

# T R A C K M A G A Z I N E

Volume I, Number 1

Friday, September 23, 1994

## PREVIEW: Area Talent is Deep, Varied

This cross country season is still at such an early stage that many teams have yet to compete.

But with the season barely underway, a number of teams and individual runners have already set the tone for what promises to be an extremely competitive year.

For the first time in years, there is no dominant individual such as Milena Glusac or Mebrahtom Keflezighi.

But there is an abundance of quality programs and strong talent across the board.

A number of teams are poised to make a run at state titles or are looking for high state rankings.

On the boys side, Chula Vista and Scripps Ranch both have all their runners returning from teams that won their divisions in the CIF meet last year. They rank 1-2 in the first coaches' poll of the year.

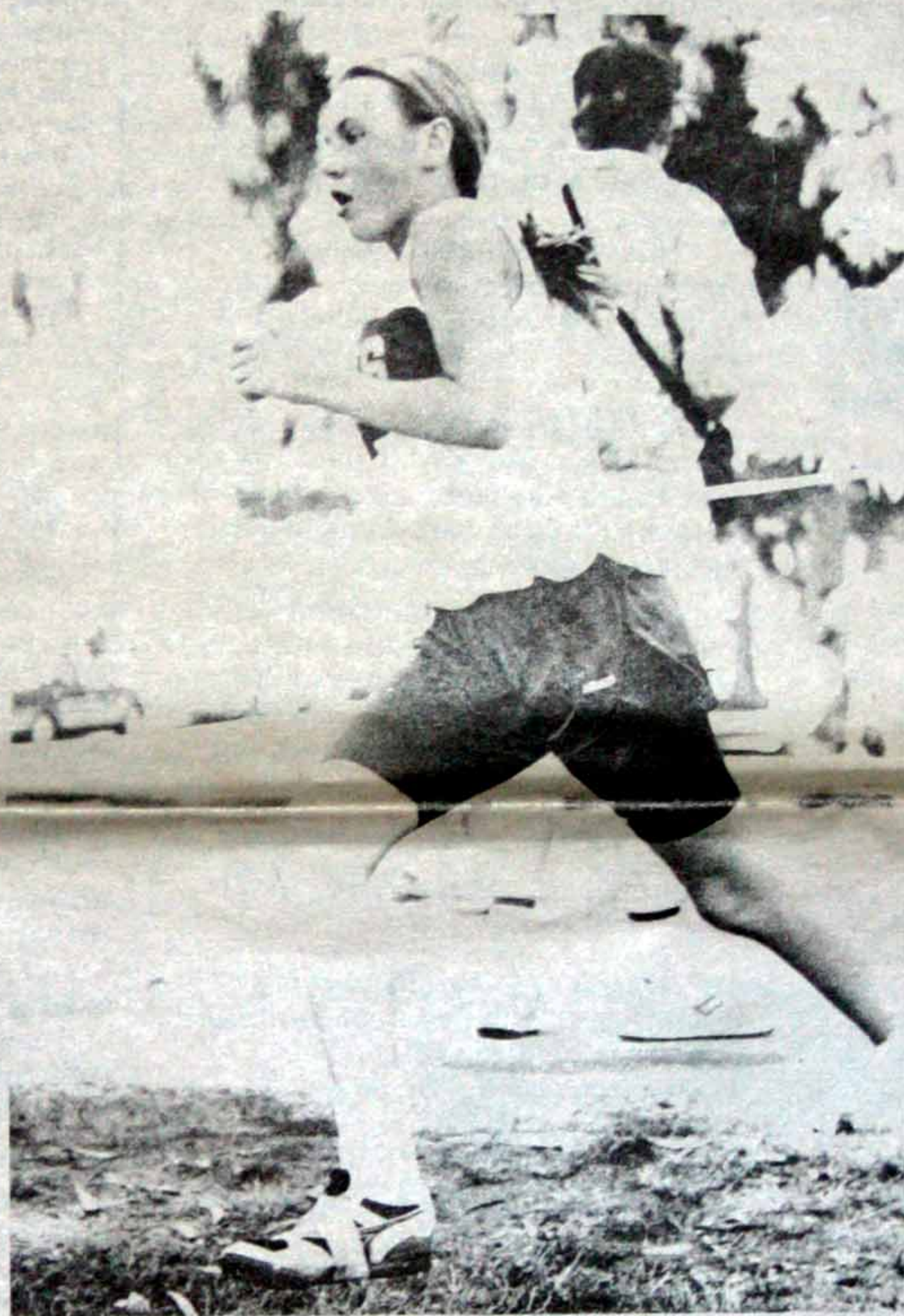
Torrey Pines is already the most highly regarded girls team. Off last year's results, the Falcons had to be rated as a strong team, but early season results have confirmed that they have an abundance of quality.

It's not an off year for the traditional powers either. Rancho Bernardo, Mt. Carmel, Poway, El Capitan, Vista, West Hills and Ramona all have talented boys and girls teams.

And there are intriguing teams like Hoover's boys that can run with anybody.

Individually, Bonita Vista's Clare Becker is several steps ahead of her girls competition. She won the CIF Division I race last year and finished 8th at the State meet.

Every CIF girls champ returns. In addition to large school leader Becker, there is Stephanie Nelle, of Valhalla (Division II), Michelle O'Connor, of Our Lady of Peace (Division III), and Jessica Lunt, of Coronado (Division IV).



Clare Becker, Bonita Vista, steps on the gas

There is plenty to back them up, too. Division I returns seven top ten runners, including the top four. Division II has eight girls back from the top ten, including the top three. And Division III also sees eight of the top ten girls return.

There is another impressive group of freshman girls, too, at schools like Torrey Pines, Vista, West Hills and Ramona, among others.

San Pasqual's Manuel Romero is the fastest state meet entrant returning among the boys, with his 15:44 at Fresno, but

there is plenty of talent right on his heels.

Scripps' Kevin Bowes and David Romero, Ramona's Shilo Glass, Vista's Trevor Sybert and Chula Vista's Ruben Carrillo all finished under 16 minutes at Fresno, and Hoover junior Ayub Abdusalam (16:02) can run with any of those runners.

Mt. Carmel's Greg Nett, El Camino's Tom Kloos, Grossmont's David McQuitty, Mira Mesa's Larry Henderson, Helix' Kevin Chappell and a number of runners from Scripps Ranch, Vista and Rancho Bernardo have all been running well.

In girls races, Becker still has a decided edge. But there is quality in virtually every corner of the county.

Mt. Carmel's Melanie Pickett, Mira Mesa's Mariel Gray, Fallbrook sisters Jinna and Sharon

## Fast Start for Torrey's Girls, Abdusalam

Hoover junior Ayub Abdusalam and the Torrey Pines girls team have been two success stories in cross country in early season invitational action.

Abdusalam has three wins in three meets, and the Torrey girls look strong.

At press time, four invitationals had been held in this area, and many teams have been to meets in Las Vegas, Irvine and Laguna Hills. Dual meet action has been sparse.

At the West Hills Invitational, on September 3, Abdusalam and Ramona's Veronica Clark had the fastest races.

Results of the Vaquero Stampede, held the same day, were incomplete, but Mira Mesa's Larry Henderson edged Grossmont's David McQuitty in the race of the day.

Abdusalam was impressive at the Bronco Roundup on September 10, winning handily over McQuitty. Torrey's Devon Straitiff paced the girls.

The competition was considerable tougher on Sept. 17 at the Mt. Carmel/Movin' Shoe Invitational.

A number of western powerhouse schools dropped in to race there, including state champion teams Thousand Oaks (Boys, Div. I), and Jesuit of Carmichael, (Boys, Div. II).

Brent Strahan, from Hart (Newhall), was the fastest boy on the day, while Kim Mortensen of Thousand Oaks ran the fastest girls time.

Bonita Vista's Clare Becker won by a big margin in the large girls senior race, and the fastest local boy runner was Vista's Trevor Sybert.

The ever-present Abdusalam cruised in his race, winning by 13 seconds over McQuitty, who used a strong last 800 meters to moved up several positions.

Torrey Pines girls placed high in the large school races, while Ramona's girls were among the leaders in every small school race.

For more on Torrey Pines, see page three.

For Mt. Carmel results, turn to pages eight, nine and ten.

For West Hills summaries, see page ten.

For Bronco results, see page eleven.

Continued on page four.

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## Magazine is a labor of love for the sport

Welcome to the world of *Track Magazine*.

If you are an athlete, you or a teammate will almost certainly be represented in these pages sometime during the season.

This publication was created to cover, as never before, high school cross country and track and field in the San Diego Section.

Regional track publications are the norm in other sections of the country, and the San Diego area now has its own.

If you have followed these sports

### From the editor ...



only recently, you may not know that there is a long and rich heritage in San Diego County in both cross country and track.

Great San Diego athletes are not a recent phenomenon. State champs, national leaders, and future Olympians have always been a part of the scene here.

But, as a coach at Julian High School (with Bill Porter) for the last five years, I got a good, eye-opening, close-up look at local track and cross country.

I began to appreciate the real strength of this area: its coaches. Its a different generation of mentors now, and it's a group that is now in their prime. Many of them grew up in this area and learned from a previous generation of venerated teachers that are still talked about.

This "second wave" of coaches seems to me to be at the heart of what I see as a new peak of interest in track and cross country locally. This could be the time of coming-of-age for our sports.

The past was undeniably great, but I think there are more strong programs here than ever before. There is tremendous interest, even it is sort of an underground scene with a cult following.

That's where I come in. I don't promise to make you all famous, but I will provide the kind of coverage I think our sports deserve. *Track Magazine* will eventually find its audience.

My name is Buzz Thom, and I have been lucky enough to witness a lot of our history as an athlete, as a fan, as a journalist and as a coach.

But my calling has always been journalism. I have been a writer, a photographer, an editor and, in recent years, an editor-publisher.

The resume includes jobs ranging from sports editor of the *Chula Vista Star-News* in 1964-1965 to my own creation, *The Julian News*, which I owned and edited in the 1980s.

My love, however, has always been

track and cross country. It was always my ambition to combine the two interests. I never passed up the opportunity to write about track or cross country, even if it was sometimes a bit of a stretch.

Somewhere there is a retired college professor who still shakes his head when he recalls my college Freshman English research paper. It was titled *King Lear and Track and Field*.

If I recall, I made the case that the troubled king should have put in more miles in the off season. It made perfect sense to me at the time. And I passed the class.

This venture into publishing, I hope, makes a bit more sense. I have, figuratively speaking, put in the off season miles. Now the product is yours to enjoy.

San Diego's track and cross country history are not restricted to the dusty past. History is a continuum, and is currently living and breathing in you, the athlete, and you, the coach.

As a fan and longtime observer, I can't wait to see what happens next. It will be a great pleasure to record the next chapters of the rich pageant that is San Diego cross country and track and field.

### Our Publication Schedule, Deadlines, and Other Info

*Track Magazine* will publish every two weeks until after the conclusion of the cross country season.

Our publishing schedule:

Friday, October 7.

Friday, October 21.

Friday, November 4.

Friday, November 18.

Friday, December 2.

Friday, December 16.

Deadlines for copy and results is the immediate Monday preceding publication.

Deadlines:

Monday, October 3.

Monday, October 17.

Monday, October 31.

Monday, November 14.

Monday, November 28.

