

NORTH COAST SECTION

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CROSS COUNTRY RANKINGS

Volume 6, Number 6

December 31, 1995

The Meet of Champions was held at its new venue at Newhall Park in Concord with a great deal of success. Several of the concerns of Mills College were alleviated, namely parking, visibility, and tallying of results. All the races went well, athletes ran to their limits, teams had various levels of success, and the the overall level of strength of the North Coast Section was in full evidence. My favorite aspect of the races was the aroma of the Concord High Boosters barbeque through out the day. That certainly put a convivial light on the whole proceedings.

Our section had much to be proud of. For the first time, we sent our full complement of teams to the State Meet because of the maneuvering of teams amongst the various divisions. These teams went on to represent the section with outstandign team and individual performances. Our section championships was a great statement to the continuing vigor of cross country in the North Coast, with 369 girls competing representing 81 teams (complete and incomplete) and 477 boys representing 80 teams (complete and incomplete), all running in 10 races.

Here are the team time comparisons for the day, with the exception of where one team beat another team on points head-to-head in the same race.

| GIRLS' TEAMS | | | |
|--------------|-----------|---------------------|--------|
| Place | Team Time | Team | Finish |
| 1 | 95:52 | Clayton Valley | III-1 |
| 2 | 99:49 | University | IV-1 |
| 3 | 100:00 | Carondelet | III-2 |
| 4 | 102:16 | Campolindo | IV-2 |
| 5 | 102:36 | Amador Valley | II-1 |
| 6 | 102:39 | James Logan | I-1 |
| 7 | 102:45 | Mission San Jose | II-2 |
| 8 | 103:24 | College Park | II-3 |
| 9 | 103:4 | Northgate | III-3 |
| 10 | 104:19 | Miramonte | III-4 |
| 11 | 105:12 | Castro Valley | II-4 |
| 12 | 105:44 | Ursuline | IV-3 |
| 13 | 105:35 | Piedmont | IV-4 |
| 14 | 106:33 | Terra Linda | IV-5 |
| 15 | 106:39 | Monte Vista | II-5 |
| 16 | 106:45 | Acalanes | I-2 |
| 17 | 102:33 | Santa Rosa | I-3 |
| 18 | 107:27 | Washington | I-4 |
| 19 | 108:03 | Moreau Catholic | II-6 |
| 20 | 107:50 | Livermore | II-7 |
| 21 | 108:13 | Middletown | IV-6 |
| 22 | 108:33 | Arcata | IV-7 |
| 23 | 108:38 | Petaluma | III-5 |
| 24 | 110:24 | College Preparatory | IV-8 |
| 25 | 111:01 | Branson | IV-9 |
| 26 | 111:04 | Montgomery | I-5 |
| 27 | 111:24 | Las Lomas | II-8 |

| BOYS' TEAMS | | | |
|-------------|-----------|------------------|--------|
| Place | Team Time | Team | Finish |
| 1 | 80:02 | Livermore | III-1 |
| 2 | 82:19 | DeLaSalle | II-1 |
| 3 | 82:26 | Clayton Valley | III-2 |
| 4 | 82:29 | Mission San Jose | II-2 |
| 5 | 84:39 | Eureka | II-3 |
| 6 | 84:40 | Amador Valley | II-4 |
| 7 | 84:48 | Bishop O'Dowd | I-1 |
| 8 | 85:05 | Piedmont | IV-1 |
| 9 | 85:32 | Castro Valley | I-2 |
| 10 | 85:53 | James Logan | I-3 |
| 11 | 86:18 | Montgomery | I-4 |
| 12 | 86:21 | Novato | III-3 |
| 13 | 86:20 | Northgate | III-4 |
| 14 | 87:00 | Campolindo | IV-2 |
| 15 | 88:14 | Ukiah | I-5 |
| 16 | 88:17 | Arcata | IV-3 |
| 17 | 88:31 | San Ramon | II-5 |
| 18 | 88:37 | Irvington | III-5 |
| 19 | 88:45 | Healdsburg | I-6 |
| 20 | 88:46 | Miramonte | III-6 |
| 21 | 88:23 | Petaluma | III-7 |
| 22 | 89:43 | Santa Rosa | I-7 |
| 23 | 90:00 | San Lorenzo | III-8 |
| 24 | 89:59 | El Molino | III-9 |
| 25 | 90:05 | Granada | III-10 |
| 26 | 90:10 | Cardinal Newman | IV-4 |
| 27 | 89:16 | Terra Linda | IV-5 |

| | | | |
|----|--------|---------------|--------|
| 29 | 111:10 | Bishop O'Dowd | I-7 |
| 30 | 112:10 | Foothill | III-6 |
| 31 | 113:21 | Granada | III-7 |
| 32 | 113:28 | El Molino | III-8 |
| 33 | 115:09 | Head Royce | IV-10 |
| 34 | 115:49 | Healdsburg | I-8 |
| 35 | 116:10 | Kelseyville | IV-11 |
| 36 | 116:33 | Irvington | III-9 |
| 37 | 116:42 | Alhambra | I-9 |
| 38 | 116:36 | Alameda | I-10 |
| 39 | 117:08 | Redwood | III-10 |
| 40 | 118:32 | Concord | III-11 |
| 41 | 119:58 | Antioch | I-11 |
| 42 | 126:01 | Marin Academy | IV-12 |
| 43 | 119:58 | Ft. Bragg | IV-13 |
| 44 | 116:50 | Drake | IV-14 |
| 45 | 129:21 | Analy | III-12 |
| 46 | 129:42 | Rancho Cotate | I-12 |

| | | | |
|----|--------|--------------------------------|--------|
| 29 | 89:43 | University | IV-7 |
| 30 | 90:53 | San Leandro | II-6 |
| 31 | 90:59 | Acalanes | I-8 |
| 32 | 91:20 | Salesian | IV-8 |
| 33 | 92:34 | Ygnacio Valley | III-11 |
| 34 | 91:44 | Redwood | III-12 |
| 35 | 92:55 | College Park | II-7 |
| 36 | 93:08 | Alhambra | I-9 |
| 37 | 93:16 | Drake | IV-9 |
| 37 | 93:16 | Analy | III-13 |
| 39 | 93:14 | American | III-14 |
| 40 | 93:26 | Concord | III-15 |
| 41 | 93:38 | Alameda | I-10 |
| 42 | 94:07 | Antioch | I-11 |
| 43 | 94:16 | California School for the Deaf | IV-10 |
| 44 | 94:10 | College Preparatory | IV-11 |
| 45 | 94:42 | San Rafael | IV-12 |
| 46 | 94:38 | Willits | IV-13 |
| 47 | 94:57 | Moreau Catholic | II-8 |
| 48 | 95:01 | Clear Lake | IV-14 |
| 49 | 95:16 | Washington | I-12 |
| 50 | 95:29 | Las Lomas | II-9 |
| 51 | 95:37 | Marin Academy | IV-15 |
| 52 | 95:53 | California | II-10 |
| 53 | 96:15 | Fortuna | III-16 |
| 54 | 95:58 | Hayward | III-17 |
| 55 | 96:27 | Branson | IV-16 |
| 56 | 97:28 | Head-Royce | IV-17 |
| 57 | 96:55 | Marin Catholic | IV-18 |
| 58 | 97:18 | Dublin | IV-19 |
| 59 | 97:20 | Contra Costa Christian | IV-20 |
| 60 | 97:46 | McKinleyville | III-18 |
| 61 | 98:29 | Berkeley | I-13 |
| 62 | 99:00 | St. Joseph's-Notre Dame | IV-21 |
| 63 | 100:02 | Monte Vista | II-11 |
| 64 | 100:19 | Albany | IV-22 |
| 65 | 103:20 | Elsie Allen | IV-23 |
| 66 | 102:51 | Kelseyville | IV-24 |

The All-North Coast Teams are now in their 6th year. These are made purely on the basis of Meet Of Champion times, so that as much as possible a true cross division comparison can be made. Local All-Area teams have more opportunity to reward each runner on the merits of an entire season.

