

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

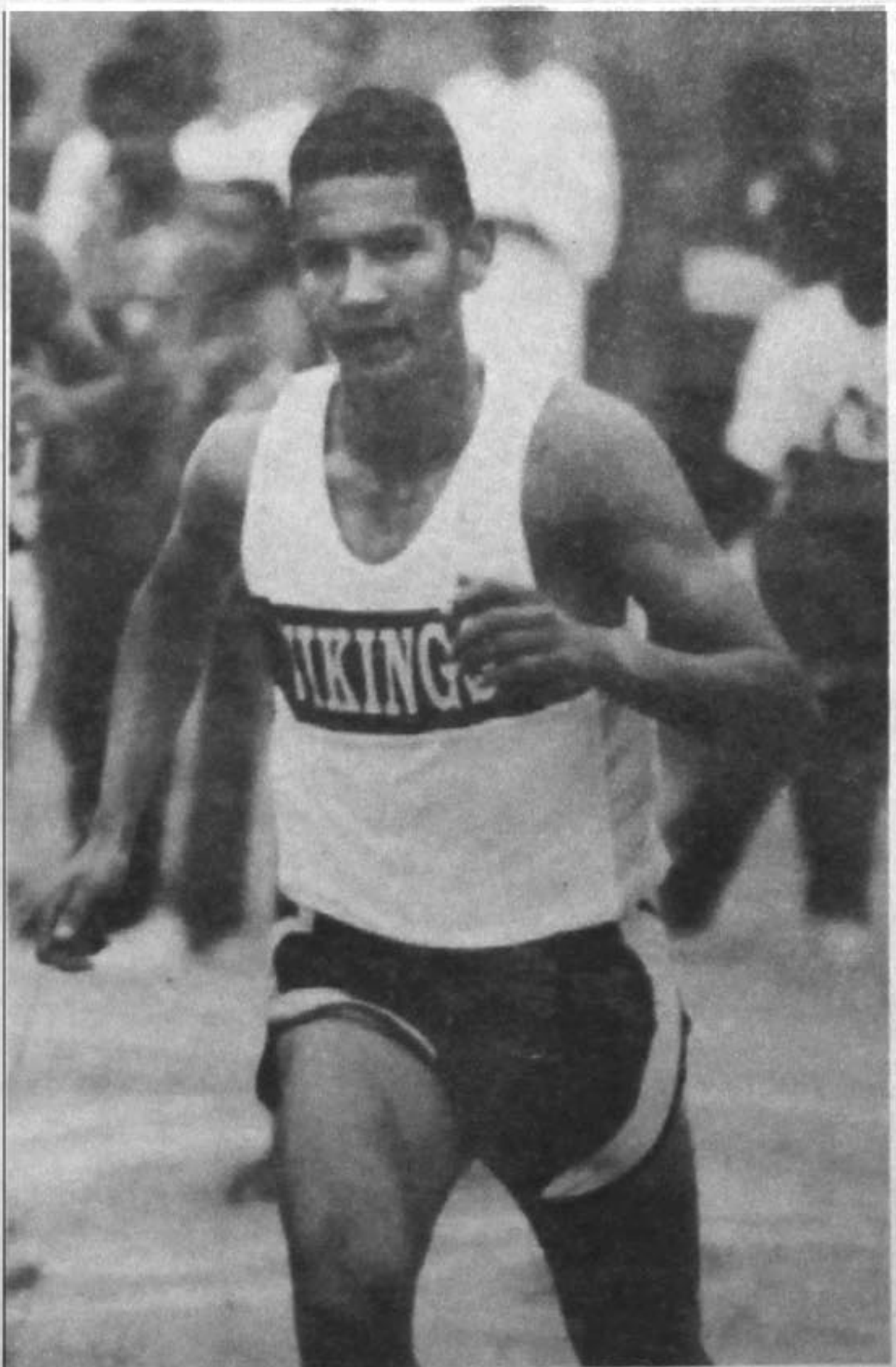
Covering San Diego Section Cross Country and Track & Field

VOLUME III, NUMBERS 3 & 4: NOVEMBER 8, 1996

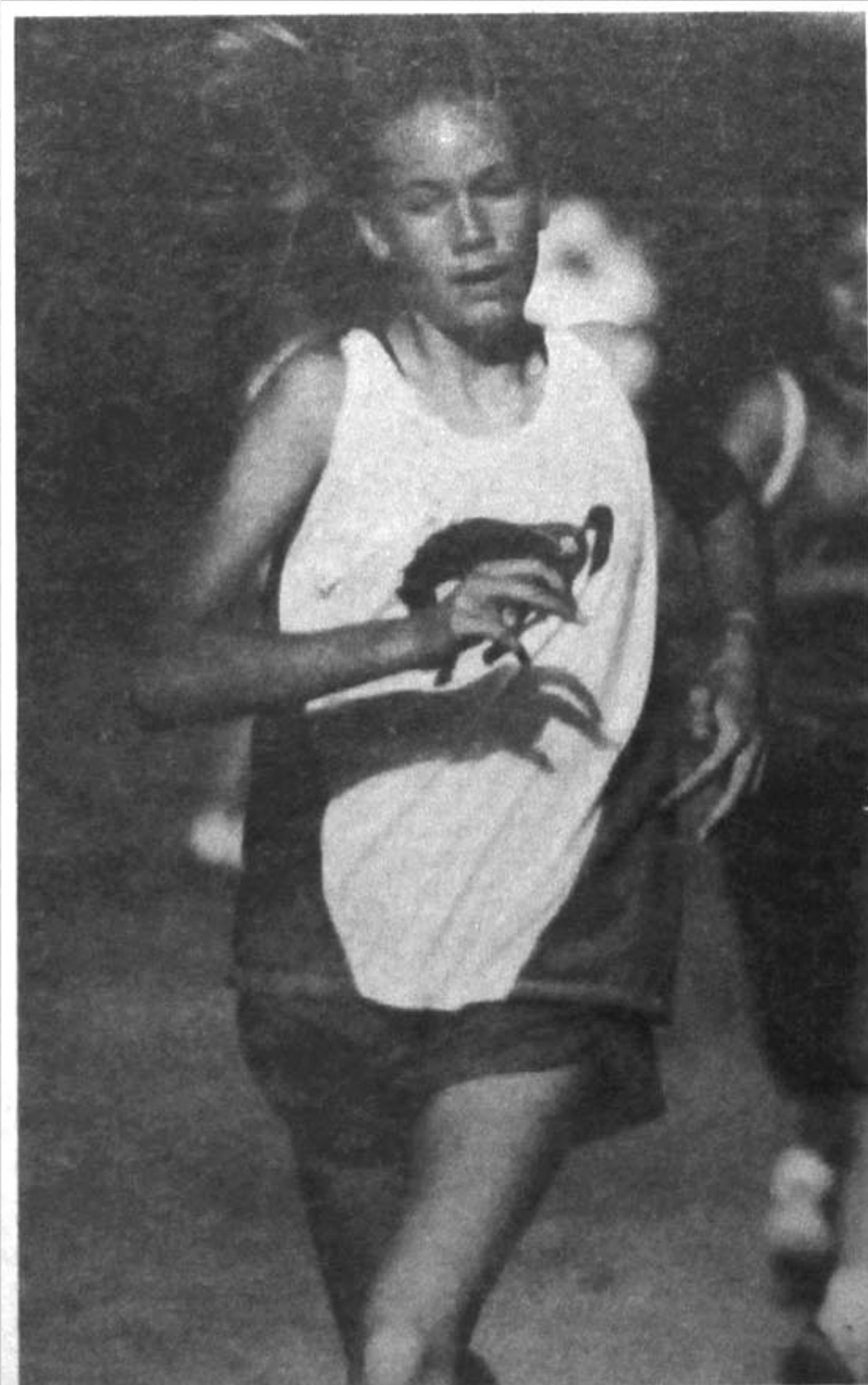
What's inside:
*The latest on
duals, invites,
rankings,
fires...
and more*



Reed Steele, Carlsbad, and Adam Greene, St. Augustine



Miguel Ramirez, Holtville



Julie Manson, Rancho Bernardo

FIRE DISRUPTS production of the last issue of Track Magazine. See page 2.

LOCAL TEAM RANKINGS, and the reasons why. Also, the best of the unranked teams. See page 3.

WHO'S RUNNING WHERE AND WHEN. All the schedules for the championship meets and CIF race schedules. See page 3.

THE RACE OF THE YEAR was at the St. Augustine Invitational. See page 4.

YUCAIPA dominates the Southern Cal Invitational. See page 6.

SAN PASQUAL AND RAMONA are among the surprise teams at the Kit Carson Invitational. See page 9.

WHEN IS THE LAST TIME YOU SAW A DUAL between the numbers two and three teams in the state? If you were at Guajome Park on Monday, you saw it. That, and plenty more dual action, begins on page 11.

The fires: too close for comfort

It was early on a Monday evening. I was taking a break from writing stories for Track Magazine, and I was flipping channels, cutting away from boring Charger football to the much-more-compelling Carlsbad firestorm news coverage.

Outside, Santa Ana winds whistled up the canyon in back of our house, blowing steadily in roughly the 40-plus mile per hour range.

My nine-year-old daughter, Hannah, was just being tucked into bed, when she asked, "What is that glowing light outside?"

I quickly went to the window looking out into the canyon and saw flames. They were already thirty feet high, were obviously out of control and were only about 100 yards away. I called to my family, "My God, there's a fire, we have to get out."

So we began a hurried evacuation process. The threat was so immediate that we could do little more than get Hannah dressed and grab our car keys and wallets.

If the fire was going to come directly at us, there wasn't much time for anything else. Possessions to be saved were the clothes you wore and maybe what you could carry in one trip to the car. We didn't even have a chance to round up our cats (some were outside).

I took a last look as we hurriedly prepared to leave, and I noticed that the wind was pushing the fire in a narrow path up the canyon and, possibly, past our house.

We then decided to move our cars a block away, have a neighbor watch Hannah and my wife and I came back to see if we could fight the blaze.

With a garden hose, I started dousing flames that were now, in spots, only about 50 to 60 feet from my house. The spot fires were numerous.

Soon, I noticed that a number of neighbors had come to aid in the fight, and they brought extra hoses, shovels and other tools.

The fire continued to burn in a path that was taking it away from my house, but which threatened neighbors. I continued to douse hot spots and fight flames, but would take a quick periodic break to check on my nearest neighbor's progress (they were more directly in the fire's path). Lark, my wife, was my eyes and ears, and I had her continue to check a perimeter around the house to make sure that some sparks hadn't been overlooked.

My nearest neighbor had the fire basically skip over his house, although there was some smoke and other damage. Another neighbor wasn't so fortunate. His family had just enough time to get away with the family dog before the fire caused severe damage. Much of the contents of the house were ruined by the flames, smoke and water.

Remarkably, the fire was stopped before there was more major damage, thanks in part to the fast work of the local volunteer firefighters (aided later by a number of fire crews), and by the efforts of the neighbors and townspeople who rushed to the scene and worked hard long into the night.

My family was extremely fortunate. Our lives were disrupted for a few days, and about a third of our property was reduced to ashes, but there was no damage to our house.

Still, there are aftereffects. Hannah, our daughter, has to check which way the wind is blowing every night before she goes to bed.

She still has nightmares (I've had a couple of bad dreams, too). And, nine days after the fire, one of our cats, Stripes, came limping back home, with singed whiskers and burned paws. He's resting comfortably, paws bandaged, as I write this. When the dreams will go away, I cannot say.

Obviously, that issue of Track Magazine never got to the printer. I think most of our readers, some of whom have had similar or worse experiences, will understand.

This is a slightly expanded issue, including extra pages, and we have contained herein just about all of the material (meets, photos, etc.) that was scheduled for the last issue, plus the normal coverage for this issue.

We apologize for any inconvenience to our regular readers. To our subscribers, I will offer a rebate or will extend subscriptions by one issue if you wish.

The fires, of course, were much worse in the Carlsbad/La Costa/San Marcos area. My printer is located almost in the middle of the burned area, and was shut down for a day or two as well.

Two schools, La Costa Canyon and San Marcos, lost their home cross country courses to the blaze. School was closed at a number of institutions. At least one high school runner, Aniko Felsen, a member of the San Marcos varsity girls team, had her home completely destroyed.

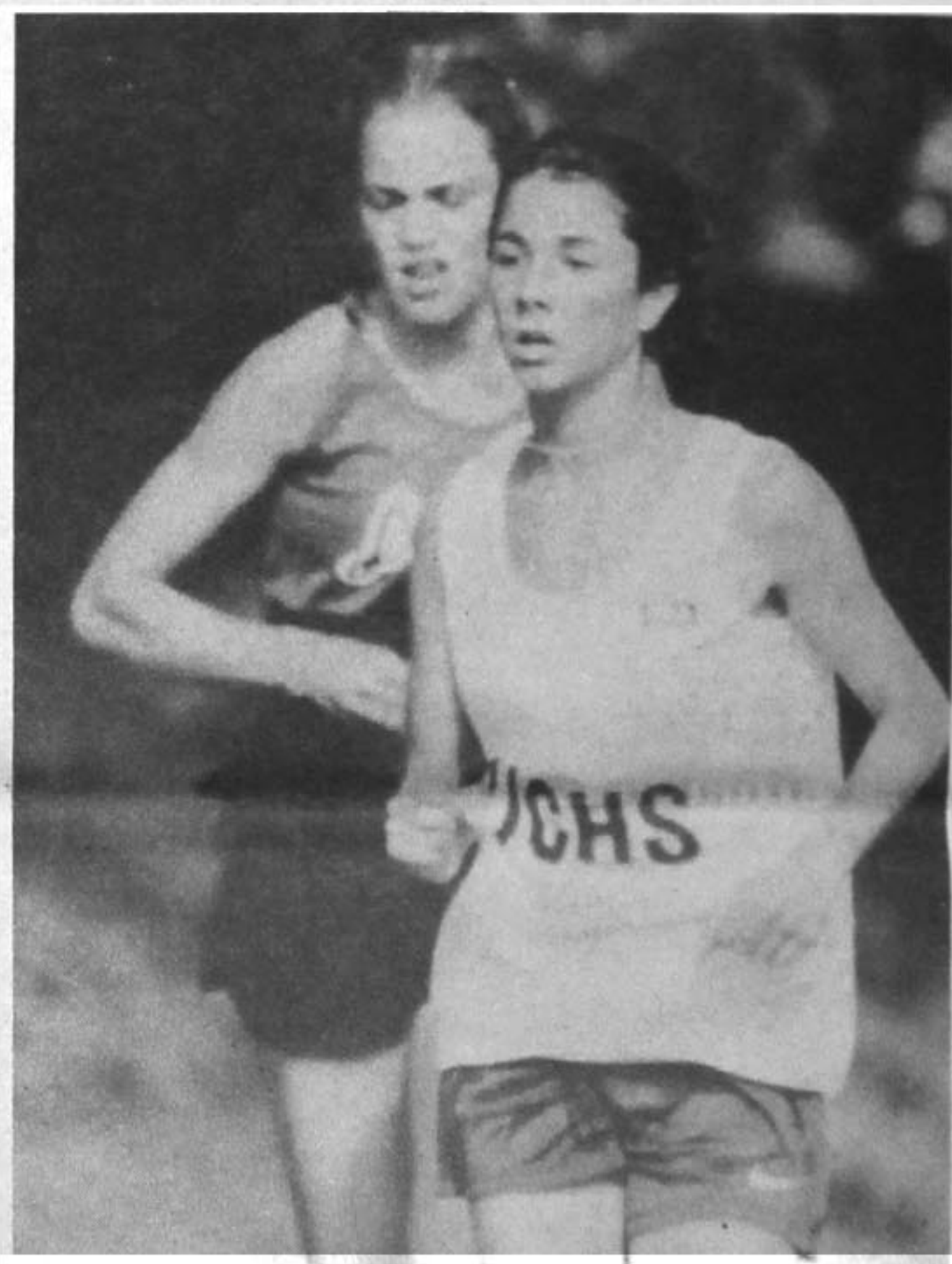
To the fire's victims, I offer my sincerest and most heartfelt sympathies, not only for the loss, but for having your lives turned upside down.

To those who helped, from neighbor to friend to volunteer firefighter to professional firefighter, I extend my deepest gratitude.

At our house, we consider ourselves extremely fortunate.



Erin Berhman, San Pasqual



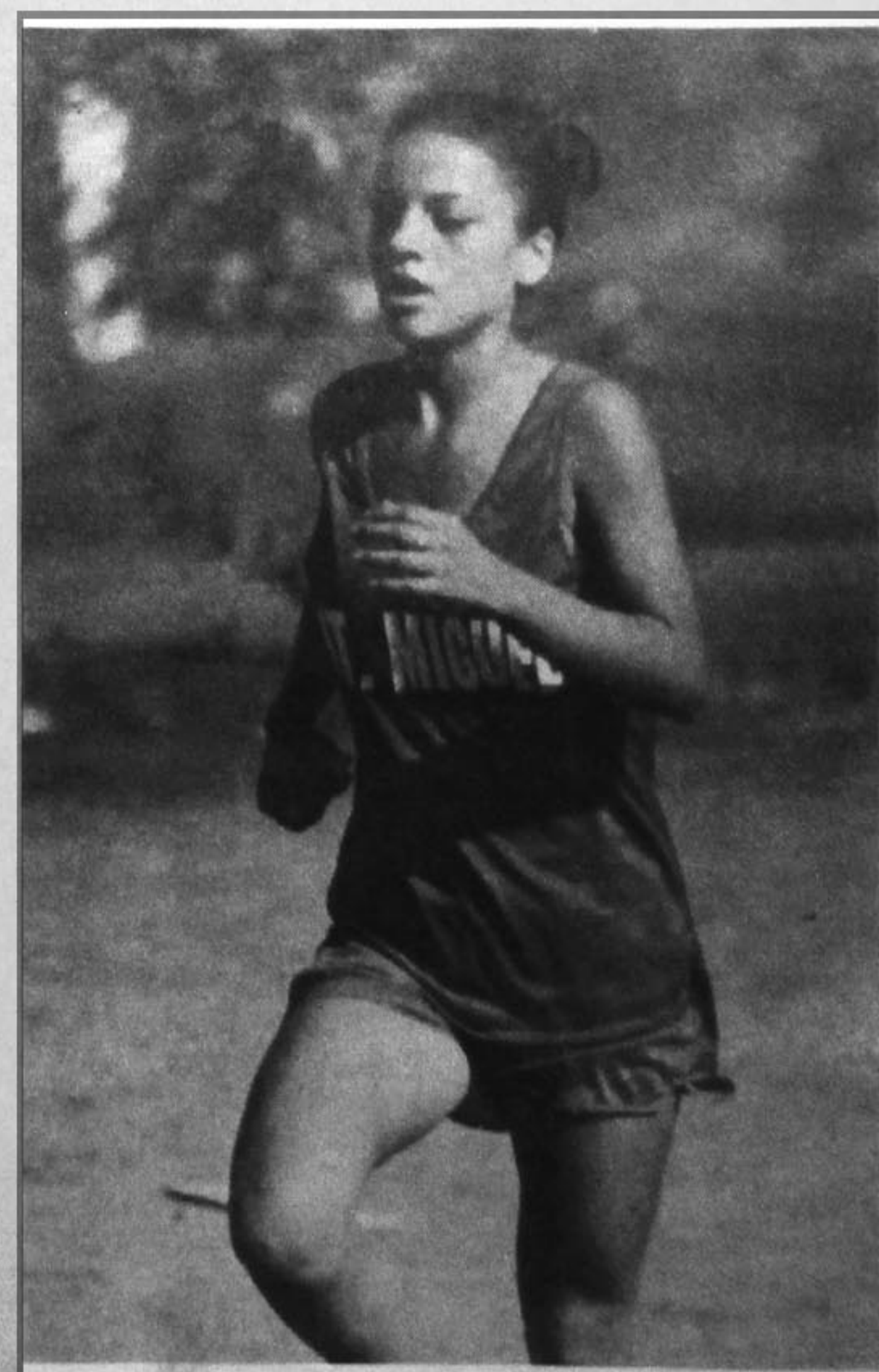
Kara Dose, La Jolla, and Katherine Ziegler, University City

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NEXT ISSUE
of
TRACK
MAGAZINE:
November 22

Distribution will be at
the CIF Championships,
on November 23.



Alda Garcia, Mount Miguel

League Champs Week Schedule:

Next week is league championship week.
The schedule:

Tuesday, Nov. 12:

The Western League, at Morley Field.
Girls varsity at 3 pm, boys varsity at 3:30 pm, girls JV at 4 pm, boys JV at 4:30, followed by awards. Girls will run 3.05-mile course. Meet director: University's Rob Winters.

Wednesday, Nov. 13:

The Harbor League, at Morley Field.
Races to begin about 2:45 pm. Meet director: Coronado's Mel Bechtel.

Thursday, Nov. 14:

The Eastern League, at Morley Field.
Races to begin at 2:45 pm. Meet director is Mira Mesa's Dennis Lottermoser.

Friday, Nov. 15:

The Southern Conference, at Morley Field. JV boys race at 3 pm, varsity girls at

3:30 pm, varsity boys at 4 pm. Meet director is Wendy Svatek from Bishop's.

The Metro League, at Southwestern College. Boys varsity is at 2 pm, girls varsity is at 2:30 pm, boys JV is at 3 pm, girls JV is at 3:30 pm. Meet director is Southwest's Jesus Rodriguez.

The Palomar League, at Guajome Park. Girls varsity is at 3 pm, boys varsity is at 4 pm. No JV races. Meet director is Fallbrook's Marty Hauck.

The Avocado League, also at Guajome Park. Girls varsity is at 2:30 pm, boys varsity is at 3:30 pm. No JV races.

Saturday, Nov. 16:

Combined Grossmont North and South, at Harry Griffen Park. JV girls at 8:30 am, JV boys at 9 am, varsity girls at 9:30 am, varsity boys at 10 am. Meet director is Helix's Dave Schultz. Despite some experimentation with 3-mile distance, the league championship for girls will be raced over 2.32 miles.

The CIF Meet Timetable:

This year's CIF championship meet schedule, as announced by the CIF on Oct. 31.

The race times follow exactly the schedule planned for the State Championships in Fresno.

The 1996 CIF Championships will be held at Morley Field on Saturday, Nov. 23.

The race schedule:

8:30 am: Division IV boys.

9 am: Division V boys.

9:30 am: Division IV girls.

10:05 am: Division V girls.

10:25 am: Awards for Division IV boys and girls.

10:40 am: Division I boys.

11 am: Awards for Division V boys and girls.

11:10 am: Division II girls.

11:45 am: Division III boys.

12:15 pm: Division I girls.

12:50 pm: Division II boys.

1:05 pm: Awards for Division I boys and girls, and Division II girls.

1:20 pm: Division III girls.

1:45 pm: Awards for Division III boys and girls, and Division II boys.

Local Rankings & Credentials

(NOTE: Rankings are based on coaches' poll of November 5.)

BOYS:

1. **Rancho Bernardo:** Wins over Mt. Carmel and RBV.
2. **Torrey Pines:** Avo's best.
3. **Mt. Carmel:** Some suspect they'll peak at right time.
4. **San Pasqual:** Rising to occasion at right time.
5. **El Capitan:** Last loss confuses issue.
6. **Valhalla:** At best, as good as any team.
7. **Ramona:** Much better than San Pasqual at Kit Carson.
8. **Poway:** Defending CIF Division I champ.
9. **Rancho Buena Vista:** One point loss to number one.
10. **Scripps Ranch:** Best in the West.

Others:

Vista: As good as many in top ten.
Granite Hills: Second best in Grossmont South.
St. Augustine: Narrow loss to Scripps Ranch.
Point Loma: Best in East if get past San Diego.

Best of the unranked teams:

West Hills: Beat El Capitan, 23-32.
Bonita Vista: In charge of Metro League.
San Diego: Mystery team lays low, one of best in East.
Carlsbad: Lost to Torrey by three, only Avo loss.

GIRLS:

1. **Fallbrook:** Unbeaten in Palomar, beat Orange Glen, 28-29.
2. **Valhalla:** Ahead of OG at Kit Carson, 39-51.
3. **Orange Glen:** 2nd to Yucaipa at SoCal meet.
4. **West Hills:** No Shurtleff at Mt. SAC.
5. **Santana:** Won at Kit Carson w/o two runners.
6. **Scripps Ranch:** Class of Western, great top three.
7. **Rancho Bernardo:** 3rd in SoCal team times.
8. **Poway:** 4th in SoCal team times.
9. **Ramona:** 6th best local team time at SoCal.
10. **Vista:** Impressive last week against Poway.

Others:

Escondido: Unbeaten in Avocado, 6th at SoCal.
Granite Hills: One of best in Grossmont.
Bonita Vista: Easily class of Metro, good top three.

Best of the unranked teams:

University of SD: Second best in West, best of Div. IV.
Torrey Pines: One Avo loss, 3rd at Kit Carson.
Point Loma: Best team in the East; a pack team.

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St. Augustine Invite: Holtville, Saints boys impress; Uni girls look good; Ramirez wins great race

The St. Augustine Invitational is annually a preview of the CIF Championships for the smaller schools.

The races, after all, featured virtually all of the major players in Divisions IV and V (with a few larger schools sprinkled in), and were run on the CIF courses.

Based on those results, the St. Augustine boys and University girls should be strong favorites in Division IV, while the Holtville boys and La Jolla Country Day girls seem to have an advantage on their Division V rivals.

Best race of the day (and maybe of the year to this point) was in the boys varsity, where Madison's Nick Hamlin, St. Augustine's Adam Greene and Holtville's Miguel Ramirez separated themselves from the other contenders early on. Ramirez, in his first race of the year, had to struggle at times to stay with the surging Hamlin and Greene, but kept contact.

In the final straight, the three sprinted abreast for the final 50 meters, with Ramirez edging Hamlin, who just edged Greene. All were credited with 16:13 clockings, quick times on the CIF course.

For purposes of comparison, only three runners at last year's county finals were faster: Larry Henderson, Ayub Abdusalam and Adrian Ramirez. David McQuitty ran 16:14 last year.

The Saints, with Brian Sullivan often as good or better than Greene, and with some depth, are obviously strong favorites in Division IV, ahead of Clairemont and Coronado.

Holtville, in their first local action this year, had some good runners behind Ramirez, including Robert-John Gonzales (17:11) and Luis Salazar (18:14). They were missing last year's number two man, Jose Gallegos. Calvin Christian's young team will be Holtville's main challenger.

Uni's girls have no real challenger in Division IV. Coronado has a young team that is probably a year away. La Jolla Country Day has put together a decent squad behind soph Lindsay Weinberg, and is a bit ahead of Francis Parker in Division V.

The results:

At Morley Field, Friday, Oct. 12. Both races were held on CIF course layout.

BOYS (3.1 miles):

VARSITY (108 finishers):

1-5: Miguel Ramirez (Holtville) 16:13.14, Nick Hamlin (Madison) 16:13.45, Adam Greene (St. Augustine) 16:13.50, Brian Sullivan (StA) 16:52, Fernando Corona (Mar Vista) 17:05.

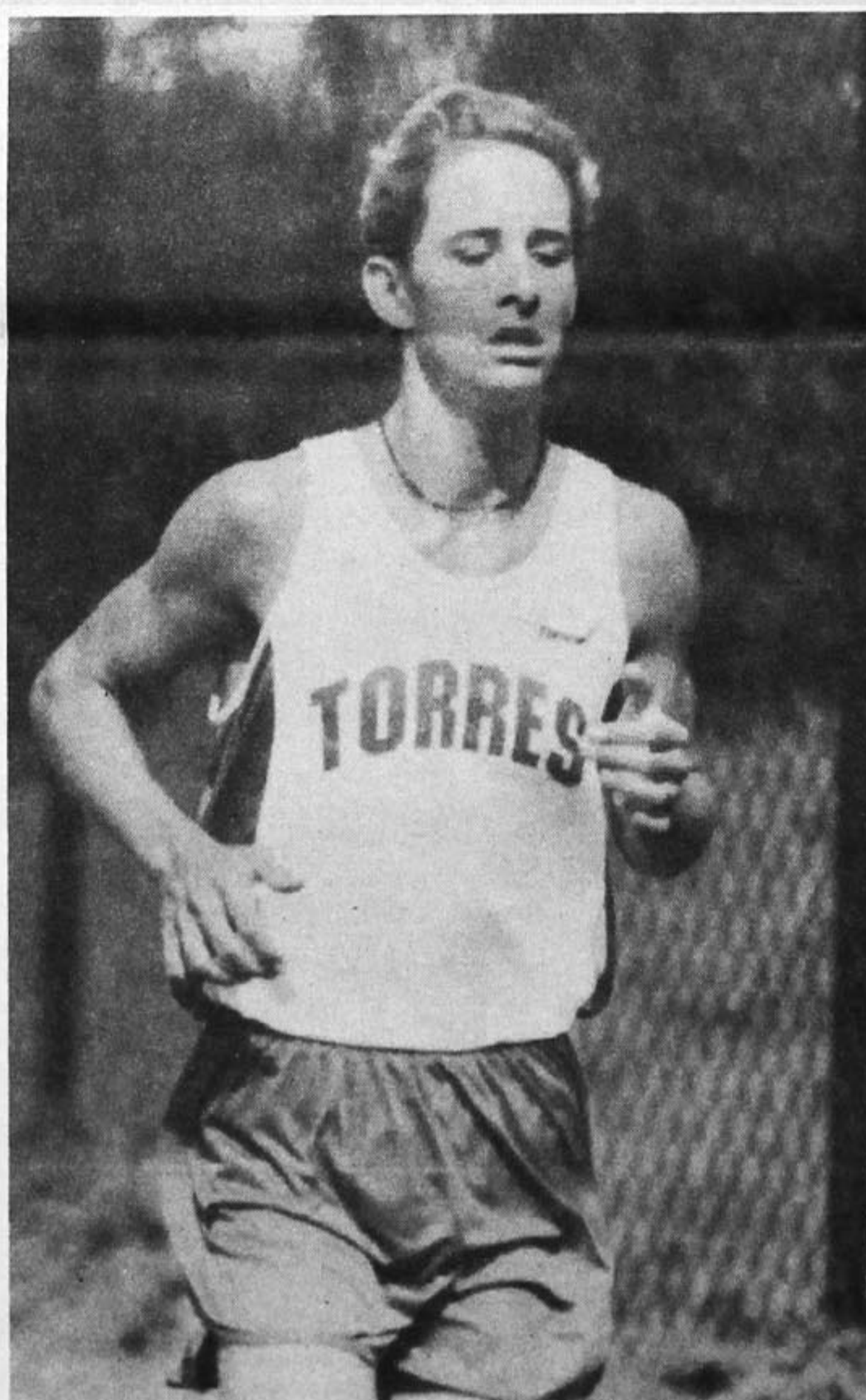
6-10: Robert-John Gonzales (Holt) 17:11, Titus Chawech (Crawford) 17:13, Esteban Rocha (MarV) 17:16, Jose Padilla (Clairemont) 17:18, Jerry Samaniego (StA) 17:21.

11-15: Josh Richards (Coronado) 17:24, Cheyne Jones (Coro) 17:27, Colin Donnelly (StA) 17:34, Luis Martinez (MarV) 17:36, Dane Bitterlin (University) 17:37.

