

# ANNUAL INDIVIDUAL CHAMPIONS BY DIVISION

## CIF STATE CROSS COUNTRY CHAMPIONSHIPS

### BOYS - DIVISION I

1987	Bryan Dameworth (Agoura)	15:12
1988	Bryan Dameworth (Agoura)	15:03
1989	<i>Bryan Dameworth (Agoura)</i>	14:45
1990	Luis Quintana (Arroyo Grande)	14:47
1991	Angel Martinez (San Gabriel)	15:06
1992	Margarito Casillas (Hoover, Glendale)	15:03
1993	Mebrahtom Keflezighi (San Diego)	15:02
1994	Jason Balkman (Lynbrook)	15:15
1995	Larry Henderson (Mira Mesa)	15:41
1996	Michael Kasahun (Fresno)	15:16
1997	Chad Durham (Poly, Long Beach)	15:24
1998	Justin Willingham (Beyer)	15:18
1999	Travis Laird (San Marcos)	15:21
2000	JJ Duke (Clovis)	15:26
2001	Eric Maldonado (Don Lugo)	15:38
2002	Mike Poe (Etiwanda)	15:06
2003	Yosef Ghebray (James Logan)	15:15
2004	Brandon Bethke (El Toro)	15:06
2005	A.J. Acosta (El Camino)	15:15
2006	Michael Cybulski (Royal)	15:04
2007	Chris Schwartz (Foothill, Bakersfield)	15:13
2008	Tyler Valdes (Dana Hills)	15:05
2009	Ammar Moussa (Arcadia)	14:59

### BOYS - DIVISION II

1987	Scott Hempel (Walnut)	15:22
1988	Scott Hempel (Walnut)	15:15
1989	Kevin Berkowitz (Hayward)	15:19
1990	Robert Walker (San Pasqual)	15:25
1991	Daniel Das Neves (Helix)	15:08
1992	Ryan Wilson (Agoura)	15:13
1993	Matt Farley (Jesuit)	15:06
1994	Antonio Arce (Palmdale)	15:25
1995	Daniel Sikiric (Leland)	15:23
1996	David Rodriguez (Mission)	15:21
1997	Mark Gleason (Mission Viejo)	15:16
1998	Ryan Mack (Ukiah)	15:23
1999	Augie Escobar (Villa Park)	15:27
2000	Yong-Sung Leal (Arroyo, San Lorenzo)	15:22
2001	Yong-Sung Leal (Arroyo, San Lorenzo)	15:17
2002	Phillip Reid (Rio Mesa)	15:01
2003	Mark Matusak (Loyola)	15:08
2004	Mark Matusak (Loyola)	15:09
2005	Riley Booker (University City)	15:27
2006	Mikel Thomas (Clovis)	15:08
2007	James Tracy (Del Campo)	15:23
2008	Elias Gedyon (Loyola)	15:01
2009	Elias Gedyon (Loyola)	15:00

### BOYS - DIVISION III

1987	Reggie Williams (River City)	15:29
1988	Matt Metzger (SF University)	16:00
1989	Oscar Perez (Pater Noster)	15:52
1990	Jeff Wilson (Newbury Park)	15:15
1991	Jeff Wilson (Newbury Park)	15:15
1992	Jason Balkman (Lynbrook)	15:38
1993	Mark Hauser (St. Augustine)	15:22
1994	Michel Jones (Livermore)	15:25
1995	Joe Smith (Livermore)	15:37
1996	Jason Hart (Sonora)	15:40
1997	Justin Willingham (East Union)	15:37
1998	Celedonio Rodrigue (Elsie Allen)	15:25
1999	Daniel Rojas (South El Monte)	15:45
2000	Stuart Eastman (Placer)	15:27
2001	William Kraemer (Saratoga)	15:57
2002	Alex Dunn (San Lorenzo Valley)	15:18
2003	Dan Nunn (San Luis Obispo)	15:15
2004	Jake Schmitt (Redwood)	15:14
2005	Michael Coe (Cabrillo)	15:04
2006	Mohamed Abdalla (Willow Glen)	15:26
2007	James Attarian (Dublin)	15:17
2008	Mac Fleet (University City)	15:08
2009	Erik Olson (Novato)	15:01

### BOYS - DIVISION IV

1990	Brian Singleton (Bret Harte)	15:41
1991	Mike Katri (Fortuna)	15:35
1992	Steve Brown (Piedmont)	15:48
1993	Galvan Gonzalez (McFarland)	15:30
1994	Galvan Gonzalez (McFarland)	15:31
1995	Aaron Gillen (Yreka)	15:51
1996	Isiah Festa (Morro Bay)	15:33
1997	Isiah Festa (Morro Bay)	15:18
1998	Alberto Munoz (Estancia)	15:53
1999	Ryan Hall (Big Bear)	15:24
2000	Ryan Hall (Big Bear)	14:50
2001	Billy Nelson (Taft)	15:22
2002	Mohamed Trafeh (Duarte)	15:13
2003	Mohamed Trafeh (Duarte)	15:16
2004	Dylan Fitzpatrick (Carmel)	15:45
2005	German Fernandez (Riverbank)	15:14
2006	Chad Hall (Big Bear)	15:06
2007	<i>German Fernandez (Riverbank)</i>	14:24
2008	Tyre Johnson (Palma)	15:32
2009	Daniel Milechman (Tamalpais)	15:37

