

Stanford Cross Country Invitational 2000

September 30, 2000 Twenty Seventh Edition



**DO YOU COACH
HIGH SCHOOL OR COLLEGE
TRACK & FIELD OR CROSS COUNTRY?**

**If so,
you qualify for a Free subscription to**

**AMERICAN
Track & Field™**

We're the magazine that covers it all—

- ✓ **event technique**
 - ✓ **team management**
 - ✓ **training**
 - ✓ **conditioning**
- & more!**

To get your free subscription, just send us a note requesting a subscription, along with your full name, position, school and address, in one of the following ways:

- 1) via fax to 608-827-0811
- 2) via mail to 583 D'Onofrio Drive, Suite 203,
Madison, WI 53719
- 3) via our website at
www.american-trackandfield.com/atf

That's all there is to it!



Stanford Cross Country Invitational



Welcome

to the 27th edition of the Stanford Cross Country Invitational, co-hosted by Palo Alto High School.

The beautiful Stanford Golf Course will serve as the setting for 19 races for high schools, colleges, and open competitors.

At the conclusion of the day, nearly 4,000 runners will have competed at the home of the Cardinal men's and women's cross country teams.

A shady site covered with more than 300 oak trees, the course is both picturesque and challenging. Just as rich as the scenery is the tradition of top flight cross country competition.

Home of the NCAA District VIII Championships for six seasons, and the Pac-10 Championships from 1972 to 1997, the course has challenged some of the finest distance runners in the world.

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

Outstanding high school athletes from California, up and down the West Coast, and across the United States will race today over 3,000 meters for junior varsity squads, and 5,000 meters for varsity teams. In each junior varsity race, awards will be presented to the top two teams and top ten individuals. The top four teams and 15 individuals in the varsity races will receive awards. Additionally, each of the seven members of the winning varsity teams will receive a special award recognizing their team's victory.

In the late afternoon, some of the nation's finest collegiate runners will tackle the challenging course. Stanford, the 1996 and 1997 NCAA men's champions, and the Cardinal women's team, which has finished in the top three for the past three seasons, welcomes schools representing each NCAA Division as well as a selection of NAIA, junior and community programs.

After the men's 8,000 meter University Championship Invitational, a special non-team race will be held to enable a selection of open athletes to compete.

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



Race Schedule

Stanford Cross Country Invitational Saturday, September 30, 2000

Race Schedule

9:45 a.m.	J.V. Girls	Divisions 3, 4, 5
10:05 a.m.	J.V. Boys	Divisions 3, 4, 5
10:25 a.m.	Varsity Girls	Division 5
10:55 a.m.	Varsity Boys	Division 5
11:20 a.m.	Varsity Girls	Division 4
11:50 a.m.	Varsity Boys	Division 4
12:15 p.m.	Varsity Girls	Division 3
12:45 p.m.	Varsity Boys	Division 3
1:10 p.m.	J.V. Girls	Divisions 1 & 2
1:30 p.m.	J.V. Boys	Divisions 1 & 2
1:50 p.m.	Varsity Girls	Division 2
2:15 p.m.	Varsity Boys	Division 2
2:40 p.m.	Varsity Girls	Division 1
3:05 p.m.	Varsity Boys	Division 1
3:45 p.m.	University Women	Collegiate Section
4:15 p.m.	University Women	Championship Invitational
4:45 p.m.	University Men	Collegiate Section
5:20 p.m.	University Men	Championship Invitational
5:50 p.m.	Open NON-Team Scored Race (men & women)	

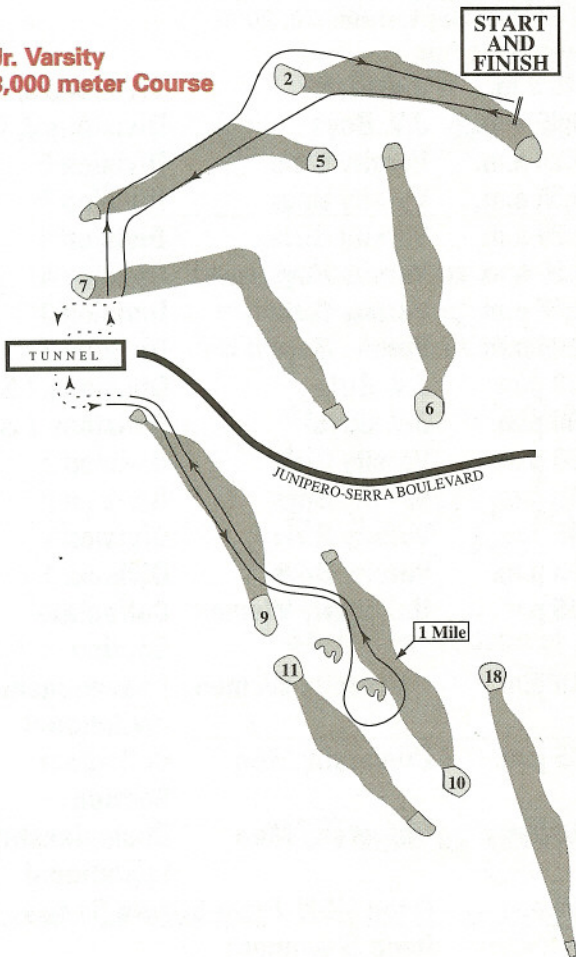


High Schools

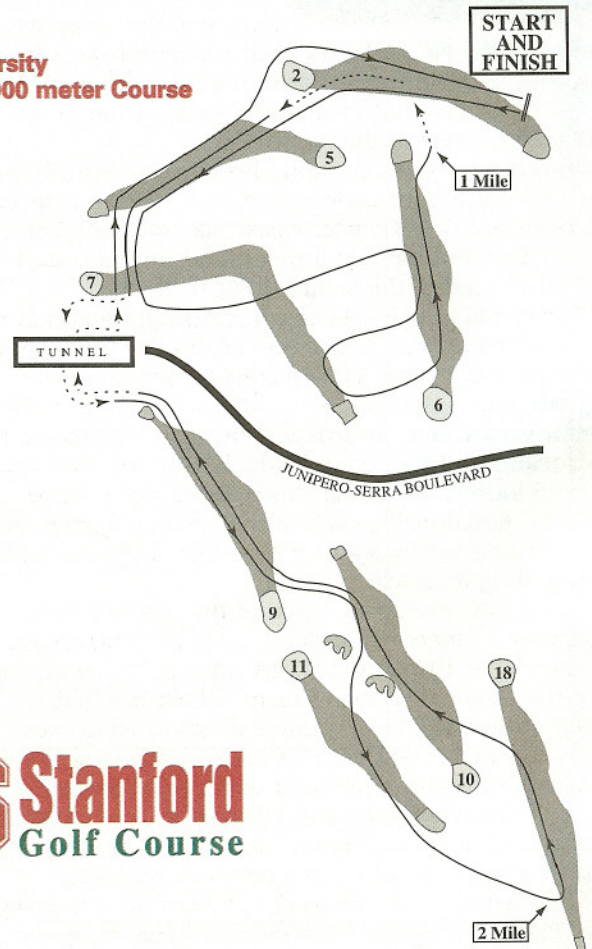
Race Schedule

9:45 a.m.	J.V. Girls	Divisions 3,4,5
10:05 a.m.	J.V. Boys	Divisions 3,4,5
10:25 a.m.	Varsity Girls	Division 5
10:55 a.m.	Varsity Boys	Division 5
11:20 a.m.	Varsity Girls	Division 4
11:50 a.m.	Varsity Boys	Division 4
12:15 p.m.	Varsity Girls	Division 3
12:45 p.m.	Varsity Boys	Division 3
1:10 p.m.	J.V. Girls	Divisions 1 & 2
1:30 p.m.	J.V. Boys	Divisions 1 & 2
1:50 p.m.	Varsity Girls	Division 2
2:15 p.m.	Varsity Boys	Division 2
2:40 p.m.	Varsity Girls	Division 1
3:05 p.m.	Varsity Boys	Division 1

**Jr. Varsity
3,000 meter Course**



**Varsity
5,000 meter Course**





National Rankings

Boys Teams

School	Town
1. The Woodlands HS	Houston, TX
2. Mountain View HS	Orem, UT
3. Long Beach Poly HS	Long Beach, CA
4. Rockford HS	Rockford, MI
5. Flathead HS	Kalispell, MT
6. Novi HS	Novi, MI
7. Mead HS	Spokane, WA
8. Gallup HS	Gallup, NM
9. Mt. Spokane HS	Spokane, WA
10. Sultana HS	Sultana, CA
11. Rockford HS	Rockford, MI
12. Buchanan HS	Clovis, Ca
13. Bingham HS	So. Jordan, UT
14. Austin HS	Austin, TX
15. Durango HS	Durango, CO
16. Danbury HS	Danbury CT
17. Atlantic HS	Delray Beach, FL
18. Portage HS	Portage, IN
19. Cherokee HS	Marlton, NJ
20. Saratoga Springs HS	Saratoga Springs, NY
21. Rock Springs HS	Rock Springs, WY
22. Wachusett HS	Holden, MA
23. University HS	Spokane, WA
24. Eureka HS	Eureka, IL
25. Sultana HS	Sultana, CA

