



# Montgomery Viking Athletics

# 1987

**MONTGOMERY HIGH SCHOOL**  
**1250 HAHMAN DRIVE**  
**SANTA ROSA, CALIFORNIA**  
**95405 Tel. 528-5387**

# MONTGOMERY

# VIKINGS

# CROSS

# COUNTRY

COACHED BY: LARRY MEREDITH

ASSISTED BY: BEN ROSALES

# MONTGOMERY VIKINGS

## 1987 CROSS COUNTRY

### VARSITY GIRLS

Nicole Fischer, Senior, 3rd Year  
Laurie Timms, Senior, 1st Year  
Michelle Mayes, Junior, 2nd Year  
Linda Parker, Junior, 2nd Year  
Mandy Jones, Junior, 2nd Year  
Tanya Mayo, Sophomore, 1st Year  
Erin Preston, Sophomore, 1st Year  
Justine Packard, Sophomore, 1st Year

### 1987 DUAL MEETS

Montgomery 15, Casa Grande inc.  
Montgomery 28, Ursuline 29  
Montgomery 15, Piner inc.  
Montgomery 22, Ukiah 35  
Rancho Cotate 27, Montgomery 30  
Montgomery 23, Santa Rosa 32

### 1987 INVITATIONALS, POST-SEASON

VIKING OPENER: 2nd (Juniors)  
FLOYD COONEY: 4th  
SAN RAMON: 2nd  
ED SIAS: 8th  
MARINER: 4th  
NORTH BAY LEAGUE: 2nd regular season,  
3rd in finals  
NORTH COAST SECTION: 12th

### NICOLE FISCHER:

NORTH BAY LEAGUE CHAMPION  
VIKING OPENER SENIOR CHAMPION

### VARSITY BOYS

Randall Watkins, Senior, 3rd Year  
Dave Waldow, Senior, 2nd Year\*  
Kevin Drisko, Senior, 2nd Year\*  
Mike Holden, Senior, 2nd Year\*  
Eric Brandt, Senior, 2nd Year\*  
Barry Howell, Senior, 2nd Year  
Jeff Fletcher, Senior, 2nd Year  
Mike Contos, Senior, 1st Year\*\*  
Keith Lewis, Junior, 2nd Year  
Dean Crane, Junior, 1st Year  
\*3rd year team member  
\*\*3 years varsity at Valhalla  
High School, El Cajon

### 1987 DUAL MEETS

Montgomery 15, Casa Grande 46  
Montgomery 18, Cardinal Newman 43  
Montgomery 18, Piner 41  
Montgomery 16, Ukiah 47  
Montgomery 19, Rancho Cotate 38  
Montgomery 25, Santa Rosa 30

### 1987 INVITES, POST-SEASON

VIKING OPENER: 1st (Seniors)  
3rd (Juniors)  
FLOYD COONEY: 1st  
SAN RAMON: 2nd  
ED SIAS: 3rd  
MARINER: 2nd  
NORTH BAY LEAGUE: 1st  
NORTH COAST SECTION: 3rd

### MIKE CONTOS:

NORTH BAY LEAGUE CHAMPION  
VIKING OPENER SENIOR CHAMPION  
FLOYD COONEY INVITATIONAL CHAMP  
SAN RAMON INVITATIONAL CHAMP  
STATE MEET QUALIFIER

## JUNIOR VARSITY BOYS

Steve Pullins, Senior, 3rd year  
 Jon Lew, Junior, 2nd year  
 Rocky Contos, Junior, 1st year  
 Star Stevenson, Sophomore, 1st year  
 Pete Keith, Sophomore, 1st year  
 Kevan Jurin, Sophomore, 1st year  
 Steve Kemmerer, Sophomore, 1st year  
 Dave Intner, Sophomore, 1st year

### 1987 DUAL MEETS:

Montgomery 15, Casa Grande inc.  
 Montgomery 15, Cardinal Newman 50  
 Montgomery 18, Piner 38  
 Montgomery 15, Ukiah 49  
 Montgomery 18, Rancho Cotate 41  
 Montgomery 23, Santa Rosa 34

### 1987 INVITATIONALS, POST-SEASON

SAN RAMON: 2nd  
 ED SIAS: 7th  
 MARINER: 6th  
 NORTH BAY LEAGUE: 1st

### SEASON RECORDS 1982 to 1987

VARSITY GIRLS		NBL	NBL	N.C.S.	
YEAR	DUAL	DUAL	FINAL		
'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	
'87	5-1	4-1	3rd/2nd	12th 3A	
TOTAL:		27-13	19-11		

VARSITY BOYS				M.O.C.	
YEAR	DUAL	DUAL	FINAL		
'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	DNC
'87	6-0	5-0	1st	3rd 3A	---
TOTAL:		38-2	28-2		

JUNIOR VARSITY BOYS		J.V. FINALS	SOPH. FINALS	
'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	5-0	1st	inc
'87	6-0	5-0	1st	---
TOTAL:		36-3-1	27-3	

## NORTH BAY LEAGUE TEAM CHAMPIONS:

### VARSITY BOYS

1976 25 pts.  
 1979 32 pts.  
 1983 26 pts.  
 1984 39 pts.  
 1985 23 pts.  
 1986 36 pts.  
 1987 26 pts.

