

**RANCHO BERNARDO HIGH SCHOOL
CROSS COUNTRY TEAM 2018**







RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY TEAM 2018

Boys	Grade
Collin Beck	12
Trevor Boaz	12
Ryan Debish	12
Justin Ferguson	12
Trevor Hodges	12
Reece Lacour	12
Hayden Lewis	12
Jake Leyva	12
Garrett MacLeod	12
Noah Rojas-Domke	12
Joash Sanchez	12
Brandon Walkley	12
Brian Walkley	12
Ryan Yaghoubpoor	12
Luis Barron	11
Gavin Concepcion	11
Zev Feidelberg	11
Cameron Hankinson	11
Jake Hankinson	11
Justin Lim	11
Max Mascardo	11
Peter Munsch	11
Gautham Prabhakar	11
Patric Randolph	11
Ethan Skousen	11
Yung-Yi Sun	11
Ryan Trecker	11

Boys (continued)	Grade
Carter Corzine	10
Sean Day	10
Chris Fan	10
Jonah Hershorn	10
Miles Jones	10
Mathew Learn	10
Jacob Lostetter	10
Cameron Manard	10
Arian Mazdeh	10
Owen Meyers	10
Harrison Pierce	10
Jacob Ryan	10
Marc Walsh	10
Max Anger	9
Cody Balazs	9
Brayden Concepcion	9
Christian Flores	9
Vaughn Lacour	9
Carlos Lisboa-Sanchez	9
Herman Malik	9
Gavin Morris	9
Zachary Sherman	9
Liam Wirth	9

Girls	Grade
Jazmyne Barron	12
Allison Boaz	12
Alexis Lee	12
Madison Schaller	12
Elyssa Abbott	11
Bailey Batten	11
Victoria Dinov	11
Sophia Gonzalez	11
Eve Helbock	11
Kayley McMichael	11
Julia Potenciano	11
McKayla Roberts	11
Isabella Theus	11
Rachel Turner	11
Emily Batten	10
Jordan Beach	10
Rowan Buzo	10
Natalie Donham	10
Cassie Koyamatsu	10
Ashley Learn	10
Gina Lee	10
Parmis Mazdeh	10
Baylee Mendoza	10
Jaden Nguyen	10
Angelica Ota	10
Samantha Ryan	10
Emily Stallman	10
Mia Stephenson	10
Audrey Street	10
Marissa Castro	9
Jacey Farmer	9
Julie Hernandez	9
Hannah Lefstein	9
Kylie Maynard	9
Karen Rodriguez	9
Amy Wigley	9

rancho bernardo high school cross country



Date	Event	Course	# Runners	New PR's
17-Nov	San Diego Section Finals	Morley Field	14	4
10-Nov	NCC Finals	Guajome Park	24	8
2-Nov	Palomar JV Cluster	Kit Carson Park	45	17
26-Oct	Palomar Cluster #2	Kit Carson Park	72	18
20-Oct	Mt. Sac Invitational	Mt. Sac	7	1
19-Oct	Kit Carson Invitational	Kit Carson Park	66	26
6-Oct	Southern Cal Invitational	Guajome Park	58	31
27-Sep	Palomar Cluster #1	Guajome Park	75	18
22-Sep	Dana Hills Invitational	Dana Hills HS	58	16
15-Sep	Mt. Carmel/Movin Shoes	Morley Field	63	17
8-Sep	Bronco Roundup	Kit Carson Park	73	25



BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 8, 2018
 2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

Girls Results

2 Miles D1 Varsity

Official Team Scores

1	Sage Creek	62
2	La Costa Canyon	72
3	El Camino (Oceanside)	89
4	Rancho Bernardo	141

2 Miles D1 9 Novice

Official Team Scores

1	Del Norte	65
2	Canyon Crest Acad	92
3	Torrey Pines	111
4	La Costa Canyon	128
5	Rancho Bernardo	135

PL	NAME	TIME
4	Ashley Learn	11:48.9
14	Allison Boaz	12:17.8
27	Mia Stephenson	12:40.5
42	Victoria Dinov	13:04.6
60	Samantha Ryan	13:31.0
70	Alexis Lee	13:44.6
79	Natalie Donham	14:07.3
92	Sophia Gonzalez	14:35.2
96	Jazmyne Barron	14:49.6

PL	NAME	TIME
1	Jacey Farmer	11:55.7
18	Julia Potenciano	14:16.6
27	Kylie Maynard	14:36.9
59	Amy Wigley	15:43.3
67	Hannah Lefstein	16:10.1
75	Julie Hernandez	16:26.6
81	Marissa Castro	16:48.1
84	Jaden Nguyen	16:53.0
88	Karen Rodriguez	17:05.6

2 Miles D1 JV 10-12

Official Team Scores

1	El Camino (Oceanside)	28
2	Sage Creek	39
3	University City	99
4	Torrey Pines	102
5	Mt Carmel	174
6	Canyon Crest Academy	184
7	Rancho Bernardo	186

PL	NAME	TIME
28	Cassie Koyamatsu	14:41.9
33	Rachel Turner	14:47.4
46	Eve Helbock	15:09.8
50	Gina Lee	15:24.1
57	Baylee Mendoza	15:38.5
59	Kayley McMichael	15:44.6
70	Parmis Mazdeh	16:13.9
71	Audrey Street	16:17.1
72	Elyssa Abbott	16:17.1
85	Emily Stallman	17:01.3
99	Bailey Batten	18:01.1
100	Isabella Theus	18:01.6
101	McKayla Roberts	18:01.8



BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 8, 2018
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice



BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 8, 2018
 2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

Boys Results

2 Miles D1 Varsity

Official Team Scores

1 La Costa Canyon	51
2 El Camino (Oceanside)	96
3 Torrey Pines	115
4 San Pasqual	136
5 Sage Creek	137
6 Rancho Bernardo	150



PL	NAME	TIME
16	Luis Barron	10:25.9
21	Justin Ferguson	10:29.2
32	Yung-Yi Sun	10:39.9
33	Trevor Boaz	10:40.3
53	Jacob Ryan	10:59.9
54	Trevor Hodges	11:00.2
70	Jake Leyva	11:12.5
72	Ryan Trecker	11:14.1
101	Mathew Learn	11:33.6
122	Ryan Debish	12:15.7

2 Miles D1 JV 10-12

Official Team Scores

1 Rancho Bernardo	65
2 Del Norte	113
3 Mt Carmel	119

PL	NAME	TIME
9	Max Anger	11:39.7
10	Miles Jones	11:41.6
15	Cody Balazs	11:51.9
16	Vaughn Lacour	11:53.5
18	Zachary Sherman	11:56.5
34	Herman Malik	12:14.1
58	Garrett MacLeod	12:53.9
71	Sean Day	13:12.6
75	Christian Flores	13:20.4
80	Arian Mazdeh	13:26.6
82	Carter Corzine	13:32.4
102	Jonah Hershorn	14:00.5
118	Cameron Manard	14:26.1
130	Joash Sanchez	14:51.7
139	Liam Wirth	15:04.3
144	Harrison Pierce	15:12.1

