

Prep Notes

6	Kosek (Gunn)	18:57
7	Bebensee (Westmont)	19:12
8	Dancel (Mills)	19:19
9	Sivaletti (Mitty)	19:25
10	Daven (Los Altos)	19:26
11	Roller (Mt. View)	19:28
12	Cluster (San Mateo)	19:28
13	Barron (Willow Glen)	19:30
14	Larkin (St. Francis)	19:42
15	Vega (Burlingame)	19:47
16	Johnn (Willow Glen)	19:58
17	Arnold (Palo Alto)	19:59
18	Graeve (Mt. View)	19:59
19	Thomas (Aptos)	20:01
20	Sharrow (St. Francis)	20:01
Girls Teams Div. III (Top 2 advance)		
1	Santa Catalina (Monterey)	31
2	Carmel	41
3	Menlo	50
Girls Individuals Div. III (Top 5 advan)		
1	Katy McCandless (Castilleja)	17:12
2	Nicola Dauphine (Stevenson)	19:31
3	Rachele Lewis (Santa Catalina)	19:36
4	Sarah Lewis (Santa Catalina)	20:47
5	Aimee Tolan (Notre Dame)	20:50
6	Peters (Valley Christian)	21:00
7	Hester (Menlo)	21:58
8	Lemos (Berean Christian)	22:04
9	Parravano (Carmel)	22:04
10	Gustavson (Carmel)	22:22

Oakland

Nov. 18, 27 Miles.		
Boys Teams (One advance to State)		
1	Oakland	15
2	Fremont	70
3	Skyline	86
4	Oakland Tech	87
5	Castlemont	116
Boys Individuals		
1	Roberts (Oakland)	14:46
2	Ghebriwhet (Oakland)	14:55
3	Nodal (Oakland)	15:04
4	Hernandez (Oakland)	15:06
5	Perez (Oakland)	15:09
6	Sanders (Oakland Tech)	15:24
7	Feseña (Oakland)	15:33
8	McNutt (Skyline)	15:36
9	Cervantes (Fremont)	15:43
10	Cordova (Oakland)	16:02
Girls Teams (One Advance)		
1	Skyline	43
2	Oakland	44
3	Castlemont	58
4	Fremont	66
Girls Individuals		
1	Waters (Oakland Tech)	14:08
2	Asefaha (Oakland)	14:21
3	Chamberlain (Skyline)	14:53
4	Quong (Oakland)	15:27
5	Reed (Oakland)	15:52
6	Gonzalez (Fremont)	16:04
7	Sanders (Castlemont)	16:30
8	Chan (Skyline)	16:40
9	Comelo (Oakland)	16:46
10	Harris (Oakland Tech)	16:49

San Francisco

Distance 3.4 miles.		
Boys Teams (One advance to State)		
1	Lowell	21
2	McAteer	43
3	Washington	124
4	O'Connell	142
5	Balboa	163
Boys Individuals		
1	Ken Skidmore (Lowell)	18:59
2	Eugene Cho (Lowell)	19:14
3	Darren Leong (McAteer)	19:18
4	Andres Tobar (McAteer)	19:27

5	Leon Medina (Lowell)	19:35
6	Andy Chan (Lowell)	19:45
7	Luke Lim (Lowell)	19:49
8	Damien Smiley (McAteer)	19:56
9	Bo Lim (Lowell)	20:02
10	Princeton Chan (Lowell)	20:09
Boys Frosh/Soph		
1	Eric O'Brien (Lowell)	19:55
2	Mario Cantzales (O'Connell)	20:06
Girls Teams		
1	Lowell	21
2	Lincoln	125
3	O'Connell	129
4	Balboa	133
5	McAteer	142
Girls Individuals		
1	Nancy Bell (Lowell)	22:33
2	Lisa Lopez (Balboa)	23:17
3	Raquel Kuronon (Lowell)	23:39
4	Mao Tai (Lowell)	23:43
5	Shawna Hodges (McAteer)	23:53
6	Jennifer Brown (Lowell)	24:06
7	Rebecca Shuman (Lowell)	24:11
8	Susan Moss (Lowell)	25:09
9	Kristin Olsen (Lowell)	25:42
10	Mariel Calizo (Lowell)	25:44

North Coast

1A Qualifying

Bay Area Conference		
Nov. 13, Joaquin Miller Park, Oakland		
Boys Teams:		
1	University (San Francisco)	30
2	Head-Royce (Oakland)	53
3	Calif. School for Deaf (Fremont)	100
4	Marin Academy (San Rafael)	102
5	Katherine Branson (Ross)	106
Boys Individual (top seven advance)		
1	Gonzales (University)	14:49
2	Metzger (University)	14:54
3	McClave (Head-Royce)	15:01
4	Samuels (Cal.School for Deaf)	15:03
5	Multhya (Marin Academy)	15:05
6	Roulac (Branson)	15:13
7	Gomez-Novy (Head-Royce)	15:17
Girls Teams (top five advance)		
1	University (San Francisco)	23
2	Head-Royce (Oakland)	67
3	Katherine Branson (Ross)	80
4	College Prep (Oakland)	106
5	Crystal Springs (Hillsborough)	112
Girls Individuals (top seven advance)		
1	McConnell (University)	17:06
2	Smith (University)	17:19
3	Segas (University)	17:40
4	Starr (College Prep)	18:27
5	Gardner (College Prep)	18:36
6	Fung (Head-Royce)	18:46
7	Hiles (Head-Royce)	18:49

