



# RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY TEAM 2022



THE WORLD FEELS LIKE A RACE

Rancho Bernardo

Broncos

HS

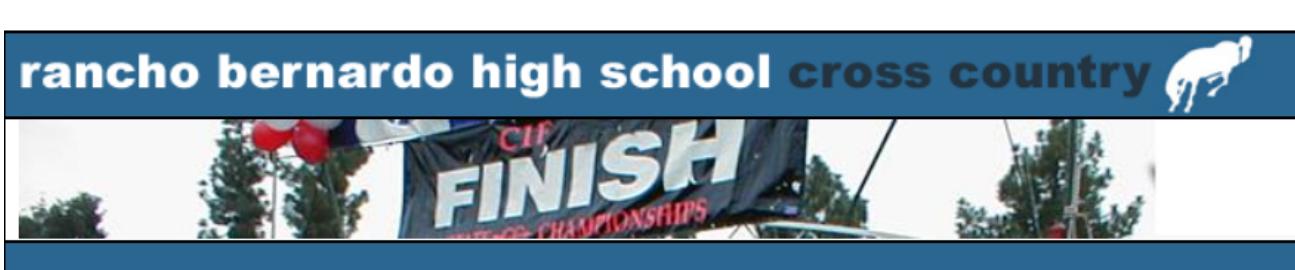
San Diego, CA |



## RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY TEAM 2022

Boys	Grade
Georgi Andreev	12
Hudson Blattman	12
Brandon Day	12
Nolan Flores	12
Blaize Fonseca	12
Ian Kendrick	12
Jack Marsh	12
Rowan Nicholas	12
Andrew Park	12
Joshua Shrader	12
Evan Stup	12
Joshua Chang	11
Antonio Correa	11
Dylan Lent	11
Roshan Malik	11
Otis Pratt	11
Max Schaller	11
Seth Fisher	10
Nathan Gillespie	10
Nathan Gillespie	10
Camden Luecht	10
Woody McMahon	10
Naoya Mizui	10
Jose Ramirez	10
Devin Cottom	9
Trent Dalrymple	9
Jack Focht	9
William Liu	9
Jayden Moffit	9
Christian Ochoa	9
Sunny Shen	9
Seth Vanderspek	9
Daniel Yip	9
Evan Zimsky	9

Girls	Grade
Elle Maglalang	12
Vanessa Ramirez	12
Audrey Stoffel	12
Audra Sutherland	12
Renae Anderson	11
Marin Baccei	11
Jasmyne Castro	11
Ayane Coker	11
Parnian Kavoosi	11
Marley Lippincott	11
Madison Lorenz	11
Kaelyn Style	11
Rheya Cummins	10
Masantu Hummler	10
Anvi Kakar	10
Yena Kim	10
Siviana Thrall	10
Sophia Baccei	9
Mollie Brailsford	9
Charlize Chammas	9
Abigail Chong	9
Livia Dangio	9
Alexandria Dasch	9
Anna Grant	9
Teagan Hupp	9
Jimena McDonald	9
Zoey Meadows	9
Eve Parenti	9



# 2022 Season Summary

## RB Cross Country



Date	Event	Course
Sat, Aug 27	Bronco Round-up	Kit Carson Park
Sat, Sep 03	CCA Ravens Fleet Feet SD XC Inv.	Canyon Crest Academy
Sat, Sep 17	Mt. Carmel/ASICS XC Invitational	Morley Field
Sat, Sep 24	Dana Hills Invitational	Dana Hills High School
Fri, Sep 30	Palomar League Cluster #1	San Dieguito Sports Park
Sat, Oct 15	Palomar League Cluster #2	Del Norte High School
Fri, Oct 21	Jaguar Kit Carson Invitational	Kit Carson Park
Sat, Oct 22	74th Annual Mt. SAC Cross Country Inv.	Mt. San Antonio College
Fri, Oct 28	Palomar JV Cluster	Kit Carson Park
Sat, Oct 29	UC Postal 2-Mile	University City High School
Thu, Nov 03	North County Conference Champ	Kit Carson Park
Sat, Nov 12	CIF San Diego Section Champ	Morley Field XC Course
Sat, Nov 26	2022 CIF State Cross Country Championships	Woodward Park, Fresno

# BRONCO ROUND-UP 2022 @ Kit Carson Park

Saturday, August 27th, 2022  
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

## Girls Results

### Varsity Girls

Place	Name	Grade	FINISH	PACE
22	Vanessa Ramirez	12	<b>12:41.4</b>	6:20.7
45	Renae Anderson	11	<b>13:20.7</b>	6:40.4
65	Jasmyne Castro	11	<b>13:44.0</b>	6:52.0
76	Kaelyn Style	11	<b>14:08.3</b>	7:04.2
93	Marin Baccei	11	<b>16:08.8</b>	8:04.4

### 2 Miles D2 Varsity

#### Official Team Scores

1	Cathedral Catholic	50
2	Del Norte	66
3	San Marcos	126
4	Mt Carmel	130
5	El Camino (Oceanside)	143
6	University City	144
7	Poway	160
8	San Dieguito Academy	183
9	Westview	206
10	Patrick Henry	241
<b>11</b>	<b>Rancho Bernardo</b>	<b>273</b>
12	Otay Ranch	305
13	Carlsbad	320

### JV GIRLS

Place	Name	Grade	FINISH	PACE
30	Rheya Cummins	10	<b>15:06.6</b>	7:33.3
49	Yena Kim	10	<b>15:37.1</b>	7:48.6
83	Marley Lippincott	11	<b>17:17.6</b>	8:38.8

### 2 Miles D2 Junior Varsity

#### Official Team Scores

1	El Camino (Oceanside)	38
2	Torrey Pines	54
3	Del Norte	77
4	San Dieguito Academy	95
5	Mt Carmel	125
6	Patrick Henry	182
7	Otay Ranch	195
8	Vista	203



# BRONCO ROUND-UP 2022 @ Kit Carson Park

Saturday, August 27th, 2022

2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

## Frosh/Novice Girls

Place	Name	Grade	FINISH	PACE
3	Anna Grant	9	<b>13:14.2</b>	6:37.1
9	Zoey Meadows	9	<b>13:36.2</b>	6:48.1
33	Sophia Baccei	9	<b>15:16.5</b>	7:38.3
40	Jimena McDonald	9	<b>15:27.6</b>	7:43.8
48	Abigail Chong	9	<b>16:02.8</b>	8:01.4
54	Charlize Chammas	9	<b>16:17.0</b>	8:08.5
56	Eve Parenti	9	<b>16:21.5</b>	8:10.8
57	Livia Dangio	9	<b>16:31.3</b>	8:15.7

## 2 Miles D2 Frosh/Novice

### Official Team Scores

1	Torrey Pines	66
2	Del Norte	74
3	El Camino (Oceanside)	78
4	Cathedral Catholic	91
5	Westview	104
<b>6</b>	<b>Rancho Bernardo</b>	<b>108</b>
7	Otay Ranch	163
8	San Marcos	215
9	Patrick Henry	268



# BRONCO ROUND-UP 2022 @ Kit Carson Park

Saturday, August 27th, 2022  
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

## Boys Results

### Varsity Boys

Place	Name	Grade	FINISH	PACE
7	Camden Luecht	10	<b>10:09.2</b>	5:04.6
13	Brandon Day	12	<b>10:21.1</b>	5:10.6
23	Rowan Nicholas	12	<b>10:38.7</b>	5:19.3
57	Jack Marsh	12	<b>11:18.1</b>	5:39.0
58	Andrew Park	12	<b>11:18.2</b>	5:39.1
74	Hudson Blattman	12	<b>11:38.7</b>	5:49.4
96	Evan Stup	12	<b>12:21.7</b>	6:10.9
102	Georgi Andreev	12	<b>12:47.1</b>	6:23.6

### 2 Miles D2 Varsity

#### Official Team Scores

1	Mt Carmel	105
2	Vista	113
3	Patrick Henry	117
4	Poway	117
5	San Dieguito Academy	126
<b>6</b>	<b>Rancho Bernardo</b>	<b>133</b>
7	Westview	138
8	El Camino (Oceanside)	155
9	University City	163
10	Cathedral Catholic	182
11	San Marcos	323
12	Otay Ranch	331
13	Carlsbad	395

