

RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY TEAM 2012



| Boys | Grade |
|--------------------|-------|
| Brendan Gee | 12 |
| Alex Grigoriev | 12 |
| Matthew Beck | 11 |
| Derl Clausen | 11 |
| Gregg Collignon | 11 |
| Cole Davis | 11 |
| Gabriel Ditto | 11 |
| Brian Graham | 11 |
| Curtis Park | 11 |
| Jason Peccatiello | 11 |
| Michael Addison | 10 |
| David Akagi | 10 |
| Kyle Apfeld | 10 |
| Matt Gamberale | 10 |
| Kiyotaka Hachisuka | 10 |
| Garrett Hess | 10 |
| Dylan Loquist | 10 |
| Oliver Molenaar | 10 |
| Alex Pelletier | 10 |
| Sean Schmidt | 10 |
| Jeffrey Stewart | 10 |
| Ishan Timalsina | 10 |
| Jacob Wahl | 10 |
| Brody Wilson | 10 |
| Dillon Wilson | 10 |
| Tristan Caparas | 9 |
| Ben Cunningham | 9 |
| Nathan Gottlieb | 9 |
| Willam Gravelle | 9 |
| Nate Jalbuena | 9 |
| Max Lata | 9 |
| Michael Menzer | 9 |
| Chandler Munsch | 9 |
| Alex Modiano | 9 |
| Josh Phelps | 9 |
| Amir Rezvani | 9 |
| Callum Syderserff | 9 |
| Jacob Thompson | 9 |
| Burak Tufekci | 9 |
| Tyler Whang | 9 |

| Girls | Grade |
|-------------------|-------|
| Sabrina Aspiras | 12 |
| Jensen Bogan | 12 |
| Lauren Enos | 12 |
| Tina Girolamo | 12 |
| Cassie Hwang | 12 |
| Laura Montes | 12 |
| Sophie Gonzalez | 11 |
| Jenna Hwang | 11 |
| Sarah Meyers | 11 |
| Rachel Rizzuti | 11 |
| Katie Sammer | 11 |
| Susan Shen | 11 |
| Katia Stern | 11 |
| Danielle Voyles | 11 |
| Lauren Voyles | 11 |
| Kayleigh Williams | 11 |
| Ellissya Andino | 10 |
| Bryanna Fuller | 10 |
| Sierra Hill | 10 |
| Alyssa Kuck | 10 |
| Nia Akins | 9 |
| Nazaneen Amiri | 9 |
| Sandra Esparza | 9 |
| Saundra Esparza | 9 |
| Donia Firooz | 9 |
| Clara Lee | 9 |
| Samantha Lee | 9 |
| Gaby Sanchez | 9 |
| Sadaf Sayar | 9 |
| Rieko Simmons | 9 |



COUGAR CLASSIC INVITATIONAL

CSU San Marcos

September 1, 2012

6 Mile, 4-person Relay
1.5 Mile Open/Novice



| PLACE | | 1.5 miles |
|-------|-----|-------------------|
| 1 | 3 | Danielle Voyles |
| 2 | 1 | Lauren Voyles |
| 3 | 1 | Bryanna Fuller |
| 4 | 3 | Tina Girolamo |
| 5 | 7 | Sierra Hill |
| 6 | 3 | Katie Sammer |
| 7 | 7 | Nia Akins |
| 8 | 1 | Katia Stern |
| 9 | 7 | Ellissya Andino |
| 10 | 3 | Jensen Bogan |
| 11 | 7 | Sophia Gonzalez |
| 12 | | Alyssa Kuck |
| 13 | | Kayleigh Williams |
| 14 | | Clara Lee |
| 15 | 8 | Lauren Enos |
| 16 | | Sadaf Sayar |
| 17 | | Cassie Hwang |
| 18 | | Jenna Hwang |
| 19 | | Nazaneen Amiri |
| 20 | | Susan Shen |
| 21 | 45 | Sarah Myers |
| 22 | 61 | Gaby Sanchez |
| 23 | 81 | Rieko Simmons |
| 24 | 95 | Rachel Rizzuti |
| 25 | 100 | Sabrina Aspiras |
| 26 | | Donia Firooz |



COUGAR CLASSIC INVITATIONAL

CSU San Marcos September 1, 2012
 6 Mile, 4-person Relay and 1.5 Mile Open/Novice

| PLACE | | | |
|-------|----|--------------------|-------|
| 1 | 6 | Brendan Gee | 7:18 |
| 2 | 6 | Alex Grigoriev | 7:23 |
| 3 | 6 | Matt Beck | 8:04 |
| 4 | 6 | Cole Davis | 8:04 |
| 5 | | Burak Tufekci | 8:13 |
| 6 | | Derl Clausen | 8:19 |
| 7 | | Sean Schmidt | 8:35 |
| 8 | | Wyatt Hill | 8:36 |
| 9 | 9 | Jason Peccatiello | 8:22 |
| 10 | 9 | Curtis Park | 8:28 |
| 11 | 9 | Ben Cunningham | 8:28 |
| 12 | 20 | Gabriel Ditto | 8:42 |
| 13 | 15 | Max Lata | 8:50 |
| 14 | 42 | Jacob Wahl | 8:57 |
| 15 | 20 | Jeffrey Stewart | 9:00 |
| 16 | 20 | Michael Addison | 9:06 |
| 17 | 9 | Dylan Loquist | 9:11 |
| 18 | 20 | Alex Layton | 9:11 |
| 19 | 42 | Michael Menzer | 9:15 |
| 20 | 33 | Kiyotaka Hachisuka | 9:19 |
| 21 | 36 | Dillon Wilson | 9:21 |
| 22 | 39 | Chandler Minsch | 9:24 |
| 23 | 42 | Brian Graham | 9:26 |
| 24 | 43 | David Akagi | 9:27 |
| 25 | 50 | Nathan Gottlieb | 9:36 |
| 26 | 54 | Amir Rezvani | 9:37 |
| 27 | 65 | Nate Jalbuena | 9:48 |
| 28 | 73 | William Gravelle | 9:58 |
| 29 | 42 | Ishan Timalsina | 10:25 |
| 30 | 42 | Kyle Apfeld | 10:41 |



BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 8, 2012
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

Place

| | | | |
|----|----|-------------------|---------|
| 1 | 4 | Danielle Voyles | 11:23.8 |
| 2 | 6 | Lauren Voyles | 11:44.6 |
| 3 | 12 | Bryanna Fuller | 12:11.7 |
| 4 | 13 | Katie Sammer | 12:11.9 |
| 5 | 15 | Nia Akins | 12:13.0 |
| 6 | 24 | Jensen Bogan | 12:26.3 |
| 7 | 26 | Ellissya Andino | 12:28.7 |
| 8 | 28 | Tina Girolamo | 12:30.3 |
| 9 | 43 | Sierra Hill | 12:46.4 |
| 10 | 46 | Katia Stern | 12:51.2 |
| 11 | 53 | Alyssa Kuck | 12:56.5 |
| 12 | 62 | Sophie Gonzalez | 13:08.7 |
| 13 | 14 | Clara Lee | 13:54.5 |
| 14 | 16 | Kayleigh Williams | 14:05.8 |
| 15 | 32 | Cassie Hwang | 14:30.2 |
| 16 | 36 | Sadaf Sayar | 15:01.4 |
| 17 | 59 | Jenna Hwang | 15:10.2 |
| 18 | 62 | Lauren Enos | 15:13.1 |
| 19 | 75 | Susan Shen | 15:27.7 |
| 20 | 53 | Nazaneen Amiri | 15:41.8 |
| 21 | 94 | Sarah Myers | 15:52.7 |
| 22 | 67 | Saundra Esparza | 16:21.7 |
| 23 | 87 | Rachel Rizzuti | 16:55.1 |
| 24 | 84 | Rieko Simmons | 17:08.6 |
| 25 | 87 | Laura Montes | 17:32.0 |
| 26 | 92 | Sabrina Aspiras | 18:09.3 |



BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 8, 2012
2 Miles Varsity, JV 10-12, JV Frosh/Novice