Girls Teams

School	Town
1. Rockford HS	Rockford, MI
2. San Lorenzo Valley HS	Felton, CA
3. Saratoga Springs HS	Saratoga Springs, NY
4. Campbell County HS,	Gillette, WY
5. Bingham HS	South Jordan, UT
6. Mountain View HS	Orem, UT
7. Iowa City West HS	Iowa City, IA
8. Corona Del Mar HS	Corona Del Mar, CA
9. Manchester Central HS	Manchester, NH
10. Colonie HS	Albany, NY
11. Gallup HS	Gallup, NM
12. Eisenhower HS	Yakima, WA
13. Mt. View HS	Orem, UT
14. Bowman HS	Bowman, ND
15. Middletown HS	Middletown, MD
16. Amarillo HS	Amarillo, TX
17. Foothill HS	Santa Ana, CA
18. Concord HS	Concord, NH
19. Corona Del Mar HS	Corona Del Mar, CA
20. York HS	Elmhurst, IL
21. Jefferson HS	Bloomington, MN
22. Colerain HS	Cincinnati, OH
23. Waukesha West HS	Waukesha, WI
24. Pearl River HS	Pearl River, NY
25. Valparalso HS	Valparalso, IN

The Harrier High School



Indoors

Jan. 19-20	at Pole Vault Summit (Reno)
Jan. 27-28	at Arkansas Invitational (Fayetteville)
Feb. 3	at Wolf Pack Invitational (Reno)
Feb. 4	at New Balance Invite (Boston)
Feb. 9-10	at Iowa State Invitational (Ames)
Feb. 17	at Holiday Inn Classic (Reno)
Feb. 24-25	at MPSF's (Flagstaff, Az)
Mar. 2	at Cyclone Open (Ames, Ia)
Mar. 9-10	at NCAA Indoor's (Fayetteville, Ar)

Outdoors

Mar. 3	Three-Way Meet (Stanford)
Mar. 25	Stanford Open
Mar/Apr. 31-1	Stanford Invitational
Apr. 6-7	at Texas Relays (Austin)
Apr. 13-14	at Brutus Hamilton Meet (Berkeley)
Apr. 19-20	at Azusa Pacific Multi-Events (Azusa)
Apr. 20-22	at Mt. Sac Relays (Walnut)
Apr. 27-28	at Penn Relays (Philadelphia)
Apr. 28-29	at Cal State Meet (Irvine)
May 4	Cardinal Invitational (Stanford)
May 5	The Big Meet (Stanford)
May 12	at Modesto Relays
May 12-13	at Pac-10 Multi's (Berkeley)
May 13	Cardinal Qualifier (Stanford)
May 19-20	at Pac-10's Championships (Berkeley)
May/June 30-2	at NCAA's (Eugene)
June 9	GMC Envoy Open (Stanford)
June 21-24	at USATF Nationals (Eugene)
June 29-30	at USA Junior Nationals (Richmond, Va)

1999 Results

DIVISION I & II

Girl's Varsity, Division I Team Results - 1999

1. Jesuit - Oregon	68
2. Torrey Pines	123
3. Clovis	177
4. Lowell	259
5. Chino	270
6. West Hills	275
7. Valhalla	275
8. Mater Dei	281
9. Bend - Oregon	304
10. Centennial Bakersfield	307

Individual Results

1. Julie Komosinski, Torrey Pines	18:32
2. Laura Harmon, Jesuit - Oregon	18:53
3. Liz Lindgren, Klamath Union	19:04
4. Jenna Keith, Centennial Bakers.	19:10
5. Jenny Sears, Mater Dei	19:13
6. Kim Smith, Clovis West	19:15
7. Lorraine Ricci, Beyer	19:22
8. Kelley Hess, Thousand Oaks	19:24
9. Annette Mosey, St. Mary's - Port.	19:26
10. Natalie Nicholson, Jesuit - Ore.	19:35
11. Susan Chan, Monte Vista	19:42
12. Ashleigh Nebeker, Milpitas	19:51
13. Emily Valla-Haynes, Jesuit - Ore.	19:53
14. Jasmin Treadway, Canyon	19:55
15. Meredith Heilbut, Buchanan	19:59

Girl's Varsity, Division II Team Results - 1999

1. Foothill, S.A.	92
2. Santa Margarita	119
3. Antioch	144
4. Vacaville	191
5. St. Joseph, Long Beach	265
6. University City	267
7. Newport Harbor	278
8. Temescal Canyon	300
9. Trabuco Hills	308
10. Scripps Ranch	326

Individual Results

1. Robyn Stevens, Vacaville	18:26
2. Janie Nolan, Antioch	18:36
3. Shanna Sparks, Carson (Nv)	18:39
4. Jamie Witt, Folsom	18:41
5. Lori Mann, Santa Margarita	18:51
6. Amber Steen, Newport Harbor	19:09
7. Laura Strachan, Foothill S.A.	19:14
8. Priscilla Moreno, Oak Ridge	19:16
9. Theresa Radanyi, Soquel	19:26
10. Katie Lee, San Ramon Valley	19:30
11. Karen Dickson, Oak Ridge	19:31
12. Katie Strachan, Foothill S.A.	19:32
13. Kristin Punck, Piedmont Hills	19:38
14. Sommer Owens, Santa Margarita	19:40
15. Dyani Jones, Livermore	19:44

Boy's Varsity, Division I Team Results - 1999

1. Bend, Oregon	66
2. Klamath Union, Oregon	86
3. Don Antonio Lugo	143
4. West Hills	169
5. Clovis	184
6. Jesuit	210
7. Buchanan	253
8. De La Salle	267
9. Bellarmine Prep	283
10. Horizon, Az	309

Individual Results

1. Ian Dobson, Klamath Union, Or	15:05*
2. Josh Spiker, Ventura	15:22
3. Fernando Cabada, Buchanan	15:30
4. Ben Morales, San Benito	15:34
5. JJ Duke, Clovis	15:37
6. Evan Fox, West Hills	15:48
7. Brett Holts, Bend, Or	15:55
8. Lane Neely, Bend, Or	15:58
9. Neil Davis, Bellarmine Prep	16:03
10. Arturo Garcia, Don Antonio Lugo	16:08
11. Nick Brannen, Don Antonio Lugo	16:12
12. Taylor Beckley, Bend, Or	16:13
13. Evan Garich, Klamath Union	16:13
14. Jeremiah LeRoy, Clovis	16:14
15. Cody Loy, Bend, Or	16:14

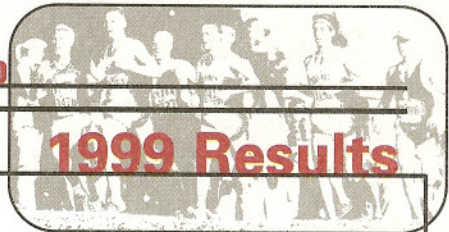
*Course Record

Boy's Varsity, Division II Team Results - 1999

1. Eureka	68
2. Scripps Ranch	162
3. Mission Viejo	169
4. Newport Harbor	208
5. Placer	229
6. Ramona San Diego	234
7. Golden Valley	248
8. San Leandro	257
9. Trabuco Hills	287
10. Amador Valley	292

Individual Results

1. Matt McInvale, Ramona San Diego	15:33
2. Girmay Guangul, Santa Clara	15:48
3. Daniel Avila, Reedley	15:54
4. Bfeson Yoslef, San Leandro	16:18
5. Chris Binschus, Eureka	16:24
6. Sam Marquez, Trabuco Hills	16:26
7. Stuart Eastman, Placer	16:28
8. Travis Moe, Eureka	16:30
9. Nate Kabanuck, Casa Grande	16:34
10. Carlos Handler, Temescal Canyon	16:34
11. Dale Kitt, Eureka	16:38
12. Nieko Biekner, San Marcos	16:40
13. Shaun Lyle, Eureka	16:42
14. Steve Stumpf, Foothills, S.A.	16:43
15. Brendan Riordan, Scripps Ranch	16:44



1999 Results

DIVISION III & IV

Girl's Varsity, Division III Team Results - 1999

1. San Lorenzo Valley	65
2. Granada	113
3. Foothill Redding	122
4. South Hills	123
5. La Canada	128
6. Carondelet	183
7. St. Ignatius	222
8. San Luis Obispo	247
9. St. Francis M.V.	270
10. Salpointe Catholic	282

Individual Results

1. Alejandra Barrientos, San Lorenzo Valley	17:51
2. Jenny Aldridge, Maria Carrillo	17:52
3. Lauren Gustafson, Mills	18:46
4. Rocio Perree, South Hills	19:12
5. Nicole Bonino, La Canada	19:21
6. Kristi Gamboa, South Hills	19:28
7. Kelly Ortlieb, Foothill (Redding)	19:32
8. Missy Lendl, Foothill (Redding)	19:33
9. Hillary Schwarzbach, San Lorenzo Valley	19:36
10. Julia Fischer, Granada	19:37
11. Sarah Alaei, Granada	19:40
12. Lisa Crampton, Granada	19:40
13. Jennifer Randazzo, Carondelet	19:45
14. Raquel Barrientos, San Lorenzo Valley	19:46
15. Jenny Esser, Foothill-Pleasanton	19:47

Boy's Varsity, Division III Team Results - 1999

1. South Hills	89
2. Don Bosco Tech	100
3. Redwood	116
4. Jesuit - Portland (Or)	129
5. Los Gatos	183
6. Granada	200
7. St. Francis (M.V.)	216
8. Igancio Valley	219
9. Reno	240
10. San Luis Obispo	289

Individual Results

1. Eric Chaves, St. Francis (M.V.)	15:47
2. Jesse Hodges, South Hills	15:59
3. Matt Sartor, Enterprise	16:01
4. Jordan Kinley, Maria Carrillo	16:11
5. Chris Johnson, Redwood	16:13
6. Anthony Lopez, Igancio Valley	16:20
7. Corey Duquette, Sierra	16:20
8. Chris Egger, Granada	16:21
9. Russ Martin, Los Gatos	16:22
10. Ryan Burnett, La Canada	16:23
11. Mark Batres, Don Bosco Tech	16:33
12. Zach Regner, Los Gatos	16:36
13. Aaron Ponce, Don Bosch Tech	16:38
14. Fernando Borboa, South Hills	16:40
15. Tom Manning, Jesuit, Portland	16:42

