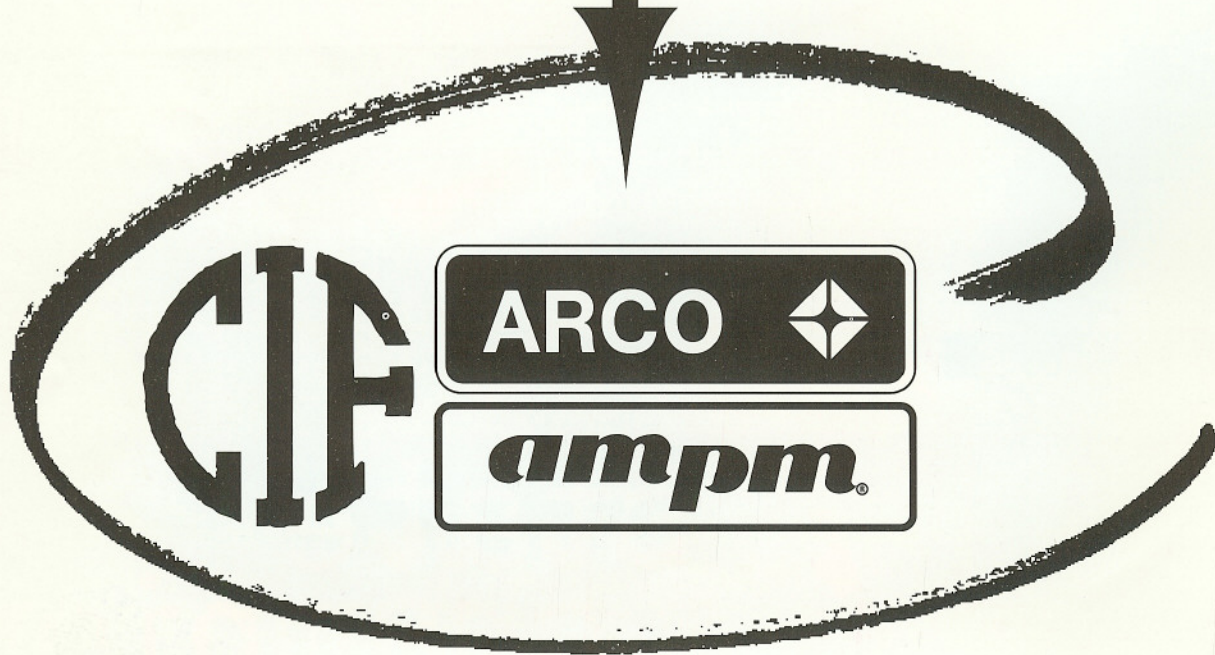


In the game →



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*, Herff Jones, Wilson and hikara. Many of the photos in this program were provided by coaches, as well as the media. Printed at Triple A Graphics.

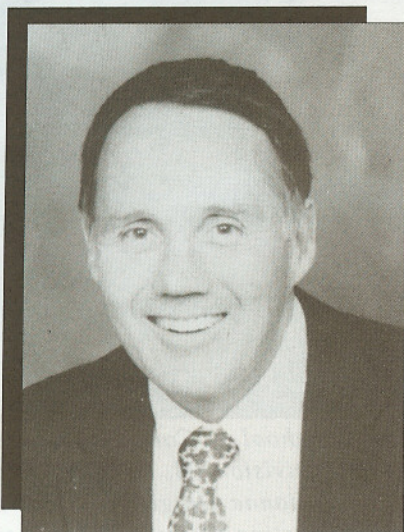


That Championship Feeling - Clayton Valley High School of Concord looks for its second title in three years. The top-ranked team in Division III, the Eagles consist of (front row) Deborah Osteen, Julie Leininger, Julianne Ghiglieri (back) coach Shelly Loveall, Marcela Villalobos, Kelly Howisey, Kristine Musante, Emily Pitti and assistant coach Mike Huntsman. photo courtesy of Clayton Valley High School.

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THE CALIFORNIA INTERSCHOLASTIC FEDERATION WELCOMES YOU



Dr. Ken Gunn
CIF President

On behalf of the entire CIF family, I would like to welcome you to our CIF ARCO *am/pm* State Championship playoffs. To coaches and athletes this event means you have been extremely successful. Only the truly elite are competing at this level. Your hard work and exceptional performance has most certainly "paid off". Please take time to consider the magnitude of your accomplishment and enjoy every moment of this experience. It is something you will remember the rest of your lives. Each of you are already winners.

To parents, schools and communities the fact your teams have advanced to these championships means you have also contributed greatly. I know you are tremendously proud of your athlete(s) and teams. Without your support they would not be here.

To the officials, staff members, and many volunteers who have contributed so much of their time and talent, a sincere thank you. Because of your efforts this event will be an exciting and positive experience for our athletes and their fans. When you realize that there are over 1.2 million students attending the 1000 plus high schools in California, you cannot help but be very impressed with the athletes and teams that are competing in this event.

Dr. Ken Gunn
Principal, Walnut High School

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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



Cross Country Championships Reach Milestone 10th Season

McFarland Boys Have Dominated With Five Titles; Nordhoff Boys and Girls Have Combined for Seven

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.

1995 Championships

Junior Julia Stamps was again a headliner as the Santa Rosa High star easily eclipsed her own mark and set a course record of 16:45 and Nordhoff Ojai boys' and girls' each garnered CIF ARCO *am/pm* State Championships at the 1995 championships.

Coach Ken Reeves saw his Nordhoff boys' team take their fourth state championships and his girls' team with their third title - a combined seven for both squads.

The four championships by Nordhoff placed them in a temporary tie for most-ever boys' titles with McFarland and Jesuit, which won the Division II title earlier in the day. But the McFarland boys' proceeded to win the Division IV title to move past Nordhoff and Jesuit with five overall championships, including four straight (1992-95).

It was a record-setting day as five state marks were erased. Besides Stamps, Elaine Canchola (Nordhoff High) also set an individual record of 17:36 - 15 seconds better than the previous mark of 17:51 by Katie McCandless of Castilleja.

Three team records were set as Louisville High took its first title in Division IV girls' competition. Nordhoff bested Sherman Indian High's mark of 58 points with 35 in the Division III boys team race and McFarland broke its own record of 61 points with 40 in the Division IV boys' competition.

1994 Championships

Under wet and muddy conditions, 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.

Other highlights from 1994 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, McFarland claimed its fourth title. 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.

1987 Championships

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.

1988 Championships

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.

1989 Championships

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.

1990 Championships

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 record 41 points. San Pasqual High took a rare double win-

taking both the boys and girls Division IV team crowns.

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

1992 Championships

McFarland High boys took the first of three straight (four overall) state championships in 1992. Glusac took her second straight title just missing her per-

General Notes

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

Four boys and seven 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 Jason 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, Kristen Schreiber of Miramonte Orinda, Julia Stamps of Santa Rosa and Annie Ebner of St. Lucy's.

Palos Verdes, Agoura, Newport Harbor and Nordhoff 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, while Nordhoff's titles were won in 1990-91 (Div. IV) and 1995 (Div. III).

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

McFarland High became the first team to win five CIF ARCO *am/pm* State Championships in 1995. McFarland won the first-ever Division III crown in 1987 and then won the Division IV championships the last four consecutive seasons (1992-94).

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



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.

1991 Championships

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,

sonal best with a 17:14. Nordhoff finished second in both the boys and girls Division IV competition.

1993 Championships

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 outstanding 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.

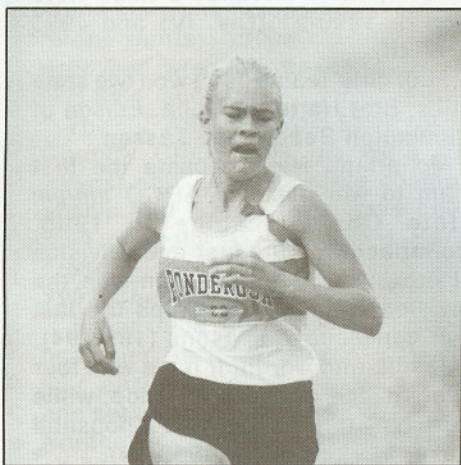
Galvan Gonzalez, an individual titlist, paced McFarland to another title in Division IV.

1996-97 CIF ARCO *am/pm* State Championship Playoff Calendar

<u>Sport</u>	<u>Date</u>	<u>Site</u>
Cross Country	November 30, 1996	Woodward Park, Fresno
Girls' Volleyball	December 7, 1996	Cal State Fullerton
Wrestling	March 7-8, 1997	Spanos Center, Stockton
Basketball	March 21-22, 1997	Arrowhead Pond, Anaheim
Track and Field	June 6-7, 1997	TBA
Golf South Regionals	June 3, 1997	SCGA Members Club, Temecula
Golf North Regionals	May 19, 1997	Contra Costa CC, Pleasant Hill

Cross Country Preview

McFarland Looks For Record Fifth Straight Top Individuals Gather at 10th Annual Meet



Coming On - Ponderosa High's Jen Schindler looks to challenge in Division I. She had a sensational performance earlier at Mt. Sac.

By Doug Speck - Cal Track News/Arcadia High School

Wow, it's Thanksgiving time again with one of the highlights of the school sports year in the annual State High School Cross-Country Meet in Fresno at Woodward Park. The action will be wild and woolly, as usual, as many of the top athletes in the entire nation battle for team and individual honors.

It has been another glory-strewn fall in the sport, with California once again appearing to have the two top female runners in the nation. Twelfth grader Julia

Stamps (Santa Rosa/NCS Div I) will leave her scholastic prep career here today as the top prep female harrier in golden state history. Kristen Gordon (Carondelet, Concord/NCS Div III) impressed with a time close to Julia's course record on the popular Mt. San Antonio College facility in Southern California, with a series of other fine efforts that have catapulted her into the group of prepdom's elite runners. Yucaipa (SS-Div II) and Clayton Valley (Concord/NCS-Div II) have Girls' squads that have been ranked among the top twenty-five nationally this Fall, with Yucaipa legitimately challenging as "best in the nation." Nevada Union (Grass Valley/SJ-Div I) was the nation's most traveled team this Fall, with De la Salle (Concord/NCS-Div II) and Jesuit (Sacramento/SJ-Div II) joining them in the listing of the country's elite prep squads. Glendale Hoover's David Lopez (Div I) has had a marvelous Fall as an individual.

Our action this morning will start with the Boys Division IV contest, with the season dominated thus far by a Northern Section group of teams. Sultana (Hesperia/SS 115 points) shocked with a Section Finals victory over Nordhoff (Ojai), Corona del Mar (Newport Beach), and Costa Mesa (127). West Valley (Cottonwood/No) was behind 179 behind CdM (134) and Nordhoff (145) in an early-season Stanford Invite showdown. Granada (Livermore/NCS) was fourth at Stanford, with Half Moon Bay (CCS) emerging nicely of late. St. Augustine, the San Diego champs, was fifth at the Stanford competition. Corona del Mar nipped Costa Mesa 100-101 in the Division IV Sweeps at Mt. SAC. Sultana's Southern Section title run was as big an upset as there has been in recent years in that area, with anyone of the above mentioned teams capable of a victory on a given day. It should be worth watching, with Nordhoff, under fourth Coach Ken Reeve going after a mind-boggling fourth consecutive team title and sixth consecutive team plaque for a top three placings. Shafter (CE) was impressive with a 30 point total in winning the area title.

Individually, junior Isaiah Festa (Morro Bay-SS), last year's Div IV runner-up, was the fastest from all divisions out of the Southern Section, with great efforts the last two weekends. Nordhoff's Dusty Herman and Victor Ochoa are dangerous, with Craig Farley (Lompoc/SS) the Mt. SAC Div III winner. Todd Hunt (Novato/NCS) was a comfortable Section winner, with Adam Boothe (Pioneer, San Jose/CCS) the Central Coast champ. Nick Hamlin (Madison, San Diego/SD) was a 200 meter winner at his Section Finals race. David Braund (West Valley, Cottonwood/No) was second overall in his Section, with Brian Sullivan (St. Augustine/SD) third in the competitive Stanford Div III Invite run.

The Division V contest features the newest addition to the State schedule in the sport, as Cross-Country joins those other team sports, basketball and volleyball, with five enrollment divisions. The addition of this level has seen an impressive rise in the quality of the sport by smaller schools, with the Boys' race this morning headlined by one of America's great small-school traditions. McFarland (CE) is attempting to win its sixth (!) State team championship today, more titles than have ever been taken home by one school in any sport in state championship history. Coach Jim White and McFarland are a runaway favorite here this morning, with the Central Section power over three minutes ahead of any other Division V school during the late October Mt. SAC Invitational. Orange Lutheran (SS) had a solid Section Finals race to win the contest to state from that area from Oak Park, Maranatha (Sierra Madre), and St. Bonaventure (Ventura). St. Mary's (Berkeley/NCS) emerged to dominate its Section late in the season. Individually, McFarland leads with the trio of Jose Pereichica, Rudy Ballardo, and Jose

Arambula, all eleventh graders (!). Josh Keyes (Modoc/No) won his Section by 150 meters, with Elijah Bilotta (York School, Monterey/CCS) looking for competition after a 200 meter triumph at the CCS Meet, and Miguel Ramirez (Holtville/SD) a full 400 meter and San Diego winner.

Ryan Downey (St. Margaret's, San Juan Capistrano) took the Southern Section run over Chris Felix (St. Joseph, Santa Maria), Doug Hall (Flintridge Prep, La Canada), and Jason Hoetzel (Mammoth, Mammoth Lakes), with Matthew Torres (St. Bonaventure, Ventura) a rare off-day there after a sterling fall individual season.

The Division IV Girls division has had Southern Section schools dominate the rankings during most of the Fall. Nordhoff (Ojai/SS), defending Div III champs, going after its fourth team title ever, peaked impressively with 34 points in the Section Finals run. La Canada (Mt. SAC Div IV Champ), steadily improving this Fall, was next there with 78, as Corona del Mar (Newport Beach) 104, and Sultana (Hesperia) 142 marked the Southern Section Qualifiers. Camplund (Moraga/NCS) was very impressive in the Section Finals race, showing the ability to compete near the top end of this level. Wasco (CE) was the winner over a ranked Exeter (CE) squad in that area Finals. University (San Diego) was 27 points in the San Diego Finals, with Mitty (San Jose/CCS) 66 to Gunn (Palo Alto's) 70 at Crystal Springs in the CCS Meet. Central Valley (No) has a good chunk of its Varsity back who won Div IV two years ago and took the overall Northern title.

Elaine Canchola (Nordhoff, Ojai/SS) cranked 17:36 here last year to win the Div III race, with a good Section Finals effort this Fall. Terrah Chapin and Bridie Hatch join Canchola as placers inside the top ten statewide in their Division III efforts last Fall. Saah Ellis (La Canada/SS) took the Mt. SAC Invite Div IV race, with teammate Kim Garnic often close behind this Fall. Courtney Baird (University, San Diego 8th 1995 Div III) is a strong individual. Samantha Shenoy (Loretto, Sacramento/SJ) was an impressive Sac-Joaquin winner, with Tiffany Hansen (Redwood, Larkspur/NCS) taking her Section contest by 100 meters over Sara Hallas (Ursuline, Santa Rosa/NCS).

Veronica Sanchez (Wasco/CE) was 7th in State Div III last year, with Tracy Bowling (Taft/CE) next out of the Central Section.

University (San Francisco/NCS) appears to be ready to start the Girls Division V contests off in fine style. Ranked #1 all Fall long at this level, the Uni crew totalled 25 points in the Section Finals with a team-time of 97:19 on a course that does not appear to run a whole lot different than the championship course here. The bad news for others is that the scoring five for Uni is all ninth and tenth graders! Orange Lutheran (SS) is an exceptionally fine team at this level, with 63 points to improving St. Joseph (Santa Maria) 69 in the Southern Finals. McFarland (CE) had eighteen points in winning the Central Finals.

Heather Gibson (Piedmont/NCS) won by thirty seconds over the University pack in the North Coast, with Linden Bader, Diana Clock, Kien Morser, and Mollie Allick leading the #1 ranked Uni power. Kat Saxton (College Prep/NCS) was third in the North Coast. McFarland's (CE) Christina Sanchez and Laura Davis were 1-3 in the Mt. SAC Div V Sweeps race, with Kristin Groncy (Orange Lutheran/SS), the Stanford Invite Div V Champ, 2nd in that race. Katie Newhall (Pasadena Poly/SS) was next behind Groncy in the Southern Section, with Michelle June (St. Joseph, Santa Maria/SS) next. Jenny West (St. Helena/SJ) took her Section Finals run by nearly a minute.

Nevada Union (Grass Valley) leads the Division I Boys rankings off a fine Fall season that has had them travel as far as New York City to prove they are among

the nation's elite squads. Along the way they took California's best at the Team Sweeps race at the Mt. SAC Invitational. Nevada Union had 25 points in the Sac Joaquin Section Finals Division I race! A legitimate challenger has emerged from the South, with a young Long Beach Poly (SS) team (one frosh, two sophs, and two juniors) blasting everyone from that area the past two weekends. Poly was 80:21 as a team in the Southern Section Prelims (an alternate rain course was run in the Finals), with Nevada Union 80:28 in their Mt. SAC Team Sweeps victory. Poly was 81:31 in that late October competition. The measure of Poly's improvement and Nevada Union's experience (they were third last year) should make for an interesting contest. Del Campo (Fair Oaks/SJ) was a surprise winner last year, with some very strong competitive efforts during a couple of trips south this Fall. Santa Ana Valley, traditional power Peninsula (Rolling Hills), and Glendale Hoover are the other Southern Section teams here. Bellarmine Prep (San Jose) had 24 points in winning the Central Coast Section race. Madera (CE) took Hanford 45-61 in that area Finals, with a young Mt. Carmel (San Diego) team continuing to impress with a comfortable win from that area.

David Lopez (Hoover, Glendale) took the Mt. SAC Invitational Sweepstakes event by 100 meters in 15:01, and appears to be the State's best. Corey Creasey (Nevada Union) was third at Mt. SAC in 15:23, with Chris Farley (Del Campo) also tough from the Sac Joaquin area. Michael Kasahun (Fresno/CE) was fifth here last year, with Mike Baskin (Mt. Carmel/SD) the area champ there. Ali Benmohamed (Monroe, Sepulveda/LA) has had a strong Fall. Justin Nyberg (Irvine/SS) and Ryan Gallagher (Temecula, Temecula Valley/SS) were 2-3 in the Southern Section behind David Lopez. Ryan Deane (Peninsula, Rolling Hills/SJ) was second in this event last Fall.

The Division II Girls contest features a very, very powerful grouping of teams. Yucaipa, currently ranked third in the entire nation, can legitimately challenge as the top squad in the United States. Leading off with 1995 individual runner-up Kimi Welsh, 12th placer Vickie Whiteside, and 17th placer Christen Ray, Coach Jim Clendaniel has had frosh Beth Grossheim develop into the team's #2 runner. Yucaipa took the Mt. SAC Team Sweeps race against the state's best Div I and II squad a month ago by nearly 65 points with an 86 point total. Clayton Valley (Concord/NCS) has moved to Division II after a significant school population change that alters State Enrollment classification. Another nationally ranked California squad, Clayton Valley had thirty-nine points in taking a pesky Amador Valley (Pleasanton) (45) team in the North Coast Finals. Ventura (SS) has amazed lately, taking a very strong Dana Hills (Dana Point/SS) squad for the runner-up position in the Southern Section Finals. Valhalla (El Cajon/SD) has been highly ranked all Fall, with a 54-75 win over Scripps Ranch in the Section Finals there. St. Ignatius (San Francisco/CCS) was the Central Coast champ with 20 points, and a 1-4 sweep of the Finals individually. Buchanan (Clovis/CE) was sixth Division II last Fall.

This division is loaded with top individuals also. Andrea Neipp (Highland, Palmdale/SS) was third Division I in 1995, with the fastest Southern Section time from all divisions in their Finals last week. Soph Allyson Marquand (University, Irvine/SS) was fifth Div II last Fall, with Kimi Welsh (Yucaipa) second. Katie Nuanes (Santa Margarita, Rancho SM/SS) was third Div II in 1995. Lauren Fleshman (Canyon, Canyon Country) and Sydney Leonard (Dana Hills, Dana Point) are others strong from the Southern Section. Yvonne Liebig (Kennedy, Sacramento/SJ) took Anne Gunnison (McClatchy, Sacramento) in the Sac Joaquin Div II run. Jennifer Ewing (Castro Valley)

won over Clayton Valley's Kelly Howisey and Monica Van Wegen (Amador Valley, Pleasanton) in the North Coast Finals. Emily McFarland (Scripps Ranch, San Diego) and Sophia Hawker (Grossmont, La Mesa) were 1-2 in San Diego. Tracy Cohn (Stockdale, Bakersfield/CE) was strong in her Section Finals race.

In the Boys Division III, St. Ignatius (San Francisco/CCS) won the big October Mt. SAC Invite showdown at this level, taking Tustin (SS) 94-106. SI also won the Stanford Div III race, and had 28 points in the CCS Finals, going 2-3-4-7-12. Tustin had a strong Southern Section Finals effort, scoring 67. Both teams feature a strong trio up front, with the two team's 4-5 scorers probably deciding the contest. Barstow (SS) ranked third statewide most of the Fall, was next behind Tustin in the Southern Section, with Katella (Anaheim) and Bosco Tech (Rosemead) strong from that area. St. Francis (Mountain View/CCS) had only 38 points in second in the "dual meet" with SI in the CCS Finals. Livermore (NCS) put together a fine effort to win the North Coast Finals, with Ramona (SD) the San Diego champs.

David Jackson (Rim of World, Lake Arrowhead/SS) took the Mt. SAC Division III Sweeps event, with Jason Hart (Sonora/SJ) next there, with both winning Section individual titles. Mike Bilsborough (Barstow/SS) followed Jackson in the Southern Section, with Bryan Green and Avery Blackwell strong Invitational records. Tustin has C.J. Marciales and Leo Gordillo with high "big-meet" placings, with St. Ignatius Brad Hansen second to Aptos' Gary Passanisi in the Central Coast. Ryan Mack (Ukiah/NCS) took the North Coast title, with Nathan Martin and Timothy Ricard from Livermore 2-3. Marcus Chandler (Serra, San Diego) took his area championship.

The Division I Girls race is a "wide-open" affair, with a half a dozen teams with a legitimate shot at the title. From the Central Section Clovis and Clovis West (Fresno) have battled back and forth, with CW running super in the Central Section "Grand Masters" meet a week ago on this course. From San Diego, Fallbrook and Orange Glen have kept each other quite honest, with Fallbrook a 51-70 winner in the Section Finals. From the Southern Section, Esperanza (Anaheim/SS) has emerged recently, gapping at 25 seconds 1-5 on a 2.9 mile rain course used in the Finals there. Ayala (Chino Hills/SS) was second behind Esperanza, and 9 points behind Clovis West at early October's Stanford Div I race (Clovis was next in team scoring behind Ayala there). Irvine (SS) is another with a legitimate shot at victory, with a strong Lowell (San Francisco/SF) team 21 points in a strong Section Finals run.

