



Montgomery Viking Athletics

MONTGOMERY HIGH SCHOOL
1250 HAHMAN DRIVE
SANTA ROSA, CALIFORNIA 95405

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

1991

MONTGOMERY

VIKINGS

CROSS

COUNTRY

HEAD COACH: *Larry Meredith*

ASSISTANT COACH: *Tori Meredith*

MONTGOMERY VIKINGS

1991 CROSS COUNTRY

VARSDITY GIRLS

Lisa Gay, Senior, 3rd Year V
Amy Jordan, Senior, 3rd Year V
Jana Wiesner, Senior, 1st Year V
Anna Sweat, Senior, 1st Year V
Jamie Duncan, Junior, 2nd Year V
Sarah McClendon, Junior, 2nd Year V
Lexy Montgomery, Sophomore
Tirzah Zbinden, Sophomore
Dawn Keeler, Sophomore

1991 Meet Results

- MHS 26, Rancho 46, Petaluma 64, Justin Seina 81
- MHS 15, Casa Grande 40, Healdsburg - inc.
- MHS 17, Casa Grande 43
- MHS 15, Piner 45
- MHS 15, Ukiah - inc.
- MHS 22, Rancho Cotate 33
- Santa Rosa 17, MHS 42
- Ursuline 17, MHS 39

VARSDITY BOYS

Erik Haluzak, Senior, 2nd Year V
Nat Lopes, Senior, 2nd Year V
Nathan Bisbee, Junior, 2nd Year V
Tim Sanborn, Junior, 2nd Year V
Jason Selby, Junior, 2nd Year V
Lee Oblad, Junior, 1st Year V
Josh Hinkle, Junior, 1st Year V
Ryan Lew, Sophomore
David Toomey, Sophomore

1991 Meet Results

- MHS 15, Rancho 59, Justin Siena 61, Petaluma - inc.
- MHS 24, Casa Grande 43, Healdsburg 70
- MHS 24, Casa Grande 37
- MHS 15, Piner 49
- MHS 15, Ukiah 48
- MHS 19, Rancho Cotate 42
- MHS 21, Santa Rosa 38
- MHS 15, Cardinal Newman 46

JUNIOR VARSITY BOYS

Chris Harty, Senior, 2nd Year
Marcus Clarke, Senior, 1st Year
Tom Traverso, Senior, 1st Year
Dan Cassidy, Junior, 2nd Year
Josh Dorris, Junior, 1st Year
Scott Story, Sophomore
Brian Widener, Sophomore
Brandon Jones, Sophomore
Mario Azevedo, Sophomore
Justin Godfrey, Sophomore
Justin Umholtz, Sophomore
Mike Flanagan, Sophomore
Andy Cuculich, Sophomore
Ben Carli, Sophomore
Jacob Greenberg, Sophomore
Damon Seeley, Sophomore
Jon Sass, Sophomore
Dave Todd, Sophomore

1991 Meet Results

- MHS 15, Petaluma - inc., Rancho Cotate - inc.
- MHS 19, Casa Grande 44
- MHS 15, Casa Grande 50
- MHS 15, Piner 45
- MHS 15, Ukiah - inc.
- MHS 17, Rancho Cotate 46
- MHS 16, Santa Rosa 45
- MHS 15, Cardinal Newman 48

Invitationals / Post-Season

- Viking Opener: Jr/Sr G-2nd; Sr B-2nd; Jr B-1st; F/S B-1st
 - Ed Sias: VG-5th; VB-2nd; JVB-7th; F/S B-9th
 - San Ramon: VG-2nd; VB-2nd; JVB-3rd; F/S B-2nd
 - Artichoke: VG-4th; VB-2nd; JVB-2nd; F/S B-3rd
 - Hayward: VB-1st
 - Floyd Cooney: VB-1st; JVB-1st
 - NBL: VG-3rd; VB-1st; JVB-1st
 - NCS: VG-5th; VB-3rd
- State Meet Qualifier: Nat Lopes

SEASON RECORDS, 1982 to 1991

VARSITY GIRLS

	Dual Meets	NBL Final	North Coast Section
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
1991	9 - 2	3rd	5th, Div. 2

Totals 41 - 31 1 NBL pennant

VARSITY BOYS

	Dual Meets	NBL Final	North Coast Section	Other
1982	4 - 1	2nd	5th 2A	-
1983	9 - 0	1st	3rd 2A	5th MOC
1984	9 - 0	1st	2nd 2A	11th MOC
1985	5 - 0	1st	1st 2A	4th MOC
1986	5 - 1	1st	8th 3A	-
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	13th State
1991	11 - 0	1st	3rd, Div.2	-

Totals 69 - 4 7 NBL pennants, 2 NCS pennants

JUNIOR VARSITY BOYS

	Dual Meets	NBL Final	NBL Frosh/Soph Final
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	-
1991	9 - 0	1st	-

Totals 68 - 3 9 NBL titles

VIKINGS' TIMES ON 3-MILE SPRING LAKE COURSE

	BOYS	Time	Pace	Date
1	Nat Lopes	15:47	5:15	10/23/91
2	Jaff Godfrey	15:53	5:17	11/2/90
3	Keith Lewis	16:02	5:20	11/10/88
4	Dave Intner	16:10	5:23	11/10/89
5	Pete Keith	16:17	5:25	10/11/89
6	Erik Haluzak	16:20	5:26	10/23/91
7	Tim Sanborn	16:22	5:27	11/8/91
8	Jason Selby	16:23	5:27	11/8/91
9	Josh Hinkle	16:27	5:29	10/31/91
10	David Toomey	16:36	5:32	11/8/91
11	Nate Bisbee	16:37	5:32	11/8/91
12	Rory O'Neill	16:49	5:36	10/25/89
13	Scott Fitzwater	16:51	5:37	11/10/89
13	Eric Downing	16:54	5:38	10/26/88
15	Star Stevenson	16:59	5:39	10/11/89
16	Ryan Lew	17:00	5:40	10/31/91
17	Mike Grafe	17:03	5:41	10/10/90
18	Wayne Richter	17:06	5:42	11/10/89
19	Sven Jorgensen	17:10	5:43	11/2/90
20	Scott Story	17:14	5:44	11/8/91
21	Lee Oblad	17:15	5:45	10/31/91
22	Dean Crane	17:17	5:45	10/26/88
23	Josh Dorris	17:19	5:46	10/23/91
24	Brian Felice	17:25	5:48	11/2/90
25	Kevin Boone	17:25	5:48	11/10/89
26	Victor Garrison	17:27	5:49	11/10/89
27	Aaron Parsons	17:31	5:50	11/10/89
28	Clayton Hunt	17:32	5:50	10/26/88
29	Rocky Contos	17:34	5:51	11/10/88
30	Mike del Campo	17:39	5:53	11/10/89
31	Jeff Bautista	17:58	5:59	11/10/89
32	Jason Waidow	17:59	5:59	11/2/90

GIRLS

	Time	Pace	Date	
1	Lisa Gay	19:43	6:34	10/31/91
2	Jamie Duncan	20:05	6:41	11/2/90
3	Jana Wiesner	20:25	6:48	11/8/91
4	Amy Jordan	20:33	6:51	11/8/91
5	Michelle Mayes	20:37	6:52	11/10/88
6	Sarah McClendon	20:46	6:55	11/2/90
7	Tanya Mayo	21:49	7:16	10/26/88
8	Jenny Scott	22:02	7:20	11/10/88
9	Cherie Montague	22:18	7:26	11/10/88
10	Kristen Blackwell	22:34	7:31	10/26/88
11	Amy Jordan	22:36	7:32	10/25/89
12	Erin Preston	23:12	7:44	10/25/89
13	Odile Zelenak	23:24	7:48	11/10/88
14	Lexy Montgomery	24:20	8:06	10/23/91
15	Dawn Keeler	24:27	8:09	10/16/91
16	Danice Angelasanto	25:11	8:23	11/2/90
17	Tirzah Zbinden	26:30	8:50	11/8/91
18	Anna Sweat	26:43	8:54	11/8/91

North Bay League Varsity Team Champions

Varsity Boys	Varsity Girls
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.	
1991 30 pts.	

