

1982 CIF Southern Section Cross—Country Preview

By Doug Speck

As the hot weather (and smog) really settle into the Southern California area the school year is about to start and it is Cross-Country time again. The long and complete preparation of the Southern Section's Prep athletes should result in another very successful campaign in one of the nation's toughest areas competitively. A couple of the nation's top individual runners for both sexes, and another University of Irvine Women's squad that could challenge for "best in the nation" honors, will lead the way.

Eric Reynolds (Camarillo), the nation's fastest returning two-miler at 8:52.23 3200m was 3rd in the Kinney's National Cross-Country Championships last year. He could be the nation's top high-school distance runner in his senior year. Tanya Fischer (Chaminade, Canoga Park), Kathy Ebner (Bishop Amat, La Puente), and Teresa Barrios (University, Irvine) return as the top young ladies. Fischer was 7th at the National level in the Kinney's Meet last year, and has run the 2nd fastest ever high-school women's time at Mt. SAC in 17:29. Ebner was 11th at Nationals, and raced a

10:38.40 3200m in track. Barrios was 4th in State over 3200m at 10:29.03 and will return to head another awesome University of Irvine Women's team.

Anyone who thought the loss of Polly Plumer (and Coaches Bob Messina and Don Christensen) would spell the end of University of Irvine as a power is very wrong. Plumer is at UCLA and Messina is now coaching at Cal State Fullerton. The Trojans return Barrios and a group that can average about 18:40 at Mt. SAC (worth 17:40-18:00 on a flat course) with depth to boot. Five University girls have run 5:17 or better for 1600m, and one or two of them may lose their top five spots to newcomers.

Over in the Men's team picture another squad on top last year, California's number one ranked team, Mater Dei (Santa Ana), returns a solid group. How that team works together after the graduation of acknowledged team leader Robert Planta will be a big key for Coach Bob Richardson's group. With progress the Monarchs could be as good as last year's group and challenge once again as the Golden State's best.

In the following preview the letter "s" after a time refers to an athlete's best on the Mt. SAC course (site of last year and this year's Sectional prelims and Finals competitions). Track times are followed by the distance and "y" (yards) or "m" (meters). I would like to thank Mike Kennedy, Dave Osterman, and Don Chadez for information that made this preview possible.

continued on next page...

photo by Herb Potter



Eric Reynolds

Prep Notes

4A Women

In 1982 it will be University of Irvine again, as the Trojans are far ahead of the pack. Theresa Barrios leads four who placed in the top twenty in team scoring in this division last year — Sue Armentrout 18:47s (11:09.19 3200m) and Jami Nourse 18:59s (11:22.31 3200m) will assist in the University quest to be the best in the state and the country.

Century League rivals Foothill (Santa Ana) and Tustin are a step back of Uni, but still very tough. Susan Meyers 18:53s (5:21.9 mile) and Amy Cox 19:20s (2:11.73 800m) lead Coach Dan Thomas's Foothill Knights. Kellie Miller 18:34s (11:06.14 3200m) heads Coach Tom Coffey's Tustin girls. The dual meet between these two is probably the most competitive two-team competition in Southern California. Millikan (Long Beach) returns six of its seven from a group that just missed making the Sectional Finals in 1981. Annette Dzikowski 19:00s leads this group which would certainly be bolstered if Coach Rod Petkovic can talk 2:07 800 runner Kerri Zaleski into competing for the school. Fountain Valley was sixth in the 4A in 1981 and Dyana Crabtree (19:02s) heads six back off that team. Local rivals Rolling Hills, Palos Verdes both have good teams returning. Soph Laura Collins (19:39s) leads six returnees from the 1981 10th place squad for Rolling Hills, while Ann Bensch (18:16s) is on top of a group of the same number of returnees for the 11th place Sea Kings.

Orange County powers Costa Mesa, El Dorado (Placentia), Edison (Huntington Beach), and Westminster are fairly even. Julie Morris (19:45s) heads four that return off a 4th place 4A squad for Costa Mesa. Marcia Escabosa (El Dorado) was 7th individually in 18:35s (4:51.60 1500m), as everyone returns for Coach Don Chadez's team. Coach Ruben Chappins will count on 2:18 half-miler Leslie Pratt to lead his 1982 Edison team — the Chargers were 8th as a team in 1981. Laura McCracken (Westminster) 19:43s (10:55 3200m) heads the top five from her school that are back for another year.

Another top individual in the 4A division should be El Toro soph Nicole Biggers who raced 18:53s and 2:13.8 for a half in track.

A number of other teams are potentially powerful. Newbury Park returns a good trio, led by Gina Jones, and has always been one of the Section's deepest programs. West Torrance has six of its top seven back, led by Leslie Paoletti. Eisenhower (Rialto) has a good five back, with Sonja Cooper and Elena Lugo leading the way. Esperanza (Anaheim) has four back from a good team, with Tamsin Valdez (19:32s) on top. Alta Loma returns its top six, with Suzy Keough (19:39s) the team's star.

3A Women

Mira Costa (Manhattan Beach) is another frightening group. Coach Dave Holland returned his top seven from last year's Sectional 3A champs, then welcomed Anita Harris (19:25s - 10:36.55 3000m) to the squad as district high school Aviation was closed down. Laure Cattavera (18:07s - 4:52.94

1600m and fourth in state) was 3rd individually 3A in 1981, and Laurie White (19:09s - 11:23.4 3200m) gives Micohi a mighty tough up-front group.

Leading the contest for second will be a fine Walnut group. Coach Sam West has taken over for Jim Polite (now helping out at Mt. SAC) and he hopes the Acosta sisters, April (5th 3A 81-18:48s) and Regina (7th 3A 81-19:02s) can lead the Mustangs to the heights they achieved in 1981. How much of a factor a new high school in Diamond Bar in the district will take away from Walnut is not yet known. Bishop Amat (La Puente) is led by nationally ranked Kathy Ebner (18:17s - 10:38.40 3200m) and Joanne Maldonado (19:50s). For those of you who thought the Ebner chain had run out, don't despair, soph Eileen is the third returnee for this team. Coach Jim Brown at Rowland returns his entire 12th place 3A squad from 1981, soph Cindy Hays (19:50s) heads a group without a senior in the top seven. Moreno Valley was 10th 3A in 1981, and Raven Johnson (19:57s) heads five back from that team for Coach Jon Gaffney. Lorie Hagen (20:06s) heads six girls from a Dana Hills squad that just missed out on a spot in the 3A Finals in 1981 — a year's experience should make the Dolphins a 1982 threat. Continuing problems with injuries could be the only thing holding Laguna Beach and Coach Jim Toomey from high honors in 1982. The Artists return a solid trio, and will challenge for a high place if all are able to compete. Bishop Montgomery was 5th 3A in 1981, and Maureen Bradley (19:39s) heads four back from that successful group. Miraleste (Palos Verdes) narrowly missed a Finals spot in 1981 — the return of five of the top six from that squad should change that outcome in 1982. Sally Cohenour (19:11s) and Lori Good (19:51s) lead a good Arlington group, while San Gabriel, enjoying the drop from the 4A Pacific League to the 3A Foothill League is headed by Sylvia Mosqueda (10:55 3200m) in its quest for Sectional honors.

