



# Montgomery Viking Athletics

MONTGOMERY HIGH SCHOOL  
1250 HAHMAN DRIVE  
SANTA ROSA, CALIFORNIA 95405

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

# 1990

# MONTGOMERY

# VIKINGS

# CROSS

# COUNTRY

**HEAD COACH: LARRY MEREDITH**

**ASSISTANT COACH: TORI STRONG**

# MONTGOMERY VIKINGS

## 1990 CROSS COUNTRY

### VARSIY GIRLS

Kristen Blackwell, Senior, 3rd Year V  
Lisa Gay, Junior, 2nd Year V  
Amy Jordan, Junior, 2nd Year V  
Jamie Duncan, Sophomore  
Sarah McClendon, Sophomore  
Denice Angelasanto, Sophomore

### 1989 DUAL/TRI MEETS

Casa 27, Kelseyville 32, Mont. - inc., Hbg. - inc.  
Montgomery 23, Ukiah 35  
Rancho Cotate 26, Montgomery 31  
Santa Rosa 20, Montgomery 37  
Montgomery 27, Ursuline 30  
Montgomery 15, Piner - inc.

### INVITATIONALS, POST-SEASON

Viking Opener Invitational:  
Jr/Sr Girls 5th, Sr Boys 3rd,  
Jr Boys 1st, F/S Boys 4th  
Ed Sias Invitational:  
V Boys 2nd, JV Boys 2nd,  
F/S Boys 3rd  
San Ramon Invitational:  
V Girls 7th, V Boys 3rd,  
JV Boys 2nd, F/S Boys 5th  
Artichoke Invitational:  
V Boys 4th, JV Boys 1st,  
F/S Boys 6th  
Mariner Invitational:  
V Girls 7th, V Boys 5th,  
JV Boys 2nd, F/S Boys 3rd  
North Bay League:  
V Girls 4th, V Boys 2nd,  
JV Boys, 1st  
North Coast Section Division 1:  
**Varsity Boys Team Champs**  
Varsity Girls 4th  
California State Championships:  
Varsity Boys

### VARSIY BOYS

Jeff Godfrey, Senior, 3rd Year V  
Mike Grafe, Senior, 2nd Year V  
Clayton Hunt, Senior, 1st Year V \*\*  
Brian Felice, Senior, 1st Year V \*  
Sven Jorgensen, Junior, 1st Year V \*  
Nat Lopes, Junior, 1st Year V \*  
Erik Haluzak, Junior, 1st Year V \*  
Tim Sanborn, Sophomore  
Jason Selby, Sophomore  
Nathan Bisbee, Sophomore

### JUNIOR VARSITY BOYS

Ryan Lynn, Senior, 3rd Year  
Aaron Parsons, Senior, 3rd Year  
Jason Waldow, Senior, 3rd Year  
Richard Newton, Senior, 1st Year  
Kei Chan, Senior, 1st Year  
Pat Schlehr, Senior, 1st Year  
Chris Harty, Junior, 1st Year  
Dan Cassidy, Sophomore  
Lee Oblad, Sophomore  
Chris Markwyn, Sophomore  
Jacob Johansen, Sophomore

### 1990 VARSITY BOYS DUAL MEETS

Montgomery 21, Casa Grande 50, Kelseyville 71, Healdsburg 80  
Montgomery 17, Ukiah 44  
Montgomery 15, Rancho Cotate 50  
Santa Rosa 24, Montgomery 31  
Montgomery 15, Cardinal Newman 44  
Montgomery 18, Piner 42

### 1990 JUNIOR VARSITY DUAL MEETS

Montgomery 21, Kelseyville 45, Casa Grande 68, Healdsburg - inc.  
Montgomery 15, Ukiah 50  
Montgomery 15, Rancho Cotate - inc.  
Montgomery 23, Santa Rosa 32  
Montgomery 15, Cardinal Newman 50  
Montgomery 15, Piner 48

**PRE-SEASON MEET VS. HEADSBERG,  
CASA GRANDE and KELSEYVILLE,  
September 11 at Spring Lake  
Course: 2.0 miles, rolling**

GIRLS	Place	Time	Pace
1	Jamie	14:15	7:07
2	Amy	14:46	7:23
3	Sarah	14:58	7:29
4	Kristen	17:03	8:31

Team Scores: Varsity Girls  
Casa Grande 27, Kelseyville 32, Headsburg  
and Montgomery Incomplete/23 finishers

BOYS	Place	Time	Pace
1	Jeff	10:50	5:25
2	Nat	11:27	5:43
3	Erik H.	11:35	5:47
4	Mike	11:37	5:48
5	Sven	11:44	5:52
6	Brian	12:14	6:07
7	Ryan	12:18	6:09
8	Jason S.	12:38	6:19
9	Nathan	12:40	6:20
10	Tim	13:34	6:47
11	Lee	13:40	6:50
12	Kei	13:40	6:50
13	Chris H.	14:09	7:04
14	Dan	14:32	7:16

Team Scores: Varsity Boys  
MONTGOMERY 21, Casa Grande 50,  
Kelseyville 71, Headsburg 80 - Inc26 finishers

Team Scores: Junior Varsity Boys  
MONTGOMERY 21, Kelseyville 45,  
Casa Grande 68, Headsburg - Inc26 finishers

