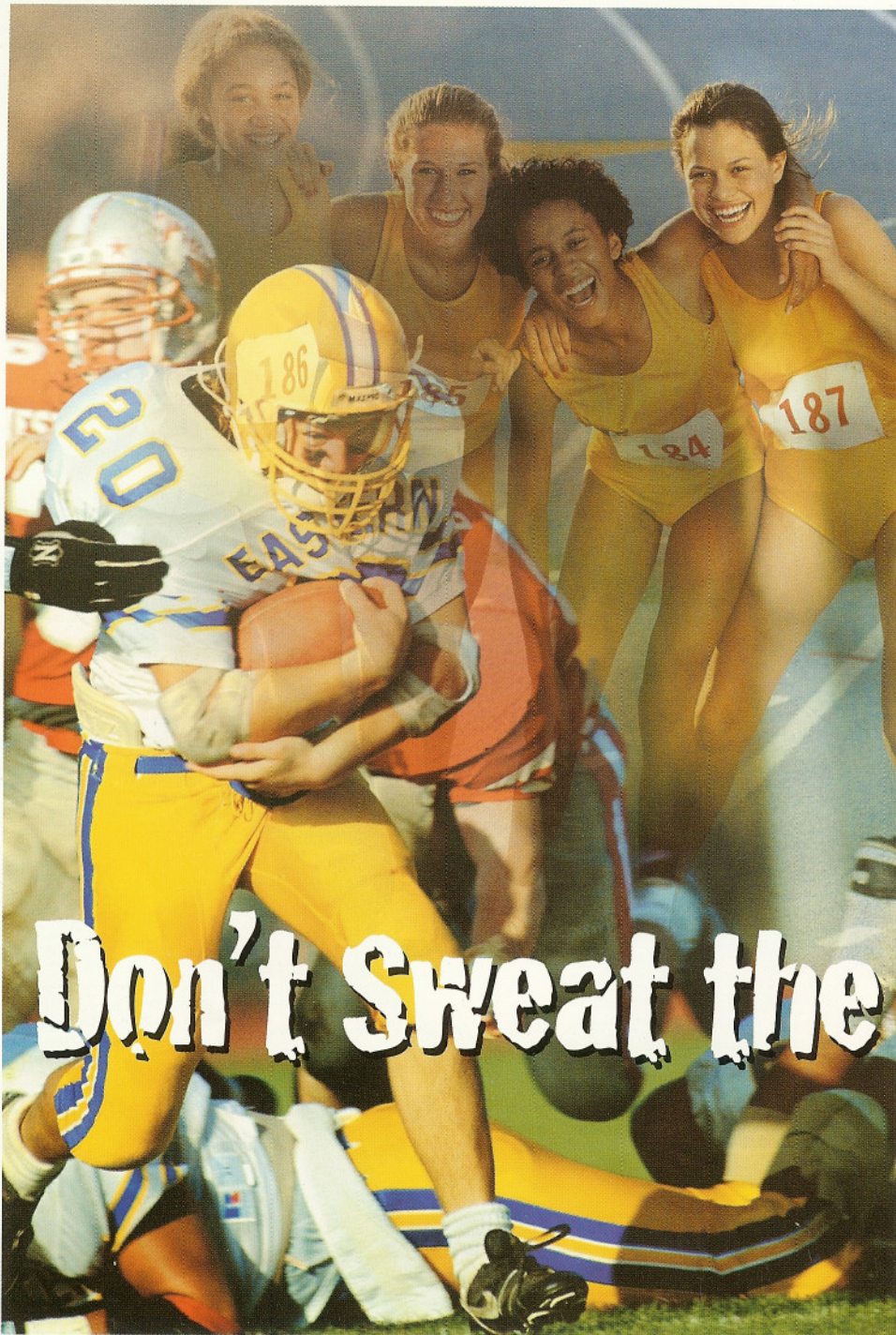


2000 State Cross Country Championships



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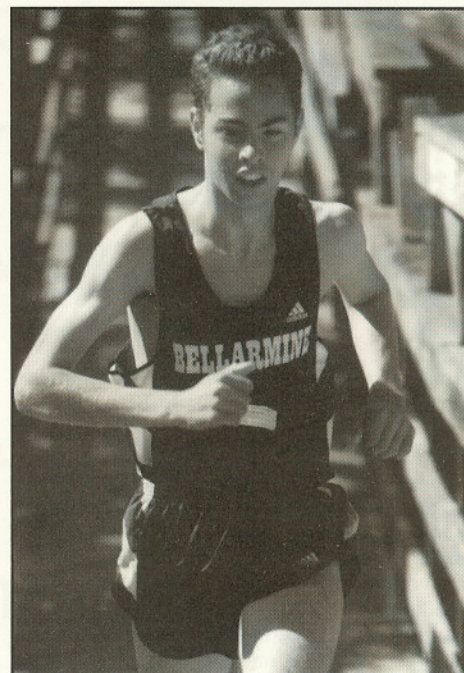
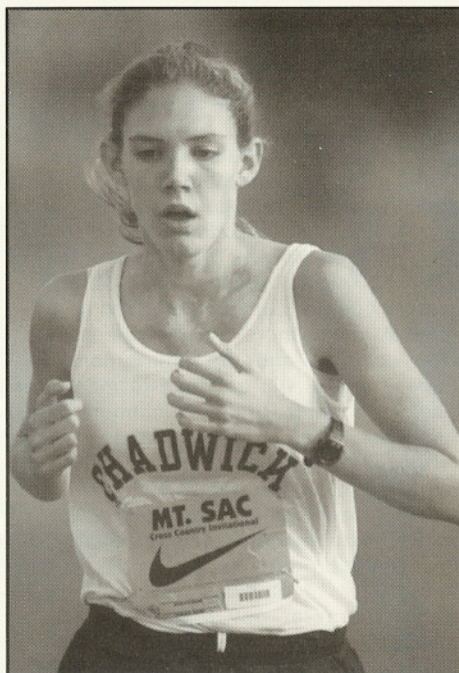
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Special Recognition

The CIF extends a special thanks to all the athletes and coaches involved in the CIF State Championships. Thanks also to statewide sponsor 24-Hour Fitness and 24-Hour Team Sports, Courtyard by Marriott, US Marines and Herff Jones. Thanks also to coaches and media members who supplied photos. Printed at Folgers Graphics.

www.cifstate.org



Championship Hopefuls --- Kristin Cohoon of Chadwick (left) and Neil Davis of Bellarmine Prep are title contenders in Division V and Division I respectively. Cohoon placed third at the 1999 state championships, while Davis was 10th. photo of Cohoon by Kirby Lee.

CIF State Cross Country Meet Management

Meet Directors: Marty Simpson and Brian Weaver

Computer Results/Timing: Bob Rush

Gate, Parking, Traffic: Jon Renwick

Announcer: Keith Conning and Peter Estes

Chute Personnel: Shannon Lieder/CS Univ. Fresno

XEROX Coordinator: Peter Price

Equipment Coordinator: Mike Facciento

Assistant Equipment/Parking Coordinator: Dave Pickford/Scott Schiller

Starter: Red Estes

Backup Starter/Clock: Bob Fries

Meet Referee: Steve Kelley

Hospitality Coordinator: Scott January

Entry Coordinator: Dennis De Witt

Splits/Starting Line/Announcer Asst: Bruce Wade

Video: Richard Lake/Ken Lake

Awards Coordinator: Eileen Illia

Awards Announcer: Tim O'Rourke

Award Presenters: Jack Hayes, CIF executive director, Sheri Ross, CIF cross country event

supervisor

Program: Jim Duel

Program Sales: Staff

Setup and Cleanup: Buchanan HS Crew

Results Distribution Coordinator: Marisella Sarabia

Results, Typists, Packets: Lupe Galaviz, Marisella Sarabia

Trainer Coordinator: Matt Estes

Starting Line Check-In: Ed Kerber/Mary Jane Kerber

Audio: Kit Hanna

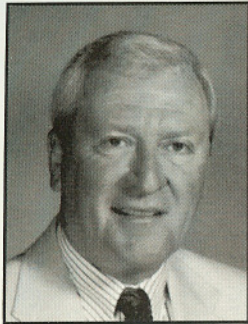
Video Results Coordinator: Win Downing

Coaches Corner: Elmer McPhail

Meals Coordinator: Marisa Rodriguez

Thanks to all the meet management for making this such a great event!

THIS IS THE STATE CIF



Charley Berger
CIF President

Assistant Superintendent, San Juan U.S.D.

On behalf of the California Interscholastic Federation, I would like to welcome you to the state championship playoffs.

During the past year, thousands of student-athletes have participated in athletics throughout the state with only a few gaining the opportunity to compete at the championship level. I would personally like to congratulate each of you for your hard work and your commitment to excellence.

Regardless of the outcome of the championship games, I believe each of you will have a memorable experience to take with you and be able to remember for the rest of your life. It is my hope that each of you, through this experience, will grow not only athletically but in the areas of sportsmanship and character building.

I would also like to thank the parents and the many volunteers who make these championships possible. Without your continued support, it would be impossible to provide the quality of athletic programs at our high schools throughout the state.

Thank you to the coaches, officials, and the school administrators who work to ensure that high school athletics continue to represent the very best in sportsmanship both on the field and in the stands. Through their efforts, interscholastic athletics in California is one of the important parts of a student's education during high school. Enjoy each and every event and cheer every athlete -- they are all winners!

Charley Berger



www.cifstate.org

Mailing Address (State CIF Office):
664 Las Gallinas Ave., San Rafael, CA 94903
415-492-5911, FAX 415-492-5919

Today's Athletes, Tomorrow's Leaders

The CIF has a proud heritage in providing equitable athletic competition for 1,272 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 600,000 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. Character development, 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 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.

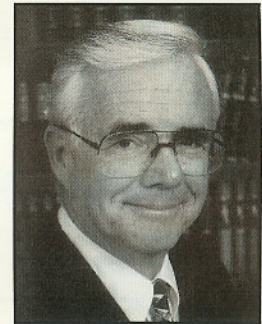
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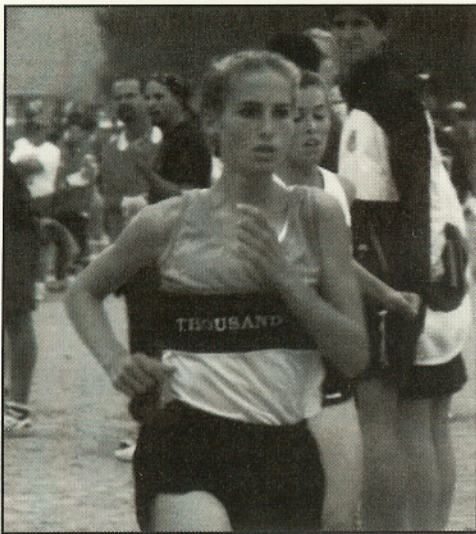
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California State Championships



Championship History

and Clara Horowitz (Head Royce) won the division V title with the second best time ever in that classification (18:26).

1998 Championships

The Nordhoff High School girls and boys team each won a championship to combine for an unbelievable 11 overall titles. The boys team won its sixth crown to join McFarland as teams with the most titles. The girls extended their record to five championships in the girls' field. The team action was also highlighted by University (SF) girls who challenged their own record of 18 points in the Division V title run and won a third straight title. Kira Morser set an individual Division V record for University with a time of 18:20.

Morser joined Sara Bei, of Montgomery Santa Rosa with two titles apiece. Bei took the Division III title in 17:22 and, in 1999, will look to join Julia Stamps and Deena Drossin as the only girls with three individual titles.

1997 Championships

The girls' team from University High School (San Francisco) set an all-time record for points scored (18) en route to its second straight Division V title. Two other teams distinguished themselves as both the Jesuit (Carmichael) boys' team and the Nordhoff (Ojai) boys' team won their fifth overall titles.

Individually, Isaiah Festa of Morro Bay won his second championship and Elaine Canchola of Nordhoff took her second overall title. In the process of winning the Division IV crown, Festa set a divisional record of 15:18. Kira Morser of University also set the individual standard in Division V (18:47).

1996 Championships

The McFarland High boys' cross country team accomplished a feat that no other school in state championships history has accomplished - winning five straight titles. McFarland bested its own record of 40 points with 29 to claim the Division V CIF State Championship at

the 10th annual event.

While McFarland highlighted team competition, Julia Stamps was again an individual standout. Stamps broke her own Division I record with a sizzling 16:43 finish for her third title and fifth overall including track and field. The prior year, Stamps had set the Division I mark of 16:45 to become the first girl in California history to topple the 17-minute mark.

Carondelet's Kristen Gordon broke the Division III record with a time of 17:17 in that race. Elaine Canchola of Nordhoff had set the record of 17:36 the previous year.

Behind Canchola's second place finish in Division IV, the Nordhoff girls claimed their fourth overall title moving the Rangers past Palos Verdes, Agoura and Newport Harbor for the most titles ever won in girls' competition.

1995 Championship

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 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.

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.

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

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

1999 Championships

Sara Bei claimed her third title in as many years and the McFarland boys' team won its seventh state crown to highlight the 13th annual CIF State Cross Country Championships on a postcard-type day at Woodward Park, Fresno on Saturday, November 27.

In the process of taking the division II crown, Bei set a divisional record of 17:25 to eclipse the old mark of 17:28 set by Shelly Taylor (Edison Huntington Beach High School) in 1991. No athlete, male or female, has won four state cross country titles --- something Bei has a shot at in 2000.

McFarland outdistanced Nordhoff Ojai High School to win the division IV team title in a race that had ramifications on the state record book. The seventh team title for McFarland moved them past Nordhoff for most team championships in boys' competition.

In other meet highlights, Tom Kubler set a division V mark of 15:51 for Viewpoint High School. Ryan Hall's (Big Bear High School) 15:24 was second best all-time in that classification. Alejandra Barrientos (San Lorenzo Valley) had the fourth best mark (17:37) in division III history.

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.

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.

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.

1992 Championships

McFarland High boys took the first of five straight state championships in 1992. Fallbrook's Milena Glusac took her second straight title just missing her personal best with a 17:14. Nordhoff finished second in both the boys' and girls' Division IV competition.

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 in 1994.

Hart boys and Agoura girls both repeated as team champions in Division I. Newport Harbor, in Division III girls, won its third CIF State Championship and Nordhoff Ojai pulled off a double, 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.

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 winning 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.

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.

1988 Championships

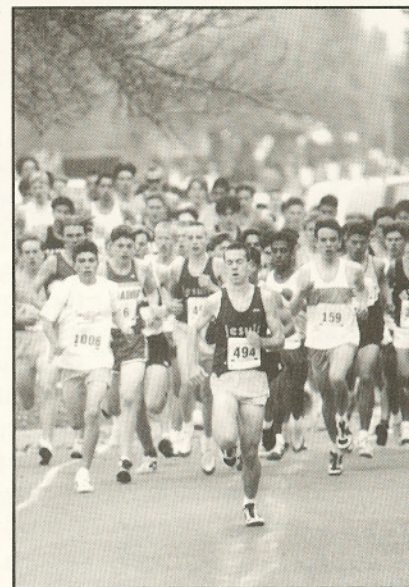
There were three repeat winners at the 1988 meet; Dameworth in Division I boys (15:03.2), Scott Hempel in Division II boys (15:15) and Kira Jorgensen in Division I girls (17:42). Bret Harte girls won the first of its two state titles with 54 points in Division III. Newport Harbor (girls Division II)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

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.



Robinson, McAlister, Moscovic Statewide Honorees

Edward Robinson of Reseda High School, Donnell McAlister of Florin and Lauren Moscovic of St. Mary's Stockton have been selected as the fall 2000 CIF Spirit of Sport Award winners.

The CIF Spirit of Sport Award recognizes students who best reflect the values and principles of "Pursuing Victory With Honorsm." The Pursuing Victory With Honorsm program is a character-building model adopted by the CIF and, to date, more than 200 of its member schools and school districts. Nominations are received from the 1272 schools that make up the CIF.

Winners receive a plaque and will be honored at the May meeting of the CIF Federated Council. All finalists receive medals sent to their schools. A complete list of all nominations can be found on the CIF website (www.cifstate.org).

"The quality of nominations was absolutely exceptional," said Larry Yeghoian, assistant superintendent of the Tehachapi Unified School District and chair of the CIF Sportsmanship/Citizenship Committee. "It's always encouraging to see the many outstanding nominations and student-athletes who are accomplishing so much in the classroom, in the community and in the role of school leadership -- and demonstrating character on the athletic field."

Lauren Moscovic, St. Mary's High School

St. Mary's Student-Athlete of the Year in both 1998-99 and 1999-2000, Moscovic is very active in community and school activities. A volleyball and track and field standout, Moscovic is involved in Special Olympics and in Child Abuse Prevention Council First Step. In addition, she participates in Students Against Drunk Driving, on the Girls' Cabinet for St. Mary's leadership and in the campus ministry program. Moscovic was a preseason All-American in volleyball and has been the MVP of several tournaments this year including the prestigious Durango Tournament in Las Vegas. She has earned an athletic scholarship to the University of Florida.

Stated Jack McDermott, SJAA Volleyball referee in a letter of support: "I have observed Lauren's play and attitude now for four years. What makes Lauren so special is her positive and healthy attitude on the court toward her fellow teammates as well as competitors. Some examples that I can recall and have observed include her encouraging teammates when they make mistakes and maintaining composure when questioning our (my) official calls during intense competitive situations. At the end of games, regardless of the outcome, I have always observed her to be one of the first to congratulate the competitors for their play."

Edward Robinson, Reseda High School

A three-sport standout at Reseda High School, Robinson has been a team captain in football, basketball and track and field. In addition, he has been a team MVP six times in those three sports. Outside of the athletic arena, Robinson has worked three years as a child care assistant, is a member of the black student union, the Humanitas Academy and has had artwork published in a textbook called *Art in Focus*.

Paul R. Miller, teacher, coach and Humanitas Coordinator at Reseda High School stated in a letter of support: "Few students who graced the halls of Reseda High School had better reason to be self-absorbed, arrogant, and brash. Eddie Robinson is, after all, the prototypical big man on campus and then some... While most teenagers would struggle to keep just one of his many accolades from going to their heads, Eddie remains unfazed. Eddie's intrinsic confidence, as well as his sincerity and friendliness, seems to stem from his strong family and his own character. The result is a levelheaded student-athlete who neither seeks nor shrinks from the spotlight. In either part, leader or role player, Eddie always remains a positive force within the team."

Donnell McAlister, Florin High School

A first-team All Delta League quarterback following the 1999 season, McAlister has competed in football, basketball and track and field at Florin. He has earned many accolades in athletics including team MVP honors in football and basketball and being selected as the *Elk Grove Citizen* Most Inspirational Athlete of the Year in 1999. McAlister has accomplished all this with the use of only one hand, as he was born without his left hand. A team captain in both football and basketball, he has volunteered in a summer Youth Leadership Forum for students with disabilities and has mentored a five-year-old student with the same disability as his.

Mark Macres, vice principal at Florin stated in a letter of support: "Donnell is an inspiration to all of his teammates. He never gives up on the field or on the court and his enthusiasm and sportsmanship is infectious. It is no coincidence that he is continually chosen as captain. He was born without his left hand and has managed to treat it as anything but a disability. Last year, I received a phone call from a parent in our community who had a five-year-old son with the same condition. She had read about Donnell in the newspaper and asked me if her son could meet him. Donnell stayed in contact with and mentored that little boy

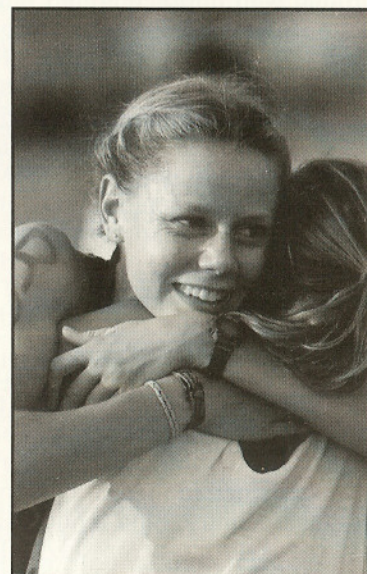
in the months that followed. He was instrumental in teaching this little boy how to overcome a disability.

FINALISTS - BOYS

| Student-Athlete | High School |
|--------------------------|-------------------------|
| Matt Araiza | Francis Parker |
| Ryan Creadick | Camarillo |
| Travis Hail | Whittier Christian |
| Stuart Hawkes | St. Joseph, Santa Maria |
| Matt Leinart | Mater Dei |
| Donnell McAlister | Florin |
| Chad Neslen | Johansen |
| Alfredo Nunez | San Pasqual |
| Edward Robinson | Reseda |
| Ron Willet | Moreau Catholic |

FINALISTS - GIRLS

| Student-Athlete | High School |
|------------------------|----------------------------|
| Jamie Bone | Maria Carrillo |
| Maureen Chung | Palm Springs |
| Maggie Coppini | Moreau Catholic |
| Ashley Davidson | Scripps Ranch |
| Margaret Demment | Woodland |
| Jennifer Leung | Cerritos |
| Erin MacLennan | Deep Valley Christian |
| Lauren Moscovic | St. Mary's Stockton |
| Julie Scott | Archbishop Mitty |
| Kappie Staunton | Tulelake |
| Kate Troescher | Clovis |

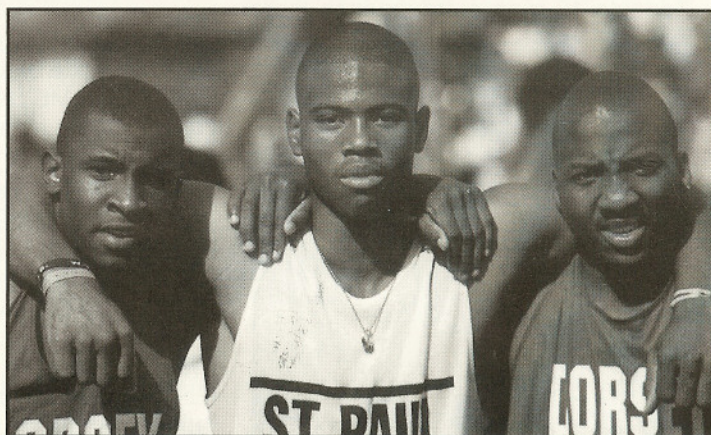


What is Pursuing Victory With Honorsm?

"Pursuing Victory With Honorsm," in its essence, provides the tools to teach character development skills to the student-athletes of California high schools.

"Pursuing Victory With Honorsm" came about through the Arizona Accord Conference, where major sports and educational leaders met in Scottsdale, Arizona to discuss the ethical and character-building aspects of athletic competition, with the hope that the framework of principles and values set forth would be adopted and practiced widely. The Josephson Institute of Ethics, CHARACTER COUNTS! Coalition and the United States Olympic Committee convened the conference on May 12-14, 1999. Invited to attend were 50 major sports leaders including Olympian John Naber, coaching legend John Wooden, NBC commentator Bob Costas, CIF Executive Director Jack Hayes, college and university presidents, collegiate coaches and athletic directors from major universities, Olympic coaches and athletes, representatives of the national sports media and national youth organizations.

The CIF unanimously adopted the principles of "Pursuing Victory With Honorsm" at its November 5, 1999 Federated Council meeting, consisting of educational leaders representing California's 1272 high schools. The CIF recognizes



the impact that high school athletics can play in society and is committed to the character-building goals of the program. In fact, the CIF felt so strongly about the 16 principles of the program that these have been made the operating principles of the organization.

To date, more than 200 member schools and school districts have joined with the CIF in "Pursuing Victory With Honorsm." Together, the CIF and its member schools can change the very nature of high school athletics and bring back the character, sportsmanship, ethics and integrity that high school sports can instill.

Long Beach Poly Boys, Peninsula Girls Highlight Team Race

Siraki, Hall, Bei Among Elite Group of Individuals

By Richard Gonzalez
Prep.caltrack.com

Already considered one of the premier hotbeds of prep running talent, the Golden State sets out to break new ground with unprecedented talent levels assembling at Fresno's Woodward Park for today's 14th annual CIF-State Cross Country Championships.

With Long Beach Poly's boys and Peninsula's girls posting the second-fastest team-time efforts in Mt SAC course history recently, and Foot Locker national title contenders Anita Siraki (Hoover, Glendale) and Ryan Hall (Big Bear) also in the fold, the 2000 edition of the meet might end up as the best ever.

Some 200 teams and an estimated 1,600-plus individuals will tour the 3.1-mile course today, each in search of team and personal goals as they strive for excellence in the enriching sport of cross country. Find a good spot and get ready to cheer on several of the nation's finest athletes and teams! Here's a look at some of what's in store:

Today's 10-race extravaganza kicks off with what promises to be a barnburner in Division III boys, with more than half a dozen squads having the coveted title spot within grasp!

Defending state titlist Don Bosco Tech (Rosemead, Southern Section) filled the darkhorse role to perfection in 1999, but arrives here as the division's top-ranked team this time around. Divisional victories at the Great American Cross Country Festival (North Carolina) and the Stanford Invitational and a great showing in the Large School Team Sweepstakes at Mt. SAC (80:07 team time) put the Tigers in great position early on, with juniors Mark Batres (seasonal best 15:17 at Mt. SAC) and Silvestre Uribe leading. But Norwalk pulled a shocker at the Southern Section finals in toppling Bosco Tech, 70-92, with siblings Puneet Mahan (individual winner in 15:17 at Mt. SAC) and Nitin Mahan aided by a great "backpacking" effort from the squad's remaining scorers.