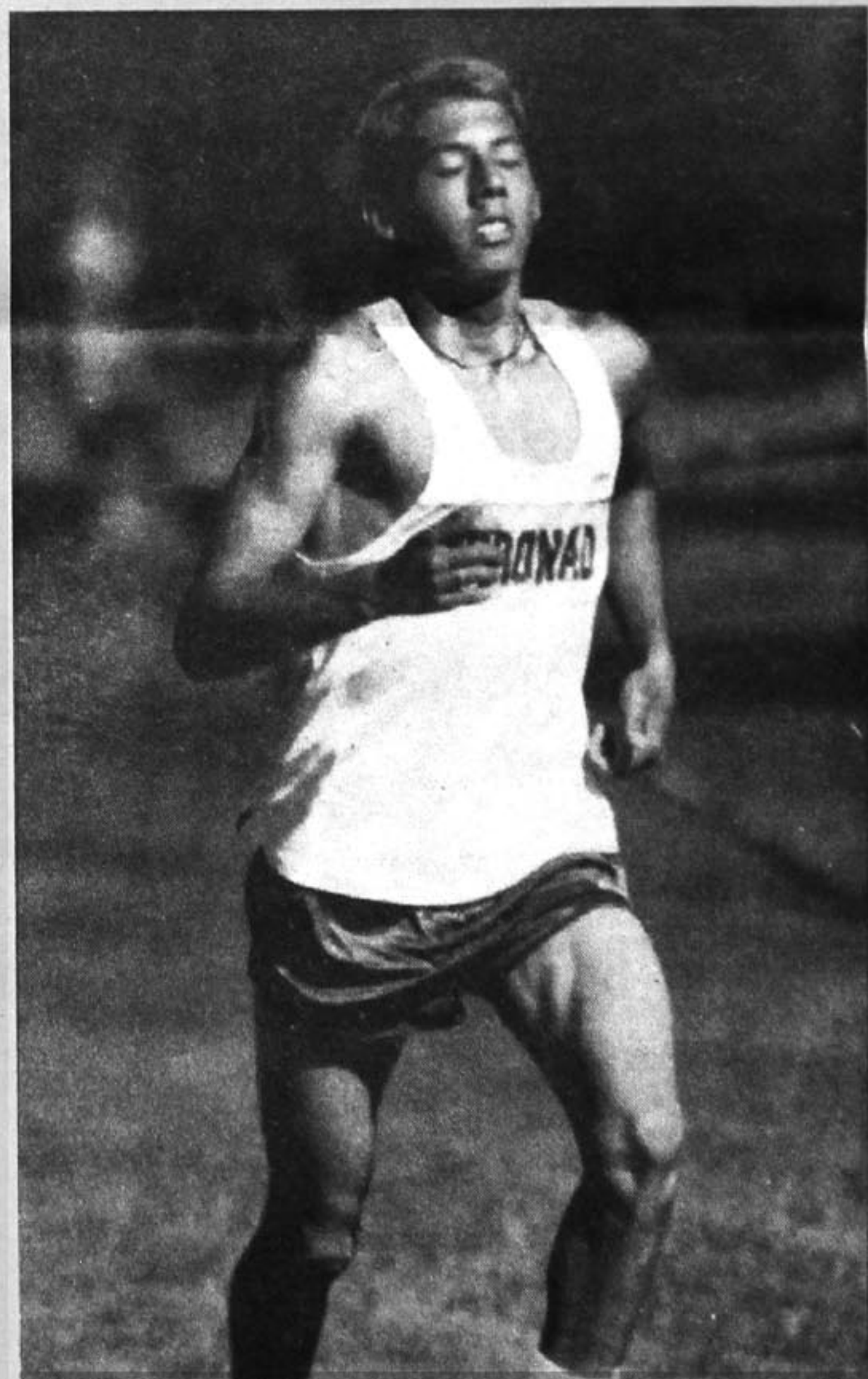
16-20: Abdul Hussein (Craw) 17:50, Greg Rodriguez (StA) 17:53, Brian Janes (StA) 17:53, Bart Conner



It was the race of the year: Holtville's Miguel Ramirez, St. Augustine's Adam Greene, and Madison's Nick Hamlin all ran 16:13 in a near dead-heat.



Justin Scarfeo, La Jolla Country Day



Cheyne Jones, Coronado

(Calvin Christian) 17:57, Chad Young (CalC) 17:59.

21-25: Daniel Perez (MarV) 18:01, Alfonso Espinoza (StA) 18:03, Nelson Rivas (Claire) 18:06, Barry Bryant (StA) 18:09, Luis Salazar (Holt) 18:14.

26-30: Peter Holland (Bishop's) 18:14, Miguel Beltran (MarV) 18:15, R. J. Sparks (Francis Parker) 18:18, Jose Jimenez (Claire) 18:20, Daisuke Nonaka (Bish) 18:38.

31-35: Jesse Powell (Warner) 18:44, Jesse Adam (Coro) 18:45, Erik Hanley (Uni) 18:46, Andres Medina (Holt) 18:47, Tim Yee (Uni) 18:48.

36-40: Matt Borunda (Coro) 18:50, Moe (Uni) 18:51, Felix Padilla (MarV) 18:54, Jason Smith (Uni) 18:55, Perez (MarV) 18:56.

41-45: Josh Chesnut (Christian) 18:57, Jon Beutlich (CalC) 18:58, Bartlett (Eastlake) 18:59, Ryan Brown (CalC) 18:59, Michael LoForti (Claire) 19:00.

46-50: Steve Mavis (CalC) 19:03, Andrew Howard (E'lake) 19:04, Jared Ziman (La Jolla Country Day) 19:04, Jayson Phillips (StA) 19:06, Max Spevack (FParker) 19:08.

Junior Varsity:

1-5: Correnti (StA) 18:55, Powell (MV) 19:02, Herriman (StA) 19:23, Sanchez (MV) 19:38, Martinez (StA) 19:38.

6-10: Stewart (Uni) 19:55, Padilla (MV) 19:55, Klinger (StA) 19:55, Tittle (Craw) 20:04, Moreno (MV) 20:09.

GIRLS (2.6 miles):

VARSITY (113 finishers):

1-5: Courtney Baird (University) 15:32, Jackie Ott (Uni) 15:59, Barbra Chakos (Coronado) 17:04, Lindsay Weinberg (La Jolla Country Day) 17:06, Gwyn Leachman (Francis Parker) 17:10.

6-10: Maria Moreno (Crawford) 17:11, Christine Hansen (Coro) 17:18, Maria Cervantes (Eastlake) 17:25, Kristen Epperson (Uni) 17:32, Christine Keays (Our Lady of Peace) 17:32.

11-15: Amanda Schultz (OLP) 17:49, Kiley Dunlap (Coro) 17:50, Kelli Wilson (OLP) 17:53, Sandra Ruiz (LJCD) 17:55, Beth Bowler (Christian) 17:56.

16-20: Jennifer Lloyd (Lutheran) 18:00, Karen

See page 5.

Meet Results:

From page 4.

Memmelaar (Calvin Christian) 18:01, Angie Markle (FP) 18:03, Lydia Boonstra (CC) 18:07, Alison Gordon (Bishop's) 18:08.

21-25: Shelby Polakoff (Bish) 18:15, Jenny Evans (Bish) 18:21, Laura Carriedo (East) 18:32, Zoe Landers (FP) 18:33, Debbie Milam (East) 18:37.

26-30: Jenna Graciano (OLP) 18:40, Jenny Fischer (Uni) 18:42, Samantha Piper (Coro) 18:46, Alli Milloy (OLP) 18:47, Jessica Gombes (OLP) 18:48.

31-35: Jasmine Mejares (OLP) 18:49, Maura Bannon (OLP) 18:50, Kelly Charboneau (Coro) 18:53, Kristen Clayton (OLP) 18:56, Kirsten Neil (Mar Vista) 18:57.

36-40: Natalie Watkins (OLP) 19:02, Mariana Mazon (OLP) 19:03, Heidi Dietterle (OLP) 19:03, Kim Buegge (Christian) 19:04, Cassie Mogilner (LJCD) 19:05.

41-45: Monica Bornemisza (LJCD) 19:07, Sara Marton (Coro) 19:07, Gail Dayao (East) 19:12, Jessica Tacey (Uni) 19:44, Brigid Ryan (Coro) 19:16.

46-50: Amanda Shipley (CC) 19:22, Jennifer Robbins (Coro) 19:23, Jenny Dorth (FP) 19:27, Toby Barmyer (Gompers) 19:28, Amanda Thaete (Coro) 19:34.

Other meets: Hunt'ton Beach: Santana girls win; SLO: TP girls second

Santana's girls won the Division II Girls championship at last month's Central Park Invitational at Huntington Beach.

Santana's 65 points bettered Cheyenne (Wyoming), Marina, Thousand Oaks and local outfits from La Jolla, Ramona and Grossmont.

Fastest local girl was Santana's Jaymie Harper, who was first in the race with an 18:15 over the 3.0-mile distance. Grossmont's Sophia Hawker was second, in 18:31.

Best local boys team was Ramona, who were fourth. Fastest local was Ramona's James Adams, with 15:45 for the 3.0 miles. He was just ahead of Chula Vista's Adrian Ramirez, who ran 15:49.

Torrey Pines took varsity teams to the San Luis Obispo Invitational, where the girls took second, and the boys team was fourth in Division I races.

The results:

At Huntington Beach, Oct. 12.

BOYS (3.0 miles):

Fastest from San Diego section:

15:45 James Adams, Ramona
15:49 Adrian Ramirez, Chula Vista

GIRLS (3.0 miles):

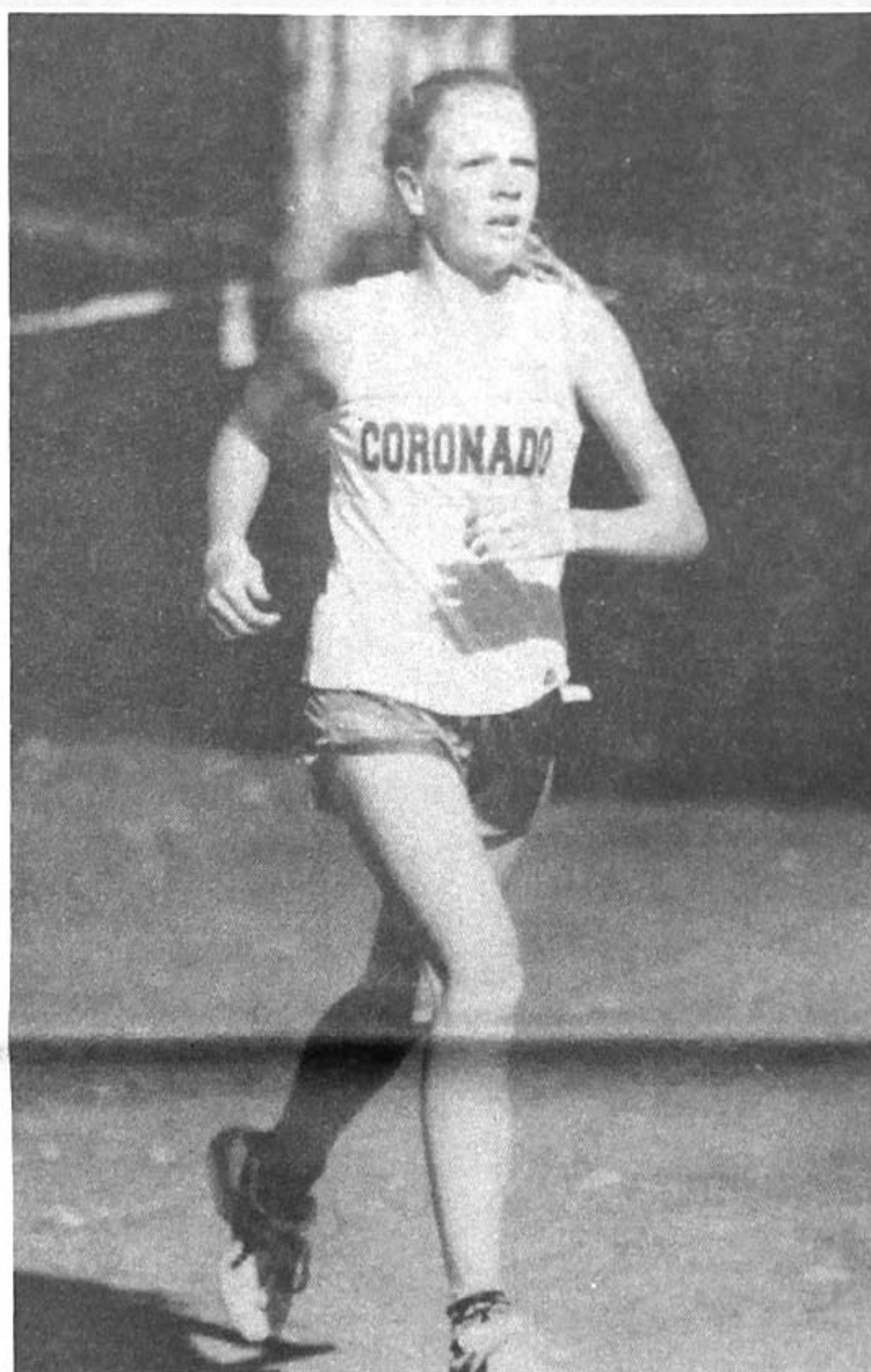
Fastest from San Diego section:

18:15 Jaymie Harper, Santana
18:31 Sophia Hawker, Grossmont
19:21 Kim Pace, Santana
19:51 Kara Dose, La Jolla
19:53 Ava Benitez, Santana
19:54 Kim Baza, Santana
19:55 Kennie Kwok, Ramona
19:56 Morgan Romine, La Jolla
20:08 Lisa Peklar, Grossmont
20:22 Olivia Tellez, Point Loma

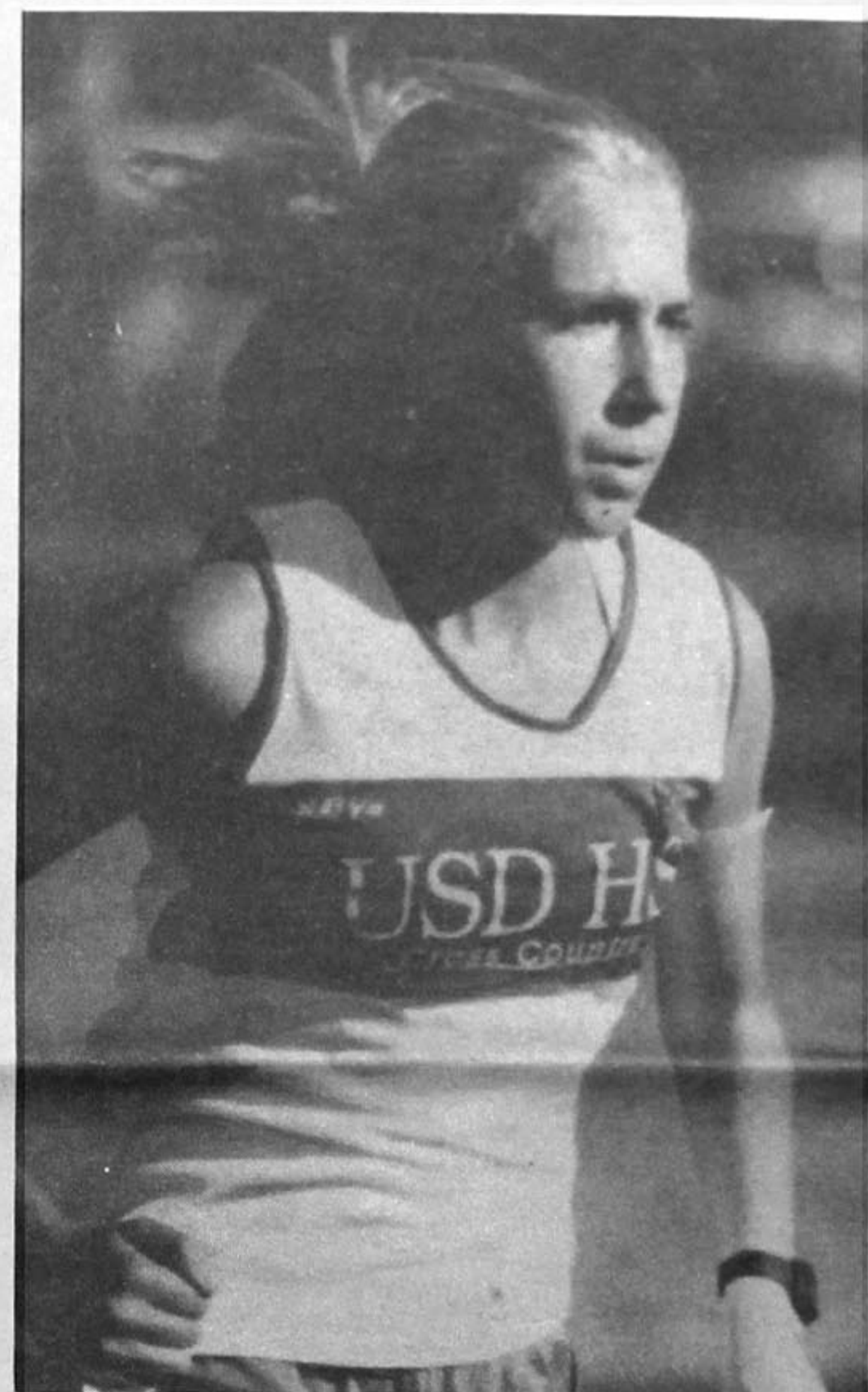
At San Luis Obispo. All distances were 3.1 miles.

Torrey Pines boys: Team, fourth. David Burke 17:01, Charley Hulsey 17:30, Noah Lidman 17:58, Wes Austin 18:22, Ian Feder 20:36.

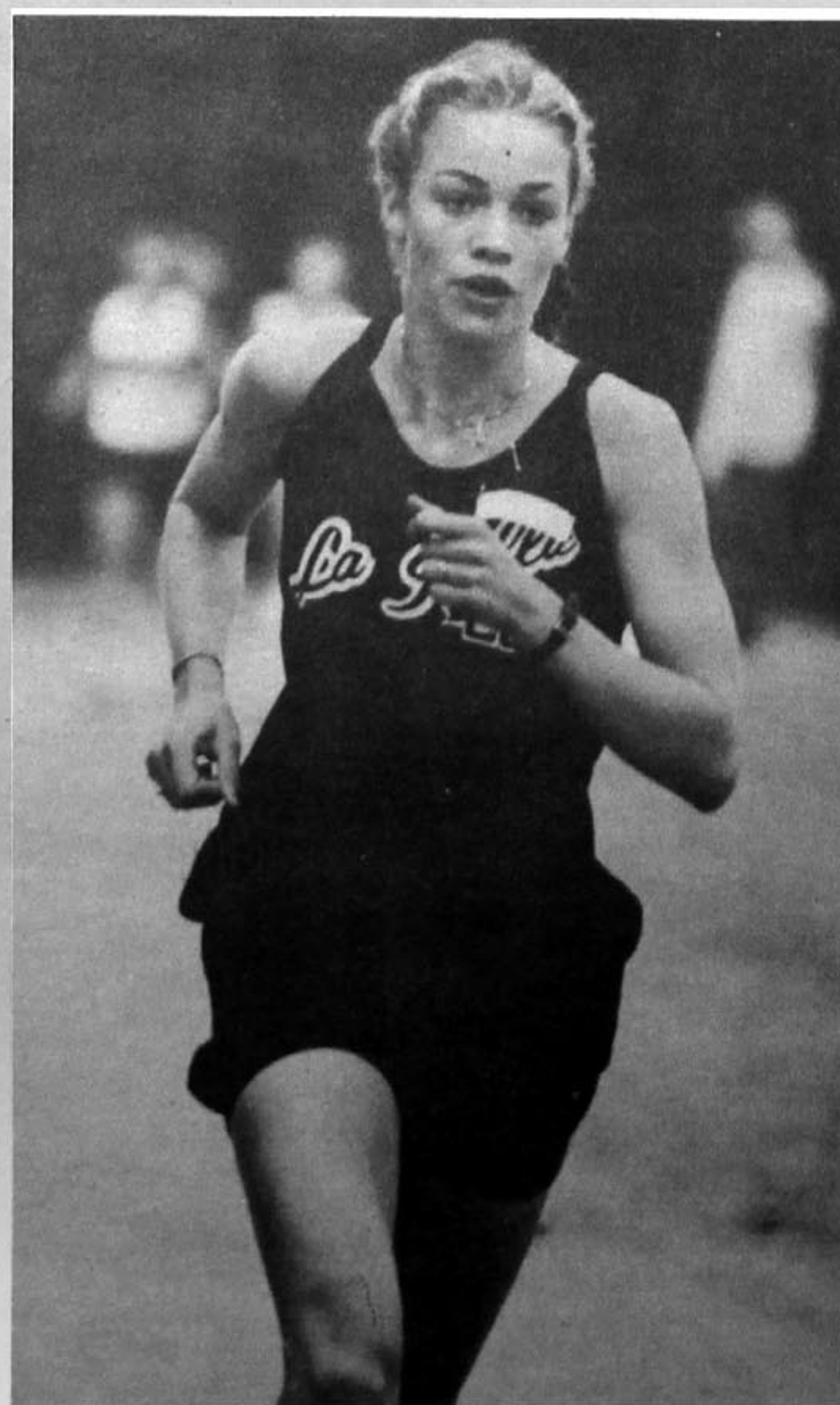
Torrey Pines girls: Team, second. Jaclyn Nolan 20:25, Kristin Branson 21:14, Laura Hilton 21:39, Kathy Read 21:50, Camille Dredge 22:14, Jen Morris 22:26, Kristin Roth 22:36.



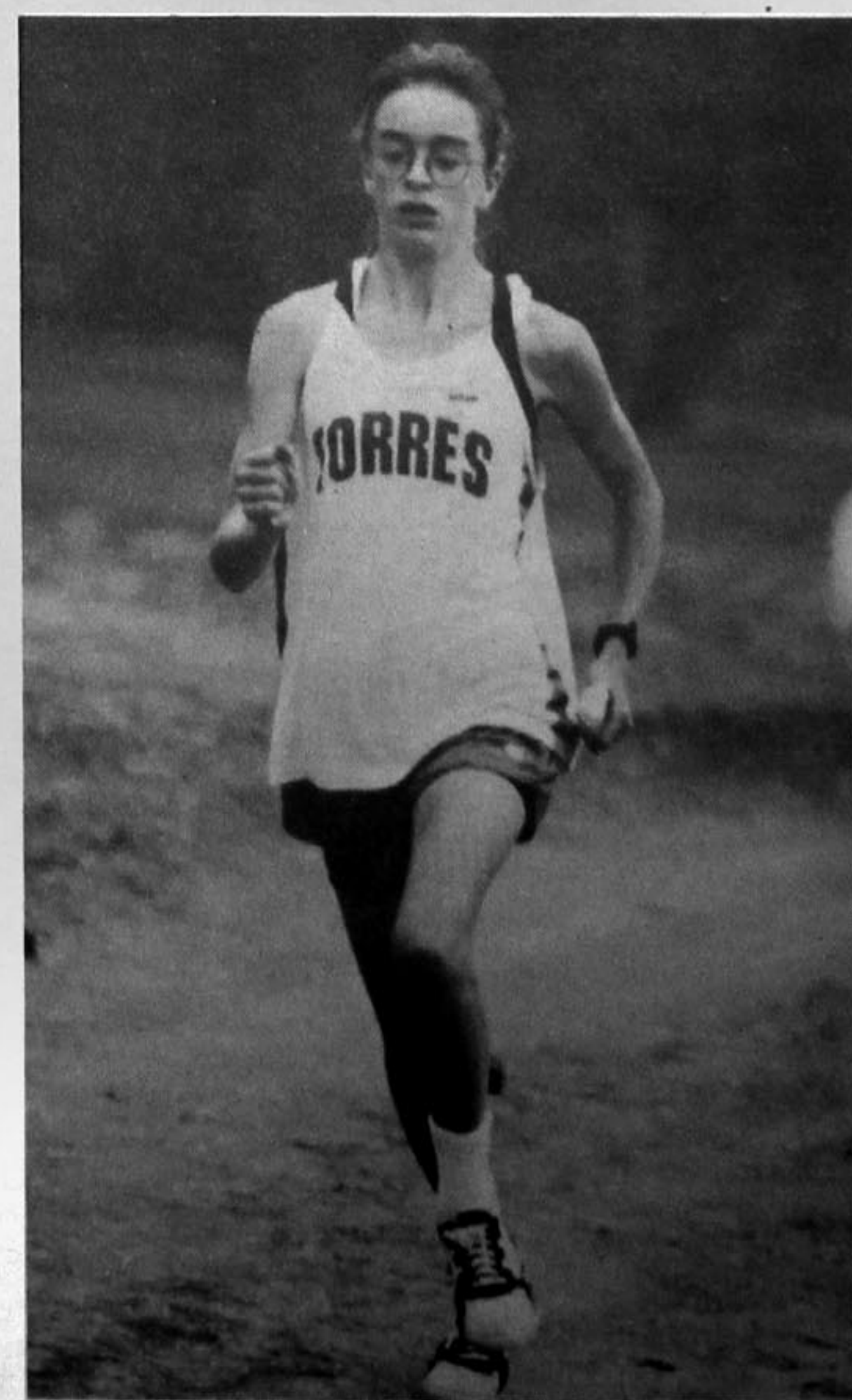
Barbra Chakos, Coronado



Jackie Ott, University of San Diego



Kara Dose, La Jolla



Lindsay Weinberg, La Jolla Country Day

Southern Cal: Yucaipa teams dominate; RB, Fallbrook, OG top local teams

Yucaipa's teams dominated the Southern California Invitational, with both the boys and girls taking first in team times.

The Yucaipa girls, ranked in one poll as the number three team in the nation, and in another poll as the top state team in Division II, looked the part. But girls teams from both Fallbrook and Orange Glen (also among the state's best), were competitive, despite some setbacks.

The Fallbrook girls, for instance, dropped completely out of the team competition when one runner, Mindy Green, turned an ankle and had to drop out. In the unique scoring system of this meet, a dnf (did not finish) is fatal.

The Southern Cal meet has separate races for each of the seven varsity running positions, with number one runners racing against number one runners, number twos vs. number twos, and so on. The times of all seven are added together at the end of the day, to determine the championship.

If the meet had been scored as a typical invite, with the top five from each school added together, Fallbrook would have taken second to Yucaipa. (Top teams would have been Yucaipa 52, Fallbrook 82, Orange Glen 88, Rancho Bernardo 134, Escondido 188.)

Another time comparison is even more revealing. Yucaipa's top seven girls averaged 15:39 on the Guajome Park course. Fallbrook's six varsity finishers (not counting Green) averaged 15:43.5.

Orange Glen's girls were second in the meet's scoring system, but were not helped when injured Katie Cottrell ran an 18:26 in the number sevens race. Teammate Diana Dibble had a 17:03 in the frosh race.

Rancho Bernardo's boys were the top local team after Yucaipa. Impressive for the Broncos was freshman Sean Ricketts, who won the number threes race in 16:48, the tenth fastest time overall.

Carlsbad's Reed Steele outraced El Cap's Steve Daynes to win in 16:15 in the number ones race, the fastest of the day.

The girls number ones race went to Yucaipa's Kimi Welch, who ran 14:27 to best Fallbrook's Tricia Mattson (14:42) and OG's Kendra Goffredo (14:52). OG's Cara Rumble, with a good 14:54 in the number twos race, was the fastest from the other races.

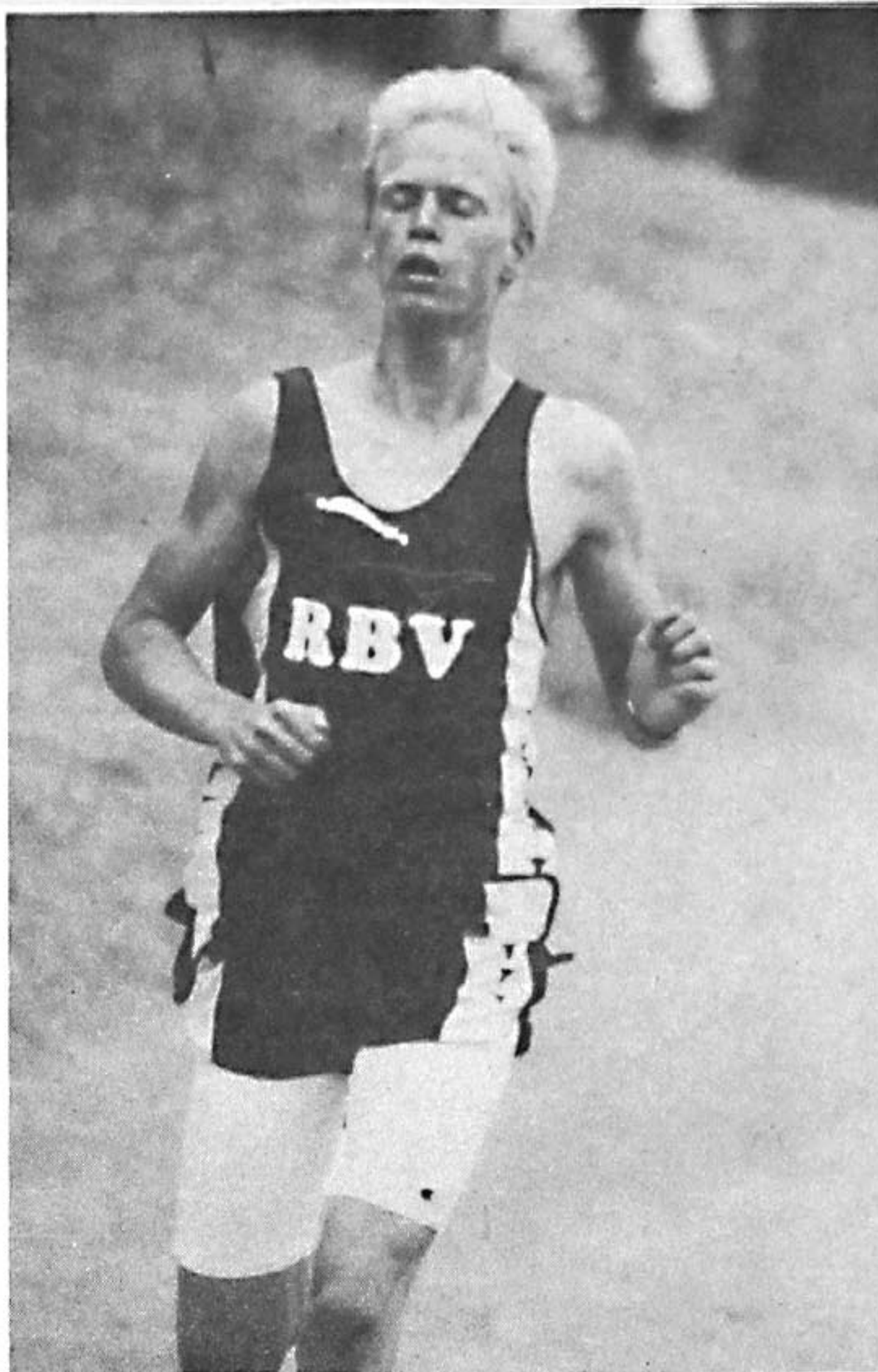
The results:

At Guajome Park, Saturday, Oct. 19. Conditions: Overcast for early races, sun breaking through by mid-day.

