

CIF NORTH COAST SECTION

Hayward, CA
Hayward HS

MEET OFFICIALS

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OFFICIAL MEET REPORT
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November 21, 2015

Race #12
Combined Girls

FINAL RESULTS

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 Granada	145	2-23-32-38-50(60)(148)	1:31:53	18:23	2-23-33-39-51-61-150	1:36.9
2 Monte Vista	150	3-12-37-46-52(61)(101)	1:31:36	18:20	3-12-38-47-53-62-102	1:29.5
3 Campolindo	222	14-24-28-74-82(184)(345)	1:33:33	18:43	14-24-29-75-83-187-354	1:17.5
4 Redwood	228	6-25-35-66-96(139)(196)	1:33:12	18:39	6-25-36-67-97-141-199	1:56.9
5 Bishop O'Dowd	286	5-18-68-77-118(120)(252)	1:33:48	18:46	5-18-69-78-120-122-257	2:10.9
6 San Ramon Vall	288	34-41-43-57-113(254)(296)	1:34:39	18:56	35-42-44-58-115-259-303	0:57.2
7 Las Lomas	359	10-30-59-115-145(154)(210)	1:34:56	19:00	10-31-60-117-147-156-214	2:10.5
8 Piedmont	386*	63-79-80-81-83(104)(142)	1:36:06	19:14	64-80-81-82-84-105-144	0:15.7
9 Liberty	386*	44-54-91-92-105(187)(238)	1:36:02	19:13	45-55-92-93-106-190-243	0:46.4
10 Amador Valley	405	22-53-58-123-149(165)(220)	1:35:59	19:12	22-54-59-125-151-168-224	1:35.0
11 El Cerrito	480	45-48-117-132-138(357)(433)	1:36:57	19:24	46-49-119-134-140-367-450	1:06.6
12 Maria Carrillo	506	75-87-103-108-133(159)(203)	1:37:25	19:29	76-88-104-109-135-162-206	0:38.2
13 Dougherty Vall	524	15-16-109-168-216(263)(311)	1:36:19	19:16	15-16-110-171-220-268-319	2:30.5
14 Tamalpais	531	55-97-119-125-135(140)(174)	1:37:40	19:32	56-98-121-127-137-142-177	0:56.3
15 St. Joseph Not	533	7-29-33-211-253(490)	1:36:14	19:15	7-30-34-215-258-519	3:22.7
16 Albany	577	51-86-95-127-218(245)(333)	1:38:01	19:37	52-87-96-129-222-250-342	1:39.0
17 Miramonte	591	8-40-78-193-272(294)(441)	1:37:01	19:25	8-41-79-196-277-301-460	3:26.7
18 Santa Rosa	641	9-90-143-194-205(291)(343)	1:37:53	19:35	9-91-145-197-208-298-352	2:40.4
19 Mckinleyville	680	1-94-129-131-325(368)(450)	1:37:45	19:33	1-95-131-133-334-378-470	4:37.7
20 Dublin	710	39-62-152-182-275(284)(427)	1:39:03	19:49	40-63-154-185-280-291-443	2:24.9
21 College Park	711	72-98-169-172-200(249)(366)	1:39:21	19:53	73-99-172-175-203-254-376	1:16.3
22 St. Mary's CHS	751*	93-130-162-167-199(292)(309)	1:39:53	19:59	94-132-165-170-202-299-317	0:57.1
23 Justin-Siena	751*	65-106-157-204-219(318)(328)	1:39:34	19:55	66-107-160-207-223-326-337	1:31.9
24 Arcata	760	67-100-156-181-256(262)(305)	1:39:49	19:58	68-101-159-184-261-267-313	1:54.0
25 Petaluma	763	36-116-146-188-277(323)(354)	1:39:39	19:56	37-118-148-191-283-332-364	2:30.3
26 Northgate	767	47-144-170-197-209(228)(300)	1:39:47	19:58	48-146-173-200-213-233-307	1:38.0
27 Casa Grande	809	11-124-164-243-267(301)(394)	1:39:38	19:56	11-126-167-248-272-308-407	3:10.9
28 Carondelet	812	70-136-141-217-248(358)(363)	1:40:17	20:04	71-138-143-221-253-368-373	1:46.3
29 Branson	849	19-64-121-298-347(371)(488)	1:40:17	20:04	19-65-123-305-356-381-515	3:29.3
30 Sir Francis Dr	861	137-153-155-186-230(273)(376)	1:40:51	20:11	139-155-158-189-235-278-386	0:50.0
31 James Logan	862	49-56-178-257-322(356)(420)	1:40:38	20:08	50-57-181-262-330-366-435	2:44.9
32 Sonoma Academy	901	4-126-166-221-384(416)(495)	1:40:12	20:03	4-128-169-225-397-431-525	4:41.3
33 Sonoma Valley	914	26-134-161-279-314(454)	1:41:10	20:14	26-136-164-285-322-475	2:56.2
34 Lick Wilmerdin	940	107-160-214-226-233(259)(282)	1:41:28	20:18	108-163-218-231-238-264-288	1:11.7
35 Piner	976	17-42-201-338-378(386)(459)	1:41:15	20:15	17-43-204-347-388-399-480	3:48.4
36 Marin Catholic	987	89-99-114-293-392(402)(404)	1:42:06	20:26	90-100-116-300-405-415-417	2:50.7
37 Urban School o	995	73-151-212-271-288(312)(455)	1:42:01	20:25	74-153-216-276-295-320-476	2:07.8
38 Cardinal Newma	997	102-176-183-241-295(383)(407)	1:42:05	20:25	103-179-186-246-302-396-420	1:48.9
39 Irvington	1048	13-173-232-281-349	1:41:52	20:23	13-176-237-287-358	3:57.7

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Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread	
40	Heritage	1053	122-150-250-255-276(377)(422)	1:42:42	20:33	124-152-255-260-281-387-437	1:23.2
41	College Prepar	1079	21-179-261-302-316(339)(406)	1:42:36	20:32	21-182-266-309-324-348-419	3:09.2
42	Alameda	1112	112-175-225-258-342(352)	1:43:14	20:39	114-178-230-263-351-362	2:12.3
43	Mission San Jo	1149	180-235-236-247-251(264)(308)	1:43:29	20:42	183-240-241-252-256-269-316	0:41.3
44	Head-Royce	1165	69-195-229-234-438	1:43:51	20:47	70-198-234-239-457	3:50.2
45	Castro Valley	1172	85-206-223-324-334(445)	1:43:47	20:46	86-209-228-333-343-464	2:23.4
46	Clayton Valley	1238	88-147-285-331-387(393)	1:44:33	20:55	89-149-292-340-400-406	2:47.8
47	Analy	1240	27-260-280-336-337(443)	1:44:18	20:52	27-265-286-345-346-462	3:10.2
48	Livermore	1316	31-202-268-364-451(489)	1:45:17	21:04	32-205-273-374-471-518	4:34.8
49	San Francisco	1331	84-240-289-351-367(369)(388)	1:45:15	21:03	85-245-296-361-377-379-401	2:43.5
50	Montgomery	1343	189-191-270-340-353(413)(444)	1:45:25	21:05	192-194-275-349-363-427-463	1:38.1
51	Berkeley	1361	227-244-278-299-313(320)(335)	1:45:31	21:07	232-249-284-306-321-328-344	0:49.5
52	Acalanes	1386	111-274-310-341-350(362)	1:45:48	21:10	113-279-318-350-359-372	2:17.6
53	Novato	1407	171-231-283-304-418(463)(465)	1:46:06	21:14	174-236-290-312-433-484-487	2:23.6
54	Encinal	1472	76-163-246-477-510(511)(514)	1:49:44	21:57	77-166-251-503-549-551-555	6:30.5
55	San Rafael	1532	208-307-327-329-361(437)(476)	1:47:13	21:27	212-315-336-338-371-456-502	1:30.6
56	Moreau Catholi	1543	128-192-372-417-434(449)(473)	1:47:35	21:31	130-195-382-432-452-469-499	3:03.1
57	Convent of the	1581	224-290-326-330-411(440)(485)	1:47:49	21:34	229-297-335-339-424-459-512	1:49.4
58	Alhambra	1639	20-242-435-462-480(486)	1:49:25	21:53	20-247-453-483-507-513	5:37.0
59	California	1661	177-332-348-390-414(442)(456)	1:48:35	21:43	180-341-357-403-428-461-477	2:18.2
60	Healdsburg	1684	71-306-375-464-468	1:49:39	21:56	72-314-385-485-491	4:25.0
61	Ukiah	1685	222-265-389-397-412(424)(453)	1:48:44	21:45	227-270-402-410-425-439-474	1:50.4
62	American	1696	239-321-365-380-391(403)	1:48:44	21:45	244-329-375-391-404-416	1:30.2
63	Athenian	1762	190-213-425-460-474(518)	1:50:48	22:10	193-217-441-481-500-563	3:30.2
64	Freedom	1772	185-266-360-479-482(487)(519)	1:51:15	22:15	188-271-370-506-509-514-566	3:45.3
65	San Leandro	1781	215-317-396-405-448(478)(493)	1:49:56	22:00	219-325-409-418-468-504-522	2:38.8
66	Fort Bragg	1805	198-382-400-410-415(419)(503)	1:49:53	21:59	201-393-413-423-429-434-540	2:08.9
67	Technology	1815	110-269-472-481-483	1:52:27	22:30	111-274-498-508-510	4:29.1
68	International	1833	286-287-355-447-458(471)	1:50:52	22:11	293-294-365-467-479-495	1:59.4
69	Newark Memoria	1839	297-303-344-399-496(499)(515)	1:51:37	22:20	304-311-353-412-527-533-556	3:23.2
70	San Marin	1931	237-346-426-431-491	1:52:33	22:31	242-355-442-447-520	3:41.2
71	Arroyo	1947	319-359-401-432-436(466)	1:51:36	22:20	327-369-414-448-455-488	1:17.9
72	Marin Academy	1983	373-395-398-408-409(439)(475)	1:51:34	22:19	383-408-411-421-422-458-501	0:24.2
73	Antioch	2003	315-370-423-428-467(525)	1:52:36	22:32	323-380-438-444-490-578	2:00.5
74	Bay School of	2059	158-457-469-470-505(508)(512)	1:55:55	23:11	161-478-492-493-542-546-552	5:25.2
75	Middletown	2139	207-430-497-501-504(506)(507)	1:58:39	23:44	211-446-530-536-541-543-544	4:59.5
76	Terra Linda	2162	374-381-385-509-513(520)	1:57:51	23:35	384-392-398-547-553-568	3:47.4
77	Clear Lake	2411	379-461-522-523-526	2:10:13	26:03	390-482-573-574-579	6:50.3
78	Hayward	2430	446-492-494-498-500(517)	2:02:02	24:25	466-521-523-532-535-562	1:53.0

