



Montgomery Viking Athletics

MONTGOMERY HIGH SCHOOL
1250 HAHMAN DRIVE
SANTA ROSA, CALIFORNIA 95405

BOY'S (707) 528 - 5387
GIRL'S (707) 528 - 5365

1989

MONTGOMERY

VIKINGS

CROSS

COUNTRY

HEAD COACH: LARRY MEREDITH
ASSISTANT COACH: TORI STRONG

MONTGOMERY VIKINGS

1989 CROSS COUNTRY

VARSITY GIRLS

Tanya Mayo, Senior, 3rd Year
Erin Preston, Senior, 3rd Year
Kristen Blackwell, Junior, 2nd Year
Jenny Scott, Junior, 2nd Year
Charlene Gehrt, Junior, 1st Year**
Lisa Gay, Sophomore, 1st Year
Amy Jordan, Sophomore, 1st Year

JUNIOR VARSITY GIRLS

Veronica Cantabrana, Junior, 1st Year

**2nd year team member

1989 DUAL/TRI MEETS

Rancho Cotate 25, Justin Siena 46, Montgomery 50
Santa Rosa 30, Redwood 38, Montgomery 52
Rancho Cotate 22, Montgomery 33
Santa Rosa 17, Montgomery 38
Ursuline 24, Piner 31
Piner 26, Montgomery 29
Montgomery 19, Ukiah 38

INVITATIONALS, POST-SEASON

VIKING OPENER: 3rd Junior/Senior

SAN RAMON: 7th

ARTICHOKE: 15th

NORTH BAY LEAGUE: 5th

BOYS INVITATIONALS, POST-SEASON

VIKING OPENER: 1st Seniors, 1st Juniors,
6th Frosh/Soph

ED SIAS: 3rd Vars, 2nd JV

SAN RAMON: 3rd Vars, 1st JV

ARTICHOKE: 4th Vars, 2nd JV

NORTH BAY LEAGUE: 1st Varsity
1st Junior Varsity

NORTH COAST SECTION 3A:

VARSITY BOYS

Star Stevenson, Senior, 2nd Year*
Pete Keith, Senior, 2nd Year*
Dave Intner, Senior, 2nd Year*
Kevin Boone, Senior, 2nd Year
Scott Fitzwater, Senior, 1st Year**
Wayne Richter, Senior, 1st Year
Mike del Campo, Senior, 1st Year
Jeff Godfrey, Junior, 2nd Year
Rory O'Neill, Junior, 2nd Year
Steve Fromm, Junior, 1st Year**
Mike Grafe, Junior, 1st Year

*3rd year team member

**2nd year team member

JUNIOR VARSITY BOYS

Marshall Motley, Senior, 2nd Year
Victor Garrison, Senior, 1st Year
Ryan Lynn, Junior, 2nd Year
Clayton Hunt, Junior, 2nd Year
Aaron Parsons, Junior, 2nd Year
Jason Waldow, Junior, 2nd Year
Mike Grafe, Junior, 1st Year
Brian Felice, Junior, 1st Year
Pete McClendon, Junior, 1st Year
Nat Lopes, Sophomore, 1st Year
Eric Haluzak, Sophomore, 1st Year
Sven Jorgensen, Sophomore, 1st Year
Eric Dolan, Sophomore, 1st Year

1989 VARSITY DUAL MEETS

Montgomery 17, Rancho Cotate 25, Justin Siena inc.
Montgomery 24, Santa Rosa 57, Redwood 59
Montgomery 15, Rancho Cotate 44
Montgomery 28, Santa Rosa 30
Montgomery 15, Cardinal Newman 50
Montgomery 24, Piner 37
Montgomery 17, Ukiah 45

1989 JUNIOR VARSITY DUAL MEETS

Montgomery 15, Rancho Cotate inc., Justin Siena inc.
Montgomery 15, Santa Rosa 56, Redwood 69
Montgomery 15, Rancho Cotate 50
Montgomery 15, Santa Rosa 50
Montgomery 15, Cardinal Newman 50
Montgomery 15, Piner inc.
Montgomery 15, Ukiah 50

**PRE-SEASON MEET VS. RANCHO COTATE
AND JUSTIN SIENA, September 6 at
Rancho Cotate. Course: 2.97 miles, flat**

GIRLS	Place	Time	Pace
1 Tanya	7 V	23:58	8:04
2 Amy	10 V	24:36	8:16
3 Erin	11 V	24:41	8:18
4 Kristen	13 V	25:16	8:30
5 Jenny	14 V	25:59	8:44

Team Scores: Varsity Girls
Rancho Cotate 25, Justin Siena 46,
MONTGOMERY 50 18 finishers

BOYS	Place	Time	Pace
1 Dave	2 V	16:31	5:33
2 Rory	3 V	16:53	5:41
3 Pete K.	4 V	16:58	5:42
4 Scott	6 V	17:38	5:56
5 Kevin B.	8 V	17:41	5:57
6 Jeff G.	9 V	17:44	5:58
7 Jeff B.	10 V	17:55	6:01
8 Clayton	1 J JV	18:09	6:06
9 Ryan	2 J JV	18:29	6:13
10 Sven	3 J JV	18:40	6:17
11 Steve K.	4 J JV	19:18	6:29
12 Steve F.	5 J JV	19:28	6:33
13 Aaron	6 J JV	19:30	6:33
14 Mike G.	7 J JV	20:05	6:45
15 Mike C.	8 J JV	20:29	6:53
16 Marshall	10 J JV	21:00	7:04
17 Pete M.	12 J JV	22:25	7:32
18 Brian	13 J JV	22:26	7:33
19 Mike M.	14 J JV	23:28	7:54

