

GIRLS CROSS COUNTRY

TEAM CHAMPIONS

CLASS 3A

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|----------|-------------|-------------------|-------|--------------|-------------------|-------|
| 11/22/78 | Valhalla | Mark Gabler | 55 | Helix | Mike Muirhead | 61 |
| 11/28/79 | Monte Vista | Bill Clauder | 61 | Helix | Mike Muirhead | 65 |
| 11/26/80 | Mt.Carmel | Dennis McClanahan | 64 | Monte Vista | Bill Clauder | 80 |
| 11/25/81 | Monte Vista | Bill Clauder | 63 | Valhalla | Don Roberson | 70 |
| 11/24/82 | Mt.Carmel | Dennis McClanahan | 64 | Valhalla | Manuel Guaderama | 72 |
| 11/23/83 | Vista | Ed Matheus | 64 | Mt.Carmel | Dennis McClanahan | 94 |
| 11/21/84 | Vista | Ed Matheus | 44 | Bonita Vista | Dewey Matthews | 58 |
| 11/27/85 | Vista | Ed Matheus | 38 | Mira Mesa | Terry Hollisten | 81 |
| 11/26/86 | Vista | Ed Matheus | 43 | El Capitan | Dave Storm | 67 |
| 11/21/87 | Poway | Dan Schaitel | 60 | San Dieguito | Mike Davis | 65 |
| 11/11/88 | Poway | Dan Schaitel | 47 | Mt.Carmel | Dennis McClanahan | 47 |
| 11/10/89 | Mt.Carmel | Dennis McClanahan | 35 | Poway | Dan Schaitel | 51 |

CLASS 2A

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|----------|--------------|-------------------|-------|--------------|-----------------|-------|
| 11/23/77 | Helix | Mike Muirhead | 27 | Monte Vista | Rudi Friberg | 88 |
| 11/22/78 | Mt.Carmel | Dennis McClanahan | 78 | El Capitan | Dave Storm | 81 |
| 11/28/79 | El Capitan | Dave Storm | 56 | Serra | Bob Oliver | 93 |
| 11/26/80 | El Capitan | Dave Storm | 54 | Serra | Bob Oliver | 73 |
| 11/25/81 | Torrey Pines | Jim Temples | 52 | San Pasqual | Will Wester | 75 |
| 11/24/82 | San Pasqual | Will Wester | 47 | Sweetwater | Tim Tyler | 74 |
| 11/23/83 | Valhalla | Don Roberson | 72 | Bonita Vista | Dewey Matthews | 74 |
| 11/21/84 | San Pasqual | Will Wester | 41 | Hilltop | Dale Fleet | 71 |
| 11/27/85 | San Pasqual | Will Wester | 49 | El Camino | Martin Nolasco | 59 |
| 11/26/86 | San Pasqual | Will Wester | 40 | Valhalla | Don Roberson | 88 |
| 11/21/87 | La Jolla | Bill Stock | 35 | Fallbrook | Gary Lugendorf | 56 |
| 11/11/88 | RB Vista | Ed Matheus | 79 | Helix | John Geary | 83 |
| 11/10/89 | El Capitan | Bill Cleaves | 80 | Monte Vista | Javier Sandoval | 85 |

CLASS 1A

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|----------|-------------|-------------------|-------|-------------|-------------------|-------|
| 11/23/77 | Mt.Carmel | Dennis McClanahan | 70 | Ramona | Dan Matheny | 93 |
| 11/22/78 | Fallbrook | Walt Parry | 51 | Coronado | Dick Satterlee | 66 |
| 11/28/79 | Fallbrook | Walt Parry | 54 | Coronado | Dick Satterlee | 67 |
| 11/26/80 | USDHS | Brian Bigley | 33 | Coronado | Carolyn Satterlee | 67 |
| 11/25/81 | Coronado | Carolyn Satterlee | 53 | Southwest | Fred Sills | 60 |
| 11/24/82 | Clairemont | Pat Osmon | 48 | La Jolla | Chuck Boyer | 59 |
| 11/23/83 | El Camino | Dayle Mazzarella | 66 | Coronado | Kathy Langdoc | 77 |
| 11/24/84 | El Camino | Dayle Mazzarella | 49 | Ramona | Dave Wilson | 59 |
| 11/27/85 | La Jolla | Bill Stock | 44 | Ramona | Dave Wilson | 63 |
| 11/26/86 | El Camino | Dayle Mazzarella | 47 | Coronado | Melvin Bechtel | 68 |
| 11/20/87 | San Pasqual | Will Wester | 40 | Coronado | Melvin Bechtel | |
| 11/11/88 | La Jolla | Bill Stock | 31 | San Pasqual | Will Wester | 33 |
| 11/10/89 | San Pasqual | Will Wester | 23 | La Jolla | Bill Stock | 96 |

