



2000

Montgomery

Cross

Country

Head Coach: Larry Meredith

Assistant Coach: Josh Dorris



Montgomery Vikings

2000 Cross Country

Varsity Boys

- Jon Fitch, Senior, 4th Yr.
- Zac Fitch, Senior, 4th Yr.
- Nick Millar, Senior, 3rd Yr.
- Drew Fagent, Senior, 2nd Yr.
- Jason Fung, Junior, 3rd Yr.
- Charles Proctor, Junior, 1st Yr.*
- Andy Lange, Junior, 1st Yr.
- Regan Masi, Sophomore, 2nd Yr.
- Andrew Gallagher, Sophomore, 1st Yr.*
- Greg DeSelle, Sophomore, 1st Yr.*
- Matt Fitch, Freshman
- K.C. Cody, Freshman

*2nd-year team member

2000 Varsity Boys Meet Results

- MHS 17, Cardinal Newman 65, Windsor 73
- MHS 15, Maria Carrillo 74, Cardinal Newman 94, El Molino 177, Windsor 123, Petaluma 127, Casa Grande 147
- MHS 15, Piner 50
- MHS 15, Santa Rosa 46, Maria Carrillo 80
- MHS 20, Ukiah 38, Eisie Allen - incomplete
- MHS 17, Cardinal Newman 60, Rancho Cotate 63

Junior Varsity Boys

- Ryan Metzler, Senior, 3rd Yr.
- John McRae, Senior, 2nd Yr.**
- Mats Olson, Senior, 2nd Yr.
- David Dranow, Junior, 2nd Yr.*
- Jake Minkoff, Junior, 2nd Yr.*
- Ben Fryer, Junior, 1st Yr.
- Mike McHugh, Junior
- Jeff Mills, Sophomore, 2nd Yr.
- Daniel Hazen, Freshman

* 3rd-year team member

** 4th-year team member

2000 Junior Varsity Boys Meet Results

- MHS 15, Maria Carrillo 58, Cardinal Newman 66, El Molino 107
- MHS 15, Piner - incomplete
- MHS 15, Santa Rosa 45, Maria Carrillo - incomplete
- MHS _____, Ukiah _____, Eisie Allen - incomplete
- MHS 15, Rancho Cotate 53, Cardinal Newman 65

Certificate of Participation

- Ryan Rudnansky, Junior
- Kevin Smith, Junior

Varsity Girls

- Sarah Bashel, Senior, 4th Yr.
- Sara Bei, Senior, 4th Yr.
- Elisa Pedersen, Junior, 3rd Yr.
- Joy Terribilini, Junior, 3rd Yr.
- Amelia Thomas, Junior, 2nd Yr.
- Barbara Hall, Sophomore, 2nd Yr.
- Kim Conley, Freshman
- Christy Sweaney, Freshman

2000 Varsity Girls Meet Results

- MHS 15, Ursuline 61, Windsor 86
- MHS 20, Maria Carrillo 39, Petaluma 76, Ursuline 99
- MHS 15, Piner 48
- MHS 28, Maria Carrillo 38, Santa Rosa 61
- MHS 15, Ukiah 48, Eisie Allen - incomplete
- MHS 20, Rancho Cotate 54, Ursuline 64

Junior Varsity Girls

- Alexis Traverso, Senior, 1st Yr.
- Hannah Gallagher, Junior, 1st Yr.
- Julia Goepel, Sophomore, 1st Yr.*

*2nd-year team member

Invitationals / Post-Season

- Ed Sias Invitational: VB-3rd; VG-1st; FSB-3rd; VB-9th
- Contra Loma Classic: VB-1st; VG-1st; JVB-2nd
- Viking Opener: SrB-1st; JrStG-1st; JVB-8th; FSB-1st; FSG-2nd; OB-4th.
- Cowchip Classic: VB-3rd; VG-1st; FSB-5th; JVB-13th
- Iolani Invitational: VB-1st; VG-1st
- Castro Valley Invitational: VB-1st; VG-1st;
- Mt. SAC Invitational: VB-17th; VG-5th
- NBL Championship: VB-1st; VG-1st; JVB-1st
- NCS Championship: VB-4th; VG-1st

State Meet Qualifiers

- Girls Varsity Team
- Boys Varsity Team

First Team NCS Div. II

- Sara Bei
- Kim Conley
- Sarah Bashel

First Team NBL

- Nick Millar
- Sara Bei
- Zac Fitch
- Jon Fitch
- Sarah Bashel
- Elisa Pedersen
- Drew Fagent
- Christy Sweaney

Second Team NCS Div. II

- Christy Sweaney
- Zac Fitch
- Joy Terribilini
- Nick Millar

Second Team All-League

- Kim Conley
- Andrew Gallagher

Season Records, 1982 to present

Varsity Boys						
Year	Dual Meets		NBL Final	NCS	Other	
	W	L				
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 3A	13th State	
1991	11	0	1st	3rd Div. II	-	
1992	9	0	1st	1st Div. II	8th State	
1993	11	0	1st	1st Div. I	11th State	
1994	9	5	3rd	3rd Div. I	-	
1995	13	0	1st	4th Div. I	-	
1996	15	1	2nd	1st Div. I	13th State	
1997	13	2	2nd	3rd Div. I	-	
1998	14	0	3rd	3rd Div. III	-	
1999	11	1	1st	5th Div. I	-	
2000	15	0	1st	4th Div. II	?	
Totals	179	13	12 NBL Titles, 5 NCS Titles			

Varsity Girls						
Year	Dual Meets		NBL Final	NCS	Other	
	W	L				
1982	1	4	5th	-	-	
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	-	-	
1989	1	4	5th	-	-	
1990	3	4	4th	4th Div. I	-	
1991	9	2	3rd	5th Div. II	-	
1992	5	3	4th	6th Div. II	-	
1993	2	10	5th	6th Div. II	-	
1994	13	2	2nd	5th Div. I	-	
1995	12	2	2nd	5th Div. I	-	
1996	8	5	4th	7th Div. II	-	
1997	9	1	2nd	2nd Div. III	5th State	
1998	10	1	2nd	1st Div. III	9th State	
1999	11	0	1st	3rd Div. II	-	
2000	12	0	1st	1st Div. II	?	
Totals	123	54	3 NBL Titles, 2 NCS Titles			

Junior Varsity Girls				
Year	Dual Meets		NBL Final	
	W	L		
1994	0	1	2nd	
1995	1	1	1st	
1996	2	0	Inc.	
Totals	3	2	1 NBL Title	

Junior Varsity Boys					
Year	Dual Meets		NBL Final	NBL Fr./So.	
	W	L			
1982	4	1	1st	3rd	
1983	8	1	3rd	1st	
1984	8	1	2nd	-	
1985	5	0	2nd	1st	
1986	6	0	1st	-	
1987	6	0	1st	-	
1988	5	0	1st	-	
1989	9	0	1st	-	
1990	8	0	1st	-	
1991	9	0	1st	-	
1992	6	0	0	-	
1993	10	0	1st	-	
1994	12	0	1st	-	
1995	10	1	2nd	-	
1996	15	1	2nd	-	
1997	8	0	2nd	-	
1998	9	0	2nd	-	
1999	9	0	2nd	-	
2000	10	0	1st	-	
Totals	157	5	13 NBL Titles		

North Bay League Team Champions

Varsity Boys			Varsity Girls		
Year	Points	Year	Points	Year	Points
1976	25	1976	15	1976	29
1979	32	1977	20	1977	7
1983	26	1986	40	1988	28
1984	39	1999	53	1989	15
1985	23	2000	27	1990	20
1986	36			1991	17
1987	26			1992	30
1989	36			1993	32
1991	30			1994	24
1992	27			2000	22
1993	39				
1995	38				
1999	34				
2000	25				

JV Boys			JV Girls		
Year	Points	Year	Points	Year	Points
1987	26	1987	26	1987	26
1989	15	1988	28	1988	28
1990	20	1989	15	1989	15
1991	17	1990	20	1990	20
1992	30	1991	17	1991	17
1993	30	1992	30	1992	30
1995	32	1993	32	1993	32
1999	24	1994	24	1994	24
2000	22	2000	22	2000	22

North Coast Section Team Champions

Varsity Boys			Varsity Girls		
Year	Points	Year	Points	Year	Points
1980	84 (3A)	1976	37 (3A)	1976	37 (3A)
1985	42 (2A)	1977	72 (3A)	1977	72 (3A)
1990	50 (I)	1998	54 (III)	1998	54 (III)
1992	53 (II)	2000	36	2000	36
1993	44 (I)				
1996	41 (I)				

North Bay League Individual Champions			
Yr	Varsity Boys	Yr	Varsity Girls
'65	Bob Waldon	'76	Heidi Messerschmitt
'72	Steve Ricker	'77	Deanne Neff
'76	Bill Johnson	'87	Nicole Fischer
'79	Dave Rodriguez	'93	Pamela Richardson
'84	Paul Cummings	'97	Sara Bel
'85	Paul Cummings	'98	Sara Bel
'86	Kevin Smith	'99	Sara Bel
'87	Mike Conos	Yr	JV Girls
'92	David Toomey	'95	Sonya Glidden
'00	Nick Millar	Yr	JV - Fr./So. Boys
		'82	Jason Schaumburg (F/S)
		'82	Paul Audits
		'84	Derek Powell
		'85	Randall Watkins (F/S)
		'86	Jeff Fletcher
		'87	Barry Howell
		'88	Dean Crane
		'89	Kevin Boone
		'90	Jason Selby
		'91	Scott Story
		'94	Kevin Funk
		'98	David Britz
		'00	Matt Fitch

State Meet	
Individual Champions	
Yr	Varsity Girls
'97	Sara Bel
'98	Sara Bel
'99	Sara Bel

Practices	
Millar	72
Fung	71
Masi	70
Gallagher, A.	69
Fitch, J.	66
Proctor	66
Conley	65
Fitch, Z.	64
Pedersen	64
Sweaney	63
DeSelle	62
Fagent	62
Bashel	61
Lange	60
Hall	58
Terribilini	58
Fitch, M.	58
Thomas	55
Cody	55
Goepel	52
Mills	49
Dranow	48
Traverso	46
Bei	42
Gallagher, H.	40
Olson	39
Minkoff	38
Fryer	38
Metzler	37
McRae	30
McHugh	30
Hazen	27
Rudnansky	24
Smith	24

Meets		
Fitch, J.	15	
Fitch, Z.	15	
Millar	15	
Gallagher, A.	15	
Masi	15	
Pedersen	15	
Conley	15	
Sweaney	15	
Bashel	14	
Fung	14	
Terribilini	14	
Fagent	13	
Fitch, M.	13	
Thomas	13	
Cody	12	
DeSelle	12	
Hall	12	
Lange	12	
Mills	12	
Goepel	11	
McHugh	11	
Proctor	11	
Bei	10	
Dranow	8	
Gallagher, H.	8	
Olson	8	
Rudnansky	8	
Traverso	8	
Hazen	7	
Fryer	6	
McRae	6	
Minkoff	6	
Smith	5	
Metzler	4	

Cross Country Season Miles		
Girls		
Conley	313.3	
Sweaney	297.5	
Pedersen	287.3	
Bashel	271.4	
Terribilini	240.9	
Thomas	236.4	
Hall	197.8	
Bei	179.7	
Goepel	168.0	
Traverso	139.3	
Gallagher, H.	124.6	
Boys		
Millar	427.1	
Fung	404.7	
Masi	393.4	
Gallagher, A.	356.9	
Fitch, J.	343.4	
Fitch, Z.	332.0	
Fagent	306.3	
Proctor	283.7	
Fitch, M.	251.3	
DeSelle	239.0	
Cody	200.0	
Dranow	187.8	
Lange	186.9	
Mills	163.0	
Minkoff	142.9	
Olson	127.5	
Fryer	117.5	
Metzler	113.6	
McHugh	94.3	
McRae	86.8	
Hazen	79.3	
Rudnansky	77.9	
Smith	43.5	

Cross Country Career Miles		
Girls		
Bei	1273.8	
Bashel	1162.8	
Pedersen	861.5	
Terribilini	780.3	
Thomas	512.9	
Hall	469.4	
Goepel	387.7	
Conley	313.3	
Sweaney	297.5	
Traverso	139.3	
Gallagher, H.	124.6	
Boys		
Fitch, Z.	1459.5	
Fitch, J.	1436.0	
Millar	1314.9	
Fung	1156.7	
Masi	855.9	
McRae	816.9	
Dranow	769.5	
Minkoff	718.8	
Fagent	695.8	
Gallagher, A.	628.0	
Rudnansky	578.1	
Proctor	577.1	
DeSelle	537.1	
Metzler	452.7	
Mills	388.9	
Olson	334.8	
Smith	254.6	
Fitch, M.	251.3	
Cody	200.0	
Lange	186.9	
Fryer	117.5	
McHugh	94.3	
Hazen	79.3	

Mileage All-Time Career List		
Boys		
1 Zac Fitch, '01	1459.5	
2 Jon Fitch, '01	1436.0	
3 Jake Currie, '98	1365.3	
4 Nick Millar, '01	1314.9	
5 Jason DeSelle, '98	1250.6	
6 Greg Funk, '99	1194.0	
7 Jason Fung, '02	1156.7	
8 David Toomey, '94	1112.3	
9 John Staroba, '97	1078.0	
10 Travis Phelps, '98	977.6	
11 Jeff Godfrey, '91	926.1	
12 Peter Keith, '90	911.6	
13 Ryan Lew, '94	910.9	
14 Brook Buonaccorsi, '98	907.2	
15 Nate Bisbee, '93	885.1	
16 Regan Masi, '03	855.9	
17 Dave Intner, '90	846.8	
18 Scott Story, '94	844.3	
19 Kevin Chapin, '97	843.7	
20 Kevin Funk, '97	823.8	
21 Jerry Finlay, '97	823.2	
22 John McRae, '01	816.9	
23 Jeremy Jackman, '97	815.1	
24 Star Stevenson, '90	791.8	
Girls		
1 Sara Bei, '01	1273.8	
2 Sara Bashel, '01	1162.8	
3 April Malvino, '99	1105.2	
4 Amy Bei, '99	911.5	
5 Sarah McClendon, '93	885.6	
6 Elisa Pedersen, '02	861.5	
7 Diana Rancourt, '98	846.9	
8 Amy Jordan, '92	835.1	
9 Lisa Gay, '92	829.0	
10 Joy Terribilini, '02	780.3	
11 Jamie Duncan, '93	779.8	
12 Pamela Richardson, '95	725.3	
13 Sonya Glidden, '98	665.9	
14 Marisa Reichmuth, '96	618.6	
15 Christina Cushing, '96	609.2	
16 Erin Preston, '90	607.8	
17 Shewit Haile, '98	607.2	
18 Tanya Mayo, '90	508.4	
19 Michelle Mayes, '89	502.5	
20 Megan Scott, '96	490.5	
21 Chris Ferguson, '86	482.0	
22 Michelle Finch, '97	480.2	
23 Lisa Mackie, '98	473.3	
24 Amelia Thomas, '02	512.9	

