



RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY TEAM 2023



Rancho Bernardo

Rancho Bernardo HS San Diego, CA



RANCHO BERNARDO HIGH SCHOOL CROSS COUNTRY TEAM 2023

Boys	Grade
Antonio Correa	12
Max Schaller	12
Otis Pratt	12
Camden Luecht	11
Jose Ramirez	11
Naoya Mizui	11
Woody McMahon	11
Cooper Zei	10
Daniel Yip	10
Devin Cottom	10
Jayden Moffit	10
Jonathan Ng	10
Lucas Bradbury	10
Pradyun Parvataneni	10
William Liu	10
Zain Alemi	10
Jacob Stoffers	9
Kalil Thrall	9
Michael Morga	9
Sebastian Nicholas	9
Trevor Cottom	9

Girls	Grade
Jasmyne Castro	12
Kaelyn Style	12
Madison Lorenz	12
Renae Anderson	12
Siviana Thrall	12
Anvi Kakar	11
Kate Hendrickson	11
Meadow Cannon	11
Rheya Cummins	11
Alexandria Dasch	10
Anna Grant	10
Charlize Chammas	10
Emilie Carter	10
Katherine Pulham	10
Livia Dangio	10
Mollie Brailsford	10
Sofia Avetyan	10
Angelina Barron	9
Annalise Fung	9
Riley Biddle	9
Riley Desbois	9

HEAD COACH : BOB MUSHECK



2023 Season Summary RB Cross Country



Date	Event	Course
Sat, Aug 26	Bronco Round-up	Kit Carson Park
Sat, Sep 02	CCA Ravens Fleet Feet SD XC Inv.	Canyon Crest Academy
Sat, Sep 09	Palomar League Cluster #1	Mt. Carmel Campus
Sat, Sep 16	Mt. Carmel/ASICS XC Invitational	Morley Field
Sat, Oct 07	41st Annual Southern Cal Invitational	Guajome Park, CA
Sat, Oct 14	Palomar League Cluster #2	Del Norte High School
Fri, Oct 20	Jaguar Kit Carson Invitational	Kit Carson Park
Sat, Oct 21	75th Annual Mt. SAC Cross Country Inv.	Mt. San Antonio College
Fri, Oct 27	Palomar League Cluster #3	Kit Carson Park
Sat, Oct 28	UC Postal 2-Mile	University City High School
Sat, Nov 04	North County Conference Champ	Guajome Park, CA
Sat, Nov 11	CIF San Diego Section Champ	Morley Field XC Course
Sat, Nov 25	2023 CIF State Cross Country Championships	Woodward Park, Fresno

SPORTS

Dockery back coaching cross country at RB High



BRONCO ROUND-UP 2023 @ Kit Carson Park

Saturday, August 26th, 2023
2.0 Miles Varsity, JV 10-12, JV Frosh/Novice



Girls Results

Varsity Girls

Place	Name	Grade	FINISH	PACE
27	Madison Lorenz	12	12:47	6:23
32	Anna Grant	10	12:53	6:26
43	Jasmyne Castro	12	13:07	6:33
54	Renae Anderson	12	13:15	6:37
76	Rheya Cummins	11	14:02	7:01
77	Kaelyn Style	12	14:04	7:02
82	Anvi Kakar	11	14:14	7:07

2 Miles D2 Varsity

Official Team Scores

1 Cathedral Catholic	48
2 Poway	85
3 University City	103
4 Del Norte	107
5 La Jolla	128
6 Scripps Ranch	169
7 El Camino (Oceanside)	201
8 Rancho Bernardo	214
9 Patrick Henry	238
10 San Marcos	245
11 Mt Carmel	250
12 San Dieguito Academy	251
13 San Pasqual	293



JV GIRLS

Place	Name	Grade	FINISH	PACE
16	Meadow Cannon	11	14:19	7:09
23	Livia Dangio	10	14:29	7:14
30	Charlize Chammas	10	14:42	7:21
71	Alexandria Dasch	10	16:03	8:01
74	Siviana Thrall	12	16:10	8:05
109	Mollie Brailsford	10	20:01	10:00

2 Miles D2 Junior Varsity

Official Team Scores

1 Patrick Henry	82
2 Torrey Pines	97
3 Del Norte	104
4 Cathedral Catholic	114
5 El Camino (Oceanside)	118
6 Scripps Ranch	122
7 San Dieguito Academy	165
8 Poway	165
9 Rancho Bernardo	185
10 San Marcos	230
11 San Pasqual	271



BRONCO ROUND-UP 2023 @ Kit Carson Park

Saturday, August 26th, 2023

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

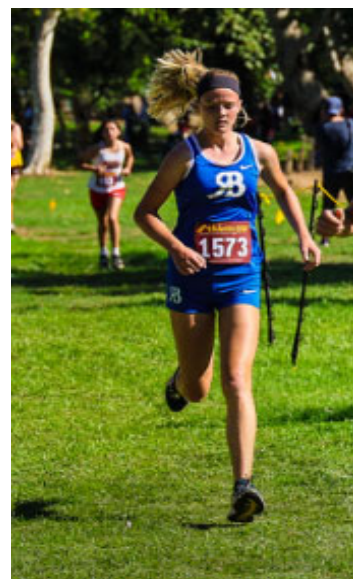
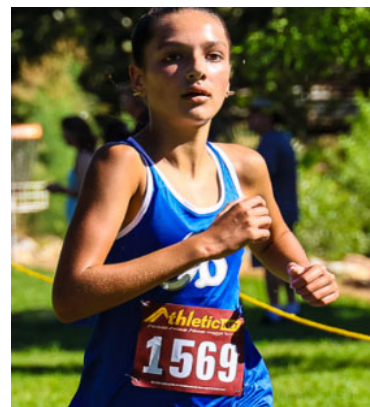
Frosh/Novice Girls

Place	Name	Grade	FINISH	PACE
2	Riley Biddle	9	12:07	6:03
7	Riley Desbois	9	14:20	7:10
14	Emilie Carter	10	15:12	7:36
36	Katherine Pulham	10	16:29	8:14
43	Angelina Barron	9	16:40	8:20
52	Sofia Avetyan	10	17:35	8:47
53	Annalise Fung	9	17:37	8:48

2 Miles D2 Frosh/Novice

Official Team Scores

1 El Camino (Oceanside)	56
2 Rancho Bernardo	76
3 Torrey Pines	84
4 San Dieguito Academy	91
5 Westview	117
6 Del Norte	123
7 Patrick Henry	132
8 San Marcos	166



BRONCO ROUND-UP 2023 @ Kit Carson Park

Saturday, August 26th, 2023

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

Boys Results

Varsity Boys

Place	Name	Grade	FINISH	PACE
1	Camden Luecht	11	9:58	4:59
12	Jose Ramirez	11	10:30	5:15
22	Max Schaller	12	10:45	5:22
24	William Liu	10	10:47	5:23
80	Naoya Mizui	11	11:36	5:48

2 Miles D2 Varsity

Official Team Scores

1 Poway	92
2 Cathedral Catholic	109
3 El Camino (Oceanside)	111
4 Rancho Bernardo	119
5 Scripps Ranch	126
6 Mt Carmel	158
7 San Dieguito Academy	170
8 University City	178
9 Vista	198
10 San Pasqual	234
11 Patrick Henry	243
12 San Marcos	272
13 La Jolla	310

JV Boys

Place	Name	Grade	FINISH	PACE
13	Pradyun Parvatane	10	11:42	5:51
19	Daniel Yip	10	11:49	5:54
89	Jayden Moffit	10	13:16	6:38
105	Woody McMahon	11	13:55	6:57
112	Antonio Correa	12	14:19	7:09

2 Miles D2 Junior Varsity

Official Team Scores

1 El Camino (Oceanside)	33
2 Del Norte	67
3 Scripps Ranch	73
4 Torrey Pines	147
5 Patrick Henry	167
6 La Jolla	181
7 San Dieguito Academy	209
8 Poway	222
9 Cathedral Catholic	225
10 Mt Carmel	243
11 Rancho Bernardo	262
12 Westview	318
13 San Pasqual	322



BRONCO ROUND-UP 2023 @ Kit Carson Park

Saturday, August 26th, 2023

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

Frosh/Novice Boys

Place	Name	Grade	FINISH	PACE
22	Michael Morga	9	12:28	6:14
35	Kalil Thrall	9	12:53	6:26
50	Trevor Cottom	9	13:15	6:37
57	Jonathan Ng	10	13:36	6:48
96	Lucas Bradbury	10	14:42	7:21
104	Sebastian Nicholas	9	15:09	7:34
123	Cooper Zei	10	16:47	8:23
126	Jacob Stoffers	9	17:26	8:43

