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"Activities, and specifically athletics, has played an important role in the American high school over the years. It provides our students with many learning opportunities not easily taught in our academic program. It provides an incentive for some students to put greater effort into their academic program. It provides an avenue for the expression of spirit and pride and draws a student body and a community together in a common bond. The California Interscholastic Federation (CIF) has functioned as the governing body of high school athletics in California since 1914. I am truly proud to be elected to serve as President of this organization. The ladies and gentlemen who serve on the CIF Federated Council, along with the state and section employees, have one common goal — to provide the best athletic experience possible for all of our students within the academic program. Scholarship must continue to be our primary objective and concern, but scholarship and athletics can and must work hand in hand to help our students seek their greatest potential. This is our primary task, and we will continue to do all we can to achieve this goal."

Dr. Vance C. R. Nelson, Principal

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THOMAS E. BYRNES
State CIF Commissioner

# FROM THE STATE CIF OFFICE

Welcome to all participants and spectators to this State CIF Championship event.

The caliber of interscholastic competition in California is second to none in the United States, and this outstanding activity should set new standards of excellence in the field of high-school athletics.



MARGARET R. DAVIS
Associate Commissioner

## THE CIF: Doing the Job for Prep Sports Since 1914

In 1914, as high school athletic teams began crossing district lines to compete with neighboring schools, the CIF was established to provide consistency in sports rules and a safe, rewarding environment for young California athletes. Since that beginning, with fewer than 20,000 athletes, the organization has grown to become the largest youth agency in the state, serving over 500,000 young student-athletes each year.

Few Californians realize that the CIF, the sole administrative body of interscholastic athletics, is an independent organization that has been carefully structured to provide needed services to the youth of the state without placing unfair burdens on the public education system. Athletic programs conducted in all 1200 secondary-schools in the state do not exist simply because students desire to participate in sports. The CIF utilizes the volunteer services of over 10,000 persons who are charged with the task of ensuring effective athletic programs for all of the public, private, and parochial high schools of the state.

As a result of effective planning, sound program administration, and a determination to support the philosophy that all student-athletes in our state should be provided with equal participation opportunities, the CIF has propelled California into uncontested leadership in the nurturing of outstanding athletes. Former and current California high school athletes hold more national records than do students from any other state — and our youngsters continue to be highly recruited by top-notch universities across the country. Many of the names are legend — Amy Alcott, Rick Monday, Bill Walton, Pat Haden, John McKay, Scott McGregor, Ron Cuccia, Jill Sterkel, Sherri Howard; all former CIF athletes, all outstanding men and women of whom Californians can be proud.

Although the CIF has been serving California youth for nearly 70 years and can boast of having over four million "alumni," many are unaware of the diversity of CIF administrative responsibility. Day-to-day activities of the CIF state office in Fullerton include enforcing regulations, establishing state calendars' of events, arranging and supervising state championships in four sports, maintaining individual and team sports records, providing publicity to the media, publishing the *State News*, and maintaining legal and insurance services which ensure the very existence of prep sports. In addition, 10 section commissioners throughout the state maintain full-time schedules to ensure that prep athletic events in their areas are operated effectively, safely, and consistently.

The support of the California public has been responsible for the success and expansion of California athletic programs for 72 years. With the continued cooperation and dedication of school superintendents, principals, and athletic directors, as well as the keen interest of over one-half million students and their families each year, the future of prep sports would appear to be bright and healthy. The CIF urges you to lend your suppport to our young student-athletes by attending high school sporting events in your community on a regular basis. The CIF welcomes you to this championship event; a showcase of some of our finest young California athletes — our nation's future leaders.

### 1987 California Reebok State High School Cross Country Meet Preview

by Doug Speck — Arcadia HS/California Track & Running News

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

We are all an exciting bit of history today! This inaugural California Reebok State High School Cross Country Championship will be the first of many gatherings that will showcase the finest in prep distance running talent. It is great to realize that at the end of each Fall Harrier season the best in California from the North and South and the far reaches of the nation's most populous and athletically successful state will gather to compete for coveted Individual and Team Championships. Many of the finest runners in the entire nation are here today.