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INDIVIDUAL RESULTS (continued)

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79 John F. Kenned	2438	429-452-502-527-528	2:14:38	26:56	445-472-537-584-585	9:03.2
80 Cloverdale	2466	421-484-516-521-524	2:08:03	25:37	436-511-560-572-575	5:15.4

***Tiebreakers**

Piedmont	63	79	80	81	83	104
Liberty	44	54	91	92	105	187
St. Mary's CHS	93	130	162	167	199	292
Justin-Siena	65	106	157	204	219	318

INDIVIDUAL RESULTS

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
1 Morgin COONFIELD	SR	Mckinleyville (1)	1	17:01.7	--	5:28.5	3:24.3
2 Megan MCCANDLESS	SR	Granada (1)	2	17:15.7	0:14.0	5:33.0	3:27.1
3 Brooke STARN	SR	Monte Vista (1)	3	17:23.2	0:21.5	5:35.4	3:28.6
4 Rylee BOWEN	SO	Sonoma Academy (1)	4	17:29.7	0:28.0	5:37.5	3:29.9
5 Grace TAYLOR	JR	Bishop O'Dowd (1)	5	17:30.1	0:28.4	5:37.7	3:30.0
6 Glennis MURPHY	JR	Redwood (1)	6	17:30.4	0:28.7	5:37.7	3:30.1
7 Kiera MARSHALL	JR	St. Joseph Notre Dame (1)	7	17:34.2	0:32.5	5:39.0	3:30.8
8 Cassy HASKELL	FR	Miramonte (1)	8	17:38.6	0:36.9	5:40.4	3:31.7
9 Delaney WHITE	SR	Santa Rosa (1)	9	17:44.8	0:43.1	5:42.4	3:33.0
10 Chloe HANSEL	SR	Las Lomas (1)	10	17:46.9	0:45.2	5:43.1	3:33.4
11 Adria BARICH	SR	Casa Grande (1)	11	17:52.8	0:51.1	5:45.0	3:34.6
12 Meredith CORDA	JR	Monte Vista (2)	12	17:53.5	0:51.8	5:45.2	3:34.7
13 Myrthe BELLERS	FR	Irvington (1)	13	17:53.9	0:52.2	5:45.3	3:34.8
14 Hana SUN	SR	Campolindo (1)	14	17:59.7	0:58.0	5:47.2	3:35.9
15 Alexandria TUCKER	SR	Dougherty Valley (1)	15	18:00.5	0:58.8	5:47.4	3:36.1
16 Helen GUO	SR	Dougherty Valley (2)	16	18:05.7	1:04.0	5:49.1	3:37.1
17 Cynthia ROSALES	FR	Piner (1)	17	18:16.7	1:15.0	5:52.6	3:39.3
18 Jourdan AMEN	JR	Bishop O'Dowd (2)	18	18:18.5	1:16.8	5:53.2	3:39.7
19 Grace DAILEY	SO	Branson (1)	19	18:21.8	1:20.1	5:54.3	3:40.4
20 Marissa D'ATRI	SO	Alhambra (1)	20	18:21.8	1:20.1	5:54.3	3:40.4
21 Brianna BOURNE	JR	College Preparatory (1)	21	18:23.4	1:21.7	5:54.8	3:40.7
22 Melodie LEROUDIER	SR	Amador Valley (1)	22	18:23.5	1:21.8	5:54.8	3:40.7
23 Taylor LAWSEN	SR	Granada (2)	23	18:25.0	1:23.3	5:55.3	3:41.0
24 Hannah RUANE	SO	Campolindo (2)	24	18:30.5	1:28.8	5:57.1	3:42.1
25 Lucie SEMONE	SR	Redwood (2)	25	18:31.7	1:30.0	5:57.5	3:42.3
26 Amy STANFIELD	SO	Sonoma Valley (1)	26	18:34.7	1:33.0	5:58.4	3:42.9
27 Emma DOUCH	JR	Analy (1)	27	18:35.2	1:33.5	5:58.6	3:43.0
28 Rayna STANZIANO	FR	Concord	-	18:35.8	1:34.1	5:58.8	3:43.2
29 Sarah CELLA	SR	Campolindo (3)	28	18:35.8	1:34.1	5:58.8	3:43.2
30 Emily PEREZ	FR	St. Joseph Notre Dame (2)	29	18:36.2	1:34.5	5:58.9	3:43.2
31 Veronica TOWLE	FR	Las Lomas (2)	30	18:36.9	1:35.2	5:59.1	3:43.4
32 Kajol MAHESHWARI	SR	Livermore (1)	31	18:37.0	1:35.3	5:59.2	3:43.4
33 Kinga BIHARI	FR	Granada (3)	32	18:37.8	1:36.1	5:59.4	3:43.6

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34 Beatrice LEVY	SO	St. Joseph Notre Dame (3)	33	18:38.3	1:36.6	5:59.6	3:43.7
35 Molly NEACH	SO	San Ramon Valley (1)	34	18:38.4	1:36.7	5:59.6	3:43.7
36 Rachel BORDES	SR	Redwood (3)	35	18:38.4	1:36.7	5:59.6	3:43.7
37 Madison PARRATT	SR	Petaluma (1)	36	18:39.0	1:37.3	5:59.8	3:43.8
38 Madalyne CONEY	SO	Monte Vista (3)	37	18:40.3	1:38.6	6:00.2	3:44.1
39 Daisy GUINCHARD	FR	Granada (4)	38	18:41.4	1:39.7	6:00.6	3:44.3
40 Gabrielle GAMBOA	SR	Dublin (1)	39	18:41.4	1:39.7	6:00.6	3:44.3
41 Hannah FISHLOW	JR	Miramonte (2)	40	18:43.0	1:41.3	6:01.1	3:44.6
42 Amanda OLLA	SO	San Ramon Valley (2)	41	18:43.4	1:41.7	6:01.2	3:44.7
43 Kassia CHAGNON	JR	Piner (2)	42	18:43.5	1:41.8	6:01.3	3:44.7
44 Kate TAVELLA	FR	San Ramon Valley (3)	43	18:44.0	1:42.3	6:01.4	3:44.8
45 Kai BOHANNON	JR	Liberty (1)	44	18:44.4	1:42.7	6:01.5	3:44.9
46 Cailyn SAKURAI	JR	El Cerrito (1)	45	18:45.0	1:43.3	6:01.7	3:45.0
47 Alex WILSON	SO	Monte Vista (4)	46	18:46.2	1:44.5	6:02.1	3:45.2
48 Jessie BOUCHER	JR	Northgate (1)	47	18:49.6	1:47.9	6:03.2	3:45.9
49 Grace RUSIN	JR	El Cerrito (2)	48	18:51.5	1:49.8	6:03.8	3:46.3
50 Alexandra NEWSOM	SR	James Logan (1)	49	18:51.8	1:50.1	6:03.9	3:46.4
51 Kalea BARTOLOTTA	FR	Granada (5)	50	18:52.6	1:50.9	6:04.2	3:46.5
52 Jacey DE LA TORRE	SR	Albany (1)	51	18:52.7	1:51.0	6:04.2	3:46.5
53 Morgan DOWLING	JR	Monte Vista (5)	52	18:52.7	1:51.0	6:04.2	3:46.5
54 Kaitlin CARTWRIGHT	SO	Amador Valley (2)	53	18:53.3	1:51.6	6:04.4	3:46.7
55 Emily WYLIE	SR	Liberty (2)	54	18:53.6	1:51.9	6:04.5	3:46.7
56 Lizzy LABEEUW-ANDERSON	JR	Tamalpais (1)	55	18:53.9	1:52.2	6:04.6	3:46.8
57 Vanessa MEJIA	SO	James Logan (2)	56	18:57.0	1:55.3	6:05.6	3:47.4
58 Emma TAVELLA	FR	San Ramon Valley (4)	57	18:57.3	1:55.6	6:05.7	3:47.5
59 Annaka GREEN	SR	Amador Valley (3)	58	18:58.7	1:57.0	6:06.1	3:47.7
60 Sydney POLICH	JR	Las Lomas (3)	59	18:58.7	1:57.0	6:06.1	3:47.7
61 Colleen MCCANDLESS	FR	Granada (6)	(60)	18:59.7	1:58.0	6:06.5	3:47.9
62 Lauren CERVANTES	FR	Monte Vista (6)	(61)	19:00.3	1:58.6	6:06.7	3:48.1
63 Evelyn MOREHEAD	SO	Dublin (2)	62	19:00.4	1:58.7	6:06.7	3:48.1
64 Erin HONG	FR	Piedmont (1)	63	19:01.8	2:00.0	6:07.1	3:48.4
65 Callie JONES	FR	Branson (2)	64	19:02.0	2:00.3	6:07.2	3:48.4
66 Hannah CHAU	SO	Justin-Siena (1)	65	19:02.0	2:00.3	6:07.2	3:48.4
67 Gillian WAGNER	SO	Redwood (4)	66	19:03.7	2:02.0	6:07.7	3:48.7
68 Chloe PIGG	SR	Arcata (1)	67	19:04.7	2:03.0	6:08.1	3:48.9
69 Emma WAWRZYNEK	JR	Bishop O'Dowd (3)	68	19:06.2	2:04.5	6:08.6	3:49.2
70 Kristina RANDLE	SR	Head-Royce (1)	69	19:07.1	2:05.4	6:08.8	3:49.4
71 Laura MCFARLAND	JR	Carondelet (1)	70	19:07.4	2:05.7	6:08.9	3:49.5
72 Gabrielle PETERSON	FR	Healdsburg (1)	71	19:07.6	2:05.9	6:09.0	3:49.5
73 Kyle TSENG	FR	College Park (1)	72	19:07.7	2:06.0	6:09.0	3:49.5
74 Coco OCKER	SR	Urban School of SF (1)	73	19:09.8	2:08.1	6:09.7	3:50.0
75 Isabella CHAO	SO	Campolindo (4)	74	19:09.8	2:08.1	6:09.7	3:50.0
76 Sydnie RIVAS	SO	Maria Carrillo (1)	75	19:10.9	2:09.2	6:10.1	3:50.2
77 Shelby NELSON	FR	Encinal (1)	76	19:11.8	2:10.1	6:10.4	3:50.4
78 Isabella BRUSCO	FR	Bishop O'Dowd (4)	77	19:12.1	2:10.4	6:10.5	3:50.4

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November 21, 2015

Race #12
Combined Girls

FINAL RESULTS

INDIVIDUAL RESULTS (continued)

