

CROSS COUNTRY STATE CHAMPIONSHIPS



In the game



In the game



ARCO & am/pm salute all those athletes who have that winning spirit.

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SPECIAL RECOGNITION

The CIF extends a special thanks to all the athletes and coaches involved in the CIF ARCO *am/pm* State Cross Country Championships. Thanks also to CIF statewide sponsors ARCO *am/pm*, the Vons Company, Herff Jones, Wilson and Tachikara. Many of the photos in this program were provided by coaches, as well as the media. Printed at Triple A Graphics.



Defending Champs - Julia Stamps of Santa Rosa High School (top) and Micheil Jones of Livermore (center right) are returning champions. Stamps set a Division I record with a time of 17:06, while Jones won the Division III boys' title (15:25).



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THE CALIFORNIA INTERSCHOLASTIC FEDERATION WELCOMES YOU



MARIE M. ISHIDA
CIF President

As President of the California Interscholastic Federation, it is my honor to welcome you to this championship event. I offer my congratulations to all of you, the athletes who have achieved such a high degree of athletic excellence, culminating in this day that you will never forget.

We, in the CIF community, are well aware that your achievement is the result of your hard work and dedication. Your success is also the result of supportive coaches, parents, teachers, school administrators, and board members, who have inspired and helped you toward your goal - the STATE CHAMPIONSHIPS!

CIF's proud heritage began in 1914. We now provide equitable athletic opportunities for over 1.2 million students attending 1,000 plus public and private schools. In the light of these figures, we would hope - whether you win or lose - that the memories of participating in this championship event will be kept in this context: *that you have participated in an event that few ever accomplish.*

Our sincere gratitude is extended to all of the volunteers who gave of their time, energy, and talent to ensure that this event be successful and a positive experience for all who participate and attend.

Marie M. Ishida
Assistant Superintendent, Santa Cruz City School District

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WELCOME FROM THE STATE OFFICE OF THE CALIFORNIA INTERSCHOLASTIC FEDERATION

The CIF has a proud heritage in providing equitable athletic competition for 1,189 high schools in California. Since its beginnings in 1914, the CIF has grown to become the largest youth agency in the state, serving more than 500,000 young student-athletes each year who participate in the interscholastic athletic activities of California's secondary schools.

As a problem-solving organization, the CIF retains its original responsibility as a rules enforcing agency, but has expanded its duties to include much more. As the needs of students, coaches and the entire community change, the CIF will continue to meet these changing demands. In its commitment to educating youngsters for a better tomorrow, the CIF will work in partnership with the entire community to assure equity and provide the services, opportunities, and leadership necessary to establish and maintain quality high school athletic programs.

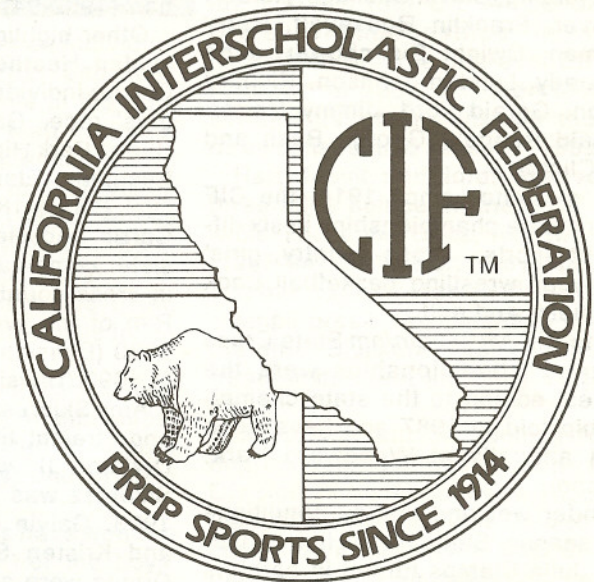
The values of athletics cannot be understated. Sportsmanship, fair play, achieving one's full potential, time management and working together as a team to reach a common goal are just some of the lessons

TODAY'S ATHLETES, TOMORROW'S LEADERS

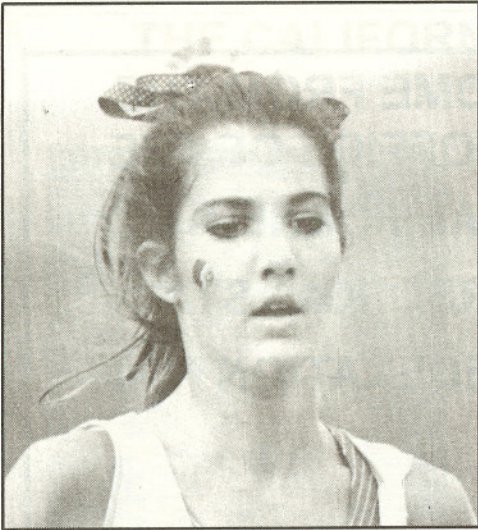
learned on the athletic facilities of California's high schools. In addition, a myriad of studies show that athletes get higher grades than non-athletes, are more likely to graduate from high school, and are less likely to smoke and become involved in substance abuse than students not involved in athletics.

It's no wonder that California athletes have achieved at all levels. Many of the names are sports legends such as Janet Evans, Cheryl Miller, Pat Haden, Flo Hyman, Lynn Swann, Lisa Leslie, Jason Kidd, Randy Johnson, George Brett, Ann Meyers-Drysdale, Ted Williams and numerous others. Athletes from the "Golden State" have also been Rhodes Scholars, Olympians, and chief executive officers of major California and national corporations.

We are proud of the more than four million alumni from California high schools. We thank you for your attendance and urge you to continue your support of scholar-athletes by attending high school sporting events in your community.



CIF =
Competition
Integrity
Fairness



Highlights Abound in Short History of Cross Country Championships

State Championships in Cross Country Began in 1987

Suffice to say, the CIF ARCO *am/pm* State Championship history in the California is a golden one. For starters, it has spanned the tenure of 15 presidents; Woodrow Wilson, Warren Harding, Calvin Coolidge, Herbert Hoover, Franklin Roosevelt, Harry Truman, Dwight Eisenhower, John Kennedy, Lyndon Johnson, Richard Nixon, Gerald Ford, Jimmy Carter, Ronald Reagan, George Bush and Bill Clinton.

In existence since 1914, the CIF offers state championships in six different sports; cross country, girls' volleyball, wrestling, basketball, track and field, and golf.

The CIF ARCO *am/pm* State Cross Country Championships were the newest edition to the state championship fold in 1987 and have been held annually at Woodward Park, Fresno.

Under wet and muddy conditions last season, Santa Rosa High sensation Julia Stamps turned in perhaps the finest performance ever in the state cross country championships. Despite the conditions, Stamps still managed to set a record, crossing the chute in 17:06 to win the Division I title.

After Stamps, the next best time for any girl competing during the 1994 championships was 18:01 as marks were down due to the conditions. Stamps' mark broke the previous best of 17:13 set by Fallbrook's Milena Glusac in 1991. Interestingly, Glusac won two individual titles in cross country and three in track and field during her illustrious high school career. Stamps is also a track and field standout who could win many titles before her high school career is finished.

While Stamps' scintillating perfor-

mance amazed the crowd, estimated at 5,000, the McFarland boys' team was busy setting a record of their own. With a team title in the Division IV race, McFarland High has now claimed four CIF ARCO *am/pm* State Championships in cross country, surpassing Hart High for the most-ever titles. McFarland's previous titles were won in 1987 in Division III and the last three straight years in Division IV competition (1992-94).

Other highlights from a year ago included Heather Garritson's (sister of Carrie) individual title in the Division III girls' race. Garritson, a freshman at Buena Park High, outdistanced another freshman - Elaine Canchola of Nordhoff Ojai (18:01-18:07) - to take the title. Carrie and Heather become the first sister combination to win state crowns in cross country. Carrie won titles for Rim of the World Lake Arrowhead in 1990 (Division III) and for Buena Park in 1993 (Division II).

Amy Skieresz of Agoura took her second straight title in 1994, this time in Division II, with a finish of 18:12. Skieresz was the Division I champ in 1993. Galvin Gonzalez of McFarland and Kristen Schreiber of Miramonte Orinda were also repeat champs last year.

In the 1994 team competition, besides McFarland, the Thousand Oaks boys were another highlight winning their second straight championship in Division I with an amazing 38 points. Thousand Oaks had three boys - Jeff Fischer (3rd), Keith O'Doherty (6th) and Kevin Marsden (9th) - in the top 10.

The rare double came up short, however, as Peninsula High upset the Thousand Oaks girls' team to take the Division I team crown. Also in the boys' competition, Nordhoff Ojai won its third title and second straight in Division III.

In its first year of existence in 1987, Bryan Dameworth of Agoura outdistanced Goshu Tadese of Crawford (15:12-15:13) for his first of what turned out to be a record three championships. Deena Drossin, also of Agoura, won the

first of her three titles as well. Other individual winners that first year were Scott Hempel of Walnut in Division II who took his first of two championships (15:22.1), Reggie Williams in Division III (15:29), Kira Jorgensen of Rancho Buena Vista in Division II girls (17:34) - her first of two straight titles, and Katy McCandless of Castilleja in Division III (17:51).

In the team competition, the Arroyo boys behind the efforts of Jamie Ortega (4th), Jeff Gilkey (6th) and Luis Quintana (7th) ran away with the Division I title with 41 points, while Palos Verdes won the first of three straight championships in the Division I girls competition. Ashley Black, a sixth place finisher, was an individual standout for Palos Verdes.

There were three repeat winners at the 1988 meet; Dameworth in Division I boys (15:03.2), Scott Hempel in Division II boys (15:15) and Kira Jorgensen in Division I girls (17:42). Bret Harte girls won the first of its two state titles with 54 points in Division III. Newport Harbor (girls Division II) and Palos Verdes (girls Division I) were repeat champions on the team side.

Dameworth again played a starring role at the 1989 meet, setting a Division I record of 14:45 en route to his third individual title. Dameworth outdistanced Luis Quintana of Arroyo Grande (14:59). Deena Drossin of Agoura won her second title, but Palos Verdes edged Agoura (65-75) for its third team title. Bret Harte High repeated as team titlists in the Division III girls final.

The state cross country championships expanded to include four divisions in 1990. The emergence of Hart High School, which won the Division I boys championship (58 points) was one of the stories. Hart went on to win three straight titles with standouts like Keith Grossman and Brett Strahan leading the way.

The Agoura girls team also broke through with its first championship in 1990 with a still record 41 points. San Pasqual High took a rare double win-

ning both the Division II boys' and girls' state championships. The 38 points for the San Pasqual girls' team is still a record. La Jolla High girls also set a record with 31 points in winning the Division III title. Carrie Garritson of Rim of the World High and Jeff Wilson of Newbury Park, both took the first of their two individual titles.

her second straight title just missing her personal best with a 17:14. Nordhoff finished second, in both the boys and girls Division IV competition.

Thousand Oaks High, behind the running of Jeff Fischer and Kevin Marsden, turned in a fantastic team finish with a record 23 points to win the 1993 Division I boys championships.

Mebraton Keflezig turned in an out-

on Balkman.

Two-time individual champs for the girls include Glusac of Fallbrook, Jorgensen of Rancho Buena Vista, Skieresz of Agoura, Carrie Garritson of Rim of the World and Buena Park and Kristen Schreiber of Miramonte Orinda.

Palos Verdes, Agoura and Newport Harbor have dominated the girls' team championship with three titles apiece. Palos Verdes won consecutive titles (1987-89) before the school was combined with Miraleste and Rolling Hills High into Peninsula High.

Agoura girls' won three straight (1990-92) in Division I. Newport Harbor's titles have come in 1987 and 1988 in Division II and 1991 in Division III.

Five girls' teams have won two state titles; Bret Harte, La Jolla, Edison of Huntington Beach, Nordhoff and Lassen.

McFarland High became the first team to win four CIF ARCO *am/pm* State Championships in 1994. McFarland won the first-ever Division III crown in 1987 and then took the Division IV championships the last three consecutive seasons (1992-94).

Hart, Jesuit, and Nordhoff have won three titles apiece on the boys' side, while Thousand Oaks, has two titles (1993-94) in Division I boys' play.

What to look for in 1995? Can Stamps break the 17-minute mark in the girls' Division I race? With good weather this feat just may be possible.

McFarland will be gunning for an unprecedented fifth team crown in the Division IV boys' race and Thousand Oaks will be looking for a third straight boys' title in Division I. Best of all, if past meets are an indication, look for the unexpected as new stars and teams figure to emerge.



Fallbrook High's Glusac set a Division I girls record with a time of 17:13 to win the 1991 individual title in that division. Glusac's mark held until Stamps' broke it last year.

Hart boys and Agoura girls both repeated as team champions in Division I. Newport Harbor, in Division III girls, won its third CIF ARCO *am/pm* State Championship and Nordhoff Ojai pulled off a double, taking both the boys and girls Division IV team crowns.

Nordhoff would go on to win three boys titles and two girls championships.

Shelley Taylor of Edison and Daniel Das Neves of Helix both emerged with individual titles in 1991.

McFarland High boys took the first of three straight (four overall) state championships in 1992. Glusac took

standing effort in winning an individual title in Division I (15:02) and Amy Skieresz won her first title in the girls Division I race (17:49). Matt Farley of Jesuit Carmichael High edged Devin Elizando of Mission Bay in the Division II boys race. That proved significant as Jesuit beat Mission Bay by one point (70-71) to win the Division II team title.

Galvan Gonzalez, an individual titlist, paced McFarland to another title in Division IV.

Since its beginnings, only two individuals have won three championships. Interestingly, both competed for Agoura High - Dameworth (boys) and Drossin (girls).

Four boys and five girls have won two individual titles apiece. For the boys' two-time winners are Hempel of Walnut, Wilson of Newbury Park, Gonzalez of McFarland and Lynbrook High's Jas-

1995-96 CIF ARCO *am/pm* State Championship Playoff Calendar

<u>Sport</u>	<u>Date</u>	<u>Site</u>
Cross Country	November 25, 1995	Woodward Park, Fresno
Girls' Volleyball	December 2, 1995	Cal State Fullerton
Wrestling	March 1-2, 1996	Spanos Center, Stockton
Basketball	March 15-16, 1996	ARCO Arena, Sacramento
Track and Field	May 31-June 1, 1996	Cerritos College, Norwalk
Golf South Regionals	June 10, 1996	TBA
Golf North Regionals	May 20, 1996	TBA

Cross Country Preview

Stamps Headlines an Outstanding Group of Individuals, McFarland Boys Look For Fifth Title

By Doug Speck
California Track and Running News

With three of the nation's top 20 ranked prep teams nationally (Jesuit Carmichael boys #7, Yucaipa girls #3 and Clayton Valley Concord #4) and four of the nation's top 20 ranked individual athletes (boys - Mike Stember of Jesuit and Aaron Gillen of Yreka, girls - Julia Stamps (Santa Rosa) and Kim Mortensen (Thousand Oaks), there will be plenty of quality and depth during our full day of action here in Fresno for the eighth annual CIF ARCO *am/pm* State Cross Country championship. After winning the state meet here last year, our current "darling of the sport," Julia Stamps, went on in December to take the national prep title by some 30 seconds, with the junior already having destroyed a number of her course records along the way this season.

The morning's initial contest, girls Division II, features the state's top-ranked team in the country, #3 nationally Yucaipa, with the Thunderbirds seemingly on a mission since losing the title here on the sixth runner rule last Fall. Kimi Welsh, Mindy Brown, Vickie Whiteside, and Christen Ray lead a team that has proven itself among the best in state history. St. Ignatius San Francisco has had a super Fall, with Katie Appenrodt, Laura Sandoval, and Shana Driscoll 2-3-4 in the Section finals. Dana Hills, Dana Point has had a solid Fall, a #3 state ranking coming into this weekend, and less than a 50 second 1-5 gap in a good Section finals run. Scripps Ranch (SD) had Emily McFarland, Kristina Stasko, and Sarah Schmidt in the top five of a tough Section finals race, with the team totalling 45 point. Defending champs Buchanan (Clovis-C) peaked magnificently here last year, with a 52-57 Section win on this course over a strong Reedley (C) team, led by Angela Ruiz and Annabel Ortiz. Leland (San Jose-CC), with Emily Allison (3rd here last year), and University (Irvine-SS), with super frosh Allyson Marquand (17:38 in her finals - #3 9th grader ever from that area) and Misha Wilson, are other strong groups who can challenge for a top three team plaque at this level.

Kristen Koppes (Foothill, Redding-N) has been tearing up her area. Devon Staitiff (Torrey Pines, Encinitas-SD) 5th Div. II in 1994, Katie Nuanes (Santa Margarita-SS) 7th Div. III '94, Tracie Dumler (North,

Bakersfield-C), Anne Gunnison (McClatchy-SJ 10:54.01 3200m), and the North Coast group of Katie Hotchkiss (Mission San Jose, Fremont), Elizabeth Larmore (Monte Vista, Danville), Jennifer Ewing (Castro Valley), and Tina Bowen (San Ramon Valley, Danville) all with high invitational placings and good Section runs.

The Division III girls contest has a couple of the nation's top teams. Clayton Valley (Concord-NC), under Coach Ron Silverira, has to be saluted for a willingness this Fall to travel far and wide to meet the best in the nation. Heather Wallace (5th here last year), Deborah Osteen (11th), and Kelly Howlsey (19th) lead the Clayton crew that was 18:30-19:00-19:20-19:32-19:40 (96:02 team time) on a Section Finals course that seems to run fairly close to our championship finals course here. Racing home with the championship, however, is not set in stone quite yet, as Nordhoff (Ojai-SS), traditional power under Coach Ken Reeves, peaked magnificently with 17:35-18:51-19:25-19:35-19:38 clocking and a 95:04 team time on their area finals course. Nordhoff leads with 1994 state runner-up Elaine Canchola, the nation's top frosh runner during the 1994 campaign. The competition for the third team plaque will be a very competitive one. El Modena (Orange-SS) won at Stanford over Nordhoff in Clayton Valley's absence (they won Div. I there), with Carondelet (Concord-NC), led by Div. I 8th placer Kristen Gordon (4:54.97 1600m track), highly-ranked. Temescal Canyon (Elsinore-SS), '94 runner-up here, has '94 individual 6th placer Shelby Horgan (4:57.85 1600m) and Sunny Shaffer (12th 94) leading another good team. La Jolla (SD) has steadily improved to a position of real prominence, with Santana a second strong team from that area. The Sac-Joaquin Section has developed in this division also, with Placer (Auburn-SJ) bringing up a special young group to varsity for championship racing and nipping strong rival Del Oro (Loomis-SJ) 36-40 in the Section finals race.

Defending individual champ, Heather Garritson (Buena Park-SS) was the nation's #2 ranked frosh in 1994. Area champs Veronica Sanchez (Wasco-C), Courtney Baird (University-SD) and Nicole Protley (Aragon, San Mateo-CC) will battle near the front.

The boys Division II contest should

continue the great championship tradition of Jesuit (Carmichael-SJ), with Coach Walt Lange another powerful group led by Michael Stember. Stember, the nation's top miler with a 4:04.00 1600m best, leads a #7 ranked nationally squad, with teammate Scott Abbott second in the Section finals. Behind Jesuit there is some great competition for the next two team plaques. De La Salle (Concord-NC) was next after Jesuit at this level in the Mt. SAC meet, with 4:15.17 1600m runner Tom Prindiville and Randy Maestretti (9:36.93 3200m) strong up front. Mission San Jose (Fremont), led by super soph Jon Stevens (4:17.30 1600m as frosh) and David Rodriguez, came within three points of De La Salle in the Section meet. From the Southern Section come strong battle-tested groups from Yucaipa, led by Section titlest Sean Clendaniel, Katella (Anaheim), Orange and Hemet. Leland (San Jose-CC), led by 4:13.78 1600m runner Dan Sikiric, dominated Central Coast. Reedley was the Central Section champs, with Torrey Pines (Encinitas-SD) improving lately as Charlie Hulsey and Tyler Mack led a big Section finals win.

Ayub Abdusalam (Hoover, San Diego) was the San Diego champ here, with David McQuitty (Grossmont, La Mesa-SD 9:10.44 3200m) second there. Noel Nelson (Redwood, Visalia-C) was a hundred meter Central Section winner, with Southern Section stars Irving Moreno (Riverside Poly), Mike Murray (Santa Margarita 10th Div. II 94), and Ronnie Buchanan (Righetti, Santa Maria) successful seasons.

The boys Division III has developed into a great contest between two very traditionally strong teams. Nordhoff (Ojai) was the winner here last year, with a very strong effort in the Section finals that had them run 80:37. Will Bernaldo, 6th here in '94 (9:27.97 3200m), was the Section champ for Nordhoff. Livermore, third here last year, had a brilliant Section finals race, going 15:17-15:28-16:15-16:23-16:39 (80:02). Livermore leads with one of the nation's top prep distance runner, defending divisional champ, Micheil Jones (4:11.94-9:09.27 in track), with Joe Smitl much improved lately. Familiar teams dot the front end, with 1994 state runner-up, El Modena (Orange-SS), next behind Nordhoff in the Southern Section, and Clayton Valley (fifth 1994), with 8th placer individu-



Yreka's Title Hopes -- are sparked by top-runner Aaron Gillen.

ally and 4:16:13 1600m runner Mike Wojciechowski, strong this year. Corona del Mar (Newport Beach-SS) gapped 27 second 1-5 in its qualifying race, with St. Francis (La Canada-SS) two of the division's top individuals in Kevin Koeper (9th '94 Div. III and 9:28.95 3200m) and Andy Van Orden. Central Coast representatives St. Ignatius (San Francisco), with area champ Paul Wellman, and St. Francis (Mountain View), led by Mike Cheung, can compete for a team plaque here.

