

**14th Annual  
St. Francis Track & Field Carnival  
April 5, 1997**

**Women's Results**

**3000** - 1. Schluter(SI) 10:37.1 2. Dunlop(Cupertino) 10:43.5 3. Riley(Alhambra) 10:47.7 4. Glare(MA) 10:56.0 5. Grove(SI) 10:59.6 6. Willis(Leland) 11:07.8

**4X 800 Relay** - 1. Los Gatos 9:51.7 2. SI 10:06 3. Palo Alto 10:11.2

**100MHH** - 1. Downey(Los Gatos) 15.49 \*\* 2. Steingart(SF) 15.53 3. Slater(Leland) 15.90 4. Teerlink(Saratoga) 15.92 5. Saenz(Los Altos) 16.33 6. Gehmen(Leland) 16.42

**400M Relay** - 1. Mitty 49.8 2. Piedmont Hills 51.4 3. Los Gatos 52.04 4. Lincoln 52.17 5. Los Altos 52.32 6. Aptos 52.70

**1500 M** - 1. Appendropt(SI) 4:51.41 2. Delaplace(Westmont) 4:57.79 3. Gustaeson(Mills) 58.69 4. Kiharn(PA) 4:55.94 5. Fishback(Los Gatos) 5:01.23 6. Shith(Aptos) 5:03.39

**400 M** - 1. Elarms(P.Hills) 58.80 2. Hoag(ISA) 59.45 3. Wrenn(Palo Alto) 59.64 4. Hess(Lincoln) 60.0 5. Marquess 60.40 6. Adkins(P.Hills) 61.0

**100 M** - 1. Blaschke(SF) 12.8 2. McGowan(Leigh) 12.8 3. Smith(Mitty) 12.9 4. Toews(Mitty) 13.09 5. Hess(Lincoln) 13.22 6. Jackson(P.Hills) 13.24

**800 M** - 1. Kihara(Palo Alto) 2:20.94 2. Biber-ferro(Los Gatos) 2:22.19 3. De La Place(Westmont) 2:24.67 4. Lapimo(Los Gatos) 2:26.47 5. Rippetoe (Los Altos) 2:26.79 6. Libien(SI) 2:27.00

**300 LH** - 1. Steingart(SF) 45.7 2. Slater(Leland) 46.7 3. Barrett(MA) 48.6 4. Green(Mitty) 49.1 5. Caselli(SI) 50.3 6. Leis(Los Gatos) 50.4

**200 M** - 1. Hogg(ISA) 25.8 2. Leitner(Leland) 26.7 2. Hypolite(Los Altos) 26.7 4. Blaschke(SF) 26.7 5. McGowan(Leigh) 26.8 6. Leis(Los Gatos) 26.9

**Distance Medley** - 1. Los Gatos 9:51.7 2. SI 10:06.0 3. Palo Alto 10:11.2

**Mile Relay** - 1. Mitty 4:04.8 2. P.Hills 4:12.9 3. Los Altos 4:13.6 4. MA 4:19.1 5. Mitty 4:25.0 6. Alhambra 4:27.8

**Long Jump** - 1. Elarms(P.Hills) 18'3 1/2" 2. Monson(Mitty) 17'6" 3. Hess(Lincoln) 17'1 1/2" 4. Adkins(P.Hills) 16'10" 5. Abdo(Santa Clara) 16' 1/4" 6. Chen(Mt.View) 15'6 1/2"

**Discus** - 1. Uperesa(Jefferson) 114'5 1/2" 2. Santos(Los Altos) 112'2 1/2" 3. Jacobs(Woodside) 105'4" 4. Mestaz(P.Hills) 102'5" 5. Hu(Palo Alto) 101'8 1/2" 6. McClelland(Leigh) 99'4 1/2"

**Shotput** - 1. Santos(Los Altos) 38'1 1/2" 2. Williams(Hillsdale) 37'10" 3. Guillon(N.Salinas) 36'11" 4. Hill(SHC) 36'1 1/2" 5. Uperesa(Jefferson) 35' 1/2" 6. Taylor(Westmount) 33'11"

High Jump - 1. Demeter(Los Altos) 5'4" 2. Lee(SI) 5'2" 3. Owen(SF) 5'0" 3. McMillen(P.Hills) 5'0" 5. Cassidy(Los Altos) 5'0" 6. Deely(SI) 4'10"