GIRLS' ALL-NORTH COAST CROSS COUNTRY TEAM

1st Team

| | | | | |
|---|-------|-------------------|------------------|-------|
| 1 | 16:49 | Julia Stamps | Santa Rosa | I-1 |
| 2 | 18:17 | Kristen Gordon | Carondelet | III-1 |
| 3 | 18:30 | Heather Wallace | Clayton Valley | III-2 |
| 4 | 18:52 | Katie Hotchkiss | Mission San Jose | II-1 |
| 5 | 19:00 | Deborah Osteen | Clayton Valley | III-3 |
| 6 | 19:05 | Elizabeth Larmore | Monte Vista | II-2 |
| 7 | 19:10 | Linden Bader | University | IV-1 |

BOYS' ALL-NORTH COAST CROSS COUNTRY TEAM

1st Team

| | | | | |
|---|-------|--------------------|------------------|-------|
| 1 | 15:17 | Michell Jones | Livermore | III-1 |
| 2 | 15:24 | Mike Wojciechowski | Clayton Valley | III-2 |
| 3 | 15:28 | Joe Smith | Livermore | III-3 |
| 4 | 15:35 | Tom Prindiville | DeLaSalle | II-1 |
| 5 | 15:51 | Jonathon Stevesn | Mission San Jose | II-2 |
| 6 | 15:57 | Randy Maestretti | DeLaSalle | II-3 |
| 7 | 15:58 | Dave Rodriguez | Mission San Jose | II-4 |

| <u>2nd Team</u> | | | |
|-----------------|-------|----------------|----------------------|
| 1 | 19:11 | Jennifer Ewing | Cal Valley II-3 |
| 2 | 19:17 | Trina Cox | San Rosa I-2 |
| 2 | 19:17 | Tina Bowen | San Ramon II-4 |
| 4 | 19:20 | Kelly Howisey | Clayton Valley III-4 |
| 4 | 19:20 | Sarah Hallas | Ursuline IV-2 |
| 6 | 19:22 | Heather Gibson | Piedmont IV-3 |
| 7 | 19:24 | Jen Ponig | Terra Linda IV-4 |

| <u>3rd Team</u> | | | |
|-----------------|-------|-----------------|--------------------------|
| 1 | 19:30 | Lisa Hernandez | Healdsburg I-3 |
| 1 | 19:30 | Tiffany Hansen | Redwood III-5 |
| 3 | 19:32 | Julie Leininger | Clayton Valley III-6 |
| 4 | 19:34 | Lindsey Bergen | Miramonte III-7 |
| 5 | 19:36 | Michelle Kiyono | James Logan I-4 |
| 6 | 19:39 | Lisa Gillis | Moreau Catholic II-5 |
| 6 | 19:39 | Kat Saxon | College Preparatory IV-5 |

| <u>2nd Team</u> | | | |
|-----------------|-------|-------------------|----------------------|
| 1 | 15:59 | Enrique Henriquez | San Leandro II-5 |
| 2 | 16:01 | Daniel Embaye | James Logan I-1 |
| 3 | 16:02 | Amadu Kamara | Santa Rosa I-2 |
| 4 | 16:04 | Brian Hernsdorf | Amador Valley II-6 |
| 5 | 16:05 | Todd Hunt | Novato III-4 |
| 6 | 16:06 | Erik Hansen | American III-5 |
| 7 | 16:09 | Luke Leininger | Clayton Valley III-6 |

| <u>3rd Team</u> | | | |
|-----------------|-------|-----------------|-----------------------|
| 1 | 16:10 | Luke Syzmanski | San Lorenzo III-7 |
| 2 | 16:14 | Ryan Freeman | Amador Valley II-7 |
| 3 | 16:15 | Nathan Martin | Livermore III-8 |
| 4 | 16:17 | Pat O'Leary | Mission San Jose II-8 |
| 5 | 16:18 | Rolf Kvalvik | Northgate III-9 |
| 5 | 16:18 | Mekkonen Fekadu | Santa Rosa I-3 |
| 7 | 16:18 | Mike Schwartz | Santa Rosa I-4 |

And now for some League Comparisons: with across-the-board time comparisons and team times, it is possible to rank the leagues against each other to see how strong they are. For the purposes of comparison, each league was scored as a team. Each league had to have a minimum of three teams running today, regardless of division, in order to be scored. Leagues with less than three teams running are then counted as incomplete. This allows each league to have some bragging rights as to just how "tough" they are.

GIRLS' LEAGUES -- "TOUGHNESS" COMPARISON:

| | | | |
|-----|----------------------|---------|--|
| 1. | Foothill | 23 | (Campolindo 4, Northgate 9, Miramonte 10) Acalanes 16, Las Lomas 27 |
| 2. | Mission Valley | 30 | (James Logan 6, Mission San Jose 7, Washington 8) Irvington 36 |
| 3. | Mountain Bay | 43 | (Clayton Valley 1, College Park 8, Alhambra 37) Concord 40 |
| 4. | Bay Counties | 45 | (University 2, College Preparatory 24, Branson 25) Head Royce 34, Marin Academy 42 |
| 5. | North Bay | 50 (28) | (Ursuline 12, Santa Rosa 17, Montgomery 26) Ukiah 28 Rancho Cotate 46 |
| 6. | East Bay | 50 (31) | (Amador Valley 5, Livermore 20, Foothill 30) Granada 31 |
| 7. | Bay Valley | 55 | (Carondelet 3, Monte Vista 15, Antioch 41) |
| 8. | Alameda-Contra Costa | 73 | (Piedmont 13, Bishop O'Dowd 29, Alameda 38) |
| 9. | Marin County | 90 | (Terra Linda 14, Redwood 39, Drake 44) |
| 10. | Sonoma County | 91 * | (Petaluma 23, El Molino 32, Analy 45) |
| 11. | Coastal Mountain | 91 * | (Middletown 21, Kelseyville 35, Ft. Bragg 43) |
| | Hayward Area | inc. | (Castro Valley 11, Moreau Catholic 19) |
| | Humboldt-Del Norte | inc. | (Arcata 22) |

* = tiebreaker where there is no 6th finisher (or in this case, no 4th): drop the last scoring finisher and rescore the remaining finishers.

