

WESTERN STATE CONFERENCE MEN'S CROSS COUNTRY (1980-04)

1980	PTS.	1985	PTS.
1. Ventura	23	1. Taft	14
2. Moorpark	22	2. Allan Hancock	12
3. Glendale	21	3. Moorpark	9
4. Allan Hancock	17	3. Ventura	9
4. Antelope Valley	17	5. Santa Bartara	5.5
6. Canyons	13	6. Oxnard	4.5
6. Santa Barbara	13	7. Cuesta	2
8. Oxnard	10		
9. Compton	7.5	1986	
10. L.A. Trade Tech.	6.5	1. Allan Hancock	20
11. Taft	3	2. Glendale	18
11. West L.A.	3	3. Ventura	15.5
		4. Oxnard	14.5
1981		5. Bakersfield	12
1. Moorpark	19	6. L.A. Pierce	10
2. Allan Hancock	16	7. Moorpark	7
2. Glendale	16	8. Cuesta	5
4. Santa Barbara	12.5	9. Santa Monica	4
5. Oxnard	10.5	10. Santa Barbara	3
6. Antelope Valley	9.5	11. Canyons	1
7. Ventura	7.5		
8. Compton	3	1987	
8. Taft	3	1. Glendale	20
8. West L.A.	3	2. Ventura	16.5
		3. Allan Hancock	13
1982		4. Moorpark	12.5
1. Santa Barbara	11	5. Oxnard	12
1. Ventura	11	5. Santa Barbara	12
3. Allan Hancock	7	5. Santa Monica	12
4. Oxnard	4	8. Bakersfield	5
5. Cuesta	3	8. Cuesta	5
6. Taft	2	10. Canyons	2
1983		1988	
1. Allan Hancock	12	1. Glendale	6
2. Santa Barbara	10	2. Bakersfield	9
3. Taft	7	3. Moorpark	11
3. Ventura	7	4. Santa Barbara	14
5. Oxnard	4	5. Ventura	22
6. Cuesta	2	6. Oxnard	25
		7. Santa Monica	28
1984		8. Cuesta	31
1. Taft	14	9. L.A. Valley	34
2. Moorpark	12	10. Canyons	37
3. Allan Hancock	10	10. West L.A.	37
4. Ventura	8		
5. Santa Barbara	6		
6. Cuesta	4		
7. Oxnard	2		

1989	PTS.	1993	PTS.
1. Ventura	5	1. Bakersfield	7
2. Glendale	7	2. West L.A.	13
3. Moorpark	14	3. Ventura	15
4. Bakersfield	15	4. Moorpark	17
5. Santa Monica	22	5. Canyons	22
6. Santa Barbara	23	5. Glendale	22
7. Oxnard	28	7. Santa Barbara	27
8. Canyons	32	8. Cuesta	30
9. L.A. Valley	36	8. Santa Monica	30
10. Cuesta	38	10. L.A. Valley	37
11. West L.A.	43		
		1994	
1990		1. Glendale	4
1. Glendale	20	2. Bakersfield	10
2. Bakersfield	18	3. Moorpark	11
3. Ventura	16	4. Santa Barbara	15
4. Oxnard	12.5	5. Canyons	21
5. Canyons	12	6. Ventura	23
6. Cuesta	11.5	7. Allan Hancock	28
7. Moorpark	7	8. Cuesta	33
8. L.A. Valley	6.5	9. Santa Monica	35
9. Santa Barbara	4.5	10. West L.A.	40
10. Santa Monica	2		
11. West L.A.	0	1995	
		1. Glendale	4
1991		2. Bakersfield	8
1. Glendale	20	3. Moorpark	13.5
2. Bakersfield	18	4. Santa Barbara	16.5
3. Moorpark	16	5. Ventura	19
4. Ventura	13.5	6. L.A. Mission	23
5. Santa Barbara	12.5	7. Cuesta	29
6. Cuesta	10	8. Canyons	31
7. Canyons	7.5	9. Santa Monica	36.5
8. L.A. Valley	4.5	10. Allan Hancock	39.5
9. Santa Monica	4	11. West L.A.	44
9. West L.A.	4		
		1996	
1992		1. Moorpark	4
1. Glendale	5	2. Ventura	8
2. Ventura	7	3. L.A. Mission	14
3. Moorpark	12	4. Bakersfield	16
4. Bakersfield	18	5. Glendale	18
4. Santa Monica	18	6. Santa Monica	24
6. Cuesta	26	7. Canyons	30
7. Canyons	29	8. Cuesta	33
7. Santa Barbara	29	9. Santa Barbara	34
9. L.A. Valley	37	10. Allan Hancock	39
10. West L.A.	39	11. West L.A.	43