Miles per Season		
Boys		
1 Millar, '01	438.3	
2 Masi, '03	428.0	
3 Fung, '02	385.6	
4 Toomey, '94	370.8	
5 Z.Fitch, '01	364.9	
6 Staroba, '97	359.3	
7 J.Fitch, '01	359.0	
8 Morgan, '99	357.3	
9 Lewis, '89	355.8	
10 Higgins, '95	350.0	
11 Fagent, '01	347.9	
12 Currie, '98	341.3	
13 Britt, '01	325.0	
14 A.Gallagher, '03	314.0	
15 DeSelle, '98	312.7	
16 Jf.Godfrey, '91	308.7	
17 Finch, '95	305.0	
18 Keith, '90	303.9	
19 R.Lew, '94	303.6	
20 O'Neill, '91	302.7	
21 G.Funk, '99	298.5	
22 DeSelle, '03	298.1	
23 Bisbee, '93	295.0	
24 Proctor, '02	288.6	
Girls		
1 S. Bei, '01	318.5	
2 Conley, '04	313.3	
3 Sweaney, '04	297.5	
4 McClendon, '93	295.2	
5 Bashel, '01	290.7	
6 Pedersen, '02	287.2	
7 Jordan, '92	278.4	
7 Gay, '92	276.3	
9 Malvino, '99	276.3	
10 McRae, '98	266.0	
11 Terribilini, '02	260.1	
12 Duncan, '93	259.9	
13 A.Thomas, '02	256.5	
14 Mayes, '89	251.3	
15 Richardson, '95	241.8	
16 Hall, '03	234.7	
17 Fischer, '88	234.5	
18 Allard, '99	230.7	
19 A.Bei, '99	227.9	
20 English, '01	221.2	
21 Vion, '97	216.5	
22 Rancourt, '98	211.7	
23 McCon, '98	211.5	
24 Reichmuth, '96	206.2	

Single Season Practice Mileage Records		
Nick Millar	463.8	'99
Regan Masi	462.5	'99
Justin Morgan	456.2	'98
David Toomey	440.9	'93
Sara Bei	462.0	'98
Sarah Bashel	432.4	'98
Sarah McClendon	361.7	'91
Sara Bei	359.2	'97
April Malvino	327.9	'98

North Bay League Cross Country History

Compiled by Jim Crowhurst

Boys		Individual Champion	Victory Margin
Year	Top Two Teams		
1961	Napa 37, Vallejo 48	Mike Skram, Napa	
1962	Santa Rosa 41, Montgomery 46	Bob Whitright, Santa Rosa	
1963	Hogan 41, Montgomery 55	Dale Stevenson, Hogan	
1964	Hogan 41, Napa 48	Dale Stevenson, Hogan	
1965	Hogan 35, Montgomery 68	Bob Waldon, Montgomery	
1966	Hogan 39, Vallejo 71	Colin Munro, Hogan	
1967	Napa 40, Santa Rosa 54	John Stevens, Vallejo	
1968	Santa Rosa 30, Napa 45	Ted Harriman, Ukiah	
1969	Napa 28, Santa Rosa 52	Rich Woosley, Santa Rosa	
1970	Santa Rosa 49, Napa 67	Jim Whitright, Santa Rosa	
1971	Petaluma 18, Santa Rosa 58	Jon Sisler, Petaluma	
1972	Petaluma 33, Napa 60	Steve Ricker, Montgomery	
1973	Petaluma 51, Montgomery 67	John McDaniel, Napa	0:08
1974	Petaluma 37, Montgomery 54	Dan Aldridge, Petaluma	1:04
1975	Santa Rosa 44, Montgomery 44	Armand Moreno, Santa Rosa	0:06
1976	Montgomery 25, Petaluma 30	Bill Johnson, Montgomery	0:07
1977	Petaluma 22, Montgomery 42	Dave Royal, Petaluma	0:33
1978	Petaluma 33, Rancho Cotate 56	Dave Royal, Petaluma	0:20
1979	Montgomery 32, Ukiah 48*	Dave Rodriguez, Montgomery	0:06
1980	Petaluma 38, Montgomery 43	Mike Sutton, Ukiah	0:02
1981	Petaluma 40, Ukiah 57	Mike Sutton, Ukiah	0:04
1982	Cardinal Newman 37, Montgomery 43	Ryan Gilliam, C. Newman	0:08
1983	Montgomery 26, Santa Rosa 45	Ryan Gilliam, C. Newman	0:19
1984	Montgomery 39, Santa Rosa 40	Paul Cummings, Montgomery	0:34
1985	Montgomery 23, Santa Rosa 53	Paul Cummings, Montgomery	0:11
1986	Montgomery 36, Rancho Cotate 56	Kevin Smith, Montgomery	0:13
1987	Montgomery 26, Santa Rosa 52	Mike Contos, Montgomery	0:09
1988	Santa Rosa 16, Montgomery 66	Steve Guerrini, Santa Rosa	0:17
1989	Montgomery 36, Santa Rosa 74	Dan Held, Santa Rosa	0:22
1990	Santa Rosa 28, Montgomery 32	Steve Guerrini, Santa Rosa	0:23
1991	Montgomery 30, Santa Rosa 47	Juanjo Soriano, Santa Rosa	0:07
1992	Montgomery 27, Santa Rosa 37	David Toomey, Montgomery	0:05
1993	Montgomery 39, Santa Rosa 41	Zach Barrett, Santa Rosa	0:04
1994	Santa Rosa 20, Cardinal Newman 43	Zach Barrett, Santa Rosa	0:18
1995	Montgomery 38, Ukiah 60	Amadu Kamara, Santa Rosa	0:05
1996	Ukiah 37, Montgomery 42	Ryan Mack, Ukiah	0:21
1997	Ukiah 34, Montgomery 65	Josh Otto, Ukiah	0:04
1998	Ukiah 37, Maria Carrillo 58	Ryan Mack, Ukiah	0:11
1999	Montgomery 34, Ukiah 41	Jordan Kinley, Maria Carrillo	0:36
2000	Montgomery 25, Santa Rosa 51	Nick Millar, Montgomery	0:05

* 1979 - Ukiah ties Montgomery for league title with 5-0 dual meet record
 * 1999 - Ukiah ties Montgomery for league title with 7-0 dual meet record

Total Number of League Titles for Current NBL Teams

Boys Teams		Boys Individuals	
Montgomery	14	Santa Rosa	11
Santa Rosa	7	Montgomery	10
Ukiah	5	Ukiah	6
Cardinal Newman	1	Cardinal Newman	2
		Maria Carrillo	1

Girls Teams		Girls Individuals	
Santa Rosa	8	Santa Rosa	8
Ursuline	6	Montgomery	7
Montgomery	5	Ursuline	3
Rancho Cotate	2	Ukiah	3
Ukiah	2	Piner	1

Girls		Individual Champion	Victory Margin
Year	Top Two Teams		
1975	Ukiah 20, Montgomery 36	Jody Garrard, Ukiah	0:09
1976	Montgomery 15, Ukiah 46	Heidi Messerschmitt, Montgomery	0:13
1977	Montgomery 20, Ukiah 40	Deanne Neff, Montgomery	0:13
1978	Ukiah 31, Petaluma 54	Dana Flint, Ukiah	0:46
1979	Petaluma 24, Ukiah 45	Lori Shanoff, Petaluma	0:01
1980	Petaluma 27, Ukiah 36	Lori Shanoff, Petaluma	0:19
1981	Petaluma 34, Ursuline 54	Lori Shanoff, Petaluma	0:55
1982	Petaluma 44, Ursuline 60	Amy Stout, Petaluma	0:16
1983	Ursuline 31, Montgomery 54	Julie Ruiz, Ursuline	1:38
1984	Santa Rosa 41, Montgomery 52	Julie Ruiz, Ursuline	1:08
1985	Santa Rosa 45, Montgomery 63	Kathi Force, Santa Rosa	0:34
1986	Montgomery 40, Santa Rosa 50	Kathi Force, Santa Rosa	0:57
1987	Piner 52, Rancho Cotate 56*	Nicole Fischer, Montgomery	0:03
1988	Ursuline 45, Rancho Cotate 60**	Michelle Ferguson, Piner	0:41
1989	Santa Rosa 32, Rancho Cotate 45	Nika Horn, Santa Rosa	1:17
1990	Santa Rosa 26, Rancho Cotate 62	Nika Horn, Santa Rosa	0:50
1991	Santa Rosa 29, Ursuline 49	Rhonda Mazza, Santa Rosa	0:03
1992	Ursuline 34, Santa Rosa 60	Brenna Nurmi, Ursuline	0:10
1993	Ursuline 44, Santa Rosa 58	Pamela Richardson, Montgomery	0:27
1994	Ursuline 28, Montgomery 45	Julia Stamps, Santa Rosa	1:15
1995	Ursuline 41, Montgomery 53	Julia Stamps, Santa Rosa	1:58
1996	Santa Rosa 26, Ursuline 48	Julia Stamps, Santa Rosa	1:21
1997	Santa Rosa 30, Montgomery 48	Sara Bei, Montgomery	0:06
1998	Santa Rosa 35, Montgomery 46	Sara Bei, Montgomery	0:19
1999	Montgomery 53, Santa Rosa 56	Sara Bei, Montgomery	0:49
2000	Montgomery 27, Maria Carrillo 51	Amber Trotter, Ukiah	0:12

* 1987 - Rancho Cotate wins league title with 5-0 dual meet record
 ** 1988 - Rancho Cotate ties Ursuline for league title with 5-0 dual meet record

Team Bests on Spring Lake 3-Mile Course (Combined Time of Top 5 Runners)

Girls

1	1:32:29	1996 Santa Rosa (Stamps, Cox, Johnson, Stafford, Meade)
2	1:33:30	2000 Montgomery (Bei, Bashel, Pedersen, Sweaney, Conley)
3	1:33:57	1998 Santa Rosa (Cox, Shaver, Johnson, Stafford, Prange)
4	1:34:25	1998 Montgomery (Bei, Bashel, Malvino, Terribilini, Pedersen)
5	1:35:37	1991 Santa Rosa (Mazza, Reeder, Horn, Beardall, McConnico)
6	1:35:41	1997 Santa Rosa (Cox, Prange, Johnson, Stafford, Shaver)
7	1:36:46	1999 Montgomery (Bei, Bashel, Pedersen, Terribilini, Hall)
8	1:36:56	2000 Maria Carrillo (Aldridge, A. Drady, Boes, J. Drady, Hendricks)
9	1:37:44	1990 Santa Rosa (Horn, Mazza, Reeder, Beardall, Tejler)
10	1:38:30	1997 Montgomery (Bei, Bashel, Rancourt, Haile, Malvino)
11	1:38:39	1999 Maria Carrillo (Aldridge, A. Drady, Flores, A. Nelson, N. Nelson)
12	1:38:41	1999 Santa Rosa (Shaver, Prange, Johnson, Parker, White)

Boys

1	1:19:41	1988 Santa Rosa (Guerrini, Zabala, Held, Price, Macken)
2	1:19:45	1992 Montgomery (Selby, Toomey, Sanborn, Hinkle, Bisbee)
3	1:20:24	1994 Santa Rosa (Barrett, Egerton, Schwartz, Vandenhuevel, Leef)
4	1:20:36	2000 Montgomery (Masi, Z. Fitch, Millar, J. Fitch, Fagent)
5	1:20:45	1998 Ukiah (Mack, Fuentes, Leon, Graham, Chadd)
6	1:21:33	1992 Santa Rosa (Barrett, Egerton, Legesse, Pile, Grosjean)
7	1:21:37	1997 Ukiah (Mack, Otto, Behnke, Poor, Rahm)
8	1:21:49	1991 Montgomery (Lopes, Haluzak, Sanborn, Selby, Hinkle)
9	1:21:50	1996 Ukiah (Mack, Otto, Poor, Rahm, Mathews)
10	1:21:54	1991 Santa Rosa (Soriano, Pile, Legesse, Fisk, Grosjean)
11	1:22:07	1993 Santa Rosa (Barrett, Egerton, Vandenhuevel, Schwartz, Davis)
12	1:22:15	1993 Montgomery (Toomey, Story, Lew, Au, Higgins)

Montgomery Teams: Year-by-Year Comparison

3-Mile Spring Lake Course

Varsity Girls		
Top Five Runners		
Time	Year	Runner
1:33:30	2000	S. Bel, Bashael, Sweaney, Pedersen, Terribilini
1:34:25	1998	S. Bel, Bashael, Malvino, Terribilini, Pedersen
1:36:46	1999	Bel, Bashael, Pedersen, Terribilini, Hall
1:38:12	1997	S. Bel, Bashael, Rancourt, Halle, Malvino
1:42:43	1995	Rancourt, Halle, Von, Cushing, McRae
1:42:58	1991	Gay, Wesner, Jordan, Duncan, McClendon
1:43:11	1994	Richardson, Lodin, Reichmuth, Halle, Colin
1:45:38	1996	Rancourt, Halle, Pacheco, Finch, Malvino
1:46:00	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
1:50:09	1990	Duncan, McClendon, Gay, Jordan, Blackwell
1:51:44	1993	Richardson, Reichmuth, Chaffin, Cushing, Scott
1:51:48	1988	Mayer, Scott, Montague, Zelenak, Preston
1:54:31	1989	Gay, Jordan, Preston, J. Scott, Blackwell

