

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

*Covering San Diego Section Cross Country and Track & Field*

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Orange Glen's Kendra Goffredo is on her way to an impressive win in the Palomar finals last week. Rancho Bernardo's Julie Manson and Sarah Wilkins gave Goffredo a good race and took fourth and second in the meet.

## *CIF: Who wants to have some fun? Or, are you just saying it?*

Kramer, Jerry Seinfeld's wacky neighbor, once burst into Jerry's apartment and asked, "Who wants to have some fun?"

Then, it was, "Now, do you really want to have some fun? Or, are you just saying you want to have some fun?"

Seinfeld: "I really want to have some fun."

George: "I'm just saying I want to have some fun."

At today's CIF meet, we begin to find out the answer to a related question: who really wants to race?

At this particular point in this particular season, health is a key matter as never before.

A number of teams have key athletes on the shelf, or who are just coming back from injuries, or who are uncertain of their condition, or who are just recovering from, in

the middle of, or just beginning to feel the effects of, illness.

At this point, there are a thousand questions. After today, we'll have the answers.

Here's a quick peek at what's ahead, as athletes today vie for state meet qualifying berths, CIF championships, and all-CIF awards.

Best team races of the day will be in the Division II and Division I boys races, where there are many contenders, and many unknowns.

In Division I boys, Poway is now the favorite after a very solid race at last week's Palomar meet. But they'll have to be just as

**See page 3.**

What's inside:  
*The latest on league finals week, state rankings, and more*

**LEAGUE CHAMPIONSHIPS WEEK** is one of a kind. For the editor's impressions of the week's highlights, see page 2.

**FINALS RESULTS** coverage begins inside:

**GRANITE HILLS** sprang an upset at the Grossmont League meet; see pages 4-5.

**POWAY** returned to form at the Palomar League; see pages 6-7.

It was the **TORREY PINES** show at the Avocado League; see pages 7-8.

**SAN DIEGO's** boys were impressive at the Eastern League; see pages 9-10.

**SCRIPPS** teams ruled the Western League; see pages 10-11.

**BONITA VISTA** teams highlighted the Metro League; see pages 11-12.

**NICK HAMLIN** stars at the Harbor League; see page 13.

**HOLTVILLE** is denied entry at the Southern Conference; see page 14.

For results of the **FROSH/SOPH CHAMPIONSHIPS** and the final **DUAL HIGHLIGHTS**, see page 15.

To see how local teams rank in the state, check the **STATE RANKINGS** on page 16.



# From the editor -- Finals week: five days of (mostly) highlights

League finals week is always intense. I was able to attend seven meets in five days. That included the Western meet on Tuesday; the Harbor meet on Wednesday; the Eastern meet on Thursday; the Avocado and the Palomar meets on Friday; and the Grossmont South and the Grossmont North meets on Saturday morning.

Generally, it was an uplifting week, where, all over the county, the best runners met in the spirit of friendly and fair competition, with one exception.

That exception was the Southern Conference, which apparently didn't want any part of their league's best runners. Instead of a cross country meet that celebrated and rewarded excellence, league officials decided to hold what were, in effect, intramurals. For more on that story, see page 14.

Here's some of the highlights of what I saw:

**Best individual race:** Was for the individual boys title at the Western League meet, where Scripps Ranch's Steve Rider and St. Augustine's Brian Sullivan battled it out for 3-plus miles on the Morley Field course. Sullivan finished maybe six inches ahead, and both runners were given times of 15:22.

**Next best race:** In the Grossmont finals, Santana's Jaymie Harper's surge just before the two-mile mark finally opened some distance on Grossmont's Sophia Hawker, and Harper won the duel between two of the county's best.

**Biggest winning margin:** Patrick Henry's Lisa Bengtson won the Eastern meet by 1:07. In boys racing, Madison's Nick Hamlin had the biggest edge, taking the Harbor League by 0:41.

**Tightest pack:** San Diego's boys. They were only spread 0:15 seconds from 1 to 5.

**Three teams won both boys and girls league titles:** Bonita Vista (Metro), Scripps Ranch (Western) and Torrey Pines (Avocado).

**Most spirited teams:** Many, obviously, but Point Loma's boys and West Hills' boys both had an extra charge in their psych on race day.

**Most overlooked teams:** San Diego's boys, and Torrey Pines' girls. Both have been

unranked all year, and both won league titles in impressive fashion.

**Most overlooked group:** The Eastern League boys teams. The entire league was deep in quality runners.

**Best strategy:** Was by Poway's boys team, who charged to the front right away in their race at Guajome Park. The Titans were able to avoid some of the bottlenecks on the course, and it had to have helped their team effort.

**Deepest depth (boys):** Poway didn't have a finisher higher than seventh in the Palomar meet, but had five in the first 14, and eight in the first 22.

**Deepest depth (girls):** Fallbrook. Their fourth runner was ninth in the talented Palomar field; their fifth runner was 11th; their seventh runner was 15th; their eighth runner was 22nd; their ninth runner was 30th.

**Almost as deep (girls):** Valhalla. The Grossmont South field was relatively small, but Valhalla went 1-2-4. Their fourth runner was 7th; their sixth runner was 10th; their seventh runner was 12th. In addition, they swept the first three places in the junior varsity race, in times that would all have placed in the top 15 in the varsity race.

**Toughest way to lose (boys):** Rancho Bernardo came into the Palomar final with the section's number one ranking, and was 7-0 in league duals. But RB tied for second in the finals with Mt. Carmel, and lost a tie-breaker to the Sundevils (on a sixth man). The third place finish cost them a tie for the overall league title, which went to Poway.

**Toughest way to lose (girls):** Escondido was 7-0 in league meets coming into the Avocado final, but also narrowly lost a chance to tie for the title. Torrey Pines took the meet, and the Cougars could have tied for the title with a second in the finals. But Ramona edged Escondido by one point, and the Cougars were third in the finals, and second in overall league standings.

**Classy teams in defeat:** Point Loma's boys, and El Capitan's boys. Both had some top runners either on the sidelines or not healthy, but both teams made quality efforts and offered no excuses.

**Saddest sight:** So many great runners on the sidelines. That included top athletes like La Jolla's Shannon O'Connor, Orange Glen's Cara Rumble, West Hills' Heather Shurtleff, and El Capitan's Steve Daynes.

**Fashion statements:** The Torrey Pines girls teams and the Helix girls team both

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displayed new uniforms at the finals.

Torrey's girls had white tops that made them hard to spot at first. The dominant color in Helix' new uniforms is black.

**Fashion statement, part two:** Dustin Diaz showed up for the Grossmont awards ceremony wearing a big red "S" on his chest.

**Fashion statement, part three:** Coronado's girls wore sleigh bells.

A team that reflects the personality of its coach: Fallbrook (Marty Hauck). Another example: Grossmont's girls team (Shannon Singer).

**Smoothest running meet:** the Grossmont, as usual. Despite the potential for confusion with two separate leagues running together, the results are sorted out efficiently, the awards program is a model for other leagues, and they even have complete printed results available in a reasonable amount of time.

**Good young runners (boys):** Two sophomores won league titles: Marcus Chandler, Serra (Eastern) and Jason Finch, Granite Hills (Grossmont South). Four junior boys won league titles: Brian Sullivan, St. Augustine (Western), Reed Steel, Carlsbad (Avocado), Mike Baskin, Mt. Carmel (Palomar), and Dustin Diaz, West Hills (Grossmont North). Only two league titles went to seniors.

**Good young runners (girls):** Four league titles went to sophs: Emily McFarland, Scripps Ranch (Western), Lisa Bengtson, Patrick Henry (Eastern), Lanele Cox, Escondido (Avocado), and Lindsay Weinberg, La Jolla Country Day (Southern). Two wins were by juniors: Kendra Goffredo, Orange Glen (Palomar), and Andrea Clemons, Valhalla (Grossmont South). Three titles went to seniors.

## For the record...

The correct spellings for the names of three outstanding girl runners:

Lisa Bengtson, Patrick Henry, who is the Eastern League champ. She is the granddaughter of former Green Bay Packer head coach Phil Bengtson (who also was a Charger defensive coach).

Kjirsten Bevins, Serra. The soph was 8th in the Eastern League.

Kim Crosswell, Fallbrook. The frosh was 9th in the Palomar League.

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# CIF Preview:

From page 1.

good this week to hold off challenges from teams such as Mt. Carmel, Rancho Bernardo and Torrey Pines. Also in the mix are San Diego, Granite Hills, Vista, Rancho Buena Vista and Bonita Vista.

The individual race will feature Mt. Carmel's Mike Baskin, Chula Vista's Adrian Ramirez and Granite's Jason Finch. RBV's Fernando Blanco, Vista's Gonzalo Garcia, RB's Eron Tello, and a number of runners from Torrey should also finish well up there. Top ten contenders are too numerous to list here. It will be cut-throat competition for the individual state slots.

In Division II boys, there are six teams that are viable title candidates: West Hills, El Capitan, Scripps Ranch, Valhalla, Point Loma and San Pasqual. Carlsbad is a long shot.

## Rating the packs:

Good cross country teams pride themselves on keeping their scoring pack of five runners close together. The tactic is a proven method for winning championship meets, provided the group is moving fast enough.

Here's a comparison of the time elapsed, for runners 1 to 5, for the teams that won championship meets last week:

- 0:15 San Diego boys
- 0:24 Poway boys
- 0:44 Point Loma girls
- 0:49 Fallbrook girls
- 0:49 Valhalla girls
- 0:50 Bonita Vista boys
- 1:05 Torrey Pines boys
- 1:07 Granite Hills boys
- 1:08 Torrey Pines girls
- 1:11 West Hills boys
- 1:19 Coronado girls\*
- 1:27 Santana girls
- 1:30 Bonita Vista girls
- 1:53 Clairemont boys\*
- 2:16 Scripps Ranch boys
- 2:35 Scripps Ranch girls

\* -- The Harbor League finals was a non-scoring meet.



Justin Marche, San Diego, Jose Muniz, Patrick Henry, and David Hayes, Point Loma, race in the Eastern Finals last week. The Cavers won as Marche and four of his teammates finished within 15 seconds of each other.

The individual race could be one of the best of the day among Carlsbad's Reed Steel, West Hills' Dustin Diaz, El Cap's Steve Daynes (if healthy), and Scripps' Steve Rider. El Camino's David Romero-Young will not be far behind that group.

Ramona is a solid favorite in the Division III boys race, if they are healthy. Mar Vista should give them a solid race. Santana, Serra, Oceanside and La Jolla are longshots.

The individual race among the Serra twins, Marcus and Marice Chandler, and Ramona's James Adams (if healthy) should be good.

St. Augustine is a heavy favorite in Division IV, with Clairemont the next best team. The individual race among Saints Brian Sullivan, Adam Greene and Madison's Nick Hamlin will be worth watching.

Holtville seems to be the class of Division V, but their team has had too few races to get a read on. One certainty is that Holtville's Miguel Ramirez is the section's best bet for success at the state level, provided he's in peak condition.

In girls Division I, a number of state ranked teams will be on display. Fallbrook has been more impressive in each meet this year. If they move it up to another level, they'll be seriously scary. Orange Glen is one of the best teams in the state, but will need to have all their guns healthy to challenge Fallbrook. If Cara Rumble runs (and runs well), and if Katie Cottrell continues to

See page 16.

## DON'T JUST RUN, FLY!



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# Grossmonts: Valhalla girls, Granite boys, Santana girls, West Hills boys get wins Harper, Diaz, Clemons, Finch take league titles

One of the biggest upsets in league finals week came at the Grossmont meet, where the Granite Hills boys took the Grossmont South title away from a strong Valhalla squad.

Other team titles at the meet, which was held at Harry Griffen Park on Saturday morning, were won by Valhalla's girls (South), Santana's girls (North), and by West Hills' boys (North).

Individual titles went to Santana's Jaymie Harper, Valhalla's Andrea Clemons, West Hills' Dustin Diaz and Granite Hills' Jason Finch.

The league runs both races together, and Harper and Diaz each finished first overall.

Of the four team champs, only the victory by Valhalla's girls could have been predicted with much certainty a month ago.

Heather Shurtleff of West Hills, one of the very best girl runners in the county, was shelved by an injury (possible stress fracture), and West Hills was unable to replace her.

At this meet, Santana won the North team title handily. Jaymie Harper, as mentioned, was first, but the Sultans also had runners in third (Kim Pace), fifth (Ava Benitez) and sixth (Kim Baza).

Harper's race for the title was one of the best races of the week, as she battled Grossmont's Sophia Hawker. Hawker led for the first half of the race, but Harper made a move with maybe a half mile to go and finished strongly. Valhalla's Clemons, comfortably ahead in the South race, caught Hawker in the final stages.

Granite Hills' boys team peaked perfectly and came up with big races from their entire roster. Finch won the South race, and teammate Mike Gilmore was second. The Eagles ran well on down the line, with Nick Rivera in sixth, Danny Buxton in eighth, and Nick Sabala in 12th.

Valhalla's boys, who have been outstanding at times this year, managed to keep some of their pack together, but a few key runners were sick during race week, and the team got spread out more than usual. They did put four runners in the top ten, so it was hardly a collapse.

The West Hills boys team would have been picked by few a month ago, but they have come on strong, and are now running with confidence.

That confidence comes right from the top, where Dustin Diaz has developed into one of the section's best.

"Diaz is just so mentally tough," West Hills coach Pat Connolly said. "He had one of his best races. He had a smile on his face."



Jaymie Harper, Santana  
Grossmont North Champion

"The way I feel is, I'm not really running the races," Diaz said. "I let God do it, through me. He comes through."

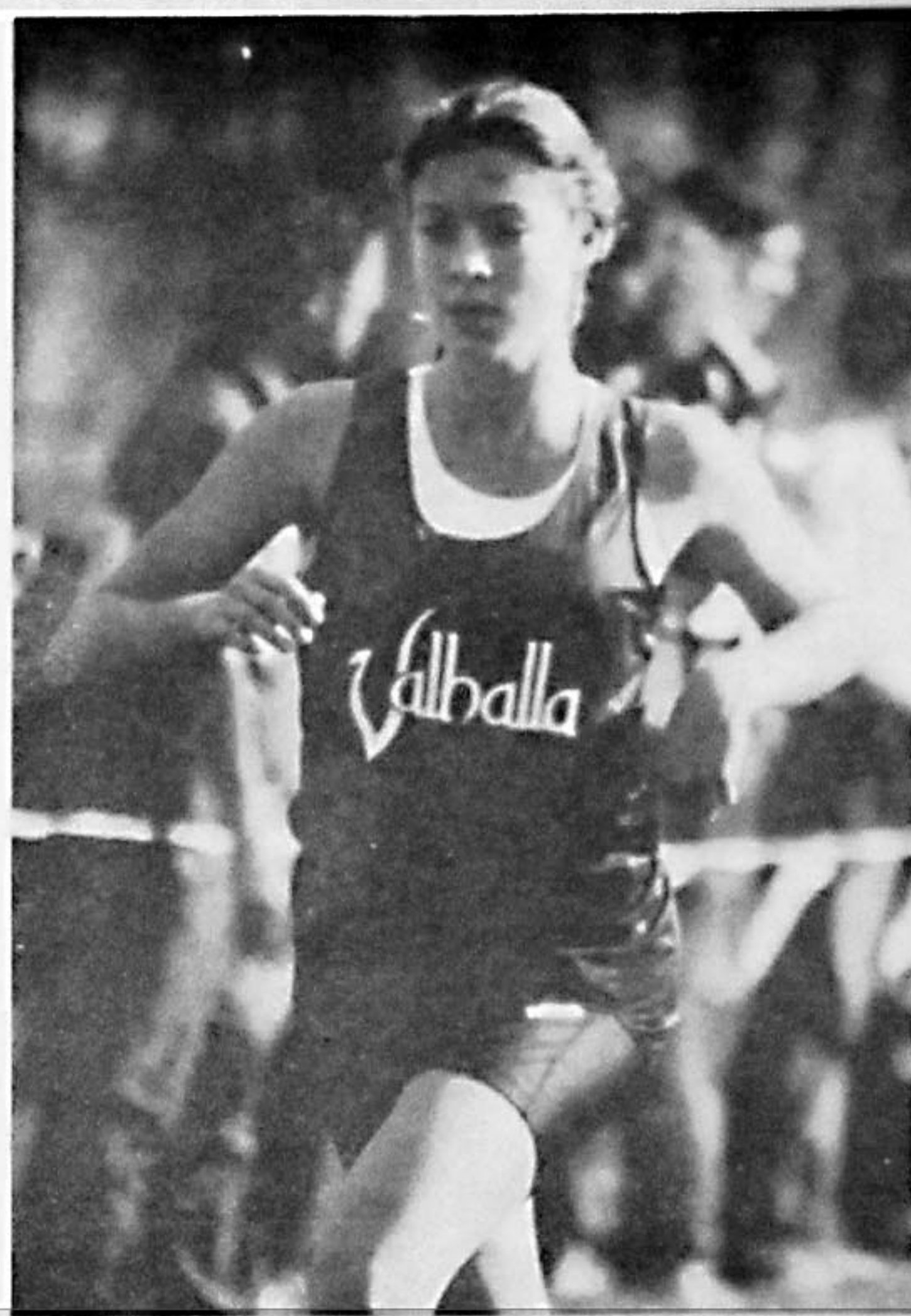
El Capitan, another great team, has had a few health problems in the last weeks, and they ran this race without ace Steve Daynes and another scorer, Jerrad Payne.

"For the guys we had out there, we ran great," El Cap coach Bill Cleves said. John Bates led the Vaqs with a second place finish.

West Hills had five in the top ten, including Diaz, Don Overland-McKay (third), Matt Rendina (fifth), Chris Nagao (sixth) and Chris Lahti (tenth).

The Valhalla girls have just been great all year, and it was more of the same here.

Clemons won, and freshman Carri Leto was just nine seconds back, in second. After that, it was a flood of orange: Kelley Halligan (fourth), Elaine Lassen (seventh), Amy Kermott (ninth), Margie Broselle (tenth), and Sarah Chionis (12th).