Coach Phil Ryan's San Marino Titans have always been very successful. Junior Carol Irving (19:33s - 11:24 3200m) will head a 1982 team with the potential to challenge by the end of the season. Claire Feit (18:17s - 4th 3A 81) leads a Mater Dei squad that could do quite well, and South Pasadena and Montebello return enough to face consideration as the year goes on.

2A Women

Lompoc was second in this division in 1981 and returns everyone. The trio of Sally Rich (19:26s), Jodee Naha (19:47s) and Kerri Hyatt (19:51s) will lead the Braves to what should be a sectional championship.

Chaminade (Canoga Park) is led by the 1981 individual winner, Tanya Fischer (17:29s) and everyone else in the top six. Nordhoff (Ojai) is in the same situation, with its top six back, led by soph Trish Unruhe (19:30s). Ontario was 4th in 1981, and should be about there for 1982, as Sylvia DeSantiago (19:43s) leads that entire group back this season. Central (El Centro) was 3rd last year, and Norma Abina (20:02s) leads six back from that team. Kathy Kierman (18:29s 3rd 81 2A) from Los Amigos (Garden Grove) is another who will top a squad with everyone returning for 1982. Victor Valley (Victorville) took it all in 1981. The Jackrabbits lost numbers 2 and 3, but

Patricia Sowers (19:29s) is back to lead the other five from that Championship team. Rosemead is a perennial Finalist, and 1982 should be no exception, as six of the top seven for the 1981 11th place Panthers are back. Northern League rivals Arroyo Grande and Righetti (Santa Maria) should be pretty closely matched in 1982. Kelly Buzza (18:59s - 5th 3A 81-5:09.10 1600m) will try to provide the up-front strength to help her Arroyo Grande teammates take care of Righetti's depth.

photo by Bert Davis



Tania Fischer

Other individuals who could be an individual threat in 1982 are Tammy Brazel (Chino) 18:31s 4th 3A 81 and 10:35.42 3200m in track, and Frances Silva (Alemany) 19:06s. Other teams who could be in the race for Finals spots come Section competition time are Agoura, Garden Grove, and Arroyo (El Monte).

1A Women

Sherman Indian (Riverside) was 4th in this division in 1981. The return of six of the top seven for the Indian squad, led by Justina Setalla (20:35s 7th 81 1A), should spell a Sectional title this season. Sacred Heart (LA) finally graduated Lori Lopez, but five of the 1981 titlest squad will be back this season to form a threat. Atascadero was 3rd here in 1981, and with Donna Thompson (20:38s 8th 81 1A) leading five of their top seven who return the Greyhounds will be tough. Bishop returns a solid five from their 1981 5th place team, and should be near the top in 1982. Marymount (LA) drops down from 3A to the 1A level, and 2:12.49 800 runner Lisa Garnett (20:00s) will lead five returnees on a team that should find real success at this level. Maranatha (Sierra Madre) has a solid foursome back to seek a place higher than their 7th of 1981. Paraclete (Lancaster) was just short of Finals qualifying in 1981, the return of six from that group should spell success this time around. Westlake (LA) another refugee from the 3A level, has six back, led by junior Jana Hillman (19:26s). Whittier Christian

has five of its top seven who competed in CIF Prelim action in 1981 back for 1982. Lutheran (La Verne) has four of its Varsity back, with Sherry Mawhorter (20:30s) a good leader. Margaret Mohr (19:59s - 4th 1A 81) heads a good La Reina (Thousand Oaks) team that will be heard from.

The top individual in this division, should it be worked out such that her school will compete this fall, is Sarah Allabeck (Cate, Carpinteria). Sarah blossomed during the spring Track season to record 4:57.11 1600m and 10:47.63 3200m clockings, and made the state meet. Other teams that could be heard from are LA Baptist, Mammoth, and Pasadena Poly.

4A Men

After scoring only 37 points in winning the 3A division in 1981, the Mater Dei squad (and Angelus League) found themselves boosted up to 4A status. As has already been mentioned this move should make little difference, since the Monarchs, under Coach Bob Richardson, return a squad that averages close to 16:00 at Mt. SAC before the season starts. Four athletes return who finished in the top 24 in 3A scoring (Mitch Eddy 7th, Rod Arsenal 8th, Ricky Martinez 12th, and Matt Munoz 24th). A healthy Jim Toner should spell a 4A Championship. A number of other schools, a high percentage being from Orange County, sit by should the Mater Dei crew falter. Coach Don Chadez has a super group back at El Dorado (Placentia). Ric Allen (15:51s) and Scott Hakeman (15:51s) head five of a 1981 Finalist group, with the progress of 4:11 1500m soph Phil Middleton a key to how far the Golden Hawks can go. El Modena (Orange) is led by 1:52.66 800 runner, Ruben Esparza (16:16s), and Coach Tom Weber has a proven trio to back him up in a quest for Sectional honors. Huntington Beach is led by Gus Quonez (11th 4A 81 15:29s -9:11.35 3200m) and another good foursome - rumors have it the Oilers are expected to be bolstered by a super age-grouper. Another beach school, El Toro, has an excellent duo in Erik Farien (15:48s) and Bill Cunningham (15:49s). The Chargers were 3rd in 81 and return three others from their top nine. Thousand Oaks shocked with its 2nd in 1981, peaking in great fashion. First, the Lancers will try to survive the tough Maramonte League, but Derek Hatch (15:50s) and three others from the top six return to make good things possible. University (Irvine) on paper appears to be depleted by graduation. But the Trojans claim to return seven who have run under 10:00 for 3200m, led by Marty Sholts (16:26s) and 9:38 3200m soph, Greg Whiteley. Brian Hunsaker will assist at University with the coaching of this group. Fountain Valley lost Bob Erickson and Ned Mosher, but Ed Gould (16:04s) and an excellent soph group should lift the Barons into the Sectional Finals once again. Villa Park is led by junior Kevin Green (15:53s - 1:53.04 800m) and three others from its 1981 7th place 4A squad. Palos Verdes was a finalist group in 1981, and the Sea Barons are led by fine junior, Patrick Watson (16:12s). Millikan (Long Beach) has five of its top seven back, led by Rick Battenfield (15:55s). Upland is in the same situation, as super junior, Ken Fetters, 9th individually 4A in 81 (15:38s) will lead a resurging program.

Other individuals who will be a 4A threat

include Jesus Gutierrez (Pasadena) 10th 4A 81 15:38s and an even better 9:02.09 3200m in track for 4th in state, Ron Harris (Eisenhower, Rialto) 4th 81 4A (15:27s) and 4:14.90 1600m, Chris Rice (Newbury Park) 7th 81 4A 15:42s, Mark Junkerman (Los Alamitos) 8th 81 4A 15:37s, and Dave Anderson (Corona Del Mar) 4:13 1600m.