Santa Rosa (NCS) will have a very low point total through leaders Julia Stamps and outstanding soph Trina Cox, with 32 points in the North Coast Finals. This will be one of those races that the sport is all about, with runners 3-7, their placing and ability to displace the scorers from other teams deciding the contest. It should be a great deal of fun!

Julia Stamps (Santa Rosa/NC) has, over the length of her career, been the most successful female distance runner ever at the high school level in California. The gracious Bay area star was recently given credit in "X-Country X-press" magazine for raising the entire level of distance running in California. Enjoy her performance this morning as she romps towards "record-land" once again on our fine facility. Jen Schindler (Ponderosa, Shingle Springs/SJ) was the Mt. SAC Individual Sweepstakes winner in a fine time earlier in the year. Jennifer Burris (Ayala, Chino Hills/SS) won over Danielle Day (Quartz Hill/SS) and soph Amanda Armstrong (Thousand Oaks/SS) in that area Finals. Emily Dixon (Skyline, Oakland/OK) was the winner in her Section by over a minute. Emili Lawson (Clovis West, Fresno/CE) and Chrisie Gregory (Clovis/CE)

were 1-2 in the Central Finals. Tricia Mattson (Fallbrook/SD) nipped Julie Manson (Rancho Bernardo/SD) in the San Diego Championships, with Jennifer Akana (Lowell, San Francisco/SF) the San Francisco champ.

Traditional powers are on top in Boys Division II, with Jesuit (Sacramento/SJ) attempting to hold off challenger De la Salle (Concord/NCS). De la Salle was the Stanford Div I winner early in the season, with a healthy Jesuit team one point ahead of their rivals at the Mt. SAC Team Sweeps event later in October. Jesuit was tied by Golden Valley (Merced) in the Sac Joaquin Finals, with De la Salle romping in the North Coast with a 37 point winning total. A great Southern Section Finals Championship race had Hemet (123) nip Rancho Santa Margarita (124), Santa Ana (127), and Huntington Beach (138). Santa Ana led the Southern Section charge at Mt. SAC, some twenty points behind a healthy Jesuit and De la Salle. Reedley (CE) has had a very successful Fall. Serra (San Mateo/CCS) had a good CCS Finals run to win there, with West Hills (Santee/SD) the San Diego champion.

David Rodriguez (Mission San Jose, Fremont/NCS) was the Mt. SAC Individual Sweepstakes winner, with Geoff Fleming (Roseville/SJ) next at that race. Mark Gleason (Mission Viejo/SS) was the Southern Section Champion, with Juan Miramontes (Golden Valley, Merced/SJ) strong this Fall. Nick Russell (Orange/SS), Dan Gaston (Huntington Beach/SS), Tim Leahy (Burbank/SS), and Ronnie Buchanan (Righetti, Santa Maria/SS) are strong out of the south. Enrique Hernandez (San Leandro/NCS), Jon Stevens (Mission San Jose, Fremont/NCS), Tom Prindiville (De la Salle, Concord/NCS), and Brian Hendorf (Amador Valley, Pleasanton/NCS) have all had great Fall seasons.

Carondolet (Concord/NCS) has moved to the position of big favorite in the Girls Division III, as Clayton Valley moved up to Division II (see above explanation). Kristen Gordon, one of the top handful of runners in the entire nation, leads Carondolet, who were second in the Mt. SAC Team Sweepstakes event without one of their important scorers. Carondolet had 21 points in the North Coast Finals! El Modena (Orange/SS), the Southern Section's best, was 118 behind Carondolet's 74 in the early October Stanford Invitational. Placer (Auburn/SJ) 3rd in that Stanford competition, had an impressive 30 point total in winning the Sac Joaquin title. San Geronio (San Bernardino/SS), Dos Pueblos (Goleta/SS), and St. Lucy's (Glendora/SS) emerged as the others from the competitive Southern Section. Santana (Santee/SD) had 27 in taking the San Diego title, with Los Gatos (CCS) the Central Coast Champs with a low 35 point winning effort.

Kristen Gordon (Carondolet, Concord/NCS) raced the second fastest time ever at the Mt. San Antonio College course in the Invite there with her 16:57 over the very tough hills. A similar time here would give her the same spot on the all-time list, edging in ahead of a number of famous western state stars. Heather Garritson (Buena Park/SS) finished one place behind Gordon in third in last year's Div III State Meet. Alicia McFall (Newport Harbor, Newport Beach/SS) pushed Garritson in the Southern Section contest. Jamie Witt (Folsom/SJ) and Nicoel Portley (Aragon, San Mateo/CCS) were impressive 200 meter winners in their Section Finals contests.

Thanks to Dennis McClanahan, Buzz Thom, Dennis DeWitt, Hal Daner, Bob Rush, Peter Brewer, Keith Conning, Tim Bruder, Steve Fagundes, and Jim Eckman who assisted with this preview. Section abbreviations are as follows: SD = San Diego, SS = Southern Section, LA = Los Angeles, CE = Central, CCS = Central Coast, NCS = North Coast, SF = San Francisco, OK = Oakland, SJ = Sac Joaquin, No = Northern)

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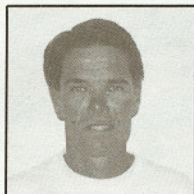
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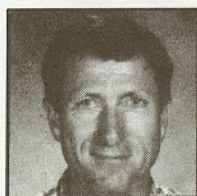
Cross Country Advisory Committee Members



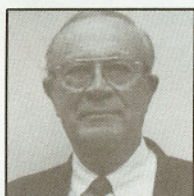
Jerry Laird
Chairman
Cross Country
Sierra High School



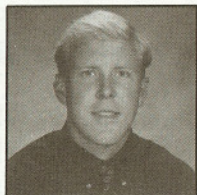
Mike Larsen
Meet Director
CIF State Track & Field
Track Coach, Wood High
School



Marty Simpson
Meet Director
CIF State
Cross Country
Buchanan High School



Dan Reinstein
President
California Track Starters
Association



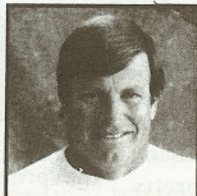
Brian Weaver
Asst. Meet Director
CIF State
Cross Country
Buchanan High School



Doug Speck
Teacher
Arcadia High School



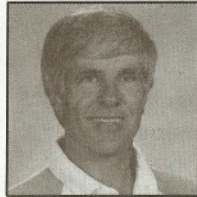
Hal Harkness
Meet Director
CIF State
Track and Field



Dennis McClanahan
Cross Country Coach
Mount Carmel High



Floyd Hurndon
Girls Cross Country
Coach, Overfelt High



Dennis Dewitt
Boys Cross Country/Track
Coach, Madera High

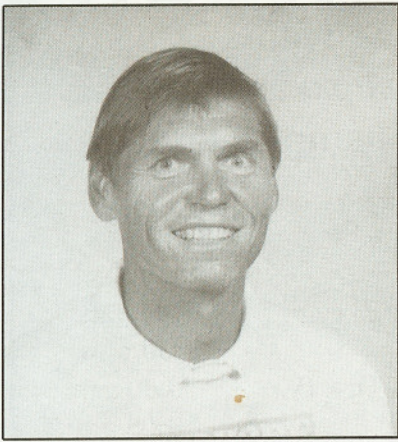
Time Schedule CIF ARCO *am/pm* State Cross Country Championships

Division IV Boys Race	8:30 a.m.
Division V Boys Race	9:00 a.m.
Division IV Girls Race	9:30 a.m.
Awards - Girls & Boys Div. IV	10:00 a.m.
Division V Girls Race	10:05 a.m.
Awards - Girls & Boys Div. V	10:30 a.m.
Division I Boys Race	10:40 a.m.
Division II Girls Race	11:10 a.m.
Awards - Boys Division I	11:15 a.m.
Division III Boys Race	11:45 a.m.
Awards - Girls Division II	11:55 a.m.
Division I Girls Race	12:15 p.m.
Awards - Boys Division III	12:30 p.m.
Division II Boys Race	12:50 p.m.
Awards - Girls Division I	1:00 p.m.
Division III Girls Race	1:20 p.m.
Awards - Boys Division II	1:30 p.m.
Awards - Girls Division III	1:50 p.m.

QUICK QUIZ

- 1 Eight girls have won two or more individual state titles. How many can you name? (answer below).
- 2 Three boys have had sub-15:00 clockings at the state championships. Can you name all three?
- 3 How many championships have the Nordhoff boys and girls won combined?

Answers: 1. Deena Drossin, Milena Glusac, Kira Jorgensen, Amy Skieresz, Carrie Garritson, Kristen Schreiber, Julia Stamps, Annie Ebiner. 2. Brian Dameworth and Louie Quintana who accomplished the feat twice. 3. 7 - a championship for the Nordhoff girls would break a four way tie for most championships won. Nordhoff boys have four crowns, while the girls have three.



Familiar Face - Ken Reeves guides his Nordhoff High boys' and girls' back to Woodward Park.



Looking to Repeat - Junior Elaine Canchola of Nordhoff set a divisional record of 17:36 en route to an individual title last year as the Rangers edged Clayton Valley for the team championship. photo by Elaine Rosenfield, Cal. Track & Running News.

Nordhoff's Tradition Begins With Reeves

*His Girls' and
Boys' Teams
Have Combined
for Seven
Championships*

BY TODD BAILEY

Ken Reeves never expected to be considered one of the top high school cross country coaches in California.

Truth be told, the former UC Santa Barbara soccer player still blushes when his name is mentioned in the same breath with coaches like Thousand Oak High's Jack Farrell, Peninsula's Joe Kelly, Buena's Steve Blum or Agoura's Bill Duley.

"I've coached a lot of different sports, but I've never seen the amount of sharing of information between coaches that I've experienced with cross country," said Reeves, the head coach at Nordhoff High. "We have a pretty neat phone chain where coaches will call and bounce ideas off each other.

"One of the highlights of my career was when Jack Farrell called me once to ask my opinion on something. That's so flattering to hear from the people who are your heroes."

None of the aforementioned coaches would think twice before praising Reeves' work. Reeves' Nordhoff boys' and girls' teams have totaled eight CIF Southern Section ARCO *am/pm* Championships and seven state titles in the

1990's - a dynasty of sorts nestled in the rolling hills of the Ojai Valley.

"I was a football, soccer and baseball player when I was in high school. I ran the 100 yards, and that was as far as I got," said Reeves, who took control of the program in 1985. "I had coached both soccer and track at Nordhoff before that, and I'd been doing a lot of running myself. When the previous (cross country) coach resigned, I applied for the job, and I don't think too many other people did."

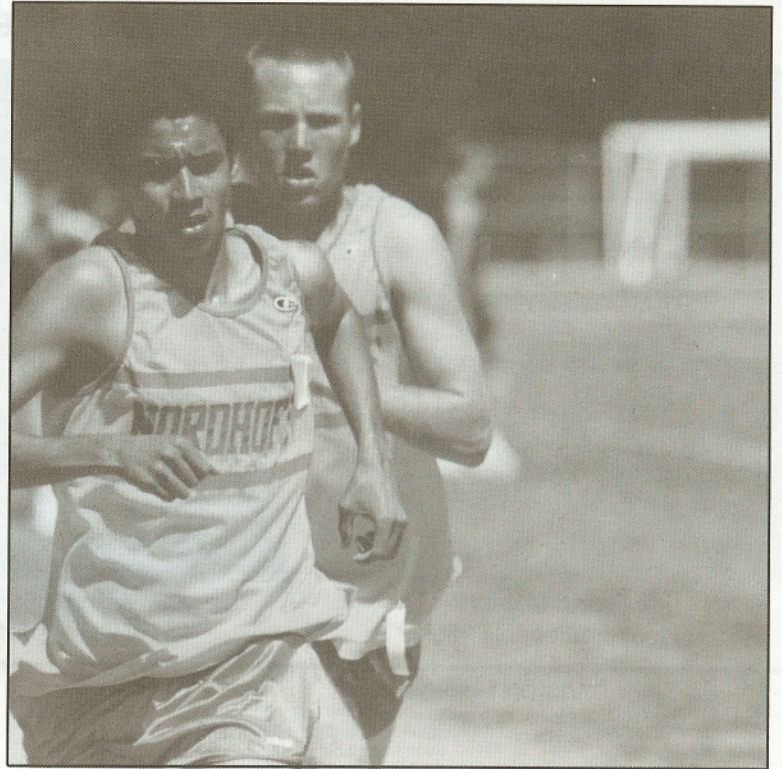
What Reeves has learned about the sport since then has plenty to do with the program's success and its consistent appearances at the state championships in Fresno. Reeves considers himself the beneficiary of an abundance of talented athletes, a supportive administration and being able to draw from the knowledge of his peers.

"I don't think there's really any secret to it," he said. "It's a nice place to run and there's a pretty low-key track program that a lot of the kids participate in before they get to high school. My ultimate goal when I started was to win CIF at some point, but I was just

A PIECE OF THE PUZZLE -

Victor Ochoa and Dustin Herman lead the title hopes for the boys' team. Ochoa finished 11th in the CIF ARCO am/pm State meet last year, while Herman placed eighth. Nordhoff boys' have won four championships in the 1990's and look to join McFarland as the only schools with five titles.

photo by Elaine Rosenfield, California Track & Running News



hoping we'd be able to make CIF finals in the beginning.

"I'm a big mileage person myself, so I had to kind of change some of my philosophies when I took the job. I was able to pick the old coach's brain a lot in the beginning, too. The vast majority of my knowledge has come from stealing things from other coaches. I'm a soccer coach, originally. I don't have the extensive (cross country) background some of these other guys do."

Something Reeves does as well as any other coach is plan his team's schedule and workouts so that it peaks at precisely the right time.

"I'm a really extensive note keeper, and we'll look at times and workouts as ways to measure the team," he said. "I can look back and see that a certain workout worked well with one group but not with another. From the beginning of the year, we look at it as putting together a puzzle."

The pieces have fit together nicely for Nordhoff the last few years. The Ranger boys' teams captured CIF-SS crowns in 1991, 1992, 1994 and 1995 (at publication date, Nordhoff was one of the favorites to again take the section crown). They parlayed those into state titles in 1991, 1993, 1994 and again last year when the team set the lowest Division III point total (35 points) in meet history and ran the second-fastest

team time (80 minutes, 10 seconds) of the entire meet.

The Nordhoff girls' team won CIF-SS titles in 1990, 1992, 1994 and 1995. They won state championships in 1990, 1991 and last year when they stunned heavily favored Clayton Valley of Concord and posted the fourth fastest cumulative time (93:57) in course history.

Nordhoff, which has dropped back down to Division IV this year, should be among the favorites to win the girls' state title again with the majority of last year's team returning to the site of their upset.

Reeves said much of his teams' depth comes from athletes that came to him from other sports or those that were looking for an off-season workout before their soccer, swimming or track seasons begin.

"There's no magic formula, but we do get a lot of kids that weren't attracted to other sports. A lot of our 4-5-6 runners are self-made athletes," Reeves said. "A basketball player can shoot nine zillion jump shots, but he's still not going to play if the coach doesn't like the way he plays defense."

"Our principal (Jack Smith) has been really helpful with getting as many kids involved as possible. He lets us field as many different levels as we want, and that brings a few more kids

out for the team. Sometimes, the kids that weren't that talented as freshmen have gone on to develop into top runners."

There's no room for egos in Reeves' program, and not coincidentally, there aren't many. Nordhoff's top runners are still catching their breath when they're rushing back to the finish line to cheer the rest of their teammates across the finish line. Reeves believes his athletes simply understand the tradition their predecessors have created.

"We lost some big guys from last year's team, but younger guys have stepped up to try and fill those holes," said junior Dusty Herman, Nordhoff's number one boys' runner. "Chris Proudman (No. 3 or 4) has really come through for this team. I was that guy on last year's (state title) team."

Reeves credits his teams' camaraderie to his self-described "goofy" pre-season activities that foster team-oriented goals.

"Something we try and build from the preseason camps (Mammoth and El Capitan) on is that everyone's contribution is important," Reeves said. "So many kids dread running when they first get here. We try and sell running as an adventure - it's something they should look forward to."

(Todd Bailey is a staff writer for the Ventura County Star)

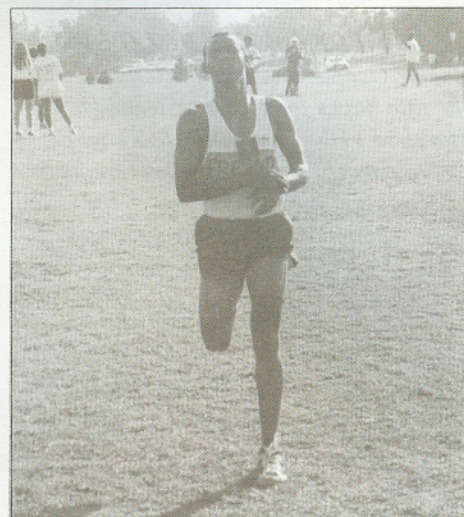
1996 CIF ARCO am/pm Competitors and Team Listings



David Lopez
Hoover Glendale High



Nancy Zhang
Rowland High



Michael Kasahun
Fresno High

DIVISION I

NO. FIRST NAME LAST NAME YR SEX DIV SEC

AFFILIATION = ACALANES

1 Katie Powers JR G 1 NCS
2 Erin Gillen JR G 1 NCS
3 Amy Judy SO G 1 NCS
4 Petra Kohler SO G 1 NCS
5 Sabrina Lee SO G 1 NCS
6 Lisa Bostljanick JR G 1 NCS
7 Babs Lake JR G 1 NCS

AFFILIATION = ALAMEDA

8 John Dubois JR B 1 NCS
9 Amanda Roberts FR G 1 NCS

AFFILIATION = ALHAMBRA

10 Amy Loper-Riley FR G 1 NCS

AFFILIATION = ANTIOCH

11 Chris Hernandez SO B 1 NCS

AFFILIATION = AYALA

12 Jennifer Burris JR G 1 SS
13 Kareen Nilsson SR G 1 SS
14 Nicole Gurnicz SO G 1 SS
15 Tessa Candejas SO G 1 SS
16 Laura Davidson SO G 1 SS
17 Erin Uyeshima FR G 1 SS
18 Tayla Trudell SR G 1 SS

AFFILIATION = BAKERSFIELD

19 Christine Krum FR G 1 CS

AFFILIATION = BELL

20 Michael Martinez SR B 1 LAS
21 Angelica Ayon JR G 1 LAS
22 Ariadna Serralde JR G 1 LAS
23 Monica Santa Cruz SR G 1 LAS
24 Maritere Rodriguez JR G 1 LAS
25 Eneyda Reynoso SR G 1 LAS
26 Laura Curiel JR G 1 LAS
27 Gicela Ornelas JR G 1 LAS

AFFILIATION = BELLARMINE

28 Andrew Wulf SR B 1 CCS
29 Omar Hart JR B 1 CCS
30 Daniel Galindo FR B 1 CCS
31 John Rocha SR B 1 CCS
32 Beckett Tanner SR B 1 CCS
33 Kevin Brown SO B 1 CCS
34 Chris Knapp JR B 1 CCS

AFFILIATION = BELMONT

35 Manuel Lopez SR B 1 LAS
36 Jorge Lopez FR B 1 LAS
37 Humberto Vargas JR B 1 LAS
38 Humberto Lopez SO B 1 LAS
39 Henry Briseno SO B 1 LAS

40 Erik Alarid SO B 1 LAS
41 Jose Andrade SR B 1 LAS

AFFILIATION = BIRMINGHAM

42 Jose Lorenzo SR B 1 LAS
43 Rene Acevedo SR B 1 LAS
44 Eric Gonzalez JR B 1 LAS
45 Mateo Gonzalez FR B 1 LAS
46 Erick Rosales SR B 1 LAS
47 Mike Milov SR B 1 LAS
48 Cesar Suchite SR B 1 LAS
49 Tiffany Burgess SO G 1 LAS

AFFILIATION = BONITA

50 Brian Paff SO B 1 SDS

AFFILIATION = BONITA VISTA

51 Rosie Costello SR G 1 SDS

AFFILIATION = BURLINGAME

52 Ana Morales SO G 1 CCS

AFFILIATION = CASTRO VALLEY

53 Tom Cathey SR B 1 NCS

AFFILIATION = CHINO

54 Jennifer Smith SR G 1 SS

AFFILIATION = CLOVIS

55 Steve Barrus SR B 1 CS
56 Michael Buckley JR B 1 CS
57 Christy Gregory SO G 1 CS
58 Lindsey Hahn FR G 1 CS
59 Kristin Fairley JR G 1 CS
60 Tianna Martinez JR G 1 CS
61 Kym Pilger SR G 1 CS
62 Emily Barrus JR G 1 CS
63 Pam Campbell JR G 1 CS

AFFILIATION = CLOVIS WEST

64 Emili Lawson SR G 1 CS
65 Juli Lawson SO G 1 CS
66 Jennifer Tolar SO G 1 CS
67 Krista Kennedy FR G 1 CS
68 Andrea Palacio FR G 1 CS
69 Kimmie Schmidt FR G 1 CS
70 Sarah Smith SO G 1 CS

AFFILIATION = DEL CAMPO

71 Chris Farley JR B 1 SJS
72 Nate Bristow JR B 1 SJS
73 James Bagley SR B 1 SJS
74 Andy Kirkpatrick JR B 1 SJS
75 James Petrinovich SO B 1 SJS
76 Chris Raske JR B 1 SJS
77 Mike Skurka SO B 1 SJS

AFFILIATION = EL CAMINO REAL

78 Tamar Gamliel SR G 1 LAS
79 Daquita Bailey FR G 1 LAS
80 Jennifer Brown SR G 1 LAS
81 Jamie Newman SO G 1 LAS
82 Jessica Cruz JR G 1 LAS
83 Fran Lucero FR G 1 LAS

AFFILIATION = EL TORO

84 Becky Miske SO G 1 SS
85 Tanisha White SO G 1 SS
86 Sara Patton SO G 1 SS
87 Lauren Orlandos SO G 1 SS
88 Andra Smith SO G 1 SS
89 Kristin Kelly JR G 1 SS
90 Stephanie Fellows JR G 1 SS

AFFILIATION = ESPERANZA

91 Lisa Massoth SO G 1 SS
92 Karen Mitchell SR G 1 SS
93 Kristine Shedd JR G 1 SS
94 Sara Swan JR G 1 SS
95 Beth Weidler JR G 1 SS
96 Kristin Chadez FR G 1 SS
97 Pam Smith SO G 1 SS

AFFILIATION = FALLBROOK

98 Tricia Mattson SR G 1 SDS
99 Katie Hauck SO G 1 SDS
100 Kim Crowell FR G 1 SDS
101 Cathy Picha SO G 1 SDS
102 Mindy Green JR G 1 SDS
103 Carly Hampton SO G 1 SDS
104 Allison Plischke SO G 1 SDS