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
79 Arden CRESO	JR	Miramonte (3)	78	19:12.3	2:10.6	6:10.5	3:50.5
80 Emma SEEVAK	SR	Piedmont (2)	79	19:14.9	2:13.2	6:11.4	3:51.0
81 Kayla LIM	JR	Piedmont (3)	80	19:15.2	2:13.5	6:11.4	3:51.0
82 Sofia BARKER	SO	Piedmont (4)	81	19:15.9	2:14.2	6:11.7	3:51.2
83 Savannah HILTON	SO	Campolindo (5)	82	19:17.2	2:15.5	6:12.1	3:51.4
84 Addie MACCRACKEN	JR	Piedmont (5)	83	19:17.5	2:15.8	6:12.2	3:51.5
85 Claire JACKSON	SO	San Francisco Univ (1)	84	19:17.5	2:15.8	6:12.2	3:51.5
86 Sarah FUNG	SR	Castro Valley (1)	85	19:20.0	2:18.3	6:13.0	3:52.0
87 Riley HARMON	SO	Albany (2)	86	19:22.6	2:20.9	6:13.8	3:52.5
88 Carolina AVELAR	SR	Maria Carrillo (2)	87	19:22.8	2:21.1	6:13.9	3:52.6
89 Kelly OSTERKAMP	SO	Clayton Valley (1)	88	19:24.7	2:23.0	6:14.5	3:52.9
90 Sara KENNEDY	FR	Marin Catholic (1)	89	19:25.2	2:23.5	6:14.7	3:53.0
91 Kirsten CARTER	SO	Santa Rosa (2)	90	19:25.4	2:23.7	6:14.7	3:53.1
92 Madison MACPHERSON	SO	Liberty (3)	91	19:25.9	2:24.2	6:14.9	3:53.2
93 Jesse HARDMAN	JR	Liberty (4)	92	19:26.7	2:25.0	6:15.1	3:53.3
94 Ella HYMEL	SR	St. Mary's CHS (1)	93	19:26.9	2:25.2	6:15.2	3:53.4
95 Mia PAMBIANCO	SR	Mckinleyville (2)	94	19:27.1	2:25.4	6:15.3	3:53.4
96 Annabel DRIUSSI	SR	Albany (3)	95	19:27.2	2:25.5	6:15.3	3:53.4
97 Annie FOGARTY	JR	Redwood (5)	96	19:27.3	2:25.6	6:15.3	3:53.5
98 Annika LEVAGGI	JR	Tamalpais (2)	97	19:28.3	2:26.6	6:15.7	3:53.7
99 Emma SWANSON	SO	College Park (2)	98	19:29.2	2:27.5	6:15.9	3:53.8
100 Alex GOLDSTEIN	SO	Marin Catholic (2)	99	19:29.6	2:27.9	6:16.1	3:53.9
101 Reilly MARTEL-PHILLIPS	FR	Arcata (2)	100	19:29.7	2:28.0	6:16.1	3:53.9
102 Elana LIM	SR	Monte Vista (7)	(101)	19:29.9	2:28.2	6:16.2	3:54.0
103 Noel CLARK	JR	Cardinal Newman (1)	102	19:30.5	2:28.8	6:16.4	3:54.1
104 Cecilia AVELAR	SR	Maria Carrillo (3)	103	19:30.6	2:28.9	6:16.4	3:54.1
105 Clarissa LAM	FR	Piedmont (6)	(104)	19:30.6	2:28.9	6:16.4	3:54.1
106 Alyssa DALKE	SO	Liberty (5)	105	19:30.8	2:29.1	6:16.5	3:54.2
107 Donna ROSCOE	JR	Justin-Siena (2)	106	19:31.0	2:29.3	6:16.5	3:54.2
108 Jill REILLY	JR	Lick Wilmerding (1)	107	19:31.0	2:29.3	6:16.5	3:54.2
109 Allie AHERN	SR	Maria Carrillo (4)	108	19:31.2	2:29.5	6:16.6	3:54.2
110 Kayla JINDRICH	JR	Dougherty Valley (3)	109	19:32.6	2:30.9	6:17.0	3:54.5
111 Iris BERTO	SO	Technology (1)	110	19:33.0	2:31.3	6:17.2	3:54.6
112 Tessa BOLTER	SO	Berean Christian	-	19:34.1	2:32.4	6:17.5	3:54.8
113 Brooke LENNOX	SR	Acalanes (1)	111	19:34.4	2:32.7	6:17.6	3:54.9
114 Maya CARPENTER	FR	Alameda (1)	112	19:34.8	2:33.1	6:17.7	3:55.0
115 Mckenna NUZUM	FR	San Ramon Valley (5)	113	19:35.6	2:33.9	6:18.0	3:55.1
116 Caroline BROCKMAN	JR	Marin Catholic (3)	114	19:35.9	2:34.2	6:18.1	3:55.2
117 Elise STANKUS	JR	Las Lomas (4)	115	19:36.0	2:34.3	6:18.1	3:55.2
118 Emily HERBST	JR	Petaluma (2)	116	19:36.9	2:35.2	6:18.4	3:55.4
119 Lucy MALAMUD-ROAM	SO	El Cerrito (3)	117	19:39.4	2:37.7	6:19.2	3:55.9
120 Linnea GULLIKSON	JR	Bishop O'Dowd (5)	118	19:41.0	2:39.3	6:19.7	3:56.2
121 Lauren TANEL	SO	Tamalpais (3)	119	19:41.2	2:39.5	6:19.8	3:56.2
122 Madison BURKE	SO	Bishop O'Dowd (6)	(120)	19:41.4	2:39.7	6:19.9	3:56.3
123 Lizzie REEVES	SR	Branson (3)	121	19:41.5	2:39.8	6:19.9	3:56.3

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INDIVIDUAL RESULTS (continued)

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
124 Brianna PECKNOLD	JR	Heritage (1)	122	19:43.4	2:41.7	6:20.5	3:56.7
125 Isabelle SMEDLEY	FR	Amador Valley (4)	123	19:44.6	2:42.9	6:20.9	3:56.9
126 Siena WIGERT	SO	Casa Grande (2)	124	19:45.5	2:43.8	6:21.2	3:57.1
127 Alexa BARTH	SO	Tamalpais (4)	125	19:46.1	2:44.4	6:21.4	3:57.2
128 McKenna SELL	SO	Sonoma Academy (2)	126	19:46.4	2:44.7	6:21.5	3:57.3
129 Alexis BALLMAN	JR	Albany (4)	127	19:46.7	2:45.0	6:21.6	3:57.3
130 Nia ISOM	SO	Moreau Catholic (1)	128	19:46.9	2:45.2	6:21.6	3:57.4
131 Tamia CRACKEL	FR	Mckinleyville (3)	129	19:47.4	2:45.7	6:21.8	3:57.5
132 Taryn KISCH-GALLAGHER	SR	St. Mary's CHS (2)	130	19:47.6	2:45.9	6:21.9	3:57.5
133 Cecelia FERREIRA	FR	Mckinleyville (4)	131	19:48.5	2:46.8	6:22.2	3:57.7
134 Helena GILBERT-SNYDER	JR	El Cerrito (4)	132	19:48.6	2:46.9	6:22.2	3:57.7
135 Aimee ARMSTRONG	FR	Maria Carrillo (5)	133	19:49.1	2:47.4	6:22.3	3:57.8
136 Maddy LIBBEY	SR	Sonoma Valley (2)	134	19:49.5	2:47.8	6:22.5	3:57.9
137 Kate MIEKLEY	JR	Tamalpais (5)	135	19:50.2	2:48.5	6:22.7	3:58.0
138 Keeley MURPHY	SO	Carondelet (2)	136	19:50.3	2:48.6	6:22.7	3:58.1
139 Amy KOHLBRENNER	JR	Sir Francis Drake (1)	137	19:51.5	2:49.8	6:23.1	3:58.3
140 Tamika WHITENACK	JR	El Cerrito (5)	138	19:51.6	2:49.9	6:23.2	3:58.3
141 Alexa MCKELLIPS	SR	Redwood (6)	(139)	19:52.2	2:50.5	6:23.3	3:58.4
142 Olivia PHILLIPS	JR	Tamalpais (6)	(140)	19:53.1	2:51.4	6:23.6	3:58.6
143 Clare SCHUMANN	SO	Carondelet (3)	141	19:53.3	2:51.6	6:23.7	3:58.7
144 Margo DONAHUE	FR	Piedmont (7)	(142)	19:55.7	2:54.0	6:24.5	3:59.1
145 Marie DOYLE	SO	Santa Rosa (3)	143	19:56.1	2:54.4	6:24.6	3:59.2
146 Kelsey BLOUGH	JR	Northgate (2)	144	19:56.5	2:54.8	6:24.7	3:59.3
147 Katie SAENGER	JR	Las Lomas (5)	145	19:57.4	2:55.7	6:25.0	3:59.5
148 Sophie HOSPODAR	JR	Petaluma (3)	146	19:57.5	2:55.8	6:25.0	3:59.5
149 Claire OLSON	SR	Clayton Valley (2)	147	19:57.6	2:55.9	6:25.1	3:59.5
150 Gracie DUPUIS	FR	Granada (7)	(148)	19:58.3	2:56.6	6:25.3	3:59.7
151 Kayla SCHROEDER	SR	Amador Valley (5)	149	19:58.5	2:56.8	6:25.4	3:59.7
152 Madeline VANDERHEID-NYE	JR	Heritage (2)	150	19:58.9	2:57.2	6:25.5	3:59.8
153 Lily NIEHAUS	SO	Urban School of SF (2)	151	19:59.6	2:57.9	6:25.7	3:59.9
154 Isabel ENRIQUEZ	JR	Dublin (3)	152	19:59.7	2:58.0	6:25.8	3:59.9
155 Finnleigh LEVINSON	FR	Sir Francis Drake (2)	153	20:00.8	2:59.1	6:26.1	4:00.2
156 Sophia CIOTOLA	SO	Las Lomas (6)	(154)	20:01.3	2:59.6	6:26.3	4:00.3
157 Nicki BISSEY	JR	San Domenico	-	20:01.3	2:59.6	6:26.3	4:00.3
158 Shannon MCKILLOP-HERR	SO	Sir Francis Drake (3)	155	20:01.7	3:00.0	6:26.4	4:00.3
159 Chloe ANDRAE	FR	Arcata (3)	156	20:01.7	3:00.0	6:26.4	4:00.3
160 Melissa CORONA	SO	Justin-Siena (3)	157	20:01.8	3:00.0	6:26.4	4:00.4
161 Lauren OBERWAGER	SO	Bay School of SF (1)	158	20:02.4	3:00.7	6:26.6	4:00.5
162 Talia LEANO	FR	Maria Carrillo (6)	(159)	20:03.0	3:01.3	6:26.8	4:00.6
163 Maddy NAKADA	SR	Lick Wilmerding (2)	160	20:03.5	3:01.8	6:27.0	4:00.7
164 Malia CASHEL	FR	Sonoma Valley (3)	161	20:04.4	3:02.7	6:27.3	4:00.9
165 Julia ENGLISH	JR	St. Mary's CHS (3)	162	20:05.2	3:03.5	6:27.5	4:01.0
166 Oda HOVE	SR	Encinal (2)	163	20:05.7	3:04.0	6:27.7	4:01.1
167 Grace PETRAGLIA	SO	Casa Grande (3)	164	20:07.0	3:05.3	6:28.1	4:01.4
168 Karly LAFFER	JR	Amador Valley (6)	(165)	20:07.6	3:05.9	6:28.3	4:01.5

