	7-0
1990	8-0	8-1	4-3-1
1991	9-0	9-1	7-1-1
1992	8-0	8-1	7-1
1993	7-0	7-1	7-0
1994	7-1	7-1	4-3
1995	6-2	7-1	3-4
1996	5-3	4-4	2-5

134-24    151-19    123-27-5

Overall    408-70-5

## JV GIRLS

1989	LOS GATOS
1990	LOS GATOS
1991	LOS GATOS
1992	LOS GATOS
1993	LOS GATOS
1994	ST. FRANCIS
1995	ST. FRANCIS GUNN
1996	ST. FRANCIS

The Los Gatos Varsity Girls had a 11-year dual meet win streak at home from 1980-1990, which was 75 straight wins. An 11-year league championship win streak as well, plus 7 unbeaten teams in the 1980's.

The Los Gatos Varsity Boys had 8 unbeaten teams since 1980 with a 5 years-in-a-row unbeaten win streak from 1989-1994. 44 straight wins during the streak.

40 League Team Championships with 4-way League Sweep Years in 1980, 1981, 1985, and 1993.

1996 was the only year that Los Gatos had no championship team.

# 1996 DeAnza League Track and Field Finals Results

- 400 RELAY VARSITY GIRLS - 1) St. Francis 48.4 2) Los Gatos 49.7  
3) Gunn 50.4 4) Los Altos 50.5
- 400 RELAY VARSITY BOYS - 1) Milpitas 44.2 2) Los Altos 44.9  
3) Palo Alto 46.5 4) Gunn 56.1
- 400 RELAY JV GIRLS - 1) Gunn 53.4 2) Los Altos 53.9 3) P. Alto  
54.9 4) St. Francis 55.3 5) Los Gatos 55.7
- 400 RELAY F/S BOYS - 1) Los Altos 2) Milpitas 47.0 3) Palo  
Alto 47.5 4) Gunn 51.5
- MILE VARSITY GIRLS - 1) Biber-Ferro (LG) 5:27.0 2) Lucido (Hom)  
5:29.1 3) Khara (PA) 5:29.5 4) Fishback (LG) 5:31.0
- MILE VARSITY BOYS - 1) Rutledge (LG) 4:31.2 2) Newman (LG) 4:38  
3) Hill (LA) 4:41.5 4) Seddequi (Hom) 4:55.0
- MILE JV GIRLS - 1) Nebeker (Mil) 5:46.3 2) Schlegmich (LA) 5:56  
3) Ahmad (Mil) 6:01.0 4) Carcoran (SF) 6:02.6
- MILE F/S BOYS - 1) Allen (Gunn) 4:43.2 2) Hovik (Hom) 4:44.5  
3) Bratman (Gunn) 4:49.5 4) Stanjovel (Mil) 4:54.6
- 100 HURDLES VARSITY GIRLS - 1) Steingart (SF) 15.3 2) Saenz (LA)  
15.6 3) Downey (LA) 15.7 4) Shih (Gunn) 15.8
- 110 HURDLES VARSITY BOYS - 1) Austin (LG) 15.7 2) Nakarma (G)  
15.8 3) Chen (LA) 16.2 4) Hu (Hom) 17.1
- 100 HURDLES JV GIRLS - 1) Enzmann (Gunn) 17.5 2) Ng (Gunn) 17.8  
3) Turner (SF) 17.9 6) Cohn (LG) 19.5
- 65 HURDLES F/S BOYS - 1) Cuento (Mil) 10.1 2) Ware (LA) 10.2  
3) Lee (Gunn) 10.3 4) Holdship (Gunn) 10.7
- 400 VARISTY GIRLS - 1) Sczawinski (LG) 58.5 2) Coleman (Gunn)  
59.2 3) Wrenn (PA) 59.6 4) McDevitt (Gunn) 62.7
- 400 VARSITY BOYS - 1) Carson (Gunn) 51.5 2) Gugliemilli (Mil)  
51.7 3) Lee (LA) 52.5 4) Lipp (LG) 52.7
- 400 JV GIRLS - 1) Lee (PA) 65.5 2) Stefic (SF) 66.2 3) Zweng  
(SF) 66.2 4) Gordon (SF) 66.4
- 400 F/S BOYS - 1) Mancini (Mil) 54.0 2) Smith (PA) 54.1  
3) Greco (LA) 55.3 4) Kicinski (LG) 55.8
- 100 VARSITY GIRLS - 1) Craig (SF) 11.7 2) Blaschke (SF) 11.9  
3) Chavez (LG) 11.9 4) Hypolite (LA) 12.2
- 100 VARSITY BOYS - 1) Hamm (Mil) 10.6 2) Conley (LG) 11.1  
3) Alvarez (LA) 11.1 4) Kasano (Gunn) 11.2
- 100 JV GIRLS - 1) Milo (Gunn) 13.1 2) Rippetoe (LA) 13.4  
3) Whittell (SF) 13.6 5) Weinberg (LG) 13.6
- 100 F/S BOYS - 1) Rosales (PA) 11.4 2) Kuo (LA) 11.7  
3) Stevenson (Mil) 11.7 4) Mirador (Mil) 11.8
- 2 MILE VARSITY GIRLS - 1) Lucido (Hom) 12:11.3 2) Fishback (LG)  
12:16.5 3) Nadaner (Gunn) 12:20.4 4) Tuescher  
(SF) 12:22 5) High (LG) 12:28.8
- 2 MILE VARSITY BOYS - 1) Hill (LA) 9:58.5 2) Boyd (Gunn) 10:20.6  
3) J. Martin (LG) 10:30.8 4) B. Martin (LG) 10:33.5
- 2 MILE JV GIRLS - 1) Ahmad (Mil) 2) Kazokova (Gunn)  
3) Beard (LA) 4) Kellegg (Mil)
- 2 MILE F/S BOYS - 1) Hovik (Hom) 2) Bratman (Gunn) 3) Allen (G)  
4) Jahn (LA) 5) Juel (G) 6) Smith (LG) 11:12
- 800 VARSITY GIRLS - 1) Lombardi (LG) 2:22.5 2) Biber-Ferro (LG)  
2:24.4 3) V. Brown (SF) 2:25.3 4) Rippetoe (LA)  
2:27.6 5) LaPine (LG) 2:27.8
- 800 VARSITY BOYS - 1) Rutledge (LG) 1:56.1 2) Newman (LG) 1:58.7  
3) Carter (LG) 2:03.3 4) Rudolph (PA) 2:05.1
- 800 JV GIRLS - 1) Nebeker (Mil) 2:36.8 2) Sund (LG) 2:40.7  
3) Tso (Gunn) 2:42.1 4) Schlegel (LA) 2:46.2
- 800 F/S Boys - 1) Zhisa (Gunn) 2:07.5 2) Burnham (LA) 2:07.9  
3) Bratman (Gunn) 2:12.2 5) Darwin (LG) 2:15.5
- 200 VARSITY GIRLS - 1) Craig (SF) 24.4 2) Blaschke (SF) 25.1  
3) Chavez (LG) 25.3 4) Sczawinski (LG) 26.1
- 200 VARSITY BOYS - 1) Hamm (Mil) 21.9 2) Gugliemilli (Mil) 22.6  
3) Conley (LG) 22.7 4) Alvarez (LA) 22.8

## League Track Finals Continued

- 200 JV GIRLS - 1) Milo (Gunn) 27.5 2) Ringer (SF) 27.7  
3) Weinberg (LG) 28.3 4) Whittel (SF) 28.5
- 200 F/S BOYS - 1) Murphy (LA) 23.9 2) Zhang (Gunn) 24.4  
3) Kuo (LA) 24.7 4) Kicinski (LG) 24.7
- 300 HURDLES VARSITY GIRLS - 1) Steingart (SF) 45.2 2) Clemm (SF)  
47.5 3) Khara (PA) 49.5 4) Alferson (G) 50.7
- 300 HURDLES VARSITY BOYS - 1) Austin (LG) 40.1 2) Ahan (H) 41.1  
3) Nakajima (Gunn) 42.5 4) Hu (H) 44.0
- 300 HURDLES JV GIRLS - 1) Dillon (Gunn) 51.8 2) Abrishami (SF)  
54.4 3) Turner (SF) 54.7 4) Chaudhry (LA) 54.9
- 300 HURDLES F/S BOYS - 1) Smith (PA) 45.1 2) Depold (Mil) 46.2  
3) Nichols (Hom) 46.2 4) Ware (LA) 47.2
- MILE RELAY VARSITY GIRLS - 1) St. Francis 4:00.7 2) Los Gatos  
4:01.1 3) Gunn 4:11.9 4) Los Altos 4:16.8
- MILE RELAY VARSITY BOYS - 1) Los Gatos 3:25.7 2) Gunn 3:29.6  
3) Milpitas 3:30.0 4) Los Altos 3:40.4
- MILE RELAY JV GIRLS - 1) Los Altos 4:30.0 2) St. Francis 4:34.1  
3) Milpitas 4:41.6 4) Gunn 4:43.8
- MILE RELAY F/S BOYS - 1) Los Altos 3:48.2 2) Gunn 3:49.0  
3) Milpitas 3:50.8 4) Palo Alto 3:51.0
- TRIPLE JUMP VARSITY GIRLS - 1) Shih (Gunn) 36'8" 2) Burnham  
(LA) 36'1" 3) Saenz (LA) 35'10"
- TRIPLE JUMP VARSITY BOYS - 1) Quarels (LA) 43'4" 2) Weameier  
(H) 42'4" 3) Hu (Hom) 41'11"
- TRIPLE JUMP JV GIRLS - 1) Lin (SF) 32'4" 2) Salmon (LA) 31'10"  
3) Tanaka (LA) 31'7" 4) Whetstone (PA) 31'6"
- TRIPLE JUMP F/S BOYS - 1) Fletcher (Gunn) 39'2" 2) Turaidis (LA)  
38'8" 3) Chang (Hom) 38'1"
- LONG JUMP VARSITY GIRLS - 1) Shih (Gunn) 16'8" 2) Burnham (LA)  
16'7½" 3) Downey (LA) 16'2½"
- LONG JUMP VARSITY BOYS - 1) Austin (LG) 21'½" 2) Wehmeier (Hom)  
20'5½" 3) Hu (G) 20'5" 4) Gaston (M) 20'1"
- LONG JUMP JV GIRLS - 1) Whetstone ((PA) 15'3" 2) Lin (SF) 14'7"  
3) Wu (SF) 14'6" 6) Sylvester (LG) 14'3½"
- LONG JUMP F/S BOYS - 1) Turaidis (LA) 19'6" 2) Laeazuong (M) 18'9"  
3) Fletcher (Gunn) 17'7" 6) Parsons (LG) 17'1"
- SHOT PUT VARSITY GIRLS - 1) Pradad (M) 33'7" 2) DeAmoro (LA) 32'1"  
3) Hootnick (Gunn) 31'6" 4) Hu (PA) 30'9"
- SHOT PUT VARSITY BOYS - 1) Howard (LA) 52'10" 2) Giraurd (LA)  
48'11" 3) Bjorklund (LA) 47'9" 4) Ajagu  
(Gunn) 47'1" 5) McGilvray (LG) 45'0"
- SHOT PUT JV GIRLS - 1) Presberry (Mil) 30'9" 2) Prichard (Gunn)  
28'11" 3) Evans (Mil) 27'11"
- SHOT PUT F/S BOYS - 1) Snyder (Gunn) 47'1" 2) Eaves (Mil) 41'1"  
3) Goins (LA) 39'5½" 4) Burkhardt (G) 39'4"
- DISCUS VARSITY BOYS - 1) Howard (LA) 150'10" 2) McGilverly (LG)  
150'3" 3) Bower (Gunn) 135'6"
- DISCUS VARSITY GIRLS - 1) DeAmoro (LA) 137'1" 2) Prasad (M) 103'  
3) Hu (PA) 103'0" 4) Miloglan (SF) 97'11"
- DISCUS JV GIRLS - 1) Presberry (M) 108'0" 2) Pritchard (G) 90'4"  
3) Beurbeau (PA) 88'9" 4) Evans (M) 85'7"
- DISCUS F/S BOYS - 1) Evans (Mil) 109'1" 2) Burkhardt (G) 97'11"  
3) Wyatt (Hom) 97'7" 4) Burns (PA) 91'1"
- HIGH JUMP VARSITY BOYS - 1) Marble (LA) 6'2" 2) Gaston (M) 6'0"  
3) Jones (PA) 6'0" 4) Alvarado (M) 6'0"
- HIGH JUMP VARSITY GIRLS - 1) McClain (M) 5'2" 2) Owen (SF) 5'2"  
3) Demeter (LA) 5'2" 4) Lindsey (PA) 5'0"
- HIGH JUMP JV GIRLS - 1) Mallory (Mil) 5'0" 2) Smith (Hom) 4'10"  
3) Whittle (SF) 4'8" 4) Weinberg (LG) 4'4"
- HIGH JUMP F/S BOYS - 1) Rosales (PA) 5'9" 2) Farrell (PA) 5'4"  
3) Parsons (LG) 5'4" 6) Stuhmuller (LG) 5'2"

# De Anza League Track & Field Records

## Varsity Girls

<u>Event</u>	<u>Mark</u>	<u>Year</u>	<u>School</u>	<u>Name</u>
100M	11.98	1993	Los Gatos	Hay, K.
	11.7	1996	St. Francis	Craig, D.
200M	24.78	1990	St. Francis	Nurisso, A.
	24.4	1996	St. Francis	Craig, D.
220Y	25.0	1981	Saratoga	Chewning, L.
400M	55.89	1989	St. Francis	Mack, R.
800M	2:17.72	1990	Fremont	Bartholomew, B.
Mile	5:01.26	1990	Fremont	Bartholomew, B.
1600M	5:12.6	1993	Los Gatos	Middlecoff, M
2 Mile	11:12.0	1981	Lynbrook	Gleason
3200M	11:05.1	1993	St. Francis	Torrens, D.
400M Relay	48.2	1978	Lynbrook	
Mile Relay	3:57.90	1989	St. Francis	
1600M Relay	4:05.5	1993	Lynbrook	
100MLH	14.1	1978	Lynbrook	Costello, K
100 M 33"	15.20	1994	St. Francis	Oceguera, G.
	14.89	1995	St. Francis	Oceguera, G.
300M LH	44.94	1992	Los Gatos	Veeder, K.
Shot Put	42'2 1/2	1989	St. Francis	Parker, S
Discus	142'3	1979	Cupertino	Woodbeck, K.
Long Jump	18'10 3/4	1987	St. Francis	Lawson, K.
Triple Jump	38'3	1982	Homestead	Ruden, M.
High Jump	5'8 3/4	1980	Fremont	Robinson, K.
Pole Vault	9'6	1995	St. Francis	Consorti, A.

