



RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY TEAM 2017



rancho bernardo high school cross country





RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY TEAM 2017



Boys	Grade
Benjamin Ahlstrom	12
Ashtin Brantley	12
Kyle Humphrey	12
Alan Karuku	12
Tyler Koyamatsu	12
Nicholas Lostetter	12
Bradley Pickard	12
Joey Roberts	12
Trevor Ruuspakka	12
Bobby Santos	12
Cameron Stohs	12
Alex Walsh	12
Collin Beck	11
Trevor Boaz	11
Marcus Coleman	11
Ryan Debish	11
Justin Ferguson	11
Sebastian Ferguson	11
Shawn Grant	11
Trevor Hodges	11
Reece Lacour	11
Hayden Lewis	11
Jake Leyva	11
Garrett MacLeod	11
Noah Rojas-Domke	11
Joash Sanchez	11
Brandon Walkley	11
Brian Walkley	11

Boys (continued)	Grade
Luis Barron	10
Gavin Concepcion	10
Winston Griffin	10
Cameron Hankinson	10
Jake Hankinson	10
Max Mascardo	10
Nathan Monroe	10
Gautham Prabhakar	10
Ethan Skousen	10
Yung-Yi Sun	10
Ryan Trecker	10
Ethan Clark	9
Carter Corzine	9
Sean Day	9
Chris Fan	9
Mathew Learn	9
Jacob Lostetter	9
Arian Mazdeh	9
Owen Meyers	9
Jacob Ryan	9
Marc Walsh	9

Girls	Grade
Camellia Araghian	12
Imogen Bleakley	12
Chloe Chose	12
Mandalin Hankinson	12
Ali Harper	12
Kaitlyn Lam	12
Hailey Sasaki	12
Alyssa Tivadar	12
Heidi Trotter	12
Morgan Withers	12
Jazmyne Barron	11
Allison Boaz	11
Alexis Lee	11
Emma Roohofada	11
Madison Schaller	11
Victoria Dinov	10
Sophia Gonzalez	10
Eve Helbock	10
Mindy Lam	10
Kaley McMichael	10
Julia Potenciano	10
Mikayla Roberts	10
Isabella Theus	10
Rachel Turner	10
Bailey Batton	9
Jordan Beach	9
Natalie Donham	9
Cassie Koyamatsu	9
Ashley Learn	9
Gina Lee	9
Parmis Mazdeh	9
Baylee Mendoza	9
Olivia Ponce de Leon	9
Samantha Ryan	9
Emily Stallman	9
Mia Stephenson	9
Audrey Street	9



2017 Season Summary

RB Cross Country



Date	Event	Course	# Runners	New PR's
9-Sep	Bronco Roundup	Kit Carson Park	75	29
16-Sep	Mt. Carmel/Movin Shoes	Morley Field	69	36
23-Sep	Dana Hills Invitational	Dana Hills HS	54	24
28-Sep	Palomar Cluster #1	Kit Carson Park	75	21
7-Oct	Southern Cal Invitational	Guajome Park	56	8
20-Oct	Kit Carson Invitational	Kit Carson Park	61	17
21-Oct	Mt. Sac Invitational	Mt. Sac	7	4
27-Oct	Palomar Cluster #2	Kit Carson Park	73	31
3-Nov	Palomar JV Cluster	Kit Carson Park	50	37
11-Nov	NCC Finals	Kit Carson Park	24	4
18-Nov	San Diego Section Finals	Morley Field	14	0



BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 9, 2017
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

Girls Results

2 Miles D1 Varsity

Official Team Scores

1	La Costa Canyon	113
2	El Camino (Oceanside)	119
3	Coronado	135
4	Canyon Crest Academy	140
5	Rancho Bernardo	142

PL	NAME	TIME
16	Ali Harper	12:13.0
22	Allison Boaz	12:18.7
32	Alyssa Tivadar	12:43.6
37	Chloe Chose	12:47.9
45	Victoria Dinov	12:55.9
77	Alexis Lee	13:37.6
95	Heidi Trotter	14:35.1

2 Miles D1 9 Novice

Official Team Scores

1	Rancho Bernardo	38
2	El Camino (Oceanside)	40
3	Cathedral Catholic	119
4	Torrey Pines	133
5	Del Norte	136

PL	NAME	TIME
1	Ashley Learn	12:47.4
5	Samantha Ryan	13:21.1
6	Rachel Turner	13:23.3
8	Mia Stephenson	13:30.6
18	Gina Lee	14:31.8
24	Baylee Mendoza	14:36.9
40	Cassie Koyamatsu	15:18.7
55	Jordan Beach	15:46.5
58	Natalie Donham	15:56.6
68	Julia Potenciano	16:15.4
70	Kaley McMichael	16:19.6
77	Parmis Mazdeh	16:39.5
78	Audrey Street	16:52.5
88	Emma Rooholfada	17:54.2
90	Bailey Batton	18:01.5
92	Isabella Theus	18:25.6

2 Miles D1 JV 10-12

Official Team Scores

1	Canyon Crest Academy	49
2	El Camino (Oceanside)	52
3	Mt Carmel	106
4	University City	111
5	Sage Creek	138
6	La Costa Canyon	154
7	Rancho Bernardo	164
8	Del Norte	208

PL	NAME	TIME
16	Sophia Gonzalez	14:03.6
21	Jazmyne Barron	14:09.5
49	Kaitlyn Lam	15:11.1
51	Hailey Sasaki	15:13.3
55	Madison Schaller	15:21.3
71	Eve Helbock	15:48.2
99	Mikayla Roberts	17:21.4
105	Camellia Araghian	18:06.9



BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 9, 2017
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

Runner	Gr	Squad	Time	Pace	Dist	Place
Ali Harper	Sr	V	12:13.03	6:07	2	16/101
Allison Boaz	Jr	V	12:18.7	6:09	2	22/101
Alyssa Tivadar	Sr	V	12:43.61	6:22	2	32/101
Ashley Learn	Fr	Fr	12:47.44	6:24	2	1/98
Chloe Chose	Sr	V	12:47.9	6:24	2	37/101
Victoria Dinov	So	V	12:55.89	6:28	2	45/101
Samantha Ryan	Fr	Fr	13:21.05	6:41	2	5/98
Rachel Turner	So	Fr	13:23.34	6:42	2	6/98
Mia Stephenson	Fr	Fr	13:30.6	6:45	2	8/98
Alexis Lee	Jr	V	13:37.62	6:49	2	77/101
Sophia Gonzalez	So	JV	14:03.58	7:02	2	16/117
Jazmyne Barron	Jr	JV	14:09.52	7:05	2	21/117
Gina Lee	Fr	Fr	14:31.79	7:16	2	18/98
Heidi Trotter	Sr	V	14:35.09	7:18	2	95/101
Baylee Mendoza	Fr	Fr	14:36.86	7:18	2	24/98
Kaitlyn Lam	Sr	JV	15:11.05	7:36	2	49/117
Hailey Sasaki	Sr	JV	15:13.32	7:37	2	51/117
Kassie Koyamatsu	Fr	Fr	15:18.72	7:39	2	40/98
Madison Schaller	Jr	JV	15:21.25	7:41	2	55/117
Jordan Beach	Fr	Fr	15:46.54	7:53	2	55/98
Eve Helbock	So	JV	15:48.2	7:54	2	71/117
Natalie Donham	Fr	Fr	15:56.59	7:58	2	58/98
Julia Potenciano	So	Fr	16:15.4	8:08	2	68/98
Kaley Mcmichael	So	Fr	16:19.63	8:10	2	70/98
Parmis Mazdeh	Fr	Fr	16:39.53	8:20	2	77/98
Audrey Street	Fr	Fr	16:52.54	8:26	2	78/98
Mikayla Roberts	So	JV	17:21.42	8:41	2	99/117
Emma Rooholfada	Jr	Fr	17:54.18	8:57	2	88/98
Bailey Batton	Fr	Fr	18:01.48	9:01	2	90/98
Camellia Araghian	Sr	JV	18:06.87	9:03	2	105/117
Isabella Theus	So	Fr	18:25.65	9:13	2	92/98



BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 9, 2017
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

Boys Results

2 Miles D1 Varsity

Official Team Scores

1	Sage Creek	87
2	Torrey Pines	88
3	La Costa Canyon	92
4	Mt Carmel	93
5	El Camino (Oceanside)	160
6	Rancho Bernardo	162



PL	NAME	TIME
16	Bobby Santos	10:25.8
17	Ashtin Brantley	10:26.3
34	Luis Barron	10:47.0
46	Bradley Pickard	10:59.1
49	Joey Roberts	11:01.6
54	Kyle Humphrey	11:07.4
55	Yung-Yi Sun	11:09.3
87	Benjamin Ahlstrom	11:48.4

2 Miles D1 JV 10-12

Official Team Scores

1	Rancho Bernardo	53
2	Mt Carmel	73
3	El Camino (Oceanside)	82

PL	NAME	TIME
3	Ryan Trecker	11:05.5
7	Trevor Boaz	11:11.4
11	Alex Walsh	11:18.3
14	Winston Griffin	11:20.8
18	Reece Lacour	11:27.0
26	Alan Karuku	11:32.6
38	Trevor Hodges	11:47.1
42	Max Mascardo	11:50.8
51	Ryan Debish	11:57.1
67	Trevor Ruuspakka	12:07.0
71	Garrett MacLeod	12:09.7
95	Hayden Lewis	12:25.2
109	Marcus Coleman	12:38.0
130	Brandon Walkley	12:58.5
139	Noah Rojas-Domke	13:08.1
147	Brian Walkley	13:15.3
165	Collin Beck	13:48.2
180	Nicholas Lostetter	14:28.2

2 Miles D1 9 Novice

Official Team Scores

1	Torrey Pines	58
2	Del Norte	128
3	El Camino (Oceanside)	133
4	Vista	140
5	Canyon Crest Academy	144
6	Patrick Henry	145
7	Rancho Bernardo	146

PL	NAME	TIME
8	Jacob Ryan	11:33.9
28	Cameron Hankinson	12:16.7
33	Jacob Lostetter	12:21.8
34	Mathew Learn	12:22.0
43	Shawn Grant	12:35.0
45	Ethan Clark	12:39.4
47	Jake Hankinson	12:40.6
48	Gautham Prabhakar	12:43.0
67	Gavin Concepcion	13:03.7
68	Sean Day	13:04.2
84	Owen Meyers	13:37.8
91	Carter Corzine	13:49.2
95	Nathan Monroe	13:56.9
99	Arian Mazdeh	14:06.0
110	Chris Fan	14:36.2
117	Ethan Skousen	14:47.1
124	Marc Walsh	15:31.4
130	Joash Sanchez	16:12.3

BRONCO ROUND-UP

Kit Carson Park Escondido, CA September 9, 2017
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice

Runner	Gr	Squad	Time	Pace	Dist	Place
Bobby Santos	Sr	V	10:25.81	5:13	2	16/93
Ashtin Brantley	Sr	V	10:26.29	5:13	2	17/93
Luis Barron	So	V	10:47	5:24	2	34/93
Bradley Pickard	Sr	V	10:59.06	5:30	2	46/93
<u>Joey Roberts</u>	Sr	V	11:01.58	5:31	2	49/93
Ryan Trecker	So	JV	11:05.49	5:33	2	3/199
Kyle Humphrey	Sr	V	11:07.39	5:34	2	54/93
Yung-Yi Sun	So	V	11:09.26	5:35	2	55/93
Trevor Boaz	Jr	JV	11:11.44	5:36	2	7/199
Alex Walsh	Sr	JV	11:18.31	5:39	2	11/199
Winston Griffin	So	JV	11:20.79	5:40	2	14/199
Reece Lacour	Jr	JV	11:26.96	5:43	2	18/199
Alan Karuku	Sr	JV	11:32.59	5:46	2	26/199
Jacob Ryan	Fr	Fr	11:33.9	5:47	2	8/142
Trevor Hodges	Jr	JV	11:47.14	5:54	2	38/199
Benjamin Ahlstrom	Sr	V	11:48.39	5:54	2	87/93
Max Mascardo	So	JV	11:50.84	5:55	2	42/199
Ryan Debish	Jr	JV	11:57.06	5:59	2	51/199
Trevor Ruuspakka	Sr	JV	12:06.96	6:03	2	67/199
Garrett Macleod	Jr	JV	12:09.69	6:05	2	71/199
Cameron Hankinson	So	Fr	12:16.74	6:08	2	28/142
Jacob Lostetter	Fr	Fr	12:21.79	6:11	2	33/142
Mathew Learn	Fr	Fr	12:21.98	6:11	2	34/142
Hayden Lewis	Jr	JV	12:25.18	6:13	2	95/199
Shawn Grant	Jr	Fr	12:35.02	6:18	2	43/142
Marcus Coleman	Jr	JV	12:38.01	6:19	2	109/199
Ethan Clark	Fr	Fr	12:39.41	6:20	2	45/142



Jake Hankinson	So	Fr	12:40.56	6:20	2	47/142
Gautham Prabhakar	So	Fr	12:42.96	6:21	2	48/142
Brandon Walkley	Jr	JV	12:58.55	6:29	2	130/199
Gavin Concepcion	So	Fr	13:03.67	6:32	2	67/142
Sean Day	Fr	Fr	13:04.15	6:32	2	68/142
Noah Rojas-Domke	Jr	JV	13:08.06	6:34	2	139/199
Brian Walkley	Jr	JV	13:15.26	6:38	2	147/199
Owen Myers	Fr	Fr	13:37.84	6:49	2	84/142
Colin Beck	Jr	JV	13:48.17	6:54	2	165/199
Carter Corzine	Fr	Fr	13:49.22	6:55	2	91/142
Nathan Monroe	So	Fr	13:56.92	6:58	2	95/142
Arian Mazdeh	Fr	Fr	14:05.95	7:03	2	99/142
Nicholas Lostetter	Sr	JV	14:28.24	7:14	2	180/199
Chris Fan	Fr	Fr	14:36.17	7:18	2	110/142
Ethan Skousen	So	Fr	14:47.1	7:24	2	117/142
Marc Walsh	Fr	Fr	15:31.43	7:46	2	124/142
Joash Sanchez	Jr	Fr	16:12.3	8:06	2	130/142



Runner	Gr	Squad	Time	Pace	Dist	Place
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MT. CARMEL INVITATIONAL

Morley Field September 16, 2017
2.75 Miles Races by Grade Level

Girls Results

2.7 Miles D-2 Senior Girls

Official Team Scores

1	Rancho Bernardo	70
2	Skyline	107
3	La Costa Canyon	109
4	Catalina Foothills	112
5	Del Norte	122

PL	NAME	TIME
9	Ali Harper	16:33.2
13	Alyssa Tivadar	17:02.0
20	Imogen Bleakley	17:29.7
27	Chloe Chose	18:01.6
44	Morgan Withers	18:36.9
58	Heidi Trotter	19:29.3
102	Hailey Sasaki	21:33.7
139	Camellia Araghian	24:37.9

