NCS ARCO am/pm

1995 Cross Country

RESULTS

Division I	Boys	MOC Results	page 3
88.Jeff Jung	21:27	Piner	
89.Andrew Lee	21:28	Berkeley	
90.Jun Lee	21:37	Piner	
91.Alex Sevilla	21:38	Ranch C	
92.Brian Ching	21:39	Alhambra	
93.Justin Landon	21:47	Alhambra	
94.Justin Spiridonoff	22:03	Santa Rosa	
95.Richard Kubo	22:16	Santa Rosa	
96.Andrew Rappott	23:50	Ranch C	

Team Scores.

1	Bishop O'Dowd	63
2	Castro Valley	87
3	Logan	95
4	Montgomery	95
5	Ukiah	139
6	Healdsburg	150
7	Santa Rosa	172
8	Acalanes	200
9	Alhambra	253
10	Alameda	265
11	Antioch	278
12	Washington	307
13	Berkeley	361

Division 1	Boys	MOC Results	page1
Name.	Time.	School.	
1.Daniel Embaye	16.01	Logan	
2.Amadil Kamara	16:02	Santa Rosa	
3.Mike Schwartz	16.18	Santa Rosa	
4.Mekonnen Fekadu	16.18	Santa Rosa	
5.Chad Foster	16:35	Logan	
6.Dave Alderman	16:40	Bishop O'Dowd	
7.Rob Nachtwey	16:41	Bishop O'Dowd	
8.Jason Mendes	16.42	Heldsburg	
9.Jake Bouey	16:48	Bishop O'Dowd	
10.Andrew Shogun	16:52	Acalanes	
11.Kevin Funk	16.56	Montgomery	
12.Jason DeSelle	16:57	Montgomery	
13.Ryan Mack	16:59	Ukiah	
14.Kevin Gardiner	17:01	Bishop O'Dowd	
15.Badia	17:02	Castro Valley	
16.Henry Patterson	17:04	Castro Valley	
17.Damien Dulaney	17.04	Castro Valley	
18.Shane Dulaney	17:08	Castro Valley	
19.Mike Wilson	17.11	Healdsburg	
20.Josh Otto	17:12	Ukiah	
21.Brad Dickson	17.14	Castro Valley	
22.John Staroba	17.21	Montgomery	
23.Aaron Lee	17.29	Castro Valley	
24.Jake Currie	17:29	Montgomery	
25.Jerimich Johnson	17.34	Logan	
26.Jerry Finlay	17:35	Montgomery	
27.Andrew Elliott	17:38	Bishop O'Dowd	
28. Ian Thomas	17.38	Bishop O'Dowd	
29.Hieu Luu	17:42	Logan	
30.Aaron Gardiner	17:44	Alhambra	
31.Essayas Gebray	17:46	Alameda	
32.John Poor	17:47	Ukiah	
33.Chris Green	17:50	Piner	
34.Chris Hernandez	17.56	Antioch	
35.John Dubois	18:00	Alameda	
36.Ashera Dirar	18:01	Logan	
37.Jaime Vasquez	18.05	Ukiah	
38.Ricky Foggiato	18:07	Bishop O'Dowd	
39.Joe Grahm	18:11	Ukiah	
40.Jason Smedley	18.12	Acalanes	
41.Tait Miller	18.16	Healdsburg	
42.Kevin Todd	18:17	Healdsburg	
43 Noah Fox	18:19	Healdsburg	

Division 1	Boys	MOC Results	page 2
44.Sam Bernier		18:20 Healdsburg	
45.Tim Jacobsen		18:24 Acalanes	
46.Rick Riley		18:26 Alhambra	
47.Rett Mathews		18:26 Ukiah	
48.Ben Severson		18:27 Washington	
49.Garrett Fogel		18:30 Logan	
50.Jerrad Jensen		18:34 Alhambra	
51.Jermery Jackman		18:36 Montgomery	
52.Seth Mellon		18:41 Castro Valley	
53.Louis Koberstein		18:43 Antioch	
54.Nick Merrell		18:44 Acalanes	
55.Mike Smith		18:45 Acalanes	
56.Garth Schultz		18:46 Healdsburg	
57.John Bruce		18:49 Washington	
58.Eyobe Embaye		18:51 Logan	
59.David Taylor		18:52 Berkeley	
60.Kody Jensen		18:53 Antioch	
61.Brandon Boyle		18:57 Alameda	
62.Chad Kelsey		19:02 Antioch	
63.James Waters		19:02 Montgomery	
64.Mike Dean		19:11 Washington	
65.Bryan Godwin		19:12 Alhambra	
66.Brian Martin		19:12 Alhambra	
67.William Carter		19:12 Berkeley	
68.Paul Gattey		19:15 Washington	
69.Chris Saali		19:20 Alameda	
70.Yosi Rahm		19:21 Ukiah	
71.Roger Tanaka		19:27 Acalanes	
72.Toby Perry		19:34 Berkeley	
73.Ian Jackson		19:35 Alameda	
74.J.P. Olivera		19:36 Antioch	
75.Neil Hedgecock		19:44 Washington	
76.Ben Fields		19:52 Alameda	
77.Vince Costanza		19:54 Antioch	
78.Matt Sauage		19:56 Alameda	
79.Richardo DeMello		20:02 Antioch	
80.Brendan McAndrew		20:12 Acalanes	
81.Geoff Ehlers		20:15 Santa Rosa	
82.Jake Moore		20:20 Washington	
83.Peter Kaes		20:23 Berkeley	
84.Adam Romero		20:28 Rancho C.	
85.Brian Aicega		20:48 Rancho C	
86.Jared Shipley		20:50 Santa Rosa	
87.Jeff Huber		20:06 Piner	

