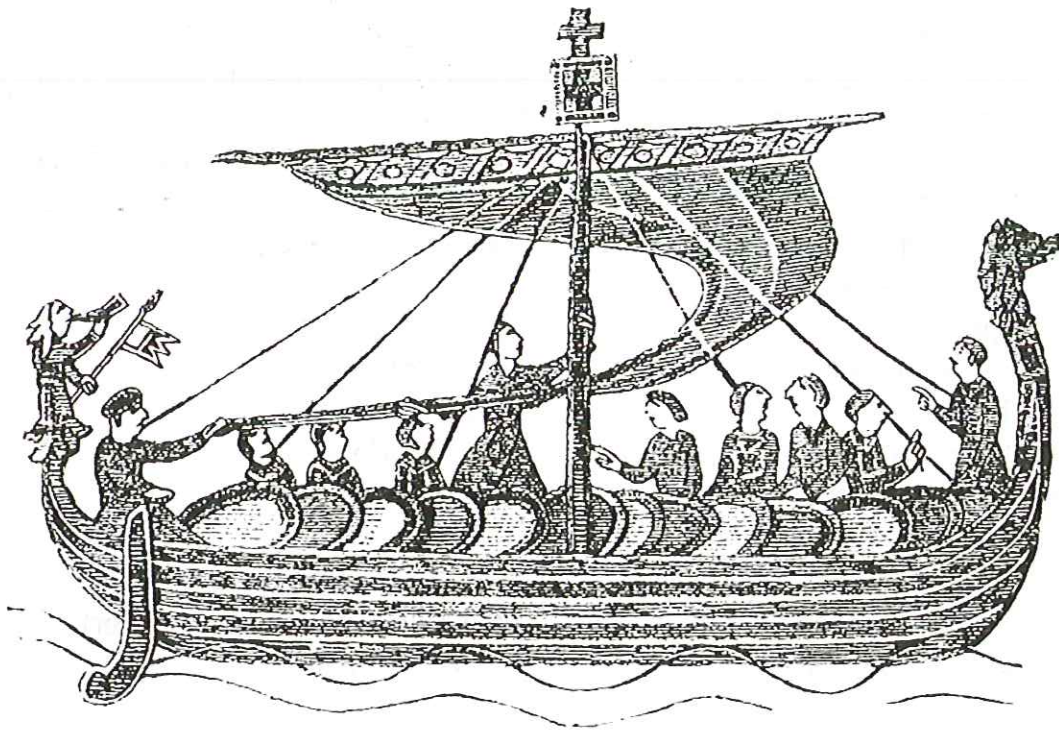


Montgomery Cross – Country



**2010 Season
Results and Statistics**

2010 Montgomery XC Roster

Varsity Boys

Robel Berhane, Junior, 1st Yr.
Evan Coombs, Senior, 3rd Yr.***
Christian Friday, Freshman
James Goldfield, Senior, 4th Yr.
Sean Kelley, Freshman
Logan Mares, Sophomore, 1st Yr.*
Jose Mendoza, Junior, 3rd Yr.
Quinn Stewart, Sophomore, 1st Yr.

Junior Varsity Boys

Pascal Blersch, Junior, 1st Yr.
Jacob Cook, Junior, 1st Yr.
Bryce Daniel, Sophomore, 1st Yr.
Chance Daniel, Sophomore, 1st Yr.
John Dethlefsen, Freshman
Michael Gallegos, Freshman
Julian Jensen, Freshman
Jacob Lane, Freshman
Cameron Long, Freshman
Max Meredith, Freshman
Bryce Peterson, Freshman
Aidan Powers, Sophomore, 1st Yr.
Michael Severi, Sophomore, 2nd Yr.
Austin Smandra, Junior, 1st Yr.

*2nd-year team member

***4th-year team member

Varsity Girls

Breanna Cheatham, Junior, 2nd Yr
Corinne Cook, Freshman
Emily Goldfield, Sophomore, 2nd Yr
Anjali Mathews, Junior, 2nd Yr
Leila Nacouzi, Sophomore, 1st Yr*
Kristin Page, Sophomore, 1st Yr
Kassidy Pierce, Sophomore, 1st Yr*

Junior Varsity Girls

Sadie Carpenter, Sophomore, 2nd Yr
Ruby Kaiser, Freshman
Anne Maitland, Sophomore, 1st Yr
Lani Nacol, Senior, 1st Yr
Diane Vivio, Freshman

Second Team NBL

Emily Goldfield
James Goldfield
Jose Mendoza
Anjali Mathews

Second Team NCS Div II

Jose Mendoza (State Qualifier)
Jamie Goldfield

Certificate of Participation

Duncan Bennett, Senior, 1st Yr.
Valerie Fleckenstein, Sophomore, 1st Yr.
Jayme Mitchell, Freshman
Luis Sanchez, Senior, 1st Yr.
Stefan Schwartz, Senior, 1st Yr.
Yi-Sheng Yang, Junior, 1st Yr.
Chun Sun Yeung, Senior, 1st Yr.

Season Records, 1982 to present

Varsity Boys

Year	Dual Meets		NBL Final	NCS	Other
	W	L			
1982	4	1	2nd	5th 2A	-
1983	9	0	1st	3rd 2A	5th MOC
1984	9	0	1st	2nd 2A	11th MOC
1985	5	0	1st	1st 2A	4th MOC
1986	5	1	1st	8th 3A	-
1987	6	0	1st	3rd 3A	-
1988	4	1	2nd	6th 3A	-
1989	9	0	1st	6th 3A	-
1990	7	1	2nd	1st 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	0	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	-
2007	6	1	3rd	3rd Div. II	20th State
2008	5	2	3rd	10th Div. II	-
2009	3	4	4th	6th Div. II	-
2010	4	3	5th	7th Div. II	-
Totals	264	41	13 NBL Titles, 5 NCS Titles		

Varsity Girls

Year	Dual Meets		NBL Final	NCS	Other
	W	L			
1982	1	4	5th	-	-
1983	5	4	2nd	11th 2A	-
1984	6	3	2nd	6th 2A	-
1985	4	1	2nd	6th 2A	-
1986	6	0	1st	9th 3A	-
1987	5	1	3rd	12th 3A	-
1988	1	4	5th	-	-
1989	1	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	8th 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	2nd 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	22nd State
2007	6	1	2nd	7th Div. II	-
2008	6	1	2nd	4th Div. II	-
2009	6	1	2nd	4th Div. II	-
2010	5	2	3rd	11th Div. II	-
Totals	210	71	4 NBL Titles, 3 NCS Titles		

Junior Varsity Boys

Year	Dual Meets		NBL Final	Fr./So.
	W	L		
1982	4	1	1st	3rd
1983	8	1	3rd	1st
1984	5	0	2nd	-
1985	5	1	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	-
2007	4	1	2nd	-
2008	1	3	4th	-
2009	0	3	inc	-
2010	3	4	4th	-
Totals	223	38	13 NBL Titles	

Junior Varsity Girls

Year	Dual Meets		NBL Final
	W	L	
1982	-	-	-
1983	-	-	-
1984	-	-	-
1985	-	-	-
1986	-	-	-
1987	-	-	-
1988	-	-	-
1989	-	-	-
1990	-	-	-
1991	-	-	-
1992	-	-	-
1993	-	-	-
1994	0	1	2nd
1995	1	1	1st
1996	2	0	-
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
2007	3	2	-
2008	-	-	-
2009	3	1	3rd
2010	4	3	3rd
Totals	74	15	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
1986	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		
2000	25		
2002	35		

JV Girls

Yr	Points
1976	15
1977	20
1986	40
1983	57
1985	30

Varsity Girls

Yr	Points
1976	15
1977	20
1986	40
1983	57
1985	30

North Bay League Individual Champions

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

Varsity Girls

Yr	Points
1976	Heidi Messerschmitt
1977	Deanne Neff
1987	Nicole Fischer
1993	Pamela Richardson
1997	Sara Bel
1998	Sara Bel
1999	Sara Bel
2008	Celeste Berg
2009	Julie Nacouzi

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 (II)
1992	53 (II)	2000	36
1993	44 (I)	2001	51
1996	41 (I)		

State Meet Team Champions

Varsity Girls	
Yr	Points
2000	96 (II)

Varsity Girls

Yr	Points
1997	Sara Bel
1998	Sara Bel
1999	Sara Bel
2000	Sara Bel

NCS Individual Champions

Varsity Boys		Varsity Girls	
Yr	Points	Yr	Points
1972	Steve Ricker	1976	37 (3A)
1985	Paul Cummings	1977	72 (3A)
1993	David Toomey	1998	54 (II)
2006	Blake McDowall	2000	36
		2001	51

JV - Fr./So. Boys

Yr	Points
1982	Jason Schauberg (F/S)
1982	Paul Audliss
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

Practices	Meets
Keiley	65
Mendoza	64
Berhane	63
Goldfield	63
Combs	63
Mendoza	63
Pierce	63
B. Daniel	62
C. Daniel	62
Carpenter	60
Goldfield	58
Cheatham	57
Peterson	55
Gallegos	54
Long	54
Jensen	53
Maitland	53
Fleckenstein	52
Stewart	52
Lane	51
Severi	51
Smandra	51
Kaiser	50
Nacouzi	50
Mathews	49
Biersch	48
Page	46
Powers	46
Meredith	45
Vivio	45
Cook	44
Dethlefsen	39
Sanchez	37
Cook	35
Nacol	35
Matalon	30
Schwartz	28
Mitchell	27
Yeung	27
Bennett	26
Yang	26
Webb	21

