

MONTGOMERY HIGH SCHOOL
1983 CROSS COUNTRY

VARSITY AWARDS - BOYS

Pete Vincent	Sr. 2nd year
Tony Harrison	Sr. 2nd year
Jo jo Cruz	Sr. 2nd year
Michael Parker	Jr. 2nd year
Gary Lancina	Jr. 2nd year
Jason Schaumburg	Jr.
Paul Cummings	So.
Tim Cummings	So.
Marc Spina	So.

P	M	M
R	E	I
A	E	L
C	T	E
T	S	S
I	S	S
C	S	S
E	S	S
S	S	S

Overall Dual Meet Record: 9 Wins, 0 Losses
N.B.L. Dual Meet Record: 5 Wins, 0 Losses
North Bay League Champions
Floyd Cooney Invitational Champions
AnalY Invitational Combined Champions (Boys & Girls)
A.A. North: Third Place
North Coast Section: Fifth Place

TIM CUMMINGS	55	13	271
Pete Vincent	54	13	292 ¹ / ₂
Jason Schaumburg	52	12	270 ¹ / ₂
Paul Cummings	52	13	266 ¹ / ₂
Gary Lancina	51	12	263
Marc Spina	51	11	240 ¹ / ₂
John Geyer	49	10	229 ¹ / ₂
Keith Holmes	44	10	206
Michael Parker	43	10	227 ¹ / ₂
Rhonda Kaetzel	43	11	171
Todd Lynn	42	9	195 ¹ / ₂
Shiela O'Hanlon	41	10	168 ¹ / ₂
Derek Powell	39	9	189 ¹ / ₂
Chris Jones	39	8	181
Tony Harrison	38	12	191 ¹ / ₂
Jeannie Holden	37	10	151 ¹ / ₂
Fiona Adamson	36	10	143 ¹ / ₂
Jo Jo Cruz	35	10	185 ¹ / ₂
Chris Ferguson	35	10	145 ¹ / ₂
Dianna McMahon	34	10	153 ¹ / ₂
Sandy McMullan	33	7	139 ¹ / ₂
Brian Jackman	30	8	142
Hayley Hutt	30	5	125 ¹ / ₂
Chris Faus	27	6	99 ¹ / ₂
Wes Hutt	20	4	90

VARSITY AWARDS - GIRLS

Dianna McMahon	Sr. 2nd year
Fiona Adamson	Sr. 2nd year
Rhonda Kaetzel	Sr. 2nd year
Sandy McMullan	Jr.
Shiela O'Hanlon	Jr.
Chris Ferguson	So.
Jeannie Holden	So.

Overall Dual Meet Record: 5 Wins, 4 Losses
N.B.L. Dual Meet Record: 3 Wins, 2 Losses
AnalY Invitational Combined Champions (Boys & Girls)
North Bay League: Second Place
A.A. North: Eleventh Place

JUNIOR VARSITY AWARDS - BOYS

Keith Holmes	Sr.
Chris Jones	Jr.
Brian Jackman	Jr.
John Geyer	Jr.
Derek Powell	So.
Wesley Hutt	So.
Todd Lynn	So.

Overall Dual Meet Record: 7 Wins, 1 Loss, 1 Tie
N.B.L. Dual Meet Record: 4 Wins, 1 Loss
Floyd Cooney Invitational: Second Place (Sophomores)
North Bay League Open Division: Third Place
North Bay League Frosh/Soph Division: First Place (Tie)

JUNIOR VARSITY AWARDS - GIRLS

Chris Faus	Sr.
Hayley Hutt	Jr.