Place

| | | | |
|----|-----|--------------------|-------|
| 1 | 5 | Brendan Gee | 10:01 |
| 2 | 12 | Alex Grigoriev | 10:12 |
| 3 | 38 | Alex Pelletier | 10:41 |
| 4 | 44 | Matt Beck | 10:45 |
| 5 | 54 | Cole Davis | 10:55 |
| 6 | 67 | Burak Tufekci | 11:08 |
| 7 | 71 | Derl Clausen | 11:16 |
| 8 | 76 | Matt Gamberale | 11:22 |
| 9 | 78 | Jason Peccatiello | 11:28 |
| 10 | 28 | Curtis Park | 11:31 |
| 11 | 9 | Ben Cunningham | 11:31 |
| 12 | 78 | Wyatt Hill | 11:36 |
| 13 | 41 | Gabriel Ditto | 11:44 |
| 14 | | Sean Schmidt | 11:52 |
| 15 | 55 | Oliver Molenaar | 11:57 |
| 16 | 24 | Max Lata | 12:02 |
| 17 | 26 | Dylan Loquist | 12:04 |
| 18 | 32 | Michael Addison | 12:16 |
| 19 | 75 | Jeffrey Stewart | 12:20 |
| 20 | 86 | Jacob Wahl | 12:30 |
| 21 | 41 | David Akagi | 12:31 |
| 22 | 46 | Garrett Hess | 12:39 |
| 23 | 49 | Chandler Munsch | 12:44 |
| 24 | 51 | Dillon Wilson | 12:47 |
| 25 | 56 | Alex Layton | 12:50 |
| 26 | 58 | Tristan Caparas | 12:57 |
| 26 | 63 | Nate Jalbuena | 13:04 |
| 27 | 70 | Kiyotaka Hachisuka | 13:15 |
| 28 | 74 | Alex Modiano | 13:19 |
| 29 | 127 | Gregg Collignon | 13:25 |
| 30 | 83 | William Gravelle | 13:32 |
| 31 | 132 | Brian Graham | 13:35 |
| 32 | 84 | Amir Rezvani | 13:36 |
| 33 | 146 | Ishan Timalsina | 13:56 |
| 34 | 152 | Kyle Apfeld | 14:03 |
| 35 | 100 | Jacob Thompson | 14:31 |



MT. CARMEL INVITATIONAL

Morley Field September 15, 2012 2.75 and 2.21 Miles



| Plc | Team Rank | Juniors/Seniors | 1 Mile | 2 Mile | 2.75 mi Time | Prev Best |
|-----|-----------|-------------------|--------|--------|--------------|-----------|
| 3 | 1 | Danielle Voyles | 5:46 | 12:30 | 16:19 | 16:10 |
| 4 | 2 | Lauren Voyles | 5:51 | 12:35 | 16:22 | 16:13 |
| 6 | 5 | Katie Sammer | 6:00 | 12:44 | 16:41 | 17:30 |
| 15 | 6 | Tina Girolamo | 6:12 | 13:46 | 17:05 | 16:59 |
| 31 | 8 | Katia Stern | 6:26 | 13:50 | 18:03 | 18:20 |
| 42 | 9 | Sophia Gonzalez | 6:24 | 14:10 | 18:35 | |
| 63 | 10 | Kayleigh Williams | 7:01 | 15:05 | 19:17 | 18:48 |
| | 12 | Cassie Hwang | 7:13 | | 20:30 | |
| | 14 | Lauren Enos | 7:56 | 16:39 | 21:03 | |
| | 15 | Jenna Hwang | 7:40 | 16:30 | 21:31 | 22:12 |
| | 16 | Sarah Myers | 7:33 | 17:30 | 21:41 | 21:27 |
| | 19 | Susan Shen | 7:42 | 17:45 | 23:16 | |
| | 20 | Rachel Rizzuti | 8:26 | 18:50 | 24:02 | |
| | 21 | Laura Montes | 8:28 | 19:11 | 25:13 | |
| | 22 | Sabrina Aspiras | 8:28 | 19:21 | 25:34 | |



| Plc | Team Rank | Frosh/Sophomores | 1 Mile | 2 Mile | 2.21 mi Finish |
|-----|-----------|------------------|--------|--------|----------------|
| 13 | 3 | Sierra Hill | | | 14:35 |
| 4 | 4 | Nia Akins | | | 14:39 |
| 36 | 7 | Alyssa Kuck | | | 15:36 |
| | 11 | Clara Lee | | | 17:28 |
| | 13 | Sadaf Sayar | | | 18:30 |
| | 17 | Saundra Esparza | | | 20:18 |
| | 18 | Rieko Simmons | | | 21:50 |



MT. CARMEL INVITATIONAL

Morley Field September 15, 2012
 2.95 Miles and 2.7 Miles

| Plc | Team Rank | Juniors/Seniors | 1 Mile | 2 Mile | 2.95 mi Time | Prev best |
|-----|-----------|-------------------|--------|--------|--------------|-----------|
| 13 | 1 | Brendan Gee | 5:06 | 10:37 | 16:10 | 16:37 |
| 26 | 2 | Alex Grigoriev | 5:11 | 11:10 | 16:24 | 16:45 |
| | 5 | Derl Clausen | 5:33 | 11:53 | 17:43 | |
| | 6 | Matt Beck | 5:24 | 11:43 | 17:47 | 17:46 |
| | 8 | Cole Davis | 5:23 | 11:56 | 18:09 | 17:31 |
| | 10 | Gabriel Ditto | 5:58 | | 18:44 | 18:12 |
| | 18 | Jason Peccatiello | 5:53 | 12:49 | 19:34 | 19:40 |
| | 27 | Gregg Collignon | 6:29 | 14:35 | 22:31 | 20:40 |



| Team Rank | Frosh/Sophomores | 1 Mile | 2 Mile | 2.7 mi Finish |
|-----------|--------------------|--------|--------|---------------|
| 3 | Alex Pelletier | 5:25 | 11:56 | 15:35 |
| 4 | Wyatt Hill | 5:55 | 12:22 | 16:04 |
| 7 | Burak Tufekci | 5:40 | 12:29 | 16:34 |
| 9 | Jacob Wahl | 6:15 | 13:12 | 17:14 |
| 11 | Michael Addison | 6:20 | 13:25 | 17:27 |
| 12 | Dylan Loquist | 6:35 | 13:36 | 17:36 |
| 13 | Chandler Munsch | 6:20 | 13:37 | 17:58 |
| 14 | David Akagi | 6:35 | 13:58 | 18:01 |
| 15 | Alex Layton | 6:25 | 13:49 | 18:04 |
| 16 | Michael Menzer | 6:11 | 13:32 | 18:06 |
| 17 | Max Lata | 6:14 | 13:51 | 18:10 |
| 19 | Garrett Hess | 6:40 | 13:38 | 18:12 |
| 20 | Kiyotaka Hachisuka | 6:51 | 14:36 | 19:03 |
| 21 | Josh Phelps | | 14:57 | 19:08 |
| 22 | Nate Jalbuena | | 14:58 | 19:11 |
| 23 | William Gravelle | 7:13 | 14:54 | 19:14 |
| 24 | Tristan Caparas | | | 19:21 |
| 25 | Nathan Gottlieb | 7:14 | 15:15 | 19:48 |
| 26 | Jacob Thompson | 7:35 | | 20:56 |
| 28 | Kyle Apfeld | 7:39 | | 21:33 |
| 29 | Callum Sydserff | 7:45 | | 22:53 |



STANFORD INVITATIONAL

Stanford University Palo Alto, CA
September 29, 2012 5,000 Meters



| | PLACE | | GR | 1 MILE | 2 MILE | FINISH | prev 2011 |
|---|-------|-----------------|----|--------|--------|--------------|--------------|
| 1 | 9 | Danielle Voyles | JR | 5:35 | 11:40 | 18:22 | 18:27 |
| 2 | 14 | Lauren Voyles | JR | 5:47 | 11:54 | 18:37 | 18:28 |
| 3 | 49 | Bryanna Fuller | SO | 6:04 | 12:32 | 19:34 | 20:05 |
| 4 | 57 | Katie Sammer | JR | 5:56 | 12:30 | 19:42 | - |
| 5 | 59 | Nia Akins | FR | 6:04 | 12:35 | 19:43 | - |
| 6 | 84 | Tina Girolamo | SR | 6:11 | 12:38 | 20:00 | 19:31 |
| 7 | 105 | Jensen Bogan | SR | 6:10 | 12:50 | 20:31 | 20:38 |



5th

STANFORD INVITATIONAL

Stanford University Palo Alto, CA September 29, 2012
5,000 Meters

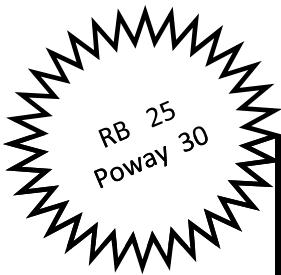


| | PLACE | | GR | 1 MILE | 2 MILE | FINISH | prev 2011 |
|---|-------|-------------------|----|--------|--------|--------------|-----------|
| 1 | 3 | Brendan Gee | SR | 5:07 | 10:18 | 15:59 | 16:40 |
| 2 | 11 | Alex Grigoriev | SR | 5:23 | 10:54 | 16:31 | 17:17 |
| 3 | 64 | Cole Davis | JR | 5:21 | 10:59 | 17:20 | 17:27 |
| 4 | 66 | Matthew Beck | JR | 5:32 | 11:10 | 17:21 | - |
| 5 | 145 | Derl Clausen | JR | 5:36 | 11:34 | 18:08 | - |
| 6 | 175 | Jason Peccatiello | JR | 5:42 | 11:48 | 18:33 | - |
| 7 | 221 | Burak Tufekci | FR | | 11:56 | 19:01 | - |