AFFILIATION = FLORIN

105 Erik Mencarini SR B 1 SJS

AFFILIATION = FREMONT

106 Samatha Machado JR G 1 OS

AFFILIATION = FRESNO

107 Michael Kasahun SR B 1 CS
108 Rito Fuentes SR B 1 CS

AFFILIATION = GOLDEN VALLEY

109 Ryan Carroll SR B 1 SJS

AFFILIATION = GRANITE

110 Jason Finch SO B 1 SDS

AFFILIATION = GRANITE HILLS

111 Nicole Rodriguez SR G 1 SDS

AFFILIATION = HAMILTON

112 Kenzo Bergeron JR B 1 LAS
113 Kare Perry SR G 1 LAS

AFFILIATION = HANFORD

114 Juan Chavira JR B 1 CS
115 Rafael Lopez SR B 1 CS
116 Benito Avila SR B 1 CS
117 Jesse Padilla SR B 1 CS
118 Mike Herring SO B 1 CS
119 Dustin Howes SO B 1 CS

AFFILIATION = HEALDSBURG

120 Mike Wilson JR B 1 NCS

AFFILIATION = HOMESTEAD

121 Daniel Seddiqui FR B 1 CCS
122 Michael Wolman SR B 1 CCS
123 Mary Lucido SO G 1 CCS

1996 CIF ARCO am/pm Competitors and Team Listings



Jennifer Burris
Ayala Chino High



Ryan Deane
Peninsula High



Jennifer Akana
Lowell High

AFFILIATION = HOOVER-GLENDALE

124 Arbi Nazarian	SR B	1 SS
125 Ardeshir Razamand	JR B	1 SS
126 Richard Lyttle	JR B	1 SS
127 Chris Varvas	SO B	1 SS
128 Theodore Brown	SO B	1 SS
129 William De la Rosa	SR B	1 SS
130 Vahagn Akopyan	SO B	1 SS

AFFILIATION = IRVINE

131 Erin Zehntner	SO G	1 SS
132 Melissa Livermore	SO G	1 SS
133 Valerie Morris	FR G	1 SS
134 Shadlie Smith	SO G	1 SS
135 Diane Croner	SO G	1 SS
136 Shannon Fabbri	SO G	1 SS
137 Paola Corral	JR G	1 SS

AFFILIATION = JAMES LOGAN

138 Chad Foster	SR B	1 NCS
139 Scott MacDonald	JR B	1 NCS
140 Ashera Pirar	SO B	1 NCS
141 Monsoor Alizai	JR B	1 NCS
142 Hieu Luu	SR B	1 NCS
143 Garrett Fogel	SR B	1 NCS
144 Eyobe Emebye	SR B	1 NCS

AFFILIATION = LELAND

145 Sonja Willis	SR G	1 CCS
146 Kathy Sheldon	SR G	1 CCS
147 Ranvir Sekhon	SR G	1 CCS
148 Minji Wong	JR G	1 CCS
149 Jennifer Kinder	SO G	1 CCS
150 Staci Piellusch	FR G	1 CCS
151 Cindy Lee	FR G	1 CCS

AFFILIATION = LIBERTY

152 Linsey Henthorn	JR G	1 NCS
---------------------	------	-------

AFFILIATION = LINCOLN STOCK

153 Ali Nicolas	FR G	1 SJS
154 Tiffany Bock	FR G	1 SJS
155 Leslie Chandler	SO G	1 SJS
156 Jaclyn Shaughnessy	FR G	1 SJS
157 Arianne Suguitan	SR G	1 SJS
158 Tami Suguitan	FR G	1 SJS
159 Emily Mah	SO G	1 SJS

AFFILIATION = LIVE OAK

160 Nuru Abdella	JR B	1 CCS
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AFFILIATION = LOGAN

161 Jennifer Bridgeman	SR G	1 NCS
------------------------	------	-------

AFFILIATION = LOWELL

162 Paul Choi	SR B	1 SFS
163 Ritchie Jong	JR B	1 SFS
164 Sanders Li	SR B	1 SFS
165 Ben Reichart	JR B	1 SFS
166 Thang Ta	SR B	1 SFS
167 Tan Nguyen	SR B	1 SFS
168 Raymond Yu	JR B	1 SFS
169 Jennifer Akana	JR G	1 SFS

170 Susan Chou	SR G	1 SFS
171 Nydia Rivera	SR G	1 SFS
172 Melinda Huaang	SR G	1 SFS
173 Emily Price	SR G	1 SFS
174 Sopagna Eap	SO G	1 SFS
175 Melicia Wong	SR G	1 SFS

AFFILIATION = LYNBROOK

176 Paul Neves	SR B	1 CCS
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AFFILIATION = MADERA

177 Mario Zembrano	JR B	1 CS
178 Jeremy Moore	SO B	1 CS
179 Gabriel Gil	SR B	1 CS
180 Andres Bazante	SO B	1 CS
181 Angel Hernandez	SO B	1 CS
182 Feliciano Leyva	SO B	1 CS
183 Leonardo Covarrubias	SO B	1 CS
184 Stefanie McCarthy	SR G	1 CS

AFFILIATION = MCLANE

185 Ricardo Mendoza	FR B	1 CS
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AFFILIATION = MODESTO

186 Paulo Carvalho	JR B	1 SJS
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AFFILIATION = MONACHE

187 Melina Brambilla	SO G	1 CS
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AFFILIATION = MONROE

188 Ali Benmohamed	SR B	1 LAS
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AFFILIATION = MONTGOMERY

189 Kevin Funk	SR B	1 NCS
190 Jerry Finlay	SR B	1 NCS
191 Jason DeSelle	JR B	1 NCS
192 John Staroba	SR B	1 NCS
193 Greg Funk	SO B	1 NCS
194 Jake Currie	JR B	1 NCS
195 Jeremy Jackman	SR B	1 NCS

AFFILIATION = MT. CARMEL

196 Mike Baskin	JR B	1 SDS
197 Bert Romero	JR B	1 SDS
198 Jeff Sleichter	JR B	1 SDS
199 John Zanzucchi	JR B	1 SDS
200 Christian Esquaval	JR B	1 SDS
201 Scott Bachman	JR B	1 SDS
202 Rocky Metcalfe	SO B	1 SDS

AFFILIATION = MT. PLEASANT

203 Rachael Wiseman	SR G	1 CCS
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AFFILIATION = NEVADA UNION

204 Corey Creasey	SR B	1 SJS
205 Philip Hassan	SR B	1 SJS
206 Conor Medley	SR B	1 SJS
207 Julian Nahan	SO B	1 SJS
208 Jeremy Klein	SR B	1 SJS
209 Justin Wood	JR B	1 SJS
210 Gaetan Habekoss	SR B	1 SJS
211 Autumn Glynn	SR G	1 SJS
212 Erin Jensen	SO G	1 SJS
213 Emily Guy	SR G	1 SJS

214 Heather Clifton	FR G	1 SJS
215 Tara Keyser	SR G	1 SJS
216 Tana Ferguson	SR G	1 SJS
217 Alex Keeble	JR G	1 SJS
218 Hillary Ross	SO G	1 SJS

AFFILIATION = NO. HOLLYWOOD

219 Raul Correa	JR B	1 LAS
220 Maria Herrera	SR G	1 LAS

AFFILIATION = OAKLAND TECH

221 Gregorio Ramirez	SR B	1 OS
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AFFILIATION = OAKMONT

222 Leslie Nederveld	JR G	1 SJS
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AFFILIATION = ORANGE GLEN

223 Kendra Goffredo	JR G	1 SDS
224 Cara Rumble	JR G	1 SDS
225 Lorena Jamenez	SO G	1 SDS
226 Laura Lawrence	SR G	1 SDS
227 Katie Cattrell	JR G	1 SDS
228 Diana Dibble	FR G	1 SDS
229 Melissa Hieb	SR G	1 SDS

AFFILIATION = PENINSULA

230 Ryan Deane	SR B	1 SS
231 Jason Taylor	JR B	1 SS
232 Kevin Whitlow	SR B	1 SS
233 Eric Mittelstaedt	JR B	1 SS
234 Neal Dodson	SO B	1 SS
235 Mark D'Amico	SR B	1 SS
236 Kyle Dunst	FR B	1 SS

AFFILIATION = PONDEROSA

237 Ryan Miller	SR B	1 SJS
238 Jen Schindler	SR G	1 SJS
239 Lasca Gaylord	SO G	1 SJS

AFFILIATION = POWAY

240 Matt Gailey	JR B	1 SDS
241 Sean Zanderson	SR B	1 SDS
242 Mike Helms	JR B	1 SDS
243 Josh Pope	FR B	1 SDS
244 Jake McNeely	SR B	1 SDS
245 Justin Lucas	JR B	1 SDS
246 Ben Schwab	JR B	1 SDS
247 Brianna Hibbs	FR G	1 SDS

AFFILIATION = QUARTZ HILL

248 Danielle Day	JR G	1 SS
249 Carly Harrill	SO G	1 SS

AFFILIATION = RANCHO BERNARDO

250 Sean Ricketts	FR B	1 SDS
251 Julie Mason	FR G	1 SDS
252 Sarah Wilkins	SO G	1 SDS

AFFILIATION = RANCHO BUENO VISTA

253 Fernando Blanco	SR B	1 SDS
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AFFILIATION = RESEDA

254 Princess Acacio	JR G	1 LAS
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1996 CIF ARCO am/pm Competitors and Team Listings



Kimi Welsh
Yucaipa High



Michael Murray
Santa Margarita High



Allyson Marquard
University Irvine High

AFFILIATION = RIALTO		
255 Latesha Jones	FR G	1 SS
AFFILIATION = ROOSEVELT B.		
256 Sanjoana Gomez	JR G	1 CS
AFFILIATION = SAN PEDRO		
257 Valerie Flores	FR G	1 LAS
AFFILIATION = SAN RAMON		
258 Ashlee Nulty	FR G	1 NCS
AFFILIATION = SANTA ROSA		
259 Ulises Teutle	SR B	1 NCS
260 Julia Stamps	SR G	1 NCS
261 Trina Cox	SO G	1 NCS
262 Lindsay Johnson	FR G	1 NCS
263 Katie Stafford	SO G	1 NCS
264 Anatheia Meade	FR G	1 NCS
265 Julia Stoyanova	SR G	1 NCS
266 Bryanna Harris	JR G	1 NCS
AFFILIATION = SANTA TERESA		
267 Annette Holmquest	SR G	1 CCS
268 Laraine McPherson	JR G	1 CCS
269 Gina Schauette	SR G	1 CCS
270 Sabrina Gunion	SR G	1 CCS
271 Michelle Quinet	SR G	1 CCS
272 Danielle Atencio	SR G	1 CCS
273 Tony Spasaro	FR G	1 CCS
AFFILIATION = SILVER CREEK		
274 Leo Balderas	JR B	1 CCS
275 Juan Montes	SO B	1 CCS
276 Robert Sandoval	SR B	1 CCS
277 Leonard Balderas	JR B	1 CCS
278 Kris McFarren	JR B	1 CCS
279 Henry Bleisch	SO B	1 CCS
280 Carlos Siqueiros	SO B	1 CCS
281 Deanna Slaton	FR G	1 CCS
282 Monica Topete	SO G	1 CCS
AFFILIATION = SKYLINE		
283 Hasan McGee	JR B	1 OS
284 Cory Dixon	SR B	1 OS
285 Travis Neal	SR B	1 OS
286 Michael Przybylski	SO B	1 OS
287 Joaquin Delgado	SR B	1 OS
288 Jeremy Jue	SO B	1 OS
289 Maurice Davis	JR B	1 OS
290 Emily Dixon	SO G	1 OS
291 Stephanie Garcia	JR G	1 OS
292 Carmela Lieras	JR G	1 OS
293 Selamawit Tarekeon	SO G	1 OS
294 Angelica Lu	JR G	1 OS
295 Maggie Prsybylski	SO G	1 OS
296 Donna Cho	SR G	1 OS
AFFILIATION = TAFT		
297 David Friedman	JR B	1 LAS
AFFILIATION = TERRA NOVA		
298 Joshua McMullin	SR B	1 CCS

AFFILIATION = THOUSAND OAKS		
299 Amanda Armstrong	SO G	1 SS
AFFILIATION = TRACY		
300 Jana-Lee Aaby	JR G	1 SJS
AFFILIATION = VISTA		
301 Gonzalo Garcia	SR B	1 SDS
AFFILIATION = WOODLAND		
302 Zack McGahey	SR B	1 SJS
303 Katie Scarlett	FR G	1 SJS

DIVISION II

AFFILIATION = AMADOR VALLEY		
304 Brian Hanstorf	SR B	2 NCS
305 Monica VanWegen	SR G	2 NCS
306 Jessica Felts	FR G	2 NCS
307 Macie Silva	FR G	2 NCS
308 Sarah Silva	FR G	2 NCS
309 Kristan Bergeson	FR G	2 NCS
310 Elizabeth Maier	SO G	2 NCS
311 Candice MacDonald	FR G	2 NCS
AFFILIATION = BUCHANAN		
312 Jeff Torres	FR B	2 CS
313 Jocelyn Keller	SR G	2 CS
314 Kristy Chaffee	JR G	2 CS
315 Rachel Bauer	JR G	2 CS
316 Tiffany Helibut	JR G	2 CS
317 Jaime Thompson	JR G	2 CS
318 Adrienne Spjute	FR G	2 CS
319 Monique Mitchell	FR G	2 CS
AFFILIATION = BURLINGAME		
320 Brian Cooke	SR B	2 CCS
AFFILIATION = CANYON COUNTRY		
321 Lauren Fleshman	SO G	2 SS
AFFILIATION = CARLSBAD		
322 Reed Steele	JR B	2 SDS
AFFILIATION = CASA ROBLE		
323 Jason Blair	SR B	2 SJS
AFFILIATION = CASTRO VALLEY		
324 Jennifer Ewing	SR G	2 NCS
AFFILIATION = CENTENNIAL		
325 Brianne Barber	FR G	2 CS
AFFILIATION = CLAYTON VALLEY		
326 Justin Carter	SR B	2 NCS
327 Kelly Howisey	SR G	2 NCS
328 Julie Leininger	JR G	2 NCS
329 Marcela Villalobos	JR G	2 NCS
330 Debra Osteen	SR G	2 NCS
331 Kristine Musante	SO G	2 NCS
332 Emily Pitti	SO G	2 NCS
333 Julianne Ghiglien	JR G	2 NCS

AFFILIATION = DANA HILLS		
334 Sydney Leonard	SR G	2 SS
335 Christa Fitzgerald	JR G	2 SS
336 Laura Kroniger	SR G	2 SS
337 Michelle Smith	SO G	2 SS
338 Julia Barbour	JR G	2 SS
339 Gabrielle Amette	SO G	2 SS
340 Kimbra Hall	JR G	2 SS
AFFILIATION = DAVIS		
341 Steve Fairlough	JR B	2 SJS
342 Molly Shannon	JR G	2 SJS
343 Andrea Haver	JR G	2 SJS
344 Sarah Mullin	JR G	2 SJS
345 Casara Phariaa	JR G	2 SJS
346 Emily Sieralki	SO G	2 SJS
347 Shannon Rowden	SR G	2 SJS
348 Teresa Lazzaroni	SR G	2 SJS
AFFILIATION = DEL CAMPO		
349 Sarah Ross	JR G	2 SJS
350 Crysta Evans	SO G	2 SJS
351 Crystal Silva	SR G	2 SJS
352 Megan Stone	SR G	2 SJS
353 Sarah Holman	JR G	2 SJS
354 Angela Borin	SR G	2 SJS
355 Clare Weston	JR G	2 SJS
AFFILIATION = DE LA SALLE		
356 Tom Prindville	SR B	2 NCS
357 Jeff George	SR B	2 NCS
358 Sean Kenady	SR B	2 NCS
359 Ryan Stanton	JR B	2 NCS
360 Tim Layden	JR B	2 NCS
361 Alex Sanchez	SR B	2 NCS
362 Matt Click	SR B	2 NCS
AFFILIATION = EL CAMINO		
363 David Romero-Young	JR B	2 SDS
AFFILIATION = EL CAPITAN		
364 John Bates	SR B	2 SDS
365 Stephanie Kindreich	SR G	2 SDS
AFFILIATION = ENTERPRISE		
366 Bryce Lighthall	SO B	2 NS
367 Charlie Newsome	SR B	2 NS
368 Nathan Potter	SO B	2 NS
369 Zach Caldwell	JR B	2 NS
370 Jered Hallstrom	SR B	2 NS
371 Andrew West	JR B	2 NS
372 Scott Kelley	SO B	2 NS
AFFILIATION = Foothill		
373 Shaun Alexander	SR B	2 NS
374 Jason Golenor	JR B	2 NS
375 Tom Waugh	FR B	2 NS
376 Aaron Tara	SO B	2 NS
377 Rachelle Hastings	FR G	2 NS
378 Annette Corey	SO G	2 NS
379 Candace Joseph	FR G	2 NS
380 Brooke Szody	JR G	2 NS
381 Nicole Metz	SR G	2 NS
382 Renee Zavas	FR G	2 NS
383 Tarin Cochran	FR G	2 NS

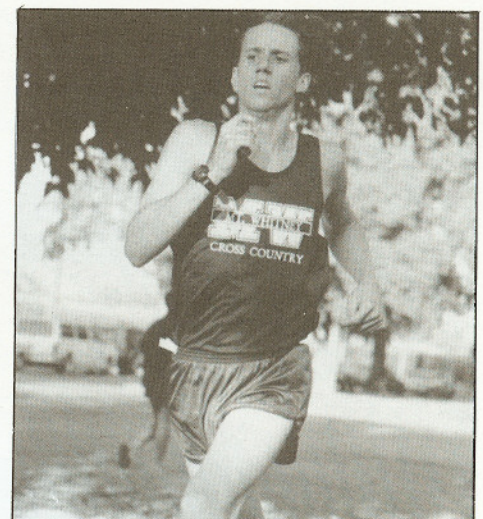
1996 CIF ARCO am/pm Competitors and Team Listings



Corey Creasey of Nevada Union High
and **Tom Prindiville** of De La Salle



Katie Nuanes
Santa Margarita High



Matt Duma
Mt. Whitney High

AFFILIATION = GOLDEN VALLEY

384 Juan Pablo Miramontes	SR B	2 SJS
385 Eddie Levine	SR B	2 SJS
386 Enrique Rodriguez	SO B	2 SJS
387 James Levine	SR B	2 SJS
388 Abundio Barocio	FR B	2 SJS
389 Adrian Mendoza	FR B	2 SJS
390 Ryan Hamill	JR B	2 SJS

AFFILIATION = GOLDEN WEST

391 Richard Granillo	SR B	2 CS
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AFFILIATION = GROSSMONT

392 Sophia Hawker	SR G	2 SDS
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AFFILIATION = HIGHLAND

393 Andrea Neipp	SR G	2 SS
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AFFILIATION = HUNTINGTON BEACH

394 Dan Gaston	SR B	2 SS
395 Tony Trueba	SR B	2 SS
396 Jacob Childs	SR B	2 SS
397 Ronnie Alvarez	SR B	2 SS
398 Simon Bhavilai	SR B	2 SS
399 Harpreet Mavi	JR B	2 SS
400 Luke Shelton	JR B	2 SS

AFFILIATION = J. F. KENNEDY

401 Yvonne Liebig	JR G	2 SJS
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AFFILIATION = JESUIT

402 Mike Altieri	JR B	2 SJS
403 Chris Dewitt	JR B	2 SJS
404 Jonathan Salsberg	JR B	2 SJS
405 Soud Habbas	JR B	2 SJS
406 Dave DePiazza	JR B	2 SJS
407 Mike Hills	SR B	2 SJS
408 Jeff Vipond	JR B	2 SJS

AFFILIATION = LELAND

409 Nick Piellusch	SR B	2 CCS
410 Zack Piellusch	SR B	2 CCS

AFFILIATION = LOS ALTOS

411 Andrew Hill	SO B	2 CCS
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AFFILIATION = LOS GATOS

412 Jedd Martin	SO B	2 CCS
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AFFILIATION = MCCLATCHY

413 Anne Gunnison	SR G	2 SJS
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AFFILIATION = MISSION SAN JOSE

414 David Rodriguez	SR B	2 NCS
415 Jon Stevens	JR B	2 NCS
16 Drew Ostler	SR B	2 NCS
17 Tom Chapman	JR B	2 NCS
418 Micah Storm	FR B	2 NCS
419 Jerry Stepan	JR B	2 NCS
420 Ed West	SR B	2 NCS

AFFILIATION = MISSION VIEJO

421 Angela Schoor	SR G	2 SS
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422 Amanda Fleskoski	FR G	2 SS
423 Cynthia Rehart	SO G	2 SS
424 Julie Casserly	SO G	2 SS
425 Kelly Anderson	FR G	2 SS
426 Alison Casserly	SO G	2 SS
427 Jennifer Cecil	JR G	2 SS

AFFILIATION = MONTGOMERY

428 Diana Rancourt	JR G	2 NCS
429 Shewit Haile	JR G	2 NCS

AFFILIATION = MT. MIGUEL

430 Aida Garcia	SO G	2 SDS
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AFFILIATION = MT. WHITNEY

431 Matt Duma	SR B	2 CS
432 James Espinoza	SR B	2 CS
433 Michael McDonnell	JR B	2 CS
434 Kile Taylor	SO B	2 CS
435 Robert Hill	JR B	2 CS
436 Dieter Temmerman	SR B	2 CS
437 Robbie Egan	SO B	2 CS
438 Stacy Esquivel	SR G	2 CS
439 Julie Stahl	SR G	2 CS
440 Jenny Navarrete	FR G	2 CS
441 Alissa Esquivel	FR G	2 CS
442 Valarie Friesen	SO G	2 CS
443 Kirsten Yergensen	SR G	2 CS
444 Meredith Nikkel	SO G	2 CS

AFFILIATION = NORTHGATE

445 Brooke Wheeland	JR G	2 NCS
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AFFILIATION = OAK RIDGE

446 Christina Jamieson	SO G	2 SJS
447 Priscilla Moreno	FR G	2 SJS

AFFILIATION = OVERFELT

448 Christina Duenas	JR G	2 CCS
449 Rebecca Paterson	SR G	2 CCS

AFFILIATION = PIEDMONT HILLS

450 Christine Silva	SR G	2 CCS
451 Janet Yiu	SO G	2 CCS
452 Deveni Fujita	SO G	2 CCS
453 Tiffany Reis	JR G	2 CCS
454 Kristina McMillan	JR G	2 CCS
455 Rebecca Goodwin	SO G	2 CCS
456 Sharon Hepworth	SO G	2 CCS

AFFILIATION = PITTSBURG

457 Leti Arroyo	SR G	2 NCS
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AFFILIATION = POINT LOMA

458 David Hayes	SR B	2 SDS
459 Naithen Schirmer	SR B	2 SDS
460 Mark Savel	SR B	2 SDS
461 Tom Antl	SO B	2 SDS
462 Marty Conterez	SR B	2 SDS
463 Tom Gibbings	JR B	2 SDS
464 John Bradshaw	SR B	2 SDS