Other teams that could challenge for top rankings or Sectional Finals spots are numerous. Tustin was super at the Soph and Frosh levels in 1981. Katella (Anaheim) returns six of seven from a good team, led by Paul Gianetto (16:04s). Newbury Park is led by Chris Rice and two other top runners, Lakewood returns five from its 81 Varsity, led by Rich Graves, and Dos Pueblos (Goleta) and Simi Valley have always been very competitive.

3A Men

This division should be a real dog-fight (with the removal of Mater Dei to the 4A level). Five or six solid veteran squads return and could challenge for the title. Montebello peaked nicely to nab 2nd in this division in 1981, and the Oilers have six back from that team, led by Brasley Manuel (16:01s). Hawthorne is in the same situation (6 of 7 back) from a 5th place group — Larry Kerns (16:01s) and Shawn Storie (16:13s -4:24.11 1600m) lead. Barstow, having been moved up to the 3A level after a big 2A title in 1981 (and 1980), will be tough once again. Junior Jim Ortiz (15:24s - 8:59.31 3200m and

photo by Bert Davis



Jim Ortiz

6th in state in track) and Eddie Toro (16:00s) will lead Coach Don Braden's crew as they look for honors at a higher level. Canyon (Canyon Country) also lost only one of their 1981 3rd place team. Robin De Sota (15:50s), Tim Watson (15:52s - 9:16 3200m), and super soph Dale Kroeger (16:08s) make up a tough

up-front trio for Canyon. Coach Gene Gurule at Mission Viejo returns the top five from a squad that showed poise in making it to the 81 Finals when leader Chris Dion was not able to compete. Billy Christie (16:05s) leads the squad that took 8th in last year's 3A Championships. South Hills (Covina) was 11th in 1981 at the 3A level, and they return everyone, led by Tim Cammack (2nd 81 3A 15:30s - 9:09.16 3200m) and 4:26.04 1600m runner John Vargas. Dana Hills returns a solid foursome, led by Jon Kelly and Mike Williams from its 1981 12th place 3A group. Victor Valley, sucked up with Barstow when its San Andreas League was raised to 3A status, returns a group that will be successful here. Five runners of the Jackrabbits 4th place 2A 1980 squad are back, led by Darryl Martin (16:17s). Rowland will probably be the team to finally knock off Walnut in the Sierra League, as Coach Jim Brown returns a solid five from his 1981 group. Buena Park, led by Ed Carrasco (16:12s), and La Canada, led by 4:15.08 1600m runner John Trevithick (16:04s), both have solid trios back.

A number of other squads have the potential to be threats at this level. Downey, La Puente, Redondo, and Warren (Downey) all return respectable fives from 1981 Sectional Prelim action. San Clemente, Saugus, and Mira Costa (Manhattan Beach) each have a good trio returning to lead the action in 1982.

2A Men

The kicking up-stairs of the San Andreas League has this division breathing a bit easier. Coach Tim O'Rourke of Arroyo (El Monte), the runners-up in 1981, has a fine group back in 1982. With among the top Soph groups in Section history last year, the Knights will be unbeatable if everyone is around. Coachella Valley was 10th here in 81, and the Arabs have six back from that team, led by Luis Silva (16:05s). Crespi (Encino) has five back from a 12th place 81 2A group, led by the improved Keith Tanin (4:10.51 1600m track - 5th in state). Cabrillo (Lompoc) has its entire team back, with Blair Hirzel and Dale Parker leading what will be a good team. Garden Grove has Jim Smith (16:09s) and the rest of its top five back for 82 action. Bishop Montgomery (Torrance) has five back from a Sectional Prelim squad, and they are led by super sophs Greg Houlgate (16:38s) and Greg Keyes (16:47s). Nordhoff (Ojai) has a respectable foursome back from its 8th place 1981 team. Perris has five athletes back who saw Sectional Finals action with their 9th place 1981 team. Indio returns four from a team that narrowly missed in qualifying for the 81 Sectional Finals. Ontario, led by soph Richard Banta (16:58s) and Rim of the World (Lake Arrowhead), with Mike Paulin (16:45s) on top, should be good teams.

Other good individuals in this division should be 1981's 4th placer individually, David Loud (Charter Oak, Covina) 15:43s, Jose Carranza (Central, El Centro) 16:03s for 10th in 81, and Righetti's (Santa Maria) 1:52.63 800m (6th in state) star Brian Casey (16:11s).

Other teams that could challenge for honors are Baldwin Park, with six of its top seven back, and Chino, with six back from its 1981 Sectional Prelims squad.

continued on next page...

Prep Notes

1A Men

The same squads seem to continue to dominate things at this level. LaSalle, the 81 titlest when Sherman Indian (Riverside) was disqualified after the Prelims for using a fifth year runner, will appear to duel with that school for the 1982 championships.

Coach Don Blair's LaSalle team is tough on top with junior J.P. Hall (3rd 81 1A 16:10s) leading five vets of the defending champ group. Sherman returns a solid trio, led by Eugene Cruz, and the Indians always seem to be able to come up with a steady, consis-

tent group. Brentwood has six of its top seven back from a 1981 2nd place group. George Yuster (2nd 1A 81 16:03s - 9:14.0 2 mile) heads that team. Atascadero is always good, the Greyhounds have five back from their 9th place squad. Lutheran (La Verne) has its top five back (they were 10th in 1981) with fine junior Rommey Mawhorter (5th 81 1A 16:16s) on top. Maranatha (Sierra Madre) was 6th last year, they return five from that team, led by Tim Parker. Fillmore was 3rd in 1981, and they return a solid trio to build on in 1982. LA Baptist was 5th in 1981, 4:27.61 1600m trackman Bill Baugh and soph Lance Olsen

(16:45s) lead four from that squad. Morro Bay was 4th in 1981, the Pirates have four returning for their 1982 team. Whittier Christian, with six of seven Varsity returnees led by Brad Peters, and Bell-Jeff (Burbank) with the same number back from its 1981 Varsity will both be good.

Another individual who will be a threat at this level is Carpentaria's John Paine, who raced 4:24.14 1600 in track. A couple of other squads could be threats if they develop. Serrano has four back from its Varsity, Beaumont five of seven returning, and Bishop has a strong tradition over the years.

Prep X-C Preview

From Keith Conning

Presented this month is the high school cross country outlook for the northern half of the state. Next month we plan to present the preview for the southern half. Please send all input to Keith Conning, Prep Editor, 2235 Browning St., Berkeley, CA 94702.

North Coast Section Boys

4A

Leo Scott(San Ramon, Danville)
Track: 2)EBAL mile 4:35.7. Cross Country: 3)EBAL 15:39, 4)4A 12:56.6, 9)MOC 15:57.0.

Jim West(Livermore)
Track: 4)EBAL 2 mile 9:58.7, 6)4A 3200 9:45.6. Cross Country: 5)EBAL 15:56, 5)4A 13:00.3, 8)MOC 15:50.9.