Triple Jump - 1. Adkins(P.Hills) 36'3" 2. Shih (Gunn)35'5 3/4" 3. Saenz(Los Altos)35'3 3/4" 4. Muller(SF) 33'4" 5. Wallace(P.Hills)33'2 1/2" 6. Leung(Los Altos) 33' 1/2"

Pole Vault - 1. Sara(Mitty) 9'0" 2. Yi(Mills) 9'0" 3. Eurkill(SI) 8'6" 4. Wong(N.Salinas) 8'0" 5. Yun(Mills) 8'0" 6. Madrigal(N.Salinas) 7'6"

\*\* meet record

## Men's Results

3000 - 1. McDonough(Cupertino) 8:56.4 2. Abdella(Cupertino) 9:03.2 3. Hill(Los Altos) 9:08.8 4. Piellush(Leland) 9:13.4 5. Riley(Alhambra) 9:15.2 6. Wells(SI) 9:17.5

4 X 800 Relay - 1. Saint Francis 8:33.6 2. Alhambra 8:39.4 3. Mitty 8:48.5

110M HH - 1. McGowan(Leigh) 14.8 2. Tanforan(SF) 14.9 3. Hall(SI)14.9 4. Turner(Riordan) 15.5 5. Hernandez(N.Salinas) 15.5 6. Owen(SF) 15.5

400M Relay - 1. Cupertino 43.2 2. Del Mar43.45 3. Riordan 43.93 4. MA 44.0 5. N.Salinas 44.06 6. SI 44.79

1500 M - 1. Hansen(SI) 3:58.29 2. Passanisi(Aptos) 4:06.44 3. McDonough(SI) 4:12.34 4. Woodruff(Wilcox) 5. Cooper(Fremont) 4:16.57 6. Woodhead(SF) 4:17.46

400 M - 1. Hoqq(Riordan)49.0 2. Stout(Mills) 50.2 3. Elliot(SF)50.8 4. Wood(Riordan) 51.6 5. Lipp(Los Gatos) 52.0 6. Justice(SI) 52.3

100 M - 1. Wright(Woodside) 11.2 1. Murrell(MA) 11.2 3. Pomo(Palma) 11.2 4. Jacob(Prospect) 11.3 5. Julian(MA) 11.3 6. Jackson(Cupertino) 11.3

800 M - 1. Fitzgibbon(SI) 1:55.57 2. Tucker(SF) 1:58.19 3. Ozan(Del Mar) 1:59.35 4. Guina(Westmont) 1:59.35 5. Rudolph(Palo Alto) 2:02.13 6. Woodhead(SF) 2:03.15

300IH - 1. McGowan(Leigh) 39.9 2. Pomo(Palma) 40.7 3. Tanforan(SF) 40.7 4. Allen(Saratoga) 40.8 5. Turner(Riordan) 41.1 6. Hall(SI) 41.5

200 M - 1. Harris(Del Mar) 21.4 2. Hesse(Cupertino) 22.5 3. Julian(MA) 22.7 Adams(N.Salinas) 23.0 4. Partridge(Menlo) 23.0 4. Gillespie(Del Mar) 23.0 6. Jackson(Cupertino) 23.1

Distance Medley - 1.

Mile Relay - 1. Gunn 3:24.2 2. Del Mar 3:24.9 3. Riordan 3:26.3 4. Mitty 3:27.3 5. St. Francis 3:32.6 6. Palo Alto 3:34.7

Long Jump - 1. Strickland(Riordan) 21'11" 2. Pasio(Riordan) 21'6" 3. Nero(MA) 21'5" 4. Whittaker(Mitty) 20'9 3/4" 5. Partridge(Menlo) 20'6" 6. Harmer(Mitty) 20'5 1/2"

Discus - 1. Donnelly(SI) 157'6 1/2" 2. Fought(Del Mar) 145'4" 3. Bjorkland(Los Altos) 143'3" 4. Goldstein(P.Hills) 141'2 1/2" 5. Reece(SI) 141'11 1/2" 6. Torresdal(Woodside) 137'4 1/2"

Shotput - 1. Bjorklund(Los Altos) 53'0" 2. Torres(Rosemead) 51'11" 3. Uperesa (Jefferson)

48'11" 4. Goldstein (Piedmont Hills) 47'1" 5. Shulz (Mitty) 47'1" 6. Teutusa (Menlo-Atherton) 44'6 1/2"

High Jump - 1. Marble (Los Altos) 6'6" 2. Darcy (Serra) 6'2" 3. Harris (SI) 6'0" 4. Auch (Cupertino) 6'0" 5. Ellsworth (Los Altos) 6'0" 6. Pimentel (SI) 5'10"

Triple Jump - 1. Cordoba (N. Salinas) 45'8 3/4" 2. Quarles (Los Altos) 42'8" 3. Shye (Los Altos) 42'7 1/4" 4. Whittacker (Mitty) 42'0 1/2" 5. Whittacker (Mitty) 41'5 3/4" 6. Osgood (N. Salinas) 41'3 3/4".

