

Castro Valley High School

Trojan Invitational



Castro Valley High School

Cross Country

Coach Peter Brewer

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Saturday, October 9, 2004
Canyon Middle School Course

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Race Schedule

Time	Race	Dist	Team Medals	Individual Medals	Entries
9:00	Coaches	2.1	--	All	Unlimited
9:25	Girls' Jr. High	1.2	Top 1	Top 25	Unlimited
9:40	Boys' Jr. High	2.1	Top 1	Top 25	Unlimited
9:55	Boys' Frosh	2.1	Top 3	Top 20	Unlimited
10:20	Girls' Frosh-Soph	2.1	Top 4	Top 25	Unlimited
10:50	Boys' Frosh-Soph	2.1	Top 4	Top 25	Unlimited
11:20	Girls' Jr. Varsity	2.1	Top 3	Top 20	Unlimited
11:50	Boys' Jr. Varsity	2.1	Top 3	Top 20	Unlimited
12:20	Girls' Varsity	3.0	Top 5	Top 30	7 only
12:50	Boys' Varsity	3.0	Top 5	Top 30	7 only
1:30	Awards Presentation on the Field				

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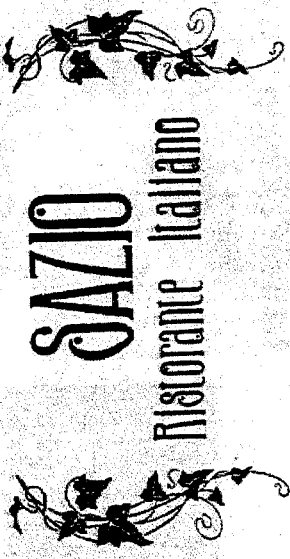
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Castro Valley High School

9:00 Alumni, Coaches' & Parents' Race
(2.1 Miles)

Awards: No Team Medals
Individual Medals: All finishers
T-Shirts: Present finish tag to T-shirt table
(limit of 1 coach T-shirt per school please)

Previous Winners at Trojan Invite:

1	11:28	Jim	Sorenson	Bancroft Middle	2002
2	11:30	Kevin	Selby	Delasalle	1999
3	11:35	Dave	Goodrich	San Lorenzo	1993
4	11:35	Jim	Sorenson	Bancroft Middle	2003
5	11:41	Steve	Overgaard	Lincoln	1996
6	11:42	Mike	Amorosa	Antioch	1997
7	11:52	Mike	Spencer	Foothill	2001
8	11:58	Manuel	Mendoza	Westmoor	2000
9	12:04	Steve	Overgaard	Lincoln	1996
10	12:14	Brandon	Kelly	Delasalle	1995
11	12:28	Elen	Walden	Dublin	1994

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9:25 Girls' Junior High Race (1.2 Miles)

Awards: Top Team, Top 25 Individuals

Previous Winners at Trojan Invite:

	Team	Individual Champion	
1997	no team		
	scoring	Megahn Berhdt	8:16
	no team		
1998	scoring	Rebecca Bartlow	7:44
	no team		
1999	scoring	Kelly Moon	7:27
	no team		
2000	scoring	Rebecca Bartlow	7:21
	no team		
2001	scoring	Caprice Bradshaw	7:17
	no team		
2002	scoring	Maddie Rozwat	7:13
	Crystal Springs		
2003		Hayley Pasquale	6:56
		Cunha	



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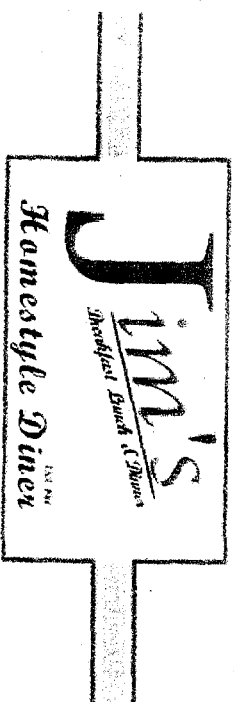
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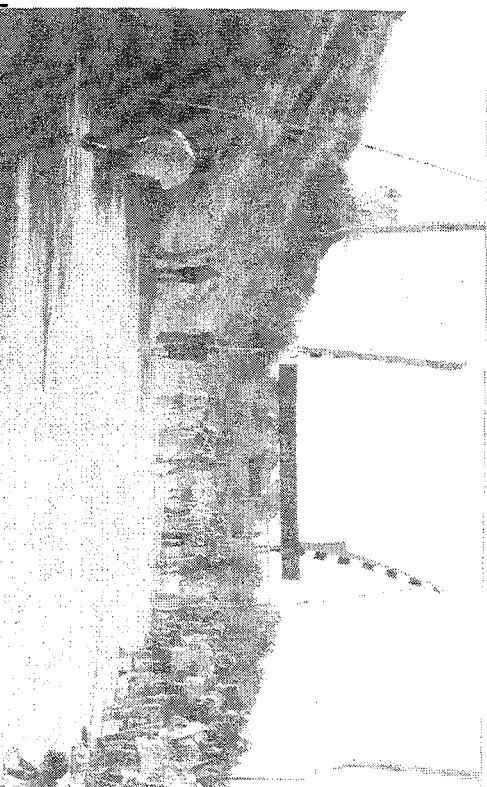
Castro Valley High School

9:40 Boys' Junior High Race (1.2 Miles)

Awards: Top Team, Top 25 Individuals

Previous Winners at Trojan Invite:

	Team	Individual Champion	
1997	no team scoring	Harris	Henning
	no team		Creekside
1998	scoring	Abdullah	Jamal
	no team		Ygnacio Valley
1999	scoring	Mauricio	Hurtado
	no team		Burbank
2000	scoring	Ryan	Lewis
	no team		Oak Grove
2001	scoring	Mauricio	Hurtado
	no team		Winton
2002	scoring	William	Wheeler
	Crystal		Canyon
2003	Springs	Wesley	Schneider
			Canyon
			6:22
			6:33
			6:09
			6:27
			6:45
			8:28



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9:55 Boys' Frosh Race (2.1 Miles)

Awards: Top 3 Teams, Top 20 Individuals

Top 25 Individuals of all-time at Trojan Invite:

