

X^C Regional Rankings



Weekly High School X-Country Regional Team Rankings 2008

Pre-season, with some selected early-season results. By Marc Bloom and Rich Gonzalez

Boys New York

1. Shenendehowa Regional winner returns top 4 plus marquee transfer in bid for NXN title
2. Fayetteville-Manlius Soph-dominated state 4th-placer seeks return to boys' spotlight
3. Arlington State Fed 10th-placer returns 5 of 6 after excellent track season
4. Queensbury State Fed runner-up fills gaps after key losses
5. Shoreham-Wading River LI squad has good depth with 6-year unbeaten dual streak on the line
6. Burnt Hills-Ballston Lake Girls power making headway with boys' squad
7. Honeoye Falls-Lima State Public B power returns young squad led by B titlist
8. East Aurora State Public B power returns top 4 from '07 top-50
9. Pittsford-Mendon State Fed 11th-placer has strong top 3 after fine spring
10. Newark Valley State Public class C champs bring back excellent top 4

Bubble teams alphabetically: Bishop Ford, Brighton, Chaminade, Collegiate, Ithaca, Massapequa, McKee SI Tech, Msgr. Farrell, No. Rockland, Northport, Penfield, Port Washington, Shaker, Smithtown, St. Anthony's, Suffern, Wantagh, Warwick Valley, Washingtonville, West Genesee

Boys Northeast

(CT, ME, MA, NH, NJ, PA, RI, VT)

1. Don Bosco (NJ) NXN 10th-place team returns solid 7 led by two 9:10-9:23 3200 men
2. Morris Hills (NJ) Former NXN team may have best team ever with outstanding top 5
3. W Windsor Plainsboro No (NJ) Super-soph twins Jim and Joe Rosa lead deep squad with national potential
4. North Penn (PA) Manhattan meet winners and state 3A champs return strong nucleus
5. Danbury (CT) NXN 5th-place team has 3 of 7 back and young talent moving up
6. Haddonfield (NJ) State 3rd-place team has 6 of 7 back led by group champion
7. Upper Dublin (PA) State 5th-place team has 6 of 7 back led by 4:17 miler on all-senior squad
8. Millburn (NJ) State 4th-place team returns solid top 4 led by state 3200 champ
9. La Salle (RI) State winner returns 4 harriers from state's top-31 finishers
10. Christian Bros (NJ) Perennial power has tight pack seeking 16th state title with upset in mind

Bubble teams alphabetically: Brookline (MA), Cherokee (NJ), Colts Neck (NJ), Council Rock No (PA), Greely (ME), Hanover (NH), Newton South (MA), Northeast (PA), Seneca Valley (PA), West Windsor-Plainsboro So (NJ), Whitman-Hanson (MA)

Boys South

(AR, LA, MS, OK, TX)

1. Seven Lakes (TX) State 4A champ, now in 5A, returns a trio of 9:20 2-milers seeking regional supremacy
2. Cedar Park (TX) Three top juniors lead state 3rd-placer with designs on 5A title
3. The Woodlands (TX) After roster shake-up, NXN 4th-place team needs young comers to develop
4. Cinco Ranch (TX) Wins Katy meet w/ 33-second spread as runner-up Seven Lakes not at full strength
5. Southlake Carroll (TX) State 5A favorite C.J. Brown leads regional runner-up team under new coach
6. Poteet (TX) State 4A runner-up returns 6 of 7 in pursuit of state title

- 7. Del Rio (TX) School's best team in years could prove to be a spoiler
- 8. Rogers (AR) Split school retains state power in bid for 7th straight 7A crown
- 9. Georgetown (TX) Regional 6th-placer has strong squad hoping to move up
- 10. Strake Jesuit (TX) Traditional power has 5 of 7 back with strong top 2

Bubble teams alphabetically: Brother Martin (LA), College Park (TX), Coppell (TX), Corpus Christi Carroll (TX), Friendswood (TX), Houston Mem (TX), Jesuit (LA), Kingwood (TX), Klein Oak (TX), Lamar (TX), Mayde Creek (TX), Socorro (TX), Tulsa Union (OK), Tupelo (MS)

Boys Southeast

(AL, DE, FL, GA, KY, MD, NC, SC, TN, VA, WV)