Girl's Varsity, Division IV Team Results - 1999

1. Corona Del Mar	27
2. University (SF)	145
3. Louisville	151
4. Miramonte	216
5. Morro Bay	234
6. La Salle	244
7. Bishop O'Dowd	250
8. Orange Lutheran	255
9. Bret Harte	281
10. Oakmont	345

Individual Results

1. Liz Morse, Corona Del Mar	18:58
2. Aliza Cohen, University (SF)	18:59
3. Jenna Timinsky, San Dieguito	19:12
4. Angela Sanchez, Capuchino	19:31
5. Katie Quinlan, Corona Del Mar	19:38
6. Jenny Cummins, Corona Del Mar	19:50
7. Jodie Denike, Chino Valley (Az)	19:55
8. Season Meservey, Corona Del Mar	19:58
9. Clara Harvey, Central Valley	20:00
10. Jenny Wilson, Notre Dame (SJ)	20:01
11. Diana Hosefeld, Corona Del Mar	20:05
12. Melissa Miller, Taft Union	20:17
13. Mary Phelps, Piedmont	20:25
14. Katherine Morse, Corona Del Mar	20:27
15. Helen Bresler, Morro Bay	20:29

Boy's Varsity, Division IV Team Results - 1999

1. Central Valley	93
2. Oak Park	97
3. St. Augustine	159
4. Corona Del Mar	174
5. Piedmont	188
6. Fillmore	209
7. Orange Lutheran	233
8. Taft Union	254
9. Morro Bay	284
10. Mendota	294

Individual Results

1. Mark Nevers, Oak Park	15:50
2. Vic Moreno, Escalon	16:04
3. Jeff Arnold, St. Francis	16:13
4. Travis Beardelee, Corona Del Mar	16:19
5. Billy Nelson, Taft Union	16:19
6. Steven Springhorn, Central Valley	16:28
7. Ryan Moorcroft, St. Augustine	16:33
8. Josh Yelsey, Corona Del Mar	16:34
9. Erik Wackenstedt, Oak Park	16:44
10. Neil Kalra, La Salle	16:48
11. Tom Phelps, Piedmont	16:50
12. Stephen Pohlmeier, Central Valley	16:54
13. Jeff Morgan, Novato	17:01
14. Jeramie Castellanos, West Valley	17:03
15. Rene Magana, Fillmore	17:03

1999 Results

DIVISION V

Girl's Varsity, Division V

Team Results - 1999

1. Lick-Wilmerding	39
2. Head-Royce	50
3. Castilleja	73
4. St. Mary's - Medford	81
5. Menlo School	107

Individual Results

Division V

1. Clara Horowitz, Head-Royce	19:19
2. Alana Levinson, Castilleja	21:34
3. Lillian Gardiner, Lick-Wilmerding	21:55
4. Racheal Yeager, Lick-Wilmerding	21:58
5. Martina Patella, St. Mary's-Medford	22:15
6. Leah Sawyer, St. Mary's-Medford	22:23
7. Isa Barth-Rogers, Lick-Wilmerding	22:56
8. Phoebe Hasley, Head-Royce	23:10
9. Megan O'Neill, Head-Royce	23:13
10. Alison Barnes, Head-Royce	23:17
11. Lindsey Brickson, Lick-Wilmerding	23:20
12. Joanna Burgess, Castilleja	23:24
13. Jennie Harris, Menlo School	23:28
14. Erika Stageberg, Lick-Wilmerding	23:38
15. Emily Johnson, Lick-Wilmerding	23:57

Boy's Varsity, Division V

Teams Result - 1999

1. Flintridge Prep	24
2. University (SF)	62
3. St. Joseph ND	66
4. Lick-Wilmerding	123
5. Stevenson School	129
6. Menlo School	133
7. Head-Royce	146

Individual Results

Division V

1. Tim Nelson, Liberty	16:14
2. Trevor Coolidge, St. Mary's (Medford)	16:21
3. Sean Drake, University (SF)	16:58
4. Imran Ahmad, Flintridge Prep	17:11
5. Ian Polock, Flintridge Prep	17:23
6. Ben Good, University (SF)	17:33
7. Steve Pearson, Flintridge Prep	17:36
8. Steve McQuaide, Flintridge Prep	17:36
9. Ian Mason, St. Joseph ND	17:41
10. West Vane, Flintridge Prep	17:44
11. Todd Rabkingolden, Lick-Wilmerding	17:44
12. Jesse Barnes, Head-Royce	17:49
13. Nick Konefeklafl, St. Joseph ND	17:52
14. Tavis Mason, St. Joseph ND	17:58
15. Andrew Williams, St. Joseph ND	18:03



Attention Runners, Coaches, Spectators

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



High School Preview-Boys Division I

2000 STANFORD INVITATIONAL HIGH SCHOOL PREVIEW By Keith Conning

This preview includes meets reported by Tuesday, September 19, 2000. The National Rankings are from The Harrier (www.theharrier.com) of September 18. California pre-season rankings are from California Track & Running News (www.caltrack.com). Central Coast Section pre-season rankings by Dan Cruz. North Coast Section pre-season rankings by Peter Brewer. Southern Section rankings by Richard Gonzalez on September 19.

Boys Division I

Mead (Spokane, Washington) is ranked #7 in the nation and #4 in the West Region. Bend (Oregon) is the defending champion. Bellarmine (San Jose), 12th in the 1999 California State Meet D1, ranked #2 in the state pre-season rankings, is led by Neil Davis (15:44 at state), the #1 returning Nor Cal D1 runner. Buchanan (Clovis), second in state D2, is #5. San Benito (Hollister) is #6. Bellarmine, San Benito, and Watsonville are the top three teams in the CCS pre-season rankings. James Logan (Union City) and San Leandro were ranked #2 & 3 in the pre-season NCS rankings. Mission Viejo is ranked #6 in the Southern Section D1. Edison (Huntington Beach) is ranked #13. Chadwick (Palos Verdes) is ranked #8 in the Southern Section D5. Brett Gotcher (Aptos), who ran 15:48 at state, is the #2 Nor Cal D1 runner returning. Eric Chaves (St. Francis, Mountain View) is the defending champion at 15:47.

Invitational Results:

De La Salle/Carondelet (9/16) Eric Chaves (St. Francis, Mountain View) won in 15:25. Lagoon Valley. Davis won the Large Schools with 25 points. Nate Moroski, Luke Gibson and Jacob Llorente (Davis) went one-two-three in 16:15, 16:31, and 16:43. *Golden Valley (9/16)*, Madera won with 31 points. Bullard placed second with 99 points. Turlock was third with 101 points. *BYU Triple Crown (Provo, Utah 9/16)*. San Benito (Hollister) placed fourth with 74 points. *Logan Center (9/11)*. St. Francis (Mountain View) won with 35 points. James Logan placed second with 44 points. Eric Chaves (St. Francis) won in 9:52.2. Giliat Ghebray (Logan) placed second in 9:59.8. *Earlybird 9/9*. Brett Gotcher (Aptos) won the Junior race in 16:24. *Ed Sias 9/9*. Buchanan (Clovis) won with 68 points. Neil Davis (Bellarmine) placed second in 10:18. *Lynbrook Center (9/7)*. Logan placed second with 45 points. Giliat Ghebray (Logan) won in 11:09.5. *Granite Bay (9/2)*. Madera won with 90 points. Bellarmine placed second with 90 points. Neil Davis (Bellarmine) won in 15:44.

Boys Varsity Division I

Aptos
Atwater
Bellarmine (San Jose)
Bend (OR)
Buchanan (Clovis)
Bullard (Fresno)
Capistrano Valley (Mission Viejo)
Carson (Carson City, NV)
Chadwick (Palos Verdes)
Davis
Edison (Huntington Beach)

Elk Grove
Grossmont (La Mesa)
Hopi (Keams Canyon, AZ)
Irvine
James Logan (Union City)
Johansen (Modesto)
Lodi
Madera
Mead (Spokane, WA)
Milpitas
Mission Viejo
Pacific Grove

Quartz Hill
Ridgeview (Bakersfield)
Saint Francis (Mountain View)
Saint Mary's (Portland, OR)
San Benito-Hollister (Hollister)
San Leandro
Silver Creek (San Jose)
Turlock
Valley (Sacramento)
Vancouver (BC)
Watsonville
Will C. Wood (Vacaville)

Boys Junior Varsity Division 1

Bellarmine (San Jose)
Buchanan (Clovis)
Bullard (Fresno)
Chadwick (Palos Verdes)
Davis
Edison (Huntington Beach)

Elk Grove
Grossmont (La Mesa)
James Logan (Union City)
Johansen (Modesto)
Madera
Mead (Spokane, WA)
Milpitas

Mission Viejo
Quartz Hill
Saint Mary's Academy (Portland, OR)
San Benito-Hollister (Hollister)
San Leandro
Silver Creek (San Jose)
Will C. Wood (Vacaville)

STANFORD INVITATIONAL

High School Preview-Boys Division II

STANFORD INVITATIONAL

Boys Division II

Jesuit (Carmichael), 8th State Meet D1, was ranked #17 in the state the pre-season rankings. Leland (San Jose) is ranked #1 in the CCS pre-season rankings. De La Salle (Concord) is ranked #2 in the NCS pre-season rankings. Four of the top seven Southern Section D2 teams are entered: #1 St. John Bosco (Bellflower), #3 Canyon (Canyon Country), #5 Newport Harbor (Newport Beach), and #7 Paso Robles. Stuart Eastman (Placer, Auburn), who ran 15:29 at state, is the top returning Nor Cal runner.