NCS ARCO am/pm

1995 Cross Country

RESULTS

Page: 1 From: Doyle O'Regan Prepared: Mon, Aug 27, 1956 1:12 PM

1995 NCS CROSS COUNTRY CHAMPIONSHIPS

Division II Boys

1	Tom Prindiville	DeLaSalle	15:35
2	Jon Stevens	Mission San Jose	15:51
3	Randy Maestretti	DeLaSalle	15:57
4	David Rodriguez	Mission San Jose	15:58
5	Enrique Henriquez	San Leandro	15:59
6	Brian Henstorf	Amador	16:04
7	Ryan Freeman	Amador	16:14
8	Pat O'Leary	Mission San Jose	16:17
9	Mat Hunnicut	Amador	16:25
10	Joe Menchaca	Pittsburg	16:29
11	Adrian DeWald	Eureka	16:34
12	Alex Sanchez	DeLaSalle	16:41
13	Greg Phillips	Eureka	16:47
14	Dan Ambrose	San Ramon	16:48
15	Kevin White	Eureka	16:50
16	Mitch Townsend	Eureka	16:51
17	____ Kenady	DeLaSalle	16:55
18	Robert Donovan	Mission San Jose	16:55
19	Chris Coffee	DeLaSalle	17:11
20	Ryan Stanton	DeLaSalle	17:18
21	Ryan Dexter	Eureka	17:27
22	Jerry Stepan	Mission San Jose	17:28
23	Jeff Stordahl	San Ramon	17:32
24	Ryan Preston	Moreau	17:37
25	John Conrad	Las Lomas	17:38
26	Ed West	Mission San Jose	17:39
27	Carleton Cope	College Park	17:46
28	Eddie Chan	Monte Vista	17:48
29	Gary Chan	San Leandro	17:49
30	Ben Witkowski	San Ramon	17:52
31	Donald Zimmerman	Amador	17:59
32	Jonathon Meyler	Amador	18:00
33	Troy Smith	California	18:03
34	Derek Bushy	San Ramon	18:05
35	Brad Dietsch	San Ramon	18:14
36	Kevin Ryan	San Ramon	18:14
37	Adam Hall	Eureka	18:19
38	Justin Griffin	San Leandro	18:19
39	Todd Sears	Amador	18:21
40	Eric Brewer	Las Lomas	18:23
41	Geoff Davis	San Ramon	18:30
42	Brett Sinnott	California	18:32
43	Eric Grow	College Park	18:33
44	Chris Rust	College Park	18:33
45	Oliver Plant	Pinole Valley	18:42
46	Craig Muhlstein	Moreau	18:49
47	Dave Respecke	Moreau	18:53
48	Greg Hintz	DeLaSalle	18:57
49	Lawrence Yee	Moreau	18:57
50	Alex Butler	College Park	18:58
51	Kirk Lum	California	18:59
52	Jonathan Shapas	Monte Vista	18:59
53	Roy Holtman	College Park	19:05
54	Anthony Cataloo	San Leandro	19:09
55	Ron Selvey	Amador	19:11
56	Jeff Stokes	College Park	19:14
57	Brian Clancey	Las Lomas	19:26
58	Chris Wong	California	19:35
59	Charles Williams	San Leandro	19:37
60	Ryan Todoroff	Las Lomas	19:38
61	Drew Ostler	Mission San Jose	19:40
62	Darreck Butler	Moreau	19:41
63	Rob Butner	Moreau	19:41
64	Allen Victor	Monte Vista	19:53
65	Matt Kirkwood	Pinole Valley	19:58
66	Jarrod Black	Moreau	20:02
67	Brant Stokes	Eureka	20:09
68	Louie Hurtado	San Leandro	20:09
69	_____ Rekeais	Las Lomas	20:24
70	Steve Seaueira	Liberty	20:39
71	Yi Ho	California	20:44
72	Dan Kellogg	Monte Vista	20:59
73	Brian Delowe	California	21:24
74	Will Gammon	Las Lomas	21:26
75	Ben Fong	San Leandro	21:28
76	Scott Mury	Pittsburg	22:11
77	Jeff Abate	Monte Vista	22:23
78	Gary Bostick	Pittsburg	23:53
79	Chris Grossman	Monte Vista	24:17

TEAM SCORES

De La Salle	49
Mission San Jose	52
Eureka	71
Amador	83
San Ramon	131
San Leandro	179
College Park	210
Moreau	219
Las Lomas	242
California	245
Monte Vista	279

NCS ARCO am/pm

1995 Cross Country

RESULTS

MOC Result Division 3 Boys

132	David Filippini	23:05 Petaluma
133	Alex Robins	23:41 McKinleyville

Team:	Score
1 Livermore	36
2 Clayton Valley	66
3 Novato	119
4 Northgate	159
5 Irvington	200
6 Miramonte	210
7 Petaluma	217
8 San Lorenzo	224
9 El Molino	244
10 Granada	248
11 Ygnacio Valley	299
12 Redwood	308
13 Analy	327
14 American	341
15 Oxnard	354
16 Fortuna	380
17 Hayward	432

MOC Results 1995 Division III Boys

Place	Name:	Time	School
1	Michcil Jones	15:17	Livermore
2	Mike Wojciechowski	15:24	Clayton Valley
3	Joe Smith	15:28	Livermore
4	Todd Hunt	16:05	Novato
5	Erik Hansen	16:06	American
6	Luke Leininger	16:09	Clayton Valley
7	Luke Scymanski	16:10	San Lorenzo
8	Nathan Martin	16:15	Livermore
9	Rolf Kvalvik	16:18	Northgate
10	Tim Ricard	16:23	Livermore
11	Danny Bricht	16:25	Petaluma
12	Justin Carter	16:28	Clayton Valley
13	Bobby Carey	16:29	Sonoma Valley
14	Jeremiah Hosler	16:30	Petaluma
15	Adrian Limerl	16:39	Livermore
16	Anton Klemens	16:40	Northgate
17	Ross Biesinger	16:48	Northgate
18	Alix Rodriguez	16:51	Tennyson
19	Rob Bancroft	16:52	Novato
20	Brett Carpenter	16:55	Miramonte
21	Cameron Sarmiento	16:59	Ygnacio Valley
22	Geoff Garcia	17:00	Novato
23	Adam Bowman	17:06	Clayton Valley
24	Josh Scheer	17:10	Novato
25	Bill Jensen	17:11	Petaluma
26	Brian Needham	17:13	Irvington
27	Duncan Henry	17:19	Clayton Valley
28	Heinar Urrutia	17:21	Granada
29	Adam Morrison	17:23	Granada
30	Robin Barker	17:24	El Molino
31	Kevin Boercker	17:25	Livermore
32	Tim Hess	17:25	Irvington
33	Mickey Marshall	17:30	El Molino
34	Andy Hall	17:31	Clayton Valley
35	Ivan Raya	17:34	Analy
36	Billy Maas	17:35	Fortuna
37	Victor Ramirez	17:35	San Lorenzo
38	Danny Hidalgo	17:39	Ygnacio Valley
39	Martin Privat	17:40	San Lorenzo
40	Matt Hout	17:41	Irvington
41	Alex Fagan	17:41	Miramonte
42	Randy Jones	17:42	American
43	Brandon McPherson	17:42	Analy

