



BRONCOS

Cross Country 2016-2017

Rancho Bernardo High School

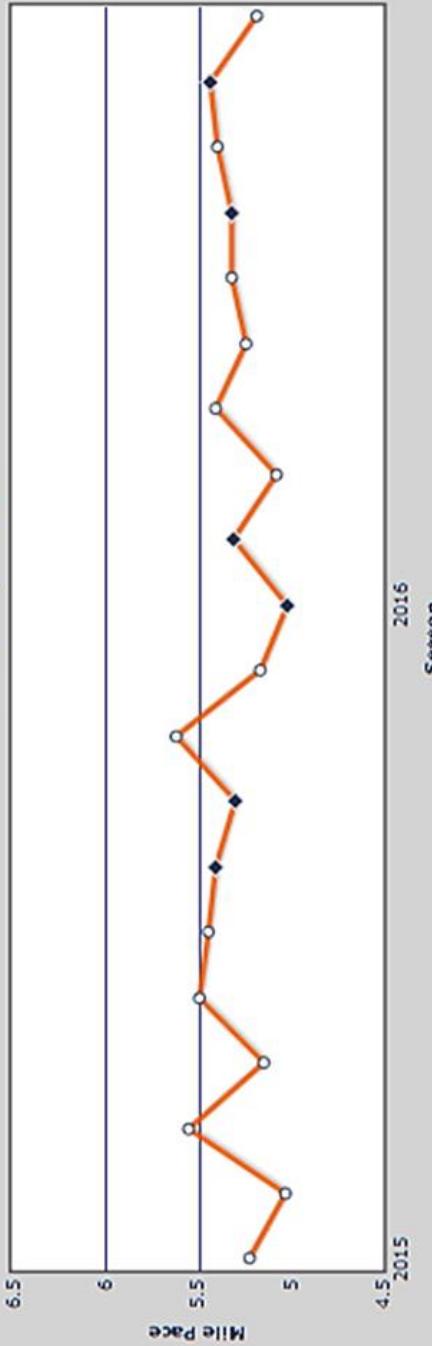
HEAD COACH/GIRLS Terry Dockery

BOYS COACHES John Colson and Justin Wolfe



Fuyuki Kuroiwa

Career Races for Fuyuki Kuroiwa



Personal Bests

Below is a listing of Fuyuki Kuroiwa's best times on each course. Click on the course name to see a chart of those races.

Course	Distance	Time	Pace	PR Date	PR Event	# of Races on Course
Cal State San Marcos	1.52	7:56	5:13	9/5/15	Cougar/Asics XC Relay	1
Dana Hills HS	3	15:14	5:05	9/24/16	Dana Hills Invitational	1
Gujajome Park	3	16:11	5:24	11/12/16	NCC League Championships	1
Gujajome Park	3.1	16:14	5:14	10/8/16	Southern Cal Invitational	1
Kit Carson Park	2	10:02	5:01	9/10/16	Bronco Roundup	2
Kit Carson Park	2.85	14:05	5:19	10/21/16	Kit Carson Invite	1
Kit Carson Park	2.75	14:52	5:24	9/30/16	Palomar Cluster #1	1
Kit Carson Park	3	15:53	5:18	11/14/15	NCC League Championships	4
Monkey Field	2.95	15:39	5:18	9/17/16	Mt. Carmel/Movin Shoes	2
Monkey Field	3.04	16:30	5:26	11/19/16	San Diego Section Finals	2
Mt. Sac	2.93	16:56	5:26	10/24/15	Mt. Sac Invitational	1
Stanford Golf Course	3.1	16:56	5:08	9/28/15	Stanford Invitational	1
Woodward Park	3.1	16:00	5:10	11/28/15	CA State Finals	2

2016 ROSTER

Seniors		Juniors	
Boys	Girls	Boys	Girls
Takashi Joubert Mitchell Kadowaki Fuyuki Kuroiwa Senri Kuroiwa Joseph Lane Jeremy Sanchez Ben Suminski Eric Sy	Kassady Learn Marina Lemly Mikayla Singleterry	Benjamin Ahlstrom Alex Astorgano-Shuh Ashtin Brantley Myles Davis Wesley Domsalla Ryan Duenas Kyle Humphrey Alan Karuku Tyler Koyamatsu Nicholas Lostetter Bradley Pickard Joey Roberts Trevor Ruuspakka Bobby Santos Alex Walsh	Camellia Araghian Imogen Bleakley Chloe Chose Mandalin Hankinson Ali Harper Kaitlyn Lam Hailey Sasaki Rachel Teixeira Alyssa Tivadar Heidi Trotter Morgan Withers
Sophomores			
Boys	Girls	Freshman	
Collin Beck Trevor Boaz Marcus Coleman Ryan Debish Justin Ferguson Sebastian Ferguson Trevor Hodges Reece Lacour Hayden Lewis Garrett MacLeod Noah Rojas-Domke Adel Tani Brandon Walkley Brian Walkley Elijah Zelaya	Allison Boaz Keila Ditto Madelyn Hernandez Alexis Lee Madison Schaller	Luis Barron Gavin Concepcion Ian Corey Justin Han Cameron Hankinson Jake Hankinson Max Mascardo Peter Minsch Nathan Monroe Gautham Prabhakar Ethan Skousen Yung-Yi Sun Corban Sy Ryan Trecker	Elyssa Abbott Mariana Akins Victoria Dinov Sophia Gonzalez Eve Helbock Natilia Quinn Mikayla Roberts

Bronco Roundup

Kit Carson Park | September 10th

2.0 Miles Girl Individual: V 10-12, JV 10-11, Fr 9

FRESHMAN

Place	Name	Time	Pace	Rank Squad	Rank in School	Rank vs Comp
6	Victoria Dinov	13:27.4	6:44	1/5	6/22	4/14
32	Eve Helbock	14:56.5	7:28	2/5	11/22	8/14
50	Elyssa Abbott	15:42.2	7:51	3/5	14/22	9/12
53	Sophia Gonzalez	15:43.1	7:52	4/5	15/22	7/10
56	Mariana Akins	16:05.1	8:03	5/6	17/22	5/6

JUNIOR/VARSITY

Place	Name	Time	Pace	Rank Squad	Rank in School	Rank vs Comp	Improvement
4	Alexis Lee	13:36.2	6:48	1/11	7/22	4/16	
15	Morgan Withers	14:03.3	7:02	2/11	9/22	5/16	LY, LR, PR
45	Hailey Sasaki	14:53.4	7:27	3/11	10/22	9/16	
69	Madison Schaller	15:27.8	7:44	4/11	12/22	11/16	
78	Heidi Trotter	15:37.3	7:49	5/11	13/22	10/14	
90	Allison Apfeld	16:02.3	8:01	6/11	16/22	10/12	
102	Keila Ditto	16:17.7	8:09	7/11	18/22	7/10	LY, LR, PR
114	Marina Lemly	16:46.0	8:23	8/11	19/22	7/9	
119	Madelyn Hernandez	16:52.4	8:26	9/11	20/22	5/8	LY, LR, PR
132	Rachel Teixeira	18:07.1	9:04	10/11	21/22	5/6	
133	Camellia Araghian	18:08.4	9:04	11/11	22/22	4/4	