### BOYS - DIVISION V

1996	Ryan Downey (St. Margaret's)	15:55
1997	Aaron Sharp (Santa Clara, Oxnard)	15:59
1998	Jeff Tomlinson (Crossroads)	15:55
1999	Tom Kubler (Viewpoint)	15:51
2000	<i>Tim Nelson (Liberty Christian)</i>	15:31
2001	Tim Nelson (Liberty Christian)	15:35
2002	Tim Nelson (Liberty Christian)	15:39
2003	Tony Arredondo (Santa Clara)	15:33
2004	Austin Fritzsche (Mt. Shasta)	16:06
2005	Austin Fritzsche (Mt. Shasta)	15:56
2006	Robbie Knorr (Valley Chr., Dublin)	15:49
2007	Aric Van Halen (Oakwood)	15:59
2008	Jake Jeanson (Woodcrest Christian)	15:46
2009	Wesley DeVall (Poly, Pasadena)	15:40

### GIRLS - DIVISION I

1987	Deena Drossin (Agoura)	17:35
1988	Kira Jorgensen (Rancho Buena Vista)	17:42
1989	Deena Drossin (Agoura)	17:27
1990	Deena Drossin (Agoura)	17:29
1991	Milena Glusac (Fallbrook)	17:13
1992	Milena Glusac (Fallbrook)	17:14
1993	Amy Skieresz (Agoura)	17:49
1994	Julia Stamps (Santa Rosa)	17:07
1995	Julia Stamps (Santa Rosa)	16:45
1996	<i>Julia Stamps (Santa Rosa)</i>	16:43
1997	Trina Cox (Santa Rosa)	17:46
1998	Lauren Fleshman (Canyon)	17:38
1999	Anita Siraki (Hoover, Glendale)	17:35
2000	Anita Siraki (Hoover, Glendale)	16:59
2001	Amber Trotter (Ukiah)	17:01
2002	Rachel Bryan (Laguna Creek)	17:41
2003	Rachel Bryan (Laguna Creek)	17:29
2004	Alma Escobar (Corona)	17:33
2005	Shannon Murakami (Saugus)	17:43
2006	Elizabeth Coe (Fountain Valley)	17:40
2007	Lauryne Chetelat (Davis Sr.)	17:18
2008	Alex Dunne (San Clemente)	17:27
2009	Molly Grabill (Rancho Bernardo)	17:06

### GIRLS - DIVISION II

1987	Kira Jorgensen (Rancho Buena Vista)	17:34
1988	Karen Hecox (South Hills)	18:01
1989	Sarah Riley (Campolindo)	18:01
1990	Jeannie Rothman (Westlake)	17:28
1991	Shelley Taylor (Edison)	17:28
1992	Michelle Cox (Escondido)	18:26
1993	Carrie Garrison (Buena Park)	18:04
1994	Amy Skieresz (Agoura)	18:12
1995	Annie Ebner (St. Lucy's)	17:51
1996	Andrea Neipp (Highland)	17:33
1997	Katie Hotchkiss (Mission San Jose)	18:16
1998	Jamie Witt (Folsom)	18:19

1999	Sara Bei (Montgomery, Santa Rosa)	17:25
2000	Sara Bei (Montgomery, Santa Rosa)	17:13
2001	Ruth Graham (Gunn)	18:08
2002	Caitlin Chock (Granite Bay)	17:30
2003	Caitlin Chock (Granite Bay)	17:21
2004	Kauren Tarver (Serrano)	17:48
2005	Kauren Tarver (Serrano)	17:36
2006	Christine Babcock (Woodbridge)	17:20
2007	<i>Christine Babcock (Woodbridge)</i>	17:04
2008	Kaylin Mahoney (Saugus)	17:34
2009	Jacque Taylor (Casa Grande)	17:29

### GIRLS - DIVISION III

1987	Katy McCandless (Castilleja)	17:51
1988	Rachel Lewis (Santa Catalina)	18:50
1989	Laura Hamady (Urban)	18:47
1990	Carrie Garrison (Rim of World)	18:01
1991	Donna Mills (Newport Harbor)	18:45
1992	Miesha Marzell (Bishop O'Dowd)	18:02
1993	Annie Ebner (St. Lucy's)	18:32
1994	Heather Garrison (Buena Park)	18:01
1995	Elaine Canchola (Nordhoff)	17:36
1996	<i>Kristen Gordon (Carondelet)</i>	17:17
1997	Sara Bei (Montgomery, Santa Rosa)	18:11
1998	Sara Bei (Montgomery, Santa Rosa)	17:22
1999	Alejandra Barrientos (San Lomzo Vly)	17:37
2000	Lindsey Owen (Nordhoff)	17:46
2001	Jenna Timinski (San Dieguito)	18:24
2002	Melissa Grelli (Presentation)	17:59
2003	Alicia Follmar (Saratoga)	17:40
2004	Shelby Buckley (Rosary)	18:10
2005	Annie St. Geme (Corona del Mar)	17:20
2006	Sarah Cummings (Corona del Mar)	17:58
2007	Katy Daly (St. Ignatius)	18:13
2008	Sammy Silva (Our Lady of Peace)	17:35
2009	Rebecca Mehra (Palos Verdes)	17:34

