

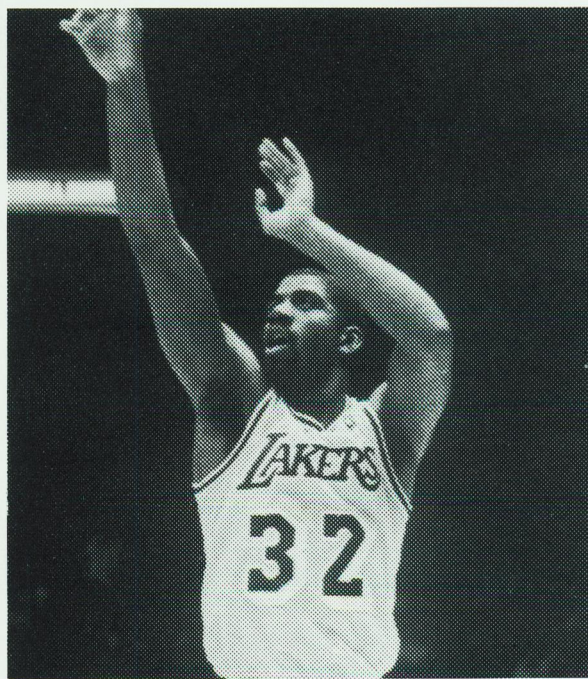
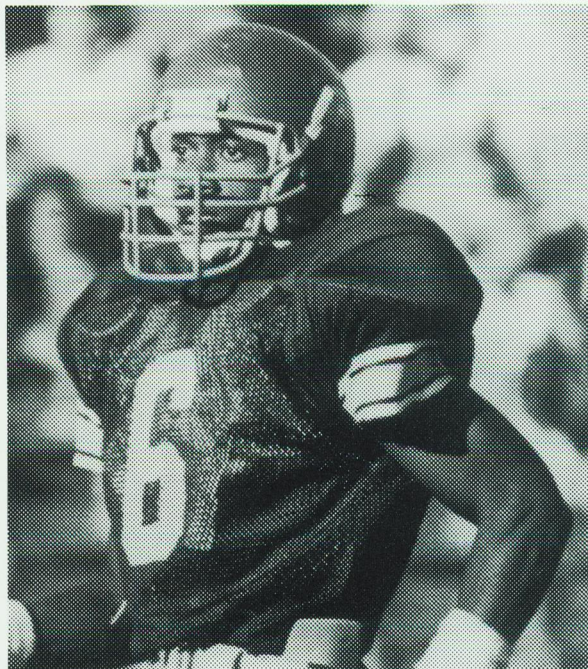
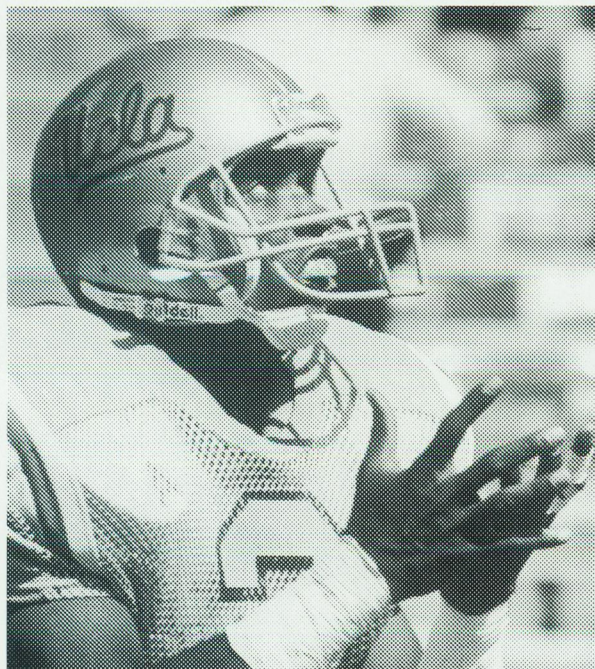
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The California Interscholastic Federation was created in 1914 and exists for one purpose: To provide the framework for quality athletic competition for the high school students of California. Within that overall framework, the CIF has the responsibility of ensuring fair, equitable and safe competition for each student athlete.

The CIF is a grassroots organization consisting of representatives of every high school in the state who are organized first by leagues, then sections, and finally the state level umbrella organization. Much of the work of these individuals is voluntary and is done out of love for, and commitment to, the young people in our schools. Each of these school representatives deserve our admiration and our sincere appreciation.

On behalf of all of us who represent CIF at the league, section or state level, we wish the student athletes of California a most successful 1989-90 school year.

Dr. Neal Olsen
Assistant Superintendent
Kern High School District
Bakersfield, California

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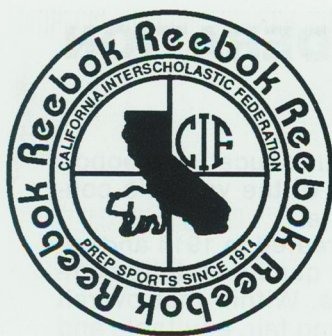
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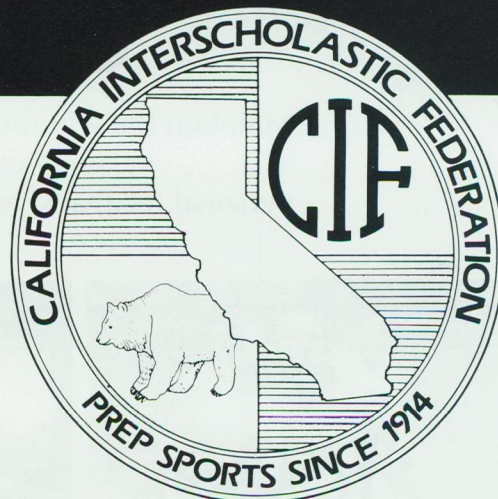
Since its beginning, the state-wide CIF has grown to become the largest youth agency in the state, serving more than 500,000 young student/athletes each year who participate regularly in the interscholastic athletic activities of California's 1200 secondary schools.

The CIF is dedicated to providing all student/athletes in California with equal participation opportunities, a philosophy that has propelled the state into uncontested leadership in the nurturing of outstanding athletes.

Many of the names are legends, and today that heritage is being continued. Janet Evans, Rick Monday, Pat Haden, Scott McGregor, Flo Hyman. Outstanding men and women of whom Californians can be proud.

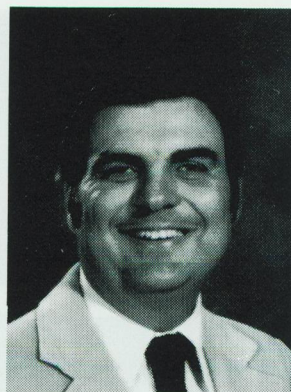
With the continuing cooperation and dedication of superintendents, principals, and athletic directors as well as the abundant interest of over one-half million students and their families each year, the future of prep sports would appear bright and healthy.

We urge you to continue your support of scholar/athletes by attending high-school sporting events in your community on a regular basis.



"We are proud to present this outstanding state championship event, an indication of the support given to our scholar/athletes by the people of California.

We welcome you to this showcase of some of our finest young California athletes--
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Thomas E. Byrnes
State CIF Commissioner

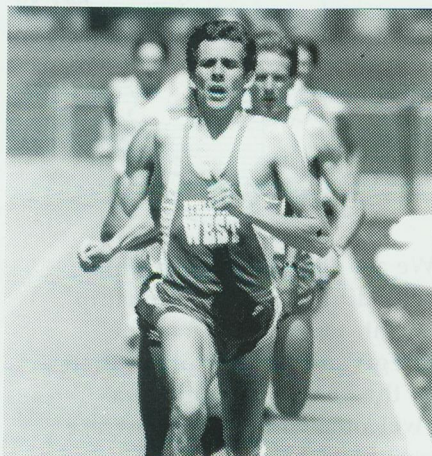


Margaret R. Davis
Associate State CIF Commissioner

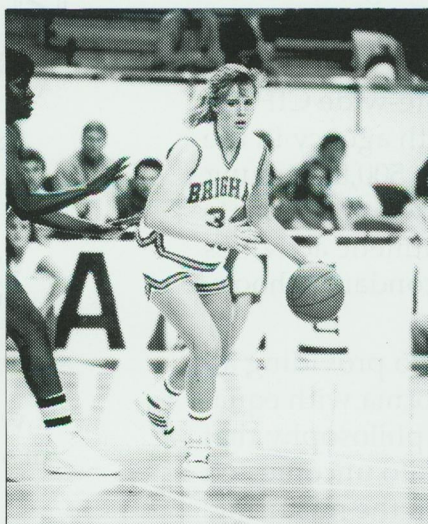
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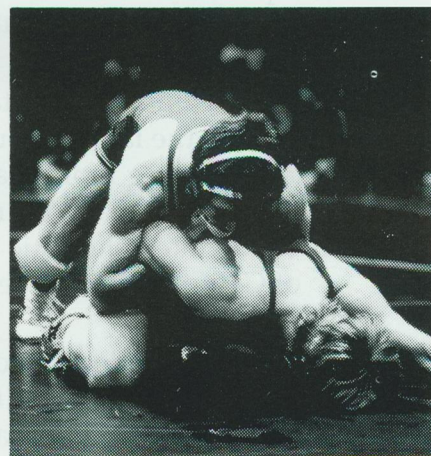
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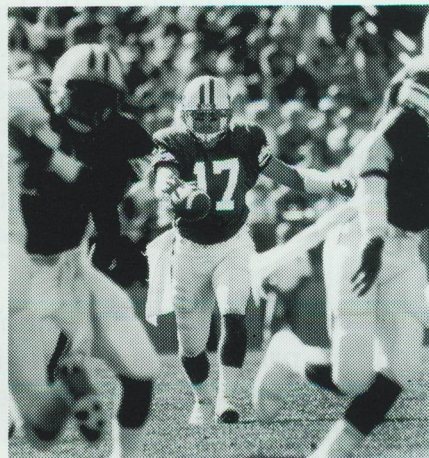
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1989 CIF/Reebok State Cross Country Preview

by Doug Speck—California Track & Running News

(In the article below, the following Section abbreviations are used—San Diego (SDS), Southern (SS), Central (CS), Central Coast (CCS), Los Angeles (LAS), North Coast (NCS), Sac Joaquin (SJS), Northern (NS)

As we close out the decade of the 1980's with the Third California Reebok State High School Cross Country Championships we are at an interesting point in our sport. In the third year of these championships we have evolved into an interesting competitive parity between the different areas of the state that should add a special excitement to the races here. One great outgrowth of this State level competition has been a change in focus for many schools from what it takes to be successful locally to what it will take to bring a championship home at this level. We have squads and individuals from all areas of the state in contention for the awards that will be passed out before the day is through.