VARSITY

Place	Name	Time	Pace	Rank Squad	Rank in School	Rank vs Comp	Improvement
15	Kassady Learn	12:13.5	6:07	6-Jan	22-Jan	16-Nov	LY, LR, PR
17	Ali Harper	12:21.1	6:11	6-Feb	22-Feb	16-Apr	LY, LR, PR
25	Allison Boaz	12:31.7	6:16	6-Mar	22-Mar	16-Jun	LY, LR, PR
40	Alyssa Tivadar	12:54.9	6:27	6-Apr	22-Apr	16-Jul	
43	Imogen Bleakley	13:00.3	6:30	6-May	22-May	16-Apr	LY, LR, PR
74	Chloe Chose	13:44.9	6:52	6-Jun	22-Aug	11-Jun	LY, LR, PR

LY: Beat time from the same course a year ago

LR: Beat time from the most recent running of the course

PR: Set a new PR

PG: Beat personal goal



Bronco Roundup

Kit Carson Park | September 10th

2.0 Miles Boys Individual: V 10-12, JV 10-11, Fr 9

FRESHMAN

Place	Name	Time	Pace	Rank Squad	Rank in School	Rank vs Comp
3	Luis Barron	11:30.8	5:45	1/12	14/45	3/15
10	Ryan Trecker	11:46.6	5:53	2/12	18/45	2/15
17	Yung-Yi Sun	11:50.8	5:55	3/12	20/45	2/15
39	Max Mascardo	12:19.0	6:10	4/12	25/45	4/15
65	Nathan Monroe	12:46.3	6:23	5/12	29/45	8/14
73	Peter Minsch	12:54.5	6:27	6/12	32/45	7/14
83	Gavin Concepcion	13:08.8	6:34	7/12	33/45	6/14
101	Gautham Prabhakar	13:46.0	6:53	8/12	38/45	7/12
104	Cameron Hankinson	13:50.0	6:55	9/12	39/45	4/11
107	Jake Hankinson	13:54.4	6:57	10/12	41/45	4/9
125	Justin Han	14:37.7	7:19	11/12	43/45	4/7
146	Ethan Skousen	15:57.0	7:59	12/12	44/45	6/7

JUNIOR/VARSITY

Place	Name	Time	Pace	Rank Squad	Rank in School	Rank vs Comp	Improvement
4	Ashtin Brantley	11:06.1	5:33	1/23	6/1	4/16	LY, LR, PR
8	Sebastian Ferguson	11:14.6	5:37	2/23	8/1	1/16	
9	Justin Ferguson	11:15.1	5:38	3/23	9/1	1/16	
10	Benjamin Ahlstrom	11:18.2	5:39	4/23	11/1	1/15	LY, LR, PR
19	Bradley Pickard	11:27.4	5:44	5/23	12/1	1/14	LY, LR, PR
25	Trevor Ruuspakka	11:29.9	5:45	6/23	13/45	1/13	LY, LR, PR
28	Ryan Debish	11:30.8	5:45	7/23	15/45	1/11	
38	Ryan Duenas	11:48.4	5:54	8/23	19/45	1/10	
41	Reece Lacour	11:56.7	5:58	9/23	22/45	1/10	LY, LR, PR
49	Trevor Hodges	12:04.1	6:02	10/23	23/45	1/9	LY, LR, PR
58	Noah Rojas-Domke	12:11.7	6:06	11/23	24/45	1/8	
68	Garrett Macleod	12:21.9	6:11	12/23	26/45	1/8	LY, LR, PR
79	Tyler Koyamatsu	12:32.8	6:16	13/23	27/45	1/7	
94	Hayden Lewis	12:45.2	6:23	14/23	28/45	1/5	
96	Marcus Coleman	12:46.6	6:23	15/23	30/45	1/5	LY, LR, PR
99	Adel Tani	12:50.1	6:25	16/23	31/45	1/4	
114	Brian Walkley	13:10.2	6:35	17/23	34/45	1/3	
118	Collin Beck	13:12.9	6:36	18/23	35/45	1/2	LY, LR, PR
119	Brandon Walkley	13:14.5	6:37	19/23	36/45	1/1	LY, LR, PR
131	Myles Davis	13:26.2	6:43	20/23	37/45	1/1	LY, LR, PR
140	Alexander Astorgano-Shuh	13:52.7	6:56	21/23	40/45	1/1	LY, LR, PR
150	Elijah Zelaya	14:14.3	7:07	22/23	42/45	1/1	
169	Nicholas Lostetter	15:59.0	8:00	23/23	45/45	1/1	



Bronco Roundup

Kit Carson Park | September 10th

2.0 Miles Boys Individual: V 10-12, JV 10-11, Fr 9

VARSITY

PI	Name	Time	Pace	Rank Squad	Rank in School	Rank vs Comp	Improvement
5	Fuyuki Kuroiwa	10:02.2	5:01	1/10	1/1	5/16	LY, LR, PR
7	Senri Kuroiwa	10:04.5	5:02	2/10	2/1	2/16	LY, LR, PR
26	Jeremy Sanchez	10:23.3	5:12	3/10	3/1	5/16	LY, LR, PR
37	Wesley Domsalla	10:35.1	5:18	4/10	4/1	3/16	LY, LR, PR
73	Bobby Santos	11:02.4	5:31	5/10	5/1	10/16	LY, LR, PR
81	Joey Roberts	11:11.0	5:35	6/10	7/1	7/14	LY, LR, PR
92	Alan Karuku	11:16.3	5:38	7/10	10/1	6/12	LY, LR, PR
105	Kyle Humphrey	11:34.7	5:47	8/10	16/45	4/7	LY, LR, PR
110	Takashi Joubert	11:46.1	5:53	9/10	17/45	3/4	
111	Eric Sy	11:52.7	5:56	10/10	21/45	2/3	

LY: Beat time from the same course a year ago

LR: Beat time from the most recent running of the course

PR: Set a new PR

PG: Beat personal goal



Mt. CARMEL INVITATIONAL

Morley Field | September 17th

2.75 Miles Girl Individual: By Grade Level

VARSITY		
Place	Name	Finish
5	Kassady Learn	16:06.1
144	Marina Lemly	23:24.1

SOPHMORE		
Place	Name	Finish
25	Allison Boaz	17:50.0
101	Alexis Lee	19:39.5
173	Madison Schaller	21:55.3
184	Keila Ditto	22:24.1
185	Allison Apfeld	22:28.2
186	Madelyn Hernandez	22:29.6



4TH

JUNIOR		
Place	Name	Finish
5	Ali Harper	16:49.9
13	Alyssa Tivadar	17:09.3
24	Imogen Bleakley	17:32.0
55	Chloe Chose	18:39.4
58	Morgan Withers	18:43.6
111	Hailey Sasaki	20:44.1
119	Heidi Trotter	20:57.4
150	Kaitlyn Lam	22:22.4
176	Camellia Araghian	26:27.3

FRESHMAN		
Place	Name	Finish
29	Victoria Dinov	19:00.8
85	Sophie Gonzales	20:39.1
96	Eve Helbock	21:08.8
123	Elyssa Abbott	22:30.2
148	Natilia Quinn	24:14.9