### VARSITY GIRLS

1976 15 pts.  
 1977 20 pts.  
 1986 40 pts.

## NORTH COAST SECTION CHAMPIONS

### VARSITY BOYS

1980 84 pts. (3A)  
 1985 42 pts. (2A)

### VARSITY GIRLS

1976 37 pts. (3A)  
 1977 72 pts. (3A)

## NCS INDIVIDUAL CHAMPIONS

VARSITY BOYS: 1972 Steve Ricker  
 1985 Paul Cummings

## NBL INDIVIDUAL CHAMPIONS

### VARSITY GIRLS

1976 Heidi Messerschmitt  
 1977 Deanne Neff  
 1987 Nicole Fischer

### VARSITY BOYS

1965 Bob Waldon  
 1972 Steve Ricker  
 1976 Bill Johnson  
 1979 Dave Rodriques  
 1984 Paul Cummings  
 1985 Paul Cummings  
 1986 Kevin Smith  
 1987 Mike Contos

TIME TRIAL, SEPTEMBER 8, 1987, 2.0 MILE COURSE AT SPRING LAKE

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 2.0 mile time trial.

VIKING OPENER INVITATIONAL, SEPTEMBER 12, 1987 2.0 MILE COURSE AT SPRING LAKE

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 2.0 mile invitational race.

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 2.0 mile invitational race, including Varsity Boys, Girls, and Junior Boys.

FLOYD COONEY INVITATIONAL, SEPTEMBER 19, 1987 2.9 MILE COURSE (EST.) AT MACKERRICHER STATE PARK, FORT BRAGG

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 2.9 mile invitational race.

DUAL MEET VS. CASA GRANDE, SEPTEMBER 23, 1987 3.0 MILE COURSE AT SPRING LAKE

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 3.0 mile dual meet race.

SAN RAMON INVITATIONAL, SEPTEMBER 26, 1987 1.91 MILE COURSE AT SAN RAMON VALLEY HIGH SCHOOL, DANVILLE

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 1.91 mile invitational race.

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 1.91 mile invitational race, including Varsity Girls and Junior Varsity Boys.

ED SIAS INVITATIONAL, OCTOBER 3, 1987 2.0 MILE COURSE AT HIDDEN VALLEY PARK, MARTINEZ

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 2.0 mile invitational race.

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 2.0 mile invitational race, including Varsity Girls and Junior Varsity Boys.

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 2.0 mile invitational race, including Varsity Boys.

NBL DUAL MEET VS. CARDINAL NEWMAN / URSULINE, OCTOBER 7, 1987 2.4 MILE COURSE AT CARDINAL NEWMAN HIGH SCHOOL

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for a 2.4 mile dual meet race.

NBL DUAL MEET VS. PINER, OCTOBER 14, 1987 2.0 MILE (J.V.) AND 3.0 MILE (VAR.) COURSES AT SPRING LAKE PARK

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for 2.0 mile and 3.0 mile dual meet races.

MARINER INVITATIONAL, OCTOBER 17, 1987, 3.1 MILE (VARSITY) AND 2.0 MILE (J.V.) COURSES AT GARIN PARK, HAYWARD

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for 3.1 mile and 2.0 mile invitational races.

Table with 3 columns: NAME, TIME, PLACE. Lists runners and their times for 3.1 mile and 2.0 mile invitational races, including Varsity Boys and Girls Team Scores.