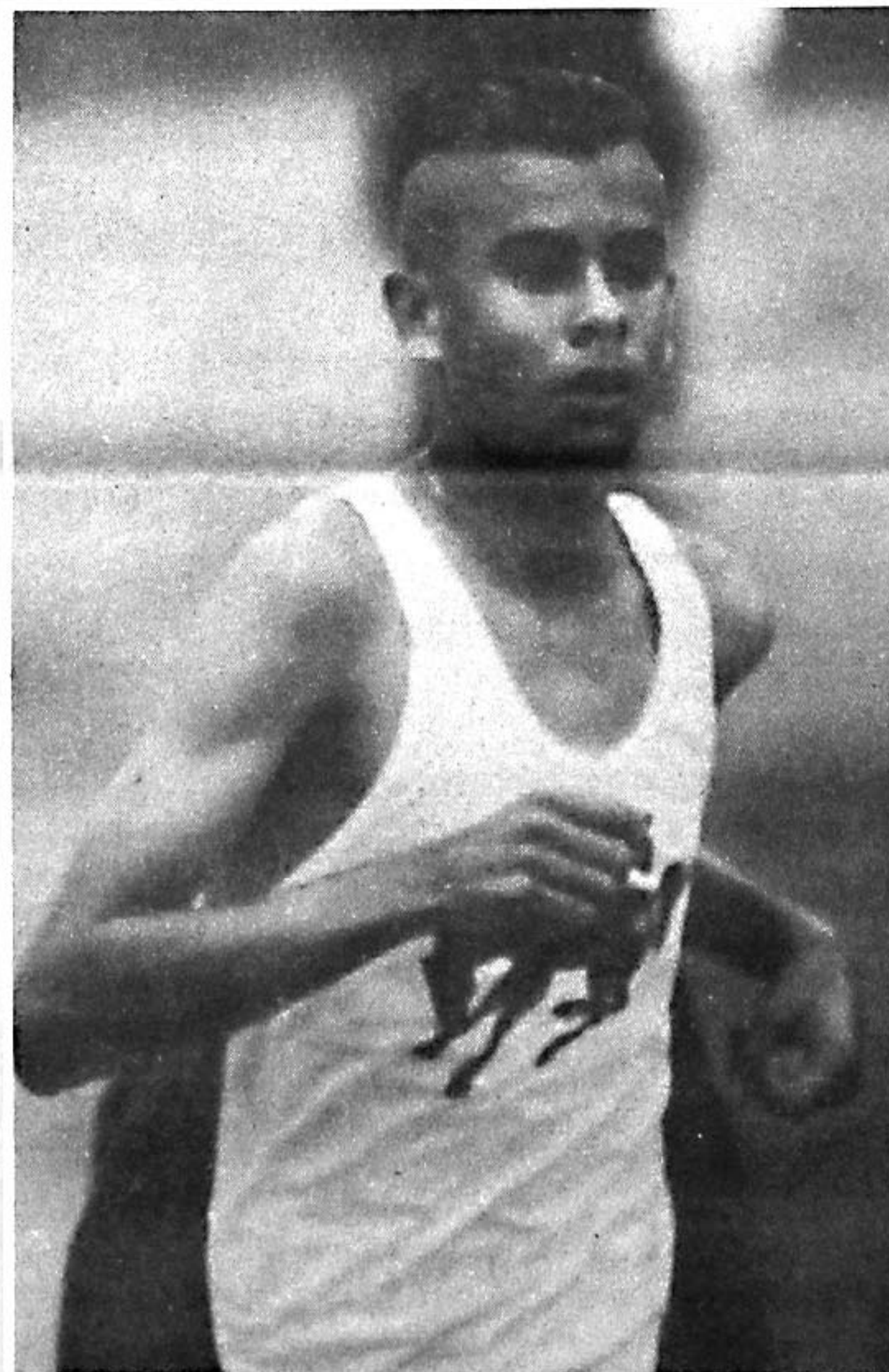
BOYS:

Top Thirty Individuals (all races):

1 to 10:	
16:15	Reed Steele, Carlsbad, 11
16:19	Steve Daynes, El Capitan, 12
16:20	Brent Edson, Yucaipa
16:34	Mike Bilsborough, Barstow
16:40	Fernando Blanco, Rancho Buena Vista, 12
16:41	Eron Tello, Rancho Bernardo, 12
16:45	James Adams, Ramona, 12
16:46	Gonzalo Garcia, Vista, 12
16:47	Eladio Garcia, Rancho Buena Vista,
16:48	Sean Ricketts, Rancho Bernardo, 9



Jaimal Hornbacher, Rancho Buena Vista



Sean Ricketts, Rancho Bernardo

11 to 20:

16:49	Mike Langdon, Yucaipa
16:54	Miguel Ramirez, Holtville, 11
16:59	Mike Helms, Poway, 11
17:04	Justin Neuroth, Vista, 9
17:05	John Bates, El Capitan, 12
17:07	Steve Ketcham, Vista, 12
17:07	Dustin Mayberry, Barstow
17:09	Matt Galaviz, Rancho Bernardo, 12
17:13	David Romero-Young, El Camino, 11
17:13	Brian Paff, Bonita Vista, 10

21 to 30:

17:14	Baruch Vega, Sweetwater, 11
17:16	Mark Hassell, Barstow
17:17	Todd Castin, Yucaipa
17:18	Ken Golston, Barstow
17:20	Joshua Middleswart, Castle Park, 12
17:21	Jake McNeely, Poway, 12
17:21	Alex Law, Yucaipa
17:22	Esteban Rocha, Mar Vista
17:26	Jaimal Hornbacher, Rancho Buena Vista, 12
17:27	Matt Gailey, Poway, 11

Team Times (top seven in varsity only):

121:05	Yucaipa
122:29	Rancho Bernardo
122:43	Barstow
124:01	Poway
124:11	Rancho Buena Vista
124:44	Ramona
125:21	El Capitan
125:22	Vista

127:12	Bonita Vista
129:29	Temescal Canyon
130:48	Orange Glen
130:51	Sweetwater
133:00	Holtville
134:37	Mt. Carmel
139:57	Castle Park

No times (incomplete teams): Oceanside, Mar Vista, Clairemont (SD), La Jolla Country Day, Hilltop, Carlsbad, El Camino, Claremont (SS), Escondido, Fallbrook, San Marcos, Eastlake.

THE RACES:

Varsity ones:

1-5: Reed Steele (Carlsbad) 16:15, Steve Daynes (El Capitan) 16:19, Brent Edson (Yucaipa) 16:20, Mike Bilsborough (Barstow) 16:34, Fernando Blanco (Rancho Buena Vista) 16:40.

6-10: Eron Tello (Rancho Bernardo) 16:41, James Adams (Ramona) 16:45, Miguel Ramirez (Holtville) 16:54, Steve Ketcham (Vista) 17:07, David Romero-Young (El Camino) 17:13.

11-15: Brian Paff (Bonita Vista) 17:13, Baruch Vega (Sweetwater) 17:14, Joshua Middleswart (Castle Park) 17:20, Sherwin Arce (Oceanside) 17:28, Fernando Corona (Mar Vista) 17:32.

16-20: Sean Zanderson (Poway) 17:35, Nick Schlapfer (Orange Glen) 17:37, Jose Padilla (Clairemont, SD) 17:43, Ryan Allen (Temescal Canyon) 18:03, Ivan Hauck (Claremont, SS) 18:37.

21-23: Justin Scarfeo (La Jolla Country Day) 18:54, Chris Kenyon (Mt. Carmel) 18:57, Frankie Mendoza (Hilltop) 18:58.

Varsity twos:

1-5: Gonzalo Garcia (Vis) 16:46, Mike Langdon (Yuc) 16:49, Mike Helms (P) 16:59, John Bates (EC) 17:05, Matt Galaviz (RB) 17:09.

6-10: Ken Golston (Bar) 17:18, David Shofstall (R) 17:22, Esteban Rocha (MV) 17:22, Jaimal Hornbacher (RBV) 17:26, Steve Meek (Escondido) 17:30.

11-15: Alvaro Quintanar (O) 17:34, Raymond Costales (TC) 17:36, Jorge Del Hierro (CP) 17:46, Rocky Metcalf (MC) 17:47, Tyler Bochenek (Fallbrook) 17:54.

16-20: Luis Salazar (Holt) 18:02, Jason Stone (BV) 18:06, Lynn Ly (OG) 18:07, James Shroeder (Hill) 18:19, Jaime Cabezuella (Sweet) 18:33.

Varsity threes:

1-5: Eladio Garcia (RBV) 16:47, Sean Ricketts (RB) 16:48, Justin Neuroth (Vis) 17:04, Dustin Mayberry (Bar) 17:07, Todd Castin (Yuc) 17:17.

6-10: Matt Gailey (P) 17:27, Juan Torres (Cla, SD) 17:33, Jerrad Payne (EC) 17:36, Alvaro Reyes (R) 17:50, Giovanni Arce (BV) 17:53.

11-15: Brandon Card (TC) 17:59, Robert-John Gonzales (Holt) 18:04, Oscar Gonzales (Carls) 18:05, Miles Remer (Cla, SS) 18:09, Will Nelson (F) 18:18.

16-20: Delfino Romero (O) 18:19, Adrian Garcia (Sw) 18:21, Brendon Riordan (MC) 18:39, Jose Flores (CP) 18:41, Michael Miller (Esc) 18:43.

21-24: Ryan Calderon (OG) 18:43, Dullani Waterman (EICam) 18:48, Jared Ziman (LJCD) 19:07, Erik Guzman (Hill) 19:34.

Varsity fours:

1-5: Mark Hassell (Bar) 17:16, Jake McNeely (P) 17:21, Alex Law (Yuc) 17:21, Tony Principe (EC) 17:31, Hever Chavez (RBV) 17:53.

6-10: Sean McElroy (RB) 17:56, Jose Gallegos (Holt) 17:58, Juan Ruvalcaba (R) 17:59, Nick Karr (TC) 18:03, Jose Elena (O) 18:08.

11-15: Nelson Rivas (Cla, SD) 18:12, Ruben Vences (Sw) 18:13, Collin Abraham (BV) 18:15, Christian Valderrama (MV) 18:15, Efrain Casarez (F) 18:18.

16-20: Chris McCann (Carls) 18:22, Sean Daley (Vis) 18:24, Brandon Miller (Esc) 18:39, John Brinegan (Clare, SS) 18:44, Ramon Morales (EICam) 18:58.

21-24: Gerardo San Juan (OG) 19:15, Jason Polletta (MC) 19:45, Christian Navarro (LJCD) 20:05, Ryan Abuan (CP) 20:26.

Varsity fives:

1-5: Matt McInvale (R) 17:41, Todd Benjamin (RB) 17:42, Jason Moseley (Yuc) 17:43, Ben Schwab (P) 17:44, Burt Clark (Bar) 17:56.

6-10: Roy Quinn (F) 17:56, Carmelino Ortiz (RBV) 17:57, Daniel Lebrija (BV) 18:06, Jose Jimenez (Cla, SD) 18:07, Andres Medina (Holt) 18:30.

11-15: David Boland (EC) 18:31, Javier Gonzales (Sw) 18:34, Charles Wilson (San Marcos) 18:40, Federico Filares (Esc) 18:42, Rubio Santino (TC) 18:44.

16-20: Josh Moore (Vis) 18:45, Mario Vela (Cla, SS) 19:10, Peter Hutchinson (OG) 19:22, Gerardo Ibanez (Carls) 19:43, Calvin Lee (MC) 20:14.

21-23: Daniel Flores (CP) 20:45, Javier Paz (Hill) 21:08, David Matias (O) 21:43.

Varsity sixes:

1-5: Marcel Meerstetter (RB) 17:43, Matt Drabinski (Yuc) 17:47, Ronnie Isbell (Bar) 18:00, Jose Freese (EC) 18:01, Jose Escobedo (F) 18:05.

6-10: Bob Denny (R) 18:07, Victor Olivares (SM) 18:16, Andrew Smith (Vis) 18:22, Brandon Reynolds (TC) 18:36, Nick Wheeler (OG) 18:38.

11-15: Ryan Franzen (P) 18:40, Nick Paz (Cla, SS) 18:41, Indy Ortiz (RBV) 18:41, Mark Milliken (BV) 19:02, Murali Somanathan (MC) 19:39.

16-20: Oscar Rubalcava (Carls) 19:43, David Cordes (Esc) 19:54, Jose Gutierrez (Sw) 19:55, Michael LoForti (Cla, SD) 20:19, Michael Coreano (Hill) 20:45.

21-22: Manuel Silva (CP) 22:09, Michael Hardin (Holt) 22:33.

Varsity sevens:

Meet Results:

From page 6.

1-5: Geoff Likins (Yuc) 17:48, Justin Lucas (P) 18:15, Jason Cobb (RB) 18:30, Roy Bird (Bar) 18:32, Ben Walthal (BV) 18:37.

6-10: Mark Jordan (RBV) 18:47, Israel Barrios (SM) 18:48, Jasen Emmons (Vis) 18:54, Fernando Gonzales (R) 19:00, Brandon Montgomery (OG) 19:06.

11-15: Tres Steffler (F) 19:10, David Coalter (Cla, SS) 19:13, Tony Ayala (TC) 19:28, Ben Bruce (MC) 19:36, Jorge Carmona (ElCam) 20:00.

16-20: Martin Cuenca (Sw) 20:01, Jeff Gladstone (EC) 20:18, David Padilla (Holt) 20:59, Mike Brenner (Eastlake) 21:01, Juan Carrillo (Esc) 21:15.

21-24: Eugenio Arce (O) 21:36, Nino Balestreri (Cla, SD) 22:41, Ernesto Ramirez (CP) 22:50, Chris Rosenbaum (LJCD) 24:27.

JV, Large Schools (133 finishers):

1-5: Brian Foltz (Yuc) 18:04, Tim Miller (R) 18:29, Gabe Wirth (Vis) 18:32, Idoh Gersten (RB) 18:35, Nick Mathis (EC) 18:41.

6-10: Bryan Hillberg (EC) 18:41, Moises Delgado (RBV) 18:43, Seifert (P) 18:44, Adam Valli (Yuc) 18:47, Ben Mortison (RB) 18:50.

JV, Small Schools (33 finishers):

1-5: Brian Wardell (Bar) 18:52, Buddy Daniels (Bar) 18:59, Bobbie Guajardo (Bar) 19:07, Juan Barron (O) 19:21, Richard Martin (Bar) 19:22.

6-10: Rick Ziegler (Bar) 19:38, Helge Lubman (Bar) 19:48, David Hensley (Esc) 21:21, Jorge Padilla (Cla, SD) 20:23, Victor Cortez (Sw) 20:31.

Frosh:

1-5: Colin Steele (Carls) 17:42, Pope (P) 18:23, Eric Welch (Yuc) 18:26, Matt Tuttle (Yuc) 18:34, Jordan Hebert (Yuc) 18:52.

6-10: Chris Jones (Yuc) 18:59, Brian Wurzell (Yuc) 19:09, Mauricio Jimenez (Vis) 19:14, Jeremiah Cox (Yuc) 19:42, Robby La Porte (TC) 19:43.

GIRLS:

Top Thirty Individuals (all races):

1 to 10:

14:27 Kimi Welch, Yucaipa
14:42 Tricia Mattson, Fallbrook, 12
14:52 Kendra Goffredo, Orange Glen, 11
14:54 Cara Rumble, Orange Glen, 11
14:59 Shelby Horgan, Temescal Canyon
15:02 Julie Manson, Rancho Bernardo, 9
15:06 Lorena Jimenez, Orange Glen, 10
15:10 Sarah Wilkins, Rancho Bernardo, 10
15:17 Sunny Shaffer, Temescal Canyon
15:21 Vickie Whiteside, Yucaipa

11 to 20:

15:22 Christin Ray, Yucaipa
15:29 Brianna Hibbs, Poway, 9
15:29 Marissa Leivas, Escondido, 10
15:29 Beth Grossheim, Yucaipa
15:35 Christine Kitchen, Rancho Bernardo, 11
15:38 Jenny Petite, Yucaipa
15:39 Kim Crosswell, Fallbrook, 9
15:45 Katie Hauck, Fallbrook, 10
15:47 Lanele Cox, Escondido, 10
15:51 Marsha Ibanez, Claremont

21 to 30:

15:51 Cathy Picha, Fallbrook, 10
15:53 Kennie Kwok, Ramona, 10
15:54 Shawnele Cox, Escondido, 12
15:54 Kristen Brown, Fallbrook, 11
16:00 Jessica Cabrera, Sweetwater, 12
16:03 Seymore, Barstow
16:04 Kara Dose, La Jolla,
16:05 Leeann Jimenez, Yucaipa
16:07 Alana Bochiechio, San Marcos, 10

Team Times (top seven in varsity only):

109:39 Yucaipa
112:50 Orange Glen
114:52 Rancho Bernardo
116:00 Poway
117:34 Bonita Vista
118:05 Escondido
119:30 Claremont (SS)
120:42 Temescal Canyon
120:55 Barstow
121:51 Ramona
123:37 Grossmont
135:06 Sweetwater
135:45 Hilltop

No team times (incomplete teams): Fallbrook, La Jolla, San Marcos, Oceanside, Castle Park, El Capitan, Carlsbad, La Jolla Country Day, Eastlake, Mar Vista.

THE RACES:

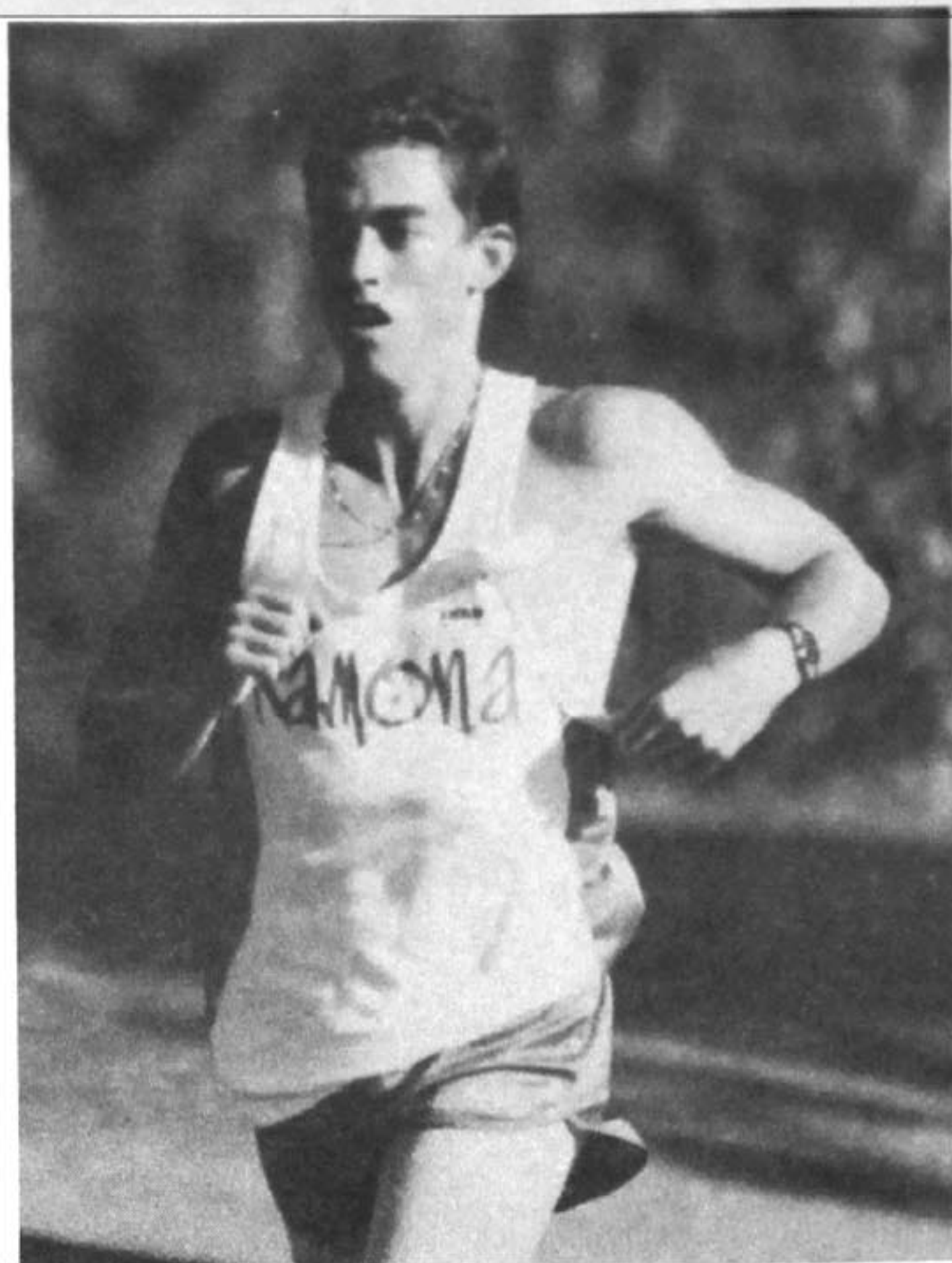
Varsity ones:

1-5: Kimi Welch (Yucaipa) 14:27, Tricia Mattson (Fallbrook) 14:42, Kendra Goffredo (Orange Glen) 14:52, Shelby Horgan (Temescal Canyon) 14:59, Sarah Wilkins (Rancho Bernardo) 15:10.

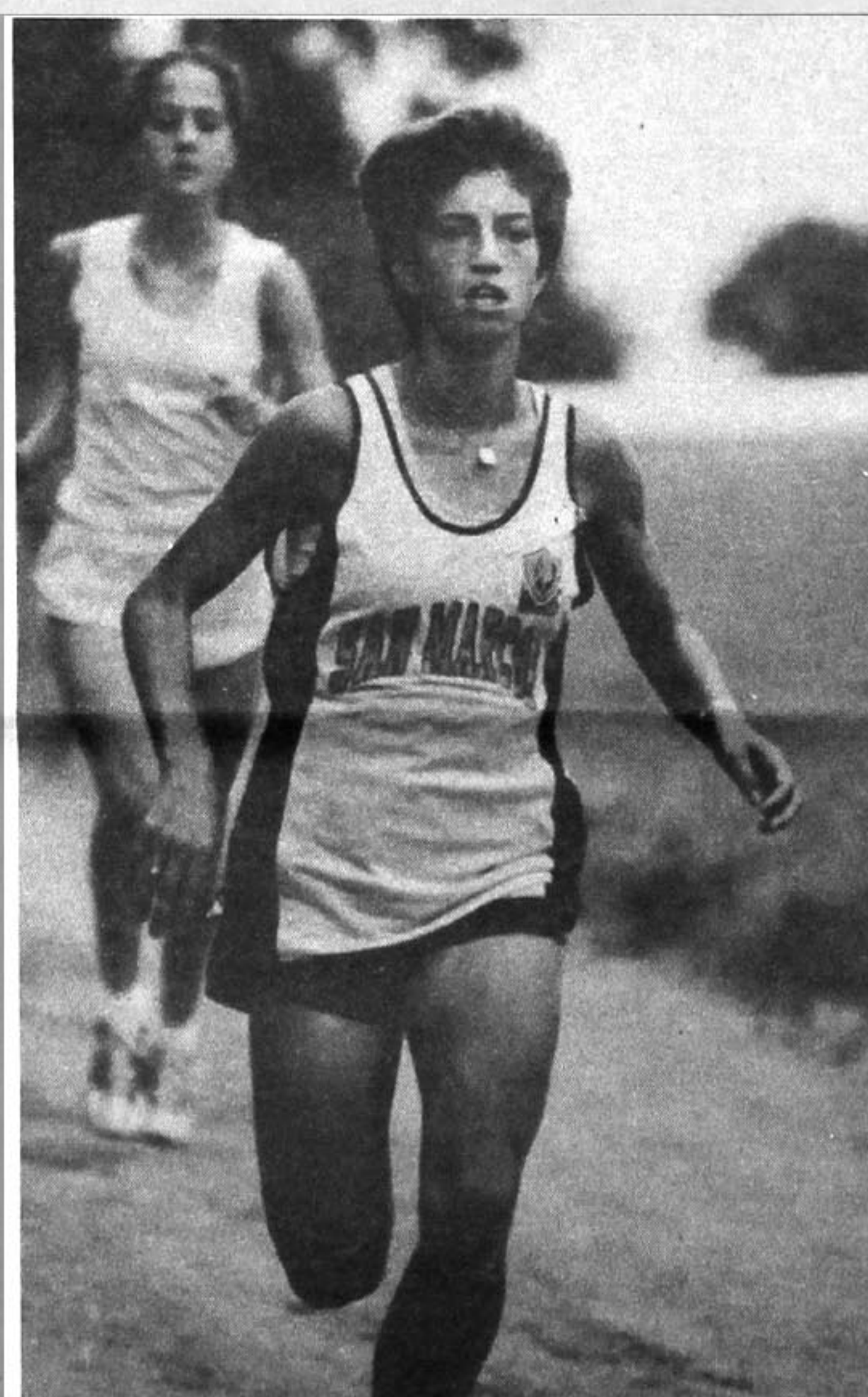
6-10: Brianna Hibbs (Poway) 15:29, Lanele Cox (Escondido), Marsha Ibanez (Claremont, SS) 15:51, Kennie Kwok (Ramona) 15:53, Jessica Cabrera (Sweetwater) 16:00.

11-15: Seymore (Barstow) 16:03, Kara Dose (La Jolla) 16:04, Rosie Costello (Bonita Vista) 16:12, Lisa Peklar (Grossmont) 16:14, Stephanie Kindreich (El Capitan) 16:23.

16-20: Angie Van Dyke (Carlsbad) 16:39, Lindsey



David Shofstall, Ramona



Alana Bochiechio, San Marcos

Weinberg (La Jolla Country Day) 16:47, Maria Cervantes (Eastlake) 16:54, Erin DeHahn (Hilltop) 17:51, Kirstein Neil (Mar Vista) 19:39.

Varsity twos:

1-5: Cara Rumble (OG) 14:54, Julie Manson (RB) 15:02, Sunny Shaffer (TC) 15:17, Christin Ray (Yuc) 15:22, Aubrey Merryman (Clare, SS) 15:45.

6-10: Katie Hauck (F) 15:45, Shawnele Cox (Esc) 15:54, Sarah Shepherd (R) 16:01, Dawna Marshall (BV) 16:20, Nohelia Ramos (Sweet) 16:41.

11-15: Eva Lund (Carls) 16:46, Ray (Bar) 16:52, Renee de la Torre (Gro) 16:53, Lisa Vasek (P) 16:57, Laura Carriedo (East) 17:32.

16-17: Sandra Ruiz (LJCD) 17:42, Elizabeth Kolata (Hill) 17:43.

Varsity threes:

1-5: Lorena Jimenez (OG) 15:06, Vickie Whiteside (Yuc) 15:21, Marissa Leivas (Esc) 15:29, Christine Kitchen (RB) 15:35, Alana Bochiechio (San Marcos) 16:07.

6-10: Meghann Phillips (BV) 16:09, Blaire Thompson (Clare, SS) 16:34, Hollie Babione (P) 16:45, Angelica Aviles (Bar) 16:50, Theresa Hepler (EC) 17:01.

11-15: Richelle Reese (TC) 17:14, Kirstin Spivey (R) 17:20, Rebecca Venegas (Gro) 17:34, Destiny Stapleton (Carls) 17:58, Monica Bornemizca (LJCD) 18:04.

16-19: Cindy Ortiz (Sweet) 18:05, Kat Fleming (LJ) 18:22, Annette Nava (Hill) 18:33, Debbie Milam (East) 18:46. Did not finish: Mindy Green (F).

Varsity fours:

1-5: Jenny Petite (Yuc) 15:38, Cathy Picha (F) 15:52, Laura Lawrence (OG) 16:16, Monica Hite (P) 16:44, Sandie Zuniga (BV) 16:47.

6-10: Lorraine Martinez (Esc) 16:50, Lisa Bilborough (Bar) 16:51, Jessica Johnson (RB) 17:02, Sandi Jenkins (EC) 17:13, Dawn Lucas (TC) 17:20.

11-15: Leslie Mitchell (R) 17:22, Minam Mendez (Oceanside) 17:24, Amanda Johnson (Carls) 17:46, Gail Dayao (East) 17:48, Allison Ede (Clare, SS) 17:49.

16-18: Holly Munsey (Gro) 17:53, Margie Moran (Sweet) 18:21, Crystal Foelschow (Hill) 18:26.

Varsity fives:

1-5: Kristen Brown (F) 15:54, Leeann Jimenez (Yuc) 16:05, Gina Rennix (OG) 16:35, Lisa Lyons (RB) 16:37, Candice Osuna (BV) 16:37.

6-10: Meridith Nespor (P) 16:40, Jennifer Peterson (SM) 16:57, Jennifer Wilcoxson (R) 16:59, Somer Bonar (Bar) 17:16, Michelle Wagner (Esc) 17:44.

11-15: Holly Spencer (TC) 17:47, Hadara Adelson (Clare, SS) 18:00, Gloria Sanchez (O) 18:30, Zoe Lieberman (Gro) 18:32, Devon Schmucker (LJ) 18:49.

16-20: Amanda Josie (Carls) 18:52, Alma Vargas (Hill) 19:37, Macrina Rosales (Castle Park) 19:42, Jodie Linden (East) 20:02, Christina Sotelo (Sweet) 21:19.

Varsity sixes:

1-5: Beth Grossheim (Yuc) 15:29, Kim Crosswell (F) 15:39, Mande Clark (P) 16:30, Melissa Heib (OG) 16:41, Alejandria Mendoza (SM) 16:50.

6-10: Van Nguyen (BV) 17:33, Christina Held (Clare, SS) 17:43, Tress Goodwin (RB) 17:52, Joanna Shunk (Gro) 18:03, Bonnie Kelly (Esc) 18:12.

11-15: Tiffany Contreras (TC) 18:26, Michelle Denison (Bar) 18:43, Ana Pacheco (O) 18:46, Veronica Rodriguez (CP) 18:47, Becky Day (EC) 18:57.

16-19: Michelle Welch (R) 19:01, Jennifer Moore (LJ) 19:22, Angie Robles (Hill) 20:53, Naomi Tracey (Sweet) 21:52.

Varsity sevens:

1-5: Carly Hampton (F) 16:29, Laura Rankin (P) 16:55, Renee Stetkevich (Yuc) 17:09, Emily Joller (RB) 17:34, Kelly McKee (Clare, SS) 17:48.

6-10: Jessica Fay (EC) 17:54, Tami Withen (BV) 17:56, Kim Kirby (Esc) 18:09, Cynthia Garcia (Bar) 18:20, Katie Cottrell (OG) 18:26.

11-15: Katie Olson (Gro) 18:28, Danielle Pepple (SM) 18:51, Stephanie Ninich (R) 19:15, Karina Ruiz (TC) 19:39, Nosrat Samin (LJ) 19:41.

16-19: Robin Bulster (LJCD) 21:28, Margarita Barraza (O) 22:12, Raquel Cordova (Hill) 22:42, Antonio Gil (Sweet) 22:48.

JV, Large Schools (114 finishers):

1-5: Lacey Hitter (Yuc) 16:06, Alison Plischke (F) 16:24, Noelle Rideout (F) 16:31, Julie Davidson (Vista) 17:03, Gillian Guyer (F) 17:04.