1997	PTS.	2001	PTS.
1. Glendale	4	1. Glendale	5
2. Moorpark	8	2. Oxnard	10
3. Bakersfield	14	2. Santa Barbara	10
3. Ventura	14	2. Ventura	10
5. Santa Monica	22.5	5. L.A. Valley	11
6. Santa Barbara	23	6. Citrus	20
7. Cuesta	26.5	7. Moorpark	21
8. Canyons	32	7. Santa Monica	21
9. Allan Hancock	36	9. Bakersfield	27
9. West L.A.	36	10. Canyons	30
		11. Cuesta	33
1998		11. West L.A.	33
1. Glendale	5	13. Allan Hancock	34
2. Bakersfield	7		
3. Moorpark	12	2002	
4. Santa Monica	16	1. Glendale	3
5. Ventura	20	2. L.A. Valley	7
6. Cuesta	24	3. Bakersfield	8
7. Canyons	28	4. Moorpark	14
8. Oxnard	32	4. Ventura	14
9. Allan Hancock	39	6. Santa Monica	17
10. L.A. Valley	40	7. Oxnard	21
11. West L.A.	42	8. Canyons	24
12. Santa Barbara	46	9. Santa Barbara	28
		10. Citrus	29
1999		11. Cuesta	33
1. Glendale	4	12. Allan Hancock	36
2. Bakersfield	8	13. West L.A.	39
3. Ventura	16		
4. Citrus	17	2003	
5. Moorpark	20	1. Glendale	3
6. Canyons	21	2. Ventura	7
7. Oxnard	32	3. Moorpark	8
7. Santa Barbara	32	4. Santa Monica	12
9. Santa Monica	34	5. Bakersfield	15
10. Cuesta	37	6. Canyons	18
11. L.A. Valley	43	7. Cuesta	22
12. Allan Hancock	48	8. Citrus	25
12. West L.A.	48	9. Oxnard	26
		10. L.A. Valley	29
2000		11. Allan Hancock	33
1. Glendale	4	12. Santa Barbara	36
2. Ventura	10	13. West L.A.	37
3. L.A. Valley	13		
4. Moorpark	15		
5. Bakersfield	19		
6. Citrus	24		
7. Oxnard	29		
8. Santa Barbara	31		
9. Santa Monica	35		
10. Canyons	40		
11. Cuesta	44		
12. Allan Hancock	47		
12. West L.A.	47		

2004	PTS.
1. Ventura	3
2. Glendale	6
3. Bakersfield	11
4. Oxnard	12
5. Citrus	15
6. Cuesta	17
7. Moorpark	19
8. Allan Hancock	24
9. Santa Monica	27
10. L.A. Valley	31
11. Canyons	32
12. Santa Barbara	34

