

MileSplitCA All-State Boys Team

JEFF GEORGE

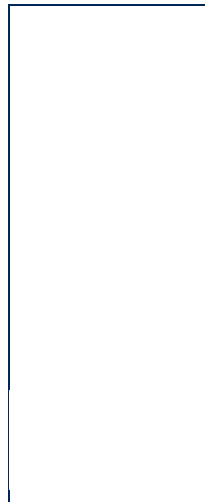
Dec 15, 2015



It's tough to narrow the field down to just 24 honorees, especially when California produces so much talent.

It's time to hand out our final honor of cross country season! I've been watching these athletes compete all season, and it's still hard to pick only 24 runners to make the MileSplitCA All-California teams. I started with raw times, then made adjustments based on head-to-head competition, with the most consideration given to performances in the postseason (section finals, state meet, Foot Locker & NXN). Within each team, the runners are not listed in any particular order. In a state as deep as ours, there are probably 50 or more qualified candidates, but these are the runners that impressed me the most this fall.

Keep checking back over the next two weeks, as I will take an extended look ahead to the 2016 cross



WHAT TO READ





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MileSplitCA Boys First Team All-California

Phillip Rocha, Arcadia

Austin Tamagno, Brea Olinda

Eduardo Herrera, Madera South

Spencer Dodds, Great Oak

Michael Vernau, Davis Senior

Dylan Scarsone, Canyon (Anaheim Hills)

Cooper Teare, St. Joseph's Notre Dame

Jack Van Scoter, Flint Ridge Prep

MileSplitCA Boys Second Team All-California

Steven Khan, Ayala

Jake Ogden, Dana Hills

Cole Spencer, Great Oak

Andrew Burkhardt, JSerra Catholic

Garrett Reynolds, Ventura

Justin Robison, Lynbrook

Jack Landgraf, Dana Hills

Miguel Villar, Madera South

MileSplitCA Boys Third Team All-California

Paul Luevano, Venice Senior

Isaac Cortes, Great Oak

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Alexander Hirsch, Burroughs (Burbank)

Tyler Janes, Martin Luther King

Luis Grijalva, Armijo

Ben Holland, Jesuit

MileSplitCA Boys Honorable Mention All-California

Robert Franklin, Palos Verdes

Caleb Terrill, West Torrance

Cole Hoff, Agoura

Mason Coppi, Dana Hills

Hector Garcia, John Marshall

Joshua Litwiller, La Costa Canyon

David Frisbie, John F. Kennedy (Fremont)

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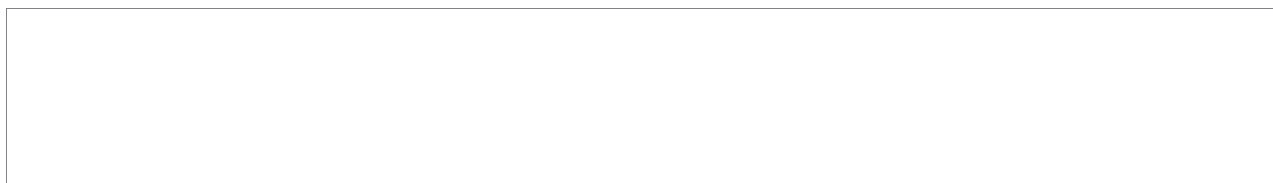


Jeff George · Athens Drive High School

Author's note: Mea Culpa to Mason Coppi, who should have been higher than honorable mention. I definitely undersold him. Sorry, Mason!

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A MUSICIAN WHO COMPOSES WHILE RUNNING

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MileSplitCA All-State Girls Team

FEATURE

Dec 16, 2015



Cate Ratliff had the best complete season of anyone in the state, as the Santa Rosa senior performed very well on the biggest stages.

It's time to hand out our final honor of cross country season! I've been watching these athletes compete all season, and it's still hard to pick only 24 runners to make the MileSplitCA All-California teams. I started with raw times from our rankings (discounting some meets where times were obviously inflated due to the nature of the course), then made adjustments based on head-to-head competition, with the most consideration given to performances in the postseason (section finals, state meet, Foot Locker & NXN). Within each team, the runners are not listed in any particular order. In a state as deep as ours, there are probably 50 or more qualified candidates, but these are the runners

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Keep checking back over the next two weeks, as I will take an extended look ahead to the 2016 cross country season by breaking down the returning teams & athletes in each section. After New Year's, we'll turn our attention to indoor track and the upcoming outdoor track season with returning rankings and previews!

MileSplitCA Girls First Team All-California

Cate Ratliff, Santa Cruz

Destiny Collins, Great Oak

Morgin Coonfield, McKinleyville

Gillian Meeks, Gunn

Fiona O'Keeffe, Davis Senior

Megan McCandless, Granada

Amanda Gehrich, Tesoro

Brooke Starn, Monte Vista

MileSplitCA Girls Second Team All-California

Stefani Gaskell, Sultana

Nikki Zielinski, Canyon (Anaheim Hills)

Glennis Murphy, Redwood

Emily Virtue, Burroughs (Burbank)

Lauren Moffett, Clovis North

Jennifer Sandoval, Summit

Kristen Leung, Lowell

Chloe Arriaga, Walnut

MileSplitCA Girls Third Team All-California





Cassidy Haskell, Miramonte

Sofia Castiglioni, Davis Senior

Jacquelyn Smith, Palos Verdes

Claire Graves, Citrus Valley

Kendall Derry, Bella Vista

Gabby Satterlee, Central Valley Christian

Holly Lung, Arcadia

MileSplitCA Girls Honorable Mention All-California

Marea Zlatunich, Aptos

Mariah Castillo, Saugus

Michelle Magnani, Moorpark

Kelly Bernd, Canyon Crest Academy

McKenna Brown, La Costa Canyon

Rylee Bowen, Sonoma Academy

Abigail Fisk, Davis Senior

Nicole Rice, Great Oak



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