Varsity Boys		
Top Five Runners		
Time	Year	Runner
1:19:45	1992	Selby, Toomey, Sanborn, Hinkle, Bisbee
1:20:36	2000	Masi, Z. Fitch, Millar, J. Fitch, Fagant
1:21:55	1991	Lopes, Haluzak, Sanborn, Selby, Hinkle
1:22:15	1993	Toomey, Story, R. Lew, Toll Au, Higgins
1:22:30	1996	K. Funk, Staroba, DeSelle, Finlay, G. Funk
1:22:45	1999	Masi, Z. Fitch, Millar, Fagant, J. Fitch
1:23:06	1989	Inher, J. F. Godfrey, Keith, O'Neill, Fitzwater
1:23:16	1995	DeSelle, K. Funk, Staroba, Currie, Finlay
1:23:21	1998	G. Funk, Z. Fitch, J. Fitch, Escobedo, Millar
1:23:36	1990	J. F. Godfrey, Lopes, Haluzak, Sanborn, Grate
1:23:45	1997	DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
1:24:03	1988	Lewis, Keith, Downing, Stevenson, Inher
1:26:33	1994	Staroba, Finlay, Finch, DeSelle, T. Buonaccorsi

2-Mile Spring Lake Course

Junior/Senior Girls		
Top Three Runners		
Time	Year	Runner
38:19	2000	Terribilini, Bashael, Pedersen
39:52	1994	Richardson, Reichmuth, Colin
40:13	1991	Gay, Duncan, Wesner
40:23	1996	Halle, Rancourt, Pacheco
40:33	1999	S. Bel, Bashael, English
41:10	1995	Reichmuth, Cushing, Von
42:40	1997	Halle, A. Bel, McCon
42:51	1987	Fischer, Mayer, Parker
43:19	1988	Mayer, Mayo, Montague
43:41	1992	McClendon, Duncan, Zbinden
45:10	1990	Gay, Jordan, Blackwell
45:31	1993	Richardson, Chaffin, Hause

Varsity Girls		
Top Five Runners		
Time	Year	Runner
1:02:55	1998	S. Bel, Bashael, Malvino, Pedersen, Terribilini
1:03:42	2000	Terribilini, Conley, Bashael, Sweaney, Pedersen
1:06:24	1999	S. Bel, Bashael, Pedersen, Terribilini, Hall
1:07:17	1994	Richardson, Lodin, Reichmuth, Colin, Rancourt
1:08:00	1991	Gay, Wesner, Duncan, McClendon, Jordan
1:08:30	1995	Rancourt, Reichmuth, Cushing, Von, McRae
1:09:07	1997	S. Bel, Halle, A. Bel, McCon, Malvino
1:10:29	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
1:10:32	1996	Halle, Rancourt, Pacheco, Finch, Malvino
1:13:05	1990	Duncan, McClendon, Gay, Jordan, Blackwell
1:13:40	1987	Fischer, Mayer, Mayo, Parker, Jones
1:14:07	1993	Richardson, Reichmuth, Chaffin, Cushing, Scott
1:14:10	1988	Mayer, Mayo, Blackwell, Montague, Preston

Senior Boys		
Top Three Runners		
Time	Year	Runner
31:27	2000	Millar, J. Fitch, Z. Fitch
32:01	1987	M. Conlos, Walkins, Waldow
32:03	1992	Bisbee, Sanborn, Hinkle
32:03	1993	Toomey, Story, R. Lew
32:37	1996	Funk, Staroba, Finlay
33:11	1990	J. F. Godfrey, Grate, Felice
33:32	1991	Lopes, Haluzak, Clarke
33:48	1997	DeSelle, Currie, B. Buonaccorsi
34:08	1988	Lewis, Downing, R. Conlos
34:25	1998	G. Funk, Escobedo, Koch
35:29	1994	Finch, Catalano, Erickson
42:23	1999	Carlsen, Ferrel, B. Mills

Junior Varsity Girls		
Top Five Runners		
Time	Year	Runner
1:53:13	1995	Glidden, Finch, Mackie, Malvino, Bernard
1:58:00	1994	Rancourt, Finch, Mackie, M. Scott, Vall
2:02:17	1996	Mackie, L. Thomas, McCon, Perry, A. Bel

Junior Varsity Boys		
Top Five Runners		
Time	Year	Runner
1:27:42	1989	Boone, Garrison, Parsons, del Campo, Hunt
1:28:13	1991	Story, Dorris, R. Lew, Ohlad, Flanagan
1:28:44	1988	Crane, O'Neill, R. Conlos, Fitzwater, R. Lynn
1:29:01	1990	Selby, Bisbee, Hunt, J. Waldow, Parsons
1:29:23	2000	M. Fitch, Cody, J. Mills, Proctor, McRae
1:29:55	1994	K. Funk, Currie, Erickson, Jackman, Strickland
1:30:00	1992	R. Lew, Greenberg, Higgins, Votruba, Rangel
1:32:38	1999	Gallagher, Carlsen, J. Mills, McRae, Proctor
1:33:15	1993	T. Buonaccorsi, Martinez, Carvalho, Strickland, Wildener
1:33:52	1998	Britt, Band, Minkoff, Schlereth, Cho
1:34:24	1996	B. Buonaccorsi, Davis, Koch, Phelps, Chapin
1:34:27	1997	G. Mills, Willison, J. Fitch, Band, Metzler
1:35:39	1995	G. Funk, B. Buonaccorsi, Phelps, Chapin, Larsen

Fresh/Soph Girls		
Top Three Runners		
Time	Year	Runner
36:27	1998	S. Bel, Bashael, Pedersen
39:19	2000	Conley, Sweaney, Hall
40:15	1999	Pedersen, Terribilini, Hall
41:44	1994	Lodin, Rancourt, Glidden
41:49	1995	Rancourt, McRae, Allard
46:47	1993	Reichmuth, Cushing, M. Scott
48:29	1988	Blackwell, Zelenak, J. Scott

Fresh/Soph Boys		
Top Three Runners		
Time	Year	Runner
32:47	2000	Masi, Gallagher, M. Fitch
33:13	1998	Z. Fitch, J. Fitch, Fung
33:42	1994	K. Funk, Finlay, Staroba
33:54	1995	DeSelle, Currie, Waters
34:01	1991	R. Lew, Story, Flanagan
34:07	1999	Masi, Fung, Minkoff
35:10	1988	J. F. Godfrey, O'Neill, Hunt
35:35	1997	Z. Fitch, Jordan, Willison
35:50	1993	Toll Au, Todd Au, Strickland
36:30	1990	Selby, Sanborn, Bisbee
37:30	1996	G. Funk, Davis, Koch
38:21	1992	Higgins, Temple, Erickson

Junior Boys		
Top Three Runners		
Time	Year	Runner
32:12	1991	Hinkle, Sanborn, Selby
32:21	1999	Z. Fitch, J. Fitch, Fagant
32:23	1992	Toomey, Story, R. Lew
32:54	1995	K. Funk, Staroba, Finlay
34:00	1996	DeSelle, Currie, Buonaccorsi
34:10	1990	Lopes, Haluzak, Jorgensen
34:15	1988	Stevenson, Keith, Boone
34:42	1987	Lewis, Crane, J. Lew
35:03	1993	Higgins, Erickson, Martinez
35:36	2000	Fung, Proctor, Fyer
37:24	1997	G. Funk, Escobedo, Koch

Varsity Boys		
Top Five Runners		
Time	Year	Runner
52:46	2000	Millar, J. Fitch, Z. Fitch, Millar, Fagant
53:22	1992	Toomey, Bisbee, Sanborn, Hinkle, Story
53:28	1991	Lopes, Hinkle, Sanborn, Selby, Bisbee
54:05	1987	M. Conlos, Walkins, Lewis, D. Waldow, Drisko
54:05	1999	Z. Fitch, J. Fitch, Masi, Fagant, Millar
54:09	1993	Toomey, Story, R. Lew, Toll Au, Higgins
54:45	1996	K. Funk, DeSelle, Staroba, Finlay, Currie
54:50	1995	DeSelle, K. Funk, Staroba, Finlay, Currie
55:31	1998	Z. Fitch, J. Fitch, G. Funk, Escobedo, Fung
55:42	1997	DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
56:05	1990	J. F. Godfrey, Lopes, Grate, Haluzak, Jorgensen
56:19	1988	Lewis, Stevenson, J. F. Godfrey, Keith, Downing
56:37	1994	K. Funk, Finlay, DeSelle, Staroba, Finch

North Bay League All-Time Top 25 on Spring Lake 3-Mile Course

Varsity Boys

Runner	Team	Time	Date
1 Ryan Mack	Uk	14:50	11/13/98
2 Steve Laurie	MC	15:01	11/13/98
3 Celedonio Rodriguez	EA	15:05	11/13/98
4 Zack Barrett	SR	15:21	11/4/94
5 David Toomey	M	15:26	10/13/93
6 Steve Guerrini	SR	15:28	10/22/89
7 Jason Selby	M	15:32	10/28/92
8 Jordan Kinley	MC	15:33	11/12/99
9 Josh Otto	Uk	15:34	11/5/97
10 Peter Egerton	SR	15:39	11/4/94
11 Amadu Kamara	SR	15:40	10/25/95
12 Juano Soriano	SR	15:41	11/8/91
13 Nat Lopes	M	15:47	10/23/91
14 Dan Held	SR	15:48	11/10/89
14 Sky Pile	SR	15:48	11/8/91
16 Nick Millar	M	15:51	11/3/00
17 Jeff Godfrey	M	15:53	11/2/90
17 Brent Shaw	CN	15:53	11/13/98
19 Tim Sanborn	M	15:54	11/6/92
20 Salvador Zabala	SR	15:55	11/10/88
21 Mekonen Fekadu	SR	15:56	10/25/95
21 Zac Fitch	M	15:56	11/3/00
23 Jason DeSelle	M	15:57	10/25/95
23 Regan Masi	M	15:57	10/11/00
25 Andy Price	SR	16:01	11/10/88

Varsity Girls

Runner	Team	Time	Date
1 Julia Stamps	SR	16:15	10/11/95
2 Sara Bei	M	16:43	11/4/98
3 Amber Trotter	Uk	17:00	11/3/00
4 Trina Cox	SR	17:04	11/13/98
5 Sarah Bashel	M	17:40	11/4/98
6 Jenny Aldridge	MC	17:46	11/12/99
7 Nika Horn	SR	18:09	11/2/90
8 Rhonda Mazza	SR	18:10	11/8/91
9 Megan Reeder	SR	18:13	11/8/91
10 Sarah Hallas	Urs	18:23	11/15/96
11 Pamela Richardson	M	18:32	10/26/94
12 Anna Shaver	SR	18:42	11/13/98
13 Lindsey Johnson	SR	18:51	11/15/96
14 Katie Stafford	SR	18:53	11/4/98
15 Brenna Nurmi	Urs	18:59	11/6/92
15 Ashlee Drady	MC	18:59	11/12/99
17 Jackie Prange	SR	19:01	11/5/97
18 Elisa Pedersen	M	19:05	11/3/00
19 Megan Boes	MC	19:06	10/11/00
19 Christy Sweaney	M	19:06	10/11/00
21 Dena Witthaus	P	19:07	11/13/98
22 Georgina Balkwell	Urs	19:08	10/1/92
22 Diana Rancourt	M	19:08	11/5/97
22 Kim Conley	M	19:08	11/3/00
25 Phyllis Blanchard	FC	19:10	11/3/00

Junior Varsity Boys

Runner	Team	Time	Date
1 Ryan Lew	M	17:00	10/31/91
2 Matt Fitch	M	17:04	10/11/00
3 K.C. Cody	M	17:11	10/11/00
4 Scott Story	M	17:14	11/8/91
5 Lee Oblad	M	17:15	10/31/91
6 Dean Crane	M	17:17	10/26/88
6 Nam Ngo	SR	17:17	11/6/92
8 Jason Selby	M	17:19	11/2/90
8 Josh Dorris	M	17:19	10/23/91
10 David Toomey	M	17:21	10/23/91
11 Kevin Boone	M	17:25	11/10/89
12 Jake Davis	SR	17:26	11/6/92
12 Kevin Funk	M	17:26	11/4/94
14 Victor Garrison	M	17:27	11/10/89
14 David Britt	M	17:27	11/13/98
16 Alex Kramer	Uk	17:28	11/14/97
17 Rory O'Neill	M	17:30	10/26/88
18 Aaron Parsons	M	17:31	11/10/89
18 Jose Alvarez	EA	17:31	11/12/99
20 Andrew Gallagher	M	17:33	11/12/99
21 Antferom Legesse	SR	17:34	11/2/90
22 Mike Saunders	SR	17:36	11/6/92
23 Joey Baer	SR	17:38	11/10/88
24 Mike del Campo	M	17:39	11/10/89
24 Jake Currie	M	17:39	11/4/94
24 Jeff Tuhtan	CN	17:39	11/4/94

Junior Varsity Girls

Runner	Team	Time	Date
1 Katie House	Urs	20:57	11/4/94
2 Alexa Delwiche	Urs	20:59	11/4/94
3 Ria Drake	Urs	21:04	11/4/94
4 Maryann Hulsman	Urs	21:17	11/15/96
5 Susan Lieu	MC	21:33	11/3/00
6 Heather Berg	SR	21:34	11/8/91
7 Diana Rancourt	M	21:37	11/4/94
8 Alex Waring	Urs	21:39	11/3/91
9 Sonya Glidden	M	21:41	10/25/95
10 Tiffany Espinosa	Urs	21:42	11/4/94
10 Anthea Meade	SR	21:42	11/13/98
12 Virginia Melin	Urs	21:43	11/4/94
12 Michelle Finch	M	21:43	10/25/95
14 Becky Balkwell	Urs	22:08	11/5/93
15 Daphne Bilge	SR	22:09	11/12/99
16 Naomi Turner	Uk	22:19	11/14/97
17 Jenny Moore	Urs	22:20	11/8/91
17 Liz Brown	Urs	22:20	11/15/96
19 Beth Bowman	Urs	22:22	11/8/91
20 Strada Morris	Uk	22:26	11/14/97
21 Koro Crowfoot	Uk	22:27	11/14/97
22 Glana Consiglieri	Urs	22:36	11/6/92
23 Natalie Poor	MC	22:38	11/3/00
24 Leanna OMara	Urs	22:40	11/10/88
25 April Charlton	Urs	22:41	11/10/88

