

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

Covering San Diego Section Cross Country and Track & Field

VOL. I, NO. 5

NOVEMBER 18, 1994

CIF:

Anything Can, Will, Might Happen...

Forget everything that has gone before. If there's one lesson to be drawn from this season, it might be: expect to be surprised.

Now, the season is turning to the big meets, the CIF Finals, followed by the State Championships in Fresno, Saturday, Nov. 26.

At those levels, things happen. Large fields spook some teams, and give others a kick. Runners that are accustomed to running in the front suddenly find themselves struggling to keep contact with a large, fast-moving pack. Strategy can sometimes go out the window.

It has been an unpredictable season to this point for San Diego Section teams, with a number of developments that few foresaw at season's start.

One constant theme running through the season has been the strong performance of teams not necessarily considered cross country strongholds.

Hardworking teams from hardworking neighborhoods have emerged as the equal of the suburban enclaves.

Teams like Chula Vista, San Pasqual, Vista, Hoover, San Diego and others bely that white-bread cross country image.

What will happen at CIF is anybody's guess. The biggest upset would be for the meet to run completely faithful to the prerace dopesheets.

A quick preview:

Division IV:

BOYS: Coronado and



Nine league meets in five days can be a bit of a blur, as this multiple exposure illustrates.

Trevor Clarke are the unquestioned class here. The real fight will be for the second state meet berth among Calvin Christian, Lincoln and Clairemont. At this level, the teams are very thin, and big swings can occur. Behind Clarke, who is running extremely well, look for Coronado's Mike Aguilar and Cheyne Jones, Tri City's Ryan Swanson, Julian's Todd Lewis and Aaron Voss, Army Navy's Jason Tullius and Robert Frailing, Clairemont's Derrick Davis, Gompers' Ajani Brown, and Lincoln's Ismail Mohammed and Tillihan Fessehai.

GIRLS: Bishop's is a big favorite. They have up-front talent, good depth for a small school, and always seem to run well in this meet. Coronado is a good bet for number two. Marissa Hurwitz and Jessica Lunt, leaders of the respective

schools, are the best individuals. Bishop's pack should be well-placed in the top ten, and individuals such as Christian's Beth Bowler, Calvin Christian's Leslie DeJager, Clairemont's Janelle Honings and Lincoln's Theresa Bronstatter will also be in the hunt for medals.

Division III:

BOYS: Now it gets a bit tricky. Can Ramona put it all together? Can West Hills rise to the occasion? Has St. Augustine been laying low? What about Mission Bay? There are any number of scenarios. Shilo Glass and Galen Reid of Ramona, Ross Damman of University, Stewart Blain of West Hills, Jonathan Holmes, Sean Bottego and Ivan Osuna from Mission Bay, and Martin Reyes from St. Augustine are all contenders.

GIRLS: Even more competitive. Santana, West Hills, La Jolla, University, Ramona and Our Lady of Peace could finish in almost any order. University was impressive in their league final, Ramona can be unpredictable, La Jolla is strong at the top, and West Hills may have the best pack. Individually, Vee Clark is a favorite, but will

be challenged by USD's Vanessa Hanley, Santana's Jaymie Harper, and La Jolla's front three of Shannon O'Connor, Clodagh Rafferty and Leah Walkey.

This might be the most competitive division, at least in terms of being wide-open.

Division II:

BOYS: The largest division, with 23 teams jockeying for position. Scripps Ranch has been the favorite all season, but will be challenged by Hoover, Torrey Pines and fast-improving San Pasqual. There could be a darkhorse from among teams such as Point Loma, Valhalla and Mount Miguel as well. Individually, Hoover's Ayub Abdusalam is the man, but will get tested by Point Loma's Chris Werdenberg, El Camino's Tom Kloos, Grossmont's David McQuitty, San Pasqual's Manuel Romero, and the Scripps runners, led by Kevin Bowes.

GIRLS: Best bet of the meet is Torrey Pines in this division. They are the state's top-ranked team, on merit. This is one team that can withstand a bad race or two from among their pack. The fight for the second

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Notes from a jam-packed five days...

In the course of producing this issue, I covered seven league finals meets in the span of five days. In that 92-hour stretch, I drove over 500 miles, made over 400 exposures, and filled a notebook with results.

It began with the Eastern League on Tuesday, continued with the Western League on Wednesday, the Harbor League on Thursday, the Avocado and Palomar Leagues on Friday and finished with the Grossmont 2A and 3A Leagues on Saturday morning.

At times, it all seemed to blur together (see picture on page one) and I still have to refer to my notes to remember just how things went.

My impressions of league finals week:

Winter is here:

When you live in Julian, you're just a bit more tuned to the weather trends. So far this fall, we're in a wintertime weather pattern. The conditions for racing were cool mostly, sometimes even cold. It rained during the Harbor League meet (there were snowflakes mixed with the rain when I left Julian that morning). The moisture probably quickened the Kit Carson course and probably slowed the mostly grass Grossmont course.

Most unsettling development:

The Eastern League Finals, where there was confusion about the meet date, and where two schools mistakenly didn't show up for the race. The teams were allowed to run a "make-up" race the next day, but it put a damper on the whole meet. An awards ceremony had to be cancelled, and the "make-up" race was an anticlimax.

Peaking when it counts:

Teams that didn't win dual meet titles but which nailed down championships (or co-championships) with timely finals performances included San Diego's boys, El

From the editor ...



Capitan's girls, San Pasqual's boys and both Valhalla teams.

Best runners' course:

Probably Kit Carson Park, although Harry Griffen Park looks like a fun course, with its twists and turns.

Best spectator course:

Harry Griffen Park, where almost the entire course is in sight from a number of vantage points.

Worst spectator course:

Any of the variations of the Morley Field dual meet course, used for the championships of the Eastern, Western and Harbor Leagues. The final half mile, where everything happens, is completely hidden from view.

Highest placing freshmen:

Granite Hills' Nicole Caster won the Grossmont 3A girls race, and Christian's Beth Bowler was second in the Harbor League girls race.

Best head-to-head races:

Devon Straitiff vs. Vee Clark in the Avocado girls; Vanessa Hanley vs. Shannon O'Connor in the Western girls; and Tom Kloos vs. Manuel Romero in the Avocado boys. I didn't personally witness it, but it must have been a good race among the three Chula Vista runners (Jason White, Ruben Carrillo and Jorge Martinez) for the Metro top spot.

Impressive solo races:

Mira Mesa's Larry Henderson and Hoover's Ayub Abdusalam ran off by themselves and had quick times. Unfortunately, they'll be in different divisions at CIF. They may meet at the Foot Locker regionals.

Wait until next year:

Henderson and Abdusalam are both juniors.

Most dominant team in their league:

The Bishop's School girls team, who took six of the first seven places in the Coastal Finals. Runner-up: Chula Vista's boys, who went 1-2-3 and put six in the top ten at Metro.

Happiest championship team:

El Capitan's girls, who were obviously thrilled and ecstatic about their achievement. Runner-up: USD's girls.

Coolest awards acceptance:

Mount Miguel's boys team, who snaked down the aisle and came up with a team chant on their way to pick up their medals.

It didn't officially count, but...

University's girls ran strongly in the Western Finals and took the meet, although it officially did nothing to resolve a three-way tie for the championship among USD, La Jolla and the Academy of Our Lady of Peace. The three will meet again in CIF Division III.

A confrontation that didn't happen:

One sub-plot of the Western Finals boys race was a meeting of St. Augustine and Mission Bay. The outcome of the race would have had implications for CIF Division III, but it didn't come off. Mission Bay's ace, Jonathan Holmes, didn't finish the race, while St. Augustine didn't even enter a full team, putting their freshmen and sophomores in the junior varsity race.

Everybody wants to compare:

Vista's and Torrey Pines' girls teams.

They were in separate races, but raced on the same course on the same day, so it was easy to compare the times. The result: way too close to call.

In a dual meet, one team would have won by 27-29, and the team times (first five) were just 10 seconds apart. It's been like that all year for these two excellent teams.

If you're interested in splitting the thinnest of hairs, check the results for yourself.

Another comparison:

Involves the Grossmont 2A and 3A girls championship teams: Valhalla and El Capitan. They were in the *same* race, but were scored separately at the Grossmont Finals. In a dual, the teams would have been separated by *one* point. Again, too close to call. The two teams are among the contenders in CIF Division II.

V is for Victory:

Two teams won league championships in both boys and girls: Vista and Valhalla.

Racing under the worst of circumstances:

Julian's teams were rocked by the news of a tragic auto accident involving friends and a former track teammate less than 24 hours before the Coastal Finals. The runners, understandably, were flat, although most ran representative races. Most off was Aaron Voss, who had beaten all but the top two runners in the dual meets. He finished 17th.

Most underrated league:

The Western, especially the girls teams. The coaches' poll has basically ignored University, La Jolla and OLP all year. *Does* anybody really think that *four* Grossmont League teams are better than University and La Jolla?

Not necessarily underrated, but deserving of more respect:

Coronado. As a Division IV school, they aren't really a plausible candidate to be ranked in the county's top ten, but Coronado has one of the best Division IV boys teams to come out of this area in years. They are currently ranked fifth in the state.

Most depth:

Torrey Pines' and Vista's girls. Torrey's eight and nine girls were 14th and 15th in the Avocado Final. Vista's number eight girl was 20th in the Palomar Final.

Least depth:

Lincoln's boys team. When all there, they are a serious contender for a state meet berth in Division IV. If a runner is missing, they're non-scoring.

Fashion statement:

Cold weather gear was spotted at the Grossmont Finals. Some of the Valhalla girls wore full-length spandex, while Santana's Jaymie Harper started with gloves on her hands. About 2/3 into the race, she tossed the gloves aside in a Keinoesque gesture.

Best awards ceremony:

The Grossmont League. The ceremony was held in a small amphitheater, followed the final races closely, spread out lots of awards, and was intelligently hosted and well-run. It put a good spin on the day, and was a fitting end to the week.

Only regrets:

Just two: too much fast food; and that I couldn't make it to the Metro or Coastal Finals.

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EASTERN:

San Diego's Boys Rebound, Mira Mesa's Girls Dominate

The Eastern League Finals were just a bit, uh, unusual. Two teams missed the meet, inadvertently, and the competition was spread out over two days.

First, the race was run as scheduled without the missing schools. The Patrick Henry and Serra teams then ran a time trial early the next afternoon, before the Western League Finals, and their results were then collated.

It didn't affect the team or individual championships, but it cast a shadow on the entire meet. Awards had to be postponed, and the winning teams couldn't celebrate until all the results were in. The Henry and Serra runners had the worst of it, running unchallenged races against unseen opponents.

Mira Mesa's girls, led by Mariel Gray, had no problem winning the girls title to go with their dual meet crown. The Marauders had a good pack, as Alisa Thwing was second, Jamie Terrel fifth, Jennifer Grooms sixth, Jessica Grooms ninth, and Heather Madsen 11th.

Gray ran 15:55 for the 2.55-mile Morley Field course. Point Loma's girls, led by Lea Hitt and Melina Rodriguez, were second.

Mira Mesa's Larry Henderson ran alone and clocked an outstanding 14:56 for the just under three mile course.

The boys team title went to San Diego, who got revenge for their dual meet loss to Point Loma earlier in the season.

"They were really fired up," San Diego coach Eduardo Ramos said of his team. "They wanted to prove something to themselves. They talked it over among themselves and they came through."

Only 21 seconds separated the Cavers' first five runners, including Gabriel Murillo (3rd), Noe Alvarez (4th), Juan Jose Martinez (7th), Alfonso Alvarez (9th) and Daniel Girmay (10th).

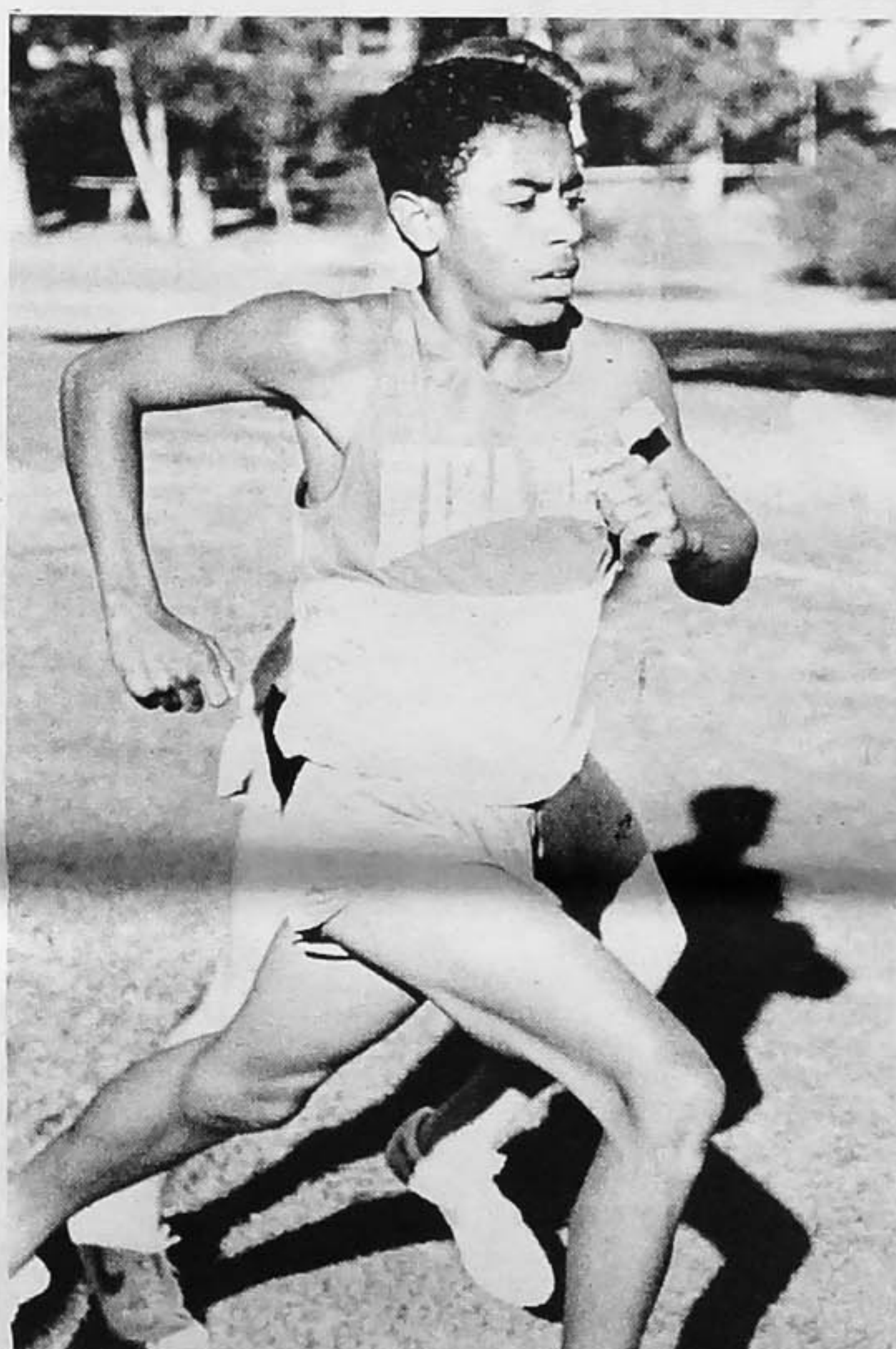
"I think my kids run better in big meets," Ramos said. "When there are more runners, they find their spot."

"I knew they could do it," he said of the win. "But I was still shocked. Anything is possible."

The Cavers and Point Loma ended up as co-champions. The Pointers ran strongly all year, led by senior Chris Werdenberg, who was second to Henderson on this day.



Noe Alvarez and Gabriel Murillo, San Diego



Tony Harris, Mira Mesa



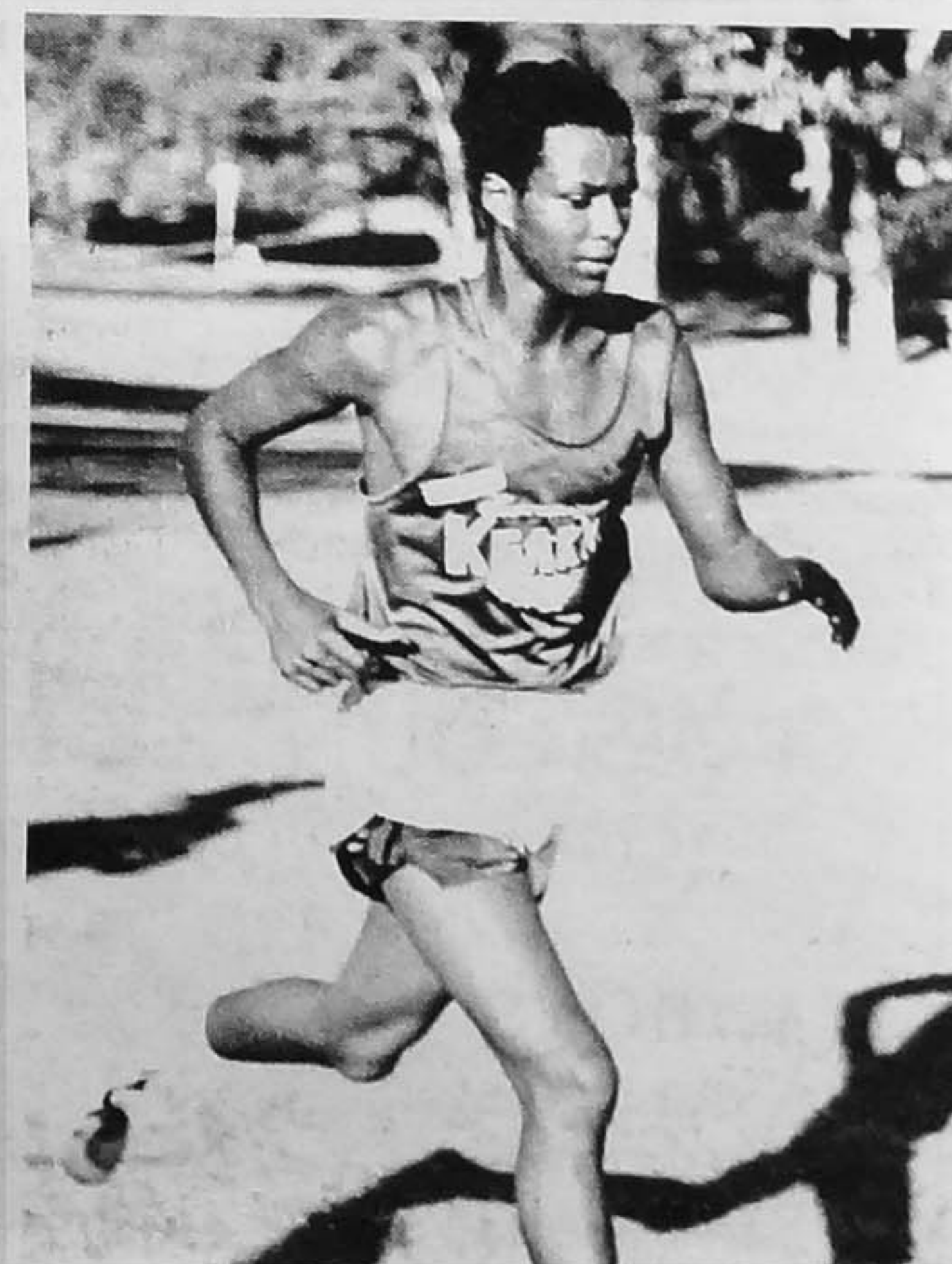
Alisa Thwing, Mira Mesa



Mark Savel, Point Loma



Lana Garner, Morse



Abdul Adam, Kearny

The Results:

at Morley Field, Tues., Nov. 8, and Weds., Nov. 9. Sunny but cool. Teams ran "new" dual meet course (slightly shorter than Western or Harbor Leagues).

NOTE: Finals were held Tuesday, but two teams (Patrick Henry and Junipero Serra) ran in a "make-up" race on Wednesday. Times were then factored into results.

GIRLS (2.55 Miles):

TEAMS: Mira Mesa 23, Point Loma 43, Patrick Henry 94, San Diego 120, Morse 121,

SEE PAGE 5

FROM PAGE 4

Serra 148, Kearny no score.

FINAL STANDINGS (Combined dual meet and league final results, weighted 50/50):
1. Mira Mesa.

INDIVIDUAL (First 15 are all-league):

1. Mariel Gray, Mira Mesa, 15:55; 2. Alisa Thwing, MM, 16:29; 3. Lea Hitt, Point Loma, 16:43; 4. Melina Rodriguez, PL, 16:47; 5. Jamie Terrel, MM, 16:50.

6. Jennifer Grooms, MM, 16:53; 7. Paz Guerrero, San Diego, 16:56; 8. Amber Northam, PL, 17:04; 9. Jessica Grooms, MM, 17:06; 10. Lana Garner, Morse, 17:10.

11. Olivia Tellez, PL, 17:25; 12. Heather Madsen, MM, 17:13; 13. Hillery McDade, Patrick Henry, 17:39; 14. Angie Markle, SD, 17:49; 15. Melinda Gray, MM, 18:06.

16. Meredith Gee, PL, 18:14; 17. Sonja Baczynski, PL, 18:25; 18. Christine Basic, Kearny, 18:27; 19. Mimi Luchans, PH, 18:32; 20. Dana Sorenson, Serra, 18:38.

21. Kim Krauss, PH, 18:41; 22. Mary Frakes, MM, 18:45; 23. Rosalind Litchfield, PH, 18:48; 24. Cassie Springer, PH, 18:48; 25. Marisa Blazeovich, PL, 18:51.

26. Liz Marzan, Mor, 18:54; 27. Judy Mashburn, PL, 19:01; 28. Elizabeth Syman-ski, PL, 19:07; 29. Plachette Travis, Mor, 19:14; 30. Cassie Santos, PH, 19:15.

31. Jennifer Wilson, PL, 19:16; 32. Ryneshia Rankin, Mor, 19:18; 33. Cheryl Go, PH, 19:20; 34. Julie Bradshaw, PL, 19:24; 35. Hoong Huynh, MM, 19:26.

36. April Lies, Ser, 19:29; 37. Heidi Carrasquel, Ser, 19:36; 38. Analiza Clink, Ser, 19:36; 39. Rebecca Everett, PH, 19:43; 40. Elizabeth Gonzales, PL, 20:00.

No junior varsity race.

BOYS (2.98 Miles):

TEAMS: San Diego 38, Point Loma 51, Mira Mesa 73, Patrick Henry 84, Morse 156, Junipero Serra 164, Kearny 201.

FINAL STANDINGS (Combined dual meet and league final results, weighted 50/50): San Diego and Point Loma are co-champs.

INDIVIDUAL (First 15 are all-league):

1. Larry Henderson, Mira Mesa, 14:56; 2. Chris Werdenberg, Point Loma, 15:48; 3. Gabriel Murillo, San Diego, 16:05; 4. Noe Alvarez, SD, 16:06; 5. Lee Barrett, PL, 16:12.

6. Anthony Harris, MM, 16:16; 7. Phil Lery, Patrick Henry, 16:18; 8. Juan Jose Martinez, SD, 16:19; 9. John Bermudez, Morse, 16:19; 10. Alex Gonzales, PH, 16:19.