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169 Maddy GLENN	SO	Sonoma Academy (3)	166	20:08.2	3:06.5	6:28.5	4:01.6
170 Genevieve WILEY	SO	St. Mary's CHS (4)	167	20:09.0	3:07.3	6:28.7	4:01.8
171 Aushmitha GREWAL	FR	Dougherty Valley (4)	168	20:09.0	3:07.3	6:28.7	4:01.8
172 Emily ORELLANA	SO	College Park (3)	169	20:09.6	3:07.9	6:28.9	4:01.9
173 Peggy LAU	SR	Northgate (3)	170	20:09.9	3:08.2	6:29.0	4:02.0
174 Emily MENDOZA	JR	Novato (1)	171	20:10.3	3:08.6	6:29.2	4:02.1
175 Kelly SETO	JR	College Park (4)	172	20:10.4	3:08.7	6:29.2	4:02.1
176 Aubrey SCHEIBEL	JR	Irvington (2)	173	20:11.6	3:09.9	6:29.6	4:02.3
177 Katie MCGHIE	JR	Tamalpais (7)	(174)	20:11.8	3:10.1	6:29.6	4:02.4
178 Rachel WELLMAN	SO	Alameda (2)	175	20:12.2	3:10.5	6:29.8	4:02.4
179 Eliana HEATH	JR	Cardinal Newman (2)	176	20:13.4	3:11.7	6:30.2	4:02.7
180 Kayla NEUMANN	SO	California (1)	177	20:13.5	3:11.8	6:30.2	4:02.7
181 Yanet PAREDES	SR	James Logan (3)	178	20:13.5	3:11.8	6:30.2	4:02.7
182 Carly HARRIS	SO	College Preparatory (2)	179	20:13.6	3:11.9	6:30.2	4:02.7
183 Avery SMITH	SO	Mission San Jose (1)	180	20:13.7	3:12.0	6:30.3	4:02.7
184 Elizabeth UEMURA	JR	Arcata (4)	181	20:13.8	3:12.1	6:30.3	4:02.8
185 Jasmine ACREE	SO	Dublin (4)	182	20:14.8	3:13.1	6:30.6	4:03.0
186 Lillian LARSON	FR	Cardinal Newman (3)	183	20:15.0	3:13.3	6:30.7	4:03.0
187 Sarah SHIPWAY	SR	Campolindo (6)	(184)	20:15.1	3:13.4	6:30.7	4:03.0
188 Kelsey PONTIUS	SR	Freedom (1)	185	20:15.3	3:13.6	6:30.8	4:03.1
189 Zoe MILLER	SO	Sir Francis Drake (4)	186	20:15.3	3:13.6	6:30.8	4:03.1
190 Miranda TRUHE	JR	Liberty (6)	(187)	20:16.0	3:14.3	6:31.0	4:03.2
191 Anna DEMMA	FR	Petaluma (4)	188	20:16.3	3:14.6	6:31.1	4:03.3
192 Emily RICHTER	SR	Montgomery (1)	189	20:16.8	3:15.1	6:31.3	4:03.4
193 Rebecca ELLIOTT	SR	Athenian (1)	190	20:20.6	3:18.9	6:32.5	4:04.1
194 Taylor GOUIN	FR	Montgomery (2)	191	20:20.9	3:19.2	6:32.6	4:04.2
195 Krystal TSOI	SO	Moreau Catholic (2)	192	20:21.2	3:19.5	6:32.7	4:04.2
196 Maddie ALVARADO	JR	Miramonte (4)	193	20:21.3	3:19.6	6:32.7	4:04.3
197 Mazie LEWIS	SR	Santa Rosa (4)	194	20:21.5	3:19.8	6:32.8	4:04.3
198 Georgia SCHERER	SR	Head-Royce (2)	195	20:21.7	3:20.0	6:32.8	4:04.3
199 Maddy PENG	SR	Redwood (7)	(196)	20:22.3	3:20.6	6:33.0	4:04.5
200 Katrina KOHLMAYER	FR	Northgate (4)	197	20:23.0	3:21.3	6:33.2	4:04.6
201 Amelia WIRT	JR	Fort Bragg (1)	198	20:23.4	3:21.7	6:33.4	4:04.7
202 Daniela VAUGHAN	SR	St. Mary's CHS (5)	199	20:24.0	3:22.3	6:33.6	4:04.8
203 Julia PARKS	SO	College Park (5)	200	20:24.0	3:22.3	6:33.6	4:04.8
204 Alani AGUILAR	SR	Piner (3)	201	20:24.0	3:22.3	6:33.6	4:04.8
205 Veronica VALENTON	FR	Livermore (2)	202	20:24.3	3:22.6	6:33.7	4:04.9
206 Lily RAYMOND	JR	Maria Carrillo (7)	(203)	20:24.9	3:23.2	6:33.9	4:05.0
207 Juliette NAST	SO	Justin-Siena (4)	204	20:25.1	3:23.4	6:33.9	4:05.0
208 Aimee HOLLAND	SR	Santa Rosa (5)	205	20:25.2	3:23.5	6:34.0	4:05.0
209 Kaitlin MANNING	FR	Castro Valley (2)	206	20:25.4	3:23.7	6:34.0	4:05.1
210 Jasmine LOO	SO	Foothill	-	20:26.5	3:24.8	6:34.4	4:05.3
211 Tiyanna MEESE	JR	Middletown (1)	207	20:26.6	3:24.9	6:34.4	4:05.3
212 Carissa LEE	FR	San Rafael (1)	208	20:27.0	3:25.3	6:34.5	4:05.4
213 Anna RECK	SR	Northgate (5)	209	20:27.6	3:25.9	6:34.7	4:05.5

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214 Ali HEITMANN	FR	Las Lomas (7)	(210)	20:27.6	3:25.9	6:34.7	4:05.5
215 Zhane DUCKETT	FR	St. Joseph Notre Dame (4)	211	20:27.9	3:26.2	6:34.8	4:05.6
216 Daniela SWEET-COLL	SR	Urban School of SF (3)	212	20:28.0	3:26.3	6:34.9	4:05.6
217 Gabrielle INAMINE	SO	Athenian (2)	213	20:28.5	3:26.8	6:35.0	4:05.7
218 Maya RICH	JR	Lick Wilmerding (3)	214	20:29.9	3:28.2	6:35.5	4:06.0
219 Karen YOUNG	SO	San Leandro (1)	215	20:30.2	3:28.5	6:35.6	4:06.0
220 Ananaya GOYAL	SO	Dougherty Valley (5)	216	20:31.0	3:29.3	6:35.8	4:06.2
221 Kelsey DEMPSEY	SO	Carondelet (4)	217	20:31.6	3:29.9	6:36.0	4:06.3
222 Patty QUINN	SR	Albany (5)	218	20:31.7	3:30.0	6:36.0	4:06.3
223 Ryann ENGLAND	JR	Justin-Siena (5)	219	20:33.9	3:32.2	6:36.8	4:06.8
224 Surabhi KUMAR	FR	Amador Valley (7)	(220)	20:34.9	3:33.2	6:37.1	4:07.0
225 Kayja MANN	SR	Sonoma Academy (4)	221	20:35.9	3:34.2	6:37.4	4:07.2
226 Anna KAUFMAN	JR	Windsor	-	20:35.9	3:34.2	6:37.4	4:07.2
227 Caramia PUTMAN	SO	Ukiah (1)	222	20:38.7	3:37.0	6:38.3	4:07.7
228 Hannah MESKEINYAR	SO	Castro Valley (3)	223	20:39.3	3:37.6	6:38.5	4:07.9
229 Katie NEWBOLD	JR	Convent of the Sacred	224	20:39.4	3:37.7	6:38.5	4:07.9
230 Jasmine VIRGEN	SR	Alameda (3)	225	20:40.1	3:38.4	6:38.7	4:08.0
231 Mia TALKOVSKY	SO	Lick Wilmerding (4)	226	20:40.2	3:38.5	6:38.8	4:08.0
232 Karin UZAWA	SR	Berkeley (1)	227	20:40.2	3:38.5	6:38.8	4:08.0
233 Isabelle ANTOLIN	SO	Northgate (6)	(228)	20:40.9	3:39.2	6:39.0	4:08.2
234 Sophia BLANKMAN	SO	Head-Royce (3)	229	20:41.2	3:39.5	6:39.1	4:08.2
235 Kate WARING	JR	Sir Francis Drake (5)	230	20:41.5	3:39.8	6:39.2	4:08.3
236 Victoria BUCKLEY	SR	Novato (2)	231	20:42.4	3:40.7	6:39.5	4:08.5
237 Elizabeth RICKEY	SR	Irvington (3)	232	20:42.7	3:41.0	6:39.6	4:08.5
238 Maggie DREW	SO	Lick Wilmerding (5)	233	20:42.7	3:41.0	6:39.6	4:08.5
239 Sofiya LYALL	SO	Head-Royce (4)	234	20:43.4	3:41.7	6:39.8	4:08.7
240 Adviti ATLURI	SR	Mission San Jose (2)	235	20:43.6	3:41.9	6:39.9	4:08.7
241 Mavis ZENG	SR	Mission San Jose (3)	236	20:43.8	3:42.1	6:39.9	4:08.8
242 Brittany PANELA	SR	San Marin (1)	237	20:44.0	3:42.3	6:40.0	4:08.8
243 Sydney STANTON	SO	Liberty (7)	(238)	20:45.0	3:43.3	6:40.3	4:09.0
244 Madelyn TORIANO	JR	American (1)	239	20:45.5	3:43.8	6:40.5	4:09.1
245 Mika TAKAMORI	SR	San Francisco Univ (2)	240	20:45.8	3:44.1	6:40.6	4:09.2
246 Isabelle VREELAND	SO	Cardinal Newman (4)	241	20:45.9	3:44.2	6:40.6	4:09.2
247 Erica CARDINALE	JR	Alhambra (2)	242	20:47.2	3:45.5	6:41.0	4:09.4
248 Saskia VANOMMEREN-EGBERTS	SR	Casa Grande (4)	243	20:48.7	3:47.0	6:41.5	4:09.7
249 Rachel BARKLAY	SR	Berkeley (2)	244	20:49.9	3:48.2	6:41.9	4:10.0
250 Natalia PORRAS	FR	Albany (6)	(245)	20:50.1	3:48.4	6:42.0	4:10.0
251 Rebecca STILING	FR	Encinal (3)	246	20:50.2	3:48.5	6:42.0	4:10.0
252 Cindy YUAN	SO	Mission San Jose (4)	247	20:52.8	3:51.1	6:42.8	4:10.6
253 Liza RICHARDS	SO	Carondelet (5)	248	20:53.7	3:52.0	6:43.1	4:10.7
254 Brooklyn AGUILAR	JR	College Park (6)	(249)	20:54.3	3:52.6	6:43.3	4:10.9
255 Cori FLORES	FR	Heritage (3)	250	20:54.6	3:52.9	6:43.4	4:10.9
256 Rhea GULIANI	FR	Mission San Jose (5)	251	20:55.0	3:53.3	6:43.5	4:11.0
257 Kaelyn SHIRLEY	JR	Bishop O'Dowd (7)	(252)	20:56.2	3:54.5	6:43.9	4:11.2
258 Araceli ZAVALA	FR	St. Joseph Notre Dame (5)	253	20:56.9	3:55.2	6:44.1	4:11.4

