

STANFORD



1996 CROSS COUNTRY INVITATIONAL

XXIII EDITION

Sponsored by: 

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1936
Last week, we received a phone call from a track coach who has coached since 1936 – that's probably before your grandparents were born. He tried to retire in 1970, but he drove his wife **CRAZY** in **3** months, so he started a track club.

We asked him,
"WHY DO YOU COACH?"

He told us that if we didn't know why, he sure couldn't explain it. I guess it's just a track thing. There are **37,553** head track and field coaches just as crazy, as our friend from New Mexico, and we know that they all read the same magazine:

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Stanford Cross Country Invitational

Saturday, October 5, 1996

Race Schedule

Welcome to the 23rd edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School. The beautiful Stanford Golf Course will serve as the setting for seventeen races for high schools, colleges, and open competitors. At the conclusion of the day, almost four thousand athletes will have competed at the home of the Cardinal's men's and women's cross country teams.

A shady site covered with more than three hundred oak trees, the course is both picturesque and challenging. Just as rich as the scenery is the tradition of top flight cross country competition. Home of the NCAA District VIII Championships for six seasons and the Pac-10 Championships since 1972, the course has challenged some of the finest distance runners in the world.

In order for us to continue hosting an excellent cross country meet, your cooperation is needed in respecting the Stanford Golf Course. Please stay off the greens, the sand traps, and tees at all times, and do not disturb the horses located in the Stanford Barn.

Outstanding high school athletes from California, up and down the West Coast, and across the United States will race today over 3,000 meters for Junior Varsity squads and 5,000 meters for Varsity teams. In each J.V. race, awards will be presented to the top two teams and top ten individuals. The top four teams and fifteen individuals in the Varsity races will receive awards. The state of California has recently implemented five divisions for high school competition. Because of time constraints, Divisions IV and V will run together in the varsity races, although they will be scored separately for both individual and team awards.

In the late afternoon, some of the nation's finest collegiate runners will tackle the challenging course. The schools will represent each NCAA Division as well as a selection of NAIA, Junior and Community College Divisions. After the women's 5,000 meter races and men's 8,000 meter races, a special NON-team scored race will be held to enable a selection of open athletes to compete.

On behalf of the programs at Stanford University and Palo Alto High School we hope you enjoy your afternoon of cross country with us.

| | | | | |
|-------|----|--|----------------------|--------------|
| 11:10 | AM | Junior Varsity Girls | Divisions III, IV, V | 3,000 Meters |
| 11:30 | AM | Junior Varsity Boys | Divisions III, IV, V | 3,000 Meters |
| 11:50 | AM | Varsity Girls | Division IV and V | 5,000 Meters |
| 12:20 | PM | Varsity Boys | Division IV and V | 5,000 Meters |
| 12:45 | PM | Varsity Girls | Division III | 5,000 Meters |
| 1:15 | PM | Varsity Boys | Division III | 5,000 Meters |
| 1:40 | PM | Junior Varsity Girls | Divisions I and II | 3,000 Meters |
| 2:00 | PM | Junior Varsity Boys | Divisions I and II | 3,000 Meters |
| 2:20 | PM | Varsity Girls | Division II | 5,000 Meters |
| 2:45 | PM | Varsity Boys | Division II | 5,000 Meters |
| 3:05 | PM | Varsity Girls | Division I | 5,000 Meters |
| 3:30 | PM | Varsity Boys | Division I | 5,000 Meters |
| 4:00 | PM | University Women's Collegiate Section | | 5,000 Meters |
| 4:25 | PM | University Women's Championship Invitational | | 5,000 Meters |
| 4:55 | PM | University Men's Championship Invitational | | 8,000 Meters |
| 5:30 | PM | University Men's Collegiate Section | | 8,000 Meters |
| 6:00 | PM | Open NON-Team Scored Race (men and women) | | |

1996 Pac-10 Conference Championships

Saturday, November 2

| | | |
|----------------------------------|------|----|
| Men's 8,000 Meter Championship | 3:30 | PM |
| Women's 5,000 Meter Championship | 4:15 | PM |
| Awards Presentation | 4:45 | PM |

Home to the Pac-10 Conference Championships since 1972, the Stanford Golf Course will return as the stage for one of the nation's premiere collegiate competitions. Olympians Steve Prefontaine, Alberto Salazar, PattiSue Plumer, and Regina Jacobs are just a few of accomplished athletes that have raced for the Pac-10 title.

In 1995 only six points separated the top three women's teams (Oregon 55, Arizona 60, Stanford 61) and the top two men's teams (Oregon 53, Stanford 58). This year's meet will continue that excitement. Sixteen NCAA All-Americans are scheduled to toe the line. Be sure to return to the 2nd Fairway on November 2 for your chance to see today's champions and tomorrow's Olympians.

USA National Cross Country Championships

Saturday, December 7

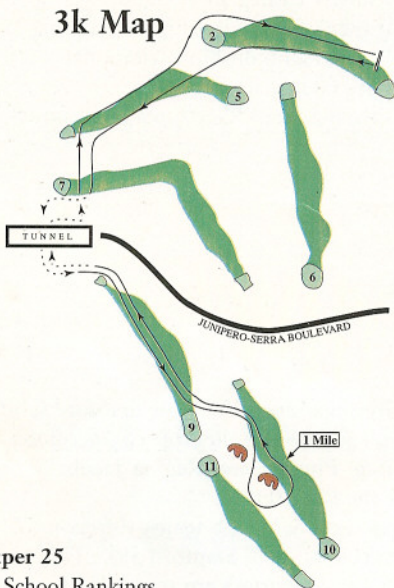
| | | | |
|-------|----|------------------------------|---------------|
| 9:15 | AM | Junior Women's Championship | 5,295 Meters |
| 9:45 | AM | Senior Women's Championship | 6,495 Meters |
| 10:30 | AM | Junior Men's Championship | 8,080 Meters |
| 11:15 | AM | Senior Men's Championship | 10,030 Meters |
| 12:00 | PM | Senior Men's Second Section | 10,030 Meters |
| 1:00 | PM | Masters Men's Championship | 10,030 Meters |
| 2:00 | PM | Masters Women's Championship | 10,030 Meters |

The most prestigious cross country event annually held in this country is the USA National Championships. Stanford University is pleased to assist the Pacific Association of USA Track & Field in hosting this great meet. Six national titles will be decided throughout the day. Additionally, this event will serve as the qualifying race for selection to the men's Junior and Senior teams to represent the United States at the 1997 IAAF World Cross Country Championships in Turin, Italy.

Entry forms can be obtained by contacting the Pacific Association of USA Track & Field at (916) 983-4622.

Race Schedule for High Schools

| | | | | |
|-------|----|----------------------|----------------------|--------------|
| 11:10 | AM | Junior Varsity Girls | Divisions III, IV, V | 3,000 Meters |
| 11:30 | AM | Junior Varsity Boys | Divisions III, IV, V | 3,000 Meters |
| 11:50 | AM | Varsity Girls | Division IV and V | 5,000 Meters |
| 12:20 | PM | Varsity Boys | Division IV and V | 5,000 Meters |
| 12:45 | PM | Varsity Girls | Division III | 5,000 Meters |
| 1:15 | PM | Varsity Boys | Division III | 5,000 Meters |
| 1:40 | PM | Junior Varsity Girls | Divisions I and II | 3,000 Meters |
| 2:00 | PM | Junior Varsity Boys | Divisions I and II | 3,000 Meters |
| 2:20 | PM | Varsity Girls | Division II | 5,000 Meters |
| 2:45 | PM | Varsity Boys | Division II | 5,000 Meters |
| 3:05 | PM | Varsity Girls | Division I | 5,000 Meters |
| 3:30 | PM | Varsity Boys | Division I | 5,000 Meters |



Footlocker Super 25 National High School Rankings Boys

| | | |
|-----|-----------------------|--------------------|
| 1. | Kingwood | Kingwood, TX |
| 2. | Mead | Spokane, WA |
| 3. | Mountain View | Orem, UT |
| 4. | Stillwater | Stillwater, MN |
| 5. | MacArthur | Houston, TX |
| 6. | York | Elmhurst, IL |
| 7. | Bingham | South Jordan, UT |
| 8. | Middle Country | Centereach, NY |
| 9. | La Cueva | Albuquerque, NM |
| 10. | Ferris | Spokane, WA |
| 11. | Northmont | Clayton, OH |
| 12. | Nevada Union | Grass Valley, CA |
| 13. | Hayfield | Alexandria, VA |
| 14. | Shenendehowa | Clifton Park, NY |
| 15. | Stockbridge | Stockbridge, MI |
| 16. | Baylor | Chattanooga, TN |
| 17. | Londonderry | Londonderry, NH |
| 18. | Jesuit | Carmichael, CA |
| 19. | Warwick Valley | Warwick, NY |
| 20. | Dubuque Senior | Dubuque, IA |
| 21. | Christian Brothers | Lincroft, NJ |
| 22. | Pinkerton | Derry, NH |
| 23. | Cicero-North Syracuse | North Syracuse, NY |
| 24. | Gloucester | Gloucester, MA |
| 25. | Whitman | Bethesda, MD |

Footlocker Super 25 National High School Rankings Girls

| | | |
|-----|--------------------|----------------------|
| 1. | Saratoga Springs | Saratoga Springs, NY |
| 2. | Mountain View | Orem, UT |
| 3. | Yucaipa | Yucaipa, CA |
| 4. | Caledonia | Caledonia, MI |
| 5. | Centreville | Clifton, VA |
| 6. | Nordhoff | Ojai, CA |
| 7. | Red Bank Catholic | Red Bank, NJ |
| 8. | Manchester Central | Manchester, NH |
| 9. | Kingwood | Kingwood, TX |
| 10. | Snohomish | Snohomish, WA |
| 11. | Carmel | Carmel, IN |
| 12. | Auburn | Auburn, NY |
| 13. | Clayton Valley | Concord, CA |
| 14. | Bend | Bend, OR |
| 15. | Palatine | Palatine, IL |
| 16. | Norwich | Norwich, CT |
| 17. | Marcus | Lewisville, TX |
| 18. | Poudre | Fort Collins, CO |
| 19. | Baylor | Chattanooga, TN |
| 20. | Plant | Tampa, FL |
| 21. | Stevens | Rapid City, SD |
| 22. | Bishop Eustace | Pennsauken, NJ |
| 23. | Magnificat | Rocky River, OH |
| 24. | Kiski Area | Kiski Area, PA |
| 25. | Catholic Memorial | Waukesha, WI |

BOYS JV Div I-II

Ayala High School
 Bell Gardens High School
 Bellarmine Prep
 Bowling Green High School
 Buchanan High School
 Davis Senior High School
 De La Salle High School
 Edison High School
 Eldorado High School
 Golden Valley High School
 Grace Davis High School
 Irvine High School
 Jesuit High School
 Mission San Jose High School
 Nevada Union High School
 North High School (Bakersfield)
 Oak Ridge High School
 Ponderosa High School
 Roseville High School
 Salinas High School
 San Leandro High School
 Santa Rosa High School
 Santa Teresa High School
 Skyline High School
 South Tahoe High School
 Trabuco Hills High School
 Valhalla High School
 Will C. Wood High School

BOYS JV Div III, IV, V

Bear River High School
 Bella Vista High School
 Bishop O'Dowd High School
 Bret Harte High School
 Colfax High School
 Concord High School
 Corona del Mar High School
 Crescent Valley High School
 Crespi Carmelite High School
 Dixon High School
 El Modena High School
 Folsom High School
 Gunderson High School
 Gunn High School
 Irvington High School
 Laguna Creek High School
 Las Lomas High School
 Livermore High School
 Lynbrook High School
 Miramonte High School
 Nordhoff High School
 Oak Park High School
 Orange Lutheran High School
 Palo Alto High School
 Placer High School
 Pleasant Valley High School
 Redwood High School
 Salesian High School
 San Luis Obispo High School
 San Ramon High School
 Sonora High School
 St. Augustine High School
 St. Ignatius High School
 St. Margaret High School
 St. Mary's College High School
 Summerville High School
 Taft Union High School
 Valley Christian High School