DANA HILLS INVITE

Dana Hills HS | September 24th
3 Miles Girls Individual: By Grade Level



VARSITY

Place	Name	Finish
4	Kassady Learn	18:01.7
117	Mikayla Singleterry	29:28:00

Team 1st place

JUNIOR

Place	Name	Finish
2	Ali Harper	18:46.5
9	Alyssa Tivadar	19:08.1
11	Imogen Bleakley	19:24.3
33	Morgan Withers	20:42.1
38	Chloe Chose	20:53.3
106	Heidi Trotter	23:48.4
165	Miriam Anwar	30:20:00

SOPHMORE

Place	Name	Finish
12	Allison Boaz	19:26.5
127	Madison Schaller	24:16.4
135	Allison Apfeld	24:35.3
145	Madelyn Hernandez	25:10.5

FRESHMAN

Place	Name	Finish
24	Victoria Dinov	6:55
57	Eve Helbock	7:23
93	Sophie Gonzalez	7:47
126	Mariana Akins	8:19
134	Mckayla Roberts	8:28
161	Elyssa Abbott	8:55

DANA HILLS INVITE

Dana Hills HS | September 24th

3 Miles Boys Individual: By Grade Level

Team 2nd place

Team 4th place

VARSITY

Place	Name	Finish
2	Senri Kuroiwa	15:12.1
3	Fuyuki Kuroiwa	15:13.6
11	Jeremy Sanchez	15:44.1
26	Ben Suminski	16:18.9
77	Takashi Joubert	17:46.2
106	Eric Sy	18:40.4
129	Mitchell Kadowaki	19:56.3
138	Joseph Lane	20:22.2

2/20, 107 pts.

JUNIOR

Place	Name	Finish
4	Wesley Domsalla	15:56.3
30	Ashtin Brantley	16:38.5
33	Bobby Santos	16:46.9
47	Joey Roberts	16:58.8
78	Benjamin Ahlstrom	17:32.6
93	Kyle Humphrey	17:52
129	Tyler Koyamatsu	18:46
131	Ryan Duenas	18:47
156	Alex Walsh	20:08.4
209	Nicholas Lostetter	23:59.7

4/19, 158 pts.



Team 6th place

SOPHMORE

Place	Name	Finish
23	Justin Ferguson	16:48.1
48	Reece Lacour	17:40.9
49	Sebastian Ferguson	17:43.6
50	Ryan Debish	17:47
53	Noah Rojas-Domke	17:54.4
62	Trevor Boaz	18:00.9
65	Trevor Hodges	18:03.5
91	Hayden Lewis	18:46.1
121	Garrett Macleod	19:20.8
162	Adel Tani	20:17.5
163	Collin Beck	20:17.6
172	Brian Walkley	20:23.1
186	Elijah Zelaya	20:45.9
196	Brandon Walkley	20:52.1

6/23, 181 pts.



FRESHMAN

Place	Name	Finish
2	Luis Barron	16:30.2
48	Max Mascardo	18:39.2
63	Yung-Yi Sun	18:59.3
70	Ian Corey	19:16.3
101	Gavin Concepcion	20:02.9
233	Ethan Skousen	25:30.3

7/25, 252 pts.

Team 7th place



Palomar Cluster #1
Kit Carson Park | September 30th
2.75 Miles Varsity



Girls Results

2.75 Miles Varsity

Official Team Scores

1	Rancho Bernardo	53
2	Mt Carmel	66
3	Del Norte	69
4	Westview	70
5	Poway	97
6	Mission Vista	146

Boys Results

2.75 Miles Varsity

Official Team Scores

1	Poway	45
2	Del Norte	45
3	Rancho Bernardo	66
4	Mt Carmel	73
5	Mission Vista	162
6	Westview	163

PL	NAME	TIME
5	Kassady Learn	17:50.24
9	Ali Harper	18:16.90
10	Alyssa Tivadar	18:24.78
14	Imogen Bleakley	18:48.27
15	Allison Boaz	18:48.61
26	Chloe Chose	19:53.71
39	Alexis Lee	21:11.24
56	Marina Lemly	26:40.49
59	Mikayla Singleterry	28:39.93

PL	NAME	TIME
6	Fuyuki Kuroiwa	14:51.71
8	Senri Kuroiwa	14:59.62
12	Jeremy Sanchez	15:16.08
16	Wesley Domsalla	15:27.34
25	Bobby Santos	15:50.49
28	Ashtin Brantley	15:58.96
30	Luis Barron	16:04.11
31	Justin Ferguson	16:06.24
33	Ben Suminski	16:15.05
40	Joey Roberts	16:50.96
49	Takashi Joubert	17:36.49
60	Eric Sy	18:21.10
61	Joseph Lane	18:40.18
72	Mitchell Kadowaki	19:48.86



Palomar Cluster #1

Kit Carson Park | September 30th

2.75 Miles Junior Varsity

Girls Results

2.75 Miles Junior Varsity

Official Team Scores

Official Team Scores

1	Del Norte	37
2	Poway	58
3	Rancho Bernardo	71
4	Westview	71
5	Mt Carmel	134
6	Mission Vista	146

PL	NAME	TIME
4	Victoria Dinov	20:16.49
9	Sophia Gonzales	21:18.83
18	Madison Schaller	22:10.14
21	Kaitlyn Lam	22:17.96
22	Hailey Sasaki	22:20.65
36	Eve Helbock	22:57.86
45	Mariana Akins	23:53.46
57	Elyssa Abbott	24:44.27
59	Keila Ditto	24:52.36
60	Madelyn Hernandez	24:58.93
62	Natilia Quinn	25:15.93
73	Mandalin Hankinson	26:22.65
75	Mikayla Roberts	26:30.68
79	Camellia Araghian	27:52.86
80	Rachel Teixeira	28:07.54
85	Miriam Anwar	29:42.99

2.75 Miles Freshman

Official Team Scores

1	Del Norte	27
2	Poway	60
3	Mt Carmel	63
4	Rancho Bernardo	96
5	Mission Vista	126
6	Westview	163

PL	NAME	TIME
8	Yung-Yi Sun	17:19.55
11	Ryan Trecker	17:22.14
20	Gavin Concepcion	18:26.78
28	Ian Corey	19:02.24
33	Gautham Prabhakar	19:32.10

Boys Results

2.75 Miles Junior Varsity

Official Team Scores

Official Team Scores

1	Mt Carmel	17
2	Rancho Bernardo	46
3	Del Norte	95
4	Poway	102
5	Westview	151
6	Mission Vista	156

PL	NAME	TIME
5	Sebastian Ferguson	16:17.24
6	Bradley Pickard	16:30.67
10	Reece Lacour	16:51.40
12	Ryan Debish	17:01.54
13	Kyle Humphrey	17:08.26
14	Trevor Hodges	17:20.49
15	Trevor Boaz	17:21.21
16	Noah Rojas-Domke	17:22.71
17	Benjamin Ahlstrom	17:25.61
22	Trevor Ruuspakka	17:34.49
28	Garrett MacLeod	17:53.57
32	Tyler Koyamatsu	18:10.78
35	Alex Walsh	18:26.05
45	Collin Beck	19:13.57
47	Brandon Walkley	19:19.24
52	Brian Walkley	19:27.90
56	Elijah Zelaya	19:34.74
70	Adel Tani	20:40.68
71	Marcus Coleman	20:40.90
82	Nicholas Lostetter	23:57.27