Andrea Clemons, Valhalla  
Grossmont South Champion

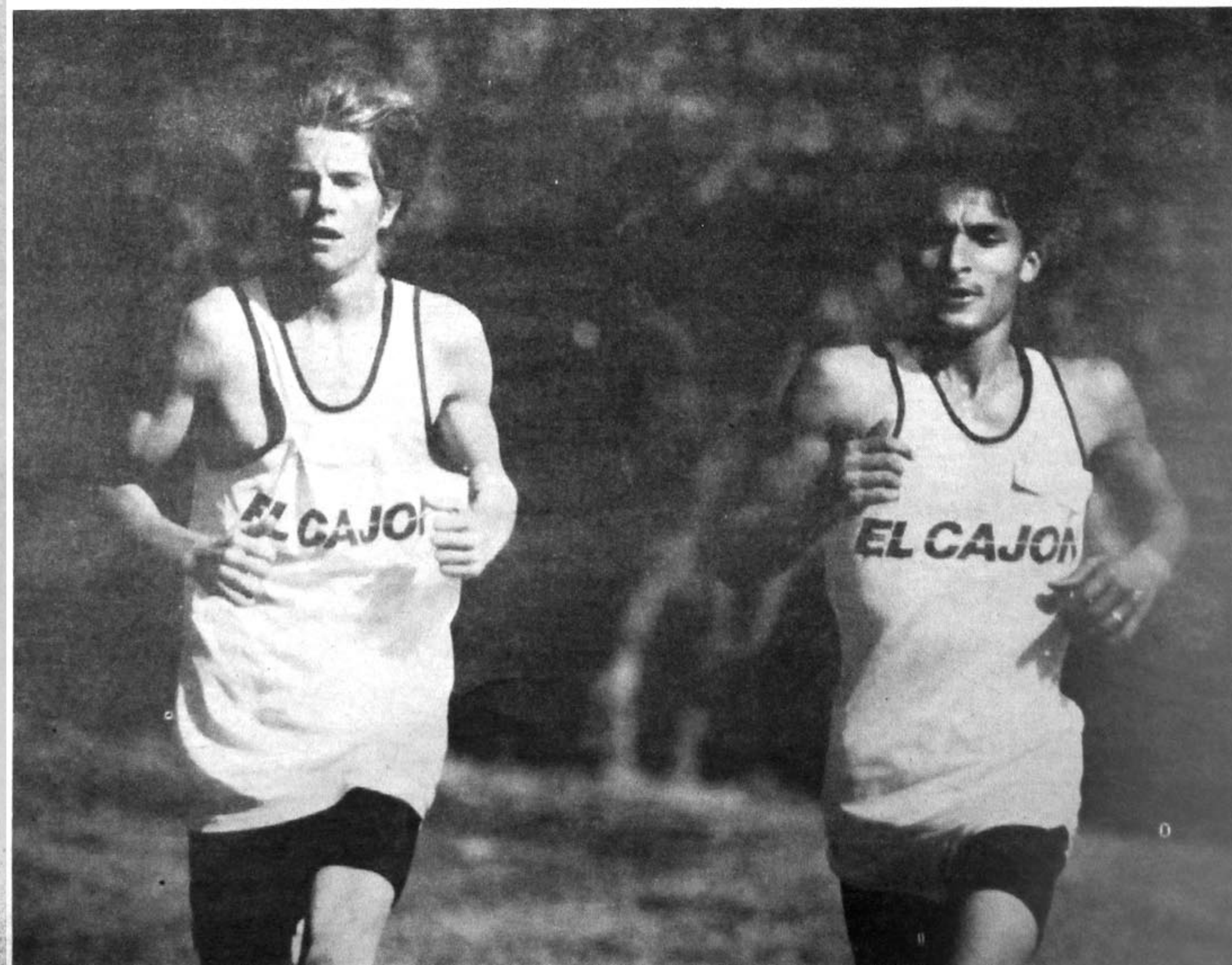
The results:

## BOYS:

### Top Twenty Finishers (both leagues):

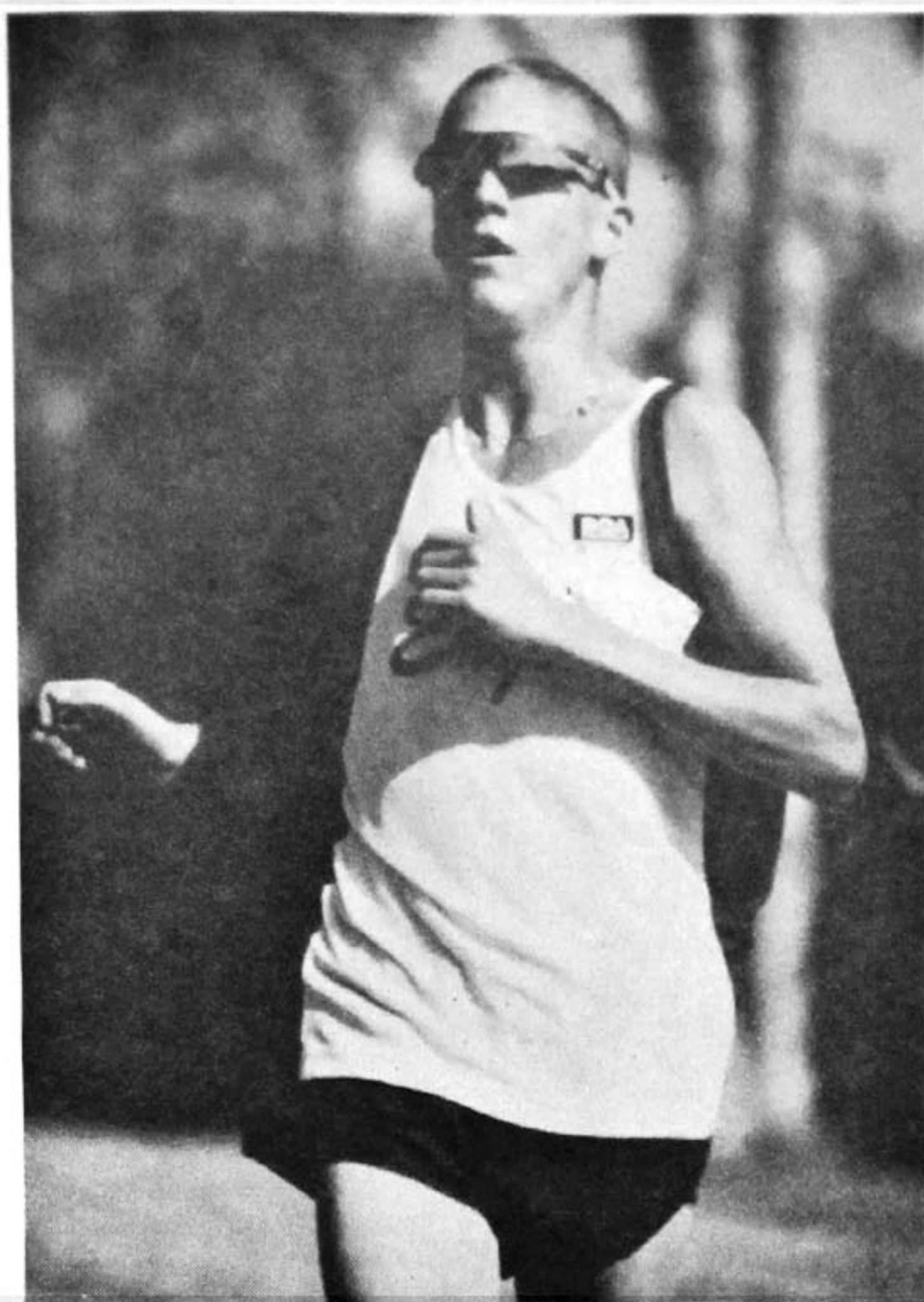
- 1-5:  
16:11 Dustin Diaz, West Hills, 11  
16:36 Jason Finch, Granite Hills, 10  
16:43 John Bates, El Capitan, 12  
16:48 Mike Gilmore, Granite Hills, 12  
16:53 Don Overland-McKay, West Hills, 11  
6-10:  
16:58 Serafin Carrillo, Monte Vista, 12  
17:01 David Boland, El Capitan, 12  
17:03 Jon Doroski, Valhalla, 11  
17:06 Matt Rendina, West Hills, 10  
17:08 Dan Kinsella, Helix, 10  
11-15:  
17:08 Nick Rivera, Granite Hills, 11  
17:14 Chris Nagao, West Hills, 12  
17:15 Doug Singer, Santana, 12  
17:16 Tony Principe, El Capitan, 12  
17:21 Kiflom Abraha, Grossmont, 11  
16-20:  
17:22 Chris Lahti, West Hills, 12  
17:23 Matt Theisen, Valhalla, 10  
17:26 Danny Buxton, Granite Hills, 12  
17:28 Ben Wagner, Valhalla, 10  
17:28 Aaron Jones, Valhalla, 12

See page 5.

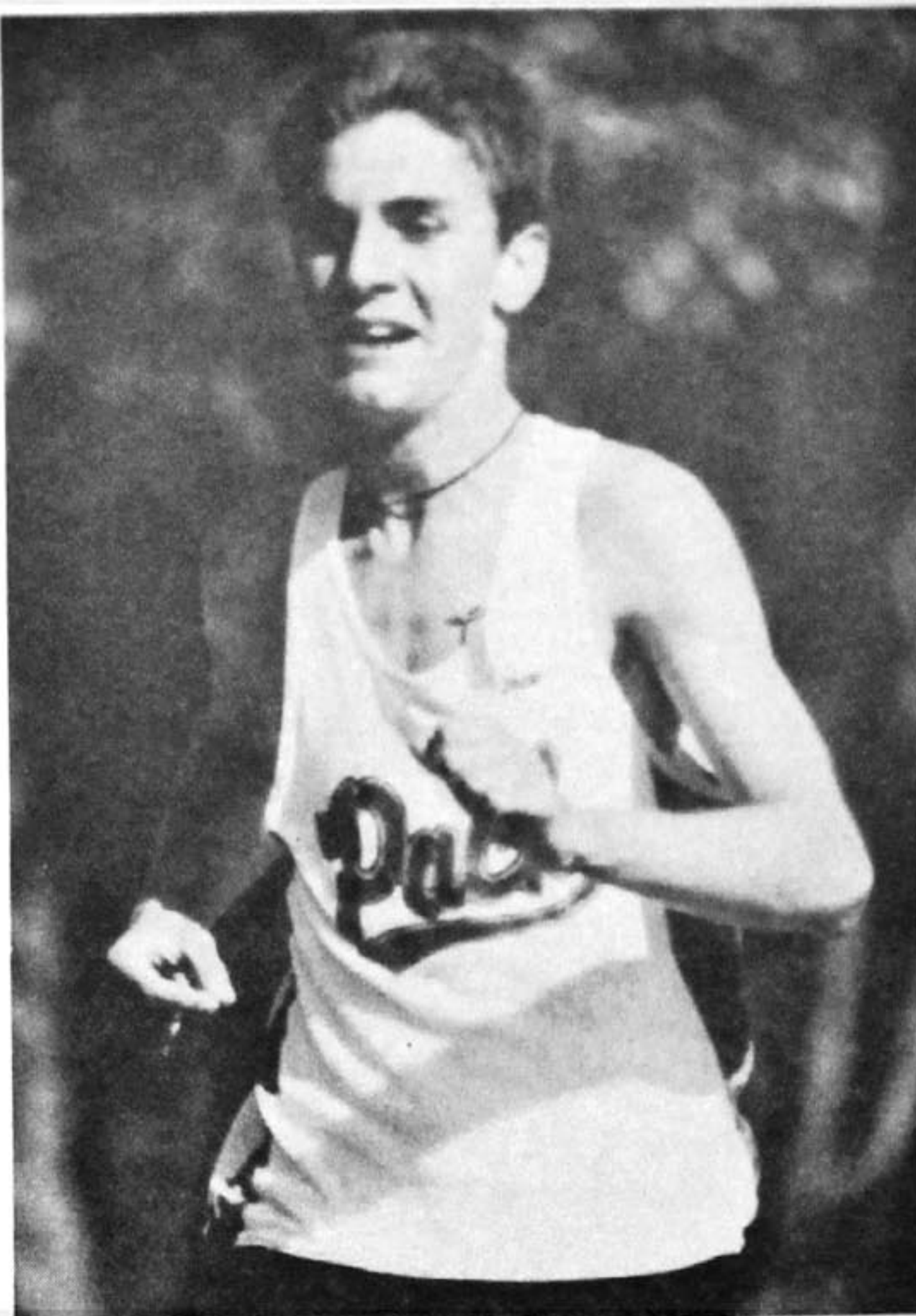


Kevin Martinez and Cesar Patricio, El Cajon Valley





**Jason Finch, Granite Hills  
Grossmont South Champion**



**Dustin Diaz, West Hills  
Grossmont North Champion**

## Grossmont: From page 4.

### Grossmont North Varsity:

**Teams:** West Hills 25, El Capitan 51, Santana 69, Grossmont 80, El Cajon Valley, no score. West Hills wins overall Grossmont North championship, based on finals meet win combined with 4-0 dual meet record.

### Individuals (32 finishers):

**1-5:** Dustin Diaz (West Hills) 16:11, John Bates (El Capitan) 16:43, Don Overland-McKay (WH) 16:53, David Boland (ECap) 17:01, Matt Rendina (WH) 17:06.

**6-10:** Chris Nagao (WH) 17:14, Doug Singer (Santana) 17:15, Tony Principe (ECap) 17:16, Kiflom Abraha (Grossmont) 17:21, Chris Lahti (WH) 17:22.

**11-15:** Paul Saccone (WH) 17:35, Nathan Snodgrass (S) 17:38, Tyson Oberndorfer (G) 17:42, Mark Petitfils (S) 17:48, Jake Bishop (S) 18:07.

**16-20:** Colter Bollinger (G) 18:08, Ryan Beckhelm (G) 18:09, Nick Mathis (ECap) 18:09, Matt Freeman (ECap) 18:26, Josh Freese (ECap) 18:26.

**21-25:** Mike Ficken (WH) 18:42, Scott Kaforey (S) 18:51, Mike Hunter (S) 18:52, Jeff Gladstone (ECap) 18:57, Kevin Gossett (G) 19:04.

### Grossmont South Varsity:

**Teams:** Granite Hills 29, Valhalla 44, Helix 65, Monte Vista 117, Mount Miguel 125. Granite Hills wins overall Grossmont South championship, based on

league finals win, plus 3-1 dual meet record.

### Individuals (33 finishers):

**1-5:** Jason Finch (Granite Hills) 16:36, Mike Gilmore (GH) 16:48, Serafin Carrillo (Monte Vista) 16:58, Jon Doroski (Valhalla) 17:03, Dan Kinsella (Helix) 17:08.

**6-10:** Nick Rivera (GH) 17:08, Matt Theisen (V) 17:23, Danny Buxton (GH) 17:26, Ben Wagner (V) 17:28, Aaron Jones (V) 17:28.

**11-15:** Jack Favilukis (H) 17:39, Nick Sabala (GH) 17:43, Amanuel Gebru (H) 18:05, Sean Nugent (V) 18:07, William Burer (V) 18:08.

**16-20:** Brad Leavitt (H) 18:16, Chris Mananquil (Mount Miguel) 18:27, David Rivera (GH) 18:30, Rafael Morales (MV) 18:32, Rodger O'Keefe (H) 18:32.

**21-25:** Brandon Vielguth (GH) 18:51, Antonio Sweeney (MM) 18:56, Kristian Schmidt (H) 19:02, Musie Meche (H) 19:16, Bryon Lamorandier (V) 19:20.

### Junior Varsity (combined leagues):

**Teams:** El Capitan 32, Valhalla 34, West Hills 71, Helix 154, Grossmont 198, Granite Hills 232, Santana 312, Monte Vista 329. Mount Miguel and El Cajon Valley, no score.

### Individuals (96 finishers):

**1-5:** David Olsen (ECap) 13:05, Ryan Rice (ECap) 13:05, Jason Vestal (ECap) 13:09, Tyler Ludwig (V) 13:09, Matt Rodriguez (V) 13:11.

**6-10:** Jarrod Hammack (V) 13:15, Jonathon Smulders (V) 13:18, Dennis Bollman (G) 13:19, Andrew Musbach (WH) 13:24, Brian Covell (WH) 13:24.

### GIRLS:

#### Top Twenty Finishers (both leagues):

**1-5:**  
13:56 Jaymie Harper, Santana, 12  
14:02 Andrea Clemons, Valhalla, 11  
14:07 Sophia Hawker, Grossmont, 12

14:11 Carri Leto, Valhalla, 9  
14:12 Stacey Murphy, Granite Hills, 12  
**6-10:**  
14:21 Kelley Halligan, Valhalla, 12  
14:28 Kim Pace, Santana, 10  
14:34 Nicole Rodriguez, Granite Hills, 12  
14:36 Stephanie Kindreich, El Capitan, 12  
14:40 Ava Benitez, Santana, 9

**11-15:**  
14:41 Aida Garcia, Mount Miguel, 10  
14:48 Kim Baza, Santana, 11  
14:50 Elaine Lassen, Valhalla, 10  
14:51 Natalie Sullivan, Helix, 10  
14:51 Amy Kermott, Valhalla, 10

**16-20:**  
15:02 Lisa Peklar, Grossmont, 10  
15:04 Margie Broselle, Valhalla, 12  
15:09 Jenny Holdzkorn, West Hills, 12  
15:09 Sarah Garcia, West Hills, 11  
15:14 Rebecca Bartell, West Hills, 9

### Grossmont North Varsity:

**Teams:** Santana 27, West Hills 57, Grossmont 59, El Capitan 82, El Cajon Valley 150. Santana wins overall Grossmont North championship, based on league finals win and 3-1 dual meet record.

### Individuals (32 finishers):

**1-5:** Jaymie Harper (Santana) 13:56, Sophia Hawker (Grossmont) 14:07, Kim Pace (S) 14:28, Stephanie Kindreich (El Capitan) 14:36, Ava Benitez (S) 14:40.

**6-10:** Kim Baza (S) 14:48, Lisa Peklar (G) 15:02, Jenny Holdzkorn (West Hills) 15:09, Sarah Garcia (WH) 15:09, Rebecca Bartell (WH) 15:14.

**11-15:** Sandi Jenkins (ECap) 15:17, Kerie O'Grady (S) 15:23, Renee de la Torre (G) 15:24, Lanae Hawker (WH) 15:40, Milinda Benitez (S) 15:46.