2 Miles D1 9 Novice

Official Team Scores

1 La Costa Canyon	28
2 Torrey Pines	43
3 El Camino (Oceanside)	60
4 Del Norte	116
5 Patrick Henry	145
6 Rancho Bernardo	226

PL	NAME	TIME
26	Max Mascardo	11:49.7
35	Jacob Lostetter	11:56.3
42	Chris Fan	12:02.1
66	Cameron Hankinson	12:20.3
80	Gautham Prabhakar	12:29.2
97	Jake Hankinson	12:42.3
111	Owen Meyers	12:54.1
124	Brayden Concepcion	13:04.0
125	Brian Walkley	13:04.8
128	Brandon Walkley	13:06.4
133	Collin Beck	13:10.2
142	Peter Minsch	13:19.7
153	Justin Lim	13:32.6
163	Patric Randolph	13:51.4
167	Gavin Concepcion	14:00.1
179	Ethan Skousen	14:32.0

MT. CARMEL INVITATIONAL

Morley Field September 15, 2018
 2.75 Miles Races by Grade Level



Girls Results

2.7 Miles D-2 Senior Girls

PL	NAME	TIME
6	Ashley Learn	16:22.5
24	Allison Boaz	17:04.5
68	Alexis Lee	18:21.4
90	Jazmyne Barron	19:30.7



2.7 Miles D-2 Soph Girls

Official Team Scores

1	Burroughs (Burbank)	87
2	Martin Luther King	125
3	Rancho Bernardo	140
4	El Camino (Oceanside)	142
5	La Costa Canyon	145
78	Cassie Koyamatsu	20:42.4
99	Gina Lee	21:39.6
119	Julie Hernandez	22:36.0
120	Jordan Beach	22:38.3
123	Parmis Mazdeh	22:47.7
130	Audrey Street	22:57.5
136	Emily Stallman	23:37.4
137	Jaden Nguyen	23:40.4

2.7 Miles D-2 Junior Girls

Official Team Scores

12 Rancho Bernardo **252**

PL	NAME	TIME
9	Victoria Dinov	17:36.9
83	Rachel Turner	20:47.8
103	Eve Helbock	21:52.3
113	Kayley McMichael	23:06.5
122	Elyssa Abbott	24:00.1
128	McKayla Roberts	25:14.4



2.7 Miles D-2 Frosh Girls

Official Team Scores

12 Rancho Bernardo **242**

PL	NAME	TIME
1	Jacey Farmer	16:17.0
72	Kylie Maynard	21:29.0
102	Amy Wigley	22:49.4
106	Marissa Castro	23:02.8
112	Hannah Lefstein	23:25.9
126	Karen Rodriguez	25:23.2

MT. CARMEL INVITATIONAL

Morley Field September 15, 2018
 2.95 Miles Races by Grade Level

Boys Results

2.95 Miles D-2 Senior Boys

Official Team Scores

17 Rancho Bernardo 434

PL	NAME	TIME
61	Trevor Boaz	17:14.1
79	Trevor Hodges	17:36.3
93	Hayden Lewis	17:57.1
102	Jake Leyva	18:04.5
171	Garrett MacLeod	19:29.1
179	Ryan Debish	19:37.7
232	Brandon Walkley	21:55.7
259	Joash Sanchez	24:55.3

2.95 Miles D-2 Soph Boys

Official Team Scores

19 Rancho Bernardo 436

PL	NAME	TIME
53	Mathew Learn	18:36.1
78	Jacob Ryan	19:15.4
87	Jacob Lostetter	19:27.0
146	Chris Fan	20:59.8
170	Owen Meyers	21:37.6
184	Carter Corzine	22:07.0
195	Arian Mazdeh	22:28.0
207	Sean Day	23:08.8
218	Marc Walsh	23:48.8
219	Jonah Hershorn	23:48.9
230	Cameron Manard	24:52.7
232	Harrison Pierce	25:05.7

2.95 Miles D-2 Junior Boys

Official Team Scores

10 Rancho Bernardo 261

PL	NAME	TIME
7	Luis Barron	16:43.2
30	Yung-Yi Sun	17:41.5
37	Ryan Trecker	17:49.3
99	Max Mascardo	19:14.0
144	Cameron Hankinson	20:22.1
158	Jake Hankinson	20:52.1
168	Gautham Prabhakar	21:17.8
175	Gavin Concepcion	21:37.0
185	Justin Lim	22:11.0
204	Ethan Skousen	23:32.3
208	Patric Randolph	24:15.1



2.95 Miles D-2 Frosh Boys

PL	NAME	TIME
36	Max Anger	19:25.2
39	Cody Balazs	19:29.3
66	Zachary Sherman	20:06.0
167	Christian Flores	23:23.8

MT. CARMEL INVITATIONAL

Morley Field September 15, 2018
2.95 Miles Races by Grade Level



Dana Hills Nike Invitational

Girls Results

3 Miles D2 Senior

PL	NAME	TIME
27	Alexis Lee	20:14.2
43	Jazmyne Barron	21:14.3
65	Madison Schaller	22:18.2

3 Miles D2 Sophomore

Official Team Scores

1 Rancho Bernardo	84
2 Capistrano Valley	122
3 Santa Monica	122
4 Steele Canyon	151
5 Palo Verde	163

PL	NAME	TIME
1	Ashley Learn	17:58.5
4	Mia Stephenson	18:58.5
17	Samantha Ryan	20:09.1
36	Natalie Donham	20:50.1
48	Angelica Ota	21:13.4
104	Gina Lee	23:21.5
123	Emily Stallman	24:20.9
130	Julie Hernandez	24:37.4
131	Parmis Mazdeh	24:38.3
137	Jordan Beach	24:44.6
142	Audrey Street	24:57.4
143	Jaden Nguyen	25:04.0

Dana Hills HS, CA
September 22, 2018 3 Miles
3 Miles D2 Junior

Official Team Scores

12 Rancho Bernardo 260

PL	NAME	TIME
5	Victoria Dinov	18:57.2
71	Rachel Turner	24:00.0
79	Eve Helbeck	22:57.4
106	Julia Potenciano	24:38.6
131	Elyssa Abbott	26:47.4
136	Bailey Batton	27:09.7
137	Isabella Theus	27:10.1
140	Mckayla Roberts	28:02.4

3 Miles D2 Freshman

PL	NAME	TIME
67	Kylie Manard	16:00.0
68	Hannah Lefstein	23:17.6
96	Amy Wigley	24:25.6
102	Marissa Castro	24:32.9



Dana Hills Nike Invitational

Dana Hills HS, CA
September 22, 2018 3 Miles

Boys Results

3 Miles D2 Senior

Official Team Scores

11 Rancho Bernardo 259

PL	NAME	TIME
25	Justin Ferguson	16:14.6
48	Hayden Lewis	16:50.1
62	Jake Levya	17:03.8
79	Trevor Hodges	17:22.6
97	Ryan Debish	17:52.4
114	Garrett Macleod	18:19.1
146	Reece Lacour	19:15.4
171	Brandon Walkley	20:15.7
180	Brian Walkley	20:42.5
182	Colin Beck	20:53.4
199	Joash Sanchez	23:06.3