Our competition today will start with a battle for California team supremacy among a fine group of Division I Boy's squads. Arroyo (El Monte-SS), Dana Hills (SS), and Palos Verdes (SS) are all very strong. Arroyo is undefeated this Fall, the Section 3A Champion and winner of big Invitationals at Stanford and Mt. SAC, while Dana Hills upset Palos Verdes for the 4A Section title. Bellarmine Prep (San Jose) was beaten by the best from the South at Clovis and Stanford, but shocked with a perfect 15 point team score in the Central Coast Section Finals, and is obviously a group peaking in superb style. Upland (SS), Vacaville, the Sac-Joaquin Section Champion, and San Ramon (Danville-NCS) are also coming on strong. Interestingly, Arroyo and Dana Hills have not competed in the same race this Fall, even though they are about a half an hour apart on the LA area freeways. Dana Hills had a one second better team time (top five times added up) than Arroyo in the Section Championships (in different races), but DH is the only squad that is not familiar with the Woodward Park course from previous races. Arroyo has a super foursome up front, but their fifth scorer is slower than any of the above listed teams, a dangerous situation with so many strong squads in the field. Goshu Tadese (Crawford, San Diego-SDS) is undefeated this Fall, was the fastest in the Mt. SAC Invitational, and his duel with David Scudamore (Palos Verdes-SS), 15th year in the Kinney National Cross Country Championships, should be a good one. Ian Champeny and Torre Pena (Bellarmine-CCS), amazing ninth grader Luis Quintana (Arroyo Grande-SS), soph. Bryan Dameworth (Agoura-SS), Scott Smoot (Vacaville-SJS), Steve Zirkelbach (Concord-NCS), Bobby Rodriguez (McClane, Fresno-CS), and the Arroyo (SS) duo of Jaime Ortega and Derrick Powers are other strong individuals.

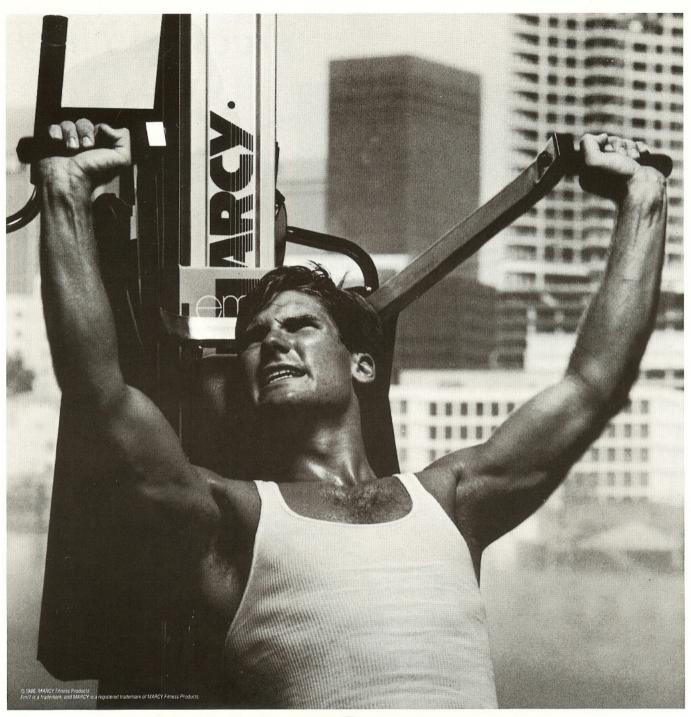
Our Girl's Division I race features the nation's top prep female harrier squad. Palos Verdes (SS 4A winner), a group that has easily handled the best California can offer, and marked a trip to New York's Van Cortland Park on October 10th with a thrashing of the best teams on the East Coast in the Manhattan College Invitational. Southern Section teams Agoura (2A titlest there), Hesperia, Arroyo Grande (3A winners), and Montebello, should battle with Vacaville (SJS), California (San Ramon-NCS), and the Central Coast Section's Leland (San Jose) and Los Gatos for the spots after Palos Verdes. An outside shot to fight for top honors in this division is Madera, who performed magnificently a week ago in the Central Section Finals. Fine individuals grace the strong teams here. Agoura's Dwena Drossin is a super frosh with only one loss ever in the sport stretching back to two National Age-Group championships. Montebello's Rayna Cervantes is a 10:30.72 3200m runner and a Kinney National Cross Country finalist last winter, with Ashley Black (Palos Verdes) and Jennifer Ashe (Leland) also very strong. Santa Barbara's Jamie Park (SS) was the Section 4A titlest, Brigid Freyne (Riverside Poly-SS) was sixth nationally in the Kinney series last December, with Mary Lopez (Madera-CS), Becky Spies (Livermore-NCS), Tiki Wilcox (Santa Clara-CCS), and Allison Maxwell (University City, San Diego-SDS) peaking nicely in Section