2 Miles D2 Frosh/Novice

Official Team Scores

1 Del Norte	53
2 Torrey Pines	86
3 San Pasqual	86
4 San Dieguito Academy	157
5 Poway	159
6 Mt Carmel	162
7 Cathedral Catholic	166
8 Westview	199
9 Rancho Bernardo	205
10 Patrick Henry	228
11 El Camino (Oceanside)	235
12 San Marcos	334



CCA Ravens Fleet Feet SD XC Invitational

Saturday, September 2, 2023

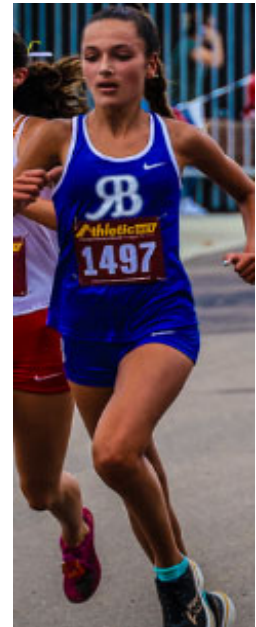
Canyon Crest Academy

3 Miles Varsity, Grade Level

Girls Results

3 Miles Senior/ Invitational

PL	NAME	GR	FINISH	PACE
8	Riley Biddle	9	17:39.8	5:53.3
31	Anna Grant	10	18:58.8	6:19.6
34	Madison Lorenz	12	19:09.1	6:23.0
40	Renae Anderson	12	19:20.4	6:26.8
59	Jasmyne Castro	12	19:50.3	6:36.8
88	Kaelyn Style	12	20:50.2	6:56.7

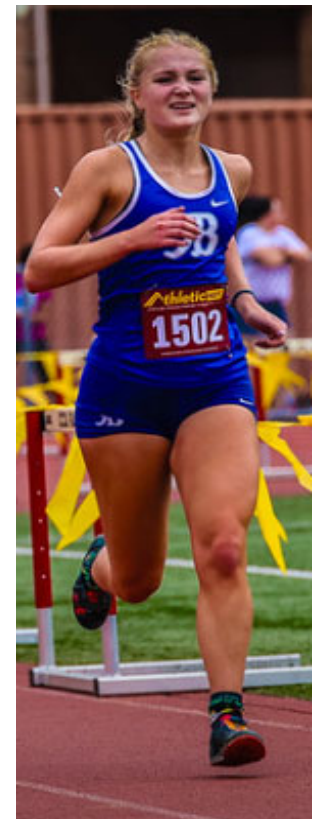


3 Miles Junior

PL	NAME	GR	FINISH	PACE
9	Rheya Cummins	11	20:51.6	6:57.2
22	Anvi Kakar	11	21:42.7	7:14.2

3 Miles Sophomore

PL	NAME	GR	FINISH	PACE
36	Livia Dangio	10	21:30.4	7:10.1
45	Charlize Chammas	10	21:56.1	7:18.7
53	Emilie Carter	10	22:25.9	7:28.6
73	Alexandria Dasch	10	23:55.8	7:58.6
75	Katherine Pulham	10	24:06.6	8:02.2
93	Sofia Avetyan	10	26:50.3	8:56.8



3 Miles Freshmen

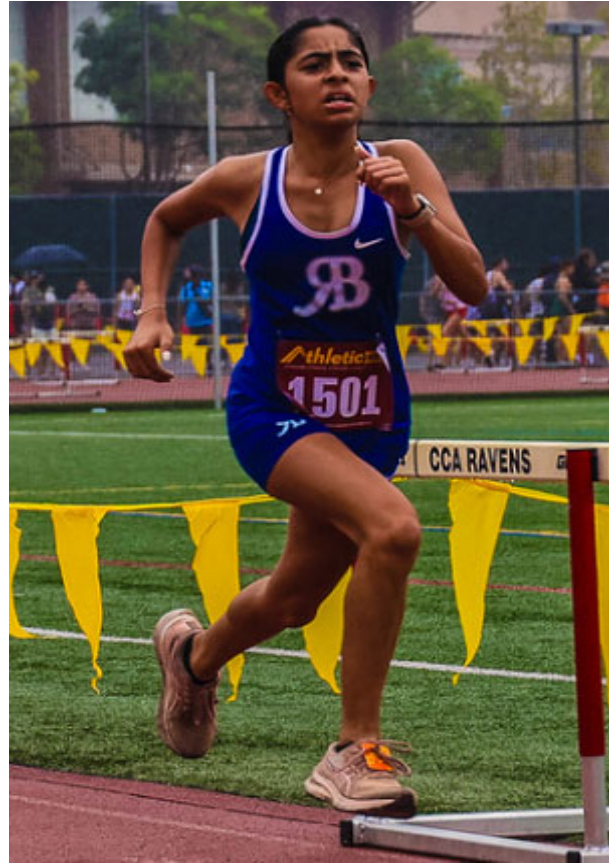
PL	NAME	GR	FINISH	PACE
22	Riley Desbois	9	22:18.8	7:26.3
44	Angelina Barron	9	24:16.6	8:05.5
57	Annalise Fung	9	25:48.2	8:36.1

CCA Ravens Fleet Feet SD XC Invitational

Saturday, September 2, 2023

Canyon Crest Academy

3 Miles Varsity, Grade Level



CCA Ravens Fleet Feet SD XC Invitational

Saturday, September 2, 2023

Canyon Crest Academy

3 Miles Varsity, Grade Level

Boys Results

1.5 Miles Freshmen/ Sophomore

PL	NAME	GR	FINISH	PACE
134	Cooper Zei	10	10:45.8	7:10.5
135	Jacob Stoffers	9	10:46.3	7:10.9

3 Miles Senior/ Invitational

PL	NAME	GR	FINISH	PACE
6	Camden Luecht	11	14:52.4	4:57.5
49	Max Schaller	12	16:07.2	5:22.4
230	Antonio Correa	12	21:48.3	7:16.1

3 Miles Junior

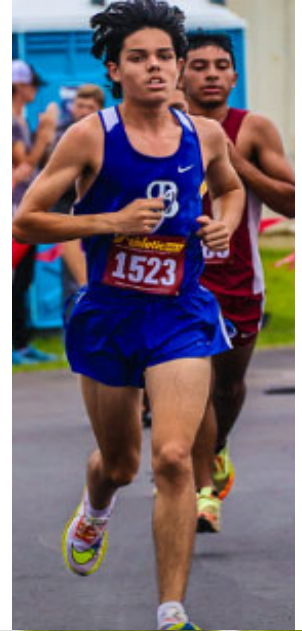
PL	NAME	GR	FINISH	PACE
7	Jose Ramirez	11	16:22.4	5:27.5
37	Naoya Mizui	11	17:30.7	5:50.2
131	Woody McMahon	11	21:55.9	7:18.6

3 Miles Sophomore

PL	NAME	GR	FINISH	PACE
3	William Liu	10	16:23.9	5:28.0
18	Devin Cottom	10	17:21.4	5:47.1
19	Pradyun Parvataneni	10	17:21.6	5:47.2
35	Daniel Yip	10	17:46.8	5:55.6
101	Jonathan Ng	10	19:37.3	6:32.4
109	Zain Alemi	10	19:58.6	6:39.5
116	Jayden Moffit	10	20:38.4	6:52.8
131	Lucas Bradbury	10	22:07.3	7:22.4

3 Miles Freshmen

PL	NAME	GR	FINISH	PACE
34	Michael Morga	9	18:50.6	6:16.9
49	Kalil Thrall	9	19:22.5	6:27.5
99	Sebastian Nicholas	9	21:23.2	7:07.7



CCA Ravens Fleet Feet SD XC Invitational

Saturday, September 2, 2023

Canyon Crest Academy

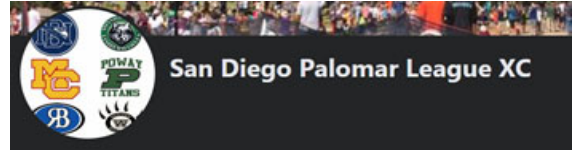
3 Miles Varsity, Grade Level





Palomar League Cluster #1

Saturday, September 9, 2023 @ Mt. Carmel Campus Course
3.0 MILE



Girls Results

3 Miles Varsity

PL	FIRST	GR	FINISH	PACE
2	Riley Biddle	9	19:07.9	6:22.6
7	Madison Lorenz	12	19:44.5	6:34.8
9	Anna Grant	10	19:51.3	6:37.1
16	Renae Anderson	12	20:07.2	6:42.4
19	Jasmyne Castro	12	20:37.6	6:52.5
23	Kaelyn Style	12	21:17.3	7:05.8
31	Rheya Cummins	11	21:55.2	7:18.4