### JV Boys

Place	Name	Grade	FINISH	PACE
26	Max Schaller	11	<b>11:55.2</b>	5:57.6
47	Jose Ramirez	10	<b>12:15.1</b>	6:07.6
66	Otis Pratt	11	<b>12:30.2</b>	6:15.1
98	Antonio Correa	11	<b>13:00.8</b>	6:30.4
108	Blaize Fonseca	12	<b>13:14.3</b>	6:37.2
122	Nolan Flores	12	<b>13:29.9</b>	6:44.9
154	Joshua Chang	11	<b>14:58.3</b>	7:29.1

### 2 Miles D2 Junior Varsity

#### Official Team Scores

1	Torrey Pines	48
2	Del Norte	59
3	Mt Carmel	116
4	San Dieguito Academy	139
5	Patrick Henry	157
6	Vista	167
7	El Camino (Oceanside)	195
8	Poway	217
9	Westview	246
10	Otay Ranch	262
11	San Marcos	264
<b>12</b>	<b>Rancho Bernardo</b>	<b>281</b>
13	University City	349
14	Grossmont	379



# BRONCO ROUND-UP 2022 @ Kit Carson Park

Saturday, August 27th, 2022  
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

## Frosh/Novice Boys

Place	Name	Grade	FINISH	PACE
12	William Liu	9	<b>12:04.2</b>	6:02.1
29	Sunny Shen	9	<b>12:39.4</b>	6:19.7
31	Devin Cottom	9	<b>12:50.2</b>	6:25.1
42	Daniel Yip	9	<b>13:18.6</b>	6:39.3
49	Seth Vanderspek	9	<b>13:29.5</b>	6:44.8
50	Jayden Moffit	9	<b>13:30.1</b>	6:45.1
56	Seth Fisher	10	<b>13:36.1</b>	6:48.1
59	Woody McMahon	10	<b>13:47.4</b>	6:53.7
60	Joshua Shrader	12	<b>13:50.3</b>	6:55.2
61	Nathan Gillespie	10	<b>13:52.4</b>	6:56.2
62	Evan Zimsky	9	<b>13:55.8</b>	6:57.9
79	Naoya Mizui	10	<b>14:29.5</b>	7:14.8

## 2 Miles D2 Frosh/Novice

### Official Team Scores

1 Poway	36
2 Cathedral Catholic	62
3 El Camino (Oceanside)	128
4 Torrey Pines	135
5 Del Norte	149
6 San Dieguito Academy	151
<b>7 Rancho Bernardo</b>	<b>155</b>
8 Mt Carmel	169
9 Patrick Henry	208
10 Otay Ranch	214
11 San Marcos	329
12 Grossmont	329



# **CCA Ravens Fleet Feet SD XC Invitational**

Saturday, September 3, 2022 Canyon Crest Academy

3 Miles Varsity, Grade Level

## **Girls Results**

### **3 Miles Senior/ Invitational**

PL	NAME	GR	FINISH	PACE
32	Vanessa Ramirez	12	<b>19:54.4</b>	6:38.1

### **3 Miles Junior**

PL	NAME	GR	FINISH	PACE
8	Renae Anderson	11	<b>20:41.8</b>	6:53.9
16	Jasmyne Castro	11	<b>21:13.6</b>	7:04.5
24	Kaelyn Style	11	<b>22:05.4</b>	7:21.8
63	Marin Baccei	11	<b>26:07.3</b>	8:42.4

### **\*1.5 Miles Sophomore \*changed to 1.5 because of heat**

PL	NAME	GR	FINISH	PACE
46	Anvi Kakar	10	<b>10:26.8</b>	6:57.9
68	Rheya Cummins	10	<b>10:53.8</b>	7:15.9
70	Yena Kim	10	<b>10:54.3</b>	7:16.2

\* Remaining Races Canceled due to heat

# **CCA Ravens Fleet Feet SD XC Invitational**

Saturday, September 3, 2022 Canyon Crest Academy

3 Miles Varsity, Grade Level

## **Boys Results**

### **3 Miles Senior/ Invitational**

PL	NAME	GR	FINISH	PACE
8	Camden Luecht	10	15:13.0	5:04.3
27	Brandon Day	12	16:08.9	5:23.0
59	Rowan Nicholas	12	16:56.7	5:38.9
77	Andrew Park	12	17:19.5	5:46.5
97	Jack Marsh	12	17:51.1	5:57.0
113	Hudson Blattman	12	18:19.3	6:06.4
129	Ian Kendrick	12	18:51.4	6:17.1
148	Georgi Andreev	12	19:37.3	6:32.4
184	Nolan Flores	12	21:16.2	7:05.4

### **3 Miles Junior**

PL	NAME	GR	FINISH	PACE
74	Otis Pratt	11	<b>20:04.4</b>	6:41.5
79	Antonio Correa	11	<b>20:09.3</b>	6:43.1

### **3 Miles Sophomore**

PL	NAME	GR	FINISH	PACE
90	Jose Ramirez	10	<b>20:44.5</b>	6:54.8
139	Woody McMahon	10	<b>23:09.2</b>	7:43.1
147	Seth Fisher	10	<b>24:17.0</b>	8:05.7
148	Naoya Mizui	10	<b>24:17.2</b>	8:05.7

\* Remaining Races Canceled due to heat



# Mt. Carmel/ASICS XC Invitational

Saturday, September 17, 2022, @ Morley Field, CA  
3.0 Miles

## Girls Results

### 3 Miles D-1 Senior/Invite

PL	NAME	GR	FINISH	PACE
24	Vanessa Ramirez	12	<b>20:11.8</b>	6:43.9
126	Audrey Stoffel	12	<b>29:42.9</b>	9:54.3
129	Elle Maglalang	12	<b>35:25.0</b>	11:48.3

### 3 Miles D-1 Senior/Invite

#### Official Team Scores

1 Los Alamitos	51
2 Canyon Crest Acade	53
3 Del Norte	69
4 Liberty	107
5 E. Roosevelt	111
6 Dana Hills	139
7 Desert Oasis	191
8 Carlsbad	200
9 Granite Hills	202
10 Olympian	236

### 3 Miles D-1 Junior

PL	NAME	GR	FINISH	PACE
16	Jasmyne Castro	11	<b>21:26.6</b>	7:08.9
24	Kaelyn Style	11	<b>22:04.4</b>	7:21.5
79	Marin Baccei	11	<b>26:58.4</b>	8:59.5

### 3 Miles D-1 Junior

#### Official Team Scores

1 Westview	45
2 San Dieguito Acader	48
3 Catalina Foothills	77
4 Del Norte	86
5 Steele Canyon	92

### 3 Miles D-1 Sophomore

PL	NAME	GR	FINISH	PACE
55	Anvi Kakar	10	<b>23:09.4</b>	7:43.1
95	Yena Kim	10	<b>25:09.4</b>	8:23.1
117	Masantu Hummler	10	<b>27:01.1</b>	9:00.4

### 3 Miles D-1 Sophomore

#### Official Team Scores

1 La Quinta (La Quinta	28
2 Scripps Ranch	100
3 San Dieguito Acader	127
4 E. Roosevelt	163
5 San Pasqual	169

# Mt. Carmel/ASICS XC Invitational

Saturday, September 17, 2022, @ Morley Field, CA

3.0 Miles

## 3 Miles D-1 Frosh

PL	NAME	GR	FINISH	PACE
11	Anna Grant	9	<b>20:56.4</b>	6:58.8
37	Abigail Chong	9	<b>23:38.9</b>	7:53.0
49	Sophia Baccei	9	<b>24:14.1</b>	8:04.7
54	Jimena McDonald	9	<b>24:27.3</b>	8:09.1
64	Charlize Chammas	9	<b>24:55.1</b>	8:18.4
69	Livia Dangio	9	<b>25:12.6</b>	8:24.2
88	Eve Parenti	9	<b>26:18.1</b>	8:46.0
109	Alexandria Dasch	9	<b>31:12.1</b>	10:24.0

## 3 Miles D-1 Frosh

### Official Team Scores

1	Canyon Crest Academy	30
2	Del Norte	34
3	Torrey Pines	101
4	Rancho Bernardo	114
5	Steele Canyon	138
6	Dana Hills	141
7	Mission Hills	182
8	Desert Oasis	192