The Division II Boy's competition will feature Southern Section powers Corona del Mar and Walnut. CdM (4th in Section 4A) leads with Eddie Lavelle (9:14.90 3200m as soph.), while Walnut (the 2A winner) has Section 2A champion Scott Hempel (9:07.04 3200m last year) out front. The teams are very, very close, with Walnut showing a little more depth on paper. How well Walnut's Darren Walker can recover from late season illness will be a big factor. Jewsuit (Sacramento-SJS) is the division team of the future with a strong all-underclass squad, with a solid Newport Harbor (SS) team led by Jim Geerlings (4:16.15 1600m). El Camino (Oceanside-SDS) and Gunn (Palo Alto-CCS) dominated their Division's Section Finals races. Strong individuals in addition to those already mentioned are Ben Ayers (Christian Brothers, Sacramento-SJS), Brett Mack (Carlmont, Belmont-CCS), Gary Stoltz (Miraleste, Palos Verdes-SS), Juan Romero (Arvin-CS), and Mike Glaze (Notre Dame, Sherman Oaks-SS).

The Division II Girl's contest has strong squads from all areas of the State. Newport Harbor (SS) has slipped into the favorite's role off its performances recently, with Archbishop Mitty (San Jose-CCS), led by Thea Roberts, continuing to improve. South Hills (Covina-SS), with super Karen Hecox (10:31.95 3200m) leading, and Woodbridge (Irvine-SS), third in the Section 2A without star Laura Peck, are also very strong. Rancho Buena Vista (Vista-SDS) is a young, developing squad that is led by perhaps the country's finest prep distance runner, Kira Jorgensen (4:45.98 1600m and 10:24.23 3200m), who is undefeated this Fall and is the top returnee (at fourth) nationally from the Kinney National Championships in the sport. Tina Gorbet leads a traditionally very fine Lassen (Susanville-NS) team. Other strong individuals are Sandra Acosta (Walnut-SS), Suzanne Castruita (West Covina-SS), Cindy Mahaffey (Carlmont, Belmont-CCS), and Kolleen Kassis (St. Francis, Sacramento-SJS).

The Boy's Division III appears to be the personal property of a super McFarland team from the Central Section. Having thrashed all competition at this level in statewide travels, the under 500 student school is led by Thomas Valles and features four underclass runners in its top five. Yreka is a fine group from the Northern Section, while Maranatha (Sierra Madre-SS), Village Christian (Sun Valley-SS), and Bishop (SS) all have had successful Fall seasons. A super individual battle on top will be featured here. Scott Cole (Yosemite, Oakhurst-CS), a 9:07.99 3200m star, and Reggie Williams (River City, Sacramento-SJS), 9:20.6 for that distance, were both brilliant in Section Finals races. Brian Ochs (Mission College Prep, San Luis Obispo-SS) and David Wester (Maranatha-SS) went 1-2 in the Section 1A Finals, with Eric Kinney (Pinewood, Los Altos-CCS) and Wan Perry (York, Monterey-CCS) strong this season.

