C.I.F. Section Championships & State Meet Qualifying



San Diego

November 20. Balboa Park, San Diego.

A nationally ranked San Diegan won yet another CIF-San Diego championship in the section cross country finals. Rancho Buena Vista's Kira Jorgensen, right? Yes and no.

Jorgensen easily won the Class 1-A title with the day's fastest time of 14:08 over the 2.42-mile course. No surprise there since it was the fifth career CIF-San Diego title won by the junior in cross country and track. The surprise of the meet was Class 2-A champion Allison Maxwell. The University City senior also is nationally ranked - but in swimming. "I started out running to help my swimming," Maxwell said, "and now I love https://www.news.com/asserved."

photo by Burt Davis



Goshu Tadese

Maxwell, who won two CIF-San Diego swimming titles last spring, landed her first cross country title with a 14:54, the second fastest time of the day. All three divisions raced together and then winners were broken down later. Maxwell surprised University's Kristi Bache, Coronado's Sharmen Dugger and Ramona's Karen Karcher by sprinting past them with three-quarters of a mile remaining.

"I think everybody said, 'Okay, Kira, you're running your own race and the competition is for second and on," Maxwell said. "I really surprised myself. I saw Kristi and Shamen and focused on them."

Jorgensen's win was the first at her new school in the Vista district that opened this fall. She looked out of place wearing Rancho Buena Vista's maroon and silver uniform instead of Vista's black outfits, but she was easy to spot on the course. Her winning margin was 46 seconds.

"It's different, but it's still special because it's the first CIF championship anybody has won at my new school," Jorgensen said, "The hard part is running against my old friends who are still at Vista."

Bache tried to stay close early in the race, but Jorgensen changed gears a little more than a half-mile into the race after she hit a downhill stretch that comes shortly before the tough Upas Street hill.

It's the same hill that comes into play on a similar course used for the Kinney National Cross Country finals.

"I knew I was going to have to pick up the pace before the uphill," Jorgensen said. "I wanted to make her work before the hill so I wouldn't have to push it on the hill."

Bache, who ran impressively against Jorgensen in the trials, faded at the end in the heat and low humidity and was fourth in the 1-A with a 15:20. Dugger was second in 15:03 and Karcher third in 15:09. The 1-A is for small schools, but it turned out to have the toughest field.

The 3-A winner was San Dieguito's Jaime Butler in 15:15.

The boys overall winner was just as predictable as Jorgensen's performance as Crawford senior Goshu Tades ran a 15:29.2 over the 3.1-mile course, Poway's Bryan Devore took the 3-A title in 15:50.5 and Escondido's Jason Heideman the 1-A in 16:13.8.

In team competition, Poway added to the boys CIF-San Diego track and field title won last spring by sweeping the boys and girls cross country titles. Both teams are coached by Dan Schaitel.

"The boys were No. 1 going into the meet and they stayed No. 1, but the girls had to work hard," Schaitel said. "Our strategy was to have both teams go out hard and establish themselves by the first mile."

The Poway boys won by the largest margin ever recorded in 3-A competition as the Titans scored 36 points to 92 by Mt. Carmel and Santana. The girls, which lost two dual league meets, finished strong by winning the league meet before the section title.

Poway's top six boys placed between first and 15th and the girls between sixth and 18th.

The other boys division winners were Serra in the 2-A and El Camino in the 1-A. La Jolla's girls claimed the 2-A crown and San Pasqual's girls took the 1-A.

Southern

November 14. Mt. SAC;.

On the weekends of November 7th and 14th the powerful Southern Section gathered at Mt. SAC for its Section Finals and State Qualifying competitions. With the schools broken up into four divisions there were some interesting races. Arroyo (El Monte) and Palos Verdes, the top Men's and Women's groups in the State, respectively, were winners at their level, with Dana Hills upsetting PV in the Men's 4A team contest. Individually, David Scudamore (Palos Verdes) was the quickest male, while frosh Deena Drossin (Agoura) was the fastest female.

Women's 4A--A big team win for the nation's best female harrier squad, Palos Verdes, was a foregone conclusion, with their five minute team time win in the Finals no real surprise (36-94:12 to Santa Ana Valley's 118-99:17). It was suspected early in the year that such a PV score was possible, as this was the first year in a while that the 4A division did not have a number of teams that could run 98:00 or better. The Sea Kings and Coach Joe Kelly must certainly be congratulated on a super year where they hid from no one, raced hard many, many weekends and highlighted their season with a big win in New York against the best from the East.