AFFILIATION = PORTERVILLE

465 Eric Aguilar	JR B	2 CS
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AFFILIATION = REDWOOD

466 Noel Nelson	SR B	2 CS
467 Brad Day	SR B	2 CS

AFFILIATION = REEDLEY

468 Jose Godinez	SR B	2 CS
469 Michael Lujan	JR B	2 CS
470 Esteban Espino	SR B	2 CS
471 Moses Avila	SO B	2 CS
472 Ruben Rosales	SO B	2 CS
473 Carlos Silva	SO B	2 CS
474 Michael Rea	SO B	2 CS
475 Angela Ruiz	SR G	2 CS
476 Yebel Rodriguez	SR G	2 CS

AFFILIATION = ROSEVILLE

477 Geoff Fleming	SR B	2 SJS
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AFFILIATION = SALINAS

478 Amber Swain	FR G	2 CCS
479 Jennifer Tunstall	JR G	2 CCS

AFFILIATION = SAN BENITO

480 Taylor Todd	SO G	2 CCS
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AFFILIATION = SAN LEANDRO

481 Enrique Henriquez	SR B	2 NCS
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AFFILIATION = SAN PASQUAL

482 Erin Berhman	SR G	2 SDS
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AFFILIATION = SANTA ANA

483 Alfonso Leon	SO B	2 SS
484 Raul Quinonez	SR B	2 SS
485 Juan Salgado	SO B	2 SS
486 Jorge Pena	SO B	2 SS
487 Oscar Orozco	SR B	2 SS
488 Omar Mateo	SO B	2 SS
489 Luis Perez	JR B	2 SS

AFFILIATION = SANTA MARGARITA

490 Katie Nuanes	SR G	2 SS
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AFFILIATION = SCRIPPS RANCH

491 Steve Rider	SR B	2 SDS
492 Emily McFarland	SO G	2 SDS
493 Kelly Grimes	JR G	2 SDS
494 Kristina Stasko	JR G	2 SDS
495 Kim Rogoff	SR G	2 SDS
496 Angeline Spain	JR G	2 SDS
497 Lisa Nguyen	SO G	2 SDS
498 Lyndsy Hassett	SO G	2 SDS

AFFILIATION = SERRA

499 Adam Perez	JR B	2 CCS
500 Brad Stapleton	SR B	2 CCS
501 Jordan Woods	JR B	2 CCS
502 Jerome Madigan	SR B	2 CCS
503 Partick Carey	JR B	2 CCS
504 Ricard Cano	JR B	2 CCS
505 Ron Dimaggio	SR B	2 CCS

AFFILIATION = SHASTA

506 Abi Case	JR G	2 NS
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1996 CIF ARCO am/pm Competitors and Team Listings



Bryan Green
Littlerock High



Shelby Horgan
Temescal Canyon High



Jason Hart, Sonora High
photo by Kevin Sauls, Sonora Union Democrat

507 Erin Allen	SR G	2 NS
508 Clea Matson	SR G	2 NS
509 Torrea Snow	FR G	2 NS
AFFILIATION = ST. FRANCIS		
510 Sharon Muha	JR G	2 SJS
AFFILIATION = ST. IGNATIUS		
511 Marielle Schlueter	SR G	2 CCS
512 Eileen Grove	SR G	2 CCS
513 Stephanie Libien	SR G	2 CCS
514 Katie Appenrodt	JR G	2 CCS
515 Erin Lapping	SO G	2 CCS
516 Tara Rodgers	SO G	2 CCS
517 Katie Nejasnich	FR G	2 CCS
AFFILIATION = STOCKDALE		
518 Tracy Coln	SR G	2 CS
519 Erin Stewart	SO G	2 CS
AFFILIATION = UNIVERSITY		
520 Allyson Marquand	SO G	2 SS
AFFILIATION = VALHALLA		
521 Jon Doroski	JR B	2 SDS
522 Andrea Clemons	JR G	2 SDS
523 Carri Leto	FR G	2 SDS
524 Kelley Halligan	SR G	2 SDS
525 Amy Kermott	SO G	2 SDS
526 Margie Broselle	SR G	2 SDS
527 Elaine Lassen	SO G	2 SDS
528 Sarah Chionis	SO G	2 SDS
AFFILIATION = VENTURA		
529 Alyson Macintosh	SR G	2 SS
530 Nicole Campbell	SR G	2 SS
531 Isabel DeJounge	JR G	2 SS
532 Jordana Gustafson	SR G	2 SS
533 Rachel Osborn	JR G	2 SS
534 Monika Navarro	SR G	2 SS
535 Elisa Sequeira	SR G	2 SS
AFFILIATION = VINTAGE		
536 Sam Evans	SR B	2 SJS
537 Andy Evans	SR B	2 SJS
AFFILIATION = WEST HILLS		
538 Dustin Diaz	JR B	2 SDS
539 Chris Nagao	SR B	2 SDS
540 Don Overland	JR B	2 SDS
541 Mike Ficken	SO B	2 SDS
542 Chris Lahti	SR B	2 SDS
543 Paul Saccone	SO B	2 SDS
544 Evan Fox	X B	2 SDS
545 Rebecca Bartell	FR G	2 SDS
AFFILIATION = WESTMOOR		
546 Manuel Mendoza	SO B	2 CCS
547 Jason Naluz	JR B	2 CCS
548 Edgar Arceneaux	SO B	2 CCS
549 Mohammed Abdul	JR B	2 CCS
550 Thomas Held	JR B	2 CCS
551 Faisal Javed	SO B	2 CCS
552 Rodill Dunford	SO B	2 CCS

AFFILIATION = WOODBRIDGE		
553 Mary Moore	JR G	2 SS
AFFILIATION = YUCAIPA		
554 Kimi Welsh	JR G	2 SS
555 Vickie Whiteside	JR G	2 SS
556 Beth Grossheim	FR G	2 SS
557 Cristin Ray	SR G	2 SS
558 Leann Jimenez	FR G	2 SS
559 Jenny Petite	JR G	2 SS
560 Lacey Hitter	SO G	2 SS
DIVISION III		
AFFILIATION = APTOS		
561 Gary Passanisi	JR B	3 CCS
562 Cami Craig	JR G	3 CCS
563 Nicole Eggleston	JR G	3 CCS
564 Claudia Hernandez	SO G	3 CCS
565 Monique Silva	FR G	3 CCS
566 Anne-Elyse Smith	JR G	3 CCS
567 Hollie Smith	SR G	3 CCS
568 Kim Sullivan	SO G	3 CCS
AFFILIATION = ARAGON		
569 Michie Sakurada	SO B	3 CCS
570 Nicole Portley	JR G	3 CCS
AFFILIATION = BALBOA		
571 Jonathan Combes	SR B	3 SFS
572 Suaro Cervantes	SR B	3 SFS
AFFILIATION = BARSTOW		
573 Mike Bilborough	SR B	3 SS
574 Mark Hassell	SR B	3 SS
575 Ken Golston	JR B	3 SS
576 Dustin Mayberry	SR B	3 SS
577 Burt Clark	SR B	3 SS
578 Brian Wardell	SO B	3 SS
579 Ronnie Isbell	JR B	3 SS
AFFILIATION = BELLA VISTA		
580 Jennifer Wong	JR G	3 SJS
AFFILIATION = BENICIA		
581 Kristin Odegaard	JR G	3 NCS
AFFILIATION = BOSCO TECH		
582 Daniel Phiffer	JR B	3 SS
583 Armando Solis	SO B	3 SS
584 Zachary Mills	JR B	3 SS
585 Juan-Diego Miranda	JR B	3 SS
586 Reymundo Barrasa	SO B	3 SS
587 Edward Guerrero	FR B	3 SS
588 Michael Luna	JR B	3 SS
AFFILIATION = BUENA PARK		
589 Heather Garritson	JR G	3 SS
AFFILIATION = CARONDELET		
590 Kristen Gordon	SR G	3 NCS
591 Kerri Bock-Willmes	SR G	3 NCS
592 Cristyn Enea	SO G	3 NCS

593 Kelly Piantisi	JR G	3 NCS
594 Gindea Carrillo	SR G	3 NCS
595 Kristen Hart	JR G	3 NCS
596 Megan Andrade	SO G	3 NCS
AFFILIATION = CENTRAL		
597 Ashlee Pinasco	JR G	3 CS
AFFILIATION = COLLEGE PARK		
598 Dave Vigil	SO B	3 NCS
599 Melara Monique	SO G	3 NCS
AFFILIATION = DEL ORO		
600 Allison Millhollen	JR G	3 SJS
601 Lisa Starkey	SR G	3 SJS
602 Erin Tenhuizen	JR G	3 SJS
603 Victoria Della Ripa	JR G	3 SJS
604 Amy Neal	SO G	3 SJS
605 Susanne Andreotti	SR G	3 SJS
606 Karen Coats	SR G	3 SJS
AFFILIATION = DOS PUEBLOS		
607 Zahara Wignot	SR G	3 SS
608 Camille Riley	SR G	3 SS
609 Jessica Roth	SR G	3 SS
610 Stephanie Riley	SR G	3 SS
611 Lindley Conger	JR G	3 SS
612 Sarah Howson	JR G	3 SS
613 Lauren Tanaka	SO G	3 SS
AFFILIATION = EAST BAKERSFIELD		
614 Pablo Sanchez	SO B	3 CS
AFFILIATION = EAST UNION		
615 Justin Willingham	SO B	3 SJS
AFFILIATION = EDISON		
616 Kiros Yebalih	JR G	3 CS
617 Amy Cameron	SR G	3 CS
AFFILIATION = EDISON FRESNO		
618 Rob Hawke	JR B	3 CS
AFFILIATION = EL DORADO		
619 Budi Kampolla	SR B	3 SJS
AFFILIATION = EL MODENA		
620 Jessica Dahlberg	JR G	3 SS
621 Katie Kennedy	SR G	3 SS
622 Allysa Wittenberg	JR G	3 SS
623 Leslie Burton	JR G	3 SS
624 Laurie Burns	SO G	3 SS
625 Karyn Booth	JR G	3 SS
626 Heidi Bogue	SR G	3 SS
AFFILIATION = ENTERPRISE		
627 Naomi Ramos	FR G	3 NS
628 Katy Natina	SO G	3 NS
AFFILIATION = EUREKA		
629 Adam Hall	FR B	3 NCS
630 Ann Kelley-Dan	SO G	3 NCS
631 Andrea Woodrick	FR G	3 NCS
632 Charane Wilson	JR G	3 NCS

1996 CIF ARCO am/pm Competitors and Team Listings



Kristen Gordon, Carondelet High
photo by Kirby Lee



Geoff Fleming
Roseville High



Andrea Neipp
Highland High

633 Erin Carter JR G 3 NCS
634 Jen Enaner SR G 3 NCS
635 Darci Vagle SO G 3 NCS
636 Crystal Johnson SR G 3 NCS

AFFILIATION = FOLSOM
637 Jamie Witt FR G 3 SJS

AFFILIATION = IRVINGTON
638 Tim Hess SR B 3 NCS
639 Chantel Shaw FR G 3 NCS

AFFILIATION = KATELLA
340 Lucas Neubauer SR B 3 SS
641 Danny Mijia FR B 3 SS
642 Matt Levassur SO B 3 SS
643 Augie Nava SO B 3 SS
644 Frank Aguilar JR B 3 SS
645 Alex Smith JR B 3 SS
646 Jaime Ortiz JR B 3 SS
647 Jill Santibanez JR G 3 SS

AFFILIATION = KING CITY
648 Ana Lilia Martinez JR G 3 CCS

AFFILIATION = LAGUNA HILLS
649 Brooke Thomas SO G 3 SS

AFFILIATION = LEMOORE
650 Cathy Ragsdale SO G 3 CS
651 Doral Henry SR G 3 CS

AFFILIATION = LITTLEROCK
652 Bryan Green SR B 3 SS

AFFILIATION = LIVERMORE
653 Nathan Martin JR B 3 NCS
654 Tim Ricard SR B 3 NCS
655 Donovan Jones SO B 3 NCS
656 Kevin Boercker SR B 3 NCS
657 Keith Christian JR B 3 NCS
658 Ander Belaustegui SO B 3 NCS
659 Don Cornell SR B 3 NCS

AFFILIATION = LOS GATOS
660 Sarah McAteer SO G 3 CCS
661 Jeanne Fishback SR G 3 CCS
662 Lina Bibes-Ferro JR G 3 CCS
663 Sarah High JR G 3 CCS
664 Amy LaPine SO G 3 CCS
665 Andie Knudsen FR G 3 CCS
666 Laura Sund JR G 3 CCS

AFFILIATION = MANTECA
667 Josh Roddy SO B 3 SJS

AFFILIATION = MAR VISTA
668 Fernando Corona JR B 3 SDS
669 Esteban Rocha SR B 3 SDS

AFFILIATION = MENLO ATHERTON
670 Chloe Glare SO G 3 CCS

AFFILIATION = MILLS
671 Lauren Gustafson FR G 3 CCS

AFFILIATION = MISSION BAY
672 Ana Lilia Bustos SR G 3 SDS
673 Amanda Powers SO G 3 SDS

AFFILIATION = NEWARK MEMORIAL
674 Sue Pickens SR G 3 NCS

AFFILIATION = NEWBURY PARK
675 Ross Wood SR B 3 SS

AFFILIATION = NEWPORT HARBOR
676 Alicia McFall SO G 3 SS

AFFILIATION = NORTH BK.
677 Nick Howard SR B 3 CS
678 James Sabin SR B 3 CS
679 Joshua Farley SO B 3 CS
680 Eduardo Rocha SO B 3 CS
681 J. J. Lynch SO B 3 CS
682 Jesse Ray JR B 3 CS
683 Vi Phem JR B 3 CS

AFFILIATION = NORTH BAKERFIELD
684 Tracie Dumler SO G 3 CS
685 Cheri Wall SR G 3 CS
686 Tara Burruss SR G 3 CS
687 Melissa Dunbar FR G 3 CS
688 Alison Valenzuela FR G 3 CS
689 Melissa Forry SR G 3 CS
690 Nina Taylor JR G 3 CS

AFFILIATION = OCEANSIDE
691 Sherwin Arce SR B 3 SDS

AFFILIATION = PARADISE
692 Travis Draper SR B 3 NS
693 Mark Newton JR B 3 NS
694 Joe Svetz SO B 3 NS
695 Heidi Hudson SO G 3 NS

AFFILIATION = PLACER
696 Ian Ulmer JR B 3 SJS
697 Ryan Baumbach JR B 3 SJS
698 Carl Brumm JR B 3 SJS
699 Jared Leso SO B 3 SJS
700 Adam Keen JR B 3 SJS
701 Fred Valero SR B 3 SJS
702 Glen Gavel FR B 3 SJS
703 JR G 3 SJS
704 Randi Fee FR G 3 SJS
705 Kristin Murray JR G 3 SJS
706 Lindsay Hyatt SO G 3 SJS
707 Melinda Fuller SO G 3 SJS
708 Lucy Schmauch JR G 3 SJS
709 Alyssa Randle SO G 3 SJS
710 Cecilia Lathe JR G 3 SJS

AFFILIATION = PLEASANT VALLEY
711 Joey Creighton JR B 3 NS
712 Juan Lugo SO B 3 NS

713 Noah Balgooyen JR B 3 NS
714 Clint Wattenberg JR B 3 NS
715 David Gunn SR B 3 NS
716 Landon Gibson SR B 3 NS
717 Aaron Madsen SR B 3 NS
718 Erinn Gulbrandsen SO G 3 NS
719 Melynda Ogden SR G 3 NS
720 Kristen Ogden SO G 3 NS
721 Sara Christensen JR G 3 NS
722 Danica Herman SR G 3 NS
723 Jessica Slaser JR G 3 NS
724 Desi Alexander SR G 3 NS

AFFILIATION = RAMONA
725 James Adams SR B 3 SDS
726 Matt McInvale FR B 3 SDS
727 Juan Ruvcalba SR B 3 SDS
728 Alvaro Reyes JR B 3 SDS
729 Jorge Ramos SR B 3 SDS
730 Fernando Gonzales SO B 3 SDS
731 David Shofstall SR B 3 SDS
732 Sarah Shepherd JR G 3 SDS
733 Kennie Kwok SO G 3 SDS
734 Jenny Roane JR G 3 SDS
735 Kristin Spivey FR G 3 SDS
736 Danielle Kennessy SO G 3 SDS
737 Jennifer Wilcoxson FR G 3 SDS
738 Jessie Anderson SR G 3 SDS

AFFILIATION = RIM OF THE WORLD
739 Dave Jackson JR B 3 SS

AFFILIATION = ROCKLIN
740 Jon Jeffrey SR B 3 SJS
741 Lisa Wade JR G 3 SJS
742 Ann Koski SR G 3 SJS

AFFILIATION = ROSEMEAD
743 James Perez SR B 3 SS

AFFILIATION = SAN GORGONIO
744 Terry Vega JR G 3 SS
745 Beth Morales JR G 3 SS
746 Caroline Welker SO G 3 SS
747 Leilani Rios JR G 3 SS
748 Lakeysa McClenton FR G 3 SS
749 Jena Ochoa SR G 3 SS
750 Keynasia Daniels SR G 3 SS

AFFILIATION = SAN LUIS OBISPO
751 Avery Blackwell SR B 3 SS

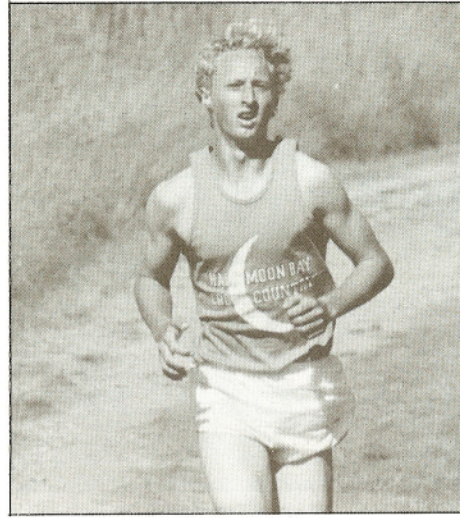
AFFILIATION = SAN RAMON
752 Brad Dietsch SR B 3 NCS
753 Dan Ambrose SR B 3 NCS
754 Jeff Stordahl JR B 3 NCS
755 Chris Perry FR B 3 NCS
756 Matt Johnson SO B 3 NCS
757 Pat Bruce FR B 3 NCS
758 Kevin Hyan SR B 3 NCS

AFFILIATION = SANTANA
759 Jaymie Harper SR G 3 SDS

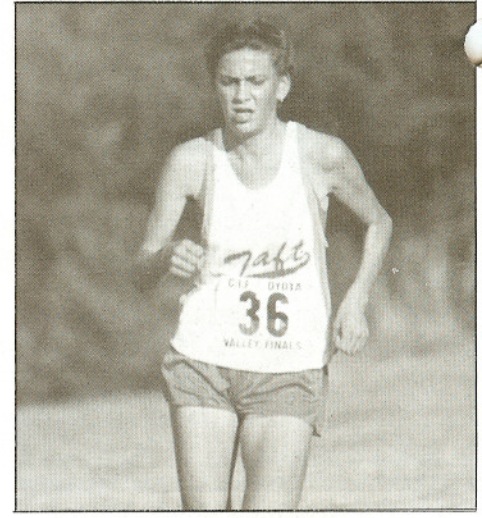
1996 CIF ARCO am/pm Competitors and Team Listings



Lisa Eccles
Bret Harte High



Louie White
Half Moon Bay High



Tracy Bowling
Taft Union High

760 Ava Benitez FR G 3 SDS
761 Kim Pace SO G 3 SDS
762 Kim Baza JR G 3 SDS
763 Kerie O'Grady JR G 3 SDS
764 Amanda Harper FR G 3 SDS
765 Milinda Benitez SR G 3 SDS

AFFILIATION = SERRA SD
766 Marcus Chandler SO B 3 SDS

AFFILIATION = SERRANO
767 Meg McGowan FR G 3 SS

AFFILIATION = SONORA
768 Jason Bart SR B 3 SJS
769 Garrett Anderson SO B 3 SJS
770 Erik Briane SO B 3 SJS
771 Kevin Schmid SR B 3 SJS
772 Ryan Meyer SR B 3 SJS
773 Jeremiah Walsh SO B 3 SJS
774 Corey Sarden SO B 3 SJS
775 Jennifer Derego SR G 3 SJS

AFFILIATION = ST. FRANCIS MV
776 Mike Cheung SR B 3 CCS
777 Adam Tucker JR B 3 CCS
778 Dan Woodhead SR B 3 CCS
779 Victor Sloan SR B 3 CCS
780 Anthony Culazzo SR B 3 CCS
781 Kevin Sullivan SR B 3 CCS
782 Dan Chaves SO B 3 CCS

AFFILIATION = ST. IGNATIUS
783 Brad Hansen SR B 3 CCS
784 Brendan Fitzgibbon SR B 3 CCS
785 Brendan Wells JR B 3 CCS
786 Matt Chen JR B 3 CCS
787 Derek Drummond SR B 3 CCS
788 Neil McDonagh FR B 3 CCS
789 Brian Mulry SR B 3 CCS

AFFILIATION = ST. LUCY'S
790 Marisol Marquez JR G 3 SS
791 Marielena Varela SR G 3 SS
792 Krista Beas JR G 3 SS
793 Tiffany DeJesus SO G 3 SS
794 Desiree DeJesus SO G 3 SS
795 Rebecca Mooshiabadi SO G 3 SS
796 Stephanie Gomez JR G 3 SS

AFFILIATION = TRACY
797 Steve Dundas SR B 3 SJS

AFFILIATION = TULARE UNION
798 Rick Turner JR B 3 CS
799 Gabe Orosco JR B 3 CS

AFFILIATION = TULARE WEST
800 Kala Donnelly JR B 3 CS

AFFILIATION = TUSTIN
801 Daniel Smith SR B 3 SS
802 C. J. Marciales JR B 3 SS

803 Leo Gordillo SO B 3 SS
804 Tom Coffey SR B 3 SS
805 Brian Cameron SR B 3 SS
806 Ray Vergara SR B 3 SS
807 Martin Kuklinski SR B 3 SS

AFFILIATION = UKIAH
808 Ryan Mack SO B 3 NCS

AFFILIATION = UNIVERSITY SD
809 Katherine Ziegler FR G 3 SDS

AFFILIATION = WESTMONT
810 Serena DeLaplace SR G 3 CCS

AFFILIATION = YGNACIO VALLEY
811 Carmen Sarmiento JR B 3 NCS

DIVISION IV

AFFILIATION = ANALY
812 Dirkje Dunham FR G 4 NCS

AFFILIATION = ANDERSON
813 Gary McGuire SR B 4 NS
814 Luann Vitellaro SR G 4 NS

AFFILIATION = BEAUMONT
815 Marcos Avila SR B 4 SS

AFFILIATION = BRET HARTE
816 Nick Smith JR B 4 SJS
817 Lisa Eccles JR G 4 SJS
818 Tiffany Perkins SO G 4 SJS
819 Lisa Hieb JR G 4 SJS
820 Joanne Dunckel JR G 4 SJS
821 Liz Tryon JR G 4 SJS
822 Crissie Jones SO G 4 SJS
823 Bobbie Alhands JR G 4 SJS