The Girl's III race will finish out our day with another very talented, yet geographically diverse, group of teams. A number of squads are in contention for the championship. Coronado (SDS) leads with Shamen Duggar and Viviana Reza, St. Joseph (Santa Maria-SS) Evelyn Martino and Steffi Ambrozak, Yreka (NS) Shannon Hanlon, Bret Harte (Angel's Camp-SJS) Tanya Dooley, and a talented University (San Francisco-NCS) squad Amy McConnell and Nell Smith. Maranatha (Sierra Madre-SS), the Section 1A Champ, is a tight pack. Katy McCandless (Castilleja, Palo Alto-CCS), the best in the West last Fall as the winner of the Kinney Western Regional (and with a 10:32.77 3200m best), is undefeated this season. Tanya Thayer (Serrano, Phelan-SS) is a two-time Section 1A titlest, with Karen Talamantes (Western Christian, Covina-SS) also running well.



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### Tracking The Top

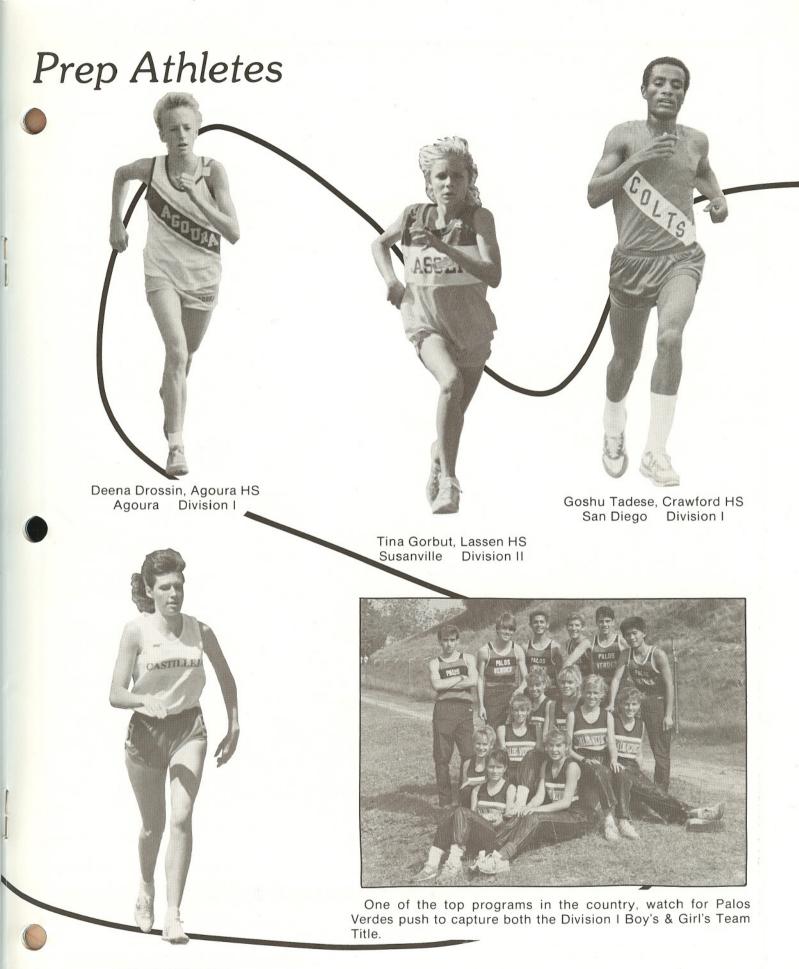


A strong competitor for the Division III Boy's Championship is McFarland HS in McFarland. Pictured with Coach Jim White.





The Arroyo HS boy's team will be looking to capture the Division I crown.



Katie McCandless Castilleja HS (Palo Alto) Division III

All Photos by Burt Davis
California Track & Running News

# The Emily













California Interscholastic Federation

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### All-Time Woodward Park 5000 Meter Course Records