John Wilhelm(Nthgte, Wal. Ck)
Track: 4)DVAL 1600 4:39.7. Cross Country: 4)DVAL 16:12, 11)4A 13:07.7, 15)MOC 16:08.5.

Eric Farwell(El Cerrito)
Track: 2)RBAL 2 mile 9:45.1. Cross Country: 6)RBAL 16:55, 13)4A 13:11.6.

Jim Howard(Nthgte, Wal Ck)
Track: 3)DVAL 1600 4:35.4, 3)DVAL 3200 9:52.8, 4)4A 3200 9:42.1, Best 3200 9:40.0. Cross Country: 3)DVAL 16:08, 14)4A 13:13.2, 58)MOC 16:52.

Jim Chaney(College Pk. Pl. Hill)
Track: 2)DVAL 3200 9:45.4. Cross Country: 5)DVAL 16:17, 16)4A 13:16.2.

David Basinger(Granada, Livrmr)
Cross Country: 6)EBAL 16:01, 18)4A 13:26.2.

Scott Hill(Mission SJ, Fremnt)
Track: 3)MVAL 1600 4:37.7, 1)MVAL 3200 9:52.1, 3)4A 3200 9:40.0, Best 3200 9:36.21. Cross Country: 3)MVAL 15:42, 22)4A 13:31.1.

Jeff Verhoek(Mt. Diablo, Concd)
Track: 5)DVAL 3200 10:25.7. Cross Country: 9)DVAL 16:30, 24)4A 13:34.3.

Jim Bloomer(El Cerrito)
Track: 2)4A 1600 H1 4:27.5, 6)4A 1600 4:25.7, 3)MOC 1600 H2 4:22.2, 7)MOC 1600 4:31.6. Cross Country: 4)RBAL 16:45, 28)4A 13:38.3.

Martin Higginbotham(Bkley)
Cross Country: 33)4A 13:46.2.

Others:
Kimmie James(Richmond)
Track: 1)RBAL 880 1:55.4, 1)4A 800 H2 1:56.1, 1)4A 800 1:53.5, 2)MOC 800 H1 1:58.7, 1)MOC 800 1:53.1, 1)State 800 H2 1:51.5, 3)State 800 1:50.49. (Note: if he runs cross country, he could be the best in the entire section.)

Brian Vaughn(Berkeley)
Track: 4)RBAL 3200 9:59.1, 7)4A 3200 10:02.1. Roads: 2:59 marathon at age 14.

Robert Latting(Martinez)
Cross Country: TAC JO A-C 13-14 10:06.8, 2)TAC Boys CA-NV 12-13 12:43, 1)PATAC JO 13-14 12:49.2.

Oscar Dominguez(Newk-Meml)
Track: 5)MVAL 3200 10:26.3. Cross Country: 4A 14:39.9.

3A

Craig Wilson(Novato)
Track: 4)3A 3200 9:47.1. Cross Country: 2)MCAL 16:30, 4)3A 16:59, 12)MOC 16:05.4, 2)PATAC JO 15-16 15:32, 2)TAC JO Reg. 13 17:51.3.

Steve Sparks(Terra Lda, S. Raf)
Track: 2)3A 1600 4:26.0, 4)MOC 1600 H1 4:23.9, 6)MOC 1600 4:27.4. Cross Country: 7)MCAL 17:05, 8)3A 17:06, 26)MOC 16:22.1.

Rich Dunn(Sonoma)
Track: 2)3A 3200 9:40.6. Cross Country: 1)SCL 17:19, 9)3A 17:15, 5)PATAC JO 15-16 15:46, 3)TAC JO Reg. 13 17:59.5.

Others:
Ryan Gilliam(Crdl Newmn, SR)
Track: 2)3A 1600 4:28.3, 8)MOC 1600 H1 4:32.6. Cross Country: 3)NBL 17:07.8.

Martin Ruiz(Ukiah)
Track: 3)3A 3200 9:44.0. Cross Country: 4)NBL 17:08.7.

Kris Klinger(Fortuna)
Track: 5)3A 3200 9:53.4.

Henry Tyson(Drake, S. Anselo)
Cross Country: 6)MCAL 16:59, 1)PATAC JO 15-16 15:29.6, 5)TAC JO Reg. 13 18:10.6.

2A

Dave Hansell(Acalanes, Lfyte)
Track: 1)FAL 1600 4:29.6, 2)FAL 3200 9:39.3, 2)2A 1600 4:28.3, 4)2A 3200 9:33.0, 7)MOC 1600 H2 4:27.5, Best 3200 9:25.7. Cross Country: 2)FAL 14:44, 2)2A 12:54.1, 49)MOC 16:47.

John Morse(Ls Lomas, Wal Ck)
Track: 2)FAL 1600 4:35.1, 1)FAL 3200 9:35.4, 2)2A 3200 9:22.9. Cross Country: 1)FAL 14:27, 5)2A 13:15.6, 7)MOC 15:46.5.

Marco Margiotta(LsLo, Wal Ck)
Cross Country: 3)FAL 14:56, 10)2A 13:28.1.

John Foley(Miramonte, Orda)
Cross Country: 4)FAL 14:59, 11)2A 13:28.8, 22)MOC 16:18.0.

David Dodge(Campo, Moraga)
Cross Country: 6)FAL 15:01, 12)2A 13:29.5, 2)TAC JO A-C 13-14 10:11.4, 2)PATAC JO 13-14 12:53, 3)TAC Boys CA-NV 12-13 12:47.

Calvin Gaziano(Castro Vly)
Cross Country: 23)2A 13:48.7, 44)MOC 16:42, 3)TAC JO A-C 13-14 10:12.8, 3)PATAC JO 13-14 12:59, 5)TAC JO Reg. 13 13-14 14:20.2.

Jeff Mihm(Acalanes, Lfyte)
Cross Country: 7)FAL 15:02, 25)2A 13:50.8, 40)MOC 16:36.

Van Robbins(Miramonte, Orinda)
Cross Country: 27)2A 13:54.7, 47)MOC 16:46, 5)TAC Boys CA-NV 12-13 13:00, 6)TAC JO A-C 13-14 10:28.0.

Others:
Ken Green(Bishop O'Dd, Okld)
Track: 3)CAL 800 1:59.9, 3)2A 800 1:58.6, 2)MOC 800 H2 1:57.0, 7)MOC 800 1:57.4.

John Fitzsimmons(DLSal, Cnd)
Track: 4)CAL 1600 4:40.3, 2)CAL 3200 10:20.1, 4)2A 1600 4:29.5, 7)MOC 1600 H1 4:29.0. Cross Country: 157)Kinney Western 18:07.

Greg MacEachern(LL, Wal Ck)
Track: 1)FAL 800 1:59.8, 4)2A 800 1:58.6, 7)MOC 800 H1 2:00.6.

1A

Chris Schille(S. Fork, Miranda)
Track: 3)1A mile 4:42.0, 1)1A 2 mile 9:41.2. Cross Country: 4)1A 19:51, 43)MOC 16:41.

