RACIK

MAGAZINE

Covering San Diego Section Cross Country and Track & Field

VOL. I, NO. 6

DECEMBER 2, 1994

STATE MEET:

Chula, Scripps Boys Get Second; Vista, Torrey Girls Are Fourth

t took a close finish of historic proportions to deny Torrey Pines' girls in their quest for a state championship.

Nothing much was about to get in the way of success for Chula Vista's and Scripps Ranch's boys teams.

Torrey Pines' Devon Straitiff (5th in Division II) and Hoover's Ayub Abdusalam (6th in Division II) were the highest placing local finishers.

The San Diego Section came away with no individual or team champions at the State Meet in Fresno, on Nov.26, the first time the locals have been shut out since the inaugural of the championship races in 1987.

At the State level, experience counts. The most successful San Diego runners were generally teams or individuals who had "been there," meaning literally.

Chula Vista's boys were at their peak, and finished second in Division I to national powerhouse Thousand Oaks. It was the highest finish ever for a San Diego area team in the large schools division.

Scripps, meanwhile, also ran an excellent race, taking second in Division II to defending champion Jesuit of Carmichael.

Torrey Pines' girls were involved in the closest team finish in the history of the state meet, and got the worst of it.

They were fourth, just three points out of first. Buchanan and Yucaipa tied for first with 108 points, with Buchanan getting the nod on a sixth-runner tie-breaker. Torrey and Edison of Huntington Beach tied for

third with 111 points, and Edison got the nod, also on a sixth runner.

Devon Straitiff, in her state debut, looked strong at the finish in running fifth in 18:41. She could contend for first next year.

Sandi Rabie was 19th in 19:34, and the other scorers were Carrie Hemerick (37th), Danielle Valentino (40th), and Jaclyn Nolan (56th). All were involved in relatively close finishes that will undoubtedly cause a few sleepless nights.

Chula Vista's boys, six of whom who had raced at Fresno last year, were more than ready.

The team, in fact, arrived on Thanksgiving afternoon, a full day ahead of most teams.

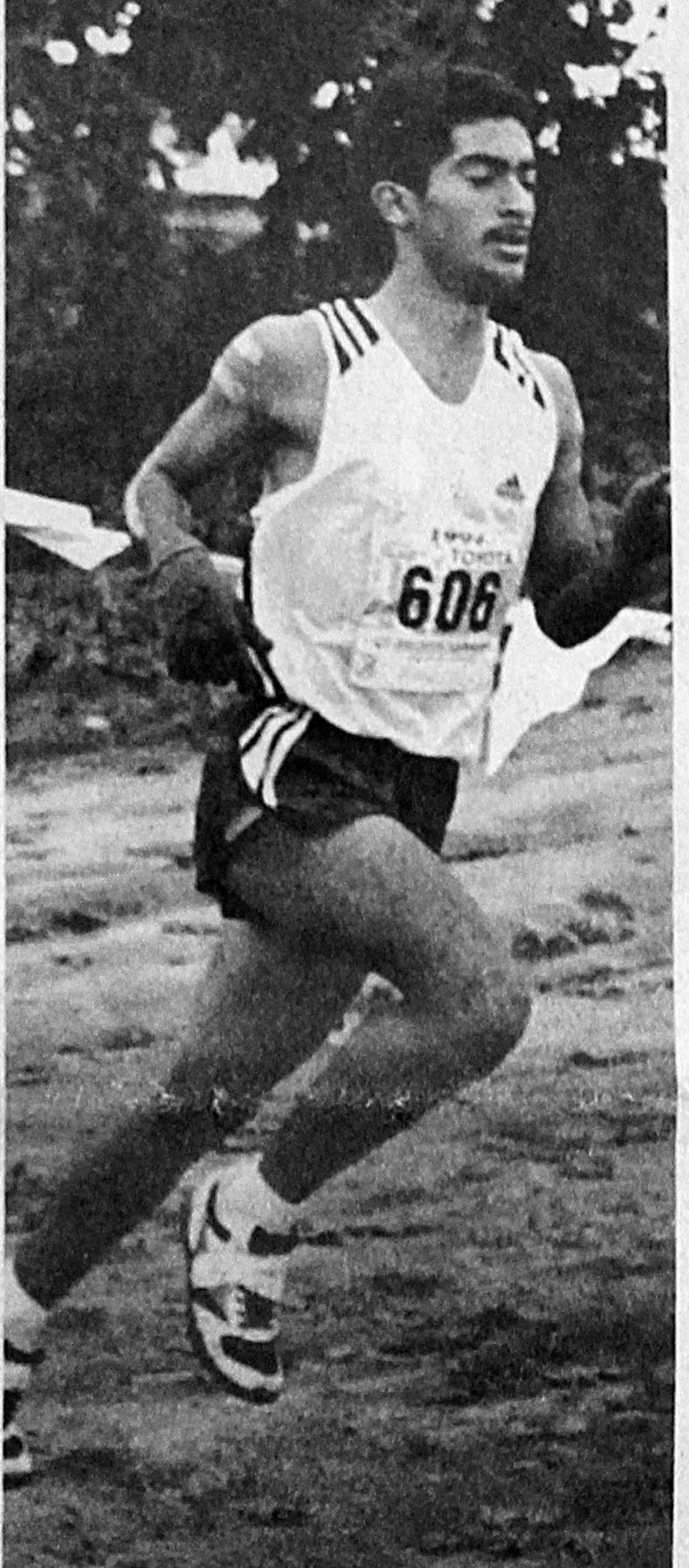
Extra preparation has been the theme all year for Chula Vista, and it all paid off here.

There was no beating Thousand Oaks, who is probably one of the two best teams in the nation this year. They went 2-3-5-13-15 (adjusted scoring) to dominate.

Chula's trademark is a pack of almost interchangeable potential lead runners, who will always pick each other up.

At Fresno, it was Ruben Carrillo and Jorge Martinez who showed the way, taking 16th and 18th (16:03 and 16:04). Jason White and Matt Dunn were close behind, in 16:17 and 16:29 (good for 29th and 41st). Jose Ramirez was 56th in 16:44 close out the scoring.

At CIF, Ramirez had risen to the occasion, making up for a



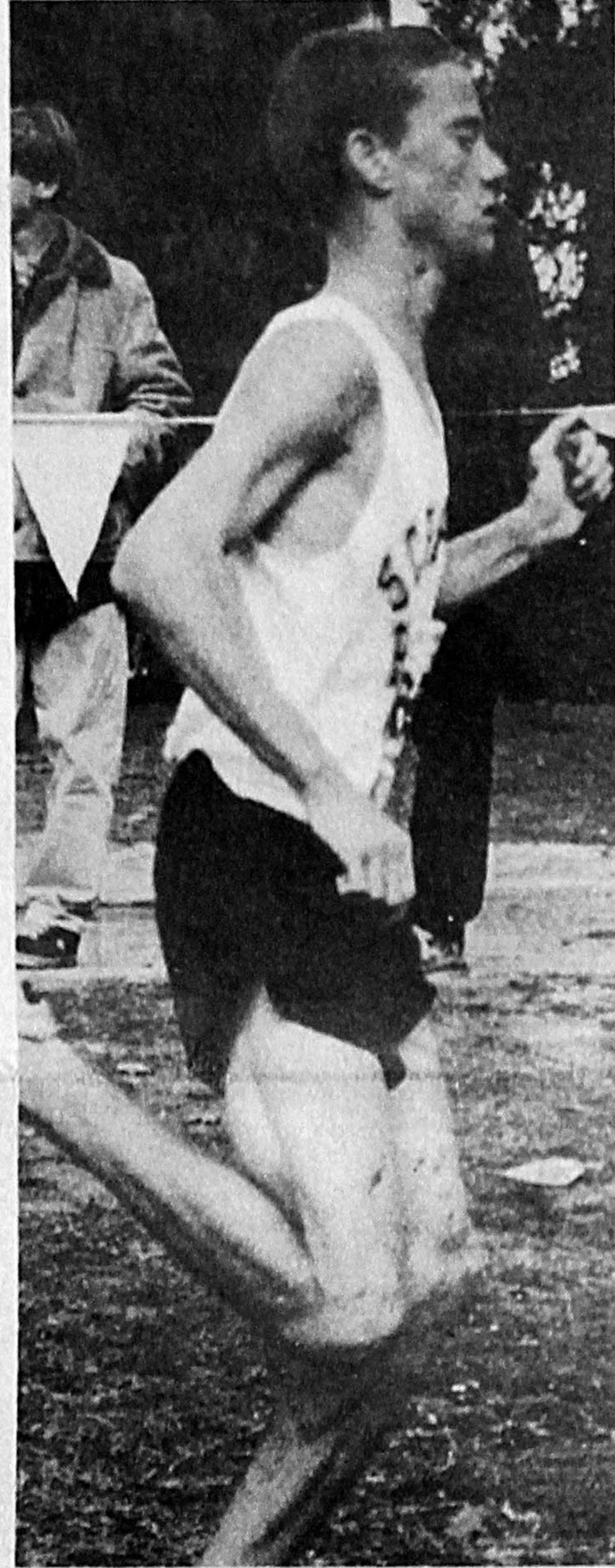
Ruben Carrillo Chula Vista

favor.

Chula Vista coach Art Johnson had set a goal at the start of the season for his team to be ranked in the top three of the state by season's end. Like most of the Chula Vista goals, it was a realistic aim and was achieved.

Scripps heard talk of a state championship at season's start. They debuted last year as the Division III runners-up, and had everybody back. They moved up to Division II, however, and had to contend with defending champion Jesuit. Coach Bob Oliver had always thought it would take a perfect race for Scripps to win. He was right,

Kevin Bowes was the 16:30, and David Romero, 59th



Kevin Bowes Scripps Ranch

in 16:40, finished the scoring.

Vista's girls, almost unnoticed, were fourth in the Division I race. They're not flashy, just extremely solid and consistent.

Sonia Rodriguez was 20th in 19:21, a good effort by the underrated Vista ace. Devon Lasiter-Thurber (35th), Fatima El Farrah (46th), Noelle Magana (51st) and Natalie Forsyth (57th) were the other scorers.

SEE PAGE 3

INSIDE ... slightly off race by Martinez. Here, Martinez returned the RANKINGS and few teams, if any, ever run a CIF RESULTS: perfect race. DIV. I 4-5fastest Scripps runner, taking DIV. IL 6 - 717th in 16:04, and was followed DIV. III 8-9 closely by Ty Stewart, 21st in 16:11 and Chad Livesay, 25th in DIV. IV 10-11 16:13. Afran Abutin, 44th in CIF CHAMPS 12

AD, asilul Permit No. 62 **GIA** U.S. Postage BULK RATE

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State Meet Results.

at Woodward Park, Fresno. Saturday, Nov. 26. Weather cold and blustery, course damp and slow. All races are 5,000 meters (3.1 miles).

GIRLS

DIVISION I:

TEAMS: 1. Peninsula PV 82, 2. Thousand Oaks 91, 3. Irvine 127, 4. Vista 140, 5. Madera 189, 6. Clovis West 194, 7. Carondelet 195, 8. El Toro 197, 9. Poway 208, 10. Lowell, San Francisco 238.

INDIVIDUALS:

1. Julia Stamps, Santa Rosa, 17:06 (new meet record, old record 17:13, by Milena Glusac, Fallbrook, 1991); 2. Courtney Pugmire, Esperanza, 18:08; 3. Jessica Corbin, Irvine, 18:19; 4. Kim Mortensen, Thousand Oaks, 18:29; 5. Molly Mehlberg, Peninsula PV, 18:37.

SD Section Runners:

14. Melanie Pickett, Mt. Carmel, 19:12; 17. Nicole Caster, Granite Hills, 19:16; 19. Jessica Pound, Poway, 19:18; 20. Sonia Rodriguez, Vista, 19:21; **29.** Ann Koscki, Pwy, 19:34.

35. Devon Lasiter-Thurber, Vst, 19:46; 46. Fatima El Farrah, Vst, 19:54; 51. Noelle Magana, Vst, 20:00; 57. Natalie Forsyth, Vst, 20:04; 63. Rosie Costello, Bonita Vista, 20:13.

66. Lisa Vasek, Pwy, 20:15; 78. Angela Shea, Vst, 20:33; 79. Erika Batiz, Vst, 20:33; 87. Jinna Rohde, Fallbrook, 20:45; 88. Sharon Rohde, Fall, 20:49.

95. Kasey Shemwell, Pwy, 20:56; 101. Hollie Babione, Pwy, 21:02; 130. Kristin Schaitel, Pwy, 22:14; 132. Kim Fischer, Pwy, 22:32.

DIVISION II:

TEAMS: 1. Buchanan 108 (wins on tiebreaker), 2. Yucaipa 108, 3. Edison, Huntington Beach, 111 (third on tie-breaker), 4. Torrey Pines 111, 5. Del Oro 147, 6. Agoura 149, 7. Bishop Amat 180, 8. Mission, San Jose 211, 9. Leland 219, 10. El Capitan 234.

INDIVIDUALS:

1. Amy Skieresz, Agoura 18:12; 2. Elissa Riedy, Mission, San Jose, 18:19; 3. Emily Allison, Leland, 18:34; 4. Lori Riedy, Mission, San Jose, 18:38; 5. Devon Straitiff, Torrey Pines, 18:41.

OTHER SD Section Runners:

19. Sandi Rabie, TPines, 19:34; 24. Shannon Kilian, Escondido, 19:43; 35. Larissa Gregerson, El Capitan, 19:54; 36. Sarah Schmidt, Scripps Ranch, 19:56; 37. Carrie Hemerick, TPines, 19:58.

TRACK MAGAZINE

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40. Danielle Valentino, TPines, 20:01; 42. Christy Beckman, San Pasqual, 20:08; 44. Kelly Peterson, Esc, 20:10; 52. Jenny Card, El Cap, 20:22; 56. Jaclyn Nolan, TPines, 20:28.

58. Jessica Anderson, Carlsbad, 20:28; 61. Kristi Jenkins, El Cap, 20:35; 71. Carrie Vickery, El Cap, 20:45; 86. Erin Burke, TPines, 21:03; 100. Bethany Bogart, TPines, 21:28.

110. Sarah Jagers, El Cap, 21:52; 114. Stephanie Kindreich, El Cap, 22:02; 122. Tiffany Fay, El Cap, 22:24.

DIVISION III:

TEAMS: 1. Clayton Valley 65, 2. Temescal Canyon 78, 3. El Modena 91, 4. Nordhoff 105, 5. Foothill, Santa Ana 141, 6. St. Ignatius 153, 7. Northgate 181, 8. Ramona 225, 9. University of San Diego 238, 10. Sonora 252.

INDIVIDUALS:

1. Heather Garritson, Buena Park, 18:01; 2. Elaine Canchola, Nordhoff, 18:07; 3. Tracy Clarke, Corona Del Mar, 18:18; 4. Alison Lambert, Northgate, 18:22; 5. Heather Wallace, Clayton Valley, 18:23.

SD Section Runners:

13. Veronica Clark, Ramona, 19:01; 22. Jaymie Harper, Santana, 19:29; 23. Vanessa Hanley, University of San Diego, 19:33; 32. Alexis Rendina, West Hills, 19:49; 37. Leah Walkey, La Jolla, 20:02.

43. Michelle O'Connor, Our Lady of Peace, 20:12; 44. Shannon O'Connor, LJ, 20:13; 54. Erin Kilian, Ram, 20:34; 63. Erin Shea, Uni, 20:44; 75. Sarah Shepard, Ram, 21:03.

79. Kristen Epperson, Uni, 21:11; 92. Marcy Phillips, Ram, 21:33; 97. Ronya Shatila, Uni, 21:38; 101. Autumn Patton, Uni, 21:43; 105. Stephanie Fischer, Uni, 21:48.

110. Amy Morrison, Uni, 22:08; 111. Jennifer Roane, Ram, 22:14; 116. Nicole Tarbell-Sellers, Ram, 22:31; 127. Allison Cebe, Ram, 23:11.

DIVISION IV: TEAMS: 1. Central Valley 72, 2. Miramonte 85, 3. West Valley 132, 4. Branson 142, 5. Morro Bay 148, 6. Flintridge SH 148, 7. Lutheran, Orange 156, 8. Bishop's 213, 9. Saratoga 233, 10. Laguna Beach 253. Also, 16. Coronado 395.

INDIVIDUALS:

1. Kristen Schreiber, Miramonte, 19:11; 2. Theresa Newman, Marin Catholic, 19:13; 3. Jenny Spoon, West Valley, 19:21; 4. Melissa Mac-Pherson, Flintridge SH, 19:26; 5. Shaluinn Fullove, Louisville, 19:31.

SD Section Runners:

10. Marissa Hurwitz, Bishop's, 19:49; 11. Jessica Lunt, Coronado, 19:54. 62. Katherine Zabloudil, Bish, 21:22; 70. Mary-Beth Muchmore, Bish, 21:28; 80. Stephanie Pettigrew, Bish, 21:50.

96. Leslie DeJager, Calvin Christian, 22:14; 100. Gabe Popoff, Bish, 22:27; 103. Beth Bowler, Christian, 22:34; 110. Theresa Brondstetter, Lincoln Prep, 22:43; 111. Allegra Hollenbeck, Julian, 22:46.

116. Kirsten Neil, Coro, 22:57; 119. Heather Ray, Francis Parker, 23:02; 130. Jasmine Watts, Coro, 23:27; 132. Lindsay Gordon, Bish, 23:32; 133. Nichola Lowry, Bish, 23:33.

141. Beth Cole, Coro, 24:31; 142. Toni Barraza, Coro, 24:31; 146. Brigid Ryan, Coro, 25:44; 147. Nicole Carver, Coro, 26:01.

BOYS:

DIVISION I:

TEAMS: 1. Thousand Oaks 38, 2. Chula Vista 106, 3. Bellarmine Prep 110, 4. Peninsula PV 122, 5. Hart, Newhall 124, 6. Camarillo 139, 7. Vista 174, 8. Santa Rosa 232, 9. Clovis 233, 10. Del Campo 240.

INDIVIDUALS:

1. Jason Balkman, Lynbrook, 15:15; 2. Eleazar Hernandez, Camarillo, 15:20; 3. Jeff Fischer, Thousand Oaks, 15:29; 4. Jeff McLarty, Ayala, 15:29; 5. Adalberto Sanchez, Capistrano Valley, 15:35.

SD Section Runners:

8. Larry Henderson, Mira Mesa, 15:44; 10. Trevor Sybert, Vista, 15:46; 16. Ruben Carrillo, Chula Vista, 16:03; 18. Jorge Martinez, CV, 16:04; 27. Jason Land, Vst, 16:16.

29. Jason White, CV, 16:17; 37. Chris Gabriel, San Dieguito, 16:24; 40. Greg Nett, Mt. Carmel, 16:29; 41. Matt Dunn, CV, 16:29; 44. Jeff Meisner, Rancho Bernardo, 16:35.

53. Alejandro Villa, Vst. 16:42: 56. Jose

Ramirez, CV, 16:44; 57. Travis Kirtley, Poway, 16:44; 69. Gonzalo Garcia, Vst, 16:54; 75. Larry Romero, CV, 17:00.

95. Steve Ketcham, Vst, 17:15; 97. Joe Briceno, Vst, 17:16; 107. Marco Huerta, CV, 17:24; 133. Cesar Rodriguez, Vst, 18:34.

DIVISION II:

TEAMS: 1. Jesuit, Carmichael 69, 2. Scripps Ranch 104, 3. Palmdale 149, 4. Mater Dei 158, 5. Palisades 167, 6. Arvin 171, 7. Leland 181, 8. Hemet 190, 9. De La Salle 222, 10. St. Ignatius 253. Also, 14. San Pasqual 309.

INDIVIDUALS:

1. Antonio Arce, Palmdale, 15:25; 2. Peter Gilmore, Palisades, 15:31; 3. John Greene, Agoura, 15:36; 4. Michael Stember, Jesuit, 15:39; 5. James Liu, Temple City, 15:40.

SD Section Runners:

6. Ayub Abdulsalam, Hoover, 15:48; 9. Tom Kloos, El Camino, 15:54; 16. David Mc-Quitty, Grossmont, 16:02; 17. Kevin Bowes, Scripps Ranch, 16:04; 21. Ty Stewart, Scripps,

22. Gerardo Guevara, San Marcos, 16:12; 25. Chad Livesay, Scripps, 16:13; 29. Manuel Romero, San Pasqual, 16:16; 37. Juan Alfaro, SPsq, 16:22; 44. Afran Abutin, Scripps, 16:30.

59. David Romero, Scripps, 16:40; 71. Julius Amicho, Hoover, 16:50; 78. Fernando Rodriguez, SPsq, 16:58; 89. Brent Bolton, Scripps, 17:06; 100. Ismael Pena, SPsq, 17:17.

104. Ron Anderson, Scripps, 17:21; 111. Diego Ash, SPsq, 17:31; 115. Adam Brown, SPsq, 17:39; 124. Ezra Ash, SPsq, 17:51.

DIVISION III:

TEAMS: 1. Nordhoff 69, 2. El Modena 101, 3. Livermore 117, 4. Lassen 140, 5. Clayton Valley 163, 6. La Habra 168, 7. Corona Del Mar 184, 8. Sonora 208, 9. St. Francis MV 216, 10. Los Gatos, 237. Also, 11. Ramona 239, 12. West Hills 298.

INDIVIDUALS:

1. Micheil Jones, Livermore, 15:25; 2. Javier Ramirez, Nordhoff, 15:32; 3. Steve Immel. Livermore, 15:33; 4. Darren Holman, Sonora, 15:39; 5. Alex Teekell, Bishop O'Dowd, 15:46.

SD Section Runners:

14. Shilo Glass, Ramona, 16:09; 20. Ross Damman, University of San Diego, 16:14; 27. Stewart Blain, West Hills, 16:26; 39. Galen Reid, Ram, 16:43; 42. Jonathan Holmes, Mission Bay, 16:43.

49. Nick Hamlin, Madison, 16:48; 59. Aaron Blood, WH, 16:59; 60. Sean Bottego, MB, 16:59; 65. Titus Chawech, Crawford, 17:04; 79.

David Shofstall, Ram 17:17.

101. Bob Denny, Ram, 17:39; 107. Dustin Diaz, WH, 17:48; 111. Jorge Ramos, Ram, 17:55; 115. Chris Nagao, WH, 18:00; 119. George Escobar, Ram, 18:18.

120. Matt Stuart, WH, 18:20; 123. Tom Corbin, WH, 18:28; 126. Tim Miller, Ram, 18:34; **127.** Randy Bennett, WH, 18:35.

DIVISION IV:

TEAMS: 1. McFarland 62 (won on tiebreaker), 2. Morro Bay 62, 3. Half Moon Bay 147 (third on tie-breaker), 4. Piedmont 147, 5. Coronado 159, 6. Salesian 175, 7. Flintridge Prep 178, 8. Yreka 185, 9. Campolindo 190, 10. Fillmore 259.

INDIVIDUALS:

1. Galvin Gonzalez, McFarland, 15:31; 2. Kenny Rhoan, Sierra, 15:37; 3. Dave Mitchell, Morro Bay, 15:47; 4. Aaron Gillen, Yreka, 15:49; 5. Ryan Gallagher, Campolindo, 16:00.

SD Section Runners:

11. Trevor Clarke, Coronado, 16:23; 15. Miguel Ramirez, Holtville, 16:35; 28. Ajani Brown, Gompers, 16:59; 30. Mike Aguilar, Coro, 17:00; 33. Todd Lewis, Julian, 17:04.