VARSDTY BOYS RESULTS

NEWMAN and EL MOLINO at Spring Lake
9/14/83 3.1 miles
MONTGOMERY 26, NEWMAN 49, EL MOLINO 53

	Place	Time	Pace
PETE VINCENT	2nd	18:44	5:51
Michael Parker	3rd	18:52	5:53
Jo Jo Cruz	5th	19:01	5:56
Gary Lancina	7th	19:14	6:00
Tony Harrison	9th	19:26	6:04
Paul Cummings	10th	19:27	6:04
Jason Schaumberg	19th	22:41	7:05

SANTA ROSA at Spring Lake
9/28/83 3.1 miles
MONTGOMERY 22, Santa Rosa 39

	Place	Time	Pace
PEPE VINCENT	1st	17:17	5:34
Paul Cummings	3rd	17:30	5:38
Michael Parker	5th	17:58	5:47
Tony Harrison	6th	18:10	5:51
Jo Jo Cruz	7th	18:18	5:54
Jason Schaumberg	8th	18:24	5:56
Gary Lancina	9th	18:34	5:59

ANALY INVITATIONAL at Spring Lake
9/17/83 3 miles
Piner 43, MONTGOMERY 44, S.R. 84, C.N. 104,
Analy 113, Ukiah 140, Rancho Cotate 180

	Place	Time	Pace
PETE VINCENT	2nd	16:56	5:38
Michael Parker	6th	17:27	5:49
Gary Lancina	11th	17:46	5:55
Paul Cummings	12th	17:48	5:56
Jason Schaumberg	13th	17:57	5:59
Tim Cummings	20th	18:52	6:17
Marc Spina	24th	19:20	6:26

Cardinal NEWMAN at Spring Lake
10/5/83 3.1 miles
MONTGOMERY 20, Cardinal Newman 39

	Place	Time	Pace
PEPE VINCENT	2nd	17:13	5:33
Michael Parker	3rd	17:42	5:42
Paul Cummings	4th	17:43	5:42
Tony Harrison	5th	18:01	5:48
Jo Jo Cruz	6th	18:10	5:51
Jason Schaumberg	8th	18:36	6:00
Tim Cummings	11th	19:04	6:09

PETALUMA and SONOMA at Sonoma
9/21/83 3 miles
MONTGOMERY 18, Petaluma 52, Sonoma 68

	Place	Time	Pace
PETE VINCENT	1st	16:25	5:28
Paul Cummings	2nd	16:44	5:35
Gary Lancina	4th	16:59	5:40
Tony Harrison	5th	17:10	5:43
Jason Schaumberg	6th	17:12	5:44
Jo Jo Cruz	7th	17:18	5:46
Marc Spina	11th	17:54	5:58

STANFORD INVITATIONAL at Palo Alto 3 miles
10/10/83

	Place	Time	Pace
PETE VINCENT	16th	16:14	5:14
Paul Cummings	65th	17:05	5:30
Gary Lancina	114th	17:35	5:40
Jo Jo Cruz	127th	17:42	5:42
Tony Harrison	146th	17:55	5:46
Tim Cummings	150th	17:56	5:47
MONTGOMERY 15th of 42 teams 243 Individuals			

FLOYD COONEY INVITATIONAL at Fort Bragg
9/24/83 2.8 miles
MONTGOMERY 27, Analy 64, Fort Bragg 82,
Santa Rosa 100, Ukiah 126, Willits 135,
Clear Lake 147

	Place	Time	Pace
PETE VINCENT	1st	14:58	5:20
Jason Schaumberg	5th	15:49	5:38
Michael Parker	6th	15:50	5:39
Gary Lancina	9th	16:02	5:43
Tony Harrison	12th	16:17	5:48
Jo Jo Cruz	13th	16:20	5:50
John Geyer	35th	17:43	6:19
Chris Jones	45th	18:36	6:38
Brian Jackman	47th	18:39	6:39
Keith Holmes	55th	21:00	7:30

PETALUMA at Spring Lake
10/12/83 3.1 miles
MONTGOMERY 17, Petaluma 42

	Place	Time	Pace
PETE VINCENT	1st	17:12	5:33
Paul Cummings	2nd	17:45	5:44
Tony Harrison	3rd	17:46	5:44
Jo Jo Cruz	4th	18:01	5:59
Tim Cummings	7th	18:51	6:06
Marc Spina	9th	19:12	6:13
Gary Lancina	10th	19:16	6:14