1	12:18	Matt	Fitch	Montgomery	2000
1	12:18	KJ	Withers	Cardinal Newman	2000
3	12:22	Ryan	Lewis	Ygnacio Valley	2002
4	12:23	Matt	Riley	Castro Valley	2003
5	12:24	Juan	Gomez	Dublin	2002
6	12:33	KC	Cody	Montgomery	2000
7	12:34	Neal	Rodriguez	St. Joseph's-Notre Dame	2002
8	12:35	Marty	Skeels	Alameda	2001
9	12:37	Micah	Strom	Mission San Jose	1996
10	12:40	Mike	Randazzo	DeLaSalle	1997
10	12:40	Mauricio	Hurtado	Hayward	2002
12	12:42	Ghani	Jamali	Clayton Valley	2000
13	12:50	Damien	Dulaney	Castro Valley	1994
13	12:50	Anthony	Lopez	Ygnacio Valley	1996
13	12:50	Beau	Bettinger	Castro Valley	1998
16	12:51	Alan	Bayless	DeLaSalle	1997
17	12:52	Nick	Nealy	Crystal Springs Upland	1999
18	12:53	Stewart	Harwell	DeLaSalle	1998
19	12:54	Chris	Wong	Castro Valley	1998
19	12:54	Matt	Callister	DeLaSalle	1999
19	12:54	David	Kiech	California	2002
22	12:56	Tristan	Peoples	Florin	2000
22	12:56	Justin	Delessert	College Park	2002
22	12:56	Matt	LaForte	Alhambra	2002
25	13:00	Jeff	Atwood	San Ramon	1999

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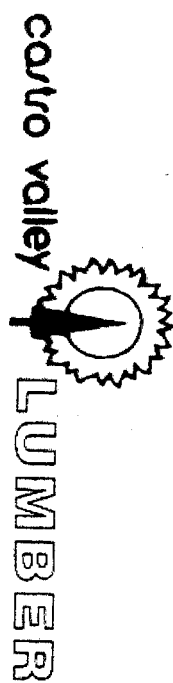
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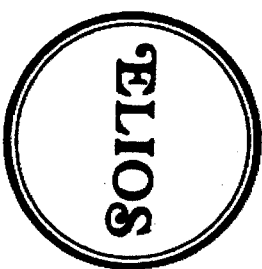


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Boys' Frosh Race (2.1 Miles)**Previous Winners:**

	Team Champion	Individual Champion	
1993	Castro Valley	Shane	Dulaney Castro Valley 13:03
1994	Castro Valley	Damien	Dulaney Castro Valley 12:50
1995	Castro Valley	Ashera	Dirar James Logan 13:04
1996	Ygnacio Valley	Micah	Sitrom Mission San Jose 12:37
1997	DeLaSalle	Mike	Randazza DeLaSalle 12:40
1998	DeLaSalle	Beau	Bettinger Castro Valley 12:50
1999	San Ramon	Nick	Neely Crystal Springs 12:52
2000	Foothill	Matt	Fitch Montgomery 12:18
2001	Castro Valley	Marty	Skeels Alameda 12:35
2002	Castro Valley	Ryan	Lewis Ygnacio Valley 12:22
2003	Sacred Heart	Matt	Riley Castro Valley 12:23

10:20 Girls' Frosh-Soph Race (2.1 Miles)

Awards: Top 4 Teams, Top 25 Individuals

Top 25 Individuals of all-time at Trojan Invite:

1	13:32	Amy	Loper-Riley	Alhambra	1997
2	14:05	Anna	Purcell	Bishop O'Dowd	2001
3	14:06	Ariel	Wright	Bishop O'Dowd	2002
4	14:09	Kelsey	Dallara	College Park	2003
5	14:13	Larisa	Solozhuk	Hayward	1998
6	14:15	Lea	DeLuca	Analy	2003
7	14:16	Stephanie	Byrne	Carondelet	1999
8	14:19	Jenny	Esser	Foothill	1998
9	14:20	Jennifer	Randazzo	Carondelet	1999
10	14:22	Danila	Musante	Bishop O'Dowd	1999
11	14:23	Maria	Palominos	Los Banos	2003
12	14:25	Jessica	Neu	Alhambra	1997
13	14:26	Ali	Nicholas	Lincoln (Stockton)	1997
14	14:29	Sarah	Walker	Alameda	1998
15	14:33	Senhit	Dirar	James Logan	1994
15	14:33	Naomi	Miura	Alameda	1998
15	14:33	Tiffany	Chin	San Ramon Valley	2001
15	14:33	Caprise	Bradshaw	Vallejo	2002
19	14:34	Jenna	George	Carondelet	1999
19	14:34	Tanya	Rosengren	Alhambra	2001
19	14:34	Danzel	Bradshaw	Vallejo	2002
22	14:35	Nani	Boone	Bishop O'Dowd	2000
22	14:35	Kelley	Stewart	Castro Valley	2001
24	14:36	Danielle	Moore	Antioch	1997
25	14:38	Courtney	Stewart	Castro Valley	1998
25	14:38	Colleen	McGrellis	Castro Valley	1998