POWAY DUAL MEET

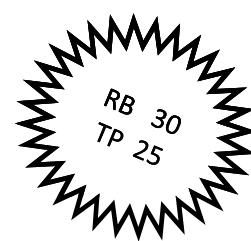
Black Mountain Park October 5, 2012
2.47 Miles



| Plc | Team Rank | Varsity | Gr | 1 Mile | 2 Mile | Time |
|-----|-----------|-----------------|----|--------|--------|----------------|
| 1 | 1 | Danielle Voyles | 11 | 5:38 | 11:48 | 14:49.2 |
| 2 | 2 | Lauren Voyles | 11 | 5:38 | 11:48 | 14:51.0 |
| 4 | 3 | Katie Sammer | 11 | 5:44 | 12:04 | 15:14.9 |
| 6 | 4 | Nia Akins | 9 | 5:44 | 12:02 | 15:22.1 |
| 7 | 5 | Bryanna Fuller | 10 | 5:44 | | 15:31.4 |
| 8 | 6 | Tina Girolamo | 12 | 5:45 | 12:11 | 15:46.0 |
| 11 | 7 | Ellissya Andino | 10 | 5:58 | 12:42 | 16:04.4 |
| 12 | 8 | Sierra Hill | 10 | 5:58 | 12:42 | 16:07.3 |
| 14 | 9 | Sophia Gonzalez | 11 | 6:04 | 12:54 | 16:34.5 |
| 15 | 10 | Alyssa Kuck | 10 | 6:18 | 13:18 | 16:45.8 |
| 16 | 11 | Katia Stern | 11 | 6:06 | 13:14 | 16:46.1 |
| 22 | 14 | Lauren Enos | 12 | 7:13 | | 19:06.3 |
| 23 | 18 | Sabrina Aspiras | 12 | | | 21:47.5 |

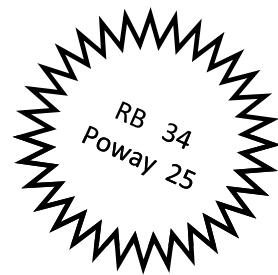


| Plc | Team Rank | Junior Varsity | Gr | 1 Mile | 2 Mile | Finish |
|-----|-----------|-------------------|----|--------|--------|----------------|
| 1 | 12 | Clara Lee | 9 | 6:20 | 13:44 | 17:23.3 |
| 2 | 13 | Kayleigh Williams | 11 | 6:33 | 13:54 | 17:33.1 |
| 8 | 15 | Jenna Hwang | 11 | 7:07 | 15:28 | 19:24.7 |
| 9 | 16 | Sarah Myers | 11 | 6:55 | 15:09 | 19:27.1 |
| 10 | 17 | Sadaf Sayar | 9 | 7:02 | 15:18 | 19:29.1 |
| 14 | 19 | Nazaneen Amiri | 9 | 7:39 | 16:23 | 21:02.5 |
| 16 | 20 | Rachel Rizzuti | 11 | 7:29 | 16:56 | 21:43.2 |
| 19 | 21 | Donia Firooz | 9 | 7:59 | 17:36 | 22:10.2 |



POWAY DUAL MEET

Black Mountain Park October 5, 2012
3.15 Miles



| Plc | Team Rank | Varsity | Gr | 1 Mile | 2 Mile | Time |
|-----|-----------|-------------------|----|--------|--------|---------|
| 1 | 1 | Brendan Gee | 12 | 5:20 | 10:51 | 17:12.5 |
| 2 | 2 | Alex Grigoriev | 12 | 5:20 | 11:04 | 17:21.9 |
| 8 | 3 | Matt Beck | 11 | 5:20 | 11:15 | 17:56.1 |
| 11 | 4 | Burak Tufekci | 9 | 5:20 | | 18:21.3 |
| 13 | 5 | Derl Clausen | 11 | 5:20 | 11:24 | 18:29.9 |
| 14 | 6 | Wyatt Hill | 10 | 5:20 | 11:31 | 18:38.2 |
| 15 | 7 | Gabriel Ditto | 11 | 5:20 | 11:17 | 18:39.2 |
| 16 | 8 | Cole Davis | 11 | 5:20 | 11:15 | 18:43.2 |
| 19 | 10 | Jason Peccatiello | 11 | 5:20 | 12:05 | 19:43.5 |



| Plc | Team Rank | Junior Varsity | Gr | Finish |
|-----|-----------|--------------------|----|---------|
| 4 | | Jeffrey Stewart | 10 | 19:47.4 |
| 5 | | Jacob Wahl | 10 | 19:55.5 |
| 7 | | Oliver Molenaar | 10 | 20:12.9 |
| 8 | | Michael Addison | 10 | 20:19.6 |
| 9 | | Dylan Loquist | 10 | 20:20.1 |
| 10 | | Alex Layton | 10 | 20:23.3 |
| 12 | | Gregg Collignon | 11 | 21:04.2 |
| 14 | | David Akagi | 10 | 21:07.1 |
| 15 | | Kiyotaka Hachisuka | 10 | 21:08.2 |
| 16 | | Garrett Hess | 10 | 21:34.1 |
| 18 | | Brody Wilson | 10 | 22:07.3 |
| 20 | | Brian Graham | 11 | 23:03.3 |
| 22 | | Ishan Timalsina | 10 | 23:54.4 |
| 23 | | Kyle Apfeld | 10 | 24:00.9 |



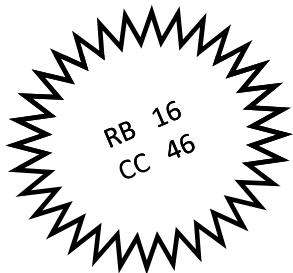
| Plc | Team Rank | Freshmen | Gr | Finish |
|-----|-----------|------------------|----|---------|
| 1 | 9 | Ben Cunningham | 9 | 19:09.1 |
| 5 | | Max Lata | 9 | 20:03.1 |
| 6 | | Chandler Minsch | 9 | 20:13.8 |
| 7 | | Michael Menzer | 9 | 20:16.7 |
| 8 | | Tristan Caparas | 9 | 20:18.0 |
| 10 | | Nate Jalbuena | 9 | 21:26.8 |
| 13 | | Josh Phelps | 9 | 22:01.8 |
| 14 | | William Gravelle | 9 | 22:21.7 |
| 16 | | Jacob Thompson | 9 | 22:39.6 |
| 17 | | Nathan Gottlieb | 9 | 23:06.7 |
| 19 | | Callum Sydserff | 9 | 24:22.7 |



CANYON CREST DUAL MEET

Canyon Crest Academy October 10, 2012

2.47 Miles

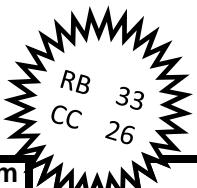


| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time |
|-----|-----------|-----------------|--------|--------|--------------|
| 1 | 1 | Danielle Voyles | 5:37 | 11:42 | 16:12 |
| 2 | 2 | Lauren Voyles | 5:37 | 11:42 | 16:19 |
| 3 | 3 | Katie Sammer | 5:54 | 12:05 | 16:43 |
| 4 | 4 | Tina Girolamo | 5:54 | 12:05 | 16:46 |
| 6 | 5 | Nia Akins | 5:54 | 12:07 | 16:53 |
| 7 | 6 | Bryanna Fuller | 5:54 | 12:08 | 16:59 |
| 9 | 8 | Sierra Hill | 5:56 | 12:25 | 17:30 |
| 10 | 10 | Ellissya Andino | 6:10 | 12:44 | 17:41 |
| 11 | 11 | Jensen Bogan | 6:18 | 12:55 | 17:55 |
| 12 | 12 | Sophia Gonzalez | 6:06 | 12:44 | 17:59 |
| 13 | 13 | Katia Stern | 6:15 | 12:58 | 18:08 |
| 15 | 14 | Alyssa Kuck | 6:26 | 13:25 | 18:49 |



| Plc | Team Rank | Junior Varsity | 1 Mile | 2 Mile | Finish |
|-----|-----------|-------------------|--------|--------|--------------|
| 1 | 7 | Clara Lee | 6:32 | 13:49 | 19:15 |
| 3 | 9 | Kayleigh Williams | 6:38 | 14:02 | 19:25 |
| 4 | 15 | Sadaf Sayar | 6:53 | 14:40 | 20:35 |
| 5 | 16 | Susan Shen | 7:02 | 14:52 | 20:53 |
| 6 | 17 | Cassie Hwang | 6:58 | 15:00 | 21:06 |
| 7 | 19 | Jenna Hwang | 7:07 | 14:52 | 21:12 |
| 8 | 20 | Gabby Esparza | 6:56 | 15:00 | 21:16 |
| 9 | 21 | Sarah Myers | 7:07 | 15:25 | 22:03 |
| 12 | 22 | Rieko Simmons | 7:20 | 15:20 | 23:12 |
| 13 | 23 | Rachel Rizzuti | 7:42 | 16:20 | 23:46 |
| 15 | 24 | Nazaneen Amiri | 8:10 | 16:08 | 23:52 |
| 20 | 25 | Donia Firooz | 8:20 | 18:17 | 25:43 |





