

Montgomery High Cross - Country

2003 Season Results and Statistics



Varsity Boys

Michael Bailey, Senior, 2nd Yr.**
K.C. Cody, Senior, 4th Yr.
Matt Fitch, Senior, 4th Yr.
Alex Conley, Junior, 3rd Yr.
Sean Bashel, Sophomore, 1st Yr.
Jeremy Cutcher, Freshman
David Lee, Freshman
Blake McDowell, Freshman
*2nd-year team member
**3rd-year team member

2003 Varsity Boys Meet Results

*Carrillo 39, Santa Rosa 56, **MHS 72**,
Analy 115, Healdsburg 135, SRC 154,
Piner 158.
***MHS 41**, Newman 42, Casa Grande 66,
Healdsburg 96, El Molino 113.
*Carrillo 23, **MHS 47**, Piner 70.
***MHS 18**, Rancho 39.
*Newman 31, **MHS 40**, Ukiah 55.
*Santa Rosa 26, **MHS 31**, Elsie Allen inc.

Junior Varsity Boys

Marcus Dunseth, Senior, 1st Yr.
Riku Onodera, Senior, 2nd Yr.**
Johannes Druehl, Junior, 1st Yr.
Daniel Hazen, Junior, 1st Yr.
Mark Murphy, Junior, 1st Yr.
Lachlan Hall, Sophomore, 2nd Yr.
Kyle Fritz, Sophomore, 1st Yr.
James Ryall, Sophomore, 1st Yr.
Xander Fung, Freshman
Kyle Griffiths, Freshman
Zack Potter, Freshman
Sebastian Wolf, Freshman
**3rd-year team member

2003 Junior Varsity Boys Meet Results

*Analy 55, Santa Rosa 56, **MHS 68**,
Carrillo 71, JS 170, Healdsburg 170,
St. Vincent 176, Petaluma 191
*Casa Grande 37, Newman 59, **MHS 61**,
Petaluma 91, Healdsburg 119, El Mo 159.
*Carrillo 15, **MHS 49**, Piner 82.
***MHS 15**, Rancho inc.
*Newman 26, **MHS 40**, Ukiah 61.
*Santa Rosa 17, **MHS 44**.

Varsity Girls

Kim Conley, Senior, 4th Yr.
Christy Sweaney, Senior, 4th Yr.
Marissa McAlder, Senior, 1st Yr.
Kate Blake, Junior, 3rd Yr.
Emma Conley, Junior, 3rd Yr.
Molly McManus, Junior, 2nd Yr.**
Marissa, Walsh, Junior, 2nd Yr.
**3rd-year team member

2003 Varsity Girls Meet Results

***MHS 36**, Carrillo 49, Santa Rosa 85,
Rancho 106, Petaluma 117, Analy 121,
SRC 188.
***MHS 23**, Ursuline 47, Petaluma 82,
Casa Grande 91.
*Carrillo 20, **MHS 36**, Piner 80.
***MHS 25**, Rancho 33.
***MHS 38**, Ukiah 42, Ursuline 45.
***MHS 21**, Santa Rosa 38.

Junior Varsity Girls

Amanda Magee, Senior, 1st Yr.
Michelle Perry, Senior, 2nd Yr.
Ashley Gross, Junior 1st Yr.**
Elizabeth Proctor, Junior, 2nd Yr.**
Anne-Elise Krug, Sophomore, 1st Yr.
Karin Dove, Freshman
Alex Gross, Freshman
Allie Oser, Freshman
**3rd-year team member

2003 Junior Varsity Girls Meet Results

***MHS 15**, St. Vincent 61, Santa Rosa 73,
Analy 83.
***MHS 20**, Ursuline 39, El Molino 80.
***MHS 15**, Carrillo Inc., Piner inc.
***MHS 15**, Rancho inc.
***MHS 20**, Ursuline 34, Ukiah inc.
***MHS 15**, Santa Rosa 48.

First Team NBL

Matt Fitch
K.C. Cody
Kim Conley
Christy Sweaney

Second Team NBL

Emma Conley

Season Records, 1982 to present

Varsity Boys				Varsity Girls					
Year	Dual Meets	NBL	NCS	Other	Year	Dual Meets	NBL	NCS	Other
1982	4	1	2nd	5th 2A	1982	1	4	5th	-
1983	9	0	1st	3rd 2A	1983	5	4	2nd	11th 2A
1984	9	0	1st	2nd 2A	1984	6	3	2nd	6th 2A
1985	5	0	1st	1st 2A	1985	4	1	2nd	6th 2A
1986	6	1	1st	8th 3A	1986	6	0	1st	9th 3A
1987	5	0	1st	3rd 3A	1987	5	1	3rd	12th 3A
1988	4	1	2nd	6th 3A	1988	1	4	5th	-
1989	9	0	1st	6th 3A	1989	1	8	5th	-
1990	7	1	2nd	1st Div. I	1990	3	4	4th	4th Div. I
1991	11	0	1st	3rd Div. II	1991	9	2	3rd	5th Div. II
1992	9	0	1st	1st Div. II	1992	5	3	4th	6th Div. II
1993	11	0	1st	1st Div. I	1993	2	10	5th	6th Div. I
1994	9	5	3rd	1st Div. I	1994	13	2	2nd	5th Div. I
1995	13	0	1st	4th Div. I	1995	12	1	2nd	5th Div. I
1996	15	1	2nd	1st Div. I	1996	8	5	4th	7th Div. I
1997	13	2	2nd	3rd Div. I	1997	9	1	2nd	2nd Div. III
1998	14	0	3rd	3rd Div. III	1998	10	1	2nd	1st Div. III
1999	11	1	1st	5th Div. I	1999	11	0	1st	3rd. Div. II
2000	15	0	1st	4th Div. II	2000	12	0	1st	1st Div. II
2001	12	2	3rd	5th Div. I	2001	11	1	2nd	1st Div. II
2002	15	1	1st	2nd Div. II	2002	16	0	1st	2nd Div. II
2003	8	6	4th	9th Div. II	2003	12	2	2nd	7th Div. II
Totals	214	22	13 NBL Titles, 5 NCS Titles	-	Totals	162	57	4 NBL Titles, 3 NCS Titles, 13th Title	-

Junior Varsity Boys				Junior Varsity Girls					
Year	Dual Meets	NBL	NCS	Other	Year	Dual Meets	NBL	NCS	Other
1982	4	1	1st	3rd	1982	0	1	2nd	-
1983	8	1	3rd	1st	1985	1	1	1st	-
1984	8	0	2nd	-	1986	2	0	Inc.	-
1985	5	0	2nd	1st	2001	8	0	1st	-
1986	6	0	1st	-	2002	14	3	1st	-
1987	6	0	1st	-	2003	13	1	2nd	-
1988	5	0	1st	-	Totals	38	6	3 NBL Titles	-
1989	9	0	1st	-					
1990	9	0	1st	-					
1991	9	0	1st	-					
1992	6	0	1st	-					
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	-					
2001	11	1	2nd	-					
2002	12	5	3rd	-					
2003	8	6	4th	-					
Totals	188	17	13 NBL Titles	-					

North Bay League Team Champions

Varsity Boys		Varsity Girls	
Year	Points	Year	Points
1976	25	1976	15
1979	32	1977	20
1983	26	1986	40
1984	39	1989	53
1985	23	2000	27
1986	36	2002	36
1987	26		
1989	36		
1991	30		
1992	27		
1993	39		
1995	38		
1999	34		
2000	25		
2002	35		

JV Boys		JV Girls	
Year	Points	Year	Points
1982	29	1982	23
1986	?	2001	18
1987	26	2002	15
1988	28		
1989	15		
1990	20		
1991	17		
1992	30		
1993	32		
1994	24		
2000	22		

North Bay League Individual Champions

Yr	Varsity Boys	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 Conlos	
'92	David Toomey	Yr JV Girls
'00	Nick Miller	'95 Sonya Gildden
'02	Matt Fitch	'01 Ashley Gnos
		'02 Julie Mills

NCS

Individual Champs

Yr	Varsity Boys	Varsity Girls
'72	Steve Ricker	'82 Paul Audiss
'85	Paul Cummings	'84 Derek Powell
'93	David Toomey	'85 Randall Watkins (F/S)
		'86 Jeff Fletcher
Yr Varsity Girls		'87 Barry Howell
'97	Sara Bel	'88 Dean Crane
'98	Sara Bel	'89 Kevin Boone
'99	Sara Bel	'90 Jason Selby