Mt. Carmel Octoberfest

Black Mountain Comm Park, | October 7 2016

2.65 Miles Varsity

Girls Results

2.65 Miles Girls Varsity 11-12

Official Team Scores

1	Cathedral Catholic	22
2	Mt Carmel	47
3	San Pasqual	75
4	Valley Center	102
5	Rancho Bernardo	121

PL	NAME	TIME
20	Hailey Sasaki	22:46.94
22	Heidi Trotter	23:01.58
24	Kaitlyn Lam	23:11.08
29	Marina Lemly	27:09.69
31	Camellia Araghian	28:26.38

2.65 Miles Girls Varsity 9-10

Official Team Scores

1	Valley Center	31
2	Mt Carmel	46
3	Rancho Bernardo	55
4	San Pasqual	94

PL	NAME	TIME
7	Victoria Dinov	20:37.97
13	Alexis Lee	22:00.41
14	Sophia Gonzalez	22:10.18
17	Eve Helbock	22:41.11
22	Madison Schaller	24:23.58
23	Mariana Akins	24:59.28
25	Madelyn Hernandez	25:09.18
27	Natilia Quinn	25:37.75
29	Elyssa Abbott	25:47.58
30	Keila Ditto	25:52.44

Boys Results

2.65 Miles Boys Varsity 11-12

Official Team Scores

1	Cathedral Catholic	26
2	Mt Carmel	34
3	Rancho Bernardo	82
4	San Pasqual	91

PL	NAME	TIME
17	Takashi Joubert	17:10.58
19	Benjamin Ahlstrom	17:33.61
22	Ryan Duenas	18:00.15
24	Trevor Ruuspakka	18:20.28
25	Tyler Koyamatsu	18:41.75
26	Eric Sy	19:10.58
27	Alex Walsh	19:14.22
29	Joseph Lane	19:24.15
30	Mitchell Kadowaki	19:27.66
33	Myles Davis	22:01.38
34	Nicholas Lostetter	23:53.38

2.65 Miles Boys Varsity 9-10

Official Team Scores

1	San Pasqual	30
2	Mt Carmel	38
3	Valley Center	87
4	Cathedral Catholic	95
5	Rancho Bernardo	120

PL	NAME	TIME
15	Ryan Trecker	17:09.36
18	Trevor Boaz	17:31.03
34	Trevor Hodges	18:17.91
37	Garrett MacLeod	18:27.25
38	Peter Minsch	18:34.61
44	Gavin Concepcion	18:59.50
46	Ian Corey	19:09.33
47	Collin Beck	19:11.03
49	Max Mascardo	19:12.43
52	Justin Han	19:25.88
55	Brian Walkley	19:45.11
56	Jake Hankinson	19:46.88
59	Gautham Prabhakar	20:23.03
60	Marcus Coleman	20:30.80
61	Elijah Zelaya	20:31.97
62	Adel Tani	20:42.94
66	Brandon Walkley	20:54.55

OCTOBERFEST

35th RUNNING CENTER SO CAL INVITATIONAL

Guajome Park, Oceanside CA | October 8 2016
5k Varsity Races: Top 3 runners, 4-5 Runners, 6-7 Runners

5,000 Meters Varsity Girls Combined

Official Team Scores

1	Chandler	44
2	Torrey Pines	109
3	West Torrance	115
4	Rancho Bernardo	143

Girls Results

5,000 Meters Varsity Girls 1-3

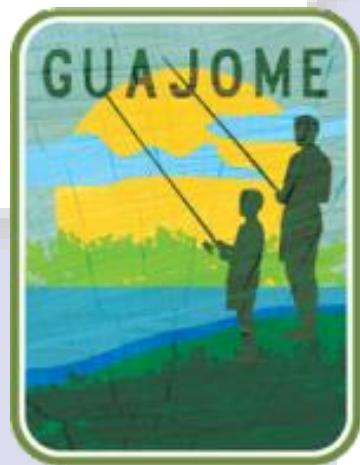
PL	NAME	TIME
12	Ali Harper	19:14
24	Kassady Learn	19:59
26	Alyssa Tivadar	20:10

5,000 Meters Varsity Girls 4 & 5

PL	NAME	TIME
8	Allison Boaz	20:16
9	Imogen Bleakley	20:21

5,000 Meters Varsity Girls 6 & 7

PL	NAME	TIME
15	Chloe Chose	21:57
19	Morgan Withers	22:29



COUNTY OF SAN DIEGO
PARKS & RECREATION

5,000 Meters Varsity Boys Combined

Official Team Scores

1	West Ranch	64
2	Del Norte	95
3	Rancho Bernardo	130

PL	NAME	TIME
5	Senri Kuroiwa	15:46
13	Fuyuki Kuroiwa	16:14
24	Jeremy Sanchez	16:48
35	Wesley Domsalla	17:12
7	Ben Suminski	17:15
39	Ashtin Brantley	17:20
40	Bobby Santos	17:20
15	Justin Ferguson	17:39
10	Joey Roberts	18:03
31	Bradley Pickard	18:33
18	Kyle Humphrey	18:33
32	Reece Lacour	19:26
40	Ryan Debish	19:57





JAGUAR KIT CARSON INVITATIONAL

Kit Carson Park, Escondido CA | October 21st 2016

2.65 miles: V 10-12, JV 10-11, Fr 9

Girls Results

2.65 Miles Black Division Varsity

Official Team Scores

9 Rancho Bernardo 207

PL	NAME	TIME
25	Victoria Dinov	19:11.3
45	Madison Schaller	20:04.3
50	Alexis Lee	20:26.2
65	Sophia Gonzales	21:13.2
73	Heidi Trotter	21:57.7
75	Kaitlyn Lam	22:20.2
80	Hailey Sasaki	22:57.7
83	Eve Helbock	23:09.6

2.65 Miles Black Division JV

11 Rancho Bernardo 333

PL	NAME	TIME
49	Mariana Akins	21:33.9
75	Keila Ditto	22:13.7
106	Elyssa Abbott	22:54.1
137	Mandalin Hankinson	24:45.5
154	Camellia Araghian	26:17.2
160	Mikayla Roberts	26:42.3
166	Mikayla Singleterry	28:26.7

2.65 Miles Black FRESHMAN

Official Team Scores'

1	San Dieguito Academy	75
2	Del Norte	78
3	Rancho Bernardo	106
4	Point Loma	130
5	Mt Carmel	148

PL	NAME	TIME
1	Luis Barron	15:48.3
2	Ryan Trecker	16:05.7
6	Yung-Yi Sun	16:30.5
51	Peter Minsch	18:13.4
58	Collin Beck	18:25.3
62	Gautham Prabhakar	18:34.0
83	Nathan Monroe	19:20.0
85	Elijah Zelaya	19:21.3
95	Jake Hankinson	19:32.4
100	Cameron Hankinson	19:35.8
147	Ethan Skousen	23:46.0

