

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

Covering San Diego Section Cross Country and Track & Field

VOLUME II, NUMBER 1: SEPT. 22, 1995

NEWS ROUNDUP:

Season gets serious fast

The season came into perfect focus last Saturday when the starter's pistol signalled the beginning of the large school senior boys race at the Mt. Carmel Invitational.

For the area's top level of runners, it was not too early to make a statement.

Yes, it's early, but there were Mira Mesa's Larry Henderson, Hoover's Ayub Abdulalam and Grossmont's Dave McQuitty, and others, racing, and racing fast.

Henderson signalled that he's ready, taking the race in 14:41 (for 2.95 miles). Abdulalam waged a stirring duel with Henderson, in a race that went back and forth.

It was the season's highlight that has seen a number of major developments.

For instance:

Girls teams seem to be primed for a great year. There are any number of very good squads around, many of them boosted by an uncommonly good crop of freshman runners.

At least seven frosh have run in the top slot for their schools in early competition. A few others are impacting their teams by

Inside...

Our special cross country preview:

Palomar, page 4

Avocado, page 5

Grossmont 2A, page 6

Grossmont 3A, page 7

Metro, page 8

Eastern, page 9

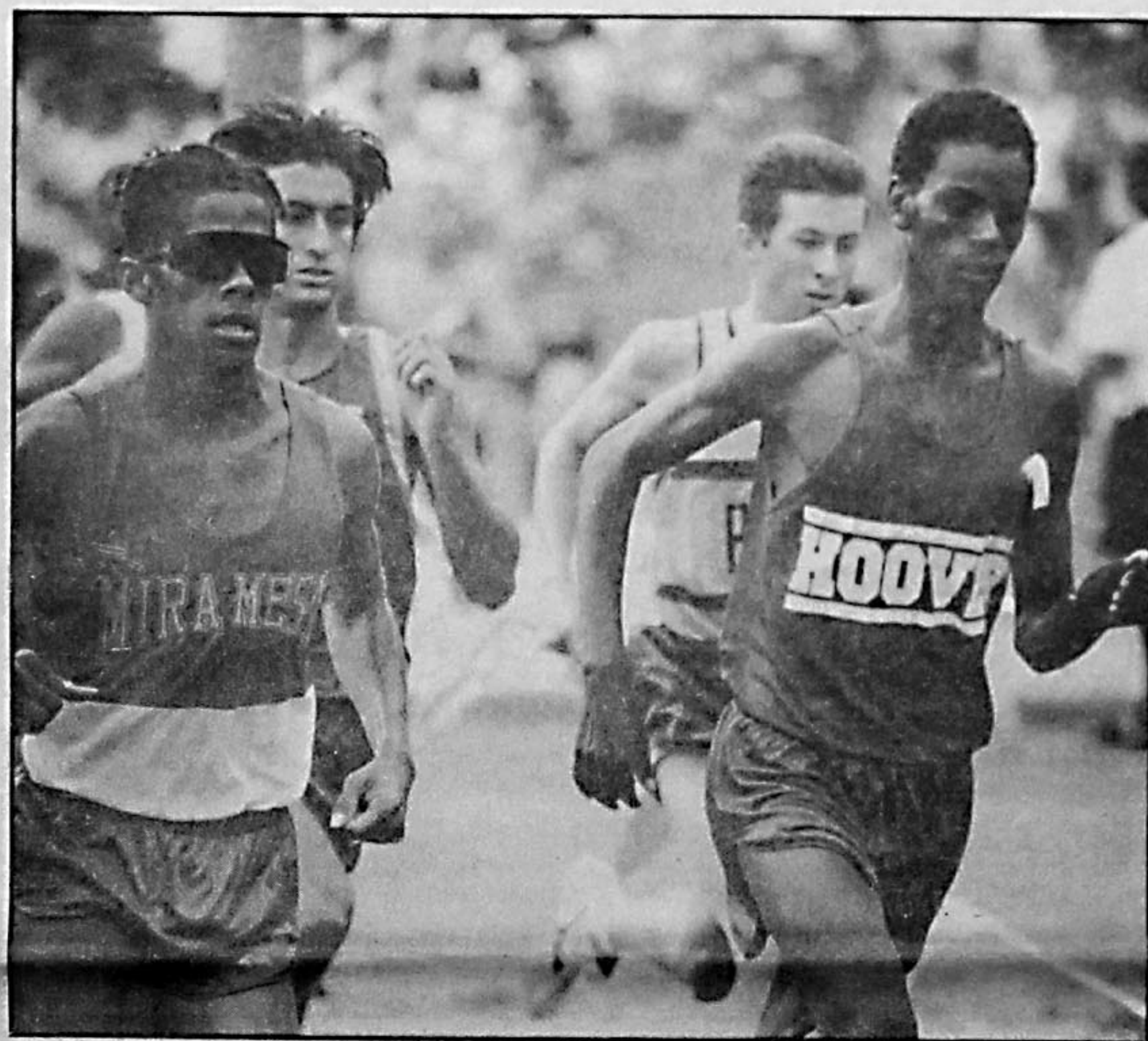
Western, page 10

Harbor, page 11

Southern, page 12

RANKINGS, page 3

RESULTS, pages 13-16



Mira Mesa's Larry Henderson and Hoover's Ayub Abdulalam wasted no time in going to the front of the pack in the featured race at last week's Mt. Carmel Invitational, along with **Mt. Carmel's Mike Compean and Poway's Travis Kirtley**. Henderson and Abdulalam staged a great two-man race, with the Mira Mesa senior winning in 14:41 for 2.95 miles.

moving into key pack slots.

Boys competition seems to be wide open in Divisions II and III.

Chula Vista and Vista are strong favorites in Division I, and Coronado is a big favorite in Division IV, but the other two divisions could see any number of scenarios play out.

Big improvements by young runners such as Madison's Nick Hamlin, West Hills' Dustin Diaz, and Rancho Bernardo's Eron Tello keep the sport exciting.

Possible power shifts could be brewing in a number of leagues. Fallbrook's boys, Orange Glen's girls, Chula Vista's girls, Monte Vista's boys, La Jolla Country Day's boys and a number of similar teams are either making a serious run at titles, or are beginning to emerge as forces.

Transfers have become newsworthy, especially in the Metro League, where Chula Vista is the main beneficiary of a number of movements. Most significant was Castle Park ace Adrian

Ramirez becoming a Spartan over the summer. Ramirez is another young, emerging runner.

Coaches have been moving in and out of jobs in big numbers.

See page three for a rundown of local coaching changes. The mid-city, especially, has been in transition, with coaching switches at Hoover, Crawford, Lincoln Prep and Patrick Henry.

Hard-core soccer teams have robbed the area of some top runners, including Nicole Caster, who was the fastest girl at CIF last year as a frosh; Stacey Murphy, the area's 800 meter champ as a frosh (in 1993); and probably Julia Roysdon, who won the section 1600 last year as a frosh. Hardest hit team was Granite Hills.

All of that is just a backdrop to the competition.

Some of the highlights:

Chula Vista's new-look boys made a splash at the Vaquero meet, as did RB frosh sensation Sarah Wilkins. Henderson and

The Top 40

The fastest 40 boys and fastest 40 girls returning from last year's CIF Championships:

BOYS:

1 to 10:

15:36 Larry Henderson, Mira Mesa
15:51 Ayub Abdulalam, Hoover
16:08 Travis Kirtley, Poway
16:10 Jason Land, Vista
16:15 David McQuitty, Grossmont
16:18 Jose Ramirez, Chula Vista
16:21 Chris Gabriel, San Diego
16:23 Miguel Ramirez, Holtville
16:23 Galen Reid, Ramona
16:24 Jose Barajas, Sweetwater

11 to 20:

16:36 Joe Briceno, Vista
16:37 Steve Ketcham, Vista
16:37 Adrian Ramirez, Castle Park
16:40 Eron Tello, Rancho Bernardo
16:42 Trevor Clarke, Coronado
16:46 Gonzalo Garcia, Vista
16:48 Mike Compean, Mt Carmel
16:50 Juan Alfaro, San Pasqual
16:51 Matt Galaviz, RB
16:52 Ajani Brown, Gompers

21 to 30:

16:55 Nick Hamlin, Madison
16:56 Jesse Davis, Poway
16:57 Charley Hulse, Torrey Pines
16:59 Tom Juarez, Montgomery
17:00 Brent Bolton, Scripps Ranch
17:02 Matt Dos Santos, Mt Carmel
17:03 Bert Romero, Mt Carmel
17:04 Tyler Mack, Torrey Pines
17:05 Titus Chawech, Crawford
17:07 Dave Schible, Mt Miguel

31 to 40:

17:10 Jake McNeely, Poway
17:10 Tim Miller, Ramona
17:12 Bob Denny, Ramona
17:14 Gabe Murillo, San Diego
17:14 Alfonso Alvarez, San Diego
17:15 Jimmy Corcoran, Bonita Vista
17:15 Louis Nava, Helix
17:15 Derrick Davis, Clairemont
17:16 Fernando Blanco, RBV
17:16 David Hayes, Pt Loma
17:16 Aaron Adragna, Santana

GIRLS:

1 to 10:

15:12 Jessica Pound, Poway
15:16 Rosie Costello, Bonita Vista
15:17 Jinna Rohde, Fallbrook
15:18 Devon Straitiff, Torrey Pines
15:20 Veronica Clark, Ramona
15:30 Jaymie Harper, Santana
15:33 Sonia Rodriguez, Vista
15:46 Sarah Schmidt, Scripps Ranch
15:48 Shannon Kilian, Escondido
15:51 Jessica Anderson, Carlsbad

11 to 20:

15:54 Alexis Rendina, West Hills
15:57 Meghann Phillips, Bonita Vista
15:57 Larissa Gregerson, El Cap
16:00 Ann Koscki, Poway
16:00 Kelley Halligan, Valhalla
16:04 Marissa Hurwitz, Bishop's
16:05 Michelle O'Connor, OLP
16:06 Shannon O'Connor, LJ
16:07 Tricia Mattson, Fallbrook
16:08 Danielle Valentino, Torrey

SEE PAGE THREE

SEE PAGE THREE

Running never far from thoughts, even on the road...

Vacations are for getting away. But this year's excursion always kept me thinking about running and track and field.

Of course, if you want to forget about our sports, you don't go to Oregon, which is where we went to relax this past August.

Our family vacation was designed to beat this summer's heat and what better place to go than the cool Northwest coast?

We saw redwoods, rain forests, waterfalls, great beaches, and not many crowds. And, as expected, the weather was natural air conditioning.

And, as a bonus, there were reminders about track and running everywhere.

The world championships were just getting under way in Europe (I caught some of it on TV), and the Eugene Register-Guard provided great coverage daily. It's one of the best newspapers in the country for covering track, and you can get it almost anywhere in the state.

I brought along the latest edition of Track & Field News to use as a guide to the championships. Who was on the cover? Olympic 100 meter champ Gail Devers, a Sweetwater grad. (Devers won the first gold medal for the U.S. in the worlds.)

I flipped open the magazine, and the first picture I see is Brent Noon, the great ex-Fallbrook shot thrower.

One area we stayed at for a few days was near Coos Bay, where Steve Prefontaine went to high school.

Needless to say, I had to make the pilgrimage. Coos Bay is a workingman's town, with lumbering and shipping mixed right into the downtown area. Pre's old school, Marshfield High, sits on a hill overlooking the port area. The track is a six-lane asphalt surface, coiling past covered wooden stands that are reminiscent of old Hayward Field in Eugene, Pre's college track.

Treading lightly, I ran a ceremonial four laps of the track. My eight-year-old daughter, Hannah, ran about half of it with me.

That's the Oregon effect.

TRACK MAGAZINE

Editor & Publisher:
Buzz Thom

Film Processing: Brad Romaine
Printed at
San Dieguito Publishers,
San Marcos, CA

TRACK MAGAZINE is published every two weeks during high school cross country and track & field seasons.

Subscriptions are available, for \$12 for one year, or \$6 for one season. Make checks payable to TRACK MAGAZINE.

P.O. Box 2276, Julian, CA 92036
FAX: (619) 765-3185
PHONE: (619) 765-1914

From the
editor ...



We're back to start another year...

You heard it right. Track Magazine is back to start another year of covering the area's high school cross-country and track and field like nobody else.

We're starting the year, but there's no guarantee we can finish it.

That's because this publication must now be completely self-sustaining financially.

Income will come from subscriptions, from school orders, and from advertisements. If we can hustle up enough business, we'll stay in business. It's that simple.

We're working harder than ever to find advertisers, but it's not easy.

We're also working hard to cover the local news, but that's not easy either (but at least it's enjoyable work).

If you appreciate our efforts, do what you can to encourage businessmen or boosters to support us.

We thank you in advance for your help.

Now, other business:

If you're seeing our publication for the first time (and we expect about a 50% turnover in our readership each year), we started this as a small business just last year.

We distribute to as many schools in San Diego County as we can reach.

We ask for a token sum of \$1 for a season's subscription for the athletes, hoping that coaches will want their athletes to keep informed on local developments in their sport.

Personally, as a former coach, I would always be looking for material that would keep my kids thinking (and psyched about) our sport.

Also:

Back issues are available, in limited quantities, for \$1 for one issue, and three for \$2.

Mailed subscriptions are available, for \$12 (one year) or \$6 (one season).

If you want to see more of your school's results in our pages, make sure your coach stays in touch with us. Best way to send in results is via fax. It's cheap and fast. Don't bother to retype or rewrite information. Just make sure it's legible. If you want to fax something with small type, try to enlarge it first.

Advertising information and rates are available upon request.

School deliveries will often be made at large meets. Otherwise, deliveries will reach north county areas first (we publish in San Marcos). If there's no meet, deliveries take up to three working days, including the day of publication.

Deadline for material is the Monday preceding publication.

Our schedule for the remainder of the fall:

October 6.

October 20.

November 3.

November 17.

December 1.

News Briefs:

What's news:

Coaches on the move:

Keeping track of the comings and goings of the area's coaches this year:

BISHOP'S: Wendy Svatek is in; Vince Stumpo is out.

CHRISTIAN: Liz O'Brien takes over; last year's coach Alexis Davidson fills in one day a week.

CRAWFORD: Jim Bloom is the new coach; former coach Art Anderson is coaching JV football.

EASTLAKE: Columbus Page is now the cross country and track coach; he replaces Rita Wilson.

GROSSMONT: Last year's track coach, Erl Cabanas, is now also the cross country coach, replacing Pete Brooks.

HELIX: Ray Mounts is the new girls coach.

PATRICK HENRY: Jarod Luchans, a 1992 Henry grad, takes over after being an assistant last year. Mike DeResi has retired from coaching.

HOOVER: Patty Hurtt, a coach at Kearny last year, coaches both boys and girls, replacing Rick Telford and Hal Mitrovich.

KEARNY: Sam Sample is new, replacing Stewart Hatheway.

LINCOLN PREP: Long-time track coach Vic Player heads the program, after the retirement of Jim Cerveney (who now coaches at Cuyamaca College).

MAR VISTA: Mariner alum Art Guerrero has the job, replacing Mike Wagenveld. Ben Holt, a fixture at the school, remains as an assistant.

MONTE VISTA: The new boys coach is Bob Muszhek, replacing Javier Sandoval.

OUR LADY OF PEACE: Last year's track coach Dan Keays steps in, replacing Ernest and Carol Borunda.

POINT LOMA: The new boys coach is Jim McCarthy, an assistant last year. He replaces retiring Tom Parry.

SAN PASQUAL: Rick Riehman comes here from Temecula Valley, replacing Richard Verney.

TRI CITY CHRISTIAN: Mike DeLuca takes over from Lee Swanson.

WARNER: This new school's team is led by Richard Sexton.

Division Changes

Two teams have moved up:

Both University City and Ramona have gone from Division III to Division II. Ramona won the CIF Division III championships in boys and finished second in girls last year.

Frosh/Soph Update:

Just a reminder. St. Augustine coach Jerry Downey wants coaches to regularly include class designations on results. The Frosh/Soph Championships will be open to the fastest 75 in each class.

Chula Gets National Notice

In the season's first issue of The Harrier, a national cross country publication, Chula Vista's boys were recognized as 19th in the country.

On a regional basis, Chula's boys were ranked seventh in the West, while Vista's girls were rated ninth in the West.

FYI, Thousand Oaks' girls team, seen here recently at the Mt. Carmel meet, were ranked eighth nationally, and fourth in the West.



Orange Glen packs 'em in: **Laura Lawrence (right) and Melissa Hieb lead Poway's Ann Koscki** at Mt. Carmel. Koscki beat the pair of Patriots, but OG's girls are ranked second.

RANKINGS

(Coaches' poll of Sept. 19)

Boys:

1. Vista
2. Mt. Carmel
3. Chula Vista
4. Poway
5. Ramona
6. Fallbrook
7. San Diego
8. El Capitan
9. Valhalla
10. La Jolla

Others: Rancho Buena Vista, Rancho Bernardo.

Girls:

1. Vista
2. Orange Glen
3. Torrey Pines
4. Rancho Bernardo
5. Poway
6. Escondido
7. Valhalla
8. El Capitan
9. Ramona
10. Scripps Ranch

Others: La Jolla, Rancho Buena Vista, San Marcos, Santana.

NEWS ROUNDUP:

Season gets serious fast

FROM PAGE ONE

McQuitty headed up the boys competition.

Santana's Jaymie Harper ran fast at West Hills and at Woodbridge.

Vista put on a display of their great depth and quality (both boys and girls) at Las Vegas, although the Orange Glen girls matched them up well.

At the Bronco meet, Henderson took one boys race, McQuitty another, and we got our first look at Mt. Carmel soph Jeff Sleichter, who made a point of shaking the hands of runners he had just soundly outran.

In girls races, Ramona's Veronica Clark outran Torrey Pines' Devon Straitiff in one race, while Santana's Harper bested University's Julie Ott in another. For Ott, it was her first cross country effort.

The Mt. Carmel Invitational put the season into a higher gear. There was plenty of out-of-town competition (such as Thousand Oaks and Hemet and Temescal Canyon), the race distances lengthened, and the Morley Field crowds always get everybody psyched.

The Henderson/Abdusalam showdown at Mt. Carmel was the unquestioned highlight of that meet.

The pair broke contact with a quality pack before the halfway point of the race and then traded moves for the remainder of the distance. Henderson, with his 4:09 speed, had the last word on this day, but it also showed that Ayub was back to his form of last year, after a disappointing track season.

In the large school senior girls race, Thousand Oaks ace Kim Mortensen burned the 2.6 mile course in 14:54, to easily beat Torrey's Devon Straitiff.

Chula Vista's Adrian Ramirez looked very strong in the large schools junior boys race, running 15:34 to win.

Other impressive winners:

Mt. Carmel's Jeff Sleichter, in the large schools sophomore race, which he won in 16:12.

Orange Glen's Cara Rumble, who took the large schools girls soph race in 16:26, ten seconds ahead of Scripps' Kristina Stasko.

RB's Sarah Wilkins, who survived a wrong turn to win the

large school girls frosh race in 16:34.

Madison's Nick Hamlin, who took the small schools boys junior race in 15:53.

El Cap's Larissa Gregerson was the best runner in the small schools senior girls race, running 16:33 to win by 24 seconds.

The Top 40

FROM PAGE ONE

21 to 30:

- 16:09 Amy Kitchen, RB
- 16:09 Kristi Jenkins, El Cap
- 16:10 Devon Lasiter-Thurber, Vista
- 16:12 Geneva Parker, Sweetwater
- 16:13 Cara Rumble, Orange Glen
- 16:14 Noelle Magana, Vista
- 16:15 Lisa Vasek, Poway
- 16:15 Erin Shea, University
- 16:15 Leah Walkey, La Jolla
- 16:16 Erin Kilian, Ramona

31 to 40:

- 16:16 Natalie Forsyth, Vista
- 16:19 Clodagh Rafferty, La Jolla
- 16:23 Angel Reed, El Camino
- 16:25 Jessica Cabrera, Sweetwater
- 16:27 Stephanie Hancock, RB
- 16:32 Maggie Johnson, Mt Carmel
- 16:34 Jaclyn Nolan, TorreyPines
- 16:35 Jessica Lunt, Coronado
- 16:38 Kristi O'Grady, Santana
- 16:39 Fatima El Farrah, Vista

To Subscribe:
Make check payable to
TRACK MAGAZINE.

\$12 for 1 year.
\$6 for 1 season.

Mail order to
TRACK MAGAZINE
P.O. Box 2276
Julian, CA 92036

IS PAIN HURTING YOUR WORKOUT?



2:38 Boston Marathon
National J.C. 10K Record
1989 World Masters Gold Medal

"The Running Doctor"™

JEFFERS CHIROPRACTIC and SPORTS INJURIES

- Athletic Injuries
- Neck & back Pain
- Sports Massage
- Injury Consultation
- Knee & Shin Pain
- Superfeet® Orthotics

"I wouldn't have made the U.S. 1988 Olympic Team without your help!"

— Steve Scott, American Mile Record 3:47:69

"I have relied on and trusted Dr. Keith Jeffers for my sports injuries."

— Ron Tabb, 2:09:31 '83 Boston Marathon

7770 Regents Road • San Diego • 452-7770

ENDURANCE • SPEED • STRENGTH
TACTICS • TOUGHNESS
WISDOM

*It takes a lot to build
a good cross country athlete.*



Why take a chance on your running shoes?



San Diego's Running Specialists

MISSION BEACH
3838 Mission Blvd
San Diego
488-2310

LA MESA
6105 Lake Murray Blvd
La Mesa
466-1656

ENCINITAS
765 First Ave
Encinitas
634-2953

PALOMAR

The toughest of all leagues

Hang on to your hats. League dual meets in the extremely tough Palomar League begin this week.

Each week will seem like the clash of the titans.

This week, it's Mt. Carmel vs. Poway. Later, it will be Rancho Bernardo vs. Fallbrook.

Everybody's waiting for Orange Glen and Vista to get together.

In boys competition, Vista is a strong favorite, but they won't be able to relax. A hungry Fallbrook team, a young Mt. Carmel team, a rebuilding Rancho Bernardo team, and a deep Poway team all will test the Panthers.

Depth will be the key for teams that hope to challenge Vista. Translated, that means good health, and a little luck.

Individually, keep an eye on Travis Kirtley, Jason Land, Chris Gabriel, Ryan Coughlin, Jeff Sleichter, and Eron Tello.

The girls race will be all killer, no filler.

The league championships will be a dress rehearsal for the CIF championships a week later.

Vista, Orange Glen, Poway and Rancho Bernardo are all excellent, and all deserve to be ranked high in the county's top ten. Three other teams, Mt. Carmel, Fallbrook and Rancho Buena Vista, also could be top ten teams.

Whichever girls team emerges as league and/or CIF champ will be primed to compete with the best in the state. If any team develops into a state champ, it would probably be Vista.

Individually, watch Jessica Pound, Jinna Rohde, Sonia Rodriguez, Sarah Wilkins, and Laura Carpenter.

One downside: the league is so tough that teams could get beat up. A number of teams are cutting back on invitationals to stay ready.

Team Profiles:

NOTE: Places and times listed are from last year's CIF Championships, unless otherwise noted.

Fallbrook (Div. I)

Coach: Marty Hauck, assisted by Gary Lutgendorf.

BOYS:

Gone: Chris Lutgendorf (65th, 17:52).

Returns: Brett Weaver, 12 (44th, 17:17, 800 in 1:59); Ryan Coughlin, 12 (48th, 17:25, 3200 in 9:55); Ben Hauck, 12 (56th, 17:38); Josh Stewart, 12 (67th, 17:54); Scott Batiuk, 12 (75th, 18:09, 1600 in 4:32).

Also: Memo Escobedo, 12, Eric Mattson, 12; Cameron Jones, 12.

Notice a trend? Senior-dominated team is on a mission, wants a shot at the league title. Top three (Coughlin, Weaver and Batiuk) are tough. "Coughlin put in a great summer. Batiuk is finally healthy," -- Hauck.

GIRLS:

Gone: Sharon Rohde (6th, 15:28); Kathryn Cook (70th, 18:00).

Returns: Jinna Rohde, 12 (4th, 15:17, 5:14 for 1600, 11:19 for 3200); Tricia Mattson, 11 (15th, 16:07, 5:17 for 1600); Sara Weber, 12 (74th, 18:06).

Add to mix: Katie Kaeser, 9.

Key: Young runners must develop to shore up pack. Team has the needed one-two punch, but there is no weakness in this league.

