

**North Coast Section
Saturday, November 22, 2025-Hayward High School
NCS Cross Country Championships Race Schedule and Preview**

Albert Caruana
www.crosscountryexpress.com

Welcome to the 2025 North Coast Section Cross Country Meet of Champions. Hayward High School will host the event for the 21st consecutive season. The current three-mile course has been slightly altered this season, but the same configuration has been in use since 2016. It features multiple loops, allowing spectators to view much of the course from the middle of the hopefully not muddy grass fields.

RACE SCHEDULE (Same order as CA State Meet)

WALK THE COURSE 7:00am - 8:15am
8:30am Division II Boys' Race
9:00am Division III Boys' Race
9:30am Division II Girls' Race
10:00am Division III Girls' Race
10:30am Division IV Boys' Race
11:00am Division V Girls' Race
11:30am Division I Boys' Race
12:00pm Division IV Girls' Race
12:30pm Division V Boys' Race
1:00pm Division I Girls' Race

Awards Schedule: (in the gymnasium)

10:00am Division II Boys
10:20am Division II Girls
10:40am Division III Boys
11:00am Division III Girls
11:20am Division IV Boys
11:45am Division V Girls
12:15pm Division I Boys
12:45pm Division IV Girls
1:15pm Division V Boys
1:45pm Division I Girls

The NCS Divisions are as follows:

Division I 2,787 and above
Division II 1,761 - 2,786
Division III 1,268 - 1,760
Division IV 601 - 1,267
Division V 600 and fewer

NCS Preview:

Thank you very much to all the coaches who helped me break down each division. The following is my best attempt to predict the top 5-7 teams and the top individuals for each division (boys and girls) in Saturday's section meet. The teams from this meet that will qualify for the State Meet at Woodward Park in Fresno on November 29th are noted for each division. The top 5 individuals from each race will also qualify for the state meet, provided they are in the top 12 when two teams qualify, top 14 when three teams qualify, and top 16 when four teams qualify, top 18 when five teams qualify.

The winning teams in each division will receive plaques. The top 2 teams in each division will receive pennants. The top 3 teams in each division will receive medals. Seven (7) medals will be provided per team of seven. The top 7 individuals in each race will receive medals.

Division I

Girls - (Top 3 teams advance to state meet):

- 1 Dougherty Valley
- 2 Berkeley
- 3 California
- 4 Castro Valley
- 5 Liberty

The Berkeley girls won their first two section titles in 1981 & 1982 and then experienced a long drought without a victory at the NCS MOC meet until two years ago. They are now the two-time defending champions but will come to this meet as underdogs to Dougherty Valley. DV finished in 4th place in the tough EBAL championship race behind three very competitive Division II teams, San Ramon Valley, Monte Vista, and Granada. Berkeley won the West Alameda County Conference (WACC) Foothill division, finishing 10 points ahead of Castro Valley. California finished just 13 points behind Dougherty Valley in their league race, which means this could be a highly competitive race for the top three state-qualifying spots.

Senior Carina Nottingham is the 2-time defending champion and will be vying for another section title. Her main competition will be Emily Bellinger of California. Bellinger finished in 3rd place at the EBAL final against some of the best individuals in the section. Both runners are very familiar with the Hayward HS course and have both dipped under the 18-minute mark this season. Other runners who have been successful here in the past will also be in the mix, including Castro Valley's Iliana Nierengarten and Berkeley's Dakota Saenz. Dougherty Valley runner Ananya Kumar has been the lead runner for Dougherty Valley, but didn't race at her league final.

Boys - (Top 2 teams advance to state meet):

- 1 Dublin
- 2 California
- 3 Dougherty Valley
- 4 Berkeley
- 5/6 Castro Valley/Liberty

Dublin HS coach Chris Williams has one of the premier distance track and field invitationals in the country. He has also been one of the top coaches in California, and his boys are back trying to claim another section title. His boys' team has won 7 of the last 8 contested section meets (2 in Division II in 2016 and 2017), with the lone blemish being Berkeley's victory in Division I in 2022. At the East Bay Athletic League (EBAL) final, Dublin edged a very good Granada team, and the Gaels will be heavily favored to win here. With only two teams advancing to the state meet, the battle for 2nd will be very interesting. California edged Dougherty Valley at the EBAL final by 8 points, while Berkeley finished in 3rd place at the WACC final. California competed without its top 2 individuals, so a healthy return of either or both runners will make a huge difference here. If they are unable to compete, then we will have a three-way battle for one final spot to the state meet.

The fastest runner in this field is Dublin's Daniel Santhiapillai. He was the EBAL champion and has led Dublin through the season along with teammate Justin Feng. Those two runners should be dictating the pace at the front. The next runner, Kai Hamre of California, ran 15:23.4 at the Haystack Tune-Up but didn't race at his league final. If he can race here, Hamre will definitely be near the front and help his team's chances of advancing to the state meet. The same goes for teammate Kenneth Fong, who also didn't race at his league final. He ran 15:41.4 at Haystack. Other runners that will contend near the front of the pack are Dougherty Valley's Vederanth Pothina, California's Gustavo Mendes de Oliveira and Arjun Vivek. Dublin's Jeremy Imbo will be in the mix as well as the strongest 3rd man on all the competing teams.

Division II

Girls - (Top 3 teams advance to state meet):

- 1 Redwood
- 2 San Ramon Valley
- 3 Monte Vista
- 4 Granada
- 5/6 Foothill/American

The Redwood girls finished in 2nd place at the Marin County Athletic League (MCAL) championship meet behind a very strong Archie Williams (AW) team. With AW safely in Division IV, Redwood will be the slight favorite to win here with a trio of East Bay Athletic League (EBAL) teams chasing them. The San Ramon Valley pack edged Monte Vista for the league title at the EBAL meet by three points, and it will be just as close here. Monte Vista, the defending champion, has three runners ahead of SRV's front runner, freshman Brooke Ennan, and will be dangerous with an improved back of the pack. Granada was a solid 3rd at the EBAL meet and has proven to really bring it at this meet in the past. American was the league champion in the Mission Valley Athletic League (MVAL) and appears to be the 5th best team here.

Granada junior Sade Bumpus finished in 2nd place at last year's NCS MOC meet behind Monte Vista's Alexandra Powell and will be favored to win here. She was the EBAL individual champion this season and rolled to a 17:15.2 individual victory at the Haystack Invitational on the Hayward HS course. Redwood's Sydney Middleton and Kate Kozubik lead the way for their team and will be prominently near the front here. Monte Vista teammates Kaylie O'Connell, Ava Padilla, and Nadya Makarova will also be in the mix, along with Foothill's Macy Mullen. Amador Valley's Kacie Wong might also be in contention for one of the five auto individual qualifying spots.