# Mt. Carmel/ASICS XC Invitational

Saturday, September 17, 2022, @ Morley Field, CA  
3.0 Miles

## Boys Results

### 3 Miles D-1 Senior/Invite

PL	NAME	GR	FINISH	PACE
34	Brandon Day	12	<b>16:40.8</b>	5:33.6
93	Rowan Nicholas	12	<b>17:35.9</b>	5:52.0
96	Andrew Park	12	<b>17:41.4</b>	5:53.8
123	Hudson Blattman	12	<b>18:42.6</b>	6:14.2
128	Ian Kendrick	12	<b>18:46.9</b>	6:15.6
147	Jack Marsh	12	<b>19:17.9</b>	6:26.0
149	Georgi Andreev	12	<b>19:18.9</b>	6:26.3
160	Evan Stup	12	<b>20:00.4</b>	6:40.1
182	Blaize Fonseca	12	<b>21:12.1</b>	7:04.0
195	Nolan Flores	12	<b>22:02.3</b>	7:20.8

### 3 Miles D-1 Senior/Invite

#### Official Team Scores

1	Crescenta Valley	83
2	Dana Hills	117
3	Saugus	119
4	Liberty	168
5	Loyola	173
6	Canyon Crest Acade	203
7	Vista	210
8	Sage Creek	231
9	Steele Canyon	249
10	E. Roosevelt	252
11	Mt Carmel	267
12	Los Alamitos	301
13	Catalina Foothills	332
<b>14</b>	<b>Rancho Bernardo</b>	<b>375</b>

### 3 Miles D-1 Junior

PL	NAME	GR	FINISH	PACE
69	Max Schaller	11	<b>18:35.7</b>	6:11.9
101	Otis Pratt	11	<b>19:40.3</b>	6:33.4
109	Antonio Correa	11	<b>20:01.8</b>	6:40.6
113	Roshan Malik	11	<b>20:07.4</b>	6:42.5
138	Joshua Chang	11	<b>21:35.7</b>	7:11.9

### 3 Miles D-1 Junior

#### Official Team Scores

1	Crescenta Valley	50
2	Dana Hills	111
3	Catalina Foothills	124
4	Rancho Cucamonga	126
5	Del Norte	165
6	San Dieguito Acader	165
7	Loyola	174
8	Olympian	187
9	Eastlake	199
10	Otay Ranch	274
11	Downey	307
12	Chaparral	347
13	Valhalla	356
14	Poway	356
<b>15</b>	<b>Rancho Bernardo</b>	<b>362</b>
16	Temescal Canyon	371

# Mt. Carmel/ASICS XC Invitational

Saturday, September 17, 2022, @ Morley Field, CA  
3.0 Miles

## 3 Miles D-1 Sophomore

PL	NAME	GR	FINISH	PACE
63	Jose Ramirez	10	<b>18:23.4</b>	6:07.8
170	Woody McMahon	10	<b>21:58.4</b>	7:19.5
171	Nathan Gillespie	10	<b>21:58.5</b>	7:19.5
175	Naoya Mizui	10	<b>22:06.1</b>	7:22.0

## 3 Miles D-1 Sophomore

### Official Team Scores

1 Loyola	69
2 Rancho Cucamonga	131
3 Del Norte	145
4 Bonita Vista	148
5 Burroughs (Burbank)	160

## 3 Miles D-1 Frosh

PL	NAME	GR	FINISH	PACE
16	William Liu	9	<b>18:14.8</b>	6:04.9
35	Trent Dalrymple	9	<b>19:02.2</b>	6:20.7
65	Sunny Shen	9	<b>19:48.9</b>	6:36.3
76	Devin Cottom	9	<b>20:00.4</b>	6:40.1
87	Daniel Yip	9	<b>20:25.9</b>	6:48.6
125	Evan Zimsky	9	<b>21:45.7</b>	7:15.2
138	Seth Vanderspek	9	<b>22:19.4</b>	7:26.5
153	Christian Ochoa	9	<b>23:02.0</b>	7:40.7

## 3 Miles D-1 Frosh

### Official Team Scores

1 Rancho Cucamonga	78
2 Poway	120
3 Canyon Crest Acad	123
4 Del Norte	145
5 Loyola	154
6 Dana Hills	199
<b>7 Rancho Bernardo</b>	<b>201</b>
8 Mt Carmel	235
9 Scripps Ranch	238
10 E. Roosevelt	248





# Dana Hills Invitational

Saturday, September 24 2022, Dana Hills High School, Dana Point  
3.0 Miles

## Girls Results

### 3 Miles D1 Girls Senior/Invitational

PL	NAME	GR	FINISH	PACE
55	Vanessa Ramirez	12	<b>18:51.9</b>	6:17.3
82	Audra Sutherland	12	<b>19:10.6</b>	6:23.5
179	Audrey Stoffel	12	<b>23:50.5</b>	7:56.8

### 3 Miles Senior/Invitational D1

#### Official Team Scores

1 J Serra Catholic	45
2 Dana Hills	88
3 Canyon Crest Acad	118
4 Del Norte	127
5 La Costa Canyon	156

### 3 Miles D1 Girls Junior

PL	NAME	GR	FINISH	PACE
7	Jasmyne Castro	11	<b>20:15.1</b>	6:45.0
28	Kaelyn Style	11	<b>21:08.2</b>	7:02.7
84	Marin Baccei	11	<b>24:54.0</b>	8:18.0
107	Marley Lippincott	11	<b>27:03.2</b>	9:01.1

### 3 Miles Junior D1

#### Official Team Scores

1 Westview	62
2 Trabuco Hills	69
3 Del Norte	88

### 3 Miles D1 Girls Freshmen

PL	NAME	GR	FINISH	PACE
13	Anna Grant	9	<b>20:20.6</b>	6:46.9
49	Abigail Chong	9	<b>22:18.9</b>	7:26.3
57	Sophia Baccei	9	<b>22:35.0</b>	7:31.7
58	Charlize Chammas	9	<b>22:40.3</b>	7:33.4
91	Eve Parenti	9	<b>24:43.6</b>	8:14.5
121	Teagan Hupp	9	<b>25:49.9</b>	8:36.6
162	Alexandria Dasch	9	<b>29:25.6</b>	9:48.5

### 3 Miles D1 Girls Freshmen

#### Official Team Scores

1 Santiago (Corona)	41
2 Del Norte	57
3 Great Oak	132
4 Trabuco Hills	149
5 San Clemente	172
6 Santa Monica	174
<b>7 Rancho Bernardo</b>	<b>191</b>
8 Aliso Niguel	219
9 Dana Hills	226
10 Millikan	229

# Dana Hills Invitational

Saturday, September 24 2022, Dana Hills High School, Dana Point  
3.0 Miles



## Boys Results

### 3 Miles D1 Boys Senior

PL	NAME	GR	FINISH	PACE
20	Camden Luecht	10	15:13.0	5:04.3
56	Brandon Day	12	15:49.9	5:16.6
58	Rowan Nicholas	12	15:50.5	5:16.8
138	Andrew Park	12	16:54.1	5:38.0
159	Jack Marsh	12	17:18.2	5:46.1
161	Hudson Blattman	12	17:19.6	5:46.5
191	Evan Stup	12	18:32.0	6:10.7
198	Georgi Andreev	12	18:42.2	6:14.1
204	Ian Kendrick	12	18:53.7	6:17.9
225	Blaize Fonseca	12	20:51.0	6:57.0
226	Nolan Flores	12	21:10.0	7:03.3

### 3 Miles D1 Boys Senior

#### Official Team Scores

1	San Clemente	53
2	Great Oak	118
3	Tesoro	149
4	Dana Hills	149
5	Ayala	180
	...	
15	Rancho Bernardo	342

### 3 Miles D1 Boys Junior

PL	NAME	GR	FINISH	PACE
50	Max Schaller	11	17:27.0	5:49.0
83	Roshan Malik	11	18:14.0	6:04.7
89	Antonio Correa	11	18:42.6	6:14.2
96	Otis Pratt	11	18:56.6	6:18.9
128	Joshua Chang	11	20:38.4	6:52.8

### 3 Miles D1 Boys Junior

#### Official Team Scores

1	San Clemente	52
2	Millikan	114
3	Del Norte	145
4	Canyon Crest Academy	167
5	Trabuco Hills	169
	...	
15	Rancho Bernardo	325

# Dana Hills Invitational

Saturday, September 24 2022, Dana Hills High School, Dana Point  
3.0 Miles

## 3 Miles D1 Boys Sophomore

PL	NAME	GR	FINISH	PACE
51	Jose Ramirez	10	<b>17:57.2</b>	5:59.1
147	Naoya Mizui	10	<b>20:40.1</b>	6:53.4
169	Woody McMahon	10	<b>21:38.9</b>	7:13.0
171	Seth Fisher	10	<b>21:43.4</b>	7:14.5