Bolota Asmeron (McAteer, San Francisco) will be tough individually, with Bryan Green (Littlecreek-SS) capable of well under 16:00 here.

The girls Division IV contest had evolved into another great team contest with two of the best squads in state history at this level battling. Louisville (Woodland Hills-SS) has rolled through the season dominating all at this level. The Royals had 29 points in their Section finals run off 18:31-19:21-19:33-20:09-20:31 efforts that totalled (98:05) 1-5 for the squad. Shaluinn Fullove (5th Div. IV '94 5:10.75) and Ashley Caro lead Louisville. Up north a group from University (San Francisco-NC) has quietly been developing, with section champ Linden Bader heading 19:10-19:45-19:49-20:12-20:20 efforts that totalled 99:16. Louisville and University could leave today as the two best Division IV squads in state history.

Morro Bay (SS) has a great tradition (5th in '94, 3rd in '93), with frosh Samatha Michel and Brittany App leading another strong Pirate team. Orange Lutheran (SS), with Kristin Groncy having a fine fall up-front, can challenge for the third plaque. West Valley (Cottonwood-N) is another with great tradition (3rd 1994 Div. IV) and some fine fall multi-team efforts. Central

Section squads Taft, led by Tracy Bowling, and McFarland, with Christina Sanchez and Laura Davis under 20:00 here, are peaking strongly. Flintridge Sacred-Heart (La Canada-SS), sixth here last year, has 1994 4th placer Melissa MacPherson running strongly this Fall.

Fine all-around athlete, Sarabeth Schweitzer (Marysville-SJ), Lindsay Buwalda (Laguna Beach-SS), Courtney Davidson (Redwood Christian-CC), Sarah Halles (Ursuline, Santa Rosa-NC), Heather Gibson (Piedmont-NC), Jen Ponig (Terra Linda, San Rafael-NC 7th place 1994), and Marissa Hurwitz (Bishop's, La Jolla-10th place 1994), will battle for individual awards.

The girls Division I is led by the Western US's #7 ranked squad in Canyon (Canyon Country-SS). Lauren Fleshman, Julie Harris, and Kelly Stigle lead the Cowboy crew that was 96:24 in taking the Southern Section championships. The San Diego Section provides powerhouses Orange Glen (Escondido), led by Cara Rumble, and Vista, with Sonia Rodriguez (20th in 1994), both highly-rated all season. Other Southern Section squads Los Alamitos, led by Amber Pierce, Ayala, with fine soph Jennifer Burris, and Irvine, with '94 third place individual Jessica Corbin, are all very solid and successful this fall. The Central Section had Clovis and Clovis West (Fresno) showing a fine peak in their area finals. Lowell (San Francisco) was 10th last year with Oasii Lucero leading another good crew.

Julia Stamps and Kim Mortensen (Thousand Oaks) will go at it once again individually. Stamps set a course record here last year at 16:45 before winning the national prep title in the sport, with her usual series of stunning efforts this fall, capped by course records along the way at the popular Stanford and Mt. SAC courses. Mortensen has improved magnificently, running within 22 and 19 seconds of Stamps in their two races this season. Kim is the #2 all-time prep on the challenging Mt. SAC course, with solid efforts the last two weekends. Many feel this division, in Stamps and Mortensen, has the two top female cross country runner in the nation. Andrea Neipp (Highland, Palmdale-SS), Angie Winkler (Fountain Valley-SS), Rachae McCauley (Canyon Springs, Moreno Valley-SS), Stephanie McCarty (Madera-C), Deborah Bleisch (Silver Creek, San Jose-CC), and Jen Schindler (Ponderosa, Shingle Springs-SJ) are others to watch.

The boys Division IV race has two teams, McFarland and Morro Bay who come back year after year at a frighteningly high level for the size of their student bodies. Last year it was a 62-62 tie with the sixth runner sorting it out for a McFarland win. Despite losing individual state champ

Galvin Gonzalez, Coach Jim White's McFarland crew has cranked it up a notch this Fall. Jose Lopez and Gerardo Soto lead the 1995 power from the Central Section. Morro Bay is back, as usual, with soph Isaiah Festa (9:29.36 3200m as frosh last spring) undefeated this season, with the fastest time in the entire Southern Section in last week's championships. Rico Gomez and T.W. Burchmore back up Festa, with the battle here always a great one between Morro and McFarland. Piedmont (NC), fourth here in 1994, with Carl Moren and Keith Primble placing high, put together a strong Section finals effort. Southern Section squads Fillmore, with Efrain Garcia, Oak Park, and Flintridge Prep (La Canada), seventh here in 1994, will be tough. Palma (Salinas), with Aaron Thornton on top, and York School (Monterey-CC), led by Elija Rilotta, won qualifying spots in a competitive Central Coast area. Clairemont (SD) took a ranked Coronado (SD) crew in their finals 42-43, with West Valley (Cottonwood) a good pack from the north.

Individually, Aaron Gillen (Yreka), had the fastest time of the day in his big trip south to Mt. SAC. Section rival Aaron Harris (Lassen, Susanville) was 11th last Fall Div. II and is currently very hot. Micah Fuson (Taft-C) and Kenny Rhoan (Sierra, Tollhouse-C), Joshua Schwietzer (Marysville-SJ), and Steve Mullen (La Salle, Pasadena-SS) were strong individuals this Fall. Holtville's (SD) Miguel Ramirez was an impressive local winner.

The boys Division I race will be very interesting. A balanced Nevada Union (Grass Valley-SJ) pack proved itself early by beating the state's best at this level during midseason, with Del Campo (Fair Oaks), led by Dave Crass and Matt Moore, finally healthy, only five points behind in the Section finals. Bellarmine (San Jose-CC) has shown fine potential during the season, with Madera (C) and a much improved Clovis squad competitive with the state's top groups. From the Southern Section, Peninsula, led by Ryan Deane (25th in 1994), Santa Ana, with a 30 second 1-5 gap, Hoover (Glendale), led by David Lopez, and Ayala (Chino Hills), all will be competitive. Poway (SD) and an improving Chula Vista (SD) group, led by Arian Ramirez are also strong from the south, with Belmont (Los Angeles) the champ from that area. A return to health by Nevada Union may make them the slight favorite, but the first three team plaques will be sorted out somewhere between the 14th and 18th place by those hard-working late scorers.

Larry Henderson (Mira Mesa-SD 4:09.63 1600m) has been very strong, with Matt Wickersham (Mater Dei) a surprise Southern Section winner, with Todd Disney (Thousand Oaks) and Matt Brown (Corona-SS) strong as well. Juan Chavira (Hanford-C), Eduardo Sanches (Garfield-LA) and Enrique Torres (Silver Creek, San Jose-CC) were strong Section champs recently.

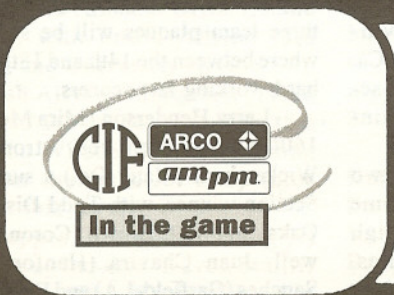
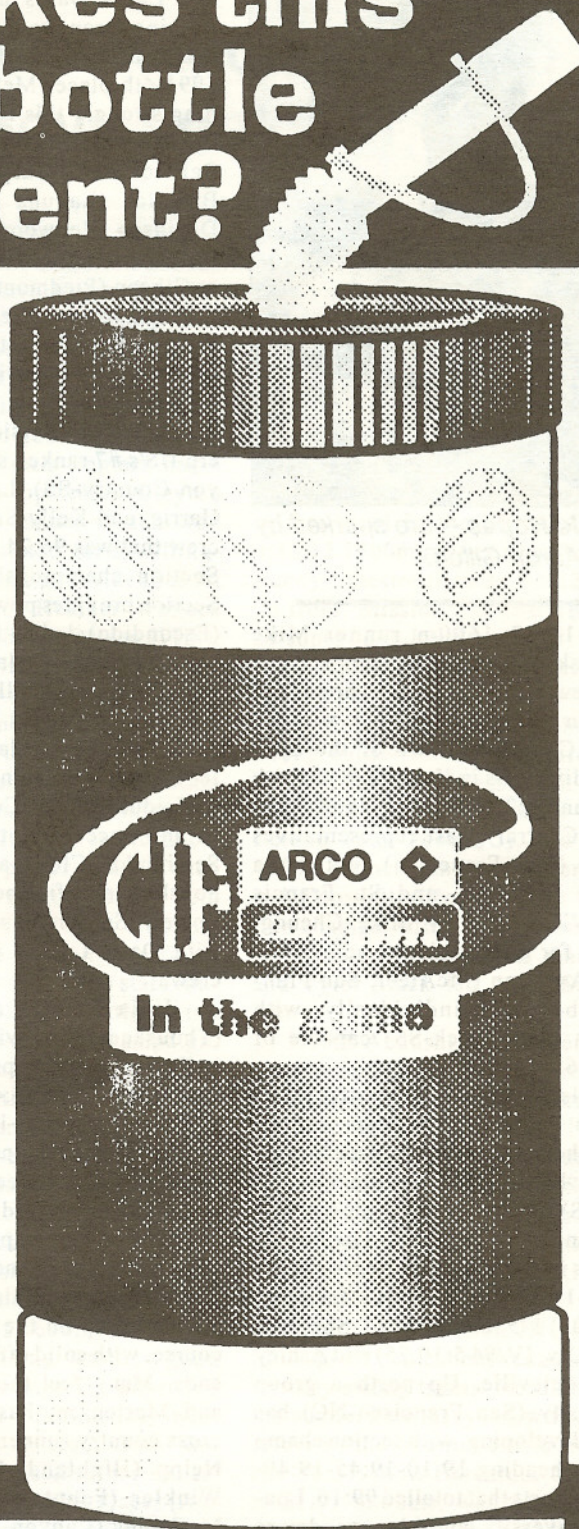
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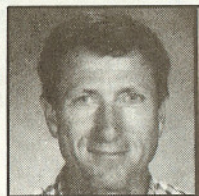
Cross Country Advisory Committee Members



Jerry Laird
Chairman
Cross Country
Sierra High School



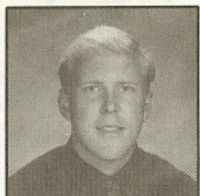
Helen Lehman
State CIF Rules Interpreter
Carondolet High School



Marty Simpson
Meet Director
CIF State
Cross Country
Buchanan High School



Michele Buchicchio
Boys & Girls Cross Country/
Track Coach, San Gabriel
High School



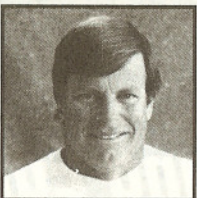
Brian Weaver
Asst. Meet Director
CIF State
Cross Country
Buchanan High School



Doug Speck
Teacher
Arcadia High School



Hal Harkness
Meet Director
CIF State
Track and Field



Dennis McClanahan
Cross Country Coach
Mount Carmel High

Committee Members not pictured: **Floyd Hurndon** (Overfelt High School) **Dennis DeWitt** (Madera High School) and **Margaret Davis** (Administrative Liaison/CIF Associate Executive Director).

Time Schedule CIF ARCO *am/pm* State Cross Country Championships

DIVISION II, III GIRLS

Girls Introductions - Division II	8:50 a.m.
Division II Girls Race	9:00 a.m.
Girls Introductions - Division III	9:28 a.m.
Division III Girls Race	9:35 a.m.

DIVISION II, III BOYS

Boys Introductions - Division II	10:05 a.m.
Division II Boys Race	10:15 a.m.
Division II, Girls/Boys Awards	10:40 a.m.
Boys Introductions - Division III	10:40 a.m.
Division III Boys Race	10:50 a.m.

DIVISION IV, I GIRLS

Division III Girls/Boys Awards	11:20 a.m.
Girls Introductions - Division IV	11:30 a.m.
Division IV Girls Race	11:40 a.m.
Girls Introductions - Division I	12:05 p.m.
Division I Girls Race	12:15 p.m.

DIVISION IV, I BOYS

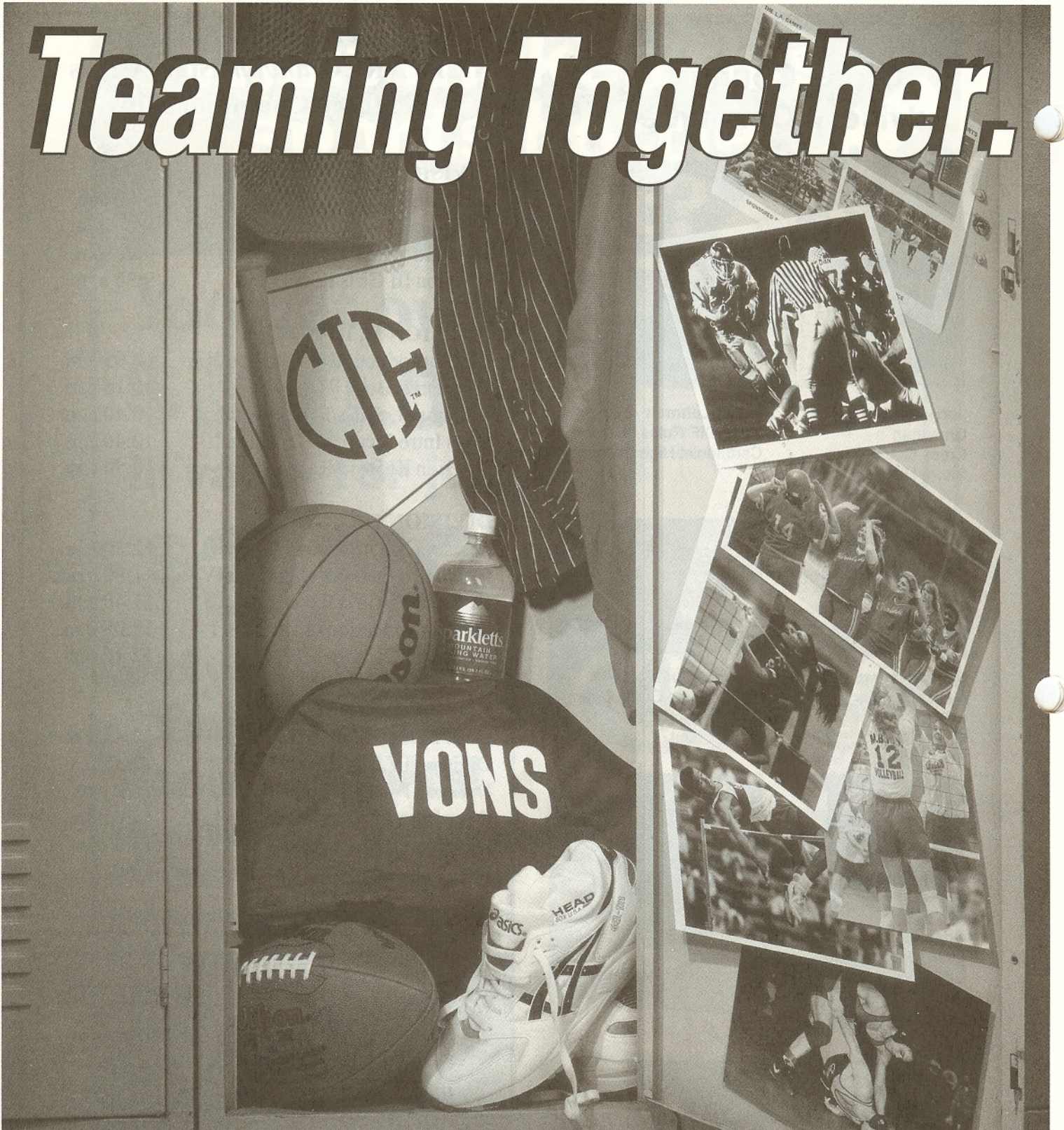
Boys Introductions - Division IV	12:45 p.m.
Division IV Boys Race	12:55 p.m.
Division IV Girls/Boys Awards	1:20 p.m.
Boys Introductions - Division I	1:20 p.m.
Division I Boys Race	1:30 p.m.
Division I Girls/Boys Awards	1:50 p.m.

QUICK QUIZ

1. Bryan Dameworth and Deena Drossin have both won three individual titles. What do these athletes have in common? (answer below).
2. Julia Stamps of Santa Rosa High broke the Division I girls record last year with an incredible 17:06 finish. Whose record did she break? (answer below)

Answers: Dameworth and Drossin were both from Agoura High School. Stamps broke Milena Glusac's record of 17:13.

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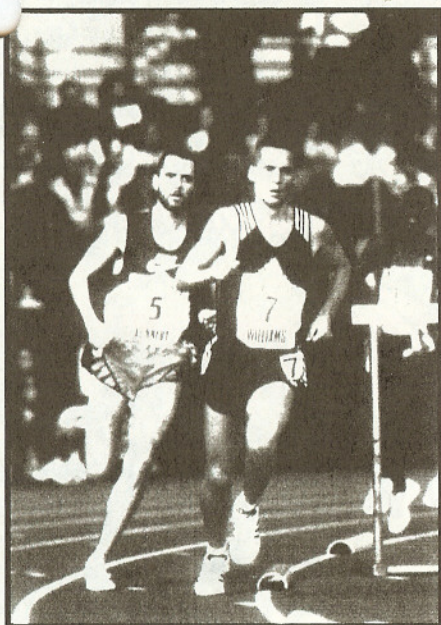
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offense only July 29-Aug. 2

Ballet June 24-July 5

Ballroom Youth Aug. 5-7

Cheerleading July 22-26

Clogging June 20-22

Cross Country July 8-12, July
15-19

Diving July 8-12

Football June 24-28, July 1-5

Golf June 17-21, July 15-19

Gymnastics

boys July 1-5

girls July 8-12, July 15-19

Modern Dance and Jazz

June 24-July 5

Soccer July 15-19

Swimming June 17-21,
June 24-28

Tennis June 24-28, July 1-5,
July 8-12

Track and Field June 24-28

Volleyball July 8-12, 15-19,
22-26, Aug. 5-9

Wrestling July 8-12

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**Cougar
Sports**
MAGAZINE

1995 CIF ARCO am/pm Competitors and Team Listings



Deborah Bleisch
Silver Creek High (6th Div. I)



Larry Henderson
Mira Mesa High (8th Div. I)



Jessica Corbin
Irvine High (3rd Div. I)

DIVISION I INDIVIDUAL GIRLS

NAME (Last, First, Grade) SCHOOL

CENTRAL SECTION (5)

Erica Florez-10	Bakersfield
Christine Krum-9	Bakersfield
Stefanie McCarty-11	Madera
Sanjuana Gomez-10	Roosevelt
Claudia Mayo-12	Roosevelt

CENTRAL COAST SECTION (5)

Amie Wu-11	Lynbrook
Rachael Wissman-11	Mt. Pleasant
Christina Duenas-10	Overfelt
Melissa Verarde-12	South San Francisco
Courtney Svrdlin-12	Yerba Buena

LA CITY SECTION (3)

Patricia Loera-12	Bell
Jamie Newman-9	El Camino Real
Griselda Salcedo-10	Roosevelt LA

NORTH COAST SECTION (4)

Lisa Hernandez-12	Healdsburg
Christina Griffin-10	Piner
Julia Stamps-11	Santa Rosa
Trina Cox-9	Santa Rosa

SAC-JOQUIN SECTION (5)

Susana Ochoa-12	Fairfield
Jazmine Anglero-10	Fairfield
Christy Castellanell-11	Tokay
Jennifer Mears-10	Woodland
Erin Jensey-9	Nevada Union

OAKLAND SECTION (1)

Amy Lui-11	Oakland
------------	---------

SAN DIEGO SECTION (5)

Aida Garcia-9	Chula Vista
Tricia Mattson-11	Fallbrook
Jinna Rohde-12	Fallbrook
Jessica Pound-9	Poway
Sarah Wilkins-9	Rancho Bernardo

SOUTHERN (5)

Rachae McCauley-11	Canyon Springs
Andrea Neipp-12	Highland
Nancy Zhang-11	Rowland
Kim Mortensen-12	Thousand Oaks
Angie Winkler-12	Fountain Valley

DIVISION I INDIVIDUAL BOYS

NAME (Last, First, Grade) SCHOOL

CENTRAL SECTION (5)

Jacob Ekins-12	Bullard
Michael Kasahun-11	Fresno
Rito Fuentes-11	Fresno
Juan Chavira-10	Hanford
Matt Larsen-12	West

CENTRAL COAST SECTION (5)

Chris D'Anjou-12	Live Oak
James Vanscerea-12	Monte Vista
Adam Booth-12	Pioneer
Enrique Torres-12	Silver Creek
Ricardo Dominguez-12	W.C. Overfelt

LA CITY SECTION (4)