Boys - (Top 4 teams advance to state meet):

- 1 Granada
- 2 Redwood
- 3 Amador Valley
- 4 De La Salle
- 5/6 College Park/Monte Vista

Another 2nd place league team will be favored to win one of the section races. Granada finished a close second to Dublin (49 to 46) at the EBAL final. The Matadors are the best Division II team in the section and are currently ranked 9th in the state by prepcaltrack.com. The Redwood boys won the MCAL championship meet over solid Tamalpais and Terra Linda teams and will now chase Granada in this race. The Amador Valley boys finished in 3rd place at EBAL and appear to be the 3rd-best team in this division. The De La Salle boys will be battling for that fourth and final state meet spot and will need to fend off College Park and Monte Vista. American won the tiebreaker over Newark Memorial at their league final to win the team title in the MVAL.

Trey Caldwell of De La Salle won the last two section titles in a row, and teammate Heath Salter will try to make it three in a row for the Spartans. Salter finished in 2nd place at the EBAL meet behind Dublin's Daniel Santhiapillai and won the Haystack Tune-Up with a 14:53.2 personal record. Amador Valley senior Sattvik Raju finished just behind Salter at the EBAL final and will certainly be in contention for the individual title. Redwood sophomore Oliver Bush is the front-runner for the Giants and has a PR of 15:11.8 on the Hayward HS course. Mateo Cafaro of Monte Vista is his team's lead runner. Granada will have their pack all running near each other, and they have typically been led by Nicolai Barron. Washington's Anish Gopisetty finished 2nd at his league final and could be one of the individual qualifiers.

Division III

Girls - (Top 4 teams advance to state meet):

- 1 Campolindo
- 2 Northgate
- 3 Maria Carrillo
- 4 Las Lomas
- 5 Newark Memorial

Last year, Northgate stopped Campolindo's streak of section titles in a row at 10. That was the Broncos' first section title in cross country, while the Cougars were after their 21st section title, which would be a new section record. They are currently tied with University at 20 titles each. This year, the same two teams will vie for the team championship. Northgate got out of the gate fast and defeated Campolindo twice at their first two league meets. At the recently contested DAL championship meet, Campo edged Northgate 33 to 44 to establish itself as the favorite in this division. The next best team appears to be Maria Carrillo, the North Bay League-Oak Division champion. Las Lomas was the 3rd place team behind Campo and Northgate at their league final. LL will battle with Newark Memorial, the 2nd place team from the Mission Valley Athletic League (MVAL).

Carondelet senior Gretchen Yakaitis will be favored to win individually. She finished a close 2nd to Sade Bumpus of Granada at her league final and has been super impressive this season, including a 4:52.8 personal record at the Campolindo Mid-Season Mania 1600. Her main competition will be Newark Memorial's Alice McCarthy, the MVAL champion. Other runners in the mix at the front are Northgate's Olivia Joseph, Amalia Contreras of Campolindo, and Joslyn Tribbey of Maria Carrillo. Windsor's Emily Williams will be vying for an individual state meet qualifying spot, while Natasha Cohen of Northgate will be looking to lock up a low stick for her team.

Boys - (Top 4 teams advance to state meet):

- 1 Campolindo
- 2 Maria Carrillo
- 3 Tamalpais
- 4/5 Analy/Terra Linda
- 6 Newark Memorial

The Campolindo boys are the defending section and state champions. They were also the Hoka Postal national champions in the 5 x 3200 and are in the hunt for an NXN spot after the state meet. They are currently ranked #11 in the nation by dyestat.com and will be heavily favored to win here as well as the state meet. The only drama here may be if Campo could surpass the low score record in this Division. The record is 28 points held by 2 teams: the 2019 Maria Carrillo team and the 2022 Campolindo team. The race for 2nd appears to be the competitive part of this race and will pit Maria Carrillo, the NBL champion, vs the 2023 section champion, Tamalpais. The last state meet spot and 4th place will also be up for grabs between Analy and Terra Linda. Newark Memorial has been consistently competitive in this division and should not be overlooked.

The Campolindo boys will be very present at the front of the lead pack. Their two lead runners are sophomore Caden Ehrhorn and Clark Gregory. Lucas Roark of Tamalpais, Kenji Kawabata of Newark Memorial and Trenton Dawson of Maria Carrillo all won their respective league finals. and Owen Dawson of Analy. The rest of the Campo pack will include Nikola van Delft, Jack Durden, Gavin Gunn, Samuel Hearn, and Taiyo Chiba. They should all be racing near the front of the race, chasing a fast time on the hopefully dry Hayward course. Owen Dawson of Analy will be in contention for an individual spot if his team doesn't qualify for the state meet as a team.

Division IV

Girls - (Top 3 teams advance to state meet):

- 1 Archie Williams
- 2 Miramonte
- 3/4 Piedmont/Bishop O'Dowd
- 5 Albany

The Archie Williams girls' team is the best in the section. They defeated the top team in Division II, Redwood, at their league final, and could theoretically win every other division on Saturday. Coach Josiah Russell, an alumnus of the school, will lead the team once again, potentially securing another section title and a podium finish at the state meet. While I am certain that AW will finish 1st, the placing of the next group of teams should be highly interesting. The Miramonte girls finished in 3rd place in the DAL final behind Campo, Northgate, and Las Lomas. The Mats appear to be just a bit in front of league rivals Piedmont and Bishop O'Dowd. Piedmont edged BOD at their league meet, but it will be super close here as well. Albany has two outstanding freshmen leading the way and could be a threat if the rest of their pack improves their place on Saturday.

The individual favorite in this race will be Archie Williams, senior, Brooke Lee. She has been the leader of the team and was the impressive winner of the MCAL final at her last meet. Teammate Ani Stieg, the defending section champion, seems to have rebounded from an early-season setback and will be competitive at the front as well. Other runners in the mix will be Albany freshmen Eliana Huerata and Lucille Pazdan. Claire Palmer of AW finished behind Stieg at MCAL and will also be near the front. Bishop O'Dowd's Isabella Rodgers finished in 2nd place at her league meet with a time of 18:08.44.