CANYON CREST DUAL MEET

Canyon Crest Academy October 10, 2012
3 Miles

| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time |
|-----|-----------|-------------------|--------|--------|--------------|
| 1 | 1 | Alex Grigoriev | 5:15 | 10:42 | 15:58 |
| 2 | 2 | Brendan Gee | 5:15 | 10:42 | 16:01 |
| 4 | 3 | Matt Beck | 5:24 | 10:58 | 16:27 |
| 6 | 4 | Cole Davis | 5:23 | 11:02 | 16:49 |
| 7 | 5 | Burak Tufekci | 5:25 | 11:05 | 16:49 |
| 8 | 6 | Gabriel Ditto | 6:29 | 11:20 | 17:11 |
| 11 | 7 | Wyatt Hill | 5:26 | 11:24 | 17:29 |
| 12 | 8 | Derl Clausen | 5:25 | 11:20 | 17:37 |
| 14 | 10 | Jason Peccatiello | 5:29 | 11:46 | 18:10 |



| Plc | Team Rank | Junior Varsity | 1 Mile | 2 Mile | Finish |
|-----|-----------|--------------------|--------|--------|--------------|
| 7 | 11 | Oliver Molenaar | 5:42 | 11:57 | 18:20 |
| 15 | 13 | Michael Addison | 6:00 | 12:33 | 18:56 |
| 16 | 14 | Jacob Wahl | 6:01 | 12:33 | 18:57 |
| 18 | 16 | Alex Layton | 6:02 | 12:33 | 18:58 |
| 21 | 17 | Dylan Loquist | 6:03 | 12:40 | 19:11 |
| 25 | 20 | Gregg Collignon | 6:06 | 12:47 | 19:26 |
| 28 | 21 | David Akagi | 6:08 | 12:56 | 19:34 |
| 31 | 23 | Kiyotaka Hachisuka | 6:15 | 12:59 | 19:38 |
| 32 | 24 | Jeffrey Stewart | 6:15 | 12:30 | 19:41 |
| 36 | | Brody Wilson | 6:21 | 13:04 | 20:01 |
| 40 | | Garrett Hess | 6:26 | 13:43 | 20:22 |
| 44 | | Brian Graham | 6:42 | 14:01 | 20:45 |
| 51 | | Ishan Timalsina | 6:57 | 14:45 | 22:49 |
| 53 | | Kyle Apfeld | 6:59 | 15:12 | 23:00 |



| Plc | Team Rank | Freshmen | 1 Mile | 2 Mile | Finish |
|-----|-----------|------------------|--------|--------|--------------|
| 1 | 9 | Ben Cunningham | 5:36 | 11:46 | 17:56 |
| 2 | 12 | Max Lata | 5:50 | 12:11 | 18:38 |
| 4 | 15 | Tristan Caparas | 6:01 | 12:33 | 18:57 |
| 7 | 18 | Michael Menzer | 6:04 | 12:41 | 19:19 |
| 9 | 19 | Nate Jalbuena | 6:06 | 12:55 | 19:28 |
| 10 | 22 | Alex Modiano | 6:13 | 12:57 | 19:35 |
| 11 | 25 | Chandler Munsch | 6:17 | 13:04 | 19:45 |
| 15 | | William Gravelle | 6:45 | 13:23 | 20:23 |
| 17 | | Jacob Thompson | 6:50 | 14:13 | 21:30 |
| 19 | | Nathan Gottlieb | 6:57 | 14:45 | 22:37 |
| 20 | | Callum Sydserff | 7:19 | 15:25 | 23:31 |



SO CAL INVITATIONAL

Guajome Park Vista, CA October 13, 2012 2.75 Miles



| Place | Team Rank | Junior Varsity | 1 mile | 2 mile | Finish |
|-------|-----------|----------------|--------|--------|--------|
| 25 | 1 | Cassie Hwang | 7:30 | 15:27 | 21:04 |
| 26 | 2 | Lauren Enos | 7:34 | 15:33 | 21:04 |
| 44 | 4 | Sarah Myers | 7:30 | 16:12 | 22:36 |



| Place | Team Rank | Freshman/Novice | 1 mile | 2 mile | Finish |
|-------|-----------|-----------------|--------|--------|--------|
| 15 | 3 | Sadaf Sayar | 7:20 | 15:45 | 22:05 |
| 20 | 5 | Rieko Simmons | 7:51 | 16:31 | 22:37 |
| 21 | 6 | Rachel Rizzuti | 8:15 | 16:49 | 23:11 |
| 26 | 7 | Nazaneen Amiri | 8:23 | 17:30 | 24:20 |



Photos from other races

SO CAL INVITATIONAL

Guajome Park

Vista, CA

October 13, 2012

5,000 Meters



| Place | Team Rank | Junior Varsity | 1 mile | 2 mile | Finish |
|-------|-----------|-----------------|--------|--------|--------------|
| 6 | 1 | Gabriel Ditto | 5:47 | 11:58 | 18:00 |
| 31 | 2 | Curtis Park | 5:48 | 12:10 | 19:16 |
| 52 | 7 | Michael Addison | 6:19 | 12:50 | 20:04 |
| 54 | 9 | Alex Layton | 6:22 | 13:08 | 20:10 |
| 58 | 11 | Dylan Loquist | 6:22 | 13:08 | 20:31 |
| 77 | 12 | Brian Graham | 6:40 | 13:40 | 21:19 |
| 90 | 15 | Gregg Collignon | 6:44 | 14:10 | 22:43 |
| 95 | 16 | Kyle Aptfeld | 7:15 | 14:56 | 23:11 |

| Place | Team Rank | Freshmen | 1 mile | 2 mile | Finish |
|-------|-----------|------------------|--------|--------|--------|
| 8 | 3 | Max Lata | 5:55 | 12:16 | 18:41 |
| 11 | 4 | Tristan Caparas | 6:05 | 12:35 | 18:45 |
| 22 | 5 | Chandler Munsch | 6:15 | 13:15 | 19:45 |
| 28 | 6 | Nate Jalbuena | 6:38 | 13:28 | 19:53 |
| 35 | 8 | Nathan Gottlieb | 6:27 | 13:44 | 20:07 |
| 39 | 10 | Josh Phelps | 7:07 | 14:10 | 20:16 |
| 40 | 11 | William Gravelle | 6:48 | 13:58 | 20:23 |
| 46 | 14 | Jacob Thompson | 7:15 | 15:18 | 21:19 |



Photos from other races

KIT CARSON JAGUAR INVITATIONAL

Kit Carson Park

Escondido, CA

October 19, 2012

2.74 Miles



| | | |
|----|----------------|-------|
| 1 | Lauren Enos | 20:52 |
| 2 | Cassie Hwang | 21:21 |
| 3 | Sadaf Sayar | 21:35 |
| 4 | Jenna Hwang | 21:36 |
| 5 | Gaby Esparza | 21:37 |
| 6 | Sarah Myers | 21:40 |
| 7 | Susan Shen | 21:57 |
| 8 | Rieko Simmons | 23:15 |
| 9 | Nazaneen Amiri | 23:27 |
| 10 | Rachel Rizzuti | 20:02 |



Photos from other races

KIT CARSON INVITATIONAL

Kit Carson Park Escondido, CA October 19, 2012 3.04 Miles



| | | |
|----|--------------------|-------|
| 1 | Gabriel Ditto | 18:02 |
| 2 | Jason Peccatiello | 18:21 |
| 3 | Ben Cunningham | 18:41 |
| 4 | Curtis Park | 18:45 |
| 5 | Michael Addison | 19:28 |
| 6 | Chandler Minsch | 19:31 |
| 7 | Tristan Caparas | 19:45 |
| 8 | Jacob Wahl | 19:53 |
| 9 | Michael Menzer | 19:53 |
| 10 | Jeffrey Stewart | 20:02 |
| 11 | Max Lata | 20:07 |
| 12 | David Akagi | 20:16 |
| 13 | Gregg Collignon | 20:23 |
| 14 | Alex Layton | 20:31 |
| 15 | Nate Jalbuena | 20:35 |
| 16 | Garrett Hess | 21:19 |
| 17 | Kiyotaka Hachisuka | 21:20 |
| 18 | Brian Graham | 21:37 |
| 19 | William Gravelle | 21:40 |
| 20 | Josh Phelps | 22:10 |
| 21 | Jacob Thompson | 22:32 |
| 22 | Nathan Gottlieb | 22:48 |
| 23 | Ishan Timalsina | 23:45 |
| 24 | Kyle Apfeld | 24:45 |
| 25 | Callum Sydserff | 25:17 |



Photos from other races

MT. SAC INVITATIONAL

Mt. San Antonio College Walnut, CA October 20, 2012

3.0 Miles



6th

| PLACE | VARSITY SLEEPS | 1 MILE | 2 MILE | FINISH | prev best |
|-------|--------------------|--------|--------|--------------|-----------|
| 1 | 13 DANIELLE VOYLES | 5:30 | 12:07 | 18:03 | 18:27 |
| 2 | 25 LAUREN VOYLES | 5:30 | 12:07 | 18:32 | 18:27 |
| 3 | 40 BRYANNA FULLER | 5:51 | 12:44 | 18:53 | 19:55 |
| 4 | 52 TINA GIROLAMO | 5:51 | 12:45 | 18:59 | 19:14 |
| 5 | 47 KATIE SAMMER | 5:46 | 12:44 | 19:05 | |
| 6 | 62 SIERRA HILL | 5:51 | 12:53 | 19:16 | |
| 7 | 68 ELLISSYA ANDINO | 5:51 | 12:54 | 19:24 | |



| PLACE | JUNIOR VARSITY SLEEPS | 1 MILE | 2 MILE | FINISH | prev best |
|-------|-----------------------|--------|--------|--------------|-----------|
| 8 | 35 KATIA STERN | 6:00 | 13:18 | 19:57 | |
| 9 | 44 JENNA BOGAN | 5:52 | 13:06 | 20:06 | 22:01 |
| 10 | 55 SOPHIE GONZALEZ | 6:00 | 13:36 | 20:39 | |
| 11 | 56 CLARA LEE | 6:16 | 13:54 | 20:40 | |
| 12 | 61 ALYSSA KUCK | 6:16 | 13:53 | 20:47 | 19:58 |
| 13 | 77 KAYLEIGH WILLIAMS | 6:16 | 14:10 | 21:14 | |