Mt. Carmel (Div. I)

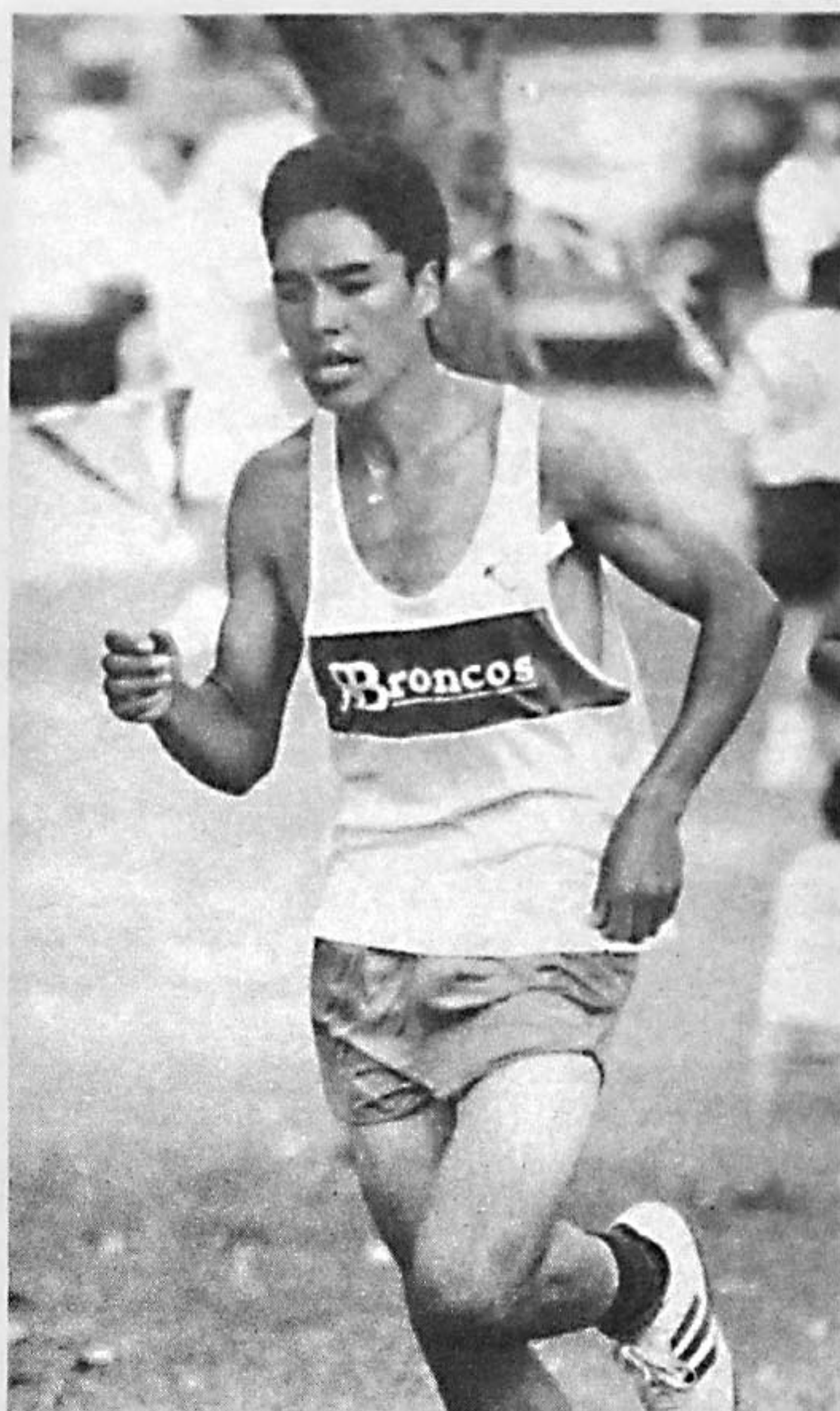
Coach: Dennis McClanahan.

BOYS:

Last year: 4th in CIF Division I.

Gone: Greg Nett (8th, 16:17); Jim Dunigan (26th, 16:50); Roger Delgado (38th, 17:13); Ben McClelland; Andrew Schuil; Yee Feng.

Returns: Mike Compean, 12 (25th, 16:48, 4:33 for 1600); Matt Dos Santos, 12 (30th, 17:02); Bert Romero, 10 (31st, 17:03); Mike Baskin, 10 (4:38 in 1600).



Eron Tello, Rancho Bernardo

Another quality junior runner.

Big Add: Jeff Sleichter, 10, impressive in early races.

Also: Tim Scott, 12; Sean Riordan; Marc Larson; Colin Larson, 9.

Building something special: Three special sophs (Romero, Baskin and Sleichter) are advanced. Will future be now?

GIRLS:

Last year: 6th in CIF Division I.

Gone: Melanie Pickett (5th, 15:28); Tracy Joy (46th, 17:11).

Returns: Maggie Johnson, 12 (25th, 16:32); Kim Ricks, 12 (39th, 17:03); Frances Aguilar (43rd, 17:09); Crystal Cobb (47th, 17:14); Amy Slansky (62nd, 17:37).

Quote: "We don't have a super up-front runner, but we have a pretty thick pack," -- McClanahan.

Orange Glen (Div. I)

Coach: Mike Cummings.

BOYS:

Gone: Todd Dion, 12 (72nd, 18:01).

Returns: Robert Lopez, 12 (62nd, 17:49); Artemio Jimenez, 12 (71st, 17:59); Eric Rosales, 11 (10:01 for 3200); Chris Kennedy, 12 (4:37 for 1600); Caleb Lanting, 12; Ryan Lanning, 12.

Moving up: Lynn Ly, 11; Joey McClure, 11.

GIRLS:

Gone: Piper Lester (36th, 16:56), moved to Idaho.

Returns: Cara Rumble, 10 (19th, 16:13); Katie Cottrell, 10 (30th, 16:47); Laura Lawrence, 11 (31st, 16:47); Gina Rennix, 11 (32nd, 16:49, 11:57 for 3200); Melissa Hieb, 11 (57th, 17:29, 5:31 for 1600); Kendra Goffredo, 10 (2:27 for 800).

Adds: Lorena Jimenez, 9; Lisa Young, 11; Sarah Koch, 9.

Correspondence school: Cummings wrote workouts on paper, and left the area. When he returned, he found out the homework had been completed. Final exams are in November.

Poway (Div. I)

Coach: Dan Schaitel.

Overall numbers: 63.

BOYS:

Last year: 7th in Division I.

Gone: Marland Impey (34th, 17:09), moved to New York.

Returns: Travis Kirtley, 12 (4th, 16:08); Jesse Davis, 12 (28th, 16:56); Jake McNeely, 11 (35th, 17:10); Sean Zanderson, 10 (73rd, 18:04).

Add: Rusty Dalrymple, 12; David Bareno, 12, ran as frosh.

Young talent: Team had a good group of frosh last year, including Andrew Gharst, Justin Lucas, Mike Helms, Ryan Franzen, Scott Strachan, Tony Paz. Are any ready to contribute this year?

Quote: "We're getting the team concept back together. The boys have got a lot of balance," -- Schaitel.

GIRLS:

Last year: Team was second in CIF Division I, with no seniors.

Returns: Jessica Pound, 11 (2nd, 15:12); Ann Koscki, 11 (12th, 15:33); Lisa Vasek, 11 (21st, 16:15); Hollie Babione, 10 (38th, 17:00); Kasey Shemwell, 10 (40th, 17:05); Lori Bridger (51st, 17:22); Kim Fischer (60th, 17:34).

New: Amy Opielowski, 9; Merideth Nestor, 9.

Coaches' view: "Our girls are the old pros. But we need to stay away from injury," -- Schaitel.

About training: "We did a lot of physical training this summer, and less running," -- Schaitel.

Rancho Bernardo (Div. I)

Coach: Don Jones.

BOYS:

Last year: Third in CIF Division I.

Gone: Jeff Meisner (7th, 16:16); Ryan Short (17th, 16:33); Ryan Sanders (1:55 for 800); Ryan Larson (9:29 for 3200).

Returns: Eron Tello, 11 (21st, 16:40); Matt Galaviz, 11 (27th, 16:51); Andy Ratliff, 12 (68th, 17:54).

The Pack: Chris Farino, 12 (4:36 for 1600); Jerome Diebolt, 12 (4:57 1600, 10:58 3200); Todd Benjamin, 11 (4:49 for 1600).

The mode: Rebuilding, but not without decent material. Team could be a year away, could arrive sooner in a wide open year.

GIRLS:

Gone: Kate Owca (29th, 16:44); Corinne Kircher (56th, 17:29); Karen Richter (3rd in 93, 15:39); all not out for team. Lost to graduation: Shannon Scaglione (72nd, 18:01).

Returns: Amy Kitchen, 12 (16th, 16:09, 11:58 for 3200); Stephanie Hancock, 11 (24th, 16:27); Christine Kitchen, 10 (33rd, 16:50); Cade Fulton, 11 (58th, 17:30).

Significant Add: Sarah Wilkins, possibly the area's fastest frosh, taking over the number one slot.

Good Add: Jessica Johnson, 11, transfer from Virginia, where she reportedly ran number two for the number two ranked school.

Also: Sarah D'Alessio, 10, a great frosh intermediate hurdler.

The competition: "It's as competitive a league as any I've seen," -- Jones.

Rancho Buena Vista (Div. I)

Coach: Tom Lux.

Overall numbers: 55.

BOYS:

Returns: Fernando Blanco, 11 (43rd, 17:16); Jaimal Hornbacher, 11 (52nd, 17:32).

Add: Todd Dupuis, 10; Aladio Garcia, 10.

Watch for: Continued improvement from Fernando Blanco, a good young runner.

GIRLS:

Returns: Annie Holliday, 10 (34th, 16:53); Laura Carpenter, 12 (35th, 16:55, and 2:17 for 800); Tiffany Trayer, 11 (55th, 17:27).

Add: Stacy Sims; Kristina Smith; Sarah Medlyn; Lauren Wells; Karina Kloos, 9.

Keep an eye on: Laura Carpenter, who really emerged as a quality distance runner during track season. She's run well in early meets.

A dark horse?: With a strong front-runner, development of a strong pack could make this team a surprise this year.

San Dieguito (Div. I)

Coach: Matt Cunningham.

BOYS:

Last year: Team was 6th in CIF Division I.

Gone: Noah Randles (18th, 16:35), moved to North Dakota; Eustorgio Perez (24th, 16:48); Gabe Taylor (37th, 17:12); Jesse Morgan (58th, 17:42); Kyle Van Buskirk (74th, 18:06).

Returns: Chris Gabriel, 12 (10th, 16:21, state meet qualifier).

Temporarily sidelined: Chris Gabriel.

New: David Dennis, 10; Carlos Rios, 10; Blake Dorsey; Misial Aguilar, 11; Mike Wagner, 12. Dennis was impressive in brief moments last year.

GIRLS:

Gone: Laura Huston (41st, 17:07).

Returns: Kim Weaver, 12 (69th, 17:59); Anne Hitchcock.

Add to mix: Alexis Estrada, 12; Jessica Bray, 9.

Vista (Div. I)

Coaches: Craig Balsley, boys; Paul Kinder, girls.

BOYS:

Last year: League champ, 2nd in CIF Div. I.

Gone: Trevor Sybert (2nd, 15:36); Alejandro Villa (16th, 16:32); Trent Sybert (41st, 17:15).

Returns: Jason Land, 12 (5th, 16:10); Joe Briceño, 12 (19th, 16:36); Steve Ketcham, 11 (19th, 16:37); Gonzalo Garcia, 11 (23rd, 16:46).

Add: Cesar Rodriguez, 11; Andrew Smith, 10; Sean Daley, 9; Ijiran Bambao, 11.

Young talent: Team has nine frosh.

GIRLS:

Last year: CIF Division I champs; fourth in state.

Gone: Angela Shea (14th, 16:04).

Returns: Sonia Rodriguez, 12 (7th, 15:33, 5:26 for 1600, 11:23 for 3200); Devon Lasiter-Thurber, 11 (17th, 16:10); Noelle Magana, 11 (20th, 16:14); Natalie Forsyth, 22nd, 16:16; Fatima El Farrah, 12 (26th, 16:29); Erika Batiz, 11 (28th, 16:41).

Big improvers: Brooke Schroeder, 10; Mary Blasius, 10. Both breaking into top five.

Lots of depth: Darlene Lee, 10; Julie Davidson, 10; Tiffany Kinder, 12; Erin Collins, 11; Monica Valdez, 9.

The big gun: Sonia Rodriguez, now a senior, has joined the area's elite runners. Vista is now top notch at every level.

AVOCADO: Torrey girls, Ramona boys are favored

The Avocado League this year is a tough girls league.

No, it is not a league for tough girls, but it is extremely competitive and deep in quality girls teams.

Torrey Pines, who just missed a state title last year, returns for another run at the crown.

They won't be able to put it on autopilot in a number of league matches, as Ramona, Escondido and San Marcos can all field quality squads.

Torrey is struggling in early meets. Their pack has become spread out, to the dismay of coach Brent Thorne.

"I just want them to run together. That's all they're going to hear from me," he said.

The team is missing Danielle Valentino, a key ingredient last year, and some of their newer runners are still learning. They have an enormous amount of talent to draw from, as much or more than any other team in the county, so it should be just a matter of time until they get untracked.

Individually, watch Devon Straitiff, Veronica Clark, Shannon Kilian, Lanelle Cox and Jessica Anderson. Little known runners such as Alana Bochiechio and Beth Brusherd could also make an impact.

The league is not as strong with boys teams. Ramona and Torrey Pines are expected to contest the championship. San Pasqual is a longshot, unless there is unforeseen development by some of their runners.

San Marcos and Escondido, often strong, are both in down cycles. Oceanside seems to have a core of promising young runners, while Carlsbad seems to be building a decent pack team.

Ramona returns most of their Division III CIF champs, and they could mature into the league's new power. Five of their seven last year were sophs. Torrey's boys still have enough talent to contend.

Look for Galen Reid, Charley Hulsey, Tyler Mack, James Adams, and Juan Alfaro, among others.

Team Profiles:

NOTE: Times and places listed are from last year's CIF Championship, unless otherwise noted.

Carlsbad (Div. II)

Coach: Bruce Aster.

BOYS:

Gone: Ryan Johnson (63rd, 17:55); Jason Duran (64th, 17:55).

Returns: Mark Jacobs, 12 (81st, 18:29); Sergio Ibanez, 11 (84th, 18:30).

Big Improver: Jason LoPresti, 11, running well in early meets.

Candidates: Chris McCann, 11; Gerardo Ibanez, 11; Chris Gastelum, 12; Andres Garcia, 12.

Watch for: Core of team is junior group, could develop during year.

GIRLS:

Gone: Griselda Orosco (68th, 18:09).

Returns: Jessica Anderson, 12 (6th, 15:51, state meet qualifier); Deanna Wright, 10 (84th, 18:33); Kelly Eubanks, 12; Olivia Hancock, 12.

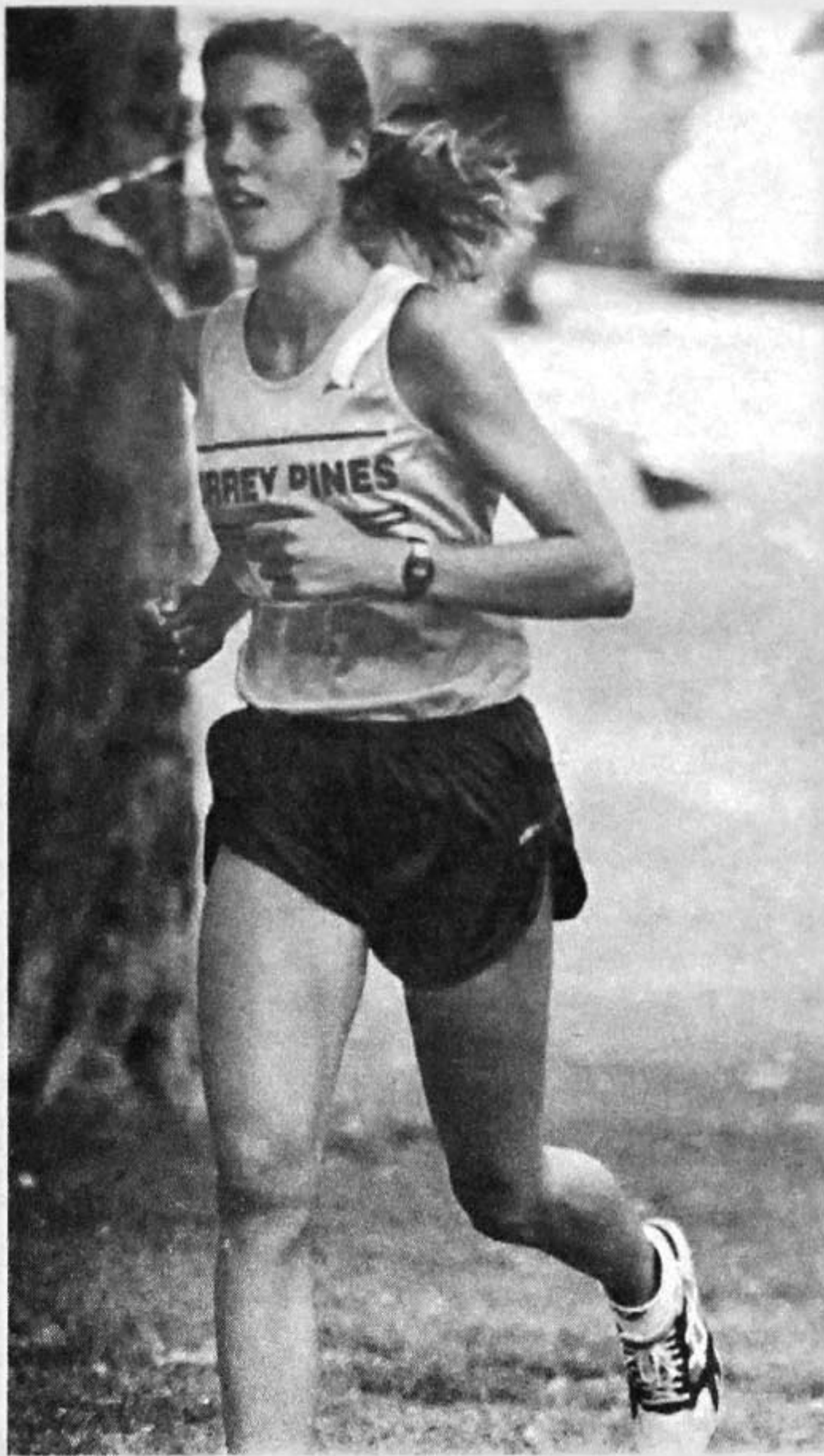
Quote: About Anderson: "She rises to the level of her competition. She's very tough. She's got it (ability to race) upstairs," -- Aster.

El Camino (Div. II)

Coaches: Jerry Young, boys; Ellie Young, girls.

BOYS: 8.

Gone: Tom Kloos, (3rd, 16:04, all-state).



Devon Straitiff, Torrey Pines

Fastest area girl at Fresno last year.

Returns: David Young, 10 (53rd, 17:40); Jason Verostek, 11 (76th, 18:22)

Candidate: Dullani Waterman, 12, an all-around track athlete.

Look for: A step up in quality from Young, one of the area's best frosh last year.

GIRLS: 10.

Returns: Angel Reed, 11 (16th, 16:23); Erin Glazer, 10 (57th, 17:56).

Candidates: Kenya Pickett, 9, who has run 1600 in 5:30-range; Heather Baldwin; Crystal Riley, 9.

Quote: About Reed: "She's healthy now. Last year, she was coming off a stress fracture," -- Jerry Young.

Escondido (Div. II)

Coach: Lonnie Morrow.

BOYS: 10.

Gone: Giovanni Lopez (22nd, 17:01).

Returns: Eleazar Alvarado, 12 (39th, 17:30).

Candidates: Steven Meek, 11, ran well as frosh, injured since then; Michael Miller, 11.

GIRLS: 18.

Last year: Fifth in CIF Division II.

Gone: Kelly Peterson (3rd, 15:40).

Returns: Shannon Kilian, 12 (5th, 15:48, state meet qualifier); Shawnelle Cox, 11 (21st, 16:47); Megan Sibley, 10 (59th, 18:00); Michelle Wagner, 11 (76th, 18:22).

Significant Adds: Lanele Cox, 9, has looked extremely tough in early meets; Marissa Leivas, 9.

Watch for: Development of 4 and 5 runners are key for team to compete in league and Division II CIF race. Could be a real dark-horse team.

Oceanside (Div. III)

Coaches: Shannon Christ, boys; Shelby Watson and Michelle Jones, girls, replacing Gordon Helper.

BOYS: 15.

Returns: Alvaro Quintanar, 11 (21st, 17:44); Thai Chou, 11 (33rd, 18:16); Sherwin Arce, 11 (35th, 18:20); Jose Elena, 11 (46th, 18:56); Sabino Romero, 12 (47th, 19:06).

Add to mix: Ruben Elena, 12; Inosencio Elena, 10.

Observation: A Torrey Pines assistant noted that the team, "had a lot of young runners. They could be good."

GIRLS: 6.

Returns: Miriam Mendez, 10 (53rd, 18:52).

Add: Judith Martinez-Cruz, 12, from the track team; Rachel Bute, 9.

Ramona (Div. II)

Coach: Dave Wilson.

What's changed: Ramona now competes in CIF Division II.

BOYS: 21.

Last year: A team with only one senior dominated CIF Division III team race. The bulk of team was sophomores.

Gone: Shilo Glass (1st, 16:16).

Returns: Galen Reid, 12 (2nd, 16:23); Tim Miller, 22 (9th, 17:10); Bob Denny, 11 (10th, 17:12); David Shofstall, 11 (14th, 17:27); Jorge Ramos, 11 (17th, 17:38); James Adams, 11 (27th, 17:59).

Young talent: Alvaro Reyes, 10; Fernando Gonzales, 9.

Watch for: Big improvement by Adams, who is running pain-free for the first time in over a year, thanks to orthotics.

Keep an eye on: If young runners develop, watch out.

GIRLS: 22.

Last year: Ramona was CIF runner-up in CIF Division III, to University.

Gone: Marcy Phillips (21st, 17:19); Allison Cebel (30th, 17:35).

Returns: Veronica Clark, 11 (1st, 15:20); Erin Kilian, 12 (9th, 16:16); Sarah Shephard, 10 (14th, 16:57); Jennifer Roane, 10 (20th, 17:15); Nicole Tarbell, 12 (37th, 17:51).

Young talent: Kinnie Kwok, 9; Melissa Mitchell, 10; Audrey Harrison, 10.

On injury list: Lauren Beresford, 9, knee problems.

Might add: Patt Beltran, 12 (23rd in Div. II, 16:50), awaiting appeal on transfer eligibility. Beltran was Hilltop's top girl last year, attended Ramona as a frosh.

Quote: "The quality of the workouts is probably three to four weeks ahead of last year," -- Wilson.

San Marcos (Div. II)

Coaches: Ken Franklin and Jose Fernandez.

BOYS: 20.

Gone: Gerardo Guevera (5th, 16:25, state meet qualifier); Noe Contreras (42nd, 17:33); Mike Burlington (68th, 18:02).

Returns: Sean Keating, 11 (70th, 18:09).

Candidates: Adam Ryan, 12; Israel Barrios, 12; Victor Olivares, 10; Wes Lentz, 12.

GIRLS: 20.

Last Year: Team was fourth in Division II CIF team race.

Gone: Melissa Carter (17th, 16:24).

Returns: Debbie Hughes (18th, 16:24); Heather Christofk, 11 (31st, 17:00).

Significant Adds: Alana Bochiechio, 9, one of the area's better frosh; Kelly Kodadek, 9.

Add to mix: Alma Izazaga, 11.

On injury list: Debbie Hughes, hip problem.

Concern: "Depth might be a problem," -- Franklin.

San Pasqual (Div. II)

Coach: Rick Riehman, replacing Richard Verney.

BOYS: 29.

Last year: Won league title, was second in CIF Division II.

Gone: Manuel Romero (2nd, 16:00); Fernando Rodriguez (11th, 16:44); Diego Ash (16th, 16:52).

Returns: Juan Alfaro, 12 (15th, 16:50); Ismael Pena, 11 (32nd, 17:17); Adam Brown, 11 (41st, 17:32); Ezra Ash, 11 (52nd, 17:40).

Currently ineligible: Juan Alfaro.

Add to mix: Tad Crowe, 11; Jarod Hultz, 11; Tyson Nakagawa, 10.

Quote: "We've got a strong junior group. With maturity, we'll be competitive next year," -- Riehman.

GIRLS: 22.

Gone: Christy Beckman (7th, 15:53); Marcy Marcus (24th, 16:51); Michelle Klein (43rd, 17:19).

Returns: Erin Berhman, 11 (46th, 17:29); Serena Grippo, 10 (67th, 18:08); Claire Wells, 12 (81st, 18:28).

Best runner: Beth Brusherd, injured last year, now running well.

Candidates: Jane Brian, 10; Vanessa Myron, 10; Reyna Olea, 10; Valerie Cornelius, 9.

The last word: "It's a great school, with a great tradition of success," -- Riehman.

Torrey Pines (Div. II)

Coach: Brent Thorne.

BOYS: 35.

Last year: Team was 4th in CIF Division II race.