Steve McMillen(Ft. Bragg)
Track: 2)1A 800 2:00.8, 8)MOC 800 H1 2:02.6.

North Coast Section Girls

4A

Danise Rogers(Concord)
Cross Country: 1)DVAL 11:47, 1)4A 15:33.9.

Dana Whitney(Mis. SJ, Fremont)
Track: 1)MVAL 1600 5:14.4, 1)MVAL 3200 11:25.9, 2)4A 1600 H1 5:18.5, 4)4A 3200 11:36.3, Best 3200 11:23.9. Cross Country: 1)MVAL 11:32, 2)4A 15:36.8, 18)MOC 19:08.7, 13)PATAC JO 18:54.

Heather Watkins(Berkeley)
Track: 1)RBAL mile 5:25.4, 3)4A 1600 H1 5:18.6, 1)4A 1600 5:07.1, 4)MOC 1600 H1 5:10.8, 6)MOC 1600 5:03.26, Best 3200 11:33.0. Cross Country: 1)RBAL 20:01, 3)4A 15:40.6, 9)MOC 18:35.4, 24)NorCal 18:06.

Janice Bishop(Livermore)
Track: 4)EBAL 2 mile 12:10.7. Cross Country: 4)EBAL 15:39, 4)4A 15:46.1, 22)MOC 19:14.1, 1)PATAC JO A-C 15-16 14:59.4, 11)PATAC JO 15-16 18:44.

Becky Pierce(Calif. San Ramon)
Track: 4)EBAL mile 5:34.6, 3)4A 1600 H2 5:23.0, 4)4A 1600 5:19.2, 5)MOC 1600 H1 5:14.5. Cross Country: 2)EBAL 15:34, 5)4A 15:46.8, 26)MOC 19:22.4.

Kathy Daley(Granada, Livrmre)
Track: 3)EBAL 2 mile 12:05.9. Cross Country: 5)EBAL 16:27, 8)4A 16:07.8.

Amy Cathcart(Amador, Pltown)
Track: 4)EBAL 800 2:25.1, 1)EBAL mile 5:25.2, 5)4A 800 H2 2:21.5, 1)4A 1600 H2 5:21.8, 2)4A 1600 5:13.6, 2)MOC 1600 H2 5:19.0. Cross Country: 7)EBAL 16:27, 13)4A 16:32.3, 38)MOC 19:44.

Doniece Johnson(Berkeley)
Track: 2)4A 800 H2 2:19.6, 2)4A 800 2:13.1, 1)MOC 800 H2 2:19.1, 3)MOC 800 2:13.7, 3)State 800 H3 2:13.29, DQ)State. Cross Country: 3)RBAL 20:53, 14)4A 16:35.1, 21)MOC 19:13.5.

Julie Rivers(Miss. SJ, Fremont)
Track: 3)MVAL 1600 5:38.6, 3)MVAL 3200 11:58.5. Cross Country: 16)4A 16:37.1.

Ann Peissner(Ygnacio Vy, Cd)
Track: 4)DVAL 1600 5:39.7, 2)DVAL 3200 12:17.3, 6)4A 3200 11:46.3. Cross Country: 4)DVAL 12:30, 24)4A 17:04.9.

Others:
Jeni Sholes(San Ramon, Dnville)
Track: 1)EBAL mile 5:25.3, 1)EBAL 2 mile 11:24.6, 2)EBAL 880 2:23.0, 3)4A 1600 5:16.0, 1)4A 3200 11:06.9, 4)MOC 3200 11:01.8, Best 1600 5:13.0.

Tresa Currie(Pittsburg)
Track: 1)DVAL 800 2:23.8, 3)4A 800 H2 2:20.3, 3)4A 800 2:15.6, 3)MOC 800 H2 2:20.2, 5)MOC 800 2:17.0.

Tracy Keye(Logan, Union Cty)
Track: 1)MVAL 800 2:16.0, 1)4A 800 H1 2:19.8, 4)4A 800 2:16.2, 5)MOC 800 H1 2:16.9.

Tina Goody Koontz(SR, Danvil)
Track: 3)EBAL mile 5:32.0, 4)4A 1600 H1 5:22.3, 5)4A 1600 5:19.3, 6)MOC 1600 H2 5:28.6.

Michelle Manssewitsch(WI Ck)
Track: 1)DVAL 1600 5:21.5, 2)4A 1600 H2 5:21.9, 6)4A 1600 5:20.2, 6)MOC 1600 H1 5:17.5. Cross Country: 9)DVAL 13:21.

Adrienne Clark(SR, Danville)
Track: 3)EBAL 800 2:23.4, 3)4A 800 H1 2:22.4, 6)4A 800 2:18.5.

Kristy Craig(Irvington, Fremont)
Track: 2)MVAL 800 2:27.1, 2)MVAL 1600 5:24.7, 4)4A 1600 H2 5:24.0, 7)4A 1600 5:20.8.

3A

Terrie Martin(Redwd, Larkspur)
Cross Country: 5)MCAL 19:29, 5)3A 19:30.0, 11)MOC 18:37.3, 15)NorCal 17:53, 57)Kinney Western 19:12.

Marcy Holzgang(Terra Lin, SR)
Cross Country: 4)MCAL 19:27, 9)3A 20:06.4, 24)MOC 19:17.2, 28)NorCal 18:22, 69)Kinney W. 19:35.

Nancy Reese(Terra Lin, S. Raf)
Cross Country: 6)MCAL 20:11, 18)3A 21:01, 25)MOC 19:18.3, 30)NorCal 18:25, 47)Kinney W 18:57.

Others:
Jenny Bocca(Analy, Sebastop)
Track: 3)3A 800 2:20.4, 6)MOC 800 H1 2:18.6.

2A

Wendy Sihner(Miramonte, Orda)
Track: 4)FAL 800 2:21.8, 1)FAL 1600 5:09.9, 1)FAL 3200 11:14.7, 3)2A 1600 5:06.0, 1)2A 3200 10:47.8, 1)MOC 3200 10:34.7, 7)State 3200 10:43.53. Cross Country: 2)FAL 16:44, 1)2A 15:04.9, 1)MOC 17:38.6, 2)NorCal 17:12, 10)Kinney W. 17:27. Ranked 9th in State.

Paige Tully(Alhambra,Martinez)
Track: 2)FAL 800 2:20.2, 3)FAL 1600 5:29.9, 5)2A 1600 5:08.0, 1)MOC 1600 H1 5:07.2, 3)MOC 1600 4:58.87. Cross Country: 3)FAL 17:22, 3)2A 15:29.4, 8)MOC 18:34.5, 12)NorCal 17:45.

Noreen deBettencourt(Concord)
Track: 1)CAL 800 2:21.4, 1)CAL 1600 5:31.8, 2)2A 1600 5:01.9, 3)MOC 1600 H2 5:22.0, 1)MOC 1600 4:53.56, 7)State 1600 H1 5:05.84. Cross Country: 4)2A 15:42.7, 7)MOC 18:28.8.