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FINAL RESULTS

INDIVIDUAL RESULTS (continued)

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
259 Bridget COOKE	SR	San Ramon Valley (6)	(254)	20:57.3	3:55.6	6:44.3	4:11.5
260 Victoria BRYAN	SR	Heritage (4)	255	20:58.5	3:56.8	6:44.7	4:11.7
261 Lilly RICHARD	FR	Arcata (5)	256	20:58.7	3:57.0	6:44.7	4:11.7
262 Karen MANALAC	SR	James Logan (4)	257	20:58.9	3:57.2	6:44.8	4:11.8
263 Allie CVITANOVIC	SO	Alameda (4)	258	20:59.2	3:57.5	6:44.9	4:11.8
264 Lizzy WU	SR	Lick Wilmerding (6)	(259)	20:59.4	3:57.7	6:45.0	4:11.9
265 Grace MOUSSA	FR	Analy (2)	260	21:01.3	3:59.6	6:45.6	4:12.3
266 Maya ZIMMERMAN	JR	College Preparatory (3)	261	21:02.0	4:00.3	6:45.8	4:12.4
267 Iona MAHONEY-MOYER	JR	Arcata (6)	(262)	21:02.2	4:00.5	6:45.9	4:12.4
268 Tarra O'MALLEY	SO	Dougherty Valley (6)	(263)	21:02.2	4:00.5	6:45.9	4:12.4
269 Tara CONTI	SO	Mission San Jose (6)	(264)	21:02.8	4:01.1	6:46.0	4:12.6
270 Morgan CLARK	FR	Ukiah (2)	265	21:02.9	4:01.2	6:46.1	4:12.6
271 Raylene MORENO	SO	Freedom (2)	266	21:03.0	4:01.3	6:46.1	4:12.6
272 Ileana MOON	SR	Casa Grande (5)	267	21:03.7	4:02.0	6:46.3	4:12.7
273 Madeline TREE	FR	Livermore (3)	268	21:03.9	4:02.2	6:46.4	4:12.8
274 Leah HALEY	FR	Technology (2)	269	21:04.8	4:03.1	6:46.7	4:13.0
275 Jasmine BECKER	SO	Montgomery (3)	270	21:05.2	4:03.5	6:46.8	4:13.0
276 Sonia FILLIPOW	SR	Urban School of SF (4)	271	21:05.3	4:03.6	6:46.8	4:13.1
277 Leila MINOWADA	JR	Miramonte (5)	272	21:05.3	4:03.6	6:46.8	4:13.1
278 Sage MACE	JR	Sir Francis Drake (6)	(273)	21:06.2	4:04.5	6:47.1	4:13.2
279 Caroline KELLY	SO	Acalanes (2)	274	21:06.3	4:04.6	6:47.2	4:13.3
280 Keili PRENTON	JR	Dublin (5)	275	21:06.3	4:04.6	6:47.2	4:13.3
281 Skylar DUIGNAN	JR	Heritage (5)	276	21:06.6	4:04.9	6:47.3	4:13.3
282 Amanda BEDOKA	SR	Rancho Cotate	-	21:08.8	4:07.1	6:48.0	4:13.8
283 Alison ROPER	SR	Petaluma (5)	277	21:09.3	4:07.6	6:48.1	4:13.9
284 Abby STECKEL	SO	Berkeley (3)	278	21:09.4	4:07.7	6:48.2	4:13.9
285 Eliza NEELEY	SO	Sonoma Valley (4)	279	21:10.3	4:08.6	6:48.5	4:14.1
286 Maya CAMPBELL-VOSS	SR	Analy (3)	280	21:11.1	4:09.4	6:48.7	4:14.2
287 Natasha MAHMUD	SR	Irvington (4)	281	21:11.4	4:09.7	6:48.8	4:14.3
288 Lindsey BACH	JR	Lick Wilmerding (7)	(282)	21:12.2	4:10.5	6:49.1	4:14.4
289 Ella JACOBSON	SO	Foothill	-	21:12.4	4:10.7	6:49.1	4:14.5
290 Grace DUCKER	SO	Novato (3)	283	21:13.8	4:12.1	6:49.6	4:14.8
291 Angela HUANG	SO	Dublin (6)	(284)	21:14.9	4:13.2	6:49.9	4:15.0
292 Sarah VERDERAME	JR	Clayton Valley (3)	285	21:15.1	4:13.4	6:50.0	4:15.0
293 Emma MARINO	FR	International (1)	286	21:15.9	4:14.2	6:50.3	4:15.2
294 Quinn ROGERS	FR	International (2)	287	21:16.0	4:14.3	6:50.3	4:15.2
295 Ally PARDO	FR	Urban School of SF (5)	288	21:17.6	4:15.9	6:50.8	4:15.5
296 Ana TELFER	JR	San Francisco Univ (3)	289	21:17.7	4:16.0	6:50.8	4:15.5
297 Caroline O'CONNELL	SO	Convent of the Sacred	290	21:17.9	4:16.2	6:50.9	4:15.6
298 Bria KEELTY	FR	Santa Rosa (6)	(291)	21:18.3	4:16.6	6:51.0	4:15.7
299 Avi WILSON-PERTEETE	JR	St. Mary's CHS (6)	(292)	21:18.5	4:16.8	6:51.1	4:15.7
300 Veronica BOYCE	SO	Marin Catholic (4)	293	21:18.8	4:17.1	6:51.2	4:15.8
301 Olivia FISHLOW	JR	Miramonte (6)	(294)	21:19.1	4:17.4	6:51.3	4:15.8
302 Clare CURRAN	SO	Cardinal Newman (5)	295	21:19.4	4:17.7	6:51.4	4:15.9
303 Jessica MENDEZ	SR	San Ramon Valley (7)	(296)	21:19.8	4:18.1	6:51.5	4:16.0

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INDIVIDUAL RESULTS (continued)

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
304 Charisse PAULE	JR	Newark Memorial (1)	297	21:20.5	4:18.8	6:51.7	4:16.1
305 Campbell DAY	SR	Branson (4)	298	21:20.6	4:18.9	6:51.8	4:16.1
306 Simone THOMPSON-JOHN	SO	Berkeley (4)	299	21:21.4	4:19.7	6:52.0	4:16.3
307 Amanda LEWIS	FR	Northgate (7)	(300)	21:22.1	4:20.4	6:52.3	4:16.4
308 Celeste CHAVEZ	FR	Casa Grande (6)	(301)	21:23.7	4:22.0	6:52.8	4:16.7
309 Grace BERG	JR	College Preparatory (4)	302	21:24.0	4:22.3	6:52.9	4:16.8
310 Caroline CHAMBERS	FR	Rincon Valley Christian	-	21:24.5	4:22.8	6:53.0	4:16.9
311 Mallory CHARRON	SR	Newark Memorial (2)	303	21:24.7	4:23.0	6:53.1	4:16.9
312 Emely LEMUS	SR	Novato (4)	304	21:25.2	4:23.5	6:53.2	4:17.0
313 Kestrel HEWSON	SO	Arcata (7)	(305)	21:25.6	4:23.9	6:53.4	4:17.1
314 Natalie BOZEMAN	FR	Healdsburg (2)	306	21:26.9	4:25.2	6:53.8	4:17.4
315 Elizabeth O'REILLY	FR	San Rafael (2)	307	21:27.2	4:25.5	6:53.9	4:17.4
316 Minji KOO	SR	Mission San Jose (7)	(308)	21:27.5	4:25.8	6:54.0	4:17.5
317 Katie WOELFFER	SO	St. Mary's CHS (7)	(309)	21:27.5	4:25.8	6:54.0	4:17.5
318 Muppy GRAGG	SO	Acalanes (3)	310	21:27.9	4:26.2	6:54.1	4:17.6
319 Haley LEWSEY	SO	Dougherty Valley (7)	(311)	21:28.8	4:27.1	6:54.4	4:17.8
320 Sophie KLEIN	SO	Urban School of SF (6)	(312)	21:29.1	4:27.4	6:54.5	4:17.8
321 Katy THOMASON	SO	Berkeley (5)	313	21:29.7	4:28.0	6:54.7	4:17.9
322 Trinity MCGUINNESS	SO	Sonoma Valley (5)	314	21:30.9	4:29.2	6:55.1	4:18.2
323 Lucy VASQUEZ	FR	Antioch (1)	315	21:31.7	4:30.0	6:55.3	4:18.3
324 Charlotte PEALE	JR	College Preparatory (5)	316	21:32.6	4:30.9	6:55.6	4:18.5
325 Katherine NGO	FR	San Leandro (2)	317	21:32.8	4:31.1	6:55.7	4:18.6
326 Mia VLAMING	FR	Justin-Siena (6)	(318)	21:33.8	4:32.1	6:56.0	4:18.8
327 Genevieve REYNOSO	SO	Arroyo (1)	319	21:35.0	4:33.3	6:56.4	4:19.0
328 Chaia WYATT	JR	Berkeley (6)	(320)	21:35.6	4:33.9	6:56.6	4:19.1
329 Ana AGUIRRE	SO	American (2)	321	21:35.8	4:34.1	6:56.7	4:19.2
330 Karina PHAN	SR	James Logan (5)	322	21:36.7	4:35.0	6:56.9	4:19.3
331 Allie GRISWOLD	SO	Berean Christian	-	21:36.8	4:35.1	6:57.0	4:19.4
332 Lila SINGH	SO	Petaluma (6)	(323)	21:37.6	4:35.9	6:57.2	4:19.5
333 Kristen SUN	SO	Castro Valley (4)	324	21:38.0	4:36.3	6:57.4	4:19.6
334 Marisa GLOOR	SR	Mckinleyville (5)	325	21:39.4	4:37.7	6:57.8	4:19.9
335 Hailey LONG	JR	Convent of the Sacred	326	21:39.9	4:38.2	6:58.0	4:20.0
336 Lara HERBERMANN	FR	San Rafael (3)	327	21:39.9	4:38.2	6:58.0	4:20.0
337 Ariel KIVELA	JR	Justin-Siena (7)	(328)	21:40.5	4:38.8	6:58.2	4:20.1
338 Makenna SCHWINN	SR	San Rafael (4)	329	21:40.9	4:39.2	6:58.3	4:20.2
339 Ana CAHUAS	JR	Convent of the Sacred	330	21:42.0	4:40.3	6:58.6	4:20.4
340 Natalie RUZICKA	JR	Clayton Valley (4)	331	21:42.6	4:40.9	6:58.8	4:20.5
341 Alyssa MONTANEZ	FR	California (2)	332	21:43.0	4:41.3	6:59.0	4:20.6
342 Chloe KAPANEN	SO	Albany (7)	(333)	21:43.4	4:41.7	6:59.1	4:20.7
343 Amberly TEE	SO	Castro Valley (5)	334	21:43.4	4:41.7	6:59.1	4:20.7
344 Sophie PHILLIPS	JR	Berkeley (7)	(335)	21:44.4	4:42.7	6:59.4	4:20.9
345 Tara GRISMER	JR	Analy (4)	336	21:44.7	4:43.0	6:59.5	4:20.9
346 Aquielle NELSON	SO	Analy (5)	337	21:45.4	4:43.7	6:59.7	4:21.1
347 Aylin GARCIA	JR	Piner (4)	338	21:45.7	4:44.0	6:59.8	4:21.1
348 Gabi WILLINGHAM	SR	College Preparatory (6)	(339)	21:45.7	4:44.0	6:59.8	4:21.1