Gone: David Magnuson (25th, 17:08); Luis Garcia (27th, 17:11); John Carney.

Returns: Charley Hulsey, 11 (19th, 16:57); Tyler Mack, 12 (23rd, 17:04); Bill McKee, 12 (43rd, 17:33); Andrew Gardiner, 12 (65th, 18:01).

Good add: Abduljalil Adam, 12, Kearny's top runner last year.

Candidates: Eric Wilhite, 10; David Burke, 11; Steven Branson, 9.

GIRLS: 50.

Last year: Team won league, CIF Division II, was fourth in state, just four points behind champion team.

Gone: Sandy Rabie (2nd, 15:36); Carrie Hemerick (11th, 16:05).

Returns: Devon Straitiff, 12 1st, 15:18; Danielle Valentino, 10 (12th, 16:08); Jaclyn Nolan, 10 (19th, 16:34); Bethany Bogart, 10 (30th, 16:59); Erin Burke, 12 (36th, 17:09).

Also: Becka Instone, 10 (11:59 for 3200); Sarah Percy, 12; Kristin Roth, 11 (2:23 for 800); Jill Coad, 10 (2:22 for 800); Kristin Branson, 11 (2:18 for 800).

Young talent: Team has a group of 12 frosh.

On injury list: Danielle Valentino, tendon.

Quote: "Athletically, we've got the talent. We need to learn to race together," -- Thorne.

Missed: Leadership of last year's seniors Rabie and Hemerick, who keyed the pack. Key for team is the maturity of the sophomore group.

The last word: "Devon is different than almost any other runner I've seen. She isn't motivated by times or awards. She runs for the enjoyment of running," -- Thorne.

GROSSMONT 2A *El Capitan, Santana, West Hills to contend*

There is plenty of distance tradition in the Grossmont League.

Genes don't hurt either.

The Grossmont 2A League's best individuals, Grossmont's Dave McQuitty, and Santana's Jaymie Harper, both are the progeny of former San Diego area quality runners.

McQuitty, who was third in the state in the 3200 in the spring, is the son of Mike McQuitty, who ran 1:57.4 for 880 yards at Point Loma in 1970.

Harper, one of the county's best girl runners, is the daughter of Dave Harper, who ran 4:12.3 in the mile for Clairemont in 1971. He is also her coach at Santana.

Point Loma and Clairemont were both in the Western League in those days, and it is possible that Harper and McQuitty opposed each other on the track.

But back to the present day. McQuitty is overwhelmingly the best boy in the 2A (and the 3A) league, but the Grossmont boys are probably too thin to contend.

El Capitan's boys, led by Danny Sanchez, are probably the deepest team. There is a deep pack of developing runners behind Sanchez.

West Hills is building (not rebuilding), but they may be a year away. The team has only one senior, and their number one is a soph. They will be a power in another year, and even better the next year.

Santana's boys have some quality, but, like Grossmont, they are too thin. Aaron Adragna and junior Doug Singer are quality runners.

Grossmont would have to have everything go just right to contend. Number three Matt Konold would have to get healthy, and stay healthy, and other runners would have to develop.

After McQuitty and Sanchez, watch Adragna and especially Dustin Diaz, who could develop into something special. Steve Daynes is another quality athlete.

On the girls side, El Capitan will be challenged by a fortified West Hills team, and a stronger Santana crew.

El Cap will be led by Larissa Gregerson and Kristi Jenkins and will have several other veterans of last year's state qualifying team. Coach Bill Cleves has a reputation for peaking his team at the right time.

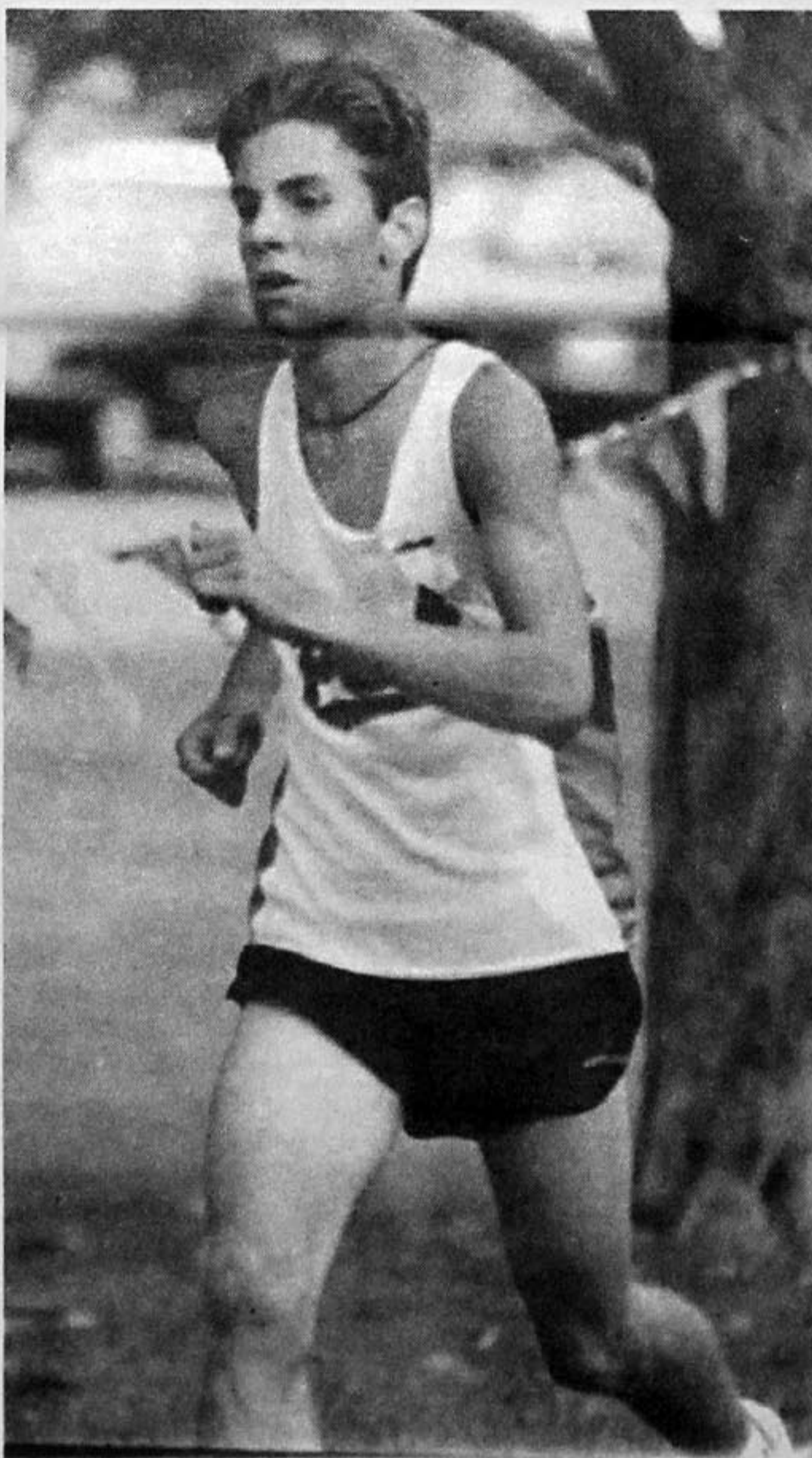
But West Hills has added a good frosh, Heather Shurtleff, and has everybody else back from a team that at times last year looked great. Coach Larry Pear is keeping the focus on the end of the year, and emphasizing keeping his runners healthy.

Santana was hurt by a lack of depth last year, but they've upgraded their pack with newcomers and natural improvement. A frosh, Kim Pace, might fill the number three slot behind Harper and hard-working (and underrated) Kristi O'Grady. Pace and senior Hannah Moss (also new) are all-around athletes.

Individually, Harper is the class, followed by Gregerson, Jenkins, Shurtleff, Alexis Rendina and Sophia Hawker, if she's healthy.



Danny Sanchez, El Capitan
Will lead Vaqs on league title hunt.



Dustin Diaz, West Hills
One of area's best boy sophs.

Team Profiles:

NOTE: Times and places listed are from last year's CIF Championships, unless otherwise noted.

El Cajon Valley (Div. II)

Coach: Tony Lee, assisted by Carl Hoggard.

BOYS: 6 or 7, may add some.

Gone: Team ace Jeremy Koreski (72nd, 18:13).

GIRLS: 8 or 9, may add some.

Gone: Best runner Nancy Tan (80th, 18:26), who is now ASB President.

Returns: Missy LeBlanc, 12 (82nd, 18:28); Cecilia Acevedo, 10.

Quote: "We lost 13 kids from last year. We're very, very young," -- Lee.

El Capitan (Div. II)

Coaches: Dick Wilkins, boys; Bill Cleves, girls.

BOYS: 25.

Gone: Jake Bishop (14th, 16:49), concentrating on soccer.

Returns: Danny Sanchez, 12 (34th, 17:22, but 8th in league); David Boland, 11 (47th, 17:37); Josh Freese, 11 (55th, 17:41); Roberto Orozco, 12; Jerrad Payne, 11; Tony Principe, 11; Jacob Gregerson, 11.

GIRLS: 32.

Last Year: League 2A champs, and CIF runners-up to Torrey Pines, just edging Valhalla.

Gone: Jenny Card (14th, 16:11); Carrie Vickery (32nd, 17:01); Sarah Jagers (35th, 17:05).

Returns: Larissa Gregerson, 12 (8th, 15:57); Kristi Jenkins, 12 (13th, 16:09); Stephanie Kindreich, 11 (50th, 17:33); Tiffany Fay, 10 (51st, 17:33); Amber Smock (18:10).

Depth to be provided by: The frosh group, which includes Sandi Jenkins (Kristi's sister), Theresa Hepler, Tasha Dominguez, and Robbie Jean Bishop (Jake's sister).

NOTABLE: "Our girls team is also the honors group. Our team GPA is over 4," -- Cleves.

Quote: "They'll be there at the end," -- from any number of rival coaches.

Grossmont (Div. II)

Coach: Erl Cabanas, taking over from Pete Brooks. Assisted by Peter Gregory.

Last Year: Was in Grossmont 3A league; switched with Monte Vista.

BOYS: 23.

Returns: Dave McQuitty, 12 (4th, 16:15, CIF champ and 3rd in State in 3200; ran 9:10); Steve Daynes, 11 (1600 in 4:28); Matt Konold, 11; Kiflom Abreha, 10.

On the injury list: Konold, broken toe, should be back before mid-year.

Candidates: Josh Bello, Scott Asaro, David Killough, Kevin Bowman, Brian Gossett, Tyson Oberndorfer; Brian Bartling, 9 (currently ineligible).

The Key: Development of young runners to fill in four and five spots. Also, Konold's health.

GIRLS: 20.

Returns: Sophia Hawker, 12 (20th, 16:40); Renee De La Torre, 12 (28th, 16:56); Rachel Kalmar, 12 (48th, 17:31); Inga Lintvedt, 12; Zoe Lieberman, 12.

Injury List: Hawker, slight knee injury, expected back by league meets.

Candidates: Ann Nimesgren, 11; Rebecca Venegas, 9; Jennifer Nimesgren, 10.

Santana (Div. III)

Coach: Dave Harper.

BOYS: 15.

Returns: Aaron Adragna, 12 (11th, 17:16); Doug Singer, 11 (54th, 19:22, ran 2:00 for 800); Joel Cannuli, 12 (57th, 19:33); Bobby Brown, 12 (60th, 19:48).

New: Nathan Snodgrass, 10.

GIRLS: 16-17.

Returns: Jaymie Harper, 11 (2nd, 15:30); Kristi O'Grady, 12 (11th, 16:38); Milinda Benitez, 11 (16th, 17:01); September McHugh, 12 (28th, 17:29); Kerie O'Grady, 10 (40th, 17:54); Gabi Cannon, 10 (49th, 18:27); Jami Schleger, 11 (52nd, 18:38).

Significant Adds: Kim Pace, 9, who might be number three girl early; Hannah Moss, 12, all-around athlete.

Watch for: Jaymie Harper, who has been running well early.

Keep eye on: How well new additions mix with established runners. Depth was a problem last year; quality seems to go much deeper now. If bottom of pack develops, team will be a force.

West Hills (Div. III)

Coaches: Pat Connolly, boys; Larry Pear, girls; both assisted by John Liberatore.

BOYS: 22.

Last Year: League 2A Champs and CIF runners-up to Ramona.

Gone: Stewart Blain (3rd, 16:23); Aaron Blood (12th, 17:19).

Returns: Dustin Diaz, 10 (24th, 17:50, and ran 2:00 for 800); Chris Nagao, 11 (26th, 17:53); Matt Stuart, 12 (34th, 18:18); Tom Corbin, 11 (40th, 18:30).

Up from JV: Don Overland-McKay, 10.

Significant Add: Matt Rendina, 9.

Watch For: Diaz to be one of the best sophs in county, in any division or league.

Quote: "He (Diaz) is the real deal," -- Bill Cleves.

Good young talent: West Hills is building a fine young team. Diaz might be the best area sophomore runner, and Rendina is already making a splash as a frosh. Diaz' little brother joins team as frosh next year.

GIRLS:

Gone: Becca Weingartner, moved to Colorado.

Returns: Alexis Rendina, 10 (4th, 15:54, state meet qualifier); Jenny Holdzkorn, 11 (15th, 16:59); Sarah Garcia, 10 (35th, 17:46, and 12:11 for 3200); Heather Holford, 11 (39th, 17:53); Hannele Stephens, 10 (42nd, 18:07); Shelley Van Winkle, number three early in year, had stress fracture late.

Significant Adds: Heather Shurtleff, 9, was running number one for team in early meets, ran 5:45 for 1600 in 7th grade. Also, Erin Holford, 9.

Quote: "We learned from last year. Our major objective is to be healthy in November," -- Pear.

GROSSMONT 3A League's coaches have a kick coming

Don't start talking about soccer around this league's coaches. Or be prepared for a bit of a reaction.

What could have been?

Three promising CIF running champs have apparently chosen soccer over cross country (and maybe track, as well) this year.

The losses:

Granite Hills' Nicole Caster. As a frosh last year, she won the Division I individual title, and posted the fastest time in any of the girls races.

Granite Hills' Stacey Murphy. As a frosh two years ago, she won the CIF 800 meters, and made all-CIF in cross country as well.

Valhalla's Julia Roysdon. As a frosh last spring, she won the section 1600 in 5:07. This, according to her coach, with one day a week of track training.

The door is open for Roysdon to have a change of heart, but a total commitment to running would be a surprise at this point.

Stay tuned.

Meanwhile, Valhalla still has an excellent girls team, with a great frosh, Elaine Lassen, and two other very good runners, Andrea Clemons and Kelley Halligan. Halligan actually outran more reknowned mates Stephanie Nelle and Danica Buckley at CIF last year, while Clemons has come on strong this year.

Valhalla's boys are also the favorites to take the boys title (the school won both league titles last year). The boys program, in fact, is ascending, not peaking.

"We've got a lot of good, young talent," coach Randy Montesanto said. "These guys are all good-sized and good athletes. You'll see them develop in another year or so."

A dramatically improved team is the



David Young, El Camino, and Jon Doroski, Valhalla
Sophs race at Mt. Carmel Invite.

Monte Vista boys group.

Twins James and Joey Bridges got together with Kevin Gay and put together a good summer of training. The results have seen the three improve greatly in early races.

"It's been a while since Monte Vista won a league championship in cross country," coach Bob Muzschek said. "They dedicated themselves to training hard to try to bring a championship to the school."

Granite Hills coach Dave Yarbrough likes to lay low. His team has numbers and Granite Hills always seems to have talent.

Helix' boys could be a sleeper. Coach Dave Schultz has built a tight pack and his team should be watched. The Helix girls are led by a good freshman, Natalie Sullivan.

Team Profiles:

NOTE: Places and times listed are from last year's CIF Championships, unless otherwise noted.

Granite Hills (Div. I)

Coach: Dave Yarbrough.

BOYS: 15-16.

Gone: Area's fastest soph Brandon Benkosky (16:27), moved to Kansas.

Returns: Mike Gilmore, 11; Nick Rivera, 10.

New: Jason Finch, 9.

GIRLS: 35.

Last Year: 4th team in CIF Division I.

Gone: Nicole Caster, 10 (1st, 15:09, fastest of all divisions at CIF), concentrating on soccer; Wendy Murphy (10th, 15:56); Stacey Murphy, 11 (13th, 16:03), concentrating on soccer.

Returns: Angela Panfili, 10 (49th, 17:35); Lisa Gilmore, 12 (61st, 17:35); Mandy Holmes, 12 (63rd, 17:38).

Candidates: Jamie Nunes, 10; Nicolette Stolis, 11; Kristi Jones, 11.

Young Talent: Team has a group of 16 sophs.

Mystery team: Coach Yarbrough doesn't like to talk up his team. Last year, Nicole Caster was a shock at CIF. There seems to be more talent than talk, which is the way Yarbrough likes it.

Helix (Div. II)

Coaches: Dave Schultz, boys; Ray Mounts, girls.

BOYS: 22.

Gone: Kevin Chappell, Brent Coe and Bob Muckey.

Returns: Louis Nava, 12 (30th, 17:15); Amanuel Gebru, 10 (60th, 17:50); Wender Hwang, 12 (62nd, 17:54); Solomon Riski, 10 (69th, 18:05); Victor Danh, 12.

Candidates: Scott McLaughlin, 11; Lee Lim, 12.

Quote: "I like this team. We're bringing them along slowly, using the Schultz gradual improvement method. The focus is on the end of year," -- Schultz.

GIRLS: 24.

Gone: Autumn Otjens (47th, 17:31).

Returns: Lea Ann Aufdengarten, 12; Natisse Martin, 10 (65th, 18:19, 800 in 2:25); Anne Severtson, 11 (75th, 18:19).

Significant Add: Natalie Sullivan, 9, who has been fastest on team in early meets.

Also new: Mary Greene, 11; Becky Mosteller, 11; Brikiti Tewolde, 12.

Monte Vista (Div. II)

Coaches: Bob Muzschek, boys, replacing Javier Sandoval; Juan Naranjo, girls.

Last year: In Grossmont 2A league; switched with Grossmont.

BOYS: 15.

Returns: Kevin Gay, 12 (57th, 17:44); James Bridges, 12 (80th, 18:28); Joey Bridges, 12; Serafin Carrillo, 11; Mike Weipert, 12; Rafael Torres, 12.

New: Matt Watkins, 10.

Watch For: Big improvement from the trio of Gay and the Bridges brothers, already evident in early meets.

GIRLS: 10, may add.

Returns: Tina Torge, 11 (41st, 17:12); Audrey Trees, 10 (62nd, 18:03).

Candidates: Hayley Banks, 10; Lani Olsen; Lori Olsen.

Mount Miguel (Div. II)

Coach: Glenn Recasner.

BOYS: 12, may add.

Last year: Second in Grossmont 3A.

Gone: Simon Hill (26th, 17:10); Edward Aguncs.

Returns: David Schible, 11 (24th, 17:07).

Possible: Jason Mavromatis, who ran 1:59 as soph last spring, still undecided.

Always in shape: Schible comes from a family of runners and racers of all ages. He always seems to pop up in area 5Ks. There's a younger brother on the way.

GIRLS: 8, may add.

Returns: Nechelle Fabiana, 12 (26th, 16:52).

Quote: "We just don't have the numbers. It's a rebuilding season for us," -- Recasner.

Valhalla (Div. II)

Coaches: Randy Montesanto (head) and Manny Sandoval.

BOYS: 32.

Last year: Grossmont 3A Champion.

Gone: Nic Magoffin (46th, 17:37); Justin Piper (51st, 17:39).

Returns: Travis Kermott, 12 (54th, 17:41, but 7th in league at 17:15); Erik Lassen, 11 (59th, 17:48); Jon Doroski, 10 (66th, 18:01); Daniel Luecht, 12 (5th in league, at 17:15).

Also returning: Sean Nugent, 11; Byron Lamorandier, 10, league's JV champ.

Candidates: Ben Wagner, 9; Matt Theisen, 9; Will Burer, 9; Nick Dimasi, 10; Chris Yamauchi, 10; Aaron Jones, 11.

Young Talent: Team has 18 frosh and sophs. "In another year or so, you'll see these guys develop," -- Montesanto.

Quote: "We might have a different number one every week," -- Montesanto.

GIRLS: 12.

Last year: Grossmont 3A Champion, narrowly missed qualifying for state meet, getting edged by El Cap for second.

Gone: Stephanie Nelle (10th, 16:04); Danica Buckley (15th, 16:19).

Returns: Kelley Halligan, 11 (9th, 16:00); Margie Broselle, 11 (25th, 16:52); Courtney Hoeptner (44th, 17:21).

Significant Adds: Elaine Lassen, 9, who has led team in most early meets, and who ran 2:26 for 800 as 7th grader; and Andrea Clemons, 10, who ran 12:02 for 3200 as frosh.

Also: Sarah Chionis, 9; Liz Anderson, 11.

The door is still slightly open: Super-runner Julia Roysdon was the CIF's best in 1600 last spring, running 5:07 as a frosh. But will she play soccer or run cross country? Division II rivals are waiting for a decision.



Daniel Luecht and Travis Kermott,
Valhalla

METRO

Chula Vista boys want another title

There are a number of stories in the Metro League.

First, Chula Vista's boys, second in the state last year (and CIF Division I champs), seem to be as strong as last year. This, despite losing at least five of their seven runners.

Only Jose Ramirez is back. But transfers are a fact of life, and Chula Vista reaped a number of quality runners via that route.

The best newcomer is probably Adrian Ramirez, a junior, who came from Castle Park. In early season meets, he's looked great, although he hasn't run up against a Larry Henderson-quality opponent yet.

Chula also gained the services of a number of Sweetwater runners, including Jose Barajas and Ricardo Lopez.

On paper, what might have been an interesting team race among Chula, Sweetwater, Castle Park, Montgomery and Bonita Vista, now seems one-sided.

Don't bet against a Chula Vista runner taking the league individual title.

In girls, Bonita Vista has graduated standout Claire Becker, but they still have a great one-two punch in Rosie Costello and Meghann Phillips. If others develop, they could be a CIF contender.

Chula Vista, with a great frosh runner (Aida Garcia), could challenge. She joins Yolonda Montalvo and Liz Gonzalez to form a good top three. The Spartans just need to shore up the back of the pack to move up in class.

Individually, also keep an eye on Sweetwater's Geneva Parker and Jessica Cabrera. The Devil girls are longshots, but have a good team.

Team Profiles:

NOTE: Places and times listed are for last year's CIF Championships, unless otherwise noted.

Bonita Vista (Div. I)

Coach: Ian Cumming.
BOYS: 35.
Gone: Aaron Smith (11th, 16:24); Scott Taylor (29th, 17:02).

Returns: Jimmy Corcoran, 12 (42nd, 17:15).
Improving: Gabe White, 12, running first for team in early meets.

Candidates: Jason Stone, 10; Mike DeGuzman, 11; Kevin Barrera, 11; Greg Ottinger, 12; Giovanni Arce, 9.

Quote: "We're ahead of where we were last year," -- Cumming.

GIRLS: 20.
Last Year: Won Metro League, finished 3rd in CIF.

Gone: Claire Becker (8th, 15:46), but who was this section's best runner before injuries.

Returns: Rosie Costello, 11 (3rd, 15:16); Meghann Phillips, 11 (11th, 15:57); Erica Taylor, 10 (66th, 17:49).

