

ALL-COUNTY GIRLS CROSS COUNTRY TEAM

FIRST TEAM

Erika Adler

Northwood, Sr.

The Register's athlete of the year.

Alyssa Bautista

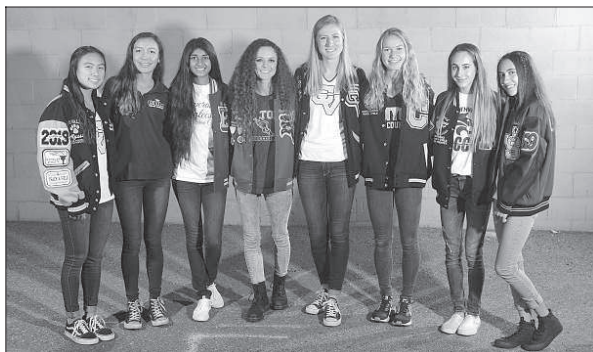
Capistrano Valley, Jr.

Bautista formed a dynamic duo with teammate **Haley Herberg**. She finished out of the top five only twice in nine races. Bautista was fourth at the O.C. Championships, second in the South Coast League Finals and third at the CIF-SS Division 2 Finals. She posted the third-fastest county time in the Division 2 race at the state meet.

Sapna Dholakia

Esperanza, Sr.

Dholakia was the senior leader for CIF-SS Division 3 runner-up Aztecs. She finished fifth at CIF-SS Finals and 13th at state with the fastest county time in Division 3. She finished fourth at Mt. SAC and eighth at the O.C. Championships.



BILL ALKOFE, STAFF PHOTOGRAPHER

The Register's All-County girls cross country team, from left: Capistrano Valley's Alyssa Bautista; Corona del Mar's Raquel Powers; Esperanza's Sapna Dholakia; El Toro's Hannah Tobin; Capistrano Valley's Haley Herberg; Canyon's Sara Leonard; Northwood's Erika Adler, and JSerra's Nadia Tabrizi.

Haley Herberg

Capistrano Valley, Jr.

Herberg was the county's top runner

for much of the season, capturing five victories and finishing outside of the top two just three times. She got grade-level wins at the Laguna Hills

and Dana Hills invitationals and won the O.C. Championships and South Coast League Finals. Herberg was second at the CIF-SS Division 2 Prelims, eighth at the CIF-SS Finals and 21st at the State meet with the fourth-fastest county time.

Sara Leonard

Canyon, Jr.

Leonard challenged for the top spot in the county with three first-place finishes and only one finish outside of the top three. She won the top sweepstakes race at Mt. SAC and captured the Crestview League title. Leonard finished third at the O.C. Championships, ninth in the CIF-SS Division 2 Finals and third at the CIF State meet in a three-way photo finish.

Raquel Powers

Corona del Mar, Sr.

Powers finished outside of the top five just once, which was a 19th-place finish at the CIF State meet in Division 3. Powers was second in the Pacific

Coast League, fifth at the O.C. Championships and fourth at the CIF-SS Finals. She scored wins at the Wayne Walker and Laguna Hills invitationals.

Nadia Tabrizi

JSerra, So.

The sophomore cut 45 seconds off her time in winning a second straight Trinity League title. Tabrizi finished in second place at the CIF-SS Division 4 Finals to lead the Lions to the CIF title. She also placed seventh at the O.C. Championships and took a grade-level win at the Laguna Hills Invite.

Hannah Tobin

El Toro, Sr.

The Northwestern-bound senior won the Sea View League title and advanced to the CIF-SS Finals and state meet for the first time. Tobin put up the fastest county time in both races, finishing eighth at CIF and seventh at state. She finished sixth at the O.C. Championships.

ZACH CAVANAGH