CLASS 1AA

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|----------|----------|-------------|-------|------------------|---------------|-------|
| 11/10/89 | Coronado | Mel Bechtel | 42 | Calvin Christian | William Stout | 63 |

GIRLS CROSS COUNTRY

DIVISION I

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|----------|-----------------|-------------------|-------|-----------------|-------------------|-------|
| 11/17/90 | Mt.Carmel | Dennis McClanahan | 27 | Poway | Dan Schaitel | 66 |
| 11/23/91 | Mt.Carmel | Dennis McClanahan | 23 | Poway | Dan Schaitel | 112 |
| 11/21/92 | Mt.Carmel* | Dennis McClanahan | 34 | Fallbrook | Gary Lutgendorf | 84 |
| 11/20/93 | Mt.Carmel | Dennis McClanahan | 35 | Poway | Dan Schaitel | 82 |
| 11/19/94 | Vista | Paul Kinder | 80 | Poway | Dan Schaitel | 113 |
| 11/18/95 | Orange Glen | Mike Cummings | 51 | Vista | Paul Kinder | 66 |
| 11/23/96 | Fallbrook | Gary Lutgendorf | 51 | Orange Glen | Mike Cummings | 70 |
| 11/22/97 | Valhalla | Randy Montesanto | 62 | Rancho Bernardo | Don Jones | 80 |
| 11/21/98 | Mt.Carmel | Dennis McClanahan | 67 | Torrey Pines | Brent Thorne | 83 |
| 11/20/99 | Rancho Bernardo | Don Jones | 83 | Carlsbad | Keith Van Asdalan | 131 |
| 11/18/00 | Mt.Carmel | Dennis McClanahan | 63 | Torrey Pines | Brent Thorne | 83 |
| 11/17/01 | Fallbrook | Gary Lutgendorf | 79 | Carlsbad | Keith Van Asdalan | 129 |
| 11/23/02 | Torrey Pines | Brent Thorne | 93 | Fallbrook | Gary Lutgendorf | 101 |
| 11/22/03 | El Camino | Jeremey Gee | 65 | Rancho Bernardo | Terry Dockery | 97 |
| 11/20/04 | Rancho Bernardo | Terry Dockery | 55 | El Camino | Jeremey Gee | 80 |
| 11/19/05 | Torrey Pines | Brent Thorne | 43 | La Costa Canyon | Bill Vice | 82 |
| 11/18/06 | Torrey Pines | Brent Thorne | 39 | Vista | Ed Matheus | 97 |
| 11/17/07 | Torrey Pines | Brent Thorne | 39 | La Costa Canyon | Bill Vice | 103 |
| 11/22/08 | Torrey Pines | Brent Thorne | 44 | RB Vista | Tom Lux | 61 |