Our first competition this morning will sort out bragging rights among the State's Division I Boys teams. A group from Camarillo High (SS), led by Abe Valdez, has dominated all of its competitions during statewide travels this Fall, with a team time comparison this morning with 1987 champion and #1 ranked nationally Arroyo (El Monte-SS) (who races 78:23 here) lending strength to the Ventura County power's bid for a mythical national championship. Two time defending individual champion Bryan Dameworth (Agoura-SS), who has been destroying decade old course records along the way this season, will lead a fine Charger team here. Coach Joe Stocking has Jeremy Seven leading a very successful De La Salle (Concord-NCS) team that should break up the historical Southern Section team domination near the top end of this division. Saddleback (Santa Ana-SS), San Clemente (SS), Madera (CS), and Poway (SD), the latter two ferocious pack running groups, are other very solid squads. Chasing two-time defending champ Dameworth individually should be Louis Quintana (Arroyo Grande-SS), who set an 11th grade course record earlier this fall at the heavily used Mt. SAC facility, with Dave Hartman (Canyon, Canyon Country-SS), Eliazar Herrera (Hoover, Glendale-SS), David Virgil Santant, Santee-SD), Obed Aguirre (San Fernando-LAS), Matt Ringer (Homestead, Sunnyvale-CCS), and Damon Chamberlain (Casa Roble, Orangevale-SJS) impressive in Section Championship runs.

Our Girls Division I title race will feature the top ranked squad all season, Agoura (SS), trying to hold off the late season charge of two time defending champion Palos Verdes (SS). Agoura leads with 1987 Division I Champion Deena Drossin (she was 3rd in 88), who had a strong Section Finals effort, and the Chargers hope to complete an undefeated season here. Palos Verdes has a pack that will gap at about a minute in their determined chase. Mt. Carmel (San Diego) has raced strongly against PV this fall, with the gently rolling Woodward Park course suiting the San Diego champion squad nicely. Buena (Ventura-SS) has put together a solid season and will be ready should any of the top squads falter. San Pasqual (Escondido-SDS), Arroyo Grande (SS), Alta Loma (SS), Overfelt (San Jose-CCS), Clovis West (Fresno-CS), and Bella Vista (Fair Oaks-SJS) should battle for positions in the top half dozen. Individually, the Girls Division I race should be a classic. 1987 Champion Deena Drossin (Agoura-SS) will have her hands full. Becky Spies (Livermore-NCS) has already raced 10:35 on the track for 2 miles this Fall with the nation's #4 returning 800 meter runner (2:10.45) and miler (4:54.7) spending the Fall rearranging course records. Shelley Taylor (Edison, Huntington Beach-SS) is undefeated in the South, with Jeannie Rothman (Westlake, Westlake Village-SS-2nd) the only one closer than 100 yards to Taylor at the finish this season in their Section Finals run. Beth Bartholomew (Fremont, Sunnyvale-CCS), the nation's #3 returning miler (4:53.30c) is impressive this Fall, with Krissy Look (Shasta, Redding-NS) dominating her part of the State. Tanya Brix (University, Irvine-SS) is another coming on strong late in the season, with Martha Pinto (Katella, Anaheim) running some fine races on courses similar to Woodward Park.

The Boys Division II title run was made more interesting when season long #1 ranked Corona del Mar (SS) fell victim to the peculiar Southern Section Championship format which had them competing against larger schools during the qualifying process and CdM was not able to move on to this Meet. Jesuit (Carmichael-SJS), 2nd last year to Cdm, is the favorite this weekend, coming off a good Section

Finals effort. Lompoc (SS), St. Anthony (Long Beach-SS), South Pasadena (SS), 4th in 88, and Palos Verdes (SS) will put up a spirited chase, with the Central Section's Wasco and Lemoore very competitive during a season of statewide travels. Palo Alto (CCS) has dominated its area at this level, with El Camino (Oceanside-SD) slipping past a good La Jolla (SD) group in their Section's championship run. Yreka (NS) and Arcata (NCS) were also impressive in Section Final efforts. Individually this will be a very interesting division. Paul Goodrich and Andrew Wignot (Dos Pueblos, Goleta-SS), Kevin Berkowitz (Hayward-NCS), Paul Eley (Mills, Millbrae-CCS), Andy Bupp (Woodside-CCS), Derek Waxman (San Mateo-CCS), Eric Taylor (Grant, Sacramento-SJS), Jose Trujillo (Golden West, Visalia-CS), and Jeremy Redding (Central Valley-NS) all appear close on paper.

The Girls Division II championship contest is another with a wide geographic spread. Highly ranked two-time defending champion Newport Harbor (SS) fell victim to Section division peculiarities during the qualifying process and will not be in attendance. La Jolla (SD) has put together a fine season, with a return to form of Malee Ferguson and continued good running of Patty Villarreal making them the favorites. Mills (Millbrae-CCS) is a fine team, with Jill Kurz and Alva Dancel leading. Corona del Mar (SS), Nordhoff (Ojai-SS), and San Marino (SS) will lead that Section's charge, with St. Francis (Sacramento-SJS), led by Sybelle McFadden, dominating in its area. Defending Champion Karen Hecox (South Hills, West Covina-SS) returns to defend her title, with runner-up Tina Gorbet (Lassen, Susanville-NS) back to challenge. Sarah Riley (Campolindo, Moraga-NCS) has looked strong in the Bay area.

The Division III races are what the State Meet is really about in many ways. During the season these teams from schools of under 700 students are often buried when forced to compete against schools a couple of times their size. When placed against teams at their own level the competition is fierce and the quality of performances high. 1989 will be no exception. On the Boys side Laguna Beach (SS) has come on very strong lately to throw out a big challenge to divisional favorite McFarland (CS). The two teams are very close on paper, with fine individuals David Crain leading for LB and Johnny Samaniego for the Central Section power. Yosemite (Oakhurst-CS) was only two points behind McFarland in the Section Finals run. Bret Harte (Altaville-SJS), led by Brian Singleton, York (Monterey-CCS), with Jeff Arnold on top, Stevenson (Pebble Beach-CCS), Lick-Wilmerding (San Francisco-NCS), University (San Francisco-NCS), Calvin Christian (Escondido-SDS), and the Southern Section contingent of La Salle (Pasadena), defending champion Sherman Indian (Riverside), and last year's runner up group, Marantha (Sierra Madre), always strong. Defending champion Matt Metzger (University, SF-NCS) is running to good times lately, with Oscar Perez (Pater Noster, LA-SS), last year's second finisher, his area's small school titlist a week ago. Last year's 3 through 5 finishers, Oscar Montes (Maranatha, Sierra Madre-SS), Melvin Kenton (Sherman Indian, Riverside-SS), and Bob Bush (Inland Christian, San Bernardino-SS) all return, with Bill Crabbe (College Prep, Oakland-NCS), Ken Rose (Colfax-SJS), and David Soto (Christian, El Cajon-SDS) looking good in recent efforts.

The Girls Division III run will finish our day off with what should be a tight team struggle. Defending champion Bret Harte (Altaville) came south to the Mt. SAC Invitational and narrowly edged the best from that part of the state. The Bullfrogs go into this competition without the margin of dominance they came in with last year. McFarland (CS) was next at Mt. SAC, with Southern Section squads Marantha, and L.A. Baptist (Sepulveda) leading the chase from their section. Lick-Wilmerding (San Francisco-NCS) handled last year's fourth placers here, University (San Francisco-NCS) in their Section run, with Garces (Bakersfield-CS), Marymount (LA-SS), and Paraclete (Lancaster-SS) other solid groups. Individually, Jean Harvey (Paraclete, Lancaster-SS) is the highest returnee at 3rd place, with Laura Hamady (Urban, San Francisco-NCS), Trixie Robbins (Orlando), Amy Davidson (Bret Harte-SJS), Viviana Reza (Coronado-SDS), and Cedar Lindsley (Cate, Carpinteria-SS) individual threats.

(Thanks to the following individuals for their help with this preview—Steve Fagundes, Bob Wall, Keith Conning, Sara Clifford, Willie Harmatz, Dennis McClanahan, and Steve Ward.)

Mehas to Serve as Honorary Starter

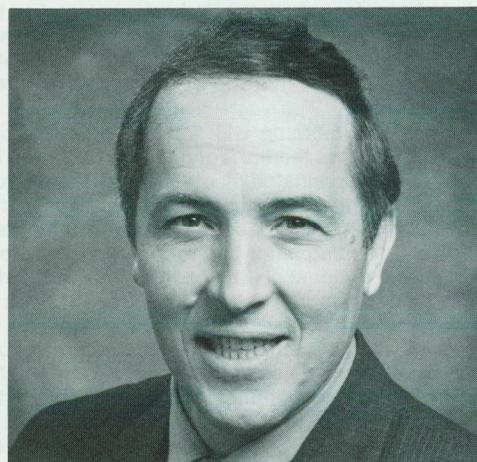
Peter Mehas, who serves as Education Advisor for Governor George Deukmejian, will act as this year's honorary starter for the CIF/Reebok Cross Country Championships.

A longtime educator and legislative advocate, Mehas serves as the Governor's chief advisor on matters relating to all public education in the state. He is also the director of the Governor's Office of Education Planning and Policy, whose primary responsibilities are to develop policy positions for the Governor on education issues, to track legislation related to education for the administration, and to serve as liaison between the Governor's Office and the education community. He has appeared on national television's NBC "Today" and ABC "Good Morning, America" representing Governor Deukmejian's views on education.

A native of Fresno, the 50-year-old Mehas received his bachelor's degree in political science

and physical education from Fresno State University in 1963, his master's degree from UCLA in 1967, and his doctorate in education from the University of Southern California in 1979.

Courtesy of the Governor's Office



Educational Advisor Peter Mehas

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Meet California's Dreamer and Doer

Suzy Jost, from Immanuel High in Reedley, is this year's California selection to Walt Disney World's "Dreamer and Doer." The "Dreamer and Doer" program recognizes outstanding individuals who demonstrate the four C's - curiosity, confidence, courage and constancy - characteristics so revered by Walt Disney. Each year one junior from each state is selected. They serve as role models and spokespersons for the values and needs of activity programs and this year served as co-charipersons for National Activities Week. Jost is a very special individual indeed and California is proud to have her as its "Dreamer and Doer."

