

ALL-STATE PERFORMERS -- Women

1990	Jean Harvey
1991	Jean Harvey (State Champion)
2003	Cassie Rameriz

ATHLETES OF THE YEAR -- Women

1990	Jean Harvey	Foothill
1991	Jean Harvey	Foothill
1996	Shannon Earle	Foothill
2003	Cassie Rameriz	Foothill
2006	Jelani Carter	Foothill

ALL TIME COURSE LISTS FOR ANTELOPE VALLEY COLLEGE WOMEN'S CROSS COUNTRY

1990-PRESENT

**AVC –
30TH & P COURSE # 1**

NAME	TIME	YEAR
Jean Harvey	19:49	1990

BALBOA PARK

NAME	TIME	YEAR
Jean Harvey	17:48	1991
Jean Harvey	18:37	1991
Holly Ludwig	22:30	1991
Karen Harvey	24:12	1991

BAKERSFIELD – SOCCER 3

NAME	TIME	YEAR
Christy Gorman	21:27	2003
Brandi Ellis	21:52	2003
Joelle Barnard	29:16	2003

**AVC –
1993 LANCASTER**

NAME	TIME	YEAR
Teresa Santana	19:29	1993
Rene Azevedo	20:13	1993
Teresa Santana	20:44	1993
Kristin Whitehead	21:13	1993
Rene Azevedo	21:18	1993
Melissa Tibbs	22:08	1993
Kristin Whitehead	23:02	1993
Amber Williams	23:31	1993
Melissa Tibbs	23:33	1996
Julie Sorenson	24:33	1996

BAKERSFIELD – HART PARK

NAME	TIME	YEAR
Teresa Santana	18:34	1992
Holly Ludwig	18:48	1992
Rene Azevedo	19:05	1992
Karen Harvey	19:33	1992
Kristin Whitehead	19:33	1992

BAKERSFIELD – SOCCER 4

NAME	TIME	YEAR
Maia Paris	24:42	2004

BAKERSFIELD – SOCCER

NAME	TIME	YEAR
Nicole Martin	20:38	1994
Jolene Argandor	21:18	1994
Joanna Pottillo	21:48	1994
Shannon Earle	23:21	1996
Teresa Sanchez	24:16	1994
Kelly Horne	24:19	1996
Julie Sorenson	25:04	1996
Farrah Fenner	25:23	1996
Patricia Amend	26:21	1994
Stacy Sorenson	36:24	1996

BAKERSFIELD – SOCCER 5

NAME	TIME	YEAR
Jelani Carter	19:16	2006
Jelani Carter	22:04	2005
Stevie Henne	24:41	2005
Amanda O'Neal	25:24	2005
Joelle Barnard	25:49	2005
Krystal Quinn	28:55	2005

**AVC –
30TH & P COURSE # 2**

NAME	TIME	YEAR
Shannon Earle	23:04	1997
Shannon Earle	23:21	1997
Jennifer Dykstra	24:57	1997
Diana Russo	25:15	1997
Christina Wilson	25:15	1997
Christina Wilson	25:45	1997
Jennifer Dykstra	25:56	1997
Diana Russo	26:44	1997
Rosa MacTaggart	28:16	1997
Noelle Judge	29:53	1997

BAKERSFIELD – SOCCER 2

NAME	TIME	YEAR
Gina Villanueva	21:27	1999
Lona Cooper	21:44	1999
Leah Cattermole	22:10	1999

BONNELLI PARK

NAME	TIME	YEAR
Joanna Pottillo	21:37	1994
Nicole Martin	22:55	1994
Jolene Argandor	23:08	1994
Jolene Argandor	23:49	1994
Melissa Tibbs	25:08	1994
Nicole Martin	25:11	1994
Teresa Sanchez	26:29	1994
Teresa Sanchez	28:08	1994
Patricia Amend	28:56	1994
Patricia Amend	30:29	1994