WESTERN STATE CONFERENCE TITLES

1. Glendale	14
2. Ventura	4
3. Allan Hancock	2
Moorpark	2
Taft	2
6. Bakersfield	1
Santa Barbara	1

	YEAR	TIME	SITE
1. Nick Lugo, Glendale*	1988	19:40	Bakersfield
Kipp Ortenburger, Cuesta*	1993	19:40	Bakersfield
3. Roger Soler, Allan Hancock*	1981	19:41.3	Moorpark
4. Brad Jensen, Glendale	1981	19:41.4	Moorpark
5. Jose Iniquez, Allan Hancock*	1986	19:43	L.A. Pierce
6. Peter Brett, Allan Hancock*	1983	19:46.7	Allan Hancock
7. Allan Garcia, Glendale*	1990	19:48	Moorpark
8. Jody Fischer, Taft*	1985	19:49	Moorpark
9. George Rivera, Bakersfield	1993	19:50	Bakersfield
Jeff Wilson, Moorpark*	1994	19:50	West L.A.
11. Peter Williamson, Allan Hancock	1986	19:51	L.A. Pierce
12. Jaine Galindo, Ventura	1988	19:54	Bakersfield
13. Stephen Barlow, Allan Hancock	1983	19:57.0	Allan Hancock
14. Amare Awetahegn, West L.A.	1993	20:06	Bakersfield
Jose Perezchica, Bakersfield*	2000	20:06	Allan Hancock
16. Miguel Galindo, Ventura*	1996	20:08	Allan Hancock
17. Nacho Delgado, Glendale	1994	20:10	West L.A.
18. Eleazar Hernandez, Moorpark	1996	20:11	Allan Hancock
19. Ricardo Valenzuela, L.A. Mission	1996	20:12	Allan Hancock
20. Obed Aguirre, Glendale	1990	20:14	Moorpark
21. Ryan Luce, Moorpark	1993	20:15	Bakersfield
Jacques Sallberg, Glendale	1994	20:15	West L.A.
23. Brian Spangenberg, Canyons	2000	20:18	Allan Hancock
24. Ramiro Guillen, Santa Barbara	2000	20:24	Allan Hancock
25. Eduardo Macias, Glendale	1994	20:25	West L.A.
Jacques Sallberg, Glendale*	1992	20:25	Glendale
27. John King, Taft*	1984	20:27	Cuesta
Ruben Ruiz, Glendale	2000	20:27	Allan Hancock
29. Jose Padilla, Glendale	1994	20:29	West L.A.
30. Francisco Sandoval, Moorpark	1996	20:30	Allan Hancock
31. Jody Fischer, Taft	1984	20:33	Cuesta
32. Ray Griffin, Taft	1985	20:36	Moorpark
Garry Partridge, Allan Hancock	1984	20:36	Cuesta
34. Criag Ingram, Moorpark	1984	20:38	Cuesta
35. Jaime Galindo, Ventura*	1989	20:39	Cuesta
36. Donald Carmona, Ventura	1993	20:42	Bakersfield
37. Eleazar Hernandez, Moorpark*	1995	20:46	Ventura
38. Jorge Barajas, Ventura	1992	20:47	Glendale
39. Allan Garcia, Glendale*	1991	20:47.6	Ventura
40. Ramon Morales, Ventura	1992	20:48	Glendale
41. Jorge Castro, Bakersfield	1996	20:51	Allan Hancock
Jim DeRosso, Allan Hancock*	1987	20:51	Santa Barbara
43. Humberto Quintana, Glendale	1987	20:52	Santa Barbara
44. James Moore, Glendale	1989	20:54	Cuesta
Clive Owen, Allan Hancock	1987	20:54	Santa Barbara
46. Juan Romero, Bakersfield	1989	20:56	Cuesta
47. Henry Morton, Oxnard	1987	20:57	Santa Barbara
48. Robert Nelson, Glendale	1991	20:58.7	Ventura
49. Juan Mejia, Ventura*	2003	21:00	L.A. Pierce
50. Curly Guillen, Santa Barbara*	2001	21:03	Moorpark
51. Jose Merino, Glendale*	1998	21:16	Cuesta
Giovani Perezchica, Bakersfield*	2004	21:16	Allan Hancock
53. Julio Serratos, Glendale*	1997	21:20	Ventura
54. Andre Young, Santa Barbara*	1999	21:23	Ventura
55. Matt Armbruster, Cuesta*	1982	21:59.9	Ventura

