

# 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 4: NOV. 3, 1995

## NEWS

### ROUNDUP:

## Series of Finals Begins

**T**he time is at hand. The last of the dual meet action takes place today (November 3), and the focus of San Diego area high school cross country will then be squarely upon a week of league championship meets.

League finals are scheduled on every day of the week, beginning Monday (for a complete schedule, see page four) when the Southern Conference teams get together at Morley Field.

It all comes to a climax on Friday, when three meets are scheduled.

The last bits of unfinished dual-meet business were completed this week, with the two top-ranked girls teams, Vista and Orange Glen, finally squaring off on Friday.

Also this week, the La Jolla and Scripps Ranch girls teams met on Thursday (results too late to be included here).

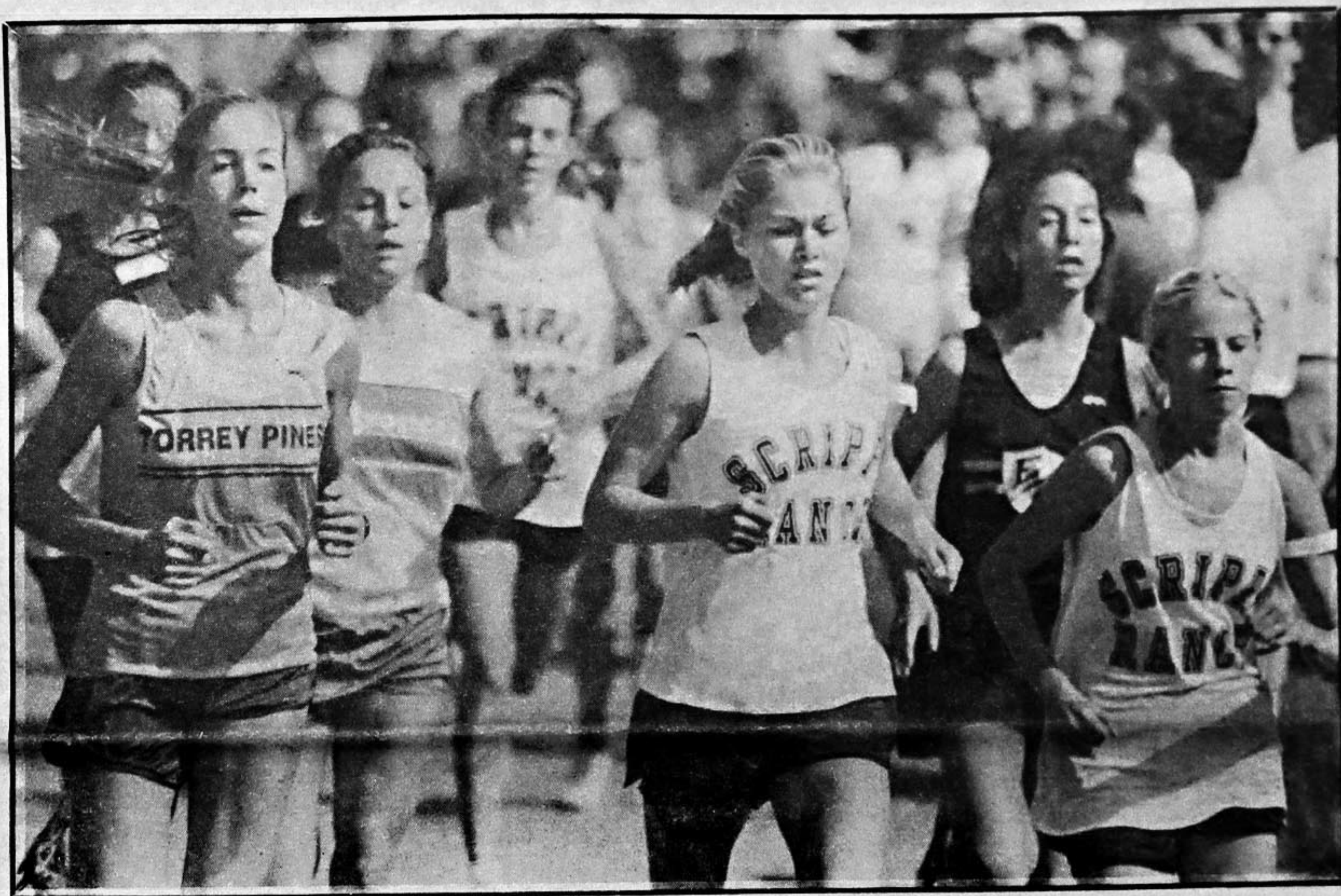
Great races were the order of the day at the last round of invitationals, both at Mt. SAC and at Kit Carson, with a number of significant developments for teams that jockeyed for position heading down the stretch.

Briefly, the news:

**MT. SAC:**

The Individual Sweepstakes Boys race saw the best three boys from the San Diego Section take on many of the best from around the state.

Yreka's Aaron Gillen won the race over the hilly, 3.0-mile course, in the meet's fastest time of 15:05, and he was closely followed by Mira Mesa's Larry Henderson (15:16), Hoover's Ayub Abdusalam (15:17), and



The Girls Division I race at the Kit Carson Invitational was an all-star affair. At the mile mark, the front pack included **Devon Straitiff (Torrey Pines)**, **Sarah Wilkins (Rancho Bernardo)**, **Kristina Stasko (Scripps Ranch)**, **Sarah Schmidt (Scripps Ranch)**, **Larissa Gregerson (El Capitan)**, and **Emily McFarland (Scripps Ranch)**. Positioned just behind the front-runners at this point was the Vista team, which won the race. The race featured the top seven ranked girls teams in the county, four of which were ranked in the state's top ten.

Grossmont's David McQuitty (15:29), who took the next three places.

As the race developed, a large group of runners that included all of the above ran the relatively flat first mile in 4:41, but Gillen began to pull ahead on a switchback hill section. By the halfway mark, he was building a slight lead over Henderson, who was never able to get back into contention.

Henderson was able to maintain an edge over Abdusalam, another local who is having a fine year. McQuitty was fourth, also with a good effort.

The boys team sweepstakes saw the two top-ranked local teams, Vista and Poway, compete with a great group from around the state.

Poway, led by Travis Kirtley, Jake McNeely and Jesse Davis, was 11th in the stellar field, while Vista's team was 16th.

Vista coach Craig Balsley later said that car trouble had caused runners Steve Ketcham and Joe Briceno to miss most of the previous night's rest. Both had sub-par efforts in the race.

Poway's girls team might have had their best race of the year in a varsity race, with Jessica Pound, Lisa Vasek, Ann Koscki and Merideth Nespor all finishing in the top five. Pound was timed in 19:43.

La Jolla's girls, competing in the Division III team sweepstakes race, had a team time nearly as fast as Poway's group, despite running without Leah Walkey or Michelle O'Connor. The Vikings were paced by Shelby Stanger's 19:43.

Fastest time by a San Diego Section girl in the meet was a 19:21 by Fallbrook's Tricia Mattson. Helix frosh Natalie Sullivan and University's Julie Ott both had 19:35 clockings in the competition.

Other good team efforts

were registered by Fallbrook's boys team and Coronado's boys team (seventh in the Division IV team sweepstakes race), led by Trevor Clarke's 16:35.

After Henderson, Abdusalam and McQuitty, many of the fastest times by locals came in that loaded Division I team sweepstakes race, with Kirtley (16:06), Vista's Jason Land (16:10) and Gonzalo Garcia (16:18) and Poway's McNeely (16:24) and Davis (16:30) all running well.

**KIT CARSON:**

The race of the day at this meet was the Division I girls race. It featured the top seven locally ranked teams in a clash for local bragging rights.

When the dust had cleared, Vista's girls were atop the heap, edging out Orange Glen and Scripps Ranch.

Behind those three were Torrey Pines, Valhalla, Rancho Bernardo and El Capitan.

SEE PAGE THREE



## From the editor: *Finals: Always unpredictable...*

It's finals time once again.

As this area's athletes prepare for the series of season-ending meets that decide just about everything, it's time to remember that anything can, will and has happened.

There will be surprises, there will be upsets, there will be great efforts from heretofore discounted teams and runners.

Somewhere, probably, there is a team that has been quietly building to a crescendo, with athletes on the mend from previous injuries, with everything clicking into place at just the right time.

Somewhere, and you can bet on it, there is a team that is beginning to fray just a bit, after a series of hard races. Can they hold on to their form for just a bit longer?

Somewhere, a coach is performing brain surgery on his athletes, building (or restoring) their confidence, which is so vital at this time of year.

On some campuses, a key runner is about to emerge that can make a difference. On one team, it could be a front-runner about to raise their level of excellence. On another team, a member of the pack might be ready to close the gap on the team's time-spread.

Teams that enjoy the services of two or three standout runners are keeping their fingers crossed in the hopes that their four-five runners will somehow come through.

Some individual runners, who have been pushing the limits on the number of activities in which they can participate, will focus on training and racing at the last minute, and will make a jump in stature.

Some teams are still assembling their various parts, adding key ingredients at almost the last minute (La Jolla, with Leah Walkey; and Torrey Pines, with Danielle Valentino; among others).

There are more than a few mystery teams out there. How do they stack up?

How good are Chula Vista's boys and girls teams? Are they CIF threats?

What about Monte Vista's boys? They haven't been seen at full strength in a 3.1-mile

race locally, except for their league duals.

They then came within a point of Valhalla in a dual -- are they that good?

Where does Oceanside's young boys team fit in the CIF picture? A Division III team, Oceanside has been competing against Division II schools all year.

What's up with St. Augustine's boys, University's girls and both Ramona teams? For a variety of reasons and circumstances, none of those squads has ever put their best seven together on the line in a big meet this year.

The most mysterious team of all is Holtville, a Division IV school that is not an official part of any local league. Will they show up with a strong boys team at CIF? Team ace Miguel Ramirez is now eligible, but what kind of team backs him up?

For the answers to these and many other questions: stay tuned. But don't be surprised by anything!

## News Briefs:

### What's news: Garner double highlights local Jr. Olympics efforts

It took a while for word to reach our offices, but there were a number of outstanding efforts by local athletes in the Junior Olympics National Championships, held late in July at San Jose City College.

The highlights:

Morse's Lana Garner had a great double in the 400 and 800 meters.

Running in the Young Women division, Garner was fourth in the 800 meters in a personal record of 2:15.57 (she ran a 2:26.6 during the regular high school season).

She followed that with 54.53 in the 400, another PR, which was good for second in that event. That mark would be the third fastest ever recorded by a San Diego-area high school girl, using the Union-Tribune's 1995 Prep Track & Field Guide as a resource. Garner won the CIF championship in the 400 last spring, and had a best during the prep season of 55.06.

Garner's 800 mark would rank right behind the 1995 CIF champ (Vanessa Hanley of University, who ran 2:15.15), on the yearly best marks list. The Morse flash is currently a senior, and is enjoying a good cross-country season.

Montgomery's Reggie DePass scored a PR in the 110 high hurdles, clocking 14.44 (with a

legal 0.5-meters-per-second breeze), for second place in the intermediate boys race.

That mark puts DePass, just a sophomore last year, third on the yearly list.

Most impressive of all was Monique Henderson, who runs for the MLK Blasters.

Competing in the Midget Girls division (for 11-12 year olds), Henderson won two national championships and tied a meet record.

She ran the 200 in 25.14 (with a legal 0.8 mps aiding breeze), and also clocked 57.14 in the 400, which tied the meet record (57.0 hand time). Henderson is still several years away from high school, but her times would have ranked her third in the county in both events.

### Local alums in Cross Country action...

Around the country, we've spotted these efforts in cross country by area grads:

Milena Glusac (Fallbrook) ran 17:37, for fifth place, in the Washington Invitational at Seattle, Sept. 23. She was the second finisher from the University of Oregon.

Alisa Nicodemus (Grossmont) ran 13:14 for 2.0 miles in the Crown Hurricane Invitational in Tulsa on Sept. 9. She competes for the University of Arkansas.

Brian Keim (San Pasqual), now at Baylor, ran 26:54 for 8K in the Baylor Invitational on Sept. 15, and is running number one for his school.

Mark Hauser (St. Augustine), at Wisconsin, clocked 24:49 for 8K at the Illinois State Invitational on Sept. 15. He is Wisconsin's fifth man.

Dave Levy (Mission Bay) ran 23:51 for 8K in the Jock's Nitch Southern Stampede on Sept. 16 in Joplin, Missouri. He is at Arkansas, running number seven.

Claire Becker (Bonita Vista) is at Cal Poly, San Luis Obispo, and ran 19:03 for 5K in the Fresno Invitational at Woodward Park, on Sept. 23.

Melanie Hand (Fallbrook) ran 18:42 in that same meet, and the pair helped Poly to an easy team win. Hand was Poly's number three, and Becker was the sixth runner.

Lesley Noll-Mayne (Mt. Carmel) ran 18:34 for 5K in the Riverside Invitational of Sept. 23, taking second in the race. She runs for Asics TW.

Michele Cox (Escondido), now at the University of San Diego, won the UCSD Invite on Sept. 9 at Morley Field, running 19:28 for 5K. She also was fifth in the Riverside Invite on Sept. 23, running 19:03 for 5K.

Eric Ricketts (Hilltop), now at Chico State, was second in the Stanislaus Invitational in Modesto on Sept. 9, running 25:35 for 8K.

UCLA features a number of former San Diego stars, including Mebratom Keflezighi (San Diego), Devin Elizondo (Mission Bay), and Kevin Bowes (Scripps Ranch).

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# News Roundup

FROM PAGE ONE

Another ranked team, Santana, was in the Division II field.

There was so much high-octane talent in the Division I race that one coach compared it to a CIF final.

Another coach disagreed. "It's better than a CIF race," he said.

A third coach pointed out that five of the teams had been ranked statewide.

In a vintage year for good girls teams in this area, it was a rare opportunity to see the best go head-to-head.

Vista's team put together a good pack, with Sonia Rodriguez leading the way as she has all year.

Torrey's Devon Straitiff won the race in 15:24 over the 2.5-mile Kit Carson course, with Rodriguez second in 15:33.

The Panthers' Fatima El-Farrah (5th, in 15:51) and Noelle Magana (11th, in 16:14) also were key as was the fine support by the four-five runners, Brooke Schroeder and Mary Blasius.

Orange Glen's girls ran a great pack race (six girls in 43 seconds) and set up a great rematch for the final dual meet of the season. If you scored this meet as a dual, Vista would have won by a single point.

Scripps Ranch used a super-

strong first four to take a close third in the race, while Torrey Pines was strengthened by the return of key runner Danielle Valentino (out all season with a tendon injury prior to this race).

Valhalla, in fifth, was hurt by the absence of team ace Julia Roysdon, who suffered a soccer injury just days before the meet. Plugging a healthy Roysdon into Valhalla's team time would have put them right behind Vista, so her absence was a key element.

In the boys Division I team race, Torrey Pines emerged as the CIF Division II favorite after a strong effort here. They tied fourth-ranked Mt. Carmel and won the meet on a tie-breaker (fastest sixth man). The Falcons were led by Charley Hulsey and Tyler Mack, who both clocked 16:22.

In the Division II boys race, Ramona dominated, with James Adams (16:20) and Galen Reid (16:22) going one-two. Reid narrowly edged out Scripps Ranch's Brent Bolton (also 16:22). A key for Ramona was good efforts by pack members Jorge Ramos and Tim Miller. Ramos was 6th in 16:58, and Miller was 11th in 17:20.

## DUALS:

The biggest showdown was at Guajome Park last Friday, when Poway's boys beat Vista, 26-29, ending a long string of dual meet successes for the Panthers.

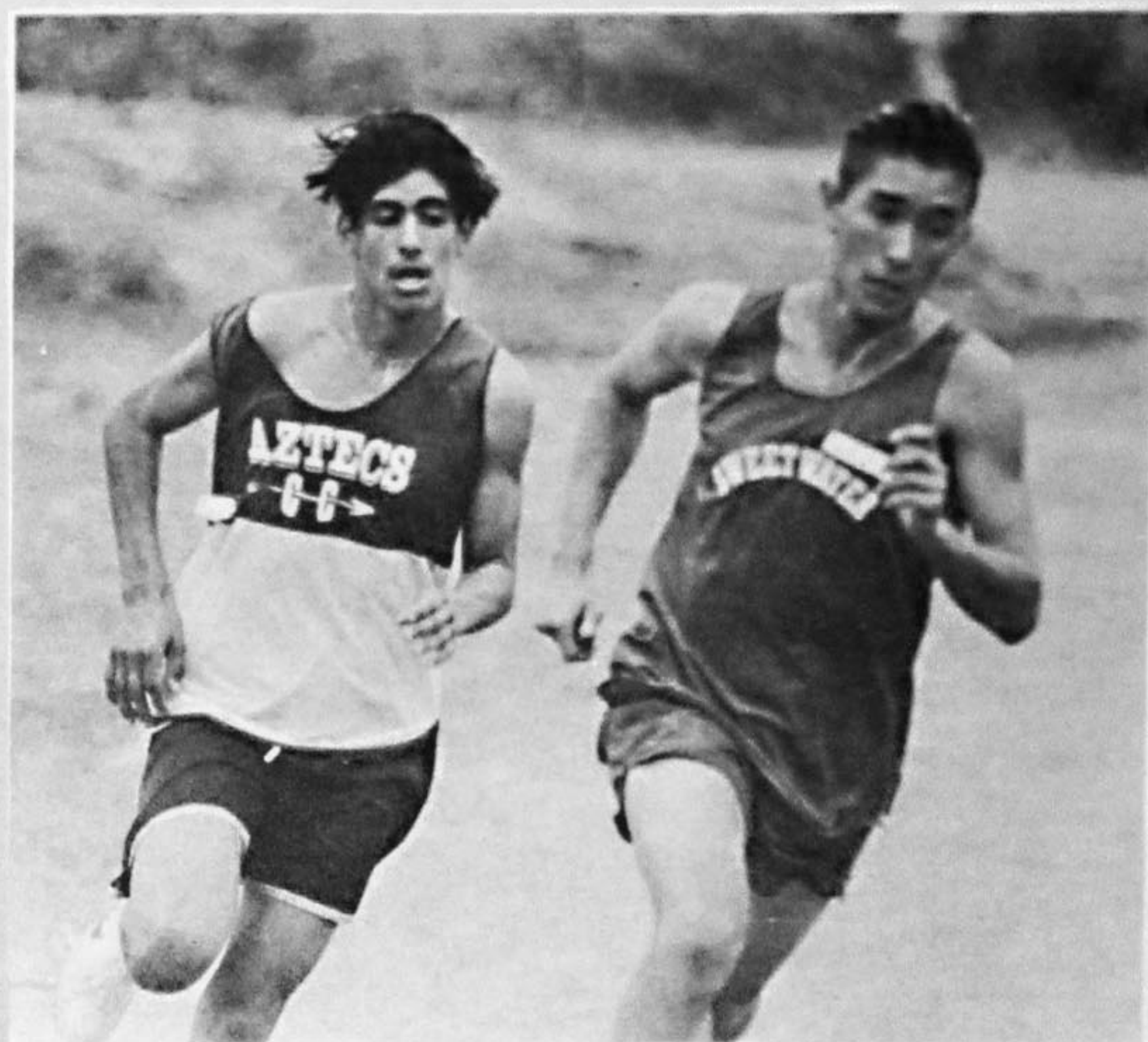
The dual win for Poway was significant, coming both on Vista's home course and on the heels of Poway's better showing at Mt. SAC.

"It was the most exciting boys dual I've ever coached," Poway mentor Dan Schaitel said later. The two teams ran evenly, sparring back and forth, until the final half mile when Titan runners Kirtley, McNeely, Sanderson and Dalrymple made a push.

Kirtley and McNeely went one-two in the race, running 17:04 and 17:08 on the slowish course (3.16 miles and very sandy footing). Sanderson and Dalrymple were key ingredients, finishing ahead of Ketcham, Vista's fourth man on this day.

"Our guys wanted it a little bit more," Schaitel said.

The two teams will continue to butt heads for at least two more meets, at the Palomar finals and in Division I of the CIF meet. They could conceivably both advance to state, which would make this a best out of



Xavier Alaniz, Montgomery, and Juan Nunez, Sweetwater

five series between the two rivals.

In the Grossmont North, Santana's girls decisively beat a not-full-strength El Capitan team, 22-34, also last Friday.

El Cap pulled out all the stops, however, sending Larissa Gregerson hard after Jaymie Harper in an effort to demoralize Santana. The two girls went by the mile mark in the low 5:40s, and continued to surge. Harper prevailed, and the hard effort by Gregerson left her exhausted and in fifth place. Harper ran a course record 13:56 (for 2.3 miles at Griffen Park) to win. A week earlier, Harper had recorded a 15:34 at the Kit Carson Invite, third fastest girls time on the day (and in an unchallenged race).

"We knew we would have to take some chances to win," El Cap coach Bill Cleves said. "We knew it would take a breakthrough someplace." The Vaqueros were a bit decimated by illness, and were missing a few girls from the back of their pack. It might not have helped against an inspired Santana team. The teams will meet again in the league meet.

Chula Vista's boys and girls teams looked good in a dual with Bonita Vista on Oct. 27. The Chula boys won, 20-40, and the girls triumphed, 25-30. Chula has recently added Marco Huerta and Jesse Jasso to their pack, and team ace Adrian Ramirez is looking good. In fact, he set a course record at Discovery Park.

