

Aug 12 '96

Correspondents - Below is the first worksheet for State Cross-Country rankings that I would like to be put out the middle of this week—feel free to fax me back a note or leave a message with any suggested changes (by the middle of Tuesday evening 10/15). - Doug Speck

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FEEL FREE TO RETURN COMMENTS ON THE FOLLOWING WORKSHEETS

Doug Speck Worksheet for 10/15 California State High School Cross-Country Rankings -

-following are worksheets for the 10/15 State Rankings

explanation: times in parenthesis are attempted conversions to Woodward Park (State Championship course) from others run around the state. Actual times are not in parenthesis for different courses. Two or three letter abbreviations are for the state's different sections.

Girls Division I - 1563+

1. Clovis West (Fresno) (CE) - 2nd Stanf I 104 (Clayton Valley Div III winners of Div I) 101:13 (98:13)

2. Irvine (SS) - 98:35 Woodbridge - 98:26 Laguna Hills (98:53 SS)

3. Ayala (Chino Hills) (SS) - 3rd Stanf I 113 101:39 (98:39)

4. Orange Glen (Escondido) (SD) - 101:09 return Woodward

5. Fallbrook (SD) - 99:07 Laguna Hills

6. Clovis (CE) - 4th Stanf I 154 103:59 (100:59)

7. Esperanza (Anaheim) (SS) - (100:42 SS)

8. Los Alamitos - 95:30 Woodbridge - 98:45 Laguna Hills (101:00 SS)

9. Santa Rosa (NCS) - 7th Stanf I (5th/6th Ore schools) 182 102:39 (99:39 skewed off Stamps).

10. Redlands - 97:48 Woodbridge (100:55 SS)

Hon Mention: - Madera (?) - Lowell (SF) returns 103:14 Woodward - Aliso Niguel (SS) (102:36 SS), Canyon Springs (SS) (102:45 SS), El Toro (102:59 SS), Chino (SS) 8th Stanf I 220 106:36 (103:36), Vista (SD) 9th Stanf I 220 106:41 (103:41).

Girls Division II - 1250-1562

1. Yucaipa (SS) - returns 76:51 4/Woodward (19:12 ave) - (95:05 SS)

2. Dana Hills (Dana Point) (SS) - return 99:00 Woodward - (99:21 SS).

3. Valhalla (El Cajon) (SD) - 1st Stanf II 84 102:47 (99:47).

4. West Hills (Santee) (SD) - 2nd Stanf II 95 102:34 (99:34)

5. Mission Viejo (SS) - (100:01 SS)

6. Canyon (Canyon Country) (SS) - return 58:15 Woodward/3 (19:25 ave) - (100:35 SS)

7. University (Irvine) (SS) - returns 99:18 Woodward - (100:45 SS)

8. Santa Margarita (Rancho SM) (SS) - return 98:35 Woodward - (101:28 SS)

9. Marina (Huntington Beach) (SS) - 3rd Stanf III 134 104:34 (101:34).

10. Scripps Ranch (San Diego) - return 100:00 Woodward - 4th Stanf III 140 104:19 (101:19).

Hon Mention: Mission San Jose #1 ranked NCS (how good on clock?), Woodbridge (SS) (102:00 SS), Amador Valley 5th Stanf III 143 104:54 (101:54)

Girls Division III - 989-1249

1. Clayton Valley (Concord) (NC) - return 96:22 Woodward - 1st Div I Stanford (ran up) 99:46 (96:46)

2. Carondelet (Concord) (NC) - returns 98:23 Woodward - 1st III Stanf 74 99:57 (96:57)

3. El Modena (Orange) (SS) - return 98:58 Woodward - 2nd III Stanf 118 103:44 (100:44).

4. St. Ignatius (San Francisco) (CCS) - return 60:33 4 Woodwad (20:08 ave) - 4th III Stanf 179 106:28 (103:28).

5. San Geronimo (San Bernardino) (SS) - (102:28 SS)
 6. Newport Harbor (Newport Beach) (SS) - (103:40 SS)
 7. Laguna Hills (SS) - (103:51 SS)
 8. Del Oro (Loomis) (SJ) - 5th III Stanf 108:35 (105:35)
 9. St. Lucy's (Glendora) (SS) - (103:53 SS)
 10. Los Gatos (CCS) - 8th Stanf III 220 - 108:49 (105:49)
- Hon Mention: Pacifica (SS) (104:48 SS), Tustin (104:49 SS), Buena Park (104:50 SS)
- Girls Division IV - 525-968

1. Nordhoff (Ojai) (SS) - returns 94:59 Woodward - 1st Stanf IV 74 102:11 (99:11)
 2. Corona del Mar (Newport Beach) (SS) - 2nd Stanf IV 117 105:44 (102:44).
 3. Taft (CE) - returns 104:13 Woodward - 3rd Stanf IV 145 105:40 (102:40).
 4. La Canada (SS) - 4th Stanf IV 159 105:39 (102:39)
 5. Palo Alto (CCS) - 5th Stanf IV 203 108:33 (105:33)
 6. Campolindo (NCS) - #1 ranked NCS - how good on clock?
 7. Louisville (Woodland Hills) (SS) - return 103:19 Woodward - 8th Div III Stanf (ran up one) 108:40 (105:40)
 8. Gunn (Palo Alto) (CCS) - 6th Stanf IV 214 109:49 (106:49)
 9. Flintridge/Sacred Heart (La Canada) (SS) - 7th Stanf IV 220 109:43 (106:43)
 10. Ursuline (Santa Rosa) (NC) - 2nd ranked NCS - how good on clock?
- Hon Mention: South Hills (SS) 7th Stanf IV 225 109:58 (106:58), Sutiana (SS) (106:53 SS), Moreau #3 ranked NCS

Girls Division V - 1-524

1. University (San Francisco) (NCS) - returns at 103:49 Woodward
 2. Orange Lutheran (SS) - 1st Stanf V 30 106:20 (103:20) - ret's 105:40 Woodward
 3. McFarland (CE) - returns 105:30 at Woodward
 4. St. Joseph (Santa Maria) (SS) - 2nd Stanf V 66 112:35 (109:35)
 5. Desert Christian (Lancaster) (SS) - (111:22 SS)
 6. Poly (Pasadena) (SS) - (112:03 SS)
 7. St. Bonaventure (Ventura) (SS) - (112:52 SS)
 8. Piedmont (NCS) - 3rd Stanf V 98 116:24 (113:24)
 9. Parker (San Diego) (SD) - 1 min behind Pas Poly Mt. Carm (113:30)
 10. Paraclete (Lancaster) (SS) - (113:20 SS)
- Hon Mention - Maranatha (114:24 SS), Brentwood (114:33 SS), La Salle (115:00 SS), Coronado (returns 116:26 Woodward), Robert Louis Stevenson (?) (CCS) (returns 118:13 Woodward)

Boys Division I - 1563+

1. Nevada Union (Grass Valley) (SJ) 2nd Stanf I (De La Salle moved up to win) 84:56 (82:11)
 2. Del Campo (Fair Oaks) (SJ) 79:04 Woodbridge (beat Santa Ana Valley by :19)
 3. Santa Ana Valley (SS) - 79:37 Woodbridge (82:31 SS)
 4. Ayala (Chino Hills) (SS) 5th Stanf I (2nd Calif) 86:04 (83:19)
 5. Saddleback (Santa Ana) (SS) - 80:37 Woodbridge (83:57)
 6. Hoover (Glendale) (SS) - 79:37 Woodbridge
 7. Madera (CE) - returns 85:14 Woodward - 1996 ?
 8. Poly (Long Beach) (SS) - 79:38 Woodbridge (84:38 SS)
 9. Peninsula (Rolling Hills) (SS) - 79:54 Woodbridge (84:54 SS)
 10. Mt. Carmel (San Diego) (SD) - 83:00-83:41 Thous Oaks at Mt. Carmel Invite
- Hon Mention: Thousand Oaks (SS) 8th Stanf I 203 86:51, Vista - :10 to TO at Stanford, Belmont - :46 to Thousand Oaks at Bell-Jeff, Bellarmine (San Jose) - :40 to TO at Stanford

Boys Division II - 1250-1562

1. De la Salle (Concord) (NCS) - 1st Div I Stanford 84:06 (81:21)
2. Jesuit (Sacramento) (SJ) - 7th Div I Stanf 86:48 (84:03)
3. Huntington Beach (SS) - 1st Stanf II 88:15 (85:30) (83:00 SS)
4. Reedley (CE) - 2nd Stanf II 88:11 (85:26) - returns 83:33 Woodward
5. Barstow (SS) - (83:49 SS)
6. Hemet (SS) - return 84:27 Woodward - (83:49 SS)
7. Yucaipa (SS) - (84:06 SS)
8. Arroyo (El Monte) (SS) - 6th Div I Stanford (ran up) 86:54 (84:20)
9. Scripps Ranch (San Diego) (SD) - 3rd Stanf II 88:43 (85:58)

10. Santa Ana (SS) - (84:33 SS)

Hon Mention: Torrey Pines within 1:12 Hemet at Mt. Carmel Inv - St. John Bosco (SS) - 4th Stanf II 88:51 (86:06) - Mission San Jose (NCS) 5th Stanf II 87:24 (84:39) - Mission Viejo (84:33 SS), Rubidoux (SS) (84:34 SS)

Boys Division III - 968-1249

1. St. Ignatius (San Francisco) (CCS) - 1st Stanf III 80 86:32 (83:47).

2. St. Francis (Mountain View) (CCS) - 2nd Stanf III 116 86:47 (84:02).

3. Tustin (SS) - 1st Woodbridge 79:01 (84:01 SS)

4. El Modena (Orange) (SS) - 3rd Stanf III 84 86:39 (84:30 SS)

5. Katella (Anaheim) (SS) - (84:30 SS)

6. Newport Harbor (Newport Beach) (SS) - 4th Stanf III 178 88:37 (85:52)

7. Bosco Tech (Rosemead) (SS) - 5th Stanf III 179 88:38 (85:53)

8. Sonora (SJ) - 7th Stanf III 253 89:16 (86:31).

9. Newbury Park (SS) - (86:25 SS)

10. Ukiah (NCS) - NCS #1 ranked - how good on clock

Hon Mention: Brea-Olinda (87:34 SS), College Park (NCS) #2 ranked NCS

Boys Division IV - 525-968

1. Corona del Mar (Newport Beach) - 1st Stanf IV 134 88:10 (85:25).

2. Nordhoff (Ojai) (SS) - 2nd Stanf IV 87:27 (84:42).

3. West Valley (Cottonwood) (No) - 3rd IV Stanf 179 89:45 (87:00)

4. Costa Mesa (86:20 SS)

5. Granada (Livermore) (NC) 4th Stanf IV 181 89:10 (86:25).

6. St. Augustine (San Diego) (SD) - 5th Stanf IV 181 89:24 (86:39).

7. Central Valley (No) 6th Stanf IV 210 89:44 (86:59).

8. St. Paul (Whittier) (SS) - (87:20 SS)

9. Notre Dame (Sherman Oaks) (SS) - (87:32 SS)

10. South Hills (West Covina) (SS) - 7th Stanf IV (88:19 SS)

Hon Mention: Morro Bay 8th Stanf IV, San Marino (88:07 SS), Cabrillo (SS) (88:25 SS), Beaumont (88:30 SS),

Fillmore 9th Stanf IV 251.

