| Gi | ris Teams: | |
|----|----------------------------------|-------|
| 1 | Santa Catalina (Monterey) | 15 |
| | (Only Complete Team) | |
| Gi | ts Individuals: | |
| 1 | Rachel Lewis (Santa Catalina) | 18:41 |
| 2 | llene Duncan (Santa Catalina) | 22:29 |
| 3 | Sarah Hamilton (Stevenson) | 22:33 |
| 4 | Becky Stirling (Santa Catalina) | 22:45 |
| 5 | Joanne Nadherny (Santa Catalina) | 23:11 |
| 6 | Caroline Pierce (Stevenson) | 23:24 |
| 7 | Diaz-Brown (Santa Catalina) | 23:37 |
| 8 | Laura Lotz (Santa Catalina) | 25:21 |
| 9 | Kirsten Silvey (Santa Catalina) | 2525 |
| 10 | Ira Budiono (Redwood Christian) | 26:34 |

CIF Reebok State X-C Meet

November 26. Woodward Park, Fresno.

Division I

By Keith Conning

Boys

Dana Hills, second in the State Meet last year with 115 points and the Southern Section 4A champion, won the team championship by 33 points with 91 points. Their team time was 79:21, which is the fourth best men's team time on this course. Last year their team time was 80:19, so they improved by 58 seconds. Their team was composed of senior Mike Tansley (5th place and 2nd place after individual displacement in 15:21), senior Steve Niednagel (16th/9th 15:42), senior Andrew Tansley (17th/10th 15:42), sophomore Daniel Niednagel (25th/13th 15:54), and sophomore Brendan Sullivan (89th/57th 16:42).

Rowland, the Southern Section 3A champion, placed second with 124 points. Their team time was 80:18, which is tied for tenth all-time. Their team was composed of senior Ernie Delgado (11th/6th 15:30), senior Anthony Delgado (26th/14th 15:54), senior Brian Johnson (27th/15th 15:54), senior Russ Hinman (62nd/36th 16:22), and sophomore Britten Loven (85th/53rd 16:38).

Poway, seventh in the State Meet last year with 172 points and the San Diego Section champion, placed third with 128 points. Their team time was 80:35, which is 20th all-time. Their team was composed of senior Dean Cortez (29th/16th 15:56), senior Bill Aronson (31st/18th 15:57), senior Ed Paz (47th/29th 16:10), senior John Schnurer (50th/30th 16:11, and freshman Nate Arnold (61st/35th 16:21).

Junior Bryan Dameworth (Agoura), the defending State Meet champion at 15:12 and second in the Southern Section 2A, won in 15:03. This is the fifth best time by a junior. Senior Mike Williamson (Thousand Oaks), the Southern Section 4A champion, placed second in 15:04. Senior Jimmy Rodriguez (Santa Ana Valley), fourth in the Southern Section 4A, placed third in 15:05.

Competition is fierce at the State Meet. The first three runners were separated by only two seconds! If you look back at last year's results, you will also find the same margin. However, this year the first four runners ran faster than last year's winner.

Girls

Palos Verdes, the defending State Meet champion with 70 points and the Southern Section 4A champion, won the team championship by 43 points with 65 points. Their team time was 95:46, which is the seventh best women's team time on this course. Their team time last year was 94:37. Their team was composed of senior Ashley Black (4th/3rd 18:03, freshman Maya Mureno (23rd/12th 19:17), sophomore Joanne DellaCatta (27th/14th 19:22), Traci Goodrich (30th/17th 19:28), and sophomore Karen Zareski (36th/19th 19:35).

Agoura, second in the State Meet last year with 91 points and the Southern Section 2A champion, placed second with 108 points. Their team time was 96:42, which is the 13th best all-time. Their team time last year was 95:23. Their team was composed of sophomore Deena Drossin, the defending State Meet champion at 17:35 and second in the Southern Section 2A (3rd/2nd 17:55), sophomore Tiffany York (16th/5th 18:55), junior Sheyanne Zontelli (42nd/22nd 19:40), sophomore Michelle Schultz (64th/37th 20:01), and sophomore Stacey Kristan (70th 20:11).