## Varsity Boys

100M	10.66	1993	Los Gatos	Isaac, J.
200M	21.79	1994	Los Gatos	Isaac, J.
220 Y	21.8	1979	Lynbrook	Mitchell
400M	48.66	1990	Homestead	Dawkins, S.
440Y	49.7		Lynbrook	Seeley
800M	1:57.38	1990	Homestead	Ringer, M.
	1:56.1	1996	Los Gatos	Rutledge, B
880Y	1:55.0	1975	Sunnyvale	Vargus
Mile	4:19.87	1989	Homestead	Ringer, M.
	4:17.4	1995	Gunn	Riddle, J
1600M	4:21.15	1993	Lynbrook	Balkman, J
2 Mile	9:29.9	1975	Saratoga	Burns, S.
3200M	9:28.8	1993	Lynbrook	Balkman, J.
440Y Relay	42.8	1977	Saratoga	
440M Relay	43.02	1991	Homestead	
Mile Relay	3:26.6	1990	Homestead	
	3:25.7	1996	Los Gatos	
1600M Relay	3:27.10	1994	Los Gatos	
100M HH	14.56	1978	Lynbrook	Kolotouros
120HH	14.2	1975	Cupertino	Finley
300M IH	39.09	1994	Fremont	Naivalu
Shotput	57'7 1/2	1975	Sunnyvale	Comer
Discus	179'5	1976	Monta Vista	Duggar
Long Jump	23'3	1975	Cupertino	Finley
High Jump	6'6 1/2	1982	Homestead	Sampson
Triple Jump	48'1	1975	Cupertino	Finlay
Pole Vault	15'6 1/2	1978	Monta Vista	McAlexander



## De Anza League Track & Field Records

### JV Girls

<u>Event</u>	<u>Mark</u>	<u>Year</u>	<u>School</u>	<u>Name</u>
100M	12.88	1990	St. Francis	Foster, K.
200M	27.00	1990	Los Gatos	Fumia, M.
220Y	27.00	1979	Monta Vista	Johnson, J.
400M	61.6	1992	Los Gatos	Morton, L.
440Y	62.4	1983	Fremont	Crank
800M	2:27.56	1990	Fremont	Ferrante, D.
Mile	5:29.1	1990	Fremont	Ferrante, D.
1600M	5:51.3	1993	Los Gatos	Edelman
2 Mile	12:31.8	1987	Fremont	Romero
3200M				
400M Relay	51.59	1990	St. Francis	
Mile Relay	4:22.1	1992	Los Gatos	
1600M Relay	4:24.3	1993	Los Gatos	
110Y LH	15.1	1978	Sunnyvale	Venable
100M 33"H		1994	Gunn	
300M LH	49.24	1986	Monta Vista	Gabrielson
Shotput	31'6 1/2	1986	Fremont	Jae, J.
Discus	107'1	1978	Homestead	Weakley, A.
	108'0	1996	Milpitas	Presberry, I.
Long Jump	17'01/2	1981	Lynbrook	Kraus, S.
Triple Jump	35'5 1/2	1992	Homestead	Kempe, K.
	35'9	1994	Gunn	Shih, E.
High Jump	5'0	1980	Lynbrook	Vessley, D.
	5'0	1980	Monta Vista	Baron
	5'0	1988	Cupertino	Peters
	5'0	1996	Milpitas	Mallory, C

### Frosh/Soph Boys

100M	11.33	1990	Lynbrook	Burlson
	11.03	1993	Milpitas	Hamm, D
200M	22.90	1992	Homestead	Williams
	23.33	1994	Milpitas	Hamm, D.
220Y	23.3	19480	Monta Vista	Ellis
400M	52.55	1990	Monta Vista	Boleda
440Y	53.5	1975	Lynbrook	Meilson
800M	2:04.81	1986	Cupertino	Bennett
880Y	2:06.0	1977	Saratoga	Watkins
Mile	4:30.7	1987	Homestead	Ringer
1600M	4:45.5	1993	Fremont	Conrad
2 Mile	10:04.5	1977	Fremont	Miller
3200M	10:26	1993	Cupertino	McDonough
440 Relay	44.7	1981	Fremont	
440M Relay	46.13	1993	Lynbrook	
Mile Relay	3:40.01	1989	Homestead	
1600M Relay	3:43.4	1993	Los Gatos	
70Y HH	9.2	1983	Lynbrook	Kolotouros
65MHH	10.30	1993	Saratoga	Ho
	9.67	1994	Homestead	Ho
330Y LH	40.0	1982	Fremont	Theodore
Shotput	52'0 1/2	1982	Homestead	Haug
Discus	142'9	1980	Monta Vista	Levy
Long Jump	20'11 1/2	1982	Homestead	Sampson
Triple Jump	43'4 1/2	1980	Monta Vista	Ellis
High Jump	6'3 1/2	1980	Monta Vista	Gates
Pole Vault	13'0 3/4	1980	Homestead	Kibort

# 1996 CCS FINALS RESULTS

## TRACK AND FIELD

### AT SAN JOSE CITY COLLEGE

#### Boys

##### 100 meters

1. Damon Hamm, Milpitas .....	10.87
2. Joe Naivaku, Fremont .....	10.73
3. Aaron Bryant, Wilcox .....	10.75
4. Alex Tinsley, Gilroy .....	10.79
5. Steve Harris, Del Mar .....	10.99
6. Tonaga Banks, Lincoln .....	11.04

##### 200 meters

1. Damon Hamm, Milpitas.....	21.52
2. Curtis Napoleon, Del Mar .....	21.81
3. Jeff Hasse, Cupertino.....	21.82
4. LeRoy Jordan, Bellarmine.....	22.08
5. Kenny Slaton, Oak Grove.....	22.10
6. Alex Tinsley, Gilroy.....	22.18

##### 400 meters

1. Curtis Napoleon, Del Mar .....	48.63
2. Jelani Hogg, Flordan .....	48.96
3. Eric Stuart, St. Francis .....	50.23
4. Manuel Berg, Serra .....	50.75
5. Damien Gaines, Yerba Buena ..	51.09
6. Nick Gugliemelli, Milpitas .....	51.27

##### 800 meters

1. Kareem Morrell, San Jose .....	1:54.08
2. Beebe Rutledge, Los Gatos ..	1:54.37
3. Tom Newman, Los Gatos .....	1:54.48
4. Brendan Fitzgibbon, S.J. ....	1:55.27
5. Greg Kamniskis, N. Mont. Cty. ..	1:56.94
6. Jason Adkins, Wilcox .....	1:57.45

##### 1,600 meters

1. Daniel Sikiric, Leland .....	4:14.16
2. Andrew Wulf, Bellarmine .....	4:14.20
3. Enrique Torres, Silver Creek ..	4:16.7
4. John Collins, St. Francis .....	4:22.41
5. Chris D'Anjou, Live Oak .....	4:26.26
6. Joma DeWald, Soquel .....	4:27.66

##### 3,200 meters

1. Brad Hansen, St. Ignatius.....	9:17.22
2. Paul Wellman, St. Ignatius.....	9:23.25
3. Ricardo Dominguez, Overfelt..	9:26.55
4. Louie White, Half Moon Bay...	9:28.99
5. Daniel Sikiric, Leland.....	9:30.64
6. George Jensen, Burlingame...	9:33.38

##### 110 hurdles

1. Joe Naivaku, Fremont .....	13.65w
2. John Bull, Mountain View .....	14.53
3. Matua Mauga, Independence ..	14.81
4. Derek Seymour, S.L. Valley ..	14.96
5. Nguyen Vong, Silver Creek .....	14.98
6. Chase Armer, N. Mont. Cty. ....	15.14

##### 300 hurdles

1. Joe Naivaku, Fremont.....	37.17
2. Guy McGowan, Leigh.....	38.90
3. Brian Carroll, Saratoga.....	39.26
4. Manuel Austin, Los Gatos.....	39.44
5. Efrain Carrasco, Overfelt.....	39.59
6. Thomas Hocker, Silver Creek...	39.68

##### 400 meter relay

1. Del Mar (Steve Harris, Coby Gillespie, Jimmy Wiggins, Curtis Napoleon) ..	42.00
2. Milpitas .....	42.38
3. St. Francis .....	42.87
4. Yerba Buena .....	42.89
5. Cupertino .....	43.09
6. Bellarmine .....	43.19

#### Team results

Del Mar 57; 2 tie, Los Altos and St. Ignatius 30; 4, Milpitas 29; 5, Fremont 28; 6 tie, Los Gatos and Yerba Buena 26; 8, Bellarmine 22; 9, St. Francis 21; 10, Mt. Pleasant 20; 11, Mountain View 18; 12, Silver Creek 17; 13, North Monterey County 15; 14, Piedmont Hills 14; 15, Leland 12; 16, San Jose 10.

#### Girls

##### 100 meters

1. Damesha Craig, St. Francis .....	12.05
2. Kerry Blaschke, St. Francis .....	12.20
3. Enjoli Smith, Gilroy .....	12.32
4. Stephanie Chavez, Los Gatos ..	12.34
5. Kristy Ostojic, Hollister .....	12.50
6. Amber Taylor, N. Mont. Cty. ....	12.83.

##### 200 meters

1. Damesha Craig, St. Francis.....	24.13-r
2. Kerry Blaschke, St. Francis.....	24.94
3. Enjoli Smith, Gilroy.....	25.02
4. Kathy Gross, Independence.....	25.58
5. Kristy Ostojic, Hollister.....	25.73
6. Brandy Jones, Westmoor.....	25.88

##### 400 meters

1. Shavone Jennings, Woodside ..	56.36
2. Rose Sczawinski, Los Gatos ..	56.86
3. Kamilla Williams, SHC .....	56.97
4. Monica Coleman, Gunn .....	57.38
5. Colleen Wrann, Palo Alto .....	58.18
6. Tamara Chellam, Mitty .....	58.82

##### 800 meters

1. Lina Biber-Farro, Los Gatos ..	2:15.39
2. Ally Lombardi, Los Gatos .....	2:15.77
3. Ashley Holt, Menlo-Atherton ..	2:17.30
4. Joanna Peshkoff, Salinas .....	2:18.52
5. Alyson Wallace, Notre Dame ..	2:21.16
6. Katie Rigney, Santa Catalina ..	2:21.65

##### 1,600 meters

1. Deborah Bleisch, S. Creek .....	5:04.00
2. Laneisha McPherson, S. Creek ..	5:07.13
3. Ashley Holt, Menlo-Atherton ..	5:07.70
4. Katie Apperrod, St. Ignatius ..	5:10.47
5. Emily Allison, Leland .....	5:13.17
6. Monica Topete, Silver Creek .....	5:14.32

##### 3,200 meters

1. Emily Allison, Leland.....	11:07.53
2. Nicole Portley, Aragon.....	11:10.50
3. Shana Driscoll, St. Ignatius...	11:12.26
4. Laura Sandoval, St. Ignatius...	11:17.81
5. Mary Lucido, Homestead.....	11:26.78
6. Monica Topete, Silver Creek ..	11:30.13

##### 100 intermediate hurdles

1. Tisha Ponder, Del Mar .....	14.17
2. Tamisha Allen, North Salinas ..	14.64
3. Michelle Steingart, St. Francis ..	14.88
4. Mandy Mazik, Capuchino .....	15.25
5. Leanne Slater, Pioneer .....	15.87
6. Shana Buchanan, Santa Clara ..	15.91.

##### 300 low hurdles

1. Tisha Ponder, Del Mar.....	41.71-r
2. Michelle Steingart, St. Francis...	43.88
3. Leanne Slater, Pioneer .....	45.04
4. Carey Carver, Harbor .....	45.14
5. Mandy Mazik, Capuchino.....	45.14
6. Tamisha Allen, North Salinas...	47.54

##### 400 meter relay

1. St. Francis (Michelle Steingart, Kerry Blaschke, Sarah Clemm, Damesha Craig).....	47.68
2. Los Gatos .....	48.43
3. Gunn .....	48.87
4. Independence .....	48.87
5. Leigh .....	49.71
6. St. Ignatius .....	49.83

##### 1,600 meter relay

1. St. Francis (Michelle Steingart, Neda Farzan, Sarah Clemm, Damesha Craig) ..	3:52.71
2. Los Gatos .....	3:53.14
3. Gunn .....	3:59.49
4. St. Ignatius .....	3:59.98
5. Silver Creek .....	4:02.42
6. Independence .....	4:03.07

##### Long jump

1. Tisha Ponder, Del Mar .....	20-6w
2. Jessica Burnham, Los Altos ..	18-0¼w
3. Kameelah Eiams, Pied. Hills ..	18-0¼w
4. Tamra Livers, Independence ..	18-0w
5. Jennie Warfield, S.L. Valley ..	17-9w
6. Shana Buchanan, S. Clara ..	17-4¼w
7. Christin Chan, Mtn. View .....	17-1¼w
8. Lakeseja Roberts, St. Ignatius ..	16-5¼w.

##### Triple jump

1. Tisha Ponder, Del Mar.....	40-2¼-r
2. Mary Lou Badillo, Mt. Pleasant ..	38-1¼
3. Evelyn Shih, Gunn.....	37-9½
4. Sienna Owens, Independence ..	36-4¼
5. Nikki Gillott, N. Mont. County...	36-2½
6. Milah Jordan, Gilroy.....	35-4½

##### High jump

1. Kim Stone, York .....	5-4
2. Loren Gulco, N.D.-Belmont .....	5-2
3. Holly McClain, Milpitas .....	5-2
4. Lindsey Murray, King City .....	5-0
5. Kristen Owen, St. Francis .....	5-0
6. Sandra Butler, Gunderson .....	4-10

##### Shot put

1. Darlene Tulus, Carmel .....	43-3
2. Jackie Hotchkiss, Overfelt .....	38-8
3. Cami Nilmeyer, Burlingame .....	38-4½
4. Amy Thiel, Fremont Christian ..	38-4½
5. Dony Vico, Mt. Pleasant .....	37-8½
6. Heather Hill, Sac. Heart Cath. ..	37-0¼

##### Discus throw

1. Darlene Tulus, Carmel .....	165-10-r
2. Jackie Hotchkiss, Overfelt .....	126-9
3. Amy Thiel, Fremont Christian ..	123-2
4. Adeline Martinez, Live Oak .....	122-5
5. Carolyn Pese, Jefferson .....	120-7
6. Sandra Sahourieh, Westmoor ..	118-7

##### Pole vault

1. Mary Lou Badillo, Mt. Pleasant ..	10-4½-r
2. Jennifer Swanson, Gilroy .....	10-0
3. Iran Serrano, Gonzales .....	10-0
4. Kimberly Foxx, N.D.-S.J. ....	9-6
5. Breanna Haut, Harbor .....	9-6
6. Vanessa Yerba, Gonzales .....	9-6

#### Team results

St. Francis 72; 2, Los Gatos 46; 3, Del Mar 40; 4 (tie), Silver Creek and Gunn 22; 6, Gilroy 21; 7 (tie), Carmel and Mt. Pleasant 20; 9, St. Ignatius 19; 10, Independence 17; 11, Notre Dame-Salinas 14; 12 (tie), Leland and Menlo-Atherton 12; 14 (tie), Woodside, York, Fremont Christian and Westmoor 10.

# Los Gatos History of CCS Champions

(Track & Field / Cross Country)

1944	Bob Chambers	880 - 1:55.0
1961	Roger Werne	Pole Vault- 12'10 " Class B
1964	Bob Brannen	Shot Put - 63'9"
1972	Bret Mannon	Shot Put - 62'6 "
1973	Gary Bersano	Shot Put - 61'6" (F/S)
1974	Gary Bersano	Shot Put - 59'5 "
1975	Gary Bersano	Discus - 179'2"
1978	Matt Wool	F/S Cross Country - 15:48
1978	F/S Cross Country Team	Our 1st CCS Team Title
1979	F/S Cross Country Team	Set CCS F/S Record
1980 *	Var.Boys Cross Country Team	Ranked #1 in State
1980	Scott Oliver	800 - 1:53.6
1980	Brian Bergstrom	Mile - 4:27.9 (F/S)
1980	Jon Mann	800 - 1:57.0 (F/S)
1983	Girls Cross Country Team	#3 in State
1984	Girls Cross Country Team	#4 in State
1984 *	Ivar Moen	Pole Vault - 16'0"
1985	Girls Cross Country Team	#2 in State
1985	Scott LaForce	Cross Country - 14:52
1985	Stacy Kuehnis	100 hurdles - 14.19
1985	Girls Track Team	Our 1st CCS Track Team Title
1986	Alisa Wade	High Jump - 5'2"
1986	Kevin Rankin	Pole Vault - 16'0"
1987	Heidee Ruiz	Shot Put - 42'9"
1987	Girls Mile Relay	3:58.1
1988	Var.Boys Cross Country Team	#6 in State
1988	Girls Cross Country Team	#4 in State
1988	Heidee Ruiz	Shot Put - 43'1"
1991	Nick Green	800 - 1:54.9
1991	Meg Veeder	800 - 2:17.1
1991	Miranda Middlecoff	Cross Country - 18:28
1991	Girls Cross Country Team	#6 in State
1992 *	Girls 4x800 Relay Team	#1 in State (not a CCS event)
1992	Miranda Middlecoff	2 Mile - 11:01.9
1992	Miranda Middlecoff	Cross Country - 18:42
1992	Var.Boys Cross Country Team	#9 in State
1992	Girls Cross Country Team	#4 in State
1993	Girls 4x100 Relay	#8 in State - 48.48
1993	Girls 4x400 Relay	#10 in State - 3:58.95
1993	Beebe Rutledge	Cross Country - 15:20
1994	Kim Hay	100 - 12.10
1994	Kim Veeder	300 LH - 44.21
1994	Girls Track Team	Our 2nd CCS Track Team Title
1995	Stephanie Chavez	100 - 12.29
1995	Stephanie Chavez	200 - 24.93
1996	Lina Biber-Ferro	800 - 2:15.15
1996	Girls 4x400 Relay Team	3:52.8
1996	Girls Cross Country Team	#9 in State

\* State Champions

# Los Gatos History of State Meet Entrants

(Athletes Who Placed in Top 3 in CCS)  
(Listed Below is Their Event, Time, & Place at State)