	Boy's High Sch	nool Individuals	Girl's High School Individuals					
1.		36	Marnie Mason (Klamath Falls, OR) 1984					
2.	, , , , , ,	982	2.					
3.		Fremont, CA) 1980 14:42	3.					
4.		30	4.					
		1984	5.	Cory Schubert (Del Mar, San Jose, CA) 1982 17:15				
6.		Beach, CA) 1980 14:52	6.	Marilyn Davis (Miramonte, Orinda, CA) 1981 17:16*				
7.		1980	7.					
8.		amento, CA) 1985 14:54	8.	8. Millicent Anderson (Canyon del Oro, Tucson, AZ) 1980 17:22				
		OR) 1983 14:54	9.					
10.		82 14:55		Melissa Sutton (Newbury Park, CA) 1986				
		CA) 1985						
	Boy's High S	School Team	Girl's High School Team					
1.	JESUIT, Carmichael, CA 1985 .		1. PALOS VERDES, CA 1986					
2.	EL DORADO, Placentia, CA 1982			2. COSTA MESA, CA 1980				
3.		79:30	3.					
4.		86 79:31	4.	4. TUSTIN, CA 1981				
5.		79:33	PALOS VERDES, CA 1987 95:57					
6.	CASA ROBLE, Orangevale, CA	6. TUSTIN, CA 1982 96:00						
7.	CLOVIS, CA 1984	7. NEWPORT HARBOR, Newport Beach, CA 1985 96:14						
8.	PALOS VERDES, CA 1987	8. THOUSAND OAKS, CA 1986						
9.	UPLAND, CA 1987	80:29	9. NEWBURY PARK, CA 1986					
10.	THOUSAND OAKS, CA 1980	80:34	10.	TERRA LINDA, San Rafael, CA	1981	97:42*		
Fres	shman Boy's	Junior Boy's	Fres	shman Girl's	Jι	unior Girl's		
1. B.	Dameworth, (CA) 1986 15:18	1. C. Gaziano, (CA) 1983 14:54	1. T.	Williams, (CA) 1984 17:43	1.	R. Chamberlain, (CA) 1984 17:09		
2. E.	Ryan, (HI) 1984 15:25	2. T. Garrison, (OR) 1982 14:56	2. K	Jorgensen, (CA) 1985 17:56	2.	V. Cook, (CA) 1980 17:13		
3. V.	Thomas, (NM) 1984 15:50	3. J. Ortiz, (CA) 1982 14:57	3. K.	Hecox, (CA) 1986 18:10	3.	K. McCandless, (CA) 1986 17:21		
4. L.	Quintana, (CA) 1987 15:56	4. J. Gutierrez, (CA) 1982 14:58	4. R	. Chamberlain, (CA) 1982 18:12	4.	B. Freyne, (CA) 1986 17:24		
5. S.	Hempel, (CA) 1985 16:03	5. C. Corvin, (WA) 1981 15:04*	5. H	. Scobie, (CA) 1985 18:14	5.	T. Fischer, (CA) 1981 17:26*		
		E. Mastalir, (CA) 1984 15:04	N	. Robbins, (CA) 1986 18:14				
Sop	homore Boy's	Sophomore Girl's			Senior Girl's			
	Morgan, (NM) 1983 15:10	1. M. Davis, (CA) 1986 14:38	1. L.	Cattivera, (CA) 1982 17:27	1.	M. Mason, (OR) 1984 17:07		
	Schurz, (AZ) 1986 15:14	2. E. Reynolds, (CA) 1982 14:39	2. K	Jorgensen, (CA) 1986 17:36	2.	L. Chapman, (CA) 1985 17:10		
	Gaziano, (CA) 1982 15:19	3. J. Marden, (CA) 1980 14:42	3. N	. Garcia, (CA) 1982 17:41	3.	C. Schubert, (CA) 1982 17:15		
	Lienau, (CA) 1984 15:35	4. T. Ansberry, (AZ) 1980 14:49	4. T.	Williams, (CA) 1985 17:46	4.	M. Davis, (CA) 1981 17:16*		
	Mascorro, (CA) 1984 15:37	C. Gaziano, (CA) 1984 14:49	5. M	. Sutton, (CA) 1984 17:50	5.	M. Anderson, (AZ) 1980 17:22		