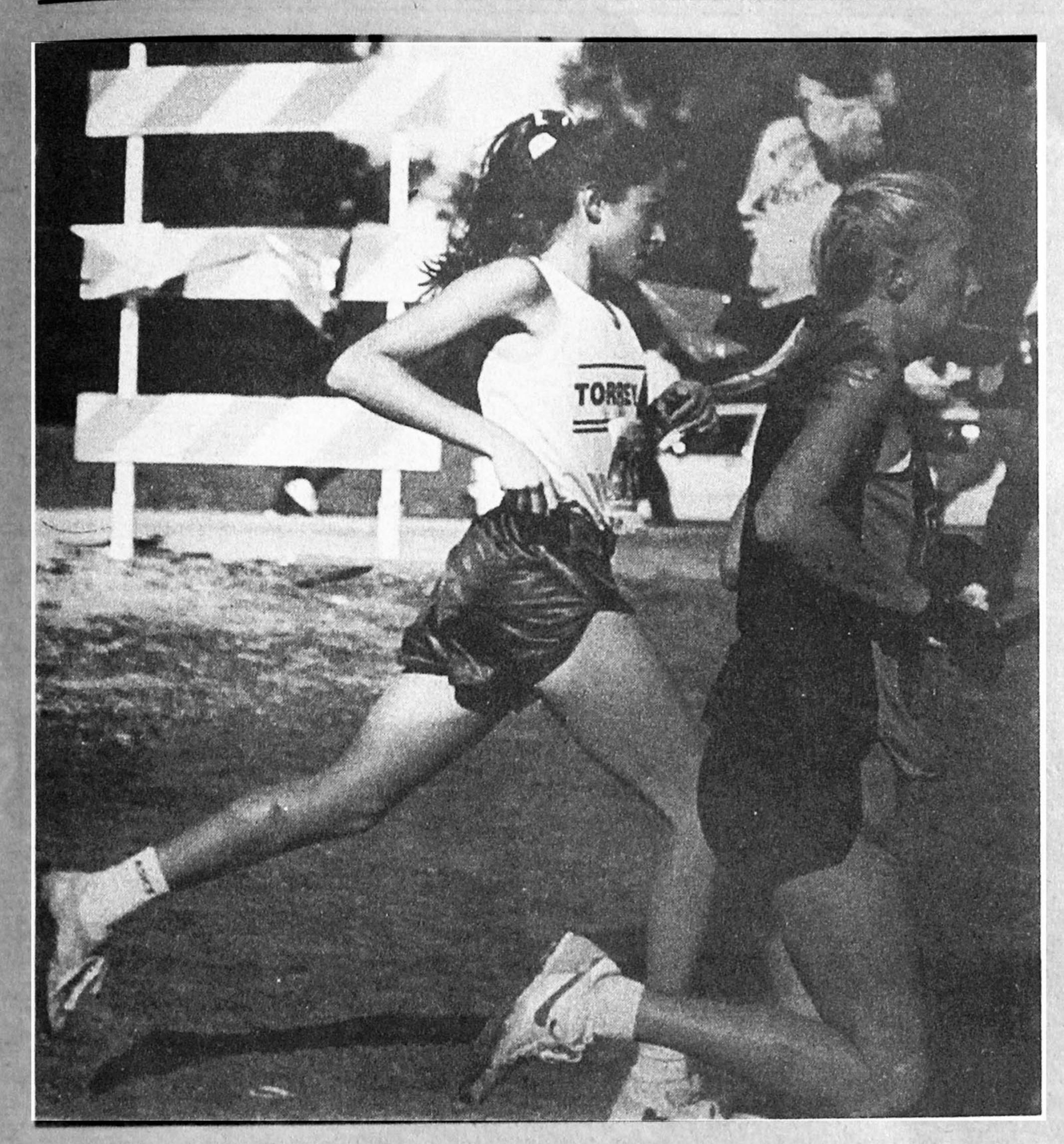
54. Tilihan Fessehai, Lincoln Prep, 17:27; 56. Jason Talbott, Coro, 17:30; 66. Derrick Davis, Clairemont, 17:39; 70. Patrick Loerch, Coro, 17:42; 73. Cheyne Jones, Coro, 17:46.

108. Terry Loerch, Coro, 18:27; 111. Ryan Boney, Coro 18:30; 119. Jacob Young, Calvin Christian, 18:46; 130. Matt Gailey, CalC, 19:25; 135. Will Wilgenburg, CalC, 19:42.

137. Nathan Hall, CalC, 19:46; 141. Jon Silva, CalC, 20:10; 142. Jeff Memmelaar, CalC, 20:11; 146. Jayson Phillips, CalC, 21:18.

NEXT ISSUE (Dec. 15):

Frosh-Soph Results, Foot Locker Regionals and Nationals, and Season Wrap-up.



Sandi Rabie, Torrey Pines, and Shannon Kilian, Escondido

STATE: Six Section Runners Make All-State

FROM PAGE 1

Poway's young team (all sophs and frosh) was ninth, led by Jessica Pound, 19th in 19:18.

Mt. Carmel's Melanie Pickett capped her career by being the highest finishing San Diego girl in Division I, getting 14th in 19:12. On the other end of the spectrum, Granite Hills frosh Nicole Caster, the CIF champ, was 17th in 19:16.

In Division IV, Coronado

and Bishop's achieved their goals. Coronado's boys were fifth, the highest placing by a San Diego area small school team since Calvin Christian was fifth in Division III in 1989. Junior Trevor Clarke was the best Islander, running 11th in 16:23.

Coronado's team time at CIF was 14th fastest among all area schools.

The Bishop's team was eighth in their race, reaching their goal of making the top ten. Marissa Hurwitz was 10th in 19:49.

Weather played a factor in the Fresno races, although it didn't really favor anybody.

It was cold and wintry, but at least the rain held off all day. It had opened up on Friday, with many runners getting soaked while out for their practice runs.

Doug Speck, who coordinates the state rankings, reported that Fresno "locals" considered the course about 20 seconds slower per athlete.

The slippery grass at the start contributed to a slow start for the Hoover runners, who almost fell at the start.

Julius Amicho reported that, "we (himself and Abdusalam) just couldn't get out (fast at the start)."

Abdusalam's racing style is to be patient and work his way up, but that wasn't the best strategy on this day. He found himself behind a horde of runners at the mile mark and ran a remarkable race to get up to sixth, running 15:48.

Besides Abdusalam and Straitiff, four other local runners placed in the top ten and made All-State.

They were Mira Mesa's Larry Henderson (8th boys I in 15:44), Vista's Sybert (10th boys I in 15:46), El Camino's Tom Kloos (9th boys II in 15:54) and Bishop's' Marissa Hurwitz (10th girls IV in 19:49). Just missing were Coronado's Clarke and Jessica Lunt, both 11th in Division IV races. Henderson's

time was the fastest of the day for local boys, while Straitiff was fastest of the girls.

Ramona's Veronica Clark was the second fastest girl runner at Fresno, but was in an extremely competitive division. Her time of 19:01 (good for 13th) would have been good for All-State in two other divisions, and fast enough for 11th in Division

Fresno's Fastest:

Best area runners at Fresno: BOYS:

Henderson, MiraMs 15:44 15:46 Sybert, Vista 15:48 Abdusalam, Hoover 15:54 Kloos, El Camino McQuitty, Grossmt 16:02 16:03 Carrillo, ChulaVst 16:04 Martinez, ChulaVst 16:04 Bowes, ScrippsRch 16:09 Glass, Ramona Stewart, ScrippsRch 16:11

GIRLS: Straitiff, TorreyPines 18:41 19:01 Clark, Ramona 19:12 Pickett, MtCarmel 19:16 Caster, GranHills 19:18 Pound, Poway Rodriguez, Vista 19:21 19:29 Harper, Santana Hanley, University 19:33 19:34 Koscki, Poway 19:34 Rabie, TorreyPines

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9:00 a.m. 9:10 a.m. 9:20 a.m. 9:30 a.m. 9:50 a.m.

8:00 a.m.

8:10 a.m.

8:20 a.m.

8:30 a.m.

8:40 a.m.

8:50 a.m.

Women 40 and over Men 30-39 Women 19-39 Men 19-29 Boys/Girls 15-18 & Teen Team Challenge

Men 40 and over

Boys/Girls 11-14 Boys/Girls 7-10 Open Team Mile Family Fun Run/Walk Women's Invitational

10:10 a.m. Men's Invitational Mile

(Coaches' Poll of November 22)

CROSS COUNTRY RANKINGS

BOYS:

- 1. Chula Vista
- 2. Vista
- 3. Scripps Ranch
- 4. Rancho Bernardo
- 5. San Pasqual
- 6. Hoover
- 7. Mt. Carmel
- 8. Bonita Vista
- 9. San Dieguito
- 10. Powav

Others: Ramona, Torrey Pines, San Diego, Point Loma

GIRLS:

- 1. Torrey Pines
- 2. Vista
- 3. Poway
- 4. Bonita Vista
- 5. El Capitan
- 6. Granite Hills
- 7. Valhalla
- 8. Orange Glen
- 9. University
- 10. Mt. Carmel Others: Rancho

Bernardo, Ramona, Fallbrook, La Jolla, West Hills

Final State Rankings in Next Issue

Entry Form (Please print - OK TO PHOTOCOPY) Mail completed form, fee to: Steve Scott Festival of Miles c/o Elite Racing, 10509 Vista Sorrento Plovy., Ste. 102 San Diego, CA 92121. LLLLLLLLLLLLLLLLLLLLL

WAIVER: (Must be signed) release Steve Scott, the City of Sentee, Elite Flacing, Inc., Tim Murphy, USA Track & Field sponsoring or co-sponsoring company(les), agency(les) or individual(s) from responsibility injuries or demages I may suffer as a result of my participation in the Steve Scott Feetival of hereby certify that I am in good condition and am able to safety compete in this event. dormation provided for the event and certify my compliance by signature below

MAKE CHECK PAYABLE TO: Steve Scott Festival of Miles

25 - 29

45 - 49

55 - 59

SCHEDULE OF MILES

Official Use Only Divisions: Team Competition: (3-5 people, top 3 score) ☐ Corporate Open Women Open Mixed Entry (Before 1/9/95)

Open Men ☐ Law Enforcement Fees: (all entries include T-shirt) \$ 15.00 \$____ Late Entry (After 1/9/95) \$ 18.00 \$____ Kid's Entry Team Entry (3-5 people) Before 1/9/95 After 1/9/95 Race Info Mailback

\$ 12.00 \$____ \$ 70.00 \$_____ TOTAL ENCLOSED T-SHIRT SIZE (circle one) Adul S M L XL XXL

\$ 1.00 \$____ Rain or Shine! Sorry, no refunds.

CIF DIVISION I:

Chula Vista Boys, Vista Girls Win; Caster, Henderson Fly

hula Vista's boys were mad, and somebody had to pay. Premeet talk had centered on Chula Vista as a co-favorite or even a slight underdog. Just before the meet, the team leafed through a local cross country publication and found their names missing as contenders for individual honors (it turned out to be an error of omission).

The team felt slighted, overlooked, under appreciated. After all, they were the defending champs. And that's just the state of mind that Chula Vista coaches Art and Jeanne Johnson had hoped for on the starting line.

"We told the kids that they had to prove themselves," Art Johnson said.

It translated into an impressive run by the Spartans, who beat a very good Vista team, 46-62. Chula had their top five finish ahead of Vista's number three, a surefire strategy.

"They ran exceptionally well," Johnson said. "Jose (Ramirez, who was 9th) ran super."

Ruben Carrillo paced the Chula runners with a third in 16:04, and teammate Jason White, who blitzed the first mile before melting into the pack, held on for a gutty sixth in 16:13. The five were rounded out by Ramirez in 16:18, Matt Dunn (13th, in 16:25) and Jorge Martinez (15th in 16:31).

The battle up front, partially set up by White's madman pace, was the fastest race of the day. Mira Mesa's Larry Henderson and Vista's Trevor Sybert ran together almost the entire race, before Henderson edged out his rival in 15:36. Sybert was second, also in 15:36.

Jason Land's fifth for the Panthers (in 16:10), put the team in range of Chula, but the Metro team just had too much talent for any county team to handle. Vista's scorers also included Alejandro Villa (16th), Joe Briceno (19th) and Steve Ketcham (20th).

The individual state qualifiers were Henderson, Poway's Travis Kirtley (4th), Rancho Bernardo's Jeff Meisner (7th), Mt. Carmel's Greg Nett (8th) and San Dieguito's Chris Gabriel (10th).

The oft-underrated Metro League runners held their own on this day, taking seven of the first 15 individual slots. The Palomar League claimed six spots, the Eastern and Grossmont one each.

Vista's girls didn't need newspaper articles to get fired up; they were simply the class of this race.

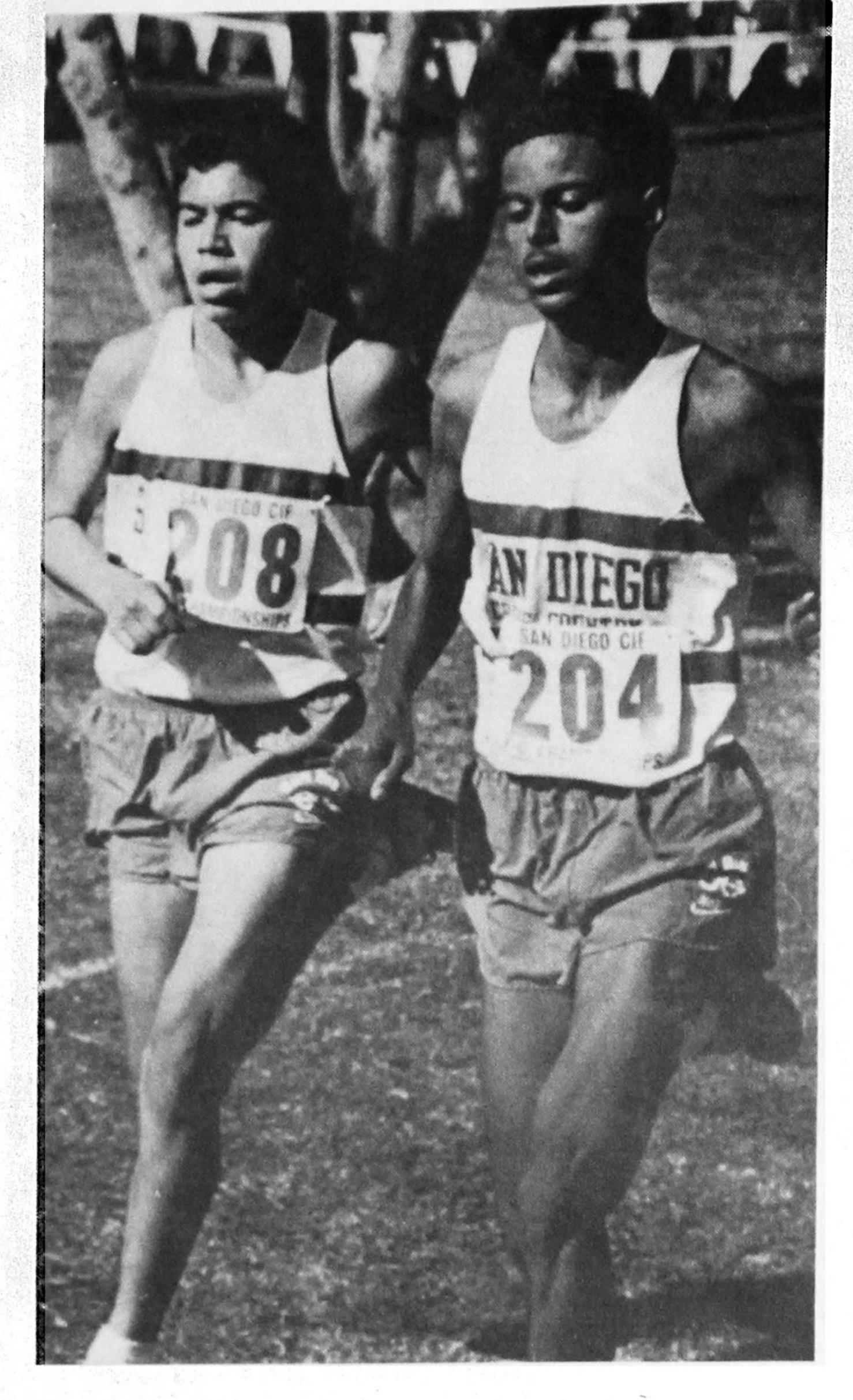
Sonia Rodriguez, quietly turning in one excellent race after another, led the team, getting seventh in 15:37. Angela Shea (14th), Devon Lasiter-Thurber (17th), Noelle Magana (20th) and Natalie Forsyth (22nd) were the scorers.

The real drama was taking place in the fight for the second team slot. Bonita Vista's top three girls, led by Claire Becker, took the initial handle on the race, running 1-2-3 for the first mile. Becker, who has missed a lot of training time with sore knees, simply couldn't hold up, and began dropping back. Teammate Rosie Costello stayed up front until nearly the end of the race, when Granite Hills' Nicole Caster and Poway's Jessica Pound caught her.

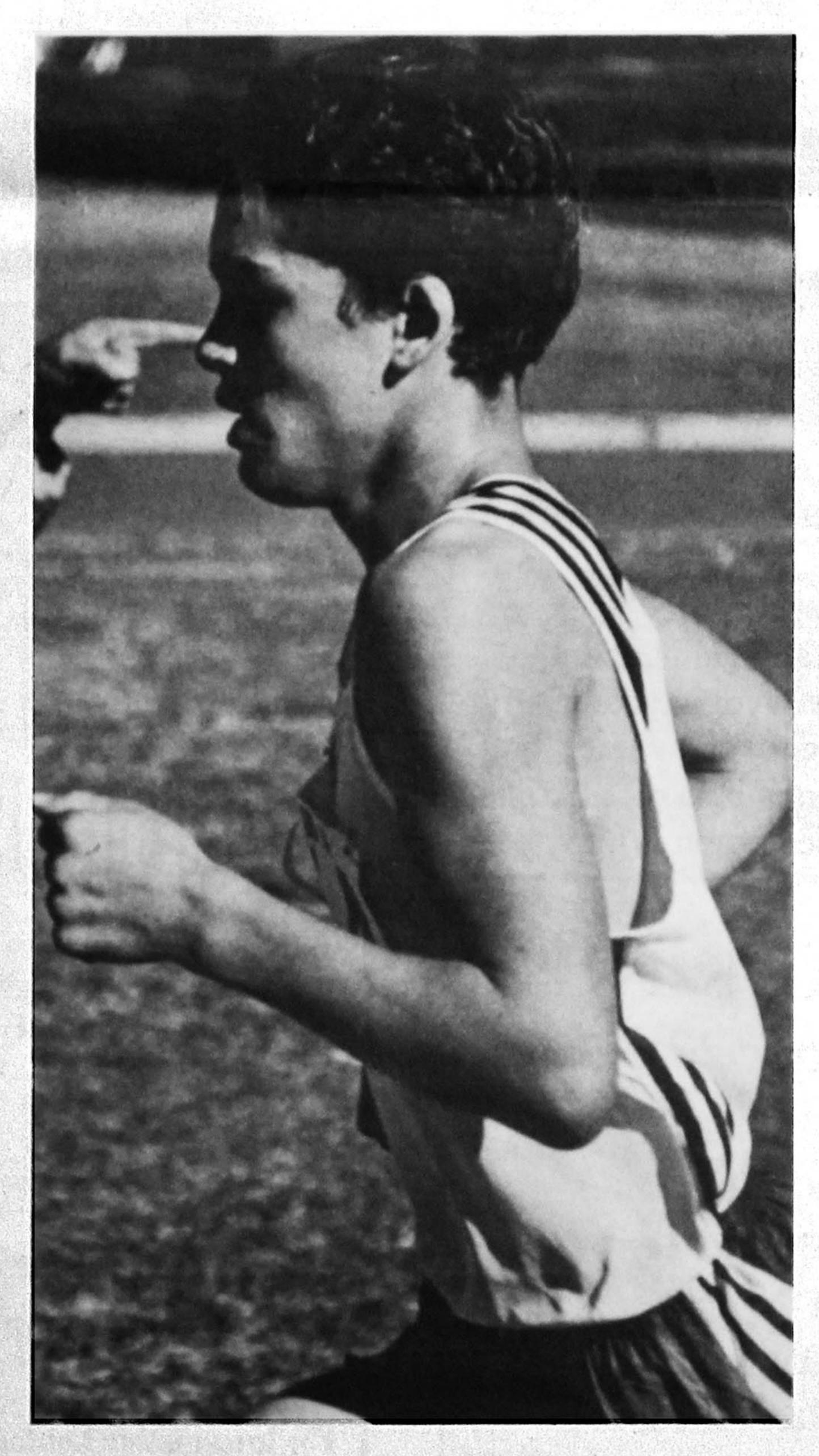
Caster pulled away from Pound in the last stretch to win in 15:09, the day's fastest girls time. Pound finished in 15:12, but helped the Poway girls to second. Bonita Vista was third. If Becker had been healthy all year, they might have taken second and pressed Vista.

Granite Hills, helped by Caster's unexpected win and strong runs from Wendy and Stacey Murphy (10th and 13th) was fourth.

The quality in this division was strong,



Oscar Montano, Daniel Girmay San Diego



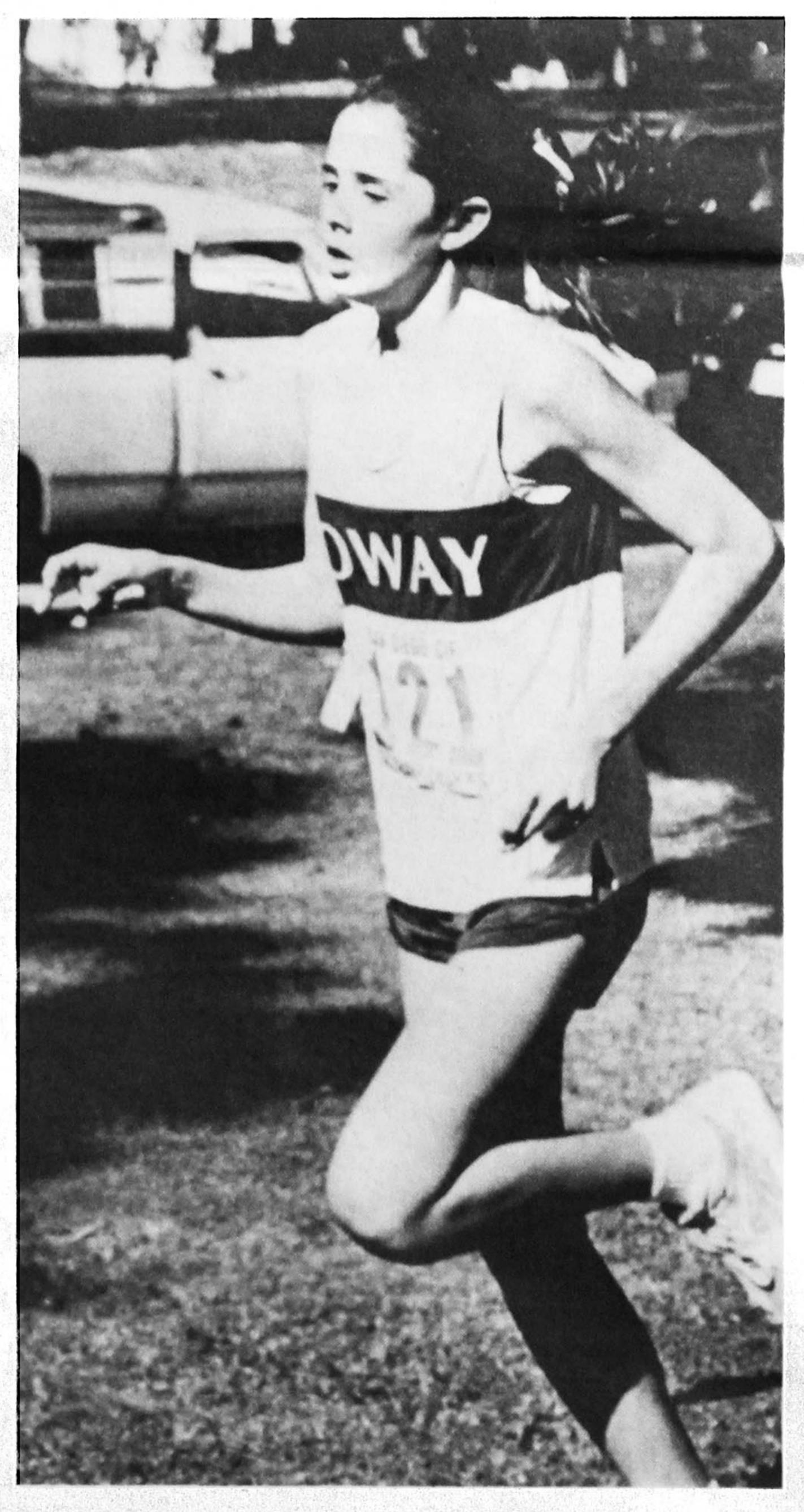
Jose Ramirez
Chula Vista

even back in the pack. Orange Glen (5th), Mt. Carmel (6th), Rancho Bernardo (7th) and Fallbrook (8th) all had excellent performances.

Individual state qualifiers included Caster, Costello (3rd), Fallbrook's Jinna and Sharon Rohde (4th and 6th) and Mt. Carmel's Melanie Pickett (5th).

For Pickett, it must have a bit lonely at the awards ceremony. She was the lone Mt. Carmel girl to medal, after years of domination by the Sun Devils.

Mt. Carmel's girls had won the large



Jessica Pound Poway

schools CIF team race five years in a row, since 1989, and coach Dennis McClanahan's team lost in 1988 on a tiebreaker to Poway.