GIRLS JV Div I-II

Ayala High School
 Bell Gardens High School
 Davis Senior High School
 Eldorado High School
 Grace Davis High School
 Mission San Jose High School
 Nevada Union High School
 North High School (Bakersfield)
 North Salinas High School
 Oak Ridge High School
 Ponderosa High School
 Quartz Hill High School
 Salinas High School
 Santa Rosa High School
 Santa Teresa High School
 Scripps Ranch High School
 Skyline High School
 Trabuco Hills High School
 Valhalla High School
 Vista High School

GIRLS JV Div III, IV, V

Bear River High School
 Bishop O'Dowd High School
 Bret Harte High School
 Carondelet High School
 Concord High School
 Corona del Mar High School
 Crescent Valley High School
 El Modena High School
 Irvington High School
 Las Lomas High School
 Livermore High School
 Lynbrook High School
 Miramonte High School
 Nordhoff High School
 Notre Dame High School
 Oak Park High School
 Orange Lutheran High School
 Palo Alto High School
 Placer High School
 Pleasant Valley High School
 Presentation High School
 Redwood High School
 San Luis Obispo High School
 San Ramon High School
 Sonora High School
 St. Ignatius High School
 St. Margaret High School
 Summerville High School
 Taft Union High School
 Terra Linda High School



Attention Runners, Coaches, Spectators

**Please stay off the greens, the tees, and out of sand traps.
 The future of this meet depends on your cooperation.**

Girls Division I

Ayala High School
 Bell Gardens High School
 Bend High School
 Centennial High School
 Chino High School
 Clayton Valley High School
 Clovis High School
 Clovis West High School
 Grace Davis High School
 Live Oak High School
 Nevada Union High School
 Ponderosa High School
 Quartz Hill High School
 Santa Rosa High School
 Santa Teresa High School
 Skyline High School
 Thousand Oaks High School
 Turlock High School
 Vista High School
 Westmoor High School

Outlook for High School Races

Prepared by Doug Speck

High School Girls / Division I

The Girls Division I features Julia Stamps (Santa Rosa), former Foot Locker National Champion in the sport, finally a twelfth grader who will close chapters on a fabled prep career around the state each time she passes through the chute this Fall. With many of her goals international at this stage in her career, Julia is fresh off a late-August 11th place finish in the World Junior Championships in track over 3000 meters, as successful a finish in recent years by any American distance runner there. Find a good spot and marvel as the willowy star in the halloween colored uniform flies around the University golf course this day, romping to another fine effort.

The team aspect of this event has Bend (Oregon) under famed Coach Bob Latham, currently ranked 14th in the entire nation with momentum off of seven straight State 4A harrier titles. Sophomore Abby McAllister (2nd in the state), Allison Cowart (4th), and Amanda Nelson (7th) lead five scorers from the Lava Bear group that scored 30 points in the 1995 State Meet! However, here last year it was Clayton Valley (Concord) that took the title in Division I, with 49 points to Bend's 136. Clayton Valley ended the 1995 season ranked #7 in the entire nation (Bend was #18), with only one of the top six scorers from its 1995 State Division III runner-up group graduating. Deborah Osteen, Kelly Howisey, and Julie Leininger were inside the top twenty in their State Meet Division in 1995. Pick out these two schools and watch what should be an exciting team contest. Vista, out of the San Diego section, was fourth here last year.

Ayala (Chino Hills) is a highly ranked Southern Section team, with Jennifer Burris (7th in the state meet), a 4:54.0 1600m runner, leading. Chino's Jennifer Smith is a 10:57.37 3200m runner in track, with Jen Schindler (Ponderosa, Shingle Springs) the Division II winner her last year and 10:56.02 in track. Danielle Day (Quartz Hill) has run 10:45.20 in track, with sophomore Trina Cox adding to Santa Rosa's power with a 10:52.1 as a ninth grader. Chrisie Gregory (Clovis) was 15th in the state meet last fall, while Emili Lawson (Clovis West, Fresno) was 18th in that competition.

NOTES:

Last Year's Results

| | | | | | | |
|----|--------------------|----------------|-------|----|----------------|-----|
| 1 | Julia Stamps | Santa Rosa | 17:19 | 1 | Clayton Valley | 49 |
| 2 | Kim Mortensen | Thousand Oaks | 17:41 | 2 | Bend (OR) | 136 |
| 3 | Jennifer Burris | Ayala | 19:03 | 3 | Thousand Oaks | 139 |
| 4 | Heather Wallace | Clayton Valley | 19:07 | 4 | Vista | 158 |
| 5 | Sonia Rodriguez | Vista | 19:09 | 5 | Los Alamitos | 166 |
| 6 | Allison Cowart | Bend (OR) | 19:12 | 6 | Ayala | 179 |
| 7 | Deborah Osteen | Clayton Valley | 19:20 | 7 | Clovis West | 206 |
| 8 | Emili Lawson | Clovis West | 19:32 | 8 | Lincoln (OR) | 210 |
| 9 | Jennifer Akana | Lowell | 19:34 | 9 | Peninsula | 242 |
| 10 | Kelly Howisey | Clayton Valley | 19:35 | 10 | Lowell | 247 |
| 11 | Abby McAllister | Bend (OR) | 19:48 | 11 | Mater Dei | 266 |
| 12 | Julie Leininger | Clayton Valley | 19:48 | 12 | Santa Barbara | 313 |
| 13 | Kim Bates | Los Alamitos | 19:51 | 13 | Santa Rosa | 329 |
| 14 | Noelle Magana | Vista | 19:55 | 14 | Nevada Union | 340 |
| 15 | Ashley Holt | Menlo-Atherton | 19:55 | 15 | Logan | 386 |
| 16 | Jennifer Codington | Clayton Valley | 19:57 | 16 | Menlo-Atherton | 495 |
| 17 | Tara Marsden | Thousand Oaks | 19:58 | 17 | Turlock | 496 |
| 18 | Amanda Nelson | Bend (OR) | 20:00 | 18 | Aliso Niguel | 513 |
| 19 | Gretchen Grindle | Lincoln (OR) | 20:00 | 19 | Del Campo | 531 |
| 20 | Autumn Glynn | Nevada Union | 20:05 | 20 | Bell Gardens | 551 |
| 21 | Jinna Rohde | Fallbrook | 20:05 | 21 | Millikan | 555 |
| 22 | Oassi Lucero | Lowell | 20:12 | 22 | Grace Davis | 588 |
| 23 | Louise Indrisie | Clayton Valley | 20:13 | 23 | Florin | 627 |
| 24 | Senhit Dirar | Logan | 20:17 | | | |
| 25 | Lisa Rosenbum | Lincoln (OR) | 20:21 | | | |



Boys Division I

Arroyo High School
 Ayala High School
 Bell Gardens High School
 Bellarmine Prep
 Bend High School
 Bowling Green High School
 Centennial High School
 Chino High School
 Clovis West High School
 De La Salle High School
 Grace Davis High School
 Irvine High School
 Jesuit High School
 Live Oak High School
 Nevada Union High School
 Palmdale High School
 Ponderosa High School
 Quartz Hill High School
 Roseville High School
 Santa Rosa High School
 Santa Teresa High School
 Skyline High School
 Thousand Oaks High School
 Turlock High School
 Vista High School
 Woodland High School

High School Boys / Division I

Very strong Northern California teams lead this division, with Bowling Green (Kentucky) an interesting out of state visitor. Nevada Union (Grass Valley), at twelfth, and Jesuit (Sacramento), eighteenth, are ranked very high nationally to start the 1996 season. Both had significant losses from very strong 1995 teams, but each had very impressive frosh/soph groups to draw from this year. Corey Creasy was 9:24.1 (3200m) in track for Nevada Union, with Kaapema Yelapaala 4:19.07 (1600m) and Jonathan Welsh 9:40.1 (3200m) for Jesuit. The above are mortal, with Jesuit suffering a defeat early on from De La Salle (Concord), with Foot Locker National Finalist Tom Prindiville still trying to get over injuries leading what could be a very strong De La Salle squad. Alex Sanchez is a 4:17 1600m runner for De La Salle. Bowling Green, Kentucky, ranked second statewide in the preseason, was the State 2A Champ last year, with Matthew Tabor (3rd in State 2A), Micah Salsman (5th), and Stuart Butler (14th) top returnees with an interesting national comparison from their result here. Ayala (Chino Hills) is highly rated in the Southern Section, with Chino and Arroyo (El Monte) potentially fine teams from that area. Andrew Wulf (4:14.2 1600m track) leads always tough Bellarmine Prep (San Jose), with Bend (Oregon) traditionally a top Oregon 4A power.

NOTES:

Last Year's Results

| | | | | | | |
|----|-------------------|------------------|-------|----|------------------|-----|
| 1 | Ayub Abdusalam | Hoover | 15:50 | 1 | Jesuit | 110 |
| 2 | John Hake | Arroyo | 15:58 | 2 | De La Salle | 137 |
| 3 | Randy Maestretti | De La Salle | 16:01 | 3 | Nevada Union | 170 |
| 4 | Scott Abbott | Jesuit | 16:07 | 4 | Bellarmine | 185 |
| 5 | Ryan Deane | Peninsula | 16:10 | 5 | Huntington Beach | 187 |
| 6 | Matt Wickersham | Mater Dei | 16:11 | 6 | Arroyo | 190 |
| 7 | Tony Trueba | Huntington Beach | 16:12 | 7 | Peninsula | 213 |
| 8 | Tom Prindiville | De La Salle | 16:13 | 8 | Thousand Oaks | 217 |
| 9 | Josh Carolan | Thousand Oaks | 16:16 | 9 | Ayala | 218 |
| 10 | Zach Kerns | Bend (OR) | 16:19 | 10 | Bend (OR) | 253 |
| 11 | Todd Disney | Thousand Oaks | 16:26 | 11 | Del Campo | 307 |
| 12 | Chris Benson | Nevada Union | 16:27 | 12 | Clovis | 315 |
| 13 | Steve Smith | Ayala | 16:28 | 13 | Corona | 336 |
| 14 | David Valencia | Jesuit | 16:29 | 14 | Mater Dei | 345 |
| 15 | Adrian Webb | Bellarmine | 16:30 | 15 | Logan | 362 |
| 16 | Andrew Wulf | Bellarmine | 16:30 | 16 | Clovis West | 387 |
| 17 | Daniel Embaye | Logan | 16:32 | 17 | Serra | 406 |
| 18 | Dan Gaston | Huntington Beach | 16:35 | 18 | Aliso Niguel | 537 |
| 19 | Eric Loudon | Ayala | 16:36 | 19 | Santa Rosa | 540 |
| 20 | Shawn Glynn | Nevada Union | 16:39 | 20 | Merced | 595 |
| 21 | Alex Sanchez | De La Salle | 16:39 | 21 | Lowell | 623 |
| 22 | Chad Foster | Logan | 16:40 | 22 | Santa Barbara | 623 |
| 23 | Matt Brown | Corona | 16:40 | 23 | Grace Davis | 626 |
| 24 | Charlie Brenneman | Jesuit | 16:41 | 24 | Florin | 629 |
| 25 | Amadu Kamara | Santa Rosa | 16:41 | 25 | Turlock | 638 |
| | | | | 26 | Bell Gardens | 653 |



Girls Division II

Buchanan High School
 Central High School East
 Chico Senior High School
 Claremont High School
 Davis Senior High School
 Eldorado High School
 Golden Valley High School
 Helix High School
 Kennedy High School
 Marina High School
 Mater Dei High School
 McClatchy High School
 Mission San Jose High School
 Napa High School
 North High School
 (Bakersfield)
 North Salinas High School
 Oak Ridge High School
 Palmdale High School
 Piedmont Hills High School
 Salinas High School
 Santa Barbara High School
 Scripps Ranch High School
 Trabuco Hills High School
 Valhalla High School
 Ventura High School
 West Hills High School
 Will C. Wood High School

Some fine teams grace Division II, with Scripps Ranch (San Diego) second in the state meet last year, Buchanan (Clovis) sixth in that competition, and Valhalla (El Cajon) eighth there. All return strong groups on paper that look about a minute apart on the "team-time" chart heading into the 1996 season. Scripps has strong leaders Kristina Stasko, Emily McFarland, and Kelly Grimes (all among the top twenty-five in their state division), while Buchanan offers Rachel Bauer, Tiffany Heilbut, and Cheren Douglas. Valhalla has Elaine Lassen and Kelly Halligan leading their squad. Katie Hotchkiss, a 5:07.80 1600m runner, leads what could be a good Mission San Jose (Fremont) group. Anne Gunnison (McClatchy, Sacramento) has shown great potential during a prep career that has her with 4:59.37 (1600m) and 10:51.37 (5th in the state at 3200m) for 1995 spring bests. Heather Shurtleff (West Hills, Santee) is off to a strong 1996 fall start, winning her race at 17:52 in the flat Woodbridge (Irvine) Invite.