**16-20:** Shelley Van Winkle (WH) 15:47, Amanda Harper (S) 15:48, Rebecca Venegas (G) 15:48, Kelsey Bollinger (G) 16:03, Theresa Hepler (ECap) 16:05.

**21-25:** Joanna Shunk (G) 16:07, Kristen Green (WH) 16:21, Tiffany Fay (ECap) 16:22, Sonya McKeon (ECap) 16:45, Zoe Lieberman (G) 16:45.

### Grossmont South Varsity:

**Teams:** Valhalla 23, Granite Hills 52, Mount Miguel 80, Helix 84, Monte Vista 137. Valhalla wins overall Grossmont South championship, based on league finals win plus 4-0 dual meet record.

### Individuals (33 finishers):

**1-5:** Andrea Clemons (Valhalla) 14:02, Carri Leto (V) 14:11, Stacey Murphy (Granite Hills) 14:12, Kelley Halligan (V) 14:21, Nicole Rodriguez (GH) 14:34.

**6-10:** Aida Garcia (Mount Miguel) 14:41, Elaine Lassen (V) 14:50, Natalie Sullivan (Helix) 14:51, Amy Kermott (V) 14:51, Margie Broselle (V) 15:04.

**11-15:** Kristi Jones (GH) 15:27, Sarah Chionis (V) 15:41, Becky Mosteller (H) 15:47, Robin Hill (GH) 15:53, Anne Severtson (H) 16:09.

**16-20:** Tabatha Velis (MM) 16:23, Ashley Rioja (MM) 16:25, Morgen Runkles (MM) 16:27, Nicolette Stolis (GH) 16:31, Sabrina Pykles (H) 16:32.

**21-25:** Natalea Braden (GH) 16:38, Angela Panfili (GH) 16:45, Jessica Vargas (MM) 16:57, Velen (Monte Vista) 17:09, Sarah Rossmiller (MV) 17:16.

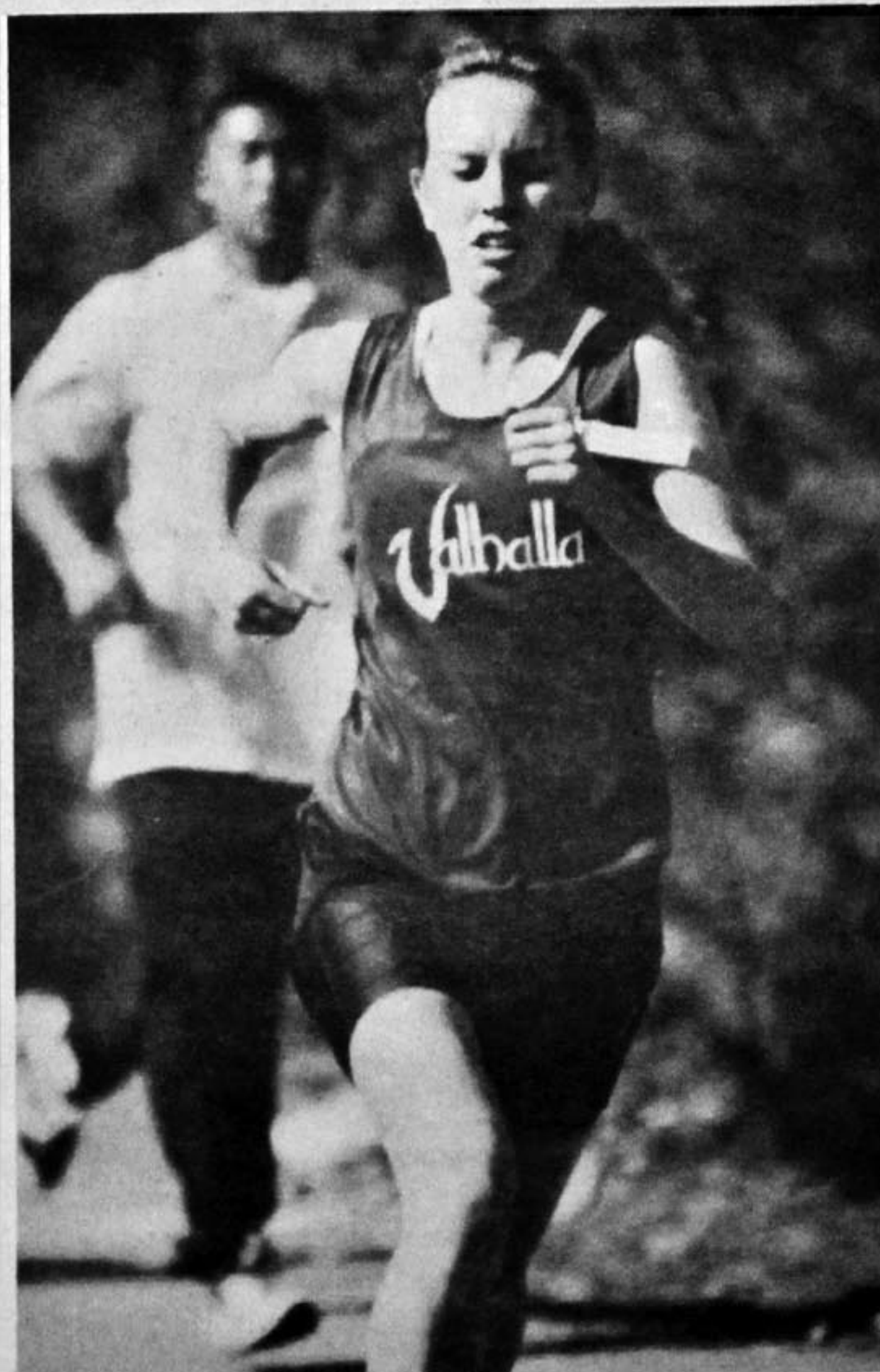
### Junior Varsity (combined leagues)

**Teams:** Valhalla 45, Santana 57, Grossmont 65, Helix 84, Granite Hills 105, West Hills 143, El Capitan 275, Mount Miguel 354. Monte Vista, El Cajon Valley, no score.

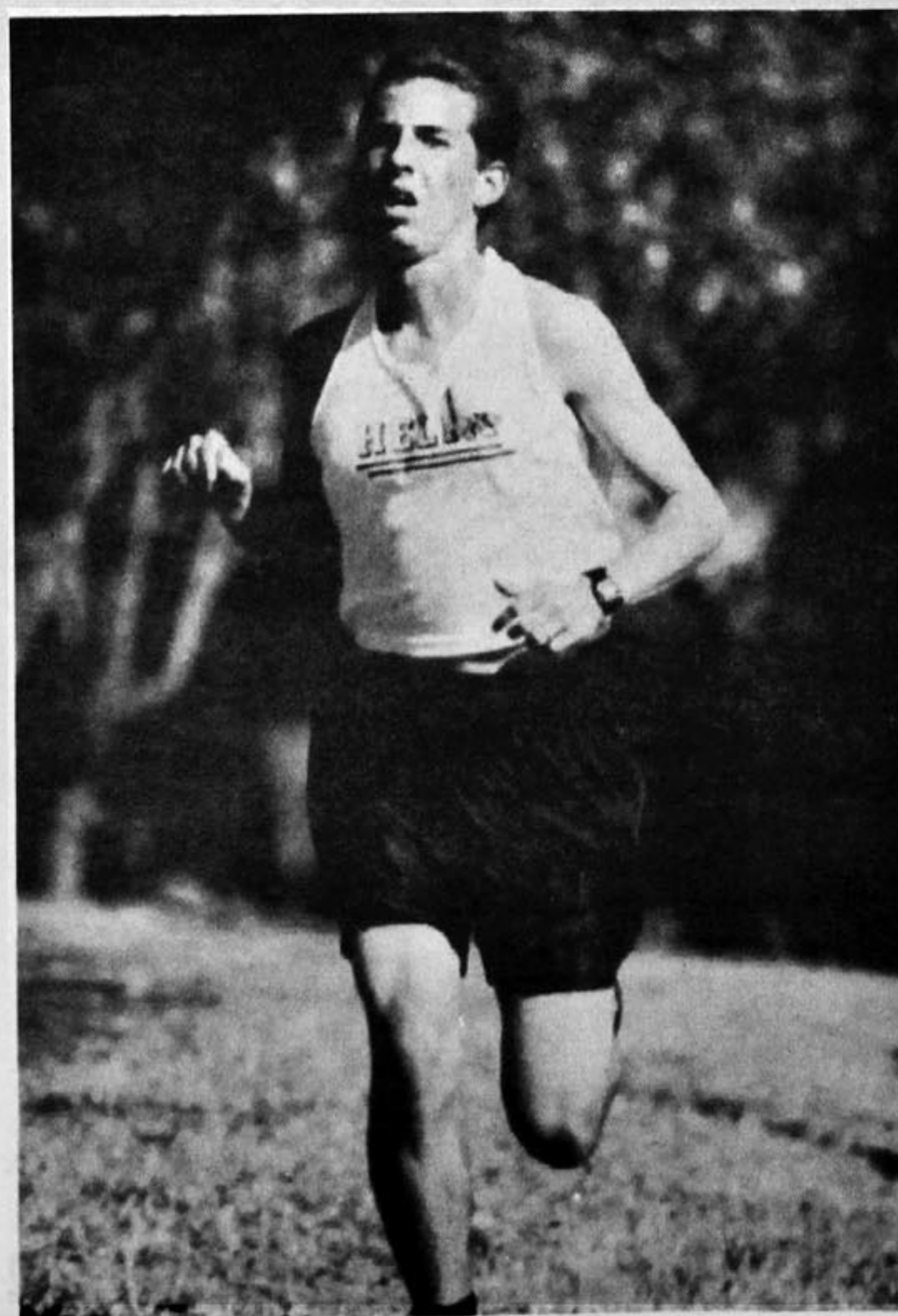
### Individuals (102 finishers):

**1-5:** Ashley Viens (V) 15:28, Casey Cleveland (V) 15:42, Christine Guntz (V) 15:57, Becki Chaney (S) 16:03, Mary Broding (S) 16:09.

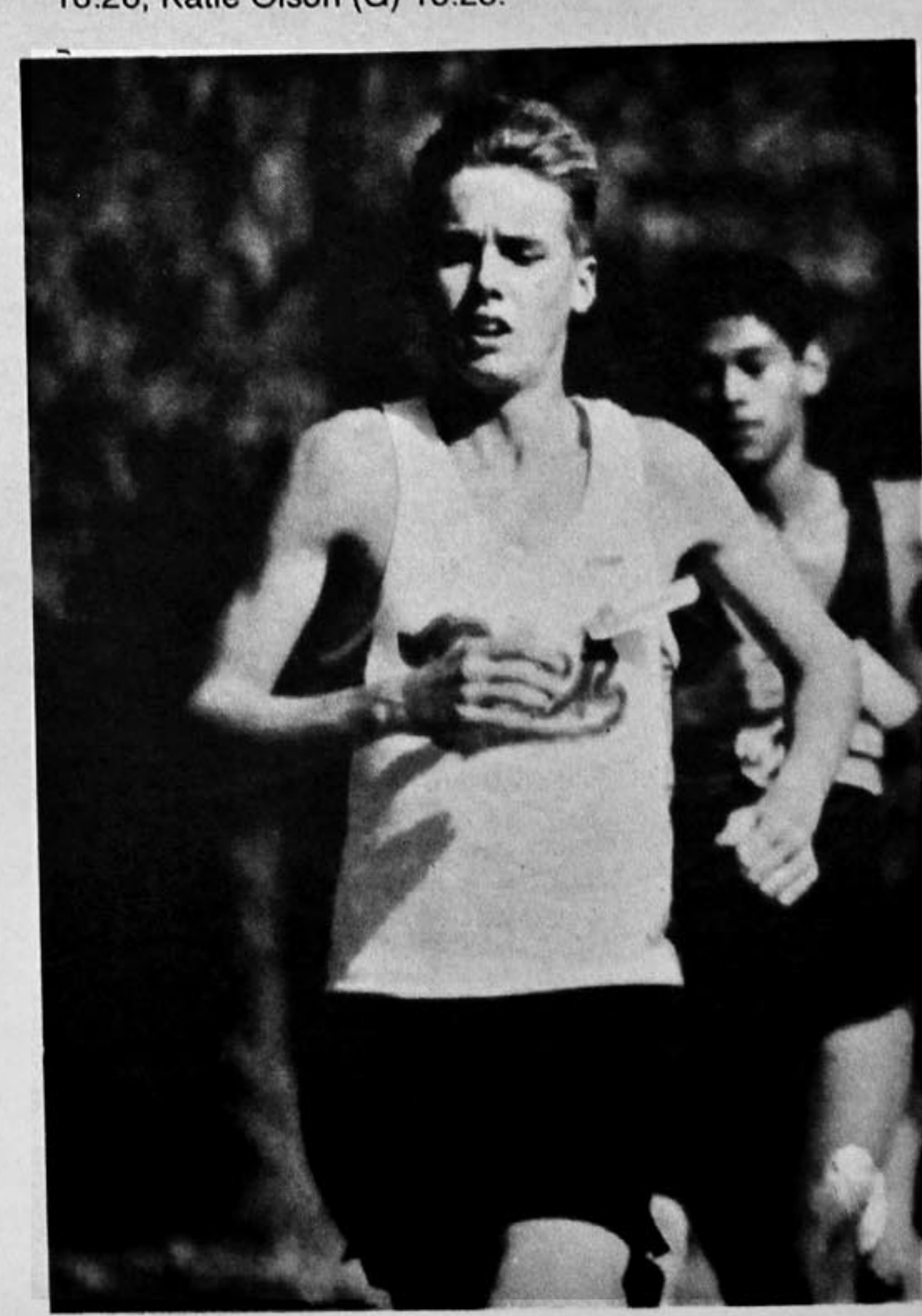
**6-10:** Paige Sessions (S) 16:16, Elena Venegas (G) 16:17, Jessica Hawn (S) 16:20, Inga Lintvedt (G) 16:26, Katie Olson (G) 16:28.



**Kelley Halligan, Valhalla**



**Dan Kinsella, Helix**



**Don Overland-McKay, West Hills**



# Palomar: Poway boys, Fallbrook girls triumph Baskin, Goffredo impress

It's never dull in the Palomar League. The boys team race had five potential winners, and the girls team race featured three of the top teams in the state.

Fallbrook's girls team and Poway's boys team took titles in the championship meet, held at Guajome Park on Friday.

Orange Glen's Kendra Goffredo and Mt. Carmel's Mike Baskin both looked very good in winning individual titles, and both runners led their squads to second-place finishes in the team race.

Fallbrook's girls dominated a field that included two other teams (Orange Glen and Vista) that were ranked in the state's top ten (in Division I). Senior Tricia Mattson took third in a talented field of girls, and a startling number of Fallbrook runners populated the top slots.

The Warriors are currently ranked third in the state in Division I. OG is number four, and Vista is ranked eighth.

The Fallbrook scorers also included Cathy Picha (6th), Kristen Brown (8th), Kim Crosswell (9th) and Carly Hampton (11th). The Warriors had two others in the top 15, and their eighth girl was 22nd in the field.

Did they dominate? Fallbrook's number five was one place behind Vista's number one. Fallbrook's number six was one place behind Mt. Carmel's number two. Fallbrook's number seven was one place ahead of Orange Glen's number three. Fallbrook's number eight was one place behind Poway's number two.

"I was really happy," Fallbrook coach Marty Hauck said. "It was a great meet. Our goal was to put seven in the top 15, and that's what we did."

Orange Glen, runner-up in the girls race, had a good news/bad news kind of meet. The bad news was that number two Cara Rumble was out. The good news was that Katie Cottrell returned to racing with a good effort that probably inspired her teammates. An expected challenge from Vista's girls didn't materialize, and OG was easily second.

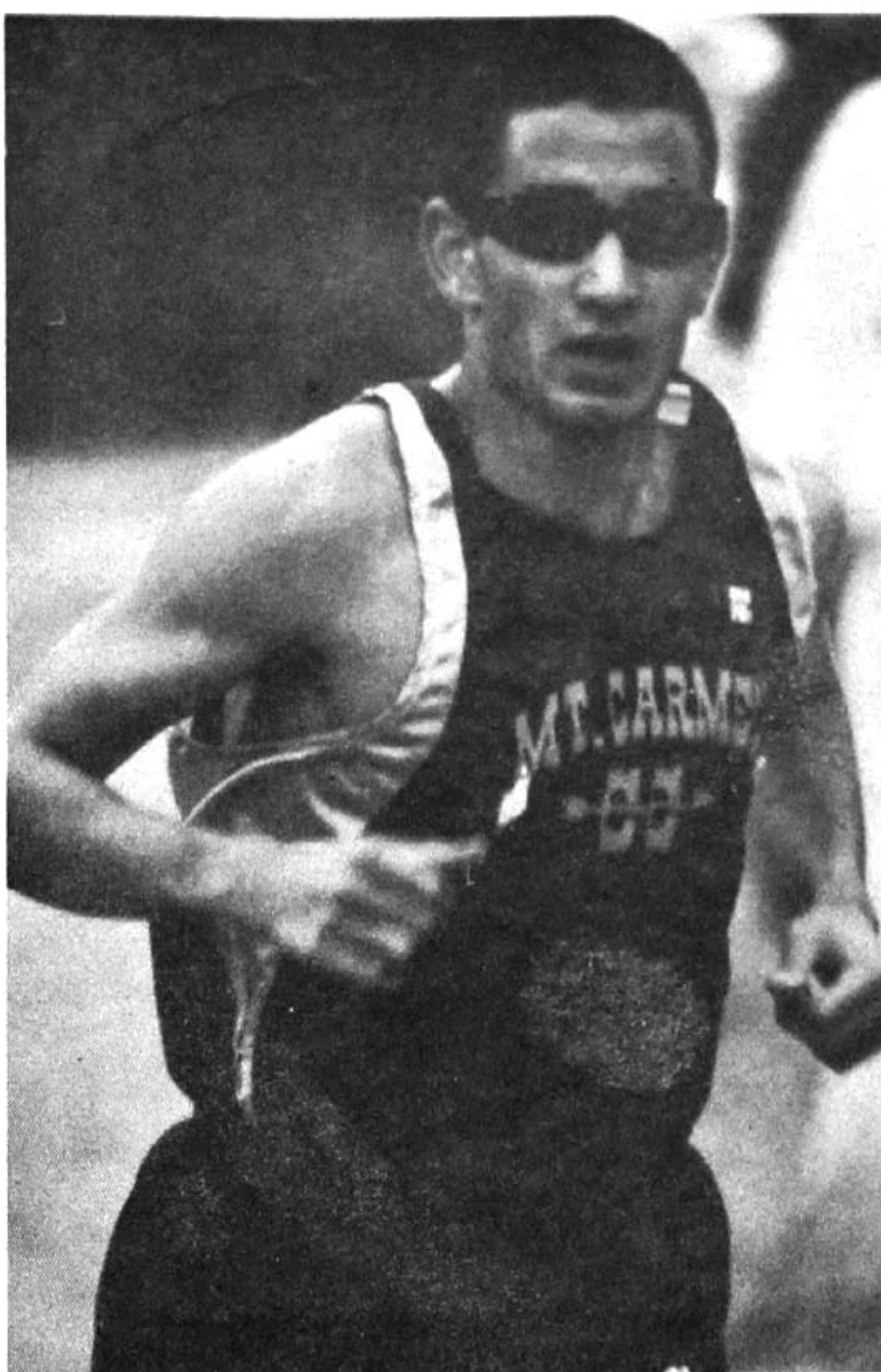
In fact, Poway's girls team tied Vista for the third spot.