Pole Vault - 1. Grijalva (North Monterey County) 14'6" 2. Riley (St. Francis) 13'0" 3. Lishansky (St. Ignatius) 13'0" 4. Tali (Mitty) 12'6" 5. Chandler (Santa Clara) 11'6" 6. Chu (Mills) 11'0"

### *Frosh/Soph Results*

4X 800 Relay - 1. Mitty 8:57.9 2. Saratoga 9:12.3 3. Alhambra 9:48.1

65M HH - 1. Rumayor (Riordan) 9.46 2. Noble (SF) 9.75 3. Chen (Los Altos) 9.76 4. Rosario (N. Salinas) 9.99 5. Saleem (N. Salinas) 10.15 6. Penna (MA) 10.47

400M Relay - 1. SF 45.39 2. MA 46.40 3. Riordan 46.97 4. Los Gatos 47.28 5. Sacred Heart 47.46 6. Sacred Heart 47.46

1500 M - 1. Carter (Los Gatos) 4:16.07 2. Harrington (Del Mar) 4:17.11 3. Darius (SF) 4:20.96 4. Guangel (Santa Clara) 4:21.17 5. Tynes (Mitty) 4:24.72 6. Huss (SF) 4:27.76

400 M - 1. Serrano (Palma) 52.20 2. Puga (HMBay) 52.90 3. Bourne (SHC) 53.03 4. Atkinson (SF) 53.05 5. Harris (SI) 53.48 6. Melava (MA) 54.99

100 M - 1. Mack (Homestead) 11.3 2. Fitzgerald (M. Vista) 11.6 3. Leemone (Mtn. View) 11.6 4. man (SF) 11.7 5. Ebuon (Riordan) 11.7 6. Wilson (MA) 11.9

800 M - 1. Carter (Los Gatos) 2:04.57 2. Harrington (Del Mar) 2:06.84 3. Bungura (Del Mar) 2:08.28 4. Mayon (SF) 2:09.37 5. Huss (SF) 2:09.90 6. Tuff (HMBay) 2:10.12

300 IH - 1. Rumayor (Riordan) 42.5 2. Chen (Los Altos) 43.9 3. Lee (SHC) 44.5 4. Rosario (N. Salinas) 44.9 5. Chenault (Jefferson) n

200 M - 1. Lee (St. Ignatius) 23.0 2. Mack (Homestead) 23.3 3. Servano (Palma) 23.9 3. Wilson (Menlo-Atherton) 23.9 5. Leemone (Mountain View) 24.0 6. Sturm (Los Gatos) 24.4

Distance Medley - 1. Hillsdale 11:48.9 2. SI 11:50.6 3. HMBay 11:52 4. Mitty 12:15.9 5. Wilcox 12:19.0 6. Jefferson 12:28.4

Mile Relay - 1. St. Francis 3:40.5 2. St. Ignatius 3:40.8 3. Mitty 3:44.3 4. Riordan 3:45.6 5. Sacred Heart Cathedral 3:46.9 6. Los Gatos 3:50.9

**Discus** - 1. Fitzgibbon(SI) 128'10" 2. Aimonetti(Westmont) 123'6" 3. Cales(Aptos) 115'6" 4. Powell(MA) 114'6" 5. Curtis(MA) 113'10" 6. Violetti(Hillsdale) 113'8"

**Shotput** - 1. Garrett(Riordan) 54'2" 2. Cales(Aptos) 47'2" 3. Vanderzanden(Del Mar) 47'2" 4. Frank(P. Hills) 46'6" 5. Olshansky(SI) 45'3 1/2" 6. Vapoletti(Hillsdale) 45'2"