"We ran well," Bonita coach Ian Cumming said, "and they blew us out of the water."

Aida Garcia paced the Spartan girls.

Coronado's boys and girls teams both finished out their Harbor League seasons at 8-0,

SEE PAGE FOUR

## NEXT ISSUE of TRACK MAGAZINE: November 17

Deadline: November 13  
(Distribution will be at  
CIF Championships)

## RANKINGS

(Coaches' poll of 10-31)

### Boys:

1. Poway
2. Vista
3. Chula Vista
4. Torrey Pines
5. Mt. Carmel
6. Ramona
7. Fallbrook
8. Valhalla
9. Point Loma
10. El Capitan

Others: West Hills, Monte Vista, Orange Glen.

### Girls:

1. Vista
2. Orange Glen
3. Scripps Ranch
4. Valhalla
5. Torrey Pines
6. Rancho Bernardo
7. La Jolla
8. Poway
9. Santana
10. Chula Vista

Others: El Capitan, San Marcos, Ramona

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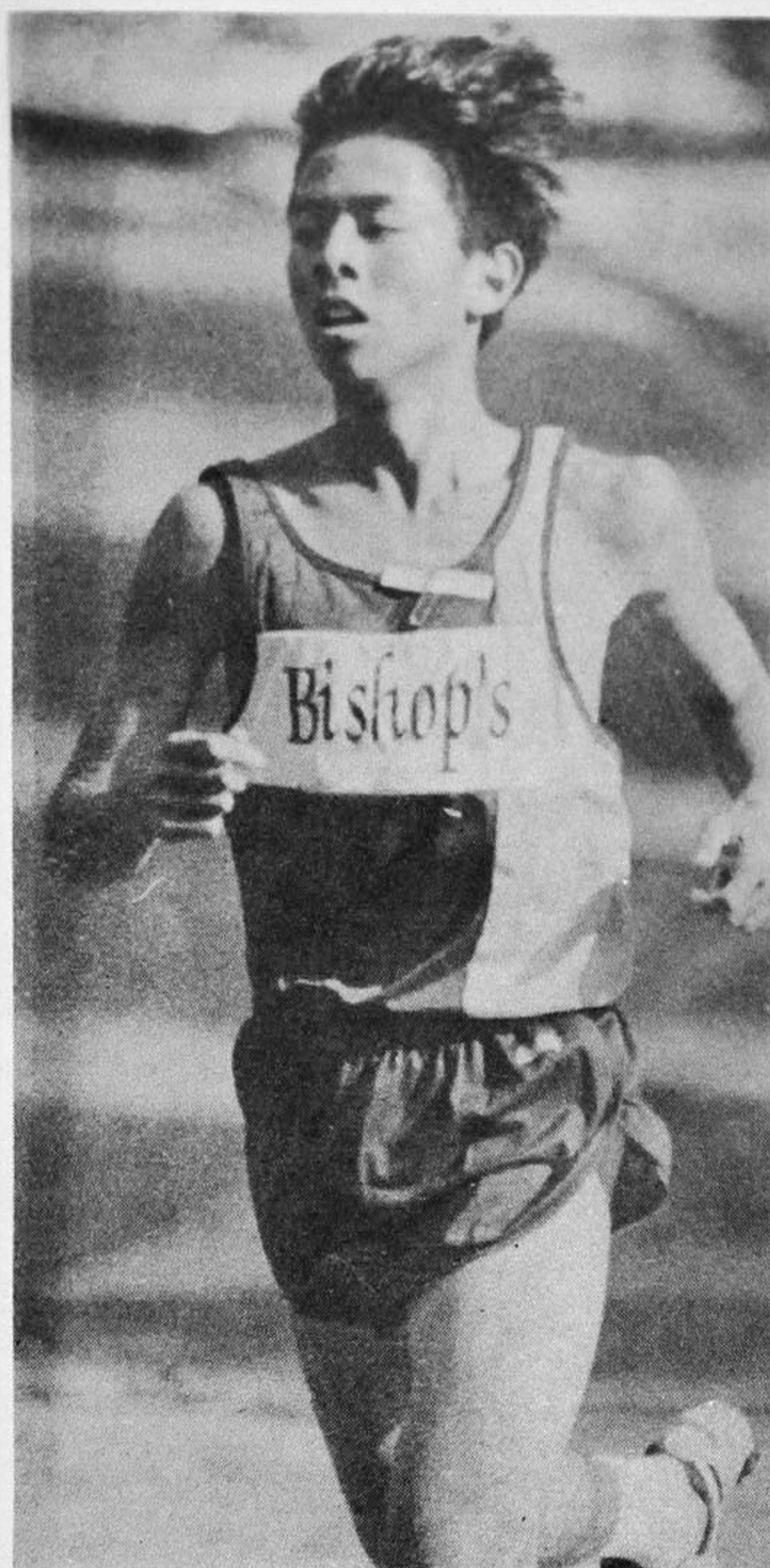
— Steve Scott, American Mile Record 3:47:69

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

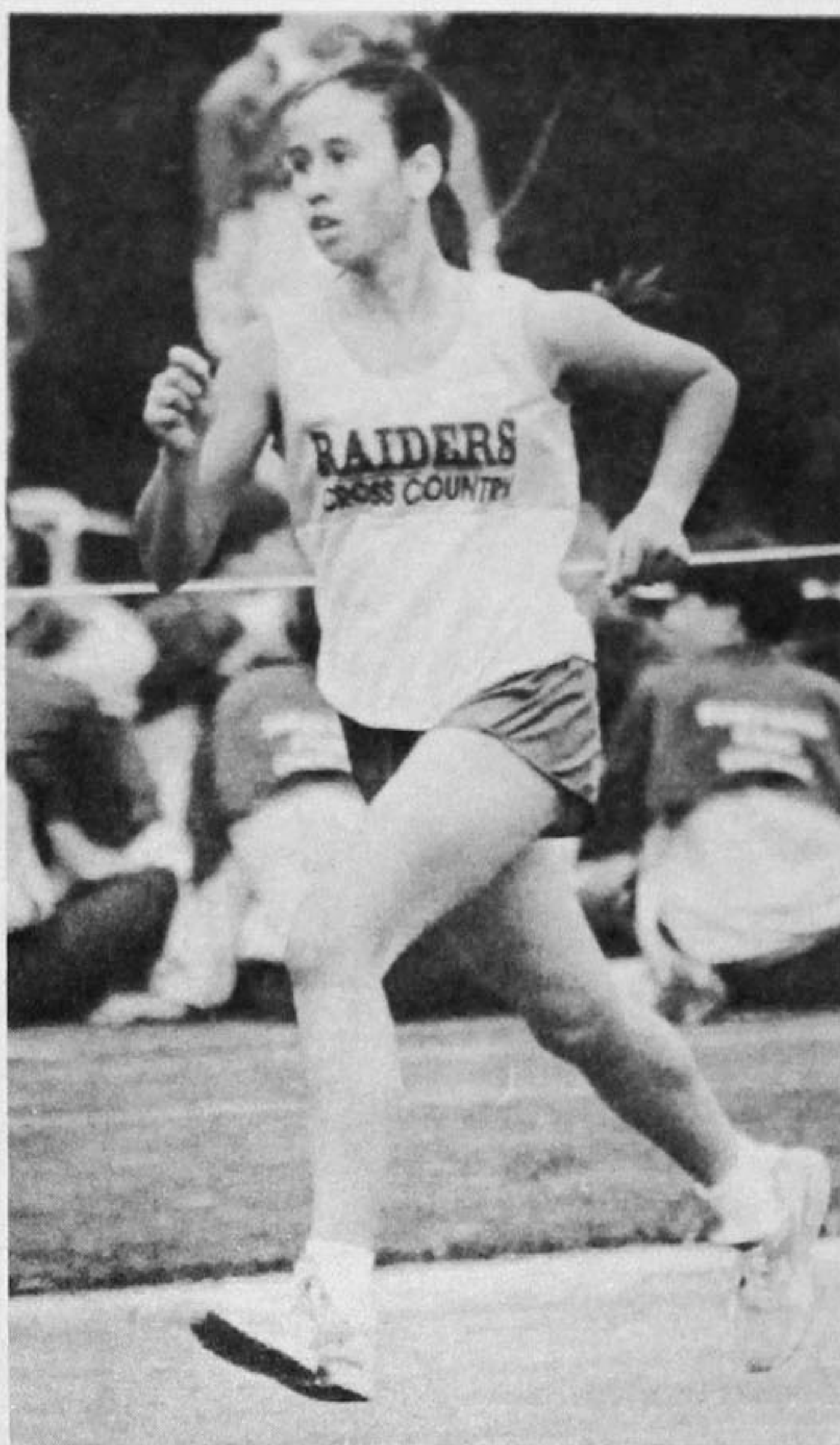
— Ron Tabb, 2:09:31 '83 Boston Marathon

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P. J. Ople, The Bishop's School



Cindy Chapin, Southwest

p.m. Clairemont's Sean Stevenson is meet director.

Wednesday, Nov. 8:

Eastern League: At Morley Field, using the dual meet layout. Varsity boys at 2:45 p.m.; Varsity girls at 3:15 p.m.; JV boys at 3:45 p.m. Kearny's Sam Sample is meet director.

Thursday, Nov. 9:

Avocado/Palomar Leagues: At Kit Carson, using Kit Carson Invitational course. Palomar girls at 2:30 p.m.; Avocado girls at 3 p.m.; Palomar boys at 3:30 p.m.; Avocado boys at 4 p.m. No JV races. Orange Glen's Mike Cummings is meet director.

NOTE: Construction at Kit Carson is not expected to begin before this meet takes place, which means the normal course can be used.

Friday, Nov. 10:

Grossmont North and Grossmont South Leagues: At Harry Griffen Park, near Grossmont High School, using normal dual meet course. JV girls at 8:30 a.m.; JV boys at 9 a.m.; Varsity girls at 9:30 a.m.; Varsity boys at 10 a.m. All races will combine both leagues, although results will be kept separate.

Western League: At Morley Field, using the dual meet layout (NOTE: Western girls run 3.0 miles). Boys varsity at 9 a.m.; Girls

varsity at 9:30 a.m.; Boys JV at 10 a.m.; Girls JV at 10:30 a.m. University City's Frank Browne is meet director.

Metro League: At Southwestern College, using the South Bay Invitational course. Varsity boys at 2 p.m.; Varsity girls at 2:30 p.m.; JV boys at 3 p.m.; JV girls at 3:30 p.m.

Next stop: Morley Field, on November 18, for the CIF Championships.

## Frosh/Soph Championships

At Morley Field, Oct. 28. Weather: moderate temperatures.

### BOYS:

#### Top Ten Times, all races:

17:03 Brian Sullivan, St. Augustine  
17:06 Curtis Mulder, Mission Bay  
17:07 Adam Greene, St. Augustine  
17:11 Jon Landau, University City  
17:12 Dane Bitterlin, University  
17:20 Tim Igo, University  
17:23 Josh Stein, Ramona  
17:25 Fernando Gonzales, Ramona  
17:28 Tom Gibbings, Point Loma  
17:35 Graham Aitkenhead, Point Loma

### Frosh:

Fernando Gonzales (Ramona) 17:25; Evan Fontaine (La Jolla Country Day) 17:41; Tom Antl (Point Loma) 17:44; Jon O'Connor (University City) 17:53; Jaime Ramos (R) 18:05.

Archie Candelaria (Mira Mesa) 18:13; Thomas Jodoin (MM) 18:13; Mark Marshall (Patrick Henry); Dan Murphie (MM); Aaron Smith (PL).

Pat Grimes (Scripps Ranch); Tim Jackson (PL); Dru Imrie (Ser); Michael Morgen (Madison); Shawn Benson (R).

R. Beckheim (Grossmont); Kevin Gossett (G); Kyle Phillips (R); Erik Betancourt (PL); Dennis Bollman (G).

Scott Rogers (Ser); Chris Saunders (SR); Ben Bils (PL); Danzel Abrahama (G); Dwight Devens (UC).

33 finishers.

(NOTE: No official times after 7th place.)

### Soph:

Brian Sullivan (St. Augustine) 17:03; Curtis Mulder (Mission Bay) 17:06; Adam Greene (StA) 17:07; Jon Landau (UC) 17:11; Dane Bitterlin (Uni) 17:12.

Tim Igo (Uni) 17:20; Josh Stein (R) 17:23; Tom Gibbings (PL) 17:28; Graham Aitkenhead (PL) 17:35; Justin Scarfeo (LJCD) 17:40.

Kiffom Abrahama (G) 17:50; Noah Lidman (LJCD) 17:51; Jose Jimenez (Clairemont) 17:52; Jim Lery (PH) 17:54; Sam Sinn (MB) 17:54.

Joe Florez (Ser) 17:59; Hong Castejon (MM) 18:04; Jose Padilla (Claire) 18:04; Mobini Kourash (UC) 18:08; Omar Zavala (MB) 18:10.

Luis Eternod (Ser) 18:17; Mike Stokes (SR) 18:17; Colter Bollinger (G) 18:19; Matt Ooi (PL) 18:25; Bob Anderson (SR) 18:30.

David Rothgeissen (team?) 18:51; B. J. Comin (MM) 19:01; Justin Markland (PL) 19:10; Francisco Valdovinos (MB) 19:28; Sam Shinnick (PL) 19:35.

45 finishers.

### GIRLS:

#### Top Ten Times, all races:

15:03 Courtney Baird, University  
15:03 Emily McFarland, Scripps Ranch  
15:27 Kristina Stasko, Scripps Ranch  
15:41 Kelly Grimes, Scripps Ranch  
16:21 Sarah Shepherd, Ramona  
16:27 Jenny Bergen, University City  
16:37 Olivia Tellez, Point Loma  
16:41 Vanessa Oseroff, University City  
16:41 Ronya Shatila, University  
16:45 Julia Otis, La Jolla

### Frosh:

Courtney Baird (University) 15:03; Emily McFarland (Scripps Ranch) 15:03; Julia Otis (La Jolla) 16:45; Lindsay Weinberg (La Jolla Country Day) 16:47; Tiffany Fox (Mira Mesa) 17:00.

Natalie Watkins (Our Lady of Peace) 17:04; Danielle Magante (Serra) 17:05; Kelli Wilson (OLP) 17:14; Leslie Crews (University City) 17:15; Paige Caldwell (UC) 17:16.

Marissa Stark (MM) 17:17; Laura Meathe (OLP) 17:22; Nicole Sadler (LJ) 17:22; Sherry Dodge (LJ) 17:40; Meaghan Mayer (LJ) 17:57.

Windy Fernandez (Point Loma) 17:57; Juno Demelo (LJ) 17:59; Veronica Lollis (UC) 18:06; Lisa Nguyen (SR) 18:13; Brooke Landmark (Ramona) 18:20.

Belinda Olvera (PL) 18:23; Danielle Hennessy (R) 18:26; Sarah Otjens (Mission Bay) 18:43; Amy Cellar (SR) 18:43; Rachel Goodwin (Patrick Henry) 18:53.

Jessica Gordon (Grossmont) 19:02; Myra Fontanilla (SR) 19:31; Courtney Fisher (UC) 19:37; Elizabeth Stein (Francis Parker) 19:47; Annie Adams (Ser) 21:06.

### Soph:

Kristina Stasko (SR) 15:27; Kelly Grimes (SR) 15:41; Sarah Shepherd (R) 16:21; Jenny Bergen (UC) 16:27;

## News Roundup

FROM PAGE THREE

with wins over Mar Vista and Crawford this week. The Harbor League determines their league championships solely on duals. The primary interest in the Harbor finals will be a possible guest (and unofficial) appearance by Holtville.

## The Schedule:

The schedule for the league championship meets:

Monday, Nov. 6:

Southern Conference: At Morley Field, using the CIF courses. Boys JV at 2:30 p.m.; Varsity girls at 3 p.m.; Varsity boys at 3:30 p.m. La Jolla Country Day's Pat Wagner is meet director.

Tuesday, Nov. 7:

Harbor League: At Morley Field, using the dual meet layout. Boys JV at 2:30 p.m.; Varsity girls at 3 p.m.; Varsity boys at 3:30



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WHAT A TEAM !!**



# Frosh/Soph

FROM PAGE FOUR

Olivia Tellez (PL) 16:37.

Vanessa Li (LJ) 16:37; Vanessa Oseroff (UC) 16:41; Ronya Shatila (Uni) 16:41; Zoe Landers (FP) 16:51; Maria Guzman (MB) 17:00.

Amy Markus (LJCD) 17:03; Mia Solvesson (LJ) 17:16; Julie Bradshaw (PL) 17:23; Audrey Harrison (R) 17:23; Romy Segall (LJ) 17:30.

Melissa Mitchell (R) 17:34; Angeline Spain (SR) no time; Sara Harrison (LJ) 17:53; Sunny Nordmarken (LJ) 17:57; Erin Mote (LJ) 17:59.

Heather Ray (Bishop's) 18:03; Elizabeth Gonzalez (PL) 18:07; Allison Gordon (Bish) 18:08; Susan Gistaro (Uni) 18:09; Erin Beck (Ser) 18:11.

# Mt. SAC Invitational

At Mt. San Antonio College, Walnut. Divisions III and IV on Friday, Oct. 20; Divisions I and II on Saturday, Oct. 21.

## BOYS:

**Top Twenty San Diego Section runners (all area results not reported to Track Magazine):**

- 15:16 Larry Henderson, Mira Mesa
- 15:17 Ayub Abdusalam, Hoover
- 15:29 David McQuitty, Grossmont
- 16:06 Travis Kirtley, Poway
- 16:10 Jason Land, Vista
- 16:18 Gonzalo Garcia, Vista
- 16:22 Miguel Ramirez, Holtville
- 16:24 Jake McNeely, Poway
- 16:29 Gabe White, Bonita Vista
- 16:30 Jesse Davis, Poway
- 16:35 Trevor Clarke, Coronado
- 16:37 Ryan Coughlin, Fallbrook
- 16:37 Dustin Diaz, West Hills
- 16:43 Sean Zanderson, Poway
- 16:47 David Young, El Camino
- 16:50 Jason Lopresti, Carlsbad
- 16:52 Joe Briceno, Vista
- 16:53 Andrew Smith, Vista
- 16:54 Eric Mattson, Fallbrook
- 16:55 Scott Batiuk, Fallbrook

**Ten fastest San Diego Section teams (times of five fastest runners, all races combined):**

- 82:41 Poway
- 83:16 Vista
- 85:10 Fallbrook
- 87:21 West Hills
- 87:40 San Marcos
- 87:52 La Jolla
- 88:08 Bonita Vista
- 88:29 Coronado
- 88:38 Castle Park
- 89:07 Carlsbad

## Division I:

### Individual Sweepstakes:

1. Aaron Gillen (Yreka) 15:05; 2. Larry Henderson (Mira Mesa) 15:16; 3. Ayub Abdusalam (Hoover) 15:17; 4. David McQuitty (Grossmont) 15:29.

### Team Sweepstakes:

Teams: Jesuit 102; Nevada Union 141; De La Salle (Concord) 195. Also, 11th, Poway 299; 16th, Vista 332.

### Individuals:

1. Paul Stember (Jesuit) 15:13.  
Poway: 31. Travis Kirtley 16:06; 48. Jake McNeely 16:24; 56. Jesse Davis 16:30; 71. Sean Zanderson 16:43; 93. Rusty Dalrymple 17:01.  
Vista: 34. Jason Land 16:10; 41. Gonzalo Garcia 16:18; 80. Joe Briceno 16:52; 82. Andrew Smith 16:53; 95. Steve Ketcham 17:03; 115. Cesar Rodriguez 17:32; 116. Sean Daley 17:33.

### Varsity:

Fallbrook: Ryan Coughlin 16:37; Eric Mattson 16:54; Scott Batiuk 16:55; Brett Weaver 17:04; Josh Stewart 17:42; Ben Hauck 17:49.

Bonita Vista: 1. Gabe White 16:29; Jimmy Corcoran 17:14; Brian Paff 17:55; Kevin Barrera 18:00; Greg Ottinger 18:30; Leo Espino 18:32.

### Soph:

Teams: 1. Poway 26; 9. Fallbrook 396.  
Poway: 1. Mike Helms 16:58; 3. Scott Strachan 17:00; 4. Andrew Gharst 17:14; 8. Tony Paz 17:44; 10. Ben Schwab 17:48; 12. Justin Lucas 17:56.

### Fallbrook:

7. Tyler Bochenek 17:42.  
**Frosh:**  
Teams: 3. Poway 151.  
Poway: 14. Randall Leyking 18:49; 21. Zack Taylor 19:08; 28. Sachin Dewagen 19:28.