Kenzo Bergeron-10	Hamilton
Uzziel Gray-12	Polytechnic
William Anderson-12	Kennedy
Paul Muite-11	North Hollywood

NORTH COAST SECTION (5)

Daniel Embaye-12	James Logan
Chad Foster-11	James Logan
Amadii Kamara-12	Santa Rosa
Mike Schwartz-12	Santa Rosa
Mekonnen Pekadu-12	Santa Rosa

OAKLAND SECTION (2)

Aaron Clewis-11	Oakland
Gregoria Ramirez-12	Oakland Tech

SAC-JOQUIN SECTION (5)

Jeff Kaiser-12	Beyer
Spencer Pederson-12	Elk Grove
Jose Pimentel-12	Franklin
Dino Gutierrez-12	Grace Davis
Ryan Miller-11	Ponderosa

SAN DIEGO SECTION (5)

Larry Henderson-12	Mira Mesa
Matt Dos Santos-12	Mt. Carmel
Fernando Blanco-11	Rancho Buena Vista
Jason Land-12	Vista
Gonzalo Garcia-11	Vista

SAN FRANCISCO (2)

Bisrat Yohannes-12	Lincoln
Angaw Ambachew-12	Washington SF

SOUTHERN (5)

Manuel Andrade-12	Coachella Valley
Matt Brown-12	Corona
Jeremy Lyon-12	Hesperia
Matt Wichersham-12	Mater Dei
Todd Disney-12	Thousand Oaks

DIVISION II INDIVIDUAL GIRLS

NAME (Last, First, Grade) SCHOOL

CENTRAL SECTION (5)

Melina Brambila-9	Monache
Therese Nesmith-12	Mt. Whitney
Tracie Dumler-9	North Bakersfield
Latanya Sumlin-12	North Bakersfield
Tracy Cohn-11	Stockdale

CENTRAL COAST SECTION (5)

Jacque Cooke-12	Burlingame
Lina Biber-Ferro-10	Los Gatos
Amy Lapine-9	Los Gatos
Ashley Holt-12	Menlo-Atherton
Brianna Denley-11	North Monterey County

LA CITY SECTION (2)

Diana Epstein-11	Palisades
Princess Acacio-10	Reseda

NORTH COAST SECTION (5)

Jennifer Ewing-11	Castro Valley
Monique Melara-9	College Park
Elizabeth Larmore-12	Monte Vista
Lisa Gillis-10	Moreau Catholic Hayward
Tina Bowen-12	San Ramon

NORTHERN SECTION (1)

Abi Case-10	Shasta
Erin Allen-11	Shasta
Clea Matson-11	Shasta
Kristen Koppes-12	Foothill
Jill McClean-12	Foothill

SAC-JOQUIN SECTION (5)

Jennifer Wong-10	Bella Vista
Yvonne Liebig-10	J.F. Kennedy
Anne Gunnison-11	McClatchy
Katie Fontana-12	Napa
Rachelle Stewart-10	Vacaville

SAN DIEGO SECTION (5)

Larissa Gregerson-12	El Capitan
Lanelle Cox-9	Escondido
Nachelle Fabiana-12	Mt. Miguel
Devon Straitiff-12	Torrey Pines
Danielle Valentino-10	Torrey Pines

SAN FRANCISCO (4)

Julie David-10	Lincoln
Susan Huang-10	Lincoln
Beatriz Hernandez-11	Lincoln
Stefanie Wong-10	Lincoln

SOUTHERN (5)

Melissa Aronson-11	Hemet
Jennifer Spahr-11	Huntington Beach
Mandy Scwecherl-12	Laguna Hills
Peggy Hall-12	Mission Viejo
Annie Ebner-12	St. Lucy's

Note: Numbers in parenthesis by photos indicate finish at last year's championships.

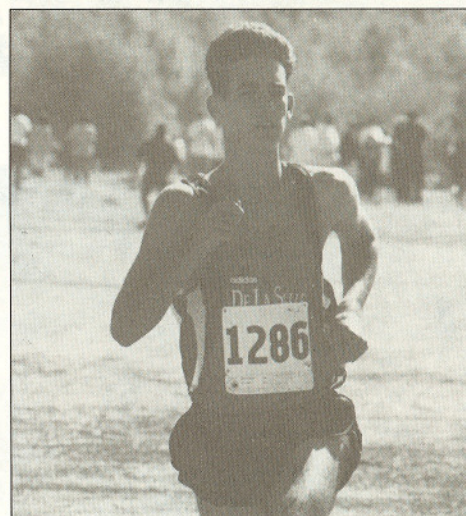
1995 CIF ARCO am/pm Competitors and Team Listings



David Lopez
Hoover Glendale High (15th Div. I)



Kim Mortensen of Thousand Oaks (4th Div. I) and Annie Ebner of St. Lucy's.



Tom Prindiville
De La Salle High (7th Div. II)

DIVISION II INDIVIDUAL BOYS

NAME (Last, First, Grade)SCHOOL

CENTRAL SECTION (5)

Matt Duma-11	Mt. Whitney
Chad Schmidt-12	North Bakersfield
Noel Nelson-11	Redwood
Jose Gooinez-11	Reedley
Robert Lopez-10	Sanger
James Henderson-10	Stockdale

CENTRAL COAST SECTION (5)

Armando Ortiz-10	Alisal
Eric Jones-10	No. Monterey County
Cucuo Chavez-10	San Benito
Willy Enriquez-12	San Benito
Juan Perez-12	San Benito

LA CITY SECTION (1)

Juan Gama-12	Palisades
--------------	-----------

NORTH COAST SECTION (5)

Brian Henstorf-11	Amador
Ryan Freeman-12	Amador
Matt Hunnicutt-12	Amador
Joe Menchaca-12	Pittsburg
Enrique Henriquez-11	San Leandro

NORTHERN SECTION (5)

Bryce Lighthall-9	Enterprise
Jeremy Fulton-12	Enterprise
Shaun Alexander-11	Foothill
Paul Rochford-12	Foothill
Jared Wilhite-12	Red Bluff

SAC-JOAQUIN SECTION (5)

Ben Johnston-12	Bella Vista
Juan Pablo Miramont-11	Golden Valley
Jim Nelson-12	Napa
Geoff Fleming-11	Roseville
Jerome Morton-12	Wood

SAN DIEGO SECTION (5)

David McQuitty-12	Grossmont
Steve Daynes-11	Grossmont
Ayub Abdulalam-12	Hoover San Diego
Brent Bolton-12	Scripps Ranch
Ismael Pena-11	San Pasqual

SOUTHERN (5)

Alfonso Ibarra-11	Arlington
Ronnie Buchanan-10	Righetti
Irving Moreno-10	Riverside Poly
Michael Murray-11	Santa Margarita
Bernard Maitai-12	Whittier

DIVISION III INDIVIDUAL GIRLS

NAME (Last, First, Grade)SCHOOL

CENTRAL SECTION (5)

Jeanne Abalos-12	Lemoore
Irma Guillen-10	Shafter
Veronica Sanchez-10	Wasco
Fidelina Perez-10	Wasco
Veronica Morgado-9	Wasco

CENTRAL COAST SECTION (5)

Marcella Mollinare-12	Mills
Serena Delaplace-11	Archbishop Mitty
Amy Ule-12	Soquel
Lisa Renteria-12	Westmont
Denise Cardamone-12	Carmel
Nicole Portley-10	Aragon

NORTH COAST SECTION (5)

Jennifer Basch-12	Foothill
Lindsey Bergren-10	Miramonte
Brooke Wheeland-10	Northgate
Sally Cheda-11	Petaluma
Tiffany Hansen-11	Redwood

NORTHERN SECTION (5)

Kara Hunn-11	Central Valley
Sarah Hanford-12	Chico
Nicole Ruff-10	Las Plumas
Sara Draper-10	Las Plumas
Sarah Suikonen-12	Paradise

SAC-JOAQUIN SECTION (5)

Christina Jamieson-9	Oak Ridge
Angela Passanisi-10	Oak Ridge
Alexis Oakland-10	Rio Americano
Kristen Severance-11	St. Francis
Tasha Arbuckle-9	West

SAN DIEGO SECTION (4)

Analiia Bustos-11	Mission Bay
Katie Wisniew-12	Our Lady of Peace
Courtney Baird-9	University San Diego
Julie Ott-11	University San Diego

SAN FRANCISCO (1)

Rosamar Gonzalez-11	McAteer
---------------------	---------

SOUTHERN (5)

Heather Garrison-10	Buena Park
Araceli Martinez-12	Estancia
Sarah Ellis-12	La Canada
Stacey Young-11	Pacific
Rebecca Heard-11	Yucca Valley

DIVISION III INDIVIDUAL BOYS

NAME (Last, First, Grade)SCHOOL

CENTRAL SECTION (5)

Matt Gonzales-12	Centennial Bakersfield
Omar Jeronimo-12	Dinuba
Chano Luviano-10	Dinuba
Ryan Suburu-11	Ridgeview
Miguel Raya-12	Wasco

CENTRAL COAST SECTION (5)

Dan McDonough-10	Cupertino
Peter Carter-11	Los Gatos
Ryan Smith-11	Mills
Darnell Taylor-11	San Mateo
Joma DeWald-10	Soquel

NORTH COAST SECTION (5)

Erik Hansen-12	American
Rolf Kvalvik-12	Northgate
Todd Hunt-11	Novato
Danny Brecht-12	Petaluma
Luke Szymanski-12	San Lorenzo

NORTHERN SECTION (5)

Chuck Hallbauer-10	Chico Senior
Spencer Mallingner-12	Chico Senior
Travis Draper-11	Paradise
Jeff Smith-12	Paradise
Mark Newton-11	Paradise

SAC-JOAQUIN SECTION (5)

Oscar Denogean-12	East Union
Gavin Chamberlain-11	Oak Ridge
Allen Tune-12	Rio Americano
Nate Farley-11	San Juan
John Cassidy-12	San Juan

SAN DIEGO SECTION (5)

Titus Chawech-11	Crawford
Nicolas Hamlin-11	Madison
Ricardo Oropeza-12	Mission Bay
Ivan Olsuna-12	Mission Bay
Adam Greene-10	St. Augustine

SAN FRANCISCO (1)

Shaun Morris-12	Balboa
Suaro Cervantes-11	Balboa
Bolota Asmerom-12	McAteer

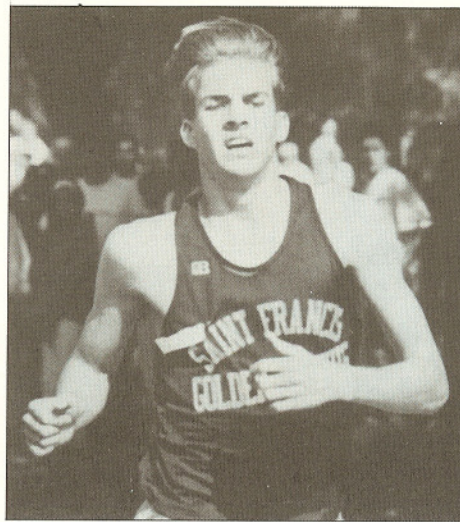
SOUTHERN (5)

Mike Bilsborough-11	Barstow
Ryan Amos-11	El Modena
Brian Shapiro-12	La Canada
Brian Green-12	Littlerock
Craig Farley-11	Lompoc
Sean Patterson-12	Yucca Valley

1995 CIF ARCO am/pm Competitors and Team Listings



Devon Straitiff
Torrey Pines High (5th Div. II)



Kevin Koeper
St. Francis La Canada (9th Div. III)



Emily Allison
Leland High (3rd Div. II)

DIVISION IV INDIVIDUAL GIRLS

NAME (Last, First, Grade)SCHOOL

CENTRAL SECTION (5)

Meridith Christian-12	Garces Memorial
Ana Pena-10	Parlier
Ashlee Pinasco-10	San Joaquin Memorial
Vanessa Cooney-10	San Joaquin Memorial
Gina Goodfriend-12	Lindsay

CENTRAL COAST SECTION (5)

Gene-Elyse Smith-10	Monte Vista Christian
Lyson Wallace-12	Notre Dame, Salinas
Denise Cardamone-12	Carmel
Courtney Davidson-9	Redwood Christian
Alice Irvine-12	The York School

NORTH COAST SECTION (4)

Kat Saxton-10	College Park
Melissa Madeson-10	Kelseyville
Jen Ponig-12	Terra Linda
Sarah Hallas-10	Ursuline

NORTHERN SECTION (5)

Amy Holman-10	Corning
Ana Bingham-11	Corning
Amy Struve-12	Lassen
Molly Alles-12	Trinity
Tatiana Sohrakoff-12	Wheatland

SAC-JOQUIN SECTION (5)

Michele Lasala-10	Christian Brothers
Michelle Leinfelder-11	Escalon
Sarabeth Schweitzer-11	Marysville
Lisa Wade-10	Rocklin
Jessica Altnow-11	St. Mary's Stockton

SAN DIEGO SECTION (3)

Beth Bowler-10	Christian El Cajon
Zoe Landers-10	Parker
Arielle Damron-9	Warner

SAN FRANCISCO (1)

Courtney Fields-12	International Studies Academy SF
--------------------	----------------------------------

SOUTHERN (5)

Michelle Curtis-10	Desert Christian
Hannah Miller-11	La Salle
Lindsay Buwalda-12	Laguna Beach
Veronica Vega-11	St. Bonaventure
Sarah Martin-12	Westridge

DIVISION IV INDIVIDUAL BOYS

NAME (Last, First, Grade)SCHOOL

CENTRAL SECTION (5)

Pablo Vasquez-12	Firebaugh
Steve Moreno-12	Fowler
Kenny Rhoan-12	Sierra
Ryan Soares-12	Sierra

Antonio Estrada-12	Tranquility
--------------------	-------------

CENTRAL COAST SECTION (5)

Louis White-10	Half Moon Bay
James Harrison-12	Half Moon Bay
Kipp Lyons-12	Monte Vista Christian
Aaron Fleming-11	Monte Vista Christian
Toby Hoffpauir-11	Palma

NORTH COAST SECTION (5)

Chris West-12	Arcata
Nick Gai-11	Arcata
James Nielsen-11	San Marin
Robin Pendoley-12	Terra Linda
Francisco Guevara-11	Terra Linda

NORTHERN SECTION (5)

David Forrester-10	Butte Valley
Ronnie Farrar-12	Corning
Daniel Cline-11	Durham
Aaron Harris-11	Lassen
Josh Keyes-10	Modoc

SAC-JOQUIN SECTION (5)

Nick Clark-10	Colfax
Neil Cooper-11	Dixon
Joshua Schweitzer-12	Marysville
Dustin Wadlow-12	Riverbank
Gary Long-12	St. Helena

SAN DIEGO SECTION (5)

Miguel Ramirez-10	Holtville
Jose Gallegos-9	Holtville
Ben Lara-12	Holtville
Justin Scarfeo-10	La Jolla
Noah Lidman-10	La Jolla

SAN FRANCISCO (1)

Miguel Vasquez-12	O'Connell
-------------------	-----------

SOUTHERN (5)

Carlos Herrera-12	Bell-Jeff
Jared James-12	Boron
Steve Mullen-12	La Salle
Andy Cortez-10	Salesian
Ryan Downey-10	St. Margaret's

DIVISION I - GIRLS TEAM

NAME (Last, First, Grade)SCHOOL

CENTRAL SECTION (2)

Jessica Rampone-12	Clovis
Kym Pilger-11	Clovis
Amber Houchen-10	Clovis
Emily Barrus-10	Clovis
Tianna Martinez-10	Clovis
Kristin Fairley-10	Clovis
Christie Gregory-9	Clovis
Emile Lawson-11	Clovis West
Jennifer Fiedler-9	Clovis West
Juli Lawson-9	Clovis West
Kathleen Martinez-9	Clovis West
Sarah Smith-9	Clovis West

Jennifer Toler-9	Clovis West
Sandra Russler-9	Clovis West

CENTRAL COAST SECTION (2)

Annette Homquist-11	Santa Teresa
Sabrina Gunion-11	Santa Teresa
Michelle Quinet-11	Santa Teresa
Laraine McPherson-10	Santa Teresa
Gina Schauerte-11	Santa Teresa
Jennifer Bennett-9	Santa Teresa
Maria Diaz-10	Santa Teresa
Deborah Bleisch-12	Silver Creek
LaNeisha McPherson-12	Silver Creek
Monica Topete-9	Silver Creek
Karen Ryan-9	Silver Creek
Daisy Floriano-9	Silver Creek
Jasmin Espinosa-12	Silver Creek
Monique Dillar-9	Silver Creek

LA CITY SECTION (2)

Tiffany Burgess-9	Birmingham
Jackie Tillman-9	Birmingham
Shawna Reid-11	Birmingham
Gina Della-Gala-11	Birmingham
Isela Gonzalez-10	Birmingham
Marly Echecherria-12	Birmingham
Gretchen Ballar-12	Birmingham
Frances Santin-10	Taft LA
Wendy Chan-10	Taft LA
Heidelle Santin-10	Taft LA
Sadaf Sehati-12	Taft LA
Daisy Rogue-12	Taft LA
Dina Melendez-9	Taft LA
Jill Fairchild-11	Taft LA

NORTH COAST SECTION (2)

Sarah Stretch-11	Acalanes
Petra Kohler-9	Acalanes
Lisa Bostjanick-10	Acalanes
Sabrina Lee-9	Acalanes
Melissa Rowland-10	Acalanes
Lindsay Reynolds-12	Acalanes
Nicole Canavarrro-12	Acalanes
Michelle Kiyono-12	James Logan
Senhit Dirar-11	James Logan
Jennifer Bridgeman-11	James Logan
Tyra Hughes-12	James Logan
Sky Baumbach-10	James Logan
Karen Wetzell-12	James Logan
Jennifer Burnett-10	James Logan

OAKLAND SECTION (1)

Anne Marie Franco-12	Skyline
Emily Dixon-9	Skyline
Christina Zheng-12	Skyline
Stephanie Garcia-10	Skyline
Meli Lieras-10	Skyline
Anjanette Scott-12	Skyline
Lesley Fox-12	Skyline

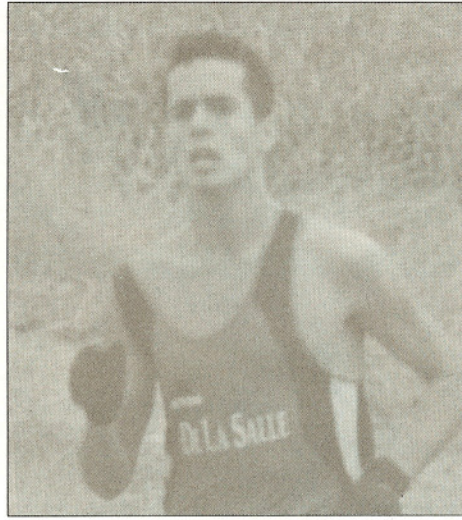
SAC-JOQUIN SECTION (2)

Jordan Marriner-11	Oakmont
Leslie Nederveld-10	Oakmont
Chrissy Clark-11	Oakmont

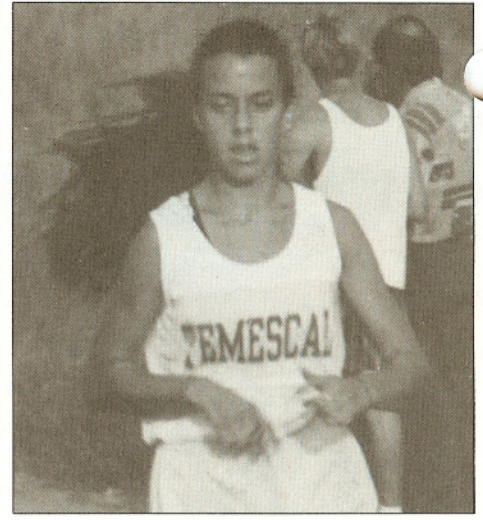
1995 CIF ARCO am/pm Competitors and Team Listings



Tracie Dumler
North High



Randy Maestretti
De La Salle (13th Div. II)



Shelby Horgan
Temescal Canyon High (6th Div. III)

Marrie Argentine-12	Oakmont
Nicola Gliatto-11	Oakmont
Nicole Schneider-11	Oakmont
Nicole Young-11	Oakmont
Jen Schindler-11	Ponderosa
Denise Warner-12	Ponderosa
Kelly Rumble-12	Ponderosa
Ellie Irons-9	Ponderosa
Holly Hadley-12	Ponderosa
Malissa Tayaba-11	Ponderosa
April Smith-11	Ponderosa

SAN DIEGO SECTION (2)

Cara Rumble-10	Orange Glen
Katie Cottrell-10	Orange Glen
Lorena Jiminez-9	Orange Glen
Kendra Goffredo-10	Orange Glen
Laura Lawrence-11	Orange Glen
Gina Rennix-11	Orange Glen
Melissa Heib-11	Orange Glen
Sonia Rodriguez-12	Vista
Fatima El-Farah-12	Vista
Noelle Magana-10	Vista
Brook Schroeder-10	Vista
Mary Blasius-10	Vista
Natalie Forsythe-10	Vista
Julie Davidson-10	Vista

SAN FRANCISCO SECTION (1)