**VIKING OPENER INVITATIONAL  
September 15 at Spring Lake  
Course: 2.0 miles, rolling**

GIRLS	Place	Time	Pace
1	Jamie	13:30	6:45
2	Sarah	10 F/S	7:12
3	Lisa	15 J/S	7:15
4	Amy	16 J/S	7:15
5	Kristen	36 J/S	8:04

Team Scores: Junior/Senior Girls  
1. Santa Rosa 8, Ursuline 28, 3. Napa 33,  
4. El Molino 34, 5. MONTGOMERY 50,  
6. Rancho Cotate 59, 7. Eureka 67,  
8. Petaluma 68, 9. Ukiah 85

55 finishers

Fresh/Soph Girls: 59 finishers

BOYS	Place	Time	Pace
1	Jeff	10:34	5:17
2	Nat	11:06	5:33
3	Mike	11:21	5:40
4	Erik H.	11:31	5:45
5	Sven	11:33	5:46
6	Brian	11:45	5:52
7	Aaron S.	12:03	6:01
8	Jason S.	12:03	6:01
9	Tim	12:12	6:06
10	Nathan	12:15	6:07
11	Ryan	12:17	6:08
12	Richard	12:27	6:13
13	Chris H.	12:50	6:25
14	Dan	12:59	6:29
15	Kei	13:33	6:46
16	Pat	15:32	7:46

Team Scores: Senior Boys  
1. Santa Rosa 17, 2. San Rafael 20,  
3. MONTGOMERY 22, 4. Petaluma 52,  
5. Novato 68, 6. Cardinal Newman 70  
7. Laytonville 70, 8. Rancho Cotate 74  
9. Headsburg 76, 10. Napa 87, 11. Piner 94,  
57 finishers

Team Scores: Junior Boys  
1. MONTGOMERY 8, 2. Ukiah 35,  
3. Kelseyville 38, 4. St. Patrick 43,  
5. Santa Rosa 45, 6. Cardinal Newman 52,  
7. Headsburg 59, 8. Eureka 59, 9. Napa 66,  
10. Lower Lake 111

55 finishers

Team Scores: Frosh/Soph Boys  
1. Santa Rosa 16, 2. Petaluma 26,  
3. El Molino 28, 4. MONTGOMERY 35,  
5. Eureka 41, 6. Kelseyville 63, 7. Analy 88,  
8. Napa 99, 9. Clear Lake 101,  
10. Laytonville 110, 11. Ukiah 111,  
12. St. Patrick 114, 13. Sonoma 122,  
14. Piner 126, 15. Casa Grande 149,  
16. Headsburg 158

**ED SIAS INVITATIONAL  
September 22 at Martinez  
Course: 2.0 miles, hilly**

GIRLS	Place	Time	Pace
1	Jamie	31 V	14:46
2	Amy	32 V	14:47
3	Sarah	33 V	14:55
4	Lisa	43 V	15:28

80 finishers

BOYS	Place	Time	Pace
1	Jeff	4 V	10:44
2	Nat	13 V	11:07
3	Erik	19 V	11:26
4	Mike	21 V	11:29
5	Sven	33 V	11:59
6	Jason S.	5 F/S	12:00
7	Ryan	3 JV	12:05
8	Tim	8 F/S	12:16
9	Richard	9 JV	12:17
10	Brian	61 V	12:24
11	Jason W.	14 JV	12:26
12	Aaron	15 JV	12:27
13	Nathan	10 F/S	12:31
14	Dan	27 F/S	13:18
15	Pat	42 JV	14:06
16	Jacob	44 F/S	14:54

Team Scores: Varsity Boys  
1. De La Salle 45, 2. MONTGOMERY 85,  
3. College Park 101, 4. Santa Rosa 110,  
5. Fairfield 160, 6. San Ramon 163,  
7. Ygnacio Valley 212, 8. Northgate 237,  
9. Wood 244, 10. Antioch 248, 11. Concord 252  
12. Vacaville 257, 13. Miramonte 326,  
14. Las Lomas 354

100 finishers

Team Scores: Junior Varsity Boys  
1. De La Salle 23, 2. MONTGOMERY 62,  
3. Santa Rosa 75, 4. College Park 102,  
5. Northgate 103

55 finishers

Team Scores: Frosh/Soph Boys  
1. De La Salle 28, 2. San Ramon 67,  
3. MONTGOMERY 82, 4. Antioch 92,  
5. College Park 103, 6. Ygnacio Valley 126

52 finishers

**NBL DUAL MEET VS. UKIAH  
September 26 at Spring Lake  
Course: 3 miles, hilly**

GIRLS	Place	Time	Pace
1	Jamie	1 V	20:59 #
2	Amy	2 V	21:40
3	Sarah	3 V	22:00
4	Lisa	4 V	22:13
5	Kristen	13 V	26:24

15 finishers

Team Scores: Varsity Girls  
MONTGOMERY 23, Ukiah 35

BOYS	Place	Time	Pace
1	Jeff	1 V	16:18
2	Nat	2 V	17:13
3	Erik	3 V	17:16
4	Mike	5 V	17:28
5	Sven	6 V	17:43
6	Brian	8 V	18:19
7	Ryan	9 V	18:25
8	Tim	1 JV	18:34
9	Aaron	2 JV	18:34
10	Jason W.	3 JV	19:09
11	Richard	4 JV	19:14
12	Nathan	5 JV	19:15
13	Chris H.	6 JV	19:45
14	Dan	7 JV	21:23
15	Kei	9 JV	21:27
16	Jacob	15 JV	25:41

