

Meet: NAL Cross Country Championships Place: Shasta College

Date: 10/25/90

Division: Girls Varsity

1st. Krissy Look Sh 19:04	5th. Sara Carter WV 21:27	ALL - LEAGUE RUNNERS	1st.	5th.
2nd. Amy Diulio An. 20:15	6th. Nicole Cosindas Sh. 21:31		2nd.	6th.
3rd. Angie Diulio An. 20:42	7th. Tracy Anderson Y 21:32		3rd.	7th.
4th. Nicole Teter WV 21:06	8th. Heather Beale Sh. 21:48		4th.	

No.	Name	Time	Sch.	No.	Name	Time	Sch.	No.	Name	Time	Sch.
1.	K. Look	19:04	Sh	26.	S. Bodeman	24:36	WV	50.			
2.	Amy Diulio	20:15	A	27.	T. Trent	24:40	A	51.	J. Hanes	28:45	S
3.	Angie Diulio	20:42	A	28.	J. Foster	24:42	A	52.	J. Hall	28:57	Y
4.	N. Teter	21:06	WV	29.	K. Agee	24:49	Y	53.	J. Cravens	28:58	Y
5.	S. Carter	21:27	N	30.	S. Relph	24:56	N	54.	M. Wimmer	29:14	A
6.	N. Cosindas	21:31	S	31.	T. Bonnes	24:59	CV	55.	A. Woodruff	29:17	E
7.	T. Anderson	21:32	Y	32.	T. Pruitt	25:02	WV	56.	A. Lebaron	29:42	Y
8.	H. Beale	21:48	S	33.	C. Harns	25:06	Y	57.	L. Gilles	30:42	CV
9.	S. Hauptman	21:55	A	34.	T. Guilici	25:09	RB	58.	T. Bridgeford	30:44	RB
10.	K. McDaniel	22:02	A	35.	E. Atache	25:25	E	59.	A. Wyatt	31:33	A
11.	K. Rucker	22:05	RB	36.	M. Sharp	25:24	V	60.	E. Dwinell	31:50	A
12.	J. McPherran	22:14	Y	37.	S. Grigsby	25:33	Y	61.	D. Crain	34:51	S
13.	G. Morcon	22:17	WV	38.	A. Underhill	25:36	A	62.	C. Sneeuwjagt	34:55	A
14.	M. Cowen	22:22	N	39.	R. Bean	25:32	A	63.	L. Putnam	34:58	S
15.	B. Andrews	22:30	A	40.	J. Monson	25:44	RB	65.			
16.	S. Wright	22:32	A	41.	J. Omilio	25:50	CV	66.			
17.	K. Bahr	22:35	A	42.	S. Olson	26:04	RB	67.			
18.	S. Solberg	22:54	A	43.	K. McAlevy	26:16	E	68.			
19.	V. Wilson	23:10	RB	44.	C. Amendt	26:17	Y	69.			
20.	Lauren Hertindahl	23:27	Y	45.	M.B. Christensen	26:28	A	70.			
21.	E. Rath	24:03	Y	46.	C. Baker	26:33	N	71.			
22.	Leslie Hertindahl	24:12	Y	47.	D. Weather	26:36	RB	72.			
23.	J. Parson	24:23	N	48.	A. Bryan	27:26	Y	73.			
24.	J. Gunter	24:24	CV	49.	W. Hanes	27:37	S	74.			
25.	J. Jackson	24:32	RB	50.	R. Watton	22:15	A	75.			

School	Name	Place	School	Name	Place	School	Name	Place
Anderson	A. Diulio	2	Yreka	T. Anderson	6	Shasta	K. Look	1
	Angie Diulio	3		J. McPherran	11		N. Cosindas	5
	S. Hauptman	8		L. Hertindahl	17		H. Beale	7
	K. McDaniel	9		E. Rath	18		W. Hanes	30
	B. Andrews	13		Leslie Hertindahl	19		J. Hanes	31
	SCORE	35		SCORE	71		SCORE	74
School	Name	Place	School	Name	Place	School	Name	Place
Nova	S. Carter	4	Red Bluff	K. Rucker	10			
	M. Cowen	12		V. Wilson	16			
	J. Parson	20		J. Jackson	21			
	S. Relph	24						

Meet: NAL Cross Country Championship Place: Shasta College

Date: 10/25/90

Division: Varsity Boys

1st. Christopher Dawson S 16:29	5th. 17:21	ALL - LEAGUE RUNNERS	1st.	5th.
2nd. Erick Carlson Ent 17:06	6th. 17:28		2nd.	6th.
3rd. Kevin Girt WV 17:14	7th. 17:31		3rd.	7th.
4th. Josh Doniak CV 17:17	8th. 17:37		4th.	