Boys Division IV - 1-524

1. McFarland (CE) - return 83:31 at Woodward

2. Orange Lutheran (SS) - 2nd Stanf V (1st Nev team) 82 89:57 (87:12).

3. St. Bonaventure (Ventura) (SS) - 1st Bell-Jeff SS 67 (87:33 SS)

4. Flintridge Prep (La Canada) (SS) - (87:48 SS)

5. Crespi (Encino) (SS) - 3rd Stanf V 110

6. Desert Christian (Lancaster) (SS) - 2nd Bell-Jeff 97 (89:12 SS)

7. Salesian (L.A.) (SS) - 3rd Bell-Jeff 98 - 4th Div V Stanf 129

8. Oak Park (SS) - 5th Stanford V 139

9. Piedmont (NCS) - 6th Stanford V 156

10. York School (?) (CCS) - 7th Stanford 169

Hon Mention: Maranatha (90:26 SS), Crossroads (SS) (90:28 SS), St. Josephs (Santa Maria) (SS) 8th Stanf V (90:54 SS), St. Mary's (Berkeley) 9th Stanf V 165, Summerville 10th Stanf V 192.

**A Copy of this year's State
CBED's is in the mail to you!**

X-Authentication-Warning: darkwing.uoregon.edu: majordom set sender to owner-t-and-f using -f
 Date: Fri, 11 Oct 96 13:03:10 EDT
 X-Priority: 3 (Normal)
 To: <t-and-f@darkwing.uoregon.edu>
 From: "John W. Molvar" <jwm_0105@ports.navy.mil>
 Subject: t-and-f: Soccer Moms
 X-Incognito-SN: 473
 X-Incognito-Format: VERSION=2.01a ENCRYPTED=NO
 Sender: owner-t-and-f@darkwing.uoregon.edu
 Precedence: bulk
 Reply-To: "John W. Molvar" <jwm_0105@ports.navy.mil>

Everyone agrees that soccer has hurt T&F badly in the USA. Most believe it has to do with the "tremendous organization" and 52 weeks a year season for soccer. It has nothing to do with either, in fact these two traits are simply the response to the desire of our society to have children playing soccer. The reason is simply a reflection of the current American culture. If the motto of the 60s was "if it feels good, do it", the motto of the 90s is "if it is easy, do it". Of course I am generalizing, but who will deny the explosion of easy activities such as inline roller blading, soccer and computer games in the 1990s. Given the choice of practice of 12X440 (track), or trying to block the same guy who outweighs you by 45 pounds 10 identical plays in a row because your coach doesn't think the team has gotten the play down yet (football) versus seeing how many times you can bounce a ball off your knees (soccer), what do you think a kid in the "if it is easy do it" culture is going to choose? How about competition: Would a kid who runs a 55 rather take a baton with a 2 second lead over the other team's 52 guy with the meet on the line and everyone on the field watching them and screaming or would they rather blend in with 20 or so other kids on a soccer field in the final 5 minutes while the soccer moms yawn, shiver and say "I hope the rain holds off". Most kids in today's culture would and do choose the latter. Would a kid want to be placed right in front of the onside kick by the other football team trying to cover the kick knowing full well that his options are covering the kick but getting creamed by 7 other guys or blowing it and getting creamed by 7 other guys anyways or would he rather stand around a soccer field for an hour in which every 5 minutes or so the ball comes his way and he tries to kick it then waits another 5 minutes? How about being the last guy up to the plate with the bases loaded and everyone in the stands is watching you. I think the prevalence of 52 weeks a year soccer answers these questions.

The other major attraction of soccer is that it is a Babyboomer parent's dream come true. Unfortunately in today's culture a disproportionate number of Boomers believe everything possible should be done to mitigate competition of any kind. How many times have you heard the expression "we need to level the playing field"? Translation: Lets run and hide from the fact that some people are better than others by A) listing 10 million excuses for the loser (none of which are their own fault of course, B) Distorting the results (ex: adding 100 points to everyone's SAT score so you can't compare them to past results) or C) eliminate competition entirely (ex: quotas). In soccer, if you stink individually only a trained eye will detect it, for the most part you will blend in with the 20 or so other kids. In track the winners and losers cannot possibly be more obvious. If your a boomer who has a distaste for any competition in which their are (gulp!) individual winners and losers and longs for a world with a perfectly "level playing field" then track is your worst nightmare and you should put your kid in 52 weeks a year soccer. If your kid stinks most will never know it or care for that matter. However, when your kid strikes out with the bases loaded - everyone know it! Parents also like the fact that soccer is safer. How many kids are forced to redshirt a season in college track or football due to injury compared to soccer?

In summary the explosion of soccer and decline of HS track in the USA is not specifically due to anything soccer people are doing right or what

Steve Vaitones, 10/13/96 1:32 AM, t-and-f: Soccer vs. Track & Field - other issues 1

X-Authentication-Warning: darkwing.uoregon.edu: majordom set sender to owner-t-and-f using -f

Date: Sat, 12 Oct 1996 18:32:23 -0700

From: usatfne@ix.netcom.com (Steve Vaitones)

Subject: t-and-f: Soccer vs. Track & Field - other issues

To: t-and-f@darkwing.uoregon.edu

Sender: owner-t-and-f@darkwing.uoregon.edu

Precedence: bulk

Reply-To: usatfne@ix.netcom.com (Steve Vaitones)

I think there are a couple of other issues that give soccer an edge over T&F when it comes to parents' decisions and participation.

(Disclaimer: I don't have first hand experience with youth soccer)

1) Soccer is a great reliable baby sitter - games are on straight running time, so it's a reasonably regular 2 hours or so between drop off and pick up on competition days, lessening the impact on today's overscheduled children and parents. Youth track meets take a bit or a lot longer (suggestions on making track more youth/parent friendly are welcome, but there's only so much a schedule can move along when there are 100 kids running a 100 and long jumping.

2) Soccer takes only one coach with the basic knowledge of the game, so fewer parents or adults in general are needed per participant. A successful youth track program will not be successful very long with a single coach or one with a limited background in the sport - even in simplest terms, we have sprints, hurdles, jumps, throws, endurance. A local youth program with several hundred kids 14 and under, supervised by nearly 20 adults and another dozen high schoolers is still on the edge of being understaffed.

There does not appear to be the return to the sport by knowledgeable-and recently-retired track and field athletes.

3) A soccer match takes one referee and if paid can be covered by a small amount of dues or league fees per competitor. Track and field meets take far more officials with a need for more experience in fine points of rules working far longer days for minimal remuneration.

4) Points 2 and 3 mean it is harder to service interested athletes, and harder to find and develop the most talented. There are not many opportunities for interested athletes to obtain that next level of instruction. Using New England as an example, there are a handful of week-long day camps for overall track & field, and then there are some specialty clinics for events. List member Joe Donahue puts on more clinics than any other coaches in the six state region combined, welcoming youth through masters, and there are still a lot of throwers who are not getting to these camps. Paul Souza does maybe a half dozen high jump clinics/mini-camps, and then

Every member of this list can be part of solving points 2, 3, and 4. A problem such as we have in track & field can't be solved by any one individual or group, but it can be broken into more manageable pieces by anyone who works with a small portion of the issue.

Steve Vaitones

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CALIFORNIA INTERSCHOLASTIC FEDERATION

STATE MEDIA RELEASE

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For Immediate Release
Monday, October 21, 1996

Contact: Jim Duel
415-492-5911

CROSS COUNTRY

FOUR DEFENDING TEAM CHAMPIONS RANKED ATOP THEIR RESPECTIVE DIVISIONS

With five CIF ARCO *am/pm* State Cross Country Championships McFarland High School has made a name for itself in boys long distance running. Once again the Cougars take on the favorite roll this time in Division V, as the championships have been expanded from four to five divisions.

McFarland won the first-ever Division III title in 1987 when the championships consisted of just three divisions and have won the last four Division IV championships.

The 10th annual CIF ARCO *am/pm* State Cross Country Championships will be held Saturday, November 30 at Woodward Park in Fresno (see enclosed time schedule).

Along with McFarland, defending champions ranked atop their respective divisions include Yucaipa girls, Nordhoff Ojai girls and De La Salle Concord boys. Yucaipa took its first title a year ago in Division II meanwhile, Nordhoff looks for an unprecedented fourth title in girls competition. The Rangers were Division IV champions in 1990-91 and took the Division III crown last season. De La Salle took its second title last year and looks to join an elite group of teams with at least three boys championships in November.

Clovis West of Fresno is top-ranked on the Division I girls poll, Clayton Valley of Concord, which placed second in Division II last season, is tops in Division III and University of San Francisco is number one on the Division V girls poll.

On the boys side, Nevada Union Grass Valley, a team that placed third in Division I last season, is ranked number one in Division I. St. Ignatius of San Francisco sits atop the Division III boys poll and Costa Mesa is top-ranked in Division IV.

The expanded fifth division also makes for more individual champions this November. Leading the individuals is two-time champion and state record holder Julia Stamps of Santa Rosa High School. Stamps set a state record of 16:45 a year ago and looks to join Deena Drossin as the only three-time champions in girls competition.

Elaine Canchola of Nordhoff is the other state champion hoping to defend her title. Canchola, only a junior, took the Division III crown last year in a crisp 17:36. Three second place girls finishers from a year ago look to go one better this time around. Kimi Welsh, of Yucaipa, was second in Division II at 17:56, Kristen Gordon of Carondelet was second in Division III (18:12) and Lisa Eccles of Bret Harte had a tremendous sophomore campaign capped by a second place showing in Division IV (19:09).

In what figures to be four wide open boys individual races two second place finishers from last year return. Ryan Deane of Peninsula was second in Division II (15:46) and Morro Bay High's Isiah Festa placed second in Division IV (16:04).

