

Montgomery Cross - Country



2006 Season
Results and Statistics

Varsity Boys

Daniel Breazeale, Sophomore, 2nd Yr.
Michael Corley, Junior, 1st Yr.
Quin Coughlin, Junior, 3rd Yr.
Jeremy Cutcher, Senior, 4th Yr.
Aria Kiani, Freshman
Robel Maেকেle, Freshman
Jon Martindill, Junior, 3rd Yr.
Blake McDowall, Senior, 4th Yr.
Sebastian Wolff, Senior, 1st Yr.***
Michael Zanetti, Freshman
***4th-year team member

Junior Varsity Boys

Matt Bailey, Freshman
Alex Brott, Sophomore, 2nd Yr.
Brad Carver, Freshman
Zander Fung, Senior, 4th Yr.
Kyle Griffiths, Senior, 1st Yr.
Nick Hyland, Sophomore, 1st Yr.
Trevor Love, Sophomore, 2nd Yr.
Ian McCullough, Freshman
Tom Ott, Junior, 2nd Yr.**
Ben Rowden, Freshman
Neil Ruud, Junior
**3rd-year team member

Participation Recognition

Amanda Alvarado, Freshman
Jorge Alvarado, Freshman
Benny Bray, Senior, 1st Yr.
Chris Lemanski, Sophomore, 1st Yr.
Nick Lourme, Junior, 1st Yr.
Elizabeth Morgan, Senior, 1st Yr.
Rita Pearson, Sophomore, 1st Yr.
Kathryn Trask, Sophomore, 2nd Yr.
Hilary Halpern, Junior, 1st Yr.

State Meet Qualifiers

Blake McDowall
Celeste Berg
Sarah Gallagher
Hunter Connell
Karin Dove
Allie Oser
Nicole Baker
Katherine Wyatt

Varsity Girls

Nicole Baker, Freshman
Celeste Berg, Sophomore, 2nd Yr.
Hunter Connell, Freshman
Karin Dove, Senior, 2nd Yr.***
Sarah Gallagher, Freshman
Maggie McManus, Junior, 1st Yr.**
Allie Oser, Senior, 2nd Yr.***
Marian Wahl, Senior, 2nd Yr.**
Katharine Wyatt, Sophomore, 2nd Yr.
**3rd-year team member
***4th-year team member

Junior Varsity Girls

McKaley Alley, Sophomore, 2nd Yr.
Diana Klatt, Sophomore, 1st Yr.
Amanda Knudtzon, Junior, 2nd Yr.
Theresa Kremer, Sophomore, 1st Yr.
Amy Lebichuck, Senior, 3rd Yr.
Maura Ruffatto, Senior, 2nd Yr.
Malia Vanderkamp, Freshman
Tina Vivio, Freshman
Samantha Warren, Freshman
Lauren Zanetti, Senior, 3rd Yr.
Michelle Zanetti, Senior, 3rd Yr.

First Team NCS Div II

Blake McDowall

Second Team NCS Div II

Celeste Berg

First Team NBL

Blake McDowall
Celeste Berg

Second Team NBL

Quin Coughlin
Jeremy Cutcher
Aira Kiani
Sarah Gallagher
Hunter Connell
Karin Dove

Season Records, 1982 to present

Varsity Boys

Year	Dual Meets		NBL		Other
	W	L	Final	NCS	
1982	4	1	2nd	5th 2A	-
1983	9	0	1st	3rd 2A	5th MOC
1984	9	0	1st	2nd 2A	11th MOC
1985	5	0	1st	1st 2A	4th MOC
1986	5	1	1st	8th 3A	-
1987	6	0	1st	3rd 3A	-
1988	4	1	2nd	6th 3A	-
1989	9	0	1st	6th 3A	-
1990	7	1	2nd	1st Div. I	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	12th State
2001	12	2	3rd	5th Div. I	-
2002	15	1	1st	2nd Div. I	15th State
2003	8	6	4th	9th Div II	-
2004	8	2	2nd	7th Div II	-
2005	12	3	3rd	4th Div II	21st State
2006	12	4	2nd	4th Div II	-
Totals	246	31	13	NBL Titles, 5 NCS Titles	

Varsity Girls

Year	Dual Meets		NBL		Other
	W	L	Final	NCS	
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	8	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. I	-
1994	13	2	2nd	5th Div. I	-
1995	12	1	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	1st State
2001	11	1	2nd	1st Div. II	3rd State
2002	16	0	1st	2nd Div. II	3rd State
2003	12	2	2nd	7th Div. II	-
2004	5	4	2nd	9th Div. II	-
2005	10	2	2nd	9th Div. II	-
2006	10	3	2nd	4th Div II	-
Totals	187	66	4	NBL Titles, 3 NCS Titles 1 State Title	

Junior Varsity Boys

Year	Dual Meets		NBL	
	W	L	Final	Fr./So.
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	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	-
2004	5	4	4th	-
2005	7	6	4th	-
2006	15	0	2nd	-
Totals	215	27	13	NBL Titles

Junior Varsity Girls

Year	Dual Meets		NBL	
	W	L	Final	
1982	-	-	-	-
1983	-	-	-	-
1984	-	-	-	-
1985	-	-	-	-
1986	-	-	-	-
1987	-	-	-	-
1988	-	-	-	-
1989	-	-	-	-
1990	-	-	-	-
1991	-	-	-	-
1992	-	-	-	-
1993	-	-	-	-
1994	0	1	2nd	-
1995	1	1	1st	-
1996	2	0	inc.	-
1997	-	-	-	-
1998	-	-	-	-
1999	-	-	-	-
2000	-	-	-	-
2001	8	0	1st	-
2002	14	3	1st	-
2003	13	1	2nd	-
2004	7	0	2nd	-
2005	9	1	2nd	-
2006	10	2	2nd	-
Totals	64	9	3	NBL Titles

North Bay League Team Champions

Varsity Boys		JV Boys	
Yr	Points	Yr	Points
1976	25	1982	29
1979	32	1986	?
1983	26	1987	26
1984	39	1988	28
1985	23	1989	15
1988	36	1990	20
1987	26	1991	17
1989	36	1992	30
1991	30	1993	32
1992	27	1994	24
1993	39	2000	22
1995	38		
1999	34		
Varsity Girls		JV Girls	
Yr	Points	Yr	Points
1976	15	1995	23
1977	20	2001	18
1986	40	2002	15
F/S Boys		F/S Girls	
Yr	Points	Yr	Points
1977	20	1983	57
1988	40	1985	30
1999	53		
2000	27		
2002	36		

North Bay League Individual Champions

Yr	Varsity Boys
1965	Bob Waldon
1972	Steve Ricker
1976	Bill Johnson
1979	Dave Rodriguez
1984	Paul Cummings
1985	Paul Cummings
1986	Kevin Smith
1987	Mike Contos
1992	David Toomey
2000	Nick Millar
2002	Matt Fitch
2006	Blake McDowall

Yr	Varsity Girls
1976	Heidi Messerschmitt
1977	Deanne Neff
1987	Nicole Fischer
1993	Pamela Richardson
1997	Sara Bei
1998	Sara Bei
1999	Sara Bei

NCS Team Champions

Varsity Boys		Varsity Girls	
Yr	Points	Yr	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)		

NCS Individual Champions

Yr	Varsity Boys
1972	Steve Ricker
1985	Paul Cummings
1993	David Toomey
2006	Blake McDowall

Yr	Varsity Girls
1997	Sara Bei
1998	Sara Bei
1999	Sara Bei

Yr	JV - Fr./So. Boys
1982	Jason Schaumburg (F/S)
1982	Paul Audiss
1984	Derek Powell
1985	Randall Watkins (F/S)
1986	Jeff Fletcher
1987	Barry Howell
1988	Dean Crane
1989	Kevin Boone
1990	Jason Selby
1991	Scott Story
1994	Kevin Funk
1998	David Britt
2000	Matt Fitch

State Meet Team Champions

Varsity Girls	
Yr	Points
2000	96 (II)

Yr	Varsity Girls
1997	Sara Bei
1998	Sara Bei
1999	Sara Bei
2000	Sara Bei

Practices	Meets	Cross Country Season Miles	Cross Country Career Miles	Mileage All-Time Career List	Miles per Season (Ave.)		
M. Zanetti	60	Coughlin	1213.6	1 Jason Fung, '02	1546.4	1 Millar, '01	438.3
Oser	58	Cutcher	1051.6	2 Zac Fitch, '01	1459.5	2 Masi, '03	428.0
L. Zanetti	57	Dove	849.7	3 Jon Fitch, '01	1436.0	3 Fung, '02	386.6
Gallagher	56	Oser	838.1	4 Jake Currie, '98	1365.3	4 Toomey, '94	370.8
M. Zanetti	56	Berg	826.5	5 Jeremy Cutcher, '07	1339.9	5 Z. Fitch, '01	364.9
Berg	55	Gallagher	808.5	6 Alex Conley, '05	1328.6	6 Staroba, '97	359.3
Corley	55	Connell	790.5	7 Andrew Gallagher, '03	1323.5	7 J. Fitch, '01	359.0
Dove	55	L. Zanetti	723.0	8 Nick Millar, '01	1314.9	7 Morgan, '99	357.3
Kiani	55	M. Zanetti	641.1	9 Matt Fitch, '04	1307.3	8 Lewis, '89	355.8
Connell	54	Wahl	533.0	10 Jason DeSelle, '98	1250.6	9 Higgins, '95	350.0
McCullough	54	Alley	489.1	11 Blake McDowall, '07	1236.2	10 Fagant, '01	347.9
Coughlin	51	Wahl	488.1	12 K.C. Cody, '04	1214.7	11 M. Zanetti, '07	345.8
Hyland	51	Alley	469.1	13 Regan Masi, '03	1205.7	12 M. Zanetti, '07	341.3
McCullough	51	Leblichuck	404.3	14 Greg Funk, '99	1194.0	13 Currie, '98	336.0
Alley	49	McManus	320.1	15 David Toomey, '94	1112.3	14 Cutcher, '07	335.0
Breazeale	49	Ruffatto	310.0	16 John Staroba, '97	1078.0	15 Conley, '05	332.0
Leblichuck	49	Baker	244.7	17 David Dranow, '02	1021.8	16 Proctor, '02	329.9
McManus	49	Warren	243.2	18 Greg DeSelle, '03	1012.4	17 A. Gallagher, '03	329.6
Ott	49	Klatt	209.9	19 Charles Proctor, '02	989.7	18 Fitch, M, '04	326.8
Warren	49	Vivio	202.0	20 Travis Phelps, '98	977.6	19 Martindill, '08	325.0
Wyatt	49	Knutzton	182.2	21 Zander Fung, '07	975.3	20 Britt, '01	325.0
Baker	48	Pearson	176.6	22 Jon Martindill, '07	975.2	21 Coughlin, '08	320.5
Martindill	48	Vanderkamp	163.4	23 Quin Coughlin, '08	971.0	22 McCullough, '10	320.5
Ruffatto	48	Kremer	156.7	24 Jeff Godfrey, '91	928.1	23 Corley, '08	316.8
Ruud	48	Halpern	100.0	25 Peter Keith, '90	911.6	24 DeSelle, '98	312.7
Fung	48	Morgan	82.8			25 Kiani, '10	310.8
Hyland	46	A. Alvarado	71.9				
Maekele	46						
Brott	44	Boys					
Love	44	McDowall	1339.9	1 Kim Conley, '04	1333.0	1 Martindill, '06	338.9
Cutcher	44	M. Zanetti	345.8	2 Kate Blake, '05	1329.5	2 Conley, K, '04	333.3
Klatt	42	McCullough	320.5	3 Sara Bei, '01	1273.8	3 Blake, '05	332.4
Rowden	42	Corley	315.8	4 Emma Conley, '05	1260.9	4 Berg, '08	320.8
Bailey	39	McCullough	975.2	5 Christy Sweaney, '04	1231.3	5 Gallagher, '10	320.1
Vivio	39	Martindill	975.2	6 Karin Dove, '07	1213.6	6 S. Bei, '01	318.5
Warren	38	Coughlin	971.0	7 Elisa Pedersen, '02	1198.1	7 Hendricks, '04	318.1
Carver	38	Ott	882.6	8 Sara Bachel, '01	1162.8	8 Conley, E, '05	315.2
Knutzton	36	Love	597.5	9 April Malvino, '99	1105.2	9 Connett, '10	310.0
Pearson	34	Breazeale	571.0	10 Joy Terbillini, '02	1104.1	10 Sweaney, '04	307.8
Griffiths	33	Love	506.2	11 Molly McManus, '05	1080.8	11 McCadler, '04	306.5
Griffiths	32	Martindill	430.6	12 Allie Oser, '07	1051.6	12 Walsh, '05	305.2
Vanderkamp	31	Maekele	345.8	13 Marissa Walsh, '05	915.5	13 Dove, '07	303.4
Bray	29	Hyland	320.5	14 Amy Bei, '99	911.5	14 Pedersen, '02	299.5
Kremer	28	Ruud	317.8	15 Ashley Gross, '05	905.9	15 Handel, '03	297.8
Lemanski	27	Fung	315.8	16 Barbara Hall, '03	903.0	16 McClendon, '93	295.2
Halpern	21	Rowden	268.0	17 Sarah McClendon, '93	885.6	17 Bachel, '01	290.7
Morgan	15	Carver	261.5	18 Elizabeth Proctor, '05	875.8	18 Ruffatto, '07	285.2
Lourme	14	Brott	233.3	19 Anne-Elise Krug, '06	849.7	19 Krug, '06	283.2
A. Alvarado	14	Wolff	231.0	20 Lauren Zanetti, '07	848.7	20 L. Zanetti, '07	283.2
J. Alvarado	12	Rowden	224.9	21 Diana Rancourt, '98	846.9	21 Trask, '09	281.6
Morgan	11	Bailey	194.5	22 Michelle Zanetti, '07	838.1	22 M. Zanetti, '07	279.4
		Griffiths	168.1	23 Amy Jordan, '92	835.1	23 Jordan, '92	278.4
		Bray	160.9	24 Lisa Gay, '92	829.0	24 Lisa Gay, '92	276.3
		Lemanski	137.0	25 Amy Leblichuck, '07	806.5	25 Malvino, '99	276.3
		Lourme	72.8				
		J. Alvarado	52.7				