1944	Bob Chambers	880-1:54.4	State Champion
	(AAU meet replaced State Meet during World War II)		
1963	Bob Brannen	Shot Put-59'9"	4th Place
1964	Bob Brannen	Discus-172'0"	4th Place
1964	Bob Brannen	Shot Put-62'7 "	State Champion
1971	Bret Mannon	Shot Put-61'9 "	4th Place
1972	Bret Mannon	Shot Put-61'4 "	4th Place
1972	Bob Ray	180y Low Hurdles-19.3	
1974	Gary Bersano	Shot Put-60'10"	3rd Place
1975	Gary Bersano	SHOT Put-55'2"	
1975	Gary Bersano	Discus-169'11"	3rd Place
1976	Tim Stafford	120y High Hurdles-14.6	
1980	Scott Oliver	880-1:56.5	
1981	Kelly Cummins	High Jump-5'3"	
1981	Paul Cox	Mile-4:14.4	7th Place
1981	Debbie Morris	Mile-5:08.0	
1981	Diane Oswalt	Discus-135'0"	
1982	Andy Sythe	Pole Vault-14'8"	5th Place
1983	*Joe Sordi	330 Low Hurdles-38.7	
1983	*Therese Fisher	Mile-DNR	
1984	*Laura Henry	800-Dropped it for M.R.	
1984	*Stacy Kuehnis	300 Low Hurdles-44.9	
	*(1983-84 had Nor.Cal. Finals instead of State Trials)		
1984	Ivar Moen	Pole Vault-16'2"	State Champion
1985	Heidee Ruiz	Shot Put-38'0"	
1985	Heidee Ruiz	Long Jump-17'5"	
1985	Stacy Kuehnis	100m Low Hurdles-14.5	
1985	Scott LaForce	Mile-4:26.1	
1986	Kevin Rankin	Pole Vault-No Height	
1986	Scott LaForce	2 Mile-9:06.8c	7th Place
1986	Lezli Jensen	Long Jump-18'0"	
1986	Heidee Ruiz	Shot Put-39'11"	
1986	Alisa Wade	High Jump-5'2"	
1987	Heidee Ruiz	Shot Put-42'4"	3rd Place
1987	Lezli Jensen	Long Jump-17'11"	
1988	Genevieve Farnady	800-2:17.1	
1988	Heidee Ruiz	Shot Put-44'9"	2nd Place
1989	Kent Kappen	Pole Vault-14'0"	
1991	Nick Green	800-1:57.0	
1991	Meg Veeder	800-2:25.8	
1991	Jon Noble	300 Int. Hurdles-40.8	
1991	Tina Tyrchan	High Jump-5'0"	
1992	Kim Veeder	300 Low Hurdles-45.5	
1992	Brandon Vance	Pole Vault-14'8"	
1992	Miranda Middlecoff	3200-11:01.9	8th Place
1992	Miranda Middlecoff	1600-5:08.2	10th Place
1993	Kim Veeder	300 Low Hurdles-44.5	6th Place
1993	Brandon Vance	Pole Vault-15'0"	
1994	Jason Isaac	100-10.89	
1994	Jason Isaac	200-21.60	
1994	Tina Farnady	High Jump-5'3"	
1994	Kim Hay	100-12.20	
1994	Kim Veeder	300 Low Hurdles-44.1	6th Place
1994	Meg Veeder	800-2:18.9	
1995	Stephanie Chavez	100-12.29	
1995	Stephanie Chavez	200-Dropped it for M.R.	
1995	Lina Biber-Ferro	800-2:20.1	
1996	Tom Newman	800-1:53.9	6th Place
1996	Beebe Rutledge	800-1:54.1	
1996	Lina Biber-Ferro	800-2:16.3	
1996	Ally Lombardi	800-2:15.5	10th Place
1996	Rose Sczawinski	400-57.9	

# Los Gatos History of Relays at the State Meet

(Relays Had to Place in Top 3 in CCS to Qualify for State.  
If the team placed in the Finals, the time indicated is the  
time in the finals, otherwise the state trials time is listed)

## VARSIY GIRLS

1984	1600 Relay-	Kuehnis-Jensen-Sherwood-Henry	3:57.8	- 8th
1985	1600 Relay-	Jensen-Ruiz-Rexford-Kuehnis	3:58.5	- 9th
1986	400 Relay-	Rexford-Jensen-Kuehnis-Ruiz	49.3	
1987	400 Relay-	Rexford-Hackett-Ruiz-Jensen	49.4	
1989	400 Relay-	Weinberg-Oosterkamp-Kane-Hackett	49.30	
1990	400 Relay-	Weinberg-Campbell-Brink-Hackett	48.7	
1990	1600 Relay-	Brink-Hackett-Weinberg-Farnady	3:56.00	- 9th
1991	400 Relay-	Weinberg-McCoy-Hay-T.Farnady	49.8	
1991	1600 Relay-	Hay-Weinberg-T.Farnady-K.Veeder	3:58.6	
1992	1600 Relay-	Nanez-Hay-T.Farnady-K.Veeder	3:58.8	
1993	400 Relay-	Lombardi-Hay-Morton-K.Veeder *	48.48	- 8th
1993	1600 Relay-	Morton-Lombardi-Hay-K.Veeder *	3:59.68	
1994	400 Relay-	Lombardi-Hay-Lumby-K.Veeder	48.51	
1994	1600 Relay-	Lombardi-Lumby-Hay-K.Veeder	3:59.8	
1995	1600 Relay-	Chavez-BiberFerro-Lombardi-Sczawinski	3:55.8	-10th
1996	400 Relay-	Lombardi-Chavez-Lumby-Sczawinski	48.8	
1996	1600 Relay-	Lombardi-BiberFerro-Chavez-Sczawinski	3:51.9	-7th

## VARSIY BOYS

1994	1600 Relay-	Conley-Jones-Isaac-Cifelli	3:21.9	
1995	1600 Relay-	Conley-Jones-Rutledge-Cifelli *	3:22.75	
1996	1600 Relay-	Conley-Austin-Newman-Rutledge	3:22.77	

\* CCS CHAMPIONS

# MVP Awards

## VARSITY BOYS MOST VALUABLE TRACK ATHLETE

1996 - Tom Newman  
Beebe Rutledge  
1995 - Peter Cifelli  
Craig Conley  
1994 - Jason Isaac  
1993 - Jason Isaac  
1992 - Jason Isaac  
Brent Hedgpeth  
1991 - Greg Yap  
Nick Green  
Jon Noble  
1990 - Rudy Rucker  
Greg Yap  
Jon Noble  
1989 - Greg Fry  
Craig McCormick  
1988 - Kale Wedemeyer  
1987 - Kale Wedemeyer  
Kevin Baiko  
1986 - Scott LaForce  
Eric Wendling  
1985 - Scott LaForce  
Eric Wendling  
1984 - Lewis Isbell  
Dave Gross  
1983 - Joe Sordi  
1982 - Brian Bergstrom  
1981 - Paul Cox  
1980 - Scott Oliver, Brad Knott  
1979 - Sean Daley  
1978 - Dave Langlois, Pat Moreton

## VARSITY BOYS MOST VALUABLE FIELD ATHLETE

1996 - Dan McGilvray  
1995 - Matt Hazle  
Nathan Sazo  
Dan McGilvray  
1994 - Matt Hazle  
Nathan Sazo  
1993 - Brandon Vance  
Mike Warren  
Ryan Marcos  
1992 - Travis Rodgers  
Brandon Vance  
1991 - Travis Rodgers  
1990 - Andy Chu  
1989 - Kent Kappen  
1988 - Mark Magee  
1987 - Dan Carlsson  
1986 - Kevin Rankin  
1985 - Aaron Reed  
Tom Hughes  
1984 - Ivar Moen  
1983 - Kevin Houg  
Tom Rocchio  
1982 - Andy Sythe  
1981 - Tom McGraw  
Andy Sythe  
1980 - Tom McGraw  
1979 - Rich Nemeth  
Keith Shafer  
1978 - Steve Mallery

## VARSITY GIRLS MOST VALUABLE TRACK ATHLETE

1996 - Lina Biber-Ferro  
Ally Lombardi  
Rose Sczawinski  
1995 - Stephanie Chavez  
1994 - Kim Hay  
Kim Veeder  
1993 - Kim Hay  
Kim Veeder  
Miranda Middlecoff  
Holly Malander  
1992 - Miranda Middlecoff  
Kim Veeder  
1991 - Kim Hay  
Kim and Meg Veeder  
1990 - Heidi Brink  
Tiffany Hackett  
Genevieve Farnady  
1989 - Heidi Brink, Julie Kane  
Genevieve Farnady  
1988 - Genevieve Farnady  
Tiffany Hackett  
1987 - Lezli Jensen  
1986 - Lezli Jensen  
Stacy Kuehnis  
1985 - Stacy Kuehnis  
1984 - Laura Henry  
Stacy Kuehnis  
1983 - Renee Sherwood  
1982 - Renee James  
1981 - Debbie Morris  
1980 - Deirdra Donahue  
1979 - Kathi Maino, Nan Hicks  
1978 - Deirdra Donahue

## VARSITY GIRLS MOST VALUABLE FIELD ATHLETE

1996 - No One  
1995 - Caroline Schlosser  
1994 - Tina Farnady  
Tamra Livers  
1993 - Tina Farnady  
Dawn Talley  
1992 - Ingrid Bekkers  
Tina Farnady  
Dawn Talley  
1991 - Dawn Talley  
Tina Tyrchan  
1990 - Alexis Feldman  
1989 - Maike DeRiese  
Imma Oosterkamp  
1988 - Heidee Ruiz  
1987 - Heidee Ruiz  
1986 - Heidee Ruiz  
Lezli Jensen  
1985 - Heidee Ruiz  
Lezli Jensen  
1984 - Kelly Cummins  
Lezli Jensen  
1983 - Kathi Lakin  
1982 - Kathi Lakin  
Debbie McKenzie  
1981 - Diane Oswalt  
1980 - Diane Oswalt  
Amy Shore  
1979 - Diane Oswalt  
1978 - Joanne Wolf

# Los Gatos Track and Field

## All-Time Single Season Scorers

<u>VARSITY BOYS</u>	<u>YEAR</u>	<u>POINTS</u>
1- Jason Isaac	1993	181
2- Tom McGraw	1981	174 $\frac{1}{4}$
3- Jon Noble	1991	173
4- Ivar Moen	1984	169 $\frac{3}{4}$
5- Eric Wendling	1986	163 $\frac{1}{2}$
6- Scott Oliver	1980	142
7- Greg Yap	1991	142
8- Beebe Rutledge	1996	140
9- Scott LaForce	1986	138 $\frac{1}{2}$
10-Greg Fry	1984	137 $\frac{3}{4}$
11-Dave Langlois	1978	136
12-Nick Green	1991	133 $\frac{3}{4}$
13-Kale Wedemeyer	1988	127 $\frac{1}{2}$
14-Kevin Rankin	1986	127 $\frac{1}{2}$
15-Tom Newman	1996	127
16-Craig McCormick	1989	124 $\frac{3}{4}$
17-Andy Chu	1990	123
18-Brain Bergstrom	1982	107 $\frac{1}{2}$
19-Andy Sythe	1982	107 $\frac{1}{2}$
20-Paul Cox	1981	101 $\frac{1}{4}$
21-Travis Rodgers	1992	101
22-Joe Sordi	1983	99

<u>VARSITY GIRLS</u>	<u>YEAR</u>	<u>PTS</u>
1- Heidee Ruiz	1988	261
2- Lezli Jensen	1986	238
3- Kim Veeder	1992	204
4- Stacy Kuehnis	1985	199 $\frac{3}{4}$
5- Tina Tyrchan	1991	192 $\frac{1}{2}$
6- Miranda Middlecoff	1992	180 $\frac{1}{2}$
7- Stephanie Chavez	1995	175
8-Caroline Schloesser	1995	159
9- Tiffany Hackett	1990	151 $\frac{1}{2}$
10- Imma Oosterkamp	1989	151
11- Diane Oswalt	1981	150
12- Genevieve Farnady	1988	147 $\frac{1}{2}$
13- Renee Sherwood	1983	147 $\frac{1}{4}$
14- Monica Daley	1986	140
15- Kelly Cummins	1984	133 $\frac{1}{4}$
16- Kim Hay	1993	127 $\frac{1}{2}$
17- Meg Veeder	1991	127
18- Suza Patteri	1986	126
19- Karrie Rexford	1986	123 $\frac{1}{2}$
20- Deirdra Donahue	1980	121
21- Rosara Sczawinski	1995	120
22- Lina Biber-Ferro	1996	120
23- Ally Lombardi	1996	119

<u>F/S BOYS</u>	<u>YEAR</u>	<u>PTS</u>
1- Brad Knott	1978	132 $\frac{1}{4}$
2-Dwain Christiansen	1980	107 $\frac{1}{2}$
3- Emerson DeLucia	1979	102
4- Tom Havens	1979	95
5- Jay Icaza	1982	95
6- Kent Kappen	1987	94
7- Dan Davidson	1978	92
8- Jon Mitzunaga	1989	84 $\frac{3}{4}$
9- Lewis Isbell	1982	84
10-Jim Brodie	1979	84
11-Aaron Foster	1987	83 $\frac{1}{2}$
12-Keith Schafer	1978	82
13-Matt Henderson	1989	79
14-Paul Tumason	1989	77 $\frac{1}{2}$
15-Bart Stafford	1980	77
16-Greg Yap	1988	76 $\frac{3}{4}$
17-Charles Copenhaver	1979	75
18-Kyle Hand	1993	71
19-Jeff Butler	1982	70 $\frac{1}{2}$
20-Kevin Houg	1981	69 $\frac{3}{4}$
21-Eric Palmer	1983	69 $\frac{3}{4}$

<u>F/S AND VARSITY COMBINED POINTS</u>	<u>YEAR</u>	<u>PTS</u>
1- Andy Sythe	1980	152 $\frac{1}{4}$
2- Matt Hazle	1993	142 $\frac{1}{2}$
3- Jason Isaac	1992	131
4- Jim Suits	1991	123 $\frac{1}{2}$
5- Kevin Caruth	1981	117
6- Peter Carter	1994	112
7- Keith Deisner	1986	110 $\frac{1}{4}$
8- Brian Bergstrom	1980	110 $\frac{1}{2}$
9- Tom Rocchio	1981	106 $\frac{1}{2}$
10- John Bastiani	1992	105 $\frac{1}{2}$
11- Peter Cifelli	1993	104 $\frac{1}{2}$
12- Jarod Pagan	1993	94
13- Jim Suits	1990	93 $\frac{3}{4}$
14- Craig McCormick	1987	92 $\frac{3}{4}$
15- Dan McGilvray	1994	91
16- Barrett Truluck	1984	89
17- Kale Wedemeyer	1986	88 $\frac{1}{4}$
18- Jon Mann	1980	81 $\frac{1}{4}$
19- Ray Stafford	1978	78
20- Kale Wedemeyer	1985	75 $\frac{3}{4}$
21- Greg Fry	1987	75

(Scoring is 5-3-1 for 1st-2nd-3rd in dual meets. Relays are 5-0 in dual meets. Invationals, league, and CCS is 10-8-6-4-2-1 for 1st through 6th places, for individual events and relays).

# Los Gatos Helm Field Records

## VARSIITY BOYS

100 Meters	Ato Bolden (Piedmont Hills)	10.4	1991
	Carl Montgomery (St.Fran)	10.4	1980
	Shon Lewis (Wilcox)	10.4	1992
	Tony Miller (Riordan)	10.59	1987
200 Meters	Tony Miller (Riordan)	21.1	1987
400 Meters	Calvin Harrison (N.Salinas)	46.32	1993
800 Meters	Dan Sikiric (Leland)	1:51.77	1996
Mile	Paul Cox (Los Gatos)	4:13.4	1981
2 Mile	Mike McCollum (Palo Alto)	9:01.8	1981
400 Relay	Mt. Pleasant	41.15	1992
Mile Relay	Independence	3:19.89	1991
110 Hurdles	Eric Montgomery (Independence)	13.7	1983
	Isaac Carson (Jefferson)	13.96	1991
330y Hurdles	John Montgomery (Independence)	37.75	1988
Pole Vault	Scott Slover (Leland)	16'7"	1993
Triple Jump	Alfonzo Davis (Fairchild)	49'3½"	1982
Long Jump	Paul Bradford (Carlmont)	23'10"	1992
High Jump	Shot Put (Bret Mannon)	63'11½"	1972
Discus	John Wirtz (Leland)	199'0"	1988

## VARSIITY GIRLS

100 Meters	Damesha Craig (St.Francis)	11.3	1996
200 Meters	Annette Coleman (Carlmont)	24.17	1989
400 Meters	Brenda Brewer (Hillsdale)	55.6	1986
800 Meters	Kristen Dowell (Santa Teresa)	2:09.4	1983
Mile	Cory Schubert (Del Mar)	4:51.1	1983
2 Mile	Cory Schubert (Del Mar)	10:11.3	1983
400 Relay	St. Francis	47.82	1986
Mile Relay	St. Francis	3:54.29	1986
100 Hurdles	Jennifer Odom (Independence)	13.88	1986
330y Hurdles	Leslie Maxie (Mills)	42.9	1985
	Effie Daetz (Leigh)	42.90	1987
Long Jump	Wendy Brown (Woodside)	19'11¼"	1984
High Jump	Beth Vidakowitz (St.Francis)	5'9"	1985
	Chi Johnson (M-A)	5'9"	1990
Triple Jump	Wendy Brown (Woodside)	42'11"	1984
Shot Put	Tina Etuale (Jefferson)	47'6½"	1995
Discus	Cindy Durshlag (San Carlos)	149'2"	1982
Pole Vault	Breanna Haut (Harbor)	9'6"	1995
	Rosada Martin (Soquel)	9'6"	1996