Monday, November 12.

We want your results! We want to cover dual meets, tri-meets, and your results in out-of-town invitationals such as Mt. SAC or Stanford. We need coaches to send us information.

#### How to get our magazine:

If you are a San Diego area high school cross country athlete or coach, you can receive *Track Magazine* free of charge. Our distribution system will vary, depending on your school. At a number of schools, we will personally deliver copies on the Friday of publication or the following Monday.

At other schools, we will deliver the magazine by mail. You can get the

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magazine delivered, third class, directly to your home if you want. Just give your coach your address to forward, or send it directly to us. At some schools, we will arrange to send all the magazines for a particular team to a single address and the coach will distribute them. If you are unsure which method we will use at your school, ask your coach.

If you are a fan or relative that wants to keep up on the local high school track and cross country scene, we offer paid subscriptions, at \$10 per calendar year. Make checks payable to *Track Magazine*.

#### Don't see your school?

It's a long season. Correction, one coach told me, "It's a long, long season." And the cream always rises to the top.

If you're El Capitan, or Rancho Bernardo, or San Pasqual, or Mt. Carmel, to name just a few schools touched upon lightly in this issue, be patient. You know your teams will be there at the end. I know we'll get around to you, and sooner rather than later.

It's our goal to include every school, but that's a daunting task: there are 68 schools in San Diego County that field cross country teams, and many have separate boys and girls coaches. That means I am dealing with close to 100 coaches.

#### Advertising?

Obviously, with our distribution being free, we will depend on advertisers over the long haul to keep us going.

We don't believe in the hard sell, but we do plan on being aggressive in contacting our natural clientele: anybody who wants to reach a highly specialized market: about 2,000 serious athletes and coaches.

For information on advertising deadlines, rates, and other particulars, contact us by mail, phone or fax.



## Torrey Pines Girls: Team Has it 'Together'

Torrey Pines coach Brent Thorne has always been a big fan of the team concept in cross country.

A perfect example was last year's CIF Championships, where his Falcons finished second to El Capitan, in the Division II girls race.

Despite not placing a runner in the top ten, Torrey totaled only 77 points to pull off a state meet berth. If you add places 11 through 15, you get 65. Get it?

This year, Torrey Pines still has the pack, only it is a new and much improved version.

On paper, Thorne had his 1-2-3-4-7 girls back from the team that finished 10th at Fresno last year.

To that mix, he has added Devon Straitiff, third in last year's CIF 1600 meters (in 5:15), and a great crop of freshmen.

They put on an impressive display at last week's Mt. Carmel Invitational at Morley Field.

Straitiff, a junior, was second in her race, running 15:59 for the 2.5 miles course. Sandy Rabie, last year's team leader, was second in the senior race, clocking 16:16. But it was the freshmen who were the talk of the meet.

In the large schools freshman girls race, the Falcons placed second, third, fifth and eighth. No team standings were tabulated, but Torrey was clearly the class of the field.

Hart of Newhall's head coach shook his head in amazement

when he viewed the results.

"Oh, they must be used to this course," he told his assistant. "Yeah, they're just used to running here."

Sorry, coach. The last time any of these girls was in Balboa Park, they were probably at the Zoo. Eighth-graders don't get many races at Morley.

The freshmen, who are hard to separate (that team thing, you know), were Bethany Bogart, second in 16:44; Danielle Valentino, third in 16:49; Jaclyn Nolan, fifth in 16:54; and Becca Instone, eighth in 17:24.

Torrey Pines' embarrassment of riches don't seem to end. Kristin Roth was a super frosh last year, running 19:45 for 5K at Fresno and taking fourth in the CIF 800 meters (at 2:18.4).

Senior Carrie Hemerick was in the "top three or four" on last year's team before an injury. She's back and running strong. She was ninth in the Mt. Carmel senior girls, in 16:40.

Other placers at Mt. Carmel last week included Sarah Percy, 12th junior, at 17:22, and Sara McManus, 20th sophomore, at 18:02. Both were key members of the Falcons last year. In track, Percy was the Avocado League runner-up in the 3200 meters, at 11:55.

Straitiff is new to cross country and is a relative newcomer to distance running of any kind.

"Last year, she played club soccer," Thorne remembered.

"In track, I always thought of her as a sprinter. But she came up to me (in the spring) and asked to be allowed to run distance. She told me, 'I enjoy running.' " Her relative lack of experience and background make last year's 3rd in the CIF 1600 impressive.

Another newcomer to the sport is junior Erin Burke, who played volleyball last year. She was a 2:30 800-meter runner.

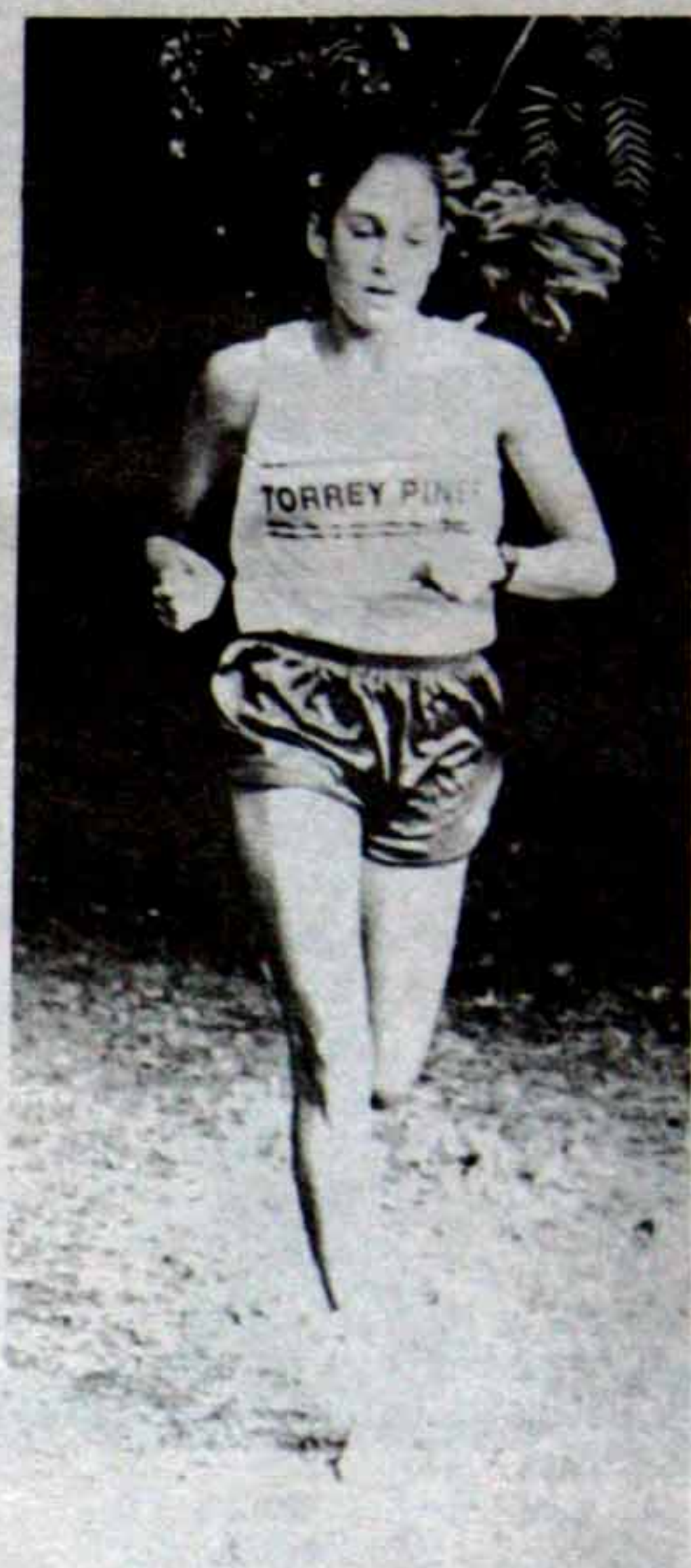
Thorne thinks Kristin Branson, a sophomore who was the number eight runner last year, has the ability to make a big step to the next level. "She runs a 61-second 400 meters, and about a 2:20 800," Thorne said. "She might be one of my best runners by end of the year."

"I've been very lucky," Thorne said. "I don't know why I've gotten all these good runners at the same time. They are a real bunch of thoroughbreds."

"We're still just doing basic training," he said. "The girls think we should be doing more speed work right now, but it's a long season and patience is a virtue."

Goals? In CIF, Thorne is keeping an eye on Scripps Ranch and especially El Capitan.

"Last year we were ahead of them at this time of the season," Thorne said. "But they placed three girls ahead of our number one runner at CIF (and won the title). Bill Cleves (the El Cap coach), is absolutely one of the



Sandi Rabie, Torrey Pines

best coaches in the county."

Then Thorne returned to the team theme.

"We don't talk about individuals at all," he said. "Everything is geared to get as many girls to the mile mark together as possible. It's a good group, and the seniors are all inclusive of everybody. We have girls who lead by example."

And girls who race very fast.

## Scripps Ranch Team: Boys Aiming High, Girls Surprise

Is it *deja vu* for Scripps Ranch coach Bob Oliver?

Try this scenario: a brand new school, with a campus located on the mesas north of the San Diego central city. There was instant success for a cross country team that came, almost as a group, from a nearby rival school. There was success at the state level.

Did you think I was talking about Scripps Ranch last year?

After all, in their first year of existence, and without a senior class of students, Scripps was wildly successful.

But the reference was to an earlier, nearly identical, success story. This year marks the 30-year anniversary of the 1964 Mesa College cross country team.

That team, at a newly-created community college, won the state championship. Their roster included some local legends, such as Bill Trujillo, Rich Cota, Bob Hose and current Scripps coach Bob Oliver.

For a team that has high ambitions like Scripps, the anniversary could be an omen.

Okay, enough ancient history. Time for current events. If you

slept through last year, it happened like this.

Scripps Ranch was carved out of the Mira Mesa enrollment area. The Marauders had just won the large-school CIF boys title two years in a row.

By chance, nearly all of the returning boys varsity runners lived in the Scripps area: instant team!

Oliver had them coming on strong at the finish last year. They beat Mission Bay in the Western League finals, although the Bucs were missing key runners.

They then beat St. Augustine and West Hills to win the CIF Division III race and proceeded to finish second at the state level.

Now that the school has added seniors, Scripps has moved up to Division II. The competition will be tougher, but the team is still focused on a big effort at Fresno.

To that end, Scripps has been looking for tough races. They've gone head-to-head with Vista, Chula Vista and Rancho Bernardo in the early season. Oliver asked

Continued on page six.



Kevin Bowes



Sarah Schmidt



# PREVIEW: Area Talent Deep

## Continued from Page One

Rohde, Carlsbad's Jessica Anderson, Bishop's Marissa Hurwitz (if healthy), Valhalla's Nelle and Danica Buckley, and Rancho Bernardo's Karen Richter are among the standouts.

Teams like Vista, El Capitan, Ramona, La Jolla, Poway, and San Pasqual are all so loaded with (mostly young) talent that space doesn't permit listing it all here.

*Track Magazine* takes a look at who is coming back from last year's best teams and the top returning finishers from last year's CIF and State Meets. Read on.