DIVISION II

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|----------|-----------------|------------------|-------|-----------------|-------------------|-------|
| 11/17/90 | San Pasqual | Will Wester | 23 | El Capitan | Bill Cleves | 84 |
| 11/23/91 | San Pasqual | Will Wester | 20 | El Capitan | Dick Wilkins | 78 |
| 11/21/92 | San Pasqual | Tim Whitehead | 79 | El Capitan | Dick Wilkins | 111 |
| 11/20/93 | El Capitan | Bill Cleves | 63 | Torrey Pines | Brent Thorne | 77 |
| 11/19/94 | Torrey Pines | Brent Thorne | 45 | El Capitan | Bill Cleves | 102 |
| 11/18/95 | Scripps Ranch | Bob Oliver | 45 | Valhalla | Randy Montesanto | 72 |
| 11/23/96 | Valhalla Randy | Montesanto | 54 | Scripps Ranch | Bob Oliver | 75 |
| 11/22/97 | Scripps Ranch | Bob Oliver | 71 | West Hills | Bill Cleves | 74 |
| 11/21/98 | Ramona | Dave Wilson | 79 | Scripps Ranch | Bob Oliver | 80 |
| 11/20/99 | La Jolla | Tom Dorman | 49 | University City | Jim McCarthy | 112 |
| 11/18/00 | San Pasqual | Patrick King | 57 | Ramona | Dave Wilson | 107 |
| 11/17/01 | San Pasqual* | Patrick King | 21 | Helix | Ray Mounts | 74 |
| 11/23/02 | San Pasqual | Patrick King | 27 | Helix | Ray Mounts | 69 |
| 11/22/03 | San Pasqual | Patrick King | 27 | Scripps Ranch | Bob Oliver | 74 |
| 11/20/04 | Westview | Lori Ammonette | 66 | Scripps Ranch | Bob Oliver | |
| 11/19/05 | West Hills | Bill Cleaves | 78 | University City | Jim McCarthy | 79 |
| 11/18/06 | University City | Jim McCarthy | 44 | Mt. Carmel | Dennis McClanahan | 87 |
| 11/17/07 | Mt. Carmel | Nate Boyer | 52 | Westview | John Colson | 58 |
| 11/22/08 | Valhalla | Carter Yarbrough | 60 | Westview | John Colson | 90 |

*State CIF Divisional Champion

DIVISION III

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|----------|--------------------|------------------------|-------|--------------------|---------------|-------|
| 11/17/90 | La Jolla | Bill Stock | 17 | USDHS | Robert Ertl | 51 |
| 11/23/91 | USDHS | Rob Ertl | 40 | La Jolla | Bill Stock | 41 |
| 11/21/92 | OLP | Ernest Borunda | 51 | La Jolla | Tom Dorman | 79 |
| 11/20/93 | OLP | Ernest & Carol Borunda | 51 | La Jolla | Tom Dorman | 57 |
| 11/19/94 | USDHS | Robert Winters | 63 | Ramona | Dave Wilson | 65 |
| 11/18/95 | La Jolla | Tom Dorman | 31 | Santana | Dave Harper | 58 |
| 11/23/96 | Santana | Dave Harper | 27 | Ramona | Dave Wilson | 51 |
| 11/22/97 | Santana | Dave Harper | 34 | USDHS | Rob Winters | 60 |
| 11/21/98 | University City | Jim McCarthy | 35 | La Jolla | Tom Dorman | 41 |
| 11/20/99 | OLP | Dan Keays | 33 | USDHS | Dan Geiger | 52 |
| 11/18/00 | University City | Jim McCarthy | 37 | La Jolla | Tom Dorman | 43 |
| 11/17/01 | University City | Jim McCarthy | 44 | Valley Center | Mike Cummings | 83 |
| 11/23/02 | University City | Jim McCarthy | 50 | Valley Center | Mike Cummings | 74 |
| 11/22/03 | Valley Center | Mike Cummings | 66 | USDHS | Dan Geiger | 91 |
| 11/20/04 | Valley Center | Mike Cummings | 23 | USDHS | Dan Geiger | 68 |
| 11/19/05 | Valley Center | Mike Cummings | 49 | La Jolla | Roger Karnopp | 65 |
| 11/18/06 | OLP | Dan Keays | 50 | La Jolla | Roger Karnopp | 55 |
| 11/17/07 | University City | Jim McCarthy | 42 | Cathedral Catholic | Dan Geiger | 64 |
| 11/22/08 | Cathedral Catholic | Dan Geiger | 64 | University City | Jim McCarthy | 87 |