Team Scores: Varsity Boys
MONTGOMERY 17, Rancho Cotate 25,
Justin Siena - Inc. 18 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 15, Rancho Cotate - Inc.,
Justin Siena - Inc. 15 finishers

**TIME TRIAL, September 13 at
Spring Lake. Course: 1 mile, rolling**

GIRLS	Place	Time	Pace
1 Tanya		7:22	
2 Erin		7:45	
3 Amy		7:46	
4 Kristen		7:56	
5 Charlene		9:37	

BOYS	Place	Time	Pace
1 Pete K.		5:05	
2 Dave		5:09	
3 Star		5:14	
4 Rory		5:15	
5 Jeff G.		5:21	
6 Kevin B.		5:25	
7 Nat		5:25	
8 Jeff B.		5:26	
9 Scott		5:32	
10 Mike d.		5:37	
11 Ryan		5:38	
12 Steve K.		5:39	
13 Eric H.		5:43	
14 Mike G.		5:44	
15 Wayne		5:45	
16 Jason		5:51	
17 Steve F.		6:09	
18 Aaron		6:21	
19 Mike C.		6:45	
20 Marshall		6:45	
21 Pete M.		7:19	
22 Brian		7:23	
23 Mike M.		7:49	

**VIKING OPENER INVITATIONAL
September 16 at Spring Lake
Course: 2.0 miles, rolling**

GIRLS	Place	Time	Pace
1 Lisa	9 F/S	14:24	7:12
2 Tanya	7 J/S	14:54	7:27
3 Amy	12 F/S	15:01	7:30
4 Erin	11 J/S	15:28	7:44
5 Kristen	13 J/S	15:39	7:49

Team Scores: Junior/Senior Girls
1. Fort Bragg 10, 2. Piner 19,
3. MONTGOMERY 23, 4. Petaluma 32

Frosh/Soph Girls: 27 finishers

BOYS	Place	Time	Pace
1 Dave	3 Sr	10:36	5:18
2 Pete K.	6 Sr	10:51	5:25
3 Jeff G.	3 Jr	11:00	5:30
4 Rory	4 Jr	11:02	5:31
5 Star	8 Sr	11:04	5:32
6 Scott	9 Sr	11:19	5:39
7 Kevin B.	12 Sr	11:23	5:41
8 Clayton	8 Jr	11:38	5:49
9 Jeff B.	9 Jr	11:39	5:49
10 Mike d.	16 Sr	11:41	5:50
11 Eric H.	8 F/S	11:47	5:53
12 Ryan	11 Jr	11:53	5:56
13 Wayne	20 Sr	12:06	6:03
14 Steve F.	14 Jr	12:12	6:06
15 Aaron	15 Jr	12:14	6:07
16 Jason	16 Jr	12:15	6:07
17 Mike G.	19 Jr	12:21	6:10
18 Mike C.	20 F/S	12:44	6:22
19 Marshall	29 Sr	13:08	6:34
20 Brian	30 Jr	13:54	6:57
21 Pete M.	31 Jr	14:05	7:02
22 Mike M.	48 F/S	14:54	7:27

Team Scores: Senior Boys
1. MONTGOMERY 14, 2. Santa Rosa 16,
3. Piner 21, 4. Novato 46, 5. Kelseyville 49
37 finishers

Team Scores: Junior Boys
1. MONTGOMERY 7, 2. Petaluma 28,
3. Fort Bragg 35 33 finishers

Team Scores: Frosh/Soph Boys
1. Fortuna 10, 2. Rancho Cotate 28,
3. Casa Grande 40, 4. Palatuma 53,
5. Analy 53, 6. MONTGOMERY 61
7. Laytonville 62, 8. Fort Bragg 62,
9. Santa Rosa 71, 10. Napa 83
55 finishers

ED SIAS INVITATIONAL
September 23 at Martinez
Course: 2.0 miles, hilly

GIRLS	Place	Time	Pace	
1	Lisa	37 V	14:54	7:27
2	Tanya	44 V	15:08	7:34
3	Amy	59 V	15:39	7:49
4	Erin	87 V	16:44	8:22

BOYS

Place	Time	Pace		
1	Dave	13 V	10:58	5:29
2	Pete K.	20 V	11:11	5:35
3	Jeff G.	29 V	11:20	5:40
4	Rory	32 V	11:23	5:41
5	Scott	46 V	11:41	5:50
6	Kevin B.	51 V	11:45	5:52
7	Clayton	57 V	11:49	5:54
8	Mike d.	2 JV	11:49	5:54
9	Nat	4 F/S	11:53	5:56
10	Victor	5 JV	12:08	6:04
11	Eric H.	6 F/S	12:11	6:05
12	Ryan	13 JV	12:23	6:11
13	Wayne	18 JV	12:32	6:16
14	Mike G.	21 JV	12:38	6:19
15	Jason	27 JV	12:56	6:28
16	Mike C.	23 F/S	13:04	6:32
17	Steve F.	33 JV	13:14	6:37
18	Sven	42 F/S	13:45	6:52
19	Brian	75 JV	14:31	7:15
20	Pete M.	77 JV	14:44	7:22

Team Scores: Varsity Boys

- De La Salle 24, 2. San Ramon 115,
- MONTGOMERY 132, 4. Santa Rosa 170,
- Antioch 171, 6. Clayton Valley 173,
- Northgate 177, 8. Benicia 182,
- College Park 249, 10. Ygnacio Valley 255,
- St. Mary's 255, 12. Campolindo 272,
- University 299, 14. Piner 319,
- Acalanes 369, 16. Vacaville 389,
- Liberty 438