"I was just as proud of my girls team as I was of my boys team," Poway coach Dan Schaitel said. "They've had to overcome some big demons."

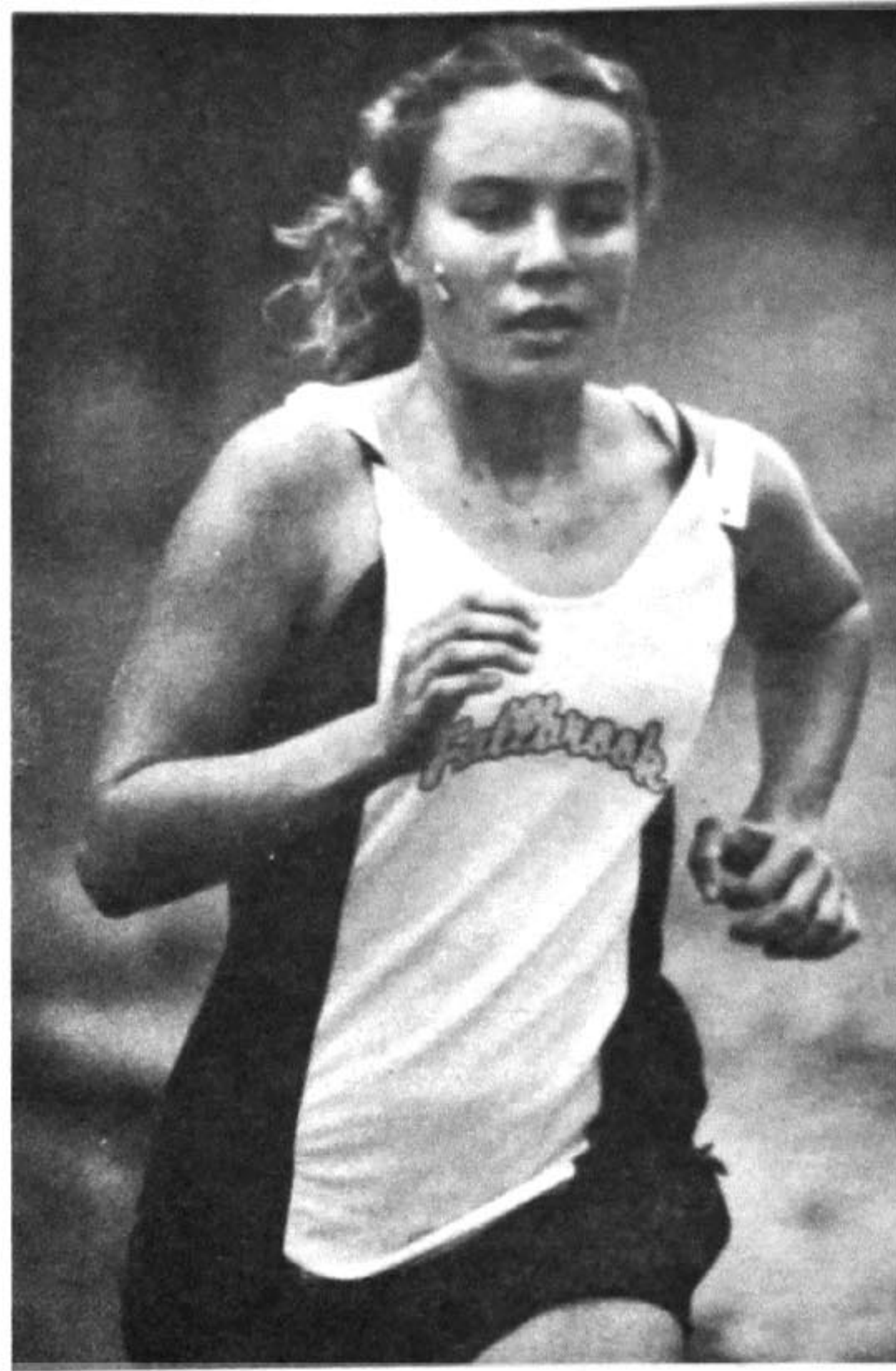
Individually, OG's Goffredo may have assumed the favorite's role at CIF with a win here, holding off a good field that included defending champ Sarah Wilkins, Tricia Mattson and Julie Manson.

The win for Poway's boys was considered an upset by some, but it's hard to understand why. The Titans had only one dual meet loss coming in, and they are the defending league and CIF champs. It was also Poway coach Schaitel's 50th birthday, so the Titans had the psych going on a number of levels.

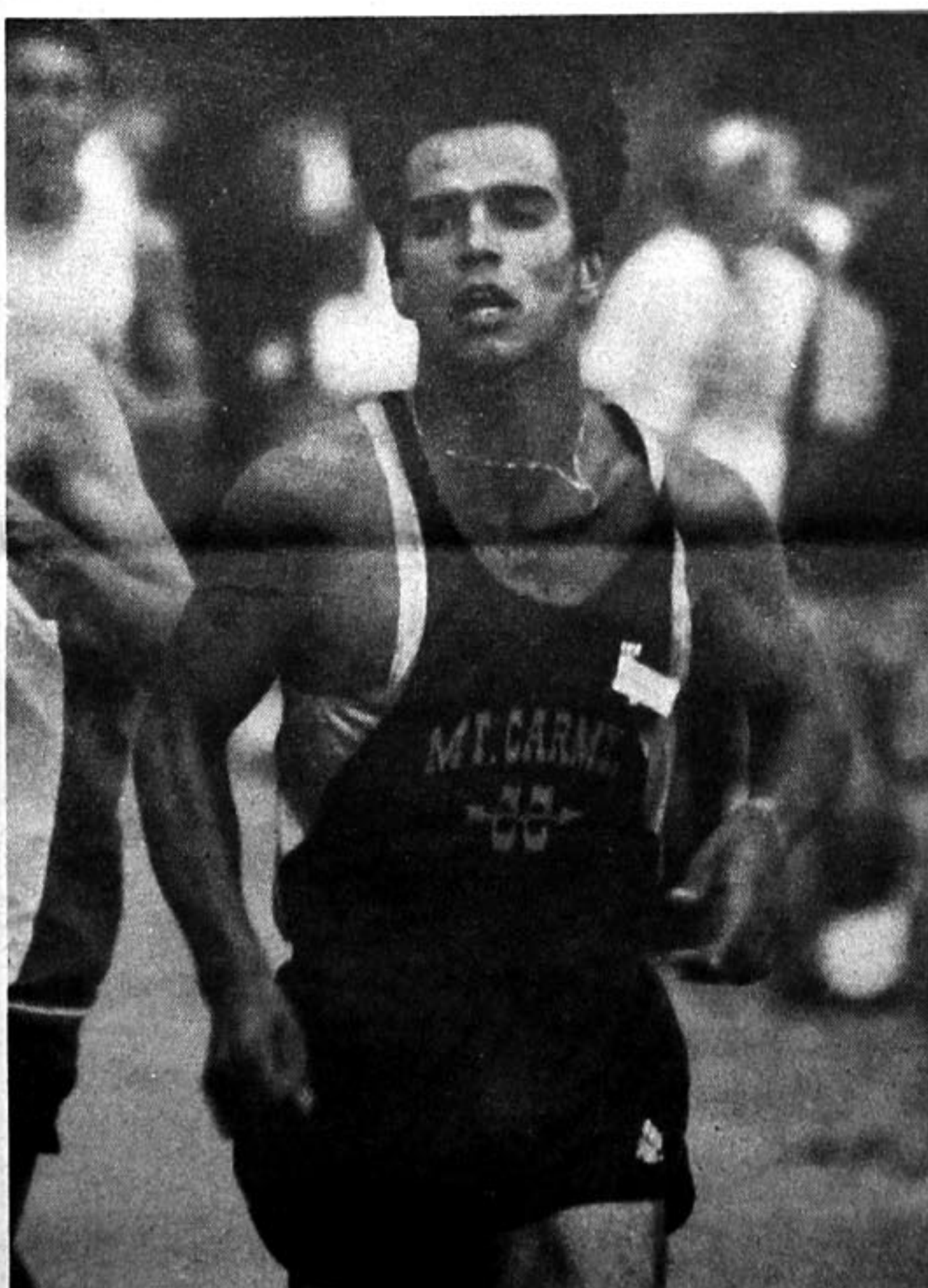
The Poway plan was to get out early, essential for a pack team on a relatively



Mike Baskin, Mt. Carmel  
Palomar Champion



Kristen Brown, Fallbrook



Burt Romero, Mt. Carmel

narrow course like Guajome.

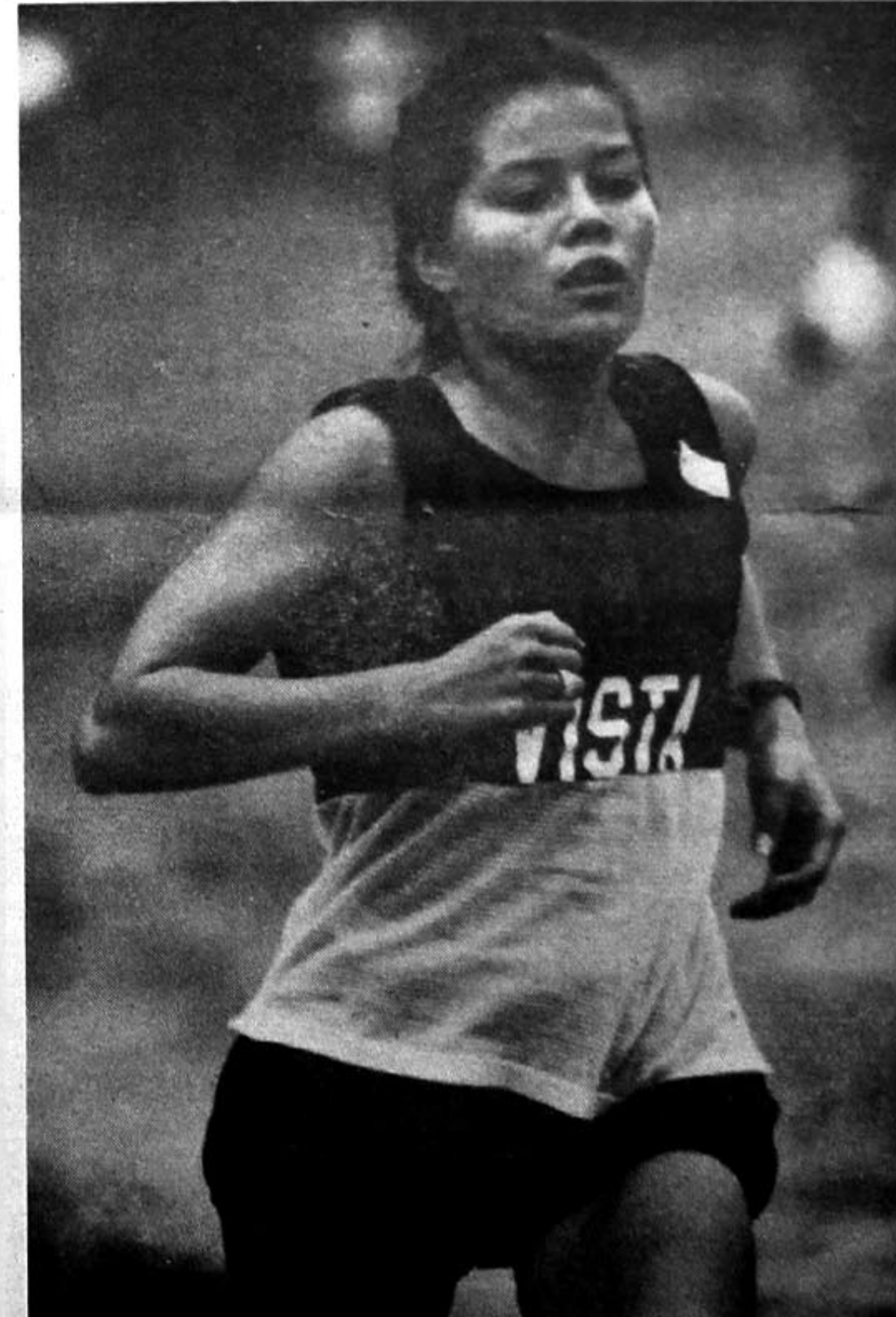
"We had to get out and we had to stay together," Schaitel said. "Our priority was to get out there and keep pushing it."

That's just the way it worked out, as junior Mike Helms (8th) headed up a 24-second spread among the first five. Senior Sean Zanderson (9th), junior Matt Gailey (10th), senior Jake McNeely (12th) and freshman Josh Pope (14th) completed the scoring. The Titans had such great depth that their eighth runner (who was 22nd) was several places ahead of any other team's number five.

"This season has been an exercise in patience," Schaitel said. A number of other teams have gotten more attention throughout the season, especially early on, but the Poway team has just kept improving.

"You know your athletes," he said. "You know what their capabilities are. It's just a matter of getting them to run to their capabilities at the right time."

Mt. Carmel and Rancho Bernardo, two teams that are strong at the top but which are



Noelle Magana, Vista

certainly more spread out than Poway's group, tied for second in the meet, but Mt. Carmel was awarded second on a sixth-man tiebreaker.

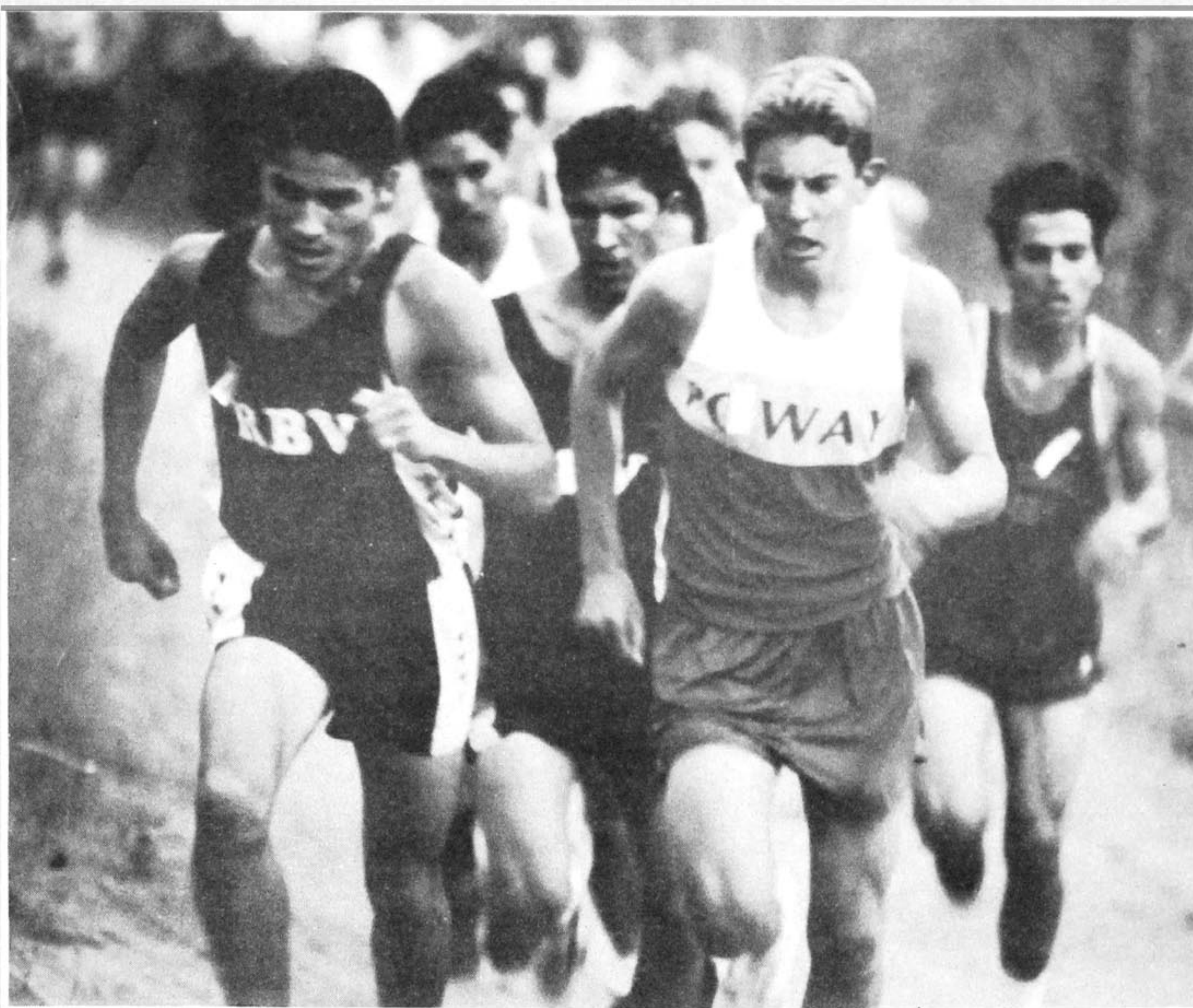
Rancho Bernardo, who came in ranked number one, and who was 7-0 in Palomar duals, lost a tie for the Palomar title because of the tie-breaker.