### GIRLS:

#### Division I:

Seven of the top ten CIF finishers are back, including the top four. Last year's CIF returnees (2.5 miles):

1. Clare Becker, Bonita Vista, 15:16; 2. Jinna Rohde, Fallbrook, 15:30; 3. Karen Richter, Rancho Bernardo, 15:36; 4. Melanie Pickett, Mt. Carmel, 15:45; 8. Mariel Gray, Mira Mesa, 15:54; 9. Jessica Pound, Poway, 15:54; 10. Noelle Magana, Vista, 15:55.

At Fresno (3.1 miles):

8. Becker, BV, 18:38; 22. Pickett, MC, 19:11; 26. J. Rohde, F, 19:25; 37. Pound, P, 19:40; 39. Lisa Callan, P, 19:41.

Mt. Carmel returns two girls from their team that finished 4th at State. Poway returns four girls from their 7th-place team.

#### Division II:

Eight of the top ten CIF runners are back, including the top three. Last year:

1. Stephanie Nelle, Valhalla, 15:29; 2. Danica Buckley, Valhalla, 15:38; 3. Angel Reed, El Camino, 15:43; 5. Jessica Anderson, Carlsbad, 15:44; 6. Kristi Jenkins, El Capitan, 15:47; 7. Larissa Gregerson, El Capitan, 15:49; 8. Jenny Card, El Capitan, 15:54; 9. Kelley Peterson, Escondido, 15:56.

At Fresno:

11. Buckley, V, 19:02; 23. Gregerson, EC, 19:20; 25. Anderson, Car, 19:23; 26. Nelle, V, 19:25; 30. Sandi Rabie, Torrey Pines, 19:31.

El Capitan returns five girls from their 6th place State finisher. Torrey Pines returns five girls from their 10th place team.

#### Division III:

Eight of the top ten CIF finishers return, including the CIF champ. Last year:

1. Michelle O'Connor, Our Lady of Peace, 15:55; 3. Vanessa Hanley, USDHS, 16:11; 4. Atuan Patton, USDHS, 16:12; 6. Sarah Janes, OLP, 16:20; 7. Leah Walkey, La Jolla, 16:29; 8. Erin Shea, USDHS, 16:30; 9. Erin Kilian, Ramona, 16:32; 10. Jaymie Harper, Santana, 16:38.

At Fresno:

12. M. O'Connor, OLP, 19:02; 27. Hanley, USDHS, 19:28; 35. S. O'Connor, OLP, 19:38; 41. Shea, USDHS, 19:49; 42. Janes, OLP, 19:50.

OLP returns (on paper) all seven of their runners from the State's 6th-place team. La Jolla returns four runners from their 12th place team.

#### Division IV:

Only two of the top ten runners from CIF return. Last year:

1. Jessica Lunt, Coronado, 16:46; 5. Katherine Zabloudil, Bishop's, 17:47.

At Fresno:

16. Lunt, C, 20:02.

NOTE: Bishop's junior runner Marissa Hurwitz was the 1992 CIF champ as a frosh, running 15:50. She battled injuries last year.

### BOYS:

#### Division I:

Seven of the top ten CIF runners return, although finishers 1-2-3 are gone. Last year:

4. Ruben Carrillo, Chula Vista, 16:03; 5. Trevor Sybert, Vista, 16:06; 6. Greg Nett, Mt. Carmel, 16:14; 7. Jason Land, Vista, 16:14; 8. Larry Henderson, Mira Mesa, 16:17; 9. Jose Ramirez, Chula Vista, 16:22; 10. Jose Barajas, Sweetwater, 16:27.

At Fresno:

23. Sybert, V, 15:57; 27. Carrillo, CV, 15:59; 33. Nett, MC, 16:04; 42. Henderson, MM, 16:13; 47. Jorge Martinez, CV, 16:24.

Chula Vista returns all seven of their runners from the State's 7th place team. Vista (9th) returns five of their seven.

#### Division II:

Four of the top ten CIF runners return. (NOTE: Scripps Ranch will compete in this division this year.)

2. Manuel Romero, San Pasqual, 15:44; 4. Ayub Abdusalam, Hoover, 16:07; 8. David McQuitty, Grossmont, 16:21; 9. Tom Kloos, El Camino, 16:09.

At Fresno:

11. Romero, SP, 15:44; 23. Abdusalam, H, 16:02; 32. Kloos, EC, 16:09; 48. Juan Alfaro, San Pasqual, 16:26; 51. Jonathan Holmes, Mission Bay, 16:27.

Mission Bay (2nd) returns two runners. San Pasqual (4th) returns three.

#### Division III:

On paper, five of the top ten CIF finishers were underclassmen. However, Scripps Ranch is now in Division II. Last year:

2. Kevin Bowes, Scripps Ranch, 15:58; 3. Shilo Glass, Ramona, 16:11; 5. Ross Damman, USDHS, 16:20; 8. Martin Reyes, St. Augustine, 16:32; 10. David Romero, ScrRch, 16:39.

At Fresno:

5. Bowes, SR, 15:47; 11. Glass, R, 15:56; 15. Romero, SR, 15:58; 37. Damman, USD, 16:29; 46. Reyes, SA, 16:41.

Scripps Ranch (2nd) returns top six runners, but will move up. St. Augustine (4th) returns three runners.

#### Division IV:

On paper, nine of the top ten at CIF, including 1 through 8, re-



Kelley Peterson, Escondido, Mariel Gray, Mira Mesa, and Devon Straitiff, Torrey Pines, at the Bronco



Leah Walkey, La Jolla

Manuel Romero, San Pasqual

turn. However, both O'Connors from Calvin Christian have transferred to San Pasqual. Last year:

1. Trevor Clarke, Coronado, 16:43; 2. Erin O'Connor, Calvin Christian, 17:22; 3. Mike Aguilar, Coronado, 17:34; 4. Todd Lewis, Julian, 17:36; 5. Derrick Davis, Clairemont, 17:37; 6. Brian O'Connor, Calvin, 17:43;

7. Ajani Brown, Gompers, 17:44; 8. Tim Cates, Gompers, 18:01; 10. Ryan Swanson, Tri City Christian, 18:20.

At Fresno:

20. Clarke, Cor, 16:33; 36. Aguilar, Cor, 16:54; 74. Lewis, J, 17:34; 83. Cheyne Jones, Coronado, 17:44; 85. Davis, Claire, 17:47.

## Cross Country Rankings (Coaches' Poll)

### BOYS:

1. Scripps Ranch
2. Chula Vista
3. Vista
4. Rancho Bernardo
5. Mt. Carmel
6. Ramona
7. Hoover
8. San Pasqual
9. Grossmont
10. Poway

### GIRLS:

1. Torrey Pines
2. Vista
3. Poway
4. El Capitan
5. Fallbrook
6. San Pasqual
7. West Hills
8. USDHS
9. Mira Mesa
10. Scripps Ranch



## Brief Looks at What's New at Area's Schools

**Ramona High's girls** team must be wondering what they have to do to attract attention in the coaches' poll. The Bulldog boys are placed sixth in the latest ratings, but the girls are nowhere to be found.

Maybe the raters missed Ramona's impressive showing at the Mt. Carmel/Movin' Shoe Invitational last week.

In Division II, Ramona placed their top girl no lower than fourth in each of the grade level races.

For the record, they took first, third, 10th and 18th in the freshman race; they placed second in the sophomore race; were fourth in the junior race; and were fourth in the senior race.

No other small school ranked so well across the board. San Pasqual, La Jolla, Carlsbad, Bishop's, Hilltop, Helix, Scripps Ranch, Santana and Sweetwater were among Ramona's rivals at the meet.

**You think it's been hot** where you are? Try running in Borrego Springs, where the local high school will field a team this year. Coach John Quirk has five boys and two girls working in the desert heat. "The first few workouts were in 108-degree heat," he said. "After that, we decided to run just before sundown." Quirk's squad is comprised of novice runners and he's bringing them along slowly. Running in the desert is not without its rewards, however. "We were running a workout in Hellhole Canyon," Quirk said, "and a group of runners encountered six Bighorn Sheep. Running is not just about competition. Our kids are also getting the aesthetics of it."

**Scripps Ranch will never** be accused of not seeking good competition in the early season.

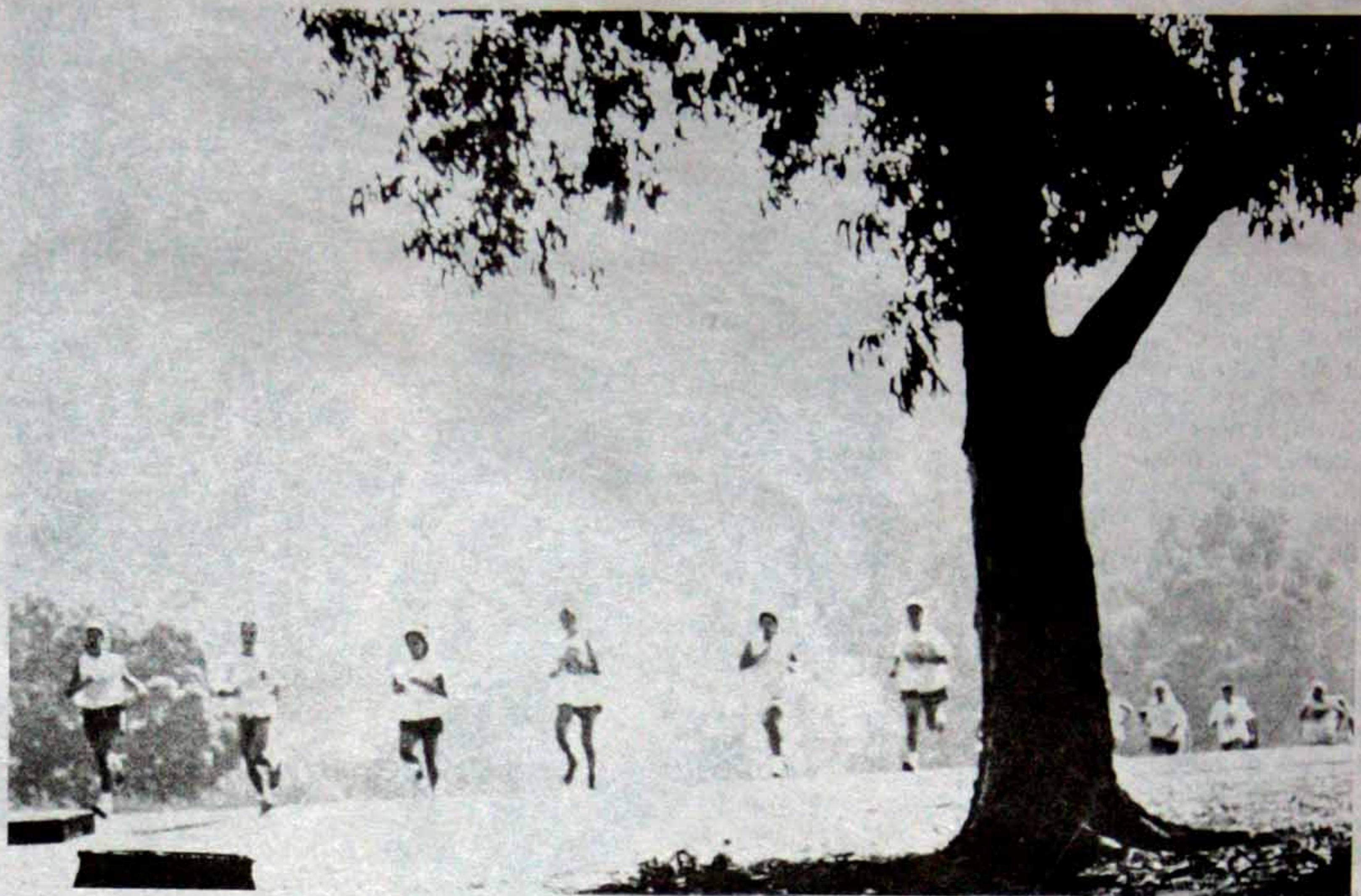
Coach Bob Oliver's squad has already ran a dual with Vista and a tri-meet with Chula Vista and Rancho Bernardo, which was Wednesday.