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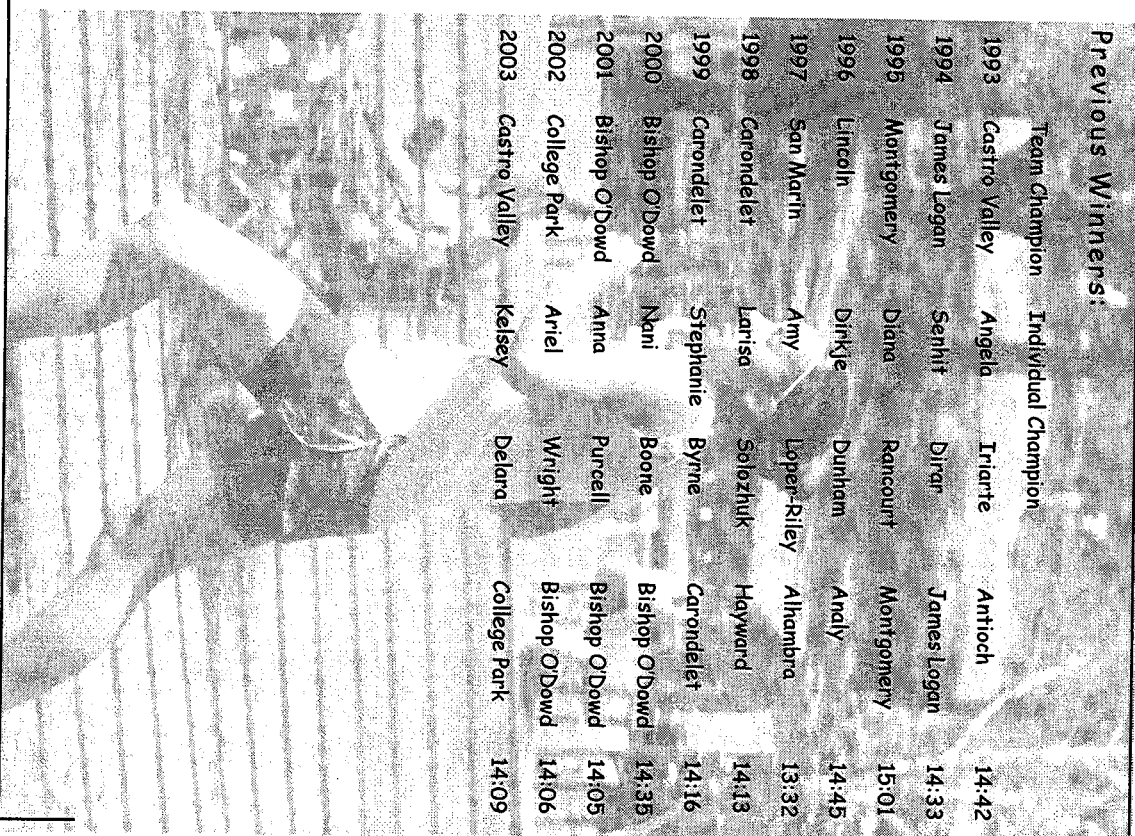


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Girls' Frosh-Soph Race (2.1 Miles)

Previous Winners:

	Team Champion	Individual Champion	
1993	Castro Valley	Angela Iriarte	Antioch 14:42
1994	James Logan	Senhit Dirar	James Logan 14:33
1995	Montgomery	Diana Rancourt	Montgomery 15:01
1996	Lincoln	Dirkje Dunham	Andly 14:45
1997	San Marin	Amy Loper-Riley	Alhambra 13:32
1998	Carondelet	Larisa Solozhuk	Hayward 14:13
1999	Carondelet	Stephanie Byrne	Carondelet 14:16
2000	Bishop O'Dowd	Nani Boone	Bishop O'Dowd 14:35
2001	Bishop O'Dowd	Anna Purcell	Bishop O'Dowd 14:05
2002	College Park	Ariel Wright	Bishop O'Dowd 14:06
2003	Castro Valley	Kelsey Delana	College Park 14:09



10:50 Boys' Frosh-Soph Race (2.1 Miles)

Awards: Top 4 Teams, Top 25 Individuals

Top 25 Individuals of all-time at Trojan Invite:

1	11:08	Calvin	Gaziano	Castro Valley	1982
2	11:23	John	Bass	Castro Valley	1982
3	11:29	Yosef	Gebray	James Logan	2002
4	11:49	Kyle	Kessler	Castro Valley	1979
4	11:49	Anthony	Lopez	Ygnacio Valley	1997
6	11:51	Mohammed	Abdul	Westmoor	1995
7	11:55	Larry	Guinee	Castro Valley	1977
7	11:55	JR	Gonzales	Westmoor	2003
9	11:56	Paul	Denzler	Castro Valley	1986
10	11:57	Zach	Ardell-Smith	San Leandro	1997
11	11:59	Stewart	Harwell	DeLaSalle	1999
12	12:00	Saul	Hurtado	Hayward	1999
13	12:02	Chad	Foster	James Logan	1994
14	12:03	John	Atwood	Castro Valley	1991
14	12:03	John	Thyken	Clayton Valley	1999
16	12:04	Dave	Shea	Castro Valley	1978
17	12:05	David	Pensker	Miramonte	2002
18	12:06	Doug	Rogers	Castro Valley	1977
18	12:06	Daniel	Mejia	Miramonte	2002
20	12:11	Shane	Dulaney	Castro Valley	1994
21	12:13	Ruben	Mora	Analy	2000
22	12:15	Matt	Guerino	Castro Valley	1986
22	12:15	Chris	Hernandez	Antioch	1996
22	12:15	Daryl	Zalan	Miramonte	2002
22	12:15	Matt	LaForte	Alhambra	2003

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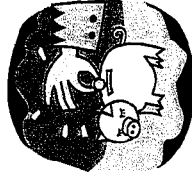
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Boys' Fresh-Soph Race (2.1 Miles)

Previous Winners:

	Team Champion	Individual Champion	
1993	DeLaSalle	Tom Gain	Cook Jr. High 12:38
1994	Novato	Chad Foster	James Logan 12:02
1995	DeLaSalle	Chris Hernandez	Antioch 12:15
1997	DeLaSalle	Anthony Lopez	Ygnacio Valley 11:49
1998	Lincoln	Adam Goshu	Elsie Allen 12:25
1999	DeLaSalle	Stewart Harwell	DeLaSalle 11:59
2000	College Park	Ruben Mora	Andy 12:13

2001	Miramonte	Scott Baulis	San Ramon Vly 12:21
2002	Miramonte	Yosef Ghebray	James Logan 11:29
2003	Westmoor	JR Gonzales	Westmoor 11:55