No.	Name	Time	Sch.	No.	Name	Time	Sch.	No.	Name	Time	Sch.
1.	C. Dawson	16:29	S	26.	E. Maheny	19:29	WV	50.			
2.	E. Carlson	17:06	E	27.	M. Dewitt	19:36	Y	51.	B. Farmer	24:59	E
3.	K. Girt	17:14	WV	28.	B. Albrecht	19:39	E	52.	A. Beltran	27:34	RB
4.	J. Doniak	17:17	CV	29.	O. Leistao	19:41	S	53.			
5.	M. Beale	17:21	S	30.	C. Vinson	19:52	CV	54.			
6.	J. Ravenscroft	17:28	Y	31.	L. Kennedy	19:59	RB	55.			
7.	J. Dressler	17:31	Y	32.	K. Bell	20:01	CV	56.			
8.	M. Miles	17:37	S	33.	M. Jenkins	20:13	RB	57.			
9.	R. Hightower	18:03	S	34.	Z. Smith	20:31	S	58.			
10.	J. Allen	18:08	Y	35.	J. Carmichael	20:36	WV	60.			
11.	J. Lawell	18:09	E	36.	S. Ankeny	20:38	S	61.			
12.	E. Jacobson	18:11	S	37.	D. Look	21:05	S	62.			
13.	N. Erkman	18:22	Y	38.	E. Hewett	21:09	E	63.			
14.	C. Cravers	18:31	Y	39.	R. Payne	21:24	E	64.			
15.	M. Olkowsky	18:36	CV	40.	T. McCauley	21:44	A	65.			
16.	J. McGill	18:42	WV	41.	N. Gaddy	21:57	CV	66.			
17.	J. Barison	18:48	Y	42.	S. Nash	21:54	RB	67.			
18.	G. Wheeler	19:04	S	43.	B. Kerr	22:17	RB	68.			
19.	T. Poirtevin	19:10	A	44.	D. Rogers	22:31	E	69.			
20.	D. Hartman	19:11	CV	45.	A. Houghtby	23:00	RB	70.			
21.	K. White	19:14	S	46.	H. Henderson	23:11	RB	71.			
22.	R. Smith	19:15	CV	47.	J. Crisp	23:17	RB	72.			
23.	J. Delgado	19:17	WV	48.	G. Cina	24:06	Y	73.			
24.	M. VanLoan	19:18	S	49.	J. Pender	24:20	RB	74.			
25.	P. Divine	19:23	RB	50.	M. Smallwood	24:53	E	75.			

School	Name	Place	School	Name	Place	School	Name	Place
Shasta	C. Dawson	1	Vreka	J. Ravenscroft	6	CV	J. Doniak	4
	M. Beale	5		J. Dressler	7		M. Olkowski	15
	M. Miles	8		J. Allen	10		D. Hartman	19
	R. Hightower	9		N. Erkman	13		R. Smith	21
	E. Jacobson	12		C. Cravers	14		C. Vinson	27
SCORE	35		SCORE	50		SCORE	86	

School	Name	Place	School	Name	Place	School	Name	Place
EHS	E. Carlson	2	Red Bluff	P. Divine	23	West Valley	K. Gert	3
	J. Lawell	11		L. Kennedy	28		J. McGill	16
	B. Albrecht	26		M. Jenkins	30		J. Delgado	22
	E. Hewett	27						

Meet: NAL CROSS COUNTRY CHAMPS. Place: SHASTA College

Date: 10/25/90

Division: JUNIOR Varsity

1st. LANE CARLSON - NOVA 14:04	5th. Aaron Butterfield N 15:44	ALL - LEAGUE RUNNERS	1st.	5th.
2nd. Cason Zumalt - RB 15:12	6th. Ben Palermo CV 15:49	2nd.	6th.	
3rd. Travis Lambert - RB 15:34	7th. Eric Miller S 15:51	3rd.	7th.	
4th. Matt Geyer - A 15:37	8th. Cory Crawford N 15:59	4th.		

No.	Name	Time	Sch.	No.	Name	Time	Sch.	No.	Name	Time	Sch.
1.	L. Carlson	14:04	N	26.	M. Brutlag	18:57	S	50.			
2.	C. Zumalt	15:12	R.B.	27.	P. Erseham	19:19	A	51.			
3.	T. Lambert	15:34	R.B.	28.	A. Becker	19:25	RB	52.			
4.	M. Geyer	15:37	A	29.	D. Robinson	19:48	CV	53.			
5.	A. Butterfield	15:44	N	30.	N. Brown	19:51	CV	54.			
6.	B. Palermo	15:49	CV	31.	C. Feser	20:03	RB	55.			
7.	E. Miller	15:51	Sh	32.	T. Alvariz	20:08	Y	56.			
8.	C. Crawford	15:59	N	33.	J. Solari	20:30	RB	57.			
9.	C. Adams	16:01	N	34.	J. Lambros	20:45	WV	58.			
10.	C. Trujillo	16:11	RB	35.	D. Hallom	21:05	A	60.			
11.	T. Benfer	16:27	WV	36.	R. Schrock	21:20	WV	61.			
12.	D. Potter	16:43	WV	37.	B. Craker	24:35	N	62.			
13.	J. Divine	16:52	RB	38.				63.			h.
14.	C. Mulloy	17:01	Y	39.				64.			
15.	M. Whittaker	17:08	N	40.				65.			
16.	T. Byrd	17:13	RB	41.				66.			
17.	T. Freitas	17:14	Y	42.				67.			
18.	C. Duclos	17:23	WV	43.				68.			
19.	J. Odle	17:26	RB	44.				69.			
20.	J. Riddle	17:41	Sh	45.				70.			
21.	S. Gliatto	17:52	Y	46.				71.			
22.	M. Mack	18:03	N	47.				72.			
23.	S. Eastman	18:08	Y	48.				73.			
24.	K. Fisher	18:10	N	49.				74.			
25.	B. Answorth	18:37	Y	50.				75.			