6-10: Shamane Dunn (Yuc) 17:05, Collier (P) 17:06, Darlene Lee (Vista) 17:07, Caroline Rolls (OG) 17:18, Julia Wilkins (Vista) 17:20.

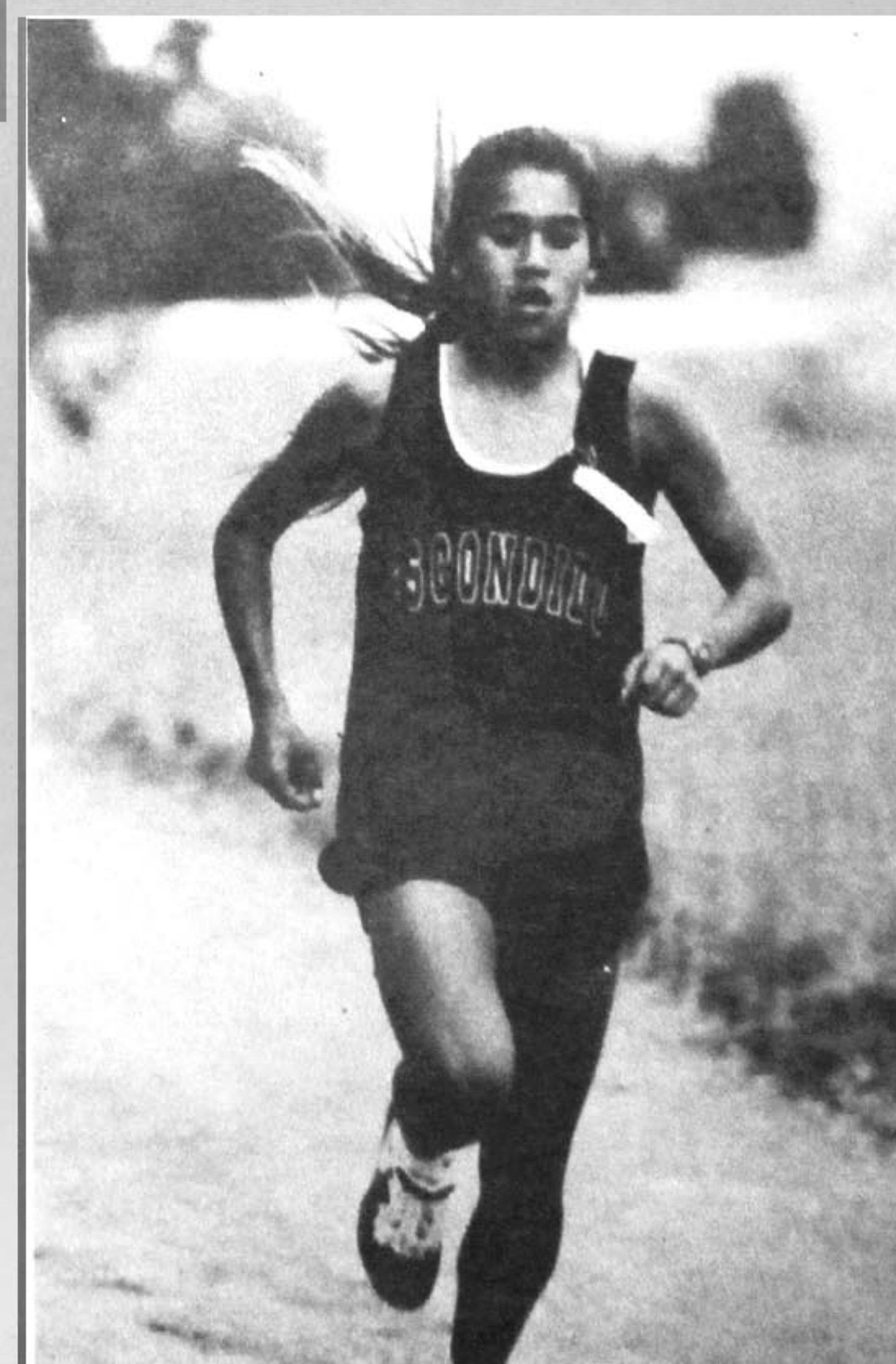
JV, Small Schools (31 finishers):

1-5: Debbie Dow (Esc) 18:10, Eve Weston (LJ) 18:42, Melissa Griego (Bar) 18:42, Tiffany Ross (TC) 18:51, Breanna Pearce (Bar) 18:55.

6-10: Tami Drury (Bar) 19:22, Carli Foss (Mar Vista) 19:25, Melissa Johnson (LJ) 19:30, Jennifer Wirkus (Claire, SD) 19:33, Crystal Bright (LJ) 19:37.

Frosh:

See page 8.



Marissa Leivas, Escondido

Meet Results:

From page 7.

1-5: Heidi Walker (Yuc) 16:52, Maria Mendoza (Vista) 16:58, Brianna Boeche (Vista) 16:59, Diane Dibble (OG) 17:03, Andrea Brown (Vista) 17:11.
6-10: Syliva Rivas (Vista) 17:37, Schindell (P) 17:42, Brianna Marks (Vista) 17:43, Alicia Bell (Clare, SS) 17:57, Michelle Reinbolz (Yuc) 18:01.

Mt. SAC: Fallbrook girls take 3rd in sweeps

Fallbrook's girls team provided the big local highlight for San Diego Section teams at the Mt. San Antonio College Invitational last month, when they finished third in the high-powered Team Sweepstakes race.

Fallbrook was the first Division I team from the state to finish in the race, ahead of ranked teams such as Irvine, Esperanza, Dana Hills and Ayala. They trailed Yucaipa (who some rank number three in the nation, and who are number one in the state in Division II) and Concord Carondelet (number two in the state in Division III).

The impressive showing helped Fallbrook leapfrog past a number of teams in the state rankings, and they are now number two in Division I.

Best San Diego Section individuals were RBV's Fernando Blanco and Madison's Nick Hamlin, who both ran 15:59. In girls, Uni's Courtney Baird was the fastest local, at 18:20. Grossmont's Sophia Hawker ran 18:39.

NOTE: Times for a number of races were not recorded when computers malfunctioned. Included were races that included La Jolla and Mission Bay.

The results:

At Mt. San Antonio College, Friday, Oct. 25, and Saturday, Oct. 26.

BOYS (3.0 miles):

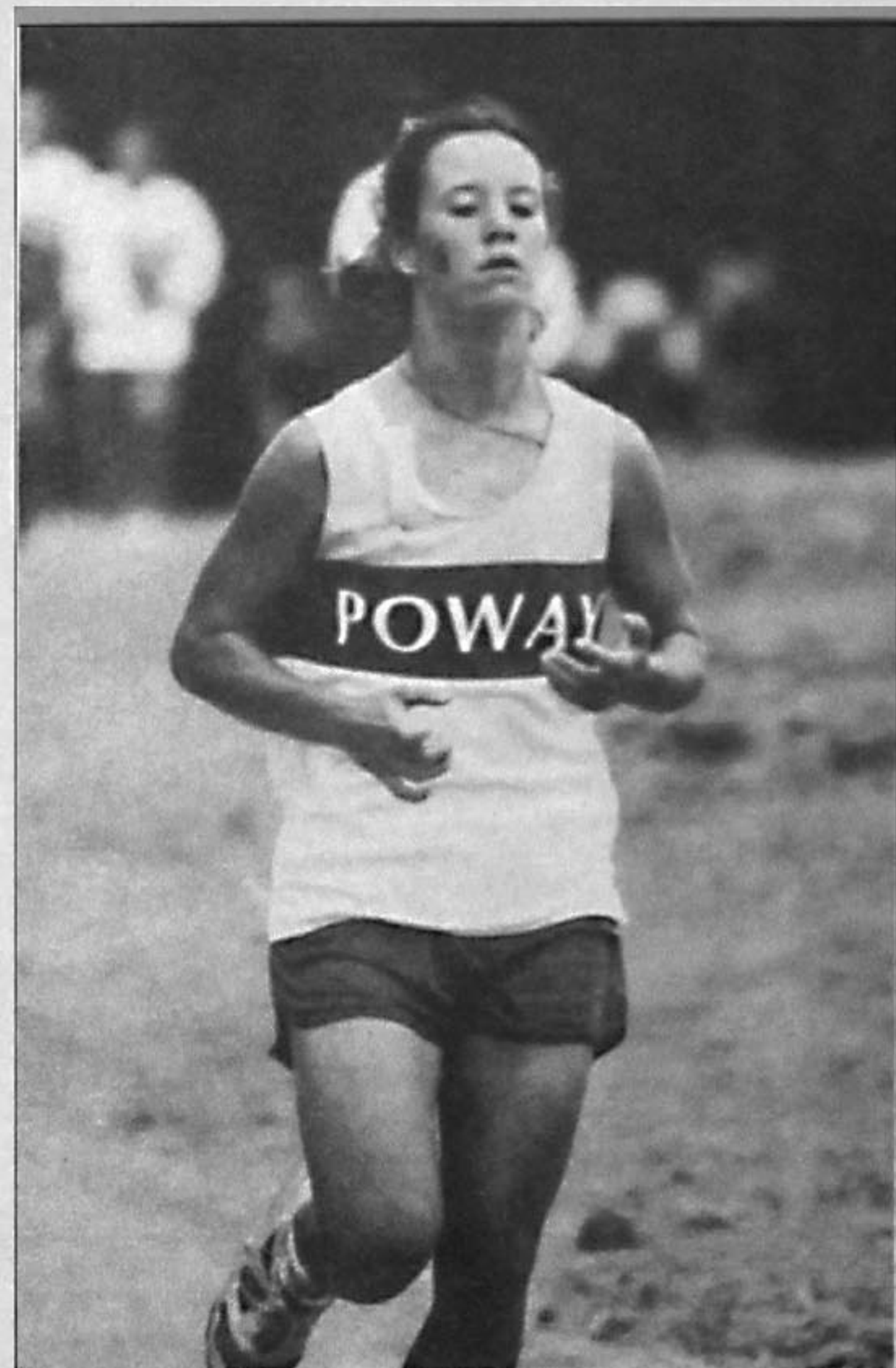
Top Sixteen Individuals from SD Section:

- 1-5:
15:59 Fernando Blanco, RBV, 12
15:59 Nick Hamlin, Madison, 12
16:12 Dustin Diaz, West Hills, 11
16:14 Mike Helms, Poway, 11
16:27 Sean Zanderson, Poway, 12
6-10:
16:28 Matt Gailey, Poway, 11
16:46 Jaimal Hornbacher, RBV, 12
16:46 Cameron Jones, Fallbrook, 12
16:49 Eladio Garcia, RBV, 11
16:51 Don Overland-McKay, West Hills, 11
11-15:
16:53 Jake McNeely, Poway, 12
17:03 Will Nelson, Fallbrook, 10
17:04 Roy Quinn, Fallbrook, 10
17:08 Efrain Casarez, Fallbrook, 9
17:11 Carmelino Ortiz, RBV, 11
17:11 Tyler Bochenek, Fallbrook, 11

Local teams:

Fallbrook: Cameron Jones 16:46 (20th, varsity), Will Nelson 17:03 (1st, Soph), Roy Quinn 17:04 (2nd, Soph), Efrain Casarez 17:08 (1st, Frosh), Tyler Bochenek 17:11 (39th, varsity), Jose Escobedo 17:13 (2nd, Frosh), Pete Coughlin 17:47 (5th, Frosh), Bill Ungicht 18:07 (11th, Soph).

Rancho Buena Vista: Fernando Blanco 15:59 (2nd, varsity), Jaimal Hornbacher 16:46 (7th, varsity), Eladio Garcia 16:49 (8th, varsity), Carmelino Ortiz 17:11 (22nd, varsity), Hever Chavez 17:12 (23rd, var-



Brianna Hibbs, Poway

sity), Mark Jorden 17:25 (1st, JV), Indy Ortiz 17:38 (34th, varsity), Moises Delgado 18:26 (57th, varsity).

San Marcos: Jose Fernandez 17:02, Victor Olivarez 17:28, Andrew Boring 17:32, Lawrence Mier 17:33, Sean Keating 17:52, Israel Barrios 18:12, Charles Wilson 18:49.

West Hills: Dustin Diaz 16:12, Don Overland-McKay 16:51, Chris Lahti 17:12, Matt Rendina 17:28, Paul Saccone 17:51, Ross Bartell 18:16, Nick Tindell 18:27, Noah Diaz 18:28, Mike Ficken 18:29.

Poway: Mike Helms 16:14, Sean Zanderson 16:27, Matt Gailey 16:28, Jake McNeely 16:53, Justin Lucas 17:20, Ben Schwab 17:30, Ryan Franzen 18:04.

GIRLS (3.0 miles):

Top Fifteen Individuals from SD Section:

- 1-5:
18:20 Courtney Baird, University, 10
18:39 Sophia Hawker, Grossmont, 12
19:27 Tricia Mattson, Fallbrook, 12
19:30 Brianna Hibbs, Poway, 9
19:33 Cathy Picha, Fallbrook, 10
6-10:
19:35 Jackie Ott, University, 10
19:35 Kim Crosswell, Fallbrook, 9
19:36 Katie Hauck, Fallbrook, 10
20:07 Kristen Brown, Fallbrook, 11
20:08 Carly Hampton, Fallbrook, 10
11-20:
20:13 Lisa Vasek, Poway, 12
20:14 Alana Bochiechio, San Marcos, 10
20:21 Shelley Van Winkle, West Hills, 11
21:21 Sarah Garcia, West Hills, 11
20:28 Rebecca Bartell, West Hills, 9

Local teams:

Fallbrook: Tricia Mattson 19:27, Cathy Picha 19:33, Kim Crosswell 19:35, Katie Hauck 19:36, Kristen Brown 20:07, Carly Hampton 20:08, Allison Plischke

20:39, Noelle Rideout 20:59, Gillian Guyer 21:29, Katie Kaesar 21:55, Nina Ropes 22:26.

Poway: Brianna Hibbs 19:30, Lisa Vasek 20:13, Hollie Babione 20:30, Meridith Nespor 20:50, Monica Hite 20:53, Laura Rankin 21:03, Mande Clark 21:19.

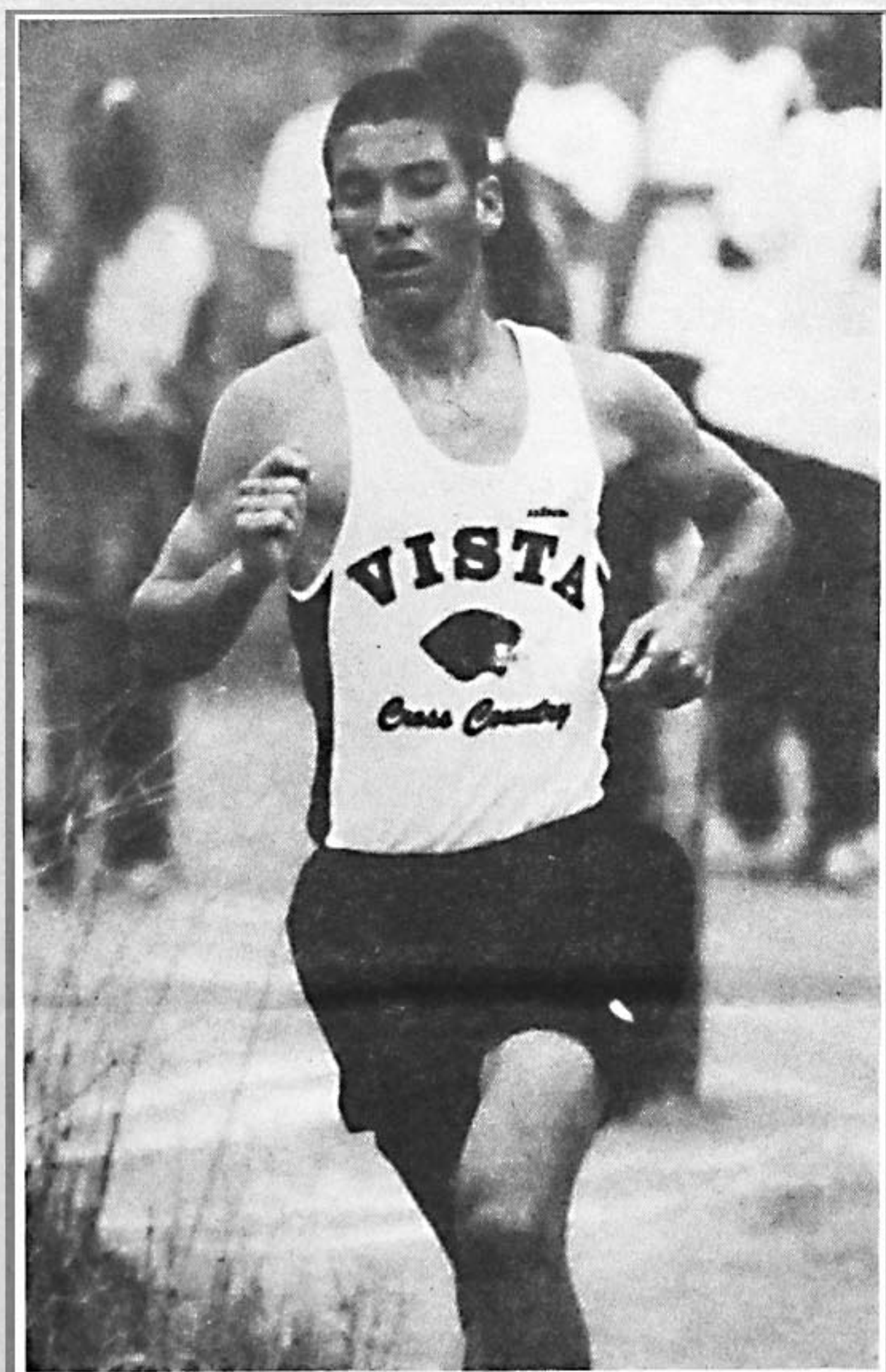
Hellix: Natalie Sullivan 20:39, Corinne Coe 21:27, Natisse Martin 21:38, Sabrina Pykles 21:39, Anne Severtson 21:48, Becky Mosteller 21:49, L. Geist 21:57.

Grossmont: Sophia Hawker 18:39, Lisa Peklar 21:00, Renee de la Torre 21:09, Rebecca Venegas 21:47, Kelsey Bollinger 22:03, Katie Olson 22:23, Joanna Shunk 22:33.

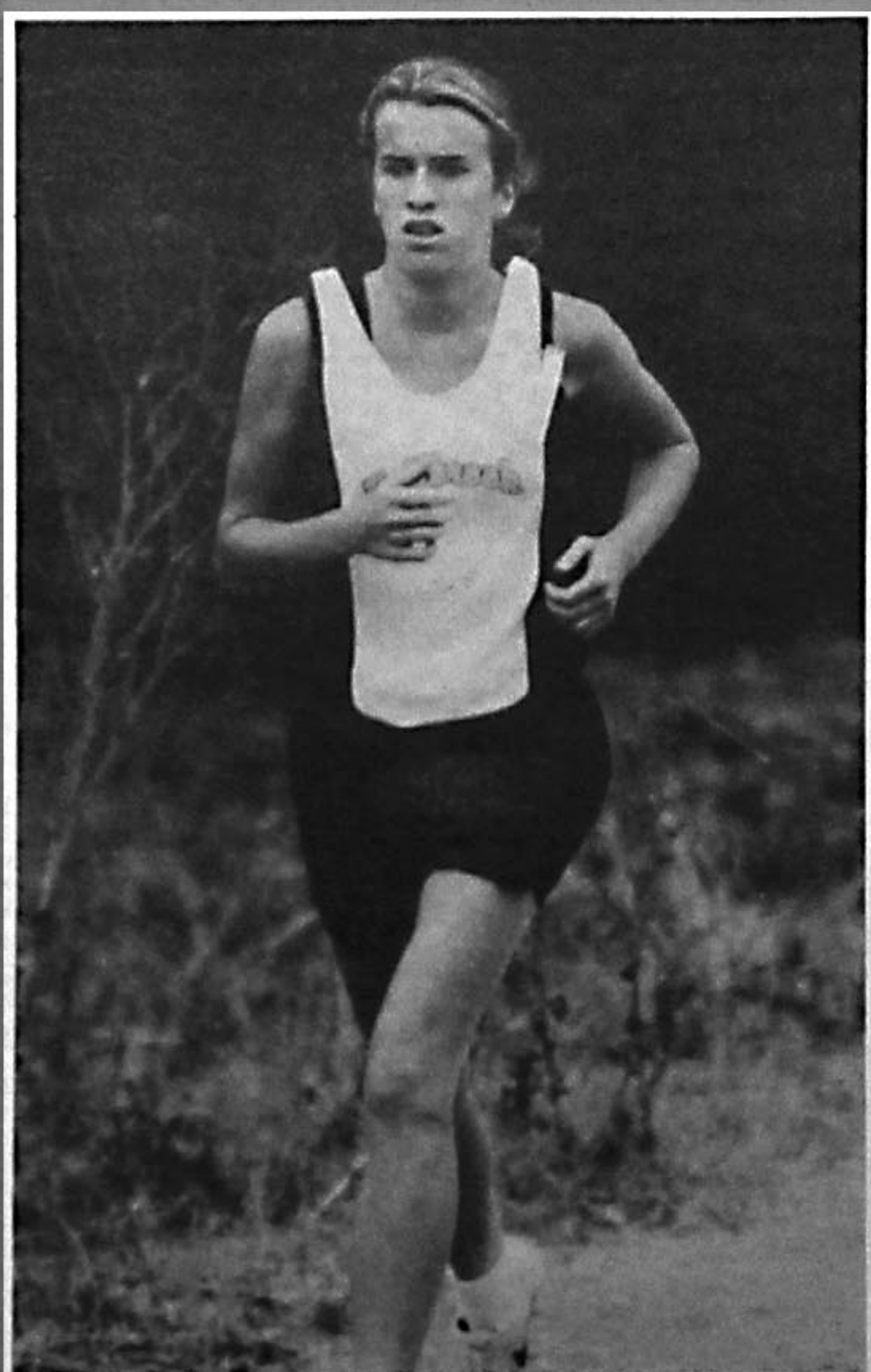
Rancho Buena Vista: Tiffany Trayer 21:30, Karina Kloos 22:03, Josefina Garcia 22:27, Kristina Smith 23:31, Maribel Gonzalez 24:50.

San Marcos: Alana Bochiechio 20:14, Heather Christofk 20:42, Kelly Kodadek 21:03, Jennifer Peterson 22:40, Danielle Pepple 23:08, Allison Aliaga 23:32, Alma Izazaga 23:51.

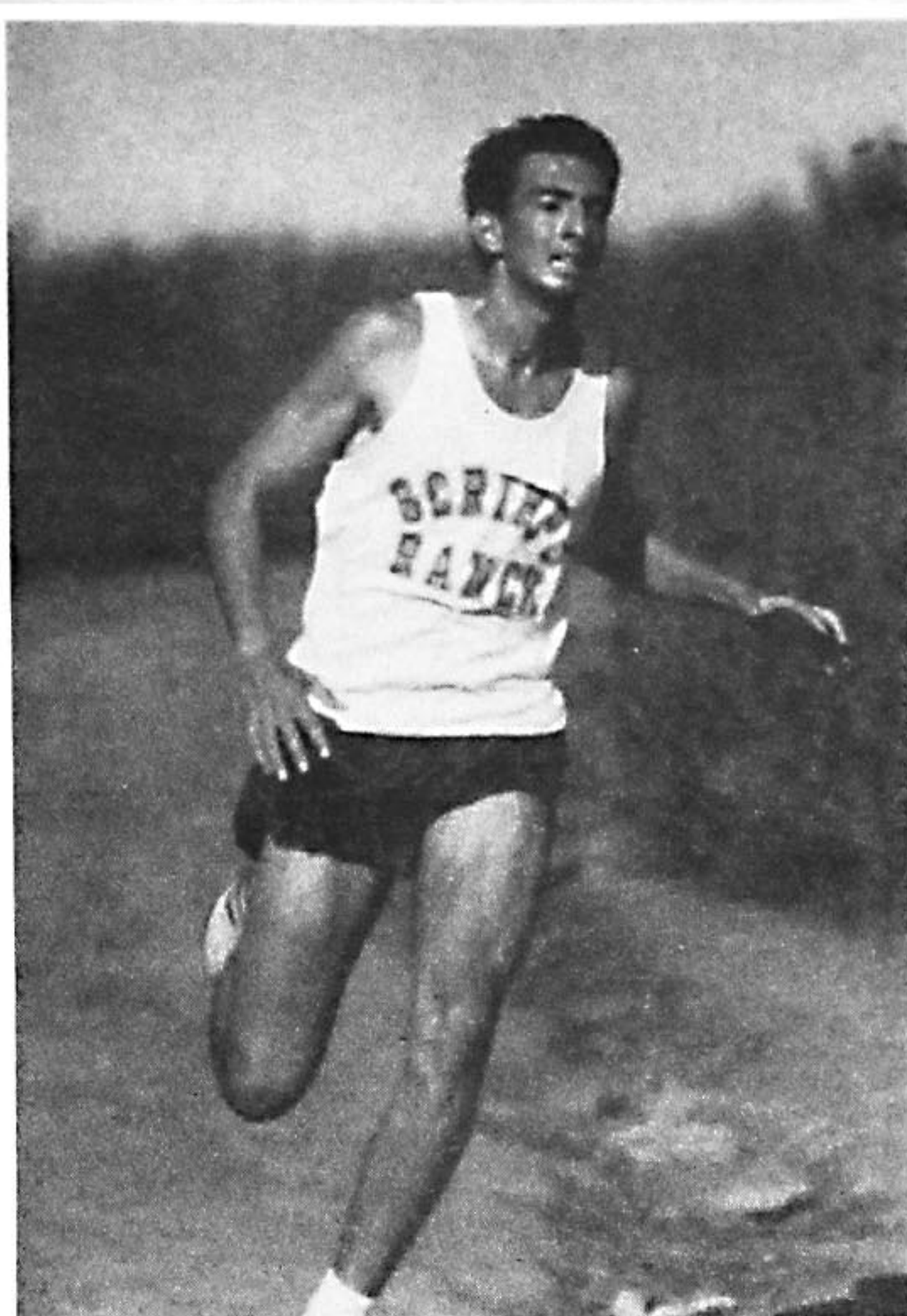
West Hills: Shelley Van Winkle 20:21, Sarah Garcia 20:21, Rebecca Bartell 20:28, Jenny Holdzkorn 20:52, Lanae Hawker 21:41.



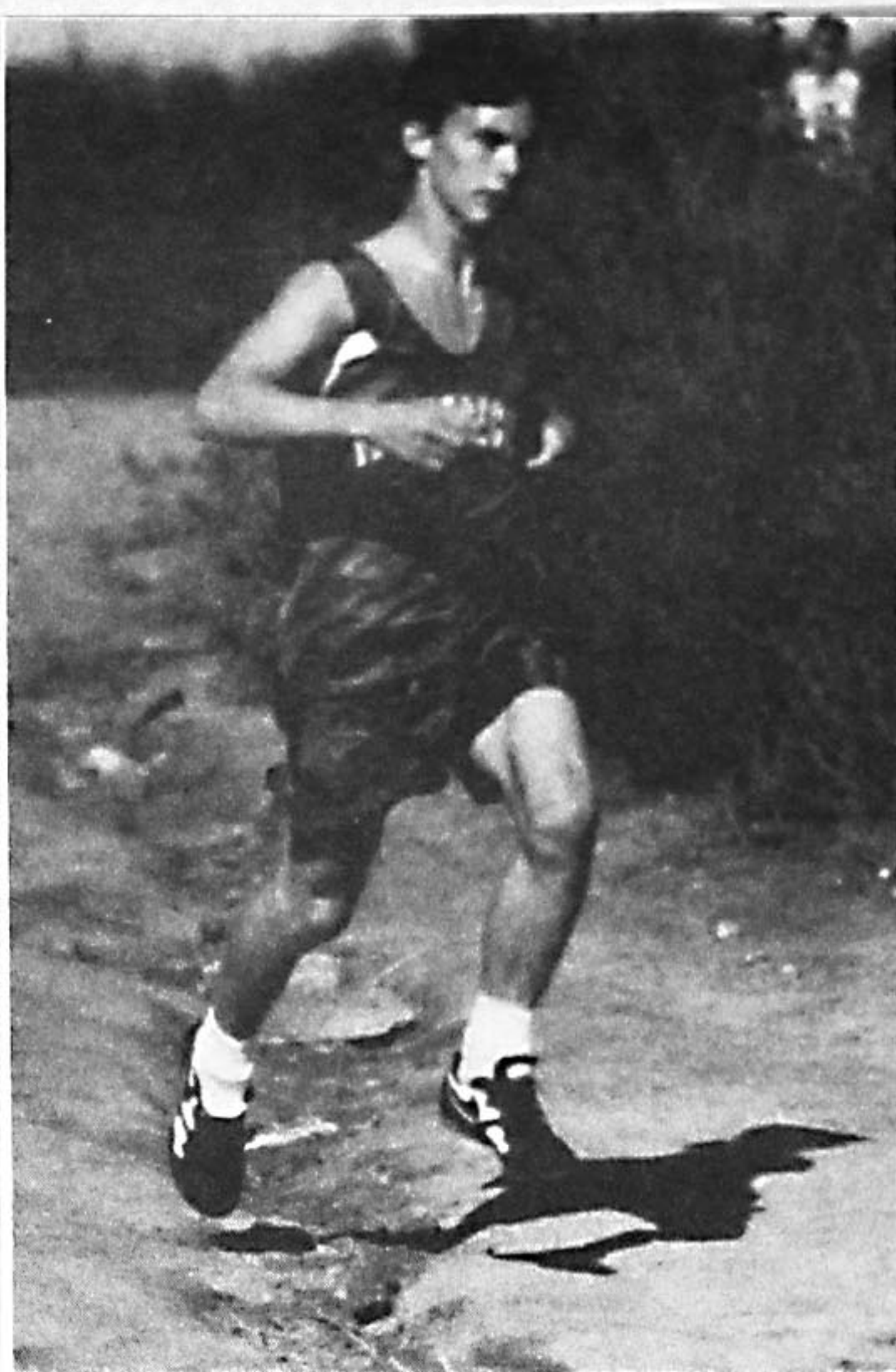
Steve Ketcham, Vista



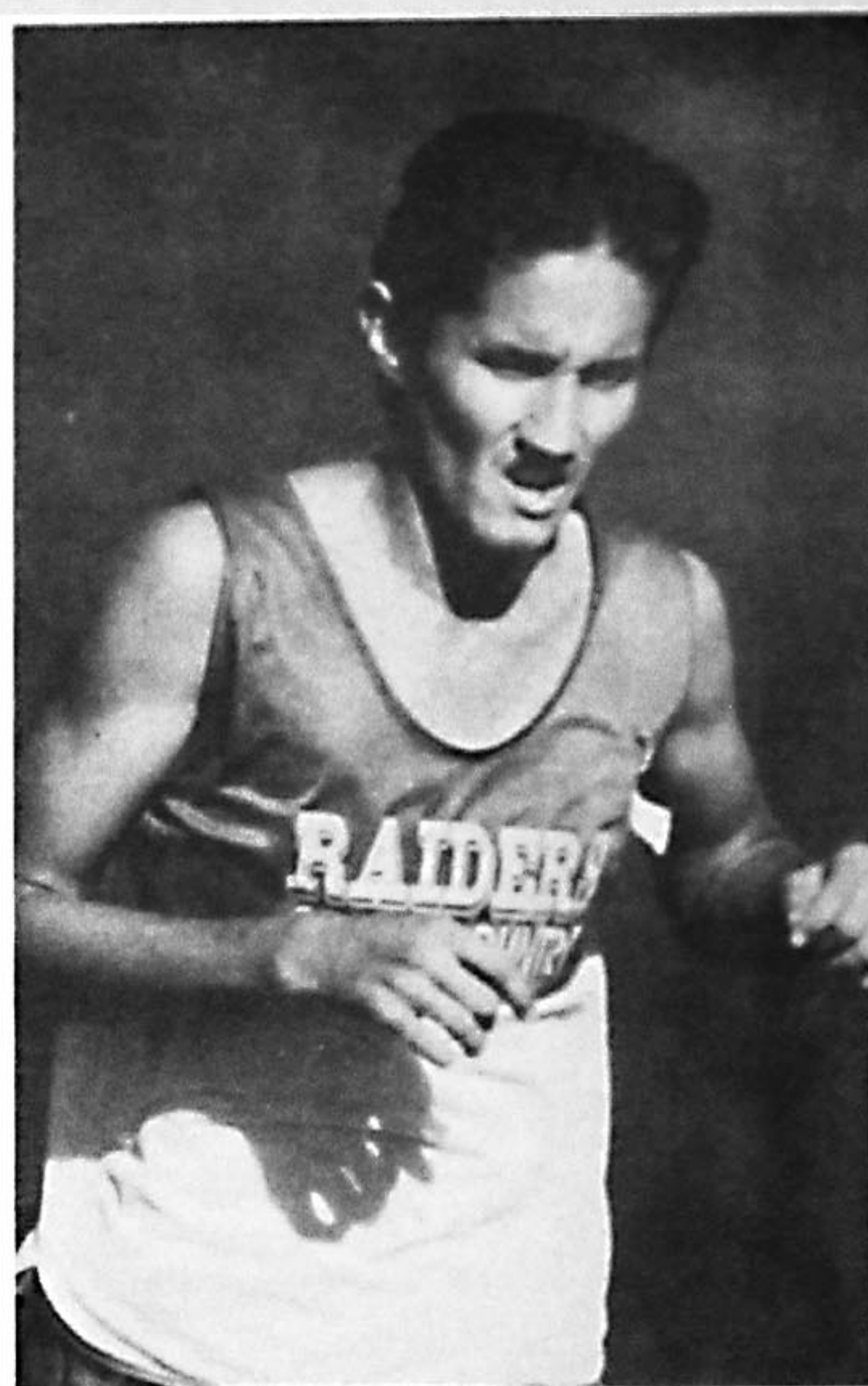
Cathy Picha, Fallbrook



Steve Rider, Scripps Ranch



David Dennis, La Costa Canyon



Vicente Ruiz, Southwest

Kit Carson Invite:

Boys: San Pasqual, El Cap take titles; Girls: Valhalla, Santana win

In the last local invitational action of the season, there was little in the way of conclusive results.