WESTERN STATE CONFERENCE MEN'S CROSS COUNTRY (1980-04)

ATHLETES OF THE YEAR
1980 Jeff Nelson, Glendale

COACHES OF THE YEAR
no award given

1981 Roger Soler, Allan Hancock	no award given
1982 Matt Armbruster, Cuesta	Steve Bushey, Santa Barbara Tuck Mason, Ventura
1983 Peter Brett, Allan Hancock	Ray Kring, Allan Hancock
1984 John King, Taft	Craig Johnson, Taft
1985 Jody Fischer, Taft	Craig Johnson, Taft
1986 Jose Iniguez, Allan Hancock	Ray Kring, Allan Hancock
1987 Jim DeRosso, Allan Hancock	Eddie Lopez, Glendale
1988 Nick Lugo, Glendale	Eddie Lopez, Glendale
1989 Jaime Galindo, Ventura	Tuck Mason, Ventura
1990 Allan Garcia, Glendale	Eddie Lopez, Glendale
1991 Allan Garcia, Glendale	Eddie Lopez, Glendale
1992 Jacques Sallberg, Glendale	Eddie Lopez, Glendale
1993 Kipp Ortenburger, Cuesta	Milton Qualls, West L.A.
1994 Jeff Wilson, Moorpark	Eddie Lopez, Glendale
1995 Eleazar Hernandez, Moorpark	Eddie Lopez, Glendale
1996 Miguel Galindo, Ventura	Manny Trevino, Moorpark
1997 Julio Serratos, Glendale	Eddie Lopez, Glendale
1998 Jose Merino, Glendale	Eddie Lopez, Glendale
1999 Andre Young, Santa Barbara	Darrell Rich, Cuesta
2000 Jose Perezchica, Bakersfield	Francois Wolman, L.A. Valley
2001 Curly Guillen, Santa Barbara	Eddie Lopez, Glendale
2002 Ivan Alvarado, Glendale	Eddie Lopez, Glendale
2003 Juan Mejia, Ventura	Eddie Lopez, Glendale
2004 Tony Arredondo, Oxnard	Nancy Frederickson, Ventura

WESTERN STATE CONFERENCE STANDINGS (1980-04)

	YRS.	1	2	3	4	5	6	7	8	9	10	11	12	13
1. Glendale	21	14	4	1	0	2								
2. Ventura	25	4	6	7	3	3	1	1						
3. Moorpark	23	2	3	9	4	1	0	4						
4. Allan Hancock	19	2	2	3	1	0	0	1	1	2	2	1	3	1
5. Taft	6	2	0	1	0	0	1	0	1	0	0	1		
6. Bakersfield	19	1	7	3	3	3	0	0	1	1				
7. Santa Barbara	25	1	2	0	4	4	3	3	1	3	1	0	3	
8. L.A. Valley	13	0	1	1	0	1	0	0	2	3	4	1		
9. Oxnard	18	0	1	0	4	3	2	5	2	1				
10. West L.A.	18	0	1	0	0	0	0	0	1	2	3	7	2	2
11. L.A. Mission	2	0	0	1	0	0	1							
12. Santa Monica	19	0	0	0	3	3	2	2	1	7	1			
13. Cuesta	23	0	0	0	1	6	4	8	0	1	1	2		
13. Citrus	6	0	0	0	1	1	2	0	1	0	1			
14. Antelope Valley	2	0	0	0	1	0	1							
16. Canyons	20	0	0	0	0	3	3	4	4	0	4	2		
17. L.A. Pierce	1	0	0	0	0	0	1							
18. Compton	2	0	0	0	0	0	0	0	1	1				
19. L.A. Trade Tech.	1	0	0	0	0	0	0	0	0	0	1			

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WESTERN STATE CONFERENCE WOMEN'S CROSS COUNTRY (1980-04)