- 1. Oakton (VA) Hendricks twins lead deep regional 4th-placer hoping for late-season pop
- 2. Green Hope (NC) Reg'l 8th-placer returns 6 of 7 after top 5 ran 4:21-4:33 for 1600 last spring
- 3. Baylor (TN) Regional 3rd-placer returns 3 top runners while quickly filling graduation gaps
- 4. Jefferson Sci/Tech (VA) State 3A champ, regional runner-up returns 4 of 7 while losing top scorers
- 5. Broughton (NC) State 4A champs return 4 all-staters with 18-second spread plus key transfer
- 6. Jamestown (VA) State 2A 3rd-place team has a pair of all-staters pacing division favorite
- 7. Brookwood (GA) State 5A runner-up has top 7 back and is the team to beat in Georgia
- 8. Northwest (MD) State 4A runner-up has top 5 back with 37-second spread
- 9. Melbourne (FL) State 4A champs return 3 top-13 finishers led by winner Brian Atkinson
- 10. Hoover (AL) Regional 5th-placer led by all-American Pat McGregor but needs more experience

Bubble teams alphabetically: Albemarle (VA), Atlee (VA), Bethesda-Chevy Chase (MD), Brentsville (VA), Caesar Rodney (DE), Chapel Hill (NC), Collins Hill (GA), Columbus (FL), Daviess County (KY), Enloe (NC), Freeman (VA), Maggie Walker (VA), Marist (GA), Midlothian (VA), Mountain View (VA), Oak Ridge (TN), Ocean Lakes (VA), Parkview (GA), Peachtree Ridge (GA), St. Xavier (KY), Walton (GA), Wando (SC), Wilde Lake (MD), Wheeling Park (WV), Winter Park (FL)

Boys Midwest

(IL, IN, MI, MO, OH)

- 1. York (IL) Steve Sulkin leads regional runner-up seeking to regain state 3A title
- 2. Neuqua Valley (IL) NXN national champs lose Chris Derrick and others but still strong and deep
- 3. Fishers (IN) 5 of 7 back from regional 4th-placer led by 4:09 and 4:19 Shields twins
- 4. St. Louis Univ (MO) State class 4 champ and reg'l 3rd-placer returns deep squad with tight pack
- 5. Carmel (IN) Returns 4 from reg'l 6th-placer; wins Midwest Bash big over OH powers
- 6. Naperville No (IL) State 5th-placer returns strong squad led by individual threat Kyle Gibson
- 7. Medina (OH) State champ, NXN 12th-place team led by Donnie Roys plans patient season
- 8. St. John Jesuit (OH) State Div 1 5th-placer returns good nucleus and runs 2nd at Midwest Bash
- 9. Saline (MI) State Div I runner-up has 5 of 7 back seeking to regain state title
- 10. St. Ignatius (OH) Traditional state power 3rd with 27-second spread in Midwest Bash

Bubble teams alphabetically: Centerville (OH), Chesterton (IN), Columbus No (IN), Dexter (MI), Fort Wayne Carroll (IN), Francis Howell No (MO), Franklin Central (IN), Geneva (IL), Hickman (MO), Kickapoo (MO), Linden (MI), Lyons Township (IL), Mason (OH), North Central (IN), Northridge (IN), Palatine (IL), Parkway West (MO), Pioneer (MI), Rochester Adams (MI), Waubonsie Valley (IL), West Plains (MO)

Boys Heartland

(IA, KS, MN, NE, ND, SD, WI)

- 1. Wayzata (MN) Regional titlist and state 2A champ has 5 of 7 back with '07 J.V. adding depth
- 2. Bismarck (ND) State A winner returns most of team led by regional titlist Joash Osoro
- 3. Shawnee Mission NW (KS) State 6A champ, regional runner-up has 5 9:40s 2-milers back but lacks spark
- 4. Eden Prairie (MN) Group of 9:35 to 9:50 2-milers poised to challenge Wayzata for state honors
- 5. Brainerd (MN) Return 4 of 7 from squad that placed 4th in regional
- 6. Stevens Point (WI) State Div I runner-up returns 5 of 6 with 48-second-spread
- 7. Yankton (SD) Lose #1 man but next 6 return from reg'l 9th-placer; excellent track season
- 8. Stillwater (MN) State 2A 4th-placer returns 4 of 7 in long tradition of distance success
- 9. St. Thomas Aquinas (KS) Returns a pair of all-staters and good back-up as state 5A favorite
- 10. Norfolk (NE) Top 6 back, all juniors in '07, from state A 4th-place team