CIF ARCO am/pm State Cross Country Rankings
as of October 21, 1996

DIVISION I GIRLS

- 1 Clovis West, Fresno-C
- 2 Irvine-SS
- 3 Ayala, Chino Hills-SS
- 4 Clovis-C
- 5 Orange Glen, Escondido-SD
- 6 Fallbrook-SD
- 7 Lowell, San Francisco-SF
- 8 Los Alamitos-SS
- 9 Esperanza, Anaheim-SS
- 10 Santa Rosa-NCS

DIVISION II GIRLS

- 1 Yucaipa-SS
- 2 Dana Hills, Dana Point-SS
- 3 Valhalla, El Cajon-SD
- 4 West Hills, Santee-SD
- 5 Mission Viejo-SS
- 6 University, Irvine-SS
- 7 Canyon, Canyon Country-SS
- 8 Santa Margarita, RSM-SS
- 9 Woodbridge, Irvine-SS
- 10 Scripps Ranch, San Diego-SD

DIVISION III GIRLS

- 1 Clayton Valley, Concord-NC
- 2 Carondelot, Concord-NC
- 3 El Modena, Orange-SS
- 4 Placer, Auburn-SJ
- 5 San Geronio, San Bernardino-SS
- 6 Santana, Santee-SD
- 7 Newport Harbor, Newport Beach-SS
- 8 St. Lucy's, Glendora-SS
- 9 Del Oro, Loomis-SJ
- 10 Laguna Hills-SS

DIVISION IV GIRLS

- 1 Nordhoff, Ojai-SS
- 2 Corona del Mar, Newport Beach-SS
- 3 Exeter-C
- 4 Campolindo, Moraga-NC
- 5 Taft-C
- 6 La Canada-SS
- 7 Palo Alto-CC
- 8 Louisville, Woodland Hills-SS
- 9 Gunn, Palo Alto-CC
- 10 Flintridge, Sacred Heart, La Canada-SS

DIVISION V GIRLS

- 1 University, SF-NC
- 2 Orange Lutheran-SS
- 3 McFarland-C
- 4 St. Joseph, Santa Maria-SS
- 5 Desert Christian, Lancaster-SS
- 6 Pasadena Poly, Pasadena-SS
- 7 St. Bonaventure, Ventura-SS
- 8 Piedmont-NC
- 9 Parker, San Diego-SD
- 10 Paraclete, Lancaster-SS

DIVISION I BOYS

- 1 Nevada Union, Grass Valley-SJ
- 2 Del Campo, Fair Oaks-SJ
- 3 Santa Ana Valley-SS
- 4 Ayala, Chino Hills-SS
- 5 Saddleback, Santa Ana-SS
- 6 Hoover, Glendale-SS
- 7 Madera-C
- 8 Torrey Pines, Encinitas-SD
- 9 Long Beach Poly, Long Beach-SS
- 10 Peninsula, Rolling Hills-SS

DIVISION II BOYS

- 1 De La Salle, Concord-NCS
- 2 Jesuit, Carmichael-SJ
- 3 Huntington Beach-SS
- 4 Reedley-C
- 5 Santa Ana-SS
- 6 Santa Margarita, RSM-SS
- 7 Hemet-SS
- 8 Yucaipa-SS
- 9 Arroyo, El Monte-SS
- 10 Valhalla, El Cajon-SD

DIVISION III BOYS

- 1 St. Ignatius, SF-CC
- 2 St. Francis, Mt. View-CC
- 3 Tustin-SS
- 4 Barstow-SS
- 5 El Modena, Orange-SS
- 6 Katella, Anaheim-SS
- 7 Bosco Tech., Rosemead-SS
- 8 Newbury Park-SS
- 9 Newport Harbor, Newport Beach-SS
- 10 Sonoma-SJ

DIVISION IV BOYS

- 1 Costa Mesa-SS
- 2 Corona del Mar, Newport Beach-SS
- 3 Nordhoff, Ojai-SS
- 4 West Valley, Cottonwood-N
- 5 Granada, Livermore-NC
- 6 St. Augustine, San Diego-SD
- 7 Central Valley-N
- 8 St. Paul, Whittier-SS
- 9 Notre Dame, Sherman Oaks-SS
- 10 Morro Bay-SS

DIVISION V BOYS

- 1 McFarland-C
- 2 Orange Lutheran-SS
- 3 St. Bonaventure, Ventura-SS
- 4 Flintridge Prep, La Canada-SS
- 5 Oak Park-SS
- 6 Desert Christian, Lancaster-SS
- 7 Salesian, Los Angeles-SS
- 8 Crespi, Encino-SS
- 9 Piedmont-NC
- 10 The York School, Monterey-CC

rankings compiled by Doug Speck - with assistance from Dennis McClanahan, Buzz Thom (SD), Rich Gonzalez (SS), Alex Carmona (LA), Dennis DeWitt (C), Hal Daner (CC), Andy Leung (SF/O), Steve Fagundes (SJ), and Jim Eckman (N).
section abbreviations: SD=San Diego, LA=Los Angeles, SS=Southern, CE=Central, CC=Central Coast, NC=North Coast, SF=San Francisco, SJ=Sac-Joaquin, N=Northern, O=Oakland.

CIF ARCO am/pm State Cross Country
Potential Top Individuals Returnees

GIRLS

Division I	Yr.	School	Time	1995 Place
Julia Stamps	Sr.	Santa Rosa	16:45	1st*
Jen Schindler	Sr.	Ponderosa	18:22	4th
Nancy Zhang	Sr.	Rowland	18:32	6th
Jennifer Burris	Jr.	Ayala	18:41	7th
Rachae McCauley	Sr.	Canyon Springs	18:50	8th
Julie Harris	Sr.	Canyon	18:54	10th

Division II	Yr.	School	Time	1995 Place
Kimi Welsh	Jr.	Yucaipa	17:56	2nd
Katie Nunes	Sr.	Santa Margarita	18:05	3rd
Allyson Marquand	So.	University, Irvine	18:17	5th
Jennifer Ewing	Sr.	Castro Valley	18:57	10th

Division III	Yr.	School	Time	1995 Place
Elaine Canchola	Jr.	Nordhoff	17:36	1st*
Kristen Gordon	Sr.	Carondelet	18:12	2nd
Heather Garritson	Jr.	Buena Park	18:21	3rd
Shelby Horgan	Sr.	Temescal Canyon	18:34	5th
Terrah Chapin	Sr.	Nordhoff	18:48	6th
Veronica Sanchez	Jr.	Wasco	18:50	7th
Courtney Baird	So.	University SD	18:53	8th
Bridie Hatch	Sr.	Nordhoff	18:55	9th
Jaymie Harper	Sr.	Santana	18:57	10th

Division IV	Yr.	School	Time	1995 Place
Lisa Eccles	Jr.	Bret Harte	19:09	2nd
Sarabeth Schweitzer	Sr.	Marysville	19:12	3rd
Melissa MacPherson	Sr.	Flintridge Sac. Heart	19:21	4th
Kristin Groncy	Sr.	Orange Lutheran	19:24	5th
Kat Saxton	Jr.	College Prep	19:29	8th
Tracy Bowling	Sr.	Union-Taft	19:32	10th

BOYS

Division I	Yr.	School	Time	1995 Place
Ryan Deane	Sr.	Peninsula	15:46	2nd
Michael Kasahun	Sr.	Fresno	15:49	5th
Juan Chavira	Jr.	Hanford	15:57	9th

Division II	Yr.	School	Time	1995 Place
Michael Murray	Sr.	Santa Margarita	15:41	5th
Ronnie Buchanan	Jr.	Righetti	15:45	7th
Tom Prindiville	Sr.	De La Salle	15:50	9th
Alfonso Ibarra	Sr.	Arlington	15:51	10th

- more -

Division III	Yr.	School	Time	1995 Place
Bryan Green	Sr.	Littlerock	16:01	7th
Dusty Herman	Jr.	Nordhoff	16:02	8th
Jason Hart	Sr.	Sonora	16:05	9th

Division IV	Yr.	School	Time	1995 Place
Isiah Festa	Jr.	Morro Bay	16:04	2nd
Miguel Ramirez	Jr.	Holtville	16:09	3rd
Louie White	Jr.	Half Moon Bay	16:17	5th
Rudy Ballardo	Jr.	McFarland	16:22	7th

* indicates state record

CIF-ARCO *am/pm* STATE CROSS COUNTRY CHAMPIONSHIP TIME SCHEDULE

<u>Time</u>	<u>Race</u>
8:30 a.m.	Division IV Boys' Race
9:00 a.m.	Division V Boys' Race
9:30 a.m.	Division IV Girls' Race
10:00 a.m.	AWARDS - Girls' and Boys' Division IV
10:05 a.m.	Division V Girls' Race
10:30 a.m.	AWARDS - Girls' and Boys' Division V
10:40 a.m.	Division I Boys' Race
11:10 a.m.	Division II Girls' Race
11:15 a.m.	AWARDS - Boys' Division I
11:45 a.m.	Division III Boys' Race
11:55 a.m.	AWARDS - Girls' Division II
12:15 p.m.	Division I Girls' Race
12:30 p.m.	AWARDS - Boys' Division III
12:50 p.m.	Division II Boys' Race
1:00 p.m.	AWARDS - Girls' Division I
1:20 p.m.	Division III Girls' Race
1:30 p.m.	AWARDS - Boys' Division II
1:50 p.m.	AWARDS - Girls' Division III



CALIFORNIA INTERSCHOLASTIC FEDERATION

JACK HAYES Executive Director
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MARGARET DAVIS Assoc. Executive Director
So. California Office
425 East 18th Street • Costa Mesa, CA 92627
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October 24, 1996

Mr. Pete Brewer
Girls Cross Country Coach
Castro Valley High School
19400 Santa Maria Ave.
Castro Valley, CA 94546-3400

Dear Mr. Brewer,

With the cross country season well underway, I am in the process of gathering photos of top athletes for use in the state cross country program. If you have any photos available of **Jennifer Ewing (Castro Valley High)** could you please send to my attention, at the address above, no later than Tuesday, November 12? Photos can be black and white or color, action or head shot and any size will do.

Be sure to identify the athlete on the back of the photo and, if you want the photo returned, please make sure a return address is on the photo with the wording please return. Include top marks on a separate sheet of paper if you wish. As always, we attempt to publish as many photos as possible depending on how many are received. I appreciate any help you can provide regarding photos.

I wish you and your team continued success.

