

C.I.F. / Reebok State Cross Country Championships

On Saturday, November 28th, under beautiful skies at Fresno's Woodward Park, the first California State High School Cross Country Championships were held. It was a very special day! Reebok, sponsorship of the activity added a touch of class to the pageantry of the awards and all. The able Race and Result management of Bill Griffin, his Madera High School staff, the rest of the North Yosemite League, and the assistance of the very supportive greater Fresno Cross Country "family," helped the affair come off in line style.

Obviously, never before had there been such all-inclusive statewide competition in the sport and many of the results were quite interesting. Of the six team titles,

three went to season long favorites, Arroyo, (El Monte) in Men's Div I, Palos Verdes in Women's I, and McFarland in Men's III, with the other three races featuring good team competition for the championships. It was fitting that the final race of the afternoon, the Small Schools Ladies run, featuring a group of successful squads from the most geographically diverse setting, was the most wide-open in the Team Category, showing that good competition does not require student bodies of 2500 to draw from.

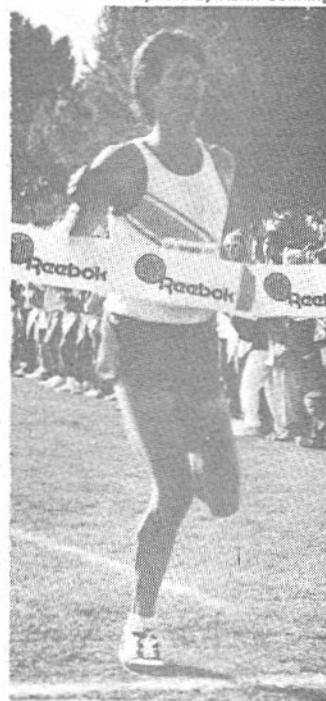
The state is simply the best in the nation in the sport, and we look forward to many future competitions at such a high quality as the first.

at Woodward Park. Sophomore Glenn Morgan of New Mexico ran 15:10 in the 1983 Kinney Western Regional. Scudamore placed third in 15:14. Quintana placed seventh in 15:30, the third fastest time ever by a freshman at Woodward Park. Only Dameworth (15:18 in 1986) and Enrique Ryan from Hawaii (15:25 in 1984) have run faster at Woodward Park.

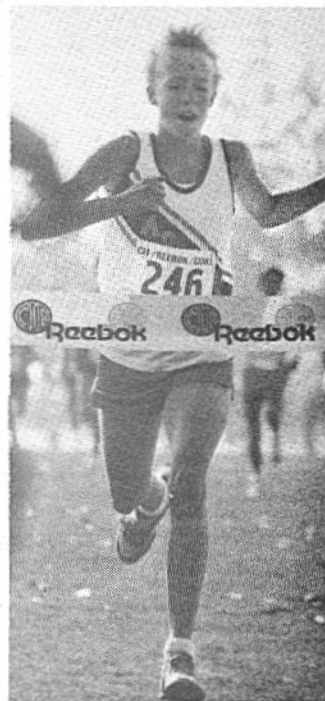
in the 4-A in 18:06 and 6th here in 17:51, senior Tracy Leichter, fifth in the 4-A in 18:18:22 and 18th here in 18:44, sophomore Heidi Dilberio (30th in 19:17), senior Leslie Fill (31st in 19:17), and junior Tracy Goodrich (38th in 19:28).

Agoura, the Southern Section 2-A Division champion (80 points and a 97:42 team time) coached by Bill Duley, placed second with 91 points and 95:23 team time,

photo by Keith Conning



Bryan Dameworth



Deena Drossin

In the girls' Division I race freshman Deena Drossin (Agoura), the Southern Section 2A champion at 17:46, led senior Brigid Freyne (Riverside Polytechnic), third in the Southern Section 4A at 18:11, by five yards coming off the hill at 7/8ths of a mile. The next pack with freshman Becky Spies (Livermore), the North Coast Section 3A champion in 17:57.2, was just crossing the road 25 yards behind. With a mile to go in the race Drossin had a commanding lead.

Palos Verdes, the Southern Section 4-A Division champion (36 points and a 94:12 team time) coached by Joe Kelly, was the first State Meet girls' team champion with 70 points and a 94:37 team time, fourth all-time at Woodward Park. The team was composed of junior Ashley Black, second

fifth all-time at Woodward Park. The team was paced by Drossin, who set a new freshman course record of 17:35. The old freshman course record of 17:43 was set by Tracey Williams (El Monte) in 1984. The other four members of the team were freshman Tiffany York (15th in 18:34), junior Tally Rowland (37th in 19:27), senior Cheyenne Zontelli (52nd in 19:49) and freshman Stacy Kristan (56th in 19:58).