16 finishers

Team Scores: Varsity Boys  
MONTGOMERY 17, Ukiah 44

Team Scores: Junior Varsity Boys  
MONTGOMERY 15, Ukiah 50

16 finishers

**SAN RAMON INVITATIONAL**  
September 29 at Danville  
Course: 1.88 miles, flat

GIRLS	Place	Time	Pace	
1	Jamie	16 V	13:22	7:06
2	Sarah	24 V	13:51	7:22
3	Amy	26 V	13:54	7:23
4	Lisa	29 V	14:00	7:26
5	Kristen	50 V	16:38	8:50
6	Denice	56 V	19:05	10:09

Team Scores: Varsity Girls  
1. Santa Rosa 48, 2. Berkeley 85,  
3. San Ramon 97, 4. Antioch 97,  
5. Carondelet 117, 6. Livermore 138,  
7. MONTGOMERY 145, 8. Piner 233,  
9. Clayton Valley 246  
56 finishers

BOYS	Place	Time	Pace	
1	Jeff	11 V	10:23	5:31
2	Nat	18 V	10:36	5:38
3	Erik	26 V	10:49	5:45
4	Mike	28 V	11:07	5:54
5	Sven	32 V	11:16	5:59
6	Tim	5 F/S	11:17	6:00
7	Brian	34 V	11:21	6:02
8	Ryan	5 JV	11:28	6:11
9	Clayton	9 JV	11:38	6:11
10	Aaron	12 JV	11:43	6:13
11	Nathan	15 F/S	11:45	6:15
12	Jason W.	16 JV	11:54	6:19
13	Richard	19 JV	11:58	6:21
14	Dan	35 F/S	13:05	6:57
15	Lee	45 JV	13:19	7:05
16	Lee	41 F/S	13:48	7:20
17	Jacob	43 F/S	14:02	7:27
18	Pat	63 JV	14:57	7:57

Team Scores: Varsity Boys  
1. De La Salle 38, 2. Livermore 38,  
3. MONTGOMERY 115, 4. San Ramon 138,  
5. Santa Rosa 147, 6. Antioch 177,  
7. Logan 180, 8. Berkeley 210, 9. Piner 215,  
10. Clayton Valley 223, 11. Skyline 227  
65 finishers

Team Scores: Junior Varsity Boys  
1. De La Salle 20, 2. MONTGOMERY 61,  
3. Santa Rosa 102, 4. San Ramon 103,  
5. Antioch 155, 6. Skyline 206,  
7. Ygnacio Valley 264  
68 finishers

Team Scores: Frosh/Soph Boys  
1. De La Salle 58, 2. Ygnacio Valley 69,  
3. Logan 84, 4. Antioch 100,  
5. MONTGOMERY 139, 6. San Ramon 189  
47 finishers

**NBL DUAL MEET VS. RANCHO COTATE**  
October 3 at Rancho Cotate High School  
Course: 3 miles, flat

GIRLS	Place	Time	Pace	
1	Jamie	2 V	21:33	7:11
2	Sarah	4 V	21:53	7:17
3	Amy	6 V	22:10	7:23
4	Lisa	7 V	22:50	7:36
5	Kristen	14 V	27:03	9:01
6	Denice	18 V	32:36	10:32

Team Scores: Varsity Girls  
Rancho Cotate 28, MONTGOMERY 31  
18 finishers

BOYS	Place	Time	Pace	
1	Jeff	1 V	16:22	5:27
2	Nat	2 V	17:15	5:45
3	Erik H.	3 V	17:29	5:49
4	Mike	4 V	17:38	5:52
5	Clayton	1 JV	18:16	6:05
6	Sven	5 V	18:19	6:06
7	Tim	6 V	18:26	6:08
8	Aaron	2 JV	18:33	6:11
9	Ryan	3 JV	18:36	6:12
10	Brian	7 V	18:41	6:13
11	Nathan	4 JV	19:11	6:23
12	Jason W.	5 JV	19:32	6:30
13	Richard	6 JV	19:44	6:34
14	Jason S.	7 JV	20:25	6:48
15	Dan	9 JV	21:42	7:14
16	Lee	11 JV	21:50	7:16
17	Lee	12 JV	22:05	7:21
18	Jacob	14 JV	23:52	7:57
19	Chris M.	15 JV	28:18	9:26
20	Pat	16 JV	29:43	9:54

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

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

**ARTICHOKE INVITATIONAL**  
October 6 at Half Moon Bay  
Course: 2.25 miles, hilly

GIRLS	Place	Time	Pace	
1	Jamie	2 F/S	15:35	6:55
2	Amy	20 V	16:12	7:12
3	Lisa	25 V	16:27	7:18
4	Sarah	14 F/S	16:52	7:29
5	Kristen	52 V	18:55	8:24
6	Denice	55 F/S	21:26	9:31

Varsity Girls: 64 finishers  
Frosh/Soph Girls: 60 finishers

BOYS	Place	Time	Pace	
1	Jeff	4 V	11:50	5:15
2	Nat	10 V	12:16	5:27
3	Sven	41 V	13:07	5:49
4	Tim	7 F/S	13:14	5:52
5	Mike	45 V	13:15	5:53
6	Brian	48 V	13:22	5:56
7	Clayton	49 V	13:26	5:58
8	Aaron	3 JV	13:34	6:01
9	Nathan	20 F/S	13:43	6:05
10	Jason W.	5 JV	13:50	6:08
11	Richard	6 JV	13:51	6:09
12	Ryan	7 JV	13:59	6:12
13	Dan	36 F/S	14:22	6:23
14	Pat	31 JV	15:19	6:48
15	Lee	36 JV	15:46	7:00
16	Lee	49 F/S	15:55	7:04
17	Jacob	71 F/S	17:27	7:45