44	Jason Seitz	17:43 Benicia
45	Marty Kinsey	17:44 Granada
46	Darren Brown	17:46 Clayton Valley
47	Adam Innes	17:47 Redwood
48	Rob Elling	17:48 San Lorenzo
49	Mike Herrin	17:49 Miramonte
50	Adam Bessie	17:50 Redwood
51	Matt Zmolek	17:59 Irvington
52	Jaime Lichauco	18:00 Northgate
53	Peter Holst	18:06 Miramonte
54	Chris Shryack	18:06 Concord
55	Danny Melo	18:10 Analy
56	Phillip Wood	18:10 Ygnacio Valley
57	Victor Alm	18:12 Livermore
58	Marcus Asaro	18:13 Casa Grande
59	Neil Mattews	18:14 Novato
60	Rob Podwalny	18:15 Miramonte
61	Matt Ritz	18:17 Concord
62	Matt Finn	18:18 El Molino
63	Tam Grewal	18:19 Irvington
64	Foster Brereton	18:20 Miramonte
65	Ryan Sulomen	18:23 El Molino
66	Graham McDermott	18:24 Redwood
67	Jim Bush	18:24 El Molino
68	Quetzalcoatl Alverez	18:25 Encinal
69	Michael Burrows	18:26 Fortuna
70	Dean Smith	18:27 McKinleyville
71	Richard Mendez	18:29 Hayward
72	Ruthi Walter	18:33 McKinleyville
73	Levi Mendes	18:34 Fortuna
74	Ammon Rost	18:36 Northgate
75	Justin Morrow	18:40 Granada
76	Andrew Fergus	18:40 Miramonte
77	Kevin Tillman	18:45 Concord
78	Patrick Anderson	18:46 Encinal
79	John Maynard	18:46 Benicia
80	Robb Freed	18:47 Redwood
81	Alex Chan	18:48 Northgate
82	Ben Rosales	18:50 Irvington
83	Seth Wellington	18:50 Ygnacio Valley
84	Aaron Kenney	18:52 Novato
85	Matt Ridenhour	18:54 Concord
86	Mike Josselyn	18:56 Redwood
87	Adam Lavigna	18:56 Petaluma

88	Rot Marrs	18:57	Granada
89	Andy Vedder	18:57	El Molino
90	John Litten	19:00	Northgate
91	Paul Monton	19:03	Hayward
92	Waelhter Jens	19:05	Hayward
93	Matt Ricca	19:14	Granada
94	Jon Robins	19:15	McKinleyville
95	Guillermo Magaña	19:21	Petaluma
96	Tony Clumeck	19:23	Redwood
97	Andres Almendariz	19:23	Hayward
98	Dustin Rubin	19:23	Analy
99	Dominic Fedrizzi	19:24	Concord
100	Mark Rampton	19:31	American
101	Angel Torres	19:33	American
102	Ben Mickus	19:36	Novato
103	Mike Raney	19:36	Redwood
104	Jesse Dejager	19:38	McKinleyville
105	Frank Dutton	19:39	Petaluma
106	Wes Stokes	19:45	Casa Grande
107	Wayne Lam	19:47	San Lorenzo
108	Darren Lee	19:51	Concord
109	Billy Offill	19:57	El Molino
110	Michael Cervantez	19:58	Sonoma Valley
111	Andrew Osthrello	19:58	Hayward
112	Jacob Hayes	19:59	Fortuna
113	Richard Coronado	20:08	Hayward
114	Jeff Wallace	20:13	Benicia
115	Steve Bitner	20:22	American
116	Chris Sottak	20:27	Fortuna
117	Lorrin Pascoe	20:27	Analy
118	Chis Melendez	20:29	Concord
119	Nick Meyer	20:41	Fortuna
120	Brian Ng	20:45	San Lorenzo
121	Jason Fitzsimmons	20:53	McKinleyville
122	James Bylund	20:56	Ygnacio Valley
123	Michael Abbott	21:00	Ygnacio Valley
124	Shane Kirby	21:03	Analy
125	Stephen Poon	21:13	Benicia
126	David Diáz	21:13	Irvington
127	Kurt Spiridakis	21:14	Analy
128	Jason Harris	21:22	Sonoma Valley
129	Khalid Naweed	21:26	Encinal
130	Shane Gunderson	21:33	Fortuna
131	Kris Kennedy	22:30	McKinleyville