Hesperia, second in the Southern Section 2-A Division (60 points and a 97:31 team time) coached by Joe Gomez, placed third with 112 points and a 94:24 team time,

Division I

by Keith Conning

The first California Interscholastic Federation State Track Meet was held at Fresno High School on April 3, 1915. Seventy-two years later the first CIF State Cross Country Meet was held at Woodward Park in Fresno on November 28, 1987.

On Friday afternoon a number of teams and individuals jogged over the 5,000 meter course in preparation for Saturday's races. There was electricity in the air. I didn't get this feeling when attending the Kinney Western Regional meets. This is what many coaches like Steve Spraker (Saugus) and Greg DeNiko (Arroyo Grande) had worked hard for. The North Yosemite League of the Central Section had done a wonderful job of preparing the course for the runners. Now it was time for the harriers to do their thing.

Senior Jose Vasquez (Hanford) of the Central Section led by three strides coming off the hill at 7/8ths of a mile into the race. He was followed by senior David Scudamore (Palos Verdes), the Southern Section 4-A champion at 15:11, and senior Eric Bellamy (Moreau, Hayward), second in the North Coast Section 3A at 15:09. Freshman Luis Quintana (Arroyo Grande), who set a freshman course record at Mt. SAC while placing third in the Southern Section 2-A in 15:23, senior Goshu Tadese (Crawford, San Diego), the San Diego Section 2A champion and sophomore Bryan Dameworth (Agoura), fourth in the Southern Section 2A in 15:25, were tucked in behind. Returning with a mile to go Scudamore led Tadese by a stride with Dameworth ready to make his winning move on the leaders.

Arroyo (El Monte), the Southern Section 3-A champion (51 points and a 79:29 team time at Mt. SAC) coached by Tim O'Rourke, became the first State Meet boys' team champion by winning Division I (1601 or more students) with a score of 41 points. They placed three runners among the top

ten place finishers! The all-senior team was composed of Jamie Ortega, third in the 3A in 15:30 and 4th here in 15:23, Jeff Gilkey (6th in 15:29), Derrick Powers, fifth in the 3A in 15:35 and 10th here in 15:31, Gerardo Puentes (20th in 15:55), and Mike Deitch (37th in 16:05).

Arroyo set a new course team record of 78:23. The old team record of 79:07 was set by Jesuit (Carmichael) in 1985 with Eric and Marc Mastalir.

Dana Hills (Dana Point), the Southern Section 4A champion (63 points and a 79:28 team time) coached by Tim Butler, placed second with 115 points and a team time of 80:19, ninth best all-time at Woodward Park. Their team was composed of junior Mike Tansley, second in the 4A in 15:29 and 12th here in 15:46, senior Javier Barrera (13th in 15:49), senior Fermin Segura (41st in 16:06), junior Andrew Tansley (48th in 16:10), and senior Jerry Kurlak (68th in 16:28).

Bellarmine (San Jose), the Central Coast Section Division I champion (15 points and a 77:12.1 team time at Crystal Springs, Belmont) coached by Terry Ward, placed third with 124 points and a team time of 80:35, 13th best all-time at Woodward Park. They had a margin of just 20 seconds between their first and fifth runners. Their team was composed of senior Ian Champeny, the CCS Division I champion in 15:14.6 and 28th here in 16:00, senior Torre Pena, second in CCS Division I in 15:21.1 and 32nd here in 16:02, junior Peter Fisher, fifth in CCS Division I in 15:34.6 and 35th here in 16:04, senior Andy Zoldak, third in CCS Division I in 15:22.8 and 46th here in 16:09, and senior Chuck Ross, sixth in CCS Division I in 15:39.0 and 54th here in 16:20.

Dameworth returned to his form of last year with a narrow victory over Tadese an Ethiopian--15:12 to 15:13. Dameworth's time is the second fastest by a sophomore

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Prep Notes

third all-time at Woodward Park. They placed three runners in the top ten and had the fastest team time. The team was led by sophomore Nicole Robbins, fourth in the 2A at 18:35 and fourth here in 17:50, equal sixth all-time sophomore at Woodward Park. The other four members of the team were senior Robbyn Bryant, fifth in the 2A at 18:39 and 5th here in 17:51, senior Nicole Houle (10th in 18:20), sophomore Margaret Bell (68th in 20:13), and sophomore Jeni Morrow (80th in 20:30).