### GIRLS - DIVISION IV

1990	Jennifer Lacovara (Morro Bay)	18:05
1991	Maribella Aparicio (Fillmore)	17:47
1992	Karen Bockel (Nordhoff)	18:12
1993	Kristen Schreiber (Miramonte)	19:04
1994	Kristen Schreiber (Miramonte)	19:11
1995	Shaluinn Fullove (Louisville)	18:39
1996	Sarah Ellis (La Canada)	18:01
1997	Elaine Canchola (Nordhoff)	18:19
1998	Angela Sanchez (Capuchino)	18:33
1999	Rae Stumbough (Nordhoff)	18:25
2000	Bridget Duffy (St. Mary's, Berkeley)	18:15
2001	Bridget Duffy (St. Mary's, Berkeley)	18:33
2002	Lauren Meyers (Maranatha)	18:21
2003	Amanda Moreno (Escalon)	18:27
2004	Ariel Wright (Bishop O'Dowd)	18:04
2005	Maritza Garcia (Riverbank)	18:14
2006	Kate Grace (Marlborough)	18:24
2007	Sarah Sumpter (Headlandsburg)	17:26
2008	Sabrina Lopez (Sacred Heart of Jesus)	18:09
2009	Camille Chapus (Harvard-Westlake)	17:59

### GIRLS - DIVISION V

1996	Kat Saxton (College Prep)	19:06
1997	Kira Morser (SF University)	18:47
1998	Kira Morser (SF University)	18:20
1999	Clara Horowitz (Head Royce)	18:26
2000	Clara Horowitz (Head Royce)	17:43
2001	Clara Horowitz (Head Royce)	17:55
2002	Bessie Hatch (Thacher)	18:58
2003	Tani Brown (Brentwood)	19:08
2004	Katie Fritzsche (Mt. Shasta)	18:49
2005	Jordan Hasay (Mission Prep)	17:11
2006	Jordan Hasay (Mission Prep)	17:15
2007	Jordan Hasay (Mission Prep)	17:05
2008	Jordan Hasay (Mission Prep)	17:18
2009	Lucy McCullough (Marin Academy)	18:17

*italics indicates top performer in each division*

# TEAM AND INDIVIDUAL MULTIPLE CHAMPIONS

## CIF STATE CROSS COUNTRY CHAMPIONSHIPS

### BOYS CHAMPIONS

#### TEAM STATE CHAMPIONS

9	Jesuit, Sacramento	'89, '93-95, '97, '00, '02, '05-06	Division II		
9	McFarland	1987	Div. III; 1992-95, 1999-01	Div. IV; 1996	Div. V
6	Barstow	2001-02, 2005-08	Division III		
6	Nordhoff	1991, 1997, 1998	Division IV; 1993-95	Division III	
5	Woodcrest Christian	2001, 2005-08	Division V		
4	Flintridge Prep	1998-99, 2002, 2004	Division V		
4	Loyola	2002	Division I; 2004, 2007-08	Division II	
3	Big Bear	2006-08	Division IV		
3	Dana Hills	1988, 2007-08	Division I		
3	Hart	1990-92	Division I		
3	Poly, Long Beach	1997-98, 2000	Division I		
2	Corona del Mar	1988	Division II; 1996	Division IV	
2	De La Salle	1991, 1996	Division II		
2	Don Bosco	1997, 1999	Division III		
2	Don Lugo	1999, 2003	Division I		
2	Laguna Beach	1989	Division III; 2004	Division IV	
2	Maranatha	1997, 2003	Division V		
2	Royal	2004-05	Division I		
2	Thousand Oaks	1993-94	Division I		
1	Arroyo	1987	Division I		
1	Camarillo	1989	Division I		
1	Canyon	2001	Division I		
1	Carmel	2003	Division IV		
1	Del Campo	1995	Division I		
1	Eureka	1999	Division II		
1	Fillmore	1990	Division IV		
1	Katella	1998	Division II		
1	Laguna Hills	1991	Division III		
1	Los Gatos	2000	Division III		
1	Mission Bay	1992	Division II		
1	Newport Harbor	1992	Division III		
1	Oak Park	2002	Division IV		
1	Peninsula	1996	Division I		
1	Piedmont	2005	Division IV		
1	Rubidoux	2001	Division II		
1	San Luis Obispo	2003	Division III		
1	San Marino	1990	Division III		
1	San Pasqual	1990	Division II		
1	Santa Clara, Oxnard	2000	Division V		
1	Servite	2004	Division III		
1	Sherman Indian	1988	Division III		
1	St. Francis, Mountain View	1998	Division III		
1	St. Ignatius	1996	Division III		
1	St. John Bosco	2003	Division II		
1	Trabuco Hills	2006	Division I		
1	Walnut	1987	Division I		

#### INDIVIDUAL STATE CHAMPIONS

3	Bryan Dameworth, Agoura	1987-89	Division I	
3	Tim Nelson, Liberty Christian, Redding	2000-02	Division V	
2	Scott Hempel, Walnut	1987-88	Division II	
2	Jeff Wilson, Newbury Park	1990-91	Division III	
2	Jason Balkman, Lynbrook	1992	Division III, 1994	Division I
2	Galvin Gonzalez, McFarland	1993-94	Division IV	
2	Isaiah Festa, Morro Bay	1996-97	Division IV	
2	Ryan Hall, Big Bear	1999-00	Division IV	
2	Yong-Sung Leal, Arroyo, San Lorenzo	2000-01	Division II	
2	Mohamed Trafef, Duarte	2002-03	Division IV	
2	Mark Matusak, Loyola	2003-04	Division II	
2	Austin Fritzke, Mt. Shasta	2004-05	Division V	
2	German Fernandez, Riverbank	2005 & 2007	Division IV	