## 3 Miles D1 Boys Sophomore

### Official Team Scores

1 Santiago (Corona)	41
2 Tesoro	101
3 Ayala	123
4 Del Norte	132
5 Poway	147

## 3 Miles D1 Boys Freshmen

PL	NAME	GR	FINISH	PACE
18	William Liu	9	<b>17:31.8</b>	5:50.6
58	Trent Dalrymple	9	<b>18:52.1</b>	6:17.4
60	Devin Cottom	9	<b>18:54.9</b>	6:18.3
71	Sunny Shen	9	<b>19:17.0</b>	6:25.7
85	Jayden Moffit	9	<b>19:39.4</b>	6:33.1
104	Daniel Yip	9	<b>20:02.1</b>	6:40.7
118	Jack Focht	9	<b>20:28.3</b>	6:49.4
156	Seth Vanderspek	9	<b>21:16.7</b>	7:05.6
160	Evan Zimsky	9	<b>21:21.6</b>	7:07.2
188	Christian Ochoa	9	<b>22:14.9</b>	7:25.0

## 3 Miles Freshman D1

### Official Team Scores

1 La Serna	71
2 Aliso Niguel	117
3 Great Oak	130
4 Poway	135
5 Millikan	150
6 Ayala	171
7 Canyon Crest Acad	201
8 San Clemente	236
9 Dana Hills	240
<b>10 Rancho Bernardo</b>	<b>252</b>



# Palomar League Cluster #1

Friday, September 30, 2022 @ San Dieguito Sports Park, CA  
3.0 MILE

## Girls Results

### 3 Miles Varsity

	PL	FIRST	GR	FINISH	PACE
	9	Vanessa Ramirez	12	<b>18:56.3</b>	
	13	Audra Sutherland	12	<b>19:18.0</b>	
	15	Jasmyne Castro	11	<b>19:40.1</b>	
	22	Anna Grant	9	<b>19:57.6</b>	
	34	Kaelyn Style	11	<b>20:50.1</b>	
	50	Audrey Stoffel	12	<b>24:23.3</b>	
	51	Marin Baccei	11	<b>25:39.4</b>	

### 3 Miles Varsity

#### Official Team Scores

1 Del Norte	27
2 San Marcos	86
<b>3 Rancho Bernardo</b>	<b>91</b>
4 Poway	97
5 Westview	102
6 Mt Carmel	105

### 3 Miles Junior Varsity

	PL	FIRST	GR	FINISH	PACE
	16	Anvi Kakar	10	<b>21:41.3</b>	
	17	Abigail Chong	9	<b>21:43.6</b>	
	18	Sophia Baccei	9	<b>21:53.2</b>	
	19	Rheya Cummins	10	<b>21:58.7</b>	
	21	Charlize Chammas	9	<b>22:13.5</b>	
	38	Livia Dangio	9	<b>23:44.9</b>	
	40	Yena Kim	10	<b>23:52.2</b>	
	42	Eve Parenti	9	<b>24:10.7</b>	
	43	Parnian Kavooosi	11	<b>24:11.9</b>	
	44	Marley Lippincott	11	<b>24:15.2</b>	
	45	Teagan Hupp	9	<b>24:16.6</b>	
	51	Masantu Hummler	10	<b>25:35.3</b>	
	59	Alexandria Dasch	9	<b>29:21.3</b>	
	60	Mollie Brailsford	9	<b>30:14.4</b>	

### 3 Miles Junior Varsity

#### Official Team Scores

1 Del Norte	19
2 Westview	53
3 San Marcos	75
<b>4 Rancho Bernardo</b>	<b>86</b>
5 Poway	130

# Palomar League Cluster #1

Friday, September 30, 2022 @ San Dieguito Sports Park, CA

## Boys Results

3.0 MILE

### 3 Miles Varsity

PL	NAME	GR	FINISH	PACE
3	Camden Luecht	10	<b>15:25.0</b>	5:08.3
7	Rowan Nicholas	12	<b>15:45.3</b>	5:15.1
12	Brandon Day	12	<b>15:53.2</b>	5:17.7
32	Andrew Park	12	<b>16:43.0</b>	5:34.3
38	Hudson Blattman	12	<b>16:54.7</b>	5:38.2
43	William Liu	9	<b>17:07.2</b>	5:42.4
49	Jack Marsh	12	<b>17:20.3</b>	5:46.8
50	Jose Ramirez	10	<b>17:20.8</b>	5:46.9
52	Max Schaller	11	<b>17:36.3</b>	5:52.1
55	Ian Kendrick	12	<b>17:47.8</b>	5:55.9
57	Georgi Andreev	12	<b>17:58.6</b>	5:59.5
66	Otis Pratt	11	<b>18:44.4</b>	6:14.8
69	Evan Stup	12	<b>19:05.9</b>	6:22.0
70	Nolan Flores	12	<b>19:44.2</b>	6:34.7
73	Blaize Fonseca	12	<b>19:57.5</b>	6:39.2

### 3 Miles Varsity

#### Official Team Scores

1	Westview	66
2	Del Norte	67
3	Poway	70
4	Mt Carmel	81
<b>5</b>	<b>Rancho Bernardo</b>	<b>85</b>
6	San Marcos	138

### 3 Miles Junior Varsity

PL	NAME	GR	FINISH	PACE
23	Trent Dalrymple	9	<b>18:19.6</b>	6:06.5
24	Roshan Malik	11	<b>18:20.0</b>	6:06.7
28	Devin Cottom	9	<b>18:32.9</b>	6:11.0
30	Sunny Shen	9	<b>18:37.0</b>	6:12.3
35	Jayden Moffit	9	<b>18:47.8</b>	6:15.9
49	Antonio Correa	11	<b>19:32.6</b>	6:30.9
52	Daniel Yip	9	<b>19:41.7</b>	6:33.9
59	Naoya Mizui	10	<b>20:10.6</b>	6:43.5
61	Jack Focht	9	<b>20:33.2</b>	6:51.1
62	Evan Zimsky	9	<b>20:33.3</b>	6:51.1
64	Joshua Chang	11	<b>20:33.9</b>	6:51.3
68	Seth Vanderspek	9	<b>20:51.6</b>	6:57.2
74	Seth Fisher	10	<b>21:26.9</b>	7:09.0
77	Christian Ochoa	9	<b>21:31.6</b>	7:10.5

### 3 Miles Junior Varsity

#### Official Team Scores

1	Poway	29
2	Mt Carmel	41
3	Del Norte	58
4	Westview	125
5	San Marcos	132
<b>6</b>	<b>Rancho Bernardo</b>	<b>139</b>



# Palomar League Cluster #2,

Saturday, October 15, 2022 @ Del Norte HS Campus Course

## Girls Results

### 3 Miles Varsity

	PL	FIRST	GR	FINISH	PACE
	5	Vanessa Ramirez	12	<b>18:22.7</b>	6:07.6
	8	Audra Sutherland	12	<b>18:55.8</b>	6:18.6
	13	Jasmyne Castro	11	<b>19:38.3</b>	6:32.8
	17	Anna Grant	9	<b>19:59.7</b>	6:39.9
	27	Kaelyn Style	11	<b>20:37.7</b>	6:52.6
	35	Anvi Kakar	10	<b>21:07.4</b>	7:02.5
	42	Audrey Stoffel	12	<b>24:55.4</b>	8:18.5
	43	Marin Baccei	11	<b>25:19.3</b>	8:26.4

### 3 Miles Varsity

#### Official Team Scores

1 Del Norte	45
2 Mt Carmel	67
<b>3 Rancho Bernardo</b>	<b>69</b>
4 San Marcos	70
5 Poway	79

### 3 Miles Junior Varsity

	PL	FIRST	GR	FINISH	PACE
	2	Rheya Cummins	10	<b>20:58.4</b>	6:59.5
	4	Sophia Baccei	9	<b>21:24.9</b>	7:08.3
	9	Abigail Chong	9	<b>21:49.6</b>	7:16.5
	14	Livia Dangio	9	<b>23:05.5</b>	7:41.8
	15	Siviana Thrall	10	<b>23:09.2</b>	7:43.1
	25	Eve Parenti	9	<b>24:33.3</b>	8:11.1
	26	Marley Lippincott	11	<b>24:46.3</b>	8:15.4
	37	Alexandria Dasch	9	<b>29:18.0</b>	9:46.0