UKIAH at Ukiah
10/19/83 2.7 hilly miles
MONTGOMERY 17, Ukiah - incomplete

	Place	Time	Pace
PETE VINCENT	1st	15:54	5:50
Michael Parker	2nd	16:09	5:55
Jo Jo Cruz	3rd	16:11	5:56
Tony Harrison	5th	16:25	6:01
Paul Cummings	7th	17:02	6:12

Gary Lancina 6th 17:01 6:11

JUNIOR VARSITY RESULTS

NEWMAN and EL MOLINO at Spring Lake - 9/14/83
MONTGOMERY 36, Newman 36, El Molino 62
2.33 miles

	Place	Time	Pace
TIM CUMMINGS	2nd	14:21	6:09
Marc Spina	3rd	14:29	6:12
Derek Powell	6th	14:51	6:22
John Geyer	12th	15:23	6:36
Brian Jackman	13th	15:26	6:37
Chris Jones	15th	15:31	6:39
Keith Holmes	18th	16:44	7:10
Todd Lynn	20th	18:39	8:00

ANALY INVITATIONAL at Spring Lake - 9/17/83
3 miles Incomplete team

	Place	Time	Pace
DEREK POWELL	5th	19:02	6:20
John Geyer	8th	19:41	6:33
Keith Holmes	37th	22:16	7:25

PETALUMA and Sonoma at Sonoma - 9/21/83
MONTGOMERY 30, Sonoma 37, Petaluma - inc.
2 miles

	Place	Time	Pace
TIM CUMMINGS	1st	12:20	6:10
Derek Powell	3rd	12:47	6:23
John Geyer	4th	13:03	6:31
Chris Jones	10th	13:48	6:54
Todd Lynn	12th	14:29	7:14
Keith Holmes	15th	15:12	7:36

FLOYD COONEY INVITATIONAL at Fort Bragg
9/24/83 Sophomores - MONTGOMERY 2nd
2.8 miles

	Place	Time	Pace
PAUL CUMMINGS	1st	15:23	5:29
Tim Cummings	7th	16:38	5:56
Marc Spina	9th	16:46	5:59
Derek Powell	18th	17:33	6:16
Todd Lynn	41st	19:47	7:03

SANTA ROSA at Spring Lake - 9/28/83 3.1 miles
MONTGOMERY 27, Santa Rosa 28

	Place	Time	Pace
TIM CUMMINGS	2nd	19:03	6:08
Marc Spina	3rd	19:12	6:11
Derek Powell	5th	19:26	6:16
John Geyer	8th	20:22	6:34
Chris Jones	9th	20:33	6:37
Brian Jackman	12th	21:51	7:02
Keith Holmes	15th	22:22	7:12
Todd Lynn	16th	22:57	7:24

CARDINAL NEWMAN at Spring Lake - 10/5/83
Newman 24, MONTGOMERY 37 2.33 miles

	Place	Time	Pace
MARC SPINA	1st	13:36	5:50
Derek Powell	3rd	13:53	5:57

VS. Newman 10/5/83 continued

	Place	Time	Pace
John Geyer	10th	14:31	6:13
Chris Jones	14th	14:44	6:19
Brian Jackman	17th	15:18	6:33
Keith Holmes	23rd	16:07	6:55
Todd Lynn	24th	16:16	6:58

PETALUMA at Spring Lake - 10/12/83
MONTGOMERY 17, Petaluma - inc. 2.33 miles

	Place	Time	Pace
DEREK POWELL	1st	13:58	6:01
Michael Parker	2nd	14:02	6:02
Wes Hutt	3rd	14:05	6:03
John Geyer	4th	14:31	6:14
Brian Jackman	7th	14:58	6:25
Todd Lynn	9th	15:57	6:51
Keith Holmes	10th	16:21	7:01