2.7 Miles D-2 Soph Girls

Official Team Scores

1	Del Norte	68
2	El Capitan	88
3	Ramona	108
4	Mt Carmel	115
5	La Jolla	120
6	Valhalla	128
7	Rancho Bernardo	136

PL	NAME	TIME
29	Victoria Dinov	18:12.8
38	Rachel Turner	18:29.2
53	Sophia Gonzalez	19:04.9
97	Eve Helbock	21:06.2
105	Kaley McMichael	21:27.6
122	Julia Potenciano	22:08.2
142	Mikayla Roberts	23:28.0
151	Bailey Batton	24:26.5



2.7 Miles D-2 Junior Girls

PL	NAME	TIME
3	Allison Boaz	16:45.6
32	Alexis Lee	18:36.4
41	Jazmyne Barron	19:02.9
131	Emma Rooholfada	24:55.1

2.7 Miles D-2 Frosh Girls

Official Team Scores

1	Valhalla	52
2	Rancho Bernardo	58
3	Point Loma	108
4	La Costa Canyon	126
5	Cienega	132

PL	NAME	TIME
3	Ashley Learn	17:00.9
13	Samantha Ryan	18:16.5
14	Mia Stephenson	18:24.1
38	Baylee Mendoza	19:41.6
58	Cassie Koyamatsu	20:21.3
80	Natalie Donham	21:21.1
107	Audrey Street	22:49.0





MT. CARMEL INVITATIONAL

Morley Field September 16, 2017
2.75 Miles Races by Grade Level

Runner	Gr	Squad	Time	Pace	Dist	Place
Ali Harper	Sr	Sr	16:33.2	6:01	2.75	9/153
Allison Boaz	Jr	Jr	16:45.6	6:06	2.75	3/146
Ashley Learn	Fr	Fr	17:00.9	6:11	2.75	3/148
Alyssa Tivadar	Sr	Sr	17:02	6:12	2.75	13/153
Imogen Bleakley	Sr	Sr	17:29.7	6:22	2.75	20/153
Chloe Chose	Sr	Sr	18:01.6	6:33	2.75	27/153
Victoria Dinov	So	So	18:12.8	6:37	2.75	29/160
Samantha Ryan	Fr	Fr	18:16.5	6:39	2.75	13/148
Mia Stephenson	Fr	Fr	18:24.1	6:41	2.75	14/148
Rachel Turner	So	So	18:29.2	6:43	2.75	38/160
Alexis Lee	Jr	Jr	18:36.4	6:46	2.75	32/146
Morgan Withers	Sr	Sr	18:36.9	6:46	2.75	44/153
Jazmyne Barron	Jr	Jr	19:02.9	6:56	2.75	41/146
Sophia Gonzalez	So	So	19:04.9	6:56	2.75	53/160
Heidi Trotter	Sr	Sr	19:29.3	7:05	2.75	58/153
Baylee Mendoza	Fr	Fr	19:41.6	7:10	2.75	38/148
Kassie Koyamatsu	Fr	Fr	20:21.3	7:24	2.75	58/148
Eve Helbock	So	So	21:06.2	7:40	2.75	97/160
Natalie Donham	Fr	Fr	21:21.1	7:46	2.75	80/148
Kaley Mcmichael	So	So	21:27.6	7:48	2.75	105/160
Hailey Sasaki	Sr	Sr	21:33.7	7:50	2.75	102/153
Julia Potenciano	So	So	22:08.2	8:03	2.75	122/160
Audrey Street	Fr	Fr	22:49	8:18	2.75	107/148
Mikayla Roberts	So	So	23:28	8:32	2.75	142/160
Bailey Batton	Fr	So	24:26.5	8:53	2.75	151/160
Camellia Araghian	Sr	Sr	24:37.9	8:57	2.75	139/153
Emma Rooholfada	Jr	Jr	24:55.1	9:04	2.75	131/146



MT. CARMEL INVITATIONAL

Morley Field September 16, 2017
2.95 Miles Races by Grade Level

Boys Results

2.95 Miles D-2 Senior Boys

Official Team Scores

1	Mt Carmel	58
2	Del Norte	129
3	Skyline	138
4	Rancho Bernardo	146

PL	NAME	TIME
19	Bobby Santos	16:36.7
20	Ashtin Brantley	16:36.7
46	Joey Roberts	17:10.6
52	Kyle Humphrey	17:23.2
56	Alex Walsh	17:26.8
65	Bradley Pickard	17:41.5
66	Alan Karuku	17:43.3
75	Benjamin Ahlstrom	18:01.4
91	Trevor Ruuspakka	18:22.2
96	Tyler Koyamatsu	18:26.8
190	Cameron Stohs	21:15.4

2.95 Miles D-2 Soph Boys

Official Team Scores

1	La Costa Canyon	93
2	Rancho Bernardo	94
3	Crawford	139

PL	NAME	TIME
12	Luis Barron	17:16.5
21	Yung-Yi Sun	17:36.6
24	Winston Griffin	17:40.8
39	Ryan Trecker	18:02.0
41	Max Mascardo	18:05.7
101	Cameron Hankinson	19:37.0
115	Gavin Concepcion	20:03.0
117	Jake Hankinson	20:04.6
118	Gautham Prabhakar	20:04.8
200	Nathan Monroe	22:42.3

2.95 Miles D-2 Junior Boys

Official Team Scores

1	Henry Jackson	64
2	Mt Carmel	101
3	Del Norte	133
4	Salpointe Catholic	169
5	Point Loma	185
6	Catalina Foothills	199
7	Cienega	213
8	Rancho Bernardo	247

PL	NAME	TIME
42	Trevor Boaz	17:40.4
54	Justin Ferguson	17:51.3
65	Trevor Hodges	18:02.1
77	Reece Lacour	18:18.1
88	Ryan Debish	18:35.1
97	Jake Leyva	18:49.9
122	Hayden Lewis	19:24.5
127	Garrett MacLeod	19:29.3
136	Shawn Grant	19:40.4
144	Marcus Coleman	19:54.9
192	Brian Walkley	21:35.3
193	Brandon Walkley	21:42.1
234	Joash Sanchez	24:59.1

2.95 Miles D-2 Frosh Boys

Official Team Scores

10	Rancho Bernardo	243
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PL	NAME	TIME
31	Mathew Learn	19:11.8
49	Jacob Ryan	19:55.8
79	Ethan Clark	20:49.1
91	Carter Corzine	21:13.7
104	Sean Day	21:25.8
147	Owen Meyers	22:38.8
185	Chris Fan	24:11.2
187	Marc Walsh	24:13.8