San Pasqual (Escondido), the San Diego Section champion, placed third with 119 points. Their team time was 98:03, which is the 16th best all-time. Their team was composed of senior Michelle Keim (17th/6th 18:57), freshman Deanna Hadley (20th/9th 19:07), junior Kelly Fay (46th/25th 19:43), freshman Jeni Villasenor (51st/19:49), and freshman Jeni Blunt (82nd/51st 20:27).

Senior Kira Jorgensen (Rancho Buena Vista, Vista), the State Meet Division II champion last year at 17:34 and the San Diego Section champion, won in 17:42. Senior Rayna Cervantes (Montebello), second in the State Meet last year at 17:43 and the Southern Section 3A champion, placed second in 17:50.

Division II

By Steve Fagundes

The Division II girt's individual competition was really a repeat of last year's race for second and third. With Kira Jorgensen (Rancho Buena Vista, Vista) "graduated" to Division I competition, the heir apparent to the individual title appeared to be junior Karen Hecox (South Hills, Covina). The reigning state two mile champion took the race out in 5:26.5 followed closely by junior Tina Gorbet (Lassen, Susanville) and Sandra Acosta (Walnut). Powering through the back loop of the course, Hecox and Gorbet had

dropped the remaining competition by two miles (11:41.9) and were battling each other for the state crown, just as they did for second place in last year's race. Despite missing a month of the cross country season with a foot injury, Gorbet fought hard in the last mile, but was overcome by the unrelenting Hecox (18:01 to 18:17). In the team competition, senior Stacey Pando again led her Newport Harbor teammates to the team championship, duplicating her ninth place finish from last year. Joining Pando on the championship Newport Harbor team were Lena Delbour (19th), Eva Matson (27th), Kim Robinson (33rd), and Sandra Ruffini (40th). Yucaipa finished a surprising second in the team competition paced by the 24th place finish of Carrie Stubbs.

In the boy's individual competition, defending champion Scott Hempel (Walnut), senior David Welsh (Jesuit, Carmichael), and Corona Del Mar's Eddie Lavelle ran comfortably in the middle of the front pack (about 4:48) as Juan Romero (Arvin) led the race at 4:42.1. By the two-mile mark, the Walnut senior had moved into second place off the shoulder of Steve Frisone (Laguna Hills), who led the race at 9:53.3, with Welsh and Lavelle close beind. The final mile was the determining factor, as Hémpel held off Welsh's stirring challenge to retain his state crown (15:15 to 15:20) with Lavelle finishing third in 15:24. In the meet's closest team competition. Corona Del Mar moved up a notch from last year to capture the team championship over a tough Jesuit squad (72 points to 80 points). In addition to Lavelle, the Corona Del Mar group was composed of Greg Shryock (15th), Chris Cannon (25th), Paul Scott (28th), and Hunter Pierce (48th).

Division III

By Doug Speck

Boys

The Small School level Championship runs at the State Cross Country Meet are in many ways the most interesting. It is the division where there was once again more geographic diversity than any other, with a special challenge for these schools in fielding a strong team in the sport with less than 350 students of each sex in your school. For some unexplained reason the State made the decision to drop enrollment in this division by 100 students from last year, thus eliminating a number of squads who were in this Meet last year.

The struggle for the team title here evolved like a fine story over the final third of the season. Last year's champion, McFarland, with about all of that squad back, was the season long favorite. They had traveled South and once again squashed the best from that area in a Mt. SAC Invitational race win, and had perfect scored the Central Section Finals run at their level (with a team time of 84:46 on the Woodward Park

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State Course). A Piedmont High squad that would be right in the action here was unfortunately forced by the North Coast Section to run in the same State School size division as the rest of its League, which turned out to be in Division II here. The Bay area school of 609 students (1987-88 CBED figures) thus missed a chance to be State Champions and would be forced to compete against schools two and one-half times their size at Fresno. Sherman Indian (Riverside), under new Coach Tom Colley. had developed nicely as a group as the year went along, winning their race at Mt. SAC after they entered late and were not placed with McFarland, and racing 84:21 to win the Southern Section 1A title. Sherman has an amazing tradition, having taken six Southern Section divisional titles since 1980. It was a shame that Piedmont was not along, but McFarland and Sherman matched up about perfectly even, man for man, on paper. For many runners the Mt. SAC and Woodward Park courses run very close in time, with the closeness of the teams obvious from their Section Finals runs. These were two teams that were easy to spot in the actual race itself, with the McFarland team in all-white, wearing long-sleeve white t-shirts for a iersey, with Sherman in its purple and gold uniforms.