Caster's win opened many eyes. She wasn't well known, although her coach, Dave Yarbrough, was confident.

"None of these girls have run against her before," he said before the race. "They aren't going to know what they're up against."

Caster's previous credentials included winning the Grossmont 3A race.

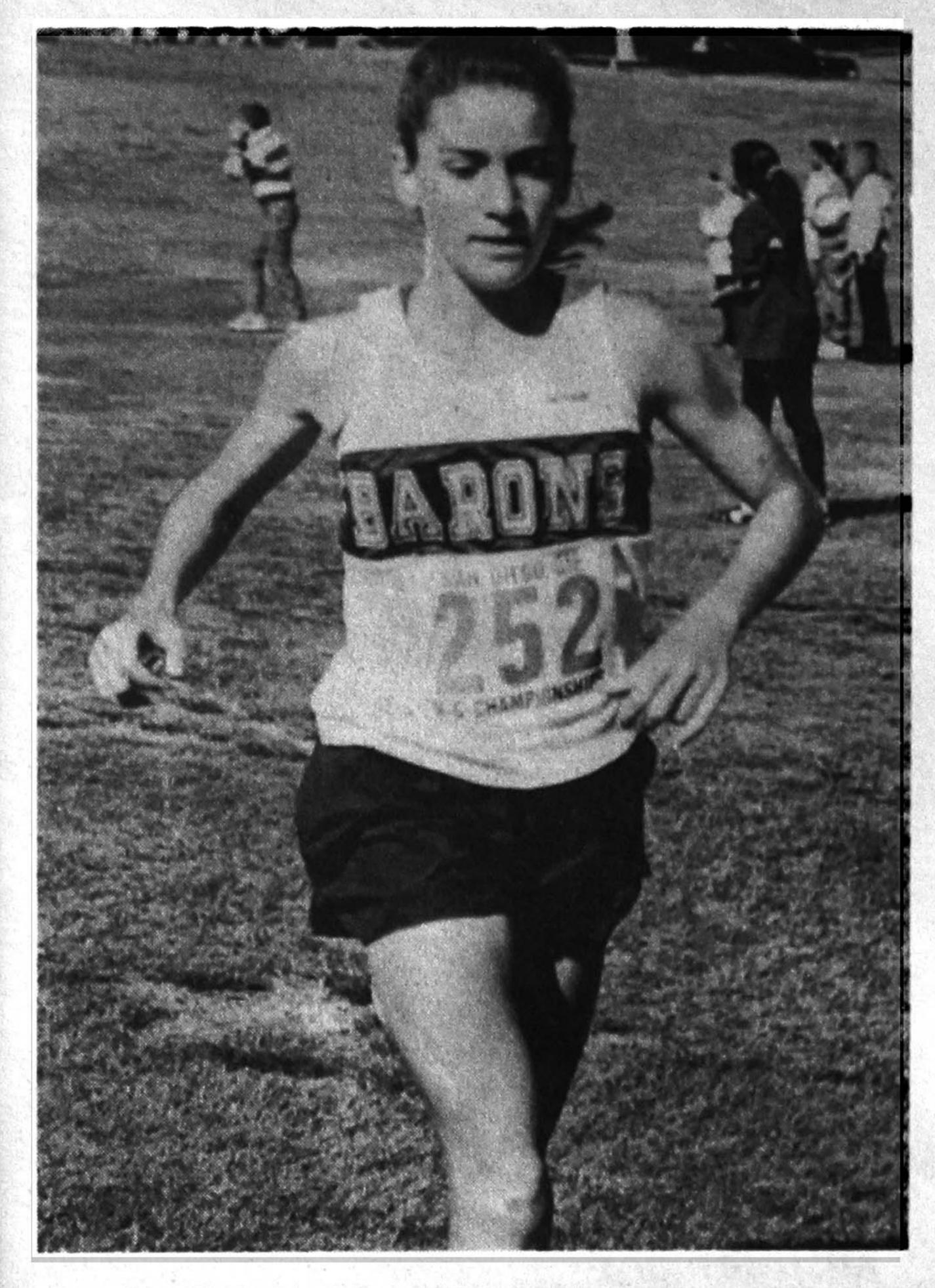
The Results: GIRLS:

DIVISION I:

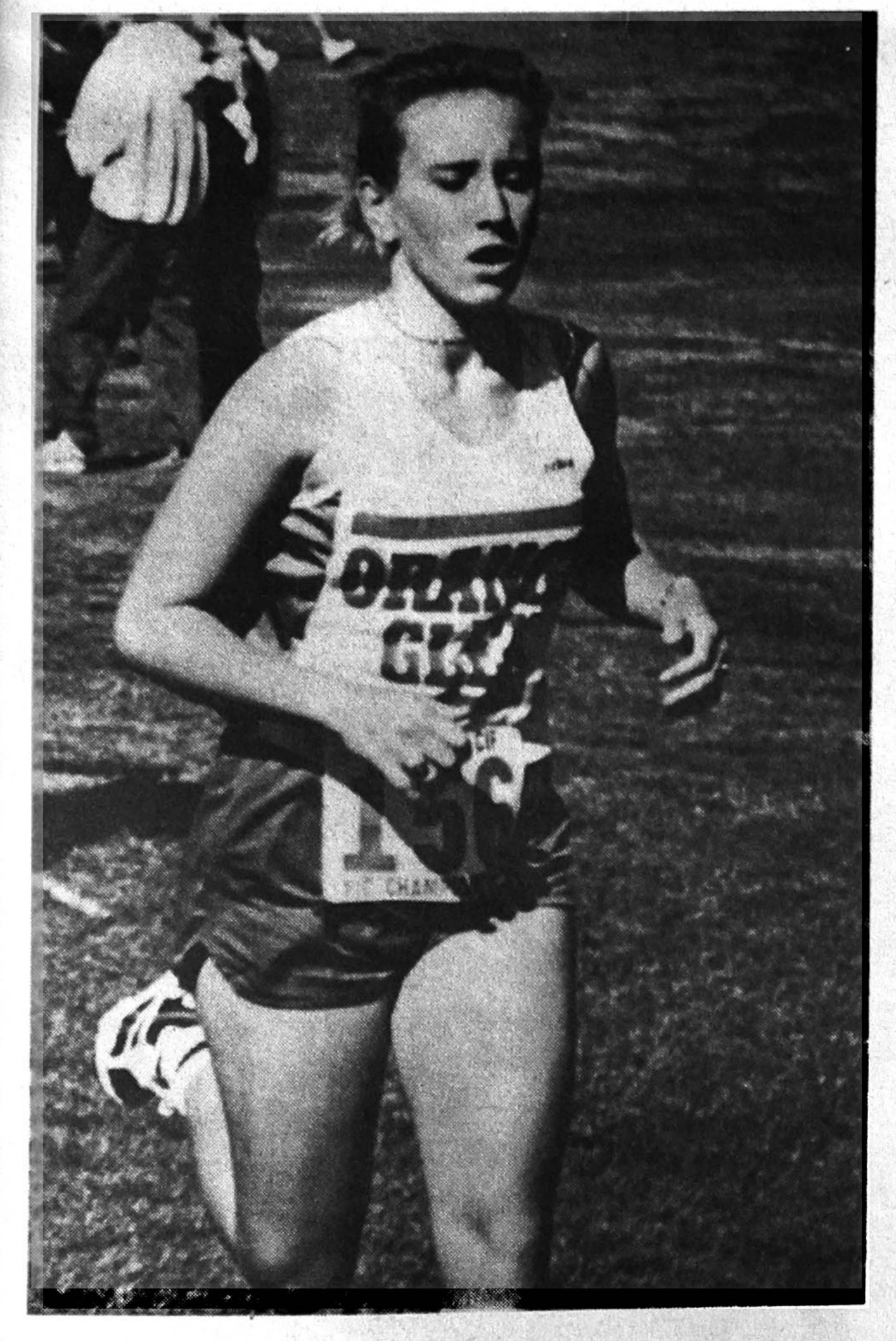
TEAMS: 1. Vista 80, 2. Poway 113, 3. Bonita Vista 131, 4. Granite Hills 134, 5. Orange Glen 148, 6. Mt. Carmel ,158, 7. Rancho Bernardo 158, 8. Fallbrook 169, 9. Mira Mesa 239, 10. Chula Vista 247, 11. Sweetwater 256, 12. Rancho Buena Vista 288, 13. San Dieguito 352, 14. San Diego 423, 15. Morse 427, 16. Southwest 462.

INDIVIDUALS:

1. Nicole Caster, Granite Hills, 15:09; 2. Jessica Pound, Poway, 15:12; 3. Rosie Costello,



Rosie Costello Bonita Vista



Katie Cottrell Orange Glen

Bonita Vista, 15:16; 4. Jinna Rohde, Fallbrook, 15:17; 5. Melanie Pickett, Mt. Carmel, 15:28.

6. Sharon Rohde, F, 15:17; 7. Sonia Rodrigiuez, Vista, 15:33; 8. Claire Becker, BV, 15:46; 9. Mariel Gray, Mira Mesa, 15:53; 10. Wendy Murphy, GH, 15:56.

11. Meghann Phillips, BV, 15:57; 12. Ann Koscki, P, 16:00; 13. Stacey Murphy, GH, 16:03; 14. Angela Shea, V, 16:04; 15. Tricia Mattson, F, 16:07.

16. Amy Kitchen, Rancho Bernardo, 16:09; 17. Devon Lasiter-Thurber, V, 16:10; 18. Geneva Parker, Sweetwater, 16:12; 19. Cara Rumble, Orange Glen, 16:13; 20. Noelle Magana, V, 16:14.

21. Lisa Vasek, P, 16:15; 22. Natalie Forsyth, V, 16:16; 23. Jessica Cabrera, Sw, 16:25; 24. unid., RB, 16:27; 25. Maggie Johnson, MC, 16:32.

26. Fatima El Farrah, V, 16:29; 27. Yolonda Montalvo, Chula Vista, 16:41; 28. Erika Batiz, V, 16:41; 29. Kate Owca, RB, 16:44; 30. Katie Cottrell, OG, 16:47.

31. Laura Lawrence, OG, 16:47; 32. Gina Rennix, OG, 16:49; 33. Christine Kitchen, RB, 16:50; 34. Annie Holliday, Rancho Buena Vista, 16:53; 35. Laura Carpenter, RBV, 16:55.

36. Piper Lester, OG, 16:56; 37. Liz Gonzalez, CV, 16:57; 38. Hollie Babione, P, 17:00; 39. Kim Ricks, MC, 17:03; 40. Kasey Shemwell, P, 17:05.

41. Laura Huston, San Dieguito, 17:07; 42. Lana Garner, Morse 17:09; 43. Frances Aguilar, MC, 17:09; 44. Aura DeTrinidad, CV, 17:10; 45. Thuy Nguyen, BV, 17:10.

46. Tracy Joy, MC, 17:11; 47. Crystal Cobb, MC, 17:14; 48. Paz Guerrero, San Diego, 17:17; 49. Angela Panfili, GH, 17:21; 50. Jennifer Grooms, MM, 17:21.

51. Lori Bridger, P, 17:22; 52. Sara Alvarez, OG, 17:22; 53. Hiedi Sanchez, Sw, 17:23; 54. Heather Madsen, MM, 17:24; 55. Tiffany Trayer, RBV, 17:27.

56. Corinne Kircher, RB, 17:29; 57. Melissa Hieb, OG, 17:29; 58. Cade Fulton, RB, 17:30; 59. Alisa Thwing, MM, 17:32; 60. Kim Fischer, P, 17:34.

61. Lisa Gilmore, GH, 17:35; 62. Amy Slansky, MC, 17:37; 63. Mandy Holmes, GH, 17:38; 64. Marcelle Romero, BV, 17:42; 65. Kathleen Barrera, BV, 17:47.

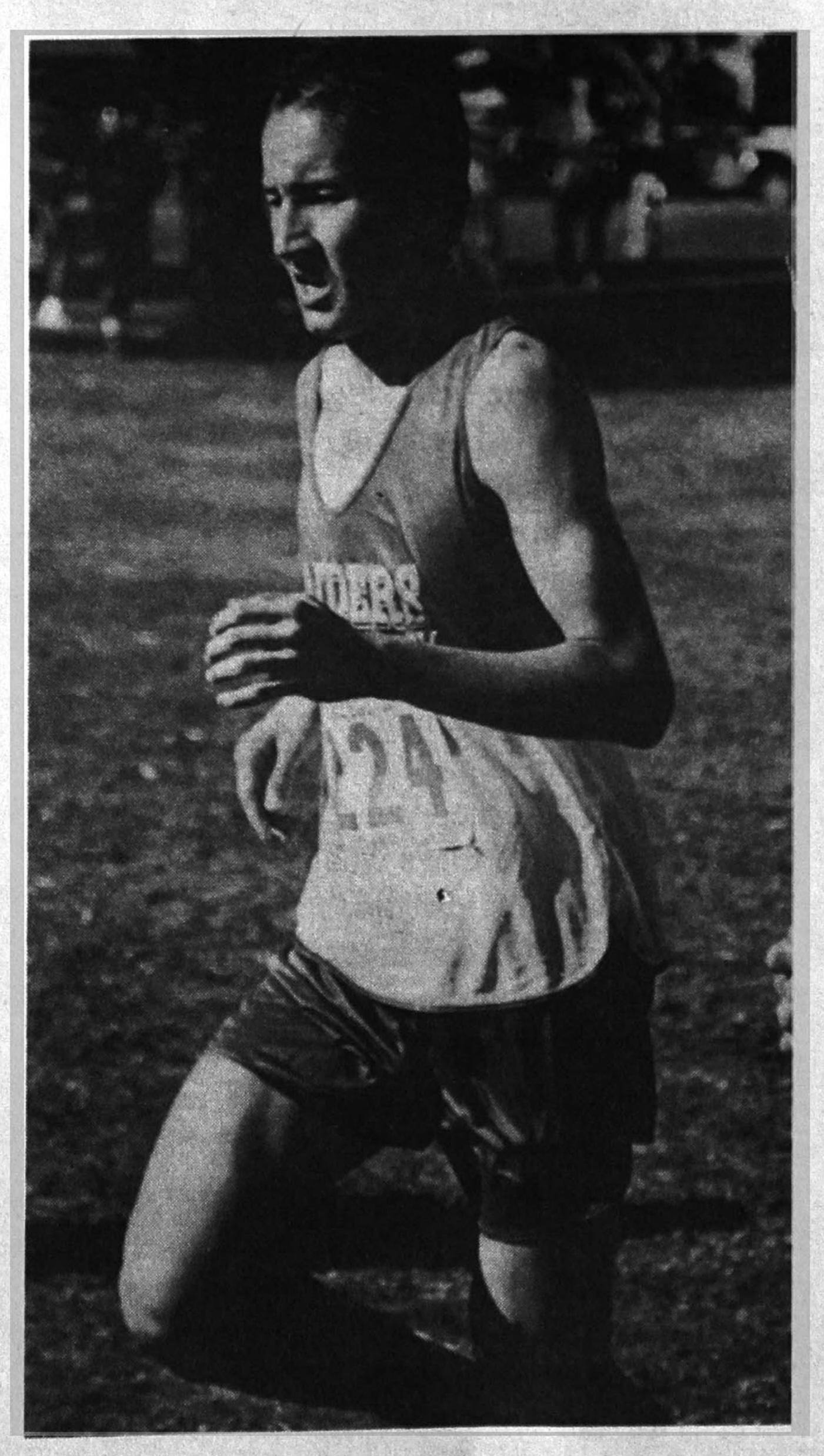
66. Erica Taylor, BV, 17:49; 67. unid., MM, 17:50; 68. Nika Dunn, CV, 17:53; 69. Kim Weaver, SDgto, 17:59; 70. Kathryn Cook, F, 18:00.

71. unid., CV, 18:00; 72. Shannon Scaglione, RB, 18:01; 73. Nichole Mena, GH, 18:02; 74. Sara Weber, F, 18:06; 75. Jessica Grooms, MM, 18:07.

104 Finishers.

BOYS (3.1 Miles):

TEAMS: 1. Chula Vista 46, 2. Vista 62, 3. Rancho Bernardo 118, 4. Mt. Carmel 120, 5. Bonita Vista 147 (better sixth man), 6. San Dieguito 147, 7. Poway 150, 8. San Diego 237, 9. Sweetwater 262, 10. Fallbrook 280, 11. Mira Mesa 298, 12. Rancho Buena Vista 308, 13. Granite Hills 363, 14. Orange Glen 386, 15. Southwest 453, 16. Morse 478.



Vicente Ruiz Southwest

INDIVIDUALS:

1. Larry Henderson, Mira Mesa, 15:36; 2. Trevor Sybert, Vista, 15:36; 3. Ruben Carrillo, Chula Vista, 16:04; 4. Travis Kirtley, Poway, 16:08; 5. Jason Land, V, 16:10.

6. Jason White, CV, 16:13; 7. Jeff Meisner, Rancho Bernardo, 16:16; 8. Greg Nett, Mt. Carmel, 16:17; 9. Jose Ramirez, CV, 16:18; 10. Chris Gabriel, San Dieguito, 16:21.

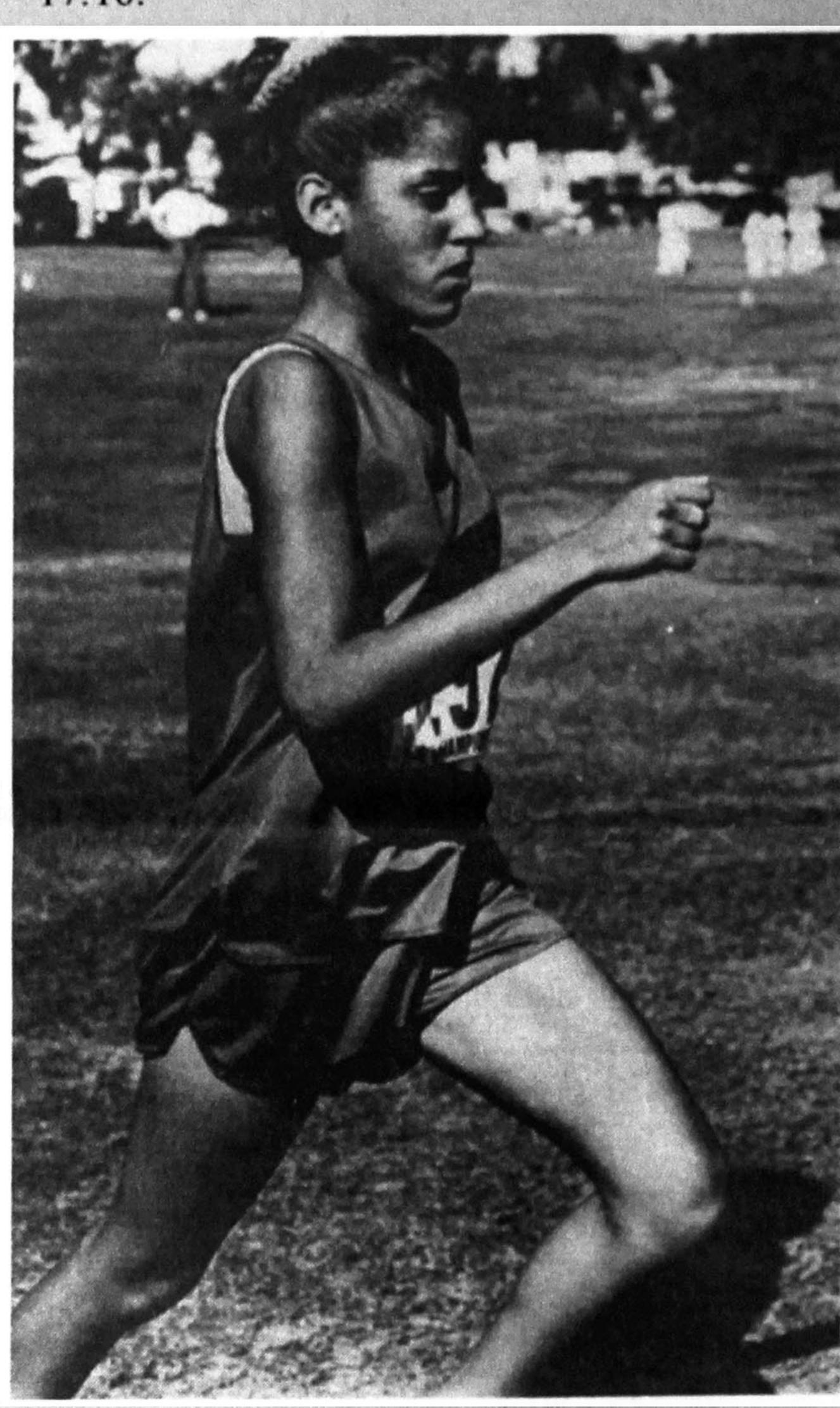
11. Aaron Smith, Bonita Vista, 16:24; 12. Jose Barajas, Sweetwater, 13. Matt Dunn, CV, 16:25; 14. Brandon Benkosky, Granite Hills, 16:27; 15. Jorge Martinez, CV, 16:31.

16. Alejandro Villa, V, 16:32; 17. Ryan Short, RB, 16:33; 18. Noah Randles, SDgto, 16:35; 19. Joe Briceno, V, 16:36; 20. Steve Ketcham, V, 16:37.

21. Eron Tello, RB, 16:40; 22. Marco Huerta, CV, 16:41; 23. Gonzalo Garcia, V, 16:46; 24. Eustogsio Perez, SDgto, 16:48; 25. Mike Compean, MC, 16:48.

26. Jim Dunigan, MC, 16:50; 27. Matt Galaviz, RB, 16:51; 28. unid., P, 16:56; 29. Scott Taylor, BV, 17:02; 30. Matt Dos Santos, MC, 17:02.

31. Burt Romero, MC, 17:03; 32. Matt Rice, BV, 17:04; 33. Ryan Casey, BV, 17:05; 34. Marland Impey, P, 17:09; 35. Jake McNeeley, P, 17:10.



Geneva Parker Sweetwater

36. Larry Romero, CV, 17:12; 37. Gabe Taylor, SDgto, 17:12; 38. Roger Delgado, MC, 17:13; 39. Gabriel Murillo, San Diego, 17:14; 40. Alfonso Alvarez, SD, 17:14.

41. Trent Sybert, V, 17:15; 42. Jimmy Corcoran, BV, 17:15; 43. Fernando Blanco, Rancho Buena Vista, 17:16; 44. Brett Weaver, Fallbrook, 17:17; 45. Tony Harris, MM, 17:18.

46. Mike Brown, RB, 17:22; 47. Ricardo Lopez, Sw, 17:23; 48. Ryan Coughlin, F, 17:25; 49. unid., P, 17:28; 50. Juan Nunez, Sw, 17:29.

51. Noe Alvarez, SD, 17:29; 52. Jaimal Hornbacher, RBV, 17:32; 53. Juan-Jose Martinez, SD, 17:33; 54. Cesar Melgoza, RBV, 17:34; 55. Oscar Montano, SD, 17:35.

56. Ben Hauck, F, 17:38; 57. Daniel Girmay, SD, 17:39; 58. Jesse Morgan, SDgto, 17:42; 59. Quoc Nguyen, BV, 17:43; 60. Vicente Buig Southwest 17:44

cente Ruiz, Southwest, 17:44.
61. Jesse Jasso, Sw, 17:48; 62. Robert Lopez, Orange Glen, 17:49; 63. Tom Whisenant, RB, 17:50; 64. Jose Sanchez, So, 17:51; 65. Chris Lutgendorf, F, 17:52.

66. Jose Torres, So, 17:52; 67. Josh Stewart, F, 17:54; 68. Andy Ratliff, RB, 17:54; 69. Carlito Cantil, MM, 17:54; 70. John Bermudez, Morse, 17:58.

71. Artemio Jiminez, OG, 17:59; 72. Todd Dion, OG, 18:01; 73. Sean Zanderson, P, 18:04; 74. Kyle Van Buskirk, SDgto, 18:06; 75. Scott Batiuk, F, 18:09.

110 Finishers.

CIF DIVISION II:

Torrey Pines Girls, Scripps Boys Take It; Ayub, Devon Impress

his is the section's strongest division, as far as statewide clout is concerned. In this division resides the state's top-ranked girls team and the state's number two boys teams (rankings before the State Championships).

Which means that the CIF meet should have been fairly predictable. It was; both the Torrey girls and Scripps boys handily claimed titles.

The Scripps boys had run tightly all year, and it was no different with the county title on the line. Afran Abutin (6th), Kevin Bowes (7th), Ty Stewart (8th), Chad Livesay (13th) and Dave Romero (17th) were the scorers, with a time differential of 24 seconds. Bowes, normally the team's ace, was still recovering from illness, but looked stronger than in past weeks.

