

# 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. 8

MARCH 31, 1995

## THE SEASON:

### *Times drop as the temp rises*

**T**he 1995 track season is now in a "fun" phase.

Every team is now in the full swing of competition, and marks are starting to improve, sometimes dramatically.

The weather seems to be improving, training is still in the building phase, and the big meets are still many weeks away, which means that the pressure has not yet started to build.

If anything can be said to have importance this time of year, it is that a number of teams are having important dual meet show-downs that will later reflect in league standings.

Otherwise, the general attitude among most athletes and coaches is, "It's early."

The weather has played a part, as it often does in March. An ill-timed rain on March 23 caused the cancellation of a full slate of dual meets. Many teams rescheduled the make-up dates for earlier this week.

Some developments and highly selective highlights, event by event:

#### 100 METERS:

**Girls:** Morse junior Lana Garner leads the yearly list with a 12.1 (hand-time) at the Bronco Invitational. In that race, Garner edged out Granite Hills' impressive freshman, Casey Loveland, who ran 12.2.

Garner might have the most range of any area runner, boy or girl. She has already run quality times at distances from 100 to 1600 meters, and is a quality cross-country runner in the fall.

Loveland doesn't seem to be intimidated by anybody. She pushed Garner to a fast time at Bronco and the next week gave Monte Vista's Akiba McKinney a good race at the Wolf Pack Relays.

McKinney has returned to racing after coming off the ineligibility list. Last year's CIF 100 runner-up, McKinney looked impressive in her debut, running 12.3 to win the 100 at last week's Wolf Pack Relays.

**Boys:** Juniors Lydell Burston, of Morse, and Vince Williams, from University City, are at the top of the list. Burston has a hand-time of 10.7, while Williams was clocked in 10.91 (automatic) at last week's Pasadena Games. The times are nearly equivalent.

Still to be heard from are the El Camino runners, Bryant Eubanks and Lawrence Owusu. Their coach, Tom Sprink, likes

his athletes to start slowly. Owusu, who was involved in playoff basketball, actually was instructed to take a bit of time off before starting track training.

#### 200 METERS:

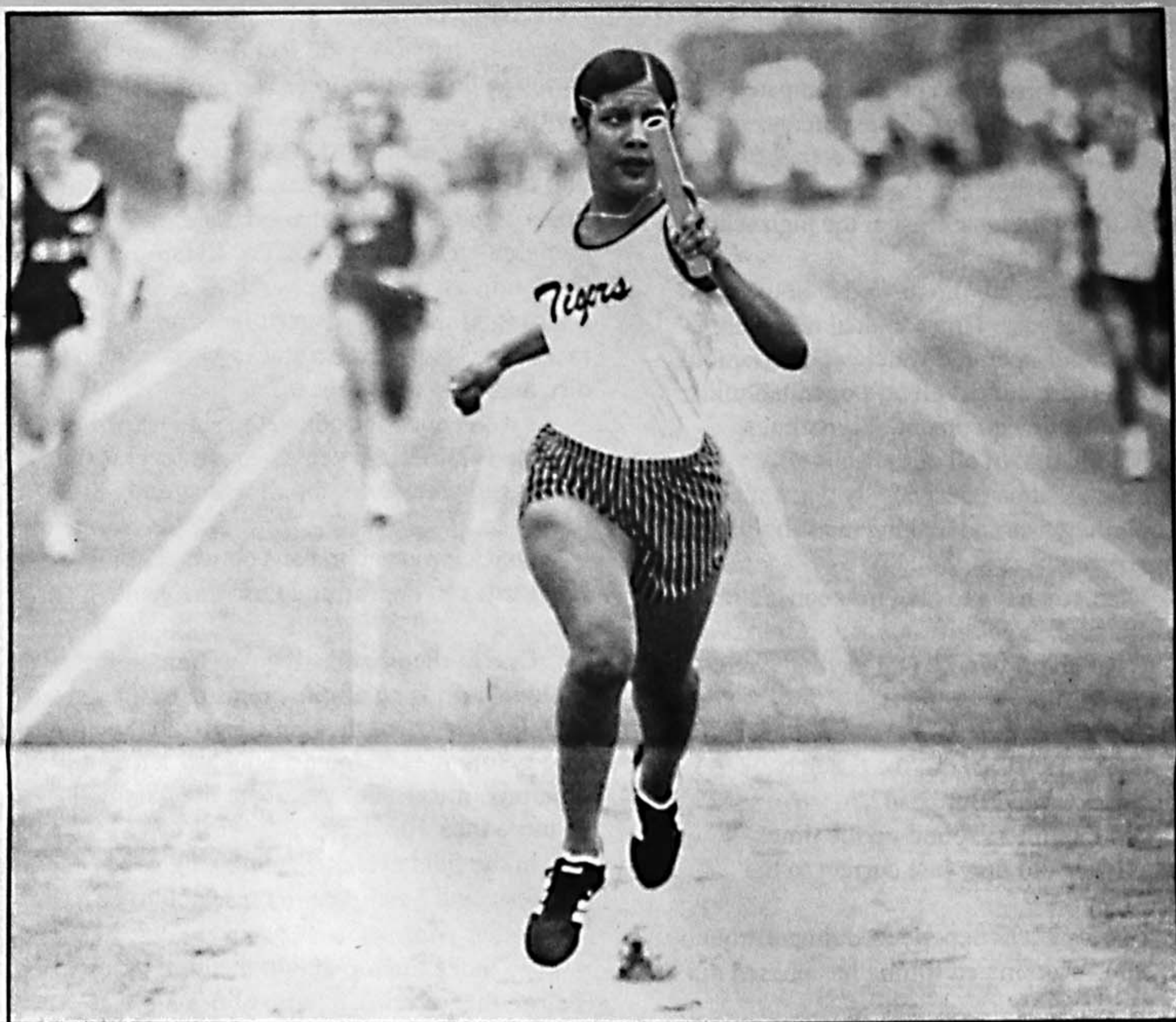
**Girls:** Loveland's 26.2, recorded early, still holds up at press time as the season's best mark.

A number of last year's best half-lap runners have not made a serious effort at this event yet.

**Boys:** UC's Vince Williams ran 21.75 (automatic) at the Pasadena Games for the most outstanding mark to date. Patrick Henry's Clinton Lane has a 21.9 (hand).

#### 400 METERS:

**Girls:** Garner's 57.0, run in her season debut on Poway's all-weather track, remains the best mark at press time. Next best runner is University sophomore Drisana Carey, at 60.74 (automatic). The soft tracks have kept this event in check.



**Kunesha Miller** and her Morse teammates left the field in the dust at the Bronco Invitational. The Morse girls 400-meter relay team leads the county at 48.8.

**Boys:** Burston's 48.6, also run at Poway in the season opener, still leads the way. Henry's Lane popped a PR 48.8 in a dual meet, which means he  
**SEE PAGE THREE**

## INSIDE...

**OUR CURRENT NEWS ROUND-UP** begins on this page and continues on page 3.

**WE CONTINUE** our series on the best track teams of the past with a look at Mount Miguel's 1969 boys team. See page 12.

**BOYS BEST MARKS** of the season are on pages 8-9.

**GIRLS BEST MARKS** of the season are on pages 10-11.

**FROM THE EDITOR** is on page 2.

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## *Sport's times are carved not in stone, but Jell-O*

**T**he ancient Greeks don't know how lucky they were. They enjoyed the competition of the sport of track and field more than two thousand years ago, long before the invention of time-keeping.

What's that, you say? Isn't time-keeping at the very heart of our favorite sport? Don't we thrive on records?

Yes, of course, times are important. Records are thrilling. You can compare present-day sensations to past greats, sort of.

But, let's face it. When it comes to records, even those just of the present, track and field is a real mess, at least at the high school level.

Some races are run in yards. Some races are run in meters. Times in dual meets are done by hand-operated watches. Championship meets are almost always operated under fully-automatic equipment. Sometimes, there's a mixture of all of the above.

It's a nightmare, especially when it comes to compiling lists and making meaningful comparisons.

Then you have to take into consideration other factors.

What about wind? Did anybody even think to consider the effects?

How about the timers? Were they experienced officials or did the coach have to recruit Beavis and Butthead?

Did the timers round up the times correctly, or did they just correct to the nearest tenth?

There are less experienced timers around now, too. Automated timing has phased out

## From the editor ...



many officials over the years.

If you start talking about all-time lists, there are even more problems.

Take the 200 meters, for an example. Now there's a race that hasn't changed that much, right? The metric and yard distances are close enough to be covered by a simple conversion, correct?

But what about the fact that it used to be common for the race to be run on a straight-away?

So then, just for that one event, you have 200 meters, 220 yards, hand-times, automatic times, wind-aided, legal wind, races run on a straightaway, races run on an Olympic curve (as is now common), races run on a full curve (starting at the mid-point of the straightaway), races run on all-weather tracks, races run on dirt, and...see what I mean?

I won't even introduce the subject of altitude versus sea-level, since sea-level is the San Diego-area norm, for all intents and purposes.

Quick, who can make a conversion for 220 yards run on a straight, on dirt, hand-timed?

One of the projects I'm working on for the long term is an all-time register of marks from the history of the San Diego CIF Section (and before the section actually existed as a separate entity). For the boys, the lists will go more than 100 deep.

In the field events, I am making good progress, and I estimate my research to be about 95% complete.

To make the top 100 in the high jump (before this season), a jump of 6-5 3/4 was necessary. Grossmont's Bill Jones did 6-6 in 1961 for a county record; now, he's holding onto the bottom of the list. The flop, made possible by the development of the foam landing pits, has revolutionized this event.

In the shot, however, standards have remained more constant. It takes a throw of just over 55-feet to make the top 100, all-time,

and the list is dotted with many names from the 1950s (when the glide was developed and weight training became popular).

If only things were so simple in the running events. Refer to the above diatribe about times and timing. It's a real can of worms.

Even worse, some events have been changed drastically.

The long hurdle race for high-schoolers at one time was raced over 220-yards, over 30-inch (low) hurdles, with hurdles spaced 20 yards apart.

In 1947, the race was shortened (in California) to 180-yards, over lows 20 yards apart.

The race was changed to 330-yard low hurdles, with 35-meter spacing, in 1975.

In 1980, everything went metric, so we now had 300-meter low hurdles.

Then, in 1984, the hurdle height was raised to intermediate height (36-inches).

I'm certain that the event will eventually evolve again, into a full-blown 400-meter intermediate hurdle race, the standard international distance.

For listing purposes, that means you now have five different races and five different lists, with sub-lists of wind, non-wind, straight, curve, hand-time, automatic, etc.

A big part of this magazine is the best marks lists for the athletes. I have tried to sort things out, but I know that errors have crept in. Some coaches aren't sure if they're running metric or yard distances on races around the track. There is often a mixture of both in the results, and little time to check it out.

You'll find that I keep hand-times and automatic times in separate lists, in races 400 meters and shorter, where fractions are significant. In longer races, automatic times are mixed in, designated by the fact that they are listed in hundredths and marked by a small a, listed immediately after the time.

I am also keeping yards and meters apart for the time being, but I will eventually combine those lists, when I nail down a conversion formula in which I have confidence.

At this point of the season, the marks are in a constant state of flux anyway.

## TRACK MAGAZINE

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## The Season:

FROM PAGE ONE

could be a factor if he chooses this event at season's end.

St. Augustine's J.C. Gross is healthy and running again, but El Camino's Phillip Powell (49.5 last year) is still recovering from a hyper-extended knee.

An exciting newcomer to the sprints, although not necessarily the 400 meters, is Oceanside sophomore Jamal Green. He ran 10.8 and 22.1 in a dual against Torrey Pines and is, according to Oceanside coach Gene Lents, "the fastest I've seen at Oceanside for some time. In the 200 he was just floating." Lents plans to try Green in a 400 meter relay leg in an upcoming meet.

### 800 METERS:

The 800 meters is traditionally the slowest starting event.

**Girls:** University senior Vanessa Hanley ran a 2:22.6 in a dual against Mira Mesa and leads the county. Top frosh so far is Granite Hills' Nicole Caster, with a 2:28.8. Caster is also the fastest frosh 1600 runner to date, running 5:26.5 in that event. Defending CIF champ, Granite Hills soph Stacey Murphy, has run a 2:24.3 in the longer 880 yards, which means she ranks right behind Hanley.

**Boys:** Chula Vista's Jason White (1:59.9 for 880 yards) and Scripps Ranch's David Romero (1:59.4 for 800 meters) are the only county runners to break two minutes at press time.