"We didn't run horribly," RB coach Don Jones said of his team. "They (Poway) just ran better. But it was really tough to lose on the tie-breaker. I feel bad for our kids."

Mt. Carmel junior Baskin steamed to a 19-second win over a quality field, which makes him at least a co-favorite in CIF's Division I. Many think Baskin is the top runner in the county in any division.

Two other contenders, Vista and Rancho Buena Vista, had all sorts of problems. Vista's Steve Ketcham was ill, and ran well back. RBV's runners got spread out, although some of their top guns got good position early in the race.





**Poway's Mike Helms leads the way early in the Palomar final. Right with him are RBV's Fernando Blanco and Eladio Garcia, and Mt. Carmel's Burt Romero. Helms led his Poway mates to a classic "pack" win in the meet.**

## Palomar:

From page 6.

The results:

### BOYS (3.2 miles):

**Teams:** Poway 50, Mt. Carmel 61, Rancho Bernardo 61, Vista 99, Rancho Buena Vista 114, Fallbrook 138, Orange Glen 196, San Marcos 199. Poway wins Palomar League championship, based on 6-1 dual meet record and first in league finals meet. Rancho Bernardo was first in duals, at 7-0, and tied for second in the finals with Mt. Carmel, but lost second in that meet on a tie-breaker (sixth man). RB thus finishes second in the league overall.

#### Individuals (78 finishers):

**1-5:** Mike Baskin (Mt. Carmel) 16:26, Fernando Blanco (Rancho Buena Vista) 16:45, Eron Tello (Rancho Bernardo) 16:53, Sean Ricketts (RB) 16:54, Burt Romero (MC) 16:55.

**6-10:** Gonzalo Garcia (Vista) 16:58, Mike Helms (Poway) 16:59, Sean Zanderson (P) 17:03, Matt Gailey (P) 17:04, Matt Galaviz (RB) 17:12.

**11-15:** Jeff Sleichter (MC) 17:13, Jake McNeely (P) 17:18, Eladio Garcia (RBV) 17:19, Josh Pope (P) 17:23, Tod Benjamin (RB) 17:24.

**16-20:** Efrain Casarez (Fallbrook) 17:24, Justin Neuroth (V) 17:26, Justin Lucas (P) 17:28, Scott Bachman (MC) 17:29, Steve Ketcham (V) 17:37.

**21-25:** Scott Strachan (P) 17:37, Ben Schwab (P) 17:39, Cameron Jones (F) 17:40, Jose Escobedo (F) 17:41, Nick Wheeler (Orange Glen) 17:46.

**26-30:** John Zanzucchi (MC) 17:48, Andrew Smith (V) 17:49, Nick Schlapfer (OG) 17:50, Rocky Metcalfe (MC) 17:51, Sean McElroy (RB) 17:53.

**31-35:** Sean Daley (V) 17:54, Victor Olivares (San Marcos) 17:55, Jaimal Hornbacher (RBV) 17:56, Mark Jordan (RBV) 17:57, Carmelino Ortiz (RBV) 17:58.

**36-40:** Chris Kenyon (MC) 18:00, Roy Quinn (F) 18:02, Arnel Aradanas (MC) 18:07, Christian Esquivel (MC) 18:10, Marcel Meerstetter (RB) 18:10.

**41-45:** Lynn Ly (OG) 18:11, Jose Fernandez (SM) 18:14, Hever Chavez (RBV) 18:15, Tyler Bochenek (F) 18:17, Sean Keating (SM) 18:19.

**46-50:** Charles Wilson (SM) 18:20, Andrew Boring (SM) 18:20, Ryan Franzen (P) 18:23, Cesar Rodriguez (V) 18:24, Pete Coughlin (F) 18:27.

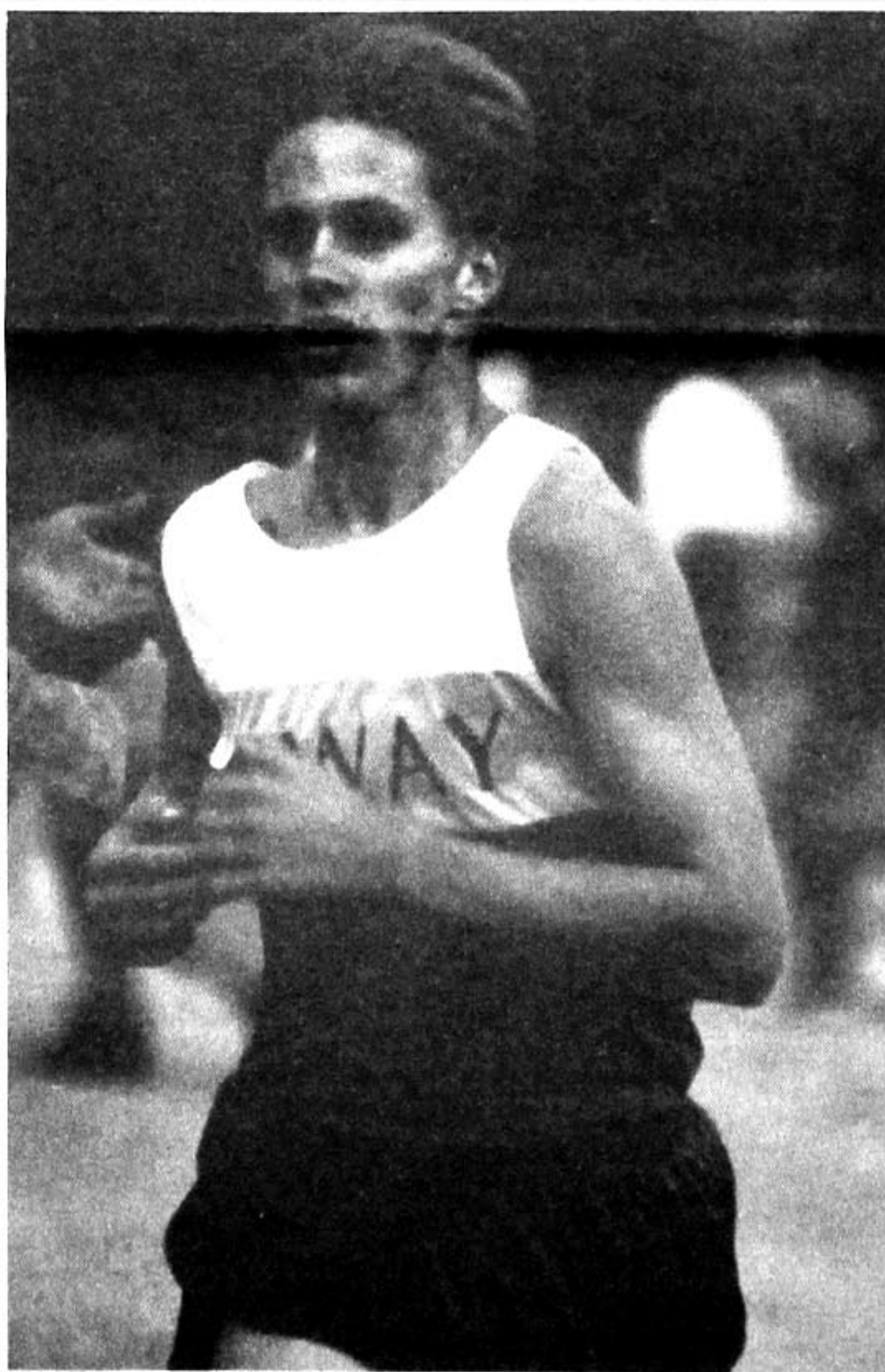
### GIRLS (2.5 miles):

**Teams:** Fallbrook 37, Orange Glen 65, Poway 101, Vista 101, Mt. Carmel 110, Rancho Bernardo 124, San Marcos 214, Rancho Buena Vista 220. Fallbrook wins Palomar League championship, based on 7-0 dual meet record and a win in the league finals meet.

#### Individuals (79 finishers):

**1-5:** Kendra Goffredo (Orange Glen) 14:46, Sarah Wilkins (Rancho Bernardo) 15:54, Tricia Mattson (Fallbrook) 14:56, Julie Manson (RB) 14:57, Lorena Jimenez (OG) 14:59.

**6-10:** Cathy Picha (F) 15:13, Brianna Hibbs (Poway) 15:16, Kristen Brown (F) 15:20, Kim Crosswell



**Matt Gailey, Poway**

(F) 15:30, Noelle Magana (Vista) 15:33.

**11-15:** Carly Hampton (F) 15:45, Karen Vasco (Mt. Carmel) 15:46, Samantha Stevens (MC) 15:48, Mindy Green (F) 15:45, Katie Hauck (F) 15:51.

**16-20:** Laura Lawrence (OG) 15:52, Brooke Schroeder (V) 15:56, Natalie Forsyth (V) 16:03, Katie Cottrell (OG) 16:13, Devon Lasiter-Thurber (V) 16:14.

**21-25:** Hollie Babione (P) 16:15, Allison Plischke (F) 16:15, Mande Clark (P) 16:16, Briss Jennings (P) 16:17, Diana Dibble (OG) 16:20.

**26-30:** Melissa Hieb (OG) 16:20, Christine Alford (MC) 16:25, Veronica Roberts (MC) 16:25, Meridith Nespor (P) 16:29, Gill Guyer (F) 16:30.

**31-35:** Gina Rennix (OG) 16:31, Stacey Sims (Rancho Buena Vista) 16:32, Monica Hite (P) 16:35, Erin Masters (MC) 16:36, Jennifer Peterson (San Marcos) 16:38.

**36-40:** Lisa Vasek (P) 16:41, Kelly Kodadek (SM) 16:42, Laura Rankin (P) 16:44, Darlene Lee (V) 16:45, Jessica Johnson (RB) 16:47.

**41-45:** Lauren Aposhian (V) 16:51, Maria Mendoza (V) 16:52, Noelle Rideout (F) 16:52, Julie Davidson (V) 16:54, Lisa Lyons (RB) 16:57.

**46-50:** Emily Joller (RB) 16:57, Michelle Flores (P) 16:59, Erin Spooner (P) 17:00, Karina Kloos (RBV) 17:03, Erika Batiz (V) 17:04.

## Avocado:

## Torrey teams take titles

### Lanele Cox, Reed Steel win

In some years, a pair of Avocado team titles for Torrey Pines would seem ho-hum. This isn't one of those years.

And that made the pair of victories at last week's Avo meet all the more sweet for head Torrey coach Brent Thorne.

The meet was held at Guajome Park on Friday afternoon.

Individual titles were won by Carlsbad junior Reed Steel, and by Escondido soph Lanele Cox.

Torrey's boys, led by a rejuvenated Charley Hulsey, outran Ramona, San Pasqual and Carlsbad to win the meet, and the league championship. The Falcons were 7-0 in duals.

The boys team has been rated by most as one of the top county teams all year --when they are healthy. The team has been nicked up for weeks, and nobody knew what to expect.

But Hulsey, who is often troubled by asthma, ran well in the cold weather, and took second in the race. Jason Lopresti was fourth, Noah Lidman was ninth, and David Burke, who injured a hip in the race, was 11th.

Ramona, their nearest challenger, had a great pack, but only had one runner (James Adams) in the top ten.

The Torrey girls win was definitely an upset. Escondido's girls had gone 7-0 in duals, but an injury had eroded some of their depth, and that was fatal in this meet.

The Cougars had great up-front strength, with Lanele Cox in first, Marissa Leivas in third, and Shawnele Cox in fifth.

Torrey countered with Jaclyn Nolan in second, and 8-9-10-13 places by Jen Morris, Camille Dredge, Kathy Read and Laura Hilton.

Escondido also lost to Ramona by one point, and thus lost a tie for the overall league title. The Avo determines league titles based half on duals, and half on league finals.

"This is the most special of all the league championships," Thorne said of his girls win.

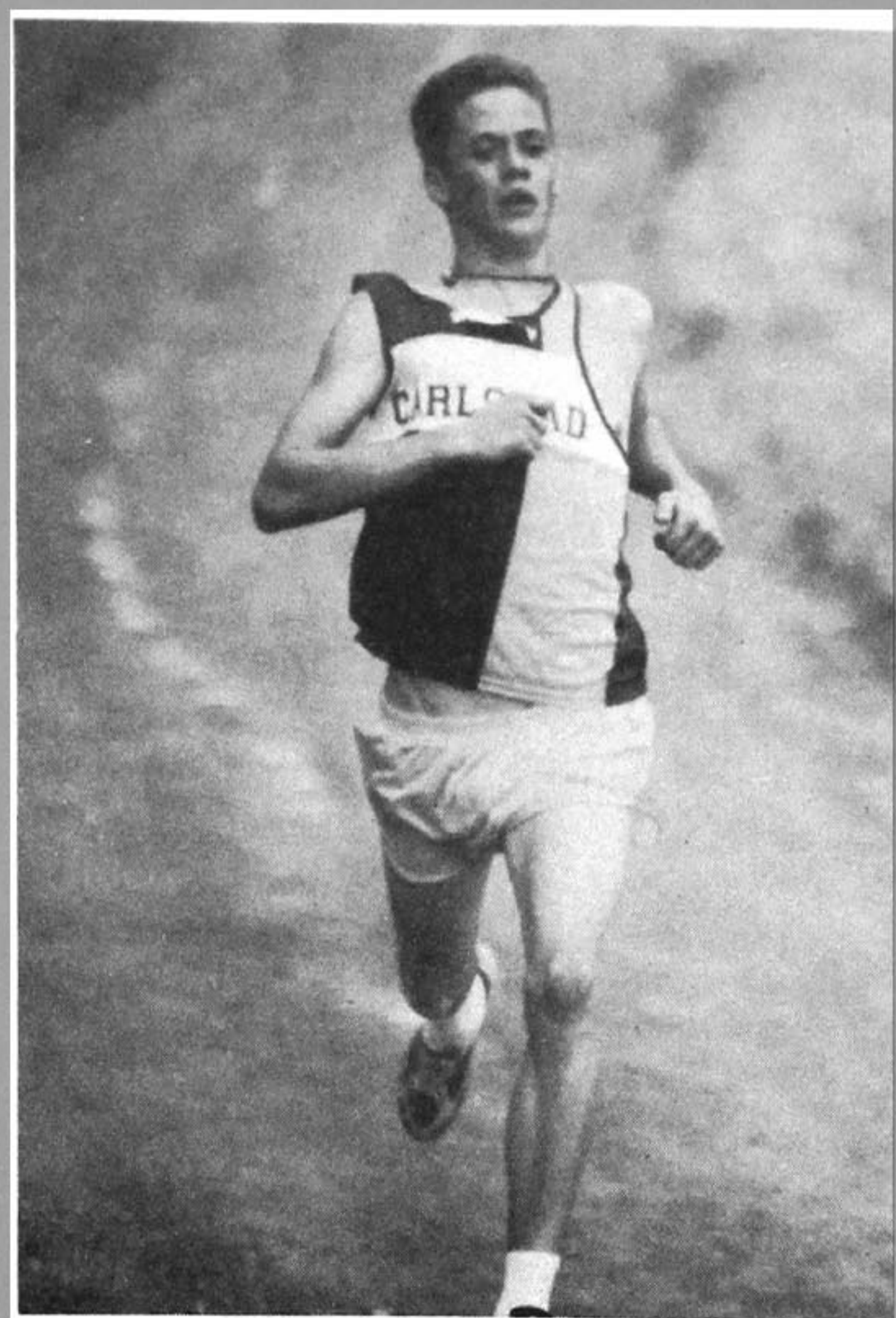
See page 8.

*Good luck  
at CIF,  
OG runners!  
You make us  
proud!*

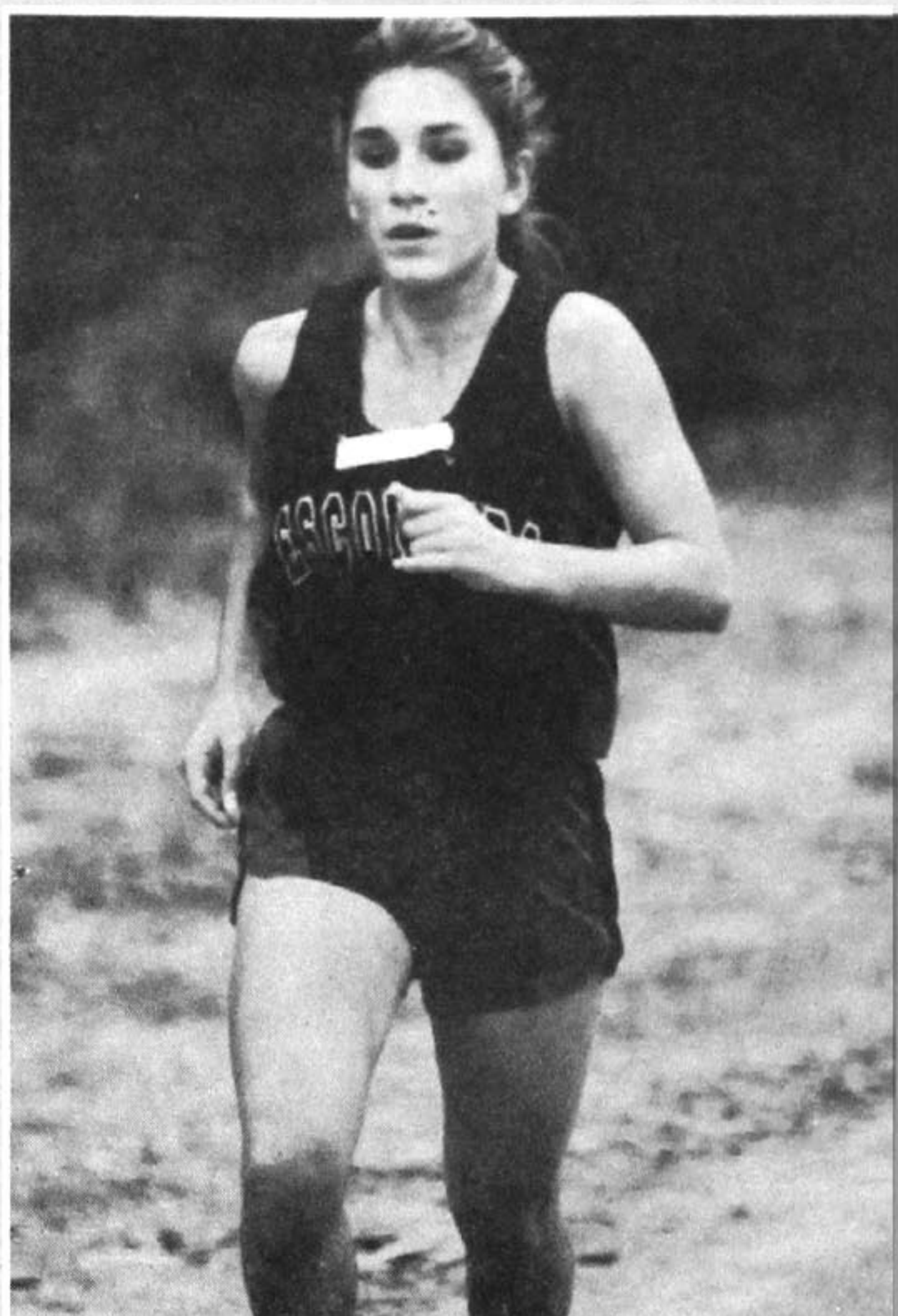
--from the Rumble family

(Paid advertisement)