San Pasqual, the runner-up, looked great in the Avocado League Finals and ran well in this meet, beating good Hoover and Torrey Pines squads for the other state meet berth.

Pasqual's Manuel Romero (2nd) led his team, with the help of Fernando Rodriguez (11th), Juan Alfaro (14th) and Diego Ash (15th).

Hoover, the favorite to take second a few weeks ago, before San Pasqual's big improvement, had trouble with depth. Number five Nasir Abdullahi was knocked out of the race by a fall, although San Pasqual probably still had second locked up.

Fastest at CIF:

Fastest runners at CIF meet, combined OYS:

15:36
15:36
15:51
16:00
16:04
16:04
16:08
16:10
16:13
16:15
16:16
16:16
16:17
16:18
16:21
15:09
15:12
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15:17
15:18
15:20
15:28

15:30

15:33

15:36

15:37

15:40

15:46

15:46

15:46

Jaymie Harper, Santana

Sharon Rohde, Fallbrook

Sandi Rabie, Torrey Pines

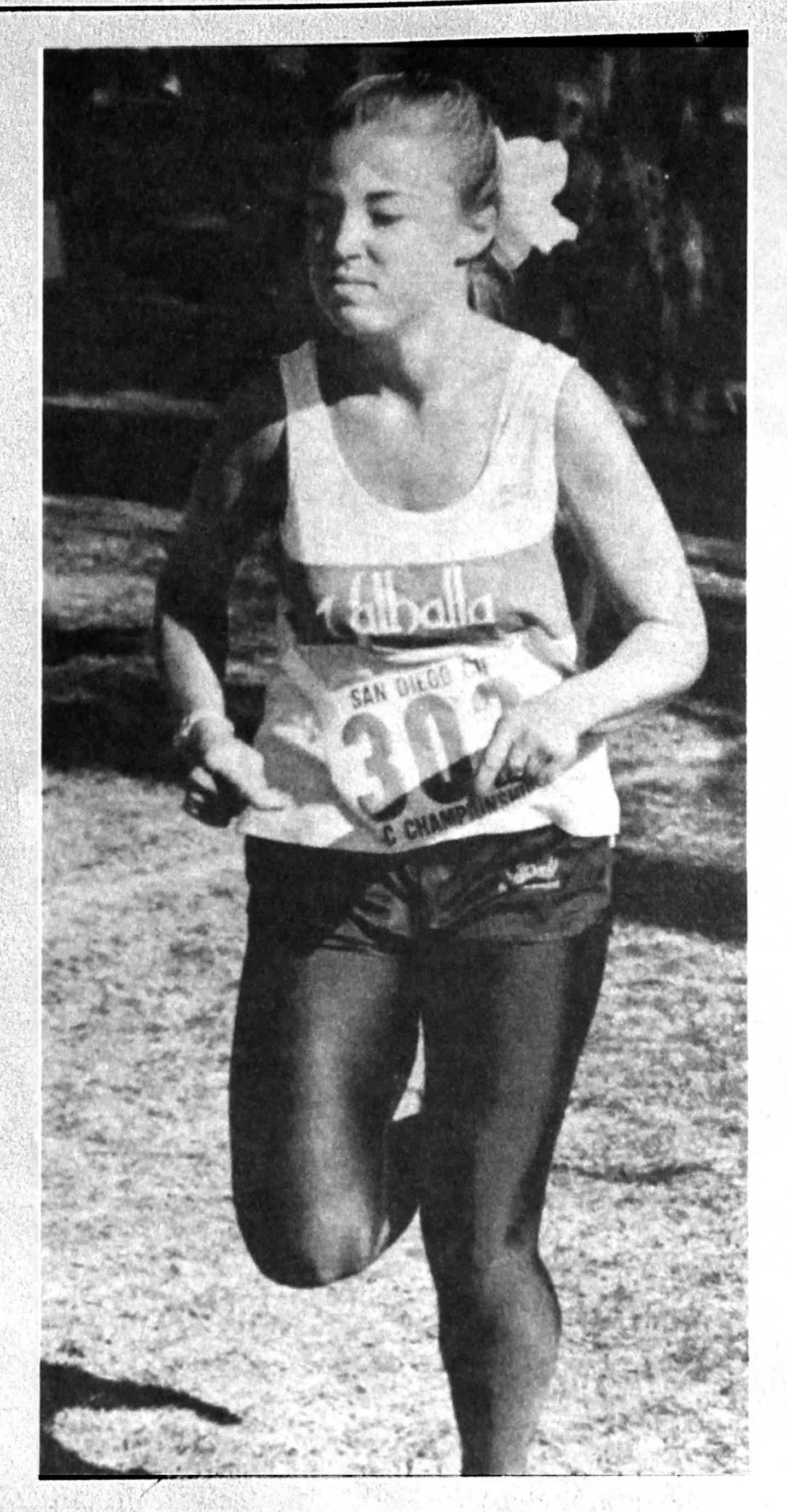
Kelly Peterson, Escondido

Claire Becker, Bonita Vista

Vanessa Hanley, University

Sarah Schmidt, Scripps Ranch

Sonia Rodriguez, Vista



Danica Buckley Valhalla

Hoover's Ayub Abdusalam ran unchallenged to win in 15:51. Atypically, it was not the day's fastest time, with a pair of Division I runners going 15:36.

"That's the ugliest race I've run in a long time," Abdusalam said. "My throat felt bad the whole race."

The individual qualifiers for Fresno were Abdusalam, El Camino's Tom Kloos, Grossmont's David McQuitty, San Marcos' Gerardo Guevara and Hoover's Julius Amicho.

There was confusion at the start of the division's girls race. Immediately after the gun, a large group of runners was left in the blocks as the huge field surged forward. Some observers reported hearing a whistle that they thought was a recall.

Torrey Pines and San Pasqual were among the teams affected, with some Torrey girls and almost all of the San Pasqual squad caught in a key moment of indecision.

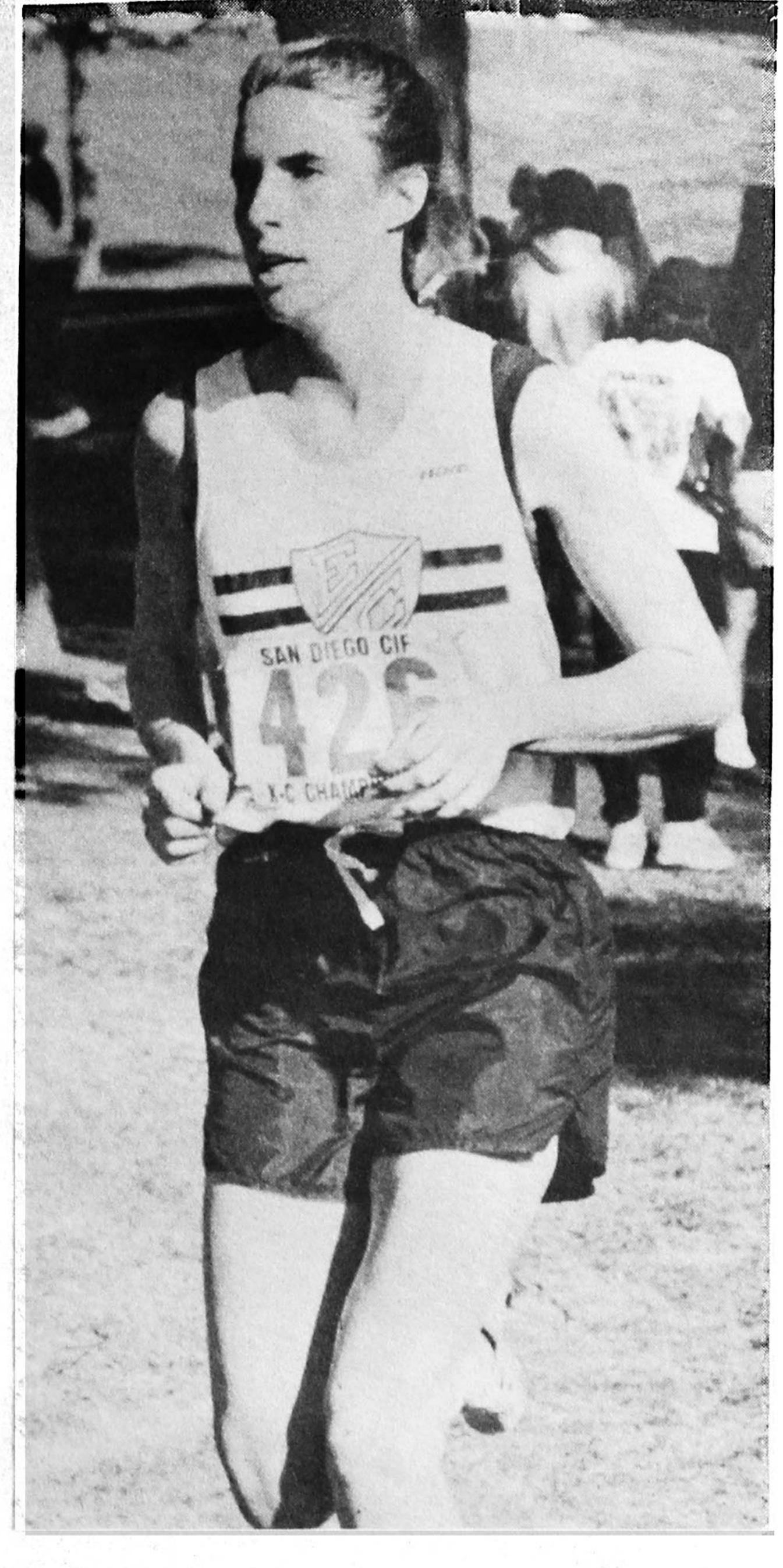
"My more experienced runners knew that they had to run very hard," Torrey Pines coach Brent Thorne said. "That's what Devon (Straitiff) did and that's what Sandi (Rabie) and Carrie (Hemerick) did."

The ragged beginning and large field caused the Torrey Pines pack to be more spread out than usual, but it ultimately didn't matter, at least not at this level. The Falcons used a 1-2 finish by Straitiff and Rabie (in 15:18 and 15:36) to easily overpower the field.

The aces were backed up by Hemerick (11th) and freshmen Danielle Valentino (12th), fand Jaclyn Nolan (19th).

The race for the second team slot was dramatic.

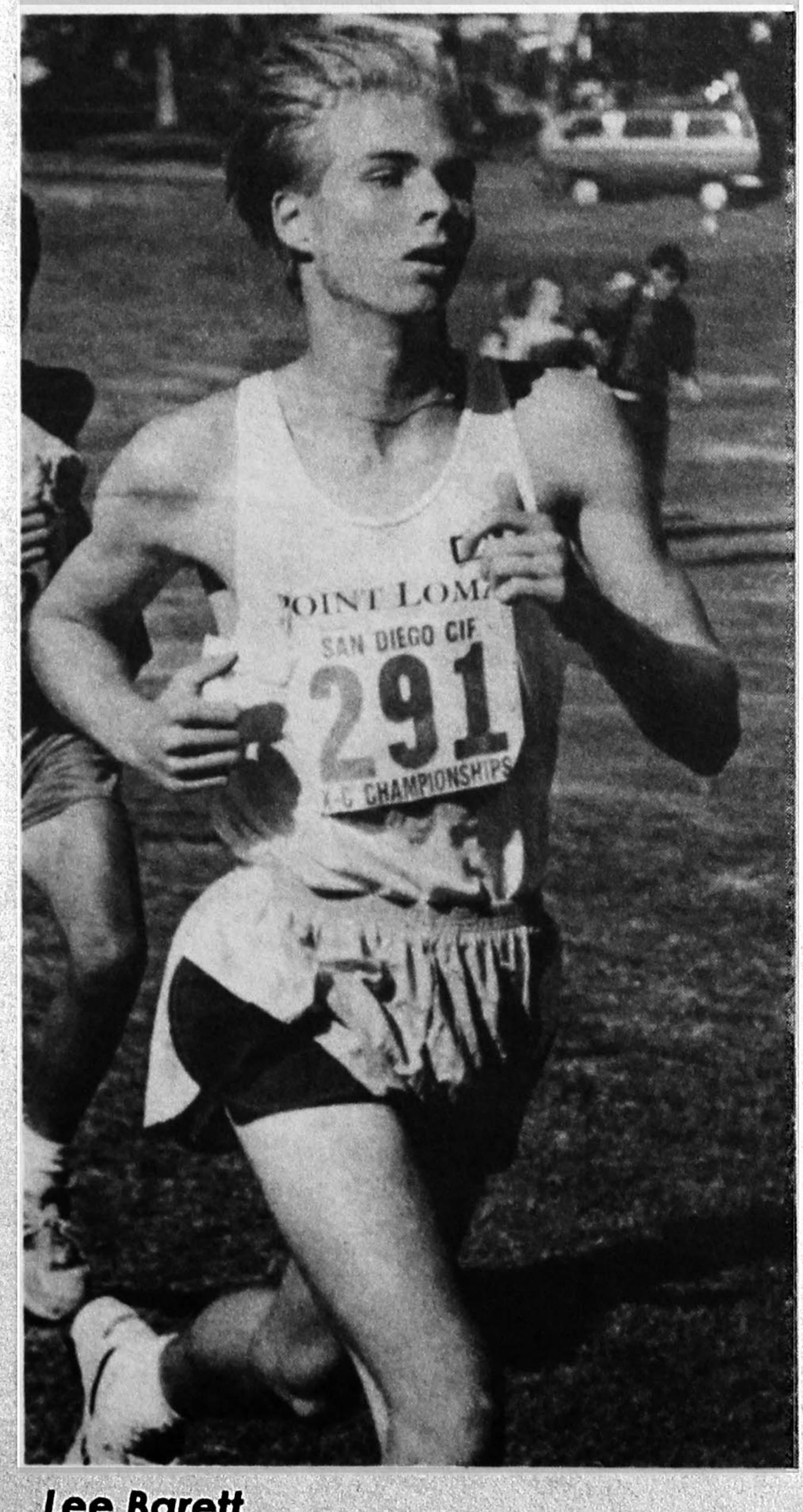
Grossmont rivals Valhalla and El Capitan, the league's 3A and 2A champs were



Kristi Jenkins El Capitan

extremely close with El Cap pulling out the state berth by 102-103. Valhalla's top three girls, Kelley Halligan (9th), Stephanie Nelle (10th) and Danica Buckley (15th) ran strong, but not enough to overcome El Cap's depth.

Coach Bill Cleves' Vaqs were strong in



Lee Barett
Point Loma

the first three slots, too, with Larissa Gregerson (8th), Kristi Jenkins (13th) and Jennifer Card (14th). For a team that has been overlooked all year, it was an impressive performance. Their team time was the sixth fastest of the day among all divisions.

Individual qualifiers included Escondido's Kelly Peterson (3rd) and Shannon Kilian (5th), Scripps' Sarah Schmidt (4th), Carlsbad's Jessica Anderson (6th) and San Pasqual's Christy Beckman (7th).

The Results: GIRLS:

TEAMS: 1. Torrey Pines 45, 2. El Capitan 102, 3. Valhalla 103, 4. San Marcos 141, 5. Escondido 164, 6. San Pasqual 186, 7. Scripps Ranch 187, 8. El Camino 194, 9. Grossmont 220, 10. Point Loma 303, 11. Helix 317, 12. Carlsbad 331, 13. Castle Park 340, 14. Hilltop 358, 15. Monte Vista 379, 16. Montgomery 436, 17. Patrick Henry 462, 18. Mount Miguel 484, 19. El Cajon Valley 523, 20. Mar Vista 542, 21. Serra 602.

INDIVIDUALS:

1. Devon Straitiff, Torrey Pines, 15:18; 2. Sandi Rabie, TP, 15:36; 3. Kelly Peterson, Escondido, 15:40; 4. Sarah Schmidt, Scripps Ranch, 15:46; 5. Shannon Kilian, E, 15:48.

6. Jessica Anderson, Carlsbad, 15:51; 7. Christy Beckman, San Pasqual, 15:53; 8. Larissa Gregerson, El Capitan, 15:57; 9. Kelley Halligan, Valhalla, 16:00; 10. Stephanie Nelle, V, 16:04.

11. Carrie Hemerick, TP, 16:05; 12. Danielle Valentino, TP, 16:08; 13. Kristi Jenkins, ECp, 16:09; 14. Jennifer Card, ECp, 16:11; 15. Danica Buckley, V, 16:19.

16. Angel Reed, El Camino, 16:23; 17. Melissa Carter, San Marcos, 16:24; 18. Debbie Hughes, SM, 16:24; 19. Jaclyn Nolan, TP, 16:34; 20. Sophia Hawker, Grossmont, 16:40.

21. Shawnelle Cox, E, 16:47; 22. Kristina Stasko, SR, 16:48; 23. Patt Beltran, Hilltop, 16:50; 24. Marcy Marcus, SP, 16:51; 25. Margie Broselle, V, 16:52.

26. Nechelle Fabiana, Mount Miguel, 16:52; 27. Norma Morales, ECm, 16:55; 28. Renee De La Torre, G, 16:56; 29. Barbara Flores, Castle Park, 16:57; 30. Bethany Bogart, TP, 16:59.

31. Heather Christofk, SM, 17:00; 32. Carrie Vickery, ECp, 17:01; 33. Alexis Gutierrez, SM, 17:03; 34. Allison Maalis, Montgomery, 17:04; 35. Sarah Jagers, ECp, 17:05.

36. Erin Burke, TP, 17:09; **37.** Lea Hitt, Point Loma, 17:10; **38.** Gilda Arellano, Montgomery, 17:11; **39.** Jill Hannaman, SR, 17:11; **40.** Tamika Braud, ECm, 17:11.

41. Tina Torge, Monte Vista, 17:12; 42. Katy Farber, SM, 17:13; 43. Michelle Klein, SP, 17:19; 44. Courtney Hoeptner, V, 17:21; 45. Amber Northam, PL, 17:26.

46. Erin Berman, SP, 17:29; 47. Autumn Otjens, Helix, 17:31; 48. Rachel Kalmar, G, 17:31; 49. Cristina Delgadillo, Hill, 17:32; 50. Stephanie Kindreich, ECp, 17:33.

51. Tiffany Fay, ECp, 17:33; 52. Jennifer Lindsay, G, 17:34; 53. unid., SM, 17:37; 54. Jennifer Burbank, ECm, 17:39; 55. Hillery McDade, Patrick Henry, 17:46.

56. Kim Rogoff, SR, 17:50; 57. Erin Glazer, ECm, 17:56; 58. unid., CP, 18:00; 59. Megan Sibley, E, 18:00; 60. unid., Hx, 18:00.

61. Emily Bennett, V, 18:02; 62. Audrey Trees, MtV, 18:03; 63. unid., PL, 18:04; 64. Kristen Kee, V, 18:05; 65. Natisse Martin, Hx, 18:06.

66. Kelly Grimes, SR, 18:08; 67. Serena Grippo, SP, 18:08; 68. Griselda Orosco, C, 18:09; 69. Macrina Rosales, CP, 18:09; 70. unid., Hx, 18:10.

71. unid., PL, 18:10; 72. Monica Brown, G, 18:14; 73. Amanda Gonzales, SM, 18:16; 74. Delia Rosales, CP, 18:17; 75. Anne Severtson, Hx, 18:19.

76. Michelle Wagner, E, 18:22; 77. Lisa Oliva, SR, 18:24; 78. Sandra Bluschke, C, 18:25; 79. Karen Althoff, MM, 18:26; 80. Nancy Tan, El Cajon Valley, 18:26.

81. Claire Wells, SP, 18:28; 82. Missy La-Blanc, ECV, 18:28; 83. Rigat Woldu, Hoover, 18:33; 84. Deanna Wright, C, 18:33; 85. Sara Sullivan, SP, 18:34.

141 Finishers.

BOYS:

TEAMS: 1. Scripps Ranch 51, 2. San Pasqual 76, 3. Hoover 96, 4. Torrey Pines 137, 5. Point Loma 151.

INDIVIDUALS:

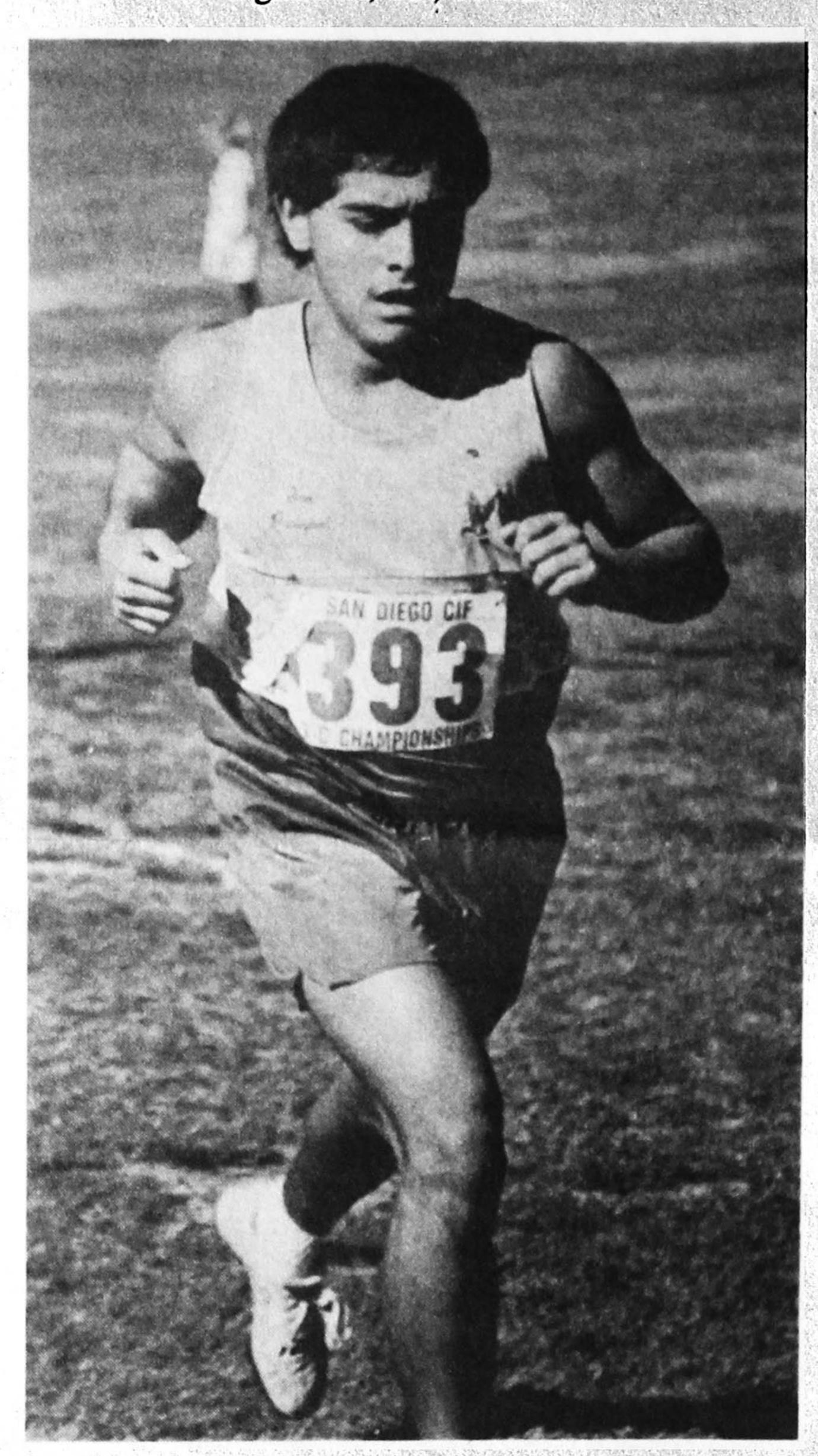
1. Ayub Abdusalam, Hoover, 15:51; 2. Manuel Romero, San Pasqual, 16:00; 3. Tom Kloos, El Camino, 16:04; 4. David McQuitty, Grossmont, 16:15; 5. Gerardo Guevara, San Marcos, 16:25.

6. Afran Abutin, Scripps Ranch, 16:30; 7. Kevin Bowes, SR, 16:30; 8. Ty Stewart, SR, 16:31; 9. Julius Amicho, Hoov, 16:35; 10. Adrian Ramirez, Castle Park, 16:37.

11. Fernando Rodriguez, SP, 16:44; 12. Francis Bachu, Hoov, 16:35; 13. Chad Livesay, SR, 16:47; 14. Jake Bishop, El Capitan, 16:49; 15. Juan Alfaro, SP, 16:50.