3 Miles Varsity

Official Team Scores

1 Del Norte	42
2 Poway	44
3 Rancho Bernardo	53
4 Westview	128
5 Mt Carmel	132
6 San Marcos	150

3 Miles Junior Varsity

PL	FIRST	GR	FINISH	PACE
2	Riley Desbois	9	22:10.1	7:23.4
4	Charlize Chammas	10	22:25.6	7:28.5
6	Livia Dangio	10	22:37.4	7:32.5
10	Meadow Cannon	11	23:16.3	7:45.4
11	Emilie Carter	10	23:20.6	7:46.9
21	Angelina Barron	9	24:46.2	8:15.4
31	Alexandria Dasch	10	25:39.0	8:33.0
35	Katherine Pulham	10	26:11.8	8:43.9
43	Annalise Fung	9	27:11.1	9:03.7
48	Mollie Brailsford	10	30:24.0	10:08.0

3 Miles Junior Varsity

Official Team Scores

1 Del Norte	28
2 Rancho Bernardo	30
3 San Marcos	87
4 Poway	102
5 Westview	103

Palomar League Cluster #1

Saturday, September 9, 2023 @ Mt. Carmel Campus Course
3.0 MILE

Boys Results

3 Miles Varsity

	PL	NAME	GR	FINISH	PACE
	2	Camden Luecht	11	15:28.1	5:09.4
	9	Jose Ramirez	11	16:38.4	5:32.8
	11	Max Schaller	12	16:42.5	5:34.2
	12	William Liu	10	16:44.4	5:34.8
	29	Pradyun Parvataneni	10	17:49.6	5:56.5
	32	Devin Cottom	10	17:54.2	5:58.1
	36	Naoya Mizui	11	18:00.4	6:00.1
	46	Daniel Yip	10	18:38.7	6:12.9
	57	Antonio Correa	12	23:28.2	7:49.4

3 Miles Varsity

Official Team Scores

1 Westview	39
2 Poway	59
3 Rancho Bernardo	63
4 Del Norte	74
5 Mt Carmel	129
6 San Marcos	159

3 Miles Junior Varsity

	PL	NAME	GR	FINISH	PACE
	25	Jayden Moffit	10	20:53.1	6:57.7
	26	Jonathan Ng	10	20:53.4	6:57.8
	32	Lucas Bradbury	10	22:15.8	7:25.3

3 Miles Junior Varsity

Official Team Scores

1 Del Norte	24
2 San Marcos	64
3 Poway	68
4 Mt Carmel	86

3 Miles Frosh

	PL	NAME	GR	FINISH	PACE
	10	Trevor Cottom	9	19:33.5	6:31.2
	11	Michael Morga	9	19:57.3	6:39.1
	17	Kalil Thrall	9	20:24.0	6:48.0
	25	Sebastian Nicholas	9	21:34.0	7:11.3
	47	Jacob Stoffers	9	28:10.1	9:23.4

3 Miles Frosh

Official Team Scores

1 Del Norte	19
2 Westview	76
3 Mt Carmel	84
4 Rancho Bernardo	91
5 Poway	95



43rd Mt. Carmel/ASICS XC Invitational

Saturday, September 16, 2023, @ Morley Field, CA
3.0 Miles



Girls Results

3 Miles D-1 Senior/Invite

PL	NAME	GR	FINISH	PACE
5	Riley Biddle	9	18:44.9	9:22.5
24	Madison Lorenz	12	19:45.6	9:52.8
32	Anna Grant	10	20:17.1	10:08.6
36	Rena Anderson	12	20:26.1	10:13.0
39	Jasmyne Castro	12	20:33.1	10:16.6
58	Kaelyn Style	12	21:17.0	10:38.5

3 Miles D-1 Senior/Invite

Official Team Scores

1	Del Norte	29
2	Xavier College Preparat	70
3	Crescenta Valley	97
4	Rancho Bernardo	109
5	Liberty	132
6	Eleanor Roosevelt	161
7	El Camino (Oceanside)	171
8	La Quinta (La Quinta)	173
9	San Dieguito Academy	181
10	Poway	233

3 Miles D-1 Junior

PL	NAME	GR	FINISH	PACE
16	Anvi Kakar	11	21:35.1	7:11.7
22	Kate Hendrickson	11	21:51.5	7:17.2
33	Meadow Cannon	11	22:25.6	7:28.5

3 Miles D-1 Sophomore

PL	NAME	GR	FINISH	PACE
31	Livia Dangio	10	22:10.3	7:23.4
98	Sofia Avetyan	10	28:50.1	9:36.7

3 Miles D-1 Frosh

PL	NAME	GR	FINISH	PACE
11	Riley Desbois	9	21:27.6	7:09.2
93	Angelina Barron	9	25:35.7	8:31.9
99	Annalise Fung	9	26:31.6	8:50.5

43rd Mt. Carmel/ASICS XC Invitational

Saturday, September 16, 2023, @ Morley Field, CA
3.0 Miles



43rd Mt. Carmel/ASICS XC Invitational

Saturday, September 16, 2023, @ Morley Field, CA
3.0 Miles

Boys Results

3 Miles D-1 Senior/Invite

PL	NAME	GR	FINISH	PACE
3	Camden Luecht	11	15:18.1	5:06.0
38	Max Schaller	12	16:53.7	5:37.9

3 Miles D-1 Junior

PL	NAME	GR	FINISH	PACE
3	Jose Ramirez	11	16:29.5	5:29.8
31	Naoya Mizui	11	17:26.0	5:48.7

3 Miles D-1 Sophomore

PL	NAME	GR	FINISH	PACE
24	Devin Cottom	10	17:22.8	5:47.6
34	Pradyun Parvataneni	10	17:43.7	5:54.6
50	Daniel Yip	10	18:19.3	6:06.4
75	Jayden Moffit	10	19:13.7	6:24.6
110	Jonathan Ng	10	19:51.8	6:37.3
163	Lucas Bradbury	10	21:32.9	7:11.0
199	Cooper Zei	10	24:26.6	8:08.9

3 Miles D-1 Sophomore

Official Team Scores

1	Crescenta Valley	60
2	Scripps Ranch	106
3	Del Norte	115
4	El Camino (Oceanside)	122
5	La Quinta (La Quinta)	155
6	Eleanor Roosevelt	210
7	Cibola	219
8	Rancho Bernardo	242
9	Eastlake	275
10	Modesto	302

3 Miles D-1 Frosh

PL	NAME	GR	FINISH	PACE
42	Trevor Cottom	9	19:13.1	6:24.4
45	Michael Morgia	9	19:21.5	6:27.2
51	Sebastian Nicholas	9	19:34.0	6:31.3
66	Kalil Thrall	9	19:55.5	6:38.5



43rd Mt. Carmel/ASICS XC Invitational

Saturday, September 16, 2023, @ Morley Field, CA
3.0 Miles





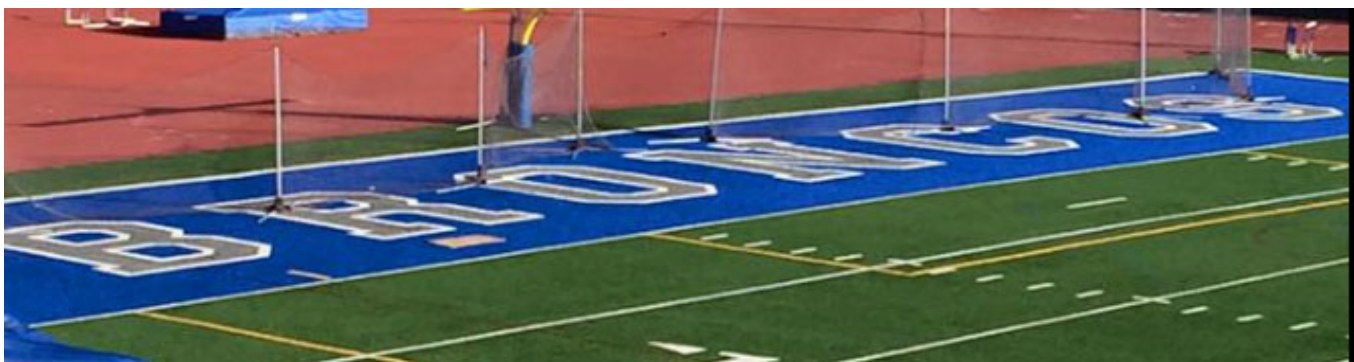
Team Time Trial Boys RB

Saturday, Sept 30, 2023 @ RBHS

Boys Results

3200 Meters Varsity

PL	NAME	GR	FINISH	PACE
1	Camden Luecht	11	10:11	5:05
2	Max Schaller	12	10:25	5:12
3	Jose Ramirez	11	10:25	5:12
4	Devin Cottom	10	11:01	5:30
5	Naoya Mizui	11	11:12	5:36
6	Daniel Yip	10	11:17	5:38
7	William Liu	10	11:29	5:44
8	Pradyun Parvataneni	10	11:59	5:59
9	Zain Alemi	10	12:08	6:04
10	Otis Pratt	12	12:13	6:06
11	Kalil Thrall	9	12:22	6:11
12	Sebastian Nicholas	9	12:23	6:11
13	Jonathan Ng	10	12:37	6:18
14	Michael Morga	9	12:40	6:20
15	Lucas Bradbury	10	13:44	6:52
16	Antonio Correa	12	14:00	7:00
17	Jacob Stoffers	9	16:53	8:26