### GIRLS CHAMPIONS

#### TEAM STATE CHAMPIONS

6	Corona del Mar	1992, 2005-06, 2008	Div. III, 1999-00	Div. IV
6	San Francisco University	1996-98, 2001-03	Division V	
5	Nordhoff	1990-91, 1996, 1998	Division IV; 1995	Division III
4	Newport Harbor	1987-88, 2007	Div. II; 1991	Div. III
4	San Lorenzo Valley	1999-00	Division III; 2004-05	Division IV
3	Agoura	1990-92	Division I	
3	Chadwick	1999-00, 2008	Division V	
3	Mt. Shasta	2005-07	Division V	
3	Oak Park	2001-03	Division IV	
3	Palos Verdes*	1987-89	Division I	
3	Peninsula	1994, 2000-01	Division I	
3	Saugus	2006-07	Division I; 2008	Division II
3	Yucaipa	1995-96	Division II; 1997	Division I
2	Bret Harte	1988-89	Division III	
2	Carondelet	1996	Division III; 2006	Division II
2	College Park	1997, 1999	Division II	
2	Edison, Huntington Beach	1991, 1993	Division II	
2	Irvine	1993, 1998	Division I	
2	La Canada	1997-98	Division III	
2	La Jolla	1989	Division II; 1990	Division III
2	Lassen	1992-93	Division IV	
2	Maranatha	1987	Division III; 2004	Division V
2	San Pasqual	1990, 2001	Division II	
2	Sultana	1998, 2002	Division II	
2	Ventura	2003-04	Division I	
2	Woodbridge	1997	Division II, 1999	Division I
1	Aptos	2005	Division II	
1	Buchanan	1994	Division II	
1	Campolindo	2001	Division III	
1	Canyon	1995	Division I	
1	Central Valley	1994	Division IV	
1	Clayton Valley	1994	Division III	
1	Clovis	1996	Division I	
1	Costa Mesa	1997	Division IV	
1	Dana Hills	2008	Division I	
1	Foothill, Santa Ana	1999	Division II	
1	La Reina	2008	Division IV	
1	Louisville	1995	Division IV	
1	Lutheran, Orange	2007	Division III	
1	Marlborough	2006	Division IV	
1	Miramonte	2003	Division III	
1	Montgomery	2000	Division II	
1	Murrieta Valley	2002	Division I	
1	Oaks Christian	2007	Division IV	
1	Ocean View	1992	Division II	
1	Placer	2004	Division III	
1	Santa Margarita	1993	Division III	
1	St. Francis, Sacramento	2002	Division III	
1	Thousand Oaks	2005	Division I	

\*Palos Verdes combined with Rolling Hills and Miraleste to form Peninsula in 1991

#### INDIVIDUAL STATE CHAMPIONS

4	Sara Bei, Montgomery, Santa Rosa	1997-98	Div. III, 1999-00	Div. II
4	Jordan Hasay, Mission Prep	2005-08	Division V	
3	Deena Drossin, Agoura	1987, 1989-90	Division I	
3	Julia Stamps, Santa Rosa	1994-96	Division I	
3	Clara Horowitz, Head Royce	1999-01	Division V	
2	Kira Jorgensen, Rancho Buena Vista	1987	Division II, 1988	Division I
2	Milena Glusac, Fallbrook	1991-92	Division I	
2	Carrie Garritson, Rim of the World/Buena Park	1990	Div. III, 1993	Div. II
2	Kristen Schreiber, Miramonte	1993-94	Division IV	
2	Amy Skieresz, Agoura	1993	Division I, 1994	Division II
2	Annie Ebner, St. Lucy's	1993	Division III, 1995	Division II
2	Elaine Canchola, Nordhoff	1995	Division III, 1997	Division IV
2	Kira Morser, San Francisco University	1997-98	Division V	
2	Anita Siraki, Hoover, Glendale	1999-00	Division I	
2	Bridget Duffy, St. Mary's, Berkeley	2000-01	Division IV	
2	Rachel Bryan, Laguna Creek	2002-03	Division I	
2	Caitlin Chock, Granite Bay	2002-03	Division II	
2	Kauren Tarver, Serrano	2004-05	Division II	
2	Christine Babcock, Woodbridge	2006-07	Division II	