Oasii Lucero-12	Lowell
Susan Chou-11	Lowell
Jenny Akana-10	Lowell
Melinda Huang-11	Lowell
Ying Hua-11	Lowell
Sopagna eap-9	Lowell
Emily Price-11	Lowell

SOUTHERN (4)

Jennifer Burris-10	Ayala
Kareen Nilsson-11	Ayala
Annette Ramirez-11	Ayala
Nicole Gurnicz-9	Ayala
Amanda Kingsbury-11	Ayala
Colleen Gunderson-12	Ayala
Laureen Fleshman-9	Canyon
Julie Harris-11	Canyon
Kellie Stagile-12	Canyon
Brandi Plasshaert-10	Canyon
Danielle Hadfield-12	Canyon
Angela Huato-11	Canyon
Jean Huato-11	Canyon
Jessica Corbin-12	Irvine
Erin Zehntner-9	Irvine
Melissa Livermore-9	Irvine
Paola Corral-10	Irvine
Edel Leyden-10	Irvine
Shadlie Smith-9	Irvine
Christina Meyer-11	Irvine
Kim Bates-10	Los Alamitos
Amber Pierce-12	Los Alamitos
Monica Malmanus-12	Los Alamitos
Maleia Lines-12	Los Alamitos
Lezlee Tamo-12	Los Alamitos
Summer Mitamura-12	Los Alamitos
Krista Dixon-12	Los Alamitos

DIVISION I - BOYS TEAMS

NAME (Last, First, Grade)	SCHOOL
CENTRAL SECTION (2)	
Steve Barrus-11	Clovis
Arthur Negrete-12	Clovis
Armando Negrete-12	Clovis
Steve Alves-12	Clovis
C.J. Nakayama-11	Clovis
Mike Buckley-10	Clovis
Niguel Perez-10	Clovis
Mario Zambrano-10	Clovis
Elicio Guillen-9	Madera
Feliciano Leyva-9	Madera
Gabriel Gil-11	Madera
Andres Bazante-11	Madera
Jesus Navarro-11	Madera
Elpidio Leyva-12	Madera

CENTRAL COAST SECTION (2)

Gordy Allen-12	Bellarmine
Ryan McGuire-12	Bellarmine
Casey Immel-12	Bellarmine
Chris Knapp-10	Bellarmine
John Rocha-11	Bellarmine
Adrian Webb-12	Bellarmine
Andrew Wulf-11	Bellarmine
Nathan Woodside-12	Serra
Adam Perez-10	Serra
Jean-Paul Tohmouria-12	Serra
Manuel Berg-12	Serra
Jerome Madigan-11	Serra
Ron DiMaggio-11	Serra
Jordan Woods-10	Serra

LA CITY SECTION (2)

Manuel Lopez-11	Belmont
Jorge Lopez-12	Belmont
Jose Lopez-12	Belmont
Jorge Lopez-10	Belmont
Mateo Mateo-12	Belmont
Henry Briseno-9	Belmont
Luis Bejar-12	Belmont
Eduardo Sanchez-12	Garfield
Rafael Escobedo-12	Garfield
Eduardo Perez-10	Garfield
Raul Cabrera-12	Garfield
Manuel Meza-12	Garfield
Armando Luna-11	Garfield
Isidro Cerda-10	Garfield

NORTH COAST SECTION (2)

Jake Bouey-11	Bishop O'Dowd Oakland
Rob Nachtway-12	Bishop O'Dowd Oakland
David Alderman-12	Bishop O'Dowd Oakland
Kevin Gardiner-12	Bishop O'Dowd Oakland
Ricky Foggia-10	Bishop O'Dowd Oakland
Ian Thomas-12	Bishop O'Dowd Oakland
Andrew Elliot-9	Bishop O'Dowd Oakland
Peter Baria-11	Castro Valley
Henry Patterson-11	Castro Valley
Damian Dulaney-10	Castro Valley
Shane Dulaney-10	Castro Valley
Brad Dickson-10	Castro Valley

Aaron Lee-121	Castro Valley
Seth Mellon-11	Castro Valley

SAN FRANCISCO (1)

Paul Choi-11	Lowell
Grael Norton-12	Lowell
Ian Shapiro-12	Lowell
Tan Nguyen-11	Lowell
Edward Wei-12	Lowell
Tony Stubblebein-12	Lowell
Sanders Li-11	Lowell

OAKLAND SECTION (1)

Daniel Gohlke-12	Skyline
Jesus Enriquez-12	Skyline
Cory Dixon-11	Skyline
David Patusco-12	Skyline
Travies Neal-11	Skyline
Michael Przybylski-11	Skyline
Vu Tran-12	Skyline

SAC-JOAQUIN SECTION (2)

Dave Crass-12	Del Campo
Matt Moore-12	Del Campo
Chris Farley-10	Del Campo
Liam Clemons-12	Del Campo
James Bagley-11	Del Campo
Jason Aimon-12	Del Campo
Nate Bristow-10	Del Campo
Steve Hackworth-12	Nevada Union
Shawn Glynn-12	Nevada Union
Chris Benson-12	Nevada Union
Phil Hassan-11	Nevada Union
Corey Creasy-11	Nevada Union
Brad Garland-11	Nevada Union
Nelson Laux-12	Nevada Union

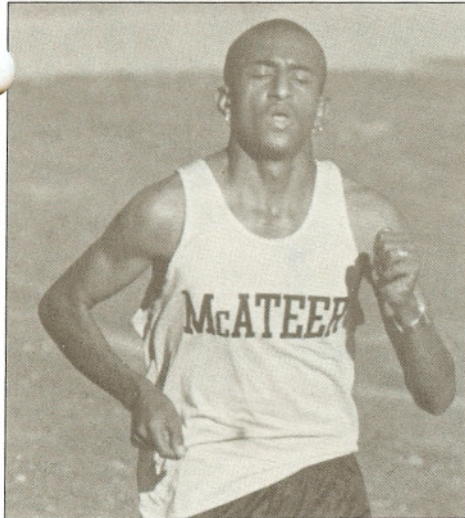
SAN DIEGO SECTION (2)

Andrian Ramirez-11	Chula Vista
Jose Ramirez-12	Chula Vista
Marco Huerta-11	Chula Vista
Jose Barajas-12	Chula Vista
Chuck Wyckoff-12	Chula Vista
Victor Jackson-12	Chula Vista
Ricardo Lopez-12	Chula Vista
Travis Kirtley-12	Poway
Jake McNeeley-11	Poway
Sean Zanderson-11	Poway
Scott Strachan-10	Poway
Rusty Dalrymple-12	Poway
Jesse Davis-12	Poway
Andrew Gharst-10	Poway

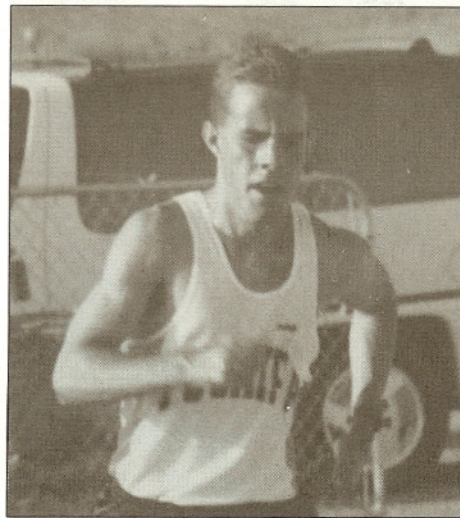
SOUTHERN (4)

Steve Smith-10	Ayala
Aaron Delao-12	Ayala
Eric Loudon-11	Ayala
Nick McMurray-11	Ayala
Kenny Keir-9	Ayala
Sonny Salas-12	Ayala
Brad Anderson-12	Ayala
David Lopez-11	Hoover Glendale
Felipe Montoro-12	Hoover Glendale
Wilson Aquino-12	Hoover Glendale
Isabel Casillas-10	Hoover Glendale

1995 CIF ARCO am/pm Competitors and Team Listings



Bolota Asmerom
McAteer High



Sean Clendaniel
Yucaipa High



Irma Guillen
Shafter High

Stephen Sotomayor-12 Hoover Glendale
Jamal Balouch-10 Hoover Glendale
Edgar Rojas-12 Hoover Glendale
Andy Hori-12 Peninsula
Tom Gaul-12 Peninsula
Brad Kirsch-12 Peninsula
Jim Armor-12 Peninsula
Ryan Deane-11 Peninsula
Kevin Whitlow-11 Peninsula
Jason Taylor-10 Peninsula
Wenceslado Morales-12 Santa Ana
Danny Rivero-12 Santa Ana
Raul Quinonez-11 Santa Ana
Juan Salgado-9 Santa Ana
Jesse Lopez-12 Santa Ana
Julio Paz-12 Santa Ana
Jorge Pena-9 Santa Ana

DIVISION II - GIRLS TEAMS

NAME (Last, First, Grade)	SCHOOL
CENTRAL SECTION (2)	
Corrine Atkins-11	Buchanan
Rachel Bauer-10	Buchanan
Cherene Douglas-9	Buchanan
Sabrina Huber-9	Buchanan
Jocelyn Keller-11	Buchanan
Tiffany Heilbut-10	Buchanan
Heather Ryan-12	Buchanan
Angela Ruiz-11	Reedley
Annabel Ortiz-12	Reedley
Yebel Rodriguez-11	Reedley
Irene Wright-11	Reedley
Jessica Alaniz-9	Reedley
Jacque Cantu-10	Reedley
Sara Santoya-10	Reedley

NAME (Last, First, Grade)	SCHOOL
CENTRAL COAST SECTION (2)	
Emily Allison-12	Leland
Meghan Scott-12	Leland
Kathy Sheldon-11	Leland
Sonja Willis-11	Leland
Mirji Wong-10	Leland
Caroline Knapp-12	Leland
Jennifer Kinder-9	Leland
Laura Sandoval-12	St. Ignatius
Shana Driscoll-12	St. Ignatius
Danielle Dekker-12	St. Ignatius
Marielle Schlueter-11	St. Ignatius
Eileen Grove-11	St. Ignatius
Katie Appenrodt-10	St. Ignatius
Stephanie Libien-11	St. Ignatius

NAME (Last, First, Grade)	SCHOOL
NORTH COAST SECTION (2)	
Andace Miles-Threat-12	Amador Valley
Janica Van Wegen-11	Amador Valley
Crystal Miles-Threat-12	Amador Valley
Tina Peterson-10	Amador Valley
Elizabeth Maier-9	Amador Valley
Kim Lish-9	Amador Valley
Erin Kersh-11	Amador Valley
Katie Hotchkiss-9	Mission San Jose
Jennifer Knowlden-11	Mission San Jose

Lizzy Bailey	Mission San Jose
Betsy Stevens	Mission San Jose
Alicia Rutledge	Mission San Jose
Amanda Necoechea	Mission San Jose
Monica Torrez	Mission San Jose

NORTHERN SECTION (1)	
Erinn Gulbrandsen-9	Pleasant Valley
Melynda Ogden-11	Pleasant Valley
Katie Crabb-12	Pleasant Valley
Kristen Ogden-9	Pleasant Valley
Ali Yarosevich-11	Pleasant Valley
Teresa Bogart-12	Pleasant Valley
Darby Olberg-11	Pleasant Valley

SAC-JOQUIN SECTION (2)	
Jen Chaney-12	Tracy
Jenny Pombo-11	Tracy
Jill Chaney-12	Tracy
Jana-Lee Aaby-10	Tracy
Sara Battistich-10	Tracy
Adrienne Hall-10	Tracy
Katie Nolan-10	Tracy
Tameeh Adams-12	Will C. Wood
Becca Davis-10	Will C. Wood
Marisa Jaime-12	Will C. Wood
Nikkita Moorer-11	Will C. Wood
Paula Riesche-12	Will C. Wood
Carina Bell-10	Will C. Wood
Tanika Niel-11	Will C. Wood

SAN DIEGO SECTION (2)	
Emily McFarland-9	Scripps Ranch
Kristina Stasko-10	Scripps Ranch
Sarah Schmidt-9	Scripps Ranch
Kelly Grimes-10	Scripps Ranch
Kim Rogoff-11	Scripps Ranch
Angeline Spain-10	Scripps Ranch
Shannon Winkel-11	Scripps Ranch
Andrea Clemons-10	Valhalla
Elaine Lassen-9	Valhalla
Kelley Halligan-11	Valhalla
Margie Broselle-11	Valhalla
Sarah Chionis-9	Valhalla
Amy Kermott-9	Valhalla
Courtney Hoepfner-11	Valhalla

SOUTHERN (4)	
Sydney Leonard-11	Dana Hills
Laura Kroninger-11	Dana Hills
Christa Fitzgerald-10	Dana Hills
Bree Denison-12	Dana Hills
Michelle Smith-9	Dana Hills
Julia Barbour-10	Dana Hills
Tiffany Paul-10	Dana Hills
Katie Nunes-11	Santa Margarita
Dani Rope-10	Santa Margarita
Allison Henisey-10	Santa Margarita
Lauren Owens-11	Santa Margarita
Kimi Grether-10	Santa Margarita
Katie Grether-12	Santa Margarita
Jill Kelley-10	Santa Margarita
Allyson Marquand-9	University Irvine
Misha Wilson-11	University Irvine
Rachel Homer-11	University Irvine

Allison Rice-10	University Irvine
Jennifer Hall-10	University Irvine
Romy Gedissman-11	University Irvine
Rachel Steinfeld-10	University Irvine
Kimi Welsh-10	Yucaipa
Vickie Whiteside-10	Yucaipa
Mindy Brown-12	Yucaipa
Serena Meyer-12	Yucaipa
Christen Ray-11	Yucaipa
Hillary Carlson-12	Yucaipa
Sabrina Maizano-10	Yucaipa

DIVISION II - BOYS TEAMS

NAME (Last, First, Grade)	SCHOOL
CENTRAL SECTION (2)	
Jorge Castro-12	Arvin
Luis Herrera-12	Arvin
David Flores-12	Arvin
Efrain Morales-11	Arvin
Oscar Medina-12	Arvin
Ismael Licon-9	Arvin
Augie Rosales-10	Arvin
Michael Lujan-10	Reedley
Carlos Silva-9	Reedley
Moses Avila-9	Reedley
Esteban Espino-11	Reedley
Jerry Padilla-12	Reedley
Silverio Osoria-12	Reedley
Jose Goinez-11	Reedley

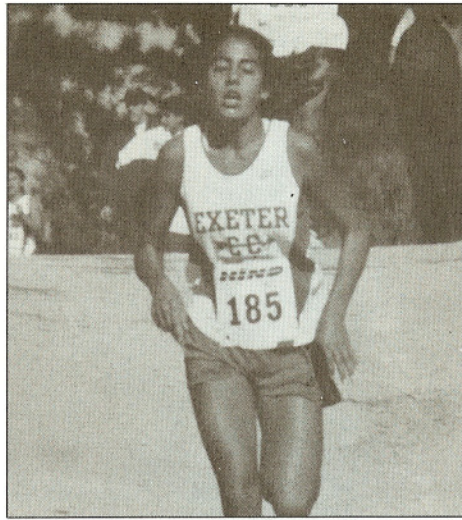
CENTRAL COAST SECTION (2)	
George Jensen-12	Burlingame
Brian Cooke-11	Burlingame
Scott Magliocco-12	Burlingame
Andrew Patel-12	Burlingame
Kingston Wu-12	Burlingame
Armen Vartanian-11	Burlingame
Nick Bostrom-12	Burlingame
Daniel Sikirc-12	Leland
Nick Fiellusch-11	Leland
John Harnagel-12	Leland
Jack Piellusch-11	Leland
Fred Jabbour-12	Leland
Nick Tuttle-12	Leland
Abbey Maniar-11	Leland

NORTH COAST SECTION (2)	
Tom Prindiville-11	De La Salle
Randy Maestretti-12	De La Salle
Alex Sanchez-11	De La Salle
Sean Kenady-11	De La Salle
Chris Coffee-12	De La Salle
Ryan Stanton-10	De La Salle
Greg Hintz-12	De La Salle
John Stevens-10	Mission San Jose
David Rodriguez-11	Mission San Jose
Pat O'Leary-12	Mission San Jose
Robert Donovan	Mission San Jose
Jerry Stepan	Mission San Jose
Ed West	Mission San Jose
Drew Ostler	Mission San Jose

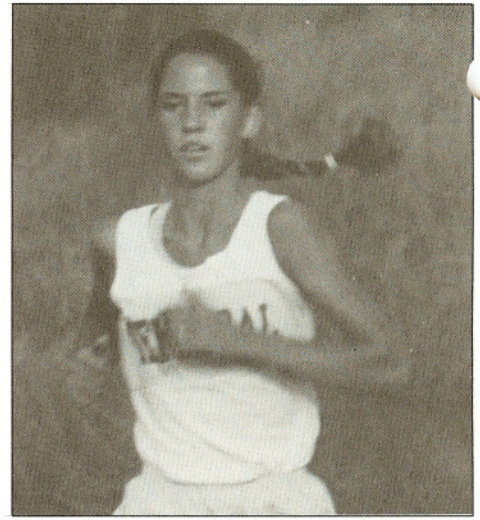
1995 CIF ARCO am/pm Competitors and Team Listings



Isaiah Festa
Morro Bay High (7th Div. IV)



Kristie Gonzalez
Exeter High



Sunny Shaffer
Temescal Canyon High (12th Div. III)

NORTHERN SECTION (2)

Ryan Hayes-12	Pleasant Valley
Joey Creighton-10	Pleasant Valley
Clint Wattenberg-10	Pleasant Valley
Jim Thomas-11	Pleasant Valley
David Gunn-11	Pleasant Valley
Ramon Leyva-12	Pleasant Valley
Aaron Madsen-11	Pleasant Valley
Ryan Wade-11	Central Valley
Chris Miles-12	Central Valley
Brian Marchione-11	Central Valley
Josh Fisher-11	Central Valley
Kevin Yates-12	Central Valley
James Hinkle-11	Central Valley
Matt Pohlmeier-12	Central Valley

SAC-JOQUIN SECTION (2)

Michael Stember-12	Jesuit
Scott Abbott-12	Jesuit
Jonathan Welsh-11	Jesuit
Charlie Brennehan-12	Jesuit
Mike Altieri-10	Jesuit
Kaapema Yelapaala-10	Jesuit
Garrett Larsson-10	Jesuit
Brian Pruyin-12	Vintage
Brandon DeMille-12	Vintage
Andy Evans-11	Vintage
Sam Evans-11	Vintage
Jason Caywood-11	Vintage
Nick Bottini-10	Vintage
Mike Cole-9	Vintage

SAN DIEGO SECTION (2)

John Bates-11	El Capitan
Roberto Orozco-12	El Capitan
Danny Sanchez-12	El Capitan
David Boland-11	El Capitan
Tony Principle-11	El Capitan
Jarrad Payne-11	El Capitan
Josh Freese-11	El Capitan
Charlie Hulsey-11	Torrey Pines
Tyler Mack-12	Torrey Pines
Bill McKee-12	Torrey Pines
Andrew Gardiner-12	Torrey Pines
Mike Altifest-12	Torrey Pines
Mike Saracino-12	Torrey Pines
Wes Austin-10	Torrey Pines

SOUTHERN (4)

Robert Frichtel-12	Hemet
Nicholas Jacques-11	Hemet
Robert Frost-12	Hemet
Evan Holt-11	Hemet
Clinton Coon-11	Hemet
Nicolas Gnad-10	Hemet
Doug Tibbits-10	Hemet
Erick Miramontes-12	Katella
Edgar Benitez-12	Katella
Juan Venegas-12	Katella
George Pinto-12	Katella
Mike Cisneros-11	Katella
Lucas Neubauer-11	Katella
Nick Russell-11	Orange
Mike Avellan-12	Orange
Robert Guerra-11	Orange

Brian McCain-12	Orange
Victor Arnda-12	Orange
Max Villagomez-11	Orange
Jose Sustaita-11	Orange
Sean Clendaniel-12	Yucaipa
Josh Schultz-12	Yucaipa
Bret Edson-11	Yucaipa
Steve Sorensen-12	Yucaipa
Nathan Herbert-12	Yucaipa
Matt Drabinski-11	Yucaipa
John Chase-12	Yucaipa

DIVISION III - GIRLS TEAMS

NAME (Last, First, Grade)	SCHOOL
CENTRAL SECTION (2)	
Nicole Urmston-10	Centennial Bakersfield
Keycee Brittan-11	Centennial Bakersfield
Keely McKinzie-12	Centennial Bakersfield
Alicia Gilbreath-10	Centennial Bakersfield
Katie Ward-11	Centennial Bakersfield
Anita Illingworth-10	Centennial Bakersfield
Jamie Percy-9	Centennial Bakersfield
Kristie Gonzales-9	Exeter
Maria Banuelos-11	Exeter
Kassia Regehr-11	Exeter
Dina Panici-12	Exeter
Jessica Honk-12	Exeter
Lesley Tomayo-12	Exeter
Jennie Gonzales-12	Exeter

CENTRAL COAST SECTION (2)