16. Diego Ash, SP, 16:52; 17. Dave Romero, SR, 16:54; 18. Lee Barett, Point Loma, 16:56; 19. Charley Hulsey, Torrey Pines, 16:57; 20. Thomas Juarez, Montgomery, 16:59.

21. Brent Bolton, SR, 17:00; 22. Giovanni Lopez, Escondido, 17:01; 23. Tyler Mack, TP, 17:04; 24. David Schible, Mount Miguel, 17:07; 25. David Magnuson, TP, 17:08.



Fernando Rodriguez

San Pasqual

26. Simon Hill, MM, 17:10; 27. Luis Garcia, TP, 17:11; 28. Chris Werdenberg, PL, 17:12; 29. Sefe Almedom, Hoov, 17:12; 30. Louis Nava, Helix, 17:15.

31. Keyes, PL, 17:16; 32. Ismael Pena, SP, 17:17; 33. Mike Staton, Patrick Henry, 17:19; 34. Danny Sanchez, ECp, 17:22; 35. Zac Read, Hilltop, 17:23.

36. Celso Fernandez, PL, 17:23; 37. Phil Lery, PH, 17:24; 38. Mark Savel, PL, 17:26; 39. Eleasar Alvarado, E, 17:30; 40. Ron Anderson, SR, 17:32.

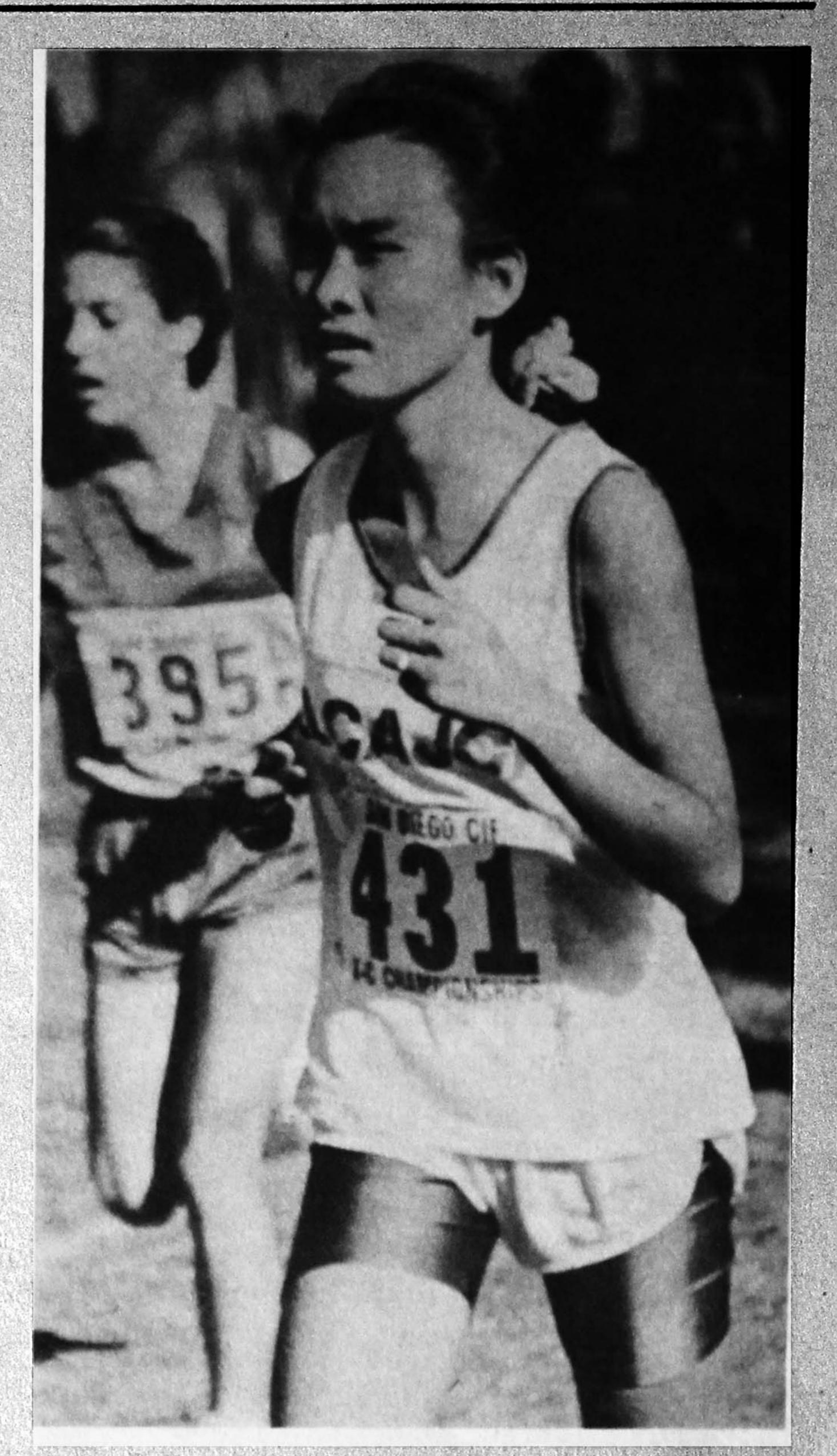
41. Adam Brown, SP, 17:32; 42. Noe Contreras, SM, 17:33; 43. Billy McKee, TP, 17:33; 44. Martin Perez, Mar Vista, 17:35; 45. Mario Velazco, Hoov, 17:35.

46. Nic Magoffin, Valhalla, 17:37; 47. David Boland, ECp, 17:37; 48. Alex Gonzales, PH, 17:38; 49. no information; 50. Joshua Middleswart, CP, 17:39.

51. Justin Piper, V, 17:39; 52. Ezra Ash, SP, 17:40; 53. David Young, ECm, 17:40; 54. Travis Kermott, V, 17:41; 55. Josh Freese, ECp, 17:41.

56. Adrian Rodriguez, M, 17:42; 57. Kevin Gay, MtV, 17:44; 58. Jorge Del Hierro, CP, 17:46; 59. Erik Lassen, V, 17:48; 60. Amanuel Gebru, Hx, 17:50.

61. Reggie DePass, M, 17:51; 62. Wender Hwang, Hx, 17:54; 63. Ryan Johnson, Carlsbad, 17:55; 64. Jason Duran, C, 17:55; 65. Andrew Gardiner, TP, 18:01.



Nancy Tan
El Cajon Valley

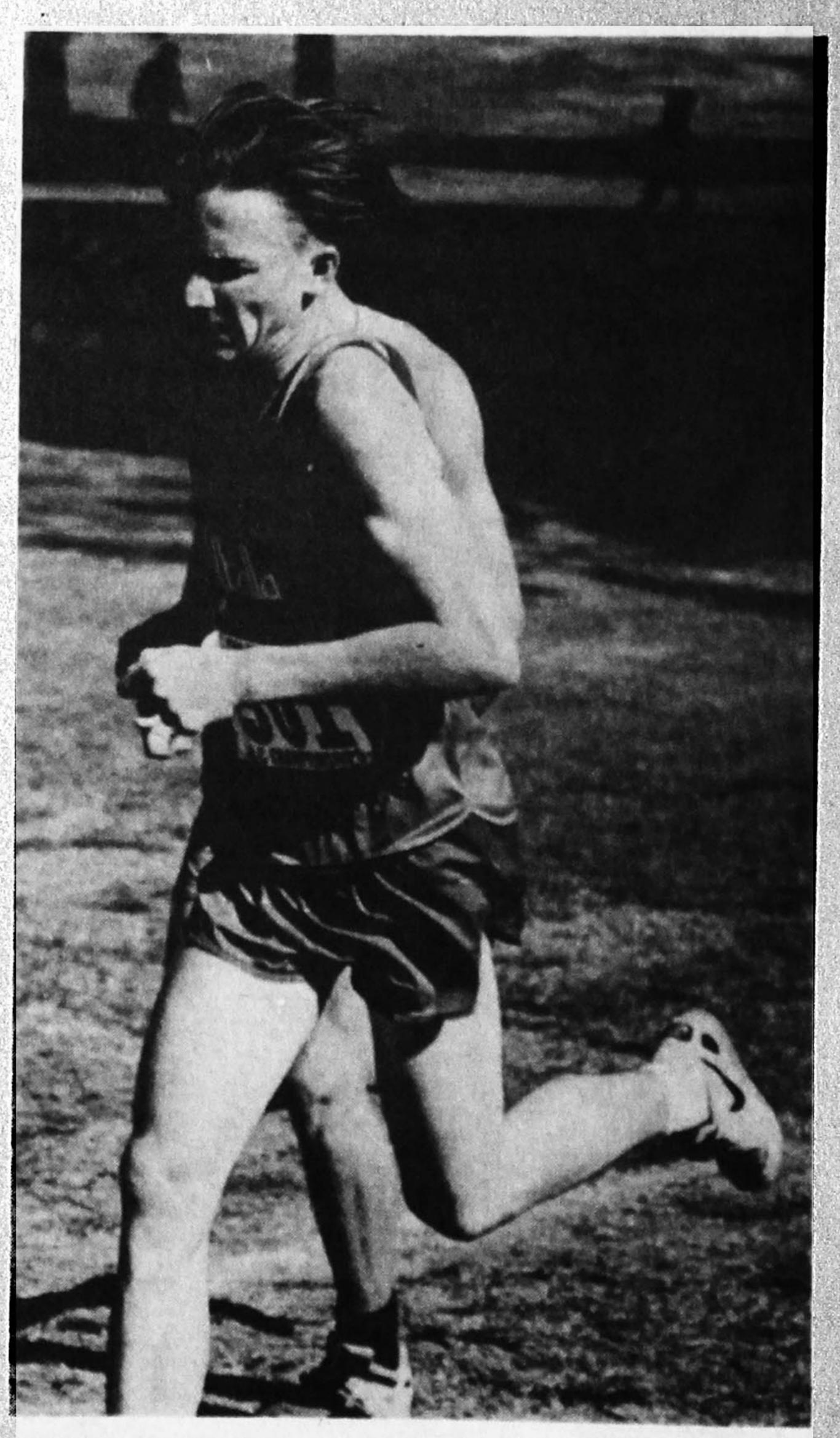
66. Jon Doroski, V, 18:01; 67. John Bradshaw, PL, 18:02; 68. Mike Burlington, SM, 18:02; 69. Solomon Riskie, Hx, 18:05; 70. Sean Keating, SM, 18:09.

71. Eddie Stanczak, Hill, 18:12; 72. Jeremy Koreski, El Cajon Valley, 18:13; 73. Antonio Velasquez, E, 18:14; 74. Clarke Graves, PL, 18:14; 75. Xavier Alaniz, M, 18:17.

76. Jason Verostek, ECm, 18:22; 77. Nereo Araujo, SM, 18:23; 78. Mohammad Irani, PH, 18:24; 79. Jose Flores, CP, 18:24; 80. James Bridges, MtV, 18:28.

81. Mark Jacobs, C, 18:29; 82. Adam Abdul, Kearny, 18:29; 83. Gerardo Galvan, E, 18:29; 84. Sergio Ibanez, C, 18:30; 85. Gio De Luca, Serra, 18:32.

141 Finishers.



Nic Magoffin
Valhalla

CIF DIVISION III: Ramona Rovs

Ramona Boys, Uni Girls; Clark, Glass Claim Titles

amona finally had a chance to compete against strictly Division III teams at the CIF Championships.

The results showed why many had tabbed them as the division's power.

Ramona easily won the boys race, narrowly lost the girls team race to a quality University team and also took both individual titles, with Shilo Glass and Veronica Clark.

Ramona competes in the Avocado League during the dual-meet season which allows them to sharpen up against powers such as Torrey Pines and San Pasqual.

Glass and teammate Galen Reid went one-two in the boys race, and sophomore teammates Tim Miller (9th), Bob Denny (10th) and David Shofstall (14th) completed the scoring. Another quality soph runner, James Adams, sometimes the team's number three, was sick. He was not needed on this day as the Bulldogs easily bested runner-up West Hills, 36-97.

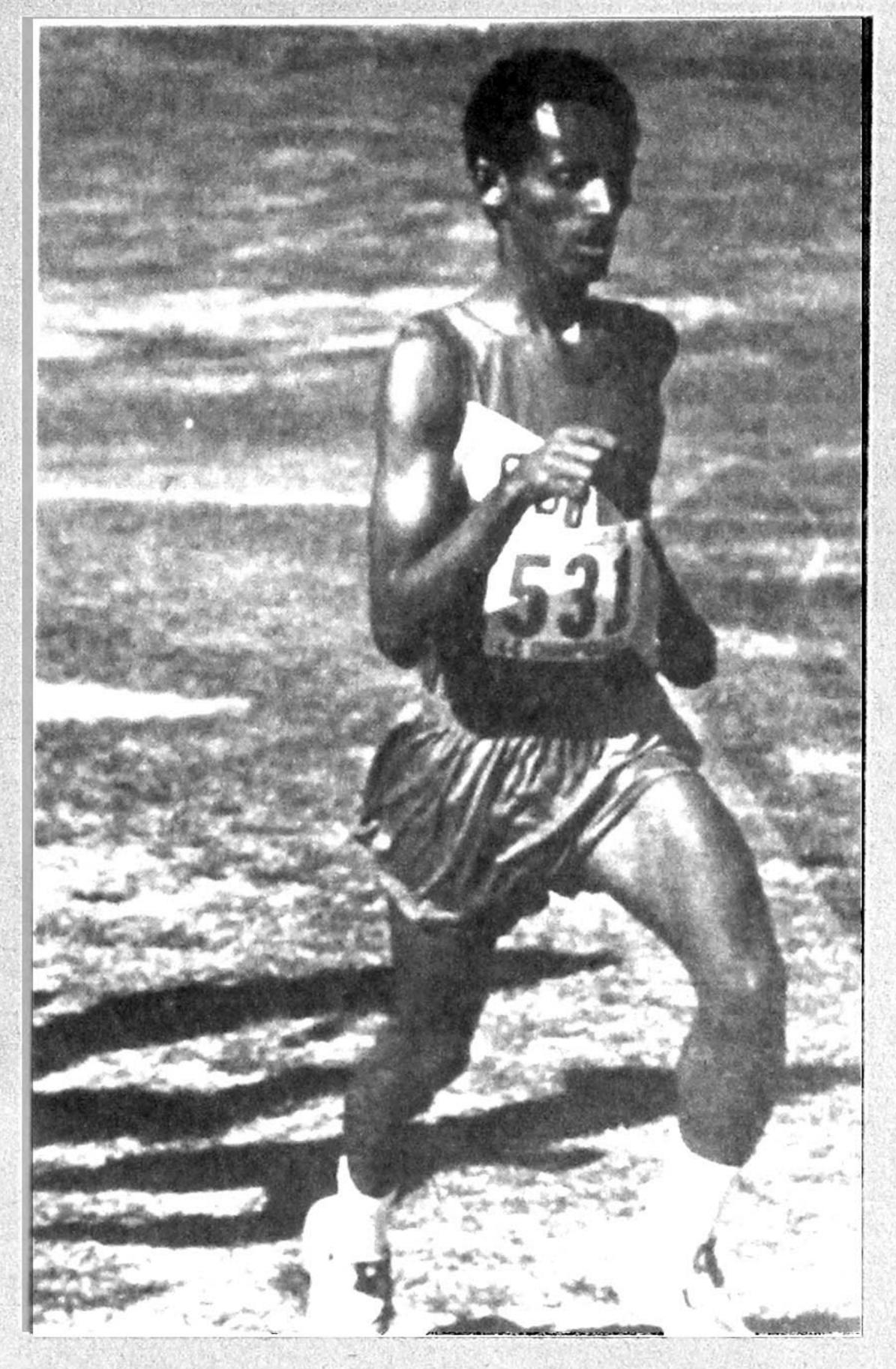
The Wolfpack, supposed to be in a rebuilding phase this year, came up with enough strength to make it to Fresno. In last year's loaded race, West Hills could only take third, even with two all-state runners (Ryan Bartell and Mike Lang, both now at the University of New Mexico). Scripps Ranch and St. Augustine were one-two in that race. This year's more successful squad was led by Stewart Blain, who was third, and Aaron Blood, who was 12th.

Mission Bay, with Jonathan Holmes (5th) and Sean Bottego (8th) running strongly, had a shot at second in the team race, but Ivan Osuna had a rare off day.

The individual qualifiers for Fresno included University's Ross Damman, Holmes, Madison sophomore Nick Hamlin, Crawford soph Titus Chawech and Bottego.

Teams at CIF:

Team times at CIF, runner	s 1-5, all
divisions:	
BOYS:	
Chula Vista	81:31
Vista	81:31
Scripps Ranch	83:12
Rancho Bernardo	83:42
San Pasqual	83:43
Hoover	83:58
Mt. Carmel	84:00
Ramona	84:25
San Dieguito	84:38
Bonita Vista	84:50
GIRLS:	
Torrey Pines	79:41
Vista	80:21
Poway	81:32
Bonita Vista	81:51
Granite Hills	82:04
El Capitan	82:23
Valhalla	82:36
Fallbrook	83:03
Ramona	83:06
University	83:08



Yirgalem TeweldeCrawford

Chawech is a runner to watch in the future. According to Crawford coach Art Anderson, Chawech is running for the first time, and didn't try out for the team until early October. He ran 17:05 on a quality 5K course with about five weeks of training. He is a cousin of Hoover's Julius Amicho.

"He's just now getting into shape," Anderson said of Chawech.

Hamlin is another good-looking prospect.
Of the All-CIF group, Glass, Blain,
Damman, Holmes and Bottego are seniors.
Reid is a junior, and the other four are all sophs.

The girls Division III race was supposed to be competitive, with any of six teams having a realistic shot. It turned out to be just that way as University edged Ramona, 63-65, in one of the CIF's closest-ever races (for the record, only four times has the title been decided by less than two points).

University ran strong all year, looked good at league and came through at CIF. Senior Vanessa Hanley was third in this race, and Erin Shea (7th), Kristen Epperson (12th), Ronya Shatila (18th) and Amy Morrison (23rd) rounded out the scoring.

Ramona's Clark was impressive in winning the race in 15:20, and, in fact, was never seriously challenged. She was one of only two runners that didn't win a league title but took a CIF championship. In her league, she ran up against Torrey Pines' Devon Straitiff, arguably the section's best runner.

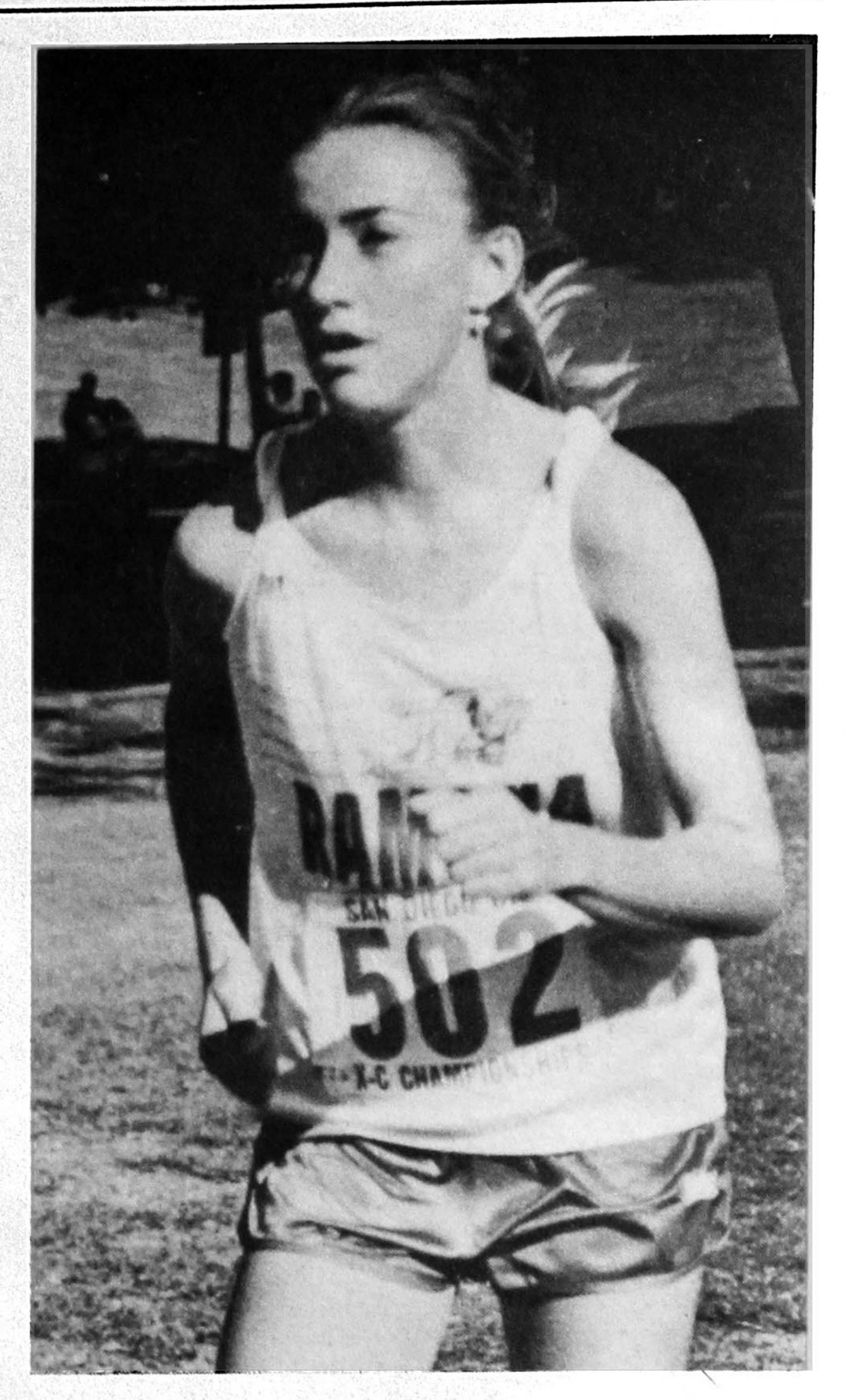
Santana's Jaymie Harper was second to Clark in 15:30, 16 seconds ahead of Hanley. West Hills freshman Alexis Rendina was fourth.

The individual qualifiers were Harper, Rendina, OLP's Michelle O'Connor (the division's defending champ), and La Jolla's Shannon O'Connor and Leah Walkey.

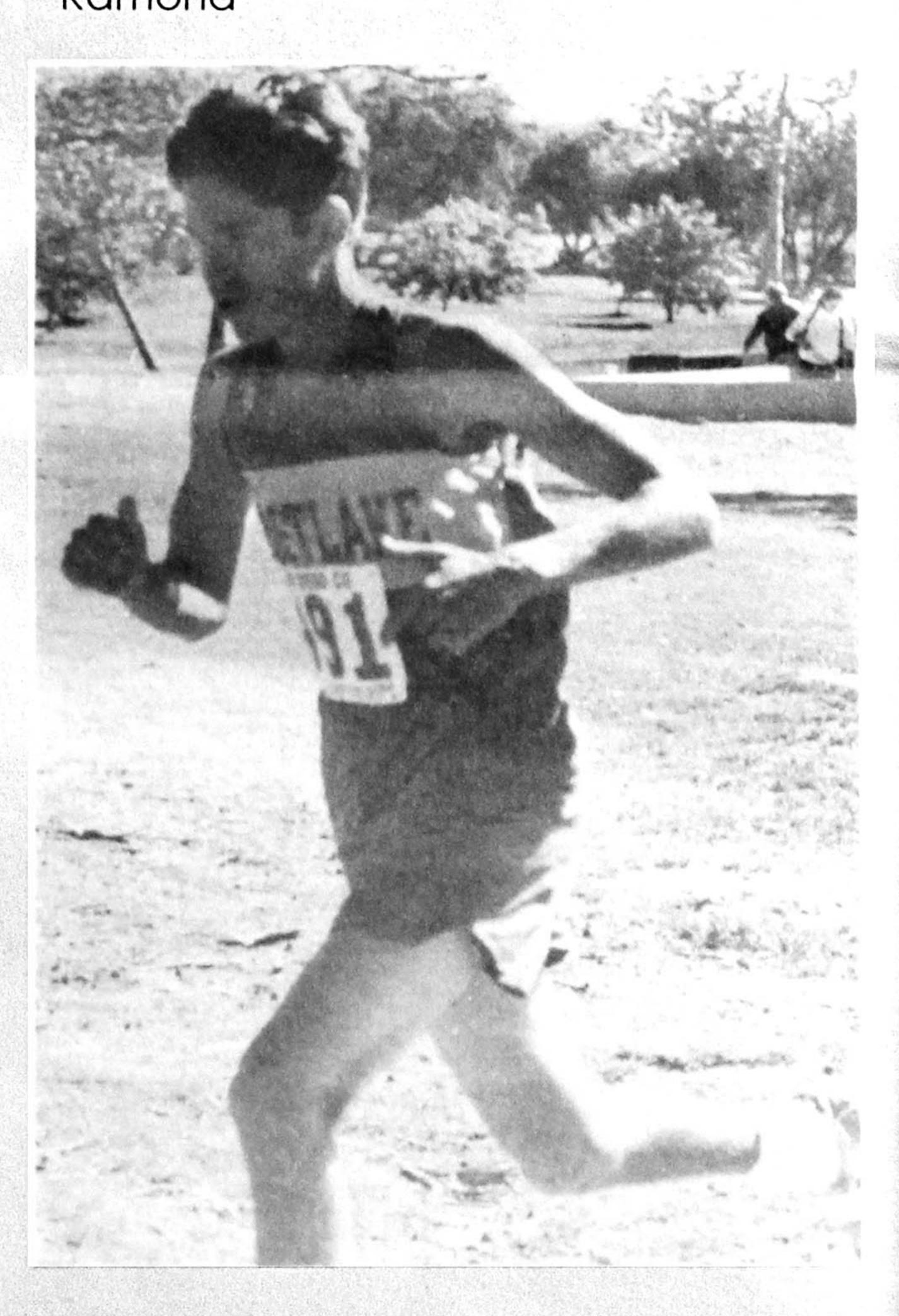
La Jolla and Santana had shots at the crown, but both teams had depth problems.