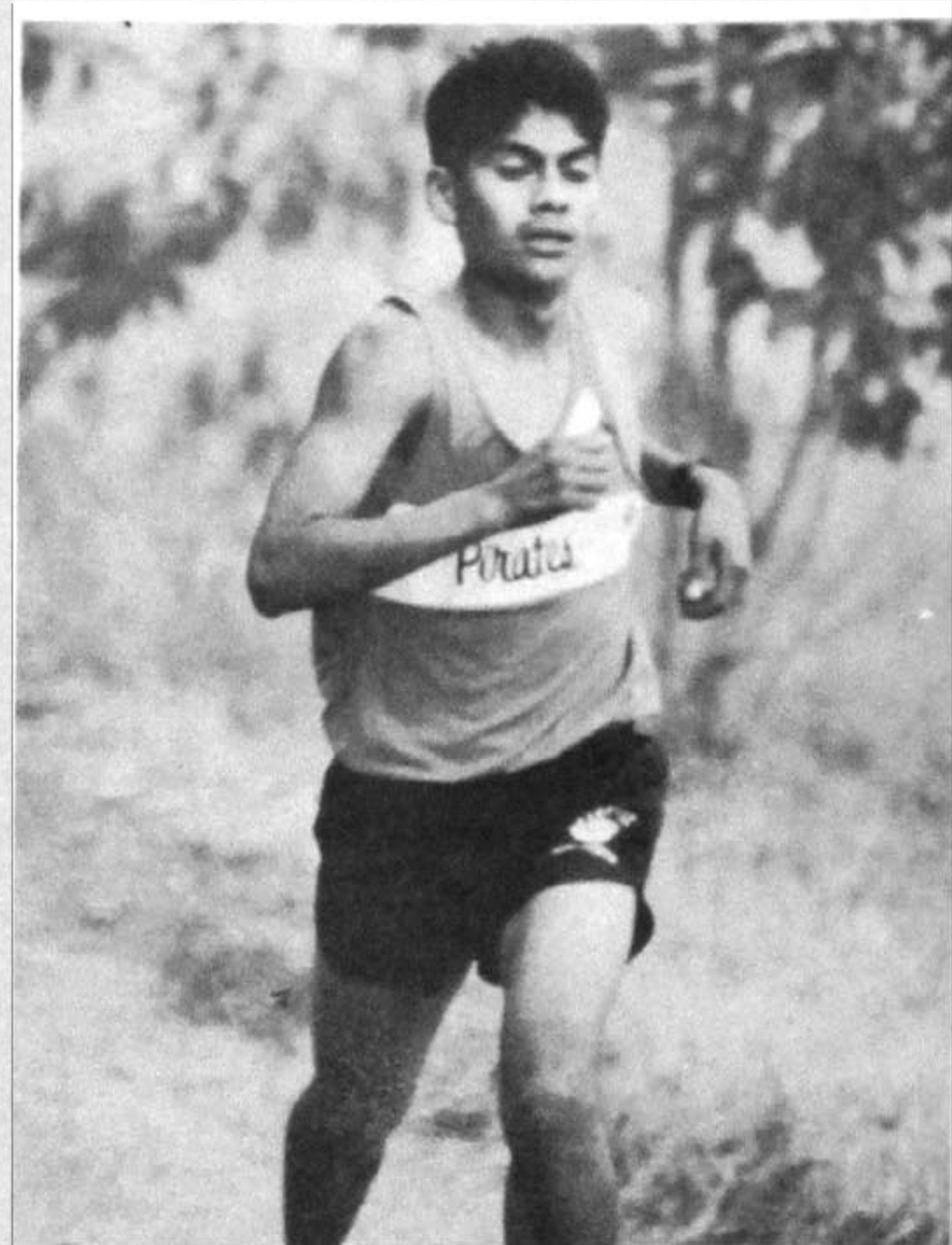




**Reed Steel, Carlsbad  
Avocado Champion**



**Lanele Cox, Escondido  
Avocado Champion**



**Alvaro Quintanar, Oceanside**

## Avocado:

From page 7.

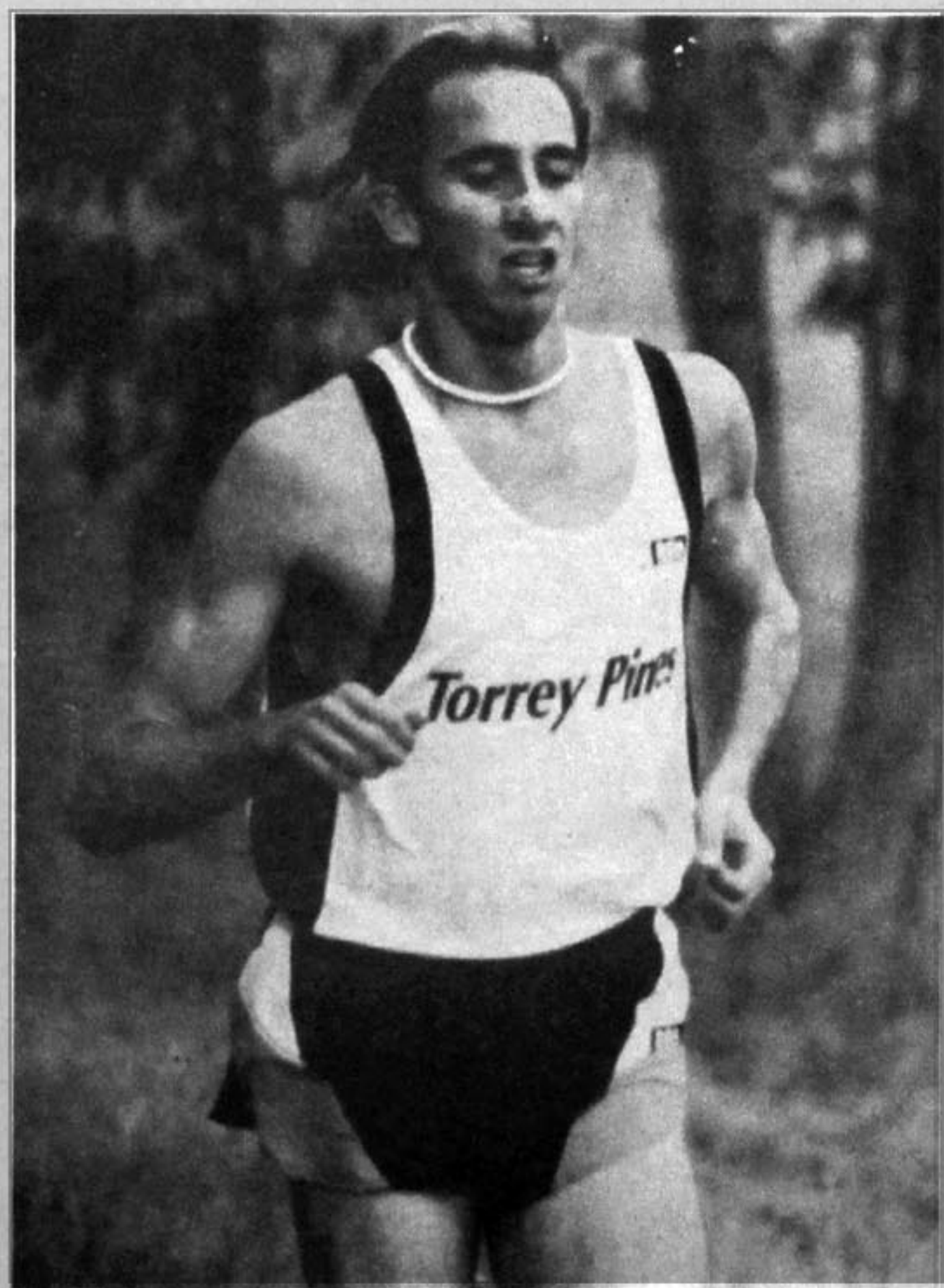
"A lot of this came out of themselves. They were talking about this all week."

Except for Nolan, the Falcon scorers are new to this level. Morris, a freshman, is a soccer player. Dredge, a soph, is a track sprinter. Read and Hilton are steady athletes who have improved.

The individual boys race was a study in patience. El Camino's David Romero-Young took out the early pace, and Ramona's Adams had opened a lead by the mile mark.

Steel eventually took over the race, and opened up a big margin. Adams faded to seventh, Romero-Young held on to third, and Hulsey moved up into the second slot. Steel, unpressed, won by 23 seconds.

Lanele Cox and Nolan dueled for most of their race, but the Cougar soph had just too much on this day. It was close between Nolan and Leivas for second.



**Charley Hulsey, Torrey Pines**

### BOYS:

**Teams:** Torrey Pines 55, Ramona 73, San Pasqual 86, Carlsbad 100, Oceanside 139, La Costa Canyon 165, Escondido 165, El Camino 192.

#### Individuals (75 finishers):

**1-5:** Reed Steel (Carlsbad) 16:27, Charley Hulsey (Torrey Pines) 16:50, David Romero-Young (El Camino) 17:00, Jason Lopresti (TP) 17:06, Collin Steel (C) 17:10.

**6-10:** Adam Van Wart (San Pasqual) 17:15, James Adams (Ramona) 17:16, Sherwin Arce (Oceanside) 17:24, Noah Lidman (TP) 17:27, Ismael Pena (SP) 17:31.

**11-15:** David Burke (TP) 17:35, Matt McInvale (R) 17:36, Steven Meek (Escondido) 17:42, Kendall Richardson (SP) 17:43, Fernando Gonzales (R) 17:43.

**16-20:** Juan Ruvalcaba (R) 17:44, Brian Butcher (R) 17:44, Jorge Ramos (R) 17:45, David Shofstall (R) 17:48, Wes Austin (TP) 17:55.

**21-25:** David Dennis (La Costa Canyon) 17:58, Michael Breining (TP) 18:00, Alvaro Quintanar (O) 18:02, Jason Verostek (EC) 18:02, Alvaro Reyes (R) 18:03.

**26-30:** Brandon Miller (E) 18:05, Matt Proffitt (SP) 18:05, Blake Dorsey (LCC) 18:07, Oscar Gonzalez (C) 18:08, Jose Elena (O) 18:11.

**31-35:** Mike Johnson (SP) 18:14, Tad Crowe (SP) 18:18, Josh Stein (R) 18:22, Nuno Costa (C) 18:30, Mike Miller (E) 18:51.

**36-40:** Ezra Ash (SP) 18:35, Chris McCann (C) 18:37, Delfino Romero (O) 18:40, Chris Collins (LCC) 18:44, Jasba Symons (TP) 18:45.

### GIRLS:

**Teams:** Torrey Pines 42, Ramona 62, Escondido 63, San Pasqual 112, La Costa Canyon 119, Carlsbad 168, Oceanside 212. El Camino, no score.

#### Individuals:

**1-5:** Lanele Cox (Escondido) 15:15, Jaclyn Nolan (Torrey Pines) 15:18, Marissa Leivas (E) 15:18, Sarah Shepherd (Ramona) 15:36, Erin Berhman (San Pasqual) 15:44.

**6-10:** Shawnele Cox (E) 15:46, Kennie Kwok (R) 15:49, Jen Morris (TP) 16:00, Camille Dredge (TP) 16:09, Kathy Read (TP) 16:09.

**11-15:** Jenny Roane (R) 16:10, Angela Van Dyke (Carlsbad) 16:11, Laura Hilton (TP) 16:26, Angel Reed (El Camino) 16:29, Jessica Bray (La Costa Canyon) 16:29.

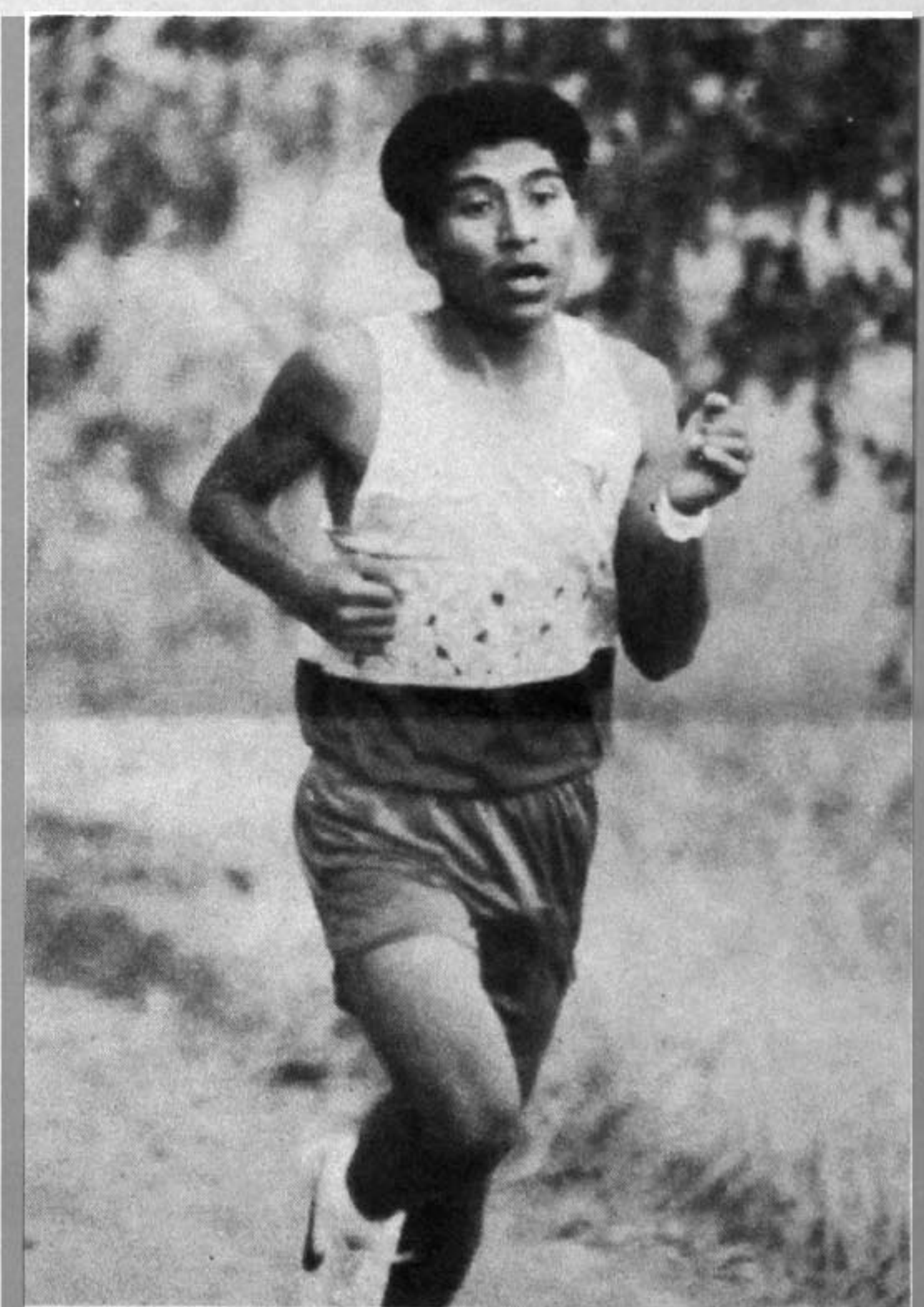
**16-20:** Julia Carmano (LCC) 16:29, Cindy Lopresti (TP) 16:36, Sarah Wilcoxson (R) 16:37, Kristin Roth (TP) 16:40, Jane Brian (SP) 16:43.

**21-25:** Eva Lund (C) 16:47, Danielle Hennessey (R) 16:48, Amber Smith (SP) 16:53, Kristin Spivey (R) 16:55, Torey Connor (TP) 16:57.