Bubble teams alphabetically: Cedar Rapids Washington (IA), Edina (MN), Jamestown (ND), Madison-La Follette (WI), Manhattan (KS), Moorhead (MN), Pleasant Valley (IA), Rosemount (MN), Sioux Falls Roosevelt (SD), Willmar (MN)

Boys Southwest

(AZ, CO, NV, NM, UT, WY)

- 1. Albuquerque Acad (NM) NXN 3rd-placer loses #1 man but most others return as Chargers add depth

- 2.Los Alamos (NM) NXN runner-up by 2 loses 3 of 5 but top 2 are blue-chippers w/ good support
- 3.Timpview (UT) State 4A winners return 4 scorers from first 21, led by titlist Jon Nelson
- 4.Mesa Mtn. View (AZ) State 5A-I favorite under new coach led by state 1600m champ D.J. Johnson
- 5.Mingus (AZ) Regional 4th-placer returns 4 of 7 led by state contender Tim Freriks
- 6.Cibola (NM) State 5A runner-up returns 10 of 12 with hopes of over-taking Gallup
- 7.Gallup (NM) State 5A titlist returns key scorers while adding excellent newcomers
- 8.Wheat Ridge (CO) State 5A winner moves to 4A w/ top 3 back, wins Pre-state w/ gap to 4th man
- 9.Durango (CO) Under-the-radar school wins Pre-state 5A by good margin
- 10.Reno (NV) Seeks to regain state 4A title, wins Nevada Twilight meet by 46 points at 4k

Bubble teams alphabetically: Alhambra (AZ), American Fork (UT), Arapahoe (CO), Brophy (AZ), Carson (NV), Cherry Creek (CO), Cheyenne Central (WY), Dakota Ridge (CO), Davis (UT), Desert Vista (AZ), Galena (NV), Hopi (AZ), Loveland (CO), Mountain View (UT), Ogdens UT), Regis Jesuit (CO), Rio Rancho (NM), Rio Rico (AZ), Rock Springs (WY)

Boys Northwest

(AK, HI, ID, MT, OR, WA)

- 1.North Central (WA) Reg'l winner returns super top 5; cannot afford injury in bid for national title
- 2.Central Catholic (OR) Regional runner-up and 6A champ loses key scorers; has solid top 4
- 3.Mead (WA) State 4A defenders will count on big-race know-how to fend off challengers
- 4.Henry Jackson (WA) 5th-place 4A team had great spring with 9:27, 9:24, 9:41 for 3200 trio
- 5.Seattle Prep (WA) State 3A runner-up to No Central has 3 9:30 runners and more
- 6.Jesuit (OR) State 6A runner-up loses 4 of 7; good depth to dominate Wilsonville meet
- 7.Gig Harbor (WA) State 4A runner-up returns strong nucleus to challenge for state crown
- 8.Boise (ID) Returns state 5A 1-4-8 performers to loom as division favorite
- 9.Kodiak (AK) All-American Trevor Dunbar is off to a flying start leading state's top team
- 10.Twin Falls (ID) State 5A defender returns 3 top-20 harriers to try and hold off Boise

Bubble teams alphabetically: Ashland (OR), Burlington-Edison (WA), Crater (OR), Ferris (WA), Flathead (MT), Glacier (MT), Hermiston (OR), Leilehua (HI), Mountain View (ID), Preston (ID), Redmond (WA), Sehome (WA), Service (AK), Skyview (MT), South Eugene (OR)

Boys California

- 1.Dana Hills Returns 4 from runaway D-1 state champs; deeper squad after solid track season
- 2.Buchanan Returns all scorers from state D-1 5th-placer, 36 points out of 2nd
- 3.Loyola-LA Returns 4 from NXN 8th-place team and D-2 state champs
- 4.Barstow Returns 5 from D-3 state champs that was in NXN selection contention
- 5.Vista Murrieta Returns 4 from state D-1 3rd-place team, 11 pts behind NXN qualifier
- 6.Royal Returns 4 from traditional power with nice improvements in track
- 7.El Rancho Returns 5 from fastest team that did not qualify for state meet
- 8.Petaluma Returns 5 from squad that took 2nd in state D-2
- 9.Davis Loses top man but returns all others from D-1 11th-place squad
- 10.Jesuit Returns 4 and deep backup from squad aiming to return to regional prominence

Bubble teams alphabetically: Campolindo, Colony, Corona, El Toro, Jesuit (Carmichael), Mountain View, Newport Harbor, Rancho Cucamonga, Redondo Union, Thousand Oaks, Upland