Los Gatos is ranked #2 in the state and is another very, very dangerous squad, with the Central Coast Section



Defending Champion -- Alejandra Barrientos is looking to repeat as a state champion. She took the Division III individual title in 1999. photo by Kirby Lee

champions also rocketing to a 79:48 clocking at the Division III Sweepstakes clash at the Mt. SAC Invitational. Their crew is paced by a sensational triumvirate of Russ Martin, Tomas Viramontes and standout trackster Matt Bates.

Corcoran is another hot team to watch, having posted a great 80:25 October effort at Mt. SAC as a precursor to their Central Section title run, with Hector Figueroa and Luis Jaramillo setting the pace. South Hills (West Covina, SS) peaked well at last week's sectional for a seasonal-best 81:19 performance and third-place finish at Mt. SAC, with senior Tim Gachago and Rudy Arguelles both dipping well below 16:00.

Southern Section squads Newbury Park (Brandon Nakagawa and Warren Livingston among a very dangerous pack), Nordhoff (Mike Owen and Roberto Contreras aiming to keep a great Rangers tradition alive — six state boys titles!) and Barstow (with junior Kalan Ray a red-hot force in recent weeks), Northern Section champions Enterprise

(Matt Sartor easily among the state's best at this level) and newfound San Diego Section power Valley Center (junior star Cooper Bachman is the team leader and section titlist) are others to watch.

Up front, Enterprise's Sartor, Placer's Stuart Eastman (second at state in Division II in 1999), Los Gatos' Martin and Granada's Robbie Boyle are all very talented performers from a year ago, expecting to challenge Norwalk's Mahan and Bosco Tech's Batres for the top individual honor.

The Division IV boys contest doesn't figure to be as competitive as Division III, not with national power McFarland enjoying its best season in program history — that's saying a great deal considering they own a state record seven team championships on the boys' side!

McFarland danced through the Central Section Finals without a hitch, that coming after superb showings for Coach Jim White's crew at the Great American Cross Country Festival in North Carolina (winners of the talent-laden Invitational heat) and Mt. SAC Invitational (78:55) and a team-time record at the Bell-Jeff Invitational. Gifted senior Andres Gomez leads an otherwise all-underclass defending state championship squad that also includes Giovani Perezchica, Raudel Sanchez and Oscar Rodriguez.

Riverbank (Sac Joaquin Section winners), Oak Park (SS champions) and Estancia (SS runners-up) are among the talented casts seeking to put the heat on McFarland, with Riverbank (Mesfin Collins and Josh Blount) placing second (to state-non-qualifying Piedmont) at the Stanford Invitational and Oak Park (led by super talent Mark Nevers and Chase Ferrell for a squad not racing much yet in 2000, but rallying in the final mile for the SS title last week).

Estancia has a very dangerous pack which can do serious damage against talented, gargantuan fields such as these, with sophomore Humberto Rojas and Mike Casillas among its top performers. Big Bear, with All-American sensation Ryan Hall fresh off last week's jaw-dropping 14:28 course

record run at the SS finals at Mt. SAC, has made a big move as a squad in recent weeks. Among the key reasons? The fine development of their fifth man, Craig Hall — Ryan's freshman sibling. Ryan is seeking his second state title after winning three Southern Section crowns in his three years of running.

Taft (with Central Section champ Billy Nelson posting a sensational race-winning effort at the Mt. SAC Invitational), Morro Bay (a great Bryan Rayburn/Dusty Gaebel-led pack group that turned the corner at the Bell-Jeff Invitational and has been rocketing forward ever since), Yucca Valley (junior talent Anthony DeRouen and crew aiming to bounceback from last week's fourth-place sectional finish) and Salesian (James England leading a talented Los Angeles-based unit with a rich tradition in the sport) are other top teams.

Individually, defending champ Hall is the heavy favorite, but a great cast including Nevers, Nelson, Gomez and Corona del Mar's Tyler Beardslee are also in the mix.

Truly one of the state's greatest teams ever will be on display here, but being challenged by two programs with phenomenal pedigrees. San Lorenzo Valley has been the class of the state at this level for two years running, with Coach Rob Collins masterminding the rise of the latest national power. SLV emerged as the commanding Central Coast Section champion, with sibling stars Ale and Raquel Barrientos and breakthrough phenom Shiloh Whiting among the crew's top performers which steamrolled the competition at the Stanford Invitational and fared well at the "Great American" in North Carolina.

But now making itself visible in the rear-view mirror is Nordhoff, the red-hot champions from the Southern Section. The Rangers, possessors of a state record five year-end team championships for girls, performed admirably at sectionals as freshmen finds Lindsey Owen (17:55) and Lauren Lansing (19:03) teamed with Kate Krumpschmidt and Robin Quinn to wrest the title from pre-race favorite and Southland rival La Canada. LC shouldn't be counted out, however, having lost at sectionals in 1998 before rebounding the following week to win the crown. Veterans Emily Farr and Nicole Bonino ('98 section champ) are among those looking to experience *deja vu*.

Foothill of Redding returns its top two performers from last year's third-place team here, with Kelly Ortlieb and Missy Lendl among those keying a great attack. Section titlists University City (San

Diego) and Campolindo (North Coast, with frosh standout Melissa Yuhus and Karen Lee boasting valuable big-meet experience) and senior-dominated Rosary (Christi Arnerich and Jilane Rodgers) are other strong teams in the "plaque picture". Yreka (Northern) fared well at sectionals and should be taken seriously as well.

Individually, the aforementioned Barrientos sisters and Ortlieb will have to contend with North Coast winner Jenny Aldridge, who peaked extremely at the end of the last track campaign, and Sacred Heart Cathedral's Shannon Rowbury. Ale Barrientos is the defending champ (17:37 here last year), but Aldridge is the next fastest returnee (18:13 in 1999) and has shored the gap while Rowbury beat Barrientos by a few ticks at their section showdown. Jenna Timinsky of San Dieguito Academy (San Diego Section) tore through the Mt. SAC course in an impressive 18:10 clocking last month to rank as another first-rate contender. Also, keep an eye on Nordhoff's Owen, who is enjoying a banner frosh campaign.

Corona del Mar (SS) is the runaway pick in Division IV girls, with Coach Bill Sumner's latest edition of harriers handling all challenges in 2000 without a hitch. Still unbeaten, the defending state champions will try to "run the table" on Division IV today, with Season Meservey, Jen Cummings, Katie Quinlan and Diana Hossfeld leading a great cast that won the Team Sweepstakes affair at Mt. SAC in addition to numerous other invite titles.

The battle for the runner-up spot should be an extremely tight one, with Bishop O'Dowd (North Coast), Bret Harte (Sac-Joaquin) and Maranatha (SS) finishing in that order at the Mt. SAC Invitational. O'Dowd's fortunes center around Danila Musanta, among others, while Bret Harte has juniors Seanna Martin and Jill Semeza up front and Maranatha follows the lead of two-time SS champion Laura Meyers.

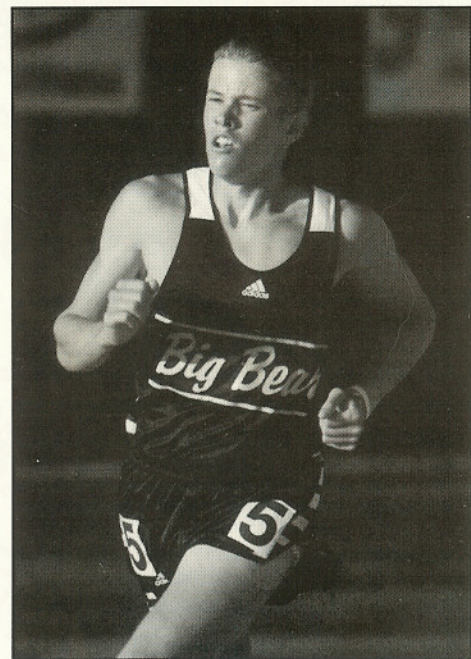
Morro Bay (Bristin Jones and Soraya McCune spearhead the attack) and La Reina (Suzanne Purmert and Katie Gose lead) are also two squads moving into the picture in recent weeks, with each progressing nicely through their section finals.

Individually, Meyers and Bridget Duffy of St. Mary's (Berkeley) appear to be the co-favorites. Meyers sped to a lifetime-best 18:08 Mt. SAC effort last week, with Duffy finishing second in state Division IV (18:35) in 1999. Oak Park frosh Lauren Morales is among the divisional darkhorses.

The battle for the Division V boys title has identified two serious contenders — Southern Section powers Santa Clara and Flintridge Prep, which placed in that order at last weekend's sectionals by a 54-62 score. The margin was less than half of that when the squads met at the Mt. SAC Invitational last month, with Flintridge Prep now priming itself for a bid at a third consecutive state crown.

Santa Clara is unbeaten against Californians at Division V, with Bobby Hull, Michael Reed and Anthony Walker among those courting a bevy of up-front talent rarely seen at this level. Flintridge Prep matches up well, however, with the senior trio of team leader Steve Pearson, Ian Pocock and West Vane collectively enjoying a solid season.

At four of the five scoring positions last week, the scoring position margin between the two schools was two points or less! Woodcrest Christian (SS), Calvary Chapel of Downey (SS), University of San Francisco (NC) and Webb of Claremont (SS) are the four teams expected to vie for the remaining team plaque. Woodcrest Christian peaked well at its section meet, with improved senior Ryan Hawkins and frosh wonder Grant Nunnally leading the postseason charge. Calvary Chapel has a nice trio as its starting point, with Shaun McInnis and siblings Shaun and Patrick Fitzgerald filling the need. University is a very promising all-underclass group led by junior Sean Drake and sophomore Aaron Walker. Webb, an at-large



Heavy Favorite -- Big Bear's Ryan Hall looks to defend his Division IV crown. photo by Kirby Lee

entry into the state meet, has an impressive lead tandem in Ray Choudhary and Steve Gilroy. This will be an extremely exciting race up front as well, with Viewpoint's Tom Kubler (12th at the 1999 Foot Locker West Regional) and Cate's Henry Hagenbuch (versatile, as is also a state champion in squash!) locking up once again. These two competitors can really crank it up at crunch time, with Hagenbuch racing to victory at the Mt. SAC Invitational but Kubler returning the favor at the same locale at last week's sectionals. \

Other outstanding individuals expected to challenge include Branson's Matt Marks (third here in 1999), Northern California superstar sophomore Tim Nelson (Northern Section champ), San Diego's Will Kraemer (Army/Navy School) and Ontario Christian's Jesse Kleinjan (a breakthrough 15:43 at Mt. SAC last week).

Next up is the Division I girls clash, where national power Peninsula High (with veteran coach Joe Kelly seeking an unprecedented fourth large-schools girls title) and Foot Locker Nationals co-favorite Anita Siraki will be showcased! Peninsula blazed to the second-fastest team time in Mt. SAC course history with a 92:31 effort (that's 18:30 average for their scoring quintet of Nicole Lee, Emily Vince, Breanne Sandberg, Tina Downey and Tracy Bassett), firing up on all cylinders to smash a sensational field of teams.

But don't engrave the plaque just yet!!! Peninsula lost to powerhouse newcomer Buchanan at the Mt. SAC Invitational last month, with that same crew streamrolling to five of the first eight finish positions at the Central Section Finals. Kelli Vanderburg, Karis Wilson, Natalie Garcia, Jessica Laslovich and Emily Norvell are among a tightly-bunched scoring five.

If the form charts among those two squads hold true, then it'll be a fierce battle for third, with Quartz Hill (SS), Mt. Carmel (SD), Dana Hills (SS) and Murrieta Valley (SS) leading the fight! Quartz Hill is the Southland's biggest surprise in 2000, with freshmen Amanda O'Neal and Lacey Troth leading a very steady crew on the fringe of the regional rankings. Mt. Carmel boasts a great lead duo in Ashley Dere and Janet Mulvey, with the crew rolling to a 63-83 section win over a dangerous Torrey Pines crew (Julie Komosinski among the Golden State's top stars) that is also here today. Dana Hills is equally potent, with Tarrah Crowley and frosh find Jane Chapin leading a deep cast of members developing very well through-

out 2000. Murrieta Valley features one of the nation's finest freshman in affable star Liza Pasciuto, who scorched the Mt. SAC trails to a grade record 17:23 last week. Rachael Corrington is another key name on a deep roster for MV.

Among the darkhorses to watch might be Thousand Oaks, a unit which turned the tables on the competition at the section meet by leapfrogging past a number of quality programs. Senior Kelley Hess is the team's accomplished frontrunner.

Individually, Anita Siraki (Hoover High, Glendale, SS) is the favorite among a stellar cast, with the personable phenom smashing Julia Stamps' Mt. SAC course record by 17 seconds (down to 16:38 — yikes!!!) last month. Siraki is the defending state champion, touring the Woodward Park layout in 17:35 last year, with Fountain Valley's Julie Allen (17:42 here in '99) and Pasciuto among the lead pursuers. Komosinski of Torrey Pines (SD) and Natalie Stein of North Hollywood (LA City) are other major talents.

The Division II boys race could offer plenty of intrigue, since there are several teams closing in on nationally ranked and Southern Section champion Canyon. The favored Cowboys showed plenty of character and heart last weekend, with a key scorer severely under the weather but performing admirably to help secure the team's title effort. Canyon raced a divisional record 78:10 on the Mt. SAC course last month, with the quartet of Jameson Mora, Nick Zoeteway, Ryan Morgan and Luke Llamas often interchanging their order but mastering their recipe for success.

Rubidoux, Sultana, St. John Bosco, Jesuit, Eureka, De La Salle and Granada are among an endless well of talented teams. Rubidoux has been super consistent in the last month, with Lino Flores and Co. courting good depth in an 80:09 Mt. SAC run a year ago. Sultana, fittingly with a super-sized "S" emblazoned across its team jerseys, seeks another superhuman effort after an 80:18 clocking at sectionals. Sultana (with Dan Lyon, Boyd Black and Daren Black forming a great lead trio effort at Mt. SAC (15:34/15:34/15:46) has had a key scorer missing for over a month, otherwise the team has the arsenal to put the heat on Canyon. St. John Bosco (Bellflower, SS) has been the breakthrough team of 2000, with the Braves (not advancing past the section prelims the last several year) earning their first state-meet appearance. Senior Brian

Robles has been as valuable as can be to the young group this season, with underclass standouts Kellen Acosta, Randy Hills and Killian Dugan among those shining throughout the fall campaign.

Jesuit has quite a postseason tradition under legendary coach Walt Lange (including a whopping five state titles), with the highly respected crew looking to turn some more late-season magic today. Brandon Collins and Barry Carmody are among those poised to finish the season on a very strong note. Early reports of defending state champ Eureka's demise proved exaggerated, as the Loggers blasted state-ranked squads De La Salle (Nathan Berner leading) and Granada (Carl Dambkowski and Robbie Boyle providing a sensational 1-2 punch here) at the North Coast Section Finals, 43-63-70.

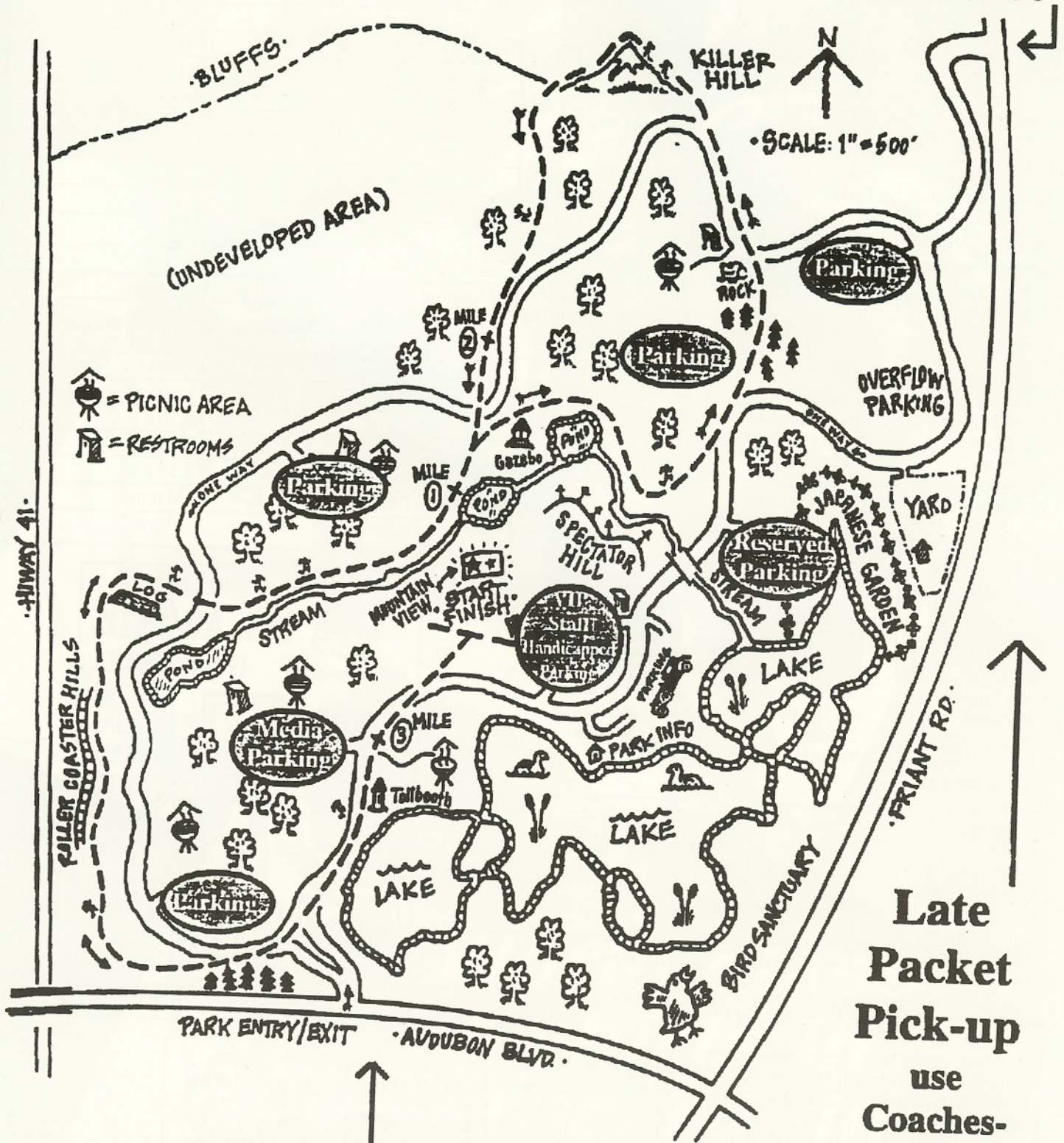
Juniors Shaun Lyle and Dale Kitt lead a Eureka crew well capable of making a mockery of the rankings. Individually, Santa Margarita's (SS) Steve Murray has been on a tear, including a commanding 15:05 Mt. SAC win last week. However, Eureka's Lyle is as tough as they come, with North Coast talent Yong-Sung Leal (Arroyo) and the aforementioned runners also in the picture.

The Division V girls race figures to be a rematch of last year's main combatants, when Chadwick (Palos Verdes Estates, Southern Section) held off University for the crown. Chadwick returns tougher than ever for Dolphins coach George Ramos, with juniors Kristin Cohoon and Vanessa Smith fresh off a 1-3 finish at the section finals — Cohoon winning individual honors by a whopping 39 seconds — in leading the crew to another winner's plaque.

University (led by Yfa Kretzschmar with a great pack in tow) held off a stiff challenge from Lick-Wilmerding (with Isa Barth-Rogers and Diana Best leading) at the North Coast Section Finals as both look to gain hardware for the trophy case today. Desert Christian of Lancaster (SS) and Flintridge Prep (La Canada-Flintridge, SS) are two dangerous programs worth noting, with each harboring considerable depth to take advantage should any of the favorites encounter problems. Desert Christian follows the lead of junior Jyn Wright while Flintridge Prep has a great 1-2 punch in seniors Nicki Sperling and Becky Gregg. Also interesting to note here is that Chadwick, Flintridge Prep, Pasadena Poly and Brentwood are all from the same Southern Section league (Prep League), believed to be the first time a single league has had four partici-

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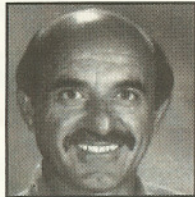
Jim Eckman
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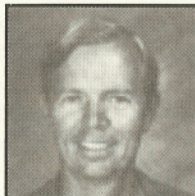
Bob King
Coach Del Campo H.S.



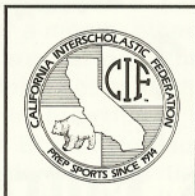
Liz Mueller
Teacher/Coach Escondido HS



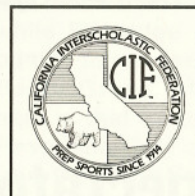
Scott Fairley, Coach
X-Country/Track West Valley HS



Doug Speck
Teacher Arcadia HS



Bruce Shimizu
Principal Andrew Hill H.S.



Ernest Aguirre
Coach Bell H.S.

TIME SCHEDULE

RACES

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

AWARDS

| | |
|--------------------|------------|
| Division III Boys | 10:00 a.m. |
| Division III Girls | 10:20 a.m. |
| Division IV Boys | 10:40 a.m. |
| Division IV Girls | 11:00 a.m. |
| Division V Boys | 11:20 a.m. |
| Division I Girls | 11:50 a.m. |
| Division II Boys | 12:25 p.m. |
| Division V Girls | 12:55 p.m. |
| Division I Boys | 1:30 p.m. |
| Division II Girls | 1:50 p.m. |



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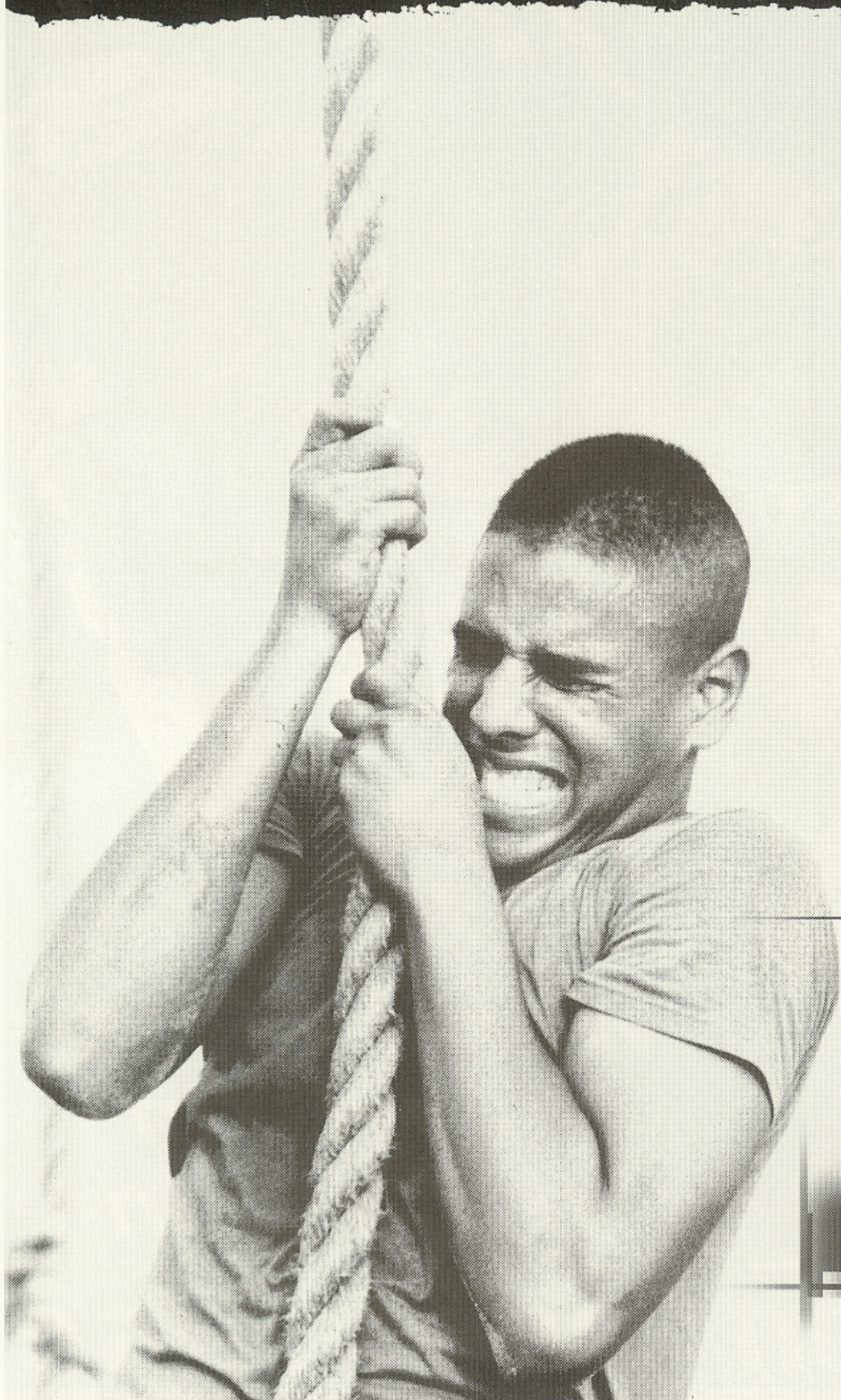
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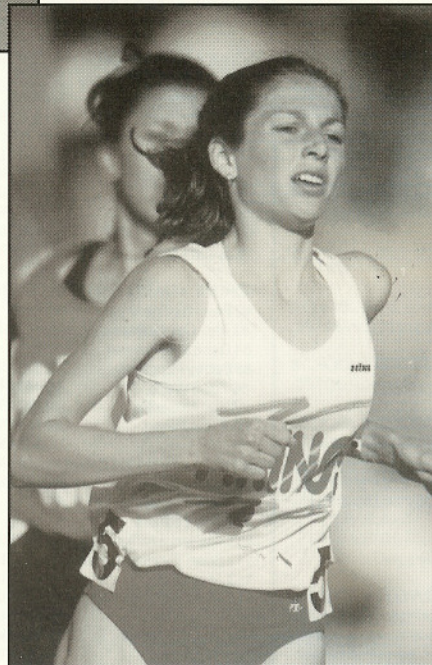
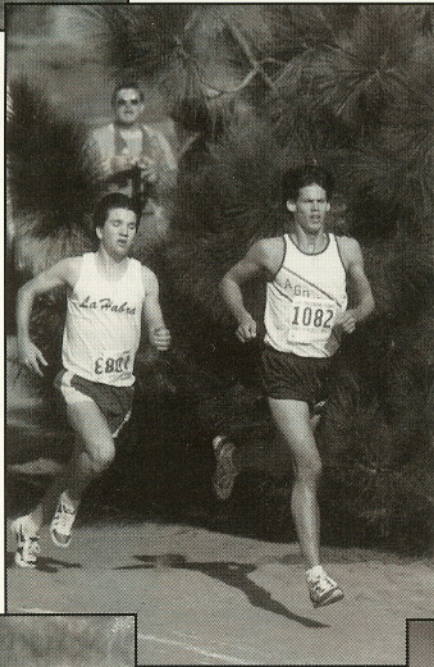
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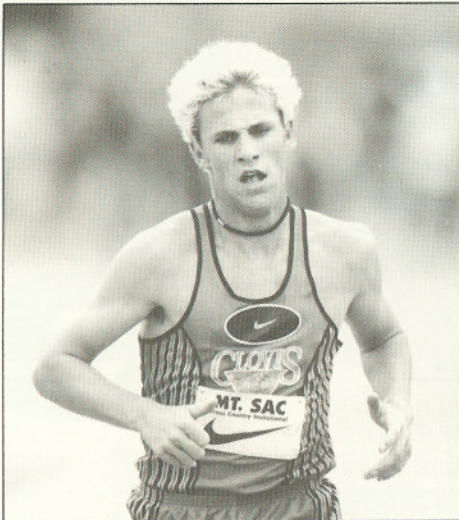