11. Alfonso Alvarez, SD, 16:24; 12. Daniel Girmay, 16:26; 13. Clarke Graves, PL, 16:32; 14. Oscar Montano, SD, 16:34; 15. Mark Savel, PL, 16:34.

16. David Hayes, PL, 16:39; 17. Mike Staton, PH, 16:40; 18. John Bradshaw, PL, 16:40; 19. Carlito Cantil, MM, 16:48; 20. Juan Chavez, SD, 16:49.

21. Miguel Verduzco, SD, 17:00; 22. Seresent Abreha, PH, 17:06; 23. Hayden Schuler, PL, 17:10; 24. John Vogel, MM, 17:15; 25. Hung Castejon, MM, 17:16.

26. Oscar Guerrero, SD, 17:18; 27. Abdul Adam, Kearny, 17:19; 28. Mike Fuller, MM, 17:24; 29. Ian Rivamonte, MM, 17:27; 30. Chris McNurlan, Serra, 17:29.

31. Mohammed Irani, PH, 17:32; 32. Ray Madhi, PH, 17:40; 33. Gio DeLuca, Ser, 17:41; 34. Jose Muniz, PH, 17:52; 35. Eric Shefstad, MM, 18:01.

36. Ken Furer, Ser, 18:04; 37. Shawn Esquivel, Mor, 18:06; 38. James Wiseman, Ser, 18:10; 39. Maynard Corpuz, Mor, 18:22; 40. Oscar Rojas, Ser, 18:34.

JUNIOR VARSITY:

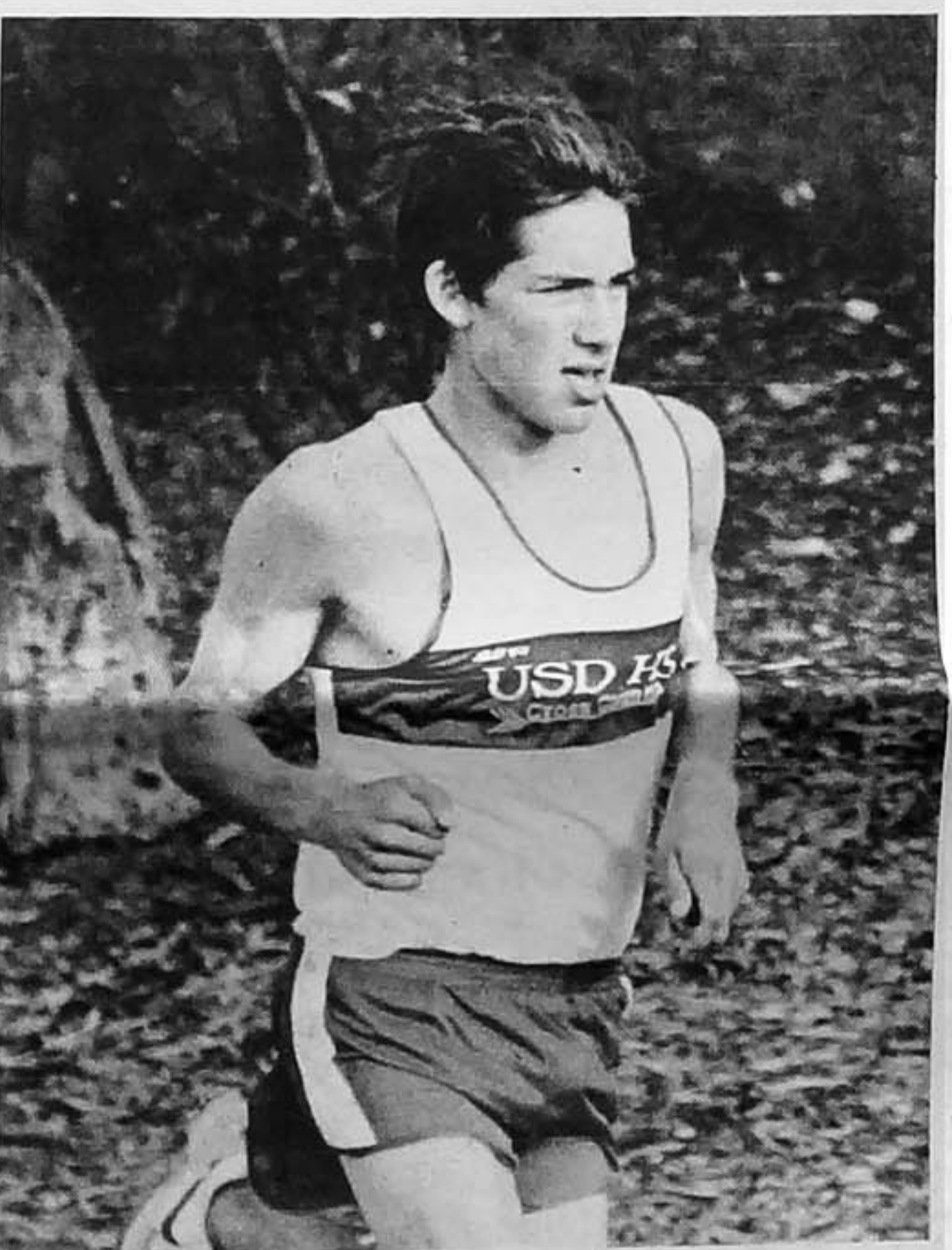
TEAMS: San Diego 21, Point Loma 39, Mira Mesa 86, Patrick Henry 128, Morse 146, Junipero Serra 164.

1. Celso Fernandez, PL, 16:42; 2. Justin Marche, SD, 17:03; 3. Rodolfo Vargas, SD, 17:18; 4. Alexis Araiza, SD 17:24; 5. Daniel Araiza, SD, 17:28.

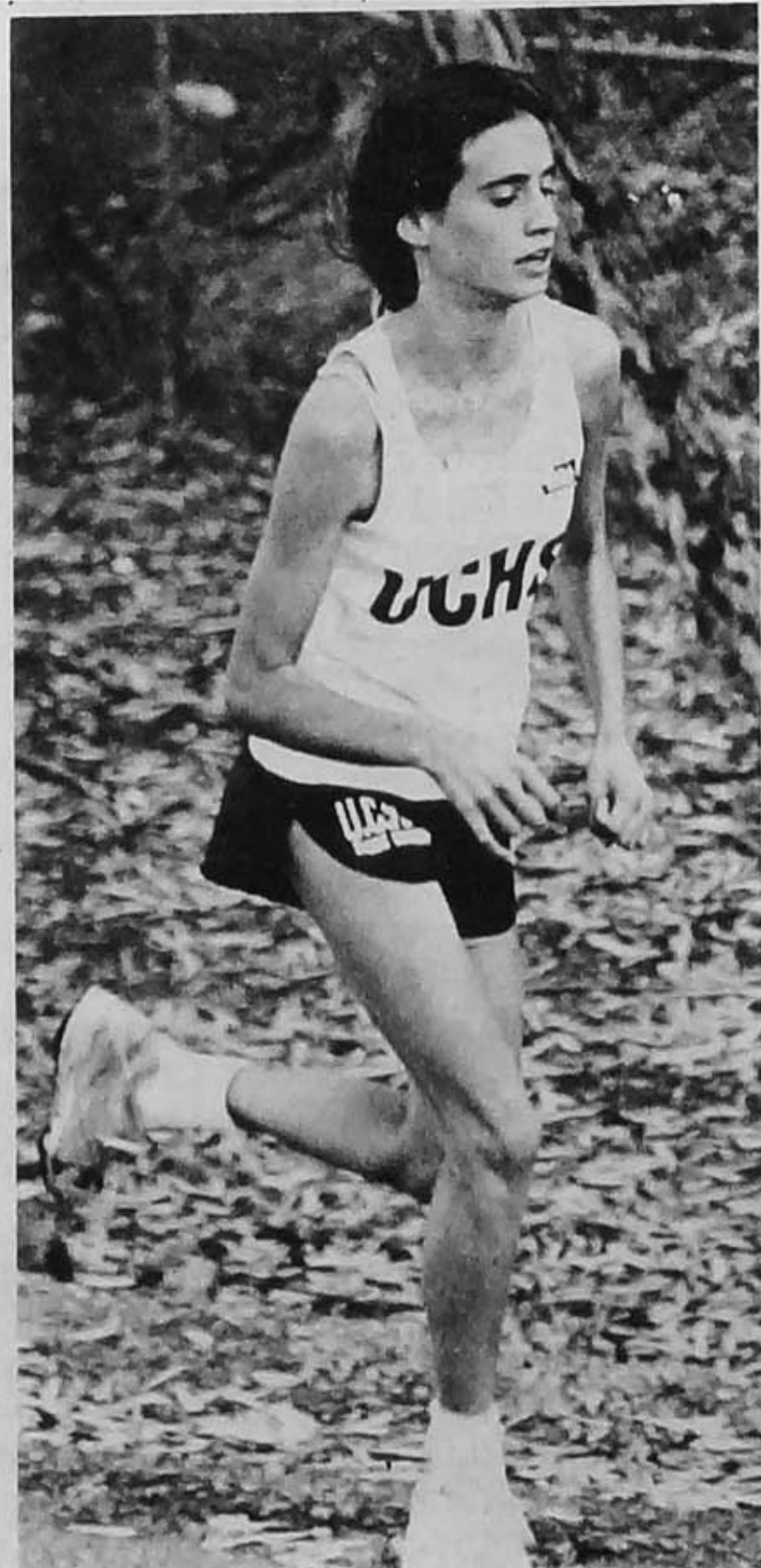
6. Tom Gibbings, PL, 17:29; 7. Sergio Leos, SD, 17:35; 8. Angel Perez, SD, 17:37; 9. Jason McKnight, PL, 17:40; 10. Jovani Vargas, SD, 17:41.



Michelle O'Connor, Our Lady of Peace



Ross Damman, University



Jenny Bergen, University City

WESTERN:

University, Scripps Impress; Ayub Flies

Although no team championships were at stake in the Western League Finals, the meet produced some of the finest racing of the week.

Hoover's Ayub Abdusalam, University's Vanessa Hanley, the Scripps Ranch boys and the Uni girls all looked great.

The Western girls ended in a three-way tie among University, La Jolla and Our Lady of Peace, who took turns beating each other in duals. This meet didn't really settle things, but the teams went after each other as if it did.

La Jolla's Clodagh Rafferty and Shannon O'Connor pushed Hanley hard, but Hanley prevailed and her teammates came up big.

Kristen Epperson, Stephanie Fischer, Erin Shea and Amy Morrison all finished in the top twelve and Uni won the meet.

La Jolla also ran a great race, with O'Connor just three seconds behind Hanley. Rafferty, PRing every week, faded just a bit to fourth. Leah Walkey, who was ill, ran sixth. Scripps Ranch's Sarah Schmidt also had a good effort, running third in the talented field.

Abdusalam ran away and hid and might have run the fastest race of the week, although course comparisons are difficult. Ayub was timed in 15:09 for the course, best estimated as 3.05 miles.

Hoover's boys had four in the top ten but couldn't top Scripps, who went 3-4-5-6, with Kevin Bowes, Chad Livesay, Ty Stewart and Afran Abutin. Bowes was ill, but Scripps had just too much talent.

Uni's Ross Damman was second in the race, which further established him as a runner to watch in CIF Division III.



Rachael Moeller, Mission Bay



La Jolla's **Clodagh Rafferty** takes the early lead from **Sarah Schmidt**, Scripps Ranch, **Vanessa Hanley**, University, and **Shannon O'Connor**, La Jolla.



Kristen Epperson, University

The Results:

at Morley Field, Weds., Nov. 9. Cool, overcast. Teams ran "new" dual meet course, same as Harbor, slightly longer than Eastern League.

GIRLS (2.6 Miles):

TEAMS: USD 37, La Jolla 51, Our Lady of Peace 75, Scripps Ranch 78, Mission Bay 147, University City 154.

LEAGUE CHAMP (Based on dual meet results only): University of San Diego, La Jolla and Our Lady of Peace in a three-way tie.

INDIVIDUAL (First 15 are all-league):

1. Vanessa Hanley, USD, 15:57; 2. Shannon O'Connor, La Jolla, 16:00; 3. Sarah Schmidt, Scripps Ranch, 16:10; 4. Clodagh Rafferty, LJ, 16:22; 5. Kristen Epperson, USD, 16:42.

6. Leah Walkey, LJ, 16:50; 7. Rachael Moeller, Mission Bay, 16:53; 8. Stephanie Fischer, USD, 16:57; 9. Jill Hannaman, SR, 16:58; 10. Christine Keays, Our Lady of Peace, 16:59.

11. Erin Shea, USD, 17:01; 12. Amy Morrison, USD, 17:02; 13. Katie Wisniew, OLP, 17:03; 14. Kristina Stasko, SR, 17:04; 15. Michelle O'Connor, OLP, 17:16.

16. Autumn Patton, USD, 17:26; 17. Victoria Smith, OLP, 17:32; 18. Shelby Stanger, LJ, 17:35; 19. Ronya Shatila, USD, 17:35; 20. Sarah Wisniew, OLP, 17:40.

21. Brooke Rinehart, USD, 17:44; 22. Sunny Nordmarken, LJ, 17:45; 23. Robin Kremsdorf, LJ, 17:53; 24. Irene Kan, LJ, 17:55; 25. Susan Gistaro, USD, 17:57.

26. Halle Markus, LJ, 18:00; 27. Ashley Walters, LJ, 18:01; 28. Kelly Grimes, SR, 18:05; 29. Sarah Janes, OLP, 18:06; 30. Jenny Bergen, University City, 18:12.

31. Mia Solvesson, LJ, 18:17; 32. Stephanie Keane, UC, 18:18; 33. Kim Rogoff, SR, 18:34; 34. Erin Mote, LJ, 18:45; 35. Jenna Graciano, OLP, 18:51.

36. Holly Mayores, OLP, 18:52; 37.

Jennifer Wall, MB, 18:57; 38. Rigat Woldu, Hoover, 19:04; 39. Kara Dose, LJ, 19:08; 40. Lisa Oliva, SR, 19:10.

JUNIOR VARSITY:

TEAMS: La Jolla 16, USD 55, Our Lady of Peace 75, Madison 101.

1. Romy Segall, LJ, 18:42; 2. Tammy Rich, LJ, 18:51; 3. Katherine Peterssen, LJ, 19:00; 4. Robin Oleata, LJ, 19:11; 5. Erin Green, USD, 19:19.

6. Terra Lawson-Remer, LJ, 19:24; 7. Vanessa Li, LJ, 19:28; 8. Kendra Cummins, USD, 19:30; 9. Shannon Winkel, SR, 19:33; 10. Celeste Nanda, OLP, 19:37.

BOYS (3.05 Miles):

TEAMS: Scripps Ranch 29, Hoover 41, Mission Bay 99, La Jolla 103, USD 126, University City 160, Madison and St. Augustine, no score.

LEAGUE CHAMP (Based on dual meet results only): Scripps Ranch.

INDIVIDUAL (First 15 are all-league):

1. Ayub Abdusalam, Hoover, 15:09; 2. Ross Damman, USD, 15:38; 3. Kevin Bowes, Scripps Ranch, 15:45; 4. Chad Livesay, SR, 15:46; 5. Ty Stewart, SR, 15:48.

6. Afran Abutin, SR, 15:52; 7. Ivan Osuna, Mission Bay, 15:55; 8. Julius Amicho, H, 15:57; 9. Francis Bachu, H, 16:03; 10. Sefe Almedom, H, 16:04.

11. Brent Bolton, SR, 16:07; 12. Nick Hamlin, Madison, 16:12; 13. Sean Bottego, MB, 16:15; 14. Martin Reyes, St. Augustine, 16:16; 15. Oscar Norgiega, StA, 16:17.

16. Nasir Abdullahi, H, 16:20; 17. Josh Flesher, La Jolla, 16:30; 18. David Romero, SR, 16:33; 19. Ron Anderson, SR, 16:35; 20. Ari Perlin, LJ, 16:44.

21. Tedd Padgitt, LJ, 16:53; 22. Mike Duggan, USD, 16:58; 23. Mario Velazco, H, 16:59; 24. David Dunbar, LJ, 17:01; 25. Juan Leon, MB, 17:15.

26. Matt Leighton, SR, 17:06; 27. R. J. Wenger, SR, 17:07; 28. David Hewitt, LJ, 17:10; 29. Gavin Davis, SR, 17:14; 30. Mohammad Hassan, H, 17:15.

31. Kevin Davis, LJ, 17:26; 32. Ray Chacon, LJ, 17:33; 33. David Scheibal, University City, 17:38; 34. Chris Leon, StA, 17:41; 35. Francisco Villaseñor, MB, 17:48.

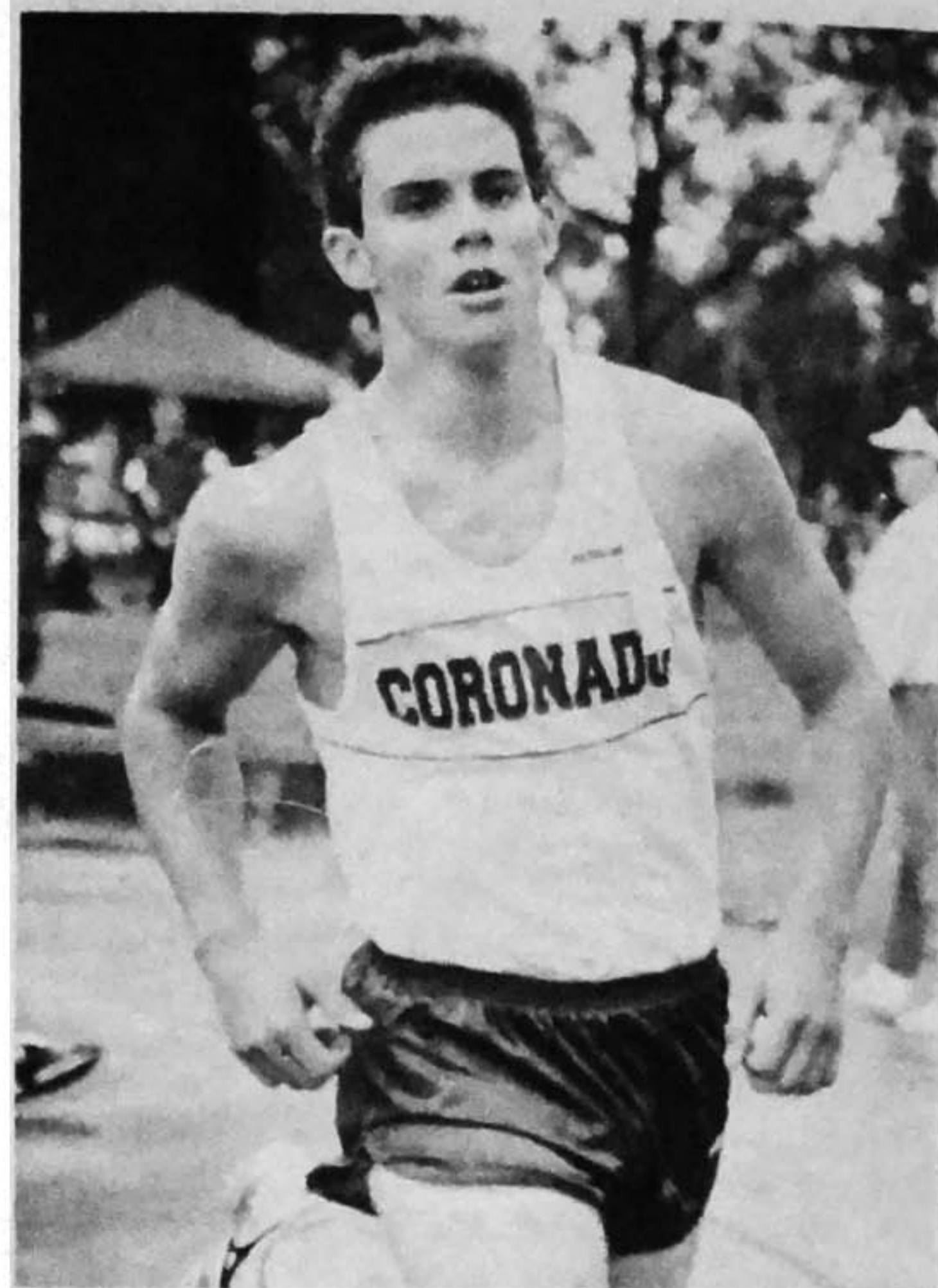
36. Cameron Shea, UC, 18:04; 37. Edgar Cruz, MB, 18:12; 38. Eric Cruz, MB, 18:14; 39. Marc Niermer, UC, 18:18; 40. C. J. Malcolm, USD, 18:21.

JUNIOR VARSITY:

1. Shawn Brown, M, 17:28; 2. Kief Zangaro, SR, 17:28; 3. David Burke, LJ, 17:45; 4. Jeremy Durant, StA, 17:47; 5. Jay Wilkowicz, SR, 17:49.

6. Brailie Diaz, H, 17:50; 7. Abraham Reda, M, 17:53; 8. Jason Hightower, SR, 17:54; 9. Chris Milloy, SR, 18:00; 10. David Tompkins, StA, 18:08.

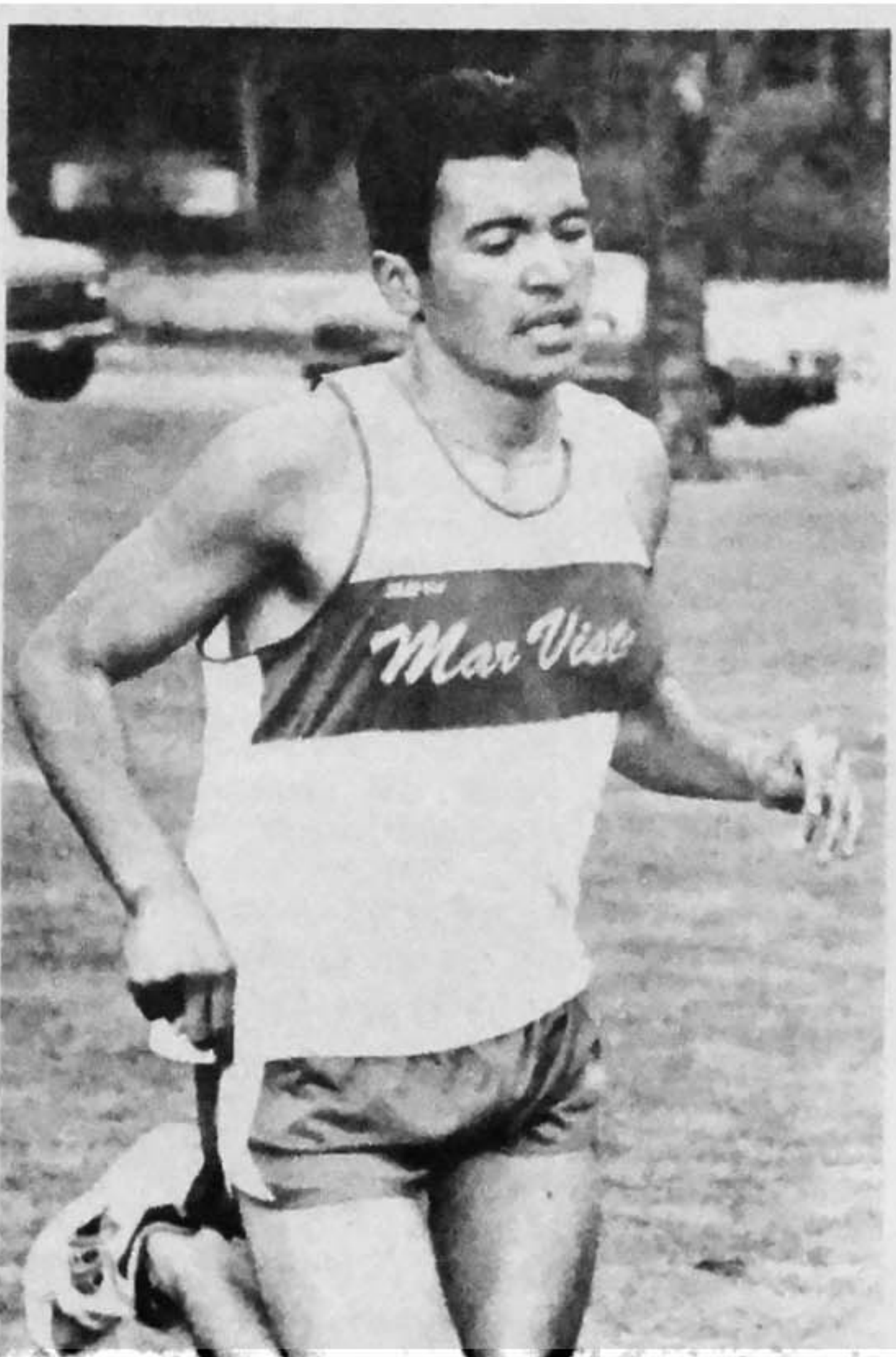
Scripps Ranch won boys JV title.