MT. CARMEL INVITATIONAL

Morley Field September 16, 2017
2.95 Miles Races by Grade Level

Runner	Gr	Squad	Time	Pace	Dist	Place
Ashtin Brantley	Sr	Sr	16:36.7	5:38	2.95	20/228
Bobby Santos	Sr	Sr	16:36.7	5:38	2.95	19/228
Joey Roberts	Sr	Sr	17:10.6	5:49	2.95	46/228
Luis Barron	So	So	17:16.5	5:51	2.95	12/265
Kyle Humphrey	Sr	Sr	17:23.2	5:54	2.95	52/228
Alex Walsh	Sr	Sr	17:26.8	5:55	2.95	56/228
Yung-Yi Sun	So	So	17:36.6	5:58	2.95	21/265
Trevor Boaz	Jr	Jr	17:40.4	5:59	2.95	42/241
Winston Griffin	So	So	17:40.8	6:00	2.95	24/265
Bradley Pickard	Sr	Sr	17:41.5	6:00	2.95	65/228
Alan Karuku	Sr	Sr	17:43.3	6:00	2.95	66/228
Justin Ferguson	Jr	Jr	17:51.3	6:03	2.95	54/241
Benjamin Ahlstrom	Sr	Sr	18:01.4	6:07	2.95	75/228
Ryan Trecker	So	So	18:02	6:07	2.95	39/265
Trevor Hodges	Jr	Jr	18:02.1	6:07	2.95	65/241
Max Mascardo	So	So	18:05.7	6:08	2.95	41/265
Reece Lacour	Jr	Jr	18:18.1	6:12	2.95	77/241
Trevor Ruuspakka	Sr	Sr	18:22.2	6:14	2.95	91/228
Tyler Koyamatsu	Sr	Sr	18:26.8	6:15	2.95	96/228
Ryan Debish	Jr	Jr	18:35.1	6:18	2.95	88/241
Jake Leyva	Jr	Jr	18:49.9	6:23	2.95	97/241
Mathew Learn	Fr	Fr	19:11.8	6:30	2.95	31/223
Hayden Lewis	Jr	Jr	19:24.5	6:35	2.95	122/241
Garrett Macleod	Jr	Jr	19:29.3	6:36	2.95	127/241
Cameron Hankinson	So	So	19:37	6:39	2.95	101/265



Shawn Grant	Jr	Jr	19:40.4	6:40	2.95	136/241
Marcus Coleman	Jr	Jr	19:54.9	6:45	2.95	144/241
Jacob Ryan	Fr	Fr	19:55.8	6:45	2.95	49/223
Gavin Concepcion	So	So	20:03	6:48	2.95	115/265
Jake Hankinson	So	So	20:04.6	6:48	2.95	117/265
Gautham Prabhakar	So	So	20:04.8	6:48	2.95	118/265
Ethan Clark	Fr	Fr	20:49.1	7:03	2.95	79/223
Carter Corzine	Fr	Fr	21:13.7	7:12	2.95	91/223
Cameron Stohs	Sr	Sr	21:15.4	7:12	2.95	190/228
Sean Day	Fr	Fr	21:25.8	7:16	2.95	104/223
Brian Walkley	Jr	Jr	21:35.3	7:19	2.95	192/241
Brandon Walkley	Jr	Jr	21:42.1	7:21	2.95	193/241
Owen Myers	Fr	Fr	22:38.8	7:41	2.95	147/223
Nathan Monroe	So	So	22:42.3	7:42	2.95	200/265
Chris Fan	Fr	Fr	24:11.2	8:12	2.95	185/223
Marc Walsh	Fr	Fr	24:13.8	8:13	2.95	187/223
Joash Sanchez	Jr	Jr	24:59.1	8:28	2.95	234/241



Runner	Gr	Squad	Time	Pace	Dist	Place
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Dana Hills Nike Invitational

Dana Hills HS, CA
September 23, 2017 3 Miles



Boys Results

3 Miles D2 Senior

Official Team Scores

1	Canyon (Anaheim)	111
2	San Juan Hills	122
3	Rancho Bernardo	126
4	Palo Verde	158
5	Rancho Verde	184

3 Miles D2 Junior

Official Team Scores

1	San Marcos	100
2	Palo Verde	152
3	Quartz Hill	173
4	Peninsula	182
5	Rancho Bernardo	204

PL	NAME	TIME
11	Bobby Santos	15:46.1
12	Ashtin Brantley	15:49.5
27	Kyle Humphrey	16:12.4
40	Bradley Pickard	16:26.9
67	Joey Roberts	16:52.8
85	Trevor Ruuspakka	17:18.8
86	Benjamin Ahlstrom	17:18.9
108	Alan Karuku	17:47.5
182	Nicholas Lostetter	21:21.2

PL	NAME	TIME
25	Trevor Boaz	16:31.7
34	Reece Lacour	16:44.1
39	Justin Ferguson	16:47.3
65	Trevor Hodges	17:30.0
70	Ryan Debish	17:34.2
90	Garrett MacLeod	17:59.0
95	Jake Leyva	18:12.6
102	Hayden Lewis	18:25.1
111	Shawn Grant	18:38.8
140	Brandon Walkley	19:25.0
145	Collin Beck	19:36.8

3 Miles D2 Sophomore

Official Team Scores

1	La Costa Canyon	61
2	San Marcos	84
3	Quartz Hill	118
4	Arbor View	147
5	San Juan Hills	184
6	University Irvine	187
7	Rancho Bernardo	231

3 Miles D2 Freshman

Official Team Scores

12	Rancho Bernardo	312
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PL	NAME	TIME
20	Luis Barron	16:40.5
22	Winston Griffin	16:41.4
33	Ryan Trecker	17:01.0
64	Max Mascardo	17:48.2
216	Ethan Skousen	23:44.2

PL	NAME	TIME
24	Jacob Ryan	17:43.5
44	Mathew Learn	18:04.4
66	Jacob Lostetter	18:40.3
134	Sean Day	20:15.5
138	Carter Corzine	20:17.2
170	Owen Meyers	21:07.6
172	Arian Mazdeh	21:10.0
220	Marc Walsh	22:37.3

Dana Hills Nike Invitational

Dana Hills HS, CA
September 23, 2017 3 Miles

Girls Results

3 Miles D2 Senior

Official Team Scores

1	Rancho Bernardo	73
2	San Marcos	77
3	Lakewood	91

3 Miles D2 Junior

PL	NAME	TIME
3	Allison Boaz	18:25.6
40	Alexis Lee	20:32.0

PL	NAME	TIME
1	Ali Harper	17:56.8
4	Imogen Bleakley	18:47.8
9	Chloe Chose	19:14.0
54	Kaitlyn Lam	22:02.6
57	Heidi Trotter	22:12.2
100	Camellia Araghian	26:07.6



3 Miles D2 Sophomore

Official Team Scores

1	San Juan Hills	65
2	Santa Monica	80
3	Mission Viejo	84
4	Scripps Ranch	149
5	Villa Park	172
6	Valley View	173
7	Quartz Hill	185
8	Rancho Bernardo	201

3 Miles D2 Freshman

Official Team Scores

1	Peninsula	106
2	San Juan Hills	110
3	Newport Harbor	119
4	University Irvine	132
5	Rancho Bernardo	166

PL	NAME	TIME
10	Victoria Dinov	19:20.8
45	Rachel Turner	20:42.1
57	Sophie Gonzalez	21:33.5
85	Jazmyne Barron	23:01.3
89	Julia Potenciano	23:05.6
109	Kaley McMichael	24:04.7

PL	NAME	TIME
2	Ashley Learn	18:30.2
12	Mia Stephenson	19:51.7
51	Baylee Mendoza	21:50.8
56	Gina Lee	21:58.0
87	Natalie Donham	23:00.1
133	Audrey Street	24:34.3
172	Emily Stallman	29:05.4

PALOMAR CLUSTER MEET #1

Kit Carson Park September 28, 2017
3.05 Miles Varsity*



Boys Results

3 Miles Varsity

Official Team Scores

1	Del Norte	34
2	Mt Carmel	45
3	Poway	82
4	Westview	106
5	Rancho Bernardo	117
6	Mission Vista	149

3 Miles Junior Varsity

Official Team Scores

1	Del Norte	31
2	Rancho Bernardo	36
3	Poway	75
4	Mt Carmel	77
5	Mission Vista	158
6	Westview	165

PL	NAME	TIME
12	Ashtin Brantley	16:48.5
23	Luis Barron	17:16.0
31	Bradley Pickard	17:33.4
33	Kyle Humphrey	17:34.9
34	Alex Walsh	17:37.6
37	Bobby Santos	17:45.8
39	Yung-Yi Sun	17:51.0
41	Joey Roberts	17:57.4
43	Winston Griffin	17:59.8
44	Alan Karuku	18:05.7
48	Benjamin Ahlstrom	18:36.1
50	Trevor Boaz	18:41.6
58	Trevor Ruuspakka	19:25.8
60	Tyler Koyamatsu	19:34.2

