

## Girls CIF Preview

**D-1** This team race may look similar to the boys race, although three teams will advance to state. Once again, **Torrey Pines** seems to be the cream of the crop with **El Camino** not far behind and **Eastlake** a potential player. Despite finishing 4th in the rugged Palomar League, **Brent Thorne's** Torrey girls should leave Morley Field with first place. A month ago, they were barely ahead of Coach **Terra Sarnacki's El Camino Wildcats**, so it won't be handed to them. However, Torrey usually performs well at Morley and they were faster than El Camino on Saturday on the same course, in different league finals. Eastlake won the Metro Conference Title in the South Bay and may be stronger off the front. Like many Cross Country races, however, it will come down to the girls at 3 through 5 that will likely decide the winner. This is a grinding course and toughness will take it. The individual race may be more compelling. Two of the top D-1 girls return and it should be close again. **San Marcos' Paige Carter** looked strong last weekend and **Leyla McFarland** of **Eastlake** had an identical finishing time a year ago with Carter taking fourth in D-1. The third spot is likely to go to **Vanessa Beeler of Torrey Pines**.

**Prediction: 1. Torrey Pines 2. El Camino 3. Eastlake**

**Individual: 1. Carter 2. McFarland 3. Beeler**

**D-2** The **Westview girls**, under **Coach Amanda Trujillo** have been one of the 2-3 best teams in the County all year. Led by junior **Erica Barrett**, they have stayed a step ahead of the Division's top teams. Now it is CIF Finals and they have to hold off another charge by **Terry Dockery's Rancho Bernardo** squad, **McClanahan's MC** girls and last year's third place team, **Steele Canyon**, coached by **Pat Connelly**. There is one more long shot in this group, **Canyon Crest Academy**. Coming off the Track last Spring, **Andy Corman's CCA** group seemed like the top team, but they have struggled with illness and injury. **Mount Carmel** is the returning D-2 champion and brought back 4 of its girls. RB just reloaded after going to state last year and they have the reigning **CIF D-2 Champion** as well as last week's **Palomar League Champion**, **Nia Akins**. Each of the teams has a top girl; **Barrett for Westview**, **Akins with RB**, **Laura Moran** the fastest finisher at the **Sundevil Invitational from MC** and **Carlene Masar for Steele Canyon**, she was 7th in D-2 as a freshman. **Kelly Bernd of Canyon Crest** was last year's D-3 Champion, and should also be part of this group, but she struggled last week with illness. There are several other fine individual runners worth watching. **Alex Caligari of Poway**, **Grossmont's Courtney Clifford** was first in the East County Conference Meet, defeating Masar. **Scripps Ranch's freshman Giovanna Da Silva** was the fastest finisher in the City Leagues' Finals this year and **Renee Laurenzana of San Pasqual** was fourth last year, in this race, as a freshman.

**Prediction: 1. Westview 2. Rancho Bernardo 3. Mt. Carmel 4. Steele Canyon**

**Individuals: Akins, Caligari, Moran, Barrett, Bernd, Masar**

**D-3** Most years, **Dan Geiger's Cathedral Catholic** team would seem to be the likely favorite to win this. They are state ranked and their Mt. SAC team time was just 3 seconds slower than Westview's, the top D-2 contender. They also had the 5th fastest team time at the Sundevil Invite against all divisions. Unfortunately, this is not most years. They are racing **LCC** this year, the **state's top ranked D-3 team**. **Bill Vice's** girls placed 8 girls in the top ten last week at league finals, **including the first 7!** The 10th fastest girl in the league, likely won't get to race at CIF and she was **6th in Division 2** last year. Life isn't fair. They won the **Mt. SAC Sweepstakes** race for D-3, they had the fastest team time at the Sundevil Invitational early in the year, as well. LCC nearly scored a perfect 15 a few years back in D-2, maybe this year? So, which team takes third? **Del Norte** seemed to have the inside track a month ago when they

beat Pt. Loma at the Kit Carson Invitational, but Del Norte didn't run as well at league finals. **Keith DeLong's Pt. Loma** team is a tight pack, but they were upset at league finals by Scripps Ranch. **Olivia Wade** leads the Pt. Loma girls and was second for only the second time all season at league finals.

**Prediction: 1. LCC 2. Cathedral Catholic 3. Pt. Loma 4. Del Norte**  
**Individuals: Brown, Fahy, Wade, Boyd, Abrahamson**

**D-4** This could be a competitive team race between **Coronado** and **Mission Vista**. **George Green's Islanders** have two exceptional girls up front, **Renee Phillips** and **Janice Rippey**, but it had been three at one time. **Joe Crosswhite's Mission Vista** team seems a little stronger 1-5. Gaps will matter in this race as it does in all of the smaller races. Coronado won decisively last year, but Mission Vista should have the edge this year. High Tech High had two top girls at one time including defending champion, **Sienna Santiago**, but she appears to be out and hasn't raced in weeks. Really hard to call third place in this one. High Tech may still have enough to take third. The top returning individual is **Janice Deguerio of Santana** and she should be up at the front with the Coronado pair and likely Mission Vista senior, **Emma Ferrell**.

**Prediction: 1. Mission Vista 2. Coronado 3. High Tech High (SD)**  
**Individual: Deguerio, Phillips, Rippey, Ferrell**

**D-5** Trying to scout this group is fairly easy because several of the traditional powers in this division are in the same league, **the Coastal League**. This year looks very much like the Coastal League final, with **Matt Schellenberg's Francis Parker team** finishing ahead of **Sander's La Jolla Country Day** girls for first and second. That is also how the CIF meet went for this division a year ago. Third place, is likely to be **Pacific Ridge**.

**Prediction: 1. Francis Parker 2. La Jolla Country Day 3. Pacific Ridge**  
**Individual: Brooke Watkins-FP Lexi Watkins-JCCD Sophia Gamoa\_FP Grace Price-Calvin Chrisian**