Single Season Practice Mileage Records	Year
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 Bachel	432.4 '98
Jen Martindill	414.5 '05
Karin Dove	387.1 '04
Sarah McClendon	361.7 '91

Montgomery Teams: Year-by-Year Comparison

3-Mile Spring Lake Course

Varsity Girls

Time	Year	Top Five Runners
1	1:32:41	2002 Handel, K. Conley, E. Conley, Hendricks, Sweaney
2	1:33:30	2000 S. Bei, Bashel, Sweaney, Pedersen, Terribilini
3	1:33:32	2001 K. Conley, E. Conley, Handel, Sweaney, Pedersen
4	1:34:25	1998 S. Bei, Bashel, Malvino, Terribilini, Pedersen
5	1:36:46	1999 Bei, Bashel, Pedersen, Terribilini, Hall
6	1:36:50	2003 K. Conley, Sweaney, E. Conley, McAlder, Walsh
7	1:38:12	1997 S. Bei, Bashel, Rancourt, Halle, Malvino
8	1:39:18	2006 Berg, Gallagher, Connell, Dove, Oser
9	1:41:18	2004 E. Conley, Blake, Walsh, Dove, Mo. McManus
10	1:42:43	1995 Rancourt, Halle, Vion, Cushing, McRae
11	1:42:58	1991 Gay, Wiesner, Jordan, Duncan, McClendon
12	1:43:11	1994 Richardson, Lodin, Reichmuth, Halle, Colin
13	1:44:27	2005 Martindill, Berg, Oser, Wahl, Wyatt
14	1:45:38	1996 Rancourt, Halle, Pacheco, Finch, Malvino
15	1:46:00	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
16	1:50:09	1990 Duncan, McClendon, Gay, Jordan, Blackwell
17	1:51:44	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
18	1:51:48	1988 Mayes, Scott, Montague, Zelenak, Preston
19	1:54:31	1989 Gay, Jordan, Preston, J. Scott, Blackwell

Varsity Boys

Time	Year	Top Five Runners
1	1:19:45	1992 Selby, Toomey, Sanborn, Hinkle, Bisbee
2	1:20:36	2000 Masi, Z. Fitch, Millar, J. Fitch, Fagent
3	1:20:41	2006 McDowall, Coughlin, Cutcher, Kiani, Maekele
4	1:21:22	2002 M. Fitch, Cody, Masi, Conley, Gallagher
5	1:21:55	1991 Lopes, Haluzak, Sanborn, Selby, Hinkle
6	1:22:15	1993 Toomey, Story, R. Lew, Toli Au, Higgins
7	1:22:30	1996 K. Funk, Staroba, DeSelle, Finlay, G. Funk
8	1:22:45	1999 Masi, Z. Fitch, Millar, Fagent, J. Fitch
9	1:23:06	1989 Intner, Jf. Godfrey, Keith, O'Neill, Fitzwater
10	1:23:16	1995 DeSelle, K. Funk, Staroba, Currie, Finlay
11	1:23:17	2001 M. Fitch, Gallagher, Cody, Proctor, Fung
12	1:23:21	1998 G. Funk, Z. Fitch, J. Fitch, Escobedo, Millar
13	1:23:36	1990 Jf. Godfrey, Lopes, Haluzak, Sanborn, Grafe
14	1:23:45	1997 DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
15	1:24:03	1988 Lewis, Keith, Downing, Stevenson, Intner
16	1:24:34	2003 M. Fitch, Cody, Conley, McDowall, Cutcher
17	1:24:37	2005 Cutcher, Coughlin, McDowall, Martindill, Main
18	1:25:11	2004 Conley, McDowall, Cutcher, Hall, Perry
19	1:26:33	1994 Staroba, Finlay, Finch, DeSelle, T. Buonaccorsi

Junior Varsity Girls

Time	Year	Top Five Runners
1	1:43:51	2002 Gness, McManus, Richardson, Mills, Hall
2	1:46:19	2001 Gness, McManus, Proctor, Hall, Thomas
3	1:50:27	2003 Dove, Ashley Gness, Alex Gness, Proctor, Krug
4	1:53:13	1995 Glidden, Finch, Mackie, Malvino, Bernard
5	1:54:15	2006 McManus, Wahl, Kremer, Klatt, Alley
6	1:56:41	2005 Dove, Wei, Davey, M. Zanetti, Alley
7	1:57:28	2004 Tunzi, Wahl, Proctor, Oser, Ma. McManus
8	1:58:00	1994 Rancourt, Finch, Mackie, M. Scott, Viall
9	2:02:17	1996 Mackie, L. Thomas, McCon, Perry, A. Bei

Junior Varsity Boys

Time	Year	Top Five Runners
1	1:27:42	1989 Boone, Garrison, Parsons, del Campo, Hunt
2	1:28:13	1991 Story, Doris, R. Lew, Oblad, Flanagan
3	1:28:44	1988 Crane, O'Neill, R. Contos, Fitzwater, R. Lynn
4	1:29:01	1990 Selby, Bisbee, Hunt, J. Waldow, Parsons
5	1:29:23	2000 M. Fitch, Cody, J. Mills, Proctor, McRae
6	1:29:55	1994 K. Funk, Currie, Erickson, Jackman, Strickland
7	1:30:00	1992 R. Lew, Greenberg, Higgins, Votruba, Rangel
8	1:30:11	2006 Martindill, Wolff, Breazeale, Carver, Love
9	1:32:38	1999 Gallagher, Carlsen, J. Mills, McRae, Proctor
10	1:33:15	1993 T. Buonaccorsi, Martinez, Carvalho, Strickland, Widener
11	1:33:52	1998 Britt, Band, Minkoff, Schlereth, Cho
12	1:34:24	1996 B. Buonaccorsi, Davis, Koch, Phelps, Chapin
13	1:34:27	1997 G. Mills, Willison, J. Fitch, Band, Metzler
14	1:34:33	2001 Mills, Walsh, Wright, Bailey, Flaherty-Laub
15	1:35:39	1995 G. Funk, B. Buonaccorsi, Phelps, Chapin, Larsen
16	1:37:42	2002 Wright, DeSelle, Walsh, Flaherty-Laub, L. Hall
17	1:38:14	2005 Alley, Wolff, Lemanski, Love, Brott
18	1:41:09	2004 Martindill, Potter, Fritz, Murphy, Wolff
19	1:41:55	2003 McDowall, Lee, Hall, Hazen, Griffiths

Montgomery Teams: Year-by-Year Comparison

2-Mile Spring Lake Course

Junior/Senior Girls

Time	Year	Top Three Runners
1	36:24	2002 K. Conley, Handel, Hendricks
2	38:19	2000 Terribilini, Bachel, Pedersen
2	38:19	2003 K. Conley, Sweaney, Walsh
4	39:52	1994 Richardson, Reichmuth, Colin
5	40:13	1991 Gay, Duncan, Wiesner
6	40:20	2001 Handel, Terribilini, Hall
7	40:23	1996 Haile, Rancourt, Pacheco
8	40:33	1999 S.Bei, Bachel, English
9	40:36	2004 E. Conley, Walsh, Mo. McManus
10	41:10	1995 Reichmuth, Cushing, Vion
11	41:43	2005 Martindill, Krug, Wahl
12	42:40	1997 Haile, A. Bei, McCon
13	42:51	1987 Fischer, Mayes, Parker
14	43:19	1988 Mayes, Mayo, Montague
15	43:35	2008 Dove, Oser, Wahl
16	43:41	1992 McClendon, Duncan, Zbinden
17	45:10	1990 Gay, Jordan, Blackwell
18	45:31	1993 Richardson, Chaffin, Hause

Varsity Girls

Time	Year	Top Five Runners
1	1:01:24	2002 K. Conley, Handel, Hendricks, Sweaney, Walsh
2	1:02:47	2001 K. Conley, Sweaney, Blake, E. Conley, Handel
3	1:02:55	1998 S. Bei, Bachel, Malvino, Pedersen, Terribilini
4	1:03:42	2000 Terribilini, K. Conley, Bachel, Sweaney, Pedersen
5	1:05:33	2003 K. Conley, Sweaney, Walsh, McAlder, Blake
6	1:06:24	1999 S. Bei, Bachel, Pedersen, Terribilini, Hall
7	1:07:17	1994 Richardson, Lodin, Reichmuth, Colin, Rancourt,
8	1:07:38	2006 Berg, Connell, Gallagher, Dove, Pearson
9	1:08:00	1991 Gay, Wiesner, Duncan, McClendon, Jordan
10	1:08:30	1995 Rancourt, Reichmuth, Cushing, Vion, McRae
11	1:09:06	2004 E. Conley, Walsh, Dove, Mo. McManus, Krug
12	1:09:07	1997 S. Bei, Haile, A. Bei, McCon, Malvino
13	1:09:48	2005 Martindill, Berg, Krug, Trask, Wahl
14	1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
15	1:10:32	1996 Haile, Rancourt, Pacheco, Finch, Malvino
16	1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
17	1:13:40	1987 Fischer, Mayes, Mayo, Parker, Jones
18	1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
19	1:14:10	1988 Mayes, Mayo, Blackwell, Montague, Preston

Senior Boys

Time	Year	Top Three Runners
1	31:27	2000 Millar, J. Fitch, Z. Fitch
2	32:01	1987 M. Contos, Watkins, Waldow
2	32:03	1992 Bisbee, Sanborn, Hinkle
4	32:03	1993 Toomey, Story, R. Lew
5	32:37	1996 Funk, Staroba, Finlay
6	33:06	2006 McDowall, Cutcher, Wolff
7	33:11	1990 Jf. Godfrey, Grafe, Felice
8	33:32	1991 Lopes, Haluzak, Clarke
9	33:34	2002 Gallagher, Masi, Mills
10	33:48	1997 DeSelle, Currie, B. Buonaccorsi
11	34:08	1988 Lewis, Downing, R. Contos
12	34:16	2003 Cody, Fitch, Bailey
13	34:25	1998 G. Funk, Escobedo, Koch
14	34:54	2001 Proctor, Fung, Fryer
15	35:29	1994 Finch, Catalano, Erickson
16	39:33	2004 A. Conley, Murphy, Lehman
17	42:23	1999 Carlsen, Ferrel, B. Mills

Frosh/Soph Girls

Time	Year	Top Three Runners
1	36:27	1998 S. Bei, Bachel, Pedersen
2	36:51	2001 K. Conley, Sweaney, Blake
3	38:06	2002 Walsh, E. Conley, Ash, Gness
4	39:15	2006 Berg, Connell, Gallagher
5	39:19	2000 K. Conley, Sweaney, Hall
6	40:15	1999 Pedersen, Terribilini, Hall
7	41:44	1994 Lodin, Rancourt, Glidden
8	41:49	1995 Rancourt, McRae, Allard
9	43:44	2005 Berg, Trask, McManus
10	44:05	2004 Dove, Alex Gness, Hall
11	46:10	2003 Dove, Alex Gness, Oser
12	46:47	1993 Reichmuth, Cushing, M. Scott
13	48:29	1988 Blackwell, Zelenak, J. Scott

Frosh/Soph Boys

Time	Year	Top Three Runners
1	32:47	2000 Masi, Gallagher, M. Fitch
2	33:13	1998 Z. Fitch, J. Fitch, Fung
3	33:42	1994 K. Funk, Finlay, Staroba
4	33:54	1995 DeSelle, Currie, Waters
4	33:54	2004 McDowall, Cutcher, Perry
6	34:01	1991 R. Lew, Story, Flanagan
7	34:07	1999 Masi, Fung, Minkoff
8	34:19	2006 Kiani, Maekele, Breazeale
9	35:10	1988 Jf. Godfrey, O'Neill, Hunt
10	35:20	2001 Cody, A. Conley, Bailey
11	35:35	1997 Z. Fitch, Jordan, Willison
12	35:50	1993 Toli Au, Todd Au, Strickland
13	35:51	2005 Coughlin, Martindill, Main
14	36:06	2003 McDowall, Cutcher, Bachel
15	36:30	1990 Selby, Sanborn, Bisbee
16	37:30	1996 G. Funk, Davis, Koch
17	38:21	1992 Higgins, Temple, Erickson