Lynn Firth-10	Presentation
Jennifer Field-11	Presentation
Ceci Lavelle-10	Presentation
Julia Ruiz-10	Presentation
Katie Schon-10	Presentation
Kristin Brown-11	Presentation
Diane Menuz-10	Presentation
Carla Swiryn-10	St. Francis, Mt. View
Paige Teuscher-12	St. Francis, Mt. View
Meghan Flanagan-11	St. Francis, Mt. View
Megan Mills-11	St. Francis, Mt. View
Nada Farzan-12	St. Francis, Mt. View
Melissa Dering-11	St. Francis, Mt. View
Smita Pathak-11	St. Francis, Mt. View

NORTH COAST SECTION (2)

Kristen Gordon-11	Carondolet
Cristyn Enea-9	Carondolet
Kerri Bock-Willmes-11	Carondolet
Ginaea Carrillo-11	Carondolet
Katie Nash-10	Carondolet
Kristen Hart-10	Carondolet
Carolyn King-10	Carondolet
Heather Wallace-12	Clayton Valley
Deborah Osteen-11	Clayton Valley
Kelly Howisey-11	Clayton Valley
Julie Leininger-9	Clayton Valley
Jennifer Codington-9	Clayton Valley
Jennifer Osteen-12	Clayton Valley
Louse Indrise-10	Clayton Valley

NORTHERN SECTION (1)

Louann Vitellaro-11	Anderson
Stacy Peterson-10	Anderson
Candi Andrews-10	Anderson
Hannah Jones-9	Anderson
Jenny Burke-11	Anderson
Crystal White-10	Anderson
Mary Gutierrez-9	Anderson

SAC-JOQUIN SECTION (2)

Allison Millhollen-10	Del Oro
Shavona Chamberlain-11	Del Oro
Susanne Andreatti-11	Del Oro
Lisa Starkey-11	Del Oro
Erin Tenhuizen-10	Del Oro
Karen Coats-11	Del Oro
Nancy Knichel-12	Del Oro
Lucy Schmauch-10	Placer
Cecilia Lathe-10	Placer
Lindsay Hyatt-9	Placer
Kristin Murray-10	Placer
Melinda Fuller-9	Placer
Liza Clark-9	Placer
Kim Cook-9	Placer

SAN DIEGO SECTION (2)

Shelby Stanger-10	La Jolla
Shannon O'Connor-11	La Jolla
Clodagh Rafferty-12	La Jolla
Leah Walkey-12	La Jolla
Michelle O'Connor-12	La Jolla
Kara Dose-12	La Jolla
Morgan Romine-9	La Jolla
Lindsay Weinberg-9	La Jolla
Amy Marcus-10	La Jolla
Jaymie Harper-11	Santana
Kim Pace-9	Santana
Kristi O'Grady-12	Santana
Kerie O'Grady-10	Santana
Milinda Benitez-11	Santana
Jessica Hawn-9	Santana
September McHugh-12	Santana

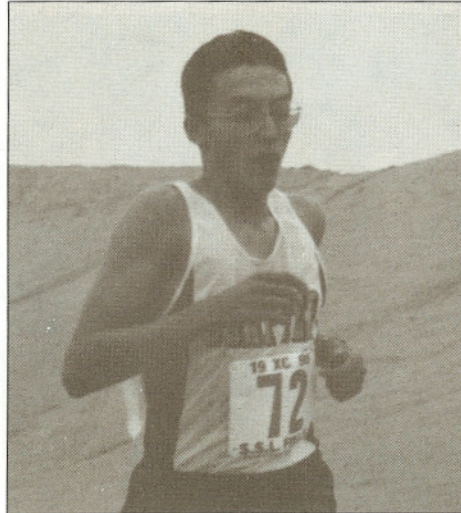
SOUTHERN (4)

Jessica Dahlberg-10	El Modena
Leslie Burton-10	El Modena
Katie Kennedy-11	El Modena
Karyn Booth-10	El Modena
Heidi Bogue-11	El Modena
Heidi Bogue-11	El Modena
Kaylee Whitfield-12	El Modena
Kim Lacher-10	El Modena
Alicia McFall-9	Newport Harbor
Tahnee Thiel-12	Newport Harbor
Jamie Swarburg-10	Newport Harbor
Molly Melum-12	Newport Harbor
Colleen Eadle-11	Newport Harbor
Meghann Allard-10	Newport Harbor
Autumn Pua-11	Newport Harbor
Elaine Canchola-10	Nordhoff
Tarrah Cahpin-11	Nordhoff
Bridie Hatch-11	Nordhoff
Beth Zacher-12	Nordhoff
Yadi Ramirez-11	Nordhoff
Rita Tallakson-9	Nordhoff

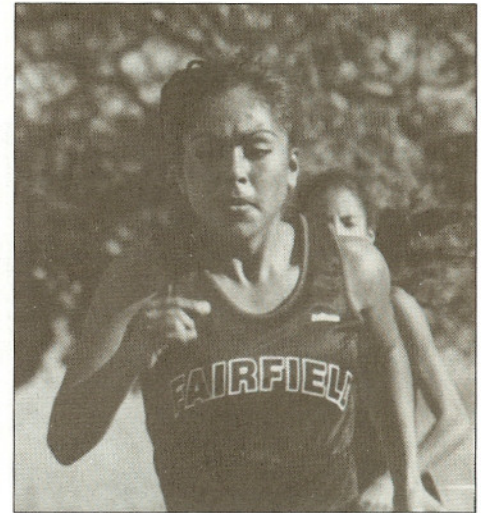
1995 CIF ARCO am/pm Competitors and Team Listings



Shaluinn Fullove
Louisville High (5th Div. IV)



Alex Gomez
Shafter High



Susana Ochoa
Fairfield High

Laurel Westbrook-10	Nordhoff
Shelby Horgan-11	Temescal Canyon
Sunny Shaffer-11	Temescal Canyon
Sarah Haradon-11	Temescal Canyon
Kristina Muller-11	Temescal Canyon
Kelly Allen-12	Temescal Canyon
Michele Pryor-12	Temescal Canyon

DIVISION III - BOYS TEAMS

NAME (Last, First, Grade) SCHOOL

CENTRAL SECTION (2)	
Jorge Rebollo-11	Mendota
Ramiro Arias-11	Mendota
Hugo Ochoa-11	Mendota
Michael Aviles-12	Mendota
Rogelio Oliva-12	Mendota
Carlos Balderas-10	Mendota
Ricardo Navarro-11	Mendota
Alex Gomez-11	Shafter
Mat Neufeld-10	Shafter
Nathan Lewis-11	Shafter
Jordan Lewis-9	Shafter
Nathan Pepper-10	Shafter
Melvin Cross-11	Shafter
Aaron Meyer-12	Shafter

CENTRAL COAST SECTION (2)

John Collin-12	St. Francis, Mt. View
Mike Cheung-11	St. Francis, Mt. View
Kevin Sullivan-11	St. Francis, Mt. View
Brian Foster-12	St. Francis, Mt. View
Anthony Culanan-11	St. Francis, Mt. View
Dan Woodhead-11	St. Francis, Mt. View
Adam Tucker-10	St. Francis, Mt. View
Paul Wellman-12	St. Ignatius
Brendan Fitzgibbon-11	St. Ignatius
Brad Hansen-11	St. Ignatius
Ben Brandin-12	St. Ignatius
Derek Drummond-11	St. Ignatius
Gus Cano-12	St. Ignatius
Matt Chen-10	St. Ignatius

NORTH COAST SECTION (2)

Mike Wojciechowski-12	Clayton Valley
Luke Leininger-12	Clayton Valley
Justin Carter-11	Clayton Valley
Adam Bowman-11	Clayton Valley
Ducan Henry-12	Clayton Valley
Andy Hall-11	Clayton Valley
Darren Brown-11	Clayton Valley
Michell Jones-12	Livermore
Joe Smith-12	Livermore
Nathan Martin-10	Livermore
Tom Ricard-11	Livermore
Brian Eimeri-12	Livermore
Kevin Boercker-11	Livermore
Victor Alm-12	Livermore

SAC-JOQUIN SECTION (2)

Dan D'Ottavio-12	Placer
Ian Ulmer-10	Placer

Barrett Christensen-12	Placer
Carl Brumm-10	Placer
Jason Scantlebury-12	Placer
Chris Ferreira-12	Placer
Jason Hart-11	Sonora
Tom Hurst-12	Sonora
Joe Wolfe-12	Sonora
Garett Anderson-9	Sonora
David Ward-12	Sonora
Forest Stearns-12	Sonora
Caleb Emmons-12	Sonora

SAN DIEGO SECTION (2)

Dustin Diaz-10	West Hills
Chris Nagao-11	West Hills
Donald Overland-McK-10	West Hills
Paul Saccone-9	West Hills
Matt Rendina-9	West Hills
Tom Corbin-11	West Hills
Matt Stuart-12	West Hills
Alexis Rendina-12	West Hills
Ari Perlin-12	La Jolla
Tedd Padgett-12	La Jolla
Michael McNulty-12	La Jolla
Kevin Davis-12	La Jolla
David Dunbar-10	La Jolla
Mark Anderson-11	La Jolla

SOUTHERN (4)

Andrew Gwin-12	Corona del Mar
Jason Rogers-11	Corona del Mar
Mike McGuire-12	Corona del Mar
Tyler Beardslee-11	Corona del Mar
Brian Coombe-10	Corona del Mar
Richard Hossfield-11	Corona del Mar
Patrick Russell-11	Corona del Mar
Tim Allen-11	El Modena
Ryan Murrietta-12	El Modena
Ben Handler-11	El Modena
Matt Gonzales-12	El Modena
David Manell-11	El Modena
Gabe Mejia-9	El Modena
Kevin Koeper-12	St. Francis La Canada
Andrew VanOrden-12	St. Francis La Canada
Steve Garcia-11	St. Francis La Canada
Pat Jaquez-11	St. Francis La Canada
Scott Bergen-12	St. Francis La Canada
David Phillips-9	St. Francis La Canada
Chris Lee-11	St. Francis La Canada
Adam Dutler-9	Nordhoff
Chris Wilde-10	Nordhoff
Will Bernaldo-12	Nordhoff
Victor Ochoa-10	Nordhoff
Dusty Herman-10	Nordhoff
Omar Vega-12	Nordhoff
Mson Moore-12	Nordhoff

DIVISION IV - GIRLS TEAMS

NAME (Last, First, Grade) SCHOOL

CENTRAL SECTION (2)	
Laura Davis-9	McFarland
Nancy Lopez-9	McFarland
Fatima Arias-10	McFarland
Iris Silva-10	McFarland
Tanya Gonzalez-11	McFarland
Cristina Sanchez-11	McFarland
Laura Leal-12	McFarland
Tracy Bowling-11	Union-Taft
Niki Salcido-11	Union-Taft
Jessica Hackler-10	Union-Taft
Lisa Eggleston-9	Union-Taft
Laura Bryan-10	Union-Taft
Monica Rodriguez-10	Union-Taft
Melissa Brown-10	Union Taft

CENTRAL COAST SECTION (2)

Anna Schecter-10	Half Moon Bay
Claire Abe-10	Half Moon Bay
Kim O'Brien-12	Half Moon Bay
Clarissa Lynn-9	Half Moon Bay
Jenn Tuff-11	Half Moon Bay
Julie Stefan-10	Half Moon Bay
Amy Keeney-12	Half Moon Bay
Erin Miller-11	R.L. Stevenson
Jessica Morris-9	R.L. Stevenson
Nao Hattori-12	R.L. Stevenson
Zena Herman-9	R.L. Stevenson
Tegan Firth-12	R.L. Stevenson
Dania Akkad-10	R.L. Stevenson
Mer Ronan-9	R.L. Stevenson

NORTH COAST SECTION (2)

Katy Berkes-10	Campolindo
Lissa DeFries-12	Campolindo
Megan Wherritt-10	Campolindo
Michelle Martin-11	Campolindo
Alayna Smith-12	Campolindo
Ujwala Bhende-12	Campolindo
Alycia Black-10	Campolindo
Linda Bader-9	University SF
Amanda Tomei-12	University SF
Kira Morser-9	University SF
Zoe Kretzschmar-11	University SF
Hope Lewis-11	University SF
Melissa Zimmerman-9	University SF
Catherine Kealhofer-9	University SF

NORTHERN SECTION (2)

Jenee Erickson-9	West Valley
Karen Baldwin-12	West Valley
Sarah Joseph-9	West Valley
Stacy Haffner-12	West Valley
April Jackson-10	West Valley
Hilaree Haston-10	West Valley
Aubree Wilson-10	West Valley
Abbey Cortright-9	Yreka
Nicole Curran-12	Yreka
Cindy Ham-11	Yreka

1995 CIF ARCO am/pm Competitors and Team Listings



Oasii Lucero, Susan Chou,
Jennifer Akana, Lowell High



Jon Stevens
Mission San Jose High

Jennie Lockwood-11 Yreka
Erica Ellingson-10 Yreka
Debbie Folz-10 Yreka
Jamie Anderson-12 Yreka

SAC-JOQUIN SECTION (2)

Lisa Ecoles-10 Bret Harte
Nichole Warring-10 Bret Harte
Crissie Jones-9 Bret Harte
Aimee Lowry-12 Bret Harte
Cassie Martinez-10 Bret Harte
Fabienne Serriere-12 Bret Harte
Lisa Hieh-10 Bret Harte
Julie Glide-11 Dixon
Jezabel Corona-9 Dixon
Erin McNehey-9 Dixon
Melissa Ferguson-9 Dixon
Maggie Lyndholm-12 Dixon
Nicole Haney-11 Dixon
Katy Edson-11 Dixon

SAN DIEGO SECTION (2)

Marissa Hurwitz-12 Bishop's La Jolla
Andrea Herschman-12 Bishop's La Jolla
Mary-Beth Muchmore-12 Bishop's La Jolla
Heather Ray-10 Bishop's La Jolla
Jenny Evans-11 Bishop's La Jolla
Alison Gordon-10 Bishop's La Jolla
Melissa Alioto-11 Bishop's La Jolla
Jessica Lunt-11 Coronado
Barbra Chakos-9 Coronado
Christine Hansen-9 Coronado
Toni Barraza-10 Coronado
Kirstin Neil-11 Coronado
Beth Jay-9 Coronado
Bridged Ryan-11 Coronado

SOUTHERN (4)

Carolyn McCoppin-12 Flintridge Sacred Heart
Andrea Lofthouse-9 Flintridge Sacred Heart
Alison Abbey-10 Flintridge Sacred Heart
Melissa MacPherson-10 Flintridge Sacred Heart
Lani Valle-10 Flintridge Sacred Heart
Dana Bridges-10 Flintridge Sacred Heart
Francis McCoppin-11 Flintridge Sacred Heart
Shaluinn Fullove-12 Louisville
Ashley Caro-12 Louisville
Kelly Harrington-10 Louisville
Erin Spaulding-10 Louisville
Jennifer Villar-9 Louisville
Peggy Johnson-10 Louisville
Lauren Ianrio-11 Louisville
Samantha Michei-9 Morro Bay
Brittany App-11 Morro Bay
Tina Gedney-10 Morro Bay
Courtney Fairbanks-9 Morro Bay
Katy Yurcheshen-12 Morro Bay
Sophia Rupp-12 Morro Bay
Lindsay Maino-9 Morro Bay
Kristin Grincy-11 Orange Lutheran
Katie Peters-11 Orange Lutheran
Rebecca McIntosh-10 Orange Lutheran
Tiffany Poncy-9 Orange Lutheran

Elizabeth Rogers-10 Orange Lutheran
Maryjo DeJesus-12 Orange Lutheran
Krista Conboy-9 Orange Lutheran

DIVISION IV - BOYS TEAMS

NAME (Last, First, Grade) SCHOOL

CENTRAL SECTION (2)

Jose Vesasco-9 McFarland
Jose Arambula-10 McFarland
Rudy Ballardo-10 McFarland
Jose Perezchica-10 McFarland
Rudy Cavazos-11 McFarland
Joel Lopez-11 McFarland
Gerardo Soto-12 McFarland
Micah Fuson-12 Union-Taft
Todd Jordan-12 Union-Taft
Travis White-11 Union-Taft
Ryan Dyer-10 Union-Taft
Travis Kenney-10 Union-Taft
Jeff Hampton-9 Union-Taft
Matt Hessler-9 Union-Taft

CENTRAL COAST SECTION (2)

Frank Palacios-12 Palma
Aaron Thornton-12 Palma
Ryan Drobnick-11 Palma
Bryan Villegas-10 Palma
Rob Bindel-11 Palma
T.J. McCall-11 Palma
Toby Hoffpauir-11 Palma
Elijah Bilotta-11 The York School
J.C. Calzetta-10 The York School
Leif Bright-10 The York School
Adam Perez-10 The York School
Donabiano Ochoa-10 The York School
Michael Lambert-11 The York School
Nathan Foley-Mendel-11 The York School

NORTH COAST SECTION (2)

Ryan Mattonen-10 Campolindo
Dave Carlson-11 Campolindo
Todd Stup-12 Campolindo
Matt Wise-10 Campolindo
Hari Vasu-Devan-10 Campolindo
Jason Burge-10 Campolindo
Dave Keller-11 Campolindo
Carl Moren-10 Piedmont
Keith Trimble-12 Piedmont
Andy Malick-12 Piedmont
Bryan Sampson-10 Piedmont
Greg Kunkel-12 Piedmont
Jed Johnson-11 Piedmont
David Hobstetter-12 Piedmont

NORTHERN SECTION (2)

David Braund-11 West Valley
Michael Doll-11 West Valley
Paul Carr-10 West Valley
Colby Phillips-10 West Valley
Richard Beck-10 West Valley
Cody Reinhardt-12 West Valley

Ryan Jackson-12 West Valley
Aaron Gillen-12 Yreka
Josh Omarheim-9 Yreka
Tom Ham-9 Yreka
Justin Gillen-9 Yreka
Shawn Dunning-12 Yreka
John Rossiter-12 Yreka
Wyatt Dressler-9 Yreka

SAC-JOQUIN SECTION (2)

Will Bogdanoff-12 Bret Harte
Joe White-12 Bret Harte
Nick Smith-10 Bret Harte
Silas Graves-12 Bret Harte
Tim Harrington-10 Bret Harte
Shane DeBaun-12 Bret Harte
Gus Aiton-12 Bret Harte
Roberto Guerrero-10 Sierra
Eric Steele-11 Sierra
David Ulibarri-9 Sierra
Josh Ferguson-10 Sierra
Daniel Garcia-9 Sierra
Chris Gikas-10 Sierra
Adam Plain-10 Sierra

SAN DIEGO SECTION (2)

Derrick Davis-12 Clairemont
Nathan Garcia-12 Clairemont
Nate Roberts-11 Clairemont
Jose Padilla-10 Clairemont
Jose Jimenez-10 Clairemont
Michael LoForti-10 Clairemont
Forrest Sedgewick-12 Clairemont
Cheyne Jones-11 Coronado
Trevor Clarke-12 Coronado
Jason Talbott-12 Coronado
Eric Bauer-12 Coronado
Ryan Boney-12 Coronado
Bryan Hoffman-12 Coronado
Drew Koorey-10 Coronado

SOUTHERN (4)

Martin Arrendondo-11 Fillmore
Ramon Barragan-12 Fillmore
Martin Curiel-12 Fillmore
Efrain Garcia-11 Fillmore
Raul Hernandez-10 Fillmore
Hector Lizarraga-11 Fillmore
Jose Meza-10 Fillmore
David Robison-12 Flintridge
Darren Frost-12 Flintridge
Scott Crumrine-12 Flintridge
Doug Hall-10 Flintridge
Damien Schultz-11 Flintridge
George Tamara-12 Flintridge
Viken Tachdjian-11 Flintridge
Isiaiah Festa-10 Morro Bay
T.W. Burchmore-12 Morro Bay
Rico Gomez-12 Morro Bay
Matt Epperheimer-9 Morro Bay
Seamus Perry-9 Morro Bay
Dan Heimeil-11 Morro Bay
Nathan Wilson-10 Morro Bay
Bobby Armstrong-10 Oak Park
Marc Clemanoff-10 Oak Park
Aaron Reigher-12 Oak Park
Morgan Harrelson-11 Oak Park
Steve Martin-10 Oak Park
Andrew Mutz-11 Oak Park
Josh Rattay-11 Oak Park



1995 CIF ARCO am/pm State Cross Country Honor Coaches

Honor Coaches are selected by the Cross Country Coaches Alliance and are honored for their contributions to the sport.



Roberta Chisam
St. Francis High

The cross country coach at St. Francis High in Mountain View since 1986, Chisam graduated with a degree in Kinesiology from UCLA in 1978. During her nine years at St. Francis, Chisam's teams have placed in the top four of the CIF Central Coast Section in all but her first season. Twice her teams have won DeAnza League Championships. Prior to coming to St. Francis, Chisam coached for the UCLA women's track team, which were NCAA champs in 1982-83.



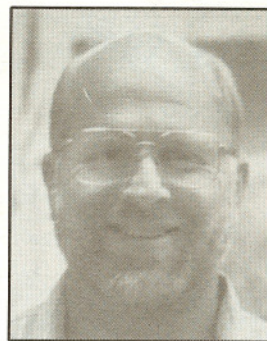
Tracie Frandsen
Piedmont Hills High

Frandsen began coaching cross country at Piedmont Hills High School in 1984, where she still remains both the boys' and girls' coach. Her 1988 girls' team won the Mt. Hamilton Athletic League title and her boys' and girls' team won the 1994 Santa Teresa League Championships, with the girls' team finishing fifth in the CIF Central Coast meet. In addition to cross country, Frandsen has taught girls' volleyball (1976-78), girls' swimming (1979-85) and boys' swimming (1983-95).