Junior Reyna Cervantes (Montebello), the Southern Section 3-A champion at 17:54, placed second in 17:43. Senior Jennifer Ashe (Leland, San Jose), the Central Coast Section Division I champion at 17:37.7, took third in 17:45.

Boy's Individuals

1	Bryan Dameworth (Agoura)	15:12
2	Goshu Tadese (Crawford)	15:13
3	David Scudamore (Palos Verdes)	15:14
4	Jamie Ortega (Arroyo)	15:23
5	Terrence Mahon (LaHabra)	15:29
6	Jeff Gilkey (Arroyo)	15:29
7	Luis Quintana (Arroyo)	15:30
8	Francis O'Neill (San Pasqual)	15:30
9	Bobby Rodriguez (McLane)	15:31
10	Derrick Powers (Arroyo)	15:31
11	Marco Ocegvera (Rubidoux)	15:41
12	Mike Tansley (Dana Hills)	15:46
13	Javier Barrera (Dana Hills)	15:49
14	Ron Mario (Modesto)	15:50
15	Abe Valdez (Camarillo)	15:52
16	Brian Rivers (Moreau)	15:53
17	Andy Kashuba (Casa Robles)	15:53
18	Cory Davis (Vacaville)	15:54
19	Jose Vasquez (Hanford)	15:54
20	Gerardo Puentes (Arroyo)	15:55
21	Pete Burks (Upland)	15:56
22	David Riggins (Serra)	15:56
23	Damian Capozzola (P.V.)	15:57
24	Bennie Cravatt (P.V.)	15:57
25	John Fugler (Del Campo)	15:58

Boy's Teams

1	Arroyo	41
2	Dana Hills	115
3	Bellarmine	124
4	Camarillo	141
5	Palos Verdes	141
6	Upland	143
7	Poway	172
8	Serra	232
9	Del Campo	232
10	Vacaville	234
11	San Ramon	247
12	Madera	259
13	Antioch	325
14	Live Oak	355
15	Clovis West	367
16	Shasta	442
17	Oakland	498
18	Lowell	557

Girl's Individuals

1	Deena Drossin (Agoura)	17:35
2	Rayna Cervantes (Montebello)	17:43
3	Jennifer Ashe (Leland)	17:45
4	Nicole Robbins (Hesperia)	17:50
5	Robbyn Bryant (Hesperia)	17:51
6	Ashley Black (Palos Verdes)	17:51
7	Becky Spies (Livermore)	18:10
8	Jena Haggemiller (ThousOaks)	18:11
9	Brigid Freyne (Riverside Poly)	18:15
10	Nicole Houle (Hesperia)	18:20
21	Alison Maxwell (Univ.City)	18:23
12	Maricela Benavides (SantaAnaV)	18:27
13	Teresa Sandoval (Montebello)	18:28
14	Phuong Sies (Fremont)	18:30
15	Tiffany York (Agoura)	18:34
16	Jamie Park (Santa Barbara)	18:40
17	Beth Bartholomew (Fremont)	18:41
18	Tracy Leichter (PalosVerdes)	18:44
19	Jessica Craven (Camarillo)	18:49
20	Ann Kuphaldt (Bella Vista)	18:53
21	Jamie Butler (San Dieguito)	19:00
22	Kristina Hand (Fallbrook)	19:02
23	Evie Barry (Santa Teresa)	19:04
24	Andrea Trujillo (Madera)	19:12
25	Denise Condit (Arroyo)	19:14

Girl's Teams

1	Palos Verdes	70
2	Agoura	91
3	Hesperia	112
4	Montebello	139
5	Arroyo Grande	174
6	Poway	192
7	Madera	203
8	Vacaville	207
9	La Jola	210

Division II

Premate favorite Kira Jorgensen (Rancho Buena Vista, Vista) did not disappoint, as she led the race from start to finish recording the day's fastest time of 17:34. The defending state mile champion looked impressive as she powered through splits of 5:19.4 (one mile) and 11:12.8 (two mile) on her way to a 75 yard victory. The real race was for second place, where sophomores Karen Hecox (South Hills, Covina) and Tina Gorbelt (Lassen, Susanville) battled for two miles before Hecox pulled away for second place (17:48-18:01). In the team championship, junior Stacy Pando's ninth place led her Newport Harbor teammates to a 19 point victory over Woodbridge (Irvine) (87 points to 106 points). Joining Pando on the championship team were sophomore Kim Robinson (13th), Junior Maggie Steinhauser (31st), junior Lena Dabbour (40th), and sophomore Heather Webb (55th).