Junior Boys

Time	Year	Top Three Runners
1	32:12	1991 Hinkle, Sanborn, Selby
2	32:21	1999 Z. Fitch, J. Fitch, Fagent
3	32:23	1992 Toomey, Story, R. Lew
4	32:42	2002 Cody, M. Fitch, Bailey
5	32:54	1995 K. Funk, Staroba, Finlay
6	34:00	1996 DeSelle, Currie, Buonaccorsi
7	34:10	1990 Lopes, Haluzak, Jorgensen
8	34:15	1988 Stevenson, Keith, Boone
9	34:42	1987 Lewis, Crane, J. Lew
10	35:03	1993 Higgins, Erickson, Martinez
11	35:03	2005 McDowall, Cutcher, Wolff
12	35:36	2000 Fung, Proctor, Fryer
13	35:11	2006 Coughlin, Martindill, Corley
14	37:24	1997 G. Funk, Escobedo, Koch
15	38:38	2001 Gallagher, Mills, DeSelle

Varsity Boys

Time	Year	Top Five Runners
1	52:46	2000 Millar, J. Fitch, Z. Fitch, Millar, Fagent
2	53:22	1992 Toomey, Bisbee, Sanborn, Hinkle, Story
3	53:28	1991 Lopes, Hinkle, Sanborn, Selby, Bisbee
4	53:51	2002 Cody, M. Fitch, Gallagher, Masi, Conley
5	54:05	1987 M. Contos, Watkins, Lewis, D. Waldow, Drisko
6	54:05	1999 Z. Fitch, J. Fitch, Masi, Fagent, Millar
7	54:09	1993 Toomey, Story, R. Lew, Toli Au, Higgins
8	54:41	2006 McDowall, Cutcher, Kiani, Coughlin, Maekele
9	54:45	1996 K. Funk, DeSelle, Staroba, Finlay, Currie
10	54:50	1995 DeSelle, K. Funk, Staroba, Finlay, Currie
11	55:30	2003 Cody, Fitch, Conley, McDowall, Cutcher
12	55:31	1998 Z. Fitch, J. Fitch, G. Funk, Escobedo, Fung
13	55:42	1997 DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
14	55:54	2004 A. Conley, McDowall, Cutcher, Hall, Perry
15	56:05	1990 Jf. Godfrey, Lopes, Grafe, Haluzak, Jorgensen
16	56:19	2001 Cody, Gallagher, Proctor, Fung, Fryer
17	56:19	1988 Lewis, Stevenson, Jf. Godfrey, Keith, Downing
18	56:37	1994 K. Funk, Finlay, DeSelle, Staroba, Finch
19	57:54	2005 McDowall, Cutcher, Coughlin, Martindill, Main

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

Overall Boys

Name	Time	Yr
1 Blake McDowell	10:08	'87
2 Mike Contos	10:14	'87
3 K.C. Cody	10:16	'03
4 Nick Millar	10:20	'00
5 David Toomey	10:21	'93
6 Matt Fitch	10:25	'02
8 Nat Lopes	10:25	'91
6 Jon Fitch	10:31	'00
8 Matt Fitch	10:32	'03
9 Randall Watkins	10:34	'87
9 Jeff Godfrey	10:34	'90
11 Tim Sanborn	10:35	'92
12 Dave Intner	10:36	'89
12 Kevin Funk	10:36	'96
12 Zac Fitch	10:36	'00
15 Nate Bisbee	10:37	'92
16 Jason DeSelle	10:38	'96
16 Regan Masi	10:38	'00
18 Andrew Gallagher	10:49	'02
19 Josh Hinkle	10:40	'91
20 Drew Fagant	10:41	'04
20 Alex Conley	10:41	'04
22 Keith Lewis	10:43	'87
22 John Staroba	10:43	'96
24 Scott Story	10:46	'92
25 Jason DeSelle	10:48	'93

Senior Boys

Name	Time	Yr
1 Blake McDowell	10:08	'06
2 Mike Contos	10:14	'87
3 K.C. Cody	10:16	'03
4 Nick Millar	10:20	'00
5 David Toomey	10:21	'93
6 Nat Lopes	10:25	'91
7 Jon Fitch	10:31	'00
8 Matt Fitch	10:32	'03
9 Randall Watkins	10:34	'87
9 Jeff Godfrey	10:34	'90
11 Tim Sanborn	10:35	'92
12 Dave Intner	10:36	'89
12 Kevin Funk	10:36	'96
12 Zac Fitch	10:36	'00
15 Nate Bisbee	10:37	'92
16 Andrew Gallagher	10:39	'02
17 Drew Fagant	10:41	'00
17 Alex Conley	10:41	'04
19 John Staroba	10:43	'96
20 Josh Hinkle	10:45	'92
21 Jason Selby	10:46	'92
22 Keith Lewis	10:47	'88
23 Scott Story	10:48	'93
24 Ryan Lew	10:50	'93
24 Jason DeSelle	10:50	'97

Junior Boys

Name	Time	Yr
1 K.C. Cody	10:22	'02
1 David Toomey	10:22	'92
3 Matt Fitch	10:25	'02
4 Jason DeSelle	10:38	'96
4 Blake McDowell	10:38	'05
6 Josh Hinkle	10:40	'91
7 Zac Fitch	10:41	'99
8 Keith Lewis	10:43	'87
9 Kevin Funk	10:44	'95
9 Jon Fitch	10:44	'99
11 Tim Sanborn	10:45	'91
12 Jason Selby	10:47	'91
13 Andrew Gallagher	10:49	'01
14 Nathan Bisbee	10:51	'91
15 Greg Funk	10:56	'97
15 Drew Fagant	10:56	'99
17 Scott Story	10:57	'92
18 John Staroba	11:00	'89
19 Jeff Godfrey	11:00	'89
19 Nick Millar	11:00	'99
21 Rony O'Neill	11:02	'89
22 Ryan Lew	11:04	'92
23 Star Stevenson	11:05	'88
24 Nat Lopes	11:06	'90
25 Quin Coughlin	11:08	'06

Sophomore Boys

Name	Time	Yr
1 K.C. Cody	10:36	'01
2 Regan Masi	10:38	'00
3 Jason DeSelle	10:44	'95
4 Andrew Gallagher	10:49	'00
5 Toli Au	10:54	'93
5 Zac Fitch	10:54	'98
7 Jon Fitch	10:55	'98
8 Ryan Lew	11:05	'91
9 Blake McDowell	11:07	'04
10 Kevin Funk	11:09	'94
11 Scott Story	11:11	'91
12 Jake Currie	11:12	'95
13 Jerry Finlay	11:16	'94
13 Jason Funk	11:16	'99
15 John Staroba	11:17	'94
16 Jeremy Gutscher	11:19	'04
17 Alex Conley	11:23	'02
18 Jeff Godfrey	11:26	'88
19 David Britt	11:29	'98
20 Quin Coughlin	11:31	'96
21 Rony O'Neill	11:31	'05
21 Rony O'Neill	11:35	'88
22 Mike Flanagan	11:45	'91
23 Daniel Breazeale	11:46	'06
24 Erik Haluzak	11:47	'89

Freshman Boys

Name	Time	Yr
1 Regan Masi	10:44	'99
2 Arta Klani	11:02	'06
3 Matt Fitch	11:20	'00
4 Jason DeSelle	11:22	'94
5 Jason Fung	11:24	'98
6 Ross Perry	11:28	'04
7 Robel Maekete	11:38	'06
8 K.C. Cody	11:38	'00
9 Zac Fitch	11:40	'97
10 Blake McDowell	11:41	'03
11 Jeremy Gutscher	11:44	'03
12 Ben Rowden	11:51	'06
13 Patrick Band	12:11	'97
14 Jon Fitch	12:13	'97
14 Alex Conley	12:13	'01
16 Tyler Main	12:20	'05
17 Michael Zanetti	12:22	'06
18 Greg Funk	12:25	'95
18 Quin Coughlin	12:25	'04
20 Ryan Walsh	12:34	'01
21 Daniel Breazeale	12:37	'05
22 Jake Currie	12:38	'94
23 Jake Minkoff	12:40	'98
24 Alex Brott	12:44	'05
25 Jon Martindill	12:45	'04

Overall Girls

Name	Time	Yr
1 Sara Bei	11:05	'98
2 Kim Conley	11:51	'03
3 Pamela Richardson	11:59	'94
4 Sarah Bachel	12:00	'98
5 Christy Sweaney	12:10	'01
6 Kim Handel	12:12	'02
7 Carina Hendricks	12:16	'02
8 Jennifer Martindill	12:30	'05
9 Joy Terribili	12:38	'00
9 Marissa Walsh	12:38	'02
9 Celeste Berg	12:38	'06
12 Emma Conley	12:40	'02
13 Kate Blake	12:45	'01
14 Ashley Gness	12:47	'02
15 Shewit Haile	12:51	'96
16 Elisa Pedersen	12:56	'00
17 Diana Rancourt	12:58	'96
18 April Malvino	13:01	'98
19 Lisa Gay	13:05	'91
20 Nicole Fischer	13:15	'87
12 Michelle Mayes	13:26	'88
13 Marissa Walsh	13:28	'04
14 Marissa Reichmuth	13:34	'95
15 Jana Wfessner	13:35	'91
16 Marissa McAdler	13:36	'03
17 Sarah McClendon	13:41	'92
18 Jamie Duncan	13:45	'92
18 Christina Cushing	13:45	'95
20 Shewit Haile	13:47	'97
21 Kelly Richardson	13:47	'02
22 Amy Jordan	13:50	'91
23 Amy Bei	14:02	'98
24 Karlin Dove	14:03	'06
25 Barbara Hall	14:04	'02

Senior Girls

Name	Time	Yr
1 Kim Conley	11:51	'03
2 Pamela Richardson	11:59	'94
3 Kim Handel	12:10	'02
4 Jennifer Martindill	12:30	'05
5 Emma Conley	12:44	'04
6 Sarah Bachel	12:45	'00
7 Christy Sweaney	12:53	'03
8 April Malvino	13:01	'98
9 Lisa Gay	13:05	'91
10 Joy Terribili	13:12	'01
11 Nicole Fischer	13:15	'87
12 Michelle Mayes	13:26	'88
13 Marissa Walsh	13:28	'04
14 Marissa Reichmuth	13:34	'95
15 Jana Wfessner	13:35	'91
16 Marissa McAdler	13:36	'03
17 Sarah McClendon	13:41	'92
18 Jamie Duncan	13:45	'92
18 Christina Cushing	13:45	'95
20 Shewit Haile	13:47	'97
21 Kelly Richardson	13:47	'02
22 Amy Jordan	13:50	'91
23 Amy Bei	14:02	'98
24 Karlin Dove	14:03	'06
25 Barbara Hall	14:04	'02

Junior Girls

Name	Time	Yr
1 Kim Conley	11:56	'02
2 Carina Hendricks	12:16	'02
3 Christy Sweaney	12:21	'02
4 Sara Bei	12:23	'99
5 Sarah Bachel	12:23	'99
6 Pamela Richardson	12:30	'93
7 Joy Terribili	12:38	'00
8 Shewit Haile	12:51	'96
9 Elisa Pedersen	12:56	'00
10 Diana Rancourt	12:58	'96
11 Kim Handel	13:03	'01
12 Jamie Duncan	13:33	'91
13 Kate Blake	13:38	'03
14 Marissa Walsh	13:35	'03
15 Emma Conley	13:42	'03
16 Georgina Vion	13:51	'95
17 Marissa Reichmuth	13:53	'94
18 Sarah McClendon	13:57	'91
19 Michelle Mayes	13:58	'87
20 Eloisa Collin	14:00	'94
21 Molly McManus	14:02	'03
22 Barbara Hall	14:05	'01
23 Amelia Thomas	14:05	'00
24 Amy Bei	14:20	'97
25 Tanya Mayo	14:25	'88

Sophomore Girls

Name	Time	Yr
1 Sara Bei	11:05	'98
2 Kim Conley	11:56	'01
3 Sarah Bachel	12:00	'98
4 Christy Sweaney	12:10	'01
5 Pamela Richardson	12:26	'92
6 Marissa Walsh	12:38	'02
6 Celeste Berg	12:38	'06
8 Emma Conley	12:40	'02
9 Ashley Gness	12:47	'02
10 Kate Blake	12:56	'02
11 Elisa Pedersen	13:00	'99
12 Joy Terribili	13:03	'99
13 Diana Rancourt	13:14	'95
14 Amy Lodin	13:21	'94
15 Molly McManus	13:29	'00
16 Jamie Duncan	13:30	'90
17 Karlin Dove	13:39	'04
18 Marisa Reichmuth	13:44	'93
19 Barbara Hall	13:56	'00
20 Megan McRae	14:06	'95
21 Rita Pearson	14:20	'06
22 Amy Chaffin	14:22	'92
23 Lisa Gay	14:24	'89
23 Elizabeth Proctor	14:24	'02
25 Sarah McClendon	14:25	'90