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349 Grace MACKEY	SO	Montgomery (4)	340	21:46.4	4:44.7	7:00.1	4:21.3
350 Nicole O'CONNOR	SR	Acalanes (4)	341	21:47.0	4:45.3	7:00.3	4:21.4
351 Chloe DE VERRIER	JR	Alameda (5)	342	21:47.1	4:45.4	7:00.3	4:21.4
352 Molly KOZLOWSKI	JR	Santa Rosa (7)	(343)	21:47.4	4:45.7	7:00.4	4:21.5
353 Alexis DESILVA	JR	Newark Memorial (3)	344	21:47.8	4:46.1	7:00.5	4:21.6
354 Jenna MILES	SO	Campolindo (7)	(345)	21:48.1	4:46.4	7:00.6	4:21.6
355 Natalie METZGER	SO	San Marin (2)	346	21:50.6	4:48.9	7:01.4	4:22.1
356 Anna WEISEL	FR	Branson (5)	347	21:51.1	4:49.4	7:01.6	4:22.2
357 Lauren FLOM	JR	California (3)	348	21:51.3	4:49.6	7:01.6	4:22.3
358 Katharine ONG	SO	Irvington (5)	349	21:51.6	4:49.9	7:01.7	4:22.3
359 Annie KLOPSTOCK	SO	Acalanes (5)	350	21:52.0	4:50.3	7:01.9	4:22.4
360 Morgan RILEY	SO	Willits	-	21:52.1	4:50.4	7:01.9	4:22.4
361 Maeve MILLER	SO	San Francisco Univ (4)	351	21:52.3	4:50.6	7:02.0	4:22.5
362 Shelley KONG	JR	Alameda (6)	(352)	21:53.3	4:51.6	7:02.3	4:22.7
363 Claudia PROVAN	SR	Montgomery (5)	353	21:54.9	4:53.2	7:02.8	4:23.0
364 Helena ABBOTT	JR	Petaluma (7)	(354)	21:54.9	4:53.2	7:02.8	4:23.0
365 Grace DIEMOZ	SO	International (3)	355	21:55.0	4:53.3	7:02.8	4:23.0
366 Sierra GARCIA	SO	James Logan (6)	(356)	21:55.2	4:53.5	7:02.9	4:23.0
367 Miya KEILIN	JR	El Cerrito (6)	(357)	21:57.1	4:55.4	7:03.5	4:23.4
368 Nikki AMBERG	SR	Carondelet (6)	(358)	21:57.1	4:55.4	7:03.5	4:23.4
369 Julie FUNG	SR	Arroyo (2)	359	21:57.2	4:55.5	7:03.5	4:23.4
370 Julia KOBLMILLER	FR	Freedom (3)	360	21:57.5	4:55.8	7:03.6	4:23.5
371 Jesse EATON-LURIA	SR	San Rafael (5)	361	21:57.6	4:55.9	7:03.7	4:23.5
372 Anna Mary STARR	SO	Acalanes (6)	(362)	21:58.1	4:56.4	7:03.8	4:23.6
373 Erin MOORE	FR	Carondelet (7)	(363)	21:58.6	4:56.9	7:04.0	4:23.7
374 Anne LE	SO	Livermore (4)	364	21:59.2	4:57.5	7:04.2	4:23.8
375 Navneet KAUR	SR	American (3)	365	22:00.1	4:58.4	7:04.5	4:24.0
376 Taylor HALL	FR	College Park (7)	(366)	22:00.2	4:58.5	7:04.5	4:24.0
377 Ellena PARRY	JR	San Francisco Univ (5)	367	22:01.0	4:59.3	7:04.8	4:24.2
378 Elena MILLER	FR	Mckinleyville (6)	(368)	22:01.7	5:00.0	7:05.0	4:24.3
379 Ella SHENKAR	FR	San Francisco Univ (6)	(369)	22:01.8	5:00.1	7:05.0	4:24.4
380 Mina HERNANDEZ	JR	Antioch (2)	370	22:02.1	5:00.4	7:05.1	4:24.4
381 Zoe HERBERMANN	JR	Branson (6)	(371)	22:02.5	5:00.8	7:05.2	4:24.5
382 Katie HAITEMA	JR	Moreau Catholic (3)	372	22:03.1	5:01.4	7:05.4	4:24.6
383 Nicole DE PETRIS	SO	Marin Academy (1)	373	22:03.1	5:01.4	7:05.4	4:24.6
384 Amanda EVANS	JR	Terra Linda (1)	374	22:04.2	5:02.5	7:05.8	4:24.8
385 Natalya QUIROZ	JR	Healdsburg (3)	375	22:04.3	5:02.6	7:05.8	4:24.9
386 Anais NAGEL	SO	Sir Francis Drake (7)	(376)	22:04.5	5:02.8	7:05.9	4:24.9
387 Sydney LIM	SR	Heritage (6)	(377)	22:04.6	5:02.9	7:05.9	4:24.9
388 Maggie ALEJANDRES	FR	Piner (5)	378	22:05.1	5:03.4	7:06.1	4:25.0
389 Aubury FREED	SO	San Lorenzo	-	22:05.3	5:03.6	7:06.1	4:25.1
390 Meghan BEARE	SR	Clear Lake (1)	379	22:05.8	5:04.1	7:06.3	4:25.2
391 Shreya BALAJI	FR	American (4)	380	22:06.3	5:04.6	7:06.5	4:25.3
392 Sophie YOAKUM	FR	Terra Linda (2)	381	22:06.7	5:05.0	7:06.6	4:25.3
393 Haley HUTCHINSON	FR	Fort Bragg (2)	382	22:07.7	5:06.0	7:06.9	4:25.5

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394 Sunny SCOTT	SR	Mendocino	-	22:09.5	5:07.8	7:07.5	4:25.9
395 Faith STILWELL	JR	Concord	-	22:09.9	5:08.2	7:07.6	4:26.0
396 Megan KLEE	SO	Cardinal Newman (6)	(383)	22:10.4	5:08.7	7:07.8	4:26.1
397 Esme READ-MCLAUGHLIN	JR	Sonoma Academy (5)	384	22:11.0	5:09.3	7:08.0	4:26.2
398 Lizzi MCELIGOT	SO	Terra Linda (3)	385	22:11.4	5:09.7	7:08.1	4:26.3
399 Zuley MUNOZ	SR	Piner (6)	(386)	22:12.0	5:10.3	7:08.3	4:26.4
400 Jessica HEVENER	FR	Clayton Valley (5)	387	22:12.5	5:10.8	7:08.5	4:26.5
401 Linda HUANG	JR	San Francisco Univ (7)	(388)	22:13.8	5:12.1	7:08.9	4:26.8
402 Hannah STEWART	JR	Ukiah (3)	389	22:14.4	5:12.7	7:09.1	4:26.9
403 Sydney ROGERS-LEMKE	SO	California (4)	390	22:15.0	5:13.3	7:09.3	4:27.0
404 Pooja DEVANABOYINA	JR	American (5)	391	22:15.7	5:14.0	7:09.5	4:27.1
405 Haley SKINNER	JR	Marin Catholic (5)	392	22:15.9	5:14.2	7:09.5	4:27.2
406 Sofia VILLA	SO	Clayton Valley (6)	(393)	22:16.3	5:14.6	7:09.7	4:27.3
407 Alexandra SHEEKS	FR	Casa Grande (7)	(394)	22:17.1	5:15.4	7:09.9	4:27.4
408 Chiara ARELLANO	SR	Marin Academy (2)	395	22:17.6	5:15.9	7:10.1	4:27.5
409 Wenqian DENG	SR	San Leandro (3)	396	22:18.2	5:16.5	7:10.3	4:27.6
410 Alexis SWOBODA	FR	Ukiah (4)	397	22:18.3	5:16.6	7:10.3	4:27.7
411 Julia HOPKINS	SO	Marin Academy (3)	398	22:18.5	5:16.8	7:10.4	4:27.7
412 Logan ALCOSIBA	JR	Newark Memorial (4)	399	22:20.0	5:18.3	7:10.9	4:28.0
413 Natalie BAUMGARTNER	SO	Fort Bragg (3)	400	22:20.7	5:19.0	7:11.1	4:28.1
414 Crystal HUANG	SO	Arroyo (3)	401	22:21.8	5:20.1	7:11.4	4:28.4
415 Claire SEBAHAR	SR	Marin Catholic (6)	(402)	22:22.5	5:20.8	7:11.7	4:28.5
416 Kayla HIRSCH	SO	American (6)	(403)	22:23.0	5:21.3	7:11.8	4:28.6
417 Maddy DOMINGO	FR	Marin Catholic (7)	(404)	22:24.0	5:22.3	7:12.2	4:28.8
418 Naomi SAGAN	SO	San Leandro (4)	405	22:25.3	5:23.6	7:12.6	4:29.1
419 Martha CASTRO	JR	College Preparatory (7)	(406)	22:26.8	5:25.1	7:13.1	4:29.4
420 Gladys CASTANEDA	JR	Cardinal Newman (7)	(407)	22:26.9	5:25.2	7:13.1	4:29.4
421 Sierra JACKOVICS	SO	Marin Academy (4)	408	22:27.2	5:25.5	7:13.2	4:29.4
422 Taitum BROOKS	SO	Marin Academy (5)	409	22:27.3	5:25.6	7:13.2	4:29.5
423 Aubrey FREEMAN	SO	Fort Bragg (4)	410	22:28.4	5:26.7	7:13.6	4:29.7
424 Katie THOMIS	SO	Convent of the Sacred	411	22:28.8	5:27.1	7:13.7	4:29.8
425 Naomi BROWN	JR	Ukiah (5)	412	22:29.1	5:27.4	7:13.8	4:29.8
426 Hannah JENEVEIN	FR	Concord	-	22:29.9	5:28.2	7:14.1	4:30.0
427 Caitlin SHAW	JR	Montgomery (6)	(413)	22:31.3	5:29.6	7:14.5	4:30.3
428 Natalie DEPASQUALIE	SO	California (5)	414	22:31.7	5:30.0	7:14.6	4:30.3
429 Keyla VENEGAS	SO	Fort Bragg (5)	415	22:32.3	5:30.6	7:14.8	4:30.5
430 Karla SANTAMARIA	SO	Ygnacio Valley	-	22:33.2	5:31.5	7:15.1	4:30.6
431 Meave PETERSON	SO	Sonoma Academy (6)	(416)	22:33.2	5:31.5	7:15.1	4:30.6
432 Chiara MIRANDA	SR	Moreau Catholic (4)	417	22:33.2	5:31.5	7:15.1	4:30.6
433 Gabriella MANCINI	FR	Novato (5)	418	22:33.9	5:32.2	7:15.3	4:30.8
434 Andrea GAONA	SO	Fort Bragg (6)	(419)	22:36.6	5:34.9	7:16.2	4:31.3
435 Alyssa KWONG	JR	James Logan (7)	(420)	22:37.7	5:36.0	7:16.6	4:31.5
436 Katie EDWARDS	JR	Cloverdale (1)	421	22:38.9	5:37.2	7:16.9	4:31.8
437 Cydnie ATKINSON	SO	Heritage (7)	(422)	22:39.2	5:37.5	7:17.0	4:31.8
438 Jenna SALAS	SO	Antioch (3)	423	22:42.3	5:40.6	7:18.0	4:32.5