Individually this division was much more

interesting, as the number two returnee in the nation from the Kinney Cross Country Championships, Brigid Freyne (Riverside Poly), would face a top group, including Jamie Park (Santa Barbara) and Ashley Black (PV). Freyne pushed right from the gun, having a comfortable lead through the flat first mile at 5:24. During the second hilly switchback mile Park crept closest, with Jamie edging by the fatigued Poly star on the half mile out of sight behind the "Poop Out" and Reservoir" hills. Freyne unable to respond to the challenge and Park pulled away to an 18:01 win (Jamie was 4th last year here at 17:55). During the downhill and flat last half mile Black edged into second ahead of Freyne 18:06-18:11, with Jessica Craven (Camarillo) running a super 18:13 for 4th (to pull down her best from 19:00).

(to pull down her best from 1930), Results: 1. Park (SB) 18:01, 2. Ashley Black (PV) 18:06, 3. Freyne (Riv. Poly) 18:11, 4. Craven (Camarillo) 18:13, 5. Leichter (PV) 18:22, 6. Benavidas (SA Valley) 18:45, 7. Haggenmiller (ThousOaks) 18:50, 8. Plier (Mira Costa, Mah.Bch) 18:50, 9. Kozlowski (Irvine) 19:00, 10. Fill (PV) 19:01. Team Scores: 1. Palos Verdes 36 (94:12 #7 AT Performance, #5 AT Team on course), 2. Santa Ana Valley 118 (99:17), 3. Newport Harbor 125 (99:40), 4. VILLA PARK 152 (100:52), 5. Irvine 156 (100:48),

6. Ventura 72 (101:47), 7. Newbury Park 178 (101:54), 8. Thousand Oaks 181 (101:39), 9. El Toro 185 (102:21), 10. Missio9n Viejo 207 (103:09), 11. Santa Ana (103:36) and Tustin (103:47) 215.

Women's 3A--This division featured Arroyo Grande, a tight pack-running team with no super individuals, against Montebello. Montebello had Rayna Cervantes (10:30.72 3200m runner and 18:07 defending individual champ here) and Terri Sandoval 11:10 3200m and 18:38 here up front, but not quite the backup that AG had. Rayna raced to a relaxed, strong Finals 17:54 win, with Sandoval 2nd at 18:33. Coach Greg Denike's AG group had their first three come in before Montebello's third, with Katie Horn (4th AG) and Hope Ramey (5th AG) splitting Montebello's fourth to ice a narrow 80 (100:30 - 82 (98:16) win. This was one of those runs where every step counted for these two fine teams. The success of Arroyo Grande must be noted, as the Women's half of that program has not been lower than third in their division in the Section since 1982. The biggest story of all might have been back in third, where the defending team champions Norco, held back frustratingly all season with injuries, dropped three minutes as a team in the Finals to come very close to the front two with 89 points (100:51). Coach Larry Nugent of Norco almost pulled off his biggest magic ever this year, but with only one senior on his Varsity we will keep an eye on things for 1988.

Results: 1. Cervantes (Montbe) 17:54, 2. Sandoval (Monteb) 18:33, 3. Jones (La Habra) 19:01, 4. Pinto (Katella, Anaheim) 19:07, 5. Lowery (Norco) 19:20, 6. Rigon (Alta Loma) 19:28, 7. Condit (AG) 19:31, 8. Cooke (Esperanza, Anaheim) 19:35, 9. Lopez (Fullerton) 19:43, 10. Bowen (AG)

Team Scores: 1. Arroyo Grande 80 (100:30), 3. Montebello 82 (98:16), 3. Norco 89 (100:51), 4. Palmdale 128 (102:59), 5. Alta Loma 135 (103:20), 6. La Habra 153 (103:59), 7. Wilson (Hacienda Heights) 168 (105:09), 8. Esperanza (Anaheim) 204 (107:15), 9. Claremont 213 (111:36), 10. Bishop Montgomery (Torrance) 219 (107:31), 11. Mater Dei (Santa Ana) 234 (108:56), 12. Upland 238 (109:00).

Women's 2A-Another interesting team race here featured the Section's newest power, Agoura, led by the super frosh duo of Deena Drossin (17:37 course frosh record in the Prelims) and Tiffany York (18:19 here). The Chargers were pitted

against the two-time defending division champions, Hesperia. Hesperia fgatures the State's strongest individual trio, Nicole Houle (10:42.98 3200m and defending champ here at 17:45), Nicole Robbins (2nd at Clovis in 17:59 at Woodward Park), and Robbyn Bryant (nationa's #2 miler at 4:46.59 for 1600m and 17:46 here last year). Hesperia had gone through some ups and downs during the year, with Houle especially held back with injury problems. The division was full of super individuals, with Karen Hecox (South Hills, Covina), a 10:31.95 3200m star, and Sandra Acosta (Walnut) (18:15 here) along for the ride.