Freshman Girls

Name	Time	Yr
1 Sara Bei	11:38	'97
2 Kim Conley	12:38	'00
3 Kate Blake	12:45	'01
3 Christy Sweaney	12:45	'01
5 Emma Conley	12:59	'01
6 Hunter Connell	13:16	'06
7 Sarah Gallagher	13:21	'06
8 Elisa Pedersen	13:22	'98
9 Joy Terribili	13:27	'98
10 Celeste Berg	13:33	'05
11 Julie Mills	13:46	'02
12 Ashley Gness	13:58	'01
13 Diana Rancourt	14:04	'94
14 Molly McManus	14:09	'01
15 Barbara Hall	14:12	'99
16 Sonya Glidden	14:21	'94
17 Elizabeth Proctor	14:27	'01
18 Britany Allard	14:29	'95
19 KT Trask	14:32	'05
20 Amy Bei	14:36	'95
21 Karlin Dove	14:41	'03
22 Nicole Baker	14:44	'06
23 Julia Goepel	14:47	'99
24 Alex Gness	14:50	'03
25 Lisa Mackie	15:08	'94

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

Overall Boys

Name	Time	Yr
1 Blake McDowall	15:09	'06
2 David Toomey	15:26	'93
3 Matt Fitch	15:27	'02
4 Jason Selby	15:32	'92
5 Nat Lopes	15:47	'91
6 K.C. Cody	15:50	'02
7 Nick Miller	15:51	'00
8 Jeff Godfrey	15:53	'90
9 Tim Sanborn	15:54	'92
10 Kevin Funk	15:56	'96
11 Zac Fitch	15:56	'00
12 Jason DeSelle	15:57	'95
12 Regan Masi	15:57	'00
14 Keith Lewis	16:02	'88
15 Jeremy Cutcher	16:05	'92
16 Josh Hinkle	16:05	'92
17 Quin Coughlin	16:08	'06
17 Dave Inner	16:10	'89
19 Drew Fagant	16:14	'00
20 Andrew Gallagher	16:14	'03
22 Peter Keith	16:17	'89
22 Greg Funk	16:17	'98
24 Scott Story	16:18	'93
24 Scott Story	16:20	'91
25 Erik Haluzak	16:20	'91

Senior Boys

Name	Time	Yr
1 Blake McDowall	15:09	'06
2 David Toomey	15:26	'93
3 Matt Fitch	15:27	'02
3 K.C. Cody	15:32	'92
4 Quin Coughlin	16:08	'06
5 Zac Fitch	16:10	'99
6 Andrew Gallagher	16:14	'01
7 Jason DeSelle	16:16	'96
8 Kevin Funk	16:19	'95
9 Tim Sanborn	16:22	'91
10 Jason Selby	16:23	'91
11 Nat Lopes	16:25	'90
11 Blake McDowall	16:25	'05
13 Josh Hinkle	16:27	'91
13 Jeremy Cutcher	16:27	'05
15 Greg Funk	16:30	'97
16 Nick Miller	16:31	'99
17 Scott Story	16:32	'89
18 Jeff Godfrey	16:32	'99
19 Nate Bisbee	16:37	'91
20 Jake Currie	16:38	'96
21 Peter Keith	16:44	'88
21 Michael Corley	16:44	'06
23 Rory O'Neill	16:49	'89
23 Drew Fagant	16:49	'99
25 Jon Fitch	16:51	'99

Junior Boys

Name	Time	Yr
1 Matt Fitch	15:27	'02
2 David Toomey	15:36	'92
3 K.C. Cody	15:36	'00
4 Quin Coughlin	16:08	'06
5 Zac Fitch	16:10	'99
6 Jason DeSelle	16:16	'96
7 Jon Fitch	16:19	'98
8 Kevin Funk	16:27	'98
9 Blake McDowall	16:30	'04
10 Andrew Gallagher	16:35	'00
11 David Toomey	16:36	'91
12 Alex Conley	16:44	'02
13 Greg Funk	16:46	'96
14 Jeremy Cutcher	16:47	'04
15 Jake Currie	16:53	'95
16 Ryan Lew	17:02	'90
17 Tim Sanborn	17:06	'94
18 Jerry Finlay	17:06	'94
18 John Staroba	17:10	'98
20 Nick Miller	17:10	'98
21 Jason Funk	17:12	'99
22 Jeff Godfrey	17:13	'88
22 Kevin Funk	17:13	'94
24 Scott Story	17:14	'91
25 Jason Selby	17:19	'90

Sophomore Boys

Name	Time	Yr
1 Jason DeSelle	15:57	'95
1 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 Toll Au	16:26	'93
7 Jon Fitch	16:27	'98
8 Quin Coughlin	16:28	'05
9 Blake McDowall	16:30	'04
10 Andrew Gallagher	16:35	'00
11 David Toomey	16:36	'91
12 Alex Conley	16:44	'02
13 Greg Funk	16:46	'96
14 Jeremy Cutcher	16:47	'04
15 Jake Currie	16:53	'95
16 Ryan Lew	17:02	'90
17 Tim Sanborn	17:06	'94
18 Jerry Finlay	17:06	'94
18 John Staroba	17:10	'98
20 Nick Miller	17:10	'98
21 Jason Funk	17:12	'99
22 Jeff Godfrey	17:13	'88
22 Kevin Funk	17:13	'94
24 Scott Story	17:14	'91
25 Jason Selby	17:19	'90

Freshman Boys

Name	Time	Yr
1 Regan Masi	16:06	'99
2 Aria Klani	16:29	'06
3 Robel Maekete	16:51	'06
4 Matt Fitch	17:04	'00
5 K.C. Cody	17:11	'00
6 Jason DeSelle	17:19	'94
6 Jason Fung	17:19	'98
8 Zac Fitch	17:22	'97
9 Andrew Gallagher	17:33	'99
10 Blake McDowall	17:37	'03
10 Ross Perry	17:37	'04
12 Jake Currie	17:38	'94
12 Jeremy Cutcher	17:38	'03
12 Quin Coughlin	17:38	'04
12 Tyler Main	17:38	'05
16 Michael Zanetti	17:45	'06
17 Alex Conley	18:05	'01
18 Jon Fitch	18:14	'97
19 Jeff Mills	18:14	'99
20 Brad Carver	18:19	'06
21 Greg Funk	18:20	'95
22 Daniel Breazeale	18:34	'05
23 Ryan Walsh	18:38	'01
24 James Cruz	18:52	'05
25 Jon Martindill	18:53	'04

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 Handel	17:47	'02
5 Jennifer Martindill	18:09	'05
6 Pamela Richardson	18:32	'94
7 Christy Sweaney	18:37	'01
8 Celeste Berg	18:45	'05
9 Emma Conley	18:47	'01
10 Carina Hendricks	18:58	'02
11 Elisa Pedersen	19:03	'01
12 Diana Rancourt	19:08	'97
13 Marissa Walsh	19:15	'02
14 Kate Blake	19:16	'01
15 Joy Terriblino	19:19	'01
16 Sarah Gallagher	19:40	'06
17 Lisa Gay	19:43	'91
18 April Malvino	19:46	'98
19 Karlin Dove	19:49	'06
19 Hunter Connell	19:49	'02
21 Ashley Gross	19:57	'06
22 Jamie Duncan	20:05	'90
23 Amy Lodin	20:10	'94
24 Shevit Haile	20:11	'96
25 Marissa Reichmuth	20:16	'93

Senior Girls

Name	Time	Yr
1 Sara Bei	17:12	'00
2 Kim Conley	17:46	'03
3 Kim Handel	17:47	'02
4 Jennifer Martindill	18:09	'05
5 Pamela Richardson	18:32	'94
6 Christy Sweaney	18:56	'03
7 Sarah Bashel	18:58	'00
8 Elisa Pedersen	19:03	'01
9 Diana Rancourt	19:08	'97
10 Joy Terriblino	19:19	'01
11 Emma Conley	19:22	'04
12 Kate Blake	19:41	'04
12 Lisa Gay	19:43	'91
14 Marissa Walsh	19:43	'04
15 April Malvino	19:46	'98
16 Karlin Dove	19:49	'06
17 Sarah McClendon	20:17	'92
18 Marissa McAdler	20:18	'03
19 Jamie Duncan	20:19	'92
20 Shevit Haile	20:21	'97
21 Jana Wiesner	20:25	'91
22 Amy Jordan	20:33	'91
23 Michelle Mayes	20:37	'88
24 Kelly Richardson	20:41	'02
25 Allie Oser	20:42	'06

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 Handel	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 Terriblino	19:28	'00
11 Emma Conley	19:31	'03
12 Shevit Haile	20:11	'96
13 April Malvino	20:15	'97
14 Jamie Duncan	20:17	'91
15 Marissa Walsh	20:19	'03
16 Georgina Vron	20:29	'95
17 Kate Blake	20:34	'00
18 Amelie Thomas	20:51	'03
18 Molly McManus	20:51	'03
20 Marissa Reichmuth	21:03	'94
21 Barbara Hall	21:03	'04
22 Jennifer Martindill	21:14	'04
23 Lisa Gay	21:19	'90
24 Sarah McClendon	21:25	'91
25 Amy Jordan	21:36	'90

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 Celeste Berg	18:52	'06
6 Emma Conley	18:55	'02
7 Pamela Richardson	19:12	'92
8 Marissa Walsh	19:15	'02
9 Elisa Pedersen	19:26	'99
10 Kate Blake	19:40	'02
11 Ashley Gross	19:58	'95
12 Diana Rancourt	20:05	'90
13 Jamie Duncan	20:06	'99
14 Joy Terriblino	20:10	'94
15 Amy Lodin	20:16	'93
16 Marissa Reichmuth	20:26	'95
17 Shevit Haile	20:44	'02
18 Molly McManus	20:46	'90
19 Sarah McClendon	20:52	'04
20 Karlin Dove	20:56	'99
21 Lisa Gay	20:59	'95
22 Megan McRae	21:38	'00
23 Barbara Hall	21:41	'95
25 Elizabeth Proctor	21:48	'02

Freshman Girls

Name	Time	Yr
1 Sara Bei	17:09	'97
2 Celeste Berg	18:45	'05
3 Emma Conley	18:47	'01
4 Christy Sweaney	19:06	'00
5 Kim Conley	19:08	'00
6 Kate Blake	19:16	'01
7 Sarah Bashel	19:22	'97
8 Sarah Gallagher	19:40	'06
9 Hunter Connell	19:49	'06
10 Elisa Pedersen	19:53	'98
11 Joy Terriblino	19:55	'98
12 Ashley Gross	20:04	'01
13 Julie Mills	20:20	'02
14 Nicole Baker	20:43	'06
15 Molly McManus	20:54	'01
16 Elizabeth Proctor	20:55	'01
17 Amy Bei	21:04	'95
18 Barbara Hall	21:11	'99
19 Karlin Dove	21:21	'03
20 Diana Rancourt	21:37	'94
21 Shevit Haile	21:39	'94
22 Sonya Glidden	21:47	'94
23 KT Trask	22:11	'05
24 Katherine Wyatt	22:15	'05
25 Alex Gross	22:24	'03

Rancho Cotate Invitational
September 1 at Rancho Cotate HS
Course: 2.75 miles, flat.

	Girls	Place	Time	Pace
1	Berg	7 V	17:40	6:25
2	Connell	26 V	19:31	7:05
3	Gallagher	28 V	19:33	7:06
4	Pearson	37 V	20:28	7:26
5	Dove	42 V	20:43	7:32
6	Baker	9 JV	20:49	7:34
7	Oser	10 JV	20:51	7:34
8	Wyatt	44 V	21:07	7:40
9	McManus	47 V	21:41	7:53
10	L. Zanetti	16 JV	21:44	7:54
11	Wahl	17 JV	21:44	7:54
12	Warren	20 JV	22:21	8:07
13	M. Zanetti	25 JV	23:05	8:23
14	Ruffatto	26 JV	23:07	8:24
15	Lebichuck	37 JV	24:43	8:59
16	Redeie	40 JV	25:13	9:10
17	Vanderkamp	45 JV	25:47	9:22
18	Klatt	46 JV	25:48	9:22
19	Vivio	54 JV	26:50	9:45
20	Halpern	55 JV	26:57	9:48

	Boys	Place	Time	Pace
1	McDowall	2 V	14:07	5:08
2	Cutcher	17 V	15:25	5:36
3	Kiani	1 JV	15:37	5:40
4	Coughlin	20 V	15:40	5:41
5	Martindill	26 V	16:05	5:50
6	Breazeale	43 V	16:53	6:08
7	Wolff	45 V	16:54	6:08
8	Rowden	6 JV	16:55	6:09
9	Zanetti	9 JV	17:00	6:10
10	Ott	61 V	17:40	6:25
11	Bray	18 JV	17:46	6:27
12	Carver	19 JV	17:48	6:28
13	Love	29 JV	18:32	6:44
14	Corley	35 JV	18:50	6:50
15	Hylland	42 JV	19:18	7:01
16	Fung	77 JV	21:12	7:42
17	Ruud	86 JV	21:51	7:56

Great early season competition serves up a formidable challenge in the 2006 season opener. Twelve Vikings record personal records, already running stronger than they were in the middle of last season. Kiani proves he's Varsity material as he runs away with the JV win - good for 3rd fastest on the team and 2nd fastest MHS JV performance ever. Baker earns a Varsity berth in her debut race, leading the JV girls team in the process. Berg fights hard against the best in the region for a respectable top ten finish, with Connell and Gallagher close behind in their first high school race. Summer training pays off big time as McDowall shaves of nearly a minute from his previous best, although a late surge from 1600m talent Brian Cole costs him the victory.