La Jolla had the 6-8-10 finishers, but their pack was too spread out to contend, while Santana's September McHugh, usually their two or three girl, was sick.

Our Lady of Peace was plagued all year by health problems, first with O'Connor, and most recently with Sarah Janes losing significant training time. West Hills at one



Erin Kilian Ramona



Michael Camacho
Eastlake

No Repeaters

Five defending CIF champions returned to defend their titles this year. None repeated last year's victories.

Among the dethroned were Bonita Vista's Claire Becker (I girls), Valhalla's Stephanie Nelle (II girls), OLP's Michelle O'Connor (III girls), Coronado's Jessica Lunt (IV girls) and Coronado's Trevor Clarke (IV boys). Lunt's conqueror, Marissa Hurwitz, had won the CIF title in 1992.

Will anybody repeat next year? It's a good bet as seven of the eight winners are scheduled to return, as will Clarke, Lunt and O'Connor. Ramona's Shilo Glass is the only senior.



Jonathan Holmes Mission Bay

CIF: Ramona Tough FROM PAGE 8

time looked like the favorite in this division but had gone into retrograde in the last few weeks.

"I think the kids were starting to feel the pressure," West Hills coach Larry Pear said. The Wolfpack team is comprised of freshmen and sophomores. Frosh Shelley Van Winkle, the team's normal number three, wasn't available in the last few weeks. In the early stages on the season, West Hills was running better than University.

This division promises to be dynamic next year, with a number of changes. West Hills, Ramona and possibly Santana could all move to Division II next year.

The West Hills, Ramona, Santana and La Jolla girls teams have almost all their runners back next year. Of the top dozen runners at CIF, only Uni's Hanley will graduate.

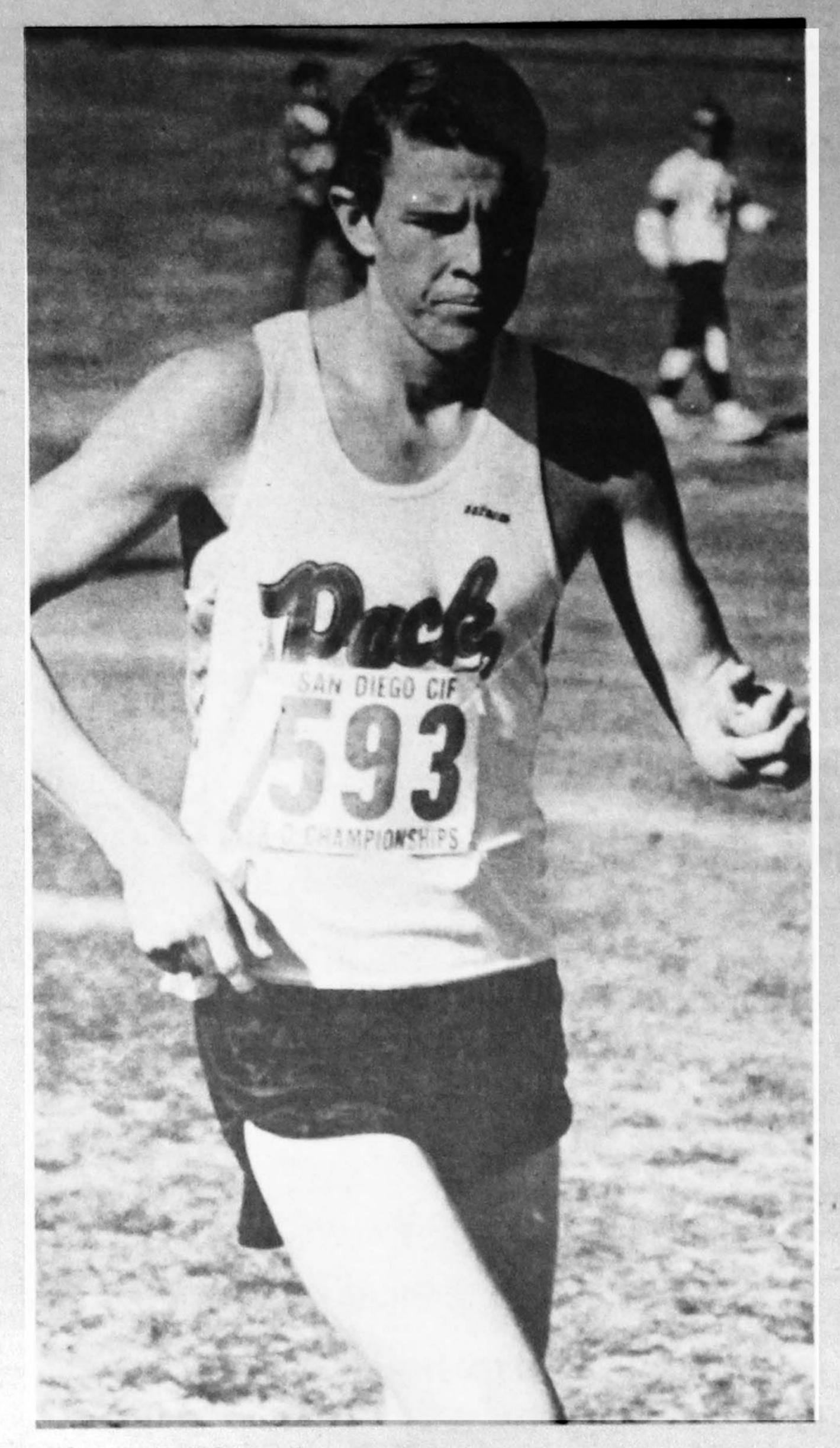
Double Champs:

Seven different times a single school has won individual section championships in both boys and girls races in the same year.

Helix (1977), Poway (1988), San Pasqual (1988) and Coronado (1993) have each done it once.

Ramona has done it *three* times; in 1985 (Jorge Castro and Karen Karcher), in 1986 (Castro and Karcher again), and this year, with Shilo Glass and Veronica Clark.

Ramona has now won seven individual section championships, and is tied for second in that category with Coronado, Fallbrook and Monte Vista. San Pasqual is the leader, with 12 individual champs.



Aaron Blood West Hills

The Results: GIRLS:

TEAMS: 1. University 63, 2. Ramona 65, 3. La Jolla 84, 4. Santana 97, 5. Our Lady of Peace 109; 6. West Hills 125, 7. Crawford 206, 8. University City 246, 9. Eastlake 251; 10. Mission Bay 283, 11. Oceanside 326, 12. Madison 331.

INDIVIDUALS:

1. Veronica Clark, Ramona, 15:20; 2. Jaymie Harper, Santana, 15:30; 3. Vanessa Hanley, University, 15:46; 4. Alexis Rendina, West Hills, 15:54; 5. Michelle O'Connor, Our Lady of Peace, 16:05.

6. Shannon O'Connor, La Jolla, 16:06; 7. Erin Shea, U, 16:15; 8. Leah Walkey, LJ, 16:15; 9. Erin Kilian, R, 16:16; 10. Clodagh Rafferty, LJ, 16:19.

11. Kristi O'Grady, S, 16:38; 12. Kristen Epperson, U, 16:41; 13. Christine Keays, OLP, 16:48; 14. Sarah Shepard, R, 16:57; 15. Jenny Holdzkom, WH, 16:59.

16. Milinda Benitez, S, 17:01; 17. Christine Kenney, Crawford, 17:02; 18. Ronya Shatila, U, 17:03; 19. Rachel Moeller, Mission Bay, 17:06; 20. Jennifer Roane, R, 17:15.

21. Marcy Phillips, R, 17:19; 22. Maria Cervantes, Eastlake, 17:19; 23. Amy Morrison, U, 17:23; 24. Robin Kremsdorf, LJ, 17:24; 25. Jenny Bergen, University City, 17:26.

26. Victoria Smith, OLP, 17:27; 27. Jennifer Lentz, E, 17:27; 28. September McHugh, S, 17:29; 29. Maria Moreno, C, 17:32; 30. Allison Cebe, R, 17:35.

31. Autumn Patton, U, 17:37; 32. Sarah Wisniew, OLP, 17:38; 33. Sarah Janes, OLP, 17:41; 34. Becca Weingartner, WH, 17:45; 35. Sarah Garcia, 17:46.

36. unid., LJ, 17:50; 37. Nicole Tarbell-Sellers, R, 17:51; 38. Stephanie Fischer, U, 17:51; 39. Heather Holford, WH, 17:53; 40. Kerie O'Grady, S, 17:54.

41. Christine Monyelle, C, 18:00; 42. Hannele Stephens, WH, 18:07; 43. Jenna Graciano, OLP, 18:14; 44. Shelby Stanger, LJ, 18:17; 45. Katie Wisniew, OLP, 18:24.

46. no information; 47. Heidi Collins, WH, 18:24; 48. Irene Kan, LJ, 18:26; 49. Gabi Cannon, S, 18:27; 50. Stephanie Keane, UC, 18:29.

51. Vanessa Oseroff, UC, 18:34; 52. Jami Schleger, S, 18:38; 53. Miriam Mendez, Oceanside, 18:52; 54. Jennifer Wall, MB, 18:57; 55. Danielle Saylor, Madison, 19:01.

56. Nicole Socie, M, 19:08; 57. Tara Meseros, O, 19:12; 58. unid., UC, 19:16; 59. Trunq Phan, C, 19:21; 60. Trinh Phan, C, 19:34.

79 Finishers.



Leah Walkey La Jolla

BOYS:

TEAMS: 1. Ramona 36, 2. West Hills 97, 3. Mission Bay 106, 4. La Jolla 107, 5. St. Augustine 160.

INIDIVIDUALS:

1. Shilo Glass, Ramona, 16:16; 2. Galen Reid, R, 16:23; 3. Stewart Blain, West Hills, 16:23; 4. Ross Damman, University, 16:49; 5. Jonathan Holmes, Mission Bay, 16:54.

6. Nick Hamlin, Madison, 16:55; 7. Titus Chawech, Crawford, 17:05; 8. Sean Bottego, MB, 17:09; 9. Tim Miller, R, 17:10; 10. Bob Denny, R, 17:12.

11. Aaron Adragna, Santana, 17:16; 12. Aaron Blood, WH, 17:19; 13. Michael Camacho, Eastlake, 17:26; 14. David Shofstall, R, 17:27; 15. Tedd Padgitt, La Jolla, 17:32.

16. David Dunbar, LJ, 17:34; 17. Jorge Ramos, R, 17:38; 18. James Gross, St. Augustine, 17:42; 19. Yirgalem Tewelde, C, 17:42; 20. Kevin Hauser, SA, 17:43.

21. Alvaro Quintanar, Oceanside, 17:44; 22. Josh Flesher, LJ, 17:46; 23. David Hewitt, LJ, 17:46; 24. Dustin Diaz, WH, 17:50; 25. Juan Leon, MB, 17:51.

26. Chris Nagao, WH, 17:53; 27. James Adams, R, 17:59; 28. Brian Sullivan, SA, 18:06; 29. Ivan Osuna, MB, 18:11; 30. Mike Duggan, U, 18:13.

31. Ari Perlin, LJ, 18:14; 32. Randy Bennett, WH, 18:16; 33. Thai Chou, O, 18:16; 34. Matt Stuart, WH, 18:18; 35. Sherman Arce, O, 18:20.

36. Ray Chacon, LJ, 18:20; 37. Darren Heath, C, 18:26; 38. Dave Scheibal, University City, 18:28; 39. Francisco Villasenor, MB, 18:28; 40. Tommy Corbin, WH, 18:30.

41. Abraham Reda, M, 18:39; 42. Erik Cruz, MB, 18:40; 43. Shawn Brom, M, 18:44; 44. Brian Janes, SA, 18:47; 45. Eiichi Nakahata, E, 18:48.

46. Jose Elena, O, 18:56; 47. Sabino Romero, O, 19:06: 48. unid., E, 19:07; 49. Marc Nierman, UC, 19:14; 50. Jeremy Durant, SA,

51. Ray Padilla, MB, 19:17; 52. Nick Smal, UC, 19:19; 53. Enrique Chavez, E, 19:21; 54. Doug Singer, S, 19:22; 55. Kevin Davis, LJ, 19:27.

56. Oscar Noriega, SA, 19:29; 57. Joel Cannuli, S, 19:33; 58. Oswaldo Chavez, M, 19:42; 59. Richard Soukenka, O, 19:43; 60. Bobby Brown, S, 19:48.

80 finishers.

CIF DIVISION IV:

Hurwitz, Bishop's Girls, 'Nado Boys, Holtville Frosh Win

his division was a mixture of the familiar and the unusual. Back in familiar roles as state meet qualifying teams were Coronado and Calvin Christian in the boys, and Bishop's and Coronado in the girls.

The individual championships were another story. Holtville freshman sensation Miguel Ramirez and Bishop's comebacking Marissa Hurwitz beat defending champs Trevor Clarke and Jessica Lunt.

Hurwitz and Lunt, the 1992 and 1993 CIF champs, had a showdown in their race. The pair ran together for the first mile, when Lunt put on a surge on the hill, establishing a decent lead. Hurwitz, showing patience and savvy, came back, passed Lunt in the second mile and built a large lead to the finish, winning in 16:04. Lunt was timed in 16:35.

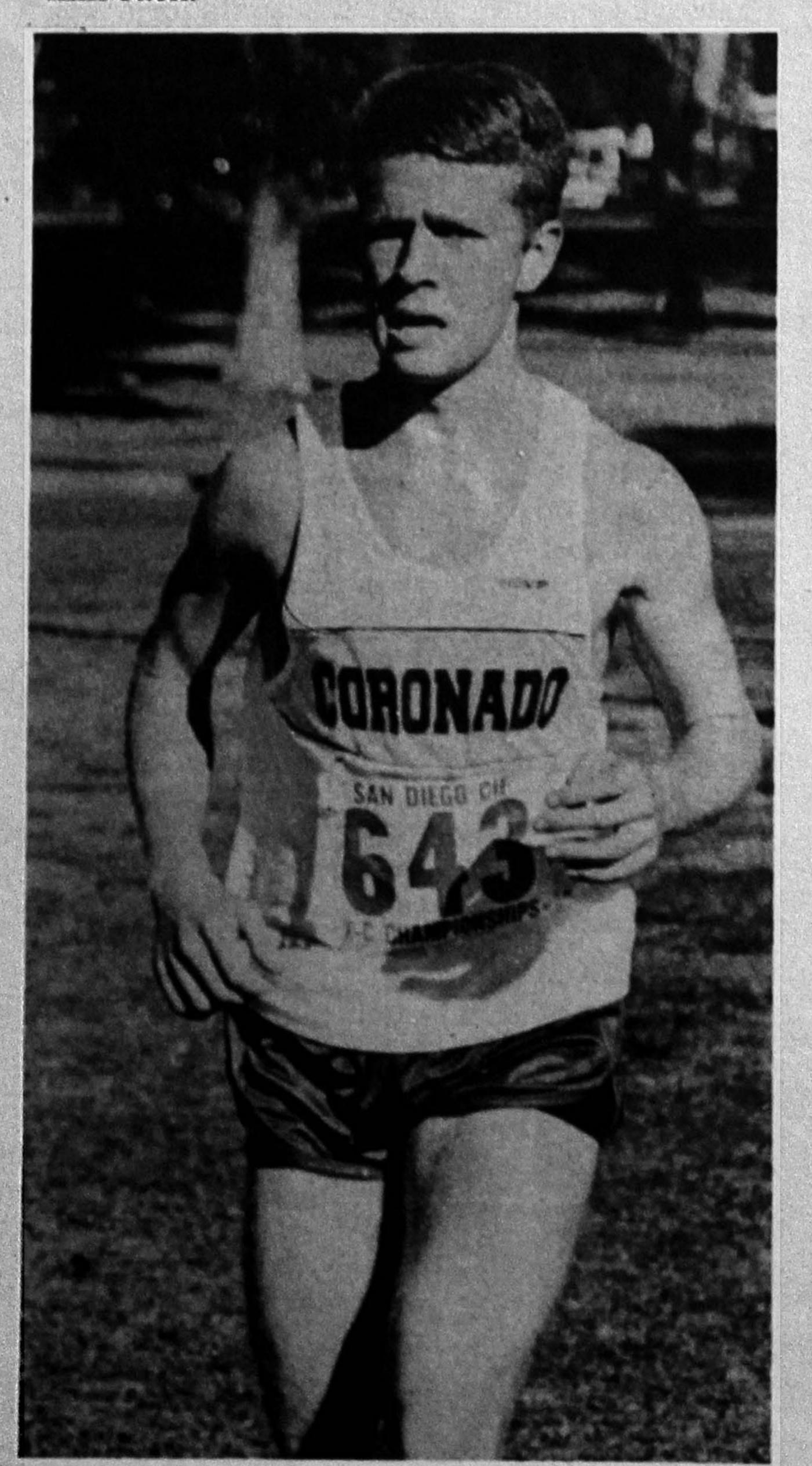
For Hurwitz, it was the capper on a year-long comeback story. The Bishop's junior had won the division as a frosh two years ago, but was injured last year. She had missed an entire year of competition and only ran her first race of this year on Oct. 22, at Kit Carson.

Her victory opened the floodgates for Bishop's girls, who swept the field after Lunt's second, going 1-3-4-5-6-10 to easily defend their title.

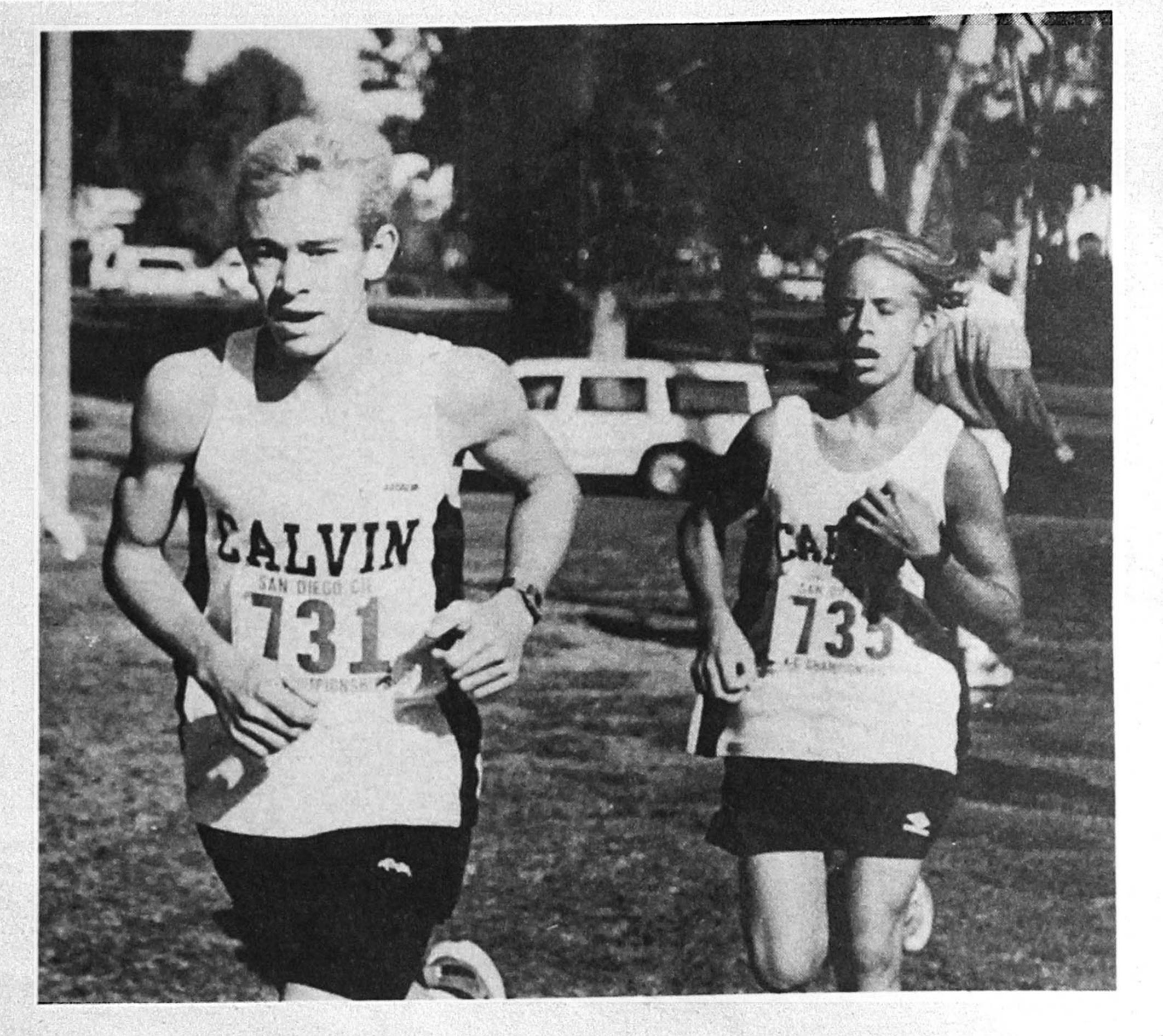
Katherine Zabloudil, Mary-Beth Muchmore, Nichola Lowry, Stephanie Pettigrew and Gabe Popoff all joined Hurwitz on the All-CIF team for Coach Vince Stumpo's champs.

The individual girl qualifiers for the state meet were Calvin Christian's Leslie DeJager, Christian's Beth Bowler, Lincoln Prep's Theresa Brondstetter, Julian's Allegra Hollenbeck and Francis Parker's Heather Ray. Bowler and Ray are freshmen.

Holtville's Ramirez made an impressive splash. He took a tentative early lead from Coronado defending champ Clarke for the first half-mile. Unfamiliar with the course, Ramirez took a wrong turn at one point, running extra distance, before Clarke called him back.



Jason Talbott Coronado



Jacob Young, Matt Gailey
Calvin Christian

The freshman then was content to run

behind Clarke until the final half mile when he opened an 18-second gap. His winning time of 16:23 was the fastest freshman boys effort of the day for all divisions (see box).

Ramirez was an unknown entering the race, at least among the San Diego area running community. Holtville hasn't even competed in cross country in the last several years, but Ramirez has put them on the map.

His coach, Gerardo Lara, said that Ramirez has been competing for two years in agegroup competition, and, in fact, had a meet scheduled in Los Angeles the next day.

Quick Frosh:

Holtville's Miguel Ramirez was the fastest boy freshman runner in this year's CIF meet.

The top frosh:	
Miguel Ramirez, Holtville	16:23
Burt Romero, Mt. Carmel	17:03
David Dunbar, La Jolla	17:34
David Young, El Camino	17:40
Amanuel Gebru, Helix	17:50
Dustin Diaz, West Hills	17:50
Solomon Riskie, Helix	18:05

Clarke's unexpected second didn't affect Coronado's anticipated team victory. The Islanders put three other runners, Mike Aguilar, Jason Talbott and Pat Loerch, in the top ten to easily best runner-up Calvin Christian, 31 to 104.