Sincerely,

Jim Duel
Sports Information Director/Administrative Assistant
State CIF

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Principal, Walnut H.S.
STEVE HIRABAYASHI, President-Elect
Principal, John O'Connell H.S.
MARIE M. ISHIDA, Past-President
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Superintendent's Liaison Rep.
Supt., Escalon U.S.D.
ANDREW PATTERSON, ESQ.
General Counsel

Nor '96

- ✓ TRINA 19:43 1-31 '95
- ✓ JON STEVENS 16:07 11-20 '95
16:43 11-62 '94
- ✓ DAVE ROOP ~~16:18 11-24 '95~~
~~17:01 11-25 '95~~
- ~~KEN BUCK WILLIAMS 17:51 11-25 '95~~
- ✓ TIFFANY HANSEN 20:34 11-60 '95
- ✓ KAT SAXON 19:29 IV-8 '95
- ✓ LINDEN BAKER 19:34 IV-12 '95
- ✓ SARAH HALLIB 19:57 IV-22 '95
20:37 IV-29 '94
- ✓ KIRA MORSEN 20:01 IV-22 '95
- ✓ KATY BERLES 20:19 IV-27 '95
- ~~KATHER GIBSON 20:12 IV-25 '95~~

BOYS

MONT 85:35 1-13
JL 86:00 1-14
DLS 81:03 11-1
MSJ 82:35 11-7
LIV 85:15 11-7
SRAM 88:29 11-8
GRAN 84:09 11-2
NOV 86:50 11-11
STM 87:27 11-6
STJ 90:32 11-9

GIRLS

SROSA 97:56 1-10
ACA 107:39 1-18
CLV 96:08 11-2
AN 98:30 11-6
CARON 95:52 11-1
EUR 109:29 11-14
CAMPO 98:40 11-3
URS 102:54 11-7
UNI 97:28 11-1
PIED 106:34 11-6

16:43 JULIA STAMPS 1-1
17:17 KRISTEN GORDON 12 11-1
18:04 TRINA COX 1-3
18:27 JENNIE EWING 12 11-8
18:38 KELLY HOWSEY 12 11-10
18:47 TIFFANY HANSEN 12 11-10
18:52 SARAH HALLAS 12 11-10
19:01 DEBORAH OSTEN 12 11-10
19:01 JESSICA DELT 11-23
19:06 KAT SAXON 11-23
19:07 JULIE BENING 11-23
18:59 KATY BERKE 11-11
19:17 EDYNE SMITH 11-11
19:11 KIRA MORSE 10-11
19:20 LINDEN BADER 10-11

15:21 DAVE RODRIGUEZ 12 11-1
15:43 JON STEVENS 11 11-5
15:44 TOM PRINDIVILLE 12 11-7
15:55 RYAN MARK 10 11-6
16:02 ENRIQUE HENRIQUEZ 11-21
16:01 TIM RICARD 12 11-9

15:55 JAMES NIELSEN 12 11-5

16:10 BRIAN HERNSTORF 12 11-27
16:12 SEAN KENADY 12 11-29
16:16 BRAD DIETSCH 12 11-16
16:23 CHRIS POSTER 12 11-31
16:23 CARL MORAN 11-9
16:23 CHRIS FELIX 11-10

16:16 TIM LAYDEN 11 11-32

16:19 RYAN STANTON 12 11-33

NCS

STATE CHAMPS - IND

JULIA STAMPS
KRISTEN GORDON
KAT SAXON
DAVE RODRIGUEZ

TEAMS

DLS
CARL
UNI

ALL-STATE - IND GIRLS

JULIA STAMPS } I
TRINA COX } I
JENNIE EWING } II
KELLY HOWSEY } II
KRISTEN GORDON } III
TIFFANY HANSEN } IV
SARAH HALLAS } IV
KAT SAXON
KIRA MORSE
LINDEN BADER
MILLIE ALLEN
HEATHER GIBSON
DIANA COX

BOYS

DAVE RODRIGUEZ } I
JON STEVENS } II
TOM PRINDIVILLE } II
RYAN MARK } III
TIM RICARD } III
JAMES NIELSEN } IV
CARL MORAN 9 16:23 } V
CHRIS FELIX 10 16:23 } V

19:06 1
19:11 3
19:20 4
19:24 5
19:26 6
19:41 7

2 7/16

2 1/8

1 3/4

11
16

16125

16125

10 CHAD FOSTER JL 12 16:01
KAY / FUNK MONT 12 16:25

5 RYAN MCK VIK 10 15:44
8 NATHAN MARTIN L (H) 15:50
9 TIM RICARD L (12) 15:57
11 BRAD DIETSCH SR (12) 16:02
16 ADAM HALL E (12) 16:15

1 DAVE RODRIGUEZ MSJ 12 15:30
2 ENRIQUE SL 12 15:35
3 JON STEVENS MSJ 11 15:38
4 TOM PRYORVILLE DLS 12 15:40
7 BRON HORNSDORF AV 12 15:48
13 JEFF GEORGE DLS 12 16:10
14 JUSTIN CARTER CLV 12 16:12
15 SEAN KENADY DLS 12 16:14
16 RYAN STANTON DLS 11 16:15
20 TIM LAYDEN DLS 11 16:19
21 ALEX SANCHEZ DLS 12 16:20

6 TUD HUNT NOV 12 15:47
12 JAMES WILSON SM 12 16:08
14 PROUDSON ROBERTA 7L 12 16:17
19 MARTY KINSEY GR 12 16:18
21 HENRIK VIKTORIA GR 12 16:20
ADAM VIKTORIA GR 12 16:23

1 JULIA STAMPA SR 12 16:46
3 TRINA COX SR 10 18:15
10 LINDSEY JOHNSON SR 9 19:20
LINDSEY JOHNSON LFB 11 19:25
ALICE LOPEZ RILEY ALA 9 19:28

4 JENNIE BENJIK CV 12 18:30
7 KERRY HANSEN CV 12 18:53
8 MANA VANDERBEEK AN 12 18:56
9 JULIE LEIN NABE CLV 11 18:58
10 JESSICA FELS AV 9 18:59
11 MARCIE SILVA AV 9 19:00
17 BROCKE WHEATLAND 16 11 19:10
18 DIANA RANJOVER MT 11 19:20
20 MARLENE VILLALBA CLV 11 19:22
DEBORAH OSTER CV 12 19:28

2 KRISTEN GORDON CAR 12 19:14
21 KERRY GORDON CAR 12 19:14
CRISTIN BUEA CAR 10 19:15
KATE MONTGOMERY IRV 10 19:15

6 TIFANY HANSEN RED 12 18:49
13 SARAH HALLAS VRS 11 19:04
15 KATHY BERGES CAMPO 11 19:14
MELISSA GREEN FL 11 19:16
CRISTIN SMITH CAMPO 11 19:18

5 KATHERINE GIBSON PD 11 18:34
12 LINDSEY DAGER VNI 10 19:02
14 KAT SEXTON CPS 11 19:13
16 DIANA FLOCK VNI 9 19:18
KARA MORRIS VNI 10 19:26
MARLENE WICK VNI 10 19:28

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11:36:13 CARON III-1 *
11:36:43 CLV 11-1 *
11:36:55 AV 11-2 *
11:37:19 VNI V-1 *
11:39:32 CAMPO IV *
11:41:39 MSJ 11-3 *
11:42:25 VRS 11-2 *
11:43:36 MIRA 11-3 *
11:43:09 MV 11-4 *
11:44:34 LV 11-5 *
11:44:10 CV 11-6 *
11:45:02 TL 11-4 *
11:45:26 GRAM 11-5 *
11:45:27 EVR 11-2 *
11:45:57 ALA 1-2 *
11:46:00 PED 11-2 *
11:46:03 JNL 1-3 *
11:46:18 MC 11-6 *
11:47:22 MONT 11-7 *
11:47:34 LL 11-8 *
11:47:28 BOO 11-9 *
11:47:45 MID 11-3 *
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11:48:37 UK 11-8 *
11:48:39 ARL 11-11 *
11:48:53 N6 11-9 *
11:50:02 CP 11-3 *
11:50:28 ALA 1-5 *
11:50:37 CPS 11-4 *
11:51:05 IRV 11-4 *
11:51:35 LFB 11-6 *
11:51:57 ANOL 11-12 *
11:51:28 RED 11-13 *
11:52:10 ALA 1-7 *
11:53:00 WASH 11-5 *
11:54:27 HAY 1-8 *
11:55:37 ANT 1-9 *
11:56:02 FFB V-5

11:57:01 HLR V-6
11:57:07 BRON V-7
11:57:35 KEL V-8
11:58:06 PINBL 11-10
11:58:45 CONC 11-6
11:59:50 BANHO 11-7
11:59:30 CPV V-9
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21:02:46 LW V-10
21:04:11 MA V-11
21:04:30 HDS 11-10
21:05:34 SIM V-12
21:25:39 WIL V-13
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PITT
BEN
EL
N-M
YV
AMEL
DUB
ELMO
MT. DARIO
CLEONE PETAL.
H-N
HOOPA
MAYMA I.
MARIN L.
PINECONE
ST. J.
TRIPLE JUNCT.

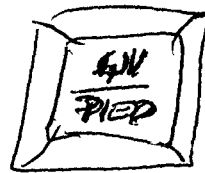
65
72
63
127
91
418

80:38 DLS 11-1 *
82:48 MSJ 11-2 *
83:25 GRAM 11-1 *
83:45 MONT 1-1 *
83:48 SRAMON 11-2 *
84:06 CLV 11-3 *
84:109 AV 11-4 *
84:23 NOV 11-2 *
84:45 JL 1-2 *
85:14 EVR 11-4 *
85:54 CP 11-5 *
86:02 CV 1-3 *
86:14 ML 11-3 *
87:02 CAMPO 11-4 *
86:59 FORT 11-5 *
87:35 SL 11-5 *
87:38 RED 11-6 *
88:25 BOO 11-7 *
88:24 SJ V-2 *
88:14 PIED V-3 *
88:59 IRV 11-6 *
89:05 GIN 11-8 *
88:51 T-L 11-9 *
89:10 SROSA 1-4 *
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89:46 CASA 11-10 *
90:10 MIRA 11-11 *
90:09 ARL 11-12 *
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90:27 VNI V-4 *
90:56 HEO 1-8 *
91:02 YV 11-7 *
91:25 ELSE 11-13 *
91:46 SROSA 11-14 *
91:36 RANHO 11-15 *
91:36 RED V-5 *
91:15 LUK V-6 *