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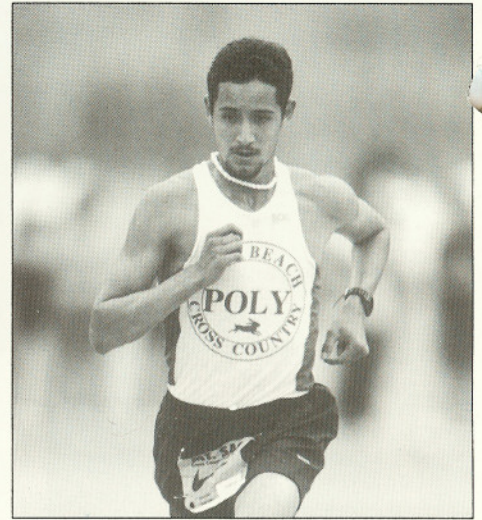
2000 CIF Competitors and Team Listings



JJ Duke, Clovis H.S.
6th at 1999 state meet. photo by Kirby Lee



Anita Siraki, Hoover Glendale H.S.
Returning state champion.
photo by Kirby Lee



Ozzie Pina, Long Beach Poly H.S.
9th placer in 1999. photo by Kirby Lee

DIVISION I - BOYS

AFF NO. NAME YR SECTION
=====

SCHOOL = APTOS

17 Brett Gotcher JR CCS
18 Scott McConville SR CCS
19 Franco Violich JR CCS
20 Kurt Munoz SR CCS
21 Dan Bettencourt JR CCS
22 Jacob Evans FR CCS
23 Dylan Helmer SO CCS

SCHOOL = BELLARMINE PREP

41 Neil Davis SR CCS
42 Wayne Hopp JR CCS
43 Dan Futrell SR CCS
44 Samer Narang SR CCS
45 Ryan Moreland JR CCS
46 Ryan Jensen SO CCS
47 Grant Cornia JR CCS

SCHOOL = MILPITAS

230 Matthew Grilli SO CCS

SCHOOL = SAN BENITO

346 Patrick Hernandez JR CCS

SCHOOL = SILVER CREEK

363 Jon Gire SR CCS

SCHOOL = WATSONVILLE

396 Israel Benitez SR CCS

SCHOOL = BAKERSFIELD

39 Esteban Mejia SR CS

SCHOOL = BUCHANAN

64 Ryan Anderson SR CS
65 Casey Burchill JR CS
66 Freddie Funston JR CS
67 Kyle Cirrincione SR CS
68 Dustin Bauer SR CS
69 Billy Cornelison JR CS
70 Aaron Goldstein SO CS

SCHOOL = CLOVIS

91 JJ Duke SR CS
92 Zack Tarver SR CS
93 Matt Cooley SR CS
94 Justin Coburn JR CS
95 Evan Bayless JR CS
96 Steve Marcial SR CS
97 Humberto Hernandez SR CS

SCHOOL = CLOVIS WEST

105 Kevin Davis JR CS
106 Kent Polkinghorne JR CS

SCHOOL = MADERA

223 Chris Britton JR CS
224 Michael Barrera JR CS

SCHOOL = BELMONT-LA

48 Raymundo Castillo SRLAS
49 Marlon Ruiz JR LAS
50 Rashbo Ahmed JRLAS
51 Jose Villela JRLAS
52 Juan Luvian SRLAS
53 Miguel Hernandez SOLAS
54 Jose Rojas SRLAS

SCHOOL = BIRMINGHAM

62 Lino Ortiz SRLAS

SCHOOL = CLEVELAND

90 Damian Mendoza SRLAS

SCHOOL = EAGLE ROCK

165 Oscar Sanchez SRLAS

SCHOOL = EL CAMINO-LA

168 Chris Wells-Anders SRLAS

SCHOOL = MONROE

241 Manuel Ruiz FRLAS
242 Germain Ortiz SRLAS
243 Paramjit Singh SOLAS
244 Juan Guzman JR LAS
245 Thordanth Acosta SOLAS
246 Ricardo Miranda SRLAS

SCHOOL = TAFT-LA

369 Daniel Clements SRLAS

SCHOOL = ALAMEDA

1 Nathan Brassmassery SR NCS
2 Kota Reichert SR NCS
3 Yoji Reichert SO NCS
4 Nicolas Bell JR NCS
5 Greg Orzell SR NCS
6 Nicolas Falzone FR NCS
7 Peter Lim JR NCS

SCHOOL = AMADOR

8 Jason Oswalt SR NCS

SCHOOL = CASTRO VALLEY

82 Beau Bettinger JR NCS
83 Alex Cardiasmenos SR NCS
84 Dane Stsadelman JR NCS
85 Bobby Puppione SR NCS
86 Zane Wette SO NCS
87 Yuri Nosenko SR NCS
88 Chris Wong JR NCS

SCHOOL = COLLEGE PARK

108 Matt Owen JR NCS
109 Shawn Farr JR NCS
110 Eric Tedmus JR NCS
111 Walter Lezama SR NCS
112 Sean Thomas-Bignami SR NCS
113 Joey Bernardo SR NCS
114 Michael Strongman JR NCS

SCHOOL = JAMES LOGAN

206 Gilliat Ghebray JR NCS

SCHOOL = MISSION SAN JOSE

238 Jeff Squires SR NCS

SCHOOL = SAN LEANDRO

348 Efeseon Yosief SR NCS

SCHOOL = RED BLUFF

317 Francisco Farias SR NS
318 Neil Galvez SO NS
319 Juan Carrillo SR NS
320 Dallen Ross JR NS
321 Gerardo Castro SR NS
322 Nathanael Parsons SR NS
323 Cesar Contreras SO NS

SCHOOL = OAKLAND

278 James Fortune JR OS
279 Armel Jasarevic SR OS
280 Brian Wong JR OS
281 Lai Saephan SO OS
282 Ismet Redic SR OS
283 Adrian Luis FR OS
284 Gavin Chan SR OS

SCHOOL = OAKLAND TECH.

286 Paul Young SO OS

SCHOOL = SKYLINE-OAKLAND

365 Karl Gusner SR OS

SCHOOL = BONITA VISTA

63 Dustin Whitson SR SDS

SCHOOL = MT CARMEL

254 Abadir Barre JR SDS

SCHOOL = POWAY

302 Aaron Powell SR SDS
303 Luke McGinnis JR SDS
304 Devin Lyons-Quirk SR SDS
305 Gavin Coleman FR SDS
306 James McCarthy SR SDS
307 Pat McCarthy SO SDS
308 Chris Ryan SR SDS

SCHOOL = SAN DIEGO

347 Christian Dominguez SR SDS

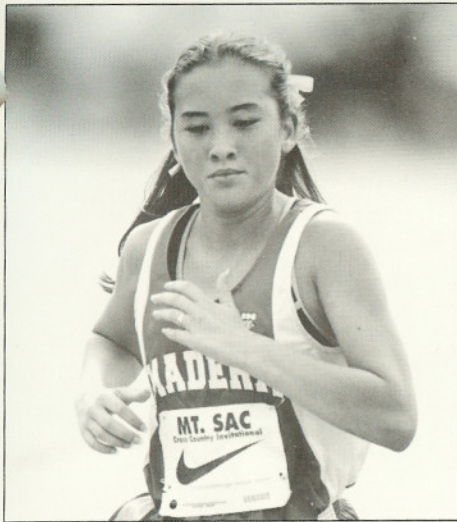
SCHOOL = SWEETWATER

368 Mark Dionela SR SDS

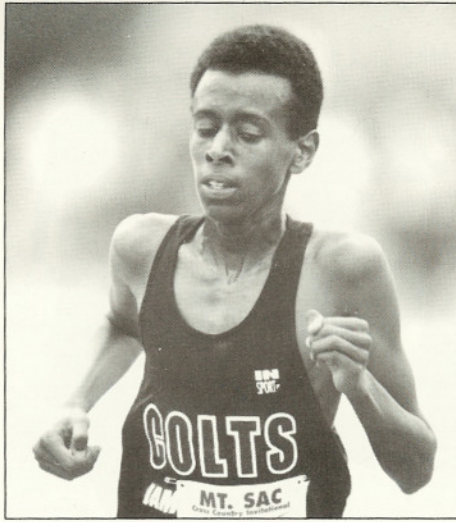
SCHOOL = VISTA

386 Ryan Montez SR SDS
387 Mark Baddas SR SDS
388 Ramon German SR SDS
389 Eric Hernandez SR SDS
390 Hiladio Larios SR SDS
391 Joe Aguilar JR SDS
392 Nick Danza SR SDS

2000 CIF Competitors and Team Listings



Heather Hanson, Madera H.S.
Fourth in 1999 (18:14). photo by Kirby Lee



Giliat Ghebray, Logan H.S.
photo by Kirby Lee.



Julie Allen, Fountain Valley H.S.
2nd placer in 1999 (17:42).

SCHOOL = WEST HILLS

398 Ben Aragon SR SDS

SCHOOL = BURTON

78 Vladimir Perrales SO SFS
79 Romanic Martinez SR SFS

SCHOOL = LOWELL

209 Dario Amodei SR SFS
210 Michael Dean JR SFS
211 David Lin SR SFS
212 Henry Luong JR SFS
213 Peter Luong SR SFS
214 Brian Quan SR SFS
215 Jonah Sinick SO SFS

SCHOOL = MCATEER

227 Oscar Avila SR SFS
228 Emmanuel Mejia SO SFS

SCHOOL = WASHINGTON-SF

394 Derek Chiu JR SFS

SCHOOL = DAVIS

136 Luke Gibson SR SJS
137 Jacob Liorente SR SJS
138 Chris Beetley-Hagle JR SJS
139 Taylor Gross SO SJS
140 Nate Rose JR SJS
141 Nate Moroski SR SJS
142 Will Moroski SO SJS

SCHOOL = DEL CAMPO

150 Tom Getchell JR SJS
151 Chris Hart SO SJS
152 Dan Gudera SO SJS
153 Robert Rash SR SJS
154 Jeremy Rushing SR SJS
155 Eli Bassin SR SJS
156 Zack Raske JR SJS

SCHOOL = LINCOLN-STOCKTON

208 Evan Folat JR SJS

SCHOOL = MODESTO

239 Jose Chavez SR SJS

SCHOOL = TURLOCK

384 Mark Rivera SR SJS

SCHOOL = VALLEY

385 David Blue SR SJS

SCHOOL = WILL C. WOOD

401 Jason Carwile JR SJS

SCHOOL = CAMARILLO-ADOLFO

81 Johnny Zendejas SO SS

SCHOOL = DANA HILLS

122 Devin Segal SR SS
123 Tyler Kastorff SO SS
124 Derek Horn SR SS
125 David Troxcl JR SS

126 Tommy Jordan JR SS
127 Damian Hall JR SS
128 Duncan Jacobson SR SS

SCHOOL = DON LUGO

157 Arturo Garcia SR SS
158 Erick Maldonado SO SS
159 Ricardo Rodriguez SR SS
160 Alex Benavidez SO SS
161 Filiberto Michel SR SS
162 Raphael Asafo-Agyei JR SS
163 Arnold Cardenas SR SS

SCHOOL = EDISON-HB

1686 Scott Brandos SR SS
1687 Kevin McCarter SR SS
1688 Aretie Moreno SR SS
1689 Matt Udink SR SS
1690 Robbie Simon SO SS
1691 Steven Chen JR SS
1692 Peter Barriea SR SS

SCHOOL = EL TORO

169 Ricky Rehanek SR SS
170 Dustin Wilberg SR SS
171 Travis Savala JR SS
172 Sean McMannis SR SS
173 Matt Rolfe JR SS
174 Brian Garbe JR SS
175 Matt Copolla SO SS

SCHOOL = HOOVER

203 Efrain Olivares SR SS

SCHOOL = MILLIKAN

229 Rene Reyes SR SS

SCHOOL = MURRIETA VALLEY

263 Kevin Arnold SR SS
264 Carlos Handler SR SS
265 Tim Cusack SR SS
266 Justin Allen SR SS
267 Chris Taylor JR SS
268 Branden Power JR SS
269 Donny Pearca SR SS

SCHOOL = POLY-LONG BEACH

295 Oswaldo Pina SR SS
296 Bryan Durham JR SS
297 Oscar Mendez JR SS
298 Kevin Brulois SO SS
299 Luis Ruiz SO SS
300 Kevin Ward SO SS
301 Ed Giles SO SS

SCHOOL = RIALTO

331 Tyler Jones SR SS
332 Jovani Gonzales SR SS
333 Paul Nansen SR SS
334 Jonathan Castro SR SS
335 Gihbran Espinoza SR SS
336 Alan Fascinetto SR SS
337 Justin Ambos JR SS

SCHOOL = SANTA ANA

356 Diego Rocha JR SS
357 Jose Cholula SR SS
358 Joel Guzman SR SS
359 Carmello Balbuena SR SS
360 Uziel Lara SR SS
361 Mario Cruz SO SS
362 Adrian Mendoza SO SS

SCHOOL = YUCAIPA

410 Ryan Metheny SR SS
411 Matt Meyer JR SS
412 Garrett Holt SR SS
413 Camden Delong JR SS
414 Aldo Malagon JR SS
415 Greg Foltz SR SS
416 Eric Foltz SR SS

DIVISION I - GIRLS

SCHOOL = APTOS

24 Casey Nevitt SO CCS
25 Heather Eastman JR CCS
26 Leanorra Sanchez SO CCS
27 Katie Munoz FR CCS
28 Elizabeth Maycda JR CCS
29 Jessica Richmond JR CCS
30 Erika Campbell JR CCS

SCHOOL = MILPITAS

231 Jessica Baldwin SO CCS
232 Ashleigh Nebeker SR CCS
233 Erinn Kim FR CCS
234 Erica Elias FR CCS
235 Marie Nguyen FR CCS
236 Shelby Burrus SO CCS
237 Megan Weisgerber FR CCS

SCHOOL = MT. PLEASANT

262 Monica Gonzales SO CCS

SCHOOL = SILVER CREEK

364 Rena Rico JR CCS

SCHOOL = SO. SAN FRANCISCO

367 Monica Martinez SR CCS

SCHOOL = WATSONVILLE

397 Consuelo Mata SO CCS

SCHOOL = BUCHANAN

71 Keli Vanderburg SR CS
72 Karis Wilson SO CS
73 Natalie Garcia SR CS
74 Jessica Laslovich FR CS
75 Emily Norvell FR CS
76 Meredith Heilbut SR CS
77 Valeria Delgado SO CS

SCHOOL = CLOVIS

98 Sabrina Johnson SO CS
99 Becky Bremenkamp SO CS
100 Kristy Barrus JR CS

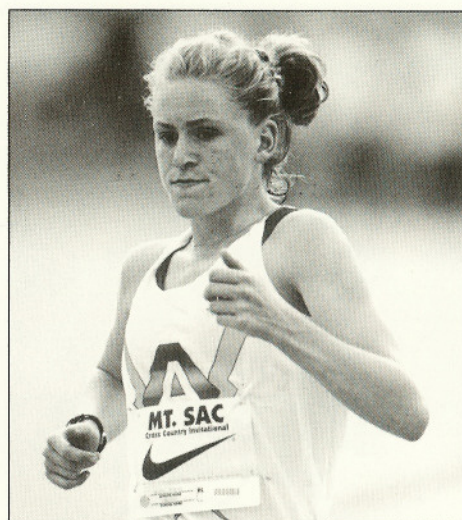
2000 CIF Competitors and Team Listings



Amber Trotter, Ukiah H.S.
20th finisher in 1999. photo by Kirby Lee



Efeson Yosief, San Leandro H.S.
9th (15:50) in 1999. photo by Kirby Lee



Laura Jakosky, Agoura H.S.
6th (18:31) in 1999. photo by Kirby Lee

101 Tara Hawkins SO CS
102 Nikki Espinoza SR CS
103 Sarah Krall SO CS
104 Katie Barrus JR CS

SCHOOL = CLOVIS WEST
107 Kim Smith SR CS

SCHOOL = MADERA
225 Heather Hansen JR CS
226 Teri Wilson SR CS

SCHOOL = BELMONT-LA
55 Janeth Osorio SRLAS
56 Ligia Alvarez JRLAS
57 Araceli Campos SRLAS
58 Laura Serrano JRLAS
59 Maria Mateo SOLAS
60 Wendy Mendez SOLAS
61 Lucia Texcaro FRLAS

SCHOOL = EAGLE ROCK
166 Jessica Lopez SRLAS

SCHOOL = FRANKLIN-LA
190 Lynette Clark FRLAS

SCHOOL = NORTH HOLLYWOOD
277 Natalie Stein SRLAS

SCHOOL = PALISADES
287 Marissa Madsen SRLAS

SCHOOL = ROOSEVELT-LA
338 Maria Blazquez JRLAS

SCHOOL = SAN PEDRO
349 Heather Rosas JRLAS
350 Nicole Robidart SRLAS
351 Cora Webber SOLAS
352 Nicole Mardesic SRLAS
353 Jessica Lugo SRLAS
354 Lori Cardenas FRLAS
355 Cygni Olivares FRLAS

SCHOOL = ANTIOCH
9 Christine Perez JR NCS
10 Janie Nolan JR NCS
11 Angela Flood SR NCS
12 Laura Simoncini SR NCS
13 Dina Neils JR NCS
14 Jennifer Fortney SR NCS
15 Jennifer Townsend SR NCS

SCHOOL = ANTIOCH
16 Janie Nolan JR NCS

SCHOOL = COLLEGE PARK
115 Erica Holland FR NCS
116 Ashley Allen JR NCS
117 Lindsay Allen FR NCS
118 Gina Tow SR NCS
119 Betsy Sale SR NCS
120 Liz Noey FR NCS

121 Jessica Wix FR NCS
SCHOOL = GRANADA
200 Lisa Crampton SO NCS
201 Kelly Crampton SR NCS

SCHOOL = JAMES LOGAN
207 Stacy Aurit SR NCS

SCHOOL = MONTE VISTA
247 Susan Chan SR NCS
248 Brittany Rezowalli FR NCS
249 Christli Brown SO NCS
250 Kristin Schleicher SR NCS
251 Chloe Eng SO NCS
252 Kaelon May SO NCS
253 Linelle Schultz FR NCS

SCHOOL = RED BLUFF
324 Molly Stinson SR NS
325 Shelby Schwabauer FR NS
326 Michelle Siemens JR NS
327 Cristy Brent FR NS
328 Morgan Franklin SO NS
329 Kristi Maret FR NS
330 Catherine Standridg FR NS

SCHOOL = FREMONT-OAKLAND
191 Rose McFadden FR OS
192 Dania Chavez SR OS
193 Monica Gomez SO OS
194 Caroline Gikuru FR OS
195 Leticia Dominguez SR OS
196 Stephanie Castaneda JR OS
197 Yesenia Valenzuela SO OS

SCHOOL = OAKLAND
285 Lezetite Martinez SR OS

SCHOOL = SKYLINE-OAKLAND
366 Kristen Hopkins SO OS

SCHOOL = EL CAMINO
167 Sabrina St. Laurent JR SDS

SCHOOL = GRANITE HILLS
202 Cindy Walker SO SDS

SCHOOL = MT CARMEL
255 Ashley Dere SR SDS
256 Janet Mulvey SR SDS
257 Manal Yamout SR SDS
258 Deanna Sick JR SDS
259 Audrey Harrer SR SDS
260 Alison Hilton SO SDS
261 Brittany Pierce SDS

SCHOOL = RANCHO BUENA VISTA
316 Nastassja Hall JR SDS

SCHOOL = TORREY PINES
377 Julie Komosinski SR SDS
378 Danielle Schuster FR SDS
379 Krista Romley JR SDS

380 Brenna Williams SO SDS
381 Ashley Orr JR SDS
382 Alisha Schor SO SDS
383 Hailey Moore JR SDS

SCHOOL = WEST HILLS
399 Shawna Winfrey SR SDS
400 Chandra farnham JR SDS

SCHOOL = BALBOA
40 Sandra Calzada JR SFS

SCHOOL = BURTON
80 Feng Wu SO SFS

SCHOOL = INTERNATIONAL STUDIES ACAD.-SF
205 Maja Ruznic SR SFS

SCHOOL = LOWELL
216 Lorie Delizo SR SFS
217 Michi Hirakawa-Wong SR SFS
218 Kelly Leong FR SFS
219 Lika Sasaki JR SFS
220 Otilia Torres SO SFS
221 Ivy Truong JR SFS
222 Tracy Zhu FR SFS

SCHOOL = WASHINGTON-SF
393 Susan Lai JR SFS
395 Jullian Ruppenstein SR SFS

SCHOOL = ATWATER
31 Dallon Williams SO SJS

SCHOOL = DAVIS
143 Sarah West JR SJS
144 Lindsey MacIise SR SJS
145 Virginia Reinhart SO SJS
146 Leslie Alexander JR SJS
147 Robin Batha JR SJS
148 Yia Tausczik SR SJS
149 Marisa Lindsay JR SJS

SCHOOL = GRACE DAVIS
198 Alana Garcia SO SJS
199 Ashleigh Smith SR SJS

SCHOOL = MODESTO
240 Jennifer Lopez JR SJS

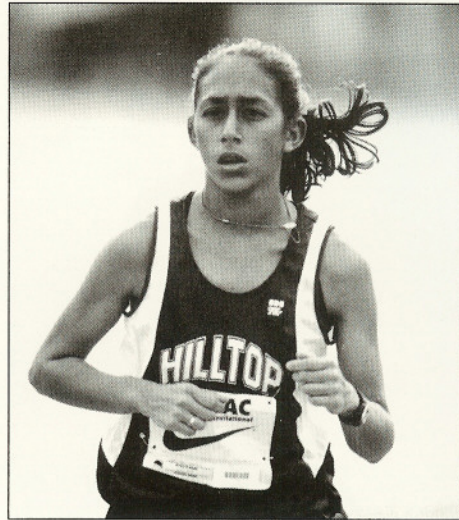
SCHOOL = WILL C. WOOD
402 Kelly Dahl JR SJS

SCHOOL = WOODLAND
403 Laura Muller JR SJS
404 Monica Garcia SR SJS
405 Loie Hollowell SR SJS
406 Megan Cearley SO SJS
407 Stacey Crumrine SO SJS
408 Betty Olmedo SR SJS
409 Becky March SO SJS

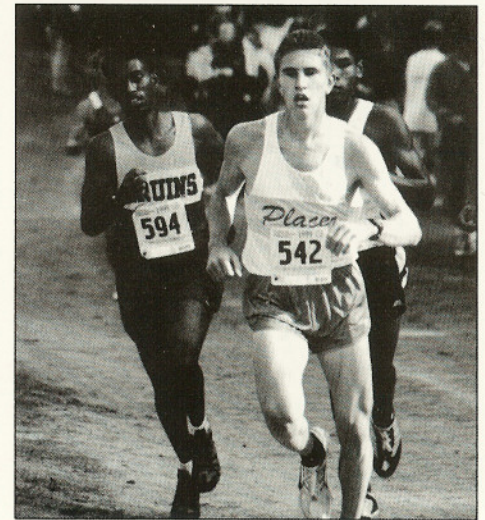
2000 CIF Competitors and Team Listings



Steven Murray, Santa Margarita H.S.
Placed 10th in Div. II (15:52) in 1999.