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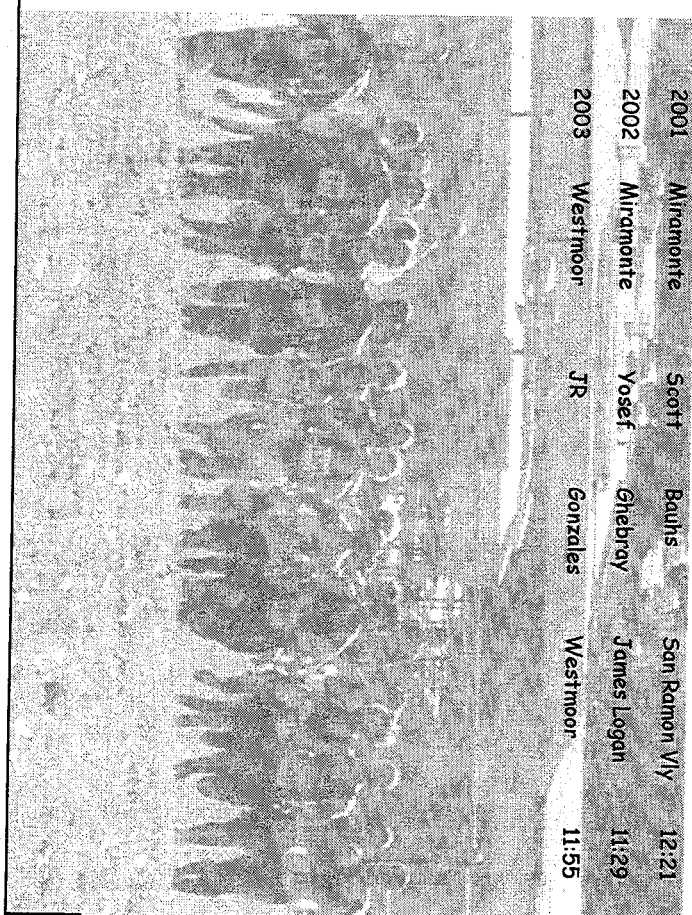
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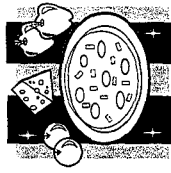
11:20 Girls' Junior Varsity (2.1 Miles)

Awards: Top 3 Teams, Top 20 Individuals

Top 25 Individuals of all-time at Trojan Invite:

1	14:03	Susan Chan	Monte Vista	1998
2	14:14	Ashley Stratman	Foothill	2003
3	14:45	Caitlyn McDonald	Amador Valley	2003
4	14:55	Jessica Scalzo	Arroyo	2002
5	14:56	Leslie Chandler	Lincoln (Stockton)	1997
6	14:57	Margaret Finnegan	Foothill	2001
7	15:02	Shae Dinino	Carondelet	2002
8	15:04	Christine Castellanelli	Tokay	1994
9	15:05	Kristine Musante	Clayton Valley	1995
10	15:08	Christina Oliver	Lincoln	1999
10	15:08	Kristen Boon-Nitoff	Castro Valley	2000
12	15:10	Mindy Eastman	Ygnacio Valley	1999
13	15:12	Rebecca Zamolo	Alhambra	1999
14	15:16	Katie Mar	Carondelet	2002
15	15:19	Anna Purcell	Bishop O'Dowd	2002
15	15:19	Kristen Scanlon	Carondelet	2002
17	15:20	Francesca Au	Ygnacio Valley	2002
18	15:22	Lisa Bostjanich	Acalanes	1996
19	15:23	Amy Hilliard	Antioch	1997
20	15:24	Alison Wheeler	Carondelet	1999
20	15:24	Jessic Dawney	Foothill	2003
22	15:26	Melissa Hawley	Rancho Cotate	1996
23	15:28	Amanda Parsons	Antioch	2003
24	15:29	Ana Lopez	Antioch	1996
25	15:30	Tenaya Dubar	San Ramon Valley	2001

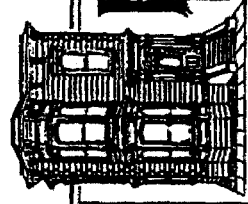
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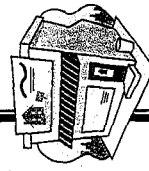


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Castro Valley High School

Girls' Junior Varsity Race (2.1 Miles)

Previous Winners:

	Team Champion	Individual Champion		
1993	Castro Valley	Amy Clark	Castro Valley	16:54
1994	Tokey	Christine Castelanelli	Tokey	15:04
1995	James Logan	Kristine Musante	Clayton Valley	15:04
1996	Carondelet	Melissa Harvey	Rancho Coate	15:26
1997	Northgate	Leslie Chandler	Lincoln	14:56
1998	Lincoln	Susan Chan	Monte Vista	14:03
1999	Lincoln	Christina Oliver	Lincoln	15:08
2000	Clayton Valley	Carolyn Parsons	San Ramon Vly	15:33
2001	San Ramon Vly	Margaret Finnege	Foothill	14:57
2002	Carondelet	Jessica Scalzo	Arroyo	14:55
2003	College Park	Amanda Parsons	Antioch	15:28



11:50 Boys' Junior Varsity (2.1 Miles)

Awards: Top 3 Teams, Top 20 Individuals

Top 25 Individuals of all-time at Trojan Invite:

1	12:11	Steven	Giron	Los Banos	2003
2	12:13	Esco	Long	Los Banos	2002
3	12:14	Paul	Warrin	Castro Valley	1979
3	12:14	Anthony	Gladstein	San Ramon Valley	2000
5	12:25	Bryan	Quick	Castro Valley	1980
6	12:28	Justin	Coffeen	Castro Valley	1996
6	12:28	Shaun	Farr	College Park	2000
6	12:28	Manjit	Sandhu	Tokay	2003
9	12:30	Scott	Craig	Castro Valley	1979
9	12:30	Tom	Vertrees	Castro Valley	1979
9	12:30	Baltimore	Alas	DeLaSalle	1999
12	12:32	Mike	Cranci	DeLaSalle	1997
13	12:33	Charles	Naranung	Florin	2000
14	12:34	Jordan	Jaros	St. Mary's	1992
14	12:34	Connor	Dunn	San Ramon Valley	2000
14	12:34	Carlos	Munos	Tokay	2003
17	12:35	Jacob	Ackerman	Tokay	2002
18	12:38	Chase	Phivirotto	College Park	2000
19	12:39	BJ	Kirk	San Ramon Valley	2000
19	12:39	Juan	Martinez	Ygnacio Valley	2003
21	12:40	Delmar	Bodin	Castro Valley	1980
21	12:40	Kevin	Dickson	Castro Valley	2000
23	12:41	Jonathan	Hart	San Ramon Valley	2001
23	12:41	Eric	Ocasio	Livermore	2003
23	12:41	Patrick	Sullivan	DeLaSalle	2003

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Go Castro Valley Cross Country
Good Luck Junior High Boys

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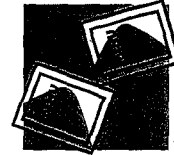