North Coast Section Team Champions

Varsity Boys		Varsity Girls	
Year	Points	Year	Points
1980	84 (3A)	1976	37 (3A)
1985	42 (2A)	1977	72 (3A)
1990	50 (I)	1998	54 (III)
1992	53 (II)	2000	36
1993	44 (I)	2001	51
1996	41 (I)		

State Meet

Yr	Varsity Boys	Varsity Girls
1997	Sara Bel	
1998	Sara Bel	
1999	Sara Bel	
2000	Sara Bel	

Practices		Meets	
Blake	58	Conley, K	15
Conley, E	57	Fitch	15
Conley, K	56	Cutcher	15
Fitch	56	Sweaney	15
McAdler	56	Bashel	14
Walsh	56	Blake	14
Conley, A	53	Conley, A	14
Cutcher	52	Conley, E	14
Cody	51	McAdler	14
Dove	50	Cody	13
Sweaney	49	Bailey	13
Fung	48	McDowell	13
McManus	48	Walsh	13
Perry	47	Dove	11
McDowell	46	Fritz	11
Bashel	44	Gnoss, Alex	11
Gnoss, Ash.	43	Lee	11
Gnoss, Alex	42	McManus	11
Bailey	41	Perry	11
Krug	41	Fung	10
Magee	41	Gnoss, Ash.	10
Onodera	41	Hall	10
Lee	40	Oser	10
Fritz	39	Krug	9
Ryall	38	Magee	9
Hazen	35	Onodera	9
Oser	34	Potter	9
Murphy	33	Proctor	9
Potter	33	Ryall	9
Proctor	32	Griffiths	8
Dunseth	30	Dunseth	7
Griffiths	27	Hazen	7
Hall	27	Wolff	7
Druehl	25	Murphy	6
Wolff	25	Druehl	5

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
Charles Proctor	412.6	'01
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

Cross Country Season Miles	
<u>Girls</u>	
Conley, K	321.3
Conley, E	309.8
Blake	309.6
McAdler	306.5
Sweaney	271.1
Walsh	260.6
Dove	229.7
McManus	227.6
Perry	214.6
Gnoss, Ash.	198.3
Magee	189.2
Gnoss, Alex	187.1
Krug	172.7
Proctor	143.6
Oser	140.7
<u>Boys</u>	
Fitch	354.4
Cody	318.8
Conley	284.3
Cutcher	262.4
Bailey	229.2
McDowell	227.0
Bashel	220.4
Fung	218.2
Lee	191.4
Onodera	183.0
Fritz	164.1
Ryall	157.2
Hazen	150.3
Murphy	143.9
Hall	143.3
Potter	139.6
Dunseth	134.9
Griffiths	112.1
Druehl	97.0
Wolff	92.2

Cross Country Career Miles	
<u>Girls</u>	
Conley, K	1333.0
Sweaney	1231.3
Blake	1009.6
Conley, E	964.0
McManus	795.7
Gnoss, Ash.	781.7
Proctor	668.3
Walsh	571.2
Perry	438.7
McAdler	306.5
Dove	229.7
Magee	189.2
Gnoss, Alex	187.1
Krug	172.7
Oser	140.7
<u>Boys</u>	
Fitch	1307.3
Cody	1214.7
Conley	952.7
Bailey	734.4
Onodera	661.2
Murphy	543.4
Hazen	459.9
Hall	379.7
Cutcher	262.4
McDowell	227.0
Bashel	220.4
Fung	218.2
Lee	191.4
Fritz	164.1
Ryall	157.2
Potter	139.6
Dunseth	134.9
Griffiths	112.1
Druehl	97.0
Wolff	92.2

Mileage All-Time Career List	
<u>Boys</u>	
1 Jason Fung, '02	1546.4
2 Zac Fitch, '01	1459.5
3 Jon Fitch, '01	1436.0
4 Jake Currie, '98	1365.3
5 Andrew Gallagher, '03	1323.5
6 Nick Millar, '01	1314.9
7 Matt Fitch, '04	1307.3
8 Jason DeSelle, '98	1250.6
9 K.C. Cody, '04	1214.7
10 Regan Masi, '03	1205.7
11 Greg Funk, '99	1194.0
12 David Toomey, '94	1112.3
13 John Staroba, '97	1078.0
14 David Dranow, '02	1021.8
15 Greg DeSelle, '03	1012.4
16 Charles Proctor, '02	989.7
17 Travis Phelps, '98	977.6
18 Alex Conley, '05	952.7
19 Jeff Godfrey, '91	926.1
20 Peter Keith, '90	911.6
21 Ryan Lew, '94	910.9
22 Brook Buonaccorsi, '98	907.2
23 Nate Bisbee, '93	885.1
24 Jake Minkoff, '02	850.0
25 Dave Intner, '90	846.8
<u>Girls</u>	
1 Kim Conley, '04	1333.0
2 Sara Bei, '01	1273.8
3 Christy Sweaney, '04	1231.3
4 Elisa Pedersen, '02	1198.1
5 Sara Bashel, '01	1162.8
6 April Malvino, '99	1105.2
7 Joy Terribilini, '02	1104.1
8 Kate Blake, '05	1009.6
9 Emma Conley, '05	964.0
10 Amy Bei, '99	911.5
11 Barbara Hall, '03	903.0
12 Sarah McClendon, '93	885.6
13 Diana Rancourt, '98	846.9
14 Amy Jordan, '92	835.1
15 Lisa Gay, '92	829.0
16 Molly McManus, '05	795.7
17 Ashley Gnoss, '05	781.7
18 Jamie Duncan, '93	779.8
19 Pamela Richardson, '95	725.3
20 Amelia Thomas, '02	674.3
21 Elizabeth Proctor, '05	668.3
22 Sonya Glidden, '98	665.9
23 Marisa Reichmuth, '96	618.6
24 Christina Cushing, '96	609.2
25 Erin Preston, '90	607.8

Miles per Season (Ave.)	
<u>Boys</u>	
1 Millar, '01	438.3
2 Masi, '03	428.0
3 Fung, '02	386.6
4 Toomey, '94	370.8
5 Z.Fitch, '01	364.9
6 Staroba, '97	359.3
7 J.Fitch, '01	359.0
7 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 Proctor, '02	329.9
14 A.Gallagher, '03	329.6
15 Fitch, M, '04	326.8
16 Britt, '01	325.0
17 Conley, '05	317.6
18 DeSelle, '98	312.7
19 Jf.Godfrey, '91	308.7
20 Finch, '95	305.0
21 Keith, '90	303.9
22 Cody, '04	303.7
23 R.Lew, '94	303.6
24 O'Neill, '91	302.7
25 G.Funk, '99	298.5
<u>Girls</u>	
1 Blake, '05	336.5
2 Conley, K, '04	333.3
3 Conley, E, '05	327.1
4 S. Bei, '01	318.5
5 Hendricks, '04	318.1
6 Sweaney, '04	307.8
7 McAdler, '04	306.5
8 Pedersen, '02	299.5
9 Handel, '03	297.8
10 McClendon, '93	295.2
11 Bashel, '01	290.7
12 Walsh, '05	285.6
13 Jordan, '92	278.4
14 Gay, '92	276.3
15 Malvino, '99	276.3
16 Terribilini, '02	276.0
17 McRae, '98	266.0
18 McManus, '05	265.2
19 Richardson, '03	262.8
20 Gnoss, Ash. '05	260.6
21 Duncan, '93	259.9
22 Mills, '06	255.2
23 Mayes, '89	251.3
24 Richardson, '95	241.8
25 Fischer, '88	234.5

Montgomery Teams: Year-by-Year Comparison 3-Mile Spring Lake Course

Varsity Girls	
Time	Year
1:32:41	2002 Handal, K. Conley, Hendricks, Sweeney
1:33:30	2000 S. Bel, Sarah, Sweeney, Pedersen, Termbini
1:33:32	2001 K. Conley, E. Conley, Handal, Sweeney, Pedersen
1:34:25	1998 S. Bel, Bashel, Makino, Termbini, Pedersen
1:36:46	1999 Bel, Bashel, Pedersen, Termbini, Hall
1:36:50	2003 K. Conley, Sweeney, E. Conley, Handal, Whish
1:38:12	1997 S. Bel, Bashel, Ranocurt, Halle, Makino
1:42:43	1995 Ranocurt, Hale, Von, Cushing, McKee
1:42:58	1994 G. Wessner, Jordan, Duncan, McClendon
1:43:11	1991 Richardson, Loden, Reichmuth, Halle, Colin
1:45:38	1996 Ranocurt, Halle, Pacheco, Finch, Makino
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 Mayes, Scott, Montague, Zelenak, Preston
1:54:31	1989 Gay, Jordan, Preston, J. Scott, Blackwell