3 Miles D2 Junior

PL	NAME	TIME
14	Luis Barron	16:18.7
32	Yun-yi Sun	16:48.5
38	Max Mascardo	16:56.8
43	Ryan Trecker	17:08.1

3 Miles D2 Sophomore

Official Team Scores

9 Rancho Bernardo 284

PL	NAME	TIME
30	Jacob Ryan	17:18.3
50	Jacob Lostetter	17:52.4
51	Miles Jones	17:52.9
86	Chris Fan	18:45.1
120	Owen Myers	19:17.4
201	Marc Walsh	21:01.5
212	Jonah Hershorn	21:31.9
223	Cameron Manard	21:52.7
237	Harrison Pierce	22:54.5

3 Miles D2 Freshman

Official Team Scores

1 Foothill (Santa Ana)	84
2 Quartz Hill	103
3 Capistrano Valley	122
4 Rancho Bernardo	128

PL	NAME	TIME
15	Cody Balazs	17:46.9
16	Vaughn Lacour	17:58.8
34	Herman Malik	18:28.2
35	Max Anger	18:29.2
40	Zach Sherman	18:31.8
197	Christian Flores	21:48.0
273	Liam Worth	26:38.8

PALOMAR CLUSTER MEET #1

Guajome Park September 27, 2018

3.0 Miles Varsity



Girls Results

3 Miles Varsity

Official Team Scores

1 Poway	33
2 Rancho Bernardo	43
3 Mt Carmel	81
4 Del Norte	84
5 Westview	93

2.75 Miles Junior Varsity

Official Team Scores

1 Poway	21
2 Del Norte	45
3 Rancho Bernardo	89
4 Mt Carmel	106
5 Westview	116

PL	NAME	TIME
1	Jacey Farmer	18:35.6
3	Ashley Learn	18:51.3
11	Allison Boaz	19:54.0
13	Mia Stephenson	20:01.2
15	Victoria Dinov	20:20.3
27	Samantha Ryan	21:05.0
34	Alexis Lee	21:40.7
35	Jazmyne Barron	21:50.8
42	Madison Schaller	23:04.1

PL	NAME	TIME
9	Natalie Donham	16:48.6
14	Angelica Ota	17:08.1
21	Sophia Gonzalez	17:31.6
22	Kylie Maynard	17:33.3
23	Cassie Koyamatsu	17:41.4
24	Rowan Buzo	17:43.4
28	Gina Lee	17:52.3
35	Hannah Lefstein	18:15.2
37	Eve Helbock	18:21.5
42	Jordan Beach	18:40.9
48	Baylee Mendoza	19:12.9
50	Kayley McMichael	19:19.1
52	Emily Stallman	19:31.6
53	Julie Hernandez	19:35.4
55	Audrey Street	19:48.5
56	Elyssa Abbott	19:53.9
58	Parmis Mazdeh	19:57.8
65	Marissa Castro	20:42.7
66	Jaden Nguyen	20:44.3
68	Karen Rodriguez	20:52.9
72	Isabella Theus	21:35.8
74	McKayla Roberts	21:55.5

PALOMAR CLUSTER MEET #1

Guajome Park

September 27, 2018

3.0 Miles Varsity



Boys Results

3 Miles Varsity

Official Team Scores

1	Del Norte	40
2	Poway	51
3	Mt Carmel	81
4	Rancho Bernardo	86
5	Westview	100

3 Miles Junior Varsity

Official Team Scores

1	Poway	17
2	Del Norte	58
3	Mt Carmel	71
4	Rancho Bernardo	121
5	Westview	129

PL	NAME	TIME
2	Luis Barron	16:01.5
13	Justin Ferguson	16:47.1
14	Trevor Boaz	16:49.4
28	Ryan Trecker	17:34.4
29	Trevor Hodges	17:35.2
31	Max Mascardo	17:40.3
32	Jake Leyva	17:44.1
36	Mathew Learn	17:59.0
38	Hayden Lewis	18:05.4
39	Jacob Ryan	18:05.9
41	Yung-Yi Sun	18:11.9
45	Ryan Debish	18:32.2
46	Garrett MacLeod	18:41.9
57	Jacob Lostetter	20:02.0
60	Reece Lacour	20:16.7
61	Brian Walkley	20:20.1
62	Brandon Walkley	20:21.0
64	Collin Beck	21:14.2
66	Joash Sanchez	26:13.3

PL	NAME	TIME
11	Miles Jones	18:51.9
31	Jake Hankinson	19:46.5
49	Peter Minsch	20:39.8
50	Sean Day	20:48.7
53	Owen Meyers	21:03.9
59	Justin Lim	21:42.9
60	Arian Mazdeh	21:43.1
62	Cameron Hankinson	21:45.8
67	Gavin Concepcion	22:37.7
70	Patric Randolph	22:50.4
74	Marc Walsh	23:12.2
76	Jonah Hershorn	23:29.5
77	Ethan Skousen	23:31.5
82	Harrison Pierce	24:42.5
83	Cameron Manard	25:33.0

3 Miles Frosh

Official Team Scores

1	Rancho Bernardo	36
2	Mt Carmel	49
3	Del Norte	58
4	Westview	79

PL	NAME	TIME
3	Vaughn Lacour	18:15.5
4	Cody Balazs	18:53.7
5	Herman Malik	18:57.9
11	Zachary Sherman	19:30.3
20	Max Anger	20:12.7
21	Brayden Concepcion	20:13.7
30	Christian Flores	22:11.8
36	Gavin Morris	24:13.2
41	Carlos Lisboa-Sanc...	26:25.6
42	Liam Wirth	29:03.8

SO CAL INVITATIONAL

Guajome Park Vista, CA October 6, 2018
5K Varsity Races: Top 3 Runners, 4-5 Runners, 6-7 Runners

Girls Results

5,000 Meters Div. 1 Varsity Girls 4 & 5

PL	NAME	TIME
10	Samantha Ryan	21:09.2
19	Alexis Lee	21:57.3

5,000 Meters Div. 1 Varsity Girls 6 & 7

PL	NAME	TIME
12	Natalie Donham	21:48.8
23	Sophia Gonzalez	23:41.5

5,000 Meters Div. 1 Novice Girls

PL	NAME	TIME
13	Angelica Ota	22:40.0
23	Hannah Lefstein	23:32.2
25	Kylie Maynard	23:38.4
30	Marissa Castro	25:01.1
47	Jaden Nguyen	26:22.0
49	Karen Rodriguez	26:59.5

5,000 Meters Div 1 & 2 Novice Girls

Official Team Scores

1	Del Norte	36
2	Poway	42
3	Rancho Bernardo	85
4	El Camino (Oceanside)	129
5	San Marcos	142
6	Guajome Park Acad	144
7	Torrey Pines	147
8	Vista	199