CUESTA		
NAME	TIME	YEAR
Gina Villanueva	21:31	1999
Lona Cooper	22:39	1999

CUESTA -- RAIN COURSE		
NAME	TIME	YEAR
Maia Paris	19:26	2004

DEL MAR		
NAME	TIME	YEAR
Leah Cattermole	21:43	2000
Leah Cattermole	21:46	2000
Karrie Fuller	22:39	2000
Elaine Soos	29:32	2000
Karrie Fuller	29:34	2000

DESERT		
NAME	TIME	YEAR
Teresa Santana	18:26	1992
Rene Azevedo	18:29	1992
Holly Ludwig	18:36	1992
Teresa Santana	18:53	1992
Kristin Whitehead	19:00	1992
Holly Ludwig	19:46	1992
Karen Harvey	19:50	1992
Rene Azevedo	19:59	1992
Sheila Boalen	20:16	1992
Kristin Whitehead	20:23	1992

DESERT -- CAHIULLA PARK		
NAME	TIME	YEAR
Christy Gorman	21:33	2003
Brandi Ellis	22:25	2003

FAIRVIEW PARK		
NAME	TIME	YEAR
Jolene Argandor	20:19	1995
Nicole Martin	21:09	1995
Jolene Argandor	21:17	1995
Nicole Martin	21:31	1995
Melanie Bedortha	21:37	1996
Kelly Horne	21:58	1995
Shannon Earle	22:01	1996
Kelly Horne	22:08	1996
Melanie Bedortha	22:43	1995
Kelly Horne	23:19	1995

FRESNO		
WOODWARD PARK		
NAME	TIME	YEAR
Cassie Ramirez	18:59	2002
Rene Azevedo	19:19	1992
Teresa Santana	19:23	1993
Holly Ludwig	19:35	1992
Teresa Santana	19:41	1993

Teresa Santana	19:52	1992
Nicole Martin	19:54	1994
Victoria Haynes	19:54	2002
Jolene Argandar	19:55	1994
Victoria Haynes	19:56	2002
Jolene Argandar	20:01	1995
Rene Azevedo	20:04	1993
Joanna Potillo	20:09	1994
Nicole Martin	20:12	1994
Amy Rice	20:16	2002
Joanna Potillo	20:21	1994
Melanie Bedortha	20:28	1996
Holly Ludwig	20:29	1992
Shannon Earle	20:35	1996
Rene Azevedo	20:42	1993

FULLERTON -- CARBON CANYON PARK		
NAME	TIME	YEAR
Victoria Haynes	20:02	2002
Maia Paris	20:57	2004
Christy Gorman	23:07	2002
Megan Hall	23:08	2002

GLENDORA		
NAME	TIME	YEAR
Gina Villanueva	22:20	1998
Diana Russo	26:41	1998
Tina Villanueva	27:12	1998

GOLDEN GATE PARK		
NAME	TIME	YEAR
Teresa Santana	18:53	1993
Gina Villanueva	20:33	1998
Shannon Earle	20:42	1997
Kristin Whitehead	20:49	1993
Julie Sorenson	21:53	1993
Melissa Tibbs	22:21	1993
Jennifer Dykstra	23:15	1997
Diana Russo	23:15	1997
Diana Russo	23:35	1998
Teresa Sanchez	23:37	1993

GOLDEN GATE PARK 2		
NAME	TIME	YEAR
Gina Villanueva	21:29	1999
Leah Cattermole	22:02	1999
Karrie Fuller	23:22	2001

IRVINE PARK		
NAME	TIME	YEAR
Jean Harvey	19:12	1990
Jean Harvey	19:24	1990

IRVINE PARK -1997		
NAME	TIME	YEAR
Shannon Earle	22:09	1997
Jennifer Dykstra	23:24	1997
Diana Russo	26:25	1997
Rosa MacTaggart	27:03	1997