NOTES:

Last Year's Results

| | | | | | | |
|----|--------------------|---------------------|-------|----|---------------------|-----|
| 1 | Jen Schindler | Ponderosa | 18:40 | 1 | Scripps Ranch | 85 |
| 2 | Maria Gardner | Ashland (Oregon) | 19:14 | 2 | Torrey Pines | 126 |
| 3 | Devon Straitiff | Torrey Pines | 19:21 | 3 | Trabuco Hills | 136 |
| 4 | Malinalli Martinez | Bishop Amat | 19:26 | 4 | Ashland (Oregon) | 154 |
| 5 | Anne Gunnison | McClatchy | 19:29 | 5 | Bishop Amat | 179 |
| 6 | Kilee Smith | Ashland (Oregon) | 19:46 | 6 | Wood | 212 |
| 7 | Tina Bowen | San Ramon Valley | 19:52 | 7 | Ponderosa | 213 |
| 8 | Sarah Schmidt | Scripps Ranch | 19:53 | 8 | Amador Valley | 217 |
| 9 | Peggy Hall | Trabuco Hills | 20:02 | 9 | Pleasant Valley | 253 |
| 10 | Kati Hotchkiss | Mission San Jose | 20:04 | 10 | Centennial | 261 |
| 11 | Emily McFarland | Scripps Ranch | 20:04 | 11 | Edision | 288 |
| 12 | Monica Van Wegen | Amador Valley | 20:07 | 12 | North (Bakersfield) | 293 |
| 13 | Kelly Grimes | Scripps Ranch | 20:14 | 13 | Mission San Jose | 311 |
| 14 | Tracie Dumler | North (Bakersfield) | 20:21 | 14 | Cerritos | 329 |
| 15 | Kaycee Brittan | Centennial | 20:23 | 15 | Righetti | 344 |
| 16 | Erinn Gulbrandsen | Pleasant Valley | 20:25 | 16 | Davis | 370 |
| 17 | Kelly Flannagan | Trabuco Hills | 20:30 | 17 | Piedmont Hills | 381 |
| 18 | Yvonne Liebig | Kennedy | 20:30 | 18 | Montgomery | 386 |
| 19 | Tenika Neil | Wood | 20:35 | 19 | Napa | 396 |
| 20 | Kristina Stasko | Scripps Ranch | 20:36 | 20 | Kennedy | 445 |
| 21 | Alyson MacIntosh | Ventura | 20:37 | | | |
| 22 | Jaclyn Nolan | Torrey Pines | 20:51 | | | |
| 23 | Erin Burke | Torrey Pines | 20:52 | | | |
| 24 | Christine Silva | Piedmont Hills | 20:54 | | | |
| 25 | Jennifer Giffel | Edision | 21:05 | | | |



Boys Division II

Buchanan High School
 Burbank High School
 Central High School East
 Chico Senior High School
 Davis Senior High School
 Edison High School
 Eldorado High School
 Golden Valley High School
 Helix High School
 Homestead High School
 Huntington Beach High School
 Kennedy High School
 Mater Dei High School
 Mission San Jose High School
 Napa High School
 Newport High School
 North High School (Bakersfield)
 Oak Ridge High School
 Piedmont Hills High School
 Point Loma High School
 Salinas High School
 San Leandro High School
 Santa Barbara High School
 Scripps Ranch High School
 South Tahoe High School
 St. John Bosco High School
 Trabuco Hills High School
 Valhalla High School
 Ventura High School
 West Hills High School
 Westmoor High School
 Will C. Wood High School

Mission San Jose (Fremont) has fine stars Jon Stevens (4:14.69 1600m track) and David Rodriguez (9:16.6 3200m) on top. Huntington Beach has Tony Trueba (9:21.1 3200m) and Dan Gaston (9:26.4) leading, with Burbank Tim Leahy off strong in 1996. West Hills (Santee) returns five scorers from a 10th place Division III squad statewide from last Fall. Rhy Reynolds (Newport, Oregon) is one of the top runners from his state. Gavin Chamberlain (Oak Ridge, El Dorado Hills) was 4:19.3 for 1600m in track.

NOTES:

Last Year's Results

| | | | | | | |
|----|-------------------|---------------------|-------|----|--------------------------|-----|
| 1 | Jon Stevens | Mission San Jose | 15:54 | 1 | Edison | 127 |
| 2 | Jim Nelson | Napa | 15:58 | 2 | Mission San Jose | 137 |
| 3 | Ronnie Buchanan | Righetti | 16:04 | 3 | Reedley | 139 |
| 4 | Jose Godinez | Reedley | 16:05 | 4 | Point Loma | 227 |
| 5 | Dylan Glatt | Edison | 16:07 | 5 | Amador Valley | 253 |
| 6 | Enrique Henriquez | San Leandro | 16:18 | 6 | Vintage | 254 |
| 7 | David Rodriguez | Mission San Jose | 16:28 | 7 | Righetti | 255 |
| 8 | Juan Miramontes | Golden Valley | 16:28 | 8 | Burbank | 262 |
| 9 | Daniel Phiffer | Don Bosco Tech | 16:31 | 9 | Pleasant Valley | 265 |
| 10 | Brian Pruyne | Vintage | 16:33 | 10 | Don Bosco Tech | 283 |
| 11 | Brian Henstorf | Amador Valley | 16:37 | 11 | Trabuco Hills | 288 |
| 12 | Chad Schmidt | North (Bakersfield) | 16:39 | 12 | Eureka | 291 |
| 13 | Brent Bolton | Scripps Ranch | 16:43 | 13 | Montgomery | 294 |
| 14 | Kevin Harley | Burbank | 16:44 | 14 | Torrey Pines | 338 |
| 15 | Kevin White | Eureka | 16:45 | 15 | North (Bakersfield) | 343 |
| 16 | Silverio Osorio | Reedley | 16:49 | 16 | Ashland | 367 |
| 17 | Ryan Hayes | Pleasant Valley | 16:50 | 17 | Davis | 411 |
| 18 | Pat O'Leary | Mission San Jose | 16:54 | 18 | Golden Valley | 411 |
| 19 | Tim Leahy | Burbank | 16:54 | 19 | Napa | 459 |
| 20 | Matt Hunnicutt | Amador Valley | 16:55 | 20 | Bishop Amat | 484 |
| 21 | Kent Roberts | Edison | 16:55 | 21 | Kennedy (Sac) | 537 |
| 22 | Tyler Mack | Torrey Pines | 16:56 | 22 | Piedmont Hills | 574 |
| 23 | Ron Anderson | Scripps Ranch | 16:56 | 23 | San Leandro | 587 |
| 24 | Adrian DeWald | Eureka | 16:56 | 24 | Centennial (Bakersfield) | 589 |
| 25 | Kevin Funk | Montgomery | 16:59 | 25 | Wood | 609 |
| | | | | 26 | Helix | 614 |
| | | | | 27 | San Ramon Valley | 642 |
| | | | | 28 | Ponderosa | 755 |
| | | | | 29 | Cerritos | 822 |



Girls Division III

Aleman High School
 Aragon High School
 Bella Vista High School
 Bishop Amat High School
 Burlingame High School
 Carondelet High School
 Concord High School
 Del Oro High School
 El Modena High School
 Folsom High School
 Gunderson High School
 Irvington High School
 Laguna Creek High School
 Littlerock High School
 Livermore High School
 Los Gatos High School
 Louisville High School
 Lynbrook High School
 Menlo-Atherton High School
 Newark Memorial High School
 Placer High School
 Pleasant Valley High School
 Reedley High School
 San Luis Obispo High School
 San Ramon High School
 Sonora High School
 St. Ignatius High School
 Temescal Canyon High School
 University City High School
 Washington High School

A number of very good teams will battle here. Carondelet (Concord), led by one of the nation's best in Kristen Gordon, will renew its rivalry with El Modena (Orange), off to a quick start out of Southern California. Carondelet was 4th in State Division III last Fall, with El Modena one place behind, with both teams returning all their scorers. Gordon has run 4:49.16 (1600m) and 10:29.43 (3200m) in track and was the Junior National 3000m runner-up in track. State runner-up in this division last Fall. Gordon should be ready for a super senior year. Kerri Bock-Willmes and Cristyn Enea were strong last Fall at the State Meet for Carondelet. El Modena is off to a strong 1996 start, scoring 21 points in winning the Alta Loma Invite two weekends ago, with Jessica Dahlberg, Katie Kennedy, and Leslie Burton all under 19:00.

Del Oro (Loomis) was 6th at State Division III last Fall, with Alison Milhollen leading all the returning scorers from that group. Louisville (Woodland Hills), one of the State's top small school teams ever last year in winning the Division IV title, has another fine group back, with Kelly Harrington, Jennifer Villar, and Erin Spaulding scorers for the championship 1995 group. Temescal Canyon (Elsinore) has Shelby Horgan (5th in the state meet) leading a team that was 8th in the state in 1995. St. Ignatius (San Francisco) has a great tradition, with Katie Appenrodt and Eileen Grove leading four back from a group who placed fourth in the state Division II meet last year. Placer (Auburn) showed tremendous potential during the year in 1995 with an all frosh/soph varsity, with Lindsay Hyatt developing into one of the top track runners in the nation in the spring with a 2:11.24 800 in winning the state title (fastest frosh in nation 1995) and a 4:53.02 1600m best. Nicole Portley (Aragon, San Mateo) was the CCS Division III harrier champ in 1995, with Jennifer Wong (Bella Vista, Fair Oaks) the Sac Joaquin Division II runner-up. Angela Ruiz (Reedley) has had a fine prep career.

