

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 barbecue 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 manuevering 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	Corondelet		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	105:85	Piedmont		IV-4
14	106:38	Terra Linda		IV-5
15	106:39	Monte Vista		II-5
16	106:45	Acalanes		I-2
17	102:38	Santa Rosa		I-3
18	107:27	Washington		I-4
19	108:08	Moreau Catholic		II-6
20	107:50	Livermore		II-7
21	108:13	Middletown		IV-6
22	108:38	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	29	89:43	University	IV-7
30	112:10	Foothill	III-6	30	90:53	San Leandro	II-6
31	113:21	Granada	III-7	31	90:59	Acalanes	I-8
32	113:23	El Molino	III-8	32	91:20	Salesian	IV-8
33	115:09	Head Royce	IV-10	33	92:34	Ignacio Valley	III-11
34	115:49	Healdsburg	I-8	34	91:44	Redwood	III-12
35	116:10	Kelseyville	IV-11	35	92:55	College Park	II-7
36	116:33	Irvington	III-9	36	93:08	Alhambra	I-9
37	116:42	Alhambra	I-9	37	93:16	Drake	IV-9
38	116:36	Alameda	I-10	37	93:16	Analy	III-13
39	117:08	Redwood	III-10	39	93:14	American	III-14
40	118:32	Concord	III-11	40	93:26	Concord	III-15
41	119:58	Antioch	I-11	41	93:38	Alameda	I-10
42	126:01	Marin Academy	IV-12	42	94:07	Antioch	I-11
43	119:58	Ft. Bragg	IV-13	43	94:16	California School for the Deaf	IV-10
44	116:50	Drake	IV-14	44	94:10	College Preparatory	IV-11
45	129:21	Analy	III-12	45	94:42	San Rafael	IV-12
46	129:42	Rancho Cotate	I-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	II-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	II-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	Michael 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 Stevens	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>				<u>2nd Team</u>			
1	19:11	Jennifer Ewing	Ca: Valley	I-3	1	15:59	Enrique Henriquez
2	19:17	Trina Cox	San Rosa	I-2	2	16:01	Daniel Embaye
2	19:17	Tina Bowen	San Ramon	II-4	3	16:02	Amadu Kamara
4	19:20	Kelly Howisey	Clayton Valley	III-4	4	16:04	Brian Hernsdorf
4	19:20	Sarah Hallas	Ursuline	IV-2	5	16:05	Todd Hunt
6	19:22	Heather Gibson	Piedmont	IV-3	6	16:06	Erik Hansen
7	19:24	Jen Ponig	Terra Linda	IV-4	7	16:09	Luke Leininger
<u>3rd Team</u>				<u>3rd Team</u>			
1	19:30	Lisa Hernandez	Healdsburg	I-3	1	16:10	Luke Syzmanski
1	19:30	Tiffany Hansen	Redwood	III-5	2	16:14	Ryan Freeman
3	19:32	Julie Leininger	Clayton Valley	III-6	3	16:15	Nathan Martin
4	19:34	Lindsey Bergen	Miramonte	III-7	4	16:17	Pat O'Leary
5	19:36	Michelle Kiyono	James Logan	I-4	5	16:18	Rolf Kvalvik
6	19:39	Lisa Gillis	Moreau Catholic	II-5	5	16:18	Mekkonen Fekadu
6	19:39	Kat Saxon	College Preparatory	IV-5	7	16:18	Mike Schwartz

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 D'Aave 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. Monicas 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 teh best ever North Coast team at State: Deborah Osteen (11th-18:59), Kelly Howisey (13th-19:06), Julie Leininger (19th-19:16), Louise Idrisie (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 Moren (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.

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

85:35 MONT 13
86:00 SL 14

97:56 SROS 10TH

107:30 ACA 18TH

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 Tornei (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 Eimer (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 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

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

96:08 CLV 2ND
96:30 AV 6TH

Division I ("3A" prior to 1990)

BOYS:

80:05	DeLaSalle	1989	2nd
81:18	DeLaSalle	1988	5th
81:41	DeLaSalle	1992	4th

103:13	Castro Valley	1990	10th	103:53	Ursuline	1993	5th
105:53	San Ramon	1992	14th	104:09	Arcata	1991	5th
106:59	Northgate	1988	13th	104:28	Ursuline	1991	6th
107:32	Piedmont	1989	14th	104:51	Branson	1994	4th
108:37	Castro Valley	1994	13th	105:15	Arcata	1992	4th

