

**JUNIOR/COMMUNITY COLLEGE TEAMS - BEST MARKS LIST**  
**for**  
**CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE**

(entries current through 2002)

**Course Record (4.195 miles) Men's Team:**

Grossmont College, 1979 California State Championships - Large Schools  
Team Time: 101:57.7      Per-Runner Ave.: 20:23.6

- |                    |         |                |       |
|--------------------|---------|----------------|-------|
| 1) Rick Rose       | 20:07.7 | 4) Tim Verley  | 20:34 |
| 2) Dennis Hamblin  | 20:12   | 5) Marc Keller | 20:37 |
| 3) Steve McCormack | 20:27   |                |       |

Note: 1979 Grossmont College team won state large-school race with 20 points; second place scored 110 points. All seven Grossmont runners included in Crystal Springs all-time junior/community college records list.

**Course Record (2.95 miles) Women's Team:**

West Valley College, 1979 California State Championships - Large Schools  
Team Time: 90:03      Per-Runner Ave.: 18:00.6

- |                |       |                       |       |
|----------------|-------|-----------------------|-------|
| 1) Ann Regan   | 17:10 | 4) Pam Bowers         | 18:30 |
| 2) Diana Davis | 17:42 | 5) Jackie Hendrickson | 18:39 |
| 3) Val Eberly  | 18:02 |                       |       |

Note: 1979 West Valley College team won state large-school race with 57 points; second place scored 65 points with a combined team time 39 seconds slower. West Valley's top three runners included in Crystal Springs all-time junior/community college records list.