NOTES:

Last Year's Results

| | | | | | | |
|----|--------------------|----------------------|-------|----|------------------------|-----|
| 1 | Kristen Gordon | Carondelet | 18:22 | 1 | El Modena | 81 |
| 2 | Elaine Canchola | Nordhoff | 18:22 | 2 | Nordhoff | 98 |
| 3 | Shaluinn Fullove | Louisville | 19:09 | 3 | Del Oro | 128 |
| 4 | Shana Driscoll | St. Ignatius | 19:23 | 4 | Louisville | 140 |
| 5 | Leslie Burton | El Modena | 19:33 | 5 | St. Ignatius | 167 |
| 6 | Jessica Dahlberg | El Modena | 19:33 | 6 | Corona Del Mar | 200 |
| 7 | Laura Sandoval | St. Ignatius | 19:43 | 7 | Carondelet | 207 |
| 8 | Sarah Ellis | La Canada | 19:51 | 8 | Crescent Valley (OR) | 250 |
| 9 | Shavona Chamberlin | Del Oro | 19:53 | 9 | Miramonte | 352 |
| 10 | Ashley Caro | Louisville | 19:53 | 10 | Livermore | 375 |
| 11 | Marielle Schlueter | St. Ignatius | 19:54 | 11 | Northgate | 388 |
| 12 | Terrah Chapin | Nordhoff | 20:07 | 12 | St. Francis (Mt. View) | 418 |
| 13 | Christy Cummins | Corona Del Mar | 20:09 | 13 | La Canada | 425 |
| 14 | Allison Millhollen | Del Oro | 20:12 | 14 | Bear River | 462 |
| 15 | Katie Kennedy | El Modena | 20:15 | 15 | Burlingame | 466 |
| 16 | Lisa Starkey | Del Oro | 20:18 | 16 | West Hills | 478 |
| 17 | Eileen Grove | St. Ignatius | 20:29 | 17 | San Luis Obispo | 479 |
| 18 | Bridie Hatch | Nordhoff | 20:31 | 18 | Palo Alto | 519 |
| 19 | Kristen Severance | St. Francis (Sac) | 20:35 | 19 | Los Gatos | 529 |
| 20 | Kim Lacher | El Modena | 20:36 | 20 | Aleman | 546 |
| 21 | Sally Cheda | Petaluma | 20:38 | 21 | Rio Americano | 579 |
| 22 | Kerri Bock-Willmes | Carondelet | 20:40 | 22 | St. Francis (Sac) | 582 |
| 23 | Beth Zacher | Nordhoff | 20:41 | 23 | Oak Ridge | 595 |
| 24 | Kirsti Miller | Miramonte | 20:43 | 24 | Sonora | 612 |
| 25 | Kim Barlow | Crescent Valley (OR) | 20:45 | 25 | Bishop O'Dowd | 637 |
| | | | | 26 | Rancho Cotate | 638 |
| | | | | 27 | Pasa Robles | 652 |
| | | | | 28 | Petaluma | 666 |
| | | | | 29 | Los Banos | 761 |
| | | | | 30 | Lynbrook | 786 |
| | | | | 31 | Calaveras | 786 |
| | | | | 32 | East Union | 806 |
| | | | | 33 | Roseville | 815 |
| | | | | 34 | Placer | 918 |



Boys Division III

Alemany High School
 Aragon High School
 Bella Vista High School
 Bishop Amat High School
 Bosco Technical Institute
 Burlingame High School
 Clayton Valley High School
 Concord High School
 Del Oro High School
 El Modena High School
 Folsom High School
 Gunderson High School
 Irvington High School
 Laguna Creek High School
 Littlerock High School
 Livermore High School
 Los Altos High School
 Los Gatos High School
 Lynbrook High School
 Menlo-Atherton High School
 Newark Memorial High School
 Newport Harbor High School
 Placer High School
 Pleasant Valley High School
 Reedley High School
 San Luis Obispo High School
 San Ramon High School
 Sonora High School
 St. Francis High School
 St. Ignatius High School
 Temescal Canyon High School
 University City High School
 Washington High School

Reedley, with Jose Godinez (16th in state Division II), Michael Lujan, and Carlos Silva back off a 5th place state Division II squad in 1995, should be very strong this Fall. A healthy Brad Hansen (4:13.1 1600m and 9:17.22 3200m) should greatly help St. Ignatius (San Francisco), joining Brendon Fitzgibbon at 4:22.1 last spring for 1600 meters. Area rival, St. Francis (Mountain View), led by Mike Cheung, will be very tough again this year. El Modena (Orange) has Tim Allen and Zach Amos leading a good group. Clayton Valley (Concord) has fine recent tradition, with four scorers back from a 1995 sixth place Division III team. Sonora, out of the Sac Joaquin Section, has Jason Hart (9th in State Division III and 9:44.74 3200m) leading. Brian Cooke (Burlingame) ran 9:38.12 in track for 3200m.

NOTES:

Last Year's Results

| | | | | | | |
|----|--------------------|------------------------|-------|----|------------------------|------|
| 1 | Micheil Jones | Livermore | 15:35 | 1 | Nordhoff | 60 |
| 2 | Mike Wojciechowski | Clayton Valley | 15:59 | 2 | Livermore | 142 |
| 3 | Will Bernaldo | Nordhoff | 16:12 | 3 | Corona Del Mar | 185 |
| 4 | Jason Hart | Sonora | 16:13 | 4 | El Modena | 221 |
| 5 | Dan D'ottavio | Placer | 16:14 | 5 | Los Gatos | 229 |
| 6 | Avery Blackwell | San Luis Obispo | 16:17 | 6 | Clayton Valley | 244 |
| 7 | Victor Ochoa | Nordhoff | 16:21 | 7 | West Hills | 279 |
| 8 | Omar Vega | Nordhoff | 16:22 | 8 | St. Ignatius | 285 |
| 9 | Paul Wellman | St. Ignatius | 16:26 | 9 | Pasa Robles | 294 |
| 10 | Mike Cheung | St. Francis (Mt. View) | 16:28 | 10 | St. Francis (Mt. View) | 324 |
| 11 | Luke Leininger | Clayton Valley | 16:30 | 11 | Bishop O'Dowd | 359 |
| 12 | Erik Hansen | American | 16:32 | 12 | Crescent Valley (OR) | 380 |
| 13 | Dusty Herman | Nordhoff | 16:32 | 13 | San Luis Obispo | 382 |
| 14 | Zach Amos | El Modena | 16:36 | 14 | Burlingame | 395 |
| 15 | Ryan Emenaker | El Modena | 16:40 | 15 | Lincoln (OR) | 462 |
| 16 | Joe Smith | Livermore | 16:42 | 16 | St. Augustine | 475 |
| 17 | Geoff Fleming | Roseville | 16:44 | 17 | Central Valley | 480 |
| 18 | Tyler Beardslee | Corona Del Mar | 16:48 | 18 | Northgate | 536 |
| 19 | Dan Brecht | Petaluma | 16:50 | 19 | Placer | 543 |
| 20 | Adrian Eimerl | Livermore | 16:51 | 20 | Sonora | 561 |
| 21 | Beebe Rutledge | Los Gatos | 16:51 | 21 | Alemany | 566 |
| 22 | Benji Harding | Crescent Valley (OR) | 16:52 | 22 | Irvington | 598 |
| 23 | Ian Head | Lincoln (Oregon) | 16:53 | 23 | Oak Ridge | 679 |
| 24 | Dustin Diaz | West Hills | 16:55 | 24 | Roseville | 700 |
| 25 | Paul Gauci | Alemany | 16:59 | 25 | Casa Grande | 701 |
| | | | | 26 | Del Oro | 716 |
| | | | | 27 | East Union | 725 |
| | | | | 28 | Redwood | 744 |
| | | | | 29 | South Tahoe | 747 |
| | | | | 30 | Servite | 747 |
| | | | | 31 | American | 769 |
| | | | | 32 | Petaluma | 804 |
| | | | | 33 | La Canada | 822 |
| | | | | 34 | Calaveras | 860 |
| | | | | 35 | Miramonte | 864 |
| | | | | 36 | Rio Americano | 894 |
| | | | | 37 | Los Banos | 906 |
| | | | | 38 | Bear River | 907 |
| | | | | 39 | Palo Alto | 946 |
| | | | | 40 | Rancho Cotate | 1171 |



Girls Division IV

Anderson High School
 Bear River High School
 Bishop O'Dowd High School
 Bret Harte High School
 Calaveras High School
 Central Valley High School
 Christian Brothers High School
 Colfax High School
 Corona del Mar High School
 Crescent Valley High School
 Dixon High School
 Escalon High School
 Flintridge Sacred Heart Academy
 Foothill High School
 Gunn High School
 La Canada High School
 Las Lomas High School
 Miramonte High School
 Morro Bay High School
 Nordhoff High School
 Notre Dame High School
 Palo Alto High School
 Presentation High School
 Redwood High School
 Roseville High School
 San Rafael High School
 Santa Ynez High School
 South Hills High School
 St. Paul High School
 Taft Union High School
 Terra Linda High School
 West Valley High School

One of recent prep history's most successful dynasties will race here, with Nordhoff (Ojai) bruising more than a few egos in winning three state titles on this side of the sport. Coach Ken Reeves' 1995 Ranger squad was rated 5th in the entire nation! Defending State Division III champ, and 26th in the Foot Locker Nationals, Elaine Canchola returns to lead six of seven back from the strong 1995 Nordhoff team that recorded the #3 team time ever at Woodward Park in the State Meet. Traditional Division IV State power Morro Bay, third place there last Fall, has Samantha Michel and Courtney Fairbanks back to lead a good 1996 crew. Flintridge-Sacred Heart (La Canada) has State Division IV fourth placer Melissa MacPherson leading potentially a fine squad. Lynn Firth leads a good Presentation (San Jose) group. Individually Lisa Eccles (Bret Harte, Altaville) was State runner-up in Division IV in 1995, with Sarah Ellis (La Canada) a 5:10 1600m runner. Tiffany Hanson (Redwood, Larkspur) was 5:04.90 in track for 1600m. Tracy Bowling (Taft) was eleventh in State Division IV in 1995 (and third here).

NOTES:

Last Year's Results

| | | | | | | |
|----|------------------|------------------------|-------|----|------------------------|-----|
| 1 | Kristin Groncy | Orange Lutheran | 19:31 | 1 | Pearl River (New York) | 58 |
| 2 | Kim Megdanis | Pearl River (New York) | 19:39 | 2 | Morro Bay | 71 |
| 3 | Tracy Bowling | Taft | 20:05 | 3 | Presentation | 91 |
| 4 | Siobhan Elster | Morro Bay | 20:19 | 4 | Orange Lutheran | 96 |
| 5 | Samantha Michel | Morro Bay | 20:20 | 5 | West Valley | 117 |
| 6 | Stacy Haffner | West Valley | 20:33 | 6 | Piedmont | 186 |
| 7 | Heather Gibson | Piedmont | 20:33 | 7 | Taft | 188 |
| 8 | Jen Maloney | Pearl River (New York) | 20:34 | 8 | Carmel | 198 |
| 9 | Jen Ponig | Terra Linda | 20:36 | 9 | Dixon | 265 |
| 10 | Brittany App | Morro Bay | 20:38 | 10 | Bret Harte | 279 |
| 11 | Denise Cardamore | Carmel | 20:39 | 11 | Summerville | 314 |
| 12 | Katie Peters | Orange Lutheran | 20:43 | 12 | St. Mary's (Stockton) | 324 |
| 13 | Ceci Lavelle | Presentation | 20:47 | 13 | Colfax | 329 |
| 14 | Martha Atrilia | Carmel | 20:48 | 14 | Calvary Chapel | 378 |
| 15 | Lynn Firth | Presentation | 20:48 | 15 | San Domenico | 424 |
| 16 | Liz Kane | Pearl River (New York) | 20:55 | | | |
| 17 | Patti McCormick | Pearl River (New York) | 20:58 | | | |
| 18 | Erin Geenty | Pearl River (New York) | 21:03 | | | |
| 19 | Jennifer Field | Presentation | 21:06 | | | |
| 20 | Julia Ruiz | Presentation | 21:08 | | | |
| 21 | Becky McIntosh | Orange Lutheran | 21:18 | | | |
| 22 | Erin Miller | Robert Louis Stevenson | 21:27 | | | |
| 23 | Sarah Joseph | West Valley | 21:28 | | | |
| 24 | Colleen Thompson | Pearl River (New York) | 21:29 | | | |
| 25 | Niki Salcido | Taft | 21:32 | | | |



Boys Division IV

Bear River High School
 Bishop O'Dowd High School
 Bret Harte High School
 Calaveras High School
 Central Valley High School
 Christian Brothers High School
 Colfax High School
 Corona del Mar High School
 Crescent Valley High School
 Cupertino High School
 Dixon High School
 Escalon High School
 Fillmore High School
 Foothill High School
 Gunn High School
 La Canada High School
 Las Lomas High School
 Miramonte High School
 Morro Bay High School
 Nordhoff High School
 Palo Alto High School
 Redwood High School
 San Rafael High School
 Santa Ynez High School
 South Hills High School
 St. Augustine High School
 St. Francis High School
 St. Paul High School
 Taft Union High School
 Terra Linda High School
 Terra Nova High School
 West Valley High School

Nordhoff (Ojai), one of the nation's great combined Boys/Girls programs under Coach Ken Reeves, closed with a rush in 1995 to match the Girls State win with a mind-boggling 35 point total in a very competitive division. Dusty Herman and Victor Ochoa (9:29.81 3200m) lead what should develop into another Ranger powerhouse in 1996. Central Coast rival Morro Bay has defending individual champ here, Isaiah Festa (9:18.29 3200m), leading a group that will try to keep Nordhoff honest. Livermore, state runner-up in Division III in 1995, and Gunn (Palo Alto) have fine tradition in the sport. Dan McDonough (Cupertino) was 9:45.96 (3200m) in track, with West Valley's David Braund 9:48.1 last spring.