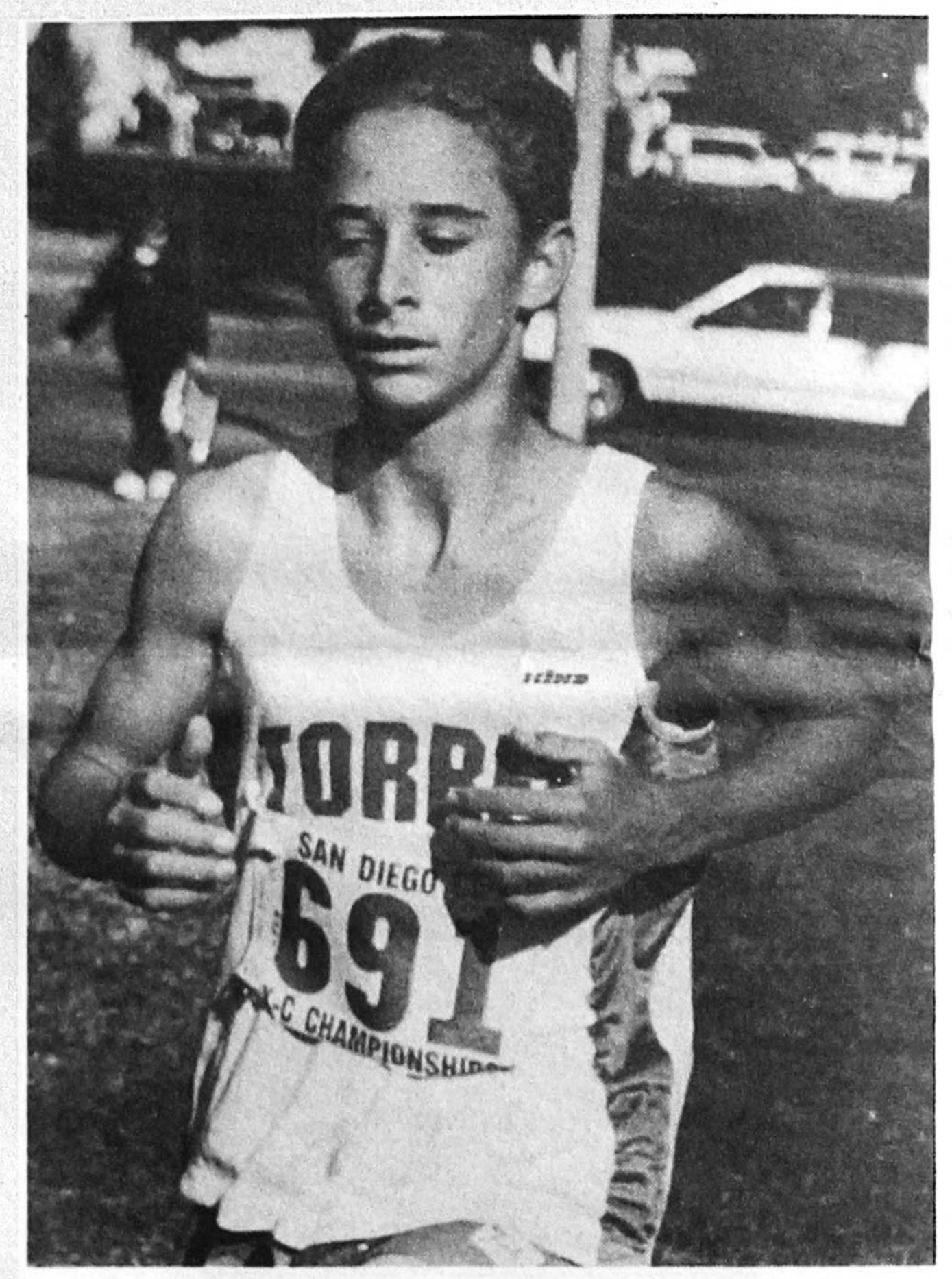
Coronado, ranked fifth in the state, is probably the best small school team from the section since Calvin Christian's boys in 1989.

It was a close race for second, as Calvin used balance to narrowly beat Clairemont.

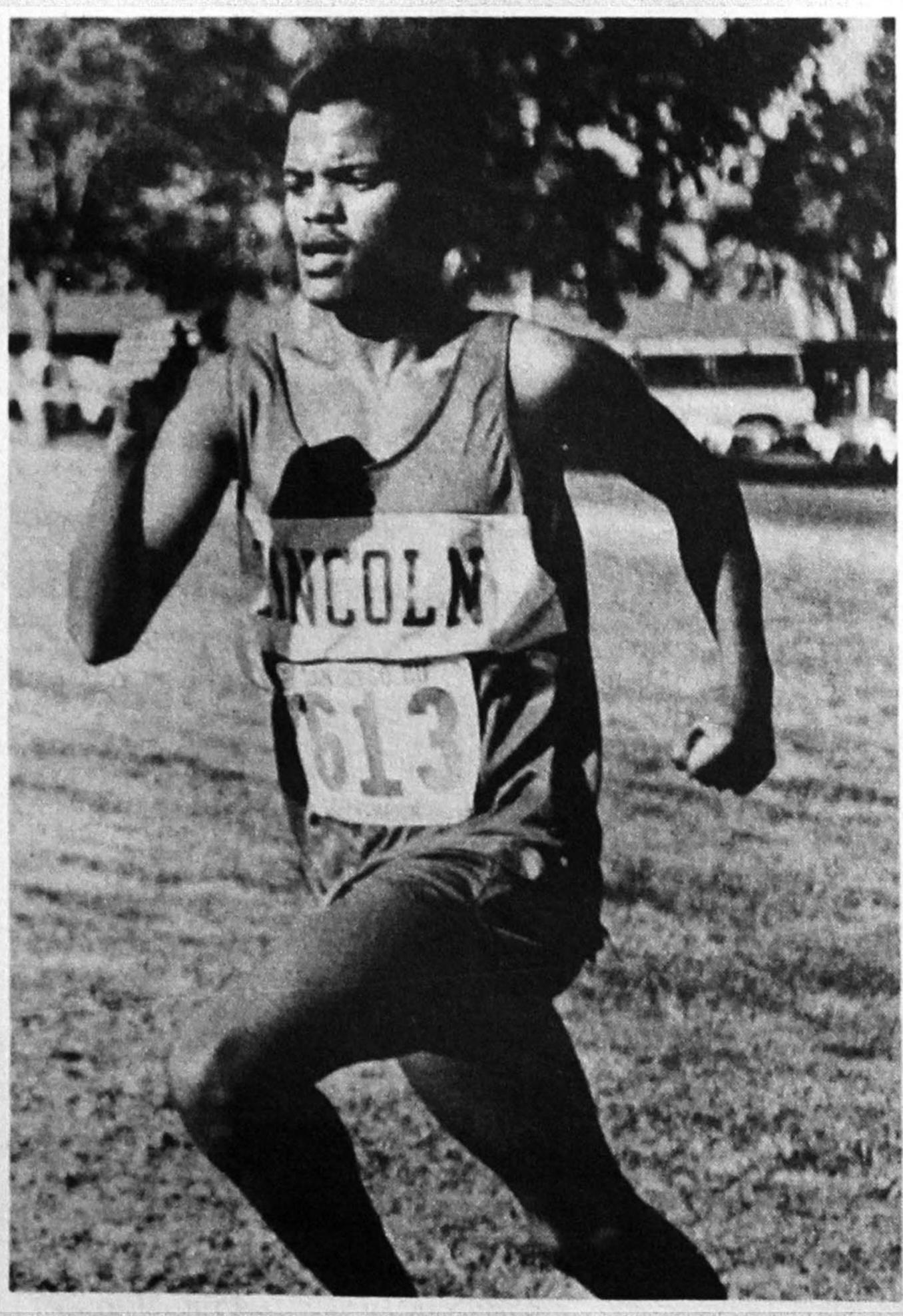
Calvin had a 44 second spread from 1 to 5, which offset Clairemont's invididuals. Clairemont was actually one second faster in total team time, but Calvin's tight group made the difference.

It took a seventh-place or better to make it as an individual state qualifier. Making the cutoff were Ramirez, Gompers' Ajani Brown, Julian's Todd Lewis, Lincoln Prep's Tilihan

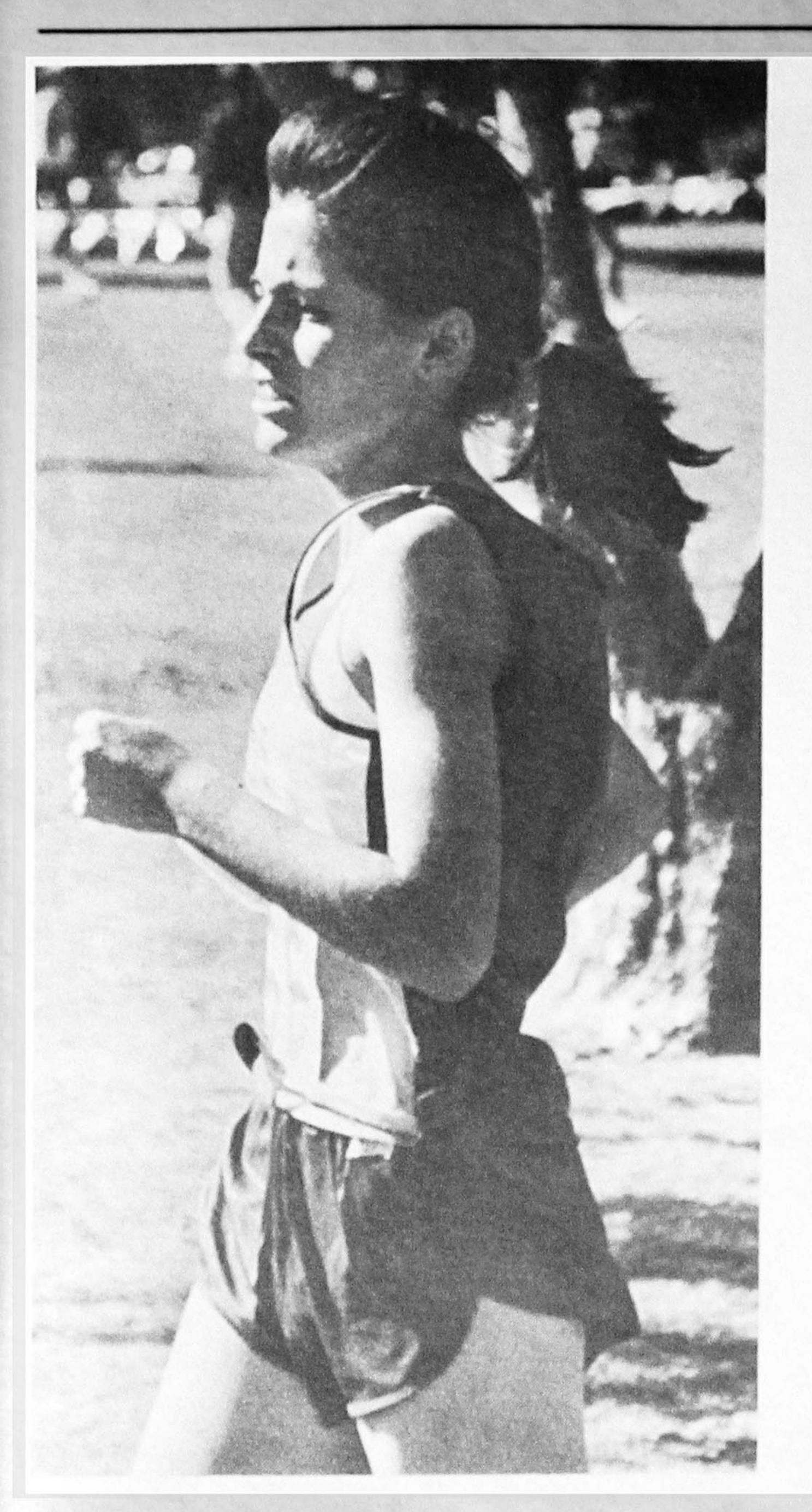
MOSTIGHTON OF CLASSIC SWEETSON



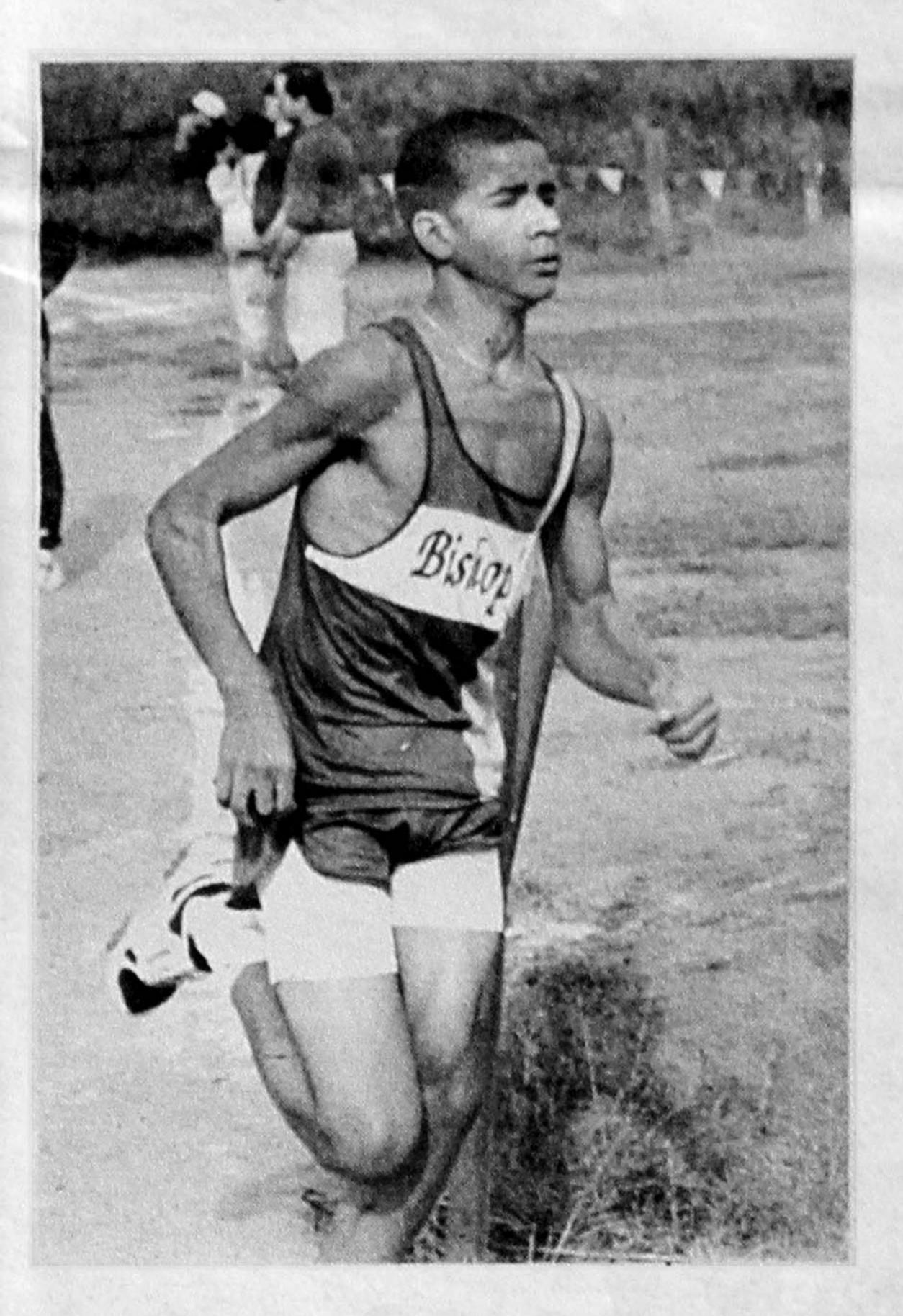
Justin Scarfeo
La Jolla Country Day



Tilihan Fessehai Lincoln Prep



Mary-Beth Muchmore
The Bishop's School



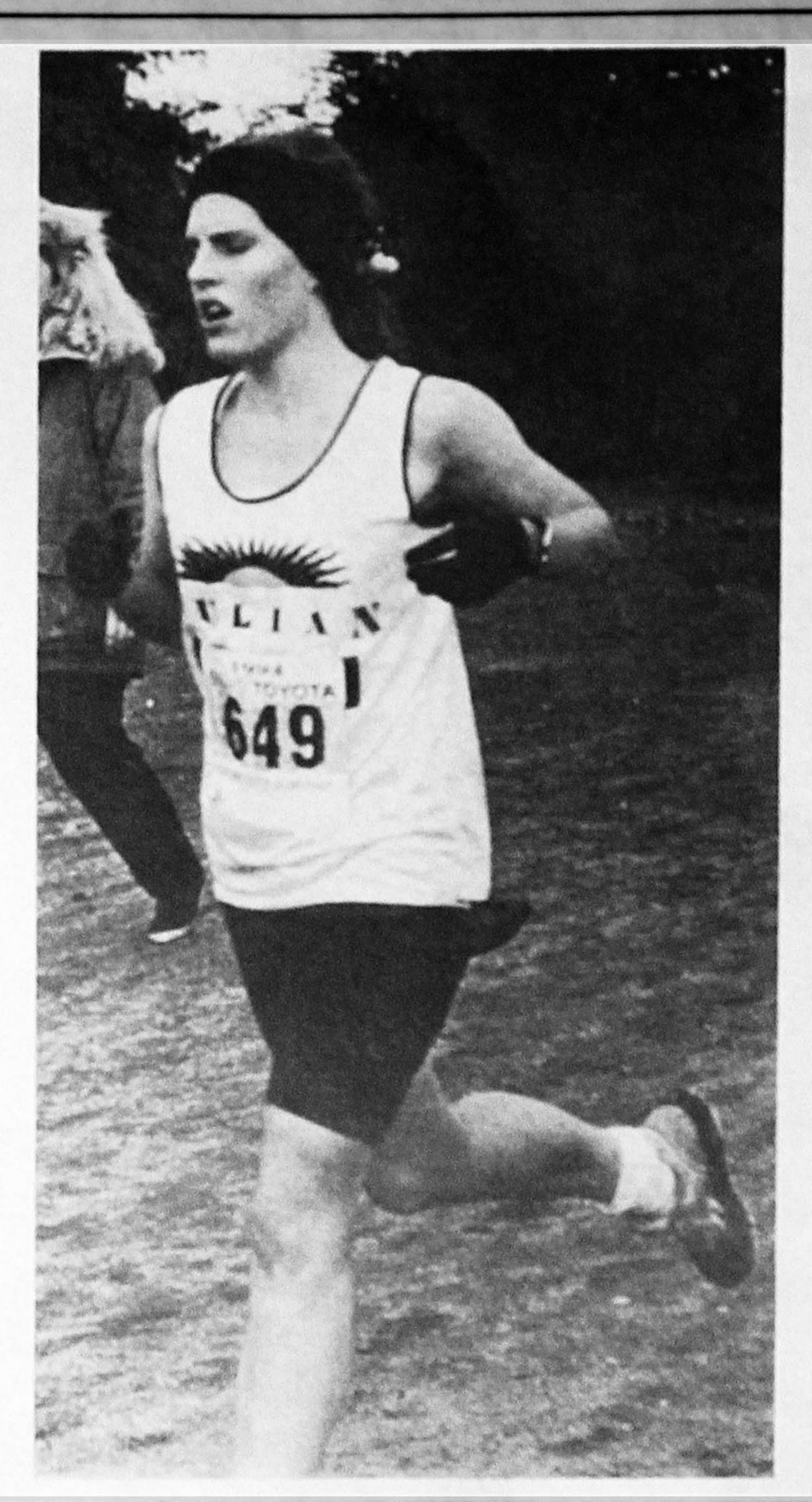
Miles Shumilak
The Bishop's School

Bishop's Score A Near Record

Bishop's achieved a near-record low score when it dominated the CIF Division IV Girls race with 19 points.

Since San Diego Section cross country championships were inaugurated in 1960, only one team has scored lower. La Jolla's girls team of 1990, coached by Bill Stock, and paced by Julie Schoene and Mailee Ferguson, totaled just 17 points to take the Division III title.

Besides Bishop's girls, one other team scored 19: Monte Vista's boys team of 1966, coached by Bob Larsen and led by Don Olsen and Dan Ungricht.



Allegra Hollenbeck
Julian

Fessehai and Clairemont's Derrick Davis. For senior Lewis, it was the fourth time he had qualified as an individual. Lewis and Coronado's Aguilar were the only seniors in the top seven. Ramirez, of course, is a frosh, Fessehai is a sophomore, and Clarke, Brown and Davis are juniors.

The Results:

GIRLS:

TEAMS: 1. Bishop's 19, 2. Coronado 64, 3. Christian 92, 4. Francis Parker 98, 5. Clairemont 142.

INDIVIDUALS:

1. Marissa Hurwitz, Bishop's, 16:04; 2. Jessica Lunt, Coronado, 16:35; 3. Katherine Zabloudil, B, 17:23; 4. Mary-Beth Muchmore, B, 17:46; 5. Nichola Lowry, B, 17:46.

6. Stephanie Pettigrew, B, 17:47; 7. Leslie DeJager, Calvin Christian, 17:53; 8. Beth Bowler, Christian, 17:56; 9. Theresa Brondstetter, Lincoln Prep, 17:59; 10. Gabe Popoff, B, 18:08.

11. Kristen Neil, Cor, 18:21; 12. Allegra Hollenbeck, Julian, 18:25; 13. Heather Ray, Francis Parker, 18:27; 14. Kimberly Buegge, Ch, 18:40; 15. Tauheedah Robinson, LP, 18:41.

16. Kiyneischa Lover, LP, 18:48; 17. Jasmine Watts, Cor, 18:50; 18. Beth Cole, Cor, 18:54; 19. Toni Barraza, Cor, 18:55; 20. Lindsay Gordon, B, 19:07.

21. Abigail D'Agostino, FP, 19:09; 22. Joy Le Beau, Ch, 19:18; 23. Sonya Wall, FP, 19:26; 24. Jennifer Honings, Clairemont, 19:27; 25. Amber Conner, Cl, 19:28.

26. Amanda Shipley, CC, 19:38; 27. Lorissa Prescott, Ch, 19:39; 28. Nicole Carver, Cor, 19:50; 29. Rita Barmeyer, Gompers, 19:50; 30. Zoe Landers, FP, 19:58.

46 finishers.

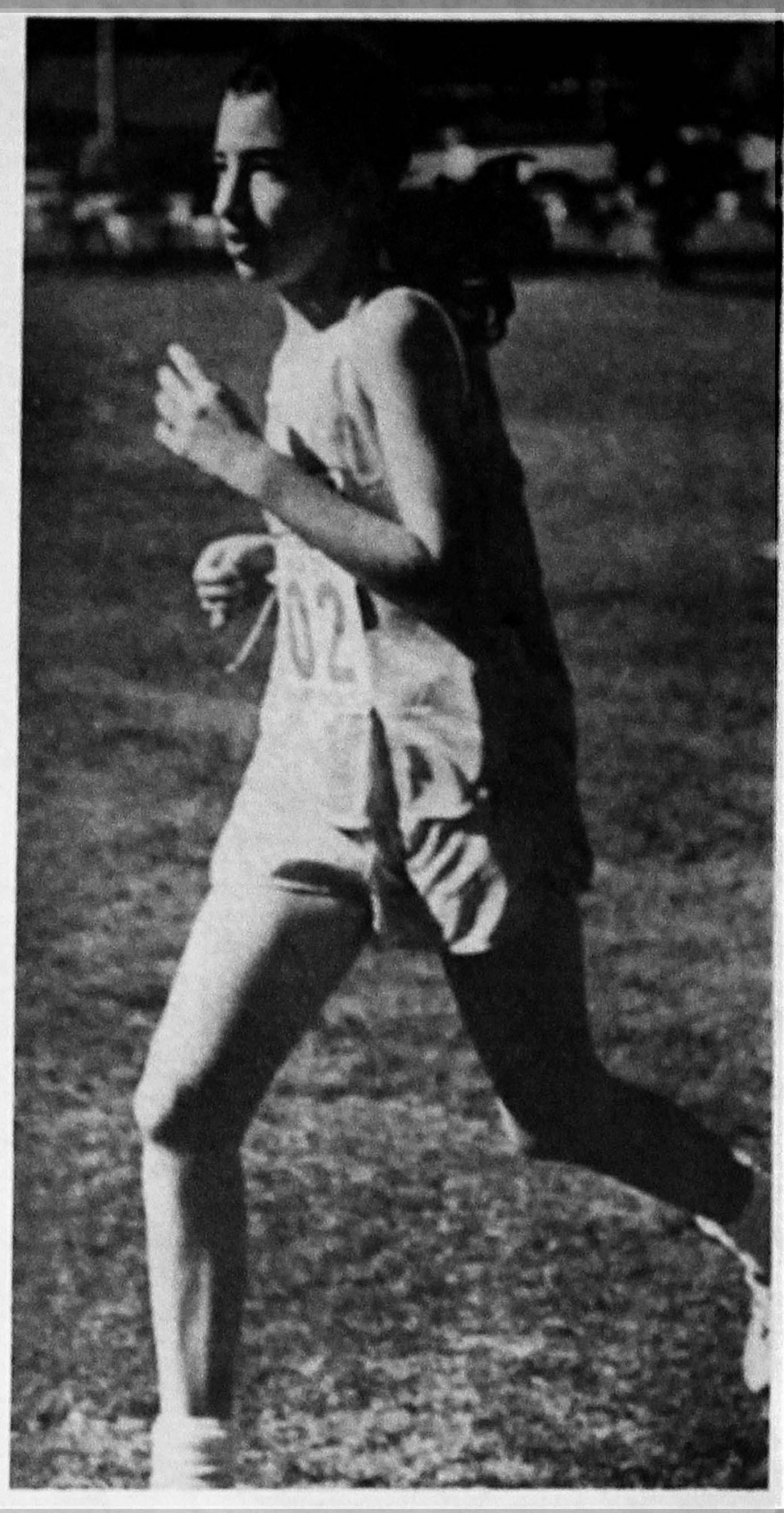
BOYS:

TEAMS: 1. Coronado 31, 2. Calvin Christian 104, 3. Clairemont 110, 4. Bishop's 128, 5. Army Navy 152, 6. Lincoln Prep 157, 7. Francis Parker 175, 8. Gompers 175, 9. La Jolla Country Day 195.