John Morton
Anderson High

John Morton has taught and coached at Anderson High since 1986. In his 10 years as head coach, his girls' cross country teams have won three NAL League titles and three CIF Northern Section titles. In 1990, the Lady Cubs raced to a third place finish in Division III at the state championships. In 1993, Morton was the Northern Section's Honor Coach for Track and Field. Morton motivates his harriers to set goals with their minds and use their hearts to follow them through.



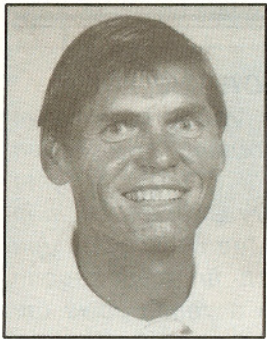
Chris Gulbrandsen
Pleasant Valley High

In his seven seasons coaching the girls' cross country team at Pleasant Valley High School, Gulbrandsen's teams have captured two league titles and one CIF Northern Section crown in 1995. Gulbrandsen doesn't measure the success of his program in championships, but rather in creating a positive image for the sport in the community. He hopes his athletes take the same approach to the sport.



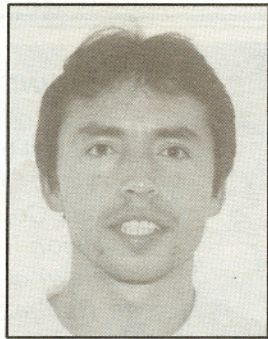
Jim Clendaniel
Yucaipa High

Dominating could describe Yucaipa's cross country teams under the guidance of Clendaniel. During his 13 seasons as head cross country coach, Clendaniel's girls' and boys' teams have compiled a 97-8 overall dual meet record. His girls' teams have been runnerup in the state finals twice (1992-94), have won 10 league titles and one CIF Southern Section crown. His boys' teams have won five titles in his six seasons at the helm. In addition, his girls' were twice CIF Academic Champs.



Ken Reeves
Nordhoff Ojai High

In his 11 seasons of coaching, Reeves success in terms of state titles is unequalled. His boys' teams have garnered three CIF ARCO am/pm State Championships (1991-92, 1994), while his girls' teams have also won three state crowns (1990-91). Reeves has served as a lecturer for the AAF/CIF Cross Country Coaching program and is the author of the "Student Athlete Guide to Cross Country."



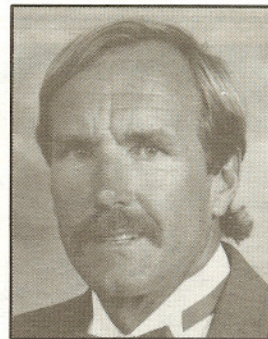
Alejandro Carmona
Belmont High

During his eight years at Belmont High, Carmona has led his girls' team to five straight CIF Los Angeles City Section titles (1989-93), while his boys' have garnered three titles (1990-93). Equally impressive is the boys' and girls' combined dual meet record of 288-2. Carmona was honored with the Outstanding Teacher's Award at Belmont High in 1992. He is a representative on the cross country coaches poll.



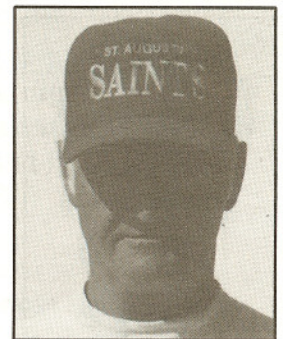
Janice Kelley
Hemet High

Kelley has been the head cross country coach for the boys' and girls' programs at Hemet High for the past eight years. Her teams have combined for eight league championships and a 133-43 dual meet record. Last year, her boys' team placed eighth at the state finals. Kelley is an instructor for the AAF/CIF clinics and has also served as an instructor at the Cal Poly physical education workshops.



Ian Cumming
Bonita Vista High

A 20-year cross country coach veteran, Cumming guides both the boys' and girls' teams at Bonita Vista High. While at Hilltop High, his boys' teams captured two CIF San Diego Section titles (1981-84). His girls' teams at Bonita Vista have won the last two league crowns. Cumming has helped design many cross country courses and has been the meet director for his Section meet three times.

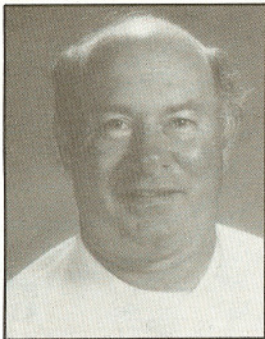


Jerry Downey
St. Augustine H.S.

Downey received perhaps his biggest honor in 30 years of coaching last season when he was selected as National Coach of the Year by the National Federation. He guided his boys' team at Central High in Montana to a state title in 1968. In 1992, his St. Augustine High boys' won the CIF San Diego Section title and have seven league crowns. Downey founded the cross country program at three different schools.

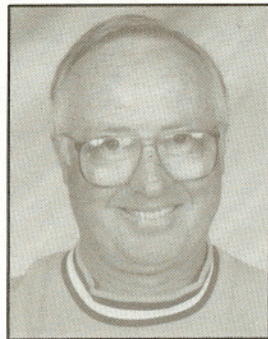
1995 CIF ARCO am/pm State Cross Country Honor Coaches

Honor Coaches are selected by the Cross Country Coaches Alliance and are honored for their contributions to the sport.



Marc Christensen
McAteer High

Christensen has been coaching cross country for the past 12 years and track and field for the past 26 years. His 1994 boys' varsity team won the CIF San Francisco Section Championship, with his three runners all breaking the Section course record. He has coached the past three individual champions in boys' varsity Section championships. He has also had 32 individuals from McAteer participate in the state cross country championships since its inception in 1987.



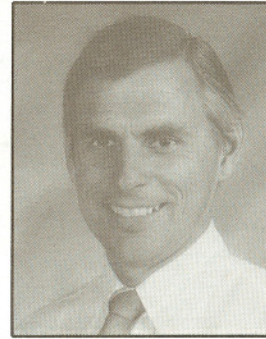
Robert Des Meules
Lincoln High

A highly honored and respected coach, Des Meules has 32 years of coaching service to his credit. His girls' cross country teams have won two CIF San Francisco Section titles (1992-93), and his soccer and swimming teams have also won Section championships. Des Meules was selected as San Francisco's Teacher of the Year in 1994 and belongs to Sacred Heart High School's Hall of Fame in the sport of baseball.



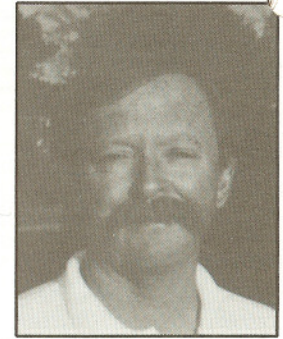
Dean Balzarett
James Monroe High

A 31-year coaching veteran, Balzarett has guided his boys' cross country team to 10 league championships, one CIF Los Angeles City Section title and an impressive 142-52 dual meet record. The 1973 season was one of his most successful as Monroe High won the Section title in cross country and Balzarett was selected as an Honor Coach in track and field representing the CIF Los Angeles City Section.



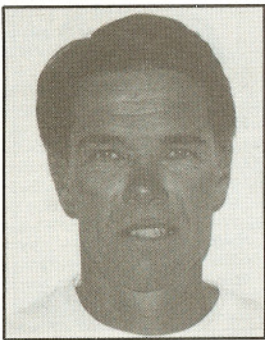
Larry Lung
Golden West High

Lung is very involved in both cross country and track and field. In addition to coaching cross country for the past 23 years, Lung is the meet director for the Golden West Invitational, past-president of the Central California USA Track and Field and the present secretary for that organization. Lung has guided his girls' cross country team to four league titles including the past two (1994-95). He coached at Corcoran High School from 1981-86 and at Golden West since 1994.



Pat La Fortune
Cardinal Newman High

With 16 years of coaching under his belt, La Fortune knows what it takes to succeed in cross country. His girls' teams have garnered five league titles, including the past four, and one CIF North Coast Section championship (1993). More importantly, La Fortune stresses participation and getting involved in the sport. In addition to cross country, La Fortune has coached football, baseball and track and field. He was Cardinal Newman's Teacher of the Year in 1983.



Mike Larsen
Will C. Wood High

An active member of the CIF Sac-Joaquin Section cross country committee for the past 21 years, Larsen has a rich coaching history at Will C. Wood High School in Vacaville. His boys' and girls' team have combined for 25 Monticello Empire League titles, while his girls' have won two section titles (1987-88) and the boys' one (1987). His 1987 boys' team won the NorCal finals.



Clayton Valley L-R:
Jenny Codinton,
Julie Leininger,
Deborah Osteen,
Louise Indrisie,
Jennifer Osteen,
Heather Wallace and Kelly Howisey.

GUNNING FOR THE TOP -
The Clayton Valley girls' team (left) will be looking for a second straight CIF ARCO am/pm State Cross Country Championship in Division III. Meanwhile, Yucaipa (below) which finished second to Buchanan a year ago is the favorite in the Division II girls' competition and the top-ranked team in Division II.



Yucaipa L-R top: Christin Ray, Mindy Brown, Serena Meyer, Hillary Carlson (bottom): Vickie Whiteside, Kimi Welsh, Sabrina Maizland.

THE CIF VISION

Through participation in athletic centered interscholastic activities, the high school students of California will develop values, attitudes and skills for personal growth and for the benefit of our diverse society.

For our athletes, CIF is about:

- Competition
- Integrity
- Fairness



THE CIF MISSION

The CIF, in its commitment to educating our youth for a better tomorrow, will work in partnership with the entire community to assure equity and provide services, opportunities and leadership necessary to establish and maintain quality high school athletic programs.



LONG RANGE GOALS

- Promote the economic viability of high school athletics
- Govern the CIF in a manner which is responsive to the needs of its constituents.
- Establish ongoing communication with agencies, organizations, and political entities whose functions and interests interface with CIF.
- Promote an awareness and understanding of health and safety issues facing high school athletics.

CIF ARCO am/pm State Cross Country

All-Time Top Times

Boys Top All-Time Team

Scores - Division I

1. Thousand Oaks (1993)	23
2. Thousand Oaks (1994)	38
3. Camarillo (1989)	39
4. Arroyo (1987)	41
5. Hart (1991)	43

Girls Top All-Time Team

Scores - Division I

1. Agoura (1991)	41
Agoura (1990)	41
2. Palos Verdes (1989)	65
Palos Verdes (1988)	65
5. Peninsula (1991)	67

Boys All-Time Top Times

Individual - Division I

1. 14:45 - Dameworth (Agoura '89)
2. 14:47 - Quintana (Arr. Grande '90)
3. 14:59 - Quintana (Arr. Grande '89)
4. 15:02 - Keflezig (San Diego '93)
5. 15:032 - Dameworth (Agoura '88)
6. 15:03 - Casillas (Hoover '92)
7. 15:04 - Hartman (Canyon '90)
15:04 - Williamson (Thous. Oaks '88)
9. 15:05 - Rodriguez (S. Ana Vall. '88)
10. 15:06 - Martinez (San Gabriel '91)

Girls All-Time Top Times

Individual - Division I

1. 17:06 - Stamps (Santa Rosa '94)
2. 17:13 - Glusac (Fallbrook '91)
3. 17:14 - Glusac (Fallbrook '92)
4. 17:27 - Drossin (Agoura '89)
5. 17:29 - Drossin (Agoura '90)
6. 17:33 - Spies (Livermore '89)
7. 17:35 - Drossin (Agoura '87)
8. 17:42 - Jorgensen (R. Buena Vista '88)
17:42 - Skieresz (Agoura '92)
10. 17:43 - Cervantes (Montebello '87)

Boys Top All-Time Team

Scores - Division II

1. Walnut (1987)	40
2. Jesuit (1989)	61
3. Corona del Mar (1987)	63
4. San Pasqual (1990)	64
5. Jesuit Carmichael (1993)	70

Girls Top All-Time Team

Scores - Division II

1. San Pasqual (1990)	38
2. Oceanview (1992)	52
Edison (1991)	52
4. San Pasqual (1991)	55
5. Newport Harbor (1988)	75

Boys All-Time Top Times

Individual - Division II

1. 15:06 - Farley (Jesuit Carmichael '93)
2. 15:08 - Dan Neves (Helix '91)
3. 15:09 - Elizando (Mission Bay '93)
4. 15:13 - Ryan Wilson (Agoura '92)
5. 15:15 - Hempel (Walnut '88)
6. 15:16 - Wilson (Agoura '91)
7. 15:19 - Berkowitz (Hayward '89)
8. 15:20 - Brewer (North Bakersfield '92)
15:20 - Welsh (Jesuit '88)
10. 15:22.1 - Hempel (Walnut '87)

Girls All-Time Top Times

Individual - Division II

1. 17:28 - Taylor (Edison '91)
17:28 - Rothman (Westlake '90)
3. 17:34 - Jorgensen (R. Buena Vista '87)
4. 17:46 - Taylor (Edison '90)
5. 17:48 - Hecox (South Hills '87)
6. 17:54 - Glusac (Fallbrook '90)
7. 18:01 - Riley (Campolindo '89)
18:01 - Hecox (South Hills '88)
18:01 - Gorbet (Lassen '87)
10. 18:04 - Garritson (Buena Park '93)

Boys Top All-Time Team

Scores - Division III

1. Sherman Indian (1988)	58
2. Laguna Beach (1989)	65
3. Nordhoff Ojai (1994)	69
4. San Marino (1990)	77
5. Newport Harbor New. Bch (1992) 89	

Girls Top All-Time Team

Scores - Division III

1. La Jolla (1990)	31
2. Bret Harte (1988)	54
3. Clayton Valley, Concord (1994)	65
4. Corona del Mar New. Bch. (1992)	66
5. Maranatha (1987)	72

Boys All-Time Top Times

Individual - Division III

1. 15:15 - Wilson (Newbury Park '91)
15:15 - Wilson (Newbury Park '90)
3. 15:22 - Hauser (St. Augustine '93)
4. 15:25 - Jones (Livermore '94)
5. 15:26 - Menon (San Luis Obispo '90)
6. 15:29 - Gibbs (Rubidoux Riverside '93)
15:29 - Williams (River City '87)
8. 15:32 - Ramirez (Nordhoff Ojai '94)
9. 15:33 - Hamer (Covina '91)
15:33 - Holman (Sonora '94)

Girls All-Time Top Times

Individual - Division III

1. 17:51 - McCandless (Castilleja '87)
2. 18:01 - Garritson (Rim of World '90)
18:01 - H. Garritson (Buena Park '94)
4. 18:02 - Marzell (Bishop O'Dowd '92)
5. 18:07 - Canchola (Nordhoff Ojai '94)
6. 18:12 - Torrens (St. Francis Mt. View '92)
7. 18:17 - Thayer (Serrano '87)
8. 18:18 - Clarke (Corona del Mar '94)
9. 18:21 - Spies (Livermore '90)
10. 18:22 - Lambert (Northgate '94)

Boys Top All-Time Team

Scores - Division IV*

1. McFarland (1993)	61
2. McFarland (1994)	62
3. Morro Bay (1994)	62
4. McFarland (1992)	63
Morro Bay (1993)	63

Girls Top All-Time Team

Scores - Division IV*

1. Lassen (1992)	71
2. Nordhoff (1991)	72
Central Valley (1994)	72
4. Nordhoff (1992)	73
5. Nordhoff (1990)	77

Boys All-Time Top Times

Individual - Division IV*

1. 15:30 - Gonzalez (McFarland '93)
2. 15:31 - Brown (Piedmont '93)
15:31 - Gonzales (McFarland '94)
4. 15:35 - Katri (Fortuna '91)
5. 15:37 - Rhoan (Sierra '94)
6. 15:41 - Singleton (Bret Harte '90)
7. 15:43 - Arnold (York '91)
15:43 - Barajas (Fillmore '90)
9. 15:46 - Boulet (Drake '90)
10. 15:47 - Mitchell (Morro Bay '93)
15:47 - Mitchell (Morro Bay '94)

Girls All-Time Top Times

Individual - Division IV*

1. 17:47 - Aparicio (Fillmore '91)
2. 18:05 - Lacovara (Morro Bay '90)
3. 18:11 - Aparicio (Fillmore '90)
4. 18:12 - Bockel (Nordhoff '92)
5. 18:15 - Zwagerman (Tamalpais '90)
6. 18:24 - Webb (Bear River '92)
7. 18:41 - Shaw (Fillmore '91)
8. 18:43 - Diulio (Anderson '90)
9. 18:44 - Shaw (Fillmore '90)
10. 18:49 - Aparicio (Fillmore '92)

* Division IV established in 1990.

MOST STATE CHAMPIONSHIPS (BOYS)

4 McFarland 1987 Division III; 1992-94 Division IV
3 Hart 1990-92 Division I
3 Jesuit Carmichael 1989, 1993, 1994 Division II
3 Nordhoff Ojai 1991 Division IV; 1993-94 Division III
2 Thousand Oaks 1993-94 Division I

MOST STATE CHAMPIONSHIPS (GIRLS)

*3 Palos Verdes 1987-89 Division I
3 Agoura 1990-92 Division I
3 Newport Harbor, Newport Beach 1987-88 Div. II; 1991 Div. III
2 Bret Harte 1988-89 Division III
2 La Jolla 1989 Division II; 1990 Division III
2 Edison Huntington Beach 1991, 1993 Division II
2 Nordhoff, Ojai 1990-91 Division IV
2 Lassen 1992-93 Division IV

*Palos Verdes High combined with Rolling Hills and Miraleste High's to form Peninsula High after the 1990-91 school year.

MOST INDIVIDUAL STATE CHAMPIONSHIPS (BOYS)

3 Bryan Dameworth, Agoura 1987-89 Division I
2 Scott Hempel, Walnut 1987-88 Division II
2 Jeff Wilson, Newbury Park 1990-91 Division III
2 Galvin Gonzalez, McFarland 1993-94 Division IV
2 Jason Balkman, Lynbrook San Jose 1992 Division III, 1994 Div. I

MOST INDIVIDUAL STATE CHAMPIONSHIPS (GIRLS)

3 Deena Drossin, Agoura 1987, 1989-90 Division I
2 Milena Glusac, Fallbrook 1991-92 Division I
2 Kira Jorgensen, Rancho Buena Vista 1987 Div. II, 1988 Div. I
2 Amy Skieresz, Agoura 1993 Division I, 1994 Division II
2 Carrie Garritson, Rim of World '90 Div. III; Buena Park '93 Div. II
2 Kristen Schreiber, Miramonte Orinda 1993-94 Division IV

1987 CIF ARCO am/pm State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Division I

1. Arroyo	41
2. Dana Hills	115
3. Bellarmine	124
4. Camarillo	132
5. Palos Verdes	141

Girls Team Results - Division I

1. Palos Verdes	70
2. Agoura	91
3. Hesperia	112
4. Montebello	139
5. Arroyo Grande	174

Boys Individual Results - Division I

1. 15:12 - Bryan Dameworth (Agoura)
2. 15:13 - Goshu Tadese (Crawford)
3. 15:14 - Davis Scudamore (Palos Verdes)
4. 15:23 - Jamie Ortega (Arroyo)
5. 15:29 - Terrence Mahon (La Habra)
6. 15:29 - Jeff Gilkey (Arroyo)
7. 15:30 - Luis Quintana (Arroyo)
8. 15:30 - Francis O'Neill (San Pasqual)
9. 15:31 - Bobby Rodriguez (McLane)
10. 15:31 - Derrick Powers (Arroyo)

Girls Individual Results - Division I

1. 17:35 - Deena Drossin (Agoura)
2. 17:43 - Reyna Cervantes (Montebello)
3. 17:45 - Jennifer Ashe (Leland)
4. 17:45 - Nicole Robbins (Hesperia)
5. 17:51 - Robbyn Bryant (Hesperia)
6. 17:51 - Ashley Black (Palos Verdes)
7. 18:10 - Becky Spies (Livermore)
8. 18:11 - Jena Haggen Miller (Thous. Oaks)
9. 18:15 - Brigid Greyne (Riverside Poly)
10. 18:20 - Nicole Houle (Hesperia)

Boys Team Results - Division II

1. Walnut	40
2. Corona del Mar	63
3. Gunn	144
4. El Camino	161
5. Woodbridge	181

Girls Team Results - Division II

1. Newport Harbor	87
2. Woodbridge	106
3. Archbishop Mitty	120
4. South Hills	168
5. Nordhoff	175

Boys Individual Results - Division II

1. 15:22.1 - Scott Hempel (Walnut)
2. 15:29 - Ben Ayers (Christian Brothers)
3. 15:32 - Mike Glaze (Norte Dame)
4. 15:33 - Jim Geerlings (Newport Harbor)
5. 15:37 - Brett Mack (Carlmont)
6. 15:39 - Eddie Lavelle (Corona del Mar)
7. 15:41 - Richard Duran (Wasco)
8. 15:44 - Coby Polite (Walnut)
9. 15:48 - Gary Stolz (Miraleste)
10. 15:50 - Jim Robins (Corona del Mar)