BOYS' LEAGUES -- "TOUGHNESS" COMPARISON:

| | | | |
|----|----------------------|---------|---|
| 1. | Mission Valley | 32 (39) | (Mission San Jose 4, James Logan 10, Irvington 18) American 39, Washington 49 |
| 2. | East Bay | 32 (52) | (Livermore 1, Amador Valley 6, Granada 25) California 52, Dublin 58 |
| 3. | Alameda-Contra Costa | 43 | (Bishop O'Dowd, 7, Piedmont 8, St. Mary's 28) Salesian 32, Alameda 41 St. Joe's-Notre Dame 62, Albany 64 |
| 4. | Foothill | 44 | (Northgate 13, Campolindo 14, San Ramon 17) Miramonte 20, Acalanes 31 Las Lomas 50 |
| 5. | North Bay | 45 | (Montgomery 11, Ukiah 15, Santa Rosa 22) Cardinal Newman 26, Elsie Allen 65 |
| 6. | Hayward Area | 62 | (Castro Valley 9, San Lorenzo 23, San Leandro 30) Moreau Catholic 47 Hayward 54 |

| | | | |
|-----|--------------------|-----|--|
| 7. | Sonoma County | 64 | (Healdsburg 19, Petaluma 21, El Molino 24) Analy 37 |
| 8. | Mountain Bay | 71 | (Clayton Valley 3, Ygnacio Valley 33, College Park 35) Alhambra 36, Concord 40 |
| 9. | Marin County | 73 | (Terra Linda 27, Redwood 34, Drake 38) San Rafael 45, Marin Catholic 57 |
| 10. | Humboldt-Del Norte | 74 | (Eureka 5, Arcata 16, Fortuna 53) McKinleyville 60 |
| 11. | Bay Valley | 105 | (DeLaSalle 2, Antioch 42, Berkeley 61) Monte Vista 63 |
| 12. | Bay Counties | 116 | (University 29, California School for the Deaf 43, College Preparatory 44) Marin Academy 51, Branson 55, Head Royce 56, Contra Costa Christian 59 |
| 13. | Coastal Mountain | 160 | (Willits 46, Clear Lake 48, Kelseyville 66) |

And from the editor's corner: LOW TECH: This year saw quite a few meets in our section or area go "low tech," that is dispense with pre-entering names, assigning numbers, entering results into a computer, and then getting the scores and times. Instead, coaches filled out name tags at the start, tags were peeled off at the end, times were added on, scores were tallied, and the boards were displayed. The result was that the DeLaSalle/Carondelet/adidas Invitational, the Castro Valley Invitational, and even our own Section Championships went without the benefits of computers. Well, what did you all out there think of it? Was there a visible difference to you, the coaching and running portion, in how the Section championships was run? Is there anything to be said for "low" or "high" tech in cross country meets?

5 DIVISIONS -- Rumblings are that we will get a 5th division for the small schools next year. Aside from the fact that it will be a fairly long State Meet, it sounds good. Division 4 has quite a bit of disparity in it, with some schools being much much larger than others. Still, the success of the University girls shows that size is not the major determinant of success in distance running. And if we do split Division IV up into two smaller chunks, our Section will stand to benefit. We tend to be the dominant Section in Division IV in girls, with top runners and top teams, and we have many contenders that match up well state-wide not that far back. We would probably send more teams that would do very well. Any feedback, one way or the other, on that?

DIVISION I DISPARITY -- and speaking of parity, Division I boys is where it is not for our section. Division I overall is our thinnest and and quirkiest division. For the first time, we were able to get enough teams to opt up into Division I to get the full complement of ten teams so we could qualify our full quota of two teams both girls and boys. However, within our section, these are not necessarily the stronger teams, which means outside of our section those teams will get pretty well run over at the State level. Of course, this is then embarrassing for the team and also the section. What we need to consider is the sequence of priorities: first, we need to get as many teams to the State Meet as possible. So, it is of a high priority that we continue to have teams opt up each year into Division I to keep our numbers up. As we establish a stable pattern of teams choosing Div I, I have full trust in the talent of the coaches in our Section to meet the challenge to be competitive. If this takes a few years of bringing up the rear at the State Meet, so be it.

Coaches of the Year -- Once again, the humble bias of this modest publication presumes to name names:

Steve Walsh, Campolindo. Steve took both teams to the State Meet, and was considered an outside contender in both races. His teams were contenders but not champions in the FAL, and roared to clear 2nd place finishes at the MOC. Clearly a case of teams peaking at the right time. Good job, Steve.

Eddie Salazar, Livermore. Eddie does it again. Sure he has the stars up front, but he also has the pack not far behind. The faces and the names change, but the Livermore boys team still ravages the land.

Complaints and comments are welcome. I'm sorry I'm late this issue. Peter Brewer Home 1-510-945-8869 after 9 pm
BrewFAX 1-510-945-1510 anytime

North Coast Section

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Cross Country Rankings

Volume 6, Number 7

January 10, 1996

The 1995 State Meet once again showcased the excellencies of the North Coast against the rest of the state. Our strong points were once again the Division III and IV races, and our Div I and II teams did well against the State powers. Individually we also had some fine performances. It is interesting to note that only a few years ago, any single team or individual from the North Coast doing well was considered a major triumph for our area. Now we have become accustomed to success, and in a way, expect it, especially those teams that work hard for that success.

Division I Boys: This was our weakest showing in the boys races. Castro Valley put together a journeyman effort to finish 15th in an 18 team field. A small consolation was finally beating Bishop O'Dowd, albeit by 3 points. Even though the back-of-the-pack showing was less than satisfying, the overall Division I field was flat this year, and the two North Coast teams ended up ranked 22nd and 23rd overall in the State. Division I MOC winner Daniel Embaye of Logan slumped to an average showing in 96th (17:17). Our top finisher was his teammate Chad Foster, who notched a good 28th (16:34). Santa Rosa's Mike Schwartz topped off a comeback year from injury with a 32nd-16:38.

Division I Girls: Julia Stamps has her name etched prominently in California and USA prep running, and showed why today. The Santa Rosa junior hustled to phenomenal 16:45, breaking her record of last year on this course. Her teammate Trina Cox was in good position in 31st-19:43. Logan's Senhit Dirar ran a good 36th-19:52 to lead the Colts to a very good 8th place, which ultimately led them to a 13th in the final State rankings. Acalanes was pretty well towards the back, and finished last. They were only a few points away from a cluster of 5 teams that comprised the trailing pack.

Division II Boys: The colds and flus and injuries continued to sap DeLaSalle and they were not able to fully come back to their mid-season form. Still, an off day for the Spartans is a dream team for most schools. Tommy Prindiville (9th-15:50) led the way for their 6th place finish. Mission relied on Jon Stevens (20th-16:07) and Daave Rodriguez (32nd-16:18) to help propel them to an 11th place team finish in a fast Division II field. Other top NCS finishers were DeLaSalle's Randy Maestretti (44th-16:26), Brian Hernstorf of Amador Valley (46th-16:29) and Enrique Henriquez of San Leandro (47th-16:29).