Cross Country: All-Time Vikings on 3-Mile Spring Lake Course

Overall Boys			Senior Boys			Junior Boys			Sophomore Boys			Freshman Boys		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr
1 David Toomey	15:26	'93	1 David Toomey	15:26	'93	1 David Toomey	15:36	'92	1 Jason DeSelle	15:57	'95	1 Regan Masi	16:06	'99
2 Jason Selby	15:32	'92	2 Jason Selby	15:32	'92	2 Zac Fitch	16:10	'99	1 Regan Masi	15:57	'00	2 Matt Fitch	17:04	'00
3 Nat Lopes	15:47	'91	3 Nat Lopes	15:47	'91	3 Jason DeSelle	16:16	'96	3 Zac Fitch	16:18	'98	3 K.C. Cody	17:11	'00
4 Nick Millar	15:51	'00	4 Nick Millar	15:51	'00	4 Kevin Funk	16:19	'95	4 Toli Au	16:26	'93	4 Jason DeSelle	17:19	'94
5 Jeff Godfrey	15:53	'90	5 Jeff Godfrey	15:53	'90	5 Tim Sanborn	16:22	'91	5 Jon Fitch	16:27	'98	4 Jason Fung	17:19	'98
6 Tim Sanborn	15:54	'92	6 Tim Sanborn	15:54	'92	6 Jason Selby	16:23	'91	6 Andrew Gallagher	16:35	'00	6 Zac Fitch	17:22	'97
7 Kevin Funk	15:56	'96	7 Kevin Funk	15:56	'96	7 Nat Lopes	16:25	'90	7 David Toomey	16:36	'91	7 Andrew Gallagher	17:33	'99
7 Zac Fitch	15:56	'00	7 Zac Fitch	15:56	'00	8 Josh Hinkle	16:27	'91	8 Greg Funk	16:46	'96	8 Jake Currie	17:38	'94
9 Jason DeSelle	15:57	'95	9 Keith Lewis	16:02	'88	9 Greg Funk	16:30	'97	9 Jake Currie	16:53	'95	9 Jon Fitch	18:14	'97
9 Regan Masi	15:57	'00	9 Jon Fitch	16:02	'00	10 Nick Millar	16:31	'99	10 Ryan Lew	17:00	'91	10 Jeff Mills	18:18	'99
11 Keith Lewis	16:02	'88	11 Josh Hinkle	16:05	'92	11 Jeff Godfrey	16:32	'89	11 Tim Sanborn	17:02	'90	11 Greg Funk	18:20	'95
11 Jon Fitch	16:02	'00	11 Jason DeSelle	16:05	'97	12 Scott Story	16:36	'92	12 Jerry Finlay	17:06	'94	11 John McRae	19:02	'97
13 Josh Hinkle	16:05	'92	13 Dave Intner	16:10	'89	13 Nate Bisbee	16:37	'91	12 John Staroba	17:06	'94	13 Jake Minkoff	19:06	'98
14 Dave Intner	16:10	'89	14 Drew Fagent	16:14	'00	14 Jake Currie	16:38	'96	14 Nick Millar	17:10	'98	14 Patrick Band	19:19	'97
15 Drew Fagent	16:14	'00	15 Peter Keith	16:17	'89	15 Peter Keith	16:44	'88	15 Jason Fung	17:12	'99	15 Nick Cho	19:25	'98
16 Peter Keith	16:17	'89	15 Greg Funk	16:17	'98	16 Rory O'Neill	16:49	'89	16 Jeff Godfrey	17:13	'88	16 Brook Buonaccorsi	19:28	'94
16 Greg Funk	16:17	'98	17 Scott Story	16:18	'93	16 Drew Fagent	16:49	'99	16 Kevin Funk	17:13	'94	17 John Kast	19:35	'94
18 Scott Story	16:18	'93	18 Erik Haluzak	16:20	'91	18 Jon Fitch	16:51	'99	18 Scott Story	17:14	'91	18 Ryan Rudnansky	19:54	'98
19 Erik Haluzak	16:20	'91	19 Ryan Lew	16:24	'93	19 John Staroba	16:52	'95	19 Jason Selby	17:19	'90	19 Travis Phelps	20:09	'94
20 Ryan Lew	16:24	'93	20 Nate Bisbee	16:31	'92	20 Dave Intner	16:54	'88	20 David Britt	17:27	'98	20 John Houghton	20:11	'96
21 Toli Au	16:26	'93	21 John Staroba	16:32	'96	21 Jason Fung	16:54	'00	21 Rory O'Neill	17:30	'88	21 Greg DeSelle	20:21	'99
22 Nate Bisbee	16:31	'92	22 Jake Currie	16:35	'97	22 Nathan Higgins	16:58	'93	22 Nat Lopes	17:31	'89	22 Adam Smith	20:53	'96
23 John Staroba	16:32	'96	23 Josh Dorris	16:40	'92	23 Erik Haluzak	16:59	'90	23 Clayton Hunt	17:32	'88	22 Ryan Metzler	20:53	'97
24 Jake Currie	16:35	'97	24 Jerry Finlay	16:42	'96	24 Star Stevenson	17:00	'88	24 Kyle Moe	17:42	'94	22 Ryan Tansey	20:53	'98
24 Andrew Gallagher	16:35	'00	25 Scott Fitzwater	16:51	'89	24 Ryan Lew	17:00	'92	25 John McRae	17:44	'98	25 James Mullins	21:08	'94

Overall Girls			Senior Girls			Junior Girls			Sophomore Girls			Freshman Girls		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr
1 Sara Bel	16:43	'98	1 Sara Bel	17:12	'00	1 Sara Bel	16:57	'99	1 Sara Bel	16:43	'98	1 Sara Bel	17:09	'97
2 Sarah Bashel	17:40	'98	2 Pamela Richardson	18:32	'94	2 Sarah Bashel	18:46	'99	2 Sarah Bashel	17:40	'98	2 Christy Sweaney	19:06	'00
3 Pamela Richardson	18:32	'94	3 Sarah Bashel	18:58	'00	3 Pamela Richardson	18:59	'93	3 Pamela Richardson	19:12	'92	3 Kim Conley	19:08	'00
4 Elisa Pedersen	19:05	'00	4 Diana Rancourt	19:08	'97	4 Elisa Pedersen	19:05	'00	4 Elisa Pedersen	19:26	'99	4 Sarah Bashel	19:22	'97
5 Christy Sweaney	19:06	'00	5 Lisa Gay	19:43	'91	5 Diana Rancourt	19:20	'96	5 Diana Rancourt	19:58	'95	5 Elisa Pedersen	19:53	'98
6 Diana Rancourt	19:08	'97	6 April Malvino	19:46	'98	6 Joy Terribilini	19:28	'00	6 Jamie Duncan	20:05	'90	6 Joy Terribilini	19:55	'98
6 Kim Conley	19:08	'00	7 Sarah McClendon	20:17	'92	7 Shewit Haile	20:11	'96	7 Joy Terribilini	20:06	'99	7 Amy Bei	21:04	'95
8 Joy Terribilini	19:28	'00	8 Jamie Duncan	20:19	'92	8 April Malvino	20:15	'97	8 Amy Lodin	20:10	'94	8 Barbara Hall	21:11	'99
9 Lisa Gay	19:43	'91	9 Shewit Haile	20:21	'97	9 Jamie Duncan	20:17	'91	9 Marisa Reichmuth	20:16	'93	9 Diana Rancourt	21:37	'94
10 April Malvino	19:46	'98	10 Jana Wiesner	20:25	'91	10 Georgina Vion	20:29	'95	10 Shewit Haile	20:26	'95	10 Shewit Haile	21:39	'94
11 Jamie Duncan	20:05	'90	11 Amy Jordan	20:33	'91	11 Amelia Thomas	20:51	'00	11 Sarah McClendon	20:46	'90	11 Sonya Glidden	21:47	'94
12 Amy Lodin	20:10	'94	12 Michelle Mayes	20:37	'88	12 Marisa Reichmuth	20:53	'94	12 Lisa Gay	20:56	'89	12 Lisa Mackie	22:27	'94
13 Shewit Haile	20:11	'96	13 Christina Cushing	20:51	'95	13 Lisa Gay	21:19	'90	13 Megan McRae	20:59	'95	13 Brittany Allard	22:43	'95
14 Marisa Reichmuth	20:16	'93	14 Alisha McCon	21:07	'97	14 Sarah McClendon	21:25	'91	14 Barbara Hall	21:38	'00	14 Julia Goepele	22:44	'99
15 Sarah McClendon	20:17	'92	15 Amy Bei	21:12	'98	15 Amy Jordan	21:36	'90	15 Sonya Glidden	21:41	'95	15 April Malvino	23:06	'95
16 Jana Wiesner	20:25	'91	16 Sarah Pacheco	21:28	'96	16 Eloisa Colin	21:41	'94	16 Amelia Thomas	21:49	'99	16		
17 Georgina Vion	20:29	'95	17 Marisa Reichmuth	21:37	'95	17 Amy Bei	21:42	'97	17 April Malvino	21:53	'96	17		
18 Amy Jordan	20:33	'91	18 Michelle Finch	21:39	'96	18 Michelle Finch	21:43	'95	18 Jenny Scott	22:02	'88	18		
19 Michelle Mayes	20:37	'88	19 Sonya Glidden	21:59	'97	19 Tanya Mayo	21:49	'88	19 Michelle Finch	22:07	'94	19		
20 Christina Cushing	20:51	'95	20 Tanya Mayo	22:06	'89	20 Lisa Mackie	21:52	'96	20 Amy Chaffin	22:14	'92	20		
20 Amelia Thomas	20:51	'00	21 Cherie Montague	22:18	'88	21 Christina Cushing	22:25	'94	21 Amy Bei	22:22	'96	21		
22 Megan McRae	20:59	'95	22 Natalie Sohl	22:27	'96	22 Sonya Glidden	22:36	'96	22 Kristen Blackwell	22:34	'88	22		
23 Amy Bei	21:04	'95	23 Erin Preston	23:12	'89	22 Cassie English	22:36	'99	23 Amy Jordan	22:36	'89	23		
24 Alisha McCon	21:07	'97	24 Amy Bernard	23:38	'95	24 Mallory Sheldon	22:58	'99	24 Megan Buser	22:44	'98	24		
25 Barbara Hall	21:11	'99	25 Alexis Traverso	23:42	'00	25 Alisha McCon	23:03	'96	25 Lisa Mackie	23:05	'95	25		

Cross Country: All-Time Vikings on 2-Mile Spring Lake Course

Overall Boys			Senior Boys			Junior Boys			Sophomore Boys			Freshman Boys		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr
1 Mike Contos	10:14	'87	1 Mike Contos	10:14	'87	1 David Toomey	10:22	'92	1 Regan Masi	10:38	'00	1 Regan Masi	10:44	'99
2 Nick Millar	10:20	'00	2 Nick Millar	10:20	'00	2 Jason DeSelle	10:38	'96	2 Jason DeSelle	10:44	'95	2 Matt Fitch	11:20	'00
3 David Toomey	10:21	'93	3 David Toomey	10:21	'93	3 Josh Hinkle	10:40	'91	3 Andrew Gallagher	10:49	'00	3 Jason DeSelle	11:22	'94
4 Nat Lopes	10:25	'91	4 Nat Lopes	10:25	'91	4 Zac Fitch	10:41	'99	4 Toli Au	10:54	'93	4 Jason Fung	11:24	'98
5 Jon Fitch	10:31	'00	5 Jon Fitch	10:31	'00	5 Keith Lewis	10:43	'87	4 Zac Fitch	10:54	'98	5 K.C.Cody	11:38	'00
6 Randall Watkins	10:34	'87	6 Randall Watkins	10:34	'87	6 Kevin Funk	10:44	'95	6 Jon Fitch	10:55	'98	6 Zac Fitch	11:40	'97
6 Jeff Godfrey	10:34	'90	6 Jeff Godfrey	10:34	'90	6 Jon Fitch	10:44	'99	7 Ryan Lew	11:05	'91	7 Patrick Band	12:11	'97
7 Tim Sanborn	10:35	'92	8 Tim Sanborn	10:35	'92	8 Tim Sanborn	10:45	'91	8 Kevin Funk	11:09	'94	8 Jon Fitch	12:13	'97
9 Dave Intner	10:36	'89	9 Dave Intner	10:36	'89	9 Jason Selby	10:47	'91	9 Scott Story	11:11	'91	9 Greg Funk	12:25	'95
9 Kevin Funk	10:36	'96	9 Kevin Funk	10:36	'96	10 Nathan Bisbee	10:51	'91	10 Jake Currie	11:12	'95	10 Jake Currie	12:38	'94
9 Zac Fitch	10:36	'00	9 Zac Fitch	10:36	'00	11 Greg Funk	10:56	'97	11 Jerry Finlay	11:16	'94	11 Jake Minkoff	12:40	'99
12 Nate Bisbee	10:37	'92	12 Nate Bisbee	10:37	'92	11 Drew Fagent	10:56	'99	11 Jason Fung	11:16	'99	12 Jeff Mills	12:49	'98
13 Jason DeSelle	10:38	'96	13 Drew Fagent	10:41	'00	12 Scott Story	10:57	'92	13 John Staroba	11:17	'94	13 John McRae	12:58	'97
13 Regan Masi	10:38	'00	14 John Staroba	10:43	'96	13 Scott Story	10:57	'92	14 John Staroba	11:17	'94	14 Nick Cho	13:19	'98
15 Josh Hinkle	10:40	'91	15 Josh Hinkle	10:45	'92	14 John Staroba	10:59	'95	14 Jeff Godfrey	11:26	'88	15 Ryan Metzler	13:48	'97
16 Drew Fagent	10:41	'00	16 Jason Selby	10:46	'92	15 Jeff Godfrey	11:00	'89	15 David Britt	11:29	'98	16 Brock Buonaccorsi	13:49	'94
17 Keith Lewis	10:43	'87	17 Keith Lewis	10:47	'88	15 Nick Millar	11:00	'99	16 Greg Funk	11:31	'96	17 John Kast	14:02	'94
17 John Staroba	10:43	'96	18 Scott Story	10:48	'93	17 Rory O'Neill	11:02	'89	17 Rory O'Neill	11:35	'88	18 Greg DeSelle	14:08	'99
19 Jason Selby	10:46	'92	19 Ryan Lew	10:50	'93	18 Ryan Lew	11:04	'92	18 Mike Flanagan	11:45	'91	19 Ryan Rudnansky	14:11	'98
20 Scott Story	10:48	'93	19 Jason DeSelle	10:50	'97	19 Star Stevenson	11:05	'88	19 Erik Haluzak	11:47	'89	20 James Mullins	14:25	'94
21 Andrew Gallagher	10:49	'00	21 Peter Keith	10:51	'89	20 Nat Lopes	11:06	'90	20 Nick Millar	11:49	'98	21 Cuyler Goodwin	14:34	'96
22 Ryan Lew	10:50	'93	22 Nath Higgins	10:51	'92	21 Jerry Finlay	11:11	'95	21 Andrew Jordan	11:50	'97	22 Geoff Buser	14:56	'95
23 Peter Keith	10:51	'89	23 Erik Haluzak	10:52	'91	22 Jason Fung	11:12	'00	22 Kyle Moe	11:52	'94	23 Adam Smith	15:27	'96
23 Josh Dorris	10:51	'92	24 Greg Funk	10:56	'98	24 David Britt	11:16	'99	23 James Waters	11:58	'95	24 David Dranow	15:32	'98
25 Erik Haluzak	10:52	'91	25 Jake Currie	10:57	'97	25 Mario Escobedo	11:19	'97	24 Greg Votruba	12:00	'92	25 Ryan Mullins	15:33	'96
									25 Jason Selby	12:03	'90			
									25 Patrick Band	12:03	'98			