The team also entered the large schools competition at the Mt. Carmel/Movin' Shoe Invitational senior race.

**San Dieguito High has** lost star runner Amy Haase.

Haase, a junior, moved to Indianapolis. Last year, as a sophomore, Haase ran 1600 meters in 5:00.2 and was the CIF champ at 3200 meters (10:51.4).

It is unclear if Haase will continue to pursue her running career in the Midwest. San Dieguito coach Matt Cunningham indicated that Haase may elect to play soccer, which is a fall sport in Indiana. Haase was a noted multi-sport talent while at San Dieguito, and, in fact, passed up a chance to compete in the CIF 1600 so she could race in a swim relay at the CIF swim championships, held the same day.



*Our Lady of Peace runners do wind sprints in Balboa Park.*

**Shannon O'Connor** has transferred from Our Lady of Peace to La Jolla High School.

O'Connor, who is now a sophomore, was a key member of OLP's CIF Division III champs last year. Ironically, La Jolla was the runner-up to OLP in that meet.

O'Connor was second in the Harbor League finals, finishing behind sister Michelle O'Connor. She later ran 19:38 for 5K at the State Meet in Fresno, and was the third girl from the San Diego Section to finish in the Division III race.

**Santa Fe Christian** has officially dropped cross country this year, after fielding a team for the last two years. Coach Sherri Svendsen is no longer working at Santa Fe.

Athletic Director Clark Gilbert pulled the plug on the harriers. "He just told me it was because of intangibles," Svendsen said.

Svendsen, who was also the school's track coach, took an individual qualifier to Fresno in 1992.

**La Jolla High might have** the county's largest team. The Vikings field 84 athletes.

Coach Chuck Boyer's boys team has 30 runners, while girls coach Tom Dorman has 54 on his roster at last count.

**Julian High returns ace** Todd Lewis, who is gearing up for a run at qualifying for the state meet for the fourth year in a row.

Lewis has moved up in the CIF standings each year, and was fourth in Division IV last fall. Coach Bill Porter, now in his sixth year at Julian, related that Lewis has, for the first time, trained during the summer.

Last year's number two runner, Aaron Voss, also returns. Porter expects a big improvement from Voss, who last spring ran track for the first time and also kept in shape over the summer months.

**At Army-Navy Academy**, first-year coach Eddie Magwood will probably field a team that will contend for the Southern Conference title.

The team has a pair of aces in junior Robert Frailing, fifth in the league last year, and senior Jason Tullius, who was a close second in the league's 1600 meters in track.

Providing depth will be a new face, freshman Dan Nitta, who Magwood reports has been pushing the top two in practices.

The all-boys school has 16 runners on the squad. They are awaiting their first competition.

**Our Lady of Peace** and St. Augustine have been moved into the already tough Western League this year.

The two schools were dominant in the Harbor League last year. In the boys race, St. Augustine runners took the first four spots in the league's championship meet, and five of the top seven overall.

OLP also blitzed the competition in the league finals. They placed eight girls in the top ten, including the top two and six of the first seven.

**Tri-City Christian** always struggles to field a team (they are the smallest school in the county to compete in cross country), but always has quality.

Defending league champ Ryan Swanson returns for his senior year. "He seems much stronger this year," coach Lee Swanson said. "He was disappointed in how he finished up last year." Swanson became ill just before the CIF meet last year and finished tenth. Coach Swanson has three other "serious runners" this year and traditionally fills out his squad with basketball players in training.

Standout Vista freshman Natalie Forsyth attended Tri-City for years before finally transferring.

**La Jolla Country Day** also has a new coach in Pat Wagner. He's building from scratch, with only returning runner from last year. While former Torre Ty Stewart romps for Scripps Ranch, Wagner is building a base. He has eleven runners, all boys. At the Mt. Carmel Invite, a freshman, Noah Lidman, was 17th in the Division II Boys Freshman race, in 18:47.

**Calvin Christian's boys** program suffered a significant loss for the second year in a row. Last year, defending league champion Mike Aldrink moved to Florida for his senior year. Now, Calvin must deal with the loss of last year's number one and two runners, twins Erin and Brian O'Connor, who have transferred to San Pasqual.

The O'Connors, who are juniors, led the team to the league championship last year, finishing second and third in the loop's championships. They then helped the Crusaders to second in the CIF Meet, as Erin was second and Brian was sixth.

Coach Linda Marcus, now in her third year, does return four of last year's top five, and the school has a tradition of being a strong presence by season's end.

Marcus expects Jacob Young, 10th in the league last year, to step up to the number one slot. Nathan Hall, Jason Phillips and Doug Kok are other veterans of last year's state meet qualifiers.

Calvin's roster numbers 18 boys and 7 girls.

Sophomore Leslie DeJager has made a big jump in ability this year after a good summer of training. "She's a lot stronger this year," Marcus said.

DeJager set the tone with a 13th-place run in Mt. Carmel Sophomore Girls Race last week. She ran 17:57 for the 2.5 miles. Newcomer Amanda Shipley is the number two girl.



## Scripps Ranch

Continued from page three.

to be let in to the large school seniors race at the Mt. Carmel Invitational last week. There, Scripps raced against Thousand Oaks, Jesuit of Carmichael, Hart of Newhall and other powers.

They held their own. Senior Kevin Bowes was eighth, and number four finisher Afran Abutin was 22nd, and 42 seconds behind. Ty Stewart, who might be the team's third man, got a bad start in the race, battled the pack and had an off day.

Bowes is the acknowledged fastest man. He was second in the section meet last year, to Mark Hauser, and he was fifth in Fresno, running 15:47.

David Romero is a talented number two man. He was 10th at CIF, and 15th at State, in 15:58.

Last year saw a dropoff to the number three-four-five-six runners, but that's largely disappeared, according to Oliver.

The pack includes Abutin, Stewart, Chad Livesay and Brent Bolton. All but Bolton are seniors.

"What I'm working on is the mental aspect," Oliver said. "It's a matter of taking them to the next step. They've been successful here (in the San Diego Section meet), but they need to be ready for that tough State meet."

"Everything is different up there. You might have a kid who normally is right up at the front in all of his races and up there (in Fresno) he finds himself in 25th place, with runners all around him. Sometimes, it's tough to handle."

"The kids have build a nice summer base, and now we're doing hills and gradually getting ready to shift into intervals later in the year," Oliver said.

The challenge for the boys team is that, "Everybody thinks that they should win," Oliver said.

The Scripps girls team is a surprise to many. When the boundaries were established, Mira Mesa lost most of their boy runners, but kept most of their girls. So Oliver is building, and quickly.

Sarah Schmidt, a junior, was fifth in the Section 3200 last May, running 11:31 as a sophomore. She's a legitimate talent.

She is supported by two sophomores, Laren Freiser and Kim Rogoff, a freshman, Kristina Stasko, and juniors Lisa Oliva and Tricia Hoste.

Stasko, says Oliver, is "a real jewel. She is going to be fairly good."

Senior Jill Hannaman, who played field hockey for three years, has decided to run. She's a 2:24 800-meter runner.

The Scripps girls narrowly lost to Vista in a dual meet recently, and that caught the attention of area coaches, who now rank the girls tenth, just behind, ironically, Mira Mesa.

"I understand that Vista didn't run quite a few of their good runners in that race," Oliver said.



Ayub Abdusalam, Hoover



Gabe Popoff, Bishop's



Shilo Glass, Ramona



Jenny Roane, Ramona

## Davis' 2-Mile American Best

San Diego High School product **Marc Davis** seems to have come into his own on the world racing circuit.

Davis, racing in Goteborg, Sweden on August 24, ran the fastest time ever by an American in the seldom-contested two-mile run. Davis' time of 8:12.74 was more than four seconds faster than the old "record," set by Marty Liquori 19 years ago.

Two days earlier, Davis had achieved a personal record in the 1500, running 3:36.31. He is also the current national champ in the 3000-meter steeplechase.

While at San Diego, Davis won the Kinney (now Footlocker) Cross Country Championships.

**Mebratom Keflezighi**, another former San Diego High great, is now racing for UCLA.

On Saturday, while the area's high schoolers were racing at Morley Field, Keflezighi was running on the other side of Balboa Park. He placed first at the 51st annual Aztec Invitational, running 8-kilometers in 25:05.

**Brent Noon** (ex-Fallbrook), is the ninth-ranked shotputter in the world, at least by early September. Noon has thrown 67-9 3/4. He is the sixth American on the list. Noon now attends the Uni-versity of Georgia.

1992 Olympic 100-meter champ **Gail Devers** (Sweetwater alum) has missed most of the 1994 track season with injuries. She ran in only a handful of meets, and has a best time of 11.12 this year.

**Francis O'Neill** (San Pasqual alum), who was the 1989 state 1600-meter champ, is now at Kansas State.

He has run the 3,000-meter steeplechase in 8:29.64.

## Scripps Moves to Division II

Scripps Ranch will be moving up in class this year. The Falcons, who were second in the State Cross Country Championships as a Division III school, now will compete in Division II.

There is a possibility that West Hills may also make the move. Section Commissioner Kendall Webb told the cross country advisory committee that he would check on the current enrollments figures at the Santee school.

West Hills currently allows open enrollment within the Grossmont High School District, and has reportedly increased their numbers significantly.

St. Augustine and Our Lady of Peace will leave the Harbor League and compete in the Western League. There, both schools will contest with powers like La Jolla, Mission Bay, Scripps Ranch, and USD.

Other items from the Cross Country Coaches Advisory Meeting, held September 13:

The North County will be the host conference for this year's CIF Cross Country meet. Orange Glen coach Mike Cummings will be the meet director.

The advisory committee will seed the top eight teams in each division. Seeding meeting is November 14.

The playoff committee will consider allowing spring track and field practice to begin on the first day of the spring semester.



# The Hills Have Runners: El Cap, West Hills, Santana All Tough

In the Grossmont League, the balance of power has shifted all over the map over the years.

The older, established schools, such as Grossmont and Helix, were the loop's big guns at one time.

There was a time when Spring Valley teams Mount Miguel and Monte Vista ruled the roost.

The El Cajon teams, Granite Hills, Valhalla and El Cajon Val were at one time the league's best.

Now, the league's strong point is the Lakeside/Santee area.

El Capitan is currently regarded as the best all-around school in both boys and girls track and cross country in the Grossmont circuit.

Coaches Dick Wilkins (boys) and Bill Cleves (girls) are recognized as among the best in the county by their peers.

Cleves' girls are always a factor in Division II of the CIF, and this year is no different.