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91:32 ALA 1-10
92:58 SLES V-7
93:30 CSO V-8
93:38 COLP V-9
93:38 CLEOR V-10
94:04 HAY 1-11
94:14 WASH 11-9
95:47 BRON V-4
96:24 CAL 11-10
96:25 CONC 11-11
96:40 ATT 11-7
96:22 MV 11-8
96:52 MOK 11-15
96:18 ANA 11-16
94:51 DUB 11-17
94:49 LL 11-18
97:43 MARIA V-12
97:45 MID V-13
98:32 FORT 11-19
97:08 ALB 11-20
98:37 PETAL 11-21
99:26 WIL V-14
99:52 KEL V-15
100:28 MORN V-16
101:34 BEN 11-12
101:20 FFB 11-17
inc. BERK
DEER VALLEY
PINE
EL CERRILLO
AMERICAN
ELMO
MT. D.
SLT
SAN MARINO
SONOMA VOL
CSU
HOOPA

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2. St J 52
3. PIED 53

1. PIED 30
2. ALA 37
3. ST JOES 107
4. ST MARYS 117
5. ALBANY



1. MORAN (P)
2. APR (SM)
3. FITE (SM)
4. BEN (SM)
5. SJ
6. SJ
7. ALA
8. PIED
9. SAL
10. (ST. MARYS) RICH TORRES
12. JONO TAPP

1. GIBSON (P)
- 2.
- 3.
- 4.
- 5.

GIRLS 15, 20, 37, 40, 46, 47, 52, 53

NB (SROSA 1, VAS 8, MONT 21) UK 27 PINE 45 [RANCIO 47]
 BVAL (CARON 2, CIV 3, NA 29) CP 30, LIB 34 [ANT 40]
 CBAL (AV 4, MV 10, CIV 11) SRAM 25, CAL 51
 BCL (UNI 5, CPS 32, HR 42) BRAN 43 [CPS 48, LW 52, MA 53]
 TLL (CAMPO 6, MIRA 9, GRAN 14) ALA 16, LL 22, ALH 37, CONCA 46
 MVAL (MSJ 7, JL 18, MV 33) WASH 38
 HVAL (CV 12, MC 19, BOO 23) HAM 39
 MCAL (TL 13, NOV 20, DRAKE 26) RED 36 SPAT 49
 HDN (EVE 15, MRL 20)
 ACAL (PIED 17, ALA 31, ST M 53)
 CCL (MID 24, FIB 41, KEL 44) WILL 56
 SCL (ANDL 35, ~~BRAN 43~~ CASH 50, HDOS 54)

1+8+21 (-1) = 29 3
 2+3+29 (-2) = 32 4
 4+10+11 = 26 1
 5+32+42 (-5) = 74 8
 6+9+14 = 29 2
 7+18+33 (-3) = 45 6
 12+19+23 (-2) = 42 5
 13+20+26 (-2) = 57 7
 INCOMPLETE inc 12
 17, 31, 55 (-12) = 81 9
 24+41, 44 (-9) = 100 10
 35, 50, 54 (-18) = 121 "

BOYS 33, 36, 39, 50, 53, 57, 58, 59, 62, 67

BVAL (DLS 1, CIV 7, CP 13) ANT 28, NA 32
 MVAL (MSJ 2, JL 11, RV 24) WASH 40 43
 EDAL (CIV 3, SRAM 10, AVB) CAL 51 MV 54
 TLL (GRON 4, COMPT 17, MIRA 30) ALH 43 [CPS 48, LW 52, MA 53]
 NBL (MONT 5, UK 10, CIV 25) SROSA 27, ELSE 37
 MCAL (NOV 9, RED 20, TL 26) SROF 38 MA 66
 HDN (LOR 12, FORT 18, MRL 31) MARK 55
 HVAL (CV 14, MC 16, SL 18) BOO 21 HAM 48
 ACAL (SPM 15, ST J 22, PIED 23) ALA 42 SPAT 44
 CCL (CASH 29, HD 35, ANL 56) PETA 63
 BCL (UNI 34, HEND 39, LW 41) CAL PR 46, CSD 65
 CCL (LEAL 48, MID 60, WILL 64) KEL 65, FID 68

LIB 33, YV 36, PITT 58
 DUB 57, LL 58, FORT 61, BEN 67
 RANCIO 39, MARIA 59
 ALB 62
 BRAN 50

1+7+13 = 21 2
 2+11+24 = 37 3
 3+6+8 = 17 1
 4+17+30 = 51 6
 5+10+25 = 40 4
 9+20+26 = 55 8
 12+18+31 = 61 9
 14+16+19 = 49 5
 15+22+13 = 60 8
 20+35+56 (-6) = 114 11
 34, 39, 41 (-6) = 108 10
 47+60+64 (-20) = 151 12

3 8 9



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Cal St HS final Rankings Top 20

by Doug Speck

FINAL 1996 California State High School Cross-Country Rankings By Doug Speck - with assistance from Dennis McClanahan, Buzz Thom (San Diego), Rich Gonzalez (Southern Section), Alex Carmona (L.A.), Dennis DeWitt (Central), Hal Daner (CCS), Andy Leong (SF/Oakl), Steve Fagundes (Sac-Joaquin), Jim Eckman (Northern). SPECIAL THANKS TO BOB RUSH FOR HIS STATE STATISTICS Section

Abbreviations: SD=San Diego, LA=Los Angeles, SS=Southern Section, CE=Central, CCS=Central Coast, NCS=North Coast, SF=San Francisco, SJ=Sac Joaquin, No=Northern.

BOY'S DIVISION I

1. PENINSULA (ROLLING HILLS) SS 2. POWAY SD 3. NEVADA UNION (GRASS VALLEY) SJ 4. POLY-LONG BEACH SS 5. MT. CARMEL (SAN DIEGO) SD 6. DEL CAMPO (FAIR OAKS) SJ 7. HOOVER-GLENDALE SS 8. RANCHO BERNARDO (SAN DIEGO) SD 9. BELMONT (L.A.) LA 10. MADERA CE 11. BELLARMINE PREP (SAN JOSE) CCS 12. SANTA ANA VALLEY SS 13. CHINO SS 14. AYALA (CHINO HILLS) SS 15. SAN DIEGO 16. HANFORD CE 17. FRESNO CE 18. CLOVIS CE 19. EL TORO SS 20. TEMECULA VALLEY (TEMECULA) SS

BOY'S DIVISION II

1. DELASALLE (CONCORD) NCS 2. SANTA MARGARITA (RANCHO SM) (SS) 3. SANTA ANA SS 4. JESUIT (SACRAMENTO) SJ 5. HEMET SS 6. HUNTINGTON BEACH SS 7. MISSION SAN JOSE (FREMONT) NCS 8. CLAYTON VALLEY (CONCORD) NCS 9. RUBIDOUX (RIVERSIDE) SS 10. SULTANA (HESPERIA) SS 11. WEST HILLS (SANTÉE) SD 12. ANAHEIM SS 13. AMADOR VALLEY (PLEASANTON) NCS 14. RIGHETTI (SANTA MARIA) SS 15. SERRA (SAN MATEO) CCS 16. BURBANK SS 17. ORANGE SS 18. YUCAIPA SS 19. REEDLEY CE 20. ARROYO (EL MONTE) SS

BOY'S DIVISION 3

1. ST. IGNATIUS (SAN FRANCISCO) CCS 2. TUSTIN SS 3. KATELLA (ANAHEIM) SS 4. ST. FRANCIS (MOUNTAIN VIEW) CCS 5. BOSCO TECH (ROSEMEAD) SS 6. BARSTOW SS 7. LIVERMORE NCS 8. NEWPORT HARBOR (NEWPORT BEACH) SS 9. NEWBURY PARK SS 10. EL MODENA (ORANGE) SS 11. SAN RAMON (DANVILLE) NCS 12. RAMONA SD 13. SONORA SJ 14. BREA-OLINDA (BREA) SS 15. PLEASANT VALLEY (CHICO) 16. UKIAH NCS 17. SONORA (LA HABRA) SS 18. EUREKA NCS 19. MAR VISTA (SAN DIEGO) SD 20. PASO ROBLES SS

BOY'S DIVISION IV

1. CORONA DEL MAR (NEWPORT BEACH) SS 2. GRANADA (LIVERMORE) NCS 3. NORDHOFF (OJAI) SS 4. HALF MOON BAY CCS 5. COSTA MESA SS 6. WEST VALLEY (COTTONWOOD) NO 7.

YUCCA VALLEY SS 8. CENTRAL VALLEY NO 9. ST. AUGUSTINE (SAN DIEGO) SD 10. SAN MARINO SS 11. SHAFTER CE 12. YREKA NO 13. NOTRE DAME (SHERMAN OAKS) SS 14. NOVATO NCS 15. DIXON SJ 16. BEAUMONT SS 17. PIONEER (WHITTIER) SS 18. ESTANCIA (COSTA MESA) SS 19. MORRO BAY SS 20. SAN MATEO CCS BOY'S DIVISION V 1. MCFARLAND CE 2. HOLTVILLE SD 3. ST. BONAVENTURE (VENTURA) SS 4. OAK PARK SS 5. MARANATHA (SIERRA MADRE) SS 6. ST. MARY'S (BERKELEY) NCS 7. ORANGE LUTHERAN SS 8. MENDOTA SJ 9. SALESIAN (L.A.) SS 10. L.A. BAPTIST (NORTH HILLS) SS 11. ST. JOSEPH ND 12. YORK SCHOOL (MONTEREY) CCS 13. FLINTRIDGE PREP (LA CANADA) SS 14. PIEDMONT NCS 15. PARACLETE (LANCASTER) SS 16. CALVIN CHRISTIAN (ESCONDIDO) SD 17. ST. JOSEPH (SANTA MARIA) SS 18. PASADENA POLY SS 19. SUMMERVILLE SJ 20. CROSSROADS (SANTA MONICA) SS GIRL'S DIVISION II SCORES 1. CLOVIS CE 2. AYALA (CHINO HILLS) SS 3. CLOVIS WEST (FRESNO) CE 4. FALLBROOK SD 5. ESPERANZA (ANAHEIM) SS 6. IRVINE SS 7. LOWELL (SAN FRANCISCO) SF 8. ORANGE GLEN (ESCONDIDO) SD 9. EL TORO SS 10. SANTA ROSA NCS 11. VISTA SD 12. BUENA (VENTURA) SS 13. REDLANDS SS 14. LINCOLN (STOCKTON) SJ 15. RIALTO SS 16. LOS ALAMITOS SS 17. THOUSAND OAKS SS 18. NEVADA UNION (GRASS VALLEY) SJ 19. OAKMONT SJ 20. RANCHO BERNARDO SD GIRL'S DIVISION II SCORES 1. YUCAIPA SS 2. CLAYTON VALLEY (CONCORD) NCS 3. DANA HILLS (DANA POINT) SS 4. VENTURA SS 5. VALHALLA (EL CAJON) SD 6. AMADOR VALLEY (PLEASANTON) NCS 7. SCRIPPS RANCH (SAN DIEGO) SD 8. MISSION VIEJO SS 9. ST. IGNATIUS (SAN FRANCISCO) CCS 10. UNIVERSITY (IRVINE) SS 11. WEST HILLS (SANTEE) SD 12. CANYON (CANYON COUNTRY) SS 13. SANTA MARGARITA (R SM) SS 14. DAVIS SJ 15. WOODBRIDGE (IRVINE) SS 16. DEL CAMPO (FAIR OAKS) SJ 17. SULTANA (HESPERIA) SS 18. GROSSMONT (LA MESA) SD 19. HIGHLAND (PALMDALE) SS 20. MISSION SAN JOSE (FREMONT) NCS GIRL'S DIVISION 3 1. CARONDELET (CONCORD) NCS 2. EL MODENA (ORANGE) SS 3. PLACER (AUBURN) SJ 4. SANTANA (SANTEE) SD 5. ST. LUCY'S (GLENORA) SS 6. SAN GORGONIO (SAN BERNARDINO) SS 7. DOS PUEBLOS (GOLETA) SS 8. DEL ORO (LOOMIS) SJ 9. NEWPORT HARBOR (NEWPORT BEACH) SS 10. LOS GATOS CCS 11. PLEASANT VALLEY (CHICO) NO 12. RIO AMERICANO (SACRAMENTO) SJ 13. KATELLA (ANAHEIM) SS 14. WESTLAKE (WESTLAKE VILLAGE) SS 15. PACIFICA (GARDEN GROVE) SS 16. LAGUNA HILLS SS 17. RAMONA SD 18. SAN LUIS OBISPO SS 19. NORCO SS 20. APTOS CCS GIRL'S DIVISION IV SCORES 1. NORDHOFF (OJAI) SS 2. LA CANADA SS 3. CAMPOLINDO (MORAGA) NCS 4. CENTRAL VALLEY NO 5. CATHEDRAL CITY SS 6. CORONA DEL MAR (NEWPORT BEACH) SS 7. URSULINE (SANTA ROSA) NCS 8. UNIVERSITY (SAN DIEGO)