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FINAL RESULTS

INDIVIDUAL RESULTS (continued)

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
439 Xochitl GUTIERREZ	SO	Ukiah (6)	(424)	22:42.4	5:40.7	7:18.1	4:32.5
440 Megan CLIFTON	FR	Ygnacio Valley	-	22:43.7	5:42.0	7:18.5	4:32.7
441 Vidya RAMASWAMY	SR	Athenian (3)	425	22:44.4	5:42.7	7:18.7	4:32.9
442 Grace OLSON	SO	San Marin (3)	426	22:44.5	5:42.8	7:18.7	4:32.9
443 Jessica BOUCHARD	SR	Dublin (7)	(427)	22:44.6	5:42.9	7:18.8	4:32.9
444 Marisol ANGELES	SR	Antioch (4)	428	22:46.9	5:45.2	7:19.5	4:33.4
445 Hannah SUDARIA		John F. Kennedy - Fremont	429	22:47.2	5:45.5	7:19.6	4:33.4
446 Kailei FOLTMER	SR	Middletown (2)	430	22:47.5	5:45.8	7:19.7	4:33.5
447 Kamryn SARGENT	SO	San Marin (4)	431	22:48.4	5:46.7	7:20.0	4:33.7
448 Netzali CAN	FR	Arroyo (4)	432	22:48.7	5:47.0	7:20.1	4:33.7
449 Elisia CATALOGNA	SO	Hercules	-	22:49.4	5:47.7	7:20.3	4:33.9
450 Emma RUSIN	JR	El Cerrito (7)	(433)	22:49.9	5:48.2	7:20.5	4:34.0
451 India ALLEN	JR	North Coast Prep. Acad.	-	22:50.0	5:48.3	7:20.5	4:34.0
452 Alexis AQUILIZAN	SO	Moreau Catholic (5)	434	22:50.0	5:48.3	7:20.5	4:34.0
453 Catherine STITES	SR	Alhambra (3)	435	22:50.6	5:48.9	7:20.7	4:34.1
454 Savannah GOODELL	JR	Redwood Christian	-	22:51.1	5:49.4	7:20.9	4:34.2
455 Gerlene GARCIA	JR	Arroyo (5)	436	22:52.9	5:51.2	7:21.4	4:34.6
456 Marianna SANCHEZ	SO	San Rafael (6)	(437)	22:53.8	5:52.1	7:21.7	4:34.8
457 Kayla SCHMIDLIN	SR	Head-Royce (5)	438	22:57.3	5:55.6	7:22.9	4:35.5
458 Julia RADDUE	FR	Marin Academy (6)	(439)	23:00.5	5:58.8	7:23.9	4:36.1
459 Maggie WALTER	FR	Convent of the Sacred	(440)	23:01.5	5:59.8	7:24.2	4:36.3
460 Sarah BURNICK	SO	Miramonte (7)	(441)	23:01.5	5:59.8	7:24.2	4:36.3
461 Annie KASENCHAK	JR	California (6)	(442)	23:02.3	6:00.6	7:24.5	4:36.5
462 Kimberly JUAREZ-RICO	JR	Analy (6)	(443)	23:03.2	6:01.5	7:24.8	4:36.6
463 Thea ZALUNARDO	FR	Montgomery (7)	(444)	23:04.9	6:03.2	7:25.3	4:37.0
464 Kate ARMSTRONG	JR	Castro Valley (6)	(445)	23:07.4	6:05.7	7:26.1	4:37.5
465 Kiyomi WARREN	JR	Concord	-	23:07.7	6:06.0	7:26.2	4:37.5
466 Samantha PEDRAZA	SR	Hayward (1)	446	23:08.8	6:07.1	7:26.6	4:37.8
467 Keelin DAVIS	JR	International (4)	447	23:08.9	6:07.2	7:26.6	4:37.8
468 Valeria GAVINO	SO	San Leandro (5)	448	23:09.0	6:07.3	7:26.6	4:37.8
469 Alyssa SUBA	SR	Moreau Catholic (6)	(449)	23:09.9	6:08.2	7:26.9	4:38.0
470 Jaelin QUINN	SO	Mckinleyville (7)	(450)	23:10.9	6:09.2	7:27.2	4:38.2
471 Raina JIANG	JR	Livermore (5)	451	23:11.8	6:10.1	7:27.5	4:38.4
472 Julia STEAD	SR	John F. Kennedy - Fremont	452	23:12.4	6:10.7	7:27.7	4:38.5
473 Crystal MILITANTE	SO	Hercules	-	23:12.8	6:11.1	7:27.8	4:38.6
474 Gianna PASSALACQUA	SR	Ukiah (7)	(453)	23:13.0	6:11.3	7:27.9	4:38.6
475 Helena GOODMAN	SO	Sonoma Valley (6)	(454)	23:13.7	6:12.0	7:28.1	4:38.7
476 Maya OLIN	SO	Urban School of SF (7)	(455)	23:14.0	6:12.3	7:28.2	4:38.8
477 Emily WU	JR	California (7)	(456)	23:14.7	6:13.0	7:28.5	4:38.9
478 Angela VAYNSHTEYN	JR	Bay School of SF (2)	457	23:14.8	6:13.1	7:28.5	4:39.0
479 Riley GREEN	SO	International (5)	458	23:15.3	6:13.6	7:28.6	4:39.1
480 Lissette PENA	SR	Piner (7)	(459)	23:22.4	6:20.7	7:30.9	4:40.5
481 Ephthalia MICHAEL-	JR	Athenian (4)	460	23:23.6	6:21.9	7:31.3	4:40.7
482 Rainey VANOVEN	FR	Clear Lake (2)	461	23:25.9	6:24.2	7:32.1	4:41.2
483 Isa MENDOZA	JR	Alhambra (4)	462	23:26.3	6:24.6	7:32.2	4:41.3