AFFILIATION = CAMPOLINDO
824 Katy Berkes JR G 4 NCS
825 Edlyn Smith JR G 4 NCS
826 Michelle Martin SR G 4 NCS
827 Megan Wherritt JR G 4 NCS
828 Laura Cherdack SO G 4 NCS
829 Anya Gugman SO G 4 NCS
830 Emily Zenoni SO G 4 NCS

AFFILIATION = CATHEDRAL CITY
831 Laurie Lankharr FR G 4 SS

AFFILIATION = CENTRAL VALLEY
832 Steven Springhorn FR B 4 NS
833 Ryan Wade SR B 4 NS
834 Brian Marchione SR B 4 NS
835 Anthony Cottrell SO B 4 NS
836 James Hinkle SR B 4 NS
837 Stephen Pohlmeier FR B 4 NS
838 Nick Scoma FR B 4 NS
839 Kara Hunn SR G 4 NS
840 Hillery Gemmill SR G 4 NS

841 Lori Kluck SR G 4 NS
842 Lona Young SO G 4 NS
843 Jennifer Nicolay SO G 4 NS
844 Suzanne Papini SO G 4 NS
845 Amanda Hutchings SO G 4 NS

AFFILIATION = CHRISTIAN BROS.
846 Michelle Lasala JR G 4 SJS

AFFILIATION = CLAIREMONT
847 Juan Torres JR B 4 SDS
848 Jose Jimenez JR B 4 SDS
849 Jose Padilla JR B 4 SDS

AFFILIATION = COLFAX
850 Dave Rios JR B 4 SJS
851 Nick Clark JR B 4 SJS
852 Joel Coburn SR B 4 SJS
853 Leon Rouillard SR B 4 SJS
854 Scott Fulenwider FR B 4 SJS
855 Ken Ashcraft JR B 4 SJS
856 Brendan Brown SR B 4 SJS

AFFILIATION = CORCORAN
857 Alejandro Palacios SR B 4 CS
858 Laureano Alvarez JR B 4 CS

AFFILIATION = CORONA DEL MAR
859 Tyler Beardslee SR B 4 SS
860 Jason Rogers SR B 4 SS
861 Richard Hossfeld SR B 4 SS
862 Pat Russell SR B 4 SS
863 Brian Coombe JR B 4 SS
864 Matt Dennerline JR B 4 SS
865 Brian Kramer JR B 4 SS
866 Jen Morgan SR G 4 SS
867 Jan Blair JR G 4 SS
868 Vanessa Jamieson SR G 4 SS
869 Jean Garcia FR G 4 SS
870 Liz Morse FR G 4 SS
871 Jill Quayle FR G 4 SS
872 Emily Lumir SO G 4 SS

AFFILIATION = CORONADO
873 Cheyne Jones SR B 4 SDS
874 Barbara Chakos SO G 4 SDS
875 Christine Hansen SO G 4 SDS
876 Kiley Dunlap FR G 4 SDS

AFFILIATION = COSTA MESA
877 Bruce Hancock SO B 4 SS
878 Jaime Carrillo SR B 4 SS
879 Eric Solis SR B 4 SS
880 Marcello Martinez SR B 4 SS
881 Francisco Ortiz SO B 4 SS
882 Jesus Gonzalez SR B 4 SS

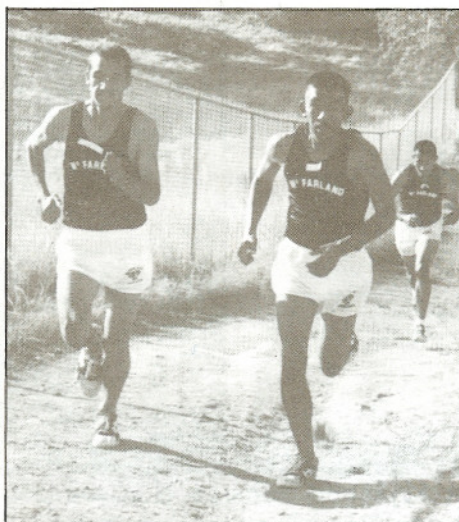
AFFILIATION = CUPERTINO
883 Dan McDonough JR B 4 CCS
884 Celeste Dunlap FR G 4 CCS

AFFILIATION = DINUBA
885 Chano Luviano JR B 4 CS

1996 CIF ARCO am/pm Competitors and Team Listings



Melissa MacPherson
FlINTRIDGE Sacred Heart Academy High



Rudy Cavazos & Joe Arambula
McFarland High



Katie Berkes
CampOLINDO High

AFFILIATION = DIXON

886 Neil Cooper	SR B	4 SJS
887 Shaun Lane	SO B	4 SJS
888 Walt Willis	SR B	4 SJS
889 Brett Cooper	SO B	4 SJS
890 Brad Wilson	SO B	4 SJS
891 Fergae Tanaka	SO B	4 SJS
892 Beau Camaren	JR B	4 SJS
893 Kelly McNerney	FR G	4 SJS
894 Onita Nogales	FR G	4 SJS
895 Julie Glide	SR G	4 SJS
896 Jezabel Corona	SO G	4 SJS
897 Nicole Haney	SR G	4 SJS
898 Erin McNerney	SO G	4 SJS
899 Amanda Taylor	FR G	4 SJS

AFFILIATION = EASTLAKE

900 Gail Dayao	SR G	4 SDS
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AFFILIATION = ELSIE ALLEN

901 Celedonio Rodriguez	SO B	4 NCS
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AFFILIATION = ESCALON

902 Vic Moreno	FR B	4 SJS
903 Jennifer Stief	FR G	4 SJS

AFFILIATION = EXETER

904 Maria Banuelos	JR G	4 CS
905 Raquel Catalan	JR G	4 CS
906 Kristie Gonzales	SO G	4 CS
907 Lorraine Contreras	X G	4 CS
908 Kassia Regehr	SR G	4 CS
909 Conception Barreras	JR G	4 CS
910 Tina Arzola	SO G	4 CS

AFFILIATION = FLINTRIDGE

911 Melissa MacPherson	SR G	4 SS
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AFFILIATION = FORTUNA

912 Billy Maas	SO B	4 NCS
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AFFILIATION = GONZALES

913 Angela Yebra	SR G	4 CCS
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AFFILIATION = GRANADA

914 Marty Kinsey	SR B	4 NCS
915 Heinar Urrutia	SR B	4 NCS
916 Adam Morrison	SR B	4 NCS
917 Matt Leigh	SO B	4 NCS
918 Rick Viach	JR B	4 NCS
919 Steve Smith	JR B	4 NCS
920 Chris Eggers	FR B	4 NCS

AFFILIATION = GUNN

921 Katie Dillon	SR G	4 CCS
922 Jill Bodily	SO G	4 CCS
923 Naomi Sternhiem	SO G	4 CCS
924 Marsha Habib	FR G	4 CCS
925 Katya Kazakova	JR G	4 CCS
926 Jenny Nadaner	JR G	4 CCS
927 Sonja Perakis	SO G	4 CCS

AFFILIATION = HALF MOON BAY

928 Louie White	JR B	4 CCS
929 Andy Chain	JR B	4 CCS
930 David Dines	SR B	4 CCS
931 Matthew Benda	SO B	4 CCS
932 Matt Wilkinson	JR B	4 CCS
933 Mike Dvorak	SR B	4 CCS
934 Tony Dines	SO B	4 CCS
935 Anna Schecter	JR G	4 CCS

AFFILIATION = LA CANADA

936 Sarah Ellis	SR G	4 SS
937 Kim Garnil	JR G	4 SS
938 Sheila Maude	JR G	4 SS
939 Amy Foss	JR G	4 SS
940 Heathr Zaimes	SO G	4 SS
941 Christina Ellis	SO G	4 SS
942 Gina Penbra	SO G	4 SS

AFFILIATION = LAS PLUMAS

943 Jesse Louis	JR B	4 NS
944 Nicole Ruff	JR G	4 NS
945 Jana Robertson	SR G	4 NS

AFFILIATION = LASSEN

946 Charlene Gorbet	SO G	4 NS
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AFFILIATION = LICK

947 Alberto Meza	SR B	4 CCS
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AFFILIATION = LOMPOC

948 Craig Farley	SR B	4 SS
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AFFILIATION = LORETTO

949 Samantha Shenoy	JR G	4 SJS
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AFFILIATION = LOUISVILLE

950 Kelly Harrington	JR G	4 SS
951 Marriel Holcomb	FR G	4 SS

AFFILIATION = MADISON

952 Nick Hamlin	SR B	4 SDS
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AFFILIATION = MIRAMONTE

953 Kersti Miller	JR G	4 NCS
954 Lindsey Bergren	SR G	4 NCS

AFFILIATION = MITTY

955 Stephanie Anthony	SO G	4 CCS
956 Rebekah Harmer	SO G	4 CCS
957 Monica Lebron	SR G	4 CCS
958 Sarah Silva	JR G	4 CCS
959 Lauren Sherburne	SO G	4 CCS
960 Kymberly Schmid	SO G	4 CCS
961 Meredith Bronson	FR G	4 CCS

AFFILIATION = MOREAU

962 Ryan Preston	JR B	4 NCS
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AFFILIATION = MORRO BAY

963 Isiah Festa	JR B	4 SS
964 Samantha Michel	SO G	4 SS

AFFILIATION = NORDHOFF

965 Sam Baxter	JR B	4 SS
966 Peter Paplanus	JR B	4 SS
967 Anand Mahendra	SO B	4 SS
968 Shane Mallen	SO B	4 SS
969 Kapil Mahendra	FR B	4 SS
970 Andrew Seigner	SO B	4 SS
971 Andrew Lowenstein	FR B	4 SS
972 Elaine Canchola	JR G	4 SS
973 Terrah Chapin	SR G	4 SS
974 Bridie Hatch	SR G	4 SS
975 Kendra Greene	SR G	4 SS
976 Rae Slumbough	FR G	4 SS
977 Laurel Westbrook	JR G	4 SS
978 Jenny Hunt	JR G	4 SS

AFFILIATION = NOTRE DAME SO

979 Kevin Lelles	SO B	4 SS
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AFFILIATION = NOVATO

980 Todd Hunt	SR B	4 NCS
981 Geoff Garcia	SR B	4 NCS
982 Rob Bancroft	JR B	4 NCS
983 Neil Mathews	SR B	4 NCS
984 Dennis Koehler	SR B	4 NCS
985 Brian Ward	FR B	4 NCS
986 Brendan Applegate	SR B	4 NCS

AFFILIATION = PALO ALTO

987 Katie Brizgys	SO G	4 CCS
988 Andi Forker	JR G	4 CCS

AFFILIATION = PIONEER

989 Adam Boothe	SR B	4 CCS
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AFFILIATION = REDWOOD

990 Tiffany Hansen	JR G	4 NCS
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AFFILIATION = RIDGEVIEW

991 Ryan Suburu	SR B	4 CS
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AFFILIATION = RIVERBANK

992 David Ulibarri	SO B	4 SJS
993 Victor Flores	SO B	4 SJS

AFFILIATION = SAN DIMAS

994 Solin Gutierrez	SR B	4 SS
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AFFILIATION = SAN JUAN

995 Nate Farley	SR B	4 SJS
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AFFILIATION = SAN MARIN

996 James Neilson	SR B	4 NCS
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AFFILIATION = SAN MATEO

997 Darnell Taylor	SR B	4 CCS
998 Joshua Greenough	SR B	4 CCS
999 Brian Greenough	SO B	4 CCS
1000 Jeff Wagner	SR B	4 CCS
1001 Justin Fong	SO B	4 CCS
1002 Bobby Masuda	JR B	4 CCS
1003 Denis Kanygin	JR B	4 CCS

1996 CIF ARCO am/pm Competitors and Team Listings



Championship Lineups - McFarland boys and Yucaipa girls are defending champions in their respective divisions. McFarland looks to become the only team in state championship history to win five straight titles. Pictured for McFarland (left to right): Rudy Cavazos, Joel Lopez, Rudy Ballardo, Jose Perezchica, Jose Arambula, Edward Agundez and Miguel Aguilar. Pictured for Yucaipa (left to right): Leeann Jimenez, Jenny Petite, Kimi Welsh, Christin Ray, Vickie Whiteside, Lacey Hitter and Beth Grossheim.

AFFILIATION = SEASIDE		
1004 Irving Moreno	JR B	4 CCS
AFFILIATION = SHAFTER		
1005 Nathan Penner	JR B	4 CS
1006 Noe Garcia	SO B	4 CS
1007 Alex Gomez	SR B	4 CS
1008 Jordan Lewis	SO B	4 CS
1009 Nathan Lewis	SR B	4 CS
1010 Matt Neufeld	JR B	4 CS
1011 Marcos Urbina	JR B	4 CS
1012 Irma Guillen	JR G	4 CS
1013 Emily Lopez	SO G	4 CS
AFFILIATION = SOQUEL		
1014 Joma Dewald	JR B	4 CCS
AFFILIATION = ST. AUGUSTINE		
1015 Adam Greene	JR B	4 SDS
1016 Brian Sullivan	JR B	4 SDS
1017 Espinoza Alfonso	SO B	4 SDS
1018 Jerry Samaniego	SR B	4 SDS
1019 Colin Donnelly	SO B	4 SDS
1020 Brian Janes	SR B	4 SDS
1021 Barry Bryant	SR B	4 SDS
AFFILIATION = ST. MARY'S		
1022 Jessica Altnow	SR G	4 SJS
AFFILIATION = ST. MARY'S BERK.		
1023 Mike Arp	JR B	4 NCS
1024 Justin Hite	JR B	4 NCS
1025 Ben Maniatis	JR B	4 NCS
1026 Ryan Torres	SO B	4 NCS
1027 Jonathan Tapp	JR B	4 NCS
1028 Darren Virassammy	JR B	4 NCS
1029 Miguel Diaz	SO B	4 NCS
AFFILIATION = SULTANA		
1030 Jason Hunter	SR B	4 SS
1031 Andrew Hernandez	JR B	4 SS
1032 James Rowe	SO B	4 SS
1033 Juan Lopez	JR B	4 SS
1034 Jess Amaro	SO B	4 SS
1035 Ruben Camargo	JR B	4 SS
1036 Austin Yeckley	SO B	4 SS
1037 Alicia Whitesock	JR G	4 SS
1038 Vanessa Kune	SO G	4 SS
1039 Deena Wertz	FR G	4 SS
1040 Debbie Fullwood	FR G	4 SS
1041 Taylor Anderson-McGill	SO G	4 SS
1042 Jennifer Kranbuhl	JR G	4 SS
1043 Heidi Magi	SO G	4 SS
AFFILIATION = TAFT		
1044 Tracy Bowling	SR G	4 CS
1045 Jessica Hackler	JR G	4 CS
AFFILIATION = TERRA LINDA		
1046 Francisco Guevara	SR B	4 NCS
1047 Melissa Green	SO G	4 NCS

AFFILIATION = UNIVERSITY SD		
1048 Courtney Baird	SO G	4 SDS
1049 Jackie Ott	SO G	4 SDS
1050 Kristen Epperson	SR G	4 SDS
1051 Siouxsee Gistaro	JR G	4 SDS
1052 Erin Shea	SR G	4 SDS
1053 Jessica Tacy	FR G	4 SDS
1054 Jennifer Fischer	SO G	4 SDS
AFFILIATION = URSULINE		
1055 Sara Hallas	JR G	4 NCS
1056 Tiffany Espinosa	JR G	4 NCS
1057 Danielle Christani	FR G	4 NCS
1058 Alexia Delwiche	JR G	4 NCS
1059 Mikaela Blasser	SR G	4 NCS
1060 Emily Brown	FR G	4 NCS
1061 Kristen Ripple	SO G	4 NCS
AFFILIATION = WASCO		
1062 Omar Garcia	JR B	4 CS
1063 Veronica Sanchez	JR G	4 CS
1064 Fidelina Perez	JR G	4 CS
1065 Veronica Morgado	SO G	4 CS
1066 Mayra Morgado	FR G	4 CS
1067 Patty Gallardo	FR G	4 CS
1068 Delia Rivera	JR G	4 CS
1069 Betty Acevedo	JR G	4 CS
AFFILIATION = WEST VALLEY		
1070 David Braund	SR B	4 NS
1071 Paul Carr	JR B	4 NS
1072 Colby Phillips	JR B	4 NS
1073 Eric Haffner	JR B	4 NS
1074 Richard Beck	JR B	4 NS
1075 Michael Doll	SR B	4 NS
1076 Danny Burgess	SR B	4 NS
1077 Jenee Erickson	SO G	4 NS
1078 Hilaree Haston	JR G	4 NS
1079 Aubree Wilson	JR G	4 NS
1080 Carlee Wilson	FR G	4 NS
1081 April Jackson	JR G	4 NS
1082 Sarah Duclos	JR G	4 NS
1083 Melissa Andrew	FR G	4 NS
AFFILIATION = YOSEMITE		
1084 Hans Shanks	SR B	4 CS
1085 John Guadagnini	JR B	4 CS
1086 Jon Adams	JR B	4 CS
1087 Evan Morgan	SO B	4 CS
1088 Jeff Ford	JR B	4 CS
1089 Glenn Grimes	SR B	4 CS
1090 Andy Prescott	SO B	4 CS
AFFILIATION = YREKA		
1091 Tom Ham	SO B	4 NS
1092 Nate Atwood	JR B	4 NS
1093 Abbey Cortright	SO G	4 NS

DIVISION V		
AFFILIATION = BISHOPS		
1095 Peter Holland	FR B	5 SDS
1096 Alison Gordon	JR G	5 SDS
1097 Heather Ray	JR G	5 SDS
AFFILIATION = BUTTE VALLEY		
1098 Luis Ramirez	JR B	5 NS
1099 Randy Forrester	SR B	5 NS
1100 David Forrester	JR B	5 NS
1101 James McKasson	SR B	5 NS
1102 Josh Root	FR B	5 NS
1103 Chip Jacoby	JR B	5 NS
1104 Miah Simmons	SO B	5 NS
1105 Jenny Root	SO G	5 NS
1106 April Cillione	SO G	5 NS
1107 Melissa Van Scoyoc	SR G	5 NS
1108 Jenine Sammis	JR G	5 NS
1109 Lauryl Fowler	FR G	5 NS
1110 Kristi Schroeder	SO G	5 NS
1111 Julie Root	FR G	5 NS
AFFILIATION = CAL SCHOOL DEAF		
1112 Jose Gutierrez	JR B	5 NCS
AFFILIATION = CALVIN CHRISTIAN		
1113 Bart Conner	SO B	5 SDS
1114 Karen Memmelaar	SO G	5 SDS
AFFILIATION = CARMEL		
1115 Lindley Zerbe	SR B	5 CCS
1116 John Pfeiffer	SR B	5 CCS
1117 Zubin Eggleston	SO B	5 CCS
1118 Tim Pfeiffer	SR B	5 CCS
1119 Jon Jonssen	FR B	5 CCS
1120 Joey Shelveson	SO B	5 CCS
1121 Carey Parker	SR B	5 CCS
1122 Molly Allen	JR G	5 CCS
1123 Vanessa Auburn	FR G	5 CCS
1124 Kate Churchill	FR G	5 CCS
1125 Broeck Jones	FR G	5 CCS
1126 Natalie Johnson	JR G	5 CCS
1127 Katie Call	JR G	5 CCS
1128 Fallon Hookailo	SR G	5 CCS
AFFILIATION = CASTILLEJA		
1129 Melissa Roth	JR G	5 CCS
AFFILIATION = CHADWICK		
1130 Veronica Herrera	SO G	5 SS
AFFILIATION = CHOWCHILLA		
1131 Juan Verduzco	JR B	5 CS
1132 Rosario Guteirez	SR G	5 CS
AFFILIATION = COLLEGE PREP		
1133 Kat Saxton	JR G	5 NCS

1996 CIF ARCO am/pm Competitors and Team Listings

AFFILIATION = CYRSTAL SPRINGS/UP

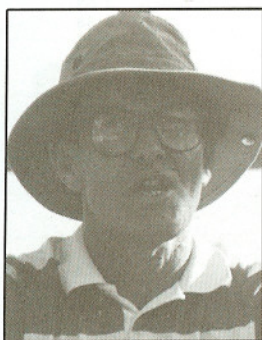
1134 Katie Scangos	JR G	5 NCS
AFFILIATION = DELTA		
1135 Philip Ogilvie	JR B	5 NS
1136 David Ogilvie	JR B	5 NS
AFFILIATION = DURHAM		
1137 Daniel Cline	SR B	5 NS
1138 Mike Holman	SR B	5 NS
1139 Nick Campbell	SO B	5 NS
1140 Kris Wright	SO B	5 NS
1141 Matt Bentz	FR B	5 NS
AFFILIATION = FALL RIVER		
1142 Amy Hayter	JR G	5 NS
1143 Shanda Wortman	JR G	5 NS
AFFILIATION = FIREBAUGH		
1144 George Moreno	SR B	5 CS
AFFILIATION = FLINTRIDGE		
1145 Doug Hall	JR B	5 SS
1146 Damien Schultz	SR B	5 SS
AFFILIATION = FRANCIS PARKER		
1147 Gwyn Leachman	FR G	5 SDS
AFFILIATION = GARCES		
1148 Bernadette Ansolabhere	SR G	5 CS
AFFILIATION = HOLTVILLE		
1149 Miguel Ramirez	JR B	5 SDS
1150 Luis Salazar	SR B	5 SDS
1151 Robert-John Gonzalez	SO B	5 SDS
1152 Jose Gallegos	SO B	5 SDS
1153 Andres Medina	SO B	5 SDS
1154 Ismael Mejia	SR B	5 SDS
1155 Michael Hardin	SR B	5 SDS
AFFILIATION = I. S. A.		
1156 Cynthia Talmadge	FR G	5 SFS
AFFILIATION = JUSTIN-SIENA		
1157 Tim Nolan	SO B	5 SJS
1158 Greg Chan	SR B	5 SJS
1159 Gareth Lacey	SO B	5 SJS
1160 Trevor Eikenbary	JR B	5 SJS
1161 Scott Mooney	SR B	5 SJS
1162 Jorge Chavez	SR B	5 SJS
1163 Morgan Peterson	SO B	5 SJS
1164 Natalya Lely	FR G	5 SJS
1165 Michelle Lopez	SO G	5 SJS
1166 Heather Oh	SO G	5 SJS
1167 Molly Hoff	SR G	5 SJS
1168 Nancy Kang	SR G	5 SJS
1169 Rochelle Jovick	SR G	5 SJS
1170 Jenny Schmitz	SR G	5 SJS
AFFILIATION = LA JOLLA COUNTRY DAY		
1171 Justin Scarfeo	JR B	5 SDS
1172 Lindsay Weinberg	SO G	5 SDS
1173 Sandra Ruiz	FR G	5 SDS
1174 Cassie Mogilner	JR G	5 SDS
1175 Monica Bornemisza	SR G	5 SDS
1176 Hojung Kim	SR G	5 SDS
1177 Robin Bulster	JR G	5 SDS
1178 Kesha Seeley	SR G	5 SDS
AFFILIATION = LA SALLE		
1179 Anna Hunt	JR G	5 SS
1180 Hannah Miller	SR G	5 SS
1181 Margaret Guercio	SR G	5 SS
1182 Lacey Staff	SR G	5 SS
1183 Cady Staff	SO G	5 SS
1184 Swava Stengel	JR G	5 SS
1185 Cindy Clapham	FR G	5 SS
AFFILIATION = LICK-WILMERDING		
1186 Raymi Dyskant	JR B	5 NCS
AFFILIATION = LINDEN		
1187 Raphael Gomez	SO B	5 SJS
1188 Nestor Lara	FR B	5 SJS
AFFILIATION = LUTHERAN		
1189 Jennifer Lloyd	SO G	5 SDS
AFFILIATION = MAMMOTH		
1190 Jason Hoetzel	SR B	5 SS
AFFILIATION = MARANATHA		
1191 Brian Abe	JR B	5 SS
1192 James Avis	JR B	5 SS
1193 Mark Pepe	SR B	5 SS
1194 Chris Horn	JR B	5 SS
1195 David Wood	JR B	5 SS
1196 Paul Miser	SO B	5 SS
1197 Matthew Cowell	SO B	5 SS
AFFILIATION = MARLBOROUGH		
1198 Katherine Laquer	SR G	5 SS
AFFILIATION = MCFARLAND		
1199 Jose Perezchica	JR B	5 CS
1200 Rudy Ballardo	JR B	5 CS
1201 Jose Arambula	JR B	5 CS
1202 Rudy Cavazos	SR B	5 CS
1203 Joel Lopez	SR B	5 CS
1204 Miguel Aguilar	JR B	5 CS
1205 Edward Agundez	SR B	5 CS
1206 Cristina Sanchez	SR G	5 CS