Division II Girls: The field was about as fast as I've ever seen a Division I race, and our teams did well considering. As an aside, all of the girls races were quick

this year, with more teams in the top portion of every race duking it out. Amador and Mission carried the NCS banners this year, and ran well to garner their 11th and 12th place finishes respectively. Monican Van Wegen (28th-19:22) and Candace Miles-Threatt (36th-19:34) led for the Dons, and Mission's Katie Hotchkiss (22nd-19:12), the MOC champion, did the front-running honors for the Warriors. Other NCS individuals included Monte Vista's Elizabeth Larmore (9th-18:57) and Jennie Ewing of Castro Valley (10th-18:57) in the top 10. Moreau Catholic's Lisa Gillis (21st-19:11), San Ramon's Tina Bowen (26th-19:20) and Melanie Melara of College par (44th-19:44) ran well also.

Division III Boys: This race had one of the legendary finishes that will be all the more mythic for the retelling in the future. Livermore's Micheil Jones, defending State Champion, runaway winner at MOC, was about as close to a lock on a race as could be. At 2 miles, he broke away with old nemesis Mike Wojciechowski of Clayton right on his heels, and teammate Joe Smith doggedly tagging along. With just the 150 yards of grass finish sprint left, Jones, went into total body lock from dehydration and fatigue caused by a bad flu. He staggered to the side, and wobbled towards the finish. Wojciechowski, seeing Jones veer off, smelled State Meet championship and sprinted to the finish and flung his hands up in glory ... a step too soon, as Smith of Livermore ducked underneath the upraised arm to beat him by half a step at the line. Meanwhile Jones was still staggering, with an anxious cluster of onlookers not knowing whether to cheer him on or carry him to a trainer. He collapsed, making the question moot. And without him finishing, Livermore still got 2nd in the team race. Had he finished, Livermore would have still finished 2nd to a fine Nordhoff, but the Cowboys team time would have improved to place them 3rd overall on the day. Adrain Eimerl (12th-16:16), Nathan Martin (22nd-16:29) and Tim Ricard (30th-16:35) were also part of that good showing for the Livermore boys. The Clayton Valley boys were not shabby either. Luke Leiniger (19th-16:25) and Justin Carter (23rd-16:30) were part of the Eagles 6th place showing. Individually, Dan Brecht of Petaluma ran a fine race (13th-16:17).

Division III Girls: In the most competitive division of the day, the North Coast entries did a fine job. Clayton Valley improved by over a minute in team time from last year, but were not able to hold off an inspired Nordhoff team that posted the fastest team time of all the races. Clayton was led by another fine performance from senior Heather Wallace (4th-18:30) followed by the best ever North Coast team at State: Deborah Osteen (11th-18:59, Kelly Howisey (13th-19:06), Julie Leininger (19th-19:16), Louise Indrisie (24th-19:29), Jennifer Codington (27th-19:32) and Jennifer Osteen (38th-19:55). Pretty darn impressive. Carondelet was also a real contender, only 4 points out of 3rd place with Kristen Gordon (2nd-18:12) leading the Cougar's 4th place finish with a great race. Kerri Book-Williams (25th-19:31) and Cristyn Enea (28th-19:32) were also up front for Carondelet.

Individually, Sally Cheda of Petaluma (23rd-19:28) placed well.

Division IV Boys: Petaluma shook off a pair of years ('94 and '95) where they tied for 3rd and then lost on the tiebreaker to actually place an unencumbered 3rd. Carl Moran (19th-16:50) led the way for the Highlanders. Campolindo took a respectable 8th, with Ryan Mattonen (34th-17:09) their frontrunner. The top NCS individual was Terra Linda's Robin Pendoly who snagged a fine 9th in 16:27.

Division IV Girls: University finally had their showdown with Louisville and came up a bit short, but the two of them clearly outclassed the rest of the field. Linden Bader (12th-19:29) and Amada Tomei (18th-19:46) led the charge for the Red Devils. Campolindo did very well, with their best race of the year even with their #3 girl dropping out of the race at midpoint. Kaie Berkes (27th-20:19) was their top runner. Other NCS individual standouts were Kat Saxon of College Preparatory (9th-19:29), Sarah Hallas of Ursuline (19th-19:57) and Jen Ponig of Terra Linda (20th-20:00).

ALL-STATE NCS TEAM: These are the top ten individuals for the North Coast Section today:

Boys:

| | |
|----------------------------------|-----------------------|
| 1. 15:37 Joe Smith (12) | III-1 Livermore |
| 2. 15:37 Mike Wojciechowski (12) | III-2 Clayton Valley |
| 3. 15:50 Tom Prindiville (11) | II-9 DeLaSalle |
| 4. 16:07 Jonathan Stevens (10) | II-20 Mission |
| 5. 16:16 Adrian Eimerl (12) | III-12 Livermore |
| 6. 16:17 Dan Brecht (12) | III-13 Petaluma |
| 7. 16:18 Dave Rodriguez (11) | II-32 Mission |
| 8. 16:25 Luke Leininger (12) | III-19 Clayton Valley |
| 9. 16:26 Randy Maestretti (12) | II-44 DeLaSalle |
| 10. 16:29 Brian Hernstorf (12) | II-46 Amador Valley |
| 10. 16:29 Enrique Henriquez (11) | II-47 San Leandro |
| 10. 16:29 Nathan Martin (10) | III-22 Livermore |
| 10. 16:29 Justin Carter (11) | III-23 Clayton Valley |

Girls

| | |
|---------------------------------|-----------------------|
| 1. 16:45 Julia Stamps (11) | I-1 Santa Rosa |
| 2. 18:12 Kristen Gordon (11) | III-2 Carondelet |
| 3. 18:30 Heather Wallace (12) | III-4 Clayton Valley |
| 4. 18:57 Elizabeth Larmore (12) | II-9 Monte Vista |
| 5. 18:57 Jennifer Ewing (11) | II-10 Castro Valley |
| 6. 18:59 Deborah Osteen (11) | III-11 Clayton Valley |
| 7. 19:06 Kelly Howisey (11) | III-13 Clayton Valley |
| 8. 19:11 Lisa Gillis (10) | II-21 Moreau Catholic |
| 9. 19:12 Katie Hotchkiss (9) | II-22 Mission |
| 10. 19:16 Julie Leininger (9) | III-19 Clayton Valley |

And now for some history: All-Time NCS Team Performances at the State Meet:

Division I ("3A" prior to 1990)

BOYS

| | | |
|-----------------|------|-----|
| 80:05 DeLaSalle | 1989 | 2nd |
| 81:18 DeLaSalle | 1988 | 5th |
| 81:41 DeLaSalle | 1987 | 4th |

| | | |
|---------------------|------|------|
| 82:27 San Ramon | 1987 | 11th |
| 83:44 Antioch | 1987 | 13th |
| 83:54 Amador Valley | 1989 | 12th |
| 84:03 Santa Rosa | 1988 | 14th |
| 84:17 Santa Rosa | 1994 | 8th |
| 84:39 Montgomery | 1993 | 11th |
| 86:14 James Logan | 1991 | 13th |
| 86:52 Montgomery | 1990 | 13th |
| 86:58 Castro Valley | 1995 | 15th |
| 86:57 Bishop O'Dowd | 1995 | 16th |