Team Scores: Varsity Boys  
1. Amador Valley 44, 2. Douglas 106,  
3. Gunderson 139, 4. MONTGOMERY 148,  
5. Fremont 172, 6. Leland 195,  
7. Santa Teresa 243, 8. El Cerrito 257,  
9. Manteca 267, 10. Berkeley 299  
103 finishers

Team Scores: Junior Varsity Boys  
1. MONTGOMERY 52, 2. Manteca 66,  
3. Leland 101, 4. Amador Valley 113,  
5. Skyline 151, 6. American 186,  
7. Berkeley 187, 8. Menlo-Atherton 209,  
9. Westmoor 238  
63 finishers

Team Scores: Frosh/Soph Boys  
1. Leland 70, 2. Amador Valley 86,  
3. Gunderson 118, 4. Westmoor 135,  
5. Santa Teresa 140, 6. MONTGOMERY 183,  
7. Jefferson 191, 8. American 228,  
9. Fremont 326  
75 finishers

**NBL DUAL MEET VS. SANTA ROSA**  
October 10 at Spring Lake  
Course: 3 miles, hilly

GIRLS	Place	Time	Pace	
1	Jamie	4 V	20:25	6:48
2	Sarah	6 V	21:46	7:15
3	Lisa	7 V	21:51	7:17
4	Amy	8 V	22:02	7:20
5	Kristen	12 V	25:51	8:47
6	Denice	14 V	31:43	10:34

Team Scores: Varsity Girls  
Santa Rosa 20, MONTGOMERY 37  
14 finishers

BOYS	Place	Time	Pace	
1	Jeff	2 V	16:19	5:26
2	Nat	4 V	16:45	5:35
3	Mike	6 V	17:03	5:41
4	Clayton	9 V	17:32	5:50
5	Sven	10 V	17:33	5:51
6	Tim	11 V	17:34	5:51
7	Brian	12 V	17:35	5:51
8	Aaron	14 V	18:16	6:05
9	Jason S.	2 JV	18:16	6:05
10	Nathan	3 JV	18:26	6:08
11	Richard	4 JV	18:36	6:12
12	Jason W.	5 JV	18:46	6:15
13	Dan	9 JV	19:20	6:26
14	Lee	11 JV	20:19	6:46
15	Lee	14 JV	23:39	7:53
16	Chris M.	15 JV	31:51	10:37

Team Scores: Varsity Boys  
Santa Rosa 24, MONTGOMERY 31  
15 finishers

Team Scores: Junior Varsity Boys  
MONTGOMERY 23, Santa Rosa 32  
15 finishers

**NBL DUAL MEET VS. CARDINAL NEWMAN and URSULINE, October 17 at Spring Lake. Course: 3 miles, hilly**

GIRLS	Place	Time	Pace
1	Jamie	1 V 20:15	6:45
2	Sarah	3 V 20:59	6:59
3	Amy	5 V 21:36	7:12
4	Lisa	6 V 21:46	7:15
5	Kristen	13 V 25:07	8:22
6	Denice	15 V 26:36	8:52

Team Scores: Varsity Girls  
MONTGOMERY 27, Ursuline 30

17 finishers

BOYS	Place	Time	Pace
1	Jeff	1 V 16:18	5:26
2	Mike	2 V 17:34	5:51
3	Sven	3 V 17:40	5:53
4	Jason S.	1 JV 17:43	5:54
5	Brian	2 JV 17:43	5:54
6	Clayton	4 V 17:46	5:55
7	Tim	5 V 17:46	5:55
8	Erik H.	7 V 18:20	6:06
9	Aaron	3 JV 18:20	6:06
10	Nathan	4 JV 18:28	6:09
11	Richard	5 JV 18:33	6:11
12	Jason W.	6 JV 19:00	6:20
13	Lee	7 JV 19:12	6:24
14	Ryan	8 JV 19:20	6:26
15	Chris H.	9 JV 19:36	6:32
16	Dan	12 JV 20:27	6:49
17	Kel	15 JV 21:34	7:11
18	Chris M.	17 JV 22:36	7:32

Team Scores: Varsity Boys  
MONTGOMERY 15, Cardinal Newman 44

11 finishers

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

18 finishers

**MARINER INVITATIONAL October 20 at Hayward Course: Varsity - 2.9 miles, hilly Junior Varsity, Frosh/Soph - 2.0 miles**

GIRLS	Place	Time	Pace
1	Jamie	13 V 20:37	7:06
2	Sarah	34 V 22:00	7:35
3	Lisa	37 V 22:15	7:40
4	Amy	45 V 22:50	7:52
5	Kristen	68 V 30:49	10:37
6	Denice	25 JV 18:32	9:16

Team Scores: Varsity Girls

- Santa Rosa 52, 2. Archbishop Mitty 74,
  - Mission San Jose 82, 4. Berkeley 103
  - Tokey 115, 6. Hanford 121,
  - MONTGOMERY 147, 8. Righetti 167
- 69 finishers