1207 Laura Davis	SO G	5 CS
1208 Tanya Gonzales	SR G	5 CS
1209 Wendy King	FR G	5 CS
1210 April Holguin	FR G	5 CS
1211 Maria Carmona	SO G	5 CS
1212 Fabiola Hernandez	FR G	5 CS
1213 Debby Renteria	SR G	5 CS
AFFILIATION = MENDOTA		
1214 Ramiro Arias	SR B	5 CS
1215 Jorge Rebello	SR B	5 CS
1216 VictorHugo Ochoa	SR B	5 CS
1217 Alberto Villa	SO B	5 CS
1218 Ricardo Navarro	SR B	5 CS
1219 Ray Ornelas	SO B	5 CS
1220 Efrain Gutierrez	FR B	5 CS
AFFILIATION = MENLO		
1221 Martin Keck	JR B	5 CCS
1222 Shane Braunstein	JR B	5 CCS
1223 Monica Coghlan	SO G	5 CCS
AFFILIATION = MIDDLETOWN		
1224 Tami Hunt	JR G	5 NCS
AFFILIATION = MISSION PREP.		
1225 Ashley Raasch	SO G	5 CS
AFFILIATION = MODOC		
1226 Josh Keyes	JR B	5 NS
1227 Stacy Harness	SR G	5 NS
1228 Julia Greene	FR G	5 NS
1229 Ginny Greene	JR G	5 NS
1230 Jessica Younger	SO G	5 NS
1231 Courtney George	FR G	5 NS
1232 Sonja Wilson	SO G	5 NS
1233 Brandy Cravens	SR G	5 NS
AFFILIATION = MONTE VISTA		
1234 Aaron Fleming	SR B	5 CCS
AFFILIATION = OAK PARK		
1235 Andrew Mutz	SR B	5 SS
1236 David Paik	SR B	5 SS
1237 Brian Armstrong	JR B	5 SS
1238 Marc Clebanoff	JR B	5 SS
1239 Morgan Harrelson	SR B	5 SS
1240 Stephen Martin	JR B	5 SS
1241 D. J. Evans	FR B	5 SS
1242 Holly Peters	SO G	5 SS
AFFILIATION = ORANGE LUTHERAN		
1243 Morgan Robert	SR B	5 SS
1244 Matt Fischer	SR B	5 SS
1245 Derek Bautlett	SO B	5 SS
1246 Taylor Gavia	FR B	5 SS
1247 Ryan Vance	FR B	5 SS
1248 Tim Bristol	SR B	5 SS
1249 Eric bloekle	SO B	5 SS
1250 Kristin Groncy	SR G	5 SS
1251 Katie Peters	SR G	5 SS
1252 Elizabeth Rogers	JR G	5 SS
1253 Rebecca McIntosh	JR G	5 SS
1254 Laura Bocanegra	SO G	5 SS
1255 Melanie Morgan	SO G	5 SS
1256 Tiffany Poncy	SO G	5 SS
AFFILIATION = PACIFIC GROVE		
1257 Dan Woodruff	JR B	5 CCS
AFFILIATION = PARLIER		
1258 Angie Pena	FR G	5 CS
AFFILIATION = PASADENA POLY		
1259 Katie Newhall	JR G	5 SS
AFFILIATION = PIEDMONT		
1260 Carl Moren	JR B	5 NCS
1261 Jed Johnson	SR B	5 NCS
1262 Heather Gibson	JR G	5 NCS
1263 Ingrid Elias	SO G	5 NCS
1264 Melissa Mao	JR G	5 NCS
1265 Katie Mayo	JR G	5 NCS
1266 Nora Betz	SO G	5 NCS
1267 Kendall Nicholson	JR G	5 NCS
1268 Sarah Short	SR G	5 NCS
AFFILIATION = PORTOLA		
1269 Joe Olson	JR B	5 NS
AFFILIATION = R. L. STEVENSON		
1270 Jessica Morris	SO G	5 CCS
1271 Erin Miller	SR G	5 CCS
1272 Stephanie Stuart	JR G	5 CCS
1273 Zena Herman	SO G	5 CCS
1274 Mizuri Fujii	JR G	5 CCS
1275 Elaina Ross	SR G	5 CCS
1276 Dania Akkad	SO G	5 CCS
AFFILIATION = REDWOOD CHRISTIAN		
1277 Courtney Davidson	SO G	5 CCS
AFFILIATION = SANTA CATALINA		
1278 Katie Rigney	SR G	5 CCS
AFFILIATION = ST. BONAVENTURE		
1279 Jose Barcelonala	JR B	5 SS
1280 Fritz Knoll	JR B	5 SS
1281 Thomas Quinlan	JR B	5 SS
1282 Jeff Scheffert	JR B	5 SS

1283 Adam Sepulveda	JR B	5 SS
1284 Matthew Torres	JR B	5 SS
1285 Diego Valdes	JR B	5 SS
1286 Naomi Cordell	FR G	5 SS
1287 Tasha Halvi	FR G	5 SS
1288 Caren Jordan	SO G	5 SS
1289 Monique Navarro	JR G	5 SS
1290 Nicole Montee	SR G	5 SS
1291 Susan Torres	FR G	5 SS
1292 Lacey Williams	FR G	5 SS
AFFILIATION = ST. HELENA		
1293 Jenny West	SR G	5 SJS
AFFILIATION = ST. JOSEPH		
1294 Chris Felix	SR B	5 SS
1295 Michelle June	SO G	5 SS
1296 Kara June	FR G	5 SS
1297 Britteny Carter	FR G	5 SS
1298 Kathryn MacCulsh	SR G	5 SS
1299 Stephanie Felix	SO G	5 SS
1300 Gina Greathouse	FR G	5 SS
1301 Mary Kuczkowski	SO G	5 SS
AFFILIATION = ST. JOSEPH ND		
1302 Travis Johnson	SO B	5 NCS
1303 Chris Dunnick	SR B	5 NCS
1304 Steve Koneffklatt	SR B	5 NCS
1305 John Mangahas	SR B	5 NCS
1306 Brandon McClintock	FR B	5 NCS
1307 Chris Williams	JR B	5 NCS
1308 Brian Chavez	SR B	5 NCS
AFFILIATION = ST. MARGARET'S		
1309 Ryan Downey	JR B	5 SS
AFFILIATION = ST. PATRICKS		
1310 Joseph Booth	JR B	5 SJS
AFFILIATION = SUMMERVILLE		
1311 Mark Waelty	SR B	5 SJS
1312 Walker Quinn	JR B	5 SJS
1313 Kevin Pettway	JR B	5 SJS
1314 Dan Arata	SR B	5 SJS
1315 Mike Brown	SO B	5 SJS
1316 Casey Zelinsky	SR B	5 SJS
1317 Brian Whitmer	JR B	5 SJS
1318 Melissa Rumsey	SO G	5 SJS
1319 Jaime Huffman	FR G	5 SJS
1320 Nina Alderete	SR G	5 SJS
1321 Curry Lee	SR G	5 SJS
1322 Paige Alderete	JR G	5 SJS
1323 Rachel Rose	SR G	5 SJS
1324 Raini Spitze	SR G	5 SJS
AFFILIATION = TEMPLETON		
1325 Mandi Smith	SO G	5 CS
1326 Aja Olivera	SO G	5 CS
1327 Rachel Vize	JR G	5 CS
1328 Chelsey Fredrick	JR G	5 CS
1329 Callie Phillips	SO G	5 CS
1330 Veronica Villalobos	SO G	5 CS
1331 Debbie Abernathy	SR G	5 CS
AFFILIATION = TIOGA		
1332 Damion Laughlin	JR B	5 SJS
1333 Melissa Jenkins	JR G	5 SJS
AFFILIATION = TRINITY		
1334 Randy Brummer	JR B	5 NS
AFFILIATION = UNIVERSITY SF		
1335 Max Hanlin	JR B	5 NCS
1336 Linden Bader	SO G	5 NCS
1337 Dianan Clock	FR G	5 NCS
1338 Kira Morser	SO G	5 NCS
1339 Mollie Allick	SO G	5 NCS
1340 Aliza Cohen	FR G	5 NCS
1341 Kristin Ferrell	JR G	5 NCS
1342 Hope Lewis	SR G	5 NCS
AFFILIATION = VALLEY CHRISTIAN		
1343 Chad Perry	JR B	5 CCS
1344 Johanna Wans	SR G	5 CCS
AFFILIATION = VIVIAN WEBB		
1345 Susan Timmreck	SO G	5 SS
AFFILIATION = WOODLAKE		
1346 Heather Ward	SO G	5 CS
AFFILIATION = YORK SCHOOL		
1347 Elijah Bilotta	SR B	5 CCS
1348 J. C. Calzetta	JR B	5 CCS
1349 Adan Perez	JR B	5 CCS
1350 Chris Calzetta	FR B	5 CCS
1351 Donaciano Ochoa	JR B	5 CCS
1352 Michael Lambert	SR B	5 CCS
1353 Eddie McKenna	FR B	5 CCS

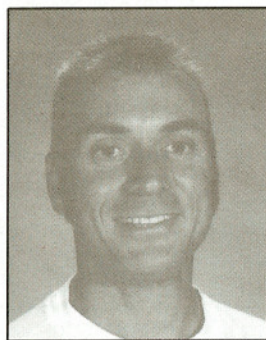
1996 CIF ARCO am/pm State Cross Country Honor Coaches

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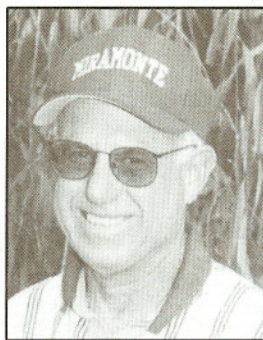
Bob Sax
San Marino High

While Sax states that this honor comes as a total surprise, the cross country community is well aware of his talents in coaching and what he has meant to the sport. As a coach, Sax directed his boys teams to a state crown in 1990 and second place finishes the following two seasons. His girls team finished third in state competition twice (1990, 1991). Sax was instrumental in the development of girls cross country in the state and in California's move to the 3-mile cross country course.



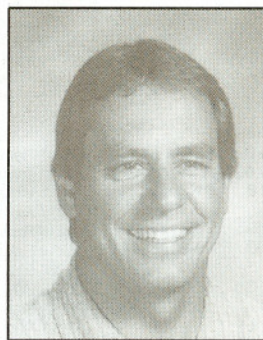
Frank LaBua
Ponderosa High

LaBua has built up a girls team at Ponderosa High that consisted of just two runners in 1990. Now in his sixth year, Ponderosa fields a team with 20 runners. The 1995 season was particularly successful for LaBua and his team as the varsity, freshman and sophomore levels each captured a CIF Sacramento Section ARCO am/pm title. Four-time individual section champion Jen Schindler benefited from LaBua's coaching.



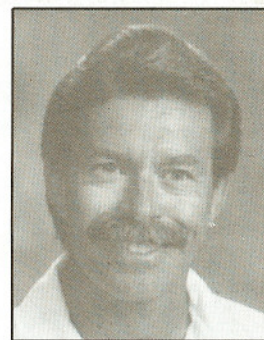
Otis McCain
Miramonte High

Entering his 14th season as a cross country coach, McCain's girls team has won three CIF North Coast Section ARCO am/pm titles (1987, 1993, 1994) and 10 league crowns. His dual meet record is an amazing 93-5 at the varsity level and 128-1 on the junior varsity level. His team finished as high as second in state (1994) and had a fourth place finish in 1993. McCain initiated the Yosemite Running Camps. He was a CIF North Coast Honor Coach in 1993.



Cary Nerelli
Morro Bay High

Nerelli has had an illustrious 18-year coaching career at Morro Bay High. A coaching highlight came last year when he was selected as the Western Region Women's Distance Coach for the Olympicfest 1995. Nerelli's boys cross country team has finished second in the state championships three times (1993-95), while his girls program was second in 1991. Nerelli has written articles for the *Cross Country Journal* and *California Track and Running News*.



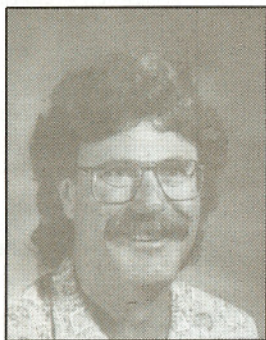
Jim McDonnell
Mt. Whitney High

The West Yosemite League Coach of the Year on two occasions, McDonnell is a veteran coach of 19 years. His varsity girls teams have won five league titles, while his junior varsity teams have captured six league crowns. McDonnell was the co-meet director of the CIF Central Section championships three times. He was honored as one of Tulare County's "Most Caring Coaches" in 1995 by the *Visalia Times Delta* newspaper.



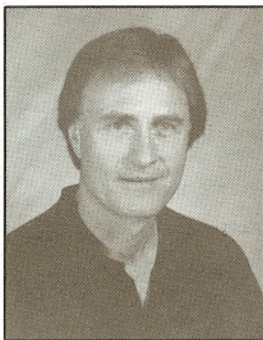
Dave Holland
Mira Costa High

A veteran coach of 23 seasons, Holland has helped shape the sport that we know today. He was active in lobbying coaches in the CIF Southern Section to increase race distance from two to three miles in the mid-1970's. He coaches both the boys and girls programs at Mira Costa High. Since 1992, his boys teams have an overall dual meet record of 29-1 and have won the last five league titles.



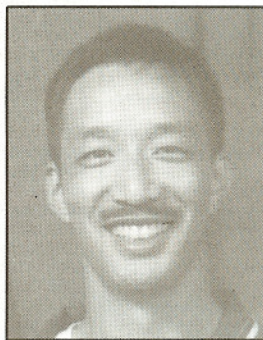
Bruce Makinson
Shasta High

A member of the CIF Northern Section Track/Cross Country Committee for the past 14 years, Makinson has guided the Shasta girls and boys program since 1991. His Shasta girls team won the section championship in both 1990-91 and in his 20 years of coaching, including time at Nova High, his teams have won a total of six CIF Northern Section ARCO am/pm titles.



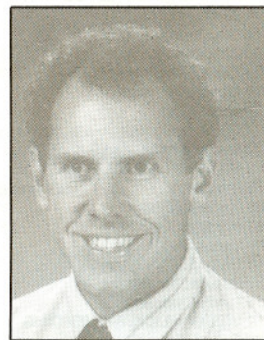
Michael R. Moynahan
Enterprise High

One of the founders of the CIF Northern Section Track/Cross Country Committee, where he served as president from 1979-81. Moynahan also served on the State Track and Field Governance/Rules Committee in 1986. His boys teams at Enterprise High garnered 33 straight dual meet victories from 1972-1978 and finished as high as eighth at the state championships in 1987.



Andy Leong
Lowell High

Leong has developed a San Francisco dynasty as his girls cross country team at Lowell High has won seven section titles in his seven seasons of coaching. Leong is the meet director of the San Francisco Invitational and served as the Chair of the Cross Country Coaches Clinic Round Table in 1995. His girls team had their best-ever state finish of seventh last year.



Chris Walsh
Campolindo High

Walsh has served as the meet director for the FAL League Cross Country Championships the last three seasons. He has published numerous articles on cross country in various publications including *Track and Field Quarterly Review*. Walsh, who has coached for eight years at Campolindo, was the women's assistant cross country and track and field coach at UC Berkeley for three years.

1996 CIF ARCO am/pm State Cross Country Honor Coaches

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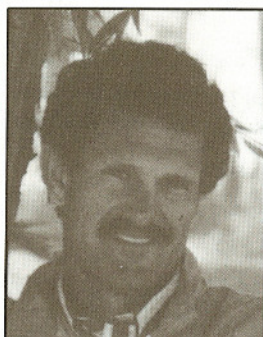
Walter Van Zant
Wilcox High

A graduate of San Francisco State University, Van Zant earned a B.S. in business. He began coaching both boys and girls cross country at Wilcox High in 1984. From 1991-94, his girls teams were second and third place finishers in league competition on two occasions and finished as high as fourth in the CIF Central Coast Section ARCO am/pm Championships. His boys team finished third in the CCS this year.



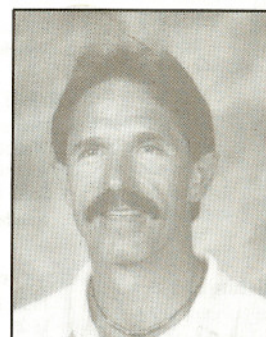
Tom Service
Leland High

The girls and boys cross country coach at Leland High since 1989, Service is a 1969 graduate of San Jose State University. Since 1989, his boys and girls teams have won seven league titles, and have appeared in 13 out of 14 CIF Central Coast Section ARCO am/pm play-offs. Four times his Leland teams have won section titles, with five runner-up performances. In 1994, the Leland boys team won the CCS Scholastic Championship Team Award.



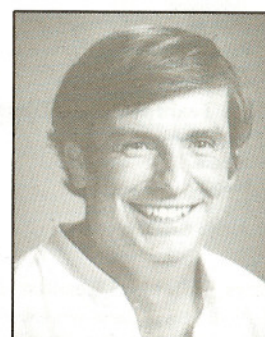
Randy Rossi
Irvine High

A highlight to Rossi's 17-years of coaching came in 1993 when his girls cross country team captured the state championship. Rossi served as president of the Southern California Cross Country Coaches Association in 1994 and has been a speaker at the Amateur Athletic Foundation/CIF Cross Country and Track Clinics. He was the Orange County Register's Coach of the Year (cross country) in 1990.



Tom Crumpacker
Dixon High

Crumpacker has been the cross country coach at Dixon High School the past seven years. During that time, his varsity girls program has gone undefeated winning seven league championships. The varsity girls won section titles in 1992, 1993 and 1994, while finishing a close second in 1995. Crumpacker is the Superior California Athletic League representative for cross country to the CIF Sac-Joaquin Section.



Bruce Wade
Roosevelt High

Wade has been active in helping to run major cross country meets in California. He has assisted with the state meet the past five years and has served on the CIF Central Section Cross Country Advisory Board the last three years. His girls team took the Fresno City Championships in 1990, 1994 and 1995, while his boys team won this title in 1995. Wade runs a summer camp for cross country runners of all ages.



David Wilson
Ramona High

A long-time coach in San Diego, Wilson has made a name for himself and the cross country program at Ramona High School. In his 21 years of coaching his boys teams have compiled a 115-28 dual meet record, while his girls are equally impressive with a 105-38 mark. His boys have garnered three CIF San Diego Section ARCO am/pm Championships while his girls have one section title.



Marty Hauck
Fallbrook High

A highly honored coach, Hauck is a veteran of 20 years. He was the San Diego Girls Track Coach of the Year in 1992, when his girls finished as runner-ups in their section. Hauck has spoken at several clinics both in California and out of state. His Fallbrook girls cross country team was twice runner-up in the CIF San Diego Section ARCO am/pm Championships, while his boys were runner-ups three times.



Taking on the Favored Role - University High of San Francisco is ranked number one in the state in Division V and is favored to take the first-ever Division V title. Leading the way for University is Kira Morser (left), who finished 21st at the state championships last year (in Division IV) and Linden Bader, a 12th placer at state a year ago.