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Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
484 Ashley HATFIELD	SR	Novato (6)	(463)	23:26.7	6:25.0	7:32.3	4:41.3
485 Eva MARTINEZ	SR	Healdsburg (4)	464	23:26.9	6:25.2	7:32.4	4:41.4
486 Joleen FREED	FR	San Lorenzo	-	23:28.1	6:26.4	7:32.8	4:41.6
487 Rocio GONSALEZ	SO	Novato (7)	(465)	23:29.7	6:28.0	7:33.3	4:41.9
488 Angelina SAINEZ	SR	Arroyo (6)	(466)	23:30.0	6:28.3	7:33.4	4:42.0
489 Josie WADE	FR	Rincon Valley Christian	-	23:30.2	6:28.5	7:33.4	4:42.0
490 Liliana SANDOVAL	FR	Antioch (5)	467	23:32.2	6:30.5	7:34.1	4:42.4
491 Alyssa RUED	SO	Healdsburg (5)	468	23:32.6	6:30.9	7:34.2	4:42.5
492 Anya BLUMENFELD	FR	Bay School of SF (3)	469	23:34.3	6:32.6	7:34.8	4:42.9
493 Parker PISCITELLO-FAY	SO	Bay School of SF (4)	470	23:35.1	6:33.4	7:35.0	4:43.0
494 Natasha MURTHY	FR	Foothill	-	23:38.5	6:36.8	7:36.1	4:43.7
495 Madeline HOLTZ	SO	International (6)	(471)	23:42.1	6:40.4	7:37.3	4:44.4
496 Yareli LOZANO	SO	Kelseyville	-	23:44.5	6:42.8	7:38.0	4:44.9
497 Amira NAYYAR	SO	Foothill	-	23:45.1	6:43.4	7:38.2	4:45.0
498 Emily BAUMSTEIGER	JR	Technology (3)	472	23:46.9	6:45.2	7:38.8	4:45.4
499 Franchesca CHICOINE	SR	Moreau Catholic (7)	(473)	23:48.1	6:46.4	7:39.2	4:45.6
500 Dara GOLDFEIN	FR	Athenian (5)	474	23:50.8	6:49.1	7:40.1	4:46.2
501 Olivia FISHER-SMITH	SR	Marin Academy (7)	(475)	23:50.8	6:49.1	7:40.1	4:46.2
502 Elena PUZZI	SR	San Rafael (7)	(476)	23:53.2	6:51.5	7:40.8	4:46.6
503 Catie NORBOE	SR	Encinal (4)	477	23:53.3	6:51.6	7:40.9	4:46.7
504 Tami ZHAO	SR	San Leandro (6)	(478)	23:53.8	6:52.1	7:41.0	4:46.8
505 Annalise KELLOFF	SO	Bentley Upper	-	23:56.3	6:54.6	7:41.8	4:47.3
506 Maria SUBIAS	SR	Freedom (4)	479	23:58.4	6:56.7	7:42.5	4:47.7
507 Melissa GUEVARA	SR	Alhambra (5)	480	23:58.8	6:57.1	7:42.6	4:47.8
508 Sophia CHARLSON	JR	Technology (4)	481	23:59.3	6:57.6	7:42.8	4:47.9
509 Cynthia AMBROSIO	SR	Freedom (5)	482	24:00.6	6:58.9	7:43.2	4:48.1
510 Mary WILLIAMS	JR	Technology (5)	483	24:02.1	7:00.4	7:43.7	4:48.4
511 Grisselle HERRERA	SO	Cloverdale (2)	484	24:04.7	7:03.0	7:44.5	4:48.9
512 Hannah TASCHEK	SO	Convent of the Sacred	(485)	24:05.5	7:03.8	7:44.8	4:49.1
513 Kate ROGERS	SR	Alhambra (6)	(486)	24:09.0	7:07.3	7:45.9	4:49.8
514 Rebecca VALDEZ	SO	Freedom (6)	(487)	24:11.8	7:10.1	7:46.8	4:50.4
515 Maegen DILLON	SO	Branson (7)	(488)	24:15.7	7:14.0	7:48.1	4:51.1
516 Casey RHODES	FR	Berean Christian	-	24:17.0	7:15.3	7:48.5	4:51.4
517 Czarina CATALOGNA	JR	Hercules	-	24:19.1	7:17.4	7:49.2	4:51.8
518 Kathryn SCHLOMING	JR	Livermore (6)	(489)	24:19.9	7:18.2	7:49.4	4:52.0
519 Tania ORTIZ	SR	St. Joseph Notre Dame (6)	(490)	24:22.8	7:21.1	7:50.4	4:52.6
520 Nicole GUTIERREZ	SO	San Marin (5)	491	24:25.2	7:23.5	7:51.1	4:53.0
521 Esmeralda REYNOSO	SO	Hayward (2)	492	24:25.8	7:24.1	7:51.3	4:53.2
522 Wen MA	JR	San Leandro (7)	(493)	24:26.7	7:25.0	7:51.6	4:53.3
523 Adriana CERDA	SO	Hayward (3)	494	24:27.4	7:25.7	7:51.8	4:53.5
524 Sophia CAMPION	FR	Bentley Upper	-	24:27.8	7:26.1	7:52.0	4:53.6
525 Ysabella RICHARD	SO	Sonoma Academy (7)	(495)	24:42.7	7:41.0	7:56.8	4:56.5
526 Sofia CAMPOS	SR	Ygnacio Valley	-	24:42.8	7:41.1	7:56.8	4:56.6
527 Monserrat ROA	SO	Newark Memorial (5)	496	24:43.7	7:42.0	7:57.1	4:56.7
528 Tyree YOROZU-SUTTLE	FR	Bentley Upper	-	24:45.0	7:43.3	7:57.5	4:57.0

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529 Cynthia RUIZ	SR	Making Waves	-	24:53.1	7:51.4	8:00.1	4:58.6
530 Carissa FOREST	JR	Middletown (3)	497	24:53.4	7:51.7	8:00.2	4:58.7
531 Briley WONG	SR	Hercules	-	24:55.3	7:53.6	8:00.8	4:59.1
532 Lezel LEGADOS	JR	Hayward (4)	498	24:58.2	7:56.5	8:01.7	4:59.6
533 Holy BURGESS	JR	Newark Memorial (6)	(499)	24:58.5	7:56.8	8:01.8	4:59.7
534 Diana MAYA	FR	Making Waves	-	25:00.3	7:58.6	8:02.4	5:00.1
535 Daniela GAYTAN	SR	Hayward (5)	500	25:01.8	8:00.1	8:02.9	5:00.4
536 Savannah CREAGER	JR	Middletown (4)	501	25:04.6	8:02.9	8:03.8	5:00.9
537 Mia RODRIGUEZ	SR	John F. Kennedy - Fremont	502	25:10.3	8:08.6	8:05.6	5:02.1
538 Yulisa GARCIA	SR	Calistoga	-	25:13.7	8:12.0	8:06.7	5:02.7
539 Sarah KARLSEN	JR	Windsor	-	25:14.6	8:12.9	8:07.0	5:02.9
540 Quinn HOUGLAND	JR	Fort Bragg (7)	(503)	25:17.2	8:15.5	8:07.8	5:03.4
541 Kamrin WILLIAMS	JR	Middletown (5)	504	25:26.1	8:24.4	8:10.7	5:05.2
542 Asha MCGEE	FR	Bay School of SF (5)	505	25:27.6	8:25.9	8:11.2	5:05.5
543 Natalie JEKEL	SO	Middletown (6)	(506)	25:29.6	8:27.9	8:11.8	5:05.9
544 Abigail MURPHY	SO	Middletown (7)	(507)	25:31.0	8:29.3	8:12.3	5:06.2
545 Allison WILD	FR	Rancho Cotate	-	25:35.1	8:33.4	8:13.6	5:07.0
546 Sophie PICKERING	JR	Bay School of SF (6)	(508)	25:35.3	8:33.6	8:13.7	5:07.1
547 Emma TUCK	SR	Terra Linda (4)	509	25:37.1	8:35.4	8:14.2	5:07.4
548 Maddie HAHM	FR	Bentley Upper	-	25:42.2	8:40.5	8:15.9	5:08.4
549 Cecilia MIAO	SO	Encinal (5)	510	25:42.3	8:40.6	8:15.9	5:08.5
550 Maiana CABRERA	SR	St. Patrick/St. Vincent	-	25:43.5	8:41.8	8:16.3	5:08.7
551 Anneli ARNESON	SO	Encinal (6)	(511)	25:46.9	8:45.2	8:17.4	5:09.4
552 Briana PATEL	FR	Bay School of SF (7)	(512)	25:47.4	8:45.7	8:17.6	5:09.5
553 Yasmin HERNANDEZ	SR	Terra Linda (5)	513	25:51.6	8:49.9	8:18.9	5:10.3
554 Taylor LANDER	SR	San Lorenzo	-	25:53.5	8:51.8	8:19.5	5:10.7
555 Emily CHAU	SO	Encinal (7)	(514)	26:03.3	9:01.6	8:22.7	5:12.7
556 Charlotte FRIED	SR	Newark Memorial (7)	(515)	26:06.7	9:05.0	8:23.8	5:13.3
557 Elizabeth GUTIERREZ	FR	Making Waves	-	26:07.2	9:05.5	8:23.9	5:13.4
558 Katie LEONG	FR	Berean Christian	-	26:08.8	9:07.1	8:24.4	5:13.8
559 Tanayia HALL	SO	Rancho Cotate	-	26:11.2	9:09.5	8:25.2	5:14.2
560 Cristina CARDENAS	FR	Cloverdale (3)	516	26:11.4	9:09.7	8:25.3	5:14.3
561 Charlene SOUZA	JR	Rancho Cotate	-	26:22.2	9:20.5	8:28.7	5:16.4
562 Elan RILEY	SO	Hayward (6)	(517)	26:23.6	9:21.9	8:29.2	5:16.7
563 Emily ARROYO	JR	Athenian (6)	(518)	26:26.2	9:24.5	8:30.0	5:17.2
564 Hayley MARTINEZ	JR	Redwood Christian	-	26:27.7	9:26.0	8:30.5	5:17.5
565 Hannah MOORE	SO	Mendocino	-	26:29.7	9:28.0	8:31.2	5:17.9
566 Nicole ONSTOTT	SO	Freedom (7)	(519)	26:41.9	9:40.2	8:35.1	5:20.4
567 Daniela CRUZ	SO	Making Waves	-	26:58.5	9:56.8	8:40.4	5:23.7
568 Elisa CORREA	FR	Terra Linda (6)	(520)	27:03.1	10:01.4	8:41.9	5:24.6
569 Adele VELASTEGUI	SO	Holy Names	-	27:06.5	10:04.8	8:43.0	5:25.3
570 Sarah WU	FR	Rincon Valley Christian	-	27:09.0	10:07.3	8:43.8	5:25.8
571 Katherine GERONIMO	SO	Redwood Christian	-	27:12.5	10:10.8	8:44.9	5:26.5
572 Sami SANTANA	SO	Cloverdale (4)	521	27:13.4	10:11.7	8:45.2	5:26.7
573 Taylor BUCHHOLZ	SO	Clear Lake (3)	522	27:52.3	10:50.6	8:57.7	5:34.5

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574 Jordan PETERS	SO	Clear Lake (4)	523	27:52.4	10:50.7	8:57.7	5:34.5
575 Eden WINNIFORD	FR	Cloverdale (5)	524	27:54.3	10:52.6	8:58.4	5:34.9
576 Ava NEWHOUSE	JR	North Coast Prep. Acad.	-	28:11.7	11:10.0	9:04.0	5:38.3
577 Charanpreet RAI	JR	John Swett	-	28:18.1	11:16.4	9:06.0	5:39.6
578 Cindy RAMIREZ	SR	Antioch (6)	(525)	28:34.8	11:33.1	9:11.4	5:43.0
579 Fiona KIRKPATRICK	FR	Clear Lake (5)	526	28:56.1	11:54.4	9:18.2	5:47.2
580 Monica ARCE-MACIAS	JR	Redwood Christian	-	29:06.7	12:05.0	9:21.6	5:49.3
581 Sierra MAHER	SO	John Swett	-	29:14.8	12:13.1	9:24.2	5:51.0
582 Mia PRALL	SR	North Coast Prep. Acad.	-	30:30.0	13:28.3	9:48.4	6:06.0
583 Theresa TRAN	FR	San Lorenzo	-	30:59.5	13:57.8	9:57.9	6:11.9
584 Tehya SWARTS	SO	John F. Kennedy - Fremont	527	31:36.9	14:35.2	10:09.9	6:19.4
585 Lisa LI	SO	John F. Kennedy - Fremont	528	31:50.4	14:48.7	10:14.3	6:22.1
586 Lena COSTELLO	SR	Holy Names	-	33:45.5	16:43.8	10:51.3	6:45.1