<sup>\* -</sup> converted time from shorter course

### Tournament Time Schedule

DIVISION I	-	Boy's Introductions	10:50 a.m.	DIVISION II	-	Boy's Team Championship &	2:50 p.m.
	-	Boy's Race	11:00 a.m.			Runner Up Awards	
	_	Boy's Individual Awards	11:30 a.m.				
				DIVISION III	-	Boy's Introduction	3:00 p.m.
DIVISION I	_	Girl's Introductions	11:40 p.m.		-	Boy's Race	3:10 p.m.
	_	Girl's Race	11:50 a.m.		-	Boy's Individual Awards	3:30 p.m.
	-	Girl's Individual Awards	12:30 p.m.			500 · 0.000 ·	
			A-1000 F.1000	DIVISION II	_	Girl's Team Championship &	3:40 p.m.
DIVISION		Boy's Team Championship &	12:40 p.m.			Runner Up Awards	V 30 00 00 00 00 00 00 00 00 00 00 00 00
Dividioi		Runner Up Awards				10.000 to 10.000	
		Hamler Op Awards					
				DIVISION III	-	Girl's Introduction	3:50 p.m.
DIVISION II		Boy's Introductions	12:50 p.m.		-	Girl's Race	4:00 p.m.
Dividion	-	Boy's Race	1:00 p.m.		-	Girl's Individual Awards	4:30 p.m.
		Boy's Individual Awards	1:30 p.m.				
		Boy's marviadar Awards	1.00 p.iii.	DIVISION III	_	Boy's Team Championship &	4:50 p.m.
DIVISION I		Girl's Team Championship &	1:40 p.m.	DIVIOIOIV III		Runner Up Awards	
DIVISION		Runner Up Awards	1.40 p.m.				
		Huillier Op Awards		DIVISION III		Girl's Team Championship &	5:00 p.m.
DIVISION II		Girl's Introductions	1:50 p.m.	DIVIDIOIVIII		Runner Up Awards	0.00 p
DIVISION II	-					Trainier Op Awards	
	-	Girl's Race	2:00 p.m.				
	_	Girl's Individual Awards	2.40 n m				

<sup>&</sup>quot;These lists were made possible through the efforts of Steve Ward (Clovis HS), Bill Cockerham (California Track & Running News), and Doug Speck (Arcadia HS).