132 finishers

Team Scores: Junior Varsity Boys

- De La Salle 40, 2. MONTGOMERY 51,
- Benicia 98, 4. Northgate 110,
- San Ramon 120, 6. College Park 147,
- Antioch 199, 8. Clayton Valley 202,
- Ygnacio Valley 245, 10. University 261

100 finishers

Frosh/Soph Boys: 69 finishers

PRE-SEASON MEET VS. SANTA ROSA, HEADSBURG, REDWOOD and COVENANT COMMUNITY, September 27 at Spring Lake. Course: 2.97 miles, rolling

GIRLS	Place	Time	Pace	
1	Tanya	8 V	22:06	7:26
2	Lisa	10 V	22:16	7:29
3	Amy	13 V	22:56	7:43
4	Erin	16 V	24:21	8:11
5	Kristen	19 V	24:47	8:20

Team Scores: Varsity Girls

- Santa Rosa 30, 2. Redwood 38,
- MONTGOMERY 52, 4. Headsburg - inc.,
- Covenant Community - inc.

30 finishers

BOYS	Place	Time	Pace	
1	Dave	3 V	16:19	5:29
2	Jeff G.	5 V	16:47	5:39
3	Pete K.	6 V	16:56	5:42
4	Scott	7 V	17:06	5:45
5	Star	8 V	17:16	5:48
6	Rory	9 V	17:22	5:50
7	Kevin B.	11 V	17:31	5:53
8	Clayton	1 JV	18:02	6:04
9	Victor	2 JV	18:03	6:04
10	Mike d.	18 V	18:05	6:05
11	Wayne	3 JV	18:09	6:06
12	Ryan	4 JV	18:12	6:07
13	Jeff B.	5 JV	18:32	6:14
14	Eric H.	6 JV	18:57	6:22
15	Steve F.	8 JV	19:05	6:25
16	Mike G.	9 JV	19:11	6:27
17	Aaron	10 JV	19:28	6:33
18	Jason	11 JV	19:37	6:36
19	Marshall	15 JV	19:59	6:43
20	Brian	17 JV	20:13	6:48
21	Mike C.	20 JV	21:20	7:10
22	Pete M.	24 JV	22:53	7:42
23	Mike M.	25 JV	22:55	7:42

Team Scores: Varsity Boys

- MONTGOMERY 24, 2. Santa Rosa 57,
- Redwood 59, 4. Covenant Community - inc.

30 finishers

Team Scores: Junior Varsity Boys
1. MONTGOMERY 15, 2. Santa Rosa 56,
3. Redwood 69, 4. Headsburg - inc.,

28 finishers

SAN RAMON INVITATIONAL
September 30 at Danville
Course: 1.88 miles, flat

GIRLS	Place	Time	Pace	
1	Tanya	24 V	13:23	7:07
2	Lisa	31 V	13:41	7:16
3	Amy	40 V	14:28	7:41
4	Erin	57 V	15:24	8:11
5	Kristen	62 V	16:05	8:33
6	Charlene	27 JV	18:53	10:02

Team Scores: Varsity Girls

- Vacaville 71, 2. San Ramon 82, 3. Santa Rosa 118, 4. Livermore 143, 5. Antioch 154,
- Berkeley 156, 7. MONTGOMERY 214,
- Clayton Valley 252, 9. Ygnacio Valley 252,
- Piner 278, 11. James Logan 286

72 finishers

BOYS	Place	Time	Pace	
1	Dave	12 V	10:18	5:28
2	Pete K.	20 V	10:28	5:34
3	Jeff G.	26 V	10:35	5:37
4	Rory	28 V	10:39	5:39
5	Scott	38 V	10:54	5:47
6	Mike d.	1 JV	11:03	5:52
7	Star	42 V	11:04	5:53
8	Nat	2 JV	11:05	5:53
9	Victor	5 JV	11:07	5:54
10	Kevin B.	6 JV	11:20	6:01
11	Eric H.	7 JV	11:22	6:02
12	Jeff B.	9 JV	11:32	6:08
13	Ryan	12 JV	11:34	6:09
14	Wayne	14 JV	11:36	6:10
15	Mike G.	18 JV	11:45	6:15
16	Jason	22 JV	11:55	6:20
17	Mike C.	23 JV	11:58	6:21
18	Aaron	25 JV	11:59	6:22
19	Steve F.	32 JV	12:18	6:32
20	Marshall	42 JV	12:44	6:46
21	Brian	52 JV	13:09	6:59
22	Pete M.	62 JV	13:24	7:07
23	Mike M.	75 JV	14:38	7:47

Team Scores: Varsity Boys

- De La Salle 42, 2. Livermore 113,
- MONTGOMERY 125, 4. Antioch 142,
- Santa Rosa 156, 6. Berkeley 157,
- Clayton Valley 170, 8. San Ramon 175,
- James Logan 234

80 finishers

Team Scores: Junior Varsity Boys

- MONTGOMERY 21, 2. De La Salle 50,
- Berkeley 224, 4. San Ramon 225,
- Clayton Valley 235

80 finishers

NBL DUAL MEET VS. RANCHO COTATE
October 4 at Spring Lake
Course: 2.97 miles, rolling

GIRLS	Place	Time	Pace
1 Lisa	3 V	21:48	7:20
2 Tanya	5 V	22:28	7:33
3 Amy	7 V	23:08	7:46
4 Erin	8 V	24:03	8:05
5 Kristien	10 V	25:37	8:37
6 Jenny	11 V	25:58	8:44
7 Charlene	13 V	32:11	10:50