Varsity Boys	
Time	Year
1:18:45	1992 Selby, Toomey, Sanborn, Hinkle, Bisbee
1:20:36	2000 Mast, Z. Fritch, Miller, J. Fitch, Fagert
1:21:22	2002 M. Fitch, Cody, Mast, Conley, Gallagher
1:21:55	1991 Lopez, Haluzak, Sanborn, Selby, Hinkle
1:22:15	1993 Toomey, Story, R. Lew, Toll Au, Higgins
1:22:30	1998 K. Funk, Staroba, Deselle, Finlay, G. Funk
1:22:45	1999 Mast, Z. Fritch, Miller, Fagert, J. Fitch
1:23:06	1989 Inver, J. Godfrey, Keith, O'Neill, Fitzwaller
1:23:16	1995 DeSelle, K. Funk, Staroba, Currie, Finlay
1:23:17	2001 M. Fitch, Gallagher, Cody, Proctor, Fung
1:23:21	1998 G. Funk, Z. Fritch, J. Fitch, Escobedo, Miller
1:23:36	1990 J. Godfrey, Lopez, Haluzak, Sanborn, Grife
1:23:45	1997 DeSelle, G. Funk, Currie, Escobedo, Z. Fritch
1:24:03	1988 Lewis, Keith, Downing, Stevenson, Inher
1:24:34	2003 M. Fitch, Cody, Conley, McDowell, Cudcher
1:26:33	1994 Staroba, Finlay, Fitch, DesSelle, Buonaccorsi

2-Mile Spring Lake Course

Junior/Senior Girls	
Time	Year
38:24	2002 K. Conley, Handal, Hendricks
38:19	2000 Termbini, Gashel, Pedersen
38:19	2003 Conley, Sweeney, Walsh
39:52	1994 Richardson, Reichmuth, Colin
40:13	1991 Gay, Duncan, Wessner
40:20	2001 Handal, Termbini, Hall
40:23	1996 Hale, Ranocurt, Pacheco
40:33	1999 S. Bel, Bashel, English
41:10	1995 Reichmuth, Cushing, Von
42:40	1997 Halle, A. Bel, McCoy
42:51	1987 Fisher, Mayes, Parker
43:19	1988 Mayes, Mayo, Montague
43:41	1992 McClendon, Duncan, Zbinden
45:10	1990 Gay, Jordan, Blackwell
45:31	1993 Richardson, Chaffin, Hause

Varsity Girls	
Time	Year
1:01:24	2002 K. Conley, Handal, Hendricks, Sweeney, Walsh
1:02:47	2001 K. Conley, Sweeney, Blake, E. Conley, Handal
1:02:55	1998 S. Bel, Bashel, Makino, Pedersen, Termbini
1:03:42	2000 Termbini, K. Conley, Bashel, Sweeney, Pedersen
1:05:33	2003 K. Conley, Sweeney, Walsh, Mckider, Blake
1:05:24	1989 S. Bel, Bashel, Pedersen, Termbini, Hall
1:07:17	1994 Richardson, Loden, Reichmuth, Colin, Ranocurt
1:08:00	1991 Gay, Wessner, Duncan, McClendon, Jordan
1:08:30	1995 Ranocurt, Reichmuth, Cushing, Von, McKee
1:09:07	1997 S. Bel, Halle, A. Bel, McCoy, Makino
1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
1:10:32	1996 Halle, Ranocurt, Pacheco, Finch, Makino
1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
1:13:40	1997 Fischer, Mayes, Mayo, Parker, Jones
1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
1:14:10	1988 Mayes, Mayo, Blackwell, Montague, Preston

Senior Boys	
Time	Year
31:27	2000 Miller, J. Fitch, Z. Fitch
32:01	1987 M. Conios, Walkers, Waidow
32:03	1992 Bisbee, Sanborn, Hinkle
32:03	1993 Toomey, Story, R. Lew
32:37	1996 Funk, Staroba, Finlay
33:11	1990 J. Godfrey, Grife, Felice
33:32	1991 Lopez, Haluzak, Clarke
33:34	2002 Gallagher, Mast, Mills
33:46	1997 DeSelle, Currie, B. Buonaccorsi
34:08	1988 Lewis, Downing, R. Conios
34:16	2003 Cody, Fitch, Bailey
34:25	1998 G. Funk, Escobedo, Koch
34:54	2001 Proctor, Fung, Fryer
35:29	1994 Fitch, Catalano, Erickson
42:23	1999 Carlsen, Ferrel, B. Mills

Junior Varsity Girls	
Time	Year
1:43:51	2002 Gross, McClanus, Richardson, Mills, Hall
1:46:19	2001 Gross, McClanus, Proctor, Hall, Thomas
1:50:27	2003 Dove, Ashley Gross, Alex Gross, Proctor, Krug
1:53:13	1995 Giddens, Fitch, Maddie, Makino, Bernard
1:56:00	1994 Ranocurt, Fitch, Maddie, M. Scott, Vail
2:02:17	1996 Maddie, L. Thomas, McCoy, Perry, A. Bel

Junior Varsity Boys	
Time	Year
1:27:42	1989 Boone, Garton, Parsons, del Campo, Hunt
1:28:13	1991 Story, Dorris, R. Lew, Obad, Flanagan
1:28:44	1988 Crane, O'Neill, R. Conios, Fitzwaller, R. Lynn
1:29:01	1990 Selby, Bisbee, Hunt, J. Waidow, Parsons
1:29:23	2000 M. Fitch, Cody, J. Mills, Proctor, McKee
1:29:55	1994 K. Funk, Currie, Erickson, Jackson, Strickland
1:30:00	1992 R. Lew, Greisberg, Higgins, Voroba, Rangel
1:32:38	1999 Gallagher, Carlsen, J. Mills, McKee, Wessner
1:33:15	1993 T. Buonaccorsi, Martinez, Cervato, Strickland, Wessner
1:33:52	1998 Britt, Band, Minkoff, Schiereth, Cho
1:34:24	1996 B. Buonaccorsi, Davis, Koch, Phelps, Chapin
1:34:27	1997 G. Mills, Willison, J. Fitch, Band, Metzler
1:34:33	2001 Mills, Walsh, Wright, Bailey, Flaherty-Laub
1:35:39	1995 G. Funk, B. Buonaccorsi, Phelps, Chapin, Larsen
1:37:42	2002 Wnght, DeSelle, Walsh, Flaherty-Laub, L. Hall
1:41:53	2003 McDowell, Lee, Hall, Hazen, Griffiths

Fresh/Soph Boys	
Time	Year
36:27	1998 S. Bel, Bashel, Pedersen
36:51	2001 K. Conley, Sweeney, Blake
38:06	2002 Walsh, E. Conley, Gross
39:19	2000 K. Conley, Sweeney, Hall
40:15	1999 Pedersen, Termbini, Hall
41:44	1994 Loden, Ranocurt, Giddens
41:49	1995 Ranocurt, McKee, Allard
46:10	2003 Dove, Alex Gross, Oser
46:47	1993 Reichmuth, Cushing, M. Scott
48:29	1988 Blackwell, Zelenak, J. Scott

Fresh/Soph Girls	
Time	Year
32:47	2000 Mast, Gallagher, M. Fitch
33:13	1998 Z. Fritch, J. Fitch, Fung
33:42	1994 K. Funk, Finlay, Staroba
33:54	1995 DeSelle, Currie, Valera
34:01	1991 R. Lew, Story, Flanagan
34:07	1999 Mast, Fung, Minkoff
35:10	1988 J. Godfrey, O'Neill, Hunt
35:20	2001 Cody, Conley, Bailey
35:35	1997 Z. Fritch, Jordan, Willison
35:50	1993 Toll Au, Todd Au, Strickland
36:06	2003 McDowell, Cudcher, Bashel
36:30	1990 Selby, Sanborn, Bisbee
37:30	1996 G. Funk, Davis, Koch
38:21	1992 Higgins, Temple, Erickson

Junior Boys	
Time	Year
32:12	1991 Hinkle, Sanborn, Selby
32:21	1999 Z. Fritch, J. Fitch, Fagert
32:23	1992 Toomey, Story, R. Lew
32:42	2002 Cody, M. Fitch, Bailey
32:54	1995 K. Funk, Staroba, Finlay
34:00	1996 DeSelle, Currie, Buonaccorsi
34:10	1990 Lopez, 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, Fryer
37:24	1997 G. Funk, Escobedo, Koch
38:38	2001 Gallagher, Mills, DeSelle