The Vaqueros won their division last year, beating Torrey Pines.

From that team they return the top three plus two others from the group of seven that was sixth in the state.

Juniors Kristi Jenkins and Larissa Gregerson and senior Jennifer Card were all-CIF last year, taking sixth, seventh and eighth in the Section Finals.

At Fresno, Gregerson ran 19:20 for the 5,000 meters, and placed 23rd. Card and Jenkins both made the top 50.

The team also included Carrie Vickery and Sarah Jagers, who are both now seniors.

"We're a little bit ahead of where we were at this time last



Alexis Rendina, West Hills

year," Cleves said. The Vaqueros have a habit of peaking at the right time.

"We were ahead of them in mid-October last year," Torrey Pines coach Brent Thorne said. "But they were there at the end."

The Santee schools are showing surprising strength.

It was supposed to be a down year at West Hills.

After all, the boys team couldn't help but miss runners like Ryan Bartell, Mike Lang and Ryan Newstrum, who were 7th, 9th and 32nd at the State Meet.

But coach Pat Connolly's squad is still tough.

His new number one, Stewart Blain, is a 4:20 1600-meter

runner, and Aaron Blood is a strong number two runner.

Blain's success at track last spring was a surprise to some. He qualified for the CIF Finals as an alternate, but ended up taking fourth in the loaded 1600. Blood was a 10:12 3200-meter man and "has a lot of potential," according to Connolly.

Freshman Dustin Diaz has run well in the early season and lends depth to the squad.

"It'll be an interesting year. We have some good young kids," Connolly said.

Coach Larry Pear's West Hills girls are a precocious bunch. His top six includes three freshmen and three sophomores.

They ran in the varsity race at the Woodbridge Invitational last week and finished second behind Corona Del Mar.

Pear reported that his top five had a 59-second spread at the finish.

Freshman Alexis Rendina leads the pack. She was fifth at Woodbridge, running 19:17 for 3.0 miles.

Soph Jennifer Holdzkom and frosh Shelley Van Winkle were 16th and 17th in that race, both clocking 20:04.

Sophs Heather Holford and Hannele Stephens were 20th and 22nd, in 20:13 and 20:15.

Pear noted that the second through fifth runners all passed the two-mile point of the race within three seconds of each other.

The Wolfpack (great name) have caught the attention of the other coaches already. The girls were rated seventh in the county.

At Santana, coach Dave Harper is also building a program.

The girls team is young, talented and enthusiastic.

The leader is sophomore Jaymie Harper, who was 10th at CIF last year as a frosh. She's been sharp so far this year, running well at the early invitationals.

Last week, she was fourth in the small schools sophomore race at the loaded Mt. Carmel Invitational.

At the Bronco Roundup a week before, she was runner-up in the small schools girls varsity race, beating runners like USD's Vanessa Hanley and Erin Shea.

The team is rounded out by junior Kristi O'Grady (10th in her race at Mt. Carmel), sophomore Milinda Benitez (16th at Mt. Carmel), and freshmen Gabi Cannon and Kerie O'Grady (13th and 14th at Mt. Carmel).

"The girls trained hard all summer," coach Harper said. "They have a good base."

Harper, the father of Jaymie, has had a long running career, including winning the CIF mile three years in the row. He ran the distance in just over 4:12 while at Clairemont High School.

About his girls being competitive, Harper said, "Were close."

With all this training going on in the Lakeside/Santee area it is inevitable that teams of runners cross paths on training runs.

"Sometimes our kids will see one of the other teams on a run," Harper said. "It's a rivalry, but a friendly one."

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## Mt. Carmel/Movin' Shoe Invitational:

**MT. CARMEL/MOVIN' SHOES INVITATIONAL:**  
at Morley Field, Saturday, September 17. Weather: Mostly clear and sunny, warming by mid-day. Race distance: Girls, 2.5 miles; Boys, 2.9 miles.

### SENIOR GIRLS (Division I):

1. Claire Becker, Bonita Vista, 15:45; 2. Sandy Rabie, Torrey Pines, 16:19; 3. Taryn Lawson, Ocean View (Huntington Beach), 16:26; 4. Melanie Pickett, Mt. Carmel, 16:26; 5. Bridget Roy, Thousand Oaks, 16:34.

6. Mariel Gray, Mira Mesa, 16:36; 7. Sharlene Downing, Cheyenne, 16:39; 8. Sharon Rohde, Fallbrook, 16:39; 9. Carrie Hemerick, TPines, 16:40; 10. Angela Shea, Vista, 16:43.

11. Jenny Card, El Capitan, 16:44; 12. Lisa Callan, Poway, 16:52; 13. Kay E., Hart (Newhall), 17:04; 14. Masuda, OView, 17:10; 15. Jamie Simpkins, Temecula Valley, 17:35.

16. Sarah Jagers, ElCap, 17:51; 17. Thuy Nguyen, BonV, 17:55; 18. Kathryn Cook, Fall, 17:56; 19. Melissa Carter, San Marcos, 18:00; 20. Aura Detrinidad, Chula Vista, 18:02.

21. Jennifer Payton, TemV, 18:02; 22. Traci Joy, MtC, 18:02; 23. Heather Bryce, Camarillo, 18:03; 24. Becky Noonan, Cam, 18:04; 25. Jackie Diaz, Vis, 18:08.

### SENIOR GIRLS (Division II):

1. Theresa Beck, Murrieta Valley, 16:51; 2. Christy Beckman, San Pasqual, 17:04; 3. Marcy Marcus, SPsq, 17:35; 4. Marcy Phillips, Ramona, 17:35; 5. Gabe Popoff, Bishop's, 18:12.

6. Jennifer Lentz, Eastlake, 18:22; 7. Jennifer Wilson, Norco (Corona), 18:27; 8. Autumn Otjens, Helix, 18:27; 9. Katherine Zabloudil, Bish, 18:29; 10. Nichola Lowry, Bish, 18:33.

11. Cristina Delgardillo, Hilltop, 18:33; 12. Halle Marless, La Jolla, 18:47; 13. Susie Alvarado, Nor, 18:52; 14. Amy Rose, Nor, 18:57; 15. Tiffanie Bird, Clark, 19:01.

16. Griselda Orosco, Carlsbad, 19:02; 17. Jennifer Schwabe, Clark, 19:17; 18. Ebony Johnson, Sweetwater, 19:36; 19. Mimi Luchans, Patrick Henry, 19:37; 20. Adriana Medina, Swe, 19:49.

### JUNIOR GIRLS (Division I):

1. Kim Mortensen, TOaks, 15:26; 2. Devon Straitiff, TPines, 15:59; 3. Tara Marsden, TOaks, 16:10; 4. Jinna Rohde, Fall, 16:20; 5. Sonia Rodriguez, Vis, 16:34.

6. Alison Feinstein, TOaks, 16:41; 7. Larissa Gregerson, El Cap, 16:44; 8. Debbie Hughes, SMarc, 16:51; 9. Katie Scherre, TOaks, 17:04; 10. Christy Bradshaw, OView, 17:06.

11. M. Cartier, Hart, 17:18; 12. Sarah Percy, TPines, 17:22; 13. Michelle Ciciarelli, MtC, 17:24; 14. Mellisa Bonds, Cam, 17:26; 15. K Thorn, Hart, 17:31.

16. Megan Lewis, TemV, 17:31; 17. Jennifer Grooms, MirM, 17:32; 18. Meghann Phillips, BonV, 17:35; 19. Jennifer Lindsay, Grossmont, 17:40; 20. Tiffany Kinder, Vis, 17:42.

### JUNIOR GIRLS (Division II):

1. Leah Walkey, LJ, 16:25; 2. Jessica Anderson, Carl, 16:37; 3. Sarah Schmidt, Scripps Ranch, 16:42; 4. Erin Kilian, Ram, 16:47; 5. Heather Eck, Clark, 16:54.

6. Bobbi Rabb, Mountain View (Ariz.), 17:01; 7. Patt Beltran, Hill, 17:20; 8. Jessica Lunt, Coronado, 17:23; 9. Silvia DeFaria, MurrV, 17:24; 10. Kristi O'Grady, Santana, 17:25.

11. Heflin-Laurel, Nor, 17:35; 12. Lea Ann Aufengarten, Hlx, 17:55; 13. September McHugh, Sant, 17:57; 14. Emily Pfau, MView, 18:06; 15. Maria Moreno, Crawford, 18:07.

16. Claire Wells, SPsq, 18:18; 17. Clare Flahert, MView, 18:18; 18. Geneva Parker, Swe, 18:23; 19. Mary-Beth Muchmore, Bish, 18:46; 20. Nechele Fabiana, Mount Miguel, 18:48.

### SOPH GIRLS (Division I):

1. Melissa Aronson, Hemet, 15:52; 2. Jessica Pound, Pwy, 16:00; 3. Tricia Mattson, Fall, 16:33; 4. Ann Koscki, Pwy, 16:48; 5. Rosie Costello, BonV, 16:49.

6. Lisa Vasek, Pwy, 16:51; 7. Marci Cox, Chey, 16:51; 8. Devon Lasiter-Thurber, Vis, 16:54; 9. Sharunn Downing, Chey, 16:51; 10. M. Prella, Hart, 16:56.

11. Kristin Roth, TPines, 17:09; 12. L. Klinger, Hart, 17:11; 13. Noelle Magana, Vis, 17:14; 14. Christine Alford, MtC, 17:28; 15. Gina Rennix, Orange Glen, 17:36.

16. Tamra Savage, TOaks, 17:39; 17. J. Sullivan, Hart, 17:40; 18. Ami Ideker, TemV, 17:51; 19. Alisa Thwing, MirM, 17:54; 20. Sara McManus, TPines, 18:02.

Continued on next page.



## Mt. Carmel (Cont.):

### SOPH GIRLS (Division II):

(Note: Course in this race varied slightly from other girls races.)

1. Erin Doherty, Flowing Wells, 15:38; 2. Veronica Clark, Ram, 15:41; 3. Shannon O'Connor, LJ, 16:03; 4. Jaymie Harper, Sant, 16:14; 5. Jessica Cabrera, Swe, 16:51.

6. Katie Oberg, Salpointe Catholic (Arizona), 16:57; 7. Lauren Freiser, ScrR, 16:59; 8. Victoria Gomez, MurrV, 17:03; 9. Brianna Ellis, MView, 17:07; 10. Kelly Stoltz, Salp, 17:42.

11. Erin Berhman, SPsq, 17:45; 12. Sara Sullivan, SPsq, 17:53; 13. Leslie DeJager, Calvin Christian, 17:57; 14. Jill Johnson, SPsq, 18:01; 15. Michelle Klein, SPsq, 18:03.

16. Milinda Benitez, Swe, 18:17; 17. Amanda Gonzalez, FloW, 18:18; 18. Kim Rogoff, ScrR, 18:21; 19. Jennilese Hafen, Hill, 18:23; 20. Tina Torge, Monte Vista, 18:27.

### FROSH GIRLS (Division I):

1. April Lyon, Hesperia, 15:49; 2. Bethany Bogart, TPines, 16:44; 3. Danielle Valentino, TPines, 16:49; 4. Salina Diaz, TemV, 16:54; 5. Jacyln Nolan, TPines, 16:54.