41th Annual Asics Southern Cal Invitational

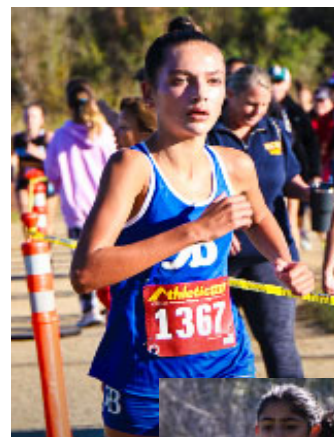
Saturday, October 7, 2023 Guajome Park Course - Oceanside, CA



Girls Results

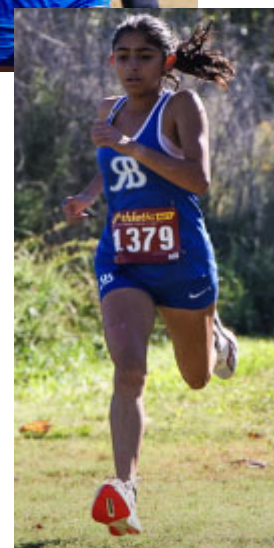
5,000 Meters Girls Varsity (1-3)

PL	NAME	GR	FINISH	PACE
7	Riley Biddle	9	18:36.2	6:00.1
23	Madison Lorenz	12	19:40.5	6:20.8
28	Anna Grant	10	20:11.4	6:30.8



5,000 Meters Girls Varsity (4 & 5)

PL	NAME	GR	FINISH	PACE
6	Rena Anderson	12	20:30.0	6:36.8
13	Jasmyne Castro	12	21:03.4	6:47.5



5,000 Meters Girls Varsity (6 & 7)

PL	NAME	GR	FINISH	PACE
8	Anvi Kakar	11	21:36.4	6:58.2
14	Kaelyn Style	12	22:23.1	7:13.3

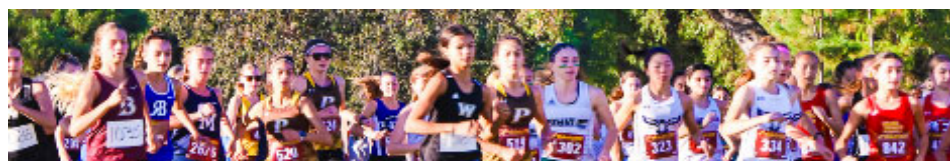
5,000 Meters Division 1 & 2 Novice Girls

PL	NAME	GR	FINISH	PACE
6	Riley Desbois	9	22:38.2	7:18.1
18	Emilie Carter	10	23:55.5	7:43.1
33	Angelina Barron	9	25:18.0	8:09.7
66	Annalise Fung	9	27:27.2	8:51.3

Novice Girls

Official Team Scores

1	Los Alamitos	37
2	Classical Academy	80
3	Aliso Niguel	103
4	Westview	110
5	Carlsbad	157
6	Vista	169
7	San Jacinto Leadership A	176
8	El Camino (Oceanside)	199
9	Mission Hills	224
10	Ramona	287
11	Chandler	296
12	Orange Glen	313
13	Orange Vista	318



41th Annual Asics Southern Cal Invitational

Saturday, October 7, 2023 Guajome Park Course - Oceanside, CA

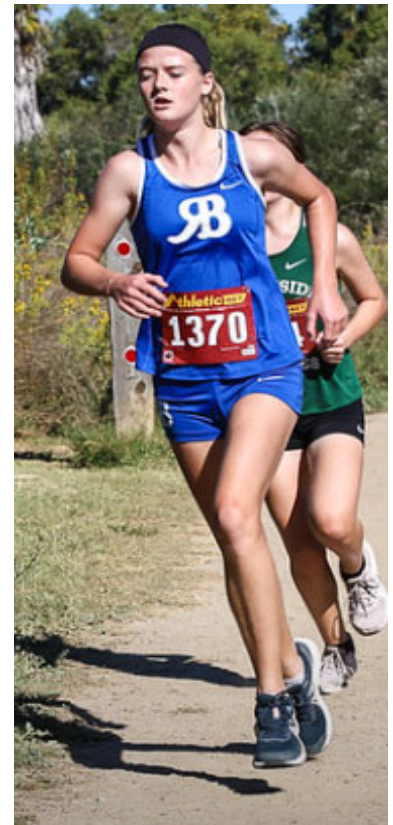
5,000 Meters Division 1 Junior Varsity Girls

PL	NAME	GR	FINISH	PACE
6	Kate Hendrickson	11	21:59.4	7:05.6
15	Rheya Cummins	11	22:56.8	7:24.1
18	Livia Dangio	10	23:06.1	7:27.1
22	Meadow Cannon	11	23:27.0	7:33.9
37	Charlize Chammas	10	24:11.2	7:48.1

JV Girls

Official Team Scores

1 Poway	30
2 Rancho Bernardo	97
3 Del Norte	98
4 El Camino (Oceanside)	101
5 Los Alamitos	102
6 La Costa Canyon	130
7 Kamehameha	177
8 Mater Dei	184
9 Aliso Niguel	247
10 San Marcos	265
11 Mission Hills	296



41th Annual Asics Southern Cal Invitational

Saturday, October 7, 2023 Guajome Park Course - Oceanside, CA

Boys Results

5,000 Meters Boys Varsity (1-3)

PL	NAME	GR	FINISH	PACE
3	Camden Luecht	11	15:45.1	5:04.9
23	Max Schaller	12	16:45.4	5:24.3
24	Jose Ramirez	11	16:48.6	5:25.4

5,000 Meters Boys Varsity (4&5)

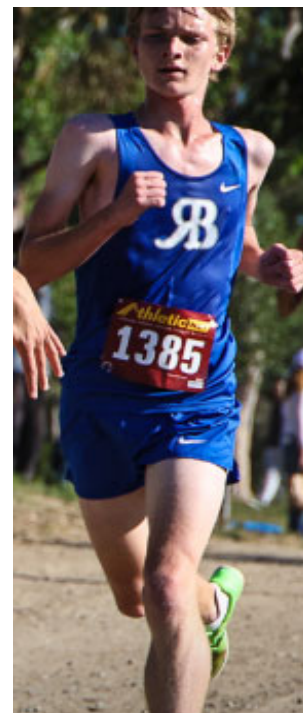
PL	NAME	GR	FINISH	PACE
13	Devin Cottom	10	17:36.3	5:40.7
18	Naoya Mizui	11	17:50.6	5:45.4

5,000 Meters Boys Varsity (6&7)

PL	NAME	GR	FINISH	PACE
3	William Liu	10	17:41.6	5:42.4
12	Pradyun Parvataneni	10	18:23.9	5:56.1

5,000 Meters Division 1 & 2 Novice

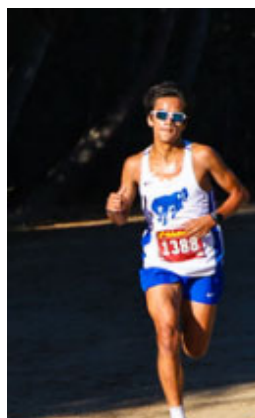
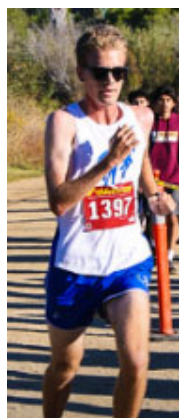
PL	NAME	GR	FINISH	PACE
29	Kalil Thrall	9	19:44.9	6:22.2
41	Jonathan Ng	10	20:10.5	6:30.5
47	Michael Morga	9	20:29.8	6:36.7
48	Sebastian Nicholas	9	20:30.4	6:36.9
66	Lucas Bradbury	10	21:24.2	6:54.3
120	Jacob Stoffers	9	23:21.0	7:31.9
146	Cooper Zei	10	27:44.8	8:57.0