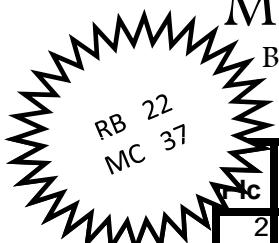
MT. SAC INVITATIONAL

Mt. San Antonio College Walnut, CA October 20, 2012
3.0 Miles



| PLACE | VARSITY | 1 MILE | 2 MILE | FINISH | prev best |
|-------|-------------------|--------|--------|--------------|-----------|
| 1 | 9 BRENDAN GEE | 4:57 | 10:30 | 15:39 | 16:55 |
| 2 | 30 ALEX GREGORIEV | 5:13 | 11:15 | 16:21 | 17:04 |
| 3 | 53 COLE DAVIS | 5:14 | 11:15 | 16:43 | 17:49 |
| 4 | 58 MATT BECK | 5:15 | 11:19 | 16:49 | |
| 5 | 69 BURAK TUFECKI | 5:19 | 11:32 | 17:17 | |
| 6 | 77 DERL CLAUSEN | 5:23 | 11:51 | 17:36 | |
| 7 | 88 WYATT HILL | 5:39 | 12:06 | 18:09 | |





MT. CARMEL DUAL MEET

Black Mountain Park October 26, 2012

2.47 Miles



| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time |
|-----|-----------|-----------------|--------|--------|----------------|
| 2 | 1 | Danielle Voyles | | 11:46 | 14:50.7 |
| 3 | 2 | Bryanna Fuller | | 12:13 | 15:27.1 |
| 4 | 3 | Katie Sammer | 5:44 | 12:16 | 15:28.8 |
| 6 | 4 | Tina Girolamo | 5:44 | 12:22 | 15:46.8 |
| 7 | 5 | Nia Akins | 5:44 | 12:22 | 15:58.8 |
| 8 | 6 | Ellissya Andino | 5:53 | 12:36 | 15:59.4 |
| 11 | 7 | Jensen Bogan | 6:09 | 13:12 | 16:25.3 |
| 14 | 8 | Katia Stern | 5:55 | 12:58 | 16:33.6 |
| 15 | 9 | Sophie Gonzalez | 6:04 | | 16:54.5 |
| 16 | 10 | Sierra Hill | 5:54 | 13:12 | 16:55.8 |
| 19 | 12 | Alyssa Kuck | 6:09 | 13:32 | 17:14.4 |
| 22 | 14 | Lauren Enos | 7:00 | | 19:04.6 |
| 23 | 15 | Cassie Hwang | 7:10 | | 19:35.7 |



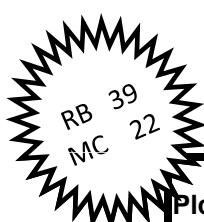
RB 39
MC 22



| Plc | Team Rank | Junior Varsity | 1 Mile | 2 Mile | Finish |
|-----|-----------|-------------------|--------|--------|----------------|
| 1 | 11 | Clara Lee | 6:13 | 13:34 | 17:06.1 |
| 5 | 13 | Kayleigh Williams | 6:36 | 14:11 | 17:51.9 |
| 13 | 16 | Susan Shen | 6:58 | 15:22 | 19:44.5 |
| 18 | 17 | Rieko Simmons | 7:28 | 16:06 | 20:37.8 |
| 19 | 18 | Sarah Myers | 7:18 | 16:06 | 20:44.4 |
| 20 | 19 | Nazaneen Amiri | 7:38 | 16:37 | 20:57.1 |
| 24 | 20 | Rachel Rizzuti | 8:06 | 18:06 | 23:09.8 |
| 25 | 21 | Gaby Esparza | 8:06 | 18:06 | 23:10.5 |

MT. CARMEL DUAL MEET

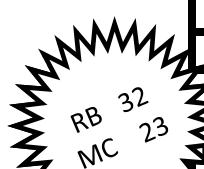
Black Mountain Park October 26, 2012
3.15 Miles



| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time |
|-----|-----------|----------------|--------|--------|----------------|
| 1 | 1 | Brendan Gee | 5:13 | 10:39 | 17:03.2 |
| 5 | 2 | Alex Grigoriev | 4:52 | 10:55 | 17:38.6 |
| 11 | 3 | Gabriel Ditto | 5:23 | 11:13 | 18:28.9 |
| 12 | 4 | Darl Clausen | 5:23 | 11:23 | 18:52.7 |
| 13 | 6 | Burak Tufekci | 5:23 | 11:23 | 19:10.2 |
| 14 | 7 | Wyatt Hill | 5:28 | 11:40 | 19:21.7 |
| 15 | 11 | Matt Beck | 5:29 | 11:50 | 19:55.6 |
| 16 | 12 | Cole Davis | 5:28 | 11:50 | 19:55.8 |



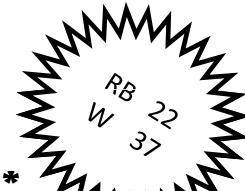
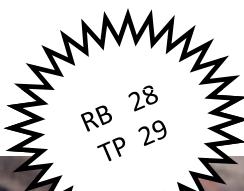
| Plc | Team Rank | Junior Varsity | 1 Mile | 2 Mile | Finish |
|-----|-----------|--------------------|--------|--------|----------------|
| 3 | 5 | Alex Pelletier | 5:24 | 11:26 | 18:59.0 |
| 6 | 9 | Curtis Park | 5:30 | 12:02 | 19:46.3 |
| 7 | 13 | Jason Peccatiello | 5:30 | 12:07 | 20:00.9 |
| 8 | 16 | Jacob Wahl | | | 20:15.8 |
| 9 | 17 | Michael Addison | | | 20:24.9 |
| 10 | 19 | Jeffrey Stewart | | | 20:44.1 |
| 12 | 20 | Alex Layton | | | 20:54.4 |
| 13 | 21 | David Akagi | | | 21:02.6 |
| 15 | 22 | Kiyotaka Hachisuka | | | 21:12.9 |
| 17 | 26 | Gregg Collignon | | | 21:45.3 |
| 18 | 27 | Garrett Hess | | | 21:58.0 |
| 23 | 31 | Brian Graham | | | 23:28.5 |
| 25 | 32 | Ishan Timalsina | | | 23:47.9 |
| 26 | 34 | Kyle Apfeld | | | 26:30.8 |



| Plc | Team Rank | Freshmen | 1 Mile | 2 Mile | Finish |
|-----|-----------|------------------|--------|--------|----------------|
| 4 | 8 | Ben Cunningham | 5:46 | 12:17 | 19:37.8 |
| 5 | 10 | Chandler Minsch | | | 19:47.4 |
| 6 | 14 | Max Lata | | | 20:07.4 |
| 7 | 15 | Tristan Caparas | | | 20:08.0 |
| 10 | 18 | Michael Menzer | | | 20:36.0 |
| 11 | 23 | Nate Jalbuena | | | 21:13.8 |
| 12 | 24 | Nathan Gottlieb | | | 21:15.2 |
| 13 | 25 | Alex Modiano | | | 21:17.2 |
| 16 | 28 | William Gravelle | | | 22:12.9 |
| 17 | 29 | Josh Phelps | | | 23:10.7 |
| 18 | 30 | Jacob Thompson | | | 23:26.1 |
| 23 | 33 | Callum Sydserff | | | 25:59.5 |
| 24 | 35 | Tyler Whang | | | 32:09.0 |

TORREY PINES AND WESTVIEW DUAL MEET

Black Mountain Park November 2, 2012
2.47 Miles



| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time |
|-----|-----------|-----------------|--------|--------|--------------|
| 2 | 1 | Danielle Voyles | 5:36 | 11:40 | 14:48 |
| 5 | 2 | Lauren Voyles | 5:38 | 11:55 | 15:09 |
| 7 | 3 | Bryanna Fuller | 5:44 | 12:05 | 15:15 |
| 9 | 4 | Katie Sammer | 5:44 | 12:04 | 15:19 |
| 12 | 5 | Tina Girolamo | 5:43 | 12:03 | 15:31 |
| 13 | 6 | Ellissya Andino | 5:51 | 12:30 | 15:46 |
| 14 | 7 | Nia Akins | 5:44 | 12:17 | 15:48 |
| 18 | 8 | Sierra Hill | 5:53 | 12:35 | 16:01 |
| 23 | 9 | Sophia Gonzalez | 6:00 | 12:53 | 16:20 |
| 25 | 10 | Katia Stern | 6:00 | 12:53 | 16:22 |
| 31 | 12 | Jensen Bogan | 6:06 | 13:06 | 16:50 |