Desiree Davila, Hilltop H.S.
4th (18:15) in 1999. photo by Kirby Lee



Stuart Eastman, Placer H.S.
Runner-up in 1999 (15:29 in Div. II)

SCHOOL = AYALA

32 Whitney Paton FR SS
33 Ashley Curtis SO SS
34 Chelsey Traylor SO SS
35 Karen Porter SO SS
36 Emily Jones FR SS
37 Dru Volkmer SO SS
38 Ashleigh Houglund SO SS

SCHOOL = DANA HILLS

129 Tarrah Crowley SO SS
130 Stephanie Eckl SO SS
131 Janae Chapin FR SS
132 Julie Johnson JR SS
133 Emilie Branham SO SS
134 Kassi Gaffoglia FR SS
135 Erica Solomon SO SS

SCHOOL = DOWNEY

164 Magdalena Cortez JR SS

SCHOOL = ESPERANZA

176 Alison Costello SO SS
177 Shalice Pugmire JR SS
178 Kyle Irwin SR SS
179 Nicole Distefano SR SS
180 Stephanie Marton JR SS
181 Maribeth Buche SR SS
182 Maggie Thompson SO SS

SCHOOL = FOUNTAIN VALLEY

183 Julie Allen JR SS
184 Erin Epting SO SS
185 Samantha Caldwell FR SS
186 Bethany Nickless SO SS
187 Roseanne Peters SR SS
188 Samantha Payne JR SS
189 Natalie Elliott SR SS

SCHOOL = HOOVER GLENDALE

204 Anita Siraki SR SS

SCHOOL = MURRIETA VALLEY

270 Liza Pasciuto FR SS
271 Rachael Corrington SO SS
272 Kristina Hill SO SS
273 Angela Hill FR SS
274 Bonghavih Shey SO SS
275 Shea Corbin JR SS
276 Melodie Pourtau JR SS

SCHOOL = PENINSULA

288 Emily Vince JR SS
289 Breanne Sandberg SR SS
290 Nicole Lee SR SS
291 Tina Downey SO SS
292 Becky Cherry SO SS
293 Tracy Bassett JR SS
294 Eiko Okamoto FR SS

SCHOOL = QUARTZ HILL

309 Amanda O'Neal FR SS
310 Katie Schettig SR SS
311 Tarah Novelli SO SS

312 Lacey Troth FR SS
313 Jenny Vadon SR SS
314 Amanda Morgan SO SS
315 Jenny Groman SR SS

SCHOOL = ROYAL

339 Sarah Montez SO SS
340 Jaclyn Pederson SR SS
341 Erin Roesinger FR SS
342 Stacy Youngblood SR SS
343 Erin Weesner JR SS
344 Morgan Noe FR SS
345 Kristen Kelly JR SS

SCHOOL = THOUSAND OAKS

370 Kelley Hess SR SS
371 Ashley Patterson JR SS
372 Sarah Cradew FR SS
373 Kathy Soto SR SS
374 Julie Hancock JR SS
375 Jessica Cox SO SS
376 Heidi Armstrong JR SS

DIVISION II-BOYS

SCHOOL = BURLINGAME

435 Chris Ferren JR CCS

SCHOOL = MONTEREY

574 Digger Lauter SR CCS

SCHOOL = NORTH MONTEREY CO.

598 Danny Sanchez SR CCS
599 Gerardo Chavez SR CCS
600 Michael Buenostro SR CCS
601 Michael Burkner JR CCS
602 Miguel Rocha JR CCS
603 Eric Ferch JR CCS
604 Guillermo Rocha SR CCS

SCHOOL = PALO ALTO

607 Scott Hartley SR CCS

SCHOOL = SANTA CLARA

686 Lenin Zapata SR CCS

SCHOOL = ST. IGNATIUS

706 Greg Sizmagian SR CCS
707 Mark Swartz SR CCS
708 Aaron Bush JR CCS
709 Joe Tognetti SO CCS
710 Abraham Abarca JR CCS
711 Carter Phelps JR CCS
712 Evan Campbell SR CCS

SCHOOL = WILCOX

784 Matt Radmilovic JR CCS

SCHOOL = CENTENNIAL BAKER.

464 James Franey SR CS
465 Keith Hankins SR CS
466 Nick Carver SR CS
467 Kurt Hankins SO CS

468 Josh Nugent JR CS
469 Bryan Sullivan JR CS
470 Marc Ferullo SO CS

SCHOOL = HIGHLAND

545 Mario Grijalva SR CS

SCHOOL = HOOVER-FRESNO

547 Tony Loera JR CS

SCHOOL = MT. WHITNEY

589 Steve Zachary SR CS

SCHOOL = RIDGEVIEW

648 Tony Armendaris SR CS

SCHOOL = SANGER

685 Trevor Uyemura JR CS

SCHOOL = STOCKDALE

720 Ryan Murphy SR CS
721 Lucas Burke SO CS
722 Colin Hanley SO CS
723 Bryant Vining SR CS
724 Mike Campas SR CS
725 Andre Jean-Pierre SO CS
726 Ty Treece JR CS

SCHOOL = ARROYO

418 Yong-Sung Leal SO NCS

SCHOOL = DE LA SALLE

495 Nathan Berner SR NCS
496 Stewart Harwell JR NCS
497 Mike Randazzo SR NCS
498 Matt Callister SO NCS
499 Tony Sala JR NCS
500 Ton Johnson SO NCS
501 Clare Rowland JR NCS

SCHOOL = EUREKA

505 Dale Kih JR NCS
506 Shaun Lyle JR NCS
507 Travis Moe SR NCS
508 Chris Woodcock JR NCS
509 Matt Tout SR NCS
510 Joe Maschmeier JR NCS
511 Spien Komak SO NCS

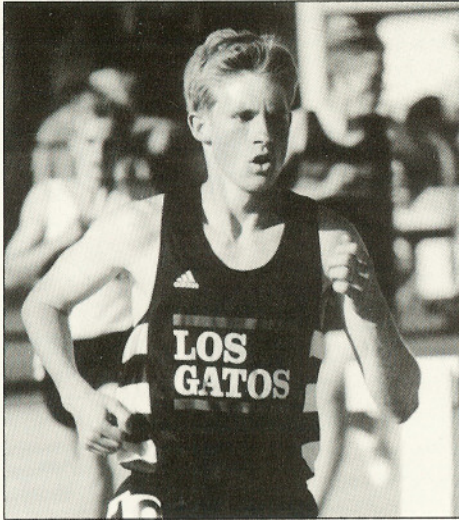
SCHOOL = GRANADA

524 Carl Dambkowski JR NCS
525 Robbie Boyle SR NCS
526 Ernesto Hernandez JR NCS
527 Ernesto Hernandez JR NCS
528 Ian Woffe SR NCS
529 Eric Scamman JR NCS
530 Nathan Frost SR NCS
531 Josh Rau SO NCS

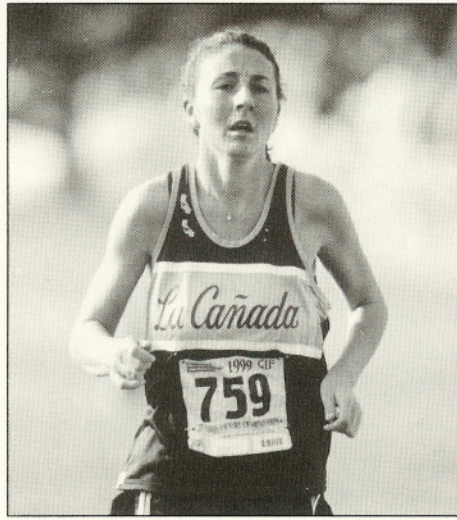
SCHOOL = MONTGOMERY

575 Zac Fitch SR NCS
576 Drew fagent SR NCS
577 Jon Fitch SR NCS
578 Jason Fung JR NCS

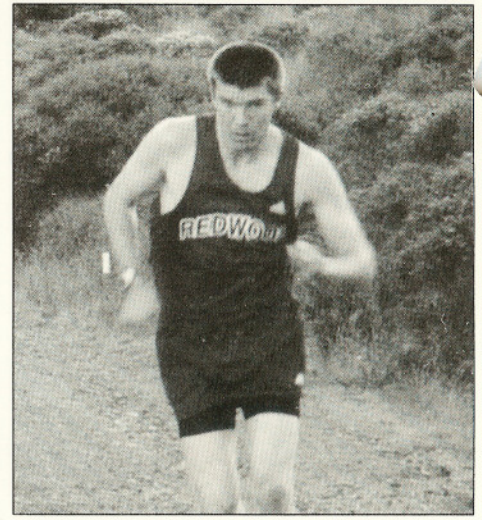
2000 CIF Competitors and Team Listings



Russ Martin, Los Gatos H.S.
5th in Div. III in 1999 (15:58).



Nicole Bonino, La Canada H.S.
9th placer (18:58). photo by Kirby Lee



Chris Kuntz, Redwood H.S.
20th in Div. III (16:21)

579 Andrew Gallagher SO NCS
580 Regan Masi SO NCS
581 Nick Millar SR NCS

SCHOOL = CHICO
473 Braden Boice SR NS

SCHOOL = Foothill.
513 Jeremy Brooks JR NS

SCHOOL = PARADISE
608 Jacob Kliebe SR NS
609 Nathan Younie SO NS

SCHOOL = PLEASANT VALLEY
626 Mike Weber SR NS
627 Stephen Peacock JR NS
628 Eric Christensen JR NS
629 Brian Gobba SO NS
630 Aaron Tenorio SO NS
631 Matt St. John SO NS
632 Alden Neel JR NS

SCHOOL = SHASTA
696 Jesse Minor SR NS

SCHOOL = EL CAPITAN
504 Benny Gandolfo SO SDS

SCHOOL = HELIX
542 Taylor Williams JR SDS
543 Babey Wagnew FR SDS

SCHOOL = MIRA MESA
572 Brandon Zelones JR SDS

SCHOOL = PATRICK HENRY
618 David Marshall SR SDS
619 Shea Rollin SO SDS
620 Eric Delgadillo JR SDS
621 Steve Prinz SO SDS
622 Jeff Spate SR SDS
623 Bill Szafranski JR SDS
624 Kyle Tabler SO SDS

SCHOOL = RAMONA
634 Carlos Sanchez JR SDS
635 Jon Shellhammer JR SDS
636 Kenny Lawrence SR SDS
637 Richard Klingman SO SDS
638 Ricky Roane SR SDS
639 Matt Saldivar JR SDS
640 David Del Llano SR SDS

SCHOOL = VALHALLA
776 David Santos SR SDS

SCHOOL = BELLA VISTA
420 Adam Holman JR SJS

SCHOOL = EAST UNION
502 Ricky Cuevas SR SJS 2

SCHOOL = GRANITE BAY
532 Nick Mayers JR SJS

SCHOOL = JESUIT
548 Brandon Collins SR SJS
549 Barry Carmody SR SJS
550 Brent Warnken SR SJS
551 Nick DeFelice JR SJS
552 Stephen Vargas SO SJS
553 Pat Green JR SJS
554 John Whitol FR SJS

SCHOOL = ROCKLIN
650 Patrick Boivin SR SJS
651 Zach Bates SR SJS
652 Joe Kaufman SR SJS
653 Steven Schenck SR SJS
654 B. J. McKay SO SJS
655 Gabby Sneh SO SJS
656 Jon Nowland JR SJS

SCHOOL = VACAVILLE
755 Wolhan Ovalle SO SJS
756 Chris Crouch JR SJS
757 Dustin Devan SR SJS
758 Bryan Burnley SR SJS
759 Cheyenne Inman FR SJS
760 Michael Molina SR SJS
761 Stuart Holleran SR SJS

SCHOOL = WOODCREEK
792 Matt Johnsrud JR SJS

SCHOOL = BURBANK
428 Thomas Hartley SR SS
429 Yuri Christoffersen SR SS
430 Kyle Ivie SO SS
431 Strados Christianak SO SS
432 Chris Olin JR SS
433 Robert DiBattista JR SS
434 Matt Arthur JR SS

SCHOOL = CANYON
436 Nick Zoetewey SR SS
437 Luke Llamas JR SS
438 Jamesin Mora JR SS
439 Ryan Morgan SO SS
440 Jace Getskow FR SS
441 Mark Bingham SO SS
442 Kyle Corbett JR SS

SCHOOL = LA SERNA
555 Ryan Guiboa SR SS

SCHOOL = PASO ROBLES
612 Joel Martinez SR SS
613 Nate Anginiano SR SS
614 Jose Marino JR SS
615 Juan Espinoza SR SS
616 Tyler Gibson JR SS
617 Nathan Gibson JR SS

SCHOOL = RIO MESA
649 Phillip Reid SO SS

SCHOOL = RUBIDOUX
657 Lino Flores JR SS
658 Antonio Jimenez FR SS
659 Mabin Ghauray SO SS
660 Victor Ortiz SO SS
661 Mauricio Ortiz SR SS
662 Juan Guevara JR SS
663 Jose Lopez JR SS

SCHOOL = SANTA MARGARITA
687 Steven Murray SR SS

SCHOOL = ST. JOHN BOSCO
713 Brian Robles SR SS
714 Kellen Acosta SO SS
715 Randy Hills JR SS
716 Killian Dugan JR SS
717 Anthony Martinez SO SS
718 Jarrod Tyma SR SS
719 Albert Flores JR SS

SCHOOL = SULTANA
734 Dan Lyon JR SS
735 Boyd Black SR SS
736 Daren Black JR SS
737 Angel Hernandez SR SS
738 Dan Shubert SO SS
739 Dan Way SR SS
740 Brandin Leppelman JR SS

SCHOOL = VALENCIA
769 Juan Robles SO SS
770 Jose Ventura SR SS
771 LeeRay Ocampo SR SS
772 Sam Ayala JR SS
773 Nathan Learh FR SS
774 Humberto Castillo JR SS
775 Francisco Ramirez JR SS

DIVISION II-GIRLS

SCHOOL = GUNN
540 Ruth Graham SO CCS

SCHOOL = HARBOR
541 Lindsay Christman JR CCS

SCHOOL = LOS GATOS
556 Michelle Beritzhoff JR CCS
557 Ashley Caldwell JR CCS
558 Lynsey Harris JR CCS
559 Erica Williams SO CCS
560 Jen Rubnitz SO CCS
561 Kristi Yackle FR CCS
562 Shannon Kehrig FR CCS

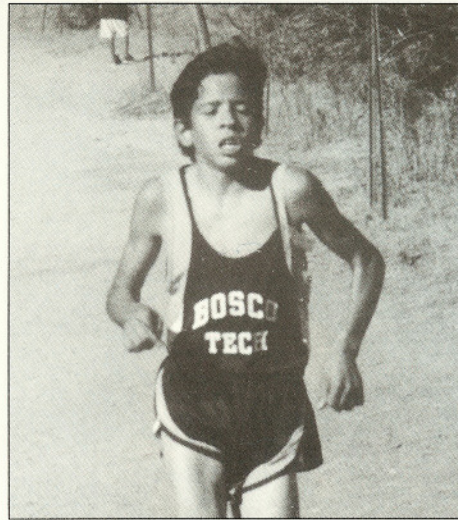
SCHOOL = MENLO-ATHERTON
570 Rosalinda Castaneda SR CCS

SCHOOL = PIEDMONT HILLS
625 Kristin Funck JR CCS

2000 CIF Competitors and Team Listings



Jenny Aldridge, Maria Carrillo H.S.
3rd in 1999 (18:13). photo by Kirby Lee



Mark Batres, Don Bosco Tech H.S.
15:17 at Mt. Sac Invitational



Kelly Ortlieb, Foothill Redding H.S.
Division III 6th placer in 1999 (18:49).

SCHOOL = LELAND

| | |
|----------------------|--------|
| 664 Allison Stiller | SO CCS |
| 665 Emily Rettner | SR CCS |
| 666 Lauren Mason | SR CCS |
| 667 Daphne Dang | JR CCS |
| 668 Kristina Roberts | JR CCS |
| 669 Rachael Rettner | SO CCS |
| 670 Kelli Hoppins | SO CCS |

SCHOOL = SOQUEL

| | |
|------------------------|--------|
| 699 Theresa Radvanyi | SR CCS |
| 700 Hannah Anderson | SO CCS |
| 701 Camila Gerard | SO CCS |
| 702 Mary Maleta | SO CCS |
| 703 Brookie Deltnerman | FR CCS |
| 704 Melissa Cohen | SO CCS |
| 705 Teresa Gill | SR CCS |

SCHOOL = CENTENNIAL BAKER.

| | |
|---------------------|-------|
| 457 Brittany Grimes | FR CS |
| 458 Jamie Bedke | JR CS |
| 459 Maxine Marlow | JR CS |
| 460 Lindi Bedke | JR CS |
| 461 Elise Amundsen | SO CS |
| 462 Rochelle Perez | FR CS |
| 463 Amanda Bagnall | FR CS |

SCHOOL = CENTRAL FRESNO

| | |
|-----------------------|-------|
| 471 Vanessa MacKenzie | FR CS |
| 472 Krystal Calderon | SO CS |

SCHOOL = GOLDEN WEST

| | |
|---------------------|-------|
| 522 Michelle Garcia | JR CS |
| 523 Vanessa Perez | SO CS |

SCHOOL = MT. WHITNEY

| | |
|--------------------|-------|
| 590 Elanie Alvarez | JR CS |
|--------------------|-------|

SCHOOL = STOCKDALE

| | |
|------------------------|-------|
| 727 Christina Nolan | SO CS |
| 728 Ashley Pappas | FR CS |
| 729 Tiffany Brown | JR CS |
| 730 Andrea Osteen | SR CS |
| 731 Jodi Calderon | SO CS |
| 732 Katrina Massberger | SO CS |
| 733 Ashley Marshall | SO CS |

SCHOOL = CARONDELET

| | |
|------------------------|--------|
| 450 Alyson Wheeler | SR NCS |
| 451 Jenna George | JR NCS |
| 452 Stephanie Byrne | JR NCS |
| 453 Erin Davis | JR NCS |
| 454 Michelle Telfer | SO NCS |
| 455 Jenn Randazzo | SO NCS |
| 456 Stephanie Randazzo | FR NCS |

SCHOOL = CLAYTON VALLEY

| | |
|-------------------|--------|
| 488 Talita Wells | JR NCS |
| 489 Andria Craig | JR NCS |
| 490 Hilary Oppido | JR NCS |
| 491 Katie Grover | SR NCS |
| 492 Katie Neiman | FR NCS |
| 493 Meghan Craig | SO NCS |
| 494 Traci Alvarez | JR NCS |

SCHOOL = FOOTHILL.

| | |
|-----------------|--------|
| 514 Jenny Esser | JR NCS |
|-----------------|--------|

SCHOOL = MONTGOMERY

| | |
|---------------------|--------|
| 582 Sara Bei | SR NCS |
| 583 Kim Conley | FR NCS |
| 584 Sarah Bachel | SR NCS |
| 585 Christy Sweancy | FR NCS |
| 586 Joy Terribilini | JR NCS |
| 587 Elisa Pedersen | JR NCS |
| 588 Amelia Thomas | JR NCS |

SCHOOL = SAN RAMON VALLEY

| | |
|----------------------|--------|
| 678 Katie Murphy | SR NCS |
| 679 Jeannine Regalia | FR NCS |
| 680 Katie Lee | SR NCS |
| 681 Ginny Galvin | JR NCS |
| 682 Chrissy Argenti | JR NCS |
| 683 Kirsten Regalia | JR NCS |
| 684 Jenny Jones | JR NCS |

SCHOOL = UKIAH

| | |
|---------------------|--------|
| 748 Amber Trotter | JR NCS |
| 749 Shelby Leland | FR NCS |
| 750 Mary Shibath | FR NCS |
| 751 Lydia McEinn | SR NCS |
| 752 Domi Chevallier | SO NCS |
| 753 Portia Sanborn | SR NCS |
| 754 Christy Murphy | JR NCS |

SCHOOL = CHICO

| | |
|---------------------|-------|
| 474 Liz Camy | SR NS |
| 475 Jenny Park | FR NS |
| 476 Caitlin Conroy | SO NS |
| 477 Miriam Gonzalez | SO NS |
| 478 Marcie Johnson | SR NS |
| 479 Katie Gardner | SR NS |
| 480 Alison Peterson | JR NS |

SCHOOL = PARADISE

| | |
|---------------------|-------|
| 610 Lindsay Roberts | SO NS |
| 611 Sandi Furlong | SR NS |

SCHOOL = PLEASANT VALLEY

| | |
|--------------------|-------|
| 633 Jessica Harris | JR NS |
|--------------------|-------|

SCHOOL = SHASTA

| | |
|-----------------------|-------|
| 697 Betsy Oppezzo | JR NS |
| 698 Tiffany Kingsbury | JR NS |

SCHOOL = EL CAPITAN

| | |
|---------------------|--------|
| 503 Jasmine Marquez | SR SDS |
|---------------------|--------|

SCHOOL = HELIX

| | |
|--------------------|--------|
| 544 Rachel Farnior | SO SDS |
|--------------------|--------|

SCHOOL = HILLTOP

| | |
|--------------------|--------|
| 546 Desiree Davila | SR SDS |
|--------------------|--------|

SCHOOL = MIRA MESA

| | |
|---------------|--------|
| 573 Lisa Dodd | SO SDS |
|---------------|--------|

SCHOOL = RAMONA

| | |
|--------------------|--------|
| 641 Loretta Kilmer | SR SDS |
|--------------------|--------|

| | |
|----------------------|--------|
| 642 Mishon Stalnaker | FR SDS |
| 643 Bre Goetz | JR SDS |
| 644 June Andrews | SO SDS |
| 645 Rachel Simmons | JR SDS |
| 646 Mia Longfellow | SO SDS |
| 647 Megan Kruse | JR SDS |

SCHOOL = SAN PASQUAL

| | |
|-----------------------|--------|
| 671 Claire Rethmeier | FR SDS |
| 672 Samantha From | FR SDS |
| 673 Lorin Scott | FR SDS |
| 674 Christina Velasco | SO SDS |
| 675 Allie Willis | FR SDS |
| 676 Joy Johnson | SO SDS |
| 677 Jennifer Dowthit | JR SDS |

SCHOOL = SCRIPPS RANCH

| | |
|----------------------|--------|
| 695 Natalie Gattrell | SO SDS |
|----------------------|--------|

SCHOOL = BELLA VISTA

| | |
|-------------------|--------|
| 419 Allison Kline | SO SJS |
|-------------------|--------|

SCHOOL = FOLSOM

| | |
|---------------------|--------|
| 512 Michelle Solone | JR SJS |
|---------------------|--------|

SCHOOL = GRANITE BAY

| | |
|---------------------|--------|
| 533 Caitlin Chock | FR SJS |
| 534 Kristi Okimura | FR SJS |
| 535 Magan Williams | FR SJS |
| 536 Kari Nelson | SO SJS |
| 537 Rachel Weathers | FR SJS |
| 538 Shaina Martinez | SR SJS |
| 539 Cara Capestro | JR SJS |

SCHOOL = MERRILL F. WEST

| | |
|---------------------|--------|
| 571 Alexis Bartschi | SO SJS |
|---------------------|--------|

SCHOOL = OAKRIDGE

| | |
|-------------------|--------|
| 605 Karen Dickson | JR SJS |
|-------------------|--------|

SCHOOL = VACAVILLE

| | |
|--------------------|--------|
| 762 Robyn Stevens | SR SJS |
| 763 Tiffany Hall | SO SJS |
| 764 Jessica Lemmon | JR SJS |
| 765 Diana Farris | FR SJS |
| 766 Ashley Nunes | JR SJS |
| 767 Katie Walsh | SR SJS |
| 768 Erin Raisner | SO SJS |

SCHOOL = WOODCREEK

| | |
|-----------------|--------|
| 793 Jen McNulty | SO SJS |
|-----------------|--------|

SCHOOL = AGOURA

| | |
|-------------------|-------|
| 417 Laura Jakosky | SR SS |
|-------------------|-------|

SCHOOL = BREA OLINDA

| | |
|---------------------|-------|
| 421 Jenny Thune | SR SS |
| 422 Amber Kuehnell | JR SS |
| 423 Kathy Sepulveda | SO SS |
| 424 Natalie Thune | FR SS |
| 425 Lori Workman | JR SS |
| 426 Kristen Koga | FR SS |
| 427 Michelle Dimeo | JR SS |

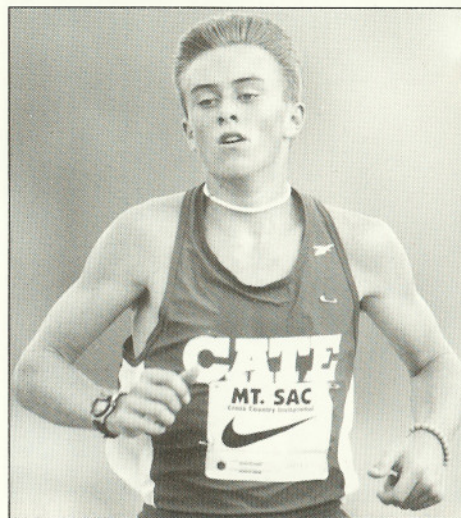
2000 CIF Competitors and Team Listings



Ryan Hall, Big Bear H.S.
Defending Div. IV state champ (15:24).



