

**NorCal Cross Country
Top 10 Rankings
Week #3**

Women

1. American River
2. CSM
3. Diablo Valley
4. Sacramento
5. De Anza
6. Hartnell
7. COS
8. Los Positas
9. West Hills

Individuals

1. Caitlin Roake-CSM
2. Cynthia Chaidez-DAC
3. Asma Mohammedi-DVC
4. Crystal Buck-ARC
5. Julie Platero-SCC
6. Nicole Haggerty-WVC
7. Mary Courtright-SJD
8. Nancy Velasquez-SCC
9. Lyndsi Riley-ARC
10. Kim Moyer-CSM

Men

1. American River
2. Fresno
3. Hartnell
4. COS
5. Diablo Valley
6. Los Positas
7. West Valley
8. CSM
9. Modesto
10. De Anza

Individuals

1. Angel Gonzales-WVC
2. Nelson Mwangi-ARC
3. Gus Gibbs-ARC
4. Cesar Rodriguez-FCC
5. Colin Bauer-DVC
6. Alex Davies-DVC
7. Dan Labrabor-ARC
8. Nathan Spangler-ARC
9. Eric Gregory-ARC
10. Juan Gomez-LP