INDIVIDUALS:

1. Miguel Ramirez, Holtville, 16:23; 2. Trevor Clarke, Coronado, 16:42; 3. Ajani Brown, Gompers, 16:52; 4. Todd Lewis, Julian, 16:57; 5. Tilihan Fessehai, Lincoln Prep, 17:01.

6. Mike Aguilar, Cor, 17:07; 7. Derrick Davis, Clairemont, 17:15; 8. Ryan Swanson, Tri-



Heather Ray Francis Parker

City Christian, 17:21; 9. Jason Talbott, Cor, 17:25; 10. Pat Loerch, Cor, 17:30.

11. Jason Tullius, Army Navy Academy, 17:41; 12. Cheyne Jones, Cor, 18:01; 13. Miles Shumilak, Bishop's, 18:09; 14. Tim Cates, G, 18:09; 15. Robert Frailing, ANA, 18:18.

16. Jacob Young, Calvin Christian, 18:21; 17. Matt Gailey, CC, 18:22; 18. Justin Scarfeo, La Jolla Country Day, 18:24; 19. Marcus Henderson, Cl, 19:27; 20. P. J. Ople, B, 18:30.

21. Terry Loerch, Cor, 18:32; 22. Ryan Boney, Cor, 18:36; 23. Nathan Garcia, Cl, 18:37; 24. Mark Peterson, Cl, 18:38; 25. William Wilgenburg, CC, 18:46.

26. Kevin Cosgriff-Hernandez, Francis Parker, 18:49; 27. Nathan Hall, CC, 18:56; 28. Demeterius Travis, LP, 18:57; 29. Jeff Memmelaar,

CC, 19:05; 30. Dale Lovell, FP, 19:07.
31. Scott Hunter, B, 19:15; 32. Jayson Phillips, CC, 19:25; 33. Bashir Ibrahim, LP, 19:28; 34. Josh Oliver, B, 19:34; 35. Jon Silva, CC,

19:38.

36. Matt Wenger, B, 19:46; 37. Joshua Lipsker, FP, 19:47; 38. Bobby Griffin, B, 19:48; 39. Mark Cable, J, 19:48; 40. Noah Lidman, 20:00. 67 finishers.

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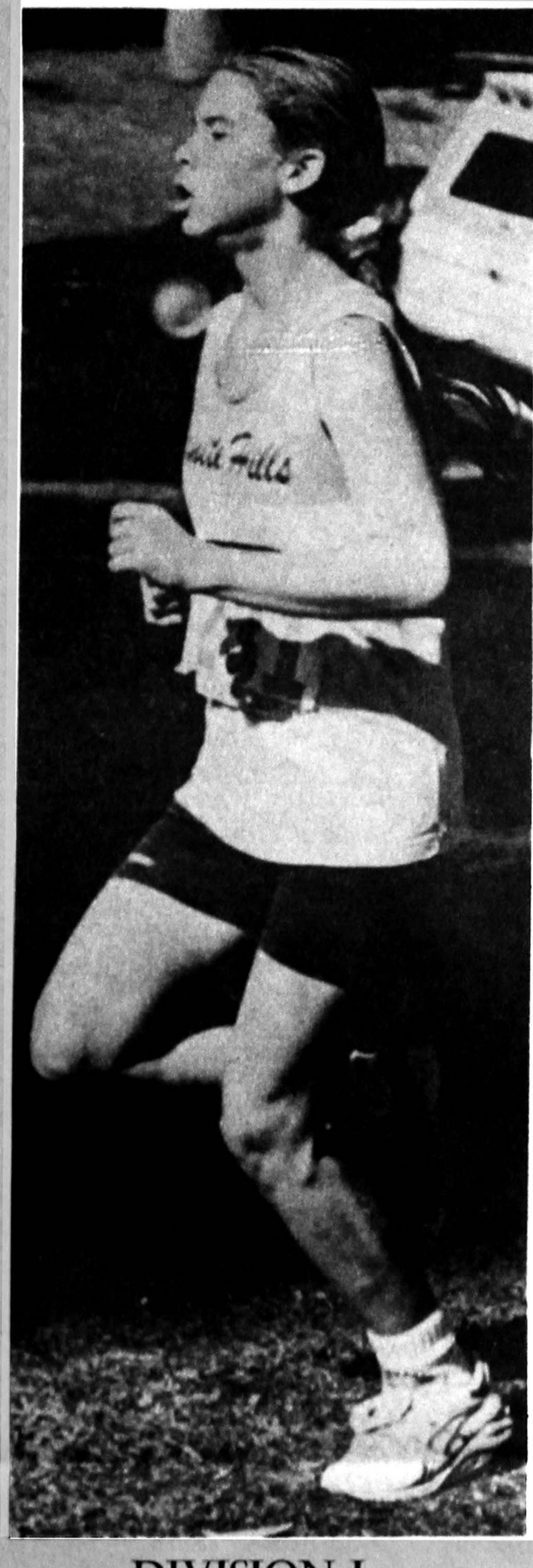
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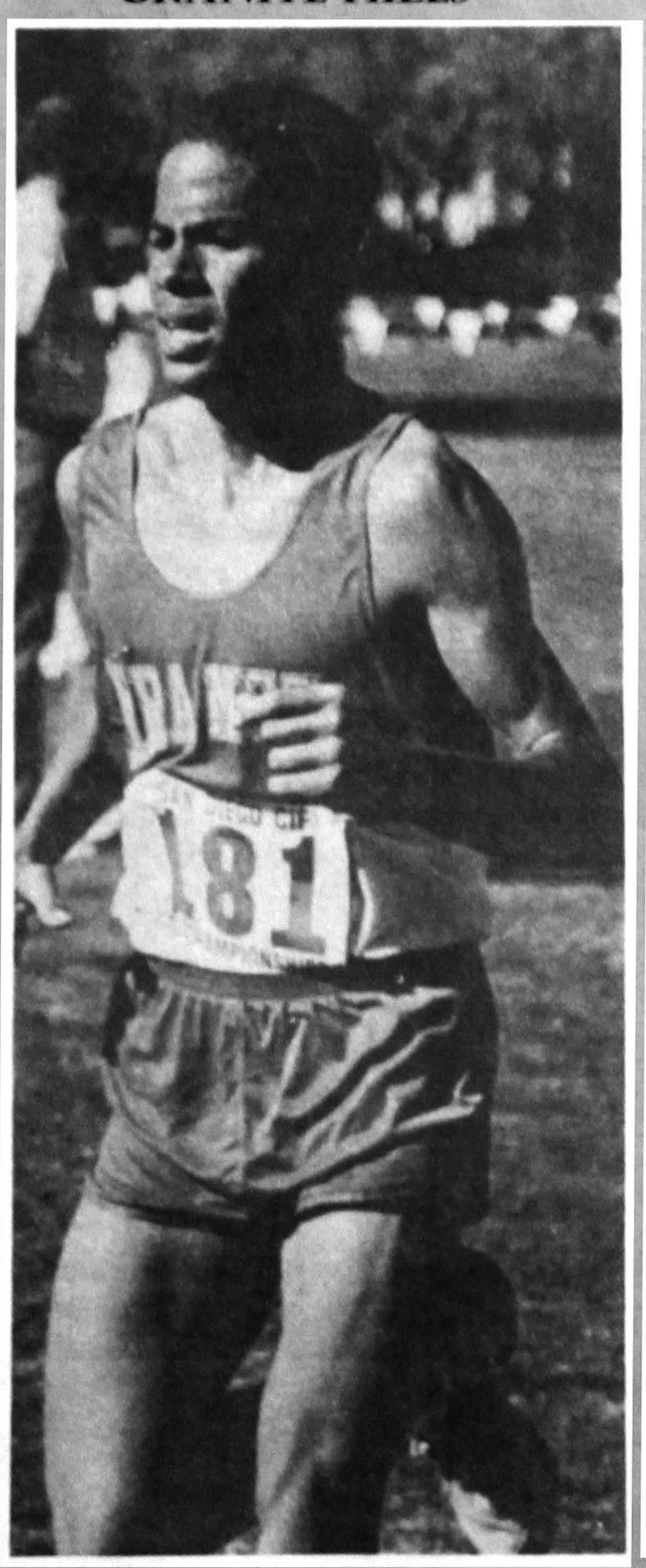
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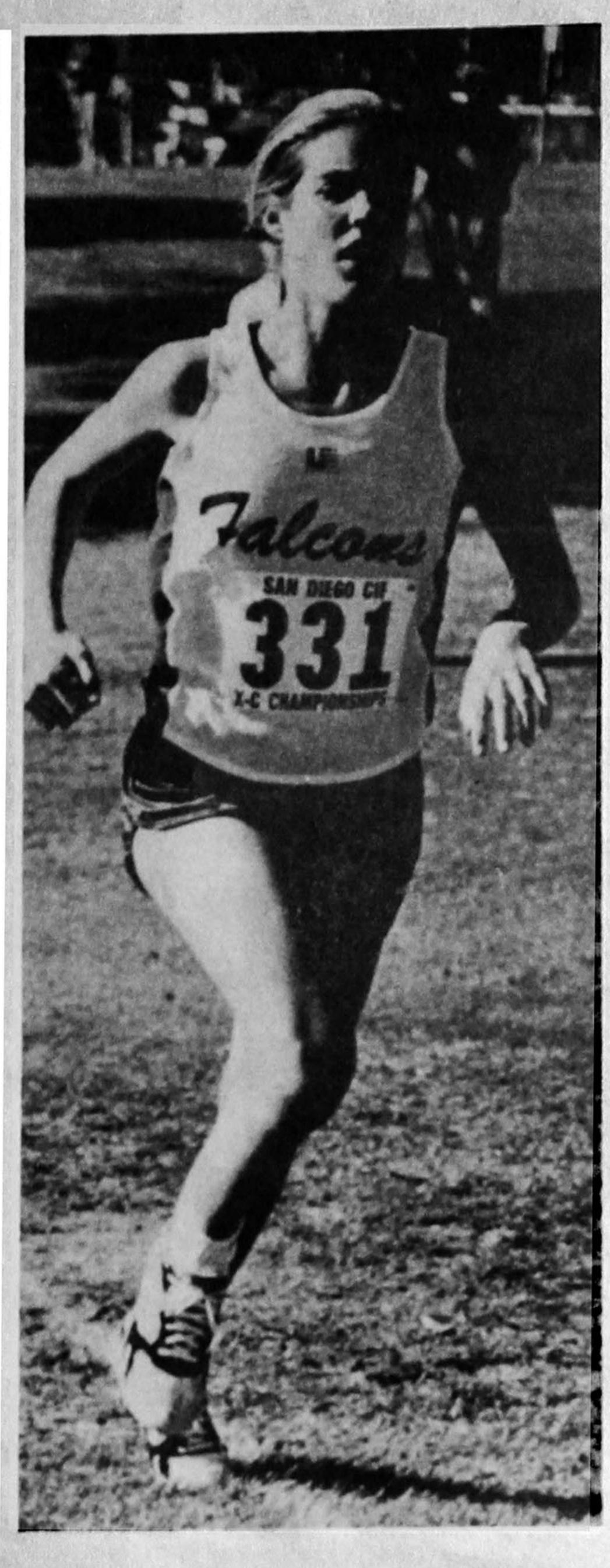
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DIVISION I NICOLE CASTER GRANITE HILLS



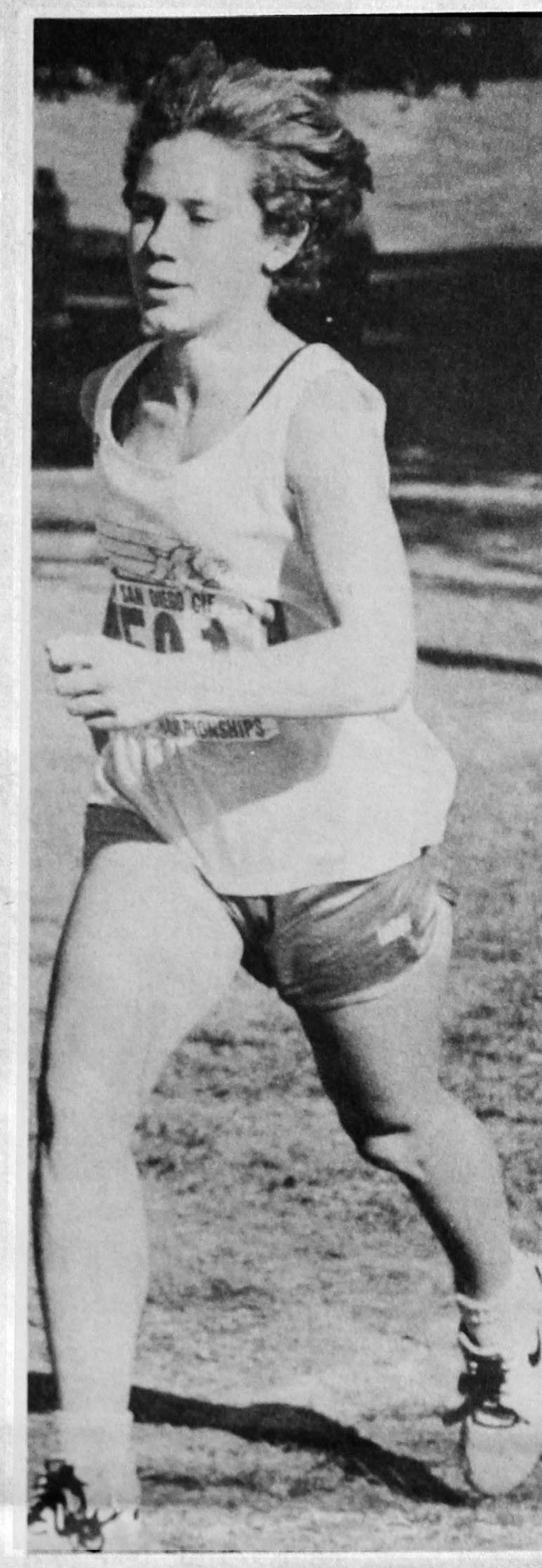
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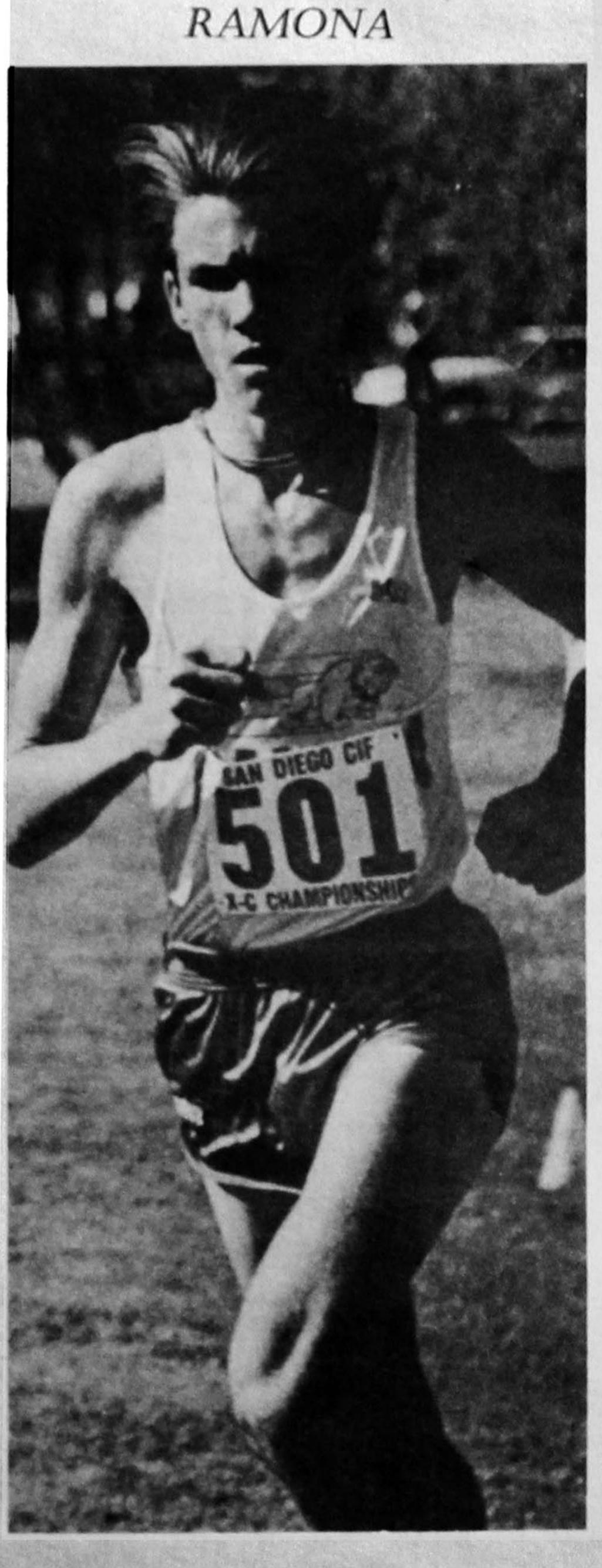
DIVISION II DEVON STRAITIFF TORREY PINES



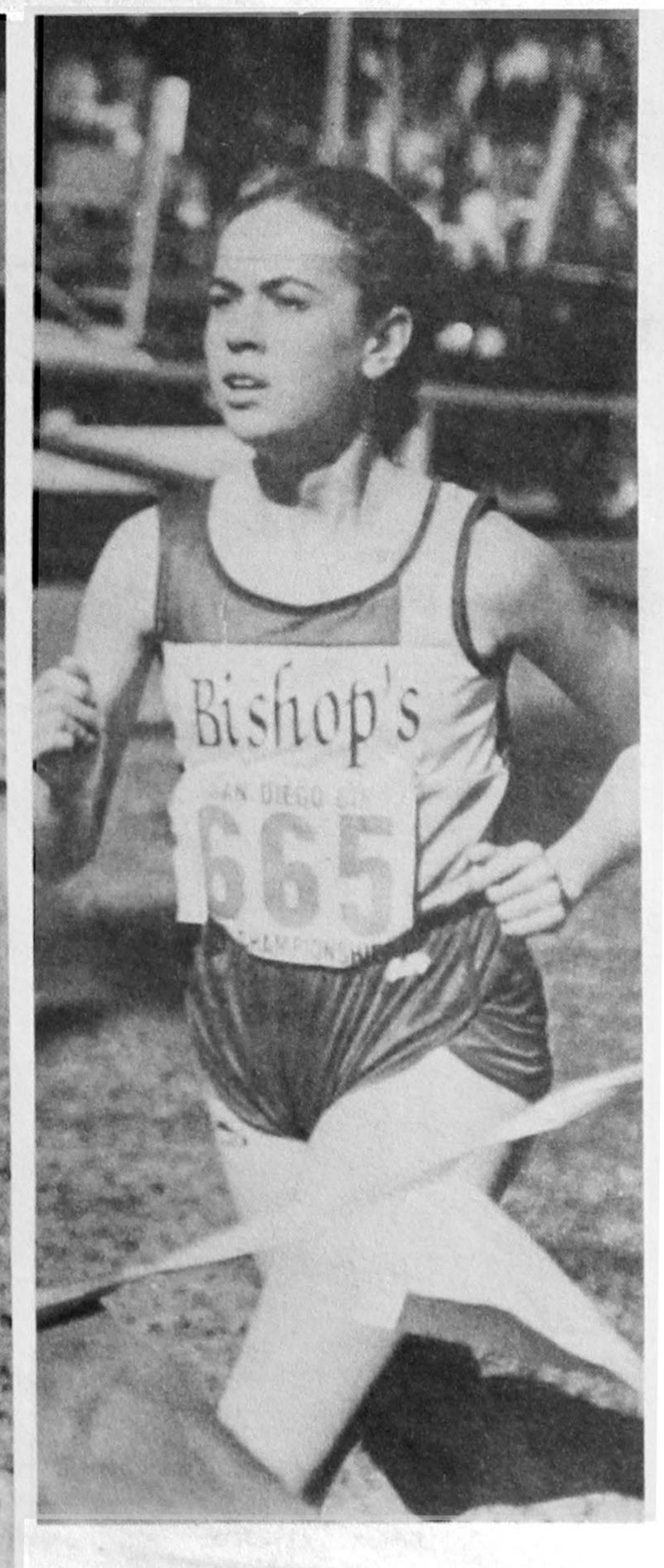
DIVISION II AYUB ABDUSALAM HOOVER



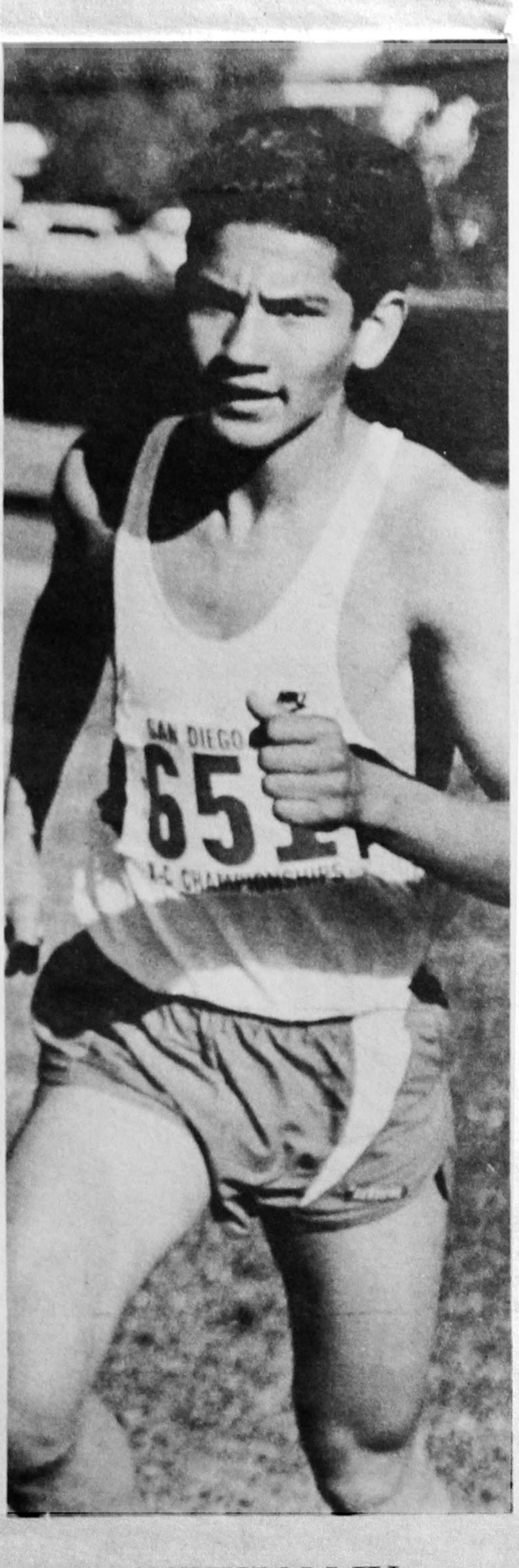
DIVISION III VERONICA CLARK



DIVISION III
SHILO GLASS
RAMONA



DIVISION IV
MARISSA HURWITZ
THE BISHOP'S SCHOOL



DIVISION IV
MIGUEL RAMIREZ
HOLTVILLE