Drossin is as intense a runner as you will see. She has learned through a long career where she has only been defeated once in the sport to maintain a very high level of effort through an entire hilly three mile race. After a 5:24 first mile it was only Hecox who ever came within shouting distance of the Agoura star, with Drossin maintaining a one hundred yard lead through the final mile on the way to a 17:46 win over the South Hills soph's 18:00 PR. Sandra Acosta was 3rd at 18:26, with the Hesperia duo of Robbins (18:35) and Bryant (18:39) leading their squad. Interestingly, this was another team contest decided by those back in the pack, as Agoura's third, Stacy Kristan (13th), fourth Cheynee Zontelli (14th), and fifth, Tally Towland (16th), surrounded Hesperia's fourth scorer, in 15th, to ice the Charger victory with 53 (97:42) to the Scorpion's 60 (97:31). Soph Zontelli dropped over a minute from 21:16 in the Prelims to 20:05 in the Finals to ice the win for Agoura. Agoura only had one senior on the course in the

Results: 1. Drossin (Ag) 17:46, 2. Hecox (SH) 18:00, 3. Acosta (Walnut) 18:26, 4. Robbins (Hesp) 18:35, 5. Bryant (Hesp) 18:39, 6. Castruita (West Covina) 18:49, 7. Martino (St. Joseph, Santa Maria) 18:59, 8. Houle (Hesp) 19:07, 9. Kileen (Valencia, Placentia) 19:13, 10. Dobel (Nordhoff, Ojai) 19:15. Team Scores: 1. Agoura 53 (97:42), 2. Hesperia 60 (97:31), 3. Woodbridge (Irvine) 125 (102:53), 4. South Hills (Covina) 139 (102:20), 5. Etiwanda 153 (104:35), 6. St. Joseph, (Santa Maria) 163 (104:32), 7. Calexico 168 (105:09), 8. Nordhoff (Ojai) 174 (105:01), 9. Morro Bay 181 (105:44), 10. Apple Valley 208 (106:54), 11. South Pasadena 224 (108:03), 12. La Canada 245 (109:00).

Women's 1A--This was a very tight division all season long, but Coach Ken Cronquist of Maranatha (Sierra Madre) timed his crew's peak superbly once again here. After a narrow mid-season loss in the big annual show-down for this division at the Bell-Jeff Invitational to Paraclete (Lancaster), Maranatha lay kind of low, skipping the Mt. SAC Invitational. Cronquist's group emerged in the Prelims, having the quickest heat time by nearly three minutes at 105:58. With such a margin the Finals were kind of a foregone conclusion. Placing five in the top 22 of the team scoring the "Minutepeople" scored 52 points (105:41) to win over St. Bernard (Playa del Rey), which surprised for the second year in a row in the Finals in second, with 89 (108:44).

Individually here, Tanya Thayer (Serrano, Phelan) had the division's quickest time by about a minute during the season, with her 19:02 Finals run having her far ahead of the field the entire way. Karen Talamantes (Western Christian, Covina) was 2nd at 19:23.

Results: 1. Thayer (Serrano) 19:02, 2. Talamantes (Western Christian) 19:23, 3. Dwyer (Alemany, Mission Hills) 19:31, 4. Hillinger (Serrano) 19:36, 5. Moronez (Azusa) 19:46, 6. Hosek (Notre Dame, Sherman Oaks) 20:00, 7. Cordero (Maranatha) 20:15, 8. Harvey (Paraclete) 20:30, 9. Perkins (Paraclete) 20:39, 10.

Continued next page

Prep Notes



Jamie Park

Earle (Maranatha) 20:52. Team Scores:
1. Maranatha 52 (105:41), 2. St. Bernard 89 (108:44), 3. Paraclete 97 (108:41), 4. Alemany 109 (108:40), 5. Webb (Claremont) 153 (112:29), 6. Moorpark 181 (113:46), 7. Chaminade (Canoga Park) 182 (114:12), 8. Bishop 222 (117:30), 9. Valley Christian (Bellflower) 225 (116:55), 10. Notre Dame (Sherman Oaks) 227 (117:02), 11. Thacher (Ojai) 257 (118:43), 12. LA Baptist (Sepulveda) 266 (118:37).