Boys - (Top 4 teams advance to state meet):

- 1 St. Mary's College
- 2 Bishop O'Dowd
- 3 Archie Williams
- 4 Miramonte
- 5 Piedmont

NCS gets 4 entries to the state meet, and since 2023, the same 4 teams have earned those entries. This year won't be any different, as those same 4 teams are contenders once again. The favorite will be the St. Mary's boys, as they have been the fastest team all season, are currently ranked as the 3rd best team in this division, and finished in 5th place at last year's state meet. Bishop O'Dowd just won the WACC, and coach Hillary Kigar's group is very familiar with the Hayward course and always seems to run their best at big meets. Last year's D4 section champion, Archie Williams, has a storied history of success at section and state meet competitions, which includes 5 section titles and 4 podium finishes at the state meet over the last decade. Miramonte is led by senior Logan Letulle, one of the individual favorites. They have battled the top D3 team in the state, Campolindo, in their league, and will be ready to capture one of those state meet berths. Piedmont appears to be the next best team with a tight pack and great knowledge of the Hayward course.

The individual favorite will be Miramonte's Logan Letulle. He is the fastest returning D4 runner from last year's state meet and just competed at the highly competitive DAL meet against the Campolindo crew. St. Mary's Djali de Chalus just won his league championship over two very strong teammates, Ian Kopchik and Tucker Presnell. Bishop O'Dowd will be led by Sebastian Taylor, who will be looking to lead his team with a strong finish up front.

Division V

Girls - (Top 5 teams advance to state meet):

- 1 University
- 2 Lick-Wilmerding
- 3 Sonoma Academy
- 4 Branson
- 5/6 College Prep/Head-Royce

Last season was a very successful one for NCS teams, with 3 teams finishing in the top 5 at the state meet. Branson won its 2nd state team title, while Lick-Wilmerding scored another podium finish with a 3rd place finish. University finished in the top 5 with a 5th-place finish, marking the 25th time it has achieved a top 5 finish at the state meet. University appears to be the favorite this year, with Lick-Wilmerding as its primary competitor. University has the most depth of any team in this race and will have the first complete team into the chute. A vastly improved Sonoma Academy team will be vying for a top-three finish, along with Branson. College Prep won the BCL East over Head-Royce and both teams are in contention for the last spot. As with each team in this division, the places will be determined by the 4th and 5th-place runners. It seems like every team has strong runners up front, with their back of the pack fighting for the same spots in the 20-21-minute range.

The favorite to win the individual title will be Lick-Wilmerding senior Ella Mogannam. She is the defending section champion and has finished 2nd at the last two state meets. Her main competition is Branson's improved junior, Farah Allen, who led the way last year for her team's state championship. Sonoma Academy's Josie Hill had to sit out a month due to transferring to a new school, and will be one of the top runners here. Ashlin Mallon of Cardinal Newman won the NBL Redwood League and is also one of the top runners in the state in this division. Other runners that will be in the mix are University's Palmer Smit, Lick-Wilmerding teammates Caroline Chang and Ella Adams-Teoh, Head-Royce's Emma Singh, and Branson's Hailey Sellers.

Boys - (Top 4 teams advance to state meet):

- 1 University
- 2 Convent & Stuart Hall
- 3 Healdsburg
- 4 College Prep
- 5/6 Bay School/Head-Royce

The overwhelming favorite to win this race will be the University boys' team. They have been one of the strongest D5 teams in the state and will be pursuing their boys' 2nd state team title in school history. The teams battling for the next two spots should be Convent & Stuart Hall and Healdsburg. At this point, Convent & Stuart Hall appear to be the slight favorites over Healdsburg, with a tighter pack from 1 to 5. The race for the last state meet berth promises to be an interesting one, with several contenders. The College Prep boys just won the BCL East title, finishing ahead of league rival, Head-Royce. The Bay School has a strong boys' team, but may be without their #1 runner, Leor Hersh, at the section final.

The favorite to win the individual title will be University junior Ben Friedland. He has been the lead runner for the University team just ahead of teammate Ethan Kraska. Other contenders will include Healdsburg sophomore Lucas Welty and the next two University runners, Matteo Welty and Ishan Patnaik. Other teams' lead runners who may be near the front are The Bay School's Kainoa Newton and Berean Christian's Samuel Ruiz. University's Hugo Tao Ong and Healdsburg's Jake McWilliams will be battling to also finish in the top 10 of the race. College Prep teammates Isan Skarbinski and Noah Petajisto finished 1st and 2nd, respectively, at the BCL East final and will be near the front, trying to help secure the last automatic qualifying team spot.

The NCS League Championships Results:

The following is a list of all the league championship races.

Bay Counties League East

Thursday, November 13, 2025

Crab Cove, Alameda

3.0 Miles

GIRLS

1.	College Preparatory	26
2.	Head-Royce	35
3.	Athenian	74
4.	Bentley Upper	118
5.	Holy Names	141
6.	Redwood Christian	153

1.	11	Emma Singh	18:38.3	Head-Royce
2.	10	Sophie Martin	19:14.5	College Preparatory
3.	12	Katelyn Roberts	19:16.7	College Preparatory
4.	12	Sophie Dapice	19:36.6	College Preparatory
5.	10	Emilia Frank	19:43.1	Head-Royce
6.	10	Maya Smith	19:48.1	Head-Royce
7.	10	Enna Gerking	19:58.0	College Preparatory
8.	10	Kira Mielcarski	20:19.7	Athenian
9.	10	Dani Greenberg	21:27.5	Head-Royce
10.	10	Nadja Skarbinski	21:28.4	College Preparatory

In a virtual dual meet at the front, College Prep edged out Head-Royce as both teams ended up with very low scores for a league championship meet. Head-Royce had the individual champion as junior; Emma Singh won her first individual league title.

BOYS

1.	College Preparatory	37
2.	Head-Royce	45
3.	Athenian	72
4.	Bentley Upper	116
5.	Redwood Christian	136
6.	St Joseph Notre Dame	164
7.	California School for the Deaf	195
8.	Contra Costa Christian	195
9.	Making Waves Academy	255
10.	Quarry Lane	286

1.	12	Isan Skarbinski	16:32.2	College Preparatory
2.	11	Noah Petajisto	16:38.9	College Preparatory
3.	11	Aleksandar Nikolic	16:53.2	Head-Royce
4.	12	Everett Newman	17:11.7	Head-Royce
5.	12	Owen Hughes	17:27.3	Athenian
6.	12	Lysander Pineda	17:30.3	Head-Royce
7.	10	Michael Brandt	17:32.9	St Joseph Notre Dame
8.	12	Gil Butler	17:34.2	Redwood Christian
9.	11	Aiden Fong	17:37.1	College Preparatory
10.	12	Nicolas Vargas	17:38.2	Athenian

College Prep made it four years in a row as they edged their two closest pursuers, Head-Royce and Athenian. College Prep senior Isan Skarbinski led the way for the Cougars winning his first individual title.