Girls Individual Results - Division II

1. 17:34 - Kira Jorgensen (Rancho Buena Vista)
2. 17:48 - Karen Hecox (South Hills)
3. 18:01 - Tina Gorbet (Lassen)
4. 18:14 - Sandra Acosta (Walnut)
5. 18:44 - Kristi Bache (University, San Diego)
6. 18:46 - Cindy Mahaffey (Carlmont)
7. 18:47 - Karen Karcher (Ramon)
8. 19:02 - Suzanne Catruita (West Covina)
9. 19:06 - Stacy Pando (Newport Harbor)
10. 19:08 - Kolleen Kassis (St. Francis)

Boys Team Results - Division III

1. McFarland	99
2. Robert Louis Stevenson	145
3. Yreka	153
4. Salesian	163
5. Bear River	166

Girls Team Results - Division III

1. Maranatha	72
2. University	93
3. Coronado	118
4. St. Josephs	128
5. Bret Harte	163

Boys Individual Results - Division III

1. 15:29 - Reggie Williams (River City)
2. 15:44 - Scott Cole (Yosemite)
3. 15:57 - Brian Ochs (Million College)
4. 16:00 - Hector Ortiz (Orestimba)
5. 16:06 - Bob Baca (Bear River)
6. 16:07 - Ricky DeLeon (Moorpark)
7. 16:13 - Thomas Yalles (McFarland)
8. 16:26 - Dave Wester (Maranatha)
9. 16:29 - John Heiber (Serrano)
10. 16:30 - Ryan Coody (Village Christian)

Girls Individual Results - Division III

1. 17:51 - Katy McCandless (Castilleja)
2. 18:17 - Tanya Thayer (Serrano)
3. 18:29 - Shamen Dugger (Coronado)
4. 19:03 - Zita Hillinger (Serrano)
5. 19:04 - Evelyn Martino (St. Joseph)
6. 19:18 - Karen Talamantes (W. Christian Univ.)
7. 19:27 - Amy McConnell (University)
8. 19:29 - Rachel Lewis (Santa Catalina)
9. 19:30 - Brandi Waters (Bishop)
10. 19:33 - Nell Smith (University)

1988 CIF ARCO am/pm State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Division I

1. Dana Hills	91
2. Rowland	124
3. Poway	128
4. Camarillo	141
5. DeLaSalle	174

Girls Team Results - Division I

1. Palos Verdes	65
2. Agoura	108
3. San Pasqual	119
4. Montebello	155
5. Norco	158

Boys Individual Results - Division I

1. 15:032 - Bryan Dameworth (Agoura)
2. 15:04 - Mike Williamson (Thousand Oaks)
3. 15:05 - Jimmy Rodriguez (Santa Ana Valley)
4. 15:08 - Francis O'Neil (San Pasqual)
5. 15:21 - Mike Tansley (Dana Hills)
6. 15:22 - Todd Lewis (Burbank)
7. 15:25 - Dave Hartman (Canyon)
8. 15:26 - Martin Morales (Wilson)
9. 15:27 - Luis Quintano (Arroyo Grande)
10. 15:28 - Craig Lawson (Granada Hills)

Girls Individual Results - Division I

1. 17:42 - Kira Jorgensen (Rancho Buena Vista)
2. 17:50 - Rayna Cervantes (Montebello)
3. 17:55 - Deena Drossin (Agoura)
4. 18:03 - Ashley Black (Palos Verdes)
5. 18:18 - Beth Bartholomew (Fremont)
6. 18:20 - Nicole Robbins (Hesperia)
7. 18:25 - Jamie Park (Santa Barbara)
8. 18:28 - Shelley Taylor (Edison)
9. 18:37 - Chrissy Look (Nova)
10. 18:37 - Tanya Brix (University)

Boys Team Results - Division II

1. Corona del Mar	72
2. Jesuit	80
3. Walnut	99
4. South Pasadena	156
5. Piedmont	185

Girls Team Results - Division II

1. Newport Harbor	75
2. Yucaipa	112
3. Archbishop Mitty	146
4. Los Gatos	153
5. La Jolla	162

Boys Individual Results - Division II

1. 15:15 - Scott Hempel (Walnut)
2. 15:20 - David Welsh (Jesuit)
3. 15:24 - Ed Lavella (Corona del Mar)
4. 15:26 - Gary Stolz (Miraleste)
5. 15:323 - Matt Hempel (Walnut)
6. 15:39 - Steve Fison (Laguna Hills)
7. 15:40 - Eric Christopherson (Walnut)
8. 15:42 - Tony Castelton (La Puente)
9. 15:46 - Eli Ricca (Arcata)
10. 15:46 - Andy Bupp (Woodside)

Girls Individual Results - Division II

1. 18:01 - Karen Hecox (South Hills)
2. 18:17 - Tina Gorbet (Lassen)
3. 18:45 - Sandra Acosta (Walnut)
4. 18:48 - Becky Kopchik (Northgate)
5. 18:54 - Tanya Thayer (Serrano)
6. 18:58 - Barbi Sittman (Placer)
7. 19:00 - Jennie Dempsey (Analy)
8. 19:02 - Zita Hillinger (Serrano)
9. 19:03 - Stacey Pando (Newport Harbor)
10. 19:07 - Eva Belot (El Dorado)

Boys Team Results - Division III

1. Sherman Indian	58
2. Maranatha	103
3. Stevenson	130
4. Thacher	133
5. McFarland	133

Girls Team Results - Division III

1. Bret Harte	54
2. Maranatha	102
3. McFarland	121
4. San Francisco, Univ.	145
5. St. Joseph	152

Boys Individual Results - Division III

1. 16:00 - Matt Metzger (San Francisco, Univ.)
2. 16:07 - Oscar Perez (Pater Noster)
3. 16:15 - Oscar Montes (Maranatha)
4. 16:28 - Melvin Kenton (Sherman Indian)
5. 16:25 - Bob Bush (Inland Christian)
6. 16:28 - Verde Mevayaktewa (Sherman Indian)
7. 16:29 - Ryan Coody (Village Christian)
8. 16:35 - Jim Goode (Francis Parker)
9. 16:39 - Algine Talas (Sherman Indian)
10. 16:39 - Wes Smith (L.A. Baptist)

Girls Individual Results - Division III

1. 18:50 - Rachel Lewis (Santa Catalina)
2. 18:54 - Karen Talamantes (Western Christian)
3. 19:30 - Jean Harvey (Paraclete)
4. 19:34 - Amy McConnell, (San Francisco, Univ.)
5. 19:47 - Kami Gardner (College Prep)
6. 19:53 - Mary McKiernan (Lutheran, Orange)
7. 19:57 - Amy Davidson (Bret Harte)
8. 20:00 - Tanya Dooley (Bret Harte)
9. 20:01 - Jonette Vollmer (Ft. Bragg)
10. 20:04 - Tamara DeGroot (Central Valley Christ.)

1989 CIF ARCO *am/pm* State Cross Country Championship Results at Woodward Park, Fresno

Boys Team Results - Division I

1. Camarillo	39
2. DeLaSalle	97
3. Agoura	107
4. Madera	132
5. San Clemente	153

Girls Team Results - Division I

1. Palos Verdes	65
2. Agoura	75
3. San Pasqual	119
4. Mt. Carmel	121
5. Arroyo Grande	177

Boys Individual Results - Division I

1. 14:45 - Bryan Dameworth (Agoura)
2. 14:59 - Luis Quintana (Arroyo Grande)
3. 15:11 - Jeremy Seven (DeLaSalle)
4. 15:22 - Abe Valdez (Camarillo)
5. 15:26 - Dan Berkland (Canyon)
6. 15:28 - Dave Hartman (Canyon)
7. 15:30 - Obed Aguirre (San Fernando)
8. 15:30 - Israel Pose (Torrance)
9. 15:38 - Roman Rendon (Banning)
10. 15:38 - Javier Lozano (Helin)

Girls Individual Results - Division I

1. 17:27 - Deena Drossin (Agoura)
2. 17:33 - Becky Spies (Livermore)
3. 18:01 - Jeannie Rothman (Westlake)
4. 18:06 - Tanya Brix (University)
5. 18:24 - Beth Bartholomew (Fremont)
6. 18:25 - Suzanna Thrasher (Villa Park)
7. 18:30 - Shelley Taylor (Edison)
8. 18:30 - Maryann Martinez (Foothill)
9. 18:31 - Milena Glusac (Fallbrook)
10. 18:31 - Maria Solorio (Overfelt)

Boys Team Results - Division II

1. Jesuit	61
2. Norte Vista	155
3. Palo Alto	156
4. St. Anthony	168
5. South Pasadena	168

Girls Team Results - Division II

1. La Jolla	88
2. Mills	94
3. Corona del Mar	116
4. Nordhoff	123
5. Morro Bay	149

Boys Individual Results - Division II

1. 15:19 - Kevin Berkowitz (Hayward)
2. 15:31 - Mark Gonzales (La Habra)
3. 15:34 - Eric Taylor (Grant)
4. 15:39 - Paul Eley (Mills)
5. 15:43 - Paul Goodrich (Dos Pueblos)
6. 15:47 - Andy Bupp (Woodside)
7. 15:50 - Jason Atwood (Castro Valley)
8. 15:56 - Geoff Januquar (St. Anthony)
9. 15:58 - Jeremy Redding (Central Valley)
10. 16:01 - James Pendergraph (Norte Vista)

Girls Individual Results - Division II

1. 18:01 - Sarah Riley (Campolindo)
2. 18:15 - Neve Zwagerman (Tamalpais)
3. 18:18 - Karen Hecox (South Hills)
4. 18:33 - Tina Gorbet (Lassen)
5. 18:36 - Alva Dancel (Mills)
6. 18:44 - Milessa Ackerman (Castro Valley)
7. 18:46 - Maribella Aparicio (Fillmore)
8. 18:51 - Dascha Spellman (Nordhoff)
9. 18:56 - Jenny Lacovara (Morro Bay)
10. 18:56 - Sheila Aguilar (Norte Vista)

Boys Team Results - Division III

1. Laguna Beach	65
2. McFarland	127
3. Bret Harte	153
4. La Salle	155
5. Calvin Christian	179

Girls Team Results - Division III

1. Bret Harte	73
2. Maranatha	81
3. LA Baptist	102
4. Mary Mount	156
5. Paraclete	165

Boys Individual Results - Division III

1. 15:52 - Oscar Perez (Pater Noster)
2. 15:52 - David Soto (Christian)
3. 16:04 - Brian Singleton (Bret Harte)
4. 16:08 - Matt Metzger (University)
5. 16:11 - John Castner (Oak Park)
6. 16:12 - Jeff Arnold (York)
7. 16:14 - David Crain (Laguna Beach)
8. 16:14 - Johnny Samaniego (McFarland)
9. 16:19 - Melvin Kenton (Sherman Indian)
10. 16:28 - Algene Talas (Sherman Indian)

Girls Individual Results - Division III

1. 18:47 - Laura Hamady (The Urban)
2. 18:58 - Jean Harvey (Paraclete)
3. 19:24 - Frankie Rivera (Maranatha)
4. 19:30 - Amy Davidson (Bret Harte)
5. 19:31 - Viviana Reza (Coronado)
6. 19:47 - Debbie Lewis (Maranatha)
7. 20:01 - Jonette Vollmer (Fort Bragg)
8. 20:02 - Casey Leary (Katharine Branson)
9. 20:03 - Cedar Lindsley (Cate)
10. 20:03 - Nicki Clark (Marin Academy)

1990 CIF ARCO *am/pm* State Cross Country Championship Results at Woodward Park, Fresno

Boys Team Results - Div. I

1. Hart	58
2. Madera	113
3. Saddleback	123
4. Belmont	147
5. Channel Island	147

Boys Team Results - Div. II

1. San Pasqual	64
2. Camarillo	86
3. Helix	101
4. Agoura	115
5. Del Campo	128

Boys Team Results - Div. III

1. San Marino	77
2. La Jolla	129
3. St. Ignatius	135
4. Palos Verdes	149
5. Lemoore	154

Boys Team Results - Div. IV

1. Fillmore	90
2. Maranatha	98
3. Bret Harte	103
4. Morro Bay	109
5. St. Anthony	126

Girls Team Results - Div. I

1. Agoura	41
2. Mt. Carmel	68
3. Arroyo Grande	107
4. Irvine	123
5. Palos Verdes	124

Girls Team Results - Div. II

1. San Pasqual	38
2. Woodbridge	83
3. Westlake	107
4. Canyon	132
5. El Capitan	169

Girls Team Results - Div. III

1. La Jolla	31
2. Foothill	102
3. San Marino	108
4. Mills	111
5. St. Francis	126

Girls Team Results - Div. IV

1. Nordhoff	77
2. Morro Bay	79
3. Anderson	90
4. Piedmont	135
5. Orange	161

Boys Indiv. Results - Div. I

1. 14:47 - L. Quintana (Arroyo Grande)
2. 15:04 - D. Hartman (Canyon)
3. 15:37 - D. Niednagel (Dana Hills)
4. 15:40 - R. Arellan (Belmont)
5. 15:41 - S. Gonzales (Carson)
6. 15:44 - B. White (Antioch)
7. 15:45 - R. Rendon (Banning)
8. 15:48 - B. Dixon (Hart)
9. 15:51 - F. Madrigal (Madera)
10. 15:52 - S. Guerrini (Santa Rosa)

Boys Indiv. Results - Div. II

1. 15:25 R. Walker (San Pasqual)
2. 15:29 - T. Beyene (Newark Mem.)
3. 15:34 - T. Tressler (San Marcos)
4. 15:38 - D. Das Neves (Helix)
5. 15:41 - H. Hernandez (Mar Vista)
6. 15:41 - I. Pose (Torrance)
7. 15:42 - M. Love (Katella)
8. 15:48 - J. Zachary (DeLaSalle)
9. 15:49 - R. Wilson (Agoura)
10. 15:51 - M. Dilligan (Pt. Loma)

Boys Indiv. Results - Div. III

1. 15:15 - J. Wilson (Newbury Park)
2. 15:26 - J. Menon (San Luis Obispo)
3. 15:50 - D. Stoll (College Park)
4. 15:52 - R. Gauss (University, SD)
5. 15:53 - N. Johnson (Santa Cruz)
6. 15:55 - A. Jones (Livermore)
7. 15:56 - C. DeOvando (San Marino)
8. 15:56 - M. Douglas (Moreau)
9. 15:57 - M. McManus (St. Ignatius)
10. 15:58 - J. Saueressig (Yosemite)

Boys Indiv. Results - Div. IV

1. 15:41 - B. Singleton (Bret Harte)
2. 15:43 - J. Barajas (Fillmore)
3. 15:46 - R. Boulet (Drake)
4. 15:49 - A. Faubert (St. Anthony)
5. 15:50 - K. Rhoades (Colfax)
6. 15:50 - J.J. Catner (Oak Park)
7. 15:53 - J. Janquart (St. Anthony)
8. 15:54 - A. Fisher (Maranatha)
9. 15:59 - P. Morales (Washington)
10. 16:00 J. Brown (Bret Hart)

Girls Indiv. Results - Div. I

1. 17:29 - D. Drossin (Agoura)
2. 17:44 - V. Barajas (Channel Islands)
3. 18:08 - E. Sumi (Wilson, LB)
4. 18:14 - T. York (Agoura)
5. 18:31 - A. Orefice (Arroyo Grande)
6. 18:34 - K. Roda (Irvine)
7. 18:44 - M. Smith (Diamond Bar)
8. 18:47 - E. Greene (Turlock)
9. 18:47 - B. Barr (Arroyo Grande)
10. 18:48 - S. Scott (Mt. Carmel)

Girls Indiv. Results - Div. II

1. 17:28 - J. Rothman (Westlake)
2. 17:46 - S. Taylor (Edison)
3. 17:54 - M. Glusac (Fallbrook)
4. 18:07 - K. Nekota (Woodbridge)
5. 18:20 - K. Look (Shasta)
6. 18:38 - M. Pinto (Katella)
7. 18:43 - J. Graham (Westlake)
8. 18:43 - D. Hadley (San Pasqual)
9. 18:45 - M. Keim (San Pasqual)
10. 18:57 - L. Monson (Claremont)

Girls Indiv. Results - Div. III

1. 18:01 - C. Garrison (Rim of World)
2. 18:21 - B. Spies (Livermore)
3. 18:30 - K. Sweeney (Leigh)
4. 18:42 - M. Ferguson (La Jolla)
5. 18:48 - S. Riley (Campolindo)
6. 18:58 - A. Dalke (Bishop O'Dowd)
7. 18:58 - J. Schoene (La Jolla)
8. 18:59 - B. Kaiser (Seaside)
9. 19:01 - M. Hsu (San Marino)
10. 19:16 - A. Baldelli (St. Ignatius)

Girls Indiv. Results - Div. IV

1. 18:05 - J. Lacovara (Morro Bay)
2. 18:11 - M. Aparicio (Fillmore)
3. 18:15 - N. Zwagerman (Tamalpais)
4. 18:43 - A. Diulio (Anderson)
5. 18:44 - N. Shaw (Fillmore)
6. 18:49 - M. Martinez (Wood)
7. 18:53 - A. Webb (Bear River)
8. 19:00 - D. Spellman (Nordhoff)
9. 19:00 - J. Kendig (La Reina)
10. 19:01 - A. Parkinson (Orange Luth.)

1991 CIF ARCO *am/pm* State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Div. I

1. Hart	43
2. Peninsula	88
3. Madera	90
4. San Gabriel	123
5. Buena	141

Boys Team Results - Div. II

1. De La Salle	75
2. San Pasqual	83
3. Del Campo	95
4. Helix	125
5. El Camino	148

Boys Team Results - Div. III

1. Laguna Hills	91
2. San Marino	97
3. Corona Del Mar	113
4. St. Ignatius	135
5. Newbury Park	139

Boys Team Results - Div. IV

1. Nordhoff	78
2. Bell-Jeff	101
3. Yreka	129
4. Morro Bay	135
5. Oak Park	139

Girls Team Results - Div. I

1. Agoura	41
2. Peninsula	67
3. Mt. Carmel	114
4. Irvine	126
5. Arroyo Grande	135

Girls Team Results - Div. II

1. Edison	52
2. San Pasqual	55
3. El Capitan	136
4. Woodridge	151
5. Claremont	154

Girls Team Results - Div. III

1. Newport Harbor	96
2. Laguna Hills	109
3. San Marino	110
4. Aptos	137
5. Bishop O'Dowd	143

Girls Team Results - Div. IV

1. Nordhoff	72
2. Fillmore	79
3. Orange Lutheran	129
4. Yreka	141
5. Arcata	162

Boys Indiv. Results - Div. I

1. 15:06 - A. Martinez (San Gabriel)
2. 15:14 - M. Casillas (Hoover)
3. 15:20 - C. Gallegos (Centennial)
4. 15:24 - K. Grossman (Hart)
5. 15:25 - F. Mendoza (Channel Islands)
6. 15:39 - P. Duarte (Madera)
7. 15:39 - S. Ellington (Milpitas)
8. 15:40 - T.J. Reyes (Lakewood)
9. 15:41 - G. Lindsay (Peninsula)
10. 15:42 - J. Cera (Upland)

Boys Indiv. Results - Div. II

1. 15:08 - D. Das Neves (Helix)
2. 15:16 - R. Wilson (Agoura)
3. 15:33 - B. Keim (San Pasqual)
4. 15:41 - M. Love (Katella)
5. 15:43 - J. Kayne (Grossmont)
6. 15:44 - N. Romero (San Pasqual)
7. 15:46 - G. Rivera (Delano)
8. 15:51 - Geoff Pfau (Helix)
9. 15:53 - R. Brewer (N. Bakersfield)
10. 15:53 - C. Curtis (Elsinor)

Boys Indiv. Results - Div. III

1. 15:15 - J. Wilson (Newbury Park)
2. 15:33 - M. Hamer (Covina)
3. 15:36 - D. Rojas (Moorpark)
4. 15:37 - J. Balkman (Lynbrook)
5. 15:46 - C. Lynch (Laguna Hills)
6. 15:49 - M. McManus (St. Ignatius)
7. 15:54 - F. Sanchez (St. Francis)
8. 15:56 - J. Montes de Oca (Azusa)
9. 15:56 - F. Alcaraz (La Jolla)
10. 15:56 - B. Leek (La Jolla)

Boys Indiv. Results - Div. IV

1. 15:35 - M. Katri (Fortuna)
2. 15:43 - J. Arnold (York)
3. 15:54 - K. Rhoades (Colfax)
4. 15:59 - A. Fisher (Maranatha)
5. 16:03 - J.J. Castner (Oak Park)
6. 16:05 - W. Allan (Carmel)
7. 16:05 - T. Flynn (Bell-Jeff)
8. 16:05 - J. Ramirez (Nordhoff)
9. 16:09 - J. Brown (Bret Harte)
10. 16:12 - S. Brown (Piedmont)