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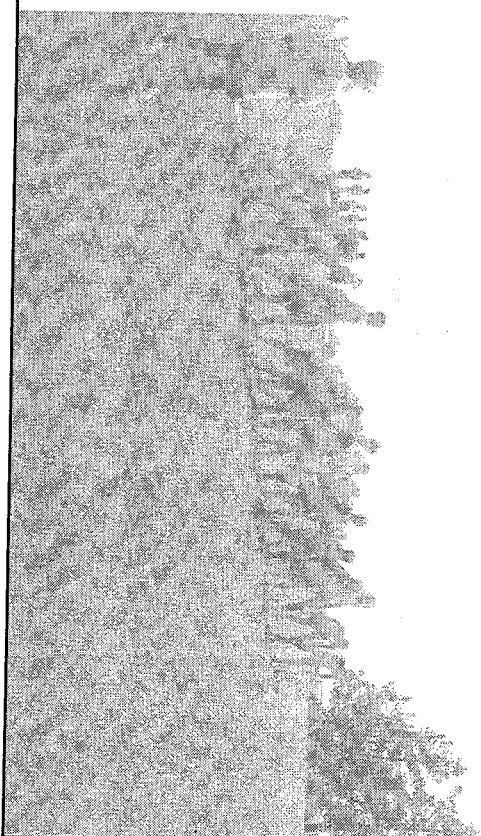
Castro Valley High School

Page 17

Boys' Junior Varsity Race (2.1 Miles)

Previous Winners:

	Team Champion	Individual Champion		
1993	Montgomery	Vincent	Perry	Pittsburg 13:19
1994	Castro Valley	Dan	Ambrose	San Ramon 13:13
1995	DeLaSalle	Adam	Davis	Clayton Valley 12:55
1996	James Logan	Justin	Coffeen	Castro Valley 12:28
1997	DeLaSalle	Mike	Caranci	DeLaSalle 12:32
1998	College Park	Brian	Grist	Antioch 12:50
1999	College Park	Baltimore	Alas	DeLaSalle 12:30
2000	College Park	Anthony	Gladstein	San Ramon Vly 12:14
2001	San Ramon Vly	Jonathan	Hart	San Ramon Vly 12:41
2002	College Park	Esco	Long	Los Banos 12:13
2003	DeLaSalle	Steven	Giron	Los Banos 12:11



12:20 Girls' Varsity Race (3.0 Miles)

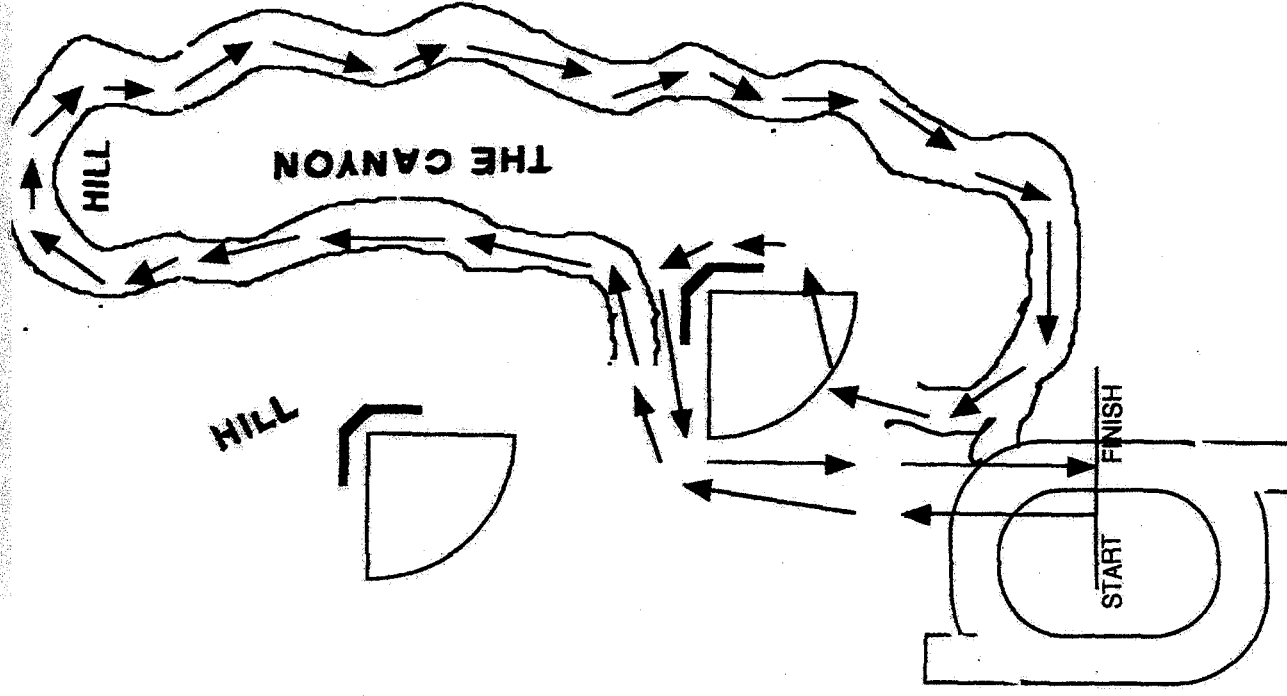
Awards: Top 5 Teams, Top 30 Individuals

Top 25 Individuals of all-time at Trojan Invite:

1	18:13	Kristin	Gordon	Carondelet	1996
2	18:16	Sara	Bei	Montgomery	2000
3	18:35	Trina	Cox	Santa Rosa	1997
4	18:44	Lindsay	Allen	College Park	2003
5	18:55	Janie	Nolan	Antioch	1999
6	18:57	Amy	Loper-Riley	Alhambra	1998
7	19:08	Nicole	Pennes	College Park	2003
8	19:16	Katie	Hotchkiss	Mission San Jose	1997
9	19:21	Jennie	Ewing	Castro Valley	1996
10	19:44	Susan	Chan	Monte Vista	1999
11	19:48	Amy	O'Connell	University	1994
11	19:48	Jessica	Scalzo	Arroyo	2003
13	19:49	Ariel	Wright	Bishop O'Dowd	2004
14	19:51	Erica	Holland	College Park	2000
15	19:55	Katie	Martin	Irvington	1997
16	19:56	Danila	Musante	Bishop O'Dowd	2002
17	19:58	Melissa	Ackermann	Castro Valley	1991
17	19:58	Jennie	Esser	Foothill	2000
19	20:00	Tammy	Foley	Mission San Jose	1986
20	20:01	Elisa	Reidy	Mission San Jose	1994
20	20:01	Christine	Perez	Antioch	2001
22	20:03	Sara	Jakel	Sonoma Valley	1993
23	20:07	Kim	Conley	Montgomery	2001
24	20:10	Lindsay	Johnson	Santa Rosa	1996
25	20:11	Megan	Newton	Foothill	1998
25	20:11	Elizabeth	Escildsen	College Park	2003