Ed Sias Invitational
September 9 at Hidden Valley Park, Martinez
Course: 2.0 miles, hilly.

	Girls	Place	Time	Pace
1	Connell	49 V	14:25	7:12
2	Gallagher	52 V	14:29	7:14
3	Pearson	124 V	15:43	7:51
4	Wyatt	8 O	15:59	7:59
5	Dove	148 V	16:11	8:05
6	Wahl	31 JV	16:14	8:07
7	Baker	161 V	16:16	8:08
8	Warren	23 FS	16:47	8:23
9	McManus	53 JV	16:55	8:27
10	Oser	180 V	17:06	8:33
11	L. Zanetti	64 JV	17:06	8:33
12	M. Zanetti	71 JV	17:28	8:44
13	Ruffatto	89 JV	17:55	8:57
14	Alley	95 O	18:42	9:21
15	Lebichuck	105 JV	19:44	9:52

Varsity Girls Team (out of 31)
1. Carondelet 31, 2. St. Francis 96
3. Campolindo 178, ... 17. MHS 472.

Junior Varsity Girls Team (out of 15)
1. St. Francis 36, 2. Mountain View 86,
3. Carondelet 89, ... 11. MHS 249.

	Boys	Place	Time	Pace
1	McDowall	1 V	10:33	5:16
2	Cutcher	31 V	11:46	5:53
3	Kiani	4 FS	11:55	5:57
4	Coughlin	56 V	12:09	6:04
5	Martindill	81 V	12:30	6:15
6	Maekele	30 FS	12:50	6:25
7	Breazeale	40 FS	12:56	6:28
8	Wolff	103 V	12:57	6:28
9	Corley	107 V	13:02	6:31
10	Rowden	49 FS	13:04	6:32
11	Zanetti	77 FS	13:29	6:44
12	Brott	43 JV	13:41	6:50
13	Love	46 JV	13:48	6:53
14	Lemanski	49 JV	13:48	6:54
15	Ott	132 V	13:51	6:55
16	Carver	99 FS	14:00	7:00
17	McCullough	138 FS	14:46	7:23
18	Bailey	118 JV	15:47	7:53
19	Fung	121 V	15:53	7:56
20	Ruud	134 JV	16:28	8:14

Varsity Boys Team (out of 22)
1. De La Salle 116, 2. Deer Valley 160,
3. Liberty 188, ... 9. MHS 272.

Frosh/Soph Boys Team (out of 24)
1. Campolindo 49, 2. Amador Valley 80,
3. MHS 183, 4. San Rafael 196.

Junior Varsity Boys Team (out of 21)
1. De La Salle 458, 2. College Park 45,
3. Mountain View 109, ... 12. MHS 338.

A slightly modified course makes the short course in Martinez even more painful - rewarding those with good early season fitness and the reservation to go out conservatively. Kiani plays Good Samaritan and helps a fellow Carmillo freshman back up on his feet after a nasty spill while running backwards - then goes on to a 4th place finish amongst the best underclassmen in the Bay Area. Assisted by new additions Maekele, Rowden, and Zanetti, plus returning member Breazeale, the boys secure third out of 24 teams - extremely impressive for a squad with 4 Freshmen! McDowall avenges his loss a week prior by putting 25 seconds into second place. Connell and Gallagher run side by side to lead the girls, fighting hard amidst an extremely deep 200+ competitor field. Wyatt runs a great race in the Open Girls division for 8th place and secures a spot on the Varsity squad.

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

	Girls	Place	Time	Pace
1	Berg	4 FS	12:38	6:19
2	Connell	10 FS	13:16	6:38
3	Gallagher	11 FS	13:21	6:40
4	Dove	23 JS	14:03	7:01
5	Pearson	27 FS	14:20	7:10
6	Oser	35 JS	14:30	7:15
7	Wyatt	33 FS	14:38	7:19
8	Baker	3 O	14:44	7:22
9	Wahl	50 JS	15:02	7:31
10	McManus	54 JS	15:08	7:34
11	M. Zanetti	17 O	16:06	8:03
12	L. Zanetti	83 JS	16:16	8:08
13	Kremer	24 O	16:26	8:13
14	Alley	31 O	16:38	8:19
15	Vanderkamp	37 O	16:46	8:23
16	Ruffatto	38 O	16:47	8:23
17	Lebichuck	39 O	16:49	8:24
18	Wei	42 O	17:00	8:30
19	Klatt	44 O	17:04	8:32
20	Vivio	62 O	18:14	9:07
21	Morgan	65 O	19:00	9:30

Junior/Senior Girls Team (out of 20)
1. Castro Valley 29, 2. El Molino 46,
3. Santa Rosa 50, ... 12. MHS 96.

Frosh/Soph Girls Team (out of 17)
1. Castro Valley 21, 2. Santa Rosa 23,
3. MHS 23, 4. Casa Grande 33.

Open Girls Team (out of 11)
1. Castro Valley 15, 2. Santa Rosa 32,
3. Eureka 33, 4. Tamalpais 38, 5. MHS 39.

	Boys	Place	Time	Pace
1	McDowall	1 S	10:08	5:04
2	Cutcher	6 S	10:53	5:26
3	Kiani	4 FS	11:02	5:31
4	Coughlin	11 J	11:08	5:34
5	Martindill	15 J	11:30	5:45
6	Maekele	9 FS	11:31	5:45
7	Breazeale	16 FS	11:46	5:53
8	Rowden	22 FS	11:57	5:58
9	Wolff	34 S	12:05	6:02
10	M. Zanetti	34 FS	12:22	6:11
11	Corley	36 J	12:33	6:16
12	Carver	7 O	12:46	6:23
13	Love	8 O	12:49	6:24
14	McCullough	9 O	12:50	6:25
15	Brott	10 O	12:57	6:28
16	Ott	52 J	13:23	6:41
17	Griffiths	23 O	13:28	6:44
18	Hylland	22 O	13:28	6:44
19	Kleckman	43 O	13:57	6:58
20	Bailey	47 O	14:10	7:05
21	Fung	76 S	14:47	7:23
22	Ruud	74 J	15:10	7:35

Senior Boys Team (out of 17)
1. Eureka 19, 2. Santa Rosa 31, 3. MHS 36,
4. Castro Valley 40, 5. Antioch 40.

Junior Boys Team (out of 13)
1. Castro Valley 21, 2. Antioch 27, 3. Liberty 32,
4. Vintage 47, 5. MHS 49.

Frosh/Soph Boys Team (out of 22)
1. MHS 27, 2. Liberty 41, 3. Santa Rosa 42,
4. Tamalpais 48, 5. Ukiah 60.

Open Boys Team (out of 16)
1. MHS 24, 2. Castro Valley 29,
3. Santa Rosa 45, 4. Tamalpais 59.

Thirty-six schools converge at Spring Lake for the year's only showdown on the short course. Hard training on the circuit the weeks before brings 12 PRs and 13 MHS all time performances. The F/S boys back up their Ed Sias performance with a convincing victory over Liberty and Santa Rosa in the day's largest race. Four of the new freshmen make the all time list! The F/S girls have to settle for a close 3rd in their race, even though they run the 4th fastest MHS team time. Third is also awarded to the Senior Boys - made possible by Wolff's perseverance for 34th place, Cutcher's sub-11 minute performance, and McDowall's school record worthy victory. The Open Boys end the already impressive day on a high note, taking the team victory as Carver, Love, McCullough, and Brott form the tightest pack of the day - all taking consecutive places.

NBL / SCL Interlock Meet #1
September 20 at H. Putnam Park, Petaluma
Course: 1.9 miles JV, 3.1 miles V very hilly

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Warren	2 JV	16:37	8:44
2	Kremer	3 JV	16:38	8:45
3	L. Zanetti	4 JV	16:38	8:45
4	M. Zanetti	6 JV	17:02	8:57
5	Ruffatto	7 JV	17:45	9:20
6	Lebichuck	8 JV	18:03	9:30
7	Vanderkamp	9 JV	18:07	9:32
8	Klatt	12 JV	18:25	9:41
9	Alley	13 JV	18:57	9:58
10	Morgan	14 JV	19:21	10:11
11	Vivio	15 JV	19:28	10:14
	22			
1	Berg	1 V	23:14	7:29
2	Gallagher	2 V	24:15	7:49
3	Dove	3 V	24:27	7:53
4	Baker	5 V	25:43	8:17
5	Oser	6 V	25:48	8:19
6	Wyatt	9 V	26:57	8:41
7	Wahl	10 V	27:24	8:50
8	McManus	11 V	27:57	9:00

Varsity Girls Team

1. MHS 17, 2. Analy 49, Petaluma Inc.

JV Girls Team

1. MHS 22, 2. Analy 50, Petaluma Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Carver	2 JV	12:44	6:42
2	Corley	3 JV	13:06	6:53
3	Ott	4 JV	13:10	6:55
4	Brott	7 JV	13:23	7:02
5	Griffiths	12 JV	13:52	7:17
6	Hyland	13 JV	14:02	7:23
7	McCullough	14 JV	14:07	7:25
8	Fung	23 JV	15:30	8:09
9	Ruud	28 JV	16:03	8:26
1	McDowall	1 V	18:01	5:48
2	Cutcher	7 V	19:34	6:18
3	Kiani	8 V	19:42	6:21
4	Coughlin	12 V	20:26	6:35
5	Maekele	13 V	20:41	6:40
6	Rowden	17 V	21:20	6:52
7	Breazeale	18 V	21:43	7:00
8	Martindill	19 V	21:52	7:03
9	Zanetti	20 V	22:00	7:05
10	Wolff	24 V	23:13	7:29

Varsity Boys Team

1. Petaluma 20, 2. MHS 41,
 3. Analy 92, Elsie Allen Inc.

JV Boys Team

1. MHS 27, 2. Petaluma 37,
 3. Analy 67, Elsie Allen Inc.

Petaluma's punishing course serves all a humble blow to the ego, with mile splits much slower than the norm. The ladies fare far better than their competition, winning each division with significant margins. Warren leads the JV team for her first time, with Kremer and L. Zanetti close on her heels. The Varsity team sweeps the podium as Berg trail blazes the way with over a minute victory margin. Solid grouping within the JV boys ranks leads to a 10 point team victory as Carver leads the team for his first time. The Varsity boys get a taste of #1 NCS seed talent, as Petaluma puts their scoring 5 in front of their second. McDowall's seemingly pedestrian pace is only two seconds off the course record.

NBL / SCL Interlock Meet #2
September 27 at Spring Lake
Course: 3.05 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	7 V	20:19	6:39
2	Conneil	8 V	20:24	6:41
3	Gallagher	9 V	20:25	6:41
4	Dove	19 V	21:48	7:08
5	Oser	21 V	22:16	7:18
6	McManus	23 V	22:26	7:21
7	Wahl	24 V	22:27	7:21
8	Wyatt	26 V	22:28	7:21
9	Kremer	5 JV	23:23	7:40
10	Warren	10 JV	23:44	7:46
11	L. Zanetti	12 JV	24:18	7:58
12	M. Zanetti	14 JV	24:33	8:02
13	Vanderkamp	15 JV	24:51	8:08
14	Danielik	18 JV	25:26	8:20
15	Lebichuck	19 JV	25:26	8:20
16	Klatt	20 JV	25:29	8:21
17	Ruffatto	23 JV	26:20	8:38
18	Reddie	25 JV	26:25	8:39
19	Alley	27 JV	26:42	8:45
20	Alvarado	33 JV	27:40	9:04
21	Vivio	38 JV	29:00	9:30
22	Knudtson	40 JV	30:33	10:00
23	Halpern	41 JV	31:00	10:09

Varsity Girls Team

1. Carrilo 26, 2. MHS 55, 3. Casa 77,
 4. Analy 108, 5. Rancho 115.

JV Girls Team

1. Carrilo 16, 2. MHS 54,
 3. Casa 81, 4. Analy 104

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	5 V	16:07	5:17
2	Cutcher	12 V	16:43	5:28
3	Kiani	17 V	17:07	5:38
4	Coughlin	19 V	17:23	5:41
5	Maekele	22 V	17:37	5:46
6	Martindill	24 V	18:04	5:55
7	Wolff	2 JV	18:23	6:01
8	Zanetti	4 JV	18:33	6:04
9	Carver	6 JV	18:53	6:11
10	Ott	39 V	19:03	6:14
11	Love	8 JV	19:15	6:18
12	McCullough	12 JV	19:39	6:26
13	Griffiths	21 JV	20:03	6:34
14	Brott	23 JV	20:03	6:34
15	Hyland	27 JV	20:23	6:40
16	Lourme	29 JV	20:31	6:43
17	Fung	55 JV	22:04	7:14
18	Bailey	56 JV	22:21	7:19
19	Ruud	63 JV	22:50	7:29
20	Alvarado	77 JV	29:09	9:33

Varsity Boys Team

1. Petaluma 28, 2. Carrilo 33, 3. MHS 74,
 4. Casa 131, 5. Analy 141, 6. Rancho 152,
 7. Elsie Allen 207.

JV Boys Team

1. MHS 32, 2. Carrilo 40, 3. Petaluma 78,
 4. Analy 85, 5. Casa 123, 6. Rancho 174.

The season's debut on the Spring Lake long course brings with it a wealth of local talent. Running in groups until the two mile mark lets the seasoned veterans pull the rookies to impressive benchmark times. Eight Vikings set personal records - quite a feat considering the long training days just prior to the meet. Leading the PR list is Wolff, whose minute plus reduction earns him his highest placing ever. Love slashes off a huge 45 seconds, taking him under the coveted 20 minute barrier for the first time and helping score an impressive victory over Carrilo. Kiani is drug by his senior leaders to a time worthy of 5th on the MHS all-time freshman list, while Coughlin puts Maekele to a 10th place effort on the same list. Pacing the youngster costs McDowall the victory, but he nonetheless still scores a PR after a blistering 4:47 final mile.