Through the Eyes of Her Principal Ron Falk:

Suzy's **curiosity** is demonstrated in her interest in others. She is always there with a friendly greeting, a "How are you doing?" or "How is your day going?" Her **confidence** is evident because she is so willing to share herself with others, offering her services for menial tasks as well as the more prominent activities, and always with a smile. She is confident in spite of being over 6-foot tall and wearing a size 12 shoe. Her **courage** is shown in her participation in athletics as a competitor in varsity girl's basketball and track and field events. She has been courageous in financial adversity with her family

due to her dad's (prescription) drug rehabilitation. Her summer job income goes to her parents. **Constancy** -- Suzy comes through when needed by teachers, friends, and parents. She is loyal to her school, church and family. She stands up well to peer pressure.

Suzy Writes:

When considering the 4 C's -- Curiosity, Confidence, Courage and Constancy -- I thought of a quote from my English literature text book. John Donne's Meditation 17 says "No man is an island entire of itself; every man is a piece of the continent, a part of the main."

I think of myself as a typical representative of my generation and of my "place" in life. I enjoy my role in my family, my school

and my community. I love those that surround me. My interest and intense belief in people is what keeps me going. It is that curious part of me that also cares.

My confidence grows constantly from my experiences in life. My strong faith in God, that has been instilled from early childhood, makes courage come naturally for me.

Constancy, for me, comes as a result of the first three C's. My interest in others, my confidence and my courage all seem to work together to help me go on and on. I cannot quit or give up. I continue on, and it works. The dreams keep coming and somehow I am always there.

- Suzy Jost
Immanuel High



California's "Dreamer and Doer" Suzy Jost with former Chief Justice Warren Burger at Walt Disney World in Florida.

1987 CIF/REEBOK CROSS COUNTRY CHAMPIONSHIP RESULTS

BOYS TEAM RESULTS

Division I

1. Arroyo	41
2. Dana Hills	115
3. Bellarmine	124
4. Camarillo	132
5. Palos Verdes	141
6. Upland	143
7. Poway	172

Division II

1. Walnut	40
2. Corona del Mar	63
3. Gunn	144
4. El Camino	161
5. Woodbridge	181
6. Newport	188
7. Castro Valley	203

Division III

1. McFarlan	99
2. Robert Louis Stevenson	145
3. Yreka	153
4. Salesian	163
5. Bear River	166
6. Maranatha	173
7. Village Christian	186

GIRLS TEAM RESULTS

Division I

1. Palos Verdes	70
2. Agoura	91
3. Hesperia	112
4. Montebello	139
5. Arroyo Grande	174
6. Poway	192
7. Madera	203

Division II

1. Newport Harbor	87
2. Woodbridge	106
3. Archbishop Mitty	120
4. South Hills	168
5. Nordhoff	175
6. Miramonte	209
7. Willow Glen	213

Division III

1. Maranatha	72
2. University	93
3. Coronado	118
4. St. Josephs	128
5. Bret Harte	163
6. Yreka	169
7. Paraclete	178

BOYS INDIVIDUAL RESULTS

Division I

1. 15:12 - Bryan Dameworth (Agoura)
2. 15:13 - Goshu Tadese (Crawford)
3. 15:14 - Davis Scudamore (Palos Verdes)
4. 15:23 - Jamie Ortega (Arroyo)
5. 15:29 - Terrence Mahon (La Habra)
6. 15:29 - Jeff Gilkey (Arroyo)
7. 15:30 - Luis Quintana (Arroyo)
8. 15:30 - Francis O'Neill (San Pasqual)
9. 15:31 - Bobby Rodriguez (McLane)
10. 15:31 - Derrick Powers (Arroyo)

Division II

1. 15:22.1 - Scott Hemple (Walnut)
2. 15:29 - Ben Ayers (Christian Bro.)
3. 15:32 - Mike Glaza (Notre Dame)
4. 15:33 - Jim Geerlings (Newport Harbor)
5. 15:37 - Brett Mack (Carlmont)
6. 15:39 - Eddie Lavelle (Corona del Mar)
7. 15:41 - Richard Duran (Wasco)
8. 15:44 - Coby Polite (Walnut)
9. 15:48 - Gary Stolz (Miraleste)
10. 15:50 - Jim Robins (Corona del Mar)

Division III

1. 15:29 - Reggie Williams (River City)
2. 15:44 - Scott Cole (Yosemite)
3. 15:57 - Brian Ochs (Million College)
4. 16:00 - Hector Ortiz (Orestimba)
5. 16:06 - Bob Baca (Bear River)
6. 16:07 - Ricky DeLeon (Moorpark)
7. 16:13 - Thomas Yalles (McFarland)
8. 16:26 - Dave Wester (Maranatha)
9. 16:29 - John Heiber (Serrano)
10. 16:30 - Ryan Coady (Village Christian)

GIRLS INDIVIDUAL RESULTS

Division I

1. 17:35 - Deena Drossin (Agoura)
2. 17:43 - Reyna Cervantes (Montebello)
3. 17:45 - Jennifer Ashe (Leland)
4. 17:45 - Nicole Robbins (Hesperia)
5. 17:51 - Robbyn Bryant (Hesperia)
6. 17:51 - Ashley Black (Palos Verdes)
7. 18:10 - Becky Spies (Livermore)
8. 18:11 - Jena Haggen Miller (Thousand Oaks)
9. 18:15 - Brigid Greyne (Riverside Poly)
10. 18:20 - Nicole Houle (Hesperia)

Division II

1. 17:34 - Kira Jorgensen (Rancho Buena Vista)
2. 17:48 - Karen Hecox (South Hills)
3. 18:01 - Tina Gorbet (Lassen)
4. 18:14 - Sandra Acosta (Walnut)
5. 18:44 - Kristi Bache (Univ. San Diego)
6. 18:46 - Cindy Mahaffey (Carlmont)
7. 18:47 - Karen Karcher (Ramona)
8. 19:02 - Suzanne Catruita (West Covina)
9. 19:06 - Stacy Pando (Newport Harbor)
10. 19:08 - Kolleen Kassis (St. Francis)

Division III

1. 17:51 - Katy McCandless (Castilleja)
2. 18:17 - Tanya Thayer (Serrano)
3. 18:29 - Shamen Dugger (Coronado)
4. 19:03 - Zita Hillinger (Serrano)
5. 19:04 - Evelyn Martino (St. Joseph)
6. 19:18 - Karen Talamantes (W. Christian Univ.)
7. 19:27 - Amy McConnell (University)
8. 19:29 - Rachel Lewis (Santa Catalina)
9. 19:30 - Brandi Waters (Bishop)
10. 19:33 - Nell Smith (University)

1988 CIF/REEBOK CROSS COUNTRY CHAMPIONSHIP RESULTS

BOYS TEAM RESULTS

Division I

1. Dana Hills	91
2. Rowland	124
3. Poway	128
4. Camarillo	141
5. DeLaSalle	174
6. Del Campo	181
7. Canyon	226

Division II

1. Corona del Mar	72
2. Jesuit	80
3. Walnut	99
4. So. Pasadena	156
5. Piedmont	184
6. Los Gatos	197
7. Castro Valley	223

Division III

1. Sherman Indian	58
2. Maranatha	103
3. Stevenson	130
4. Thacher	133
5. McFarland	133
6. San Fran. Univ.	147
7. York	161

GIRLS TEAM RESULTS

Division I

1. Palos Verdes	65
2. Agoura	108
3. San Pasqual	119
4. Montebello	155
5. Norco	158
6. Hesperia	174
7. Santa Teresa	202

Division II

1. Newport Harbor	75
2. Yucaipa	112
3. Archbishop Mitty	146
4. Los Gatos	153
5. La Jolla	162
6. Foothill	191
7. South Hills	206

Division III

1. Bret Harte	54
2. Maranatha	102
3. McFarland	121
4. San Fran. Univ.	145
5. St. Joseph	152
6. San Joaquin Memorial	165
7. Fort Bragg	182

BOYS INDIVIDUAL RESULTS

Division I

1. 15:032	- Bryan Dameworth (Agoura)
2. 15:04	- Mike Williamson (Thousand Oaks)
3. 15:05	- Jimmy Rodriguez (Santa Ana Valley)
4. 15:08	- Francis O'Neil (San Pasqual)
5. 15:21	- Mike Tansley (Dana Hills)
6. 15:22	- Todd Lewis (Burbank)
7. 15:25	- Dave Hartman (Canyon)
8. 15:26	- Martin Morales (Wilson)
9. 15:27	- Luis Quintano (Arroyo Grande)
10. 15:28	- Craig Lawson (Granada Hills)

Division II

1. 15:15	- Scott Hempel (Walnut)
2. 15:20	- Davis Welsh (Jesuit)
3. 15:24	- Ed Lavella (Corona Del Mar)
4. 15:26	- Gary Stolz (Miraleste)
5. 15:323	- Matt Hempel (Walnut)
6. 15:39	- Steve Frisone (Laguna Hills)
7. 15:40	- Eric Christopherson (Walnut)
8. 15:42	- Tony Castelton (La Puente)
9. 15:46	- Eli Ricca (Arcata)
10. 15:46	- Andy Bupp (Woodside)

Division III

1. 16:00	- Matt Metzger (San Fran. Univ.)
2. 16:07	- Oscar Perez (Pater Noster)
3. 16:15	- Oscar Montes (Maranatha)
4. 16:28	- Melvin Kenton (Sherman Indian)
5. 16:25	- Bob Bush (Inland Christian)
6. 16:28	- Verde Mevayaktewa (Sherman Indian)
7. 16:29	- Ryan Coady (Village Christian)
8. 16:35	- Jim Goode (Francis Parker)
9. 16:39	- Algene Talas (Sherman Indian)
10. 16:39	- Wes Smith (L.A. Baptist)

GIRLS INDIVIDUAL RESULTS

Division I

1. 17:42	- Kira Jorgensen (R.B. Vista)
2. 17:50	- Rayna Cervantes (Montebello)
3. 17:55	- Deena Drossin (Agoura)
4. 18:03	- Ashley Black (Palos Verdes)
5. 18:18	- Beth Bartholomew (Fremont)
6. 18:20	- Nicole Robbins (Hesperia)
7. 18:25	- Jamie Park (Santa Barbara)
8. 18:28	- Shelley Taylor (Edison)
9. 18:37	- Chrissy Look (Nova)
10. 18:37	- Tanya Brix (University)