North Coast Section Team Champions

Varsity Boys	Varsity Girls
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

Varsity Boys	Varsity Girls
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

Varsity Boys
1972 Steve Ricker
1985 Paul Cummings

North Bay League Top 20 on Spring Lake 3-mile Course

Varsity Boys				
Runner	Team	Time	Date	
1	Steve Guerrini	SR	15:30	11/2/90
2	Juano Soriano	SR	15:41	11/8/91
3	Nat Lopes	M	15:47	10/23/91
4	Dan Held	SR	15:48	11/10/89
4	Sky Pile	SR	15:48	11/8/91
6	Jeff Godfrey	M	15:53	11/2/90
7	Salvador Zabala	SR	15:55	11/10/88
8	Andy Price	SR	16:01	11/10/88
9	Kelth Lewis	M	16:02	11/10/88
10	Todd Stevens	P	16:09	10/25/89
11	Dave Intner	M	16:10	11/10/89
11	Jim Macken	SR	16:10	11/10/88
13	Israel Ramirez	FC	16:11	11/10/89
14	Peter Kelth	M	16:17	10/11/89
15	Erik Hatuzak	M	16:20	10/23/91
16	Judah Thomas	P	16:22	10/25/89
16	Tim Sanborn	M	16:22	11/8/91
18	Jason Selby	M	16:23	11/8/91
19	Jon Gonzales	FC	16:26	11/8/91
20	Eric Bursch	P	16:27	11/10/88
20	Josh Hinkle	M	16:27	10/31/91

Varsity Girls				
Runner	Team	Time	Date	
1	Nika Horn	SR	18:09	11/2/90
2	Rhonda Mazza	SR	18:10	11/8/91
3	Megan Reeder	SR	18:13	11/8/91
4	Michelle Ferguson	P	19:14	11/10/88
5	Brenna Nurmi	Urs	19:25	10/31/91
5	Stefanie Bosch	Urs	19:25	11/8/91
7	Wendy Beardall	SR	19:33	11/2/90
8	Lissette Lemus	FC	19:35	11/8/91
9	Georgina Balkwell	Urs	19:40	10/31/91
10	Lisa Gay	M	19:43	10/31/91
11	Laurie Carlson	P	19:51	11/8/91
12	Marita Hakel	Urs	19:54	11/8/91
13	Cheryl Vann	SR	19:55	11/10/88
14	Anne-Marie Dunicliff	Urs	19:59	11/8/91
15	Jamie Duncan	M	20:05	11/2/90
16	Janine Murphy	SR	20:12	10/23/91
17	Michelle McConnick	SR	20:22	11/8/91
18	Cherie Bishop	FC	20:23	11/10/89
18	Abbey Campbell	FC	20:23	11/8/91
20	Jana Wlesner	M	20:25	11/8/91
21	Amy Jordan	M	20:33	11/8/91

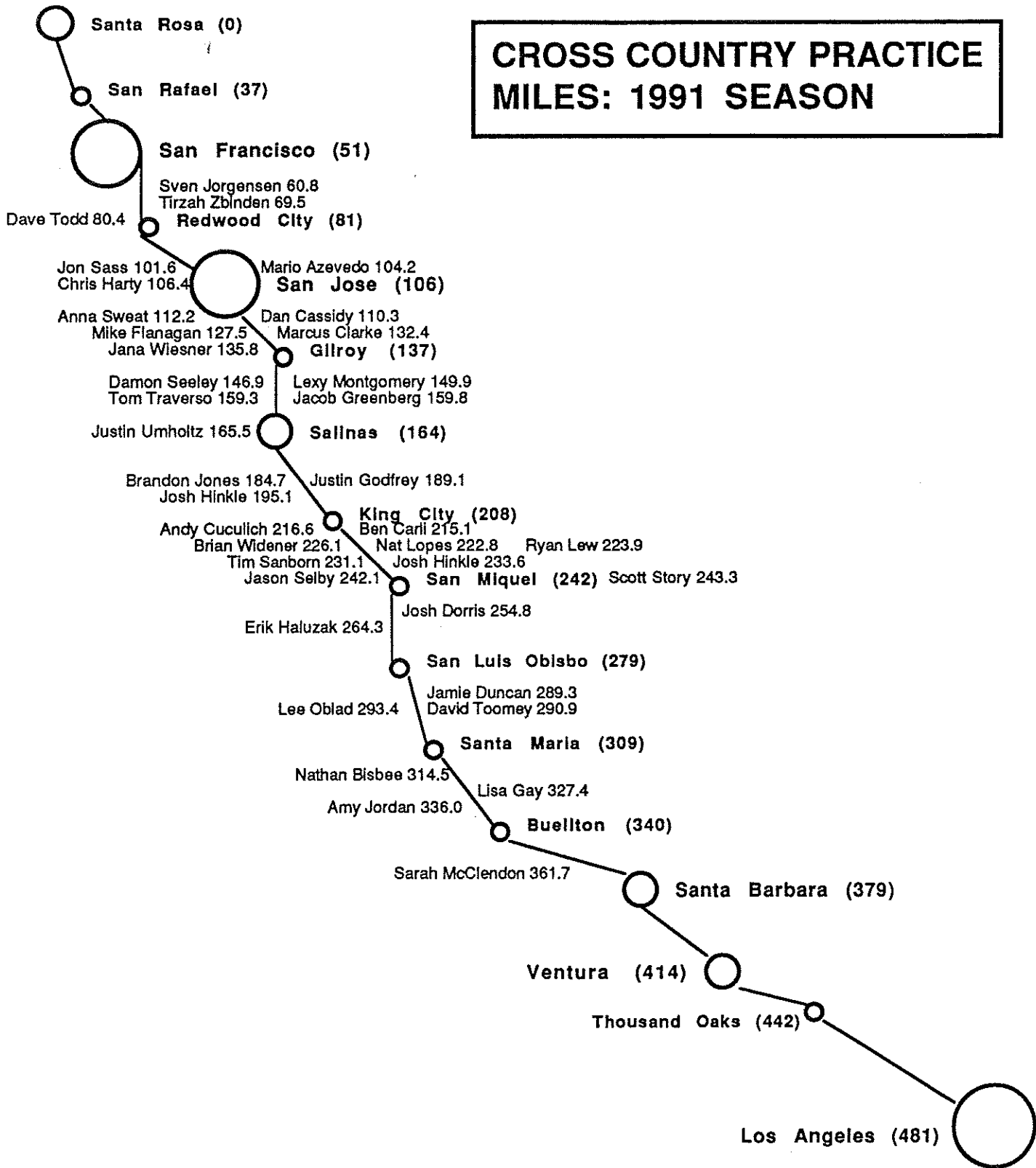
Junior Varsity Boys				
Runner	Team	Time	Date	
1	Ryan Lew	M	17:00	10/31/91
2	Scott Story	M	17:14	11/8/91
3	Lee Oblad	M	17:15	10/31/91
4	Dean Crane	M	17:17	10/26/88
5	Jason Selby	M	17:19	11/2/90
5	Josh Dorris	M	17:19	10/23/91
7	David Toomey	M	17:21	10/23/91
8	Kevin Boone	M	17:25	11/10/89
9	Victor Garrison	M	17:27	11/10/89
10	Rory O'Neill	M	17:30	10/26/88
11	Aaron Parsons	M	17:31	11/10/89
12	Ahferom Legesse	SR	17:34	11/2/90
13	Joey Baer	SR	17:38	11/10/88
14	Mike del Campo	M	17:39	11/10/89
15	Clayton Hunt	M	17:40	11/10/89
16	Star Stevenson	M	17:42	10/29/89
17	Brian Falce	M	17:43	10/17/90
18	Nathan Bisbee	M	17:46	11/2/90
19	Mike Grate	M	17:47	11/10/89
20	Felix Gudino	P	17:50	11/10/88