The boys individual competition was a contest between Walnut Junior Scott Hemple and Christian Brother's (Sacramento) senior Ben Ayers. The two competitors were in the top group passing one mile in 4:43.9. At two miles in 9:50.4 Hemple held a five yard lead which Ayers quickly made up with an extended surge, giving him a ten yard lead with about one mile to go. The talented junior was not to be denied, as he made up Ayer's small advantage and pulled away to a 35 yard victory. Led by Scott Hemple's first place finish, the Mustangs ran away with team title scoring a low 40 points to second place

photo by Keith Conning



Scott Hemple

10	Leland	219
11	Los Gatos	232
12	California	233
13	Casa Roble	327
14	El Cerrito	367
15	Foothill	377
16	Shasta	404
17	Howgell	415
18	Skyline	556

by Steve Fagundes

Corona del Mar's 63 points. In addition to Scott Hemple, the Walnut group was composed of senior Coby Polite (8th), junior Eric Christopherson (11th), junior Matt Hemple (12th), and senior Darren Walker (38th).

Girl's Individuals

1	Kira Jorgensen (Ran.BuenaV)	17:34
2	Karen Hecox (South Hills)	17:48
3	Tina Gorbelt (Lassen)	18:01
4	Sandra Acosta (Walnut)	18:14
5	Kristi Bache (Univ.S.D.)	18:44
6	Cindy Mahaffey (Carlmont)	18:46
7	Karen Karcher (Ramona)	18:47
8	Suzanne Castruita (W.Covina)	19:02
9	Stacy Pando (NewportHarbor)	19:06
10	Killeon Kassis (St.Francis)	19:08
11	Suzanne Jones (Carlmont)	19:09
12	Amy Robles (Woodbridge)	19:13
13	Kim Robinson (NewportHarbor)	19:13
14	Barbie Sittman (Placer)	19:17
15	Sarah Riley (Campolindc)	19:19
16	Courtney Clark (LosLomas)	19:21
17	Amy Reed (El Camino)	19:22
18	Roberta Moronez (Azusa)	19:24
19	Julie Meade (Carlmont)	19:24
20	Dana Bjensen (Campolindo)	19:30
21	Thea Roberts (ArchbishopMitty)	19:36
22	Janet Bowie (Woodside)	19:37
23	Becky Petty (Golden West)	19:38
24	Kerry Sivaletti (Mitty)	19:39
25	Christy Olivera (W.Valley)	19:41

Boy's Individuals

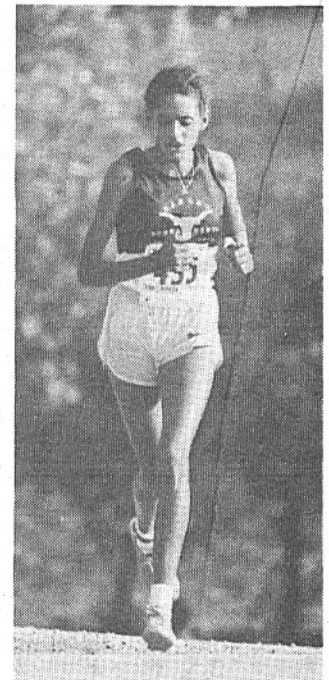
1	Scott Hemple (Walnut)	15:22
2	Ben Ayers (Christian Bros)	15:29
3	Mike Glaze (Notre Dame)	15:32
4	Jim Goerlings (NewportHarb)	15:33
5	Brett Mack (Claremont)	15:37
6	Eddie Lavelle (Corona del Mar)	15:39
7	Richard Duran (Wasco)	15:41
8	Coby Polite (Walnut)	15:44
9	Gary Stoltz (Miraleste)	15:48
10	Jim Robins (Corona del Mar)	15:50
11	Eric Christopherson (Walnut)	15:51
12	Matt Hemple (Walnut)	15:54
13	Mike Dixon (Newport Harbor)	15:58
14	Greg Shryock (Corona del Mar)	15:59
15	Alex Zamora (Coachella Vly)	16:00
16	Kyle Bailey (Azusa)	16:01
17	Joe Amand (James Lick)	16:04
18	Kevin Berkowitz (Hayward)	16:05
19	Andy Bupp (Woodside)	16:07
20	Dino Oliveras (Sonora)	16:07
21	Rich Heppenthal (Woodbridge)	16:08
22	Joey Rodriguez (SanLorenzoVly)	16:08
23	Jason Anderson (Lassen)	16:09
24	Steve Dohman (Woodbridge)	16:12
25	Stefan Wynn (St.Francis)	16:15

