



**PREPCALTRACK**  
THE LEADER FOR GOLDEN STATE XC / TRACK COVERAGE

## **CIF-State Cross-Country Rankings**

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**\*\*\*50 of the 100 state-ranked teams (denoted below in blue) will compete at Clovis.\*\*\***

**Boys Division 1 notes** – Great Oak is unbeaten and favored to remain so this weekend... West Ranch gets stronger this week as two key transfers become eligible... Dublin actually misfired a tad at Woodbridge but is trending in the right direction... Jesuit was missing All-American Matt Strangio last weekend at Stanford, but is a different beast with him in the lineup... Arcadia was short-handed in its close Pacific League loss to Crescenta Valley, so this will be a heated rematch.

**Boys Division 2 notes** – Newbury Park and Loyola project within five points on the data merge, which is within our margin of error and, thus, we have them tied atop the list... La Costa Canyon has an ultra fierce lead trio; depth will determine their outcome in sweeps race at Clovis... St. Francis of Mountain, an NXN team qualifier last year that returns a ton in 2018, was missing its top returnee at Stanford.... San Luis Obispo, formerly a Division 4 school in the Southern Section, has relocated to the Central Section this year and is “promoted” to Division 2, where it projects to win the section crown... Division 2 is better than D1 through five spots, but D1 has better depth.

### **BOYS DIVISION 1**

1. Great Oak, Temecula (SS)
2. West Ranch, Stevenson Ranch(SS)
3. Dana Hills, Dana Point (SS)
4. Long Beach Poly, Long Beach (SS)
5. Dublin (NC)
6. Jesuit, Carmichael (SJ)
7. Bellarmine Prep, San Jose (CC)
8. Clovis North, Fresno (CE)
9. Crescenta Valley, La Crescenta (SS)
10. Arcadia (SS)

### **BOYS DIVISION 2**

1. (tie) Newbury Park (SS)
1. (tie) Loyola, Los Angeles (SS)
3. Claremont (SS)
4. La Costa Canyon, Carlsbad (SD)
5. St. Francis, Mountain View (CC)
6. Thousand Oaks (SS)
7. Granada, Livermore (NC)
8. San Luis Obispo (CE)
9. Saugus, Santa Clarita (SS)
10. Woodbridge, Irvine (SS)

**Boys Division 3 notes:** – Maria Carrillo has made great strides over the summertime and unleashed excellence in taking second in the Rated race at Woodbridge... Palos Verdes remains the slight favorite at season's end but got knocked around a bit in its travel race to Idaho against quality competition two weeks ago... Ridgeview's packing will make them awfully tough this weekend and in the return trip to Woodward Park in seven weeks!... Indio was missing a few key people at Woodbridge, so their results there are misleading... West Torrance looked solid in its victory in a travel meet to the Capital Cross Challenge last weekend.

**Boys Division 4 notes:** To get on the podium seven weeks from now, JSerra will need to close the gap between its pair of ace frontrunners and the rest of its scorers... Foothill Technology will be without its #1 man at Clovis this weekend... Cathedral appears to be one man down in the opening month of the season... South Pasadena has not yet matched up on its returning data from last year, so we're thinking they're likely a bit better than they've shown thus far in 2018.

### **BOYS DIVISION 3**

1. Maria Carrillo, Santa Rosa (NC)
2. Palos Verdes, Palos Verdes Estates (SS)
3. Ridgeview, Bakersfield (CE)
4. Indio (SS)
5. West Torrance, Torrance (SS)
6. Brea-Olinda, Brea (SS)
7. Campolindo, Moraga (NC)
8. Corona del Mar, Newport Beach (SS)
9. Esperanza, Anaheim (SS)
10. Redwood, Larkspur (NC)

### **BOYS DIVISION 4**

1. Laguna Beach (SS)
2. Sir Francis Drake, San Anselmo (NC)
3. Placer, Auburn (SJ)
4. JSerra, San Juan Capistrano (SS)
5. Foothill Technology, Ventura (SS)
6. Cathedral, Los Angeles (SS)
7. Christian Brothers, Sacramento (SJ)
8. Sage Creek, Carlsbad (SD)
9. Scotts Valley (CC)
10. South Pasadena (SS)

**Boys Division 5 notes** – San Francisco University has held out people or run out of order on occasion as is common for them in the first half of the season. But the defending state champions still have all five projected returnees on board and have fared well in selective outings this fall... Woodcrest Christian has nicely moved into the title picture... Flintridge Prep was missing a key runner at Woodbridge... Thacher had a key projected senior returnee recently deemed ineligible due to attending a year of school elsewhere prior to his current school, thus exceeding the number of allowable semesters... Both Head-Royce and Viewpoint have been nice surprises.

**Girls Division 1 notes** – Great Oak is no longer unbeaten, but its lone setback came outside of state lines to powerful Boise at the Bob Firman meet in Idaho... Vista Murrieta was missing a couple of key people at Woodbridge, when it elected to race in the Rated division... Amador Valley has been doing serious damage this year and could emerge as among the greatest lineups in North Coast Section history! ... Buchanan was missing a key person at Woodbridge.