Division III

BOYS:

81:51	Livermore	1994	3rd	105:29	Ursuline	1992	7th
82:24	Livermore	1995	2nd	105:31	Campolindo	1995	4th
83:24	Clayton Valley	1995	6th	108:12	Ft. Bragg	1988	7th
83:26	Livermore	1992	5th	110:51	Lick-Wilmerding	1989	10th
83:29	Livermore	1993	8th	111:59	Alhambra	1990	14th
83:52	Clayton Valley	1994	5th	112:38	University	1989	14th
84:14	Livermore	1991	9th	114:13	Head Royce	1987	14th

84:49	Livermore	1990	10th	80:05	DeLaSalle	1989	I-2
85:28	Bishop O'Dowd	1993	12th	80:39	DeLaSalle	1991	II-1
85:33	Moreau Catholic	1990	11th	81:18	DeLaSalle	1988	I-5
86:45	Casa Grande	1992	12th	81:41	DeLaSalle	1992	I-4
87:52	Bishop O'Dowd	1991	14th	81:51	Livermore	1994	III-3

88:29	SPDMSA	1988	2nd	82:27	San Ramon	1987	I-11
88:29	SPDMSA	1988	1st	82:38	Montgomery	1992	II-8
88:29	SPDMSA	1988	2nd	82:55	DeLaSalle	1995	II-6
88:29	SPDMSA	1988	3rd	83:14	DeLaSalle	1993	II-7

88:29	SPDMSA	1988	4th	95:20	Clayton Valley	1995	III-2
88:29	SPDMSA	1988	5th	96:42	Clayton Valley	1994	III-1
88:29	SPDMSA	1988	7th	97:17	Clayton Valley	1993	III-2
88:29	SPDMSA	1988	8th	97:44	Bishop O'Dowd	1992	III-3
88:29	SPDMSA	1988	10th	98:14	Bishop O'Dowd	1993	III-3

88:29	SPDMSA	1988	9th	98:23	Carondelet	1995	III-4
88:29	SPDMSA	1988	11th	98:36	Mission San Jose	1993	II-3
88:29	SPDMSA	1988	14th	100:24	Carondelet	1994	I-7

Division IV ("A" prior to 1990)

84:19	Piedmont	1993	4th	84:09	GIBAN 2nd	100:43	Bishop O'Dowd	1991	III-5
86:07	Fortuna	1991	8th						
86:16	Piedmont	1994	4th						
86:33	St. Mary's	1990	8th						
86:45	Fortuna	1992	8th	86:50	MN 11th				

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						
88:57	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						
94:52	University	1995	2nd						
101:35	Miramonte	1994	2nd						

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 mets (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
3.	15:25	Micheil Jones Jr.	Livermore	1987	II-18