1980	PTS.	1986	PTS.
1. Glendale	20	1. Santa Monica	20
2. Moorpark	18	2. Moorpark	17.5

3. Ventura	16	3. Bakersfield	15.5
4. Santa Barbara	14	4. Cuesta	14
5. Canyons	11	5. Ventura	13
5. Oxnard	11	6. L.A. Pierce	9
7. Allan Hancock	5	7. Glendale	7
7. Antelope Valley	5	8. Allan Hancock	5
7. Compton	5	9. Canyons	4.5
7. West L.A.	5	10. Santa Barbara	1.5
		11. Oxnard	0
1981		1987	
1. Glendale	18	1. Cuesta	14
2. Santa Barbara	15	1. Ventura	14
2. Ventura	15	3. Moorpark	11
4. Moorpark	12	4. Santa Monica	9
5. Allan Hancock	10	5. Bakersfield	7
6. West L.A.	8	6. Glendale	5
7. Antelope Valley	3	7. Canyons	2
7. Oxnard	3	7. Oxnard	2
7. Taft	3	7. Santa Barbara	2
1982		1988	
1. Ventura	12	1. Cuesta	4
2. Santa Barbara	10	2. Bakersfield	11
3. Cuesta	8	3. Moorpark	12
4. Taft	6	4. Ventura	13
5. Allan Hancock	3	5. Glendale	22
5. Oxnard	3	5. Santa Monica	22
1983		7. Santa Barbara	28
1. Ventura	10	8. Canyons	30
2. Cuesta	7	8. Oxnard	30
3. Santa Barbara	6	8. L.A. Valley	30
4. Taft	4	11. West L.A.	31
5. Oxnard	3	1989	
6. Allan Hancock	0	1. Bakersfield	4
1984		2. Moorpark	8
1. Cuesta	11	3. Oxnard	14
1. Moorpark	11	4. Glendale	16
3. Ventura	8	5. Ventura	18
4. Santa Barbara	6	6. Santa Barbara	28
5. Oxnard	3.5	6. Santa Monica	28
6. Taft	2.5	8. Canyons	29
7. Allan Hancock	0	9. Cuesta	30
1985		10. L.A. Valley	32
1. Moorpark	8	10. West L.A.	32
2. Cuesta	6		
3. Santa Barbara	3		
3. Ventura	3		

WESTERN STATE CONFERENCE WOMEN'S CROSS COUNTRY (1980-04)

Page 2

1990	PTS.	1994	PTS.
1. Moorpark	20	1. Bakersfield	11
2. Glendale	16.5	1. Glendale	11
3. Ventura	14.5	3. Canyons	12

4. L.A. Valley	13.5	3. Ventura	12
5. Bakersfield	11.5	5. Cuesta	20
6. Santa Barbara	10	6. Moorpark	21
7. Santa Monica	8.5	7. Santa Monica	27
8. Canyons	7.5	8. Santa Barbara	31
9. Cuesta	5	9. Allan Hancock	35
10. Oxnard	1.5		
10. West L.A.	1.5	1995	
1991		1. Moorpark	4
1. Glendale	19.5	2. Bakersfield	8
2. Moorpark	17.5	3. L.A. Mission	13
3. Santa Monica	17	4. Ventura	15
4. L.A. Valley	14	5. Santa Monica	21
5. Ventura	11.5	6. Glendale	23
6. Bakersfield	10.5	7. Cuesta	32
7. Cuesta	8	7. Santa Barbara	32
8. Santa Barbara	3	9. Canyons	32.5
9. West L.A.	3	10. Allan Hancock	39.5
1992		1996	
1. Ventura	6	1. L.A. Mission	4
2. Glendale	7	2. Ventura	8
3. Cuesta	11	3. Moorpark	12
4. Santa Monica	15	4. Santa Monica	19
5. Bakersfield	20	5. Santa Barbara	21
6. Santa Barbara	25	6. Cuesta	23
7. Canyons	28	7. Glendale	27
8. Moorpark	30	8. Bakersfield	31
9. L.A. Valley	32	9. Canyons	35
10. West L.A.	33	10. Allan Hancock	38
1993		1997	
1. Cuesta	10	1. Glendale	4
2. Santa Monica	12	2. Bakersfield	10
3. Ventura	13	3. Ventura	11
4. Moorpark	16	4. Santa Monica	16
5. Glendale	21	5. Moorpark	21
6. Canyons	23	6. Cuesta	25
6. Santa Barbara	23	6. Santa Barbara	25
8. Bakersfield	30	8. Canyons	32
9. L.A. Valley	32	9. Allan Hancock	36
10. West L.A.	37	10. West L.A.	37

