

Vaquero

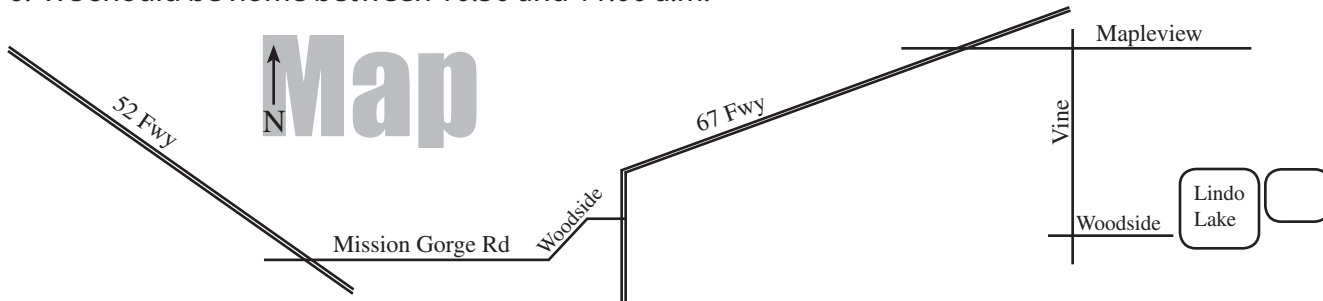
Cross Country Invitational

Lindo Lake, Lakeside, CA
Saturday, September 5, 2009

Race Schedule:

Frosh-Soph Girls	8:00 a.m.
Frosh-Soph Boys	8:20 a.m.
Junior-Senior Girls	8:40 a.m.
Junior-Senior Boys	9:00 a.m.

1. Arrive at UCHS in front of the gym **NO LATER** than **6:05 a.m.**
2. Bring your complete racing uniform. Everything!
3. Eat a VERY LIGHT breakfast. You will be running soon! (No dairy products and little sugar)
4. You may want to bring some food for after the race. There will be refreshments and T-shirts sold at the meet. I will bring the large cooler with Gatorade.
5. There will be no team scoring. Medals to the top 25 individuals in each race. Bring one home!
6. We should be home between 10:30 and 11:00 a.m.



Best Marks (since 1997)

Freshmen Boys

1. Mac Fleet	8:21	2nd	'05
2. Riess Haslam	8:35	4th	'08
3. Riley Booker	8:44	5th	'02
4. David Aldrich	8:47	7th	'00
5. Travis Teitsch	8:57	17th	'00

Sophomore Boys

1. Riley Booker	8:02*	1stCR	'03
2. Mac Fleet	8:07	1st	'06
3. Kern Huerta	8:25	1st	'00
4. Brad Liber	8:32	3rd	'00
5. Sixto Aspeitia	8:33	4th	'00

Junior Boys

1. Kern Huerta	10:28	3rd	'01
2. Brad Liber	10:36	4th	'01
3. Travis Teitsch	10:36	6th	'02
4. Ben Booker	10:59	9th	'08
5. Kurtis Flansburg	10:59	7th	'01

Senior Boys

1. Brad Liber	10:14	1st	'02
2. Kern Huerta	10:19	2nd	'02
3. Guad Gonzalez	10:40	3rd	'08
4. Andrew Garratt	10:45	8th	'00
5. Jon O'Connor	10:55	4th	'98

Freshmen Girls

1. Rebecca Bostwick	9:55	2nd	'00
2. Dayna Anderson	10:02	3rd	'03
3. Jessy Hansen	10:11	4th	'08
4. Devin Cowick	10:19	4th	'06
5. Christina Buckley	10:20	4th	'03

Sophomore Girls

1. Rebecca Bostwick	9:29	1st	'01
2. Sarah Vitug	9:38	1st	'05
3. Sheree Shea	9:47	1st	'06
4. Christina Buckley	9:58	5th	'04
5. Lidia De Carvalho	10:04	2nd	'00

Junior Girls

1. Rebecca Bostwick	9:13	2nd	'02
2. Sarah Vitug	9:18	1st	'06
3. Jessie Ooms	9:32	1st	'01
4. Sheree Shea	9:33	2nd	'07
5. Lidia De Carvalho	9:34	2nd	'01

Senior Girls

1. Rebecca Bostwick	9:14	2nd	'03
2. Chessa Adsit Morris	9:29	1st	'00
3. Jessie Ooms	9:32	3rd	'02
4. Christina Buckley	10:01	4th	'06
5. Katherine Ziegler	10:01	4th	'99