NOTES:

Last Year's Results

| | | | | | | |
|----|-------------------|-----------------------|-------|----|------------------------|-----|
| 1 | Isaian Festa | Morro Bay | 15:56 | 1 | Morro Bay | 39 |
| 2 | Milah Fuson | Taft | 16:13 | 2 | Piedmont | 109 |
| 3 | Robin Pendolay | Terra Linda | 16:41 | 3 | Salesian (LA) | 116 |
| 4 | Rico Gomez | Morro Bay | 16:57 | 4 | Oak Park | 116 |
| 5 | T. W. Burchmore | Morro Bay | 17:06 | 5 | Palma | 127 |
| 6 | Keith Trimble | Piedmont | 17:08 | 6 | West Valley | 166 |
| 7 | Todd Jordon | Taft | 17:11 | 7 | Summerville | 216 |
| 8 | Morgan Harrelson | Oak Park | 17:11 | 8 | Taft | 229 |
| 9 | Andy Malick | Piedmont | 17:12 | 9 | Terra Linda | 250 |
| 10 | Carl Moren | Piedmont | 17:15 | 10 | Dixon | 256 |
| 11 | Frank Palacios | Palma | 17:18 | 11 | Bret Harte | 271 |
| 12 | Matt Epperheimer | Morro Bay | 17:23 | 12 | St. Mary's (Berkeley) | 280 |
| 13 | Francisco Guevara | Terra Linda | 17:24 | 13 | St. Marys (Stockton) | 286 |
| 14 | Ryan Roberts | Oak Park | 17:24 | 14 | Patterson | 366 |
| 15 | Steve Martin | Oak Park | 17:26 | 15 | Colfax | 367 |
| 16 | Mark Waely | Summerville | 17:32 | 16 | Robert Louis Stevenson | 436 |
| 17 | Seamus Perry | Morro Bay | 17:36 | 17 | Tioga | 488 |
| 18 | Aaron Thornton | Palma | 17:37 | 18 | Calvary Chapel | 510 |
| 19 | Ben Maniatias | St. Mary's (Berkeley) | 17:40 | | | |
| 20 | Javier Garcia | Salesian (LA) | 17:43 | | | |
| 21 | Colby Phillips | West Valley | 17:45 | | | |
| 22 | Andy Cortez | Salesian (LA) | 17:46 | | | |
| 23 | Rolando Sanchez | Salesian (LA) | 17:46 | | | |
| 24 | Rudy Castanon | Salesian (LA) | 17:47 | | | |
| 25 | David Braund | West Valley | 17:50 | | | |



Girls Division V

Bonanza High School
 Castilleja School
 Justin Siena High School
 Oak Park High School
 Orange Lutheran High School
 Piedmont High School
 Polytechnic School
 Robert Louis Stevenson School
 St. Joseph High School
 St. Margaret High School
 St. Mary's College High School
 Summerville High School
 Tioga High School
 Valley Christian High School

This year the State has gone to five divisions in Cross-Country, with a number of smaller schools now capable of glory in the sport, as this level tops out at 524 coed for grades 10-12. Orange Lutheran, a strong group, has Kristin Groncy, fifth in State Division IV last year leading a good team. Pasadena Poly and St. Joseph (Santa Maria) have showed up in early Southern Section rankings.

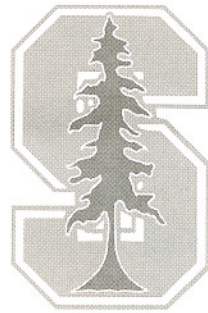
Boys Division V

Bonanza High School
 Crespi Carmelite High School
 Justin Siena High School
 Oak Park High School
 Orange Lutheran High School
 Piedmont High School
 Robert Louis Stevenson School
 Salesian High School
 St. Joseph High School
 St. Margaret High School
 St. Mary's College High School
 Summerville High School
 Tioga High School
 Trinity High School
 Valley Christian High School
 Wooster High School
 York School

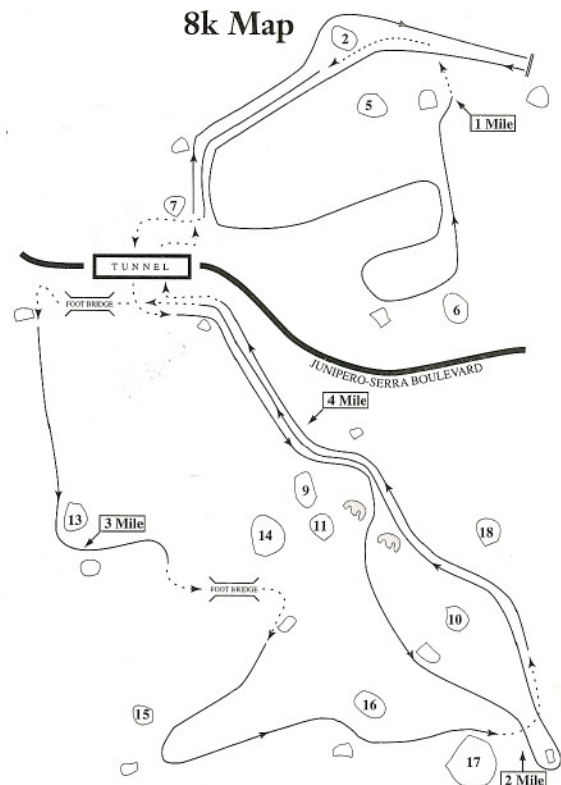
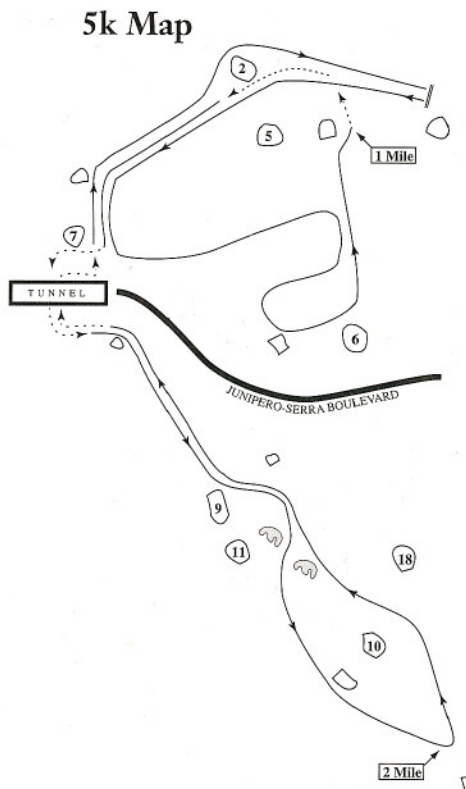
Salesian (Los Angeles) and Oak Park are highly rated in Southern California, with Oak Park fourth in last year's State Division IV meet, with Morgan Harrelson 20th at State. Piedmont has great tradition, third in last year's State Division IV contest, with York School (Monterey) thirteenth there.

Race Schedule for College Section

| | | | |
|------|----|--|--------------|
| 4:00 | PM | University Women's Collegiate Section | 5,000 Meters |
| 4:25 | PM | University Women's Championship Invitational | 5,000 Meters |
| 4:55 | PM | University Men's Championship Invitational | 8,000 Meters |
| 5:30 | PM | University Men's Collegiate Section | 8,000 Meters |



Stanford Golf Course



Martin Surfacing Pre-Season NCAA Division I
Men's Cross Country Poll

1. Arkansas
2. Northern Arizona
3. Stanford
4. Wisconsin
5. Oregon
6. Oklahoma State
7. Colorado
8. North Carolina State
9. Providence
10. Notre Dame
11. Georgetown
12. Iowa State
13. Nebraska
14. Michigan State
15. Michigan
16. Portland
17. Arizona
18. Wake Forest
19. BYU
20. Boise State
21. Tennessee
22. Penn State
23. William & Mary
24. Dartmouth
25. East Tennessee State

Lynx Timing System
NCAA Division I
Women's Cross Country
Pre-Season Poll

1. Providence
2. Colorado
3. Stanford
4. BYU
5. Georgetown
6. Michigan
7. Villanova
8. Oregon
9. Dartmouth
10. North Carolina State
11. Arizona
12. Wisconsin
13. Arkansas
14. Auburn
15. Boston College
16. Washington
17. Florida
18. (tie) Iowa State
18. (tie) SMU
20. Penn State
21. Missouri
22. Bowling Green
23. Weber State
24. UCLA
25. North Carolina

NOTES:

Top 25 Performers - Stanford Golf Course
Men's 8000 Meters

| <i>Athlete</i> | <i>School</i> | <i>Event</i> | <i>Time</i> |
|------------------------|---------------------------|----------------------------|-------------|
| 1 Martin Keino | Arizona | 1994 Pac-10 Championships | 24:04 |
| 2 Karl Keska | Oregon | 1995 Pac-10 Championships | 24:14 |
| 3 Bob Keino | Arizona | 1995 Pac-10 Championships | 24:17 |
| 4 Richie Boulet | California | 1995 Pac-10 Championships | 24:27 |
| 5 Mebrahtom Keflezighi | UCLA | 1994 Pac-10 Championships | 24:29 |
| 6 Matt Davis | Oregon | 1995 Pac-10 Championships | 24:32 |
| 7 Greg Jimmerson | Stanford | 1995 Stanford Invitational | 24:33 |
| 8 Margarito Casillas | Arizona | 1995 Pac-10 Championships | 24:39 |
| 9 Tim Martin | Northern Arizona | 1995 Stanford Invitational | 24:48 |
| 9 Nathan Nutter | Stanford | 1995 Pac-10 Championships | 24:48 |
| 11 John Howell | Northern Arizona | 1995 Stanford Invitational | 24:49 |
| 12 Theo Martin | Northern Arizona | 1995 Stanford Invitational | 24:53 |
| 13 Darren Hunter | Washington | 1994 Pac-10 Championships | 24:54 |
| 14 George Loucaides | Washington State | 1995 Pac-10 Championships | 24:56 |
| 15 Colin Johnston | Washington | 1995 Pac-10 Championships | 24:59 |
| 15 Andy Wyman | Washington | 1995 Pac-10 Championships | 24:59 |
| 17 Dan Reed | Univ California Riverside | 1995 Stanford Invitational | 25:01 |
| 18 Daniel DasNeves | Oregon | 1995 Pac-10 Championships | 25:02 |
| 19 Tracy Hollister | Oregon | 1994 Pac-10 Championships | 25:03 |
| 20 Brent Hauser | Stanford | 1995 Pac-10 Championships | 25:05 |
| 21 Brad Hauser | Stanford | 1995 Stanford Invitational | 25:06 |
| 22 Sam Alexander | Washington | 1994 Pac-10 Championships | 25:08 |
| 23 Rob Reeder | Stanford | 1994 Pac-10 Championships | 25:10 |
| 24 Art Jimenez | Arizona | 1994 Pac-10 Championships | 25:12 |
| 25 Mark Fadil | Stanford | 1995 Stanford Invitational | 25:13 |
| 25 J.J. White | Stanford | 1995 Pac-10 Championships | 25:13 |