### 3 Miles JV

#### Official Team Scores

1 Del Norte	30
<b>2 Rancho Bernardo</b>	<b>30</b>
3 San Marcos	67
4 Poway	110

# Palomar League Cluster #2,

Saturday, October 15, 2022 @ Del Norte HS Campus Course

## Boys Results

### 3 Miles Varsity

PL	NAME	GR	FINISH	PACE
4	Camden Luecht	10	<b>15:27.5</b>	5:09.2
5	Brandon Day	12	<b>15:37.8</b>	5:12.6
8	Rowan Nicholas	12	<b>15:42.8</b>	5:14.3
24	Andrew Park	12	<b>16:44.2</b>	5:34.7
28	Hudson Blattman	12	<b>16:55.7</b>	5:38.6
32	Max Schaller	11	<b>17:03.5</b>	5:41.2
38	William Liu	9	<b>17:11.7</b>	5:43.9
41	Jose Ramirez	10	<b>17:27.2</b>	5:49.1
42	Georgi Andreev	12	<b>17:27.6</b>	5:49.2
50	Jack Marsh	12	<b>18:12.4</b>	6:04.1
58	Evan Stup	12	<b>19:06.0</b>	6:22.0
59	Ian Kendrick	12	<b>19:24.4</b>	6:28.1
60	Blaize Fonseca	12	<b>19:57.7</b>	6:39.2
62	Nolan Flores	12	<b>20:08.8</b>	6:42.9

### 3 Miles Varsity

#### Official Team Scores

1	Westview	48
2	Poway	51
<b>3</b>	<b>Rancho Bernardo</b>	<b>66</b>
4	Mt Carmel	96
5	San Marcos	128
6	Del Norte	134

### 3 Miles Junior Varsity

PL	NAME	GR	FINISH	PACE
24	Devin Cottom	9	<b>18:17.4</b>	6:05.8
28	Otis Pratt	11	<b>18:28.1</b>	6:09.4
29	Roshan Malik	11	<b>18:29.3</b>	6:09.8
34	Jayden Moffit	9	<b>18:47.4</b>	6:15.8
35	Sunny Shen	9	<b>18:47.8</b>	6:15.9
38	Trent Dalrymple	9	<b>18:49.3</b>	6:16.4
39	Antonio Correa	11	<b>18:51.5</b>	6:17.2
50	Daniel Yip	9	<b>19:46.0</b>	6:35.3
52	Naoya Mizui	10	<b>19:49.7</b>	6:36.6
54	Jack Focht	9	<b>20:07.8</b>	6:42.6
55	Joshua Chang	11	<b>20:08.0</b>	6:42.7
56	Evan Zimsky	9	<b>20:10.0</b>	6:43.3
57	Woody McMahon	10	<b>20:19.4</b>	6:46.5
58	Seth Vanderspek	9	<b>20:19.7</b>	6:46.6
68	Seth Fisher	10	<b>21:01.5</b>	7:00.5
76	Christian Ochoa	9	<b>21:37.2</b>	7:12.4

### 3 Miles JV

#### Official Team Scores

1	Poway	17
2	Westview	80
3	San Marcos	83
4	Mt Carmel	89
5	Del Norte	91
<b>6</b>	<b>Rancho Bernardo</b>	<b>148</b>



# Jaguar Kit Carson XC Invitational

Friday, October 21, 2022 Kit Carson Park ~ Escondido, CA

## Girls Results

### 2.75 Miles Teal Division JV

PL	NAME	GR	FINISH	PACE
7	Rheya Cummins	10	<b>20:41.9</b>	6:47.2
10	Abigail Chong	9	<b>21:05.2</b>	6:54.8
19	Charlize Chammas	9	<b>21:41.3</b>	7:06.7
26	Siviana Thrall	10	<b>22:26.2</b>	7:21.4
32	Jimena McDonald	9	<b>22:45.8</b>	7:27.8
49	Parnian Kavoosi	11	<b>23:48.4</b>	7:48.3
50	Audrey Stoffel	12	<b>23:49.9</b>	7:48.8
54	Marley Lippincott	11	<b>24:09.2</b>	7:55.1
96	Alexandria Dasch	9	<b>28:48.0</b>	9:26.6
108	Mollie Brailsford	9	<b>30:36.0</b>	10:02.0



### 2.75 Miles JV

#### Official Team Scores

1 Point Loma	17
2 Steele Canyon	59
3 Rancho Bernardo	85
4 Otay Ranch	122
5 San Dieguito Academy	142
6 Fallbrook	177
7 Sweetwater	198
8 San Pasqual	226
9 San Ysidro	241
10 Oceanside	248
11 Our Lady of Peace	316



# Jaguar Kit Carson XC Invitational

Friday, October 21, 2022 Kit Carson Park ~ Escondido, CA

## Boys Results

### 3.05 Miles Teal Division Varsity

PL	NAME	GR	FINISH	PACE
38	Jose Ramirez	10	<b>19:01.0</b>	6:14.1
76	Georgi Andreev	12	<b>20:43.8</b>	6:47.8
77	Evan Stup	12	<b>20:47.0</b>	6:48.9
86	Nolan Flores	12	<b>21:43.5</b>	7:07.4
100	Joshua Shrader	12	<b>24:05.3</b>	7:53.9

### 3.05 Miles Varsity

#### Official Team Scores

1 Southwest (SD)	76
2 Point Loma	85
3 Sweetwater	101
4 San Diego	132
5 Otay Ranch	156
6 San Dieguito Academy	173
7 San Pasqual	184
8 Oceanside	186
9 The Bishop's School	190
10 Fallbrook	210
11 Hemet	267
12 San Ysidro	289
<b>13 Rancho Bernardo</b>	<b>319</b>
14 Kearny	430

### 3.05 Miles Teal Division JV

PL	NAME	GR	FINISH	PACE
21	Roshan Malik	11	<b>20:15.5</b>	6:38.5
31	Antonio Correa	11	<b>20:48.1</b>	6:49.2
36	Otis Pratt	11	<b>21:01.1</b>	6:53.5
43	Naoya Mizui	10	<b>21:14.0</b>	6:57.7
84	Woody McMahon	10	<b>23:01.6</b>	7:33.0
91	Nathan Gillespie	10	<b>23:12.8</b>	7:36.7
104	Seth Fisher	10	<b>23:46.2</b>	7:47.6

### 3.05 Miles JV

#### Official Team Scores

1 Steele Canyon	26
2 Point Loma	60
3 San Dieguito Academy	114
4 Otay Ranch	123
5 Southwest (SD)	128
<b>6 Rancho Bernardo</b>	<b>171</b>
7 San Diego	172
8 Sweetwater	194
9 Guajome Park Academy	275
10 San Pasqual	311
11 The Bishop's School	326
12 San Ysidro	327
13 Rancho Buena Vista	371

# Jaguar Kit Carson XC Invitational

Friday, October 21, 2022 Kit Carson Park ~ Escondido, CA

## 3.05 Miles Black/Teal Division Frosh

PL	NAME	GR	FINISH	PACE
38	Jack Focht	9	<b>21:39.8</b>	7:06.2
67	Daniel Yip	9	<b>23:00.3</b>	7:32.6
82	Christian Ochoa	9	<b>24:24.3</b>	8:00.1



## 3.05 Miles JV

### Official Team Scores

1 Poway	50
2 San Pasqual	98
3 Point Loma	104
4 Canyon Hills	109
5 Otay Ranch	117
6 Mt Carmel	130
7 Scripps Ranch	133
8 Valhalla	175
9 Hemet	222



# 74th Annual Mt. SAC XC Invitational

Saturday, October 22, 2022 Mt. San Antonio College ~ Walnut, CA

## Girls Results

PL	NAME	GR	FINISH	PACE
2	Vanessa Ramirez	12	19:21	6:27
5	Audra Sutherland	12	19:36	6:32
16	Jasmyne Castro	11	20:06	6:42
30	Anna Grant	9	20:59	6:59
56	Kaelyn Style	11	22:11	7:23
63	Anvi Kakar	10	22:39	7:33