### SUPERIOR MARKS FORM ALL-COMER MEETS

#### VARSIITY BOYS

100 Meters	Laynes (Oakland)	10.51	1989
200 Meters	Laynes (Oakland)	21.13	1989
Mile	Calvin Gaziano (Castro Valley)	4:08.8	1985
2 Mile	Calvin Gaziano (Castro Valley)	9:01.0	1985
Pole Vault	Scott Burns (Accalanes)	17'6"	1988
Long Jump	Prince (Logan)	24'0"	1989

#### VARSIITY GIRLS

330y Hurdles	Leslie Maxie (Mills)	40.8	1984
Mile	Cory Schubert (Del Mar)	4:50.5	1983
Long Jump	Wendy Brown (Woodside)	20'8"	1982



# LOS GATOS FIELD RECORDS

## COLLEGE & OPEN DIVISIONS

### ► MEN

60 Yards	Bill Green	5.9	1985
100 Meters	Ato Bolden	10.04	1994
200 Meters	Ato Bolden	20.42	1994
400 Meters	Andre Phillips	45.38	1988
800 Meters	Rod Green	1:48.4	1987
1,500 Meters	Andy Grifford	3:40.5	1982
Mile	Tom Smith	3:59.2	1985
2 Mile	Gary Bloom	8:41.6	1980
5,000 Meters	John Moreno	13:54.5	1983
10,000 Meters	Dan Gruber	29:56.4	1984
65m Hurdles	Malcom Dixon	8.1	1986
110 Hurdles	Duffy	13.7	1988
330 Yard Hurdles	Ron Seanez (33")	36.6	1981
400 Meter Hurdles	Wendell Angel (36")	50.26	1984
400 Relay	San Jose State	40.3	1985
	Sacramento State	40.46	1993
Mile Relay	Army	3:12.0	1984
Shot Put	Greg Tafralis	72'1 "	1992
Discus	Mike Bunsic	222'2"	1984
35 lb. Weight	Gustafson	73'5 "	1988
High Jump	Ruben Wallace	72' "	1984
Long Jump	Mike McRae	26'7 "	1984
Triple Jump	Tyler	53' "	1984
Pole Vault	Tom Hintnaus	18'8"	1985

### ► WOMEN

60 Yards	Wendy Brown	6.9	1985
	Linda Turing	6.9	1991
100 Meters	Linda Turing	11.6	1991
200 Meters	Alice Brown	23.01	1988
400 Meters	June Griffith	52.7	1984
800 Meters	Robin Campbell	2:00.0	1984
1,500 Meters	Patti Sue Plummer	4:09.4	1992
Mile	Ceci St. Geme	4:33.2	1991
3,000 Meters	Ceci St. Geme	9:05.2	1991
2 Mile	Patti Sue Plummer	10:04.6	1985
5,000 Meters	Nancy Ditz	16:08.0	1985
10,000 Meters	Nancy Ditz	33:39.0	1989
60 Meter Hurdles	Hypolite (Canada)	7.98	1988
110 Meter Hurdles	Glynis Nunn	13.11	1984
330 Yard Hurdles	Leslie Maxie	40.8	1989
400 Meter Hurdles	Leslie Maxie	56.50	1988
400 Relay	Whiz TC	48.64	1986
Mile Relay	Helwig-Walker-Demorest-Miller	4:04.0	1983
Shot Put	Pam Dukes	57'11"	1992
Discus	Carol Cady	201'6"	1982
High Jump	Klough	6'3"	1988
Long Jump	Edwards	21'6 "	1993
Triple Jump	Wendy Brown	42'11"	1984

# WHAT MAKES A CHAMPION !

- 1 - One has to want to be a champion. He or she has to want it with a deep-down driving ambition that will take him or her to the top despite a million obstacles that may get in the way. This doesn't mean the wish to win--we all wish to win--this means the will to win, the will to overcome handicaps of any kind. There are too many people in the world who could be champions, except they don't want it badly enough. Psychologists tell us that within all of us there are little gremlins who tell us to be satisfied with second, third, or fourth place, or be satisfied to make the team or appear in the team picture. They call this a willingness to fail. Don't listen to these gremlins, what is needed is an attitude that makes winning or excelling a habit. A coach can always expect the following from a group of beginners before their first season: "Coach, it's too hot today," "It's too cold," "I don't feel well," or "Could I be excused today?" Remember, a champion lets nothing bother him. Even when the athlete does not win his event, but performed to his total capacity regardless of the conditions, he is a champion. So, the first requisite for becoming a champion is to want to be a champion.
- 2 - The second requisite is to set high goals. The psychological aid of having high goals always produces good results. To commit yourself to improve and to strive to set personal records in every big meet.
- 3 - The third requisite is to have the ability to call on the tremendous hidden reserves we all have but don't realize. A champion has the ability to get keyed up, get his adrenalin to do the job at hand. A champion has the ability to get his adrenalin up and perform to his potential and beyond; to rise to the occasion when it's time. To compete to the best of your ability under all circumstances.
- 4 - The fourth requisite of a champion is he/she must have a very positive, aggressive attitude toward the outcome of the performance. The athlete has to be very confident that he/she can do it--in advance of the effort. There is no room in the mind for fears, anxieties, doubts, worries or self-criticism. The champion will still get nervous to do well, it is part of getting keyed up, but there can not be any second guessing for what is expected of yourself to perform. It is a matter of realizing all the time the athlete put in, in order to get the opportunity to excel.
- 5 - The fifth requisite for being a champion is to know winning, excelling, and improvement is largely in the mind. The positive attitude toward each action performed.
- 6 - Like morale, the test of courage is defeat, not victory. One doesn't deserve to be called a champion until he gets up off the floor and comes from behind to win. The sixth requisite of a champion is courage.
- 7 - The ability to concentrate is the seventh requisite of a champion. To concentrate means to focus all ones faculties on the job at hand. The only thoughts in the mind is the competition, tactics, and the goal.
- 8 - The eighth requisite is coach-ability. Champions take advice, are eager to learn, strive for knowledge about their event, and are easy to coach. A champion listens to coaching, accepts new ideas, and likes to workout with others.
- 9 - Most champions are great team athletes. They are leader, yet humble. They go out of their way to say nice things about their teammates to help them on their way to success. They are unselfish. This is the ninth requisite for becoming a champion.
- 10 - The tenth requisite for being a champion is to be a competitor. A champion realizes what he/she is training for, therefore looks forward to competition. The tougher the competition, the better. It is the best way to produce, improve, and to succeed under these conditions.
- 11 - The last requisite for being a champion is the ability to relax under major competition. The real champion is the one who can stay relaxed under any and all conditions. Being in control of yourself with your goal in mind. The athlete should be coolly confident before competition and performs with a smooth, relaxed manner that looks fluent during competition. One must fully concentrate on only oneself and no one else.

# DEVELOPING CONFIDENCE

Confidence is the key to maximum performance in any endeavor. Everyone strives for the ability to perform in a relaxed, skillful and uninhibited manner. Confidence is merely the ability to limit nervousness, adrenalin, self-doubts and distractions to manageable levels, thus allowing for a maximum performance.

There are several factors that work together to build mental security. Basically, it comes down to 2 questions: Have I done everything possible to prepare myself? Have I prepared correctly with 100% effort? These questions must be asked constantly, not just the day of the competition, but weeks and months in advance. If you can say yes to both questions, you have taken a big step toward performing with confidence.

- \* 1. A sound training program is vital to top performance. If proper conditioning & technique isn't learned in training, it won't appear in competition. A consistent properly designed training program, peaking you for big competition is a major factor to establish competitive confidence.
- \* 2. Competitive experience teaches you what to expect in meet conditions. It helps to know that even though nervousness can be unbearable before the meet starts, it immediately drops to a tolerable level after the action begins. Know this, then the tensions & self-doubts won't be so fearful. Everyone learns these lessons at their own pace through experience.
- \* 3. Visualization and confidence go hand in hand. The greater the clarity with which you can visualize your performance, the greater your confidence and chances of success will be. Run the race or perform the event in your mind beforehand over and over. Know what to expect and see it happen. Cover all possibilities! Analyze the upcoming effort, see the track, the crowd, experience as much as possible in your mind's eye. Use this tool regularly to improve your performance.
- \* 4. Make a time schedule for the day of competition. Know exactly when you'll get out of bed, what to eat, pack your bag, travel to the site, and when to start warm-ups. The important thing is to plan ahead so you are not rushed.
- \* 5. Concentrate only on your performance. Don't worry about things out of your control. The weather, the crowd, the delays are all potential distractions. Concentration turns them into meaningless events outside your control and concern. You are ready to compete & nothing else matters.
- \* 6. Be calm and relaxed. All athletic performances is characterized by relaxation. There is no wasted energy. Tension and distractions are greatly reduced, allowing increased concentration. Practicing relaxation techniques as part of daily routine helps overcome the stress of training and prepares you for the competition.

Finally, you are ready for the competition to begin. You have trained well, your confident, your prepared, you know what to expect, there is nothing to worry about, everything is in its proper place. You are ready!

Now, enjoy the competition. If you were dedicated to prepare correctly, then there must be a basic love of the activity, of performing. Have fun, look forward to the meet. Anticipate the adrenalin and the challenge of the competition. The satisfaction of performing well is great. Increasing your awareness to enjoy what your doing will improve your performance.

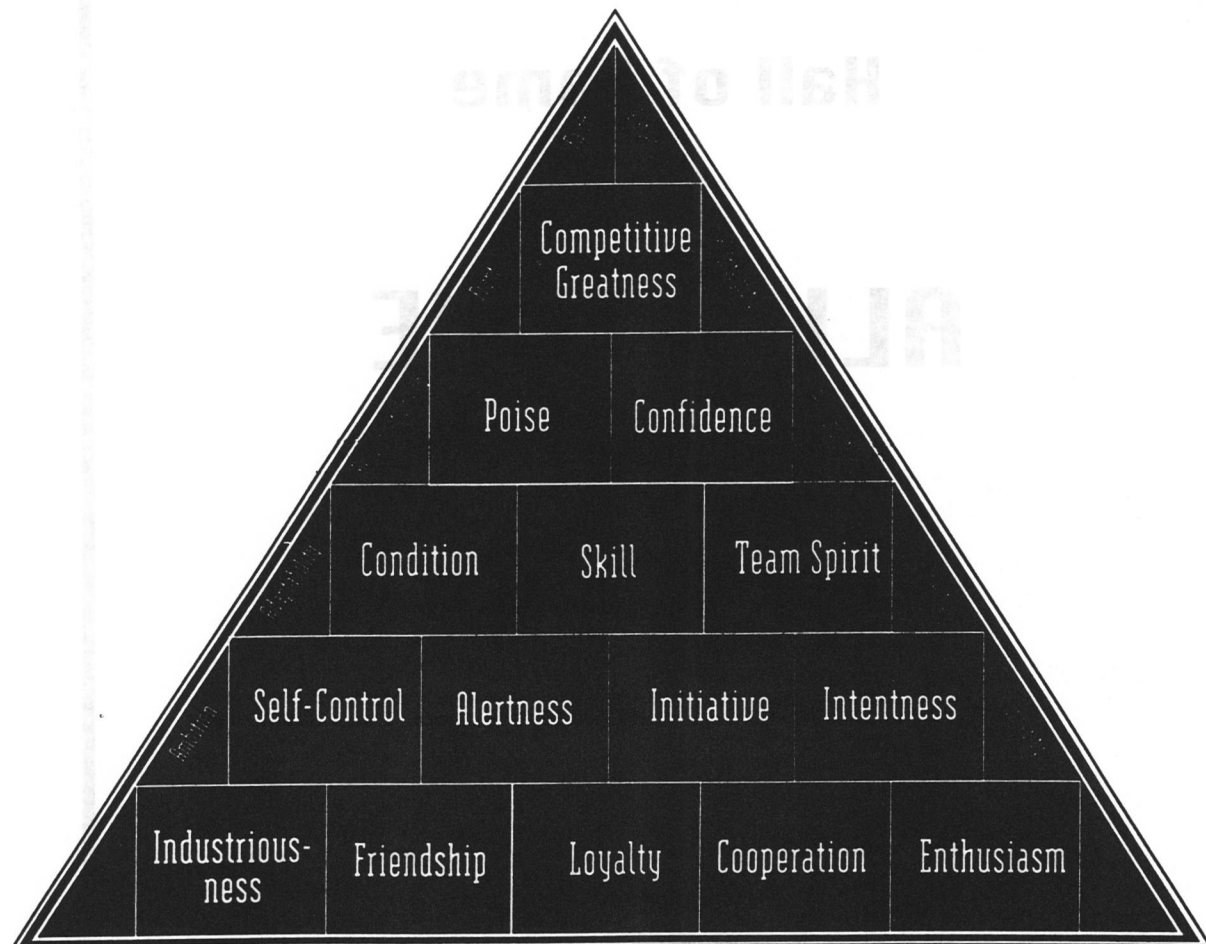
In conclusion, successful preparation is the major factor in reducing fears and doubts. When you know you are ready, it's easier to relax and enjoy competing. You will appreciate other great performances as well. The combination of preparation, relaxation, and enjoyment yields maximum results which builds confidence. Nothing creates success like success.

# 10 WAYS TO PEAK PERFORMANCE

10. **PREPARATION** - Planning your training throughout the season. Being consistent and following through staying on the training pattern. Proper diet, proper rest and sleep, weight training, etc.
9. **DESIRE** - Wanting to be the best you can be. Wanting to reach your potential. Wanting to excel. Having a strong drive with a purpose.
8. **GOALS** - Setting long term goal (what you want to accomplish in years to come). Setting short term goals that are seasonal. Race goals (following a certain strategy or setting P.R.'s)
7. **VISION** - Seeing yourself actually doing the goal. Believing in yourself. Practicing it during your training.
6. **DETERMINATION** - Pulls you through the tough times. When things are not going well, you pick yourself up to get back on the program. Always putting the goals first before getting down. Stay strong.
5. **PLANNING** - Study the races. Know your weaknesses and your strengths. Plan each race with a purpose. Have different stages of the races in mind, knowing what to expect and what to do (making a move at a certain time in a race for example, running your own race).
4. **FOCUS** - Make running a priority. Don't let anything get in your way that can alter your goals, desire, & vision.
3. **DISCIPLINE** - Keeping the pattern of a structured daily routine. Accepting the pain, embrace the pain or deal with the pain positively.
2. **CONFIDENCE** - Understanding oneself. Being able to adjust while staying on course. Identifying positive things. Have a good athlete/coach understanding of one another to grow stronger toward competition. Believing in oneself toward accomplishment in competition.
1. **COURAGE** - #1 priority !!! Taking a risk to go somewhere you have never been before. Not to be afraid, confront fear. Don't hold back when it is time to put forth a top effort. Having nothing to lose attitude.

by Meredith Rainey     America's #1 800 Runner

# Success is No Secret It's Peace of Mind in Doing Your Best



## The Pyramid Of Success

*SUCCESS: peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming...*

Many factors contribute to the strength of the Pyramid of Success, but the pinnacle, is competitive greatness. "Be at your best when your best is needed," and you will achieve success. "Do not feel that you are out there to beat somebody else. You should be out there to be the best you could be, by striving to continually improve oneself. No one, absolutely no one, can do better than that." But if you will climb that Pyramid of Success, "You have control of that, and no one else has."