LEGG LAKE		
NAME	TIME	YEAR
Jolene Argandor	19:41	1995
Nicole Martin	19:59	1995
Jolene Argandor	20:12	1995
Kelly Horne	20:29	1995
Nicole Martin	20:46	1995
Gina Villanueva	21:01	1999
Kelly Horne	21:29	1995
Leah Cattermole	21:38	1999
Melanie Bedortha	21:50	1995
Lona Cooper	21:58	1999

MIRACOSTA 2		
NAME	TIME	YEAR
Leah Cattermole	23:21	2000
Gina Villanueva	23:33	1999
Karrie Fuller	23:44	2000
Leah Cattermole	23:53	1999

MOORPARK		
NAME	TIME	YEAR
Teresa Santana	20:09	1993
Teresa Santana	20:10	1992
Rene Azevedo	20:36	1992
Nicole Martin	20:47	1994
Holly Ludwig	20:52	1992
Joanna Potillo	20:57	1994
Rene Azevedo	21:09	1993
Kristin Whitehead	21:25	1992
Jolene Argandor	21:29	1994
Kristin Whitehead	22:22	1993

MT. SAN ANTONIO		
NAME	TIME	YEAR
Jean Harvey	18:13	1990
Jean Harvey	19:22	1990
Gina Villanueva	20:40	1998
Christy Gorman	21:38	2003
Diana Russo	23:07	1998
T. Villanueva	25:37	1998

OCEANSIDE PARK		
NAME	TIME	YEAR
Diana Russo	26:23	1998
Tina Villanueva	26:33	1998



RIVERSIDE CITY

NAME	TIME	YEAR
Cassie Ramirez	19:36	2002
Cassie Ramirez	21:24	2002
Victoria Haynes	21:25	2002
Amy Rice	21:34	2002
Victoria Haynes	21:41	2002
Amy Rice	23:41	2002
Christy Gorman	23:45	2002
Megan Hall	24:29	2002
Megan Hall	25:19	2002
Christy Gorman	25:49	2002

**SAN BERNARDINO V –
CAL STATE SB COURSE**

NAME	TIME	YEAR
Jean Harvey	17:55	1991
Cassie Ramirez	19:17	2002
Holly Ludwig	19:55	1992
Teresa Santana	20:15	1992
Rene Azevedo	20:17	1992
Teresa Santana	20:22	1993
Victoria Haynes	20:28	2002
Nicole Martin	20:38	1994
Shannon Earle	20:39	1997
Jolene Argandar	20:43	1995

**SAN BERNARDINO V –
CRAFTON HILLS**

NAME	TIME	YEAR
Jelani Carter	22:47	2005
Stevie Hennen	23:34	2005
Amanda O'Neal	24:49	2005
Joelle Barnard	26:22	2005
Krystal Quinn	26:33	2005

**SAN BERNARDINO V –
GLEN HELEN PARK**

NAME	TIME	YEAR
Leah Cattermole	23:02	2000
Elaine Soos	32:54	2000
Karrie Fuller	28:01	2000

**SAN BERNARDINO V –
LL COURSE**

NAME	TIME	YEAR
Shannon Earle	20:53	1996
Melanie Bedortha	21:37	1996
Melanie Bedortha	21:53	1996
Julie Sorenson	22:34	1996
Kelly Horne	23:05	1996
Julie Sorenson	23:54	1996
Bridget Worth	24:03	1996
Bridget Worth	24:05	1996
Farrah Fenner	25:25	1996
Stacy Sorenson	34:20	1996

**SAN BERNARDINO V –
CAMPUS #2**

NAME	TIME	YEAR
Jelani Carter	21:46	2005
Stevie Hennen	22:12	2005
Amanda O'Neal	24:07	2005
Krystal Quinn	24:23	2005
Joelle Barnard	25:10	2005

SANTA BARBARA CITY

NAME	TIME	YEAR
Jean Harvey	17:55	1991
Holly Ludwig	19:55	1992
Teresa Santana	20:15	1992
Rene Azevedo	20:17	1992
Teresa Santana	20:22	1993
Nicole Martin	20:38	1994
Shannon Earle	20:39	1997
Jolene Argandar	20:43	1995
Kristin Whitehead	21:01	1992
Joanna Potillo	21:03	1994