### 3 Miles D1 Varsity Yellow Official Team Scores

1	Northgate	42
2	Centennial (Corona)	70
<b>3</b>	<b>Rancho Bernardo</b>	<b>95</b>
4	Evergreen Valley	122
5	San Juan Hills	185
6	Oxnard	202
7	Arroyo Valley	206
8	Mission Hills	214
9	Los Osos	223
10	Laguna Creek	250
11	Carlsbad	271
12	Alisal	272
13	Eastside (9)	304
14	Elsinore	362
15	Highland (SS)	370



# 74th Annual Mt. SAC XC Invitational

Saturday, October 22, 2022 Mt. San Antonio College ~ Walnut, CA

## Boys Results

PL	NAME	GR	FINISH	PACE
1	Camden Luecht	10	15:40	5:13
5	Rowan Nicholas	12	16:07	5:22
10	Brandon Day	12	16:19	5:26
55	Max Schaller	11	17:52	5:57
60	William Liu	9	17:57	5:59
83	Hudson Blattman	12	18:20	6:06

## 3 Miles D1 Varsity Red

Official Team Scores

1	Valencia (Valencia)	63
2	Vista Murrieta	65
3	Rancho Bernardo	117
4	Wilson (Long Beach)	135
5	Northgate	156
6	James Logan	236
7	Alisal	241
8	Helix	254
9	Troy	268
10	Evergreen Valley	279
11	Anaheim	283
12	Summit	298
13	Elsinore	312
14	Paramount	332
15	La Quinta (La Quinta)	357
16	Birmingham	383
17	Patriot	383
18	Antioch	396



# Palomar League JV Cluster #3

Friday, October 28, 2022 @ Kit Carson Park CC Course

## Girls Results

### 3.05 Miles JV

PL	FIRST	GR	FINISH	PACE
10	Sophia Baccei	9	<b>23:37.5</b>	7:44.8
29	Livia Dangio	9	<b>25:15.1</b>	8:16.8
33	Siviana Thrall	10	<b>25:59.5</b>	8:31.3
36	Jimena McDonald	9	<b>26:13.5</b>	8:35.9
39	Yena Kim	10	<b>26:24.8</b>	8:39.6
43	Marley Lippincott	11	<b>27:00.2</b>	8:51.2
52	Alexandria Dasch	9	<b>31:05.5</b>	10:11.6
54	Mollie Brailsford	9	<b>33:33.0</b>	11:00.0

### 3.05 Miles JV

#### Official Team Scores

1 Del Norte	16
2 San Marcos	48
<b>3 Rancho Bernardo</b>	<b>83</b>
4 Poway	102

# Palomar League JV Cluster #3

Friday, October 28, 2022 @ Kit Carson Park CC Course



## Boys Results

### 3.05 Miles JV

	PL	NAME	GR	FINISH	PACE
	29	Jayden Moffit	9	<b>20:18.4</b>	6:39.5
	33	Trent Dalrymple	9	<b>20:22.9</b>	6:41.0
	37	Naoya Mizui	10	<b>20:42.9</b>	6:47.5
	38	Sunny Shen	9	<b>20:46.4</b>	6:48.7
	39	Antonio Correa	11	<b>20:51.8</b>	6:50.4
	46	Jack Focht	9	<b>21:23.0</b>	7:00.7
	53	Joshua Chang	11	<b>22:02.8</b>	7:13.7
	66	Seth Vanderspek	9	<b>23:29.0</b>	7:42.0
	67	Seth Fisher	10	<b>23:37.5</b>	7:44.8

### 3.05 Miles JV

#### Official Team Scores

1 Poway	36
2 Del Norte	63
3 Westview	88
4 Mt Carmel	88
5 San Marcos	90
<b>6 Rancho Bernardo</b>	<b>150</b>

### 3.05 Miles Senior

	PL	NAME	GR	FINISH	PACE
	6	Ian Kendrick	12	<b>19:45.8</b>	6:28.8
	14	Nolan Flores	12	<b>21:33.5</b>	7:04.1

### 3.05 Miles Senior

#### Official Team Scores

1 Del Norte	15
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# UC Postal 2-Mile

Saturday, October 29, 2022 @ University City High School



## Girls Results

### 2 Miles Varsity - Section 1

PL	PL (overall)	NAME	GR	FINISH	PACE
17	17	Audra Sutherland	12	<b>11:41.5</b>	5:50.7
20	21	Vanessa Ramirez	12	<b>11:43.9</b>	5:51.9
30	46	Jasmyne Castro	11	<b>12:08.7</b>	6:04.3

### 2 Miles Varsity - Section 2

35	98	Anvi Kakar	10	<b>13:00.7</b>	6:30.3
40	142	Kaelyn Style	11	<b>13:45.3</b>	6:52.7



### Official Team Scores

1	Cathedral Catholic	37
2	University City	82
3	El Camino (Oceanside)	130
4	Scripps Ranch	152
5	Point Loma	167
6	La Jolla	218
7	Francis Parker	241
8	Patrick Henry	247
9	Rancho Bernardo	274
10	Steele Canyon	278
11	Clairemont	278
12	Mira Mesa	344
13	El Capitan	358
14	Crawford	396
15	Our Lady of Peace	402
16	Carlsbad	452
17	West Hills	470
18	Grossmont	487
19	Coronado	524
20	High Tech High NC	541
21	Southwest (SD)	545
22	Liberty Charter	550
23	High Tech (CV)	659



# UC Postal 2-Mile

Saturday, October 29, 2022 @ University City High School

## Boys Results

### 2 Miles Varsity - Section 1

PL	PL (overall)	NAME	GR	FINISH	PACE
6	6	Camden Luecht	10	<b>9:28.9</b>	4:44.4
11	11	Brandon Day	12	<b>9:43.9</b>	4:51.9

### 2 Miles Varsity - Section 2

28	93	Max Schaller	11	<b>10:42.3</b>	5:21.1
31	102	Andrew Park	12	<b>10:48.1</b>	5:24.1
32	130	Jack Marsh	12	<b>11:02.1</b>	5:31.0

### 2 Miles Varsity - Section 3

30	95	Hudson Blattman	12	<b>10:44.0</b>	5:22.0
35	112	Jose Ramirez	10	<b>10:53.8</b>	5:26.9
40	122	William Liu	9	<b>10:58.6</b>	5:29.3

### 2 Miles Varsity - Section 4

38	180	Evan Stup	12	<b>11:37.7</b>	5:48.9
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### Official Team Scores

1	Steele Canyon	93
2	University City	118
3	Grossmont	120
4	Patrick Henry	131
5	Poway	184
6	El Capitan	200
7	Scripps Ranch	217
8	Point Loma	228
9	Liberty Charter	264
10	El Camino (Oceanside)	287
<b>11</b>	<b>Rancho Bernardo</b>	<b>290</b>
12	Southwest (SD)	301
13	Sweetwater	368
14	Cathedral Catholic	369
15	La Jolla	388
16	High Tech High (SD)	456
17	West Hills	461
18	Crawford	462
19	Francis Parker	475
20	Mira Mesa	523
21	Clairemont	545
22	Santa Fe Christian	565
23	High Tech High NC	608
24	High Tech High Mesa	711
25	Carlsbad	739
26	High Tech (CV)	753
27	Coronado	829

# North County Conference Championships



Thursday, November 3, 2021 @ Kit Carson Course - Escondido, CA

## Girls Results

### 5,000 Meters Palomar League

	PL	FIRST	GR	FINISH	PACE
	9	Audra Sutherland	12	<b>19:41.3</b>	6:21.1
	15	Vanessa Ramirez	12	<b>20:11.0</b>	6:30.6
	19	Jasmyne Castro	11	<b>20:40.3</b>	6:40.1
	21	Anna Grant	9	<b>21:05.5</b>	6:48.2
	40	Anvi Kakar	10	<b>22:24.0</b>	7:13.5
	42	Kaelyn Style	11	<b>22:33.2</b>	7:16.5

### Race 1 - Palomar Girls - 5K

11/03/2022 - 2:00pm

### Team Results

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	Del Norte	27	1:35:04	19:01	6:08	1:38	1-4-5-7-10-11-14	1-4-5-7-10-11-14
2	Poway	84	1:41:56	20:24	6:34	3:07	3-6-25-26-27-33-45	3-6-24-25-26-31-39
3	Mt Carmel	89	1:43:27	20:42	6:40	1:21	12-16-18-22-24	12-16-17-21-23
4	San Marcos	98	1:43:46	20:46	6:41	2:06	8-13-20-30-32-37-41	8-13-19-28-30-34-37
5	Rancho Bernardo	98	1:44:03	20:49	6:42	2:43	9-15-19-21-40-42	9-15-18-20-36-38
6	Westview	112	1:44:19	20:52	6:43	3:29	2-23-28-31-35-36-38	2-22-27-29-32-33-35