Yfa Kretzschman, University (SF) H.S.
8th placer in 1999 (19:35 - Div. V). photo
by Kirby Lee



Henry Hagenbuch, Cate H.S.
2nd in Div. V last year. photo by Kirby Lee

SCHOOL = CANYON
443 Brenda Stevens SO SS
444 Jazmin Treadway JR SS
445 Leanne Riggan FR SS
446 Lauren Walker FR SS
447 Alysia Johnson FR SS
448 Barrie Truex JR SS
449 Lauren Abrams FR SS

SCHOOL = CLAREMONT
481 Leah Horowitz SR SS
482 Jenna Lederhaus SO SS
483 Kristan Corrolte SO SS
484 Lindsey Sommer SR SS
485 Naomi Quisenberry JR SS
486 Kate Lederhaus JR SS
487 Marcia Garcia SO SS

SCHOOL = FOOTHILL-SA
515 Katie Strachan SO SS
516 Laura Strachan JR SS
517 Emily Haigh JR SS
518 Missy Ellsworth SR SS
519 Lyndsey Kuehan SR SS
520 Emily Feher SO SS
521 Kenna Hales SO SS

SCHOOL = MATER DEI
563 Jenny Sears JR SS
564 Kristin Kovacich FR SS
565 Kaelyn Rasch SO SS
566 Kristin Miller SO SS
567 Nicole Hyink JR SS
568 Natalie Macias SO SS
569 Nancy Gudino SR SS

SCHOOL = NEWPORT HARBOR
591 Amber Steen SR SS
592 Lauren Paul FR SS
593 Sonya Mechkor SR SS
594 Erin Friedman SR SS
595 Natalie St. Andre FR SS
596 Amanda Abbott FR SS
597 Lynn Rinek SR SS

SCHOOL = PACIFIC
606 Meaghan Leon SR SS

SCHOOL = SANTA MARGARITA
688 Lori Mann SR SS
689 Meghan Mainwaring JR SS
690 Kate Hirschbaeck FR SS
691 Emily Asgione SO SS
692 Kathren Liazmeier FR SS
693 Caroline McCarthy SR SS
694 Christina Hurlist JR SS

SCHOOL = SULTANA
741 Michelle Ziser SR SS
742 Kelsey Dilagardelle FR SS
743 Lindsey Shumaker SO SS
744 Samantha Dilagardel SR SS
745 Stacy Tabuena FR SS

746 Kelsey Camara FR SS
747 Amy Lafferty SR SS

SCHOOL = VENTURA
777 Melissa Howery SR SS
778 Ariele Keats SR SS
779 Mary Biggs JR SS
780 Oriana Campbell FR SS
781 Brianna Hill SO SS
782 Blair Ryan FR SS
783 Jade Freeman JR SS

SCHOOL = WOODBRIDGE
785 Jessica Kanin SR SS
786 Kristen Berglas SO SS
787 Meghan Bellotti JR SS
788 Heather Hustadt SO SS
789 Brooke Alderman FR SS
790 Kelly Oeschlager FR SS
791 Christian Fairing JR SS

DIVISION III - BOYS

SCHOOL = ALISAL
808 Victor Saldana JR CCS

SCHOOL = JAMES LICK
899 Ivan Navarro JR CCS

SCHOOL = LOS ALTOS
928 Aaron Kaye SR CCS

SCHOOL = LOS GATOS
929 Russ Martin SR CCS
930 Tomas Viramontes SR CCS
931 Matt Bates SR CCS
932 Greg Tolan SR CCS
933 Jeff Hoeft SR CCS
934 Darren Key SR CCS
935 Clay McKell JR CCS

SCHOOL = MITTY
952 Lucas Crowley SR CCS

SCHOOL = SAN LORENZO
1024 Alex Dunn FR CCS

SCHOOL = ST. FRANCIS
1059 Eric Chaves SR CCS
1060 Chris Butterick SR CCS
1061 Kevin Chaves FR CCS
1062 Chris Sheehan SR CCS
1063 David Kausek SR CCS
1064 Matt Honaker FR CCS
1065 Nick Busta SO CCS

SCHOOL = CORCORAN
834 Hector Figueroa JR CS
835 Luis Jaramillo SR CS
836 Adan Gonzalez SR CS
837 Aurelio Camarena SR CS
838 Mario Cortez SR CS

839 Hector Jaramillo SR CS
840 Juan Soto SO CS

SCHOOL = EAST-BAKERSFIELD
863 Colby Rozelle SO CS

SCHOOL = MENDOTA
944 Rey Llamas SR CS
945 Jose Llamas SR CS
946 Ulises Argueta SR CS
947 Raul Valencia JR CS
948 David Villa SR CS
949 Jose Gonzalez SR CS
950 Ricky Cervantez SO CS

SCHOOL = NORTH-BAKERSFIELD
976 Arin Babbick JR CS
977 Anthony Barboza SR CS

SCHOOL = SHAFTER
1040 Manuel Puga SO CS

SCHOOL = YOSEMITE
1101 David Padilla JR CS

SCHOOL = ACALANES
794 Steve Vetek SR NCS
795 Royce Anderson JR NCS
796 Alex Shogan SO NCS
797 Harlan Lopez FR NCS
798 Josh Petty SR NCS
799 Alex McDiarmid SO NCS
800 Russ Sato SR NCS

SCHOOL = ANALY
809 Ruben Mora-Roman SO NCS

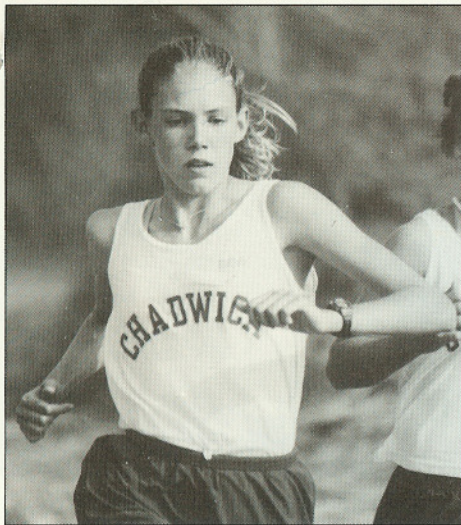
SCHOOL = CAMPOLINDO
820 Jon Ide-Don SR NCS
821 Trevor Ault SR NCS
822 Bryce Pinkham SR NCS
823 Vaughn Engler JR NCS
824 Barry Fischer SO NCS
825 Jeff Schrupp JR NCS
826 Richard Carrick FR NCS

SCHOOL = LAS LOMAS
915 Ryan McGinnis SR NCS

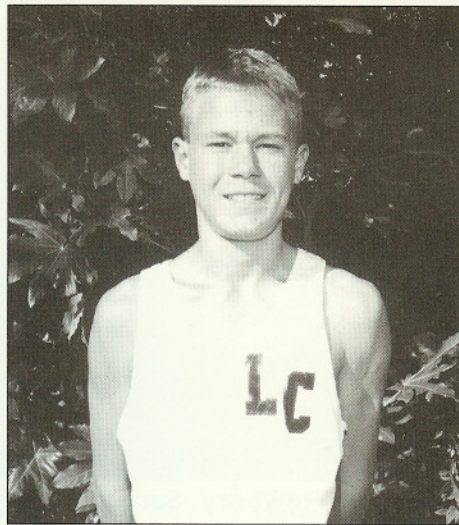
SCHOOL = LIBERTY
920 Devin Gallagher SR NCS

SCHOOL = REDWOOD
1006 Josh Babiak SR NCS
1007 Chris Johnson SR NCS
1008 Chris Kuntz SR NCS
1009 Jeffrey Gehringer JR NCS
1010 Andrew Garrett SO NCS
1011 Ryan Farrell SO NCS
1012 Michael Doohar SO NCS

2000 CIF Competitors and Team Listings



Kristin Cohoon, Chadwick H.S.
3rd in Div. V last year (18:50).



Tim Nelson, Liberty Christian H.S.
4th placer last year in Div. V (16:24).



Clara Horowitz, Head Royce H.S.
Defending Div. V state champ.

photo by Kirby Lee

SCHOOL = YGNACIO VALLEY

1094 Abdullah Jamali SO NCS
1095 Harvey Rios SR NCS
1096 Chris Ritthaler JR NCS
1097 Daniel Walker JR NCS
1098 Michael Tveter JR NCS
1099 Travis Westfall JR NCS
1100 Jamie McCaghren JR NCS

SCHOOL = ENTERPRISE

872 Matt Sartor SR NS
873 Eric Webster FR NS
874 David Frank SR NS
875 James Carr SR NS
876 Andrew Sartor SO NS
877 Chris Spafford SR NS
878 Jeremiah Hanks SR NS

SCHOOL = LAS PLUMAS

917 Mike Seegert SO NS
918 Ian Craig SR NS
919 Josh Wilkins JR NS

SCHOOL = BRAWLEY

818 Raul Cobian SO SDS

SCHOOL = CRAWFORD

841 Idrise Osman SO SDS

SCHOOL = HOOVER-SAN DIEGO

891 Solomon Kumbi JR SDS
892 Yafet Abraha SO SDS
893 Daniel Assefa JR SDS
894 Mukhtar Abdulle JR SDS
895 Yilkal Assefa SO SDS
896 Haji Hassan SDS

SCHOOL = LA JOLLA

907 Chris Ferrier SR SDS

SCHOOL = UNIVERSITY CITY

1075 Andrew Garratt SR SDS

SCHOOL = UNIVERSITY SD

1083 Brian Thielen SR SDS

SCHOOL = VALLEY CENTER

1084 Cooper Bachman JR SDS
1085 Ryan Skerl JR SDS
1086 Gus Polito SO SDS
1087 Jared Morasco JR SDS
1088 Tony Illig JR SDS
1089 Chris Monaco FR SDS
1090 Jason Thompson JR SDS

SCHOOL = DEL ORO

842 Joel Bosserman JR SJS
843 Tyler Daly JR SJS
844 Jon Buescher JR SJS
845 Eric Johnson SR SJS
846 Scott Kirkish SR SJS
847 Victor Oseto SO SJS
848 Scott Kavanaugh JR SJS

SCHOOL = GALT

889 Chris Foster SR SJS

SCHOOL = MANTICA

936 William Toon SR SJS

SCHOOL = PLACER

997 Stuart Eastman SR SJS
998 Jasper Peach SO SJS
999 Dustin Fee JR SJS
1000 Hamilton Ball SO SJS
1001 David Ernst SR SJS
1002 David Brenner JR SJS
1003 Brandon Smith SR SJS

SCHOOL = SIERRA

1048 William Bauer JR SJS

SCHOOL = SONORA

1050 Jonny Perez SR SJS
1051 Ryan Royce SO SJS

SCHOOL = BARSTOW

810 Kalan Ray JR SS
811 James Tawney JR SS
812 Dustin Moreno SR SS
813 Adam Rodriguez SO SS
814 Jason Elkins SO SS
815 Thomas Craig SR SS
816 Kevin Giller JR SS

SCHOOL = DON BOSCO

856 Mark Batres JR SS
857 Bernie Ochoa SR SS
858 Matt Scala SR SS
859 Silvestre Uribe JR SS
860 Luis Castro SR SS
861 Greg Corry JR SS
862 Alex Sanchez SR SS

SCHOOL = NEWBURY PARK

954 Brandon Nakagawa SR SS
955 Warren Livingston SR SS
956 Joe La Secla SR SS
957 Randy Smith JR SS
958 Alex Omoto SR SS
959 Mike Duarte SR SS
960 Derek Spadaro SR SS

SCHOOL = NORDHOFF

962 Roberto Contreras SR SS
963 Jay Leech SR SS
964 Nick Pisciotta SR SS
965 Danny Bolanos JR SS
966 Mike Owen JR SS
967 Das Baker SO SS
968 Austin Magill SS

SCHOOL = NORWALK

980 Puneet Mahan SR SS
981 Nathan Pimentel JR SS

982 Nitin Mahan SO SS

983 Jesse Mirola SO SS
984 Jose Gutierrez JR SS
985 Brian Mercado SR SS
986 Eric Sanchez JR SS

SCHOOL = PACIFICA

995 Steve Naughton SR SS

SCHOOL = SAN LUIS OBISPO

1032 Ben Abbott JR SS

SCHOOL = SOUTH HILLS

1052 Rudy Arguelles SR SS
1053 Tim Gachago SR SS
1054 Chris Gamboa SR SS
1055 Leslie Wilson JR SS
1056 Chris Maltz SO SS
1057 Derek Rundle SO SS
1058 Robert Jeppson SR SS

DIVISION III - GIRLS

SCHOOL = NOTRE DAME-BELMONT

987 Leah DeMarchena JR CCS
988 Rachael Yarranton FR CCS
989 Amy Townsend JR CCS
990 Madeleine Flint SO CCS
991 Jeanette Timko SO CCS
992 Brenda Gonzalez JR CCS
993 Leah Mattei SO CCS

SCHOOL = PROSPECT

1005 Danielle Zeilinski JR CCS

SCHOOL = SACRED HEART CATH.

1020 Shannon Rowbury JR CCS
1021 Francisca Cannata-B FR CCS

SCHOOL = SAN LORENZO VALLEY

1025 Alejandra Barriento SR CCS
1026 Raquel Barrientos SO CCS
1027 Shiloh Whiting SR CCS
1028 Jenny Lewis SO CCS
1029 Hillary Schwarzbach JR CCS
1030 Ellen Beebe SO CCS
1031 Sarah Romo JR CCS

SCHOOL = ST. FRANCIS

1066 Julia Gordon JR CCS

SCHOOL = EAST-BAKERSFIELD

864 Nicole Martinez SO CS
865 Jesecka Snider JR CS
866 Maggie Clayton JR CS
867 Alicia Rodriguez SR CS
868 Laura Verdejo JR CS
869 Deedee Chavez JR CS
870 Maria Saldoval FR CS

SCHOOL = EXETER

881 Cori Hutcheson JR CS

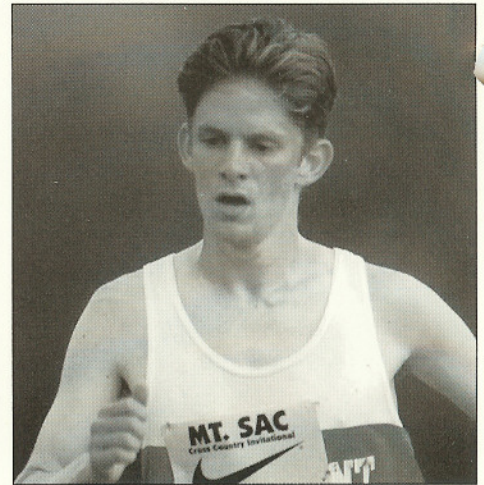
2000 CIF Competitors and Team Listings



Mark Nevers, Oak Park H.S.
3rd placer in Div. IV last year.
photo by Kirby Lee



Shannon Rowbury, Sacred Heart Cathedral H.S.
4th in Division IV (18:51 - 1999)



Tom Kubler, Viewpoint H.S.
Defending Div. V state champ (15:51). photo by Kirby Lee

SCHOOL = NORTH-BAKERSFIELD

978 Korina Blanks SR CS
979 Ashley Hardy FR CS

SCHOOL = SAN JOAQUIN MEM.

1023 Amanda Baker JR CS

SCHOOL = SHAFTER

1041 Alyssa Lewis SO CS
1042 Miranda Lewis SR CS
1043 Santana Gonzales FR CS
1044 Valerie Jara SO CS
1045 Tiffany Stevens FR CS
1046 Lucia Arriola JR CS
1047 Irma Lule SR CS

SCHOOL = TULARE WESTERN

1074 Courtney Garrison FR CS

SCHOOL = ACALANES

801 Val Brandenburg SO NCS
802 Ann Thomas FR NCS
803 Christine Brast SO NCS
804 Stephanie Patterson JR NCS
805 Merryl Geisse SR NCS
806 Terra Senter SR NCS
807 Julie Frazier FR NCS

SCHOOL = CAMPOLINDO

827 Melissa Yuhas FR NCS
828 Becky McCullough FR NCS
829 Katina Hubbard SO NCS
830 Karen Lee SR NCS
831 Julian Ochs FR NCS
832 Ashley Mehler-Clark JR NCS
833 Kelly Coulter SO NCS

SCHOOL = IRVINGTON

897 Holly Root JR NCS
898 Abigail Galloway JR NCS

SCHOOL = LAS LOMAS

916 Bonnie Chalmers SO NCS

SCHOOL = MARIA CARRILLO

937 Jenny Aldridge JR NCS
938 Ashlee Drady SO NCS
939 Megan Boes FR NCS
940 Julianne Baker SO NCS
941 Jenny Drady SR NCS
942 Carina Hendricks FR NCS
943 Natalie Poor JR NCS

SCHOOL = MIRAMONTE

951 Jen Saura SO NCS

SCHOOL = ENTERPRISE

879 Jennifer James JR NS
880 Janessa Hoppe FR NS

SCHOOL = FOOTHILL

882 Kelly Ortlieb JR NS
883 Missy Lendl SR NS

884 Ashley Corey JR NS
885 Melody Karch SR NS
886 Jessica Chicone JR NS
887 Aquilla Lohr FR NS
888 Laney Fennell JR NS

SCHOOL = BRAWLEY

819 Silvia Mendez SR SDS

SCHOOL = LA JOLLA

908 Desiree Leek SR SDS
909 Michelle Guerrero SR SDS
910 Liz Edwards JR SDS
911 Leslie Borenstein SR SDS
912 Kristin Wehrle FR SDS
913 Maggie Sass SR SDS
914 Katie Grim SR SDS

SCHOOL = SAN DIEGUITO

1022 Jenna Timinsky JR SDS

SCHOOL = UNIVERSITY CITY

1076 Chessa Adsit-Morris SR SDS
1077 Jessie Ooms SO SDS
1078 Rebecca Bostwick FR SDS
1079 Laura Cohen SR SDS
1080 Lauren Jerd SO SDS
1081 Karissa Teitsch JR SDS
1082 Lidia DeCarvalho SO SDS

SCHOOL = VALLEY CENTER

1091 Danae Hough FR SDS
1092 Alejandra Montiel SO SDS

SCHOOL = DEL ORO

849 Bethany Gardner FR SJS
850 Rachel Bates SO SJS
851 Lynn Silva SO SJS
852 Rian Crosby JR SJS
853 Sarah Stafford JR SJS
854 Alli Riegel JR SJS
855 Sarah Cortez SO SJS

SCHOOL = EL DORADO

871 Karri Parker SO SJS

SCHOOL = OAKDALE

994 Carolyn Wiggins SR SJS

SCHOOL = PLACER

1004 Desiree Dvorak JR SJS

SCHOOL = SIERRA

1049 Brittany Proctor FR SJS

SCHOOL = ST. FRANCIS-SACTO.

1067 Cristina Sanchez SO SJS
1068 Danielle Baker SO SJS
1069 Sarah Krtill SO SJS
1070 Katie Butler JR SJS
1071 Diana Beckett-Hile SR SJS
1072 Jaime Anderson SO SJS

1073 Kari Turner FR SJS

SCHOOL = VANDEN

1093 Rhonda McGee SO SJS

SCHOOL = BARSTOW

817 Jamie Ray SR SS

SCHOOL = GRANITE HILLS

890 Christina Jimenez SO SS

SCHOOL = LA CANADA

900 Nicole Bonino SR SS
901 Emily Farr JR SS
902 Carina Garnic JR SS
903 Rachel Frandsen JR SS
904 Becky Zentmyer SR SS
905 Jessica Moore SO SS
906 Stephanie Lee FR SS

SCHOOL = LOMPOC

921 Crystal Farley SR SS
922 April Ainsworth SR SS
923 Claudia Chavez FR SS
924 Danielle Gill JR SS
925 Amy Otero FR SS
926 Martha Alvarez FR SS
927 Karissa Otero FR SS

SCHOOL = MOUNTAIN VIEW

953 Alejandra Contreras SR SS

SCHOOL = NEWBURY PARK

961 Jennifer Turk SR SS

SCHOOL = NORDHOFF

969 Lindsey Owen FR SS
970 Robin Quinn JR SS
971 Kate Krumpschmidt SO SS
972 Lauren Lansing FR SS
973 Aislinn Fletcher SO SS
974 Julie Kartosh SO SS
975 Regina Bernaldo FR SS

SCHOOL = PACIFICA

996 Natalie Perkins SR SS

SCHOOL = ROSARY

1013 Christi Arnerich SR SS
1014 Jilane Rodgers JR SS
1015 Catie Garrett SR SS
1016 Lisa Holman SR SS
1017 Meghan Hanifin SR SS
1018 Kristin Hurst SR SS
1019 Kati Schantz SR SS

SCHOOL = SAN LUIS OBISPO

1033 Christina Hand SR SS
1034 Ali Valle SR SS
1035 Laura Avina SR SS
1036 Serena Pereira JR SS
1037 Jenna Kingman FR SS

2000 CIF Competitors and Team Listings

1038 Meegan Hind JR SS
1039 Hayley Nenadad SR SS

DIVISION IV - BOYS

SCHOOL = CARMEL

1151 Carl Lofstrom JR CCS
1152 Mark Ferlito SO CCS
1153 James Tolian JR CCS
1154 Conrad Bekker JR CCS
1155 Andrew Parsel SR CCS
1156 Ral Powers JR CCS
1157 Patrick Parsel FR CCS

SCHOOL = HALF MOON BAY

1196 Terrance Wroblewski SR CCS
1197 David Poulsen SR CCS
1198 Andrew Lamont JR CCS
1199 Tyler Godshall JR CCS
1200 Bobby Bryan SR CCS
1201 Mat Perkins SR CCS
1202 Tony Aguilar FR CCS

SCHOOL = KING CITY

1215 Jose Ramirez SR CCS

SCHOOL = PACIFIC GROVE

1303 Peyton McEiyea SR CCS

SCHOOL = PALMA

1305 Tim Drobnick SR CCS

SCHOOL = R.L. STEVENSON

1321 Luis Montoya SO CCS

SCHOOL = FIREBAUGH

1194 Ricardo Rangel JR CS

SCHOOL = LINDSAY

1225 Jose Barajas SR CS

SCHOOL = MCFARLAND

1243 Randel Sanchez JR CS
1244 Andres Gomez SR CS
1245 Giovanni Perezchica JR CS
1246 Francisco Gonzalez JR CS
1247 Oscar Rodriguez JR CS
1248 Arturo Gonzalez SR CS
1249 Victor Zavala SO CCS

SCHOOL = TAFT

1379 Billy Nelson JR CS
1380 David Magee SO CS
1381 Nick Cramer JR CS
1382 Matt Magee SO CS
1383 Rex Sitbor SR CS
1384 Amin Ramzan SR CS
1385 Ian Heiter FR CS

SCHOOL = ALHAMBRA

1102 Eric Roberts JR NCS

SCHOOL = ARCATA

1105 Adam Foote SR NCS
1106 Owen Moore SR NCS
1107 Paul Joy SR NCS
1108 Alex Drew SR NCS
1109 Nile Klien SR NCS
1110 Danny Stuart JR NCS
1111 Yuma Lynch SO NCS

SCHOOL = JUSTIN SIENA

1214 Joe Harrigan SR NCS

SCHOOL = MOREAU CATHOLIC

1259 Taylor Graham SO NCS
1260 Brandon Carballo SO NCS
1261 Christian Marz JR NCS
1262 Chris Chan SR NCS
1263 Jay Fragus SO NCS
1264 Ronnie Willet SR NCS
1265 Jason Sposito JR NCS

SCHOOL = PIEDMONT

1307 Crosby Freeman JR NCS
1308 Will Sanford SR NCS
1309 Mike Sullivan JR NCS
1310 Nathan Cox SR NCS
1311 Graeme Joack SR NCS
1312 Greg Moore SR NCS
1313 Alex Lenahan SO NCS

SCHOOL = SAN MARIN

1338 Matt DeShazo SR NCS

SCHOOL = SIR FRANCIS DRAKE

1346 Rory Kuykendall JR NCS
1347 Will Brett SR NCS
1348 Avery Cook JR NCS
1349 Jono Miller SR NCS
1350 Steve O'Mara SR NCS
1351 Dennis Ogilvie JR NCS

SCHOOL = ST. MARY'S.