Men's 4A-1. Most of the State's top teams reside in this Division of the Southern Section, so big action was assured. Palos Verdes was the favorite, with a 79-28 best here, but Corona del Mar (80:10), Dana Hills (80:41), and Camarillo (80:42) were all very dangerous. One point on top from the Section's best, David Scudamore (Palos Verdes), the individual favorite, could not hurt that Beach School's team

Dana Hills was the team that showed it came with serious things on its mind right from the gun, with talented junior Mike Tansley leading a DH contingent up front through the first quarter mile. Scudamore worked his way up and out of the pack, romping awawy to the section's quickest time of the year here this year, 15:11, in winning. Tansley surprised a bit by holding on to second, in a fine 15:29. Dana Hills backed him up nicely. Javier Barrera (15:39-7th), Fermin Segura (10th-15:49), Andrew Tansley (26th-16:10), and Jerry Kublak (34th-16:21) totalled an improved 79:28 and 63 points when individuals were displaced to shock Palos Verdes, who had 87 and 79:56. Coach Tim Butler of Dana indicated the team had planned a peak here, which they achieved nicely, and that a slow, but sure, comeback from a knee injury by Segura was the key to the team's late development. With transfer Stephen Niednagel eligible and the Tansley twins back Dana Hills should be very dangerous again next Fall. Camarillo ended up third with 97 (80:45), and with four sophs in their top six, are the State team of the future.

Corona del Mar, the State's top ranked Division II squad, 4th at 103 (80:27). Seven teams in this division ran at 82:00 or better, a 16:24 average for scorers, some pretty respectable running on this hilly, tough course.

Results: 1. Scudamore (PV) 15:11, 2. M. Tansley (DH) 15:29, 3. Geerlings (Newport Harbor) 15:31, 4. Esparza (Newbury Park) 15:34, 5. Schultz (Canyon, Anaheim) 15:36, 6. Lavelle (CdM) 15:37, 7. Barrera (DH) 15:39, 8. McCarter (Thous Oaks) 15:46, 9. Robbins (CdM) 15:47, 10. Segura (DH) 15:49. Team Scores: 1. Dana Hills 63, (97:28 = #15 at SoSec Team at Mt. SAC, #18 AT Team ever), 2. Palos Verdes 87 (79:56), 3. Camarillo 97 (80:45), 4. Corona del Mar 103 (80:27), 5. Canyon (Canyon Country) 150 (81:43), 6. Thousand Oaks 157 (81:42), 7. Antelope Valley 165 (82:02), 8. El Modena (Orange) 201 (83:00), 9. Mission Viejo 219 (83:21), 10. Torrance 224 (83:13), 11. Newport Harbor 239 (83:34), 12. Fountain Valley 245 (83:38).

Men's 3A--Arroyo (El Monte) came into the season with rave reviews, was undefeated so far, and was the #1 ranked team in State in Division I all season long. That is really a big burden to carry around all the time. Their super senior class rose to the occasion once again here and put together a solid race in the Finals, winning with 51 points (79:29) over a very talented Upland squad that had 67 (80:09). Arroyo was led by team standbys Jaime Ortega (3rd-15:30) and Derrick Powers (5th-15:35). A special note must be made about this Arroyo squad who did it more from dedication, team unity, and hard work than anything else. Sixteenth place individual finisher Jeff Gilkey was the only team member who showed special ability when he started running, with the crew developing from a good ninth grade group to among the best in the Section's history. Upland ran five juniors in the 3A Finals and are the favorites next time around.

Terrance Mahon (La Habra) ran a wellpaced race to emerge as the individual titlest here at 15:26, with Mike Glaze (Notre Dame, Sherman Oaks) dropping a bunch the last couple of weeks to place 2nd at 15:28

Results: 1. Mahon (La Habra) 15:26, 2. Glaze (Notre Dame, Sherman Oaks) 15:28, 3. Ortega (Arroyo) 15:30, 4. Ocegurra (Rubidoux, Riverside) 15:32, 5. Powers (Arroyo) 15:35, 6. Perez (Rosemead) 15:41, 7. Baratti (Buena Park) 15:43, 8. Vujic (Burrough, Burbank) 15:45, 9. Trujillo (Rubidoux) 15:46, 10. Burks (Upland)

Team Scores: 1. Arroyo (El Monte) 51 (79:29), 2. Upland 67 (80:09), 3. Rubidoux (therside) 128 (82:19), 4. Hart (Newhall) 157 (83:20), 5. Buena Park 160 (83:21), 6. Hemet 163 (83:27), 7. Rosemead 175 (83:50), 8. Rowland (Rowland Heights) 179 (83:51), 9. Burbank 180 (84:08), 10. Montebello 210 (85:20), 11. Perris 252 (86:25), 12. Loyola (LA) 253 (86:27).