Invitational Results:

Nevada Union (9/16). Reno won the Large Schools with 24 points (average time 16:55.4). Jesuit (Carmichael) placed second with 50 points (17:24.8). Senior Dan Wolf (Reno) won in 16:18.0. Stuart Eastman (Placer) was second in 16:31. Nick DeFelice (Jesuit) was third in 16:50. Rocklin placed second in the Sweepstakes with 45 points (17:07.2). Senior Patrick Boivin (Rocklin) was third in 16:27. Gunderson (San Jose) won the Small Schools with 54 points (17:58.4). **De La Salle/Carondelet (9/16).** De La Salle (Concord) won with 122 points. Amador Valley (Pleasanton) was fifth with 196 points. **Lagoon Valley (9/16).** Vacaville placed second with 33 points. **Viking (9/16).** Ukiah won Junior race with 20 points. Chase Vau (Ukiah) placed second in 10:19. Casey Chadd (Ukiah) was third in 10:36. **Ojai (9/16).** Senior Joel Martinez (Paso Robles) won the large school race in 15:58. **Sunny Hills (9/16).** St. John Bosco (Bellflower) won with 82:53. **Woodbridge (9/16).** Canyon (Canyon Country) placed second overall in 1:18:34. **Monte Vista (Danville 9/8).** Jesuit (Carmichael) won with 51 points. De La Salle (Concord) placed second with 52 points.

Boys Varsity Division II

Alameda
 Alisal (Salinas)
 Amador Valley (Pleasanton)
 Ashland (OR)
 Bear River (Grass Valley)
 Bella Vista (Fair Oaks)
 Burlingame
 Canyon (Canyon Country)
 Charter Oak (Covina)
 Chico
 Corona
 Crescent Valley (Corvallis, OR)
 De La Salle (Concord)
 East Union (Manteca)
 Florin (Sacramento)

Folsom
 Foothill (Pleasanton)
 Foothill (Santa Ana)
 Gahr (Cerritos)
 Gunderson (San Jose)
 Gunn (Palo Alto)
 Huntington Beach
 Jesuit (Carmichael)
 Leland (San Jose)
 Livermore
 Lynbrook (Saratoga)
 Manouge (Reno, NV)
 Menlo-Atherton (Atherton)
 Monta Vista (Cupertino)
 Newport Harbor (Newport Beach)
 Oak Ridge (El Dorado Hills)

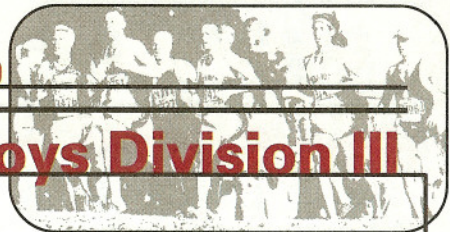
Paso Robles
 Piedmont Hills (San Jose)
 Placer (Auburn)
 Reedley
 Reno
 Rocklin
 Roseburg (OR)
 Saint John Bosco (Bellflower)
 San Marcos (Santa Barbara)
 San Ramon Valley (Danville)
 Trabuco Hills (Mission Viejo)
 Ukiah
 Vacaville
 Woodcreek (Roseville)

Boys Junior Varsity Division II

Alisal (Salinas)
 Amador Valley (Pleasanton)
 Bear River (Grass Valley)
 Crescent Valley (Corvallis, OR)
 De La Salle (Concord)

Foothill (Pleasanton)
 Foothill (Santa Ana)
 Gunn (Palo Alto)
 Jesuit (Carmichael)
 Livermore
 Los Gatos

Lynbrook (Saratoga)
 Monta Vista (Cupertino)
 Reedley
 Reno (NV)
 San Ramon Valley (Danville)
 Ukiah



High School Preview-Boys Division III

STANFORD INVITATIONAL

Boys Division III

Los Gatos, 4th in the State Meet D4, was ranked #8 in the pre-season state rankings. Russ Martin was fifth in state. Don Bosco Tech (Rosemead), defending State Meet D3 champions, is ranked #14 in the state. They are led by Mark Batres. Redwood (Larkspur), 6th State D3, are ranked 21st in the state. They are led by Chris Johnson, 8th place in state. Corcoran, 8th State D4, and Enterprise (Redding), 8th State D3, are ranked in a tie for 25th in the state. Archbishop Mitty (San Jose) and James Lick (San Jose) are ranked 2nd and 3rd in the pre-season CCS rankings. Redwood (Larkspur) was ranked first in the NCS pre-season rankings. Maria Carrillo (Santa Rosa) was third. The top three teams from 1999 return. Don Bosco Tech, second last year, is ranked #1 in the Southern Section D1. South Hills, the defending champion, is #5. Redwood (Larkspur) was third. Matt Sartor (Enterprise, Redding), who ran 15:47 at state, is the number 3 Nor Cal runner returning.

Invitational Results:

Nevada Union 9/16. South Tahoe (South Lake Tahoe) placed third in the Sweepstakes with 81 points (17:44.8 average). Senior Bret Ferrier (Lowry, Winnemucca, NV) won in 16:06. Foothill (Redding) was fourth in the Large Schools with 119 points (18:04.4 average). **Viking 9/16.** Redwood (Larkspur) placed second in the Senior boys with 19 points. Johnson (Redwood) placed second in 10:19. **Firebird 9/14** Los Gatos won with 35 points. Los Altos placed second with 110 points. Matt Bates (Los Gatos) won in 9:38. Tomas Viramontes (Los Gatos) placed second in 9:43. **Stinson Beach 9/12.** Redwood (Larkspur) won in 45:56. **Earlybird 9/9.** Tomas Viramonte (Los Gatos) won the senior race in 16:35. **Lynbrook Center 9/7.** Mitty won with 31 points. Lucas Crowley (Mitty) placed second in 11:18.4.

Boys Varsity Division III

Casa Grande (Petaluma)
 Corcoran
 Cupertino
 Don Bosco Technical (Rosemead)
 Enterprise (Redding)
 Foothill (Palo Cedro)
 Foothill (Redding)
 Galt
 Irvington (Fremont)
 La Canada

James Lick (San Jose)
 Los Altos
 Los Gatos
 Maria Carrillo (Santa Rosa)
 Miramonte (Orinda)
 Archbishop Mitty (San Jose)
 Monterey
 Mountain View
 Petaluma
 Redwood (Larkspur)
 Roseville

San Lorenzo Valley (Felton)
 Santa Rosa
 Saratoga
 Sierra (Manteca)
 Skyview (Vancouver, WA)
 Sonora
 South Hills (West Covina)
 South Fork (Miranda)
 South Tahoe (South Lake Tahoe)
 University of San Diego (San Diego)

Boys Junior Varsity Division III

Casa Grande (Petaluma)
 Corcoran
 Cupertino
 Don Bosco Technical (Rosemead)

Foothill (Palo Cedro)
 Foothill (Redding)
 Irvington (Fremont)
 James Lick (San Jose)
 Los Altos

Petaluma
 Redwood (Larkspur)
 Santa Rosa
 Skyview (Vancouver, WA)
 Sonora

Sprint to the TREEHOUSE after the meet!

Do you like fresh?

- Fresh Guacamole
- Fresh Salsa Fresca
- Fresh Hamburgers
- Fresh Sushi
- Award-Winning Salads

"...Spectacular Handful of Salads..."
-San Francisco Chronicle, July 14



Visit us today!
 459 Lagunita Drive, Stanford (in Tresidder Union) • 650-723-4500

High School Preview-Boys Div IV & V

STANFORD INVITATIONAL

Boys Division IV

Riverbank, third in the State Meet D4, was ranked ninth in the pre-season state rankings. Carmel is ranked second in the pre-season CCS rankings. Piedmont was the #1 ranked team in the NCS pre-season rankings. Maranatha is ranked #4 in the Southern Section D4. Big Bear, led by Ryan Hall, is #5. Laguna Beach is #6. Flintridge Prep (La Canada), the defending State Meet D5 champions, are ranked third in the Southern Section D5. Saint Joseph Notre Dame (Alameda), 7th State D5, return five. Central Valley is the defending champion. St. Augustine was third last year.

Invitational Results:

Woodbridge 9/16 Ryan Hall (Big Bear) won in 15:04. *Lagoon Valley 9/16*. Justin Siena (Napa) won the small schools with 15 points. Joe Harrington (Justin Siena) won in 17:02. *Stinson Beach 9/12*. Drake placed second in 46:48. *Ed Sias 9/9*. Piedmont placed second with 73 points. Tom Phelps (Piedmont) won in 10:04.

Boys Varsity Division IV

Big Bear (Big Bear Lake)
Bishop O'Dowd (Oakland)
Carmel
Central Valley (Shasta Lake)
Chino Valley
Colfax
Flintridge Prep (La Canada)
Healdsburg
Justin Siena (Napa)

Laguna Beach
LaSalle (Pasadena)
Maranatha (Sierra Madre)
Novato
Paraclete (Lancaster)
Piedmont
Riverbank
Saint Augustine, San Diego
Saint Joseph Notre Dame (Alameda)
Saint Mary's (Berkeley)

Sir Francis Drake (San Anselmo)
Stevenson (Pebble Beach)
Summerville (Tuolumne)
Taft (Bakersfield)
Templeton
The King's Academy (Sunnyvale)
Ursuline (Santa Rosa)
West Valley (Cottonwood)

Boys Junior Varsity Division IV

Bishop O'Dowd (Oakland)
Carmel
Justin Siena (Napa)

Maranatha (Sierra Madre)
Riverbank
Saint Augustine (San Diego)
Saint Mary's (Berkeley)

Summerville (Tuolumne)
Taft (Bakersfield)

Boys Division V

Calvary Chapel (Downey), 2nd State D5, is ranked #2 in the Southern Section D5. University (San Francisco), 3rd State D5, is led by Sean Drake and Ben Good. Chadwick (Palos Verdes) is ranked #8 in the Southern Section D5. University was ranked first in the NCS pre-season rankings. Lick-Wilmerding (San Francisco) was third. Tim Nelson (Liberty Christian) is the defending champion in 16:14.