Girls Indiv. Results - Div. I

1. 17:13 - M. Glusac (Fallbrook)
2. 18:01 - K. Nekota (Agoura)
3. 18:09 - C. Blackmer (Upland)
4. 18:13 - A. Orefice (Arroyo Grande)
5. 18:17 - A. Skieresz (Agoura)
6. 18:31 - M. Muneno (Peninsula)
7. 18:34 - N. Horn (Santa Rosa)
8. 18:35 - L. Hayward (Agoura)
9. 18:38 - V. Barajas (Channel Islands)
10. 18:44 - W. Murphy (Granite Hills)

Girls Indiv. Results - Div. II

1. 17:28 - S. Taylor (Edison)
2. 18:06 - C. Garritson (Sunny Hills)
3. 18:52 - M. Martinez (Wood)
4. 18:33 - M. Keim (San Pasqual)
5. 18:34 - M. Lopez (Compton)
6. 18:42 - T. Brix (University)
7. 18:43 - E. Chiariello (San Marcos)
8. 18:43 - C. Franco (Delano)
9. 18:50 - M. Middlecoff (Los Gatos)
10. 18:53 - L. Miller (North)

Girls Indiv. Results - Div. III

1. 18:45 - D. Mills (Newport Harbor)
2. 18:51 - K. Eklof (Costa Mesa)
3. 18:52 - S. Dien (La Canada)
4. 18:53 - B. Kaiser (Seaside)
5. 19:01 - M. Hsu (San Marino)
6. 19:01 - C. Pengra (La Canada)
7. 19:04 - M. Crane (Newport Harbor)
8. 19:05 - A. Baldelli (St. Ignatius)
9. 19:07 - A. Dalke (Bishop O'Dowd)
10. 19:09 - S. Pope (Del Oro)

Girls Indiv. Results - Div. IV

1. 17:47 - M. Aparicio (Fillmore)
2. 18:41 - N. Shaw (Fillmore)
3. 19:10 - B. Boisvert (Orange Luth.)
4. 19:13 - A. Parkinson (Orange Luth.)
5. 19:28 - C. Castellanos (LA Baptist)
6. 19:28 - D. Strohmman (Morro Bay)
7. 19:31 - V. Fleschner (Fortuna)
8. 19:36 - F. Foundy (Morro Bay)
9. 19:39 - S. nohr (Miramonte)
10. 19:41 - A. Jones (Nordhoff)

1992 CIF ARCO *am/pm* State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Div. I

1. Hart	53
2. Thousand Oaks	80
3. Madera	117
4. De La Salle	155
5. Peninsula	167

Boys Team Results - Div. II

1. Mission Bay	93
2. Agoura	100
3. Katella	109
4. Canyon	119
5. Jesuit	131

Boys Team Results - Div. III

1. Newport Harbor	89
2. San Marino	94
3. Ayala	121
4. La Puente	122
5. Livermore	141

Boys Team Results - Div. IV

1. McFarland	63
2. Nordhoff	79
3. Morro Bay	132
4. Fillmore	141
5. Yreka	146

Girls Team Results - Div. I

1. Agoura	75
2. Irvine	109
3. Mt. Carmel	113
4. Peninsula	117
5. Wilson Long Beach	137

Girls Team Results - Div. II

1. Ocean View	52
2. San Pasqual	100
3. Edison	111
4. Los Gatos	141
5. El Capitan	182

Girls Team Results - Div. III

1. Corona del Mar	66
2. Laguna Hills	84
3. Bishop O'Dowd	105
4. Aptos	117
5. Newport Harbor	156

Girls Team Results - Div. IV

1. Lassen	71
2. Nordhoff	73
3. Laguna Beach	161
4. Arcata	192
5. Bear River	198

Boys Indiv. Results - Div. I

1. 15:03 - M. Casillas (Hoover, Glendale)
2. 15:12 - J. Cera (Upland)
3. 15:22 - M. Keflezighi (San Diego)
4. 15:30 - E. Dunn (Arroyo Grande)
5. 15:36 - S. Cervilli (Santa Teresa)
6. 15:37 - B. Strahan (Hart)
7. 15:41 - J. Fischer (Thousand Oaks)
8. 15:43 - J. Pinal (W.C. Overfelt)
9. 15:44 - B. Wilkinson (Merced)
10. 15:44 - J. Perea (Huntington Park)

Boys Indiv. Results - Div. II

1. 15:13 - R. Wilson (Agoura)
2. 15:20 - R. Brewer (North Bakersfield)
3. 15:31 - N. Romero (San Pasqual)
4. 15:35 - G. Rivera (Delano)
5. 15:39 - M. Creason (Eureka)
6. 15:40 - M. Moreno (Katella)
7. 15:40 - M. Love (Katella)
8. 15:43 - D. Elezondo (Mission Bay)
9. 15:46 - C. Mansfield (Canyon)
10. 15:50 - M. Farley (Jesuit)

Boys Indiv. Results - Div. III

1. 15:38 - J. Balkman (Lynbrook)
2. 15:50 - J. Saueressig (Yosemite)
3. 15:53 - C. Stanley (Lemoore)
4. 15:55 - B. Mahon (La Habra)
5. 15:57 - R. Gibbs (Rubidoux)
6. 15:59 - R. Ciano (San Luis Obispo)
7. 16:00 - R. Esponda (Casa Grande)
8. 16:00 - M. Houser (St. Augustine)
9. 16:00 - M. Ferrara (South Torrance)
10. 16:03 - R. Bartell (West Hills)

Boys Indiv. Results - Div. IV

1. 15:48 - S. Brown (Piedmont)
2. 15:53 - J. Ramirez (Nordhoff)
3. 15:55 - A. Gillen (Yreka)
4. 15:56 - M. Robles (Nordhoff)
5. 15:58 - J. Orosco (Taft)
6. 15:59 - J. Sanchez (McFarland)
7. 16:06 - D. Mitchell (Morro Bay)
8. 16:10 - J. Cox (Christian High, SD)
9. 16:11 - J. Diaz (Bell-Jeff)
10. 16:13 - J. Taverner (Morro Bay)

Girls Indiv. Results - Div. I

1. 17:14 - M. Glusac (Fallbrook)
2. 17:42 - A. Skieresz (Agoura)
3. 18:34 - M. Mehberg (Peninsula)
4. 18:35 - K. Roda (Irvine)
5. 18:36 - K. Nekota (Agoura)
6. 18:41 - E. Sumi (Wilson Long Beach)
7. 18:46 - G. Dumell (Merced)
8. 18:51 - C. Lewis (Wilson Long Beach)
9. 18:53 - C. Caulkins (Esperanza)
10. 18:57 - S. Donovan (Madera)

Girls Indiv. Results - Div. II

1. 18:26 - M. Cox (Escondido)
2. 18:40 - K. Nelson (Canyon)
3. 18:48 - C. Engessor (Ocean View)
4. 18:53 - C. Franco (Delano)
5. 18:56 - M. Middlecoff (Los Gatos)
6. 18:58 - E. Hombberger (Edison)
7. 19:02 - M. Muething (Amador Valley)
8. 19:03 - M. Keim (San Pasqual)
9. 19:05 - T. Lawson (Ocean View)
10. 19:07 - E. Riedy (Mission San Jose)

Girls Indiv. Results - Div. III

1. 18:02 - M. Marzell (Bishop O'Dowd)
2. 18:12 - D. Torrens (St. Francis Mt. View)
3. 18:32 - M. Medina (Laguna Hills)
4. 18:41 - L. Leigh-Wood (Aptos)
5. 18:49 - T. Clark (Corona del Mar)
6. 18:54 - C. Pengra (La Canada)
7. 18:54 - C. Dahlbert (El Modena)
8. 18:56 - J. Wong (Harvard Westlake)
9. 19:02 - M. O'Connor (Our Lady of Peace)
10. 19:02 - S. Valdez (El Dorado)

Girls Indiv. Results - Div. IV

1. 18:12 - K. Bockel (Nordhoff)
2. 18:24 - A. Webb (Bear River)
3. 18:48 - M. Aparicio (Fillmore)
4. 18:49 - L. Hamady (Urban)
5. 19:04 - V. Fleschner (Fortuna)
6. 19:19 - M. Berlin (Nordhoff)
7. 19:24 - M. Hurwitz (Bishop's)
8. 19:32 - A. Allen (Lick Wilmerdin)
9. 19:32 - E. O'Brien (Campolindo)
10. 19:32 - A. Parkinson (Orange Lutheran)

1993 CIF ARCO am/pm State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Div. I

1. Thousand Oaks	23
2. Santa Ana	88
3. Madera	95
4. Bellarmine Prep	99
5. Peninsula	162

Girls Team Results - Div. I

1. Irvine	85
2. Peninsula	87
3. Madera	107
4. Mt. Carmel	142
5. Agoura	160

Boys Indiv. Results - Div. I

1. 15:02 - Mebrahton Keflezig (San Diego)
2. 15:18 - Jaime Martinez (Orange)
3. 15:26 - Jeff Fischer (Thousand Oaks)
4. 15:30 - Brandon Del Campo (Th. Oaks)
5. 15:30 - Kevin Marsden (Thous. Oaks)
6. 15:31 - Eric Kropf (Madera)
7. 15:33 - Alejandro Ramirez (Stagg)
8. 15:35 - Antonio Arce (Palmdale)
9. 15:36 - Peter Gilmore (Palisades)
10. 15:36 - Jose Melgar (San Diego)

Girls Indiv. Results - Div. I

1. 17:49 - Amy Skieresz (Agoura)
2. 18:12 - Kay Nekota (Agoura)
3. 18:14 - Jessica Corbin (Irvine)
4. 18:14 - Molly Mehlberg (Peninsula)
5. 18:15 - Sarah Dickerman (Del Campo)
6. 18:24 - Carrie Caulkins (Esperanza)
7. 18:27 - Eliaser Estrada (Santa Ana Vall.)
8. 18:38 - Claire Becker (Bonita Vista)
9. 18:44 - Kim Mortensen (Thous. Oaks)
10. 18:45 - Rosalinda Castaned (Madera)

Boys Team Results - Div. II

1. Jesuit Carmichael	70
2. Mission Bay	71
3. Katella	101
4. San Pasqual	132
5. Agoura	162

Girls Team Results - Div. II

1. Edison Huntington Beach	104
2. Canyon Anaheim	121
3. Mission San Jose	144
4. Aptos	147
5. Reedley	165

Boys Indiv. Results - Div. II

1. 15:06 - Matt Farley (Jesuit Carmichael)
2. 15:09 - Devin Elizando (Mission Bay)
3. 15:27 - Eleazar Hernandez (Camarillo)
4. 15:31 - Pamenos Ballantyne (Sanger)
5. 15:34 - Mike Moreno (Katella)
6. 15:38 - John Greene (Agoura)
7. 15:39 - Martin Reyes (Escondido)
8. 15:40 - Chris Maier (Amador Valley)
9. 15:42 - Matt Creason (Eureka)
10. 15:43 - Mike Stember (Jesuit Carmichael)

Girls Indiv. Results - Div. II

1. 18:04 - Carrie Garrition (Buena Park)
2. 18:14 - Emily Allison (Leland San Jose)
3. 18:17 - Deborah Bleisch (Silver Creek)
4. 18:25 - Kim Nelson (Canyon Anaheim)
5. 18:30 - Elissa Riedy (Mission San Jose)
6. 18:34 - Nicole Silva (Aptos)
7. 18:39 - Jenny Mortensen (Redwood)
8. 18:44 - Marla Pleyte (San Benito)
9. 18:49 - Gabriela Rodriguez (Oxnard)
10. 18:50 - Tara Whitfield (El Modena)

Boys Team Results - Div. III

1. Nordhoff Ojai	92
2. Scripps Ranch	119
3. Gunn	127
4. St. Augustine	130
5. San Marino	147

Girls Team Results - Div. III

1. Santa Margarita	80
2. Clayton Valley	85
3. Bishop O'Dowd Oakland	112
4. Corona del Mar Newport Beach	126
5. Newport Harbor Newport Beach	136

Boys Indiv. Result - Div. III

1. 15:22 - Mark Hauser (St. Augustine)
2. 15:29 - Rondie Gibbs (Rubidoux)
3. 15:38 - Javier Ramirez (Nordhoff Ojai)
4. 15:39 - Warren Wolf (San Marino)
5. 15:47 - Kevin Bowes (Scripps Ranch)
6. 15:50 - Alex Teekell (Bishop O'Dowd)
7. 15:51 - Ryan Bartell (West Hills SD)
8. 15:52 - Micab Robles (Nordhoff Ojai)
9. 15:53 - Mike Lang (West Hills SD)
10. 15:53 - Steve Immel (Livermore)

Girls Indiv. Result - Div. III

1. 18:32 - Annie Ebiner (St. Lucy's)
2. 18:34 - Alison Lambert (Northgate)
3. 18:36 - Heather Wallace (Clayton Valley)
4. 18:37 - Katie Nuanes (Santa Margarita)
5. 18:38 - Anjelica Randall (Bishop O'Dowd)
6. 18:38 - Kristen Gordon (Carondelet)
7. 18:40 - Amy Gomez (Santa Margarita)
8. 18:47 - Tracy Clark (Corona del Mar)
9. 18:52 - Allison Twist (San Marino)
10. 18:56 - Gwen Twist (Newport Harbor)

Boys Team Results - Div. IV

1. McFarland	61
2. Morro Bay	63
3. Salesian	150
4. Piedmont	150
5. Lassen	152

Girls Team Results - Div. IV

1. Lassen	92
2. Temescal Canyon	94
3. Morro Bay	95
4. Miramonte	139
5. Ursuline Santa Rosa	165

Boys Indiv. Results - Div. IV

1. 15:30 - Galvan Gonzalez (McFarland)
2. 15:31 - Steve Brown (Piedmont)
3. 15:47 - Dave Mitchell (Morro Bay)
4. 15:57 - Benjamin Galvan (McFarland)
5. 16:04 - Joey Taverner (Morro Bay)
6. 16:06 - Aaron Gillen (Yreka)
7. 16:07 - Kenny Rhoan (Sierra)
8. 16:17 - Micah Fuson (Taft)
9. 16:18 - Doug Henning (Woodcrest Chr.)
10. 16:18 - Josh Quintal (Fortuna)

Girls Indiv. Results - Div. IV

1. 19:04 - Kristen Schreiber (Miramonte)
2. 19:11 - Melody Haas (Clear Lake)
3. 19:16 - Ellen Muench (Temescal Canyon)
4. 19:17 - Jaime Herbst (Yreka)
5. 19:21 - Lori Fancon (Taft)
6. 19:24 - Christina Sanchez (McFarland)
7. 19:25 - Tracy Maxwell (Maranatha)
8. 19:32 - Kim Reynolds (Branson)
9. 19:33 - Jenny Spoon (West Valley)
10. 19:36 - Shelby Horgan (Temescal Canyon)

1994 CIF ARCO am/pm State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Div. I

1. Thousand Oaks	38
2. Chula Vista	106
3. Bellarmine Prep, San Jose	110
4. Peninsula, Rolling Hills	122
5. Hart, Newhall	124

Girls Team Results - Div. I

1. Peninsula, Rolling Hills	82
2. Thousand Oaks	91
3. Irvine	127
4. Vista	140
5. Madera	189

Boys Indiv. Results - Div. I

1. 15:15 - Jason Balkman (Lynbrook)
2. 15:20 - Eleazar Hernandez (Camarillo)
3. 15:29 - Jeff Fischer (Thousand Oaks)
4. 15:29 - Jeff McLarty (Ayala, Chino)
5. 15:35 - Adalberto Sanchez (Capistrano Valley)
6. 15:41 - Keith O'Doherty (Thousand Oaks)
7. 15:44 - Thomas Becker (Bellarmine Prep)
8. 15:44 - Larry Henderson (Mira Mesa)
9. 15:45 - Kevin Marsden (Thousand Oaks)
10. 15:46 - Trevor Sybert (Vista)

Girls Indiv. Results - Div. I

1. 17:07 - Julia Stamps (Santa Rosa)
2. 18:08 - Courtney Pugmire (Esperanza)
3. 18:19 - Jessica Corbin (Irvine)
4. 18:29 - Kim Mortensen (Thousand Oaks)
5. 18:37 - Molly Mehlberg (Peninsula)
6. 18:43 - Deborah Bleisch (Silver Creek)
7. 18:43 - Elly Estrada (Santa Ana Valley)
8. 18:46 - Kristen Gordon (Carondelet)
9. 18:55 - Julie Hassan (Nevada Union)
10. 18:57 - Nancy Dollar (San Clemente)

Boys Team Results - Div. II

1. Jesuit Carmichael	72
2. Scripps Ranch San Diego	106
3. Palmdale	152
4. Mater Dei, Santa Ana	161
5. Palisades	170

Girls Team Results - Div. II

1. Buchanon, Clovis	108
2. Yucaipa	108
3. Edison, Huntington Beach	111
4. Torrey Pines, Del Mar	111
5. Del Oro, Loomis	147

Boys Indiv. Results - Div. II

1. 15:25 - Antonio Arce (Palmdale)
2. 15:31 - Peter Gilmore (Palisades)
3. 15:36 - John Greene (Agoura)
4. 15:39 - Michael Stember (Jesuit)
5. 15:40 - James Liu (Temple City)
6. 15:48 - Ayub Abdusalam (Hoover)
7. 15:53 - Tom Prindiville (De La Salle)
8. 15:54 - Tom Kloos (El Camino)
9. 15:55 - Jorge Castro (Arvin)
10. 15:56 - Ricardo Villalobos (Ramona)

Girls Indiv. Results - Div. II

1. 18:12 - Amy Skieresz (Agoura)
2. 18:19 - Elissa Riedy (Mission San Jose)
3. 18:34 - Emily Allison (Leland, San Jose)
4. 18:38 - Lori Riedy (Mission San Jose)
5. 18:41 - Devon Strailiff (Torrey Pines)
6. 18:51 - Molly Lawrence (Righetti)
7. 18:53 - Nicole Silva (Aptos)
8. 18:57 - Tina Bowen (San Ramon)
9. 18:59 - Mindy Brown (Yucaipa)
10. 19:05 - Mallinalli Martinez (Bishop Amat)

Boys Team Results - Div. III

1. Nordhoff, Ojai	69
2. El Modena, Orange	101
3. Livermore	117
4. Lassen	140
5. Clayton Valley, Concord	163

Girls Team Results - Div. III

1. Clayton Valley	65
2. Temescal Canyon	78
3. El Modena, Orange	91
4. Nordhoff, Ojai	105
5. Foothill, Santa Ana	141

Boys Indiv. Result - Div. III

1. 15:25 - Micheil Jones (Livermore)
2. 15:32 - Javier Ramirez (Nordhoff, Ojai)
3. 15:33 - Steve Immel (Livermore)
4. 15:39 - Darren Holman (Sonora)
5. 15:46 - Alex Teekell (Bishop O'Dowd)
6. 15:50 - Will Bernaldo (Nordhoff, Ojai)
7. 15:51 - Richard Chisholm (San Marino)
8. 15:58 - Mike Wojciechowski (Clayton Valley)
9. 16:00 - Kevin Koeper (St. Francis, La Canada)
10. 16:00 - Michael Murray (Santa Margarita)

Girls Indiv. Result - Div. III

1. 18:01 - Heather Garrison (Buena Park)
2. 18:07 - Elaine Canchola (Nordhoff, Ojai)
3. 18:18 - Tracy Clarke (Corona del Mar)
4. 18:22 - Alison Lambert (Northgate)
5. 18:23 - Heather Wallace (Clayton Valley)
6. 18:26 - Shelby Horgan (Temescal Canyon)
7. 18:36 - Katie Nuanes (Santa Margarita)
8. 18:45 - Rachel Mosher (San Leandro)
9. 18:47 - Ellen Muench (Temescal Canyon)
10. 18:50 - Allison Twist (San Marino)

Boys Team Results - Div. IV

1. McFarland	62
2. Morro Bay	62
3. Half Moon Bay	147
4. Piedmont	147
5. Coronado	159

Girls Team Results - Div. IV

1. Central Valley	72
2. Miramonte, Orinda	85
3. West Valley	132
4. Branson	142
5. Morro Bay	148

Boys Indiv. Results - Div. IV

1. 15:31 - Galvan Gonzalez (McFarland)
2. 15:37 - Kenny Rhoan (Sierra)
3. 15:47 - Dave Mitchell (Morro Bay)
4. 15:49 - Aaron Gillen (Yreka)
5. 16:00 - Ryan Gallagher (Campolindo)
6. 16:13 - Joaquin Pierce (Midland)
7. 16:14 - Isaiiah Festa (Morro Bay)
8. 16:16 - Dave Brackett (Calaveras)
9. 16:16 - Justin Stern (Half Moon Bay)
10. 16:18 - Steve Miller (Maranatha)

Girls Indiv. Results - Div. IV

1. 19:11 - Kristen Schreiber (Miramonte)
2. 19:13 - Theresa Newman (Marin Catholic)
3. 19:21 - Jenny Spoon (West Valley)
4. 19:26 - Melissa MacPherson (Flintridge)
5. 19:31 - Shalynn Fullove (Louisville)
6. 19:34 - Lindsey Bergren (Miramonte)
7. 19:36 - Jennifer Ponig (Terra Linda)
8. 19:38 - Gina Blanchard (Yreka)
9. 19:43 - Christina Peacock (Central Valley)
10. 19:49 - Marissa Hurwitz (Bishop's La Jolla)

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