SANTA BARBARA CITY #2

NAME	TIME	YEAR
Jelani Carter	19:59	2007
Jelani Carter	21:46	2005
Stevie Hennen	22:12	2005
Amanda O'Neal	24:07	2005
Krystal Quinn	24:23	2005
Joelle Barnard	25:10	2005

SIERRA COLLEGE

NAME	TIME	YEAR
Jean Harvey	17:16	1991
Jean Harvey	17:39	1991
Holly Ludwig	21:48	1991
Karen Harvey	21:50	1991

VENTURA – ARROYO PARK

NAME	TIME	YEAR
Christy Gorman	23:36	2003
Gina Villanueva	24:54	1999
Brandi Ellis	25:51	2003
Leah Cattermole	26:58	1999

VENTURA

NAME	TIME	YEAR
Jolene Argandar	21:05	1995
Nicole Martin	22:26	1995
Kelly Horne	23:08	1995
Shannon Earle	23:19	1997
Melanie Bedortha	24:26	1995
Diana Russo	25:30	1997
Shannon Sheldon	25:32	1995
Jennifer Dykstra	25:34	1997

VICTOR VALLEY -- SOCCER

NAME	TIME	YEAR
Jelani Carter	21:41	2006



ALL-STATE PERFORMERS -- Men

1992	Mark Sinderson
1993	Mark Sinderson
1994	Manuel Perales
1996	Joey Montelongo
1998	Mike Barkhuff
2002	Dan Miller
2003	Ryan Rogers

ATHLETES OF THE YEAR -- Men

1993	Mark Sinderson	Foothill
1994	Manuel Perales	Foothill
2000	Daniel Cobian	Foothill
2002	Ryan Rogers	Foothill
2003	Ryan Rogers	Foothill

ALL TIME COURSE LISTS FOR ANTELOPE VALLEY COLLEGE MEN'S CROSS COUNTRY

1990-PRESENT

AVC – LANCASTER NSC			AVC – 1993 Lancaster			BAKERSFIELD – HART PARK		
NAME	TIME	YEAR	NAME	TIME	YEAR	NAME	TIME	YEAR
Kurtis Rohrenback	23:00	2006	Mark Sinderson	20:20	1993	Louie Rudziewicz	19:59	1992
Irvin Garcia	23:14	2006	Dave Hensley	20:47	1993	Mark Sinderson	20:39	1992
Daniel Miller	23:28	2001	Joe Bedortha	20:49	1993	Kris Klausmeier	21:27	1992
Daniel Miller	23:29	2001	Dave Hensley	20:52	1993	Brice Jarvi	23:07	1992
Kurtis Rohrenback	23:47	2006	Joe Bedortha	21:13	1993			
Zack Schroeder	23:58	2001	Mark Sinderson	21:25	1993			
Zack Schroeder	24:09	2001	Kris Klausmeier	21:31	1993			
Irvin Garcia	24:40	2006	Kris Klausmeier	22:24	1993			
Zack Schroeder	24:41	2001	Larry Layman	22:28	1993			
Dan Bauder	24:42	2001	Larry Layman	23:16	1993			

AVC – 30TH & P COURSE # 1			AVC – 30TH & P COURSE # 2			BAKERSFIELD – SOCCER		
NAME	TIME	YEAR	NAME	TIME	YEAR	NAME	TIME	YEAR
Mark Harvey	22:14	1990	Mike Barkhuff	23:29	1997	Manuel Perales	21:44	1994
Erik Scudmore	24:58	1990	Geoff Thurber	23:54	1997	Angel Bennington	23:04	1994
Greg Willocks	25:57	1990	Mike Barkhuff	24:13	1997	Joey Montelongo	23:33	1996
			Aaron Williams	25:01	1997	Matthew Jacobs	24:06	1994
			Aaron Williams	25:09	1997	Josh Stiles	24:21	1996
			Luis Monge	25:14	1997	Matthew Bessette	24:28	1994
			Josh Stiles	25:41	1997	Andrew Brandt	25:35	1996
			Luis Monge	25:52	1997	Josh Millard	25:58	1996
			Josh Stiles	26:03	1997	Aaron Magnuson	26:16	1994
			Geoff Thurber	27:26	1997	Dan Harvey	26:38	1996