Cross Country Season Miles	Cross Country Career Miles
Pierce	708.2
Goldfield	629.0
Cheatham	593.7
Carpenter	589.4
Nacouzi	549.7
Mathews	478.2
Maitland	263.2
Kaiser	252.3
Page	234.6
Fleckenstein	230.3
Cook	216.5
Vivio	206.3
Nacol	156.8
Mitchell	132.5
Boys	
Mendoza	428.0
Berhane	426.0
Goldfield	425.7
Combs	421
Keiley	375.5
Mares	361.1
B. Daniel	359.6
Friday	335.1
C. Daniel	315.4
Long	308.9
Stewart	307.7
Smandra	299.6
Severi	293.6
Peterson	290.8
Jensen	282.2
Meredith	272.6
Gallegos	271.6
Lane	262.3
Biersch	252.2
Powers	242.6
Dethlefsen	223.2
Sanchez	190.5
Cook	184.9
Matalon	168.7
Yeung	162.9
Bennett	151.8
Yang	133.6
Schwartz	128.0
Webb	117.5

Cross Country Season Miles	Cross Country Career Miles
Pierce	362.3
Goldfield	347.2
Cheatham	331.1
Carpenter	302.3
Nacouzi	293.8
Mathews	282.9
Maitland	263.2
Kaiser	252.3
Page	234.6
Fleckenstein	230.3
Cook	216.5
Vivio	206.3
Nacol	156.8
Mitchell	132.5
Boys	
Mendoza	428.0
Berhane	426.0
Goldfield	425.7
Combs	421
Keiley	375.5
Mares	361.1
B. Daniel	359.6
Friday	335.1
C. Daniel	315.4
Long	308.9
Stewart	307.7
Smandra	299.6
Severi	293.6
Peterson	290.8
Jensen	282.2
Meredith	272.6
Gallegos	271.6
Lane	262.3
Biersch	252.2
Powers	242.6
Dethlefsen	223.2
Sanchez	190.5
Cook	184.9
Matalon	168.7
Yeung	162.9
Bennett	151.8
Yang	133.6
Schwartz	128.0
Webb	117.5

Mileage All-Time Career List	Miles per Season (Ave.)
1 Jason Fung, '02	1546.4
2 Jamie Goldfield, '11	1517.5
3 Michael Zanetti, '10	1449.0
4 Zac Fitch, '01	1459.5
5 Jon Fitch, '01	1436.0
6 Evan Coombs, '11	1419.9
7 Aria Kiani, '10	1402.3
8 Jake Currie, '98	1365.3
9 Jon Martindill, '08	1359.2
10 Jeremy Cutcher, '07	1339.9
11 Alex Conley, '05	1328.6
12 Andrew Gallagher, '03	1323.5
13 Nick Millar, '01	1314.9
14 Matt Fitch, '04	1307.3
15 Quin Coughlin, '08	1281.5
16 Jason DeSelle, '98	1250.6
17 Blake McDowall, '07	1235.2
18 K.C. Cody, '04	1214.7
19 Regan Masi, '03	1205.7
20 Greg Funk, '99	1194.0
21 Tom Ott, '08	1169.7
22 Daniel Breazeale, '09	1137.4
23 David Toomey, '94	1112.3
24 Jose Mendoza, '12	1069.5
25 John Staroba, '97	1078.0
Boys	
1 Kim Conley, '04	1333.0
2 Celeste Berg, '09	1330.5
3 Kate Blake, '05	1329.5
4 Sarah Gallagher, '10	1318.9
5 Hunter Connell, '10	1276.2
6 Sara Bei, '01	1273.8
7 Emma Conley, '05	1260.9
8 Christy Sweaney, '04	1231.3
9 Karin Dove, '07	1213.6
10 Elisa Pedersen, '02	1198.1
11 Sara Bashel, '01	1162.8
12 April Malvino, '99	1105.2
13 Joy Terrillini, '02	1104.1
14 Molly McManus, '05	1080.8
15 Allie Oser, '07	1051.6
16 Julie Nacouzi, '11	1045.0
17 Maggie McManus, '08	986.1
18 Katherine Wyatt, '09	946.0
19 Marissa Walsh, '05	915.5
20 Amy Bei, '99	911.5
21 Ashley Gnos, '05	905.9
22 Barbara Hall, '03	903.0
23 Sarah McClendon, '93	885.6
24 Elizabeth Proctor, '05	875.8
25 Anne-Elise Krug, '06	849.7
Girls	
1 Jason Fung, '01	438.3
2 Masi, '03	428.0
3 Fung, '02	386.6
4 Goldfield, '11	379.4
5 Toomey, '94	370.8
6 Z.Fitch, '01	364.9
7 M. Zanetti, '10	362.3
7 Staroba, '97	359.3
9 J.Fitch, '01	359.0
10 Morgan, '99	357.3
11 Mendoza, '12	356.5
12 Lewis, '89	355.8
13 Coombs, '11	355.0
14 Kiani, '10	350.6
15 Higgins, '95	350.0
16 Fagent, '01	347.9
17 Corley, '08	343.2
18 Currie, '98	341.3
19 Martindill, '08	339.8
20 Cutcher, '07	335.0
21 Conley, '05	332.0
22 Proctor, '02	329.9
23 A.Gallagher, '03	329.6
24 Fitch, M, '04	326.8
25 Britt, '01	325.0
Girls	
1 Nacouzi, '11	348.3
2 Martindill, '06	336.9
3 Conley, K, '04	333.3
4 Berg, '09	332.6
5 Blake, '05	332.4
6 Gallagher, '10	329.7
7 Meffert, '11	115.2
8 Connell, '10	319.1
9 S. Bei, '01	318.5
10 Hendricks, '04	318.1
11 Conley, E, '05	315.2
12 Mathews, '12	314.5
13 Sweaney, '04	307.8
14 McAder, '04	306.5
15 Walsh, '05	305.2
16 Dove, '07	303.4
17 Pedersen, '02	299.5
18 Handel, '03	297.8
19 Boyd, '10	297.5
20 Cheatham, '12	296.9
21 McClendon, '93	295.2
22 Bashel, '01	290.7
23 Ruffatto, '07	285.2
24 Krug, '06	283.2
25 L. Zanetti, '07	283.2

Single Season Practice Mileage Records		
Nick Millar	463.8	'99
Regan Masi	462.5	'99
Justin Morgan	456.2	'98
David Toomey	440.9	'93
Jose Mendoza	428.0	'11
Sara Bei	462.0	'98
Julie Nacouzi	430.5	'09
Sarah Bashel	432.4	'98
Jen Martindill	414.5	'05
Sarah Gallagher	370.6	'09

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	1:35:56	2009	Nacouzi, Connell, Gallagher, Goldfield, Meffert
6	1:36:35	2008	Nacouzi, Berg, Connell, Meffert, Gallagher
7	1:36:46	1999	Bei, Bashel, Pedersen, Terribilini, Hall
8	1:36:50	2003	K. Conley, Sweaney, E. Conley, McAdler, Walsh
9	1:37:21	2007	Berg, Connell, Nacouzi, Gallagher, Boyd
10	1:38:12	1997	S. Bei, Bashel, Rancourt, Haile, Malvino
11	1:39:18	2006	Berg, Gallagher, Connell, Dove, Oser
12	1:41:18	2004	E. Conley, Blake, Walsh, Dove, Mo. McManus
13	1:42:43	1995	Rancourt, Haile, Vion, Cushing, McRae
14	1:42:58	1991	Gay, Wiesner, Jordan, Duncan, McClendon
15	1:43:11	1994	Richardson, Lodin, Reichmuth, Haile, Colin
16	1:44:24	2010	Goldfield, Mathews, Pierce, Cheatham, L. Nacouzi
17	1:44:27	2005	Martindill, Berg, Oser, Wahl, Wyatt
18	1:45:38	1996	Rancourt, Haile, Pacheco, Finch, Malvino
19	1:46:00	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
20	1:50:09	1990	Duncan, McClendon, Gay, Jordan, Blackwell
21	1:51:44	1993	Richardson, Reichmuth, Chaffin, Cushing, Scott
22	1:51:48	1988	Mayes, Scott, Montague, Zelenak, Preston
23	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	1:23:22	2007	Coughlin, Kiani, Martindill, Corley, Maekele
14	1:23:36	1990	Jf. Godfrey, Lopes, Haluzak, Sanborn, Grafe
15	1:23:45	1997	DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
16	1:23:59	2008	Kiani, Goldfield, Zanetti, Carver, Brott
17	1:24:03	1988	Lewis, Keith, Downing, Stevenson, Intner
18	1:24:04	2010	Goldfield, Mendoza, Berhane, Mares, Coombs
19	1:24:34	2003	M. Fitch, Cody, Conley, McDowall, Cutcher
20	1:24:37	2005	Cutcher, Coughlin, McDowall, Martindill, Main
21	1:24:44	2009	Kiani, Goldfield, Zanetti, Medoza, Coombs
22	1:25:11	2004	Conley, McDowall, Cutcher, Hall, Perry
23	1:26:33	1994	Staroba, Finlay, Finch, DeSelle, T. Buonaccorsi