* Personal course record

** Course record

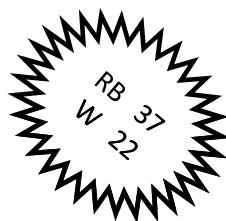
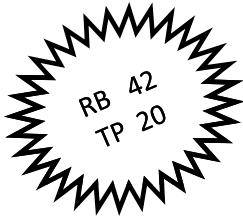


| Plc | Team Rank | Junior Varsity | 1 Mile | 2 Mile | Finish |
|-----|-----------|-------------------|--------|--------|--------------|
| 1 | 11 | Alyssa Kuck | 6:22 | 13:12 | 16:36 |
| 2 | 13 | Clara Lee | 6:22 | 13:18 | 16:52 |
| 3 | 14 | Kayleigh Williams | 6:38 | 13:48 | 17:13 |
| 20 | 15 | Lauren Enos | 6:57 | 15:03 | 18:58 |
| 23 | 16 | Susan Shen | 6:53 | 14:59 | 19:12 |
| 24 | 17 | Jenna Hwang | 7:07 | 15:24 | 19:15 |
| 26 | 18 | Cassie Hwang | 6:50 | 15:06 | 19:19 |
| 33 | 19 | Rieko Simmons | 7:21 | | 20:21 |
| 35 | 20 | Gaby Esparza | 7:47 | | 21:10 |
| 36 | 21 | Sarah Myers | 7:47 | | 22:15 |
| 38 | 22 | Sabrina Aspiras | 8:19 | | 23:14 |
| 39 | 23 | Rachel Rizzuti | 8:31 | | 26:21 |



TORREY PINES AND WESTVIEW DUAL MEET

Black Mountain Park November 2, 2012
3.15 Miles



| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time |
|-----|-----------|----------------|--------|--------|--------------|
| 3 | 1 | Brendan Gee | 4:49 | 10:17 | 16:40 |
| 5 | 2 | Alex Grigoriev | 5:04 | 10:39 | 17:06 |
| 10 | 3 | Burak Tufekci | 5:14 | 11:00 | 17:52 |
| 11 | 4 | Matt Beck | 5:09 | 11:00 | 17:57 |
| 12 | 5 | Derl Clausen | 5:14 | 11:15 | 18:28 |
| 13 | 6 | Gabriel Ditto | 5:21 | 11:19 | 18:34 |
| 14 | 8 | Cole Davis | 5:07 | 11:00 | 19:00 |

* Personal Course Record



| Team Rank | Junior Varsity | 1 Mile | 2 Mile | Finish |
|-----------|--------------------|--------|--------|--------------|
| 7 | Ben Cunningham | 5:35 | 11:52 | 18:54 |
| 9 | Wyatt Hill | 5:18 | 11:42 | 19:10 |
| 10 | Chandler Munsch | 5:37 | 11:58 | 19:13 |
| 11 | Tristan Caparas | 5:41 | 11:57 | 19:17 |
| 12 | Jason Peccatiello | 5:28 | 11:57 | 19:35 |
| 13 | Jacob Wahl | 5:41 | 12:08 | 19:58 |
| 14 | Max Lata | 5:41 | 12:03 | 20:01 |
| 15 | David Akagi | 5:57 | 12:34 | 20:13 |
| 16 | Alex Layton | 5:57 | 12:44 | 20:20 |
| 17 | Michael Addison | 5:55 | 11:57 | 20:30 |
| 18 | Nate Jalbuena | 6:10 | 12:44 | 20:31 |
| 19 | Alex Modiano | | | 20:40 |
| 20 | Dylan Loquist | | 12:54 | 20:43 |
| 21 | Jeffrey Stewart | 6:10 | 12:46 | 20:48 |
| 22 | Gregg Collignon | 5:57 | 13:02 | 21:28 |
| 23 | William Gravelle | 6:20 | 13:23 | 21:37 |
| 24 | Michael Menzer | 6:10 | 13:05 | 21:43 |
| 25 | Kiyotaka Hachisuka | 6:10 | 13:10 | 21:47 |
| 26 | Jacob Thompson | 6:15 | 13:29 | 21:48 |
| 27 | Ishan Timalsina | 6:25 | 13:38 | 22:10 |
| 28 | Brian Graham | 6:15 | 13:35 | 22:22 |
| 29 | Josh Phelps | 6:30 | 14:11 | 23:05 |
| 30 | Kyle Apfeld | | 15:01 | 24:24 |
| 31 | Callum Sydserff | 6:31 | 14:44 | 24:43 |
| 32 | Nathan Gottlieb | 7:09 | 16:30 | 27:33 |



PALOMAR LEAGUE FINALS

Guajome Park Vista, CA November 10, 2012

2.75 Miles

Co-
League
Champs!



| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time |
|-----|-----------|-----------------|--------|--------|--------------|
| 6 | 1 | Danielle Voyles | 6:05 | 12:01 | 16:30 |
| 8 | 2 | Nia Akins | 6:07 | 12:12 | 16:34 |
| 9 | 3 | Lauren Voyles | 6:05 | 12:12 | 16:47 |
| 13 | 4 | Katie Sammer | 6:07 | 12:23 | 16:57 |
| 15 | 5 | Bryanna Fuller | 6:11 | 12:25 | 16:58 |
| 17 | 6 | Tina Girolamo | 6:11 | 12:31 | 17:02 |
| 23 | 7 | Ellissya Andino | 6:18 | 12:42 | 17:13 |
| 31 | 8 | Sierra Hill | 6:19 | 12:50 | 17:32 |
| 41 | 9 | Katia Stern | 6:25 | 13:00 | 17:54 |
| 46 | 10 | Alyssa Kuck | 6:30 | 13:21 | 18:15 |
| 47 | 11 | Jensen Bogan | 6:27 | 13:20 | 18:17 |
| 55 | 12 | Sophie Gonzalez | 6:30 | 13:26 | 18:30 |



PALOMAR LEAGUE FINALS

Guajome Park Vista, CA November 10, 2012

3.1 Miles



| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time |
|-----|-----------|-----------------|--------|--------|--------------|
| 5 | 1 | Brendan Gee | 5:14 | 10:27 | 16:10 |
| 8 | 2 | Alex Grigoriev | 5:25 | 10:54 | 16:29 |
| 25 | 3 | Matt Beck | 5:26 | 11:02 | 17:06 |
| 40 | 4 | Burak Tufekci | 5:29 | 11:05 | 17:27 |
| 49 | 5 | Alex Pelletier | 5:27 | 11:20 | 17:45 |
| 53 | 6 | Derl Clausen | 5:29 | 11:22 | 17:53 |
| 62 | 7 | Gabriel Ditto | 5:53 | 11:57 | 18:25 |
| 63 | 8 | Ben Cunningham | 5:58 | 12:12 | 18:42 |
| 67 | 9 | Chandler Minsch | 6:04 | 12:17 | 18:52 |
| 68 | 10 | Tristan Caparas | 6:07 | 12:24 | 19:08 |



SAN DIEGO CIF FINALS

Morley Field San Diego, CA November 17, 2012
2.75 Miles



| Plc | Rank | Varsity | 1 Mile | 2 Mile | Time | Prev best |
|-----|------|-----------------|--------|--------|--------------|-----------|
| 5 | 1 | Danielle Voyles | 5:49 | 12:12 | 16:33 | 16:39* |
| 10 | 2 | Nia Akins | 5:53 | 12:29 | 17:02 | |
| 12 | 3 | Bryanna Fuller | 5:57 | 12:39 | 17:08 | 17:44 |
| 18 | 4 | Tina Girolamo | 6:00 | 12:57 | 17:27 | 17:18 |
| 21 | 5 | Lauren Voyles | 5:53 | 12:39 | 17:32 | 16:48 |
| 23 | 6 | Katie Sammer | 5:57 | 12:57 | 17:37 | 17:31 |
| 31 | 7 | Ellissya Andino | 6:07 | 13:15 | 17:54 | |

* New Top 10 Record



2nd Place
Fresno-
Bound!