# ALL-TIME TOP TIMES/SCORES

## CIF STATE CROSS COUNTRY CHAMPIONSHIPS

DIVISION I	DIVISION II	DIVISION III	DIVISION IV*	DIVISION V**
<b>Boys Top Team Scores<sup>^</sup></b>	<b>Boys Top Team Scores<sup>^</sup></b>	<b>Boys Top Team Scores<sup>^</sup></b>	<b>Boys Top Team Scores<sup>^</sup></b>	<b>Boys Top Team Scores<sup>^</sup></b>
1. Thousand Oaks (1993) 23	1. Walnut (1987) 40	1. Nordhoff (1995) 35	1. McFarland (1995) 40	1. McFarland (1996) 29
2. Royal (2005) 24	2. Katella (1998) 40	2. Palos Verdes (2009) 46	2. McFarland (2001) 44	2. Woodcrest Chr. (2006) 41
3. Thousand Oaks (1994) 38	3. Jesuit (1997) 47	2. Barstow (2001) 49	3. Big Bear (2008) 40	3. Woodcrest Chr. (2005) 48
4. Camarillo (1989) 39	4. Jesuit (1995) 53	3. Sherman Indian (1988) 58	4. Nordhoff (1997) 47	4. Woodcrest Chr. (2007) 52
5. Arroyo (1987) 41	5. Eureka (1999) 56	4. Laguna Beach (1989) 65	5. Oak Park (2002) 51	5. Santa Clara, Oxnard (2000) 62
<b>Boys Top Team Times<sup>^</sup></b>	<b>Boys Top Team Times<sup>^</sup></b>	<b>Boys Top Team Times<sup>^</sup></b>	<b>Boys Top Team Times<sup>^</sup></b>	<b>Boys Top Team Times<sup>^</sup></b>
1. Dana Hills (2008) 77:38	1. Loyola (2008) 78:04	1. Palos Verdes (2009) 78:46	1. McFarland (2000) 80:11	1. McFarland (1996) 81:46
2. Buchanan (2008) 77:48	2. Loyola (2009) 78:26	2. Barstow (2008) 78:52	2. Big Bear (2006) 80:40	2. Woodcrest Chr. (2008) 82:05
3. Trabuco Hills (2006) 77:50	3. Thousand Oaks (2008) 78:35	3. St. John Bosco (2009) 79:24	3. Big Bear (2008) 80:40	3. Woodcrest Chr. (2006) 82:36
4. Thousand Oaks (1993) 77:59	4. Jesuit (1989) 79:10	4. Campolindo (2008) 79:45	4. Laguna Beach (2009) 80:56	4. Woodcrest Chr. (2007) 82:52
5. Royal (2005) 78:11	5. Jesuit (2006) 79:11	5. Barstow (2007) 79:53	5. Nordhoff (1997) 81:00	5. Flintridge Prep (2008) 83:05
6. Royal (2006) 78:12	6. Rubidoux (2002) 79:12	6. Petaluma (2008) 79:55	6. Oak Park (2002) 81:30	6. SF University (2008) 83:20
7. Arroyo, El Monte (1987) 78:23	7. Jesuit (2002) 79:15	7. Nordhoff (1995) 80:10	7. Riverbank (2000) 81:36	7. Poly (2008) 83:37
8. Upland (2008) 78:42	8. Walnut (1987) 79:16	8. Barstow (2006) 80:32	8. Oak Park (2000) 81:45	8. Woodcrest Chr. (2009) 83:54
9. Thousand Oaks (1994) 78:46	9. Mission Bay (1993) 79:20	9. Cabrillo (2005) 80:37	9. Carmel (2003) 82:03	9. Poly, Pasadena (2009) 83:56
10. Dana Hills (2009) 78:48	10. Jesuit (1993) 79:30	10. Golden Valley (2009) 80:43	10. McFarland (1999) 82:16	10. Santa Clara, Ox. (2000) 84:07
<b>Boys Top Individual Times</b>	<b>Boys Top Individual Times</b>	<b>Boys Top Individual Times</b>	<b>Boys Top Individual Times</b>	<b>Boys Top Individual Times</b>
1. 14:45 Dameworth (Agoura '89)	1. 15:00 Gedyon (Loyola '09)	1. 15:01 Olson (Novato '09)	1. 14:24 Fernandez (Riverbank '07)	1. 15:31 Nelson (Liberty Chr. '00)
2. 14:47 Quintana (Arr. Grande '90)	2. 15:01 Reid (Rio Mesa '02)	2. 15:04 Coe (Cabrillo '05)	2. 14:50 R. Hall (Big Bear '00)	15:31 Kubler (Viewpoint '00)
3. 14:59 Quintana (Arr. Grande '89)	15:01 Gedyon (Loyola '08)	3. 15:08 Fleet (University City '08)	3. 15:06 C. Hall (Big Bear '06)	3. 15:33 Arredondo (Santa Clara '03)
4. 14:59 Mousa (Arcadia '09)	4. 15:02 McElroy (Edison '09)	4. 15:14 Schmitt (Redwood '04)	4. 15:13 Trafteh (Duarte '02)	4. 15:35 Nelson (Liberty Chr. '01)
5. 15:02 Keflezighi (San Diego '93)	15:02 Vilhauer (Redwood-Vi. '09)	5. 15:15 Wilson (Newbury Park '90)	5. 15:14 Fernandez (Riverbank '05)	5. 15:39 Nelson (Liberty Chr. '02)
6. 15:03 Dameworth (Agoura '88)	6. 15:03 Rowe (Mountain View '08)	15:15 Wilson (Newbury Park '91)	6. 15:16 Trafteh (Duarte '03)	6. 15:40 Hagenbuch (Cate '00)
7. 15:03 Casillas (Hoover '92)	7. 15:06 Farley (Jesuit '93)	15:15 Nunn (San Luis Obispo '03)	7. 15:18 Festa (Morro Bay '97)	15:40 DeVall (Poly, Pasadena '09)
8. 15:04 Williamson (Thous. Oaks '88)	15:06 Rowe (Mountain View '09)	15:15 Chavez (Barstow '08)	8. 15:22 Nelson (Taft '01)	8. 15:46 Jeanson (Woodcrest Chr '08)
15:04 Hartman (Canyon '90)	9. 15:08 Neves (Helix '91)	9. 15:16 Rosales (Apple Valley '08)	9. 15:24 R. Hall (Big Bear '99)	9. 15:47 Hagenbuch (Cate '01)
15:04 Cybulski (Royal '06)	15:08 Haddan (Woodbridge '02)	15:16 Rosales (Apple Valley '09)	15:24 Dunn (San Lorenzo Vly '03)	15:47 Megazzi (Ferdale '03)
	15:08 Matusak (Loyola '03)			
	15:08 Thomas (Clovis '06)			