School NOVA		School Red Bluff		School W.V.	
Name	Place	Name	Place	Name	Place
Carlson	1	Zumalt	2	Benfer	8
Butterfield	4	Lambert	3	Potter	9
Crawford	5	Trujillo	7	Duclos	15
Adams	6	Divine	10	Lambros	24
Whittaker	12	Byrd	13	Schrock	25
SCORE	28	SCORE	35	SCORE	81
School Yreka		School		School	
Name	Place	Name	Place	Name	Place
Mulloy	11				
Freitas	14				
Gliatto	17				
Eastman	18				

1990
LEAGUE STANDINGS
J V Boys

<u>SCHOOL</u>	<u>WON</u>	<u>LOST</u>	<u>FORFEIT</u>	<u>POINTS</u>	<u>LEAGUE MEET PLACE</u>	<u>TOTAL POINTS</u>	<u>FINAL PLACE</u>
RED BLUFF	7	0	0 =	14 +	<u>14</u>	= <u>28</u>	<u>2</u>
NOVA	6	1	0 =	13 +	<u>16</u>	= <u>29</u>	<u>1</u>
YREKA	5	2	0 =	12 +	<u>10</u>	= <u>22</u>	<u>3</u>
CENTRAL VALLEY	3	1	3 =	7 +	<u>0</u>	= <u>7</u>	<u>5</u> } tie
WEST VALLEY	1	1	5 =	3 +	<u>12</u>	= <u>15</u>	<u>4</u>
ANDERSON	0	0	7 =	0 +	<u>0</u>	= <u>0</u>	<u>5</u> }
ENTERPRISE	0	0	7 =	0 +	<u>0</u>	= <u>0</u>	<u>5</u> } tie
SHASTA	0	0	7 =	0 +	<u>0</u>	= <u>0</u>	<u>5</u> }

VARSITY GIRLS

ANDERSON	7	0	0 =	14 +	<u>16</u>	= <u>30</u>	<u>1</u>
YREKA	6	1	0 =	13 +	<u>14</u>	= <u>27</u>	<u>2</u>
WEST VALLEY	5	2	0 =	12 +	<u>0</u>	= <u>12</u>	<u>1</u>
RED BLUFF	3	4	0 =	10 +	<u>8</u>	= <u>18</u>	<u>4</u> } tie
SHASTA	3	4	0 =	10 +	<u>12</u>	= <u>22</u>	<u>3</u>
NOVA	2	4	1 =	8 +	<u>10</u>	= <u>18</u>	<u>4</u> } tie
CENTRAL VALLEY	1	5	1 =	7 +	<u>0</u>	= <u>7</u>	<u>6</u> } tie
ENTERPRISE	0	0	7 =	0 +	<u>0</u>	= <u>7</u>	<u>6</u> }

VARSITY BOYS

SHASTA	6	0	0 =	12 +	<u>14</u>	= <u>26</u>	<u>1</u>
YREKA	5	1	0 =	11 +	<u>12</u>	= <u>23</u>	<u>2</u>
CENTRAL VALLEY	4	2	0 =	10 +	<u>10</u>	= <u>20</u>	<u>3</u>
WEST VALLEY	3	3	0 =	9 +	<u>8</u>	= <u>17</u>	<u>4</u>
RED BLUFF	2	4	0 =	8 +	<u>4</u>	= <u>12</u>	<u>5</u> } tie
ENTERPRISE	1	4	1 =	6 +	<u>6</u>	= <u>12</u>	<u>5</u> }
ANDERSON	0	0	6 =	0 +	<u>0</u>	= <u>0</u>	<u>7</u>

The league champion in each division is determined by the total points earned in the dual meet season (2 for a win, 1 for a loss, 0 for a forfeit) plus the number of points earned at the league meet. The league meet is scored in the JV Boys and Girls Division 16-14-12-10-8-6-4-2. In the Varsity Boys Division it is scored 14-12-10-8-6-4-2.