*victory is in the effort.*

**Los Gatos  
Hall of Fame**

**ALL - TIME**

**“TOP 10”**

**PERFORMANCES**

**IN**

**LOS GATOS HISTORY**

# Los Gatos Hall of Fame

## ALL-TIME TOP TIMES

(Times in hundreths are converted hand times from accutrack)

(Times in tenths are actual hand times)

(y = the race was run in yards and converted to meters)

(r = has a faster time in a relay split)

(\* = CCS Champion)

(c = converted time, 1600 to Mile or 3200 to 2 Mile)

### 100 METERS

1.	Jason Isaac	1994	10.47	
2.	Kale Wedemeyer	1988	10.70	
3.	Bill Fairband	1963	10.7	(9.8y)
4.	Josh Ullrich	1987	10.80	
4.	Steve Neubauer	1980	10.8	
4.	Sandy Atwood	1963	10.8	(9.9y)
4.	Bob Brennen	1964	10.8	(9.9y)
8.	Craig Conley	1995	10.84	
9.	Emerson DeLucia	1980	10.9	
9.	John Comeau	1976	10.9	(10.0y)

(Holden Smith 1975 9.6y = 10.5 in AAU meet, not for Los Gatos HS)

### GIRLS 100 METERS

1.	Kim Hay	1994	11.96	*
2.	Deirdra Donahue	1980	12.0	
3.	Stephanie Chavez	1995	12.03	*
4.	Lezli Jensen	1987	12.1	
5.	Renee Sherwood	1981,83	12.3	
5.	Renee James	1979,82	12.3	
7.	Tiffany Hackett	1988	12.34	
8.	Ally Lombardi	1995	12.37	
9.	Rose Sczawinski	1995	12.4	
9.	Heidee Ruiz	1988	12.4	
9.	Julie Kane	1989	12.40	

### 200 METERS

1.	Jason Isaac	1994	21.28	
2.	Kale Wedemeyer	1987	21.85	
3.	Bill Fairband	1963	21.6	straight-away
4.	Craig Conley	1995	22.19	
5.	Brad Knott	1979,80	22.3	(22.4y)
6.	Dave Langlois	1978	22.3	(22.4y)
7.	Steve Neubauer	1980	22.4	(22.5y)
8.	Josh Ullrich	1987	22.45	
9.	Tom Havens	1981	22.5	(22.6y)
9.	Pat Weinert	1964	22.5	(22.6y)

(Ken Stryker 1955 22.4y straight-away = .5 added on turn)

# Los Gatos Hall of Fame

## ALL-TIME TOP TIMES

### GIRLS 200 METERS

1.	Stephanie Chavez	1995	24.64	*
2.	Ally Lombardi	1995	25.00	
2.	Deirdra Donahue	1980	25.0	(25.1y)
4.	Kim Hay	1994	25.19	
5.	Rose Sczawinski	1995	25.26	
6.	Tiffany Hackett	1990	25.39	
7.	Renee James	1982	25.4	(25.5y)
8.	Lezli Jensen	1987	25.55	
9.	Renee Sherwood	1982,83	25.6	(25.6y)
10.	Lora Weinberg	1990	25.75	

### 400 METERS

1.	Peter Cifelli	1995	49.16	(48.4r)
2.	Eric Wendling	1986	49.23	
3.	Greg Yap	1991	49.51	
4.	Jason Isaac	1994	49.80	(48.1r)
5.	Kale Wedemeyer	1987	49.84	
6.	Brad Knott	1980	49.9	(50.0y)
7.	Joe Sordi	1983	50.2	(49.6r)
8.	Bob Smith	1973	50.2	
9.	Tom Havens	1981	50.4	(50.1r)
10.	Jim Vaughan	1972	50.4	

(OTHER NOTEABLE RELAY SPLITS FASTER THAN 50.4 - Beebe Rutledge 1996 48.6r); Tom Newman 1996 49.2r; Preban Sperling 1985 49.9r); Nick Green 1991 49.9r); Bart Stafford 1984 50.0r)

### GIRLS 400 METERS

1.	Lezli Jensen	1987	56.16	(55.0r)
2.	Rose Sczawinski	1996	56.59	
3.	Ally Lombardi	1994	58.07	(57.6r)
4.	Lora Weinberg	1990	58.10	(57.3r)
5.	Genevieve Farnady	1988	58.69	
6.	Tina Farnady	1991	58.73	(58.6r)
7.	Laura Henry	1984	58.8	(57.9r)
8.	Karrie Rexford	1986	58.90	(58.8r)
9.	Stacy Kuehnis	1984	59.3	(57.5r)
9.	Renee Sherwood	1983	59.3	(58.2r)
9.	Kim Veeder	1993	59.33	(57.8r)

(OTHER NOTEABLE RELAY SPLITS FASTER THAN 59.3 - Stephanie Chavez 1996 56.6; Kim Hay 1992 58.7r; Tiffany Hackett 1988 58.8r; Lina Biber-Ferro 1996 59.2r)



# Los Gatos Hall of Fame

## ALL-TIME TOP TIMES

### 800 METERS

1.	Beebe Rutledge	1996	1:51.59	
2.	Scott Oliver	1980	1:53.6	*
3.	Tom Newman	1996	1:53.97	
4.	Bob Chambers	1944	1:54.1	*
5.	Eric Wendling	1987	1:54.6	
6.	Nick Green	1991	1:54.94	*
7.	Matt Tielemans	1960	1:55.8	
8.	Kevin Baiko	1987	1:56.3	
9.	Steve Britton	1981	1:56.7	
10.	Gary Yokota	1983	1:56.9	

(NOTEABLE RELAY SPLIT FASTER THAN 1:56.9 - Scott LaForce 1986 1:56.5r) (HONORABLE MENTION- Jon Mann 1980 1:57.0 as a Frosh, then moved to Boston and ran 1:49.5 in 1983)

### GIRLS 800 METERS

1.	Laura Henry	1984	2:14.7	
2.	Lina Biber-Ferro	1996	2:15.15	*
3.	Ally Lombardi	1996	2:15.53	
4.	Therese Fisher	1982	2:16.9	
4.	Genevieve Farnady	1988	2:16.9	
6.	Meg Veeder	1991	2:17.1	*
7.	Gail Parker	1981	2:17.6	
8.	Miranda Middlecoff	1992	2:19.6	
9.	Debbie Morris	1980	2:19.9	
10.	Amy Flynn	1987	2:20.2	
10.	Tina Farnady	1991	2:20.2	

### MILE

1.	Paul Cox	1981	4:13.4	
2.	Scott LaForce	1987	4:15.2c	(3:55.9-1500)
3.	Brian Bergstrom	1981	4:18.1	
4.	Tom Tatum	1974	4:19.6	
5.	Beebe Rutledge	1996	4:21.2c	
6.	Pat Moreton	1978	4:22.0	
7.	Jim Mellema	1981	4:23.0	
8.	Chris Castro	1976	4:24.8	
8.	Pete Fransich	1969	4:24.8	
10.	Tom Newman	1996	4:24.9c	

(Frosh Record-Peter Carter 1994 4:26.4c)  
(Eric Wendling 1986 4:02.0 1500=4:20 Mile)  
(c = 1.5 was added to 1600 to equal a Mile)

# Los Gatos Hall of Fame

## ALL-TIME TOP TIMES

### GIRLS MILE

1.	Debbie Morris	1981	5:05.2	
2.	Therese Fisher	1982	5:07.7c	
3.	Miranda Middlecoff	1992	5:08.2	
4.	Monica Daley	1986	5:13.5c	(4:47.9-1500)
5.	Holly Malander	1993	5:15.6c	
6.	Cathy Landers	1993	5:18.1c	
7.	Laura Henry	1984	5:19.8	(4:47.0-1500)
8.	Nan Hicks	1979	5:20.9	
9.	Heather Graesch	1990	5:21.9	
10.	Meg Veeder	1994	5:23.8	

(Genevieve Farnady 1988 4:59.1 1500 = 5:21.1 Mile)

(Darcy Parker 1988 5:20.7cr)

(Valerie Eberly ran a 5:00.3-Mile and 4:38.1-1500 in 1973 before CCS Girls track officially started. She competed for the San Jose Cindergals Club, not for Los Gatos H.S., in AAU competition.)

(c = 1.6 was added to 1600 to equal Mile)

### 2 MILE

1.	Scott LaForce	1986	9:06.6c	
2.	Paul Cox	1980	9:10.0	
3.	Brain Bergstrom	1982	9:20.6	
4.	Darryl Grimm	1981	9:28.3	
5.	John Clark	1981	9:32.8	
6.	Tom Tatum	1974	9:37.2	
7.	Pat Moreton	1978	9:39.1	
8.	Phil Cox	1987	9:39.8	
9.	Eric Wendling	1984	9:41.5	
10.	Brain Stannard	1993	9:43.0	

(c = 3.2 was added to 3200 to equal 2 Mile)

### GIRLS 2 MILE

1.	Miranda Middlecoff	1992	11:05.3c	*
2.	Therese Fisher	1982	11:14.2	
3.	Monica Daley	1984	11:16.9	(10:35.7-3000)
4.	Debbie Morris	1981	11:27.9	
5.	Sara Hartman	1986	11:29.3c	
6.	Stephanie Hartman	1986	11:35.4c	
7.	Laura Henry	1983	11:36.2	
8.	Jeanne Fishback	1996	11:36.3c	
9.	Holly Malander	1992	11:40.8c	
10.	Gail Parker	1980	11:41.0	

(Valerie Eberly's 1973 10:40.0 2-mile for the AAU Club San Jose Cindergals, was not for Los Gatos HS. CCS Girls track started in 1976)

(c = 3.4 was added to 3200 to equal 2 Mile)

# Los Gatos Hall of Fame

## ALL-TIME TOP TIMES

### 110 METER HIGH HURDLES

1.	Mitch Mandich	1966	14.3
2.	Tim Stafford	1976	14.4
3.	Tom McGraw	1981	14.7
4.	Jon Noble	1991	14.75
5.	Greg Fry	1989	14.80
6.	Johan Ahlin	1982	14.9
7.	Ray Stafford	1981	15.0
7.	Kevin Rankin	1986	15.00
9.	Sean Daley	1979	15.1
9.	Dick Harding	1960	15.1

### GIRLS 100 METER HURDLES (30")

1.	Stacy Kuehnis	1986	13.97*
2.	Heidee Ruiz	1988	14.65
3.	Kim Veeder	1992	14.84
4.	Kathi Maino	1979	14.9
5.	Kelly Cummins	1984	14.94
6.	Heidi Brink	1988	14.95
7.	Tina Tyrchan	1991	15.07
8.	Julie Kane	1988	15.43
9.	Ester Chin	1992	15.91
10.	Cristi Tumason	1992	16.31
10.	Michelle Spomer	1984	16.4

### 100 METER HURDLES (33")

1.	Kim Veeder	1994	15.07
2.	Caroline Schloesser	1995	15.77
3.	Ester Chin	1994	16.16
4.	Tamra Livers	1994	16.39
5.	Jackie Wirz	1994	16.45
6.	Cristi Tumason	1993	17.43

(33" hurdles started in 1993)

### 300 METER INTERMEDIATE HURDLES

1.	Greg Fry	1989	39.11
2.	Manual Austin	1996	39.20
3.	Joe Sordi	1983	39.40
4.	Craig McCormick	1989	39.44
5.	Jon Noble	1991	39.64
6.	Jarrood Pagan	1994	41.80
7.	Brett Althoff	1987	42.20
8.	Aaron Reed	1985	42.2
9.	Scott Capifoni	1985	42.4
10.	Dave Gross	1984	42.6

### 330 YARD LOW HURDLES

1.	Joe Sordi	1983	38.1
2.	Sean Daley	1979	38.6
3.	Ray Stafford	1980	39.1
4.	Johan Ahlin	1982	39.5
5.	Scott Oliver	1980	39.6
6.	Ed Comeau	1979	39.8
7.	Rob Comeau	1976	39.9
8.	Tim Stafford	1976	40.0
9.	Charles Copenhavor	1980	40.0
10.	Hal Carroll	1974	41.2

(Intermediate height started in 1983)

### GIRLS 300 METER LOW HURDLES

1.	Stacy Kuehnis	1985	43.68	*
2.	Kim Veeder	1994	44.21	*
3.	Suzi Davis	1983	45.6	
4.	Heidi Brink	1990	45.70	
5.	Kelly Cummins	1984	47.1	
6.	Kathi Maino	1981	47.9	
7.	Julie Kane	1989	48.00	
8.	Ester Chin	1992	49.14	
9.	Gail Parker	1981	49.1	
10.	Jackie Wirz	1994	49.24	

# Los Gatos Hall of Fame

## ALL-TIME TOP TIMES

### LONG JUMP

1.	Bret Woods	1977	23' 10 1/2"
2.	Andy Sythe	1982	22' 9 3/4"
3.	Max Sparrer	1962	22' 8 1/4"
4.	Manny Dias	1994	22' 3 1/2"
5.	John Bastiani	1994	22' 1 3/4"
6.	Greg Pond	1977	22' 1 1/4"
6.	Vince Pluckebaum	1970	22' 1 1/4"
8.	Bil Winkleman	1966	22' 0 1/2"
9.	Nathan Saso	1995	21' 10 1/4"
10.	Ted Abe	1957	21' 8"

### GIRLS LONG JUMP

1.	Lezli Jensen	1987	19' 2"
2.	Heidi Ruiz	1988	18' 9"
3.	Suza Patteri	1986	18' 3 1/2"
4.	Tamra Livers	1994	17' 11 1/2"
5.	Tina Trychan	1991	17' 9 3/4"
6.	Caroline Schloesser	1995	17' 9"
7.	LeAnne Sera	1981	17' 7"
8.	Debbie McKenzie	1981	17' 4"
9.	Rose Sczawinski	1994	17' 0 1/2"
10.	Imma Oosterkamp	1989	16' 11 1/2"

### HIGH JUMP

1.	Bret Woods	1977	6' 7"
2.	Kevin Houg	1983	6' 5"
3.	Erik Bekkers	1992	6' 4 1/2"
4.	Tom Rocchio	1982, 83	6' 4"
4.	Devin Matlock	1975	6' 4"
4.	Pete Stoenfen	1964	6' 4"
7.	Jim Gee	1963	6' 3"
8.	Barrett Truluck	1986	6' 2"
8.	Eric Derylo	1993	6' 2"
8.	Chris Griffith	1994	6' 2"

### GIRLS HIGH JUMP

1.	Tina Farnady	1993	5' 7"
2.	Kelly Cummins	1984	5' 6"
3.	Ingrid Bekkers	1992	5' 5"
3.	Tina Tyrchan	1991	5' 5"
5.	Heidi Neher	1982, 83	5' 4"
6.	Lezli Jensen	1984	5' 4"
6.	Maike DeRiese	1989	5' 4"
8.	Alisa Wade	1986, 87	5' 2" *
9.	Joanne Wolf	1979	5' 2"
9.	Caroline Schloesser	1995	5' 2"

(Cindy Sandberg 1973 5'8" was in AAU competition, not for Los Gatos H.S., CCS Girls track started in 1976)

# Los Gatos Hall of Fame

## ALL-TIME TOP TIMES

### TRIPLE JUMP

1.	Nathan Saso	1995	47' 5 3/4"
2.	Jon Fishback	1956	44' 8"
3.	Greg Kuguenko	1977	44' 4"
4.	Loe Cusick	1976	44' 3 1/4"
5.	Seth Jannofsky	1974	44' 3 1/4"
6.	Bill Fowler	1964	44' 0 1/4"
7.	Barrett Truluck	1984	44' 0"
8.	Alva Long	1974	43' 11"
9.	Keith Shafer	1979	43' 10"
10.	Alan Beattie	1969	43' 6"
10.	Brian Haughton	1975	43' 6"

### GIRLS TRIPLE JUMP

1.	Lezli Jensen	1986	37' 5"
2.	Kim Veeder	1992	36' 3 3/4"
3.	Suza Patteri	1986	36' 0 1/2"
4.	Imma Oosterkamp	1989	35' 9"
5.	Jackie Wirz	1994	35' 4"
6.	Debbie McKenzie	1982	34' 11 1/2"
7.	Maike DeRiese	1989	34' 7"
8.	Lisa Nanez	1992	34' 5 1/2"
9.	Jamie Ruiz	1991	33' 2"
10.	Holly Malander	1992	32' 7 1/2"

### SHOT PUT (12 lb.)

1.	Bret Mannon	1972	63' 11 1/2" *
2.	Bob Brannen	1964	63' 9" *
3.	Gary Bersano	1974	61' 2" *
4.	Cline Armstrong	1954	54' 9"
5.	Ryan Marcos	1993	53' 5"
6.	Bill Erb	1968	53' 4"
7.	Dave Palaniuk	1985	53' 3"
8.	Mike Gaurino	1983	52' 7 1/2"
9.	Rick Bergman	1967	51' 7"
10.	Vince Pluckebaum	1970	50' 5"

### F/S SHOT PUT (10 lb.)

1.	Gary Bersano	1973	63' 3"
2.	Bret Mannon	1970	57' 5"
3.	Burt Prentice	1988	51' 3"
4.	Dan McGilvray	1994	50' 1"
5.	Darren Pugh	1991	49' 9"
6.	Dave Palaniuk	1983	49' 4"
7.	Matt Hazle	1993	48' 8"
8.	Ryan Marcos	1991	47' 4 1/2"
9.	Jeff DeGrande	1988	46' 8"
10.	Glenn Barry	1986	46' 3"

(pending mark Bob Brannen 1962 ?)