## RANKINGS

(Coaches' poll of 3-28)

**Boys:**

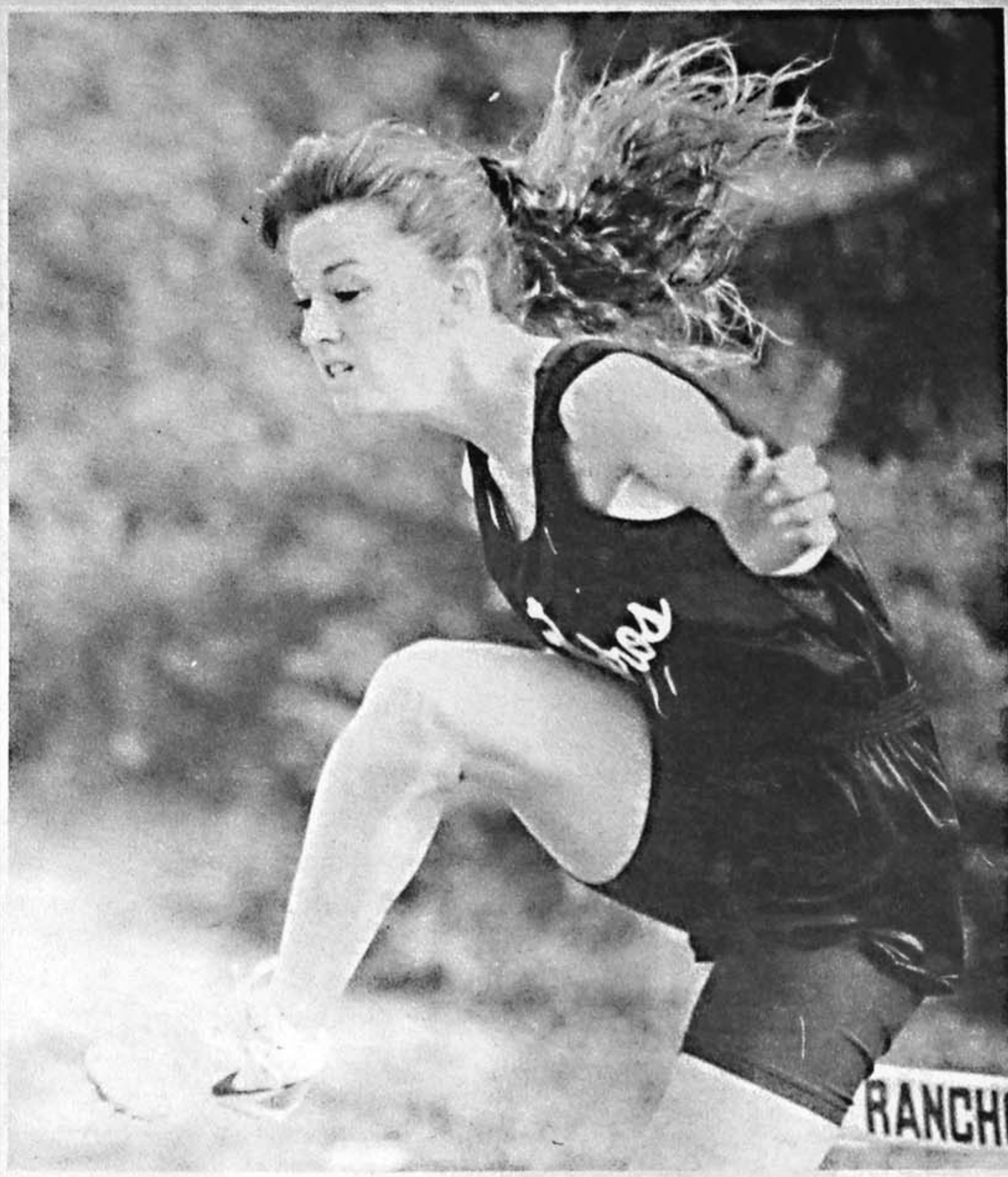
1. Rancho Bernardo
2. San Diego
3. Mt. Carmel
4. El Capitan
5. Rancho Buena Vista
6. El Camino
7. Torrey Pines
8. Morse
9. Ramona
10. Granite Hills

**Others:** University City, Vista, San Pasqual, Monte Vista

**Girls:**

1. Granite Hills
2. Rancho Buena Vista
3. Poway
4. Fallbrook
5. El Capitan
6. Rancho Bernardo
7. Mira Mesa
8. Mt. Carmel
9. Torrey Pines
10. Morse

**Others:** Valhalla, Ramona, El Camino



**Carrie Vickery, El Capitan, hurdles**

White's time, recorded at a longer distance, is the fastest of the two.

San Diego is still waiting for runner James Jones to join the team. He's the top returner from last year's CIF meet.

### 1600 METERS:

**Girls:** Fallbrook junior Jinna Rohde ran 5:22.1 to win the Bronco Invitational, and leads the yearly list at press time. Santana soph Jaymie Harper had a 5:18.6 relay carry in the distance medley at the Wolf Pack Relays. Yet to be heard from is Bonita Vista's Claire Becker, who is still rehabbing.

**Boys:** Mira Mesa junior Larry Henderson was basically unchallenged in winning the Bronco Invitational in 4:20.4, a good early season time. He went by the 800 meters in about 2:06 in that race.

### 3200 METERS:

**Girls:** Scripps Ranch junior Sarah Schmidt took over the county lead when she ran 11:26.39 (automatic) at the Pasadena Games last week. Santana's Harper ran 11:29.1 at the Mustang Relays one week earlier.

**Boys:** Scripps Ranch senior Kevin Bowes has been hot. In the Pasadena Games, held at Occidental College last week, Bowes clocked 9:22.13.

"He looked good," Scripps coach Bob Oliver said.

Bowes ran his first 1600 in 4:40.7 enroute to his county-leading time. He was running with a group of top southern California runners, but faded

slightly in the last two laps, which he ran in 2:22.

Scripps runner Ty Stewart, out with a hip injury so far, was scheduled to see his first action this week against St. Augustine.

Others running well so far have been Grossmont's David McQuitty, and a number of Rancho Bernardo runners, all at the complete range of distance events.

### 100 HURDLES:

**Girls:** Mira Mesa's Christine Eberhardt and Poway's Courtney Bright both have hand-timed 16.1s to their credit, and rank at the top of the list. Oceanside's Maile Barrett, who is the top returning hurdler (at CIF) from last year, is one-tenth behind them.

Serra's Angela Romel had a good double at the Mustang Relays, running 16.6 and 49.9, and was voted the Girls' Athlete of the Meet.

### 110 HIGH HURDLES:

**Boys:** Rancho Bernardo's Brian Fell has looked good all season. He ran 14.7 to win the Invitational race at the Bronco meet, and clocked a 14.5 in a dual against Mt. Carmel on Tuesday.

Monte Vista's Tedrick Rogers scored a big PR at the Wolf Pack Relays, running a 14.9.

Torrey Pines' Jake Kuritz, at 14.6, is also running well.

El Camino's Steve Forte, the area record holder in this event, has missed training time after attending a family funeral in Kansas City.

Montgomery's Reggie DePass is a fast developing soph hurdler. He ran an unofficial 15.0 leg in the shuttle hurdle relay last week.

### 300 HURDLES:

**Girls:** El Capitan's Carrie Vickery tops the list at 47.7. She ran that in the Bronco Invitational, which she won by more than two seconds.

**Boys:** UC's Felix Sanchez (38.63, automatic) and Bernardo's Brian Fell (38.6, hand) both seem primed for banner years. It is not yet clear when or if they will meet, other than at CIF.

### 400 RELAY:

**Girls:** Morse has speed to spare and is the only girls squad under 50 seconds, running a 48.8 in their season opener. The Tigers have so much depth that frosh Tiffany Freow (12.3) wasn't even a part of the relay foursome, although that could change.

**Boys:** This should be a prime year in this event. El Camino has everybody back from their state meet championship team, although one runner (Powell) is hurt and the others have yet to really get going.

Into the vacuum have stepped University City (42.46 automatic) and Morse (42.8 hand). Also sure to be factors are Rancho Bernardo, with all

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## The Season:

### FROM PAGE THREE

returning from a 42.01 team last year, and San Diego, which is loaded with quality sprinters.

#### 1600 RELAY:

This is another slow-starting event, and it usually doesn't come alive until season's end.

**Girls:** Morse should be there at the end, with Garner and crew, but right now Rancho Buena Vista leads the county, at 4:09.8.

Any of a horde of teams could also find themselves running well. All of the top teams, such as University, Granite Hills, Torrey Pines, Poway, El Capitan, Mt. Carmel, San Pasqual and others have plenty of talent. There's just as many unanswered questions. It's impossible at this point to predict which runners will be healthy or which young sprinters may develop into relay monsters.

**Boys:** The picture is only slightly more clear on the boys side. San Diego might have the best squad, especially if Jones returns to form.

Logic dictates that Morse and University City, both loaded with good quarter runners, will have top teams later on. Morse will feature Burston and Ray Carter, and UC will be paced by Williams and Sanchez.

Patrick Henry's CIF champs lost three runners, but the one returner is Lane, who's done a 48.8. Rancho Bernardo could put together a good crew, with Fell and Brian Scott. Again, it's all speculation at this point.

#### HIGH JUMP:

**Girls:** Ramona's Cathy Bell popped a 5-6 jump in a dual against Carlsbad on Monday, to take the county lead. She's the top returner from CIF last year.

Mira Mesa's Christine Eberhardt has done 5-5. Both Eberhardt and Bell are among the top hurdlers.

Poway's Tiffany Barnett, at 5-4, is fast improving. When she did 5-2 at Bronco, she cleared by about four inches. She then declined to try to go higher that day. She PR'd Tuesday, in a dual.

**Boys:** This event has developed to be much stronger than first envisioned. Some new talent has emerged, such as Sweetwater's Ryan Mitchell. A junior, Mitchell did 6-0 as a soph last year. But he went wild at the Bronco meet, clearing 6-6 impressively to take the county lead.

He also nearly missed the pit on his landing, and suffered a hip pointer which has put him out of action since then. He says he's about ready to come back, however. Mitchell is the younger brother of Reggie Mitchell, who triple-jumped over 48-feet for the Red Devils last year.

"He's just starting to grow into his body," Sweetwater coach Tim Latham said.

After Mitchell, there are two jumpers at 6-5, another at 6-3, and four at 6-2. This is an event where sudden improvement is the norm, and another name could pop up at anytime.

Last year's CIF champ, Bonita Vista's Nate Foreman, is at 6-2 now but "hasn't needed to jump any better," according to Baron coach Ian Cumming.

Serra's Lovell Swink, a 6-3 jumper, has returned to track after not competing for two years. He's a good all-around athlete, with 10.9 and 22.7 sprint times, and a 22-6 long jump.

#### POLE VAULT:

**Girls:** Fallbrook's Kelly Ewing cleared 9-



**Kelly Ewing**, Fallbrook  
Co-leader in vault at 9-0.



**Kirstin Medley**, Vista  
Hurdles and jumps

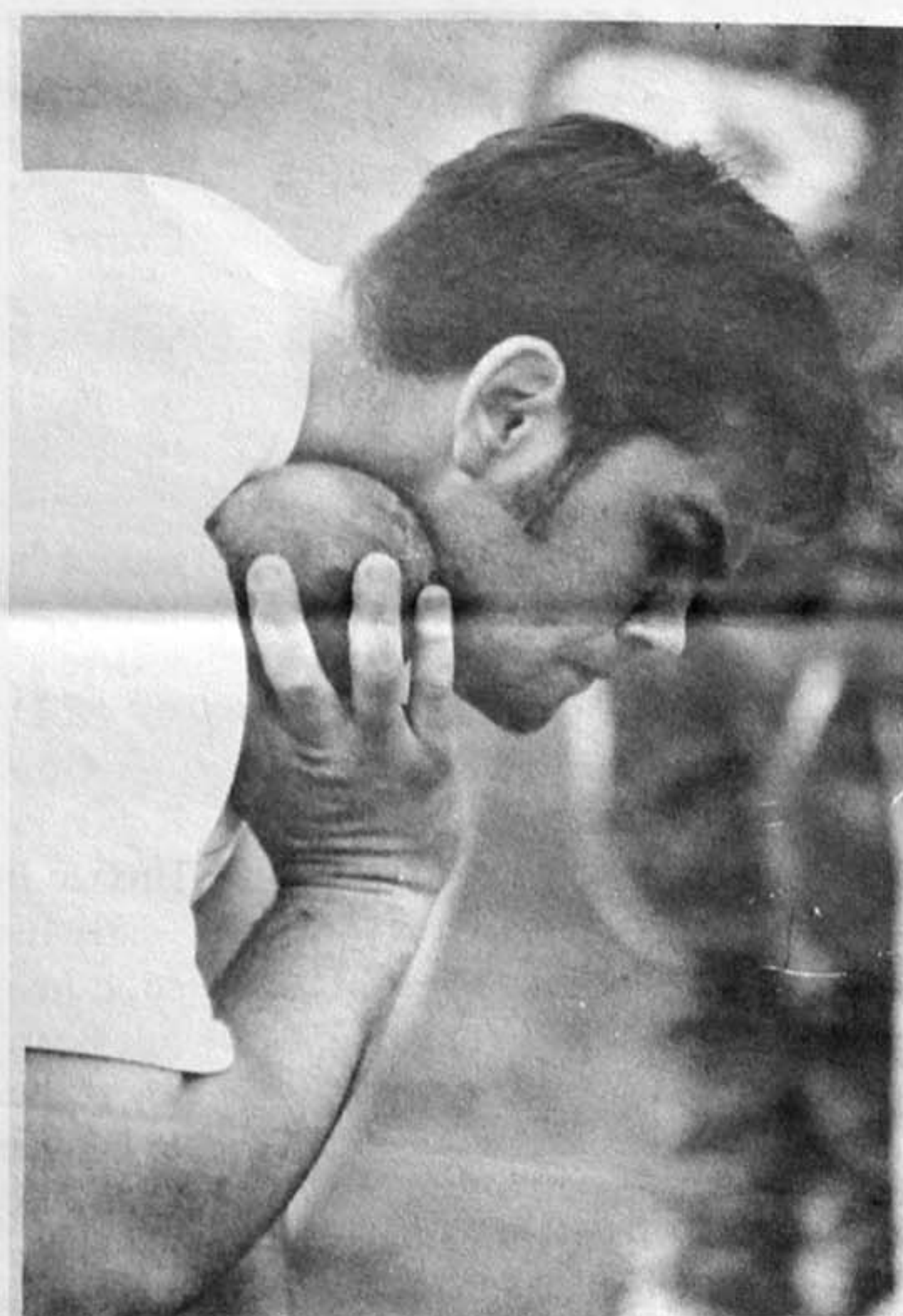
feet this week to join Mira Mesa's Kristi Draher as co-leader. Draher has been consistent at the 9-foot level in recent weeks.

This event is so new that it's hard to know what to expect. An athlete who is now in the pack could yet emerge.

**Boys:** This event has been as advertised so far. Torrey Pines jumper Mike Brown, competing unattached, cleared 15-7 in the UCSD meet last week, getting a PR.

San Pasqual's Dan Shimooka has a 15-5 mark so far, close to his best last year. Fans are still waiting for a head-to-head meeting, which will happen in a league meet if not sooner.

There's a group of jumpers in the 13-6 and 14-foot range. One or more of those could



**Tony Sotelo**, Ramona  
Shot and discus

emerge by season's end.

#### LONG JUMP:

**Girls:** Three are three girls over 17-feet now, including defending CIF champ Richelle Perkins of Bishop's, Monte Vista's Akiba McKinney (at Sunkist indoors), and Granite Hills frosh Casey Loveland.