Division II

1. 18:01	- Karen Hecox (South Hills)
2. 18:17	- Tina Gorbet (Lassen)
3. 18:45	- Sandra Acosta (Walnut)
4. 18:48	- Becky Kopchik (Northgate)
5. 18:54	- Tanya Thayer (Serrano)
6. 18:58	- Barbi Siittman (Placer)
7. 19:00	- Jennie Dempsey (Analy)
8. 19:02	- Zita Hillinger (Serrano)
9. 19:03	- Stacey Pando (Newport Harbor)
10. 19:07	- Eva Belot (El Dorado)

Division III

1. 18:50	- Rachel Lewis (Santa Catalina)
2. 18:54	- Karen Talamantes (Western Christian)
3. 19:30	- Jean Harvey (Paraclete)
4. 19:34	- Amy McConnell (San Fran. Univ.)
5. 19:47	- Kami Gardner (College Prep)
6. 19:53	- Mary McKiernan (Lutheran Orange)
7. 19:57	- Amy Davidson (Bret Harte)
8. 20:00	- Tanya Dooley (Bret Harte)
9. 20:01	- Jonette Vollmer (Ft. Bragg)
10. 20:04	- Tamara DeGroot (Central Valley Christian)



1989 CIF/Reebok State Cross Country Championships

DIVISION I — BOYS TEAMS

NAME (Last/First-Grade)

SCHOOL

CENTRAL SECTION (2)

Sanchez, Carlos-12	Madera
Duarte, Polo-10	Madera
Santiago, Jose-11	Madera
Madrigal, Francisco-10	Madera
Garza, Sergio-11	Madera
Cabral, Alex-10	Madera
Uribe, Jose-10	Madera
Hinojoso, Robert-12	Clovis West
Lawson, Mara-9	Clovis West
Fernandez, Brent-12	Clovis West
Shenadey, Richie-10	Clovis West
Cowan, Shannon-10	Clovis West
Mast, Mike-11	Clovis West
Hale, Dustin-12	Clovis West

NORTH COAST SECTION (2)

Seven, Jeremy-12	De La Salle
Coulston, Todd-12	De La Salle
Kuhl, Mike-12	De La Salle
Robbins, Tyler-12	De La Salle
Huado, Brian-11	De La Salle
Falla, Guillermo-10	De La Salle
Zachery, James-10	De La Salle
Hyde, Eric-10	Amador Valley
Hawkinson, Graham-12	Amador Valley
Minnig, Jason-12	Amador Valley
Hartin, Jeff-10	Amador Valley
Fox, Jeff-12	Amador Valley
Keegan, Sean-11	Amador Valley

San Diego Section (2)

Finn, Sean-11	Poway
Mallory, Darren-12	Poway
Spence, Shewmake-11	Poway
Luna, Jesus-12	Poway
Arnold, Nate-10	Poway
Eckenrothy, Brian-12	Poway
Opel, Mike-12	Poway
Lozand, Javier-11	Helix
Foster, Quinton-12	Helix
Weber, Todd-11	Helix
Gatley, Jeff-11	Helix
Kleinick, Josh-11	Helix
Kocis, Robert-11	Helix
Sikes, James-11	Helix

CENTRAL COAST SECTION (2)

Flores, Ignacio-10	Watsonville
Roman, Tony-12	Watsonville
Hernandez, Francisco-12	Watsonville
Lopez, Francisco-9	Watsonville
Zuniga, Robert-10	Watsonville
Hernandez, Victor-11	Watsonville
Mendoza, Victor-11	Watsonville
OFlaherty, Ronan-12	Bellarmine
Dehn, Peter-12	Bellarmine
Kelly, Pat-11	Bellarmine
Dando, Kyle-11	Bellarmine
Moschella, Chris-12	Bellarmine
Coulter, Tim-12	Bellarmine
Zoldak, Dan-12	Bellarmine

OAKLAND SECTION (1)

Isak, Samson-11	Oakland
Yohannes, Aron-10	Oakland
Taing, Kimeel-12	Oakland
Aden, Abdullah-12	Oakland
Wong, Chris-12	Oakland
Tang, Kheang-11	Oakland
Melles, Sam-11	Oakland

SAN FRANCISCO SECTION (1)

Donohoe, Gabe-11	Lowell
Lim, Luke-12	Lowell
Lim, Bo-11	Lowell
Lilot, Dan-10	Lowell
Fuller, Dorian-11	Lowell
Aleman, Christian-10	Lowell
Siegel, Kelsey-12	Lowell

L.A. CITY SECTION (2)

Carr, Torino-11	Taft
English, Chip-11	Taft
Godsey, Brian-11	Taft
Krentain, Michael-10	Taft
Ortenburger, Kipp-11	Taft
Rodriguez, David-12	Taft
Rudolfson, Mikael-12	Taft
Arrellano, Rene-11	Belmont
Leal, Augusto-11	Belmont
Lopez, Sergio-11	Belmont
Roman, Epifanno-11	Belmont
Ruiz, Juan Carlos-12	Belmont

Briones, Jose-11
Zesati, Luis-10

NORTHERN SECTION (2)

Dawson, Chris-11	
Beale, Mike-11	
Miles, Matt-10	
Cook, Tommy-11	
Gugin, Matt-12	
Weaver, Sean-11	
Kersey, Paul-10	
Carlson, Eric-11	
Lefler, Scott-12	
Crayens, Clay-10	
Hyres, Will-12	
Sharbaro, Bill-12	

SAC-JOAQUIN SECTION (2)

Reese, Jason	Del Campo
Morthole, Greg	Del Campo
Malovos, Mark	Del Campo
Siler, Gale	Del Campo
Rogers, Ken	Del Campo
Cromwell, Rich	Del Campo
Johnston, Jerry	Del Campo
Chamberlin, Damon	Casa Roble
Cortright, Dan	Casa Roble
Landrum, Rich	Casa Roble
Henson, Steve	Casa Roble
Rozumowicz, Bob	Casa Roble
Bennett, Todd	Casa Roble
Carr, Pat	Casa Roble

SOUTHERN SECTION (5)

Valder, Abe-12	Camarillo
Kite, Darek-12	Camarillo
Malesich, Chad-12	Camarillo
Brusca, Shannon-11	Camarillo
Carry, Josh-11	Camarillo
Goatzinger, Shawn-12	Camarillo
Stringer, Scott-11	Camarillo
Minster, Bodie-10	Camarillo
Goodrich, Clark-11	Camarillo
Dixon, Billy-11	Hart
Lepken, Steve-12	Hart
Chavez, Hector-11	Hart
Grossman, Keith-9	Hart
Shick, Mike-10	Hart
McCrack, Steve-12	Hart
Dalacerta, Paul-9	Hart
Patterson, Ricky-11	Hart
Swerk, Jason-12	Hart
Dameworth, Bryan-12	Agoura
Saver, Quenten-11	Agoura
Cherman, Mike-11	Agoura
Koppel, Justin-10	Agoura
Prater, John-10	Agoura
Kelly, Mark-12	Agoura
Borden, Scott-9	Agoura
Golds, Ryan-11	Agoura
Schick, Kip-12	Agoura
Salinas, Eddie-11	Saddleback
Price, Robbie-12	Saddleback
Ochoa, Albert-11	Saddleback
Heredia, Joe-10	Saddleback
Gil, Elias-11	Saddleback
Hernandez, Rudy-10	Saddleback
Canales, Art-12	Saddleback

Belmont
Belmont

Shasta
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Enterprise
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Enterprise
Enterprise
Enterprise

Ochoa, John-9
Vela, Mario-9
Farrell, Mike-12
Obradovic, Alexander-12
Youngerman, Chris-12
McLaughlin, Randy-12
McCanne, Jerry-12
Harris, Erich-11
Crocket, Josh-11
Casey, Kevin-11
Dunkal, Shane-10

Saddleback
Saddleback
San Clemente
San Clemente
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San Clemente
San Clemente
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San Clemente
San Clemente
San Clemente

DIVISION II — BOYS TEAMS

NAME (Last/First-Grade)

SCHOOL

CENTRAL SECTION (2)

Flores, Javier-12	Wasco
Ocampo, Adolfo-12	Wasco
Ruiz, Miguel-12	Wasco
Maduena, Raul-11	Wasco
Villagran, Emilio-12	Wasco
Lopez, Arturo-9	Wasco
Manriquez, Steve-10	Wasco
Bow, Ryan-11	Lemoore
Senrins, Russell-12	Lemoore
Abalos, Mel-11	Lemoore
Gwin, Angelo-10	Lemoore
Abrahamson, Travis-12	Lemoore
Hamner, Granny-11	Lemoore

NORTH COAST (2)

Hillyard, Mike	Arcata
Montoya, Daniel	Arcata
Ricca, Ethan	Arcata
Ockerberg, Kenneth	Arcata
Reilly, Michael	Arcata
Ivey, Chris	Arcata
Heffe, Chris	Arcata
Coviello, Matt	Northgate
Boyd, Doug	Northgate
Anderson, Blake	Northgate
Macluso, Chris	Northgate
Neiss, Paul	Northgate
Low, Justin	Northgate
Lau, Pat	Northgate

SAN DIEGO SECTION (2)

Kinkade, Chris-10	El Camino
Maldonado, Carlos-10	El Camino
Johnson, Josh-9	El Camino
Suffrodini, Joe-10	El Camino
Suffrodini, Tony-10	El Camino
Van Loningham, Eric-10	El Camino
Hubbard, Mark-10	El Camino
Pryor, Billy-10	La Jolla
Richmond, Brian-12	La Jolla
Quan, Kevin-11	La Jolla
Magee, Thane-12	La Jolla
Azcona, Steve-12	La Jolla
Hansen, Iana-12	La Jolla
Leek, Bryan-10	La Jolla

CENTRAL COAST SECTION (2)

Kugler, Gabe-11	Palo Alto
Kugler, Rafi-11	Palo Alto
Reich, Alex-12	Palo Alto
McMichael, Erik-11	Palo Alto
Hammar, Jon-11	Palo Alto
Walsmith, Joe-12	Palo Alto
Dolan, Fred-11	Palo Alto
Carberry, Argo-12	Los Gatos
Rucker, Rudy-12	Los Gatos
Cochran, Jeff-12	Los Gatos
Johnson, Erik-11	Los Gatos
Rice, Greg-10	Los Gatos
Bekkers, Erik-10	Los Gatos
Sutter, Jeremy-11	Los Gatos