### Fallbrook:

3. Will Nelson 17:39.

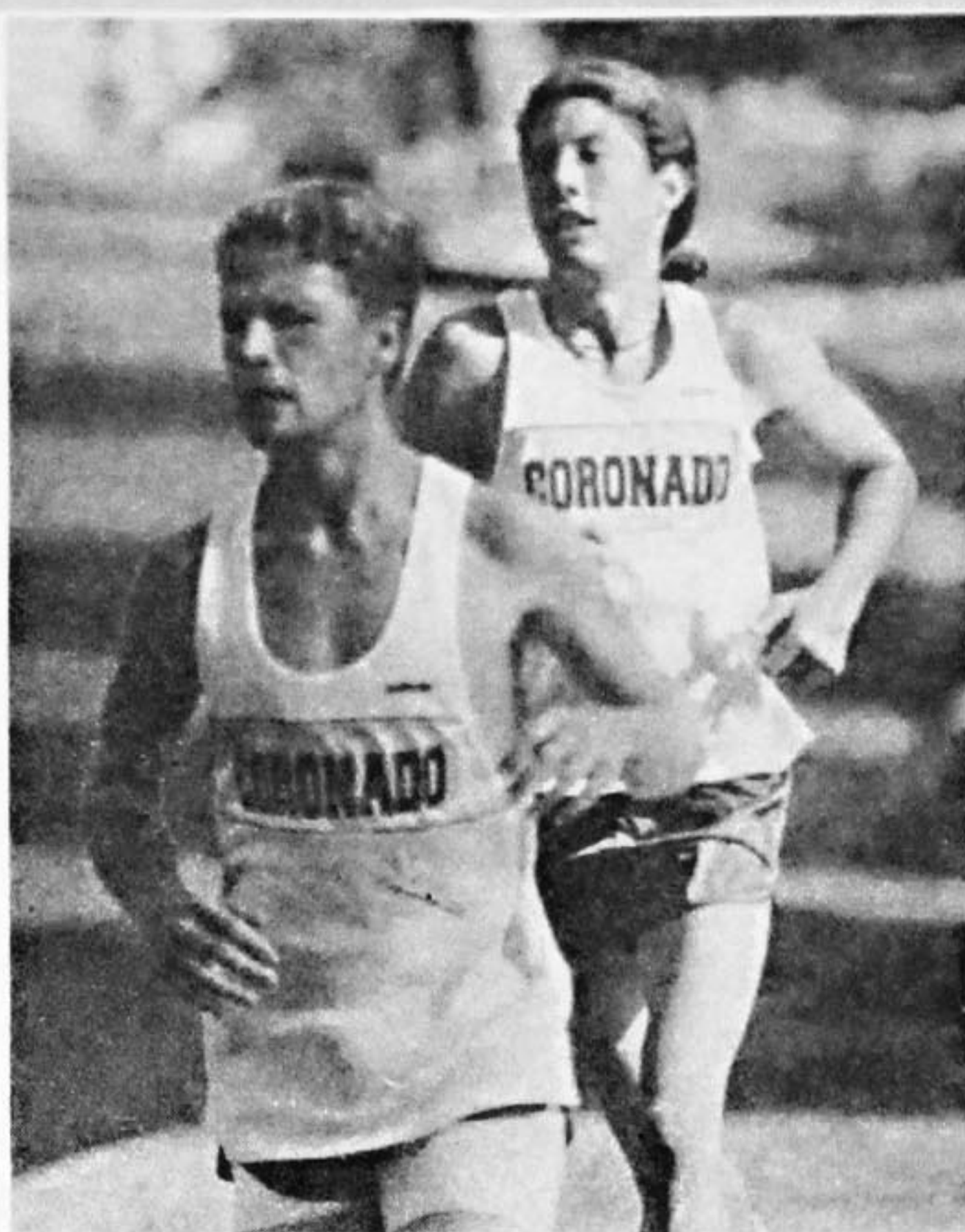
### JV:

Poway: 12. Peter Sorensen 17:51.

## Division II:

### Varsity:

Holtville: 1. Miguel Ramirez 16:22; Robert-John Gonzales 17:39; Ben Lara 18:20; Luis Salazar 18:45;



Jason Talbott and Cheyne Jones, Coronado



Clodagh Rafferty, La Jolla

Andres Medina 19:05. NOTE: Holtville is a Division IV school, but elected to run in Division II.

Carlsbad: Jason Lopresti 16:50.

### Soph:

El Camino: 2. David Young 16:47.

## Division III:

### Varsity Sweepstakes:

West Hills: 46. Chris Nagao 17:09; 56. Matt Stuart 17:26; 75. Tom Corbin 17:51; Andrew Musback 18:39; Nick Tindell 19:04.

### Varsity:

La Jolla: 6. Ari Perlin 17:17; 11. David Dunbar 17:29; 12. Josh Flesher 17:34.

### Soph:

West Hills: 1. Dustin Diaz 16:37; 4. Don Overland-McKay 18:26; 20. Ross Bartell 19:40. West Hills team, first, 87.

### Frosh:

West Hills: 1. Paul Saccone 17:43; 2. Matt Rendina 18:15. West Hills team, first, 75.

## Division IV:

### Varsity Sweepstakes:

Coronado: 3. Trevor Clarke 16:36; Jason Talbott 17:15; Cheyne Jones 17:37; Ryan Boney 18:24; Eric Bauer 18:39.

### Soph:

La Jolla Country Day: 4. Justin Scarfeo 18:17; 7. Noah Lidman 18:44; David Pechet 20:41.

### Frosh:

La Jolla Country Day: 1. Evan Fontaine 18:45.

### GIRLS:

**Top Twenty San Diego Section runners (all area results not reported to Track Magazine):**

- 19:21 Tricia Mattson, Fallbrook
- 19:35 Natalie Sullivan, Helix
- 19:35 Julie Ott, University
- 19:43 Jessica Pound, Poway
- 19:43 Shelby Stanger, La Jolla

- 19:55 Meghann Phillips, Bonita Vista
- 19:57 Clodagh Rafferty, La Jolla
- 20:04 Lisa Vasek, Poway
- 20:04 Jinna Rohde, Fallbrook
- 20:06 Ann Koscki, Poway
- 20:06 Angel Reed, El Camino
- 20:21 Shannon O'Connor, La Jolla
- 20:27 Merideth Nespor, Poway
- 20:30 Jessica Lunt, Coronado
- 20:34 Courtney Baird, University
- 20:40 Jessica Anderson, Carlsbad
- 20:42 Rosie Costello, Bonita Vista
- 20:50 Morgan Romine, La Jolla
- 21:01 Barbra Chakos, Coronado
- 21:09 Kara Dose, La Jolla

**Ten fastest San Diego Section teams (times of five fastest runners, all races combined):**

- 101:48 Poway
- 101:58 La Jolla
- 104:48 Fallbrook
- 106:49 Helix
- 106:55 San Marcos
- 107:12 Carlsbad
- 107:25 Bonita Vista
- 108:97 University
- 109:50 Point Loma
- 110:39 Grossmont

## Division I:

### Varsity:

Poway: 1. Jessica Pound 19:43; 3. Lisa Vasek 20:04; 4. Ann Koscki 20:06; 5. Merideth Nespor 20:27; 17. Laura Rankin 21:28; 28. Kasey Shemwell 22:23.

Bonita Vista: 2. Meghann Phillips 19:55; 8. Rosie Costello 20:42; 16. Dawna Marshall 21:22; 31. Tami Withem 22:32; 40. Sandy Zuniga 22:54.

Fallbrook: 3. Tricia Mattson 19:22; 13. Jinna Rohde 20:04.

### Soph:

Fallbrook: 3. Mindy Green 21:36.

### Frosh:

Fallbrook: 5. Katie Kaeser 22:15.  
Poway: 11. Amy Opielowski 22:40.

### JV:

Poway: 12. Kristin Schaitel 22:36; 14. Sarena Rosales 22:42.

## Division II:

### Varsity:

El Camino: 3. Angel Reed 20:06.  
Helix: 3. Natalie Sullivan 19:35; 22. Natissa Martin 21:39; 27. Becky Mosteller 21:46; 30. Anne Severtson 21:50; 35. Br. Tewolde 21:58.

Carlsbad: Jessica Anderson 20:40.

### Frosh:

Helix: 9. Rachel Rodriguez 21:56.

### JV:

Helix: M. Green 22:51.

## Division III:

### Varsity Sweepstakes:

La Jolla: 12. Shelby Stanger 19:43; 21. Clodagh Rafferty 19:57; 29. Shannon O'Connor 20:21; 42. Morgan Romine 20:50; 54. Kara Dose 21:09; 85. Robin Kremsdorf 22:17. La Jolla placed sixth, 158 points.

### Varsity:

Mission Bay: 11. Anna Turecek 21:47.

### Soph:

University: 1. Julie Ott 19:35.  
La Jolla: 4. Vanessa Li 21:54; 14. Mia Solvesson 22:47. La Jolla placed fourth.

### Frosh:

University: 1. Courtney Baird 20:34.  
La Jolla: 7. Julia Otis 22:46; 8. Sherry Dodge 22:48; 11. Nicole Sadler 22:54. La Jolla placed first.

### JV:

La Jolla placed second.

## Division IV:

### Varsity Sweepstakes:

Coronado: 12. Jessica Lunt 20:30; 16. Barbra Chakos 21:01. Coronado placed 11th, 238 points.

### Soph:

La Jolla Country Day: Amy Markus 23:51.

## Downey Law Offices

Jeremiah J. Downey  
Attorney at Law

1330 Orange Ave.  
Coronado, CA 92118  
Telephone: (619) 437-4283

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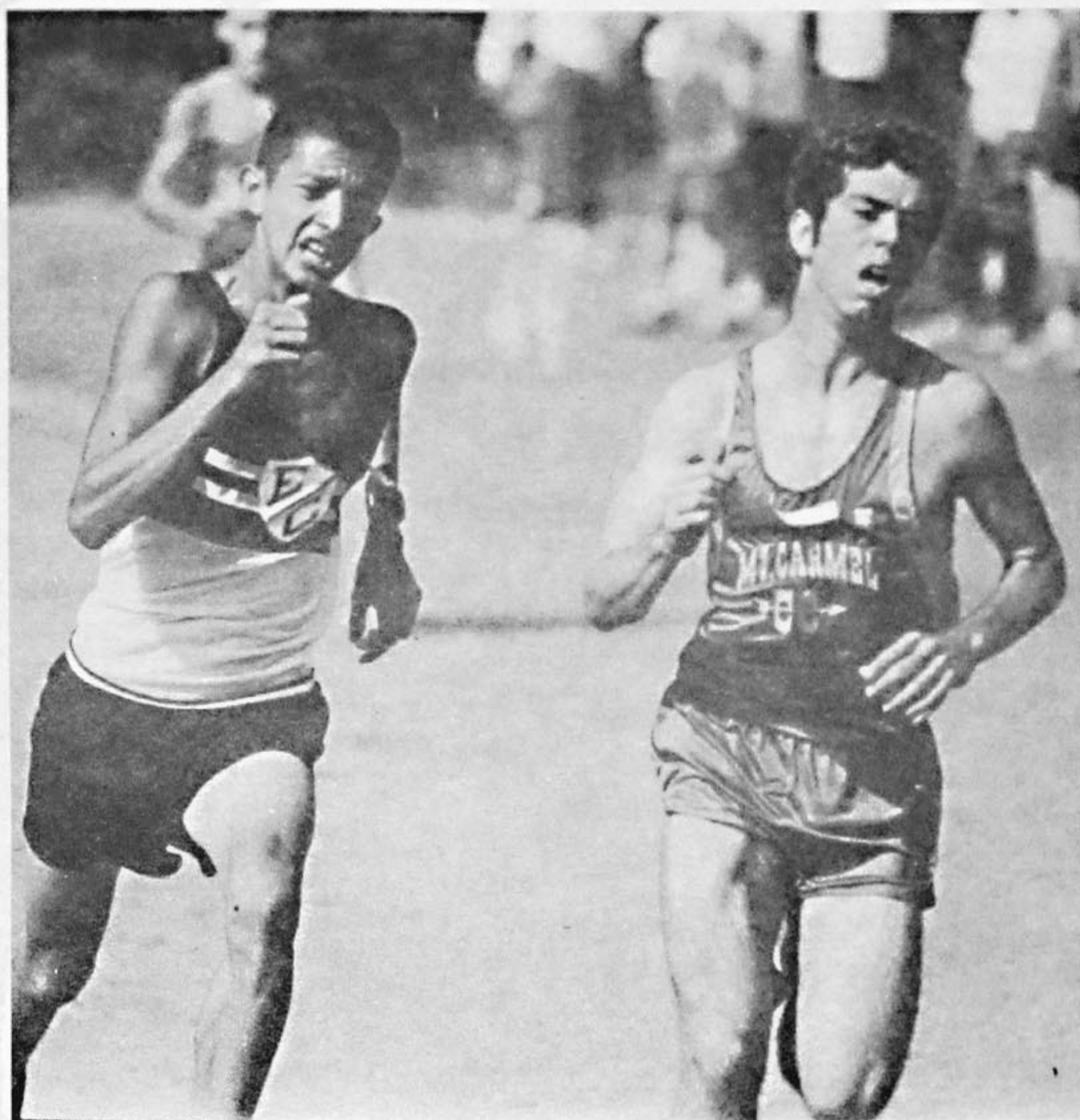
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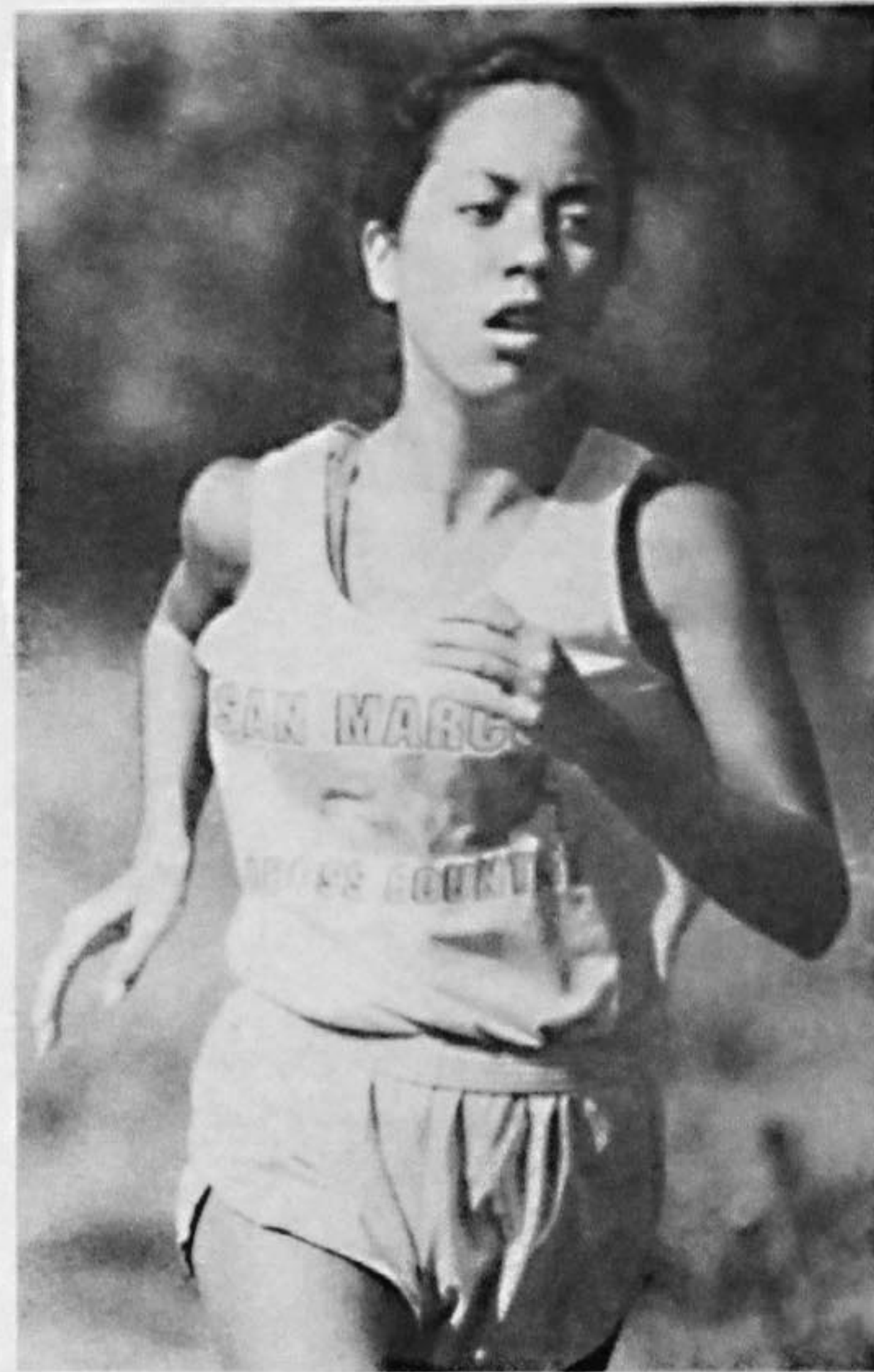
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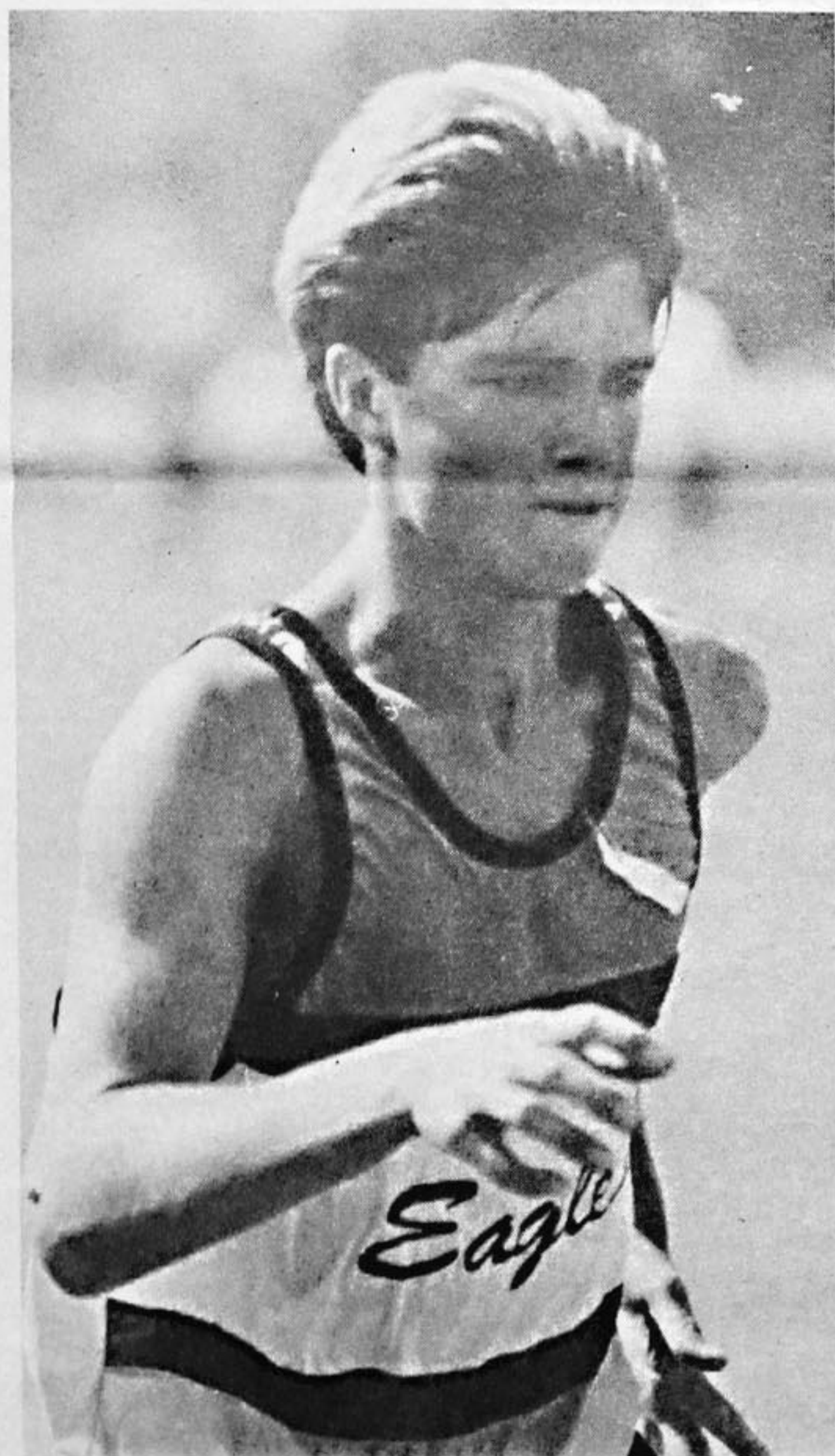




