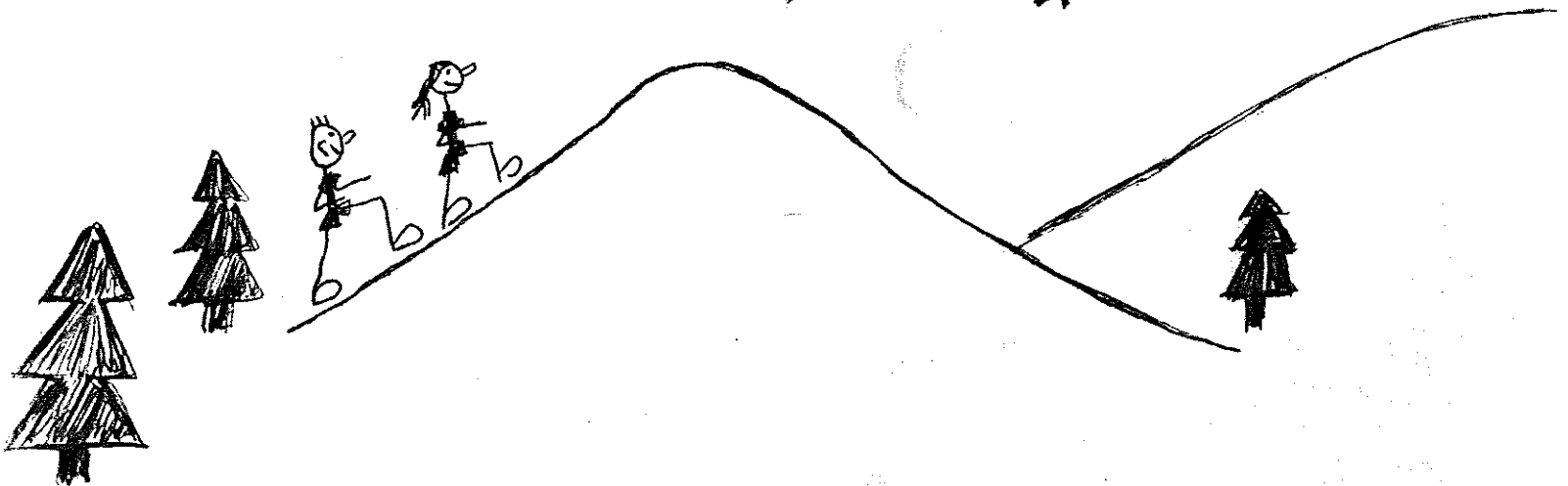


Viking
X-Country
1986

North Bay League
Champs!



M. H. S. CROSS-COUNTRY

N.B.L. CHAMPIONS

TEAM

VARSIITY BOYS

76-77 25pts
79-80 32pts
83-84 26pts
84-85 39pts
85-86 23pts**
86-87 36pts

VARSIITY GIRLS

76-77 15pts**
77-78 20pts
86-87 40pts

N.C.S. SECTION CHAMPIONS

VARSIITY BOYS

80-81 84pts 3A
85-86 42pts 2A**

VARSIITY GIRLS

76-77 37pts 3A**
77-78 42pts 3A

N.C.S. M.O.C.
BEST TEAM FINISH

VARSIITY BOYS

85-86 4th

VARSIITY GIRLS

76-77 4th

N.B.L. CHAMPIONS

INDIVIDUAL

VARSIITY BOYS

65-66 Bob Waldon
72-73 Steve Ricker
76-77 Bill Johnson
79-80 Dave Rodriquez
84-85 Paul Cummings
85-86 Paul Cummings
86-87 Kevin Smith

VARSIITY GIRLS

76-77 Heidi Messerschmitt
77-78 Deanne Neff

N.C.S. SECTION CHAMPIONS

VARSIITY BOYS

72-73 Steve Ricker
85-86 Paul Cummings

N.C.S. M.O.C. INDIVIDUALS
MAKING THE TOP 10

VARSIITY BOYS

65-66 BobWaldon 3rd**
85-86 Paul Cummings 4th

VARSIITY GIRLS

76-77 Heidi Messerschmitt 6th**
77-78 Michelle Tani 10th

SEASON RECORDS 1982- 1986

VARSITY GIRLS

<u>YEAR</u>	<u>DUAL</u>	<u>N.B.L.</u>	<u>FINALS</u>	<u>N.C.S.</u>
82	1-4	1-4	5th	DNC
83	5-4	2-3	2nd	11th 2A
84	6-3	3-2	2nd	6th 2A
85	4-1	4-1	2nd	6th 2A
86	6-0	5-0	1st	9th 3A
TOTALS	22-12	15-10		