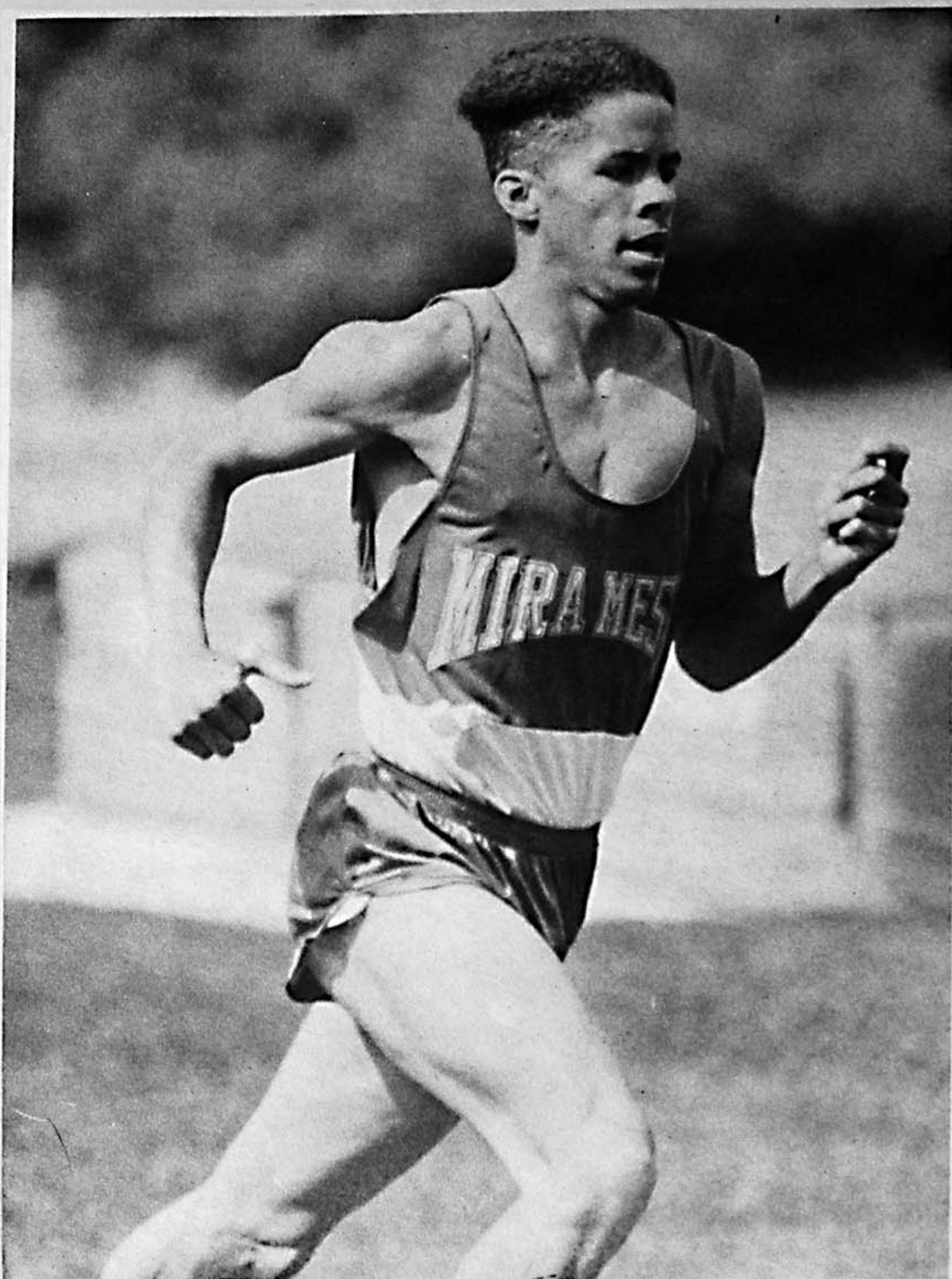
Loveland has the best mark to date, a 17-7, but Perkins had a pair of 17-foot jumps at Wolf Pack last week. McKinney also returned to the wars there, jumping 16-8 in her first outdoor effort.

Mount Miguel's Aimee Tangog is just about ready to return from the injury list and will be a factor. There is also a gang of jumpers in the 16-foot range, any of which could be much improved at the end of the year.

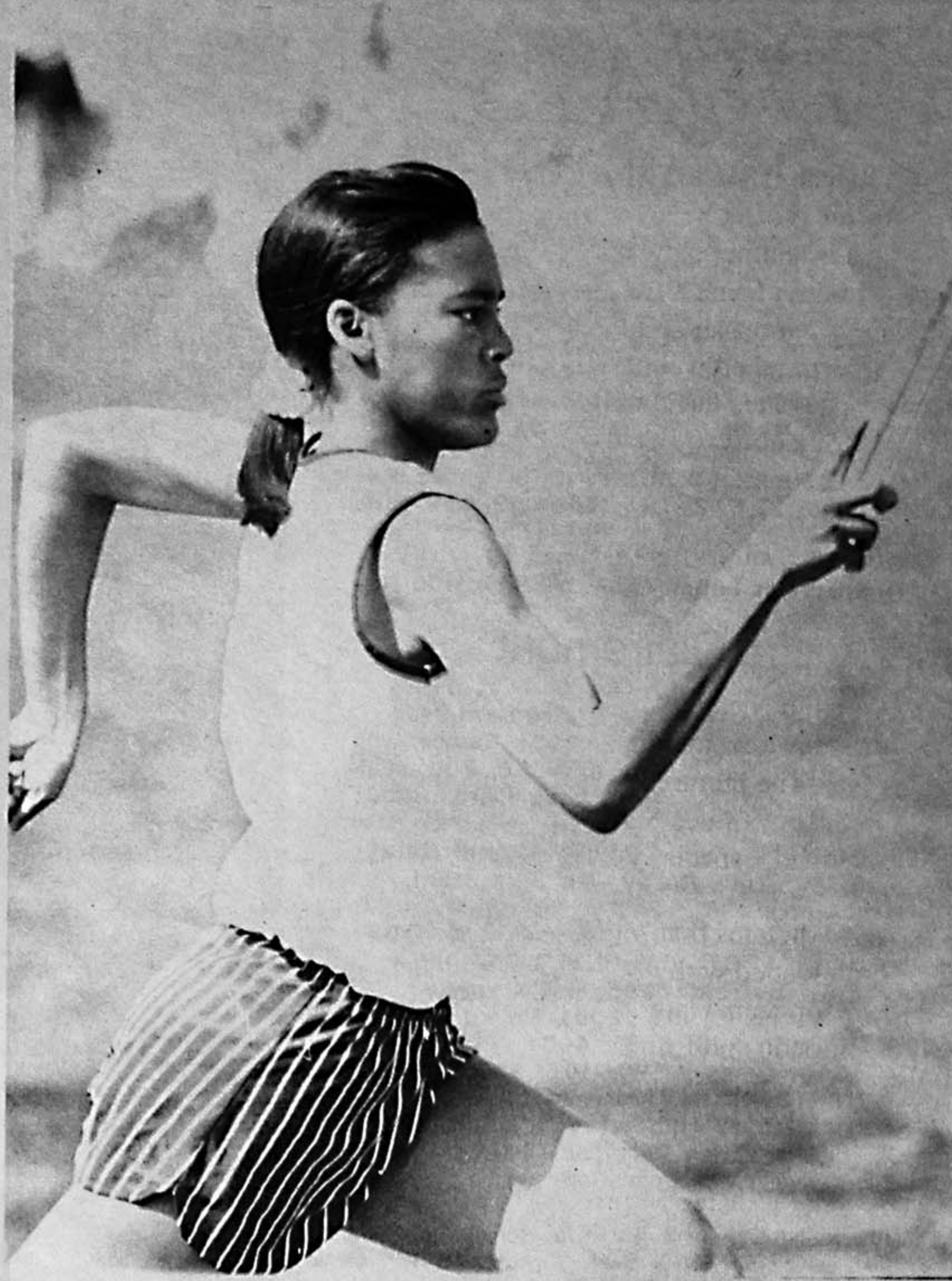
**Boys:** Ramona's Mac McKeever did 22-10 3/4 in an all-comers meet before the prep season started, and has been consistent over the 22-foot mark. His sprint times are also coming down.

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**Larry Henderson**, Mira Mesa  
Leads in 1600 with 4:20.4.



**Lana Garner**, Morse  
Tops in 100 (12.1) and 400 (57.0)

## The Season:

FROM PAGE 4

Serra's Swink has the next best jump at 22-6, but there's not a lot of depth after that. A number of 22-foot jumpers usually come out of the woodwork each year.

### TRIPLE JUMP:

**Girls:** This is a hard event to figure. Bishop's leaper Perkins has the best jump so far, at 36-4. Miguel's Tangog, La Jolla's Alana Harrell, Granite Hills' Mary Curran and Lincoln's Zakirah Sanford all went over 36-feet last year.

Will Perkins, who is multi-talented, start to catch on to this event? What if somebody like Casey Loveland gets into the mix? Granite Hills jumps coach Nate Wilford has three other jumpers that have done at least 35-feet, so Loveland will probably not be needed.

**Boys:** This is the weakest boys event at present. RBV's Justin Cox assumed the county lead with a 44-9 on Tuesday. El Capitan's Todd Browning is at 44-0, and it drops off sharply after that. Bonita Vista's Foreman did 46 last year and will be a contender.

But a number of coaches see opportunity in the one event in which every CIF finalist has departed. Points are waiting to be harvested, and coaches will experiment all year with various sprinter-jumpers in this event.

Some of possibilities are Sweetwater's Mitchell, when he returns from the injury list, and Serra's Swink, who has speed and leaping ability, but who has yet to try the event. Ramona's McKeaver, the county's best long jumper, could also excel in the triple if he develops his second phase.

Don't count on this event staying dormant much longer.

### SHOT PUT:

**Girls:** Torrey Pines thrower Katie Suppa went past 40-feet this week for the first time and leads the county. Monte Vista's Laura Richmond has added more than two feet to her best of last year and ranks number two at 37-plus.

Santana's Kim Matheny is a returning state meet qualifier and ranks third at press time.

Oceanside's Tameka English has been bothered in recent meets with a bad knee.

**Boys:** Five are past 50-feet, with Granite Hills' transfer George Liebe leading the pack with a 53-8.

Ramona's Tony Sotelo was off to a slow start after wrestling all winter. He is also learning the spin technique from Bulldog throws coach Dave Colegrove. He's already at 51-feet-plus.

Oceanside's Donald Batiste has improved three feet from last year and is now over 50 feet. Pirate teammate Roy Rivas is just a freshman, but is already throwing over 49-feet. Frosh throwers over 50 feet are rare. Only a handful have done it, locally.

### DISCUS THROW:

**Girls:** Four 120-foot throwers return from last year, and Monte Vista's Richmond is the early leader at 126-3. Point Loma's Shannon McGrath (126 last year, 117 so far this year), Fallbrook's Christina Magana (124 last year, 122 this year) and Santana's Matheny (128 last year) also bear watching.

Mira Mesa's Tracy Smith has shown big improvement this year and is almost at 120. She currently ranks third, behind Richmond and Magana.

**Boys:** This is another event that has been

a pleasant surprise. Oceanside's Batiste threw 174-feet in a dual meet and has backed that up with 168-foot performances, at the Mustang Relays and in a dual with Torrey Pines. He seems primed for a big year.

Granite Hills' Liebe has thrown in the 161-foot range in four meets, which means that he's ready to bomb a throw well past that mark. In a story that appeared in *The San Diego Union*, it was reported that Liebe has thrown 180-feet in practice.

Another to watch is San Diego sophomore Tooran Gilliam. As a frosh last year, he had a throw of 156-6. That compares favorably with the best discus throwers in San Diego prep history.

Fallbrook's Brent Noon, the county record holder at 200-8, had a mark of 161-0 as a frosh. Mount Miguel's Billy Joe Winchester (see page twelve), who is number two on the all-time San Diego list at 195-8, threw 157-0 as a ninth-grader. Gilliam is in good company.

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# DUALS:

## Serra, University

March 15.

**BOYS:** Serra 97.5, University 29.5.

100: Swink (S) 11.4. 200: Swink (S) 23.5.  
400: Jackson (S) 52.1, Jones (S) 53.0. 800:  
Duggan (U) 2:12.6. 1600: Dammann (U) 4:43.3.  
3200: Dammann (U) 10:44.1. 110 HH: Rattigan (S)  
16.7. 300 IH: Rattigan (S) 44.0. 400 Relay: Serra  
(Jackson, Starks, Abbott, Bailey), 44.8, University,  
45.6. 1600 Relay: Serra (Jones, Rattigan, S.  
Shoate, Jackson) 3:37.6.

HJ: Swink (S) 6-3, Wilkens (S) 5-10. No PV.  
LJ: Starks (S) 20-1 1/2. TJ: Wilkens (S) 38-2. SP:  
Sanchez (S) 40-9. DT: Curtis (S) 134-9.

**GIRLS:** University 84, Serra 43.

Highlights: 800: Hanley (U) 2:22.6. 400 Re-  
lay: University, 52.3.

## Mar Vista, Clairemont

at Mar Vista, March 16.

**BOYS:** Mar Vista 112, Clairemont 24.

100: Swanson (MV), 11.2. 200: Gaabucayon  
(MV), 23.9. 400: Gaabucayon (MV) 52.6. 800: Val-  
dez (MV), 2:11.9. 1600: Perez (MV), 4:48.8. 3200:  
Aspericueta (MV) 10:51.7. 110 HH: Howerton (MV)  
18.1. 300 IH: Howerton (MV) 46.9. 400 Relay:  
Mar Vista, 46.7. 1600 Relay: Mar Vista, 3:48.1.

HJ: Claiborne (C) 5-7. PV: Quinn (MV). LJ:  
Swanson (MV) 19-0 1/2. TJ: Claiborne (C) 39-1. SP:  
Mitchell (MV) 37-5. DT: Davis (MV), 110-2.