**NBL DUAL MEET VS. UKIAH, OCTOBER 21, 1987**  
**3.0 MILE COURSE AT LAKE MENDOCINO, UKIAH**

TIME	PACE	PLACE	VARSIITY BOYS	TIME	PACE	PLACE	
1. MKE C.	17:10	5:43	1 V MONTGOMERY 16	1. NICOLE	22:26	7:24	1
2. DAVE W.	18:05	6:01	2 V UNAH 47	2. MICHELLE	23:31	7:50	3
3. KEITH	18:20	6:06	3 V 14 finishers	3. LINDA	24:01	8:00	4
4. KEVIN D.	18:34	6:11	4 V	4. TANYA	24:21	8:07	5
5. BARRY	18:44	6:14	6 V	5. JUSTINE	27:53	9:17	9
6. MKE H.	18:45	6:15	7 V	6. MANDY	27:55	9:18	10
7. DEAN	18:46	6:16	8 V	7. ERN	28:04	9:21	11
8. ROCKY	19:03	6:21	1 JV				
9. JEFF	19:11	6:23	2 JV				
10. ERIC	19:27	6:29	3 JV				
11. STAR	19:36	6:32	4 JV				
12. JON	20:01	6:40	5 JV				
13. PETE	20:04	6:42	8 JV				
14. STEVE P.	20:18	6:45	8 JV				
15. DAVE L.	22:20	7:26	12 JV				
16. KEVAN J.	22:24	7:28	13 JV				

**NBL DUAL MEET VS. RANCHO COTATE, OCTOBER 28, 1987**  
**2.25 MILE (J.V.) AND 2.65 (VAR) MILE COURSES AT SPRING LAKE**

VARSIITY BOYS			VARSIITY GIRLS			JUNIOR VARSITY BOYS			
TIME	PACE	PLACE	TIME	PACE	PLACE	TIME	PACE	PLACE	
1. MKE C.	13:37	5:08	1. NICOLE	17:01	6:25	1. DEAN	13:01	5:47	1
2. RANDALL	13:54	5:14	2. MICHELLE	17:50	6:43	2. STAR	13:06	5:49	2
3. DAVE W.	14:14	5:22	3. LINDA	18:11	6:51	3. PETE	13:24	5:57	3
4. KEITH	14:21	5:24	4. TANYA	19:04	7:11	4. STEVE P.	13:28	5:59	4
5. KEVIN D.	14:28	5:27	5. JUSTINE	21:24	8:04	5. JON	14:00	6:13	8
6. MKE H.	14:56	5:38	6. MANDY	21:54	8:15	6. STEVE K.	14:07	6:16	9
7. BARRY	15:00	5:39	7. ERN	23:02	8:41	7. KEVAN J.	14:17	6:20	10
8. JEFF						8. DAVID L.	15:20	6:48	16
9. ERIC			TEAMScores: Rancho Cotate 27			TEAMScores: MONTGOMERY 1			
10. ROCKY			MONTGOMERY 30			Rancho Cotate 41			
			17 finishers			19 finishers			

**NBL DUAL MEET VS. SANTA ROSA, NOVEMBER 4, 1987**  
**2.9 MILE COURSE AT SPRING LAKE**

VARSIITY BOYS			VARSIITY GIRLS			JUNIOR VARSITY BOYS			
TIME	PACE	PLACE	TIME	PACE	PLACE	TIME	PACE	PLACE	
1. MKE C.	14:59	5:10	1. NICOLE	19:15	6:38	1. DEAN	15:35	5:43	1
2. RANDALL	15:24	5:18	2. MICHELLE	19:55	6:52	2. ROCKY	17:02	5:52	4
3. DAVE W.	15:45	5:25	3. LINDA	20:55	7:12	3. JEFF	17:12	5:55	5
4. KEVIN D.	15:54	5:28	4. TANYA	21:48	7:31	4. ERIC	17:19	5:58	6
5. KEITH	15:58	5:30	5. JUSTINE	23:00	7:56	5. STAR	17:25	6:00	7
6. MKE H.	16:42	5:45	6. LAURIE	24:50	8:33	6. JON	18:05	6:14	10
7. BARRY	17:23	5:59	7. MANDY	25:18	8:43	7. PETE	18:10	6:15	11
			8. ERN	25:30	8:47	8. KEVAN	18:57	6:32	12
VB: MONTGOMERY 25			VG: MONTGOMERY 23			9. STEVE K.	19:06	6:35	13
Santa Rosa 30 (14 finishers)			Santa Rosa 32 (14 finishers)			10. DAVE L.	19:21	6:40	14
JVB: MONTGOMERY 23, Santa Rosa 34 (16 finishers)									