At UKIAH - 10/19/83 hilly miles - 1.8
Sophomores: MONTGOMERY 25, Ukiah 32
J.V.: MONTGOMERY 19, Ukiah 39

	Place	Time	Pace
TIM CUMMINGS	1st	11:32	6:20
Marc Spina	3rd	11:47	6:28
Derek Powell	4th	11:57	6:33
Wes Hutt	5th	11:58	6:34
John Geyer	6th	12:05	6:38
Chris Jones	9th	12:41	6:58
Brian Jackman	11th	12:45	7:00
Todd Lynn	15th	13:45	7:33
Keith Holmes	16th	15:11	8:20

RANCHO COTATE at Spring Lake - 10/26/83
MONTGOMERY 15, Rancho - inc. 2.66 miles

	Place	Time	Pace
TIM CUMMINGS	1st	16:10	6:04
Marc Spina	2nd	16:19	6:08
Wes Hutt	3rd	16:27	6:11
John Geyer	4th	16:28	6:11
Chris Jones	5th	17:01	6:23
Brian Jackman	6th	17:51	6:42
Keith Holmes	7th	18:47	7:03
Todd Lynn	8th	20:51	7:50

N.B.L. at Spring Lake - 11/4/83 2.66 miles
Santa Rosa 29, Newman 35, MONTGOMERY 61

	Place	Time	Pace
J.V. Boys			
Chris Jones	7th	16:36	6:14
John Geyer	8th	16:42	6:16
Brian Jackman	12th	17:11	6:27
Keith Holmes	17th	18:24	6:55
Ed Rose	21st	19:41	7:23

GIRLS' RESULTS

URSULINE and EL MOLINO at Spring Lake
 Varsity: Ursuline 17, MONTGOMERY 43, E.M.-inc.
 J.V.: Incomplete Vars.-3.1 mi., J.V.-2.33 mi.

Varsity	Place	Time	Pace
JEANNIE HOLDEN	5th	24:17	7:35
Sandy McMullan	9th	25:05	7:50
Dianna McMahon	10th	25:57	8:06
Chris Ferguson	11th	26:02	8:07
Shiela O'Hanlon	14th	29:34	9:14
Fiona Adamson	16th	30:56	9:40
Rhonda Kaetzel	17th	35:31	11:05

J.V.	Place	Time	Pace
Trisha Spierings	20:44	8:53	10th
Kelly Snyder	27:30	11:48	20th

ANALY INVITATIONAL at Spring Lake - 9/17/83
 3 miles MONTGOMERY - 4th

	Place	Time	Pace
CHRIS FERGUSON	9th	22:23	7:27
Jeannie Holden	10th	22:38	7:32
Shiela O'Hanlon	22nd	25:46	8:35
Trisha Spierings	28th	26:19	8:46
Fiona Adamson	31st	27:03	9:01
Rhonda Kaetzel	32nd	28:34	9:33
Kelly Snyder	34th	33:29	11:09

PAETALUMA and SONOMA at Sonoma - 9/21/83
 Petaluma 27, Montgomery 29, Sonoma - inc.
 2 miles

	Place	Time	Pace
CHRIS FERGUSON	3rd	14:37	7:18
Jeannie Holden	4th	14:48	7:24
Dianna McMahon	5th	15:15	7:37
Sandy McMullan	6th	15:17	7:38
Shiela O'Hanlon	13th	16:17	8:08
Trisha Spierings	14th	16:20	8:10
Fiona Adamson	21st	19:04	9:32
Rhonda Kaetzel	22nd	19:39	9:49
Kelly Snyder	24th	20:06	10:03

Floyd Cooney Invitational at Fort Bragg
 9/24/83 MONTGOMERY - 6th 2.8 miles

	Place	Time	Pace
SHIELA O'HANLON	26th	22:14	7:56
Dianna McMahon	29th	22:49	8:09
Trisha Spierings	34th	23:35	8:25
Rhonda Kaetzel	42nd	26:05	9:88
Kelly Snyder	45th	27:10	9:42