SD 9. MIRAMONTE (ORINDA) NCS 10. LOUISVILLE (WOOD HILLS) SS 11. GUNN (PALO ALTO) CCS 12. WASCO CE 13. FLINTRIDGE SACRED-HEART (LA CANADA) SS 14. MITTY (SAN JOSE) CCS 15. TERRA LINDA (SAN RAFAEL) NCS 16. PALO ALTO CCS 17. BRET HARTE (ALTAVILLE) SJ 18. GRANADA (LIVERMORE) NCS 19. SOUTH HILLS (WEST COVINA) SS 20. ESTANCIA (COSTA MESA) SS GIRL'S DIVISION V SCORES 1. UNIVERSITY (SAN FRANCISCO) NCS 2. ORANGE LUTHERAN SS 3. MCFARLAND CE 4. ST. JOSEPH (SANTA MARIA) SS 5. LA SALLE (PASADENA) SS 6. PIEDMONT NCS 7. MIDDLETOWN NCS 8. ST. BONAVENTURE (VENTURA) SS 9. PASADENA POLY SS 10. R.L. STEVENSON (MONTEREY) CCS 11. COLLEGE PREP (OAKLAND) NCS 12. MARANATHA (SIERRA MADRE) SS 13. CHADWICK (PALOS VERDES) SS 14. PARACLETE (LANCASTER) SS 15. WESTRIDGE (PASADENA) SS 16. TEMPLETON CE 17. VIVIAN WEBB (CLAREMONT) SS 18. JUSTIN-SIENA (NAPA) SJ 19. SUMMERVILLE SJ 20. BUTTE VALLEY NO

end of file

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CALENDAR



RACE
RESULTS



RESOURCES



TRAINING
TIPS



REGIONAL
NEWS

BMS
DIV 1 20
DIV 2 1
DIV 3 7
DIV 4 8
DIV 5 13
DIV 6 17
DIV 7 11
DIV 8 16
DIV 9 18
DIV 10 12
DIV 11 14
DIV 12 6
DIV 13 11
DIV 14 14

13

SPS 10
CL 2
AU 6
MS 10
CL 1
CL 3
CL 7
CL 8
CL 15
CL 18
CL 13
UN 1
PR 6
MS 7
CS 11

14

'46 recap (State)

By all accounts the State Meet was an unqualified success for the North Coast Section. (Well, there are always qualifications but not as many as the successes. We had 3 team champions (as well as a 1 point 2nd place) and 4 individual champions. The NCS also had 13 All-State (top 10 in a race) girls' runners and 7 All-State boys. There was wholesale reshuffling in the team time lists, and the individual top NCS State Meet performers lists. The most obvious success was the dramatic improvement, top-to-bottom of the girls' times. The end of the season rankings included 27 NCS teams in the 200 best teams ranked, so we were a factor as a section.

This brings up the major qualification, which is that we still need to work on our representation in Division I. We have now had two straight years of full participation, that is, sending our full complement of teams to the Division I races. Now we need to continue to work on having those teams make an impact once they get there. It was nice to see Santa Rosa crack the top ten with their girls' team. And with their returning talent, they look to be a force there for a couple of years at least. However, we still need to bolster our boys. The first steps look to be in place already, as we have (or at least I hope we have) a consistent core of teams that are dedicated to continually opting up to Division I and then continuing to strive for excellence at that level. Let's keep sending those teams folks, and let's work on making those teams more competitive each year.

Division I: Boys – For the 2nd straight year, Chad Foster of Logan was our top finisher (31 16:23). Logan nearly caught a slumping Montgomery team on a 331-331 tie for 14th, but Montgomery won the tie-breaker. Neither team was a major force today, perhaps still recovering from the thrill of the section race. Other top NCS finishers were Kevin Funk of Montgomery (47th 16:32) and Scott MacDonald of Logan (49th 16:33).

Girls: Julia Stamps rounded out a great State Meet career with the 3 fastest State Meet times, and broke her own record with an unforced, runaway victory (1st 16:43). A real surprise here was the continuing excellence of Santa Rosa's #2 runner, sophomore Trina Cox who recorded a very fast time with a great individual run (3rd 18:04). As a team, Santa Rosa finished 10th, and would have placed higher had normal #3 runner Lindsay Johnson run her regular race. This race featured what I believe was the first ever NCS alternate individual runner. Oralia Coon of Hayward, 10th at section, replaced Linsey Hawthorne of Liberty who was injured and could not complete. However, Oralia did not find out until the day before, and was not officially in the race until just before race time. To her credit, she ran with the rest of the NCS individuals in a representative race.

Division II: Boys – This was the fastest boys race for the NCS, much like it was at the section championships. Once again, Dave Rodriguez proved that he is the dominant runner of our section with a strong win (1st 15:21). He had to pull away from a determined Roseville runner at the tape, but had the fortitude for the victory. Again, he had the company of teammate Jon Stevens (5th 15:43) and DLS's Tom Prindiville (7th 15:44) all the way to the finish. The team race clearly belonged to DLS, who had the fastest team time on the day as well as in the race. After Prindiville, the collective horde of Sean Kenady (29th 16:12), Tim Layden (32nd 16:16), Ryan Stanton (33rd 16:19), and Alex Sanchez (41st 16:32) wrapped up the team win, the second overall state title for the Spartans. Other top NCS finishers included Enrique Henriquez of San Leandro (21st 16:01), Brian Hernstorf of Amador Valley (27th 16:10), and Justin Carter of Clayton Valley (40th 16:31).

Girls: After having to move up to Division II, Clayton had to face nemesis Yucaipa head on, instead of by indirect comparison from the more comfortable environs of Division III. The Eagles did their job, but were really no match for the Yucaipa bunch who are truly a very fine team. Kelly Howisey led the Clayton team for the second straight race, grabbing All-State honors with a top 10 finish (10th 18:38). She was joined by teammates Debra Osteen (19th 19:01), Julie Leininger (23rd 19:07), Marcela Villalobos (38th 19:41) and Kristine Musante (39th 19:41) to nail down their 2nd place finish. Amador Valley showed that they belong on the State scene with a very good 6th place finish. Top Don runners Jessica Felts (20th 19:01), Marcie Silva (37th 19:37) and Monica VanWegen (41st 19:43) paced their top placing. Jennie Ewing of Castro Valley was the top NCS runner, grabbing a top 10 spot in the fastest individual race of the day (8th 18:27). Brooke Wheeland of Northgate (42nd 19:43) was another top NCS finisher.

Division III: Boys – This has traditionally been Livermore territory, and today was no exception. The resurgent Cowboy team took 7th, another top 10 finish to cap off what started out in

September as a very rocky season. Tim Ricard (9th 16:01) and Nathan Martin (18th 16:24) led the Livermore squad. San Ramon had their own measure of success confirmed today with an 8th place finish, keeping close to the Livermore squad they had to battle all season long in the EBAL. Brad Dietsch (16th 16:16) was the top runner for the Wolves. The top NCS finisher was sophomore Ryan Mack of Ukiah who zipped to a very good All-State finish (5th 15:55).

Girls: With Clayton Valley out of the way, having been called up to Division II, Carondelet figured to have its way with Division III, and that turned out to be the case. Kristen Gordon turned in a spectacular race, running the 4th fastest time ever on the course unchallenged (1st 17:17). She was joined by teammates Kerri Bock-Williams (18th 19:24), Kelly Piantenesi (21st 19:29), Cristyn Enea (29th 19:37) and Megan Andrade (47th 20:05) in notching the Cougar's best finish ever. Eureka, a surprise State Meet participant, was not quite up to the intensity of the racing today, and was a competitor in the back of the pack finishing 14th. Top finishes by other NCS runners included Kirstin Odegaard of Benicia (16th 19:22), Monique Melara of College Park (28th 19:36) and Katie Martin of Irvington (30th 19:39).