GIRLS CROSS COUNTRY

DIVISION IV

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|-------------|---------------|-----------------------|--------------|------------------|-------------------|--------------|
| 11/17/90 | Coronado | Melvin Bechtel Jr. | 20 | Calvin Christian | Bill Stout | 58 |
| 11/23/91 | Coronado | Melvin Bechtel Jr. | 21 | Calvin Christian | Bill Stout | 46 |
| 11/21/92 | Coronado | Mel Bechtel | 23 | Bishop's | Mark Tibbetts | 53 |
| 11/20/93 | Bishop's | Vince Stumpo | 31 | Coronado | Mel Bechtel | 61 |
| 11/19/94 | Bishop's | Vince Stumpo | 19 | Coronado | Mel Bechtel | 64 |
| 11/18/95 | Bishop's | Wendy Svatek | 35 | Coronado | Mel Bechtel | 44 |
| 11/23/96 | USDHS | Bob Winters | 27 | Coronado | Mel Bechtel | 35 |
| 11/22/97 | Coronado | Mel Bechtel | 15 | No runner-up | | |
| 11/21/98 | Valley Center | Mike Cummings | 34 | Coronado | Mel Bechtel | 56 |
| 11/20/99 | Valley Center | Mike Cummings | 25 | Clairemont | Sean Stevenson | 75 |
| 11/18/00 | Coronado | Mel Bechtel | 42 | Palo Verde | Troy Freese | 59 |
| 11/17/01 | LJCD | S. Bakhiet/S. Sanders | 27 | Mountain Empire | Bill LeBlanc | 64 |
| 11/23/02 | LJCD | S. Bakhiet/S. Sanders | 31 | Mountain Empire | Bill LeBlanc | 73 |
| 11/22/03 | LJCD | S. Sanders/S. Tadder | 31 | Coronado | Mel Bechtel | 53 |
| 11/20/04 | LJCD | S. Sanders/S. Tadder | 40 | Bishop's | Mary Fran Cullen | 54 |
| 11/19/05 | LJCD | Scott Sanders | 39 | Bishop's | Mary Fran Cullen | 57 |
| 11/18/06 | Bishop's | Mary Fran Cullen | 35 | LJCD | Scott Sanders | 65 |
| 11/17/07 | Bishop's | Mary Fran Cullen | 31 | Francis Parker | Matt Schellenberg | 50 |
| 11/22/08 | Coronado | George Green | 28 | Bishop's | Adam Weiner | 38 |

DIVISION V

| Date | Winner | Coach | Score | Runner-up | Coach | Score |
|-------------|------------------|------------------------|--------------|--------------------|--------------------|--------------|
| 11/23/96 | LJCD | Renee Milton | 38 | Francis Parker | John Lown | 38 |
| 11/22/97 | Bishop's | Wendy Svatek | 49 | Francis Parker | John Lown | 52 |
| 11/21/98 | Calvin Christian | Bill Stout | 69 | LJCD | Renee Milton | 78 |
| 11/20/99 | Calvin Christian | Bill Stout | 38 | Bishop's | Wendy Svatek | 52 |
| 11/18/00 | LJCD | Sarah Bakhiet | 47 | Calvin Christian | Bill Stout | 72 |
| 11/17/01 | Julian | Bill Porter | 21 | Calvin Christian | Bill Stout | 57 |
| 11/23/02 | Julian | Bill Porter | 27 | SF Christian | Paul Lyons | 51 |
| 11/22/03 | SF Christian | Paul Lyons | 28 | Julian | Bill Porter | 35 |
| 11/20/04 | SF Christian | Paul Lyons | 26 | Julian | Bill Porter | 36 |
| 11/19/05 | SF Christian | Jill Gregson | 36 | Calvin Christian | Bill Stout | 54 |
| 11/18/06 | Julian | Bill Porter | 20 | Calvary Christian | G.W. Damron | 43 |
| 11/17/07 | Julian | Bill Porter | 26 | Calvin Christian | Bill Stout | 36 |
| 11/22/08 | Calvin Christian | John Gregor Macdougall | 37 | Tri-City Christian | Cheri Wengronowitz | 50 |