5,000 Meters Div. 1 JV Girls

PL	NAME	TIME
13	Rowan Buzo	22:26.2
33	Rachel Turner	23:51.2
42	Gina Lee	24:30.1
44	Cassie Koyamatsu	24:43.3
52	Jordan Beach	25:13.1
53	Eve Helbock	25:14.7
61	Emily Stallman	26:09.6
67	Audrey Street	26:44.7
76	Kayley McMichael	28:00.2
79	Julia Potenciano	28:49.1
81	Elyssa Abbott	30:17.6
85	Bailey Batten	31:46.6

5,000 Meters Div 1 JV Girls

Official Team Scores

1	El Camino (Oceanside)	20
2	Torrey Pines	90
3	Del Norte	94
4	Mt Carmel	109
5	Westview	113
6	Rancho Bernardo	163
7	Chandler	163
8	Canyon Crest Academy	169
9	Poway	213

SO CAL INVITATIONAL

Guajome Park Vista, CA October 6, 2018
5K Varsity Races: Top 3 Runners, 4-5 Runners, 6-7 Runners

Boys Results

5,000 Meters Div. 1 Varsity Boys 1-3

PL	NAME	TIME
6	Luis Barron	16:06.9
23	Trevor Boaz	16:53.7
29	Ryan Trecker	17:23.3



YOU WILL NEVER
KNOW YOUR
LIMITS UNLESS
YOU PUSH
YOURSELF TO THEM.

5,000 Meters Div. 1 Varsity Boys 4 & 5

PL	NAME	TIME
10	Trevor Hodges	17:14.7
15	Jake Leyva	17:30.0

5,000 Meters Div. 1 Varsity Boys 6 & 7

PL	NAME	TIME
5	Hayden Lewis	17:13.3
9	Mathew Learn	17:25.1

5,000 Meters Div. 1 Novice Boys

Official Team Scores

1	Del Norte	65
2	Rancho Bernardo	76
3	EI Camino (Oceansid)	92

5,000 Meters Div. 1 Novice Boys

PL	NAME	TIME
7	Cody Balazs	18:27.5
9	Vaughn Lacour	18:29.3
18	Herman Malik	18:50.1
23	Max Anger	19:12.3
24	Zachary Sherman	19:13.0
38	Brayden Concepcion	19:56.0
57	Gavin Morris	20:43.5
70	Christian Flores	21:06.4
107	Harrison Pierce	23:21.4
124	Liam Wirth	25:43.2

5,000 Meters Div. 1 JV Boys

Official Team Scores

1	Torrey Pines	57
2	Rancho Bernardo	66
3	Poway	79
4	Mt Carmel	95

5,000 Meters Div. 1 JV Boys

PL	NAME	TIME
3	Yung-Yi Sun	17:23.5
14	Jacob Ryan	18:01.1
15	Miles Jones	18:02.8
16	Garrett MacLeod	18:07.6
22	Jacob Lostetter	18:16.0
26	Ryan Debish	18:28.4
69	Jake Hankinson	19:31.2
91	Peter Minsch	19:59.6
118	Cameron Hankinson	20:39.4
126	Owen Meyers	20:50.0
127	Collin Beck	20:55.3
128	Sean Day	20:55.9
139	Justin Lim	21:24.9
155	Jonah Hershorn	22:21.4
156	Gavin Concepcion	22:23.1
157	Marc Walsh	22:30.0
163	Ethan Skousen	23:18.5
164	Joash Sanchez	23:22.4
167	Patric Randolph	23:39.4

JAGUAR KIT CARSON INVITATIONAL

Kit Carson Park Escondido, CA October 19, 2018

BOYS 3.05 Miles

GIRLS 2.75 Miles

Girls Results

2.75 Miles Black Division Varsity

Official Team Scores

1 Steele Canyon	81
2 Point Loma	97
3 Mt Carmel	108
4 Valley Center	109
5 Trabuco Hills	123
6 El Camino (Oceanside)	161
7 Marina	196
8 Mission Vista	210
9 Sage Creek	235
10 Murrieta Mesa	251
11 Paloma Valley	288
12 San Pasqual	306
13 Scripps Ranch	350
14 Rancho Bernardo	350

PL	NAME	TIME
61	Jazmyne Barron	19:54.7
64	Alexis Lee	19:56.5
68	Rowan Buzo	20:00.4
94	Cassie Koyamatsu	21:12.1
103	Madison Schaller	21:24.3
114	Rachel Turner	21:57.5
115	Sophia Gonzalez	22:01.8



2.75 Miles Black Division JV

Official Team Scores

1 Point Loma	34
2 Steele Canyon	37
3 La Costa Canyon	69
4 Mt Carmel	138
5 Marina	158
6 Scripps Ranch	177
7 Valley Center	240
8 Rancho Bernardo	250
9 San Pasqual	294
10 Murrieta Mesa	296

PL	NAME	TIME
28	Kylie Maynard	21:04.8
39	Hannah Lefstein	21:43.3
71	Amy Wigley	22:36.2
72	Gina Lee	22:36.5
78	Marissa Castro	22:48.9
96	Emily Stallman	23:29.5
97	Julie Hernandez	23:30.2
98	Julia Potenciano	23:33.7
108	Parmis Mazdeh	23:46.2
114	Audrey Street	23:57.2
123	Kayley McMichael	24:23.0
127	Elyssa Abbott	24:25.4
140	McKayla Roberts	25:12.9
148	Karen Rodriquez	25:34.8
151	Jaden Nguyen	25:52.6
167	Isabella Theus	28:30.5
168	Bailey Batten	28:30.8
182	Emily Batten	31:38.4



JAGUAR KIT CARSON INVITATIONAL

Kit Carson Park Escondido, CA October 19, 2018
BOYS 3.05 Miles GIRLS 2.75 Miles

Boys Results

3.05 Miles Black Division Varsity

Official Team Scores

1	Murrieta Mesa	37
2	Point Loma	53
3	Rancho Bernardo	101
4	Mt Carmel	104
5	Grossmont	146

PL	NAME	TIME
11	Luis Barron	16:43.4
13	Justin Ferguson	16:55.3
19	Trevor Boaz	17:04.2
28	Yung-Yi Sun	17:25.0
30	Hayden Lewis	17:29.5
38	Trevor Hodges	17:42.6
47	Jake Leyva	17:57.7
49	Max Mascardo	18:01.0
52	Ryan Trecker	18:02.5



3.05 Miles Black Teal Division Frosh

Official Team Scores

1 Point Loma	72
2 Mt Carmel	73
3 Del Norte	103
4 Scripps Ranch	167
5 Rancho Bernardo	167

PL	NAME	TIME
16	Zachary Sherman	19:30.2
17	Herman Malik	19:31.6
20	Cody Balazs	19:41.3
23	Vaughn Lacour	19:48.2
117	Gavin Morris	23:05.4
169	Liam Wirth	25:37.2