Invitational Results:

Nevada Union 9/16. Tim Nelson (Liberty Christian) placed second in 16:19.

Boys Varsity Division V

Boys Varsity Division 5
Calvary Chapel (Downey)
Chadwick (Palos Verdes)

Liberty Christian (Redding)
Head-Royce (Oakland)
Lick-Wilmerding (San Francisco)
Oaks Christian (Westlake Village)

Sacred Heart (Atherton)
University (San Francisco)
Woodside Priory (Portola Valley)
York (Monterey)

Boys Junior Varsity Division V

Calvary Chapel (Downey)
Chadwick (Palos Verdes)

Head Royce (Oakland)
Lick-Wilmerding (San Francisco)
Trinity (Weaverville)

University (San Francisco)



High School Preview-Girls Div I & II

STANFORD INVITATIONAL

Girls Division I

Corona Del Mar (Newport Beach) is ranked #8 in the USA, #5 in the West Region, and #2 in California by The Harrier on September 17. Carlsbad (San Diego) is ranked #18 in the pre-season state rankings. Buchanan (Clovis) is ranked # 19. Aptos was ranked #2 in the CCS pre-season rankings. Milpitas was third. Quartz Hill is ranked # 9 in the Southern Section D1. Corona Del Mar is ranked #1 in the Southern Section D4. Torrey Pines placed second last year.

Invitational Results:

Nevada Union.(9/16) Sophomore Shanna Sparks (Carson, Carson City, NV) won the Sweepstakes in 19:03. *Lagoon Valley (9/16)*. Davis placed second with 38 points. Sarah West (Davis) placed second in 19:56. *Golden Valley (9/16)*. Madera won with 27 points. Heather Hansen (Madera) won in 19:41. Teri Wilson (Madera) placed second in 19:46. Turlock placed second with 89 points. *Ed Sias 9/9*. Buchanan (Clovis) placed second with 114 points. *Lynbrook Center (9/7)*. Logan won with 16 points. Bahati Bodden (Logan) won in 14:47.4. *Granite Bay (9/2)*. Madera won with 111 points.

Girls Varsity Division I

Aptos
Ashland (OR)
Atwater
Bend (OR)
Buchanan (Clovis)
Bullard (Fresno)
Capistrano Valley (Mission Viejo)
Carson (Carson City, NV)
Carlsbad
Corona Del Mar (Newport Beach)

Crescent Valley (OR)
Davis
Edison (Huntington Beach)
Elk Grove
Horizon (Scottsdale, AZ)
Irvine
James Logan (Union City)
Johansen (Modesto)
Lodi
Madera
Milpitas

Quartz Hills
Ridgeview (Bakersfield)
San Leandro
Santa Teresa (San Jose)
Silver Creek (San Jose)
South Eugene (OR)
Sunset (Portland, OR)
Torrey Pines (San Diego)
Turlock
Will C. Wood (Vacaville)

Girls Junior Varsity Division I

Buchanan (Clovis)
Chadwick (Palos Verdes)
Corona Del Mar (Newport Beach)

Crescent Valley
Davis
Johansen (Modesto)
Milpitas

Quartz Hills
Silver Creek (San Jose)

Girls Division II

Foothill (Santa Ana) was ranked #4 in the pre-season California rankings. San Ramon Valley (Danville) was #12. Gunn (Palo Alto), Soquel, and Menlo-Atherton were ranked 1, 2, and 3 in the CCS pre-season rankings. San Ramon Valley (Danville) was ranked #1 in the NCS pre-season rankings. Foothill (Santa Ana) is ranked #3 in the Southern Section D2. Newport Harbor (Newport Beach) is #7. Foothill (Santa Ana) is the defending champion. Robyn Stevens (Vacaville), the USATF National Junior Olympic Young Women Champion in the 3,000 meter race walk, is the defending champion in 18:26. Shanna Sparks (Carson, Carson City, NV) was third in 18:39.

Invitational Results:

Nevada Union (9/16). Oak Ridge placed second in the Large School division with 75 points (21:22.4 average). Reno (Nevada) was third with 93 points (21:41.8). Trabuco Hills was 7th with 198 points (22:52.6). Junior Karen Dickson (Oak Ridge) won in 19:35. Sophomore Karen DeMartini (Reno) placed second in 19:58. Junior Desiree Dvorak (Placer) was third in 20:02. *De La Salle/Carondelet (9/16)*. San Ramon Valley (Danville) won with 101 points. Carondelet (Concord) placed second with 121 points. Katie Murphy (San Ramon Valley) placed second in 18:45. Dyani Jones (Livermore) was fifth in 19:21. *Viking (9/16)*. Junior Amber Trotter (Ukiah) won the Junior/Senior race in 11:20. *Lagoon Valley (9/16)*. Vacaville won with 19 points. Robyn Stevens (Vacaville) won in 18:57. She defeated Sarah West (Davis) by :59 seconds. *Woodbridge (9/16)*, Helix was fifth overall in 1:36:31. *Firebird (9/14)*. Los Gatos won with 29 points. Michelle Beritzhoff (Los Gatos) won in 11:29. *Logan Center (9/11)*. Los Gatos won with 23 points. *Monte Vista 9/8*. San Ramon Valley (Danville) won with 50 points.

High School Preview-Girls Div II & III

STANFORD INVITATIONAL

Girls Varsity Division II

Alameda
Alisal (Salinas)
Amador Valley (Pleasanton)
Bear River (Grass Valley)
Bella Vista (Fair Oaks)
Carondelet (Concord)
Carson (Carson City, NV)
Chico
Corona
Crescent Valley
East Union (Manteca)
Florin
Folsom
Foothill (Pleasanton)
Foothill (Santa Ana)

Gunderson (San Jose)
Gunn (Palo Alto)
Granite Bay
Helix (La Mesa)
Huntington Beach
Leland (San Jose)
Livermore
Los Gatos
Lynbrook (Saratoga)
Menlo-Atherton (Atherton)
Monta Vista (Cupertino)
Newport Harbor (Newport Beach)
Oak Ridge (El Dorado Hills)
Palo Alto
Paso Robles
Piedmont Hills (San Jose)

Placer
Reno (NV)
Rocklin
Roseburg (OR)
San Marcos (Santa Barbara)
San Ramon Valley (Danville)
Santa Margarita (Rancho Santa Margarita)
Soquel
Trabuco Hills (Mission Viejo)
Ukiah
Vacaville
Ventura
Woodcreek (Roseville)

Girls Junior Varsity Division II

Girls Junior Varsity Division 2
Amador Valley (Pleasanton)
Bear River (Grass Valley)
Carondelet (Concord)
Foothill (Pleasanton)
Foothill (Santa Ana)

Gunn (Palo Alto)
Helix (La Mesa)
Livermore
Los Gatos
Lynbrook (Saratoga)
Monta Vista (Cupertino)
Palo Alto

Reno (NV)
San Ramon Valley (Danville)
Santa Margarita (Rancho Santa Margarita)
Trabuco Hills (Mission Viejo)
Ukiah
Ventura

Girls Division III

San Lorenzo Valley (Felton) is ranked #2 in the nation and #1 in the West Region. They are led by Alejandra Barrientos. Foothill (Redding) was ranked #15 in the California pre-season rankings. San Lorenzo Valley and Saint Francis (Mt. View) were ranked one and three in the CCS pre-season rankings. Maria Carrillo (Santa Rosa), Miramonte (Orinda) and Santa Rosa were first, second, and third in the NCS pre-season rankings. La Canada is ranked #1 in the Southern Section D3. South Hills (West Covina) is #3. San Lorenzo Valley is the defending champion. Foothill (Redding) was third. Alejandra Barrientos (San Lorenzo Valley) is the defending champion in 17:51. Jenny Aldridge (Maria Carrillo, Santa Rosa), the State Meet 1,600 meter champion, placed second in 17:52.

Invitational Results:

Nevada Union 9/16. Foothill (Redding) won the Sweepstakes with 41 points (20:47.2 average). Senior Missy Lendl (Foothill) placed second in 19:37. Enterprise (Redding) won the Small Schools with 53 points (24:13.0 average). Junior Jennifer James (Enterprise) won in 20:55. She won by 1:01. *Viking 9/16.* Maria Carrillo (Santa Rosa) placed second in the Junior/Senior with 32 points. Jenny Aldridge (Maria Carrillo) placed second in 11:32. *Ed Sias 9/9.* Jenny Aldridge (Maria Carrillo) placed second in 11:54.

Girls Varsity Division III

Archbishop Mitty (San Jose)
Casa Grande (Petaluma)
Cupertino
Enterprise (Redding)
Foothill (Palo Cedro)
Foothill (Redding)
Irvington (Fremont)
La Canada

James Lick (San Jose)
Los Altos
Maria Carrillo (Santa Rosa)
Miramonte (Orinda)
Mountain View
Petaluma
Redwood (Larkspur)
Roseville
Saint Francis (Mountain View)

San Lorenzo Valley (Felton)
Santa Rosa
Saratoga
Sierra (Manteca)
Skyview (Vancouver, WA)
Sonora
South Hills (West Covina)
South Tahoe (South Lake Tahoe)
University of San Diego (San Diego)

Girls Junior Varsity Division III

Girls Junior Varsity Division 3
Foothill (Palo Cedro)
La Cañada

Maria Carrillo (Santa Rosa)
Petaluma
Redwood (Larkspur)
Santa Rosa

Skyview (Vancouver, WA)
Sonora



High School Preview-Girls Div IV & V

STANFORD INVITATIONAL

Girls Division IV

Saint Mary's (Berkeley) was ranked #2 in the NCS pre-season rankings. Bishop O'Dowd (Oakland) was third. Maranatha is ranked #2 in the Southern Section D2. La Salle is #6. Laguna Beach is #9. Chadwick (Palos Verdes) is ranked #1 in the Southern Section D5.