GIRLS

| | | |
|--------------------|------|------|
| 98:23 Santa Rosa | 1991 | 6th |
| 100:24 Carondelet | 1994 | 7th |
| 102:25 Santa Rosa | 1990 | 8th |
| 103:14 James Logan | 1995 | 8th |
| 103:20 California | 1987 | 12th |
| 104:05 California | 1988 | 14th |
| 104:42 California | 1989 | 11th |
| 105:23 San Ramon | 1989 | 12th |
| 105:37 James Logan | 1992 | 11th |
| 106:21 Granada | 1988 | 16th |
| 106:32 El Cerrito | 1987 | 14th |
| 107:29 James Logan | 1994 | 14th |
| 108:08 Acalanes | 1995 | 18th |
| 111:04 James Logan | 1993 | 18th |

Division II ("2A" prior to 1990)

BOYS:

| | | |
|------------------------|------|------|
| 80:39 DeLaSalle | 1991 | 1st |
| 82:38 Montgomery | 1992 | 8th |
| 82:55 DeLaSalle | 1995 | 6th |
| 83:14 DeLaSalle | 1993 | 7th |
| 83:25 DeLaSalle | 1990 | 7th |
| 83:41 DeLaSalle | 1994 | 9th |
| 84:11 Piedmont | 1988 | 5th |
| 84:18 Castro Valley | 1987 | 7th |
| 84:28 Castro Valley | 1988 | 7th |
| 84:48 Mission San Jose | 1995 | 11th |
| 84:43 Mission San Jose | 1994 | 11th |
| 84:53 Mission San Jose | 1993 | 14th |
| 85:00 Acalanes | 1987 | 11th |
| 85:04 Castro Valley | 1991 | 12th |
| 85:27 Amador Valley | 1990 | 12th |
| 85:33 Northgate | 1989 | 7th |
| 85:37 San Ramon | 1992 | 13th |
| 86:27 Arcata | 1989 | 12th |

GIRLS:

| | | |
|-------------------------|------|------|
| 98:56 Mission San Jose | 1993 | 3rd |
| 101:11 Mission San Jose | 1994 | 8th |
| 102:13 Amador Valley | 1995 | 11th |
| 102:40 Castro Valley | 1989 | 8th |
| 102:46 Mission San Jose | 1995 | 12th |
| 103:25 Redwood | 1988 | 9th |
| 103:39 Miramonte | 1987 | 6th |
| 103:39 Mission San Jose | 1992 | 9th |
| 103:45 Campolindo | 1987 | 8th |
| 104:20 Castro Valley | 1993 | 13th |
| 104:27 Monte Vista | 1990 | 8th |
| 104:44 Castro Valley | 1991 | 10th |
| 105:03 Monte Vista | 1991 | 11th |

85:35 MONT 13
86:00 JL 14

97:56 S ROSA 10TH

107:30 ACA 18TH

81:03 DLS 1ST
82:35 MTS 7TH

96:08 CLV 2ND
96:50 AV 6TH

| | | | |
|--------|---------------|------|------|
| 105:13 | Castro Valley | 1990 | 10th |
| 105:53 | San Ramon | 1992 | 14th |
| 106:59 | Northgate | 1988 | 13th |
| 107:32 | Piedmont | 1989 | 14th |
| 108:37 | Castro Valley | 1994 | 13th |

Division III

BOYS:

| | | | |
|-------|-----------------|------|------|
| 81:51 | Livermore | 1994 | 3rd |
| 82:24 | Livermore | 1995 | 2nd |
| 83:24 | Clayton Valley | 1995 | 6th |
| 83:26 | Livermore | 1992 | 5th |
| 83:29 | Livermore | 1993 | 8th |
| 83:52 | Clayton Valley | 1994 | 5th |
| 84:14 | Livermore | 1991 | 9th |
| 84:49 | Livermore | 1990 | 10th |
| 85:28 | Bishop O'Dowd | 1993 | 12th |
| 85:33 | Moreau Catholic | 1990 | 11th |
| 86:45 | Casa Grande | 1992 | 12th |
| 87:52 | Bishop O'Dowd | 1991 | 14th |

GIRLS:

| | | | |
|--------|-----------------|------|------|
| 95:20 | Clayton Valley | 1995 | 2nd |
| 96:42 | Clayton Valley | 1994 | 1st |
| 97:17 | Clayton Valley | 1993 | 2nd |
| 97:44 | Bishop O'Dowd | 1992 | 3rd |
| 98:14 | Bishop O'Dowd | 1993 | 4th |
| 98:23 | Carondelet | 1995 | 4th |
| 100:43 | Bishop O'Dowd | 1991 | 5th |
| 102:11 | Northgate | 1994 | 7th |
| 102:19 | Carondelet | 1992 | 8th |
| 103:43 | Moreau Catholic | 1991 | 10th |
| 105:10 | Livermore | 1990 | 9th |
| 106:30 | Carondelet | 1990 | 11th |

Division IV ("A" prior to 1990)

BOYS:

| | | | |
|-------|-----------------|------|------|
| 84:19 | Piedmont | 1993 | 4th |
| 86:07 | Fortuna | 1991 | 8th |
| 86:16 | Piedmont | 1994 | 4th |
| 86:33 | St. Mary's | 1990 | 8th |
| 86:45 | Fortuna | 1992 | 8th |
| 86:51 | Arcata | 1993 | 7th |
| 86:52 | Piedmont | 1995 | 3rd |
| 87:32 | Arcata | 1992 | 9th |
| 87:38 | University | 1988 | 6th |
| 87:51 | Arcata | 1991 | 11th |
| 88:43 | Campolindo | 1994 | 9th |
| 88:53 | University | 1987 | 13th |
| 89:57 | Campolindo | 1995 | 8th |
| 89:49 | Piedmont | 1990 | 14th |
| 90:13 | Lick-Wilmerding | 1989 | 12th |
| 92:01 | Head Royce | 1987 | 15th |
| 92:27 | University | 1989 | 14th |
| 93:59 | McKinleyville | 1988 | 12th |

GIRLS:

| | | | |
|--------|------------|------|-----|
| 100:52 | University | 1995 | 2nd |
| 101:35 | Miramonte | 1994 | 2nd |
| 102:22 | Miramonte | 1993 | 4th |
| 102:52 | Piedmont | 1990 | 4th |
| 103:39 | University | 1987 | 2nd |

| | | | |
|--------|-----------------|------|------|
| 103:53 | Ursuline | 1993 | 5th |
| 104:09 | Arcata | 1991 | 5th |
| 104:28 | Ursuline | 1991 | 6th |
| 104:51 | Branson | 1994 | 4th |
| 105:15 | Arcata | 1992 | 4th |
| 105:26 | University | 1988 | 4th |
| 105:29 | Ursuline | 1992 | 7th |
| 105:31 | Campolindo | 1995 | 4th |
| 108:12 | Ft. Bragg | 1988 | 7th |
| 110:51 | Lick-Wilmerding | 1989 | 10th |
| 111:59 | Alhambra | 1990 | 14th |
| 112:38 | University | 1989 | 14th |
| 114:13 | Head Royce | 1987 | 14th |

Top 10 All Divisions:

BOYS:

| | | | |
|-------|------------|------|-------|
| 80:05 | DeLaSalle | 1989 | I-2 |
| 80:39 | DeLaSalle | 1991 | II-1 |
| 81:18 | DeLaSalle | 1988 | I-5 |
| 81:41 | DeLaSalle | 1992 | I-4 |
| 81:51 | Livermore | 1994 | III-3 |
| 82:27 | San Ramon | 1987 | I-11 |
| 82:38 | Montgomery | 1992 | II-8 |
| 82:55 | DeLaSalle | 1995 | II-6 |
| 83:14 | DeLaSalle | 1993 | II-7 |