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3.0 MILES 10:00

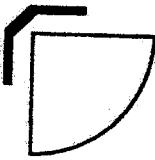
SECOND LEVEL

Girls' Varsity Race (3.0 Miles)

Previous Winners:

	Team Champion	Individual Champion	
1993	Castro Valley	Sara	Takel
1994	Castro Valley	Rachel	Moser
1995	College Park	Senhit	Dirar
1996	Carondelet	Kristen	Gordon
1997	Santa Rosa	Sarah	Bei
1998	Santa Rosa	Trina	Cox
1999	Antioch	Janie	Nolan
2000	Montgomery	Sara	Bei
2001	Montgomery	Lindsay	Allen
2002	College Park	Lindsay	Allen
2003	College Park	Lindsay	Allen

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1.2 MILES

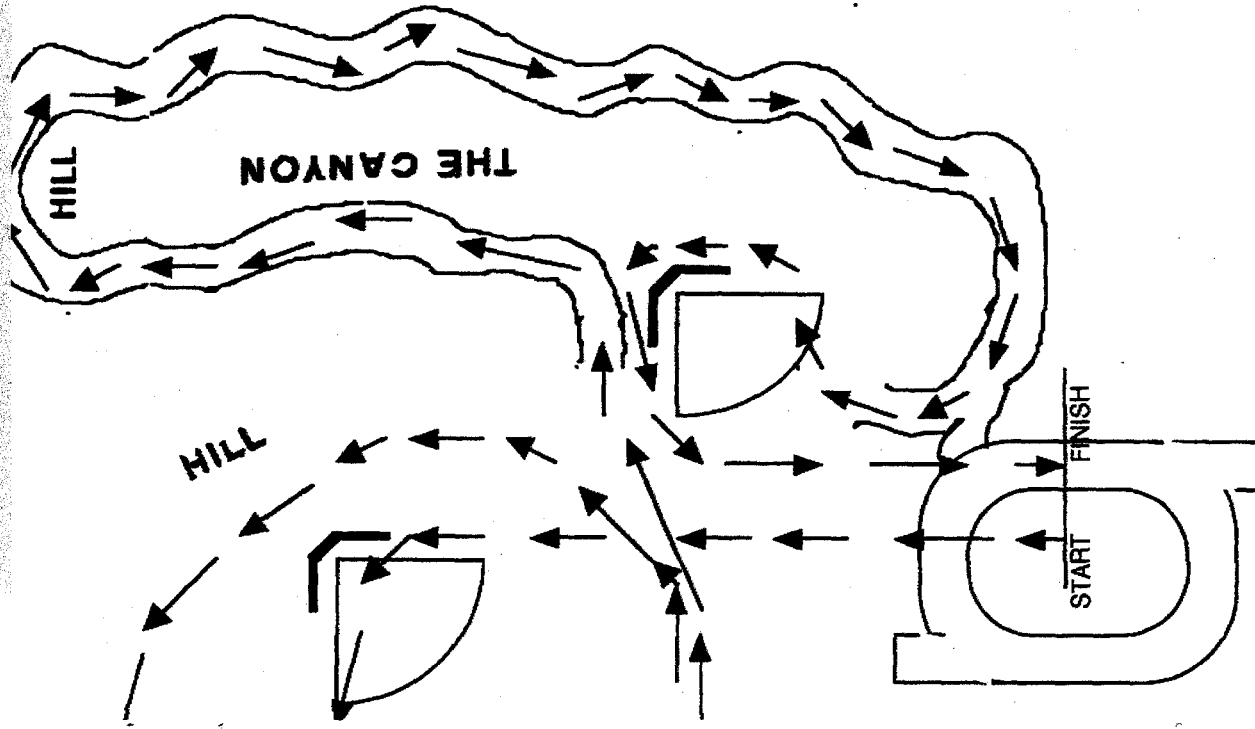


12:50 Boys' Varsity Race (3.0 Miles)