Novice Boys

Official Team Scores

1	Del Norte	39
2	San Clemente	47
3	Los Alamitos	106
4	Mt Carmel	142
5	San Diego	161
6	Carlsbad	182
7	Rancho Bernardo	195
8	El Camino (Oceanside)	200
9	Westview	204
10	Poway	233
11	San Jacinto Leadership A	242
12	Classical Academy	301



41th Annual Asics Southern Cal Invitational

Saturday, October 7, 2023 Guajome Park Course - Oceanside, CA

5,000 Meters Division 1 JV Boys

PL	NAME	GR	FINISH	PACE
40	Daniel Yip	10	19:41.3	6:21.1
61	Zain Alemi	10	20:28.6	6:36.3
95	Antonio Correa	12	22:47.6	7:21.2

JV Boys

Official Team Scores

1	El Camino (Oceanside)	30
2	Poway	63
3	Del Norte	104
4	Los Alamitos	127
5	Orange Vista	130
6	Mater Dei	151
7	San Clemente	172
8	San Marcos	201
9	Mt Carmel	264
10	Westview	271
11	Mission Hills	302
12	Canyon Springs	317





Palomar League Cluster #2,

Saturday, October 14, 2023 @ Del Norte HS Campus Course

Girls Results

3 Miles Varsity

PL	FIRST	GR	FINISH	PACE
5	Riley Biddle	9	18:19.2	6:06.4
13	Anna Grant	10	19:14.5	6:24.8
17	Renae Anderson	12	19:21.1	6:27.0
25	Madison Lorenz	12	19:49.9	6:36.6
27	Kaelyn Style	12	19:56.4	6:38.8
31	Kate Hendrickson	11	20:34.3	6:51.4
32	Jasmyne Castro	12	20:55.3	6:58.4

3 Miles Varsity

Official Team Scores

1 Del Norte	31
2 Poway	57
3 Rancho Bernardo	82
4 Westview	105
5 San Marcos	127
6 Mt Carmel	136

3 Miles Junior Varsity

PL	FIRST	GR	FINISH	PACE
1	Livia Dangio	10	21:09.5	7:03.2
2	Rheya Cummins	11	21:20.5	7:06.8
4	Riley Desbois	9	21:43.5	7:14.5
8	Meadow Cannon	11	22:45.7	7:35.2
11	Angelina Barron	9	23:23.2	7:47.7
25	Alexandria Dasch	10	25:57.6	8:39.2
32	Annalise Fung	9	29:30.5	9:50.2
35	Mollie Brailsford	10	33:16.1	11:05.4

3 Miles JV

Official Team Scores

1 Rancho Bernardo	24
2 Del Norte	47
3 Westview	50



Palomar League Cluster #2,

Saturday, October 14, 2023 @ Del Norte HS Campus Course

Boys Results

3 Miles Varsity

	PL	NAME	GR	FINISH	PACE
	2	Camden Luecht	11	14:59.5	4:59.8
	8	Jose Ramirez	11	15:56.5	5:18.8
	12	Max Schaller	12	15:59.3	5:19.8
	26	William Liu	10	16:55.8	5:38.6
	30	Naoya Mizui	11	17:14.1	5:44.7
	43	Devin Cottom	10	17:35.8	5:51.9
	52	Otis Pratt	12	18:48.2	6:16.1
	58	Antonio Correa	12	22:14.4	7:24.8

3 Miles Varsity

Official Team Scores

1 Westview	35
2 Poway	72
3 Rancho Bernardo	77
4 Del Norte	81
5 Mt Carmel	115
6 San Marcos	126



3 Miles Junior Varsity

	PL	NAME	GR	FINISH	PACE
	11	Daniel Yip	10	18:32.6	6:10.9
	20	Zain Alemi	10	19:02.8	6:20.9
	21	Jonathan Ng	10	19:08.2	6:22.7
	23	Jayden Moffit	10	19:25.8	6:28.6
	41	Lucas Bradbury	10	21:59.3	7:19.8

3 Miles JV

Official Team Scores

1 Del Norte	17
2 Poway	84
3 Rancho Bernardo	88
4 Westview	90
5 San Marcos	93

3 Miles Frosh

	PL	NAME	GR	FINISH	PACE
	13	Kalil Thrall	9	18:32.2	6:10.7
	14	Michael Morga	9	18:33.2	6:11.1
	19	Sebastian Nicholas	9	18:53.9	6:18.0
	20	Trevor Cottom	9	18:54.4	6:18.1
	38	Jacob Stoffers	9	23:00.4	7:40.1

3 Miles Frosh

Official Team Scores

1 Del Norte	22
2 Mt Carmel	65
3 Westview	84
4 Poway	96
5 Rancho Bernardo	96



Jaguar Kit Carson XC Invitational

Friday, October 20, 2023 Kit Carson Park ~ Escondido, CA

Girls Results

2.75 Miles Black Division Varsity

PL	NAME	GR	FINISH	PACE
23	Rheya Cummins	11	20:23.3	7:24.8
28	Riley Desbois	9	20:32.7	7:28.3
33	Livia Dangio	10	20:52.1	7:35.3
36	Charlize Chammas	10	21:09.9	7:41.8



2.75 Miles Black Division JV

PL	NAME	GR	FINISH	PACE
10	Emilie Carter	10	22:07.0	8:02.5
21	Angelina Barron	9	22:35.1	8:12.8
30	Annalise Fung	9	23:01.8	8:22.5
41	Alexandria Dasch	10	23:40.9	8:36.7

2.75 Miles Varsity

Official Team Scores

1 Trabuco Hills	34
2 Mission Vista	90
3 Coronado	93
4 Del Norte	97
5 Valley Center	124
6 Granite Hills	135
7 Helix	140
8 Escondido	151
9 Montgomery	228

2.75 Miles JV

Official Team Scores

1 Westview	58
2 Scripps Ranch	77
3 Trabuco Hills	81
4 Chula Vista	95
5 Del Norte	102
6 Patrick Henry	122
7 Valley Center	205
8 Escondido	210
9 Orange Glen	233
10 Mission Vista	286



Jaguar Kit Carson XC Invitational

Friday, October 20, 2023 Kit Carson Park ~ Escondido, CA

Boys Results

3.05 Miles Black Division JV

PL	NAME	GR	FINISH	PACE
9	Otis Pratt	12	19:45.4	6:28.7
17	Zain Alemi	10	20:13.1	6:37.7
21	Jonathan Ng	10	20:21.4	6:40.4
35	Jayden Moffit	10	21:07.5	6:55.6
74	Antonio Correa	12	22:47.0	7:28.2
81	Lucas Bradbury	10	23:16.3	7:37.8



3.05 Miles JV

Official Team Scores

1 Del Norte	24
2 Helix	51
3 Mission Vista	70
4 Rancho Bernardo	139
5 Westview	152
6 Scripps Ranch	157
7 Chula Vista	235
8 Escondido	236
9 Maranatha Christian	273
10 Canyon Crest Academy	282
11 Granite Hills	289
12 Coronado	313
13 School for Entrepreneur	331

3.05 Miles Black/Teal Division Frosh

PL	NAME	GR	FINISH	PACE
18	Trevor Cottom	9	20:06.0	6:35.4
22	Michael Morga	9	20:23.8	6:41.3
51	Kalil Thrall	9	21:43.7	7:07.4
55	Sebastian Nicholas	9	21:52.0	7:10.2
68	Jacob Stoffers	9	22:32.7	7:23.5

3.05 Miles JV

Official Team Scores

1 Del Norte	30
2 Mission Vista	37
3 Mt Carmel	122
4 Point Loma	144
5 Poway	147
6 Scripps Ranch	159
7 Rancho Bernardo	167
8 Otay Ranch	193
9 Patrick Henry	255
10 Paloma Valley	258
11 Valley Center	282
12 San Dieguito Academy	313
13 Chula Vista	349

Jaguar Kit Carson XC Invitational

Friday, October 20, 2023 Kit Carson Park ~ Escondido, CA





75th Annual Mt. SAC XC Invitational

Saturday, October 21, 2023 Mt. San Antonio College ~ Walnut, CA

Girls Results

2.93 Miles D1&2 Varsity Green

PL	NAME	GR	FINISH	PACE
2	Riley Biddle	9	19:09	6:32
14	Anna Grant	10	20:16	6:55
21	Kaelyn Style	12	20:29	6:59
26	Kate Hendrickson	11	20:46	7:05
31	Madison Lorenz	12	20:57	7:09
33	Jasmyne Castro	12	20:59	7:09
56	Renae Anderson	12	21:58	7:29