3.05 Miles Black Division JV

Official Team Scores

1 Mt Carmel	42
2 La Costa Canyon	71
3 Rancho Bernardo	74
4 Point Loma	153
5 Valley Center	201

PL	NAME	TIME
3	Mathew Learn	17:51.2
10	Miles Jones	18:16.8
14	Garrett MacLeod	18:25.5
19	Jacob Ryan	18:30.7
29	Jacob Lostetter	18:45.8
31	Ryan Debish	18:52.9
44	Jake Hankinson	19:08.3
54	Reece Lacour	19:24.3
55	Chris Fan	19:24.3
84	Gautham Prabhakar	20:00.0
85	Collin Beck	20:00.4
100	Cameron Hankinson	20:22.9
101	Peter Minsch	20:23.2
107	Sean Day	20:31.0
114	Brian Walkley	20:35.8
115	Owen Meyers	20:37.1
116	Justin Lim	20:37.9
126	Brandon Walkley	20:53.2
142	Arian Mazdeh	21:21.7
154	Gavin Concepcion	21:52.5
168	Jonah Hershorn	22:13.2
180	Marc Walsh	22:44.0
184	Ethan Skousen	22:52.2
185	Patric Randolph	22:53.6
190	Joash Sanchez	23:01.2
217	Harrison Pierce	25:26.5

JAGUAR KIT CARSON INVITATIONAL



JAGUAR KIT CARSON INVITATIONAL

Kit Carson Park Escondido, CA October 19, 2018

BOYS 3.05 Miles

GIRLS 2.75 Miles





Mt. SAC Invitational

Walnut, CA October 20, 2018 2.93 Miles

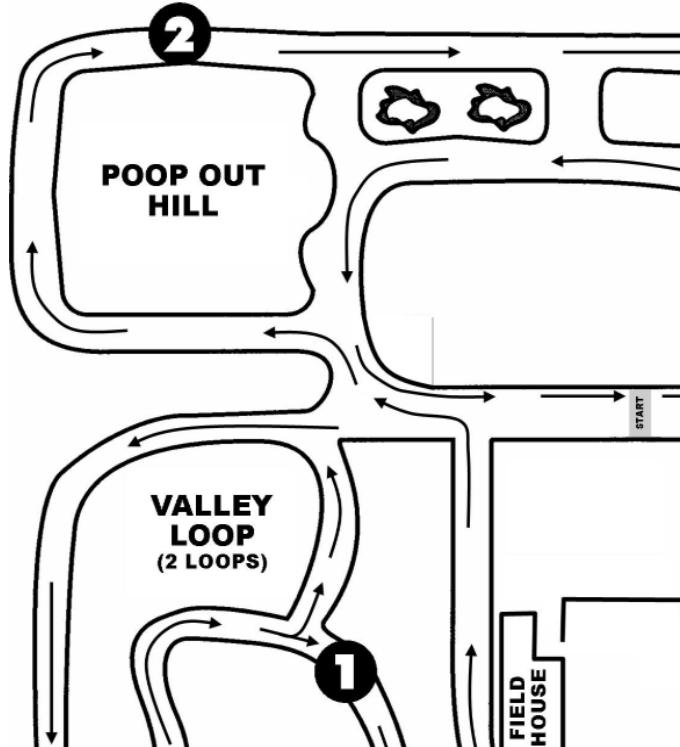


Race 47 - Girls D1&2 Individual Sweepstakes - 3 Mile

10/20/2018 - 9:14am

Team Race Results

Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	AMADOR VALLEY	125	1:34:58	18:59	6:19	2:18	1, 21, 31, 34, 53, 70, 74	1, 18, 27, 30, 49, 66, 70
2	CHAPARRAL (TEM)	129	1:35:24	19:04	6:21	2:18	8, 13, 24, 32, 68, 84, 109	6, 10, 21, 28, 64, 80, 102
3	REDONDO	159	1:36:58	19:23	6:27	0:51	20, 25, 42, 44, 46, 50, 71	17, 22, 38, 40, 42, 46, 67
4	MONTE VISTA (DAN)	174	1:36:49	19:21	6:27	2:26	7, 17, 26, 65, 75, 79, 87	5, 14, 23, 61, 71, 75, 83
5	ALISO NIGUEL	180	1:37:34	19:30	6:30	2:46	11, 27, 33, 41, 86, 89, 96	8, 24, 29, 37, 82, 85, 90
6	RANCHO BERNARDO	185	1:36:58	19:23	6:27	2:25	5, 12, 54, 59, 72, 77, 92	3, 9, 50, 55, 68, 73, 87
7	CLOVIS WEST	186	1:37:33	19:30	6:30	1:15	15, 36, 43, 55, 56, 69, 93	12, 32, 39, 51, 52, 65, 88
8	MONTA VISTA (CUP)	208	1:38:32	19:42	6:34	1:11	28, 30, 39, 63, 67, 82	25, 26, 35, 59, 63, 78
9	VALENCIA (VAL)	219	1:38:30	19:42	6:34	3:02	6, 35, 49, 62, 85, 100, 108	4, 31, 45, 58, 81, 94, 101
10	JSERRA	224	1:39:24	19:52	6:37	3:16	14, 23, 45, 64, 98, 106, 107	11, 20, 41, 60, 92, 99, 100



PL	NAME	TIME
5	Jacey Farmer	18:03
12	Ashley Learn	18:28
54	Mia Stephenson	19:53
59	Victoria Dinov	20:06
72	Allison Boaz	20:28
77	Samantha Ryan	20:36
92	Natalie Donham	21:34

PALOMAR CLUSTER MEET #2

Girls Results Kit Carson Park October 26, 2018 3.0 Miles
3 Miles Varsity **3 Miles Junior Varsity**

Official Team Scores

1 Poway	33
2 Rancho Bernardo	56
3 Westview	65
4 Mt Carmel	89
5 Del Norte	90

Official Team Scores

1 Del Norte	30
2 Poway	32
3 Rancho Bernardo	87
4 Mt Carmel	107
5 Westview	116

PL	NAME	TIME
1	Jacey Farmer	17:52.6
4	Ashley Learn	18:56.9
12	Allison Boaz	19:49.3
15	Victoria Dinov	20:10.8
24	Mia Stephenson	20:39.3
29	Samantha Ryan	20:59.9
36	Natalie Donham	21:32.5
37	Jazmyne Barron	21:40.1
39	Alexis Lee	21:45.0
42	Madison Schaller	22:46.3

PL	NAME	TIME
13	Angelica Ota	22:31.7
14	Rachel Turner	22:33.9
18	Rowan Buzo	22:49.6
28	Kylie Maynard	23:26.0
29	Hannah Lefstein	23:32.4
30	Gina Lee	23:42.2
37	Jordan Beach	24:15.9
40	Sophia Gonzalez	24:27.3
41	Julia Potenciano	24:44.5
42	Cassie Koyamatsu	24:48.1
43	Kayley McMichael	24:52.6
44	Emily Stallman	25:03.8
46	Parmis Mazdeh	25:17.6
48	Karen Rodriguez	25:39.6
56	Marissa Castro	26:28.7
58	Audrey Street	26:35.5
59	Julie Hernandez	26:38.8
60	Baylee Mendoza	26:58.7
65	Elyssa Abbott	28:08.8
66	Jaden Nguyen	29:31.8
69	Bailey Batten	31:28.2
70	Isabella Theus	31:28.4