CORRESPONDENTS - FOLLOWING ARE WORKSHEETS FOR POST SEASON "20 DEEP" STATE RANKINGS (KIND OF RAN OUT OF STEAM AT THAT POINT WITH FIVE DIVISIONS--FEEL FREE TO MAKE CHANGES OR ADD COMMENTS). I'D LIKE THESE BACK BY THE END OF THIS WEEK (FRI 12/6) SO THAT WE CAN GET THESE OUT BEFORE EVERYONE LEAVES FOR CHRISTMAS VACATION). THANKS
DOUG SPECK (NEW PHONE) (818) 957-4017 (ALSO FAX NUMBER)

BOY'S DIVISION I

1. PENINSULA (ROLLING HILLS) SS 130 (81:44)
2. POWAY SD 134 (82:28)
3. NEVADA UNION (GRASS VALLEY) SJ 157 (82:32)
4. POLY-LONG BEACH SS 161 (82:34)
5. MT. CARMEL (SAN DIEGO) SD 162 (82:37)
6. DEL CAMPO (FAIR OAKS) SJ 178 (82:39)
7. HOOVER-GLENDALE SS 178 (82:15)
RANCHO BERNARDO (SAN DIEGO) SD (TIED POWAY SS-89 SD FI)
8. BELMONT (L.A.) LA 186 (83:02)
9. MADRA CE 196 (83:27)
10. BELLARMINE PREP (SAN JOSE) CCS 205 (83:19)
11. SANTA ANA VALLEY SS 207 (83:28)
CHINO SS (WITHIN 3 POINTS HOOVER SS FI)
AYALA (CHINO HILLS) SS (8 BEHIND CHINO SS)
SAN DIEGO (1:41 BEHIND MT CARMEL SD FINALS)
12. HANFORD CE 297 (84:41)
FRESNO CE (8 PTS & :08 BEH HANFORD CE)
CLOVIS CE (8 PTS & :29 BEH HANFORD CE)
EL TORO SS (WITHIN 1:40 OF HOOVER ON SS RAIN COURSE)
TEMECULA VALLEY (TEMECULA) SS (11 PTS BEH EL TORO SS)

THOUSAND OAKS SS (24 PTS BEHIND TEM VALLEY SS)

13. MONTGOMERY (SANTA ROSA) NCS 33 (85:35)
DIAMOND BAR SS (84:29 TO NOT QUALIFY SS FINALS MT SAC)
14. JAMES LOGAN (UNION CITY) NCS 33 (86:00)
CORONA SS (WITHIN 13 PTS TO SS FI)
15. BIRMINGHAM (VAN NUYS) LA 346 (85:53)
16. SILVER CREEK (SILVER CREEK) CCS 360 (86:07)
NORTH HOLLYWOOD LA (5 PTS & :26 BEHIND BIRM LA)
17. SKYLINE (OAKLAND) OK 394 (87:10)
18. LOWELL (SAN FRANCISCO) SF 459 (88:18)

BOY'S DIVISION II

1. DELASALLE (CONCORD) NCS 84 (81:03)
2. SANTA MARGARITA (RANCHO SM) SS 118 (82:05)
3. SANTA ANA SS 121 (82:01)
4. JESUIT (SACRAMENTO) SJ 126 (82:15)
5. HEMET SS 139 (82:15)
6. HUNTINGTON BEACH SS 180 (82:38)
7. MISSION SAN JOSE (FREMONT) NCS 188 (82:35)
CLAYTON VALLEY (CONCORD) NCS (1 PT BEH MSJ NCS)
RUBIDOUX (RIVERSIDE) SS (9 PTS & :26 SEC BEHIND HB SS)
8. SULTANA (HESPERIA) SS 198 (83:48)
9. WEST HILLS (SANTEE) SD 208 (83:49)

ANAHEIM SS (10 PTS & :17 BEHIND RUBIDOUX SS)
AMADOR VALLEY (PLEASANTON) NCS (14 BEH MSJ NCS)
RIGHETTI (SANTA MARIA) SS (3 PTS & SAME TIME ANAHEIM SS)

10. SERRA (SAN MATEO) CCS 217 (83:41)
BURBANK SS (17 POINTS & :15 BEHIND RIGHETTI SS)
ORANGE SS (1 POINT & :02 BEHIND BURBANK SS)
YUCAIPA SS (2 POINTS & :07 BEHIND ORANGE SS)
11. REEDLEY CE 248 (84:19)
ARROYO (EL MONTE) SS (6 PTS & :28 BEHIND YUCAIPA SS)

12. GOLDEN VALLEY (MERCED) SJ 255 (84:50)
NORTE VISTA (RIVERSIDE) SS (24 PTS & :24 BEHIND ARROYO)
DANA HILLS (DANA POINT) SS (1:01 AHD OF NORTE VISTA SS)
13. POINT LOMA SD 327 (86:08)
VALHALLA (EL CAJON) SD - (:26 BEHIND PT LOMA SD FI)
14. WESTMOOR (DALY CITY) CCS 350 (87:03)
DAVIS (2:27 BEHIND GOLDEN VALLEY SJ)
15. MT. WHITNEY (VISALIA) CE 378 (87:18)
16. ENTERPRISE (REDDING) NO 430 (80:25)

BOY'S DIVISION 3

1. ST. IGNATIUS (SAN FRANCISCO) CCS 79 (82:47)
2. TUSTIN SS 89 (82:50)
3. KATELLA (ANAHEIM) SS 95 (83:09)
4. ST. FRANCIS (MOUNTAIN VIEW) CCS 118 (84:08)
5. BOSCO TECH (ROSEMEAD) SS 131 (84:32)
6. BARSTOW SS 141 (84:16)
7. LIVERMORE NCS 193 (85:15)
NEWPORT HARBOR (NEWPORT BEACH) SS (15 PTS BEH BOSCO SS)
NEWBURY PARK SS (11 BEHIND NEWPORT HARB SS)
EL MODENA (ORANGE) SS (5 PTS BEHIND NEWBURY SS)
8. SAN RAMON (DANVILLE) NCS 211 (88:29)
9. RAMONA SD 218 (86:28)
10. SONORA SJ 240 (86:48)
BREA-OLINDA (BREA) SS (WITH :47 EL MODENA SS)
11. PLEASANT VALLEY (CHICO) NO 242 (88:54)
UKIAH NCS (24 PTS :49 BEHIND SAN RAMON NCS)
SONORA (LA HABRA) SS (WITHIN :14 BREA SS)
EUREKA NCS (28 PTS BEHIND SAN RAMON NCS)
MAR VISTA (SAN DIEGO) SD (8 PTS & :35 BEH RAMONA SD)
PASO ROBLES SS (WITHIN :30 SONORA SS)
- COLLEGE PARK (PLEASANT HILL) NCS (13 BEH EUREKA NCS)

LAGUNA HILLS SS (80 BEHIND PASO ROBLES SS)

12. NORTH BAKERSFIELD CE 312 (88:52)

13. PLACER (AUBURN) SJ 318 (88:39)

LOS BANOS (2:06 BEHIND SONORA SJ)

BOY'S DIVISION IV

1. CORONA DEL MAR (NEWPORT BEACH) SS 122 (84:07)

2. GRANADA (LIVERMORE) NCS 125 (84:08)

3. NORDHOFF (OJAI) SS 138 (83:39)

4. HALF MOON BAY CCS 149 (84:29)

5. COSTA MESA SS 157 (84:43)

6. WEST VALLEY (COTTONWOOD) NO 174 (85:08)

7. YUCCA VALLEY SS 178 (85:33)

8. CENTRAL VALLEY NO 179 (85:26)

9. ST. AUGUSTINE (SAN DIEGO) SD 188 (85:31)

SAN MARINO SS (WITHIN 7 PTS & 110 YUCCA VALL SS)

10. SHAFTER CE 203 (88:13)

YREKA NO (1:03 BEHIND CENTRAL VALLEY NO)

NOTRE DAME (SHERMAN OAKS) (SS) (1:20 BEHIND SAN MARINO)

11. NOVATO NCS 238 (88:50)

12. DIXON SJ 240 (86:32)

BEAUMONT SS (WITHIN 127 NOTRE DAME SS)

PIONEER (WHITTIER) SS (WITHIN 2 PTS BEAUMONT SS)

ESTANCIA (COSTA MESA) SS (WITHIN 2 POINTS PIONEER SS)

MORRO BAY SS (WITHIN 3 PTS ESTANCIA SS)

13. SAN MATEO CCS 254 (87:30)

CLAIREMONT SD (2:21 BEHIND ST. AUG IN SD)

14. COLFAX NO 273 (89:01)

BRET HARTE (ALTAVILLE) SJ (1:38 BEH COLFAX SJ)

LOMPOC (WITHIN 104 ESTANCIA SS)

MOREAU CATHOLIC (HAYWARD) NCS (2:21 BEH NOVATO NCS)

CORCANDO (4:39 BEHIND ST. AUG IN SD)

15. YOSEMITE (OAKHURST) CE 383 (90:27)

BOY'S DIVISION V

1. MCFARLAND CE 29 (81:46)

2. HOLTVILLE SD 120 (86:55)

3. BONAVENTURE (VENTURA) SS 122 (86:04)

4. PARK SS 125 (86:10)

5. ANATHA (SIERRA MADRE) SS 121 (86:29)

6. ST. MARY'S (BERKELEY) NCS 152 (87:27)

7. ORANGE LUTHERAN SS 163 (88:37)

8. MENDOTA SJ 204 (89:52)

SALESIAN (L.A.) SS (WITHIN 11 PTS & 45 ST. BON SS)

L.A. BAPTIST (NORTH HILLS) SS (5 PTS BEH SALES SS)

9. ST. JOSEPH ND (7) 234 (90:32)

10. YORK SCHOOL (MONTEREY) CCS 236 (90:17)

FLINTRIDGE PREP (LA CANADA) SS (WITHIN 6 PTS LA BAPT SS)

PIEDMONT NCS (11 PTS BEH ST JOSEPH NCS 1:20 AHEAD)

PARACLETE (LANCASTER) SS (WITHIN 2 PTS FLINTR PREP SS)

CALVIN CHRISTIAN (ESCONDIDO) SD (6:00 BEH HOLTVILLE SD)

ST. JOSEPH (COSTA MARIA) SS (WITHIN 10 PTS PARACLETE)

PASADENA POLY SS (WITHIN 11 PTS & 139 ST. JOSEPH SS)

11. SUMMERSVILLE SJ 284 (92:39)

CROSSROADS (SANTA MONICA) SS (WITHIN 14 PTS PAS POLY)

UNIVERSITY (SAN FRANCISCO) NCS (2:10 BEH PIEMONT NCS)

DESERT CHRISTIAN (LANCASTER) SS (WITHIN 8 PTS CROSSR)

HEAD ROYCE (OAKLAND) NCS (3:24 BEHIND PIEMONT NCS)

LICK WILMERDING (77) NCS (1 PT BUT 21 FASTER HR NCS)

LA SALLE (PASADENA) SS (WITHIN 8 PTS DES CHR SS)