Bay Counties League West

Friday, November 7, 2025

Lindley Meadow, Golden Gate Park

3.1 miles

GIRLS

1.	San Francisco University	33
2.	Lick Wilmerding	45
3.	Convent & Stuart Hall	87
4.	Marin Academy	99
5.	Bay School of San Francisco	144
6.	San Domenico	163
7.	International	171
8.	Urban of San Francisco	215
9.	San Francisco Waldorf	252

1.	12	Ella Mogannam	16:47.47	Lick Wilmerding
2.	10	Palmer Smit	18:08.89	San Francisco University
3.	11	Caroline Chang	18:12.23	Lick Wilmerding
4.	10	Ella Adams-Teoh	18:17.14	Lick Wilmerding
5.	12	Sophia Nichol	18:29.87	San Francisco University
6.	12	Luella Shepard	18:39.90	Marin Academy
7.	10	Grace Tompkins-Pettigrew	18:54.63	San Francisco University
8.	9	Maëlle Reece	19:31.12	International
9.	10	Elie Calderon	19:31.99	San Francisco University
10.	12	Finny Smit	19:48.82	San Francisco University

University flipped the results from last season as they finished ahead of defending champion Lick-Wilmerding. LW senior Ella Mogannam won her second league title with an impressive winning time.

BOYS

1.	San Francisco University	16
2.	Convent & Stuart Hall	55
3.	Bay School of San Francisco	106
4.	San Domenico	134
5.	Lick Wilmerding	135
6.	Urban of San Francisco	139
7.	Marin Academy	143
8.	San Francisco Waldorf	276
9.	International	282
10.	Drew	298
11.	Gateway	317

1.	11	Ben Friedland	15:10.26	San Francisco University
2.	11	Ethan Kraska	15:31.62	San Francisco University
3.	12	Ishan Patnaik	15:38.48	San Francisco University
4.	11	Matteo Moretti	15:45.40	San Francisco University
5.	12	Kainoa Newton	15:46.95	Bay School of San Francisco
6.	10	Hugo Tao Ong	15:50.54	San Francisco University
7.	12	Julian Anderson	15:59.19	Convent & Stuart Hall
8.	11	Reese Terrell	16:02.40	Convent & Stuart Hall
9.	9	James Nielsen	16:11.17	San Domenico
10.	11	Charlie Kost	16:13.79	San Francisco University

One of the top Division V teams in the state, University, easily won its third straight league title, led by individual champion Ben Friedland. Bay School senior Kainoa Newton prevented the sweep by University with his 5th place finish.

Bay Valley Athletic League
 Wednesday, November 5, 2025
 Contra Loma Park, Antioch
 3.0 miles

GIRLS

1.	Liberty - Brentwood	43
2.	Heritage (Brentwood)	48
3.	Emerald	56
4.	Antioch	117
5.	Freedom	119
6.	Pittsburg	146

1.	9	Mady Babaran	21:02.97	Liberty - Brentwood
2.	9	Emily Chan	21:25.63	Emerald
3.	12	Isabella Rinaldo	21:53.77	Heritage (Brentwood)
4.	11	Molly Redman	21:59.78	Liberty - Brentwood
5.	12	Kiley Johnson	22:11.17	Antioch
6.	9	Katelyn Chan	22:12.17	Emerald
7.	11	Cambria Montgomery	22:35.11	Heritage (Brentwood)
8.	9	Jocelyn Navarrete	22:39.03	Liberty - Brentwood
9.	11	Brynn Faulkner	22:41.73	Heritage (Brentwood)
10.	11	Scarlett Jenkins-Rock	22:46.93	Heritage (Brentwood)

Liberty made it 4 league championships in the last 5 years defeating defending champion Heritage in a hotly contested team race. Liberty freshman led the way with her first individual title as she led 3 more girls under the 22 minute mark on the Contra Lomas Park course.

BOYS

1.	Heritage (Brentwood)	32
2.	Liberty - Brentwood	46
3.	Emerald	85
4.	Antioch	108
5.	Deer Valley	120
6.	Freedom	136
7.	Pittsburg	195

1.	11	Aadit Nair	17:09.78	Heritage (Brentwood)
2.	10	Andre Ireland	17:29.41	Antioch
3.	10	Jeremy Pelayo	17:45.84	Liberty - Brentwood
4.	12	Brady Lockrem	18:04.66	Heritage (Brentwood)
5.	10	Jared Cabico	18:06.28	Heritage (Brentwood)
6.	10	Wyatt Buck	18:08.78	Liberty - Brentwood
7.	12	William Soper	18:23.15	Liberty - Brentwood
8.	11	Angel Chapa	18:24.78	Deer Valley
9.	12	Draven Kessler	18:31.31	Deer Valley
10.	11	Miguel Cuevas	18:32.50	Heritage (Brentwood)

Heritage reversed the girls' result as they finished ahead of Liberty by 14 points. Junior Aadit Nair improved from his 2nd place finish in 2024, leading his team to the team championship as the winning team packed 4 runners in the top 10.

Coastal Mountain Conference

Thursday, November 6, 2025
Spring Lake Park, Santa Rosa
3.05 Miles

GIRLS

1.	Sonoma Academy	20
2.	Credo	65
3.	St Helena	75
4.	Middletown	97
5.	Roseland University Prep	145
6.	Kelseyville	145

1.	11	Josie Hill	17:52.90	Sonoma Academy
2.	9	Annie Leyba	18:42.50	Sonoma Academy
3.	11	Corinna Schlatter	18:56.80	St Helena
4.	11	Elaina Bruntlett	18:59.80	Sonoma Academy
5.	10	Lila Wigton	19:48.80	Mendocino
6.	9	Ainsley Curtis	19:58.90	Credo
7.	12	Claire Hirsch	20:03.30	Sonoma Academy
8.	11	Mia Carpenter	20:18.00	Sonoma Academy
9.	11	Amelia Butkus	20:35.50	Sonoma Academy
10.	10	Kiara Alvarez Ceja	21:07.60	Sonoma Academy

Sonoma Academy won its 3rd straight league title in dominating fashion. Coyote junior Josie Hill won her first league championship by a considerable margin over teammate Annie Leyba and defending champion, Corinne Schlatter.