OAKLAND SECTION

NO DIVISION II SUBMITTED

SAN FRANCISCO SECTION

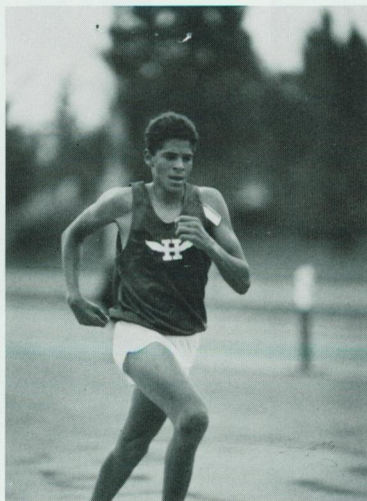
NO DIVISION II SUBMITTED

L.A. CITY SECTION

NO DIVISION II SUBMITTED

NORTHERN SECTION (2)

Ravenscroft, Jeremy-9	Yreka
Shuteroff, Dan-12	Yreka
Dressler, Jason-11	Yreka
Eckman, Nate-10	Yreka
Hopper, Jernid-11	Yreka



Yreka
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Oroville
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Escay, Bobby
Johnson, James
Skaden, Erik
Ditto, Chris
Hurley, Sean
Ridge, Matt
Harty, Chris
Blakeley, Brian
White, David
Oliveras, Drew
Boatman, Jeff
Conklin, Jeff
Hardin, Tim
Encinas, Steve

Jesuit
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Sonora
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Faubert, Andre-11
Janquart, Geoff-11
Kennelly, Jonathan-12
Hamm, Tony-11
Gath, Greg-11
Mungo, Paul-10
Janquart, Chris-12
Arellano, Eddio-10
Farrell, Brian-9
Campbell, Roy-12
Lawnes, Paul-12
Tillis, Matt-12
Mendoza, Beymas-12
McCormick, Shawn-12
Luavano, Miguel-10
Torres, Mascos-10
Nunnelea, Jason-11
Avelac, Carlos-12
Maxwell, David-12
Beach, Larry-12
Turner, Jason-12
Dirk, Sean-11
Thorne-Lyman, Andy-11
Jorgensen, Erik-11
Chen, George-11
Wang, Dennis-11
Liu, Lawrence-9
Yoder, Sean-12
Marlowe-Rogers, Arron-11
Yu, Dennis-10
Lindsey, Goss-10
Bradley, Ethan-10
Cravatt, Brett-10
Minami, Dan-9
Ogami, Takeo-12
Jesseo, Mark-10

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Norte Vista
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SCHOOL

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Yosemite
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Yosemite
Yosemite
Yosemite
Yosemite

Steele, Tim-12
Shuman, Jon-11
Roberts, Chris-12
Starr, Bobby-12
Scaville, Andrew-10
Silverman, Ben-12
Sullivan, Sean-11
Metzger, Matt-12
Schagge, Duff-12
Hunt, Dan-12
Biegemeyer, Mike-9
Thomson, Angus-11
Kaufman, Ed-11
Koontz, Chris-9
Anderson, Bo-11
Coffer, Gene-12
Anderson, Chris-10
Mayhew, Rick-11
Cornia, Beni-12
Massa, Stefano-12
Henderman, Alfred-9

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Arnold, Jeff-10
Perez, Carlos-12
Torres, Jesus-11
Brown, Pancho-10
Williamson, Dale-12
Towle, Jason-12
Nelson, Scott-9
Jeffers, Aengus-10
Narks, Dan-12
Zaninovich, Morgan-
Karachale, Chris-12
Vogelpohl, Jason-12
Walker, Erik-10
Bowen, Mark-12

York
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Miller, Tim-12
Vaglivielo, Aaron-12
Burris, Rhett-11
Glover, Tom-9
Glover, Perry-12
Slinkard, Bryan-11
Callaghan, John-12
Fuqua, Gary-11
Carpenter, Colton-9
Hamby, Carey-11
May, Justin-10

Quincy
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Singleton, Brian
Brown, Jason
Davis, Steve
Re, Anthony
Ganzinotti, Leonard
Bray, Dacy
O'Geen, Josh
Smith, Andy
Carter, Brent
Kalis, Ken
Davison, David
Romiski, Richard
Balanon, Synya

Bret Harte
Bret Harte
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Bret Harte
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Vanden
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Bentley, Phil-12
Ripley, Adam-10
Crain, David-12
Brown, Mica-12
Brobeck, David-11
Snip, Eric-12
Montes Decca, Gualterio-11
Clancy, Chris-12
Arrowsmith, Greg-11
Barrera, Gary-11
Nunez, Mark-12
Rysdon, Mike-11
Miller, Aron-12
Mullen, Kevin-12
Van Doran, Marcus-11
Esquivel, Brian-12
Dimaculangan, Marvin-11
Payne, Andrew-11
Kenton, Melvin-12
Tales, Algene-12
Sinvela, Francis-12
Marrietta, Ronald-10
Henry, Bernard-10
Manuel, Eugena-11
Ramon, Darek-10
Alsenay, Shawn-9
Watahomgie, Joel-11
Montes, Oscar-11
Fisher, Anthony-10
Hardin, Tim-11
Riddle, Scott-9
Palmer, Daniel-10
Jaromin, Markus-10
Ellis, Tim-10
Johnson, Matt-9
Lopez, Joe-9
Perez, Oscar-12
Medrano, Ernie-11
Lopez, Mike-12
Guiding, Job-10
Salenia, Martin-10
Campazano, Juan-10
Falconi, Duke-12
Chavez, Oliver-10
Lopez, Mike-11

Laguna Beach
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La Salle
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Sherman Indian
Sherman Indian
Sherman Indian
Sherman Indian
Sherman Indian
Sherman Indian
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Maranatha
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Maranatha
Pater Noster
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Pater Noster
Pater Noster
Pater Noster



1989 CIF/Reebok State Cross Country Championships

DIVISION I INDIVIDUAL BOYS

NAME (Last/First-Grade)	SCHOOL
CENTRAL SECTION (5)	
Baxter, Kevin-12	Fresno
Cardenas, Robert-11	Sanger
Sanchez, Juan-12	Delano
Gann, Ed-11	McLane
Sanchez, Mark-11	Arvin

NORTH COAST SECTION (5)	
Aschbrenner, Jeff-12	California
Jones, Ahmik-10	Livermore
White, Brian-11	Antioch
Beyene, Tess-12	Newark Mem.
Held, Dan-12	Santa Rosa

SAN DIEGO SECTION (5)	
Virgil, David-12	Santana
Reid, Russell-12	Santana
Ricketts, Bill-12	Hilltop
Ricketts, Eric-10	Hilltop
Hernandez, Jeff-11	Bonita Vista

CENTRAL COAST SECTION (5)	
Ringer, Matt-12	Homestead
Kilbridge, Phil-12	Serra
Joyner, James-11	Gunderson
Murphy, Sean-12	Leland
Pacheco, Jason-11	Live Oak

OAKLAND SECTION (2)	
Parr, Aaron-11	Skyline
Sandles, David-11	Castlemont

SAN FRANCISCO SECTION (5)	
Tafase, Kahassai-12	McAteer
Rawls, Dustin-11	Lincoln
Montalvo, Eric-12	McAteer
Huyab, An-11	O'Connell
Schmidt, Dan-11	Washington

L.A. CITY SECTION (5)	
Aguirre, O.-12	San Fernando
Gatterum, Brian-12	Birmingham
Gonbasch, Steve-11	Carson
Moreno, Jose-12	Venice
Rendon, Roman-11	Banning

NORTHERN SECTION (2)	
Delgado, Jason-11	West Valley
Schrock, Chris-11	West Valley

SAC JOAQUIN SECTION (5)	
Dahl, John	Sacramento
Adams, Ryan	Fairfield
Monk, David	Fairfield
Huff, Artie	Kennedy
Buttz, Charles	Vintage

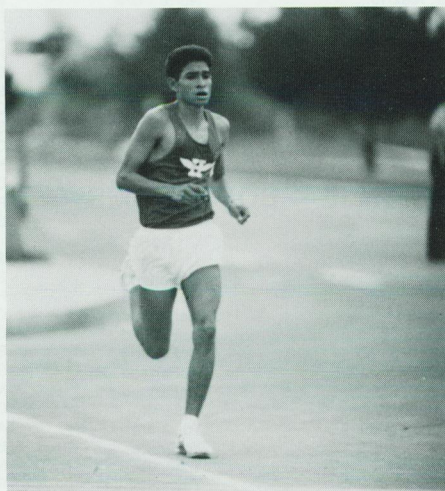
SOUTHERN SECTION (5)	
Quintana, Luis-11	Arroyo Grande
Hartman, Dave-11	Canyon (CC)
Herrera, Eliazar-12	Hoover
Pose, Israel-11	Torrance
Berkland, Dan-12	Canyon (CC)

DIVISION II INDIVIDUAL BOYS

NAME (Last/First-Grade)	SCHOOL
CENTRAL SECTION (5)	
Trujillo, Jose-10	Golden West
Weber, Scott-12	Reedley
Jurrez, Jose-11	Monache
Morales, Pascual-11	Washington
Quintana, Brian-12	Union
	Shafter

NORTH COAST SECTION (5)	
Berkowite, Kevin	Hayward
Thompson, Neil	Del Norte
Boulet, Richie	Drake
Stoll, Dan	College Park
Atwood, Jason	Castro Valley

SAN DIEGO SECTION (5)	
Bache, Tom-12	University
Johnson, Larry-11	Oceanside
Melendez, Ciro-11	Mission Bay
Castro, Xavier-12	Romona
Lannen, Jeff-12	University



CENTRAL COAST SECTION (5)	
Eley, Paul-12	Mills
Bupp, Andy-12	Woodside
Waxman, Derek-12	San Mateo
Hannon, John-12	Woodside
Johnson, Nathan-11	Santa Cruz

NORTHERN SECTION (5)	
Redding, Jeremy-12	Central Valley
Rochleau, Phil-12	Paradise
Blaney, Mike-12	Red Bluff
Von Bargen, Brooks-12	Chico Sr.
Doniak, Josh-11	Central Valley

SAC JOAQUIN SECTION (5)	
Taylor, Eric	Grant
Spalliero, Bob	Bear River
Rhoades, Ken	Colfax
Oldfield, Sean	Ponderosa
Sahota, Ravinder	Livingston