SAN DIEGO CIF FINALS

Morley Field San Diego, CA November 17, 2012
3.04 Miles

| Plc | Team Rank | Varsity | 1 Mile | 2 Mile | Time | Pace | Prev best |
|-----|-----------|----------------|--------|--------|--------------|------|-----------|
| 5 | 1 | Brendan Gee | 5:10 | 10:48 | 16:53 | 5:33 | 17:56 |
| 10 | 2 | Cole Davis | 5:20 | 11:19 | 17:44 | 5:50 | |
| 12 | 3 | Matt Beck | 5:26 | 11:23 | 17:48 | 5:51 | |
| 18 | 4 | Alex Grigoriev | 5:26 | 11:20 | 17:49 | 5:51 | 17:32 |
| 21 | 5 | Burak Tufekci | 5:31 | 11:27 | 17:57 | 5:54 | |
| 23 | 6 | Gabriel Ditto | 5:38 | 11:37 | 18:07 | 5:57 | 18:00 |
| 31 | 7 | Derl Clausen | 5:27 | 11:39 | 18:30 | 6:05 | |



CIF STATE CHAMPIONSHIPS

Woodward Park Fresno, CA November 24, 2012 5,000 Meters



| PLACE | TEAM RANK | | GR | 1 MILE | 2 MILE | FINISH | prev best |
|-------|-----------|-----------------|----|--------|--------|--------|-----------|
| 31 | 1 | Danielle Voyles | JR | 5:37 | 12:00 | 18:46 | 18:50 |
| 65 | 2 | Lauren Voyles | JR | 5:44 | 12:11 | 19:20 | 18:49 |
| 66 | 3 | Bryanna Fuller | SO | 5:46 | 12:22 | 19:20 | - |
| 74 | 4 | Katie Sammer | JR | 5:46 | 12:22 | 19:25 | - |
| 76 | 5 | Tina Girolamo | SR | 5:46 | 12:22 | 19:28 | 19:49 |
| 84 | 6 | Nia Akins | FR | 5:40 | 12:18 | 19:40 | - |
| 110 | 7 | Ellissya Andino | SO | 5:57 | 12:48 | 20:05 | - |



CIF STATE CHAMPIONSHIPS

Woodward Park Fresno, CA November 24, 2012 5,000 Meters



RANCHO BERNARDO HIGH SCHOOL
CROSS COUNTRY HISTORY

GIRLS

| YEAR | LEAGUE | COACH | RECORD | PLACE |
|------|---------|---------------|--------------------|---------|
| 1990 | AVOCADO | DON JONES | 5 WINS - 2 LOSSES | 3RD |
| 1991 | AVOCADO | DON JONES | 5 WINS - 2 LOSSES | 3RD |
| 1992 | PALOMAR | DON JONES | 3 WINS - 4 LOSSES | 4TH |
| 1993 | PALOMAR | DON JONES | 3 WINS - 4 LOSSES | 5TH |
| 1994 | PALOMAR | DON JONES | 4 WINS - 3 LOSSES | 3RD |
| 1995 | PALOMAR | DON JONES | 6 WINS - 1 LOSS | 2ND |
| 1996 | PALOMAR | DON JONES | 4 WINS - 3 LOSSES | 5TH |
| 1997 | PALOMAR | DON JONES | 5 WINS - 2 LOSSES | 2ND |
| 1998 | PALOMAR | DON JONES | 5 WINS - 0 LOSS | 1ST |
| 1999 | PALOMAR | DON JONES | 5 WINS - 0 LOSS | 1ST |
| 2000 | PALOMAR | TERRY DOCKERY | 3 WINS - 2 LOSSES | 3RD |
| 2001 | PALOMAR | TERRY DOCKERY | 4 WINS - 1 LOSS | 2ND |
| 2002 | PALOMAR | TERRY DOCKERY | 7 WINS - 3 LOSSES | 2ND |
| 2003 | PALOMAR | TERRY DOCKERY | 10 WINS - 0 LOSSES | 1ST |
| 2004 | PALOMAR | TERRY DOCKERY | 9 WINS- 1 LOSS | 1ST |
| 2005 | PALOMAR | TERRY DOCKERY | 4 WINS-6 LOSSES | 4TH |
| 2006 | PALOMAR | TERRY DOCKERY | 6 WINS - 4 LOSSES | 3RD |
| 2007 | PALOMAR | TERRY DOCKERY | 6 WINS-3 LOSSES | 2ND |
| 2008 | PALOMAR | TERRY DOCKERY | 10 WINS - 0 LOSSES | 1ST |
| 2009 | PALOMAR | TERRY DOCKERY | 9 WINS- 1 LOSS | 1ST |
| 2010 | PALOMAR | TERRY DOCKERY | 6 WINS - 4 LOSSES | 3RD |
| 2011 | PALOMAR | TERRY DOCKERY | 6 WINS - 4 LOSSES | 3RD |
| 2012 | PALOMAR | TERRY DOCKERY | 9 WINS- 1 LOSS | 1ST (T) |

OVERALL RECORD : 136 WINS - 51 LOSSES (.727%)

BOYS

| | | | | |
|------|---------|---------------|--------------------|---------|
| 1990 | AVOCADO | DON JONES | 3 WINS - 4 LOSSES | 6TH |
| 1991 | AVOCADO | DON JONES | 3 WINS - 4 LOSSES | 3RD |
| 1992 | PALOMAR | DON JONES | 4 WINS - 3 LOSSES | 3RD |
| 1993 | PALOMAR | DON JONES | 6 WINS - 1 LOSSES | 2ND |
| 1994 | PALOMAR | DON JONES | 5 WINS - 2 LOSSES | 2ND |
| 1995 | PALOMAR | DON JONES | 2 WINS - 5 LOSSES | 5TH |
| 1996 | PALOMAR | DON JONES | 7 WINS - 0 LOSSES | 2ND |
| 1997 | PALOMAR | DON JONES | 3 WINS - 4 LOSSES | 5TH |
| 1998 | PALOMAR | DON JONES | 0 WINS - 5 LOSSES | 5TH |
| 1999 | PALOMAR | DON JONES | 1 WIN - 4 LOSSES | 5TH |
| 2000 | PALOMAR | TERRY DOCKERY | 0 WINS - 5 LOSSES | 6TH |
| 2001 | PALOMAR | TERRY DOCKERY | 0 WINS - 5 LOSSES | 6TH |
| 2002 | PALOMAR | TERRY DOCKERY | 4 WINS - 6 LOSSES | 4TH |
| 2003 | PALOMAR | TERRY DOCKERY | 5 WINS - 5LOSSES | 3RD |
| 2004 | PALOMAR | TERRY DOCKERY | 3 WINS - 7 LOSSES | 4TH |
| 2005 | PALOMAR | TERRY DOCKERY | 9 WINS - 1 LOSS | 1ST |
| 2006 | PALOMAR | TERRY DOCKERY | 8 WINS-2 LOSSES | 2ND |
| 2007 | PALOMAR | TERRY DOCKERY | 7 WINS - 2 LOSSES | 2ND |
| 2008 | PALOMAR | TERRY DOCKERY | 6 WINS - 4 LOSSES | 3RD |
| 2009 | PALOMAR | TERRY DOCKERY | 6 WINS - 4 LOSSES | 3RD |
| 2010 | PALOMAR | TERRY DOCKERY | 10 WINS - 0 LOSSES | 1ST |
| 2011 | PALOMAR | TERRY DOCKERY | 3 WINS - 7 LOSSES | 4TH |
| 2012 | PALOMAR | TERRY DOCKERY | 1 WIN - 9 LOSSES | 5TH (T) |

OVERALL RECORD : 96 WINS - 89 LOSSES (.519%)

RBHS ALL-TIME TOP 10 LIST

BOYS

BLACK MOUNTAIN PARK COURSE

| RANK | NAME | TIME | YEAR |
|------|------------------|-------|------|
| 1 | DIMITRI VOYTILLA | 16:18 | 2011 |
| 2 | GEOFF BOGAN | 16:33 | 2010 |
| 3 | RYAN RAMPOLDI | 16:40 | 2010 |
| 4 | BRENDAN GEE | 16:40 | 2012 |
| 5 | ANTHONY GIROLAMO | 16:43 | 2010 |
| 6 | KEVIN MIHALIK | 16:47 | 2010 |
| 7 | ALEX GRIGORIEV | 17:06 | 2012 |
| 8 | NOAH RESTO | 17:07 | 2008 |
| 9 | PARKER STINSON | 17:08 | 2007 |
| 10 | SEAN PROEHL | 17:25 | 2007 |

GIRLS

| RANK | NAME | TIME | YEAR |
|------|-----------------|-------|------|
| 1 | DANIELLE VOYLES | 14:48 | 2012 |
| 2 | LAUREN VOYLES | 14:51 | 2012 |
| 3 | BRYANNA FULLER | 15:15 | 2012 |
| 4 | KATIE SAMMER | 15:15 | 2012 |
| 5 | NIA AKINS | 15:23 | 2012 |
| 6 | TINA GIROLAMO | 15:31 | 2012 |
| 7 | ELLISSYA ANDINO | 15:46 | 2012 |
| 8 | SIERRA HILL | 16:01 | 2012 |
| 9 | SOPHIE GONZALEZ | 16:20 | 2012 |
| 10 | KATIA STERN | 16:22 | 2012 |