GIRLS CROSS COUNTRY

INDIVIDUAL CHAMPIONS

CLASS 3A

1978 — Cheryl Flowers, Valhalla (12:58 Time)
1979 — Susan Gelley, Monte Vista (13:26)
1980 — Sheli Lachel, Monte Vista (12:32.2)
1981 — Sheli Lachel, Monte Vista (13:24.1)
1982 — Sandy Blakeslee, Vista (13:28.3)
1983 — Leslie Noll, Mt.Carmel (12:00)
1984 — Darci Arreola, Grossmont (14:22)
1985 — Darci Arreola, Grossmont (14:39)
1986 — Kira Jorgensen, Vista (16:13.3)
1987 — Jaime Butler, San Dieguito (15:15)
1988 — Tara Barnhart, Poway (15:14.1)
1989 — Milena Glusac, Fallbrook (15:12)

CLASS 2A

1977 — Carol Keller, Helix (13:08.7 Time)
1978 — Anne Zampardo, Hilltop (13:11)
1979 — Teresa Foskett, El Capitan (13:54)
1980 — Terri Brown, San Pasqual (13:44.1)
1981 — Sally Moyer, Serra (13:42.2)
1982 — Sharon Lewis, San Pasqual (14:23.6)
1983 — Pauline Stehly, Orange Glen (11:50)
1984 — Kerry Panno, San Pasqual (15:20)
1985 — Laura Chapel, University City (14:53)
1986 — Nicole Nugent, Torrey Pines (16:05.7)
1987 — Allison Maxwell, University City (14:58)
1988 — Kira Jorgensen, RB Vista (14:10.5)
1989 — Milena Glusac, Fallbrook (15:12)

CLASS 1A

1977 — Terri Brown, San Pasqual (13:43.8 Time)
1978 — Terri Brown, San Pasqual (13:13)
1979 — Terri Brown, San Pasqual (13:24)
1980 — Ruthie Truscott, Santa Fe Christian (13:46.7)
1981 — Kim Sterton, Coronado (13:49.9)
1982 — Jerri Frost, University City (14:42.3)
1983 — Katherine Riddle, Coronado (12:21)
1984 — Mona Cross, El Camino (15:50)
1985 — Karen Karcher, Ramona (15:41)
1986 — Karen Karcher, Ramona (16:37.7)
1987 — Kira Jorgensen, RB Vista (14:08)
1988 — Deanna Hadley, San Pasqual (15:02.1)
1989 — Deanna Hadley, San Pasqual (14:52)

CLASS 1AA

1989 — Viviana Reza, Coronado (16:19 Time)

DIVISION I

1990 — Susan Scott, Mt.Carmel (15:09 Time)
1991 — Milena Glusac, Fallbrook (14:31.6)
1992 — Milena Glusac, Fallbrook (14:19)*
1993 — Claire Becker, Bonita Vista (15:16.4)
1994 — Nicole Caster, Granite Hills (15:09)
1995 — Sarah Wilkins, Rancho Bernardo (15:09)
1996 — Tricia Matson, Fallbrook (15:15)
1997 — Andrea Clemens, Valhalla (15:06.6)
1998 — Courtney Baird, Helix (16:09)
1999 — Julie Komosinski, Torrey Pines (16:04)
2000 — Julie Komosinski, Torrey Pines (16:20)
2001 — Lindsay de la Montaigne, Rancho Bernardo (16:03)
2002 — Sariah St.Laurent, El Camino (16:31)
2003 — Sariah St.Laurent, El Camino (16:04)
2004 — Lindsay de la Montaigne, Rancho Bernardo (16:08)
2005 — Katy Andrews, La Costa Canyon (16:23)
2006 — Katy Andrews, La Costa Canyon (16:23)
2007 — Molly Grabill, Rancho Bernardo (16:02)
2008 — Molly Grabill, Rancho Bernardo (15:50)