NCS ARCO am/pm

1995 Cross Country

RESULTS

Page: 1 From: Doyle O'Regan Prepared: Mon, Aug 27, 1956 2:40 PM

1995 NCS CROSS COUNTRY CHAMPIONSHIPS

Division IV Boys

1	Robin Pendoley	Terra Linda	16:24
2	Carl Moren	Piedmont	16:35
3	James Nielsen	San Marin	16:46
4	Keith Trimble	Piedmont	16:50
5	Francisco Guevara	Terra Linda	16:54
6	Chris West	Arcata	16:57
7	Andy Malick	Piedmont	16:57
8	Nick Gal	Arcata	17:01
9	Bryan Sampson	Piedmont	17:02
10	Ryan Mattonen	Campolindo	17:02
11	Jamal Haynes	Salesian	17:09
12	Jose Gutierrez	CSD	17:14
13	Andrew Greig	Drake	17:15
14	Ben Maniatis	St. Mary's	17:19
15	Dave Carlson	Campolindo	17:22
16	Robert Reffkin	University	17:23
17	Jason Cauthen	University	17:28
18	Todd Stup	Campolindo	17:28
19	Matt Wise	Campolindo	17:29
20	Brent Shaw	Cardinal Newman	17:33
21	Mike Arp	St. Mary's	17:34
22	James Tabor	Salesian	17:35
23	Nick Cady	Cardinal Newman	17:38
24	Greg Kunkel	Piedmont	17:41
25	Nelon Smith	Drake	17:42
26	Jed Johnson	Piedmont	17:42
27	Adam Smith	Arcata	17:44
28	Thad Woosley	Cardinal Newman	17:44
29	Matt Ingram	Arcata	17:49
30	Hari Vasu-Devan	Campolindo	17:49
31	Raymi Dyskant	Lick-Wilmerding	17:49
32	Shems Baker-Jud	Marin Academy	17:51
33	Jesse Reyes	Middletown	17:54
34	Jesse Skidmore	Head Royce	17:54
35	Jeff Tuhtan	Cardinal Newman	17:55
36	Mike Hyams	San Rafael	17:59
37	Ryan Torres	St. Mary's	18:02
38	Paul Dillingham	College Prep	18:03
39	Marc Blumberg	University	18:04
40	Justin Hite	St. Mary's	18:04
41	Bruce Pruyn	CSD	18:04
42	Matt Adams	Terra Linda	18:07
43	Jason Burge	Campolindo	18:09
44	Corey Thompson	CSD	18:10
45	Dave Keller	Campolindo	18:12
46	Trevor Hubbard	Branson	18:13
47	Dave Hobstetter	Piedmont	18:13
48	Robby Losey	Terra Linda	18:14
49	Alec Zwieske	Marin Catholic	18:15
50	Dylan Creedon	Cardinal Newman	18:17
51	John Pettus	University	18:19
52	Jake Levine	Drake	18:20
53	Kyle Cororan	Branson	18:21
54	Trevor Tileston	Crystal Springs	18:22
55	Jeff Hollis	Elsie Allen	18:22
56	Russ Fletcher	Clear Lake	18:24
57	Mario Escobedo	San Rafael	18:25
58	Brian Gilliss	University	18:26
59	Scott McKenna	St. Mary's	18:29
60	_____ Hillesheim	Salesian	18:31
61	Darren Virassamy	St. Mary's	18:31
62	Greg Kller	Willits	18:33
63	Wes Sorkin	Willits	18:35
64	Jon Touchstone	Terra Linda	18:37
65	Rich Wise	Dublin	18:42
66	Adam Fuller	Clear Lake	18:42
67	Alex Aldvich	Willits	18:43
68	Mike Glisson	San Rafael	18:46
69	Eli Shaul	Clear Lake	18:46
70	Aaron Boysen	Arcata	18:46
71	Steve Chasey	College Prep	18:47
72	John Wheeler	Marin Academy	18:48
73	Matt Voss	Contra Costa Chr	18:49
74	Matt Pelva	Kelseyville	18:50
75	Peter Muñoz	Head Royce	18:51
76	Sam Loeb	College Prep	18:52
77	Erik Wyner	Ft. Bragg	18:53
78	Benjamin Perin	Branson	18:58
79	Josh Barrfous	Cardinal Newman	18:58
80	Prezt Kalimi	Dublin	19:00
81	_____ Jorgensen	Salesian	19:01
82	Jeremy Perrett	Albany	19:01
83	Dan Kleinsinger	Head Royce	19:02
84	Joe Hastings	Marin Catholic	19:02
85	Mark Chaffey	Contra Costa Chr	19:03
86	Aaron Atnip	Willits	19:04
87	Andre Smith	SJND	19:04
88	_____ Weisbrod	Salesian	19:04
89	James Jarosz	St. Mary's	19:05
90	_____ Balagot	Salesian	19:07
91	Dustin Offins	Hoopa Valley	19:08
92	Brian Boardman	Arcata	19:08
93	Brett Mathes	College Prep	19:08
94	Rogelio Mayorquin	CSD	19:13
95	Steven Koneffklatt	SJND	19:19
96	Elias Bruegmann	College Prep	19:20
97	Mike Morgan	Tamalpais	19:20
98	J P Lacrump	Dublin	19:20
99	Mike Padel	Clear Lake	19:25
100	Andy Quinlones	Contra Costa Chr	19:27
101	Niels Bradshaw	College Prep	19:29
102	Kelsey Johannes	Cardinal Newman	19:29
103	Wesley Pettit	Drake	19:30
104	Matt Cover	San Rafael	19:30
105	Todd Wulfsberg	College Prep	19:31
151	Naftali Rutter	Branson	21:22
152	David Riffer	Albany	21:30
153	Roy Carrasco	CSD	21:32
154	Sam Suvanaseng	Elsie Allen	21:36
155	Chris Loranger	Elsie Allen	21:47