Varsity Boys	
Time	Year
52:46	2000 Miller, J. Fitch, Z. Fitch, Miller, Fagert
53:22	1992 Toomey, Bisbee, Sanborn, Hinkle, Story
53:28	1991 Lopez, Hinkle, Sanborn, Selby, Bisbee
53:51	2002 Cody, M. Fitch, Gallagher, Mast, Conley
54:05	1987 M. Conios, Walkers, Lewis, D. Waidow, Disliso
54:05	1999 Z. Fritch, J. Fitch, Mast, Fagert, Miller
54:09	1993 Toomey, Story, R. Lew, Toll Au, Higgins
54:45	1986 K. Funk, DesSelle, Staroba, Finlay, Currie
54:50	1995 DeSelle, K. Funk, Staroba, Finlay, Currie
56:30	2003 Cody, Fitch, Conley, McDowell, Cudcher
55:31	1998 Z. Fritch, J. Fitch, G. Funk, Escobedo, Fung
55:42	1997 DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
56:05	1990 J. Godfrey, Lopez, Grife, Haluzak, Jorgensen
56:19	2001 Cody, Gallagher, Proctor, Fung, Fryer
56:19	1988 Lewis, Stevenson, J. Godfrey, Keith, Downing
56:37	1994 K. Funk, Finlay, DeSelle, Staroba, Fitch

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

Overall Boys

Name	Time	Yr
1 David Toomey	15:26	'93
2 Matt Fitch	15:27	'02
3 Jason Selby	15:32	'92
4 Nat Lopes	15:47	'91
5 K.C. Cody	15:50	'02
6 Nick Millar	15:51	'00
7 Jeff Godfrey	15:53	'90
8 Tim Sanborn	15:54	'92
9 Kevin Funk	15:56	'96
10 Zac Fitch	15:56	'00
11 Jason DeSelle	15:57	'95
12 Regan Masi	15:57	'00
13 Keith Lewis	16:02	'88
14 Jon Fitch	16:02	'00
15 Josh Hinkle	16:05	'92
16 Dave Intner	16:10	'89
17 Drew Fagent	16:14	'00
18 Andrew Gallagher	16:14	'01
19 Peter Keith	16:17	'89
20 Greg Funk	16:17	'98
21 Scott Story	16:18	'93
22 Erik Haluzak	16:20	'91
23 Ryan Lew	16:24	'93
24 Toli Au	16:26	'93
25 Nate Bisbee	16:31	'92

Senior Boys

Name	Time	Yr
1 David Toomey	15:26	'93
2 Jason Selby	15:32	'92
3 Nat Lopes	15:47	'91
4 Nick Millar	15:51	'00
5 Jeff Godfrey	15:53	'90
6 Matt Fitch	15:53	'03
7 Tim Sanborn	15:54	'92
8 Kevin Funk	15:56	'96
9 Zac Fitch	15:56	'00
10 Keith Lewis	16:02	'88
11 Jon Fitch	16:02	'00
12 Josh Hinkle	16:05	'92
13 Jason DeSelle	16:05	'97
14 Dave Intner	16:10	'89
15 Drew Fagent	16:14	'00
16 Regan Masi	16:16	'02
17 Peter Keith	16:17	'89
18 Greg Funk	16:17	'98
19 Scott Story	16:18	'93
20 Erik Haluzak	16:20	'91
21 Ryan Lew	16:24	'93
22 K.C. Cody	16:28	'03
23 Nate Bisbee	16:31	'92
24 Andrew Gallagher	16:31	'02
25 John Staroba	16:32	'96

Junior Boys

Name	Time	Yr
1 Matt Fitch	15:27	'02
2 David Toomey	15:36	'92
3 K.C. Cody	15:50	'02
4 Zac Fitch	16:10	'99
5 Andrew Gallagher	16:14	'01
6 Jason DeSelle	16:16	'96
7 Kevin Funk	16:19	'95
8 Tim Sanborn	16:22	'91
9 Jason Selby	16:23	'91
10 Nat Lopes	16:25	'90
11 Josh Hinkle	16:27	'91
12 Greg Funk	16:30	'97
13 Nick Millar	16:31	'99
14 Jeff Godfrey	16:32	'89
15 Scott Story	16:36	'92
16 Nate Bisbee	16:37	'91
17 Jake Currie	16:38	'96
18 Peter Keith	16:44	'88
19 Rory O'Neill	16:49	'89
20 Drew Fagent	16:49	'99
21 Jon Fitch	16:51	'99
22 John Staroba	16:52	'95
23 Dave Intner	16:54	'88
24 Jason Fung	16:54	'00
25 Nathan Higgins	16:58	'93
25 Alex Conley	16:58	'03

Sophomore Boys

Name	Time	Yr
1 Jason DeSelle	15:57	'95
2 Regan Masi	15:57	'00
3 Matt Fitch	16:14	'01
4 K.C. Cody	16:16	'01
5 Zac Fitch	16:18	'98
6 Toli Au	16:26	'93
7 Jon Fitch	16:27	'98
8 Andrew Gallagher	16:35	'00
9 David Toomey	16:36	'91
10 Alex Conley	16:44	'02
11 Greg Funk	16:46	'96
12 Jake Currie	16:53	'95
13 Ryan Lew	17:00	'91
14 Tim Sanborn	17:02	'90
15 Jerry Finlay	17:06	'94
16 John Staroba	17:06	'94
17 Nick Millar	17:10	'98
18 Jason Fung	17:12	'99
19 Jeff Godfrey	17:13	'88
20 Kevin Funk	17:13	'94
21 Scott Story	17:14	'91
22 Jason Selby	17:19	'90
23 David Britt	17:27	'98
24 Rory O'Neill	17:30	'88
25 Nat Lopes	17:31	'89

Freshman Boys

Name	Time	Yr
1 Regan Masi	16:06	'99
2 Matt Fitch	17:04	'00
3 K.C. Cody	17:11	'00
4 Jason DeSelle	17:19	'94
4 Jason Fung	17:19	'98
6 Zac Fitch	17:22	'97
7 Andrew Gallagher	17:33	'99
8 Blake McDowell	17:37	'03
9 Jake Currie	17:38	'94
9 Jeremy Cutcher	17:38	'03
11 Alex Conley	18:05	'01
12 Jon Fitch	18:14	'97
13 Jeff Mills	18:18	'99
14 Greg Funk	18:20	'95
15 Ryan Walsh	18:38	'01
16 John McRae	19:02	'97
17 Jake Minkoff	19:06	'98
18 David Lee	19:14	'03
19 Patrick Band	19:19	'97
20 Nikos Flaherty-Laub	19:22	'01
21 Nick Cho	19:25	'98
22 Brook Buonaccorsi	19:28	'94
23 John Kast	19:35	'94
24 Josh Cutcher	19:51	'01
25 Ryan Rudnansky	19:54	'98

Overall Girls

Name	Time	Yr
1 Sara Bei	16:43	'98
2 Sarah Bashel	17:40	'98
3 Kim Conley	17:46	'03
4 Kim Hande	17:47	'02
5 Pamela Richardson	18:32	'94
6 Christy Sweaney	18:37	'01
7 Emma Conley	18:47	'01
8 Carina Hendricks	18:58	'02
9 Elisa Pedersen	19:03	'01
10 Diana Rancourt	19:08	'97
11 Marissa Walsh	19:15	'02
2 Kate Blake	19:16	'01
3 Joy Terribilini	19:19	'01
4 Lisa Gay	19:43	'91
5 April Malvino	19:46	'98
6 Ashley Gness	19:57	'02
7 Jamie Duncan	20:05	'90
8 Amy Lodin	20:10	'94
9 Shewit Haile	20:11	'96
0 Marisa Reichmuth	20:16	'93
1 Sarah McClendon	20:17	'92
2 Marissa McAdler	20:18	'03
3 Julie Mills	20:20	'02
4 Jana Wiesner	20:25	'91
5 Georgina Vion	20:29	'95