PL	NAME	TIME
1	Reece Lacour	17:44.8
4	Justin Ferguson	17:58.5
6	Ryan Trecker	18:03.8
12	Ryan Debish	18:28.1
13	Max Mascardo	18:29.1
18	Trevor Hodges	19:05.2
19	Jake Hankinson	19:09.7
21	Jake Leyva	19:12.5
22	Hayden Lewis	19:17.9
23	Cameron Hankinson	19:21.1
26	Marcus Coleman	19:29.3
28	Gavin Concepcion	19:38.9
31	Shawn Grant	19:47.7
32	Garrett MacLeod	19:49.4
41	Gautham Prabhakar	20:27.5
45	Brandon Walkley	20:32.1
46	Brian Walkley	20:33.0
59	Collin Beck	21:26.1
71	Nathan Monroe	22:49.7
81	Joash Sanchez	27:07.0

3 Miles Frosh

Official Team Scores

1	Poway	26
2	Del Norte	61
3	Mt Carmel	84
4	Rancho Bernardo	105
5	Westview	124
6	Mission Vista	145

PL	NAME	TIME
7	Jacob Ryan	18:20.8
28	Jacob Lostetter	20:09.0
31	Sean Day	20:21.6
33	Mathew Learn	20:36.4
40	Ethan Clark	21:38.4
41	Arian Mazdeh	21:40.2
47	Carter Corzine	22:14.5
49	Owen Meyers	22:23.4
60	Chris Fan	23:46.4
62	Marc Walsh	23:57.4



PALOMAR CLUSTER MEET #1

Kit Carson Park September 28, 2017
3.05 Miles Varsity*



Girls Results

3 Miles Varsity

Official Team Scores

1	Rancho Bernardo	48
2	Del Norte	59
3	Mt Carmel	71
4	Westview	72
5	Poway	123
6	Mission Vista	137

2.75 Miles Junior Varsity

Official Team Scores

1	Rancho Bernardo	30
2	Del Norte	54
3	Mt Carmel	76
4	Poway	89
5	Westview	97
6	Mission Vista	173

PL	NAME	TIME
4	Ashley Learn	19:10.8
8	Ali Harper	19:38.1
11	Imogen Bleakley	19:46.6
12	Allison Boaz	19:52.2
13	Alyssa Tivadar	19:54.9
17	Victoria Dinov	20:43.7
25	Chloe Chose	21:29.0
30	Rachel Turner	21:49.1
40	Morgan Withers	22:18.5
51	Heidi Trotter	23:28.6
63	Hailey Sasaki	24:59.2
64	Kaitlyn Lam	25:45.2
69	Camellia Araghian	28:33.4
70	Mandalin Hankinson	29:13.7

PL	NAME	TIME
1	Mia Stephenson	19:49.5
2	Alexis Lee	20:04.2
3	Samantha Ryan	20:15.4
8	Sophia Gonzalez	21:15.1
16	Baylee Mendoza	22:03.2
20	Madison Schaller	22:18.1
21	Natalie Donham	22:20.6
26	Jordan Beach	22:47.0
42	Kaley McMichael	24:00.4
46	Julia Potenciano	25:04.8
47	Cassie Koyamatsu	25:10.1
48	Mikayla Roberts	25:10.9
50	Bailey Batton	25:20.6
56	Audrey Street	25:56.4
61	Emma Rooholfada	27:09.6
65	Isabella Theus	28:29.7
66	Mindy Lam	28:29.9



SO CAL INVITATIONAL

Guajome Park Vista, CA October 7, 2017
 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
10	Ashtin Brantley	16:29.1
22	Joey Roberts	17:07.6
	Bradley Pickard	17:18.5
25	Luis Barron	17:26.5
	Winston Griffin	17:40.0
	Reece Lacour	17:51.7



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

PL	NAME	TIME
	Benjamin Ahlstrom	17:11.7
	Ryan Trecker	17:36.1
8	Yung-Yi Sun	17:36.3
	Trevor Boaz	17:42.3

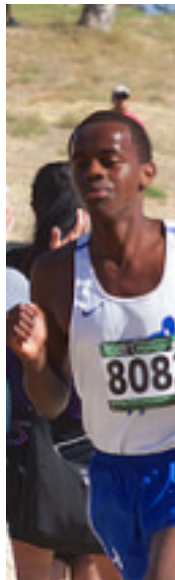


5,000 Meters Div. 1 Varsity Boys 6 & 7

PL	NAME	TIME
11	Ryan Debish	18:22.7
14	Max Mascardo	18:28.6
17	Alan Karuku	18:45.8
18	Jacob Ryan	18:45.9

5,000 Meters Div. 1 Novice Boys

PL	NAME	TIME
16	Jacob Lostetter	19:53.8
19	Shawn Grant	19:57.5
22	Mathew Learn	20:06.7
26	Gavin Concepcion	20:31.7
46	Collin Beck	21:45.9
49	Sean Day	21:57.4
72	Ethan Clark	23:41.9
74	Nicholas Lostetter	23:50.9
87	Joash Sanchez	25:57.8
96	Ethan Skousen	28:22.8



5,000 Meters Div. 1 JV Boys

PL	NAME	TIME
21	Trevor Ruuspakka	18:55.1
39	Hayden Lewis	19:17.2
50	Tyler Koyamatsu	19:34.7
52	Trevor Hodges	19:37.5
58	Cameron Hankinson	19:43.8
61	Jake Hankinson	19:46.7
63	Jake Leyva	19:53.4
73	Garrett MacLeod	20:18.2
87	Brian Walkley	20:31.0
110	Brandon Walkley	21:11.1

SO CAL INVITATIONAL

Guajome Park Vista, CA October 7, 2017
5K Varsity Races: Top 3 Runners, 4-5 Runners, 6-7 Runners

Girls Results

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

PL	NAME	TIME
6	Ali Harper	18:53.1
9	Allison Boaz	19:06.5
11	Ashley Learn	19:16.5

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

PL	NAME	TIME
3	Alyssa Tivadar	19:51.1
4	Imogen Bleakley	20:05.6

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

PL	NAME	TIME
3	Mia Stephenson	21:21.1
6	Samantha Ryan	21:44.9

5,000 Meters Div. 1 Novice Girls

PL	NAME	TIME
2	Rachel Turner	21:40.9
14	Gina Lee	24:23.2
17	Natalie Donham	24:59.1
24	Cassie Koyamatsu	25:42.8
25	Jordan Beach	25:44.5
30	Julia Potenciano	26:25.0
33	Kaley McMichael	26:48.0
36	Parmis Mazdeh	26:59.6
47	Mindy Lam	28:51.5
53	Emma Roohofada	30:05.0
54	Bailey Batton	30:59.6
55	Isabella Theus	31:06.6
58	Olivia Ponce de Leon	31:29.1
63	Emily Stallman	35:35.5

5,000 Meters Div. 1 JV Girls

PL	NAME	TIME
7	Morgan Withers	22:10.7
17	Sophia Gonzalez	23:07.7
19	Alexis Lee	23:13.2
44	Heidi Trotter	25:10.5
48	Hailey Sasaki	25:44.6
49	Kaitlyn Lam	25:54.5
71	Mikayla Roberts	29:13.5