Invitational Results:

De La Salle/Carondelet 9/16. Bridget Duffy (Saint Mary's, Berkeley) was third in 19:00. *Viking 9/16.* Sophomore Kelly Rogers (Healdsburg) won the Frosh/Soph in 11:48. *Lagoon Valley 9/16.* Novato placed second in the Small Schools with 34 points. Senior Eva Gut (Novato) won in 20:17. Justin Siena (Napa) was third with 61 points. *Stinson Beach 9/12.* Drake placed second in 55:24. Justin Siena (Napa) was third in 57:27. Morgan Banks (Drake) had the third best split of 10:28.

Girls Varsity Division IV

Bishop O'Dowd (Oakland)
Carmel
Central Valley (Shasta Lake)
Chadwick (Palos Verdes)
Chino Valley
Colfax
Flintridge Sacred Heart (La Cañada)
Healdsburg
Justin Siena

Laguna Beach
LaSalle
Maranatha
Notre Dame (San Jose)
Novato
Oakmont (Roseville)
Paraclete
Pearl River (NY)
Riverbank
Saint Mary's (Berkeley)

Sir Francis Drake (San Anselmo)
Saint Joseph Notre Dame (Alameda)
Summerville (Tuolumne)
Taft (Bakersfield)
Templeton
Terra Linda (San Rafael, CA)
The King's Academy (Sunnyvale)
Ursuline (Santa Rosa)
West Valley (Cottonwood)

Girls Junior Varsity Division IV

Bishop O'Dowd (Oakland)
Carmel
Chadwick (Palos Verdes)
Chino Valley
Flintridge Sacred Heart (La Cañada)

Justin Siena (Napa)
Maranatha (Sierra Madre)
Notre Dame (San Jose)
Novato
Oakmont (Roseville)
Pearl River (NY)

Riverbank
St. Mary's (Berkeley)
Summerville (Tuolumne)
Taft (Bakersfield)

Girls Division V

University (San Francisco) was ranked #1 in the NCS pre-season rankings. Head-Royce (Oakland) was third. Lick-Wilmerding (San Francisco) is the defending champion. Head-Royce (Oakland) placed second. Clara Horowitz (Head-Royce, Oakland) is the defending champion at 19:19.

Invitational Results:

De La Salle/Carondelet 9/16. Clara Horowitz (Head-Royce, Oakland) won it in 17:57. She won by :48 seconds.

Girls Varsity Division V

Canyonville Christian (OR)
Castilleja (Palo Alto)
Convent of the Sacred Heart (CA)
Flintridge Preparatory (La Cañada)

Head Royce (Oakland)
International Studies Academy (CA)
Lick-Wilmerding (San Francisco)
Oaks Christian (Westlake Village)
Sacred Heart Prep (Atherton)

Saint Mary's (Medford, OR)
University (San Francisco)
Woodside Priory (Portola Valley)

Girls Junior Varsity Division V

Castilleja
Lick-Wilmerding (San Francisco)
Sacred Heart Prep (Atherton)
University (San Francisco)

Collegiate Preview

STANFORD INVITATIONAL

Several of the nation's men's and women's cross country teams will compete today at the 27th annual Stanford Invitational.

The women's competition will be blessed with six of the nation's Top-25 teams in the pre-season national polls. The list includes #1 ranked Stanford, #2 Wisconsin, #4 Kansas State, #7 Arkansas, #16 and Pac-10 rival Washington, and #25 UC Irvine. Last year, the Arkansas Razorbacks finished second at the NCAA championships, behind national champion Brigham Young, and just ahead of third place Stanford. Erica Palmer won the NCAA individual title for Wisconsin, and last year at the Stanford Invitational, she ran a 16:48 over 5,000 meters to finish in fifth place. Amy Yoder, competing for Arkansas, won the individual crown with a time of 16:41.

Palmer will be a runner to watch at today's meet. The sophomore not only won the NCAA cross country title last year, but also excelled in track where she earned All-America honors with a second place finish in the NCAA indoor 5,000 meters and sixth place in the 3,000 meters. She won the Big Ten title in the 10,000 meters.

Kansas State finished fifth at the NCAA's last year, its best finish in school history. Look for top performances from Korene Hinds and Amy Mortimer. Both were NCAA cross country All-Americans last year. Hinds placed tenth at the NCAA's, and Mortimer recently won the individual title at the Wichita State Gold Classic.

Lillie Kleinmann is one of the top runners for the Arkansas Razorbacks. Last year, Kleinmann finished third at the NCAA's to gain All-America honors, and eighth at the Stanford Invitational.

Last year at the Stanford Invitational, the Cardinal women won the team title with 36 points, compared to 51 points for Arkansas, and 82 points for BYU. Wisconsin and Kansas State rounded out the Top-5. Julia Stamps was Stanford's top finisher in second place at 16:43. Three other Stanford runners finished in the Top-10, including Lauren Fleshman in fourth place, Erin Sullivan in sixth place, and Sally Glynn in seventh place.

This year, the Cardinal is ranked #1 in the FinishLynx Pre-Season National Poll. Stanford chalked up 290 points compared to 281 for Wisconsin.

The men's competition will be strong. Stanford is ranked #2 in the pre-season. The men's competition will have a local flavor with such schools as UC Davis, Fresno State, and Sacramento State. Southern Utah and CalPoly competed at the NCAA's last year. Southern Utah upset Colorado to win the NCAA Mountain Regional Championship last year.

Last year, the Cardinal men won the team title with 37 points compared to Arizona's 46. Thomas Murley was Stanford's top runner with a second place finish. Three other Cardinal runners finished in the Top-10; Jake Maas (4th), Jesse Thomas (7th) and Jamey Gifford (9th).

Women's Championship

Arkansas
Belmont University
Cal Poly
Cal State Fullerton
Edinboro University
Fresno State
Kansas State
Long Beach State
Nevada
New Mexico State
Sacramento State
San Diego State
Southern Utah
Stanford
UC Davis
UC Irvine
UC Santa Barbara
Utah State
Washington
Wisconsin

Women's Collegiate Section

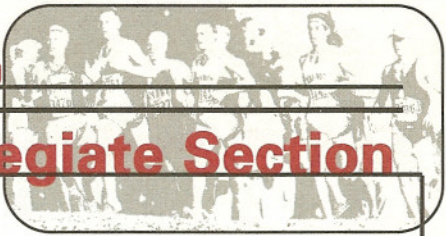
Albany University
Arkansas
Azusa Pacific
Brigham Young
Cal Baptist
Cal State San Marcos
Chapman
Chico State
Claremont Mudd Scripps
Fresno Pacific
Holy Names College
LaVerne
Occidental
Pacific
Pomona Pitzer
Redlands
St. Mary's
San Diego
San Francisco
San Francisco State
San Jose State
Santa Clara
Sierra College
Simon Fraser
Sonoma State
Stanford
UC Davis
UCLA
UC Riverside
UC Santa Barbara
Vanguard University
Ventura College
Westmont
Whittier

Men's Championship

Cal Poly
Cal State Fullerton
Chico State
Edinboro University
Fresno State
Kansas State
Long Beach State
Sacramento State
Southern Utah
Stanford
UC Davis
UC Irvine
UCLA
UC Riverside
UC Santa Barbara
Utah State

Men's Collegiate Section

Albany University
Azusa Pacific
Cal Baptist
Cal State San Marcos
Chapman
Chico State
Claremont Mudd Scripps
Fresno Pacific
Holy Names College
LaVerne
Modesto Junior College
Occidental
Pomona Pitzer
Redlands
St. Mary's
San Diego
San Francisco
San Francisco State
San Jose State
Santa Clara
Sierra College
Simon Fraser
Stanford
UC Davis
UC Santa Barbara
Vanguard University
Ventura College
Westmont
Whittier