Practices	Meets	Cross Country Season Miles	Cross Country Career Miles	Mileage All-Time Career List
Jordan	Duncan	361.7	835.1	Boys
McClendon	Haluzak	336.0	829.0	1 Jeff Godfrey, '91 926.1
Jorgensen	Hinkle	327.4	625.0	2 Peter Keith, '90 911.6
Gay	Bisbee	289.3	519.3	3 Dave Intner, '90 846.8
Duncan	Gay	149.9	149.9	4 Star Stevenson, '90 791.8
Bisbee	Jordan	135.8	135.8	5 Paul Cummings, '86 780.5
Oblad	Low	112.2	112.2	6 Marc Spina, '86 733.0
Widener	McClendon	71.9	71.9	7 Jason Schaumberg, '85 716.0
Toomey	Sanborn	69.5	69.5	8 Keith Lewis, '89 711.5*
Dorris	Selby			9 Tim Cummings, '86 705.5
Story	Carl			10 Derek Powell, '86 683.5
Haluzak	Godfrey			11 Kevin Boone, '90 644.5
Cuculich	Lopes	314.5	622.5	12 Nate Bisbee, '93 622.5
Low	Oblad	293.4	580.6	13 Rory O'Neill, '91 605.4
Lopes	Toomey	290.9	555.2	14 Ryan Lynn, '91 588.7
Sanborn	Haluzak	264.3	474.6	15 Jon Lew, '89 581.5*
Hinkle	Dorris	254.8	460.8	16 Erik Haluzak, '92 580.6
Selby	Story	243.3	451.6	17 Mike Grate, '91 574.4
Carl	Selby	242.1	398.4	18 Nat Lopes, '92 555.2
Jones	Hinkle	233.6	290.9	19 Scott Fitzwater, '90 554.3
Godfrey	Sanborn	231.1	275.2	20 Steve Fromm, '91 546.8
Montgomery	Widener	226.1	254.8	
Seeley	Low	223.9	243.3	
Traverso	Lopes	222.8	233.6	Girls
Umholtz	Cuculich	216.6	226.1	1 Amy Jordan, '92 835.1
Greenberg	Carl	189.1	223.9	2 Lisa Gay, '92 829.0
Harty	Godfrey	184.7	216.6	3 Sarah McClendon, '93 625.0
Sweat	Jones	165.5	215.1	4 Erin Preston, '90 607.8
Flanagan	Umholtz	159.8	189.9	5 Jamie Duncan, '93 519.3
Clarke	Greenberg	159.3	189.1	6 Tanya Mayo, '90 508.4
Wiesner	Traverso	146.9	184.7	7 Michelle Mayes, '89 502.5*
Cassidy	Seeley	132.4	165.5	8 Chris Ferguson, '86 482.0
Zbinden	Harty	127.5	159.8	9 Nicole Fischer, '88 469.0*
Keeler	Sass	110.3	159.3	10 Kristen Blackwell, '91 387.2
Zbinden	Keeler	106.4	146.9	11 Sheila O'Hanlon, '85 359.0
Chon	Zbinden	104.2	132.4	12 Erika Gardner, '87 338.5*
Jorgensen	Chon	101.6	127.5	
		80.4	104.2	*No records kept for 1986 season
		60.8	101.6	
		52.3	80.4	

Practices	Meets	Cross Country Season Miles	Cross Country Career Miles	Mileage All-Time Career List
Jordan	Duncan	361.7	835.1	Boys
McClendon	Haluzak	336.0	829.0	1 Jeff Godfrey, '91 926.1
Jorgensen	Hinkle	327.4	625.0	2 Peter Keith, '90 911.6
Gay	Bisbee	289.3	519.3	3 Dave Intner, '90 846.8
Duncan	Gay	149.9	149.9	4 Star Stevenson, '90 791.8
Bisbee	Jordan	135.8	135.8	5 Paul Cummings, '86 780.5
Oblad	Low	112.2	112.2	6 Marc Spina, '86 733.0
Widener	McClendon	71.9	71.9	7 Jason Schaumberg, '85 716.0
Toomey	Sanborn	69.5	69.5	8 Keith Lewis, '89 711.5*
Dorris	Selby			9 Tim Cummings, '86 705.5
Story	Carl			10 Derek Powell, '86 683.5
Haluzak	Godfrey			11 Kevin Boone, '90 644.5
Cuculich	Lopes	314.5	622.5	12 Nate Bisbee, '93 622.5
Low	Oblad	293.4	580.6	13 Rory O'Neill, '91 605.4
Lopes	Toomey	290.9	555.2	14 Ryan Lynn, '91 588.7
Sanborn	Haluzak	264.3	474.6	15 Jon Lew, '89 581.5*
Hinkle	Dorris	254.8	460.8	16 Erik Haluzak, '92 580.6
Selby	Story	243.3	451.6	17 Mike Grate, '91 574.4
Carl	Selby	242.1	398.4	18 Nat Lopes, '92 555.2
Jones	Hinkle	233.6	290.9	19 Scott Fitzwater, '90 554.3
Godfrey	Sanborn	231.1	275.2	20 Steve Fromm, '91 546.8
Montgomery	Widener	226.1	254.8	
Seeley	Low	223.9	243.3	
Traverso	Lopes	222.8	233.6	Girls
Umholtz	Cuculich	216.6	226.1	1 Amy Jordan, '92 835.1
Greenberg	Carl	189.1	223.9	2 Lisa Gay, '92 829.0
Harty	Godfrey	184.7	216.6	3 Sarah McClendon, '93 625.0
Sweat	Jones	165.5	215.1	4 Erin Preston, '90 607.8
Flanagan	Umholtz	159.8	189.9	5 Jamie Duncan, '93 519.3
Clarke	Greenberg	159.3	189.1	6 Tanya Mayo, '90 508.4
Wiesner	Traverso	146.9	184.7	7 Michelle Mayes, '89 502.5*
Cassidy	Seeley	132.4	165.5	8 Chris Ferguson, '86 482.0
Zbinden	Harty	127.5	159.8	9 Nicole Fischer, '88 469.0*
Keeler	Sass	110.3	159.3	10 Kristen Blackwell, '91 387.2
Zbinden	Keeler	106.4	146.9	11 Sheila O'Hanlon, '85 359.0
Chon	Zbinden	104.2	132.4	12 Erika Gardner, '87 338.5*
Jorgensen	Chon	101.6	127.5	
		80.4	104.2	*No records kept for 1986 season
		60.8	101.6	
		52.3	80.4	

Single Season Mileage Records	'88	'91
Kelth Lewis	404.5	
Sarah McClendon		361.7

CROSS COUNTRY PRACTICE MILES: 1991 SEASON



**PRE-SEASON MEET VS. RANCHO COTATE,
PETALUMA and JUSTIN SIENA**

September 6 at Rancho Cotate
Course: 2.5 miles, flat

GIRLS	Place	Time	Pace
1 Gay	3 V	16:12	6:28
2 Wiesner	5 V	17:13	6:53
3 Duncan	7 V	17:15	6:54
4 McClendon	8 V	17:16	6:54
5 Jordan	9 V	17:28	6:59

Team Scores: Varsity Girls

MONTGOMERY 26, Rancho Cotate 46,
Petaluma 64, Justin Siena 81 28 finishers

BOYS	Place	Time	Pace
1 Lopes	1 V	13:03	5:13
2 Haluzak	2 V	13:19	5:19
3 Selby	3 V	13:20	5:20
4 Sanborn	5 V	13:40	5:28
5 Hinkle	6 V	13:45	5:30
6 Bisbee	7 V	13:47	5:30
7 Lew	1 JV	14:25	5:46
8 Story	2 JV	14:35	5:50
9 Oblad	16 V	14:50	5:56
10 Toomey	3 JV	15:31	6:12
11 Clarke	4 JV	15:51	6:20
12 Flanagan	5 JV	15:52	6:20
13 Widener	6 JV	15:53	6:21
14 Traverso	7 JV	15:55	6:22
15 Greenberg	9 JV	16:42	6:40
16 Jones	10 JV	16:43	6:41
17 Azevedo	11 JV	17:41	7:04
18 Cuculich	12 JV	18:36	7:26
19 Godfrey	13 JV	18:49	7:31
20 Carli	14 JV	18:19	7:43

Team Scores: Varsity Boys

MONTGOMERY 15, Rancho Cotate 59,
Justin Siena 61, Petaluma - Inc. 27 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 15, Petaluma - Inc.,
Rancho Cotate - Inc. 26 finishers

All Viking teams win easily in a season-opening 4-way meet at Rancho Cotate. The varsity boys and JV boys look very impressive in sweeps. Lisa Gay ran away from NBL rival Lisette Lemus in the final mile and Jana Wiesner, 2nd for MHS, looked like the answer to our 1990 problems when we could field only 4 solid runners. Nat Lopes ran to an easy win and Ryan Lew established himself as the best of a large group of sophomores by winning the JV race and making the varsity squad.