Girls New York

- 1.Fayetteville-Manlius 2-time NXN defender returns top 6 in a run at a 3rd straight nat'l crown
- 2.Burnt Hills-Ballston Lake NXN 5th placer returns everyone including 2 keys who missed '07 nat'ls
- 3.Saratoga Springs NXN 3rd-placer loses only top girl and making big improvements
- 4.Queensbury Returns top 4 girls that placed 4-5-7-11 in state public class A
- 5.Shenendehowa Sixth-place State Feds team returns 5 of 7; very deep after great spring
- 6.Warwick Valley NXN 11th-place team has several sleepers to fill around Lillian Greibesland
- 7.Arlington Fifth-place state federation team has 5 of 7 back
- 8.Pittsford-Mendon State public A runner-up returns top 6 on young squad gaining experience
- 9.East Aurora State fed 3rd-placer loses top 2 but has enough depth for a quality season
- 10.Northport State fed 8th-placer has top 5 back to duel Melville, Bay Shore on Long Isl.

Bubble teams alphabetically: Bay Shore, Brighton, Bronxville, Colonie, Greenwich, Guilderland, Hilton, Holy Names, Honeoye Falls-Lima, North Rockland, Pearl River, Suffern, Ward Melville

Girls Northeast

(CT, ME, MA, NH, NJ, PA, RI, VT)

1. Lincoln-Sudbury (MA) Regional winner and 8th NXN returns key scorers under new coach from Bromfield
2. Newton South (MA) State Div I runner-up has everyone back, adds 4:51 miler from soccer
3. Emmaus (PA) State 3A champ and regional 5th-placer returns all including Faust triplets
4. Voorhees (NJ) All-American Melanie Thompson leads reg'l runner-up; may lack '07 depth
5. Phillips Andover (MA) Regional 4th-placer loses top girl, returns key scorers after excellent spring
6. Toms River No (NJ) State 5th-placer returns all 7 on squad that predicts mid-19 avg on hilly state course
7. Central Cambria (PA) State 2A winner loses all-American Carly Seymour but returns next 6
8. Bromfield (MA) Nat'l contender Emily Jones leads state Div II titlist relying on newcomers
9. Ridgefield (CT) A trio of all-state track performers leads team seeking to regain state title
10. Red Bank Cath (NJ) Top 4 return on resurgent team with chance to recapture old glory

Bubble teams alphabetically: Barrington (RI), Cape Elizabeth (ME), Cardinal O'Hara (PA), Champlain Valley (VT), Colts Neck (NJ), Coventry (RI), Cumberland Valley (PA), Glastonbury (CT), Guilford (CT), Haddonfield (NJ), Hanover (NH), Immaculate Heart (NJ), Keene (NH), La Salle (RI), Manchester Central (NH), Northern York (PA), Ridge (NJ), Roxbury (NJ), Southern Reg (NJ), St. Johnsbury (VT), Unionville (PA)

Girls South

(AR, LA, MS, OK, TX)

1. The Woodlands (TX) State 5A 3200 champ leads deep squad with 6 girls from 4:58 to 5:20 for 1600
2. Southlake Carroll (TX) Regional winner has 5 of 7 back seeking 5th straight NXN appearance under new coach
3. Kingwood (TX) State 5A runner-up has 7 solid runners plus an excellent frosh class
4. Cinco Ranch (TX) State 3rd-placer is led by 5 seniors with experience to burn
5. Keller (TX) Regional runner-up has nucleus to build on after losing key scorers
6. Vista Ridge (TX) This 4A power moves to 5A after excellent track season led by state champ Ashley Isham
7. Mount Carmel (LA) State 5A winner returns top 5 girls from first 15 finishers
8. Tupelo (MS) Top 6 back from 5A titlist that placed 1-2-3-7-12-13 at state
9. Rogers (AR) State 7A winner returns several all-state performers
10. Edmond North (OK) State 5A champs return 3 all-staters with top 6 girls underclassmen

Bubble teams alphabetically: Bentonville (AR), Clear Lake (TX), College Park (TX), Corinth (MS), Georgetown (TX), Hereford (TX), Jenks (OK), Plano West (TX), Seven Lakes (TX), St. Joseph's (LA), Tulsa Union (OK), Westmoore (OK)

Girls Southeast

(AL, DE, FL, GA, KY, MD, NC, SC, TN, VA, WV)