Team Scores: Varsity Girls
 Rancho Cotate 22, MONTGOMERY 33
 13 finishers

BOYS	Place	Time	Pace
1 Dave	1 V	16:42	5:37
2 Jeff G.	2 V	16:49	5:39
3 Pete K.	3 V	17:05	5:45
4 Scott	4 V	17:08	5:46
5 Star	5 V	17:10	5:46
6 Kevin B.	1 JV	17:38	5:56
7 Nat	9 V	17:56	6:02
8 Wayne	2 JV	18:08	6:06
9 Victor	3 JV	18:10	6:07
10 Jeff B.	4 JV	18:21	6:10
11 Mike d.	10 V	18:38	6:16
12 Ryan	5 JV	18:43	6:18
13 Mike G.	6 JV	18:45	6:18
14 Eric H.	7 JV	18:53	6:21
15 Mike C.	8 JV	19:18	6:29
16 Jason	9 JV	19:38	6:36
17 Steve F.	10 JV	19:44	6:38
18 Aaron	11 JV	19:47	6:39
19 Marshall	12 JV	20:19	6:50
20 Brian	14 JV	21:30	7:14
21 Clayton	16 JV	22:45	7:39
22 Pete M.	17 JV	23:02	7:45
23 Mike M.	18 JV	23:46	8:00

Team Scores: Varsity Boys
 MONTGOMERY 15, Rancho Cotate 44
 13 finishers

Team Scores: Junior Varsity Boys
 MONTGOMERY 15, Rancho Cotate 50
 21 finishers

ARTICHOKE INVITATIONAL
October 7 at Half Moon Bay
Course: 2.33 miles, hilly

GIRLS	Place	Time	Pace
1 Lisa	6 F/S	16:31	7:05
2 Tanya	51 V	17:02	7:18
3 Amy	17 F/S	17:18	7:25
4 Erin	77 V	18:23	7:53
5 Kristien	81 V	18:52	8:05
6 Veronica	87 V	19:10	8:13
7 Jenny	91 V	19:24	8:19

Team Scores: Varsity Girls
 Castro Valley 73, 2, Overtek 102,
 3, Los Gatos 117, 4, Fremont 134,
 5, Berkeley 162, 6, Del Campo 169,
 7, Douglas 189, 8, Leilan 233, 9, Mt. Pleasant
 245, 10, Amador Valley 247, 11, Lowell 253,
 14, Manteca 335, 15, MONTGOMERY 387
 108 finishers

BOYS	Place	Time	Pace
1 Dave	12 V	12:17	5:16
2 Pete K.	18 V	12:30	5:21
3 Jeff G.	25 V	12:36	5:24
4 Roy	47 V	13:02	5:35
5 Scott	54 V	13:08	5:38
6 Star	55 V	13:09	5:38
7 Mike d.	5 JV	13:14	5:40
8 Clayton	7 JV	13:16	5:41
9 Victor	9 JV	13:21	5:43
10 Nat	20 F/S	13:27	5:46
11 Jeff B.	11 JV	13:29	5:47
12 Wayne	75 V	13:35	5:49
13 Kevin	14 JV	13:44	5:52
14 Ryan	15 JV	13:46	5:54
15 Aaron	18 JV	13:52	5:57
16 Eric H.	32 F/S	14:00	6:00
17 Mike G.	24 JV	14:05	6:02
18 Jason	30 JV	14:20	6:09
19 Mike C.	44 F/S	14:26	6:11
20 Steve F.	35 JV	14:35	6:15
21 Marshall	45 JV	15:02	6:27
22 Brian	64 JV	15:51	6:48
23 Pete M.	67 JV	16:03	6:53

Team Scores: Varsity Boys
 1, Amador Valley 58, 2, Del Campo 88,
 3, Overtek 155, 4, MONTGOMERY 156,
 5, Los Gatos 177, 6, Douglas 258, 7, Manteca
 263, 8, Fremont 359, 9, Castro Valley 282,
 10, Santa Teresa 283, 11, Salinas 304,
 12, Lowell 307, 13, Soquel 344, 14, Leland
 354, 15, Oak Grove 355, 16, Rancho Cotate
 371, 17, Berkeley 395, 18, Westmoor 437,
 19, Andrew Hill 466, 20, Mt. Pleasant 507
 123 finishers

Team Scores: Junior Varsity Boys
 1, Del Campo 25, 2, MONTGOMERY 46,
 3, Los Gatos 67, 4, Manteca 113,
 5, Amador Valley 168, 6, Leland 281,
 7, Salinas 276, 8, Fremont 310,
 83 finishers

Frosh/Soph Boys: 83 finishers

NBL DUAL MEET VS. SANTA ROSA
October 11 at Spring Lake
Course: 2.97 miles, hilly

GIRLS	Place	Time	Pace
1 Lisa	5 V	22:06	7:26
2 Erin	6 V	23:38	7:57
3 Jenny	8 V	24:35	8:16
4 Veronica	24:47	8:20	
5 Kristien	10 V	24:48	8:21
6 Tanya	11 V	26:41	8:59
7 Charlene	12 V	28:41	9:39

Team Scores: Varsity Girls
 Santa Rosa 17, MONTGOMERY 38
 13 finishers

BOYS	Place	Time	Pace
1 Pete K.	3 V	16:17	5:28
2 Dave	4 V	16:24	5:31
3 Jeff G.	6 V	16:37	5:35
4 Scott	7 V	16:59	5:43
5 Star	8 V	16:59	5:43
6 Rory	9 V	17:23	5:51
7 Kevin B.	11 V	17:33	5:54
8 Mike d.	13 V	17:45	5:58
9 Clayton	14 V	17:51	6:00
10 Wayne	1 JV	17:54	6:01
11 Victor	15 V	18:03	6:04
12 Nat	16 V	18:08	6:06
13 Ryan	2 JV	18:11	6:07
14 Aaron	3 JV	18:13	6:08
15 Mike G.	4 JV	18:48	6:19
16 Jason	5 JV	18:50	6:20
17 Jeff B.	17 V	19:03	6:24
18 Sven	6 JV	19:15	6:28
19 Mike C.	7 JV	19:40	6:37
20 Steve F.	9 JV	19:44	6:38
21 Marshall	13 JV	20:28	6:53
22 Kevan J.	14 JV	20:59	7:03
23 Pete M.	15 JV	21:00	7:04
24 Mike M.	18 JV	25:34	8:36