VARSITY BOYS

					<u>M.O.C.</u>
82	4-1	4-1	2nd	5th 2A	DNC
83	9-0	5-0	1st	3rd 2A	5th
84	9-0	5-0	1st	2nd 2A	11th
85	5-0	5-0	1st	1st 2A	4th
86	5-1	4-1	1st	8th 3A	
TOTALS	32-2	23-2			

JUNIOR VARSITY BOYS

			<u>J.V.FINALS</u>	<u>SOPH.FINALS</u>
82	4-1	4-1	1st	3rd
83	7-1-1	4-1	3rd	1st
84	8-1	4-1	2nd	INC
85	5-0	5-0	2nd	1st
86	6-0	6-0	1st	INC
TOTALS	30-3-1	22-3		

1986

M.H.S. X-COUNTRY TEAM

AWARDS & TITLES

VARSITY BOYS

TEAM

NORTH BAY LEAGUE CHAMPIONS (4th consecutive year)

VIKING OPENER INV. JUNIOR CHAMPIONS

N.C.S. 3A 8th

(A record 27 consecutive dual meet victories)

INDIVIDUALS

** Kevin Smith Sr. 15:37 (2)

North Bay League CHAMPION
San Ramon Inv. Runner-up
Mariner Inv. 5th
Viking Opener Inv. Senior 4th
N.C.S. 3A Section 10th
N.C.S. M.O.C. 29th

* Joe Shaughnessey So. 17:49

N.B.L. Fr-Soph Runner-up

* Steve Pullins Jr. 17:52

* Jeff Fletcher Jr. 17:56(1)

N.B.L. Open CHAMPION

** Tim Schlander Sr. 16:15 (1)

North Bay League 5th
Viking Opener Inv. Senior 5th

** Randall Watkins Jr. 16:15 (1)

North Bay League 6th
Viking Opener Inv. Junior CHAMPION

* David Waldow Jr. 16:36

North Bay League 8th

and 10th

* Keith Lewis Soph. 17:03
San Ramon Inv. J.V. 3rd

* Barry Howell Jr. 17:26

* Kevin Drisko Jr. 17:38
North Bay League Open 3rd

*

* Eric Brandt Jr. 17:39

* Mike Holden Jr. 17:42

***3rd Year Block

**2nd Year Block

*1st Year Block

(#) # of course records

Times are 1986 5000M best
best.

VARSITY GIRLS

TEAM

NORTH BAY LEAGUE CHAMPIONS

SAW

SAN RAMON INV. CHAMPIONS

VIKING OPENER INV. SENIOR RUNNER-UPS

N.C.S. 3A 9th place

INDIVIDUALS

*** Peewee Lemus Sr. 19:07 (3)

UNDEFEATED IN DUAL MEETS

North Bay League runner-up

San Ramon Inv. 3rd

Viking Opener Inv. Senior 3rd

N.C.S. 3A 8th

** Nicole Fischer Jr. 20:00 (1)

Viking Opener Inv. Junior Champion

North Bay League 4th

Mariner Inv. 9th

*** Erika Gardner Sr. 20:32
North Bay League 6th

* Linda Parker Soph. 21:43
Viking Opener Sophomore 3rd
North bay League 10th

** Jane Kientz Sr. 22:14

* Martina Stiehl Jr. 24:01

* Mandy Jones Soph. 24:35

* Michelle Mayes Soph. 25:59
North Bay League Open Div. Runner-up

JUNIOR VARSITY

TEAM

NORTH BAY LEAGUE CHAMPIONS
SAN RAMON INV. CHAMPIONS
VIKING OPENER INV. SOPH. Runner-up
MARINER INV. 3rd

INDIVIDUALS

* Thomas Green	Jr.	18:12
** Joe Lancina	Jr.	19:00
* Luis Rameriz	Sr.	19:09
* Jonathan Lew	So.	20:25
* Jaime Ciudad-Real	So.	20:56
* Matt Keith	Jr.	21:14
* Darlene Kaetzel	Sr.	28:42
* Erin Cordell	So.	
***Kevin Bonilla	Sr.	

1986 TEAM AWARDS

GIRLS

MOST VALUABLE Peewee Lemus

CAPTAIN Erika Gardner

Honorable Mention - Peewee Lemus

MOST INSPIRATIONAL Linda Parker

Honorable Mention - Michelle Mayes

MOST IMPROVED Mandy Jones

Honorable Mention - Erika Gardner
- Darlene Kaetzel

BOYS

MOST VALUABLE Kevin Smith

CAPTAIN Tim Schlander

Honorable Mention - Kevin Smith

MOST INSPIRATIONAL Randell Watkins

Honorable Mention - Kevin Smith
- Kevin Drisko
- Berry Howell

MOST IMPROVED Kevin Drisko

Honorable Mention - Steve Pullins
- Keith Lewis
- David Waldow