Senior Girls

Name	Time	Yr
1 Sara Bei	17:12	'00
2 Kim Conley	17:46	'03
3 Kim Hande	17:47	'02
4 Pamela Richardson	18:32	'94
5 Christy Sweaney	18:56	'03
6 Sarah Bashel	18:58	'00
7 Elisa Pedersen	19:03	'01
8 Diana Rancourt	19:08	'97
9 Joy Terribilini	19:19	'01
10 Lisa Gay	19:43	'91
11 April Malvino	19:46	'98
12 Sarah McClendon	20:17	'92
13 Marissa McAdler	20:18	'03
14 Jamie Duncan	20:19	'92
15 Shewit Haile	20:21	'97
16 Jana Wiesner	20:25	'91
17 Amy Jordan	20:33	'91
18 Michelle Mayes	20:37	'88
19 Kelly Richardson	20:41	'02
20 Barbara Hall	20:50	'02
21 Christina Cushing	20:51	'95
22 Alisha McCon	21:07	'97
23 Amy Bei	21:12	'98
24 Sarah Pacheco	21:28	'96
25 Marisa Reichmuth	21:37	'95

Junior Girls

Name	Time	Yr
1 Sara Bei	16:57	'99
2 Kim Conley	17:59	'02
3 Sarah Bashel	18:46	'99
4 Kim Hande	18:48	'01
5 Carina Hendricks	18:58	'02
6 Pamela Richardson	18:59	'93
7 Christy Sweaney	19:02	'02
8 Elisa Pedersen	19:05	'00
9 Diana Rancourt	19:20	'96
10 Joy Terribilini	19:28	'00
11 Emma Conley	19:31	'03
12 Shewit Haile	20:11	'96
13 April Malvino	20:15	'97
14 Jamie Duncan	20:17	'91
15 Marissa Walsh	20:19	'03
16 Georgina Vion	20:29	'95
17 Kate Blake	20:34	'03
18 Amelia Thomas	20:51	'00
18 Molly McManus	20:51	'03
20 Marisa Reichmuth	20:53	'94
21 Barbara Hall	21:03	'01
22 Lisa Gay	21:19	'90
23 Sarah McClendon	21:25	'91
24 Amy Jordan	21:36	'90
25 Eloisa Colin	21:41	'94

Sophomore Girls

Name	Time	Yr
1 Sara Bei	16:43	'98
2 Sarah Bashel	17:40	'98
3 Kim Conley	18:00	'01
4 Christy Sweaney	18:37	'01
5 Emma Conley	18:55	'02
6 Pamela Richardson	19:12	'92
7 Marissa Walsh	19:15	'02
8 Elisa Pedersen	19:26	'99
9 Kate Blake	19:40	'02
10 Ashley Gness	19:57	'02
11 Diana Rancourt	19:58	'95
12 Jamie Duncan	20:05	'90
13 Joy Terribilini	20:06	'99
14 Amy Lodin	20:10	'94
15 Marisa Reichmuth	20:16	'93
16 Shewit Haile	20:26	'95
17 Molly McManus	20:44	'02
18 Sarah McClendon	20:46	'90
19 Lisa Gay	20:56	'89
20 Megan McRae	20:59	'95
21 Barbara Hall	21:38	'00
22 Sonya Glidden	21:41	'95
23 Elizabeth Proctor	21:48	'02
24 Amelia Thomas	21:49	'99
25 April Malvino	21:53	'96

Freshman Girls

Name	Time	Yr
1 Sara Bei	17:09	'97
2 Emma Conley	18:47	'01
3 Christy Sweaney	19:06	'00
4 Kim Conley	19:08	'00
5 Kate Blake	19:16	'01
6 Sarah Bashel	19:22	'97
7 Elisa Pedersen	19:53	'98
8 Joy Terribilini	19:55	'98
9 Ashley Gness	20:04	'01
10 Julie Mills	20:20	'02
11 Molly McManus	20:54	'01
12 Elizabeth Proctor	20:55	'01
13 Amy Bei	21:04	'95
14 Barbara Hall	21:11	'99
15 Karin Dove	21:21	'03
16 Diana Rancourt	21:37	'94
17 Shewit Haile	21:39	'94
18 Sonya Glidden	21:47	'94
19 Alex Gness	22:24	'03
20 Lisa Mackie	22:27	'94
21 Brittany Allard	22:43	'95
22 Julia Goepel	22:44	'99
23 April Malvino	23:06	'95
24 Allie Oser	24:15	'03
25 Danya Dranow	24:48	'01

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	
1 Mike Contos	10:14	'87	1 Mike Contos	10:14	'87	1 K.C. Cody	10:22	'02	1 K.C. Cody	10:36	'01	1 Regan Masi	10:44	
2 K.C. Cody	10:16	'03	2 K.C. Cody	10:16	'03	1 David Toomey	10:22	'92	2 Regan Masi	10:38	'00	2 Matt Fitch	11:20	
3 Nick Millar	10:20	'00	3 Nick Millar	10:20	'00	3 Matt Fitch	10:25	'02	3 Jason DeSelle	10:44	'95	3 Jason DeSelle	11:22	
4 David Toomey	10:21	'93	4 David Toomey	10:21	'93	4 Jason DeSelle	10:38	'96	4 Andrew Gallagher	10:49	'00	4 Jason DeSelle	11:24	
5 Matt Fitch	10:25	'02	5 Nat Lopes	10:25	'91	5 Josh Hinkle	10:40	'91	5 Toli Au	10:54	'93	4 Ryan Fung	11:24	
5 Nat Lopes	10:25	'91	6 Jon Fitch	10:31	'00	6 Zac Fitch	10:41	'99	5 Zac Fitch	10:54	'98	5 K.C. Cody	11:38	
7 Jon Fitch	10:31	'00	6 Matt Fitch	10:32	'03	7 Keith Lewis	10:43	'87	7 Jon Fitch	10:55	'98	6 Zac Fitch	11:40	
8 Randall Watkins	10:34	'87	8 Randall Watkins	10:34	'87	8 Kevin Funk	10:44	'95	8 Ryan Lew	11:05	'91	7 Blake McDowell	11:41	
8 Jeff Godfrey	10:34	'90	9 Jeff Godfrey	10:34	'90	8 Jon Fitch	10:44	'99	9 Kevin Funk	11:09	'94	8 Jeremy Cutcher	11:44	
10 Tim Sanborn	10:35	'92	9 Tim Sanborn	10:35	'92	10 Tim Sanborn	10:45	'91	10 Scott Story	11:11	'91	8 Patrick Band	12:11	
11 Dave Intner	10:36	'89	9 Dave Intner	10:36	'89	11 Jason Selby	10:47	'91	11 Jake Currie	11:12	'95	10 Jon Fitch	12:13	
11 Kevin Funk	10:36	'96	12 Kevin Funk	10:36	'96	12 Andrew Gallagher	10:49	'01	12 Jerry Finlay	11:16	'94	11 Alex Conley	12:13	
11 Zac Fitch	10:36	'00	13 Zac Fitch	10:36	'00	13 Nathan Bisbee	10:51	'91	12 Jason Fung	11:16	'99	12 Greg Funk	12:25	
14 Nate Bisbee	10:37	'92	14 Nate Bisbee	10:37	'92	14 Greg Funk	10:56	'97	14 John Staroba	11:17	'94	13 Ryan Walsh	12:34	
15 Jason DeSelle	10:38	'96	15 Andrew Gallagher	10:39	'02	14 Drew Fagent	10:56	'99	15 Alex Conley	11:23	'02	14 Jake Currie	12:38	
15 Regan Masi	10:38	'00	16 Drew Fagent	10:41	'00	16 Scott Story	10:57	'92	16 Jeff Godfrey	11:26	'88	15 Jake Minkoff	12:40	
17 Andrew Gallagher	10:49	'02	17 John Staroba	10:43	'96	17 John Staroba	10:59	'95	17 David Britt	11:29	'98	16 Jeff Mills	12:49	
18 Josh Hinkle	10:40	'91	18 Josh Hinkle	10:45	'92	18 Jeff Godfrey	11:00	'89	18 Greg Funk	11:31	'96	17 John McRae	12:58	
19 Drew Fagent	10:41	'00	19 Jason Selby	10:46	'92	18 Nick Millar	11:00	'99	19 Rory O'Neill	11:35	'88	18 David Lee	13:00	
20 Keith Lewis	10:43	'87	20 Keith Lewis	10:47	'88	18 Rory O'Neill	11:02	'89	20 Mike Flanagan	11:45	'91	19 Mark Murphy	13:16	
20 John Staroba	10:43	'96	20 Scott Story	10:48	'93	21 Ryan Lew	11:04	'92	21 Erik Haluzak	11:47	'89	20 Nick Cho	13:19	
22 Jason Selby	10:46	'92	22 Ryan Lew	10:50	'93	22 Star Stevenson	11:05	'88	22 Nick Millar	11:49	'98	21 Josh Cutcher	13:44	
23 Scott Story	10:48	'93	22 Jason DeSelle	10:50	'97	23 Nat Lopes	11:06	'90	23 Andrew Jordan	11:50	'97	22 Ryan Metzler	13:48	
24 Ryan Lew	10:50	'93	24 Peter Keith	10:51	'89	24 Jerry Finlay	11:11	'95	24 Kyle Moe	11:52	'94	23 Brook Buonaccorsi	13:49	
25 Peter Keith	10:51	'89	25 Josh Dorris	10:51	'92	25 Nathan Higgins	11:12	'93	25 James Waters	11:58	'95	24 John Kast	14:02	
25 Josh Dorris	10:51	'92										25 Greg DeSelle	14:08	