Stanford Invitational
September 30 at Stanford Golf Course
Course: 3.1 miles, flat with one big hill

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	1 V	15:34	5:01
2	Cutcher	52 V	16:52	5:26
3	Kiani	85 V	17:16	5:34
4	Coughlin	103 V	17:31	5:39
5	Martindill	158 V	18:02	5:49
6	Maekele	177 V	18:13	5:52
7	Zanetti	251 V	19:13	6:11

Varsity Boys Team (out of 38)

1. Reno 77, 2. Foothill 149, 3. Petaluma 177, ...
 12. MHS 392, 13. Eureka 443, ... , 20. SR 566.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	31 V	19:53	6:24
2	Cornell	68 V	20:36	6:38
3	Gallagher	72 V	20:39	6:39
4	Dove	139 V	21:39	6:59
5	Baker	175 V	22:16	7:10
6	Wahl	241 V	24:03	7:45

Varsity Girls Team (out of 40)

1. Foothill 149, 2. Los Gatos 158, ...
 15. Santa Rosa 454, 16. MHS 460.

Course modifications at the Farm leave out the long uphill grind from years past, leading to faster times and rave reviews from the MHS participants. Carnage ensues seconds after the start of the boys race - runners hit the deck and the race is forced to restart. All Vikings stay on their feet, but with nerves racing sky high. Take two for the 320 strong field is clean, and McDowall settles into a tight lead pack with the usual suspects. Halfway through, the pretenders drop back as McDowall takes a seemingly free ride on the heels of Reno's Juarez. With the long 400m slog left to the finish, McDowall shifts gears and builds a convincing 7 second gap on his competitor, becoming the first Viking male to ever win this race. Cutcher is not far back time wise, but has to settle for 52nd in a very deep field. Less than a minute separates the Vikings 3rd through 6th, leading to a very respectable 12th place - and most notably besting all their NCS competition except for Petaluma. Berg is able to sneak for the full 5k distance, with the two freshmen close behind in the biggest race of their careers to date. Baker repeats as a scoring team member, aiding to the teams 16th out of 40 teams. A mere 6 point gap to the Panthers 15th place finish gives the girls a subtle warning of the league battle to come.

NBL Meet Versus Rancho & Newman/Ursuline
October 11 at Rancho Colate
Course: 2.75 miles, flat

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	2 V	17:42	6:26
2	Connell	4 V	18:24	6:41
3	Gallagher	5 V	18:26	6:42
4	Dove	6 V	18:36	6:45
5	Baker	8 V	19:27	7:04
6	Wahl	9 V	19:39	7:08
7	Oser	10 V	19:40	7:09
8	Kremer	1 JV	21:15	7:43
9	Klatt	3 JV	22:30	8:10
10	L. Zanetti	4 JV	22:43	8:15
11	M. Zanetti	5 JV	23:02	8:22
12	Lebichuck	6 JV	23:16	8:27
13	Alley	8 JV	23:24	8:30
14	Vanderkamp	9 JV	23:33	8:33
15	Ruffatto	14 JV	24:30	8:54
16	Vivio	16 JV	26:24	9:38
17	Knudtson	17 JV	27:05	9:50
18	Halpen	18 JV	27:11	9:53

Varsity Girls Team

1. MHS 23, 2. Ursuline 46, Rancho 72.

JV Girls Team

1. MHS 15, 2. Ursuline 60, Rancho Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	1 V	13:52	5:02
2	Cutcher	3 V	14:50	5:23
3	Coughlin	5 V	15:13	5:32
4	Kiani	6 V	15:22	5:35
5	Maekele	7 V	15:37	5:40
6	Martindill	8 V	15:46	5:44
7	Wolff	1 JV	16:20	5:56
8	Zanetti	2 JV	16:36	6:02
9	Rowden	3 JV	16:45	6:05
10	Breazeale	13 V	16:48	6:06
11	Corley	4 JV	16:55	6:09
12	Ott	5 JV	16:59	6:10
13	Love	6 JV	17:00	6:10
14	Carver	7 JV	17:03	6:12
15	Bray	8 JV	17:28	6:20
16	Hyland	9 JV	18:08	6:35
17	McCullough	10 JV	18:10	6:36
18	Brott	11 JV	18:18	6:39
19	Lemanski	12 JV	18:27	6:42
20	Griffiths	13 JV	18:30	6:43
21	Bailey	15 JV	18:55	6:52
22	Fung	21 JV	19:36	7:07
23	Rudd	29 JV	21:02	7:38

Varsity Boys Team

1. MHS 22, 2. Newman 46, 3. Rancho 69.

JV Boys Team

1. MHS 15, 2. Rancho 55, 3. Newman 76.

Amazing what a little conditioning can do! Vikings sweep all 4 divisions and record an unheard of 28 PR's - that's 80% of the entire team running their best time - all on the same day! Collectively, the team slashes nearly 24 minutes from their previous best times. Kremer takes her first win, as Klatt has her best race to finish a close 3rd. Dove finds her form from years past and closes the gap between her and the freshmen. Baker leads Wahl and Oser in for a close group finish as the team places all 7 runners in the top ten. Wolff's first victory comes at last, taking 34 seconds off his PR in the process. Zanetti and Rowden complete the JV podium, as the JV boys go an amazing 1 to 13 on their competition. Not satisfied with his invite performance, McDowall paces himself to a course record. Cutcher's performance is just 2 seconds shy of the MHS top ten list, and Coughlin lets Kiani know that 3rd place on the team isn't exclusively for his taking. The battle within the Varsity ranks leads to the second fastest MHS team time at the Ranch.

Castro Valley Invitational
October 14 at Castro Valley High School
Course: 2.1 / 3.0 miles, hilly

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	2 FS	14:20	6:49
2	Connell	5 FS	14:59	7:08
3	Gallagher	7 FS	15:04	7:10
4	Baker	19 FS	15:54	7:34
5	Klatt	59 FS	17:32	8:20
1	Oser	80 V	24:15	8:05
2	Wyatt	98 V	25:06	8:22
3	L. Zanetti	109 V	26:03	8:41
4	M. Zanetti	123 V	28:38	9:32
5	Alley	127 V	29:19	9:46
6	Alvarado	129 V	29:59	9:59

Frosh/Soph Girls Team (out of 14)

1. MHS 61, 2. C. Park 76, 3. Monte Vista 114.

Varsity Girls Team (out of 15)

1. C. Park 64, 2. Castro Valley, ... 14. MHS 390.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	6 FS	12:25	5:54
2	Maekele	7 FS	12:29	5:56
3	Rowden	32 FS	13:12	6:17
4	Breazeale	33 FS	13:14	6:18
5	Zanetti	37 FS	13:21	6:21
6	Carver	52 FS	13:38	6:29
7	Bailey	152 FS	15:35	7:25
8	Alvarado	206 FS	18:04	8:36

1	McDowall	1 V	16:14	5:24
2	Cutcher	12 V	17:23	5:47
3	Coughlin	29 V	17:55	5:58
4	Martindill	61 V	18:52	6:17
5	Corley	88 V	19:26	6:28
6	Ott	119 V	20:19	6:46
7	Rudd	190 V	24:36	8:12

Frosh/Soph Boys Team (out of 18)

1. DeLaSalle 59, 2. MHS 109, 3. Washington 136

Varsity Boys Team (out of 26)

1. C. Park 33, 2. Liberty 81, ... 5. MHS 161.

Confidence building results from the Rancho meet lead to the team's most impressive collective performance at an invitational. The young girls squad finds their place to shine in the Frosh-Soph race, taking down perennial powerhouse College Park by a commanding 15 point spread. Grouping in the Frosh-Soph Boy's division pays off as well - Maekele is assisted by Kiani to a top ten performance, and Rowden leads the remaining 3 scoring runners in, separated by only 9 seconds. Another victory for McDowall, while Martindill and Corley step it up in the Varsity race and fill the void left by youngsters who raced earlier. Across the board conservative starts proved to be the key to success as the Vikings, who visibly out powered their competition in the latter hilly portion of the course.

NBL Meet Versus Ukiah & Elsie Allen
October 18 at Spring Lake
Course: 3.05 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	1 V	19:59	6:33
2	Connell	2 V	20:25	6:41
3	Gallagher	3 V	20:25	6:41
4	Dove	4 V	20:27	6:42
5	Baker	5 V	21:44	7:07
6	Oser	6 V	21:45	7:07
7	McManus	7 V	22:14	7:17
8	Wyatt	8 V	22:37	7:24
9	Kremer	9 V	22:41	7:26
10	Wahl	13 V	24:25	8:00
11	Warren	1 JV	24:46	8:07
12	M. Zanetti	2 JV	24:58	8:10
13	L. Zanetti	3 JV	25:22	8:19
14	Lebichuck	4 JV	25:41	8:25
15	Alley	5 JV	26:05	8:33
16	Vanderkamp	6 JV	26:23	8:39
17	Ruffatto	7 JV	26:27	8:40
18	Alvarado	8 JV	26:33	8:42

Varsity Girls Team

1. MHS 15, 2. Ukiah 50, EA Inc.

JV Girls Team

1. MHS 15, Ukiah Inc., EA Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cutcher	1 V	16:45	5:38
2	Coughlin	2 V	16:56	5:42
3	Kiani	3 V	16:59	5:43
4	McDowall	4 V	17:00	5:43
5	Wolff	8 V	18:07	6:06
6	Corley	9 V	18:07	6:06
7	Breazeale	11 V	18:11	6:07
8	M. Zanetti	12 V	18:30	6:13
9	Carver	1 JV	18:36	6:15
10	Love	2 JV	19:08	6:26
11	Lemanski	3 JV	19:21	6:30
12	Ott	4 JV	19:28	6:33
13	Hyland	6 JV	20:07	6:46
14	Griffiths	8 JV	20:39	6:57
15	Fung	10 JV	21:40	7:17
16	Alvarado	16 JV	27:49	9:21

Varsity Boys Team

1. MHS 16, 2. Ukiah 46, 3. EA 76.

JV Boys Team

1. MHS 16, 2. Ukiah 44, EA Inc.

Back on home turf, the Vikings maintain their perfect league records with perfect and near perfect team scores. Light competition permits pack running and tempo run efforts, yet still 15 personal records are set. Carver's PR effort brings with it the JV victory - his first, with Love just a couple clicks behind for the best result of his career. Kiani squeezes under 17, while Wolff edges Corley as both run their best races within the team standings. Dove lets the freshmen duo get only 2 seconds on her, which results in her first course PR since 2004. A 42 second reduction for Kremer lands her a 9th place team finish, which impressively completes the team's 9 place sweep.

NBL Meet Versus Piner
October 25 at Foothill Regional Park, Windsor
Course: 2.8 miles, mountainous

	Girls	Place	Time	Pace
1	Berg	1	23:48	8:30
2	Cornell	2	24:05	8:36
3	Gallagher	3	24:05	8:36
4	Dove	4	24:06	8:36
5	Oser	5	25:11	8:59
6	Baker	6	25:17	9:01
7	McManus	7	26:35	9:29
8	Wahl	8	26:40	9:31
9	Wyatt	9	26:40	9:31
10	Kremer	10	26:59	9:38
11	Warren	11	28:42	10:15
12	Klatt	12	28:53	10:18
13	M. Zanetti	13	28:56	10:20
14	L. Zanetti	14	29:01	10:21
15	Lebichuck	16	29:49	10:38
16	Alley	17	29:50	10:39
17	Ruffatto	18	30:09	10:46
18	Alvarado	19	30:22	10:50
19	Knudtson	22	36:26	13:00
20	Vivio	23	36:47	13:08

Varsity Girls Team

1. MHS 15, Piner Inc.

JV Girls Team

1. MHS 15, Piner Inc.

	Boys	Place	Time	Pace
1	Cutcher	1	19:39	7:01
2	McDowall	2	19:39	7:01
3	Kiani	3	19:55	7:06
4	Coughlin	4	20:26	7:17
5	Wolff	5	20:44	7:24
6	Corley	6	20:51	7:26
7	Maekele	7	21:09	7:33
8	Zanetti	8	21:09	7:33
9	Bray	9	21:52	7:48
10	Breazeale	10	21:57	7:50
11	Rowden	11	22:05	7:53
12	Love	12	22:09	7:54
13	Ott	14	22:15	7:56
14	Carver	15	22:26	8:00
15	Hyland	16	22:38	8:05
16	McCullough	17	23:02	8:13
17	Brott	18	23:09	8:16
18	Bailey	21	26:45	9:33

Varsity Boys Team

1. MHS 15, 2. Piner 50.

JV Boys Team

1. MHS 15, Piner Inc.

NBL Meet Versus Santa Rosa, Maria Carrillo
November 1 at Spring Lake
Course: 3.05 miles, rolling hills