Division III

by Doug Speck

Division III - Men

The Division III Men's division was really a neat part of this first ever California State Championships in the sport. With school-size divisions in different sections hard to gauge for comparisons or non-existent in some, it was very easy to disregard school size in looking at the sport and focus on the big guys, who when drawing from two or three thousand students in enrollment, would seem to have an obvious talent pool advantage. So, finally here we were with



Kira Jorgensen

Girl's Teams

1	Newport Harbor	87
2	Woodbridge	105
3	Archbishop Mitty	120
4	South Hills	168
5	Nordhoff	175
6	Miramonte	209
7	Willow Glen	213
8	Campolindo	215
9	Morro Bay	239
10	Lassen	240
11	Sonoma	261
12	Ramona	272
13	Rancho Buena Vista	276
14	El Dorado	282
15	Chico	380
16	Golden West	405
17	Sanger	417

Boy's Teams

1	Walnut	40
2	Corona del Mar	63
3	Gunn	144
4	El Camino	161
5	Woodbridge	181
6	Newport Harbor	188
7	Castro Valley	203
8	Jesuit	204
9	St. Francis	204
10	Azusa	223
11	Acalanes	240
12	Golden West	239
13	Manteca	317
14	Lassen	329
15	Paradise	386
16	Sanger	390
17	Rancho Buena Vista	452

everybody under 800 students together from across the State in a Championship race.

As the season went along it was obvious that McFarland was the Division's best, being ranked at the top or near of the the entire 112 school Central Section all year long. A trip South to the Mt. SAC Invitational featured a squashing of all of the top Smaller Schools from that area in a Small Scholls Sweepstakes race there, and the school of under 500 students was

Prep Notes



ranked #1 statewide in Division III from the mid-season on. Coach Jim White cranked the troops up one more time here, and while it took a while for the fifth runner, Danny Diaz (91st overall, 68th in team scoring) to come along, the up-front strength (2-6-10-13 in team scoring) carried the Cougars to victory with 99 points. McFarland had its first four in long before any other team's third to ice the win after an aggressive start. That was not hard to figure out, but the battle for second was something else. Seven squads finished within 46 points in the battle for position two through eight, with a surprising Robert Louis Stevenson group from Pebble Beach emerging to nip Yreka 145-153 for the runner-up position. The Central Coast Section group gapped a tight 41 seconds for five and earned about a zillion times more publicity than that school had ever received in the sport.

Individually, there were some hot people here. Scott Cole (Yosemite, Oakhurst) has a 9:07.99 3200m best and had a good series of Fall races, with Reggie Williams (River City, West Sacramento) a 9:20.6 track best and strong season thus far. Amazingly, Williams is also a part of his School's Basketball team, having already played in games for the school. The two favorites focused a bit of their tactics on each other, with Williams later stating that he planned to go out with Cole and see what plans Scott had after the Mile. With a group in tow at 4:49, it was on the short hill section prior to two miles that the smooth-striding Black Sacramentan edged away from Cole, felt no response, and sensed the race was his. After a mid-(9:50) clocking at the two mile point, Williams romped away to a near 100 yard victory at 15:29, with Cole (15:44) in second a ways ahead of Brian Ochs (Mission College Prep, SLO) 15:53.

Division III - Women

This was the most interesting division of the entire day to try to figure out beforehand. It is challenging to try to come up with a solid five scorers when you are trying to field other sports during the same season at a school with less than 400 female students. It turned out one did here, but more about that later.