1995 NCS CROSS COUNTRY CHAMPIONSHIPS

Division IV Boys

106	Travis Schneider	Arcata	19:33
107	Scott Sanchez	Albany	19:33
108	Jon Long	Marin Academy	19:34
109	Brian Leach	Marin Academy	19:34
110	Brendan Byrnes	Marin Catholic	19:40
111	Dan Bartholomew	Willits	19:43
112	George Bauman	Clear Lake	19:44
113	Terry Waldron	Marin Catholic	19:46
114	Alexi Saldamendo	University	19:48
115	Felipe Boone	Contra Costa Chr	19:48
116	Chad Freitas	Albany	19:49
117	Dan Brodigan	Dublin	19:49
118	Lee Brincherhoff	Marin Academy	19:50
119	Danny Mackesy	Middletown	19:50
120	John Butler	SJND	19:58
121	Bret Touchstone	Terra Linda	20:00
122	Ben Wintroub	San Rafael	20:03
123	David Bianchini	Elsie Allen	20:05
124	Ryan Waldron	Marin Catholic	20:08
125	Matt McKinley	Contra Costa Chr	20:13
126	Andy Grossman	Branson	20:13
127	Garrett Simson	Kelseyville	20:13
128	Erik Klabunde	Contra Costa Chr	20:16
129	Arturo Cortez	SJND	20:18
130	Anthony Phillips	SJND	20:21
131	Lucas Livingston	Ft. Bragg	20:22
132	Gabe Flaxman	Marin Academy	20:22
133	Craig Barnes	Kelseyville	20:25
134	Dylan Richards	Albany	20:26
135	Jake Alliman	Drake	20:29
136	_____ Denny	Dublin	20:27
137	Frank Ow	Lick-Wilmerding	20:28
138	Scott Peugh	Hoopa Valley	20:28
139	Jeremy Muhleck	Hoopa Valley	20:28
140	Greg Wallace	Marin Catholic	20:31
141	Mike Smith	SJND	20:38
142	Nick Yim	Branson	20:42
143	Thomas Muñoz	Head Royce	20:43
144	Stephen Bathurst	Head Royce	20:58
145	Randy Clark	Willits	21:00
146	_____ Lamparez	Salesian	21:07
147	Alex Weisiger	Terra Linda	21:10
148	Bobby Schoefer	Kelseyville	21:11
149	David Castle	University	21:13
150	Mike Harrell	Dublin	21:16
156	Ryan Schrader	Dublin	21:51
157	Ramsey Rimkert	Elsie Allen	21:52
158	Luke McDonald	Willits	22:07
159	Condy Creek	Head Royce	22:11
160	Justin Manus	Head Royce	22:11
161	Zack Scott	Marin Academy	22:11
162	Kyle Fehr	Kelseyville	22:12
163	Paul Lemke	Ft. Bragg	22:14
164	Dave Reese	Clear Lake	22:32
165	James Willig	Middletown	22:42
166	Tom Cornwell	San Rafael	22:59
167	Chris Donzell	Ft. Bragg	23:31
168	Matt Martinez	Clear Lake	23:35
169	Eric Barnes	CSD	23:36

TEAM SCORES

Piedmont	42
Campolindo	87
Arcata	132
Cardinal Newman	147
Terra Linda	149
St. Mary's	159
Univesity	169
Salesian	246
Drake	307
CSD	319
College Prep	351
San Rafael	361
Willits	365
Clear Lake	376
Marin Academy	412
Branson	414
Head Royce	443
Marin Catholic	450
Dublin	464
Contra Costa Chr	467
SJND	526
Albany	551
Elsie Allen	596
Kelseyville	599

NCS ARCO am/pm

1995 Cross Country

RESULTS

Division 1 Girls

1	Logan	48
2	Santa Rosa	84
3	Accalanes	81
4	Washington	91
5	Montgomery	147
6	Ukiah	149
7	Bishop O'Dowd	151
8	Healdsburg	214
9	Alhambra	223
10	Alameda	225
11	Antioch	278
12	Rancho Cotate	305

Division I Girls

#	Name	Time	School	#	Name	Time	School
1	Julia Stamps	18 : 49	Santa Rosa	44	Marisa Larson	23 : 04	Bishop O'Dowd
2	Trina Cox	19 : 17	Santa Rosa	45	Becky Rowmey	23 : 06	Ukiah
3	Lisa Hernandez	19 : 30	Healdburg	46	Emily Otto	23 : 07	Ukiah
4	Michelle Kiyono	19 : 38	Logan	47	Cadi Nelson	23 : 11	Rancho Cotate
5	Senhit Dirar	19 : 44	Logan	48	Sara Hernandez	23 : 16	Healdburg
6	Rosa Terrazas	20 : 16	Bishop O'Dowd	49	Amy Hughes	23 : 19	Alhambra
7	Jennifer Bridgeman	20 : 41	Logan	50	Sara Deleon	23 : 25	Alhambra
8	Tyra Hughes	20 : 42	Logan	51	Kimmy Gutleben	23 : 26	Alameda
9	Christina Griffin	20 : 44	Piner	52	Jennifer Burnett	23 : 28	Logan
10	Melissa Duscha	20 : 49	Washington	53	Anna Lee	23 : 29	Alameda
11	Sarah Stretch	20 : 51	Acalanes	54	Anna Lopes	23 : 32	Antioch
12	Sky Giiatto	20 : 51	Alhambra	55	Heidi Falson	23 : 33	Bishop O'Dowd
13	Petra Kohler	20 : 53	Acalanes	56	Jessica Wright	23 : 41	Rancho Cotate
14	Stephanie Rujmiael	21 : 03	Washington	57	Megan McRae	23 : 43	Montgomery
15	Georgina Vion	21 : 09	Montgomery	58	Jessica Lindevald	23 : 44	Antioch
16	Erin Selim	21 : 14	Ukiah	59	Fiona Flanagan	23 : 57	Antioch
17	Kelly Mahaffey	21 : 26	Ukiah	60	Margaret Wikander	24 : 04	Berkley
18	Uranie Roque	21 : 31	Piner	61	Jenny Shargel	24 : 08	Alameda
19	Lisa Bostjanick	21 : 34	Acalanes	62	Katie Waldinger	24 : 12	Rancho Cotate
20	Jami Hiller	21 : 35	Washington	63	Rena Hoemtlein	24 : 16	Antioch
21	Shewit Haile	21 : 36	Montgomery	64	Melisa Mazur	24 : 27	Alhambra
22	Sabrina Lee	21 : 41	Acalanes	65	Sonya Glidden	24 : 28	Montgomery
23	Jessica Bella	21 : 42	Washington	66	Tiffany Torlakson	24 : 29	Antioch
24	Melissa Rowland	21 : 46	Acalanes	67	Laura Johnson	24 : 40	Alhambra
25	Susanna Korth	21 : 54	Santa Rosa	68	Kristina Carlason	24 : 44	Ukiah
26	Sky Baumbach	21 : 56	Logan	69	Amber Hall	24 : 45	Alameda
27	Rachel Holmes	22 : 00	Healdburg	70	Rebecca Copenhaver	24 : 46	Santa Rosa
28	Alysia Gatchalian	22 : 08	Bishop O'Dowd	71	Janet Morrison	24 : 56	Alameda
29	Heidi Wilgenburg	22 : 07	Santa Rosa	72	Michelle Lappin	24 : 57	Piner
30	Jessica Brandin	22 : 11	Bishop O'Dowd	73	Allison Iacopini	25 : 01	Antioch
31	Christina Cushing	22 : 12	Montgomery	74	Amanda Dillon	25 : 02	Antioch
32	Lauren Manierre	22 : 17	Berkley	75	Melissa Conradi	25 : 12	Bishop O'Dowd
33	Francesca Cimino	22 : 18	Washington	76	Leslie Nichols	25 : 21	Healdburg
34	Kelly Smith	22 : 26	Santa Rosa	77	Rose Maxey	25 : 26	Ukiah
35	Amy Bei	22 : 27	Montgomery	78	Alexia Gonzaga	25 : 42	Healdburg
36	Grace Neisingh	22 : 27	Santa Rosa	79	Amy Ma	26 : 12	Healdburg
37	Jasmine Churchhill	22 : 30	Alameda	80	Kelly Minor	26 : 57	Alhambra
38	Lisa Perizy	22 : 41	Ukiah	81	Tiffany Rawlinson	26 : 58	Alhambra
39	Jordan Holte	22 : 49	Washington	82	Lori Leonard	27 : 37	Piner
40	Karen Wetzell	22 : 50	Logan	83	Kelly Okeeffe	28 : 08	Rancho Cotate
41	Lindsay Reynolds	22 : 56	Acalanes	84	Cindy Heron	30 : 30	Rancho Cotate
42	Phoebe Sexton	23 : 03	Berkeley	85	Arianne Clark	30 : 50	Rancho Cotate
43	Kate Norris	23 : 03	Alameda	86	Moranda Kellogg	32 : 18	Rancho Cotate