BAKERSFIELD SOCCER PK 2

NAME	TIME	YEAR
Daniel Cobian	20:07	1999
Richard Butler	20:36	1999
Francis Weu	21:04	1999
Jake McLemore	21:29	1999
Seth Lantz	22:14	1999
Sal Koutsis	22:37	1999

BAKERSFIELD SOCCER PK 3

NAME	TIME	YEAR
Ryan Rogers	21:01	2003
Jose Burrola	21:40	2003
Sam Torres	22:58	2003
Nico Colin	23:48	2003
Chris Barber	24:10	2003
Frank Sherwood	24:46	2003
Travis Sanders	24:58	2003
Willy Garcia	25:09	2003
Anthony Layao	26:38	2003
Anthony Cardone	27:22	2003

BAKERSFIELD SOCCER PK 4

NAME	TIME	YEAR
Jose Burrola	23:51	2004

BAKERSFIELD SOCCER PK 5

NAME	TIME	YEAR
Kurtis Rohrenback	20:37	2006
Irvin Garcia	21:23	2006
Marco Quevedo	21:50	2006
Kritter Schroeder	22:47	2006
Jose Navarro	23:44	2005
Kritter Schroeder	24:16	2005
Tim Jarvines	24:34	2006
Christian Navarro	26:25	2005
Chris Gonzaga	27:17	2005
Miles Almazar	33:51	2005

BALBOA PARK

NAME	TIME	YEAR
Louie Rudziewicz	22:32	1991
David Rhodes	23:13	1991
Miguel Solorzano	24:29	1991

BONNELLI PARK

NAME	TIME	YEAR
Manuel Perales	21:40	1994
Manuel Perales	22:07	1994
Aaron Magnuson	22:22	1994
Angel Bennington	22:38	1994
Matthew Jacobs	23:08	1994
Angel Bennington	23:29	1994
Matthew Bessette	23:47	1994
Aaron Magnuson	24:51	1994
Matthew Jacobs	25:04	1994
Matthew Bessette	26:59	1994

CUESTA

NAME	TIME	YEAR
Jose Burrola	22:47	2004
Richard Butler	22:59	1999
AGUINGA	23:20	2004
Francis Weu	23:44	1999
Daniel Cobian	23:59	1999
Nico Colin	24:16	2004
Willy Garcia	24:16	2004

CUESTA -- RAIN COURSE

NAME	TIME	YEAR
Jose Burrola	25:11	2004

DEL MAR

NAME	TIME	YEAR
Daniel Cobian	20:45	2000
Zach Schroeder	21:30	2000
Zach Schroeder	21:31	2000
Daniel Cobian	22:09	2000
Chris Covert	22:59	2000
Sal Koutsis	23:06	2000
Casey McAndrew	24:02	2000
Devon Zemp	24:05	2000
Sal Koutsis	24:29	2000
Caleb Schroeder	24:55	2000

DESERT

NAME	TIME	YEAR
Mark Sinderson	19:47	1992
Louie Rudziewicz	20:19	1992
Manuel Perales	20:34	1992
Louie Rudziewicz	21:04	1992
Mark Sinderson	21:30	1992
Kris Klausmeier	21:50	1992
Manuel Perales	22:08	1992
Brice Jarvi	22:51	1992
Kris Klausmeier	24:14	1992
Brice Jarvi	25:15	1992