2A Qualifying

East Shore Athletic League		
Nov. 13, Joaquin Miller Park, Oakland.		
Boys Teams (Half advance)		
1	Piedmont	29
2	Encinal (Alameda)	32
3	Bishop O'Dowd (Oakland)	76
4	St. Mary's (Berkeley)	97
Boys Individuals (top seven advance)		
1	Gordon Johnson (Piedmont)	18:03
2	Venables (Encinal)	18:25
3	Rubin (Piedmont)	18:49
4	Briones (St. Joseph)	18:59
5	Meagor (Encinal)	19:00
6	Morse (Piedmont)	19:03
7	Rountree (Bishop O'Dowd)	19:06
8	Fong (Piedmont)	19:12
9	Rodriguez (Bishop O'Dowd)	19:25
10	Boone (Encinal)	19:28
Girls Teams (Half Advance)		
1	Bishop O'Dowd (Oakland)	38
2	Piedmont	46
3	Encinal (Alameda)	70

4	Notre Dame (Alameda)	92
5	Holy Names (Oakland)	94
Girls Individuals (Top seven advance)		
1	Quesqueya Rodriguez (Bishop O'D)	23:11
2	Moultrie (Notre Dame)	23:28
3	Ibarra (Bishop O'Dowd)	23:38
4	Roveda (Encinal)	23:55
5	Jarosz (Holy Names)	23:59
6	Wolfe (Piedmont)	24:05
7	Hilman (Piedmont)	24:09
8	Dunn-Ruiz (Piedmont)	24:17
9	Keller (Piedmont)	24:30
10	Fain (Bishop O'Dowd)	24:47

Marin County Athletic League		
Nov. 14, Indian Valley, Novato.		
Boys Teams (Top four advance)		
1	Redwood (Larkspur)	28
2	San Rafael	56
3	Terra Linda (San Rafael)	80
4	Tamalpais (Mill Valley)	101
Boys Individuals (Top seven advance)		
1	Paul Mankin (San Rafael)	17:11
2	Willie Guerrero (Redwood)	17:21
3	Chris Swain (Redwood)	17:55
4	Rich Lynch (Novato)	18:10
5	Seth Davis (Terra Linda)	18:10
6	Joel Hunt (Marin Catholic (Knit)	18:12
7	David Alles (Redwood)	18:31
8	Alex Siever (Tamalpais)	18:37
9	Tom Kamp (Redwood)	18:41
10	Rob Larson (Redwood)	18:45
Girls Teams (Top four advance)		
1	Redwood (Larkspur)	27
2	Drake (San Anselmo)	63
3	San Rafael	86
4	Marin Catholic (Kentfield)	116
Girls Individuals (Top seven advance)		
1	Carolina Allen (San Rafael)	20:53
2	Kathy Hiatt (Redwood)	21:53
3	Sheila Burke (Marin Catholic)	21:11
4	Desiree Crunelle (Redwood)	21:42
5	Shannon Bryant (Redwood)	22:13
6	Paige Passano (Redwood)	22:16

Hayward Area Athletic League		
Nov. 12, Hayward High School, 3 Miles.		
Boys Teams (Top four advance)		
1	Castro Valley	31
2	San Leandro (NCS 3A)	43
3	Hayward	89
4	Mt. Eden (Hayward)	98
5	San Lorenzo	123
Boys Individuals (Top seven advance)		
1	Kevin Berkowitz (Hayward)	15:30
2	Scott Kennedy (San Leandro) 3A)	15:43
3	Todd Saunders (Castro Vly)	15:52
4	Matt Johanson (Castro Vly)	15:54
5	Paul Butler (Mt.Eden)	16:10
6	Paul Denzler (Castro Vly)	16:13
7	Jason Atwood (CastroVly)	16:13
8	Adam Wise (San Leandro)	16:42
9	Chang Choi (San Leandro)	16:54
10	Fredrick Hallstrom (San Leandro)	17:04
11	Mark Wallace (Castro Valley)	17:04
12	Ben Cavazos (Castro Vly)	17:08
13	Tim Gravino (Castro Vly)	17:14
14	Clive Lobo (San Leandro)	17:30
15	Jim Martin (Castro Vly)	17:41
Girls Teams (Top four advance)		
1	Castro Valley	26
2	Arroyo (San Lorenzo)	61
3	San Leandro (NCS 3A)	86
4	Mt. Eden (Hayward)	82