1364 Rudy Vasquez JR NCS
1365 Nick Maniatis SR NCS
1366 Sean Geraghty SR NCS
1367 Greg Williams JR NCS
1368 Christian Tesema JR NCS
1369 Eddie Torres JR NCS

SCHOOL = ST. JOSEPH'S ND

1371 Ian Mason SR NCS
1372 Nick Konefiklatt JR NCS
1373 Tavis Mason JR NCS
1374 Andrew Mason SR NCS
1375 Eric Barhaugh SR NCS
1376 Andrew Wright SO NCS
1377 Matt Ramirez SO NCS

SCHOOL = ANDERSON

1103 Brian Fitzgerald JR NS

SCHOOL = CENTRAL VALLEY

1158 Michael Leake SR NS
1159 Mitchell McIntyre FR NS

SCHOOL = CORNING

1169 Ben Keck JR NS

SCHOOL = WEST VALLEY

1399 Brian Ford SO NS

SCHOOL = YREKA

1400 Dan Ham SR NS
1401 Billy Smith SO NS
1402 Ben Miller SO NS
1403 Rick Raffaelli SR NS
1404 Gabe Altman SR NS
1405 Jordan Carlson SR NS
1406 Jaime Matts SO NS

SCHOOL = ARMY/NAVY

1112 William Kraemer JR SDS

SCHOOL = CLAIREMONT

1162 Thomas Ferguson JR SDS
1163 Steven LoForti JR SDS

SCHOOL = ST. AUGUSTINE

1352 Sean Barrett SO SDS
1353 Nathan Stender JR SDS
1354 John Israel SR SDS
1355 Drew Bouchard SR SDS
1356 Pat Barrett SR SDS
1357 Ricky McRoskey JR SDS
1358 James Sullivan SO SDS

SCHOOL = BEAR RIVER

1113 Matt Tyrell SR SJS
1114 Shawn Lawrence SO SJS
1115 Chris Zweigle SR SJS
1116 Philippe Mickelson SR SJS
1117 Pat Weger SR SJS
1118 Pat Lohse SO SJS
1119 Chris Giammona FR SJS

SCHOOL = BRET HARTE

1141 Byron Fiscus SR SJS

SCHOOL = COLFAX

1167 Justin Mills SR SJS
1168 Colin Wood JR SJS

SCHOOL = HUGHSON

1213 Nic Dodd JR SJS

SCHOOL = OAKMONT

1301 Christian Herrera SR SJS

SCHOOL = RIVERBANK

1322 Josh Blount SR SJS
1323 Jesus Melgoza SR SJS
1324 Johnny Vizcaino JR SJS
1325 Alfonso Rosales JR SJS

1326 Isaac Arias SO SJS
1327 Adrian Vizcaino SO SJS
1328 Eze Ruiz SO SJS

SCHOOL = BIG BEAR

1127 Ryan Hall SR SS
1128 Art Avita JR SS
1129 Gilberto Santillan SR SS
1130 Nick Deisler JR SS
1131 Craig Hall FR SS
1132 Matt LaFontaine SO SS
1133 Luis Saldivar JR SS

SCHOOL = CORONA DEL MAR

1170 Travis Beardslee SR SS
1171 Josh Velsey SR SS

SCHOOL = CRESPI

1185 Robert Kubler SR SS

SCHOOL = ESTANCIA

1186 Humberto Rojas SO SS
1187 Mike Casillas JR SS
1188 Luis Segoviano JR SS
1189 Gerardo Orozco JR SS
1190 Aaron Van Geem SO SS
1191 Abel Flores SO SS
1192 Erik Lopez JR SS

SCHOOL = LA BAPTIST

1216 Erik Amdisen JR SS

SCHOOL = MARANATHA

1227 Adam Smith SR SS

SCHOOL = MORRO BAY

1266 Bryan Rayburn JR SS
1267 Dusty Gaebel SR SS
1268 Colin Donohoo JR SS
1269 Tom Turner JR SS
1270 Anthony Martinez SR SS
1271 Jordan Gaffney FR SS
1272 Adam Yea SO SS

SCHOOL = OAK PARK

1293 Mark Nevers SR SS
1294 Chase Ferrell JR SS
1295 Ben Saxey SR SS
1296 Taylor Hermes JR SS
1297 Jason Lindren SO SS
1298 Igos Tregub SO SS
1299 Jon Yahalam SO SS

SCHOOL = SALESIAN

1331 James England JR SS
1332 Joel Verduzco JR SS
1333 Joseph Valencia JR SS
1334 Sammy Robles JR SS
1335 Adam Lopez SO SS
1336 Bobby Sandoval JR SS
1337 Anthony Medina SR SS

SCHOOL = YUCCA VALLEY

1414 Anthony DeBouen JR SS
1415 Kevin Bransford SR SS
1416 Kyle Slotta JR SS
1417 Nick Tyerman SO SS
1418 Mark Harris JR SS
1419 Ryan Davis JR SS
1420 Zack Parter JR SS

DIVISION IV - GIRLS

SCHOOL = HALF MOON BAY

1203 Alisa Gammon JR CCS
1204 Kerri King SR CCS
1205 Rachel Restani JR CCS
1206 Gina Restani FR CCS
1207 Stephanie Lago JR CCS
1208 Lacey Hughley SO CCS
1209 Sarah Myers JR CCS

SCHOOL = MERCY-BURLINGAME

1257 Michelle Gallagher SO CCS

SCHOOL = MONTE VISTA

1258 Janelle Stevens JR CCS

SCHOOL = NOTRE DAME-SJ

1280 Jenny Wilson SR CCS
1281 Kelly Gerula JR CCS
1282 Danielle Vargas SO CCS
1283 Andrea Gallegos SR CCS

1284 Nathalia Brashear SO CCS
1285 Katie Hutchings SR CCS
1286 Timaree Johnson SO CCS

SCHOOL = PACIFIC GROVE

1304 Sarah Kabat SO CCS

SCHOOL = VALLEY CHRISTIAN

1396 Amanda Thornberry SO CCS

SCHOOL = VALLEY CHRISTIAN

1397 Kathleen Salcedo SR CCS

SCHOOL = CLOVIS EAST

1166 Didi Chan FR CS

SCHOOL = GARCES

1195 Bethany Benson SO CS

SCHOOL = MCFARLAND

1250 Alicia Veiss SO CS
1251 Olivia Frausto JR CS
1252 Luz Bravo JR CS
1253 Maribel Vega SR CS
1254 Laura Gomez FR CS
1255 Jessica Carseon SR CS
1256 Celina Jaramillo JR CS

SCHOOL = TAFT

1386 Sonia Almanza FR CS
1387 Melissa Miller SO CS
1388 Lupe Almanza SO CS
1389 Laura Topete JR CS
1390 Mandee Stewart SR CS
1391 Laurin Barnes SO CS
1392 Julie Miller SR CS

SCHOOL = TEMPLETON

1393 Kristen Browning SO CS
1394 Bethany Green SO CS
1395 Breann Eyer JR CS

SCHOOL = BISHOP O'DOWD

1134 Danila Musante JR NCS
1135 Anna Purcell FR NCS
1136 Emily Powell SR NCS
1137 Emma Williams FR NCS
1138 Kelsey Barale JR NCS
1139 Jessica Hubble SO NCS
1140 Kara Rockett SR NCS

SCHOOL = HEALDSBURG

1210 Kelly Rogers SO NCS

SCHOOL = MARIN CATHOLIC

1235 Natalie Joffe FR NCS

SCHOOL = MARIN CATHOLIC

1236 Emily Van Buskirk SO NCS
1237 Natalie Joffe FR NCS
1238 Nicci Fish SO NCS
1239 Caitlin Hanneagan FR NCS
1240 Avery Fish FR NCS
1241 Therese Cresalia SO NCS
1242 Shauna Sweeney SO NCS

SCHOOL = NOVATO

1287 Eva Gut SR NCS
1288 Virginia Grillo JR NCS
1289 Anna Bretan JR NCS
1290 Emma Sleath FR NCS
1291 Liza Manion JR NCS
1292 Ashley Dodson SR NCS

SCHOOL = PIEDMONT

1314 Allison Jolda JR NCS
1315 Erica Simpson SO NCS
1316 Allison Rowe FR NCS
1317 Marie Lindquist FR NCS
1318 Carrie Rowe JR NCS
1319 Stephanie Perittula SR NCS
1320 Jordan Landes-Brenn SR NCS

SCHOOL = SAN MARIN

1339 Karine Graham SR NCS
1340 Courtney Dowdell FR NCS
1341 Zoe Brown SO NCS
1342 Amber Shields FR NCS
1343 Anez Brown SO NCS
1344 Megan Malloney SO NCS
1345 Danielle Deshazo FR NCS

2000 CIF Competitors and Team Listings

SCHOOL = ST. MARY'S

1359 Chelsea Torgersen-B JR NCS
1360 Briia Maguire SR NCS
1361 Ali Chesley SR NCS
1362 Michela Chesley SO NCS
1363 Nicole Shanahan SO NCS
1370 Bridget Duffy JR NCS

SCHOOL = ANDERSON

1104 Crista Phillips JR NS

SCHOOL = CENTRAL VALLEY

1160 Ciara Harvey JR NS
1161 Liz Cadigan SO NS

SCHOOL = LASSEN

1224 Heidi Ard SO NS

SCHOOL = YREKA

1407 Crystal Whitlow JR NS
1408 Kasumi Kamiyama SR NS
1409 Cindy Dawson SR NS
1410 Lauren Quinn SO NS
1411 Jenny Tyhurst SO NS
1412 Mary Young FR NS
1413 Suezey Altman FR NS

SCHOOL = CLAIREMONT

1164 Judy Jimenez FR SDS
1165 Helen Ghebremichael SR SDS

SCHOOL = CORONADO

1179 Katherine Wingret FR SDS
1180 Rhett Chase FR SDS
1181 Emily Trepasso JR SDS
1182 Beth Wittry FR SDS
1183 Lisa Robbins FR SDS
1184 Lauren Hale JR SDS

SCHOOL = HOLTVILLE

1211 Elizabeth Robinson JR SDS
1212 Raquel Hernandez FR SDS

SCHOOL = PALO VERDE

1306 Jennifer Mitchell JR SDS

SCHOOL = BEAR RIVER

1120 Nikki Hodgson SR SJS
1121 Nellie Lira-Giammon FR SJS
1122 Renee Zweigle JR SJS
1123 DYNELLE Jones SO SJS
1124 Casey Granberry SO SJS
1125 April Lantz SR SJS
1126 Kirsty Lyon SR SJS

SCHOOL = BRET HARTE

1142 Seanna Martin JR SJS
1143 Jill Semenza JR SJS
1144 Stephanie Stewart SO SJS
1145 Jessica Self JR SJS
1146 Amy Justice JR SJS
1147 Rene Baca JR SJS
1148 Kathryn Woicki JR SJS

SCHOOL = CALAVERAS

1150 Natalie Karr SO SJS

SCHOOL = LIVINGSTON

1226 Irma Gonzalez JR SJS

SCHOOL = RIVERBANK

1329 Jamie Kendrick SR SJS
1330 Jenny Sanchez JR SJS

SCHOOL = SUMMERVILLE

1378 Jerusha Foley SR SJS

SCHOOL = C.A.M.S.

1149 Nicole Oberfoell SO SS

SCHOOL = CORONA DEL MAR

1172 Katie Quinlan SR SS
1173 Season Meservey JR SS
1174 Diana Hossfeld SR SS
1175 Jenny Long SO SS
1176 Lindsey Youman SR SS
1177 Jen Cummins SR SS
1178 Kathryn Morse JR SS

SCHOOL = ESTANCIA

1193 Elizabeth Huipe SR SS

SCHOOL = LA REINA

1217 Suzanne Purnert SR SS
1218 Katie Gose FR SS
1219 Olivia Ghaussey SO SS
1220 Leslie Sanchez SR SS
1221 Monica Thompson SR SS
1222 Shannon Drew SO SS
1223 Heather Hodapp SO SS

SCHOOL = MARANATHA

1228 Laura Meyers SO SS
1229 Heather Heal JR SS
1230 Lizzy Thompson SO SS
1231 Paula Liginbuhl JR SS
1232 Shannon Poole SR SS
1233 Christina Young SR SS
1234 Charity Moline SR SS

SCHOOL = MORRO BAY

1273 Soraya McCune JR SS
1274 Helen Bresler SR SS
1275 Bristin Jones JR SS
1276 Laura Gavelle SR SS
1277 Liz Wilf JR SS
1278 Gabi Michel SR SS
1279 Helen Tomac FR SS

SCHOOL = OAK PARK

1300 Lauren Morales FR SS

SCHOOL = ORANGE LUTHERAN

1302 Andrea Bocanegra SO SS

SCHOOL = VILLAGE CHRISTIAN

1398 Lauren Dvoracek FR SS

DIVISION V - BOYS

SCHOOL = ANZAR

1421 Jose Yanez SR CCS

SCHOOL = HARKER

1523 Poorav Patel SO CCS

SCHOOL = SACRED HEART PREP

1621 Mike Pereira JR CCS
1622 Oliver Daly SO CCS
1623 Chris Fox SR CCS
1624 Kevin Murphy FR CCS
1625 Ben Wang SR CCS
1626 Nate Myall JR CCS
1627 Kevin Finnesey FR CCS

SCHOOL = ST. LAWRENCE

1643 Yacanex Posadas JR CCS
Omar Ahmad SO CCS

SCHOOL = WOODSIDE

1677 Ross Anderson SR CCS

SCHOOL = YORK SCHOOL

1679 Shay Carter JR CCS
1680 Nick Gularite JR CCS
1681 Peter Lee SO CCS
1682 Rogers Hawley SR CCS
1683 Will Swanson JR CCS
1684 Derek Spitz SO CCS
1685 Matt Calzetta JR CCS

SCHOOL = FARMERSVILLE

1498 Pedro Barajas SO CS
1499 Juan Barajas SO CS

SCHOOL = GRANITE HILLS

1516 Cary Mercer SO CS
1517 Daniel Garcia SO CS
1518 Adrian Alvarado SO CS

SCHOOL = MISSION SLO

1565 Erich Fields FR CS
1566 Bryan Bonelli SR CS
1567 Jon Schliep SO CS
1568 Mike Morici JR CS
1569 Greg Hulburd JR CS
1570 Patrick Johansing SO CS
1571 Eric Hulburd FR CS

SCHOOL = BEREAN CHRISTIAN

1423 Brian Mauldin SR NCS

SCHOOL = BRANSON

1427 Alexander Varner SO NCS

SCHOOL = COLLEGE PREP OAK.

1468 Dan Fischer SO NCS
1469 Dan Berman SR NCS
1470 Russ Latham SR NCS
1471 Andrew Nguyen SO NCS
1472 Adam Scheffler JR NCS
1473 Kevin Williams FR NCS
1474 Erik Reykjaun JR NCS

SCHOOL = HEAD ROYCE

1524 John Heywood SR NCS
1525 Jesse Barnes SO NCS
1526 Morgan Lunt SR NCS
1527 Ken Akiha FR NCS
1528 Xavier Manalo FR NCS
1529 Frank Bauch FR NCS

SCHOOL = LICK-WILMERDING

1550 Todd Robkin-Golden JR NCS
1551 Justin Brown SR NCS
1552 Brian Au SR NCS
1553 Michael Ng JR NCS
1554 Thomas Blennan SO NCS
1555 Chris Avery SO NCS
1556 Jonnathon Snowden SR NCS

SCHOOL = S.F. UNIVERSITY

1607 Ben Good SR NCS
1608 Sean Drake JR NCS
1609 Jamie Timbrell JR NCS
1610 Aron Walker SO NCS
1611 Jonah Platt-Ross FR NCS
1612 Nat Zingg SO NCS
1613 Sean Pont SO NCS

SCHOOL = SOUTH FORK

1642 Dillon Wyant JR NCS

SCHOOL = CHESTER

1466 Ben Napper SR NS

SCHOOL = ETNA

1496 Eric LaBriere JR NS

SCHOOL = FALL RIVER

1497 Jack Arnold JR NS

SCHOOL = LIBERTY CHRISTIAN

1549 Tim Nelson SO NS

SCHOOL = MODOC

1579 Luke Hughes JR NS

SCHOOL = PORTOLA

1600 Josh Henson SR NS
1601 Pat Lylyvia SR NS
1602 Anthony Gonzalez JR NS
1603 Gabe Santos SO NS
1604 Nick Schulz SR NS

SCHOOL = BISHOPS

1425 Matt Lindeman SR SDS

SCHOOL = CALVIN CHRISTIAN

1442 Jesse Shipley SR SDS
1443 Darin Conner JR SDS
1444 Josh Vermaire SR SDS
1445 Aaron Faber JR SDS
1446 William Green FR SDS
1447 Jeremy Beutlich JR SDS
1448 Josh Marcus JR SDS

SCHOOL = CHRISTIAN.

1467 John Wai SO SDS

SCHOOL = JULIAN

1531 Scott Meth SO SDS

SCHOOL = LA JOLLA COUNTRY DAY

1533 Rashawn Allen SR SDS
1534 Tyler Middleton FR SDS
1535 Rashawn Allen SR SDS
1536 Tyler Middleton FR SDS
1537 Shawn Sarkaria JR SDS
1538 Kevin Weinberg SR SDS
1539 Joshua Traube SR SDS
1540 Roberto Bassi JR SDS
1541 Scott McCracken FR SDS

SCHOOL = MTN EMPIRE

1583 Francisco Venegas SR SDS

SCHOOL = TRI-CITY CHRISTIAN

1652 Garrett Metcalf SO SDS

SCHOOL = VACAVILLE CHRISTIAN

1653 Andrew Dutsman JR SJS
1654 Tyler Farrar SO SJS
1655 Robert Loftus SO SJS
1656 Joey Mobbly SR SJS
1657 Jason Modar JR SJS
1658 Jimmy Mobbly SO SJS
1659 Michael Roth FR SJS

SCHOOL = CALVARY CHAPEL

1435 Shaun McInnis SR SS
1436 Shaun Fitzgerald SR SS
1437 Patrick Fitzgerald SO SS
1438 Andrew Mark-Vanderh JR SS
1439 Marty Koustra SR SS
1440 Cheyne Hill SO SS
1441 Tim Marples SO SS

SCHOOL = CATE

1458 Henry Hagenbuch JR SS

SCHOOL = FLINTRIDGE PREP

1501 Steve Pearson SR SS
1502 Ian Pocock SR SS
1503 West Vane SR SS
1504 Ken Kim SR SS
1505 Seth Horwitz SO SS
1506 Dan Lim SR SS
1507 Charlie McClean JR SS

SCHOOL = MAMMOTH

1564 Chad Galbreath JR SS

SCHOOL = ONTARIO CHRISTIAN

1592 Jesse Kleinjan JR SS

SCHOOL = SANTA CLARA OX.

1635 Michael Reed SR SS
1636 Bobby Hull SR SS
1637 Anthony Walker SR SS
1638 Joel Mellick SR SS
1639 Gus Deharo SR SS
1640 Jonathan Reed SO SS
1641 Anthony Perez SO SS

SCHOOL = VIEWPOINT

1660 Tom Kubler SR SS

SCHOOL = WEBB

1661 Ray Choudhary SO SS
1662 Ray Choudhary SO SS
1663 Steve Gilroy JR SS
1664 Mike Lee SR SS
1665 Faustino Vargas SR SS
1666 Tony Martinez SR SS
1667 Mike Nuss FR SS
1668 Geoff Simmon FR SS

SCHOOL = WOODCREST

1669 Ryan Hawkins SR SS
1670 Grant Nunnally FR SS
1671 Will Van Oosting JR SS
1672 Scott Mott JR SS
1673 Lee Bourns FR SS
1674 Jonathan Burdett SO SS
1675 Joshua Voges SO SS

DIVISION V - GIRLS

SCHOOL = ANZAR

1422 Carmen Buenrostro JR CCS

SCHOOL = CASTILLEJA

1456 Alana Levinson SO CCS
1457 Eva Markiewicz JR CCS

SCHOOL = REDWOOD CHRISTIAN

1606 Sarah Green SO CCS

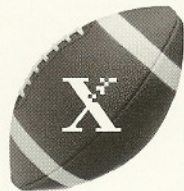
SCHOOL = SACRED HEART PREP

1628 Carrigan Denny-Brow SR CCS
1629 Kelsey Greenleaf FR CCS
1630 Libby Hook SO CCS
1631 Jenny Miller SO CCS

continued on page 42

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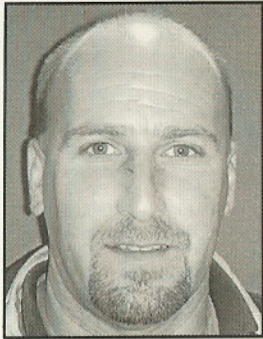
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2000 CIF State Cross Country Honor Coaches

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



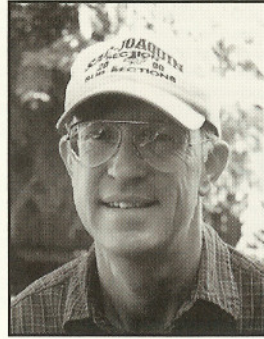
Jim Deaver
Enterprise H.S.

Deaver began his career at Gilroy High coaching cross country, basketball and track and field from 1988-93. In 1993, he moved with his family to Redding and accepted a position at Enterprise High. Deaver was inspired to enter the coaching profession by his high school coach, Roger O'Sullivan. "He had many qualities I admired as a young athlete. He had integrity, really cared about the kids --- all the things I aspire to be as a coach today."



Dan Brummer
Trinity H.S.

Brummer began his coaching career in 1994 when distance standout Molly Alles was in need of a coach. Brummer guided Molly to two straight state meet appearances. "Running develops discipline, builds self-esteem, fosters motivation, and focuses on goals." This year's squad is probably his finest ever varsity boys' team. He looks forward to developing a solid girls' team next year.



Bill Gregg
Davis H.S.

Since 1998, Gregg has served as the head cross country and distance track coach (boys and girls) at Davis High. Prior to that he was an assistant cross country/track coach at Davis for one season and was the head ski coach there from 1989-97. From 1983-89, he was the assistant women's cross country/track coach at UC Davis. "Coaching has always been my second job, but aside from my family, a number one passion."



Benny Holt
Mar Vista H.S.

A veteran coach of 27 seasons, Holt's teams at Mar Vista High won a section championship in 1980 and have finished second four times (1981, 1982, 1992 and 1996). His teams finished fifth in state in 1990 and ninth in 1999. His success includes a 175-49 dual meet record and Southern California Coach of the Year accolades in 1982. He has also coached at the community college level, taking his 1986 San Diego City College team to an eighth place finish.



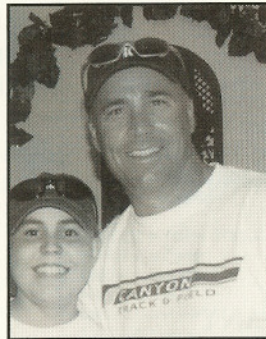
David Ponas
Oakland H.S.

Ponas, who serves as a representative on the CIF Oakland Section Cross Country/Track and Field Committee, has been coaching for 20 years. During that time, his boys' teams have won four section titles (1997-2000) and his girls' three (1998-99). The last six years he has served as the meet director for the CIF Oakland Section Cross Country Championships. Ponas is also the athletic director at Oakland High.



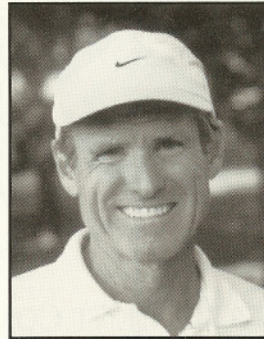
Joan Lewis
Del Oro H.S.

Lewis has been coaching the boys' and girls' teams at Del Oro High in Loomis for 15 years. Del Oro has participated in the state meet since the beginning in 1987. This season, the girls' team was co-champion in league and first at sub-sections. The boys' team tied for second in league and finished third in the sub-section. Joan graduated from Humboldt State University.



Dave DeLong
Canyon H.S.

A cross country and track and field coach for 16 year, DeLong has been at Canyon High since 1987. Prior to that, he coached at John Burroughs from 1985-87. His 1995 girls' team was the state division I champs. "My passion for this sport has driven me to be the best example that I can be to the athletes... I enjoy making a difference in the lives of these kids."



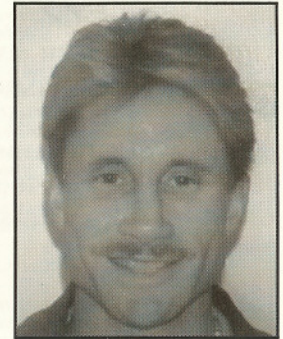
George Wright
Long Beach Poly H.S.