WESTERN STATE CONFERENCE WOMEN'S CROSS COUNTRY (1980-04)

1998	PTS.	2001	PTS.
1. Glendale	4	1. Glendale	3
2. L.A. Valley	8	2. Moorpark	6
3. Bakersfield	14	3. Canyons	10
4. Moorpark	19	4. Bakersfield	13
4. Santa Monica	19	4. Santa Monica	13

6. Canyons	28	6. Ventura	16
7. Allan Hancock	31	7. Citrus	21
7. Ventura	31	8. Cuesta	27
9. Cuesta	32	9. West L.A.	28
10. Santa Barbara	33	10. Santa Barbara	29
11. Oxnard	41	11. L.A. Valley	30
		12. Allan Hancock	34
		12. Oxnard	34

1999

1. Bakersfield	10
2. Glendale	11
2. Moorpark	11
2. Ventura	11
5. Cuesta	19
6. Santa Monica	21
7. Canyons	28
8. Santa Barbara	35
9. West L.A.	36
10. Oxnard	37
11. Citrus	41
11. Allan Hancock	41
11. L.A. Valley	41

2000

1. Glendale	4
2. Ventura	11
3. Canyons	14
4. Bakersfield	15
4. Moorpark	15
6. Cuesta	19
7. Santa Monica	28
8. Santa Barbara	35
9. West L.A.	38
10. Citrus	39
11. Oxnard	40
12. L.A. Valley	47
13. Allan Hancock	NT

WESTERN STATE CONFERENCE TITLES

1. Glendale	8
2. Ventura	6
3. Bakersfield	4
Cuesta	4
Moorpark	4
6. L.A. Mission	1
Santa Monica	1

2002

1. Ventura	3
2. Glendale	6
3. Bakersfield	9
4. Citrus	14
5. Cuesta	15
6. Oxnard	16
7. Canyons	21
8. Santa Barbara	24
9. Moorpark	29
10. Allan Hancock	30
11. Santa Monica	32
12. L.A. Valley	35
13. West L.A.	38

2003

1. Ventura	3
2. Glendale	6
3. Bakersfield	9
4. Cuesta	12
5. Citrus	15
6. Santa Monica	17
7. L.A. Valley	20
8. Canyons	24
9. West L.A.	29
10. Oxnard	30
11. Moorpark	32
12. Allan Hancock	35

2004

1. Bakersfield	4
2. Ventura	5
3. Glendale	9
4. Moorpark	13
5. Santa Barbara	15
6. Cuesta	16
7. Santa Monica	22
8. Canyons	23
9. Oxnard	27
10. Citrus	32
L.A. Valley	32
12. West L.A.	37
13. Allan Hancock	39

WESTERN STATE CONFERENCE WOMEN'S CROSS COUNTRY (1980-04)

WOMEN'S TOP TIMES FROM CHAMPIONS AND OTHER TOP FINISHERS IN CHAMPIONSHIP MEET

	YEAR	TIME	SITE
1. Marit Koch, Cuesta*	1988	17:32	Bakersfield
2. Midge Arteaga, Santa Monica*	1986	17:41	L.A. Pierce
Rachel Rossbach, Ventura	1988	17:41	Bakersfield
4. Lorraine Mercado, Ventura*	1981	17:51	Moorpark