NCS ARCO am/pm

1995 Cross Country

RESULTS

Page: 1 From: Doyle O'Regan Prepared: Mon, Aug 27, 1956 2:03 PM

1995 NCS CROSS COUNTRY CHAMPIONSHIPS

Division II Girls

1	Katie Hotchkiss	Mission San Jose	18:52
2	Elizabeth Larmore	Monte Vista	19:05
3	Jennifer Ewing	Castro Valley	19:11
4	Tina Bowen	San Ramon	19:17
5	Lisa Gillis	Moreau	19:39
6	Candace Miles-Threatt	Amador	19:54
7	Monique Mejare	College Park	19:51
8	Jennifer Knowlden	Mission San Jose	20:01
9	Melanie Melara	College Park	20:06
10	Hilary Probst	Livermore	20:11
11	Genevieve Casey	Las Lomas	20:12
12	Monica VanWegen	Amador	20:20
13	Jill Nielsen	College Park	20:22
14	Linsay Hemthorn	Liberty	20:23
15	Crystal Miles-Threatt	Amador	20:29
16	Tina Peterson	Amador	20:24
17	Anne Sutkowi	California	20:32
18	Michelle Marques	Castro Valley	20:33
19	Luana España	Moreau	20:48
20	Tor. O'Brien	Moreau	20:51
21	Lizzy Bailey	Mission San Jose	20:58
22	Betsy Stevens	Mission San Jose	21:00
23	Leti Arroyo	Pittsburg	21:06
24	Jenny Masamitsu	Livermore	21:12
25	Shaunin Su	San Ramon	21:13
26	Stephanie Smith	Livermore	21:18
27	Liz Berloye	College Park	21:24
28	Jamie McHugh	Castro Valley	21:26
29	Elizabeth Maier	Amador	21:35
30	Katy Beggs	Monte Vista	21:35
31	Sarah Jeon	College Park	21:45
32	Kristine Sawicki	Monte Vista	21:52
33	Alicia Rutledge	Mission San Jose	21:53
34	Ashley Teplin	Monte Vista	21:55
35	Emily Dolim	Las Lomas	21:57
36	Kathy Pang	College Park	21:59
37	Vel Lim	Castro Valley	22:01
38	Stephanie Weisman	Castro Valley	22:02
39	Amanda Necochea	Mission San Jose	22:06
40	Kim Busby	San Ramon	22:09
41	Meghan Brown	Monte Vista	22:12
42	Dershani Dharmawardena	Las Lomas	22:16
43	Jennifer Chung	Castro Valley	22:22
44	Kim Lish	Amador	22:29
45	Stephanie Childers	Livermore	22:30
46	Anni Kelly Day	Eureka	22:34
47	Jennifer Swaner	Eureka	22:38
48	Laura Hackel	Livermore	22:39
49	Michelle Harris	Moreau	22:53
50	Melissa Yost	Las Lomas	23:03
51	Kim Spears	Monte Vista	23:05
52	Erin Kersh	Amador	23:11
53	Janice Boercker	Livermore	23:12
54	Jennifer Forstmann	Castro Valley	23:25
55	Monica Swayne	Livermore	23:27
56	Sarah Soroken	California	23:29
57	Yvonne Wang	Las Lomas	23:38
58	Liz Abbott	San Ramon	23:57
59	Katie Vigil	College Park	23:58
60	Stephanie Nethercott	Moreau	24:14
61	Sara Sutton	Las Lomas	24:32
62	Michelle Fredricks	California	24:58
63	Karen Ockerman	Las Lomas	25:08
64	Stacy Magno	California	25:14
65	Lara Borowski	Monte Vista	25:34
66	Krissy Dudley	Moreau	25:37
67	Lilian Liu	Moreau	25:54
68	Monica Torrez	San Leandro	26:10
69	Kristy Martinez	Pittsburg	26:44

TEAM SCORES

Amador	67
Mission San Jose	73
College Park	74
Castro Valley	106
Monte Vista	118
Moreau	128
Livermore	129
Las Lomas	166

NCS ARCO am/pm

1995 Cross Country

RESULTS

Division III

GIRLS

1	Clayton Valley	23
2	Carondelet	74
3	Northgate	101
4	Miramonte	120
5	Petaluma	170
6	Foothill	217
7	Granada	228
8	El Molino	231
9	Irvington	257
10	Redwood	262
11	Concord	281
12	Albany	383