# HOW TO SPOT A SUPERSTAR



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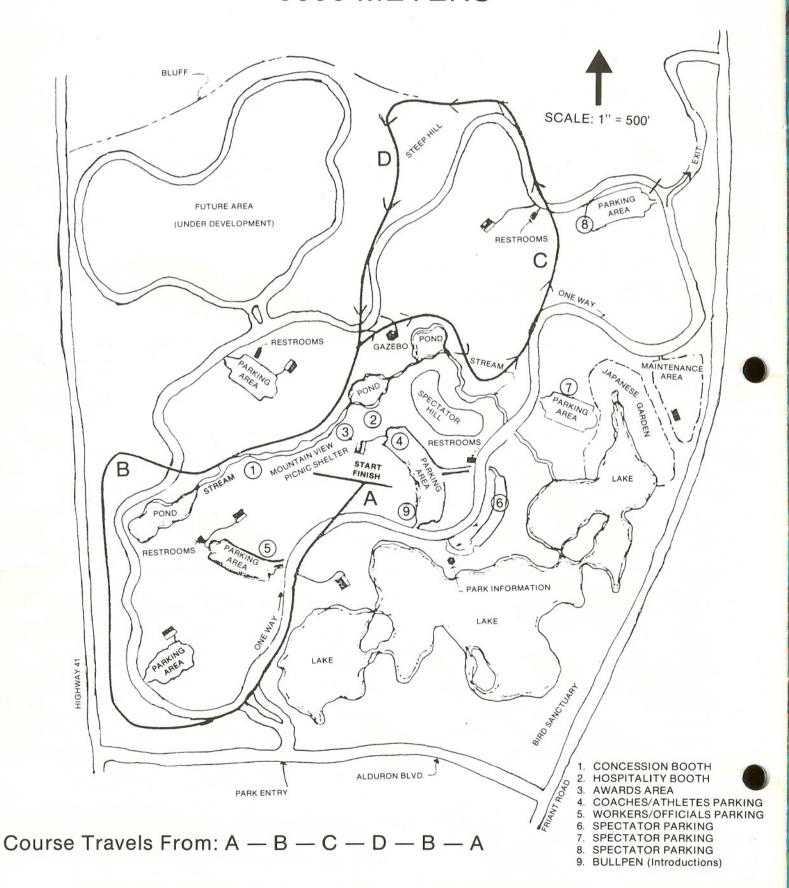
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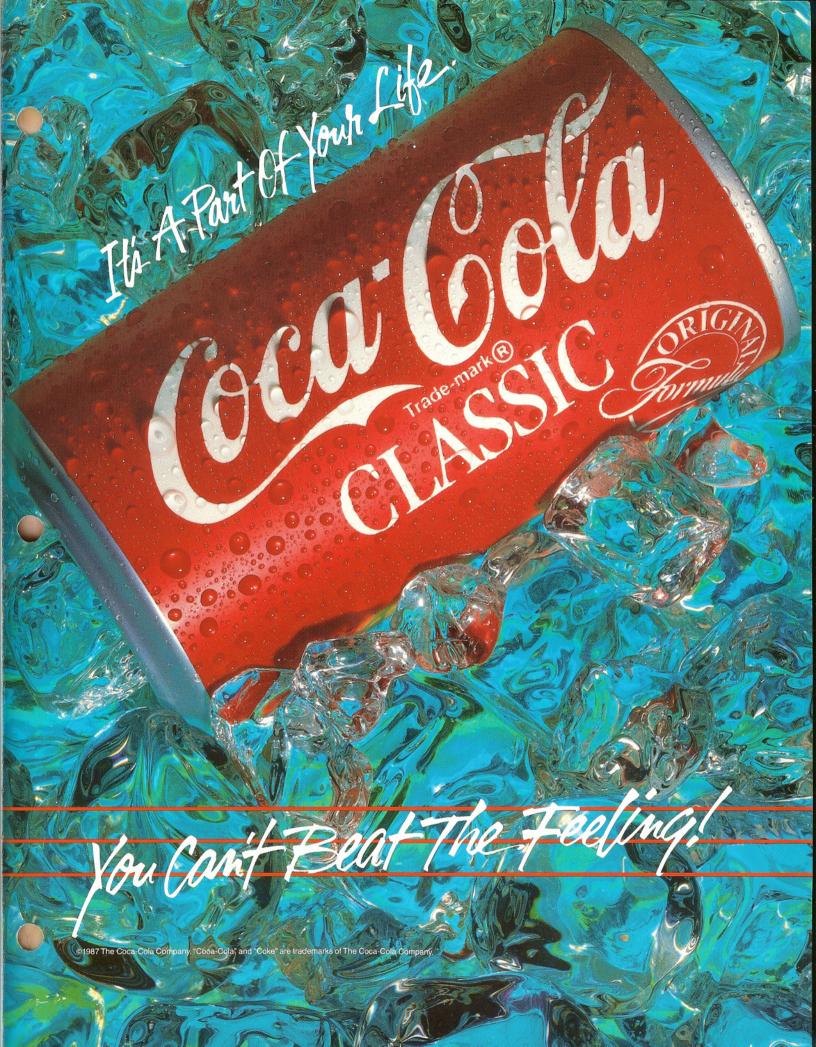
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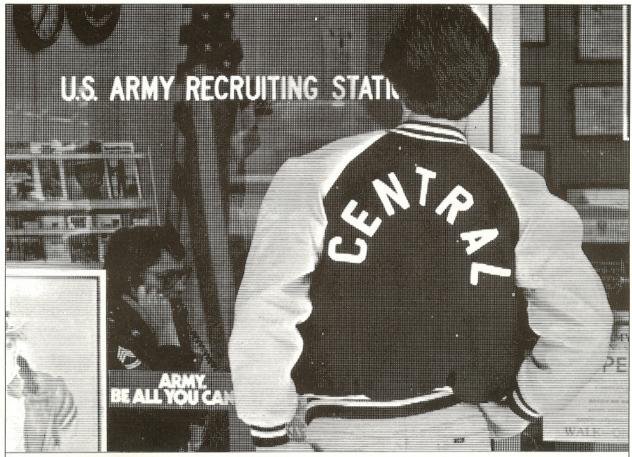
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