Junior Varsity Girls

	Time	Year	Top Five Runners
1	1:43:51	2002	Gnoss, McManus, Richardson, Mills, Hall
2	1:46:19	2001	Gnoss, McManus, Proctor, Hall, Thomas
3	1:50:27	2003	Dove, Ashley Gnoss, Alex Gnoss, 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	1:59:42	2009	L. Nacouzi, Pierce, Page, M. Nacouzi, Walsh
10	2:02:17	1996	Mackie, L. Thomas, McCon, Perry, A. Bei
11	2:05:23	2007	Wyatt, McKee, Warren, Hall, Danieflick
12	2:06:22	2010	Carpenter, Maitland, Nacol, Kaiser, Vivio

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, Dorris, R. Lew, Oblad, Flanagan
3	1:28:44	1988	Crane, O'Neill, R. Contos, Fitzwater, R. Lynn
4	1:28:54	2007	Reinik, Rowden, Zanetti, Breazeale, Hyland
5	1:29:01	1990	Selby, Bisbee, Hunt, J. Waldow, Parsons
6	1:29:23	2000	M. Fitch, Cody, J. Mills, Proctor, McRae
7	1:29:55	1994	K. Funk, Currie, Erickson, Jackman, Strickland
8	1:30:00	1992	R. Lew, Greenberg, Higgins, Votruba, Rangel
9	1:30:11	2006	Martindill, Wolff, Breazeale, Carver, Love
10	1:32:38	1999	Gallagher, Carlsen, J. Mills, McRae, Proctor
11	1:33:15	1993	T. Buonaccorsi, Martinez, Carvalho, Strickland, Widener
12	1:33:52	1998	Britt, Band, Minkoff, Schlereth, Cho
13	1:34:24	1996	B. Buonaccorsi, Davis, Koch, Phelps, Chapin
14	1:34:27	1997	G. Mills, Willison, J. Fitch, Band, Metzler
15	1:34:33	2001	Mills, Walsh, Wright, Bailey, Flaherty-Laub
16	1:35:39	1995	G. Funk, B. Buonaccorsi, Phelps, Chapin, Larsen
17	1:36:55	2008	Mendoza, Bowman, Breazeale, Clark, Breninger
18	1:37:08	2010	Stewart, B. Daniel, Meredith, Severi, Smandra
19	1:37:42	2002	Wright, DeSelle, Walsh, Flaherty-Laub, L. Hall
20	1:38:14	2005	Alley, Wolff, Lemanski, Love, Brott
21	1:41:09	2004	Martindill, Potter, Fritz, Murphy, Wolff
22	1:41:55	2003	McDowell, Lee, Hall, Hazen, Griffiths
23	2:04:46	2009	Severi, Alvarado, Watson, Rudolph, Ferrick

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 Aria Kiani	15:41	'09
6 Nat Lopes	15:41	'09
7 K.C. Cody	15:47	'01
8 Nick Millar	15:50	'02
9 Jeff Godfrey	15:51	'00
10 Tim Sanborn	15:53	'90
11 Kevin Funk	15:54	'92
12 James Goldfield	15:56	'00
13 Jose Mendoza	15:56	'10
14 Jason DeSelle	15:57	'95
15 Regan Masi	15:57	'00
16 James Goldfield	16:00	'10
17 Keith Lewis	16:02	'00
18 Josh Hinkle	16:05	'92
19 Jeremy Cutcher	16:08	'06
20 Dave Inthner	16:10	'89
21 Drew Fagant	16:14	'00
22 K.C. Cody	16:14	'03
23 Regan Masi	16:16	'02
24 Peter Keith	16:17	'89
25 Greg Funk	16:17	'98
26 Scott Story	16:18	'93
27 Erik Heluzak	16:20	'91
28 Greg Funk	16:17	'98

Senior Boys

Name	Time	Yr
1 Blake McDowall	15:09	'06
2 David Toomey	15:26	'93
3 Jason Selby	15:32	'92
4 Aria Kiani	15:41	'09
5 Nat Lopes	15:41	'09
6 Nick Millar	15:47	'01
7 Jeff Godfrey	15:50	'02
8 Matt Fitch	15:53	'03
9 Tim Sanborn	15:54	'92
10 Kevin Funk	15:56	'96
11 Zac Fitch	16:00	'10
12 James Goldfield	16:02	'88
13 Keith Lewis	16:02	'00
14 Jon Fitch	16:05	'92
15 Josh Hinkle	16:05	'92
16 Jason DeSelle	16:08	'06
17 Jeremy Cutcher	16:10	'89
18 Dave Inthner	16:14	'00
19 Drew Fagant	16:14	'03
20 K.C. Cody	16:14	'03
21 Regan Masi	16:16	'02
22 Peter Keith	16:17	'89
23 Greg Funk	16:17	'98
24 Scott Story	16:18	'93
25 Erik Heluzak	16:20	'91

Junior Boys

Name	Time	Yr
1 Matt Fitch	15:27	'02
2 David Toomey	15:36	'92
3 Aria Kiani	15:42	'08
4 K.C. Cody	15:50	'02
5 Jose Mendoza	15:56	'10
6 Quin Coughlin	16:08	'06
7 Zac Fitch	16:10	'99
8 Andrew Gallagher	16:14	'01
9 Jason DeSelle	16:16	'96
10 Kevin Funk	16:19	'95
11 Tim Sanborn	16:22	'91
12 Jason Selby	16:23	'91
13 Nat Lopes	16:25	'05
14 Blake McDowall	16:25	'05
15 James Goldfield	16:25	'09
16 Josh Hinkle	16:27	'05
17 Jeremy Cutcher	16:30	'97
18 Greg Funk	16:30	'97
19 Robel Bernane	16:31	'99
20 Nick Millar	16:31	'99
21 Jeff Godfrey	16:32	'89
22 Scott Story	16:36	'92
23 Nate Bisbee	16:37	'91
24 Jake Currie	16:38	'96
25 Peter Keith	16:44	'88

Sophomore Boys

Name	Time	Yr
1 Jason DeSelle	15:57	'95
2 Regan Masi	15:57	'00
3 Matt Fitch	16:14	'01
4 Jose Mendoza	16:15	'09
5 K.C. Cody	16:16	'01
6 Zac Fitch	16:18	'98
7 Aria Kiani	16:20	'07
8 Toli Au	16:26	'93
9 Jon Fitch	16:27	'98
10 Quin Coughlin	16:28	'05
11 Blake McDowall	16:30	'04
12 James Goldfield	16:31	'08
13 Andrew Gallagher	16:35	'00
14 David Toomey	16:36	'91
15 Alex Conley	16:44	'02
16 Greg Funk	16:46	'96
17 Jeremy Cutcher	16:47	'04
18 Jake Currie	16:53	'95
19 Robel Maekelle	16:54	'07
20 Ryan Lew	17:00	'91
21 Tim Sanborn	17:02	'90
22 Jerry Finlay	17:06	'94
23 John Staroba	17:06	'94
24 Nick Millar	17:10	'98
25 Jason Fung	17:12	'99

Freshman Boys

Name	Time	Yr
1 Regan Masi	16:06	'99
2 Aria Kiani	16:29	'06
3 Robel Maekelle	16:51	'06
4 Matt Fitch	17:04	'00
5 K.C. Cody	17:11	'00
6 Jason DeSelle	17:19	'98
7 Jason Fung	17:19	'98
8 Zac Fitch	17:22	'97
9 James Goldfield	17:24	'09
10 Andrew Gallagher	17:33	'99
11 Blake McDowall	17:37	'03
12 Ross Perry	17:37	'04
13 Jake Currie	17:38	'94
14 Jeremy Cutcher	17:38	'03
15 Quin Coughlin	17:38	'04
16 Tyler Main	17:38	'05
17 Michael Zanetti	17:45	'06
18 Christian Friday	17:53	'10
19 Alex Conley	18:05	'01
20 Jon Fitch	18:14	'97
21 Jeff Mills	18:18	'99
22 Brad Carver	18:19	'06
23 Greg Funk	18:20	'95
24 Logan Mares	18:26	'09
25 Sean Kelley	18:27	'10

Overall Girls

Name	Time	Yr
1 Sara Bei	16:43	'98
2 Julie Nacouzi	17:24	'09
3 Sarah Bashel	17:40	'98
4 Kim Conley	17:46	'03
5 Kim Handel	17:47	'02
6 Celeste Berg	18:06	'08
7 Jennifer Martindill	18:09	'05
8 Pamela Richardson	18:32	'94
9 Christy Sweaney	18:09	'05
10 Emma Conley	18:32	'94
11 Hunter Connell	18:37	'01
12 Carina Hendricks	18:51	'07
13 Elisa Pedersen	18:58	'02
14 Diana Rancourt	19:03	'01
15 Marissa Walsh	19:08	'97
16 Kate Blake	19:15	'02
17 Joy Terrillini	19:16	'01
18 Sarah Gallagher	19:19	'01
19 Lisa Gay	19:23	'09
20 April Malvino	19:43	'91
21 Karin Dove	19:46	'98
22 Sarah McClendon	19:49	'06
23 Marissa Walsh	19:49	'06
24 Karin Dove	19:50	'10
25 Ashley Gross	19:57	'02
26 Ashley Gross	20:05	'90
27 Jamie Duncan	20:10	'94
28 Amy Lodin	20:10	'94