BOYS

1.	Sonoma Academy	40
2.	Technology	51
3.	Willits	114
4.	Fort Bragg	137
5.	Middletown	138
6.	Credo	140
7.	St Helena	149
8.	Pacific Union College Prep	154
9.	Lower Lake	261
10.	Roseland University Prep	269

1.	10	Will Engh	16:21.40	Technology
2.	12	Cole Lane	16:27.70	Willits
3.	12	Aaron Derango	16:34.60	Technology
4.	10	Beckett Hepp	16:36.90	Technology
5.	10	Charlie Rubenstein	16:58.40	Sonoma Academy
6.	11	Kalev Kraus	17:01.20	Sonoma Academy
7.	9	Magnus Figueroa	17:13.70	Credo
8.	10	James DiBartolo	17:17.20	Sonoma Academy
9.	11	Johann Garcia Blanco	17:18.40	Fort Bragg
10.	10	Beckett Lynch	17:22.90	Sonoma Academy

Make that 5 years in a row for the Sonoma Academy boys as they garnered another league team title. This time, they had to overcome Technology's front threesome, who finished ahead of Coyote lead runner, Charlie Rubenstein. Technology sophomore Will Engh won his first league title, finishing just in front of Willits senior Cole Lane.

Diablo Athletic League

Saturday, November 8, 2025
Hidden Valley Park, Martinez
3.0 miles

GIRLS

1.	Campolindo	33
2.	Northgate	44
3.	Las Lomas	86
4.	Miramonte	92
5.	Clayton Valley	131
6.	College Park	135
7.	Concord	237
8.	Benicia	238
9.	Alhambra (Martinez)	247

1.	11	Olivia Joseph	18:17.6	Northgate
2.	11	Amalia Contreras	18:18.4	Campolindo
3.	12	Natasha Cohen	18:58.3	Northgate
4.	11	Katherine Buechter	19:07.2	Clayton Valley
5.	11	Sophie Lechner	19:10.9	Campolindo
6.	10	Jillian Randolph	19:15.6	Campolindo
7.	10	Ella Malick	19:20.1	Las Lomas
8.	11	Ananda Simon	19:21.6	Las Lomas
9.	11	Kiona McCasland	19:26.0	Campolindo
10.	9	Marissa Dollard	19:33.2	Miramonte

Make that 12 league championships in a row for the Campolindo girls. Northgate was a tough foe all season, but in the end, the Cougars garnered another first-place award for their trophy case. Northgate junior Olivia Joseph won the league title, finishing just in front of Campo junior Amalia Contreras.

BOYS

1.	Campolindo	18
2.	Northgate	75
3.	College Park	97
4.	Miramonte	100
5.	Las Lomas	118
6.	Clayton Valley	147
7.	Acalanes	185
8.	Alhambra (Martinez)	228
9.	Berean Christian	279
10.	Benicia	295
11.	Concord	321

1.	11	Clark Gregory	15:45.8	Campolindo
2.	11	Jack Durden	15:45.8	Campolindo
3.	12	Logan Letulle	15:50.4	Miramonte
4.	11	Taiyo Chiba	15:54.7	Campolindo
5.	10	Caden Ehrhorn	15:55.7	Campolindo
6.	11	Samuel Hearn	15:57.7	Campolindo
7.	11	Nikola Van Delft	15:58.3	Campolindo
8.	11	Gavin Gunn	16:08.2	Campolindo
9.	10	Chase Nickens	16:17.5	Campolindo
10.	12	Grayson Langford	16:20.9	College Park

Make that 2 in a row for Campolindo boys after Miramonte stopped their streak of 15 2 years ago. A dominant team win was led by junior Clark Gregory, who won his first individual title.

East Bay Athletic League

Saturday, November 8, 2025

Newhall Park, Concord

3.00 miles

GIRLS

1.	San Ramon Valley	75
2.	Monte Vista	78
3.	Granada	86
4.	Dougherty Valley	105
5.	California (San Ramon)	118
6.	Foothill (Pleasanton)	165
7.	Carondelet	167
8.	Dublin	194
9.	Amador Valley	223
10.	Livermore	228

1.	11	Sade Bumpus	17:44.20	Granada
2.	12	Gretchen Yakaitis	17:49.60	Carondelet
3.	11	Emily Bellinger	18:26.70	California (San Ramon)
4.	10	Kaylie O'Connell	18:32.30	Monte Vista
5.	10	Ava Padilla	18:32.30	Monte Vista
6.	10	Nadya Makarova	18:34.40	Monte Vista
7.	10	Macy Mullins	18:39.60	Foothill (Pleasanton)
8.	9	Brooke Ennen	18:58.80	San Ramon Valley
9.	12	Kacie Wong	19:08.70	Amador Valley
10.	12	Alexandra Long	19:16.30	San Ramon Valley

In a mini preview of the NCS Division II race, San Ramon Valley narrowly defeated Monte Vista and Granada to claim the league title. Granada junior Sade Bumpus won the individual title over talented Carondelet senior Gretchen Yakaitis.

BOYS

1.	Dublin	46
2.	Granada	49
3.	Amador Valley	98
4.	De La Salle	127
5.	Monte Vista	146
6.	San Ramon Valley	159
7.	California (San Ramon)	180
8.	Dougherty Valley	188
9.	Foothill (Pleasanton)	225
10.	Livermore	240

1.	12	Daniel Santhiapillai	15:21.50	Dublin
2.	12	Heath Salter	15:25.30	De La Salle
3.	12	Sattvik Raju	15:33.10	Amador Valley
4.	12	Justin Feng	15:37.70	Dublin
5.	12	Mateo Cafaro	15:43.90	Monte Vista
6.	11	Rohan Kotamraju	15:50.40	Monte Vista
7.	12	Neil Ajeesh	15:54.60	Granada
8.	11	Jeremy Imbo	15:55.40	Dublin
9.	12	Nicolai Barron	15:55.90	Granada
10.	12	Matthew Bertrand	15:56.40	Granada

Make that a Dublin double for the Gaels in the boys' varsity race as they had the individual champion, senior Daniel Santhiapillai, and rallied to win the team title in a close race over front-running Granada.