In a 3-way meet with Casa Grande and Healdsburg, Lopes and Gaucho runner Ricky Esponda stage a tremendous battle as Jason Selby and the rest of the Viking varsity boys sweep 4th through 9th for another big win. Gay has no problem with 2-time SCL champion Michele Cadd of Healdsburg while Wiesner, Jamie Duncan, Sarah McClendon and Amy Jordan take 3rd through 6th to give the lady Vikings a 5-and-0 record after 2 meets. Sophomore Scott Story steps up to lead the JV team and his Viking teammates take 9 of the top 10 spots.

At the Viking Opener Invitational, Juniors Josh Hinkle, Tim Sanborn, Selby, and Nate Bisbee place in the top 10 to dominate competition in the Junior Boys race. Lew, Story and Mike Flanagan wrap up the Fresh/Soph Boys title. Lopes moves to #2 on MHS's all-time 2-mile cross country list with his time of 10:25. Gay goes to the top of the girls' list with a 13:05, leading the Vikings to 2nd place in the Junior/Senior Girls race.

**PRE-SEASON MEET VS. CASA GRANDE
and HEALDSBURG**

September 11 at Spring Lake
Course: 2.0 miles, rolling

GIRLS	Place	Time	Pace
1 Gay	1 V	13:17	6:38
2 Wiesner	3 V	13:55	6:57
3 Duncan	4 V	13:57	6:58
4 McClendon	5 V	14:15	7:07
5 Jordan	6 V	14:20	7:10

Team Scores: Varsity Girls

MONTGOMERY 15, Casa Grande 40
15 finishers

BOYS	Place	Time	Pace
1 Lopes	2 V	10:33	5:16
2 Selby	4 V	10:54	5:27
3 Haluzak	5 V	11:03	5:31
4 Sanborn	6 V	11:04	5:32
5 Hinkle	7 V	11:07	5:33
6 Bisbee	8 V	11:11	5:35
7 Lew	9 V	11:18	5:39
8 Story	1 JV	11:46	5:53
9 Clarke	3 JV	12:18	6:09
10 Toomey	4 JV	12:19	6:09
11 Flanagan	5 JV	12:26	6:13
12 Widener	6 JV	13:07	6:39
13 Jones	7 JV	13:14	6:37
14 Oblad	8 JV	13:17	6:38
15 Greenberg	9 JV	13:19	6:39
16 Traverso	10 JV	13:25	6:42
17 Chon	12 JV	13:38	6:49
18 Azevedo	13 JV	13:56	6:58
19 Cuculich	14 JV	14:08	7:04
20 Godfrey	15 JV	14:16	7:08
21 Sealey	17 JV	14:21	7:10
22 Carli	18 JV	14:42	7:21
23 Sass	19 JV	14:52	7:26
24 Todd	23 JV	16:37	8:18

Team Scores: Varsity Boys

MONTGOMERY 24, Casa Grande 43,
Healdsburg 70
20 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 19, Casa Grande 44
23 finishers

VIKING OPENER INVITATIONAL

September 14 at Spring Lake
Course: 2.0 miles, rolling

GIRLS	Place	Time	Pace
1 Gay	8 JrSr	13:05	6:32
2 Duncan	12 JrSr	13:33	6:46
3 Wiesner	13 JrSr	13:35	6:47
4 Jordan	16 JrSr	13:50	6:55
5 McClendon	18 JrSr	13:57	6:58

Team Scores: Junior/Senior Girls

1. Santa Rosa 6, 2. MONTGOMERY 28,
3. Ursuline 31, 4. Rancho Cotate 31
5. Terra Linda 56, 6. El Molino 68,
7. Sonoma 100, 8. Casa Grande 101,
9. Kelseyville 104, 10. Piner 109,
11. Willits 111 64 finishers

BOYS	Place	Time	Pace
1 Lopes	2 Sr	10:25	5:12
2 Hinkle	3 Jr	10:40	5:20
3 Sanborn	5 Jr	10:45	5:22
4 Selby	7 Jr	10:47	5:23
5 Bisbee	9 Jr	10:51	5:25
6 Haluzak	7 Sr	10:52	5:26
7 Lew	3 F/S	11:05	5:32
8 Story	7 F/S	11:11	5:35
9 Flanagan	12 F/S	11:45	5:52
10 Oblad	21 Jr	11:46	5:53
11 Dorris	24 Jr	11:51	5:55
12 Clarke	25 Sr	12:15	6:07
13 Harty	32 Sr	12:43	6:21
14 Widener	33 F/S	12:43	6:21
15 Greenberg	38 F/S	12:52	6:26
16 Chon	38 Sr	13:05	6:32
17 Jones	42 F/S	13:06	6:33
18 Azevedo	45 F/S	13:24	6:42
19 Carli	47 F/S	13:35	6:47
20 Cuculich	48 F/S	13:36	6:48
21 Traverso	40 Sr	13:39	6:49
22 Umholtz	49 F/S	13:40	6:50
23 Godfrey	50 F/S	13:41	6:50
24 Sealey	51 F/S	13:44	6:52
25 Sass	57 F/S	14:21	7:10
26 Todd	63 F/S	15:32	7:46

Team Scores: Senior Boys

1. Santa Rosa 15, 2. MONTGOMERY 23,
3. Piner 28, 4. Cardinal Newman 32,
5. Eureka 43, 6. St. Patrick 51, 7. Ukiah 70
47 finishers

Team Scores: Junior Boys

1. MONTGOMERY 11, 2. Fortuna 21,
3. Santa Rosa 30, 4. Casa Grande 41,
5. Willits 50, 6. Eureka 51, 7. St. Patrick 75,
8. Cardinal Newman 83, 9. Ukiah 89,
10. Piner 89, 11. Kelseyville 95
51 finishers

Team Scores: Fresh/Soph Boys

1. MONTGOMERY 17, 2. Rancho Cotate 23,
3. Fortuna 34, 4. Healdsburg 36,
5. Casa Grande 46, 6. Piner 53, 7. Analy 63,
8. St. Patrick 73, 9. El Molino 79,
10. Ukiah 90, 11. Kelseyville 110,
12. Cardinal Newman 127 77 finishers

ED SIAS INVITATIONAL
September 21 at Martinez
Course: 2.0 miles, hilly

GIRLS	Place	Time	Pace
1 Gay	19 V	14:05	7:02
2 Wiesner	31 V	14:29	7:14
3 Jordan	33 V	14:32	7:16
4 Duncan	35 V	14:36	7:18
5 McClendon	38 V	14:42	7:21
6 Montgomery	59 JV	18:18	9:09

Team Scores: Varsity Girls

1. Santa Rosa 53, 2. San Ramon 86,
3. Wood 105, 4. Carondelet 126,
5. MONTGOMERY 143, 6. Miramonte 196,
7. Clayton Valley 204, 8. Vacaville 218,
9. College Park 239, 10. Castro Valley 243,
11. Northgate 246, 12. Napa 285,
13. Acalanes 299, 14. Alhambra 361,
15. Campolindo 372, 16. Antioch 431,
17. Piner 440, 18. Las Lomas 462

115 finishers

BOYS	Place	Time	Pace
1 Lopes	8 V	10:47	5:23
2 Hinkle	13 V	10:59	5:29
3 Haluzak	15 V	11:05	5:32
4 Sanborn	21 V	11:15	5:37
5 Bisbee	27 V	11:24	5:42
6 Lew	31 V	11:27	5:43
7 Oblad	5 JV	11:44	5:52
8 Story	58 V	11:55	5:57
9 Clarke	15 JV	12:14	6:07
10 Greenberg	38 F/S	13:02	6:31
11 Azevedo	42 F/S	13:10	6:35
12 Jones	45 F/S	13:17	6:38
13 Widener	47 F/S	13:19	6:39
14 Traverso	50 JV	13:33	6:46
15 Chon	52 JV	13:38	6:49
16 Cuculich	64 F/S	13:54	6:57
17 Harty	73 JV	14:05	7:02
18 Carli	71 F/S	14:09	7:04
19 Godfrey	78 JV	14:09	7:04
20 Umholtz	85 F/S	15:19	7:39
21 Todd	97 JV	17:00	8:30

