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MEDIA RELEASE

CIF-SOUTHERN SECTION CROSS-COUNTRY PRESEASON TEAM RANKINGS

LOS ALAMITOS — More than 400 high school cross-country programs hit the ground running this week as the 2010 CIF-Southern Section cross-country season officially gets underway with dual meet and multi-team action this Thursday, followed by larger invitationals at various locations this weekend.

Defending champions from 2009 are also the top-ranked teams entering 2010 in 5 of the 10 divisions, including four on the girls side. Four-time defending section and four-time defending state champion Saugus is the top-ranked girls squad in Division 2, joined by Great Oak (Division 1), Harvard-Westlake (Division 4) and Chadwick (Division 5).

For the boys, five-time defending state champion Woodcrest Christian of Riverside once again opens up at the top spot in Division 5. Harvard-Westlake of North Hollywood is the lone Southern Section school to hold down the top divisional ranking in both genders, laying claim to the top spot in Division 4.

Among top Southland teams on a national scale, Arcadia and Trabuco Hills are ranked second and third, respectively, in the nation among boys squad in the Harrier Magazine's preseason Super 25 poll. Those two squads also secure the top two spots in the CIF-SS preseason Division 2 rankings. Loyola, which sits atop CIF-SS Division 2, is ranked 14th nationally while Dana Hills, ranked third in CIF-SS Division 1, ranks 21st nationally.

On the girls side, Saugus is ranked third nationally and atop the CIF-SS Division 2 list while #7 nationally Great Oak is the #1-ranked team in CIF-SS Division 1. Mira Costa, the #2 team in CIF-SS Division 2, is ranked 16th nationally.

The Southern Section also welcomes back the 2009 individual champion in 7 of the 10 divisions, with Arcadia's Ammar Moussa (Division 1), Loyola's Elias Gedyon (Division 2) and South Pasadena's Sam Pons leading the boys returnees. On the girls side, Dana Hills' Alaina Alvarez (Division 1), Saugus' Kaylin Mahoney (Division 2), Palos Verdes' Rebecca Mehra (Division 3) and Chadwick's Jaye Buchbinder (Division 5) are the returning champions.

Schools advancing into postseason will once again compete in divisions based on enrollment. Among the most notable divisional enrollment membership changes for 2010 are West Ranch, La Mirada and Royal. West Ranch, a state meet qualifier in Division 2 last fall, moves up to Division 1; La Mirada, a very strong returning team, moves from Division 2 to Division 3; Royal, a juggernaut Division 1 program on the boys side in recent years, moves down to Division 2.

The new school year also brings the arrival of a new freshmen class, with age-group standouts Sarah Baxter and Jessica Cushing-Murray among the leading names heading a fine crop of prep ninth graders. Baxter will attend Simi Valley while Cushing-Murray will attend Foothill.

As we enter the season, there are a myriad of injuries throughout the Southland, led by two very notable ones. Mehra, the aforementioned CIF-SS Division 2 champion from Palos Verdes, recently developed a stress fracture and likely will be sidelined for quite some time while Adolfo Camarillo's Heyden Wooff, one of the nation's top male talents, has been sidelined for the last month with a groin strain and will likely be out for the next few

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weeks at least, according to his coach.

The new campaign allows brings the occasional league re-alignments, with the most notable occurring in Orange County with the formation of the powerful Coast View Conference, a mix up schools comprising the Sea View and South Coast Leagues. The merger occurs in all sports, with the actual league membership per sport dependent on program successes in recent years. The five 'leading programs' in each sport will compete in one league, with the next best five in the other league.

Listed below are the top 10 teams per division in preseason, with a 13-deep listing included for Divisions 1 and 2 at the present time. Starting in October, all divisions will have 13-deep rankings. Any squad not advancing automatically from league to the CIF-SS prelims will be eligible for an at-large berth to prelims if it has appeared in the Top 13 in its division in at least 2 of the last 4 polls of the season.

The CIF-SS Prelims are set for Saturday, November 13th and the Finals are scheduled for Saturday, November 20th. Both meets will be contested at Mt. San Antonio College in Walnut.

2010 CIF-SS BOYS/GIRLS CROSS-COUNTRY PRESEASON TOP-10 POLLS

DIVISION 1 BOYS

1. Arcadia
2. Trabuco Hills
3. Dana Hills
4. Marina
5. Rancho Cucamonga
6. Great Oak
7. Yucaipa
8. El Toro
9. Corona
10. California
11. Capistrano Valley
12. Redlands East Valley
12. M.L. King
13. Troy

DIVISION 2 BOYS

1. Loyola
2. Glendora
3. Claremont
4. Saugus
5. Valencia-Pl.
6. Adolfo Camarillo
7. Ventura
8. Esperanza
9. North Torrance
10. Westlake
11. Colony
12. Canyon-Ana.
13. Newbury Park

DIVISION 3 BOYS

1. Granite Hills
2. Palos Verdes
3. St. John Bosco
4. Golden Valley
5. Servite
6. Corona del Mar
7. San Juan Hills
8. Brea Olinda
9. San Luis Obispo
10. Buena Park

DIVISION 4 BOYS

1. Harvard-Westlake
2. Laguna Beach
3. Notre Dame-SO
4. JSerra
5. Maranatha
6. Oaks Christian
7. Salesian
8. Bosco Tech
9. Big Bear
10. Morro Bay

DIVISION 5 BOYS

1. Woodcrest Christian
2. Desert Christian-Lanc.
3. Thacher
4. St. Margaret's
5. Flintridge Prep

DIVISION 5 BOYS (Cont.)

6. Brentwood
7. Xavier College Prep
8. Pasadena Poly
9. Viewpoint
10. Buckley

DIVISION 1 GIRLS

1. Great Oak
2. Dana Hills
3. Trabuco Hills
4. Vista Murrieta
5. San Clemente
6. Tesoro
7. Chaparral
8. Warren
9. Redlands
10. M.L. King
11. Crescenta Valley
12. Los Alamitos
13. Fountain Valley

DIVISION 2 GIRLS

1. Saugus
2. Mira Costa
3. Redondo Union
4. Canyon-Ana.
5. Foothill
6. Sultana
7. Serrano

PR #3 - CROSS COUNTRY PRESEASON POLLS

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DIVISION 2 GIRLS (Cont.)

8. Thousand Oaks
9. Edison
10. Arroyo Grande
11. Ayala
12. Royal
13. Esperanza

DIVISION 3 GIRLS

1. Palos Verdes
2. La Mirada
3. San Luis Obispo
4. Orange Lutheran
5. Westlake
6. Northwood
7. Woodbridge
8. Corona del Mar
9. Oak Park
10. Bonita

DIVISION 4 GIRLS

1. Harvard/Westlake
2. Mayfield
3. JSerra
4. Flintridge Sacred Heart
5. Paraclete
6. St. Joseph/S.M.
7. Maranatha
8. Laguna Beach
9. La Reina
10. Templeton

DIVISION 5 GIRLS

1. Chadwick
2. St. Margaret's
3. Aquinas
4. Xavier College Prep
5. Mission College Prep
6. Desert Christian, Lanc.
7. Sage Hill
8. Flintridge Prep
9. Cate
10. Crossroads

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