2.93 Miles D1&2 Varsity Green

Official Team Scores

1	Martin Luther King	82
2	Rancho Bernardo	86
3	Camarillo	151
4	Granada Hills	156
5	Beckman	173
6	Centennial (Corona)	181
7	La Serna	187
8	Aliso Niguel	227
9	El Dorado	231
10	Newbury Park	249
11	Arcadia	264
12	Chaparral	298
13	Laguna Creek	329
14	Clayton Valley	332
15	Glendora	340
16	Foothill (Santa Ana)	345
17	Santa Barbara	350
18	Fontana	487
19	Hueneme	502



Race 64 - Girls D1&D2 Varsity Green - 3 Mile

10/21/2023 - 10:24 AM

Team Results

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	M.L. King (riv)	82	1:41:44	20:21	6:47	1:10	8-13-17-19-35-43-49	6-11-15-17-33-41-47
2	Rancho Bernardo	86	1:41:37	20:20	6:47	1:48	2-14-21-26-31-33-56	2-12-19-24-29-31-54
3	Camarillo	151	1:44:51	20:59	7:00	2:11	11-27-28-30-65-79-107	9-25-26-28-63-77-105



75th Annual Mt. SAC XC Invitational

Saturday, October 21, 2023 Mt. San Antonio College ~ Walnut, CA

Boys Results

2.93 Miles D1&2 Individual Sweepstakes Blue

PL	NAME	GR	FINISH	PACE
8	Camden Luecht	11	15:18	5:13
54	Max Schaller	12	16:30	5:37
83	Jose Ramirez	11	16:55	5:46
128	Naoya Mizui	11	17:40	6:01
130	William Liu	10	17:46	6:03

Official Team Scores

1 Millikan	165
2 Chaffey	173
3 Redondo Union	188
4 Canyon Crest Academy	201
5 El Toro	210
6 La Serna	214
7 Aliso Niguel	214
8 Saugus	236
9 Poly (Riverside)	243
10 Camarillo	257
11 Canyon (Anaheim)	287
12 Del Norte	293
13 Granada Hills	333
14 Etiwanda	340
15 El Camino (Oceanside)	352
16 Fontana	363
17 Cleveland	379
18 Clayton Valley	379
19 Rancho Bernardo	389
20 Arcadia	417
21 Chaparral	444
22 Hueneme	485



Race 59 - Boys D1&2 Individual Sweepstakes - 3 Mile

10/21/2023 - 9:02 AM



Palomar League JV Cluster #3

Friday, October 27, 2023 @ Kit Carson Park CC Course

Girls Results

3.05 Miles JV

PL	FIRST	GR	FINISH	PACE
3	Rheya Cummins	11	22:42.9	7:26.9
6	Livia Dangio	10	23:04.8	7:34.0
9	Charlize Chammas	10	23:40.6	7:45.8
12	Emilie Carter	10	24:02.3	7:52.9
22	Angelina Barron	9	25:05.0	8:13.4
29	Annalise Fung	9	26:15.9	8:36.7
38	Alexandria Dasch	10	27:42.9	9:05.2
46	Mollie Brailsford	10	31:04.6	10:11.3

3.05 Miles JV

Official Team Scores

1 Del Norte	24
2 Rancho Bernardo	49
3 San Marcos	73
4 Westview	75



Palomar League JV Cluster #3

Friday, October 27, 2023 @ Kit Carson Park CC Course



Boys Results

3.05 Miles JV

PL	NAME	GR	FINISH	PACE
18	Zain Alemi	10	20:02.8	6:34.4
20	Jonathan Ng	10	20:17.0	6:39.0
26	Lucas Bradbury	10	20:49.7	6:49.7

3.05 Miles JV

Official Team Scores

1 Del Norte	21
2 Poway	37
3 Westview	90
4 Mt Carmel	97

3.05 Miles Senior

PL	NAME	GR	FINISH	PACE
5	Otis Pratt	12	19:35.4	6:25.4

3.05 Miles Senior

Official Team Scores

1 Del Norte	15
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3.05 Miles Freshmen

PL	NAME	GR	FINISH	PACE
8	Michael Morga	9	19:35.9	6:25.5
11	Trevor Cottom	9	19:50.0	6:30.2
16	Sebastian Nicholas	9	20:25.0	6:41.6
38	Jacob Stoffers	9	23:06.7	7:34.7

3.05 Miles Freshmen

Official Team Scores

1 Del Norte	23
2 Westview	56
3 Mt Carmel	66
4 Poway	102
5 San Marcos	128





UC Postal 2-Mile

Saturday, October 28, 2023 @ University City High School

Girls Results

2 Miles Varsity - Section 1

PLACE (overall)	PL	NAME	GR	FINISH	PACE
14	14	Riley Biddle	9	11:13.4	5:36.7

2 Miles Varsity - Section 2

51	24	Madison Lorenz	12	11:56.2	5:58.1
64	34	Anna Grant	10	12:32.0	6:16.0

2 Miles Varsity - Section 3

66	4	Renae Anderson	12	12:10.7	6:05.4
71	6	Jasmyne Castro	12	12:14.8	6:07.4
89	16	Kaelyn Style	12	12:30.6	6:15.3

2 Miles Varsity - Section 4

92	8	Anvi Kakar	11	12:10.0	6:05.0
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2 Miles CC Scoring Results Official Team Scores

1 Cathedral Catholic	58
2 La Jolla	105
3 Francis Parker	115
4 La Costa Canyon	141
5 Scripps Ranch	144
6 Poway	145
7 Point Loma	165
8 Canyon Crest Academy	173
9 Patrick Henry	231
10 Rancho Bernardo	235
11 El Camino (Oceanside)	254
12 Steele Canyon	274
13 University City	296
14 El Capitan	341
15 Our Lady of Peace	375
16 Coronado	383
17 Carlsbad	415
18 Mira Mesa	427
19 West Hills	437
20 Crawford	467
21 Liberty Charter	518





UC Postal 2-Mile

Saturday, October 28, 2023 @ University City High School



UC Postal 2-Mile

Saturday, October 28, 2023 @ University City High School

Boys Results

2 Miles Varsity - Section 1

PLACE (overall)	PL	NAME	GR	FINISH	PACE
5	5	Camden Luecht	11	9:22.5	4:41.3

2 Miles Varsity - Section 2

29	8	Max Schaller	12	9:55.0	4:57.5
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2 Miles Varsity - Section 3

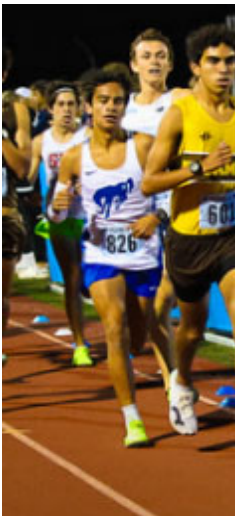
110	28	William Liu	10	10:35.5	5:17.7
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2 Miles Varsity - Section 4

115	13	Naoya Mizui	11	10:32.4	5:16.2
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2 Miles Varsity - Section 5

170	23	Pradyun Parvataneni	10	11:00.3	5:30.2
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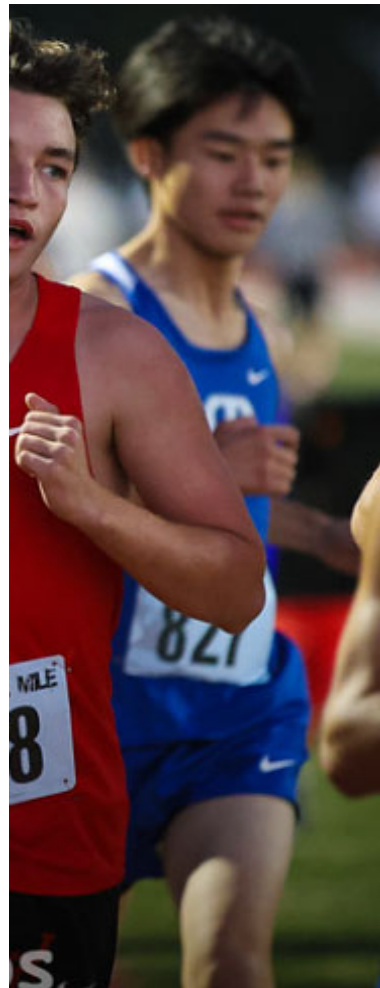
2 Miles CC Scoring Results