Team Scores: Varsity Boys

1. De La Salle 78, 2. MONTGOMERY 77,
3. Santa Rosa 172, 4. Castro Valley 193,
5. Acalanes 204, 6. Wood 209,
7. Monte Vista 216, 8. San Ramon 220,
9. Casa Grande 224, 10. College Park 241,
11. Antioch 269, 12. Ygnacio Valley 318,
13. Piner 356, 14. Napa 367,
15. Las Lomas 372, 16. Concord 374,
17. Miramonte 375, 18. Northgate 385,
19. Vacaville 394, 20. Campolindo 441

138 finishers

Team Scores: Junior Varsity Boys

1. De La Salle 32, 2. College Park 110,
3. Wood 113, 4. Castro Valley 117,
5. Santa Rosa 134, 6. San Ramon 154,
7. MONTGOMERY 155, 8. Acalanes 172,
9. Piner 185, 10. Casa Grande 203

100 finishers

Team Scores: Fresh/Soph Boys

1. De La Salle 77, 2. Vacaville 102,
3. Castro Valley 109, 4. College Park 148,
5. Napa 180, 6. Dublin 202,
7. San Ramon 207, 8. Wood 221,
9. MONTGOMERY 229, 10. Alhambra 231,
11. Antioch 233, 12. Miramonte 237,
13. Fairfield 250, 14. Las Lomas 266,
15. Ygnacio Valley 331, 16. Northgate 400

80 finishers

Pre-Season Dual Meet vs. CASA GRANDE
September 25 at Sartori Ranch
Course: 2.7 miles, very hilly

GIRLS	Place	Time	Pace
1 Gay	1 V	22:25	8:18
2 Jordan	2 V	22:51	8:27
3 Duncan	3 V	23:31	8:42
4 Wiesner	5 V	24:06	8:55
5 McClendon	6 V	24:43	9:09
6 Keeler	7 V	26:28	9:48
7 Montgomery	11 V	28:01	10:22

Team Scores: Varsity Girls

- MONTGOMERY 17, Casa Grande 43

14 finishers

BOYS	Place	Time	Pace
1 Lopes	2 V	16:11	6:11
2 Haluzak	4 V	17:22	6:25
3 Hinkle	5 V	17:28	6:28
4 Sanborn	6 V	17:34	6:30
5 Selby	7 V	17:36	6:31
6 Bisbee	8 V	17:42	6:33
7 Lew	9 V	17:46	6:34
8 Story	1 JV	18:39	6:54
9 Toomey	2 JV	18:47	6:57
10 Oblad	3 JV	18:53	6:59
11 Dorris	4 JV	19:12	7:06
12 Flanagan	5 JV	19:52	7:21
13 Clarke	6 JV	20:33	7:38
14 Harty	7 JV	21:09	7:50
15 Jones	8 JV	21:17	7:52
16 Widener	10 JV	21:36	8:00
17 Azevedo	11 JV	22:49	8:27
18 Carli	12 JV	22:52	8:28
19 Cuculich	13 JV	23:04	8:32
20 Umholtz	15 JV	23:11	8:35
21 Godfrey	18 JV	23:31	8:42
22 Cassidy	19 JV	24:08	8:56
23 Seeley	20 JV	26:02	9:38
24 Todd	22 JV	26:56	9:58

Team Scores: Varsity Boys

- MONTGOMERY 24, Casa Grande 37

15 finishers

Team Scores: Junior Varsity Boys

- MONTGOMERY 15, Casa Grande 50

22 finishers

The varsity boys just miss a victory over state-ranked De La Salle of Concord, losing by 1 point at the Ed Sias Invitational. Junior Lee Oblad earns a medal in the meet with a 5th-place finish in the JV Boys race. His time puts him back on the varsity team.

A rematch with Casa Grande on their home course gave similar results: A sweep of the 3 races for Montgomery. Senior Erik Haluzak moves back up to the 2nd position on varsity behind Lopes. Story makes it 2 JV wins in a row and is closely followed by a fast improving David Toomey, also a sophomore. Oblad, Cardinal Newman junior transfer Josh Dorris and Flanagan make it a JV shutout with the top 5 spots. They are followed by seniors Marcus Clarke and Chris Harty and sophomore Brandon Jones in the next 3 positions. Gay wins again with Jordan in 2nd and Duncan in 3rd. The Sartori Ranch course, with a series of rugged hills and camels, cattle and alpacas adding to the ambiance, proves to be quite a challenge. We were happy to leave with no broken bones,

Outstanding varsity and JV individual performances mark our appearance at the San Ramon Invitational. Lew was 2nd in the boys frosh/soph and Story took 10th in that race as Montgomery finished 2nd to De La Salle. Lexy Montgomery was 3rd in the girls frosh/soph and senior Anna Sweet ran her first race on the flat 2-mile course, finishing 18th in the JV girls race. Lopes placed 4th in a very competitive field, leading varsity boys to 2nd place as a team. The girls also ran to 2nd place, Gay leading the way with a 5th-place finish. Oblad, 6th, and Dorris, 10th, led the JV boys to 3rd place.

SAN RAMON INVITATIONAL
September 28 at Danville
Course: 2 miles, flat

GIRLS	Place	Time	Pace
1 Gay	5 V	12:45	6:22
2 Wiesner	13 V	13:22	6:41
3 Duncan	14 V	13:29	6:44
4 Jordan	16 V	13:34	6:47
5 McClendon	17 V	13:40	6:50
6 Keeler	38 V	16:29	8:14
7 Montgomery	3 F/S	16:33	8:16
8 Sweet	18 JV	20:22	10:11

Team Scores: Varsity Girls

1. San Ramon 52, 2. MONTGOMERY 65,

3. Logan 81, 4. Berkeley 106, 5. Antioch 132

Varsity Girls: 41 finishers

Frosh/Soph Girls: 7 finishers

JV Girls: 18 finishers

BOYS	Place	Time	Pace
1 Lopes	4 V	10:13	5:06
2 Hinkle	12 V	10:42	5:21
3 Haluzak	14 V	10:48	5:24
4 Sanborn	16 V	10:50	5:25
5 Bisbee	19 V	10:51	5:25
6 Lew	2 F/S	10:58	5:29
7 Selby	25 V	11:07	5:33
8 Oblad	6 JV	11:41	5:50
9 Dorris	10 JV	11:49	5:54
10 Story	8 F/S	11:52	5:56
11 Flanagan	11 F/S	11:59	5:59
12 Clarke	20 JV	12:11	6:05
13 Jorgensen	25 JV	12:21	6:10
14 Greenberg	21 F/S	12:38	6:19
15 Jones	23 F/S	12:43	6:21
16 Harty	32 JV	12:44	6:22
17 Azevedo	38 JV	12:53	6:26
18 Widener	28 F/S	13:09	6:34
19 Carli	52 JV	13:29	6:44
20 Umholtz	53 JV	13:30	6:45
21 Cuculich	64 JV	14:03	7:01
22 Seeley	66 JV	14:07	7:03
23 Godfrey	71 JV	14:41	7:20
24 Todd	82 JV	16:28	8:14

Team Scores: Varsity Boys

1. De La Salle 31, 2. MONTGOMERY 65,

3. Logan 72, 4. Monte Vista 127,

5. Skyline 137, 6. San Ramon 143,

7. Piner 191, 8. Ygnacio Valley 203,

9. Berkeley 205, 10. Ukiah 221

87 finishers

Team Scores: Junior Varsity Boys

1. De La Salle 25, 2. Logan 81,

3. MONTGOMERY 93, 4. Monte Vista 109,

5. Piner 196, 6. Skyline 200,

7. Ygnacio Valley 230

83 finishers

Team Scores: Frosh/Soph Boys

1. De La Salle 50, 2. MONTGOMERY 65,

3. San Ramon 77, 4. Logan 82,

5. California 112, 6. Ygnacio Valley 172,

46 finishers

NBL DUAL MEET VS. PINER
 October 1 at Spring Lake
 Course: 3 miles, hilly

GIRLS		Place	Time	Pace
1	Gay	1 V	20:23	6:47
2	Duncan	2 V	21:14	7:04
3	McClendon	3 V	21:39	7:13
4	Jordan	4 V	21:50	7:18
5	Wiesner	5 V	21:57	7:19
6	Keeler	8 V	24:43	8:14
7	Montgomery	10 V	26:45	8:55
8	Sweat	13 V	31:44	10:34