**GIRLS:** Clairemont 66, Mar Vista 60.

100: Monroe (C) 13.3. 200: Monroe (C) 30.2.  
400: Ja. Honings (C) 67.6. 800: Rollefson (C)  
2:47.4. 1600: Guerrero (MV) 6:10.6. 3200: Carlson  
(MV), 15:05. 100 H: Je. Honings (C) 19.2. 300 LH:  
Je. Honings (C) 55.4. 400 Relay: Clairemont (Mon-  
roe, Ja. Honings, Cullen, Page), 56.0. 1600 Relay:  
Clairemont (Ja. Honings, Page, Rollefson, Je. Honings),  
4:43.2.

HJ: Rollefson (C) 4-8. LJ: Ja. Honings (C) 13-0  
1/2. TJ: Baeza (MV) 27-2. SP: Thrasher (MV) 27-6.  
DT: Castellon (MV) 86-8. No PV.

## Grossmont, Santana

at Grossmont, March 16.

**BOYS:** Grossmont 85, Santana 51.

100: Bertrand (G) 11.8. 220: Bartling (G) 23.6.  
440: Bartling (G) 53.8. 880: McQuitty (G) 2:06.4.  
1 Mile: Daynes (G) 4:57.2. 2 Mile: McQuitty (G)  
10:52.7. 120 HH: Davis (G) 15.5. 330 IH:  
McCapes (S) 42.5. 440 Relay: Santana (McCapes,  
Riley, Gandy, Williams), 46.9. Mile Relay: Gross-  
mont, 3:49.5.

HJ: Bartling (G) 5-6. PV: Earle (G) 10-0. LJ:  
Davis (G) 18-4. TJ: Woodward (G) 38-5. SP: Wilk-  
erson (S) 42-3 1/2. DT: D. Shaw (S), 123-8.

**GIRLS:** Santana 69, Grossmont 58.

100: A. Nimesgren (G) 13.2. 220: Olson (G),  
29.4. 440: Harper (S), 66.5; Lintvedt (G), 66.6. 880:  
Benitez (S) 2:42.7; Lieberman (G) 2:46.3. Mile: Har-  
per (S) 5:35.6. 2 Mile: Hawker (G) 12:47.2; Lindsay  
(G) 12:56. 100 H: Fogelstrom (S) 21.3. 330 LH:  
Raymond (G) 53.7; Karlo (G) 54.5. 440 Relay:  
Grossmont, 55.6; Santana, 55.6. Mile Relay: San-  
tana, 4:36.8.

HJ: Jines (S) 5-0. LJ: A. Nimesgren (G) 14-5.  
TJ: Karlo (G) 29-7 1/2. SP: Matheny (S) 35-9. DT:  
Matheny (S) 102-2. No PV.

## Scripps Ranch, Mission Bay

March 16.

**BOYS:** Scripps 102, Mission Bay 16.

100: Johnson (SR) 11.4. 200: Johnson (SR)  
23.9. 400: Arianpour (SR) 56.2. 800: Bolton (SR)  
2:02.3; Romero (SR) 2:05.5. 1600: Bowes (SR)  
4:31.5; Romero (SR) 4:36.3; Holmes (MB) 4:36.8.  
3200: Homes (MV) 10:25. 110 HH: Miller (SR) 18.5.  
300 IH: Miller (SR) 45.6. 400 Relay: Scripps  
Ranch (Scott, Jones, Jackson, Johnson), 48.2.

HJ: Waddell (SR) 5-4. LJ: Ross (SR) 18-9. TJ:  
Miller (SR) 40-4. SP: Perkins (SR) 45-9. DT:  
Biedebach (SR) 123-0; Perkins (SR) 121-0. No PV.

**GIRLS:** Scripps 63, Mission Bay 55.

100: Morris (SR) 13.9. 200: Morris (SR) 28.5.  
400: Saballet (MV) 62.3. 800: Hannaman (SR)  
2:33.1; Winkel (SR) 2:41.9. 1600: Schmidt (SR)  
5:37.1; Stasko (SR) 5:41. 3200: Schmidt (SR) 12:08.



The 1600 at Bronco: Mt. Carmel's **Christy Beckman**, Granite Hills' **Wendy Murphy**, Ramona's **Vee Clark** and Fallbrook's **Jinna Rohde**. Rohde won in 5:22.1, which leads the county.

100 H: Caghey (SR) 20.3. 300 LH: Plaxias (MB)  
55.4. 400 Relay: Mission Bay (Vols, Sanchez,  
Lowary, Plaxias) 54.9; Scripps Ranch 55.0. 1600 Re-  
lay: Mission Bay, no time.

HJ: no results. LJ: no results. TJ: Sullivan  
(SR) 29-1. SP: Edwards (MB) 32-3. DT: Lear (SR)  
96-2.

## Valhalla, El Capitan

at Valhalla, March 16.

**BOYS:** El Capitan 79, Valhalla 57.

100: Clark (EC) 11.3. 200: Fields (V) 22.9.  
400: Fields (V) 52.5; Clinger (EC) 52.9. 800: Mag-  
offin (V) 2:10.8. 1600: Sanchez (EC) 4:48. 3200:  
Doroski (V) 10:43. 110 HH: Lewis (EC) 16.3; Linz  
(EC) 16.6. 300 IH: Clark (EC) 41.5; Lewis (EC) 43.0;  
Bravin (V) 43.2. 400 Relay: Valhalla (Delva, Frazier,  
Ochoa, Fields) 45.5; El Capitan (Browning, Lewis, Hyn-  
son, Clark) 45.7.

HJ: Linz (EC) 6-2; Browning (EC) 6-2. PV: Con-  
nole (EC) 12-0. LJ: Koch (V) 19-4. TJ: Browning  
(EC) 44-0; Huhtenius (V) 39-4. SP: McLaughlin (EC)  
41-7. DT: McGrath (EC) 146-1; Buehler (V) 134-9;  
Shoemaker (EC) 130-2.

**GIRLS:** El Capitan 92.5, Valhalla 49.5.

100: Ross (V) 13.2. 200: Kindreich (EC) 27.3.  
Eichhorst (V) 27.7. 400: Jenkins (EC) 63.4, Howarth  
(V) 66.1, Dentt (V) 66.7. 800: Jenkins (EC) 2:34.8,  
Gregorson (EC) 2:36, Cole (V) 2:40.3. 1600: Roys-  
don (V) 5:27.9, Gregorson (EC) 5:34, Card (EC) 5:41.  
3200: Card (EC) 12:35.4, Halligan (V) 12:59. 100 H:  
Vickery (EC) 16.9. 300 LH: Vickery (EC) 48.9, Gon-  
zales (EC) 54.3. 400 Relay: Tie for first, El Capitan  
and Valhalla, both 53.2. 1600 Relay: El Capitan  
4:30.8, Valhalla 4:33.

HJ: Telgen (EC) 4-10, Thompson (EC) 4-10. PV:  
Boettenbach (EC) 7-6, Hawkins (EC) 7-6, Schwab (V) 7-  
0. LJ: Kindreich (EC) 15-9, Storrs (V) 15-2, Howarth  
(V) 14-10. TJ: Storrs (V) 31-7 1/2, Kindreich (EC) 30-7  
1/2, Howarth (V) 29-7. SP: Crouch (EC, 33-9 3/4,  
Broadus (EC) 32-1, Vaughan (V) 31-8. DT: Crouch  
(EC) 112-0, Breisacher (EC) 104-0, Anderson (V) 96-7.

## Morse, Mira Mesa

March 16.

**BOYS:** Morse 77.5, Mira Mesa 57.5

100: Burston (Mo) 10.7, Richardson (MM) 10.9,  
Jones (Mo) 11.3. 220: Jones (Mo) 23.3, Carter (Mo)  
23.5. 440: Carter (Mo) 50.0. 880: Castejon (MM)  
2:10. Mile: Henderson (MM) 4:37.1. 2 Mile: Cantil  
(MM) 11:03.1. 110 HH: Dutson (MM) 18.7. 330 LH:  
Dutson (MM) 48.0. 440 Relay: Morse (K. Pinson,  
Jones, Carter, Burston) 44.6, Mira Mesa (Cabatic,  
Dickey, Richardson, Baker) 45.4. Mile Relay: Morse  
(Pinson, Rivers, Burston, Carter), 3:40.  
HJ: Cooper (Mo) 6-1, Cook (Mo) 6-0, Castejon



**Tracy Smith**, Mira Mesa  
Shot and discus

(MM) 6-0. PV: Dutson (MM) 10-6. LJ: Cook (Mo) 20-  
8. TJ: Veerkamp (MM) 40-2 1/2, Johnson (Mo) 39-9.  
SP: Porter (MM) 39-6. DT: Olson (Mo) 130-7.

**GIRLS:** Mira Mesa 77, Morse 58.

100: Freow (Mo) 12.3, Littleton (Mo) 13.0. 220:  
Littleton (Mo) 27.6, Freow (Mo) 27.9. 440: Rankin  
(Mo) 64.8, Payne (Mo) 66.8. 880: Garner (Mo) 2:27.2,  
Madsen (MM) 2:31.6. Mile: Gray (MM) 5:39.1; Garner  
(Mo) 5:44.1. 2 Mile: Grooms (MM) 14:00, Grooms  
(MM) 14:05. 100 H: Eberhardt (MM) 16.8, Manson  
(MM) 17.0. 330 LH: Ricks (MM) 54.9. 440 Relay:  
Morse (Wills, Freow, Rankin, Littleton) 53.1; Mira Mesa  
(Kawi, Manson, Ricks, Eberhardt) 53.1. Mile Relay:  
Morse (Rankin, Wills, Payne, Garner) 4:40.8.

HJ: Eberhardt (MM) 5-5, Ezell (Mo) 5-2, Manson  
(MM) 5-0. PV: Draher (MM) 9-0, Grooms (MM) 6-6.  
LJ: Freow (Mo) 14-10. TJ: Drake (MM) 31-11, Jak-  
ovich (MM) 29-5 1/2. SP: Smith (MM) 33-4, Homer  
(MM) 32-4. DT: Smith (MM) 115-9.

NEXT ISSUE  
of  
TRACK  
MAGAZINE:  
April 14  
(Deadline April 10)





**Matt Poirier**, Mt. Carmel  
Has vaulted 14-0.



**Cathy Bell**, Ramona  
At top of high jump list with 5-6.

## DUALS:

FROM PAGE SIX

### Chula Vista, Montgomery

**March 16.**  
**BOYS: Chula Vista 65, Montgomery 65.**  
**100:** A. Martinez (M) 10.9. **220:** A. Martinez (M) 22.8. **440:** Valdez (CV) 53.7. **880:** White (CV) 1:59.9. Dunn (CV) 2:04.6. **1 Mile:** Martinez (CV) 4:46. **2 Mile:** Carrillo (CV) 10:27.6. **110 HH:** DePass (M) 15.6. **330 IH:** DePass (M) 42.4. **440 Relay:** Both teams DQd. **1 Mile Relay:** Montgomery, 3:37.2.  
**HJ:** Lattida (CV) 5-8. **No PV.** **LJ:** Braulio (M) 18-4. **TJ:** Braulio (M) 38-9. **SP:** Alcala (M) 39-1. **DT:** Alcala (M) 124-6.

**GIRLS: Chula 89.5, Montgomery 45.5.**  
**100:** Shelton (M) 12.8. **220:** Shelton (M) 27.6. **440:** Domingo (CV) 69.2. **880:** DeTrinidad (CV) 2:38.1. **1 Mile:** Gonzalez (CV) 6:19. **2 Mile:** Ngugen (CV) 14:58. **100 H:** Carson (CV) 19.5. **330 LH:** Cohen (CV) 58.2. **440 Relay:** Montgomery, 55.5. **1 Mile Relay:** Chula Vista, 4:38.1.

**HJ:** Raysin (CV), 4-0. **No PV.** **LJ:** Raysin (CV) 13-4 1/2. **TJ:** Raysin (CV) 29-1. **SP:** Morse (M) 25-3. **DT:** Azocar (M) 71-8.

### Ramona, Escondido

**March 16.**  
**BOYS:**  
**100:** McKeaver (R) 11.1. **200:** Mowreader (R) 23.9. **400:** Sanchez (E) 53.7. **800:** Denny (R) 2:14.1. **1600:** Adams (R) 4:49.1. **3200:** Alvarado (E) 10:40.7. **110 HH:** Bright (E) 17.5. **300 IH:** Bright (E) 43.0. **400 Relay:** Ramona (Kwok, Larkin, Mowreader, McKeaver) 45.3. **1600 Relay:** Escondido, 3:46.5.

**HJ:** Hollins (E) 5-8. **PV:** Seda (E) 12-0, Luce (R) 12-0. **LJ:** McKeaver (R) 20-10, Kwok (R) 20-1. **TJ:** McKeaver (R) 41-4. **SP:** Sotelo (R) 47-4. **DT:** Bracamonte (E) 143-3, Sotelo (R) 140-10, Stein (R) 123-4.

**GIRLS:**  
**100:** Romans (E) 12.8. **200:** Romans (E) 27.2. **400:** Lagace (R) 67.0. **800:** Kilian (R) 2:42.1. **1600:** Peterson (E) 5:38, Clark (R). **3200:** Clark (R) 11:49.1, Peterson (E) 11:52.4. **100 H:** Ray (R) 17.6. **300 LH:** Ray (R) 50.4. **400 Relay:** Escondido (Fikse, Sims, Hernandez, Romans) 53.6. **1600 Relay:** Ramona 4:37.5.

**HJ:** Bell (R) 4-10. **No PV.** **LJ:** Trout (E) 15-1. **TJ:** Chaney (R) 30-11 1/2. **SP:** McInish (R) 34-3. **DT:** Hernandez (E) 96-5.