Many teams were missing key runners for various reasons, and observers wore out pens and pencils trying to factor in the missing bodies.

For instance, in the large schools boys race, Torrey Pines ran without Jason Lopresti or Charley Hulsey, and Mt. Carmel competed without their top three runners. San Pasqual, which has improved greatly over the past few weeks, ended up winning the race, beating a very good Valhalla squad which was basically at full strength.

Individually, Carlsbad's Reed Steele probably put himself in the favorite's role in the CIF Division II race with an impressive win over Granite Hills' soph Jason Finch, who had been unbeaten.

The times, over a slightly revised Kit Carson course with a new finish layout, seemed slightly faster, although the distance is supposed to be about the same.

In the small school boys race, El Capitan looked impressive in winning by one point over a revitalized Ramona squad. Ramona looked much improved, and by time comparison had four runners faster than San Pasqual's number two man.

That event also saw the best racing of the day, with Serra's Marcus Chandler just nipping El Cap's Steve Daynes, Ramona's

James Adams and teammate and twin brother Marice Chandler. The four runners finished within two seconds.

In girls competition, Valhalla put on another clinic, and beat an Orange Glen squad that was running without Laura Lawrence, Gina Rennix (and injured Katie Cottrell). The Norse girls were without Elaine Lassen.

OG's Kendra Goffredo, a top CIF Division I candidate, won by 20 seconds. Valhalla and OG runners split the next four places.

In the small schools race, Santana won the championship despite missing Ava and Milinda Benitez, who usually run 3-4 for the Sultans. Ramona was a close second, ahead of Scripps Ranch (who were missing Kristina Stasko).

Santana's Jaymie Harper, starting to feel the effects of an illness that developed over the next week, ran with Scripps' soph flash Emily McFarland until the final straight, and won with a kick.

Among other significant absentees in the girls races were Granite Hills' Stacey Murphy, and University City's Katherine Ziegler.

The results:

At Kit Carson Park, Saturday, Oct. 26.

BOYS:

Top Thirty Individuals, all races:

- 1 to 10:
- 15:44 Marcus Chandler, Serra, 10
 - 15:44 Steve Daynes, El Capitan, 12
 - 15:45 James Adams, Ramona, 12
 - 15:45 Reed Steele, Carlsbad, 11
 - 15:46 Marice Chandler, Serra, 10
 - 15:55 Jason Finch, Granite Hills, 10
 - 16:03 Adrian Ramirez, Chula Vista, 12
 - 16:03 Steve Rider, Scripps Ranch, 12
 - 16:05 David Hayes, Point Loma, 12
 - 16:07 Jon Doroski, Valhalla, 11
- 11 to 20:
- 16:08 Adam Greene, St. Augustine, 11
 - 16:13 John Bates, El Capitan, 12
 - 16:17 David Burke, Torrey Pines, 12
 - 16:27 Cheyne Jones, Coronado, 12
 - 16:28 Brian Sullivan, St. Augustine, 11
 - 16:29 Adam Van Wart, San Pasqual, 10
 - 16:32 Ron Anderson, Scripps Ranch, 12
 - 16:33 David Schible, Mount Miguel, 12
 - 16:33 Mike Gilmore, Granite Hills, 12
 - 16:35 David Shofstall, Ramona, 12
- 21 to 30:
- 16:37 Nick Rivera, Granite Hills, 11
 - 16:40 Steven Meek, Escondido, 12
 - 16:41 Matt Theisen, Valhalla, 10
 - 16:42 David Dennis, La Costa Canyon, 11
 - 16:43 Matt McInvale, Ramona, 9
 - 16:44 Jesse Jasso, Sweetwater, 12

- 16:45 Aaron Jones, Valhalla, 12
- 16:46 Jose Padilla, Clairemont, 11
- 16:47 Noad Lidman, Torrey Pines, 11
- 16:47 Alvaro Reyes, Ramona, 11

VARSITY:

Large Schools:

Teams: San Pasqual 76, Valhalla 86, Granite Hills 109, Point Loma 119, Torrey Pines 154, Chula Vista 154, Carlsbad 164, Mt. Carmel 188, Orange Glen 190.

Individuals (91 finishers):

1-5: Reed Steele (Carlsbad) 15:45, Jason Finch (Granite Hills) 15:55, Adrian Ramirez (Chula Vista) 16:03, David Hayes (Point Loma) 16:05, Jon Doroski (Valhalla) 16:07.

6-10: David Burke (Torrey Pines) 16:17, Adam Van Wart (San Pasqual) 16:29, Mike Gilmore (GH) 16:33, Nick Rivera (GH) 16:37, Steven Meek (Escondido) 16:40.

11-15: Matt Theisen (Val) 16:41, Jesse Jasso (Sweetwater) 16:44, Aaron Jones (Val) 16:45, Noah Lidman (TP) 16:47, Ismael Pena (SP) 16:47.

16-20: Tad Crowe (SP) 16:50, Ezra Ash (SP) 16:50, Scott Bachman (Mt. Carmel) 16:51, Colin Steele (Carls) 16:51, Serafin Carrillo (Monte Vista) 16:52.

21-25: Kendall Richardson (SP) 16:55, Chris Kenyon (MC) 16:56, Nick Schlapfer (Orange Glen) 16:56, Lynn Ly (OG) 16:56, Jose Zurita (CV) 17:00.

26-30: Naithen Schirmer (PL) 17:00, Ben Wagner (Val) 17:00, Marty Conterez (PL) 17:01, Oscar Gonzalez (PL) 17:03, John Bradshaw (PL) 17:04.

31-35: Tom Gibbings (PL) 17:04, Bryon Lamorandier (Val) 17:06, John Zanzucchi (MC) 17:06, Hong Cast-ejon (Mira Mesa) 17:07, Will Burer (Val) 17:09.

36-40: Unidentified (CV) 17:13, Tom Antl (PL) 17:16, Michael Breining (TP) 17:19, Sean Nugent (Val) 17:21, Carlito Cantil (MiraM) 17:23.

Small Schools:

Teams: El Capitan 66, Ramona 67, St. Augustine 103, Scripps Ranch 116, Santana 138, La Costa Canyon 226, Mount Miguel 236, Coronado 303, Bishop's 359.

Individuals (91 finishers):

1-5: Marcus Chandler (Serra) 15:44, Steve Daynes (El Capitan) 15:44, James Adams (Ramona) 15:45, Marice Chandler (Serra) 15:46, Steve Rider (Scripps Ranch) 16:03.

6-10: Adam Greene (St. Augustine) 16:08, John Bates (EC) 16:13, Cheyne Jones (Coronado) 16:27, Brian Sullivan (SA) 16:28, Ron Anderson (SR) 16:32.

11-15: David Schible (Mount Miguel) 16:33, David Shofstall (R) 16:35, David Dennis (La Costa Canyon) 16:42, Matt McInvale (R) 16:43, Jose Padilla (Clairemont) 16:46.

16-20: Alvaro Reyes (R) 16:47, Tony Principe (EC) 16:52, Patrick Grimes (SR) 16:54, Jerrad Payne (EC) 16:58, Doug Singer (Santana) 17:07.

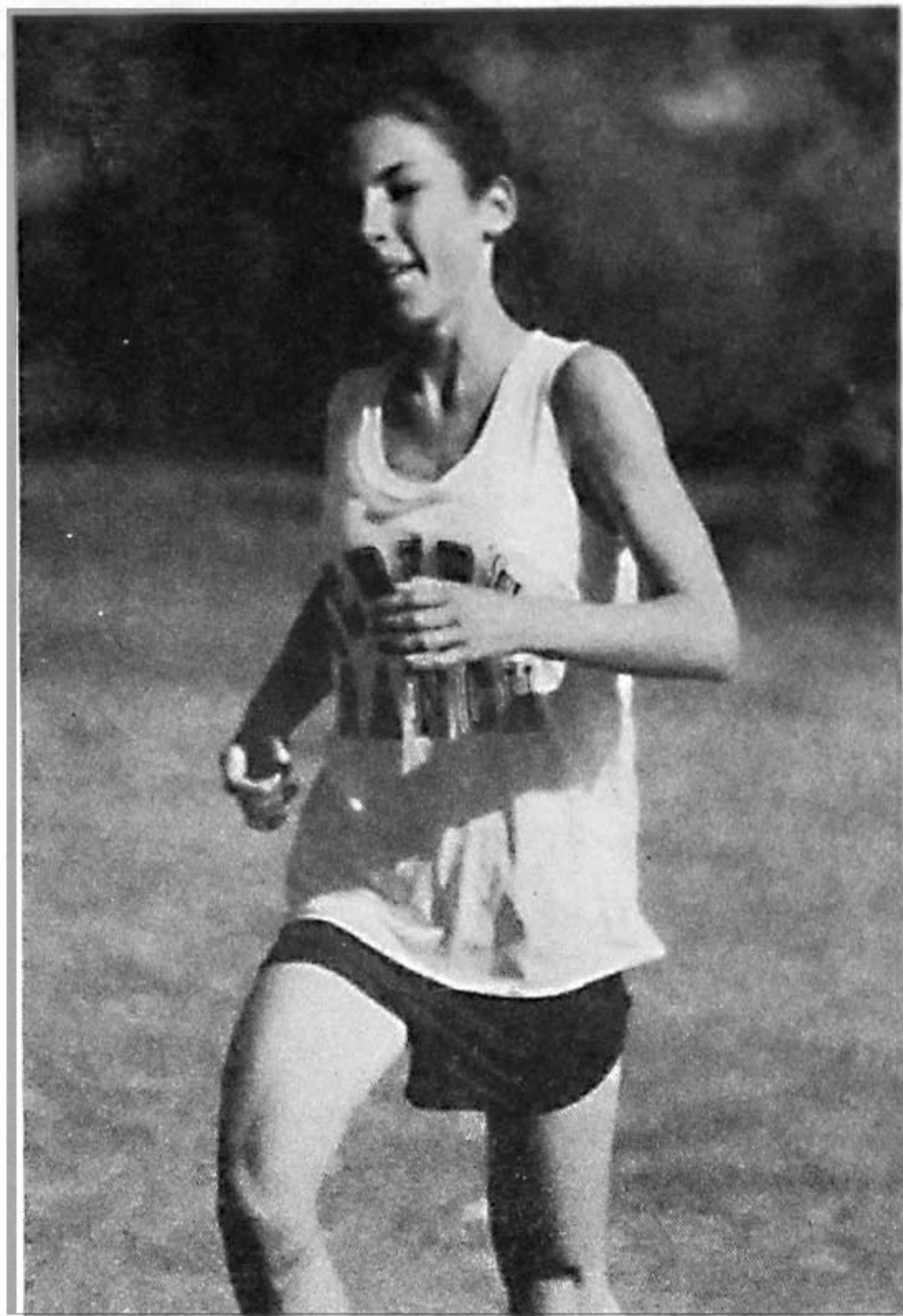
21-25: Matt Freeman (EC) 17:09, Juan Ruvalcaba (R) 17:10, Nathan Snodgrass (Sant) 17:10, Dave Boland (EC) 17:11, Fernando Gonzalez (R) 17:13.

26-30: Brian Janes (SA) 17:20, Alfonso Espinoza (SA) 17:22, Jose Jimenez (Claire) 17:23, Wayne Tyler (Serra) 17:24, Jake Bishop (Sant) 17:25.

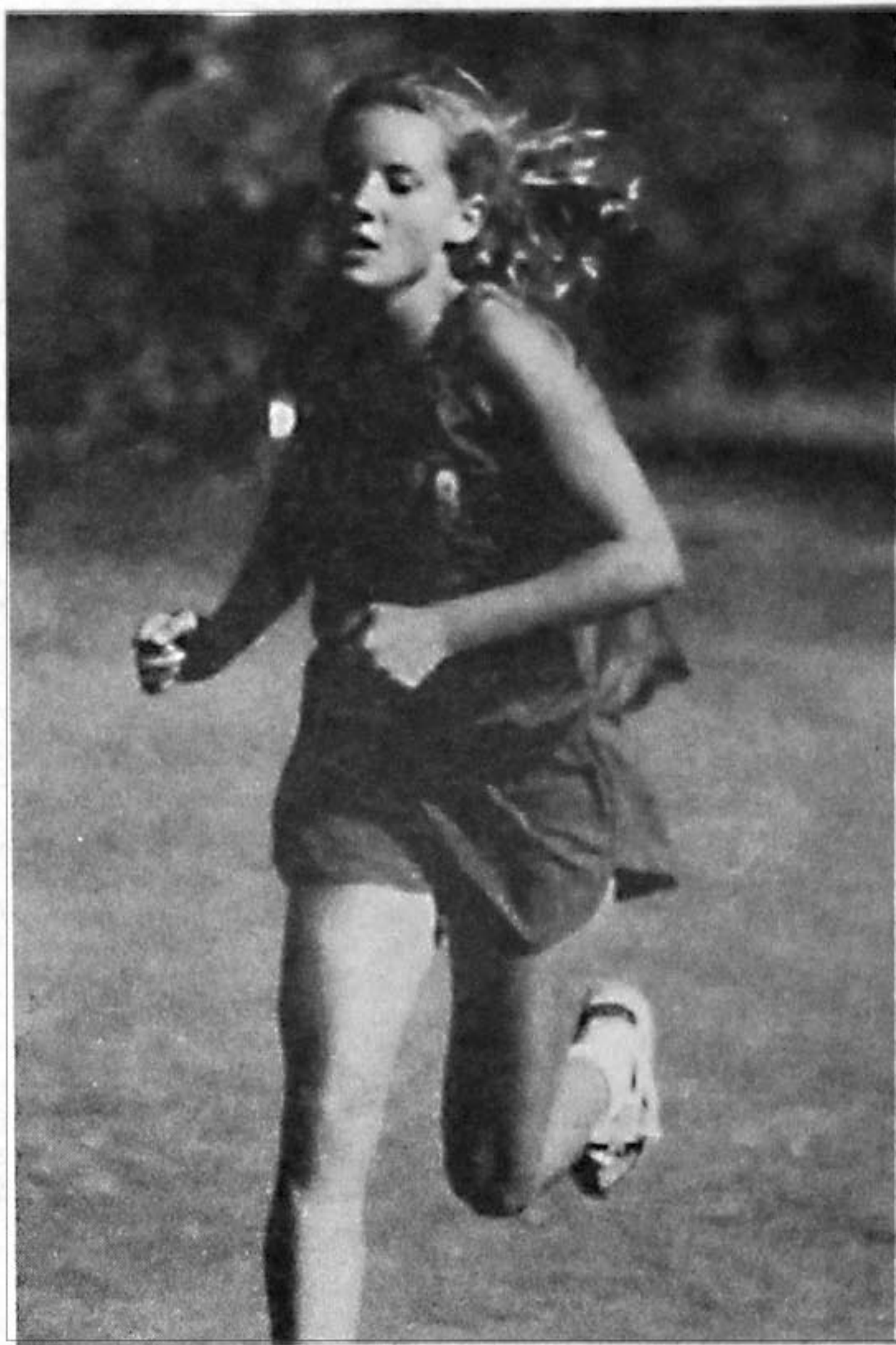
31-35: Josh Freese (EC) 17:26, Mark Petitfills (Sant) 17:29, Scott Kaforey (Sant) 17:31, R. J. Sparks (Francis Parker) 17:32, Jerry Samaniego (SA) 17:34.

36-40: Jon O'Connor (University City) 17:37, Colin Connelly (SA) 17:40, Marc Niernan (UC) 17:40, Kevin Carter (SR) 17:47, Greg Rodriguez (SA) 17:49.

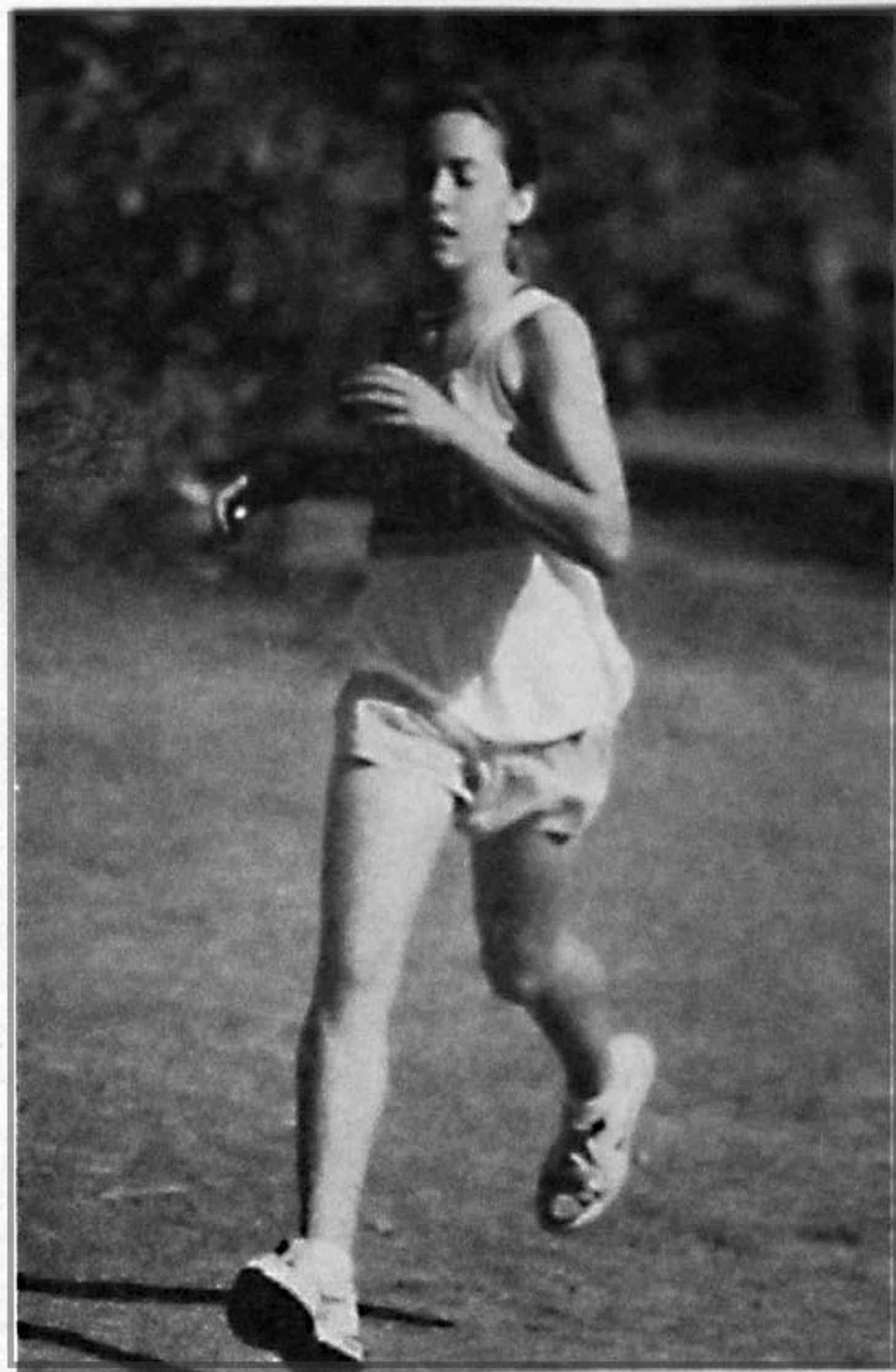
See page 10.



Kelly Grimes, Scripps Ranch



Jessica Bray, La Costa Canyon



KJirstin Bevins, Serra

Meet Results:

From page 9.

Large Schools Junior Varsity:

Individuals:

1-5: Tyler Ludwig (Val), Mario Garcia (Vista), Graham Aitkenhead (PL), David Olsen (EC), Matt Rodriguez (Val).

6-10: Bryan Hillberg (EC), Jarrod Hammack (Val), Jonathan Smulders (Val), Matt Caldwell (Val), Chris Wycoff (EC).

11-15: Nick Mathis (EC), Brandon Berg (Val), Nino Costa (Carls), Matt Herriman (SA), Peter Kleinsasser (PL).

Small Schools Junior Varsity:

Individuals:

1-5: Matt Proffitt (SP) 17:42, Abe Fera (SP) 17:53, Brandon Montgomery 17:57, Don Jones (SP) 18:00, Steve Jackman (SP) 18:07.

6-10: Ryan Wajert (SP) 18:11, Josh Stein (R) 18:13, George Escobar (R) 18:16, Joey McClure (OG) 18:19, Tyson Nakagawa (SP) 18:22.

11-15: Calvin Lee (MC) 18:29, Murali Somanathan (MC) 18:42, Ben Finnell (SP) 18:47, Mike Lanci (LCC) 18:51, James Price (SP) 18:52.

GIRLS:

Top Thirty Individuals, all races:

1 to 10:

15:25 Kendra Goffredo, Orange Glen, 11
15:38 Jaymie Harper, Santana, 12
15:40 Emily McFarland, Scripps Ranch, 10
15:45 Andrea Clemons, Valhalla, 11
15:49 Kelly Grimes, Scripps Ranch, 11
15:50 Cara Rumble, Orange Glen, 11
15:56 Carri Leto, Valhalla, 9
15:56 Lorena Jimenez, Orange Glen, 10
16:10 Aida Garcia, Mount Miguel, 10
16:14 Kim Pace, Santana, 10

11 to 20:

16:21 Jaclyn Nolan, Torrey Pines, 11
16:22 Nicole Rodriguez, Granite Hills, 12
16:27 Stephanie Kindreich, El Capitan, 12
16:27 Erin Berhman, San Pasqual, 12
16:29 Kennie Kwok, Ramona, 10
16:33 Jessica Cabrera, Sweetwater, 12
16:34 Kelley Halligan, Valhalla, 12
16:38 Amy Kermott, Valhalla, 10
16:40 Margie Broselle, Valhalla, 12
16:41 Sarah Shepherd, Ramona, 11

21 to 30:

16:53 Kim Baza, Santana, 11
17:03 Kristi Jones, Granite Hills, 12
17:07 Sarah Chionis, Valhalla, 10
17:08 Jenny Roane, Ramona, 11
17:08 Diana Dibble, Orange Glen, 9
17:08 Tiffany Fox, Mira Mesa, 10
17:11 Ashley Viens, Valhalla, 9
17:12 Kerie O'Grady, Santana, 11
17:12 Barbra Chakos, Coronado, 10
17:13 Angela Van Dyke, Carlsbad, 11

VARSITY:

Large Schools:

Teams: Valhalla 39, Orange Glen 51, Torrey Pines 96, Granite Hills 127, Chula Vista 139.

Individuals (65 finishers):

1-5: Kendra Goffredo (Orange Glen) 15:25, Andrea Clemons (Valhalla) 15:45, Cara Rumble (OG) 15:50, Carri Leto (Val) 15:56, Lorena Jimenez (OG) 15:56.
6-10: Jaclyn Nolan (Torrey Pines) 16:21, Nicole



Rebecca Spagnolo, Monte Vista

Rodriguez (Granite Hills) 16:22, Erin Berhman (San Pasqual) 16:27, Jessica Cabrera (Sweetwater) 16:33, Kelley Halligan (Val) 16:34.

11-15: Amy Kermott (Val) 16:38, Margie Broselle (Val) 16:40, Kristi Jones (GH) 17:03, Sarah Chionis (Val) 17:07, Diana Dibble (OG) 17:08.

16-20: Angela Van Dyke (Carlsbad) 17:13, Laura Hilton (TP) 17:17, Maria Melvin (Chula Vista) 17:20, Christine Gontz (Val) 17:21, Cindy Lopresti (TP) 17:23.

21-25: Rebecca Spagnolo (Monte Vista) 17:24, Eva Lund (Carls) 17:37, Jane Brian (SP) 17:41, Jen Morris (TP) 17:47, Graciela Minor (CV) 17:49.

26-30: Nicolette Stolis (GH) 17:50, Melissa Hieb (OG) 17:52, Carline Rolls (OG) 17:55, Kristin Roth (TP) 17:56, Rashonda Dinkins (Mira Mesa) 18:15.

31-35: Vera Villavazo (CV) 18:23, Abby McConnell (CV) 18:27, Maribel Calderon (CV) 18:39, Mary Frakes (MiraM) 18:40, Emily Ghiotto (OG) 18:42.

36-40: Michelle Reid (SP) 18:43, Esther Volper (Montgomery) 18:44, Sara Sullivan (SP) 18:48, Destiny Stapleton (Carls) 18:50, Natalea Braden (GH) 18:50.

Small Schools:

Teams: Santana 50, Ramona 57, Scripps Ranch 80, La Costa Canyon 127, University City 129, El Capitan 130, Our Lady of Peace 183, Serra 208, Mount Miguel 214.

Individuals (59 finishers):

1-5: Jaymie Harper (Santana) 15:38, Emily McFarland (Scripps Ranch) 15:40, Kelly Grimes (SR) 15:49, Aida Garcia (Mount Miguel) 16:10, Kim Pace (Sant) 16:14.

6-10: Stephanie Kindreich (El Capitan) 16:27, Kennie Kwok (Ramona) 16:29, Sarah Shepherd (R) 16:41, Kim Baza (Sant) 16:53, Jenny Roane (R) 17:08.

11-15: Kerie O'Grady (Sant) 17:12, Kim Rogoff (SR) 17:19, Angeline Spain (SR) 17:20, KJirstin Spivey (R) 17:21, Julia Carmano (La Costa Canyon) 17:25.

16-20: Jessica Bray (LCC) 17:30, Claire Beck (Our Lady of Peace) 17:38, Jennifer Wilcoxson (R) 17:40, Jenny Bergen (University City) 17:41, Sandi Jenkins (EC) 17:44.

21-25: Leslie Crews (UC) 17:45, Teresa Hepler (EC) 17:46, KJirstin Bevins (Serra) 17:49, Amanda Harper (Sant) 17:53, Leslie Mitchell (R) 18:01.

26-30: Cynthia Johnson (UC) 18:07, Michelle Swift (UC) 18:10, Sarah Goetz (LCC) 18:14, Christine Basic (Kearny) 18:16, Lindsay Brust (LCC) 18:17.

31-35: Jessie Anderson (R) 18:22, Danielle Magante (Serra) 18:25, Kelli Wilson (OLP) 18:27, Tiffany Fay (EC) 18:30, Zoe Landers (Francis Parker) 18:31.

36-40: Rebecca McKeown (UC) 18:32, Jenna Graciano (OLP) 18:49, Tori Gartrell (LCC) 18:59, Jenny Evans (Bishop's) 19:01, Morgan Rounkles (MtMig) 19:02.

Junior Varsity (83 finishers):

1-5: Torey Connor (TP) 17:30, Casey Cleveland (Val) 17:35, Amanda Schultz (OLP) 17:48, Darlene Lee (Vista) 17:52, Julie Davidson (Vista) 18:01.

6-10: Jessica Fay (EC) 18:08, Mary Broding (Sant) 18:12, Rosa Vasquez (OG) 18:20, Becki Chaney (Sant) 18:21, Bethany Bogart (TP) 18:28.

11-15: Courtney Hoeptner (Val) 18:32, Marianna Barajas (Vista) 18:33, Jacki Villegas (OG) 18:33, Nika Dunn (CV) 18:34, Becka Instone (TP) 18:45.

Fresh/Soph (111 finishers):

Teams: Vista 52, Mira Mesa 54, Coronado 74, Torrey Pines 170, Orange Glen 181.

1-5: Tiffany Fox (MiraM) 17:08, Ashley Viens (Val) 17:11, Barbra Chakos (Coronado) 17:12, Erin Briggs (MiraM) 17:43, Gwyn Leachman (FP) 17:49.

6-10: Andrea Brown (Vista) 17:50, unidentified (GH) 17:53, Lesley Baldwin (Vista) 17:53, Maria Mendoza (Vista) 18:00, Lisa Nguyen (SR) 18:00.

11-15: Christine Hansen (Coro) 18:03, Amanda Cooper (MiraM) 18:05, Danielle Hennessy (R) 18:05, Brianna Marks (Vista) 18:06, Silvia Rivas (Vista) 18:13.

Dual Highlights:

Best way to send in dual meet results is via FAX: 765-3185. Or, call 765-1914.

The late showdowns: somes race undecided

As the season winds down, there is still some drama to be had in the final week of dual meets. A number of crucial duals were scheduled late this week, too late for this publication's press deadline.