PALOMAR CLUSTER MEET #2

Kit Carson Park October 26, 2018 3.0 Miles

Boys Results

3 Miles Varsity

Official Team Scores

1	Del Norte	43
2	Poway	50
3	Mt Carmel	70
4	Rancho Bernardo	76
5	Westview	111

PL	NAME	TIME
6	Luis Barron	16:04.8
9	Justin Ferguson	16:10.3
14	Trevor Boaz	16:19.3
23	Yung-Yi Sun	17:02.8
24	Trevor Hodges	17:04.3
25	Hayden Lewis	17:06.3
27	Max Mascardo	17:23.7
31	Jake Leyva	17:31.5
33	Garrett MacLeod	17:40.5
37	Mathew Learn	17:55.1
44	Ryan Debish	18:37.1
55	Brian Walkley	20:01.0
57	Brandon Walkley	20:15.5
58	Collin Beck	20:19.6

3 Miles Junior Varsity

Official Team Scores

1	Poway	15
2	Mt Carmel	48
3	Del Norte	92
4	Rancho Bernardo	94
5	Westview	137

PL	NAME	TIME
7	Miles Jones	17:43.7
15	Jacob Lostetter	18:19.5
17	Jacob Ryan	18:37.1
30	Peter Minsch	19:08.0
31	Chris Fan	19:08.2
42	Jake Hankinson	19:38.5
55	Cameron Hankinson	20:25.8
56	Carter Corzine	20:28.1
59	Justin Lim	20:48.7
60	Sean Day	20:50.1
64	Arian Mazdeh	21:11.3
65	Gavin Concepcion	21:12.1
68	Gautham Prabhakar	21:20.1
71	Marc Walsh	21:30.8
76	Patric Randolph	22:07.3
77	Ethan Skousen	22:35.4
78	Joash Sanchez	22:40.2
85	Jonah Hershorn	23:22.4
92	Harrison Pierce	25:56.0

3 Miles Boys Frosh

Official Team Scores

1	Mt Carmel	42
2	Rancho Bernardo	51
3	Del Norte	58
4	Poway	85
5	Westview	107

PL	NAME	TIME
3	Vaughn Lacour	18:17.7
6	Cody Balazs	18:25.1
10	Zachary Sherman	18:53.9
12	Brayden Concepcion	19:25.5
20	Max Anger	20:28.4
30	Gavin Morris	22:11.3
35	Liam Wirth	25:30.9



PALOMAR LEAGUE JUNIOR VARSITY CLUSTER

Kit Carson Park November 2, 2018 3.0 Miles Junior Varsity

Boys Results

3 Miles Palomar Junior Varsity

Official Team Scores

1 Poway	15
2 Mt Carmel	61
3 Rancho Bernardo	82
4 Westview	107
5 Del Norte	111

Girls Results

3 Miles Palomar Junior Varsity

Official Team Scores

1 Poway	24
2 Del Norte	41
3 Rancho Bernardo	80
4 Westview	102
5 Mt Carmel	123

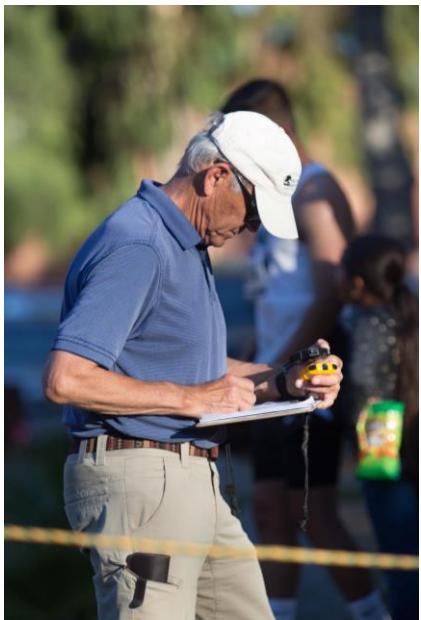
PL	NAME	TIME
7	Vaughn Lacour	17:37.6
10	Jacob Ryan	17:51.1
23	Cody Balazs	18:25.7
25	Jacob Lostetter	18:30.6
26	Zachary Sherman	18:31.4
39	Chris Fan	19:01.4
40	Peter Munsch	19:05.3
44	Gautham Prabhakar	19:14.8
46	Jake Hankinson	19:16.6
60	Brayden Concepcion	19:56.7
65	Sean Day	20:09.8
68	Justin Lim	20:15.6
85	Gavin Concepcion	20:56.1
87	Carter Corzine	21:02.0
91	Cameron Hankinson	21:12.7
94	Owen Meyers	21:20.3
100	Patric Randolph	21:56.7
101	Arian Mazdeh	22:00.4
102	Jonah Hershonin	22:04.1
104	Marc Walsh	22:05.8
108	Joash Sanchez	22:22.0
114	Ethan Skousen	22:50.7
124	Harrison Pierce	25:01.8
125	Liam Wirth	25:03.4

PL	NAME	TIME
6	Natalie Donham	21:35.4
16	Rowan Buzo	22:35.1
17	Angelica Ota	22:35.2
20	Cassie Koyamatsu	22:58.2
23	Kylie Maynard	23:08.2
25	Rachel Turner	23:15.4
37	Gina Lee	24:17.2
39	Hannah Lefstein	24:29.2
43	Amy Wigley	25:18.1
45	Jordan Beach	25:23.8
48	Baylee Mendoza	25:36.7
49	Marissa Castro	25:48.2
53	Audrey Street	26:45.8
54	Emily Stallman	26:47.1
55	Kayley McMichael	26:49.9
62	Karen Rodriguez	27:15.8
66	Jaden Nguyen	29:20.0
67	Elyssa Abbott	29:26.1
70	Julie Hernandez	29:47.8
72	Bailey Batten	31:07.7
73	Isabella Theus	31:07.9



PALOMAR LEAGUE JUNIOR VARSITY CLUSTER

Kit Carson Park November 2, 2018 3.0 Miles Junior Varsity

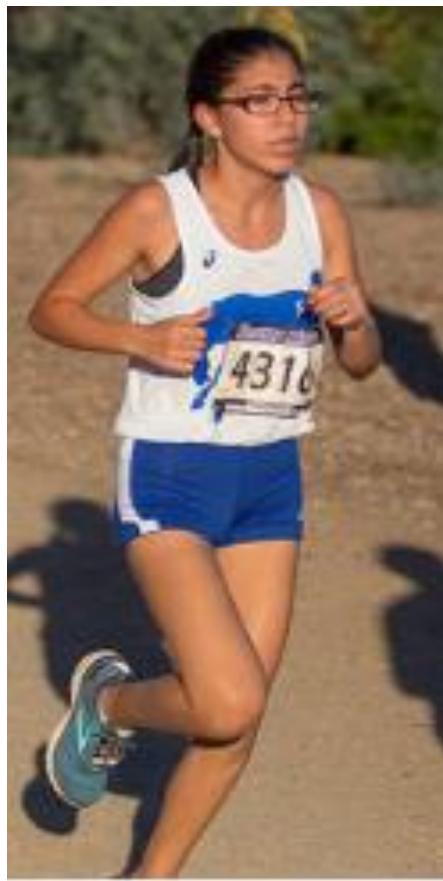


The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.