# Los Gatos Hall of Fame

## ALL-TIME TOP TIMES

### GIRLS SHOT PUT

1.	Heidee Ruiz	1988	44' 9"	*
2.	Amy Shore	1981	39' 8"	
3.	Diane Oswalt	1981	39' 4 1/4"	
4.	Caroline Schloesser	1995	36' 6 3/4"	
5.	Kathi Lakin	1983	35' 5 1/2"	
6.	Nina Sauer	1985	34' 2"	
7.	Shannon Sullivan	1995	33' 9"	
8.	Maike DeRiese	1989	33' 4"	
9.	Joanne Wolf	1979	32' 9 1/2"	
10.	Becky Slaght	1977	32' 8 1/2"	

### DISCUS

1.	Gary Bersano	1974	181' 10"	*
2.	Bret Mannon	1972	180' 1"	
3.	Bob Brannen	1964	174' 0"	
4.	Travis Rodgers	1992	162' 2"	
5.	Steve Mallery	1979	160' 4"	
6.	Greg Retzer	1982	159' 10"	
7.	Tom McGraw	1981	158' 7"	
8.	Matt Hazle	1995	158' 3"	
9.	Eric Johnson	1972	157' 8"	
10.	Dan McGilvray	1995	156' 2"	

### GIRLS DISCUS

1.	Heidee Ruiz	1988	145' 7"	
2.	Diane Oswalt	1981	143' 4"	
3.	Dawn Talley	1991	116' 9"	
4.	Kathi Lakin	1982	115' 6"	
5.	Alexis Feldman	1989	114' 9"	
6.	Shannon Sullivan	1995	110' 10"	
7.	Amy Shore	1980	110' 2"	
8.	Joanne Wolf	1980	109' 3"	
9.	Karen Smeltzer	1979	102' 1"	
10.	Laurie McCowan	1984	102' 0"	

### POLE VAULT

1.	Brandon Vance	1993	16' 3"	
2.	Ivar Moen	1984	16' 2"	*
3.	Kevin Rankin	1986	16' 0"	*
4.	Pat Parker	1984	15' 0"	
4.	Andy Sythe	1982	15' 0"	
6.	Tom McGraw	1980, 81	14' 6"	
6.	Rich Nemeth	1979	14' 6"	
6.	Bill Cotton	1979	14' 6"	
9.	Kent Kappen	1989	14' 4"	
10.	Tom Shuler	1975	14' 0"	

# Los Gatos Hall of Fame

## ALL-TIME TOP RELAY TEAMS

(Times in hundrenths are hand times converted from accutrack)

(Times in tenths are official hand times)

(y = the race was run in yards, then converted to meters)

(\* = the fastest relay split in Los Gatos History)

(\*\* = CCS Champions)

### VARSITY BOYS 400 RELAY (4 x 100)

1.	Sorich-Isaac-Cifelli-Conley	1994	41.98	
2.	Sorich-Saso-Cifelli-Conley	1995	42.67	
3.	Nuebauer-DeLucia-Butler-Knott	1980	42.92	
4.	Ullrich-R.McCormick-Field-Wedemeyer	1987	42.96	
5.	Bastiani-Isaac-Shaw-Conley	1993	43.29	
6.	C.McCormick-Field-Magee-Wedemeyer	1988	43.46	
7.	McCormick-Ullrich-Dadgar-Wedemeyer	1986	43.48	
8.	O'Regan-Daley-Schell-Langlois	1978	43.5	(43.7y)
9.	E.Comeau-Butler-Fredricks-Knott	1979	43.7	(43.9y)
10.	Isaac-Maday-Anderson-Hedgpeth	1992	43.9	

### GIRLS 400 RELAY (4 x 100)

1.	Lombardi-Chavez-Lumby-Sczawinski	1996	48.19	
2.	Lombardi-Hay-Morton-K.Veeder	1993	48.48	**
3.	Lombardi-Hay-Lumby-K.Veeder	1994	48.50	
4.	Rexford-Jensen-Kuehnis-Ruiz	1986	48.67	
5.	Sera-James-Sherwood-Donahue	1981	48.7	
6.	Weinberg-Campbell-Brink-Hackett	1990	49.79	
7.	Weinberg-McCoy-Hay-T.Farnady	1992	48.91	
8.	Sczawinski-Chavez-Lumby-Lombardi	1995	48.99	
9.	Rexford-Jensen-Kuehnis-Ruiz	1985	49.16	
10.	Rexford-Hackett-Ruiz-Jensen	1987	49.24	
10.	Sera-Maino-James-Donahue	1980	49.1	(49.4y)

### VARSITY BOYS 1600 RELAY (4 x 400)

1.	Conley-Jones-Rutledge-Cifelli (49.6) (50.2) (50.4) (48.4)	1995	3:18.65	
2.	Conley-Jones-Cifelli-Isaac (*48.1)	1994	3:20.10	
3.	Conley-Austin-Newman-Rutledge	1996	3:20.35	
4.	Sperling-Lawrie-Reed-Wendling	1985	3:23.0	(3:24.2y)
5.	Britton-Crompton-Oliver-Knott	1980	3:24.1	(3:25.3y)
6.	Britton-Sythe-B.Stafford-Havens	1981	3:24.2	(3:25.4y)
7.	Green-Fry-C.McCormick-Yap	1989	3:24.51	
8.	Noble-Yap-Hamilton-Green	1991	3:25.1	
9.	Yokota-B.Stafford-Kimball-Sordi	1983	3:25.3	(3:26.5y)
10.	Lawrie-Reed-Moen-Wendling	1984	3:25.4	(3:26.6y)
11.	Ullrich-Dadgar-Field-R.McCormick	1987	3:26.45	

# Los Gatos Hall of Fame

## ALL-TIME TOP RELAY TEAMS

### GIRLS 1600 RELAY (4 x 400)

1.	Lombardi-Biber/Ferro-Chavez-Sczawinski	1996	3:51.84	
	(57.6) (59.2) (56.6) (58.1)			
2.	Kuehnis-Jensen-Sherwood-Henry	1984	3:54.93	
3.	Jensen-Ruiz-Rexford-Kuehnis	1986	3:55.29	
4.	Chavez-Biber/Ferro-Lombardi-Sczawinski	1995	3:55.65	
5.	Brink-Hackett-Weinberg-G.Farnady	1990	3:56.00	
6.	Jensen-Ruiz-Rexford-Kuehnis	1985	3:56.8	(3:58.2y)
7.	Lombardi-Lumby-Hay-K.Veeder	1994	3:57.9	
8.	Rexford-Hackett-Ruiz-Jensen (*55.0)	1987	3:58.10	**
9.	Hay-Weinberg-T.Farnady-K.Veeder	1991	3:58.6	
10.	Nanez-Hay-T.Farnady-K.Veeder	1992	3:58.89	
11.	Morton-Lombardi-Hay-K.Veeder	1993	3:58.95	**

### VARSITY BOYS 4 X 800 RELAY (2 MILE RELAY)

1.	Baiko-Hastings-LaForce-Wendling	1986	7:51.99	State #1
	(1:58.7) (2:00.3) (1:56.7) (1:55.6)			
2.	Newman-Lipp-P.Carter-Rutledge	1996	8:00.2	
	(1:57.5) (*1:53.7)			
3.	Bergstrom-Knott-Britton-Oliver	1980	8:02.1	(8:04.9y)
4.	Hanchey-Baiko-Metcalf-Backhouse	1987	8:05.4	
5.	Sperling-Wendling-Barth-LaForce	1985	8:05.9	
6.	P.Carter-Abeln-Orrell-Rutledge	1994	8:06.0	
7.	Green-Gaskins-Metcalf-Blomquist	1989	8:07.6	

### GIRLS 4 X 800 RELAY (2 MILE RELAY)

1.	C.Landers-Middlecoff-Malander-M.Veeder	1992	9:29.44	
	(2:24.9) (2:19.6) (2:23.7) (2:20.1)			
2.	Flynn-D.Parker-Roulo-G.Farnady (*2:18.9)	1988	9:32.76	
3.	Malander-C.Landers-S.Landers-M.Veeder	1994	9:44.8	
4.	Flynn-G.Farnady-Roulo-D.Parker	1987	9:45.86	
5.	Wyatt-Davis-Taylor-Henry	1983	9:46.3	
6.	Lombardi (2:19.2)-LaPine-Fishback-BiberFerro	1996	9:47.6	
7.	G.Parker-Stephens-Slivkoff-Morris	1981	9:50.8	(9:54.0y)

### VARSITY BOYS DISTANCE MEDLEY (1320-400-800-Mile)

1.	Wendling-R.McCormick-Baiko-LaForce	1986	10:23.32	
	(3:11.4) (52.0) (1:59.3) (4:18.4)			
2.	Mellema-Havens-Bergstrom (*3:09.5)-Cox	1981	10:24.0	
3.	Wendling-Sperling-Barth-LaForce	1985	10:26.7	
4.	Newman (3:11.1)-Conley-Abeln-Rutledge	1996	10:34.5	
5.	P.Carter-Jones-Abeln-Rutledge	1994	10:41.3	
6.	Metcalf-Ovellette-Baiko-Cox	1987	10:50.9	
7.	Rucker-Green-Blomquist-Cribari	1989	10:55.4	



# Los Gatos Hall of Fame

## ALL-TIME TOP RELAY TEAMS

### GIRLS DISTANCE MEDLEY (1320-400-800-Mile)

1. Malander-T.Farnady-M.Veeder-Middlecoff (*3:56.0) (59.7) (2:28.9) (5:14.0)	1992	12:42.0
2. Daley-Sherwood-Fisher-Henry	1984	12:48.0
3. G.Parker-Huddleston-Stephens-Morris	1981	12:50.9
4. C.Landers-Morton-M.Veeder-Malander	1994	12:57.3
5. Roulo-Brink-Meinhardt-Kalomiros	1988	13:09.8
6. Graff-Greasch-Chang-Kalomiros	1990	13:13.6
7. LaPine-Lumby-Fishback-Biber/Ferro	1996	13:30.3

### VARSITY BOYS 800 RELAY (4 x 200)

1. Ullrich-Field-Dadgar-R.McCormick (22.5) (22.9) (22.7) (22.4)	1987	1:31.21
2. C.McCormick-Field-Magee-Wedemeyer (*21.7)	1988	1:32.49
3. Sorich-Snyder-Jones-Bastiani	1994	1:33.4
4. Ullrich-Rapport-Dadgar-R.McCormick	1986	1:33.60
5. Isaac-Shaw-Anderson-Hedgpeth	1992	1:33.70

### GIRLS 800 RELAY (4 x 200)

1. Sczawinski-Lumby-Lombardi-Chavez	1995	1:44.06
2. Lombardi-Lumby-Sczawinski-Chavez (*24.8)	1996	1:44.7
3. Weinberg-Campbell-G.Farnady-Hackett	1990	1:44.90
4. Weinberg-Oosterkamp-Kane-Hackett	1989	1:44.91
5. Hay-McCoy-Nanez-T.Farnady	1992	1:46.43
6. Campbell-Etheridge-Kane-Hackett	1988	1:47.20
7. Rexford-Jensen-Hackett-Ruiz	1987	1:47.4

### VARSITY BOYS SPRINT MEDLEY (400-200-200-800)

1. Knott-Neubauer-Butler-Oliver (51.2) (22.7) (23.4) (1:54.7)	1980	3:32.0
2. R.McCormick-Wendling-Ullrich-Baiko	1986	3:34.7
3. Henderson-Hamilton-Yap-Green	1991	3:35.7

### GIRLS SPRINT MEDLEY (400-200-200-800)

1. Kuehnis-Ruiz-Jensen-Daley (59.9) (26.5) (25.5) (2:25.1)	1986	4:17.1
2. Oosterkamp-Kane-Hackett-G.Farnady	1989	4:18.7
3. G.Parker-Donahue-James-Morris	1980	4:19.7
4. T.Farnady-Hay-Nanez-Middlecoff	1992	4:20.3
5. Jensen-Rexford-Ruiz-Flynn	1987	4:21.3

### VARSITY BOYS 4 MILE RELAY (4 x MILE)

1. Clark-Bergstrom-Mellema-Cox (4:29.8) (4:26.4) (4:33.9) (*4:15.9)	1980	17:46.0
2. Baiko-Hastings-Wendling-LaForce	1986	17:52.1
3. Blomquist-Rucker-Metcalf-Cribari	1989	18:36.9

# Los Gatos Hall of Fame

## ALL-TIME TOP RELAY TEAMS

### GIRLS 4 MILE RELAY (4 x Mile)

1.	D.Parker-Sa.Hartman-St.Hartman-Daley (5:30.6) (5:23.6) (5:28.0) (5:23.6)	1986	21:46.5
2.	C.Landers-Malander-M.Veeder-Middlecoff (*5:12.6)	1992	21:48.0
3.	G.Farnady-Meinhardt-Flynn-D.Parker	1988	21:51.6
4.	Flynn-Barnhart-Roulo-D.Parker	1987	22:28.3
5.	Greasch-Amat-Musser-Kalomiras	1989	22:38.1

### F/S BOYS 400 RELAY (4 X 100)

1.	Wedemeyer-Field-Ullrich-Rapport	1985	44.3
2.	Lipp-Sorich-Robinson-Conley	1994	44.7
2.	Crawford-Havens-Moreton-DeLucia	1979	44.7
4.	E.Comeau-Knott-Crawford-A.Blaisdell	1978	45.0
5.	B.Stafford-Christensen-Plummer-DeLucia	1980	45.6
6.	Palmer-Upchurch-Tatsukawa-Lawrie	1983	45.7
7.	Haire-Ward-Kimball-K.Caruth	1981	45.8
8.	DeGruchy-Lawrie-S.Agnelli-Ward	1982	45.9
9.	Nunez-Warren-Gossen-D.Lombardi	1990	46.08
10.	Jamshahi-Henderson-G.Yap-Green	1989	46.37

### F/S BOYS 1600 RELAY (4 X 400)

1.	Oliver-Herald-E.Comeau-Knott	1978	3:31.6
2.	Sythe-Christensen-B.Stafford-Mann	1980	3:33.0
3.	Haire-Ward-Sordi-B.Stafford	1981	3:33.9
4.	Britton-Copenhaver-R.Stafford-Havens	1979	3:34.9
5.	Henderson-J.Hamilton-G.Yap-Green	1989	3:35.9
6.	Carson-R.McCormick-Rapport-Baiko	1985	3:36.2
7.	Cifelli-Robinson-Bastiani-Jones	1993	3:38.4
8.	C.McCormick-Fry-Gaskins-Armstrong	1987	3:40.1
9.	Butler-Allen-Ward-DeGruchi	1982	3:41.3
10.	Palmer-Reed-Lawrie-Beatty	1983	3:43.0

### JV GIRLS 400 RELAY (4 x 100)

1.	J.Ruiz-Nanez-Morton-Harris	1992	51.79
2.	Wilson-McCoy-Chang-Fumia	1990	51.90
3.	Lummis-C.Veeder-Fumia-Campbell	1989	52.71
4.	White-Brown-StuhlmueLLer-Hardin	1994	53.00
5.	Rips-Fredrickson-White-Mitchell	1993	53.33
6.	Flanagan-Haaberg-E.Esparza-Harris	1991	53.90

### JV GIRLS 1600 RELAY (4 x 400)

1.	S.Landers-Johnson-Tavares-Peckler	1992	4:22.0
2.	Hansen-S.Landers-White-Braucht	1993	4:24.3
3.	Wilson-McCoy-Winsloev-Chang	1990	4:28.0
4.	Fumia-Anzinger-C.Veeder-Campbell	1991	4:29.9
5.	Haaberg-Sachs-Tavares-E.Esparza	1989	4:31.7
6.	Brown-White-Hardin-StuhlmueLLer	1994	4:33.76

**Los Gatos**

**Cross Country**

**School Records**

**and**

**All-Time Top 10**

**Performances**

# LOS GATOS CROSS COUNTRY

## CRYSTAL SPRINGS TEAM TIME RECORDS

<u>Varsity Boys</u>	-	Paul Cox	78:23	1980
		Jim Mellema		
"State Champions"		Darryl Grimm		
		John Clark		
		Brian Bergstrom		
<u>Varsity Girls</u>	-	Monica Daley	95:23	1985
		Sara Hartman		
"CCS Team Record"		Darcy Parker		
		Stephanie Hartman		
		Ann Wimmer		
<u>F/S BOYS</u>	-	Brian Bergstrom	81:17	1979
		Steve Wells		
"CCS Team Record"		Scott Martin		
		Darryl Grimm		
		Steve Krotoski		

## CRYSTAL SPRINGS INDIVIDUAL RECORDS

<u>BOYS</u>	SENIOR	-	Scott LaForce	14:51	1985
	JUNIOR	-	Darryl Grimm	15:48	1980
	SOPHOMORE	-	Beebe Rutledge	15:20	1993
	FRESHMAN	-	Ben Abeln	16:08	1992
<u>GIRLS</u>	SENIOR	-	Monica Daley	18:06	1985
	JUNIOR	-	Monica Daley	18:48	1984
	SOPHOMORE	-	Monica Daley	18:21	1983
	FRESHMAN	-	Miranda Middlecoff	18:28	1991

## CROSS COUNTRY 3 MILE AND 5K SCHOOL RECORDS

<u>BOYS</u>	-	3 Miles	-	Scott LaForce	14:51	1985
		5K	-	Scott LaForce	15:24	1985
<u>GIRLS</u>	-	3 Miles	-	Monica Daley	17:49	1983
		5K	-	Monica Daley	18:40	1983

## LOS GATOS CROSS COUNTRY CCS CHAMPIONSHIP TEAMS

<u>BOYS</u>	-	1978 - 1979 - 1980 - 1988 - 1992
<u>GIRLS</u>	-	1983 - 1984 - 1985 - 1988 - 1991 - 1992 - 1996