5. Pat Storey, Santa Monica	1986	17:53	L.A. Pierce
6. Debra Sharp, Oxnard*	1987	17:55	Santa Barbara
7. America Rivas, Glendale*	1992	17:57.5	Glendale
8. Lolita Anderson, Glendale	1981	18:03	Moorpark
9. Teri Gerber, Ventura	1987	18:04	Santa Barbara
10. Carol Werner, Santa Barbara	1981	18:07	Moorpark
11. Githa Hampson, Santa Monica*	1993	15:15.9	Bakersfield
12. Jody Hay, Moorpark*	2000	18:16	Allan Hancock
13. Elaine Campo-Triplett, Santa Barbara*	1983	18:16.8	Allan Hancock
14. Valerie Aceves, Ventura	1992	18:22.8	Glendale
15. Nancy Bowman, Taft*	1984	18:23.9	Cuesta
16. Diana Hall, Santa Barbara	1992	18:35.0	Glendale
17. Amy Hamilton, Cuesta	1993	18:37	Bakersfield
18. Lisa Ash, Moorpark*	1985	18:38	Moorpark
19. Marisol Barajas, L.A. Mission*	1996	18:41	Allan Hancock
20. Kim Lorimer, Glendale	2000	18:42	Allan Hancock
21. Valerie Aceves, Ventura	1993	18:43	Bakersfield
22. Amy Hamilton, Cuesta	1992	18:44.0	Glendale
Heidi Tisovic, Canyons	1993	18:44	Bakersfield
24. Brittany Grimes, Bakersfield*	2004	18:52	Allan Hancock
25. Kelly Buzza, Cuesta	1984	18:53.1	Cuesta
26. Ali Owen, Santa Barbara	1983	18:55.0	Allan Hancock
27. Tracey Ross, Cuesta	1984	18:55.8	Cuesta
28. Nancy Bowman, Taft	1983	18:56.4	Allan Hancock
29. Leticia Perez, Moorpark	1993	18:57	Bakersfield
30. Misty Allen, Santa Barbara	1985	18:58	Moorpark
Nicole Jimenez, Glendale*	1989	18:58	Cuesta
Nancy Lopez, Glendale	2000	18:58	Allan Hancock
33. Julie Harris, Glendale*	1998	18:59	Cuesta
34. Caren Sather-Sperry, Moorpark	2004	19:00	Allan Hancock
35. Itzel Vargas*	2003	19:02	L.A. Pierce
36. Maria Paramo, Oxnard*	1990	19:06	Moorpark
37. Isabel Saucedo, Ventura	1992	19:08.9	Glendale
38. Patricia Loera, L.A. Mission	1996	19:09	Allan Hancock
Patricia Loera, L.A. Valley	1998	19:09	Cuesta
Regina Schuetze, Bakersfield	1989	19:09	Cuesta
41. Pilar Delgado, Glendale	2003	19:15	L.A. Pierce
42. Jeanene Gerry, Moorpark	2000	19:15	Allan Hancock
43. Lorraine Mercado, Ventura*	1982	19:17.2	Ventura
44. Josephina Sanchez, Ventura*	1994	19:18	West L.A.
45. Meredith Christian, Bakersfield	1996	19:23	Allan Hancock
46. Christina Reyes, Cuesta	2003	19:25	L.A. Pierce
47. Tracie McAlister, Bakersfield	1992	19:26.8	Glendale
48. Tanya Janet, Glendale	1994	19:30	West L.A.
49. Mary Biggs, Ventura	2003	19:31	L.A. Pierce
50. Brooklan Grimes, Bakersfield	2003	19:33	L.A. Pierce
51. Isaura Rodriguez, Santa Monica*	2001	19:55	Moorpark
52. Grace Padilla, Glendale*	1991	20:29.4	Ventura
53. Kim Lorimer, Glendale*	1999	20:47	Ventura
54. Bridgette Roy, Moorpark*	1995	21:07	Ventura
55. Meredith Christian, Bakersfield*	1997	21:36	Ventura