Overall Girls			Senior Girls			Junior Girls			Sophomore Girls			Freshman Girls		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr
1 Sara Bei	11:05	'98	1 Pamela Richardson	11:59	'94	1 Sara Bei	12:23	'99	1 Sara Bei	11:05	'98	1 Sara Bei	11:38	'97
2 Pamela Richardson	11:59	'94	2 April Malvino	13:01	'98	1 Sarah Bashel	12:23	'99	2 Sarah Bashel	12:00	'98	2 Kim Conley	12:38	'00
3 Sarah Bashel	12:00	'98	3 Lisa Gay	13:05	'91	3 Pamela Richardson	12:30	'93	3 Pamela Richardson	12:26	'92	3 Christy Sweaney	12:45	'00
4 Joy Terribilini	12:38	'00	4 Nicole Fischer	13:15	'87	4 Joy Terribilini	12:38	'00	4 Elisa Pedersen	13:00	'99	4 Elisa Pedersen	13:22	'98
4 Kim Conley	12:38	'00	5 Michelle Mayes	13:26	'88	5 Shewit Haile	12:51	'96	5 Joy Terribilini	13:03	'99	5 Joy Terribilini	13:27	'98
6 Christy Sweaney	12:45	'00	6 Marisa Reichmuth	13:34	'95	6 Elisa Pedersen	12:56	'00	6 Diana Rancourt	13:14	'95	6 Diana Rancourt	14:04	'94
7 Shewit Haile	12:51	'96	7 Jana Wiesner	13:35	'91	7 Diana Rancourt	12:58	'96	7 Amy Lodin	13:21	'94	7 Barbara Hall	14:12	'99
8 Elisa Pedersen	12:56	'00	8 Sarah McClendon	13:41	'92	8 Jamie Duncan	13:33	'91	8 Jamie Duncan	13:30	'90	8 Sonya Glidden	14:21	'94
9 Diana Rancourt	12:58	'96	9 Sarah Bashel	12:45	'00	9 Georgina Vion	13:51	'95	9 Marisa Reichmuth	13:44	'93	9 Brittany Allard	14:29	'95
10 April Malvino	13:01	'98	10 Jamie Duncan	13:45	'92	10 Marisa Reichmuth	13:53	'94	10 Barbara Hall	13:56	'00	10 Amy Bei	14:36	'95
11 Lisa Gay	13:05	'91	10 Christina Cushing	13:45	'95	11 Sarah McClendon	13:57	'91	11 Megan McRae	14:06	'95	11 Julia Goepel	14:47	'99
12 Nicole Fischer	13:15	'87	12 Shewit Haile	13:47	'97	12 Michelle Mayes	13:58	'87	12 Amy Chaffin	14:22	'92	12 Lisa Mackie	15:08	'94
13 Amy Lodin	13:21	'94	13 Amy Jordan	13:50	'91	13 Eloisa Colin	14:00	'94	13 Lisa Gay	14:24	'89	13 Amelia Thomas	15:13	'98
14 Michelle Mayes	13:26	'88	14 Amy Bei	14:02	'98	14 Amelia Thomas	14:05	'00	14 Sarah McClendon	14:25	'90	14 April Malvino	15:22	'95
15 Jamie Duncan	13:30	'90	15 Alisha McCon	14:33	'97	15 Amy Bei	14:20	'97	15 Sonya Glidden	14:30	'95	15		
16 Marisa Reichmuth	13:34	'95	16 Sarah Pacheco	14:34	'96	16 Tanya Mayo	14:25	'88	16 Tanya Mayo	14:43	'87	16		
17 Jana Wiesner	13:35	'91	17 Michelle Finch	14:37	'96	17 Lisa Gay	14:30	'90	17 Amelia Thomas	14:46	'99	17		
18 Sarah McClendon	13:41	'92	18 Tanya Mayo	14:54	'89	18 Amy Jordan	14:31	'90	18 Michelle Finch	14:48	'94	18		
19 Christina Cushing	13:45	'95	19 Amy Chaffin	15:14	'94	19 April Malvino	14:35	'97	18 Shewit Haile	14:48	'95	19		
20 Amy Jordan	13:50	'91	20 Cherie Montague	15:28	'88	20 Cassie English	14:47	'99	20 Amy Jordan	15:01	'89	20		
21 Georgina Vion	13:51	'95	20 Erin Preston	15:28	'89	21 Amy Chaffin	14:50	'93	21 Kristen Blackwell	15:11	'88	21		
22 Barbara Hall	13:56	'00	20 Lisa Mackie	15:28	'97	22 Lisa Parker	14:53	'87	22 Julia Goepel	15:18	'00	22		
23 Eloisa Colin	14:00	'94	23 Sonya Glidden	15:49	'97	23 Mallory Sheldon	15:07	'99	23 Jessica Horowitz	15:25	'94	23		
24 Amy Bei	14:02	'98	24 Alexis Traverso	15:53	'00	24 Christina Cushing	15:14	'94	23 Megan Buser	15:25	'98	24		
25 Amelia Thomas	14:05	'00	25 Laura Thomas	15:59	'96	25 Hannah Gallagher	15:24	'00	25 April Malvino	15:30	'96	25		

Pre-Season Meet vs. Rancho Cotate, Santa Rosa, Healdsburg, Anady, Windsor Justin Siena, Piner, Maria Carrillo and St. Vincent's

September 1 at Rancho Cotate

Course: 2.8 miles, flat

Girls	Place	Time	Pace
1	Beis.	2 V	16:16
2	Terrilini	6 V	17:38
3	Bashel	7 V	17:43
4	Sweeney	8 V	17:49
5	Conley	9 V	17:50
6	Pedersen	11 V	18:07
7	Thomas	24 V	19:22
8	Hall	35 V	21:04
9	Goepel	42 V	22:24
10	Travieso	47 V	23:22

Varsity Girls: 48 finishers

Boys	Place	Time	Pace
1	Masi	3 V	14:36
2	Millar	4 V	14:37
3	Fitch J.	5 V	14:39
4	Fagent	6 V	14:40
5	Fitch Z.	8 V	14:48
6	Fung	9 V	15:05
7	Gallagher, A.	13 V	15:36
8	Fitch M.	2 JV	16:12
9	Proctor	3 JV	16:42
10	Cody	4 JV	16:58
11	Millis, J.	6 JV	17:10
12	Minkoff	12 JV	17:55
13	DeSelle	14 JV	18:10
14	Dranow	27 JV	19:14
15	Meizler	29 JV	19:25
16	Olson	32 JV	19:59
17	Lange	61 JV	24:31

Varsity Boys: 50 finishers
JV Boys: 65 finishers

Rancho Cotate Invitational
An impressive season debut for the red-and-gray of Montgomery. The varsity boys claim 6 of the top 9 places, the varsity girls take 6 of the top 11 and the JV boys put 4 in the top 6. The varsity teams are made up of light packs as the top 4 boys finish in a span of 4 seconds and the girls team placed runners 2 thru 5 in a 10-second window.

Regan Masi, Nick Millar, Jon Fitch and Drew Fagent all run faster than David Toomey's MHS best on this course, a 14:41 turned in 7 years ago. In addition, Zac Fitch runs the 7th-best MHS time here ever and Jason Fung turns in the 10th-best all-time for MHS.

On the girls side, Joy Terrilini runs the 4th-best in MHS history here and then the 2 frosh runners, Christy Sweeney and Kim Conley, debut with the 7th and 8th best MHS times, respectively. Elisa Pedersen turns in the 9th fastest mark all-time for MHS. Combined with the top 2 times from previous years by Sara Bel and Sarah Bashel, the current team has 6 of the top 9 MHS runners ever to race at Rancho. The boys team nearly matches that with 6 of the top 10 Vikings in Rancho history.

The personal record list is led by Andrew Gallagher, who cuts 2:13 from his 1999 effort. Amelia Thomas is next, taking 1:57 off her previous best. Charles Proctor is 1:50 better, than last year and Nick Millar cuts 1:30. Jason Fung PRs by 1:16. Greg DeSelle by 1:14. Joy Terrilini by 1:04 and Barbara Hall by 1:02. Many more PRs: Drew Fagent 0:52, Jeff Millis 0:50, Elisa Pedersen 0:33, Jake Minkoff 0:31, Jon Fitch 0:26, David Dranow 0:20, Regan Masi 0:18 and Zac Fitch 0:13.

Freshmen Matt Fitch and K.C. Cody have outstanding debut races for the JV squad.

Ed Sias Invitational
September 9 at Martinez
Course: 2.0 miles, rolling hills.

Girls	Place	Time	Pace
1	Bel S.	1 V	11:49
2	Bashel	6 V	12:48
3	Terrilini	16 V	13:20
4	Conley	17 V	13:21
5	Sweeney	22 V	13:27
6	Pedersen	25 V	13:34
7	Hall	32 F/S	15:18
8	Goepel	50 F/S	16:19
9	Gallagher, H.	72 F/S	16:58

Varsity Girls: 141 finishers

1. MONTGOMERY 52.2, Buchanan 114,
3. Vacaville 136.6, Maria Carrillo 144,
5. Livermore 153.6, Alhambra 185,
7. Granada 213.8, St. Francis 214,
9. Miramonte 232.10, Santa Rosa 242,
11. Campolindo 256.12, Acalanes 294,
13. Antioch 299.14, Las Lomas 346,
15. Beyer 378.16, Dublin 42

17. Berea Christian 437.18, Christian Brothers 508
Frosh/Soph Girls: 132 finishers

Boys	Place	Time	Pace
1	Masi	12 V	10:46
2	Millar	14 V	10:49
3	Fagent	15 V	10:52
4	Fitch J.	19 V	10:54
5	Fitch Z.	22 V	10:58
6	Fung	47 V	11:28
7	Gallagher, A.	2 F/S	11:29
8	Fitch M.	9 F/S	11:51
9	Cody	11 F/S	12:00
10	Proctor	81 V	12:02
11	McRae	34 JV	13:14
12	Millis	42 F/S	13:17
13	McHugh	64 JV	13:55
14	DeSelle	75 F/S	14:07
15	Dranow	114 JV	15:02
16	Rudnansky	118	15:05
17	Lange	172 JV	17:59
18	Smith	179 JV	18:46

Varsity Boys: 165 finishers

1. Buchanan 68.2, Piedmont 73.
3. MONTGOMERY 77.4, Bellarmine 82,
5. Granada 124.6, College Park 145,
7. Vacaville 158.8, Deer Valley 280
9. Acalanes 271.10, Liberty 312,
11. Miramonte 330.12, Las Lomas 338,
13. Dublin 364.14, Northgate 379.15, Antioch 400,
16. Santa Rosa 444.17, Livermore 444,
18. Campolindo 455.19, Berea Christian 503
20. Beyer 512.21, Bear Creek 570,
22. Christian Brothers 589.23, Benicia 595

JV Boys: 183 finishers
1. Bellarmine 15.2, College Park 48,
3. Campolindo 78.4, Acalanes 136,
5. Piedmont 140.6, Miramonte 154,
7. Las Lomas 217.8, Benicia 248,
9. MONTGOMERY 269.10, Santa Rosa 273,
11. Antioch 300.12, Deer Valley 312
Frosh/Soph Boys: 116 finishers
1. Livermore 82.2, Bellarmine 107,
3. MONTGOMERY 122.4, Acalanes 124,
5. Clayton Valley 130.6, College Park 149,
7. Santa Rosa 156.8, Antioch 165,
9. Bear Creek 223.10, Benicia 234,
11. Berean Christian 289.12, Deer Valley 296,
13. Campolindo 301.14, Beyer 312,
15. Miramonte 379

Contra Loma Classic Invitational
September 13 at Antioch
Course: 2.05 miles, steep hills

Girls	Place	Time	Pace
1	Bashel	2 V	14:06
2	Sweeney	7 V	14:39
3	Terrilini	8 V	14:40
4	Pedersen	12 V	15:03
5	Conley	14 V	15:18
6	Hall	2 JV	15:51
7	Thomas	8 JV	17:14

Varsity Girls

1. MONTGOMERY43.2, Bishop O'Dowd 78,
3. Antioch 80.4, Livermore 83,
5. St. Mary's 123.6, Castro Valley 167,
7. East Union 171.8, Deer Valley 179,
9. Liberty 216.10, Berean Christian 239

Boys	Place	Time	Pace
1	Fitch, Z.	5 V	11:51
2	Millar	6 V	11:53
3	Fitch, J.	7 V	11:58
4	Fagent	9 V	12:03
5	Fung	12 V	12:21
6	Masi	15 V	12:33
7	Gallagher, A.	20 V	12:43
8	Fitch, M.	3 JV	13:07
9	Proctor	4 JV	13:13
10	Cody	6 JV	13:31
11	Millis	23 JV	15:24
12	Meizler	32 JV	16:13
13	McHugh	33 JV	16:18
14	Olson	38 JV	16:33
15	DeSelle	43 JV	17:28
16	Lange	59 JV	21:20

Varsity Boys

1. MONTGOMERY 37.2, Castro Valley 57,
3. Deer Valley 95.4, St. Mary's 96.5, Antioch 136,
6. Liberty 141.7, Livermore 152,
8. Berean Christian 185.9, Urban 229

JV Boys
1. Castro Valley 32.2, MONTGOMERY 62,
3. Deer Valley 85.4, Bishop O'Dowd 98,
5. Antioch 129.6, Urban 152

Ed Sias Invitational, continued

from far behind early in the race. A strong race by Sarah Gastner for 6th is followed by the Viking pack of 4 runners between 16th 25th place. Joy Terrilini has another big PR, improving by 26 seconds over last year's time. Elisa Pedersen cuts 14 seconds from her best. Kim Conley and Christy Sweeney join their teammates as the top 6 runners in MHS history on this course, dating back to 1988.