Senior Girls

Name	Time	Yr
1 Sara Bei	17:12	'00
2 Kim Conley	17:46	'03
3 Kim Handel	17:47	'02
4 Celeste Berg	18:06	'08
5 Jennifer Martindill	18:09	'05
6 Pamela Richardson	18:32	'94
7 Christy Sweaney	18:56	'03
8 Sarah Bashel	18:58	'00
9 Hunter Connell	18:58	'09
10 Elisa Pedersen	19:03	'01
11 Diana Rancourt	19:08	'97
12 Joy Terrillini	19:19	'01
13 Emma Conley	19:22	'04
14 Sarah Gallagher	19:23	'09
15 Kate Blake	19:41	'04
16 Lisa Gay	19:43	'91
17 Marissa Walsh	19:46	'98
18 April Malvino	19:46	'04
19 Karin Dove	19:49	'06
20 Sarah McClendon	20:17	'92
21 Marissa Walsh	20:18	'03
22 Jamie Duncan	20:19	'92
23 Shewit Halle	20:21	'97
24 Jana Wiesner	20:25	'91
25 Amy Jordan	20:33	'91

Junior Girls

Name	Time	Yr
1 Sara Bei	16:57	'99
2 Julie Nacouzi	17:24	'09
3 Kim Conley	17:59	'02
4 Celeste Berg	18:44	'07
5 Sarah Bashel	18:46	'99
6 Kim Handel	18:48	'01
7 Carina Hendricks	18:58	'02
8 Pamela Richardson	18:59	'93
9 Hunter Connell	19:00	'08
10 Christy Sweaney	19:02	'02
11 Elisa Pedersen	19:05	'00
12 Diana Rancourt	19:20	'96
13 Joy Terrillini	19:28	'00
14 Emma Conley	19:31	'03
15 Shewit Halle	20:11	'96
16 April Malvino	20:15	'97
17 Liana Meffer	20:17	'91
18 Jamie Duncan	20:19	'03
19 Marissa Walsh	20:29	'95
20 Georgina Vion	20:29	'95
21 Arjali Mathews	20:34	'03
22 Kate Blake	20:51	'00
23 Arnelia Thomas	20:51	'00
24 Molly McManus	20:51	'03
25 Marissa Reichmuth	20:53	'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 Julie Nacouzi	18:03	'08
5 Christy Sweaney	18:37	'01
6 Hunter Connell	18:51	'07
7 Celeste Berg	18:52	'06
8 Emma Conley	18:55	'02
9 Pamela Richardson	19:12	'92
10 Marissa Walsh	19:15	'02
11 Elisa Pedersen	19:26	'99
12 Kate Blake	19:40	'02
13 Sarah Gallagher	19:43	'07
14 Emily Goldfield	19:50	'10
15 Ashley Gross	19:57	'02
16 Diana Rancourt	19:58	'95
17 Jamie Duncan	20:05	'90
18 Joy Terrillini	20:06	'99
19 Amy Lodin	20:10	'94
20 Liana Meffer	20:16	'98
21 Marisa Reichmuth	20:16	'93
22 Shewit Halle	20:26	'95
23 Molly McManus	20:44	'02
24 Sarah McClendon	20:46	'90
25 Karin Dove	20:52	'04

Freshman Girls

Name	Time	Yr
1 Sara Bei	17:09	'97
2 Celeste Berg	18:45	'05
3 Emma Conley	18:47	'01
4 Julie Nacouzi	18:51	'07
5 Christy Sweaney	19:06	'00
6 Kim Conley	19:08	'00
7 Kate Blake	19:16	'01
8 Sarah Bashel	19:22	'97
9 Sarah Gallagher	19:40	'06
10 Hunter Connell	19:49	'06
11 Elisa Pedersen	19:53	'98
12 Joy Terrillini	19:55	'98
13 Emily Goldfield	19:56	'09
14 Ashley Gross	20:04	'01
15 Julie Mills	20:20	'02
16 Nicole Baker	20:43	'06
17 Molly McManus	20:54	'01
18 Elizabeth Proctor	20:55	'01
19 Amy Bei	21:04	'95
20 Barbara Hall	21:11	'99
21 Karin Dove	21:21	'03
22 Corinne Cook	21:35	'10
23 Diana Rancourt	21:37	'94
24 Shewit Halle	21:39	'94
25 Sonya Gidden	21:47	'94

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

Overall Boys

Name	Time	Yr
1 Blake McDowell	10:08	'06
2 Aria Kiani	10:13	'08
3 Mike Contos	10:14	'87
4 K.C. Cody	10:16	'03
5 Nick Millar	10:20	'00
6 David Toomey	10:21	'93
7 Nat Lopes	10:25	'02
8 Jon Fitch	10:31	'00
9 Matt Fitch	10:34	'87
10 Randall Watkins	10:34	'90
11 Jeff Godfrey	10:34	'92
12 Tim Sanborn	10:35	'92
13 Dave Intrer	10:36	'89
14 Kevin Funk	10:36	'96
15 Zac Fitch	10:36	'00
16 Nate Bisbee	10:37	'92
17 Andrew Gallagher	10:39	'02
18 James Goldfield	10:40	'10
19 Drew Fagent	10:41	'04
20 Alex Conley	10:41	'04
21 John Staroba	10:43	'96
22 Josh Hinkle	10:45	'92
23 Jason Selby	10:46	'92
24 Keith Lewis	10:47	'88
25 Scott Story	10:48	'93

Senior Boys

Name	Time	Yr
1 Blake McDowell	10:08	'06
2 Mike Contos	10:14	'87
3 Aria Kiani	10:14	'09
4 K.C. Cody	10:16	'03
5 Nick Millar	10:20	'00
6 David Toomey	10:21	'93
7 Nat Lopes	10:25	'02
8 Jon Fitch	10:31	'00
9 Matt Fitch	10:32	'03
10 Randall Watkins	10:34	'87
11 Jeff Godfrey	10:34	'90
12 Tim Sanborn	10:35	'92
13 Dave Intrer	10:36	'89
14 Kevin Funk	10:36	'96
15 Zac Fitch	10:36	'00
16 Nate Bisbee	10:37	'92
17 Andrew Gallagher	10:39	'02
18 James Goldfield	10:40	'10
19 Drew Fagent	10:41	'04
20 Alex Conley	10:41	'04
21 John Staroba	10:43	'96
22 Josh Hinkle	10:45	'92
23 Jason Selby	10:46	'92
24 Keith Lewis	10:47	'88
25 Scott Story	10:48	'93

Junior Boys

Name	Time	Yr
1 Aria Kiani	10:13	'08
2 K.C. Cody	10:22	'02
3 David Toomey	10:22	'92
4 Matt Fitch	10:25	'02
5 Jose Mendoza	10:34	'10
6 Jason DeSelle	10:38	'96
7 Blake McDowell	10:38	'05
8 Josh Hinkle	10:40	'91
9 Zac Fitch	10:41	'99
10 Keith Lewis	10:43	'87
11 Kevin Funk	10:44	'95
12 Jon Fitch	10:44	'99
13 Tim Sanborn	10:45	'91
14 Jason Selby	10:47	'91
15 Andrew Gallagher	10:49	'01
16 James Goldfield	10:50	'09
17 Nathan Bisbee	10:51	'91
18 Greg Funk	10:56	'97
19 Drew Fagent	10:56	'99
20 Scott Story	10:57	'92
21 John Staroba	10:59	'95
22 Jeff Godfrey	11:00	'89
23 Nick Millar	11:00	'99
24 Rory O'Neill	11:02	'89
25 Ryan Lew	11:04	'92

Sophomore Boys

Name	Time	Yr
1 K.C. Cody	10:36	'01
2 Regan Masi	10:38	'00
3 Aria Kiani	10:41	'07
4 Jason DeSelle	10:44	'95
5 Andrew Gallagher	10:49	'00
6 Toli Au	10:54	'93
7 Zac Fitch	10:54	'98
8 Jon Fitch	10:55	'98
9 Robel Maekele	11:02	'07
10 James Goldfield	11:02	'08
11 Ryan Lew	11:05	'91
12 Blake McDowell	11:07	'04
13 Kevin Funk	11:09	'94
14 Scott Story	11:11	'91
15 Jake Currie	11:12	'95
16 Jerry Finlay	11:16	'94
17 Jason Funk	11:16	'99
18 John Staroba	11:17	'94
19 Jeremy Cutcher	11:19	'04
20 Alex Conley	11:23	'02
21 Jeff Godfrey	11:26	'88
22 Jose Mendoza	11:28	'09
23 David Britt	11:29	'98
24 Greg Funk	11:31	'96
25 Quin Coughlin	11:31	'05