### Granite Hills, Monte Vista

**at Granite Hills, March 16.**  
**BOYS: Granite Hills 77, Monte Vista 59.**  
**100:** Miller (MV) 11.1. **220:** Miller (MV) 23.6. **440:** Gross (GH) 52.4. **880:** Eddy (GH) 2:11.8. **1 Mile:** Bridges (MV) 4:49. **2 Mile:** Benkosky (GH) 10:38.8. **120 HH:** Rogers (MV) 15.5. **330 IH:** Rogers (MV) 42.4, Van Dusen (GH) 43.6. **440 Relay:** Monte Vista 44.9, Granite Hills 45.2. **1 Mile Relay:** Granite Hills, 3:46.  
**HJ:** Wilding (GH) 5-10. **PV:** Page (MV) 13-0.

**Grube (GH) 12-6. LJ:** Powell (MV) 19-11. **TJ:** Powell (MV) 40-11 1/2, Lema (GH) 40-0 1/2. **SP:** Liebe (GH) 53-8, McComb (GH) 50-6 1/2. **DT:** Liebe (GH) 161-5, McComb (GH) 143-9.

**GIRLS: Granite Hills 102, Mnt. Vista 29.**  
**100:** Loveland (GH) 12.5. **220:** Pike (MV) 28.7. **440:** Holmes (GH) 64.5, Gosselin (MV) 67.3. **880:** S. Murphy (GH) 2:24.3. **1 Mile:** Caster (GH) 4:32.5. **2 Mile:** W. Murphy (GH) 12:06, M. Becker (MV) 12:59.4. **100 H:** Bryant (GH) 17.1. **330 LH:** Rodriguez (GH) 49.0, Bryant (GH) 51.4, Trees (MV) 53.8. **440 Relay:** Granite Hills 52.5. **1 Mile Relay:** Granite Hills, 4:20.8.  
**HJ:** Demich (GH) 4-4. **PV:** Richards (GH) 6-6. **LJ:** Loveland (GH) 17-1, Bryant (GH) 16-0, Ciborowski (GH) 15-6. **TJ:** McAlister (GH) 35-5 3/4, Ciborowski (GH) 35-2, Curran (GH) 34-5. **SP:** Richmond (MV) 36-2 1/2, Tucker (GH) 33-2, Perkins (MV) 30-3 1/2. **DT:** Richmond (MV) 126-3, Tucker (GH) 92-0.

### Helix, West Hills

**at Helix, March 16.**  
**BOYS: Helix 71, West Hills 64.**  
**100:** Johnson (H) 11.6. **220:** Johnson (H) 24.3. **440:** Williams (H) 55.2. **880:** Blain (WH) 2:09. **1 Mile:** Blain (WH) 4:56. **2 Mile:** Diaz (WH) 10:51.2. **120 HH:** Rios (H) 16.7. **330 IH:** Anders (H) 43.4, Hussman (WH) 43.9, Goode (H) 43.9. **440 Relay:** Helix (Johnson, Anders, Williams, McCoy) 45.8. **1 Mile Relay:** West Hills (Nagao, Hussmann, Hovar, Blain) 3:44.  
**HJ:** Benson (H) 5-6. **PV:** Goode (H) 12-6, McLaughlin (WH) 12-6. **LJ:** Johnson (H) 19-4. **TJ:** James (WH) 37-6. **SP:** Compton (H) 46-4, Peet (WH) 45-5, St. John (H) 44-4. **DT:** Peet (WH) 136-10.

**GIRLS: West Hills 82, Helix 48.**  
**100:** Mayes (WH) 13.5. **220:** Holford (WH) 28.5. **440:** Holford (WH) 63.4, Ortiz (H) 63.6, Aufdengarten (H) 67.0. **880:** Rendina (WH) 2:40, Martin (H) 2:41, Aufdengarten (H) 2:42. **1 Mile:** Rendina (WH) 5:52. **2 Mile:** Stephens (WH) 13:02. **100 H:** Togubat (WH) 18.8. **330 LH:** Togubat (WH) 56.8. **440 Relay:** Both teams DQd. **1 Mile Relay:** Helix (Ortiz, Jacoby, Mosteller, Aufdengarten), 4:20.

**HJ:** Curtis (WH) 4-6. **PV:** Murdock (H) 6-0. **LJ:** Takahashi (H) 14-1. **TJ:** Mosteller (H) 28-8. **SP:** Cain (H) 28-5 1/2. **DT:** Foley (MV) 81-9.

### Mira Mesa, Point Loma

**March 22.**  
**BOYS: Mira Mesa 67, Point Loma 59.**  
**100:** Richardson (MM) 11.3. **220:** Richardson (MM) 23.6. **440:** Hammes (PL) 53.9. **880:** Fernandez (PL) 2:05.8. **1 Mile:** Henderson (MM) 4:43.1. **2 Mile:** Henderson (MM) 10:15. **120 HH:** Bradshaw (PL) 17.7. **330 IH:** Dutson (MM) 45.3. **440 Relay:** Mira Mesa, 45.1. **1 Mile Relay:** Point Loma, 3:59.  
**HJ:** Hammes (PL) 5-8. **No PV.** **LJ:** Cato (MM) 19-6 3/4. **TJ:** Cabatic (MM) 39-10. **SP:** Porter (MM) 39-1. **DT:** Porter (MM) 123-4.

### Serra, Patrick Henry

**March 27.**  
**BOYS: Serra 76.5, Patrick Henry 51.5.**  
**100:** Swink (S) 10.9, Bailey (S) 11.1. **200:** Lane (PH) 22.5, Swink (S) 22.7. **400:** Lane (PH) 51.2, Jones (S) 52.5. **800:** Jackson (S) 2:09. **1600:** Gonzales (PH) 4:53.3. **3200:** Gonzales (PH) 11:13.0.

**110 HH:** Rattigan (S) 16.4. **300 IH:** Rattigan (S) 43.0. **400 Relay:** Patrick Henry (Scott, Nelson, Haynes, Lane), 44.7. **1600 Relay:** Serra (Jones, Rattigan, Shoate, Jackson), 3:37.5.

**HJ:** Drury (S) 5-10, Mitchell (S) 5-10. **No PV.** **LJ:** Swink (S) 21-7 3/4, Abbit (S) 21-1 1/4, Haynes (PH) 21-0. **TJ:** Abbit (S) 42-9, Patmon (PH) 42-1 1/2, Huynh (PH) 40-4. **SP:** Curtis (S) 43-9. **DT:** Curtis (S) 131-1.

**GIRLS: Serra 69, Patrick Henry 58.**  
**100:** Brunner (PH) 13.2, Arberry (S) 13.4. **200:** Brunner (PH) 28.1. **400:** Profit (S) 71.2. **800:** Quiroz (S) 2:44.5. **1600:** McDade (PH) 6:32.1. **3200:** McDade (PH) 14:13. **100 H:** Morgan (S) 17.8. **300 LH:** Verdun (S) 53.1. **400 Relay:** Serra (Watson, Arberry, Johnson, Applewas), 56.2. **1600 Relay:** Serra (Williams, Verdun, Lopez, Rafferty) 4:42.8.

**HJ:** Tongeo (PH) 4-8. **No PV.** **LJ:** Frances (S) 14-6. **TJ:** Francel (PH) 32-3 1/2, Lewis (S) 29-10. **SP:** Holmes (PH) 35-5. **DT:** M. Vogt (S) 87-7.

### Torrey Pines, Oceanside

**at Mira Costa College, March 28.**  
**BOYS: Torrey Pines 76, Oceanside 60.**  
**100:** Green (O) 10.8, Fonss (TP) 10.9. **200:** Green (O) 22.1, Fonss (TP) 22.8. **400:** Myres (TP) 53.8. **800:** Hulsey (TP) 2:06.5. **1600:** Garcia (TP) 4:47.2. **3200:** McKee (TP) 10:46.9. **110 HH:** Kuritz (TP) 15.1, Chuang (TP) 15.2, Amonn (TP) 16.5. **300 IH:** Kuritz (TP) 41.4. **400 Relay:** Oceanside, 43.6, Torrey Pines, 44.5. **1600 Relay:** Oceanside, 4:24.9.  
**HJ:** Head (O) 5-8. **PV:** Brown (TP) 15-1 1/2. **LJ:** Head (O) 19-11, Emter (TP) 19-10. **TJ:** Head (O) 38-7 1/2. **SP:** Batiste (O) 50-7 1/2, Rivas (O) 47-2 1/2. **DT:** Batiste (O) 168-0.

**GIRLS: Torrey Pines 105, Oceanside 31.**  
**100:** Barrett (O) 13.1. **200:** Perry (TP) 27.5. **400:** Roth (TP) 61.5, Roeck (TP) 63.9, Bogart (TP) 66.3. **800:** Straitiff (TP) 2:26.1, Branson (TP) 2:27.9, Nolan (TP) 2:31.7. **1600:** Coad (TP) 5:40.5. **3200:** Burke (TP) 13:11.7. **100 H:** Barrett (O) 16.2, Doolittle (TP) 17.1. **300 LH:** Doolittle (TP) 52.0, Sandler (TP) 52.7, Clark (O) 55.4. **400 Relay:** Torrey Pines (Bogart, Nolan, Perry, Doolittle), 52.3, Oceanside, 52.5. **1600 Relay:** Torrey Pines (Branson, Nolan, Roth, Bogart) 4:11.7.

**HJ:** Potter (TP) 5-0, G. English (O) 5-0. **PV:** Archer (TP) 7-0. **LJ:** Barrett (O) 15-7 1/2, Bogart (TP) 15-3. **TJ:** Smoot (TP) 31-5. **SP:** Suppa (TP) 40-4, T. English (O) 31-6. **DT:** Suppa (TP) 99-10.

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# Best '95 Marks

## BOYS:

(Marks received by March 29)  
100

### Automatic timing:

10.91 Williams, University City, 11  
11.04 Johnson, Scripps Ranch, 12

### Hand timing:

10.7 Burston, Morse, 11  
10.8 Williams, University City, 11  
10.8 Jones, Morse, 10  
10.8 Green, Oceanside, 10  
10.9 Johnson, Scripps Ranch, 12  
10.9 Richardson, Mira Mesa  
10.9 Eubanks, El Camino  
10.9 A.Martinez, Montgomery, 12  
10.9 McKeaver, Ramona, 12  
10.9 Swink, Serra, 12  
10.9 Fonss, Torrey Pines  
11.0 Zamora, Hoover  
11.0 Tony Graham, San Diego  
11.0 Sanchez, University City  
11.0 Johnson, Helix, 11  
11.0 Hawes, Rancho Buena Vista, 12  
11.1 Many

200

### Automatic timing:

21.75 Williams, University City, 11  
22.66 Lane, Patrick Henry, 12

### Hand timing:

21.9 Lane, Patrick Henry, 12  
22.0 Tony Graham, San Diego  
22.1 Burston, Morse, 11  
22.1 Green, Oceanside, 10  
22.6 Sanchez, University City, 12  
22.7 Swink, Serra, 12  
22.7 McKeaver, Ramona, 12  
22.8 Tho. Graham, San Diego  
22.8 A.Martinez, Montgomery, 12  
22.8 Eubanks, El Camino  
22.8 Scott, Rancho Bernardo  
22.8 Fonss, Torrey Pines  
22.9 Carter, Morse, 11  
22.9 Waldheim, University City  
22.9 Fields, Valhalla, 11  
22.9 Salimi, Rancho Bernardo  
23.0 Johnson, Scripps Ranch, 12  
23.0 Jones, Morse, 10

220y

### Hand timing:

22.6 Washington, Southwest

400

### Hand timing:

48.6 Burston, Morse, 11  
48.8 Lane, Patrick Henry  
50.2 Carter, Morse, 11  
51.0 Ligon, San Diego  
51.1 Wakefield, Lincoln Prep  
51.1 Waldheim, University City  
51.5 Scott, Rancho Bernardo, 12  
51.7 Bash, San Pasqual  
51.8 Gross, Granite Hills  
51.8 Sanders, El Camino  
52.1 Ruh, Mount Miguel  
52.1 Jackson, Serra, 9  
52.2 Markle, San Diego  
52.4 Lumbwele, Hoover  
52.5 Fields, Valhalla, 11  
52.5 Jones, Serra  
52.6 Gaabucayon, Mar Vista, 12  
52.6 Gross, St. Augustine, 12

440

### Hand timing:

49.9 Williams, University City, 11  
50.0 Carter, Morse, 11  
50.4 Sanchez, University City, 12  
52.1 Koreski, El Cajon, 12  
52.2 Ruh, Mt Miguel

800

1:59.4 Romero, Scripps Ranch, 12  
2:00.6 Brown, Crawford, 11  
2:00.89a Davis, Scripps Ranch  
2:00.9 McQuitty, Grossmont, 11  
2:02.3 Bolton, Scripps Ranch, 11  
2:02.7 Nett, Mt Carmel, 12  
2:03.2 Markle, San Diego  
2:03.8 Sanders, Rancho Bernardo, 12  
2:03.9 Kloos, El Camino, 12  
2:04.7 Davis, Scripps Ranch  
2:05.2 Carney, Torrey Pines, 12  
2:06.0 Blain, West Hills, 12  
2:06.5 Hulsey, Torrey Pines, 10  
2:07.7 Agunos, Mount Miguel, 12  
2:07.9 Mavromatis, Mount Miguel  
2:08.0 Guevara, San Marcos

880

1:59.9 White, Chula Vista, 12



Rancho Bernardo's **Brian Fell** runs away from the field in Bronco Invitational high hurdles. Trailing are RB's **Sheldon Pope** and Sweetwater's **Patricio Flatts**. Fell leads the county with a 14.5.