1. Mountain Brook (AL) NXN 6th-placer returns 6 of 7 led by NXN indiv. champ Madeline Morgan
2. Collins Hill (GA) Regional winner has top 5 back led by state champ Amanda Winslow
3. Tatnall (DE) State champ Julie Bottorff leads reg'l runner-up w/ 4:52-5:22 1600 times
4. Midlothian (VA) State 3A champs stronger with healthy Lautzenheiser twins in solid 7
5. Episcopal (FL) Returns 5 of 7 from state 2A champs and regional 4th-place team
6. Oak Ridge (TN) State 3A winners return 5 girls from top-20 finishers
7. Oakton (VA) State 3A runner-up loses 2 key scorers but still has plenty of talent
8. Satellite (FL) State 3A titlist led by state XC and mile champ Ashley Shiver
9. Assumption (KY) State 3A winner by 50 has top 4 back that placed in first 14 finishers
10. St. Agnes (TN) Under-the-radar state Div II-2A champ led by state champ and may more

Bubble teams alphabetically: Archmere (DE), Bartram Trail (FL), Cabell Midland (WV), Cardinal Gibbons (NC), Chapel Hill (NC), Dunbar (KY), Herndon (VA), Lake Braddock (VA), Lake Highland Prep (FL), Lourdes (FL), Maggie Walker (VA), Marist (GA), Mauldin (SC), Meade County (KY), Morgantown (WV), No. Gwinnett (GA), Padua (DE), Roberson (NC), Roosevelt (MD), Sacred Heart (KY), Scottsboro (AL), St. Paul's (AL), University (WV), Walton (GA)

Girls Midwest

(IL, IN, MI, MO, OH)

1. Lake Central (IN) Regional champ returns 5 of 7 but will be hard-pressed to win state
2. Geneva (IL) State 3A champs with 5 frosh scorers return as sophs for curtain call
3. Lee's Summit West (MO) State class 4 champ has everyone back led by 3 all-staters
4. Carmel (IN) Reg'l 4th-placer returns 4 from state; wins Brebeuf Inv taking 5 of top 7
5. Hinsdale Central (IL) Red Devils led by 4 seniors with excellent track and XC credentials

- 6.Rochester Adams (MI) State Div I 4th-placer has 5 solid runners led by state contender
- 7.Brecksville-Broadview Hts (OH) State Div I champ returns 6 of 7 in another tight state picture
- 8.Hoover (OH) State Div I 4th-placer has everyone back led by a pair of all-staters
- 9.Palatine (IL) Seeks 7th state title with 6 proven performers in coach's last season
- 10.Grand Haven (MI) State Div I runner-up returns 5 of 7 led by 800 star Becca Addison

Bubble teams alphabetically: Colerain (OH), Eureka (MO), Fort Wayne Carroll (IN), Gaylord (MI), Jefferson City (MO), Magnificat (OH), Naperville No (IL), Neuqua Valley (IL), Parkway Central (MO), Rochester (MI), Rockford (MI), Rockwood Summit (MO), Traverse City Central (MI), Troy (MI), Valparaiso (IN), Westfield (IN)

Girls Heartland

(IA, KS, MN, NE, ND, SD, WI)

- 1.Dowling Cath (IA) Regional winner returns most of line-up led by all-American Katie Flood
- 2.Burnsville (MN) State 2A titlist and reg'l 4th-placer returns top 4 within 5 seconds at state
- 3.Bismarck (ND) State A champ returns 5 all-staters that ran 5:20 to 5:30 for 1600 in spring
- 4.Sioux Falls Roosevelt (SD) Regional 3rd-placer has top 3 back from state 2A's Top 10 under new coach
- 5.Yankton (SD) Regional runner-up has solid group of 7 under new head coach
- 6.Manhattan (KS) State 6A titlist has 6 of 7 back led by state 3200 winner Marley Crusch
- 7.Lakeville North (MN) State 2A 5th-placer has all 7 back with 39-second 4k spread for top 5
- 8.Whitefish Bay (WI) Close state Div 1 runner-up returns top 5 with 55-second spread for 4k
- 9.Marian (NE) State A favorite Kelli Budd leads team seeking 6th straight title needing 5th scorer
- 10.Eden Prairie (MN) State 2A runner-up returns state's best top-3 but needs to close ranks