**NORTH BAY LEAGUE CHAMPIONSHIPS, NOVEMBER 13, 1987**  
**3.0 MILE COURSE AT SPRING LAKE PARK**

VARSIITY BOYS			VARSIITY GIRLS			JUNIOR VARSITY BOYS			
TIME	PACE	PLACE	TIME	PACE	PLACE	TIME	PACE	PLACE	
1. MKE C.	15:42	5:14	1. NICOLE	19:45	6:35	1. BARRY	17:12	5:44	1
2. RANDALL	16:07	5:22	2. MICHELLE	20:21	6:47	2. ROCKY	17:48	5:56	3
3. DAVE W.	16:12	5:24	3. LINDA	21:43	7:14	3. ERIC	17:54	5:58	5
4. KEITH	16:22	5:27	4. TANYA	22:00	7:20	4. STAR	18:05	6:01	8
5. KEVIN D.	16:34	5:31	5. JUSTINE	23:51	7:57	5. STEVE P.	18:09	6:03	9
6. MKE H.	17:06	5:42	6. ERN	25:52	8:37	6. JON	18:24	6:08	11
7. DEAN	17:13	5:44	7. MANDY	27:07	9:02	7. PETE	18:28	6:09	12
						8. STEVE K.	19:04	6:21	20
TEAMScores:			TEAMScores:			9. DAVE L.	19:18	6:25	24
1. MONTGOMERY 28			1. Piner 52			10. KEVAN J.	19:55	6:38	32
2. Santa Rosa 52			2. Rancho Cotate 56						
3. Rancho Cotate 72			3. MONTGOMERY 66			TEAMScores:			
4. Piner 87			4. Ukiah 88			1. MONTGOMERY 28			
5. Cardinal Newman 116			5. Santa Rosa 101			2. Santa Rosa 50			
6. Ukiah 156			6. Ukiah 125			3. Piner 76			
39 finishers			40 finishers			4. Rancho Cotate 106			
						5. Ukiah 113			
						6. Cardinal Newman 169			

**NORTH COAST SECTION 3A CHAMPIONSHIPS, NOVEMBER 21, 1987**  
**3.0 MILE COURSE AT POINT PINOLE STATE PARK**

VARSIITY BOYS			VARSIITY GIRLS			
TIME	PACE	PLACE	TIME	PACE	PLACE	
1. MKE C.	15:13	5:04	1. MICHELLE	19:59	6:19	21
2. RANDALL	15:27	5:09	2. NICOLE	20:45	6:36	45
3. KEITH	15:59	5:19	3. TANYA	21:50	7:16	71
4. DAVE W.	16:19	5:26	4. LINDA	21:55	7:18	73
5. KEVIN D.	16:32	5:30	5. JUSTINE	23:18	7:46	106
6. MKE H.	16:35	5:31	6. ERN	25:10	8:23	122
7. BARRY	16:59	5:39	7. MANDY	25:20	8:26	124
TEAMScores:			TEAMScores:			
1. San Ramon 83; 2. Antioch 100			1. California 67;			
3. MONTGOMERY 118; 4. Moreau 119; 5. Livermore 121;			2. El Cerrito 104; 3. Moreau 109;			
6. Berkeley 149; 7. Northgate 265; 8. Mission San Jose 267;			4. College Park 127; 5. Clayton Valley			
9. El Cerrito 290; 10. Santa Rosa 292; 11. San Leandro 293;			176; 6. Mission San Jose 220;			
12. Rancho Cotate 307; 13. Amador Valley 315;			7. Antioch 255; 8. San Ramon 260;			
14. California 326; 15. Clayton Valley 333; 16. Concord 364;			9. Amador Valley 261; 10. Northgate 271;			
17. Eureka 402; 18. Logan 429; 19. Irvington 546			11. Granada 281;			
STATE MEET QUALIFIER: MIKE CONTOS			12. MONTGOMERY 295;			
			13. Logan 304; 14. Piner 314;			
			15. Carondelet 316; 16. Rancho Cotate			
			328; 17. San Leandro 342;			
			18. Washington 450			

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Keith Lewis	52	13	307.0
Kevin Drisko	52	13	290.0
Michelle Mayes	52	13	256.5
Nicole Fischer	52	13	254.0
Dave Waldow	48	13	258.0
Jon Lew	48	11	232.0
Tanya Mayo	47	13	212.0
Mike Holden	46	12	247.0
Linda Parker	45	13	213.0
Kevan Jurin	44	12	201.0
Erin Preston	43	13	180.0
Mike Contos	41	14	235.0
Randall Watkins	39	11	205.5
Dean Crane	39	10	197.5
Mandy Jones	39	13	164.0
Barry Howell	38	9	186.5
Jeff Fletcher	36	10	193.5
Rocky Contos	35	9	172.0
Steve Kemmerer	35	10	159.5
Pete Keith	33	11	156.0
Eric Brandt	32	9	174.0
Star Stevenson	29	8	144.0
Steve Pullins	24	8	112.5
Justine Packard	22	6	92.0
Laurie Timms	22	2	65.0
Dave Intner	20	6	93.0