Mike Aguilar, Coronado



Ajani Brown, Gompers



Jose Aspericueta, Mar Vista



Derrick Davis, Clairemont, and Titus Chawech, Crawford



The Crawford pack: Christine Kenney, Chrissy Monyelle and Maria Moreno

HARBOR:

Crawford Girls, 'Nado Boys Win

Rain fell on the Harbor League Finals, but only figuratively. Coronado's boys and Crawford's girls ran just as they had all year: strongly.

No team championships were at stake in this meet, with dual meets deciding everything.

Coronado's boys, now ranked fifth in the state in Division IV, flexed their muscles, winning easily despite an off day by number three Cheyne Jones.

Junior Trevor Clarke showed plenty, clocking a quick 15:51 for the 3.05 miles. Senior Mike Aguilar was third for the Islanders.

Coronado junior Jessica Lunt was easily the class of the girls race, but Crawford had the pack, with Chrissy Monyelle, Christine Kenney and Maria Moreno taking third, fourth and sixth. Christian sophomore Beth Bowler was impressive finishing second.



Theresa Bronstatter, Lincoln



Beth Bowler, Christian

The Results:

at Morley Field, Thurs., Nov. 10. Cool, rainy, wet course. Teams ran "new" dual meet course (same as Western League, slightly longer than Eastern).

GIRLS (2.6 Miles):

TEAMS: Crawford 34, Coronado 49, Christian 81, Mar Vista 91, Clairemont 102, Gompers, Lincoln, no score.

LEAGUE CHAMP: (Based on dual meet results only): Crawford.

INDIVIDUAL (First 10 are all-league):

1. Jessica Lunt, Coronado, 16:52; 2. Beth Bowler, Christian, 17:59; 3. Chrissy Monyelle, Crawford, 18:02; 4. Christine Kenney, Crawford, 18:08; 5. Janelle Honings, Clairemont, 18:14.

6. Maria Moreno, Crawford, 18:15; 7. Theresa Bronstatter, Lincoln, 18:21; 8. Heather Diaz, Mar Vista, 18:44; 9. Tauheedah Robinson, L., 18:48; 10. Kiyneisha Lover, L., 18:51.

11. Kirsten Neil, Coro, 18:52; 12. Jasmine Watts, Coro, 18:53; 13. Trung Phan, Crawford, 18:58; 14. Trinh Phan, 19:02; 15. Julie Davidson, Coro, 18:53.

16. Kim Buegge, Chr, 19:10; 17. Somer Machak, MV, 19:30; 18. Nicole Carver, Coro, 19:35; 19. Toni Barraza, Coro, 19:36; 20. Lorissa Prescott, Chr, 19:38.

21. Beth Cole, Coro, 19:42; 22. Claudia Covarrubias, Crawford, 19:54; 23. Amber Conner, Clair, 20:08; 24. Janai Davidson, Crawford, 20:08; 25. Rita Barmyer, Gompers, 20:12.

26. Morella Orduno, MV, 20:17; 27. Kendra Shaw, Crawford, 20:24; 28. Anne Gregory, G, 20:37; 29. Joy Le Beau, Chr, 20:40; 30. Sam Saengsome, Crawford, 20:43.

No junior varsity race.

BOYS (3.05 Miles):

TEAMS: Coronado 30, Mar Vista 66, Crawford 67, Clairemont 70, Christian 132, Lincoln, Gompers, no score.

LEAGUE CHAMP (Based on dual meets only): Coronado.

INDIVIDUAL (First 10 are all-league):

1. Trevor Clarke, Coronado, 15:51; 2. Martin Perez, Mar Vista, 16:09; 3. Mike Aguilar, Coro, 16:16; 4. Derrick Davis, Clairemont, 16:23; 5. Tilihan Fessehai, Lincoln, 16:24.

6. Ajani Brown, Gompers, 16:34; 7. Titus Chawech, Crawford, 16:38; 8. Yohannes Tewelde, Crawford, 16:49; 9. Jason Talbott, Coro, 16:50; 10. Jose Aspericueta, MV, 16:51.

11. Patrick Loerch, Coro, 16:57; 12. Cheyne Jones, Coro, 17:20; 13. Travis Demetrius, L, 17:37; 14. Ryan Boney, Coro, 17:40; 15. Mark Peterson, Claire, 17:45.

16. Nathan Garcia, Claire, 17:48; 17. Terry Loerch, Coro, 17:59; 18. Darren Heath, Crawford, 18:02; 19. Andre Pierre, Coro, 18:04; 20. Bryan Hoffman, Crawford, 18:12.

21. Fernando Corona, MV, 18:14; 22. Marcus Henderson, Claire, 18:29; 23. Leon Renteria, MV, 18:43; 24. Travis Klingforth, 18:44; 25. Paul Pellici, L, 19:02.

26. Ho Tu, Crawford, 19:15; 27. Hung Tran, Crawford, 19:20; 28. Aaron Keling, MV, 19:29; 29. Joel Castellon, MV, 19:29; 30. Mike Krausie, Claire, 20:01.

JUNIOR VARSITY:

TEAMS: Coronado 22, Gompers 33, all others non-scoring.

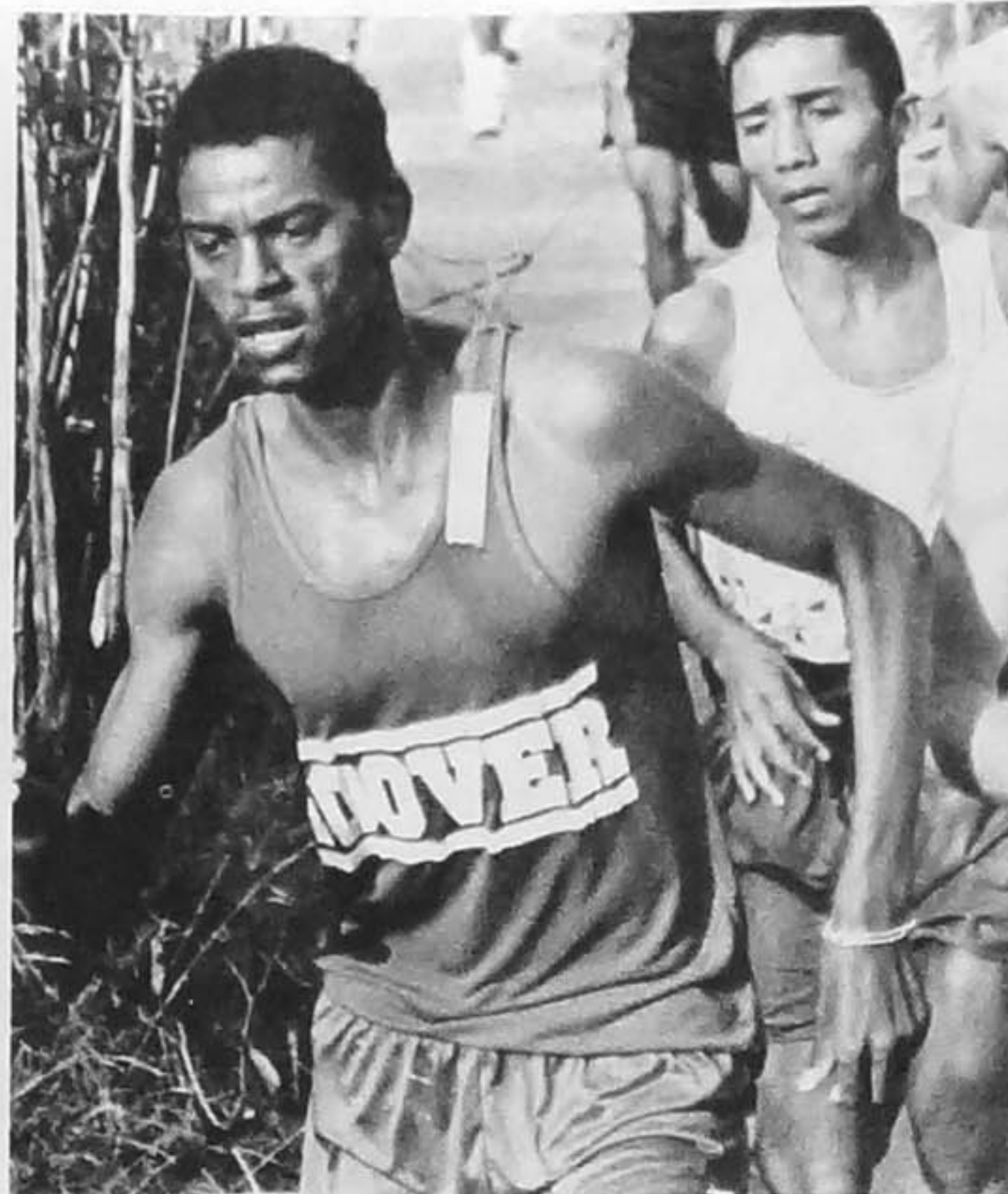
1. Stanely Florek, Coro, 18:33; 2. Nathan Hatfield, MV, 18:40; 3. Steve Roberts, Coro, 19:02; 4. Fernando Sales, MV, 19:59; 5. Scott Pappas, MV, 20:06.