Division III Girls

#	Name	Time	School
1	Kristen Gordon	18 : 17	Carondelet
2	Heather Wallace	18 : 30	Clayton Valley
3	Deborah Osteen	19 : 00	Clayton Valley
4	Kelly Housley	19 : 20	Clayton Valley
5	Tiffany Hansen	19 : 30	Redwood
6	Julie Leininger	19 : 32	Clayton Valley
7	Lindsey Bergren	19 : 34	Miramonte
8	Jennifer Codington	19 : 40	Clayton Valley
9	Sally Cheda	19 : 43	Petaluma
10	Cristyn Enea	19 : 43	Carondelet
11	Brooke Wheeland	19 : 51	Northgate
12	Jennifer Osteen	19 : 52	Clayton Valley
13	Kerri Bock-Willmes	19 : 55	Carondelet
14	Jennifer Basch	19 : 58	Foothill
15	Louise Indrise	20 : 02	Clayton Valley
16	Cara Freitas	20 : 11	Petaluma
17	Kirstin Odegaard	20 : 16	Benicia
18	Katie Martin	20 : 22	Irvington
19	Kersti Miller	20 : 32	Miramonte
20	Nikki Gibbons	20 : 40	American
21	Ginaea Cavilla	20 : 42	Carondelet
22	Jessica Morrow	20 : 51	Granada
23	Lisa Kow	20 : 52	Northgate
24	Ally Wolfe	20 : 55	Northgate
25	Megan Lathrop	20 : 59	Northgate
26	Cynthia Krieger	21 : 00	Northgate
27	Lisa Pierce	21 : 00	Northgate
28	Angela Marvin	21 : 01	Concord
29	Heather Burton	21 : 02	Concord
30	Bonnie Hanks	21 : 03	Novato
31	Rachael Kipperman	21 : 03	Benicia
32	Elizabeth Dumey	21 : 13	Petaluma
33	Tara Gregg	21 : 14	Fortuna
34	Amber Cook	21 : 16	San Lorenzo
35	Erin Hattersley	21 : 16	Miramonte
36	Katie Naen	21 : 23	Carondelet
37	Nancy Geigel	21 : 23	Ygnacio
38	Miriam Hellweg	21 : 26	Miramonte
39	Morgan Thompson	21 : 29	Miramonte
40	Kasia Nowak	21 : 31	Newark Memorial
41	Meredith Rogers	21 : 33	Analy
42	Brittney Martin	21 : 35	El Molino
43	Kristen Hart	21 : 35	Carondelet
44	Erin Welch	21 : 40	Fortuna
45	Kim Roberts	21 : 42	El Molino
46	Laura Hess	21 : 43	Irvington
47	Amy Rice	21 : 44	Miramonte
48	Ashley Warpack	21 : 55	Miramonte
49	Dena Chutuk	22 : 06	Casa Grande
50	Kristen Kleger	22 : 07	Novato
51	Angela Munoz	22 : 08	Foothill
52	Alicia Roberts	22 : 09	Novato
53	Sue Pickens	22 : 10	Newark Memorial
54	Danielle Kauk	22 : 15	Petaluma
55	Jenny Lombard	22 : 21	Granada
56	Jordan Erlien	22 : 31	Granada
57	Nikki Calmels	22 : 33	Novato
58	Christine Walmsley	22 : 34	Northgate
59	Kimberly Lillian	22 : 42	Casa Grande
60	Caronn King	22 : 48	Carondelet
61	Janiece Jordan	22 : 49	Foothill
62	Kathryn Entriken	23 : 11	El Molino
63	Dawina Salisbury	23 : 14	Casa Grande
64	Lisa Gulseth	23 : 21	Foothill
65	Alaina Roberson	23 : 22	El Molino
66	Erin Jones	23 : 30	Novato
67	Denise McCurry	23 : 32	Ygnacio
68	Hannah Gross	23 : 33	El Molino
69	Gina Terkaly	23 : 34	Redwood
70	Anna Fortner	23 : 37	Granada
71	Lisa Hudson	23 : 44	El Molino
72	Laura McDonald	23 : 45	Newark Memorial
73	Katy Dalcino	23 : 54	Foothill
74	Stacy Taylor	24 : 01	Granada
75	Susan Kang	24 : 02	American
76	Brooke Bernard	24 : 05	Fortuna
77	Geidi Reichl	24 : 15	Novato
78	Dides Urrutia	24 : 18	Granada
79	Christina Dry	24 : 26	El Molino
80	Meaghan Hewson	24 : 28	Redwood
81	Rebekah Wilder	24 : 37	Irvington
82	Jennifer Selfalson	24 : 45	Irvington
83	Leigh Tanenberg	24 : 45	Redwood
84	Nikki Green	24 : 46	Concord
85	Marisa Luna	24 : 47	Granada
86	Leigh Mosorip	24 : 57	Redwood
87	Skye Langs	25 : 06	Irvington
88	Breana Vieira-Potter	25 : 16	Petaluma
89	Evelyn Looney	25 : 16	Irvington
90	Jackie Dolorosho	25 : 18	Novato
91	Jennifer Hall	25 : 33	Irvington
92	Jennifer Scerri	25 : 35	Petaluma
93	Jacqueline Dreson	25 : 37	Redwood
94	Jamie Hichens	25 : 39	Redwood
95	Jeanne Dawson	25 : 47	Ygnacio
96	Danae Krai	25 : 47	Concord
97	Heather Edelheit	25 : 50	Analy
98	Melissa Leonard	25 : 58	Concord
99	Leslie Kirby	26 : 11	Analy
100	Teni Berolant	26 : 18	Ygnacio
101	Michelle Belous	27 : 48	Analy
102	Cecily Raya	27 : 59	Analy
103	Kara Sell	28 : 42	Casa Grande
104	Carrie Munsch	29 : 07	Petaluma
105	Domini Dragoone	29 : 37	Foothill