<b>Girls Top Team Scores<sup>^</sup></b>	<b>Girls Top Team Scores<sup>^</sup></b>	<b>Girls Top Team Scores<sup>^</sup></b>	<b>Girls Top Team Scores<sup>^</sup></b>	<b>Girls Top Team Scores<sup>^</sup></b>
1. Agoura (1991) 41	1. Saugus (2008) 32	1. La Jolla (1990) 31	1. Corona del Mar (1999) 42	1. SF University (1997) 18
Agoura (1990) 41	2. San Pasqual (1990) 38	2. Nordhoff (1995) 42	2. Nordhoff (1996) 49	2. SF University (1998) 20
Yucaipa (1997) 41	3. Sultana (1998) 40	3. San Lorenzo Valley (1999) 43	3. Costa Mesa (1997) 51	3. SF University (1996) 24
4. Ventura (2004) 46	4. Yucaipa (1996) 48	4. La Canada (1998) 46	4. Nordhoff (1998) 54	4. Chadwick (2000) 48
5. Woodbridge (1999) 56	5. Oceanview (1992) 52	5. Corona del Mar (2005) 47	5. Corona del Mar (1998) 55	5. Chadwick (1999) 56
Saugus (2007) 56	Edison (1991) 52		Nordhoff (1999) 55	Mt. Shasta (2005) 56
<b>Girls Top Team Times<sup>^</sup></b>	<b>Girls Top Team Times<sup>^</sup></b>	<b>Girls Top Team Times<sup>^</sup></b>	<b>Girls Top Team Times<sup>^</sup></b>	<b>Girls Top Team Times<sup>^</sup></b>
1. Saugus (2007) 90:49	1. Saugus (2008) 90:06	1. Corona del Mar (2005) 91:57	1. Harvard-Westlake (2009) 95:36	1. SF University (1998) 96:02
2. Dana Hills (2008) 91:10	2. Saugus (2009) 90:26	2. Corona del Mar (2009) 92:20	2. Corona del Mar (1999) 95:53	2. SF University (1997) 97:15
3. Torrey Pines (2008) 91:11	3. Mira Costa (2009) 91:41	3. Lutheran (2009) 92:41	3. Nordhoff (1996) 95:59	3. SF University (1996) 97:28
4. Torrey Pines (2009) 91:33	4. Sultana (2002) 91:53	4. Oak Park (2005) 93:11	4. La Canada (1996) 96:06	4. Mt. Shasta (2006) 97:43
5. Ventura (2004) 92:46	5. College Park (2003) 92:23	5. Palos Verdes (2009) 93:20	5. San Lorenzo Vly (2004) 96:12	5. Mt. Shasta (2007) 98:18
6. Murrieta Valley (2002) 93:01	6. Sultana (2003) 92:34	6. Corona del Mar (2006) 93:24	6. Bishop O'Dowd (2004) 96:18	6. Mt. Shasta (2005) 98:35
7. Esperanza (2007) 93:02	7. Esperanza (2009) 92:37	7. Nordhoff (1995) 93:57	7. Nordhoff (1999) 96:34	7. Chadwick (2008) 98:43
8. Peninsula (2001) 93:04	8. Redondo Union (2009) 92:49	8. San Lorenzo Vly (1999) 94:09	8. La Reina (2008) 96:37	8. Chadwick (2000) 99:00
9. Agoura (1991) 93:06	9. Montgomery, SR (2000) 93:29	9. Corona del Mar (2008) 94:15	9. Marlborough (2006) 96:53	9. Woodcrest Chr. (2007) 99:07
10. Saugus (2006) 93:06	10. Foothill (2009) 93:48	10. Central Catholic (2009) 94:47	10. San Lorenzo Vly (2005) 97:04	10. Chadwick (2006) 100:01
<b>Girls Top Individual Times</b>	<b>Girls Top Individual Times</b>	<b>Girls Top Individual Times</b>	<b>Girls Top Individual Times</b>	<b>Girls Top Individual Times</b>
1. 16:43 Stamps (Santa Rosa '96)	1. 17:04 Babcock (Woodbridge '07)	1. 17:17 Gordon (Carondelet '96)	1. 17:26 Sumpter (Healdsburg '07)	1. 17:05 Hasay (Mission Prep '07)
2. 16:45 Stamps (Santa Rosa '95)	2. 17:13 Bei (Montgomery '00)	2. 17:20 St. Geme (Corona del Mar '05)	2. 17:47 Aparicio (Fillmore '91)	2. 17:11 Hasay (Mission Prep '05)
3. 16:59 Siraki (Hoover, Glendale '00)	3. 17:20 Babcock (Woodbridge '06)	3. 17:22 Bei (Montgomery '98)	3. 17:59 Chapus (Harvard-We. '09)	3. 17:15 Hasay (Mission Prep '07)
4. 17:01 Trotter (Ukiah '01)	4. 17:21 Trotter (Ukiah '00)	4. 17:34 Mehra (Palos Verdes '09)	4. 18:01 Ellis (La Canada '96)	4. 17:18 Hasay (Mission Prep '08)
5. 17:06 Stamps (Santa Rosa '94)	17:21 Chock (Granite Bay '03)	5. 17:35 Silva (Our Lady of Peace '08)	5. 18:04 Wright (Bishop O'Dowd '04)	5. 17:43 Horowitz (Head Royce '00)
17:06 Grabill (Rancho Ber. '09)	6. 17:25 Bei (Montgomery '99)	6. 17:36 Canchola (Nordhoff '95)	6. 18:05 Lacovara (Morro Bay '90)	6. 17:55 Horowitz (Head Royce '01)
7. 17:13 Glusac (Fallbrook '91)	7. 17:27 Rethmeier (San Pasqual '03)	17:36 Skiba (Oak Park '09)	7. 18:06 Devine (Marin Catholic '09)	7. 18:17 McCullough (Marin Aca. '09)
8. 17:14 Glusac (Fallbrook '92)	8. 17:28 Rothman (Westlake '90)	8. 17:37 A Barrientos (S. Lrnzo Vly '99)	8. 18:09 Lopez (Sacred Hrt Jesus '08)	8. 18:20 Morser (SF University '98)
9. 17:16 Morgan (Torrey Pines '09)	17:28 Taylor (Edison '91)	9. 17:40 Follmar (Saratoga '03)	9. 18:10 Bergman (Valley Chr/SJ '07)	9. 18:24 Buchbinder (Chadwick '09)
10. 17:18 Chetelat (Davis Sr. '07)	10. 17:29 Taylor (Casa Grande '09)	10. 17:41 Skiba (Oak Park '08)	10. 18:11 Aparicio (Fillmore '90)	18:24 Mooney (Mission Prep '09)
	17:29 Nacouzi (Montgomery '09)			18:24 Callen (SF University '09)