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 (Ramona)
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 Coady (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 - Reyna 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 Fisone (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 Coady (Village Christian)
8. 16:35 - Jim Goode (Francis Parker)
9. 16:39 - Algene 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 - Jnette 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. Bellmont	147
5. Channel Island	147

Girls Team Results - Div. I

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

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)

Girls Indiv. Results - Div. I

1. 17:29 - D. Drossin (Agoura)
17:44 - V. Barajas (Channel Islands)
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)

Boys Team Results - Div. II

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

Girls Team Results - Div. II

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

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)

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)

Boys Team Results - Div. III

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

Girls Team Results - Div. III

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

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)

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. Dalce (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)

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. IV

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

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. Catter (Oak Park)
7. 15:53 - J. Janquar (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. 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 Pfauf (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)
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. Garrison (Sunny Hills)
3. 18:32 - 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. Oroscio (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. Tavemer (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. Durnell (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. Homberger (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 Garrison (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 - Elissia 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 Ebner (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. 19 - Jessica Corbin (Irvine)
4. 19:29 - 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 Prindville (De La Salle)
8. 15:54 - Garrett Jensen (Sunny Hills)
9. 15:54 - Tom Kloos (El Camino)
10. 15:55 - Jorge Castro (Arvin)

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 Straitiff (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 - Mallinalii 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 - Isaiah 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 - Shaluinn 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)

1995 CIF ARCO *am/pm* State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Div. I

1. Del Campo, Fair Oaks	84
2. Peninsula, Rolling Hills	119
3. Nevada Union, Grass Valley	127
4. Hoover, Glendale	133
5. Ayala, Chino	169

Girls Team Results - Div. I

1. Canyon	82
2. Los Alamitos	125
3. Vista	139
4. Irvine	143
5. Ayala, Chino	146

Boys Indiv. Results - Div. I

1. 15:41 - Larry Henderson (Mira Mesa)
2. 15:46 - Ryan Deane (Peninsula)
3. 15:47 - Todd Disney (Thousand Oaks)
4. 15:48 - Matt Wickersham (Mater Dei)
5. 15:49 - Michael Kasahun (Fresno)
6. 15:52 - Manuel Andrade (Coachella Val)
7. 15:53 - Matt Brown (Corona)
8. 15:55 - Felipe Montoro (Hoover, Glen.)
9. 15:57 - Juan Chavira (Hanford)
10. 16:04 - Steve Hackworth (Nevada Union)

Girls Indiv. Results - Div. I

1. 16:45 - Julia Stamps (Santa Rosa)
2. 17:25 - Kim Mortensen (Thous. Oaks)
3. 18:12 - Andrea Neipp (Highland)
4. 18:22 - Jen Schindler (Ponderosa)
5. 18:31 - Jessica Corbin (Irvine)
6. 18:32 - Nancy Zhang (Rowland)
7. 18:41 - Jennifer Burris (Ayala, Chino)
8. 18:50 - Rachae McCauley (Canyon Sp.)
9. 18:52 - Angie Winkler (Fountain Valley)
10. 18:54 - Julie Harris (Canyon)

Boys Team Results - Div. II

1. Jesuit, Carmichael	53
2. Leland, San Jose	109
3. Hemet	126
4. Yucaipa	135
5. Reedley	171

Girls Team Results - Div. II

1. Yucaipa	84
2. Scripps Ranch	114
3. Dana Hills	129
4. St. Ignatius	136
5. Santa Margarita	152

Boys Indiv. Results - Div. II

1. 15:23 - Daniel Sikiric (Leland)
2. 15:29 - Michael Stember (Jesuit)
3. 15:31 - David McQuitty (Grossmont)
4. 15:39 - Ayub Abdusalam (Hoover, SD)
5. 15:41 - Michael Murray (Santa Margarita)
6. 15:45 - Sean Clendaniel (Yucaipa)
7. 15:45 - Ronnie Buchanan (Righetti)
8. 15:47 - Scott Abbott (Jesuit)
9. 15:50 - Tom Prindiville (De La Salle)
10. 15:51 - Alfonso Ibarra (Arlington)

Girls Indiv. Results - Div. II

1. 17:51 - Annie Ebiner (St. Lucy's)
2. 17:56 - Kimi Welsh (Yucaipa)
3. 18:05 - Katie Nunes (Santa Margarita)
4. 18:11 - Emily Allison (Leland)
5. 18:17 - Allyson Marquand (Univ. Irvine)
6. 18:31 - Kristen Koppes (Foothill)
7. 18:40 - Mindy Brown (Yucaipa)
8. 18:43 - Devon Straitiff (Torrey Pines)
9. 18:57 - Elizabeth Larmore (Monte Vista)
10. 18:57 - Jennifer Ewing (Castro Valley)

Boys Team Results - Div. III

1. Nordhoff, Ojai	35
2. Livermore	110
3. St. Ignatius	138
4. St. Francis, Mt. View	141
5. El Modena	145

Girls Team Results - Div. III

1. Nordhoff, Ojai	42
2. Clayton Valley	53
3. La Jolla	122
4. Carondelet	126
5. El Modena	128

Boys Indiv. Result - Div. III

1. 15:37 - Joe Smith (Livermore)
2. 15:37 - Mike Wojciechowski (Clayton Valley)
3. 15:45 - Will Bernaldo (Nordhoff)
4. 15:50 - Kevin Koeper (St. Francis, LC)
5. 15:50 - Omar Vega (Nordhoff)
6. 15:59 - Bolota Asmerom (McAteer)
7. 16:01 - Bryan Green (Littlerock)
8. 16:02 - Dusty Herman (Nordhoff)
9. 16:05 - Jason Hart (Sonora)
10. 16:12 - Paul Wellman (St. Ignatius)

Girls Indiv. Result - Div. III

1. 17:36 - Elaine Canchola (Nordhoff)
2. 18:12 - Kristen Gordon (Carondelet)
3. 18:21 - Heather Garrison (Buena Park)
4. 18:30 - Heather Wallace (Clayton Valley)
5. 18:34 - Shelby Horgan (Temescal Canyon)
6. 18:48 - Terrah Chapin (Nordhoff)
7. 18:50 - Veronica Sanchez (Wasco)
8. 18:53 - Courtney Baird (University SD)
9. 18:55 - Bridie Hatch (Nordhoff)
10. 18:57 - Jaymie Harper (Santana)

Boys Team Results - Div. IV

1. McFarland	40
2. Morro Bay	103
3. Piedmont	147
4. Oak Park	153
5. Fillmore	154

Girls Team Results - Div. IV

1. Louisville	58
2. University San Francisco	91
3. Morro Bay	152
4. Union-Taft	152
5. Campolindo	178

Boys Indiv. Results - Div. IV

1. 15:51 - Aaron Gillen (Yreka)
2. 16:04 - Isiaiah Festa (Morro Bay)
3. 16:09 - Miguel Ramirez (Holtville)
4. 16:16 - Micah Fuson (Union-Taft)
5. 16:17 - Louie White (Half Moon Bay)
6. 16:20 - Joshua Schweitzer (Marysville)
7. 16:22 - Rudy Ballardo (McFarland)
8. 16:23 - Kenny Rhoan (Sierra Altaville)
9. 16:27 - Robin Pendoley (Terra Linda)
10. 16:34 - Derrick Davis (Clairemont)

Girls Indiv. Results - Div. IV

1. 18:39 - Shaluinn Fullove (Louisville)
2. 19:09 - Lisa Eccles (Bret Harte)
3. 19:12 - Sarabeth Schweitzer (Marysville)
4. 19:21 - Melissa MacPherson (Flintridge SH)
5. 19:24 - Kristin Groncy (Orange Lutheran)
6. 19:27 - Marissa Hurwitz (Bishops SD)
7. 19:28 - Jessica Lunt (Coronado)
8. 19:29 - Kat Saxon (College Prep)
9. 19:31 - Sarah Martin (Westridge)
10. 19:32 - Tracy Bowling (Union-Taft)



Title Taker - Shaluinn Fullove of Louisville High outdistanced Lisa Eccles of Bret Harte (18:39-19:09) en route to an individual Division IV championship. Louisville also took the team crown.



Early Placer - Larry Henderson of Mira Mesa High School edged Peninsula's Ryan Deane (15:41-15:46) to take the Division I title.

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. 16:45 - Stamps (Santa Rosa '95)
2. 17:06 - Stamps (Santa Rosa '94)
3. 17:13 - Glusac (Fallbrook '91)
4. 17:14 - Glusac (Fallbrook '92)
17:25 - Mortensen (Thous. Oaks '95)
17:27 - Drossin (Agoura '89)
17:29 - Drossin (Agoura '90)
8. 17:33 - Spies (Livermore '89)
9. 17:35 - Drossin (Agoura '87)
10. 17:42 - Jorgensen (R. Buena Vista '88)
17:42 - Skieresz (Agoura '92)

Boys Top All-Time Team

Scores - Division II

1. Walnut (1987)	40
2. Jesuit, Carmichael (1995)	53
3. Jesuit, Carmichael (1989)	61
4. Corona del Mar (1987)	63
5. San Pasqual (1990)	64

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. 17:51 - Ebner (St. Lucy's Glen. '95)
7. 17:54 - Glusac (Fallbrook '90)
8. 17:56 - Welsh (Yucaipa '95)
9. 18:01 - Riley (Campolindo '89)
18:01 - Hecox (South Hills '88)
18:01 - Gorbet (Lassen '87)

Boys Top All-Time Team

Scores - Division III

1. Nordhoff, Ojai (1995)	35
2. Sherman Indian (1988)	58
3. Laguna Beach (1989)	65
4. Nordhoff Ojai (1994)	69
5. San Marino (1990)	77

Girls Top All-Time Team

Scores - Division III

1. La Jolla (1990)	31
2. Nordhoff, Ojai (1995)	42
3. Clayton Valley, Concord (1995)	53
4. Bret Harte (1988)	54
5. Clayton Valley, Concord (1994)	65

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. 17:36 - Canchola (Nordhoff, Ojai '95)
17:51 - McCandless (Castilleja '87)
3. 18:01 - Garritson (Rim of World '90)
18:01 - H. Garritson (Buena Park '94)
5. 18:02 - Marzell (Bishop O'Dowd '92)
6. 18:07 - Canchola (Nordhoff Ojai '94)
7. 18:12 - Torrens (St. Francis Mt. View '92)
18:12 - Gordon (Carondelet '95)
9. 18:17 - Thayer (Serrano '87)
10. 18:18 - Clarke (Corona del Mar '94)

Boys Top All-Time Team

Scores - Division IV*

1. McFarland (1995)	40
2. McFarland (1993)	61
3. McFarland (1994)	62
4. Morro Bay (1994)	62
5. McFarland (1992)	63
Morro Bay (1993)	63

Girls Top All-Time Team

Scores - Division IV*

1. Louisville (1995)	58
2. Lassen (1992)	71
3. Nordhoff (1991)	72
Central Valley (1994)	72
5. Nordhoff (1992)	73

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. 18:39 - Fullove (Louisville '95)
8. 18:41 - Shaw (Fillmore '91)
9. 18:43 - Diulio (Anderson '90)
10. 18:44 - Shaw (Fillmore '90)

* Division IV established in 1990.

MOST STATE CHAMPIONSHIPS (BOYS)

5 McFarland 1987 Division III; 1992-95 Division IV
4 Jesuit Carmichael 1989, 1993-95 Division II
4 Nordhoff Ojai 1991 Division IV; 1993-95 Division III
3 Hart 1990-92 Division I
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
3 Nordhoff, Ojai 1990-91 Division IV; 1995 Division 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 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
2 Julia Stamps, Santa Rosa 1994-95 Division I
2 Annie Ebner, St. Lucy's, Glendora 1993 Division III, 1995 Div. II

Stamps Sets Course Mark; Nordhoff High Boys and Girls Garner Team Titles

Junior Julia Stamps of Santa Rosa High easily eclipsed her own mark and set a course record of 16:45 and Nordhoff Ojai boys' and girls' each garnered CIF ARCO *am/pm* State Championships to highlight the eighth annual cross country championships held at Woodward Park, Fresno on Saturday, November 25.

Stamps set the Division I record of 17:06 a year ago under wet and muddy conditions. With the temperature in the mid-70's this year, Stamps improved her time by 21 seconds and became the first high school girl in California to break the 17-minute mark in the 5000 meter course.

Coach Ken Reeves saw his Nordhoff boys' team take their fourth state championship and his girls' team win their third title. In all, Nordhoff boys' and girls' have won seven state crowns, with the boys' winning three straight in Division III competition.

The four championships by Nordhoff placed them in a temporary tie for most-ever titles with McFarland and Jesuit, which won the Division II title earlier in the day. But the McFarland boys' went on to win the Division IV title to move past Nordhoff and Jesuit with five CIF ARCO *am/pm* State crowns. McFarland, a tiny school located east of Fresno, has won an unprecedented four straight titles (1992-95).

It was a record-breaking day as five state records were erased. Besides Stamps, Elaine Canchola also set an individual record. A sophomore from Nordhoff who placed second a year ago, Canchola set the Division III standard of 17:36 - 15 seconds better than the previous mark of 17:51 by Katie McCandless of Castilleja.

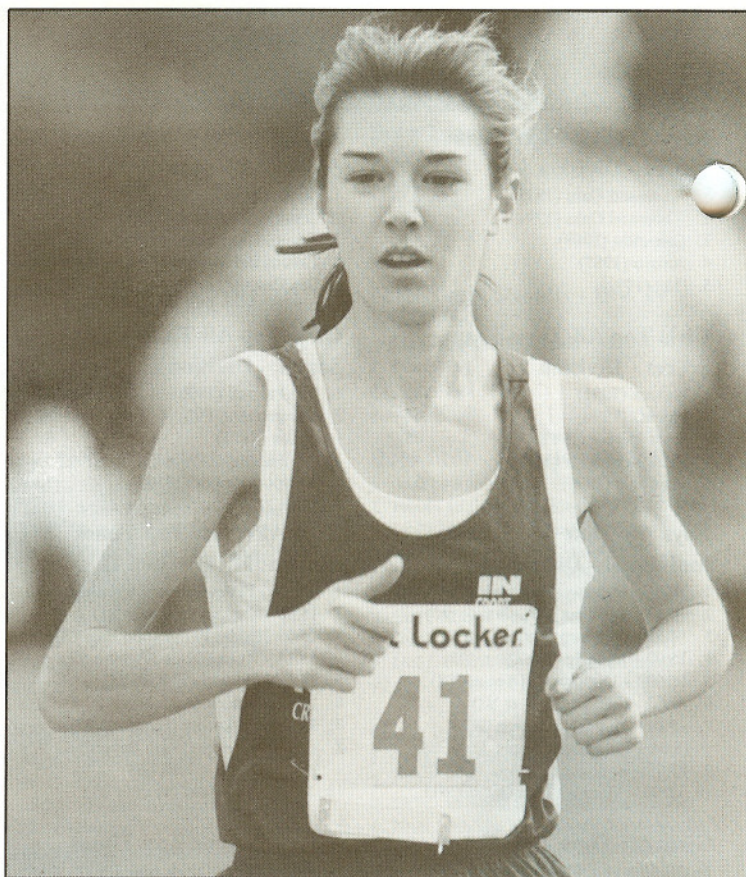
Three team records were set as Louisville High took its first title in the Division IV girls' competition with a best-ever 58 points. That broke Lassen High's 1992 mark of 71 points. Nordhoff bested Sherman Indian High's mark of 58 points with 35 in the Division III boys' team race and McFarland broke its own record of 61 points with 40 in the Division IV boys' competition.

In addition to Stamps and Canchola, Annie Ebner of St. Lucy's (Division III) and Shaluinn Fullove of Louisville (Division IV) each took state titles. It was Ebner's second title and the first for Fullove.

Larry Henderson of Mira Mesa High, who placed eighth a year ago, won his first crown in the boys' Division I race. Daniel Sikiric of Leland San Jose (Division II), Joe Smith of Livermore (Division III) and Aaron Gillen of Yreka, each took their first titles as well.

Team winners on the girls' side were Canyon of Canyon Country in Division I, Yucaipa in Division II, Nordhoff in Division III and Louisville in Division IV. For the boys', Del Campo in Division I, Jesuit Carmichael in Division II, Nordhoff in Division III and McFarland in Division IV, were the team champions.

The championship for Jesuit marked the fourth state championship in cross country for the school. That ties Jesuit with



Simply Sensational -- Julia Stamps broke her own Division I record and set a course mark of 16:45 en route to her second straight championship.

photo by Kirby Lee

Nordhoff for second most titles. The two schools trail only McFarland which has won five titles.

An estimated crowd of 5,000 witnessed the championships held on Saturday, November 25 at Woodward Park, Fresno.

MOST TEAM TITLES

Boys

- 5 McFarland (1987 Div. III, 1992-95 Div. IV)
- 4 Nordhoff Ojai (1991 Div. IV, 19993-95 Div. III)
- 4 Jesuit Carmichael (1989, 1993-95 Div. II)
- 3 Hart (1990-92 Div. I)

Girls

- *3 Palos Verdes (1987-89, Div. I)
- 3 Agoura (190-92, Div. I)
- 3 Newport Harbor (1987-88 Div. II, 1991 Div. III)
- 3 Nordhoff Ojai (1990-91, 1995 Div. IV)

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

1995 CIF ARCO am/pm State Cross Country Championship Results

Division I Girls (Individuals)

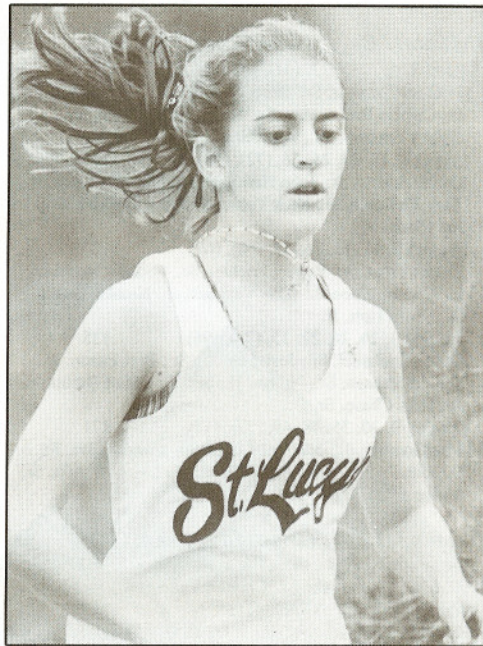
1. Julia Stamps, Jr., Santa Rosa (NC)	16:45*
2. Tom Mortensen, Sr., Thousand Oaks (SS)	17:25
3. Andrea Neipp, Sr. Highland (SS)	18:12
4. Jen Schindler, Jr., Ponderosa (SJ)	18:22
5. Jessica Corbin, Sr. Irvine (SS)	18:31
6. Nancy Zhang, Jr., Rowland (SS)	18:32
7. Jennifer Burris, So., Ayala (SS)	18:41
8. Rachae McCauley, Jr., Canyon Spr. (SS)	18:50
9. Angie Winkler, Sr., Fountain Valley (SS)	18:52
10. Julie Harris, Jr., Canyon (SS)	18:54
11. Jenny Akana, So., Lowell (SF)	18:58
12. Kareen Nilsson, Jr., Ayala (SS)	18:59
13. Lauren Fleshman, Fr., Canyon (SS)	19:06
14. Amber Pierce, Sr., Los Alamitos (SS)	19:11
15. Christie Gregory, Fr., Clovis (C)	19:11
16. Sarah Wilkins, Fr., Rancho Bernardo (SD)	19:14
17. Sonia Rodriguez, Sr., Vista (SD)	19:19
18. Emile Lawson, Jr., Clovis West (C)	19:23
19. Erin Zehntner, Fr., Irvine (SS)	19:25
20. Aida Garcia, Fr., Chula Vista (SD)	19:26
21. Susan Chou, Jr., Lowell (SF)	19:26
22. Oasil Lucero, Sr., Lowell (SF)	19:28
23. Katie Cottrell, So., Orange Glen (SD)	19:28
24. Susana Ochoa, Sr., Fairfield (SJ)	19:29
25. Deborah Bleisch, Sr., Silver Creek (CC)	19:30
26. Kellie Stigile, Sr., Canyon (SS)	19:33
27. Stefanie McCarty, Jr., Madera (C)	19:34
28. Tricia Mattson, Jr., Fallbrook (SD)	19:36
29. Kim Bates, So., Los Alamitos (SS)	19:38
30. Kym Pilger, Jr., Clovis (C)	19:41

Division I Girls (Team Scores)

1. <u>Canyon</u> 4, 7, 17, 24, 30, (37), (50)	82 points
Julie Harris, Jr., Lauren Fleshman, Fr., Kellie Stigile Sr., Danielle Hadfield, Sr., Brandi Plasschaert, So., Michelle Estes, Sr., Tiffany Furnya, Sr.	
2. <u>Los Alamitos</u> 8, 18, 20, 26, 53 (73) (89)	125
Amber Pierce, Sr., Kim Bates, So., Maleia Lines, Sr., Monica MacManus, Sr., Lezlee Tamo Sr., Summer Tamura Sr., Krista Dixon, Sr.	
3. <u>Vista</u> 10, 29, 32, 33, 35, (36), (67)	139
Sonia Rodriguez, Sr., Brook Schroeder, So., Fatima El-Farah Sr., Mary Blasius, So., Noelle Magana, Sr., Natalie Forsythe, So., Julie Davidson, So.	
4. <u>Irvine</u> 2, 12, 22, 47, 60, (85), (87)	143
Jessica Corbin, Sr., Erin Zehntner, Fr., Melissa Livermore, Fr., Paola Corral, So., Erin Livermore, Sr., Edel Leyden, So., Christina Meyer, Jr.	
5. <u>Ayala</u> 3, 6, 39, 42, 56, (62), (80)	146
Jennifer Burris, So., Kareen Nilsson, Jr., Colleen Gunderson, Sr., Nicole Gurnioz, Fr., Annette Ramirez, Jr., Amanda Kingsbury, Jr., Heather Lozano, Fr.	

Division II Girls (Individuals)

1. Annie Ebner, Sr., St. Lucy's (SS)	17:51
2. Kimi Welsh, So., Yucaipa (SS)	17:56
3. Katie Nunes, Jr., Santa Margarita (SS)	18:05
4. Emily Allison, Sr., Leland San Jose (CC)	18:11
5. Allyson Marquand, Fr., University Irvine (SS)	18:17
6. Kristen Koppes, Sr., Foothill (NS)	18:31
7. Mindy Brown, Sr., Yucaipa (SS)	18:40
8. Devon Straitiff, Sr., Torrey Pines (SD)	18:43
9. Elizabeth Larmore, Sr., Monte Vista (NC)	18:57
10. Jennifer Ewing, Jr., Castro Valley (NC)	18:57
11. Misha Wilson, Jr., University Irvine (SS)	18:59
12. Vickie Whiteside, So., Yucaipa (SS)	19:01
13. Kristina Stasko, So., Scripps Ranch (SD)	19:02
14. Emily McFarland, Fr., Scripps Ranch (SD)	19:02
15. Jennifer Spahr, Jr., Huntington Beach (SS)	19:04
16. Laura Sandoval, Sr., St. Ignatius (CC)	19:05
17. Christen Ray, Jr., Yucaipa (SS)	19:07
18. Lanelle Cox, Fr., Escondido (SD)	19:09
19. Shana Driscoll, Sr., St. Ignatius (CC)	19:10
20. Anne Gunnison, Jr., McClatchy (SJ)	19:11
21. Anna Gillis, So., Moreau (NC)	19:11
22. Julie Hotchkiss, Fr., Mission San Jose (NC)	19:12
23. Melissa Aronson, Jr., Hemet (SS)	19:12
24. Larissa Gregerson, Sr., El Capitan (SD)	19:13
25. Kelly Grimes, So., Scripps Ranch (SD)	19:15
26. Tina Bowen, Sr., San Ramon (NC)	19:20
27. Julie David, So., Lincoln-SF (SF)	19:22
28. Minica Van Wegen, Jr., Amador Valley (NC)	19:22
29. Syndey Leonard, Jr., Dana Hills (SS)	19:23



Second Time Around - Annie Ebner of St. Lucy's High edged Kimi Welsh of Yucaipa (17:51-17:56) for her second individual title. photo by Kirby Lee

Division II Girls (Team Scores)

1. <u>Yucaipa</u> 1, 5, 7, 11, 60, (67), (79)	84
Kimi Welsh, So., Mindy Brown, Sr., Vickie Whiteside, So., Christen Ray, Jr., Sabrina Maizano, So., Serena Meyer, Sr., Hillary Carlson, Sr.	
2. <u>Scripps Ranch</u> 8, 9, 14, 19, 64, (80), (93)	114
Kristina Stasko, So., Emily McFarland Fr., Kelly Grimes, So., Sarah Schmidt, Sr., Kim Rogoff, Jr., Shannon Winkler, Jr., Angeline Spain, So.	
3. <u>Dana Hills</u> 16, 17, 31, 32, 33, (42), (62)	129
Syndey Leonard, Jr., Laura Kroninger, Jr., Bree Denison, Sr., Christa Fitzgerald, So., Julia Barbour, So., Michelle Smith, Fr., Tiffany Paul, So.	
4. <u>St. Ignatius</u> 10, 12, 25, 39, 50, (95)	136
Laura Sandoval, Sr., Shana Driscoll, Sr., Eileen Grove, Jr., Marielle Schlueter, Jr., Stephanie Libien, Jr., Danielle Dekker, Sr.	
5. <u>Santa Margarita</u> 2, 20, 27, 49, 54, (59), (61) 152	
Katie Nunes, Jr., Dani Rope, So., Kimi Grether, So., Lauren Owens, Jr., Allison Henisey, So., Jill Kelley, So., Jessie Davis, Fr.	