Humboldt Del Norte League

Saturday, November 15, 2025

Arcata Bird Marsh, Arcata

3.17 miles

GIRLS:

1.	Fortuna	31
2.	Arcata	41
3.	Eureka	55

1.	11	Claire Gast	20:26.74	Eureka
2.	11	Madison Ruiz	22:01.06	Fortuna
3.	12	Brida Lester	22:01.94	Fortuna
4.	11	Zoe Cappuccio	22:21.68	Arcata
5.	11	Alexa McCall	22:31.46	Fortuna
6.	11	Sonya Chisholm	22:39.29	Arcata
7.	10	Elizabeth Stevens	22:43.50	Fortuna
8.	11	Rathlin Hemmingsen	22:45.11	Eureka
9.	11	Nehla Espiritu-Blackstone	23:01.99	Arcata
10.	9	Hadley Brownfield	23:09.17	Arcata

Fortuna stopped Arcata's league title streak at 7 with a 10 point victory over the defending champions. Junior Claire Gast won her 2nd consecutive individual title with an even more impressive margin than last season.

BOYS

1.	Arcata	23
2.	Eureka	32
3.	McKinleyville	84

1.	11	Evan Poston	16:11.74	Arcata
2.	10	Juan Ornelas	16:13.80	Fortuna
3.	11	Ryder Bullman	16:16.09	Eureka
4.	11	Caden Demers	17:15.00	Arcata
5.	9	Reese Sipma	17:20.56	Eureka
6.	12	Ocean Walker	17:40.77	Arcata
7.	10	Sebastian Amaro	17:59.18	Arcata
8.	10	Sean Morris	18:07.86	Eureka
9.	12	Gianni Orlandi	18:10.80	Arcata
10.	So	Jackson Stratman	18:14.70	Eureka

Arcata repeated as league champions as they outdistanced rival Eureka in a low scoring affair. Three runners dipped under the 17 minute mark with Arcata junior Evan Poston edging Juan Ornelas of Fortuna and Ryder Bullman of Eureka.

Marin County Athletic League
 Wednesday, November 12, 2025
 Indian Valley College, Novato
 3.1 Miles

GIRLS

1.	Archie Williams	30
2.	Redwood (Larkspur)	52
3.	Branson	64
4.	Tamalpais	85
5.	Terra Linda	163
6.	Marin Catholic	175
7.	San Marin	187

1.	12	Brooke Lee	17:15.3	Archie Williams
2.	11	Farah Allen	17:21.6	Branson
3.	12	Sydney Middleton	17:42.1	Redwood (Larkspur)
4.	11	Hailey Sellers	17:55.2	Branson
5.	12	Anali (Ani) Stieg	18:00.5	Archie Williams
6.	12	Claire Palmer	18:14.0	Archie Williams
7.	10	Maya Gidney	18:21.4	Branson
8.	12	Alyssa Silverstein	18:41.2	Archie Williams
9.	10	Rose Mueller	18:56.7	Redwood (Larkspur)
10.	11	Ainsley Sullivan	18:57.7	Archie Williams

An Archie Williams runner won the league title in a row, but this time it was Brooke Lee. Her teammate Ani Stieg won the last two league titles. Archie Williams, with 5 runners in the top 10, was also the team winner over a tough Redwood team.

BOYS

1.	Redwood (Larkspur)	42
2.	Tamalpais	50
3.	Terra Linda	64
4.	Archie Williams	79
5.	Marin Catholic	149
6.	San Marin	160
7.	Branson	185
8.	Novato	222
9.	San Rafael	241

1.	12	Lucas Ruark	15:35.1	Tamalpais
2.	12	Shahan Ajmani	15:41.6	Terra Linda
3.	10	Oliver Bush	15:49.1	Redwood (Larkspur)
4.	11	Atticus Siedman	16:00.8	Tamalpais
5.	12	Gabriel Cavanagh	16:02.6	Redwood (Larkspur)
6.	11	Roman Makaruk	16:04.8	Terra Linda
7.	11	Michael Kornfeld	16:06.3	Tamalpais
8.	11	Leo Berberich	16:07.1	Archie Williams
9.	11	Cole Sandrich	16:07.8	Redwood (Larkspur)
10.	12	Sean Chamberlin	16:14.2	Archie Williams

Some of the best boys' teams in the section battled on the Indian Valley College course, with Redwood coming out on top over a tough Tamalpais team. Terra Linda and Archie Williams will both be factors in their respective divisions at NCS. Tamalpais senior, Lucas Ruark was the individual champion.

Mission Valley Athletic League

Wednesday, November 5, 2025

Quarry Lakes Regional Recreation Area, Fremont

3.0 miles

GIRLS

1.	American	39
2.	Newark Memorial	55
3.	Moreau Catholic	59
4.	Irvington	100
5.	Washington	127
6.	Mission San Jose	154
7.	John F. Kennedy (Fremont)	188

1.	12	Alice McCarty	19:19.13	Newark Memorial
2.	11	Phoebe Luo	19:40.38	American
3.	11	Kaitlyn Chan	19:47.06	Newark Memorial
4.	11	Brianna Su	19:54.63	American
5.	12	Sadie Cotten	20:16.13	Moreau Catholic
6.	10	Nirupama Balaji	20:22.18	American
7.	11	Geetika Maheshwari	20:38.25	Irvington
8.	12	Ankita Turlapati	20:49.08	Moreau Catholic
9.	10	Berlin Exley	20:52.84	Newark Memorial
10.	12	Emma Forsyth	20:53.71	John F. Kennedy (Fremont)

American stopped Newark Memorial's streak of league championship at 3 as they packed 3 into the top 10. Newark Memorial senior Alice McCarthy won her 2nd consecutive league individual title.

BOYS

1.	American	47
2.	Newark Memorial	47
3.	Washington	52
4.	Irvington	132
5.	Mission San Jose	158
6.	Moreau Catholic	162
7.	James Logan	170
8.	John F. Kennedy (Fremont)	175

1.	12	Kenji Kawabata	15:34.84	Newark Memorial
2.	11	Anish Gopisetty	15:53.82	Washington
3.	10	Santiago Henriquez	16:00.01	Moreau Catholic
4.	12	Mohammed Lulu	16:01.10	Newark Memorial
5.	11	Evrin Wasser	16:02.49	American
6.	10	Cruz Villa	16:06.99	Newark Memorial
7.	12	Aneek Mandal	16:09.91	American
8.	12	Aashish Rajakumar	16:19.84	Irvington
9.	11	Dhyan Narnapur	16:19.94	Washington
10.	11	Grant Philippe	16:21.89	American

In the only league championship determined by a tiebreaker, American defeated Newark Memorial by a faster 6th runner. Newark Memorial senior Kenji Kawabata won his 2nd consecutive individual title, easily outdistancing the field.