Girls Individuals (Top seven advance)		
1	Janelle Nelson (Arroyo)	20:54
2	Elice Patterson (CastroVly)	21:07
3	Mona Pang (Castro Valley)	21:09
4	Carrie Frates (San Leandro 3A)	21:11
5	Jenefer Millin (Castro Vly)	21:14
6	Jessica Warner (Castro Vly)	21:18
7	Margaret McCarthy (San Leandro)	21:34
8	Angela Gatto (Tennyson)	21:35
9	Sandy Faeth (Mt.Eden)	21:35
10	Patricia Rodillas (CastroVly)	21:49
11	Cindy Watts (Mt. Eden)	22:11
12	Maria Garcia (Tennyson)	22:15
13	Cindy Uher (Castro Vly)	22:17
14	Lorrie Lizama (Arroyo)	22:27
15	Lesly Wallace (Castro Vly)	22:44

Humboldt-Del Norte League		
Nov. 7, Trinidad, 3 Miles.		
Boys Teams:		
1	Arcata	27

2	Eureka (NCS 3A)	61
3	Fortuna	70
4	South Fork (Miranda 1A)	76
5	Del Norte (Crescent City)	109
6	St. Bernard (Eureka 1A)	130
7	McKinleyville (1A)	203

Boys Individuals (Top seven qualify)		
1	Eli Roca (Arcata)	16:03
2	Bryan Nunes (Fortuna)	16:08
3	Jason Lindholm (Eureka)	16:19
4	Daniel Montoya (Arcata)	16:34
5	Thomas Gai (Arcata)	16:43
6	Kevin Regli (Fortuna)	16:57
7	Jeff Ball (Arcata)	17:09
8	Gene Cotter (South Fork)	17:13
9	Andy Cleveland (Eureka)	17:18
10	Erik Zamboni (Arcata)	17:20

Girls Teams:		
1	Arcata	22
2	Fortuna	34
Girls Individuals (Top seven qualify)		
1	Sarah Gundman (Fortuna)	19:51
2	Melania Toller (Arcata)	20:06
3	Camella Kirsch (Arcata)	21:45
4	Stephanie Eads (Arcata)	21:56
5	Krista Muenzer (Del Norte)	22:00
6	Anna Bonomini (Eureka 3A)	22:48
7	Freya Everson (South Fork 1A)	22:56
8	Shandra Grobey (Arcata)	22:58
9	Rhonda Parsells (Fortuna)	23:09
10	Kelly Eagan (Eureka)	24:05

Sonoma County League		
Nov. 11, Spring Lake, Santa Rosa.		
Boys Teams (Top three advance)		
1	Sonoma Valley (Sonoma)	47
2	El Molino (Forestville)	72
3	Analy (Sebastopol)	76
4	Petaluma	82
5	Healdsburg	97
6	Casa Grande (Petaluma)	118

Boys Individuals (Top seven advance)		
1	John Litzenberg (Sonoma)	16:35
2	Dave Wilson (Healdsburg)	16:49
3	Ben Perez	16:56
4	John Konopasek (El Molino)	17:16
5	Bob Geisinger (El Molino)	17:17
6	Blair Barnes (Analy)	17:22
7	J.B. Collins (El Molino)	17:26
8	Danny Amaya (Casa Grande)	17:29
9	Jeff Gill (Healdsburg)	17:42
10	Jeff Vanderwalker (Petaluma)	17:43
11	Eric Tellander (Petaluma)	17:43
12	Dave Jones (Sonoma)	17:44
13	Tim Hargis (Analy)	18:11
14	Bryce Yost (Healdsburg)	18:13
15	Will Perez (Sonoma)	18:14
16	Jim Garcia (Sonoma)	18:16
17	Rich Kerby (Petaluma)	18:17
18	Walter Dehority (Analy)	18:17
19	Matt Sloat (Analy)	18:18
20	Mike Fore (Analy)	18:20

Girls Teams (Top three advance)		
1	Analy (Sebastopol)	24
2	Petaluma	50
3	El Molino (Forestville)	75
4	Sonoma Valley (Sonoma)	78

Girls Individuals (Top seven advance)		
1	Jenny Dempsey (Analy)	19:53
2	Mendy Tuhtian (Analy)	21:04
3	Tina Marie (Analy)	21:04
4	Joleen Oliver (Petaluma)	21:36
5	Lori Lovewell (Sonoma)	21:40
6	Chele Lorda (El Molino)	21:47
7	Jennifer Silver (El Molino)	21:56
8	Laura Neumann (Analy)	21:58
9	Lori Kibler (Petaluma)	22:03
10	Kyra Kissam (Analy)	22:08
11	Chelsea Cromwell (Petaluma)	22:09
12	Tina Contreras (Petaluma)	22:46
13	Nicole Ballard (Healdsburg)	22:53
14	Amy Gonsalves (Sonoma)	22:56
15	Julie Wagstaff (Petaluma)	23:17
16	Melissa Lobsinger (Sonoma)	23:17
17	Caryn Fisher (Analy)	23:51
18	Sharon Polley (El Molino)	23:59
19	Alisha Robinson (Petaluma)	24:02
20	Darlene Miller (Analy)	24:28

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