Team Scores: Varsity Boys
 MONTGOMERY 28, Santa Rosa 30
 18 finishers

Team Scores: Junior Varsity Boys
 MONTGOMERY 15, Santa Rosa 50
 18 finishers

**NBL DUAL MEET VS. URSULINE /
CARDINAL NEWMAN, October 11 at
Spring Lake. Course: 2.97 miles, hilly**

GIRLS	Place	Time	Pace
1	Lisa	21:23	7:11
2	Amy	23:10	7:48
3	Jenny	23:53	8:02
4	Erin	24:37	8:17
5	Kristen	25:53	8:42
6	Charlene	30:38	10:18

Team Scores: Varsity Girls
Ursuline 24, MONTGOMERY 31
11 finishers

BOYS	Place	Time	Pace
1	Dave	16:29	5:32
2	Pete	16:46	5:38
3	Jeff G.	16:54	5:41
4	Scott	17:16	5:48
5	Rory	17:22	5:50
6	Nat	17:31	5:53
7	Wayne	17:31	5:53
8	Star	17:42	5:57
9	Clayton	17:51	6:00
10	Victor	17:51	6:00
11	Mike d.	18:01	6:03
12	Ryan	18:13	6:08
13	Jeff B.	18:15	6:08
14	Mike G.	18:19	6:10
15	Kevin B.	18:25	6:12
16	Aaron	18:56	6:22
17	Steve F.	19:09	6:26
18	Jason	19:25	6:32
19	Eric D.	21:09	7:07
20	Pete M.	21:16	7:09
21	Brian	21:22	7:11
22	Marshall	22:01	7:24

Team Scores: Varsity Boys
MONTGOMERY 15, Cardinal Newman 50
13 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 15, Cardinal Newman 50
20 finishers

**NBL DUAL MEET VS. PINER
October 15 at Spring Lake
Course: 2.97 miles, rolling**

GIRLS	Place	Time	Pace
1	Lisa	20:59	7:03
2	Amy	22:36	7:36
3	Erin	23:12	7:48
4	Jenny	23:40	7:58
5	Kristen	24:04	8:06
6	Charlene	28:24	9:33

Team Scores: Varsity Girls
Piner 26, MONTGOMERY 29
12 finishers

BOYS	Place	Time	Pace
1	Dave	16:13	5:27
2	Jeff G.	16:32	5:34
3	Pete K.	16:39	5:36
4	Rory	16:49	5:39
5	Scott	16:53	5:41
6	Star	17:03	5:44
7	Wayne	17:21	5:50
8	Kevin B.	17:35	5:55
9	Mike d.	17:42	5:57
10	Clayton	17:49	5:59
11	Jeff B.	18:02	6:04
12	Mike G.	18:11	6:07
13	Ryan	18:14	6:08
14	Eric H.	18:16	6:09
15	Steve F.	18:52	6:21
16	Jason	19:26	6:32
17	Aaron	19:51	6:41
18	Marshall	20:48	7:00
19	Eric D.	20:49	7:00
20	Pete M.	20:59	7:03
21	Brian	21:11	7:07
22	Mike C.	21:23	7:11
23	Mike M.	26:24	8:53

Team Scores: Varsity Boys
MONTGOMERY 24, Piner 37
14 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 15, Piner inc.
16 finishers

**NBL DUAL MEET VS. UKIAH
November 6 at Lake Mendocino
Course: 3.1 miles, hills**

GIRLS	Place	Time	Pace
1	Lisa	22:59	7:24
2	Amy	25:08	8:06
3	Erin	25:52	8:20
4	Veronica	26:34	8:34
5	Jenny	27:33	8:53
6	Kristen	28:25	9:10

Team Scores: Varsity Girls
MONTGOMERY 19, Ukiah 38
14 finishers

BOYS	Place	Time	Pace
1	Jeff G.	17:30	5:38
2	Dave	17:51	5:45
3	Pete K.	17:59	5:48
4	Star	18:16	5:53
5	Rory	18:24	5:56
6	Scott	18:30	5:58
7	Victor	18:46	6:03
8	Wayne	18:46	6:03
9	Jeff B.	19:27	6:16
10	Eric H.	19:30	6:17
11	Aaron	19:31	6:17
12	Ryan	19:43	6:21
13	Mike G.	19:49	6:23
14	Clayton	20:07	6:29
15	Kevin B.	20:15	6:31
16	Nat	20:29	6:36
17	Jason	20:32	6:37
18	Steve F.	20:37	6:39
19	Pete M.	22:15	7:10
20	Eric D.	22:43	7:19
21	Marshall	23:53	7:42
22	Brian	24:00	7:44

Team Scores: Varsity Boys
MONTGOMERY 17, Ukiah 45
12 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 15, Ukiah 50
20 finishers

NORTH BAY LEAGUE CHAMPIONSHIPS
November 10 at Spring Lake
Course: 2.97 miles, rolling

	<u>GIRLS</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Lisa	6 V	20:56	7:02
2	Amy	16 V	22:40	7:37
3	Erin	21 V	23:40	7:58
4	Jenny	25 V	24:43	8:19
5	Kristen	30 V	25:20	8:31
6	Charlene	33 V	26:30	8:55