Official Team Scores

1 Canyon Crest Academy	92
2 La Costa Canyon	151
3 Cathedral Catholic	152
4 Liberty Charter	173
5 El Camino (Oceanside)	183
6 Scripps Ranch	221
7 Point Loma	259
8 Poway	276
9 University City	288
10 Patrick Henry	294
11 El Capitan	314
12 La Jolla	331
13 Carlsbad	336
14 Francis Parker	352
15 Steele Canyon	352
16 Rancho Bernardo	355
17 Mira Mesa	417
18 Southwest (SD)	436
19 Santa Fe Christian	440
20 West Hills	445
21 St Augustine	450
22 Grossmont	460
23 Crawford	521
24 Sweetwater	526
25 High Tech High (SD)	542
26 High Tech High NC	546
27 Granite Hills	549
28 Canyon Hills	599
29 Coronado	608
30 Clairemont	657

UC Postal 2-Mile

Saturday, October 28, 2023 @ University City High School



North County Conference Championships

Thursday, November 4, 2023 @ Kit Carson Course - Escondido, CA



Girls Results

5,000 Meters Palomar League

PL	FIRST	GR	FINISH	PACE
7	Riley Biddle	9	19:01.2	6:08.1
13	Madison Lorenz	12	19:36.5	6:19.5
17	Renae Anderson	12	19:58.3	6:26.5
22	Jasmyne Castro	12	20:14.5	6:31.8
27	Anvi Kakar	11	20:42.4	6:40.8
29	Kate Hendrickson	11	20:43.4	6:41.1
34	Kaelyn Style	12	21:27.7	6:55.4
42	Rheya Cummins	11	22:17.7	7:11.5
44	Riley Desbois	9	22:22.7	7:13.1
48	Livia Dangio	10	22:37.4	7:17.9
51	Charlize Chammas	10	22:49.5	7:21.8

Official Team Scores

1 Del Norte	36
2 Poway	48
3 Rancho Bernardo	82
4 Westview	110
5 Mt Carmel	133
6 San Marcos	139

LEAGUE STANDINGS

FINAL	WINS	LOSSES
1 Del Norte	20	0
2 Poway	16	4
3 Rancho Bernardo	12	8
4 Westview	8	12
5 Mt Carmel	3	17
6 San Marcos	1	19

North County Conference Championships

Thursday, November 4, 2023 @ Kit Carson Course - Escondido, CA



Boys Results

5,000 Meters Palomar League

PL	NAME	GR	FINISH	PACE
3	Camden Luecht	11	15:53.9	5:07.7
9	Max Schaller	12	16:44.5	5:24.0
17	William Liu	10	17:05.7	5:30.9
28	Naoya Mizui	11	17:42.8	5:42.8
51	Pradyun Parvataneni	10	18:54.0	6:05.8
52	Otis Pratt	12	18:54.1	6:05.8

Official Team Scores

1 Westview	33
2 Poway	59
3 Del Norte	84
4 Rancho Bernardo	95
5 Mt Carmel	113
6 San Marcos	141

LEAGUE STANDINGS		
FINAL	WINS	LOSSES
1 Westview	20	0
2 Poway	16	4
3 Rancho Bernardo	10	10
3 Del Norte	10	10
5 Mt Carmel	4	16
6 San Marcos	0	20



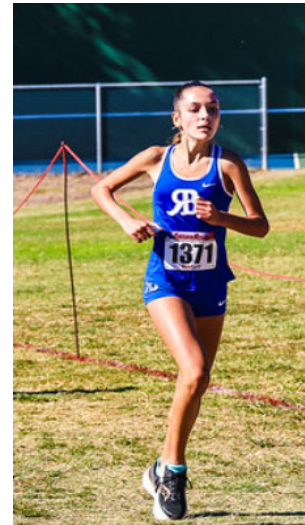
CIF San Diego Section Championships

Saturday, November 11, 2023 @ Morley Field XC Course ~ San Diego, CA

Girls Results

2.96 Miles Div I Girls

PL	FIRST	GR	FINISH	PACE
20	Madison Lorenz	12	19:14.6	6:30.1
24	Jasmyne Castro	12	19:29.4	6:35.1
49	Kate Hendrickson	11	20:47.1	7:01.3
52	Renae Anderson	12	20:51.9	7:02.9
58	Riley Biddle	9	21:00.7	7:05.9



Race 4 - Div I Girls - 3 Mile

11/11/2023 - 10:05am

Team Results

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	Del Norte	57	Q 1:33:59	18:48	6:16	1:01	5-8-10-12-22-23-39	5-8-10-12-22-23-39
2	Poway	69	Q 1:34:22	18:53	6:18	1:41	2-11-13-18-25-36-41	2-11-13-18-25-36-41
3	Torrey Pines	114	Q 1:37:30	19:30	6:30	0:51	15-16-26-27-30-34-97	15-16-26-27-30-34-94
4	El Camino (Oceanside)	165	1:40:16	20:04	6:42	1:31	17-29-32-43-44-69-70	17-29-32-43-44-69-70
5	Canyon Crest Academy	168	1:39:18	19:52	6:38	3:02	4-14-38-50-62-65-76	4-14-38-50-62-65-76
6	Westview	198	1:41:10	20:14	6:45	2:55	3-40-45-54-56-66-73	3-40-45-54-56-66-73
7	Rancho Bernardo	203	1:41:24	20:17	6:46	1:47	20-24-49-52-58	20-24-49-52-58
8	Patrick Henry	209	1:41:12	20:15	6:45	2:35	7-21-57-61-63-64-75	7-21-57-61-63-64-75
9	Eastlake	227	1:41:15	20:15	6:45	4:59	1-28-46-71-81-84	1-28-46-71-81-83
10	Otay Ranch	258	1:43:40	20:44	6:55	2:51	9-48-55-72-74-95-101	9-48-55-72-74-93-98
11	San Marcos	269	1:44:10	20:50	6:57	3:13	19-37-59-68-87-99-103	19-37-59-68-86-96-100
12	Mission Hills	293	1:45:49	21:10	7:04	2:22	31-42-53-82-86-91-93	31-42-53-82-85-90-91
13	Granite Hills	339	1:48:28	21:42	7:14	3:07	47-51-67-77-100-105-108	47-51-67-77-97-102-105
14	Helix	395	1:53:49	22:46	7:36	6:47	6-85-94-109-113-119-120	6-84-92-106-107-113-114
15	Carlsbad	396	1:51:59	22:24	7:28	4:00	33-79-80-104-106-116-117	33-79-80-101-103-110-111
16	Olympian	409	1:53:59	22:48	7:36	5:11	35-78-90-102-114-118-122	35-78-89-99-108-112-115
17	Mira Mesa	434	1:53:24	22:41	7:34	3:01	60-88-89-98-107-115	60-87-88-95-104-109

CIF San Diego Section Championships

Saturday, November 11, 2023 @ Morley Field XC Course ~ San Diego, CA



Boys Results

2.96 Miles Div I Boys

	PL	NAME	GR	FINISH	PACE
*	6	Camden Luecht	11	15:33.0	5:15.2
	30	Max Schaller	12	16:29.5	5:34.3
	51	William Liu	10	16:52.8	5:42.2
	67	Naoya Mizui	11	17:15.3	5:49.8
	120	Trevor Cottom	9	19:09.4	6:28.3

*Individual Qualified for State Meet!



Race 2 - Div I Boys - 3 Mile

11/11/2023 - 9:00am

Team Results

Place	Team	Score	Team Time	Runner Avg	Avg Mile	5 Man Gap	Finish Order	Scoring Order
1	Westview	74	Q 1:19:24	15:53	5:18	1:29	2-11-14-23-24-33-49	2-11-14-23-24-33-49
2	Canyon Crest Academy	83	Q 1:20:24	16:05	5:22	0:57	5-13-17-22-26-34-37	5-13-17-22-26-34-37
3	Torrey Pines	94	1:19:45	15:57	5:19	1:29	4-8-9-25-48-58-68	4-8-9-25-48-58-68
4	Poway	180	1:22:57	16:36	5:32	0:52	18-20-40-41-61-65-90	18-20-40-41-61-65-90
5	El Camino (Oceanside)	184	1:22:02	16:25	5:29	2:46	1-15-38-54-76-85-116	1-15-38-54-76-85-116
6	Olympian	224	1:23:38	16:44	5:35	1:47	10-39-42-59-74-96-105	10-39-42-59-74-96-105
7	Mira Mesa	247	1:24:24	16:53	5:38	0:58	27-28-57-63-72-98-106	27-28-57-63-72-98-106
8	Carlsbad	250	1:24:17	16:52	5:38	2:21	7-19-44-88-92-104-111	7-19-44-88-92-104-111
9	Mission Hills	253	1:24:38	16:56	5:39	1:37	16-21-53-79-84-115-117	16-21-53-79-84-114-116
10	Patrick Henry	258	1:24:39	16:56	5:39	1:47	12-43-45-75-83-100-121	12-43-45-75-83-100-120
11	Del Norte	260	1:24:06	16:50	5:37	2:23	3-47-64-66-80-93-95	3-47-64-66-80-93-95
12	Rancho Bernardo	273	1:25:20	17:04	5:42	3:37	6-30-51-67-120	6-30-51-67-119
13	San Marcos	293	1:25:26	17:06	5:42	1:17	29-46-62-69-87-94-99	29-46-62-69-87-94-99
14	Helix	324	1:26:10	17:14	5:45	1:07	35-60-70-73-86	35-60-70-73-86
15	Otay Ranch	332	1:26:25	17:17	5:46	0:49	50-52-71-78-81-82-91	50-52-71-78-81-82-91
16	Eastlake	382	1:28:14	17:39	5:53	2:06	31-32-102-107-110-113-125	31-32-102-107-110-112-122
17	Sweetwater	384	1:27:33	17:31	5:51	1:29	36-55-89-101-103-108-109	36-55-89-101-103-108-109
18	Granite Hills	460	1:30:28	18:06	6:02	2:06	56-77-97-114-118-119-122	56-77-97-113-117-118-121
DNP	Calexico		58:24	19:28	6:30		112-123-124	3 Runners