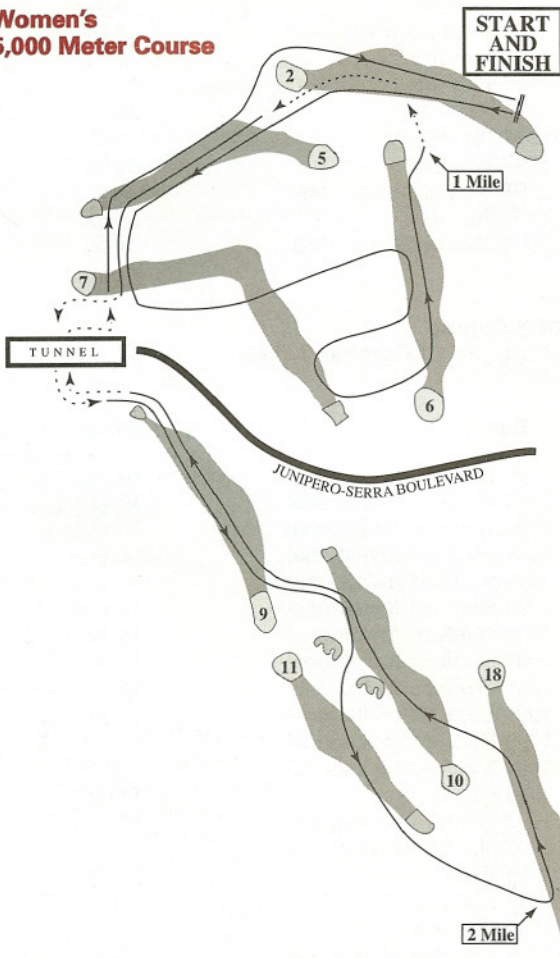


Collegiate Section

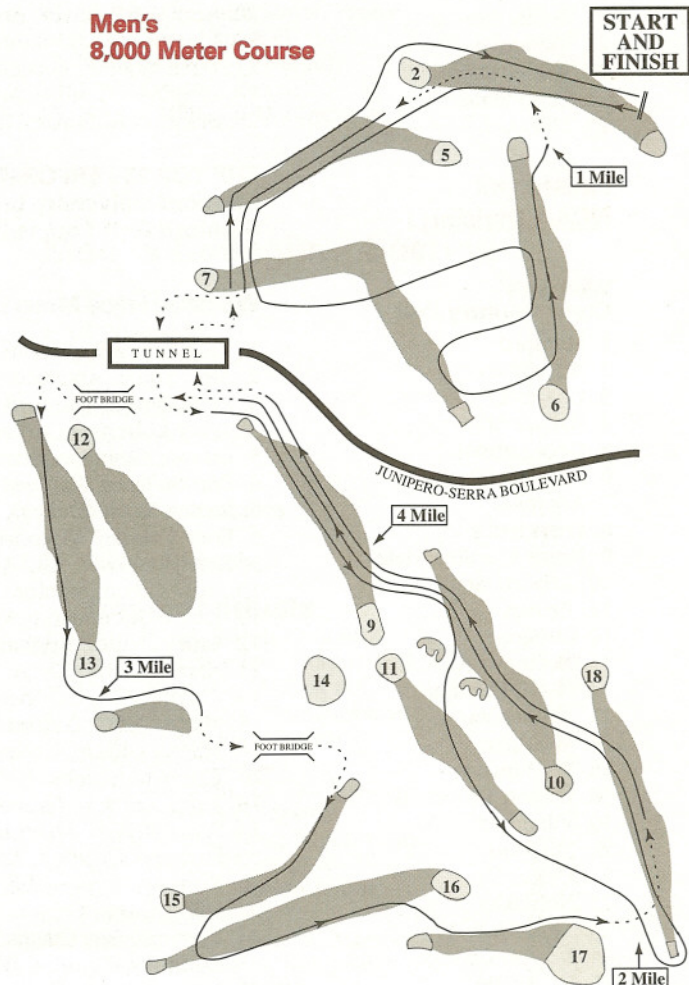
Race Schedule

3:45 p.m.	University Women	Collegiate Section
4:15 p.m.	University Women	Championship Invitational
4:45 p.m.	University Men	Collegiate Section
5:20 p.m.	University Men	Championship Invitational
5:50 p.m.	Open NON-Team Scored Race (men and women)	

**Women's
5,000 Meter Course**



**Men's
8,000 Meter Course**



Top 25 Performers

Mondo NCAA Division I

Men's Cross Country Poll

1. Arkansas
2. Stanford
3. Colorado
4. Iona
5. Arizona
6. Wisconsin
7. Georgetown
8. North Carolina State
9. Oregon
10. Michigan
11. Arizona State
12. Minnesota
13. William & Mary
14. Providence
15. Northern Arizona
16. Southern Utah
17. Oklahoma State
18. Michigan State
19. Alabama
20. Notre Dame
21. South Florida
22. Villanova
23. Weber State
24. Penn State
25. Missouri

THE TOP 25 PERFORMERS

Stanford University Cross Country Course
Stanford Golf Course (8,000 Meters) As Of October 2, 1999

Men - 8,000 Meters	Event	Time
1. Mebrahtom Keflezighi, UCLA	1996 Pac-10's	23:45
2. Karl Keska, Oregon	1996 Pac-10's	23:55
3. Brad Hauser, Stanford	1996 Pac-10's	23:56
4. Bernard Lagat, Washington State	1996 Pac-10's	23:59
5. Martin Keino, Arizona	1994 Pac-10's	24:04
6. Greg Jimmerson, Stanford	1996 Pac-10's	24:15
7. Bob Keino, Arizona	1995 Pac-10's	24:17
8. Nathan Nutter, Stanford	1997 Pac-10's	24:18
9. Micheil Jones, Arizona	1999 Stanford Invitational	24:19
9. Thomas Murley, Stanford	1999 Stanford Invitational	24:19
11. Jason Lunn, Stanford	1997 Stanford Invitational	24:21
12. Brent Hauser, Stanford	1996 Pac-10's	24:24
13. Richie Boulet, California	1995 Pac-10's	24:27
14. Tim Broe, Alabama	1999 Stanford Invitational	24:28
15. Gabe Jennings, Stanford	1998 Stanford Invitational	24:30
16. Matt Davis, Oregon	1995 Pac-10's	24:32
16. Jason Balkman, Stanford	1998 Stanford Invitational	24:32
18. J.J. White, Stanford	1996 Pac-10's	24:33
19. Peter Gilmore, California	1997 Pac-10's	24:34
20. Rob Reeder, Stanford	1996 Pac-10's	24:37
20. Abdi Adirahman, Arizona	1997 Pac-10's	24:37
20. Jonathon Riley, Stanford	1997 Pac-10's	24:37
23. Dave Cullum, Unattached	1997 Stanford Invitational	24:38
24. Margarito Casillas, Arizona	1995 Pac-10's	24:39
25. Brandon Richards, BYU	1998 Stanford Invitational	24:40

FinishLynx NCAA Division I

Women's Cross Country Poll

1. Stanford
2. Wisconsin
3. Colorado
4. Kansas State
5. Georgetown
6. Brigham Young
7. Arkansas
8. Providence
9. North Carolina State
10. Arizona State
11. Brown
12. Oregon
13. Northern Arizona
14. North Carolina
15. Minnesota
16. Michigan
16. Washington
18. Boston University
19. Villanova
20. Missouri
21. Duke
22. Nebraska
23. Texas A & M
24. Boston College
25. UC Irvine

THE TOP 25 PERFORMERS

Stanford University Cross Country Course
Stanford Golf Course (5,000 Meters) As Of October 2, 1999

Women - 5,000 Meters	Event	Time
1. Amy Skieresz, Arizona	1996 Pac-10's	16:36
2. Amy Yoder, Arkansas	1999 Stanford Invitational	16:41
3. Julia Stamps, Stanford	1999 Stanford Invitational	16:43
3. Tracy Robertson, Arkansas	1999 Stanford Invitational	16:43
5. Lauren Fleshman, Stanford	1999 Stanford Invitational	16:47
6. Erin Sullivan, Stanford	1999 Stanford Invitational	16:49
6. Jessica Koch (Dailey), Arkansas	1998 Stanford Invitational	16:49
6. Erica Palmer, Wisconsin	1999 Stanford Invitational	16:49
9. Kim Mortensen, UCLA	1996 Stanford Invitational	16:52
10. Sally Glynn, Stanford	1999 Stanford Invitational	16:54
10. Larissa Kleinmann, Arkansas	1999 Stanford Invitational	16:54
12. Laura Heiner, Brigham Young	1999 Stanford Invitational	16:55
13. Karen Hecox, UCLA	1994 Pac-10's	17:00
14. Christy Villa, UC Irvine	1998 Stanford Invitational	17:01
15. Mary Cobb, Stanford	1997 Stanford Invitational	17:05
16. Milena Glusac, Oregon	1994 Pac-10's	17:07
16. Emebet Shiferaw, USC	1996 Pac-10's	17:07
18. Jenna Carlson, Oregon	1995 Pac-10's	17:08
18. Sarna Renfro, Stanford	1997 Stanford Invitational	17:08
20. Suzanne Castruita, Arizona	1994 Pac-10's	17:12
20. Kortney Dunscombe, Stanford	1994 Pac-10's	17:12
22. Marie Davis, Oregon	1997 Pac-10's	17:13
23. Kristin Cobb, Unattached	1997 Stanford Invitational	17:14
23. Courtney Pugmire, BYU	1997 Stanford Invitational	17:14
25. Jessica Fry, Stanford	1996 Pac-10's	17:15



1999 Results

Women's Championship Invitational

Top Teams

1. Stanford	36
2. Arkansas	51
3. Brigham Young	82
4. Wisconsin	102
5. Kansas State	132
6. Washington	157
7. Arizona	189
8. UC Irvine	277
9. UC Davis	318
10. Weber State	324

Top Individuals

1. Amy Yoder, Arkansas	16:41
2. Julia Stamps, Stanford	16:43
3. Tracy Robertson, Arkansas	16:43
4. Lauren Fleshman, Stanford	16:47
5. Erica Palmer, Wisconsin	16:48
6. Erin Sullivan, Stanford	16:49
7. Sally Glynn, Stanford	16:64
8. Larissa Kleinmann, Arkansas	16:54
9. Laura Heiner, Brigham Young	16:55
10. Jessica Dailey, Arkansas	16:57
11. Tara Chaplin, Arizona	17:18
12. Elizabeth Jackson, BYU	17:20
13. Korene Hinds, Kansas State	17:24
14. Amy Mortimer, Kansas State	17:25
15. Erin Aufderheide, Wisconsin	17:29

Women's Collegiate Section

Top Teams

1. Stanford	26
2. Brigham Young	84
3. Victoria, B.C.	136
4. UCLA "B"	137
5. San Jose State	179
6. Concordia	201
7. Cal State Dominguez Hills	269
8. Cal Baptist	289
9. Chico State	303
10. Windsor, Canada	331

Top Individuals

1. Shaluinn Fullove, Stanford	17:58
2. Jill Rencher, Brigham Young	18:04
3. Colleen Flaherty, Stanford	18:08
4. Stephanie Mills, Victoria	18:09
5. Anne Gunnison, Stanford	18:09
6. Alynda Franco, UCLA "B"	18:10
7. Kathleen Brizgys, Stanford	18:12
8. Brandi Heisterman, Victoria	18:18
9. Aracem Martinez, CS Dominguez	18:22
10. Ann Ramsey, Stanford	18:25
11. Melissa Clement, Simon Fraser	18:28
12. Caisa Monahan, BYU	18:31
13. Tricia Mattson, Concordia	18:32
14. Emili Lawson, BYU	18:32
15. Donna Mills, CS Dominguez	18:34