Meets of importance:

Metrol: Bonita Vista vs. Sweetwater and Southwest at Rohr Park on Friday. In boys racing, Bonita Vista is unbeaten, and Sweetwater has just one loss.

Avocado: Ramona vs. Torrey Pines. An excellent rivalry pits Ramona teams looking to play spoiler against Torrey. Each girls team has one loss (both to Escondido).

Carlsbad vs. San Pasqual. An interesting matchup between two improving programs. Each boys team has just one loss (both to Torrey Pines).

Coastal: Calvin Christian vs. Francis Parker. Calvin can wrap up an unbeaten dual-meet season with a win, and take the league title, which is decided entirely on dual meets.

Eastern: Point Loma takes on San Diego and Serra in a double dual at Morley Field on Thursday, Nov. 7. The Pointer/Caver matchup is usually a league preview in the boys race. Serra has the upfront strength to contend as well.

Palomar: Rancho Buena Vista, Mt. Carmel and Fallbrook. RBV and Mt. Carmel should match up well in the boys race, where virtually every week in the Palomar League had at least one showdown between top ten teams.

Grossmont South: Helix and Granite Hills will meet, with second place in the league up for grabs. Valhalla has beaten both teams in both boys and girls racing.

Avocado: Torrey boys, Escondido girls are unbeaten

The Torrey Pines boys and Escondido girls teams have continued unbeaten in league duals.

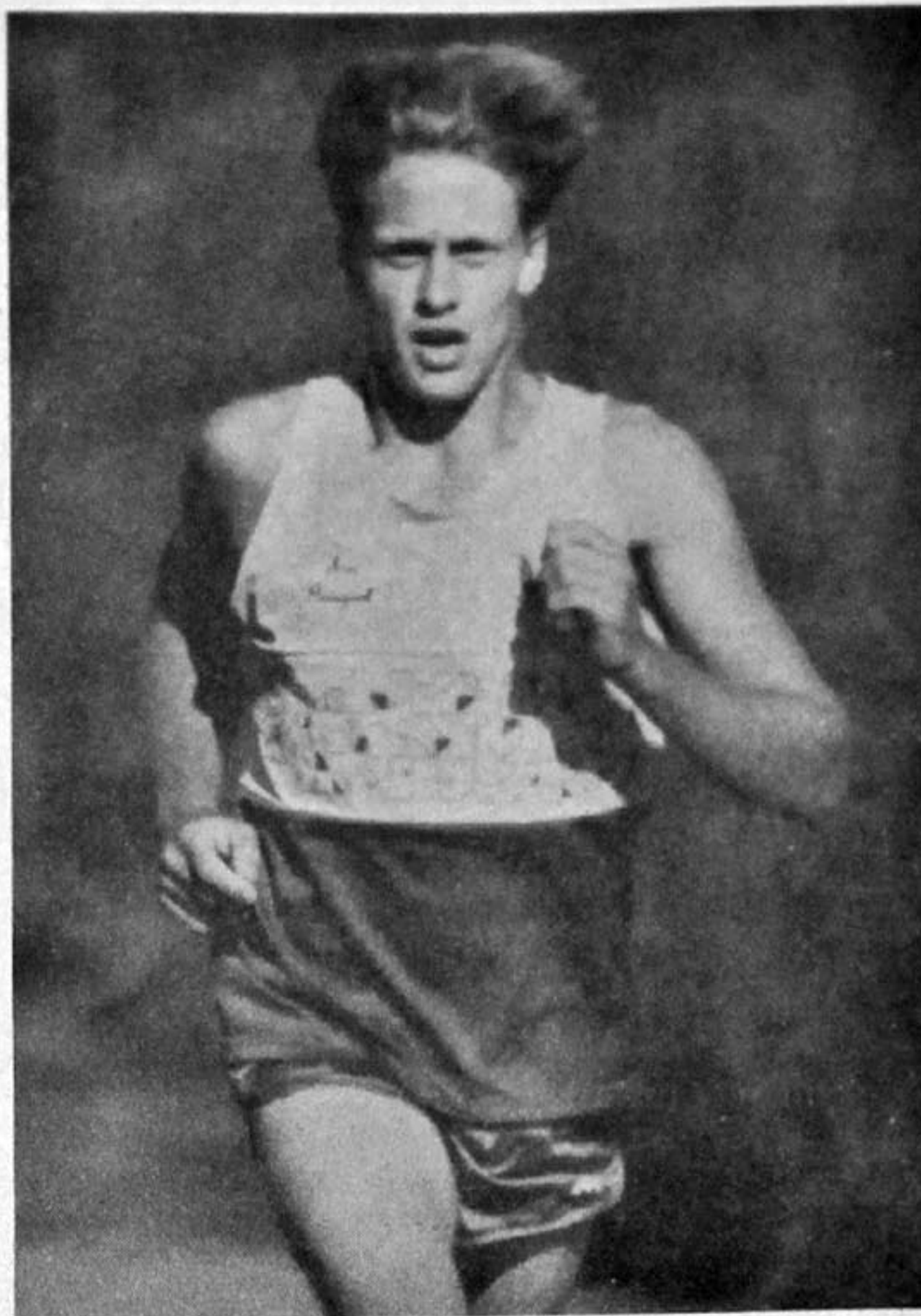
The Torrey boys, who rarely have been able to field all their quality runners in the same meet, have managed to outpoint all challengers, including a sharply improved Carlsbad squad, and a fast improving San Pasqual team. First, Jason Lopresti missed significant running time, and lately, Charley Hulsey has been below par.

Escondido's girls outran Ramona, 22-33, on Oct. 10.

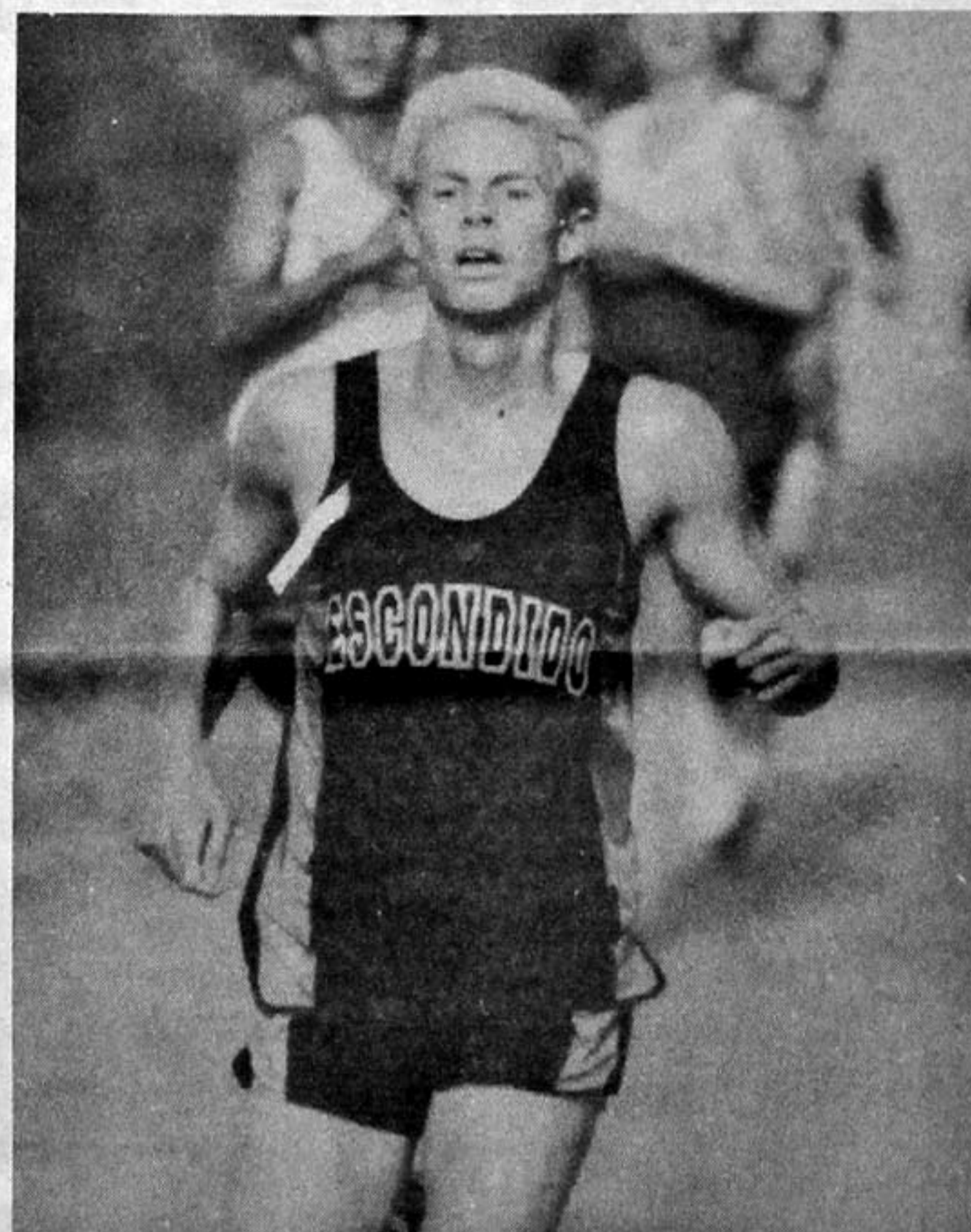
The Ramona boys, which are starting to put it together in recent weeks, had a disastrous double dual at Escondido's Jesmond Dene Park, when their entire varsity took a wrong turn and was disqualified. Ramona took two losses to Escondido and Carlsbad.

Most improved team has been the Carlsbad boys squad, led by Reed Steele, who has been the county's hottest runner in recent weeks.

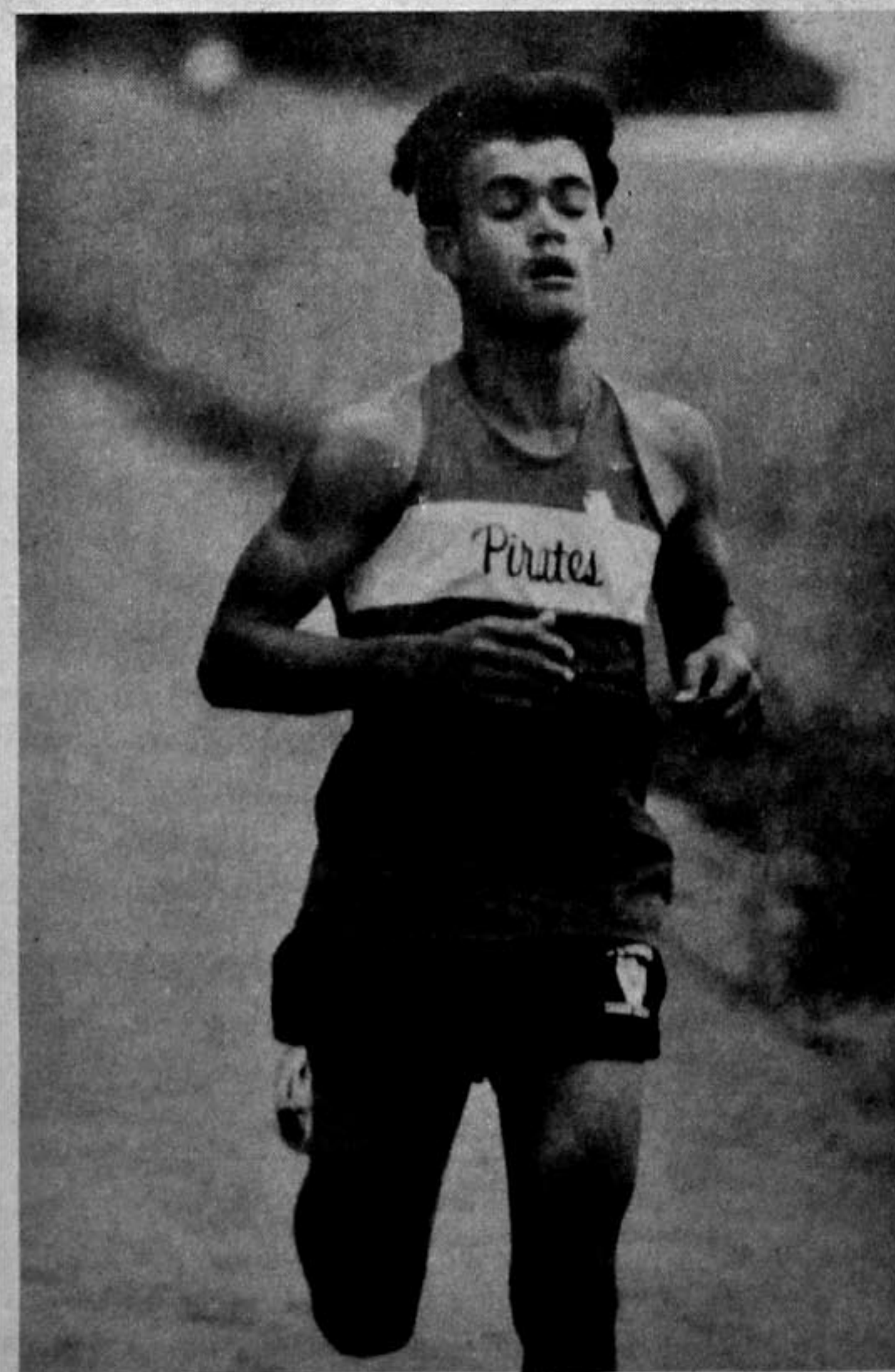
San Pasqual's boys are on a roll, and will be a team to watch in the league championships.



Adam Van Wart, San Pasqual



Steven Meek, Escondido



Sherwin Arce, Oceanside

The results:

At Carlsbad's course, Oct. 10.

BOYS (2.9+ miles):

Carlsbad 25, El Camino 31.

1-5: Reed Steele (C) 15:13, David Romero-Young (EC) 15:39, Colin Steele (C) 16:24, Oscar Gonzalez (C) 16:32, Jason Verostek (EC) 16:44.

6-10: Dullani Waterman (EC) 17:07, Chris McCann (C) 17:24, R. Morales (EC) 17:36, D. Schertzer (C) 17:59, J. Carmona (EC) 18:01.

GIRLS (2.25 miles):

Carlsbad 24, El Camino 35.

1-5: Stephanie St. Laurent (EC) 14:21, Angie Van Dyke (C) 15:00, Eva Lund (C) 15:12, Angel Reed (EC) 15:24, Destiny Stapleton (C) 15:49.

6-10: Kenya Pickett (EC) 17:27, R. Christenson (C) 17:34, Julia Lopez (C) 17:41, Katie Downey (EC) 19:02, Ann Clawson (EC) 23:56.

At Guajome Park, Oct. 11.

BOYS (3.1 miles):

Torrey Pines 26, San Pasqual 29.

Torrey Pines 19, El Camino 41.

San Pasqual 20, El Camino 39.

1-5: Charley Hulsey (TP) 17:05, David Romero-Young (EC) 17:13, David Burke (TP) 17:28, Adam Van Wart (SP) 17:46, Ismael Pena (SP) 17:50.

6-10: Ezra Ash (SP) 17:52, Noah Lidman (TP) 17:57, Jason Lopresti (TP) 18:01, Kendall Richardson (SP) 18:01, Tad Crowe (SP) 18:14.

GIRLS (2.5 miles):

Torrey Pines 15, El Camino 50.

Torrey Pines 20, San Pasqual 42.

San Pasqual 15, El Camino 50.

1-5: Erin Berhman (SP) 16:00, Jaclyn Nolan (TP) 16:04, Laura Hilton (TP) 16:35, Jen Morris (TP) 16:37, Kathy Read (TP) 16:48.

6-10: Camille Dredge (TP) 16:55, Kristin Roth (TP) 16:57, Amber Smith (SP) 16:59, Samantha Lankford (TP) 17:02, Jane Brian (SP) 17:15.

At Guajome Park, Oct. 11.

BOYS (3.1 miles):

Oceanside 25, La Costa Canyon 31.

1: Sherwin Arce (O) 17:38.

At Ramona Oaks Park, Thursday, Oct. 31.

BOYS (3.1 miles):

Ramona 21, Oceanside 36.

Ramona 19, El Camino 42.

Oceanside 22, El Camino 35.

1-5: James Adams (R) 16:54, David Romero-Young (EC) 17:35, Alvaro Quintanar (O) 17:49, Juan Ruvalcaba (R) 17:50, Matt McInvale (R) 17:51.

6-10: Sherwin Arce (O) 17:52, Alvaro Reyes (R) 18:00, Fernando Gonzalez (R) 18:20, Delfino Romero (O) 18:44, Jose Elena (O) 18:55.

GIRLS (2.3 miles):

Ramona 15, Oceanside 50.

Ramona 18, El Camino 45.

Oceanside 24, El Camino 35.

1-5: Sarah Shepherd (R) 16:47, Kinnie Kwok (R) 16:49, Angel Reed (EC) 17:34, Jenny Roane (R) 17:41, Kirstin Spivey (R) 17:48.

6-10: Danielle Hennessey (R) 17:54, Leslie Mitchell (R) 17:57, Jenny Wilcoxson (R) 18:01, Jessie Anderson (R) 18:14, Lauren Beresford (R) 18:15.

Torrey teams get wins; including boys over improved Carlsbad team.

Torrey Pines' boys team continued unbeaten in Avocado League action with a pair of wins last week, including a three-point edging of previously unbeaten Carlsbad.

Carlsbad's Reed Steele continued his strong recent running, with a 14:40 run over a makeshift road course that measured about 3 miles. La Costa Canyon's original course was damaged by last month's raging firestorm. Steele outran Torrey's Jason Lopresti, who turned in his first strong race in several weeks. He had been bothered by a sore knee. Torrey's depth keyed the win, as they put their 4-5 runners ahead of the Lancers' number four.

The Lancers are sharply improved this season, led by Reed Steele, who has taken on the role of one of the county's best. Freshman Colin Steele and Oscar Gonzalez are also running well.

The Falcons are still not running on all cylinders, however, as one of their aces, Charley Hulsey, was below par.

The Torrey girls team, paced by Jaclyn Nolan, took a pair of easy wins, as they placed six runners in the top nine. They have just one loss in league action.

See page 12.

Dual Highlights:

From page 11.

The results:

At La Costa Canyon (modified course after last month's fire), Friday, Nov. 1.

BOYS (3.0 miles):

Torrey Pines 26, Carlsbad 29.

Torrey Pines 16, La Costa Canyon 41.

Carlsbad 22, La Costa Canyon 33.

1-5: Reed Steele (C) 14:40, Jason Lopresti (TP) 14:55, David Burke (TP) 15:10, Colin Steele (C) 15:26, Oscar Gonzalez (C) 15:34.

6-10: Noah Lidman (TP) 15:47, Wes Austin (TP) 15:52, David Dennis (LCC) 15:56, Michael Breining (TP) 16:06, Chris Collins (LCC) 16:16.

GIRLS (distance?):

Torrey Pines 17, La Costa Canyon 45.

Torrey Pines 21, Carlsbad 40.

La Costa Canyon 28, Carlsbad 29.

1-5: Jaclyn Nolan (TP) 13:57, Laura Hilton (TP) 14:32, Angie Van Dyke (C) 14:33, Eva Lund (C) 14:38, Kathy Read (TP) 14:45.

6-10: Jessica Bray (LCC) 14:46, Jen Morris (TP) 14:54, Cindy Lopresti (TP) 14:59, Torey Conner (TP) 15:02, Julia Carmano (LCC) 15:05.

At Kit Carson Park, Nov. 1.

BOYS (3.1 miles):

San Pasqual 19, Escondido 38.

1: Adam Van Wart (SP) 16:52.

GIRLS (2.6 miles):

Escondido 20, San Pasqual 35.

1: Lanele Cox (E) 16:24.

Eastern:

Pointer/Caver meet determines all

Point Loma's boys and girls team are both unbeaten in league meets and can finish that way with wins against San Diego on Thursday (after press time, but before you read this).

The Pointer girls are a shoo-in in that meet, but the San Diego/Point Loma boys meets in recent years have been competitive meets. Too, the Cavers are annually a team of mystery, with few appearances in local invitationals, and little media attention. Serra is also a party to that meet, and they can spring an upset if they can rouse some support for the front-running Chandler twins.

Best efforts in girls competitions have been by Patrick Henry's Lisa Bengston, who has been piling up a resume of quick times on the Morley layout, almost all with only token opposition.

At Morley Field, Oct. 10.

BOYS (3.05 miles):

San Diego 22, Mira Mesa 36.

1: Hong Castejon (MM) 16:34.

GIRLS (2.5 miles):

Mira Mesa 15, San Diego 50.

1: Tiffany Fox (MM) 18:09.

Point Loma 20, Patrick Henry 38.

1: Lisa Bengston (PH) 16:00.

At Morley Field, Oct. 17.

BOYS (3.05 miles):

San Diego 15, Morse 50.

San Diego 19, Patrick Henry 39.

1: Edgar Jimenez (SD) 16:25.

GIRLS (2.6 miles):

Patrick Henry 21, Morse 38.

Patrick Henry 15, San Diego 50.

Morse 15, San Diego 50.

1: Lisa Bengtson (PH) 16:11.

Point Loma 15, Kearny 48.

1: Lea Hitt (PL) 17:26.

At Morley Field, Oct. 18.

BOYS (3.05 miles):

Point Loma 15, Kearny 50.

1: David Hayes (PL) 16:29.

At Morley Field, Oct. 29.

BOYS (3.05 miles):

Mira Mesa 25, Serra 36.

1: Marcus Chandler (S) and Marice Chandler (S) 15:39.

GIRLS (2.5 miles):

Mira Mesa 16, Serra 47.

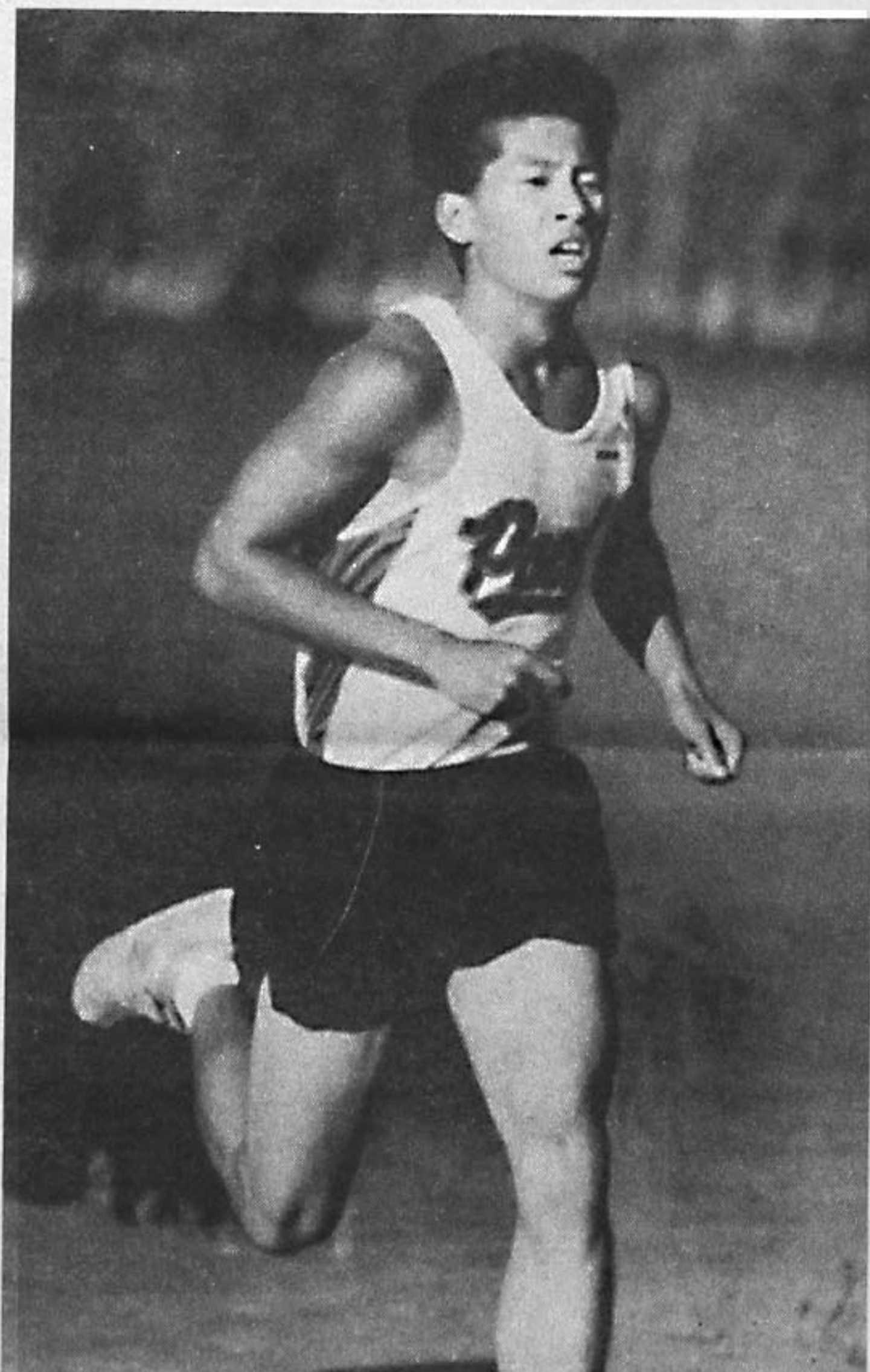
1: Lisa Bengtson (PH) 15:41.

At Morley Field, Oct. 31.

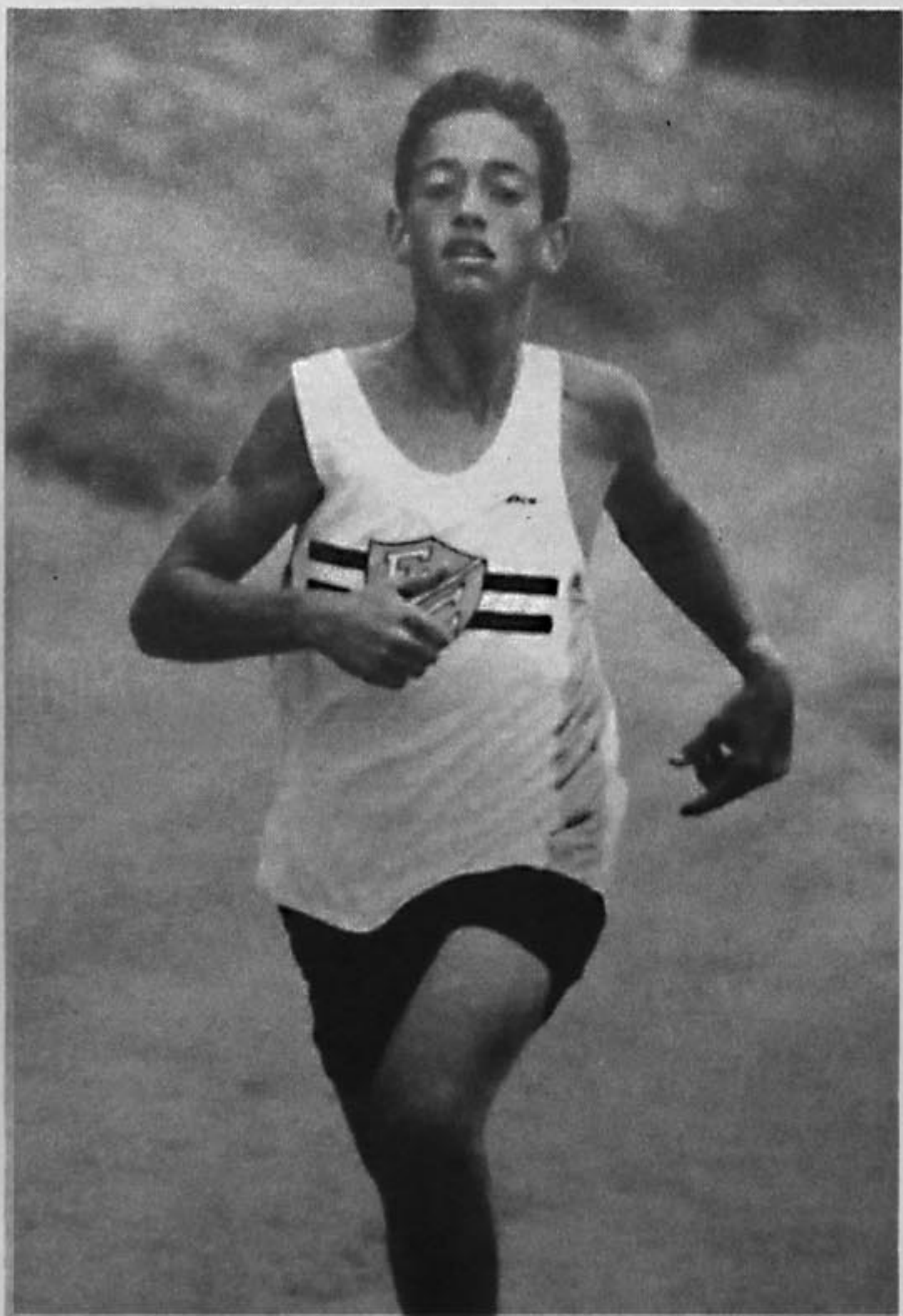
BOYS (3.05 miles):



Sarah Shepherd, Ramona



Chris Nagao, West Hills



John Bates, El Capitan

Point Loma 19, Mira Mesa 39.

1: David Hayes (PL) 16:15.

GIRLS (2.55 miles):

Point Loma 22, Mira Mesa 33.

1: Tiffany Fox (MM) 16:36.

Gross/North: West Hills boys upset El Cap; Hawker upsets Harper

The West Hills boys team came back, almost from the dead, with a big effort last week and upset rival El Capitan, 23-32.

The 'Pack's Dustin Diaz was one of the keys, with a win over rival Steve Daynes, by 16 seconds. After Daynes and John Bates went 2-3 for El Cap, the Wolfpack placed four straight runners in a 0:22-second span, and clinched the win.

"We were really fired up," West Hills coach Pat Connolly said. "For the first time this year, we had five guys run strong. (Matt) Rendina and (Paul) Saccone ran like we thought they could run."

Diaz and Daynes broke away from the lead pack and then Diaz made a move in the final half mile. He was timed in 15:52 at the 5K mark in the race, which is run on a longer course.

It was a remarkable turnaround for West Hills, which has been laying low since a disastrous effort at the Stanford Invitational.

In girls racing, the big news was Grossmont's Sophia Hawker's win over Santana's Jaymie Harper. Hawker ran 18:58 on the Griffen Park 3.1-mile course. Although Harper was not at her best, Santana coach Dave Harper gave the credit to Hawker.

"Jaymie was sick," he said, "but I don't want to take anything at all away from Hawker. She ran a great race."

It was Jaymie Harper's first loss to a San Diego runner this year.

West Hills rival Heather Shurtleff has missed some recent action with shin soreness, and has been doing pool workouts. Shurtleff's only loss this year has been to Harper, in a dual meet.

The results:

At Harry Griffen Park, Oct. 11.

GIRLS (3.1 miles):

Grossmont 19, El Capitan 37.

1-5: Sophia Hawker (G) 20:46, Stephanie Kindreich (EC) 20:47, Lisa Pekar (G) 22:02, Renee de la Torre (G) 22:03, Rebecca Venegas (G) 22:52.