	Girls	Place	Time	Pace
1	Berg	5 V	18:52	06:11
2	Gallagher	9 V	19:45	06:29
3	Connell	10 V	19:49	06:30
4	Dove	11 V	19:49	06:30
5	Oser	18 V	21:03	06:54
6	Baker	20 V	21:13	06:57
7	Wyatt	5 JV	21:54	07:11
8	McManus	23 V	22:19	07:19
9	Wahl	8 JV	22:48	07:29
10	Kremer	9 JV	22:53	07:30
11	Warren	13 JV	23:12	07:36
12	Klatt	14 JV	23:28	07:42
13	M. Zanetti	18 JV	24:08	07:55
14	Alley	19 JV	24:36	08:04
15	Lebichuck	20 JV	24:47	08:08
16	Alvarado	25 JV	27:12	08:55
17	L. Zanetti	26 JV	27:12	08:55
18	Vivio	27 JV	27:38	09:04
19	Knudtson	28 JV	28:02	09:11

Varsity Girls Team

1. Carrillo 21, 2. Santa Rosa 53, 3. MHS 53.

JV Girls Team

1. Carrillo 16, 2. MHS 49, 3. Santa Rosa 71.

	Boys	Place	Time	Pace
1	McDowall	1 V	15:21	05:02
2	Cutcher	6 V	16:09	05:18
3	Coughlin	7 V	16:13	05:19
4	Kiani	10 V	16:29	05:24
5	Maekele	16 V	17:09	05:37
6	Corley	2 JV	17:27	05:43
7	Zanetti	3 JV	17:52	05:51
8	Breazeale	22 V	17:56	05:53
9	Wolff	6 JV	18:02	05:55
10	Bray	8 JV	18:20	06:01
11	Love	11 JV	18:45	06:09
12	Ott	13 JV	18:54	06:12
13	Brott	18 JV	19:18	06:20
14	Martindill	25 V	19:19	06:20
15	Cullough	19 JV	19:25	06:22
16	Hyland	20 JV	19:28	06:23
17	Bailey	26 JV	20:25	06:42
18	Fung	32 JV	21:15	06:58
19	Ruud	42 JV	22:20	07:19
20	Alvarado	46 JV	26:10	08:35

Varsity Boys Team

1. Carrillo 29, 2. MHS 39, 3. Santa Rosa 59.

JV Boys Team

1. MHS 30, 2. Carrillo 32, 3. Santa Rosa 72.

NBL Finals
November 10 at Spring Lake
Course: 3.05 miles, rolling hills

	Girls	Place	Time	Pace
1	Berg	6 V	19:15	06:19
2	Gallagher	10 V	19:40	06:27
3	Connell	11 V	19:50	06:30
4	Dove	13 V	20:07	06:36
5	Oser	17 V	20:42	06:47
6	Baker	18 V	20:43	06:48
7	Wyatt	29 V	22:25	07:21
8	McManus	9 JV	22:36	07:25
9	Wahl	10 JV	22:41	07:26
10	Kremer	12 JV	22:52	07:30
11	Klatt	13 JV	22:56	07:31
12	Alley	20 JV	24:08	07:55
13	Lebichuck	21 JV	24:10	07:55
14	L. Zanetti	27 JV	24:26	08:01
15	M. Zanetti	31 JV	25:26	08:20
16	Ruffatto	32 JV	25:29	08:21
17	Alvarado	36 JV	26:45	08:46
18	Knudtson	38 JV	26:54	08:49

Varsity Girls Team

1. Carrillo 23, 2. MHS 57, 3. Santa Rosa 65,

4. Ursuline 112, 5. Ukiah 136, 6. Rancho 155,

7. Piner 207.

JV Girls Team

1. Carrillo 15, 2. MHS 58, 3. Santa Rosa 79.

4. Ursuline 95.

	Boys	Place	Time	Pace
1	McDowall	1 V	15:09	04:58
2	Coughlin	8 V	16:08	05:17
3	Cutcher	9 V	16:08	05:17
4	Kiani	14 V	16:32	05:25
5	Corley	15 V	16:44	05:29
6	Maekele	17 V	16:51	05:31
7	Martindill	3 JV	17:40	05:48
8	Wolff	5 JV	17:45	05:49
9	Zanetti	24 V	17:45	05:49
10	Breazeale	6 JV	17:51	05:51
11	Carver	11 JV	18:19	06:00
12	Love	14 JV	18:38	06:06
13	Ott	16 JV	18:54	06:12
14	McCullough	20 JV	19:14	06:18
15	Brott	22 JV	19:15	06:19
16	Fung	40 JV	20:32	06:44
17	Ruud	62 JV	22:19	07:19

Varsity Boys Team

1. Carrillo 29, 2. MHS 41, 3. Santa Rosa 61,

4. Ukiah 123, 5. Rancho 141, 6. Elsie Allen 197,

7. Piner 203.

JV Boys Team

1. Carrillo 27, 2. MHS 38, 3. Santa Rosa 74,

4. Ukiah 127, 5. Newman 143, 6. Rancho 153.

Incomplete teams and limited competition allow the Vikings to throttle back and rest up for the weeks to come. The ladies take the top 14 spots while the boys sweep 1st through 18th. Confusing course markings give Knudtson and Vivio a bit more distance to cover than they bargained for. Bray sets pace from the gun, but throttles way back when he finds the course slightly longer than 400m. Still, he finds the legs ~22 minutes later to out kick Varsity team member Breazeale – not bad for a sprinter!

The much hyped clash of the undefeated league Titans lives up to its billing. All three schools field 4 divisions with perfect records. The start of the late season taper produces spectacular results as 27 PRs are set. The JV girls take six and a half minutes off their previous team best for the season, leading them to a second place finish. Wyatt sneaks under 22 minutes for the first time, and returns to the Varsity team. Similar improvements within the JV boys team results in a 2 point upset over the Pumas – leading to a perfect dual/tri meet record for the team. Corley leads Zanetti for a 2-3 finish, as both secure Varsity spots for the NBL meet. The Varsity Girls put their top 4 under the coveted 20 minute mark, resulting in a 6 minute improvement in team time since the season's first tour of the course – a performance worthy of 8th fastest in MHS history. Unfortunately, Santa Rosa is able to match the Vikings stride for stride, forcing a heart-breaking concession of second place to the Panthers. Eager to topple the Pumas, the Varsity boys race to the #3 fastest MHS team time, fueler and all time list marks for the rest of the scoring team members. In spite of the honest fight, the Pumas still pull off the victory – but it takes a school record performance for them to do so.

Déjà vu from the race a week prior. JV girls confirm their solid second place in league competition. Alley, Klatt, and Knudtson score big PRs. Carrillo loads the JV deck with seasoned Varsity runners, and the Vikings are unable to repeat their earlier victory – resulting in a 1st place tie for league honors. Wolff breaks 18, with PRs going to nearly the entire squad. Fung dips well under 21 minutes, and sets his 4th consecutive record on the course this season. Eager to help avenge last week's loss, Oser races arguably the best race of her career – an impressive 21s personal improvement, landing her on the MHS all-time list, and causing the pivotal point swing to secure 2nd place over the Panthers. The Varsity boys toe the line vowing to not go down without a hard fight, and they deliver with a vengeance. Only Kiani misses setting a PR, yet his self described "bad race" is a trivial 3s slower than his #2 MHS Freshman mark. Coughlin makes his anticipated late season command performance, just edging out Cutcher for the first time this year. Improvement of the day goes to Corley, who makes the MHS all-time list as first year Junior and the NCS team as a scoring team member. This is the same runner who started out as #14 on the team at the Rancho Invite. The team effort results in the 6th fastest time for all schools to have run the Spring Lake course, yet once again, the Pumas make comparable gains and set the #3 mark in one of the deepest NBL fields in recent history.

**North Coast Section Championships
November 18 at Hayward HS
Course: 3.0 miles, grass and low hills.**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	12	19:14	6:24
2	Connell	22	19:50	6:36
3	Gallagher	25	20:05	6:41
4	Dove	35	20:54	6:58
5	Oser	42	21:23	7:07
6	Baker	43	21:25	7:08
7	Wyatt	74	23:06	7:42

Division II Varsity Girls: 101:26

14 teams, 96 finishers

- Carondelet 25, 2. Arroyo 98,
- Washington 110, 4. MONTGOMERY 127,
- Santa Rosa 156, 6. Casa Grande 162,
- Irvington 185, 8. Alameda 205,
- American 206, 10. Mission San Jose 222,
- Clayton Valley 288, 12. Rancho Cotate 338,
- Ukiah 354, 14. Hayward 394.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	1	15:40	5:13
2	Cutcher	18	16:28	5:29
3	Coughlin	22	16:42	5:34
4	Kiani	23	16:42	5:34
5	Corley	25	16:50	5:36
6	Makaele	33	17:07	5:42
7	Martindill	59	17:56	5:58

Division II Varsity Boys:

16 teams, 111 finishers

- Petaluma 47, 2. Eureka 54,
- De La Salle 77, 4. MONTGOMERY 89,
- Washington 194, 6. Santa Rosa 197,
- Arroyo 198, 8. Alameda 228,
- American 273, 10. Ukiah 287,
- Clayton Valley 297, 12. Irvington 324,
- Mission San Jose 339, 14. Rancho Cotate 347,
- Casa Grande 385, 16. Hayward 394.

King Of the Hill

		<u>Clock Time</u>	<u>Handicap</u>	<u>Scratch Time</u>
1	Fung	28:01	8:09	19:51
2	Dove	28:10	8:31	19:38
3	Morgan	28:24	1:46	26:37
4	Love	28:49	11:00	17:48
5	Baker	28:54	7:59	20:54
6	Lebichuck	29:17	4:49	24:27
7	Mike Zanetti	29:17	11:50	17:26
8	Oser	29:26	7:53	21:32
9	Berg	29:27	11:01	18:25
10	Kiani	29:35	13:37	15:57
11	McCullough	29:36	10:32	19:03
12	Wahl	29:50	7:42	22:07
13	McDowall	29:57	15:13	14:43
14	Warren	29:58	6:50	23:07
15	Connell	30:03	10:04	19:58
16	Corley	30:07	11:44	18:22
17	Gallagher	30:20	10:00	20:19
18	Lourme	30:24	10:09	20:14
19	Martindill	30:36	12:57	17:38
20	Griffiths	30:36	10:18	20:17
21	Makaele	30:38	12:44	17:53
22	Coughlin	30:39	13:27	17:11
23	Hyland	30:43	10:00	20:42
24	Cutcher	30:50	13:49	17:00
25	Brott	30:50	10:51	19:58
26	Ott	31:00	11:02	19:57
27	Knudtson	31:16	0:26	30:49
28	Alley	31:21	4:35	26:45
29	McManus	31:22	7:27	23:54
30	Ruud	31:23	7:28	23:56
31	Wyatt	31:39	8:06	23:32
32	L. Zanetti	31:44	6:30	25:13
33	Vanderkamp	31:47	5:31	26:15
34	Staroba	32:06	15:13	16:53
35	Bailey	32:17	8:20	23:56
36	M. Zanetti	33:52	6:01	27:50
37	Ruffatto	36:17	5:13	31:03
38	Vivio	36:26	2:25	34:00

**Salmon Creek Beach Scrimmage
October 7 at Salmon Creek State Beach
Course: 5.0 miles, sandy**

	<u>Team</u>	<u>Time</u>	<u>Pace</u>
1	McDowall R	33:33	6:42
2	Cutcher D	36:27	7:17
3	Staroba S	36:40	7:20
4	Kiani FP	37:06	7:25
5	Martindill B&J	38:37	7:43
6	Makaele SS	38:56	7:47
7	Coughlin HF	39:00	7:48
8	M. Zanetti FP	39:13	7:50
9	Rowden HF	39:15	7:51
10	Breazeale SS	40:42	8:08
11	Carver S	41:06	8:13
12	Love S	42:03	8:24
13	Wolff B&J	42:21	8:28
14	Corley D	42:42	8:32
15	Seil D	42:48	8:33
16	Berg R	43:35	8:43
17	B. Connell D	43:35	8:43
18	Dove FP	44:34	8:54
19	Fung R	45:03	9:00
20	Ott R	46:11	9:14
21	B. Zanetti R	46:31	9:18
22	Bray B&J	47:22	9:28
23	McCullough FP	49:02	9:48
24	H. Connell SS	49:13	9:50
25	Gallagher HF	49:13	9:50
26	N. Baker S	49:13	9:50
27	McManus HF	51:32	10:18
28	Griffiths HF	52:33	10:30
29	S. Baker S	53:40	10:44
30	Bailey S	53:48	10:45
31	L. Zanetti SS	55:39	11:07
32	Trask D	56:21	11:16
33	Wahl FP	56:56	11:23
34	M. Zanetti SS	57:40	11:32
35	Lebichuck D	58:05	11:37
36	Klatt FP	58:13	11:38
37	Vanderkamp B&J	59:00	11:48
38	Ruffatto HF	59:41	11:56
39	Ruud B&J	59:43	11:56
40	Alley R	59:49	11:57
41	A. Alvarado FP	61:32	12:18
42	Knudtson HF	61:41	12:20

Team Results

- Richards 77, 2. Drifters 80, 3. Sandbaggers 81
- Flying Pigs 86, 5. High Fives 96,
- Scream'n' Sushi 105, 7. Benny & the Jets 116.