Howard Cosell

PALOMAR LEAGUE JUNIOR VARSITY CLUSTER

Kit Carson Park November 2, 2018 3.0 Miles Junior Varsity



PALOMAR LEAGUE FINALS

Guajome Park Vista, CA November 10, 2018
5K

Girls Results

5K Palomar League

Official Team Scores

1 Rancho Bernardo	45
2 Poway	47
3 Westview	65
4 Mt Carmel	83
5 Del Norte	108

GIRLS FINAL LEAGUE STANDINGS

1 Rancho Bernardo	14-2
1 Poway	14-2
3 Westview	6-10
4 Mt Carmel	5-11
5 Del Norte	1-15



PL	NAME	TIME
1	Jacey Farmer	18:44.8
2	Ashley Learn	18:46.3
11	Victoria Dinov	20:09.7
12	Allison Boaz	20:11.9
19	Samantha Ryan	20:33.6
20	Mia Stephenson	20:35.8
31	Jazmyne Barron	21:18.6
32	Natalie Donham	21:19.9
44	Rowan Buzo	22:06.3
48	Alexis Lee	22:25.3
57	Angelica Ota	23:52.8
58	Kylie Maynard	24:01.4



Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	RANCHO BERNARDO	45	1:38:26	19:41	6:20	1:48	1, 2, 11, 12, 19, 20, 31	1, 2, 11, 12, 19, 20, 31
2	POWAY	47	1:39:36	19:55	6:24	0:43	5, 8, 9, 10, 15, 23, 27	5, 8, 9, 10, 15, 23, 27
3	WESTVIEW	65	1:40:23	20:04	6:27	1:25	3, 13, 14, 17, 18, 22, 28	3, 13, 14, 17, 18, 22, 28
4	MT CARMEL	83	1:41:32	20:18	6:32	1:32	4, 7, 21, 25, 26, 29, 35	4, 7, 21, 25, 26, 29, 34
5	DEL NORTE	108	1:43:32	20:42	6:39	1:31	6, 16, 24, 30, 33, 34, 37	6, 16, 24, 30, 32, 33, 35

PALOMAR LEAGUE FINALS

Guajome Park Vista, CA November 10, 2018
5K

Boys Results

5K Palomar League

Official Team Scores

1 Poway	44
2 Del Norte	58
3 Rancho Bernardo	72
4 Mt Carmel	81
5 Westview	94

BOYS FINAL LEAGUE STANDINGS

1 Poway	14-2
1 Del Norte	14-2
3 Rancho Bernardo	6-10
3 Mt Carmel	6-10
5 Westview	0-16

PL	NAME	TIME
8	Trevor Boaz	16:38.4
11	Justin Ferguson	16:49.4
12	Luis Barron	16:50.4
18	Yung-Yi Sun	17:19.4
23	Hayden Lewis	17:34.4
35	Trevor Hodges	18:00.9
40	Mathew Learn	18:12.7
41	Garrett MacLeod	18:13.8
45	Max Mascardo	18:22.8
47	Miles Jones	18:30.5
50	Jake Leyva	18:37.0
53	Cody Balazs	18:50.0



Place	Name	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	POWAY	44	1:23:31	16:42	5:22	1:14	2, 5, 10, 13, 14, 15, 19	2, 5, 10, 13, 14, 15, 19
2	DEL NORTE	58	1:24:40	16:56	5:27	1:07	3, 4, 6, 21, 24, 26, 27	3, 4, 6, 21, 24, 26, 27
3	RANCHO BERNARDO	72	1:25:12	17:02	5:29	0:56	8, 11, 12, 18, 23, 35, 40	8, 11, 12, 18, 23, 32, 34
4	MT CARMEL	81	1:25:29	17:05	5:30	1:52	1, 16, 17, 22, 25, 30, 38	1, 16, 17, 22, 25, 29, 33
5	WESTVIEW	94	1:26:19	17:15	5:33	1:10	7, 9, 20, 29, 31, 32, 42	7, 9, 20, 28, 30, 31, 35



The truth is that
teamwork is at the heart
of great achievement.



SAN DIEGO CIF FINALS

Morley Field San Diego, CA November 17, 2018
Girls 2.96 Miles Boys 2.96 Miles

Boys Results

2.96 Miles Boys D-1 Varsity

Official Team Scores

1	El Camino (Oceanside)	103
2	San Marcos	131
3	Bonita Vista	156
4	Canyon Crest Academy	170
5	Rancho Bernardo	170
6	Otay Ranch	171
7	Mira Mesa	189
8	Torrey Pines	205
9	San Diego	246
10	Escondido	268

Girls Results

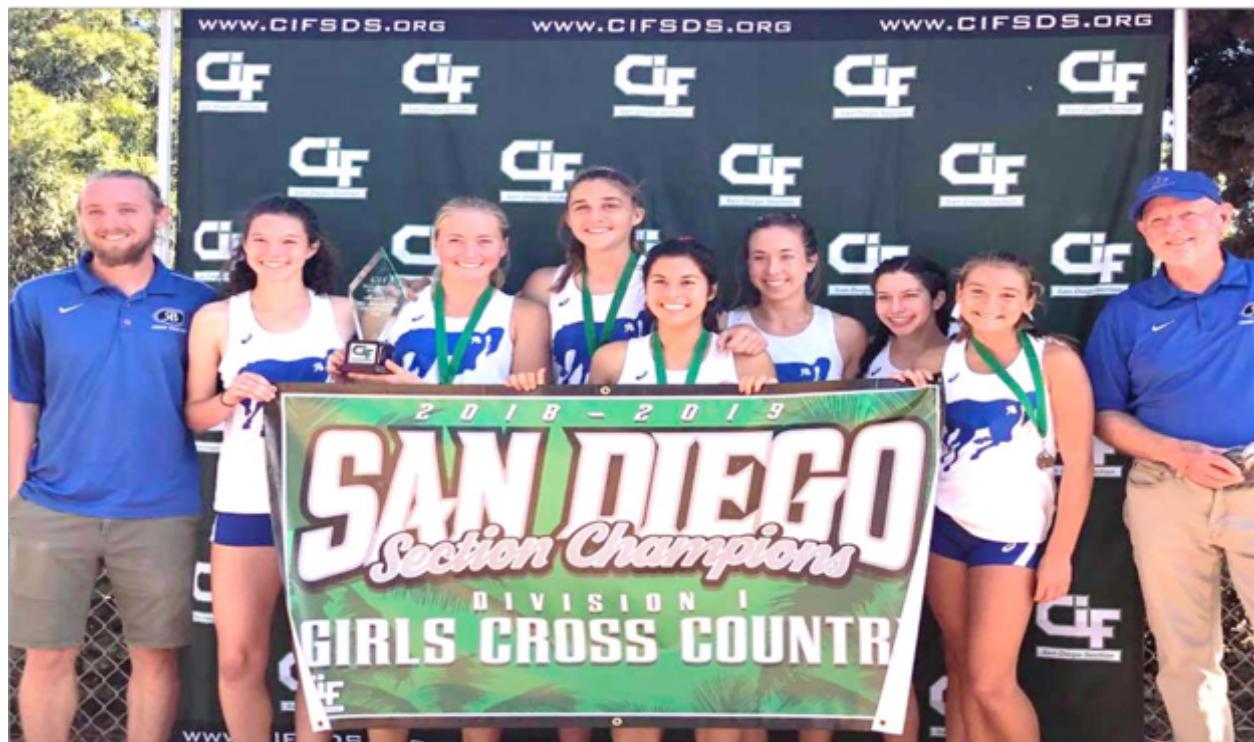
2.96 Miles Girls D-1 Varsity

Official Team Scores

1	Rancho Bernardo	65
2	El Camino (Oceanside)	70
3	Canyon Crest Academy	113
4	Westview	122
5	Torrey Pines	129
6	Eastlake	145
7	Mira Mesa	169
8	Olympian	247
9	Otay Ranch	257
10	Carlsbad	279