								LEAGUE STANDINGS		
Cluster 1		Cluster 2		NCC				FINAL	WINS	LOSSES
1	Del Norte	27	1 Del Norte	45	1	Del Norte	27	1 Del Norte	20	0
2	San Marcos	86	2 Mt Carmel	67	2	Poway	84	2 San Marcos	12	8
3	<b>Rancho Bernardo</b>	<b>91</b>	<b>3 Rancho Bernardo</b>	<b>69</b>	3	Mt Carmel	89	3 Poway	11	9
4	Poway	97	4 San Marcos	70	4	San Marcos	98	4 Mt Carmel	10	10
5	Westview	102	5 Poway	79	5	Rancho Bernardo	98	<b>5 Rancho Bernardo</b>	<b>8</b>	<b>12</b>
6	Mt Carmel	105	6 Westview	NS	6	Westview	112	6 Westview	1	19

# North County Conference Championships



Thursday, November 3, 2021 @ Kit Carson Course - Escondido, CA

## Boys Results

### 5,000 Meters Palomar League

	PL	NAME	GR	FINISH	PACE
	6	Camden Luecht	10	<b>16:23.5</b>	5:17.3
	7	Brandon Day	12	<b>16:24.9</b>	5:17.7
	11	Rowan Nicholas	12	<b>16:37.9</b>	5:21.9
	23	Hudson Blattman	12	<b>17:48.5</b>	5:44.7
	30	Max Schaller	11	<b>18:01.1</b>	5:48.7
	32	William Liu	9	<b>18:07.3</b>	5:50.7
	41	Jack Marsh	12	<b>18:26.8</b>	5:57.0
	55	Georgi Andreev	12	<b>19:27.3</b>	6:16.5
	57	Evan Stup	12	<b>19:40.9</b>	6:20.9

### Race 3 - Palomar Boys - 5K

11/03/2022 - 2:50pm

### Team Results

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	Westview	41	1:22:13	16:27	5:18	1:18	2-5-8-10-16-19-45	2-5-8-10-16-19-37
2	Poway	64	1:24:31	16:55	5:27	1:13	3-12-14-17-18-21-22	3-12-14-17-18-21-22
3	Rancho Bernardo	77	1:25:16	17:04	5:30	1:38	6-7-11-23-30-32-41	6-7-11-23-30-31-35
4	Del Norte	92	1:26:42	17:21	5:35	1:40	4-13-24-25-26-27-28	4-13-24-25-26-27-28
5	Mt Carmel	97	1:26:32	17:19	5:35	2:31	1-15-20-29-33-37-40	1-15-20-29-32-33-34
6	San Marcos	162	1:32:28	18:30	5:58	2:58	9-42-48-49-54-58-60	9-36-38-39-40-41-42

							LEAGUE STANDINGS		
Cluster 1			Cluster 2		NCC		FINAL	WINS	LOSSES
1	Westview	66	1	Westview	48	1	Westview	41	
2	Del Norte	67	2	Poway	51	2	Poway	64	
3	Poway	70	3	Rancho Bernardo	66	3	Rancho Bernardo	77	
4	Mt Carmel	81	4	Mt Carmel	96	4	Del Norte	92	
5	Rancho Bernardo	85	5	San Marcos	128	5	Mt Carmel	97	
6	San Marcos	138	6	Del Norte	134	6	San Marcos	162	
							1 Westview	20	0
							2 Poway	15	5
							<b>3 Rancho Bernardo</b>	<b>10</b>	10
							4 Del Norte	8	12
							5 Mt Carmel	6	14
							6 San Marcos	1	19



# CIF San Diego Section Championships

Saturday, November 12, 2022 @ Morley Field XC Course ~ San Diego, CA

## Girls Results

### 2.96 Miles Div I Girls

PL	FIRST	GR	FINISH	PACE
15	Audra Sutherland	12	<b>18:49.2</b>	6:21.5
30	Vanessa Ramirez	12	<b>19:43.2</b>	6:39.7
37	Jasmyne Castro	11	<b>20:18.1</b>	6:51.5
40	Anna Grant	9	<b>20:24.5</b>	6:53.7
69	Anvi Kakar	10	<b>21:36.4</b>	7:18.0
79	Kaelyn Style	11	<b>21:57.4</b>	7:25.1

### 2.96 Miles Div I Girls

#### Official Team Scores

1 Del Norte	54
2 Torrey Pines	67
3 Canyon Crest Academy	100
4 Eastlake	121
5 El Camino (Oceanside)	150
6 Poway	168
<b>7 Rancho Bernardo</b>	<b>191</b>
8 San Marcos	214
9 Westview	266
10 Patrick Henry	278
11 Mission Hills	301
12 Otay Ranch	339
13 Bonita Vista	345
14 Mira Mesa	366
15 Olympian	406
16 San Diego	498
17 Helix	520
18 Calexico	565

# CIF San Diego Section Championships

Saturday, November 12, 2022 @ Morley Field XC Course ~ San Diego, CA



## Boys Results

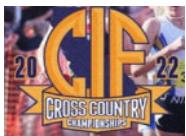
### 2.96 Miles Div I Boys

PL	NAME	GR	FINISH	PACE
6	Camden Luecht	10	15:30.9	5:14.5
16	Brandon Day	12	15:58.9	5:24.0
20	Rowan Nicholas	12	16:15.9	5:29.7
70	Hudson Blattman	12	17:55.6	6:03.4
77	Max Schaller	11	18:00.8	6:05.1
108	Jack Marsh	12	18:50.0	6:21.8

### 2.96 Miles Div I Boys

#### Official Team Scores

1	Torrey Pines	56
2	Westview	77
3	Canyon Crest Academy	111
4	Del Norte	146
5	Poway	170
6	Otay Ranch	174
7	Rancho Bernardo	189
8	El Camino (Oceanside)	241
9	Patrick Henry	265
10	Sweetwater	281
11	Eastlake	296
12	San Diego	311
13	Mira Mesa	346
14	Helix	356
15	Olympian	357
16	Bonita Vista	400
17	San Marcos	407
18	Mission Hills	439



# 35th CIF State Championships

Saturday, November 26, 2022 @ Woodward Park, Fresno CA

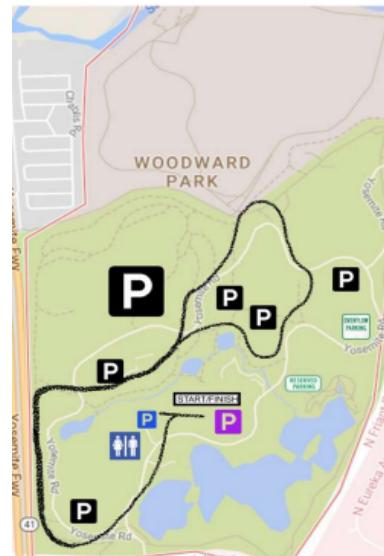
[CIF STATE Handbook](#)

## 5K Div I Boys

PL	FIRST	GR	1MILE (PL)	2.05 MILE (PL)	FINISH	PACE
37	Camden Luecht	10	4:49.4(33)	10:46.6 (38)	<b>15:56.7</b>	5:07.9

**Woodward Park**  
Fresno, California  
5,000 meter course

Individual Results D1 Boys				
Place	Name	Team	Time	Points
1	↑1 Matthew Donis	Highland -S-1	14:51.3	
2	↑3 Christopher Caudillo	Clovis -C-1	15:03.9	1
3	- Parker Simmons	Crescenta Valley -S-1	15:09.7	2
4	↑2 Milo Skapinsky	San Luis Obispo -C-1	15:10.9	3
5	↑3 Cameron Rhone	Long Beach Poly -S-1	15:13.0	
6	↓2 Jason Parra	Millikan -S-1	15:13.7	
7	- Carter Spradling	Clovis East -C-1	15:18.0	
8	↑1 Shane Badcock	Dougherty Valley -NC-1	15:23.0	4
9	↑8 Mark Cortes	Great Oak -S-1	15:23.5	5
10	↑1 Juan Chantaca	San Clemente -S-1	15:25.5	6