<sup>^</sup> Top five scoring runners included in team totals

\* Division IV established in 1990

\*\* Division V established in 1996

## TOP TIMES BY GRADE

Senior Boys		Sophomore Boys		Senior Girls		Sophomore Girls	
1. German Fernandez (Riverbank '07) 14:24	1. Elias Gedyon (Loyola '08) 15:01	1. Julia Stamps (Santa Rosa '96) 16:43	1. Julia Stamps (Santa Rosa '94) 17:07	2. Amber Trotter (Ukiah '01) 16:55	2. Jordan Hasay (Mission Prep '06) 17:15	3. Christine Babcock (Woodbridge '06) 17:20	3. Liza Pascuito (Murrieta Valley '00) 17:42
2. Bryan Dameworth (Agoura '89) 14:45	2. Bryan Dameworth (Agoura '87) 15:12	3. Anita Siraki (Hoover '00) 16:59	4. Christine Babcock (Woodbridge '07) 17:04	3. Molly Grabill (Rancho Bernardo '09) 17:06	4. Sara Bei (Montgomery, SR '98) 17:22	4. Meghan Marvin (Clovis '07) 17:33	
3. Louie Quintana (Arroyo Grande '90) 14:47	3. German Fernandez (Riverbank '05) 15:14	4. Christine Babcock (Woodbridge '07) 17:04	5. Sara Bei (Montgomery, SR '00) 17:13	5. Sara Bei (Montgomery, SR '00) 17:13			
4. Ryan Hall (Big Bear '00) 14:50	4. Heydon Wooff (Adolfo Camarillo '08) 15:16						
5. Philip Reid (Rio Mesa '02) 15:01	5. Jonah Diaz (Palos Verdes '09) 15:17						
5. Erik Olson (Novato '09) 15:01							
Junior Boys		Freshman Boys		Junior Girls		Freshman Girls	
1. Louie Quintana (Arroyo Grande '89) 14:59	1. Louie Quintana (Arroyo Grande '87) 15:30	1. Julia Stamps (Santa Rosa '95) 16:45	1. Jordan Hasay (Mission Prep '05) 17:05	1. Jordan Hasay (Mission Prep '05) 17:05	1. Jordan Hasay (Mission Prep '05) 17:11	2. Deena Drossin (Agoura '87) 17:35	3. Liza Pascuito (Murrieta Valley '00) 17:42
2. Ammar Mousa (Arcadia '09) 14:47	2. Jason Balkman (Lynbrook '91) 15:37	2. Jordan Hasay (Mission Prep '05) 17:05	3. Molly Grabill (Rancho Bernardo '09) 17:06	3. Molly Grabill (Rancho Bernardo '09) 17:06	4. Lindsey Owen (Nordhoff '00) 17:46	4. Kaylin Mahoney (Saugus '07) 17:47	
3. Elias Gedyon (Loyola '09) 15:00	3. Elias Gedyon (Loyola '07) 15:45	3. Milena Glusac (Fallbrook '91) 17:13	4. Amber Trotter (Ukiah '00) 17:21	4. Milena Glusac (Fallbrook '91) 17:13			
4. Justin Vilhauer (Redwood-Visalia '09) 15:02	4. Brett Strahan (Hart '91) 15:49			5. Amber Trotter (Ukiah '00) 17:21			
5. Bryan Dameworth (Agoura '88) 15:03	5. Aaron Gillen (Yreka '92) 15:55						
5. Garrett Rowe (Mountain View '08) 15:03							



# Sportsmanship/Citizenship Award Winners

**1998**

**DIVISION I**

Lisa Massoth, Esperanza  
Melissa Livermore, Irvine  
Camille Dredge, Torrey Pines  
Dan Klamer, Saugus  
Alfonso Leon, Santa Ana  
Tyler Noeser, Poly, Long Beach

**DIVISION II**

Erin Kredel, Woodbridge  
Michele Catalde, Brea Olinda  
Stephanie Holley, Sultana  
Matt Dowthit, San Pasqual  
Jedd Martin, Los Gatos  
Matt Levassieur, Katella