6. Erin Sorensen, TOaks, 17:05; 7. Jennifer Hohnbau, TemV, 17:23; 8. Becca Instone, TPines, 17:24; 9. Julie Davidson, Vis, 17:35; 10. Natalie Forsyth, Vis, 17:45.

11. Katie Cottrell, OGLn, 17:46; 12. Cara Rumble, OGLn, 17:47; 13. Darlene Lee, Vis, 17:52; 14. Kasey Shemwell, Pwy, 18:02; 15. Stephanie Overton, TOaks, 18:06.

16. Kendra Goffredo, OGLn, 18:10; 17. Ingrid Johansen, Cam, 18:11; 18. Heather Christofk, SMarc, 18:12; 19. Jessica Zarndt, Chey, 18:15; 20. Alexis Gutierrez, SMarc, 18:19.

### FROSH GIRLS (Division II):

1. Jenny Roan, Ram, 17:04; 2. Mandy Ash, FloW, 17:07; 3. Sarah Shepard, Ram, 18:01; 4. Shelby Stanger, LJ, 18:03; 5. Kristina Stasko, ScrR, 18:17.

6. Mia Solvesson, LJ, 18:44; 7. Erin Glazer, El Camino, 18:55; 8. Elizabeth Roger, Clark, 18:57; 9. Rebecca Fitzgerald, Clark, 18:57; 10. Melissa Mitchell, Ram, 19:08.

11. Kimi Larson, MView, 19:11; 12. Serena Grippio, SPsq, 19:11; 13. Gabi Cannon, Sant, 19:15; 14. Kerie O'Grady, Sant, 19:20; 15. Alison Gordon, Bish, 19:37.

16. Sunny Nordmarken, LJ, 19:43; 17. Jackie Butterfield, Clark, 19:44; 18. Audrey Harrison, Ram, 19:46; 19. Romy Segall, LJ, 20:01; 20. Gosselin Carly, MontV, 20:01.

### SENIOR BOYS (Division I):

1. Brent Strahan, Hart (Newall), 14:31; 2. Eleazar Hernandez, Camarillo, 14:32; 3. Keith O'Doherty, Thousand Oaks, 14:37; 4. Peter Gilmore, Palisades, 14:44; 5. Stember, Jesuit (Carmichael), 14:49.

6. Trevor Sybert, Vista, 14:49; 7. Tom Kloos, El Camino, 15:14; 8. Kevin Bowes, Scripps Ranch, 15:16; 9. Ruben Carrillo, Chula Vista, 15:28; 10. Jeremy Park, Cam, 15:28.

11. Greg Nett, Mt. Carmel, 15:28; 12. Doug Frichtel, Hemet, 15:31; 13. Gerardo Guevara, San Marcos, 15:33; 14. J. Givens, Hart, 15:34; 15. Jason White, ChuV, 15:36.

16. Dan Welsh, Jesu, 15:38; 17. Jesse Kimball, Temecula Valley, 15:49; 18. Dave Romero, ScrR, 15:49; 20. unid., Ocean View (Huntington Beach), 15:54.

21. Chad Livesay, ScrR, 15:55; 22. Afran Abutin, ScrR, 15:58; 23. Alberto Carmuna, Cam, 15:58; 24. William Dunigan, MtC, 15:59; 25. David Myers, Jesu, 15:59.

### SENIOR BOYS (Division II):

1. Manuel Romero, San Pasqual, 15:03; 2. Lee Doherty, Flowing Wells, 15:11; 3. Shilo Glass, Ramona, 15:43; 4. Kevin Chappell, Helix, 15:58.

6. Martin Reyes, St. Augustine, 16:00; 7. Jason Barton, Southwest, 16:18; 8. Mike Aguilar, Coronado, 16:21; 9. Justin Vogt, Clark, 16:25; 10. Edward Agunos, Mount Miguel, 16:30.

11. Phil Lery, Patrick Henry, 16:31; 12. Brent Coe, Hlx, 16:36; 13. Alex Gonzales, PHnr, 16:38; 14. Bob Muckey, Hlx, 16:39; 15. J. C. Gross, StAu, 16:00.

16. Jerod Hatch, Murrieta Valley, 16:52; 17. Virgalem Tewelde, Crawford, 16:55; 18. Mike Urbanski, Salpointe Catholic (Arizona), 16:56; 19. Simon Hill, MtMgl, 16:57; 20. Oscar Noriega, StAu, 17:01.

### JUNIOR BOYS (Division I):

1. Ayub Abdusalam, Hoover, 15:01; 2. David McQuitty, Grossmont, 15:14; 3. Jason Land, Vis, 15:16; 4. Jeremy Lyon, Hesperia, 15:27; 5. Todd Disney, TOaks, 15:28.

Continued on next page.



James Adams, Ramona and David Schible, Mount Miguel



Tom Kloos, El Camino



Jessica Cabrera, Sweetwater



Kevin Chappell, Helix



Sharon Rohde, Fallbrook



## Mt. Carmel (Cont.):

6. Larry Henderson, Mira Mesa, 15:34; 7. Josh Carolan, TOaks, 15:38; 8. J. Duarte, Hart, 15:39; 9. Scott Abbott, Jesu, 15:41; 10. David Valencia, Jesu, 15:49.

11. S. Soler, Hart, 16:05; 12. Jose Ramirez, ChuV, 15:56; 13. Chris Gabriel, San Dieguito, 15:59; 14. Frichtel, Hemet, 16:01; 15. S. Soler, Hart, 16:05.

16. Tyler Mack, Torrey Pines, 16:06; 17. Alejandro Villa, Vis, 16:11; 18. Mike Campean, MtC, 16:16; 19. Joe Orlando, Jesu, 16:19; 20. Travis Kirtley, Poway, 16:21.

21. Ryan Coughlin, Fallbrook, 16:21; 22. Noah Randles, SDgto, 16:22; 23. Charlie Brenneman, Jesu, 16:31; 24. Robert Frost, Hemet, 16:32; 25. Brett Weaver, Fall, 16:38.

### JUNIOR BOYS (Division II):

1. Trevor Clarke, Coronado, 15:46; 2. Brent Bolton, ScrR, 16:00; 3. Galen Reid, Ram, 16:09; 4. Ricardo Lopez, Sweetwater, 16:16; 5. Jose Barajas, Swe, 16:26.

6. Kevin Gray, Monte Vista, 16:33; 7. Mike Camacho, Eastlake, 16:37; 8. Juan Nunez, Swe, 16:48; 9. Mike Staton, PHnr, 16:50; 10. Scott Gilroy, Salp, 16:50.

11. Seresent Abreha, PHnr, 16:53; 12. German Ruiz, FloW, 16:56; 13. Tedd Padgett, La Jolla, 16:57; 14. Zachary Read, Hilltop, 16:59; 15. Drew Monson, Salp, 17:06.

16. Jimmy Corcoran, Bonita Vista, 17:12; 17. Mike Klemmer, FloW, 17:15; 18. Ryan Coleman, ScrR, 17:15; 19. Jim McCall, Salp, 17:17; 20. Jason Talbott, Coro, 17:17.

### SOPH BOYS (Division I):

1. J. Stewart, Hart, 15:51.7; 2. Steve Ketcham, Vis, 17:51.9; 3. Charley Hulsey, TPines, 16:00; 4. Mike Hills, Jesu, 16:05; 5. Matt Konold, Gro, 16:05.

6. Ryan Gallagher, TemV, 16:06; 7. Gonzalo Garcia, Vis, 16:07; 8. Brandon Benkosky, Granite Hills, 16:09; 9. Alvis Ramirez, Castle Park, 16:10; 10. Jonathan Welsh, Jesu, 16:15.

11. Nicholas Jacques, Hem, 15:25; 12. Cesar Rodriguez, Vis, 16:26; 13. Tony Harris, MirM, 16:28; 14. Jake McNeely, Pwy, 16:45; 15. Marland Impey, Pwy, 16:50.

16. Steve Daynes, Gro, 16:58; 17. J. R. Boling, Hem, 16:58; 18. Marco Huerta, ChuV, 16:59; 19. Mohamed Hassan, Hoo, 17:10; 20. S. Peterson, Hart, 17:13.

### SOPH BOYS (Division II):

1. James Adams, Ram, 16:13; 2. David Schible, MtMgl, 16:17; 3. Adam Brown, SPsq, 16:27; 4. Matt Borunda, StAu, 16:43; 5. Cheyne Jones, Coro, 16:47.

6. Bob Denny, Ram, 16:55; 7. Miles Shumilak, Bishop's, 16:58; 8. Ismael Pena, SPsq, 17:01; 9. Jorge Ramos, Ram, 17:04; 10. Tim Miller, Ram, 17:05.

11. Serafin Carrillo, MontV, 17:08; 12. Dave Shofstall, Ram, 17:10; 13. Kevin Hauser, StAu, 17:11; 14. George Escobar, Ram, 17:12; 15. Ray Negrete, Clark, 17:16.

16. unid. 17. Doug Singer, Santana, 17:30; 18. David Burke, xxxxx, 17:30; 19. Javier Gonzalez, Swe, 17:32; 20. Ray Anderson, ScrR, 17:34.

### FROSH BOYS (Division I):

1. Brandon Grady, Chey, 16:48; 2. Andrew Gharst, Pwy, 16:57; 3. Bart Romero, MtC, 17:08; 4. Andrew Smith, Vis, 17:15; 5. Mike Baskin, MtC, 17:27.

6. Rosario Martinez, ChuV, 17:34; 7. Kiflam Abraha, Gro, 17:35; 8. Justin Lucas, Pwy, 17:37; 9. Neil Harrington, Hesp, 17:42; 10. Bryon Avilla, TemV, 17:47; 10. Gerardo Richards, TemV, 17:59.

11. Gerardo Richards, TemV, 17:59; 12. Noelle Jones, Fall, 18:01; 13. Mike Helms, Pwy, 18:02; 14. Nick Gradt, Hem, 18:11; 15. Jose Zurita, ChuV, 18:16.

16. Nick Rivera, GHills, 18:18; 17. Ryan Franzen, Pwy, 18:19; 18. unid., Hesp, 18:27; 19. unid., Hart, 18:28; 20. Branden McGee, TemV, 18:28.

### FROSH BOYS (Division II):

1. Joe Urbanski, Salp, 16:07; 2. David Young, ElCam, 16:56; 3. David Dunbar, LJ, 17:00; 4. Alvaro Reyes, Ram, 17:20; 5. Thomas Romero, SPsq, 17:24.

6. Dustin Diaz, West Hills, 17:45; 7. Matt Marshall, FloW, 17:45; 8. Mike Dent, Salp, 17:47; 9. Amanuel Gebru, Hlx, 17:56; 10. Solomon Riskie, Hlx, 17:58.

11. Sam Upton, Salp, 18:03; 12. Paul Wilcox, ElCam, 18:16; 13. Brent Baumann, MView, 18:16; 14. Ray Chacon, LJ, 18:17; 15. Eric Meier, WHills, 18:41.

16. Brian Sullivan, StAu, 18:45; 17. Noah Lidman, La Jolla Country Day, 18:47; 18. Joel Barrett, MurrV, 18:54; 19. Nicholas Schafer, MurrV, 18:57; 20. Jimmy Lery, PHnr, 19:00.



Vanessa Hanley, University SDHS (left)

## West Hills Invitational:

at West Hills High School, Saturday, September 3. Weather: Sunny and warm.