WESTERN STATE CONFERENCE WOMEN'S CROSS COUNTRY (1980-04)

Page 5

ATHLETES OF THE YEAR

1980 Sue Broccoli, Moorpark
 1981 Lorraine Mercado, Ventura
 1982 Lorraine Mercado, Ventura
 1983 Elaine Campo-Triplett, Santa Barbara
 1984 Nancy Bowman, Taft

COACHES OF THE YEAR

no award given
 no award given
 Tuck Mason, Ventura
 Tuck Mason, Ventura
 Darrell Rich, Cuesta
 Manny Trevino, Moorpark

1985 Lisa Ash, Moorpark
 1986 Midge Arteaga, Santa Monica
 1987 Debra Sharp, Oxnard
 1988 Marit Koch, Cuesta
 1989 Nicole Jimenez, Glendale
 1990 Maria Paramo, Oxnard
 1991 Grace Padilla, Glendale
 1992 America Rivas, Glendale
 1993 Githa Hampson, Santa Monica
 1994 Josephina Sanchez, Ventura
 1995 Bridgette Roy, Moorpark
 1996 Marisol Barajas, L.A. Mission
 1997 Latanya Sumlin, Bakersfield
 1998 Julie Harris, Glendale
 1999 Kim Lorimer, Glendale
 2000 Jody Hay, Moorpark
 2001 Isaura Rodriguez, Santa Monica
 2002 Pilar Delgado, Glendale
 2003 Itzel Vargas, Glendale
 2004 Brittany Gimes, Bakersfield

Manny Trevino, Moorpark
 Anna Biller, Santa Monica
 Darrell Rich, Cuesta
 Tuck Mason, Ventura
 Darrell Rich, Cuesta
 Pam Kelly, Bakersfield
 Mike Stewart, Moorpark
 Gretchen Lohr, Glendale
 Gretchen Lohr, Glendale
 Darrell Rich, Cuesta
 Nancy Frederickson, Ventura
 Manny Trevino, Moorpark
 Gretchen Lohr, L.A. Mission
 Melissa Seale, Glendale
 Melissa Seale, Glendale
 Nancy Frederickson, Ventura
 Eddie Lopez, Glendale
 Eric Barron, Santa Monica
 Nancy Frederickson, Ventura
 Nancy Frederickson, Ventura
 Pam Kelley, Bakersfield

WESTERN STATE CONFERENCE STANDINGS (1980-04)

	YRS.	1	2	3	4	5	6	7	8	9	10	11	12	13
1. Glendale	21	8	5	1	1	2	2	2						
2. Ventura	25	6	5	7	2	3	1	1						
3. Moorpark	23	4	6	3	5	1	1	0	1	1	0	1		
4. Bakersfield	19	4	3	4	2	3	1	0	2					
5. Cuesta	23	4	2	2	2	3	4	2	1	3				
6. Santa Monica	19	1	1	1	6	2	3	4	0	0	0	1		
7. L.A. Mission	2	1	0	1										
8. Santa Barbara	24	0	2	2	2	2	5	3	4	1	2	2		
9. L.A. Valley	13	0	1	0	2	0	0	1	1	2	2	2	2	
10. Canyons	20	0	0	3	0	1	2	4	7	3				
11. Oxnard	17	0	0	1	0	4	1	2	1	1	3	3	1	
12. Taft	4	0	0	0	2	0	1	1						
13. Citrus	6	0	0	0	1	1	0	1	0	0	2	1		
14. Allan Hancock	17	0	0	0	0	2	1	3	1	2	3	1	2	2
15. West L.A.	15	0	0	0	0	0	1	1	0	3	2	5	2	1
16. L.A. Pierce	1	0	0	0	0	0	1							
17. Compton	1	0	0	0	0	0	0	1						
18. Antelope Valley	2	0	0	0	0	0	0	0	2					

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