# CROSS COUNTRY

## LEAGUE TEAM CHAMPIONS

### VARISTY GIRLS

1978	LEIGH
1979	LOS GATOS
1980	LOS GATOS
1981	DEL MAR
1982	LOS GATOS, MITTY
1983	LOS GATOS
1984	LOS GATOS
1985	LOS GATOS
1986	LOS GATOS
1987	LOS GATOS, MITTY
1988	LOS GATOS
1989	LOS GATOS
1990	LOS GATOS
1991	LOS GATOS
1992	LOS GATOS
1993	LOS GATOS
1994	ST. FRANCIS
1995	LOS GATOS
1996	LOS GATOS

### VARSITY BOYS

1978	LEIGH
1979	WESTMONT
1980	LOS GATOS
1981	LEIGH
1982	LEIGH
1983	LEIGH
1984	LEIGH
1985	LOS GATOS
1986	LOS GATOS
1987	LOS GATOS
1988	LOS GATOS
1989	LOS GATOS
1990	LOS GATOS
1991	LYNBROOK
1992	LOS GATOS
1993	LOS GATOS
1994	LOS GATOS
1995	LOS GATOS
1996	LOS GATOS

### JV GIRLS

1988	LOS GATOS
1989	LOS GATOS
1990	LOS GATOS
1991	LOS GATOS
1992	LOS GATOS
1993	LOS GATOS
1994	ST. FRANCIS
1995	ST. FRANCIS
1996	LOS GATOS

### F/S BOYS

1978	LOS GATOS
1979	LOS GATOS
1980	LOS GATOS
1981	LOS GATOS
1982	LOS GATOS
1983	LOS GATOS
1984	LOS GATOS
1985	LOS GATOS
1986	LOS GATOS
1987	LOS GATOS
1988	LOS GATOS
1989	FREMONT
1990	HOMESTEAD
1991	FREMONT
1992	HOMESTEAD
1993	LOS GATOS
1994	CUPERTINO
1995	LOS GATOS
1996	LOS GATOS

**1996 CROSS COUNTRY TOP TIMES OF THE SEASON  
VARSITY BOYS / JV-F/S BOYS**

CRYSTAL SPRINGS (3.0)

1- Joseph Carter	15:57*
2- Jedd Martin	16:05*
3- Peter Carter	16:12
4- Ben Martin	16:29
5- Ryan Smith	17:21
6- David Landers	17:26
7- Pat Sullivan	17:29

STANFORD (3.1)

1- Peter Carter	16:56
2- Joseph Carter	17:34
3- Jedd Martin	17:53
4- Ben Martin	18:21
5- Pat Sullivan	19:05
6- Jeff Ouellet	19:27
7- David Aidi	20:33

CENTRAL PARK (2.4)

1- Peter Carter	12:19
2- Jedd Martin	12:26
3- Joseph Carter	12:31
4- Ben Martin	13:02
5- Pat Sullivan	13:12
6- Ryan Smith	13:27
7- Jeff Ouellet	13:38

HAWAII (3.0)

1- Joseph Carter	17:36
2- Jedd Martin	17:49
3- Peter Carter	17:59
4- Ben Martin	18:20
5- Pat Sullivan	19:14
6- Ryan Smith	19:34
7- David Landers	19:44

JV-F/S CRYSTAL SPRINGS

1- Jeff Ouellet	18:03
2- Zack Regner	18:04
3- Phil Smith	18:12
4- Cody Darwin	18:16
5- Chris Lipp	18:22
6- Brian Parker	18:23
7- Jordan StuhlmueLLer	18:33
8- David Aidi	18:34
9- Peter Hoffman	19:28
10- Greg Parker	19:31

**VARSITY GIRLS / JV GIRLS**

CRYSTAL SPRINGS (3.0)

1- Sarah McAleer	18:54*
2- Jeanne Fishback	19:30*
3- Lina Biber-Ferro	19:33
4- Sarah High	19:58
5- Amy LaPine	20:21
6- Andie Knudsen	21:03
7- Laura Sund	21:26

HAWAII (2.0)

1- Sarah McAleer	13:47
2- Jeanne Fishback	14:00
3- Sarah High	14:03
4- Lina Biber-Ferro	14:24
5- Amy LaPine	14:45
6- Andie Knudsen	15:03
7- Krista Ellsworth	15:31

SCHOOL COURSE

1- Lina Biber-Ferro	16:30*
2- Jeanne Fishback	16:41*
3- Amy LaPine	16:42*
4- Sarah High	17:50
5- Andie Knudsen	18:15
6- Laura Sund	18:26
7- Krista Ellsworth	18:42

FRESNO-STATE MEET (3.1)

1- Sarah McAleer	19:11*
2- Jeanne Fishback	20:08*
3- Sarah High	20:35
4- Laura Sund	21:46
5- Carol Chen	21:50
6- Andie Knudsen	21:52

STANFORD (3.1)

1- Jeanne Fishback	21:19
2- Amy LaPine	21:47
3- Sarah McAleer	21:48
4- Lina Biber-Ferro	21:54
5- Sarah High	21:59
6- Andy Knudsen	23:12
7- Laura Sund	24:30

JV GIRLS - CRYSTAL SPRINGS

1- Carol Chen	22:02
2- Krista Ellsworth	22:07
3- Stephanie Chavez	22:12
4- Jenny Uhrowczik	23:06
5- Georgeann O'Brien	24:01
6- Kristin Hoeft	24:25
7- Elizabeth Espe	25:35
8- Katie Johnson	25:40
9- Allie Parker	25:45
10- Sarah Hiltgen	25:49
11- Maya Stevens	26:17

\* Made All-Time Top List

# 1996

## LEAGUE - CCS - STATE CROSS COUNTRY RESULTS

### League Finals Crystal Springs

Tuesday, November 5

#### Varsity Boys

Name	Time	Place	1. Los Gatos 37
1. Joseph Carter	15:57**	2	2. Homestead 59
2. Peter Carter	16:12*	3	3. Monta Vista 82
3. Jedd Martin	16:28*	5	
4. Ben Martin	16:32**	6	
5. Big Dog Sullivan	17:38**	21	* good race
6. David Landers	18:20*	27	** outstanding race
7. David Aidi	18:34*	32	*** League Champion

#### Frosh/Soph Boys

Name	Time	Place	1. Los Gatos 31
1. Ryan Smith	17:31***	1	2. Saratoga 54
2. Zack Regner	18:04**	3	3. Monta Vista 59
3. Jeff Ouellet	18:18*	6	
4. Phil Smith	18:31*	10	
5. Jordan Stuhmueller	18:39*	11	
6. Jon Edwards	19:34*	19	
7. David Hembry	19:35*	20	
8. Tim Chen	19:36*	22	
9. Caleb Hayashi	19:58	26	
10. Tim Odell	20:01*	28	

#### JV Boys

Name	Time	Place
1. Cody Darwin	18:16***	1
2. Chris Lipp	18:22**	2
3. Brian Parker	18:54*	7
4. Greg Parker	19:36*	9
5. Peter Hoffman	19:39*	10
6. Travis Witten	20:03*	18
7. Kyle Stavis	20:06*	20
8. Stephen Chase	20:08**	21
9. Nick Wilson	20:10*	24
10. Joel Key	20:32**	31
11. Anthony Richards	20:56*	37
12. Jeff Peckler	21:02*	39
13. Steven Todd	21:04	40
14. Christian Gove	21:46*	52
15. Corey Horgan	21:47*	53
16. Paul Piasecki	21:49*	54
17. Erik Olson	21:57*	55
18. Ryan Donovan	22:10**	57
19. Todd Fisher	22:18**	61
20. Taran Barca-Hall	22:57	66
21. George Halldin	23:22**	67
22. Nathan Lawrence	23:24*	68
23. Aaron Kerlin	23:34*	69
24. Joe Cintas	23:49*	71
25. Tim Lee	25:13*	74
26. Daniel Grin	29:20*	78

### LOS GATOS GIRLS CROSS COUNTRY RESULTS - LEAGUE FINALS - 11/5/96 at Crystal Springs (3.0 Miles)

#### Varsity

1- Sarah McAleer	2	19:05***
2- Jeanne Fishback	3	19:30***
3- Lina Biber-Ferro	4	19:33**
4- Sarah High	5	20:01**
5- Amy LaPine	9	20:36*
6- Andie Knudsen	13	21:03**
7- Kristin Hoeft	39	24:25*

#### JV

1-Laura Sund	1	21:26**
2-Carol Chen	3	22:02**
3-Krista Ellsworth	4	22:07**
4-Stephanie Chavez	5	22:12**
5-Jenny Urowczik	13	23:06**
6-Georgeann OBrien	22	24:01**
7-Elizabeth Espe	34	25:35*
8-Katie Johnson	36	25:40**
9-Allie Parker	37	25:45**
10-Maya Stevens	43	26:17*
11-Sarah Hiltgen	44	26:19*
12-Katie Reich	52	28:14*
13-Sarah Kucklick	56	30:15*
14-Gretchen Halldin	57	32:47*
15-Dierdre Ryan	58	33:00*

#### TEAM SCORE

1- Los Gatos	22
2- St. Francis	65
3- Monte Vista	89
etc.	
(8 Schools Competed)	

\*\*\* Made All-Time 12 List

\*\* Outstanding Race

\* Good Race

#### TEAM SCORE

1- Los Gatos	26
2- St. Francis	32
(8 Teams Competed)	

### LOS GATOS GIRLS CROSS COUNTRY RESULTS - CCS FINALS - NOV.16, 1996 at Crystal Springs (3.0 Miles - Raining)

#### Varsity Girls - CCS CHAMPIONS

1- Sarah McAleer	4	18:56***
2- Lina Biber-Ferro	7	19:49***
3- Jeanne Fishback	8	19:53**
4- Sarah High	9	19:58**
5- Amy LaPine	16	20:21**
6- Laura Sund	31	21:33**
7- Andie Knudsen	35	21:46*

#### Team Score

1 - Los Gatos	35
2 - Aptos	71
3 - St. Francis	105
4 - Los Altos	126
5 - N. Monterey	135
6 - Menlo-Atherton	145
7 - Prospect	169
etc.	

\*\*\* CCS Top 7 Medalist

\*\* Outstanding Race

\* Good Race

State Meet: Sat. Nov.30 in Fresno

- OUR 7th GIRLS CCS X-C CHAMPIONSHIP - 1983,84,85,88,91,92,96 (Boys CCS Championships - 1980,88,92 which makes 10 titles)
- We won CCS by the widest margin in all our 10 championships.
- First time L.G. history, we had 4 runners in the CCS top 9.
- We had the lowest score in L.G. history from our 10 titles.

**TEAM COMMENTS:** The overall effort was truly outstanding. The 1st mile was run so smart, not being intimidated by the fast pace of the leaders. The 2nd mile was absolutely beautiful to watch. The confidence and strength, during our 2nd mile build-up phase was devastating to all other teams. The 3rd mile really showed tremendous heart and concentration. I'm proud of all of you. I am so impressed. We peaked just right. We have one more meet, the state meet!!! The weather made a 20 second difference to our P.R.'s, which means almost all of you had a P.R. effort.

### LOS GATOS CROSS COUNTRY MEET RESULTS - 11/30/96 CALIFORNIA STATE CHAMPIONSHIPS - WOODWARD PARK IN FRESNO

Varsity	Grade	Place	Overall	TeamPlace	Time
1- Sarah McAleer (10)		36	21	19:45**	
2- Jeanne Fishback (12)		49	30	20:08**	
3- Sarah High (11)		64	43	20:35**	
4- Laura Sund (11)		95	68	21:46**	
5- Carol Chen (12)		98	71	21:50**	
6- Andie Knudsen (9)		99	72	21:52*	
7- Amy LaPine (10)		129	98	24:17	

#### Team Scores

1- Carondelet	67
2- El Modena	91
3- Placer	92
4- Santana	104
5- St. Lucy's	107
6- San Geronio	122
7- Dos Pueblos	208
8- Del Oro	214
9- LOS GATOS	233
10- Pleas.Valley	294

### CCS Finals Crystal Springs Saturday, November 16

#### Results: Varsity Boys

Name	Time	Place		1. Serra	94
1. Jedd Martin	16:05***	6	+ :19	2. Westmoor	100
2. Ben Martin	16:29**	15	+ :03	3. Leland	132
3. Joseph Carter	16:57*	40	-1:00	4. Watsonville	140
4. Peter Carter	17:16*	55	-1:14	5. Los Gatos	163
5. Ryan Smith	17:21**	58	+ :10		
6. David Landers	17:26**	64	+ :47		
7. Pat Sullivan	17:29**	69	+ 09		

**Team Comments:** Just a bit of bad luck! What can I say? Normal circumstances would have made a difference of 80 points!!! This happens sometimes. The only thing we can do is look at the great things that happened today such as our 5 PR's and Jedd making it to State. As I said at the meet, this is not like last year. All of you gave your best effort, and I'm very proud of each one of you. Each person should take whatever lessons they can from this experience so that we can come back and win this race next year!!!

#### SPECIAL ACCOMPLISHMENTS:

\*\*\* This was the 10th Girls Varsity Team that finished in the top 10 in State in Los Gatos History or since 1983!

# Most Valuable Cross Country Runner Award Most Outstanding Distance Runner

## VARSIITY BOYS

1969 - Wayne Hopp  
 1970 - Stu Hobbs  
 1971 - Tom Zeiler  
 1972 - Tom Tatum  
 1973 - Mike Hargens  
 1974 - Gregg Pujol  
 1975 - Vance Eberly  
 1976 - Vance Eberly  
 1977 - Pat Moreton  
 1978 - Alan O'Reilly  
 1979 - Paul Cox  
 1980 - Paul Cox  
 1981 - Brian Bergstrom  
 1982 - Gary Yokota  
           Lewis Isbell  
 1983 - Scott LaForce  
 1984 - Eric Wendling  
 1985 - Scott LaForce  
 1986 - Kevin Baiko  
 1987 - Keith Diesner  
           James Metcalf  
 1988 - James Metcalf  
 1989 - Argot Carberry  
 1990 - Erik Johnson  
 1991 - Jack Middlebrooks  
 1992 - Devin Avey  
           Brian Stannard  
 1993 - Beebe Rutledge  
 1994 - Peter Carter  
 1995 - Peter Carter  
 1996 - Peter Carter  
           Ben Martin

## VARSIITY GIRLS

1977 - Gail Parker  
 1978 - Carol Conley  
 1979 - Debbie Morris  
 1980 - Debbie Morris  
 1981 - Lori Huddleston  
           Carol Conley  
 1982 - Melissa Foster  
 1983 - Monica Daley  
 1984 - Monica Daley  
 1985 - Monica Daley  
 1986 - Amy Flynn  
 1987 - Genevieve Farnady  
 1988 - Misty Kalomiros  
           Pippa Amat  
 1989 - Misty Kalomiros  
 1990 - Amy Drew  
 1991 - Miranda Middlecoff  
 1992 - Miranda Middlecoff  
           Holly Malander  
 1993 - Holly Malander  
           Cathy Landers  
 1994 - Lina Biber-Ferro  
 1995 - Lina Biber-Ferro  
           Amy LaPine  
 1996 - Sarah McAleer

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## FRESNO ALL-TIME TOP 10 LIST

### State Meet Course (3.1)

#### VARSIITY BOYS

1-	Scott LaForce	15:25	1985
2-	Beebe Rutledge	16:09	1993
3-	Brian Bergstrom	16:10	1980
4-	Darryl Grimm	16:15	1980
5-	Ted Cribari	16:23	1988
6-	Kent Kappen	16:26	1988
7-	Argo Carberry	16:30	1989
8-	Peter Carter	16:31	1993
9-	James Metcalf	16:33	1987
9-	Eric Wendling	16:37	1984
11-	Brian Stannard	16:40	1992
12-	Cameron Watts	16:41	1994

#### VARSIITY GIRLS

1-	Monica Daley	18:40	1985
2-	Miranda Middlecoff	18:50	1991
3-	Sarah McAleer	19:11	1996
4-	Holly Malander	19:19	1992
5-	Therese Fisher	19:29	1982
6-	Genevieve Farnady	19:37	1987
7-	Misty Kalomiros	19:47	1987
8-	Pippa Amat	20:00	1988
9-	Darcy Parker	20:06	1987
9-	Amy Flynn	20:06	1987
11-	Jeanne Fishback	20:08	1996
12-	Andrea Meinhardt	20:16	1987
12-	Cathy Landers	20:16	1993



# LOS GATOS CROSS COUNTRY ALL-TIME TOP PERFORMERS

## CRYSTAL SPRINGS, 3.0 MILES

### VARSITY BOYS

1.	Scott LaForce	1985	14:51	(CCS Champion)
2.	Paul Cox	1980	15:16	
3.	Beebe Rutledge	* 1993	15:20	(CCS Champion)
4.	Pat Moreton	1977	15:31	
5.	Darryl Grimm	1981	15:34	
6.	Jim Mellema	1980	15:36	
6.	Matt Wool	* 1977	15:36	
8.	Eric Wendling	1985	15:40	
9.	Kevin Baiko	1986	15:42	
10.	Greg Pujol	1975	15:46	
10.	Lorin Hill	1979	15:46	
12.	James Metcalf	1988	15:47	
13.	Brian Bergstrom	* 1979, 81	15:48	
14.	John Clark	1980	15:48	