Missy Moore(Piedmont)
Track: 1)ACAL 800 2:12.7, 1)2A 800 2:12.0, 1)MOC 800 H1 2:15.3, 2)MOC 800 2:10.7, 2)State 800 H3 2:13.10, 5)State 800 2:10.44, Best 1600 5:13.2. Cross Country: 6)2A 15:53.3, 10)MOC 18:36.4, 99)Kinney W. 20:31.

Mary Ann Morse(LL,Wal Ck)
Cross Country: 4)FAL 17:33, 7)2A 16:01.1.

Trisha Herzog(Campol.Mrga)
Cross Country: 6)FAL 17:58, 9)2A 16:07.1.

Ann Ratto(Alameda)
Track: 2)ACAL 800 2:15.8, 1)ACAL 1600 5:13.5, 1)2A 1600 5:01.8, 7)MOC 1600 H1 5:18.7. Cross Country: 10)2A 16:11.2.

Jennifer Thatcher(Encinal,Al)
Track: 3)ACAL 800 2:28.6, 1)ACAL 3200 11:32.1, 3)2A 3200 11:32.1, Best 3200 11:23.9. Cross Country: 11)2A 16:14.3, 15)MOC 18:56.0.

photo by Keith Conning



PAIGE TULLY

11:35.0, 2)2A 3200 11:31.1, Best 3200 11:30.0. Cross Country: 20)2A 16:37.2, 40)MOC 19:49, 79)Kinney W 19:58.

Mimi Sandel(Campol.Moraga)
Cross Country: 7)FAL 18:40, 25)2A 17:06.0.

Suzanne Lehmkuhl(Acal.Lfyte)
Track: 1)FAL 800 2:17.0, 2)FAL 1600 5:10.9, 3)2A 800 2:17.4, 4)2A 1600 5:06.8, 3)MOC 1600 H1 5:09.3, 5)MOC 1600 5:01.46.

1A

Dana Pyorre(Ft.Bragg)
Track: 4)1A 2 mile 12:19.8. Cross Country: 1)NCL 1 13:52, 1)1A 20:59, 13)MOC 18:48.6.

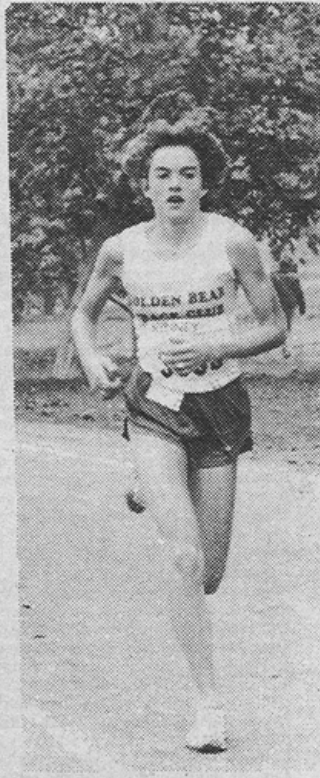
Michelle Hawk(SFork,Mirnda)
Track: 2)1A 5:34.6, 2)1A 2 mile 11:50.1, 9)MOC 1600 H1 5:30.0. Cross Country: 3)1A 21:25, 46)MOC 20:03.

Courtney Frisbie(CS-Up.,Hillsb)
Track: 1)1A mile 5:31.8, 7)MOC H2 5:31.0.

Sally Carlson(Ferndale)
Track: 1)1A 2 mile 11:50.

Melissa Seale(Ft.Bragg)
Track: 2)1A 800 2:28.4, 8)MOC 800 H1 2:33.8.

Fine Flicks by Don Gosney



WENDY SIHNER

the Region Cross Country Championship last year, 2)place in the Central Coast Section Track Championship 1982 in three events (800 meters, mile and/or two mile), 3)place in the Region Track Championship 1982.

Thus, sophomore Nanette Garcia (Silver Creek, San Jose), the Central Coast Section two mile champion, is listed after the girls in Region III who ran in the Region III Cross Country Championship last year. Garcia competed for the San Jose Cindergals in cross country last year.

After each athlete I have listed their cross country and track record with places and times.

CCS Region I (Boys)

Shawn Ayers(Bellarmine, SJ)
Cross Country: 1)Region I 15:42, 12)CCS 15:54.84, 53)Kinney W 15:42. Track: 3)Region I 2 mile 9:48.3, 8)CCS 2 mile 9:43.6.

photo by Keith Conning



HEATHER WATKINS

Nathan Racine(Westmr.Dy Cty)
Track: 3)Region I 800 2:01.0.

Chris Spurlock(Bellarmine,SJ)
Cross Country: 43)Kinney W 17:06. Track: 4)Region I 800 2:02.0.

CCS Region II

Grant Foster(MontaVista,Cupt)
Cross Country: 1)Region II 15:09, 1)CCS 1:15.02, 10)Nor Cal 14:49, 44)Kinney W 15:38.

Eugene Tung(MontaVista,Cu)
Cross Country: 7)Region II 15:56, 15)CCS 16:02.26.

Doug Gollither(Saratoga)
Cross Country: 10)Region II 16:04, 18)CCS 16:07.67, 33)NorCal 15:15. Track: 3)Region II 2 miles 9:49.1, 9)CCS 2 miles 9:44.3.

Matt Najarian(Homestd,Sunvl)
Track: 3)Region II 800 1:58.0, 6)CCS 800 1:55.8.

Lawrence Haggins(M-A,Ather)
Track: 2)Region II 800 1:55.5, Best 800 1:55.1.

Blair Bullock(Carlmt,Belmnt)
Track: 4)Region II 800 1:59.8.

CCS Region III

Roy Garcia(Leigh,San Jose)
Cross Country: 6)Region III 15:42, 7)CCS 15:39.27, 32)NorCal 15:12, 43)Kinney W 15:38. Track: Best 2 mile 9:22.6.

Dave Bell(Leigh,San Jose)
Cross Country: 8)Region III 15:48, 11)CCS 15:53.97, 18)NorCal 14:57, 39)Kinney W 15:36.

Chris Craig(Leigh,San Jose)
Cross Country: 7)Region III 15:43, 14)CCS 16:00.81, 43)NorCal 15:23, 78)Kinney W 16:01. Track: 5)Region III 3200 9:25.0, 6)CCS 2 mile 9:36.2, Best 2 mile 9:28.0.

Mike Livingston(Wil Glen,SJ)
Track: 2)Region III 3200 9:23.2, 2)CCS 2 mile 9:25.6.

Tom Legan(Independ.SJ)
Cross Country: 4)PATAC JO 15:16 15:44, 1)TAC JO Reg.13 15:16 17:21. Track: 4)Region III 3200 9:24.0, 4)CCS 2 mile 9:29.7, Best 2 mile 9:26.1.

Gregg Skarmas(Wstmt,Campb)
Track: 5)Region III 800 1:56.4, 8)CCS 800 1:58.3.