**High Jump** - 1. Mills(Aptos) 5'4" 2. Zulaybar(SHC) 5'4" 3. Smith(Los Gatos) 5'4" 4. Mattos(SF) 5'4" 5. Wortham(M.Yista) 5'4" 6. Salviejo(N.Salinas) 5'4"

**Long Jump** - 1. Baker(Gunn) 20'8" 2. Armon(Mitty) 20'1 1/2" 3. Sturm(Los Gatos) 19'10 1/2" 4. Noble(SF) 19'4" 5. Penna(MA) 19'0" 6. Wortham(MYista) 19'0"

**Triple Jump** - 1. Penna(MA) 41'6 1/2" 2. Peni(SI) 41'3" 3. Lee(Mitty) 40'2 1/2" 4. Lyman(SF) 39' 1/2" 5. Rosario(N.Salinas) 38'2 1/2" 6. Salviejo(N.Salinas) 38' 1/2"

**Pole Vault** - 1. Luik(SI) 12'6" 2. Salviejo(N.Salinas) 12'0" 3. Denman(SF) 11'6" 4. Hilliker(Los Gatos) 11'6" 5. Jones(Del Mar) 11'0" 6. My(SF) 10'6"

(\*) tied meet record

# PREP RESULTS

5. Jamara Smith, Logan, 35'1 1/4"  
6. Beth Johnson, Logan, 34'9 1/2"  
**Shot Put**  
1. Chaniqua Ross, Laguna Creek, 45'2"  
2. Amy Thiel, Fremont Christian, 38'3 1/4"  
3. Melissa Reis, Logan, 37'11 3/4"  
4. Dana Lawson, Clayton Valley, 36'1"  
5. Rachel Rosemeyer, Campolindo, 35'4"  
6. Jessie Hardcastle, East Union, 34'9 3/4"  
**Discus**  
1. Chaniqua Ross, Laguna Creek, 159-10  
2. Amy Thiel, Fremont Christian, 149-6  
3. Melissa Reis, Logan, 123-8  
4. Jessie Hardcastle, East Union, 122-2  
5. Tia DeSoto, Montgomery, 115-4  
6. Rosie Aikens, St. Mary's, Berkeley, 109-10

## St. Francis Carnival

St. Francis High School, Mountain View, Saturday, April 5, 1997. By Keith Conning

**Boys**  
200 1. Harris (Del Mar) 21.4  
400 1. Hogg (Riordan) 49.0, 2. Stout (Mills) 50.2  
800 1. Fitzgibbon (St. Ignatius) 1:55.6, 2. Tucker (St. Francis) 1:58.2, 3. Ozan (Del Mar) 1:59.4  
3000 1. McDonough (Cupertino) 8:56.4, 2. Abdella (Cupertino) 9:03.2, 3. Hill (Los Altos) 9:08.8  
110HH 1. McGowan (Leigh) 14.8, 2. Tanforan (St. Francis) 14.9, 3. Hall (St. Ignatius) 15.1  
300IH 1. McGowan (Leigh) 39.9  
4x100 1. Cupertino 43.32, 2. Del Mar 43.35  
4x400 1. Gunn 3:24.2, 2. Del Mar 3:24.9, 3. Riordan 3:26.3  
HJ 1. Marble (Los Altos) 6-6  
PV 1. Grijalva (North Monterey County) 14-6, 2. Riley (St. Francis) 13-0, 3. Lishansky (St. Ignatius) 13-0  
LJ 1. Strickland (Riordan) 21-11  
TJ 1. Cordoba (N. Salinas) 45-8 3/4  
Shot 1. Bjorklund (Los Altos) 53-0, 2. Torres (Rosemead) 51-11  
Discus 1. Donnelly (St. Ignatius) 157-6

**Girls**  
200 1. Hogg (International Studies Academy) 25.8  
400 1. K. Elarms (Piedmont Hills) 58.80, 2. Hogg (International Studies Academy) 59.45, 3. Wrenn (Palo Alto) 59.64  
800 1. Kihara (Palo Alto) 2:21.0, 2. Biber-Ferro (Los Altos) 2:22.2  
1500 1. Appenrodt (St. Ignatius) 4:51.5, 2. Delaplace (Westmont) 4:57.8, 3. Gustafson (Mills) 4:58.7  
3000 1. Schlueter (St. Ignatius) 10:37.1, 2. Dunlap (Cupertino) 10:43.5, 3. Riley (Alhambra) 10:47.7  
100HH 1. Downey (Los Altos) 15.49, 2. Steingart (St. Francis) 15.53, 3. Slatar (Leland) 15.90  
300H 1. Steingart (St. Francis) 45.7, 2. Slatar (Leland) 46.7  
4x100 1. Mitty 49.8  
4x400 1. Mitty 4:04.8  
4x800 1. Los Gatos 9:51.7  
HJ 1. Demeter (Los Altos) 5-4, 2. Lee (St. Ignatius) 5-2