Junior Varsity Girls: 30 finishers

BOYS	Place	Time	Pace
1	Jeff	4 V 15:57	5:30
2	Sven	33 V 17:31	6:02
3	Brian	35 V 17:37	6:04
4	Nat	43 V 17:51	6:09
5	Clayton	46 V 17:55	6:10
6	Mike	53 V 18:15	6:17
7	Jason S.	2 F/S 11:58	5:59
8	Tim	4 F/S 12:00	6:00
9	Aaron	6 JV 12:17	6:08
10	Ryan	10 JV 12:28	6:14
11	Nathan	13 F/S 12:36	6:18
12	Jason W.	12 JV 12:38	6:19
13	Richard	21 JV 12:56	6:28
14	Dan	25 F/S 13:14	6:37
15	Lee	28 F/S 13:17	6:38
16	Kel	33 JV 13:38	6:49
17	Jacob	51 F/S 14:52	7:26

Team Scores: Varsity Boys

- De La Salle 57, 2. Hanford 67,
  - Santa Rosa 88, 4. Newark-Memorial 139,
  - MONTGOMERY 143, 6. Beverly Hills 167,
  - Castro Valley 195, 8. Righetti 195,
  - Clovis 198, 10. El Cerrito 219,
  - Piner 247, 12. Berkeley 264,
  - Tokey 333
- 96 finishers

Team Scores: Junior Varsity Boys

- Tokey 50, 2. MONTGOMERY 77,
  - Hanford 79, 4. Santa Rosa 87,
  - De La Salle 87, 6. Castro Valley 173,
  - Newark-Memorial 174, 8. Skyline 193
  - Piner 216
- 64 finishers

Team Scores: Frosh/Soph Boys

- Ygnacio Valley 49, 2. Logan 52,
  - MONTGOMERY 66, 4. De La Salle 80,
  - Castro Valley 118, 6. Mission San Jose 127
  - Newark-Memorial 153
- 59 finishers

**NORTH BAY LEAGUE CHAMPIONSHIPS November 2 at Spring Lake Course: 3 miles, hilly**

GIRLS	Place	Time	Pace
1	Jamie	6 V 20:05	6:41
2	Sarah	8 V 20:46	6:55
3	Lisa	10 V 21:19	7:06
4	Amy	14 V 21:37	7:12
5	Denice	6 JV 25:11	8:23
6	Kristen	35 V 26:22	8:47

Team Scores: Varsity Girls

- Santa Rosa 26, Rancho Colate 62,
  - Ursuline 68, MONTGOMERY 70,
  - Ukiah 124, Piner - Inc.
- 37 finishers

JV Girls: 14 finishers

BOYS	Place	Time	Pace
1	Jeff	2 V 15:53	5:17
2	Nat	3 V 16:25	5:28
3	Erik	7 V 16:59	5:39
4	Tim	9 V 17:02	5:40
5	Mike	11 V 17:07	5:42
6	Sven	12 V 17:10	5:43
7	Jason S.	1 JV 17:19	5:46
8	Brian	16 V 17:25	5:48
9	Nathan	3 JV 17:46	5:55
10	Clayton	4 JV 17:55	5:58
11	Jason W.	5 JV 17:59	5:59
12	Aaron	7 JV 18:02	6:00
13	Ryan	8 JV 18:19	6:06
14	Richard	10 JV 18:33	6:11
15	Chris H.	13 JV 19:21	6:27
16	Lee	14 JV 19:22	6:27
17	Dan	16 JV 19:33	6:31
18	Kel	30 JV 20:50	6:56
19	Chris M.	38 JV 22:04	7:21

Team Scores: Varsity Boys

- Santa Rosa 28, MONTGOMERY 32,
  - Piner 98, Cardinal Newman 121,
  - Rancho Colate 136, Ukiah 142
- 41 finishers

Team Scores: Junior Varsity Boys

- MONTGOMERY 20, Santa Rosa 42,
  - Piner 89, Ukiah 96
- 43 finishers

**NBL DUAL MEET VS. PINER October 24 at Piner High School Course: 2.9 miles, flat**

GIRLS	Place	Time	Pace
1	Jamie	1 V 19:35	6:45
2	Sarah	2 V 20:14	6:58
3	Lisa	3 V 21:00	7:14
4	Amy	4 V 21:48	7:31
5	Denice	7 V 26:53	9:16

Team Scores: Varsity Girls

MONTGOMERY 15, Piner - Inc.

8 finishers

BOYS	Place	Time	Pace
1	Jeff	1 V 15:23	5:18
2	Nat	2 V 15:44	5:25
3	Sven	4 V 16:43	5:45
4	Mike	5 V 16:50	5:48
5	Clayton	6 V 16:58	5:51
6	Erik H.	8 V 17:15	5:56
7	Brian	10 V 17:18	5:57
8	Ryan	1 JV 17:36	6:04
9	Tim	2 JV 17:36	6:04
10	Aaron	3 JV 17:37	6:04
11	Nathan	4 JV 17:44	6:06
12	Richard	5 JV 18:04	6:13
13	Lee	7 JV 18:20	6:19
14	Chris H.	8 JV 18:35	6:24
15	Dan	9 JV 18:42	6:26
16	Kel	14 JV 20:57	7:13
17	Jacob	17 JV 22:33	7:46
18	Chris M.	18 JV 25:12	8:41