### SENIOR BOYS (2.5 MILES):

1. Glass, Ramona, 13:36; 2. Blain, West Hills, 13:48; 3. Bachu, Hoover, 13:52; 4. Amiche, Hvr, 13:53; 5. Blood, WH, 13:55.

6. Almedon, Hvr, 14:09; 7. Koreski, El Cajon Valley, 14:31; 8. Acosta, Hvr, 14:40; 9. Guzman, Sweetwater, 14:49; 10. Rivas, ECV, 15:33.

### JUNIOR BOYS (2.5 MILES):

1. Abdusalam, Hvr, 12:50; 2. Lopez, Sw, 13:40; 3. Reid, Ramona, 13:57; 4. Read, Hilltop, 14:44; 5. Vasquez, R, 14:58.

6. Adragna, Santana, 15:04; 7. Aranda, Sw, 15:08; 8. Perez, Hill, 15:12; 9. Mendoza, Hill, 15:15; 10. Stachelski, ECV, 15:24.

### SOPHOMORE BOYS (2.5 MILES):

1. Jasso, Sw, 13:47; 2. Miller, R, 13:57; 3. Adams, R, 14:06; 4. Escobar, R, 14:12; 5. Singer, Sant, 14:14.

6. Abdullahi, Hvr, 14:16; 7. Ramos, R, 14:39; 8. Denny, R, 14:39; 9. Nagao, WH, 14:50; 10. Gallarzo, Sw, 14:59.

### FRESHMAN BOYS (2.05 MILES):

1. Young, El Camino, 11:10; 2. Diaz, WH, 11:35; 3. Dunbar, La Jolla, 11:36; 4. Reyes, R, 11:54; 5. Vega, Sw, 11:55.

6. Meier, WH, 12:24; 7. Wilcox, ECV, 12:31; 8. Griego, R, 12:33; 9. Mendoza, Hill, 12:53; 10. Chacon, LJ, 12:54.

### SENIOR GIRLS (2.05 MILES):

1. Hanley, USDHS, 13:24; 2. Popoff, Bishop's, 14:05; 3. Walters, La Jolla, 14:15; 4. Delgadillo, Hilltop, 14:22; 5. Zabloudil, B, 14:36.

6. Phillips, Ramona, 14:39; 7. Lentz, Eastlake, 14:50; 8. Markus, LJ, 14:50; 9. Lowry, B, 15:19; 10. Ikeuchi, Hill, 15:26.

### JUNIOR GIRLS (2.05 MILES):

1. Walkey, LJ, 12:39; 2. Rafferty, LJ, 13:43; 3. Kilian, R, 13:46; 4. Beltran, Hill, 13:47; 5. O'Grady, Santana, 13:58.

6. McHugh, Sant, 14:03; 7. Parker, Sweetwater, 14:24; 8. Tan, El Cajon Valley, 14:34; 9. Tarbel, R, 14:45; 10. Kremsdorf, LJ, 14:58.

### SOPHOMORE GIRLS (2.05 MILES):

1. Clark, R, 12:05; 2. Harper, Sant, 12:43; 3. O'Connor, LJ, 12:52; 4. Cabrera, Sw, 12:53; 5. Holdzkom, West Hills, 13:35.

6. Holford, WH, 14:03; 7. Stephens, WH, 14:10; 8. Cervantes, East, 14:38; 9. Hafen, Hill, 14:40; 10. Benitez, Sant, 14:57.

### FRESHMAN GIRLS (2.05 MILES):

1. Rendina, WH, 13:04; 2. Roane, R, 13:35; 3. Van Winkle, WH, 13:59; 4. Glazer, El Camino, 14:26; 5. Gordon, B, 14:33.

6. Aviles, WH, 14:54; 7. O'Grady, Sant, 15:11; 8. Mitchell, R, 15:17; 9. Weingartner, WH, 15:25; 10. Hewitt, WH, 15:40.



# Bronco Stampede:

## 4TH ANNUAL BRONCO ROUNDUP:

at Kit Carson Park, Saturday, September 10. Weather: Clear, sunny and continually warming. All races, 2.0 miles.

### DIVISION I BOYS VARSITY:

1. Lamont Henderson, Mira Mesa, 10:30; 2. Travis Kirtley, Poway, 10:39; 3. Jeff Meisner, Rancho Bernardo, 10:41; 4. Ryan Short, RB, 10:46; 5. Jim Dunigan, Mt. Carmel, 10:49.

6. Ryan Larson, RB, 10:52; 7. David Magnuson, Torrey Pines, 10:53; 8. Roger Delgado, MC, 10:59; 9. Mike Campean, MC, 11:03; 10. Charley Hulsey, TP, 11:04.

11. Tyler Mack, TP, 11:05; 12. Yee Feng, MC, 11:07; 13. Jesse Davis, P, 11:10; 14. Ben McClelland, MC, 11:11; 15. Fernando Blanco, Rancho Buena Vista, 11:12.

16. Jake McNeely, P, 11:16; 17. Giovanni Lopez, Escondido, 11:17; 18. Steven Meek, E, 11:22; 19. Marland Impey, P, 11:23; 20. Mike Brown, RB, 11:23.

21. Mike Wilson, RBV, 11:26; 22. Carlos Lopez, E, 11:26; 23. Kyle Barnard, RBV, 11:28; 24. Jaimal Hornbacher, RBV, 11:30; 25. Andrew Schuil, MC, 11:33.

### DIVISION II BOYS VARSITY:

1. Ayub Adusalam, Hoover, 10:19; 2. David McQuitty, Grossmont, 10:29; 3. Shilo Glass, Ramona, 10:36; 4. Ross Daman, USDHS, 10:57; 5. Matt Konold, G, 10:57.

6. Martin Reyes, St. Augustine, 10:58; 7. James Adams, R, 10:59; 8. Stewart Blain, West Hills, 11:03; 9. Aaron Blood, WH, 11:05; 10. Sefu Almedon, H, 11:07.

11. Julius Amicho, H, 11:09; 12. Francis Bachu, H, 11:11; 13. Tim Miller, R, 11:14; 14. Galen Reid, R, 11:15; 15. Kevin Hauser, StA, 11:16.

16. Steve Daynes, G, 11:21; 17. J. C. Gross, StA, 11:30; 18. Matt Borunda, StA, 11:38; 19. Julio Acosta, H, 11:42; 20. George Escobar, R, 11:45.

21. Jorge Ramos, R, 11:47; 22. Nasir Abdullahi, H, 11:50; 23. Jeremy Durant, StA, 11:51; 24. Brian James, StA, 11:52; 25. Mike Duggan, USDHS, 11:53.

### DIVISION I JV BOYS:

1. Rusty Dalrymple, P, 11:14; 2. Matt Dos Santos, MC, 11:26; 3. Eleazar Alvarado, E, 11:32; 4. Marc Larson, MC, 11:41; 5. Chris Farino, RB, 11:55.

6. Jake Gregerson, El Capitan, 11:57; 7. Brian Simpson, MC, 11:58; 8. James Santangelo, P, 12:02; 9. Victor Barbosa, RBV, 12:03; 10. Tim Scott, MC, 12:04.

### DIVISION II JV BOYS:

1. Bobby Denny, R, 11:45; 2. Aaron Adragna, Santana, 11:59; 3. Doug Singer, San, 12:18; 4. Minasse Ibrahim, H, 12:58; 5. Esayas Hagos, H, 11:59.

6. Pepe Munoz, R, 13:13; 7. Paul Qualin, R, 13:13; 8. Nick Hudson, R, 13:35; 9. Starr Lewis, WH, 13:55; 10. Jason Colley, G, 13:55.

### DIVISION I FROSH BOYS:

1. Tony Harris, MM, 11:08; 2. Matt Galaviz, RB, 11:11; 3. Eron Tello, RB, 11:29; 4. Andrew Garst, P, 11:50; 5. Mike Baskin, MC, 11:51.

6. Brian O'Connor, MC, 12:01; 7. Carlito Bantil, MM, 12:03; 8. Hever Chevez, RBV, 12:09; 9. Justin Lucas, P, 12:19; 10. Eric Armstrong, P, 12:22.

### DIVISION II FROSH BOYS:

1. Dave Mittendorf, USDHS, 11:44; 2. Alvaro Reyes, R, 11:56; 3. Kiflom Arraha, G, 12:41; 4. Dan Greiego, R, 13:14; 5. Colter Bollinger, G, 13:15.

6. Josh Stein, R, 13:25; 7. J. Malcolm, USDHS, 13:26; 8. Matt Lubacher, San, 13:34; 9. Brian Mishler, R, 13:36; 10. Tyson Oberndorger, G, 13:40.

### DIVISION I VARSITY GIRLS:

1. Devon Straitiff, Torrey Pines, 12:37; 2. Kelly Peterson, Escondido, 12:43; 3. Sandi Rabie, TP, 12:46; 4. Jessica Pound, Poway, 12:49; 5. Mariel Gray, Mira Mesa, 12:57.

6. Danielle Valentino, TP, 12:59; 7. Lisa Vasek, P, 13:00; 8. Larissa Gregerson, El Capitan, 13:02; 9. Ann Koscki, P, 13:17; 10. Jaclyn Nolan, TP, 13:17.

11. Lisa Callan, P, 13:20; 12. Kim Ricks, Mt. Carmel, 13:20; 13. Carrie Hemerick, TP, 13:21; 14. Melanie Pickett, MC, 13:22; 15. Lynne Hermanson, Rancho Buena Vista, 13:30.

16. Sharon Kilian, E, 13:33; 17. Kristin Roth, TP, 13:35; 18. Shawnele Cox, E, 13:35; 19. Jennifer Grooms, MM, 13:37; 20. Jennifer Card, EC, 13:42.

21. Erin Burke, TP, 13:47; 22. Christine Alford, MC, 13:51; 23. Kate Owea, RB, 13:54; 24. Amy Kitchen, RB, 13:54; 25. Maggie Johnson, MC, 13:55.

### DIVISION II VARSITY GIRLS:

1. Veronica Clark, Ramona, 12:44; 2. Jaymie Harper, Santana, 12:59; 3. Vanessa Hanley, USDHS, 13:10; 4. Alexis Rendina, West Hills, 13:22; 5. Erin Shea, USDHS, 13:32.

6. Erin Kilian, R, 13:36; 7. Shelley Van Winkle, WH, 13:42; 8. Jenny Holdzkom, WH, 13:43; 9. Kristen Epperson, USDHS, 13:44; 10. Stephanie Fischer, USDHS, 13:52.

11. Jenny Roane, R, 13:58; 12. Kristi O'Grady, San, 14:06; 13. Jennifer Lindsey, Grossmont, 14:07; 14. September McHugh, San, 14:09; 15. Heather Holford, WH, 14:17.

16. Hannele Stephens, WH, 14:19; 17. Lana Garner, Morse, 14:33; 18. Marcy Phillips, R, 14:40; 19. Milinda Benitez, San, 14:43; 20. Zoe Lieberman, G, 14:56.

21. Rachel Kalmar, G, 14:59; 22. Myra Ariles, WH, 15:01; 23. Nicole Tarbel, R, 15:05; 24. Renee De La Torre, G, 15:08; 25. Amy Morrison, USDHS, 15:14.