Team Scores: Varsity Girls
 Santa Rosa 32, Rancho Cotate 45,
 Ursuline 83, Piner 93,
 MONTGOMERY 98, Ukiah 147

41 finishers

	<u>BOYS</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Dave	2 V	16:10	5:26
2	Pete K.	6 V	16:35	5:35
3	Jeff G.	8 V	16:48	5:39
4	Scott	9 V	16:51	5:40
5	Star	11 V	16:59	5:43
6	Rory	12 V	17:05	5:45
7	Wayne	13 V	17:06	5:45
8	Kevin B.	1 JV	17:25	5:51
9	Victor	2 JV	17:27	5:52
10	Aaron	3 JV	17:31	5:53
11	Mike d.	4 JV	17:39	5:56
12	Clayton	5 JV	17:40	5:56
13	Mike G.	6 JV	17:47	5:59
14	Nat	7 JV	17:57	6:02
15	Jeff B.	8 JV	17:58	6:02
16	Eric H.	9 JV	18:05	6:05
17	Ryan	10 JV	18:22	6:11
18	Jason	11 JV	18:40	6:17
19	Steve F.	13 JV	18:46	6:19
20	Brian	19 JV	19:56	6:42
21	Marshall	20 JV	19:59	6:43
22	Eric D.	24 JV	20:36	6:56
23	Pete M.	25 JV	20:40	6:57

Team Scores: Varsity Boys
 MONTGOMERY 36, Santa Rosa 74,
 Rancho Cotate 84, Piner 86,
 Cardinal Newman 109, Ukiah 120

40 finishers

Team Scores: Junior Varsity Boys
 MONTGOMERY 15, Santa Rosa 63,
 Ukiah 71, Cardinal Newman 91
 36 finishers

NORTH COAST SECTION CHAMPIONSHIP
November 18 at Monte Vista High School,
Danville. Course: 3.0 miles, hilly

	<u>GIRLS</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Lisa	47	23:36	7:52

	<u>BOYS</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Dave	22	17:34	5:51
2	Pete K.	30	18:08	6:02
3	Jeff G.	33	18:13	6:04
4	Scott	43	18:31	6:10
5	Rory	47	18:37	6:32
6	Star	48	18:38	6:32
7	Wayne	49	18:39	6:33

Team Scores: Varsity Boys

1. De La Salle 31, 2. Amador 60,
 3. Livermore 105, 4. Moreau 151,
 5. Clayton Valley 155, 6. MONTGOMERY 160,
 7. San Ramon 195, 8. Antioch 202,
 9. Logan 246, 10. California 267,
 11. Santa Rosa 274, 12. American 302,
 13. Irvington 348, 14. Rancho Cotati 381

100 finishers

TEAM CAPTAINS

Boys: Star Stevenson

Girls: Tanya Mayo

1989 TOP PERFORMERS

Varsity Boys: David Intner

Varsity Girls: Lisa Gay

Junior Varsity Boys: Victor Garrison

1989 MOST IMPROVED

**Candidates: Kevin Boone, Scott Fitzwater,
 Steve Fromm, Jeff Godfrey, David Intner,
 Peter Keith, Marshall Motley, Rory O'Neill,
 Aaron Parsons, Erin Preston, Jason Waldow**

SEASON RECORDS, 1982 to 1989

VARSITY GIRLS

	<u>Dual Meets</u>	<u>NBL Final</u>	<u>North Coast Section</u>
1982	1 - 4	5th	DNC
1983	5 - 4	2nd	11th 2A
1984	6 - 3	2nd	6th 2A
1985	4 - 1	2nd	6th 2A
1986	6 - 0	1st	9th 3A
1987	5 - 1	3rd	12th 3A
1988	1 - 4	5th	DNC
1989	1 - 8	5th	DNC
Totals	29 - 25	1 NBL pennant	

VARSITY BOYS

	<u>Dual Meets</u>	<u>NBL Final</u>	<u>North Coast Section</u>	<u>Meet of Champs</u>
1982	4 - 1	2nd	5th 2A	DNC
1983	9 - 0	1st	3rd 2A	5th
1984	9 - 0	1st	2nd 2A	11th
1985	5 - 0	1st	1st 2A	4th
1986	5 - 1	1st	8th 3A	DNC
1987	6 - 0	1st	3rd 3A	-
1988	4 - 1	2nd	6th 3A	-
1989	9 - 0	1st	6th 3A	-
Totals	51 - 3	6 NBL pennants	1 NCS pennant	

JUNIOR VARSITY BOYS

	<u>Dual Meets</u>	<u>NBL Final</u>	<u>NBL Frosh/Soph Final</u>
1982	4 - 1	1st	3rd
1983	8 - 1	3rd	1st
1984	8 - 1	2nd	incomplete
1985	5 - 0	2nd	1st
1986	6 - 0	1st	incomplete
1987	6 - 0	1st	-
1988	5 - 0	1st	-
1989	9 - 0	1st	-
Totals	51 - 3	7 NBL titles	