\* Soph

### VARSITY GIRLS

1.	Monica Daley	1985	18:06	
2.	Miranda Middlecoff	1991	18:28	(CCS Champion)
3.	Sara Hartman	1985	18:47	** Frosh Record
4.	Sarah McAleer	1996	18:56	
5.	Debbie Morris	1980	18:57	
6.	Holly Malander	1992	19:09	
7.	Therese Fisher	1983	19:15	
8.	Darcy Parker	1985	19:16	
9.	Genevieve Farnady	1987	19:25	
10.	Misty Kalomiros	1988	19:28	
11.	Gail Parker	1980	19:29	
12.	Stephanie Hartman	1985	19:30	
12.	Jeanne Fishback	1996	19:30	
14.	Amy Flynn	1987	19:31	
14.	Ann Wimmer	1985	19:31	

### F/S BOYS

1.	Beebe Rutledge	1993	15:20	
2.	Matt Wool	1977	15:36	(F/S CCS Champ)
3.	Brian Bergstrom	1979	15:48	
4.	Joseph Carter	1996	15:57	
5.	Scott LaForce	1983	16:00	
6.	Steve Wells	1979	16:01	
7.	Peter Carter	1994	16:02	
8.	Jedd Martin	1996	16:05	
8.	Ben Abeln	1993	16:05	
10.	Scott Martin	1979	16:10	
11.	Keith Deisner	1985	16:16	
12.	Kevin Hemen	1978	16:17	
13.	Jon Mann	1980	16:20	
	Ben Abeln	1992	16:08	** Frosh Record

# LOS GATOS CROSS COUNTRY ALL-TIME TOP PERFORMERS

## SCHOOL COURSE, 2.6 MILES

### VARSITY BOYS

1- Vance Eberly	1976	12:54
2- Paul Cox	1980	12:56
3- Scott LaForce	1985	13:02
4- Pat Moreton	1977	13:17
5- Eric Wendling	1985	13:22
6- Peter Carter	1996	13:28
7- Chris Castro	1975	13:29
8- Greg Pujol	1975	13:30
9- Gary Yokota	1982	13:31
10- Kevin Baiko	1986	13:32
11- Ted Cribari	1986	13:33
11- Steve Barth	1984	13:33
13- Brian Bergstrom	1981	13:33
14- Jim Mellema	1980	13:35
15- Alan O'Reilly	1978	13:36
16- Andreas Judas	1984	13:37
16- Lewis Isbell	1982	13:37

### VARSITY GIRLS

1- Monica Daley	1983	16:04
2- Therese Fisher	1992	16:24
3- Genevieve Farnady	1987	16:28
4- Lina Biber-Ferro	1996	16:30
5- Gail Parker	1980	16:31
6- Melissa Foster	1984	16:34
7- Debbie Morris	1980	16:34
8- Laura Henry	1983	16:35
9- Miranda Middlecoff	1992	16:36
10- Lynn Roulo	1987	16:39
11- Jeanne Fishback	1996	16:41
11- Amy Flynn	1986	16:41
13- Amy LaPine	1996	16:42
13- Ann Wimmer	1983	16:42
13- Holly Malander	1992	16:42
16- Pippa Amat	1988	16:51
17- Andrea Meinhardt	1987	16:52

### SOPH BOYS

1- Matt Wool	1977	13:24
2- Vance Eberly	1974	13:26
3- Kevin Hemen	1978	13:31
4- Beebe Rutledge	1993	13:39
5- Ben Abeln	1993	13:41
6- Mark Harries	1976	13:42
7- Scott LaForce	1983	13:47
8- Brian Bergstrom	1979	13:55
8- Sean Daley	1976	13:55
10- Pat More	1983	13:58

### JV GIRLS

1- Melissa Foster	1983	17:23
2- Carina Axellson	1984	17:27
3- Stacy Kuehnis	1983	17:33
4- Meg Veeder	1992	17:42
5- Debbie Isbell	1983	17:46
6- Jill Musser	1987	17:56
7- Laura Henry	1982	17:58
8- Misty Kalomiros	1987	17:59
9- Ellen Mason	1985	18:00
10- Renee Sherwood	1983	18:07

### FROSH BOYS

1- Peter Carter	1993	13:55
2- Scott LaForce	1982	14:10
3- David Hastings	1982	14:21
4- Mark Harries	1975	14:23
4- Bill Bjorge	1975	14:23
6- Brian Bergstrom	1978	14:28
7- Kevin Hemen	1977	14:29
8- Dave Stannard	1982	14:47
9- Ben Abeln	1992	14:52
10- Kent Kappen	1985	14:52

# LOS GATOS HALL OF FAME

## STATE RANKED CROSS COUNTRY TEAMS

### VARSIITY BOYS

1980	Paul Cox Jim Mellema John Clark Brian Bergstrom Darryl Grimm Steve Krotoski Steve Wells (Scott Martin)	League Champions CCS Champions NorCal Champions	Ranked #1 in State
1981	Brian Bergstrom Darryl Grimm Scott Martin Steve Krotoski Steve Wells Gary Yokota Todd Johnson	League Champions 2nd in CCS 3rd in NorCal	Ranked #5 in State
1988	James Metcalf Ted Cribari Kent Kappan Rudy Rucker Donovan Kook Greg Fry Nick Green (Eric Johnson)	League Champions CCS Champions 6th in State	Ranked #5 in State
1993	Beebe Rutledge Ben Abeln Brian Stannard Peter Carter Jason Hervey John Orrell Jon Hurtado Chris Shore	League Champions 2nd in CCS 7th in State	Ranked #6 in State
1992	Devin Avey Brian Stannard Ben Abeln Jim Suits John Orrell Jason Hervey Nathan Zaslow Chris Christiansen	League Champions CCS Champions 9th in State	Ranked #9 in State
1989	Argo Carberry Rudy Rucker Jeff Cochran Erik Johnson Greg Rice Jeremy Sutter Paul Thorburn	League Champions 2nd in CCS 9th in State	Ranked #9 in State
1985	Scott LaForce Eric Wendling Pat More Kevin Baikio Dave Hastings Tom Hoover Phil Cox	League Champions 3rd in CCS 8th in State	Ranked #14 in State
1990	Erik Johnson Jack Middlebrooks Jim Suits Nick Green Greg Rice Erik Bekkers Devin Avey Paul Thorburn	League Champions 3rd in CCS	Ranked #15 in State

### VARSIITY GIRLS

1985	Monica Daley Darcy Parker Sara Hartman Stephanie Hartman Ann Wimmer Jennifer Joslin Stacey Harmer	League Champions CCS Champions NorCal Champions	Ranked #3 in State
1984	Monica Daley Ann Wimmer Darcy Parker Theresa Fisher Melissa Foster Jennifer Joslin Sandy Wrobel	League Champions CCS Champions NorCal Champions	Ranked #3 in State
1988	Misty Kalamiros Pippa Anat Andrea Meinhardt Genevieve Farnady Heather Graesch Joy Anzinger Jill Musser Imma Costerkamp	League Champions CCS Champions 4th in State	Ranked #3 in State
1992	Miranda Middlecoff Holly Malander Rosanna Saffaie Susie Landers Cathy Landers Meg Veeder Kathy Woefel Alex Tavares	League Champions CCS Champions 4th in State	Ranked #4 in State
1983	Monica Daley Laura Henry Theresa Fisher Ann Wimmer Melissa Foster Livia Peras Debbie Taylor	League Champions CCS Champions 2nd in NorCal	Ranked #4 in State
1991	Miranda Middlecoff Holly Malander Meg Veeder Rosanna Saffaie Cathy Landers Amy Graff Erin McCullough Isabel Rucker Kathy Woefel	League Champions CCS Champions 6th in State	Ranked #6 in State
1996	Sarah McAleer Jeanne Fishback Lina Biber-Ferro Sarah High Amy LaPine Andy Knudsen Laura Sund Carol Chen	League Champions CCS Champions 9th in State	Ranked #7 in State
1987	Genevieve Farnady Amy Flynn Darcy Parker Andrea Meinhardt Misty Kalamiros Jennifer Joslin Lynn Roulo Jill Musser	League Champions 2nd in CCS 11th in State	Ranked #7 in State
1986	Amy Flynn Lynn Roulo Andrea Meinhardt Genevieve Farnady Jennifer Joslin Darcy Parker Jennifer Barnhart	League Champions 2nd in CCS 4th in NorCal	Ranked #10 in State
1980	Debbie Morris Gail Parker Carol Conley MAria Stephens Kathy Cooluros Lori Huddleston Patty Surmeier	League Champions 2nd in CCS 7th in NorCal	Ranked #12 in State
1989	Misty Kalamiros Genevieve Farnady Heather Graesch Erin McCullough Kristin Kelly Isabel Rucker Cesanne Cartier	League Champions 2nd in CCS 11th in State	Ranked #10 in State

# CROSS COUNTRY

## *Hawaii Trip* October 23-27, 1996



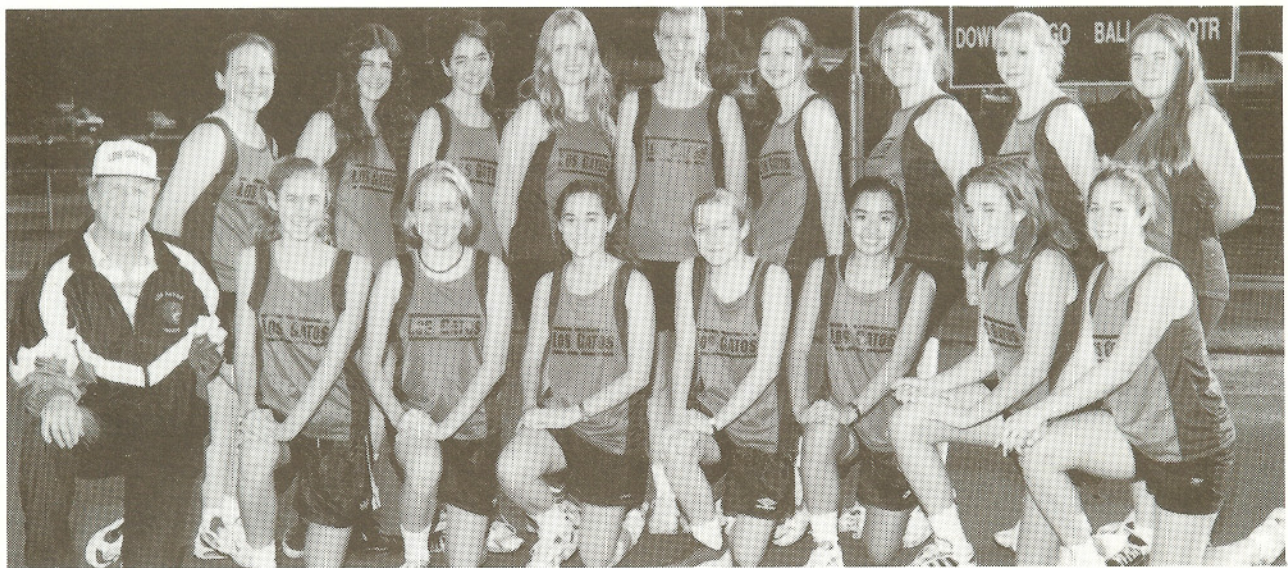
Our first ever trip to Hawaii was a big success.

Both our Varsity Boys and Varsity Girls teams finished 2nd in the Hawaii Prep Cross Country Invitational, with 18 schools participating. It was a great experience traveling and seeing the big island of Hawaii for 5 days and watching the world "Ironman" Triathlon championships in Kona.

It was a trip we will never forget.



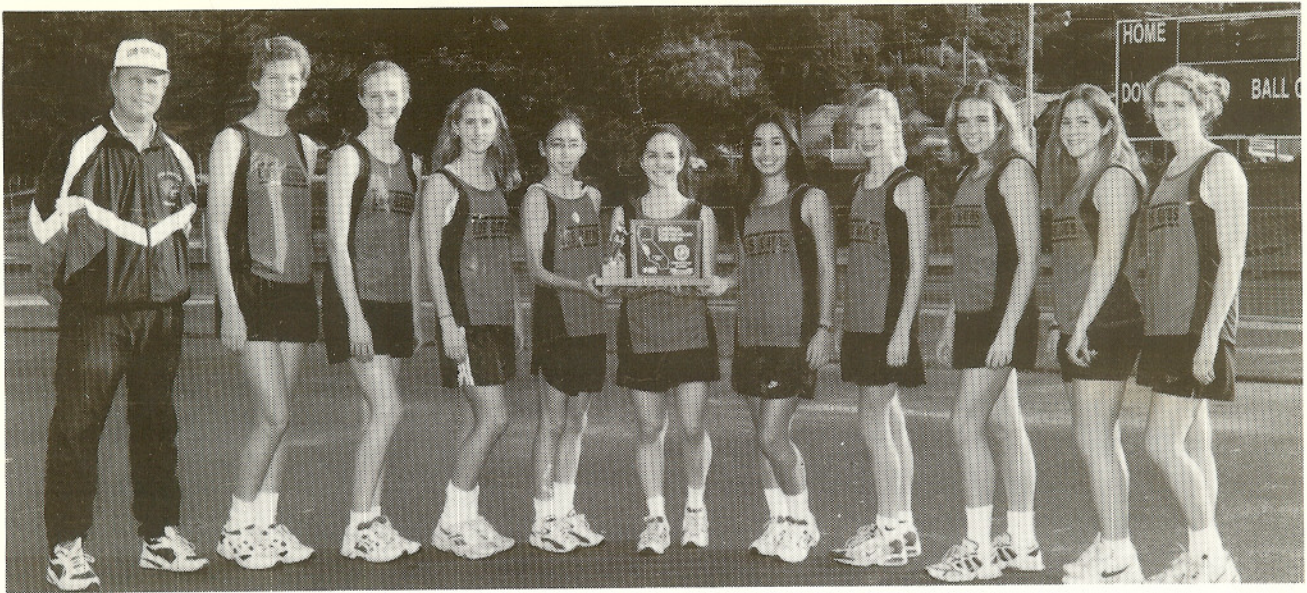
**JV CROSS COUNTRY 1996 League Champions**



**JV GIRLS CROSS COUNTRY League Champions**

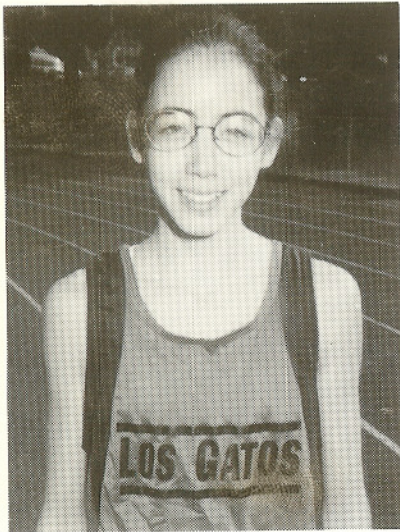


**F/S CROSS COUNTRY League Champions**



**VARSITY GIRLS      CCS and LEAGUE CHAMPIONS**

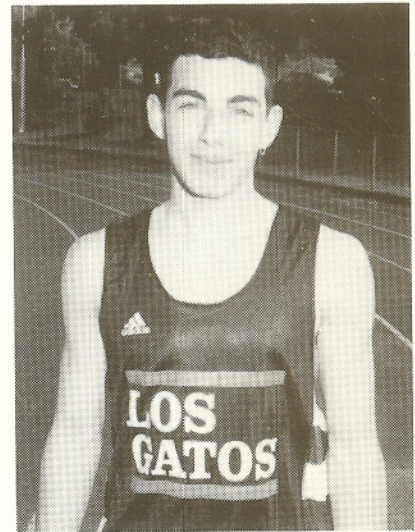
W. Harmatz, J. Fishback, A. LaPine, L. Biber-Ferro, S. McAleer, S. High, C. Chen, A. Knudsen, L. Sund, K. Ellsworth, A. Wendell



**OUR TWO FASTEST  
AT CRYSTAL SPRINGS**

**SARAH MCALEER (10)**  
4th in CCS X-C  
MVP X-C, 2nd-League X-C  
#3 All-Time State Course-19:11  
#4 All-Time Crystal-18:56

**JOSEPH CARTER (10)**  
2nd-League X-C  
#4 All-Time F/S at Crystal: 15:57  
#1 CCS Frosh X-C '95



**VARSITY BOYS      LEAGUE CHAMPIONS**

S. Barth, P. Carter, J. Carter, J. Martin, B. Martin, R. Smith, P. Sullivan, D. Landers, C. Darwin, D. Aidi, C. Lipp