Team Scores: Varsity Girls
 MONTGOMERY 15, Piner 45

13 finishers

BOYS		Place	Time	Pace
1	Selby	1 V	16:48	5:36
2	Sanborn	2 V	16:55	5:38
3	Haluzak	3 V	17:02	5:40
4	Hinkle	4 V	17:08	5:42
5	Bisbee	5 V	17:14	5:44
6	Lew	6 V	17:21	5:47
7	Oblad	8 V	18:02	6:00
8	Toomey	1 JV	18:17	6:05
8	Story	2 JV	18:26	6:08
10	Dorris	3 JV	18:41	6:13
11	Flanagan	4 JV	18:59	6:19
12	Widener	5 JV	19:33	6:31
13	Harty	8 JV	19:56	6:38
14	Greenberg	9 JV	20:03	6:41
15	Jones	11 JV	20:24	6:48
16	Traverso	13 JV	21:20	7:06
17	Carli	14 JV	21:27	7:09
18	Umholtz	15 JV	21:36	7:12
19	Cassidy	16 JV	21:47	7:15
20	Cuculich	18 JV	21:50	7:16
21	Seeley	19 JV	23:22	7:47
22	Godfrey	20 JV	24:00	8:00
23	Todd	23 JV	26:54	8:58

Team Scores: Varsity Boys
 MONTGOMERY 15, Piner 49

14 finishers

Team Scores: Junior Varsity Boys
 MONTGOMERY 15, Piner 45

23 finishers

The NBL season opened with what must have been a first among Empire teams: perfect scores of 15 points in all 3 races against Piner. Lopes took a day off, throwing the varsity boys race up for grabs. Selby held off Sanborn for the win as Haluzak, Hinkle and Bisbee all finished within 26 seconds of 1st place. Gay cruised to victory in the girls race with a PR time. It was Toomey over Story for the JV win as Brian Widener moved up to the top 5.

After the campout at Half Moon Bay the varsity and JV boys teams earned 2nd-place awards at the Artichoke Invitational. Del Campo H.S. of Sacramento won both races. Oblad, with a 3rd-place JV finish, and Dorris, in 6th, both came from far back to earn medals. Clarke was another medalist, in 13th. Lopes, 6th, Hinkle, 14th, and Haluzak, 22nd, were award winners for the varsity boys. Gay led the girls race past the mile mark of the 2.25-mile course and hung on for 4th as the girls team, without Wiesner, claimed 4th place among 15 teams. Duncan, in 17th, and Jordan, 24th, took home medals. The frosh/soph boys team finished 3rd behind Lew's team leading 5th-place finish. Story (10th) and Toomey (12th) won medals.

ARTICHOKE INVITATIONAL
 October 5 at Half Moon Bay
 Course: 2.25 miles, hilly

GIRLS		Place	Time	Pace
1	Gay	4 V	15:07	6:43
2	Duncan	17 V	15:54	7:04
3	Jordan	24 V	16:03	7:08
4	McClendon	28 V	16:07	7:09
5	Montgomery	93 V	18:54	8:24
6	Sweat	115 V	23:33	10:28

Team Scores: Varsity Girls

1. Del Campo 66, 2. Monterey 133,
 3. Washington 160, 4. MONTGOMERY 164,
 5. Gunderson 184, 6. Douglas 224,
 7. East Union 231, 8. Wilcox 233,
 9. Overfelt 254, 10. Lowell 291,
 11. Arroyo 322, 12. Woodside 349,
 13. Oak Grove 371, 14. Westmont 421,
 15. Hill 469

118 finishers

BOYS		Place	Time	Pace
1	Lopes	6 V	11:54	5:17
2	Hinkle	14 V	12:19	5:28
3	Haluzak	22 V	12:25	5:31
4	Sanborn	27 V	12:28	5:32
5	Lew	5 F/S	12:39	5:37
6	Selby	33 V	12:40	5:37
7	Bisbee	47 V	12:51	5:42
8	Story	10 F/S	13:00	5:46
9	Toomey	12 F/S	13:08	5:49
10	Oblad	3 JV	13:09	5:50
11	Dorris	6 JV	13:17	5:54
12	Flanagan	27 F/S	13:34	6:01
13	Clarke	13 JV	13:54	6:10
14	Greenberg	56 F/S	14:15	6:20
15	Jones	67 F/S	14:33	6:28
16	Widener	70 F/S	14:40	6:31
17	Harty	30 JV	14:43	6:32
18	Umholtz	81 F/S	14:58	6:39
19	Traverso	37 JV	14:59	6:39
20	Carli	88 F/S	15:05	6:42
21	Cassidy	41 JV	15:10	6:44
22	Seeley	43 JV	15:15	6:46
23	Godfrey	90 F/S	15:25	6:51
24	Cuculich	97 F/S	15:39	6:57

Team Scores: Varsity Boys

1. Del Campo 52, 2. MONTGOMERY 102,
 3. Overfelt 118, 4. Westmont 194,
 5. Lynbrook 196, 6. Gunderson 198,
 7. N. Monterey 221, 8. Manteca 258,
 9. Serra 259, 10. Leland 278, 11. Douglas 283,
 12. Skyline 297, 13. Lowell 370,
 14. San Mateo 394, 15. Washington 395,
 16. Mt. Pleasant 407, 17. Berkeley 458,
 18. Hilledale 505, 19. Fremont 508,
 20. Hill 598, 21. Wilcox 622,
 22. Yerba Buena 661, 23. Arroyo 676

152 finishers

Team Scores: Junior Varsity Boys

1. Del Campo 22, 2. MONTGOMERY 89,
 3. Manteca 90, 4. Lynbrook 102,
 5. Westmont 146, 6. Leland 179,
 7. Serra 181, 8. Skyline 224,
 9. Washington 234

67 finishers

Team Scores: Frosh/Soph Boys

1. Mount Pleasant 78, 2. Fremont 109,
 3. MONTGOMERY 110, 4. Roosevelt 125,
 5. Yerba Buena 130, 6. Del Campo 143,
 7. N. Monterey 171, 8. Leland 197,
 9. Gunderson 272, 10. San Mateo 303,
 11. Burlingame 357, 12. Aragon 381,
 13. Overfelt 398

112 finishers

NBL DUAL MEET VS. UKIAH
 October 9 at Lake Mendocino
 Course: 3.2 miles, rolling, hot

GIRLS		Place	Time	Pace
1	Gay	1 V	22:44	7:06
2	Duncan	3 V	24:11	7:33
3	Jordan	4 V	24:19	7:35
4	McClendon	5 V	24:43	7:43
5	Keeler	8 V	30:10	9:25
6	Montgomery	9 V	35:21	11:02
7	Sweat	10 V	35:37	11:07

Team Scores: Varsity Girls

MONTGOMERY 15, Ukiah - incomplete

10 finishers

BOYS		Place	Time	Pace
1	Lopes	1 V	18:28	5:46
2	Hinkle	2 V	18:48	5:52
3	Selby	3 V	18:53	5:54
4	Sanborn	4 V	19:00	5:56
5	Bisbee	5 V	19:02	5:56
6	Haluzak	6 V	19:16	6:01
7	Lew	9 V	19:19	6:02
8	Toomey	1 JV	19:56	6:13
8	Story	2 JV	19:59	6:14
10	Oblad	3 JV	20:29	6:24
11	Dorris	4 JV	20:34	6:25
12	Harty	5 JV	21:57	6:51
13	Greenberg	6 JV	22:10	6:55
14	Jones	7 JV	22:59	7:10
15	Traverso	8 JV	23:24	7:18
16	Umholtz	9 JV	23:36	7:22
17	Seeley	10 JV	23:54	7:28
18	Carli	11 JV	24:21	7:36
19	Cassidy	12 JV	24:35	7:40
20	Cuculich	13 JV	24:39	7:42
21	Godfrey	14 JV	24:44	7:43
22	Widener	15 JV	25:04	7:50
23	Azevedo	18 JV	26:39	8:19
24	Sass	19 JV	26:55	8:24
25	Todd	21 JV	32:18	10:05

Team Scores: Varsity Boys

MONTGOMERY 15, Ukiah 48

14 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 15, Ukiah - incomplete

22 finishers

The team traveled to Ukiah on a 100° day and went home with 3 scores of 15 once again. The boys' top 7 runners remained consistent: Lopes, Hinkle, Selby, Sanborn, Bisbee, Haluzak and Lew. Toomey led the JVs for the 2nd straight dual meet.