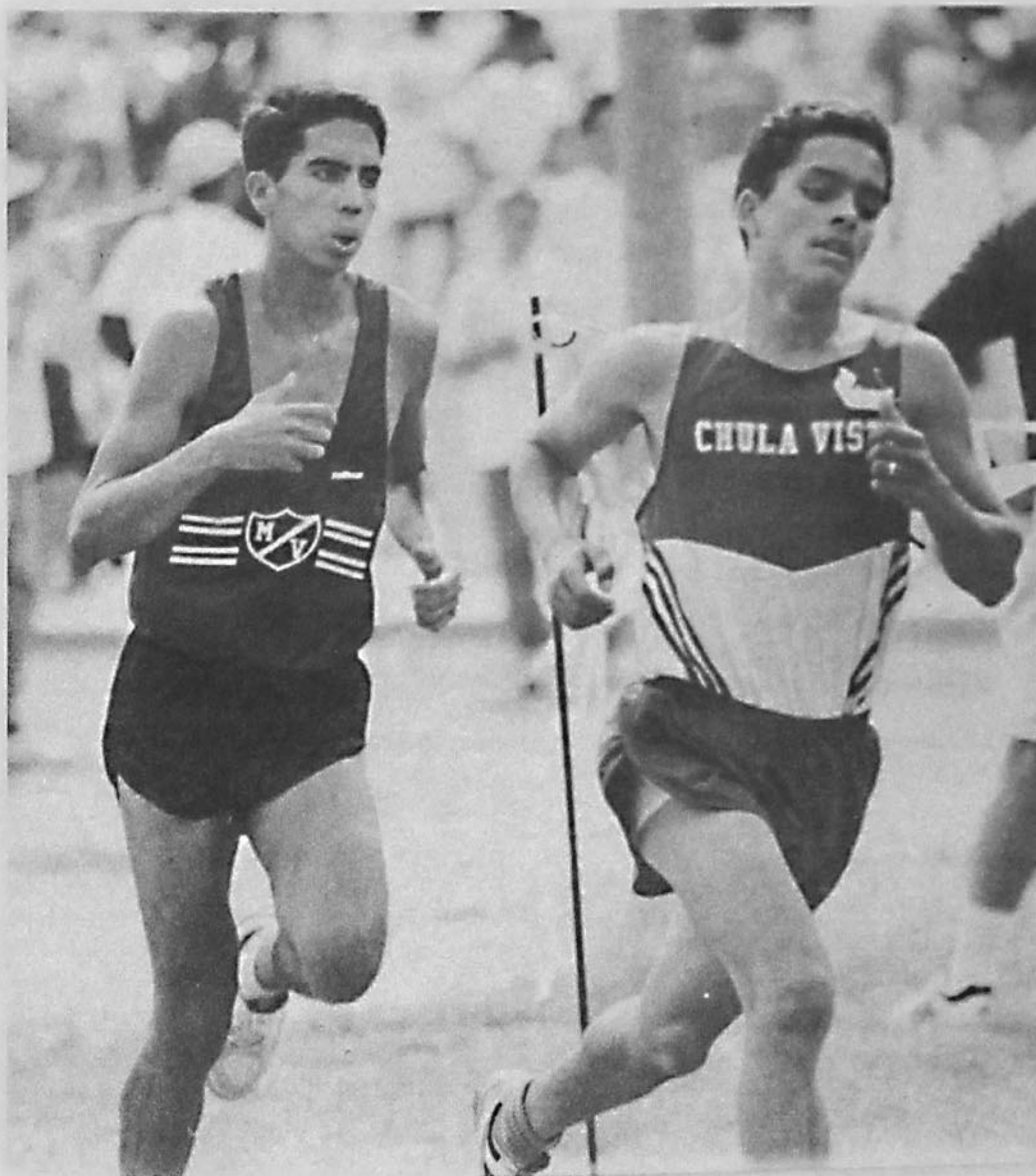
The pack: Donna Marshall, 9; Sandy Zuniga, 9; Jennifer Martinez, 10; Linea Quinones, 10.

The key: If Costello and Phillips are healthy at end of year, and youngsters develop, team could surprise.

Castle Park (Div. II)

Coach: Brad Grady.
BOYS: 12.
Gone: Adrian Ramirez (10th, 16:37), transferred to Chula Vista.

Returns: Joshue Middleswart, 11 (50th, 17:39); Jorge Del Hierro, 11 (58th, 17:46); Jose Flores, 11 (79th, 18:24); Ernesto Ramirez, 11.



James Bridges, Monte Vista, and Jose Ramirez, Chula Vista Compete at last week's Mt. Carmel/Movin' Shoes Invite.

New: Manny Rivas, 9. Ran 18:54 at Mt. Carmel after 1 1/2 weeks of practice. ("He might be our next good runner," -- Grady.)

What if: Team featured a core of sophs last year, including the now departed Adrian Ramirez.

GIRLS: 4.
Gone: Barbara Flores (29th, 16:57); Delia Rosales (74th, 18:17).

Returns: Macrina Rosales, 10 (69th, 18:09).
New: Tara Egipto, 9.

Chula Vista (Div. I)

Coaches: Art Johnson, girls; and Jeanne Lasse Johnson, boys.
BOYS: 26-28.

Last year: Team won Metro, CIF Division I, and finished second in state finals, with a senior-dominated group.

Gone: Ruben Carrillo (3rd, 16:04); Jason White (6th, 16:10); Matt Dunn (13th, 16:25); Jorge Martinez (15th, 16:31); Larry Romero (36th, 17:12).

Returns: Jose Ramirez, 12 (9th, 16:18).
Maybe: Marco Huerta, 11 (22nd, 16:41), may not run.

Significant Adds: Adrian Ramirez, 11 (10th in Div. II, 16:37), transfer from Castle Park; Jose Barajas, 12 (12th, 16:24), transfer from Sweetwater; Ricardo Lopez, 12 (47th, 17:23), transfer from Sweetwater; Jesse Jasso, 11 (61st, 17:48), transfer from Sweetwater.

Currently ineligible: Jasso; Darrell Roberts.

Up from the JVs: Chula Vista's JV boys swept places 1 through 5 in last year's Metro Finals. Two who will help are Chuck Wyckoff, 12; and Victor Jackson, 12. Jackson ran 16:36 for 3 miles last year, while Wyckoff ran 16:37 at last week's Mt. Carmel Invite.

Other young talent: Rosario Martinez, 10 (Jorge's brother); Jose Zurita, 10.

Watch for: Adrian Ramirez to continue to develop.

The key: Can a team with a number of new components jell quickly?

GIRLS: 26.
Last year: Second in league to Bonita Vista.
Gone: Aura DeTrinidad (44th, 17:10).

Returns: Yolonda Montalvo, 12 (27th, 16:41); Liz Gonzalez, 12 (37th, 16:57); Nika Dunn, 11 (68th, 17:53).

Significant Add: Aida Garcia, 9, who ran 16:45 at Mt. Carmel last week, second in large schools frosh.

Shoring up the pack: Melissa Domingo, 12; Gracieala Minor, 11; Isabel Sanchez, 11; Esther Rodriguez, 11; Rachel Cohen, 12.

The key: How soon can a solid fifth girl develop from a talented group of candidates?

Eastlake (Div. III)

Coach: Columbus Page, replacing Rita Wilson.
BOYS: 10.

Returns: Michael Camacho, 12 (13th, 17:26); Eiichi Nakahara, 12 (45th, 18:48).

New: Andrew Howard, 9; Eugene Martinez, 9; Paul Langler, 10.

GIRLS: 11.
Gone: Jenny Lentz (27th, 17:27).

Returns: Maria Cervantes, 11 (22nd, 17:19); Christina Rodriguez, 12; Debbie Milan, 11.

New: Leah Eisenberg, 9; Marcia St. Clair, 9; Carmen Rivera, 9. Rivera is reportedly running number two for team in practices.

The future: Eastlake has plenty of room to grow, both literally and figuratively. In some ways, it is reminiscent of West Hills in that school's early development.

Hilltop (Div. II)

Coach: Chip Holmes.
BOYS: 27.

Returns: Zac Read, 12 (35th, 17:23); Eddie Stanczak, 12 (71st, 18:12).

New: Fabricio Guzman, 12; Mike Arns, 12; Ryan Short, 11 (not the runner who ran for Rancho Bernardo last year). Arns was a 40.4 intermediate hurdler, who is trying cross country for the first time.

GIRLS: 18.
Gone: Patt Beltran (23rd, 16:50), transferred to Ramona.

Returns: Jennelise Hafen, 11.

New: Erin DeHahn, 9; Sarah Meza, 11; Tonya Martinez, 10; Michelle Richardson, 9.

Montgomery (Div. II)

Coach: Ruben Ledesma.
BOYS: 20.

Returns: Thomas Juarez, 11 (20th, 16:59); Adrian Rodriguez, 12 (56th, 17:42); Reggie DePass, 11 (61st, 17:51); Xavier Alaniz, 10 (75th, 18:17).

The depth: Carlos Zapata, 11; Roberto Reygoza, 11; Miguel Sosa, 9.

GIRLS: 25.
Returns: Gilda Arellano, 10 (38th, 17:11).

Maybe: Allison Maalis, 11 (34th, 17:04), who is currently involved in a school drama production.

New: Esther Zolper, 10; Joyce Espiritu, 11.

Southwest (Div. I)

Coach: Jesus Rodriguez.

Overall numbers: 16, may add. "We had over 40 kids interested, but they haven't all returned their paperwork," -- Rodriguez.

BOYS:
Gone: Vicente Ruiz (60th, 17:44); Jose Sanchez (64th, 17:51); Jose Torres (66th, 17:52).

Best runner: Mike Williams.

Sweetwater (Div. I)

Coach: Tim Latham.
BOYS: 19.

Gone: Jose Barajas (12th, 16:24), transferred to Chula Vista; Ricardo Lopez (47th, 17:23), transferred to Chula Vista; Jesse Jasso (61st, 17:48), transferred to Chula Vista.

Replacing them: Jose Moreno, 12; Jose Braza, 12; Cesar Gomez, 12; Enrique Aranda, 12; Baruch Vega, 10.

Quote: "We have a lot of seniors who are running for the first time, but they're doing very well. A lot of them are soccer players," -- Latham.

GIRLS: 12.

Returns: Geneva Parker, 12 (18th, 16:12); Jessica Cabrera, 11 (23rd, 16:25); Heidi Sanchez, 11 (53rd, 17:23).

New: Regina Parker, 9, heads up a new group of 6 or 7 frosh/sophs.

EASTERN

Pointers, Cavers will contest boys championship

Point Loma and San Diego will meet early in the season to decide part one of the league boys title.

Part two comes in November, in the league finals.

Last year's scenario saw Point Loma win big in the dual, but San Diego got revenge and the title, in the league meet.

San Diego, with most of their team back, is the logical favorite again this year, with a group of seniors as leaders.

Gabe Murillo, Alfonso Alvarez, Noe Alvarez (they're not brothers), and Oscar Montano all return. Murillo is the number one man.

They're backed by a group of young runners, who are still in development. It could be the best boys team from any of the city leagues.

Point Loma, by contrast, has a team with a core of good juniors, backed up another good group of sophs. Coach Jim McCarthy, taking over from retiring Tom Parry, is in good shape.

Team leaders are Mark Savel, David Hayes, John Bradshaw and Celso Fernandez. Only Fernandez is a senior. There's a lot of talent just behind that group, also.

Mira Mesa's boys team is still recovering from their split with Scripps a couple of years ago.

They do have the league's (and, most feel, the county's) best runner in Larry Henderson. Henderson had the fastest time at the CIF meet last year, and followed that up with a 4:09 1600.

He seems to low-key his training in the off-seasons, but the system seems to work for him.

"He basically cruised through the summer," Mira Mesa coach Dennis Lottermoser reported. "He ran maybe about 350 miles."

At least some of those workouts were quality sessions, by some accounts, with a group at Mesa College that would often include talented college runners.

Henderson is good enough, even without high volume work, to be a contender at the state meet this year.

After Henderson, Mira Mesa offers some young talent, such as Tony Harris, Carlito Cantil and Hong Castejon.

Some other good individuals include Patrick Henry's Mike Staton and Serra's Chris McNurlan. Kearny's best man, Abduljalil Adam, now is running for Torrey Pines (the family moved into the Torrey district).

Mira Mesa's girls are the defending league champs. Ace Mariel Gray is gone, but they had a dense pack backing her up and they all return. In the best shape now are Jennifer and Jessica Grooms, both running well. If the other runners don't close the gap, it could leave the door open for a challenge by a team such as Point Loma.

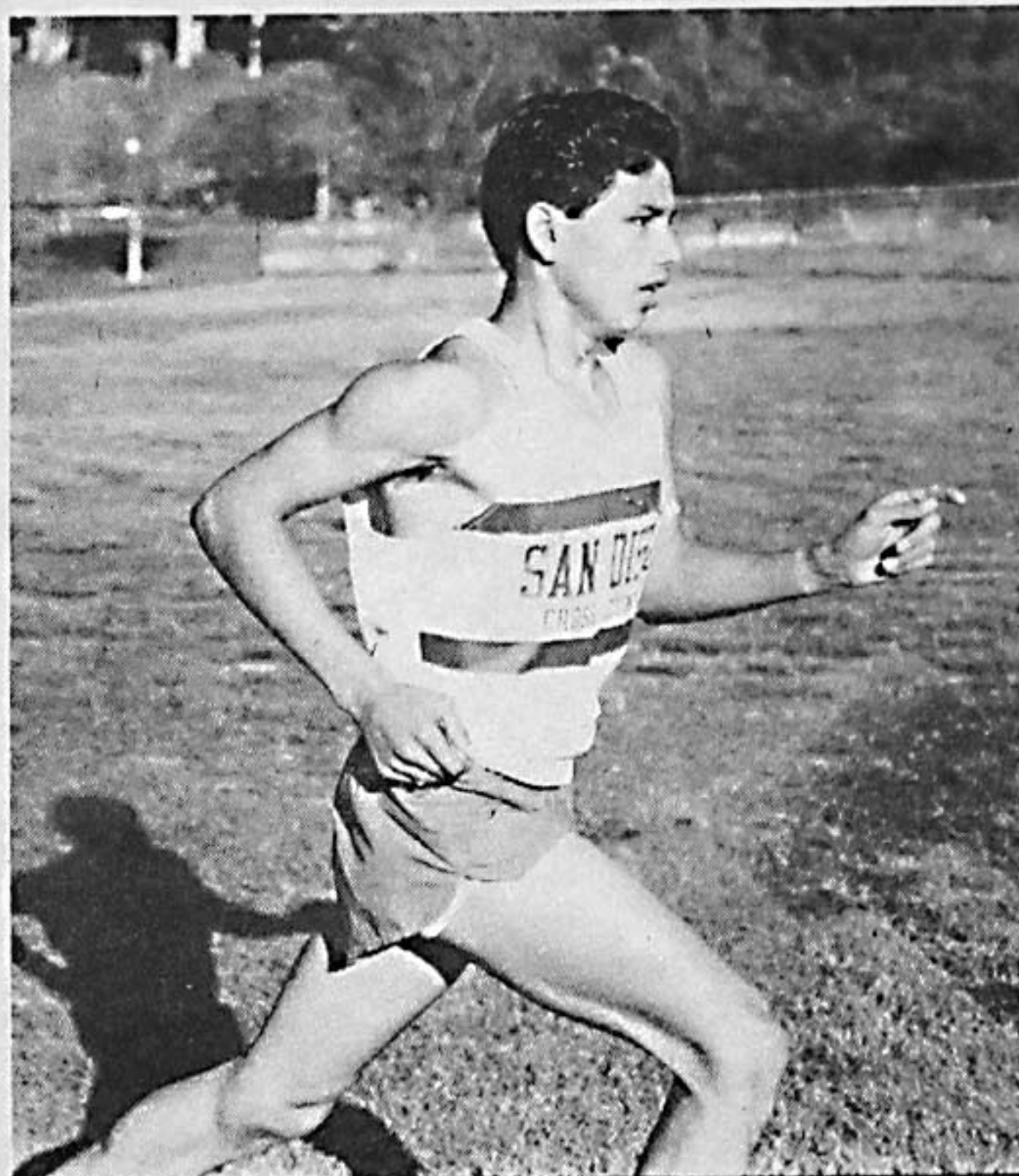
Coach Rob Barnett's Pointer girls always figure in the Eastern title picture. He has a lot back from last year's squad, but the team

leader so far is soph Olivia Tellez. If the older runners get going, the team could jell.

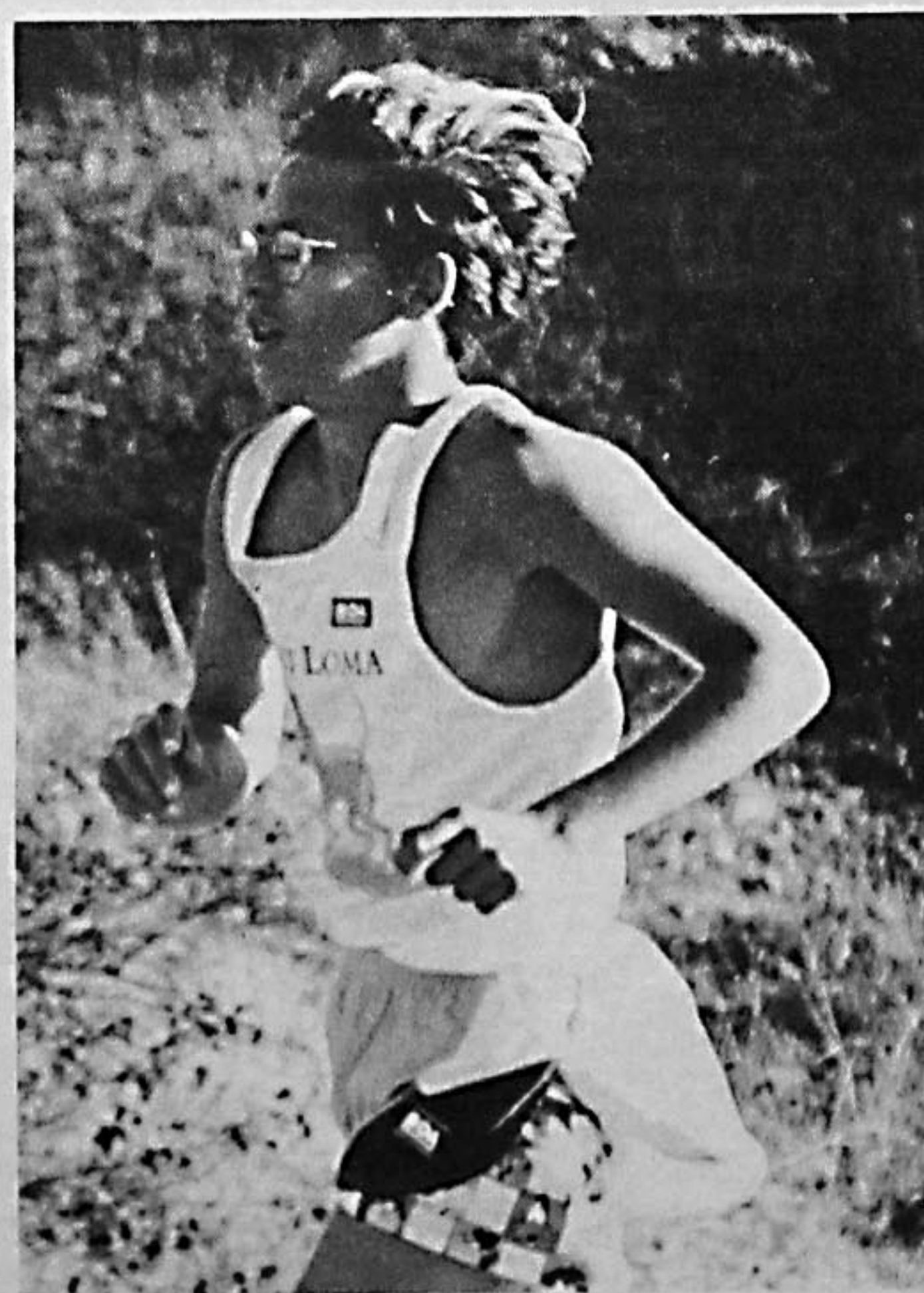
Serra is a team with some young talent that might be a factor.

Good individuals include San Diego's Paz Guerrero ("She really trained hard this summer," said San Diego coach Ed Ramos), and Morse's Lana Garner. Garner uses the cross country season as endurance work for her track efforts, but can run a strong race on occasion.

Coaching changes in this league include a new head man (Jarod Luchans) at Patrick Henry, a new head coach at Kearny (Sam Sample), and McCarthy at Point Loma.



Gabe Murillo, San Diego



Mark Savel, Point Loma

Team Profiles:

NOTE: Places and times listed are from last year's CIF Championships, unless otherwise noted.

Patrick Henry (Div. II)

Coach: Jarod Luchans, replacing Mike DeResi.

BOYS: 24.

Gone: Phil Lery (37th, 17:24); Alex Gonzales (48th, 17:38).

Returns: Mike Staton, 12 (33rd, 17:19).

Also: Jose Muniz, 11; Jimmy Lery, 10.

New: Chris Hilton, 12; Nathan Schirmer, 11, ran for Point Loma; Jose Mendoza, 11; Mark Marshall, 9.

GIRLS: 14.

Gone: Mimi Luchans, Ros Litchfield.

Returns: Hillery McDade, 12 (55th, 17:46); Maria Brunker, 12, Cassie Santos, 11.

Candidates: Alisa Betancourt, 11; Jessica Webster, 11.

Kearny (Div. III)

Coach: Sam Sample, replacing Stewart Hatheway.

BOYS: 12.

Gone: Abduljalil Adam, last year's number one, transferred to Torrey Pines.

Best runners: Phil Gulick; Andy Dunn, 12; Eric Nielson, 10.

GIRLS: 6, all frosh.

Best runners: Michelle Kurtz, 9; Vigdalia Tolentino, 9.

Mira Mesa (Div. I)

Coach: Dennis Lottermoser.

BOYS: 33.

Returns: Larry Henderson, 12 (1st, 15:36, also ran 1600 in 4:09); Tony Harris, 11 (45th, 17:18); Carlito Cantil, 11 (69th, 17:54).

On injury list: Harris, knee problems, expected back.

Also back: Hong Castejon, 10; Eric Shefstad; Brandon Dean.

New: Pablo Candelaria, 9.

All eyes are on: Henderson, a state meet contender. He may pop up at Mt. SAC.

Quote: "He (Henderson) is a real level-headed kid," -- Lottermoser.

GIRLS: 22.

Last year: Team won Eastern League championship.

Gone: Mariel Gray (9th, 15:53).

Returns: Jennifer Grooms, 12 (50th, 17:21); Heather Madsen, 12 (54th, 17:24); Alisa Thwing, 11 (59th, 17:32); Jamie Terrell; Jessica Grooms, 12 (75th, 18:07); Melinda Gray, 11.

New: Tiffany Fox, 9; Brittany Dean, 9.

Outlook: Team won league last year with a star and a pack. The star (Mariel Gray) is gone, but the pack returns intact. Will it be enough?

Morse (Div. I)

Coaches: Tony Griswold, boys; Gary MacDonald, girls.

BOYS: Unknown numbers.

Returns: Unknown.

GIRLS: 15 to 20.

Returns: Lana Garner, 12 (42nd, 17:09, CIF champ in 400, and ran 800 in 2:26).

New: Tracy Cruz, 10; Marie Manlanpas.

Point Loma (Div. II)

Coaches: Jim McCarthy, boys, replacing Tom Parry; Rob Barnett, girls.

BOYS: 26.

Last year: Won league's dual-meet crown, but lost to San Diego in championship meet.

Gone: Lee Barrett (18th, 16:56); Chris Werdenberg (28th, 17:12); Clarke Graves (74th, 18:02).

Returns: David Hayes, 11 (31st, 17:16); Celso Fernandez, 12 (36th, 17:23); Mark Savel, 11 (38th, 17:26); John Bradshaw, 11 (67th, 18:02).

Moving up to challenge: Peter Kleinsasser, 11; Jason McKnight; Oscar Betancourt (back after a year off); Tom Gibbings, 10; Matt Ooi, 10; Justin Markland, 10.

Young talent: Team has a core pack of juniors, backed up by a pack of sophs.

GIRLS: 26.

Gone: Amber Northam, Melina Fernandez.

Returns: Lea Hitt (37th, 17:10); Merideth Gee, 12; Marisa Blazeovich, 12; Jennifer Wilson, 12; Olivia Tellez, 10.

Best runner: In early season, Tellez.

Young talent: Julie Bradshaw, 10; Wendy Fernandez, 10.

San Diego (Div. I)

Coach: Eduardo Ramos.

BOYS: 21.

Last year: Team won Eastern League championship.

Gone: Juan-Jose Martinez (53rd, 17:33); Daniel Girmay (57th, 17:39).

Returns: Gabriel Murillo, 12 (39th, 17:14); Alfonso Alvarez, 12 (40th, 17:14); Noe Alvarez, 12 (51st, 17:29); Oscar Montano, 12 (55th, 17:35); Ascary Kocina, 10.

New: Alex Kocina, 9, ran 17:24 for 3.0 at Seaside Invite.

GIRLS: 9.

Returns: Paz Guerrero, 12 (48th, 17:17); Angie Markle, 10.

New: Shannon Gantz, 11, from the School of Creative Performing Arts.

Serra (Div. II)

Coach: Jim Richards.

Overall Numbers: 60, boys and girls.

BOYS:

Returns: Chris McNurlan, 11; Joe Lott, 11; James Wiseman, 12; Kenny Furer, 12.

New: Drew Emory, 9; Joe Flores, 10.

GIRLS:

Returns: Dana Sorenson, 11; April Stevens, 10.

New: Danielle Magente, 10; Erin Beck, 10.

Quote: "We have a lot of young kids this year. Our JV's are really pushing the varsities," -- Richards.

WESTERN

La Jolla boys, Scripps Ranch girls favored

Last year, the girls title was split three ways, as University, La Jolla and Our Lady of Peace took turns beating each other in dual meets.

This year, there's a few changes.

For instance, the league finals meet will now help determine the title (last year it was dual meets only).

OLP is down, and Scripps Ranch has replaced them. But La Jolla and Uni still figure in the mix.