TM SALUTES THE



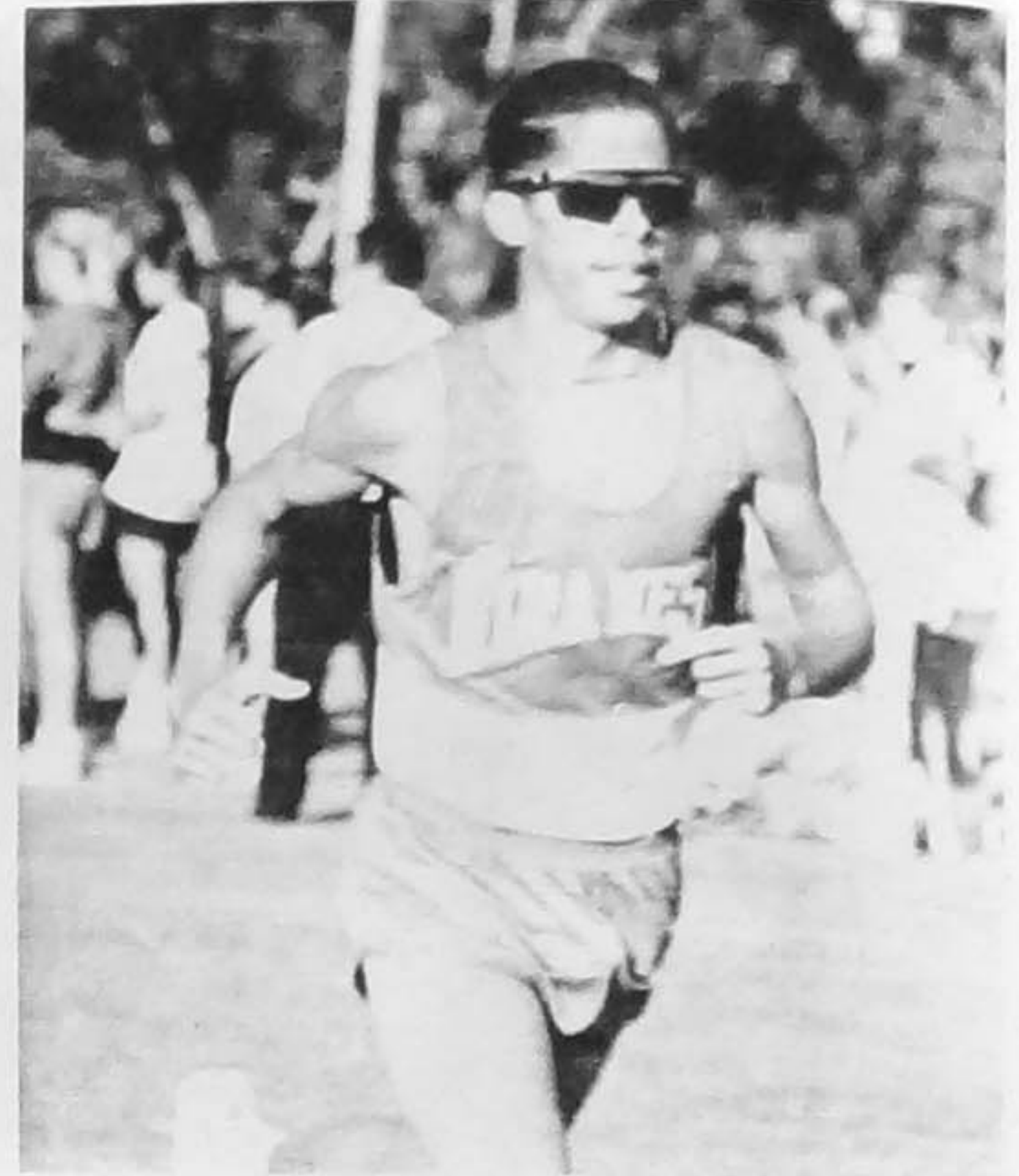
HARBOR

Trevor Clarke, Coronado



WESTERN

Ayub Abdusalam, Hoover



EASTERN

Larry Henderson, Mira Mesa



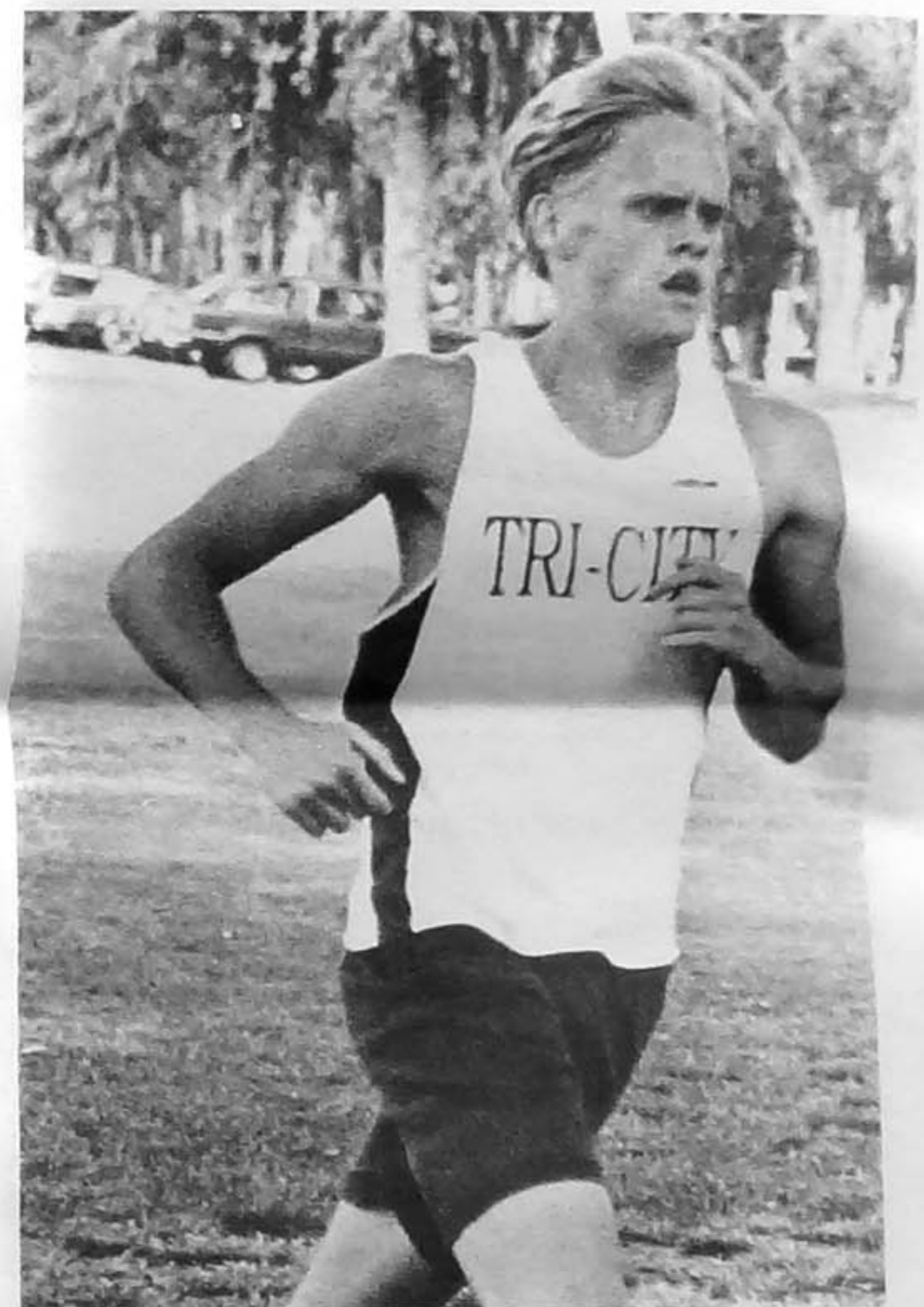
AVOCADO

Tom Kloos, El Camino



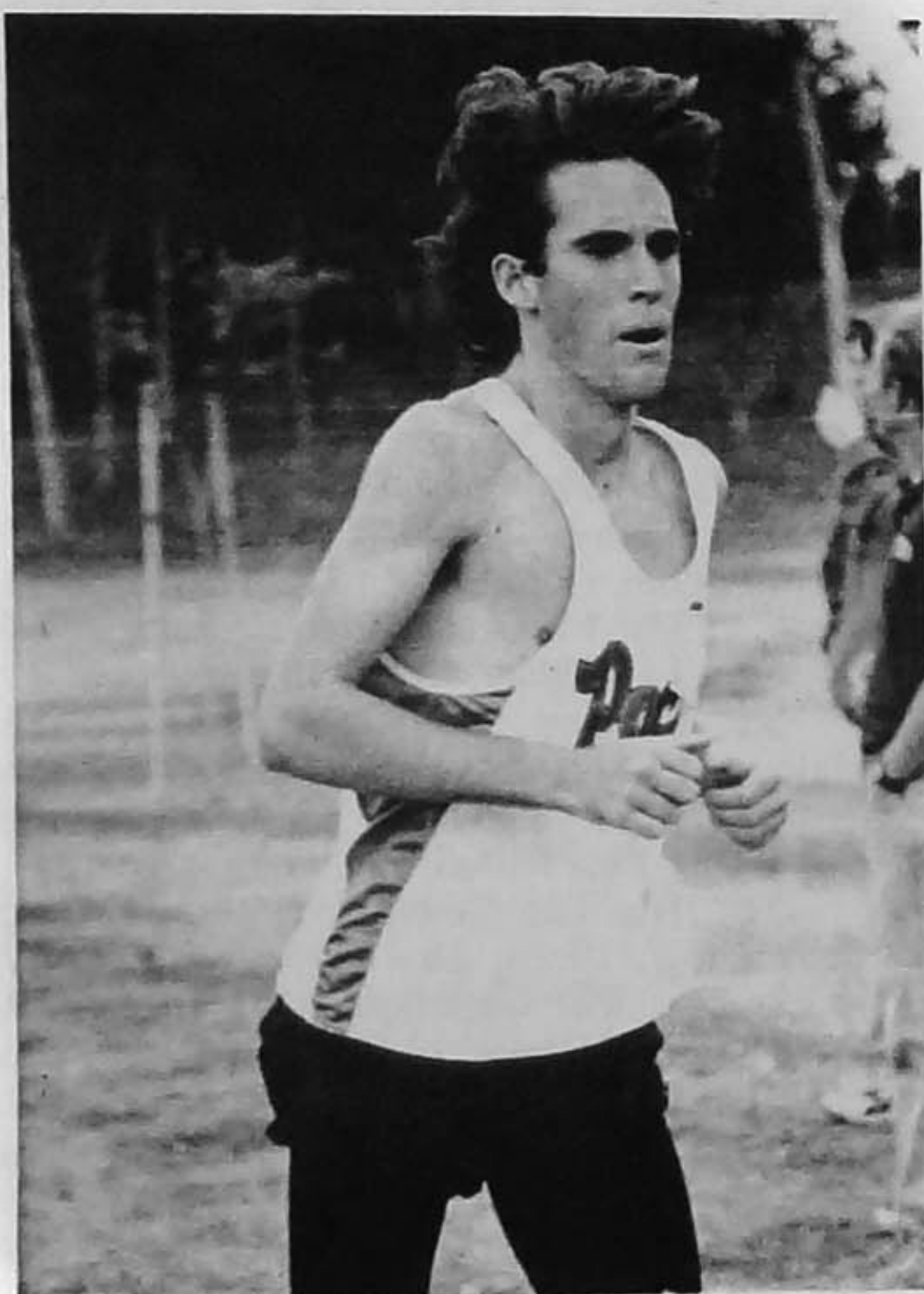
PALOMAR

Trevor Sybert, Vista



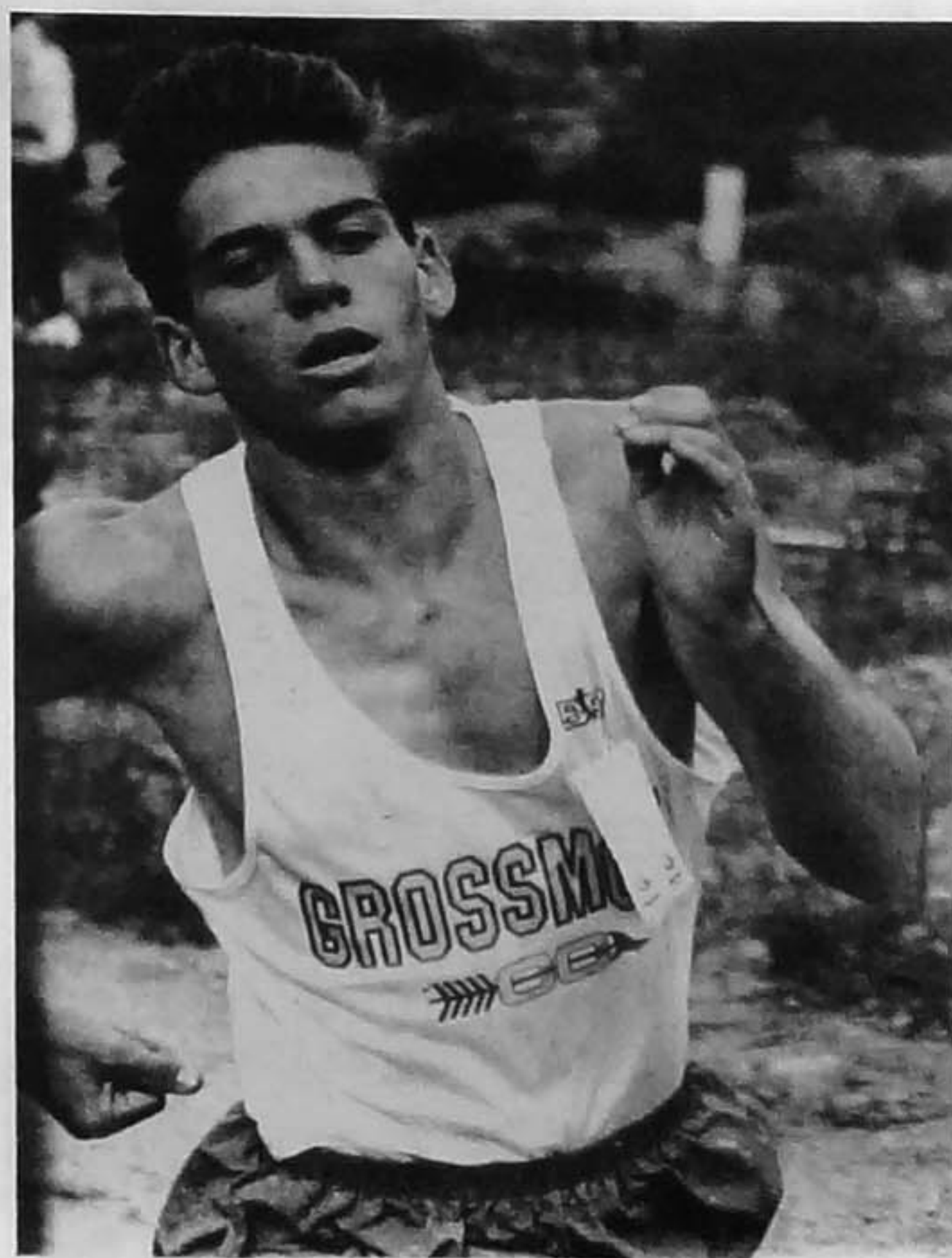
COASTAL

Ryan Swanson, Tri City Christian



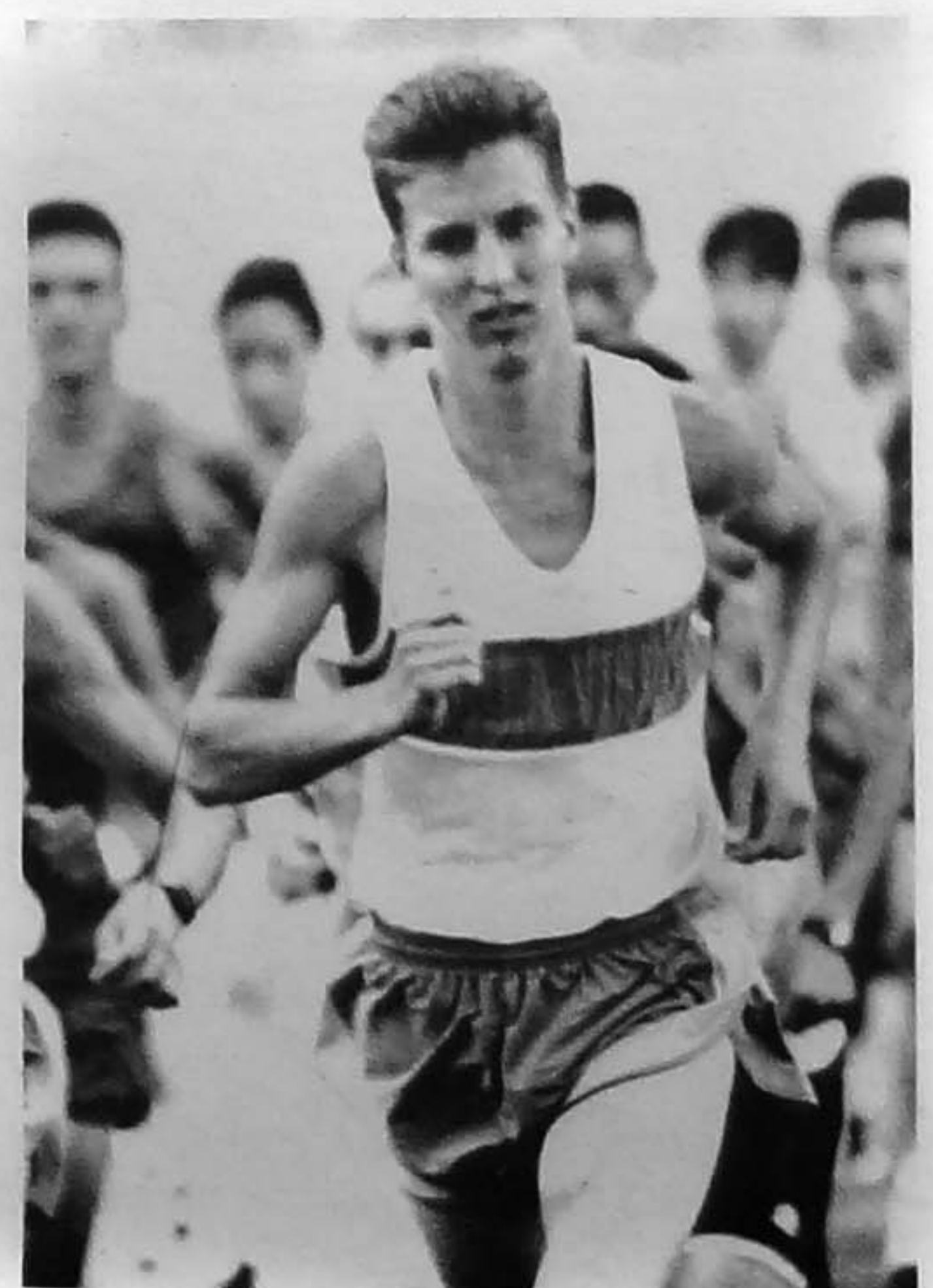
GROSSMONT 2A

Stewart Blain, West Hills



GROSSMONT 3A

David McQuitty, Grossmont



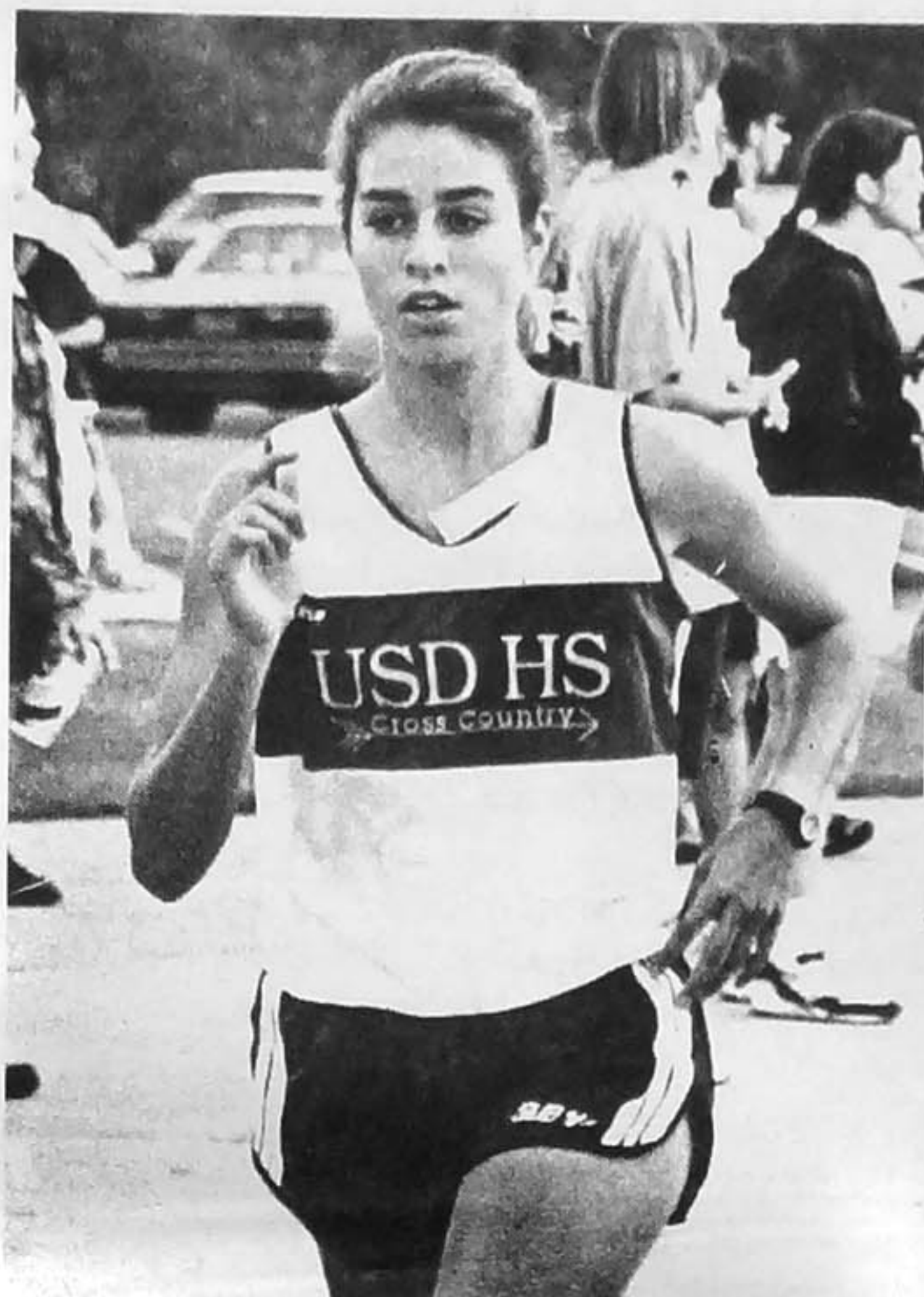
METRO

Jason White, Chula Vista

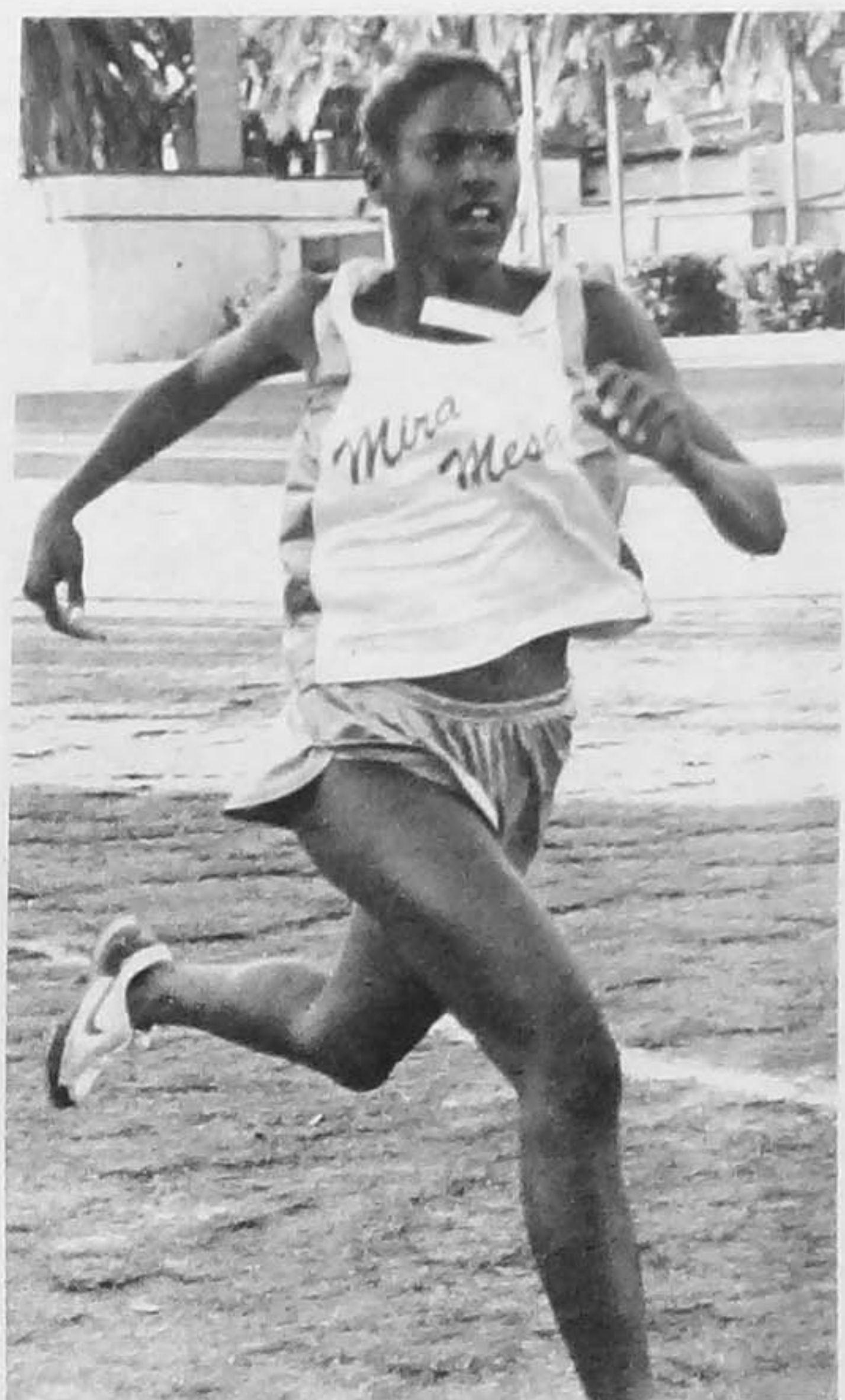
LEAGUE CHAMPS:



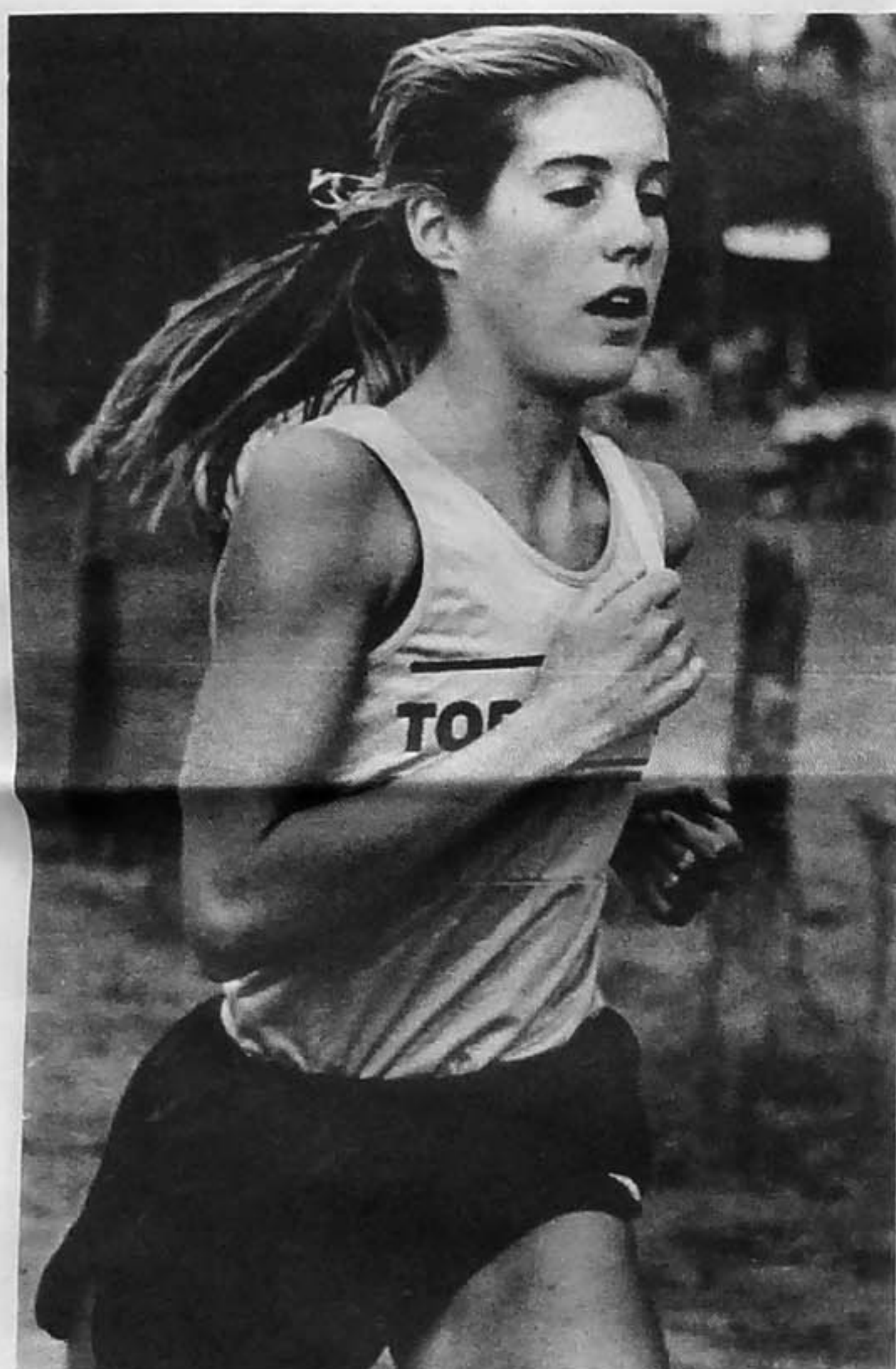
HARBOR
Jessica Lunt, Coronado



WESTERN
Vanessa Hanley, University



EASTERN
Mariel Gray, Mira Mesa



AVOCADO
Devon Straitiff, Torrey Pines



PALOMAR
Jessica Pound, Poway



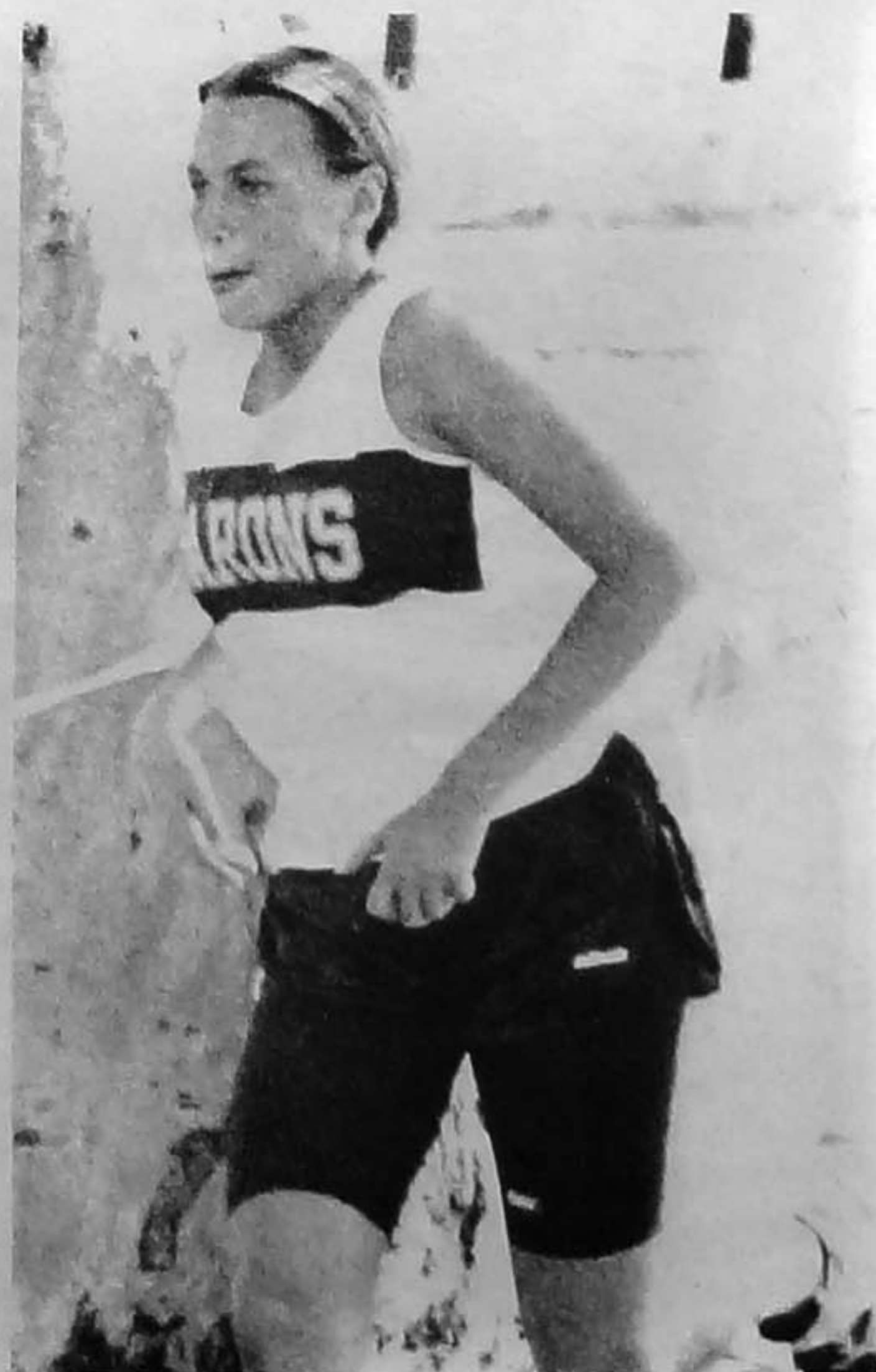
COASTAL
Marissa Hurwitz, Bishop's



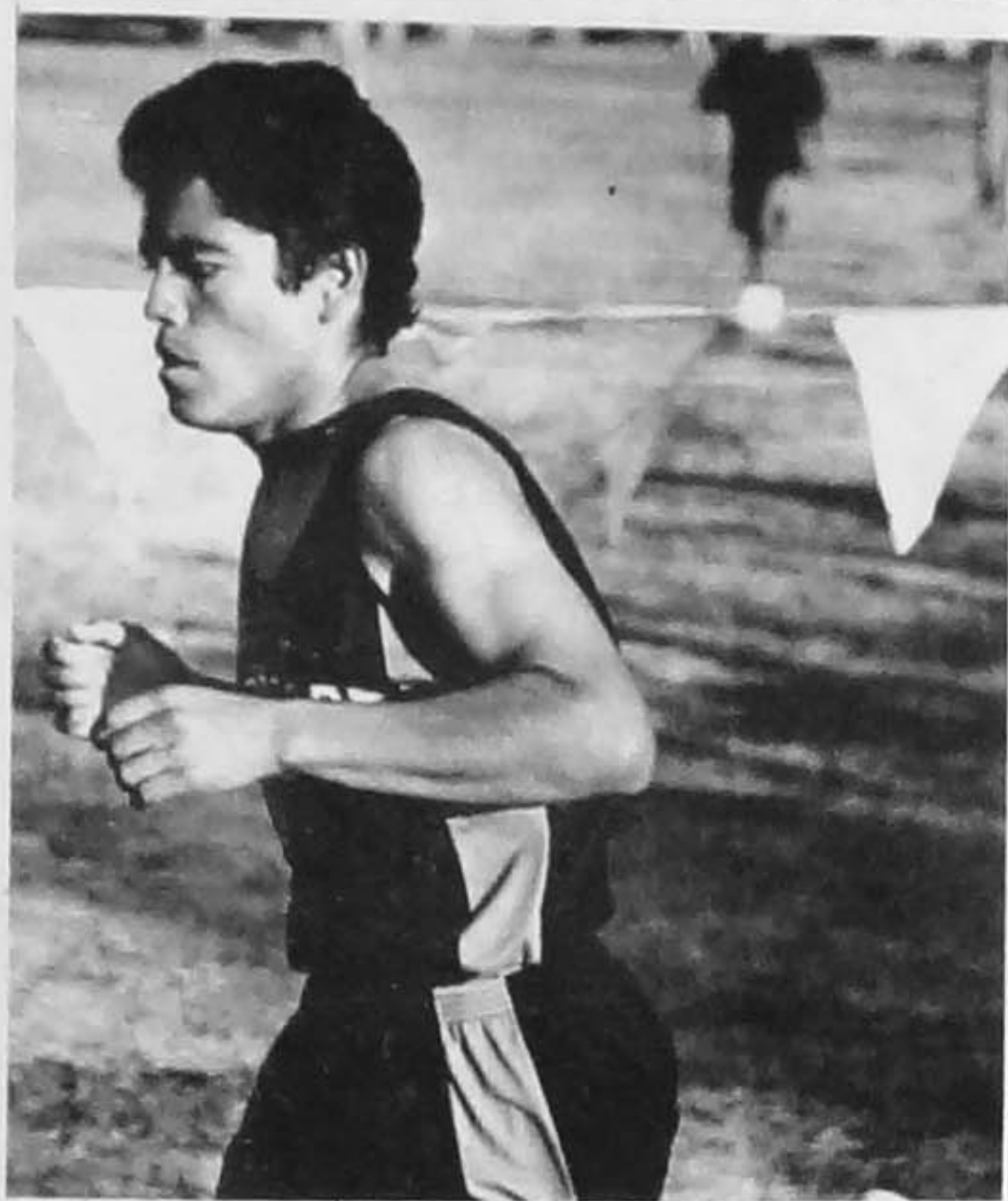
GROSSMONT 2A
Jaymie Harper, Santana



GROSSMONT 3A
Nicole Caster, Granite Hills



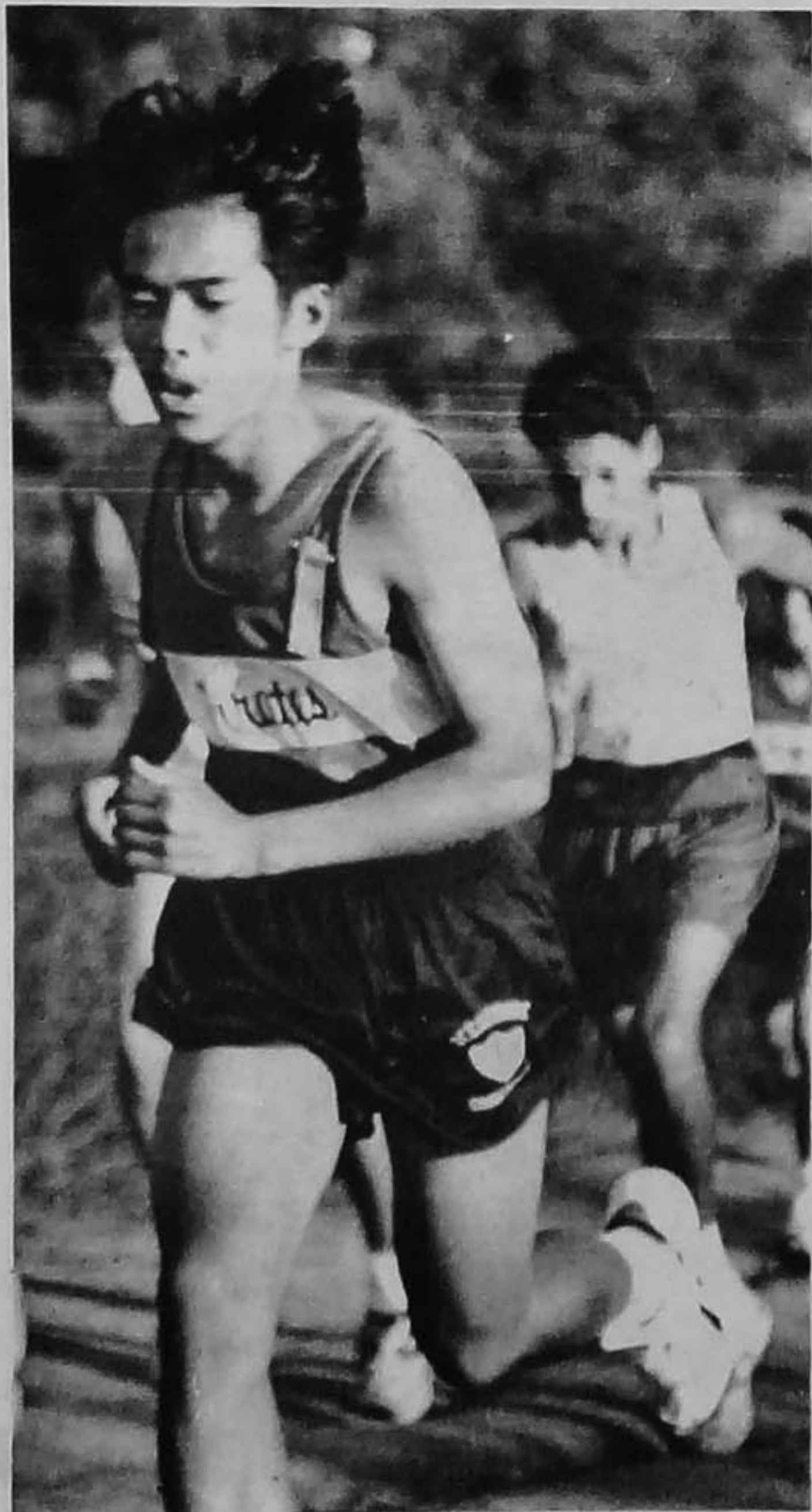
METRO
Claire Becker, Bonita Vista



Giovanni Lopez, Escondido



Angel Reed, El Camino



Alvaro Quintaner, Oceanside

AVOCADO:*San Pasqual's Boys, Torrey's Girls Shine*

The Palomar Finals was a study in contrasts. The girls meet ran true to form, while the boys meet was a startling reversal of fortune.

The Torrey Pines girls team, sharpening up for even bigger meets down the road, was unstoppable.

Devon Straitiff used her track speed to pull away from Ramona's Vee Clark late in the race, and Torrey packed 'em in, but good, after that.

Torrey's Sandi Rabie (4th) and Carrie Hemerick (8th) led the tidal wave, and the pack swept places 10 through 15. Two Torrey girls that won't even make the cut for CIF beat all but six girls from the rest of the league in total.

Straitiff was timed in 15:29, five seconds ahead of Clark, another runner that is having a great year. The two girls are arguably the favorites in CIF Divisions II and III.

San Pasqual's boys, by comparison, have been overlooked by some observers this season. They were not to be denied on their home course and they decisively beat Torrey's boys. The Falcons had won the dual meet, when, according to San Pasqual coach Richard Verney, "we were missing a couple of runners. It's nice to be running on all cylinders again."

Pasqual's Manuel Romero, who was ill all week, couldn't keep up with El Camino's Tom Kloos in the individual race. Kloos pulled away on the final downhill to win in 15:44.

After that came Romero and Ramona's Shilo Glass and Galen Reid. San Pasqual's pack, consisting of Juan Alfaro, Adam Brown, Fernando Rodriguez and Diego Ash, took places seven through ten. Only one Torrey Pines runner, Charley Hulsey, cracked the top ten.

"San Pasqual was really ready," Torrey coach Brent Thorne said. "They got their pack in front of our pack, we got a little bit spread out and we weren't able to gain."

"Our boys knew how important this race was," Verney said.

The Results:

at Kit Carson Park, Friday, Nov. 11. Cool, good footing.

GIRLS (2.5 Miles):

TEAMS: Torrey Pines 34, Ramona 84, San Marcos 93, San Pasqual 96, Escondido 111, El Camino 132, Carlsbad 159, Oceanside 234.

FINAL STANDINGS (Combined dual meets and league final results): 1. Torrey Pines, 2. Ramona and San Marcos tied, 4. Escondido and San Pasqual tied, 6. El Camino, 7. Carlsbad, 8. Oceanside.

INDIVIDUAL (First 10 are all-league):

1. Devon Straitiff, Torrey Pines, 15:29; 2. Vee Clark, Ramona, 15:34; 3. Kelly Peterson, Escondido, 15:53; 4. Sandi Rabie, TP, 16:03; 5. Christy Beckman, San Pasqual, 16:10.

6. Shannon Kilian, Esc, 16:21; 7. Angel Reed, El Camino, 16:24; 8. Carrie Hemerick, TP, 16:24; 9. Jessica Anderson, Carlsbad, 16:26; 10. Danielle Valentino, TP, 16:28.

11. Jaclyn Nolan, TP, 16:28; 12. Bethany Bogart, TP, 16:30; 13. Erin Burke, TP, 16:33; 14. Becka Instone, TP, 16:37; 15. Sa-



Kelly Peterson, Escondido



Diego Ash, San Pasqual

rah Percy, TP, 16:42.

16. Debbie Hughes, San Marcos, 16:43; 17. Erin Kilian, R, 16:47; 18. Marcy Marcus, SP, 16:57; 19. Sarah Shepherd, R, 17:11; 20. Melissa Carter, SM, 17:20.

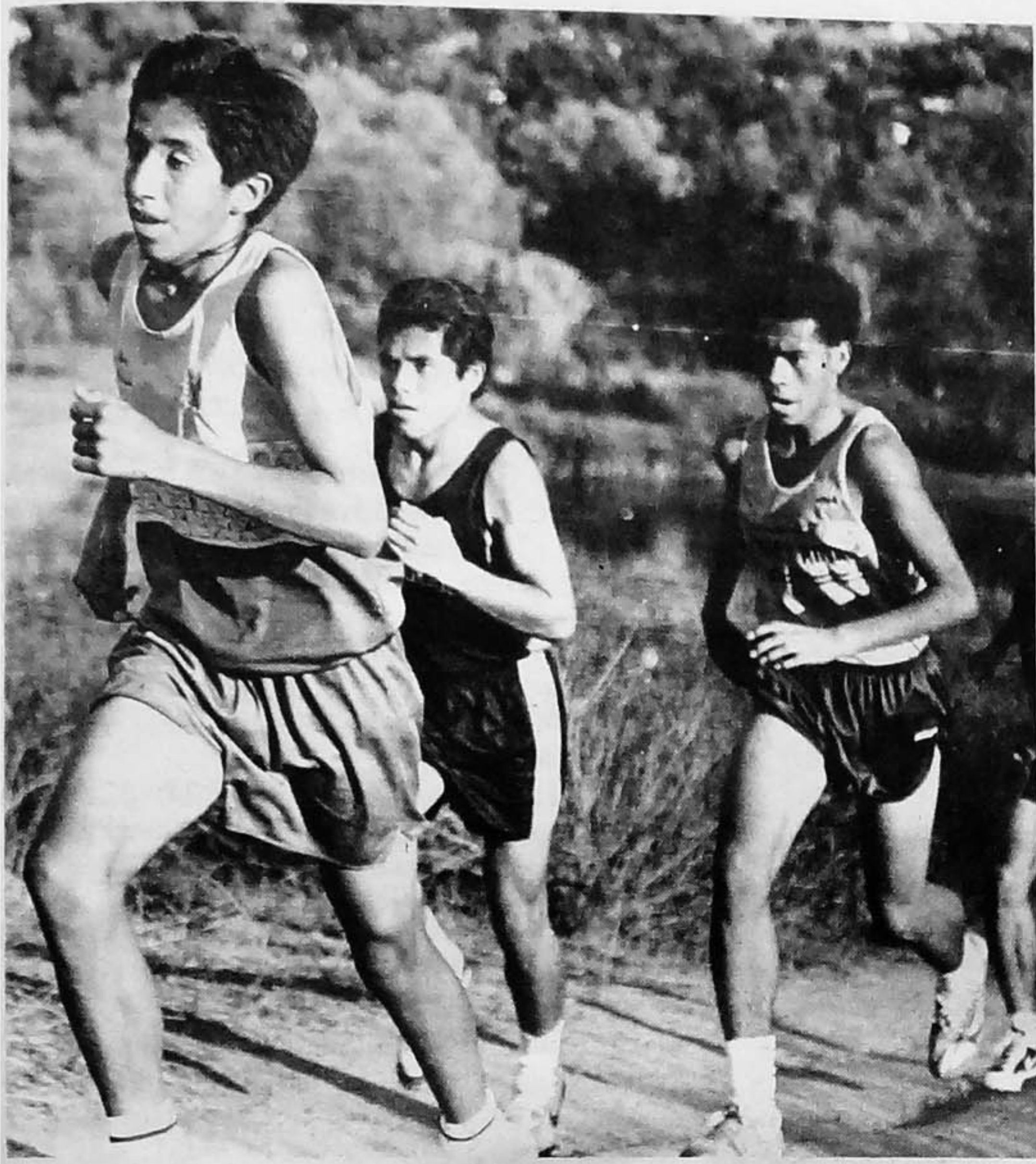
21. Katy Farber, SM, 17:24; 22. Heather Christofk, SM, 17:26; 23. Erin Behrman, SP, 17:30; 24. Alexis Gutierrez, SM, 17:34; 25. Norma Morales, EC, 17:34.

26. Jenny Roane, R, 17:39; 27. Kristin Roth, TP, 17:43; 28. Klein, SP, 17:44; 29. Melissa Mitchell, 17:54; 30. Tamira Braud, EC, 18:03.

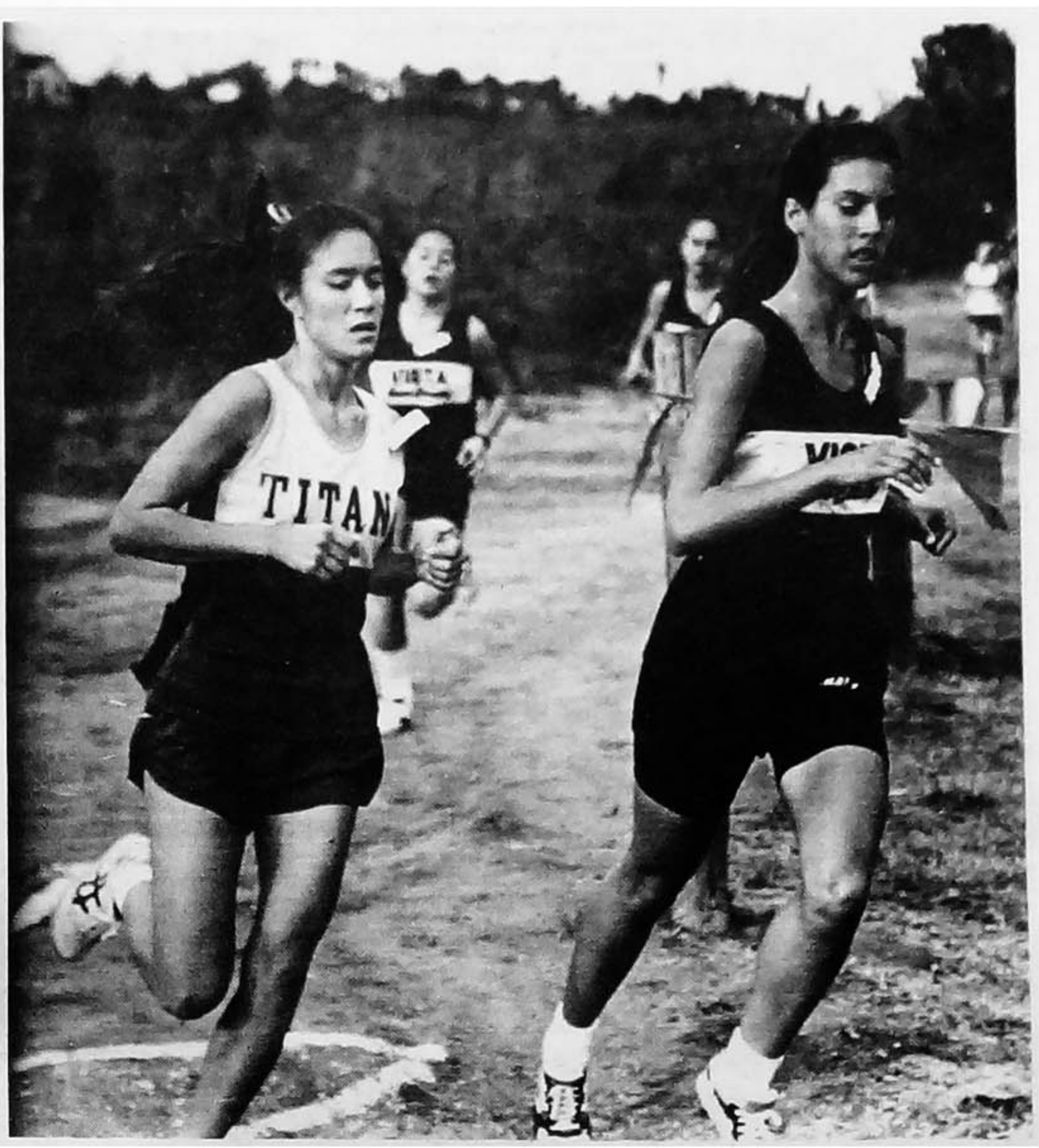
31. Shawnelle Cox, Esc, 18:06; 32. Claire Wells, SP, 18:06; 33. Serena Grippo, SP, 18:08; 34. Griselda Orosco, C, 18:11; 35. Erin Glazer, EC, 18:12.

36. Megan Sibley, Esc, 18:18; 37. Allison Cebe, R, 18:23; 38. Alma Izazaga, SM, 18:24; 39. Nicole Tarbell, R, 18:32; 40. Lesli Hicks, C, 18:33.

41. Vanessa Myron, SP, 18:36; 42. Miriam Mendez, Oceanside, 18:41; 43. Audrey Harrison, R, 18:44; 44. Sandra Bluschke, C, 18:45; 45. Michelle Wagner, Esc, 18:45.



Juan Alfaro, San Pasqual, leads Luis Garcia, Torrey Pines



Ann Koscki, Poway, and Fatima El-Farrah, Vista

46. Vanessa Mantz, R, 18:46; 47. Laurel Burkhafter, C, 18:46; 48. Jennifer Burbank, EC, 18:48; 49. Deanna Wright, C, 18:49; 50. Kristen Luna, C, 18:56.

No junior varsity race.

BOYS (3.1 Miles):

TEAMS: San Pasqual 36, Torrey Pines 60, Ramona 69, San Marcos 129, Escondido 137, El Camino 150, Oceanside 180, Carlsbad 189.

FINAL STANDINGS (Combined dual meets and league final results): 1. San Pasqual and Torrey Pines tied, 3. Ramona, 4. San Marcos, 5. Escondido, 6. Oceanside, 7. El Camino, 8. Carlsbad.

INDIVIDUAL (First 10 are all-league):

1. Tom Kloos, El Camino, 15:44; 2. Manuel Romero, San Pasqual, 15:53; 3. Shilo Glass, Ramona, 16:05; 4. Galen Reid, R, 16:05; 5. Charley Husley, Torrey Pines, 16:15.

6. Gerardo Guevara, San Marcos, 16:23; 7. Juan Alfaro, SP, 16:27; 8. Adam Brown, SP, 16:32; 9. Fernando Rodriguez, SP, 16:33; 10. Diego Ash, SP, 16:35.

11. Eleazar Alvarado, Escondido, 16:30; 12. David Magnuson, TP, 16:51; 13. Luis Garcia, TP, 16:54; 14. Tyler Mack, TP, 16:54; 15. Giovanni Lopez, Esc, 17:07.

16. John Carney, TP, 17:10; 17. James Adams, R, 17:12; 18. Billy McKee, TP, 17:13; 19. Ismael Pena, SP, 17:13; 20. Noe Contreras, SM, 17:16.

21. David Young, EC, 17:19; 22. Bob Denny, R, 17:19; 23. Jorge Ramos, R, 17:20; 24. Ezra Ash, SP, 17:21; 25. David Shofstall, R, 17:22.

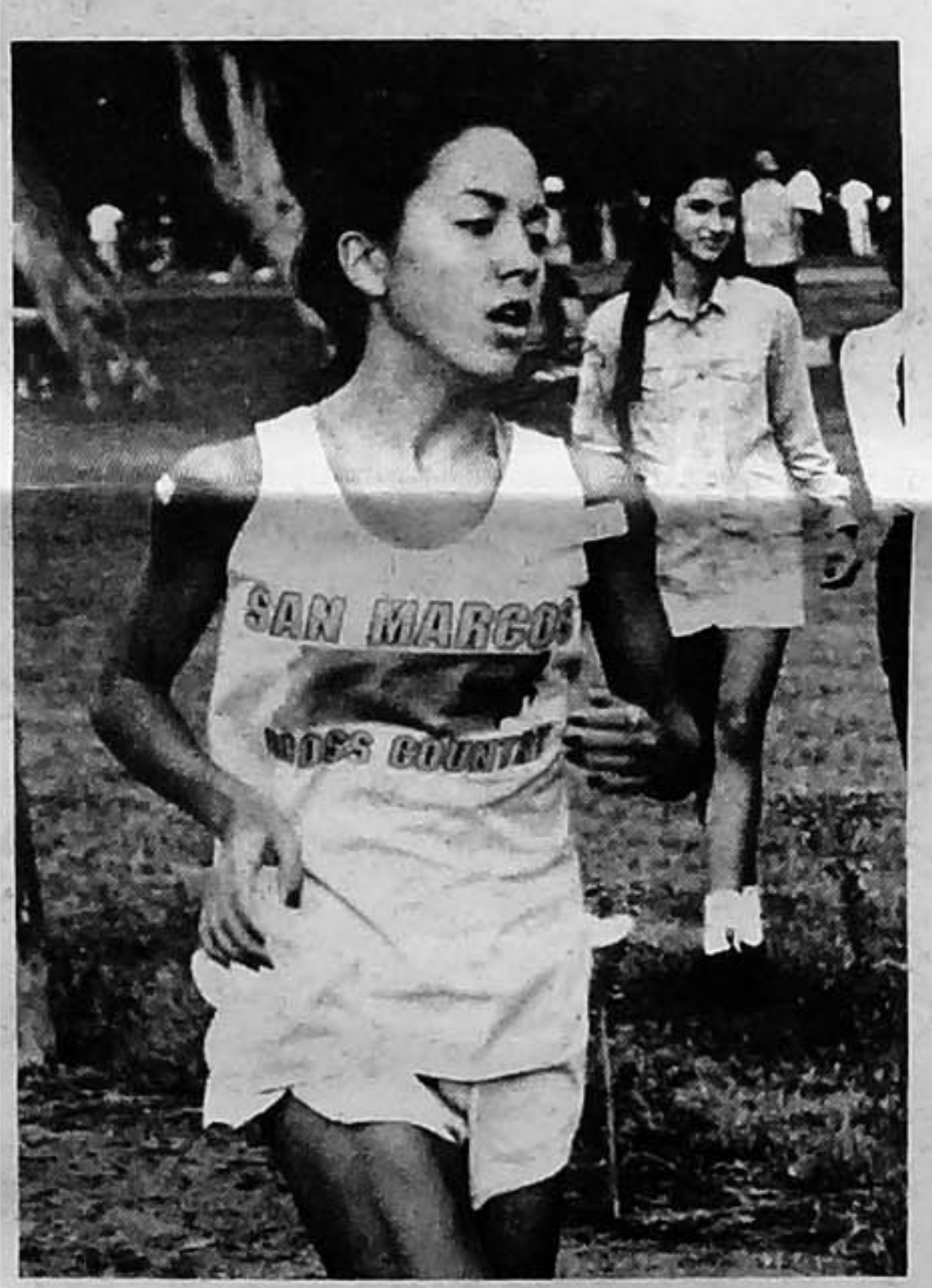
26. Tim Miller, R, 17:26; 27. Jason Duran, Carlsbad, 17:29; 28. Andrew Gardner, TP, 17:31; 29. George Escobar, R, 17:40; 30. Ryan Johnson, C, 17:42.