North Bay League-Oak League
 Saturday, November 8, 2025
 Spring Lake Park, Santa Rosa
 2.97 Miles

GIRLS

1.	Maria Carrillo	25
2.	Windsor	38
3.	Analy	80
4.	Santa Rosa	91

1.	11	Joslyn Tribbey	18:03.2	Maria Carrillo
2.	10	Emily Williams	18:12.5	Windsor
3.	10	Isla LaFleur	19:17.9	Windsor
4.	11	Marian Staroba	19:39.7	Maria Carrillo
5.	10	Sofia Carollo	19:46.8	Maria Carrillo
6.	11	Emma Wenzel James	19:50.5	Analy
7.	12	Cora Morthole	20:03.1	Montgomery
8.	12	Keeley Graziani	20:22.5	Maria Carrillo
9.	12	Sophie Barrow	20:34.7	Maria Carrillo
10.	10	Annaleigh Malsbary	20:39.2	Windsor

The Maria Carrillo girls won the team title packing 5 in the top 9. Junior Joslyn Tribbey improved from her 6th place finish last year to win her first individual league title.

BOYS

1.	Maria Carrillo	29
2.	Analy	48
3.	Windsor	65
4.	Montgomery	90
5.	Santa Rosa	139

1.	12	Trenton Dawson	15:14.2	Maria Carrillo
2.	12	Owen Dawson	15:25.7	Analy
3.	12	Xavier Surgeon	15:32.8	Windsor
4.	10	Michael Ervin	15:33.2	Windsor
5.	11	Cameron Jones	15:36.3	Maria Carrillo
6.	12	Austin Petrik	15:37.4	Maria Carrillo
7.	10	Hugh Cochrane	15:37.5	Maria Carrillo
8.	9	Jack Stoumen	15:40.4	Analy
9.	11	Logan Dickson	15:42.3	Analy
10.	12	Milo Wiese	16:01.9	Maria Carrillo

The Maria Carrillo boys won their 16th straight league championship on the Spring Lake Park course. Maria Carrillo junior, Trenton Dawson won his first league title with an impressive 15:14.2 winning time.

North Bay League-Redwood League

Saturday, November 8, 2025
Spring Lake Park, Santa Rosa
2.97 Miles

GIRLS

1.	Piner	27
2.	Rancho Cotate	60
3.	Ukiah	69
4.	Healdsburg	72

1.	11	Ashlin Mallon	17:58.4	Cardinal Newman
2.	11	Kamila Olvera	19:06.7	Piner
3.	12	Jocelyn Uraje Galindo	19:18.4	Piner
4.	11	Reese Chang	20:09.6	Rancho Cotate
5.	11	Angie Garcia	21:03.1	Ukiah
6.	11	Kenzie Uwins Johnson	21:54.2	Rancho Cotate
7.	10	Ivanna Cisneros	22:00.8	Piner
8.	9	June Nelson	22:07.0	Healdsburg
9.	12	Ximena Mateos Buenrostro	22:36.6	Piner
10.	10	Justina Domenichelli	23:23.6	Healdsburg

The NBL Oak and Redwood varsity divisions ran together but kept their results separate. Piner was the team champion in the Redwood division with Cardinal Newman junior Ashlin Mallon winning the individual title with a solid 17:58.4 time.

BOYS

1.	Healdsburg	20
2.	Piner	53
3.	Ukiah	72
4.	Cardinal Newman	105
5.	Rancho Cotate	138

1.	10	Lucas Welty	15:14.7	Healdsburg
2.	12	Jake McWilliams	15:50.3	Healdsburg
3.	12	Esteban Gaytan	16:33.5	Piner
4.	10	Domenico Cornilsen	16:36.3	Healdsburg
5.	9	Phoenix De Maria Nall	16:56.4	Healdsburg
6.	9	Sepp Busenitz	16:59.3	Cardinal Newman
7.	11	Gustavo Vargas	17:10.3	Piner
8.	9	Liam McKenzie	17:26.3	Healdsburg
9.	11	Kaden Shaw	17:42.7	Ukiah
10.	11	Samuel Sommers	17:45.3	Ukiah

One of the best Division V teams in the section, Healdsburg was the easy team winner here with sophomore Lucas Welty setting a new sophomore record on the frequently used Spring Lake Course.

Tri County Athletic League

Thursday, November 6, 2025

Pt. Pinole, Richmond

3.00 miles

GIRLS

1.	Albany	30
2.	St Mary's College	32
3.	Pinole Valley	66
4.	El Cerrito	115
5.	Hercules	141

1.	9	Eliana Huerta	18:10.2	Albany
2.	9	Lucille Pazdan	18:17.0	Albany
3.	10	Catherine Ruppert	18:55.5	St Mary's College
4.	10	Evelyn Bird	19:31.6	St Mary's College
5.	12	Jessica Carvalho	20:11.8	Pinole Valley
6.	11	Uma Vela	20:14.0	St Mary's College
7.	12	Hailey Reinhardt	20:28.0	Albany
8.	11	Freya Piroth	20:34.9	Albany
9.	12	Alinah Aguilar	20:41.6	De Anza
10.	12	Sierra Maris	20:49.0	St Mary's College

In a virtual dual meet, Albany just edged defending champion St. Mary's College by 2 points. Albany freshmen led the way with individual champion Eliana Huerta and

BOYS

1.	St Mary's College	21
2.	Albany	62
3.	El Cerrito	73
4.	Pinole Valley	106
5.	Salesian College Preparatory	136
6.	Hercules	144

1.	11	Djali de Chalus	15:06.6	St Mary's College
2.	12	Ian Kopchik	15:23.4	St Mary's College
3.	12	Tucker Presnell	15:24.4	St Mary's College
4.	10	Stewart Parkinson	15:29.6	El Cerrito
5.	12	Finn Gradia	15:46.7	Albany
6.	12	Shane Doherty	15:56.5	St Mary's College
7.	12	Nestor Alvarado	16:13.2	Salesian College Preparatory
8.	11	Alexander Becker	16:21.1	El Cerrito
9.	12	Mika Mazin	16:22.8	St Mary's College
10.	10	Kai Sullivan	16:27.5	St Mary's College

St. Mary's won their 3rd straight league title after a run of 6 straight for Albany. St. Mary's nearly matched their low score of 20 from last year, led by the 1-2-3 finish of league champion Djali de Chalus, Ian Kopchick, and Tucker Presnell.