Regan Masi leads the boys team again, running the 2nd fastest MHS time in history. Nick Millar ends up 4th on that list! Drew Fagent is 5th. Jon Fitch 6th and Zac Fitch 8th, all 5 boys finishing in a 12-second span.

Charles Proctor has the best PR at 1:35, followed by Nick Millar's 0:47. Greg DeSelle's 0:35, Julia Goepel's 0:33, Jason Fung's 0:32 and Drew Fagent's 0:31. Andrew Gallagher claims the 5th-fastest F/S mark all-time for MHS while Matt Fitch stands at 7th on the list.

Contra Loma Classic Invitational

The first appearance for MHS at this meet results in a double victory for the varsity teams. The girls win without their top runner and the boys jam 5 runners between 5th and 12th. Zac Fitch moving up to take over the top varsity spot for MHS. Barbara Hall nearly wins the JV girls race to earn a varsity position for the next meet!

Ed Sias Invitational

The girls team wastes no time in sending a strong message to the North Coast Section by winning this race with a margin of 62 points. Sara Bel is back on the winning track, coming

Viking Opener Invitational
September 16 at Spring Lake
Course: 2.0 miles, rolling

Girls	Place	Time	Pace
1	Terribilli	6 J/S 12:38	6:19
2	Conley	4 F/S 12:38	6:19
3	Basbel	9 J/S 12:45	6:22
4	Sweeney	5 F/S 12:45	6:22
5	Pedersen	12 J/S 12:56	6:28
6	Hall	18 F/S 13:56	6:58
7	Thomas	34 J/S 14:05	7:02
8	Goepel	49 F/S 15:18	7:39
9	Gallagher, H.	6 OG 15:24	7:42
10	Traverso	65 J/S 15:53	7:56

Junior/Senior Girls: 105 finishers
1. MONTGOMERY 25, 2. Maria Carrillo 32.
3. Antioch 43, 4. Castro Valley 43,
5. Santa Rosa 45, 6. Ukiah 77,
7. Sacred Heart 78, 8. Vantage 81,
9. Eureka 84, 10. Redwood 96, 11. Pine 120
12. El Dorado 133, 13. Willis 139
14. Terra Linda 142, 15. Ursuline 154,
16. Windsor 155, 17. Analy 155, 18. Fortuna 168,
19. Lower Lake 177, 20. Middletown 202,
21. Union Mine 222

Fresh Soph Girls: 113 finishers
1. Maria Carrillo 17, 2. MONTGOMERY 24,
3. Sacred Heart 61, 4. Petaluma 70,
5. Santa Rosa 74, 6. Castro Valley 87,
7. Rancho Cotate 89, 8. Ukiah 98,
9. Terra Linda 104, 10. Eureka 109,
11. Marin Catholic 109, 12. Ursuline 116,
13. Casa Grande 120, 14. Redwood 131,
15. Keseyville 132, 16. Union Mine 138,
17. Lower Lake 153, 18. Tamalpais 154,
19. Fortuna 170, 20. El Dorado 175,
21. Analy 209, 22. Santa Rosa Christian 214,
23. Pine 228, 24. Antioch 299
Open Girls: 48 finishers

Boys	Place	Time	Pace
1	Miller	3 Sr 10:20	5:10
2	Fitch, J.	5 Sr 10:31	5:15
3	Fitch, Z.	7 Sr 10:36	5:18
4	Masi	1 F/S 10:38	5:19
5	Fagent	8 Sr 10:41	5:20
6	Gallagher, A.	4 F/S 10:49	5:24
7	Fung	12 Jr 11:12	5:36
8	Fitch, M.	13 F/S 11:20	5:40
9	Cody	17 F/S 11:38	5:49
10	Proctor	32 Jr 11:49	5:54
11	Miller	28 F/S 12:09	6:04
12	McFae	4 OB 12:27	6:13
13	Flyer	53 Jr 12:35	6:17
14	Minkoff	55 Jr 12:36	6:18
15	Olsen	19 OB 13:25	6:42
16	DeSelle	23 OB 13:29	6:44
17	Meizler	33 OB 13:49	6:54
18	Hazen	34 OB 13:50	6:55
19	Rudansky	82 Jr 14:40	7:20
20	Lange	74 OB 17:19	8:39

Senior Boys: 68 finishers
1. MONTGOMERY 13, 2. Redwood 19,
3. Castro Valley 33, 4. Santa Rosa 42, 5. Ukiah 54,
6. Antioch 60, 7. Rancho Cotate 62, 8. Willis 84,
9. Windsor 85, 10. Analy 87, 11. Keseyville 101,
12. Petaluma 107, 13. Fortuna 127

Junior Boys: 87 finishers
1. Ukiah 20, 2. Castro Valley 23,
3. Sacred Heart 37, 4. Santa Rosa 50, 5. Eureka 60,
6. Redwood 72, 7. Cardinal Newman 73,
8. MONTGOMERY 87, 9. Maria Carrillo 87,
10. Casa Grande 114, 11. El Molino 116,
12. Willis 123, 13. Keseyville 131,
14. Rancho Cotate 132, 15. Analy 136,
16. Petaluma 145, 17. Headstung 150,
18. Antioch 152, 19. Lower Lake 162

Fresh Soph Boys: 120 finishers
1. MONTGOMERY 17, 2. Santa Rosa 23, 3. Redwood 32,
4. Analy 52, 5. Castro Valley 64, 6. Antioch 68,
7. Sacred Heart 93, 8. Cardinal Newman 96,
9. Rancho Cotate 117, 10. Casa Grande 120,
11. Ukiah 132, 12. Terra Linda 168, 13. Petaluma 140,
14. Elsin Allen 151, 15. El Molino 155,
16. Lower Lake 157, 17. Tamalpais 162,
18. Vantage 172, 19. Santa Rosa Christian 210,
20. Marin Catholic 214, 21. Willis 215,
22. Union Mine 217, 23. El Dorado 237,
24. Rincon Valley Christian 244, 25. Windsor 272

Open Boys: 77 finishers
1. Ukiah 14, 2. Castro Valley 18, 3. Analy 35,
4. MONTGOMERY 42, 5. Santa Rosa 48,
6. Sacred Heart 50, 7. Cardinal Newman 73,
8. Antioch 78, 9. El Molino 112,
10. Santa Rosa Christian 116, 11. Union Mine 138

NB/SQL Pre-Season Interlock
vs. Windsor, Cardinal Newman, Ursuline
September 20 at Foothill Park, Windsor
Course: 2.5 miles, very hilly

Girls	Place	Time	Pace
1	Sweeney	1 18:29	7:23
2	Basbel	2 18:30	7:24
3	Conley	3 18:35	7:26
4	Terribilli	4 18:40	7:28
5	Pedersen	5 18:43	7:29
6	Hall	7 20:42	8:16
7	Thomas	8 20:52	8:16
8	Goepel	12 22:19	8:55
9	Gallagher, H.	16 23:10	9:16
10	Traverso	17 23:29	9:23

Boys
1. MONTGOMERY 15, 2. Ursuline 61,
3. Windsor 85

Boys	Place	Time	Pace
1	Masi	1 14:58	5:59
2	Fitch, Z.	2 15:03	6:01
3	Fagent	3 15:07	6:02
4	Fitch, J.	4 15:17	6:06
5	Miller	7 15:27	6:10
6	Gallagher, A.	9 15:51	6:20
7	Fung	10 16:17	6:30
8	Fitch, M.	11 16:27	6:34
9	Cody	13 16:35	6:38
10	Proctor	14 16:51	6:44
11	Mis	19 18:05	7:14
12	McHugh	26 19:08	7:39
13	McHae	29 19:29	7:47
14	Dranow	30 19:30	7:48
15	Hazen	31 19:42	7:52
16	Olsen	33 20:12	8:04
17	DeSelle	34 20:17	8:06
18	Rudansky	36 20:55	8:22
19	Lange	45 26:21	10:32

Varsity Boys
1. MONTGOMERY 17, 2. Cardinal Newman 65,
3. Windsor 73

Viking Opener Invitational

Montgomery has its best day in the 16-year history of the Viking Opener, clearing 3 team titles and breaking 4 team school records over the 2-mile course.

Nick Miller led the boys with the 2nd-fastest time in school history, helping set team records for Senior Boys and Overall Boys. Jon Fitch became the 5th-fastest Viking in history. Regan Masi set a sophomore team record in leading the FIS team to a victory and team FIS record and Andrew Gallagher, who PR'd by 1:02, became the 3rd-best soph in school history. Matt Fitch ran the 2nd-best MHS freshman time ever and K.C. Cody moves to the 5th spot on that list.

In separate races, Joy Terribilli and Kim Conley tied for the 4th best time in school history. Christy Sweeney had the 6th best on that list.

The Junior/Senior Girls team breaks the school record for combined time.

Big PRs are recorded by Charles Proctor, with a 0:46 improvement; Annelia Thomas with 0:41; Nick Miller with 0:40; Jeff Mills with 0:40; Greg DeSelle with 0:39; and Joy Terribilli with 0:25.

Other PRs include Barbara Hall 0:16, Drew Fagent 0:15, Jon Fitch 0:13, Regan Masi 0:06, Zac Fitch 0:05, Jason Fung 0:04 and Elisa Pedersen 0:04.

Team members making Montgomery's All-Time Top 25 list include Elisa Pedersen, 8th overall; 5th Jr.; Zac Fitch, 9th overall; 9th Sr.; Regan Masi; 13th overall; Drew Fagent, 16th overall; 16th Sr.; Andrew Gallagher, 21st overall; Barbara Hall, 22nd overall; 10th So.; Annelia Thomas, 25th overall; 14th Sr.; Sarah Basbel, 29th Jr.; Jason Fung, 22nd Jr.; Hannah Gallagher, 5th Jr.; and Julia Goepel, 22nd So.

Pre-Season Interlock at Foothill Park

Montgomery runners take the top 5 spots in the girls race, led by Christy Sweeney, and the top 4 places in the boys race, with Regan Masi in front.

Cowchip Invitational
September 25 at Stafford Lake Park
Course: Varsity - 3.0 miles;
JV & Fresh/Soph - 2.0 miles

Varsity Girls	Place	Time	Pace
1	Conley	7 19:25	6:28
2	Basbel	9 19:29	6:31
3	Pedersen	10 19:34	6:32
4	Sweeney	13 19:37	6:32
4	Terribilli	14 19:37	6:32
4	Hall	40 22:39	7:33
4	Thomas	41 22:41	7:33

JV Girls	Place	Time	Pace
1	Goepel	28 15:57	7:58
2	Gallagher, H.	30 15:58	7:59
3	Traverso	36 16:13	8:06

Varsity Girls: 61 finishers
1. MONTGOMERY 53, 2. San Ramon Valley 61,
3. Monte Vista 83, 4. Vacaville 125,
5. St. Francis 126, 6. Novato 149,
7. Miramonte 170, 8. Alameda 178,
9. Vallejo 227, 10. Tamalpais 267
11. Monte Vista 524

JV Girls: 107 finishers

JV & Fresh / Soph Boys	Place	Time	Pace
1	Gallagher, A.	1 F/S 11:06	5:33
2	Fitch, M.	6 F/S 11:24	5:42
3	K.C. Cody	14 F/S 11:45	5:52
4	Mis	38 F/S 12:21	6:10
5	DeSelle	126 F/S 13:43	6:51
6	Hazen	127 F/S 13:45	6:52
7	Proctor	24 JV 12:26	6:13
8	Dranow	101 JV 14:04	7:02
9	Rudansky	114 JV 14:31	7:15
10	Meizler	122 JV 14:53	7:26
11	Flyer	123 JV 14:53	7:26
12	McHugh	124 JV 14:53	7:26
13	Lange	151 JV 19:12	9:36

Varsity Boys: 91 finishers
1. Jesuit 47, 2. Davis 93, 3. MONTGOMERY 98,
4. Vacaville 124, 5. Castro Valley 152, 6. Wood 183,
7. Amador Valley 191, 8. Alameda 191,
9. St. Ignatius 217, 10. San Leandro 226,
11. St. Joe 235, 12. Lick 233, 13. Yuba 384

JV Boys: 162 finishers
1. Wood 41, 2. Jesuit 63, 3. St. Ignatius 77,
4. San Ramon Valley 92, 5. Davis 221
6. Rancho Cotate 267, 7. Castro Valley 294,
8. Alameda 295, 9. Miramonte 308

JV Boys: 186 finishers
1. Jesuit 53, 2. San Ramon Valley 99,
3. St. Ignatius 120, 4. Castro Valley 159,
5. MONTGOMERY 185, 6. Miramonte 226,
7. Foothill 242, 8. Cardinal Newman 273,
9. Los Banos 309, 10. Wood 311, 11. Yuba 380,
12. Alameda 417, 13. Davis 419, 14. St. Joe 426,
15. San Leandro 454, 16. Tamalpais 488,
17. Beran Christian 493, 18. Monte Vista 497,
19. Woodside 502, 20. Lower Lake 523,
21. Sacred Heart Cathedral 528,
22. Amador Valley 632, 23. Branson 675

Cowchip Classic Invitational, continued

The Montgomery varsity teams were entered in the "Golden Chip" races for top teams. The girls again missing their top runner, pulled off a come-from-behind win over San Ramon Valley, led by freshman Kim Conley's 7th-place finish. Sarah Basbel, Elisa Pedersen, Christy Sweeney and Joy Terribilli were all within 12-seconds and 7 places of Conley.

The boys are beaten by a pair of Division I state ranked teams. The top 5 MHS boys are grouped between 13th and 28th with Regan Masi leading the way for the 4th time this season. Andrew Gallagher gets his first invitational win with a great final spring in the frosh/soph race, a field of 186 runners. Matt Fitch turns a fine race for 6th.

Julia Goepel is the top JV finisher for the MHS girls, taking 28th in a field of 107, two places ahead of Hannah Gallagher.