Freshman Boys

Name	Time	Yr
1 Regan Masi	10:44	'99
2 Aria Kiani	11:02	'06
3 James Goldfield	11:19	'07
4 Matt Fitch	11:20	'00
5 Jason DeSelle	11:22	'94
6 Jason Funk	11:24	'98
7 Ross Perry	11:28	'04
8 Robel Maekele	11:38	'06
9 K.C. Cody	11:38	'00
10 Zac Fitch	11:40	'97
11 Blake McDowell	11:41	'03
12 Jeremy Cutcher	11:44	'03
13 Ben Rowden	11:51	'06
14 Christian Friday	12:06	'10
15 Patrick Band	12:11	'97
16 Jon Fitch	12:13	'97
17 Alex Conley	12:13	'01
18 Tyler Main	12:20	'05
19 Michael Zanetti	12:22	'06
20 Greg Funk	12:25	'95
21 Quin Coughlin	12:25	'04
22 Sean Kelly	12:29	'10
23 Ryan Walsh	12:34	'01
24 Daniel Breazeale	12:37	'05
25 Jake Currie	12:38	'94

Overall Girls

Name	Time	Yr
1 Sara Bei	11:05	'98
2 Julie Nacouzi	11:22	'09
3 Kim Conley	11:51	'03
4 Pamela Richardson	11:59	'94
5 Sarah Basher	12:00	'98
6 Celeste Berg	12:07	'08
7 Christy Sweaney	12:10	'01
8 Kim Handel	12:12	'02
9 Carina Hendricks	12:16	'02
10 Jennifer Martindill	12:30	'05
11 Marissa Walsh	12:38	'02
12 Emma Conley	12:40	'02
13 Hunter Connell	12:43	'08
14 Kate Blake	12:47	'02
15 Ashley Gnos	12:51	'96
16 Liana Meffert	12:53	'09
17 Sarah Gallagher	12:58	'96
18 Diana Rancourt	12:58	'00
19 Liana Meffert	13:01	'98
20 April Malvino	13:05	'91
21 Sara Mathews	13:14	'10
22 Nicole Fischer	13:15	'87

Senior Girls

Name	Time	Yr
1 Julie Nacouzi	11:31	'10
2 Kim Conley	11:51	'03
3 Pamela Richardson	11:59	'94
4 Celeste Berg	12:07	'08
5 Kim Handel	12:12	'02
6 Jennifer Martindill	12:30	'05
7 Emma Conley	12:44	'04
8 Sarah Basher	12:45	'00
9 Christy Sweaney	12:53	'03
10 Sarah Gallagher	12:53	'09
11 April Malvino	13:01	'98
12 Hunter Connell	13:04	'09
13 Lisa Gay	13:05	'91
14 Joy Terrillini	13:12	'01
15 Nicole Fischer	13:15	'87
16 Michelle Mayes	13:26	'88
17 Marissa Walsh	13:28	'04
18 Marisa Reichmuth	13:34	'95
19 Jana Wiesner	13:35	'91
20 Marissa McAlder	13:36	'03
21 Sarah McClendon	13:41	'92
22 Jamie Duncan	13:45	'92
23 Christina Cushing	13:45	'95
24 Shewit Haile	13:47	'97
25 Kelly Richardson	13:47	'02

Junior Girls

Name	Time	Yr
1 Julie Nacouzi	11:22	'09
2 Kim Conley	11:56	'02
3 Carina Hendricks	12:16	'02
4 Christy Sweaney	12:21	'02
5 Sara Bei	12:23	'99
6 Sarah Basher	12:23	'99
7 Celeste Berg	12:24	'07
8 Pamela Richardson	12:30	'93
9 Joy Terrillini	12:38	'00
10 Hunter Connell	12:43	'08
11 Shewit Haile	12:51	'96
12 Elisa Pedersen	12:56	'00
13 Diana Rancourt	12:58	'96
14 Kim Handel	13:03	'01
15 Sara Mathews	13:14	'10
16 Jamie Duncan	13:33	'91
17 Marissa Walsh	13:35	'03
18 Kate Blake	13:38	'03
19 Jana Wiesner	13:38	'03
20 Emma Conley	13:42	'03
21 Georgina Vion	13:51	'95
22 Marisa Reichmuth	13:53	'94
23 Sarah McClendon	13:57	'91
24 Michelle Mayes	13:58	'87
25 Eloisa Colin	14:00	'94

Sophomore Girls

Name	Time	Yr
1 Sara Bei	11:05	'98
2 Kim Conley	11:56	'01
3 Sarah Basher	12:00	'98
4 Christy Sweaney	12:10	'01
5 Julie Nacouzi	12:14	'08
6 Pamela Richardson	12:26	'92
7 Marissa Walsh	12:38	'02
8 Celeste Berg	12:38	'06
9 Emma Conley	12:40	'02
10 Ashley Gnos	12:47	'02
11 Kate Blake	12:56	'02
12 Liana Meffert	12:58	'08
13 Elisa Pedersen	13:00	'99
14 Joy Terrillini	13:03	'99
15 Diana Rancourt	13:14	'95
16 Amy Lodin	13:21	'94
17 Molly McManus	13:29	'02
18 Hunter Connell	13:29	'07
19 Jamie Duncan	13:30	'90
20 Sarah Gallagher	13:30	'07
21 Karin Dove	13:39	'04
22 Marisa Reichmuth	13:47	'93
23 Sara Mathews	13:47	'09
24 Emily Goldfield	13:47	'10
25 Barbara Hall	13:56	'00

Freshman Girls

Name	Time	Yr
1 Sara Bei	11:38	'97
2 Kim Conley	12:38	'00
3 Kate Blake	12:45	'01
4 Christy Sweaney	12:45	'00
5 Julie Nacouzi	12:50	'07
6 Emma Conley	12:59	'01
7 Hunter Connell	13:16	'06
8 Sarah Gallagher	13:21	'06
9 Elisa Pedersen	13:22	'98
10 Joy Terrillini	13:27	'98
11 Celeste Berg	13:33	'05
12 Emily Goldfield	13:38	'09
13 Julie Mills	13:46	'02
14 Ashley Gnos	13:58	'01
15 Diana Rancourt	14:04	'94
16 Molly McManus	14:09	'01
17 Barbara Hall	14:12	'99
18 Sonya Glidden	14:21	'94
19 Elizabeth Proctor	14:27	'01
20 Brittany Allard	14:29	'95
21 KT Trask	14:32	'05
22 Amy Bei	14:36	'95
23 Karin Dove	14:41	'03
24 Nicole Baker	14:44	'06
25 Julia Goepel	14:47	'99

Rancho Cotate Invitational
September 3 at Rancho Cotate HS
Course: 2.97 miles, flat

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	4 V	19:22	6:31
2	Mathews	22 V	20:47	7:00
3	Pierce	27 V	21:20	7:11
4	Cheatham	38 V	22:57	7:44
5	Carpenter	10 JV	24:05	8:07
6	Kaiser	21 JV	25:19	8:31
7	Mitchell	27 JV	26:48	9:01
8	Vivio	28 JV	26:57	9:04
9	Fleckenstien	38 JV	32:18	10:53

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	8 V	16:01	5:24
2	Mendoza	10 V	16:08	5:26
3	Berhane	38 V	17:52	6:01
4	Mares	39 V	17:54	6:02
5	Coombs	40 V	17:54	6:02
6	Long	50 V	18:52	6:21
7	Kelly	51 V	18:54	6:22
8	Friday	19 JV	18:54	6:22
9	Webb	53 V	18:57	6:23
10	Matalon	54 V	18:58	6:23
11	Stewart	22 JV	19:06	6:26
12	Meredith	56 V	19:45	6:39
13	Daniel	46 JV	20:16	6:49
14	Smandra	54 JV	20:50	7:01
15	Daniel	58 JV	21:05	7:06
16	Jensen	65 JV	21:20	7:11
17	Peterson	85 JV	22:43	7:39
18	Blersch	86 JV	22:44	7:39
19	Lane	92 JV	23:26	7:53
20	Schwartz	100 JV	23:56	8:04
21	Gallegos	102 JV	24:01	8:05
22	Bennett	107 JV	25:00	8:25

Ed Sias Invitational
September 11 at HVPark, Martinez
Course: Rolling, with 1 steep hill.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Nacouzi	65 V	14:27	7:13
2	Mathews	69 V	14:31	7:15
3	Maitland	78 FS	16:46	8:23
4	Pierce	92 V	15:30	7:45
5	Carpenter	108 V	16:36	8:18
6	Mitchell	145 FS	19:19	9:39
7	Nacol	152 FS	19:44	9:52

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	22 V	11:07	5:34
2	Mendoza	24 V	11:07	5:34
3	Berhane	56 V	11:41	5:50
4	Friday	66 FS	12:44	6:22
5	Dethlefsen	78 FS	12:56	6:28
6	Mares	83 V	12:14	6:07
7	Coombs	87 V	12:20	6:10
8	Kelley	93 FS	13:08	6:34
9	Matalon	101 V	12:46	6:23
10	Meredith	111 FS	13:22	6:41
11	B. Daniel	112 FS	13:24	6:42
12	Long	117 FS	13:26	6:43
13	Yeung	124 V	14:19	7:09
14	Jensen	136 JV	14:10	7:05
15	C. Daniel	160 JV	14:39	7:19
16	Blersch	163 JV	14:46	7:23
17	Lane	171 JV	15:03	7:31
18	Peterson	184 JV	15:28	7:44
19	Gallegos	194 JV	16:19	8:09
20	Severi	206 FS	16:25	8:13
21	Smandra	119 JV	13:52	6:56

Varsity Boys Team (out of 19)
 1. C. Park 60, 2. Vacaville 123, 3. Amador 124,
 4. Monte Vista 131, ... 13. MHS 272.