Scripps is getting strong fast. First, Sarah Schmidt developed into a great runner (the county's fastest in the 3200 last year). Now, Kristina Stasko (5:09 for 1600) and Kelly Grimes are right behind her. If coach Bob Oliver can get his four-five runners to improve, Scripps might be the best team. He already has identified one candidate, promising frosh Emily McFarland.

But what about La Jolla? Last year, they depended on the big three of Shannon O'Connor, Clodagh Rafferty and Leah Walkey, all of whom finished in the top ten at CIF. Now, Michelle O'Connor has joined the team, transferring from OLP, and soph Shelby Stanger has made a big move up in quality. Suddenly, La Jolla looks like the favorite, depending on the health of their top runners.

But, what about Uni? Sure, they lost league champ Vanessa Hanley, but they added 5:10 1600 runner Julie Ott, who could be as good. They have the rest of their team back, with a few good additions. There is always an abundance of talent at Uni.

The La Jolla boys are the logical favorites, with a pair of strong seniors, Tedd Padgitt and Josh Flesher, leading a strong group of pack runners.

A longshot would be a very young St. Augustine team. The Saints are rebuilding, but have a history of developing runners.

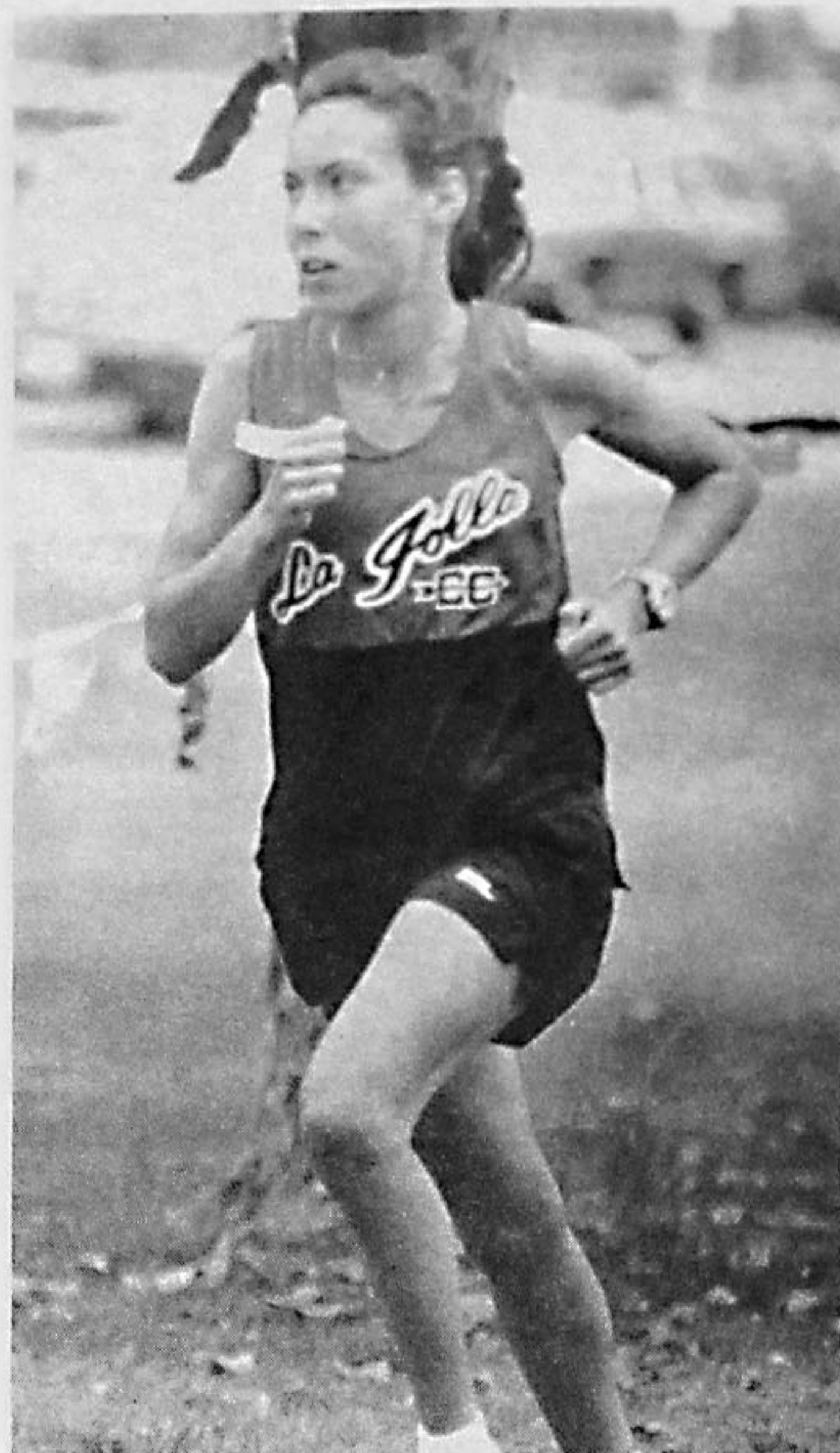
Scripps' boys lost five of their top seven, returning only Brent Bolton and Ron Anderson.

University City is building with a young group, and seems to be on the way up.

Individually, Hoover's Ayub Abdusalam is an overwhelming favorite. The team behind him, however, is young, unproven, and not likely to coalesce this year. Abdusalam will be a favorite in the CIF Division II race, along with Grossmont's Dave McQuitty.

Scripps' girls will have to contend with Torrey Pines, Ramona, Valhalla, Escondido, El Capitan and other good teams at CIF.

La Jolla and Uni will vie with Santana and West Hills in Division III girls, while La Jolla's boys will contend with West Hills in CIF.



Shelby Stanger, La Jolla

A big improver for Vikes.

Gone: Julius Amicho (9th, 16:35); Francis Bachu (12th, 16:45); Sefe Almedom (29th, 17:12); Mario Velasco (45th, 17:35).

Returns: Ayub Abdusalam, 12 (1st, 15:51). **Moving up:** Nasir Abdullahi, 11; Mohamed Hassan, 11; Mohamad Mohamad, 11; Omar Hassan, 12.

Watch for: Abdusalam to rebound strongly after a disappointing track season.

GIRLS: 4.

New: Jasmine Eracata.

La Jolla (Div. III)

Coaches: Chuck Boyer, boys; Tom Dorman, girls.

BOYS: 30.

Gone: David Hewitt (23rd, 17:46).

Returns: Tedd Padgitt, 12 (15th, 17:32); David Dunbar, 10 (16th, 17:34); Josh Flesher, 12 (22nd, 17:46); Ari Perlin, 12 (31st, 18:14); Ray Chacon, 10 (36th, 18:20); Kevin Davis, 12 (55th, 19:27).

Candidates: Kevin McNeal, 12, ran as frosh; Mark Anderson, 10.

Watch for: Tight pack running from top five. The league and CIF Division III titles seem up for grabs.

GIRLS: 60.

Last year: Tied for league title, based on duals, finished third in Division III CIF team race.

Returns: Shannon O'Connor, 11 (6th, 16:06; 5:19 for 1600); Leah Walkey, 12 (8th, 16:15); Clodagh Rafferty, 12 (10th, 16:19; 5:16 for 1600); Robin Kremisdorf, 12 (24th, 17:24); Shelby Stanger, 10 (44th, 18:17); Irene Kan, 12 (48th, 18:26).

Significant Add: Michelle O'Connor, 12 (5th, 16:05), transfer from Our Lady of Peace.

Injury list: Leah Walkey.

JVs and young talent: Sunny Nordmarken, 10; Kara Dose; Mia Solvesson, 10; Romy Segall, 10; Morgan Romine, 9.

Big improver: Shelby Stanger, who ran 16:49 at Mt. Carmel last week.

Addressing a need: Last year, team needed strong 4-5 to get past section meet. Now, they've added Michelle O'Connor and Shelby Stanger seems to have joined the leaders. Division III girls will be competitive, however.

Mission Bay (Div. III)

Coach: Laurie Roeder, assisted by George Velarde.

BOYS: 20-25.

Gone: Jonathan Holmes (5th, 16:54); Sean Bottego (8th, 17:09).

Returns: Ivan Osuna, 12 (29th, 18:11).

Maybe: Erik Cruz, 11 (42nd, 18:40), may work.

Two candidates: Curtis Mulder, 10 (already has run 10:05 for 3200 in trial); Braulio Sanabria, 12, ran as frosh and soph.

GIRLS: 14.

Gone: Rachel Moeller (19th, 17:06).

Returns: Jennifer Wall, 11 (54th, 18:57).

Candidates: Ana Lilia Bustos, 11; Ingrid Hernandez, 12; Anna Juracek, 12.

Our Lady of Peace (Div. III)

Coach: Dan Keays, replacing Ernest and Carol Borunda.

GIRLS: 21.

Last year: Finished in three-way tie for league title (determined by duals).

Gone: Michelle O'Connor (5th, 16:05), transferred to La Jolla; Christine Keays (13th, 16:48), concentrating on swimming; Victoria Smith (26th, 17:27); Sarah Wisniew (32nd, 17:38); Sarah Janes (33rd, 17:41); Jenna Graciano (10th, 18:14), playing volleyball.

Returns: Katie Wisniew, 12 (45th, 18:24, ran 800 in 2:24); Allison Milloy, 11; Rachelle Giglio, 10; Heidi Nolte, 12.

New: Natalie Watkins, 9; Kelli Wilson, 9; Gen Nolte, 10; Carley Whittler, 10.

Watch for: Development of young runners. Team has 11 frosh.

St. Augustine (Div. III)

Coach: Jerry Downey.

BOYS: 24-25.

Gone: James Gross (18th, 17:42); Kevin Hauser (20th, 17:43), moved to Virginia; Martin Reyes; Matt Borunda, concentrating on basketball.

Returns: Brian Sullivan, 10 (28th, 18:06); Brian Janes, 11 (44th, 18:47); Jeremy Durant, 12 (50th, 19:15); Adam Greene, 10; Greg Rodriguez, 11.

Watch for: Development of young runners. Top two runners are expected to be sophs; team has 10 frosh.

Scripps Ranch (Div. II)

Coach: Bob Oliver.

BOYS:

Last year: League champs; CIF Division II champs; second in state.

Gone: Afran Abutin (6th, 16:30); Kevin Bowes (7th, 16:30); Ty Stewart (8th, 16:31); Chad Livesay (13th, 16:47); Dave Romero (17th, 16:54).

Returns: Brent Bolton, 12 (21st, 17:00, 1600 in 4:25); Ron Anderson, 11 (40th, 17:32); Ryan Coleman, 12.

GIRLS:

Gone: Jill Hannaman (39th, 17:11).

Returns: Sarah Schmidt, 12 (4th, 15:46, also ran 3200 in 11:12); Kristina Stasko, 10 (22nd, 16:48, ran 1600 in 5:09, 3200 in 11:27); Kim Rogoff, 11 (56th, 17:50); Kelly Grimes, 10 (66th, 18:08, ran 3200 in 11:54); Lisa Oliva, 12 (77th, 18:24); Lauren Freiser, 11; Tricia Hoste, 12.

On injury list: Lauren Freiser.

Significant Add: Emily McFarland, 9, fourth in large school frosh race at Mt. Carmel.

Also: Betty Fazel, 11.

Big improvers: A year ago, Stasko and Grimes were untested frosh just getting their feet wet. Both came on strong during track season, and are significantly better this year.

The key: Watch for development of four-five runners. If they can close gap on top three, team will be a power.

University (Div. III)

Coach: Rob Winters.

BOYS: 20.

Gone: Ross Damman (4th, 16:49).

Candidates: Derek Kvermo, 12; Tom Igo, 10; Dane Bitterlin, 10.

GIRLS: 25.

Last year: Finished in three-way for league title (determined by duals); won CIF Division III.

Gone: Vanessa Hanley (3rd, 15:46); Autumn Patton (31st, 17:37), transferred.

Returns: Erin Shea, 11 (7th, 16:15); Kristen Epperson, 11 (12th, 16:41); Ronya Shatila, 10 (18th, 17:03); Amy Morrison, 12 (23rd, 17:23); Stephanie Fischer, 11 (38th, 17:51); Susan Gistaro, 10.

Significant Adds: Julie Ott, 11 (ran 1600 in 5:10, is running cross country for first time); Courtney Baird, 9, running up to number three in early meets; Melanie Piccone, 12.

Another candidate: Amanda Mullinek.

The big picture: Team has a big pack of talented runners, with the final order yet to be determined. With Ott, they have a viable and comparable replacement for last year's ace, Vanessa Hanley. Would be a surprise if they aren't at least as good as last year.

University City (Div. II)

Coach: Frank Browne.

Overall numbers: 45 to 50.

BOYS:

Gone: Dave Scheibal (38th, 18:28).

Returns: Marc Nierman, 11 (49th, 19:15); Nick Smal, 11 (52nd, 19:19).

Significant Adds: Jon Landau, 10; Jon O'Connor, 9.

Candidates: Simon Baird, 11; Jose Barta, 11; Kourosh Mobini, 10; Marcus Smith, 11.

A year away: Want to watch a team develop? Keep track of this team's progress. When Landau and O'Connor get some maturity...

GIRLS:

Returns: Jenny Bergen, 10 (25th, 17:26); Stephanie Keane, 12 (50th, 18:29); Vanessa Oseroff, 10 (51st, 18:34).

Best new runner: Cynthia Johnson, 11.

Other candidates: Allyson Fisher, 11; Natalie Douglas, 9; Leslie Cruz, 9.

Keep an eye on: Bergen.

Team Profiles:

NOTE: Times and places listed are from last year's CIF Championships, unless otherwise noted.

Hoover (Div. II)

Coach: Patty Hurr, replacing Rick Telford and Hal Mitrovich.

BOYS: 6 to 8.

Last year: Team was 3rd in CIF Division II.

HARBOR

Coronado's boys are tough again

Coronado's boys team feels that this is their year.

One thing is for sure: there is no 'wait until next year.'

It's a senior-dominated team that will be a heavy favorite in the CIF Division IV race.

Can they improve on their fifth-place finish at the state level? Coaches Mel Bechtel and George Green both think this team will be better than last year.

Ace Trevor Clarke is back to pace the team, but the real improvement will come from runners such as Jason Talbott and Cheyne Jones, who are expected to step up in class. One worry is depth. There is a drop-off after the fifth man, but that could improve.

Only one team in the league might give Coronado a run, and that is Crawford. The Colts return Titus Chawech, who ran well last year despite only joining the team in mid-season, and they add Ajani Brown (1:54 800 in track), who is transferring from Gompers. Brown ran track for Crawford (Gompers doesn't have a track team), but ran cross country for Gompers last year. The question is, does Crawford have material to back up those two?

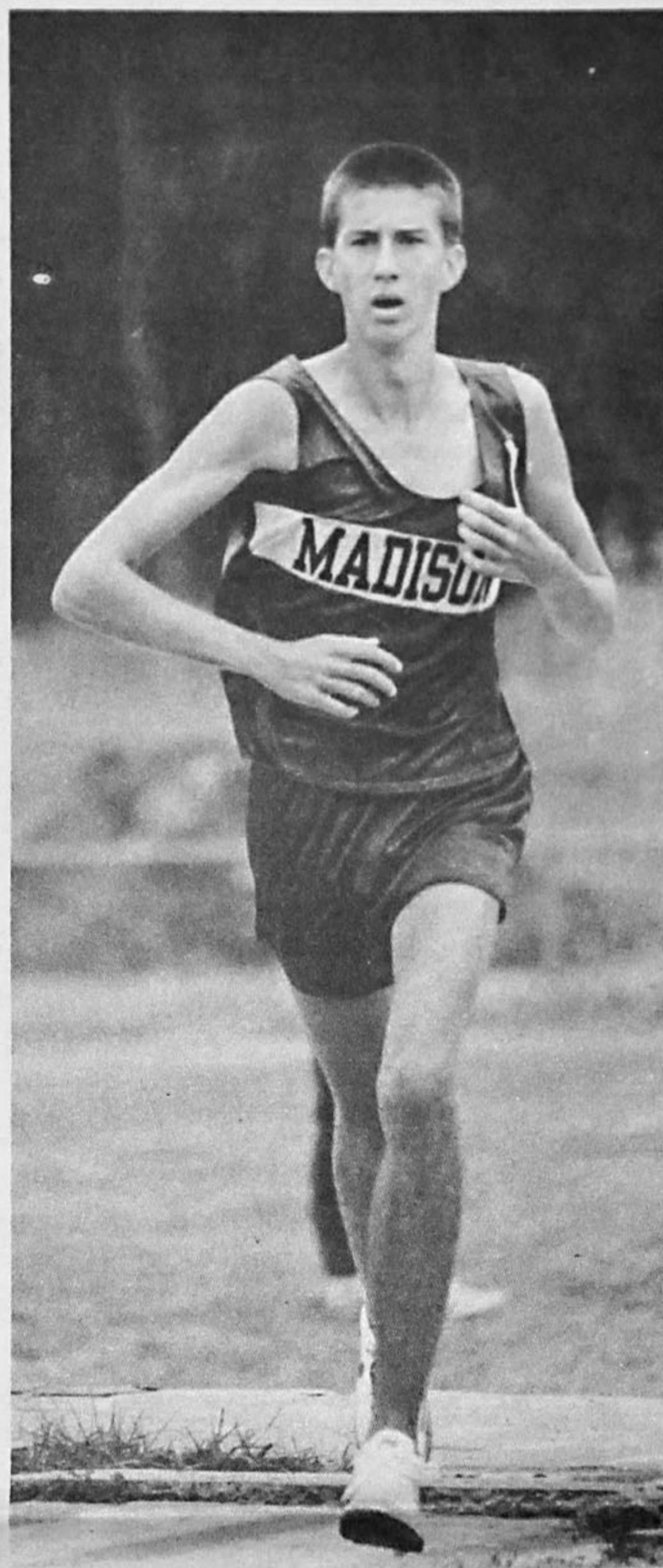
Clairemont returns most of their team from last year but doesn't have enough to challenge Coronado. They might have enough talent to grab the runner-up spot behind the Islanders in CIF, however.

Mar Vista is very young, but their young runners are talented, so they bear watching.

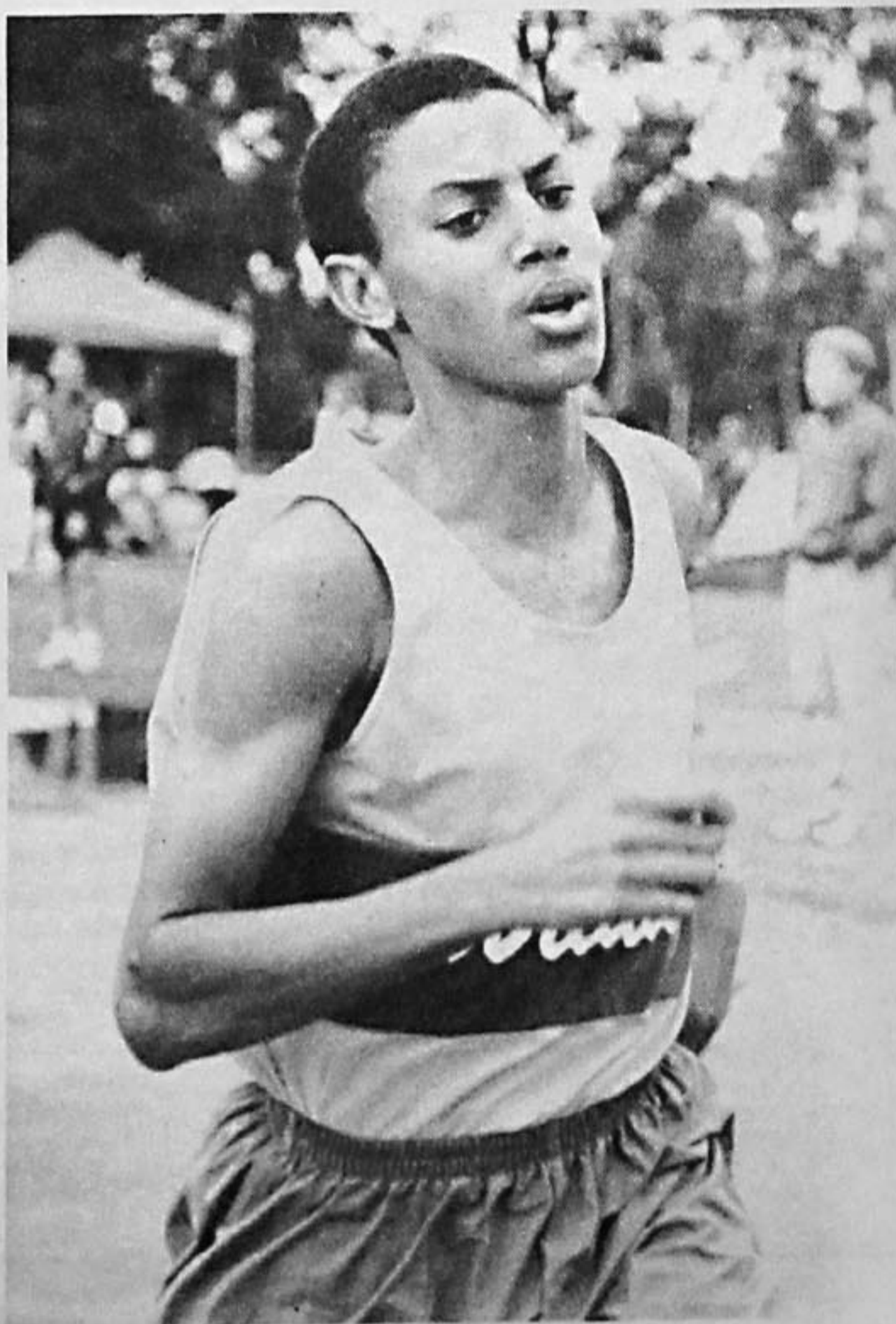
A new addition to the league is Madison, which means Nick Hamlin is now the overwhelming early favorite in the boys individual race.

The girls race seems wide open. Crawford won it last year, but Coronado, with Jessica Lunt and all their other runners returning, has a shot this year.

There has been a number of coaching changes in the league this year, and it remains to be seen how it will all shake out.



Nick Hamlin, Madison
One of area's top juniors.



Ajani Brown, now at Crawford



Theresa Brondstetter, Lincoln Prep

Team Profiles:

NOTE: Times and places listed are from last year's CIF Championships, unless otherwise noted.

Christian (Div. IV)

Coach: Liz O'Brien, taking over from Alexis Davidson, who still assists.

BOYS: 4.

Best Prospect: Joe Graves, 11.

GIRLS: 9.

Returns: Beth Bowler, 10 (8th, 17:56, state meet qualifier); Kimberly Buegge, 11 (14th, 18:40); Joy Le-Beau, 11 (22nd, 19:18); Lorissa Prescott, 11 (27th, 19:39).

Clairemont (Div. IV)

Coach: Sean Stevenson.

BOYS: 10.

Returns: Derrick Davis, 12 (7th, 17:15, state meet qualifier); Nathan Garcia, 11 (23rd, 18:37).

Watch For: Big step up for Garcia ("He's put in a lot of miles," -- Stevenson).

Good Prospects: Jose Padilla, 10; Mike Loforti, 10.

GIRLS: 2.

Gone: Jennifer Honings (24th, 19:27); Janelle Honings.

Prospect: Heidi Cavender, 10, transfer from Ukiah.

Coronado (Div. IV)

Coach: Mel Bechtel, assisted by George Green.

BOYS: 10.

Last Year: Won League and CIF Division IV Championship, finished 5th in State Meet.

Gone: Number two man Mike Aguilar (6th, 17:07); Pat Loerch (10th, 17:30); Terry Loerch (21st, 18:32).

Returns: Ace Trevor Clarke, 12 (2nd, 16:42); Jason Talbott, 12 (9th, 17:25); Cheyne Jones, 11 (12th, 18:01); Ryan Boney, 12 (22nd, 18:36).

Fifth Man: Eric Bauer, 12.

Quote: "We're just as strong this year as we were last year. This could be the best team we've ever had," -- Green.

GIRLS:

Last Year: CIF runner-up team, with all underclassmen.

Returns: Jessica Lunt, 12 (2nd, 16:35); Kirstin Neil, 11 (11th, 18:21); Jasmine Watts, 11 (17th, 18:50); Beth Cole, 12 (18th, 18:54); Toni Barraza, 10 (19th, 18:55); Nicole Carver, 11 (28th, 19:50); Brigid Ryan, 11.

Significant Add: Barbara Chakos, 9, ran second for team in first dual.

Crawford (Div. III)

Coach: Jim Bloom, taking over from Art Anderson.

BOYS: Numbers unknown.

Returns: Titus Chawech, 11 (7th, 17:05).

Significant Add: Ajani Brown, 12 (3rd in Div. IV, 16:52, also 1:54 800 and 4:25 1600), transfer from Gompers.

GIRLS: Numbers unknown.

Last Year: Won League Championship.

Returns: Unknown.