*Danny Sanchez, El Capitan, and Matt Dos Santos, Mt. Carmel*



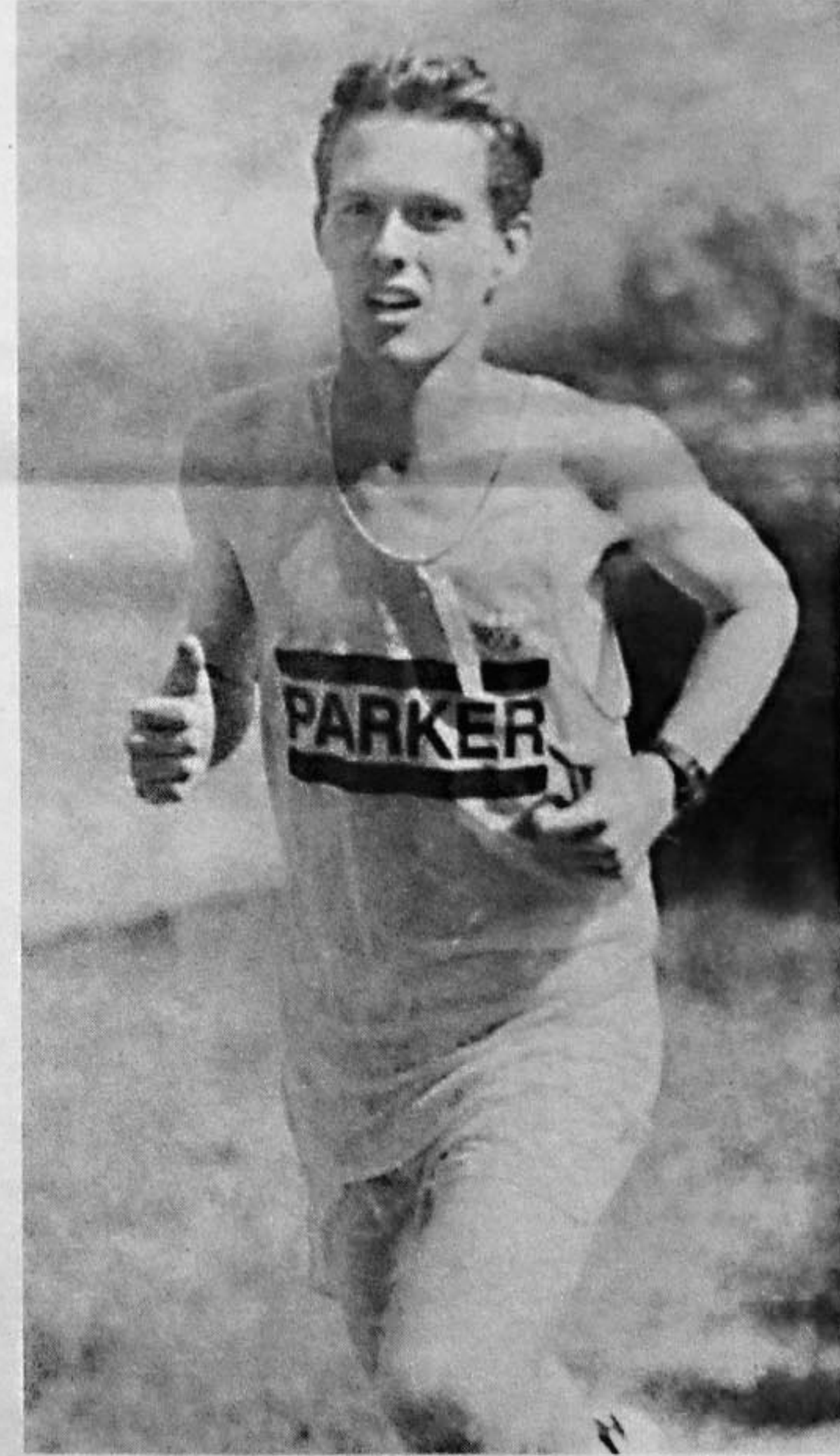
*Debbie Hughes, San Marcos*



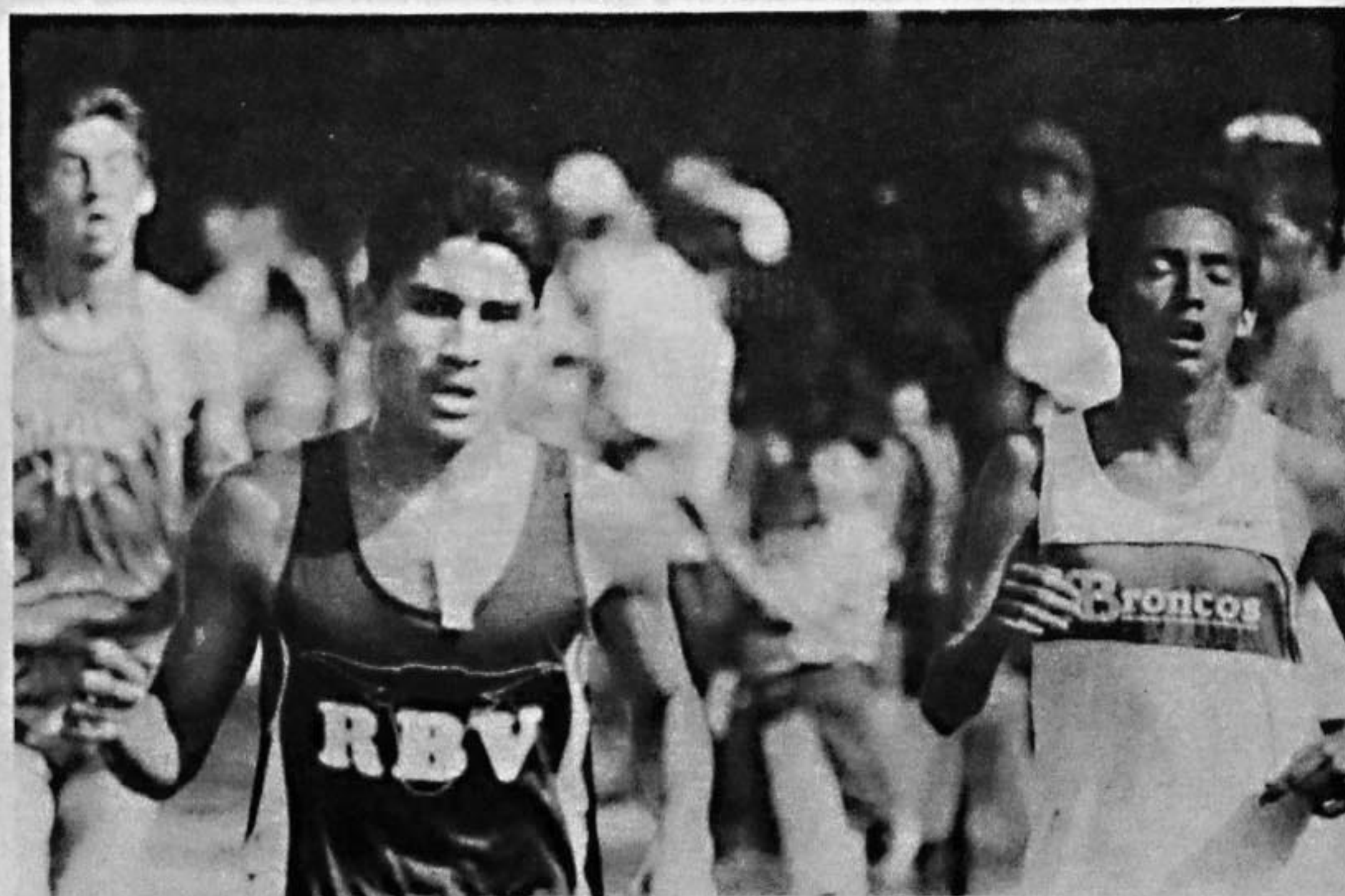
*Mike Gilmore, Granite Hills*



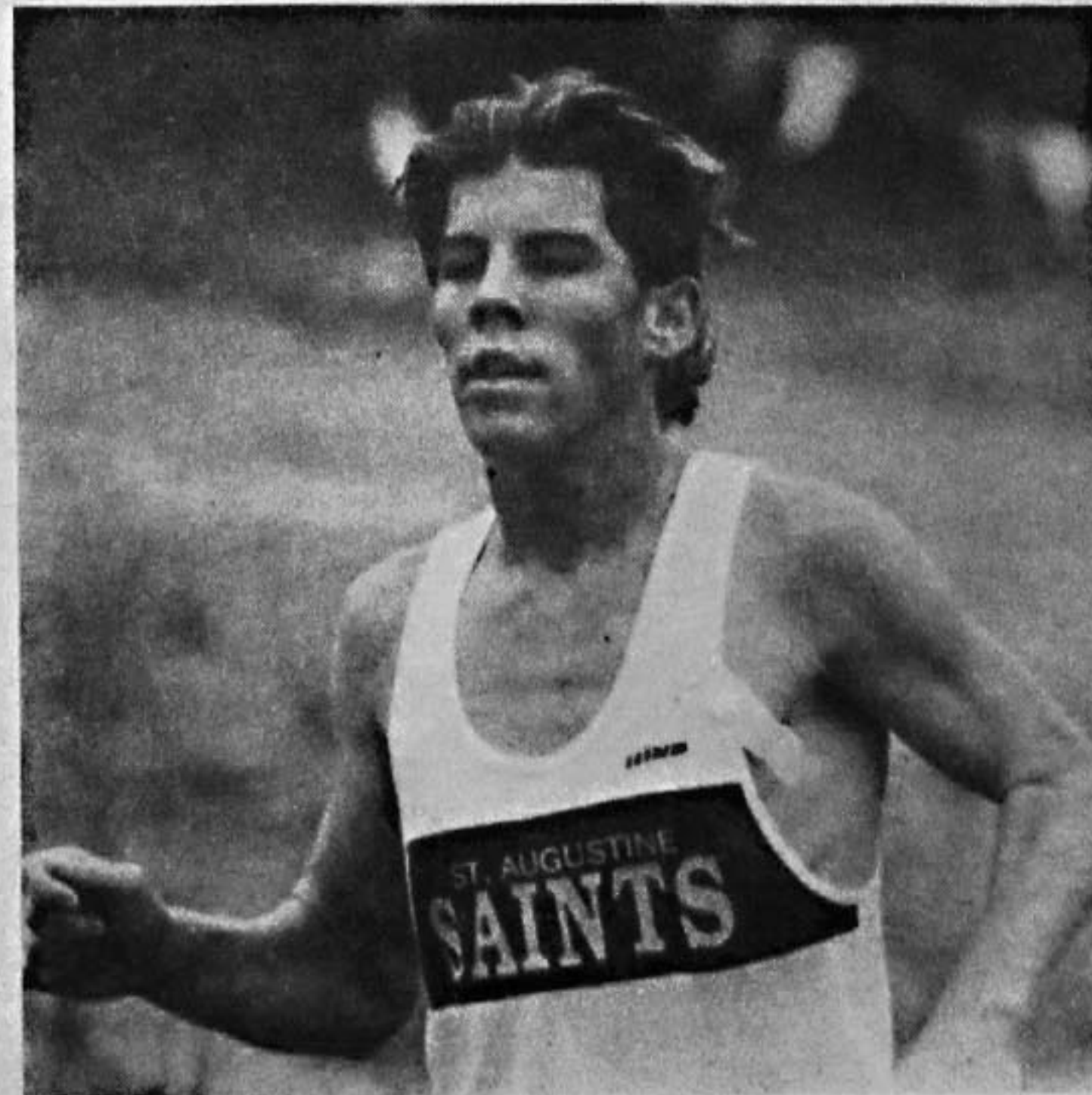
*Kim Ricks, Mt. Carmel*



*Dale Lovell, Francis Parker*

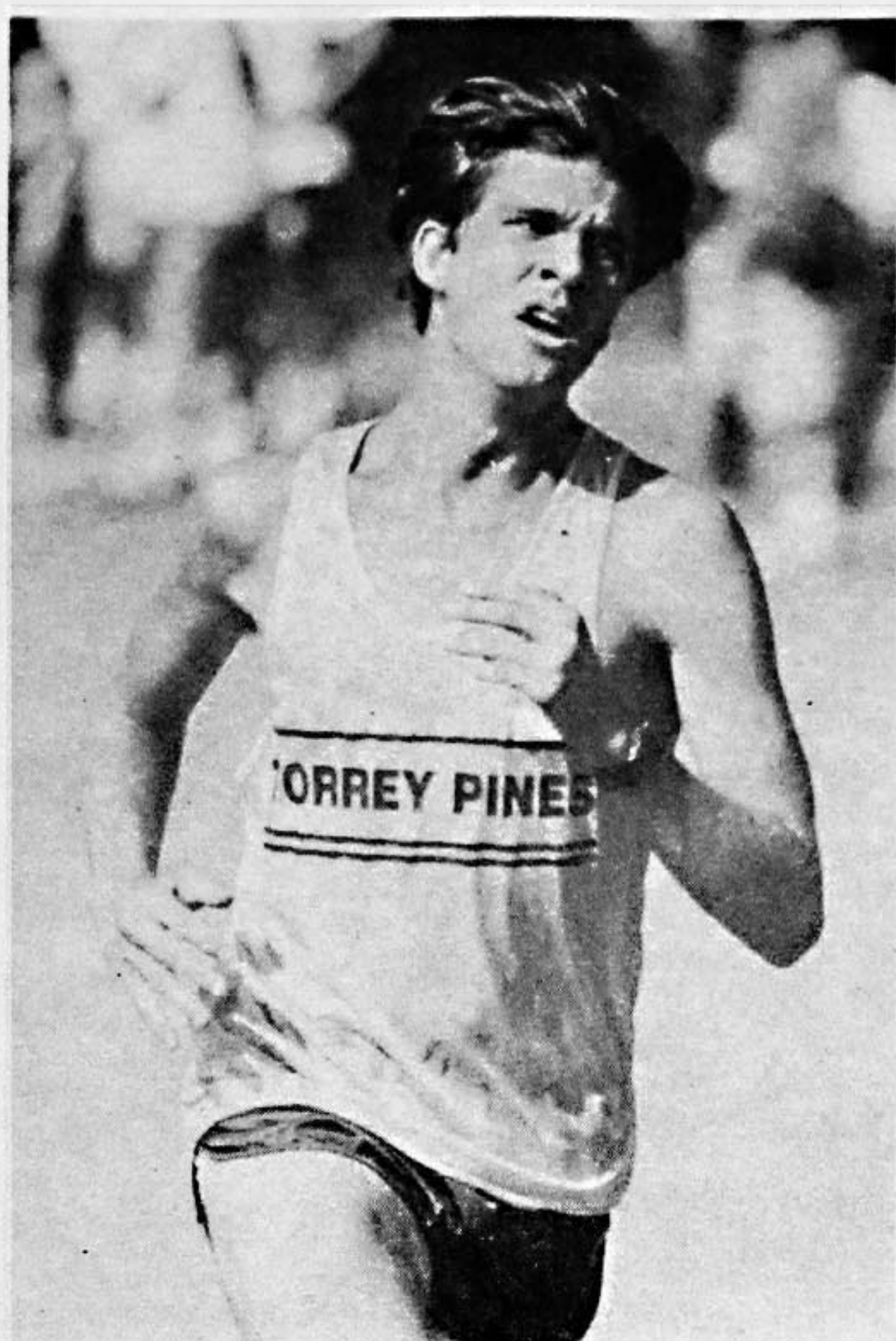


*Fernando Blanco, Rancho Buena Vista, and Matt Galaviz, Rancho Bernardo.*

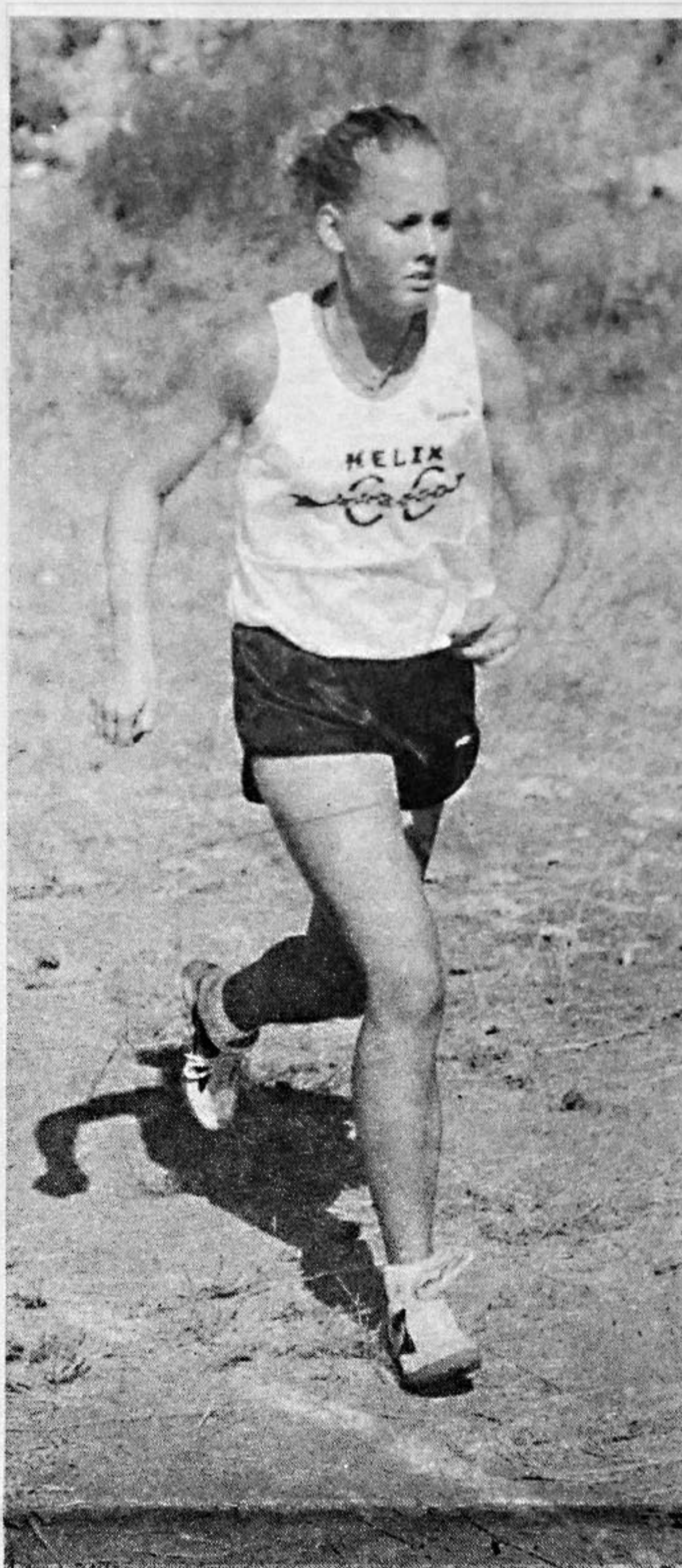


*Brian Janes, St. Augustine*

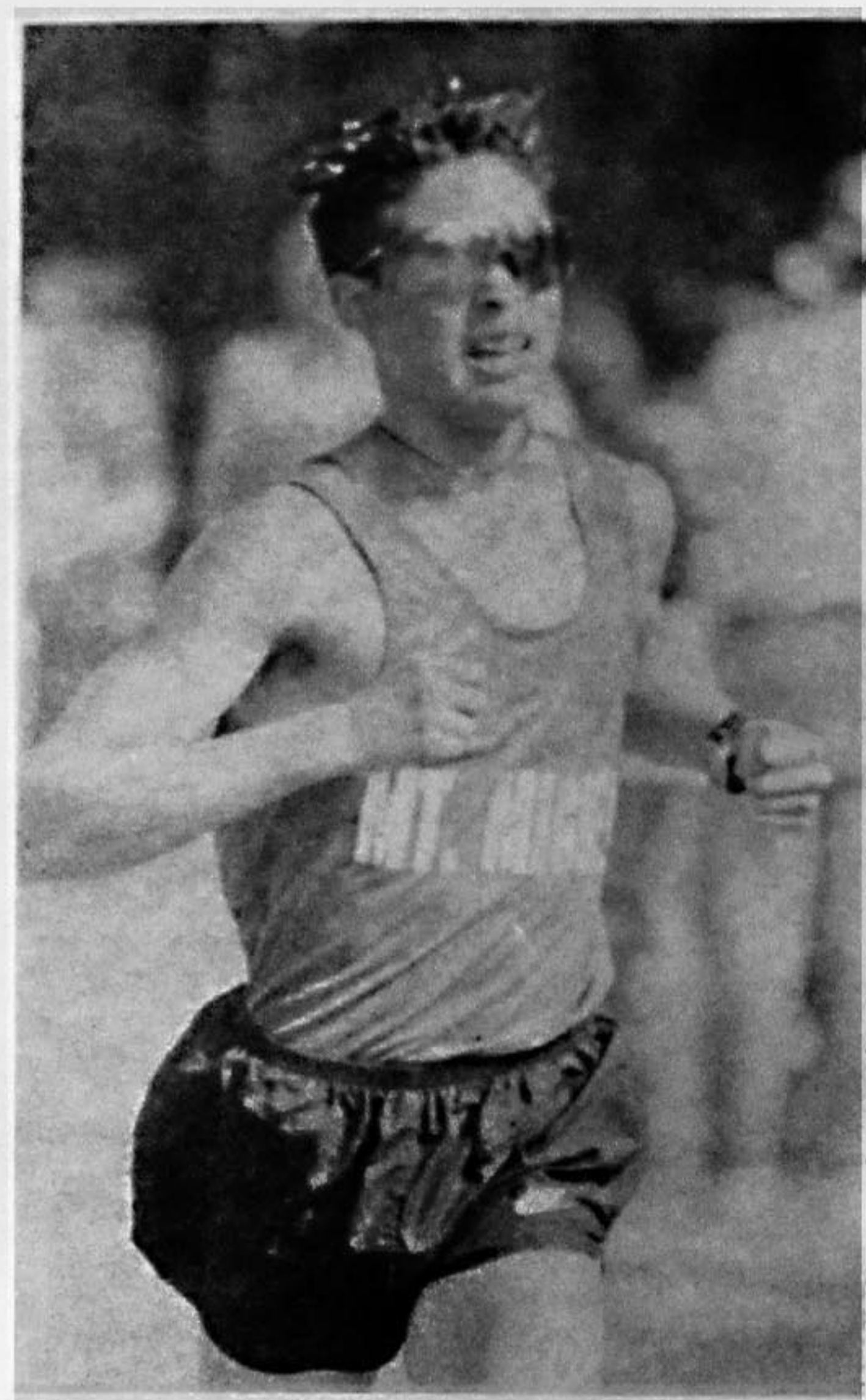




*Tyler Mack, Torrey Pines*



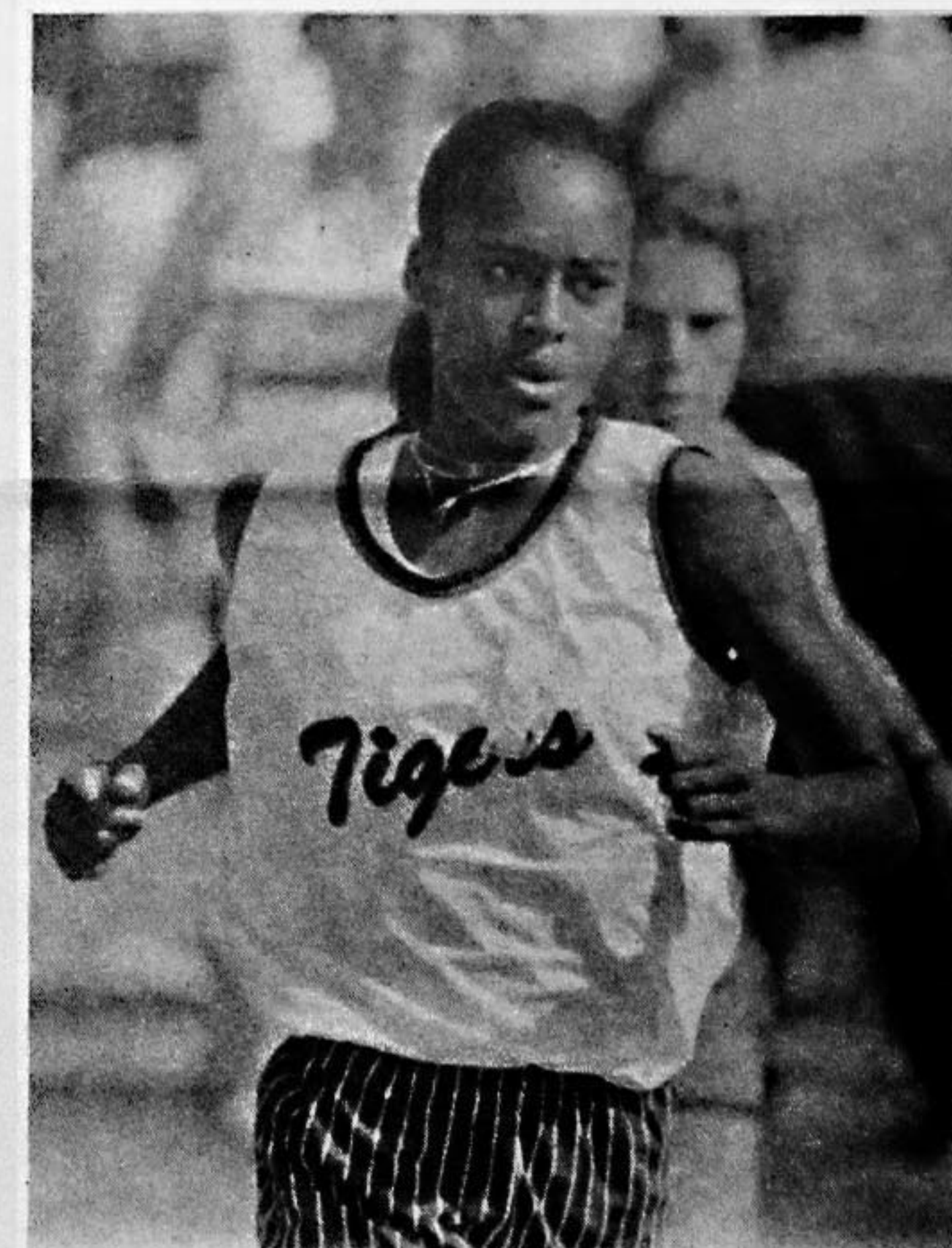
*Anne Severtson, Helix*



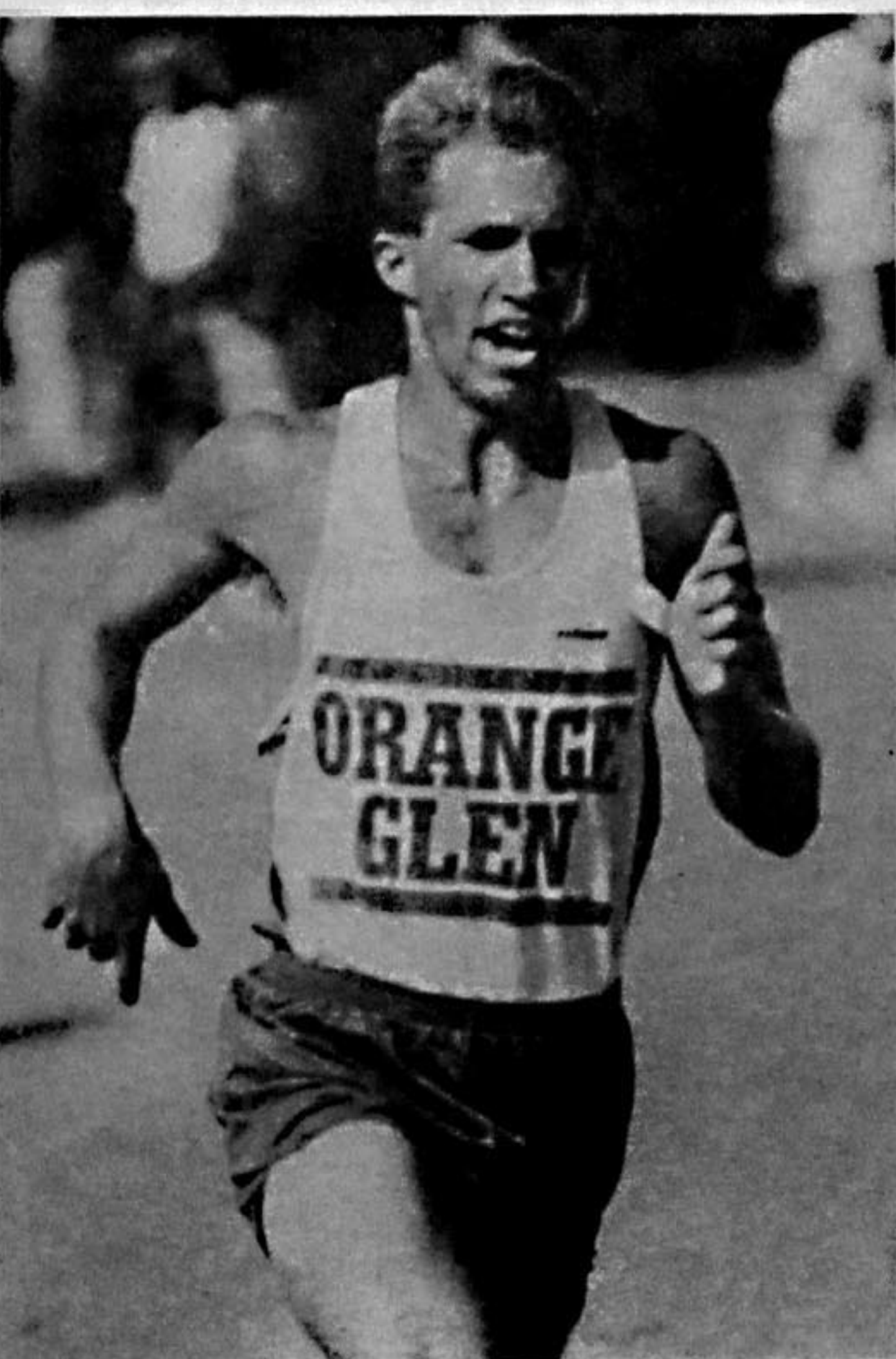
*David Schible, Mount Miguel*



*Hillery McDade, Patrick Henry*



*Lana Garner, Morse*



*Chris Kennedy, Orange Glen*



*Elena Mulroney, Madison*



*Heather Diaz, Mar Vista*





Sarah Shepherd and Erin Kilian, Ramona



Kendra Goffredo and Gina Rennix, Orange Glen

## Kit Carson Invitational

At Kit Carson Park, Oct. 21. Conditions: Overcast in morning, clearing and sunny later.

### BOYS:

#### Top Thirty Times:

- 16:09 Eron Tello, Rancho Bernardo
- 16:20 James Adams, Ramona
- 16:22 Galen Reid, Ramona
- 16:22 Brent Bolton, Scripps Ranch
- 16:22 Charley Hulsey, Torrey Pines
- 16:22 Tyler Mack, Torrey Pines
- 16:24 Fernando Blanco, Rancho Buena Vista
- 16:25 Jeff Sleichter, Mt Carmel
- 16:29 Derrick Davis, Clairemont
- 16:37 Mike Compean, Mt Carmel
- 16:39 Danny Sanchez, El Capitan
- 16:41 Matt Dos Santos, Mt Carmel
- 16:42 Jon Doroski, Valhalla
- 16:44 David Hayes, Point Loma
- 16:47 Daniel Luecht, Valhalla
- 16:47 Roberto Orozco, El Capitan
- 16:49 Bill McKee, Torrey Pines
- 16:52 Celso Fernandez, Point Loma
- 16:53 Matt Galaviz, Rancho Bernardo
- 16:54 Mark Savel, Point Loma
- 16:54 Chris Kennedy, Orange Glen
- 16:55 Ron Anderson, Scripps Ranch
- 16:57 Eric Rosales, Orange Glen
- 16:58 Jorge Ramos, Ramona
- 17:02 Mike Staton, Patrick Henry
- 17:03 Travis Kermott, Valhalla
- 17:04 Abduljalil Adam, Torrey Pines
- 17:07 Jarod Payne, El Capitan
- 17:12 Nate Garcia, Clairemont
- 17:12 Burt Romero, Mt Carmel

#### Team Times:

- 83:59 Torrey Pines
- 84:09 Mt Carmel
- 94:34 Ramona
- 85:17 Valhalla
- 85:23 El Capitan
- 86:07 Point Loma
- 86:29 Rancho Bernardo
- 87:17 Orange Glen
- 87:26 Rancho Buena Vista
- 88:18 Scripps Ranch

#### Varsity, Division I (3.1 miles):

**Teams:** Torrey Pines beats Mt Carmel on tie-breaker (faster sixth man).

#### Individuals:

Eron Tello (Rancho Bernardo) 16:09; Charley Hulsey (Torrey Pines) 16:22; Tyler Mack (TP) 16:22; Fernando Blanco (Rancho Buena Vista) 16:24; Jeff Sleichter (Mt Carmel) 16:25.

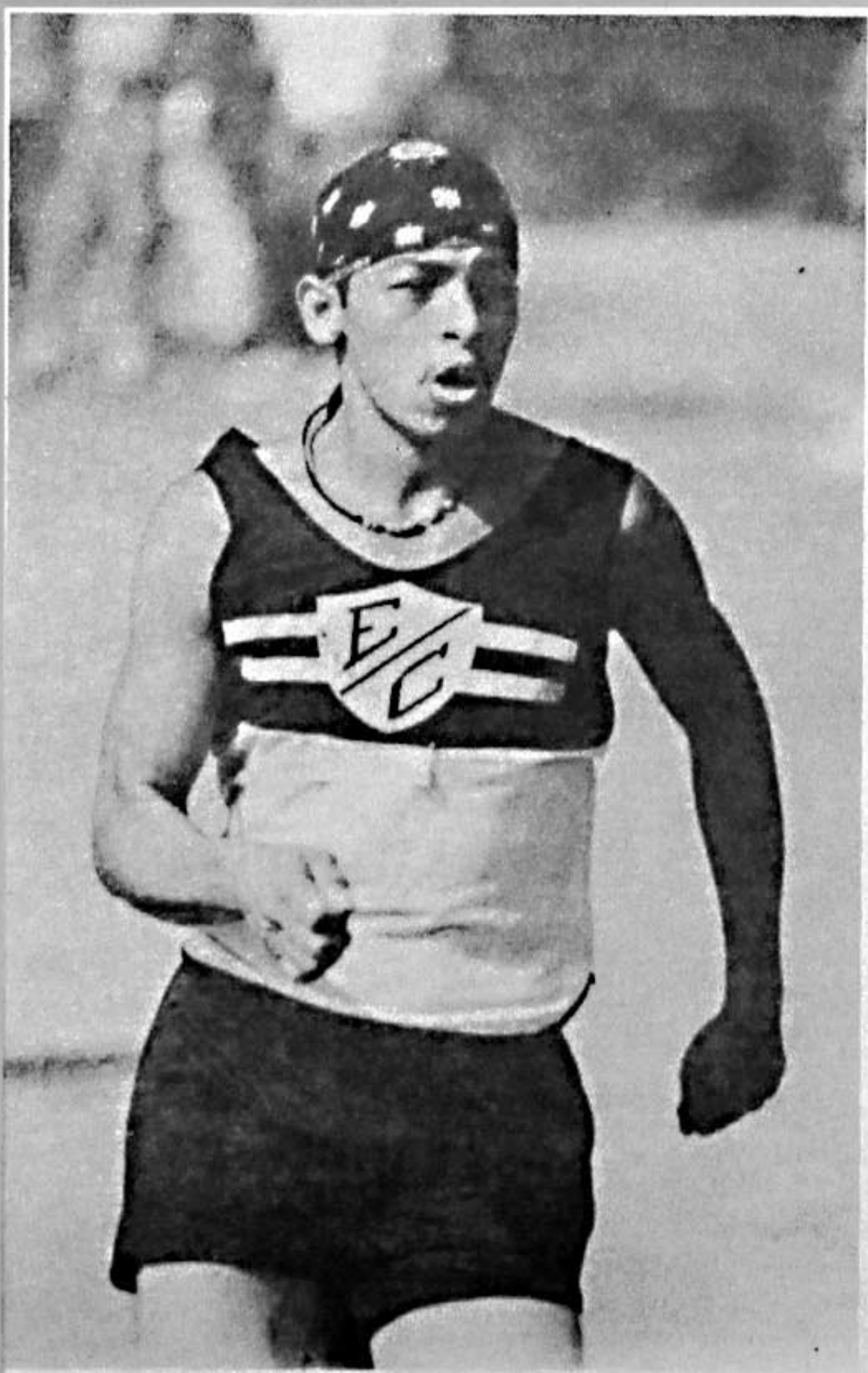
Mike Compean (MC) 16:37; Danny Sanchez (El Capitan) 16:39; Matt Dos Santos (MC) 16:41; Jon Doroski (Valhalla) 16:42; David Hayes (Point Loma) 16:44.

Daniel Luecht (Val) 16:47; Roberto Orozco (EC) 16:47; Bill McKee (TP) 16:49; Celso Fernandez (PL) 16:52; Matt Galaviz (RB) 16:53.

Mark Savel (PL) 16:54; Chris Kennedy (Orange Glen) 16:54; Eric Rosales (OG) 16:57; Travis Kermott (Val) 17:03; Abduljalil Adam (TP) 17:04.



Jarod Holtz, San Pasqual



Roberto Orozco, El Capitan

Jarod Payne (EC) 17:07; Burt Romero (MC) 17:12; Chris Farino (RB) 17:14; Mike Baskin (MC) 17:14; Caleb Lanting (OG) 17:19.

John Bates (EC) 17:21; Mike Saracino (TP) 17:22; Mike Alttest (TP) 17:22; Erik Lassen (Val) 17:22; Ben Wagner (Val) 17:23.

Tim Scott (MC) 17:26; Jaimal Hornbacher (RBV) 17:28; Tony Principe (EC) 17:29; Artemio Jimenez (OG) 17:30; Josh Freese (EC) 17:32.