Overall Girls			Senior Girls			Junior Girls			Sophomore Girls			Freshman Girls		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	
1 Sara Bei	11:05	'98	1 Kim Conley	11:51	'03	1 Kim Conley	11:56	'02	1 Sara Bei	11:05	'98	1 Sara Bei	11:38	
2 Kim Conley	11:51	'02	2 Pamela Richardson	11:59	'94	2 Carina Hendricks	12:16	'02	2 Kim Conley	11:56	'01	2 Kim Conley	12:38	
3 Pamela Richardson	11:59	'94	3 Kim Handel	12:12	'02	3 Christy Sweaney	12:21	'02	3 Sarah Bashel	12:00	'98	3 Kate Blake	12:45	
4 Sarah Bashel	12:00	'98	4 Sarah Bashel	12:45	'00	4 Sara Bei	12:23	'99	4 Christy Sweaney	12:10	'01	3 Christy Sweaney	12:45	
5 Christy Sweaney	12:10	'01	5 Christy Sweaney	12:53	'03	5 Sarah Bashel	12:23	'99	5 Pamela Richardson	12:26	'92	5 Emma Conley	12:59	
6 Kim Handel	12:12	'02	6 April Malvino	13:01	'98	6 Pamela Richardson	12:30	'93	6 Marissa Walsh	12:38	'02	6 Elisa Pedersen	13:22	
7 Carina Hendricks	12:16	'02	7 Lisa Gay	13:05	'91	7 Joy Terribilini	12:38	'00	7 Emma Conley	12:40	'02	7 Joy Terribilini	13:27	
8 Joy Terribilini	12:38	'00	8 Joy Terribilini	13:12	'01	8 Shewit Haile	12:51	'96	8 Ashley Gnos	12:47	'02	8 Julie Mills	13:46	
8 Marissa Walsh	12:38	'02	9 Nicole Fischer	13:15	'87	9 Elisa Pedersen	12:56	'00	9 Kate Blake	12:56	'02	9 Ashley Gnos	13:58	
10 Emma Conley	12:40	'02	10 Michelle Mayes	13:26	'88	10 Diana Rancourt	12:58	'96	10 Elisa Pedersen	13:00	'99	10 Diana Rancourt	14:04	
11 Kate Blake	12:45	'01	11 Marisa Reichmuth	13:34	'95	11 Kim Handel	13:03	'01	11 Joy Terribilini	13:03	'99	11 Molly McManus	14:09	
12 Ashley Gnos	12:47	'02	12 Jana Wiesner	13:35	'91	12 Jamie Duncan	13:33	'91	12 Diana Rancourt	13:14	'95	12 Barbara Hall	14:12	
13 Shewit Haile	12:51	'96	13 Marissa McAdler	13:36	'03	13 Kate Blake	13:38	'03	13 Amy Lodin	13:21	'94	13 Sonya Glidden	14:21	
14 Elisa Pedersen	12:56	'00	14 Sarah McClendon	13:41	'92	14 Marissa Walsh	13:35	'03	14 Molly McManus	13:29	'02	14 Elizabeth Proctor	14:27	
15 Diana Rancourt	12:58	'96	14 Jamie Duncan	13:45	'92	15 Emma Conley	13:42	'03	15 Jamie Duncan	13:30	'90	15 Brittany Allard	14:29	
16 April Malvino	13:01	'98	16 Christina Cushing	13:45	'95	16 Georgina Vion	13:51	'95	16 Marisa Reichmuth	13:44	'93	16 Amy Bei	14:36	
17 Lisa Gay	13:05	'91	17 Shewit Haile	13:47	'97	17 Marisa Reichmuth	13:53	'94	17 Barbara Hall	13:56	'00	17 Karin Dove	14:41	
18 Nicole Fischer	13:15	'87	18 Kelly Richardson	13:47	'02	18 Sarah McClendon	13:57	'91	18 Megan McRae	14:06	'95	18 Julia Goepel	14:47	
19 Amy Lodin	13:21	'94	19 Amy Jordan	13:50	'91	18 Michelle Mayes	13:58	'87	19 Amy Chaffin	14:22	'92	19 Alex Gnos	14:50	
20 Michelle Mayes	13:26	'88	20 Amy Bei	14:02	'98	20 Eloisa Colin	14:00	'94	20 Lisa Gay	14:24	'89	20 Lisa Mackie	15:08	
21 Molly McManus	13:29	'02	21 Barbara Hall	14:04	'02	21 Molly McManus	14:02	'03	21 Elizabeth Proctor	14:24	'02	21 Amelia Thomas	15:13	
22 Jamie Duncan	13:30	'90	22 Alisha McCon	14:33	'97	22 Barbara Hall	14:05	'01	22 Sarah McClendon	14:25	'90	22 April Malvino	15:22	
23 Marisa Reichmuth	13:34	'95	23 Sarah Pacheco	14:34	'96	23 Amelia Thomas	14:05	'00	23 Sonya Glidden	14:30	'95	23 Allie Oser	16:39	
24 Jana Wiesner	13:35	'91	24 Michelle Finch	14:37	'96	24 Amy Bei	14:20	'97	24 Tanya Mayo	14:43	'87	24 Danya Dranow	18:18	
25 Marissa McAdler	13:36	'03	25 Tanya Mayo	14:54	'89	25 Tanya Mayo	14:25	'88	25 Amelia Thomas	14:46	'99	25		

Rancho Cotate Invitational
September 5 at Rancho
Course: 2.8 miles, flat

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	2 V	16:11	5:46
2	Hendricks	6 V	17:28	6:14
3	Sweeney	7 V	17:33	6:16
4	E. Conley	9 V	17:51	6:22
5	Blake	12 V	18:22	6:33
6	Walsh	13 V	18:27	6:35
7	McAdler	1 JV	19:20	6:54
8	McManus	2 JV	20:06	7:10
9	Ash, Gnoss	3 JV	20:29	7:18
10	Dove	4 JV	21:20	7:37
11	Alex Gnoss	6 JV	21:37	7:43
12	Proctor	10 JV	21:49	7:47
13	Krug	19 JV	22:51	8:09
14	Oser	22 JV	22:59	8:12
15	Perry	33 JV	24:20	8:41
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	2 V	14:30	5:10
2	Fitch	3 V	14:33	5:11
3	Conley	11 V	15:32	5:32
4	McDowell	34 V	17:03	6:05
5	Cutcher	6 JV	17:04	6:05
6	Bailey	37 V	17:37	6:17
7	Hall	11 JV	18:01	6:26
8	Bashel	12 JV	18:12	6:30
9	Walsh	20 JV	18:31	6:36
10	Lee	21 JV	18:33	6:37
11	Onodera	55 JV	21:08	7:32
12	Fung	56 JV	21:11	7:33
13	Fritz	84 JV	23:50	8:30
14	Ryall	86 JV	25:36	9:08

Cowchip Classic Invitational
September 20 at Stafford Lake
Course: Golden Chip- 3.0 miles, JV/FS- 2.0