Jim LaFuente(Mt.Pl.,SJ)
Cross Country: 56)Kinney W 15:45. Track: 5)Region III 1600 4:24.0, 10)CCS Mile 4:28.9.

Sean Crowley(Overfelt,SJ)
Track: 4)Region III 1600 4:23.3, Best mile 4:24.3.

CCS Region IV

Mike Rome(SLV,Ben Lomnd)
Cross Country: 7)Region IV 16:33. Track: 2)Region IV 2 mile 9:48.9.

Chris Bowe(Pacific Grove)
Track: 2)Region IV mile 4:28.5, 7)CCS mile 4:25.2.

Troy Curran(York,Monterey)
Track: 1)Region IV 2 mile 9:45.6.

Jay Avenberg(SLV,Ben Lomnd)
Track: 2)Region IV 800 1:56.3, Best 800 1:56.2.

continued on next page...

Central Coast Section

I have divided the Central Coast Section into its four Regions I, II, III and IV. Within each Region I have listed the athletes according to the following criteria: 1)place in

Sue Banfield(Miramnte,Ornda)
Cross Country: 5)FAL 17:48, 12)2A 16:15.2.

Kim Halsey(Miramnte,Ornda)
Cross Country: 8)FAL 18:50, 17)2A 16:29.9, 37)MOC 19:43

Allison Keller(Piedmont)
Track: 4)ACAL 1600 5:34.0, 2)ACAL 3200

Rod Sellard(Bellarmine, SJ)
Cross Country: 4)Region I 15:54. Track: 1)Region I 800 1:58.0, 2)Region I mile 4:29.1, 3)CCS 800 1:54.6, 8)CCS Mile 4:25.8, 5)State 800H 1 1:54.9.

Paul Ghidossi(Capuchino,SB)
Track: 1)Region I 2 mile 9:46.0, 3)CCS 2 mile 9:29.6.

Prep Notes

CCS Region I (Girls)

Karen McGough(Mills, Millbrae)
Cross Country: 4)Region I 18:59. Track: 3)Region I 2 mile 11:49.6, 8)CCS 2 mile 11:35.0, Best 2 mile 11:31.1.

Sharon Yaninek(Present., SJ)
Cross Country: 5)Region I 19:32, 14)CCS 19:13.90, 46)Kinney W 18:53. Track: 1)Region I 800 2:19.9, 1)CCS 800 2:11.2, 4)State 800 H2 2:12.79, 4)State 800 2:10.39, Best mile 5:13.0.

***Susie Nelson**(San Mateo)
Cross Country: 8)Region I 19:40, 23)CCS 19:38.79. Track: 5)Region I mile 5:36.2.

Kim Mygatt(Castilleja, Palto)
Track: 2)Region I 800 2:25.9.

****Lori Wilson**(Terra Nova, Pac)
Track: 3)Region I mile 5:28.8.

Michelle Kerley(El Cam, S.S.F)
Track: 3)Region I 800 2:26.3.

CCS Region II

Susan Brodie(St. Fran, Mt. View)
Cross Country: 2)Region II 18:29, 1)CCS 18:22.59, 13)NorCal 17:46, 45)Kinney W 18:51. Track: 2)Region II 2 mile 11:25.5, 5)CCS 2 mile 11:07.0, Best mile 5:16.0.

***Connie Buckler**(Saratoga)
Cross Country: 3)Region II 18:50, 8)CCS 18:53.46, 21)NorCal 18:24. Track: 3)Region II 2 mile 11:32.4, 7)CCS 2 mile 11:23.5, Best 2 mile 11:16.2.

****Kim Himenes**(St. Fran, Mt. Vw)
Cross Country: 4)Region II 18:51, 9)CCS 18:55.51, 26)NorCal 18:09. Track: 3)Region II mile 5:20.7.

Race Clocks

SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS — We have several customers that are interested in selling their digital display clocks for \$900-\$1000 (the original retail price was \$1295), so they can purchase the newer CC-601 (\$1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 341-3119. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.

Kathleen Bonnet(Saratoga)
Cross Country: 21)CCS 19:35.19.

***Nora Williams**(M-A, Athlerton)
Track: 2)Region II mile 5:20.4, 6)CCS mile 5:15.3, Best mile 5:13.6.

****Winnie Burns**(M-A, Atherton)
Track: 3)Region II 800 2:21.8, 7)CCS 800 2:20.1.

***Laura Burtness**(Gunn, Palto)
Track: 4)Region II 2 mile 11:44.3, 10)CCS 2 mile 11:41.5.

***Madeleine Ostertag**(Mrcy, SF)
Track: 4)Region II 800 2:22.2, 10)CCS 800 2:21.7.

CCS Region III

Carla Halford(Leland, SJ)
Cross Country: 5)Region III 19:15. Track: 5)Region III 800 2:16.6, 4)Region III 1600 5:10.2, 2)CCS mile 5:02.8.

****Barbara Keehner**(Hill, SJ)
Cross Country: 6)Region III 19:16, 10)CCS 18:56.83. Track: 9)CCS 800 2:21.2.

Cory Schubert(Del Mar, SJ)
Cross Country: 7)Region III 19:22, 20)CCS 19:32.76. Track: 5)Region III 1600 5:11.0, 2)Region III 3200 11:18.9, 7)CCS mile 5:15.5.

***Jeanette DeMoss**(Leland, SJ)
Cross Country: 17)CCS 19:25.54.

****Nanette Garcia**(Silver Ck, SJ)
Cross Country: 18)Kinney W 17:54. Track: 3)Region III 1600 5:08.5, 1)Region III 3200 11:04.7, 1)CCS 2 mile 10:39.7, 5)State 3200 10:30.40, Best 800 2:17.7c.

****Karen Dowell**(San. Teresa, SJ)
Track: 4)Region III 800 2:15.1, 5)CCS 800 2:14.7.

****Sharlene Rogers**(Indep., SJ)
Cross Country: 80)Kinney W 20:01. Track: 6)Region III 800 2:20.7, 8)CCS 800 2:20.4.

Andrea Hemberger(WGlen, SJ)
Track: 6)Region III 3200 11:43.0.

****Therese Fisher**(Los Gatos)
Cross Country: 21)Kinney W 17:59. Track: 4)Region III 3200 11:34.0, Best mile 5:07.82c, Best 2 mile 11:14.2.

Nora Baker(Del Mar, SJ)
Track: 5)Region III 3200 11:41.3.

CCS Region IV

Helen Muth(Soquel)
Cross Country: 1)Region IV 18:32, 6)CCS 18:33.92, 18)NorCal 17:55, 31)Kinney W 18:21. Track: 1)Region IV mile 5:24.0, 1)Region IV 2 mile 11:33.9, 6)CCS 2 mile 11:15.7.

Mona Lopez(Notre Dame, Sal.)
Track: 1)Region IV mile 5:30.0, 3)Region IV 2 mile 12:02.0, 12)CCS 2 mile 11:46.3.

Karen Cantonl(Aptos)
Track: 2)Region IV 800 2:22.0, 12)CCS 800 2:23.8.