31. Nerco Arango, SM, 17:49; 32. Alvaro Quintaner, Oceanside, 17:52; 33. Thai Choi, O, 17:56; 34. Ruben Elena, O, 17:56; 35. Antonio Velasquez, Esc, 17:59.

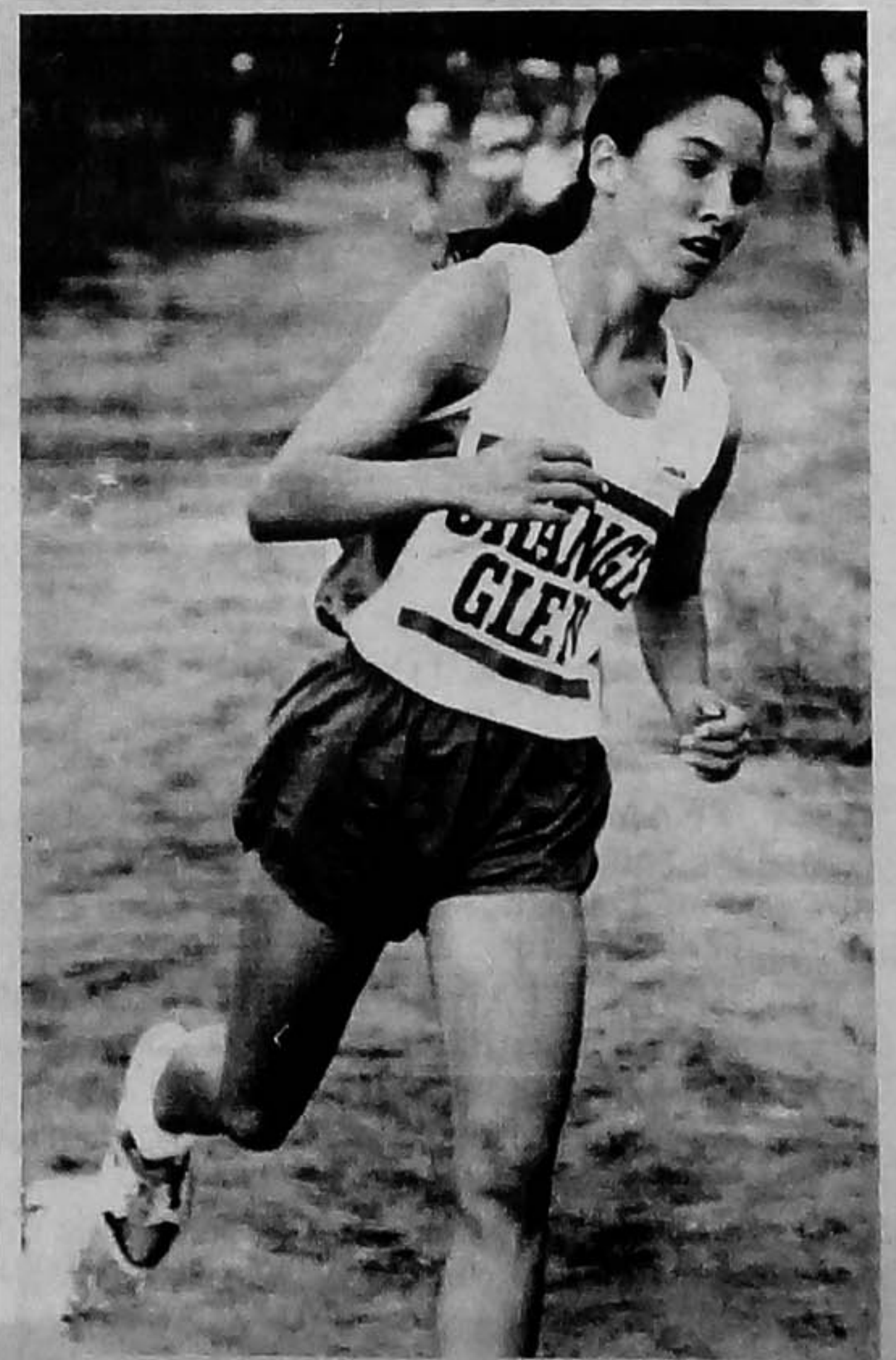
36. Jarold Holtz, SP, 18:00; 37. Noel Ramirez, SM, 18:02; 38. Gerardo Galvan, Esc, 18:02; 39. Sherwin Arce, O, 18:05; 40. Sean Keating, SM, 18:07.

41. Jason Veroster, EC, 18:07; 42. Julio Gerrero, SP, 18:07; 43. Sergio Ibanez, C, 18:08; 44. Mike Friedrich, Esc, 18:12; 45. Mike Burlington, SM, 18:13.

46. Elias Dominguez, EC, 18:19; 47. Alvaro Reyes, R, 18:19; 48. Vinnie Meade, C, 18:21; 49. Mike Scarcino, TP, 18:22; 50. Scott Grese, TP, 18:24.



Debbie Hughes, San Marcos



Cara Rumble, Orange Glen

The Spread:

Elapsed time, runners one through five, for the league champions*:

TEAM:	SPREAD:
BOYS:	
San Diego (Eastern)	0:21
Scripps Ranch (Western)	0:22
Calvin Christian (Coastal)	0:29
Valhalla (Grossmont 3A)	0:35
San Pasqual (Avocado)	0:42
Chula Vista (Metro)	0:47
Vista (Palomar)	1:02
West Hills (Grossmont 2A)	1:28
Coronado (Harbor)	1:29
GIRLS:	
Vista (Palomar)	0:47
Torrey Pines (Avocado)	0:59
Crawford (Harbor)	1:00
University (Western)	1:05
Mira Mesa (Eastern)	1:11
Valhalla (Grossmont 3A)	1:24
El Capitan (Grossmont 2A)	1:38
Bonita Vista (Metro)	1:49
Bishop's (Coastal)	1:54

*teams that won league finals.

PALOMAR:*Vista's Teams Rule,
Pound, Sybert Win*

Many would argue that the Palomar League is the county's strongest in cross country.

That strength was evident last week in the league's championship meet, when there were quality efforts everywhere.

For instance, Vista's boys and girls teams, both now the top-rated teams in the county, ran as good as their reputation. Both teams are strong, and deep, and new talent keeps emerg-ing.

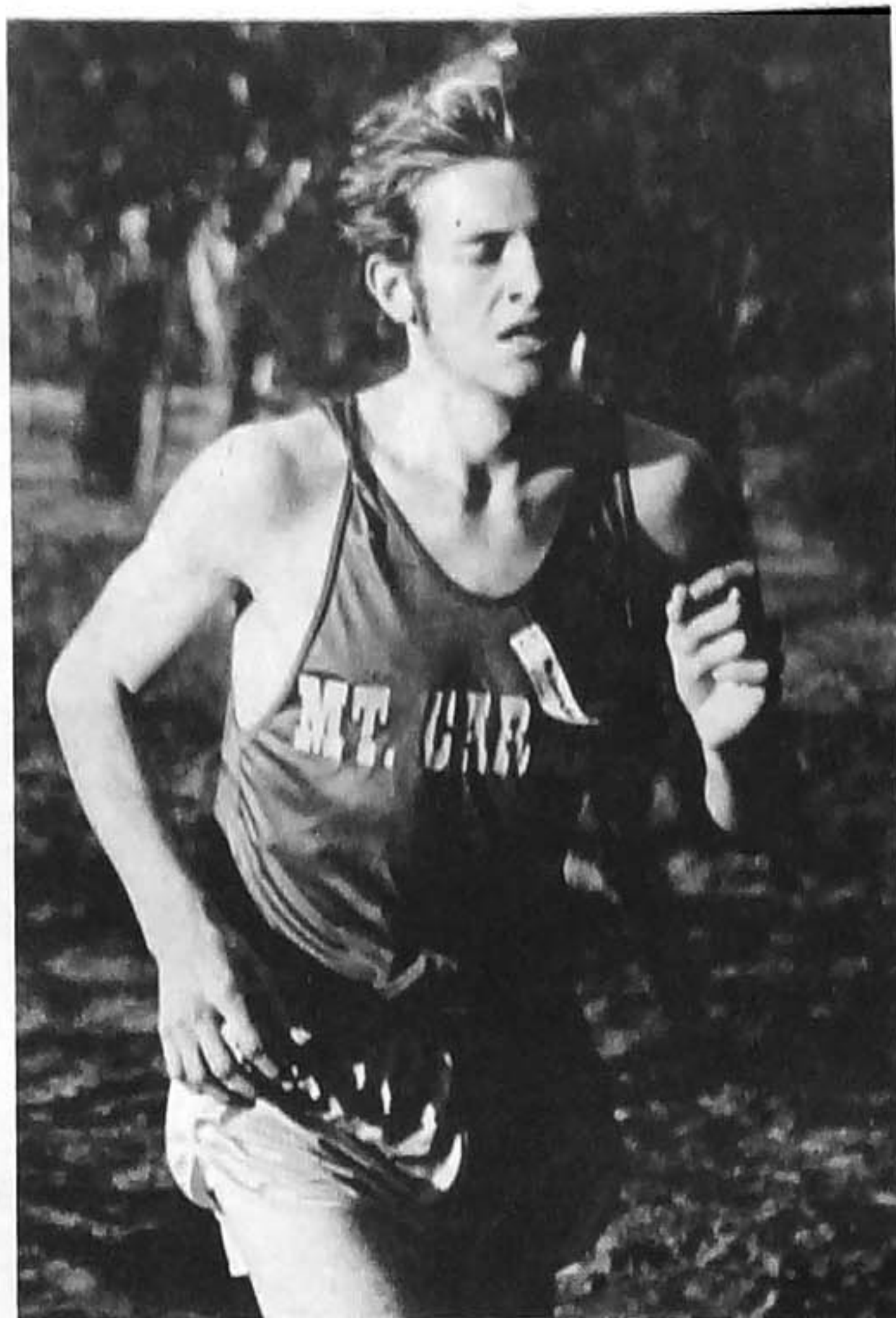
For the Panther girls, the newest bright light is Fatima El-Farrah, who wasn't even in the team's top seven a month ago. Now, she's sixth in a strong league. Sonia Rodriguez (3rd), Angela Shea (5th), Devon Lasiter-Thurber (10th) and Noelle Magana (12th) rounded out the scorers for Vista.

Poway's girls are running very well now, even though they couldn't handle Vista. Titan soph Jessica Pound won the meet in 15:29, the same time Torrey's Devon Straitiff recorded in the Avo final. Teammates Ann Koscki and Lisa Vasek were 7th and 8th.

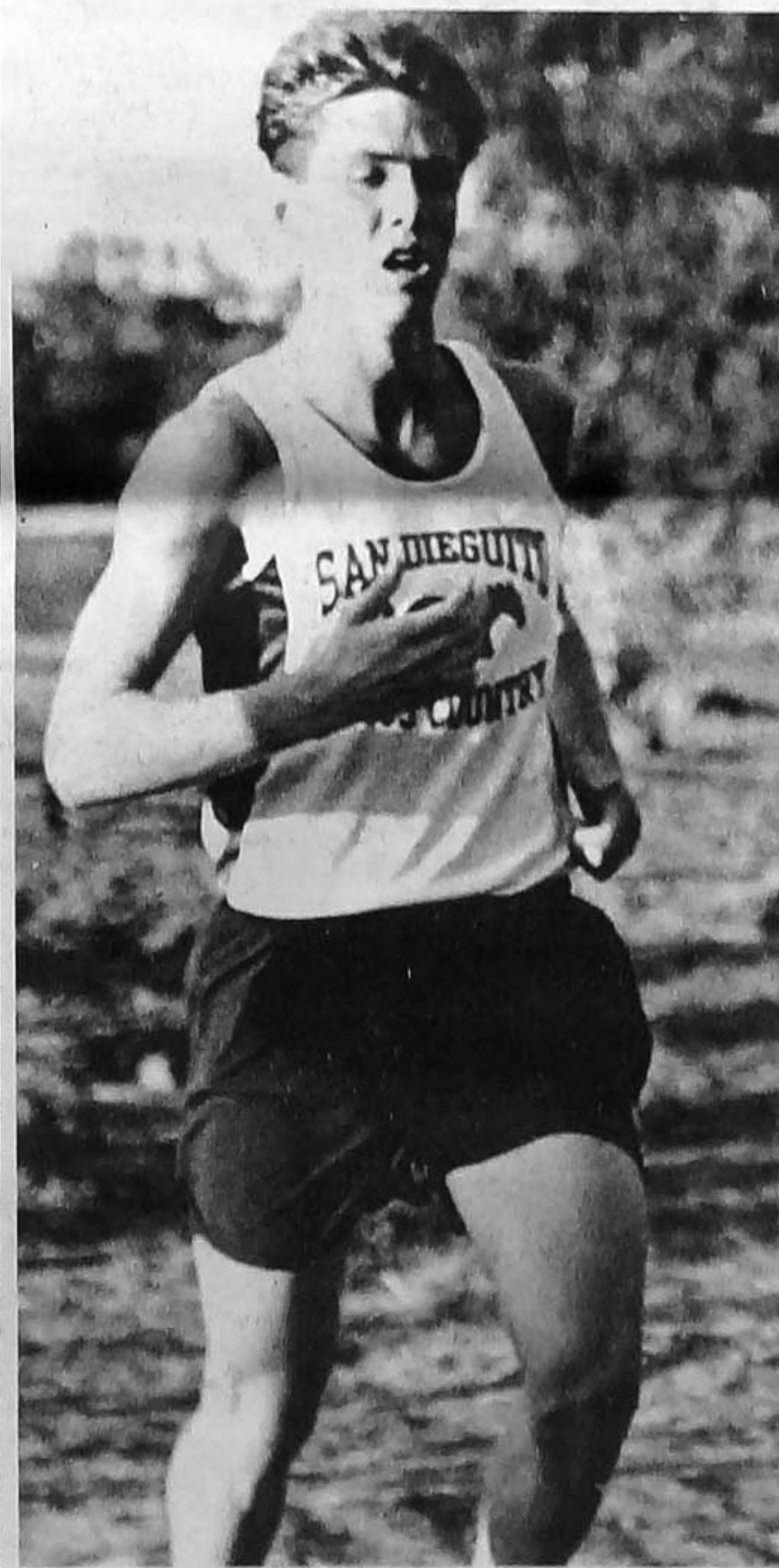
The girls field was loaded, with Mt. Carmel, Fallbrook, Rancho Bernardo and Orange Glen trailing the top two.

Vista's boys were led by Trevor Sybert, the meet winner, who ran 15:39. Jason Land (4th) and Alejandro Villa (6th) also cracked the top ten. The scoring also included Joe Briceno (11th) and Steve Ketcham (14th).

Mt. Carmel, after weeks of illness and other distractions, ran up to their level of ability and finished second. Greg Nett led the charge, placing third. Mates Jim Dunigan and Matt Dos Santos also made all-league for the impressive Sundevils.



Jim Dunigan, Mt. Carmel



Chris Gabriel, San Dieguito

The Results:

at Kit Carson Park, Friday, Nov. 11. Cool, good footing.

GIRLS:

TEAMS: Vista 36, Poway 55, Mt. Carmel 94, Fallbrook 112, Rancho Bernardo 116, Orange Glen 126, Rancho Buena Vista 189, San Dieguito 214.

FINAL STANDINGS (Combined dual meets and league final results): 1. Vista, 2. Poway, 3. Fallbrook and Mt. Carmel tied, 5. Rancho Bernardo, 6. Orange Glen, 7. Rancho Buena Vista, 8. San Dieguito.

INDIVIDUAL (First 10 are all-league):

1. Jessica Pound, Poway, 15:29; 2. Melanie Pickett, Mt. Carmel, 15:43; 3. Sonia Rodriguez, Vista, 15:46; 4. Jinna Rohde, Fallbrook, 15:58; 5. Angela Shea, V, 16:04.

6. Fatima El-Farrah, V, 16:13; 7. Ann Koscki, P, 16:18; 8. Lisa Vasek, P, 16:20; 9. Sharon Rohde, F, 16:21; 10. Devon Lasiter-Thurber, V, 16:26.

11. Tricia Mattson, F, 16:32; 12. Noelle Magana, V, 16:33; 13. Erika Batiz, V, 16:37; 14. Kim Ricks, MC, 16:42; 15. Maggie Johnson, MC, 16:48.

16. Amy Kitchen, Rancho Bernardo, 16:49; 17. Natalie Forsyth, V, 16:51; 18. Stephanie Hancock, RB, 16:52; 19. Kasey Shemwell, P, 16:53; 20. Ivette Solano, V, 16:55.

21. Hollie Babione, P, 16:57; 22. Jackie Diaz, V, 16:58; 23. Cara Rumble, Orange Glen, 17:02; 24. Laura Carpenter, Rancho Buena Vista, 17:03; 25. Kate Owca, RB, 17:05.

26. Melissa Hieb, OG, 17:07; 27. Laura Lawrence, OG, 17:10; 28. Christine Kitchen, RB, 17:18; 29. Katie Cottrell, OG, 17:20; 30. Annie Holliday, RBV, 17:23.

31. Piper Lester, F, 17:24; 32. Gina Rennix, OG, 17:27; 33. Amy Slansky, MC, 17:35; 34. Crystal Cobb, MC, 17:36; 35. Corinne Kircher, RB, 17:37.

36. Sara Alvarez, OG, 17:37; 37. Lori Bridger, P, 17:42; 38. Kim Weaver, San Dieguito, 17:42; 39. Michelle Roach, V, 17:43; 40. Shannon Scaglione, RB, 17:44.

41. Cade Fulton, RB, 17:46; 42. Francis Aguilar, MC, 17:47; 43. Laura Huston, SD, 17:48; 44. Sarah Weber, F, 17:51; 45. Kim Fischer, P, 17:51.

46. Anne Hitchcock, SD, 17:53; 47. Traci Joy, MC, 17:55; 48. Tiffany Trayer, RBV, 17:56; 49. Lana Rankin, P, 17:57; 50. Kristina Smith, RBV, 17:58.

No junior varsity race.

BOYS (3.1 Miles):

TEAMS: Vista 36, Mt. Carmel 52, Rancho Bernardo 72, Poway 92, San Dieguito 103, Fallbrook 152, Rancho Buena Vista 191, Orange Glen 213.

FINAL STANDINGS (Combined dual meet and league final results): 1. Vista, 2. Mt. Carmel, Poway and Rancho Bernardo tied; 5. Fallbrook and San Dieguito tied; 7. Orange Glen and Rancho Buena Vista tied.

INDIVIDUAL (First 10 are all-league):

1. Trevor Sybert, Vista, 15:39; 2. Travis Kirtley, Poway, 16:00; 3. Greg Nett, Mt. Carmel, 16:06; 4. Jason Land, V, 16:12; 5. Jeff Meisner, Rancho Bernardo, 16:16.

6. Alejandro Villa, V, 16:22; 7. Chris Gabriel, San Dieguito, 16:23; 8. Ryan Short, RB, 16:24; 9. Jim Dunigan, MC, 16:29; 10. Matt Dos Santos, MC, 16:29.

11. Joe Briceno, V, 16:31; 12. Mike Compean, MC, 16:35; 13. Eron Tello, RB, 16:40; 14. Steve Ketcham, V, 16:41; 15. Gonzalo Garcia, V, 16:44.

16. Mike Brown, RB, 16:46; 17. Jake McNeely, P, 16:51; 18. Burt Romero, MC, 16:52; 19. Eustorgio Perez, SD, 16:53; 20. Marland Impey, P, 16:58.

21. Noah Randles, SD, 16:58; 22. Fernando Blanco, Rancho Buena Vista, 16:59; 23. Ryan Coughlin, Fallbrook, 16:59; 24. Jesse Marbari, SD, 17:01; 25. Scott Batiuk, F, 17:02.

26. Andrew Gharst, P, 17:07; 27. Rusty Adams, P, 17:07; 28. Roger Delgado, MC, 17:08; 29. Trent Sybert, V, 17:09; 30. Matt Galaviz, RB, 17:17.