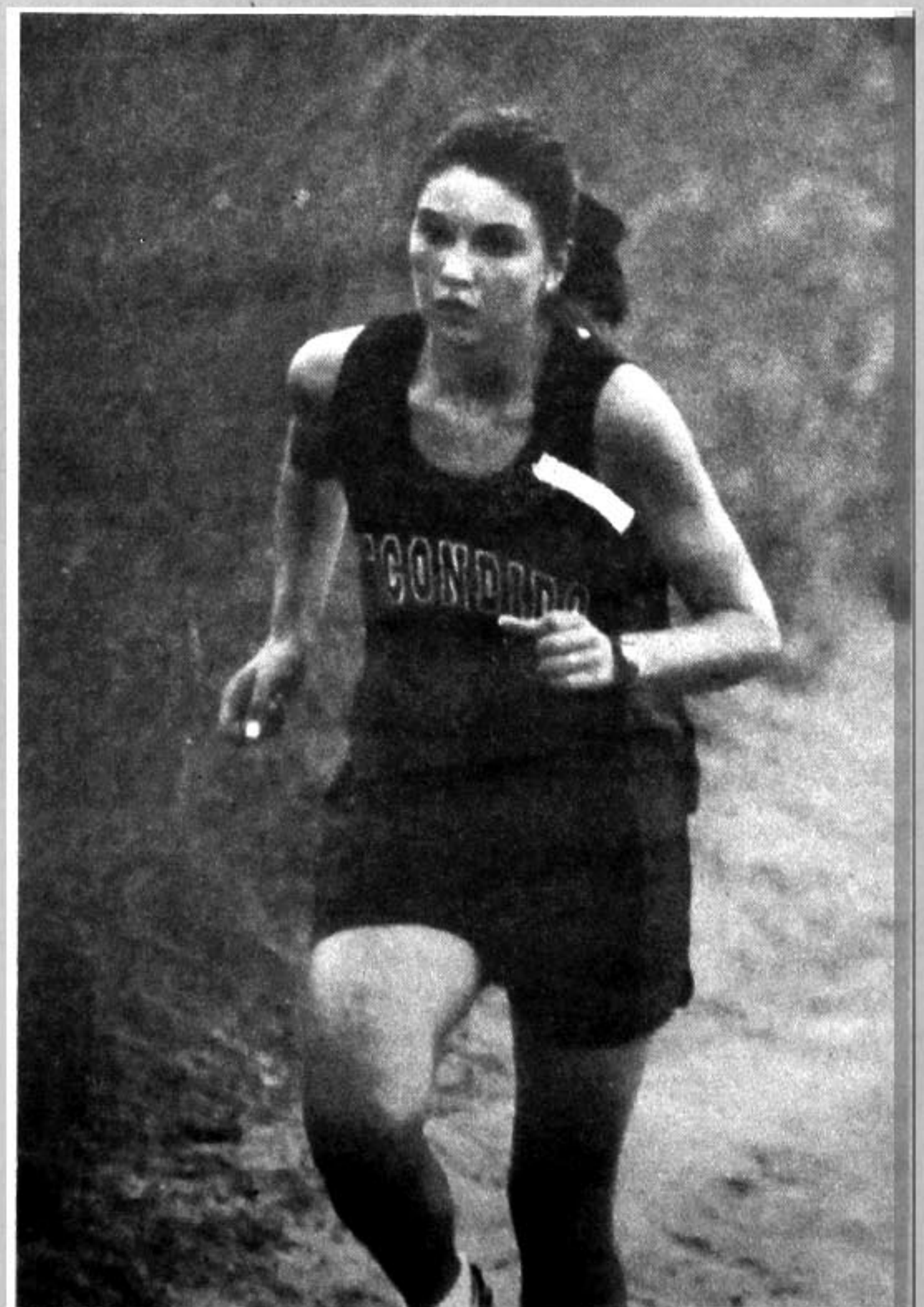
**26-30:** Lindsay Brust (LCC) 17:02, Michelle Wagner (E) 17:03, Samantha Lankford (TP) 17:04, Kim Kirby (school?) 17:18, Amanda Johnson (C) 17:20.

**31-35:** Jessie Anderson (R) 17:22, Lauren Beresford (R) 17:23, Lara Schaefer (LCC) 17:24, Amber Trzinski (SP) 17:24, Michelle Reid (SP) 17:27.

**36-40:** Katie Pool (LCC) 17:34, Valerie Cornelius (SP) 17:35, Miriam Mendez (Oceanside) 17:41, Tori Gartrell (LCC) 17:42, Serena Grippo (SP) 17:42.



**Ismael Pena, San Pasqual**



**Shawnele Cox, Escondido**



## Eastern:

# Caver boys show their stuff; Pointer girls win big Bengtson cruises; Marcus outraces Marice Chandler

Point Loma's boys team ran a very good race at the Eastern League finals. Their top runner was fourth in the meet, and the Pointers filled in behind with a 0:23-second pack.

But it wasn't good enough to beat an excellent San Diego team that was having an even better day. The Cavers top runner was third, their top five only ranged 0:15 seconds, and San Diego won the meet and the league championship.

Point Loma's girls also used pack tactics to dominate the field, placing five in the top nine.

Individually, Serra's Chandler twins ran away from the boys field, with Marcus beating Marice to the finish by three seconds in good time. The twins will be among the favorites in the CIF Division III race this week, especially after their quick times at the Frosh/Soph meet.

Patrick Henry soph Lisa Bengtson, in her first year in the sport, won the girls race by more than a minute, in good time, but totally unpressed. Some observers think Bengtson's potential has hardly been tapped.

San Diego's boys are rarely seen locally, outside of their regular dual meets. Caver coach Ed Ramos likes his team to keep a low profile.

When it came to crunch time, however, San Diego had it all going their way. First, they beat the Pointers in the last dual meet of the season, 27-29. They then followed that up with their excellent effort in this meet.

Justin Marche was third, in 16:07, and was quickly followed across the line by teammates Osvaldo Cruz (fifth), Edgar Jimenez (seventh), Ascary Kocina (tenth) and Elliot King (11th).

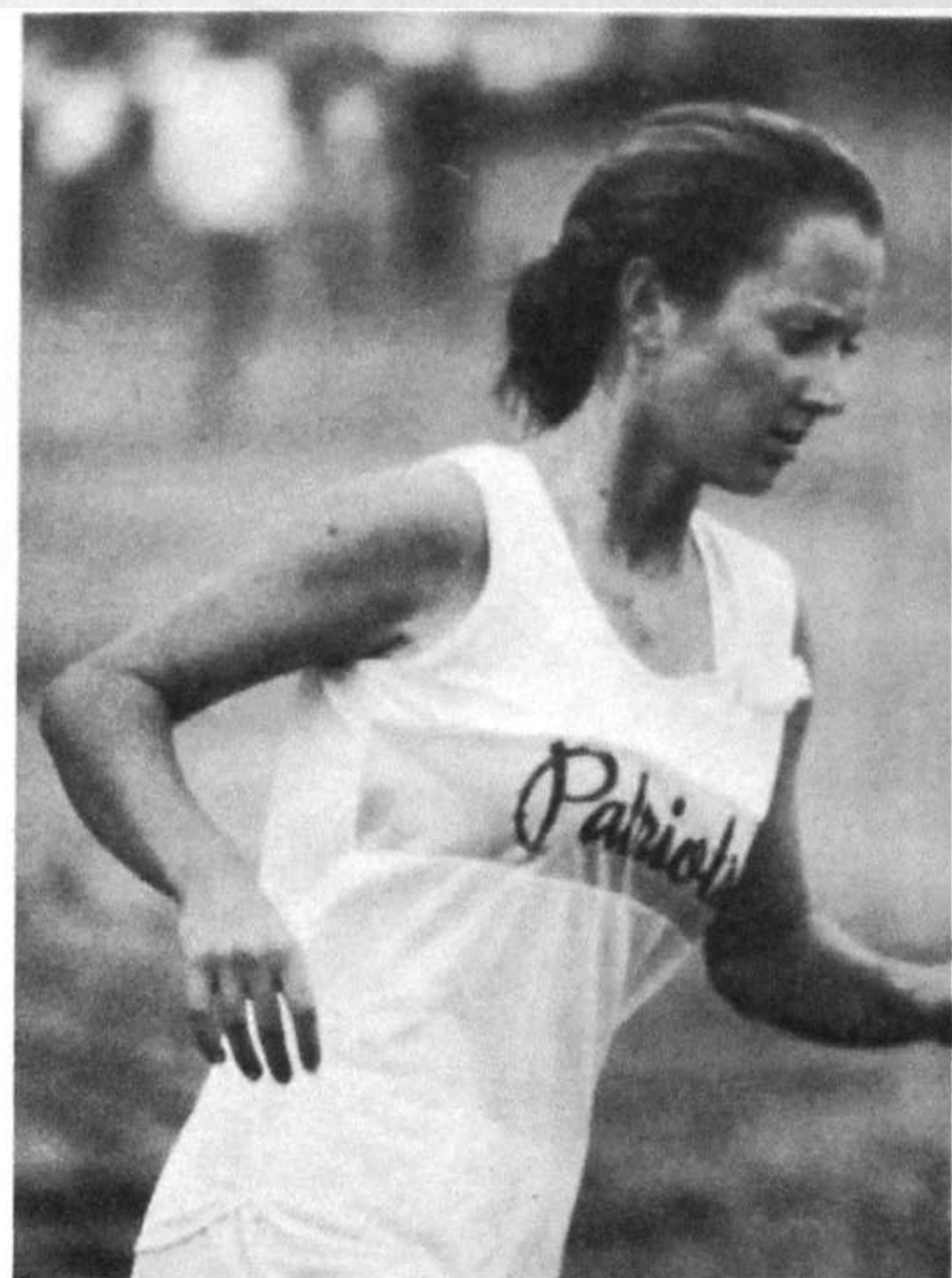
The Pointers, led by Naithen Schirmer in fourth, just couldn't keep up. Tom Antl was ninth, and three others (Marty Conterez, David Hayes and John Bradshaw) were in the top 15. Hayes had been ill before the meet, and another key Pointer, Mark Savel, is still coming back from a mid-season appendectomy.

"My team ran really, really well," Pointer boys coach Jim McCarthy said. "That San Diego team is red-hot. They're gonna surprise some people."

The Pointer girls were unchallenged in the league all year. Lea Hitt was second in this meet, and fellow scorers included Olivia Tellez (third), Belinda Olvera (fifth), Elizabeth Gonzalez (seventh) and Julie Bradshaw (ninth). The five girls spanned only 0:44 seconds, which was the tightest pack by any winning girls team in any league meet in the county, besting teams like Fallbrook and Valhalla.



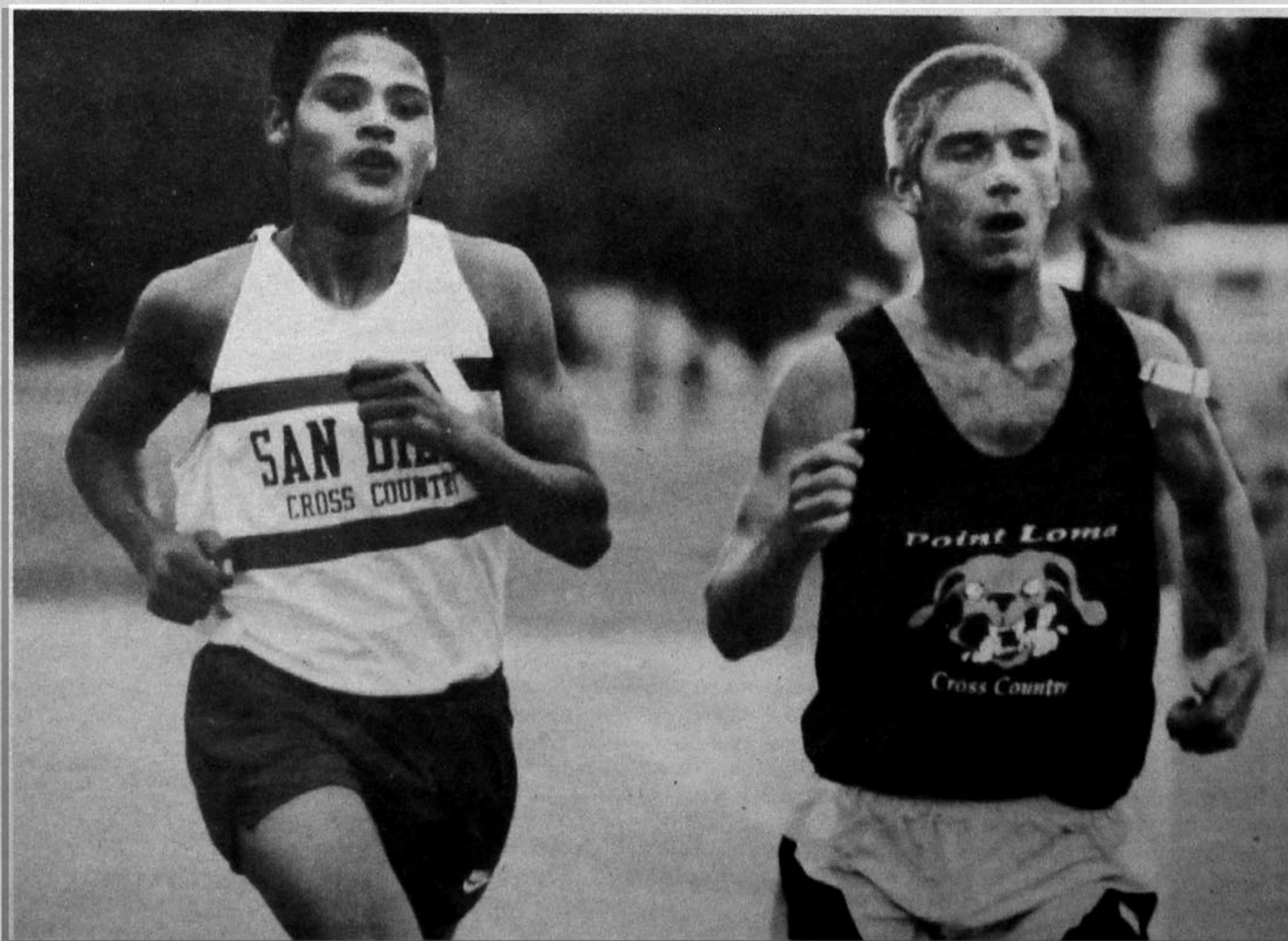
Marcus Chandler, Serra  
Eastern Champion



Lisa Bengtson, Patrick Henry  
Eastern Champion



Tiffany Fox, Mira Mesa, and Olivia Tellez, Point Loma



Osvaldo Cruz, San Diego, and Naithen Schirmer, Point Loma

See page 10.





Edgar Vallejo, Kearny

## Eastern:

From page 9.

### BOYS:

#### VARSITY:

**Teams:** San Diego 36, Point Loma 54, Mira Mesa 82, Serra 92, Patrick Henry 95, Kearny 177. Morse, no score.

#### Individuals (53 finishers):

**1-5:** Marcus Chandler (Serra) 15:27, Marice Chandler (S) 15:30, Justin Marche (San Diego) 16:07, Naiten Schirmer (Point Loma) 16:09, Osvaldo Cruz (SD) 16:09.

**6-10:** Hong Castejon (Mira Mesa) 16:14, Edgar Jimenez (SD) 16:16, Jose Muniz (Patrick Henry) 16:17, Tom Antl (PL) 16:19, Ascary Kocina (SD) 16:21.

**11-15:** Elliot King (SD) 16:22, Marty Conterez (PL) 16:30, Mohammed Mussa (PH) 16:31, David Hayes (PL) 16:32, John Bradshaw (PL) 16:32.

**16-20:** Beshir Ali (PH) 16:40, Pablo Cantil (MM) 16:44, Mark Savel (PL) 16:46, Brandon Dean (MM) 16:49, Thomas Jodoin (MM) 16:50.

**21-25:** Tony Harris (MM) 16:51, Tom Gibbings (PL) 16:54, Alex Kocina (SD) 17:02, Geb Araya (SD) 17:10, Mark Marshall (PH) 17:11.

**26-30:** Don Murphyn (MM) 17:14, Wayne Tyler (S) 17:17, Jeff McKnight (PL) 17:18, Archie Candelaria (MM) 17:21, David Madsen (MM) 17:24.

**31-35:** Edgar Vallejo (Kearny) 17:37, Chris McNurlan (S) 17:42, Justin Markland (PL) 17:45, Benjamin Comion (MM) 17:50, Eyasu Weldegiorgis (K) 17:54.

**36-40:** Juan Chavez (SD) 18:03, Aaron Snead (MM) 18:06, Dru Imrie (S) 18:07, Peter Kleinsasser (PL) 18:07, Michael Hilton (PH) 18:08.

#### Junior Varsity (77 finishers):

**1-5:** Matt Ooi (PL) 17:21, Timothy Minami (MM) 17:36, Tim Jackson (PL) 17:46, Alex Hawk (PL) 17:51, Trevor Neeb (PL) 17:54.

**6-10:** Ben Meyer-Abbott (PL) 18:00, Matthew Patino (MM) 18:08, Juan Perez (SD) 18:10, Kevin Lemes (PL) 18:21, Ray Mirador (MM) 18:31.

### GIRLS:

#### VARSITY:

**Teams:** Point Loma 26, Mira Mesa 45, Serra 91, Patrick Henry 119, Morse 149, Kearny 224. San Diego, no score.

#### Individuals (71 finishers):

**1-5:** Lisa Bengtson (Patrick Henry) 15:47, Lea Hitt (Point Loma) 16:54, Olivia Tellez (PL) 17:02, Tiffany Fox (Mira Mesa) 17:03, Belinda Olvera (PL) 17:12.

**6-10:** Amanda Cooper (MM) 17:16, Elizabeth Gonzales (PL) 17:19, Kijsten Bevins (Serra) 17:26, Julie Bradshaw (PL) 17:38, Erin Briggs (MM) 17:45.

**11-15:** Rashonda Dinkins (MM) 17:47, Christine Basic (Kearny) 17:48, Tracy Cruz (Morse) 17:53, Kristin Earhart (MM) 17:59, Mary Frakes (MM) 18:04.

**16-20:** Nadia Aguilar (San Diego) 18:04, Erin Beck (S) 18:08, Brittany Dean (MM) 18:09, Robin Owen (MM) 18:10, Marissa Stark (MM) 18:11.

**21-25:** Kristen Ogden (S) 18:15, Claudia Ornales (PH) 18:18, Cassandra Liss (PH) 18:34, Sandra Wetterer (PL) 18:39, Stephanie Hedeline (S) 18:51.

**26-30:** Melinda Gray (MM) 19:01, Sandie Samuelson (MM) 19:01, Melissa Wiseman (S) 19:02, Jessica Nitzel (M) 19:12, Juel Franklin (MM) 19:15.

**31-35:** Danielle Magante (S) 19:18, Anna Bird (MM) 19:19, Ngoc Nguyen (M) 19:23, Eureka Thompson (M) 19:26, Jessica Webster (MM) 19:41.

**36-40:** Annie Medina (MM) 19:41, Rhashanda Brown (S) 19:49, Angie Fitzpatrick (PH) 19:56, Rachelle Casinio (MM) 20:00, Kaile Moyer (M) 20:03.

## Western:

# Just two much Scripps Ranch

## Sullivan nips Rider in great race; McFarland also wins

The Scripps Ranch teams had it all their way in the Western finals, held last week at Morley Field.

The Scripps boys team repeated their dual-meet win over St. Augustine, and the Scripps girls easily bested the league in their race.

In addition, Scripps soph Emily McFarland and junior Kelly Grimes went 1-2 in the girls race, in quick times over the 3.05-mile Morley course.