Gay won the duel with Ukiah's Jodie Brawley and then Duncan, Jordan, McClendon and sophomore Dawn Keeler wrapped up the Viking's girls victory.

HAYWARD HIGH INVITATIONAL

October 12 at Hayward

Course: Varsity - 3.0 miles;

JV and F/S - 2.0 miles; rolling

GIRLS	Place	Time	Pace
1 Duncan	2 V		
2 McClendon	4 V		

finishers

BOYS	Place	Time	Pace
1 Selby	2 V		
2 Hinkle	3 V		
3 Sanborn	5 V		
4 Haluzak	6 V		
5 Bisbee			
6 Oblad			
Dorris	1 JV		
Toomey	F/S		
Story	F/S		

Team Scores: Varsity Boys

1. MONTGOMERY 20,

NBL DUAL MEET VS. RANCHO COTATE

October 16 at Spring Lake

Course: 3 miles, rolling

GIRLS	Place	Time	Pace
1 Gay	1 V	20:16	6:45
2 Duncan	3 V	21:18	7:06
3 Wiesner	4 V	21:20	7:06
4 Jordan	6 V	21:39	7:13
5 McClendon	8 V	22:09	7:23
6 Keefer	11 V	24:27	8:09
7 Montgomery	15 V	26:55	8:58
8 Sweat	18 V	29:50	9:57
9 Zbinden	19 V	33:20	11:06

Team Scores: Varsity Girls

MONTGOMERY 22, Rancho Cotate 33

19 finishers

BOYS	Place	Time	Pace
1 Lopes	1 V	16:17	5:25
2 Selby	2 V	16:48	5:36
3 Hinkle	3 V	16:52	5:37
4 Haluzak	6 V	17:12	5:44
5 Sanborn	7 V	17:14	5:44
6 Bisbee	8 V	17:25	5:48
7 Toomey	1 JV	17:54	5:58
8 Oblad	9 V	17:58	5:59
9 Story	2 JV	18:30	6:10
10 Dorris	3 JV	18:35	6:11
11 Clarke	5 JV	19:29	6:29
12 Widener	6 JV	19:43	6:34
13 Greenberg	7 JV	19:48	6:36
14 Jones	8 JV	20:12	6:44
15 Umholtz	9 JV	20:17	6:45
16 Traverso	10 JV	20:28	6:49
17 Carli	11 JV	20:37	6:52
18 Cuculich	12 JV	21:23	7:07
19 Cassidy	13 JV	21:29	7:09
20 Godfrey	14 JV	21:32	7:10
21 Sasa	17 JV	22:16	7:25
22 Seeley	18 JV	24:45	8:15
23 Todd	21 JV	27:11	9:03

Team Scores: Varsity Boys

MONTGOMERY 19, Rancho Cotate 42

13 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 17, Rancho Cotate 46

21 finishers

NBL DUAL MEET VS. SANTA ROSA

October 23 at Spring Lake

Course: 3 miles, rolling

GIRLS	Place	Time	Pace
1 Gay	4 V	19:47	6:35
2 Duncan	7 V	20:28	6:48
3 Jordan	9 V	20:56	6:58
4 McClendon	10 V	21:40	7:13
5 Montgomery	13 V	24:20	9:18
6 Sweat	16 V	27:58	9:19
7 Zbinden	18 V	30:57	10:19

Team Scores: Varsity Girls

Santa Rosa 17, MONTGOMERY 42

18 finishers

BOYS	Place	Time	Pace
1 Lopes	1 V	15:47	5:15
2 Haluzak	3 V	16:20	5:26
3 Selby	4 V	16:26	5:28
4 Hinkle	6 V	16:40	5:33
5 Sanborn	7 V	16:42	5:34
6 Bisbee	9 V	16:56	5:38
7 Dorris	1 JV	17:19	5:46
8 Toomey	2 JV	17:21	5:47
9 Law	10 V	17:25	5:48
10 Oblad	3 JV	18:07	6:02
11 Story	4 JV	18:19	6:06
12 Clarke	6 JV	18:44	6:14
13 Widener	8 JV	19:12	6:24
14 Greenberg	9 JV	19:19	6:26
15 Jones	11 JV	19:28	6:29
16 Umholtz	12 JV	19:36	6:32
17 Traverso	13 JV	19:54	6:38
18 Godfrey	15 JV	20:13	6:44
19 Carli	16 JV	20:36	6:52
20 Seeley	17 JV	20:45	6:55
21 Cuculich	18 JV	20:59	6:59
22 Sasa	20 JV	21:56	7:18

Team Scores: Varsity Boys

MONTGOMERY 21, Santa Rosa 38

13 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 16, Santa Rosa 45

20 finishers

FLOYD COONEY INVITATIONAL

October 19 at Mackerricher State Park

In Fort Bragg

Course: 2.5 miles, winding, sandy

GIRLS	Place	Time	Pace
1 Gay	3 V	17:04	6:49
2 Jordan	11 V	18:26	7:22
3 Montgomery	39 V	22:29	8:59
4 Sweat	45 V	25:32	10:12

48 finishers

BOYS	Place	Time	Pace
1 Lopes	3 V	14:03	5:37
2 Hinkle	5 V	14:22	5:44
3 Selby	6 V	14:25	5:45
4 Haluzak	7 V	14:26	5:46
5 Law	13 V	14:44	5:53
6 Dorris	18 V	15:09	6:03
7 Greenberg	3 JV	16:19	6:31
8 Widener	5 JV	17:05	6:50
9 Carli	8 JV	17:12	6:52
10 Godfrey	11 JV	17:31	7:00
11 Traverso	12 JV	17:37	7:02

Team Scores: Varsity Boys

1. MONTGOMERY 26, 2. Eureka 48,

3. El Molino 57, 4. Analy 103

44 finishers

Team Scores: Junior Varsity Boys

1. MONTGOMERY 27, Sonoma 28

20 finishers

The varsity boys, without team leader Lopes, previewed the NCS course in the Hayward High Invitational and came away with a team victory. Selby led the way with a 2nd-place finish. Dorris was the JV race winner. Duncan took 2nd and McClendon was 4th in the varsity girls race.

The Vikings swept an NBL dual meet with Rancho Cotate, the best race being between Gay and RC's Lemus. Gay was in control half way through the race and won it going away. Duncan and Wiesner followed up in 3rd and 4th. The girls record improved to 9-and-0 overall and 3-and-0 in league. Lopes, Selby and Hinkle went 1-2-3 in the varsity boys' win and Toomey remained unbeaten in NBL JV competition. Varsity boys moved to 9-and-0 on the season and the JV was at 7-and-0.

At Fort Bragg, Gay and Lopes each took 3rd in the varsity races and, with the top JV runners out, Jacob Greenberg, in 3rd place, led a team of Widener (5th), Ben Carli (8th), Justin Godfrey (11th) and Tom Traverso (12th) to the JV title by a single point over Sonoma. The varsity boys were also winners in team competition.