JV Boys Team (out of 24)
 1. DLS 63, 2. Campolindo 69, 3. Monte Vista 82,
 Amador 137, ... 22. MHS 642.

FS Boys Team (out of 28)
 1. DLS 61, St. Joseph 99, 3. Del Oro 163,
 4. Amador 172, ... 16. MHS 394.

Viking Opener Invitational
September 18 at Spring Lake
Course: 2.0 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Nacouzi	1 JS	11:31	5:46
2	Mathews	13 JS	13:14	6:37
3	Goldfield	21 FS	13:47	6:53
4	Nacouzi	27 FS	14:05	7:02
5	Pierce	28 FS	14:09	7:04
6	Cheatham	41 JS	14:24	7:12
7	Mitchell	6 O	14:37	7:18
8	Kaiser	36 O	16:15	8:07
9	Maitland	71 FS	16:25	8:13
10	Vivio	58 O	17:32	8:46
11	Fleckenstein	67 O	19:09	9:34

Junior/Senior Girls Team (out of 18)
 1. Santa Rosa 29, 2. Terra Linda 29,
 3. Camillo 46, 4. MHS 50, 5. Eureka 52.

Frosh/Soph Girls Team (out of 17)
 1. Carrillo 15, 2. Casa 33, 3. Windsor 37,
 4. Analy 55, ... 8. MHS 73.

Open Girls Team (out of 10)
 1. Santa Rosa, 16, 2. Northgate 21,
 3. Camillo, ... 8. MHS 70.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Mendoza	4 J	10:34	5:17
2	Goldfield	4 S	10:40	5:20
3	Berhane	21 J	11:26	5:43
4	Mares	17 FS	11:39	5:49
5	Combs	32 S	11:51	5:55
6	Friday	34 FS	12:06	6:03
7	Stewart	16 O	12:14	6:07
8	Kelley	53 FS	12:29	6:14
9	Webb	51 J	12:31	6:16
10	B. Daniel	35 O	12:49	6:24
11	Dethlefsen	65 FS	12:51	6:26
12	Meredith	41 O	12:53	6:26
13	Long	72 FS	12:58	6:29
14	C. Daniel	52 O	13:08	6:34
15	Smandra	61 J	13:10	6:35
16	Yeung	57 S	13:10	6:35
17	Severi	55 O	13:17	6:38
18	Jensen	58 O	13:25	6:42
19	Blersch	65 O	13:37	6:48
20	Sanchez	66 S	13:51	6:55
21	Cook	69 J	14:05	7:02
22	Lane	125 O	14:47	7:23
23	Peterson	131 O	14:55	7:27
24	Bennett	151 O	15:16	7:38
25	Yang	164 O	16:34	8:17
26	Xie	165 O	16:40	8:20
27	Powers	166 O	16:41	8:20

Senior Boys Team (out of 15)
 1. Eureka 22, 2. Casa Grande 29,
 3. McKinleyville 44, ... 7. MHS 77.

Frosh/Soph Boys Team (out of 23)
 1. Carrillo 24, 2. Piner 32, 3. CN 38,
 4. Ukiah 54, ... 10. MHS 104.

Open Boys Team (out of 19)
 1. Carrillo 12, 2. Upper Lake 18, 3. Eureka 27,
 4. Northgate 55, 5. MHS 67.

NBL / SCL Interlock Meet #2
September 22 at Spring Lake
Course: 3.05 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Mathews	1 V	20:29	6:43
2	Goldfield	4 V	21:32	7:04
3	Pierce	8 V	21:55	7:11
4	Nacouzi	13 V	22:42	7:27
5	Page	1 JV	23:04	7:34
6	Cheatham	20 V	23:43	7:47
7	Carpenter	27 V	24:40	8:05
8	Mailland	16 JV	25:50	8:28
9	Nacol	21 JV	27:43	9:05
10	Kaiser	22 JV	28:19	9:17
11	Fleckenstein	24 JV	31:29	10:19

Varsity Girls Team

1. Carrillo 23, 2. MHS 41,
 3. Piner 70, Sonoma - Inc.

JV Girls Team

1. Carrillo 20, 2. Piner 58, 3. MHS., Petaluma - Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	29 V	18:49	6:10
2	Mendoza	30 V	18:50	6:10
3	Stewart	10 JV	19:12	6:18
4	Berhane	34 V	19:26	6:22
5	Mares	35 V	19:30	6:24
6	Combs	38 V	19:36	6:26
7	Friday	39 V	19:52	6:31
8	Kelley	40 V	19:53	6:31
9	Meredith	24 JV	20:20	6:40
10	Yeung	29 JV	20:33	6:44
11	Smandra	33 JV	21:08	6:56
12	B. Daniel	34 JV	21:13	6:57
13	Severi	46 JV	22:43	7:27
14	Cook	48 JV	22:49	7:29
15	Rudolph	42 JV	23:51	7:49
16	Severi	48 JV	26:26	8:40
17	Watson	49 JV	27:45	9:06

Varsity Boys Team

1. Piner 29, 2. Carrillo 31, 3. Petaluma 83,
 4. Sonoma 99, 5. MHS 131.

JV Boys Team

1. Carrillo 15, 2. Piner 54, Petaluma 86,
 4. MHS 98, Sonoma 129.

Stanford Invitational
September 25 at Stanford Golf Course
Course: 3.1 miles, undulating

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	45 D2	17:01	5:29
2	Mendoza	47 D2	17:04	5:30
3	Berhane	79 D2	17:44	5:43
4	Mares	151 D2	18:40	6:01
5	Coombs	156 D2	18:41	6:02
6	Kelley	207 D2	19:43	6:22
6	Friday	215 D2	20:07	6:29

Varsity Boys Team (out of 33)

1. Steele Canyon 100, 2. Pen 160,
 3. Vacaville 171, ... 17. MHS 448.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Nacouzi	1 D2	18:00	5:48
2	Goldfield	110 D2	22:04	7:07

Crystal Springs Invitational
October 9 at Spring Lake
Course: 2.95 miles, hilly

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	40 V	20:48	7:03
2	Page	78 V	22:12	7:32
3	Pierce	91 V	22:45	7:43
4	Nacouzi	94 V	22:48	7:44
5	Cheatham	135 V	24:22	8:15
6	Cook	45 JV	24:34	8:20
7	Carpenter	60 JV	25:20	8:35
8	Kaiser	85 JV	26:53	9:07
9	Vivio	96 JV	27:36	9:21
10	Fleckenstein	131 JV	30:10	10:14

Varsity Girls Team (out of 21)

1. Acalanes 51, 2. St. Francis 95,
 3. Dougherty 123, ... 14. MHS 369.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Mendoza	8 V	16:16	5:31
2	Goldfield	9 V	16:23	5:33
3	Berhane	22 V	16:52	5:43
4	Friday	103 V	18:49	6:23
5	Kelley	106 V	18:54	6:24
6	Stewart	108 V	18:59	6:26
7	Meredith	33 FR	19:43	6:41
8	B. Daniel	74 JV	19:50	6:43
9	Long	45 FR	20:03	6:48
10	Smandra	144 V	21:00	7:07
11	Sanchez	154 JV	21:26	7:16
12	Jensen	90 FR	21:30	7:17
13	Blersch	138 JV	21:47	7:23
14	Cook	140 JV	21:54	7:25
15	C. Daniel	141 JV	21:55	7:26
16	Severi	142 JV	21:56	7:26
17	Lane	109 FR	22:22	7:35
18	Peterson	123 FR	23:12	7:52
19	Gallegos	158 FR	26:00	8:49
20	Powers	185 JV	26:17	8:55

Varsity Boys Team (out of 24)

1. Woodside 81, 2. Acalanes 87,
 3. Alisal 112, ... 9. MHS 230.

JV Boys Team (out of 20)

1. Bellarmine 19, 2. Central Catholic 53,
 3. Carrillo 84, ... 17. MHS 431.

NBL Meet Versus CNU, RC
October 8 at Rancho Cotate HS
Course: 2.97 miles, flat

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	1 V	19:30	6:34
2	Mathews	3 V	20:08	6:47
3	Page	4 V	21:14	7:09
4	Pierce	5 V	21:18	7:10
5	Cheatham	7 V	21:37	7:17
6	Nacouzi	8 V	21:58	7:24
7	Cook	1 JV	22:36	7:37
8	Kaiser	2 JV	22:49	7:41
9	Mailland	3 JV	24:15	8:10
10	Carpenter	16 V	24:29	8:15
11	Nacol	4 JV	25:25	8:33
12	Vivio	5 JV	25:52	8:43
13	Fleckenstein	7 JV	26:03	8:46

Varsity Girls Team

1. MHS 20, 2. Rancho 30, 3. Ursuline 70.
 1. MHS 15. Rancho - Inc, Ursuline - Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	2 V	15:59	5:23
2	Mendoza	4 V	16:38	5:36
3	Berhane	5 V	16:54	5:41
4	Mares	8 V	17:30	5:54
5	Coombs	9 V	17:31	5:54
6	Friday	12 V	18:00	6:04
7	Stewart	13 V	18:01	6:04
8	Kelley	18 V	18:31	6:14
9	Long	19 V	18:46	6:19
10	B. Daniel	1 JV	18:56	6:22
11	Meredith	20 V	19:08	6:27
12	C. Daniel	2 JV	19:34	6:35
13	Blersch	3 JV	19:50	6:41
14	Severi	4 JV	19:51	6:41
15	Smandra	8 JV	20:49	7:01
16	Cook	9 JV	20:53	7:02
17	Jensen	11 JV	21:08	7:07
18	Lane	16 JV	22:00	7:24
19	Peterson	18 JV	22:17	7:30
20	Gallegos	20 JV	23:45	8:00
21	Bennett	21 JV	24:04	8:06
22	Powers	22 JV	25:15	8:30