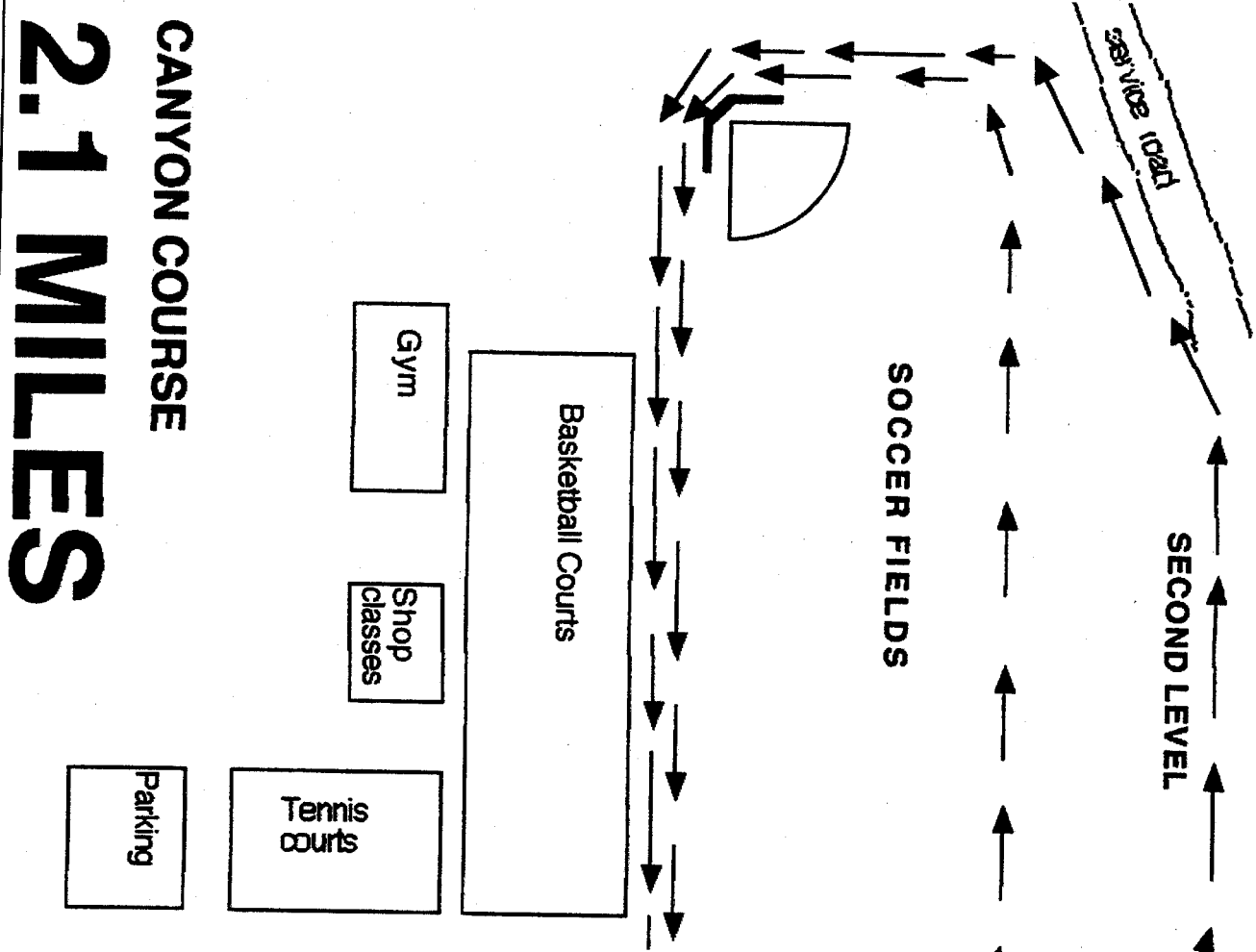
Awards: Top 5 Teams, Top 30 Individuals

Top 25 Individuals of all-time at Trojan Invite:

1	12:11	Steven	Giron	Los Banos	2003
2	12:13	Esco	Long	Los Banos	2002
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3	12:14	Anthony	Gladstein	San Ramon Valley	2000
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6	12:28	Shaun	Farr	College Park	2000
6	12:28	Manjit	Sandhu	Tokay	2003
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9	12:30	Tom	Vertrees	Castro Valley	1979
9	12:30	Baltimore	Alas	DeLaSalle	1999
12	12:32	Mike	Cranci	DeLaSalle	1997
13	12:33	Charles	Naranung	Florin	2000
14	12:34	Jordan	Jaros	St. Mary's	1992
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23	12:41	Eric	Ocasio	Livermore	2003
23	12:41	Patrick	Sullivan	DeLaSalle	2003



2004 Trojan Invitational



CANYON COURSE
2.1 MILES

Castro Valley High School

Boys' Varsity Race (3.0 Miles)

Previous Winners:

	Team Champion	Individual Champion	
1993	Montgomery	Keith Kennedy	San Leandro 16:29
1994	Mission SJ	Keith Kennedy	San Leandro 17:14
1995	Mission SJ	Mike Prindville	Delasalle 16:10
1996	Delasalle	David Rodriguez	Mission SJ 16:03
1997	College Park	Jon Stevens	Mission S J 15:57
1998	Antioch	Celedonio Rodriguez	Elsie Allen 16:00
1999	Mission SJ	Anthony Lopez	Ygnacio Valley 16:37
2000	Montgomery	Yon-Sung Leal	Arroyo 15:57
2001	College Park	Tom Getchell	Del Campo 16:42
2002	College Park	Mitchell Steves	College Park 16:50
2003	Antioch	Yusef Ehebroy	James Logan 16:15



Teams Participating

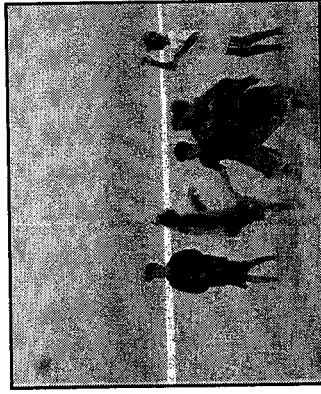
High Schools:

Albany
Alhambra
American
Andy
Antioch
Arroyo
Bishop O'Dowd
California
Carondelet
Casa Grande
Castro Valley High School
Chinese Christian
Clayton Valley
College Park
Concord
Crystal Springs Uplands
Del Campo
DeLaSalle
East Union
Edison (Stockton)
El Molino
Franklin (Stockton)
Freedom
Hayward
Holy Names
Liberty
Livermore
Logan
Monte Vista
Mt. Eden
Northgate
Oakdale
Oakland Tech
Pittsburg

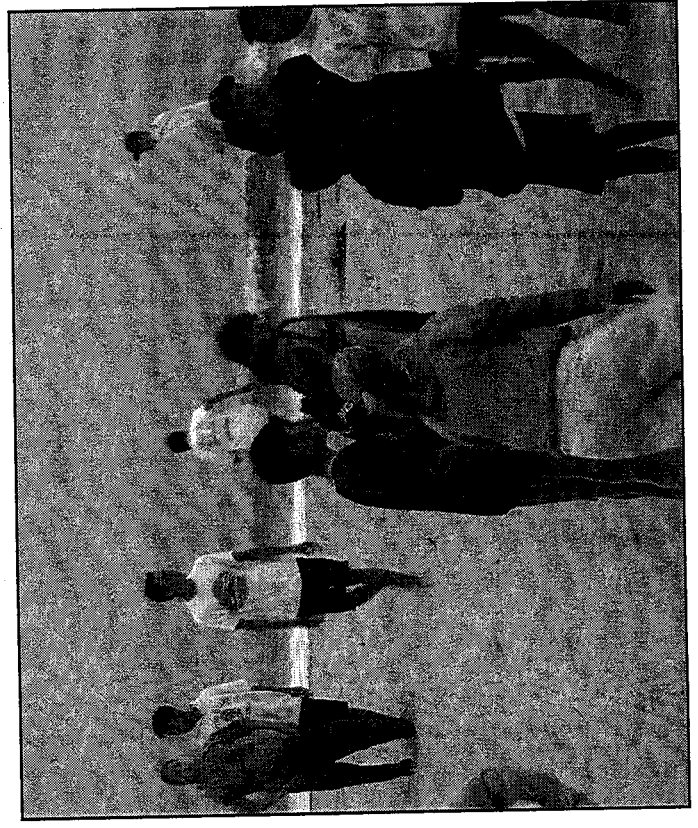
Ripon
Sacred Heart
San Lorenzo
Skyline
St. Joe's
St. Pat's — St. Vincent's
Tennyson
Tokay
Ukiah
Vallejo
Washington
Westmoor
Weston Ranch (Stockton)
Ygnacio Valley