JAGUAR KIT CARSON INVITATIONAL

Kit Carson Park Escondido, CA
2.65 Miles*

October 20, 2017

Boys Results

3.05 Miles Black Division Varsity

Official Team Scores

1	Del Norte	75
2	Mt Carmel	78
3	Rancho Bernardo	161
4	Olympian	167
5	Granite Hills	194

PL	NAME	TIME
13	Ashtin Brantley	16:45.7
20	Bobby Santos	17:05.1
22	Luis Barron	17:06.1
44	Joey Roberts	17:33.5
70	Kyle Humphrey	17:58.9
89	Trevor Boaz	18:16.3
100	Bradley Pickard	18:21.6
111	Benjamin Ahlstrom	18:33.0

3.05 Miles Black Division JV

Official Team Scores

1	Rancho Bernardo	28
2	Mt Carmel	47
3	La Costa Canyon	81

PL	NAME	TIME
1	Ryan Trecker	17:45.3
2	Alan Karuku	17:58.0
4	Winston Griffin	17:59.4
8	Reece Lacour	18:18.6
13	Tyler Koyamatsu	18:28.3
15	Max Mascardo	18:29.1
19	Trevor Hodges	18:34.2
28	Trevor Ruuspakka	18:41.8
33	Alex Walsh	18:47.5
36	Jake Leyva	18:49.0
51	Ryan Debish	19:18.6
52	Hayden Lewis	19:18.9
79	Jake Hankinson	19:53.0
101	Gautham Prabhakar	20:24.9
116	Cameron Stohs	20:47.3
124	Brandon Walkley	21:01.2
139	Cameron Hankinson	21:20.2
145	Brian Walkley	21:27.2
147	Collin Beck	21:37.0
182	Nicholas Lostetter	22:58.5
202	Ethan Skousen	24:09.2
206	Joash Sanchez	25:17.9

3.05 Miles Black Teal Division Frosh

Official Team Scores

1	Scripps Ranch	110
2	San Dieguito Academ	128
3	Del Norte	145
4	Sage Creek	149
5	Point Loma	150
6	Carlsbad	168
7	Mt Carmel	219
8	Rancho Bernardo	224

PL	NAME	TIME
23	Jacob Ryan	19:19.7
31	Mathew Learn	19:36.1
40	Jacob Lostetter	19:51.9
49	Ethan Clark	20:06.4
116	Sean Day	21:40.3
132	Owen Meyers	21:57.2
149	Arian Mazdeh	22:28.4
179	Carter Corzine	23:12.3
193	Marc Walsh	24:03.9
195	Chris Fan	24:29.0



JAGUAR KIT CARSON INVITATIONAL

Kit Carson Park Escondido, CA October 20, 2017
2.65 Miles*

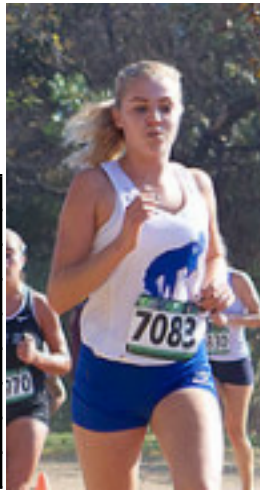
Girls Results

2.75 Miles Black Division Varsity

Official Team Scores

1	Del Norte	79
2	Point Loma	110
3	Mt Carmel	125
4	Steele Canyon	129
5	Olympian	149
6	Paloma Valley	199
7	Scripps Ranch	227
8	Vista	227
9	Patrick Henry	274
10	Francis Parker	287
11	Mission Vista	311
12	San Pasqual	314
13	Rancho Bernardo	316

PL	NAME	TIME
47	Samantha Ryan	18:45.0
55	Morgan Withers	18:55.3
65	Alexis Lee	19:05.7
68	Rachel Turner	19:09.3
122	Sophia Gonzalez	20:19.5
129	Madison Schaller	20:30.6
151	Kaitlyn Lam	21:24.3
157	Baylee Mendoza	21:43.9



2.75 Miles Black Division JV

Official Team Scores

1	Sage Creek	23
2	Steele Canyon	45
3	La Costa Canyon	102
4	Mt Carmel	112
5	Patrick Henry	132
6	Mission Vista	159
7	Scripps Ranch	181
8	Rancho Bernardo	247
9	Valley Center	256
10	Vista	295

PL	NAME	TIME
50	Natalie Donham	21:28.3
56	Cassie Koyamatsu	21:36.6
60	Kaley McMichael	21:44.0
68	Jordan Beach	21:56.5
69	Hailey Sasaki	21:58.3
84	Eve Helbock	22:21.3
117	Parmis Mazdeh	23:12.9
134	Mikayla Roberts	24:09.3
135	Emma Rooholfada	24:10.2
136	Bailey Batton	24:10.4
148	Mindy Lam	24:43.1
149	Camellia Araghian	24:47.5
172	Isabella Theus	25:56.2



Mt. SAC Invitational

Walnut, CA October 21, 2017 3.0 Miles

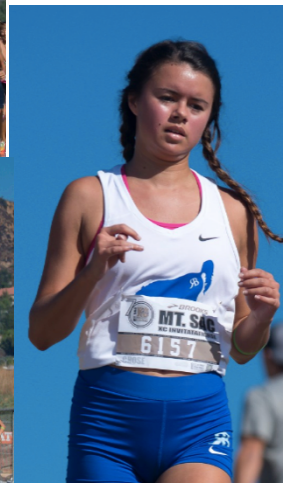


2.93 Miles Team Sweepstakes Green

Official Team Scores

1	Great Oak	45
2	Claremont	68
3	Vista Murrieta	125
4	Capistrano Valley	162
5	Saugus	174
6	Serrano	175
7	Arcadia	176
8	Simi Valley	207
9	Homestead	229
10	Oakland Tech	263
11	Canyon Crest Academy	270
12	Mira Costa	273
13	Dana Hills	286
14	West Ranch	291
15	Rancho Bernardo	303
16	Tesoro	435

PL	NAME	TIME
30	Ashley Learn	18:25
48	Alyssa Tivadar	18:56
68	Ali Harper	19:16
77	Allison Boaz	19:26
80	Imogen Bleakley	19:32
106	Mia Stephenson	20:44
107	Chloe Chose	20:55



PALOMAR CLUSTER MEET #2

Kit Carson Park October 27, 2017 3.0 Miles

Boys Results

3 Miles Varsity

Official Team Scores

1	Del Norte	34
2	Mt Carmel	66
3	Rancho Bernardo	79
4	Poway	89
5	Westview	102
6	Mission Vista	146

PL	NAME	TIME
9	Luis Barron	16:27.1
13	Bobby Santos	16:37.4
14	Ashtin Brantley	16:37.9
19	Joey Roberts	16:50.7
25	Kyle Humphrey	17:07.6
27	Bradley Pickard	17:20.6
34	Tyler Koyamatsu	17:40.3
37	Winston Griffin	17:45.6
38	Alan Karuku	17:51.3
41	Ryan Trecker	17:58.5
43	Alex Walsh	18:18.9
44	Benjamin Ahlstrom	18:22.1
47	Trevor Ruuspakka	18:37.9
59	Cameron Stohs	19:48.7
68	Nicholas Lostetter	22:52.2