15:12 DANE ROBINSON II-1

102:54 VRS 7th 4. 15:29 Tesfaye Beyene Sr. Newark 1990 II-2

103:39 University 1987 2nd 16:31 1991 II-66

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 Khatri Sr Fortuna	1991 IV-1			
8.	15:37 Joe Smith Sr. Livermore	1995 III-1	16:43 JULIA STAMPS GIRLS:		I-1
	16:39	1994 III-38	1. 16:45 Julia Stamps Jr Santa Rosa	1995 I-1	
	17:34	1993 III-102	17:06 KESTER GORDON I-1	1994 I-1	
8.	15:37 Mike Wojciechowski Sr Clayton	1995 III-2	2. 17:33 Becky Spies Jr Livermore	1989 I-2	
	15:58	1994 III-8	18:10	1987 I-7	
10.	15:39 Matt Creason Sr Eureka	1992 II-5	18:21	1990 III-2	
	15:42	1991 II-9	3. 18:01 Sarah Riley Jr Campolindo	1989 II-1	
	16:12	1990 II-22	18:48	1990 III-5	
	16:30	1989 II-44	19:19	1987 II-15	
11.	15:40 Chris Maier Sr Amador Valley	1993 II-8	4. 18:02 Mjesha Marzell Sr Bishop O'Dowd	1992 III-1	
12.	15:43 Jeff Aschbrenner Sr California	1989 I-13	5. 18:12 Kristin Gordon Jr Carondelet	1995 III-2	
13.	15:44 Brian White Sr Antioch	1990 I-6	18:38	1993 III-6	
16:13	tom prindiville	1989 I-44	18:46	1994 III-3	
14.	15:45 Rob Scott Sr San Ramon	1988 I-19	6. 18:15 Niamh Zwagermann Jr Mt. Tam	1989 II-2	
	16:08	1987 I-44	18:43	1990 IV-3	
14.	15:45 Alex Tekell Sr Bishop O'Dowd	1994 III-5	19:42	1988 II-23	
	15:50	1993 III-6	7. 18:19 Elissa Reidy Sr Mission San Jose	1994 II-2	
16.	15:46 Eli Ricca Sr Arcata	1988 II-9	18:30	1993 II-5	
	16:23	1987 II-33	19:07	1992 II-10	
16.	15:46 Richie Boulet Sr Drake	1990 IV-3	8. 18:22 Alison Lambert Sr Northgate	1994 III-4	
	16:28	1989 II-29	18:34	1993 III-2	
18.	15:48 Jim Zachary Jr DeLaSalle	1990 II-8	9. 18:23 Heather Wallace Jr Clayton	1994 III-5	
	15:54	1991 II-13	18:30	1995 III-4	
	16:26	1989 I-60	18:36	1993 III-3	
19.	15:50 Jason Atwood Sr Castro Valley	1989 II-7	19:42 JEANIE SWING I-8	1992 III-30	
	16:18	1988 II-29	10. 18:34 Nika Horn Sr Santa Rosa	1991 I-7	
	16:56	1987 II-63	18:47	1989 I-16	
19.	15:50 Dan Stoll Sr College Park	1990 III-3	19:32	1990 I-33	
	16:12	1989 II-18	11. 18:38 Anjelica Randall Sr O'Dowd	1993 III-5	
19.	15:50 Tom Prindiville Jr DeLaSalle	1995 II-9	19:31	1991 III-15	
	15:53	1994 II-7	19:41	1992 III-29	
	16:50	1993 II-71	11. 18:38 Lori Reidy Sr Mission San Jose	1994 II-4	
22.	15:51 Mike Prindiville Sr DeLaSalle	1992 I-17	19:16	1993 II-20	
	15:54	1991 II-12	19:52 KEVIN HOLMES I-10	1992 II-35	
	16:56	1990 II-71	13. 18:44 Melissa Frieburg Jr California	1989 II-7	
23.	15:52 Steve Guerrini Sr Santa Rosa	1990 I-17	19:36	1990 II-28	
	16:13	1988 I-52	19:41	1988 I-43	
24.	15:53 Brian Rivers Sr Moreau Catholic	1987 I-16	20:25	1987 I-75	
25.	15:54 Keith Kennedy Jr San Leandro	1993 II-16	13. 18:44 Melissa Ackermann Fr Castro V	1989 II-6	
	16:26	1994 III-29	19:40	1991 II-35	
	16:50	1992 II-75	21:11	1990 II-79	
26.	15:55 Ahmik Jones Jr Livermore	1990 III-6	15. 18:45 Rachel Mosher Sr San Leandro	1994 III-8	
	16:10	1991 III-14	19:35	1993 II-33	
	16:28	1989 I-62	16. 18:47 Laura Hamady Fr Urban	1989 III-1	
26.	15:55 Ty Walker Sr DeLaSalle	1992 I-19	18:49 SARAH HANSEN I-14	1992 IV-4	
	16:09	1991 II-21	17. 18:48 Becky Kopchik Jr Northgate	1988 II-4	
	17:00 15:55 JAMES NICHOLSON IV-5 17:00 JAMES MARK IV-6	1990 II-78	19:17 SARAH HALLAS IV-10	1989 II-17	
28.	15:56 Mark Douglas Sr Moreau Catholic	1990 III-8	18:52 SARAH HALLAS IV-10	1994 III-11	
	16:26	1988 I-67	18:59	1995 III-11	
29.	15:59 Randy Maestretti Jr DeLaSalle	1994 II-13	20:41	1993 III-91	
	16:26	1995 II-44	19. 18:57 Tina Bowen Jr San Ramon	1994 II-8	
	18:27	1993 II-52	19:20	1995 II-26	

20:28		1993	II-65
20:33		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 KARY 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 Analy	1988	II-7	
25. 19:02 Michelle Muething Sr Amador	1992	II-7	
20 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 KARY SAKON V-1		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 KARY MONSEY V-3		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 EDYNN SMITH V-16		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 BARKER V-4			

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. Feel free to contact me anytime:

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Home: 510-945-8869 after 9:00 pm
Home FAX: 510-945-1510 anytime

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.