McFarland decided to blitz out, having the first three places after the first 220 yards. with all of its team in the first fifteen places at that point. Sherman had a milder strategy, with its team up within the first third of the pack at the start. Things slightly changed through the mile. University of San Francisco's Matt Metzger lead through that point just under 4:50 with Sherman's front runners, Melvin Kenton and Val Nevayaktewa, running 2-4. The Indians had four in the top fifteen at this point in the race with McFarland's first athlete in eleventh. The team race was not even close at that point, with the Southerners in solid control. By the downhill segment at one and three-quarter miles just before the course's one big hill the Sherman group had four in the top ten and that group was all ahead of McFarland's first man. A group of Southern Section individuals, led by Oscar Perez (Pater Noster, LA) and soph Oscar Montes (Maranatha. Sierra Madre), continued to chase Metzger individually. The University runner was 10:10 through two miles with about a 10 yard lead over Perez, and Metzger continued to run strong, winning eventually by 40 yards in 16:00. Sherman continued to hang tough, finishing 4-6-9-12, with McFarland's first athlete at 17th, McFarland athletes filtered in about every five or ten places after that with four of them coming in ahead of Sherman's fifth at 65th (which translated to 40 points when all the individuals allowed in here were filtered out). There was no way McFarland had a chance against the up-front strength of Sherman, as the Indians totaled 58 points (84:17 team time). Shockingly, McFarland was not even close to second, as Maranatha totaled 103 (86:22), R.L. Stevenson 130 (87:45), with Thacher (Ojai)

even ahead of the Central Section school after sixth runners were counted back to 133 (87:48)-133 (87:40). Remember, McFarland had run 84:46 recently on this course in their Section Finals race. Sherman only has two seniors on the team that raced here, with individual winner Metzger, who interestingly is at a school that does not have a track team (he looks like a 9:30 type 2 miler), also back next year. Meanwhile, Piedmont was fifth against much bigger schools in the Division II run at 84:11, racing without 1:51.69 800 meter star Gordon Johnson, who was ill. There is no question that the North Coast Section school is the best in the state at this size, so it is a shame that they could claim that honor on the course here.

Girls

Last year's team champions Maranatha (Sierra Madre) developed nicely as the season went along. Coach Ken Conquist does as much as anyone with the talent he is given and it looked like he had the troops ready. Ready they would be to improve their personal bests, but a very, very talented group came down from the Sac-Joaquin Section to steal away the title this time. Bret Harte (Altaville) has some super young lady runners, with Tanya Dooley, among the nation's best track athletes with a 53:95 best for 400 meters, joined by frosh Amy Davidson near the front of their Fall races. Bret Harte raced 101:37 on the Sierra College course at Rocklin in a Section competition, a course that seems to run about the same in time as Mt. SAC, where Maranatha raced 104:40 to win the Southern Section 1A title.

In the race here, Karen Talamantes (Western Christian, Covina) had the narrow lead through the mile at about 5:45. The team race was pretty essentially over at this point, as Bret Harte had five runners in the top fifteen places, and looked strong. Maranatha only had one athlete in that top part of the action. By the base of the hill just before two miles Talamantes continued to run tough, with the 11:36.0 3200m runner from the South holding on to a 20 yard lead over 11:0-1.96 runner Rachel Lewis (Santa Catalina, Santa Cruz). Bret Harte was still running great, with their snake of scorers running through the low 20's placewise. Maranatha still only had one athlete breaking into the Bullfrog's top five. Lewis made an obviously planned move right at the two mile mark, passed in 12:00, moving to a 10 yard lead in just a 50 yard segment at that point. Amy McConnell (University, San Francisco) and Jean Harvey (Paraclete, Lancaster) were a bit back of the leaders in places 3-4 at the two mile. Talamantes never gave up, staving very close to Lewis until the final 220 yards, where Lewis's aggressive arm drive carried her in 25 yards ahead of the persistent Southern Section star 18:50-18:54. Bret Harte carried their race through to the finish, placing their five scorers between Amy Davidson in 7th (19:57) and 22nd, with Maranatha able to squeeze three athletes in to break those scorers up. Harte totaled 54 points (101:17) with Maranatha 102 (103:51). You would probably have to go pretty far to find a school of 640 students better than Bret Harte.