Varsity Boys Team

1. MHS 28, 2. Newman 39, 3. Rancho 70.
 1. MHS 18, 2. Newman 53, 3. Rancho 58.

NBL Meet Versus Maria Carrillo
October 13 at Maria Carrillo
Course: 2.7 miles, flat

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	5 V	18:48	6:58
2	Mathews	8 V	19:38	7:16
3	Page	9 V	19:46	7:19
4	Nacouzi	10 V	19:56	7:23
5	Pierce	11 V	19:57	7:23
6	Cook	13 V	20:37	7:38
7	Cheatham	14 V	21:41	8:02
8	Carpenter	8 JV	22:57	8:30
9	Maitland	11 JV	24:58	9:15
10	Vivio	14 JV	27:53	10:20

Varsity Girls Team

1. Carrillo 16, 2. MHS 43.

JV Girls Team

1. Carrillo 15, MHS - Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	2 V	14:37	5:25
2	Mendoza	3 V	14:37	5:25
3	Berhane	5 V	15:00	5:33
4	Mares	13 V	16:34	6:08
5	Combs	14 V	16:34	6:08
6	Kelley	15 V	16:50	6:14
7	Stewart	16 V	16:52	6:15
8	Meredith	17 V	16:56	6:16
9	Long	18 V	16:59	6:17
10	Smandra	21 JV	18:52	6:59
11	Sanchez	22 JV	18:56	7:01
12	B. Daniel	24 JV	19:15	7:08
13	Blersch	25 JV	19:17	7:09
14	Lane	27 JV	19:33	7:14
15	Cook	28 JV	19:54	7:22
16	Severi	29 JV	19:57	7:23
17	C. Daniel	33 JV	20:25	7:34
18	Jensen	34 JV	20:40	7:39
19	Peterson	35 JV	20:52	7:44
20	Gallegos	36 JV	22:52	8:28
21	Bennett	37 JV	24:50	9:12
22	Powers	38 JV	25:01	9:16

Varsity Boys Team

1. Carrillo 26, 2. MHS 33.

JV Boys Team

1. Carrillo 15, 2. MHS 50.

NBL Meet Versus Piner & Ukiah
October 20 at Spring Lake
Course: 3.05 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	2 V	20:11	6:37
2	Mathews	3 V	20:48	6:49
3	Pierce	4 V	21:28	7:02
4	Nacouzi	5 V	21:33	7:04
5	Cheatham	7 V	21:40	7:06
6	Cook	8 V	21:43	7:07
7	Page	9 V	21:46	7:08
8	Carpenter	5 JV	24:09	7:55
9	Maitland	7 JV	25:14	8:16
10	Kaiser	8 JV	25:15	8:17
11	Nacol	10 JV	26:33	8:42
12	Vivio	13 JV	26:59	8:51

Varsity Girls Team

1. MHS 21, 2. Piner 40, Ukiah - Inc.

JV Girls Team

1. Piner 19, 2. MHS 36, Ukiah - Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	5 V	16:18	5:21
2	Mendoza	6 V	16:23	5:22
3	Berhane	8 V	16:56	5:33
4	Combs	16 V	17:54	5:52
5	Mares	17 V	17:54	5:52
6	Friday	20 V	18:25	6:02
7	Stewart	22 V	18:45	6:09
8	Kelley	23 V	18:53	6:11
9	Long	25 V	19:13	6:18
10	Meredith	26 V	19:31	6:24
11	B. Daniel	9 JV	20:17	6:39
12	Jensen	12 JV	20:27	6:42
13	Yeung	14 JV	20:29	6:43
14	Blersch	15 JV	20:44	6:48
15	C. Daniel	16 JV	21:06	6:55
16	Cook	17 JV	21:08	6:56
17	Lane	19 JV	21:28	7:02
18	Severi	20 JV	22:04	7:14
19	Bennett	23 JV	23:14	7:37
20	Peterson	24 JV	23:21	7:39
21	Gallegos	25 JV	23:23	7:40
22	Powers	26 JV	25:39	8:25
23	Yang	28 JV	25:53	8:29

Varsity Boys Team

1. Piner 23, 2. MHS 48, 3. Ukiah 61.

JV Boys Team

1. Piner 18, 2. Ukiah 54, 3. MHS 66.

NBL Meet Versus Santa Rosa, Elsie Allen
October 27 at Spring Lake
Course: 3.05 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	3 V	19:50	6:30
2	Mathews	9 V	20:56	6:52
3	Pierce	10 V	21:21	7:00
4	Cheatham	12 V	21:42	7:07
5	Cook	13 V	21:51	7:10
6	Nacouzi	14 V	22:19	7:19
7	Page	15 V	22:27	7:22
8	Carpenter	2 JV	23:56	7:51
9	Maitland	5 JV	24:43	8:06
10	Nacol	6 JV	25:23	8:19
11	Kaiser	7 JV	25:51	8:29
12	Vivio	8 JV	26:29	8:41

Varsity Girls Team

1. Santa Rosa 18, 2. MHS 47, EA - Inc.

JV Girls Team

1. Santa Rosa 27, 2. MHS 27, EA - Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Mendoza	1 V	15:56	5:13
2	Goldfield	2 V	16:02	5:15
3	Berhane	6 V	16:57	5:33
4	Coombs	12 V	17:30	5:44
5	Friday	13 V	18:12	5:58
6	Kelley	16 V	18:45	6:09
7	Long	17 V	18:53	6:11
8	Dethlefsen	20 V	20:11	6:37
9	Jensen	21 V	20:41	6:47
10	Daniel, B	3 JV	19:27	6:23
11	Daniel, C	4 JV	19:34	6:25
12	Smandra	10 JV	20:16	6:39
13	Severi	12 JV	20:27	6:42
14	Lane	13 JV	20:30	6:43
15	Meredith	15 JV	20:32	6:44
16	Cook	17 JV	20:48	6:49
17	Blersch	22 JV	21:39	7:06
18	Petersen	24 JV	22:08	7:15
19	Gallegos	28 JV	23:27	7:41
20	Perez	30 JV	24:29	8:02
21	Bennett	31 JV	24:51	8:09

Varsity Boys Team

1. Santa Rosa 27, 2. MHS 34, 3. EA 79.

JV Boys Team

1. Santa Rosa 25, 2. MHS 43, EA - Inc.

NBL Finals

November 5 at Spring Lake

Course: 3.05 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	10 V	20:10	6:37
2	Mathews	14 V	20:29	6:43
3	Pierce	18 V	21:04	6:54
4	Cheatham	20 V	21:18	6:59
5	Nacouzi	22 V	21:23	7:01
6	Cook	24 V	21:35	7:05
7	Page	27 V	21:58	7:12
8	Carpenter	19 JV	24:17	7:58
9	Kaiser	20 JV	24:25	8:00
10	Maitland	21 JV	24:29	8:02
11	Nacoi	23 JV	24:48	8:08
12	Vivio	30 JV	29:01	9:31

Varsity Girls Team1. Santa Rosa 35, 2. Carrillo 35,
3. MHS 84, 4. Piner 105, 5. Rancho 115.**JV Girls Team**

1. Carrillo 15, 2. Santa Rosa 54, 3. MHS 71.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Goldfield	10 V	16:00	5:15
2	Mendoza	11 V	16:09	5:18
3	Berhane	18 V	16:30	5:25
4	Mares	33 V	17:41	5:48
5	Coombs	34 V	17:44	5:49
6	Friday	35 V	17:53	5:52
7	Stewart	24 JV	18:26	6:03
8	Kelley	40 V	18:27	6:03
9	Daniel, B	36 JV	19:26	6:22
10	Meredith	37 JV	19:29	6:23
11	Severi	48 JV	19:53	6:31
12	Smandra	49 JV	19:54	6:31
13	Jensen	58 JV	20:19	6:40
14	Cook	60 JV	20:28	6:43
15	Daniel, C	61 JV	20:28	6:43
16	Biersch	68 JV	20:48	6:49
17	Lane	72 JV	20:56	6:52
18	Bryce	83 JV	22:17	7:18
19	Gallegos	84 JV	22:51	7:30
20	Powers	89 JV	24:53	8:10

Varsity Boys Team1. Piner 49, 2. Carrillo 56, 3. SR 83,
4. Newman 105, 5. MHS 106,
6. Ukiah 149, 7. Rancho 177, 8. EA 243.**JV Boys Team**1. Carrillo 19, 2. Piner 46, 3. Santa Rosa 80,
4. MHS 119, 5. Newman 156, 6. Ukiah 164.**North Coast Section Championships**

November 20 at Hayward HS

Course: 3.0 miles, grass and low hills.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Pierce	48 D2	21:46	7:15
2	Mathews	49 D2	21:47	7:16
3	Goldfield	64 D2	22:28	7:29
4	Cook	69 D2	22:52	7:37
5	Cheatham	70 D2	23:01	7:40
6	Page	72 D2	23:11	7:44
7	Carpenter	88 D2	25:00	8:20

Division II Varsity Girls:

14 teams, 97 finishers

1. Washington 55, 2. San Ramon Valley 66,
3. Carondelet 76, 4. Clayton Valley 135,
5. Casa Grande 154, 6. Santa Rosa 158,
7. Alameda 172, 8. Arroyo 190,
9. Windsor 196, 10. American 258,
11. MHS 292, 12. Rancho Cotate 357,
13. Irvington 364, 14. Mt. Eden 414.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Mendoza	9 D2	16:39	5:33
2	Goldfield	12 D2	16:48	5:36
3	Berhane	32 D2	17:29	5:50
4	Coombs	47 D2	17:57	5:59
5	Friday	68 D2	18:37	6:12
6	Mares	70 D2	18:42	6:14
7	Kelley	75 D2	18:52	6:17

Division II Varsity Boys:

14 teams, 100 finishers

1. San Ramon Valley 28, 2. Mt. Eden 91,
3. Alameda 129, 4. Casa Grande 135,
5. Santa Rosa 137, 6. Arroyo 166,
7. MHS 168, 8. American 201,
9. Washington 237, 10. Ukiah 253,
11. Clayton Valley 286, 12. Irvington 318,
13. Windsor 328, 14. Rancho Cotate 348.