***Trish Wilkinson**(King City)
Track: 3)Region IV mile 5:31.3.

Northern Section

Jim Frey(Yreka)
Cross Country: 1)Northern Athletic League, 2)Northern Section 15:18, 4)NorCal 14:31, 15)Kinney W 15:11, Ranked 11th in State. Track: 1)NS 1600 4:13.2, 2)State 1600 H1 4:15.4, 2)State 1600 4:10.32.

Kevin Allison(Anderson)
Cross Country: 3)NAL 15:35, 3)NS 15:20, 25)NorCal 15:06.

***Mike Weidlein**(Anderson)
Cross Country: 4)NAL 15:49, 7)NS 16:08, 29)NorCal 15:10.

****Mike Wall**(Lassen, Susanville)
Cross Country: 5)PATAJ JO 13:14 13:11, 3)TAC JO Reg 13 Youth Boys 14:09.8.

(Girls)

****Danae Dunlap**(Anderson)
Cross Country: 1)NAL 15:23, 1)NS 15:30.3. Track: 1)NS 3200 11:40.8.

***Donna Martin**(Enterp. Redding)
Cross Country: 3)NAL 15:49, 2)NS 15:31, 35)NorCal 18:38.

****Chris Mayle**(Oroville)
Cross Country: 1)EAL 12:46, 3)NS 15:41, 89)NorCal 20:06.

Jennifer Korte(Pl. Vly, Chico)
Cross Country: 3)EAL 13:16, 4)NS 15:49, 42)NorCal 18:47. Track: 1)NS 1600 5:21.5.

Britt Felner(Chico)
Cross Country: 2)EAL 13:02, 6)NS 15:50, 76)NorCal 19:46.

Oakland Section

Charlie Cypher(Skyline, Oak.)
Cross Country: 1)Oakland Section 14:08, 23)NorCal 15:03.

Sac-Joaquin Section

Team Championship (Boys)

Bella Vista (Fair Oaks), the defending champions, will be hard pressed to repeat a third consecutive year. With the graduation of Harold Kuphaldt (Univ. of Oregon) and Mike Lee (Arizona State Univ.), the Broncos, led by senior Mike Marotte and junior Nick Sparks, will have to challenge the preseason favorite in Jesuit (Carmichael). The Jesuit harriers are paced by senior Brett Stauffer (did not compete in 1981 section meet due to injury) and return their entire squad which finished third in 1981. In last year's championship meet (without Stauffer) Jesuit's entire seven man team finished within a 30 second span averaging 16:45 over the hilly Sierra College course.

Rounding out the remainder of the teams in contention for the team title are the first and second place finishers in last years junior race, Placer (Auburn) and Lodi, and the fourth and fifth place teams in last years varsity division, Vacaville and El Dorado (Placerville). Both of the varsity division teams have lost their top runner due to graduation—Wayne Bratter (Vacaville) and John Hansen (El Dorado)—and, consequently, their team success will rely heavily on the influx of talent from their sophomore and junior teams. South Tahoe, a perennial contender for the team title, will not be involved in the Sac-Joaquin Section this year, choosing instead to compete in Nevada.

Place	Team	1981 Team Placing
1	Jesuit(Carmichael)	Bella Vista
2	Bella Vista(Fair Oaks)	South Tahoe
3	Placer(Auburn)	Jesuit
4	Lodi	Vacaville
5	El Dorado(Placerville)	El Dorado

Individual Championship

In difference to last year when Harold Kuphaldt (Bella Vista, Fair Oaks)

dominated the individual races throughout the entire season, no "clear cut" favorite for the individual crown has emerged. From their performance in the 1981 cross country championship meets, three athletes are in contention for the individual title—Rod Curry (Christian Brothers, Sacramento), Jason Flamm (La Sierra, Carmichael), and Mike Larsen (Del Campo, Carmichael). Based on their performances during the past track season, Jason Flamm (4:19n, 9:14n, 15:03n (5,000m)) would appear to be the preseason favorite followed closely by Mike Larsen (4:16n, 9:33n).

Place Individual

- 1 Jason Flamm (La Sierra, Carmichael)
- 2 Mike Larsen (Del Campo, Carmichael)
- 3 Rod Curry (Christian Brothers, Sac.)
- 4 Brett Stauffer (Jesuit, Carmichael)
- 5 Alberto (Modesto)
- 6 Nick Sparks (Bella Vista, Fair Oaks)
- 7 Adcock (Placer, Auburn)
- 8 Mike Marotte (Bella Vista, Fair Oaks)
- 9 Chavez (Franklin)

Team Championship (Girls)

Although led by their outstanding junior duo of Liz McDowell and Stacey McAfee (second and fifth, respectively, in the 1981 championship meet), defending section champions Del Oro (Loomis) will find it difficult to retain their title against upstarts Del Campo (Carmichael) and El Dorado (Placerville). Runner up in the 1981 section meet, El Dorado is paced by sophomore Tammy Foster (seventh in last years meet) and Kim Payton. Led by sophomore Dionne Self (fourth in last years meet), the Del Campo harriers return their entire 1981 team which placed third at the section championships. With each of the top three teams led by outstanding individuals, the team title will be determined by the team strength in the final scoring positions. With the return of its entire 1981 team and the improvement indicated during the 1982 track season, Del Campo is ranked first followed closely by El Dorado and Del Oro in this extremely close team competition.

Rounding out the top five teams are last year's fourth and fifth place finishers—Vacaville and Merced. Vacaville is led by defending individual section champion Joni Mooney (a junior) with Merced's team paced by junior Kelly Donaldson. The preseason team rankings are as follows:

Place	Team	1981 Team Placing
1	Del Campo (Carmichael)	Del Oro(Loom)
2	El Dorado (Placerville)	El Dorado(Pirvl)
3	Del Oro (Loomis)	Del Campo(Carmich.)
4	Vacaville	Vacaville
5	Merced	Merced

Individual Championship

As in the selection of the girl's team champion, the girls individual champion will be determined from a number of outstanding competitors. As defending champion and undefeated last year against section competition, junior Joni Mooney (Vacaville) should successfully defend her cross country title. Individual capable of capturing the title should Mooney falter include juniors Liz McDowell and Stacey McAfee (Del Oro, Loomis), junior Sally Pinkner (Davis) the section 3200m champion and third in this meet last year, and Dionne Self (Del Campo, Carmichael) a sophomore.

Place Individual

- 1 Joni Mooney (Vacaville)
- 2 Liz McDowell (Del Oro, Loomis)
- 3 Stacy McAfee (Del Oro, Loomis)
- 4 Sally Pinkner (Davis)
- 5 Dionne Self (Del Campo, Carmichael)
- 6 Tammy Foster (El Dorado, Placerville)
- 7 Julie Van Horn (Kennedy, Sac.)
- 8 L. Bushling (Yuba City)
- 9 Kelly Donaldson (Merced)
- 10 Beth Tirapelli (Encina, Sac.)