RESULTS

Division I - Boys

Bryan Dameworth (Agoura) 15:03, 2. Mike Williamson (Thous. Oaks) 15:04, 3. Jimmy Rodriguez (Santa Ana Vly) 15:05, 4. Francis O'Neill (San Pasqual) 15:06, 5. Mike Tansley (Dana Hills) 15:21, 6. Todd Lewis (Burbank) 15:22, 7. Dave Hartman (Carryon) 15:25, 8. Martin Morales (Wilson) 15:26, 9. Luis Quintano (Arroyo Grande) 15:27, 10. Craig Lawson (Granada Hills) 15:28.

11. Ernie Delgado (Rowland) 15:30, 12. Jeremy Sevan (DeLsSalle) 15:31, 13. Nativdad Gaona (Belmont) 15:34, 14. Jeff Hugbay (Santana) 15:35, 15. Kevin Holbrook (Vacaville) 15:39, 16. Steve Niednagel (Dana Hills) 15:42, 17. Andrew Tansley

(Dana Hills) 15:42, 18. Shawn Goetzinger (Camarillo) 15:44, 19. Rob Scott (San Ramon) 15:45, 20. Obed Aguirre (San Fernando) 15:46.

21. Danny Jordan (Venice) 15:48, 22. Abe Valdez (Camarillo) 15:49, 23. Cory Davis (Vacaville) 15:50, 24. Jorge Rodriguez (Fallbrook) 15:53, 25. Daniel Niednagel (Dan Hills) 15:54.

1. Dana Hills 91, 2. Rowland 124, 3. Poway 128, 4. Camarillo 141, 5. Del.aSalle 174, 6. Del Campo 181, 7. Camyon 226, 8. Aroyo Grande 236, 9. Belmont 239, 10. Bellarmine 243, 11. Casa Robles 261, 12. Madera 292, 13. Wilson 320, 14. Santa Rosa 324, 15. San Pasqual 332, 16. Live Oak 337, 17. Clovis West 442, 18. Lowell 466, 19. Shasta 555.

Division I - Girls

1. Kira Jorgensen (R.B.Vista) 17:42, 2. Rayna
Cervantes (Montebello) 17:50, 3. Deena Drossin
(Agoura) 17:55, 4. Ashley Black (Palos Verdes)
18:03, 5. Beth Bartholomow (Fremont) 18:18, 6. Nicole Robbins (Hesperia) 18:20, 7. Jamie Park (Santa Barbara) 18:25, 8. Shelley Taylor (Edison)
18:28, 9. Chrissy Look (Nova) 18:37, 10. Tanya
Brix (University) 18:37.

11. Tara Bernhart (Poway) 18:43, 12. Kelly Young (Grossmont) 18:46, 13. Suzanne Castruita (West Covina) 18:47, 14. Sandy Belding (Quartz Hill) 18:50, 15. Heather Wyatt (Hanford) 18:52, 16. Tiffnay York (Agoura) 18:55, 17. Michelle Keim (San Pasqual) 18:57, 18. Evie Barry (Santa Toresa) 19:00, 19. Lwery Persephone (Norco) 19:03, 20. Deanna Hadley (San Pasqual) 19:07.

21. Brooke Prichard (Vacaville) 19:07, 22. Kimik Anderson (Santa Teresa) 19:13, 23. Maya Muneno (Palos Verdes) 19:17, 24. Mary Ann Barrientos (Madera) 19:18, 25. Anne Wedum (San Leandro) 19:21.