Boys Results

2.65 Miles Black Division Varsity

Official Team Scores

1	Mt Carmel	34
2	Rancho Bernardo	41
3	Valley Center	116
4	Hoover (SD)	143
5	Chula Vista	148

PL	NAME	TIME
3	Senri Kuroiwa	14:02.3
4	Fuyuki Kuroiwa	14:05.4
5	Jeremy Sanchez	14:11.2
14	Wesley Domsalla	14:44.4
15	Ashtin Brantley	14:46.6
22	Ben Suminski	15:12.7
26	Justin Ferguson	15:30.9
31	Joey Roberts	15:36.1
41	Bobby Santos	15:58.0
44	Takashi Joubert	16:02.1

2.65 Miles Black Division JV

2 Rancho Bernardo 52

PL	NAME	TIME
3	Bradley Pickard	15:20.9
8	Sebastian Ferguson	15:45.3
10	Benjamin Ahlstrom	15:46.2
14	Kyle Humphrey	15:56.6
17	Reece Lacour	16:10.4
18	Trevor Boaz	16:11.5
20	Ryan Duenas	16:18.5
23	Ryan Debish	16:22.7
24	Noah Rojas-Domke	16:24.5
25	Trevor Ruuspakka	16:26.5
29	Trevor Hodes	16:37.1
43	Alex Walsh	17:07.1
50	Tyler Koyamatsu	17:14.7
56	Eric Sy	17:22.9
57	Brian Walkley	17:29.5
59	Mitchell Kadawaki	17:31.0
90	Joseph Lane	18:13.2
106	Adel Tani	18:39.0
125	Brandon Walkley	19:05.7
134	Marcus Coleman	19:16.3
166	Nicholas Lostetter	21:03.7

Palomar Cluster #2

Kit Carson Park | October 27th

3.0 Miles Varsity

Boys Results

3 Miles Varsity

Official Team Scores

1	Mt Carmel	47
2	Del Norte	52
3	Poway	53
4	Rancho Bernardo	69
5	Westview	149
6	Mission Vista	175

3 Miles Junior Varsity

Official Team Scores

1	Rancho Bernardo	49
2	Poway	54
3	Mt Carmel	57
4	Del Norte	74
5	Mission Vista	144
6	Westview	181

PL	NAME	TIME
6	Senri Kuroiwa	15:46.87
9	Fuyuki Kuroiwa	15:57.52
10	Jeremy Sanchez	15:58.46
18	Wesley Domsalla	16:27.24
27	Bobby Santos	16:43.80
33	Ben Suminski	17:15.78
34	Joey Roberts	17:17.40
36	Luis Barron	17:18.80
39	Bradley Pickard	17:31.78
45	Justin Ferguson	17:59.61
53	Takashi Joubert	18:29.10
69	Joseph Lane	20:12.24
70	Mitchell Kadowaki	20:24.74

3 Miles Frosh

Official Team Scores

1	Poway	42
2	Del Norte	47
3	Mt Carmel	53
4	Rancho Bernardo	79
5	Westview	143

PL	NAME	TIME
3	Ryan Trecker	17:35.05
10	Yung-Yi Sun	18:08.07
20	Gavin Concepcion	19:02.51
22	Peter Minsch	19:19.24
24	Justin Han	19:44.10
26	Gautham Prabhakar	19:47.33
31	Jake Hankinson	20:28.24
33	Cameron Hankinson	20:42.52
36	Nathan Monroe	21:09.74
46	Ethan Skousen	23:03.99

PL	NAME	TIME
6	Sebastian Ferguson	17:37.96
9	Kyle Humphrey	18:06.71
10	Trevor Ruuspakka	18:07.36
11	Reece Lacour	18:10.36
13	Ryan Duenas	18:12.83
14	Ryan Debish	18:21.46
15	Trevor Hodges	18:21.96
17	Noah Rojas-Domke	18:25.18
21	Trevor Boaz	18:37.96
23	Benjamin Ahlstrom	18:49.65
31	Alex Walsh	19:16.96
36	Tyler Koyamatsu	19:31.80
54	Collin Beck	20:28.61
55	Brian Walkley	20:35.57
56	Elijah Zelaya	20:40.57
65	Adel Tani	21:13.90
66	Brandon Walkley	21:14.86
68	Alex Astorgano-Shuh	22:01.51
70	Nicholas Lostetter	22:14.3
72	Marcus Coleman	22:23.1

Palomar

Palomar Cluster #2

Kit Carson Park | October 27th

3.0 Miles Varsity

Girl Results

3 Miles Varsity

Official Team Scores		
1	Westview	42
2	Mt Carmel	43
3	Rancho Bernardo	66
4	Del Norte	77
5	Poway	140
6	Mission Vista	157

3 Miles Junior Varsity

Official Team Scores		
1	Poway	22
2	Del Norte	40
3	Mt Carmel	90
4	Westview	108
5	Rancho Bernardo	108
6	Mission Vista	182

PL	NAME	TIME
4	Kassady Learn	18:45.1
7	Ali Harper	19:00.2
15	Alyssa Tivadar	19:47.1
16	Imogen Bleakley	19:54.9
24	Morgan Withers	20:23.0
27	Chloe Chose	20:36.3
38	Victoria Dinov	21:47.5
62	Marina Lemly	28:01.8
66	Mikayla Singleterry	32:05.7

PL	NAME	TIME
11	Madison Schaller	22:23.3
15	Alexis Lee	22:37.0
24	Eve Helbock	23:09.8
29	Sophia Gonzales	23:30.7
41	Heidi Trotter	23:59.4
52	Kaitlyn Lam	24:21.3
57	Keila Ditto	24:40.6
69	Elyssa Abbott	26:20.9
71	Madelyn Hernandez	26:23.5
72	Natilia Quinn	26:26.3
82	Mandalin Hankinson	27:17.5
88	Mikayla Roberts	28:36.0
92	Camellia Araghian	28:57.7



Palomar

Palomar League Junior Varsity Cluster

Kit Carson Park, Escondido, CA | November 4th

3.1 Miles Junior Varsity

Girls Results

3.1 Miles Palomar Junior Varsity

Official Team Scores

1	Poway	39
2	Del Norte	45
3	Westview	79
4	Rancho Bernardo	96
5	Mt Carmel	100
6	Mission Vista	186

Boys Results

3.1 Miles Palomar Junior Varsity

Official Team Scores

1	Poway	19
2	Del Norte	60
3	Rancho Bernardo	62
4	Mt Carmel	74
5	Mission Vista	162
6	Westview	167

PL	NAME	TIME
1	Victoria Dinov	20:42.78
16	Madison Schaller	22:37.78
25	Alexis Lee	23:08.93
26	Heidi Trotter	23:20.96
35	Sophia Gonzales	23:54.21
41	Mariana Akins	24:17.24
45	Kaitlyn Lam	24:24.46
51	Hailey Sasaki	24:47.65
62	Natilia Quinn	25:34.10
64	Madelyn Hernandez	26:07.29
67	Keila Ditto	26:22.65
73	Mandalin Hankinson	27:13.02
79	Camellia Araghian	28:31.68
80	Elyssa Abbott	28:59.52