PV 1. Sara (Mitty) 9-0, 2. Yi (Mills) 9-0, 3. Erkilla (St. Ignatius) 8-6  
LJ 1. K. Elarms (Piedmont Hills) 18-3 1/2, 2. Monson (Mitty) 17-6, 3. Hess (Lincoln) 17-1 1/2  
TJ 1. Adkins (Piedmont Hills) 36-3, 2. Shih (Gunn) 35-5 3/4, 3. Saenz (Los Altos) 35-3 3/4  
Shot 1. Santos (Los Altos) 38-1 1/2, 2. Williams (Hillsdale) 37-10, 3. Guillon (N. Salinas) 36-11  
Discus 1. Uperesa (Jefferson) 114-5, 2. Santos (Los Altos) 112-2

## Trabuco Hills HS Invitational

April 5, 1997: Mission Viejo, CA. From Dave Winkler

**Boys**  
100  
1. Fletcher, Alemany, 10.63  
2. Rideaux, LB Poly, 10.68  
3. McNair, Mater Del, 10.86  
200  
1. Fletcher, Alemany, 21.59  
2. Rideaux, LB Poly, 22.01  
3. McNair, Mater Del, 22.05  
400  
1. Anderson, LB Poly, 49.04 (Meet Record)  
2. Cruel, LB Poly, 49.18  
3. Morello, Laguna Hills, 50.21  
800  
1. Lindahl, Dana Hills, 1:57.21  
2. Valderan, Arlington, 1:59.66  
3. Perez, Santa Ana, 1:59.98  
1600  
1. Brix, University, 4:24.72  
2. Merino, Crenshaw, 4:25.24  
3. Manhart, Trabuco Hills, 4:25.44  
3200  
1. Chavira, Hanford, 9:24.75  
2. Durham, LB Poly, 9:25.00  
3. Trueba, Huntington Beach, ??  
110 High Hurdles  
1. Degrammont, Tustin, 13.92 (Meet Record)  
2. DePass, Montgomery, 14.09  
3. Rambo, LB Poly, 14.56  
300 Intermediate Hurdles  
1. Degrammont, Tustin, 37.50 (Meet Record, 5th all time county)  
2. Rambo, LB Poly, 37.89  
3. DePass, Montgomery, 38.01  
400 Relay  
1. LB Poly 41.88  
2. Tustin 42.41  
3. University City/SD 42.83  
800 Relay  
1. Tustin 1:29.26  
2. Loyola 1:29.63  
3. Fountain Valley 1:31.88  
Sprint Medley  
1. Woods Cross/Utah 3:44.09  
2. Fountain Valley 3:48.49  
3. Santa Ana 3:51.49  
1600 Relay  
1. LB Poly 3:24.20  
2. Canyon Springs 3:27.51  
3. Santa Margarita 3:27.86  
Distance Medley  
1. Santa Ana 10:47.55

2. Dos Pueblos 10:48.39  
3. Huntington Beach 10:48.91  
6400 Relay  
1. LB Poly 18:23.09  
2. El Toro 18:26.0  
3. Tustin 18:31.0  
High Jump  
1. Parks, El Toro, 6-6  
2. Deraad, Tustin, 6-4  
3. Kattleman, Woods Cross/Utah, 6-4  
Pole Vault  
1. Vandrovec, Fountain Valley, 14-6  
2. Stokes, Edison, 14-6  
3. Allen, Woodbridge, 14-0  
Long Jump  
1. Parks, El Toro, 22-51/2  
2. Langston, RA, 21-113/4  
3. Miller, El Modena, 21-61/2  
Triple Jump  
1. Lowe, Rancho Cucamonga, 45-41/2  
2. Anstead, Dana Hills, 43-81/4  
3. Green, LB Poly, 43-6  
Shot Put  
1. Kurkowski, Canyon Springs, 59-73/4  
2. Bello, Rancho Cucamonga, 57-81/2  
3. O'Neil, Santa Margarita, 56-93/4  
Discus Throw  
1. Moser, Huntington Beach, 198-9 (Meet Record)  
2. Bello, rancho Cucamonga, 186-7  
3. Clark, Newport Harbor, 166-7