### DIVISION I JV GIRLS:

1. Casey Shemwell, P, 14:00; 2. Becca Instane, TP, 14:04; 3. Kristin Branch, TP, 14:17; 4. Sarah McManus, TP, 14:30; 5. Jessica Grooms, MM, 14:36.

6. Tiffany Fay, EC, 14:43; 7. Kim Fischer, P, 14:47; 8. Sarah Jagers, EC, 14:50; 9. Bryha Flaime, TP, 15:03; 10. Laura Hilton, TP, 15:03.

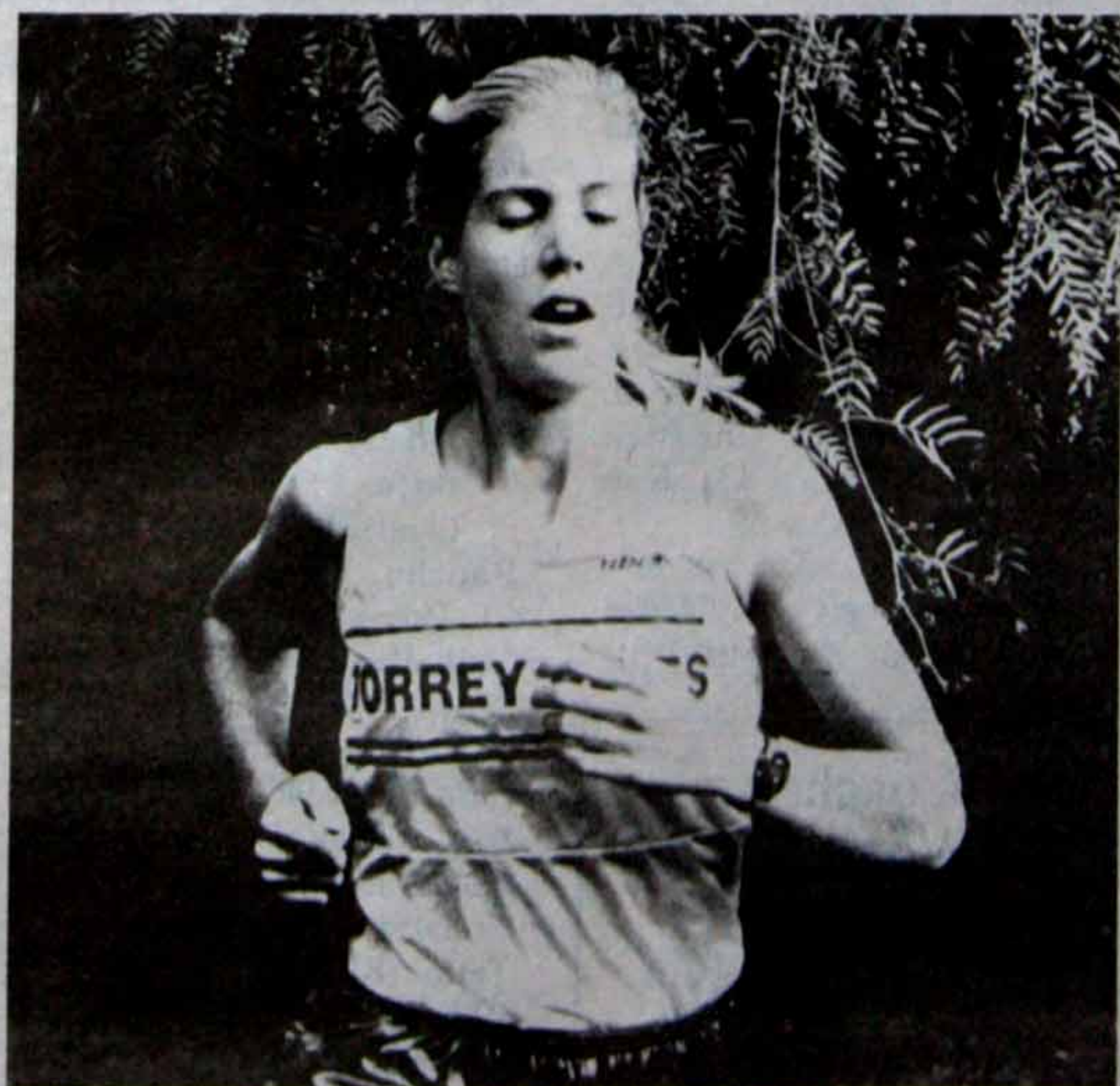
### DIVISION II JV GIRLS:

1. Kerie O'Grady, San, 15:05; 2. Autumn Patton, USDHS, 15:32; 3. Allison Cebe, R, 15:51; 4. Sarah Sheperd, R, 15:59; 5. Amber Mandrell, WH, 16:10.

6. Audrey Harrison, R, 16:12; 7. Jennifer Curtis, WH, 16:13; 8. Jami Schleger, San, 15:15; 9. Nicole Olsen, R, 16:16; 10. Amber Wilson, San, 16:17.



Larry Henderson, Mira Mesa, leads Travis Kirtley, Poway



Torrey's Devon Straitiff, eyes shut with effort, heads for a win



## MORE RESULTS: Laguna Hills, Woodbridge, Dual Meets

A rundown on the results submitted by area coaches of out-of-town invitationals and dual and tri-meets.

Results of the Vaquero Invitational were received too late to be included in this edition.

### Laguna Hills Inv.

September 10. All Races 3.0 Miles.

**Calvin Christian:**

**Boys:** Frosh: 16. Matt Gailey, 20:10. Soph: 13. Jacob Young, 18:48; 23. Jayson



Jessica Pound, Poway

Phillips, 19:37. Jr: 23. Nathan Hall, 18:54.

**Girls:** Soph: 17. Leslie DeJager, 23:44; 27. Amanda Shipley, 25:39.

**La Jolla Country Day:**

**Boys:** Frosh: 9. Justin Scarfeo, 19:15; 13. Noah Lidman, 19:40; 19. Arturo Kassel, 20:50. Team Place, 2nd, 134 pts. Soph: 27. Christian Navarro, 20:09; 43. Dan Frysh, 21:34.

**El Camino:**

**Boys:** Frosh: 1. David Young, 17:36; 7. Paul Wil-



Stewart Blain, West Hills

cox, 19:10; 20. Ramon Morales, 20:56.

**Girls:** Frosh: 8. Erin Glazer, 23:16; 20. Sherrie McIntyre, 27:33.

**San Pasqual:**

**Boys:** Frosh: 6. T. Romero, 18:03. Soph: 5. A. Brown, 17:07. Sr: 1. M. Romero, 15:39. NOTE: Senior boys race was officially canceled because of heat. Some entrants ran an unofficial race.

**Girls:** Frosh: 28. S. Grippo, 23:25; 40. J. Brian, 25:05. Soph: 8. E. Behrman, 21:11; 23. M. Klein, 22:17; 28. S. Sullivan, 22:36. Jr/Sr: 6. C. Beckman, 19:39; 20. M. Marcus, 20:49; 24. C. Wells, 21:18.

**Point Loma:**

**Girls:** Jr/Sr: 14. M Rodriguez, 20:34; 15. A. Northam, 20:39; 30. L Hitt, 21:34; 39. M. Blazeovich, 22:09; 45. M. Gee, 22:36. Team Results: Point Loma 3rd, 143 points.

### Woodbridge Inv.

September 17, at Irvine:

All races 3.0 miles.

**Boys:**

Overall Team Results: 6. Rancho Bernardo, 1:19:50; 21. Point Loma, 1:21:44; 38. Valhalla, 1:23:59; 40. San Diego, 1:24:09; 44. Rancho Buena Vista, 1:24:33; 53. Escondido, 1:25:44; 54. Mission Bay, 1:25:45; 82. University SDHS, 1:29:18.

Division I: Soph: 6. Eron Tello (RBrdo), 16:16; Matt Galaviz (RBrdo), 16:18. Sr: 7. Jeff Meisner (RBrdo), 15:26; 10. Ryan Short (RBrdo), 15:47; 20. Ryan Lar-

son (RBrdo), 16:00. Teams: 5. Rancho Bernardo, 114 pts., 1:21:08. NOTABLE: Rancho Bernardo did not enter last year's top runner, Ryan Sanders.

Division II: Soph Teams: 1. Point Loma, 77 pts., 1:25:38. Sr: 7. Chris Werdenberg (PL), 15:53; 16. Clarke Graves (PL), 16:09.

Division III: Frosh Teams: 1. San Diego, 44 pts., 1:36:27. Jr Team: 1. San Diego, 47 pts., 1:24:19. Sr: 9. Holmes (MBay), 16:02; 13. Bottego (MBay), 16:12.

Division IV: 6. Damman (USDHS), 16:06.

**Girls:**

Overall Team Results: 15. West Hills, 1:39:52; 20. University SDHS, 1:41:12; 24. Point Loma, 1:42:24; 26. Escondido, 1:42:35; 27. Ran-



Veronica Clark, Ramona

cho Bernardo, 1:42:36; 34. Rancho Buena Vista, 1:43:37; 45. Our Lady of Peace, 1:45:27.

Division I: Varsity: 16. Hancock (RBrdo), 19:25.

Division III: Varsity: 3. Peterson (Esc), 18:31; 7. Kilian (Esc), 19:04. Frosh/Soph: 3. Cox (Esc), 19:53.

Division IV: Varsity: 3. Vanessa Hanley (USDHS), 18:53; 5. Alexis Rendina (WHills), 19:16; 7. Jones (OLP), 19:28; 16. Jenny Holdskom (WHills), 20:04; 17. Shelley Van Winkle (WHills), 20:04; 20. Heather Holford (WHills), 20:13; 22.

Hannele Stephens (WHills), 20:15. Team: 2. West Hills, 80 pts., 1:39:52; 5. Our Lady of Peace, 175 pts., 1:46:11. NOTABLE: West Hills top five runners include two freshmen and three sophomores. The 1 to 5 time gap was 59 seconds. Frosh/Soph: 1. Shea (USDHS), 19:29. Team: 2. University SDHS, 39 pts., 1:43:42.

### Duals, Tri-Meets

**BOYS:**

**Bonita Vista 28, Coronado 29.** Winner: A. Smith (BV), 17:22.8 for 3.0 miles at Discovery Park, Chula Vista.

**San Diego 29, Mission Bay 30.** Winner: J. Holmes (MB), 16:40 for 3.04 miles at Morley Field.

**La Jolla 15, Serra 46.** Winner: Flesher (LJ), 17:46 for 3.0 miles at Morley Field.

**Scripps Ranch 26, Vista 31.** Winner: Trevor Sybert (V), 12:50 for 2.5 miles at Guajome Park. NOTE: Race was shortened by mutual agreement due to adverse air quality.

**Serra, St. Augustine and Madison (no scoring).** Winner: Reyes (StA), 16:43 for 3.1 miles at Morley Field.

**GIRLS:**

**Bonita Vista 18, Coronado 45.** Winner: Clare Becker (BV), 14:24.4 for 2.25 miles at Discovery Park, Chula Vista.

**Mission Bay 26, San Diego 30.** Winner: A. Markle (SD), 18:58 for 2.55 miles at Morley Field.

**Vista 29, Scripps Ranch 30.** Winner: Sarah Schmidt (SR), 16:32 for 2.5 miles at Guajome Park.



David McQuitty, Grossmont

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We Want Results:**

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