• • •

32	↑8 Ryan Martin	River City -SJ-1	15:47.2
33	↓11 Nathan Manesh	Dublin -NC-1	15:48.5
34	↑2 Daniel Gonzalez	Lincoln-S -SJ-1	15:51.9
35	- Ryan Stanley	Trabuco Hills -S-1	15:55.2
36	↑11 Nathaniel Nodal	Clovis West -C-1	15:56.4
37	↑1 Camden Luecht	Rancho Bernardo -SD-1	15:56.7

Time: **15:56.7**

Bib: **1366**

Splits: **#33 - 4:49.4 #38 - 10:46.6 #37 - 15:56.7**

38	↓1 Harrison Lavery	Loyola -S-1	15:57.7
39	↑13 Sam Dresick	Clovis West -C-1	15:59.9
40	↑20 Jeffrey Keeney	Great Oak -S-1	16:00.2

# RANCHO BERNARDO HIGH SCHOOL

## GIRLS 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 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)
2019	PALOMAR	TERRY DOCKERY	8 WINS - 8 LOSSES	3RD (TIE)
2020	PALOMAR	TERRY DOCKERY	5 WINS - 0 LOSSES	1ST
2021	PALOMAR	TERRY DOCKERY	5 WINS - 15 LOSSES	5TH
2022	PALOMAR	BOB MUSHECK	8 WINS - 12 LOSSES	5TH

OVERALL RECORD : 250 WINS - 112 LOSSES (.691%)

# RANCHO BERNARDO HIGH SCHOOL

## BOYS CROSS COUNTRY HISTORY

<b>BOYS</b>				
<b>YEAR</b>	<b>LEAGUE</b>	<b>COACH</b>	<b>RECORD</b>	<b>PLACE</b>
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)
2019	PALOMAR	JOHN COLSON	1 WIN - 15 LOSSES	5TH
2020	PALOMAR	JOSE RAMIREZ	0 WIN - 5 LOSSES	5TH
2021	PALOMAR	BOB MUSHECK	2 WIN - 18 LOSSES	6TH
2022	PALOMAR	BOB MUSHECK	10 WIN - 10 LOSSES	3RD

OVERALL RECORD : 160 WINS - 202 LOSSES (.442%)

# RBHS ALL-TIME TOP 10 LIST

## BOYS

## GIRLS

**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

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	10:53	2009
2	DANIELLE VOYLES	11:23	2012
3	NIA AKINS	11:34	2015
4	JACEY FARMER	11:39	2019
5	ASHLEY LEARN	11:44	2019
6	LAUREN VOYLES	11:44	2012
7	CAROLINE DRAPER	11:47	2007
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	CAMDEN LUECHT	15:40	2022
9	DIMITRI VOYTILLA	15:42	2010
10	BURAK TUFEKCI	15:44	2015

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	16:41	2009
2	JACEY FARMER	17:56	2021
3	NIA AKINS	18:01	2015
4	DANIELLE VOYLES	18:03	2012
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	CAMDEN LUECHT	15:31	2022
2	TREVOR BOAZ	15:43	2018
3	LUIS BARRON	15:46	2018
4	BRANDON DAY	15:59	2022
5	JUSTIN FERGUSON	16:11	2018
6	VAUGHN LACOUR	16:12	2021
7	BOBBY SANTOS	16:13	2017
8	ROWAN NICHOLAS	16:16	2022
9	TREVOR HODGES	16:36	2018
10	MILES JONES	16:37	2019

RANK	NAME	TIME	YEAR
1	JACEY FARMER	17:27	2021
2	ASHLEY LEARN	18:14	2018
3	AUDRA SUTHERLAND	18:26	2021
4	EMMA GEORGE	18:39	2019
5	ALLISON BOAZ	19:04	2017
6	ALYSSA TIVADAR	19:11	2017
7	VICTORIA DINOV	19:21	2019
8	IMOGEN BLEAKLEY	19:33	2017
9	MADISON LORENZ	19:36	2021
10	VANESSA RAMIREZ	19:43	2022

## 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	CAMDEN LUECHT	15:57	2022
6	GEOFF BOGAN	15:58	2010
7	FUYUKI KUROIWA	16:00	2015
8	DIMITRI VOYTILLA	16:01	2010
9	WYATT HILL	16:01	2014
10	FUYUKI KUROIWA	16:04	2016

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	17:06	2009
2	JACEY FARMER	17:41	2021
3	LINDSAY DELAMONTAIGNE	17:57	2004
4	CAROLINE DRAPER	18:14	2008
5	NIA AKINS	18:15	2015
6	KATIE SAMMER	18:22	2013
7	ASHLEY LEARN	18:24	2018
8	ELISA KARHU	18:25	2009
9	KALEENA YEE	18:30	1997
10	JULIE MANSON	18:31	1999

**MORLEY FIELD CIF COURSE (BOYS 3.05 MILES - GIRLS 2.75 MILES) \*\* before 2017 \*\***

RANK	NAME	TIME	YEAR	c
1	KEVIN MIHALIK	15:54	2011	15:25
2	SEAN RICKETTS	15:55	1998	15:26
3	COLTON TULLY-DOYLE	16:04	2005	15:35
4	DIMITRI VOYTILLA	16:15	2011	15:46
5	JEFF MEISNER	16:16	1994	15:47
6	PARKER STINSON	16:22	2007	15:53
7	FUYUKI KUROIWA	16:31	2016	16:01
8	JEFF STEWART	16:32	2014	16:02
9	RYAN SHORT	16:33	1994	16:03
10	WYATT HILL	16:35	2014	16:05

RANK	NAME	TIME	YEAR	c
1	MOLLY GRABILL	*15:25	2009/10	16:36
2	LINDSAY DELAMONTAIGNE	16:03	2001	17:16
3	JULIE MANSON	16:23	1999	17:38
4	KATIE SAMMER	16:25	2013	17:40
5	DANIELLE VOYLES	16:33	2012	17:48
6	ALLISON HALL	16:36	1999	17:52
7	NIA AKINS	16:40	2015	17:56
8	CAROLINE DRAPER	16:41	2008	17:57
9	ELISA KARHU	16:45	2009	18:01
10	LAUREN VOYLES	16:48	2011	18:04

c = convert to 2017 course 2.96 MILES

\*course recorded

**RANCHO BERNARDO HIGH SCHOOL  
CROSS COUNTRY  
ALL-LEAGUE SELECTIONS (FINISH IN TOP 10)**

**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, 2019)  
JACEY FARMER (\*2018,\*2021)  
EMMA GEORGE (2019)  
**AUDRA SUTHERLAND (2021,2022)**

\* LEAGUE CHAMPION

**RANCHO BERNARDO HIGH SCHOOL  
CROSS COUNTRY  
ALL-LEAGUE SELECTIONS (FINISH IN TOP 10)**

**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)  
MILES JONES (2019)  
**CAMDEN LUECHT (2021,2022)**  
**BRANDON DAY (2022)**

\* 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, 2019)  
ALLISON BOAZ (2017, 2018)  
JACEY FARMER (2018, 2021)  
VICTORIA DINOV (2018, 2019)  
EMMA GEORGE (2019)  
**AUDRA SUTHERLAND (2021,2022)**

### SAN DIEGO SECTION CIF CHAMPIONS

LINDSAY DELAMONTAIGNE (2001, 2004)  
MOLLY GRABILL (2007, 2008, 2009, 2010)  
SARAH WILKINS (1995)  
NIA AKINS (2014, 2015)  
JACEY FARMER (2021)

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)  
**CAMDEN LUECHT (2022)**  
**BRANDON DAY (2022)**  
**ROWAN NICHOLAS (2022)**

### SAN DIEGO SECTION CIF CHAMPIONS

CIF TEAM CHAMPIONSHIP DIVISION 1 BOYS (2005, 2010)

**RANCHO BERNARDO HIGH SCHOOL  
CROSS COUNTRY 2022  
COACHING STAFF AND SUPPORT TEAM**

**HEAD COACH**  
BOB MUSHECK

**PRINCIPAL**  
HANS BECKER

**ATHLETIC DIRECTOR**  
TRACY STOWE

**ATHLETIC ASSISTANT**  
TERESA SMALL

**ATHLETIC TRAINER**  
ROBBIE BOWERS, A.T.C.

**TEAM/PARENT COORDINATORS**



**THANK YOU FOR SUPPORTING RBHS CROSS COUNTRY 2022!**