Last Year's Results

Men's Championship Invitational

| | | | | | | |
|----|----------------------|-------------------------------|-------|----|-------------------------------|-----|
| 1 | Richie Boulet | California | 24:28 | 1 | Stanford | 53 |
| 2 | Mebrahtom Keflezighi | UCLA | 24:32 | 2 | Northern Arizona | 61 |
| 3 | Greg Jimmerson | Stanford | 24:33 | 3 | UCLA | 164 |
| 4 | Tim Martin | Northern Arizona | 24:48 | 4 | Utah | 174 |
| 5 | John Howell | Northern Arizona | 24:49 | 5 | Azusa Pacific | 175 |
| 6 | Theo Martin | Northern Arizona | 24:53 | 6 | Fresno State | 187 |
| 7 | Dan Reed | Univ California Riverside | 25:01 | 7 | Univ California Santa Barbara | 230 |
| 8 | Brad Hauser | Stanford | 25:06 | 8 | Univ California Riverside | 260 |
| 9 | Jama Bile Northern | Arizona | 25:08 | 9 | Utah State | 274 |
| 10 | Brent Hauser | Stanford | 25:09 | 10 | Univ California San Diego | 293 |
| 11 | Mark Fadil | Stanford | 25:13 | 11 | Univ California Davis | 304 |
| 12 | Nacho Flores | Fresno State | 25:16 | 12 | Missouri | 334 |
| 13 | J.J. Castner | Univ California San Diego | 25:18 | 13 | Southern Utah | 343 |
| 14 | Eric Ricketts | Chico State | 25:20 | 14 | Humboldt State | 359 |
| 15 | John Gachao | Azusa Pacific | 25:22 | 15 | Chico State | 364 |
| 16 | Torry Kraftson | Utah | 25:24 | 16 | California | 410 |
| 17 | Israel Pose | Fresno State | 25:26 | 16 | Texas | 410 |
| 18 | Frank Torres | Utah State | 25:26 | 18 | Cal State Fullerton | 411 |
| 19 | Devin Elizondo | UCLA | 25:27 | 19 | Cornell | 420 |
| 20 | Brad Glosser | Univ California Santa Barbara | 25:29 | 20 | Univ California Irvine | 456 |
| 21 | Jason Perscheid | Stanford | 25:30 | 21 | Cal State Sacramento | 495 |
| 22 | Ray Hughes | Missouri | 25:32 | 22 | Long Beach State | 604 |
| 23 | Ben Flamm | UC Santa Barbara | 25:33 | 23 | Western Oregon | 701 |
| 24 | Denes Balazs | Azusa Pacific | 25:33 | | | |
| 25 | Jeff Simonich | Utah | 25:34 | | | |

Men's Collegiate Section

| | | | | | | |
|----|------------------|-------------------------------|-------|----|-------------------------------|-----|
| 1 | Jacque Sallberg | Cal State Los Angeles | 25:24 | 1 | Stanford | 40 |
| 2 | Jorn Grimsley | Stanford | 25:29 | 2 | Cal Poly Pomona | 48 |
| 3 | Shawn Page | Cal Poly Pomona | 25:45 | 3 | Westmont | 116 |
| 4 | Jason Balkman | Stanford | 25:52 | 4 | Univ California Santa Barbara | 143 |
| 5 | Chris Lundstrom | Stanford | 25:53 | 5 | Cal State Los Angeles | 180 |
| 6 | Cliff Curtis | Cal Poly Pomona | 25:59 | 6 | Southern California College | 210 |
| 7 | Bryne Duffy | Cal Poly Pomona | 26:10 | 7 | Occidental | 212 |
| 8 | Ryan McCalmon | Stanford | 26:12 | 8 | Cal State Stanislaus | 228 |
| 9 | Oscar Unzar | Cal State Los Angeles | 26:16 | 9 | Santa Clara | 234 |
| 10 | Brent Butler | San Francisco State | 26:16 | 10 | Biola | 236 |
| 11 | Matt Newman | Claremont Mudd Scripps | 26:24 | 11 | Claremont Mudd Scripps | 262 |
| 12 | Trent Bryson | Univ California Santa Barbara | 26:25 | 11 | Univ California Davis | 262 |
| 13 | Eben Robinson | Westmont | 26:28 | 13 | Fresno State | 365 |
| 14 | Matt Nealon | Westmont | 26:28 | 14 | Cal State Fullerton | 374 |
| 15 | Mike Moreno | Cal Poly Pomona | 26:30 | 15 | Fresno Pacific | 378 |
| 16 | Jason Schaefer | Southern California College | 26:32 | 16 | San Francisco State | 396 |
| 17 | Ian Enriquez | Cal Poly Pomona | 26:32 | 17 | Ventura | 438 |
| 18 | Will Allan | Occidental | 26:35 | 18 | Point Loma Nazarene | 478 |
| 19 | Jeff Meisner | Univ California Santa Barbara | 26:36 | 19 | La Verne | 544 |
| 20 | Tyson Thomas | Cal State Stanislaus | 26:39 | 19 | St. Mary's | 544 |
| 21 | Gil Serrano | Stanford | 26:43 | 21 | San Francisco | 586 |
| 22 | Trevor Sybert | Biola | 26:45 | 22 | Concordia | 620 |
| 23 | Philip Livingood | Westmont | 26:47 | 23 | College of Notre Dame | 658 |
| 24 | Pat Fear | Santa Clara | 26:49 | | | |
| 25 | Terence Flynn | Occidental | 26:51 | | | |

Last Year's Results

Women's Championship Invitational

| | | | | | | |
|----|-------------------|--------------------------|-------|----|-------------------------------|-----|
| 1 | Mary Cobb | Stanford | 17:10 | 1 | Stanford | 28 |
| 2 | Megan Flowers | Arkansas | 17:16 | 2 | Arkansas | 57 |
| 3 | Sarna Renfro | Stanford | 17:25 | 3 | Missouri | 154 |
| 4 | Monal Chokshi | Stanford | 17:30 | 4 | Univ California Irvine | 173 |
| 5 | Suzy Jones | Unattached | 17:38 | 4 | Northern Arizona | 173 |
| 6 | Angela Orefice | Cal Poly San Luis Obispo | 17:40 | 6 | California | 182 |
| 7 | Kristen Allen | Missouri | 17:41 | 7 | UCLA | 230 |
| 8 | Kortney Dunscombe | Stanford | 17:43 | 7 | Cornell | 230 |
| 9 | Kelly Cook | Arkansas | 17:46 | 9 | Cal Poly San Luis Obispo | 237 |
| 10 | Danielle Nelson | Fresno State | 17:46 | 10 | Weber State | 252 |
| 11 | Catherine Berry | Arkansas | 17:47 | 11 | Fresno State | 293 |
| 12 | Sara Flores | Humboldt State | 17:48 | 12 | Utah | 300 |
| 13 | Staci Snider | Arkansas | 17:50 | 13 | Univ California Santa Barbara | 337 |
| 14 | Ann Sheehy | Stanford | 17:54 | 14 | Humboldt State | 368 |
| 15 | Magdalena Lewy | California | 17:55 | 15 | Utah State | 431 |
| 16 | Laura Manson | Univ California Irvine | 17:59 | 16 | Univ California Davis | 462 |
| 17 | Kristina Betzold | Stanford | 18:02 | 17 | Cal State Fullerton | 493 |
| 18 | Rachel Rieke | Northern Arizona | 18:02 | 18 | Nevada | 495 |
| 19 | Jeanene Harlick | UCLA | 18:03 | 19 | Cal State Northridge | 503 |
| 20 | Leila Burr | Stanford | 18:04 | 20 | Long Beach State | 514 |
| 21 | Paula Morrison | Utah | 18:07 | 21 | Cal State Sacramento | 582 |
| 22 | Sarah Thornber | Northern Arizona | 18:09 | 22 | Western Oregon | 659 |
| 23 | Tracy Clark | UCLA | 18:11 | | | |
| 24 | Jessica Harmemza | Missouri | 18:11 | | | |
| 25 | Kate Walker | Cornell | 18:12 | | | |

Women's Collegiate Section

| | | | | | | |
|----|------------------|-----------------------------|-------|----|-----------------------------|-----|
| 1 | Kelly Flathers | Unattached | 18:15 | 1 | Stanford | 74 |
| 2 | Nikee Pool | Southern California College | 18:21 | 2 | Claremont Mudd Scripps | 87 |
| 3 | Amy MacArthur | Stanford | 18:34 | 3 | Westmont | 91 |
| 4 | Holiday Molway | Unattached | 18:40 | 4 | Azusa Pacific | 124 |
| 5 | Mathea Kok | Azusa Pacific | 18:42 | 5 | Occidental | 145 |
| 6 | Miriam Niednagel | Westmont | 18:48 | 6 | Univ California Riverside | 200 |
| 7 | Natalie Austin | Occidental | 18:53 | 7 | St. Mary's | 213 |
| 8 | Danielle Pekar | Univ California Riverside | 18:56 | 8 | Southern California College | 225 |
| 9 | Rhonda Heise | Fresno Pacific | 18:57 | 9 | Fresno Pacific | 266 |
| 10 | Desiree Owen | Arkansas | 18:58 | 10 | Univ California San Diego | 301 |
| 11 | Louise Tench | Claremont Mudd Scripps | 18:59 | 11 | Cal Poly Pomona | 321 |
| 12 | Alison White | Stanford | 19:05 | 12 | San Diego State | 340 |
| 13 | Tilla Torrens | Stanford | 19:06 | 13 | Whittier | 352 |
| 14 | Annaka Gustafson | Westmont | 19:07 | 14 | Point Loma Nazarene | 357 |
| 15 | Michelle Teodoro | Azusa Pacific | 19:08 | 15 | Cal State Stanislaus | 369 |
| 16 | Jennifer Stuart | Claremont Mudd Scripps | 19:09 | 16 | Univ California Davis | 387 |
| 17 | Laura Hayward | Stanford | 19:13 | 17 | San Francisco State | 389 |
| 18 | Jennifer Davis | Claremont Mudd Scripps | 19:14 | 18 | San Jose State | 404 |
| 19 | Sherish Marion | Univ California Riverside | 19:14 | 19 | Chico State | 480 |
| 20 | Sarah Gerard | Claremont Mudd Scripps | 19:14 | 20 | Ventura | 533 |
| 21 | Talia Starkey | Occidental | 19:17 | 21 | California Baptist College | 586 |
| 22 | Erica Greene | Cal State Stanislaus | 19:19 | 22 | Santa Clara | 631 |
| 23 | Josefina Sanchez | Ventura | 19:21 | 23 | College of Notre Dame | 640 |
| 24 | Meghan Mayes | Southern Utah | 19:21 | 24 | La Verne | 685 |
| 25 | Brynn Abby | Westmont | 19:22 | 25 | San Francisco | 707 |
| | | | | 26 | Pacific | 779 |

1997 STANFORD Track & Field INVITATIONAL

COBB TRACK & ANGELL FIELD



High School Competition
Saturday, March 22

Collegiate Competition
Saturday, March 22 and
Sunday, March 23

Looking ahead to the outdoor season the 1997 Stanford Track and Field Invitational will be held on Saturday, March 22 and Sunday, March 23. We are pleased to announce that we have expanded our field sizes in every event for the Stanford Track and Field Invitational. Stop by Cobb Track and Angell Field to see our brand new nine lane track, dual direction runways, and multiple rings.

Athletes of all levels will find the degree of competition that best meets their needs. Last year our high school competition was fantastic. We accommodated all teams whose entries were received by the deadline. We had great awards and exciting events for all athletes in the jumps, throws, and on the track.