NBU/SCL Pre-Season Interlock vs. Maria Carrillo, Petaluma, Windsor, Cardinal Newman, Ursuline, El Molino and Casa Grande
September 26 at Foothill Park, Windsor
Course: 2.97 miles, rolling

Girls	Place	Time	Pace
1	Bei	1 V 17:33	5:54
2	Bashel	3 V 19:33	6:34
3	Conley	4 V 19:41	6:37
4	Sweeney	5 V 19:41	6:37
5	Terribilini	7 V 19:44	6:38
6	Pedersen	8 V 19:48	6:40
7	Thomas	13 V 21:41	7:18
8	Hall	14 V 21:43	7:18
9	Goepel	7 JV 24:33	8:13
10	Gallagher, H.	9 JV 25:23	8:31
11	Traverso	10 JV 25:31	8:33

Varsity Girls: 34 finishers
1. MONTGOMERY 20, 2. Maria Carrillo 39,
3. Petaluma 76, 4. Ursuline 99

BOYS	Place	Time	Pace
1	Masi	1 V 16:20	5:29
2	Fitch, Z.	2 V 16:23	5:30
3	Fagent	3 V 16:26	5:31
4	Fitch, J.	4 V 16:27	5:32
5	Millar	5 V 16:29	5:33
6	Gallagher, A.	9 V 17:15	5:48
7	Fitch, M.	1 JV 18:00	6:03
8	Cody	2 JV 18:15	6:08
9	Proctor	3 JV 18:54	6:21
10	Mills	4 JV 19:22	6:31
11	McPae	5 JV 19:57	6:43
12	Minkoff	7 JV 20:16	6:49
13	Melzier	10 JV 20:30	6:54
14	Dranow	11 JV 20:48	7:00
15	DeSelle	12 JV 21:00	7:04
16	Olson	14 JV 21:05	7:05
17	Fryer	17 JV 21:37	7:16
18	McHugh	25 JV 21:51	7:21
19	Hazen	24 JV 22:38	7:37
20	Rudnansky	25 JV 22:39	7:37
21	Lange	41 JV 29:12	9:48

Varsity Boys: 44 finishers
1. MONTGOMERY 15, 2. Maria Carrillo 74,
3. Cardinal Newman 94, 4. El Molino 117,
5. Windsor 123, 6. Petaluma 127,
7. Casa Grande 147
JV Boys: 43 finishers
1. MONTGOMERY 15, 2. Maria Carrillo 58,
3. Cardinal Newman 66, 4. El Molino 107

Pre-Season 3-Miller at Spring Lake

The varsity boys sweep the top 5 spots in a 7-team meet, led again by Regan Masi. Zac Fitch, Drew Fagent, Jon Fitch and Nick Millar are all within 9 seconds of Masi. Fagent PRs by 23 seconds and Gallagher by 18.

The varsity girls claim 6 of the top 8 positions on their way to a 19-point win over league rival Maria Carrillo. Sara Bei returns to lead the way and then the Viking pack has a 15-second spread among 5 runners. Joy Terribilini PRs by 11 seconds; Amelia Thomas by 8.

The JV boys rack up another perfect score for the Vikings with freshmen Matt Fitch and K.C. Cody leading the charge. The first high school win for Matt Fitch. Charles Proctor once again records the big PR, cutting 18 seconds from his 1999 best.

Julia Goepel lead the MHS girls JV runners, taking 7th in a field of 19.

Iolani Invitational In Hawaii

In 90 degree heat with high humidity, the Viking varsity troops make the first out-of-state trip in school cross country history a memorable one by dominating both the boys and girls races.

Iolani Invitational
September 30 at Kualoa Ranch
Oahu, Hawaii
Course: 3.0 miles, hilly and hot

Girls	Place	Time	Pace
1	Bei	1 8:42	6:14
2	Bashel	7 20:57	6:44
3	Terribilini	8 21:00	6:45
4	Pedersen	11 21:20	6:51
5	Conley	12 21:22	6:52
6	Sweeney	14 21:41	6:58
7	Thomas	43 23:54	7:41

Varsity Girls: 67 finishers

1. MONTGOMERY 39, 2. Antioch 67,
3. Iolani 101, 4. Pac-Five 101, 5. Kamehameha 112,
6. Punahou 120, 7. Clovis West 166,
8. Roosevelt 194, 9. Kaiser 209

Boys	Place	Time	Pace
1	Millar	1 17:14	5:44
2	Masi	3 17:21	5:47
3	Fitch, Z.	4 17:22	5:47
4	Fitch, J.	6 17:32	5:50
5	Fagent	11 17:48	5:56
6	Gallagher, A.	22 18:38	6:12
7	Fung	26 18:48	6:16

Varsity Boys: 92 finishers

1. MONTGOMERY 25, 2. Clovis West 53,
3. Kamehameha 104, 4. Punahou 116, 5. Milliani 161,
6. Iolani 166, 7. Antioch 167, 8. Roosevelt 177,
9. Pac-Five 210, 10. H.P.A. 251, 11. Kaiser 325

NBL Dual Meet vs. Piner
October 4 at Foothill Park, Windsor
Course: 3.1 miles, hilly

Girls	Place	Time	Pace
1	Bashel	1 22:52	7:22
2	Sweeney	3 22:54	7:23
3	Conley	5 22:55	7:23
4	Pedersen	6 23:02	7:25
5	Terribilini	9 23:05	7:26
6	Thomas	11 25:29	8:13
7	Hall	12 25:41	8:17
8	Goepel	1 JV 28:03	9:02
9	Traverso	2 JV 29:07	9:23

Varsity Girls
MONTGOMERY 15, Piner 48

Boys	Place	Time	Pace
1	Fitch, Z.	1 V 18:52	6:21
2	Masi	2 V 19:04	6:25
3	Fagent	3 V 19:05	6:25
4	Fitch, J.	4 V 19:14	6:28
5	Millar	5 V 19:23	6:31
6	Gallagher	6 V 19:24	6:31
7	Fung	7 V 20:02	6:44
8	Fitch, M.	1 JV 20:17	6:49
9	Proctor	2 JV 20:25	6:52
10	Cody	3 JV 20:26	6:52
11	Mills	4 JV 21:10	7:07
12	Minkoff	5 JV 23:19	7:51
13	Hazen	6 JV 23:32	7:55
14	McHugh	7 JV 23:37	7:57
15	Olson	8 JV 23:27	7:53
16	Fryer	9 JV 23:37	7:57
17	DeSelle	10 JV 23:56	8:03
18	Rudnansky	12 JV 26:56	9:04
19	Lange	13 JV 32:29	10:56

Varsity Boys
MONTGOMERY 15, Piner - incomplete
JV Boys
MONTGOMERY 15, Piner - incomplete

NBL Tri-Meet vs. Santa Rosa and
Maria Carrillo
October 11 at Spring Lake
Course: 2.97 miles, rolling

Girls	Place	Time	Pace
1	Bei	1 V 17:38	5:56
2	Bashel	3 V 18:58	6:23
3	Sweeney	7 V 19:06	6:25
4	Pedersen	8 V 19:12	6:27
5	Terribilini	9 V 19:28	6:33
6	Conley	10 V 19:39	6:36
7	Thomas	16 V 21:51	7:21
8	Hall	20 V 21:38	7:17
9	Gallagher	2 JV 23:19	7:51
10	Traverso	4 JV 23:42	7:58
11	Goepel	5 JV 24:26	8:10

Varsity Girls: 23 finishers

MONTGOMERY 28, Maria Carrillo 38,
Santa Rosa 61
JV Girls: 9 finishers

Boys	Place	Time	Pace
1	Masi	1 V 15:57	5:19
2	Fitch, Z.	2 V 16:01	5:20
3	Millar	3 V 16:11	5:23
4	Fitch, J.	4 V 16:13	5:24
5	Fagent	7 V 16:14	5:24
6	Gallagher, A.	8 V 16:35	5:31
7	Fung	10 V 16:54	5:38
8	Fitch, M.	1 JV 17:04	5:41
9	Cody	2 JV 17:11	5:43
10	Mills, B.	16 V 18:28	6:09
11	Proctor	3 JV 18:36	6:12
12	McPae	4 JV 18:48	6:16
13	Fryer	7 JV 19:34	6:31
14	Melzier	8 JV 19:46	6:35
15	Dranow	10 JV 19:47	6:35
16	Minkoff	14 JV 19:49	6:36
17	Olson	19 JV 20:16	6:45
18	McHugh	20 JV 20:46	6:55
19	DeSelle	21 JV 21:27	7:09
20	Rudnansky	22 JV 22:30	7:30
21	Lange	25 JV 26:16	8:49

Varsity Boys: 23 finishers

MONTGOMERY 15, Santa Rosa 46,
Maria Carrillo 80
Junior Varsity Boys: 31 finishers
MONTGOMERY 15, Santa Rosa 45,
Maria Carrillo - incomplete

Iolani Invitational In Hawaii, continued

Both teams run very smart races in the heat, moving up throughout the course and both team end up 28 points ahead of their nearest competition. Sara Bei wins the girls race by nearly a minute-and-a-half. Six Viking girls earn medals.

Nick Millar gets his first high school cross country win, taking the lead with just a half-mile left in the race. Regan Masi, in 3rd, Zac Fitch, 4th and Jon Fitch, 6th, give MHS 4 of the top 6.

NBL Dual Meet vs. Piner at Foothill Park

Only the girls team faces competition and they show no signs of jetlag in sweeping the top 5 places and taking 7 of the top 8. Sarah Bashel leads the pack this time, only 13 seconds separating the Viking top 5.

Zac Fitch leads the varsity boys to a perfect score and little brother Matt does the same for the JV boys.

Castro Valley Invitational
 October 14 at Canyon Middle School
 Varsity Course: 3.0 miles, hilly
 Frosh/Soph/JV Course: 2.1 miles, hilly

Varsity Girls	Place	Time	Pace
1 Bel	1	18:16	6:05
2 Pedersen	10	20:41	6:53
3 Sweaney	12	20:48	6:56
4 Conley	13	20:50	6:56
5 Terrillini	15	20:54	6:58
6 Thomas	32	22:35	7:31
7 Hall	35	22:39	7:33
F/S Girls	Place	Time	Pace
1 Goepel	59	17:24	8:17

Varsity Girls: 79 finishers

- MONTGOMERY 36, 2, Antioch 51,
- College Park 70, 4, Castro Valley 84,
- Monte Vista 106, 6, Ygnacio Valley 184,
- Berean Christian 188

Frosh/Soph Girls: 145 finishers

Varsity Boys	Place	Time	Pace
1 Fitch, Z	7	16:57	5:39
2 Miller	10	17:09	5:43
3 Mast	11	17:13	5:44
4 Fitch, J.	12	17:15	5:45
5 Gallagher, A.	23	17:46	5:55
6 Fung	38	18:18	6:06
JV & F/S Boys	Place	Time	Pace
1 Fitch, M.	1 Fr	12:18	5:51
2 Cody	3 Fr	12:33	5:58
3 Mills	10 F/S	12:52	6:07
4 Hazen	32 Fr	14:53	7:05
5 Diarrow	88 JV	15:25	7:20
6 DeSelle	102 F/S	15:39	7:27
7 Lange	129 JV	19:03	9:04

Varsity Boys: 155 finishers

- MONTGOMERY 55, 2, College Park 63,
 - Castro Valley 70, 4, Del Campo 76,
 - Antioch 179, 6, Ygnacio Valley 176,
 - Alameda 183, 8, Foothill 209,
 - Westmoor 255, 10, Alhambra 259
- Frosh/Soph Boys: 142 finishers**
Freshman Boys: 81 finishers
JV Boys: 131 finishers

NBL Tri-Meet vs. Santa Rosa and Maria Carrillo at Spring Lake

The girls varsity, led by Sara Bel again, survive a strong challenge from Maria Carrillo to win by 10 points. Amelia Thomas cuts 50 seconds from her previous PR, Christy Sweaney is 35 seconds faster than her first try on the course and Joy Terrillini has a 16-second PR. Elisa Pedersen cuts 0:14 off her best and Kim Conley improves by 2 seconds.

Sweaney becomes the #4 Viking All-Time and she is followed on that list by Terrillini (7th), Conley (8th) and Thomas (20th).

The boys varsity records a 15-point sweep for the 3rd time this season with Regan Masti in front, tying the school sophomore record. PRs are earned by Andrew Gallagher (0:40), Jason Fung (0:18), Nick Millar (0:18), Jon Fitch (0:14), Drew Fagant (0:12), Zac Fitch (0:09) and Masti (0:09).

Those moving up on Montgomery's All-Time list include Masti (9th), Zac Fitch (9th), Millar (13th), Jon Fitch (14th), Fagant (15th) and Gallagher (24th).

Matt Fitch runs the 2nd-fastest JV time in course history to lead a top-5 sweep for the Vikings in that race. K.C. Cody's time is 3rd-best in course history for JV runners. The also become the 2nd- and 3rd-fastest freshmen in school history.

NBL Tri-Meet vs. Ukiah and Elsie Allen
 October 18 at Ukiah High School
 Course: 3.1 miles, hilly

Girls	Place	Time	Pace
1 Bel	1	21:39	6:58
2 Sweaney	2	22:22	7:11
3 Pedersen	3	22:25	7:12
4 Bashel	4	22:26	7:13
5 Conley	5	22:28	7:13
6 Terrillini	6	22:28	7:13
7 Hall	9	25:30	8:30
8 Goepel	16	27:54	9:18

Varsity Girls: 21 finishers

- MONTGOMERY 15, Ukiah 48,
- Elsie Allen - Incomplete

Boys

Place	Time	Pace
1 V	17:47	5:43
2 V	17:48	5:43
4 V	17:57	5:46
7 V	18:21	5:54
8 V	18:44	6:01
9 V	18:54	6:04
1 J.V	19:16	6:12
2 J.V	19:34	6:17
4 J.V	20:03	6:27
5 J.V	20:23	6:33
7 J.V	20:58	6:44
10 J.V	22:17	7:10
14 J.V	23:05	7:25
17 J.V	23:52	7:40
19 J.V	24:57	8:02
20 J.V	26:39	8:35

Varsity Boys: 17 finishers

- MONTGOMERY 20, Ukiah 38,
- Elsie Allen - Incomplete

Junior Varsity Boys: 29 finishers

- MONTGOMERY 19, Ukiah 37,
- Elsie Allen - Incomplete

Castro Valley Invitational

Outstanding tactical races by varsity teams once again. Both teams are hardly noticed in their races until the later stages when one Viking after another passes straggling competitors. For the 4th time this season the boys and girls varsity teams win invitational titles on the same day, a feat never before accomplished by Montgomery.