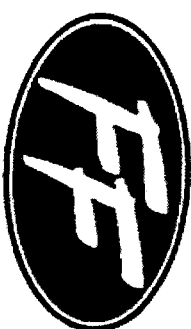
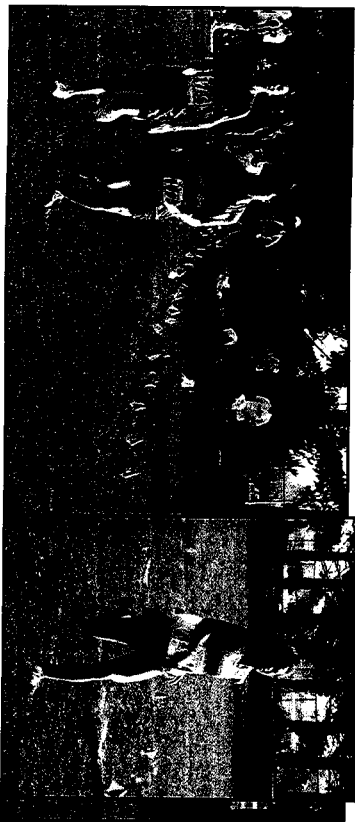
Middle Schools:

Albany
Bancroft
California School for the Deaf
Canyon
Chinese Christian
Creekside
Crystal Springs Upland
Cunha
King
Martinez
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Prospect Sierra
Quarry Lane
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St. Josephs
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Terra Linda
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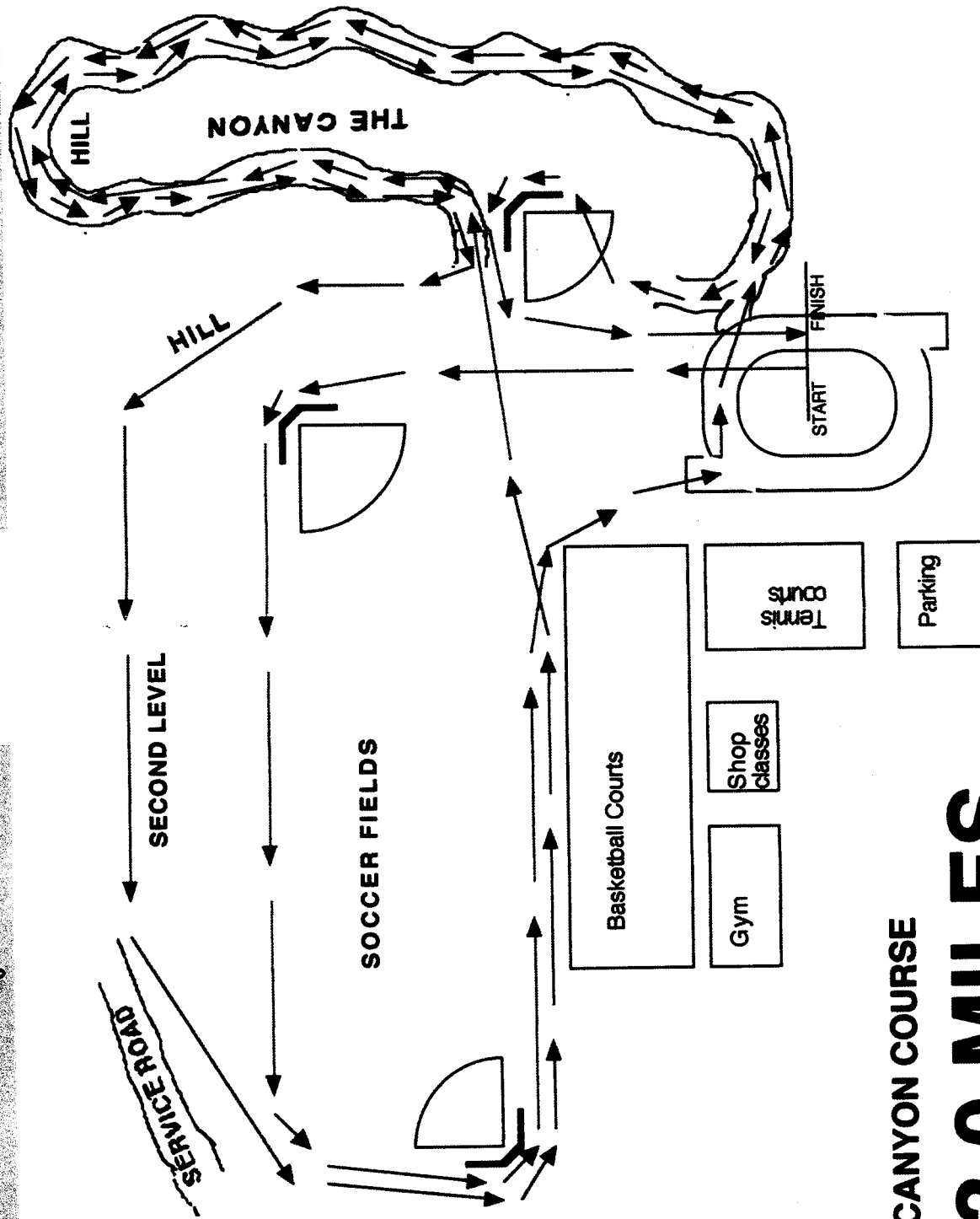
Cross Country runners

in their training and

wishes them the best at

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CANYON COURSE

3.0 MILES

- ↑ = 1st mile
- ↑ = 2nd mile
- ↑ = 3rd mile



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