SANTA ROSA at Spring Lake - 9/28/83
 MONTGOMERY 23, Santa Rosa 32

	Place	Time	Pace
CHRIS FERGUSON	2nd	22:58	7:24
Jeannie Holden	3rd	23:16	7:30
Dianna McMahon	4th	23:40	7:38
Shiela O'Hanlon	5th	24:07	7:46
Fiona Adamson	9th	25:29	8:13

VS. Santa Rosa 9/28/83 continued

	Place	Time	Pace
Rhonda Kaetzel	12th	28:36	9:13
Hayley Nutt	13th	28:48	9:17
Kelly Snyder	14th	32:29	10:28

URSULINE at Spring Lake - 10/5/83 3.1 miles
 Ursuline 15, MONTGOMERY 42
 J.V.: Ursuline 15, MONTGOMERY 50

	Place	Time	Pace
CHRIS FERGUSON	6th	23:17	7:30
Jeannie Holden	7th	23:21	7:32
Dianna McMahon	8th	23:26	7:33
Sandy McMullan	9th	24:00	7:44
Shiela O'Hanlon	12th	26:17	8:28

J.V.- 2.33 miles	Place	Time	Pace
RHONDA KAETZEL	12th	19:54	8:32
Fiona Adamson	13th	19:57	8:33
Chris Faus	14th	20:01	8:35
Hayley Nutt	16th	20:38	8:51
Kelly Snyder	19th	25:15	9:58

PETALUMA at Spring Lake - 10/12/83
 MONTGOMERY 24, Petaluma 31 3.1 miles
 JV: Both incomplete 2.33 miles

Varsity	Place	Time	Pace
CHRIS FERGUSON	2nd	22:14	7:13
Dianna McMahon	4th	23:16	7:30
Jeannie Holden	5th	23:21	7:32
Sandy McMullan	6th	23:30	7:35
Shiela O'Hanlon	7th	23:52	7:42

J.V.-	Place	Time	Pace
FIONA ADAMSON	3rd	18:31	7:56
Chris Faus	4th	19:42	8:29
Rhonda Kaetzel	5th	19:48	8:32
Hayley Nutt	6th	21:09	9:10

UKIAH at Ukiah - 10/19/83 2.7 miles
 Ukiah 22, MONTGOMERY 35

	Place	Time	Pace
JEANNIE HOLDEN	2nd	20:40	7:39
Dianna McMahon	5th	21:40	8:01
Chris Ferguson	7th	21:42	8:02
Shiela O'Hanlon	10th	22:23	8:17
Sandy McMullan	11th	23:31	8:42
Fiona Adamson	17th	25:06	9:17
Chris Faus	18th	25:56	9:35
Rhonda Kaetzel	19th	26:30	9:47
Kelly Snyder	21	32:01	11:10

Continued on another page

CONTINUATION OF RESULTS

FROSH/SOPH BOYS

N.B.L. MEET at Spring Lake
 11/4/83 2.66 miles
 MONTGOMERY 57, Cardinal Newman 57, Petaluma 63,
 Rancho Cotate 70, Ukiah 82

	Place	Time	Pace
TIM CUMMINGS	3rd	15:11	5:42
Marc Spina	5th	15:19	5:45
Derek Powell	10th	15:50	5:57
Wes Hutt	14th	16:14	6:06
Todd Lynn	25th	17:32	6:35

GIRLS

RANCHO COTATE at Spring Lake
 10/26/83 3.1 miles
 MONTGOMERY 18, Rancho Cotate 38

	Place	Time	Pace
CHRIS FERGUSON	1st	22:01	7:06
Dianna McMahon	2nd	22:40	7:18
Sandy McMullan	4th	23:16	7:30
Jeannie Holden	5th	23:42	7:38
Shiela O'Hanlon	6th	23:44	7:39
Chris Faus	10th	25:59	8:22
Fiona Adamson	12th	27:41	8:55
Rhonda Kaetzel	13th	28:43	9:15
Hayley Hutt	14th	31:42	10:13
Kelly Snyder	25th	36:00	11:36