Wright has been coaching cross country at Long Beach Poly since 1985. During that time his teams have won five Moore League Championships. Wright's cross country team won the CIF-SS title in 1996, the school's first since 1943. The team went on to win again in 1997, 1998 and 1999. Additionally, the team won the state title in 1997 and 1998.



Ron Brumel
Palisades H.S.

Brumel has coached cross country for 14 seasons, including 11 at Palisades High. His girls' team won the CIF Los Angeles City Section title in 1994, while his boys' were runners-up a year ago in the section championships. Brumel also coaches distance and hurdles in track. He was a sprinter in college.

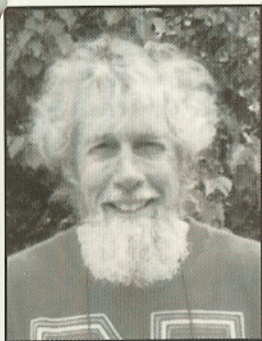


Jay Burden
Manual Arts

The cross country coach for both the boys' and girls' at Manual Arts High, Burden's teams have compiled an impressive 144-18 dual meet record. In addition, his boys' teams have won the last three league titles and his girls' have won the last two. Burden has coached two athletes to the state meet (Jose Garduno, Cesar Enriquez).

2000 CIF State Cross Country Honor Coaches

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Mike Muirhead
El Capitan H.S.

A veteran coach of 32 years, Muirhead was selected to the San Diego High School Coaches Hall of Fame in 1999. During his tenure, the boys' teams at El Capitan have won five CIF San Diego Section titles, while the girls' have won one. His teams have also compiled a 160-64 dual meet record. He was twice named Coach of the Year in San Diego.

Hank Lawson
Lynbrook H.S.

Lawson has been the cross country and track and field coach at Lynbrook since 1994. Previously, Hank coached both sports at Gunn High. He helps organize and competes with SCVAL teachers and coaches in Corporate Track Meets. His team was the National Champion at the Nationals held in Renton, WA this past August.

Julie L'Heureux
Santa Clara H.S.

L'Heureux has been the cross country and track and field coach at Santa Clara High since 1988. Julie competed in both sports for Buchser High from 1976-80 and

while in college was a member of the USC cross country and track and field teams. Julie still competes by being a member of the SCVAL Corporate Track Team. In addition to

her work at the high school, Julie helps in various community charity races, such as the Carousel to Coaster 5K & 10K Road Race.



Seven-Time State Chamion McFarland High School.



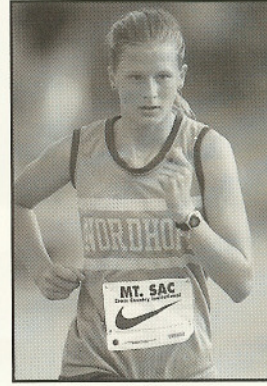
Dave DeLong
Burroughs High



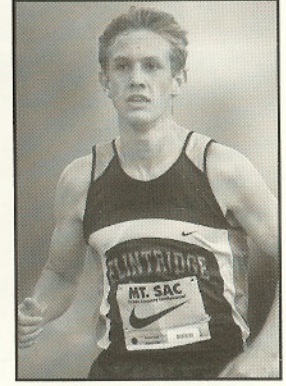
Missy Lendl
Foothill (Redding) High



Ben Gimlin
Mt. Whitney High



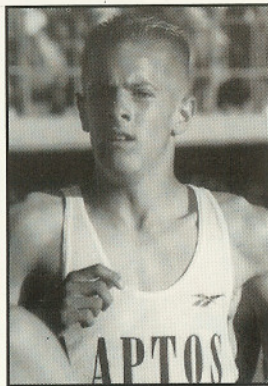
Robin Quinn
Nordhoff High



Steven Pearson
Flintridge Prep High

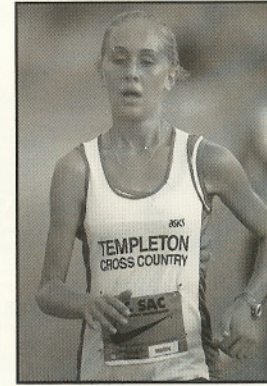


Jennifer Wright
Desert Christian High

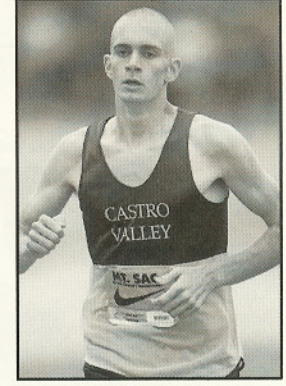


Brett Gotcher
Aptos High

photos of Jynifer Wright, Robin Quinn, Steven Pearson, Ben Bettinger, and Kristen Browning by Kirby Lee.



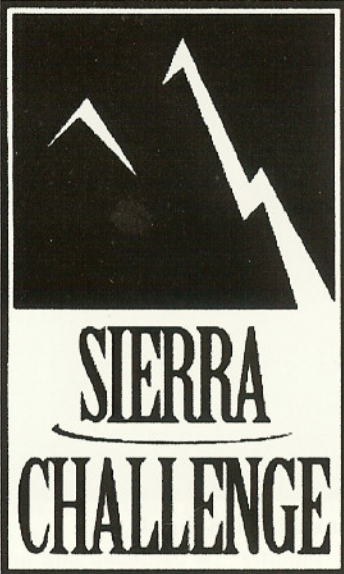
Kristen Browning
Templeton High



Ben Bettinger
Castro Valley High

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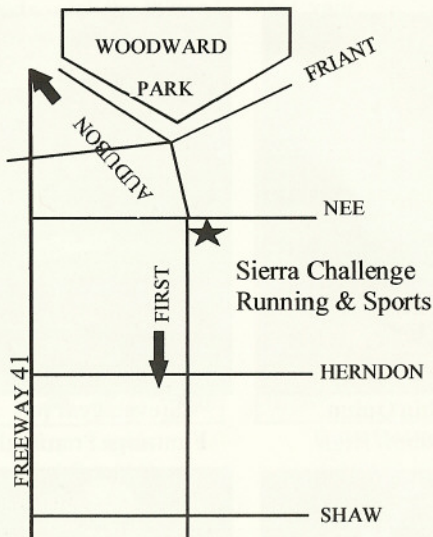
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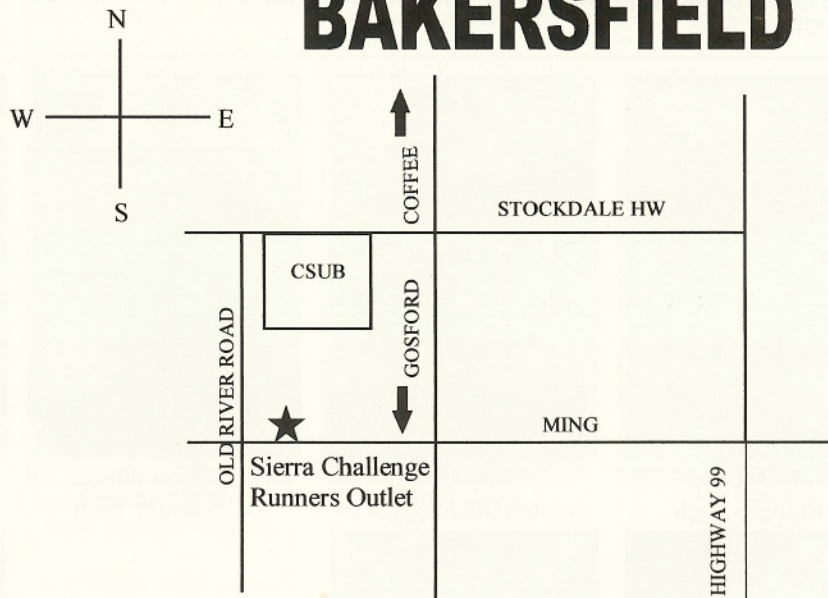
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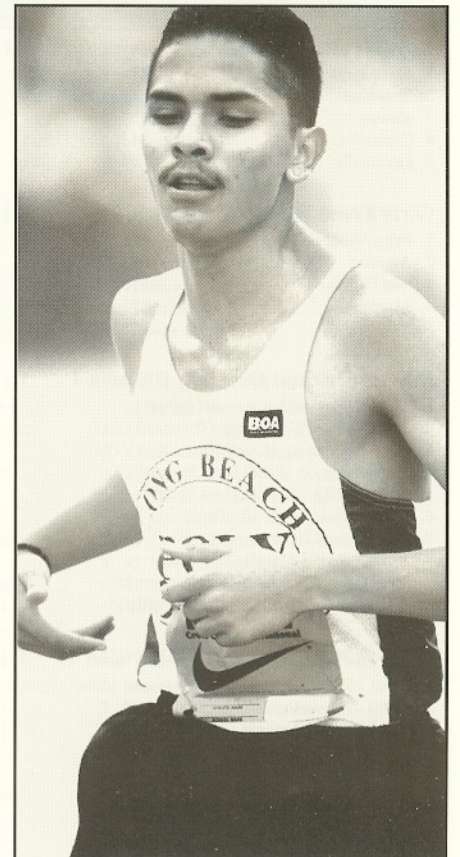
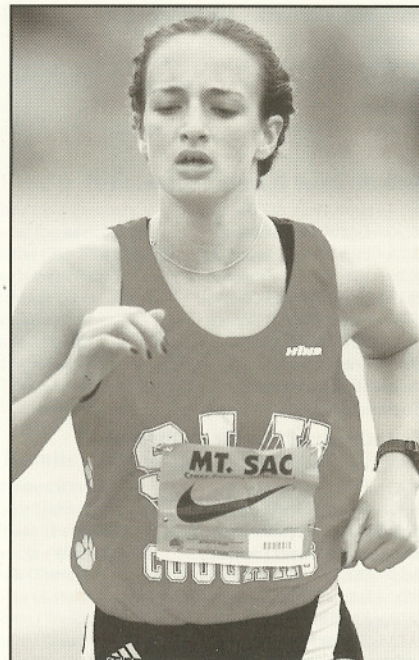
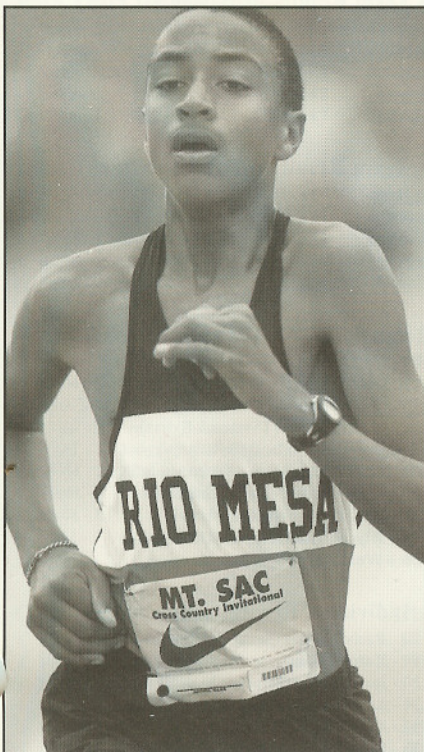
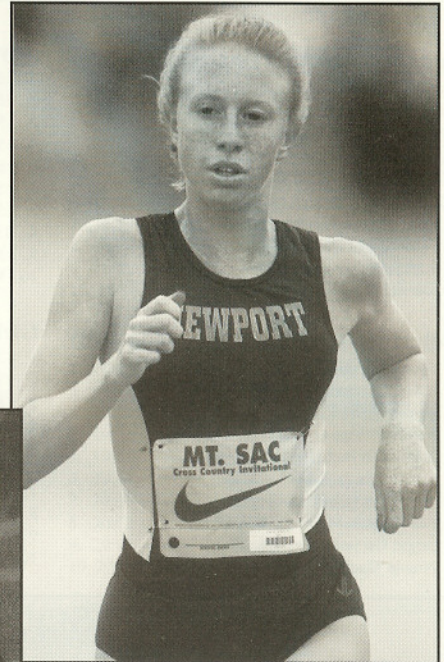
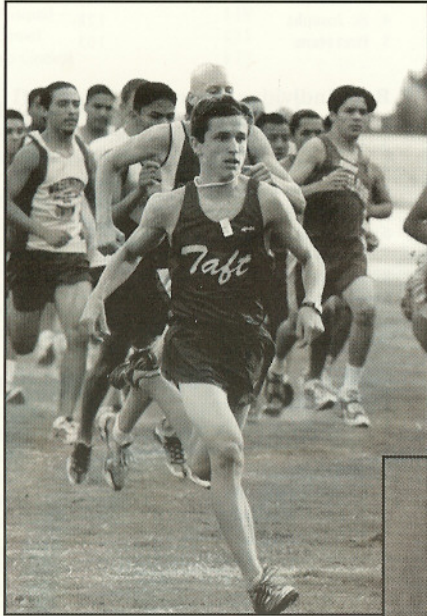
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2000 Team/Individual Entries



1987 CIF 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 Seudamore (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 State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Division I

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

Girls Team Results - Division I

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

Boys Individual Results - Division I

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

Girls Individual Results - Division I

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

Boys Team Results - Division II

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

Girls Team Results - Division II

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

Boys Individual Results - Division II

| |
|---|
| 1. 15:15 - Scott Hempel (Walnut) |
| 2. 15:20 - David Welsh (Jesuit) |
| 3. 15:24 - Ed Lavella (Corona del Mar) |
| 4. 15:26 - Gary Stolz (Miraleste) |
| 5. 15:323 - Matt Hempel (Walnut) |
| 6. 15:39 - Steve Fisono (Laguna Hills) |
| 7. 15:40 - Eric Christopherson (Walnut) |
| 8. 15:42 - Tony Castleton (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 (Analay) |
| 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. Thatcher | 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 State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Division I

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

Girls Team Results - Division I

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

Boys Individual Results - Division I

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

Girls Individual Results - Division I

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

Boys Team Results - Division II

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

Girls Team Results - Division II

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

Boys Individual Results - Division II

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

Girls Individual Results - Division II

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

Boys Team Results - Division III

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

Girls Team Results - Division III

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

Boys Individual Results - Division III

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

Girls Individual Results - Division III

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

1990 CIF State Cross Country Championship Results

at Woodward Park, Fresno

Boys Team Results - Div. I

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

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

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. Douglas (La Jolla) |
| 5. 18:48 - S. Riley (Campolindo) |
| 6. 18:58 - A. Dalke (Bishop O'Dowd) |
| 7. 18:58 - J. Schoene (La Jolla) |
| 8. 18:59 - B. Kaiser (Seaside) |
| 9. 19:01 - M. Hsu (San Marino) |
| 33 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 Lutheran | 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. Catner (Oak Park) |
| 7. 15:53 - J. Janquart (St. Anthony) |
| 8. 15:54 - A. Fisher (Maranatha) |
| 9. 15:59 - P. Morales (Washington) |
| 10. 16:00 J. Brown (Bret Hart) |

Girls Indiv. Results - Div. IV

| |
|---|
| 1. 18:05 - J. Lacovara (Morro Bay) |
| 2. 18:11 - M. Aparicio (Fillmore) |
| 3. 18:15 - N. Zwagerman (Tamalpais) |
| 4. 18:54 - 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.) |

CIF 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
- Yucaipa (1997) 41
4. Woodbridge (1999) 56
5. Palos Verdes (1989) 65
- Palos Verdes (1988) 65

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. 16:43 - Stamps (Santa Rosa '96)
2. 16:45 - Stamps (Santa Rosa '95)
3. 17:06 - Stamps (Santa Rosa '94)
4. 17:13 - Glusac (Fallbrook '91)
5. 17:14 - Glusac (Fallbrook '92)
6. 17:25 - Mortensen (Thous. Oaks '95)
7. 17:27 - Drossin (Agoura '89)
8. 17:29 - Drossin (Agoura '90)
9. 17:32 - Schindler (Ponderosa '96)
10. 17:33 - Spies (Livermore '89)

Boys Top All-Time Team

Scores - Division II

1. Walnut (1987) 40
1. Katella (1998) 40
3. Jesuit, Carmichael (1997) 47
4. Jesuit, Carmichael (1995) 53
5. Eureka (1999) 56

Girls Top All-Time Team

Scores - Division II

1. San Pasqual (1990) 38
2. Sultana (1998) 40
3. Yucaipa (1996) 48
4. Oceanview (1992) 52
- Edison (1991) 52

Boys All-Time Top Times

Individual - Division II

1. 15:06 - Farley (Jesuit Carm. '93)
2. 15:08 - 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)
- 15:16 - Gleason (Mission Viejo '97)
8. 15:18 - Altieri (Jesuit '97)
9. 15:19 - Berkowitz (Hayward '89)
10. 15:20 - Brewer (North Bak. '92)
- 15:20 - Welsh (Jesuit '88)

Girls All-Time Top Times

Individual - Division II

1. 17:25 - Bei (Montgomery '99)
2. 17:28 - Taylor (Edison '91)
- 17:28 - Rothman (Westlake '90)
4. 17:33 - Neipp (Highland '96)
5. 17:34 - Jorgensen (R. Buena Vista '87)
6. 17:46 - Taylor (Edison '90)
7. 17:48 - Hecox (South Hills '87)
8. 17:51 - Ebiner (St. Lucy's Glen. '95)
9. 17:53 - Marquand (University SF '96)
10. 17:54 - Glusac (Fallbrook '90)

Boys Top All-Time Team

Scores - Division III

1. Nordhoff, Ojai (1995) 35
2. Sherman Indian (1988) 58
3. Laguna Beach (1989) 65
4. St. Francis, MV (1998) 66
5. Nordhoff Ojai (1994) 69

Girls Top All-Time Team

Scores - Division III

1. La Jolla (1990) 31
2. Nordhoff, Ojai (1995) 42
3. San Lorenzo Valley (1999) 43
4. La Canada (1998) 46
5. Clayton Valley, Concord (1995) 53

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)
- 15:25 - Rodrigue (Elsie Allen '98)
6. 15:26 - Menon (San Luis Obispo '90)
7. 15:29 - Gibbs (Rubidoux River. '93)
- 15:29 - Williams (River City '87)
9. 15:32 - Ramirez (Nordhoff Ojai '94)
10. 15:33 - Hamer (Covina '91)
- 15:33 - Holman (Sonora '94)

Girls All-Time Top Times

Individual - Division III

1. 17:17 - Gordon (Carondelet '96)
2. 17:22 - Bei (Montgomery '98)
3. 17:36 - Canchola (Nordhoff '95)
4. 17:37 - Barrientos (San Lorenzo Val. '99)
5. 17:51 - McCandless (Castilleja '87)
6. 17:53 - Brizgys (Palo Alto '98)
7. 18:00 - Gufstafson (Mills '99)
8. 18:01 - Garritson (Rim of World '90)
- 18:01 - H. Garritson (Buena Park '94)
10. 18:02 - Marzell (Bishop O'Dowd '92)

Boys Top All-Time Team

Scores - Division IV*

1. McFarland (1995) 40
2. Nordhoff, Ojai (1997) 47
3. Nordhoff, Ojai (1998) 59
4. McFarland (1993) 61
5. McFarland (1994) 62

Girls Top All-Time Team

Scores - Division IV*

1. Corona del Mar (1999) 42
2. Nordhoff (1996) 49
3. Costa Mesa (1997) 51
4. Nordhoff (1998) 54
5. Corona del Mar (1998) 55
- Nordhoff (1999) 55

Boys All-Time Top Times

Individual - Division IV*

1. 15:18 - Festa (Morro Bay '97)
2. 15:24 - Hall (Big Bear '99)
3. 15:30 - Gonzalez (McFarland '93)
4. 15:31 - Brown (Piedmont '93)
- 15:31 - Gonzales (McFarland '94)
- 15:31 - McLeod (Lassen '99)
7. 15:33 - Festa (Morro Bay '96)
8. 15:35 - Katri (Fortuna '91)
9. 15:37 - Rhoan (Sierra '94)
10. 15:41 - Singleton (Bret Harte '90)

Girls All-Time Top Times

Individual - Division IV*

1. 17:47 - Aparicio (Fillmore '91)
2. 18:01 - Ellis (La Canada '96)
3. 18:05 - Lacovara (Morro Bay '90)
4. 18:11 - Aparicio (Fillmore '90)
5. 18:12 - Bockel (Nordhoff '92)
6. 18:15 - Zwagerman (Tamalpais '90)
7. 18:19 - Canchola (Nordhoff '97)
8. 18:24 - Webb (Bear River '92)
- 18:24 - Canchola (Nordhoff '96)
10. 18:25 - Stumbough (Nordhoff '99)

Boys Top All-Time Team

Scores - Division V**

1. McFarland (1996) 29
2. Maranatha (1997) 63
3. Flintridge Prep (1999) 69
4. Flintridge Prep (1998) 86
5. Calvary Chapel (1999) 100

Girls Top All-Time Team

Scores - Division V**

1. University SF (1997) 18
2. University SF (1998) 20
3. University SF (1996) 24
4. Chadwick (1999) 56
5. Chadwick (1998) 57

Boys All-Time Top Times

Individual - Division V**

1. 15:51 - Kubler (Viewpoint '99)
2. 15:55 - Downey (St. Margaret's '96)
- 15:55 - Tomlinson (Crossroads '98)
4. 15:59 - Perezchica (McFarland '96)
- 15:59 - Sharp (Santa Clara '97)
6. 16:01 - Ramirez (Holtville '96)
- 16:01 - Kubler (Viewpoint '98)
8. 16:04 - Hall (Flintridge '97)
- 16:04 - Estrada (Tranquility '98)
10. 16:12 - Hoetzel (Mammoth '96)

Girls All-Time Top Times

Individual - Division V**

1. 18:20 - Morser (University SF '98)
2. 18:26 - Horowitz (Head Royce '99)
3. 18:27 - Peterson (Francis Parker '98)
4. 18:38 - Cohen (University SF '99)
5. 18:47 - Morser (University SF '97)
6. 18:50 - Cohoon (Chadwick '99)
7. 18:55 - Cohen (University SF '98)
8. 18:58 - Petersen (Francis Parker '97)
- 18:58 - Porter (Dunsmuir '99)
10. 19:05 - Bell (Ontario Christian '99)

Note: Barrientos = Alejandra Barrientos

* Division IV established in 1990

** Division V established in 1995

MOST STATE CHAMPIONSHIPS (BOYS)

- 7 McFarland 1987 Division III; 1992-95, '99 Div. IV; 1996 Div. V
- 6 Nordhoff Ojai 1991, 1997, 1998 Division IV; 1993-95 Division III
- 5 Jesuit Carmichael 1989, 1993-95, 1997 Division II
- 3 Hart 1990-92 Division I
- 2 Thousand Oaks 1993-94 Division I
- 2 Corona del Mar, Newport Beach 1988 Div. II; 1996 Div. IV
- 2 De La Salle, Concord 1991, 1996 Div. II
- 2 Long Beach Poly, Long Beach 1997-98 Div. I
- 2 Don Bosco 1997, 1999 Div. III
- 2 Flintridge Prep 1998-99 Div. V

MOST STATE CHAMPIONSHIPS (GIRLS)

- 5 Nordhoff, Ojai 1990-91, 1996, 1998 Division IV; 1995 Division III
- *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 Yucaipa 1995-97 Division II
- 3 University San Francisco 1996-99 Division V
- 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
- 2 La Canada 1997-98 Division III
- 2 Woodbridge, Irvine 1998 Div. II, 1999 Div. I
- 2 Corona del Mar, Newport Beach 1992 Div. III, 1999 Div. IV

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
- 2 Isaiah Festa, Morro Bay 1996-97 Division IV

MOST INDIVIDUAL STATE CHAMPIONSHIPS (GIRLS)

- 3 Julia Stamps, Santa Rosa 1994-96 Division I
- 3 Deena Drossin, Agoura 1987, 1989-90 Division I
- 3 Sara Bei, Montgomery, Santa Rosa Division III 1997-98, 1999 Div. II
- 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 Annie Ebiner, St. Lucy's, Glendora 1993 Division III, 1995 Div. II
- 2 Elaine Canchola, Nordhoff Ojai 1995 Division III, 1997 Div. IV
- 2 Kira Morser, University SF Division V 1997-98

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



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Brulois Excels in Land or Water

Poly Sophomore an Accomplished Runner, Swimmer and 4.0 Student

By Kirby Lee, *Los Angeles Times*

With the sophomore's rapid development from a national class age-group swimmer into a top-notched distance runner, Kevin Brulois' exploits continue to amaze his Long Beach Poly High teammates.

In his first season last fall, Brulois finished as the second-fastest freshman in the state Division I championships. He also posted the fifth-freshman mark of all-time on the storied Mt. San Antonio College course.

"He has my respect," junior Oscar Mendez said. "At first, I just thought he was a regular swimmer trying running as a second sport."