Team Scores: Varsity Boys

MONTGOMERY 18, Piner 42

14 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 15, Santa Rosa 48

18 finishers

# CROSS COUNTRY PRACTICE MILES: 1990 SEASON

**NORTH COAST SECTION CHAMPIONSHIP**  
November 17 at Garin Regional Park,  
Hayward. Course: 2.9 miles, hilly

GIRLS	Place	Time	Pace
1 Jamie	10	20:40	7:07
2 Sarah	12	21:02	7:15
3 Lisa	13	21:25	7:23
4 Amy	16	21:55	7:33
5 Kristen	28	25:37	8:50
6 Denice	30	27:18	9:24

**Team Scores: Varsity Girls**  
1. Santa Rosa 33, 2. Antioch 59,  
3. Berkeley 65, 4. MONTGOMERY 79,  
5. James Logan 98

BOYS	Place	Time	Pace
1 Jeff	3	15:55	5:29
2 Nat	5	16:42	5:45
3 Jason S.	13	17:02	5:52
4 Sven	14	17:04	5:53
5 Tim	15	17:09	5:54
6 Erik H.	20	17:29	6:01
7 Mike	24	17:48	6:08

**Team Scores: Varsity Boys**  
1. MONTGOMERY 50, 2. Antioch 51,  
3. Santa Rosa 52, 4. James Logan 99,  
5. Berkeley 109, 6. Phole Valley 185

**TEAM CAPTAINS**

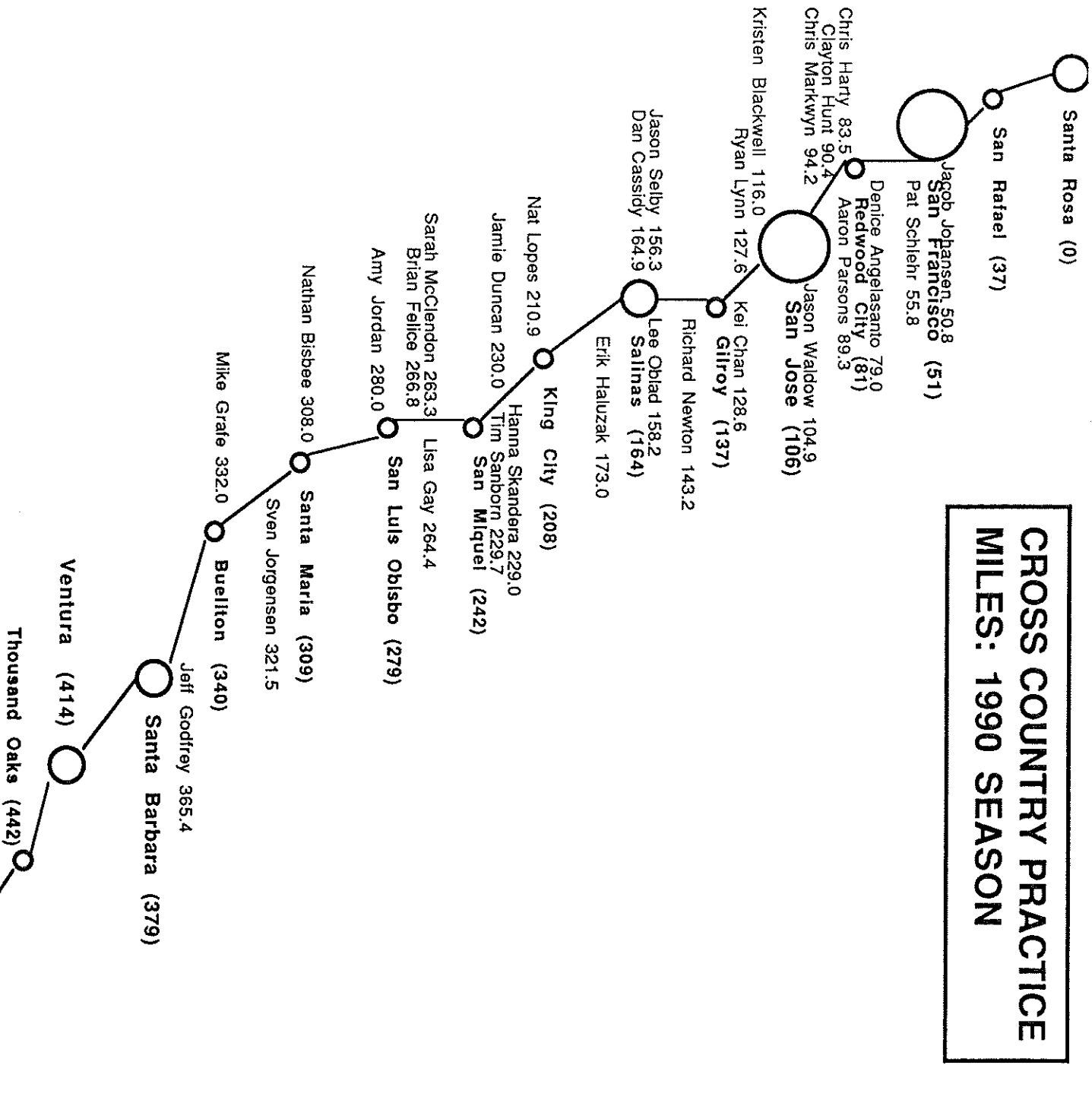
Boys: Jeff Godfrey  
Girls: Amy Jordan

**1990 TOP PERFORMERS**

Varsity Boys: Jeff Godfrey  
Varsity Girls: Jamie Duncan  
Junior Varsity Boys: Aaron Parsons