3 Miles Junior Varsity

Official Team Scores

1	Rancho Bernardo	27
2	Mt Carmel	51
3	Del Norte	52
4	Poway	111
5	Westview	137
6	Mission Vista	181

PL	NAME	TIME
1	Justin Ferguson	17:20.3
4	Reece Lacour	17:36.9
5	Ryan Debish	17:40.4
7	Yung-Yi Sun	17:45.0
10	Trevor Boaz	17:54.7
17	Trevor Hodges	18:35.0
21	Hayden Lewis	18:43.8
22	Max Mascardo	18:45.2
24	Jake Leyva	18:53.1
25	Jake Hankinson	18:54.9
29	Gavin Concepcion	19:32.6
34	Gautham Prabhakar	19:54.6
40	Collin Beck	20:05.1
42	Brandon Walkley	20:06.0
44	Brian Walkley	20:09.3
70	Joash Sanchez	23:33.5
72	Cameron Hankinson	23:55.6
73	Ethan Skousen	24:01.9

3 Miles Boys Frosh

Official Team Scores

1	Poway	27
2	Del Norte	56
3	Mt Carmel	82
4	Rancho Bernardo	83
5	Mission Vista	127

PL	NAME	TIME
11	Jacob Ryan	18:22.1
12	Mathew Learn	18:31.1
16	Jacob Lostetter	18:38.4
31	Sean Day	20:22.4
39	Arian Mazdeh	21:07.6
41	Carter Corzine	21:12.8
49	Owen Meyers	22:48.8
50	Ethan Clark	23:02.7
56	Marc Walsh	25:16.8
57	Chris Fan	25:17.0



PALOMAR CLUSTER MEET #2

Kit Carson Park October 27, 2017 3.0 Miles

Girls Results

3 Miles Varsity

Official Team Scores

1 Rancho Bernardo	46
2 Del Norte	46
3 Westview	56
4 Mt Carmel	118
5 Poway	121
6 Mission Vista	132

PL	NAME	TIME
3	Ashley Learn	19:05.1
5	Alyssa Tivadar	19:19.6
6	Ali Harper	19:21.6
15	Imogen Bleakley	20:27.5
17	Chloe Chose	20:32.4
18	Mia Stephenson	20:33.9
26	Morgan Withers	21:20.6
39	Victoria Dinov	22:40.3
48	Heidi Trotter	23:20.6
55	Hailey Sasaki	24:34.2
63	Camellia Araghian	28:28.6
64	Mandalin Hankinson	30:03.8

3 Miles Junior Varsity

Official Team Scores

1 Rancho Bernardo	20
2 Del Norte	57
3 Poway	76
4 Mt Carmel	95
5 Westview	102
6 Mission Vista	170

PL	NAME	TIME
1	Samantha Ryan	20:55.1
2	Rachel Turner	21:07.5
4	Alexis Lee	21:53.3
5	Jazmyne Barron	21:59.8
8	Sophia Gonzalez	22:42.8
18	Natalie Donham	23:24.6
20	Jordan Beach	23:41.5
22	Madison Schaller	23:51.7
24	Cassie Koyamatsu	23:57.9
33	Julia Potenciano	25:19.3
35	Baylee Mendoza	25:25.0
38	Parmis Mazdeh	25:37.5
40	Kaley McMichael	25:52.4
46	Eve Helbock	26:14.7
50	Bailey Batton	27:20.1
51	Mikayla Roberts	27:27.5
63	Emma Rooholfada	29:48.5
68	Emily Stallman	33:15.4



PALOMAR LEAGUE JUNIOR VARSITY CLUSTER

Kit Carson Park November 3, 2017 3.05 Junior Varsity

Boys Results

3 Miles Palomar Junior Varsity

Official Team Scores

1	Del Norte	35
2	Rancho Bernardo	43
3	Mt Carmel	46
4	Poway	108
5	Westview	145
6	Mission Vista	188

PL	NAME	TIME
3	Ryan Trecker	16:53.1
7	Yung-Yi Sun	17:09.7
9	Reece Lacour	17:12.4
11	Trevor Boaz	17:13.5
13	Justin Ferguson	17:27.8
14	Max Mascardo	17:30.4
17	Jacob Ryan	17:36.6
19	Trevor Hodges	17:43.3
20	Ryan Debish	17:46.6
21	Jake Leyva	17:48.7
24	Mathew Learn	17:53.9
34	Jacob Lostetter	18:21.1
41	Cameron Hankinson	18:33.6
49	Jake Hankinson	18:48.9
50	Hayden Lewis	18:50.3
53	Gavin Concepcion	19:03
63	Gautham Prabhakar	19:18.3
66	Collin Beck	19:22
85	Brian Walkley	19:51.7
86	Brandon Walkley	19:52.7
89	Garrett MacLeod	20:01.2
100	Owen Meyers	20:36.3
102	Carter Corzine	20:44.7
104	Arian Mazdeh	20:53
115	Ethan Clark	21:18.7
122	Sean Day	21:32.3
130	Marc Walsh	22:26.4
131	Joash Sanchez	22:28.7
132	Ethan Skousen	22:30.2
134	Chris Fan	22:35

Girls Results

3 Miles Palomar Junior Varsity

Official Team Scores

1	Rancho Bernardo	27
2	Del Norte	39
3	Poway	63
4	Westview	116
5	Mt Carmel	127
6	Mission Vista	170

PL	NAME	TIME
1	Samantha Ryan	20:27.1
5	Alexis Lee	21:01.5
6	Jazmyne Barron	21:16.1
7	Sophia Gonzalez	21:16.3
8	Rachel Turner	21:25.9
24	Madison Schaller	22:37.8
28	Gina Lee	22:48.5
29	Cassie Koyamatsu	22:55.8
32	Jordan Beach	23:03.2
33	Natalie Donham	23:04
34	Baylee Mendoza	23:05
35	Kaley McMichael	23:24
42	Eve Helbock	23:40.3
43	Julia Potenciano	23:57.1
46	Parmis Mazdeh	24:18:00
61	Mikayla Roberts	26:12.5
66	Emma Rooholfada	26:26.4
69	Bailey Batton	26:51.9
70	Isabella Theus	26:59:00
71	Emily Stallman	27:05.9



PALOMAR LEAGUE JUNIOR VARSITY CLUSTER

Kit Carson Park November 3, 2017 3.05 Junior Varsity



PALOMAR LEAGUE FINALS

Kit Carson Park Escondido, CA November 11, 2017
3.0 Miles

Boys Results

3.05 Miles Palomar League

Official Team Scores

1	Del Norte	35
2	Mt Carmel	38
3	Westview	93
4	Rancho Bernardo	97
5	Poway	124
6	Mission Vista	157

PL	NAME	TIME
10	Bobby Santos	16:58.6
12	Luis Barron	17:01.6
24	Joey Roberts	17:39.5
28	Bradley Pickard	17:48.9
29	Ashtin Brantley	17:51.1
32	Kyle Humphrey	17:56.9
33	Justin Ferguson	17:58.7
39	Ryan Trecker	18:17.1
42	Trevor Boaz	18:21.5
45	Max Mascardo	18:32.4
56	Reece Lacour	18:50.0
64	Tyler Koyamatsu	20:11.1

BOYS FINAL LEAGUE STANDINGS

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



PALOMAR LEAGUE FINALS

Kit Carson Park Escondido, CA November 11, 2017
3.0 Miles

Girls Results

3.05 Miles Palomar League

Official Team Scores

1	Rancho Bernardo	47
2	Del Norte	66
3	Westview	70
4	Mt Carmel	89
5	Poway	103
6	Mission Vista	140

PL	NAME	TIME
3	Ashley Learn	19:25.8
8	Alyssa Tivadar	19:57.3
10	Allison Boaz	20:06.2
11	Imogen Bleakley	20:15.2
15	Chloe Chose	20:40.1
16	Mia Stephenson	20:50.5
19	Samantha Ryan	20:53.7
32	Victoria Dinov	21:40.4
34	Sophia Gonzalez	21:51.3
38	Morgan Withers	22:05.5
39	Rachel Turner	22:07.7
40	Jazmyne Barron	22:10.5