Best runners last year: Christine Kenney (17th, 17:02); Maria Moreno (29th, 17:32); Christine Monyelle (41st, 18:00); Trunq Phan (59th, 19:21); Trinh Phan (60th, 19:34).

Gompers (Div. IV)

Coach: Mary Beving-Morning.

BOYS: 8.

Gone: Ajani Brown (3rd, 16:52), transferred to Crawford.

Returns: Tim Cates, 12 (14th, 18:09).

GIRLS: 1.

Lincoln Prep (Div. IV)

Coach: Vic Player, taking over from Jim Cerveney.

BOYS: 1 (may add more).

PROSPECT: Hal Halman.

GIRLS: 1 (may add more).

RETURNS: Theresa Brondstetter, 10 (9th, 17:59, state meet qualifier).

Madison (Div. III)

Coach: Bob Bishop.

Last Year: In Western League.

Total Numbers: 25, boys and girls.

BOYS:

Returns: Nick Hamlin, 11 (6th, 16:56, and 9:57 for 3200).

Prospects: Matt Kostrubala, 12; Steve Christiansen.

Watch for: Hamlin to be one of the dominant junior talents in the county. "He's the best runner we've ever had at this school," -- Bishop. They call him "H."

GIRLS:

Gone: Danielle Saylor (55th, 19:01, team captain).

Returns: Nikki Socie, 10 (56th, 19:08).

Prospects: Elena Mulroney, 12; Laurel Martindale, 11; Katie Williams, 11; Tracy Lucy, 11.

Marian Catholic (Div. IV)

Coach: Watson.

No other information available.

Mar Vista (Div. III)

Coach: Art Guerrero, taking over from Mike Wagenveld. Ben Holt still assists.

BOYS: 25.

Gone: Team aces Martin Perez (44th, 17:35); and Jose Aspericueta (49th, 17:38).

Returns: Fernando Corona, 10, who has been running well early; Esteban Rocha, 11; Hector Quevedo, 11 (10:46 for 3200); Christian Valderrama, 12.

Quote: "It's a real young team," -- Holt.

GIRLS: 12.

Best: Heather Diaz, 12.

SOUTHERN Bishop's girls, Calvin's boys still strong

Bishop's coach Vince Stumpo is now teaching on the East Coast, but his influence is still felt in the small schools in San Diego.

He left plenty in the cupboard, as they say.

Three top runners and a few other squad members return from last year's powerhouse girls team that blitzed the CIF (Six in the top ten! A score of 19 points!).

Two-time CIF champ Marissa Hurwitz returns for her senior year. Last year, she rebounded from an injury-plagued season to run as well as she ever has.

She's joined by Andrea Herschman, who was number two on the team when they were both frosh, and who went on to play a number of other sports. She's back and running in the two slot again. Bishop's even got a transfer (Heather Ray, from Parker). Other all-CIF runners include Mary-Beth Muchmore and Stephanie Pettigrew.

There was a time when this league only had two schools that could field full girls teams (Calvin and Bishop's). Now, four other schools (Julian, Lutheran, Parker and La Jolla Country Day) can put full teams on the course.

There was also a time when the league was composed (in cross country) of entirely private schools. Now, a number of public schools (Julian, Borrego Springs, Holtville and the new Warner school) are making their move.

Holtville came up a real surprise at CIF when frosh runner Miguel Ramirez won, and in fast time. Now, they have a full boys team.

Another building program is La Jolla Country Day. They had good freshmen boys last year. Now, they're good sophs. One of their girls, Amy Markus (2:26 for 800) could be a find if she develops in cross country like she did in track.

Calvin Christian's team are always at least quietly excellent. Their boys took the league last year and may return enough talent to repeat. Parker has some good talent on their boys team, and might contend.

Julian has sent individual runners to state for the last five years, and could continue that streak this year, with Allegra Hollenbeck, who ran at Fresno last year.



Jessica Lunt, Coronado, and Marissa Hurwitz, Bishop's
Between them, have won last three CIF Div. IV titles.

Returns: P.J. Ople, 12 (20th, 18:30); Scott Hunter (31st, 19:15); Bobby Griffin, 12 (38th, 19:48).

Top Candidates: Alex Wood, 11; Max Johnson, 9.

GIRLS:

Last Year: Won CIF Division IV race, with score of 19 points, placing six in top ten. Also won League Championship.

Numbers: 8.

Gone: Katherine Zabloudil (3rd, 17:23); Nichola Lowry (5th, 17:46); Gabe Popoff (10th, 18:08).

Returns: Marissa Hurwitz (1st, 16:04); Mary-Beth Muchmore (4th, 17:46); Stephanie Pettigrew (6th, 17:47).

Significant Adds: Andrea Herschman, number two runner for team as frosh; Heather Ray (13th, 18:27, state meet qualifier), transfer from Francis Parker.

Other Candidates: Jamie Evans, 11; Melissa Alioto, 11; Alison Gordon, 10.

Borrego Springs (Div. IV)

Coach: John Quirk.

BOYS:

Numbers: 3.

Gone: Team ace Al Juknys.

Best Runner: Kenny Noyez, 12.

GIRLS:

Numbers: 3.

Calvin Christian (Div. IV)

Coach: Linda Marcus.

BOYS:

Last Year: League champion and CIF runner-up, with all underclassmen team.

Numbers: 21.

Gone: Jacob Young, 11 (16th, 18:21); William Wilgenburg (25th, 18:46); both concentrating on basketball.

Returns: Matt Gailey, 10 (17th, 18:22); Nathan Hall, 12 (27th, 18:56); Jeff Mommelaar, 11 (29th, 19:05); Jayson Phillips, 11 (32nd, 19:25); Jon Silva (35th, 19:38).

GIRLS:

Numbers: 10.

Returns: Leslie DeJager, 11 (7th, 17:53); Amanda Shipley, 11 (26th, 19:38).

New: Andra DeJager, 9.

Holtville (Div. IV)

Coach: Gerardo Lara.

BOYS:

Numbers: 7.

Returns: Miguel Ramirez, 10 (1st, 16:23).

Significant Add: Jose Gallegos, 9 ("He's right on track with Miguel." -- Lara).

NOTABLE: Ramirez was the fastest frosh in the section last year, for any division. The defending champ will begin the season on the ineligible list.

Mystery team: Because of Holtville's location, team rarely competes in this area. Last year, they showed up unannounced at CIF with a single great runner (Ramirez). Will they show up soon with a team full of Ramirez-types? Local coaches can only wonder.

GIRLS:

Numbers: 3.

Candidates: Reyna Lara, 12; Jackie Moreno, 12; Olga Cortez, 9.

Julian (Div. IV)

Coach: Bill Porter.

BOYS:

Numbers: 3.

Gone: Todd Lewis (4th, 16:57, four-time state qualifier); Aaron Voss.

Returns: Mark Cable, 12 (39th, 19:48).

GIRLS:

Numbers: 6.

Returns: Allegra Hollenbeck, 12 (12th, 18:25, state qualifier); Erin McDonough, 12.

Significant Add: Michelle Rossmiller, 12, ran at Mount Miguel as soph.

La Jolla Country Day (Div. IV)

Coach: Pat Wagner.

BOYS:

Numbers: 11.

Returns: Justin Scarfeo, 10 (18th, 18:24); Noah Lidman, 10 (40th, 20:00); Christian Navarro, 10.

The right direction: Wagner is building his team from the ground up. Last year's frosh are now respectable sophs, and the numbers are increasing.

New: Evan Fontaine, 9.

GIRLS:

Numbers: 7.

Top Candidates: Amy Markus, 10 (2:26 800); Cathy Meydner, 10 (61.9 400 relay leg); Monica Bornemiva, 11; Lindsay Weinberg, 9.

Lutheran (Div. IV)

Coach: E. J. Hilbert.

BOYS:

Numbers: 12.

Returns: Quinton Anderson, 12, lead runner last year.

Candidates: Nick Taff, 10; Mark Mullert, 10.

GIRLS:

Numbers: 5.

Returns: Lisa Taff, 12.

Candidates: Serena Hull, 9; Jennifer Lloyd, 9.

Francis Parker (Div. IV)

Coach: John S. Lown.

BOYS:

Numbers: 21 or 22.

Gone: Kevin Cosgriff-Hernandez (26th, 18:49).

Returns: Dale Lovell, 12 (30th, 19:07); Joshua Lipsker, 11 (37th, 19:47).

Candidates: David Mulliken, 12; Huw Lewis, 11; John Freiburg, 11; Steve Scher, 11.

GIRLS:

Numbers: 8 or 9.

Gone: Heather Ray, 10 (13th, 18:27, state qualifier), transferred to Bishop's.

Returns: Abigail D'Agostino, 10 (21st, 19:09); Sonya Wall, 12 (23rd, 19:26); Zoe Landers, 10 (30th, 19:58).

Candidates: Jennifer Dorth, 11; Elizabeth Stein, 9.

Tri-City Christian (Div. IV)

Coach: Mike DeLuca, taking over from Lee Swanson.

BOYS:

Numbers: 6.

Gone: Ryan Swanson (8th, 17:21), three-time state qualifier.

Best Runner: Richie Rowzee.

GIRLS:

Numbers: 2.

Warner (Div. IV)

Coach: Richard Sexton.

BOYS:

Numbers: 10.

Leading Runners: Kevin Davidson, 11, reportedly ran at Helix; Jesse Powell, 9.

GIRLS:

Numbers: 1.

NOTABLE: Warner High is newly created. The 80-plus students (only nine seniors) were formerly part of the Julian High district. Team has no seniors.

Team Profiles:

NOTE: Times and places listed are from last year's CIF Championships, unless otherwise noted.

Army Navy Academy (Div. IV)

Coach: Eddie Magwood.

BOYS:

Numbers: 12.

Gone: Jason Tullius (11th, in 17:41).

Returns: Robert Frailing, 12 (15th, in 18:18).

Leading The Pack: Pierre Arreola, 11; Jason Rose, 11; Brad Colson, 10, Cosmo Chimienti, 10.

Watch for: Frailing to run well in his fourth year as a quality runner in the league.

The Bishop's School (Div. IV)

Coach: Wendy Svatek, replacing Vince Stumpo.

BOYS:

Numbers: 18.

Gone: Miles Shumilak (13th, in 18:09), transferred to La Jolla.

Mt Carmel/Movin' Shoes Invitational

At Morley Field, Saturday, Sept. 16.
Conditions: Heavy overcast for morning
races (Division II), thinner overcast and
warming later.

BOYS (all races 2.95 miles):

Fastest 20, all races:

- 14:41 Larry Henderson, Mira Mesa, 12
- 14:45 Ayub Abdusalam, Hoover, 12
- 15:25 David McQuitty, Grossmont, 12
- 15:28 Todd Disney, Thousand Oaks, 12
- 15:30 Robert Frost, Hemet, 12
- 15:34 Adrian Ramirez, Chula Vista, 11
- 15:34 Travis Kirtley, Poway, 12
- 15:38 Seaman, Sunnyside, 11
- 15:40 Jeremy Lyon, Hesperia, 12
- 15:44 Robert Frichtel, Hemet, 12
- 15:46 Urbanski, Salpointe Catholic, 10
- 15:53 Nick Hamlin, Madison, 11
- 15:53 Nick Jacques, Hemet, 11
- 15:53 Eron Tello, Rancho Bernardo, 12
- 15:56 Steve Ketcham, Vista, 11
- 16:02 Jason Land, Vista, 12
- 16:04 Dustin Diaz, West Hills, 10
- 16:04 Gonzalo Garcia, Vista, 11
- 16:08 James Adams, Ramona, 11
- 16:08 Galen Reid, Ramona, 12

Division I Seniors:

Henderson (Mira Mesa) 14:41.6; Abdusalam (Hoover) 14:45; McQuitty (Grossmont) 15:25; Disney (Thousand Oaks) 15:28; Frost (Hemet) 15:30.

Kirtley (Poway) 15:34; Frichtel (Hem) 15:44; Land (Vis) 16:02; J. Ramirez (Chula Vista) 16:09; Ja. Bridges (Monte Vista) 16:12.

White (Bonita Vista) 16:12; Bolton (Scripps Ranch) 16:12; Coughlin (Fallbrook) 16:13; Briceno (Vis) 16:16; Compean (Mt Carmel) 16:20.

Batiuk (Fall) 16:23; Mack (Torrey Pines) 16:26; Luecht (Valhalla) 16:28; Purdy (Camarillo) 16:32; Davis (Pwy) 16:35.

Wyckoff (CV) 16:37; Dalrymple (Pwy) 16:40; Tuttle (Dana Hills) 16:41; Contreras (San Marcos) 16:42; Dos Santos (MC) 16:48.

McKee (TP) 16:49; Martinez (DH) 16:49; Lopez (CV) 16:50; Rosales (Orange Glen) 16:53; Weaver (Fall) 16:53.

Division I Juniors:

A. Ramirez (CV) 15:34; Seaman (Sunnyside) 15:38; Jacques (Hem) 15:53; Tello (Rancho Bernardo) 15:53; Ketcham (Vis) 15:56.

Garcia (Vis) 16:04; Galaviz (RB) 16:12; Friend (Aliso Niguel) 16:16; McNeely (Pwy) 16:26; Anderson (SR) 16:30.

Schible (Mount Miguel) 16:31; Zanderson (Pwy) 16:33; Daynes (Gr) 16:34; Vasquez (Hem) 16:38; Tucker (Murrieta Valley) 16:45.

Stoutenberg (TO) 16:49; Nugent (Val) 16:50; Parks (Cam) 16:51; Jenson (TO) 17:02.

Middleswart (Castle Park) 17:03; Gilmore (Granite Hills) 17:04; Lassen (Val) 17:06; Jordan (DH) 17:07; Trechter (MurrV) 17:09.

Bemis (Green Valley) 17:14; Jones (Fall) 17:14; Coronado (Cam) 17:15; Diaz (DH) 17:16; Carrillo (MonV) 17:17.

Division I Sophs:

Sleichter (MC) 16:12; Baskin (MC) 16:37; Doroski (Val) 16:38; Young (El Camino) 16:42; Romero (MC) 16:50.

Rivera (GH) 16:53; Helms (Pwy) 16:54; Tu (TO) 17:00; Gnadt (Hem) 17:02; Gharst (Pwy) 17:08.

Stather (Hem) 17:10; Kilgore (TO) 17:11; Martinez (CV) 17:17; Strachan (Pwy) 17:22; Bachenek (Fall) 17:23.

Lucas (Pwy) 17:25; Paz (Pwy) 17:26; Abraha (Gr)m 17:29; Lamorandier (Val) 17:31; Lord (Cam) 17:32.

Zurita (CV) 17:33; Smith (Vis) 17:38; Austin (TP) 17:42; Reddoch (Sun) 17:43; Jackson (AN) 17:45.

Bezares (San Diego) 17:48; Oliveras (SM) 17:52; Zanzucchi (MC) 17:54; Logsdon (AN) 17:55; Gibbons (AN) 17:56.



Cara Rumble, Orange Glen, and Kristina Stasko, Scripps Ranch

Great sophs will key two teams looking for titles.

Division I Frosh:

Larson (MC) 17:27; Daley (Vis) 17:28; Lozano (Sun) 17:37; Finch (GH) 17:38; Fernandez (SM) 17:42.

Metcalfe (MC) 17:45; Wagner (Val) 17:48; Theisen (Val) 17:50; Leyking (Pwy) 17:52; Boring (SM) 17:54.

Armola (CV) 18:06; Pfaff (BV) 18:10; Floros (MurrV) 18:18; Megli (Cam) 18:21; Candelaria (MM) 18:25.

Fowers (BV) 18:29; Contrell (Vis) 18:35; Todoin (MM) 18:40; Sanchez (Vis) 18:45; Mier (SM) 18:46.

Grimes (SR) 18:47; Devereaux (Hem) 18:47; McPherson (Hem) 18:51; Moetano (Vis) 18:53; Rivas (CP) 18:54.

Guessarez (Fall) 18:55; Vargas (MM) 18:59; Taylor (Pwy) 19:01; Bartoricck (GH) 19:02; Hughes (ECam) 19:03.

Division II Seniors:

Lyon (Hesperia) 15:40; Reid (Ramona) 16:08; Sanchez (El Capitan) 16:22; Klemmer (Flowing Wells) 16:22; Clarke (Coronado) 16:23.

Read (Hilltop) 16:36; Weaver (Sabino) 16:37; Padgitt (La Jolla) 16:40; Gilroy (Salpointe) 16:44; Talbott (Coro) 16:49.

Orozco (ECp) 16:51; Walker (Temescal Canyon) 16:52; Hoshnik (Sherman Indian) 16:57; Baraza (Sweetwater) 17:03; Stuart (West Hills) 17:04.

Rodriguez (Montgomery) 17:12; Flesher (LJ) 17:17; Murdock (Norco) 17:17; Monson (Salp) 17:18.

Hwang (Helix) 17:28; Ruiz (FW) 17:30; McCall (Salp) 17:32; Guzman (Hill) 17:35; Boney (Coro) 17:39.

Davis (LJ) 17:44; Qualin (Ram) 17:46; Stanczak (Hill) 17:47; Rucera (Sab) 17:49; Memmelar (Calvin Christian) 17:52.

Division II Juniors:

Hamlin (Madison) 15:53; Adams (Ram) 16:08; Ochoa (Salp) 16:16; Rodriguez (St. Augustine) 16:41; Boland (ECp) 16:45.

Nagao (WH) 16:48; Brown (San Pasqual) 16:51; LoPresti (Carlsbad) 16:52; Claros (Norco) 16:53; Janes (StA) 16:55.

Miller (Ram) 17:00; Payne (ECp) 17:03; Freese (ECp) 17:04; Cornelius (Sab) 17:04; Jones (Coro) 17:05.

Holtz (SP) 17:10; Anderson (LJ) 17:19; Shofstall (Ram) 17:22; Principe (ECp) 17:24; DePass (Mont) 17:24.

Ash (SP) 17:25; Rocha (Mar Vista) 17:29; Short (Hill) 17:38; Corbin (WH) 17:43; Gonzales (Sweet) 17:46.

Gallarzo (Sweet) 17:47; Barker (Poly) 17:49; Crowe (SP) 17:50; Bates (ECp) 17:55; Glenney (Norc) 17:56.

Division II Sophs:

Urbanski (Salp) 15:46; Diaz (WH) 16:04; Gebru (Hx) 16:44; Vega (Sweet) 16:44; Allen (TC) 16:46.

Dunbar (LJ) 16:56; Dent (Salp) 17:00; Corona (MarV) 17:01; Stone (Sab) 17:14; Reyes (Ram) 17:14.

Lopez (Sultana) 17:21; Marshall (FW) 17:22; Landau (University City) 17:31; Upston (Salp) 17:35; Nez (SI) 17:38.

Montez (FW) 17:49; Riskie (Hx) 17:53; Varrato (Hesp) 17:56; Sullivan (StA) 17:58; Chacon (LJ) 17:58.

Overland-McKay (WH) 18:00; Wooden (school?) 18:03; Vierke (Sult) 18:12; Tice (Norc) 18:15; Nakagawa (SP) 18:18.

Stein (Ram) 18:20; Alaniz (Mont) 18:23; Harrington (Sult) 18:26; Doanes (LJ) 18:27; Rubio (TC) 18:30.

Division II Frosh:

Gonzales (Ram) 17:24; O'Connor (UC) 17:27; Rendina (WH) 17:29; Saccone (WH) 17:53; Donnelly (StA) 17:56.

Ficken (WH) 18:06; Imrie (Serra) 18:14; Ramos (Ram) 18:15; Staley (Ram) 18:17; Granger (LJ) 18:23.

Connor (CalvC) 18:25; Amara (Sult) 18:36; unid., 18:53; Kinsella (Hx) 18:56; Combe (SP) 18:57.

Villegas (Sweet) 19:05; Rice (ECp) 19:08; Klwey (CalvC) 19:23; Gallegos (Clark) 19:25; Martinez (Eastlake) 19:32.

Jillema (Sult) 19:35; Richardson (SP) 19:37; Agudez (LJ) 19:38; Howard (EastLk) 19:41; Mates (SP) 19:44.

Benson (Ram) 19:45; White (Poly) 19:48; Bechtal (WH) 19:49; Bettger (Sult) 19:51; Beutlich (CalvC) 19:52.

GIRLS (all races 2.6 miles):

Fastest 20, all races:

14:54 Kim Mortensen, Thousand Oaks, 12

15:49 Devon Straitiff, Torrey Pines, 12

15:54 Sonia Rodriguez, Vista, 12

16:03 Shelby Horgan, Temescal Canyon, 11

16:05 April Lyon, Sultana, 10

16:12 Melissa Aronson, Hemet, 11

16:21 Sunny Schaffer, Temescal Canyon, 11

16:23 Tara Marsden, Thousand Oaks, 12

16:26 Cara Rumble, Orange Glen, 10

16:26 Sarah Schmidt, Scripps Ranch, 12

16:27 Erin Doherty, Flowing Wells, 11

16:32 Veronica Clark, Ramona, 11

16:33 Larissa Gregerson, El Capitan, 12

16:34 Sarah Wilkins, Rancho Bernardo, 9

16:35 Jinna Rohde, Fallbrook, 12

16:36 Kristina Stasko, Scripps Ranch, 10

16:37 Noelle Magana, Vista, 11

16:41 Mandee Ash, Flowing Wells, 10

16:42 Erin Sorensen, Thousand Oaks, 10

16:43 Andrea Clemons, Valhalla, 10

Division I Seniors:

Mortensen (TO) 14:54; Straitiff (TP) 15:49; Rodriguez (Vis) 15:54; Marsden (TO) 16:23; Schmidt (SR) 16:26.

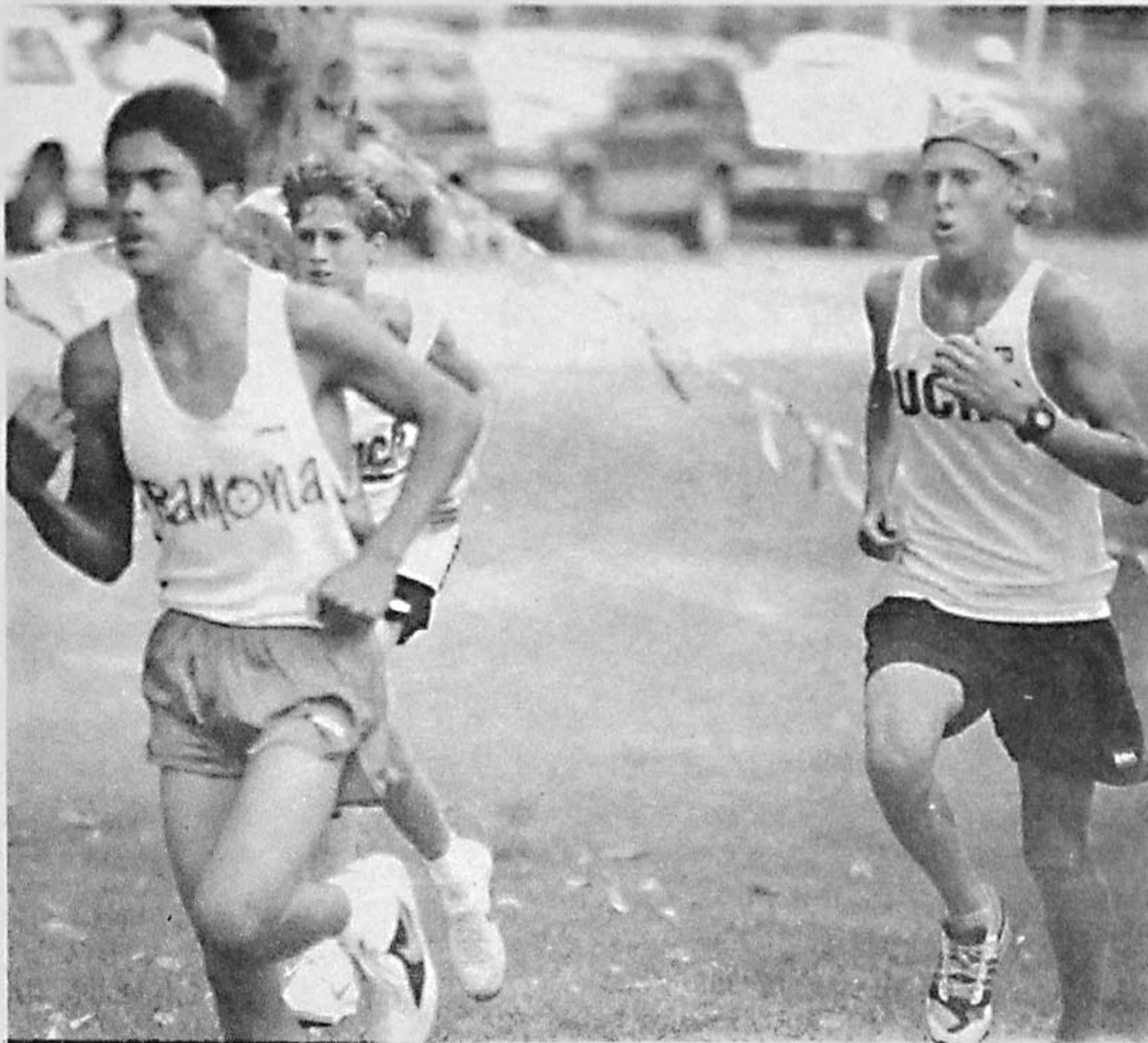
Rohde (Fall) 16:35; El Farrah (Vis) 16:44; Feinstein (TO) 16:51; Scherreir (TO) 17:00; A. Kitchen (RB) 17:04.