**1990 MOST IMPROVED**

Candidates: Jeff Godfrey, Mike Grafe,  
Brian Felice, Amy Jordan, Erik Haluzak,  
Sven Jorgensen, Nat Lopes



**SEASON RECORDS, 1982 to 1990**

**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
1990	3 - 4	4th	4th, Div. 1

Totals 32 - 29 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	-
1990	7 - 1	2nd	1st, Div.1	-

Totals 58 - 4 6 NBL pennants, 2 NCS pennants

**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	-
1990	8 - 0	1st	-

Totals 59 - 3 8 NBL titles

**VIKINGS' TIMES ON 3-MILE SPRING LAKE COURSE**

	<u>BOYS</u>	<u>Time</u>	<u>Pace</u>	<u>Date</u>
1	Jeff Godfrey	15:53	5:17	11/2/90
2	Keith Lewis	16:02	5:20	11/10/88
3	Dave Intner	16:10	5:23	11/10/89
4	Pete Keith	16:17	5:25	10/11/89
5	Nat Lopes	16:28	5:29	11/2/90
6	Rory O'Neill	16:49	5:36	10/25/89
7	Scott Fitzwater	16:51	5:37	11/10/89
8	Eric Downing	16:54	5:38	10/26/88
9	Star Stevenson	16:59	5:39	10/11/89
9	Eric Haluzak	16:59	5:39	11/2/90
11	Tim Sanborn	17:02	5:40	11/2/90
12	Mike Grafe	17:03	5:41	10/10/90
13	Wayne Richter	17:06	5:42	11/10/89
13	Sven Jorgensen	17:10	5:43	11/2/90
15	Dean Crane	17:17	5:45	10/26/88
16	Jason Selby	17:19	5:46	11/2/90
17	Brian Felice	17:25	5:48	11/2/90
18	Kevin Boone	17:25	5:48	11/10/89
19	Victor Garrison	17:27	5:49	11/10/89
20	Aaron Parsons	17:31	5:50	11/10/89
21	Clayton Hunt	17:32	5:50	10/26/88
22	Rocky Contos	17:34	5:51	11/10/88
23	Mike del Campo	17:39	5:53	11/10/89
24	Nathan Bisbee	17:46	5:55	11/2/90
25	Jeff Bautista	17:58	5:59	11/10/89
26	Jason Waldow	17:59	5:59	11/2/90
27	Steve Kemmerer	18:01	6:00	11/10/88
28	Ryan Lynn	18:02	6:00	10/26/88
29	Jonathan Lew	18:15	6:05	10/26/88
30	Richard Newton	18:33	6:11	10/17/90

	<u>GIRLS</u>	<u>Time</u>	<u>Pace</u>	<u>Date</u>
1	Jamie Duncan	20:05	6:41	11/2/90
2	Michelle Mayes	20:37	6:52	11/10/88
3	Sarah McClendon	20:46	6:55	11/2/90
4	Lisa Gay	20:59	6:59	11/10/89
5	Amy Jordan	21:36	7:12	10/17/90
6	Tanya Mayo	21:49	7:16	10/26/88
7	Jenny Scott	22:02	7:20	11/10/88
8	Charlie Montague	22:18	7:26	11/10/88
9	Kristen Blackwell	22:34	7:31	10/26/88
10	Amy Jordan	22:36	7:32	10/25/89
11	Erlin Preston	23:12	7:44	10/25/89
12	Odile Zelenak	23:24	7:48	11/10/88
13	Denice Angelasanto	25:11	8:23	11/2/90

**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.	
1989 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)
1990 50 pts. (Div.1)	

**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	

**North Coast Section Individual Champions**

<u>Varsity Boys</u>	<u>Varsity Girls</u>
1985 Paul Cummings	1972 Steve Ricker
1986 Kevin Smith	1985 Paul Cummings
1987 Mike Contos	

# North Bay League Top 20 on 3-mile Course

Varsity Boys				
Runner	Team	Time	Date	
1	Steve Guerrini	SR	15:30	11/2/90
2	Dan Held	SR	15:48	11/10/89
3	Jeff Godfrey	M	15:53	11/2/90
4	Salvador Zabala	SR	15:55	11/10/88
5	Andy Price	SR	16:01	11/10/88
6	Keith Lewis	M	16:02	11/10/88
7	Todd Stevens	P	16:09	10/25/89
8	Dave Intner	M	16:10	11/10/89
8	Jim Macken	SR	16:10	11/10/88
10	Israel Ramirez	RC	16:11	11/10/89
11	Peter Keith	M	16:17	10/11/89
12	Judah Thomas	P	16:22	10/25/89
13	Nat Lopes	M	16:25	11/2/90
14	Eric Bursch	P	16:27	11/10/88
15	Sky Pile	SR	16:33	11/2/90
16	Sean Fitzpatrick	SR	16:34	10/11/89
17	Aaron Rondon	SR	16:40	11/10/88
18	Rory O'Neill	SR	16:46	11/2/90
19	Darrin Clay	RC	16:50	11/10/88
20	Scott Fitzwater	M	16:51	11/10/89