Lopes ran a 30-second PR and claimed 2nd on the all-time NBL course timesheet in a big win against Santa Rosa's Juanjo Soriano, a Spanish exchange student. Haluzak finished very strong for 3rd, just ahead of Selby. Hinkle and Sanborn made it 5 of the top 7 places for MHS as we turned back our toughest rival in NBL competition. Bisbee cracked the 17-minute barrier for the first time with a 9th-place finish. Dorris missed the JV course record by only 2-seconds with Toomey right behind him as the Vikings made it 50 straight JV wins dating back to 1984. Oblad and Story made it a top-4 sweep for the JVs. Gay ran a school record time of 19:47 but we couldn't compete with the state's 7th-ranked girls team. Duncan had a season-best time and Jordan PR'd by 40 seconds. Sweat cut nearly 3 minutes off her previous time and new member Tirzah Zbinden, a sophomore, ran in her first race for the girls.

NBL DUAL MEET VS. NEWMAN/URSULINE

October 31 at Spring Lake
Course: 3 miles, rolling

GIRLS	Place	Time	Pace
1	Gay	4 V	19:43 6:34
2	Duncan	7 V	20:17 6:45
3	Jordan	8 V	20:34 6:51
4	Wiesner	9 V	21:03 7:01
5	McClendon	11 V	21:25 7:08
6	Montgomery	16 V	25:31 8:30
7	Sweat	17 V	27:57 9:19

Team Scores: Varsity Girls
Ursuline 17, MONTGOMERY 39

18 finishers

BOYS	Place	Time	Pace
1	Lopes	1 V	16:05 5:21
2	Hinkle	2 V	16:27 5:29
3	Sanborn	3 V	16:32 5:30
4	Haluzak	4 V	16:39 5:33
5	Selby	5 V	16:46 5:35
6	Bisbee	8 V	16:55 5:38
7	Toomey	9 V	16:55 5:38
8	Lew	1 JV	17:00 5:40
9	Oblad	2 JV	17:15 5:45
10	Story	3 JV	17:48 5:56
11	Dorris	4 JV	17:53 5:57
12	Greenberg	5 JV	18:53 6:17
13	Umholtz	7 JV	19:21 6:27
14	Jones	8 JV	19:25 6:28
15	Carli	10 JV	20:00 6:40
16	Godfrey	11 JV	20:03 6:41
17	Cassidy	14 JV	20:20 6:46
18	Traverso	15 JV	20:34 6:51
19	Cuculich	17 JV	21:01 7:00
20	Seeley	18 JV	21:31 7:10
21	Sass	20 JV	21:55 7:18
22	Todd	23 JV	25:33 8:31

Team Scores: Varsity Boys
MONTGOMERY 15, Cardinal Newman 46
14 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 15, Cardinal Newman 48
24 finishers

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Both boys teams ended the dual meet season with 15-point scores against Cardinal Newman. Toomey set a school sophomore record on the 3-mile course (16:55) and Lew broke the 1989 JV course record by 17 seconds with a 17:00. Gay broke her week-old school record by 4 seconds but the girls were beaten by a state-ranked team for the 2nd week in a row. Oblad ran the 2nd-fastest JV time ever and Hinkle, Sanborn and Jordan all moved up on the course's all-time top 20 list.

Montgomery's varsity boys made it 7 NBL Championships in 9 years with a convincing win over Santa Rosa and the rest of the field. Lopes, Haluzak, Sanborn and Selby took 3rd through 6th with a virus-weakened Hinkle leading Toomey and Bisbee on a 12th to 14th place sweep. Gay equalled her school record time in finishing 6th and leading the MHS girls to 3rd in the NBL. Wiesner and Jordan followed her with PR's on the course. Zbinden edged out Sweat for the final varsity spot for the North Coast Section Championship Meet. The JV boys won the NBL with an undefeated record for the 7th straight year, taking the top 4 spots with Story being crowned league JV champion. He was followed by Dorris, Lew and Oblad in a top 4 sweep. Flanagan took 7th to give the JV Vikes a score of 17 to 67 for runner-up Piner.

Lopes recorded the Empire's fastest time at the North Coast Section Championships in Hayward. His 3rd-place finish in a gutsy performance earned him his 2nd straight appearance at the State Championship Meet in Fresno. The boys team missed qualifying for state by one place. Gay's 9th place finish at the NCS meet left her 2 spots shy of a qualifying position for the state meet. Illness and injury slowed some of the girls but the team still managed to place 5th with good performances by seniors Jana Wiesner and Amy Jordan in their last high school cross country race.

NBL CHAMPIONSHIP MEET

November 8 at Spring Lake
Course: 3 miles, rolling

GIRLS	Place	Time	Pace
1	Gay	6 V	19:43 6:34
2	Wiesner	15 V	20:25 6:48
3	Jordan	16 V	20:33 6:51
4	Duncan	17 V	20:43 6:54
5	McClendon	24 V	21:34 7:11
6	Montgomery	31 V	24:53 8:17
7	Zbinden	14 JV	26:30 8:50
8	Sweat	18 JV	26:43 8:54

Team Scores: Varsity Girls
1. Santa Rosa 29, 2. Ursuline 49,
3. MONTGOMERY 78, 4. Rancho Cotate 84,
5. Piner 128, 6. Ukiah 147

36 finishers

JV Girls: 17 finishers

BOYS	Place	Time	Pace
1	Lopes	3 V	16:08 5:23
2	Haluzak	4 V	16:21 5:27
3	Sanborn	5 V	16:22 5:27
4	Selby	6 V	16:22 5:27
5	Hinkle	12 V	16:35 5:31
6	Toomey	13 V	16:36 5:32
7	Bisbee	14 V	16:37 5:32
8	Story	1 JV	17:14 5:44
9	Dorris	2 JV	17:30 5:50
10	Lew	3 JV	17:34 5:51
11	Oblad	4 JV	17:37 5:52
12	Flanagan	6 JV	18:18 6:06
13	Clarke	11 JV	18:54 6:18
14	Umholtz	13 JV	18:58 6:19
15	Greenberg	16 JV	19:06 6:22
16	Jones	19 JV	19:17 6:25
17	Cassidy	22 JV	19:45 6:35
18	Godfrey	23 JV	19:47 6:35
19	Widener	24 JV	19:48 6:36
20	Carli	27 JV	20:02 6:40
21	Cuculich	31 JV	20:11 6:43
22	Seeley	38 JV	20:43 6:54
23	Sass	43 JV	22:04 7:21
24	Todd	48 JV	23:57 7:59

Team Scores: Varsity Boys
1. MONTGOMERY 30, 2. Santa Rosa 47,
3. Rancho Cotate 86, 4. Piner 117,
5. Cardinal Newman 122, 6. Ukiah 128
41 finishers

Team Scores: Junior Varsity Boys
1. MONTGOMERY 17, 2. Piner 67,
3. Santa Rosa 76, 4. Cardinal Newman 99,
5. Rancho Cotate 129, 6. Ukiah 152
51 finishers

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NORTH COAST SECTION CHAMPIONSHIP

November 17 at Garin Regional Park,
Hayward. Course: 2.9 miles, hilly

GIRLS	Place	Time	Pace
1	Gay	9	20:16 6:45
2	Wiesner	18	20:56 6:58
3	Jordan	21	21:16 7:05
4	Duncan	33	22:05 7:21
5	McClendon	37	22:34 7:31
6	Montgomery	48	25:11 8:23
7	Zbinden	56	31:03 10:21

Team Scores: Varsity Girls

1. Monte Vista 55, 2. Castro Valley 67,
3. San Ramon 83, 4. Amador Valley 110
5. MONTGOMERY 111, 6. Clayton Valley 116,
7. Newark Memorial 142

58 finishers

BOYS	Place	Time	Pace
1	Lopes	3	16:02 5:20
2	Hinkle	15	16:27 5:29
3	Sanborn	19	16:35 5:31
4	Haluzak	22	16:39 5:33
5	Selby	24	16:42 5:34
6	Toomey	42	17:27 5:49
7	Bisbee	43	17:29 5:49

Team Scores: Varsity Boys

1. De La Salle 30, 2. Castro Valley 73,
3. MONTGOMERY 83, 4. Monte Vista 112,
5. Eureka 117, 6. Amador Valley 121,
7. San Ramon 185, 8. Clayton Valley 208,
9. Ukiah 269, 10. Piner 278, 11. Mission
San Jose 280, 12. Newark Memorial 334,
13. California 347
94 finishers