GIRLS

FINAL LEAGUE STANDINGS

1st RB

2nd Del Norte

3rd Westview

4th Mt Carmel

5th Poway

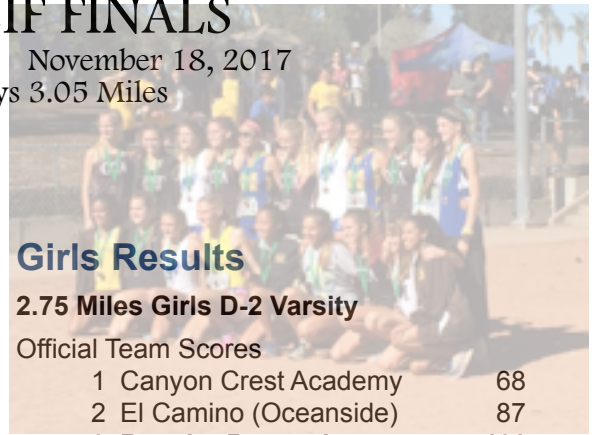
6th Mission Vista





SAN DIEGO CIF FINALS

Morley Field San Diego, CA November 18, 2017
 Girls 2.75 Miles Boys 3.05 Miles



Boys Results

3.04 Miles Boys D-2 Varsity

Official Team Scores

1	Bonita Vista	97
2	Torrey Pines	130
3	Canyon Crest Academy	144
4	San Marcos	170
5	Mira Mesa	178
6	Rancho Bernardo	189
7	Olympian	205
8	Otay Ranch	216
9	Mission Hills	216
10	San Diego	227

Girls Results

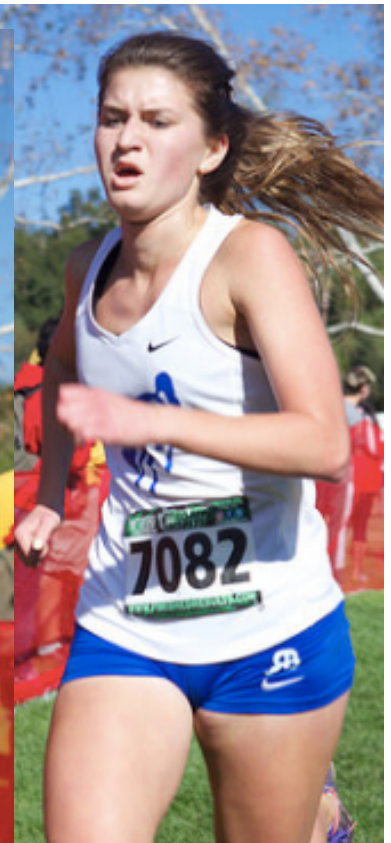
2.75 Miles Girls D-2 Varsity

Official Team Scores

1	Canyon Crest Academy	68
2	El Camino (Oceanside)	87
3	Rancho Bernardo	102
4	Torrey Pines	120
5	Olympian	139
6	Mira Mesa	185
7	San Marcos	188
8	Westview	211
9	Eastlake	236
10	Otay Ranch	239

PL	NAME	TIME
17	Bobby Santos	16:12.5
33	Ashtin Brantley	16:36.9
36	Luis Barron	16:40.2
46	Joey Roberts	16:54.7
57	Kyle Humphrey	17:00.8
80	Bradley Pickard	17:14.9
96	Justin Ferguson	17:34.4

PL	NAME	TIME
8	Ashley Learn	18:34.8
14	Allison Boaz	19:03.6
18	Alyssa Tivadar	19:10.3
29	Imogen Bleakley	19:32.1
33	Chloe Chose	19:44.3
36	Mia Stephenson	19:54.4
42	Ali Harper	20:03.2



RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY HISTORY

GIRLS				
YEAR	LEAGUE	COACH	RECORD	PLACE
1990	AVOCADO	DON JONES	5 WINS - 2 LOSSES	3RD
1991	AVOCADO	DON JONES	5 WINS - 2 LOSSES	3RD
1992	PALOMAR	DON JONES	3 WINS - 4 LOSSES	4TH
1993	PALOMAR	DON JONES	3 WINS - 4 LOSSES	5TH
1994	PALOMAR	DON JONES	4 WINS - 3 LOSSES	3RD
1995	PALOMAR	DON JONES	6 WINS - 1 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
2017	PALOMAR	TERRY DOCKERY	20 WINS - 0 LOSSES	1ST

OVERALL RECORD : 210 WINS - 75 LOSSES (.737%)

BOYS				
1990	AVOCADO	DON JONES	3 WINS - 4 LOSSES	6TH
1991	AVOCADO	DON JONES	3 WINS - 4 LOSSES	3RD
1992	PALOMAR	DON JONES	4 WINS - 3 LOSSES	3RD
1993	PALOMAR	DON JONES	6 WINS - 1 LOSSES	2ND
1994	PALOMAR	DON JONES	5 WINS - 2 LOSSES	2ND
1995	PALOMAR	DON JONES	2 WINS - 5 LOSSES	5TH
1996	PALOMAR	DON JONES	7 WINS - 0 LOSSES	2ND
1997	PALOMAR	DON JONES	3 WINS - 4 LOSSES	5TH
1998	PALOMAR	DON JONES	0 WINS - 5 LOSSES	5TH
1999	PALOMAR	DON JONES	1 WIN - 4 LOSSES	5TH
2000	PALOMAR	TERRY DOCKERY	0 WINS - 5 LOSSES	6TH
2001	PALOMAR	TERRY DOCKERY	0 WINS - 5 LOSSES	6TH
2002	PALOMAR	TERRY DOCKERY	4 WINS - 6 LOSSES	4TH
2003	PALOMAR	TERRY DOCKERY	5 WINS - 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

OVERALL RECORD : 141 WINS - 144 LOSSES (.495%)

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	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 DINOVI	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	ASHLEY LEARN	18:25	2017
7	LAUREN VOYLES	18:27	2011
8	MICHELLE LEROUX	18:35	2009
9	DARINA DINOVI	18:42	2009
10	MELISSA LEROUX	18:52	2010

MORLEY FIELD CIF COURSE (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

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

RANK	NAME	TIME	YEAR
1	BOBBY SANTOS	16:13	2017
2	ASHTIN BRANTLEY	16:37	2017
3	LUIS BARRON	16:41	2017
4	JOEY ROBERTS	16:55	2017
5	KYLE HUMPHREY	17:01	2017

RANK	NAME	TIME	YEAR
1	ASHLEY LEARN	18:35	2017
2	ALLISON BOAZ	19:04	2017
3	ALYSSA TIVADAR	19:11	2017
4	IMOGEN BLEAKLEY	19:33	2017
5	CHLOE CHOSE	19:45	2017

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

**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 IRAVANI (2004)
KRISTA EGENSE (2004, 2005, 2006)
CAROLINE DRAPER (2006, 2007, 2008)
MOLLY GRABILL (2007, *2008, *2009, *2010)
MICHELLE LEROUX (2008, 2009)
DARINA DINOVA (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)
ASHLEY LEARN (2017)
ALYSSA TIVADAR (2017)
ALLISON BOAZ (2017)

* *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)

* *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)
ALLISON BOAZ (2017)



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)

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 2017
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

THANK YOU FOR SUPPORTING RBHS CROSS COUNTRY 2017!