NCS ARCO am/pm

1995 Cross Country

RESULTS

1995 NCS CROSS COUNTRY CHAMPIONSHIPS

Division IV Girls

106	Allie Hostler	Hoopa Valley	28:40
107	Amy Showers	Clear Lake	28:49
108	Christy Picetti	SJND	31:22
109	Anise Qureshi	Marin Academy	32:02

TEAM SCORES

University	40
Campolindo	76
Ursuline	136 (47)
Piedmont	136 (48)
Terra Linda	151
Middletown	175
Arcata	189
College Prep	211
Branson	224
Head Royce	260
Kelseyville	291
Marin Academy	293
Ft. Bragg	312
Drake	315

Page: 1 From: Doyle O'Regan Prepared: Mon, Aug 27, 1956 12:59 PM

1995 NCS CROSS COUNTRY CHAMPIONSHIPS

Division IV Girls

1	Linden Bader	University	19:10
2	Sarah Hallis	Ursuline	19:20
3	Heather Gibson	Piedmont	19:22
4	Jen Ponig	Terra Linda	19:24
5	Kat Saxton	College Prep	19:39
6	Katy Berkes	Campolindo	19:43
7	Amanda Tomei	University	19:45
8	Kira Morser	University	19:49
9	Melissa Medeson	Kelseyville	19:55
10	Alisa Reynolds	Arcata	20:01
11	Katie Scangos	Crystal Springs	20:05
12	Zoe Kretschmar	University	20:12
13	Lissa DeFries	Campolindo	20:12
14	Hope Lewis	University	20:20
15	Tammy Hunt	Middletown	20:25
16	Megan Wherritt	Campolindo	20:30
17	Alicia Borcich	Ft. Bragg	20:32
18	Emily Clare	San Marin	20:33
19	Heather Murphy	Marin Academy	20:35
20	Michelle Martin	Campolindo	20:39
21	Melissa Zimmerman	University	20:53
22	Julie Reynolds	Branson	20:58
23	Allison Conway	Terra Linda	21:03
24	Ingrid Elias	Piedmont	21:08
25	Tiffany Espinoza	Ursuline	21:08
26	Vanessa Reynolds	Head Royce	21:11
27	Alayna Smith	Campolindo	21:14
28	Lovani Bascara	Branson	21:14
29	Quinn Rogers	Ursuline	21:14
30	Laura Mitchell	Middletown	21:16
31	Ujwala Bhande	Campolindo	21:27
32	Nora Betz	Piedmont	21:27
33	Melissa Green	Terra Linda	21:30
34	B.J. Allen	College Prep	21:31
35	Joey Mason	Arcata	21:34
36	Carrie Hunt	Middletown	21:37
37	Kendall Nicholson	Piedmont	21:39
38	Nola Schoder	Terra Linda	21:40
39	Dania Goodman	College Prep	21:41
40	Mary McDonald	Middletown	21:50
41	Alycia Black	Campolindo	21:52
42	Alexia Delwiche	Ursuline	21:58
43	Naomi Radebaugh	Triple Junction	21:58
44	Katie McCulloch	SJND	21:58
45	Faye Brickwedel	Arcata	21:59
46	Sophia Allen	Head Royce	22:00
47	Katie Lamboden	Head Royce	22:01
48	Carrie Kronberg	Ursuline	22:04
49	Moriah Underhill	Marin Academy	22:04
50	Molly Morse	Piedmont	22:04
51	Mikaela Blasser	Ursuline	22:15
52	Katherine Jolda	Piedmont	22:18
53	Catherine Kealhofer	University	22:18
54	Jenny LaPlante	Drake	22:23
55	Emily Chan	Arcata	22:24
56	Terry Legg	San Rafael	22:24
57	Melissa Mao	Piedmont	22:28
58	Cathy Fong	Drake	22:38
59	Christy Minkema	Arcata	22:35
60	Isela Rosales	Elsie Allen	22:38
61	Katherine McCaughey	Arcata	22:43
62	Mindy Duncan	Branson	22:44
63	Dawn Joyce	SJND	22:48
64	Aubin Secor	San Rafael	22:51
65	Anna Spurlock	Mendocino	22:55
66	Kristine Lemke	Ft. Bragg	22:55
67	Kim Clark	Marin Academy	22:55
68	Bianca Havel	Terra Linda	22:56
69	Brook Cosby	Branson	22:56
70	Megan Minudri	Middletown	23:05
71	Casey Matthies	Branson	23:07
72	Molly Aaronson-Gelb	College Prep	23:07
73	Elizabeth Stone	Kelseyville	23:08
74	Erin Paiva	Kelseyville	23:09
75	Brook Hartzell	Branson	23:18
76	Mariya Schilz	Arcata	23:25
77	Emily Buskirk	Terra Linda	23:29
78	Julia Miller	Albany	23:34
79	Maggie Madden	Drake	23:38
80	Mary Rose	Kelseyville	23:41
81	Jennie Allen	Drake	23:53
82	Brandee Grant	Holy Names	24:04
83	Becky Brazil	Hoopa Valley	24:14
84	Ann Glenn	Drake	24:24
85	Hope Skandera	Covenant Comm	24:25
86	Ariel Schindewolf	Albany	24:31
87	Virginia Melin	Ursuline	24:34
88	April Gruber	College Prep	24:36
89	Linda Pon	Albany	24:45
90	Molly Jones	Head Royce	24:48
91	Maiko Kondo	Albany	25:00
92	Megan Reinhardt	Head Royce	25:09
93	Morgan Eckles	College Prep	25:14
94	Pam Burton	Ft. Bragg	25:15
95	Heather Hayes	SJND	25:20
96	____ Macy	Ft. Bragg	25:23
97	Jenner Whitt	Middletown	25:26
98	Becca Haw	Head Royce	25:42
99	Jessaca Wilgenbush	San Rafael	25:53
100	Molly Tavelli	Ft. Bragg	25:53
101	Courtney Adams	San Rafael	26:13
102	Hannah Spahr	Kelseyville	27:17
103	Kim Hughes	Terra Linda	27:25
104	Emma Acker	College Prep	27:30
105	Seoirse Byrne	Marin Academy	28:25