GIRLS:

| | | | |
|--------|------------------|------|-------|
| 95:20 | Clayton Valley | 1995 | III-2 |
| 96:42 | Clayton Valley | 1994 | III-1 |
| 97:17 | Clayton Valley | 1993 | III-2 |
| 97:44 | Bishop O'Dowd | 1992 | III-3 |
| 98:14 | Bishop O'Dowd | 1993 | III-3 |
| 98:23 | Santa Rosa | 1991 | I-6 |
| 98:23 | Carondelet | 1995 | III-4 |
| 98:56 | Mission San Jose | 1993 | II-3 |
| 100:24 | Carondelet | 1994 | I-7 |
| 100:43 | Bishop O'Dowd | 1991 | III-5 |

Individual State Meet Times are a compilation of the best times at the State Meet by NCS runners. These athletes may have better times on this course from other meets (Clovis Invitational, Footlocker, etc) but this list is based strictly on State Meet Times. Arbitrarily these are top 50 lists, and arbitrarily the cut-off times are 16:00 for the boys and 19:20 for the girls so we have not yet quite reached 50.

ALL-TIME TOP NCS INDIVIDUALS AT THE STATE MEET:

BOYS

| | | | |
|----------|-----------------------------|------|---------|
| 1. 15:11 | Jeremy Seven Sr. DeLaSalle | 1989 | I-3 |
| 15:31 | | 1988 | I-12 |
| 2. 15:19 | Kevin Berkowitz Sr. Hayward | 1989 | II-1 |
| 15:53 | | 1988 | II-11 |
| 16:05 | | 1987 | II-18 |
| 3. 15:25 | Michael Jones Jr. Livermore | 1994 | III-1 |
| 16:00 | | 1993 | III-19 |
| 16:34 | | 1992 | III-34 |
| n.t. | | 1995 | III-dnf |
| 4. 15:29 | Tesfaye Beyene Sr. Newark | 1990 | II-2 |
| 16:31 | | 1991 | II-66 |

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|-----|---------------------------------------|--------------|-----|------------------------------------|-------------|
| 5. | 15:31 Steve Brown Sr Piedmont | 1993 IV-2 | 30. | 16:00 Mike Contos Jr Montgomery | 1987 I-29 |
| | 15:48 | 1992 IV-1 | 30. | 16:00 Matt Metzger Jr University | 1988 III-1 |
| | 16:12 | 1991 IV-10 | | 16:08 | 1989 III-4 |
| | 17:44 | 1990 IV-87 | | 17:33 | 1987 III-73 |
| 6. | 15:33 Steve Immel Sr Livermore | 1994 III-3 | 30. | 16:00 Rick Esponda Sr. Casa Grande | 1992 III-7 |
| | 15:53 | 1993 III-10 | | 16:18 | 1991 III-16 |
| | 16:22 | 1992 III-20 | | 16:29 | 1990 III-30 |
| 7. | 15:35 Mike Khatiri Sr Fortuna | 1991 IV-1 | | | |
| 8. | 15:37 Joe Smith Sr. Livermore | 1995 III-1 | | | |
| | 16:39 | 1994 III-38 | | | |
| | 17:34 | 1993 III-102 | | | |
| 8. | 15:37 Mike Wojciechowski Sr Clayton | 1995 III-2 | | | |
| | 15:58 | 1994 III-8 | | | |
| 10. | 15:39 Matt Creason Sr Eureka | 1992 II-5 | | | |
| | 15:42 | 1991 II-9 | | | |
| | 16:12 | 1990 II-22 | | | |
| | 16:30 | 1989 II-44 | | | |
| 11. | 15:40 Chris Maier Sr Amador Valley | 1993 II-8 | | | |
| 12. | 15:43 Jeff Aschbrenner Sr California | 1989 I-13 | | | |
| 13. | 15:44 Brian White Sr Antioch | 1990 I-6 | | | |
| | 16:13 | 1989 I-44 | | | |
| 14. | 15:45 Rob Scott Sr San Ramon | 1988 I-19 | | | |
| | 16:08 | 1987 I-44 | | | |
| 14. | 15:45 Alex Tekell Sr Bishop O'Dowd | 1994 III-5 | | | |
| | 15:50 | 1993 III-6 | | | |
| 16. | 15:46 Eli Ricca Sr Arcata | 1988 II-9 | | | |
| | 16:23 | 1987 II-33 | | | |
| 16. | 15:46 Richie Boulet Sr Drake | 1990 IV-3 | | | |
| | 16:28 | 1989 II-29 | | | |
| 18. | 15:48 Jim Zachary Jr DeLaSalle | 1990 II-8 | | | |
| | 15:54 | 1991 II-13 | | | |
| | 16:26 | 1989 I-60 | | | |
| 19. | 15:50 Jason Atwood Sr Castro Valley | 1989 II-7 | | | |
| | 16:18 | 1988 II-29 | | | |
| | 16:56 | 1987 II-63 | | | |
| 19. | 15:50 Dan Stoll Sr College Park | 1990 III-3 | | | |
| | 16:12 | 1989 II-18 | | | |
| 19. | 15:50 Tom Prindiville Jr DeLaSalle | 1995 II-9 | | | |
| | 15:53 | 1994 II-7 | | | |
| | 16:50 | 1993 II-71 | | | |
| 22. | 15:51 Mike Prindiville Sr DeLaSalle | 1992 I-17 | | | |
| | 15:54 | 1991 II-12 | | | |
| | 16:56 | 1990 II-71 | | | |
| 23. | 15:52 Steve Guerrini Sr Santa Rosa | 1990 I-17 | | | |
| | 16:13 | 1988 I-52 | | | |
| 24. | 15:53 Brian Rivers Sr Moreau Catholic | 1987 I-16 | | | |
| 25. | 15:54 Keith Kennedy Jr San Leandro | 1993 II-16 | | | |
| | 16:26 | 1994 III-29 | | | |
| | 16:50 | 1992 II-75 | | | |
| 26. | 15:55 Ahnrik Jones Jr Livermore | 1990 III-6 | | | |
| | 16:10 | 1991 III-14 | | | |
| | 16:28 | 1989 I-62 | | | |
| 26. | 15:55 Ty Walker Sr DeLaSalle | 1992 I-19 | | | |
| | 16:09 | 1991 II-21 | | | |
| | 17:00 | 1990 II-78 | | | |
| 28. | 15:56 Mark Douglas Sr Moreau Catholic | 1990 III-8 | | | |
| | 16:26 | 1988 I-67 | | | |
| 29. | 15:59 Randy Maestretti Jr DeLaSalle | 1994 II-13 | | | |
| | 16:26 | 1995 II-44 | | | |
| | 16:27 | 1993 II-52 | | | |
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|----------|----------------------------------|-------------|
| 20:28 | | 1993 II-65 |
| 20:35 | | 1992 II-67 |
| 19:18:57 | Elizabeth Larmore Sr Monte Vista | 1995 II-9 |
| 19:18:57 | Jennie Ewing Jr Castro Valley | 1995 II-10 |
| 19:03 | | 1993 II-13 |
| 19:41 | | 1994 II-22 |
| 22:18:58 | Angela Dalke Jr Bishop O'Dowd | 1990 III-6 |
| 19:07 | | 1991 III-9 |
| 19:48 | KATY BERKES IV-11 | 1989 II-30 |
| 23:19:00 | Elice Patterson Sr Castro Valley | 1990 II-11 |
| 19:23 | | 1989 II-23 |
| 23:19:00 | Jennie Dempsey Jr Analay | 1988 II-7 |
| 25:19:02 | Michelle Muething Sr Amador | 1992 II-7 |
| 19:11 | | 1991 II-17 |
| 20:11 | | 1990 II-42 |
| 26:19:03 | Megan Reeder Jr Santa Rosa | 1991 I-19 |
| 19:37 | | 1992 I-30 |
| 19:42 | | 1990 I-40 |
| 26:19:03 | Marisa Daniel Jr Granada | 1993 III-13 |
| 19:33 | | 1994 III-24 |
| 28:19:04 | Vicky Fleschner Sr Fortuna | 1992 IV-5 |
| 19:31 | | 1991 IV-7 |
| 28:19:04 | Kristen Schrieber Jr Miramonte | 1993 IV-1 |
| 19:11 | | 1994 IV-1 |
| 30:19:06 | Kelly Howisey Jr Clayton | 1995 III-13 |
| 19:12 | | 1993 III-17 |
| 19:18 | | 1994 III-19 |
| 31:19:09 | Gretchen Vanderlip Fr Clayton | 1993 III-15 |
| 31:19:09 | Amber Robinson Sr Las Lomas | 1994 III-15 |
| 19:38 | | 1993 III-36 |
| 33:19:10 | Kim Wilkes Sr James Logan | 1992 I-20 |
| 20:12 | | 1990 I-60 |
| 33:19:10 | Sarah Jakel Sr Sonoma Valley | 1993 III-16 |
| 35:19:11 | Rhonda Mazza Sr Santa Rosa | 1991 I-23 |
| 19:34 | | 1990 I-36 |
| 20:19 | | 1989 I-80 |
| 35:19:11 | Meloday Haas Sr Clear Lake | 1993 IV-2 |
| 35:19:11 | Lisa Gillis So Moreau Catholic | 1995 II-21 |
| 19:30 | | 1994 II-17 |
| 38:19:12 | Katie Hotchkiss Fr Mission | 1995 II-22 |
| 39:19:13 | Theresa Newman Fr Marin Cath | 1994 IV-2 |
| 40:19:14 | Joy Harris Sr Mission San Jose | 1990 II-15 |
| 19:53 | | 1988 I-55 |
| 20:19 | | 1989 I-63 |
| 41:19:16 | Julie Leininger Fr Clayton | 1995 III-19 |
| 42:19:17 | Nicki Saleta So Bishop O'Dowd | 1992 III-16 |
| 19:37 | | 1993 III-34 |
| 43:19:17 | Tina Venzor Sr Mission San Jose | 1990 II-28 |
| 43:19:19 | Melissa Pardini Sr Northgate | 1987 I-33 |
| 19:20 | LINDEN BAKER V-4 | |