MT. SAC COURSE

| RANK | NAME | TIME | YEAR |
|------|--------------------|-------|------|
| 1 | PARKER STINSON | 15:12 | 2007 |
| 2 | COLTON TULLY-DOYLE | 15:17 | 2005 |
| 3 | KEVIN MIHALIK | 15:23 | 2011 |
| 4 | GEOFF BOGAN | 15:29 | 2010 |
| 5 | NOAH RESTO | 15:32 | 2009 |
| 6 | CARL DARGITZ | 15:33 | 2005 |
| 7 | BRENDAN GEE | 15:39 | 2012 |
| 8 | DIMITRI VOYTILLA | 15:42 | 2010 |
| 9 | ANTHONY GIROLAMO | 15:54 | 2010 |
| 10 | JAKE WERTNER | 16:12 | 2005 |

| RANK | NAME | TIME | YEAR |
|------|-----------------|-------|------|
| 1 | MOLLY GRABILL | 16:41 | 2009 |
| 2 | DANIELLE VOYLES | 18:03 | 2012 |
| 3 | CAROLINE DRAPER | 18:20 | 2008 |
| 4 | LAUREN VOYLES | 18:27 | 2011 |
| 5 | MICHELLE LEROUX | 18:35 | 2009 |
| 6 | DARINA DINOV | 18:42 | 2009 |
| 7 | MELISSA LEROUX | 18:52 | 2010 |
| 8 | BRYANNA FULLER | 18:53 | 2012 |
| 9 | TINA GIROLAMO | 18:59 | 2012 |
| 10 | KATIE SAMMER | 19:05 | 2012 |

MORLEY FIELD CIF COURSE

| RANK | NAME | TIME | YEAR |
|------|--------------------|-------|------|
| 1 | KEVIN MIHALIK | 15:54 | 2011 |
| 2 | SEAN RICKETTS | 15:55 | 1998 |
| 3 | COLTON TULLY-DOYLE | 16:04 | 2005 |
| 4 | DIMITRI VOYTILLA | 16:15 | 2011 |
| 5 | JEFF MEISNER | 16:16 | 1994 |
| 6 | PARKER STINSON | 16:22 | 2007 |
| 7 | RYAN SHORT | 16:33 | 1994 |
| 8 | GEOFF BOGAN | 16:37 | 2010 |
| 8 | MATT GALAVIZ | 16:37 | 1995 |
| 10 | SCOTT KOLENIC | 16:40 | 1990 |
| 10 | ERON TELLO | 16:40 | 1994 |

| RANK | NAME | TIME | YEAR |
|------|-----------------------|--------|---------|
| 1 | MOLLY GRABILL | *15:25 | 2009/10 |
| 2 | LINDSAY DELAMONTAIGNE | 16:03 | 2001 |
| 3 | JULIE MANSON | 16:23 | 1999 |
| 4 | DANIELLE VOYLES | 16:33 | 2012 |
| 5 | ALLISON HALL | 16:36 | 1999 |
| 6 | CAROLINE DRAPER | 16:41 | 2008 |
| 7 | ELISA KARHU | 16:45 | 2009 |
| 8 | LAUREN VOYLES | 16:48 | 2011 |
| 9 | JAMIE DOYLE | 16:56 | 1999 |
| 9 | KALEENA YEE | 16:56 | 1999 |

*course record

WOODWARD PARK STATE MEET COURSE

| RANK | NAME | TIME | YEAR |
|------|------------------|-------|------|
| 1 | SEAN RICKETTS | 15:37 | 1999 |
| 2 | PARKER STINSON | 15:38 | 2007 |
| 3 | KEVIN MIHALIK | 15:40 | 2011 |
| 4 | ANTHONY GIROLAMO | 15:52 | 2010 |
| 5 | GEOFF BOGAN | 15:58 | 2010 |
| 6 | DIMITRI VOYTILLA | 16:01 | 2010 |
| 7 | RYAN RAMPOLDI | 16:12 | 2010 |
| 8 | CARL DARGITZ | 16:19 | 2005 |
| 9 | JARED FENLASON | 16:49 | 2005 |
| 10 | JAKE WERTNER | 16:53 | 2005 |

| RANK | NAME | TIME | YEAR |
|------|-----------------------|-------|------|
| 1 | MOLLY GRABILL | 17:06 | 2009 |
| 2 | LINDSAY DELAMONTAIGNE | 17:57 | 2004 |
| 3 | CAROLINE DRAPER | 18:14 | 2008 |
| 4 | ELISA KARHU | 18:25 | 2009 |
| 5 | KALEENA YEE | 18:30 | 1997 |
| 6 | JULIE MANSON | 18:31 | 1999 |
| 7 | ALLISON HALL | 18:39 | 1999 |
| 8 | DANIELLE VOYLES | 18:46 | 2012 |
| 9 | LAUREN VOYLES | 18:49 | 2011 |
| 10 | KRISTA EGENSE | 18:56 | 2005 |

**RANCHO BERNARDO HIGH SCHOOL
CROSS COUNTRY
ALL-LEAGUE SELECTIONS**

GIRLS

LEAH BROWN (1991, 1992)
LAURA LEECH (1992)
KAREN RICHTER (1993)
SARAH WILKINS (*1995, 1996, 1998)
CHRISTINE KITCHEN (1995)
JULIE MANSON (1996, 1997, *1998, *1999)
KALEENA YEE (1997, 1999, 2000)
KATIE BOYD (1997, 1998)
ALLISON HALL (1998, 1999, 2000, 2001)
JAMIE DOYLE (1999)
LINDSAY DELAMONTAIGNE (*2001, 2002, 2003, 2004)
AIMEE BRADLEY (2002)
AMY SONNENBURG (2002)
AHNALISE DRAPER (2002)
DANA GERSTEN (2003)
KIYARA IRAVANIAN (2004)
KRISTA EGENSE (2004, 2005, 2006)
CAROLINE DRAPER (2006, 2007, 2008)
MOLLY GRABILL (2007, *2008, *2009, *2010)
MICHELLE LEROUX (2008, 2009)
DARINA DINOV (2008, 2009)
ELISA KARHU (2009)
DANIELLE VOYLES (2011, 2012)
LAUREN VOYLES (2011, 2012)
NIA AKINS (2012)

* LEAGUE CHAMPION

**RANCHO BERNARDO HIGH SCHOOL
CROSS COUNTRY
ALL-LEAGUE SELECTIONS**

BOYS

SCOTT KOLENIC (1990, 1991, 1992)
JOSE LUNA (1992)
JEFF MEISNER (1993, 1994)
RYAN SANDERS (1993)
RYAN SHORT (1994)
ERON TELLO (1995, 1996)
MATT GALAVIZ (1996)
SEAN RICKETTS (1996, 1997, *1998, 1999)
MATT LEETCH (2002)
BRETT THOMASON (2002)
MATT SCHUBERT (2003)
COLTON TULLY-DOYLE (2004, 2005)
CARL DARGITZ (2005)
PARKER STINSON (2006, *2007)
JARED FENLASON (2006)
JAKE WERTNER (2006)
SEAN PROEHL (2007)
NOAH RESTO (2007, 2008, 2009)
ANTHONY GIROLAMO (2008, 2010)
KEVIN MIHALIK (2010, 2011)
DIMITRI VOYTILLA (2011)
BRENDAN GEE (2012)
ALEX GRIGORIEV (2012)

* *LEAGUE CHAMPION*

**RANCHO BERNARDO HIGH SCHOOL
CROSS COUNTRY
SAN DIEGO SECTION ALL-CIF SELECTIONS**

GIRLS

LEAH BROWN (1992)
LAURA LEECH (1992)
KAREN RICHTER (1993)
SARAH WILKINS (1995, 1996)
JULIE MANSON (1996, 1997, 1998, 1999)
KALEENA YEE (1997, 1999)
ALLISON HALL (1998, 1999, 2001)
JAMIE DOYLE (1999)
LINDSAY DELAMONTAIGNE (2001, 2002, 2003, 2004)
CAROLINE DRAPER (2005, 2006, 2007, 2008)
MOLLY GRABILL (2007, 2008, 2009, 2010)
ELISA KARHU (2009)
MICHELLE LEROUX (2009)
DANIELLE VOYLES (2011, 2012)

BOYS

SCOTT KOLENIC (1990)
JEFF MEISNER (1994)
MATT GALAVIZ (1995)
SEAN RICKETTS (1996, 1997, 1998, 1999)
COLTON TULLY-DOYLE (2004, 2005)
SEAN PROEHL (2007)
PARKER STINSON (2007)
GEOFF BOGAN (2010)
KEVIN MIHALIK (2010, 2011)

SAN DIEGO SECTION CIF CHAMPIONS

SARAH WILKINS (1995)
LINDSAY DELAMONTAIGNE (2001,2004)
MOLLY GRABILL (2007, 2008, 2009, 2010)

CIF TEAM CHAMPIONSHIP DIVISION 1 GIRLS (1999,2004)
CIF TEAM CHAMPIONSHIP DIVISION 1 BOYS (2005, 2010)

**RANCHO BERNARDO HIGH SCHOOL
CROSS COUNTRY
COACHING STAFF AND SUPPORT TEAM**

HEAD COACH
TERRY DOCKERY

ASSISTANT COACHES
PATRICK LONGHINI
JAYSON FULTZ

PRINCIPAL
DAVID LEMASTER

ATHLETIC DIRECTOR
PEGGY BROSE

ATHLETIC ASSISTANT
RHONDA EWALD



ATHLETIC TRAINER
ROBBIE BOWERS, A.T.C.

FINANCE OFFICE
KASA MELE

TEAM/PARENT COORDINATOR
CARLA COLLIGNON

HOME MEET START OFFICIAL
DON JONES

THANK YOU FOR SUPPORTING RBHS CROSS COUNTRY 2012!



RBHS XC
2012