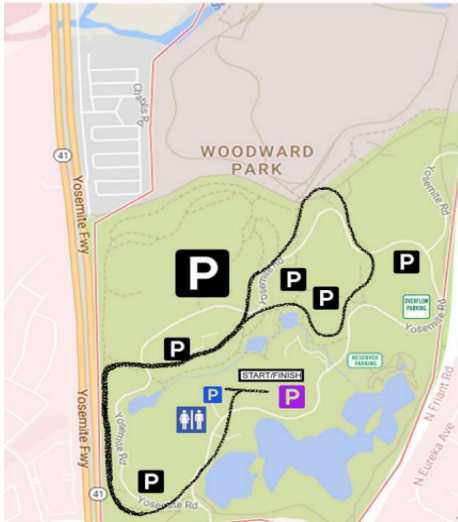
36th CIF State Championships

Saturday, November 25, 2023 @ Woodward Park, Fresno CA

5K Div I Boys

PL	NAME (bib#)	GR	1MILE (PL)	2.05 MILE (PL)	FINISH	PACE
47	Camden Luecht (1325)	11	4:53.8 (55)	10:43.4 (50)	15:44.7	5:03.8

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



RACE SCHEDULE

DIV V Boys	8:30 AM
DIV I Boys	9:00 AM
DIV V Girls	9:30 AM
DIV I Girls	10:00 AM
DIV II Boys	10:30 AM
DIV III Girls	11:00 AM
DIV IV Boys	11:30 AM
DIV II Girls	12:00 PM
DIV III Boys	12:30 PM
DIV IV Girls	1:00 PM



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
2023	PALOMAR	TERRY DOCKERY	12 WINS - 8 LOSSES	3RD

OVERALL RECORD : 262 WINS - 120 LOSSES (.686%)

RANCHO BERNARDO HIGH SCHOOL BOYS CROSS COUNTRY HISTORY

BOYS				
YEAR	LEAGUE	COACH	RECORD	PLACE
1990	AVOCADO	DON JONES	3 WINS - 4 LOSSES	6TH
1991	AVOCADO	DON JONES	3 WINS - 4 LOSSES	3RD
1992	PALOMAR	DON JONES	4 WINS - 3 LOSSES	3RD
1993	PALOMAR	DON JONES	6 WINS - 1 LOSSES	2ND
1994	PALOMAR	DON JONES	5 WINS - 2 LOSSES	2ND
1995	PALOMAR	DON JONES	2 WINS - 5 LOSSES	5TH
1996	PALOMAR	DON JONES	7 WINS - 0 LOSSES	2ND
1997	PALOMAR	DON JONES	3 WINS - 4 LOSSES	5TH
1998	PALOMAR	DON JONES	0 WINS - 5 LOSSES	5TH
1999	PALOMAR	DON JONES	1 WIN - 4 LOSSES	5TH
2000	PALOMAR	TERRY DOCKERY	0 WINS - 5 LOSSES	6TH
2001	PALOMAR	TERRY DOCKERY	0 WINS - 5 LOSSES	6TH
2002	PALOMAR	TERRY DOCKERY	4 WINS - 6 LOSSES	4TH
2003	PALOMAR	TERRY DOCKERY	5 WINS - 5 LOSSES	3RD
2004	PALOMAR	TERRY DOCKERY	3 WINS - 7 LOSSES	4TH
2005	PALOMAR	TERRY DOCKERY	9 WINS - 1 LOSSES	1ST
2006	PALOMAR	TERRY DOCKERY	8 WINS - 2 LOSSES	2ND
2007	PALOMAR	TERRY DOCKERY	7 WINS - 2 LOSSES	2ND
2008	PALOMAR	TERRY DOCKERY	6 WINS - 4 LOSSES	3RD
2009	PALOMAR	TERRY DOCKERY	6 WINS - 4 LOSSES	3RD
2010	PALOMAR	TERRY DOCKERY	10 WINS - 0 LOSSES	1ST
2011	PALOMAR	TERRY DOCKERY	3 WINS - 7 LOSSES	4TH
2012	PALOMAR	JAYSON FULTZ	1 WIN - 9 LOSSES	5TH (TIE)
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 (TIE)
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
2023	PALOMAR	BOB MUSHECK	10 WIN - 10 LOSSES	3RD (TIE)

OVERALL RECORD : 170 WINS - 212 LOSSES (.445%)

RBHS ALL-TIME TOP 10 LIST

BOYS

GIRLS

BRONCO ROUND-UP KIT CARSON 2 MILE (RECORDS START 2005 DUE TO CHANGE IN COURSE **CHANGED IN 2021)

RANK	NAME	TIME	YEAR
1	DIMITRI VOYTILLA	9:53	2011
2	GEOFF BOGAN	9:53	2009
3	CAMDEN LUECHT	9:58	2023
4	BRENDAN GEE	10:01	2012
5	NOAH RESTO	10:02	2009
6	FUYUKI KUROIWA	10:02	2016
7	PARKER STINSON	10:03	2007
8	MIKIO KUROIWA	10:03	2014
9	SENRI KUROIWA	10:05	2016
10	WYATT HILL	10:06	2014

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 (2.93 MILES)

RANK	NAME	TIME	YEAR
1	PARKER STINSON	15:12	2007
2	COLTON TULLY-DOYLE	15:17	2005
3	CAMDEN LUECHT	15:18	2023
4	KEVIN MIHALIK	15:23	2011
5	GEOFF BOGAN	15:29	2010
6	NOAH RESTO	15:32	2009
7	CARL DARGITZ	15:33	2005
8	BRENDAN GEE	15:39	2012
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	18:09	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 DINOVI	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	MAX SCHALLER	16:30	2023
10	TREVOR HODGES	16:36	2018

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	MADISON LORENZ	19:15	2023
8	VICTORIA DINOVI	19:21	2019
9	JASMYNE CASTRO	19:30	2023
10	IMOGEN BLEAKLEY	19:33	2017

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

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	CAMDEN LUECHT	15:48	2023
5	ANTHONY GIROLAMO	15:52	2010
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

**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 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)
ALYSSA TIVADAR (2017)
ALLISON BOAZ (2017)
ASHLEY LEARN (2017, 2018, 2019)
JACEY FARMER (*2018,*2021)
EMMA GEORGE (2019)
AUDRA SUTHERLAND (2021,2022)
RILEY BIDDLE (2023)

* *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)
BRANDON DAY (2022)
CAMDEN LUECHT (2021, 2022, 2023)
MAX SCHALLER (2023)

* *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 DINOVA (2018, 2019)
EMMA GEORGE (2019)
AUDRA SUTHERLAND (2021,2022)
MADISON LORENZ (2023)

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)

**Cross Country: No half times,
no time outs, no substitutions.
It must be the only true sport.**

**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)
BRANDON DAY (2022)
ROWAN NICHOLAS (2022)
CAMDEN LUECHT (2022, 2023)

SAN DIEGO SECTION CIF CHAMPIONS

CIF TEAM CHAMPIONSHIP DIVISION 1 BOYS (2005, 2010)

**RANCHO BERNARDO HIGH SCHOOL
CROSS COUNTRY 2023
COACHING STAFF AND SUPPORT TEAM**

HEAD COACH
BOB MUSHECK

GIRLS COACH
TERRY DOCKERY

PRINCIPAL
HANS BECKER

ATHLETIC DIRECTOR
TRACY STOWE

ATHLETIC ASSISTANT
TERESA SMALL

ATHLETIC TRAINER
ROBBIE BOWERS, A.T.C.



THANK YOU FOR SUPPORTING RBHS CROSS COUNTRY 2023!