Men's Championship Invitational

Top Teams

1. Stanford	37
2. Arizona	46
3. Washington	105
4. Cal Poly	121
5. Southern Utah	149
6. Alabama	186
7. UC Davis	230
8. Air Force	258
9. UC Irvine	270
10. Chico State	285

Top Individuals

1. Micheil Jones, Arizona	24:19
2. Thomas Murley, Stanford	24:19
3. Tim Broe, Alabama	24:28
4. Jake Maas, Stanford	24:42
5. David Bazzi, Washington	24:44
6. Adam Booth, Cal Poly	24:45
7. Jesse Thomas, Stanford	24:45
8. David Lopez, Arizona	24:48
9. Jamey Gifford, Stanford	24:50
10. Jody Benson, Southern Utah	24:52
11. Steve Smith, Arizona	24:57
12. Tom Prindiville, Arizona	25:01
13. Jean-Paul Niyongabo, KSU	25:03
14. Mike Cramer, Arizona	25:04
15. Joe Urbanski, Stanford	25:07

Men's Collegiate Section

Top Teams

1. UC Riverside	140
2. Windsor, Canada	141
3. Stanford	179
4. Simon Fraser	185
5. Long Beach State	195
6. Chico State	206
7. Victoria, B.C.	209
8. Cal State San Marcos	213
9. Whittier	257
10. Cal State Stanislaus	282

Top Individuals

1. David Milne, British Columbia	25:42
2. Graham Cocksedge, Victoria B.C.	25:48
3. Bruno Mazzotta, Victoria B.C.	25:50
4. Adam Boardman, Pomona-Pitzer	25:57
5. Ryan MacKenzie, Windsor	25:58
6. Jon Stevens, Stanford	26:00
7. Ross Dammonn, CS San Marcos	26:01
8. Corey Creasey, California	26:04
9. Johann Appell, Long Beach State	26:10
10. Andy Hahn, Windsor	26:21
11. Matt Johnston, Simon Fraser	26:22
12. Peter Kinjanjui, USIU	26:23
13. Enrique Henriiguez, St. Mary's	26:24
14. Willy Gnaratpatian, San Jose St	26:24
15. Salvador Garcia, CS Stanislaus	26:24



Stanford

2001 Track & Field

INVITATIONAL



High School Competition
Saturday, March 31

Collegiate Competition
Saturday, March 31
Sunday, April 1

Looking ahead to the outdoor season, the 2001 Stanford Track & Field Invitational will be held on Saturday-Sunday, March 31-April 1. Stop by Cobb Track & Angell Field to see our nine lane track, dual direction runways and multiple rings.

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

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

In the collegiate competition, our new facility produced more than 100 NCAA Division I automatic or provisional qualifiers in last year's meet.

All of our events will be deep, with competition to meet your needs in Divisions I, II and III.

Our Sponsors



Thank You

The Stanford Cross Country/Track & Field program is proud to continue its relationship with the Officials of the Pacific Association/USA Track & Field. Throughout both the cross country and track & field seasons, these dedicated volunteers offer their professionalism and their time to assist our program in hosting a series of outstanding meets.

On behalf of the thousands of athletes who will benefit from their help this year, the Stanford Cross Country/Track & Field program would like to recognize these individuals.



AMERICAN Track & Field

MetroSport

Officials of the Pacific Association/USA Track & Field

Bob Anderson
Seth Anderson
Alan & Sharon Baker
Don Berry
Tom Booker, Sr
Harmon Brown
Tom Bryant
John Burns
Richard Cabral
Colin Campbell
Paul Castoro
Francis Childs
John Coie
Gerard Collett
Dick & Shirley Connors
Cary Craig
Larry Cribbins
Tom Cunningham
Ron Daniel
Daniel Davidson
Carol Davies
David Day

Don Dotta
Larry Doutherd
Bill Edgar
Bob Feaster
Lester Florant
Glen Ford
Chuck Foss
Andrew Gainza
Leon Glover, Jr
Myron Godwin
Ed Gordon
Howard Hammer
Joseph Harper
Toni Harvey
Bill Hawkes
Teddy Hayes
Ed Hicks
Don Hughes
Bobby Hughey
Jim Hume
Dick Iwamiya
Irv Jackman

Bill Johnson
Joyce Johnson
Michael Jones
Patrick Kelly
John Lilygren
Hurlon Luck
John Luppess
Bob Mason
Sonny & Lari Maynard
Greg McCarthy
Rick Milam
Tom Moore
Ben & Barbara Morjig
Norman Morrison
Charles Murphy
Bill Noland
Bob O'Conner
James Odom, Jr
Raquel Ornelas
Jim Petruzzi
T.R. Petruzzi
Gerland Randall

Bob Rauch
Elbert Reed
Keith Robison
Herb & Lynn Rodebaugh
Stuart Sampson
Kurt Servos
Charlie Sheppard
Carl Strombom
Jeff Sullivan
Rick Urband
Ted Waldo
Jim Waldron
Phillip Watkins
Robert Watson, Jr
Gail Wetzork
Bob Wilson
Don & Joan Wilson
James & Sharon Wynn
Rich Zulaica

The Stanford Cross Country Invitational is indebted to an excellent support staff, without whom this event would not be possible. Please join us in acknowledging their efforts today.

Kris Becker
Don Chelemedos
Gaby Gonzalez
Keith Conning
Greg Muniz
Carrie Rubertino

Ruben Silveira
Rob Thompson
Bob Vazquez
David Vukosa
Ken Williams
The Stanford Grounds Crew

The Stanford Training Room Staff
The Stanford Red Coats
The Nike Farm Team
Pro Audio Rentals



2 0 0 0

MT. SAC

Cross Country Invitational

"Where The World's Greatest Athletes Compete"



VALLEY LOOP-SWITCHBACKS-POOP OUT-RESERVOIR

2000 DATES

Community College - Elementary - Middle Schools

October 13, 2000

High Schools

October 20-21, 2000



MT. SAC CROSS COUNTRY INVITATIONAL

1100 North Grand Avenue - Walnut, CA 91789

(909) 594-5611 extension 4840 - www.mtsac.edu/events - byokoyam@ibm.mtsac.edu

Do You Coach HS or College Track & Field or Cross Country?

If so, you qualify
to receive a
Free subscription
to

AMERICAN Track&Field

The magazine that
covers everything
from
event technique
to
team management
to
training
to
nutrition
& more!

To get your free subscription, just
send us a note requesting a sub-
scription, along with your full name,
position, school and address, in
one of the following ways:

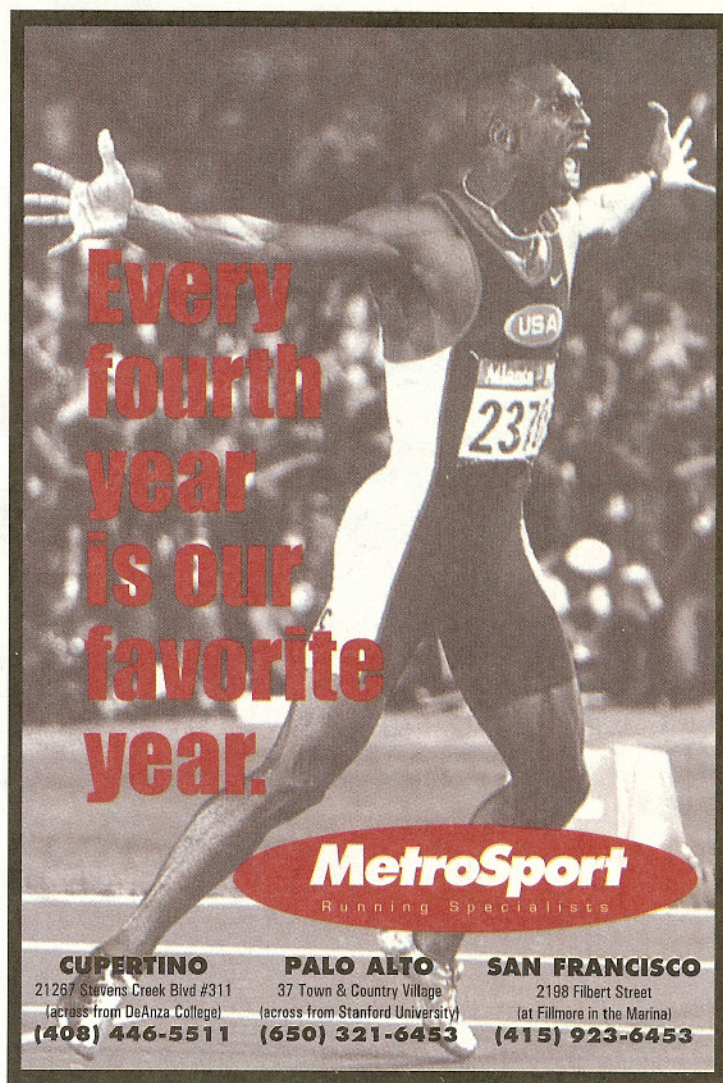
- 1) via fax to
608-827-0811
- 2) via mail to
583 D'Onofrio Drive
Suite 203
Madison, WI 53719
- 3) via our website at
american-trackandfield.com/atf

It's that easy!

AMERICAN Track&Field™

You read the magazine,
now check out the website.

<http://www.american-trackandfield.com/atf>
<http://www.atfathlete.com/atfa>



**Every
fourth
year
is our
favorite
year.**

MetroSport
Running Specialists

CUPERTINO 21267 Stevens Creek Blvd #311 (across from DeAnza College) (408) 446-5511	PALO ALTO 37 Town & Country Village (across from Stanford University) (650) 321-6453	SAN FRANCISCO 2198 Filbert Street (at Fillmore in the Marina) (415) 923-6453
--	---	---



9.66

X 2

JOHNSON