DESERT -- CAHIULLA PARK

NAME	TIME	YEAR
Ryan Rogers	19:56	2003
Jose Burrola	20:17	2003
Sam Torres	21:16	2003
Chris Barber	21:18	2003
Nico Colin	21:30	2003
Frank Sherwood	23:26	2003
Travis Sanders	24:21	2003
Anthony Cardone	25:19	2003

FAIRVIEW PARK

NAME	TIME	YEAR
Joey Montelongo	21:04	1996
Matthew Jacobs	21:34	1995
Matthew Jacobs	21:38	1995
Bobby Bacon	21:43	1995
Bobby Bacon	21:47	1995
Scott Gonzales	21:58	1995
Joey Montelongo	21:59	1995
Bobby Bacon	22:15	1996
Billy Layton	22:43	1995
Vince Burton	23:12	1995

FRESNO**WOODWARD PARK**

NAME	TIME	YEAR
Mark Sinderson	19:59	1993
Mark Sinderson	20:17	1992
Manuel Perales	20:35	1994
Dave Hensley	20:47	1993
Manuel Perales	21:11	1992
Manuel Perales	21:17	1994
Kris Klausmeier	21:22	1992
Kris Klausmeier	21:26	1993
Mark Sinderson	21:29	1993
Manuel Perales	21:30	1992

**FRESNO -- 1995 on
WOODWARD PARK**

NAME	TIME	YEAR
Ryan Rogers	20:32	2003
Dan Miller	20:56	2002
Mike Barkhuff	20:57	1998
Jose Burrola	21:02	2003
Dan Miller	21:06	2002
Ryan Rogers	21:08	2002
Joey Montelongo	21:09	1996
Mike Barkhuff	21:09	1998
Geoff Thurber	21:14	1998
Daniel Cobian	21:14	2000
Ryan Rogers	21:25	2002
Joey Montelongo	21:30	1996
Daniel Cobian	21:32	2000
Aaron Williams	21:32	1998
Mike Barkhuff	21:32	1997
Sam Torres	21:33	2003
Luis Monge	21:34	1998
Jose Burrola	21:34	2004
Dan Miller	21:42	2001
Zach Schroeder	21:42	2001



FULLERTON --

CARBON CANYON PARK

NAME	TIME	YEAR
Ryan Rogers	25:31	2003
Ryan Rogers	26:11	2002
Dan Miller	26:18	2002
Jose Burrola	26:59	2003
Jose Burrola	27:05	2004
Kurtis Rohrenback	27:13	2006
Andres Aguinaga	27:31	2004
Sam Torres	27:47	2003
Irvin Garcia	27:47	2006
Nico Colin	28:32	2004

FULLERTON -- CRAIG PARK -- 8K

NAME	TIME	YEAR
Jose Navarro	30:28	2005
Kritter Schroeder	31:32	2005
Christian Navarro	32:16	2005
Chris Gonzaga	32:53	2005

GLENDORA

NAME	TIME	YEAR
Mike Barkhuff	24:19	1998
Geoff Thurber	24:27	1998
Luis Monge	24:57	1998
Aaron Williams	25:10	1998
Seth Lantz	27:01	1998
Casey McAndrew	27:16	1998
Jimmy Walkiewicz	28:29	1998
Jake McLemore	29:00	1998

GOLDEN GATE PARK

NAME	TIME	YEAR
Mark Sinderson	20:28	1993
Mike Barkhuff	20:37	1998
Geoff Thurber	20:38	1998
Dave Hensley	21:13	1993
Joe Bedortha	21:42	1993
Mike Barkhuff	21:55	1997
Aaron Williams	22:28	1998
Luis Monge	22:29	1998
Jake McLemore	23:12	1998
Aaron Williams	23:32	1997

GOLDEN GATE PARK 2

NAME	TIME	YEAR
Richard Butler	20:16	1999
Daniel Cobian	20:26	1999
Francis Weu	21:11	1999
Christopher Covert	21:12	2001
Zack Schroeder	21:20	2001
Daniel Miller	21:21	2001
Seth Lantz	21:33	1999
Dan Bauder	21:59	2001
Jake McLemore	22:02	1999
Sal Koutsis	23:00	1999