Bubble teams alphabetically: Blue Valley NW (KS), Fargo So (ND), Iowa City (IA), Iowa City West (IA), Lincoln Pius X (NE), Millard No (NE), Minot (ND), Olathe East (KS), Omaha Westside (NE), Prior Lake (MN), Urbandale (IA), West Fargo (ND)

Girls Southwest

(AZ, CO, NV, NM, UT, WY)

- 1.Dakota Ridge (CO) Decisive state 5A champ could be nat'l threat w/ a healthy Kaitie Vanatta
- 2.Fort Collins (CO) Regional winner and NXN 7th-place team returns 6 of 7 and wins Pre-state over Dak. R.
- 3.Davis (UT) Regional runner-up team loses state champ, next 6 return as #1 girl comes off injury
- 4.Xavier Prep (AZ) Jessica Tonn (4:50/10:30), Sarah Penney (4:50/10:39) lead state 5A-1 champs
- 5.Eldorado (NM) State 5A winner returns 4 girls from top 15 with J.V. kids moving up
- 6.Mountain Crest (UT) State 4A runner-up returns 4 girls from state top-15
- 7.Cheyenne Mtn (CO) One-point Pre-state 4A winner over Thompson Valley
- 8.Thompson Valley (CO) State 4A runner-up return all 7 after solid track season; 2nd at Pre-state
- 9.Card. Doherty (CO) Surprise 3rd in Pre-state 5A for Adam Goucher's alma mater
- 10.Belen (NM) State 4A champs have everyone back, but had sub-pa track season

Bubble teams alphabetically: Albuquerque Acad (NM), Campbell County (WY), Cheyenne Central (WY), Classical (CO), Galena (NV), Greely West (CO), Ironwood Ridge (AZ), La Cueva (NM), Los Alamos (NM), Marana Mtn View (AZ), Mesa Mtn View (AZ), Mountain View (UT), Reno (NV), Skyline (UT), South Tahoe (NV), Timpanogos (UT)

Girls Northwest

(AK, HI, ID, MT, OR, WA)

- 1.St. Mary's (OR) Regional champ and NXN 10th-place team returns 4 of 5 with exceptional top-3
- 2.Jesuit (OR) Regional runner-up seeks 7th straight state 6A title and wins opening Wilsonville meet
- 3.Eastlake (WA) State 4A runner-up has everyone back
- 4.Crater (OR) State 5A winner and regional 6th-placer returns 4 of 7
- 5.Bozeman (MT) State 2A champs return 5 from top 20 led by state winner Heidi Turner
- 6.Redmond (WA) State 4A 4th-place team returns state 4th-5th finishers plus good back-up
- 7.Sehome (WA) State 2A power returns 4 girls from top 20
- 8.Mountain View (ID) State 5A 3rd-placer has everyone back plus top frosh
- 9.Boise (ID) State 5A champs seek 4th straight crown with 3 solid performers but lacking depth
- 10.Anchorage West (AK) State 4A titlist returns 4 girls from top 15 with 26-second spread

Bubble teams alphabetically: Bear Lake (ID), Billings Sr (MT), Billings West (MT), Bishop Kelly (ID), Crescent Valley (OR), Eagle (MT), Gig Harbor (WA), Grace Christian (AK), Preston (ID), Punahou (HI), Richland (WA), Seabury Hall (HI), Twin Falls (ID)

Girls California

- 1.Saugus Returns 4 scorers and adds 2 top frosh to NXN runner-up team from '07
- 2.Dana Hills Returns 6 scorers from state D-1 4th-place team, also won NXN open race

- 3.Trabuco Hills Returns 5 of 7 from D-1 3rd-place team that also won Firman Inv (ID) title
- 4.Carlmont Returns everyone plus key sit-out from that that was 9th in state D-1
- 5.Torrey Pines Returns 4 from state D-1 6th-place squad
- 6.Fountain Valley Returns 4 while adding excellent frosh crew from D-1 7th-place team
- 7.Chino Hills Returns everyone from strong team that did not advance to state last fall
- 8.Esperanza Returns 4 from state D-1 runner-up and 17th-place NXN team
- 9.Foothill (Santa Ana) Returns 5 while adding all-state transfer from state D-2 runner-up squad
- 10.Clovis Returns everyone and adds quality transfer to state D-1 15th-place team

Bubble teams alphabetically: Campolindo, Carondelet, Mira Costa, Mountain View, Murrieta Valley, Newport Harbor, Royal, Serrano, Simi Valley, South Hills