6-10: Kelsey Bollinger (G) 22:55, Theresa Hepler (EC) 22:57, Sandi Jenkins (EC) 23:17, Melanie Ball (EC) 23:22, Inga Lintvedt (G) 23:28.

At Harry Griffen Park, Oct. 11.

GIRLS (2.3 miles):

West Hills 15, El Cajon Valley 50.

1-5: Heather Shurtleff (WH) 14:15, Jenny Holdzkom (WH) 14:57, Sara Garcia (WH) 15:25, Rebecca Bartell (WH) 15:28, Shelley Van Winkle (WH) 15:50.

At West Hills High, Oct. 17.

GIRLS (3.2 miles):

West Hills 21, Grossmont 36.

1-5: Heather Shurtleff (WH) 19:27, Sophia Hawker (G) 19:44, Jenny Holdzkom (WH) 20:48, Rebecca Bartell (WH) 20:59, Sara Garcia (WH) 21:00.

6-10: Lisa Pekar (G) 21:27, Renee de la Torre (G) 22:01, Shelley Van Winkle (WH) 22:27, Lanae Hawker (WH) 22:31, Rebecca Venegas (G) 22:43.

At Harry Griffen Park, Oct. 18.

BOYS (3.1 miles):

Santana 17, El Cajon Valley 43.

1: Jake Bishop (S) 17:44.

GIRLS (2.32 miles):

Santana 15, El Cajon Valley 50.

1: Benitez (S) 14:55.

At West Hills High, Friday, Nov. 1.

BOYS (3.2 miles):

West Hills 23, El Capitan 32.

See page 13.

Dual Highlights:

From page 12.

1-5: Dustin Diaz (WH) 16:16, Steve Daynes (EC) 16:32, John Bates (EC) 17:05, Chris Nagao (WH) 17:09, Don Overland-McKay (WH) 17:18.

6-10: Matt Rendina (WH) 17:20, Paul Saccone (WH) 17:31, Matt Freeman (EC) 17:41, David Boland (EC) 17:42, Josh Freese (EC) 17:43.

GIRLS (3.2 miles):

West Hills 20, El Capitan 35.

1-5: Jenny Holdzkorn (WH) 20:22, Stephanie Kindreich (EC) 20:36, Sarah Garcia (WH) 21:13, Rebecca Bartell (WH) 21:14, Shelley Van Winkle (WH) 21:14.

6-10: Theresa Hepler (EC) 22:12, Lanae Hawker (EC) 22:19, Sandi Jenkins (EC) 22:36, Tiffany Fay (EC), Becky Day (EC) 24:34.

At Harry Griffen Park, Friday, Nov. 1.

BOYS (3.1 miles):

Santana 19, Grossmont 36.

1-4: Doug Singer (S) 17:26, Nathan Snodgrass (S) 17:27, Mark Petitfils (S) 17:45, Kiflom Abraha (G) 17:46.

GIRLS (3.1 miles):

Santana 22, Grossmont 33.

1-5: Sophia Hawker (G) 18:58, Jaymie Harper (S) 19:25, Kim Pace (S) 20:01, Ava Benitez (S) 20:22, Lisa Pekar (G) 20:29.

6-10: Kim Baza (S) 20:48, Kerie O'Grady (S) 21:24, Renee de la Torre (G) 21:32, Rebecca Venegas (G) 21:37, Kelsey Bollinger (G) 22:00.

Gross/South: Valhalla teams are in control after Granite meets

Valhalla met their stiffest league challenge in great style last month, when their boys and girls teams had spectacular efforts against Granite Hills.

The Norse boys used a great pack to down the Eagles, 23-34. Only 0:26 seconds separated the first five Valhalla boys, who streamed across in 16:21 to 16:47 on the Cuyamaca College 3.1-mile layout. Granite's Jason Finch won the race in 16:08, and the Eagles' Mike Gilmore was fourth, partly breaking up the pack, but Valhalla was just too tough. Finch's effort was a course record, and, in fact, the first four runners were under the old mark of 16:34 (James Bridges, Monte Vista, 1995).

"It's a pretty fast course," Valhalla coach Randy Montesanto said. "But it's not Morley Field fast (referring to the basically flat dual meet layout). The second mile has rolling hills, and the third mile is challenging, with some decent hills."

In girls racing, Granite's Stacey Murphy stamped herself as a runner to watch at CIF, with an 18:59 for the 3.1-miles. Valhalla had four runners under 20 minutes, and two others in the 20:09 and 20:11 range.

The results:

At Cuyamaca College, Oct. 10.

BOYS (3.1 miles):

Valhalla 23, Granite Hills 34.

1-5: Jason Finch (GH) 16:08, Matt Theisen (V) 16:21, Jon Doroski (V) 16:22, Mike Gilmore (GH) 16:28, Sean Nugent (V) 16:42.

6-10: Ben Wagner (V) 16:43, Aaron Jones (V) 16:47, Nick Rivera (GH) 17:00, William Burer (V) 17:18, Nick Sabala (GH) 17:27.

GIRLS (3.1 miles):

Valhalla 23, Granite Hills 38.

1-5: Stacey Murphy (GH) 18:59, Andrea Clemons (V) 19:19, Carri Leto (V) 19:33, Nicole Rodriguez (GH) 19:41, Elaine Lassen (V) 19:48.

6-10: Margie Broselle (V) 19:52, Amy Kermott (V) 20:09, Kelley Halligan (V) 20:11, Sarah Chionis (V) 20:48, Kristi Jones (GH) 21:00.

At Mount Miguel, Oct. 17.

BOYS (3.0 miles):

Valhalla 20, Mount Miguel 42.

1: David Schible (MM) 16:11.

GIRLS (2.25 miles):

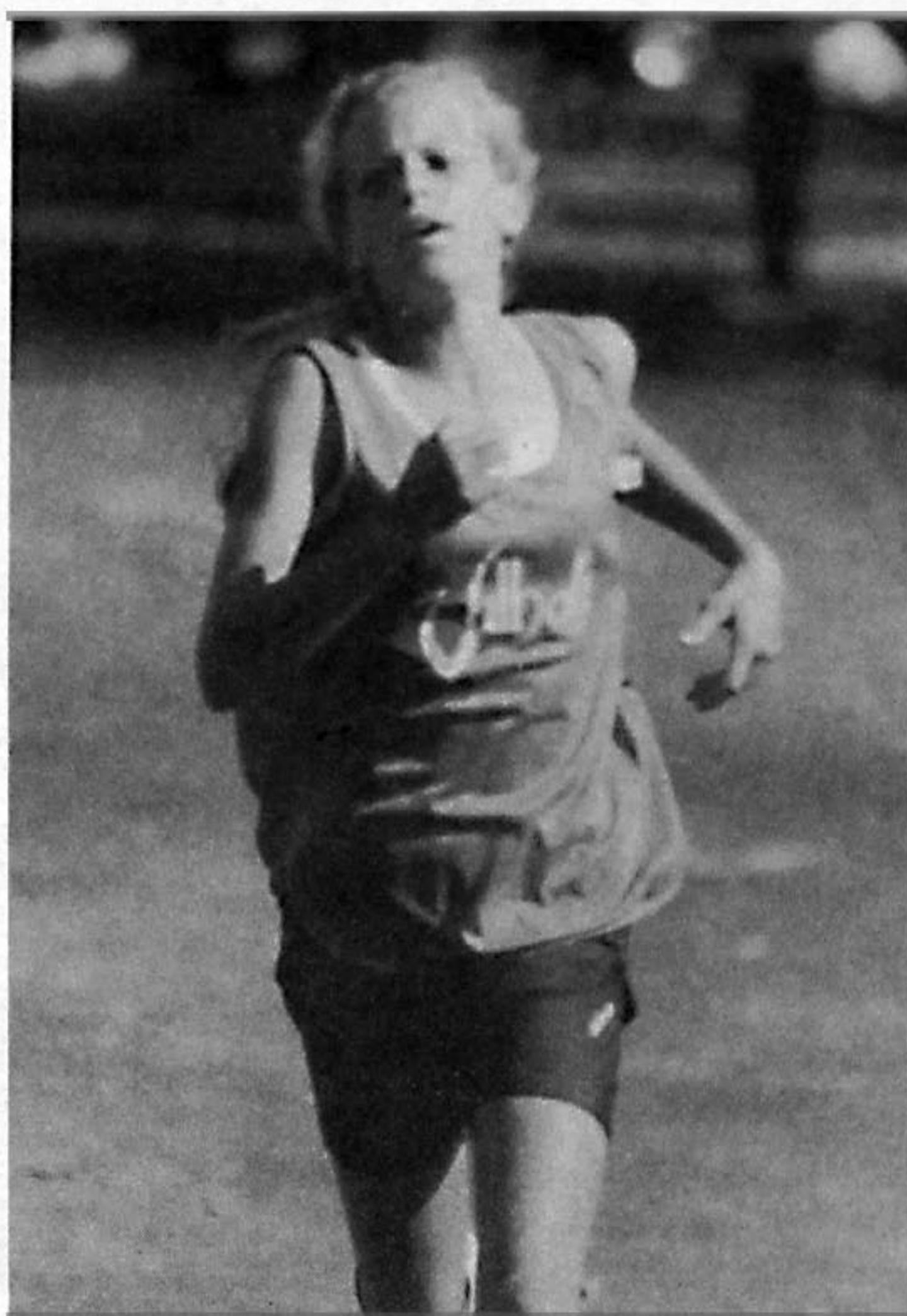
Valhalla 16, Mount Miguel 43.

1: Carri Leto (V) 14:11.

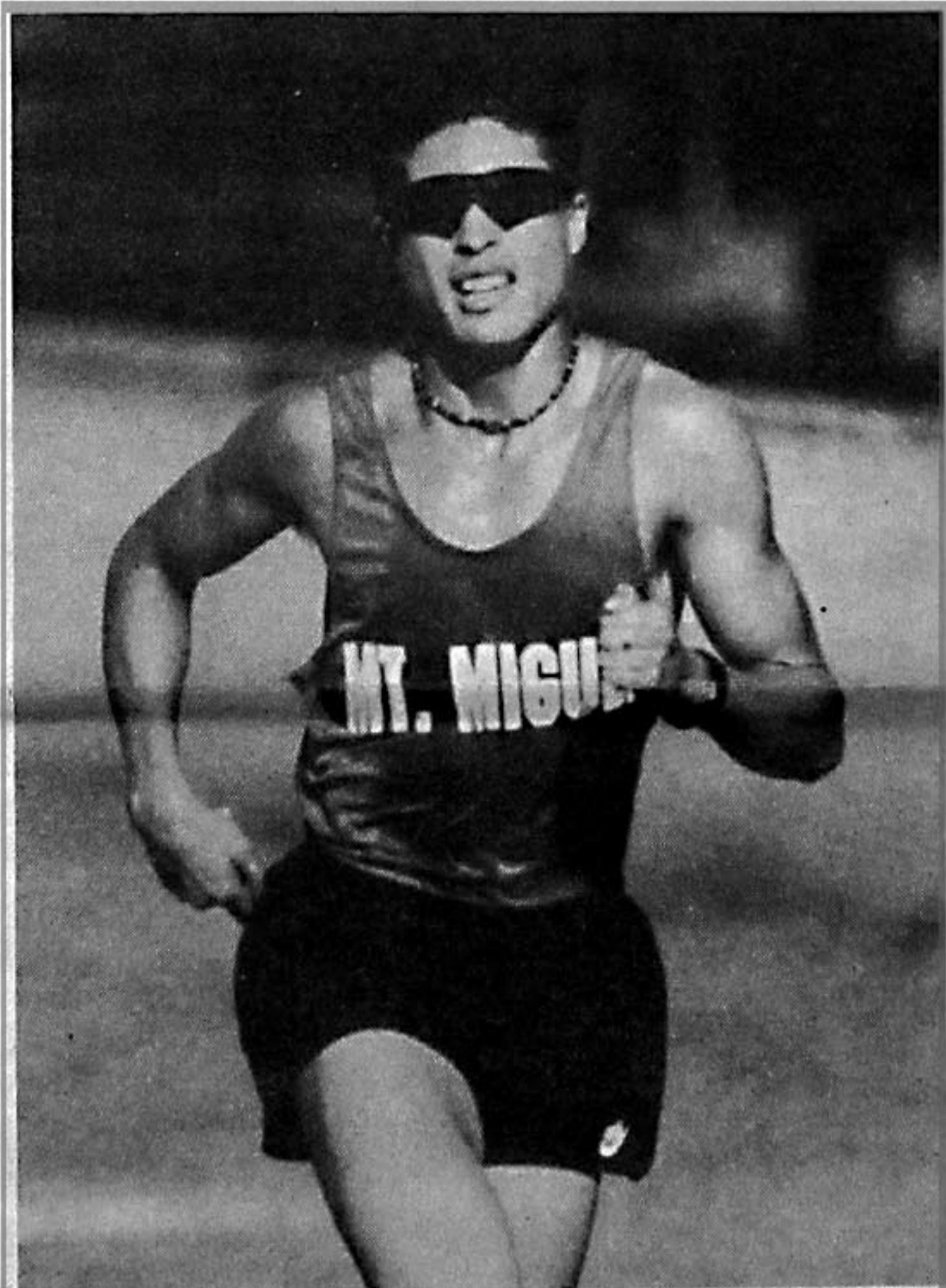
At Harry Griffen Park, Friday, Nov. 1.

BOYS (3.1 miles):

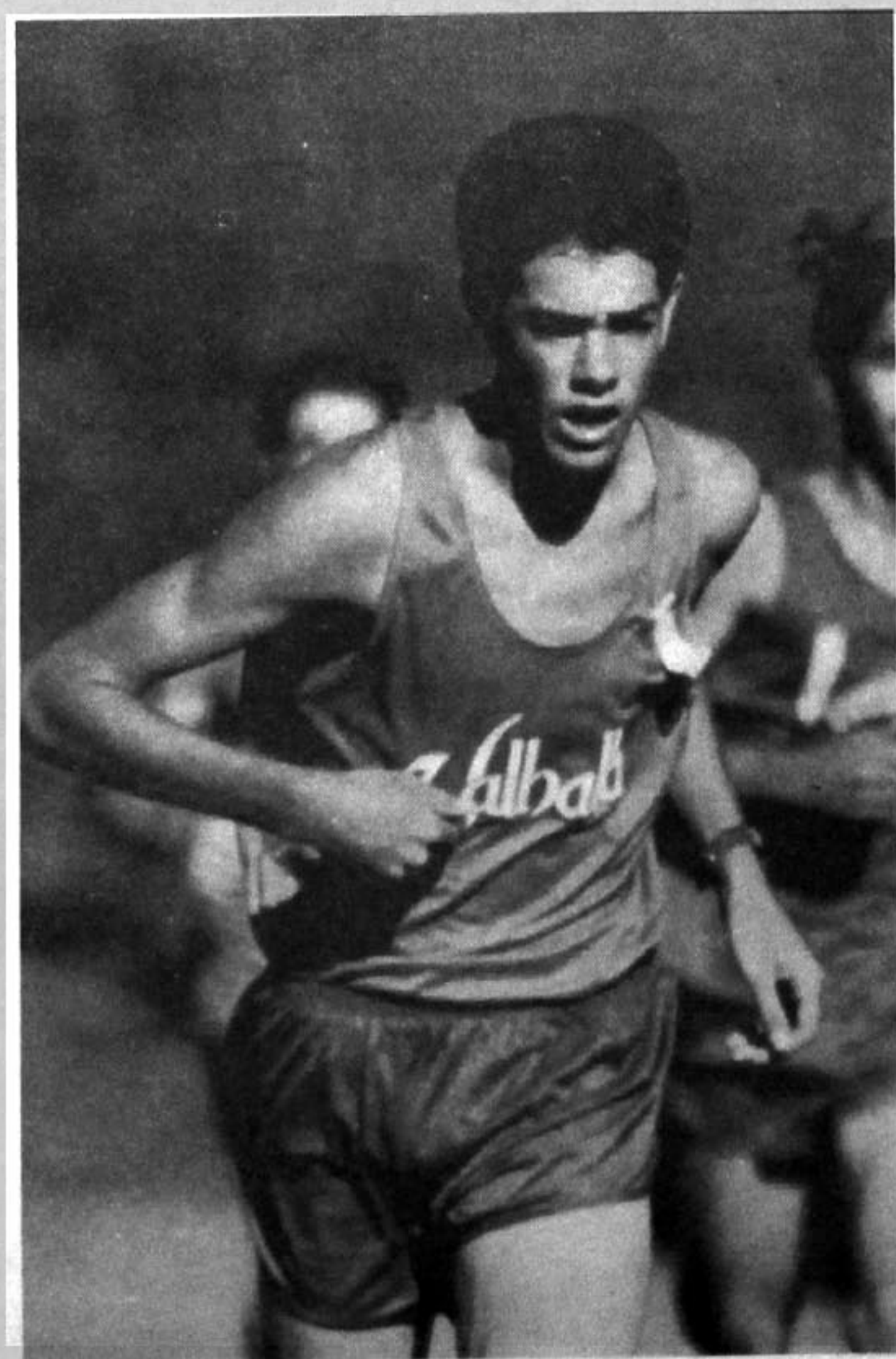
Valhalla 16, Helix 42.



Carri Leto, Valhalla



David Schible, Mount Miguel



Matt Theisen, Valhalla

1-5: Matt Theisen (V) 16:58, Jon Doroski (V) 17:11, Bryon Lamorandier (V) 17:22, Ben Wagner (V) 17:22, Dan Kinsella (H) 17:27.

6-10: Aaron Jones (V) 17:29, Leavitt (H) 17:45, Williams (V) 17:51, Amanuel Gebru (H), Jack Favilukis (H) 18:36.

GIRLS (3.1 miles):

Valhalla 17, Helix 46.

1-5: Carri Leto (V), Kelley Halligan (V) 20:46, Elaine Lassen (V) 20:27, Natalie Sullivan (H) 20:40, Margie Broselle (V) 20:55.

6-10: Sarah Chionis (V) 21:20, Ashley Viens (V) 21:xx, Christine Gurntz (V) 21:55, Anne Severtson (H) 22:01, Becky Mosteller (H) 22:xx.

At West Hills High, Friday, Nov. 1.

BOYS (3.2 miles):

Granite Hills 18, Mount Miguel 42.

1-5: Jason Finch (GH) 16:05, Mike Gilmore (GH) 16:30, David Schible (MM) 16:49, Nick Rivera (GH) 16:xx, Nick Sabala (GH) 17:39.

GIRLS (2.1 miles):

Granite Hills 17, Mount Miguel 50?

1-5: Stacey Murphy (GH) 13:31, Aida Garcia (MM) 13:50, Nicole Rodriguez (GH) 14:17, Kristi Jones (GH) 15:00, Nicolette Stolis (GH) 15:14.

Harbor: Clairemont boys, Coronado girls take league titles

It was literally almost a one-meet season in the Harbor League, where dual meet results alone determine the league championships.

THE meet pitted Coronado, Clairemont and Crawford in a double dual at Morley Field. Coronado and Clairemont were matched up as the best two boys teams, and Coronado and Crawford was a contest between the two best girls teams.

Clairemont's boys laid claim to the Harbor title with a 7-point win over the Islanders, 24-31. The Chiefs are led by junior runner Jose Padilla.

The Islander girls took eight of the top ten slots against Crawford as Barbra Chakos (17:39), and Christine Hansen (17:52) went one-two.

Most impressive performance of the year by a Harbor athlete was by Madison's Nick Hamlin, who scorched the Morley layout on Wednesday with a 15:33. Also running well is Coronado's Cheyne Jones, who was clocked in 16:04 on the same day.

The results:

At Morley Field, Oct. 16.

BOYS (3.05 miles):

Clairemont 24, Coronado 31.

Clairemont 18, Crawford 42.

Coronado 20, Crawford 36.

1: Cheyne Jones (Coro) 16:10.

Christian 15, Marian Catholic 50.

1: Mike Morgan (C) 18:44.

GIRLS (2.5 miles):

Coronado 21, Crawford 40.

Coronado 15, Clairemont 50.

Crawford 15, Clairemont 50.

1: Barbra Chakos (Coro) 17:39.

Christian 15, Marian Catholic 50.

1: Beth Bowler (C) 18:27.

At Morley Field, Oct. 23.

BOYS (3.05 miles):

Crawford 26, Madison 32.

1: Nick Hamlin (M) 16:14.

Clairemont 15, Gompers 48.

Clairemont 15, Marian Catholic 50.

Gompers 15, Marian Catholic 50.

1: Jose Padilla (C) 16:47.

Coronado 17, Christian 43.

Coronado 15, Lincoln Academy 50.

Christian 15, Lincoln Academy 50.

1: Josh Richards (Coro) 17:20.

GIRLS (2.5 miles):

Crawford 20, Madison 37.

1: Maria Moreno (C) 18:53.

Gompers 15, Clairemont 50.

Gompers 15, Marian Catholic 50.

1: Toby Barnmyer (G) 19:30.

Coronado 19, Christian 40.

Coronado 15, Lincoln Academy 50.

Christian 15, Lincoln Academy 50.

1: Barbra Chakos (Coro) 17:28.

Dual Highlights:

From page 13.

At Morley Field, Nov. 5.

BOYS (3.05 miles):

Crawford 28, Christian 28.

Crawford 15, Gompers 50.

Christian 15, Gompers 50.

1: Titus Chawech (Craw) 17:07.

GIRLS (2.5 miles):

Christian 24, Crawford 35.

Christian 15, Gompers 50.

Crawford 15, Gompers 50.

1. Maria Moreno (Craw) 18:08.

At Morley Field, Nov. 6.

BOYS (3.05 miles):

Coronado 20, Madison 43.

Coronado 15, Gompers 50.

Marian Catholic forfeited to all three.

1. Nick Hamlin (M) 15:33, 2. Cheyne Jones (Coro)

16:04.

GIRLS (2.5 miles):

Coronado 17, Gompers 46.

Coronado 15, Madison 50.

Marian Catholic forfeited to all three.

1. Christine Hansen (Coro) and Kiley Dunlap (Coro) tied, 18:20.

Metro: Bonita Vista takes two from Mar Vista, Chula Vista

Bonita Vista's boys team was finally challenged in a double with Mar Vista and Chula Vista at Rohr Park last week, and they were up to it. The Baron girls had less of a test, but also ran well.

In the boys race, Bonita used their balance and depth to win both meets, offsetting Chula ace Adrian Ramirez, and Mar Vista's upset-minded squad. The Mariners were running without number two man Esteban Rocha, who might have made the meet even more competitive.

Bonita's girls have had little challenge from league rivals, and went 1-2-3-5-6 against Chula

In earlier action, Sweetwater's boys beat Chula Vista, 23-33, placing five athletes ahead of Chula's number three man.

The results:

At Rohr Park, Oct. 11.

BOYS (3.1 miles):

Sweetwater 18, Montgomery 42.

Sweetwater 23, Chula Vista 33.

Chula Vista 21, Montgomery 36.

1-5: Adrian Ramirez (CV) 16:17, Baruch Vega (S) 16:48, Jesse Jasso (S) 17:03, Jose Zurita (CV) 17:16, Ruben Vences (S) 17:23.

6-10: Thomas Juarez (M) 17:28, Adrian Garcia (S) 17:28, Reggie DePass (M) 17:34, Jaime Cabezueta (S) 17:37, S. Umada (CV) 17:37.

GIRLS (2.3 miles):

Chula Vista 15, Montgomery 48.

Chula Vista 25, Sweetwater 30.

Sweetwater 16, Montgomery 43.

1-5: Jessica Cabrera (S) 13:54, Nohelia Ramos (S) 14:03, Maria Melvin (CV) 14:12, Nika Dunn (CV) 14:41, Graciela Minor (CV) 14:58.

6-10: Maribel Calderon (CV) 15:09, Vera Villavalvo (CV) 15:10, Cindy Ortiz (S) 15:16, Margie Moran (S) 15:19, Esther Volper (M) 15:21.

At Hilltop High, Oct. 11.

BOYS (3.1 miles):

Bonita Vista 15, Hilltop 47.

Bonita Vista 19, Castle Park 42.

Castle Park 28, Hilltop 29.

1-5: Brian Paff (BV) 17:27, Joshua Middleswart (CP) 17:37, Giovanni Arce (BV) 18:01, C. Graham (BV) 18:18, Daniel Lebrija (BV) 18:21.

6-10: Jason Stone (BV) 18:27, Frankie Mendoza (H) 18:30, Jorge Del Hierro (CP) 18:33, M. Milliken (BV) 18:37, B. Walthall (BV) 18:41.

GIRLS (2.3 miles):

Bonita Vista 17, Hilltop 42.

Bonita Vista 15, Castle Park 50.

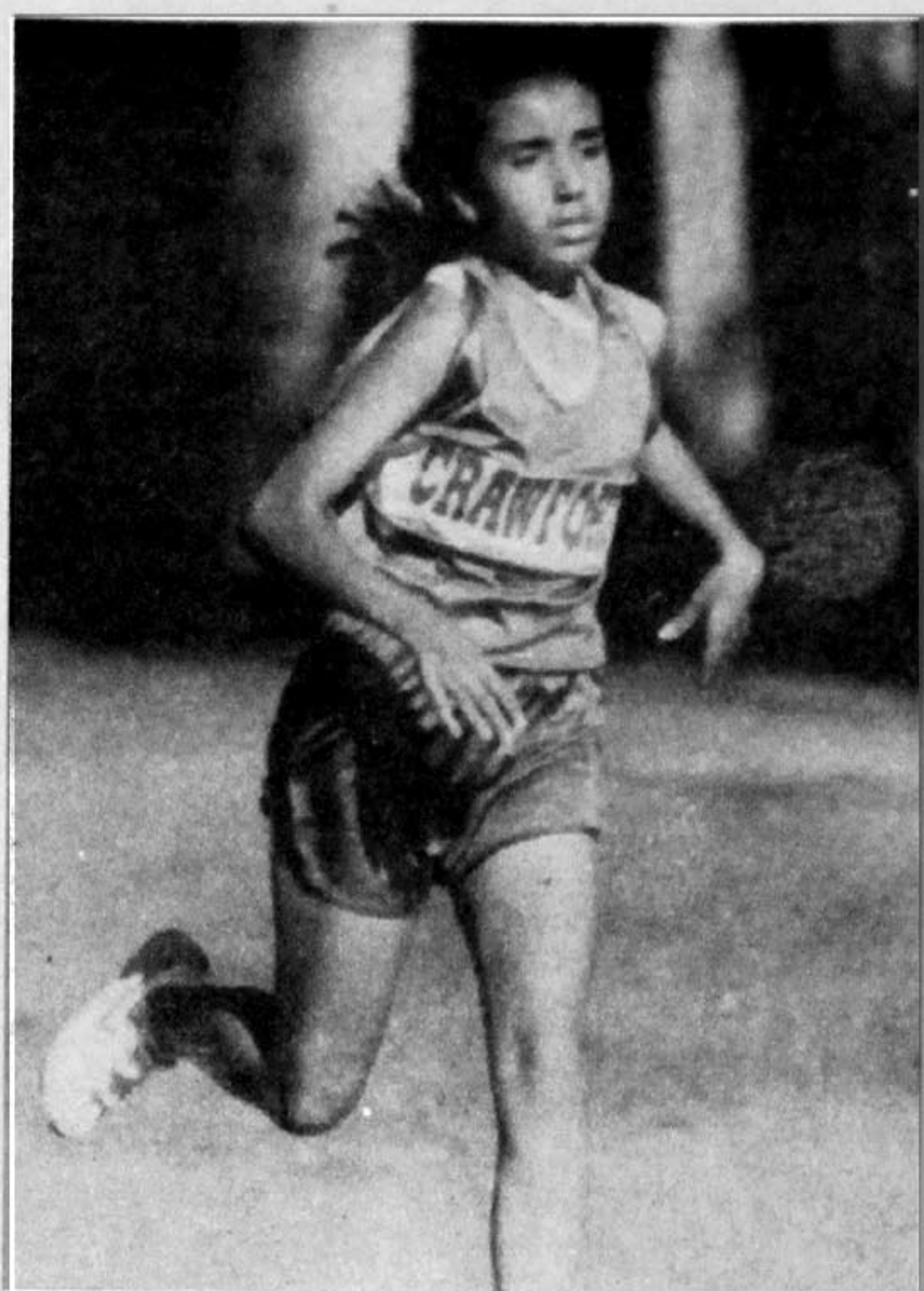
Hilltop 15, Castle Park 50.

1-5: Rosie Costello (BV) 15:08, Dawna Marshall (BV) 15:24, Sandie Zuniga (BV) 16:04, C. Osuna (BV) 16:05, Erin DeHahn (H) 16:25.

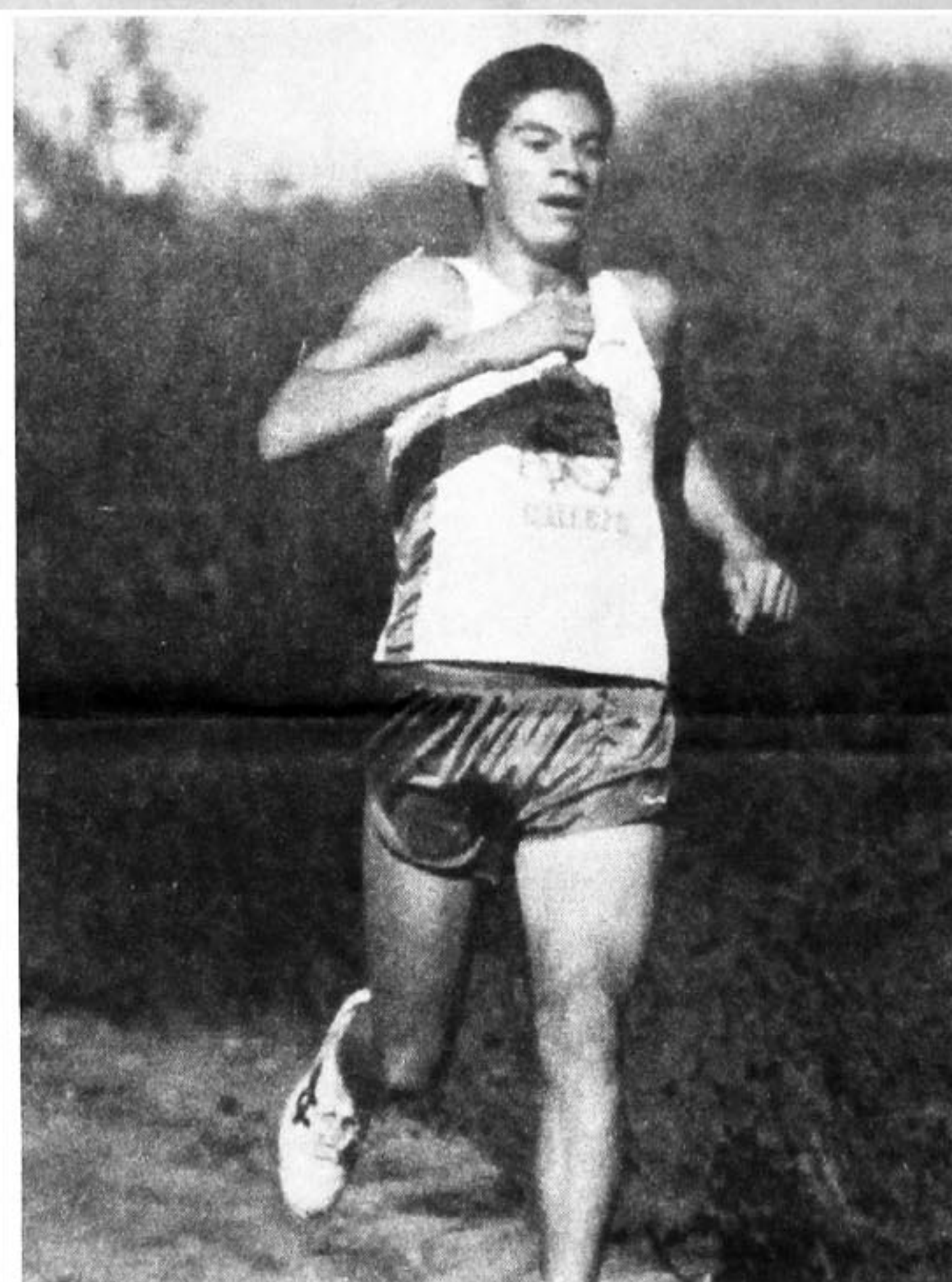
6-10: Elizabeth Kolata (H) 16:32, Van Nguyen (BV) 16:40, Sarah Meza (H) 16:42, Tami Withem (BV) 16:51, Erica Taylor (BV) 16:53.