PL	NAME	TIME
8	Sebastian Ferguson	17:47.80
11	Benjamin Ahlstrom	18:03.04
12	Yung-Yi Sun	18:03.54
15	Trevor Ruuspakka	18:16.96
16	Reece Lacour	18:17.24
17	Kyle Humphrey	18:21.40
21	Trevor Boaz	18:28.80
28	Ryan Duenas	18:49.96
34	Trevor Hodges	18:58.99
35	Tyler Koyamatsu	19:01.01
36	Ryan Debish	19:03.07
40	Noah Rojas-Domke	19:13.02
45	Alex Walsh	19:18.78
49	Gavin Concepcion	19:26.07
66	Garrett MacLeod	19:58.80
70	Elijah Zelaya	20:16.90
84	Cameron Hankinson	20:52.68
85	Gautham Prabhakar	20:53.86
86	Brian Walkley	20:54.10
88	Collin Beck	20:56.43
102	Jake Hankinson	21:31.55
107	Brandon Walkley	22:10.02
118	Adel Tani	23:14.93
122	Nicholas Lostetter	23:31.96



Palomar

Palomar League Finals

Guajome Park/Vista, Ca | November 12th

3.1 Miles

Girls Results

3.1 Miles Palomar League

Official Team Scores

1	Mt Carmel	42
2	Westview	50
3	Rancho Bernardo	62
4	Del Norte	86
5	Poway	93
6	Mission Vista	180

Boys Results

3.1 Miles Palomar League

Official Team Scores

1	Del Norte	46
2	Mt Carmel	51
3	Poway	59
4	Rancho Bernardo	70
5	Westview	153
6	Mission Vista	167

PL	NAME	TIME
6	Kassady Learn	19:30.5
8	Ali Harper	19:33.9
14	Alyssa Tivadar	20:04.9
15	Allison Boaz	20:05.2
19	Imogen Bleakley	20:11.0
25	Chloe Chose	20:40.3
31	Morgan Withers	21:06.3
34	Victoria Dinov	21:13.9
51	Sophia Gonzales	23:29.7
52	Madison Schaller	23:34.6
54	Alexis Lee	23:41.3
55	Heidi Trotter	23:42.1

PL	NAME	TIME
4	Fuyuki Kuroiwa	16:10.8
9	Senri Kuroiwa	16:37.8
13	Jeremy Sanchez	16:54.5
16	Wesley Domsalla	17:03.7
35	Luis Barron	18:04.6
40	Ben Suminski	18:24.1
42	Bobby Santos	18:25.9
43	Justin Ferguson	18:26.2
44	Sebastian Ferguson	18:28.8
51	Bradley Pickard	18:44.3
53	Joey Roberts	18:52.6
57	Ryan Trecker	19:07.0

GIRLS FINAL LEAGUE STANDINGS

- 1st Mt. Carmel
- 2nd Westview
- 3rd RB**
- 4th Del Norte
- 5th Poway
- 6th Mission Vista

BOYS FINAL LEAGUE STANDINGS

- 1st Del Norte
- 2nd Mt Carmel
- 3rd Poway
- 4th RB**
- 5th Westview
- 6th Mission Vista

Palomar

SAN DIEGO CIF FINALS

Guajome Park/Vista, Ca | November 12th

2.75 Miles / 3.1 Miles

Girls Results

2.75 Miles Girls D-2 Varsity

Official Team Scores

1	Mt Carmel	58
2	Canyon Crest Academy	71
3	Steele Canyon	88
4	*Rancho Bernardo	90
5	Del Norte	153
6	Poway	166
7	Scripps Ranch	169
8	Point Loma	188
9	Valhalla	258
10	San Pasqual	304

*Team 4th

Boys Results

3.04 Miles Boys D-2 Varsity

Official Team Scores

1	Poway	78
2	Mt Carmel	79
3	Del Norte	99
4	Steele Canyon	158
5	Rancho Bernardo	173
6	San Pasqual	176
7	Scripps Ranch	181
8	Canyon Crest Academy	188
9	Hoover (SD)	241
10	Point Loma	273

PL	NAME	TIME
3	Ali Harper	17:05.2
9	Kassady Learn	17:21.9
15	Alyssa Tivadar	17:39.1
27	Allison Boaz	18:05.1
36	Imogen Bleakley	18:22
73	Morgan Withers	19:22.1
76	Chloe Chose	19:36.5

PL	NAME	TIME
6	*Fuyuki Kuroiwa	16:30.1
12	*Senri Kuroiwa	16:39.9
32	Jeremy Sanchez	17:20.5
55	Bobby Santos	17:58.9
68	Ben Suminski	18:11.8
80	Wesley Domsalla	18:24.1
92	Luis Barron	18:50.9



*Qualified for California State Finals

CIF STATE CHAMPIONSHIP FINALS

Woodward Park, Ca | November 26 2016
3.1 Miles

Girls Results

5,000 Meters Division II

Official Team Scores

17 Rancho Bernardo



Boys Results

5,000 Meters Division II

PL	NAME	TIME
48	Fuyuki Kuroiwa	16:04.2
50	Senri Kuroiwa	16:05.1

PL	NAME	TIME
51	Kassady Learn	18:57.7
66	Ali Harper	19:09.8
129	Imogen Bleakley	20:05.7
130	Alyssa Tivadar	20:06.1
148	Allison Boaz	20:21.7
171	Morgan Withers	21:11.2
173	Chloe Chose	21:13.0



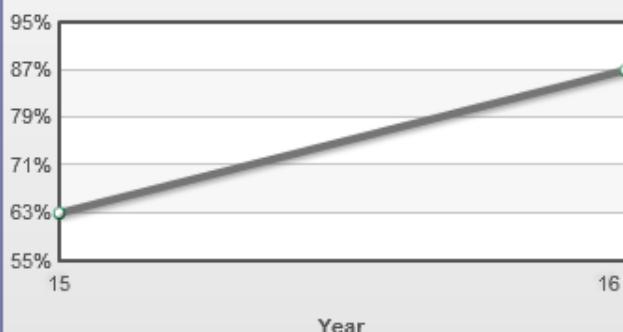
BRONCOS



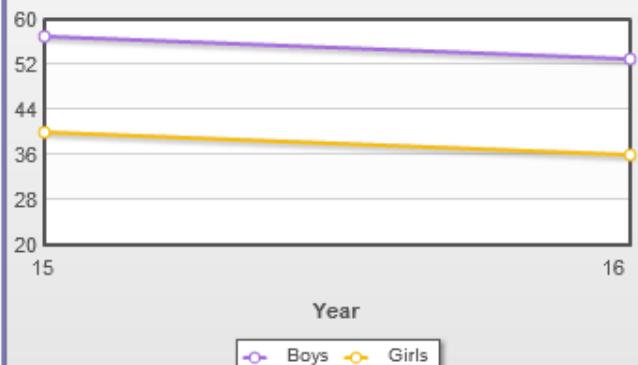
Team Trends

Tracking Improvements and Team Size Trends

Rancho Bernardo Historical Improvements
(click on chart to activate)