SOUTHERN SECTION (5)	
Goodrich, Paul-12	Dos Pueblos
Wignot, Andrew-12	Dos Pueblos
Morris, Kyle-11	San Luis Obispo
Cowdrey, Mike-12	Trabuco Hills
Gonzalez, Mark-11	La Habra

DIVISION III INDIVIDUAL BOYS

NAME (Last/First-Grade)	SCHOOL
CENTRAL SECTION (5)	
Curtis, Scott-12	Sierra
Ochoa, Jose-9	Corcoran
Garcia, Juan-10	Corcoran
Gill, Chris-10	Garces
Carnell, Pat-12	Sierra

NORTH COAST SECTION (5)	
Crabbe, Phil	College
Skandera, Caleb-12	Covenant
Anderson, Rio-11	South Fork
Colter, Gene-12	South Fork
Samuels, Merrill	Cal. Sch. for Deaf

CENTRAL COAST SECTION (5)	
Johnson, Pete-12	Berean Christian
Coleman, Andrew-12	Pacific Grove
Contreras, Harvey-12	Palma
Allan, Will-10	Carmel
Heyman, Nathan-10	Monte Vista

NORTHERN SECTION (5)	
Gonzales, Sergin-11	East Nicholas
Gatlin, Greer-11	Weed
Perez, Poln-12	Butte Valley
Obagi, Olber-11	Etna
Eneix, Skeeter-11	Wheatland

SAC JOAQUIN SECTION (5)	
Egan, Rob	Lincoln
Reichers, David	Justin Siena
Vasquez, Marco	Hughson
Fitzgerald, Tony	Hilmar
Walker, Nick	Patterson

SOUTHERN SECTION (5)	
Castner, John-10	Oak Park
Bush, Bob-12	Inland Christian
Morgan, Mike-10	Bellarmine Jeff.
Heath, Bob-11	Bellarmine Jeff.
Diaz, Jose-9	Bellarmine Jeff.

DIVISION I — GIRLS TEAMS

NAME (Last/First-Grade)	SCHOOL
CENTRAL SECTION (2)	
Grogg, Sarah-10	Clovis West
Shaw, Christina-10	Clovis West
Reid, Heather-10	Clovis West
Calabrese, Chantell-11	Clovis West
Sperling, Jennifer-12	Clovis West
Jones, Rachael-11	Clovis West
Natesvwon, Jann-11	Clovis West
Martinez, Mary Ann-12	Foothill
Tatmen, Lorrienne-11	Foothill
Bagbay, Jennifer-11	Foothill
Smallwood, Suezette-10	Foothill
Woodworth, Pam-12	Foothill
Roberts, Amy-10	Foothill
Dimolfeto, Jennifer-9	Foothill

NORTH COAST SECTION (2)	
Glazer, Beth-12	San Ramon
Jenkins, Julie-10	San Ramon
Buhl, Laura-12	San Ramon
Rowe, Katie-12	San Ramon
Rowe, Cheryl-10	San Ramon
Therriault, Jessie-11	San Ramon
Hallat, Alison-12	San Ramon
Freeberg, Melissa-11	California
Haid, Jennifer-10	California
Dale, Kerry-11	California
Juarez, Lori-12	California
Ellison, Suzie-11	California
Bole, Brittany-11	California
Monoz, Mercedes-10	California

SAN DIEGO SECTION (2)	
Cooper, Angie-10	Mt. Carmel
Scott, Susan-10	Mt. Carmel
Carl, Kathleen-10	Mt. Carmel
Stowell, Charity-12	Mt. Carmel
Shiga, Cara-12	Mt. Carmel
Vergith, Jennifer-9	Mt. Carmel
Bower, Lisa-12	Mt. Carmel
Hadley, Deanna-10	San Pasqual
Blunt, Erin-10	San Pasqual
Eilerts, Allison-11	San Pasqual
Keim, Melissa-9	San Pasqual
Villasenor, Jeni-10	San Pasqual
Hernandez, Alma-12	San Pasqual

CENTRAL COAST SECTION (2)	
Solorio, Maria-11	Overfelt
Rogers, Jenny-11	Overfelt
Trigos, Javi-11	Overfelt
Balaoing, Aurora-11	Overfelt
Morena, Juana-9	Overfelt
Moreno, Alexandra-11	Overfelt
Asuna, Isabel-12	Overfelt
Anderson, Kimik-11	Santa Teresa
Anderson, Kishi-11	Santa Teresa
Berquist, Kristina-12	Santa Teresa
Brink, Holly-11	Santa Teresa
Gibson, Rachael-10	Santa Teresa
Crocock, Jennie-9	Santa Teresa
Moates, Devon-11	Santa Teresa

OAKLAND SECTION (1)	
Thomason, Meredith-10	Skyline
Pate, Laura-12	Skyline
Chan, Joanna-12	Skyline
Bello, Justine-12	Skyline
Johnson, Michelle-12	Skyline
Lopez, Cristiana-12	Skyline

SAN FRANCISCO SECTION (1)	
Tai, Mae-12	Lowell
Fong, Julia-11	Lowell

1989 CIF/Reebok State Cross Country Championships



LEvesque, Sarah-12
Tan, Lisa-10
Calizo, Mariel-12
Kwan, Liz-10
Leung, Carolyn-12

Lowell
Lowell
Lowell
Lowell
Lowell

L.A. CITY SECTION (2)

Moreno, Petra-11
Fragosa, Elsa-12
Ramirez, Lorena-10
Marquez, Maritza-12
Rodriguez, Haidi-11
Munoz, Anna Maria-11
Grona, Guillermina-11
Diaz, Lucy-11
Clements, Laura-12
Tregarthen, Sandra-12
Mayorea, Alicia-11
Mason, Robin-10
Valdez, Sandra-11
Bowein, Tammy-10

Belmont
Belmont
Belmont
Belmont
Belmont
Belmont
Belmont
San Pedro
San Pedro
San Pedro
San Pedro
San Pedro
San Pedro
San Pedro

NORTHERN SECTION (2)

Look, Krissy-10
Evanhoe, Lisa-12
Cosindas, Nicole-10
Beale, Heather-11
Hillard, Michelle-12
Sundequist, Annika-12
Hidever, Sheri-12
Teter, Nicole-11
Oxford, Jill-11
Morcom, Genon-11
Diffenderfer, Brandi-10
Pruitt, Terri-11
Huff, Shawna-9

Shasta
Shasta
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Shasta
Shasta
Shasta
Shasta
West Valley
West Valley
West Valley
West Valley
West Valley
West Valley
West Valley

SAC JOAQUIN SECTION (2)

Viglione, Danielle-9
Hewitson, Jennifer-12
Dietz, May-11
Marnach, Jennifer-9
Lewis, Michelle-11
Carlson, Babette-12
Leder, Amy-11
Austin, Rachel
Adams, Christine
Henry, Jen
Larsen, Julianne
Korsno, Pam
Messner, Tanya
Klekowski, Amy

Bella Vista
Bella Vista
Bella Vista
Bella Vista
Bella Vista
Bella Vista
Bella Vista
Del Campo
Del Campo
Del Campo
Del Campo
Del Campo
Del Campo
Del Campo

SOUTHERN SECTION (5)

Muneno, Maya-10
Wilcox, Tammy-9
Senga, Yoko-10
DellaGatta, Joanna-11
Zareski, Karen-11

Palos Verdes
Palos Verdes
Palos Verdes
Palos Verdes
Palos Verdes

Scribe, Cindy-12
Cwieka, Michelle-11
Alley, Margaret-11
Heap, Nancy-10
Ragon, Nancy-12
Dearborn, Kelly-10
Green, Kim-12
Rowe, Jolene-11
Hanson, Megan-11
Baires, Rhonda-11
Pfister, Mariza-10
McClary, Abby-9
Drozzin, Deena-11
York, Tiffany-11
Zontelli, Chayanne-12
Colclough, Skya-11
Hayward, Laura-10
Camp, Kristy-9
Schultz, Michelle-11
Kristan, Stacy-11
Pike, Angie-10
Bryant, Fanya-11
Ellis, Megan-10
Gibbs, Jessica-9
Hinkle, Karen-11
Vandervalk, Marrissa-12
McKay, Kati-11
Wiskow, Julia-12
Connick, Danielle-12
Regan, Lindy-11

Palos Verdes
Palos Verdes
Palos Verdes
Palos Verdes
Alta Loma
Alta Loma
Alta Loma
Alta Loma
Alta Loma
Alta Loma
Alta Loma
Agoura
Agoura
Agoura
Agoura
Agoura
Agoura
Agoura
Buena
Buena
Buena
Buena
Buena
Buena
Buena

DIVISION II — GIRLS TEAMS

NAME (Last/First-Grade) CENTRAL SECTION (2)

Petty, Judy-9
Petty, Becky-12
Bilvado, Teresa-9
Vigil, Nicky-9
Ramirez, Isabel-11
Hernandez, Alicia-10
Wullems, Angela-12
Abalos, Joyce-12
Whitacre, Shelley-9
Abalos, Sen-10
Lawrence, Melissa-11
Aguiniga, Iselia-12
McKenzy, Joan-10
Gordon, Lindsey-10

SCHOOL
Golden West
Golden West
Golden West
Golden West
Golden West
Golden West
Golden West
Lemoore
Lemoore
Lemoore
Lemoore
Lemoore
Lemoore

NORTH COAST SECTION (2)

Rahl, Riva
Fantozzi, Alicia
McCool, Jessica
Wolfe, Julie
Dunn-Ruiz, Amy
Wolfe, Karen

Piedmont
Piedmont
Piedmont
Piedmont
Piedmont
Piedmont

Chandler, Kala
Ackerman, Melissa
Patterson, Elice
Waiswillo, Alissa
Berry, Alisha
Granzow, Heather
Rodillas, Patricia
Holman, Emily

Piedmont
Castro Valley
Castro Valley
Castro Valley
Castro Valley
Castro Valley
Castro Valley
Castro Valley

SAN DIEGO SECTION (2)

Ferguson, Mailee-10
Villarreal, Patty-12
Bache, Stephanie-10
Schoene, Julie-10
Beardsley, Emily-11
Segall, Donne-12
Cornejo, Elizabeth-9
Denecke, Holly-10
Depew, Tina-11
Salazay, Sabina-10
Garcia, Belina-11
Walton, Andrea-11
Roman, Margaret-10