VIKINGS' TIMES ON 2.97-MILE SPRING LAKE COURSE

<u>BOYS</u>		<u>Time</u>	<u>Pace</u>	<u>Date</u>
1	Keith Lewis	16:02	5:23	11/10/88
2	Dave Intner	16:10	5:26	11/10/89
3	Pete Keith	16:17	5:28	10/11/89
4	Jeff Godfrey	16:32	5:34	10/25/89
5	Rory O'Neill	16:49	5:39	10/25/89
6	Scott Fitzwater	16:51	5:40	11/10/89
7	Eric Downing	16:54	5:41	10/26/88
8	Star Stevenson	16:59	5:43	10/11/89
9	Wayne Richter	17:06	5:45	11/10/89
10	Dean Crane	17:17	5:49	10/26/88
11	Kevin Boone	17:25	5:51	11/10/89
12	Victor Garrison	17:27	5:52	11/10/89
13	Nat Lopes	17:31	5:53	10/18/89
13	Aaron Parsons	17:31	5:53	11/10/89
15	Clayton Hunt	17:32	5:54	10/26/88
16	Rocky Contos	17:34	5:54	11/10/88
17	Mike del Campo	17:39	5:56	11/10/89
18	Mike Grafe	17:47	5:59	11/10/89
19	Jeff Bautista	17:58	6:02	11/10/89
20	Steve Kemmerer	18:01	6:03	11/10/88
21	Ryan Lynn	18:02	6:04	10/26/88
22	Eric Haluzak	18:05	6:05	11/10/89
23	Jonathan Lew	18:15	6:08	10/26/88
24	Jason Waldow	18:40	6:17	11/10/89
25	Steve Fromm	18:46	6:19	11/10/89
26	Sven Jorgensen	19:15	6:28	10/11/89
27	Michael Chon	19:18	6:29	10/4/89
28	Brian Felice	19:56	6:42	11/10/89
29	Marshall Motley	19:59	6:43	9/27/89
30	Kevan Jurin	20:09	6:47	10/26/88
31	Eric Dolan	20:36	6:56	11/10/89
32	Pete McClendon	20:40	6:57	11/10/89
33	Mike Motley	22:55	7:42	9/27/89
<u>GIRLS</u>		<u>Time</u>	<u>Pace</u>	<u>Date</u>
1	Michelle Mayes	20:37	6:56	11/10/88
2	Lisa Gay	20:59	7:03	11/10/89
3	Tanya Mayo	21:49	7:20	10/26/88
4	Jenny Scott	22:02	7:25	11/10/88
5	Cherie Montague	22:18	7:30	11/10/88
6	Kristen Blackwell	22:34	7:35	10/26/88
7	Amy Jordan	22:36	7:36	10/25/89
8	Erlin Preston	23:12	7:48	10/25/89
9	Odile Zelenak	23:24	7:52	11/10/88
10	Charlene Gehrt	26:10	8:48	11/10/88
11	Chris Hagenlocher	28:42	9:39	11/10/88

North Bay League Varsity Team Champions

<u>Varsity Boys</u>	<u>Varsity Girls</u>
1976 25 pts.	1976 15 pts.
1979 32 pts.	1977 20 pts.
1983 26 pts.	1986 40 pts.
1984 39 pts.	
1985 23 pts.	
1986 36 pts.	
1987 26 pts.	
1988 36 pts.	

North Coast Section Team Champions

<u>Varsity Boys</u>	<u>Varsity Girls</u>
1980 84 pts. (3A)	1976 37 pts. (3A)
1985 42 pts. (2A)	1977 72 pts. (3A)

North Bay League Varsity Individual Champions

<u>Varsity Boys</u>	<u>Varsity Girls</u>
1965 Bob Waldon	1976 Heidi Messerschmitt
1972 Steve Ricker	1977 Deanne Neff
1976 Bill Johnson	1987 Nicole Fischer
1979 Dave Rodrigues	
1984 Paul Cummings	
1985 Paul Cummings	
1986 Kevin Smith	
1987 Mike Contos	

North Coast Section Individual Champions

<u>Varsity Boys</u>
1972 Steve Ricker
1985 Paul Cummings

North Bay League Top 20 on 2.97-mile Course

Varsity Boys

Runner	Team	Time	Date
1 Steve Guerrini	SR	15:38	11/10/88
2 Dan Held	SR	15:48	11/10/89
3 Salvador Zabala	SR	15:55	11/10/88
4 Andy Price	SR	16:01	11/10/88
5 Keith Lewis	M	16:02	11/10/88
6 Todd Stevens	P	16:09	10/25/89
7 Jim Macken	SR	16:10	11/10/88
7 Dave Intner	M	16:10	11/10/89
9 Israel Ramirez	FC	16:11	11/10/89
10 Peter Keith	M	16:17	10/11/89
11 Judah Thomas	P	16:22	10/25/89
12 Eric Bursch	P	16:27	11/10/88
13 Jeff Godfrey	M	16:32	10/25/89
14 Sean Fitzpatrick	SR	16:34	10/11/89
15 Aaron Rondon	SR	16:40	11/10/88
16 Rory O'Neill	M	16:49	10/25/89
17 Darrin Clay	FC	16:50	11/10/88
18 Scott Fitzwater	M	16:51	11/10/89
19 Eric Downing	M	16:54	10/26/88
20 Ian Doleman	FC	16:55	11/10/88
21 Ryan Petite	UK	16:55	11/10/89

Varsity Girls

Runner	Team	Time	Date
1 Nika Horn	SR	18:48	11/10/89
2 Michelle Ferguson	P	19:14	11/10/88
3 Cheryl Vann	SR	19:55	11/10/88
4 Rhonda Mazza	SR	20:05	11/10/89
5 Wendy Beardall	SR	20:10	11/10/89
6 Lisa Lemus	FC	20:20	11/10/89
7 Cherie Bishop	FC	20:23	11/10/89
8 Michelle Mayes	M	20:37	11/10/88
9 Stefanie Bosch	Ur	20:50	11/10/88
10 Lucia Navarro	P	20:48	10/25/89
11 Lisa Gay	M	20:56	11/10/89
12 Ruth Bishop	FC	20:59	11/10/88
13 Alison Bosch	Ur	21:04	11/10/89
14 Cindy Spaulding	SR	21:05	11/10/89
15 Kristen Crowley	SR	21:11	11/10/88
16 Sara Poisson	Ur	21:19	10/19/89
17 Kathy Krusch	Ur	21:26	11/10/88
18 Katie Trowbridge	FC	21:28	11/10/88
19 Adrian Braccia	Ur	21:32	11/10/88
20 Jackie Fournier	SR	21:34	11/10/88