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
Blake McDowall	16:01	18	II	Sr	'06
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
James Goldfield	16:45	114	II	Jr	'09
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
Aria Kiani	17:05	114	II	So	'07
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
Robel Maekela	17:17	134	II	So	'08
Quin Coughlin	17:21	125	II	So	'05
Jeremy Cutcher	17:21	127	II	Jr	'05
Michael Corley	17:23	142	II	Sr	'07
Josh Dorris	17:24	105	II	Jr	'92
Jason DeSelle	17:29	123	I	Jr	'96
Quin Coughlin	17:29	150	II	Sr	'07
Jon Martindill	17:31	156	II	Sr	'07
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
Jesse Zarate	18:19	182	II	Jr	'07
James Goldfield	18:40	187	II	Fr	'07
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

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
Julie Nacouzi	17:29	2	II	Jr	'09
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 Basher	18:38	14	II	Sr	'00
Sarah Basher	18:46	8	III	So	'98
Kim Conley	18:46	4	II	So	'01
Julie Nacouzi	18:56	46	II	So	'08
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
Celeste Berg	19:15	64	II	Sr	'08
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 Basher	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 Basher	20:17	48	III	Fr	'97
Celeste Berg	20:17	111	II	So	'06
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
Celeste Berg	20:22	118	II	Jr	'08
Shewit Haile	20:27	56	III	Sr	'97
Carina Hendricks	20:46	129	II	Jr	'02
Joy Terribilini	20:51	79	III	Fr	'98
Sarah Gallagher	20:51	144	II	Fr	'06
Christy Sweaney	20:52	104	II	So	'01
Amelia Thomas	21:01	150	II	Jr	'00
April Malvino	21:11	85	III	Sr	'98
Karin Dove	21:14	163	II	Sr	'06
Hunter Connell	21:20	167	II	Fr	'06
Elisa Pedersen	21:35	96	III	Fr	'98
Nicole Baker	21:37	172	II	Fr	'06
Allie Oser	21:52	175	II	Sr	'06
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
Katherine Wyatt	23:34	187	II	So	'06

Team Slugging 2010

Player	Rancho Inlyte	Ed Sias	Total	Wiking Opener	Total	Interlock # 2	Total	Stanford	Total	Rancho, CN-Uns.	Total	Crystal Springs	Total	Carritillo	Total	Pinec, Ukiah	Total	Santa Rosa, EA	Total	NBL	Total	NCS	Total	S / L	Grand Total	Slugging Average
Berhane, Robel	38	71	109	53	182	11	173	154	327	19	346	127	473	13	486	18	504	19	523	34	557	68	625	335	0.65	
Birsch, Pascal	86	41	127	110	237	237	237	237	237	21	258	52	310	13	323	15	338	10	348	27	376	376	376	375	602	0.38
Carpenter, Sadio	10	8	18	18	1	19	19	19	19	3	22	90	112	6	118	9	127	9	136	14	150	9	159	367	0.30	
Chextham, Breanna	38	38	40	78	8	86	86	86	86	12	98	20	118	0	118	8	126	3	129	21	150	27	177	360	0.33	
Cook, Corinne	0	0	5	5	5	5	5	5	5	6	11	105	116	1	117	7	124	2	126	17	143	28	171	234	0.42	
Cook, Jacob	0	0	17	17	17	17	17	17	17	15	32	50	82	10	92	13	105	15	120	35	155	155	155	312	0.33	
Coombs, Evan	40	40	80	40	120	7	127	77	204	15	219	219	219	4	223	10	233	13	246	18	264	53	317	495	0.39	
Daniel, Bryce	58	99	157	140	297	31	328	328	328	23	351	116	467	14	481	21	502	26	521	59	590	590	590	430	0.58	
Daniel, Chance	46	44	90	123	213	213	213	213	213	22	235	49	284	5	289	14	303	26	331	34	365	365	365	572	0.39	
Detlefsen, John	133	133	133	49	182	182	182	182	182	12	194	46	240	8	252	6	258	5	263	17	280	187	187	160	0.54	
Friday, Christian	19	145	164	80	244	6	250	18	268	12	280	46	326	8	328	6	334	12	346	17	361	32	393	706	0.36	
Galleghos, Michael	102	10	112	112	112	112	112	112	112	4	116	7	123	2	125	5	130	4	134	11	145	145	145	145	649	0.18
Goldfield, Emily	4	4	8	8	8	8	8	8	8	22	24	115	139	9	148	13	161	12	173	31	204	33	237	294	0.59	
Goldfield, Jamie	8	105	113	68	181	16	197	188	395	18	403	140	543	16	559	21	580	23	603	42	645	88	733	190	0.79	
Jensen, Julian	65	68	133	117	250	250	250	250	250	13	263	75	338	4	342	18	360	4	364	37	401	401	401	523	0.43	
Kaiser, Ruby	21	21	21	21	21	21	21	21	21	5	26	65	70	3	73	6	79	4	83	13	96	158	158	216	0.42	
Kelley, Sean	51	118	169	51	230	5	235	26	281	6	287	43	310	3	313	3	316	9	325	12	337	25	362	735	0.33	
Lane, Jacob	92	33	126	50	176	176	176	176	176	8	184	56	239	11	250	11	261	19	280	23	303	303	303	655	0.32	
Long, Cameron	50	94	144	42	186	186	186	186	186	5	191	120	311	0	311	7	318	6	324	8	332	320	320	366	0.47	
Maitland, Anne	84	84	84	19	103	8	111	111	111	4	115	115	115	3	118	1	119	7	126	12	138	138	138	204	0.41	
Mares, Logan	39	44	83	97	180	10	190	82	272	16	288	88	376	5	383	9	392	8	400	19	419	419	419	478	0.42	
Mathews, Anjali	22	47	69	68	137	27	164	164	164	16	180	180	180	6	186	12	198	6	204	27	231	48	279	283	0.42	
Mendoza, Jose	10	103	113	70	183	15	198	186	384	20	404	141	545	15	560	20	580	24	604	41	645	91	736	196	0.79	
Meredith, Max	56	100	156	134	290	41	331	331	331	4	335	132	467	1	468	0	468	17	485	58	543	543	543	375	0.59	
Mitchell, Jayme	27	17	44	72	116	116	116	116	116	116	116	116	116	1	117	1	118	116	116	116	116	116	116	192	0.38	
Nacouzi, Lella	10	10	10	10	10	3	13	13	13	3	16	16	16	1	17	4	21	5	26	10	35	35	35	210	0.14	
Page, Kristin	51	51	51	51	51	15	129	129	129	11	140	61	201	4	205	10	215	1	216	19	235	235	235	249	0.49	
Peterson, Bryce	0	0	0	0	0	23	23	23	23	15	38	77	115	5	120	6	126	0	126	14	140	25	165	207	0.44	
Pierce, Kaszdy	85	20	105	44	149	149	149	149	149	6	155	42	197	3	200	6	206	8	214	12	226	226	226	725	0.24	
Powers, Alden	27	24	51	62	113	20	133	147	133	14	147	64	211	3	214	11	225	5	230	23	253	49	302	348	0.46	
Severi, Michael	0	0	0	0	0	9	9	9	9	2	11	5	16	0	16	4	20	2	22	6	28	28	28	549	0.05	
Sowers, Alden	5	5	5	5	5	19	144	144	144	20	164	48	212	9	221	10	231	20	251	47	298	298	298	553	0.35	
Smandra, Aueñin	54	85	139	13	152	32	184	184	184	16	200	5	205	17	222	22	244	46	290	46	336	336	336	548	0.35	
Stewart, Quimn	22	22	22	22	22	159	181	181	181	11	192	41	233	2	235	4	239	294	294	294	294	294	294	313	0.54	
Vivio, Diane	28	28	28	28	28	48	48	48	48	2	50	54	104	0	104	1	105	3	108	108	108	108	108	1378	0.32	
Team Average																										

Key:
 S = Slugs (number of runners behind)
 L = Loses (number of runners in front)