12. CARMEL CCS 331 (84:15)

BISHOPS (LA JOLLA) SD (7:40 BEHIND HOLTVILLE SD FI)

GARCES (BAKERSFIELD) CE (6:00 BEHIND MENDOTA CE)

FIREBAUGH CE (1 PT BEHIND GARCES CE)

13. DURHAM NO 365 (100:25)

14. JUSTIN SIENA (NAPA) 377 (97:25)

15. BUTTE VALLEY NO 393 (99:08)

GIRL'S DIVISION I SCORES

1. CLOVIS CE 93 (94:13)

2. AYALA (CHINO HILLS) SS 118 (96:10)

3. CLOVIS WEST (FRESNO) CE 127 (96:48)

4. FALLBROOK SD 128 (96:54)

5. ESPERANZA (ANAHEIM) SS 132 (97:11)

6. IRVINE SS 153 (97:40)

7. LOWELL (SAN FRANCISCO) SF 164 (97:37)

8. ORANGE GLEN (ESCONDIDO) SD 191 (99:03)

9. EL TORO SS 220 (99:59)

10. SANTA ROSA NCS 230 (97:55)

VISTA (2:54 BEHIND ORANGE GLEN SD)

BUENA (VENTURA) SS (3 PTS & 127 BEHIND EL TORO SS)

REDLANDS SS (4 PTS & SAME TIME BUENA SS)

11. LINCOLN (STOCKTON) SJ 295 (102:06)

RIALTO SS (19 PTS & 127 BEHIND REDLANDS SS)

LOS ALAMITOS SS (SAME PTS AND 120 BEHIND RIALTO SS)

THOUSAND OAKS SS (7 PTS & 16 SECONDS FASTER LOS AL SS)

12. NEVADA UNION (GRASS VALLEY) SJ 311 (103:02)

OAKMONT SJ (14 BEHIND AND 105 BEHIND NEV UN SECT)

RANCHO BERNARDO SD (3:18 BEHIND ORANGE GLEN SD)

PONDEROSA (SHINGLE SPRINGS) SJ (3 BEH OAKMONT SJ)

13. LELAND (SAN JOSE) CCS 330 (106:32)

14. BELL LA 398 (106:43)

15. EL CAMINO REAL (WOODLAND HILLS) LA 397 (106:51)

BIRMINGHAM (VAN NUYS) (TIED FOR PTS LA CITY)

16. SANTA TERESA (SAN JOSE) CCS 427 (106:43)

17. SKYLINE (OAKLAND) OK 434 (114:48)

18. ACALANES (LAFAYETTE) NCS 456 (107:39)

GIRL'S DIVISION II SCORES

1. YUCAIPA SS 48 (94:13)

2. CLAYTON VALLEY (CONCORD) NCS 87 (96:08)

3. DANA HILLS (DANA POINT) SS 124 (96:46)

4. VENTURA SS 124 (97:28)

5. VALHALLA (EL CAJON) SD 138 (97:44)

6. AMADOR VALLEY (PLEASANTON) NCS 157 (98:30)

7. SCRIPPS RANCH (SAN DIEGO) SD 160 (98:37)

8. MISSION VIEJO SS 198 (98:36)

9. ST. IGNATIUS (SAN FRANCISCO) CCS 213 (100:24)

UNIVERSITY (IRVINE) SS (21 PTS & 125 AHEAD MIS VIEJ SS)

WEST HILLS (SANTEE) SD (1:19 BEHIND SCR RANCH SD)

CANYON (CANYON COUNTRY) SS (18 PTS & 11 BEH UNI SS)

SANTA MARGARITA (R SM) SS (8 PTS & SAME TIME CANY SS)

10. DAVIS SJ 236 (102:14)

WOODBRIIDGE (IRVINE) SS (27 PTS & 1:44 BEHIND SAN MARG)

11. DEL CAMPO (FAIR OAKS) SJ 264 (102:02)

12. SULTANA (HESPERIA) SS 273 (102:00)

GROSSMONT (LA MESA) SD (2:52 BEHIND SCR RANCH SD)

HIGHLAND (PALMDALE) (17 PTS & 1:06 BEH WOODBR SS)

MISSION SAN JOSE (FREMONT) NCS (101:39 NCS)

SUNNY HILLS (FULLERTON) SS (7 PTS & 1:15 BEH HIGH SS)
ST. FRANCIS (SACRAMENTO) SJ (1:30 BEH DEL CAMP SJ)
MONTE VISTA (DANVILLE) NCS (103:00 NCS)

13. FOOTHILL (REDDING) NO 337 (106:01)

14. BUCHANAN (CLOVIS) CE 374 (106:51)

15. PIEDMONT HILLS CCS 389 (108:46)

LIVERMORE NCS (104:32 NCS)

CASTRO VALLEY NCS (104:10 NCS)

OAK RIDGE (EDH) SJ (4:02 BEH DEL CAMP SJ)

16. MT. WHITNEY (VISALIA) CCS 444 (108:48)

GIRL'S DIVISION 3

1. CARONDELET (CONCORD) NCS 87 (95:52)

2. EL MODENA (ORANGE) SS 91 (98:08)

3. PLACER (AUBURN) SJ 81 (98:27)

4. SANTANA (SANTEE) SD 104 (98:33)

5. ST. LUCY'S (GLENORA) SS 107 (98:58)

6. SAN GORGONIO (SAN BERNARDINO) SS 122 (99:16)

7. DOS PUEBLOS (GOLETA) SS 208 (102:34)

8. DEL ORO (LOOMIS) SJ 214 (103:11)

NEWPORT HARBOR (NEWPORT BEACH) SS (WITHIN 1:31
DOS P)

9. LOS GATOS CCS 233 (104:06)

10. PLEASANT VALLEY (CHICO) NO 224 (103:37)

RIO AMERICANO (SACRAMENTO) SJ (2:08 BEH DEL ORD
SJ)

KATELLA (ANAHEIM) SS (WITHIN 1:57 NEWPORT HARB SS)
WESTLAKE (WESTLAKE VILLAGE) SS (1:15 BEH KATELLA
SS)

PACIFICA (GARDEN GROVE) SS (WITHIN 1:20 WESTL SS)

LAGUNA HILLS SS (WITHIN 1 PT AND 35 SEC AHEAD
PACIFICA)

11. RAMONA SD 302 (108:41)

SAN LUIS OBISPO SS (WITHIN 10 PTS LAGUNA HILLS SS)

NORCO SS (TIED SLO 208 PTS SS)

12. APTOS CCS 310 (108:37)

13. NORTH BAKERFIELD CE 348 (108:33)

14. EUREKA NCS 361 (109:29)

GIRL'S DIVISION IV SCORES

1. NORDHOFF (OJA) SS 49 (95:59)

2. LA CANADA SS 65 (96:06)

3. CAMPOLINDO (MORAGA) NCS 84 (98:40)

4. CENTRAL VALLEY NO 186 (102:28)

5. CATHEDRAL CITY SS 190 (103:16)

6. CORONA DEL MAR (NEWPORT BEACH) SS 199 (103:52)

7. URSULINE (SANTA ROSA) NCS 200 (102:54)

8. UNIVERSITY (SAN DIEGO) SD 201 (102:26)

MIRAMONTE (ORINDA) NCS (10 PTS & 1:11 BEH URSULINE
NCS)

LOUISVILLE (WOOD HILLS) SS (WITHIN 10 PTS & 1:08
FASTER CATHEDRAL WITH SS FINALS)

9. GUNN (PALO ALTO) CCS 228 (104:48)

10. WASCO CE 231 (104:52)

FLINTRIDGE SACRED-HEART (LA CANADA) SS (1:01 BEH
LOUSV)

11. MITTY (SAN JOSE) CCS 246 (105:25)

TERRA LINDA (SAN RAFAEL) NCS (105:02 NCS)

PALO ALTO (8 PTS BEH GUNN CCS)

12. BRET HARTE (ALTAVILLE) SJ 275 (106:16)

GRANADA (LIVERMORE) NCS (105:26 NCS)

SOUTH HILLS (WEST COVINA) SS (106:00 EQUIV SS
FINALS)

ESTANCIA (COSTA MESA) SS (106:00 EQUIV SS FINALS)

13. WEST VALLEY (COTTONWOOD) NO 300 (108:06)

LAS PLUMAS NO (2 PTS BEH WEST VALLEY NO)

14. DIXON SJ 311 (107:43)

ESCALON (12 PTS BEH DIXON SJ)

HALF MOON BAY (1:40 BEH GUNN CCS)

MOREAU CATHOLIC (HAYWARD) NCS (109:26 NCS)

15. EXETER CE 343 (108:34)

GIRL'S DIVISION V SCORES

1. UNIVERSITY (SAN FRANCISCO) NCS 24 (97:28)

2. ORANGE LUTHERAN SS 84 (102:27)

3. MCFARLAND CE 101 (102:58)

4. ST. JOSEPH (SANTA MARIA) SS 120 (104:41)

5. LA SALLE (PASADENA) SS 150 (106:30)

6. PIEDMONT NCS 174 (106:34)

MIDDLETOWN NCS (9 PTS & 1:45 BEH PIEDMONT NCS)

7. ST. BONAVENTURE (VENTURA) SS 210 (108:32)

PASADENA POLY SS (WITHIN 12 PTS & 1:30 ST. BON SS)

8. R.L. STEVENSON (MONTEREY) CCS 249 (111:15)

COLLEGE PREF (OAKLAND 7) NCS (110:37 NCS)

MARANATHA (SIERRA MADRE) SS (WITHIN 1:06 ST BON
SS)

CHADWICK (PALOS VERDES) SS (WITHIN 1:50 ST BON SS)

PARACLETE (LANCASTER) SS (WITHIN 2:01 ST BON SS)

WESTRIDGE (PASADENA) SS (WITH 15 PTS & 1:30 PARACL
SS)

9. TEMPLETON CE 280 (114:08)

VIVIAN WEBB (CLAREMONT) SS (1:43 BEH WESTRIDGE
SS)

10. JUSTIN SIENA (NAPA) SJ 281 (114:42)

11. SUMMERSVILLE SJ 290 (114:54)

12. BUTTE VALLEY NO 298 (113:56)

FORT BRAGG NCS (115:02 NCS)

HEAD ROYCE (OAKLAND 7) NCS (117:01 NCS)

BRANSON (OAKLAND) NCS (117:07)

KELSEYVILLE NCS (117:35 NCS)

13. MODOC NO 310 (119:06)

14. LA JOLLA COUNTRY DAY SD 312 (119:42)

15. CARMEL CCS 322 (117:47)