Legitimately there were six schools from around the State with a chance. Coronado had emerged at Mt. SAC time to be considered the Division's best statewide, with St. Joseph (Santa Maria) a power here (even though they were buried at 6th in the Southern Section 2A). Yreka, Bret Harte (Angel's Camp), and University (San Francisco, but a part of the North Coast Section) emerged as easily the best from their areas of the State, with Maranatha (Sierra Madre-Southern Section 1A Champs) interesting in that their pack included no one of the quality on top that any of the other top teams had. Coach Ken Cronquist at Maranatha has gained a reputation down South of coming to the championship races and lopping more than a couple of minutes from a team's overall time, and he carried that philosophy forward a couple of weeks this year here. Claiming lately that his squad's goals all season long centered around this race the Sierra Madre private school's effort here was simply the best by any squad in any division during the day. On a course here that runs obviously a lot flatter but a little longer than the hilly Mt. SAC Southern Section Championship course, and appears to be just a touch faster, the Maranatha group was amazing, averaging a minute better per runner to finish with five before any other squad's fourth in winning over University 72-93. Moving strongly the last two miles after Coronado was the leading group through a mile, Maranathan gapped right at a minute for five, with University and others at least twice that

much. Maranatha also has a highly ranked team in the State Volleyball playoffs.

Individually, Katy McCandless (Castilleja, Palo Alto) was the overwhelming favorite here, as last year's Kinney Western Regional winner took her Central Coast Section Division by over two minutes and showed a new emphasis on running form with a snappy, efficient style this year. Blasting a 5:22 opening first mile Katy had a big lead that she had stretched to about eighty yards through two miles in the mid 11:20's over some good people (Tanya Thayer, Serrano, Phelan) and Sharmen Duggar (Coronado). Cruising comfortably, Katy had easily the day's largest margin of individual victory, 26 seconds, in her 17:51-18:17 win over Thayer.

Boys' Individuals

1	Reggie Williams (RiverCity)	15:29
2	Scott Cole (Yosemite)	15:44
3	Brian Ochs (Mission College)	15:57
4	Hector Ortiz (Orrestimba)	16:00
5	Bob Baca (Bear River)	16:06
6	Ricky DeLeon (Moorpark)	16:07
7	Thomas Valles (McFarland)	16:13
8	Dave Wester (Maranatha)	16:26
9	John Haber (Serrano)	16:29
10	Ryan Coady (Village Christian)	16:30
11	Eric Kinney (Pinewood)	16:35
12	Johnny Samaniego (McFarland)	16:38
13	Jeff Gerken (Bear River)	16:38
14	Josus Perez (York)	16:41
15	Andrew Boudreau (Village Chris)	16:42
16	Victor Puentes (McFarland)	16:44
17	Tony Chavez (Serrano)	16:45
18	Scott Rose (Quincy)	16:48
19	Kevin Delany (LaSalle)	16:49
20	Alfredo DeLeon (Moorpark)	16:50
21	Dan Shuteroff (Yreka)	16:51
22	Damacip Diaz (McFarland)	16:52
23	Jim Burns (RL Stevenson)	16:53
24	Jason Ravenscroft (Yreka)	16:54
25	Allen Moss (Calaveras)	16:58

Boys' Teams

1	McFarland	99
2	RL Stevenson	145
3	Yreka	153
4	Salesian	163
5	Bear River	165
6	Maranatha	173
7	Village Christian	186
8	York School	191
9	Serrano	222
10	Bishops	236
11	Army/Navy	236
12	Bishop	248
13	University	279
14	Firebaugh	324
15	Head Royce	371
16	Wheatland	379
17	Calaveras	404

Girls' Individuals:

1	McCandless (Castilleja)	17:51
2	Thayer (Serrano)	18:17
3	Duggar (Coronado)	18:19
4	Hillinger (Serrano)	19:03
5	Marino (St. Joseph)	19:04
6	Talamantes (Whittier Chris.)	19:18
7	McConnell (University)	19:27
8	Lewis (Santa Catalina)	19:29
9	Waters (Bishop)	19:30
10	Smith (University)	19:33

Girls' Teams:

1	Maranatha	72
2	University	93
3	Coronado	118
4	St. Joseph's	128
5	Bret Harte	163
6	Yreka	169
7	Paraclete	178
8	San Joaquin Memorial	182
9	McFarland	214
10	Moorpark	236



Reggie Williams



Katy McCandless

photo by Keith Conning

photo by Keith Conning



1002-Jose Vasquez (Hanford), 211-Dave Scudamore (Palos Verdes), 1022-Eric Bellamy (Moreau), 1082-Bryan Dameworth (Agoura).