Men's 2A-A division race that was felt to be a foregone conclusion turned into a very close affair, when a not too deep Walnut squad ran into illness problems. ranked here all season long, the Mustangs had some injury and other problems that held them to having five very solid scorers-Scott and Matt Hempel, Coby Polite, Eric Christopherson, and Darren Walker. Walker showed up very, very ill the week of the finals and ran about two and a half minutes slower than normal (18:58) to open the gates for any challengers. It was a young and continually improving Agoura squad that almost fit through the opening, scoring 76 (80:59) to the 74 (80:45) that Walnut managed in the Finals.

Individually, the division was super. Frosh Luis Quintana (Arroyo Grande) and soph Bryan Dameworth (Agoura) matched up with a fine group. Surprisingly, it was Scott Hempel, 9:07.04 for 3200m last spring and 15:23 here in '86 as a soph (but not close to

that this campaign), who looked strongest through two miles, and edged away from another newcomer, junior Gary Stoltz (Miraleste, PV), during the last mile as they recorded excellent 15:16 and 15:21 times, going 1-2. Quintana lowered his frosh course record to 15:23 in 3rd, with Dameworth 4th at 15:25.

Results: 1. Hempel (Walnut) 15:16, 2. Stoltz (Miraleste) 15:21, 3. Quintana (Arroyo Grande) 15:23, 4. Dameworth (Agoura) 15:25, 5. Zamora (Coachella Valley) 15:37, 6. Daza (Valencia) 15:45, 7. Jones (Brea) 15:51, 8. Oviatt (Agoura) 15:52, 9. Christopherson (Walnut) 15:53, 10. Polite (Walnut) 16:00. Team Scores: 1. Walnut 74 (80:45), 2. Agoura 76 (80:59), 3. Arroyo Grande 98 (82:02), 4. Woodbridge (Irvine) 152 (84:02), 5. Paso Robles 159 (84:29), 6. Cabrillo (Lompoc) 161 (84:44), 7. Valencia (Placentia) 164 (84:16), 8. La Puente 173 (84:46), 9. Brea 184 (85:04), 10. Coachella Valley 199 (85:10), 11. Lompoc 239 (88:26), 12. Trabuco Hills 241 (87:14).

Men's 1A -- This was an interesting division, with Sherman Indian (Riverside) hoping to continue a mystique that would have it rise above all challengers when the going was tough in the finals to win another championship (this could be their sixth since 1980). Challengers did abound, with about five teams capable of winning. Coach Ken Cronquist (maranatha, Sierra Madre) did a super job peaking both his Men's anmd Women's squads, here dopping almost two minutes as a team in the Finals to 95 points and 85:25 team time. Sherman had 123 (86:50), but it was an Azusa team, led by the talented Fili Arizmendi (2nd-16:01) and Kyle Bailey (3rd 16:08), who were not to be denied, scoring 94 (84:44), to squeak to the win over

Indiviudally, it was Brian Ochs (Mission College Prep, SLO), a 1:56.70 800m runner, who improved 50 seconds in the Finals to romp away to a 15:53 win.

Finals to romp away to a 15:53 win.
Results: 1. Ochs (Mission Prep) 15:53, 2.
Arizmendi (Azusa) 16:01, 3. Bailey (Azusa)
16:08, 4. Wester (Maranatha) 16:08, 5. R.
DeLeon (Moorpark) 16:09, 6. Bergman (Whittier Christian) 16:25, 7. Heiber (Serrano, Phelan) 16:29, 8. A. DeLeon (Moorpark) 16:31, 9. Coudy (Village Christian, Sun Valley) 16:38, 10. Almilla (Fillmore) 16:45. Team Results: 1. Azusa 94 (84:44), 2. Maranatha 95 (85:25), 3. Sherman Indian 123 (86:50), 4. Village Christian 138 (87:03), 5. Bishop 146 (87:38), 6. Fillmore 174 (88:06), 7. Salesian 176 (88:27), 8. Harvard (North Hollywood) 177 (88:20), 9. Serrano 178 (88:18), 10. La Salle (Pasadena) 188 (88:41), 11. Whittier Christian 198 (88:34), 12. Sierra Vista (Baldwin Park) 223 (89:52).