DIVISION II

1990 — Milena Glusac, Fallbrook (14:30 Time)
1991 — Melissa Kim, San Pasqual (15:17.3)
1992 — Michele Cox, Escondido (14:44)*
1993 — Stephanie Nelle, Valhalla (15:29.4)
1994 — DeVon Straitiff, Torrey Pines (15:18)
1995 — DeVon Straitiff, Torrey Pines (15:10.2)
1996 — Emily McFarland, Scripps Ranch (15:15)
1997 — Desiree Davila, Hilltop (14:48.7)
1998 — Desiree Davila, Hilltop (16:30)
1999 — Desiree Davila, Hilltop (16:12)
2000 — Loretta Kilmer, Ramona (16:15)
2001 — Clare Rethmeier, San Pasqual (16:16)
2002 — Clare Rethmeier, San Pasqual (16:04)
2003 — Claire Rethmeier, San Pasqual (15:28)
2004 — Brooke Kerby, San Pasqual, (16:21)
2005 — Missy Barclay, Westview (16:34)
2006 — Sarah Vitug, University City (16:52)
2007 — Elizabeth Apgar, Lincoln (16:25)
2008 — Elizabeth Apgar, Lincoln (16:38)

DIVISION III

1990 — Julie Schoene, La Jolla (15:40 Time)
1991 — Jennifer Stuart, West Hills (16:27.4)
1992 — Michelle O'Connor, Our Lady of Peace (15:42)
1993 — Michelle O'Conner, Our Lady of Peace (15:55.0)
1994 — Veronica Clark, Ramona (15:20)
1995 — Courtney Baird, USDHS (15:10.3)
1996 — Kim Pace, Santana (15:57)
1997 — Kim Pace, Santana (15:45.7)
1998 — Michelle Barrack, USDHS (16:48)
1999 — Rosa Serna, Mission Bay (17:30)
2000 — Jenna Timinsky, San Dieguito Academy (16:16)
2001 — Jenna Timinsky, San Dieguito Academy (15:37)*
2002 — Jessie Ooms, University City (16:26)
2003 — Marie Raffray, San Dieguito Academy (16:30)
2004 — Alicia Nugent, Valhalla (16:51)
2005 — Bridie McCarey, Clairemont (16:49)
2006 — Sammy Silva, OLP (16:58)
2007 — Sammy Silva, OLP (16:24)
2008 — Sammy Silva, OLP (15:55)*

*State CIF Individual Divisional Champion

GIRLS CROSS COUNTRY

DIVISION IV

1990 — Zuryash Nebyelul, Lincoln Prep (16:48 Time)
1991 — Anjie Hansen, Coronado (17:17.3)
1992 — Marissa Hurwitz, Bishop's (15:50)
1993 — Jessica Lunt, Coronado (16:46.6)
1994 — Marissa Hurwitz, Bishop's (16:04)
1995 — Marissa Hurwitz, Bishop's (15:35.8)
1996 — Courtney Baird, USDHS (16:09)
1997 — Alexis Clarke, Coronado (16:44.7)
1998 — Jenna Timinsky, San Dieguito (16:48)
1999 — Jenna Timinsky, San Dieguito (17:05)
2000 — Judy Jimenez, Clairemont (18:29)
2001 — Lauren Swigert, LJCD (17:29)
2002 — Lauren Swigert, LJCD (17:07)
2003 — LaToya Cunningham, LJCD (17:17)
2004 — Robin Kuntz, Bishop's (17:19)
2005 — Valerie Christy, LJCD (17:13)
2006 — Lauren Pischel, LJCD (17:12)
2007 — Elizabeth Schulze, Bishop's (17:39)
2008 — Sallie Privett, Coronado (17:38)

DIVISION V

1996 — Lindsay Weinberg, LJCD (16:42 Time)
1997 — Angela Petersen, Francis Parker (15:13)
1998 — Angela Petersen, Francis Parker (16:17)
1999 — Kaili Shumilak, Bishop's
2000 — Angela Petersen, Francis Parker (17:39)
2001 — Nicole Bastian, Julian (19:27)
2002 — Serena Gannon, Julian (18:34)
2003 — Serena Gannon, Julian (18:24)
2004 — Jaclyn Christopher, Santa Fe Christian (18:25)
2005 — Elizabeth Apgar, Calvary Christian (17:37)
2006 — Elizabeth Apgar, Calvary Christian (17:57)
2007 — Chelsea Servi, Tri-City Christian (19:32)
2008 — Keely Craig, Calvin Christian (19:24)

*State CIF Individual Divisional Champion