At Rohr Park, Friday, Nov. 1.

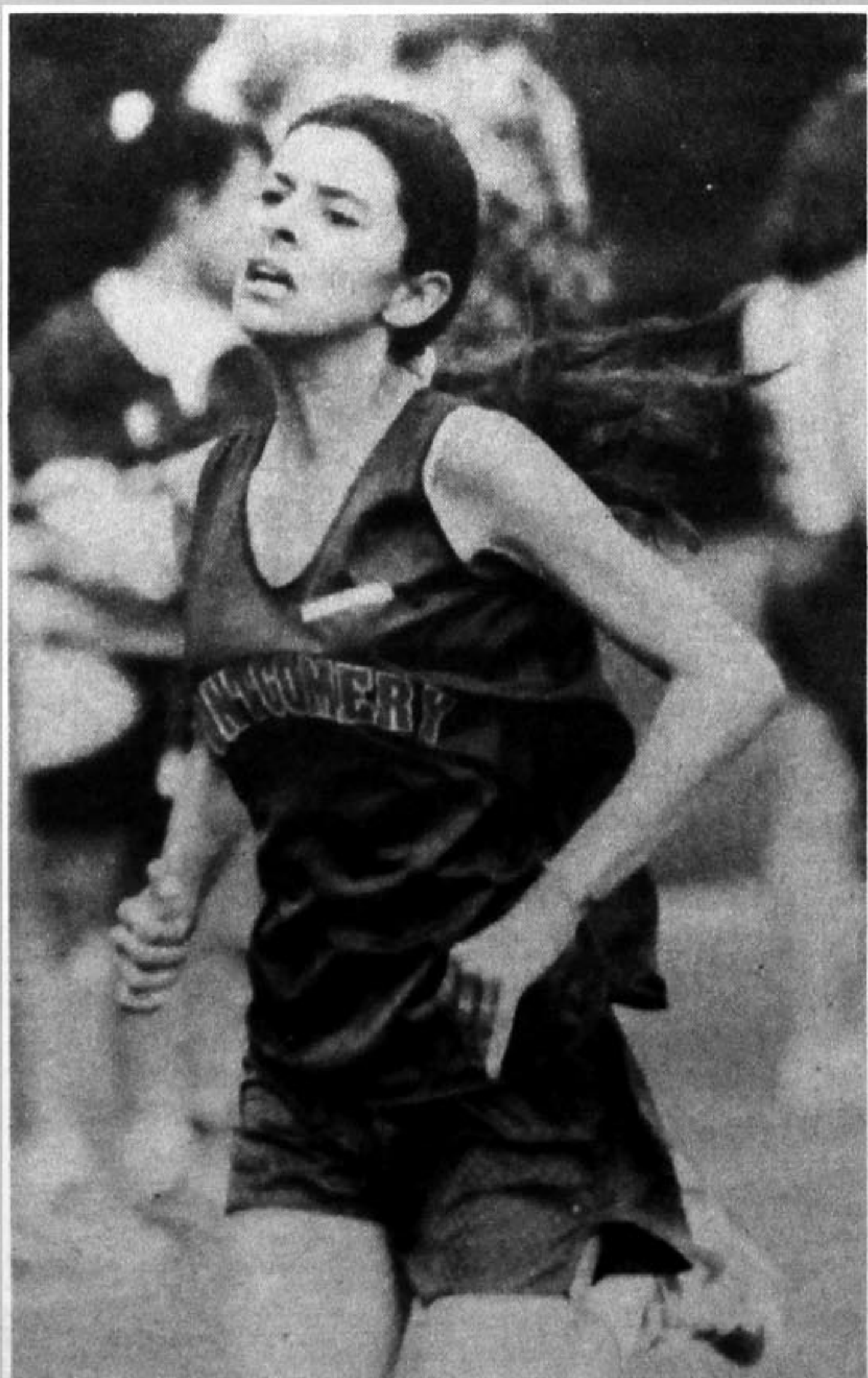
BOYS (3.1 miles):



Maria Moreno, Crawford



Jose Padilla, Clairemont



Esther Volper, Montgomery

Bonita Vista 26, Chula Vista 32.

Bonita Vista 25, Mar Vista 33.

Chula Vista 27, Mar Vista 32.

1-5: Adrian Ramirez (CV) 15:49, Brian Paff (BV) 16:44, Fernando Corona (MV) 16:56, C. Graham (BV) 17:00, Christian Valderrama (MV) 17:04.

6-10: Luis Martinez (MV) 17:05, Jose Zurita (CV) 17:09, Umada (CV) 17:13, Jason Stone (BV) 17:19, Daniel Lebrija (BV) 17:22.

GIRLS (2.2 miles):

Bonita Vista 17, Chula Vista 41.

Bonita Vista 15, Mar Vista 50.

Chula Vista 15, Mar Vista 50.

1-5: Rosie Costello (BV) 13:19, Meghann Phillips (BV) 13:26, Dawna Marshall (BV) 13:29, Maria Melvin (CV) 13:58, Sandie Zuniga (BV) 14:13.

6-10: C. Osuna (BV) 14:13, Nika Dunn (CV) 14:31, Van Nguyen (BV) 14:33, Maribel Calderon (CV) 14:47, Graciela Minor (CV) 15:02.

At Hilltop, Nov. 1.

BOYS (3.1 miles):

Sweetwater 15, Eastlake 50.

Sweetwater 23, Castle Park 38.

Castle Park 16, Eastlake 47.

1: Baruch Vega (S) 17:12.

GIRLS (2.3 miles):

Sweetwater 21, Eastlake 36.

Sweetwater 15, Castle Park 50.

Eastlake 15, Castle Park 50.

1: Jessica Cabrera (S) 15:30.

At Luckie Waller Park, Nov. 1.

BOYS (3.1 miles):

Montgomery 25, Hilltop 31.

Montgomery 17, Southwest 39.

Hilltop 16, Southwest 47.

1: Thomas Juarez (M) 18:16.

GIRLS (2.3 miles):

Hilltop 16, Montgomery 44.

Hilltop 15, Southwest 50.

Montgomery 15, Southwest 49.

1: Erin DeHahn (H) 15:46.

Palomar: Anything goes, but RB boys, Fallbrook girls on top for now...

There are no days off in the Palomar League. League rivals are beating up on each other in every meet, and a number of very classy teams have several dual meet losses to show for it.

Rancho Bernardo's boys team has emerged as a leader after wins over Poway, Mt. Carmel and Rancho Buena Vista. A key for the Broncos has been their depth and quality at the key 4-5-6 spots, which are inconsistent or non-existent on some of the other teams.

No team has really established consistency yet, so the league title (and probably the CIF Division I) title is still very much up for grabs among the five.

In girls racing, Fallbrook and Orange Glen have clearly separated themselves from the pack, and are both ranked in the top three in the state. A number of other programs in the league have great quality, such as Vista, Rancho Bernardo and Poway, but can't quite match up with the top two.

Vista, however, remains a dangerous team, with a lot of talent, experience, and pride. Their effort in last week's double dual with Poway and Mt. Carmel showed what the Panthers can do. They placed seven girls in the top ten in that meet, had three runners under 16:00 minutes and had three others under 16:10.

The results:

At Mt. Carmel High, Oct. 11.

BOYS (3.0 miles):

Rancho Bernardo 27, Mt. Carmel 28.

Rancho Bernardo 17, Orange Glen 38.

Mt. Carmel 17, Orange Glen 38.

1-5: Mike Baskin (MC) 15:52, Eron Tello (RB) 16:11, Jeff Sleichter (MC) 16:14, Sean Ricketts (RB) 16:15, Bert Romero (MC) 16:30.

6-10: Matt Galaviz (RB) 16:52, Nick Schlapfer (OG) 17:03, Sean McElroy (RB) 17:08, Todd Benjamin (RB) 17:14, Marcel Meerstetter (RB) 17:17.

See page 15.

Dual Highlights:

From page 14.

GIRLS (2.5 miles):

Orange Glen 23, Rancho Bernardo 32.

Orange Glen 15, Mt. Carmel 40.

Rancho Bernardo 18, Mt. Carmel 37.

1-5: Kendra Goffredo (OG) 15:35, Cara Rumble (OG) 15:40, Sarah Wilkins (RB) 15:53, Julie Manson (RB) 15:57, Lorena Jimenez (OG) 16:15.

6-10: Christine Kitchen (RB) 16:42, Laura Lawrence (OG) 16:55, Gina Rennix (OG) 17:12, Karen Vasco (MC) 17:25, Jessica Johnson (RB) 17:29.

At Fallbrook High, Oct. 11.

BOYS (3.0 miles):

Vista 23, Fallbrook 32.

1-5: Steve Ketcham (V) 16:10, Gonzalo Garcia (V) 16:30, Justin Neuroth (V) 16:36, Cameron Jones (F) 17:02, Will Nelson (F) 17:20.

6-10: Tyler Bochenek (F) 17:23, Efrain Casarez (F) 17:28, Sean Daley (V) 17:32, Josh Moore (V) 17:42, Roy Quinn (F) 17:56.

GIRLS (2.6 miles):

Fallbrook 21, Vista 42.

1-5: Tricia Mattson (F) 15:59, Katie Hauck (F) 16:14, Natalie Forsyth (V) 16:35, Noelle Magana (V) 16:35, Kim Crosswell (F) 16:36.

6-10: Cathy Picha (F) 16:42, Kristen Brown (F) 16:48, Mindy Green (F) 16:58, Carly Hampton (F) 16:59, Brooke Schroeder (V) 17:09.

At Lake Poway, Oct. 11.

BOYS (3.1 miles):

Poway 21, Rancho Buena Vista 36.

Poway 15, San Marcos 50.

Rancho Buena Vista 16, San Marcos 45.

1-5: Fernando Blanco (RBV) 16:26, Sean Zander-son (P) 17:00, Mike Helms (P) 17:05, Matt Gailey (P) 17:11, Jake McNeely (P) 17:30.

6-10: Jaimal Hornbacher (RBV) 17:31, Ben Schwab (P) 17:39, Hever Chavez (RBV) 17:56, Carmelino Ortiz (RBV) 18:00, Ryan Franzen (P) 18:02.

GIRLS (2.4 miles):

Poway 16, San Marcos 43.

Poway 16, Rancho Buena Vista 44.

San Marcos 26, Rancho Buena Vista 29.

1-5: Brianna Hibbs (P) 15:57, Lisa Vasek (P) 16:31, Hollie Babione (P) 16:44, Paluso (P) 16:49, Alana Bochiechio (SM) 16:54.

6-10: Stacey Sims (RBV) 17:01, Monica Hite (P) 17:02, Tiffany Trayer (RBV) 17:11, Kelly Kodadek (SM) 17:16, Laura Rankin (P) 17:17.

At Guajome Park, Friday, Nov. 1.

GIRLS (2.5 miles):

Vista 19, Mt. Carmel 44.

Vista 22, Poway 39.

Poway 24, Mt. Carmel 33.

1-5: Brianna Hibbs (P) 15:33, Noelle Magana (V) 15:34, Karen Vasko (MC) 15:37, Lauren Aposhian (V) 15:53, Brooke Schroeder (V) 15:55.

6-10: Hollie Babione (P) 16:04, Devon Lasiter-Thurber (V) 16:06, Natalie Forsyth (V) 16:08, Erika Batiz (V) 16:09, Anna Colwell (V) 16:17.

11-15: Samantha Stevens (MC) 16:21, Lisa Vasek (P) 16:32, Michelle Flores (P) 16:34, Veronica Roberts (MC) 16:37, Erin Masters (MC) 16:37.

At Buena Vista Park, Friday, Nov. 1.

BOYS (3.1 miles):

Rancho Bernardo 27, RBV 28.

1-5: Fernando Blanco (RBV) 16:43 (course record, old record 17:02), Matt Galaviz (RB) 17:06, Eladio Garcia (RBV) 17:08, Sean Ricketts (RB) 17:11, Eron Tello (RB) 17:24.

6-10: Jaimal Hornbacher (RBV) 17:40, Todd Benjamin (RB) 17:47, Hever Chavez (RBV) 17:47, Marcel Meerstetter (RB) 17:48, Carmelino Ortiz (RBV) 17:55.

GIRLS (2.5 miles):

Rancho Bernardo 21, RBV 37.

1-5: Julie Manson (RB) 15:25 (fourth best ever on course), Sarah Wilkins (RB) 15:45, Christine Kitchen (RB) 15:48, Stacey Sims (RBV) 16:26, Tiffany Trayer (RBV) 16:44.

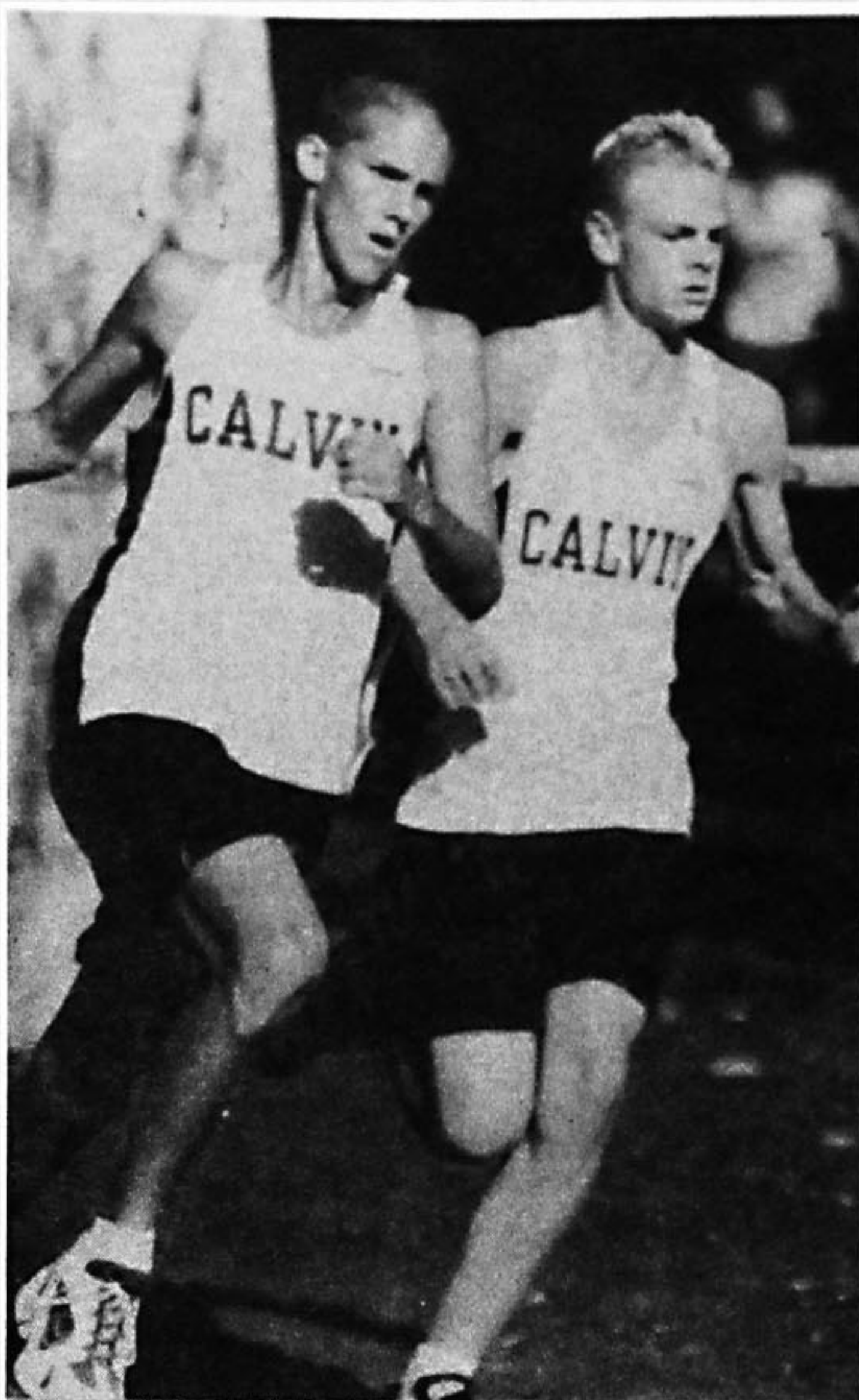
6-10: Karina Kloos (RBV) 16:58, Sara D'Alessio (RB) 16:59, Jessica Johnson (RB) 17:29, Joller (RB) 17:33, Josefina Garcia (RBV) 17:56.

Fallbrook's girls nip OG in battle of top state teams.

Monday's match race with Fallbrook's and Orange Glen's girls teams, both ranked in the top three in the state in Division I, was a classic.

OG had the upfront power, and Fallbrook had the depth. In the final results, the depth won out, and Fallbrook won the meet, 28-29.

OG's Kendra Goffredo, running strongly, clocked 14:37 to take a big win over Fallbrook's Tricia Mattson. OG's Cara Rumble and Lorena Jimenez shadowed



Bart Conner and Chad Young, Calvin Christian

Mattson throughout the race and were a constant threat to clinch the meet with a 1-2-3 finish (always an automatic win in a dual, provided the 4-5 runners finish). Mattson was not at top form, but her second place was a key.

The Fallbrook pack stormed through after that, with Kim Crosswell, Kristen Brown, Cathy Picha and Katie Hauck taking the next four places, ahead of OG's fourth, Laura Lawrence, who was running well.

Fallbrook needed every bit of their depth, as Carly Hampton and Allison Plischke pushed OG's fifth scorer, Gina Rennix, back to 12th. Without the displacement of the Fallbrook six and seven runners, OG would have won the meet.

Charting the teams: Both teams competed on the same course in the Southern Cal Invitational 16 days earlier. How did the dual times compare to the invite? Most runners dropped significantly.

Fallbrook: Mattson (0:15 slower), Crosswell (0:28 faster), Hauck (same time), Picha (0:19 faster), Brown (0:32 faster), Hampton (0:35 faster), Plischke (0:24 faster).

Orange Glen: Goffredo (0:15 faster), Rumble (0:09 slower), Jimenez (0:03 faster), Lawrence (0:27 faster), Rennix (0:23 faster), Hieb (0:10 faster), Dibble (0:19 faster).

According to Fallbrook coach Marty Hauck, the Warriors have had only five runners in the last 12 years that have bettered 16:00 minutes on the Guajome Park course, and Hauck uses the 16:00-minute time as a benchmark of excellence. In this dual, six Fallbrook girls were under 16:00, and one other (Plischke) hit that time exactly.

In boys racing, OG soph Nick Schlapfer ran 17:33 to beat a pair of young Fallbrook runners. Schapfer is a good-looking, young prospect.

At Guajome Park, Monday, Nov. 4.

BOYS (3.1 miles):

Fallbrook 15, San Marcos 43.

Fallbrook 22, Orange Glen 35.

Orange Glen 21, San Marcos 34.

1-5: Nick Schlapfer (OG) 17:33, Will Nelson (F) 17:38, Efrain Casarez (F) 17:39, Cameron Jones (F) 17:42, Nick Wheeler (OG) 17:51.

6-10: Tyler Bochenek (F) 17:58, Jose Escobedo

(F) 18:03, Ryan Calderon (OG) 18:16, Victor Olivares (SM) 18:19, Jose Fernandez (SM) 18:21.

GIRLS (2.5 miles):

Fallbrook 28, Orange Glen 29.

Fallbrook, San Marcos.

Orange Glen, San Marcos.

1-5: Kendra Goffredo (OG) 14:37, Tricia Mattson (F) 14:57, Cara Rumble (OG) 15:03, Lorena Jimenez (OG) 15:03, Kim Crosswell (F) 15:11.

6-10: Kristen Brown (F) 15:22, Cathy Picha (F) 15:32, Katie Hauck (F) 15:45, Laura Lawrence (OG) 15:49, Carly Hampton (F) 15:54.

11-15: Allison Plischke (F) 16:00, Mindy Green (F) 16:07, Gina Rennix (OG) 16:12, Melissa Hieb (OG) 16:31, Kelly Kodadek (SM) 16:32.

Southern: Calvin boys, La Jolla CD girls lead the way

In the Coastal League (Southern Conference) dual meets determine the league champions.

If Calvin Christian's boys team gets past Francis Parker this week, they'll finish unbeaten and take the title.

La Jolla Country Day's girls outran Francis Parker in a key dual at Morley Field and took charge of that race.

The Calvin boys, who are so young that they often enter virtually their entire varsity in frosh/soph competition in invitationals, have come on strong. They are led by soph Bart Conner and frosh Chad Young, and have a strong pack.

The LJCD girls, paced by soph Lindsay Weinberg, possibly the class of the league, and frosh Sandra Ruiz, won a key dual with Parker, 20-35, although Parker was without some key runners. The meet was held at the "neutral" Morley site after the two schools' coaches couldn't agree which school should host. The meet was originally scheduled for Julian's hellacious Heise Park course.

The results:

At Tecolote Canyon, Oct. 17.

BOYS (3.3 miles):

Francis Parker 15, Army Navy 46.

1: R. J. Sparks (FP) 20:47.

at Borrego Springs, Oct. 17.

BOYS (3.1 miles):

La Jolla Country Day 21, Lutheran 38.

1: Fuller (Luth) 18:46.

GIRLS (2.5 miles):

La Jolla Country Day 15, Lutheran 50.

La Jolla Country Day 15, Warner 50.

La Jolla Country Day 15, Borrego Springs 50.

1: Lindsay Weinberg (LJCD) 18:42.

At Chollas Lake, Oct. 24.

BOYS (3.3 miles):

Lutheran 21, Julian 35.

1: Mark Mullert (L) 21:59.

GIRLS (2.4 miles):

1: Jennifer Lloyd (L) 18:30.

At UCSD, Oct. 24.

BOYS (3.1 miles):

Francis Parker 26, Bishop's 30.

Bishop's 15, Borrego Springs 50.

Francis Parker 15, Borrego Springs 50.

1: Peter Holland (Bish) 18:36.

Calvin Christian 22, La Jolla Country Day 39.

Calvin Christian 15, Army Navy 50.

La Jolla Country Day 29, Army Navy 30.

Warner, no score.

1: Jesse Powell (Warner) 17:52.

GIRLS (2.3 miles):

Francis Parker 21, Bishop's 34.

1: Gwyn Leachman (FP) 16:39.]

La Jolla Country Day 18, Calvin Christian 43.

1: Lindsay Weinberg (LJCD) 15:58.

At Morley Field, Oct. 29.

BOYS (3.0 miles):

La Jolla Country Day 21, Francis Parker 34.

La Jolla Country Day 15, Julian 46.

Francis Parker 15, Julian 47.

Francis Parker 15, Warner 50.

1: Justin Scarfo (LJCD) 17:47.

GIRLS (2.5 miles):

Dual Highlights:

From page 15.

La Jolla Country Day 20, Francis Parker 35.

La Jolla Country Day 15, Julian 50.

Francis Parker 15, Julian 50.

1: Lindsay Weinberg (LJCD) 17:00.

At Chollas Lake, Oct. 31.

BOYS (3.3 miles):

Army Navy 20, Lutheran 43.

Bishop's 20, Lutheran 43.

Bishop's 17, Army Navy 46.

1: Mark Mullert (Luth) 21:06.

GIRLS (2.3 miles):

Bishop's 15, Lutheran 50.

1: Jennifer Lloyd (Luth) 17:30.

Western: The leaders are Scripps and Scripps

The Scripps Ranch boys team took a two point win over St. Augustine on Monday to get a leg up on the league championship, but the Scripps girls have had little challenge.

The Scripps/Saints meet was razor close, with the Falcons using a strong front four to advantage. Steve Rider ran a quick 15:33 to best Saints' rivals Adam Greene and Brian Sullivan, and Scripps then placed runners in slots 4-5-6 to take the race. Mike Stokes, Patrick Grimes and Ron Anderson were the key elements for the Falcons.

The Scripps girls, even without a major contribution from Kristina Stasko (who is now healthy) have far and away outclassed any league rivals. Soph Emily McFarland has run a number of quick times at Morley, including a course record of 18:07, with teammate Kelly Grimes often right behind her.

University of San Diego, behind the one-two combo of Courtney Baird and Jackie Ott, has lost only to Scripps.

The results:

At Morley Field, Oct. 7.

GIRLS (3.0 miles):

University 18, Our Lady of Peace 37.

University 26, La Jolla 31.

La Jolla 16, Our Lady of Peace 47.

1-5: Courtney Baird (U) 19:25, Jackie Ott (U) 19:32, Morgan Romine (LJ) 19:58, Kara Dose (LJ) 20:47, Susan Gistaro (U) 21:02.

6-10: Kristin Epperson (U) 21:03, Meaghan Mayer (LJ) 21:45, Vanessa Li (LJ) 21:51, Christine Keays (OLP) 21:54, Julia Otis (LJ) 22:09.

At Morley Field, Oct. 14.

BOYS (3.05 miles):

Scripps Ranch 16, University 47.

1-5: Steve Rider (SR) 16:14, Ron Anderson (SR) 16:23, Patrick Grimes (SR) 16:24, Mike Stokes (SR) 16:49, Dane Bitterlin (U) 17:05.

6-10: Sandoval (SR) 17:48, Roberto Gonzalez (SR) 17:52, Carter (SR) 17:58, Pat Higby (U) 18:14, Sanchez (SR) 18:20.

St. Augustine 20, University City 43.

St. Augustine 15, Hoover 50.

University City 18, Hoover 43.

1-5: Brian Sullivan (StA) 15:52, Adam Greene (StA) 16:02, Jerry Samaniego (StA) 16:57, Jon O'Connor (UC) 16:59, Jon Landau (UC) 17:00.

6-10: Brian Janes (StA) 17:01, Behailu Mergia (H) 17:11, Marc Niernan (UC) 17:14, Colin Donnelly (StA) 17:20, Alfonso Espinoza (StA) 17:21. NOTE: Times after sixth place may be off slightly.

La Jolla 22, Mission Bay 37.

1: Ray Chacon (LJ) 16:38.

GIRLS (3.05 miles):

Scripps Ranch 22, University 34.

1-5: Emily McFarland (SR) 18:07 (new course record), Courtney Baird (U) 18:20, Kelly Grimes (SR) 18:29, Kristina Stasko (SR) 18:58, Jackie Ott (U) 19:43.

6-10: Angeline Spain (SR) 20:41, Kristin Epperson (U) 20:51, Kim Rogoff (SR) 21:18, Susan Gistaro (U) 21:43, Lisa Nguyen (SR) 22:13.

La Jolla 26, Mission Bay 33.

1: Amanda Powers (MB) 20:35.

University City 15, Our Lady of Peace 47.

University City 18, Hoover 43.

Our Lady of Peace 24, Hoover 36.

1-5: Katherine Ziegler (UC) 20:05, Jenny Bergen (UC) 20:42, Myra Estrada (H) 20:44, Paige Caldwell (UC) 21:02, Leslie Crews (UC) 21:06.

6-10: Rebecca McKeown (UC) 21:07, Christine Keays (OLP) 21:09, Myrna Diaz (H) 21:14, Cynthia Johnson (UC) 21:21, Kelli Wilson (OLP) 21:48.

At Morley Field, Oct. 21.

BOYS (3.05 miles):

Scripps Ranch 23, La Jolla 33.

Scripps Ranch 16, Hoover 47.

La Jolla 17, Hoover 46.

1: Steve Rider (SR).

GIRLS (3.05 miles):

Scripps Ranch 21, La Jolla 34.

Scripps Ranch 15, Hoover 50.

La Jolla 15, Hoover 50.

1: Emily McFarland (SR) 18:35.

At Morley Field, Oct. 22.

BOYS (3.05 miles):

St. Augustine 23, Mission Bay 36.

1: Brian Sullivan (StA) 16:24.

GIRLS (3.05 miles):

Our Lady of Peace 29, Mission Bay 30.

1: Anallia Bustos (MB) 21:04.

At Morley Field, Oct. 28.

BOYS (3.05 miles):

La Jolla 24, University City 33.



Marc Niernan, University City

1-5: David Dunbar (LJ) 16:34, Ray Chacon (LJ) 16:35, Jon O'Connor (UC) 16:50, Marc Niernan (UC) 17:07, Jon Landau (UC) 17:10.

6-10: Nate Lloyd (LJ) 17:14, Steve Doane (LJ) 17:17, Matt Granger (LJ) 17:22, Mark Anderson (LJ) 17:23, Jared Hersh (UC) 17:27.

Scripps Ranch 17, Mission Bay 43.

1: Steve Rider (SR) 16:17.

GIRLS (3.05 miles):

La Jolla 27, University City 30.

1-5: Morgan Romine (LJ) 19:26, Katherine Ziegler (UC) 19:36, Kara Dose (LJ) 20:06, Paige Caldwell (UC) 20:26, Cynthia Johnson (UC) 20:30.

6-10: Julia Otis (LJ) 20:44, Leslie Crews (UC) 21:06, Meaghan Mayer (LJ) 21:15, Sara Harrison (LJ) 21:18, Erin Mote (LJ) 21:20.

Scripps Ranch 22, Mission Bay 36.

1: Emily McFarland (SR) 18:47.

At Morley Field, Monday, Nov. 4.

BOYS (3.05 miles):

Scripps Ranch 27, St. Augustine 29.

1-5: Steve Rider (SR) 15:33, Adam Greene (StA) 15:40, Brian Sullivan (StA) 15:54, Mike Stokes (SR) 16:16, Patrick Grimes (SR) 16:18.

6-10: Ron Anderson (SR) 16:37, Brian Janes (StA) 17:00, Alfonso Espinoza (StA) 17:06, Jerry Samaniego (StA) 17:08, Colin Donnelly (StA) 17:14.

GIRLS (3.05 miles):

Scripps Ranch 18, Our Lady of Peace 37.

1-5: Emily McFarland (SR) 18:14, Kelly Grimes (SR) 18:16, Kim Rogoff (SR) 20:33, Angeline Spain (SR) 20:39, Claire Beck (OLP) 21:10.

6-10: Kelli Wilson (OLP) 21:20, Heidi Dietterle (OLP) 21:26, Lisa Nguyen (SR) 21:39, Jenna Graciano (OLP) 21:51, Gombes (OLP) 22:00.

DON'T JUST RUN, FLY!



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