West Alameda County Conference (Foothill)

Saturday, November 8, 2025

Hayward High School, Hayward

3.0 Miles

GIRLS

1.	Berkeley	60
2.	Piedmont	65
3.	Castro Valley	70
4.	San Leandro	83
5.	Bishop O'Dowd	91
6.	Alameda	117

1.	12	Carina Nottingham	17:57.96	Berkeley
2.	11	Isabella Rodgers	18:08.44	Bishop O'Dowd
3.	11	Iliana Nierengarten	18:16.69	Castro Valley
4.	10	Dakota Saenz	18:30.26	Berkeley
5.	12	Lucy King	19:14.03	Bishop O'Dowd
6.	11	Leighton Mand	19:25.92	Piedmont
7.	12	Maya Garcia	19:27.13	San Leandro
8.	12	Violet Lau	19:34.57	San Leandro
9.	12	Skylar Best	19:38.88	Piedmont
10.	10	Maria (Masha) Kryuchkova	19:43.37	Castro Valley

Berkeley senior Carina Nottingham won her 3rd league title in a row as she dipped under the 18 minute mark on the NCS course. Berkeley also won the team title, just edging past Piedmont.

BOYS

1.	Bishop O'Dowd	31
2.	San Leandro	80
3.	Berkeley	81
4.	Alameda	81
5.	Piedmont	93
6.	Castro Valley	122

1.	12	Sebastian Taylor	15:17.82	Bishop O'Dowd
2.	12	Jmel Tesfai	15:36.18	San Leandro
3.	11	Dylan Blout	16:06.62	Bishop O'Dowd
4.	11	Isaac Ovalle	16:08.12	Castro Valley
5.	11	John Fisher-Mack	16:22.40	Alameda
6.	10	West Murch	16:25.00	Berkeley
7.	11	James Prater	16:26.24	Bishop O'Dowd
8.	10	Aaron Bennett	16:28.56	Piedmont
9.	10	Nico Leduc	16:30.14	Bishop O'Dowd
10.	11	Alex Schleuning	16:40.22	Piedmont

Bishop O'Dowd made it 3 in a row as the team champion in this league with a dominant victory. It was significantly more competitive for 2nd place, as three teams finished just a point apart. The Dragons were led by senior Sebastian Taylor, who won his 2nd individual league title in a row.

West Alameda County Conference (Shoreline)

Saturday, November 8, 2025
 Hayward High School, Hayward
 3.0 Miles

GIRLS

1.	Encinal	35
2.	Arroyo (NC)	38
3.	Mt Eden	47

1.	9	Cecile Rodgers	19:40.88	Encinal
2.	10	Marisol Flamenco	21:21.92	Mt Eden
3.	12	Wren Dieter-Weisman	21:51.74	Encinal
4.	12	Emily Ngo	21:52.17	Arroyo (NC)
5.	9	Laureen Chong	22:12.46	Arroyo (NC)
6.	12	Alison Luong	22:22.27	Mt Eden
7.	12	Suriya Gehle	22:59.40	Encinal
8.	10	Genesis Figueroa	23:04.01	Hayward
9.	12	Malia Kim	23:17.74	Arroyo (NC)
10.	9	Camila Tejada	23:26.52	Arroyo (NC)

Encinal was the repeat team champion, edging Arroyo by 3 points. Encinal freshman Cecile Rodgers easily won her first individual title, besting the rest of the field by a substantial margin.

BOYS

1.	Encinal	20
2.	Hayward	38
3.	Arroyo (NC)	72
4.	Mt Eden	98

1.	10	Miles Bullock-Humphrey	16:07.24	Encinal
2.	11	Ovid Brock	16:08.67	Encinal
3.	10	Nicholas Shatzko	16:15.16	Hayward
4.	10	Isaac Bradford	16:16.13	Encinal
5.	12	Alexander Cruz-Trejo	16:31.71	Hayward
6.	12	Tyson Valle	17:33.24	Encinal
7.	10	Sam Kellner	17:34.40	Encinal
8.	12	Jayden Omwamba	17:39.17	Hayward
9.	12	Derek Sun	17:45.70	Arroyo (NC)
10.	12	Matthew Maldonado	17:45.85	Hayward

Encinal repeated as the team champion, packing their 5 scorers into the top 7. Encinal sophomore Miles Bullock-Humphrey won his first individual title, edging teammate Ovid Brock.

Vine Valley Athletic League

Saturday, November 8, 2025

Alston Park, Napa

3.1 Miles

GIRLS

1.	Vintage	42
2.	Casa Grande	43
3.	Justin-Siena	60
4.	Napa	95
5.	American Canyon	111

1.	12	Kendall Bawden	17:00.1	Vintage
2.	11	Skylar Waite	17:09.2	Vintage
3.	9	Ninel Ho	17:39.5	Casa Grande
4.	9	Piper Chafen	17:46.7	Justin-Siena
5.	10	Esther Belusko	17:50.2	Vintage
6.	10	Audrey Schallon	17:59.0	Vintage
7.	12	Emily Bendzick	18:01.5	Casa Grande
8.	12	Melanie Garcia	18:23.7	Casa Grande
9.	10	Claire Moore	18:54.0	Napa
10.	11	Aubrey Emerson	19:03.6	Justin-Siena

Vintage reversed the result from last year, as they just defeated Casa Grande. Vintage also had the individual champion as senior Kendall Bawden finished just ahead of teammate Skylar Waite to win her 2nd individual title in a row.

BOYS

1.	Napa	40
2.	Vintage	59
3.	Casa Grande	70
4.	Justin-Siena	98
5.	Petaluma	103
6.	American Canyon	152

1.	12	Teddy Eichner	14:13.8	Vintage
2.	10	Joshua Nunez-Torres	14:27.0	Napa
3.	12	Jack Moore	14:39.2	Napa
4.	12	Walter Heiser	14:42.2	Napa
5.	12	Masato Tallent	14:42.8	Petaluma
6.	11	Cameron Vale	14:47.4	Justin-Siena
7.	11	Maverick Kelly	14:50.0	Petaluma
8.	11	Elian Hernandez	14:52.1	Vintage
9.	10	Taiki Hayashi	15:03.4	Casa Grande
10.	11	Giancarlo Cortes	15:09.1	Napa

The Napa boys were strong up front with 3 runners in the top 4 as they defeated defending champion Vintage. Senior Teddy Eichner of Vintage posted the fastest time of any league champion in NCS.