Teams:

 Palos Verdes 65, 2. Agoura 108, 3. Saratoga 119, 4. Montobello 155, 5. Norco 158, 6. Hesperia 174, 7. Santa Teresa 202, 8. Mt. Camel 210, 9. Clovis West 224, 10. Vacaville 228, 11. Madera 291, 12. Bella Vista 296, 13. Leland 318.

Division II - Boys

1. Scott Hempel (Walnut) 15:15, 2. David Welsh (Jesuit) 15:20, 3. Ed Lavelle (Corona del Mar) 15:24, 4. Gary Stotz (Miraleste) 15:26, 5. Matt Hempel (Walnut) 15:33, 6. Steve Frisone (Laguna Hills) 15:39, 7. Eric Christopherson (Walnut) 15:40, 8. Tony Castolon (La Puente) 15:42, 9. Eli Ricca (Arcata) 15:46, 10. Andy Bupp (Woodside) 15:46.

11. Kevin Berkowitz (Hayward) 15:53, 12. Juan Romero (Arvin) 15:57, 13. Mike Brown (Gunn) 15:57, 14. Neil Haggard (Paradise) 15:58, 15. Greg Shryook (Corona del Mar) 15:59, 16. Eric Taylor (Grant) 16:01, 17. Ron Amos (Yreka) 16:01, 18. James Mannon (SLO) 16:02, 19. Tony Bergman (Whittier Christian) 16:02, 20. Jason Carney (Yucaipa) 16:03.

PREP NOTES

21. Tim Judson (El Camino) 16:06, 22. Steve Gaul (Jesuit) 16:11, 23. Brian Nott (So. Pasadena) 16:12, 24. Robert Cardenas (Sanger) 16:12, 25. Chris Cannon (Corona del Mar) 16:13. Teams:

Corona del Mar 72, 2. Josuit 80, 3. Walnut 99, 4.
 Pasadena 156, 5. Piedmont 194, 6. Los Gatos 197, 7. Castro Valley 223, 8. Palo Alto 230, 9. Arvin 246, 10. Laguna Hills 251, 11. Yreka 258, 12. Golden West 286, 13. El Camino 298, 14. San Luis Obispo 298, 15. Paradise 323, 16. El Dorado 333, 17. Ja. Jolla 507.

Division II - Girls

1. Karen Hecox (So. Hills) 18:01, 2. Tina Gorbet (Lassen) 18:17, 3. Sandra Acosta (Walnut) 18:45, 4. Becky Kipchik (Northgate) 18:48, 5. Tanya Thayer (Serrano) 18:54, 6. Barbi Sittman (Places) 18:58, 7. Jennie Dempsey (Analy) 19:00, 8. Zita Hillinger (Serrano) 19:02, 9. Stacey Pando (Newport Harbor) 19:03, 10. Eva Belt (El Dorado) 19:07.

11. Laura Amrofell (Foothill) 19:13, 12. Christy Oliverra (West Valley) 19:17, 13. Donna Rabin (Palo Alb) 19:21, 14. Latanya Johnson (Archbisop Mitty) 19:24, 15. Becky Petty (Golden West) 19:25, 16. Denise Wall (Lassen) 19:27, 17. Alisa Jones (Redwood) 19:28, 18. Medanie Toler (Arcata) 19:32, 19. Lens Delbour (Newport Harbor) 19:36, 20. Lauren Jefferson (SLO) 19:38.

21. Kim Nemante (Del Oro) 19:41, 22. Ivanka Borris (Temple City) 19:41, 23. Neve Zwagerman (Ta-

malpais) 19:42, 24. Carrie Stubbs (Yucaipa) 19:43, 25. Thea Roberts (Arch. Mitty) 19:44.

Teams:

 Newport Harbor 75, 2. Yucaipa 112, 3. Archbishop Mitty 146, 4. Los Gatos 153, 5. La Jolla 162, 6.
 Foothill 191, 7. South Hills 206, 8. San Luis Obispo 208, 9. Redwood 209, 10. West Valley 291, 11. Lassen 293, 12. El Dorado 299, 13. Northgate 312, 14. El Camino 357, 15. Sonora 369, 16. Porterville 401, 17. Lemoore 435.