1995 FINAL CALIFORNIA STATE HIGH SCHOOL CROSS-COUNTRY RANKINGS

By Doug Speck & Ray Scofield (With help from Steve Fagundes (SJ), Jim Eckman (No), Dennis DeWitt (CE), Peter Brewer (NCS), Hal Dener (CCS), Manuel Gomez/Alex Germons (LA), Dennis McClenahan/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) 863-7709 (FAX) (818) 969-2955).

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. Madera 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. Caetzo Valley NCS
23. Bishop O'Dowd (Oak) NCS
24. Fresno CE
25. Buena (Ventura) SS
26. Wilson (Long Beach) SS
27. Monta Vista (Cupertino) 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 (Concord) 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 Monts) SS
26. Centennial (Corona) SS
27. San Pasqual (Escondido) SD
28. Eureka NCS
29. Amador Valley (Pleasanton) NCS
30. Valhalla (El Cajon) 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. Palma (Salinas) CCS
8. Fillridge Prep (La Cañada) 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. Tett 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. Monta Vista Christ (Watson) CCS
29. Half Moon Bay CCS
30. Firebaugh CE

Boys Division III

1. Nordhoff (Ojai) SS
2. Livermore NCS
3. St. Ignatius (San Fran) CCS
4. St. Francis (Mt. View) CCS
5. El Modena (Orange) SS
6. Clayton Valley (Concord) NCS
7. Los Gatos CCS
8. Corona del Mar (Newport Beach) SS
9. St. Francis (La Canada) SS
10. Newbury Park SS
11. Beretow SS
12. La Jolla SD
13. West Hills (Brentwood) SD
14. Sonora 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 Dorado 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

Girls Division I

1. Canyon (Canyon Country) SS
2. Los Alamitos SS
3. Vista SD
4. Irvine SS
5. Aysia (Chino Hills) SS
6. Orange Glen (Escondido) SD
7. Thousand Oaks SS
8. Lowell (San Fran) SF
9. Fountain Valley SS
10. Esperanza (Anaheim) SS
11. Buena (Ventura) SS
12. Peninsula (Roth Hills) SS
13. Logan (Union City) NCS
14. Quartz Hill SS
15. Rancho Bernado (San Diego) SD
16. Seugue 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 Fran) CCS
5. Santa Margarita (Mission BM) 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. Trabucco Hills (Mission Viejo) SS
13. St. Lucy's (Glendora) SS
14. Reedley CE
15. Amador Valley (Pleasanton) NCS

16. Mission San Jose (Frem) 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 (Newpt Bch) SS
12. University of San Diego SD
13. Corona del Mar (Newpt Bch) SS
14. Dos Pueblos (Goleta) SS
15. Exeter CE
16. Presentation (San Jose) CCS
17. St. Francis (Mtn View) CCS
18. Alemany (Miss Hills) SS
19. Moorpark SS
20. West Hills (Santee) SD
21. Mitty (San Jose) CCS
22. Atascadero SS
23. South El Monte SS
24. Anderson NO
25. Palo Alto CCS
26. Gonzalez CCS
27. Sequoia CCS
28. South Hills (W Covina) SS
29. Foothill (Auburn) SJ
30. Oak Ridge (El Dor Hills) SJ

Girls Division IV

1. Louieville (Woodl Hills) SS
2. University (San Fran) NCS
3. Morro Bay SS
4. Taft CE
5. Campolindo (Moraga) NCS
6. West Valley (Cottonwood) NO
7. Orange Lutheran SS
8. Flintridge/Sacred Hrt (LC) SS
9. McFarland CE
10. Ursuline (Santa Rosa) NCS
11. Piedmont NCS
12. Yreka NO
13. Bishop (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 (Altaville) 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 (Bellme) CCS
27. Dixon SJ
28. Carmel CCS
29. La Salle (Pasadena) SS
30. St. Joseph (Santa Maria) SS