**Girls**  
100  
1. Glenn, La Mirada, 12.09  
2. Merritt, LB Poly, 24.68  
3. Dix, Woodbridge, 12.51  
200  
1. Merritt, LB Poly, 24.68  
2. Glenn, La Mirada, 25.12  
3. Dix, Woodbridge, 25.34  
400  
1. Ogunleye, LB Poly, 56.21  
2. Torres, Woodbridge, 58.86  
3. Johnson, Westchester, 58.94  
800  
1. Green, LB Poly, 2:17.12  
2. Fitzgerald, Dana Hills, 2:18.79  
3. Nelson, Brea, 2:20.09

1600  
1. Nuanes, Santa Margarita, 5:03.88  
2. Horgan, Temescal Canyon, 5:04.79  
3. Welsh, Yucaipa, 5:04.32  
3200  
1. Welsh, Yucaipa, 11:10.76  
2. Horgan, Temescal Canyon, 11:21.6  
3. Moore, Woodbridge, 11:31.32  
100 Hurdles  
1. Bethel, Mission Viejo, 14.77  
2. Hunt, Westchester, 14.82  
3. King, LB Poly, 15.02  
300 Hurdles  
1. King, LB Poly, 46.11  
2. Shanklin, Santa Margarita, 46.31  
3. Ogunleye, LB Poly, 47.46  
400 Relay  
1. LB Poly 46.85 (Meet Record)  
2. Santa Margarita 51.44

3. El Modena 51.71  
800 Relay  
1. Brea Olinda 1:49.29  
2. Dos Pueblos 1:50.82  
3. Santa Margarita 1:53.30  
1600 Relay  
1. LB Poly 3:53.51  
2. Esperanza 4:07.91  
3. Santa Margarita 4:08.20  
Sprint Medley  
1. Woods Cross/Utah 4:19.84  
2. Brea Olinda 4:46.22  
3. Hanford 4:50.31  
3200 Relay  
1. El Modena 10:01.68  
2. Dos Pueblos 10:04.72  
3. Temescal Canyon 10:08.08  
Distance Medley  
1. LB Poly 12:49.6  
2. Dos Pueblos 13:17.2  
3. Pacifica 13:53.2  
6400 Relay  
1. La Canada 21:12.0  
2. Esperanza 21:55.0  
3. El Modena 22:06.0  
High Jump  
1. Bethel, Mission Viejo, 5-4  
2. Malhkey, Marymount, 5-4  
3. McKInney, Hanford, 5-4  
Pole Vault  
1. Burns, R Cuca, 10-0 (Ties Meet Record)  
2. S. Higham, Mission Viejo, 9-6  
3. Gutierrez, Esperanza, 9-0  
Long Jump  
1. Bethel, Mission Viejo, 17-31/4  
2. Shanklin, Santa Margarita, 16-11  
3. Clayton, Newport Harbor, 15-71/2  
Triple Jump  
1. Shanklin, Santa Margarita, 36-3  
2. Clayton, Newport Harbor, 35-1  
3. Augustine, Woodbridge, 33-111/4  
Shot Put  
1. Ademikuyi, LB Poly, 44-81/4 (Meet Record)  
2. Linn, Trabuco Hills, 37-8  
3. Eason, Canyon Springs, 35-101/2  
Discus Throw  
1. Price, Loa, 132-7  
2. Ademikuyi, LB Poly, 128-6  
3. Eason, Canyon Springs, 118-11

## Bay Valley League

Wednesday, April 9, 1997. De La Salle High School, Concord. From Keith Conning

**Girls**  
Carondelet (Concord) 103, Clayton Valley (Concord) 33, Kristen Gordon (Carondelet), the Foot Locker National High School Cross Country Champion, ran an easy double in preparation for the Arcadia Invitational this weekend. The 800, 1,600, and 3,200 meters were not reported in tenths of seconds in the local newspaper.

800 Meters  
1. Kristen Gordon (Carondelet) 2:23  
1,600 Meters  
1. Kristen Gordon (Carondelet) 5:04  
2. Megan Andrade (Carondelet) 5:09  
3. Kelly Howlsey (Clayton Valley) 5:20