Thank you to all the far-flung correspondents who supplied me with information and data and stats and results. I was able to keep abreast of developments in all the leagues (with the notable exception of the MVAL) as they happened. You help made this effort possible. Please feel free to again help undertake the same effort this coming fall season. The more information the better, even if it is redundant.

A year to be proud of: the North Coast Section has much to be proud of this season. As always, we have had a prominent State presence in Divisions III and IV, as well as the continuing success of DeLaSalle and Livermore in the boys. Many other teams have come along this year to join our usual strong points and to add to the overall strength of the section. Campolindo has come up strong the last two years to join Piedmont as our Division IV boys strong points. Even though the girls' powerhouses of Arcata and Ursuline are not the same as previous years, they still were able to receive State rankings based on their MOC runs. With the hot hot University team leading the way, we were able to have 8 NCS teams ranked in the top 25 state-wide. We're hot.

Division III saw Miramonte and Northgate crack the top 10 rankings based on how close they ran to Clayton at the MOC. Clayton and Carondelet help put the NCS clearly atop the State grouping. The boys saw Livermore and Clayton be very strong, with Novato getting consideration too. Division II boys at the State was a real screamer of a race (just ask DeLaSalle and Mission) but Amador and Eureka were able to sneak into the rankings as well. The girls had a more modest showing with Amador and Mission as well as College Park and Castro Valley showing up in the back half of the top 30 State rankings.

Division I saw some NCS teams, much to the surprise of all. Castro Valley and Bishop O'Dowd were tucked in near the end, and the Logan girls capped off a fine season with a #12 ranking. See attached list for complete rankings.

If you have any questions at all, or complaints, or tawdry gossip, or the hot scoop, please let me know. Fee free to contact me anytime:

Peter Brewer
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School: 510-537-5910 x470
Home: 510-945-8869 after 9:00 pm
Home FAX: 510-945-1510 anytime

1995 FINAL CALIFORNIA STATE HIGH SCHOOL CROSS-COUNTRY RANKINGS

By Doug Speck & Ray Seofield (With help from Steve Fagundes (SJ), Jim Eckman (No), Dennis DeWitt (CE), Peter Brewer (NCS), Hal Dener (CCS), Manuel Gomez/Alex Carmona (LA), Dennis McClanahan/Buzz Thom (SD), & Bob Ruch). Section abbreviations: SS = Southern, SD = San Diego, LA = Los Angeles, CE = Central, CCS = Central Coast, NCS = North Coast, SJ = San Joaquin, NO = Northern, OK = Oakland, SF = San Francisco (QUESTIONS COMMENTS - DOUG SPECK (818) 963-7709 (FAX) (818) 963-2955).

BOY'S DIVISION I

1. Del Campo (Fair Oaks) SJ
2. Peninsula (Roll Hills) SS
3. Nevada Union (Gr Vall) SJ
4. Hoover (Glendale) SS
5. Ayala (Chino Hills) SS
6. Bellarmine Prep (SJ) CCS
7. Modera CE
8. Poway SD
9. Clovis CE
10. Santa Ana SS
11. Chula Vista SD
12. Saddleback (Santa Ana) SS
13. Huntington Beach SS
14. Thousand Oaks SS
15. Serra (San Mateo) CCS
16. Silver Creek (San Jose) CCS
17. Vista SD
18. Mt. Carmel (San Diego) SD
19. Garfield (L.A.) LA
20. Santa Ana Valley SS
21. Belmont (L.A.) LA
22. Castro Valley NCS
23. Bishop O'Dowd (Oakl) NCS
24. Fresno CE
25. Buena (Ventura) SS
26. Wilson (Long Beach) SS
27. Monta Vista (Cupert) CCS
28. Skyline (Oakland) OK
29. Hart (Newhall) SS
30. Diamond Bar SS

Boys Division II

1. Jesuit (Carmichael) SJ
2. Leland (San Jose) CCS
3. Hemet SS
4. Yucaipa SS
5. Reddley CE
6. De la Salle (Const) NCS
7. Katella (Anaheim) SS
8. Orange SS
9. Vintage (Napa) SJ
10. Torrey Pines (Encin) SD
11. Mission San Jose (Fr) NCS
12. Burbank SS
13. Arlington (Riverside) SS
14. Burlingame CCS