Don't miss this great opportunity to get your high school athletes involved in a one day high school meet and a chance to see top flight collegiate and open competition immediately following the high school section.

In the collegiate competition our new facility produced forty-three NCAA Division I automatic or provisional qualifiers in this meet alone! All of our events will be deep, with competition to meet your needs in Divisions I, II, and III.

A Thank You to our sponsors!



NOTABLE ATHLETE AWARD

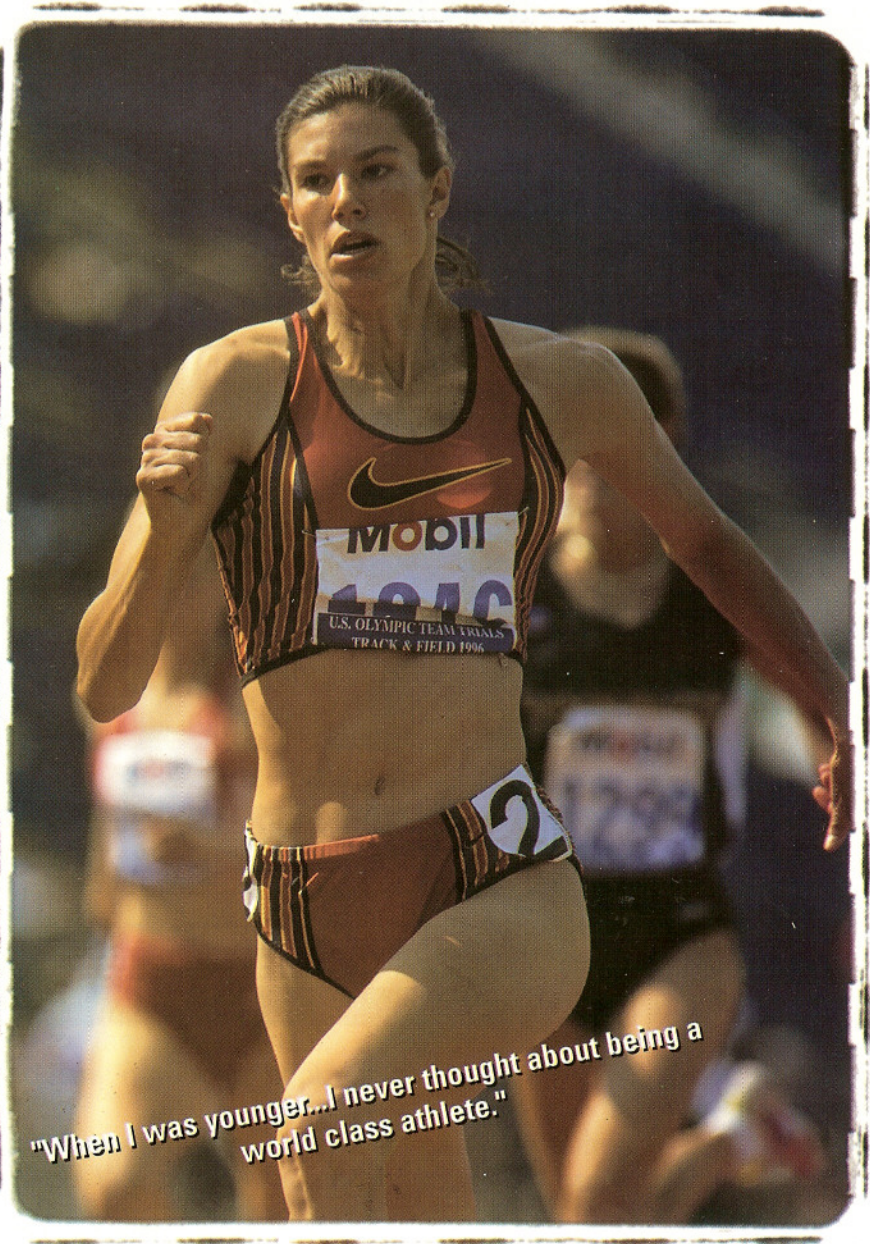
For June 1996

KELLY BLAIR

This has been a busy summer for Kelly Blair... In June, she had the upset of the year, defeating Jackie Joyner Kersee in the heptathlon by three points. Kelly's score-6406-was her personal best and the fourth best score ever by an American.

Kelly is one talented athlete. She played basketball and track in high school, earning all state honors in basketball her junior and senior years, and scored 5231 in the heptathlon. At the University of Oregon, Kelly found that two sports was too much. So, she redshirted from basketball and her heptathlon took off! In 1993, as a junior, Kelly won the NCAA title. In 1995, Kelly took tenth at the World Championships with a score of 6229!

In her second heptathlon in Atlanta, Kelly Blair watched her teammate Jackie Joyner Kersee retire from the heptathlon with an injury on the first day of competition. The next day, Kelly took eighth, with a score of 6307. As the first American heptathlete to finish in Atlanta, Kelly Blair is the Fuji/American Track & Field Notable Athlete for June 1996!



"When I was younger... I never thought about being a world class athlete."

CREDITS:
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NOTABLE ATHLETE AWARD

For July 1996

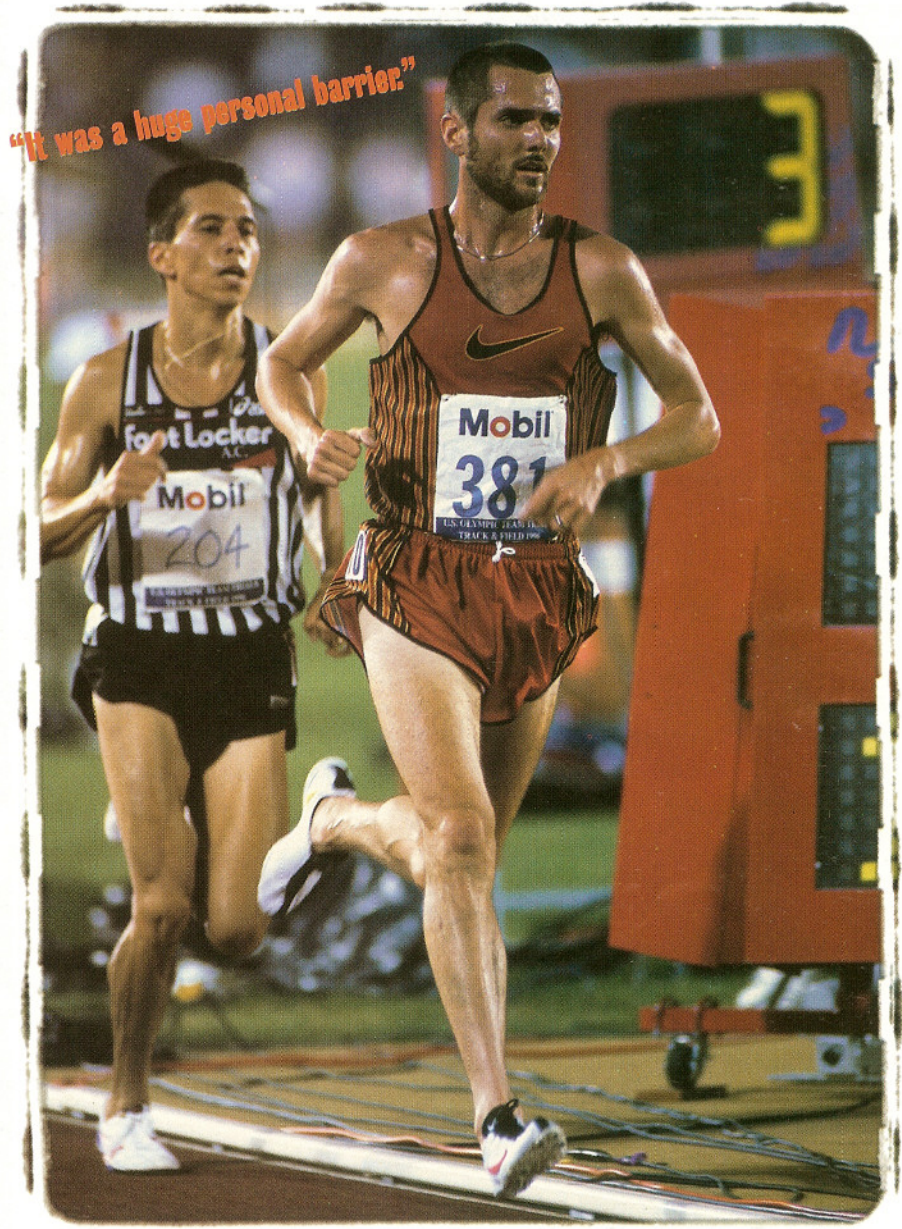
BOB KENNEDY

12:58.75

Thirteen Minutes. In 1982, when Dave Moorcroft ran 13:00.42, he held his face in his hands, shocked at the enormity of his performance. On July 8, 1996, Bob Kennedy found himself in fifth place at 3,000 meters in a 5,000 meter race. "I was running by myself in fifth. There were three Kenyans ahead of me but I kept the pressure on and moved into second with two laps to go," Bob recalls. Finishing second to Daniel Komen's 12:51.60, Bob's superb 12:58.75 gave him the American 5,000 meter record for the first time--breaking the eleven year old record of Sydney Maree.

On August 3, 1996, with 82,000-plus screaming fans, Kennedy took the lead of the Men's Olympic Final 5,000 meters with 800 meters to go. The crowd went crazy. He had kept the race fast for ten straight laps, staying just close enough to threaten to up the ante if anyone slowed the pace down, now he took his shot...After a furious last eight hundred meters, Kennedy took sixth, the best finish by an American since Steve Prefontaine's fourth in 1972.

How good is Bob Kennedy? As good as he wants to be. On August 10, Bob broke his own AR at 3,000 meters with a 7:33.96 in Nice. And, on August 14, Bob lowered the 5,000 meter record to 12:58.21. And on August 23, Bob lowered the 3,000 record to 7:31.96! Congratulations to America's greatest middle distance runner, Bob Kennedy, who takes on all comers and makes us proud, you are the Fuji/American Track & Field Notable Athlete for July 1996!



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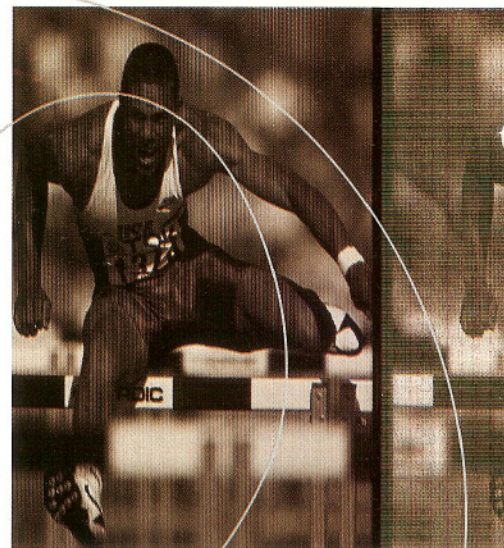
The Great American Decathlon Search

The success of the American Decathletes in Atlanta was not an accident, but rather the result of years spent planning and training. At the 1996 Summer Games, Dan O'Brien won the gold medal, Steve Fritz was fourth and Chris Huffins was tenth. We want to continue this success in the year 2000 and beyond. The U.S. has a long history of great decathletes—Bob Mathias, Milt Campbell, Rafer Johnson, Bill Toomey, Bruce Jenner, Dan O'Brien, and we want it to continue!