La Jolla
La Jolla
La Jolla
La Jolla
La Jolla
La Jolla
La Jolla
El Camino
El Camino
El Camino
El Camino
El Camino
El Camino

CENTRAL COAST SECTION (2)

Kurz, Jill-12
Dancel, Alva-12
Harlick, Jeanene-10
Brightwell, Erin-10
Harlick, Diana-10
Taylor, Yadi-9
Cunningham, Cass-12
Kalomiros, Misty-12
Graesch, Heather-10
Cartier, Cezanne-11
Kelly, Kristen-10
McCullough, Erin-10
Rucker, Isabel-10
Farnaday, Gen-12

Mills
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Mills
Los Gatos
Los Gatos
Los Gatos
Los Gatos
Los Gatos
Los Gatos
Los Gatos

OAKLAND SECTION

NO DIVISION II SUBMITTED

L.A. CITY SECTION

NO DIVISION II SUBMITTED

NORTHERN SECTION

Diulio, Angie-11
Thomas, Monica-12
Horton, Terri-12
Andrews, Brandy-9
McDaniel, Kris-11
Hansen, Alaina-11
Bahr, Kim-9
Jackson, Jenny-9
Copenhaver, Chantelle-9
Wilson, Vanessa-10
Olson, Jennifer-12
Monson, Joline-10
Quilici, Theresa-11
Weathers, Annette-9

Anderson
Anderson
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Anderson
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Anderson
Anderson
Red Bluff
Red Bluff
Red Bluff
Red Bluff
Red Bluff
Red Bluff
Red Bluff

SAC JOAQUIN SECTION (2)

McFadden, Cybelle
Kassis, Kolleen
Pantea, Jahani
Lungren, Lisa
Murphy, Jill
Mendez, Cecilia
Trujillo, Debbie
Goyette, Amanda
McLaughlin, Wenda
Aho, Regina
Gardner, Robin
Ramos, Tara
Bettencourt, Lisa
Gilbert, Jenny

St. Francis
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St. Francis
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St. Francis
St. Francis
St. Francis
El Dorado
El Dorado
El Dorado
El Dorado
El Dorado
El Dorado
El Dorado

SOUTHERN SECTION (5)

McFarland, Kirsten-10
Wallin, Johanna-12
Shryock, Kristen-11
Bray, Heather-9
Hannam, Holly-11
Kerr, Sharlyn-11
Craft, Jennifer-12
Fox, Tara-10
Young, Bonnie-11
Spellman, Dsscha-11
Atkinson, Alice-12
Kunde, Sarah-9
Karna, Sharilyn-10
Renshall, Claire-10
Kimpton, Jennifer-11

Corona del Mar
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Nordhoff
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1989 CIF/Reebok State Cross Country Championships

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Paraclete
Paraclete
Paraclete
Paraclete
Paraclete
Paraclete
Paraclete
Thacher
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Thacher
Thacher

DIVISION I INDIVIDUAL GIRLS

NAME (Last/First-Grade)	SCHOOL
CENTRAL SECTION (5)	
Miller, Lori-10	N. Bakersfield
Kropf, Erin-11	Madera
DeLaTorre, Murita-10	Roosevelt
Franco, Cindy-9	Delano
Sananiego, Mireva-10	Madera

DIVISION III — GIRLS TEAMS

NAME (Last/First-Grade)	SCHOOL
CENTRAL SECTION (2)	
Diaz, Delia-10	McFarland
Torres, Lupe-9	McFarland
Alston, Priscilla-10	McFarland
Panjagua, Esmi-12	McFarland
Wykoff, Hollie-12	McFarland
Cervantes, Emily-9	McFarland
Perezchica, Patricia-10	McFarland
Maynor, Audrey-12	Garces
Nobla, Meagon-10	Garces
Barenas, Anagaliq-11	Garces
Barens, Sylvia-10	Garces
Crawford, Stephanie-9	Garces
Reagon, Allisa-11	Garces
Nickel, Heidi-10	Garces

NORTH COAST SECTION (3)

Chesney, Emma-11	Lick-Wilmerding
Rudman, Tachina-11	Lick-Wilmerding
Wong, Lisa-9	Lick-Wilmerding
Male, Aimee-11	Lick-Wilmerding
Farrow, Ellen-12	Lick-Wilmerding
Segas, Lynn-11	University
Kondy, Tamar-12	University
Crittenden, Barry-9	University
Gilson, Sarah-9	University
Zech, Alexandria-9	University
Ergstrom, Lucia-12	University
Engstrom, Alicia-9	University
Hites, Maya	Head Royce
Fung, Arlene	Head Royce
Rowley, Heather	Head Royce
Brown, Liv	Head Royce
Kulka, Alexandra	Head Royce
Lederer, Laura	Head Royce

SAN DIEGO SECTION (2)

Reza, Viviana-12	Coronado
Raggett, Kara-10	Coronado
Reza, Regina-10	Coronado
Seleridge, Jennifer-12	Coronado
Taylor, Laura-11	Coronado
Millis, Jenniifer-9	Coronado
Mitchell, Amy-10	Coronado
Cross, Rene-10	Calvin Christian
Cattron, Melissa-10	Calvin Christian
DeJager, Michelle-12	Calvin Christian
DeOuden, Amy-11	Calvin Christian
Howerzy, Heather-10	Calvin Christian
Howe, Jeanni-12	Calvin Christian
Verhoeven, Kim-10	Calvin Christian

CENTRAL COAST SECTION (2)

Dauphine, Nicole-12	Stevenson
Curtis, Jenny-11	Stevenson
Hamilton, Sarah-11	Stevenson
Driscoll, Megan-9	Stevenson
Radov, Amanda-9	Stevenson
Schemke, Jennifer-10	Stevenson
Leigh-Wood, Elizabeth-9	Santa Catalina

Santa Catalina
Santa Catalina
Santa Catalina
Santa Catalina
Santa Catalina
Santa Catalina

OAKLAND SECTION

NO DIVISION III SUBMITTED

SAN FRANCISCO SECTION

NO DIVISION III SUBMITTED

L.A. CITY SECTION

NO. DIVISION III SUBMITTED

NORTHERN SECTION

NORTHERN SECTION
NO DIVISION III SUBMITTED

SAC JOAQUIN SECTION (2)

Bret Harte
Bret Harte
Bret Harte
Bret Harte
Bret Harte
Bret Harte
Bret Harte
Loretto
Loretto
Loretto
Loretto
Loretto
Loretto
Loretto

SOUTHERN SECTION (5)

Maranatha
Maranatha
Maranatha
Maranatha
Maranatha
Maranatha
Maranatha
L.A. Baptist
L.A. Baptist
L.A. Baptist
L.A. Baptist
L.A. Baptist
L.A. Baptist
L.A. Baptist
Marymount
Marymount
Marymount
Marymount
Marymount
Marymount
Marymount
Paraclete

NORTH COAST SECTION (5)

Spies, Becky-11	Livermore
Horn, Nika-11	Santa Rosa
Steppe, Tammi-12	Amador
Mazza, Rhonda-10	Santa Rosa
Harris, Joy-11	Miss. San Jose

SAN DIEGO SECTION (5)

Glusac, Milena-9	Fallbrook
Nicodemus, Alisa-11	Grossmont
Young, Kelly-11	Grossmont
Hanna, Janet-12	El Cajon
Barnhardt, Tara-11	Poway

CENTRAL COAST SECTION (5)

Bartholomew, Beth-12	Fremont
Luna, Martha-12	Watsonville
Raybould, Keri-11	Leland
Quintero, Isabel-10	Watsonville
Carrera, Maritza-9	Watsonville

OAKLAND SECTION (2)

Said, Aziza-12	Oakland
Waters, Kairee-12	Technical

SAN FRANCISCO SECTION (5)

Pena, Mona-12	Washington
Lopez, Lisa-11	Balboa
Lazar-Lea, Tanya-10	McAteer
Aviles, Trudy-9	McAteer
Reading, Janis-10	Lincoln

L.A. CITY SECTION (5)

Hunter, Rosetta-12	Locke
Melendez, Rera-12	N. Hollywood
Snowroya, Robin-10	Pasadena
Phillips, Trisna-12	Locke
Francko, Christine-12	Franklin

NORTHERN SECTION (4)

Schepe, Heather-12	Enterprise
Attache, Ercilia-11	Enterprise
Wright, Jayci-11	Enterprise
Ducche, Geicelia-11	Enterprise

SAC JOAQUIN SECTION (5)

Homan, Jennifer	Nevada Union
Greene, Erica	Turlock
Rivera, Stephanie	Tokay
Visscher, Sonja	Elk Grove
Pritchard, Brooke	Vacaville

SOUTHERN SECTION (5)

Taylor, Shelley-10	Edison
Rothman, Jeannie-11	Westlake
Brix, Tanya-10	University
Pinto, Martha-11	Katella
Thrasher, Suzanna-12	Villa Park

1989 CIF/Reebok State Cross Country Championships

DIVISION II INDIVIDUAL GIRLS

NAME (Last/First-Grade)

SCHOOL

CENTRAL SECTION (5)

Cuellar, Norma-12
Madon, Mary-10
Allen, Vanessa-9
Maloney, Molly-12
Tamez, Elva-11

Redwood
Porterville
Highland
Porterville
Monache

NORTH COAST SECTION (5)

Riley, Sarah
Zwagerman, Neve
Kopchik, Becky
Venables, Catherine
Jones, Alisa

Campolindo
Tamalpais
Northgate
Encinal
Redwood

SAN DIEGO SECTION (5)

Nebyelul, Zuryash-12
Padina, Marcy
Hill, Sarah-11
Hernandez, Lupe-9
Moriac, Marta-11

Lincoln
Clairemont
Mission Bay
Ramona
Ramona

CENTRAL COAST SECTION (5)

Kaiser, Becky-10
Soderman, Tenaya-11
Johnson, Latanya
Lemes, Jenny-12
Leon, Ofelia-12

Seaside
Gunn
Mitty
Los Altos
Gonzales

NORTHERN SECTION (5)

Gorbet, Tina-12
Mercer, Alicia-11
Cardenas, Irene-9
Cilenti, Becci-12
Micone, Amy-11

Lassen
Pleasant Valley
Bidwell Jr. High
Central Valley
Lassen

SAC JOAQUIN SECTION (5)

Webb, Anikai
Janus, Julie
Banas, Bridget
Keill, Amy
Harris, Susie

SOUTHERN SECTION (5)