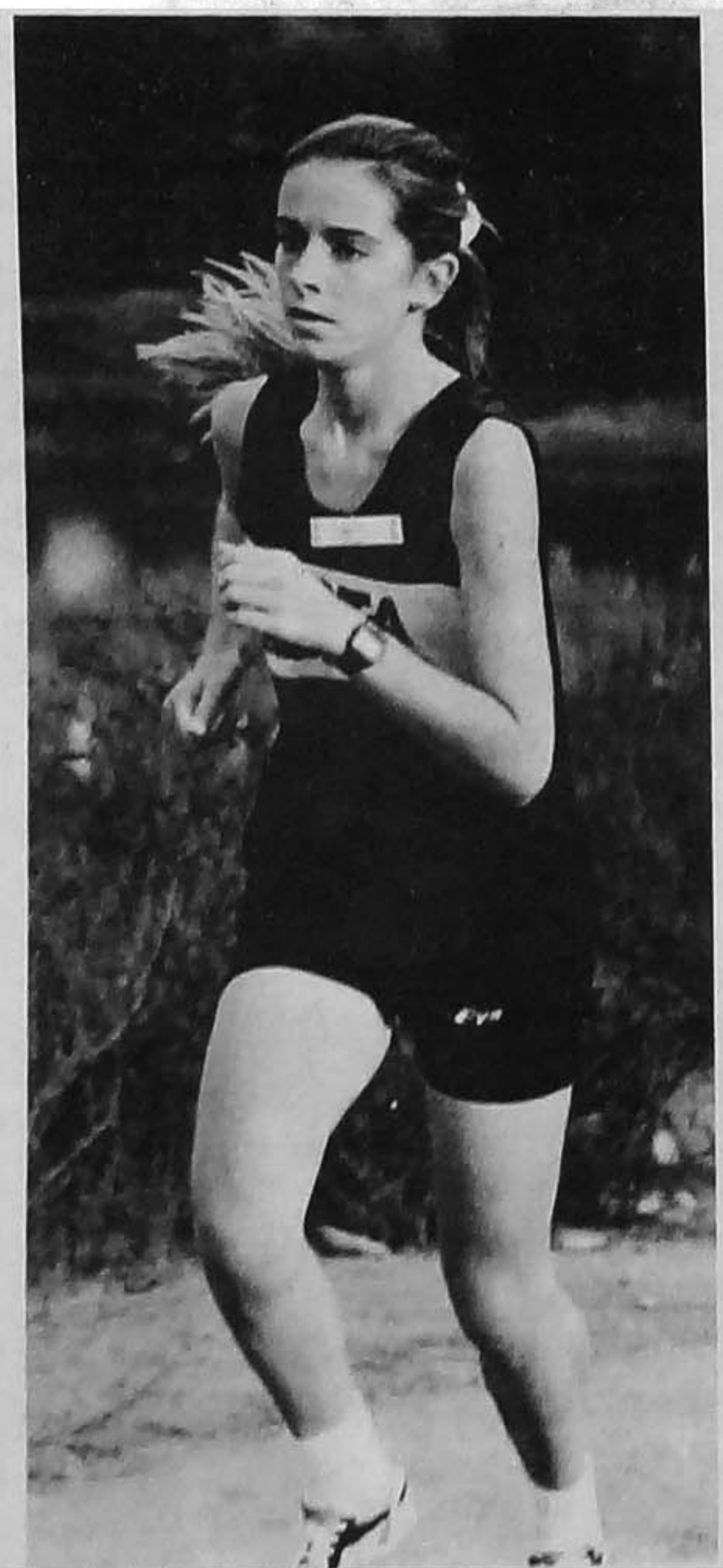
31. Chris Kennedy, Orange Glen, 17:17; 32. Gabe Taylor, SD, 17:19; 33. Brett Weaver, F, 17:20; 34. Ben Hauck, F, 17:21; 35. Tim Scott, F, 17:21.

36. Mike Wilson, RBV, 17:22; 37. Chris Lutgendorf, F, 17:22; 38. Beto Campo, SD, 17:24; 39. Paul Williamson, P, 17:27; 40. Yee Feng, MC, 17:27.

41. Robert Lopez, OG, 17:31; 42. Art Emilio Jimenez, OG, 17:31; 43. Jaimal Hornbacher, RBV, 17:31; 44. Able Montes, RBV, 17:35; 45. Jesse Davis, P, 17:35.

46. Josh Stewart, F, 17:37; 47. Tom Whisenant, RB, 17:38; 48. Andy Ratliff, RB, 17:39; 49. Marty Cook, MC, 17:40; 50. Cesar Melgoza, RBV, 17:41.

No junior varsity race.



Natalie Forsyth, Vista

METRO:

Chula Vista Boys, Bonita Vista Girls Dominate Finals

On the surface, everything seemed normal at the Metro Championships. Chula Vista's boys and Bonita Vista's girls were in control, and the expected big names were at the top.

In reality, there was a bit of anxiety about the outcome. Bonita Vista's Claire Becker, the San Diego Section's best girl runner, hadn't run a race in more than a month. She has been shelved with patellar tendinitis, although she has been able to train lightly.

Becker won the girls race, running the 2.3 mile Southwestern College course in 14:00, and showed just a bit of rust.

"She was 14 seconds slower than last year," Bonita Vista coach Ian Cumming said. "She is not in as good of condition."

"But, she went right out front, and built a lead," Cumming said. Best of all, according to Cumming, there were no significant after-effects. No soreness, "nothing," he said.

Becker's teammates, Rosie Costello and Meghann Phillips, were second and third in the race, and the Barons won easily, also clinching the overall league title.

Hilltop's Patt Beltran and Chula Vista's Yolanda Montalvo rounded out the top five.

Bonita Vista, with Becker back, is still a top contender in the CIF Division I meet.

Even Vista coach Paul Kinder is wary. "Bonita Vista worries me," he said. "Any time you put that number one up there (where Becker may finish), and can back it up with other strong runners, you've got to be concerned."

Chula's boys were even more dominant, also sweeping the first three places and putting six in the top ten.

"Our boys are peaking," Chula Vista coach Art Johnson said. The Spartans are co-favorites, along with Vista, in the CIF Division I race, and their performance in this meet did nothing to change anyone's mind.

In the league meet, Jason White, Jorge Martinez and Ruben Carrillo ran as a group, and the race boiled down to who had the best kick. White, a 1:56 half-miler, won that contest, and clocked 16:06 for the 3.1-mile course. Martinez ran 16:08, and Carrillo did 16:09.

"It's not a fast course," Johnson said. "Those times are pretty good."

By comparison, Carrillo won last year's meet, at the same site, in 16:25, just before he led the Spartans to the CIF large-school title.

Next closest finisher to the top three, 22 seconds back, was Bonita Vista's Aaron Smith.

The Spartans also placed Jose Ramirez, Matt Dunn and Larry Romero in the top ten.

The Spartan girls and Bonita Vista's boys were runners-up, while Sweetwater teams took third in both races.

The Results:

at Southwestern College, Fri., Nov. 11.

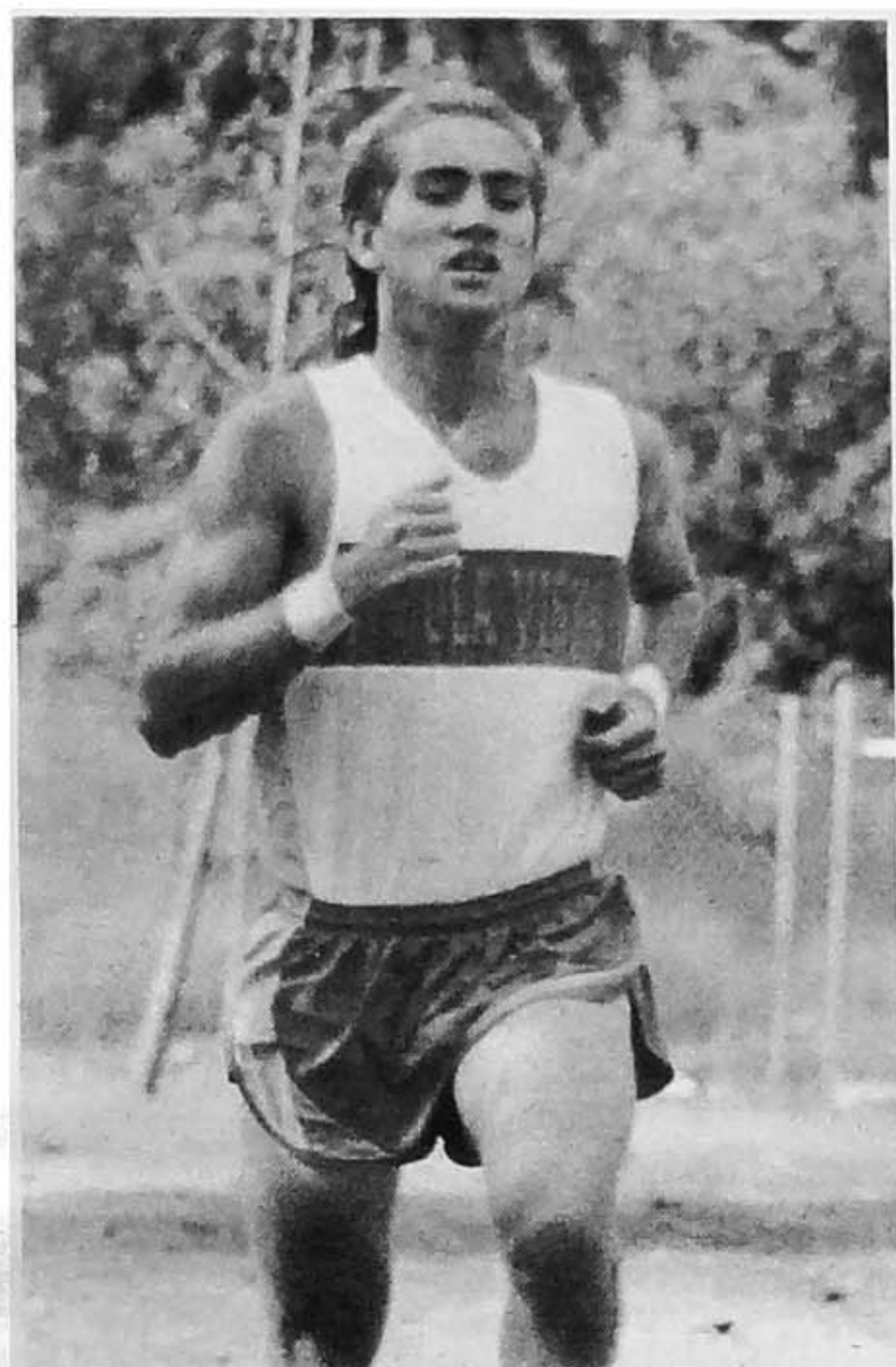
GIRLS (2.3 Miles):

TEAMS: Bonita Vista 36, Chula Vista 64, Sweetwater 80, Hilltop 97, Castle Park 106, Eastlake 159, Montgomery 178, South-

west 199.

FINAL STANDINGS (Combined dual meet and league final results, weighted 50/50): 1. Bonita Vista, 2. Chula Vista, 3. Sweetwater, 4. Hilltop, 5. Montgomery, 6. Castle Park, 7. Eastlake, 8. Southwest.

INDIVIDUAL (First 10 are all-league): 1. Claire Becker, Bonita Vista, 14:00; 2. Rosie Costello, BV, 14:32; 3. Meghann Phillips, BV, 14:39; 4. Patt Beltran, Hilltop,



Matt Dunn, Chula Vista

14:57; 5. Yolanda Montalvo, Chula Vista, 15:06.

6. Geneva Parker, Sweetwater, 15:10; 7. Elizabeth Gonzales, CV, 15:14; 8. Jessica Cabrera, Swtr, 15:17; 9. Cristina Delgadillo, H, 15:20; 10. Naomi Johnson, Castle Park, 15:21.

11. Aura DeTrinidad, CV, 15:24; 12. Barbara Flores, CP, 15:27; 13. Marcelle Romero, BV, 15:33; 14. Jennifer Lentz, Eastlake, 15:34; 15. Alison Maalis, Montgomery, 15:45.

16. Heidi Sanchez, Swtr, 15:47; 17. Thuy Nguyen, BV, 15:49; 18. Kathleen Barrera, BV, 15:53; 19. E. Taylor, BV, 15:55; 20. M. Cervantes, E, 15:57.

21. Delia Rosales, CP, 16:06; 22. Ebony Johnson, Swtr, 16:10; 23. J. Hafen, H, 16:10; 24. Nika Dunn, CV, 16:11; 25. Kipko Ikeuchi, H, 16:12.

26. Macrina Rosales, CP, 16:32; 27. Melissa Domingo, CV, 16:39; 28. Angela Schmidt, Swtr, 16:47; 29. B. Guerrero, CV, 16:48; 30. Adriana Medina, Swtr, 17:10.

31. Karla Banos, Swtr, 17:15; 32. E. Volper, M, 17:24; 33. Adrienne Cuenca, Southwest, 17:32; 34. R. Bermio, Swest, 17:35; 35. Julia Wood, CV, 17:41.

36. Sabrina Robles, H, 17:57; 37. Rachael Johnson, CP, 18:02; 38. A. Garcia, E, 18:04; 39. T. Howard, M, 18:19; 40. Saucedo, E, 18:22.



Ricardo Lopez, Sweetwater

JUNIOR VARSITY:

1. Jennifer Martinez, BV, 16:43; 2. Abby McConnell, CV, 16:52; 3. Perla Navarro, Swtr, 16:54; 4. Leslie Stopani, BV, 17:04; 5. Christina Araujo, CV, 17:19.

6. Francisca Geyer, BV, 17:25; 7. Amber Matthies, CV, 17:27; 8. Sarah DeVore, BV, 17:36; 9. Shina Inniss, CV, 17:48; 10. Monica Arellano, Swtr, 17:51.

BOYS (3.1 Miles):

TEAMS: Chula Vista 21, Bonita Vista 65, Sweetwater 103, Montgomery 123, Castle Park 136, Southwest 143, Hilltop 147, Eastlake 188.

FINAL STANDINGS (Combined dual meet and league final results, weighted 50/50): 1. Chula Vista, 2. Bonita Vista, 3. Sweetwater, 4. Montgomery, 5. Castle Park, 6. Hilltop, 7. Eastlake, 8. Southwest.

INDIVIDUAL (First 10 are all-league):

1. Jason White, Chula Vista, 16:06; 2. Jorge Martinez, CV, 16:08; 3. Ruben Carrillo, CV, 16:09; 4. Aaron Smith, Bonita Vista, 16:31; 5. Adrian Ramirez, Castle Park, 16:33.

6. Jose Barajas, Sweetwater, 16:35; 7. Jose Ramirez, CV, 16:36; 8. Matt Dunn, CV, 16:53; 9. Scott Taylor, BV, 16:58; 10. Larry Romero, CV, 17:01.

11. Ricardo Lopez, Swtr, 17:07; 12. Adrian Rodriguez, Montgomery, 17:12; 13. Zac Read, Hilltop, 17:15; 14. Marco Huerta, CV, 17:17; 15. Ryan Casey, BV, 17:22.

16. Mike Camacho, Eastlake, 17:30; 17. Jimmy Corcoran, BV, 17:33; 18. Joshua Middlesworth, CP, 17:34; 19. Thomas Juarez, M, 17:42; 20. Matt Rice, BV, 17:45.

21. Reggie DePass, M, 17:49; 22. Jason Barton, Southwest, 17:50; 23. Henry DeJesus, H, 17:52; 24. G. White, BV, 17:53; 25. Juan Nunez, Swtr, 17:56.

26. Jesse Jasso, Swtr, 18:11; 27. Vicente Ruiz, Swest, 18:14; 28. Quoc Nguyen, BV, 18:18; 29. Jose Sanchez, Swest, 18:23; 30. Jorge Del Hierro, CP, 18:26.

31. Everett Greene, H, 18:27; 32. Jose Torres, Swest, 18:33; 33. X. Alaniz, M, 18:34; 34. M. Williams, Swest, 18:47; 35. Alonzo Guzman, Swtr, 18:49.

36. Jose Flores, CP, 18:55; 37. Fred Greene, H, 19:02; 38. J. Hall, M, 19:09; 39. Javier Gonzalez, Swtr, 19:16; 40. Miguel Gallarzo, Swtr, 19:17.

JUNIOR VARSITY:

1. Darrell Roberts, CV, 17:43; 2. Victor Jackson, CV, 17:52; 3. Chuck Wycoff, CV, 18:03; 4. Sherwin Briones, CV, 18:27; 5. Seth Sabal, CV, 18:36.

6. Michael DeGuzman, BV, 18:39; 7. Robert Jackson, CV, 18:46; 8. Raul Flores, BV, 18:51; 9. Daniel Lebrija, BV, 18:59; 10. Jason Stones, BV, 19:12.

NEXT ISSUE
of
TRACK
MAGAZINE:

December 2
Featuring Complete
Coverage of CIF & State
(Deadline Nov. 28)

GROSSMONT 2A, 3A:

El Cap's Girls, West Hills Boys, Both Valhalla Teams Triumph

Dual meets didn't seem to mean much in the Grossmont 2A and 3A Leagues this year, judging by the results of the league finals. Only the West Hills boys team followed up a dual meet championship with a win in the finals.

Three other titles swung to challengers, on the strength of great team races in the finals. The Grossmont League gives 2/3 weight to their championship meet, held this year at Harry Griffen Park in La Mesa.

Valhalla's boys and girls teams claimed the 3A titles, while El Capitan's girls team joined the West Hills boys as the 2A champs.

For the El Cap girls, who faced strong challenges from young and improved West Hills and Santana teams, it was redemption. West Hills had given them a rare league loss, and Santana had almost upset them.

But, "El Capitan came up pretty big," West Hills coach Larry Pear said. "Their seniors (Carrie Vickery, Kristi Jenkins, Jenny Card) really pulled through. They got their backs up against the wall and came through."

Among the 2A girls, El Cap put four in the top ten, including Larissa Gregerson and Card in second and third, and Jenkins and Vickery in sixth and seventh. Santana's Jaymie Harper won the 2A race, and the combined race, in 14:03 for the 2.3-mile course.

Second overall was Granite Hills freshman Nicole Carter, who clocked 14:14. Caster is a real find. She didn't begin practicing until the first week of school, and she immediately assumed the number one position on a team that features Stacey and Wendy Murphy. Granite Hills was unbeaten in duals, but Valhalla pulled off a big race at the right time.

The Vikings were led by Stephanie Nelle, who was second among 3A girls, and Kelley Halligan and Danica Buckley, who were third and sixth. Granite Hills also had three girls in the top six (Caster, and the Murphys), but the Vikings had more depth. Margie Broselle and Kristen Kee were 9th and 11th to seal the deal.

Early in the season, Helix seemed the best of the 3A teams, but ~~attrition set in to weaken the team. Ace Kevin Chappell was lost to ineligibility and the Highlanders began to unravel.~~

Valhalla was the strongest team when it counted most. They used a tight pack (35 seconds, one through five) to easily outdistance the competition. They were paced by Daniel Luecht and Travis Kermott, who were fourth and sixth. Mount Miguel, led by David Schible and Simon Hill, was second.

Grossmont's David McQuitty, running by himself for the entire race, was the 3A and overall race winner, running 16:25 for the 3.1-miles.

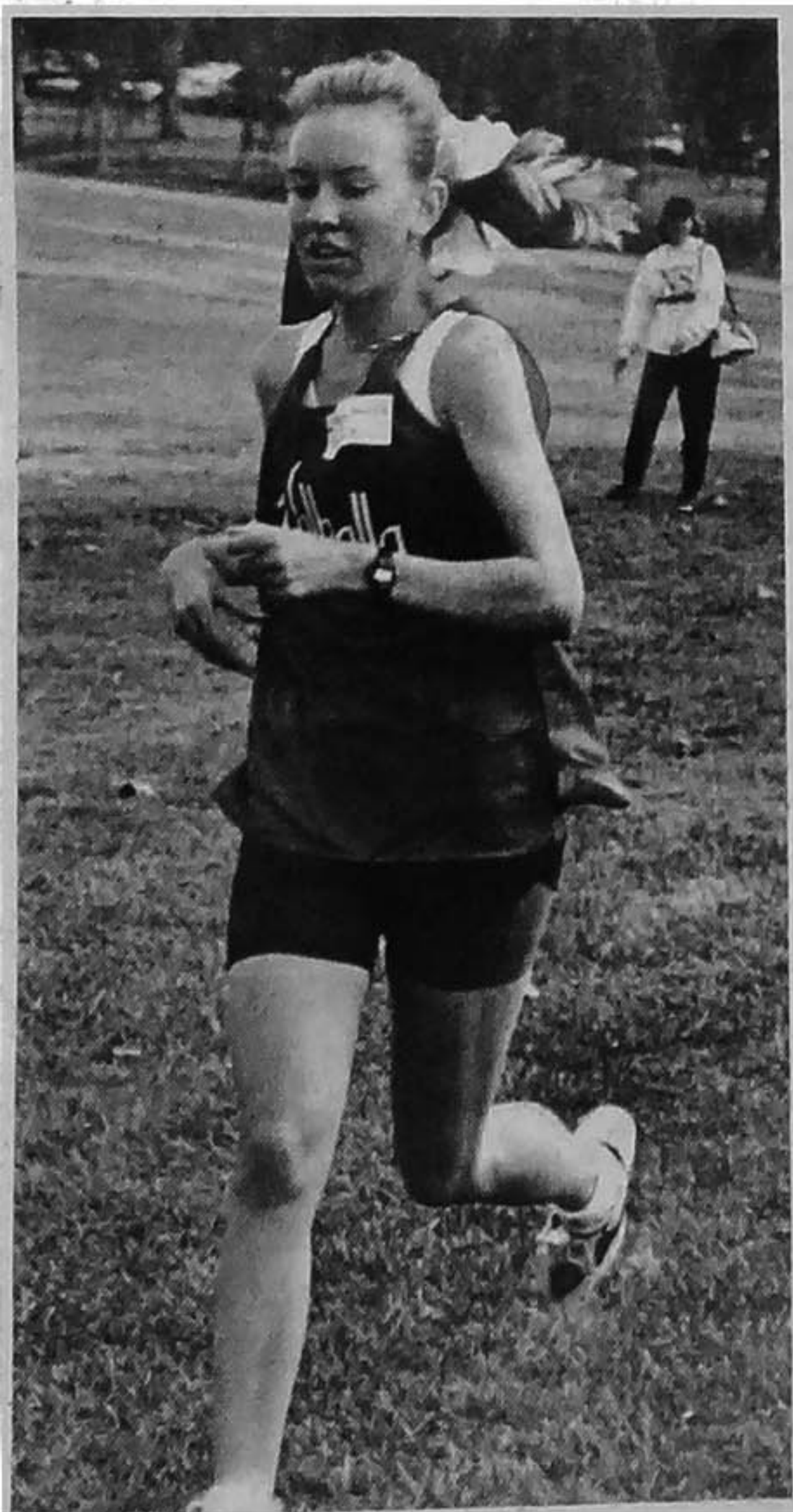
West Hills' Stewart Blain was the 2A winner, in 16:48, and sparked the Wolfpack to a team win. Chris Nagao, Aaron Blood and Dustin Diaz all finished in the top ten for West Hills. Danny Sanchez led El Capitan to second place in the 2A team race.