### **BOYS DIVISION 5**

1. San Francisco University, San Francisco (NC)
2. (tie) Woodcrest Christian, Riverside (SS)
2. (tie) St. Margaret's, San Juan Capistrano (SS)
2. (tie) Flintridge Prep, La Cañada Flintr. (SS)
5. Lick-Wilmerding, San Francisco (NC)
6. Head-Royce, Oakland (NC)
7. Thacher, Ojai (SS)
8. Desert Christian, Lancaster (SS)
9. Viewpoint, Calabasas (SS)
10. Sage Hill, Newport Beach (SS)

### **GIRLS DIVISION 1**

1. Great Oak, Temecula (SS)
2. Vista Murrieta, Murrieta (SS)
3. Amador Valley, Pleasanton (NC)
4. Mira Costa, Manhattan Beach (SS)
5. Buchanan, Clovis (CE)
6. Davis Senior, Davis (SJ)
7. West Ranch, Stevenson Ranch (SS)
8. Ayala, Chino Hills (SS)
9. Walnut (SS)
10. Fountain Valley (SS)

**Girls Division 2 notes** – With both La Costa Canyon and Mission Viejo moving in, this is clearly the best we have seen Division 2 on the girls side in terms of depth through the ten spots. It is downright loaded! ... Granada has been without a key performer part of the way... Mission Viejo beat St. Francis by small margin at Woodbridge, but the Troubadours have been more consistent... Serrano and Saugus have also split their two invitational matchups this year.

**Girls Division 3 notes** – This division is a bit trickier to read at this point becomes some teams have yet to show their full cards. Palos Verdes remains the top squad, but three CIF sections from the north are also featured among the top five... Oak Park has been without a key all-state performer for much of 2018, but she'll be competing at Clovis. This division will juggle plenty!

#### **GIRLS DIVISION 2**

1. Claremont (SS)
2. La Costa Canyon, Carlsbad (SD)
3. Granada, Livermore (NC)
4. (tie) St. Francis, Sacramento (SJ)
4. (tie) Mission Viejo (SS)
6. (tie) Serrano, Phelan (SS)
6. (tie) Saugus, Santa Clarita (SS)
8. San Ramon Valley, Danville (NC)
9. Canyon, Anaheim (SS)
10. El Toro, Lake Forest (SS)

#### **GIRLS DIVISION 3**

1. Palos Verdes, Palos Verdes Estates (SS)
2. Vista Del Lago, Folsom (SJ)
3. Maria Carrillo, Santa Rosa (NC)
4. Laguna Hills (SS)
5. Chico (NO)
6. Oak Park (SS)
7. Campolindo, Moraga (NC)
8. Del Oro, Loomis (SJ)
9. Brea-Olinda, Brea (SS)
10. Moorpark (SS)

**Girls Division 4 notes** – Foothill Technology is the clear pick to win the state here, with the defending champions welcoming back most from their winning 2017 cast... The addition of another Wallace sister has made Sage Creek a definite state podium contender... For those wondering if El Segundo could find a solid fifth runner for 2018, the answer is yes!... Like Sage Creek, Harvard-Westlake has also added a major frosh sibling weapon to its arsenal... La Cañada is rounding into shape after a slow start. A possible future roster addition could make the Spartans even tougher! ... Mayfield is still regrouping after a key runner opted not to return in 2018. Top runner Audrey Suarez skipped Stanford due to mild injury, but will race at Clovis

**Girls Division 5 notes** – A single point separated the top two teams at Stanford, essentially making them statistical equals for rankings purposes... With six returnees from a group that missed last year's state meet podium on a sixth-runner tiebreaker, you can bet St. Margaret's will be highly motivated come postseason! ... Flintridge Prep has won the last four state titles, but the task is considerably tougher this year. Look for the Rebels to work some magic in trying to extend "The Streak"! ... Several teams are in contention for the #10 spot this week.

#### **GIRLS DIVISION 4**

1. Foothill Technology, Ventura (SS)
2. Sage Creek, Carlsbad (SD)
3. El Segundo (SS)
4. Harvard-Westlake, Studio City (SS)
5. Laguna Beach (SS)
6. La Cañada, La Cañada Flintridge (SS)
7. JSerra, San Juan Capistrano (SS)
8. Mayfield, Pasadena (SS)
9. Bishop Amat, La Puente (SS)
10. Big Bear, Big Bear Lake (SS)

#### **GIRLS DIVISION 5**

1. (tie) Lick-Wilmerding, San Francisco (NC)
1. (tie) San Francisco University, San Fran (NC)
3. St. Margaret's, San Juan Capistrano (SS)
4. Flintridge Prep, La Cañada Flintridge (SS)
5. Head-Royce, Oakland (NC)
6. St Joseph Notre Dame, Alameda (NC)
7. Castilleja, Palo Alto (CC)
8. Thacher, Ojai (SS)
9. The Urban School, San Francisco (NC)
10. Nueva School, San Mateo (CC)