2:01.0 Nett, Mt Carmel, 12  
2:04.6 Dunn, Chula Vista, 12  
2:05.8 Fernandez, Point Loma

1600

4:20.4 Henderson, Mira Mesa, 11  
4:24.5 Nett, Mt Carmel, 12  
4:25.28a Romero, Scripps Ranch, 12  
4:25.4 Kirtley, Poway, 12  
4:25.9 McQuitty, Grossmont, 11  
4:27.2 Sanders, Rancho Bernardo, 12  
4:28.8 Schuil, Mt Carmel  
4:29.0 Abdusalam, Hoover, 11  
4:29.0 Larson, Rancho Bernardo, 12  
4:29.8 Kloos, El Camino, 12  
4:30.8 Sybert, Vista, 12  
4:30.9 Blain, West Hills, 12  
4:31.5 Bowes, Scripps Ranch, 12  
4:31.5 Hulsey, Torrey Pines, 10  
4:33.0 Short, Rancho Bernardo, 12  
4:34.0 Romero, San Pasqual, 12  
4:34 Galaviz, Rancho Bernardo, 10  
4:36 Brown, Crawford, 11  
4:36.8 Holmes, Mission Bay, 12  
4:37.1 Bolton, Scripps Ranch, 11

Mile

### Indoors:

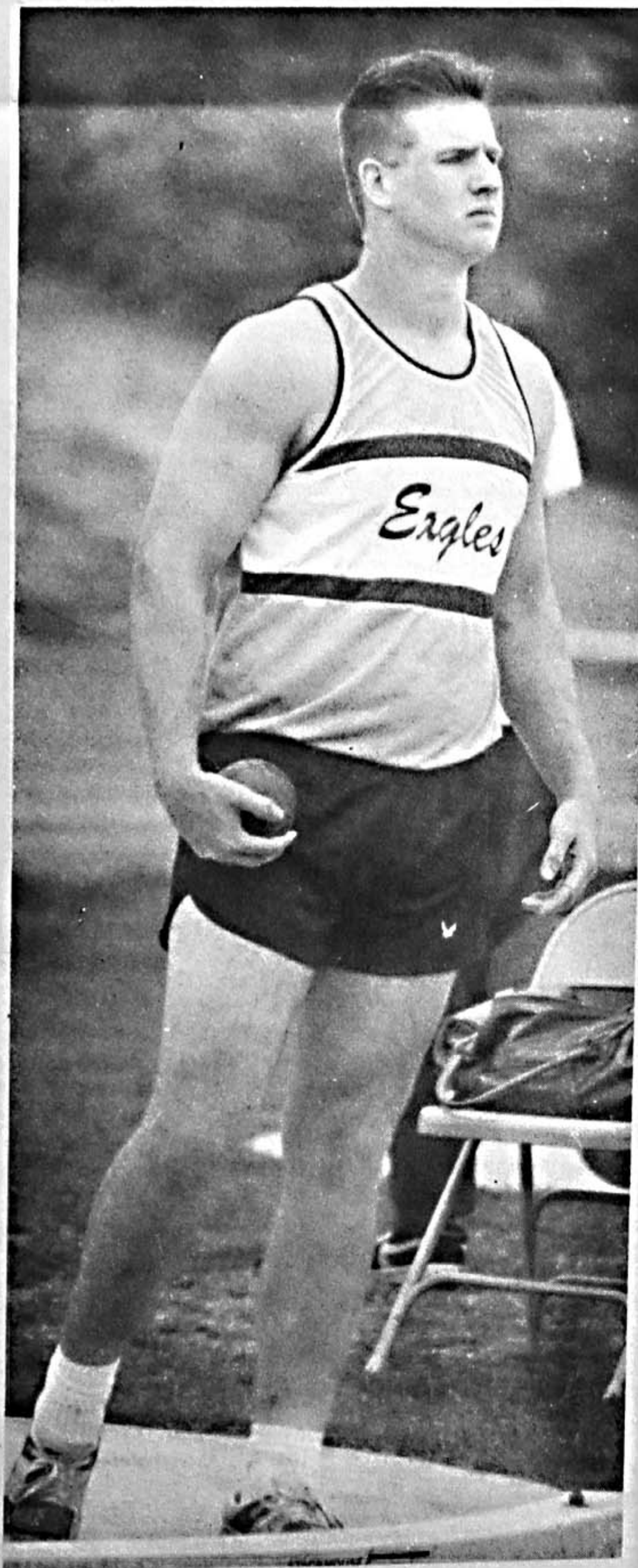
4:31.4 Kloos, El Camino, 12  
3200  
9:22.13a Bowes, Scripps Ranch, 12  
9:37.8 McQuitty, Grossmont, 11  
9:40.8 Larson, Rancho Bernardo, 12  
9:41.1 Nett, Mt Carmel, 12  
9:44.2 Romero, San Pasqual, 12  
9:46.8 Meisner, Rancho Bernardo, 12  
9:49.9 Galaviz, Rancho Bernardo, 10  
9:50.1 Damman, University, 12  
9:53.0 Kirtley, Poway, 12  
9:54.0 Sybert, Vista, 12  
9:56.0 Ketcham, Vista, 10  
9:58.1 Hulsey, Torrey Pines, 10  
9:59.1 Randles, San Dieguito, 11  
10:02.9 Sanchez, ElCapitan, 11  
10:03.9 Mack, Torrey Pines, 11

Two Mile

9:42.6 Henderson, Mira Mesa, 11  
110 HH

### Hand timing:

14.5 Fell, Rancho Bernardo, 12  
14.6 Kuritz, Torrey Pines  
14.9 Rogers, Monte Vista, 12  
15.1 Navarre, Orange Glen  
15.2 Chuang, Torrey Pines  
15.4 Lewis, El Capitan  
15.5 Davis, Grossmont  
15.5 Benson, Orange Glen  
15.5 John, Rancho Buena Vista  
15.5 Pope, Rancho Bernardo



**George Liebe**, Granite Hills Leads in shot at 53-8.



## Best '95 Marks

15.6	DePass, Montgomery, 10
15.7	Sliffe, Rancho Buena Vista, 12
15.8	Graves, San Diego
15.8	Bravin, Valhalla, 9
15.9	Jenkins, Lincoln Prep
15.9	Kaiser, Mt Carmel
16.0	Dickman, Poway
16.0	Caiji, Hilltop
16.1	Lewis, El Capitan
16.2	Flatts, Sweetwater
16.2	Manzano, Mt. Carmel
16.2	Rios, Helix, 11

### 300 IH

Automatic timing:

38.63	Sanchez, University City
-------	--------------------------

Hand timing:

38.6	Sanchez, University City
38.6	Fell, Rancho Bernardo, 12
40.6	Kuritz, Torrey Pines
41.4	Clark, El Capitan
41.4	Yang, Fallbrook, 12
41.5	Benson, Orange Glen
41.5	Rogers, Monte Vista
41.6	Clinger, El Capitan
41.6	Ruh, Mount Miguel
41.6	Amuh, Torrey Pines
41.8	Anders, Helix, 11
42.0	Dalrymple, Poway
42.2	Markle, San Diego
42.2	Van Dusen, Granite Hills
42.3	Lewis, El Capitan
42.4	Pope, Rancho Bernardo
42.4	DePass, Montgomery, 10
42.5	Dickman, Poway
42.5	Caiga, Hilltop
42.5	McCapes, Santana

### 330y IH

Hand timing:

42.7	Rogers, Monte Vista, 12
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### 400 Relay

Automatic timing:

42.46	University City
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Hand timing:

42.8	Morse (K. Pinson, Carter, Jones, Burston)
43.5	San Diego
43.6	Torrey Pines
43.7	Rancho Bernardo
44.2	Rancho Buena Vista
44.5	Ramona
44.6	Serra
44.6	Scripps Ranch
44.7	Patrick Henry
44.8	Hoover
44.8	Monte Vista
44.9	Bonita Vista
45.0	Mt. Carmel
45.1	Mira Mesa
45.2	Point Loma
45.2	Granite Hills
45.4	Mount Miguel
45.4	Lincoln Prep
45.5	Valhalla
45.5	Helix

### 440 Relay

Hand timing:

45.1	Mira Mesa
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### 1600 Relay

3:26.0	San Diego
3:28.1	Rancho Bernardo
3:29.6	University City
3:32.5	Morse
3:33.0	Mt. Carmel
3:34.7	Helix
3:36.0	Poway
3:37.5	Serra
3:39.0	El Cajon Valley

### Mile Relay

3:37.2	Montgomery
3:38.5	El Capitan
3:40.0	Mira Mesa

### High Jump

6-6	Mitchell, Sweetwater, 11
6-5	Browning, El Capitan, 11
6-5	Davis, Eastlake
6-3	Swink, Serra, 12
6-2	Linz, El Capitan
6-2	Hazarika, Ranch Bernardo
6-2	King, Rancho Buena Vista
6-2	Foreman, Bonita Vista
6-1	Frisch, Ramona, 12
6-1	Cooper, Morse
6-1	Lofton, Mount Miguel, 12
6-1	Rudder, Mount Miguel, 10
6-0	Raines, El Capitan
6-0	Cook, Morse



Michael Wakefield, Lincoln  
Sprints



Brian Goode, Helix  
Pole vault

6-0	Castejon, Mira Mesa
6-0	K. Johnson, Kearny, 11
6-0	Hartinger, San Pasqual
6-0	Twining, San Dieguito, 10
6-0	Greene, Hilltop, 12
6-0	Daniel, Eastlake
6-0	Mitchell, Rancho Bernardo

### Pole Vault

15-7	Brown, Torrey Pines, 12
15-5	Shimooka, San Pasqual, 12
14-0	Poirier, Mt Carmel, 12
13-6	Gregorson, Rancho Bernardo, 12
13-6	Marino, Rancho Bernardo
13-6	Page, Monte Vista, 11
13-0	Goode, Helix
12-6	Grube, Granite Hills, 12
12-6	Cintron, Eastlake
12-6	Dattilo, Rancho Bernardo
12-6	Leahr, San Dieguito, 12
12-6	Sorenson, Hilltop, 12
12-6	McLaughlin, West Hills
12-6	Luce, Ramona, 12
12-0	Many

### Long Jump

22-10 3/4	McKeaver, Ramona, 12
22-6	Swink, Serra, 12
21-8 1/2	Pakash, Mt Carmel
21-8	Green, Rancho Buena Vista
21-6	Bernard, Poway, 11
21-5 1/2	Hawes, Rancho Buena Vista, 12
21-3	Haynes, Henry
21-1 1 3/4	Cook, Morse, 12
21-1 1/4	Abbitt, Serra
21-0	Starks, Serra, 10
21-0	Aeares, Kearny
20-10	Fitzgerald, Fallbrook, 12
20-7	Salimi, Rancho Bernardo
20-6	James, West Hills

### Triple Jump

44-9	Cox, Rancho Buena Vista, 11
44-0	Browning, El Capitan, 11
42-11	McKeaver, Ramona, 12
42-9	Abbitt, Serra
42-8 1/2	Stewart, Rancho Bernardo
42-8 1/2	McGaughy, San Diego
42-8	Foreman, Bonita Vista
42-7	James, West Hills
42-6	Hartinger, San Pasqual
42-1 1/2	Patmon, Henry
41-2	Bernard, Poway, 11
41-1	Miller, Scripps Ranch
40-11 1/2	Powell, Monte Vista, 10
40-7	Vega, University
40-4	Huynh, Henry
40-3	Johnson, Morse, 12
40-2 1/2	Padilla, Mt. Carmel
40-2 1/2	Veerkamp, Mira Mesa
40-0	Fume, Mt Carmel

### Shot Put

53-8	Liebe, Granite Hills, 12
51-2	Sotelo, Ramona, 11
51-1 1/4	Herrick, Mt Carmel
50-7 1/2	Batiste, Oceanside, 12
50-6 1/2	McComb, Granite Hills
49-4	Graham, Fallbrook, 12
49-3 1/2	Rivas, Oceanside, 9
49-0	A. Cruz, Kearny
48-5	Conerty, Mt Carmel
48-4 1/4	Compton, Helix, 11
47-10	Gilliam, San Diego, 10
47-9 1/4	Gustafson, Orange Glen
47-5 1/2	Padorka, Rancho Bernardo
47-0 1/2	Collins, Fallbrook
46-6 3/4	Owens, Orange Glen
46-2 1/4	Peet, West Hills
46-2	Perkins, Scripps Ranch, 12
46-1 1/4	Cross, University City
46-0	Roney, Orange Glen
45-1 3/4	Curtis, Serra

### Discus Throw

174-0	Batiste, Oceanside, 12
161-5	Liebe, Granite Hills, 12
157-0	Herrick, Mt Carmel
150-7	Gilliam, San Diego, 10
150-0	Sotelo, Ramona, 11
148-9	Graham, Fallbrook, 12
148-7	McGrath, El Capitan
143-9	McComb, Granite Hills
143-3	Bracamonte, Escondido, 12
141-4	Phillips, San Pasqual
140-3	Curtis, Serra
139-10	Peet, West Hills
136-10	Buehler, Valhalla, 11
136-3	Comer, Poway
136-0	Walcott, Rancho Buena Vista, 12
135-7	Conerty, Mt Carmel
134-8	Fear, University City
133-2	Shaw, Santana
133-2	Collins, Fallbrook
133-2	Allen, Fallbrook



# Best '95 Marks

## GIRLS

(Marks received by March 29)  
100

Hand timing:

12.1	Garner, Morse, 11
12.2	Loveland, Granite Hills, 9
12.3	Freow, Morse, 9
12.3	McKinney, Monte Vista, 10
12.4	Littleton, Morse, 11
12.6	Miller, Morse, 12
12.6	DeFord, Hilltop, 12
12.6	Ross, Valhalla
12.6	Spittgerber, Mt Carmel
12.7	Wood, Mt Carmel
12.7	Green, University City, 11
12.7	Silva, University
12.8	Romans, Escondido, 11
12.8	Fopiano, Fallbrook, 11
12.8	T.Shelton, Montgomery, 10
12.8	Johnson, Sweetwater
12.8	Shannon, San Diego, 9
12.8	Wilson, Poway
12.8	Perkins, Bishop's, 11
12.9	McAlister, Granite Hills
12.9	Bostian, Rancho Buena Vista
12.9	Edge, Rancho Buena Vista

200

Automatic timing:

26.91	Green, University City
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Hand timing:

26.2	Loveland, Granite Hills, 9
26.4	Lee, Poway
26.6	Freow, Morse, 9
26.6	Edge, Rancho Buena Vista
26.7	Shannon, San Diego, 9
26.9	Green, University City, 11
27.2	Romans, Escondido, 11
27.3	Kindreich, El Capitan
27.5	Perry, Torrey Pines
27.6	Holford, West Hills, 10
27.7	Eichorst, Valhalla