Division III - Boys

1. Matt Melzger (S.F. Univ) 16:00, 2. Oscar Perez (Pater Noster) 16:07, 3. Oscar Montes (Maranatha) 16:15, 4. Melvin Kenton (Sherman Indian) 16:19, 5. Bob Bush (Inland Christ.) 16:25, 6. Verde Nevayaktewa (Sherman Indian) 16:28, 7. Ryan Coady (Village Christ.) 16:29, 8. Jim Goode (Francis Parker) 16:35, 9. Algene Talas (Sherman Indian) 16:39, 10. Wes Smith (LA Baptist) 16:39.

11. Brian Buch (Willits) 16:46, 12. Theron Nosie (Sherman Indian) 16:47, 13. Gene Cotter (South Fork) 16:48, 14. Bill Chapin (Riverbank) 16:52, 15. Justin Mercer (Thatcher) 16:53, 16. George Tevelde (Calvin Christ.) 16:56, 17. Johnny Samaniego (McFarland) 17:00, 18. Dan Shipley (Calvin Christ.) 17:02, 19. David Spencer (McKinleyville) 17:04, 20. Pete Johnson (Berean Christ.) 17:05.

21. Tony Gallegos (St. Heiena) 17:06, 22. Brian Singleton (Bret Harte) 17:06, 23. Tim Hardin (Maranalha) 17:07, 24. Steve Lalond (Bishop's) 17:11, 25. Chris Parrish (Stevenson) 17:12.

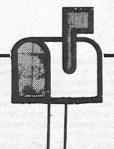
Teams:

Sherman Indian 58, 2. Maranatha 103, 3. Stevenson 130, 4. Thacher 133, 5. McFarland 133, 6;
 S.F. University 147, 7. York 161, 8. Calvin Christian 178, 9. Riverbank 229, 10. Coronado 231, 11. Bret Harte 252, 12. McKinleyville 286, 13. York 299, 14. Wheatland 374.

Division III - Girls

Rachel Lewis (Santa Catalina) 18:50, 2. Karen Talamantes (West. Christ.) 18:54, 3. Jean Harvey (Paradele) 19:30, 4. Amy McConnell (SF Univ.) 19:34, 5. Kami Gardner (CollPrep) 19:47, 6. Mary McKiernan (Luth. Orange) 19:53, 7. Amy Davidson (Bret Harte) 19:57, 8. Tanya Dooley (Bret Harte) 20:00, 9. Jonette Volmer (Ft. Bragg) 20:01, 10. Tamara DeGroot (Cen.Vly. Christ.) 20:04.

11. Delia Diaz (McFarland) 20:09, 12. Debbie Lewis (Maranatha) 20:09, 13. Nicole SLJohn (SL Joseph) 20:10, 14. Nicki Clark (Marin Acad.) 20:10, 15. Viviana Reza (Coronado) 20:11, 16. Steffi Ambrozak (St. Joseph) 20:20, 17. Jenny Quincy (Bret



ADDRESS CHANGE???

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Harte) 20:22, 18. Lynn Segas (SF Univ.) 20:24, 19. Frankie Rivera (Maranatha) 20:25, 20. Karen Wester (Maranatha) 20:26.

21. Neriah Davis (Bret Harte) 20:26, 22. Michelle Brown (Bret Harte) 20:32, 23. Michelle Woo (SF Univ.) 20:34, 24. Nicole Albert (Corcoran) 20:35, 25. Jenniler Neumeier (SJ Memorial) 20:42. Teams:

1. Bret Harte 54, 2. Maranatha 102, 3. McFarland

121, 4. SF Unviersity 145, 5. St. Joseph 152, 6. San Joaquin Memorial 165, 7. Fort Bragg 182, 8. LA Bapäst 190, 9. Paradelle 201, 10. Coronado 225, 11. Brentwood 251, 12. Loretto 288, 13. Santa Calalina 318, 14. Fall River 366, 15. Wheatland 411.



BRYAN DAMEWORTH DIVISION I



KIRA JORGENSEN DIVISION I



SCOTT HEMPEL DIVISION II



KAREN HECOX DIVISION II



MATT METZGER DIVISION III



RACHEL LEWIS DIVISION III