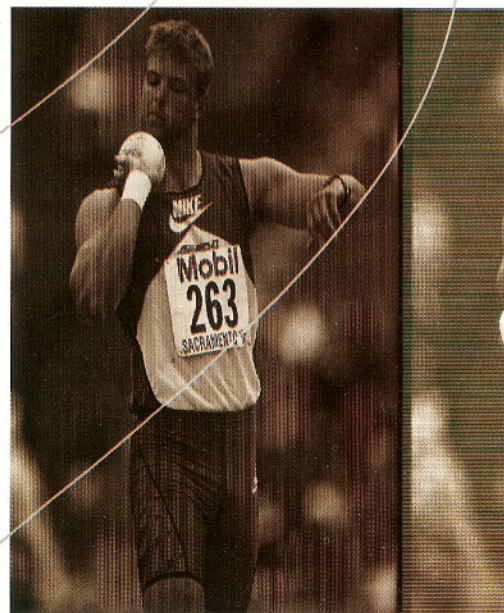
COULD IT BE YOU?

That is why the U.S. National Decathlon Team is conducting a **Decathlon Talent Search**. If you are between 17 and 23 years old, have run one hundred meters in 11.0 seconds flat or better and/or one hundred yards in 10.1 seconds or better, and are between 5'10" and 6'4"+, then you could be a candidate. Have your coach fill out the information requested below. Harry Marra and Fred Samara, the National Coaches for the U.S. National Decathlon Team will review all the information packets sent in, and select the potential decathletes for an introductory testing camp in San Diego, California in December 1996.

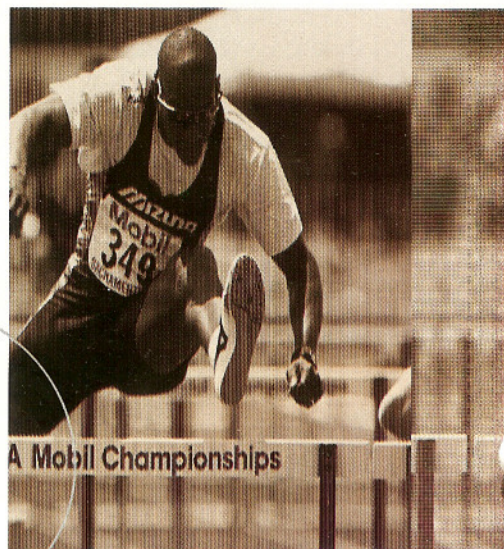
The first step is to fill out the bottom half of this sheet, get the recommendations needed and mail it to the address on the bottom. Good luck!



Dan O'Brien P.R. 8891
Olympic Champion and World Record Holder



Steve Fritz P.R. 8644



Chris Huffins P.R. 8546

Name _____
 Address _____
 Phone _____ Fax _____
 Age _____ Date of Birth _____ Height _____ Weight _____

Fill in the following lines with the sports played in high school, junior college and college. Include Track & Field events that you competed in and your best performances. Please list the school that you currently attend.

a. _____
 b. _____
 c. _____
 d. _____
 e. _____
 f. _____
 g. _____
 h. _____

School currently enrolled in _____
 Grade Level _____
 Coach's name _____
 Phone _____ Fax _____

A complete bio will be requested at the next level of the selection process.
 Send completed information to: Decathlon Search • Coaches Marra and Samara • c/o American Track & Field • 583 D'Onofrio Dr. Suite 203 • Madison, WI 53719
 (registration deadline November 15, 1996)

**YES!
 IT COULD BE ME!!**

FUJIFILM

AMERICAN Track & Field

NOTABLE ATHLETE AWARD

For August 1996

LANCE DEAL

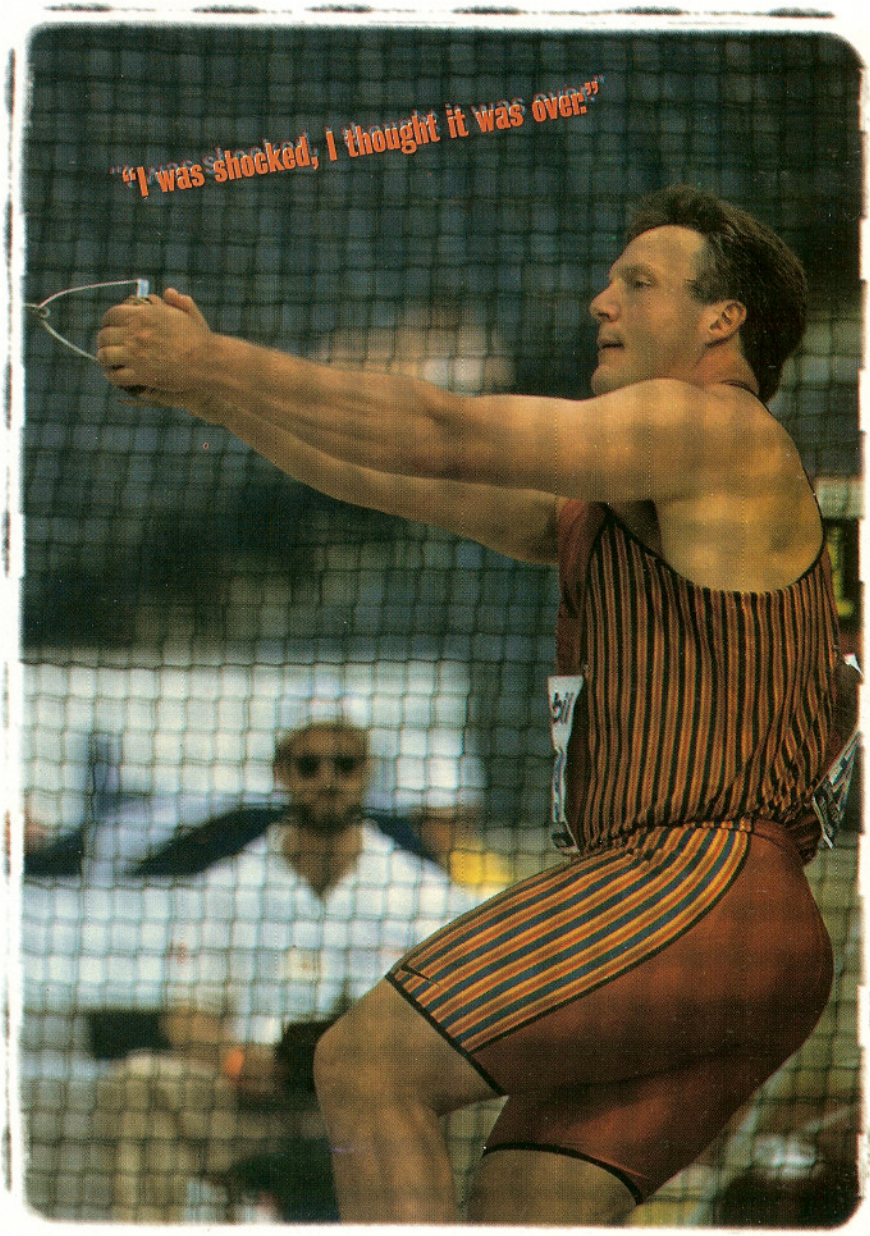
The agony, and the ecstasy
of Lance Deal

In the Hammer Throw final, an event won by four Hungarians since 1948, another young Hungarian, Balacz Kiss, continues the long and honorable tradition of Hungarian hammer throwers with two great throws over 80 meters--80.50 on his second and 81.24 on his third--266-6 to take the lead. Andrey Svaruk of Ukraine went 79.92 to get into second in his third throw, and our hero Lance Deal had two fouls--he was in definite trouble. Lance then pops a 76.94 meter throw, which ties him for eighth place and Lance thinks--it is over... He takes off his singlet, his shoes and most importantly...his throwing gloves... The agony has hit. Lance tells us later, "I was shocked, I thought that it was over."

But, in championship finals, there is no count back for the final qualifier--Deal had three more throws! He still had a chance! He put on his singlet, his throwing gloves and changed to his "fast shoes"... Nothing changed in the hammer until round six.

Deal, was the first up in the rotation for round six. He went into the cage, looked up at the gate, and entered the ring. His technique was near perfection---his distance of 81.12 meters, or 266 feet two inches catapulted him into second place! He tried hard to relax, as eight more throwers had a chance to know him off the medal podium.

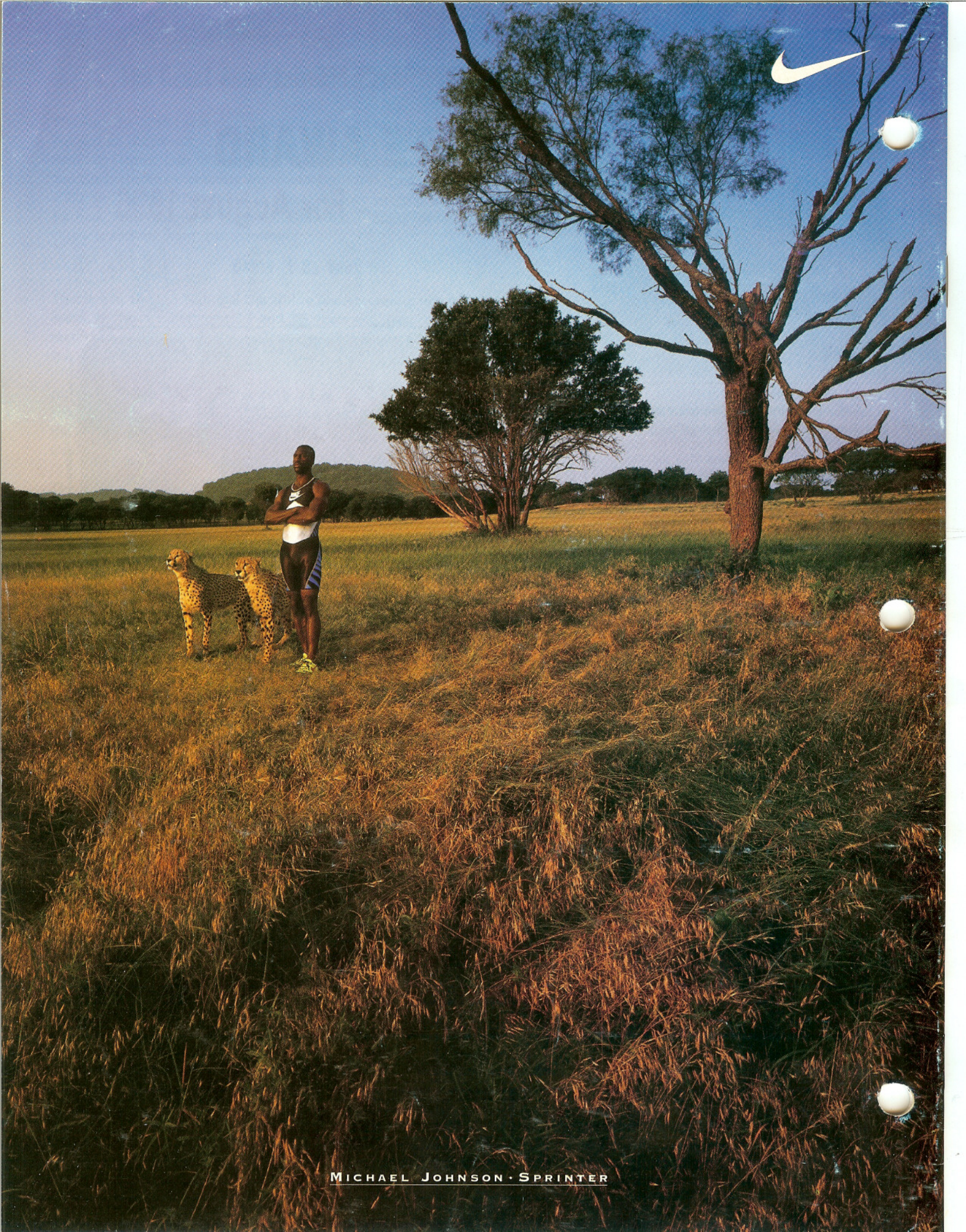
The ecstasy..Lance Deal, who looked to be out of the competition takes the silver medal! As the silver medalist, Lance Deal was the first American to medal in the hammer since 1956! Congratulations to Lance Deal as the 1996 Fuji/American Track & Field Notable Athlete award for August!



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MICHAEL JOHNSON · SPRINTER