PL	NAME	TIME
7	Trevor Boaz	15:42.6
12	Luis Barron	15:46.0
25	Justin Ferguson	16:11.0
50	Trevor Hodges	16:35.5
76	Yung-Yi Sun	16:57.3
94	Hayden Lewis	17:11.8
116	Mathew Learn	17:34.5

PL	NAME	TIME
2	Jacey Farmer	18:11.8
3	Ashley Learn	18:14.0
15	Allison Boaz	19:08.1
19	Victoria Dinov	19:30.4
26	Mia Stephenson	19:45.6
37	Samantha Ryan	20:05.8
59	Natalie Donham	20:44.3



SAN DIEGO CIF FINALS

Morley Field San Diego, CA November 17, 2018
Girls 2.96 Miles Boys 2.96 Miles



CIF STATE CHAMPIONSHIPS

Woodward Park Fresno, CA November 26, 2018 DIV I 5,000 Meters

Girls Results

5,000 Meters Division I

Official Team Scores

Place	Girl	Time
14th	Jacey Farmer	18:00
24th	Ashley Learn	18:23
142nd	Ali Boaz	20:24
148th	Samantha Ryan	20:31
153rd	Victoria Dinov	20:37
164th	Mia Stephenson	21:01
181st	Natalie Donham	21:40

California State Meet
Cross Country
woodward Park
Fresno, California
5,000 meter course





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 (TIE)
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
2017	PALOMAR	TERRY DOCKERY	20 WINS - 0 LOSSES	1ST
2018	PALOMAR	TERRY DOCKERY	14 WINS - 2 LOSSES	1ST (TIE)

OVERALL RECORD : 224 WINS - 77 LOSSES (.744%)



rancho bernardo high school cross country

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
2017	PALOMAR	JOHN COLSON	8 WINS - 12 LOSSES	4TH
2018	PALOMAR	JOHN COLSON	6 WINS - 10 LOSSES	3RD (T)

OVERALL RECORD : 147 WINS - 154 LOSSES (.488%)

RBHS ALL-TIME TOP 10 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	ASHLEY LEARN	11:49	2018
7	JACEY FARMER	11:56	2018
8	KATIE SAMMER	12:00	2013
9	KRISTA EGENSE	12:02	2005
10	MICHELLE LEROUX	12:06	2010

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	JACEY FARMER	18:03	2018
5	BRYANNA FULLER	18:08	2014
6	CAROLINE DRAPER	18:20	2008
7	ASHLEY LEARN	18:25	2017
8	LAUREN VOYLES	18:27	2011
9	MICHELLE LEROUX	18:35	2009
10	DARINA DINOV	18:42	2009

MORLEY FIELD CIF COURSE (BOYS 2.96 MILES - GIRLS 2.96 MILES) ** New Course as of 2017 **

RANK	NAME	TIME	YEAR
1	TREVOR BOAZ	15:43	2018
2	LUIS BARRON	15:46	2018
3	JUSTIN FERGUSON	16:11	2018
4	BOBBY SANTOS	16:13	2017
5	TREVOR HODGES	16:36	2018
6	ASHTIN BRANTLEY	16:37	2017
7	LUIS BARRON	16:41	2017
8	JOEY ROBERTS	16:55	2017
9	YUNG-YI SUN	16:58	2018
10	KYLE HUMPHREY	17:01	2017

RANK	NAME	TIME	YEAR
1	JACEY FARMER	18:12	2018
2	ASHLEY LEARN	18:14	2018
3	ALLISON BOAZ	19:04	2017
4	ALYSSA TIVADAR	19:11	2017
5	VICTORIA DINOV	19:31	2018
6	IMOGEN BLEAKLEY	19:33	2017
7	CHLOE CHOSE	19:45	2017
8	MIA STEPHENSON	19:46	2018
9	ALI HARPER	20:04	2017
10	SAMANTHA RYAN	20:06	2018

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	JACEY FARMER	18:01	2018
4	CAROLINE DRAPER	18:14	2008
5	NIA AKINS	18:14	2015
6	KATIE SAMMER	18:22	2013
7	ASHLEY LEARN	18:25	2018
8	ELISA KARHU	18:25	2009
9	KALEENA YEE	18:30	1997
10	JULIE MANSON	18:31	1999

MORLEY FIELD CIF COURSE **before 2017 (BOYS 3.05 MILES - GIRLS 2.75 MILES) *course record.**

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

**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, *2013, 2014, *2015)
KATIE SAMMER (2013)
BRYANNA FULLER (2014)
KASSADY LEARN (2014,2016)
SYDNEY PRESNELL (2015)
ALI HARPER (2016)
ALYSSA TIVADAR (2017)
ALLISON BOAZ (2017)
ASHLEY LEARN (2017,2018)
JACEY FARMER (*2018)

* 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)
WYATT HILL (2014)
JEFFREY STEWART (2014)
FUYUKI KUROIWA (2015,2016)
TRISTAN CAPARAS (2015)
SENRI KUROIWA (2016)
BOBBY SANTOS (2017)
TREVOR BOAZ (2018)

* 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)
KATIE SAMMER (2013)
BRYANNA FULLER (2014)
KASSADY LEARN (2014,2016)
SYDNEY PRESNELL (2015)
NIA AKINS (2013, 2014, 2015)
ALI HARPER (2016)
ALYSSA TIVADAR (2016,2017)
ASHLEY LEARN (2017, 2018)
ALLISON BOAZ (2017, 2018)
JACEY FARMER (2018)
VICTORIA DINOV (2018)

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, **2018**)

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

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)
BOBBY SANTOS (2017)
TREVOR BOAZ (2018)
LUIS BARRON (2018)

SAN DIEGO SECTION CIF CHAMPIONS

CIF TEAM CHAMPIONSHIP DIVISION 1 BOYS (2005, 2010)

**RANCHO BERNARDO HIGH SCHOOL
CROSS COUNTRY 2018
COACHING STAFF AND SUPPORT TEAM**

HEAD COACH

TERRY DOCKERY

ASSISTANT COACHES

JOHN COLSON

JUSTIN WOLFE

IAN CABLE

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

KRISTIN FARMER

THANK YOU FOR SUPPORTING RBHS CROSS COUNTRY 2018!