15. Edison (HB) SS
16. Arvin CE
17. El Capitan (Lakeside) SD
18. Tustin SS
19. Rubidoux (Riverside) SS
20. Ramona SD
21. Anaheim SS
22. Righetti (Santa Maria) SS
23. La Sierra (Rivers) SS
24. Santa Margarita (RSM) SS
25. Arroyo (El Monte) SS
26. Centennial (Corona) SS
27. San Pasqual (Esc) SD
28. Eureka NCS
29. Amador Valley (Pleasanton) NCS
30. Valhalla (El Cajon) SD

Boys Division III

1. Nordhoff (Ojai) SS
2. Livermore NCS
3. St. Ignace (San Fran) CCS
4. St. Francis (Mtn View) CCS
5. El Modena (Orange) SS
6. Clayton Valley (Concord) NCS
7. Los Gatos CCS
8. Corona del Mar (Newport Beh) SS
9. St. Francis (La Canada) SS
10. Newbury Park SS
11. Beretow SS
12. La Jolla SD
13. West Hills (Santee) SD
14. Sonoma SJ
15. South El Monte SS
16. Mendota CE
17. Novato NCS
18. Dos Pueblos (Goleta) SS
19. Placer (Auburn) SJ
20. Costa Mesa SS
21. Oak Ridge (El Dor Hills) SJ
22. Mission Bay (San Diego) SD
23. Littlerock SS
24. Moorpark SS
25. San Juan (Citrus Hts) SJ
26. Central Valley NO
27. St. Augustine (San Diego) SD

28. South Hills (W Cov) SS
29. Oceanside SD
30. Paso Robles SS

Boys Division IV

1. McFarland CE
2. Morro Bay SS
3. Piedmont NCS
4. Oak Park SS
5. Fillmore SS
6. Sierra (Tollhouse) CE
7. Palms (Salinas) CCS
8. Filtridge Prep (La Can) SS
9. Salesian (L.A.) SS
10. Campolindo (Moraga) NCS
11. Coronado SD
12. Desert Christian (Lancaster) SS
13. Crossroads (Santa Monica) SS
14. Beaumont SS
15. Sherman Indian (Rivers) SS
16. Claremont SD
17. St. Bonaventure (Ventura) SS
18. Bret Harte (Altaville) SS
19. The York School (Monterey) CCS
20. Taft CE
21. Sierra (Tollhouse) CE
22. Yreka NO
23. Arcata NCS
24. Pasadena Poly SS
25. West Valley (Cottonwood) NO
26. Holtville SD
27. Dixon SJ
28. Monte Vista Christ (Wmrv) CCS
29. Half Moon Bay CCS
30. Firebaugh CE

Girls Division I

1. Canyon (Canyon Country) SS
2. Los Alamitos SS
3. Vista SD
4. Irvine SS
5. Ayala (Chino Hills) SS
6. Orange Glen (Escondido) SD
7. Thousand Oaks SS
8. Lowell (San Franc) SF
9. Fountain Valley SS
10. Esperanza (Anaheim) SS
11. Buena (Ventura) SS
12. Peninsula (Roll Hills) SS
13. Logan (Union City) NCS
14. Quartz Hill SS
15. Rancho Bernardo (San Diego) SD
16. Seugus SS
17. Clovis CE
18. Ponderosa (Shingle Spr) SJ
19. Arroyo Grande SS
20. Chula Vista SD
21. Poway SD
22. Fallbrook SD
23. Santa Teresa (San Jose) CCS
24. Clovis West (Fresno) CE
25. Skyline (Oakland) OK
26. Mt. Carmel (San Diego) SD
27. El Toro SS
28. Birmingham (Van Nuys) LA
29. Silver Creek (San Jose) CCS
30. Oakmont (Roseville) SJ

Girls Division II

1. Yucaipa SS
2. Scripps Ranch (San Diego) SD
3. Dana Hills (Dana Pt) SS
4. St. Ignatius (San Francisco) CCS
5. Santa Margarita (San Jose) SS
6. Buchanan (Clovis) CE
7. University (Irvine) SS
8. Foothill (Santa Ana) SS
9. Valhalla (El Cajon) SD
10. Leland (San Jose) CCS
11. Torrey Pines (Encinitas) SD
12. Trabuco Hills (Mission Viejo) SS
13. St. Lucy's (Glendora) SS
14. Reedley CE
15. Amador Valley (Pleasanton) NCS

16. Mission San Jose (Fram) NCS
17. Escondido SD
18. College Park (Pleasant Hill) NCS
19. Burlingame CCS
20. Wood (Vacaville) SJ
21. El Capitan (Lakeside) SD
22. Del Campo (Fair Oaks) SJ
23. Villa Park SS
24. Los Gatos CCS
25. Tracy SJ
26. Castro Valley NCS
27. West Torrance SS
28. San Marcos SD
29. Agoura SS
30. Arlington (Riverside) SS

Girls Division III

1. Nordhoff (Ojai) SS
2. Clayton Valley (Concord) NCS
3. La Jolla SD
4. Carondelet (Concord) NCS
5. El Modena (Orange) SS
6. Del Oro (Loomis) SJ
7. Santana (Santee) SD
8. Temescal Canyon (Elsinore) SS
9. Northgate (Walnut Creek) NCS
10. Miramonte (Orinda) NCS
11. Newport Harbor (Newport Beach) SS
12. University of San Diego SD
13. Corona del Mar (Newport Beach) SS
14. Dos Pueblos (Goleta) SS
15. Exeter CE
16. Presentation (San Jose) CCS
17. St. Francis (Mountain View) CCS
18. Alhambra (Miss Hills) SS
19. Moorpark SS
20. West Hills (Santee) SD
21. Mitty (San Jose) CCS
22. Atascadero SS
23. Solih El Monte SS
24. Anderson NO
25. Palo Alto CCS
26. Gonzalez CCS
27. Sequel CCS
28. South Hills (West Covina) SS
29. Placer (Auburn) SJ
30. Oak Ridge (El Dorado Hills) SJ

Girls Division IV

1. Louleville (Wood Hills) SS
2. University (San Francisco) NCS
3. Morro Bay SS
4. Taft CE
5. Campolindo (Moraga) NCS
6. West Valley (Cottonwood) NO
7. Orange Lutheran SS
8. Filtridge/Becred Hrt (LC) SS
9. McFarland CE
10. Ursuline (Santa Rosa) NCS
11. Piedmont NCS
12. Yreka NO
13. Bishops (La Jolla) SD
14. Terra Linda (San Rafael) NCS
15. La Reina (1000 Oaks) SS
16. 29 Palms SS
17. Half Moon Bay CCS
18. Coronado SD
19. Bret Harte (Atherton) SJ
20. Middletown NCS
21. Arcata NCS
22. Desert Christian (Lancaster) SS
23. College Prep (Oakland) NCS
24. Poly Pasadena SS
25. R.L. Stevenson (Monterey) CCS
26. Notre Dame (Salinas) CCS
27. Dixon SJ
28. Carmel CCS
29. La Salle (Pasadena) SS
30. St. Joseph (Santa Maria) SS