**DIVISION III**

Becky Zentmyer, La Canada  
Annette Corey, Foothill  
Lauri Melendez, Granada  
Nick Franco, Redwood  
Don Chaves, St. Francis, Mtn. View  
Eddie Guerrero, Don Bosco

**DIVISION IV**

Rae Stumbough, Nordhoff  
Girls Team, Corona del Mar  
Jenny Viller, Louisville  
Adam McKannay, Central Valley  
Adam Dutter, Nordhoff  
Matt Epperheimer, Morro Bay

**DIVISION V**

Amberley Homing, Desert Christian  
Vanessa Smith, Chadwick  
Linden Bader, SF University  
Ian Pocock, Flintridge  
Ryan Armstrong, Maranatha  
Eric Fischer, SF University

**1999**

**DIVISION I**

Jessica Kanin, Woodbridge  
Julie Manson, Rancho Bernardo  
Breanne Sandberg, Peninsula

**DIVISION II**

Andrew Hoeksema, La Jolla  
Rudy Corona, Santiago  
Lerin Morie, Eureka  
Angela Flood, Antioch  
Brittany Swanek, Foothill  
Caroline McCarthy, Santa Margarita

**DIVISION III**

Chris Eggers, Granada  
Sara Alaei, Granada  
Jesse Hodges, South Hills  
Mark Batres, Don Bosco  
Candace Joseph, Foothill  
Alejandra Barrientos, San Lorenzo Vly

**DIVISION IV**

Karen Lee, Campolindo  
Jennifer Cummins, Corona del Mar  
Mesfin Collins, Riverbank  
Raudel Sanchez, McFarland  
Kent Krumpschmidt, Nordhoff

**DIVISION V**

Aliza Cohen, SF University  
Steve McQuaide, Flintridge  
Jeff Hom, SF University  
Jeff Ochoa, Calvary Chapel, Downey  
Kristin Cohoon, Chadwick  
Kira Mettra, Northwood

**2000**

**DIVISION I**

Mark Baddas, Vista  
Ryan Henderson, Buchanan  
Bryan Durham, Poly, Long Beach  
Emilie Branham, Dana Hills  
Breanne Sandberg, Peninsula

**DIVISION II**

Matt Jout, Eureka  
Barry Carmody, Jesuit  
Nick Zoetewey, Canyon  
Samantha Delagardelie, Sultana  
Sarah Bachel, Montgomery  
Lyndsey Kuehn, Foothill

**DIVISION III**

Puneet Mahan, Norwalk  
Jay Leech, Nordhoff  
Tomas Viramontes, Los Gatos  
Shiloh Whiting, San Lorenzo Valley  
Karen Lee, Campolindo  
Molly Donahue, Nordhoff

**DIVISION IV**

Andres Gomez, McFarland  
Mark Nevers, Oak Park  
Tom Phelps, Piedmont  
Charity Mohive, Maranatha  
Danila Musante, Bishop O'Dowd  
Lindsey Yourman, Corona del Mar

**DIVISION V**

Gus de Haro, Santa Clara, Oxnard  
Ken Kim, Flintridge Prep  
Ben Good, SF University  
Carolyn Kapnick, SF University  
Deann Matteson, Desert Christian  
Ayesha Appa, Chadwick

**2001**

**DIVISION I**

Tracy Bassett, Peninsula  
Shawn Yourd, Dana Hills  
Bryn Sowa, Thousand Oaks  
Jameson Mora, Canyon  
Charlie Serano, Royal  
Tommy Jordan, Dana Hills

**DIVISION II**

Jennifer Dowthit, San Pasqual  
Megan Bellotti, Woodbridge  
Elisa Pederson, Montgomery  
Jose Lopez, Rubidoux  
Jonatan Aldama, Valencia  
Juan Altamirano, Katella

**DIVISION III**

Liz Chiba, Campolindo  
Hilary Schwarzbach, San Lorenzo Vly  
Carina Garnick, La Canada  
James Tawney, Barstow  
Boys Team, Rim of the World  
Jared Morasco, Valley Center

**DIVISION IV**

Allison Banks, Oak Park  
Jennifer Henderson, Orange Lutheran  
Allison Jolda, Piedmont  
Giovani Perezchica, McFarland  
Igor Tregub, Oak Park  
Carl Lostrom, Carmel

**DIVISION V**

Yfa Kretzschman, SF University  
Allison Brown, Chadwick  
Karen Dehnert, Castilleja  
Scott Motte, Woodcrest Christian  
Jamie Timbrell, SF University  
Seth Horowitz, Flintridge Prep

**2002**

**DIVISION I**

Saraiah St. Laurent, El Camino  
Jace Getskow, Canyon  
Micah Tyhurst, Loyola

**DIVISION II**

Kyle Bruser, Patrick Henry  
Chris Stief, Escalon  
Kaitlin Kaufmann, Clovis East

**DIVISION III**

Molly O'Toole, Univ. of San Diego

**DIVISION V**

Holly Digerolamo, Woodcrest Chr.  
Toby Lunt, Head Royce

**2003**

**DIVISION II**

Luis Medina, Arroyo, El Monte  
Matt Moulson, Brea Olinda

**DIVISION V**

Ashleigh Pratt, Woodcrest Christian

**2004**

**DIVISION I**

Zuleika Becerra, Kennedy, Sacramento

**2005**

**DIVISION III**

Michael Coe, Cabrillo  
Ben Sittler, St. Francis, Mountain View

\*Award was discontinued after 2005