Isidro Izozaga (RBV) 17:33; Marty Cook (MC) 17:34; Dave Schible (Mount Miguel) 17:36; Carlito Cantil (Mira Mesa) 17:39; Andrew Gardiner (TP) 17:39.

Jason McKnight (PL) 17:46; John Bradshaw (PL) 17:51; Carmeline Ortiz (RBV) 17:53; Marty Conterez (PL) 17:57; Oscar Betancourt (PL) 17:57.

Bryon Lamorandier (Val) 17:59; Keenan Kubicki (MtMgl) 18:00; Jerome Diebolt (RB) 18:03; Eric Shefstad (MrMs) 18:07; Hever Chavez (RBV) 18:08.

Todd Benjamin (RB) 18:10; Indy Ortiz (RBV) 18:16; Todd Dupuis (RBV) 18:19; Aaron Jones (Val) 18:26; Lynn Ly (OG) 18:37.

Joey McClure (OG) 18:45; Ray Carter (Morse) 18:53; Blake Dorsey (San Dieguito) 18:56; Andy Ratliff (RB) 18:59; Charrel Richardson (MtMgl) 19:05.

#### Varsity, Division II (3.1 miles):

**Teams:** Ramona 38, Scripps Ranch 105, St. Augustine 114, Sweetwater 131, San Pasqual 136.

#### Individuals:

James Adams (Ramona) 16:20; Galen Reid (R) 16:22; Brent Bolton (Scripps Ranch) 16:22; Derrick Davis (Clairemont) 16:29; Ron Anderson (SR) 16:55.

Jorge Ramos (R) 16:58; Mike Staton (Patrick Henry) 17:02; Nate Garcia (Claire) 17:12; Fernando Corona (Mar Vista) 17:14; Jarod Hultz (San Pasqual) 17:14.

Tim Miller (R) 17:20; Brian Janes (StA) 17:23; Reggie DePass (Montgomery) 17:25; Ezra Ash (SP) 17:27; Juan Nunez (Sweetwater) 17:28.

Xavier Alaniz (Mont) 17:30; Brian Sullivan (StA) 17:31; Alvaro Reyes (R) 17:34; Adrian Rodriguez (Mont) 17:41; P. J. Ople (Bishop's) 17:42.

Josh Stein (R) 17:44; Nate Roberts (Claire) 17:54; Jose Baraza (Sweet) 17:56; Tad Crowe (SP) 17:56; Joel Cepeda (SR) 17:59.

Chris Hilton (PH) 18:00; Adam Brown (SP) 18:10; David Tompkins (StA) 18:19; Javier Gonzales (Sweet) 18:20; George Escobar (R) 18:23.

Jose Reyes (Sweet) 18:27; Dru Imrie (Serra) 18:27; Enrique Aranda (Sweet) 18:28; Jose Moreno (Sweet) 18:29; Marc Plummer (SR) 18:29.

Chris McNurlan (Ser) 18:32; Jason Hightower (SR) 18:33; Jeremy Durant (StA) 18:36; Ryan Coleman (SR) 18:42; Mark Marshall (PH) 18:47.

Dale Lovell (Francis Parker) 18:50; Joe Lott (Ser) 18:51; Wayne Tyler (Ser) 18:52; Erik Nealson (Kearny) 18:53; Jerry Samaniego (StA) 18:55.

Bobby Griffin (Bish) 18:57; Ken Furer (Ser) 18:59; Bobby Brown (Santana) 19:05; Jayson Phillips (Calvin Christian) 19:09; James Wiseman (Ser) 19:10.

T. J. Klein (SP) 19:13; Randy Clark (PH) 19:13; Steven Scher (FP) 19:14; Barry Bryant (StA) 19:17; David Speiser (PH) 19:19.

Arturo Reyes (Sweet) 19:29; Daniel Dillinger (CalvC) 19:33; Mark Cable (Julian) 19:38; Israel Cornejo (SP) 19:43; Max Johnson (Bish) 19:44.

#### Junior Varsity (3.1 miles):

**Teams:** Mt Carmel 48, Torrey Pines 69, Rancho Buena Vista 92, Valhalla 132, Vista 153, Francis Parker 312.

#### Individuals:

Marc Larson (MC) 17:27; Octavio Martinez (Vista) 17:28; Bob Denny (R) 17:50; Dan Gomez (RBV) 17:54; Sean Riordan (MC) 18:06.

Scott Giese (TP) 18:08; Colin Bond (EC) 18:09; Sean Quesnel (MC) 18:12; Dave Fimon (RB) 18:13; Brandon Fitzgerald (OG) 18:14.

Jason Pollett (MC) 18:20; Michael Breining (TP)



# Kit Carson Invitational

FROM PAGE EIGHT

18:22; Richard Vaughan (RBV) 18:22; Wes Austin (TP) 18:24; Will Burer (Val) 18:29.

Jason Guyette (EC) 18:33; Steven Branson (TP) 18:36; Victor Barbosa (RBV) 18:38; Ulises Nava (Vista) 18:41; Alan Asbeck (TP) 18:49.

Brian Cunningham (Val) 18:50; Ijiran Bamboa (Vista) 18:53; Brian O'Connor (MC) 18:57; Kevin Lemos (PL) 19:03; Ben Mortison (RB) 19:05.

## Frosh/Soph (2.5 miles):

**Teams:** Point Loma 61, Mt Carmel 78, Mira Mesa 102, San Pasqual 140, Scripps Ranch 204.

## Individuals:

Matt Gailey (CalVC) 14:17; Marcel Meerstetter (RB) 14:18; Fernando Gonzalez (R) 14:20; Colin Larson (MC) 14:24; Tom Antl (PL) 14:27.