Varsity Girls				
Runner	Team	Time	Date	
1	Nika Horn	SR	18:09	11/2/90
2	Rhonda Mazza	SR	18:59	11/2/90
3	Megan Reeder	SR	19:02	11/2/90
4	Michelle Ferguson	P	19:14	11/10/88
5	Wendy Beardall	SR	19:33	11/2/90
6	Cheryl Vann	SR	19:55	11/10/88
7	Lisette Lemus	RC	19:56	11/2/90
8	Jamie Duncan	M	20:05	11/2/90
9	Stefanie Bosch	Ur	20:13	11/2/90
10	Cherie Bishop	RC	20:23	11/10/89
11	Michelle Mayes	M	20:37	11/10/88
12	Sarah McClendon	M	20:46	11/2/90
13	Lucia Navarro	P	20:48	10/25/89
14	Lisa Gay	M	20:56	11/10/89
15	Ruth Bishop	RC	20:59	11/10/88
16	Allison Bosch	Ur	21:04	11/10/89
17	Cindy Spaulding	SR	21:05	11/10/89
18	Kristen Crowley	SR	21:11	11/10/88
19	Sara Poisson	Ur	21:15	11/2/90
20	Carylon Geiger	Ur	21:19	11/2/90

Junior Varsity Boys				
Runner	Team	Time	Date	
1	Dean Crane	M	17:17	10/26/88
2	Jason Selby	M	17:19	11/2/90
3	Kevin Boone	M	17:25	11/10/89
4	Victor Garrison	M	17:27	11/10/89
5	Rory O'Neill	M	17:30	10/26/88
6	Aaron Parsons	M	17:31	11/10/89
7	Aherom Legesse	SR	17:34	11/2/90
8	Joey Baer	SR	17:38	11/10/88
9	Mike del Campo	M	17:39	11/10/89
10	Clayton Hunt	M	17:40	11/10/89

Junior Varsity Boys				
Runner	Team	Time	Date	
11	Star Stevenson	M	17:42	10/29/89
12	Brian Felice	M	17:43	10/17/90
13	Nathan Bisbee	M	17:46	11/2/90
14	Mike Grafe	M	17:47	11/10/89
15	Felix Gudino	P	17:50	11/10/88
16	Rocky Contos	M	17:55	10/26/88
17	Nat Lopes	M	17:57	11/10/89
18	Jeff Bautista	M	17:58	11/10/89
19	Jason Waldow	M	17:59	11/2/90
20	Scott Fitzwater	M	18:00	10/26/88



Practices	Meets
Jeff	14
Mike	14
Amy	14
Nathan	14
Sarah	13
Lisa	13
Sven	13
Jamie	13
Brian	12
Tim	12
Nat	12
Dan	12
Lee	12
Erik H.	11
Jason S.	11
Kei	11
Kristen	11
Ryan	11
Richard	10
Chris M.	9
Jason W.	9
Lee	9
Denice	9
Clayton	8
Chris H.	7
Aaron	7
Pat	6
Jacob	5

Cross Country Season Miles	
Boys	365.4
Jeff	332.0
Mike	321.5
Sven	308.0
Nathan	266.8
Brian	229.7
Tim	210.9
Nat	173.0
Erik H.	164.9
Dan	158.2
Lee	156.3
Jason S.	143.2
Richard	128.6
Kei	127.6
Ryan	104.9
Jason W.	94.2
Chris M.	90.4
Clayton	89.3
Aaron	83.5
Chris H.	55.8
Pat	50.8
Jacob	
Girls	280.0
Amy	264.4
Lisa	263.3
Sarah	230.0
Jamie	116.0
Kristen	79.0
Denice	

Cross Country Career Miles	
Boys	926.1
Jeff	588.7
Ryan	574.4
Mike	470.4
Clayton	451.0
Brian	413.8
Sven	413.0
Jason W.	410.0
Aaron	332.4
Nat	316.3
Erik H.	308.0
Nathan	229.7
Tim	164.9
Dan	158.2
Lee	156.3
Jason S.	143.2
Richard	128.6
Kei	94.2
Chris M.	83.5
Chris H.	55.8
Pat	50.8
Jacob	
Girls	501.6
Lisa	499.1
Amy	387.2
Kristen	263.3
Sarah	230.0
Jamie	79.0
Denice	

Mileage All-Time Career List	
Boys	
1 Jeff Godfrey, '91	926.1
2 Peter Keith, '90	911.6
3 Dave Intner, '90	846.8
4 Star Stevenson, '90	791.8
5 Paul Cummings, '86	780.5
6 Marc Spina, '86	733.0
7 Jason Schaumberg, '85	716.0
8 Keith Lewis, '89	711.5*
9 Tim Cummings, '86	705.5
10 Derek Powell, '86	683.5
11 Kevin Boone, '90	644.5
12 Rory O'Neill, '91	605.4
13 Ryan Lynn, '91	588.7
14 Jon Lew, '89	581.5*
15 Mike Grafe, '91	574.4
16 Scott Fitzwater, '90	554.3
17 Steve Fromm, '91	546.8
18 Michael Parker, '85	534.0
19 Pete Vincent, '84	507.5
20 Todd Lynn, '86	479.0
Girls	
1 Erin Preston, '90	607.8
2 Tanya Mayo, '90	508.4
3 Michelle Mayes, '89	502.5*
4 Lisa Gay, '92	501.6
5 Amy Jordan, '92	499.1
6 Chris Ferguson, '86	482.0
7 Nicole Fischer, '88	469.0*
8 Kristen Blackwell, '91	387.2
9 Sheilla O'Hanlon, '85	359.0
10 Erika Gardner, '87	338.5*

**Single Season Mileage Records**

Keith Lewis	404.5	'88
Amy Jordan	280.0	'90

\*No records kept for 1986 season