Hecox, Karen-12
Aparicio, Maribella-9
Aguilar, Sheila-9
Williams, Tish-12
Tonay, Kim-12

Bear River
Bear River
Dixon
Rio Americano
Placer

South Hills
Fillmore
Norte Vista
La Habra
Atascadero

CENTRAL COAST SECTION (5)

Schroeder, Kristen-9
Adams, Khira-12
Berridge, Shelly-9
Martinez, Gloria-10
Trautsch, Tara-10

Castilleja
York
York
Sacred Heart
York

NORTHERN SECTION (4)

Robbins, Trixie-10
Roeschlau, Chrissy-11
Atrops, Rachel-12
Lococo, Heather-9

Orland
Fall River
Burney
Fall River

SAC JOAQUIN SECTION (5)

Seymour, Gerry
Clark, Maryann
Mejia, Lydia
Castenada, Esmeralda
Enos, Karen

Mariposa
Vanden
Patterson
Hughson
Summerville

DIVISION III INDIVIDUAL GIRLS

NAME (Last/First-Grade)

SCHOOL

CENTRAL SECTION (5)

DeGroot, Tamara-10
Albert, Nicole-10
Perry, Jennifer-9
Fusselman, Sara-10
Guadagnini, Chrissy-10

Central Valley
Corcoran
Yosemite
San Joa. Mem.
Yosemite

NORTH COAST SECTION (5)

Hamady, Laura-9
Leary, Casey-12
Clark, Nicki-10
Gardner, Kami-11

The Urban Sch.
Katherine Bran.
Marin Academy
College Prep

SAN DIEGO SECTION (5)

Martine, Ashlie-9
Briggs, Summer-9
Earl, Denise-9
Mancilla, Claudia-9
Fleming, Cheri-10

Gompers
Christian
Gompers
Gompers
Christian

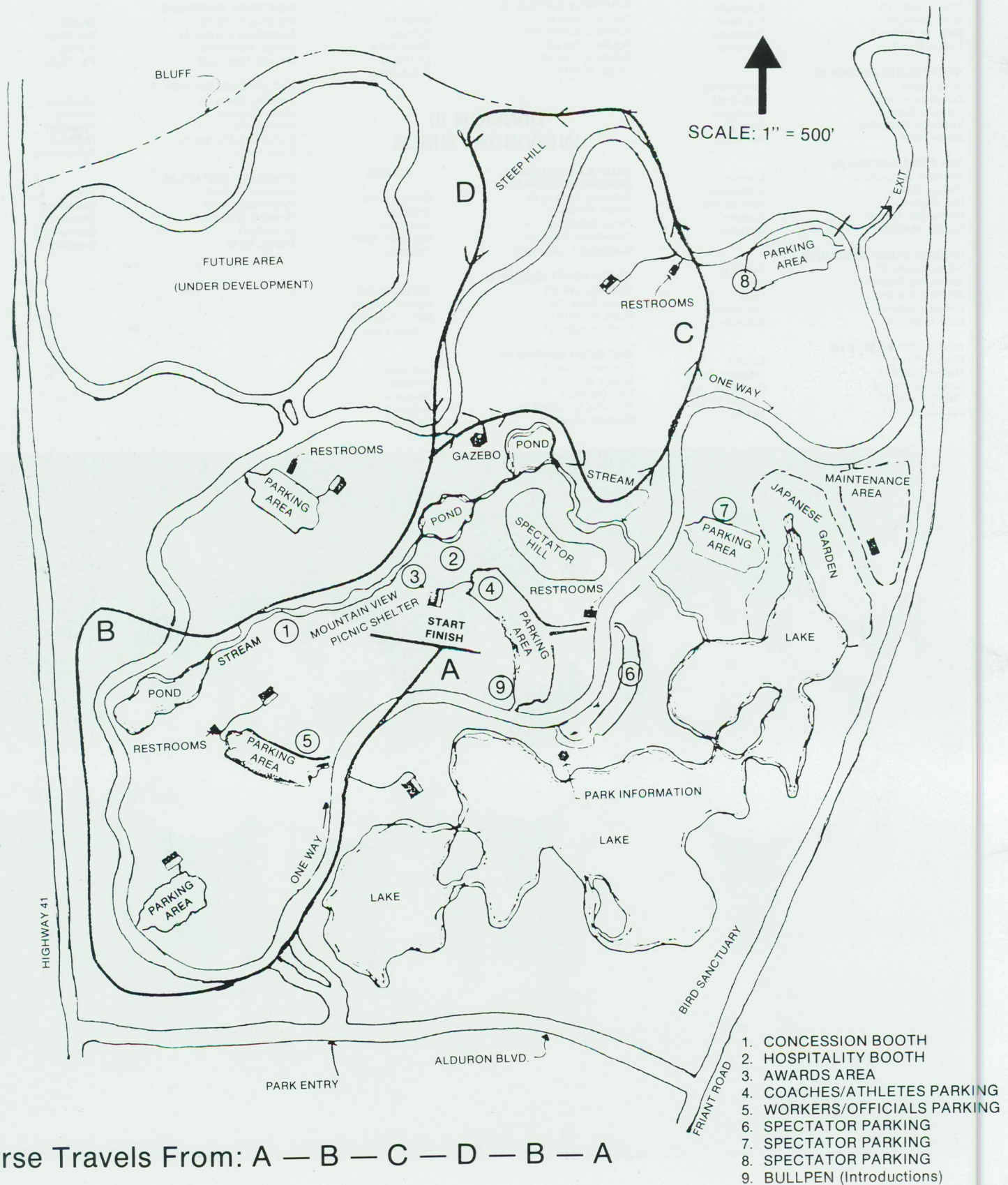
SOUTHERN SECTION (5)

Lindsley, Cedar-11
Ryan, Rebecca-12
Howarth, Shawna-9
Lu, Judy-11
Treone, M.-10

Cate
Brentwood
Brentwood
Brentwood
Brendwood



CIF/REEBOK STATE CROSS COUNTRY CHAMPIONSHIPS WOODWARD PARK FRESNO 5000 METERS



It's A Part Of Your Life.

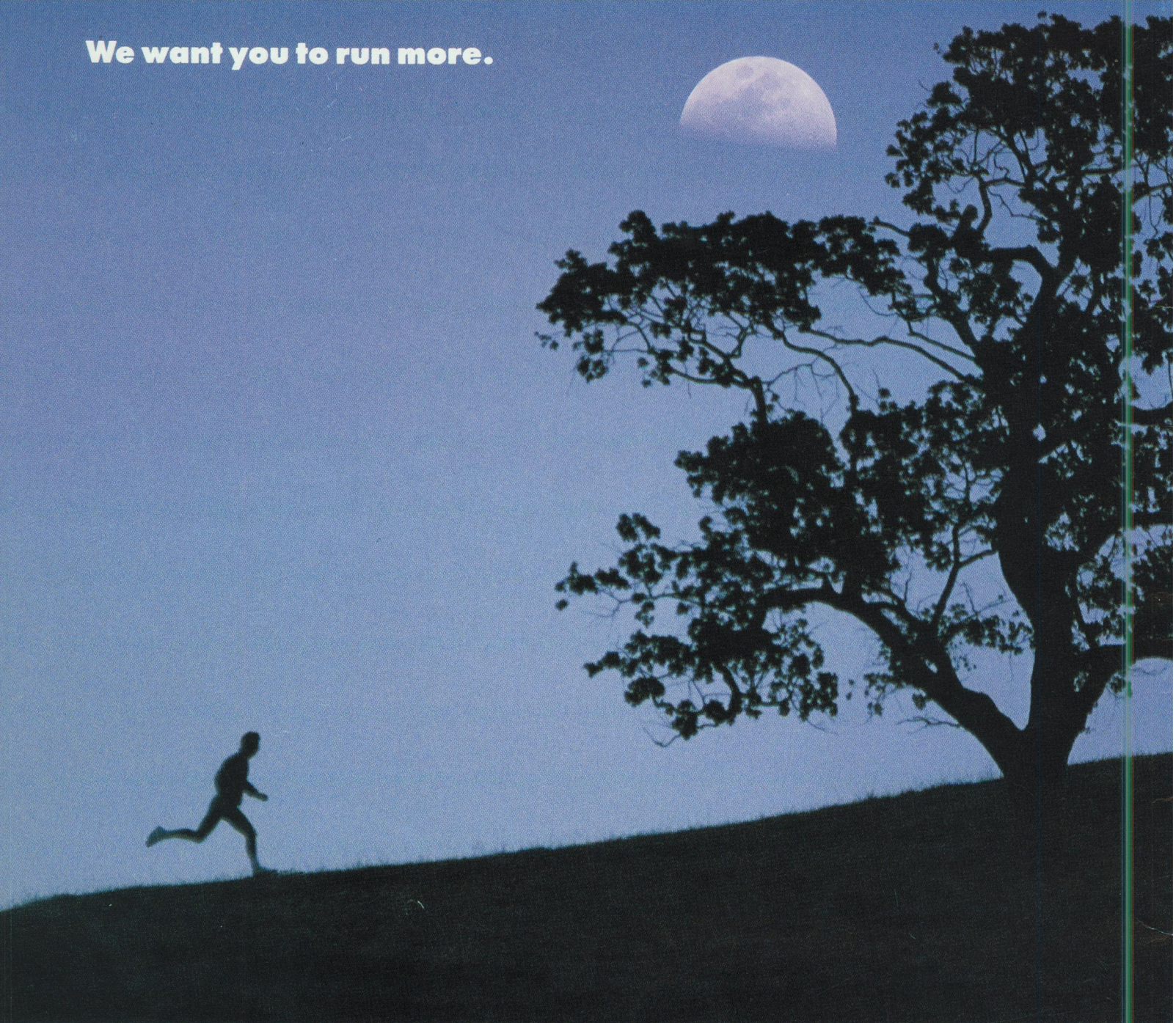
Coca-Cola
Trade-mark®
CLASSIC

ORIGINAL
Formula

You Can't Beat The Feeling!

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We want you to run more.



Reebok® has added a feature to their running shoes every runner will appreciate: encouragement.

This encouragement is a result of a bit of technology called the Reebok Energy Return System—a series of tubes in the midsole and heel. With every foot strike, the tubes compress. As the foot lifts, these tubes spring back, helping to push your foot back up off the ground.

By using energy instead of wasting it, your legs feel stronger, longer. Not to mention how much better they'll feel the next day. When it's time to run again.

Reebok 

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