Graham Aitkenhead (PL) 14:34; Jon O'Connor (University City) 14:39; Rocky Metcalfe (MC) 14:40; Tom Gibbings (PL) 14:43; John Zanzucchi (MC) 14:49.

Hong Castejon (MrMs) 14:50; Jaime Ramos (R) 14:50; Kendall Richardson (SP) 14:51; Archie Candelaria (MrMs) 15:00; Idoh Gersten (RB) 15:02.

Justin Markland (PL) 15:05; Jose Padilla (Claire) 15:09; Nick Mathis (EC) 15:11; Jose Jimenez (Claire) 15:14; Thomas Romero (SP) 15:16.

## GIRLS (all races 2.5 miles):

### Top Thirty Times:

15:24 Devon Straitiff, Torrey Pines  
15:33 Sonia Rodriguez, Vista  
15:34 Jaymie Harper, Santana  
15:40 Sarah Wilkins, Rancho Bernardo  
15:48 Sarah Schmidt, Scripps Ranch  
15:51 Fatima El-Farrah, Vista  
15:55 Larissa Gregerson, El Capitan  
15:56 Kristina Stasko, Scripps Ranch  
16:01 Cara Rumble, Orange Glen  
16:05 Marissa Hurwitz, Bishop's  
16:11 Andrea Clemons, Valhalla  
16:14 Katie Cottrell, Orange Glen  
16:14 Noelle Magana, Vista  
16:15 Jaclyn Nolan, Torrey Pines  
16:17 Kelly Grimes, Scripps Ranch  
16:20 Amy Kitchen, Rancho Bernardo  
16:23 Danielle Valentino, Torrey Pines  
16:24 Elaine Lassen, Valhalla  
16:25 Emily McFarland, Scripps Ranch  
16:25 Lorena Jimenez, Orange Glen  
16:29 Kristi Jenkins, El Capitan  
16:31 Gina Rennix, Orange Glen  
16:33 Kelley Halligan, Valhalla  
16:35 Laura Lawrence, Orange Glen  
16:39 Brooke Schroeder, Vista  
16:40 Mary Blasius, Vista  
16:41 Nechelle Fabiana, Mount Miguel  
16:44 Kendra Goffredo, Orange Glen  
16:46 Maggie Johnson, Mt Carmel  
16:48 Jessica Cabrera, Sweetwater

### Team Times:

80:57 Vista  
81:46 Orange Glen  
81:49 Scripps Ranch  
82:28 Torrey Pines  
83:24 Valhalla  
83:46 Rancho Bernardo  
85:23 El Capitan  
86:09 Mt Carmel  
88:18 Rancho Buena Vista  
88:46 Ramona

## Varsity, Division I:

**Teams:** Vista 65, Orange Glen 78, Scripps Ranch 84, Torrey Pines 104, Valhalla 117.

## Individuals:

Devon Straitiff (Torrey Pines) 15:24; Sonia Rodriguez (Vista) 15:33; Sarah Wilkins (Rancho Bernardo) 15:40; Sarah Schmidt (Scripps Ranch) 15:48; Fatima El-Farrah (Vis) 15:51.

Larissa Gregerson (El Capitan) 15:55; Kristina Stasko (SR) 15:56; Cara Rumble (Orange Glen) 16:01; Andrea Clemons (Valhalla) 16:11; Katie Cottrell (OG) 16:14.

Noelle Magana (Vis) 16:14; Jaclyn Nolan (TP) 16:15; Kelly Grimes (SR) 16:17; Amy Kitchen (RB) 16:20; Danielle Valentino (TP) 16:23.

Elaine Lassen (Val) 16:24; Emily McFarland (SR) 16:25; Lorena Jimenez (OG) 16:25; Kristi Jenkins (EC) 16:29; Gina Rennix (OG) 16:31.

Kelley Halligan (Val) 16:33; Laura Lawrence (OG) 16:35; Brooke Schroeder (Vis) 16:39; Mary Blasius (Vis) 16:40; Nechelle Fabiana (Mount Miguel) 16:41.

Kendra Goffredo (OG) 16:44; Maggie Johnson (Mt Carmel) 16:46; Stephanie Kindreich (EC) 16:50; Erin Burke (TP) 16:52; Margie Broselle (Val) 16:54.

Christine Kitchen (RB) 17:01; Frances Aguilar (MC) 17:02; Alexa Mercado (San Dieguito) 17:13; Stephanie Hancock (RB) 17:14; Crystall Cobb (MC) 17:15.

Jennifer Grooms (Mira Mesa) 17:17; Christine Alford (MC) 17:18; Jessica Bray (SD) 17:20; Joanna Groschwitz (Rancho Buena Vista) 17:20; Tiffany Trayer (RBV) 17:21.

Sarah Chionis (Val) 17:22; Lara Garner (Morse) 17:22; Kim Rogoff (SR) 17:23; Stacy Sims (RBV) 17:24; Julie Davidson (Vis) 17:28.

Jessica Johnson (RB) 17:31; Jill Coad (TP) 17:34; Melissa Hieb (OG) 17:39; Jessica Grooms (MMesa) 17:42; Sarah Percy (TP) 17:47.

Kristina Smith (RBV) 17:48; Megan Graves (MC) 17:48; Kim Ricks (MC) 17:53; Laura Sundquist (MC) 17:55; Jamie Terrell (MMesa) 17:57.

Natalie Forsyth (Vis) 18:00; Sara D'Alessio (RB) 18:02; Angeline Spain (SR) 18:05; Courtney Hoeptner (Val) 18:08; Amber Smock (EC) 18:09.

## Varsity, Division II:

**Teams:** Ramona 70, Our Lady of Peace 81, San Pasqual 84, Sweetwater 167, Francis Parker 197.

## Individuals:

Jaymie Harper (Santana) 15:34; Marissa Hurwitz (Bishop's) 16:05; Jessica Cabrera (Sweetwater) 16:48; Erin Kilian (Ramona) 16:50; Sarah Shepherd (R) 16:52.

Hillery McDade (Patrick Henry) 17:00; Andrea Herschman (B) 17:03; Katie Wisniew (Our Lady of Peace) 17:08; Jane Brian (San Pasqual) 17:16; Mary-Beth Muchmore (B) 17:28.

Erin Berhman (SP) 17:39; Danielle Magante (Serra) 17:45; Natalie Watkins (OLP) 17:51; Kelli Wilson (OLP) 17:54; Milinda Benitez (Sant) 17:56.

Valerie Cornelius (SP) 18:01; Laura Meathe (OLP) 18:05; Zoe Landers (Francis Parker) 18:15; Audrey Harrison (R) 18:17; Jessie Anderson (R) 18:20.

Elisa Betancourt (PH) 18:22; Melissa Mitchell (R) 18:27; Serena Grippo (SP) 18:31; Cynthia Johnson (University City) 18:36; Vanessa Myron (SP) 18:45.

Sara Sullivan (SP) 18:47; Allegra Hollenbeck (Julian) 18:50; Esther Volper (Montgomery) 19:03; Kristen Clayton (OLP) 19:03.

Leslie DeJager (Calvin Christian) 19:08; Nicole Tarbell (R) 19:10; Laura Graves (Christian) 19:11; Cindy Ortiz (Sweet) 19:18; Jenny Dorth (FP) 19:18; Vicky Deloura (Sant) 19:19.

Karlie Whittler (OLP) 19:23; Joy Espiritu (Mont) 19:24; Claire Wells (SP) 19:31; Amanda Shipley (CalVC) 19:33; Erendina Garcia (Mont) 19:35.

## Junior Varsity:

**Teams:** Orange Glen, Vista, Valhalla, El Capitan, Torrey Pines, Our Lady of Peace.

## Individuals:

Erika Batiz (Vis) 17:28; Bryna Flam (TP) 17:59; Jennifer Burbank (EC) 18:00; Michelle Roach (Vis) 18:06; Lis Anderson (Val) 18:34.

Lisa Young (OG) 18:35; Emily Ghiotto (OG) 18:35; Amy Kermott (Val) 18:40; Susie Wheeler (EC) 18:49; Anika Ly (RB) 18:49.

Apryl Street (OG) 19:01; Anna Colwell (Vis) 19:03; Yvonne Woolfolk (Mar Vista) 19:03; Mindy Yapple (Val) 19:04; Sabrina Lantis (SP) 19:11.

Amber Trzinski (SP) 19:14; Grave Fluegge (OG) 19:18; Ashley Ormsby (Val) 19:21; Celeste Landa (OLP) 19:25; Becky Day (EC) 19:25.

## Frosh/Soph:

**Teams:** Mt Carmel 40, Vista 57, Torrey Pines 81, Rancho Buena Vista 103, Mira Mesa 158.

## Individuals:

Annie Holliday (RBV) 17:26; Erin Masters (MC) 17:31; Monica Valdez (Vis) 17:31; Tiffany Fox (MMesa) 17:42; Veronica Roberts (MC) 17:43.

Samantha Stevens (MC) 17:50; Diana Padilla (Vis) 17:51; Justin Jupiter (MC) 17:52; Mariana Barajas (Vis) 18:08; Rachel Greer (TP) 18:16.

Torey Connor (TP) 18:16; Marissa Stark (MMesa) 18:17; Paige Caldwell (UC) 18:17; Rachel Peabody (RBV) 18:30; Jenny Tracy (Vis) 18:44.

Katy Gilpin (TP) 18:48; Karina Kloos (RBV) 18:49; Natalie Douglas (UC) 18:52; Katie Ebert (MC) 18:55; Camille Dredge (TP) 18:58.

# Getting Faster...

The big improvers at this year's Kit Carson Invitational:

(Runners who most improved their time from the 1994 Kit Carson meet to the 1995 Kit Carson meet. NOTE: List might omit runners who were not in last year's published results.)

## GIRLS:

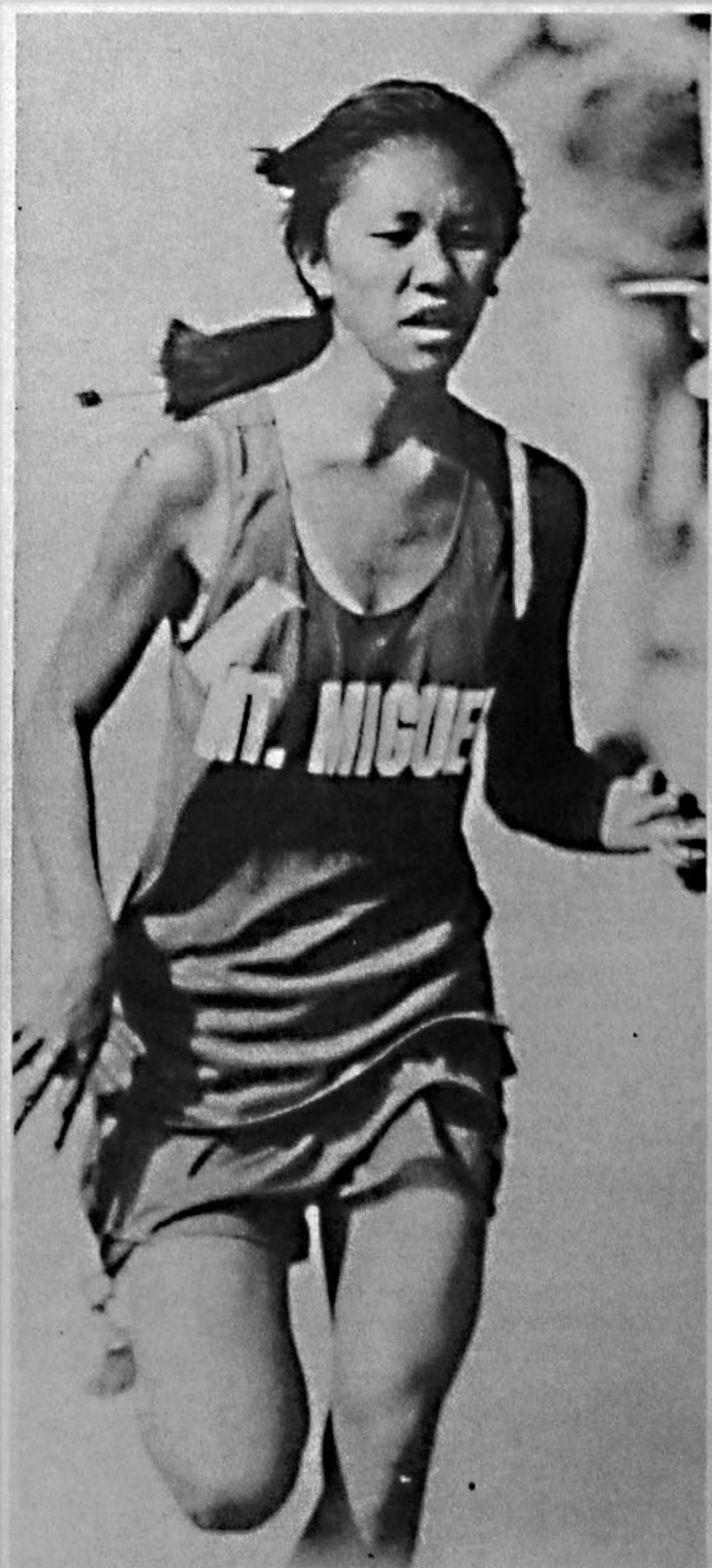
Name, school	'94 KC	'95 KC	Difference
Brooke Schroeder, Vista	20:01	16:39	3:22
Kristi Jenkins, El Cap	18:32	16:29	2:03
Fatima El Farrah, Vista	17:54	15:51	2:03
Alexa Mercado, SanDgto	18:27	17:13	1:14
Laura Lawrence, OG	17:48	16:35	1:13
Katie Cottrell, OG	17:26	16:14	1:12
M. Hurwitz, Bishop's	17:07	16:05	1:02
Mariana Barajas, Vista	19:00	18:08	0:52
Esther Volper, Montg'y	19:55	19:03	0:52
Mindy Yapple, Valhalla	19:56	19:04	0:52
M. Muchmore, Bishop's	18:11	17:28	0:43
Cara Rumble, OG	16:38	16:01	0:37
Hillery McDade, PHenry	17:32	17:00	0:32
Gina Rennix, OG	17:02	16:31	0:31
Jaclyn Nolan, TorreyP	16:45	16:15	0:30

## BOYS:

Jarod Payne, El Cap	19:13	17:07	2:06
Jon Doroski, Valhalla	17:37	16:42	0:55
Nate Garcia, Clairemont	18:03	17:12	0:51
Joe Lott, Serra	19:39	18:51	0:48
David Hayes, PtLoma	17:29	16:44	0:45
Abdualil Adam, TorreyP	17:49	17:04	0:45
Brian Sullivan, StAug	18:16	17:31	0:45
Xavier Alaniz, Montg'y	18:14	17:30	0:44
Tony Principe, El Cap	18:13	17:29	0:44
Tyler Mack, TorreyPines	16:57	16:22	0:35
Brian Janes, StAug	17:54	17:23	0:31

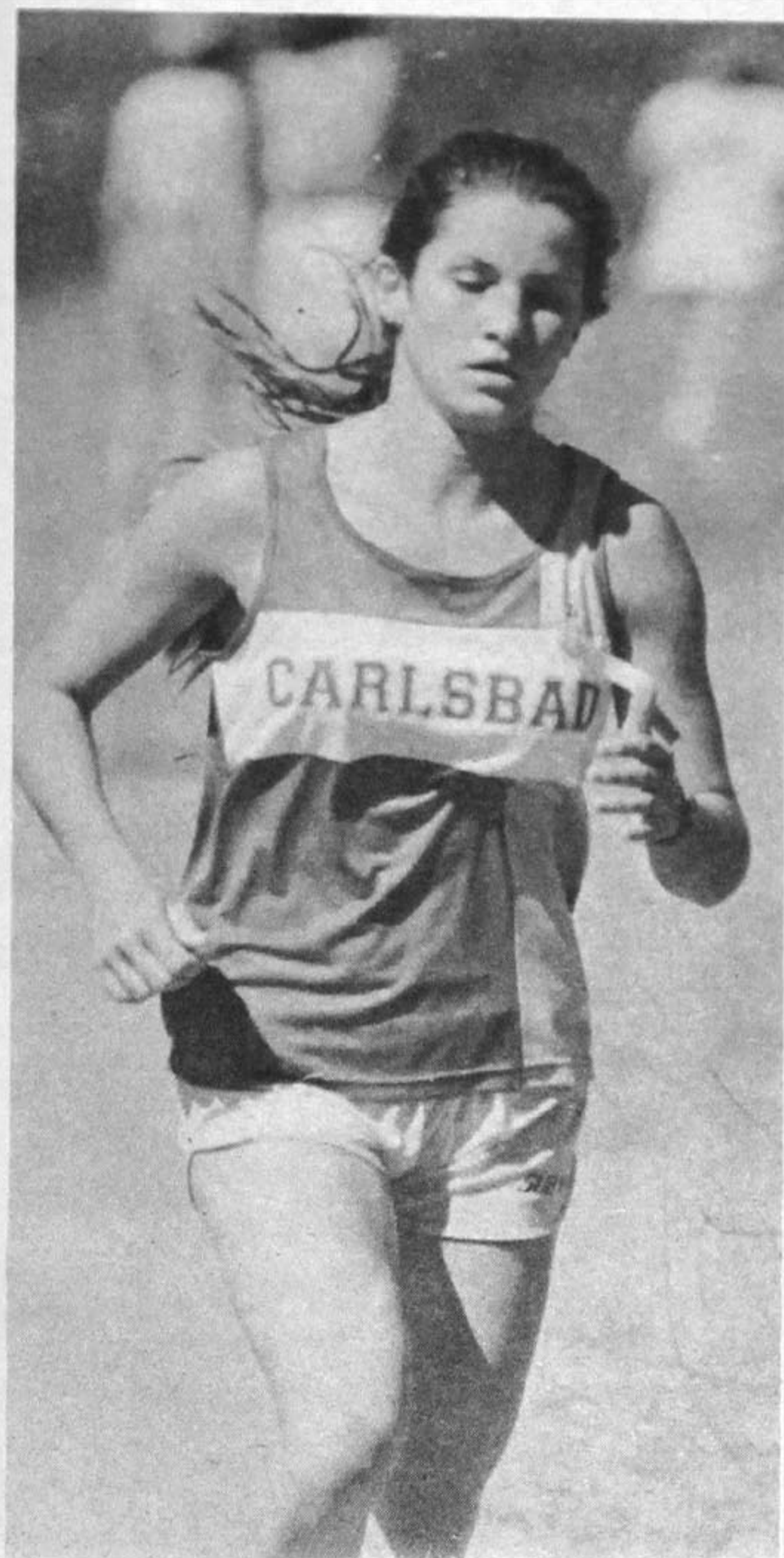


Reggie DePass, Montgomery

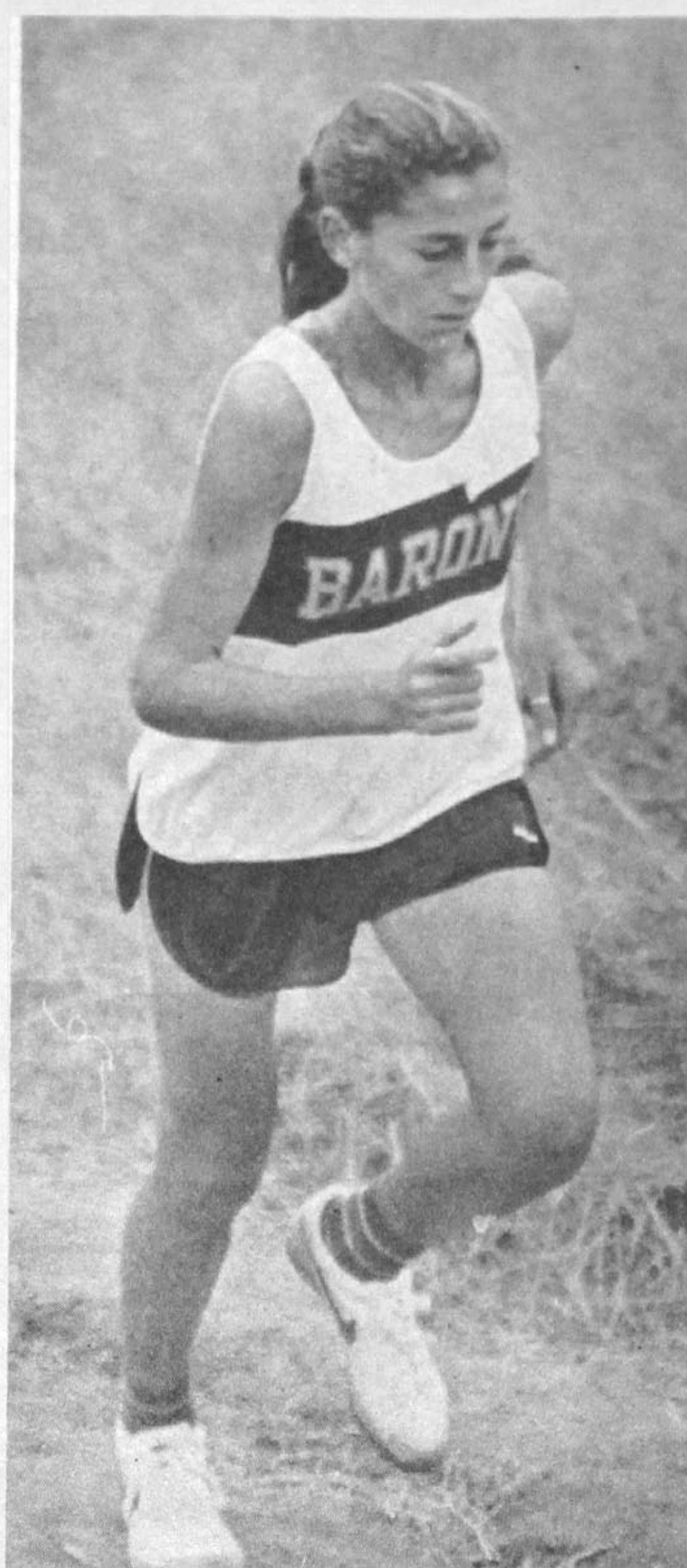


Nechelle Fabiana, Mount Miguel





Jessica Anderson, Carlsbad



Meghann Phillips, Bonita Vista



Christine Kitchen, Rancho Bernardo

## DUALS:

### Patrick Henry/Morse/Serra

At Morley Field, Oct. 18.  
BOYS (3.0 miles):  
Patrick Henry 15, Morse 40.  
Patrick Henry 17, Serra 38.  
Serra 20, Morse 41.  
Winners: Mike Staton (PH) 16:40; Chris McNurlan (S) 17:40.  
GIRLS (2.55 miles):  
Morse 25, Serra 32.  
Morse 25, Patrick Henry 30.  
Serra 28, Patrick Henry 28 (Serra wins on tie-breaker).