Central Coast

Central Coast Section Division II Trials

Nov. 12. Crystal Springs, Beimont. Boys Teams Heat One (Top seven advance to CCS Finals)

S.	St. Francis (Mt. View)	65
	Lick (San Jose)	75
	Half Moon Bay	93
	Palo Alto	135
	Prospect (Saratoga)	161
	North Monterey Co. (Castroville)	167
	Lynbrook (San Jose)	231
	Saratoga	232
	Aptos	233
	Woodside	249
	King City	297

12	Mountain View	309
13	Westmoor (Daly City)	317
14	Alisal (Salinas)	332
15	Hillsdale (San Mateo)	365
16	Terra Nova (Pacifica)	367
	Individuals Heat One	
1	Andy Bupp (Woodside)	1535
2	Amendt (Lick)	15:41
3	Warren Woodberry (Prospect)	15:45
4	Stephen Wynn (St.Francis)	15:50
5	Eric Axtell (St.Francis)	15:55
6	Brian Schilling (Palo Alto)	16:00
7	Steve Apfelberg (Palo Alto)	16:03
8	Matt Donnelley (Woodside)	16:09
9	Matt Romersa (HalfMoonBay)	16:17
10	Anthony Brandon (No.MontereyCo)	1621
11	Rhodes (Half Moon Bay)	1624
12	Alterez (Lick)	1627
13	Jose Solano (Westmoor)	16:32
14	Stone (St.Francis)	16:35
15	Brenden Dwan (Aptos)	16:35
Indiv	idual Qualifier	
19	Marcus Cifuentes (Cupertino)	16:44
	Teams Heat Two	
	seven advance)	15 116
1	Gunn (Palo Alto)	59
2	Leigh (San Jose)	101
3	San Mateo	139
4	Los Altos	146
5	Mitty (San Jose)	157
6	Santa Cruz	182
7	San Lorenzo Valley (Felton)	186
8	Burlingame	190
		208
9	Carlmont (Belmont)	
10	Lincoln (San Jose)	210
11	Del Mar (San Jose)	226
12		225
	Westmont (Campbell)	
13	Mills (Milbrae)	266
Boys	s Individuals Heat Two	
1	Brett Mack (Carlmont)	15:12
	Diett Mack (Califfold)	
2	Dan Chamberlain (Leigh)	1529
3	Christian Lowe (Los Altos)	15:36
4	Jason Potmesil (Leigh)	15:39
5	Joe Rodriquez (San LorenzoVly)	15:51
6	Mike Brown (Gunn)	16:02
7	Brian Tesfazghi (Gunn)	16:07
8	Derek Waxman (San Mateo)	16:13
9	Nick McBurney (Santa Cruz)	16:14
10	Dave Pearce (Los Altos)	16:16
11	Hartman (Gunn)	16:18
12	Dukes (Gunn)	1621
13	Heneghan (Leigh)	1625
14		1626
	Archibald (San Mateo)	
15	Plumarita (Mitty)	1626
Indiv	idual Qualifiers	
	David Mears (Mills)	1627
17		
18	Hap Yielding (Carlmont)	16:31
19	Pat Stein (Burlingame)	16:37
20	Marc Tanner (Carlmont)	16:40
22	Charles Lancellotti (Burlingam)	16:44
Girls	Teams Heat One	
	seven advance)	
1	Mills (Millbrae)	84
2	St. Francis (Mt.View)	93
3	Aptos	93
		107
4	Mountain View	
5	Carlmont (Belmont)	130
6	Half Moon Bay	138
7		142
	Palo Alto	
8	Westmont (Campbell)	173
9	Note Dame (Belmont)	187
10		237
	Presentation	231
Girls	Individuals Heat One	
1	Cindy Mahaffey (Carlmont)	18:32
2	Suzanne Jones (Carlmont)	18:36
3	Julia Meade (Carlmont)	18:38
4	Janet Roller (Mt. View)	19:07
5	Bebenser (Westmont)	1920
6	Alva Dancel (Mills)	19:31
7	Joann Arnold (Palo Alto)	19:40
8		19:57
	Linda Davem (Los Altos)	
9	Ingrid Graeve (Mt. View)	20:05
10	Roslyn Mack (St. Francis)	20:13
		20:18
11	Gemello (Mills)	
12	Yang (Mt. View)	20:18
13	Tozer (Aptos)	20:34
	Thomas (Aptos)	20:34
14		
15	Kim O'Hare (Pioneer)	20:39