Montalvo (CV) 17:28; Gonzales (CV) 17:44; Ricks (MC) 17:34; Johnson (MC) 17:37; Bonds (Cam) 17:39.

Rosie (AN) 17:44; Jen. Grooms (MM) 17:51; Mercado (SDgt) 17:51; Cobb (MC) 17:56; Weber (Fall) 17:56.

Jess. Grooms (MM) 17:57; Garner (Morse) 18:13;

To advertise in
**TRACK
MAGAZINE**
CALL:
(619) 765-1914



The Division I boys frosh race at Mt. Carmel was a three-way battle between **Ramona's Fernando Gonzales**, **West Hills' Matt Rendina** and **University City's Jon O'Connor**. Gonzales won the race, with O'Connor second, and Rendina third.

Mt Carmel/Movin' Shoes Invitational

FROM PAGE THIRTEEN

Roach (Vis) 18:14; Slansky (MC) 18:16; Sundquist (MC) 18:23.

Holmes (GH) 18:27; Percy (TP) 18:28; Galvan (Hem) 18:32; Lorenz (MurrV) 18:42; Tolbert (Sun) 18:45.

Division I Juniors:

Aronson (Hem) 16:12; Magana (Vis) 16:37; Barto (GV) 16:48; Rennix (OG) 16:48; Pound (Pwy) 16:49.

Halligan (Val) 17:01; Savage (TO) 17:07; Phillips (BV) 17:09; Koscki (Pwy) 17:14; Hieb (OG) 17:15.

Lawrence (OG) 17:15; Nielsen (GV) 17:20; Gomez (MurrV) 17:21; Vasek (Pwy) 17:26; Speirs (AN) 17:31.

Mattson (Fall) 17:35; Hickey (Australia) 17:44; Costello (BV) 17:48; Trott (AN) 17:49; Aguilar (MC) 17:50.

Johnson (RB) 17:51; Reed (ECam) 17:52; Reinhardt (Cam) 17:53; Dunn (CV) 17:55; MacNeil (GV) 18:02.

Alford (MC) 18:03; Byers (AN) 18:04; McBroom (Hem) 18:07; Batiz (Vis) 18:09; De La Torre (Gr) 18:11.

Division I Sophs:

Rumble (OG) 16:26; Stasko (SR) 16:36; Sorensen (TO) 16:42; Clemons (Val) 16:43; Nolan (TP) 16:49.

Hansen (GV) 16:56; C. Kitchen (RB) 17:04; Grimes (SR) 17:10; Schroeder (Vis) 17:14; Cottrell (OG) 17:14.

Christofk (SM) 17:18; Blasius (Vis) 17:33; Goffredo (OG) 17:38; Forsyth (Vis) 17:49; Coad (TP) 17:50.

Davidson (Vis) 17:50; Overton (TO) 17:52; Instone (TP) 17:52; Babione (Pwy) 17:58; Turrel (AN) 17:59.

Panfil (GH) 18:17; Martinez (Bonita) 18:19; Bogart (TP) 18:22; Shermwell (Pwy) 18:23; Johansen (Cam) 18:24.

Glazer (ECam) 18:25; Green (Fall) 18:29; Artero (TO) 18:39; Greer (TP) 18:44; Ropes (Fall) 18:50.

Division I Frosh:

Wilkins (RB) 16:34; Garcia (CV) 16:45; Jiminez (OG) 16:49; McFarland (SR) 17:06; Bochiechio (SM) 17:16.

Lassen (Val) 17:20; Bray (SDgto) 17:39; Anderson (Hem) 18:06; Nestor (Pwy) 18:16; Marshall (Bonita) 18:17.

Kaaser (Fall) 18:25; Chionis (Val) 18:27; Armstrong

(TO) 18:28; Valdez (Vis) 18:29; Jacques (Hem) 18:36. Kodadek (SM) 18:45; Fox (MM) 18:47; Barter (AN) 18:48; Long (MurrV) 19:16; Roberts (MC) 19:26.

McCab (MurrV) 19:35; LaRiviera (MurrV) 19:40; Stark (MM) 19:48; Pickett (ECam) 19:49; Boling (Hem) 19:50.

Kermott (Val) 19:50; Venegas (Gr) 19:56; Opielowski (Pwy) 20:06; Goodbow (Vis) 20:10; Hill (GH) 20:20.

Division II Seniors:

Gregerson (ECp) 16:33; Lunt (Coro) 16:57; Hurwitz (Bishop's) 17:02; Anderson (Carls) 17:04; Heflin (Norc) 17:11.

Brusherd (SP) 17:16; Warfield (Sab) 17:25; Jenkins (ECp) 17:26; Kilian (Ram) 17:35; Hursey (Sab) 17:42.

Herschman (Bish) 17:54; Allen (TC) 17:55; Eck (Clark) 18:02; K. Wisniew (Our Lady of Peace) 18:06; Smock (ECp) 18:11.

Parker (Sweet) 18:24; Muchmore (Bish) 18:33; Tarbell (Ram) 18:39; Ramirez (Clark) 18:40; Kremsdorf (LJ) 18:54.

Galvez (FW) 19:01; Rodriguez (EastLk) 19:02; McInnish (West Valley) 19:11; Mather (Salp) 19:17; Eubanks (Carls) 19:31.

Cole (Coro) 19:53; Pryor (TO) 19:54; Patterson (FW) 19:58; Kan (LJ) 20:01; Gilprin (Hesp) 20:08.

Division II Juniors:

Horgan (TC) 16:03; Schaffer (TC) 16:21; Doherty (FW) 16:27; Clark (Ram) 16:32; S. O'Connor (LJ) 17:03.

Haraden (TC) 17:38; Stoltz (Salp) 17:43; Kindreich (ECp) 17:48; Oberg (Salp) 18:03; Cervantes (Eastlk) 18:04.

Berhman (SP) 18:21; Lopez (Sult) 18:31; Sanchez (Sweet) 18:37; Dose (LJ) 18:41; Carnagen (TC) 18:42.

Muller (TC) 18:52; Jackson (UC) 18:54; Kramer (TC) 19:04; Reyna (Salp) 19:05; Dominduez (Norc) 19:06.

Kelley (FW) 19:13; Caddo (SI) 19:19; Fisher (UC) 19:24; Cooper (Hesp) 19:26; DeJager (CalvC) 19:30.

Neil (Coro) 19:31; Fekhart (Clark) 19:32; Hafen (Hill) 19:38; Hess (Salp) 19:39; George (Clark) 19:47.

Division II Sophs:

Lyon (Sult) 16:08; Ash (FW) 16:41; Stanger (LJ) 16:49; Martin (Norc) 17:28; Roane (Ram) 18:04.

Shephard (Ram) 18:07; Brian (SP) 18:12; Newhall (Poly) 18:16; Fay (ECp) 18:17; Butterfield (Clark) 18:20.

Li (LJ) 18:28; Rogers (Clark) 18:50; Wright (Carls) 18:51; Andrews (Poly) 18:57; Harris (TC) 19:00.

Solvesson (LJ) 19:04; Landers (Francis Parker) 19:05; Lund (Carls) 19:07; Johnson (Carls) 19:17; Myron (SP) 19:21.

Harrison (Ram) 19:27; Harrison (LJ) 19:30; Harris (Norc) 19:33; Cutler (Poly) 19:34; Burdreaux (Norc) 19:38.

Ray (Bish) 19:41; Segall (LJ) 19:44; Beck (Serra) 19:46; Grippo (SP) 19:47; Oleg (SP) 19:47.

Division II Frosh:

Romine (LJ) 18:05; Anderson-McGill (Sult) 18:29; Fleck (FW) 19:37; no fourth; Laird (FW) 18:50.

Chakus (Coro) 18:58; Kilfoyle (Clark) 19:00; Ramsey (Norc) 19:03; Otis (LJ) 19:10; S. Jenkins (ECp) 19:11.

Hepler (ECp) 19:13; Watkins (OLP) 19:25; Meathe (OLP) 19:27; DeHahn (Hill) 19:28; Magante (Serra) 19:30.

Caldwell (UC) 19:33; Mayer (LJ) 19:38; Cornelius (SP) 19:40; Sadler (LJ) 19:42; Dodge (LJ) 19:47.

Houchin (Ram) 19:54; Federic (Poly) 20:03; Kuns (Sult) 20:05; Wilson (OLP) De Melo (LJ) 20:15.

Crews (UC) 20:17; Chatterton (Salp) 20:18; Hansen (Coro) 20:26; Douglas (UC) 20:26; Gardner (Sult) 20:45.



Heather Christofk, San Marcos, and Katie Cottrell, Orange Glen duel at finish at Mt. Carmel.

Woodbridge Inv.

At Irvine, Sept. 16.

All races 3.0 miles.

GIRLS:

Division I Varsity:

10. Carpenter (Rancho Buena Vista) 18:51; 33. Trayer (RBV) 19:44.

Division II Varsity:

35. Hitt (Point Loma) 19:47; 58. Blazeovich (PL) 20:30; 60. Aufdengarten (Helix) 20:32; 79. Mosteller (Hx) 20:57; 81. Severson (Hx) 21:02; 104. Greene (Hx) 21:49; 106. Tewolde (Hx) 21:52.

Division II Frosh/Soph:

3. Sullivan (Hx) 19:07; 11. Tellez (PL) 20:28; 31. Coffelt (Hx) 21:31; 36. Bradshaw (PL) 21:40; 37. Martin (Hx) 21:41; 60. Fernandez (PL) 22:28; 67. Rodriguez (Hx) 22:44; 100. Gonzalez (PL) 23:29.

Division III Varsity:

Harper (Santana) 18:22; Kr. O'Grady (Sant) 19:29.

Division III Frosh/Soph:

1. Pace (Sant) 20:07; Ke. O'Grady (Sant) 21:14.

Bronco Roundup

At Kit Carson Park, Saturday, Sept. 9. Conditions: Early overcast, moderate warming later, hilly course.

ALL RACES 2.0 MILES

BOYS:

Top Ten Times, all races:

10:15 Larry Henderson, Mira Mesa, 12
10:27 Eron Tello, Rancho Bernardo, 11
10:38 Travis Kirtley, Poway, 12
10:38 Nick Jacques, Hemet
10:41 Robert Frost, Hemet
10:42 Galen Reid, Ramona, 12
10:43 Dave McQuitty, Grossmont, 12
10:46 Matt Galaviz, Rancho Bernardo, 11
10:50 Bob Fichtel, Hemet
10:51 Jack McNeely, Poway
10:51 Dustin Diaz, West Hills, 10

Division I Varsity:

Henderson (Mira Mesa) 10:15; Tello (Rancho Bernardo) 10:27; Kirtley (Poway) 10:38; Jacques (Hemet) 10:38; Frost (Hem) 10:41.

Reid (Ramona) 10:42; Galaviz (RB) 10:46; Fichtel (Hem) 10:50; McNeely (Pwy) 10:51; Hulsey (Torrey Pines) 10:52.

Adams (Ram) 10:55; Coughlin (Fallbrook) 10:58; Batiuk (Fall) 11:03; Compean (Mt Carmel) 11:06; Vasquez (Hem) 11:06.

Mack (TP) 11:08; Farino (RB) 11:08; Dalrymple (Pwy) 11:09; Nugent (Valhalla) 11:09; Zanderson (Pwy) 11:09.

Sanchez (El Capitan) 11:10; Weaver (Fall) 11:11; Davis (Pwy) 11:15; Dos Santos (MC) 11:18; Luecht (Val) 11:19.

Stewart (RB) 11:19; Orozco (ECp) 11:22; Doroski (Val) 11:22; Scott (MC) 11:23; Mattson (Fall) 11:28.

McKee (TP) 11:29; Larson (MC) 11:33; Boland (ECp) 11:34; Meek (Escondido) 11:34; Adam (TP) 11:36.

Cantil (MM) 11:37; Lassen (Val) 11:38; Gregerson (ECp) 11:38; Saracino (TP) 11:38; Jones (Fall) 11:39.

Kermott (Val) 11:39; Statler (Hem) 11:40; Holt (Hem) 11:41; Miller (Ram) 11:42; Cook (MC) 11:43.

Gardiner (TP) 11:44; Riordan (MC) 11:45; Benjamin (RB) 11:50; Tibbits (Hem) 11:51; Landau (University City) 11:52.

Division II Varsity:

McQuitty (Grossmont) 10:43; Diaz (West Hills) 10:51; Daynes (Gr) 11:10; LoPresti (Carlsbad) 11:40;

SEE PAGE FIFTEEN

CLASSIFIED ADS

COST: \$3 for 30 words (minimum charge), \$1 for each additional 10 words (all or part), per each publication. Billing charge of \$1, one time only. Ads can be pre-paid (no billing charge) with a check made out to 'Track Magazine' sent with ad. Track Magazine reserves the right to refuse any advertisement. Send to Track Magazine, P.O. Box 2276, Julian, CA, 92036.

FOR SALE

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

(xfor17)

Bronco Roundup

FROM PAGE FOURTEEN

Holtz (San Pasqual) 11:41.

E. Ash (SP) 11:42; Nagao (WH) 11:44; Young (El Camino) 11:51; Ryan (San Marcos) 11:56; Stuart (WH) 11:58.

Barrios (SM) 11:59; Crowe (SP) 12:01; Waterman (ECam) 12:07; Ibanez (Car) 12:08; Garcia (Car) 12:09.

McCann (Car) 12:11; Jacobs (Car) 12:12; Olivares (SM) 12:13; Corbin (WH) 12:13; Kverno (University) 12:15.

B. J. (Gr) 12:22; Lovell (Francis Parker) 12:25; Ad-ragna (Santana) 12:27; Lentz (SM) 12:28; Asaro (Gr) 12:34.

Killough (Gr) 12:36; Verostek (ECam) 12:41; Keat-ing (SM) 12:46; Mendoza (SM) 12:50; Mulliken (FP) 12:56.

Division I JV:

Helms (Pwy) 11:35; Strachan (Pwy) 11:37; Buch-enek (Fall) 11:45; Paz (Pwy) 11:55; O'Connor (MC) 11:56.

Austin (TP) 12:00; Asbech (TP) 12:06; Franzen (Pwy) 12:16; Craig (Fall) 12:24; Jones (Val) 12:27.

Burke (TP) 12:28; Apffel (Hem) 12:29; Bagley (TP) 12:30; Rodriguez (Val) 12:37; Quesnell (MC) 12:37.

Division II JV:

Fernandez (SM) 12:10; Musbach (WH) 12:31; San-chez (SM) 12:38; Tindell (WH) 12:42; Snodgrass (Sant) 12:43.

Mier (SM) 12:47; Wilcox (ECam) 12:48; Lopez (Car) 12:48; G. Ibanez (Car) 12:52; Laubacher (Sant) 13:05.

Division I Frosh/Soph:

Sleighter (MC) 11:09; Lucas (Pwy) 11:27; Baskin (MC) 11:29; Reyes (Ram) 11:31; Wagner (Val) 11:40.

Gharst (Pwy) 11:42; Gnad (Hem) 11:43; Romero (MC) 11:48; C. Larson (MC) 11:55; Gonzales (Ram) 11:56.

Division II Frosh/Soph:

Rendina (WH) 11:45; Lidman (La Jolla Country Day) 11:49; Igo (Uni) 11:57; Abraha (Gr) 12:06; Scarfeo (LJCD) 12:06.

Overland-McKay (WH) 12:14; Fontaine (LJCD) 12:22; Richardson (SP) 12:34; Saccone (WH) 12:42; Blitterlin (Uni) 12:42.

GIRLS:

Top Ten Times, all races:

12:27 Veronica Clark, Ramona, 11
12:36 Devon Straitiff, Torrey Pines, 12
12:37 Jaymie Harper, Santana, 11
12:42 Melissa Aronson, Hemet
12:43 Sarah Wilkins, Rancho Bernardo, 9
12:47 Julie Ott, University, 11
12:52 Lanelle Cox, Escondido, 9
12:56 Larissa Gregerson, El Capitan, 12
13:02 Jaclyn Nolan, Torrey Pines, 10
13:04 Shannon Kilian, Escondido, 12

Division I Varsity:

(NOTE: Times on race results board were not correct after 23rd place; an extra runner (Bogart) was included without adjustment of times)

Clark (Ram) 12:27; Straitiff (TP) 12:36; Aronson (Hem) 12:42; Wilkins (RB) 12:43; L. Cox (Esc) 12:52.

Gregerson (ECp) 12:56; Nolan (TP) 13:02; S. Kilian (Esc) 13:04; Rohde (Fall) 13:05; Mattson (Fall) 13:08.

Lassen (Val) 13:12; S. Cox (Esc) 13:15; Pound (Pwy) 13:18; Clemons (Val) 13:20; Burke (TP) 13:22.

A. Kitchen (RB) 13:27; Vasek (Pwy) 13:32; Koscki (Pwy) 13:33; C. Kitchen (RB) 13:39; Instone (TP) 13:41.

Branson (TP) 13:43; Jen. Grooms (MM) 13:43; Ber-gen (UC) 13:45; Bogart (TP) 13:47; Roane (Ram) 13:49.

Johnson (RB) 13:49; Broselle (Val) 13:53; Coad (TP) 13:54; Hancock (RB) 13:55; Jes. Grooms (MM) 13:55.

E. Kilian (Ram) 13:57; Jenkins (ECp) 13:58; Weber (Fall) 14:03; Ricks (MC) 14:06; Cobb (MC) 14:08.

Babione (Pwy) 14:09; Chionis (Val) 14:09; Slansky (MC) 14:11; Shephard (Ram) 14:12; Alford (MC) 14:15.

Smock (ECp) 14:16; Shemwell (Pwy) 14:18; Kind-reich (ECp) 14:23; D'Alessio (RB) 14:30; Sundquist (MC) 14:31.

Terrell (MM) 14:32; Mitchell (Ram) 14:33; McBroom (Hem) 14:33; Thwing (MM) 14:38; Madsen (MM) 14:39.

Division II Varsity:

Harper (Sant) 12:37; Ott (Uni) 12:47; Shurtleff (WH) 13:11; Brusherd (SP) 13:32; Bochiechio (SM) 13:34.

Christofk (SM) 13:38; Anderson (Car) 13:39; Kr. O'Grady (Sant) 13:49; Hughes (SM) 13:53; Rendina (WH) 13:56.

Piccone (Uni) 14:00; Benitez (Sant) 14:05; Reed (ECam) 14:10; Holdzkorn (WH) 14:12; Berhman (SP) 14:17.

De La Torre (Gr) 14:25; E. Holford (WH) 14:28; Mor-rison (Uni) 14:33; Brian (SP) 14:35; Van Winkle (WH) 14:37.

Kodadek (SM) 14:43; Shea (Uni) 14:45; H. Holford (WH) 14:46; Lindsay (Gr) 14:54; Ke. O'Grady (Sant) 14:57.

Epperson (Uni) 15:04; Cornelius (Uni) 15:13; Iza-zaga (SM) 15:20; Lievens (WH) 15:23; Webb (WH) 15:24.

Division I JV:

Kaesser (Fall) 14:21; Aguilar (MC) 14:29; Nester (Pwy) 14:33; Hilton (TP) 14:38; Masters (MC) 14:40.

Leivas (Esc) 14:42; Graves (MC) 14:43; Connor (TP) 14:43; Kwok (Ram) 14:46; Fox (MM) 15:05.



Jaclyn Nolan, Torrey Pines

One of last year's hot frosh.

Stevens (MC) 15:06; Greer (TP) 15:09; Jupiter (MC) 15:19; Opieowski (Pwy) 15:20; Hepler (ECp) 15:23.

Division II JV:

Baird (Uni) 13:36; Pace (Sant) 14:15; Shatila (Uni) 14:37; Gistaro (Uni) 14:43; Glazer (ECam) 14:54.

Landers (FP) 15:16; Moss (Sant) 15:25; Wienberg (LJCD) 15:30; Manlanpaz (Morse) 15:31; Dorth (FP) 15:33.

Las Vegas Invite

At Las Vegas, Sept. 9.

BOYS:

Varsity: Huntington Beach 72, Vista 89, Trabuco Hills 139. 2.9 miles.

3. Ketcham (Vista) 14:19; 8. Briceno (V) 14:43; 15. Land (V) 15:13; 20. Garcia (V) 15:21; 24. Kennedy (Orange Glen) 15:32; 31. Rosales (OG) 15:46; 40. Jim-inez (OG) 15:58; 43. Rodriguez (V) 16:01; 44. Lanting (OG) 16:01; 57. Lopez (OG) 16:23; 77. Smith (V) 16:44; Ly (OG) 17:32; 102. Lanning (OG) 17:55.

Varsity B (2.9 miles):

12. Bambao (V) 16:31; 66. Rogers (V) 19:15; 75. Garza (V) 20:10.

Frosh/Soph (2.5 miles):

9. Daley (V) 14:42; 25. Williams (V) 15:37; 27. San-chez (V) 15:40; 39. Cantrell (V) 15:59; 59. Chavez (V) 16:47. Vista was fourth in this division, with 159 points.

GIRLS:

Varsity: El Modena 59, Vista 93. 2.5 miles:

2. Rodriguez (Vista) 15:33; 9. Rumble (Orange Glen) 15:58; 12. Rennix (OG) 16:08; 14. Magana (V) 16:16; 18. Schroeder (V) 16:30; 19. Cottrell (OG) 16:33; 22. El Farrah (V) 16:45; 24. Goffredo (OG) 16:51; 31. Hieb (OG) 17:01; 34. Lawrence (OG) 17:02; 37. Forsyth (V) 17:05; 39. Jiminez (OG) 17:18; 72. Roach (V) 18:46; 74. Batiz (V) 18:51.

Varsity B: Vista was first place team.

1. Blasius (V) 16:57; 4. Kinder (V) 17:35; 6. Duns-more (V) 17:39; 23. Padilla (V) 18:43; 38. Brannon (V) 19:19; 50. Colwell (V) 19:41; 56. Bistline (V) 19:50; 65. Baum (V) 20:32.

15 and Younger: Vista was second team. 2 miles:

12. Mecham (V) 13:39; 13. Goodban (V) 13:45; 14. Barajas (V) 13:50; 17. Clark (V) 14:05; 20. Tracey (V) 14:31; 28. Hammad (V) 18:41.

Vaquero Stampede

at Lindo Lakes, Saturday, Sept. 2. Con-ditions: Hot & humid, course relatively flat.

BOYS:

Top Ten Times Combined (Juniors/Sen-iors Only):

10:20 Larry Henderson, Mira Mesa, 12
10:28 David McQuitty, Grossmont, 12
10:41 Adrian Ramirez, Chula Vista, 12
10:42 Eron Tello, Rancho Bernardo, 11
10:50 Matt Galaviz, RB, 11
10:59 Galen Reid, Ramona, 12
11:00 James Adams, Ramona, 11
11:02 Fernando Blanco, Rancho Buena Vista, 11
11:03 Chris Farino, RB
11:08 Jose Ramirez, Chula Vista, 12

Division I Juniors/Seniors (2.15 miles):

Henderson (Mira Mesa) 10:20 (equals course rec-ord); McQuitty (Grossmont) 10:28; Tello (Rancho Ber-nardo) 10:42; Galaviz (RB) 10:50; Reid (Ramona) 10:59.
Adams (Ram) 11:00; Blanco (Rancho Buena Vista) 11:02; Farino (RB) 11:03; Jackson (Rim of the World) 11:09; Sanchez (El Capitan) 11:15.

Orozco (ECp) 11:24; Garcia (RBV) 11:31; Ramos (Ram) 11:37; Daynes (Gr) 11:40; Boland (ECp) 11:42.

Gilmore (Granite Hills) 11:43; Principe (ECp) 11:52; Gomez (RBV) 11:54; Gregerson (ECp) 11:57; Benjamin (RB) 11:58.

Diebolt (RB) 11:59; Payne (ECp) 12:04; Shetstet (MM) 12:05; Freese (ECp) 12:08; Ortiz (RBV) 12:08.

Shoftstall (Ram) 12:08; Izazaga (RBV) 12:09; He-ver (RBV) 12:10; Cantil (MM) 12:16; Miller (Ram) 12:19.

Bates (ECp) 12:21; Asaro (Gr) 12:21; Bello (Gr) 12:28; Buxton (GH) 12:31; Saito (RBV) 12:32.