Winners: Hillery McDade (PH) 17:10; Lana Garner (M) 17:20.

### Point Loma/Kearny

At Morley Field, Oct. 18.  
BOYS (3.0 miles):  
Point Loma 15, Kearny 50.  
Celso Fernandez (PL) 16:36; Savel (PL) 16:42; Bradshaw (PL) 17:13; O. Betancourt (PL) 17:16; McKnight (PL) 17:19.  
Anti (PL) 17:26; Conterez (PL) 17:39; Gibbings (PL) 17:48; Markland (PL) 18:06; Aitkenhead (PL) 18:13.  
GIRLS (2.55 miles):  
Point Loma 15, Kearny insufficient runners.  
Olivia Tellez (PL) 17:22; Bradshaw (PL) 17:53; Hitt (PL) 18:07; Blazeovich (PL) 18:09; Olvera (PL) 18:19.  
Fernandez (PL) 18:22; Basic (K) 18:55; Gonzalez (PL) 19:15; Rodriguez (PL) 20:17; Simmons (PL) 20:35.

### Parker/Lutheran

At Chollas Lake, Oct. 19.  
BOYS (3.2 miles):  
Francis Parker 22.5, Lutheran 38.5.  
Quinton Anderson (L) 18:17.  
GIRLS (2.4 miles):  
Parker 22, Lutheran 36.  
Emily Lloyd (L) 16:20.

### Coronado/Madison/Gompers

At Morley Field, Oct. 24.  
BOYS (3.0 miles):  
Coronado 20, Madison 40.  
Coronado 15, Gompers 47.  
Madison def. Gompers.  
Nick Hamlin (M) 15:52; Clarke (C) 16:03; Jones (C) 16:36; Talbott (C) 17:10; Boney (C) 17:48; Bauer (C) 17:48.

GIRLS (2.55 miles):  
Coronado 21, Madison 40.  
Coronado 15, Gompers 50.  
Madison def. Gompers.  
Barbra Chakos (Coro) 17:26.

**NOTABLE:** Coronado's Jessica Lunt ran the boys course (3.0 miles) in 19:24, but was not officially entered in either race.

### Mira Mesa/Patrick Henry

At Morley Field, Oct. 25.  
BOYS (3.0 miles):  
Mira Mesa 26, Patrick Henry 29.  
Larry Henderson (MM) 15:42.  
GIRLS (2.5 miles):  
Mira Mesa 19, Patrick Henry 49.  
Jennifer Grooms (MM) 17:01.

### San Diego/Serra

At Morley Field, Oct. 25.  
BOYS (3.0 miles):  
San Diego 15, Serra 50.  
Gabe Murillo (SD) 16:19.  
GIRLS (2.5 miles):  
Serra 20, San Diego 36.  
Danielle Magante (Serra) 17:39.

### LJCD/Bishop's/Lutheran

At UCSD, Oct. 26.  
BOYS (3.1 miles):  
La Jolla Country Day 23, Bishop's 34.  
La Jolla Country Day 18, Lutheran 41.  
Bishop's 21, Lutheran 40.  
Justin Scarfeo (LJCD) 17:59.  
GIRLS (3.1 miles):  
Bishop's defeated Lutheran and LJCD by forfeit; both teams had insufficient runners.  
Marissa Hurwitz (B) 20:12.

### Calvin/Parker/Borrego Springs

At Francis Parker, Oct. 26.  
BOYS (3.1 miles):  
Calvin Christian 21, Francis Parker 35.  
Calvin Christian 15, Borrego Springs 49.  
Francis Parker 16, Borrego Springs 46.  
Matt Gailey (CC) 19:09.  
GIRLS (2.6 miles):  
Calvin Christian 24, Francis Parker 31.  
Zoe Landers (FP) 20:41.

### Fallbrook/San Dieguito

At Fallbrook High, Oct. 26.  
BOYS (3.1 miles):  
Fallbrook 15, San Dieguito 50.  
Scott Batiuk (F) 17:03.  
GIRLS (2.6 miles):  
Fallbrook 24, San Dieguito 35.  
Tricia Mattson (F) 16:17.

### Scripps Ranch/Hoover

At Morley Field, Oct. 26.  
GIRLS (3.0 miles):  
Scripps Ranch defeats Hoover by forfeit; Hoover had insufficient runners.  
Kelly Grimes (SR) 20:34.

### La Jolla/OLP/St. Augustine

At Morley Field, Oct. 26.  
BOYS (3.0 miles):  
La Jolla 22, St. Augustine 39.  
Adam Greene (StA) 16:26.  
GIRLS (2.97 miles):  
La Jolla 15, Our Lady of Peace 49.  
Shelby Stanger (LJ) 19:01; Rafferty (LJ) 19:04; S. O'Connor (LJ) 19:10; Walkey (LJ) 19:26; Romine (LJ) 19:43.  
M. O'Connor (LJ) 20:05; Wisniew (OLP) 20:11; Dose (LJ) 20:22; Otis (LJ) 20:48; Li (LJ) 21:03.

**NOTABLE:** Leah Walkey (LJ) ran 19:26 in her first race of year after coming back from an injury.

### Chula Vista/Bonita Vista/So'west

At Discovery Park, Oct. 27.  
BOYS (3.0 miles):  
Chula Vista 20, Bonita Vista 40.  
Chula Vista 15, Southwest 50.  
Bonita Vista 15, Southwest 50.  
Adrian Ramirez (CV) 16:22; White (BV) 16:59; J. Ramirez (CV) 17:29; Barajas (CV) 17:33; Jackson (CV) 17:40.

Corcoran (BV) 17:42; Huerta (CV) 17:44; Wyckoff (CV) 17:49; Paff (BV) 17:56; J. Jasso (CV) 18:03.

**NOTABLE:** Chula Vista junior Adrian Ramirez set a new course record. The old record was 16:29, by Chula Vista's Jason White, 1994.

GIRLS (2.25 miles):  
Chula Vista 25, Bonita Vista 30.  
Chula Vista 15, Southwest 50.  
Bonita Vista 15, Southwest 50.  
Aida Garcia (CV) 14:31; Phillips (BV) 14:39; Montalvo (CV) 15:05; Gonzales (CV) 15:25; Costello (BV) 15:33.  
Martinez (BV) 15:50; Dunn (CV) 15:57; Marshall (BV) 16:05; Zuniga (BV) 16:17; Melvin (CV) 16:30.

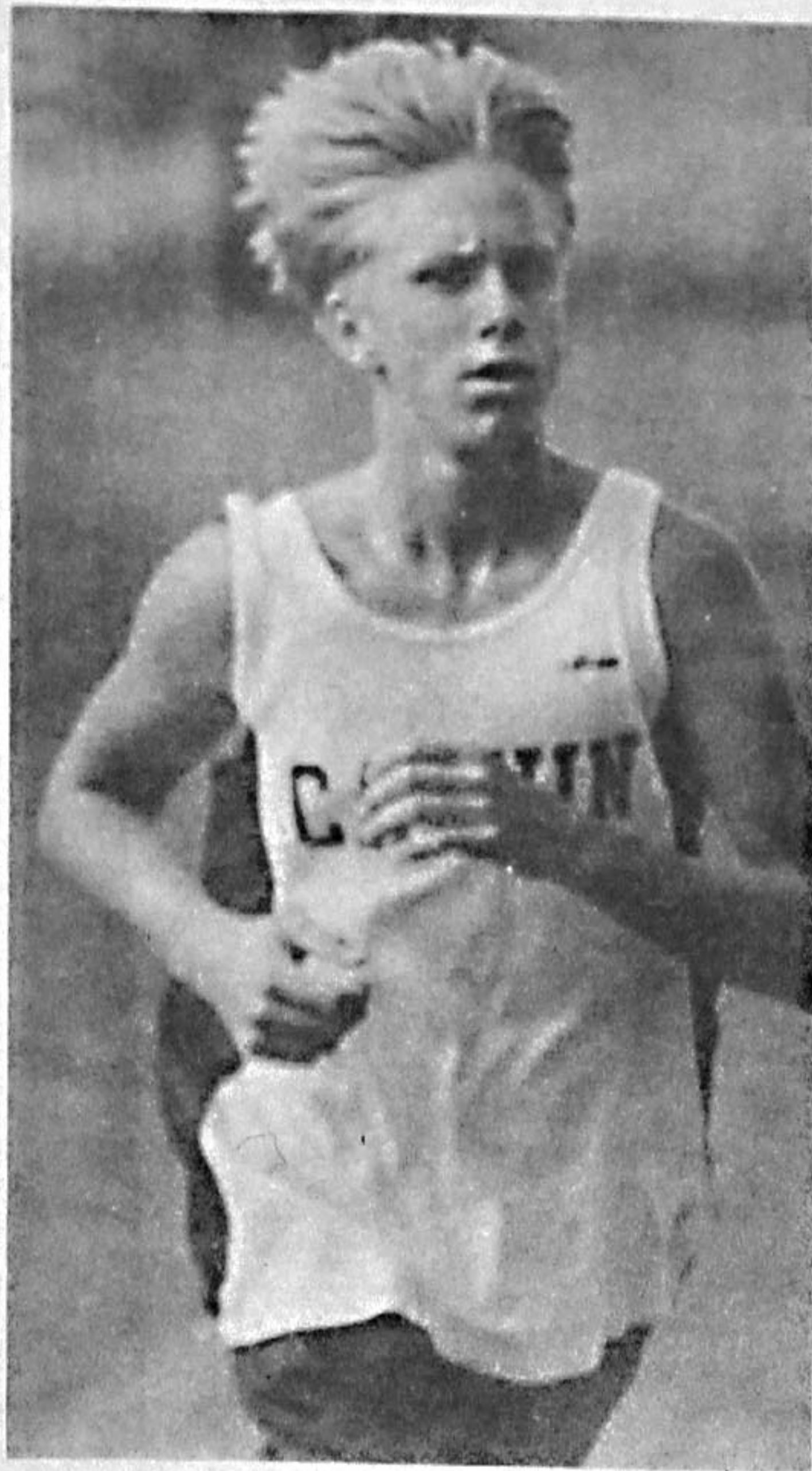
### Montgomery/Castle Park/Eastlake

At Max Field, Oct. 27.  
BOYS (3.1 miles):  
Montgomery 23, Castle Park 32.  
Montgomery 16, Eastlake 46.  
Castle Park 17, Eastlake 44.  
Joshua Middleswart (CP) 18:03.  
GIRLS (2.0 miles):  
Eastlake 15, Castle Park 50.  
Eastlake 22, Montgomery 46.  
Montgomery 15, Castle Park 50.  
Maria Cervantes (E) 13:43.

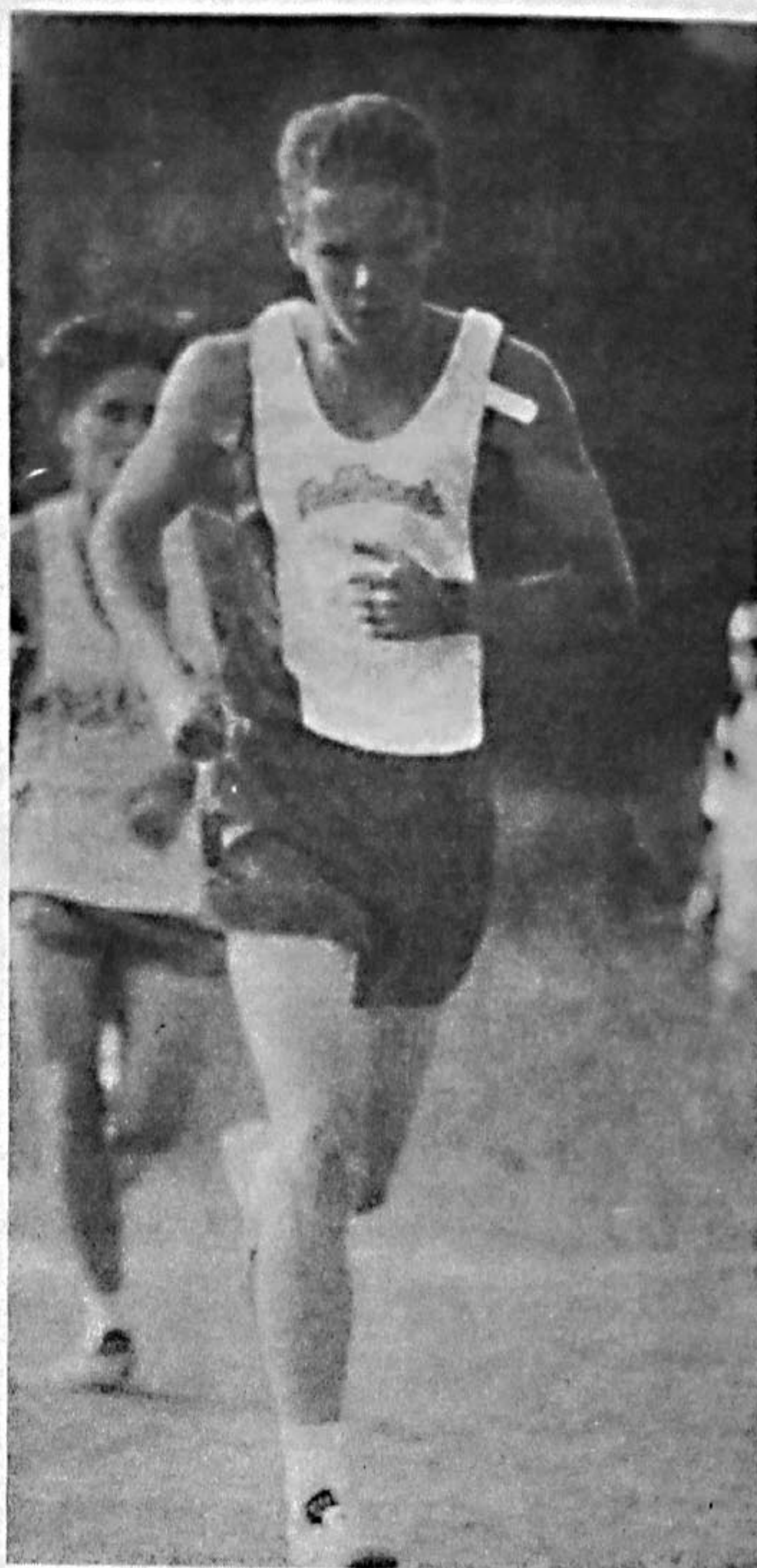
### Sweetwater/Hilltop

At Rohr Park, Oct. 27.  
BOYS (3.1 miles):  
Sweetwater 26, Hilltop 31.  
Zac Read (H) 16:38.  
GIRLS (2.2 miles):  
Hilltop 26, Sweetwater 30.  
Jessica Cabrera (S) 13:56.

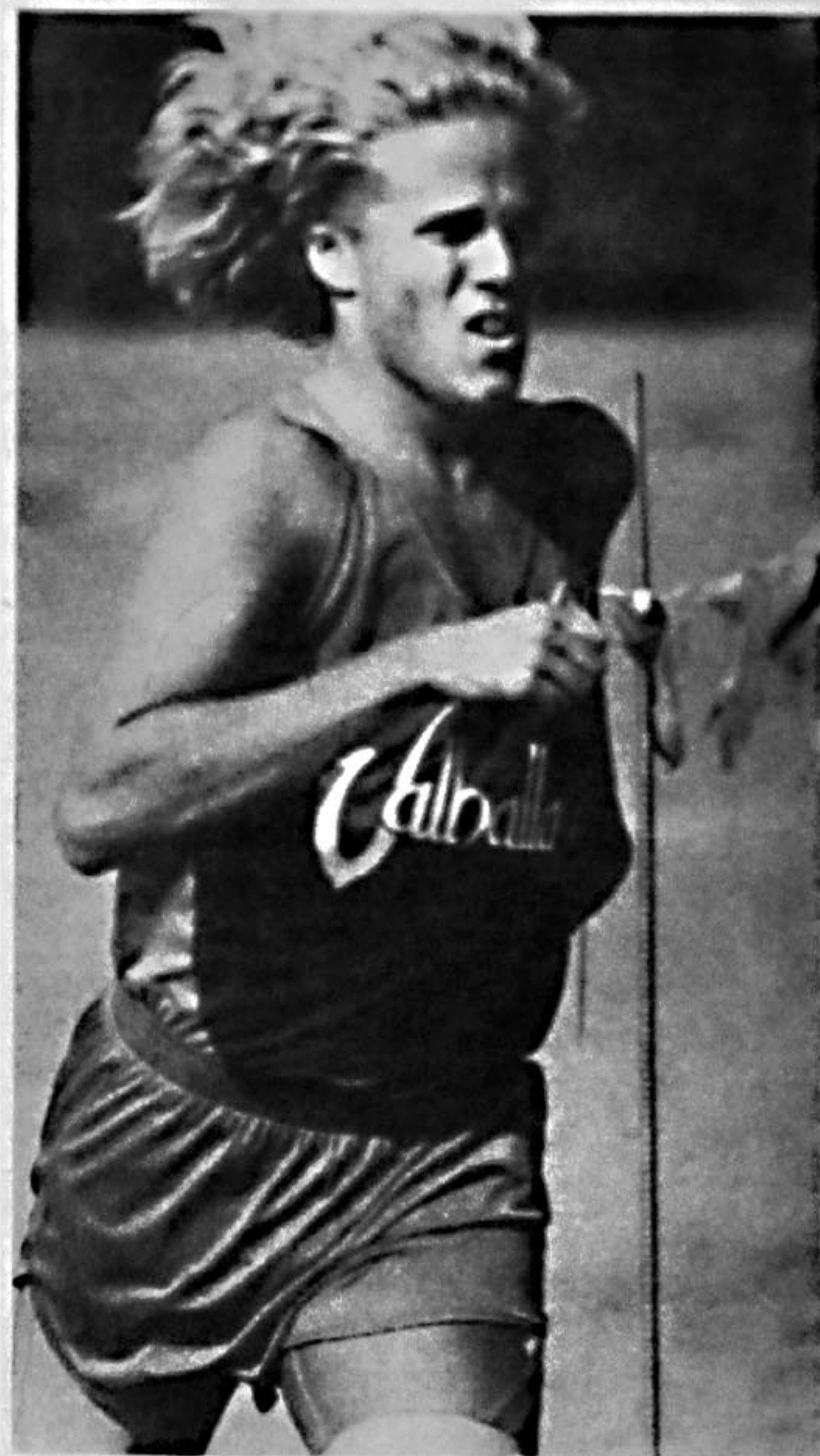




**Matt Gailey, Calvin Christian**



**Ryan Coughlin, Fallbrook**



**Daniel Luecht, Valhalla**

## DUALS:

FROM PAGE TEN

### El Capitan/Santana

At Griffen Park, Oct. 27.  
BOYS (3.1 miles):  
El Capitan 17, Santana 46.  
Danny Sanchez (EC) 17:07; Orozco (EC) 17:12; Bolland (EC) 17:21; Singer (S) 17:29; Principe (EC) 17:29; Bates (EC) 17:39; Payne (EC) 17:44; Freese (EC) 17:54; Snodgrass (S) 18:22; Adragna (S) 18:49.  
GIRLS (2.3 miles):  
Santana 22, El Capitan 34.  
Jaymie Harper (S) 13:56; Pace (S) 14:52; Kindreich (EC) 15:04; Kr. O'Grady (S) 15:06; Gregerson (EC) 15:10.  
K. Jenkins (EC) 15:29; Moss (S) 15:50; Ke. O'Grady (S) 15:56; Burbank (EC) 16:14; Benitez (S) 16:30.  
**NOTABLE:** Jaymie Harper's 13:56 was a new girls course record at Griffen Park. The old mark was 14:03, set by Harper at last year's Grossmont Finals.

### Granite Hills/Helix

At Lake Murray, Oct. 27.  
BOYS (3.1 miles):  
Granite Hills 20, Helix 35.  
Mike Gilmore (GH) 17:30.  
GIRLS (2.3 miles):  
Helix 21, Granite Hills 34.  
Natalie Sullivan (Hx) 14:27.