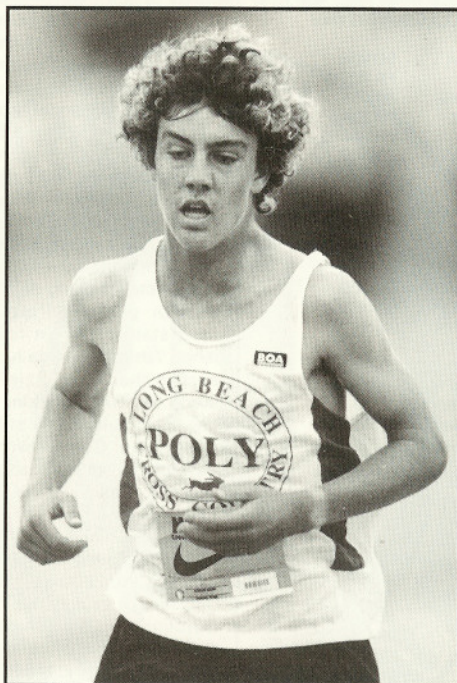
What has intrigued his teammates most, though, has been his appetite. The team is still talking about when Brulois devoured a family-size box of Cheerios on the return flight from the Great American Cross Country Festival in North Carolina where the Jackrabbits finished second in a showdown with the nation's top teams in September.

"He's always hungry," senior Ozzie Pina said.

The Jackrabbits begin their quest for its third state Division I title in four years today. They captured an unprecedented fifth Southern Section large schools title in a row in the Division I finals last Saturday.

Brulois has been a steady fourth runner for Poly, the nation's No. 2 team and state's top ranked team, this fall. In the Mt. SAC Invitational in October, Brulois sliced 14 seconds off his best in helping Poly's No. 2 team time ever.

The team good naturedly chides Brulois that he could cut a few more seconds off if he trimmed his



large afro.

Before taking up running, Brulois was on accelerated pace in swimming as a national age group standout, and in the classroom. Brulois, who maintains a 4.0 grade-point average, is enrolled in Poly's Program of Additional Curriculum Experiences gifted magnet program.

"He was a little better as a freshman than expected and turned out to be great running," Poly coach George Wright said.

Wright had inclinations of Brulois' running potential for several years after learning of his swimming talent from Kevin's brother Nicholas, who ran on the Jackrabbits' 1997 and 1998 state Division I champion teams.

Brulois ranked 12th in the nation in the 100-yard breaststroke at age 10 and has competed in the Junior Olympics for the last six years.

When Brulois broke the 1,600-meter record in the City track meet in the All-City meet as a Stanford Middle School eighth-grader, it

only supported the beliefs of Wright, the Poly swim coach from 1986-96. Wright has observed that his breaststrokers typically had the most success as runners.

Brulois spent most of the summer before his freshman year swimming and did very little running.

"In my mind, it is his swimming that has made him such a good runner," Wright said. "Breaststrokers use a lot of the same muscles in their legs that are used for running."

Cardiovascular fitness is also another benefit from both sports. The 6-foot, 150-pound Brulois got a double dose this summer working out in both disciplines. He swam up to two hours in the morning and worked out with the cross country team in the afternoon.

"It was kind of tough with all the running and swimming but I feel prepared this year," Brulois said.

Brulois, the Moore League runner-up in the 100 and 200-yard backstroke and the 500 freestyle last spring, has used his aquatic skills this fall as cross training to rest a knee injury.

"If you are in good swimming shape, it carries over to running," Brulois said. "To go from running to swimming takes a while to get back into and using your arms."

Brulois plans to delve back into swimming once cross country is completed but is not prepared to classify himself as a runner or swimmer. For the moment, Brulois enjoys both endeavors.

"In the pool, you can stay cool instead of sweating it out on a dusty cross country course," Brulois said. "In running, you can go places and talk to your teammates. When I am running I am focused on running. When I am swimming, I am focused on swimming."

2000 CIF Competitors and Team Listings

1632 Nicole Carlson FR CCS
1633 Shannon O'Holleran FR CCS
1634 Gigi Mesare FR CCS

SCHOOL = WOODSIDE
1678 Laura Hurlbut SR CCS

SCHOOL = FARMERSVILLE
1500 Silvia Perez SR CS

SCHOOL = GRANITE HILLS
1519 Angela Reynaga FR CS
1520 Marybeth Hann SO CS
1521 Julie Alcantar SO CS
1522 Natalie Bellosa SO CS

SCHOOL = MISSION SLO
1572 Megan Norton FR CS
1573 Sarah Walker FR CS
1574 Katelyn Mirolla FR CS
1575 Christina Fiahlo JR CS
1576 Katie Morici FR CS
1577 Patrice Coudray SR CS
1578 Lauren Goschke SR CS

SCHOOL = CONVENT OF SH
1475 Silbhan Uniacke SR NCS
1476 Meagan McNabola SR NCS
1477 Christina Rosetti FR NCS
1478 Anna Challet SR NCS
1479 Katherine Zoragoza JR NCS
1480 Sissy Phleger SR NCS
1481 Christina Rincon SR NCS

SCHOOL = HEAD ROYCE
1530 Clara Horowitz JR NCS

SCHOOL = LICK-WILMERDING
1557 Isa Barth-Rogers SR NCS
1558 Diana Best SO NCS
1559 Erika Stageberg JR NCS
1560 Lindsey Erikson SO NCS
1561 Emily Johnson SR NCS
1562 Jessica Ladd FR NCS
1563 Kailey Hoyle SO NCS

SCHOOL = S.F. UNIVERSITY
1614 Yfa Kretzschmar JR NCS
1615 Zoe Whitehurst JR NCS
1616 Sara Cohen SO NCS
1617 CC Ragan JR NCS
1618 Carolyn Kapnick SR NCS
1619 Molly Treadway SO NCS
1620 Sally Tracy FR NCS

SCHOOL = ST. VINCENT
1651 Ashley Burton-Smith JR NCS

SCHOOL = BISHOP QUINN
1424 Molly Sullens FR NS

SCHOOL = DURHAM
1490 Sigrid Waggnar SR NS
1491 Brittany Lund SO NS
1492 Kathy Killoran FR NS
1493 Nichole Anderson SR NS
1494 Katy Sarcona SR NS
1495 Sarah Koryn JR NS

SCHOOL = MODOC
1580 Kayla Harness SO NS
1581 Vanessa Thomason SO NS

SCHOOL = MT. SHASTA
1582 Elizabeth Tedsen JR NS

SCHOOL = PORTOLA
1605 Viola Wilbanks SR NS

SCHOOL = BISHOPS
1426 Kelli Shumilak SR SDS

SCHOOL = CALVIN CHRISTIAN
1449 Elana Huff JR SDS
1450 Lindsey Bradshaw JR SDS
1451 Jenny Tarvin JR SDS
1452 Jolene Guerrieri SO SDS
1453 Amy Howerzyl SO SDS
1454 Janae Martin SR SDS
1455 Kristy Tarvin SR SDS

SCHOOL = FRANCIS PARKER
1515 Angela Petersen SR SDS

SCHOOL = JULIAN
1532 Nicole Bastian JR SDS

SCHOOL = LA JOLLA COUNTRY DAY

1542 Lauren Swigart SO SDS
1543 Jocelyn Jenks FR SDS
1544 Daniela Scarfeo SR SDS
1545 Sarah Swigart FR SDS
1546 Indya Talbot FR SDS
1547 Porschia Talbot SO SDS
1548 Julie Glazer SR SDS

SCHOOL = MTN EMPIRE
1584 Ali Baker SO SDS
1585 Lily Dowlatshahie SR SDS
1586 Mandi Johnson SR SDS
1587 Catherine Schuh FR SDS
1588 Valerie Turcotte SO SDS
1589 Courtney Watkins JR SDS
1590 Desiree Whiteley JR SDS

SCHOOL = BRENTWOOD
1428 Meghan McIntosh JR SS
1429 Sharada Maddox FR SS
1430 Lauren Johnston SR SS
1431 Jenny Blake SO SS
1432 Stephanie Lee JR SS
1433 Travis Hultcherson SR SS
1434 Jessica Lebovits JR SS

SCHOOL = CHADWICK
1459 Kristin Cohoon JR SS
1460 Vanessa Smith JR SS
1461 Allison Brown SO SS
1462 Erika Spitzer JR SS
1463 Martha Noble FR SS
1464 Ayesha Appo SO SS
1465 Alyssa Norris SO SS

SCHOOL = DESERT CHRISTIAN
1482 Jyn Wright JR SS
1483 Deanne Matteson SR SS
1484 Clayton Tarazi SO SS
1485 Bethany Spoelstra SR SS
1486 Leana Tarazi FR SS
1487 Ashley Hoderland FR SS
1488 amy Spoelstra FR SS

SCHOOL = DESERT CHRISTIAN BD
1489 Danielle Vanamen JR SS

SCHOOL = FLINTRIDGE PREP
1508 Becky Gregg SR SS
1509 Nicki Sperling SR SS
1510 Leana Fishman SR SS
1511 Alyssa Parker SO SS
1512 Carolyn Ting SO SS
1513 Lizzy Bovard FR SS
1514 Charlotte Butler SO SS

SCHOOL = OAKWOOD
1591 Haripurkh Halsa SR SS

SCHOOL = POLY-PASADENA
1593 Courtney Cox SR SS
1594 Mallory Wilder FR SS
1595 Elizabeth Dooley SO SS
1596 Reene Magsarili SO SS
1597 Becca Robinson JR SS
1598 Marisa Browdy SR SS
1599 Joh Robinson JR SS

SCHOOL = ST. MARGARET'S
1644 Ligaya Lange SR SS
1645 Whitney Duim-Quirk SR SS
1646 Susan Bush SO SS
1647 Marcella Anwandter JR SS
1648 Shannon Holoto JR SS
1649 Melinda Brown JR SS
1650 Chloe Smith SO SS

SCHOOL = WOODCREST CHRISTIAN
1676 Holly Digerolamo FR SS

preview from page 10

pants at the year-end meet.

Individually, the heavy favorite is defending state champion Clara Horowitz of Head-Royce School, with the tenacious competitor regarded as one of the top dozen sophomores in the entire nation! Horowitz beat Cohoon by 24 seconds here last year in winning the crown as a frosh.

Long Beach Poly makes its pitch for being the nation's #1 team today — currently ranked #2 nationally by The Harrier magazine — fresh off a 77:28 team-time clocking at Mt. SAC in the section prelims. Poly, seeking its third state crown in four years (finished 7th in 1999), is led by two-time section champion Ozzie Pina, who has made Mt. SAC clockings in the very low 15-minute range at Mt. SAC look routine. But George Wright's corps is awful deep, with underclassmen Bryan Durham (yes, another Durham!) Oscar Mendez, Kevin Brulois and Luis Ruiz punching in at 16:02 or much faster along the Mt. SAC trails.

Among the 2000 acid-test highlights thus far are a runner-up finish at North Carolina's Great American Cross Country Festival (losing by 15 points to #1 nationally Mountain View of Orem, Utah) and a very commanding victory at the Mt. SAC Invitational Team Sweepstakes challenge.

Rialto and Clovis are projected to battle for the runner-up spot should Poly run to form, with these two squads blasting past their competition in 2000. Rialto had six runners go 16:03 or faster at Mt. SAC, with age-group standout Tyler Jones (19th here last year), Jovani Gonzalez, Paul Hansen, Justin Ambos, Jonathan Castro and Alan Fascinetto all outstanding individuals.

Clovis' big gun is senior sensation J.J. Duke, who has put together one of the finest seasons by a Californian in some time. Duke (sixth here last year and the state's leading returnee in Division I) scorched Mt. SAC in 14:56 this fall (second only to new course recordholder Ryan Hall of Big Bear in Division IV) and went an eye-opening 19:39 in a flat road race in late August measured just under four miles in length. Zach Tarver, Justin Cooley and Justin Coburn are among three other first-rate talents for coach Rob Brenner, whose team rocketed to the Central Section title.

The battle really opens up from there, with Dana Hills (SS), Vista (SD), Buchanan (Central Section), Don Lugo and Belmont (LA City) all rated on the same performance tier. Dana Hills has been peaking thanks to the emergence of sophomore Tyler Kastorff (seventh individually in SS), with decorated seniors Devin Segal and Derek Horn also capable of popping big races. Vista, aiming to vanquish bitter state-meet memories of a year ago, showcases a fine quintet in Ryan Montez, Mark Baddas, Ramon German, Eric Hernandez and Hiladio Larios. Buchanan has been the biggest surprise at Division I in 2000, with the group following the lead of Ryan Anderson, Casey Burchill and Freddie Funston to the runner-up position at the Central

Section Finals. Don Lugo is the defending state, rebuilding in amazing fashion after graduating five from a year ago. Senior Art Garcia has put together an unblemished season of achievements, with sophomore mate Erick Maldonado a close pursuer. Belmont has Marlon Ruiz and Reymundo Castillo, two vital contributors in the team's section title run.

Individually, this race is loaded and featuring no clear-cut favorite. Clovis' Duke is the top returnee, but Poly's Pina, Bellarmine's Neil Davis, Don Lugo's Art Garcia and Erick Maldonado (new sophomore course recordholder at Mt. SAC in 15:13), West Hills' Ben Aragon and Aptos' Brett Gotcher are among a very team list of heavyweight contenders.

The last race of the day is a must-see, with a few of the nation's elite girls programs over the last few years (Sultana and Woodbridge of the Southern Section) among a fabulous list of seven teams with a good shot at the title, the others being Montgomery (North Coast Section), San Ramon Valley (North Coast) and the Southern Section trio of Canyon (Canyon Country), Foothill (Santa Ana) and Newport Harbor. At the same time, Montgomery senior Sara Bei will be chasing history.

Sultana may have positioned itself in the favorite's role after a textbook group run at its section finals, with a 26-second scoring gap keying the victory. Michelle Ziser, Kelsey Camara, Stacy Tabuena, Kelsey DelaGardelle, and Lindsey Shumaker help comprise Coach Joe Mahr's rapidly improving unit. Woodbridge a staple at or near the top of the charts at this time of year, has a great lead trio off last year's Division I state champions in Kristen Berglas, Meghan Bellotti and Jessica Kanin. Canyon, relying on Brenda Stevens and Jazmin Treadway to lead an otherwise young team, has also performed very well this fall.

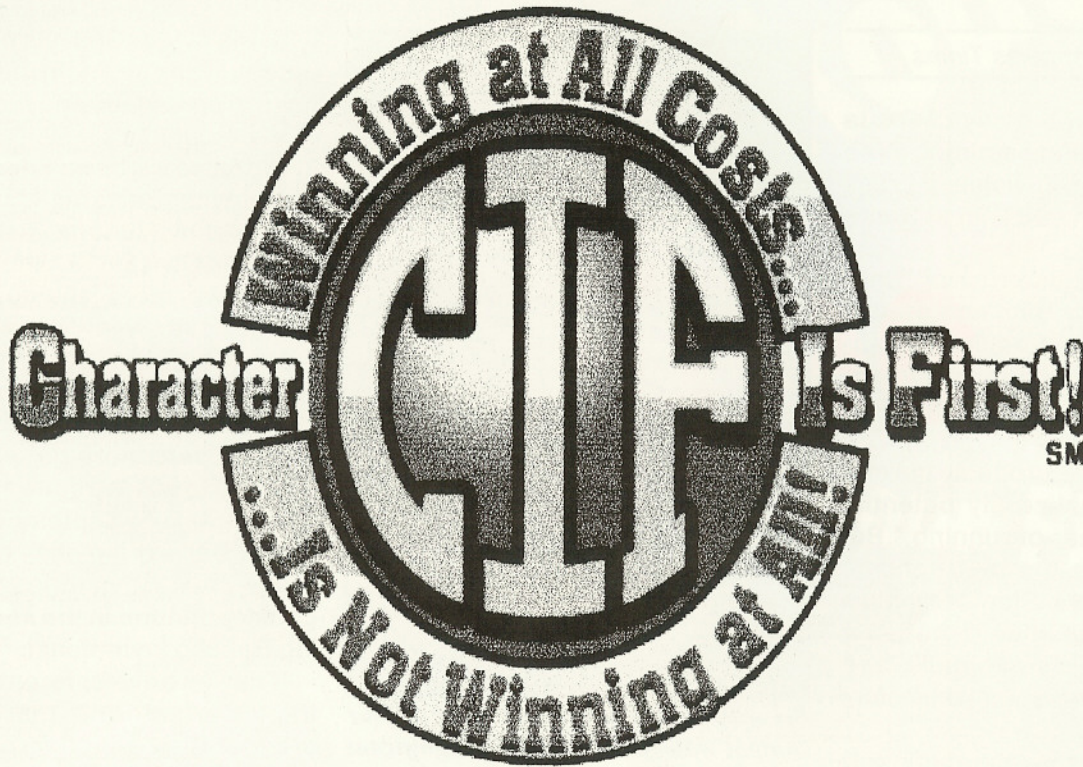
San Ramon Valley, with Katie Murphy and Jeannine Regalia enjoying great runs at their sectional meet, and Newport Harbor, with Foot Locker nationals hopeful Amber Steen and frosh teammate Lauren Paul heading the charge, are also dangerous.

Defending state champion Foothill, which encountered repeated adversity this fall, came through with a clutch runner-up performance last week, with sisters Katie and Laura Strachan and Emily Haigh among those coming through.

Montgomery earned a #9 national ranking in The Harrier after a great sub-95:00 run at Mt. SAC, with ever-popular senior Sara Bei off to a 17:19 race victory and Kim Conley and Sarah Bashel among those supporting well. Bei is attempting to become the first Golden State athlete to win four state individual crowns in a prep career, going 3-for-3 thus far. However, she'll receive a major challenge from Ukiah's Amber Trotter, who has already beaten Bei at least twice head-on this year, including a 14-second victory margin (17:58 to 18:12) last week.

Other top individuals expected at Antioch's Janie Nolan (second in 1999), Vacaville's Robyn Stevens (third in 1999), Hilltop's Desiree Davile (fourth in 1999) and Agoura's Laura Jakosky (sixth in 1999).

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Bei in Hunt for Unprecedented Fourth Championship

By Kirby Lee, *Los Angeles Times*

Julia Stamps put the city of Santa Rosa on the map after capturing three consecutive state Division I cross country titles from 1994-96 at Santa Rosa High.

Another Santa Rosa runner, Sara Bei of Montgomery High emerged in 1997 to carry on the tradition by capturing the Division III title as a freshman and a sophomore and the Division II title last year.

"Julia Stamps was probably the one that made me realize my potential during my first year of running," Bei said about Stamps, the 1994 national champion and now a Stanford junior.

"I've always looked up to her as a pioneer for winning nationals and bringing a lot of momentum and interest to the city."

Bei can take her own place in the record books in the Division II final at Woodward Park today with a chance to become the first runner in state meet history to win four championships. A team title could be an added bonus.

Montgomery, featuring Bei, Sara Bashel, freshmen Kim Conley and Christy Sweaney, Joy Terribilini and Elisa Pedersen, enters the meet as the state's top-ranked team and coming off a victory in the North Coast Section finals.

"Four in a row is something that I have been thinking about all season," Bei said. "Records come and go but this is one that will never be broken. I get goose bumps thinking about it."

There are many thoughts about the reasons behind Santa Rosa's distance running success. The Northern California suburb has produced seven individual titles among Stamps, Bei and Trina Cox of Santa Rosa's 1997 Division I victory. Agoura, winner of eight championships, is the only city that can claim more state individual titles than Santa Rosa.



Bei will be hard-pressed to make it four straight with Amber Trotter a significant challenge for the senior sensation.

"People joke that it's the water," said Bei, who has powered to 31-second victories each of the last two seasons.

For Bei, who has narrowed her college choices to Stanford, Oregon, Colorado and Seattle Pacific, mental preparation is the key, physically and mentally.

Before races, she listens to the movie soundtrack from "Chariots of Fire." This morning, her selections will also include lyrics from the popular Chumba Wamba song: "I get knocked down but I get up again. You're never gonna keep me down."

Bei will also bring "My Book Of Inspiration," which is about the size of a textbook with cards, letters, race numbers, even the ticket to Disneyland where she went as a freshman on the night she won the 1,600 and 3,200 meters at the 1998 state track and field championships.

"I try to put things in perspective," Bei said. "I don't run to break records

or to win races. God has given me the potential and strength that I have. All I have to do is focus and run to the best of my ability."

The focus will be on Sonoma County today with Bei and Maria Carrillo junior Jenny Aldridge, last year's runner-up in Division III, who could bring home two more championships to Santa Rosa.

Aldridge, the daughter of Dan Aldridge, the 1975 national leader in the 880 yards for Petuluma High and Stamps' personal high school coach, beat Bei to win the state 1,600-meter title in track. In September, Aldridge ended Bei's string of 44 consecutive cross country victories in a Montgomery uniform in the season-opening Rancho invitational.

"They all have different stories but the important traits that they share are that they are all ferocious competitors and willing to work very hard to achieve their goals," Montgomery coach Larry Meredith said.

"It takes more than a role model to achieve success but I do believe there is the connection through the years in that each successive star has learned from the her predecessors on how much hard work it takes to get to the top."

Another Redwood Empire runner, Ukiah's Amber Trotter will be Bei's greatest obstacle in her bid for a fourth state title. Trotter, a junior, defeated Bei to win the North Bay League finals and North Coast Section championships.

"I am really looking forward to avenge (the losses)," Bei said. "I think it is going to come down to who wants it the most. The first year that I won was a complete surprise. The last two I kind of took it for granted because I won pretty comfortably. This year, it is going to be exciting

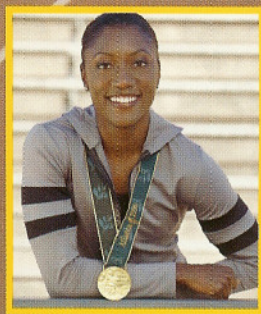
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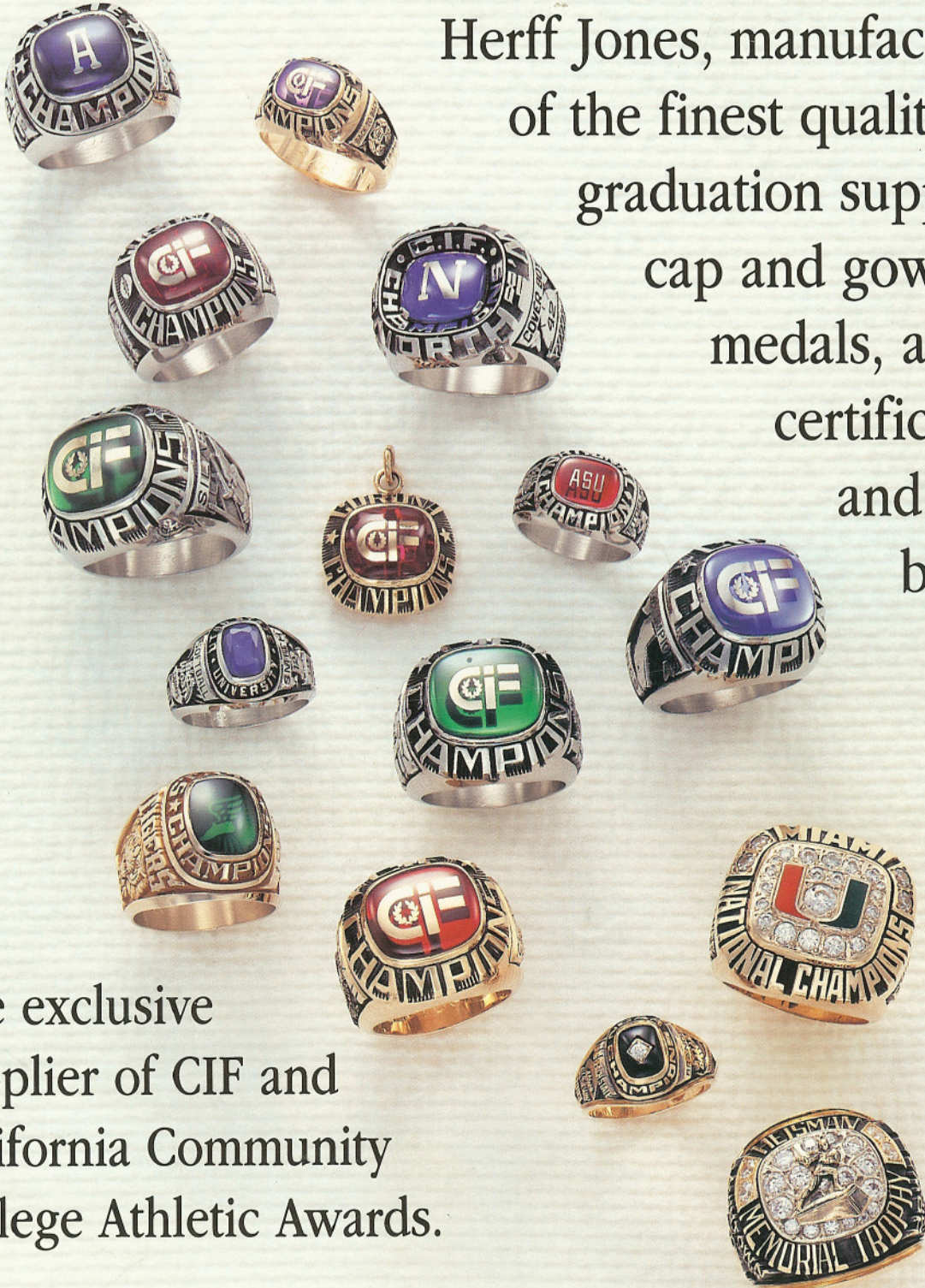
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