Vaughan (RBV) 12:33; Qualin (Ram) 12:36; Poi-en-cot (RBV) 12:37; Lott (Serra) 12:38; Dean (MM) 12:40.

Division II Juniors/Seniors (2.15 miles):

A. Ramirez (Chula Vista) 10:41; J. Ramirez (CV) 11:08; Gay (Monte Vista) 11:12; Lopez (CV) 11:14; Ba-rajias (CV) 11:18.

Savel (Point Loma) 11:20; Bridges (MV) 11:21; Hayes (PL) 11:26; Zanderson (Poway) 11:27; Kirtley (Pwy) 11:29.

Davis (Pwy) 11:30; Jackson (CV) 11:30; Kennedy (Orange Glen) 11:33; Wyckoff (CV) 11:37; Carrillo (MV) 11:39.

Anderson (CV) 11:45; Rosales (OG) 11:48; Luecht (Valhalla) 11:57; Kleinsasser (PL) 11:57; Bridges (MV) 12:00.

Staton (Patrick Henry) 12:00; McNeely (Pwy) 12:01; Dalrymple (Pwy) 12:02; Lartiny (OG) 12:03; Ker-mott (Val) 12:10.

Sorensen (Pwy) 12:13; Galvan (CV) 12:13; Mc-Knight (PL) 12:14; Jiminez (OG) 12:16; Lopez (OG) 12:16.

Lassen (Val) 12:23; Fernandez (PL) 12:25; Cole-man (Scripps Ranch) 12:28; Betancourt (PL) 12:32; Jackson (CV) 12:44.

Mendoza (PH) 12:46; Hightower (SR) 12:49; Tutrow (Pwy) 12:50; Weipert (MV) 12:55; Lynn (OG) 12:59.

Division I Frosh/Soph (1.65 miles):

Reyes (Ram) 8:48; Castejon (MM) 8:54; Abraha (Gr) 8:59; Dupuis (RBV) 9:02; Ortiz (RBV) 9:05.

Bartling (Gr) 9:06; Finen (GH) 9:06; Rivera (GH) 9:07; Ramos (Ram) 9:13; Gonzales (Ram) 9:15.

Mathis (ECp) 9:31; Staley (Ram) 9:33; Candelaria (MM) 9:34; Rosales (MM) 9:35; Bollinger (Gr) 9:36.

Murphie (MM) 9:38; Jodoin (MM) 9:39; Florez (Ser) 9:42; Etemol (Ser) 9:43; Stein (Ram) 9:43.

Division II Frosh/Soph (1.65 miles):

Lucas (Pwy) 8:44; Doroski (Val) 8:44; Land (PL) 8:56; Wagner (Val) 9:02; Lamorandier (Val) 9:03.

Gibbings (PL) 9:05; Martinez (CV) 9:07; Ooi (PL) 9:07; Theisen (Val) 9:09; Zurita (CV) 9:11.

Paz (Pwy) 9:17; Helms (Pwy) 9:19; Leyking (Pwy) 9:20; Schwab (Pwy) 9:21; Ramirez (CV) 9:34.

Burer (Val) 9:38; Stokes (SR) 9:39; Yanuchi (Val) 9:40; Chom (PL) 9:43; Dimaso (Val) 9:44.

GIRLS:

Top Ten Times, all grades (1.65 miles):

9:40 Sarah Schmidt, Scripps Ranch, 12
9:42 Sonia Rodriguez, Vista, 12
9:45 Laura Carpenter, Rancho Buena Vista, 12
9:50 Gina Rennix, Orange Glen, 11
9:52 Kristina Stasko, Scripps Ranch, 10
9:54 Cara Rumble, Orange Glen, 10
9:55 Larissa Gregerson, El Capitan, 12
9:57 Sarah Wilkins, Rancho Bernardo, 9
10:06 Noelle Magana, Vista, 11
10:08 Fatima El Farrah, Vista, 12
10:08 Aida Garcia, Chula Vista, 9

Division I Juniors/Seniors (1.65 miles):

Carpenter (RBV) 9:45; Gregerson (ECp) 9:55; Jen-kins (ECp) 10:14; Kilian (Ram) 10:20; Kitchen (RB) 10:26.

Trayer (RBV) 10:32; Grooms (MM) 10:32; Johnson (RB) 10:40; Grooms (MM) 10:41; Smock (ECp) 10:47.

Jones (GH) 10:57; Madsen (MM) 10:58; Medlyn (RBV) 11:01; Tarbel-Sellers (Ram) 11:02; Lindsay (Gr) 11:04.

Kindreich (ECp) 11:10; Terrell (MM) 11:12; Stolis (GH) 11:14; Wells (RBV) 11:18; Gilmore (GH) 11:19.

De La Torre (Gr) 11:20; Anderson (Ram) 11:32; Lie-berman (Gr) 11:42; Gray (MM) 11:45; Lintvedt (Gr) 11:46.

Smith (MM) 11:50; Rymer (Ram) 12:19; Wheeler (ECp) 12:21; Anderson (GH) 12:21; Huynh (MM) 12:29.

Bernard (RBV) 12:31; Kalmir (Gr) 12:32; Day (ECp) 12:33; Stoddard (RBV) 12:34; Kaminaka (RBV) 12:40.

Division II Juniors/Seniors (1.65 miles):

Schmidt (SR) 9:40; Rodriguez (Vista) 9:42; Rennix (OG) 9:50; Magana (Vis) 10:06; El Farrah (Vis) 10:08.

Montalvo (CV) 10:19; Gonzalez (CV) 10:21; Pound (Pwy) 10:23; Lawrence (OG) 10:24; Koscki (Pwy) 10:24.

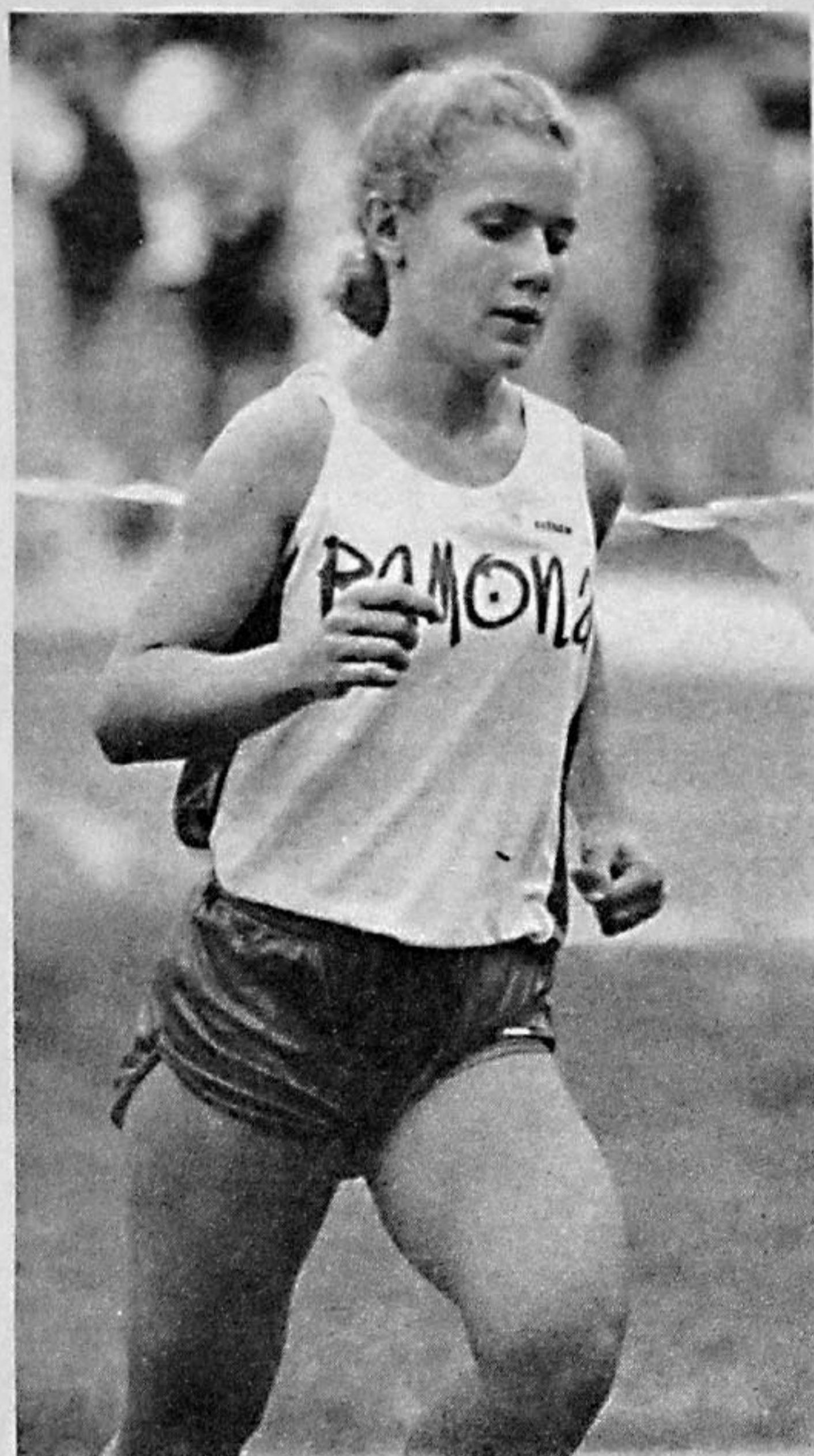
Hieb (OG) 10:34; Lasiter-Thurber (Vis) 10:46; Batiz (Vis) 10:49; Dunn (CV) 10:50; Winkel (SR) 10:58.

Kinder (Vis) 11:02; Rogoff (SR) 11:08; Dunsmore (Vis) 11:11; McDade (PH) 11:17; Hoepfner (Val) 11:30.

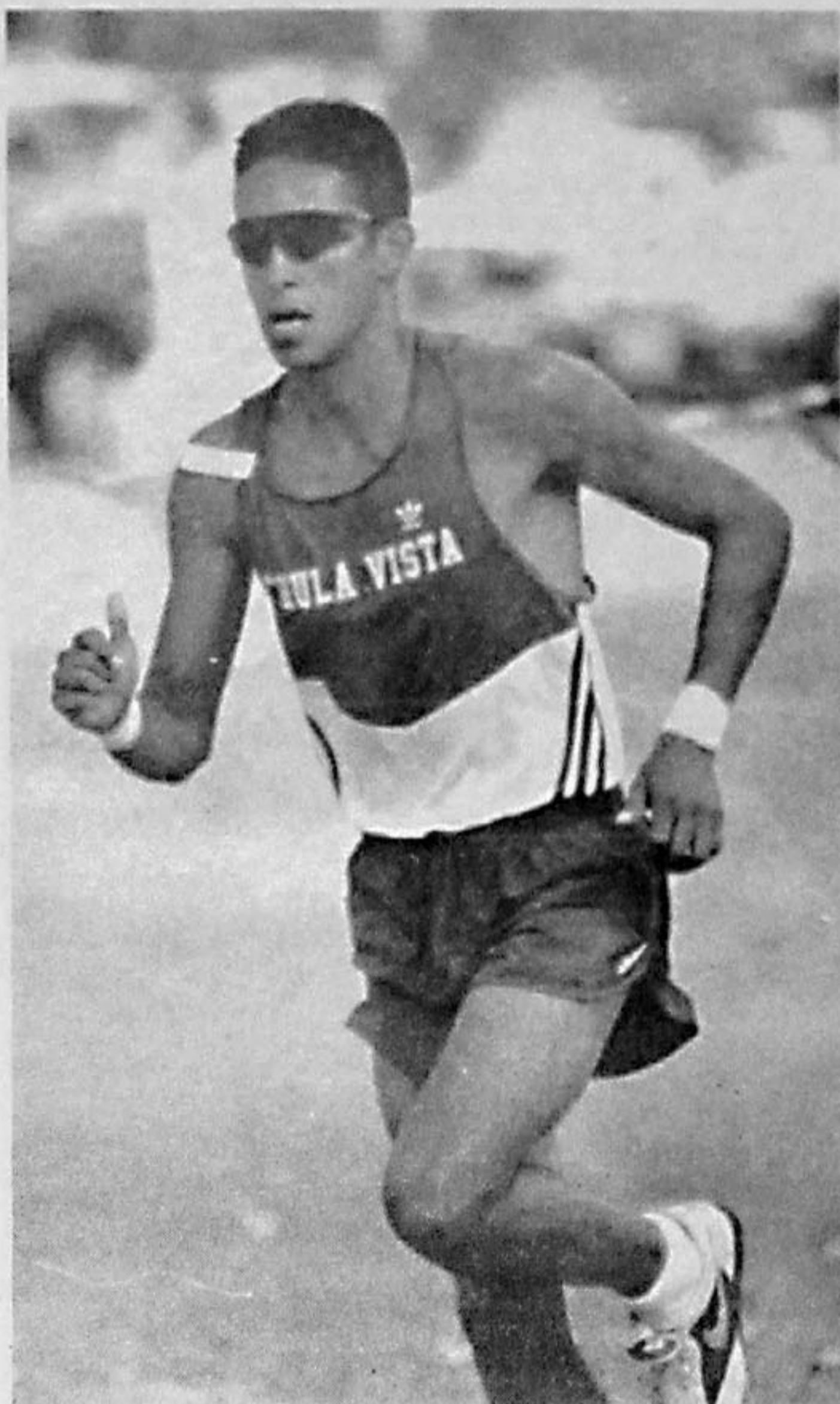
Roach (Vis) 11:34; Anderson (Val) 11:42; Torge (MV) 11:45; Young (OG) 11:52; Brannon (Vis) 11:59.

Fazel (SR) 12:05; Rosales (Pwy) 12:06; Colwell (Vis) 12:07; Rodriguez (CV) 12:09; Rankin (Pwy) 12:11.

Streit (OG) 12:11; Webster (PH) 12:11; Yable (Val) 12:12; Bruhner (PH) 12:14; Betancourt (PH) 12:17.



Veronica Clark, Ramona
Last year's Division III champ.



Adrian Ramirez, Chula Vista
Spartans' new ace.

Vaquero Stampede

FROM PAGE FIFTEEN

Division I Frosh/Soph (1.65 miles):
Wilkins (RB) 9:57; Kitchen (RB) 10:30; Shephard (Ram) 10:47; Mitchell (Ram) 10:57; Panfili (GH) 11:00. Smith (RBV) 11:02; Roane (Ram) 11:18; Kwok (Ram) 11:19; D'Alessio (RB) 11:20; Beck (Ser) 11:22. Goschwitz (RBV) 11:45; Dominguez (ECp) 11:46; Fox (MM) 11:47; Harrison (Ram) 11:48; Cruz (Morse) 11:55.
Houchin (Ram) 11:57; Kloos (RBV) 11:59; Kannan (RBV) 12:06; Harris (MM) 12:07; Nones (GH) 12:11. Welch (Ram) 12:13; Aockland (GH) 12:14; Braden (GH) 12:15; Stalnaker (GH) 12:17; Stark (MM) 12:18. Shelly (GH) 12:21; Moyer (Mor) 12:22; Hill (GH) 12:23; Jenkins (ECp) 12:24; Tress (RB) 12:25. Nimesgren (Gr) 12:27; Welch (Ram) 12:29; Venegas (Gr) 12:30; Marshall (RBV) 12:35; Ninich (Ram) 12:36.
Division II Frosh/Soph (1.65 miles):
Stasko (SR) 9:52; Rumble (OG) 9:54; Garcia (CV) 10:08; Grimes (SR) 10:09; Lassen (Val) 10:10. Goffredo (OG) 10:10; Cottrell (OG) 10:11; Schroeder (Vis) 10:13; Clemons (Val) 10:20; Jiminez (OG) 10:28.
McFarland (SR) 10:42; Forsyth (Vis) 10:54; Davidson (Vis) 10:56; Blasius (Vis) 10:57; Babione (Pwy) 11:07.
Shemwell (Pwy) 11:16; Chionis (Val) 11:26; Valdez (Vis) 11:40; Opielowsky (Pwy) 11:46; Padilla (Vis) 11:46.
Godbard (Vis) 11:50; Wilkins (Vis) 11:51; Koch (OG) 11:58; Goldstein (Pwy) 12:01; Kermott (Val) 12:07.
Cuadra (CV) 12:08; Carrillo (CV) 12:08; Warfield (Vis) 12:10; Sharpe (Pwy) 12:15; Barajas (Vis) 12:16. Clark (Vis) 12:23; McConnell (CV) 12:25; Nguyen (SR) 12:27; Chiment (Pwy) 12:27; Tracey (Vis) 12:28.

West Hills Invite

Saturday, September 2. Sunny and very hot, moderate hills.

BOYS:
Top Ten times, top three grades only (2.5 miles):

13:47 Dustin Diaz, West Hills, 10
14:38 Chris Nagao, West Hills, 11
14:39 Jose Moreno, Sweetwater, 12
14:49 Baruch Vega, Sweetwater, 10
14:55 Jon Landau, University City, 10
14:59 Matt Stuart, West Hills, 12
15:22 Enrique Aranda, Sweetwater, 12
15:24 Zach Read, Hilltop, 12
15:27 Gonzalez, Sweetwater, 11
15:31 Nathan Snodgrass, Santana, 10

Frosh (2.05 miles):
O'Connor (University City) 12:02; Rendina (West Hills) 12:13; Saccone (WH) 12:41; Ficken (WH) 13:07; Koforcy (Santana) 13:35.

Howard (Eastlake) 13:41; Petitfils (Sa) 14:08; Martinez (EL) 14:15; Bechtel (WH) 14:31; Geddes (Sa) 14:47.

Soph (2.5 miles):
Diaz (WH) 13:47; Vega (Sweetwater) 14:49; Landau (UC) 14:55; Snodgrass (Sa) 15:31; Overland-McKay (WH) 16:11.

Blain (WH) 16:46; Hetherington (WH) 17:06; Bartell (WH) 17:23; Spevack (Francis Parker) 17:47; Navarro (Sw) 18:08.

Junior (2.5 miles):
Nagao (WH) 14:38; Gonzales (Sw) 15:27; Baird (UC) 15:38; Singer (Sa) 15:49; Barba (UC) 16:00. Smal (UC) 16:06; Corbin (WH) 16:07; Musback (WH) 16:22; Tindell (WH) 16:26; Laubacher (Sa) 16:29. Cortez (Sw) 17:02; Lewis (FP) 17:07; Holmes (Hilltop) 17:10; Lipsker (FP) 17:14; Morgan (WH) 17:15.

Senior (2.5 miles):
Moreno (Sw) 14:39; Stuart (WH) 14:59; Aranda (Sw) 15:22; Read (Hill) 15:24; Lovell (FP) 15:35. Lim (Helix) 15:40; Adragna (Sa) 15:46; Hwang (Hx) 15:51; Stanczak (Hill) 15:55; Guzman (Hill) 15:59. Nakahara (EL) 16:02; Nunez (Sw) 16:08; Arns (Hill) 16:09; Reyes (Sw) 16:37; Reyes (Sw) 16:45.

GIRLS:
Top Ten Times, all grades (2.05 miles):
12:18 Jaymie Harper, Santana, 11
12:53 Heather Shurtleff, West Hills, 9
13:13 Natalie Sullivan, Helix, 9
13:34 Jessica Cabrera, Sweetwater, 11

13:43 Jenny Bergen, University City, 10
13:47 Jenny Holdzkorn, West Hills, 11
13:58 Kristi O'Grady, Santana, 12
14:00 Sarah Garcia, West Hills, 10
14:01 Shelley Van Winkle, West Hills, 10
14:01 Olivia Tellez, Point Loma, 10

Frosh (2.05 miles):
Shurtleff (WH) 12:53; Sullivan (Hx) 13:13; Pace (Sa) 14:02; E. Holford (WH) 14:41; Coffelt (Hx) 14:48. Perry (Point Loma) 15:20; Mording (Sa) 15:22; Webb (WH) 15:28; Nelson (Sa) 15:29; DeHahn (Hill) 15:32.

Douglas (UC) 15:33; Rodriguez (Hx) 15:38; Crews (UC) 15:45; Flow (Hx) 16:05; R. Parker (Sw) 16:11. Fernandez (PL) 16:14; Stein (FP) 16:18; Balaz (WH) 16:42; Caldwell (UC) 16:48; Eisenberg (EL) 16:50.

Soph (2.05 miles):
Bergen (UC) 13:43; Garcia (WH) 14:00; Van Winkle (WH) 14:01; Tellez (PL) 14:01; A. Rendina (WH) 14:40. Martin (Hx) 14:46; Lievens (WH) 14:52; Fox (WH) 14:53; Ke. O'Grady (Sa) 14:54; Gongol (WH) 15:00. Lehnhoff (WH) 15:05; Oseroff (UC) 15:15; Weber (Sa) 15:49; Bradshaw (PL) 16:15; Moran (Sw) 16:31.

Junior (2.05 miles):
Harper (Sa) 12:18; Cabrera (Sw) 13:34; Holdzkorn (WH) 13:47; Benitez (Sa) 14:17; Johnson (UC) 14:20. Severtson (Hx) 14:23; H. Holford (WH) 14:43; Hitt (PL) 14:52; Sanchez (Sw) 14:59; Greene (Hx) 15:02. Mosteller (Hx) 15:14; Cervantes (EL) 15:18; Fisher (UC) 15:24; Hafen (Hill) 15:32; Milan (EL) 15:51.

Senior (2.05 miles):
Kr. O'Grady (Sa) 13:58; Gee (PL) 14:25; Aufdengarten (Hx) 14:32; Blazevich (PL) 14:50; Moss (Sa) 15:07.

Rodriguez (EL) 15:11; Tewolde (Hx) 15:35; Navarro (Sw) 16:58; Sailors (PL) 17:34; Rojas (PL) 17:44.

DUALS:

St. Augustine/OLP/Serra

At Morley Field, Sept. 7.
BOYS (2.0 miles): St. Aug. 16, Serra 49. Greg Rodriguez (Sta) 11:12.
GIRLS (2.0 miles): OLP 16, Serra 43. Katie Wisniew (OLP) 13:40.

Bonita Vista/Coronado

At Discovery Park, Sept. 8.
BOYS: Coro. 28, BV 29. Trevor Clarke (C) 17:34; Gabe White (BV) 17:59; Jason Talbott (C) 18:35; Jimmy Corcoran (BV) 18:46; Ryan Boney (C) 18:52.
GIRLS: BV 23, Coro. 33. Jessica Lunt (C) 15:39; Rosie Costello (BV) 16:29; Jennifer Martinez (BV) 16:46; Donna Marshall (BV) 16:48; Barbara Chakos (C) 17:48.

La Jolla/Helix

At Morley Field, Sept. 12.
GIRLS (2.55 miles): LJ 18, Hx 43
Stanger (LJ) 16:45; Rafferty (LJ) 16:56; Sullivan (H) 17:00; S. O'Connor (LJ) 17:10; Romine (LJ) 17:29. M. O'Connor (LJ) 17:46; Aufdengarten (H) 17:55; Dose (LJ) 18:03; Li (LJ) 18:25; Green (H) 18:35.

Mar Vista/Montgomery

At Waller Park, Sept. 13.
BOYS (3.1 miles): Mont. 24, MV 32. Fernando Corona (MV) 17:41.
GIRLS (2.3 miles): Mont. 17, MV 40. Gilda Arellano (Mont) 17:16 (course record).

Madison/Script/Point Loma

At Morley Field, Sept. 13.
BOYS (3.0 miles): PTL 25, SR 36, Mad., incomplete team.
Nick Hamlin (M) 15:59; Brent Bolton (SR) 16:12; Ron Anderson (SR) 16:37; Mark Savel (PL) 16:38; Celso Fernandez (PL) 17:25.

David Hayes (PL) 17:35; Tom Gibbings (PL) 17:36; Justin Markland (PL) 17:55; Jason McKnight (PL) 18:06; Oscar Betancourt (PL) 18:14.

GIRLS (2.55 miles): SR 19, PTL 38, Mad. 80. Sarah Schmidt (SR) 16:19.

St. Augustine/Clairemont

At Morley Field, Sept. 14.
BOYS (3.1 miles): STA 22, Claire. 39. Derrick Davis (CI) 16:41.

San Diego/Mission Bay

At Morley Field, Sept. 14.
BOYS (3.0 miles): SD 23, MB 37. Ivan Osuna (MB) 15:59.
GIRLS (2.5 miles): MB 24, SD 33. Ana Lilia Bustos (MB) 18:34.

NEXT ISSUE
of
TRACK
MAGAZINE:
October 6
Deadline: October 2

Downey Law Offices

Jeremiah J. Downey
Attorney at Law

1330 Orange Ave.
Coronado, CA 92118
Telephone: (619) 437-4283

BUDDY SEIFERT, INK!

Custom Printed T-Shirts

* MAGNETIC DOOR SIGNS & DECALS AVAILABLE *

BRAD BUDDY
765-1900 765-0358

P.O. Box 1 • Julian, CA 92036