	<u>V. Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	2	18:37	6:12
2	Sweeney	12	20:17	6:45
3	E. Conley	24	21:04	7:01
4	McAdler	28	21:11	7:03
5	Blake	29	21:16	7:05
	<u>JV/FS Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McManus	4 JV	14:49	7:24
2	Ash, Gnoss	5 JV	15:02	7:31
3	Dove	41 FS	15:07	7:33
4	Magee	52 JV	16:53	8:26
5	Alex Gnoss	85 FS	15:56	7:58
6	Oser	110 FS	16:34	8:17
7	Krug	135 FS	17:19	8:39
8	Proctor	64 JV	17:22	8:41
9	Perry	108 JV	19:00	9:30
	<u>V. Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	4	15:54	5:18
2	M. Fitch	6	16:09	5:23
3	Cutcher	48	18:08	6:02
4	Conley	52	18:12	6:04
5	McDowell	67	18:54	6:18
6	Bashel	72	19:16	6:25
7	Bailey	74	19:25	6:28
	<u>JV/FS Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Lee	62 FS	12:46	6:23
2	Hazen	94 JV	14:42	7:21
3	X. Fung	181 FS	15:07	7:33
4	Onodera	110 JV	15:21	7:40
5	Fritz	195 FS	15:50	7:55
6	Dunseith	121 JV	16:21	8:10
7	Ryall	209 FS	16:38	8:19
8	Potter	131 JV	17:41	8:50

Viking Opener Invitational
September 13 at Spring Lake
Course: 2.0 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	2 JS	11:51	5:55
2	Sweeney	6 JS	12:53	6:26
3	Walsh	13 JS	13:35	6:47
4	McAdler	1 O	13:36	6:48
5	Blake	14 JS	13:38	6:49
6	E. Conley	15 JS	13:42	6:51
7	McManus	2 O	14:02	7:01
8	Dove	35 FS	14:41	7:20
9	Alex Gnoss	37 FS	14:50	7:25
10	Oser	79 FS	16:39	8:19
11	Magee	45 O	17:13	8:36
12	Perry	66 O	18:14	9:07
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	1 S	10:16	5:08
2	Fitch	4 S	10:32	5:16
3	Conley	15 J	11:17	5:38
4	McDowell	17 FS	11:41	5:50
5	Cutcher	18 FS	11:44	5:52
6	Bashel	41 FS	12:41	6:20
7	Lee	47 FS	13:00	6:30
8	Bailey	59 S	13:28	6:44
9	Hazen	68 S	14:16	7:08
10	Murphy	42 J	14:24	7:12
11	Fung	108 FS	14:58	7:29
12	Onodera	77 S	15:04	7:32
13	Potter	61 O	15:19	7:39
14	Fritz	73 O	15:55	7:57
15	Ryall	91 O	16:48	8:24

Pre-Season 3-Miler
September 24 at Spring Lake
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	1 V	18:27	6:12
2	Sweeney	3 V	19:10	6:27
3	E. Conley	4 V	19:36	6:35
4	Walsh	8 V	20:35	6:55
5	Blake	9 V	20:37	6:56
6	McAdler	10 V	20:45	6:59
7	McManus	1 J V	22:12	7:28
8	Dove	3 J V	22:39	7:37
9	Ash, Gross	4 J V	22:56	7:43
10	Alex, Gross	5 J V	23:17	7:50
11	Proctor	8 J V	23:52	8:02
12	Magee	10 J V	24:29	8:14
13	Oser	12 J V	25:16	8:30
14	Perry	13 J V	25:46	8:40
15	Krug	16 J V	26:30	8:55
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	2 V	16:14	5:27
2	Fitch	3 V	16:15	5:28
3	Conley	10 V	17:34	5:54
4	Cutcher	12 V	17:45	5:58
5	McDowell	14 V	17:53	6:01
6	Bashel	19 V	18:46	6:19
7	Bailey	34 V	20:23	6:51
8	Hall, L	6 J V	20:29	6:53
9	Lee	7 J V	20:31	6:54
10	Hazen	11 J V	21:06	7:06
11	Onodera	17 J V	21:36	7:16
12	Murphy	20 J V	21:51	7:21
13	Dunseath	22 J V	22:16	7:29
14	Fung	24 J V	23:23	7:52
15	Wolff	34 J V	24:13	8:09
16	Ryall	37 J V	25:00	8:25
17	Fritz	38 J V	25:31	8:35
18	Potter	41 J V	25:59	8:44
19	Griffiths	50 J V	27:50	9:22

Stanford Invitational
September 27 at Stanford University
Course: 3.1 miles, rolling hills.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	10	18:50	6:04
2	Sweeney	67	20:41	6:40
3	E. Conley	89	21:08	6:49
4	Walsh	93	21:20	6:52
5	McAdler	107	21:46	7:01
6	Blake	109	21:48	7:01
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	16	16:33	5:20
2	M. Fitch	20	16:37	5:21
3	McDowell	131	18:21	5:55
4	Conley	136	18:23	5:55
5	Cutcher	143	18:28	5:57
6	Bashel	199	19:16	6:12
7	Bailey	237	20:05	6:28

NBL 3-way Meet Versus Pliner and Carrillo
October 8 at Foothill Regional Park.
Course: Varsity- 3.1 miles, mountainous

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	1 V	20:59	6:46
2	Sweeney	7 V	23:03	7:26
3	E. Conley	8 V	23:26	7:33
4	McAdler	10 V	23:37	7:37
5	Walsh	11 V	23:50	7:41
6	Blake	13 V	24:38	7:56
7	McManus	2 J V	25:41	8:17
8	Ash, Gross	3 J V	26:48	8:38
9	Dove	4 J V	26:53	8:40
10	Proctor	5 J V	28:21	9:08
11	Magee	6 J V	29:25	9:29
12	Alex, Gross	7 J V	30:04	9:41
13	Oser	8 J V	31:12	10:03
14	Perry	9 J V	33:13	10:42
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Fitch	1 V	18:19	5:54
2	Cutcher	10 V	20:51	6:43
3	McDowell	11 V	21:33	6:57
4	Bashel	12 V	21:42	7:00
5	Lee	6 J V	22:31	7:15
6	Bailey	13 V	23:20	7:31
7	Conley	14 V	23:35	7:36
8	Hall	13 J V	24:36	7:56
9	Hazen	16 J V	25:06	8:05
10	Griffiths	18 J V	26:36	8:34
11	Dunseath	21 J V	27:53	8:59
12	Potter	22 J V	27:57	9:00
13	Fritz	23 J V	28:04	9:03
14	Fung	31 J V	29:59	9:40
15	Ryall	32 J V	31:14	10:04

Crystal Springs Invitational
October 11 at Crystal Springs
Course: 2.95 miles, very hilly.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	2 V	18:09	6:09
2	Sweeney	10 V	19:37	6:38
3	E. Conley	23 V	20:11	6:50
4	Walsh	29 V	20:39	7:00
5	Blake	40 V	21:01	7:07
6	McManus	81 V	22:02	7:28
7	Ash. Gross	109 V	23:07	7:50
8	Dove	6 JV	22:38	7:40
9	Alex Gross	19 JV	23:58	8:07
10	Oser	34 JV	24:56	8:27
11	Proctor	43 JV	25:13	8:32
12	Krug	53 JV	25:42	8:42
13	Perry	59 JV	26:09	8:51
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Fitch	1 V	15:39	5:18
2	Conley	17 V	16:45	5:40
3	McDowell	42 V	17:46	6:01
4	Cutcher	45 V	17:52	6:03
5	Bashel	80 V	18:27	6:15
6	Hall	122 V	19:45	6:41
7	Lee	129 V	19:50	6:43
8	Fitz	104 JV	22:39	7:40
9	Wolff	113 JV	23:31	7:58
10	Griffiths	114 JV	23:31	7:58
11	Potter	115 JV	24:35	8:20
12	Ryall	118 JV	24:57	8:27

NBL 3-way Meet Versus Ukiah &
Cardinal Newman/Ursuline
October 15 at Cardinal Newman
Course: 3 miles, fairly flat

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Sweeney	5 V	19:50	6:36
2	E. Conley	6 V	19:56	6:38
3	K. Conley	7 V	20:35	6:51
4	McAdler	8 V	20:36	6:52
5	Walsh	12 V	21:08	7:02
6	Blake	13 V	21:11	7:03
7	Dove	12 JV	21:46	7:15
8	McManus	15 JV	21:56	7:18
9	Alex Gross	24 JV	23:18	7:46
10	Ash. Gross	27 JV	23:56	7:58
11	Proctor	35 JV	25:05	8:21
12	Perry	36 JV	25:25	8:28
13	Krug	37 JV	25:35	8:31
14	Oser	38 JV	25:41	8:33
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Fitch	3 V	16:28	5:29
2	Cody	4 V	16:28	5:29
3	Conley	10 V	17:43	5:54
4	Cutcher	11 V	17:49	5:56
5	McDowell	12 V	18:20	6:06
6	Bashel	14 V	18:41	6:13
7	Bailey	16 V	18:46	6:15
8	Lee	3 JV	19:40	6:33
9	Hall	6 JV	20:02	6:40
10	Hazen	9 JV	21:09	7:03
11	Onodera	10 JV	21:32	7:10
12	Griffiths	13 JV	21:49	7:16
13	Dunseth	17 JV	22:12	7:24
14	Wolf	19 JV	22:55	7:38
15	Fung	20 JV	23:06	7:42
16	Druehl	21 JV	23:07	7:42
17	Potter	22 JV	23:12	7:44
18	Fitz	23 JV	23:13	7:44
19	Ryall	33 JV	24:57	8:19