Junior Varsity Boys

Runner	Team	Time	Date
1 Dean Crane	M	17:17	10/26/88
2 Kevin Boone	M	17:25	11/10/89
3 Victor Garrison	M	17:27	11/10/89
4 Rory O'Neill	M	17:30	10/26/88
5 Aaron Parsons	M	17:31	11/10/89
6 Joey Baer	SR	17:38	11/10/88
7 Mike del Campo	M	17:39	11/10/89
8 Clayton Hunt	M	17:40	11/10/89
9 Star Stevenson	M	17:42	10/29/89
10 Mike Grafe	M	17:47	11/10/89

Runner	Team	Time	Date
1 Felix Gudino	P	17:50	11/10/88
2 Rocky Contos	M	17:55	10/26/88
3 Nat Lopes	M	17:57	11/10/89
4 Jeff Bautista	M	17:58	11/10/89
5 Scott Fitzwater	M	18:00	10/26/88
6 Steve Kemmerer	M	18:01	11/10/88
7 Ryan Lynn	M	18:02	11/10/88
8 Jason Montgomery	SR	18:03	11/10/88
9 Eric Haluzak	M	18:05	11/10/89
20 Daniel Ruzicka	FC	18:07	11/10/88

Practices	Percentage of Practices Made
Scott	63
Pete K.	62
Dave	61
Amy	61
Lisa	60
Steve F.	60
Star	59
Kevin B.	59
Marshall	56
Jeff G.	55
Sven	52
Mike G.	49
Charlene	48
Erin	45
Pete M.	45
Brian	44
Jeff	47
Kristen	41
Clayton	40
Tanya	37
Aaron	36
Ryan	36
Mike d.	35
Jenny	34
Jason	33
Wayne	31
Eric H.	30
Nat	30
Victor	22
Veronica	21
Eric D.	17

Percentage of Practices Made	
Star	126%
Mike G.	123%
Amy	122%
Scott	121%
Lisa	120%
Pete K.	117%
Dave	117%
Steve F.	115%
Kevin B.	113%
Marshall	110%
Rory	108%
Jeff G.	106%
Erin	105%
Mike d.	103%
Pete M.	94%
Wayne	94%
Nat	94%
Eric D.	94%
Sven	93%
Charlene	92%
Aaron	92%
Brian	88%
Veronica	88%
Tanya	84%
Ryan	84%
Eric H.	83%
Clayton	82%
Jenny	81%
Kristen	80%
Jason	79%
Victor	76%

Cross Country Season Miles	
Dave	372.8
Pete K.	371.1
Scott	365.3
Kevin B.	333.5
Rory	331.4
Steve F.	300.8
Jeff G.	297.7
Star	289.8
Marshall	271.6
Mike G.	242.4
Pete M.	204.4
Ryan	197.6
Clayton	186.0
Brian	184.2
Wayne	166.5
Mike d.	166.0
Eric H.	143.3
Aaron	141.7
Jason	139.6
Nat	121.5
Victor	104.5
Sven	92.3
Eric D.	76.1
Lisa	237.2
Amy	219.1
Erin	196.8
Kristen	141.7
Jenny	107.1
Tanya	99.9
Charlene	78.4
Veronica	62.3

Cross Country Career Miles	
Pete K.	911.6
Dave	846.8
Star	791.8
Kevin B.	644.5
Rory	605.4
Jeff G.	560.7
Scott	554.3
Steve F.	546.8
Ryan	461.1
Marshall	417.1
Clayton	380.0
Aaron	320.7
Jason	308.1
Mike G.	242.4
Pete M.	204.4
Brian	184.2
Wayne	166.5
Mike d.	166.0
Eric H.	143.3
Nat	121.5
Victor	104.5
Sven	92.3
Eric D.	76.1
Erin	607.8
Tanya	508.4
Kristen	271.2
Jenny	267.6
Lisa	237.2
Amy	219.1
Charlene	151.9
Veronica	62.3

Mileage All-Time Career List	
Boys	
1 Peter Keith, '90	911.6
2 Dave Intner, '90	846.8
3 Star Stevenson, '90	791.8
4 Paul Cummings, '86	780.5
5 Marc Spina, '86	733.0
6 Jason Schaumberg, '85	716.0
7 Keith Lewis, '89	711.5*
8 Tim Cummings, '86	705.5
9 Derek Powell, '86	683.5
10 Kevin Boone, '90	644.5
11 Rory O'Neill, '91	605.4
12 Jon Lew, '89	581.5*
13 Jeff Godfrey, '91	560.7
14 Scott Fitzwater, '90	554.3
15 Steve Fromm, '91	546.8
16 Michael Parker, '85	534.0
17 Pete Vincent, '84	507.5
18 Todd Lynn, '86	479.0
19 Kevin Drisko, '88	477.0*
20 John Geyer, '85	473.0
Girls	
1 Erin Preston, '90	607.8
2 Tanya Mayo, '90	508.4
3 Michelle Mayes, '89	502.5*
4 Chris Ferguson, '86	482.0
5 Nicole Fischer, '88	469.0*
6 Sheila O'Hanlon, '85	359.0
7 Erika Gardner, '87	338.5*
8 Peewee Lemus, '87	342.5*
9 Jennifer Sandkuhler, '86	332.0
10 Kristen Blackwell, '91	271.2

*No records kept for 1986 season

Single Season Mileage Records		
Keith Lewis	404.5	'88
Nicole Fischer	254	'87

CROSS COUNTRY PRACTICE MILES: 1989 SEASON