220

Hand timing:

27.6	Littleton, Morse, 11
27.6	T. Shelton, Montgomery, 10

400

Automatic timing:

60.74	Dr. Carey, University, 10
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Hand timing:

57.0	Garner, Morse, 11
61.2	Gibbs, San Pasqual
61.3	Lee, Poway
61.4	Holford, West Hills, 10
61.5	Dunn, Lincoln Prep
61.5	Roth, Torrey Pines, 10
61.6	Edge, Rancho Buena Vista
61.9	M. Cicciarelli, Mt Carmel
61.9	Scaglione, Rancho Bernardo
62.1	Saballet, Mission Bay
62.5	Ortiz, Helix
62.7	Branson, Torrey Pines, 10
63.4	Rankin, Morse
63.4	Jenkins, El Capitan, 11
63.4	Nolan, Torrey Pines, 9
63.4	Roeck, Torrey Pines, 9
63.5	Holmes, Granite Hills
64.5	Aufdengarten, Helix, 11
65.3	Bogart, Torrey Pines, 9
65.5	Fischer, University

800

2:22.6	Hanley, University, 12
2:25.2	Carter, San Marcos, 12
2:25.5	Roth, Torrey Pines, 10
2:25.89a	Hannaman, Scripps Ranch, 12
2:26.1	Straitiff, Torrey Pines, 11
2:27.0	Beckman, Mt Carmel, 12
2:27.3	Carpenter, Rancho Buena Vista
2:27.9	Branson, Torrey Pines, 10
2:28.8	Caster, Granite Hills, 9
2:30.3	Gregorson, El Capitan, 11
2:31.1	Nolan, Torrey Pines, 9
2:31.8	Pound, Poway, 10
2:31.9	Coad, Torrey Pines, 9
2:32.0	Bogart, Torrey Pines, 9
2:33.2	Card, El Capitan, 12
2:34.8	Jenkins, El Capitan, 11
2:34.9	Lai, Torrey Pines, 12
2:35.1	M. Becker, Monte Vista, 10
2:37.4	Heaton, Granite Hills
2:38.0	Troue, Poway
2:38.0	Aufdengarten, Helix, 11

880y

2:24.3	S. Murphy, Granite Hills, 10
2:27.2	Garner, Morse, 11
2:27.7	Beckman, Mt Carmel, 12
2:31.6	Madsen, Mira Mesa, 11



**Lynne Hermansen, Rancho BV**  
Middle-distance and jumps

2:35.0	Benitez, Santana, 10
2:38.1	DeTrinidad, Chula Vista
1600	
5:22.1	J. Rohde, Fallbrook, 11
5:25.4	O'Connor, La Jolla, 10
5:25.5	Beckman, Mt Carmel, 12
5:25.9	Lunt, Coronado, 11
5:26.0	W. Murphy, Granite Hills, 12
5:26.5	Caster, Granite Hills, 9
5:27.0	Gregerson, El Capitan, 11
5:27.4	Rafferty, La Jolla, 11
5:27.4	Harper, Santana, 10
5:27.9	Roysdon, Valhalla, 9
5:28.6	Card, El Capitan, 12
5:29.0	Straitiff, Torrey Pines, 11
5:30.0	Rumble, Orange Glen, 9
5:32.5	Roane, Ramona, 9
5:34.4	Rendina, West Hills, 9
5:35.3	Coad, Torrey Pines, 9
5:35.8	S. Rohde, Fallbrook, 12
5:36.4	M. Becker, Monte Vista, 10
5:37.1	Schmidt, Scripps Ranch, 11
5:38.0	Peterson, Escondido, 12
5:38.0	Nolan, Torrey Pines, 9
1 Mile	
5:39.1	Gray, Mira Mesa, 12
5:44.1	Garner, Morse, 11
3200	
11:26.39	Schmidt, Scripps Ranch, 11
11:29.1	Harper, Santana, 10
11:46.2	Pickett, Mt Carmel, 12
11:49.1	Clark, Ramona, 10
11:52.4	Peterson, Escondido, 12
12:00.8	J. Rohde, Fallbrook, 11
12:04.0	Lasiter-Thurber, Vista, 10
12:04.0	Richter, Rancho Bernardo, 11
12:05.0	Rodriguez, Vista
12:06.0	W. Murphy, Granite Hills, 12
12:08.0	Pound, Poway, 10
12:11.2	Rennix, Orange Glen, 10
12:15.0	Beckman, Mt Carmel, 12
12:21.98a	Giacinti, University
12:26.7	Vasek, Poway, 10
12:35.4	Card, El Capitan, 12
12:37.1	Hawker, Grossmont, 10
12:41.8	Straitiff, Torrey Pines, 11
12:43.0	Rendina, West Hills, 9
12:44.0	Caster, Granite Hills, 9
12:44.0	M. Becker, Monte Vista, 10

Two Mile

Indoors:

11:52.4	J. Rohde, Fallbrook, 11
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100 H

Automatic timing:

17.45	Kim, University
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Hand timing:

16.1	Eberhardt, Mira Mesa
16.1	Bright, Poway
16.2	Barrett, Oceanside, 11
16.6	Vickery, El Capitan
16.6	Romel, Serra, 12
16.8	Frisch, Bonita Vista
16.8	Bryant, Granite Hills
16.9	Greene, Poway
16.9	Bell, Ramona, 12
16.9	Hernandez, Mt Carmel
17.0	Manson, Mira Mesa
17.1	Doolittle, Torrey Pines, 11
17.2	Ray, Ramona
17.3	Sandler, Torrey Pines, 9
17.3	Halfaker, Rancho Bernardo
17.3	Kucharski, Rancho Buena Vista
17.4	Pennock, West Hills
17.5	Togubat, West Hills
17.6	Ricks, Mira Mesa
17.7	Sandler, Torrey Pines

300 LH

Automatic timing:

50.73	Mallory, Poway
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Hand timing:

47.7	Vickery, El Capitan
48.8	Medley, Vista
49.0	Rodriguez, Granite Hills
49.6	Ray, Ramona
49.8	Mallory, Poway
49.9	Romel, Serra, 12
50.4	Wilson, San Diego
51.4	Bryant, Granite Hills
51.7	Burties, Mount Miguel
52.0	Doolittle, Torrey Pines
52.4	Sandler, Torrey Pines, 9
52.6	Bright, Poway
52.6	DeStigter, Calvin Christian, 12
53.1	Kim, University
53.1	Verdun, Serra
53.3	Brown, El Cajon
53.8	Trees, Monte Vista
53.8	Mora, University
54.0	Je. Honings, Clairemont, 12
54.0	Christy, University

330 LH

Hand timing:

53.0	Eberhardt, Mira Mesa
53.7	Raymond, Grossmont
53.9	Ricks, Mira Mesa

400 Relay

Automatic timing:

50.79	Poway
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Hand timing:

48.8	Morse (Garner, Littleton, Rankin, Miller)
51.5	Rancho Buena Vista
51.8	Granite Hills
51.9	Mt. Carmel
51.9	University
52.1	Fallbrook
52.2	Lincoln Prep
52.3	Torrey Pines
52.5	Valhalla
52.5	Oceanside
52.6	El Capitan
52.8	West Hills
52.9	El Camino
52.9	Monte Vista
53.0	Rancho Bernardo
53.6	Escondido
53.6	Bishop's
53.7	San Diego
53.7	San Marcos

440 Relay

Hand timing:

49.1	Morse
52.6	Mira Mesa
52.9	Hilltop

1600 Relay

4:09.8	Rancho Buena Vista
4:10.7	University
4:11.7	Torrey Pines
4:13.2	Morse
4:13.6	Granite Hills
4:15.9	Poway
4:15.9	Mt. Carmel
4:20.0	Helix
4:21.3	West Hills
4:21.3	Vista
4:22.5	Ramona
4:24.0	University City

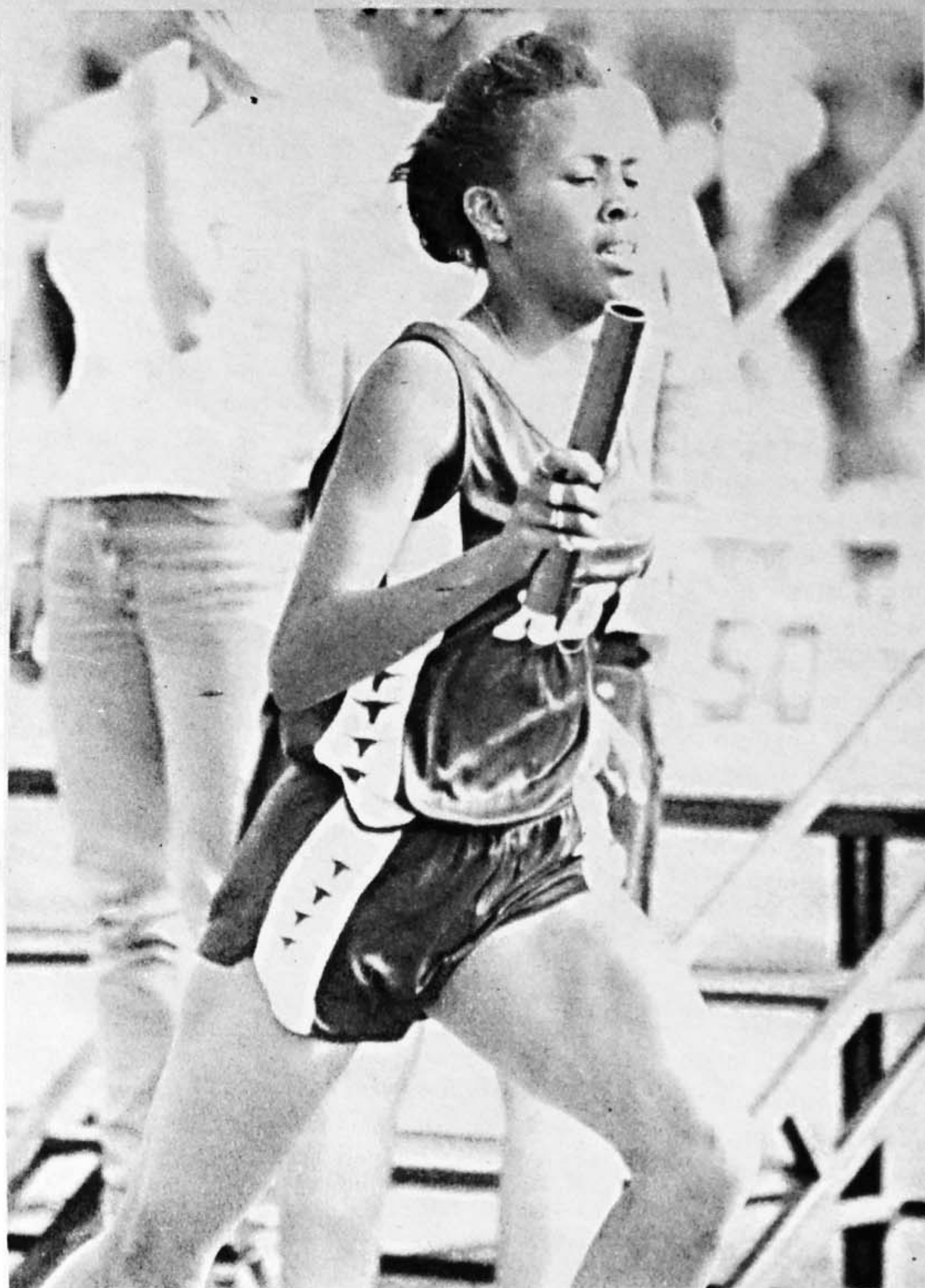
1 Mile Relay

4:21.8 Vista

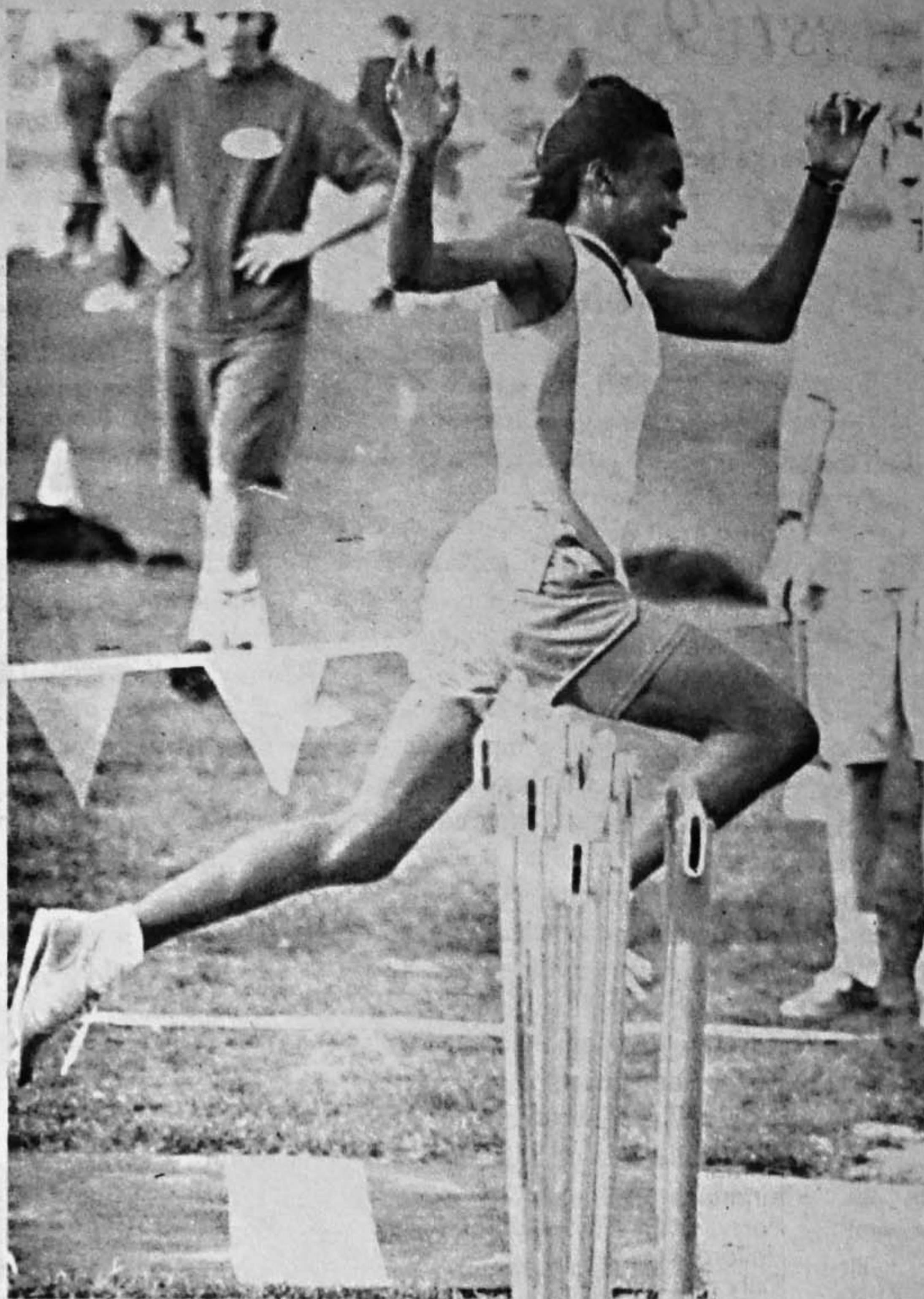
High Jump

5-6	Bell, Ramona, 12
5-5	Eberhardt, Mira Mesa
5-4	Gertsch, San Pasqual
5-4	Barnett, Poway