Division III Girls (Individuals)

1. Elaine Canchola, So., Nordhoff (SS)	17:36
2. Kristen Gordon, Jr., Carondelet (NC)	18:12
3. Heather Garrition, So., Buena Park (SS)	18:21
4. Heather Wallace, Sr., Clayton Valley (NC)	18:30
5. Shelby Horgan, Jr., Temescal Canyon (SS)	18:34
6. Terrah Chapin, Jr., Nordhoff (SS)	18:48
7. Veronica Sanchez, So., Wasco (C)	18:50
8. Courtney Baird, Fr., University SD (SD)	18:53
9. Bridie Hatch, Jr., Nordhoff (SS)	18:55
10. Jaymie Harper, Jr., Santana (SD)	18:57
11. Deborah Osteen, Jr., Clayton Valley (NC)	18:59
12. Jessica Dahlberg, So., El Modena (SS)	19:04
13. Kelly Howisey, Jr., Clayton Valley (NC)	19:06
14. Julie Ott, Jr., University SD (SD)	19:12
15. Shelby Stanger, So., La Jolla (SD)	19:12
16. Leslie Burton, So., El Modena (SS)	19:12
17. Laurel Westbrook, So., Nordhoff (SS)	19:13
18. Stacey Young, Jr., Pacifica (SS)	19:13
19. Julie Leininger, Fr., Clayton Valley (NC)	19:16
20. Allison Millhollen, So., Del Oro (SJ)	19:23
21. Leah Walker, Sr., La Jolla (SD)	19:23
22. Beth Zacher, Sr., Nordhoff (SS)	19:25
23. Sally Cheda, Jr., Petaluma (NC)	19:28
24. Louse Indrise, So., Clayton Valley (NC)	19:29

25. Kerri Bock-Willmes, Jr., Carondelet (NC)	19:31
26. Sarah Ellis, Sr., La Canada (SS)	19:31
27. Jennifer Codington, Fr., Clayton Valley (NC)	19:32
28. Cristyn Enea, Fr., Carondelet (NC)	19:32
29. Katie Kennedy, Jr., El Modena (SS)	19:34
30. Nicole Portley, So., Aragon (CC)	19:34

Division III Girls (Team Scores)

1. <u>Nordhoff</u> 1, 5, 6, 13, 17, (39), (44)	42
Elaine Canchola, So., Terrah Chapin, Jr., Bridie Hatch, Jr., Laurel Westbrook, So., Beth Zacher, Sr., Yadi Ramirez, Jr., Rita Tallakson, Fr.	
2. <u>Clayton Valley</u> 3, 8, 10, 14, 18, (20), (27)	53
Heather Wallace, Sr., Deborah Osteen, Jr., Kelly Howisey, Jr., Julie Leininger, Fr., Louse Indrise, So., Jennifer Codington, Fr., Jennifer Osteen, Sr.	
3. <u>La Jolla</u> 11, 16, 24, 29, 42, (53), (69)	122
Shelby Stanger, So., Leah Walker, Sr., Clodagh Rafferty, Sr., Shannon O'Connor, Jr., Michelle O'Connor, Sr., Kara Dose, Jr., Julia Otis, Fr.	
4. <u>Carondelet</u> 2, 19, 21, 41, 43, (61), (71)	126
Kristen Gordon, Jr., Kerri Bock-Willmes, Jr., Cristyn Enea, Fr., Ginaea Carrillo, Jr., Katie Nash, So., Carolyn King, So., Kristen Hart, So.	
5. <u>El Modena</u> 9, 12, 22, 38, 47, (51), (58)	128
Jessica Dahlberg, So., Leslie Burton, So., Katie Kennedy, Jr., Karyn Booth, So., Heidi Bogue, Jr., Kim Lacher, So., Kaylee Whitfield, Sr.	

Division IV Girls (Individuals)

1. Shaluinn Fullove, Sr., Louisville (SS)	18:39
2. Lisa Eccles, So., Bret Harte (SJ)	19:09
3. Sarabeth Schweitzer, Jr. Marysville (SJ)	19:12
4. Melissa MacPherson, Jr., Flintridge/SH (SS)	19:21
5. Kristin Groncy, Jr., Orange Lutheran (SS)	19:24
6. Marissa Hurwitz, Sr., Bishops (SD)	19:27
7. Jessica Lunt, Sr., Coronado (SD)	19:28
8. Kat Saxton, So., College Prep (NC)	19:29
9. Sarah Martin, Sr., Westridge (SS)	19:31
10. Tracy Bowling, Jr., Union-Taft (C)	19:32
11. Hannah Miller, Jr., La Salle (SS)	19:32
12. Linden Bader, Fr., University-SF (NC)	19:34
13. Anne-Elyse Smith, So., Monte Vista Chr. (CC) 19:40	
14. Samantha Michei, Fr., Morro Bay (SS)	19:41
15. Laura Daavid, Fr., McFarland (C)	19:41
16. Ashley Caro, Sr., Louisville (SS)	19:45
17. Kelly Harrington, So., Louisville (SS)	19:45
18. Amanda Tomei, Sr., University-SF (NC)	19:46
19. Sarah Hallas, So., Ursuline (NC)	19:57
20. Jen Pong, Sr. Terra Linda (NC)	20:00
21. Tatiana Sohrakoff, Fr., Wheatland (N)	20:00
22. Kira Morser, Fr., University-SF (NC)	20:01
23. Amy Struve, Sr., Lassen (N)	20:10
24. Jennifer Villar, Fr., Louisville (SS)	20:11
25. Heather Gibson, So., Piedmont (NC)	20:12
26. Stacy Haffer, Sr., West Valley (NC)	20:16
27. Katy Berkes, So., Campolindo (NC)	20:19
28. Courtney Davidson, Fr., Redwood Chr. (CC) 20:20	
29. Siobhan Elsner, Sr., Morro Bay (SS)	20:24
30. Erin Spaulding, So., Louisville (SS)	20:24

Division IV Girls (Team Scores)

1. <u>Louisville</u> 1, 11, 12, 15, 19, (38), (53)	58
Shaluinn Fullove, Sr., Ashley Caro, Sr., Kelly Harrington, So., Jennifer Villar, Fr., Erin Spaulding, So., Peggy Johnson, So., Lauren Ianiro, Jr.	
2. <u>University-SF</u> 8, 13, 14, 20, 36, (48), (64)	91
Linden Bader, Fr., Amanda Tomei, Sr., Kira Morser, Fr., Hope Lewis, Jr., Zoe Kretzschmar, Jr., Melissa Zimmerman, Fr., Catherine Kealhofer, Fr.	
3. <u>Morro Bay</u> 9, 18, 25, 39, 61, (62), (67)	152
Samantha Michei, Fr., Siobhan Elsner, Sr., Courtney Fairbanks, Fr., Brittany App, Jr., Tina Gedney, So., Katy Yurcheshen, Sr., Sophia Rupp, Sr.	
4. <u>Union-Taft</u> 7, 28, 31, 41, 45, (108), (110)	152
Tracy Bowling, Jr., Jessica Hackler, So., Lisa Eggleston, Fr., Niki Salcido, Jr., Laura Bryan, So., Monica Rodriguez, So., Melissa Brown, So.	
5. <u>Campolindo</u> 17, 26, 34, 47, 54, (71)	178
Katy Berkes, So., Lissa DeFries, Sr., Megan Wherritt, So., Alayna Smith, Sr., Alycia Black, So., Ujwala Bhende, Sr.	

Division I Boys (Individuals)

1. Larry Henderson, Sr., Mira Mesa (SD)	15:41
2. Ryan Deane, Jr., Peninsula (SS)	15:46

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3. Todd Disney, Sr., Thousand Oaks (SS)	15:47
4. Matt Wickersham, Sr., Mater Dei (SS)	15:48
5. Michael Kasahun, Jr., Fresno (C)	15:49
6. Manuel Andrade, Sr., Coachella Valley (SS)	15:52
7. Matt Brown, Sr., Corona (SS)	15:53
8. Felipe Montoro, Sr., Hoover-Glendale(SS)	15:55
9. Juan Chavira, So., Hanford (C)	15:57
10. Steve Hackworth, Sr., Nevada Union (SJ)	16:04
11. Daniel Gohlke, Sr., Skyline (O)	16:06
12. Adam Perez, So., Serra (CC)	16:07
13. David Lopez, Jr. Hoover-Glendale (SS)	16:08
14. Dave Crass, Sr., Del Campo (SJ)	16:11
15. Jeremy Lyon, Sr., Hesperia (SS)	16:11
16. Chris Farley, So., Del Campo (SJ)	16:14
17. Uzziel Gray, Sr., Polytechnic (LA)	16:16
18. Enrique Torres, Sr., Silver Creek (CC)	16:16
19. Adam Boothe, Jr., Pioneer (CC)	16:19
20. Wenceslado Morales, Sr., Santa Ana (SS)	16:20
21. Adrian Webb, Sr., Bellarmine (CC)	16:20
22. Andrew Wulf, Jr., Bellarmine (CC)	16:21
23. Travis Kirtley, Sr., Poway (SD)	16:24
24. Arthur Negrete, Sr., Clovis (C)	16:27
25. Matt Moore, Sr., Del Campo (SJ)	16:29
26. Adrian Ramirez, Jr., Chula Vista (SD)	16:32
27. Jason Taylor, So., Peninsula (SS)	16:32
28. Chad Foster, Jr., Logan (NC)	16:34
29. Elpidio Leyva, Sr., Madera (C)	16:34
30. Corey Creasy, Jr., Nevada Union (SJ)	16:35

Division I Boys (Team Scores)

1. <u>Del Campo</u> 7, 8, 14, 25, 30, (40), (65)	84
Dave Crass, Sr., Chris Farley, So., Matt Moore, Sr., Nate Bristow, So., Jason Almon, Sr., Liam Clemons, Sr., James Bagley, Jr.	
2. <u>Peninsula</u> 1, 16, 26, 35, 41, (66), (98)	119
Ryan Deane, Jr., Jason Taylor, So., Kevin Witlow, Jr., Tom Gaul, Sr., Jim Armor, Sr., Brad Kirsch, Sr., Andy Hori, Sr.	
3. <u>Nevada Union</u> 3, 18, 31, 32, 43, (56), (88)	127
Steve Hackworth, Sr., Corey Creasy, Jr., Chris Benson, Sr., Phil Hassan, Jr., Brad Garland, Jr., Nelson Laux, Sr., Shawn Glynn, Sr.	
4. <u>Hoover-Glendale</u> 2, 6, 19, 47, 59, (117), (121)	133
Felipe Montoro, Sr., David Lopez, Jr., Wilson Aquino, Sr., Stephen Sotomayor, Sr., Isabel Casillas, So., Edgar Rojas, Sr., Jamal Balouch, So.	
5. <u>Ayala</u> 20, 28, 29, 39, 53, (101), (106)	169
Steve Smith, So., Aaron Delao, Sr., Eric Loudon, Jr., Nick McMurray, Jr., Sonny Salas, Sr., Kenny Keir, Fr., Brad Anderson, Sr.	

Division II Boys (Individuals)

1. Daniel Sikiric, Sr., Leland (CC)	15:23
2. Michael Stember, Sr., Jesuit (SJ)	15:29
3. David McQuitty, Sr., Grossmont (SD)	15:31
4. Ayub Abdusalam, Sr., Hoover (SD)	15:39
5. Michael Murray, Jr., Santa Margarita (SS)	15:41
6. Sean Clendaneil, Sr., Yucaipa (SS)	15:45
7. Ronnie Buchanan, So., Righetti (SS)	15:45
8. Scott Abbott, Sr., Jesuit (SJ)	15:47
9. Tom Prindiville, Jr., De La Salle (NC)	15:50
10. Alfonso Ibarra, Jr., Arlington (SS)	15:51
11. Luis Herrera, Sr., Arvin (C)	15:52
12. Jim Nelson, Sr. Napa (SJ)	15:52
13. Jonathan Welsh, Jr., Jesuit (SJ)	15:54
14. Jorge Castro, Sr., Arvin (C)	15:56
15. Noel Nelson, Jr., Redwood (C)	15:57
16. Jose Gooinez, Jr., Reedley (C)	15:59
17. Robert Frost, Sr., Hemet (SS)	15:59
18. Robert Frichtel, Sr., Hemet (SS)	16:01
19. Geoff Fleming, Jr., Roseville (SJ)	16:03
20. John Stevens, So., Mission San Jose (NC)	16:07
21. John Harnagel, Sr., Leland (CC)	16:07
22. Nick Piellusch, Jr., Leland (CC)	16:07
23. Brent Bolton, Sr., Scripps Ranch (SD)	16:07
24. Nick Russell, Jr., Orange (SS)	16:09
25. Nicholas Jacques, Jr., Hemet (SS)	16:10
26. Charlie Brenneman, Sr., Jesuit (SJ)	16:10
27. Brian Prun, Sr., Vintage (SJ)	16:12
28. Erick Miramontes, Sr., Katella (SS)	16:12
29. Edgar Benites, Sr., Katella (SS)	16:16
30. Bernard Maitai, Sr., Whittier (SS)	16:17

Division II Boys (Team Scores)

1. <u>Jesuit</u> 2, 4, 7, 17, 23, (41), (42)	53
Michael Stember, Sr., Scott Abbott, Sr., Jonathan Welsh, Jr., Charlie Brenneman, Sr., Kaapema Yelpaala, So., Garrett Larsson, So., Mke Altieri, So.	
2. <u>Leland</u> 1, 13, 14, 25, 56, (72), (98)	109
Daniel Sikiric, Sr., John Harnagel, Sr., Nick Piellusch, Jr., Zack Piellusch, Jr., Nick Tuttle, Sr., Fred Jabbour, Sr., Joe Clark, Jr.	
3. <u>Hemet</u> 10, 11, 16, 36, 53, (60), (69)	126
Robert Frost, Sr., Robert Frichtel, Sr., Nicolas Jacques, Jr., Clinton Coon, Jr., Dan Vasquez, Jr., Nicolas Gnadt, So., Evan Holt, Jr.	
4. <u>Yucaipa</u> 3, 24, 26, 27, 55, (73), (96)	135
Sean Clendaniel, Sr., Josh Schultz, Sr., Bret Edson, Jr., Steve Sorensen, Sr., Nathan Herbert, Sr., Matt Drabinski, Jr., John Chase, Sr.	
5. <u>Reedley</u> 9, 30, 35, 48, 49, (57), (77)	171
Jose Gooinez, Jr., Michael Lujan, So., Carlos Silva, Fr., Esteban Espino, Jr., Silverio Osoria, Sr., Jerry Padilla, Sr., Moses Avila, Fr.	

Division III Boys (Individuals)

1. Joe Smith, Sr., Livermore (NC)	15:37
2. Mike Wojciechowski, Sr., Clayton Valley(NC)	15:37
3. Will Bernaldo, Sr., Nordhoff (SS)	15:45
4. Kevin Koeper, Sr., St. Francis LC (SS)	15:50
5. Omar Vega, Sr., Nordhoff (SS)	15:50
6. Bolota Asmerom, Sr., McAteer (SF)	15:59
7. Bryan Green, Jr., Littlerock (SS)	16:01
8. Dusty Herman, So, Nordhoff (SS)	16:02
9. Jason Hart, Jr., Sonora (SJ)	16:05
10. Paul Wellman, Sr., St. Ignatius (CC)	16:12
11. Victor Ochoa, So., Nordhoff (SS)	16:13
12. Adrian Eimerl, Sr., Livermore (NC)	16:16
13. Danny Brecht, Sr., Petaluma (NC)	16:17
14. Jorge Rebollo, Jr., Mendota (C)	16:18
15. Brian Shapiro, Sr., La Canada (SS)	16:19
16. Mason Moore, Sr., Nordhoff (SS)	16:20
17. Ryan Emenaker, Sr., El Modena (SS)	16:20
18. Mike Cheung, Jr., St. Francis (CC)	16:23
19. Luke Leininger, Sr., Clayton Valley (NC)	16:25
20. Dan D'Ottavio, Sr., Placer (SJ)	16:26
21. Craig Farley, Jr., Lompoc (SS)	16:27
22. Nathan Martin, So., Livermore (NC)	16:29



Leader of the Pack - Aaron Gillen of Yreka High won his first-ever title in Division IV and McFarland edged Morro Bay for its fifth team crown.

23. Justin Carter, Jr., Clayton Valley (NC)	16:29
24. Sean Patterson, Sr., Yucca Valley (SS)	16:30
25. Joma DeWald, So, Soquel (CC)	16:30
26. Andrew Gwin, Sr., Corona del Mar (SS)	16:31
27. John Collin, Sr., St. Francis (CC)	16:34
28. Zach Amos, Jr., El Modena (SS)	16:34
29. Nicholas Hamlin, Jr., Madison (SD)	16:34
30. Tim Ricard, Jr., Livermore (NC)	16:35

Division III Boys (Team Scores)

1. <u>Nordhoff</u> 3, 5, 6, 9, 12, (50), (61)	35
Will Bernaldo, Sr., Omar Vega, Sr., Dusty Herman, So., Victor Ochoa, So., Mason Moore, Sr., Chris Proudman, Fr., Adam Dutter, Fr.	
2. <u>Livermore</u> 1, 10, 17, 22, 60, (79)	110
Joe Smith, Sr., Adrian Eimerl, Sr., Nathan Martin, So., Tim Ricard, Jr., Kevin Boecker, Jr., Victor Alm, Sr.	
3. <u>St. Ignatius</u> 8, 26, 27, 37, 40, (77), (96)	138
Paul Wellman, Sr., Brad Hansen, Jr., Brendan Fitzgibbon, Jr., Ben Brandin, Sr., Gus Cano, Sr., Derek Drummond, Jr., Matt Chen, So.	
4. <u>St. Francis Mt. View</u> 14, 20, 28, 32, 47, (54), (73)	141
Mike Cheung, Jr., John Collin, Sr., Brian Foster, Sr., Adam Tucker, So., Victor Sloan, Jr., Anthony Cuiazzo, Jr., Dan Woodhead, Jr.	
5. <u>El Modena</u> 13, 21, 24, 42, 45, (58), (64)	145
Ryan Emenaker, Sr., Zach Amos, Jr., Tim Allen, Jr., Gabe Mejia, Fr., Ryan Murrietta, Sr., Ben Handler, Jr., Mat Gonzales, Sr.	

Division IV Boys (Individuals)

1. Aaron Gillen, Sr., Yreka (N)	15:51
2. Isiaiah Festa, So., Morro Bay (SS)	16:04
3. Miguel Ramirez, So, Holtville (SD)	16:09
4. Micah Fuson, Sr., Union-Taft (C)	16:16
5. Louie White, So., Half Moon Bay (CC)	16:17
6. Joshua Schweitzer, Sr., Marysville (SJ)	16:20
7. Rudy Ballardo, So., McFarland (C)	16:22
8. Kenny Rhoan, Sr., Sierra (C)	16:23
9. Robin Pendoley, Sr., Terra Linda (NC)	16:27
10. Derrick Davis, Sr., Clairemont (SD)	16:34
11. Steve Mullen, Sr., La Salle (SS)	16:35
12. Rudy Cavazos, Jr., McFarland (C)	16:40
13. Ryan Downey, So., St. Margaret's (SS)	16:41
14. Jose Perezchica, So., McFarland (C)	16:41
15. Joel Lopez, Jr., McFarland (C)	16:43
16. Efrain Garcia, Jr., Fillmore (SS)	16:45
17. Ryan Roberts, Sr., Oak Park (SS)	16:47
18. Rico Gomez, Sr., Morro Bay (SS)	16:48
19. Carl Moren, So., Piedmont (NC)	16:50
20. Morgan Harrelson, Jr., Oak Park (SS)	16:52
21. Ramon Barragan, Sr., Fillmore (SS)	16:53
22. Gerardo Soto, Sr., McFarland (C)	16:55
23. Matt Epperheimer, Fr., Morro Bay (SS)	16:56
24. Trevor Clarke, Sr., Coronado (SD)	16:57
25. Victor Cortes, Jr., San Jose Acad. (CC)	16:59
26. Frank Palacios, Sr., Palma (CC)	17:00
27. Aaron Harris, Jr., Lassen (NC)	17:02
28. Jared James, Sr., Boron (SS)	17:03
29. Keith Trimble, Sr., Piedmont (NC)	17:04
30. Francisco Guevara, Jr., Terra Linda (NC)	17:05

Division IV Boys (Team Scores)

1. <u>McFarland</u> 4, 6, 7, 8, 15, (20), (21)	40
Rudy Ballardo, So., Rudy Cavazos, Jr., Jose Perezchica, So., Joel Lopez, Jr., Gerardo Soto, Sr., Jose Arambula, So., Jose Galvan, Sr.	
2. <u>Morro Bay</u> 2, 11, 16, 28, 46, (89), (108)	103
Isiaiah Festa, So., Rico Gomez, Sr., Matt Epperheimer, Fr., T.W. Burchmore, Sr., Seamus Perry, Fr., Victor Naguit, Jr., Dan Heimerl, Jr.	
3. <u>Piedmont</u> 12, 19, 29, 36, 51, (55), (63)	147
Carl Moren, So., Keith Trimble, Sr., Andy Malick, Sr., Bryan Sampson, So., Greg Kunkel, Sr., Jed Johnson, Jr., David Hobstetter, Sr.	
4. <u>Oak Park</u> 10, 13, 38, 42, 50, (66), (90)	153
Ryan Roberts, Sr., Morgan Harrelson, Jr., Josh Rattl, Jr., Steve Martin, So., Aaron Reigher, Sr., Bobby Armstrong, So., Marco Clemanoff, So.	
5. <u>Fillmore</u> 9, 14, 27, 40, 64, (78), (91)	154
Efrain Garcia, Jr., Ramon Barragan, Sr., Jose Meza, So., Hector Lizarraga, Jr., Martin Curiel, Sr., Martin Arrendondo, Jr., Roman Torres, Jr.	

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