### Valhalla/Monte Vista

At Cuyamaca College, Oct. 27.  
BOYS (3.1 miles):  
Valhalla 28, Monte Vista 29.  
Jamey Bridges (MV) 16:28; Luecht (V) 16:40; Gay (MV) 16:50; Doroski (V) 17:03; Joe Bridges (MV) 17:06.  
Nugent (V) 17:11; Wagner (V) 17:13; Carrillo (MV) 17:17; Kermott (V) 17:24; Lamorandier (V) 17:44.  
GIRLS (2.75 miles):  
Valhalla 15, Monte Vista 49.  
Elaine Lassen (V) 18:03; Clemons (V) 18:08; Halligan (V) 18:09; Broselle (V) 18:14; Hoepfner (V) 19:52.  
Kermott (V) 20:07; Rossmiller (MV) 20:12; Anderson (V) 21:02; Lani Olsen (MV) 21:26; Lori Olsen (MV) 21:57.

### Ramona/Carlsbad

At Calavera Hills, Oct. 27.  
BOYS (3.25 miles):  
Ramona 18, Carlsbad 37.  
Galen Reid (R) 18:15; Adams (R) 18:39; Miller (R) 19:14; Jacobs (C) 19:50; Shofstall (R) 19:56.  
Garcia (C) 20:08; Denny (R) 20:13; S. Ibanez (C) 20:44; McCann (C) 10:55; Rubalcava (C) 21:02.  
GIRLS (2.5 miles):  
Ramona 27, Carlsbad 28.  
Jessica Anderson (C) 16:42; Beltran (R) 16:52; Kilian (R) 17:07; Van Dyke (C) 17:08; Lund (C) 17:56.  
Mitchell (R) 18:07; Anderson (R) 18:13; Wright (C) 18:46; Tarbell (R) 18:57; Stapleton (C) 19:03.

### Torrey Pines/Oceanside/El Camino

At San Dieguito Park, Oct. 27.  
BOYS (2.95 miles):  
Torrey Pines 20, Oceanside 38.  
Torrey Pines 17, El Camino 45.  
Oceanside 22, El Camino 49.  
Charley Hulsey (TP) 16:44; Mack (TP) 16:57; Quintanar (O) 17:01; Adam (TP) 17:26; Young (EC) 17:28.  
Arce (O) 17:32; Saracino (TP) 17:50; McKee (TP) 17:50; Gardiner (TP) 17:54; Waterman (EC) 18:14.  
GIRLS (2.2 miles):  
Torrey Pines 15, El Camino 48.  
Torrey Pines 15, Oceanside 50.  
El Camino 21, Oceanside 34.  
Bethany Bogart (TP) 14:29; Nolan (TP) 14:30; Straitiff (TP) 14:31; Valentino (TP) 14:36; Burke (TP) 14:37.  
Reed (EC) 14:39; Coad (TP) 14:42; Branson (TP) 15:17; Glazer (EC) 15:19; Instone (TP) 15:21.

### Orange Glen/Mt Carmel/RB

At Kit Carson Park, Oct. 27.  
BOYS (3.1 miles):  
Mt Carmel 19, Orange Glen 41.  
Mt Carmel 20, Rancho Bernardo 41.  
Orange Glen 27, Rancho Bernardo 29.  
Eron Tello (RB) 16:24; Dos Santos (MC) 16:32; Romero (MC) 16:58; Rosales (OG) 16:58; Compean (MC) 16:59.  
Baskin (MC) 17:03; Kennedy (OG) 17:08; Sleichter (MC) 17:24; Scott (MC) 17:25; Jimenez (OG) 17:32.  
GIRLS (2.5 miles):  
Orange Glen 15, Mt Carmel 50.  
Orange Glen 25, Rancho Bernardo 34.  
Rancho Bernardo 17, Mt Carmel 36.  
Sarah Wilkins (RB) 16:01; Cottrell (OG) 16:06; Rumble (OG) 16:17; A. Kitchen (RB) 16:25; Lawrence (OG) 16:33.  
C. Kitchen (RB) 16:39; Hieb (OG) 16:47; Rennix (OG) 16:51; Jimenez (OG) 16:54; Goffredo (OG) 16:55.

### Poway/Vista/RBV

At Guajome Park, Oct. 27.  
BOYS (3.16 miles):  
Poway 26, Vista 29.  
Poway 18, Rancho Buena Vista 44.  
Vista 18, Rancho Buena Vista 44.  
Jason Kirtley (P) 17:04; McNeely (P) 17:08; Land (V) 17:10; Briceno (V) 17:23; Blanco (RBV) 17:25.  
Garcia (V) 17:30; Zanderson (P) 17:35; Dalrymple (P) 17:45; Ketcham (V) 17:48; Smith (V) 17:52.  
GIRLS (2.5 miles):  
Vista 19, Poway 36.  
Vista 15, Rancho Buena Vista 46.  
Poway 16, Rancho Buena Vista 41.  
Sonia Rodriguez (V) 15:18; El-Farrah (V) 15:36; Magana (V) 15:44; Koscki (P) 15:46; Pound (P) 15:49.  
Schroeder (V) 15:55; Blasius (V) 15:57; Vasek (P) 16:04; Nespor (P) 16:38; Trayer (RBV) 16:46.

### Coronado/Crawford/Mar Vista

At Morley Field, Oct. 31.  
BOYS (3.0 miles):  
Coronado 23, Crawford 38.  
Coronado 20, Mar Vista 36.  
Mar Vista 25, Crawford 36.  
Trevor Clarke (Coro) 15:49; Brown (Craw) 16:07; Chawech (Craw) 16:25; Corona (MV) 16:28; Jones (Coro) 16:31.  
Talbot (Coro) 16:36; Rocha (MV) 17:28; Boney (Coro) 17:31; Bauer (Coro) 17:33; Valderrama (MV) 17:38.  
GIRLS (2.55 miles):  
Coronado 18, Mar Vista 44.  
Coronado 22, Crawford 34.  
Crawford 20, Mar Vista 40.  
Jessica Lunt (Coro) 16:11; Chakos (Coro) 17:03; Moreno (Craw) 17:40; Woolfolk (MV) 18:10; Neil (Coro) 18:13.  
Tri. Phan (Craw) 18:23; C. Hansen (Coro) 18:26; Tru. Phan (Craw) 18:29; Monyelle (Craw) 18:52; Jay (Coro) 19:02.

**NOTABLE:** Both the Coronado boys and girls teams finished 8-0 for the dual meet season in the Harbor League, which determines their league champions solely by dual meet competition.

### Clairemont/Madison/Lincoln Prep

At Morley Field, Oct. 31.  
BOYS (3.0 miles):  
Clairemont 19, Madison 39.  
Clairemont 15, Lincoln Prep 50.  
Madison 15, Lincoln Prep 50.  
Derrick Davis (C) 15:47; Hamlin (M) 15:55.

### Christian/Marian/Gompers

At Morley Field, Oct. 31.  
BOYS (3.0 miles):  
Gompers def. Christian.  
Tim Cates (G) 17:35.  
GIRLS (2.55 miles):  
Christian def. Marian.  
Beth Bowler (C) 17:53.

## CLASSIFIED ADS

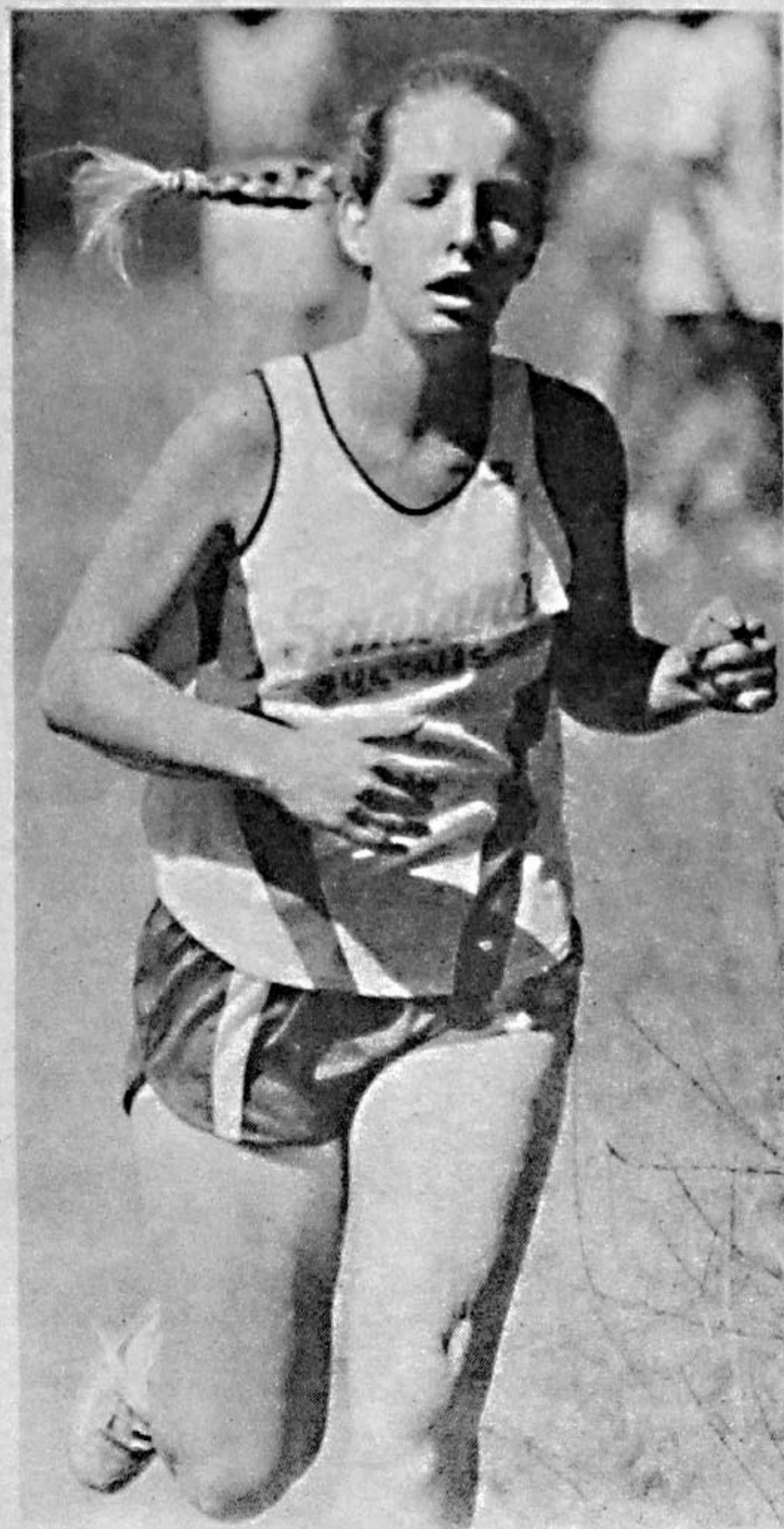
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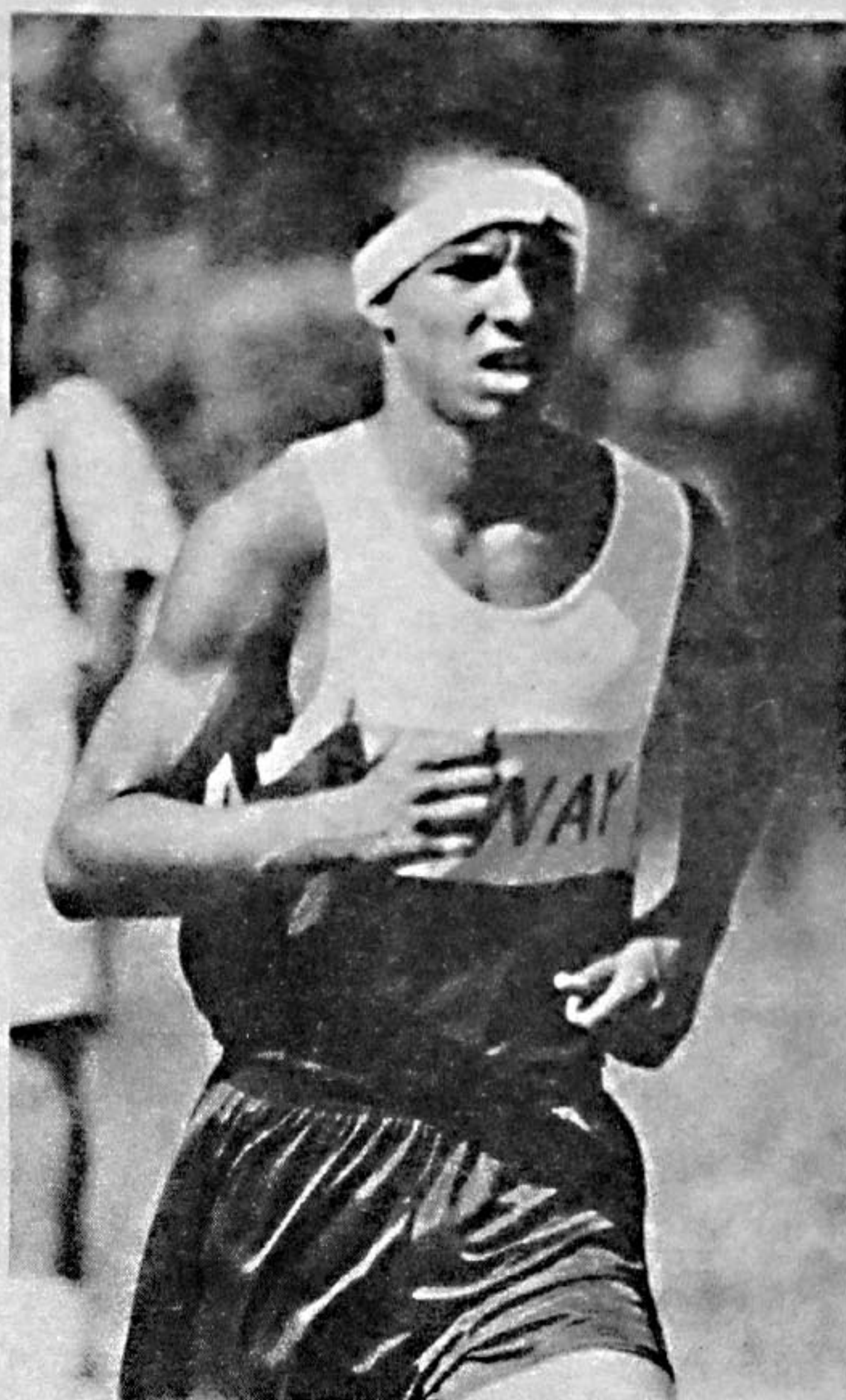
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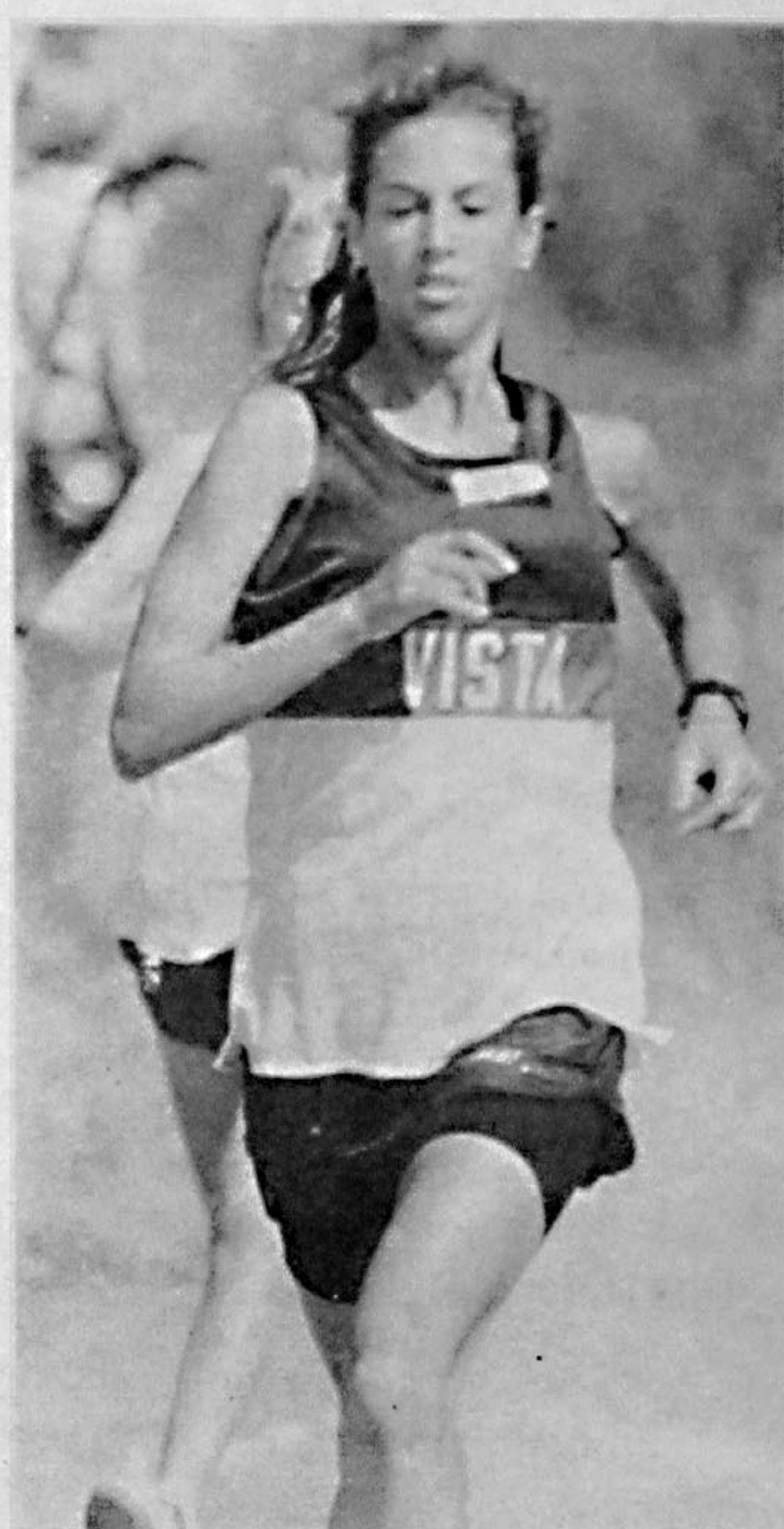




**Kristi O'Grady, Santana**  
Sultans are eighth in Division III.



**Jesse Davis, Poway**  
Titans are seventh in Division I.



**Fatima El-Farrah, Vista**  
Panthers are third in Division I.

## CALIFORNIA RANKINGS

### BOYS:

#### DIVISION I:

1. Nevada Union, Grass Valley
2. Peninsula, Rolling Hills Estates
3. Hoover, Glendale
4. Huntington Beach
5. Madera
6. Vista
7. Poway
8. Santa Ana
9. Saddleback, Santa Ana
10. Bellarmine Prep, San Jose

#### DIVISION II:

1. Jesuit, Sacramento
2. De La Salle, Concord
3. Hemet
4. Yucaipa
5. Edison, Huntington Beach
6. Leland, San Jose
7. Reedley
8. Tustin
9. Mission San Jose, Fremont
10. Arlington

#### DIVISION III:

1. Nordhoff, Ojai
2. St. Francis, La Canada
3. Clayton Valley, Concord
4. Corona Del Mar, Newport Bch.
5. Livermore
6. El Modena, Orange
7. St. Ignatius, San Francisco
8. Los Gatos
9. St. Francis, Mountain View
10. Barstow

### DIVISION IV:

1. McFarland
2. Morro Bay
3. Piedmont
4. Desert Christian, Lancaster
5. Salesian, Los Angeles
6. St. Bonaventure, Ventura
7. Fillmore
8. Palma, Salinas
9. Coronado
10. Mendota

### GIRLS:

#### DIVISION I:

1. Canyon, Canyon Country
2. Thousand Oaks
3. Vista
4. Los Alamitos
5. Esperanza, Anaheim
6. Ayala, Chino Hills
7. Orange Glen, Escondido
8. Irvine
9. Clovis West, Fresno
10. El Toro

#### DIVISION II:

1. Yucaipa
2. St. Ignatius, San Francisco
3. Valhalla, El Cajon
4. Scripps Ranch, San Diego
5. Dana Hills
6. Santa Margarita, Rancho SM
7. Buchanan, Clovis
8. Leland, San Jose
9. Reedley
10. Torrey Pines

### DIVISION III:

1. Clayton Valley, Concord
2. El Modena, Orange
3. Nordhoff, Ojai
4. Carondolet, Concord
5. Del Oro, Loomis
6. Temescal Canyon, Elsinore
7. La Jolla
8. Santana, Santee
9. Corona Del Mar, N'wp'rt H'rb.
10. Dos Pueblos, Goleta

#### DIVISION IV:

1. Louisville, Woodland Hills
2. Morro Bay
3. Lutheran, Orange
4. West Valley, Cottonwood
5. Flintridge-Sacred Heart, LaCnd
6. Ursuline, Santa Rosa
7. University, San Francisco
8. Piedmont
9. Taft
10. McFarland

Rankings compiled by Doug Speck and Ray Scofield, with input from representatives from each of the state's areas.

These rankings were released November 1.