

VVAL Cross Country All Time Course Records (Maxwell Park, Alston Park and Tolay Ranch)

Maxwell Park (Sonoma)

Girls Record:	Mary Deeik,	Vintage	16:46	2018
Boys Record	Nolan Hosbein	Casa Grande	14:33	2019
	Emmanuel Guzman	Vintage	14:33	2018

**Girls Maxwell Course Record (2.75 miles): Nicole Lane, El Molino, 16:14, 2011

**Boys Maxwell Course Record (2.75 miles): Alex Connor, Sonoma, 13:53, 2011

Alston Park (Napa)

Girls Record:	Mary Deeik	Vintage	18:23	2018
Boys Record:	Kurt Ruegg	Napa	15:34	2009

*10 seconds added to actual time due to shortened course

Tolay Ranch (Petaluma)

Girls Record:	Mary Deeik	Vintage	18:33.2	2019
Boys Record:	David Acuna	Napa HS	16:22.8	2019