Sara Bel misses the course record by just 3 seconds in recording a 20-second PR for the win. She is joined by Elisa Pedersen, Christy Sweaney, Kim Conley and Joy Terrillini as the top 6 Viking runners ever to run this course. Amelia Thomas and Barbara Hall also make the Viking Top Ten list in 9th and 10th.

Zac Fitch has his best performance of the year to lead the boys and his time has been bettered by only one other Viking in history, Peter Vincent way back in 1982. Nick Millar is now 3rd best on the list, Regan Masti 5th, Jon Fitch 6th and Andrew Gallagher 10th.

Matt Fitch runs a terrific race to win the boys' freshman division, eclipsing Jason DeSelle's all-time Viking frosh/soph best by 3 seconds. K.C. Cody notches the 4th-best time on the list and Jeff Mills is now 7th.

NBL Tri-Meet vs. Ukiah and Elsie Allen at Ukiah

Considered a threat before the season began, Ukiah's boys team proves to be no match for this year's Vikings. Zac and Jon Fitch make it a 1-2 MHS finish and spur an 18-point win.

The girls team cruises to the top 6 places to rack up a perfect score of 15. K.C. Cody wins his first high school race in the JV boys event.

Mt. San Antonio College Invitational
 October 21 at Mt. San Antonio College
 Course: 2.93 miles, hilly

Girls	Place	Time	Pace
1 Bel	1	17:19	5:54
2 Bashel	24	18:55	6:27
3 Pedersen	37	19:16	6:34
4 Sweaney	39	19:22	6:36
5 Terrillini	41	19:23	6:36
6 Conley	71	20:07	6:51
7 Thomas	93	20:53	7:07

Varsity Girls: 117 finishers

- Buchanan 116, 2 San Lorenzo Valley 117, 3 Peninsula 129,
- Quartz Hill 133, 5 MONTGOMERY 142, 6 Canyon 149,
- San Ramon Valley 170, 8 Dana Hills 203, 9 Ayala 225,
- Torrey Pines 238, 11 Muirfield Valley 255,
- Newport Harbor 274, 13 Redlands East Valley 306,
- Ranoma 317, 15 Heix 333, 16 Granada 385,
- Woodland 445

Boys

Place	Time	Pace
1	4:1	16:08
2	4:3	16:09
3	7:6	16:31
4	8:1	16:33
5	9:5	16:48
6	10:7	17:09
7	10:9	17:14

Varsity Boys: 126 finishers

- Long Beach Poly 67, 2 Canyon 125, 3 Rialto 165,
- Don Lugo 167, 5 Don Bosco 192, 6 Vista 205,
- Buchanan 224, 8 Dana Hills 225, 9 Belmont 227,
- Newport Harbor 228, 11 Rubidoux 244, 12 Davis 249,
- Granada 298, 14 Ranoma 320, 15 Thousand Oaks 324,
- Fountain Valley 329, 17 MONTGOMERY 336, 18 Horizon 378

Mt. SAC Invitational

Montgomery qualifies to run in the Team Sweepstakes races against the best teams in the state of California.

Four of the nation's top-ranked teams finish in front of the Viking girls, the first time this season that MHS did not win. The MHS girls beat all Division II teams in the race and come out of the meet as the top-ranked Division II team in the state of California!

Sara Bel starts far back in the pack, crossing the first mile in 5:45. When the steep hills begin she maintains an identical pace, moving up to 4th place at the halfway mark. Sara takes the lead by 2 miles and finishes first in 17:19, a 5:46-per-mile average. Sarah Bashel set a 2-second PR on the course in her best race of the season.

Huge PRs were established by Joy Terrillini, who cut 1:25 from her 1999 time, and Elisa Pedersen, who ran 1:13 faster this year. Amelia Thomas had a terrific race, nearly beating her Spring Lake PR on a much tougher course!

The boys Sweepstakes race was also packed with national-caliber teams. Nick Millar led the way for MHS, cutting 55 seconds from his time of a year ago. Zac Fitch was right behind him with a 26-second PR. All the returning Vikings had great PRs. Jon Fitch cut off 1:19 and both Drew Fagant and Regan Masti were 30 seconds faster than in 1999.

First-timers Christy Sweaney, Andrew Gallagher and Matt Fitch had their best races of the season.

NBL Tri-Meet vs. Rancho Cotate, Cardinal Newman and Ursuline
October 25 at Spring Lake
Course: 2.97 miles, rolling

Girls	Place	Time	Pace	
1	Sweeney	2 V	20:17	6:49
2	Bashel	3 V	20:17	6:49
3	Pedersen	4 V	20:18	6:50
4	Conley	5 V	20:21	6:51
5	Terriblino	6 V	20:36	6:56
6	Thomas	7 V	22:03	7:25
7	Hall	8 V	23:15	7:29
8	Gallagher, H.	1 JV	23:54	8:02
9	Goepel	2 JV	24:14	8:08

Varsity Girls: 22 finishers
MONTGOMERY 20, Rancho Cotate 54, Ursuline 64
JV Girls: 7 finishers

Boys	Place	Time	Pace	
1	Fitch, Z.	1 V	16:27	5:32
2	Millar	2 V	16:33	5:34
3	Fitch, J.	3 V	16:35	5:35
4	Masi	5 V	16:53	5:41
5	Fagent	6 V	16:58	5:42
6	Gallagher, A.	7 V	17:04	5:44
7	Fung	9 V	17:34	5:54
8	Fitch, M.	10 V	17:34	5:54
9	Cody	1 JV	17:32	5:54
10	Millis	2 JV	18:17	6:09
11	McRae	3 JV	18:39	6:16
12	Proctor	4 JV	19:00	6:23
13	Fryer	5 JV	19:11	6:27
14	McHugh	8 JV	19:50	6:40
15	Minkoff	13 JV	20:35	6:55
16	Olson	14 JV	20:37	6:56
17	Dranow	16 JV	21:05	7:05
18	Mazler	18 JV	21:29	7:14
19	DeSelle	22 JV	21:49	7:20
20	Rudansky	23 JV	22:32	7:35

Varsity Boys: 14 finishers
MONTGOMERY 17, Cardinal Newman 60, Rancho Cotate 63
Junior Varsity Boys: 34 finishers
MONTGOMERY 15, Rancho Cotate 53, Cardinal Newman 65

NBL Tri-Meet vs. Rancho Cotate, Ursuline and Cardinal Newman at Spring Lake

The varsity girls finish off their second consecutive undefeated season with a record of 12 wins and no losses and extend their unbeated dual meet string to 23 in-a-row. The varsity boys end up undefeated as well with a record of 15-0 and a winning streak of 18. The JV boys rack up another perfect score and another undefeated season, their 4th in-a-row at 10-0. The winning streak for JVs is now 45 straight dual meets over 5 years.

A couple of days of hard rain leaves the course in very bad condition with lots of water and a very slippery surface -- a very tough day for setting PRs.

Three JV runners manage to better their previous bests, led by Mike McHugh's 56-second improvement. Ben Fryer runs his 3rd-straight PR, cutting off 23 seconds, and Jeff Mills has a fine race to break his PR by a single second. K.C. Cody wins the JV race by 45 seconds and Hannah Gallagher outruns teammate Julia Goepel by 20 seconds to win the girls JV race.

Zac Fitch leads the way in 1-2-3 Viking finish in the varsity boys. Jason Fung out-kicks frosh Matt Fitch for the final varsity spot to compete in the NBL meet.

Freshman Christy Sweeney leads the MHS girls for the 2nd time this season, as the Vikings take places 2 through 8 in the varsity girls race.

North Bay League Championships
November 3 at Spring Lake
Course: 2.97 miles, rolling

Girls	Place	Time	Pace	
1	Bei	2 V	16:57	5:42
2	Bashel	4 V	18:46	6:19
3	Pedersen	6 V	19:26	6:32
4	Sweeney	7 V	20:06	6:46
5	Conley	8 V	21:31	7:14
6	Thomas	18 V	21:49	7:20
7	Hall	32 V	22:50	7:41
8	Traverso	5 JV	23:52	8:02
9	Goepel	7 JV	24:07	8:07
10	Gallagher, H.	8 JV	24:19	8:11

Varsity Girls: 45 finishers
MONTGOMERY 27, 2, Maria Carrillo 51, Santa Rosa 80, Ukiah 107, Rancho Cotate 126, Ursuline 146, Piner 158, 8, Elsie Allen - incomplete
Junior Varsity Girls: 26 finishers

Boys	Place	Time	Pace	
1	Millar	1 V	16:10	5:26
2	Fitch, Z.	2 V	16:23	5:30
3	Fitch, J.	3 V	16:31	5:33
4	Fagent	7 V	16:49	5:39
5	Gallagher, A.	12 V	16:59	5:43
6	Masi	22 V	17:10	5:46
7	Fung	24 V	17:12	5:47
8	Fitch, M.	1 JV	17:08	5:46
9	Cody	2 JV	17:14	5:48
10	Millis	3 JV	17:57	6:02
11	Proctor	5 JV	18:14	6:08
12	McRae	11 JV	18:50	6:20
13	Fryer	17 JV	19:13	6:28
14	Dranow	26 JV	19:52	6:41
15	Olson	28 JV	19:56	6:42
16	McHugh	29 JV	20:02	6:44
17	DeSelle	31 JV	20:18	6:50
18	Minkoff	32 JV	20:24	6:52
19	Rudansky	54 JV	23:01	7:44
20	Langs	60 JV	29:10	9:49

Varsity Boys: 52 finishers
MONTGOMERY 25, 2, Santa Rosa 51, Ukiah 68, 4, Cardinal Newman 113, Rancho Cotate 134, 6, Maria Carrillo 143, Elsie Allen 177, 8, Piner - incomplete
Junior Varsity Boys: 60 finishers
MONTGOMERY 22, 2, Santa Rosa 52, Ukiah 74, 4, Cardinal Newman 95, Rancho Cotate 103

North Bay League Championships

Nick Millar is crowned king of the NBL by pulling away from teammates Zac and Jon Fitch late in the race to lead a 1-2-3 Viking sweep, the first time this has occurred in MHS cross country history. Drew Fagent earns NBL First-Team honors by taking 7th and Andrew Gallagher wraps up the team title for MHS by coming through in 12th. The winning score of 25 points is the lowest for MHS since 1995.

More school history is made: this is the first time MHS has won back-to-back titles for both boys and girls. The varsity girls score only 27 points, putting 5 runners in the top 8, led by Sara Bei's 2nd-place finish. NBL First-Teamers include Sarah Bashel (for the 4th straight year), Elisa Pedersen, Christy Sweeney and Kim Conley. Amelia Thomas improves from 29th last year to 18th this year. The girls combined team time is a school record and the 2nd-fastest in Spring Lake history.

The JV boys are even more dominant in their race, taking the top 3 spots and scoring only 22 points; the JV Vikings' lowest total in 9 years. Matt Fitch is crowned JV league champ, leading teammates K.C. Cody and Jeff Mills across the line.

North Coast Section Championships
November 18 at Ukiah High School
Course: 3.1 miles, grass and hills

Girls	Place	Time	Pace	
1	Bei, S.	2	17:58	5:46
2	Conley	5	20:31	6:36
3	Bashel	6	20:31	6:36
4	Sweeney	10	20:46	6:41
5	Terriblino	13	20:58	6:44
6	Pedersen	16	21:10	6:48
7	Thomas	36	22:51	7:21

Division II Varsity Girls: 12 teams, 83 finishers
MONTGOMERY 36, 2, San Ramon Valley 38, Clayton Valley 94, 4, Carondelet 126, Ukiah 156, 6, Foothill 173, 7, Santa Rosa 181, Eureka 208, 9, Rancho Cotate 228, Casa Grande 271, 11, Washington 293, Mt. Eden 324

Boys	Place	Time	Pace	
1	Fitch, Z.	12	17:20	5:34
2	Millar	14	17:28	5:37
3	Fitch, J.	16	17:43	5:42
4	Masi	22	17:51	5:44
5	Gallagher, A.	24	17:54	5:45
6	Fagent	38	18:31	5:57
7	Fung	42	18:39	6:00

Division I Varsity Boys: 16 teams, 114 finishers
Eureka 43, 2, De La Salle 63, 3, Granada 70, MONTGOMERY 81, 5, San Ramon Valley 168, Santa Rosa 187, 7, Ukiah 201, 8, Foothill 242, Clayton Valley 253, 10, Monte Vista 297, Rancho Cotate 298, 12, California 325, Newark-Memorial 325, 14, Mt. Eden 350, Casa Grande 410, 16, Washington 459

NBL Championships, continued

Spring Lake PRs are set by Kim Conley (by 31 seconds), Charles Proctor (22), Jeff Mills (20), Nick Millar (20), Jon Fitch (11), Elisa Pedersen (7), Zac Fitch (5) and Greg DeSelle (3). On the MHS boys' all-time list, Nick Millar ends up 4th, Zac Fitch is 7th, Regan Masi 9th, Jon Fitch 11th, Drew Fagent 15th and Andrew Gallagher 24th.

On the girls' all-time list, Sara Bei is the school record holder, Sarah Bashel is 2nd, Elisa Pedersen 4th, Christy Sweeney 5th, Kim Conley 6th, Joy Terriblino 8th, Amelia Thomas 20th and Barbara Hall 25th.

Matt Fitch and K.C. Cody are the 2nd- and 3rd fastest JV runners in NBL history. Nick Millar (16th), Zac Fitch (21st) and Regan Masi (23rd) make the all-time NBL list and Sara Bei (2nd), Sarah Bashel (5th), Elisa Pedersen (8th), Christy Sweeney (9th), and Kim Conley (22nd) are on the girls all-time NBL list.

North Coast Section Championships

The #1 state-ranked Viking girls face off with #3 San Ramon Valley and the race is a barn burner. Both teams put 4 runners in the top 10 but then Joy Terriblino clinches the team title by holding off the San Ramon 5th runner, giving MHS a 2-point win and the 2nd NCS title in school history.

The boys' team faces 3 of the state's top 8 Division II teams and end up 4th. While no Viking boys break the top 10, all 5 are bunched into spots between 12th and 24th. Zac Fitch leads the team for the 6th time this season and qualifies for the state meet individually for the 2nd straight year. The boys' team makes the state meet by virtue of meeting an at-large time standard, breaking the qualifying mark by 1.45.