Aaron Adragna, Santana, **Daniel Luecht**, Valhalla, and **Travis Kermott**, Valhalla



Jenny Holdzkom, West Hills, **Renee De La Torre**, Grossmont, and **Margie Broselle**, Valhalla



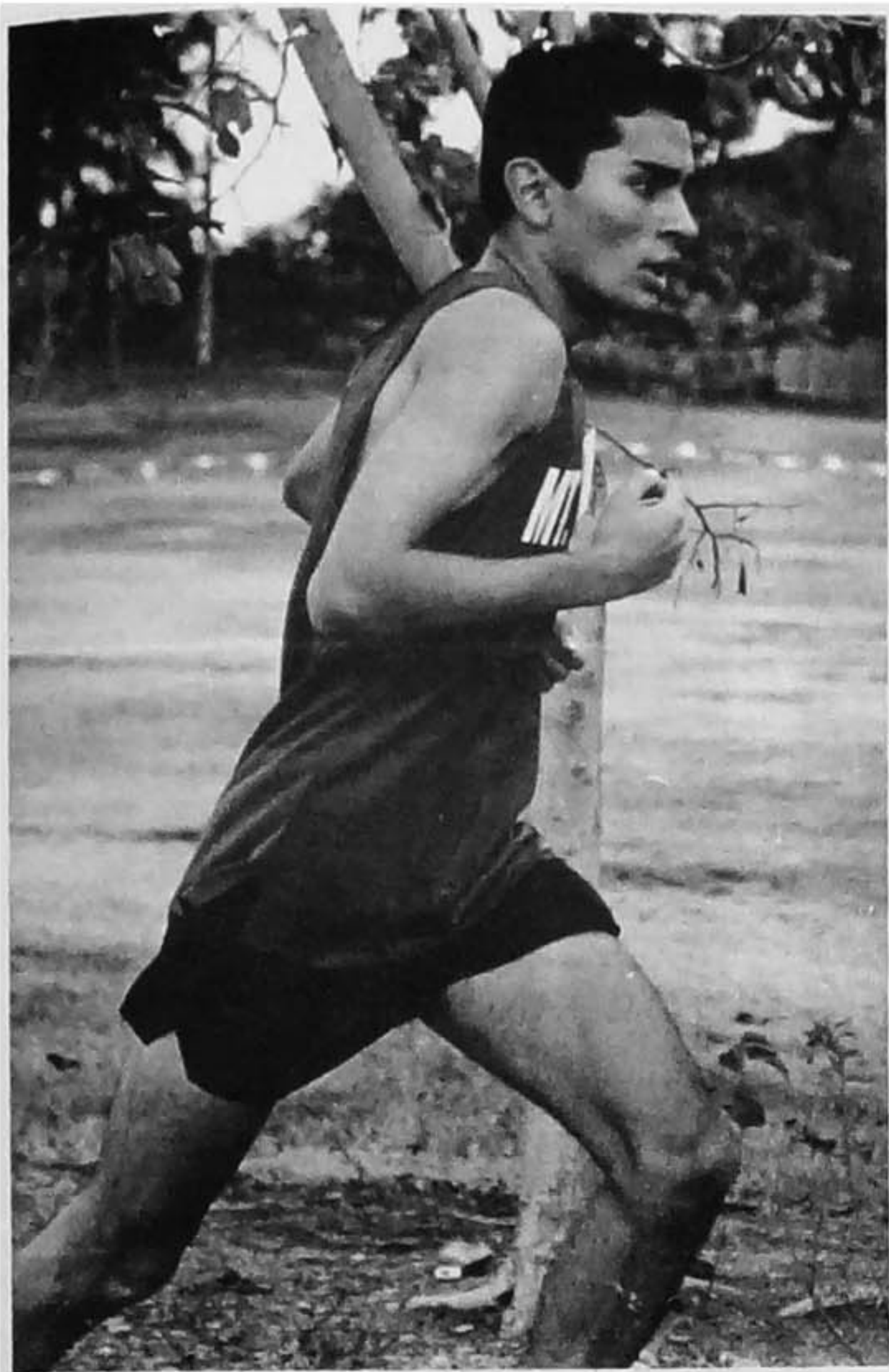
Kelley Halligan, Valhalla



Louis Nava, Helix



Jeremy Koreski, El Cajon



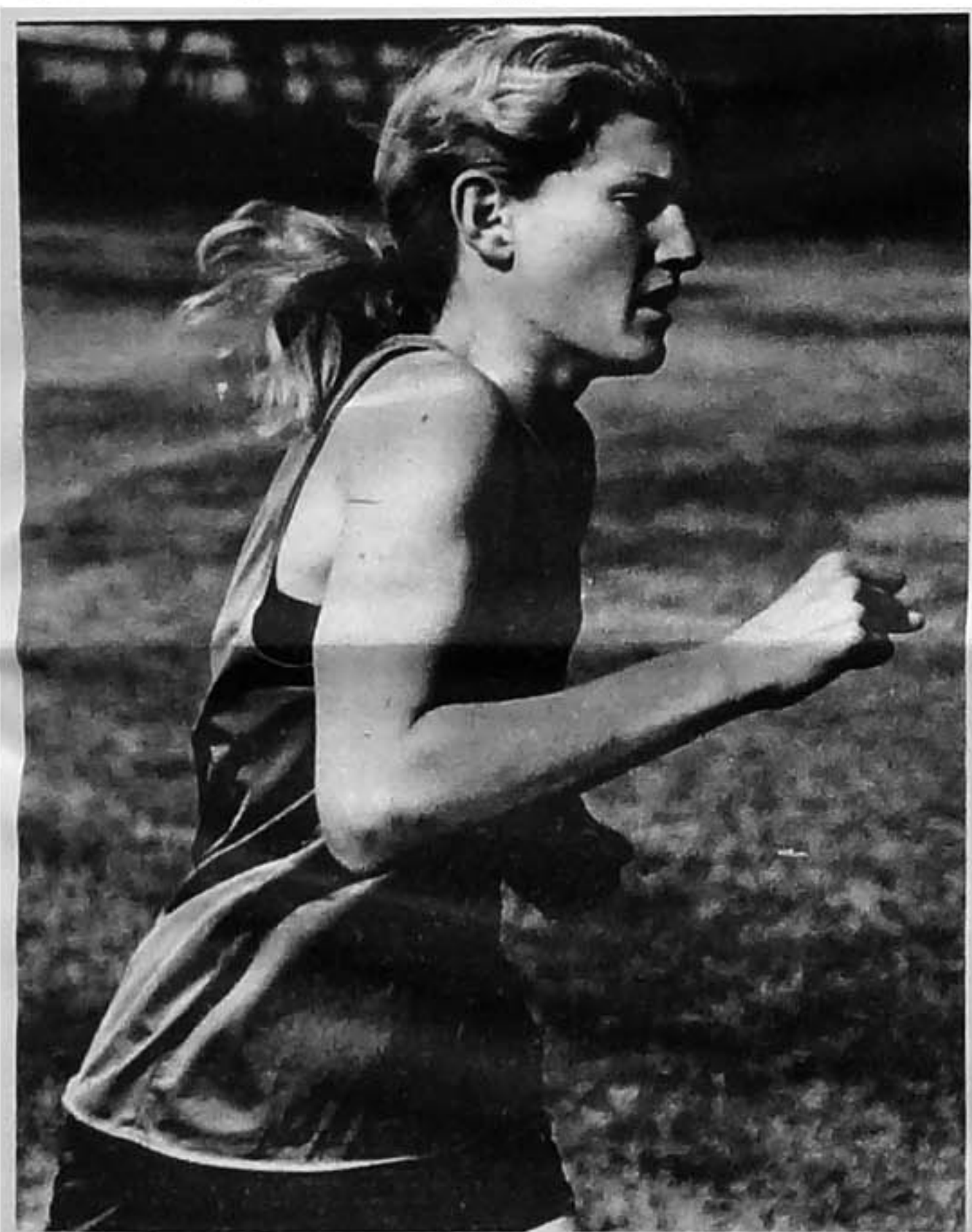
Simon Hill, Mount Miguel



Brandon Benkosky, Granite Hills



Tina Torge, Monte Vista



Alexis Rendina, West Hills

The Results:

at Harry Griffen Park, Sat., Nov. 12. Cool, primarily grass surface softened by rain.

GIRLS (2.3 Miles):

2A TEAMS: El Capitan 31, Santana 42, West Hills 48, Monte Vista 107, El Cajon Valley, 145.

2A FINAL STANDINGS (Combined dual meet and league final results, weighted 2/3 for finals): 1. El Capitan, 2. West Hills and Santana tied; 4. Monte Vista, 5. El Cajon Valley.

3A TEAMS: Valhalla 31, Granite Hills 39, Grossmont 61, Helix 113, Mount Miguel 126.

3A FINAL STANDINGS (Combined dual meet and league final results, weighted 2/3 for finals): 1. Valhalla, 2. Granite Hills, 3. Grossmont, 4. Helix, 5. Mount Miguel.

COMBINED INDIVIDUALS:

1. Jaymie Harper, Santana, 14:03; 2. Nicole Carter, Granite Hills, 14:14; 3. Stephanie Nelle, Valhalla, 14:18; 4. Larissa Gregerson, El Capitan, 14:20; 5. Jenny Card, ECap, 14:29.

6. Kelley Halligan, V, 14:41; 7. Alexis Rendina, West Hills, 14:44; 8. Stacey Murphy, GH, 14:48; 9. Wendy Murphy, GH, 14:52; 10. Danica Buckley, V, 14:56.

11. Kristi O'Grady, S, 15:11; 12. Sophia Hawker, Grossmont, 15:14; 13. Kristi Jenkins, ECap, 15:16; 14. Carrie Vickery, ECap,

15:22; 15. Renee De La Torre, G, 15:24.

16. September McHugh, S, 15:25; 17. Margie Broselle, V, 15:27; 18. Nechelle Fabiana, Mount Miguel, 15:29; 19. Jenny Holdzkom, WH, 15:31; 20. Hannele Stephens, WH, 15:35.

21. Kristin Kee, V, 15:42; 22. Sarah Garcia, WH, 15:43; 23. Angela Panfil, GH, 15:47; 24. Milinda Benitez, S, 15:50; 25. Rachel Kalmar, G, 15:50.

26. Sarah Jagers, ECap, 15:58; 27. Emily Bennett, V, 16:03; 28. Courtney Hoeptner, V, 16:05; 29. Heather Holford, WH, 16:06; 30. Becca Weingartner, WH, 16:08.

31. Kerie O'Grady, S, 16:13; 32. Amber Smock, ECap, 16:23; 33. Inga Lintvedt, G, 16:24; 34. Lisa Gilmore, GH, 16:25; 35. Lee Ann Aufdengarten, Helix, 16:27.

36. Tina Torge, Monte Vista, 16:28; 37. Stephanie Kindreich, ECap, 16:33; 38. Anne Severtson, H, 16:34; 39. Jennifer Lindsey, G, 16:34; 40. Zoe Lieberman, G, 16:36.

41. Monica Brown, G, 16:41; 42. Nichole Mena, GH, 16:45; 43. Carly Gosselin, MV, 16:56; 44. Jami Schleger, S, 16:59; 45. Mary Greene, H, 17:00.

3A ALL LEAGUE: 1. Carter, GH, 2. Nelle, V, 3. Halligan, V, 4. S. Murphy, GH, 5. W. Murphy, GH, 6. Buckley, V, 7. Hawker, G, 8. De La Torre, G, 9. Broselle, V, 10. Fabiana, MM.

2A ALL LEAGUE: 1. Harper, S, 2. Gregerson, ECap, 3. Card, ECap, 4. Rendina, WH, 5. Kr. O'Grady, S, 6. Jenkins, ECap, 7. Vickery, ECap, 8. McHugh, S, 9. Holdzkom, WH, 10. Stephens, WH.

COMBINED JV:

MEET, LEAGUE CHAMP: Granite Hills.

1. Tiffany Fay, ECap, 15:33; 2. Jennifer Curtis, WH, 16:33; 3. Heidi Collins, WH, 16:34; 4. Gabi Cannon, S, 16:38; 5. Nicolette Stolil, GH, 16:41.

BOYS (3.1 Miles):

2A TEAMS: West Hills 36, El Capitan 39, Monte Vista 67, El Cajon Valley 97, Santana 131.

2A FINAL STANDINGS (Combined dual meet and league final results, weighted 2/3 for finals): 1. West Hills, 2. El Capitan, 3. Monte Vista, 4. El Cajon Valley, 5. Santana.

3A TEAMS: Valhalla 46, Mount Miguel 58, Grossmont 71, Helix 74, Granite Hills 117.

3A FINAL STANDINGS (Combined dual meet and league final results, weighted 2/3 for finals): 1. Valhalla, 2. Mount Miguel, 3. Helix and Grossmont tied, 5. Granite Hills.

COMBINED INDIVIDUALS:

1. David McQuitty, Grossmont, 16:25; 2. Stewart Blain, West Hills, 16:48; 3. Brandon Benkosky, Granite Hills, 16:51; 4. Steve Daynes, G, 17:07; 5. Daniel Luecht, Valhalla, 17:15.

6. David Schible, Mount Miguel, 17:15; 7. Travis Kermott, V, 17:16; 8. Danny Sanchez, El Capitan, 17:17; 9. Aaron Adragna, Santana, 17:17; 10. Simon Hill, MM, 17:19.

11. Kevin Gay, Monte Vista, 17:21; 12. Amanuel Gebru, Helix, 17:24; 13. Louis Nava, H, 17:26; 14. Edward Agunos, MM, 17:27; 15. Erik Lassen, V, 17:30.

16. Josh Freese, ECap, 17:37; 17. Chris Nagao, WH, 17:47; 18. Nic Magoffin, V, 17:48; 19. Ryan Hilton, V, 17:50; 20. Aaron Blood, WH, 17:50.

21. Dustin Diaz, WH, 17:55; 22. Jake Bishop, ECap, 17:56; 23. Matt Konold, G, 17:57; 24. Manuel Cardona, MM, 17:58; 25. Justin Piper, V, 18:00.

26. Skip in sequence; 27. Carrillo Esquivel, MV, 18:01; 28. Sean Nugent, V, 18:03; 29. Tony Principe, ECap, 18:04; 30. Dave Boland, ECap, 18:05.

31. Solomon Riskie, H, 18:07; 32. Wender Hwang, H, 18:10; 33. Brent Coe, H, 18:13; 34. Doug Singer, S, 18:16; 35. Matt Stuart, WH, 18:16.

36. Jeremy Koreski, El Cajon Valley, 18:18; 37. Mike Weipert, MV, 18:26; 38. Rafael Torres, MV, 18:26; 39. Tommy Corbin, WH, 18:29; 40. Randy Bennett, WH, 18:31.

41. Keenan Kubicki, MM, 18:32; 42. Serafin Carrillo, MV, 18:32; 43. James Bridges, MV, 18:35; 44. Lee Lim, H, 18:38; 45. Ryan Suter, ECap, 18:44.

46. Jake Gregerson, ECap, 18:50; 47. Joel Cannuli, S, 18:53; 48. Chris Smith, GH, 18:55; 49. Joe Bridges, MV, 18:59; 50. Sergio Bowers, MM, 19:03.

3A ALL LEAGUE: 1. McQuitty, G, 2. Benkosky, GH, 3. Daynes, G, 4. Luecht, V, 5. Schible, MM, 6. Kermott, V, 7. Hill, MM, 8. Gebru, H, 9. Nava, H, 10. Agunos, MM.

2A ALL LEAGUE: 1. Blain, WH, 2. Sanchez, ECap, 3. Adragna, S, 4. Gay, MV, 5. Freese, ECap, 6. Nagao, WH, 7. Blood, WH, 8. Diaz, WH, 9. Bishop, ECap, 10. Esquivel, MV.

COMBINED JV (2.3 Miles):

TEAM, LEAGUE CHAMP: Granite Hills.

1. Bryon Lamorandier, V, 13:20; 2. Mike Gilmore, GH, 13:28; 3. Jerrod Payne, ECap, 13:37; 4. Nick Rivera, GH, 13:38; 5. John Bates, ECap, 13:40.

COASTAL:

Calvin's Boys, Bishop's Girls Win Titles

This was supposed to be the year of the wide-open boys race, the year any team could win. The outcome was startlingly familiar: Calvin Christian on top.

In the girls competition, it was supposed to be a one-sided blowout, with Bishop's wiping out everybody. That part of the meet ran true to form.

Actually, Calvin's win wasn't all that unexpected judging from recent results. The team had improved over the course of the season, and asserted itself in the last few weeks, finishing unbeaten in dual meets.

"We've been working really hard," Calvin coach Linda Marcus said. "Our guys definitely peaked today (at league)."

It was supposed to be an off year at Calvin, after last year's top two runners left the school. A pair of freshman runners, Matt Gailey and Will Wilgenburg, shored up the pack and were ninth and tenth in the finals.

Tri City's Ryan Swanson outraced Julian's Todd Lewis to win the individual title.

Bishop's girls left no doubt. Marissa Hurwitz, after missing a full year of competition, returned in a big way, running the "new" CIF course at Morley Field in 15:53.

She won easily and led her teammates to a virtual sweep of the top spots. The Knights went 1-2-3-5-6-7 to rout the league. Only Calvin's Leslie DeJager broke up the pack.

Bishop's is a solid favorite to win the CIF Division IV girls race. Calvin's boys now rank as a contender to nab a state meet slot.

RESULTS:

at Morley Field, Fri., Nov. 11. Cool. Teams ran "new" CIF course.

GIRLS (2.6 Miles):

TEAMS: Bishop's 17, Francis Parker 70, Calvin Christian 96. All other teams non-scoring.

LEAGUE CHAMP (Combined dual meet and league final results, weighted 50/50): The Bishop's School.

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COACHES WANTED

TORREY PINES High school needs two assistant track coaches: a horizontal jumps/sprint coach; and a high jump coach. Call Brent Thorne, 481-8950.

(11-18 & 12-2)

FOR SALE

SKYPOLE: 14-foot, 170, near new condition. Minimal previous use, no flaws, with packing tube. \$230 new. Will accept reasonable offer. 765-1914, evenings.

(xfor17)

INDIVIDUAL (First 10 are all-league):

1. Marissa Hurwitz, Bishop's, 15:53; 2. Mary-Beth Muchmore, B, 17:06; 3. Katherine Zabloudil, B, 17:07; 4. Leslie DeJager, Calvin Christian, 17:07; 5. Gabe Popoff, B, 17:39.

6. Stephanie Pettigrew, B, 17:47; 7. Nichola Lowry, B, 17:50; 8. Allegra Hollenbeck, Julian, 18:03; 9. Heather Ray, Francis Parker, 18:39; 10. Lindsey Gordon, B, 18:48.

11. Sonya Wall, FP, 18:54; 12. Alison Gordon, B, 18:58; 13. Abigail D'Agostino, FP, 19:00; 14. Brooke Miller, B, 19:13; 15. Amanda Shipley, CC, 19:26.

16. Melissa Alioto, B, 20:09; 17. Ashley Walker, B, 20:17; 18. Jenny Darth, FP, 20:49; 19. Zoe Landers, FP, 21:09; 20. Erin McDonough, J, 21:12.

BOYS (3.1 Miles):

TEAMS: Calvin Christian 49, Bishop's 95, Army Navy Academy 99, La Jolla Country Day 119, Francis Parker 120, Borrego Springs 171, Lutheran 182. Julian and Tri City Christian, no score.

LEAGUE CHAMP (Combined dual

meet and league final results, weighted 50/50): Calvin Christian.

INDIVIDUAL (First 10 are all-league):

1. Ryan Swanson, Tri City Christian, 17:14; 2. Todd Lewis, Julian, 17:27; 3. Jason Tullius, Army Navy, 18:10; 4. Jacob Young, Calvin Christian, 18:20; 5. Robert Frailing, ANA, 18:22.

6. Quentin Anderson, Lutheran, 18:23; 7. Justin Scarfeo, La Jolla Country Day, 18:28; 8. Kevin Cosgriff-Hernandez, Francis Parker, 18:33; 9. Matt Gailey, CC, 18:36; 10. Will Wilgenburg, CC, 18:37.

11. Miles Shumilak, Bishop's, 18:40; 12. Nathan Hall, CC, 18:42; 13. Al Juknys, Borrego Springs, 18:43; 14. Jayson Phillips, CC, 18:49; 15. Jeff Memmelaar, CC, 18:51.

16. P. J. Ople, Bish, 18:53; 17. Aaron Voss, J, 18:55; 18. Noah Lidman, LJCD, 18:59; 19. Richie Rowzee, TCC, 19:00; 20. Dale Lovell, FP, 19:10.

21. Josh Oliver, Bish, 19:11; 22. David Meyer, ANA, 19:25; 23. Matthew Wenger, Bish, 19:26; 24. Bobby Griffin, Bish, 19:30; 25. Scott Hunter, Bish, 19:36.

STATE CROSS COUNTRY RANKINGS

(Coaches' Poll of November 15)

BOYS:

DIVISION I:

1. Thousand Oaks (SS)
2. Peninsula, Rolling Hills (SS)
3. Camarillo (SS)
4. Bellarmine Prep, San Jose (CCS)
5. Hart, Newhall (SS)
6. Vista (SD)
7. Chula Vista (SD)
8. Alta Loma (SS)
9. Madera (CE)
10. Orange (SS)

DIVISION II:

1. Jesuit, Sacramento (SJ)
2. Scripps Ranch, San Diego (SD)
3. Arvin (CE)
4. Mater Dei, Santa Ana (SS)
5. Palmdale (SS)
6. De la Salle, Concord (NCS)
7. Hoover, San Diego (SD)
8. Leland, San Jose (CCS)
9. San Pasqual (Escondido) (SD)
10. Yucaipa (SS)

DIVISION III:

1. Livermore (NCS)
2. Nordhoff, Ojai (SS)
3. Lassen, Susanville (No)
4. Corona del Mar, Newport Harbor (SS)
5. El Modena (Orange) (SS)
6. St. Francis, Mountain View (CCS)
7. St. Francis, La Canada (SS)
8. Santa Margarita, Rancho SM (SS)
9. La Habra (SS)
10. Sonora (SJ)

DIVISION IV:

1. McFarland (CE)
2. Morro Bay (SS)
3. Terra Linda, San Rafael (NCS)
4. Yreka (No)
5. Coronado (SD)
6. Half Moon Bay (CCS)
7. Flintridge Prep, La Canada (SS)
8. Cardinal Newman, Santa Rosa (NCS)
9. Maranatha (Sierra Madre) (SS)
10. Fillmore (SS)

GIRLS:

DIVISION I:

1. Thousand Oaks (SS)
2. Vista (SD)
3. Irvine (SS)
4. El Toro (SS)
5. Esperanza, Anaheim (SS)
6. Clovis West, Fresno (CE)
7. Peninsula, Rolling Hills (SS)
8. Madera (CE)

9. Los Alamitos (SS)

10. Dana Hills (SS)

DIVISION II:

1. Torrey Pines, Del Mar (SD)
2. Edison, Huntington Beach (SS)
3. Trabuco Hills, Mission Viejo (SS)
4. Buchanan, Clovis (CE)
5. Del Oro, Loomis (SJ)
6. Yucaipa (SS)
7. Bishop Amat, La Puente (SS)
8. Reedley (CE)
9. Agoura (SS)
10. Aliso Niguel, Aliso Viejo (SS)

DIVISION III:

1. Clayton Valley, Concord (NCS)
2. Temescal Canyon, Elsinore (SS)
3. Nordhoff (Ojai) (SS)
4. El Modena (Orange) (SS)
5. St. Ignatius (San Francisco) (CCS)
6. Northgate, Walnut Creek (NCS)
7. Foothill, Santa Ana (SS)
8. Santa Margarita, Rancho SM (SS)
9. West Hills, Santee (SD)
10. San Marino (SS)

DIVISION IV:

1. Central Valley (No)
2. Miramonte, Orinda (NCS)
3. Ursuline, Santa Rosa (NCS)
4. Morro Bay (SS)
5. West Valley, Cottonwood (No)
6. Yreka (No)
7. Lutheran (Orange) (SS)
8. Flintridge Sacred Heart, La Canada (SS)
9. Chaminade, Canoga Park (SS)
10. Louisville, Woodland Hills (SS)

Compiled by Doug Speck and Ray Scofield. Section abbreviations: SS = Southern Section; SD = San Diego Section; LA = Los Angeles Section; CE = Central Section; CCS = Central Coast Section; NCS = North Coast Section; SJ = Sac Joaquin Section; No = Northern Section.