**Sabrina Edge**, Rancho Buena Vista  
Sprints, relays



**Kamilah McClain**, Fallbrook  
Jumps

## Best '95 Marks

FROM PAGE 10

5-3	Underhill, Rancho Buena Vista
5-2	Ezell, Morse, 11
5-0	Keays, Our Lady of Peace, 10
5-0	Manson, Mira Mesa
5-0	Potter, Torrey Pines
5-0	Jines, Santana
5-0	McClelland, Eastlake
5-0	Chaney, Ramona, 12
5-0	Nolte, Our Lady of Peace
5-0	Curtis, West Hills
5-0	G. English, Oceanside
5-0	McClain, Fallbrook
4-11	E. McGrath, Point Loma, 10
4-10	Many

### Pole Vault

9-0	Draher, Mira Mesa, 12
9-0	Ewing, Fallbrook
7-6	Redman, Poway
7-6	Hawkins, El Capitan
7-6	Boettenbach, El Capitan
7-6	Barnes, Ramona
7-6	Davis, Orange Glen
7-6	Murdock, Helix, 11
7-6	McClain, Fallbrook
7-6	Taft, Rancho Buena Vista
7-0	Schwab, Valhalla
7-0	Brannon, Poway
7-0	McGurk, Poway
7-0	Nixon, Poway
7-0	Smith, Orange Glen
7-0	Natisin, Rancho Bernardo
7-0	Wimberly, El Cajon
7-0	Archer, Torrey Pines, 9
7-0	Woods, Orange Glen
6-6	Many

### Long Jump

17-7 1/2	Loveland, Granite Hills, 9
17-2	Perkins, Bishop's, 11
16-11 1/2	Wilson, Poway
16-11 1/2	Gwin, El Camino
16-10	Sanford, Lincoln Prep, 11
16-8	McKinney, Monte Vista, 10
16-6 3/4	McClain, Fallbrook
16-3	Harrell, La Jolla

16-3	Underhill, Rancho Buena Vista
16-2	Medley, Vista, 12
16-1 1/4	Kindreich, El Capitan
16-0	Bryant, Granite Hills
16-0	Hunter, Morse
15-10	Sobers, University City
15-9 1/2	Prior, University
15-9 1/4	Ciborowski, Granite Hills
15-7 1/2	Barrett, Oceanside, 11
15-7	Serrano, San Marcos
15-5 1/2	McGehee, University
15-5 1/2	Nolan, Torrey Pines, 9
Indoors:	
17-3	McKinney, Monte Vista, 10

### Triple Jump

36-4	Perkins, Bishop's, 11
35-5 3/4	McAlister, Granite Hills
35-4	Harrell, La Jolla
35-2	Ciborowski, Granite Hills
34-9	Sanford, Lincoln Prep, 11
34-5	Curran, Granite Hills
34-4	Hermansen, Rancho Buena Vista, 12
34-0	Johnson, Castle Park
33-11	Hunter, Morse
33-10	McClain, Fallbrook
33-7 1/2	Hernandez, Mt Carmel
33-6	Medley, Vista, 12
33-5	Blair, University
32-9	Ruffner, Poway
32-8 1/2	Serrano, San Marcos
32-5	Drake, Mira Mesa, 12
32-3 1/2	Francel, Henry
32-1	Kindreich, El Capitan
31-10 3/4	Benjamin, Rancho Buena Vista
31-10	Fischer, University

### Shot Put

40-4	Suppa, Torrey Pines, 12
37-1 1/2	Richmond, Monte Vista, 12
36-5	Matheny, Santana, 12
35-5 5 1/4	Smith, Mira Mesa, 12
35-5	Holmes, Henry, 11
34-11 3/4	Tagaleo'o, El Camino
34-8 1/2	Sanders, Orange Glen
34-6 1/2	Logan, Orange Glen
34-4	T. English, Oceanside, 11
34-3	McInish, Ramona

33-10 1/2	Hernandez, Escondido, 11
33-9 3/4	Crouch, El Capitan, 10
33-8 1/2	Van Der Pers, El Cajon, 12
33-7	Clarke, Rancho Bernardo
33-2	Tucker, Granite Hills
32-11	Millan, Sweetwater
32-10	Homer, Mira Mesa
32-7 1/4	Murray, Ramona
32-5	Kaiwi, Rancho Bernardo
32-3 1/2	Thompson, Escondido, 12

### Discus Throw

126-3	Richmond, Monte Vista, 12
122-5	Magana, Fallbrook, 11
119-1	Smith, Mira Mesa, 12
117-5	S. McGrath, Point Loma, 11
117-2	Logan, Orange Glen
112-0	Crouch, El Capitan, 10
109-11	Matheny, Santana, 12
106-1	Suppa, Torrey Pines, 12
104-8 1/4	Van Der Pers, El Cajon, 12
104-0	Breisacher, El Capitan
103-9	E. McGrath, Point Loma, 10
103-8	Murray, Ramona
102-2	Matheny, Santana
101-11	C. Cicciarelli, Mt Carmel, 12
98-6	Oliver, Orange Glen
98-5	Vaughan, Valhalla
97-6	Clarke, Rancho Bernardo
97-5	Thompson, Orange Glen
97-2	Quinn, Mira Mesa
96-10	Jenkins, San Marcos

Is a mark missing?  
**WE WANT TO KNOW!**

**Contact:**

**TRACK MAGAZINE**

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## ALL-TIME TEAMS: Mt. Miguel 1969: Great Throwers, Great Coaches,

(Editor's Note: This is the second in a series of articles about the great track teams from the San Diego Section's rich history of prep track and field.)

**M**ount Miguel's boys track team of 1969 featured notable one-two combinations in the throwing events and on the coaching staff.

The throwers included one of the finest all-around weightmen ever to compete locally, Billy Joe Winchester. He was backed up by another one of the all-time area greats, Steve Dougherty.

They made Mount Miguel's 1969 team the only San Diego area track team to field two 60-foot shot throwers in the same year (see Fast Facts on this page for details).

It is less well remembered that the team also had one of the best coaching twosomes in area history. Considering the quality of coaching here, and the quality of the Grossmont League coaches of that era, that's saying something.

Head man was Ted Banks, who soon would take over as head coach at the University of Texas at El Paso (UTEP), where he turned out some good university teams. More recently, he has been at Riverside City College, where he tutored a young Nourredine Morceli, who is now the world's premier middle distance runner.

Banks was assisted by Dick Tomlinson, who has a reputation as a world-class field events coach, with special expertise in the throws.

Their stay at Mount Miguel was brief, but they made an impact. They even overshadowed fellow Spring Valley coach Bob Larsen, who was then at Monte Vista and is now head track coach at UCLA.

## THE MARKS:

(All distances are in yards. Discus and triple jump were not widely contested at that time, except in the Grossmont League. Teams then ran 180-yards over low hurdles.)

### Mount Miguel boys, 1969

**100:** John Hook (10.0)  
**220:** John Hook (22.4)  
**440:** Buckner (51.6), Dave Ripley (52.0)  
**880:** Dave Ripley (1:55.6), Lex Nelson (2:00.5)  
**1 Mile:** Bob Morrison (4:32.5 frosh), Gary Heiserman (4:36.7, 3:12.9 in 1320), Flynn Barnett (4:42.6)  
**2 Mile:** Gary Heiserman (9:55.4), Flynn Barnett (10:03)  
**120 HH:** Randy Provenzano (14.5)  
**180 LH:** Randy Provenzano (20.0)  
**440 Relay:** 43.9  
**1 Mile Relay:** 3:27.3  
**HJ:** Carl Monroe (6-3)  
**PV:** Jerry Meisenheimer (13-0), John West (13-0), Rex Lowery (13-0)  
**LJ:** Bob Hughes (20-10 1/2), Jack Moore (20-4 3/4)  
**SP:** Billy Joe Winchester (62-2 3/4), Steve Dougherty (60-3 1/4), King (49-6 1/2)  
**DT:** Billy Joe Winchester (180-0), Steve Dougherty (172-8), Larry Schaufler (150-6)

## Track History

Their throwers were absolutely sensational.

In the shot, Winchester, a junior, had a mark of 62-2 3/4, and was the county champ. Dougherty, a senior, had a best of 60-3 1/4. The group was rounded out by a sophomore, Mike King, who threw 49-6 1/2. King would ripen into a 55-footer by his senior year.

It was an intimidating combination. In one notable dual meet, Monte Vista's Pat Foley found that a throw of 58-8 1/2 could only get him a third against those guys.

In the disc, Winchester led the county with 180-feet, and he was the CIF champ. Dougherty threw 172-8, and a third man, Larry Schaufler, had a best of 150-6.

Winchester, who was a great all-around athlete, matured the next year to achieve distances of 64-11 and 195-8. Only Fallbrook's Brent Noon ranks as a better all-around thrower in local history.

Although shaped like a nose guard, Winchester delighted in showing off his talent by dabbling in the high jump and anchoring (impressively) a weight-man's relay team.

The Matadors had decent talent across the board, and were a strong dual-meet team.

The most talented non-thrower was Randy Provenzano, a hurdler. He ran 14.5 in the highs and was fourth in the CIF meet. He also ran the 180 lows in 20-flat.

Coach Banks was adept at finding and developing distance talent. His best prospect on this team was a half-miler, Dave Ripley, who ran 1:55.4 and was fourth in the CIF meet. A freshman, Bob Morrison, ran the mile in 4:32.5. He would eventually develop into a 4:20.5 and 1:56.6 runner.

The Matadors had other strengths. There was a trio of 13-foot pole vaulters (this was in an era when 14-plus would lead the county).

Carl Monroe was a good high jumper, clearing 6-3.

In the triple jump, the Matadors had one of the county's best, but it also takes a bit of explaining. The event was not yet a CIF championship event, and it was only then contested on a regular basis in the Grossmont League. There was little emphasis on the event, and the distances reflected the approach. An El Cajon jumper led the county with a 45-8 jump. Miguel's best was Ken Barstow, a 6-8 basketball player who did 44-6. With today's triple jump coaches, Barstow could have approached 50 feet.

A junior, John Hook, was a quality sprinter who ran 10.0 and 22.4. He won the Grossmont League Class B sprints that year.

## FAST FACTS: THROWING COMBOS...

Mount Miguel's 1969 boys team is the only local track team to feature a pair of 60-foot shot putters.

Some other great shot combinations from local track history:

**Fallbrook, 1989:** Brent Noon (69-8 1/4) and Terry Sherman (58-4). This is the best twosome of all time locally, if distances are added together. Together, they averaged 64-0 apiece.



**REMEMBER WHEN?** The pole vault at the 1987 CIF Meet was one of the best ever. Vista's Jay Rafail (above), a 15-6 jumper, could only get second to Ramona's Pat Alduenda, the section record holder. Two other 15-footers were in the field.

**Grossmont, 1962:** Brad Baer (59-2 1/4) and Ed Speed (58-11 1/2). Speed had thrown 61-6 1/4 the previous year.

**El Cajon, 1974:** Curt Hampton (65-11 1/4), Mark Malone (57-5) and B. Barrows (57-0 1/2). The best trio ever, locally. They averaged just over 60-feet apiece for the top three (actually 60-1 1/2). They even had a fourth thrower who was close to 53-feet.

**Vista, 1973:** Cary Cotten (59-2 1/4), Jay Semensow (58-7 1/2), and Bill Harvey (56-3). The three averaged 58-0 1/4, pretty impressive without any of the three going over 60.

**Vista, 1972:** Jay Semensow (59-3 1/4), Randy Taylor (57-11 1/2), Cary Cotten (55-1 1/4) and Bill Harvey (51-7). The first three averaged 57-5 1/4.

**El Capitan, 1978:** Ken Pole (63-4) and Jerry Dawson (57-5). Two 60-footers, if you average them out.

**Mar Vista, 1968:** Dan Helton (58-8 1/2) and Wolfgang Weichert (57-2).

**Helix, 1970:** Gunnars Valkirs (56-7) and Rick Rhoads (54-7). Helix had 60-footers in three different years, but didn't have a good number two man in any of those years.

**Grossmont 1954:** Dick Bronson (60-4 1/2), Mel Kemp (54-11 1/2), Richard Loftus (54-6 1/2). Bronson won at the state meet that year. He was also the first 60-foot thrower in county history. The three averaged 56-7 1/2. An exceptionally impressive team, when considering the context of the day.

And, finally, there is **Fallbrook, 1990.** Brent Noon tossed 76-2, which is so far off the charts that he almost didn't need a backup. Statistically speaking, Fallbrook only needed another putter throwing 44 feet to have two men averaging 60 feet.