Team Size Trends



All Time Rank	Name	Grad Year	Avg Pace	# of Events	Imprvmnts
1	Nia Akins	2016	6:01	11	2/3
2	Kassady Learn	2017	6:19	21	8/9
3	Sydney Presnell	2019	6:27	10	2/2
4	Ali Harper	2018	6:28	21	8/9
5	Alyssa Tivadar	2018	6:31	21	6/9
6	Imogen Bleakley	2018	6:42	18	4/6
7	Allison Boaz	2019	6:43	19	6/8
8	Clara Lee	2016	6:57	11	2/3
9	Chloe Chose	2018	7:14	18	5/7
10	Morgan Withers	2018	7:25	14	4/5
11	Hailey Sasaki	2018	7:51	15	2/6
12	Madelyn Hernandez	2019	9:16	14	5/5

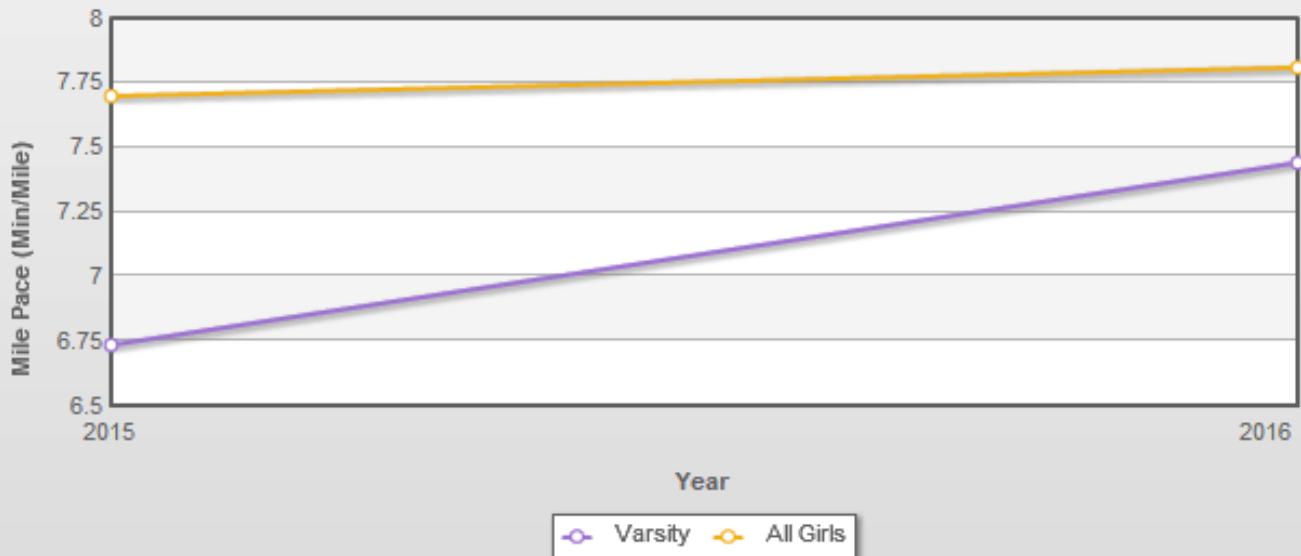
Team Trends

Tracking Improvements and Team Size Trends

Girls Trends Report – Table Form

Year	Varsity	Seniors	Juniors	Soph	Frosh	Whole School	Team Size
2015	6:44	7:15	8:00	7:39	8:07	7:42	40
2016	7:26	7:54	7:33	7:50	8:13	7:49	36
All Time Avg	7:04	7:28	7:41	7:43	8:10	7:45	38

Girls Speed Trends



Improvement Accomplishment Trends

Year	Varsity	Seniors	Juniors	Soph	Frosh	Whole School
2015	17/32 (53)	6/10 (60)	4/9 (44)	13/22 (59)	4/8 (50)	27/49 (55)
2016	24/29 (83)	6/8 (75)	21/28 (75)	10/12 (83)	0/0 ()	37/48 (77)
All Time	41/61 (67)	12/18 (67)	25/37 (68)	23/34 (68)	4/8 (50)	64/97 (66)

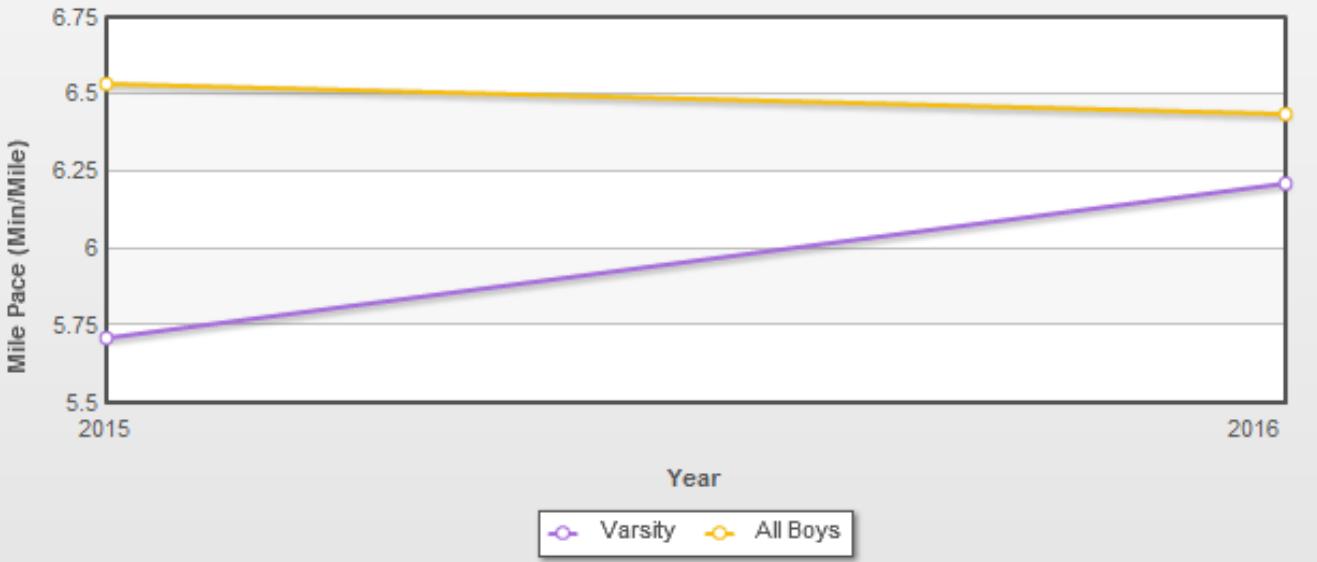
Team Trends

Tracking Improvements and Team Size Trends

Boys Trends Report – Table Form

Year	Varsity	Seniors	Juniors	Soph	Frosh	Whole School	Team Size
2015	5:43	5:44	6:12	6:37	7:08	6:32	57
2016	6:13	5:55	6:18	6:32	6:55	6:26	53
All Time Avg	5:59	5:50	6:15	6:35	7:03	6:29	55

Boys Speed Trends



Improvement Accomplishment Trends

Year	Varsity	Seniors	Juniors	Soph	Frosh	Whole School
2015	14/26 (54)	6/10 (60)	19/26 (73)	31/47 (66)	25/40 (63)	81/123 (66)
2016	27/30 (90)	19/22 (86)	34/36 (94)	24/25 (96)	0/0 ()	77/83 (93)
All Time	41/56 (73)	25/32 (78)	53/62 (85)	55/72 (76)	25/40 (63)	158/206 (77)