IRVINE PARK

NAME	TIME	YEAR
Mark Harvey	23:12	1990
Mark Harvey	23:17	1990
Erik Scudmore	25:36	1990
Greg Willocks	27:15	1990

IRVINE PARK -1997

NAME	TIME	YEAR
Mike Barkhuff	21:35	1997
Aaron Williams	22:47	1997
Geoff Thurber	22:54	1997
Josh Stiles	23:16	1997
Luis Monge	23:21	1997

LEGG LAKE

NAME	TIME	YEAR
Jose Burrola	19:59	2004
Matthew Jacobs	21:22	1995
Daniel Cobian	21:22	1999
Richard Butler	21:41	1999
Matthew Jacobs	21:56	1995
Francis Weu	22:10	1999
Jake McLemore	22:14	1999
Joey Montelongo	22:34	1995
Scott Gonzales	22:54	1995
Joey Montelongo	22:59	1995

MOORPARK

NAME	TIME	YEAR
Mark Sinderson	20:49	1993
Manuel Perales	21:34	1994
Mark Sinderson	21:41	1992
Manuel Perales	21:48	1992
Joe Bedortha	21:55	1993
Dave Hensley	22:04	1993
Angel Bennington	22:07	1994
Louie Rudziewicz	22:16	1992
Aaron Magnuson	22:40	1994
Kris Klausmeier	22:47	1993

MIRACOSTA 2

NAME	TIME	YEAR
Daniel Cobian	22:01	2000
Richard Butler	22:36	1999
Daniel Cobian	22:41	1999
Francis Weu	22:50	1999
Zach Schroeder	22:51	2000
Jake McLemore	22:52	1999
Seth Lantz	23:15	1999
Chris Covert	23:51	2000
Sal Koustis	24:20	2000
Sal Koustis	25:06	1999

MT. SAN ANTONIO

NAME	TIME	YEAR
Ryan Rogers	21:04	2003
Ryan Rogers	21:12	2003
Mike Barkhuff	21:31	1998
Jose Burrola	21:46	2003
Jose Burrola	21:57	2003
Geoff Thurber	21:58	1998
Aaron Williams	22:25	1998
Sam Torres	22:25	2003
Chris Barber	22:35	2003
Luis Monge	22:50	1998

OCEANSIDE PARK

NAME	TIME	YEAR
Mike Barkhuff	22:10	1998
Aaron Williams	22:16	1998
Geoff Thurber	22:17	1998
Jake McLemore	22:48	1998
Seth Lantz	22:52	1998
Luis Monge	22:59	1998
Jimmy Walkiewicz	23:58	1998
Casey McAndrew	24:49	1998

RIVERSIDE CITY

NAME	TIME	YEAR
Ryan Rogers	20:26	2002
Ryan Rogers	20:55	2002
Dan Miller	21:15	2002
Chris Barber	21:46	2002
Dan Miller	21:59	2002
Ryan Smith	22:41	2002
Anthony Layao	22:53	2002
Chris Barber	23:10	2002
Travis Sanders	24:05	2002
Ryan Smith	24:24	2002

SAN BERNARDINO V

NAME	TIME	YEAR
Ryan Rogers	21:22	2002
Dan Miller	21:31	2002
Mark Sinderson	21:33	1992
Dan Miller	21:39	2001
Daniel Cobian	21:47	2000
Mike Barkhuff	21:47	1998
Manuel Perales	21:52	1992
Mark Sinderson	21:52	1993
Louie Rudziewicz	22:09	1992
Manuel Perales	22:14	1994



SAN BERNARDINO V —
CAMPUS

NAME	TIME	YEAR
Jose Burrola	21:23	2004

SAN BERNARDINO V —
CAMPUS 2

NAME	TIME	YEAR
Christian Navarro	23:03	2005
Chris Gonzaga	24:30	2005
Gabrial Milbauer	27:10	2006