With State ranked #1 Carondelet easily running away with the section title, the rest of the teams are left to wage battle amongst themselves for the 3 remaining berths. Berg leads the way with a time just slightly slower than her leading freshman performance for 2005. Connell dips under 20 minutes, fighting for positions all the way to the line. Gallagher is just a couple strides behind, as Dove bests her 2004 time for 4th on the team. Truly sealing the deal is Oser, who with a time over two minutes faster than last year, pulls rookie Baker to an outstanding time – only Carondelet has a higher placed 6th runner in the race! Their collective efforts result in a staggering seven minute improvement over last year's performance, allowing the jump from 9th to a State qualifying 4th place. With one less qualifying spot than last year, the top boys' teams aren't able to coast through to the State meet. Eureka gives top seed Petaluma a scare, and with recently added talent, underdog De La Salle squeaks by the Vikings for 3rd. In spite of just missing the trip to Fresno, the boys are nearly 3 minutes faster than last year. The only person appearing to have it easy is McDowall, who does just enough to secure the victory and save as much gas as possible for the following week. Cutcher and Coughlin lead new kids Kiani and Corley to top 25 placings – the 4 are separated by a mere 22 second gap. Robel demonstrates incredible reserve for the first half of the course, allowing him to crank it up through the hills and race to an outstanding time. Kiani and Robel's marks represent the 2nd and 7th fastest freshman times of the day for all divisions. Evidence of the battle up front is black and white: only 42 points separates the Vikings from first, yet they distance the 5th place team by 105 point margin.

Montgomery Vikings at State Championships

5000 Meter (3.1-mile) Course at Fresno's Woodward Park

Boys	Time	Place	Div.	Class	Year
Mike Contos	16:00	29	I	Sr	'87
Matt Fitch	16:02	31	I	Jr	'02
David Toomey	16:09	39	I	Sr	'93
David Toomey	16:19	35	II	Jr	'92
Josh Hinkle	16:20	37	II	Sr	'92
KC Cody	16:21	55	-I	Jr	'02
Jason Selby	16:24	43	II	Sr	'92
Zac Fitch	16:30	50	II	Sr	'00
Tim Sanborn	16:32	53	II	Sr	'92
Kevin Funk	16:32	47	I	Sr	'96
Jon Fitch	16:34	56	II	Sr	'00
Blake McDowall	16:34	39	II	Jr	'05
Nick Millar	16:36	59	II	Sr	'00
Nat Lopes	16:36	48	II	Sr	'91
Zac Fitch	16:45	104	I	Jr	'99
Scott Story	16:47	81	I	Sr	'93
Andrew Gallagher	16:47	106	I	Sr	'02
Alex Conley	16:50	85	II	Sr	'04
Ryan Lew	16:53	87	I	Sr	'93
Nat Lopes	16:55	73	I	Jr	'90
Jeff Godfrey	16:56	74	I	Sr	'90
Drew Fagent	16:57	87	II	Sr	'00
Jerry Finlay	17:00	85	I	Sr	'96
Nate Bisbee	17:03	91	II	Sr	'92
Toli Au	17:06	100	I	So	'93
Regan Masi	17:11	142	I	Sr	'02
Andrew Gallagher	17:12	119	II	So	'00
John Staroba	17:17	109	I	Sr	'96
Greg Funk	17:17	110	I	So	'96
Quin Coughlin	17:21	125	II	So	'05
Jeremy Cutcher	17:21	127	II	Jr	'05
Josh Dorris	17:24	105	II	Jr	'92
Jason DeSelle	17:29	123	I	Jr	'98
Jason Selby	17:36	119	I	So	'90
Scott Story	17:37	114	II	Sr	'92
Jason Fung	17:38	144	II	Jr	'00
Jake Currie	17:39	132	I	Jr	'96
Matt Fitch	17:41	148	II	Fr	'00
Erik Haluzak	17:43	127	I	Jr	'90
Tim Sanborn	17:43	128	I	So	'90
Jacob Greenberg	17:44	129	I	Sr	'93
Jeremy Jackman	17:49	140	I	Sr	'96
Sven Jorgensen	17:59	135	I	Jr	'90
Nathan Higgins	18:07	140	I	Jr	'93
Todd Buonaccorsi	18:19	145	I	Jr	'93
Jon Martindill	18:43	176	II	So	'05
Jeff Mills	18:49	193	I	Sr	'02
Alex Conley	19:00	195	I	So	'02
Mike Grafe	19:04	148	I	Sr	'90
Tyler Main	19:13	182	II	Fr	'05
Michael Bailey	19:48	198	I	Jr	'02
Tom Ott	21:09	188	II	So	'05

Boys Team Time (Top 5 Runners)	Time	Year
Toomey, Hinkle, Selby, Sanborn, Dorris	1:22:38	'92
Z. Fitch, J. Fitch, Millar, Fagent, Gallagher	1:23:49	'00
Toomey, Story, Lew, Au, Greenberg	1:24:39	'93
M. Fitch, Cody, Gallagher, Masi, Mills	1:25:10	'02
K. Funk, Filay, Staroba, G. Funk, J. DeSelle	1:25:35	'96
Lopes, Godfrey, Selby, Haluzak, Sanborn	1:26:53	'90
McDowall, Coughlin, Cutcher, Martindill, M	1:29:12	'05

Girls	Time	Place	Div.	Class	Year
Sara Bei	17:13	1	II	Sr	'00
Sara Bei	17:22	1	III	So	'98
Sara Bei	17:25	1	II	Jr	'99
Kim Conley	17:53	6	II	Sr	'03
Sara Bei	18:11	1	III	Fr	'97
Kim Conley	18:23	9	II	Jr	'02
Kim Handel	18:31	14	II	Sr	'02
Sarah Bachel	18:38	14	II	Sr	'00
Sarah Bachel	18:46	8	III	So	'98
Kim Conley	18:46	4	II	So	'01
Elisa Pedersen	19:02	25	II	Jr	'00
Kim Conley	19:04	29	II	Fr	'00
Emma Conley	19:08	38	-II	So	'02
Jennifer Martindill	19:13	31	II	Sr	'05
Emma Conley	19:24	21	II	Fr	'01
Pamela Richardson	19:25	17	II	So	'92
Pamela Richardson	19:26	23	I	Sr	'94
Joy Terribilini	19:32	55	II	Jr	'00
Celeste Berg	19:33	49	II	Fr	'05
Diana Rancourt	19:34	26	III	Sr	'97
Christy Sweaney	19:34	60	II	Jr	'02
Marissa Walsh	19:37	63	II	So	'02
Christy Sweaney	19:38	65	II	Fr	'00
Sarah Bachel	19:41	41	II	Jr	'99
Elisa Pedersen	19:48	38	II	Sr	'01
Kim Handel	19:57	45	II	Jr	'01
Diana Rancourt	20:02	59	II	Jr	'96
Pamela Richardson	20:16	65	I	Jr	'93
Sarah Bachel	20:17	48	III	Fr	'97
Kate Blake	20:18	71	II	Fr	'01
Kate Blake	20:18	111	II	So	'02
Joy Terribilini	20:21	74	II	Sr	'01
Shewit Haile	20:22	73	II	Jr	'96
Shewit Haile	20:27	56	III	Sr	'97
Carina Hendricks	20:46	129	II	Jr	'02
Joy Terribilini	20:51	79	III	Fr	'98
Christy Sweaney	20:52	104	II	So	'01
Amelia Thomas	21:01	150	II	Jr	'00
April Malvino	21:11	85	III	Sr	'98
Elisa Pedersen	21:35	96	III	Fr	'98
Amy Bei	22:00	105	III	Sr	'98
April Malvino	22:07	104	III	Jr	'97
Alisha McCon	22:08	105	III	Sr	'97
Amy Bei	22:35	113	III	Jr	'97
Megan Buser	23:26	116	III	So	'98

Girls Team Time (Top 5 Runners)	Time	Year
S. Bei, Bachel, Pedersen, K. Conley, Terribilini	1:33:29	'00
K. Conley, Handel, E. Conley, Sweaney, Walsh	1:35:13	'02
K. Conley, E. Conley, Pedersen, Handel, Blake	1:38:13	'01
S. Bei, S. Bachel, Terribilini, Malvino, Pedersen	1:39:45	'98
S. Bei, Rancourt, Bachel, Haile, Malvino	1:40:36	'97

Team Slugging 2006

	Rancho	Ed Stas	Viking Opener	Interlock # 1	Interlock # 2	RC / CN-U (League)	Castro Valley	UK / EA (League)	Piner (League)	SR / MC (League)	NBL	NCS	Total (+ Stanford / Mt. SAC)	Slugging Average
	S	S	S	S	S	S	S	S	S	S	S	S	S / L	
Alley, McKaley		76	39	11	18	13	12	5	7	10	19		210 / 352	0.37
Alvarado, Amanda					12		10	2	5	4	3		36 / 244	0.13
Alvarado, Jorge					3		9	0		0			12 / 341	0.03
Bailey, Matt		37	89		24	23	63		3	20			239 / 428	0.36
Baker, Nicole	57	61	67	10		12	142	11	18	5	29	53	568 / 450	0.55
Berg, Celeste	49		81	14	35	18	159	15	23	20	41	84	776 / 67	0.92
Bray, Benny	101					30			15	38			184 / 39	0.83
Breazeale, Daniel	41	139	92	10		9	182	11	14	3	68		569 / 202	0.74
Brott, Alex		112	108	35	57	27			6	28	52		423 / 144	0.75
Carver, Brad	100	80	109	40	74	31	163	15	9		63		684 / 209	0.77
Conneli, Hunter	30	163	75		34	16	156	14	22	15	36	74	835 / 205	0.80
Corley, Michael	84	33	40	39		34	104	13	18	44	35	86	530 / 319	0.62
Coughlin, Quin	64	84	65	16	31	17	163	20	20	18	42	89	846 / 285	0.76
Cutcher, Jeremy	67	109	77	21	38	19	180	21	23	19	41	93	976 / 162	0.86
Dove, Karin	14	64	83	12	23	14		12	20	14	34		419 / 401	0.51
Fung, Zander	42	91	7	19	25	17		6		14	34	61	316 / 480	0.40
Gallagher, Sarah	28	160	74	13	33	15	154	13	21	16	37	71	831 / 223	0.79
Griffiths, Kyle			93	30	59	25		8					215 / 72	0.75
Halpern, Hilary	11				4	3							18 / 111	0.14
Hyland, Nick	77		94	29	53	29		10	8	26			326 / 147	0.69
Kiani, Aria	118	175	104	20	33	16	209	19	21	15	36	88	1089 / 171	0.86
Klatt, Diana	20		26	12	25	18	102		12	15	26		256 / 214	0.54
Knudtson, Amanda					5	4			2	1	1		13 / 140	0.08
Kremer, Theresa			46	21	40	20		7	14	20	27		195 / 65	0.75
Lebichuck, Amy	29	19	31		26	15		6		9	18		163 / 243	0.39
Lemanski, Chris		106		16		26		13	8				169 / 83	0.67
Lourme, Nick					51				12				63 / 39	0.62
Love, Trevor	90	109	108		72	32		14		35	60		520 / 116	0.82
Maেকে, Robel		149	99	15	28	15	208		17	9	33	78	794 / 327	0.71
Martindill, Jon	58	59	61	9	26	14	131			0	71	52	643 / 468	0.58
McCullough, Ian		43	107	28	68	28			7	27	54		362 / 229	0.61
McDowall, Blake	82	139	82	27	45	21	191	18	22	24	49	110	1225 / 16	0.99
McManus, Maggie	9	71	52	4	19			9	17	2	30		213 / 225	0.49
Morgan, Elizabeth			5	10									15 / 77	0.16
Oser, Allie	56	32	71	9	21	10	59	10	19	7	30	54	378 / 418	0.47
Ott, Tom	23	8	24	38	11	33	73	12	10	33	68		323 / 448	0.42
Pearson, Rita	19	88	58										165 / 185	0.47
Rowden, Ben	113	130	86	11		35	183		13				571 / 133	0.81
Ruffatto, Maura	40	35	32	17	22	9		3	6		7		171 / 260	0.40
Ruud, Nell	33	21	2	14	17	7	2			4	12		112 / 684	0.14
Vanderkamp, Malla	21		33	15	30	12		4					115 / 115	0.50
Vivio, Tina	12		8	9	7	5			1	2			44 / 228	0.16
Wahl, Marlan	49	93	56	5	18	11		3	16	21	29		328 / 410	0.44
Warren, Samantha	46	148		22	35			9	13	16			289 / 73	0.80
Wolff, Sebastian	39	37	49	4	78	37		14	19	40	69		386 / 223	0.63
Wyatt, Katharine	12	163	52	6	16		41	8	15	24	18	22	377 / 332	0.53
Zanetti, Lauren	50	60	23	20	33	17	30	7	10	3	12		265 / 351	0.43
Zanetti, Michael	110	102	74	8	76	36	178	10	16	43	26		679 / 219	0.76
Zanetti, Michelle	41	53	53	18	31	16	16	8	11	11	8		266 / 314	0.46
													19182 / 11687	0.62