League Versus Rancho Cotate
October 22 at Spring Lake
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McManus	1 JV	21:53	7:22
2	Blake	3 V	21:55	7:22
3	Sweeney	4 V	21:55	7:22
4	E. Conley	5 V	21:55	7:22
5	Walsh	6 V	21:56	7:23
6	McAdler	7 V	21:56	7:23
7	K. Conley	8 V	21:57	7:23
8	Dove	2 JV	22:06	7:26
9	Ash. Gross	3 JV	22:31	7:34
10	Alex Gross	4 JV	23:30	7:54
11	Krug	5 JV	24:15	8:09
12	Oser	6 JV	24:15	8:09
13	Proctor	7 JV	24:20	8:11
14	Magee	8 JV	24:30	8:14
15	Perry	9 JV	24:35	8:16
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	1 V	17:08	5:46
2	Fitch	2 V	17:08	5:46
3	Conley	3 V	17:16	5:48
4	Cutcher	4 V	17:46	5:58
5	Bashel	5 V	18:36	6:15
6	McDowell	1 JV	18:55	6:22
7	Lee	2 JV	19:14	6:28
8	Bailey	6 V	20:11	6:47
9	Hall	4 JV	20:41	6:57
10	Hazen	5 JV	21:31	7:14
11	Griffiths	6 JV	21:34	7:15
12	Onodera	7 JV	21:46	7:19
13	Murphy	8 JV	22:00	7:24
14	Druehl	9 JV	22:14	7:29
15	Wolff	10 JV	22:26	7:33
16	Fitz	11 JV	23:14	7:49
17	Fung	12 JV	23:14	7:49
18	Potter	13 JV	23:15	7:49

Mariner Invitational
October 18 at Garin Park
Course: 3.1 miles, hilly

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	2 V	19:25	6:15
2	Sweeney	11 V	20:54	6:44
3	McAdler	31 V	22:20	7:12
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Fitch	4 V	17:05	5:30
2	Cody	10 V	17:30	5:38
3	Cutcher	86 V	20:38	6:39
4	Bashel	93 V	20:49	6:42
5	Bailey	101 V	21:05	6:48

Mt. SAC Invitational
October 25 at Walnut So. Cal.
Course: 3.0 miles, hilly.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	6	18:00	6:00
2	Sweeney	28	19:38	6:32
3	E. Conley	34	19:53	6:37
4	McAdler	51	20:39	6:53
5	Walsh	58	20:49	6:56
6	Blake	66	21:10	7:03
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	27	15:53	5:17
2	Fitch	39	16:09	5:23
3	Conley	125	17:35	5:51
4	Cutcher	133	17:49	5:56
5	Bashel	168	19:01	6:20
6	Bailey	177	19:56	6:38

League Meet Versus Santa Rosa & Eisle Allen
October 29 at Spring Lake
Course: 2.97 miles, rolling hills.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	1 V	17:46	5:58
2	Sweeney	2 V	18:56	6:22
3	E. Conley	4 V	19:31	6:34
4	McAdler	6 V	20:18	6:50
5	Walsh	8 V	20:19	6:50
6	Blake	9 V	20:34	6:55
7	McManus	10 V	20:51	7:01
8	Dove	1 J V	21:21	7:11
9	Ash. Gnost	2 J V	21:51	7:21
10	Alex Gnost	3 J V	22:24	7:32
11	Proctor	4 J V	23:20	7:51
12	Krug	5 J V	24:00	8:04
13	Oser	7 J V	24:24	8:12
14	Perry	8 J V	24:31	8:15
15	Maggee	9 J V	24:38	8:17
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Fitch	1 V	15:53	5:20
2	Cody	3 V	16:28	5:32
3	Conley	6 V	16:58	5:42
4	McDowell	10 V	17:37	5:55
5	Cutcher	11 V	17:38	5:56
6	Bashel	13 V	18:36	6:15
7	Lee	14 V	19:27	6:32
8	Bailey	5 J V	19:55	6:42
9	Hall	6 J V	19:58	6:43
10	Hazen	10 J V	20:55	7:02
11	Dunselth	14 J V	21:44	7:19
12	Griffiths	16 J V	21:47	7:20
13	Murphy	17 J V	21:48	7:20
14	Druethl	18 J V	22:14	7:29
15	Wolff	19 J V	22:28	7:33
16	Fritz	20 J V	22:34	7:35
17	Fung	21 J V	22:41	7:38
18	Ryall	23 J V	22:51	7:41
19	Potter	24 J V	23:21	7:51

NBL Finals
November 8 at Ukiah H.S.
Course: 3.1 miles, hilly.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	2 V	18:51	6:04
2	Sweeney	6 V	20:41	6:40
3	E. Conley	13 V	21:23	6:53
4	Walsh	18 V	21:56	7:04
5	McAdler	19 V	21:58	7:05
6	McManus	25 V	23:22	7:32
7	Dove	2 J V	23:32	7:35
8	Blake	29 V	23:55	7:42
9	Alex Gnost	4 J V	24:32	7:54
10	Proctor	10 J V	25:19	8:10
11	Krug	11 J V	26:08	8:25
12	Maggee	14 J V	26:42	8:36
13	Perry	15 J V	26:56	8:41
14	Ash. Gnost	18 J V	27:16	8:47
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	3 V	16:56	5:27
2	Fitch	4 V	17:11	5:32
3	Conley	21 V	18:41	6:01
4	McDowell	26 V	19:22	6:14
5	Cutcher	29 V	19:34	6:18
6	Bashel	31 V	20:11	6:30
7	Hall	10 J V	20:27	6:35
8	Lee	15 J V	21:04	6:47
9	Bailey	36 V	21:08	6:49
10	Wolff	26 J V	22:13	7:10
11	Ondera	31 J V	22:46	7:20
12	Dunselth	35 J V	23:11	7:28
13	Fung	36 J V	23:13	7:29
14	Druethl	38 V	23:21	7:31
15	Potter	41 J V	23:31	7:35
16	Griffiths	45 J V	24:35	7:55
17	Fritz	46 J V	24:39	7:57

**North Coast Section Championships
November 22 at Ukiah H.S.**

Course: 3.1 miles, hilly.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	2	18:24	5:56
2	McAdler	57	21:31	6:56
3	Walsh	58	21:37	6:58
4	Blake	65	21:55	7:04
5	Sweeney	66	21:59	7:05
6	E. Conley	83	22:44	7:20

Division II Varsity Girls:

21 teams, 151 finishers

1. College Park 29, 2. Amador Valley 77,
3. Maria Carrillo 107, 4. Carondelet 143,
5. Granada 200, 6. Eureka 217,
7. MONTGOMERY 236, 8. Alameda 237,
9. San Ramon Valley 240, 10. Ukiah 257,
11. Mission San Jose 294, 12. Santa Rosa 309,
13. Rancho Cotate 329, 14. Livermore 351,
15. Las Lomas 385 16. American 417,
17. Hayward 422, 18. Irvington 430,
19. Casa Grande 477, 20. Freedom 532,
21. Washington 558.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Fitch, M	13	17:05	5:30
2	Cody	43	17:52	5:45
3	Conley	53	18:05	5:50
4	Cutcher	72	18:33	5:59
5	McDowell	110	19:29	6:17
6	Hall	123	19:58	6:26

Division II Varsity Boys:

22 teams, 149 finishers

1. College Park 29, 2. Maria Carrillo 84,
3. San Ramon Valley 102, 4. Santa Rosa 155,
5. American 175, 6. Irvington 229,
7. Alameda 261, 8. Ygnacio Valley 282,
9. MONTGOMERY 287, 10. Livermore 318,
11. Amador Valley 322, 12. Mission San Jose 336,
13. Foothill 351, 14. Granada 367,
15. Casa Grande 386, 16. Eureka 415,
17. Hayward 415, 18. Las Lomas 443,
19. Rancho 461, 20. Freedom 466,
21. Ukiah 482, 22. Washington 606.