SAN BERNARDINO V —
CRAFTON HILLS

NAME	TIME	YEAR
Jose Navarro	23:14	2005
Kritter Schroeder	24:53	2005
Christian Navarro	25:13	2005
Chris Gonzaga	26:35	2005
Gabe Milbauer	32:54	2005

SAN BERNARDINO V —
CSSB COURSE

NAME	TIME	YEAR
David Rhodes	24:39	1991
Louie Rudziewicz	24:42	1991
Rick Delesdernier	25:44	1991
Louie Rudziewicz	27:20	1991
Miguel Solorzano	28:28	1991
Miguel Solorzano	29:05	1991
Larry Layman	29:05	1991
Rick Delesdernier	29:58	1991
Larry Layman	37:31	1991

SAN BERNARDINO V —
GLEN HELEN PARK

NAME	TIME	YEAR
Daniel Cobian	21:02	2000
Zach Schroeder	22:09	2000
Chris Covert	23:24	2000
Sal Koustis	24:15	2000
Devon Zemp	24:47	2000
Caleb Schroeder	25:54	2000
Casey McAndrew	28:00	2000
Theron James	32:42	2000

SAN BERNARDINO V —
LL COURSE

NAME	TIME	YEAR
Joey Montelongo	21:36	1996
Joey Montelongo	21:41	1996
Bobby Bacon	23:00	1996
Josh Stiles	23:14	1996
Andrew Brandt	23:21	1996
Josh Millard	24:18	1996
Dan Harvey	24:27	1996
Dan Harvey	25:09	1996
Josh Millard	25:19	1996

SANTA BARBARA CITY

NAME	TIME	YEAR
Mark Sinderson	21:33	1992
Daniel Cobian	21:47	2000
Mike Barkhuff	21:47	1998
Manuel Perales	21:52	1992
Mark Sinderson	21:52	1993
Louie Rudziewicz	22:09	1992
Manuel Perales	22:14	1994
Dave Hensley	22:19	1993
Aaron Williams	22:21	1998
Luis Monge	22:25	1998

SANTA BARBARA CITY #2

NAME	TIME	YEAR
ROHRENBACK	19:53	2006
Irvin Garcia	20:11	2006
Marco Quevedo	20:55	2006
Kritter Schroeder	21:59	2006
C. NAVARRO	23:03	2005
WHITING	23:30	2006
JARVINES	24:41	2006
GONZAGA	24:30	2005
MILBAUER	27:10	2005

SIERRA COLLEGE

NAME	TIME	YEAR
Miguel Solorzano	24:36	1991

VENTURA

NAME	TIME	YEAR
Mike Barkhuff	22:19	1997
Matthew Jacobs	22:31	1995
Joey Montelongo	22:36	1995
Scott Gonzales	22:46	1995
Bobby Bacon	23:18	1995
Geoff Thurber	23:30	1997
Aaron Williams	23:34	1997
Josh Stiles	23:49	1997
Luis Monge	24:27	1997
Vince Burton	24:35	1995

VENTURA — ARROYO PARK

NAME	TIME	YEAR
Ryan Rogers	22:02	2003
Jose Burrola	22:24	2003
Daniel Cobian	23:27	1999
Francis Weu	23:58	1999
Richard Butler	24:03	1999
Sam Torres	24:03	2003
Jake McLemore	24:14	1999
Nico Colin	24:32	2003
Chris Barber	24:55	2003
Seth Lantz	25:03	1999

VICTOR VALLEY -- SOCCER

NAME	TIME	YEAR
Kurtis Rohrenback	22:18	2006
Irvin Garcia	22:30	2006
Marco Quevedo	23:51	2006
Kritter Schroeder	23:55	2006
Joey Whiting	25:22	2006
Tim Jarvines	27:16	2006