RANCHO BERNARDO HIGH SCHOOL

Cross Country

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 LOSSES	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 LOSSES	1ST
1999	PALOMAR	DON JONES	5 WINS - 0 LOSSES	1ST
2000	PALOMAR	TERRY DOCKERY	3 WINS - 2 LOSSES	3RD
2001	PALOMAR	TERRY DOCKERY	4 WINS - 1 LOSSES	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 LOSSES	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 LOSSES	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 LOSSES	1ST (TIE)
2013	PALOMAR	TERRY DOCKERY	16 WINS - 4 LOSSES	2ND
2014	PALOMAR	TERRY DOCKERY	11 WINS - 9 LOSSES	3RD
2015	PALOMAR	TERRY DOCKERY	15 WINS - 5 LOSSES	2ND
2016	PALOMAR	TERRY DOCKERY	14 WINS - 6 LOSSES	3RD

OVERALL RECORD : 190 WINS - 75 LOSSES (.717%)

BOYS				
YEAR	LEAGUE	COACH	RECORD	PLACE
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 - 5 LOSSES	3RD
2004	PALOMAR	TERRY DOCKERY	3 WINS - 7 LOSSES	4TH
2005	PALOMAR	TERRY DOCKERY	9 WINS - 1 LOSSES	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	JAYSON FULTZ	1 WIN - 9 LOSSES	5TH (T)
2013	PALOMAR	JOHN COLSON	0 WIN - 20 LOSSES	6TH
2014	PALOMAR	JOHN COLSON	11 WINS - 9 LOSSES	3RD
2015	PALOMAR	JOHN COLSON	17 WINS - 3 LOSSES	1ST
2016	PALOMAR	JOHN COLSON	9 WINS - 11 LOSSES	4TH

OVERALL RECORD : 133 WINS - 132 LOSSES (.502%)

RBHS ALL-TIME TOP LIST

BOYS

BRONCO ROUND-UP KIT CARSON 2 MILE (RECORDS START 2005 DUE TO CHANGE IN COURSE)

RANK	NAME	TIME	YEAR
1	DIMITRI VOYTILLA	9:53	2011
2	GEOFF BOGAN	9:53	2009
3	BRENDAN GEE	10:01	2012
4	NOAH RESTO	10:02	2009
5	FUYUKI KUROIWA	10:02	2016
6	PARKER STINSON	10:03	2007
7	MIKIO KUROIWA	10:03	2014
8	SENRI KUROIWA	10:05	2016
9	WYATT HILL	10:06	2014
10	KEVIN MIHALIK	10:07	2010

GIRLS

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	10:53	2009
2	DANIELLE VOYLES	11:23	2012
3	NIA AKINS	11:34	2015
4	LAUREN VOYLES	11:44	2012
5	CAROLINE DRAPER	11:47	2007
6	KATIE SAMMER	12:00	2013
7	KRISTA EGENSE	12:02	2005
8	MICHELLE LEROUX	12:06	2010
9	DARINA DINOV	12:09	2008
10	BRYANNA FULLER	12:11	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	BURAK TUFEKCI	15:44	2015
10	ANTHONY GIROLAMO	15:54	2010

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	16:41	2009
2	NIA AKINS	18:01	2015
3	DANIELLE VOYLES	18:03	2012
4	BRYANNA FULLER	18:08	2014
5	CAROLINE DRAPER	18:20	2008
6	LAUREN VOYLES	18:27	2011
7	MICHELLE LEROUX	18:35	2009
8	DARINA DINOV	18:42	2009
9	MELISSA LEROUX	18:52	2010
10	TINA GIROLAMO	18:59	2012

MORLEY FIELD CIF COURSE (BOYS 3.05 MILES - GIRLS 2.75 MILES)

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	FUYUKI KUROIWA	16:31	2016
8	JEFF STEWART	16:32	2014
9	RYAN SHORT	16:33	1994
10	WYATT HILL	16:35	2014

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	*15:25	2009/10
2	LINDSAY DELAMONTAIGNE	16:03	2001
3	JULIE MANSON	16:23	1999
4	KATIE SAMMER	16:25	2013
5	DANIELLE VOYLES	16:33	2012
6	ALLISON HALL	16:36	1999
7	NIA AKINS	16:40	2015
8	CAROLINE DRAPER	16:41	2008
9	ELISA KARHU	16:45	2009
10	LAUREN VOYLES	16:48	2011

*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	FUYUKI KUROIWA	16:00	2015
7	DIMITRI VOYTILLA	16:01	2010
8	WYATT HILL	16:01	2014
9	FUYUKI KUROIWA	16:04	2016
10	SENRI KUROIWA	16:05	2016

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	17:06	2009
2	LINDSAY DELAMONTAIGNE	17:57	2004
3	CAROLINE DRAPER	18:14	2008
4	NIA AKINS	18:14	2015
5	KATIE SAMMER	18:22	2013
6	ELISA KARHU	18:25	2009
7	KALEENA YEE	18:30	1997
8	JULIE MANSON	18:31	1999
9	ALLISON HALL	18:39	1999
10	DANIELLE VOYLES	18:46	2012

ALL CIF 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, *2013, 2014, *2015)
KATIE SAMMER (2013)
BRYANNA FULLER (2014)
KASSADY LEARN (2014,2016)
SYDNEY PRESNELL (2015)
ALI HARPER (2016)



ALL CIF 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)
WYATT HILL (2014)
JEFFREY STEWART (2014)
FUYUKI KUROIWA (2015,2016)
TRISTAN CAPARAS (2015)
SENRI KUROIWA (2016)



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)
KATIE SAMMER (2013)
BRYANNA FULLER (2014)
KASSADY LEARN (2014,2016)
SYDNEY PRESNELL (2015)
NIA AKINS (2013, 2014, 2015)
ALI HARPER (2016)
ALYSSA TIVADAR (2016)

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)
JEFFREY STEWART (2014)
FUYUKI KUROIWA (2015,2016)
SENRI KUROIWA (2016)

SAN DIEGO SECTION CIF CHAMPIONS

LINDSAY DELAMONTAIGNE (2001, 2004)
MOLLY GRABILL (2007, 2008, 2009, 2010)
SARAH WILKINS (1995)
NIA AKINS (2014, 2015)

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

RANCHO BERNARDO HIGH SCHOOL

CROSS COUNTRY 2016

COACHING STAFF AND SUPPORT TEAM



HEAD COACH
TERRY DOCKERY

ASSISTANT COACHES
JOHN COLSON
JUSTIN WOLFE

PRINCIPAL
DAVID LEMASTER

ATHLETIC DIRECTOR
PEGGY BROSE

ATHLETIC ASSISTANT
RHONDA EWALD

ATHLETIC TRAINER
ROBBIE BOWERS, A.T.C.

FINANCE OFFICE
KASA MELE

TEAM/PARENT COORDINATORS
KRISTI LEARN

TEAM PARENT SUPPORT VOLUNTEER
HEATHER PINKHAM
PATRICK LONGHINI

THANK YOU FOR SUPPORTING RBHS CROSS COUNTRY 2016!