N.B.L. MEET at Spring Lake
 11/4/83 miles - 2.66
 J.V. Girls - Incomplete

	Place	Time	Pace
Chris Faus	15th	22:16	8:22
Hayley Hutt	17th	22:39	8:30

VARSETY Girls 3.1 miles
 Ursuline 31, MONTGOMERY 54, Ukiah 75,
 Petaluma 79, Rancho Cotate 107

	Place	Time	Pace
CHRIS FERGUSON	4th	20:41	6:40
Dianna McMahon	9th	21:50	7:02
Sandy McMullan	15th	22:13	7:10
Jeannie Holden	16th	22:18	7:11
Shiela O'Hanlon	18th	22:31	7:15
Fiona Adamson	25:36	8:15	32nd
Rhonda Kaetzel	33rd	26:42	8:36

A.A. NORTH at SPRING LAKE
 11/12/83 3 miles

	Place	Time	Pace
CHRIS FERGUSON	28th	21:21	7:07
Jeannie Holden	58th	23:29	7:49
Dianna McMahon	62nd	23:41	7:53
Chris Faus	73rd		
Fiona Adamson	75th		
Rhonda Kaetzel	76th		

VARSETY BOYS

RANCHO COTATE at Spring Lake
 10/26/83 3.1 miles
 MONTGOMERY 15, Rancho Cotate 50

	Place	Time	Pace
PETE VINCENT	1st	17:19	5:35
Michael Parker	2nd	17:34	5:40
Paul Cummings	3rd	17:39	5:41
Gary Lancina	4th	17:41	5:42
Tony Harrison	5th	17:41	5:42
Jo Jo Cruz	6th	18:02	5:49
Jason Schaumberg	7th	18:41	6:02

N.B.L. MEET at Spring Lake
 11/4/83 3.1 miles
 MONTGOMERY 26, Santa Rosa 45, Cardinal
 Newman 68, Ukiah 109

	Place	Time	Pace
PETE VINCENT	2nd	16:20	5:16
Tony Harrison	4th	16:44	5:23
Paul Cummings	5th	16:47	5:24
Gary Lancina	8th	17:14	5:33
Michael Parker	9th	17:18	5:34
Jason Schaumberg	10th	17:48	5:44
Jo Jo Cruz	12th	17:50	5:45

A.A. NORTH at Spring Lake
 11/12/83 3 miles
 Redwood 55, Piner 92, MONTGOMERY 118,
 Terra Linda 131, Drake 145, Eureka 149,
 Arcata 188, Analy 194, Santa Rosa 216,
 Cardinal Newman 224, San Marin 236,
 Healdsburg 274

	Place	Time	Pace
PETE VINCENT	3rd	16:02	5:20
Gary Lancina	21st	17:10	5:43
Paul Cummings	23rd	17:12	5:44
Michael Parker	25th	17:14	5:44
Tim Cummings	58th	18:16	6:06
Tony Harrison	59th	18:18	6:06
Jason Schaumberg	60th	18:19	6:06

NORTH COAST SECTION at Pleasanton
 11/19/83 3 miles
 Redwood 97, Miramonte 117, San Ramon 130
 Livermore 133, MONTGOMERY 156, Piner 172
 Berkeley 176, Castro Valley 197, Encinal 220,
 Terra Linda 221, Clayton Valley 223,
 Moreau 270, Ft. Bragg 305, Mission San
 Jose 330, Antioch 351, University 353

	Place	Time	Pace
PETE VINCENT	11th	15:36	5:12
Paul Cummings	33rd	16:05	5:21
Tony Harrison	43rd	16:19	5:26
Jason Schaumberg	48th	16:28	5:29
Gary Lancina	68th	16:49	5:36
Tim Cummings	103rd	17:42	5:54
Marc Spina	119th	18:48	6:16