It would have been a grand slam for Scripps if senior Steve Rider had been able to outlean St. Augustine junior Brian Sullivan at the finish of the best race of league finals week. But Sullivan hung on to win by inches in 15:22, the fastest race on the Morley course all week.

In that race, Rider often seemed in control, and on the verge of breaking Sullivan, who had not raced well since the early season. But every time a gap opened up, Sullivan found it within himself to hang on. In the final stretch, the two were stride for stride and were almost inseparable at the finish.

The Scripps boys controlled the team race, easily. After Rider's second, Michael Stokes was third, Ron Anderson was fourth, and Patrick Grimes was fifth. There was a gap to the number five, but it hardly mattered in this competition.

The Saints couldn't back up Sullivan's great effort. Adam Greene, who was been the hotter of the two front-runners in recent weeks, was sixth in this race, just ahead of teammate Brian Janes (both ran 16:35). The Saints next two runners were 15th and 16th.

La Jolla ran a decent pack, putting four runners across the line within 0:13 seconds, and the Vikings were third in the meet.

The Scripps girls are still one of the county's best squads, and they are easily the best in a Western League that has undergone a drain of talent in the last year.

The league no longer is terrorized by Sarah Schmidt, Shannon O'Connor (injured), Shelby Stanger (soccer), Clodagh Rafferty, Julie Ott (injured), Leah Walkey-Rodgers, or Michelle O'Connor. Lori Giacinti chose not to run this year, and Kristina Stasko is still recovering from an injury that kept her out of the track season.

Where last year's league meet saw eight girls dip under 19-minutes for the three mile course, this year there were just two.

After McFarland and Grimes, University's pair, Courtney Baird and Jackie Ott took third and fourth. Kara Dose and Morgan Romine were fifth and sixth for La Jolla, who finished ahead of University in the meet. Dose's 19:28 was a step up to a new level for her.

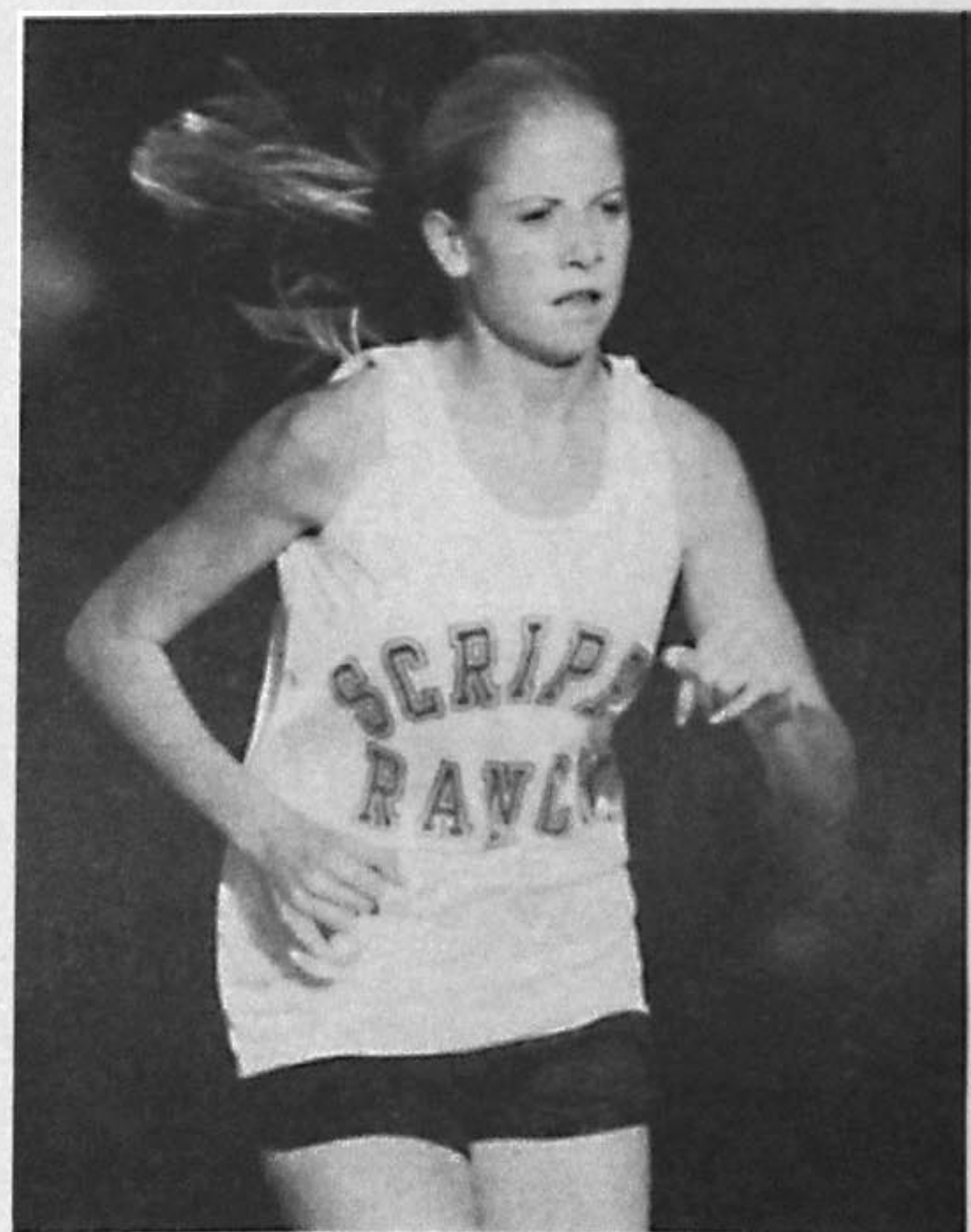
The results:

### BOYS:

#### VARSITY:

**Teams:** Scripps Ranch 39 (Scripps Ranch wins league championship), St. Augustine 43, La Jolla 50, University City 86, Mission Bay 137, University of San Diego 168. Hoover, no score.

#### Individuals (53 finishers):



Emily McFarland, Scripps Ranch  
Western Champion

**1-5:** Brian Sullivan (St. Augustine) 15:22, Steve Rider (Scripps Ranch) 15:22, Michael Stokes (SR) 16:15, Ron Anderson (SR) 16:21, Patrick Grimes (SR) 16:22.

**6-10:** Adam Greene (StA) 16:35, Brian Janes (StA) 16:35, Jon O'Connor (University City) 16:36, Ray Chacon (La Jolla) 16:41, David Dunbar (LJ) 16:48.

**11-15:** Mark Anderson (LJ) 16:48, Omar Zavala (Mission Bay) 16:48, Nate Lloyd (LJ) 16:54, Behailu Mergia (Hoover) 16:54, Barry Bryant (StA) 16:56.

**16-20:** Alfonso Espinoza (StA) 17:05, Marc Nierman (UC) 17:06, Steve Doane (LJ) 17:15, Jerry Samaniego (StA) 17:16, Jared Hersh (UC) 17:17.

**21-25:** Jon Landau (UC) 17:17, Colin Donnelly (StA) 17:28, Matt Granger (LJ) 17:30, Simon Baird (UC) 17:31, Nathan Lopez (MB) 17:38.

**26-30:** Chris Sandoval (SR) 17:38, Julio Betancourt (SR) 17:44, Roberto Gonzalez (SR) 17:45, Dan Farnow (LJ) 17:45, Jayson Phillips (StA) 17:46.

**31-35:** Matt Herriman (StA) 17:47, Pat Higby (University of San Diego) 17:50, Kevin Carter (SR) 17:51, Jonathan Hester (SR) 17:52, Tony Saipie (UC) 18:00.

#### JV:

**Teams:** Scripps Ranch 31, La Jolla 52, St. Augustine 82, University City 84, University of SD 121, Mission Bay, Hoover, no score.

#### Individuals (69 finishers):

**1-5:** Andy Delery (SR) 19:01, Kevin Correnti (StA) 18:03, Charles McKeown (UC) 18:08, Raphael Machado (SR) 18:08, Tim Petrie (LJ) 18:10.

**6-10:** Alex Hempter (SR) 18:14, Eric Koster (LJ) 18:17, Mike Martinez (StA) 18:18, Darryl Esmende (SR) 18:21, Jonathan Dunbar (LJ) 18:29.

### GIRLS:

#### VARSITY:

**Teams:** Scripps Ranch

#### Individuals:

**1-5:** Emily McFarland (Scripps Ranch) 18:12, Kelly Grimes (SR) 18:15, Courtney Baird (University of San Diego) 19:15, Jackie Ott (USD) 19:19, Kara Dose (La Jolla) 19:28.

**6-10:** Morgan Romine (LJ) 19:37, Amanda Powers (Mission Bay) 19:48, Kim Rogoff (SR) 20:04, Kristina Stasko (SR) 20:06, Katherine Ziegler (University City) 20:17.

**11-15:** Ana Lilia Bustos (MB) 20:22, Claire Beck (Our Lady of Peace) 20:32, Merlyn Diaz (Hoover) 20:35, Maria Guzman (MB) 20:36, Kristen Epperson (USD) 20:38.

**16-20:** Julia Otis (LJ) 20:46, Angeline Spain (SR) 20:47, Cynthia Johnson (UC) 20:51, Jenny Bergen (UC) 20:55, Leslie Crews (UC) 21:00.

**21-25:** Lisa Nguyen (SR) 21:00, Siouxsie Gistaro (USD) 21:11, Sara Harrison (LJ) 21:23, Kelli Wilson (OLP) 21:36, Heide Dietterle (OLP) 21:36.

**26-30:** Myra Estrada (H) 21:49, Meaghan Mayer (LJ) 21:52, Rebecca McKeown (UC) 21:54, Nicole Sadler (LJ) 21:56, Lyndsey Hassett (SR) 22:07.

**31-35:** Erin Mote (LJ) 22:08, Vanessa Oseroff (UC) 22:17, Jenna Graciano (OLP) 22:22, Christine Keys (OLP) 22:26, Vanessa Li (LJ) 22:36.

**36-40:** Shannon Winkel (SR) 22:42, Kimberly Saam (UC) 22:45, Erin Shea (USD) 22:50, Elizabeth Cortez (H) 23:08, Jen Fischer (USD) 23:16.

#### JV:

**Teams:** La Jolla 30, Our Lady of Peace 41, Scripps Ranch 95, Mission Bay 123, University 124, University City 135. Hoover, no score.

#### Individuals (80 finishers):

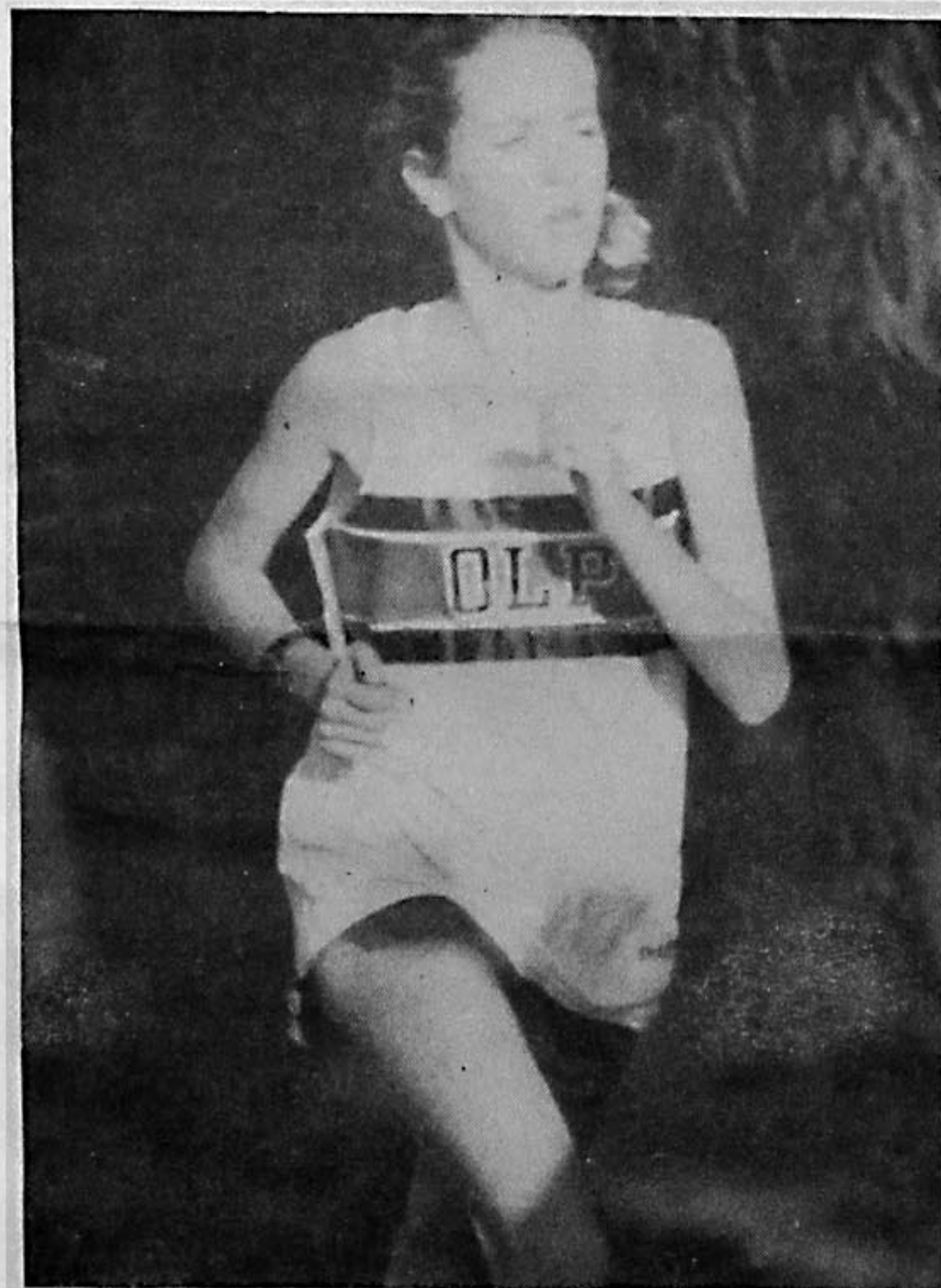
**1-5:** Jasmine Mejares (OLP) 21:39, Michelle Swift (UC) 21:52, Marissa Polin (LJ) 22:18, Elizabeth Kostrubala (LJ) 22:27, Andirck Sullivan (LJ) 22:36.

**6-10:** Jessica Gombes (OLP) 22:37, Chelsea Noonan (SR) 22:46, Kristin Hoeksema (LJ) 22:49, Mariana Mazon (OLP) 22:54, Kat Fleming (LJ) 22:58.

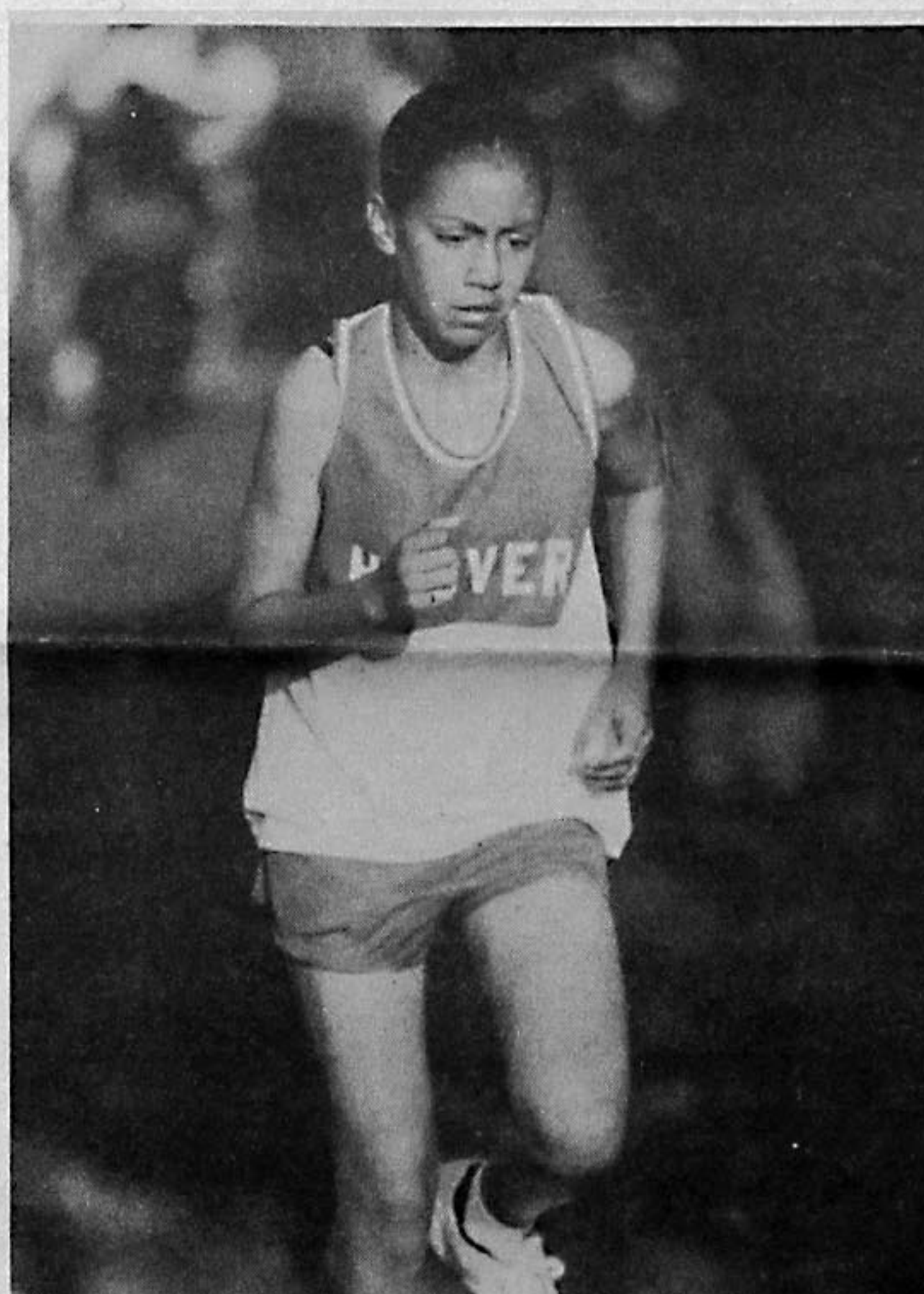




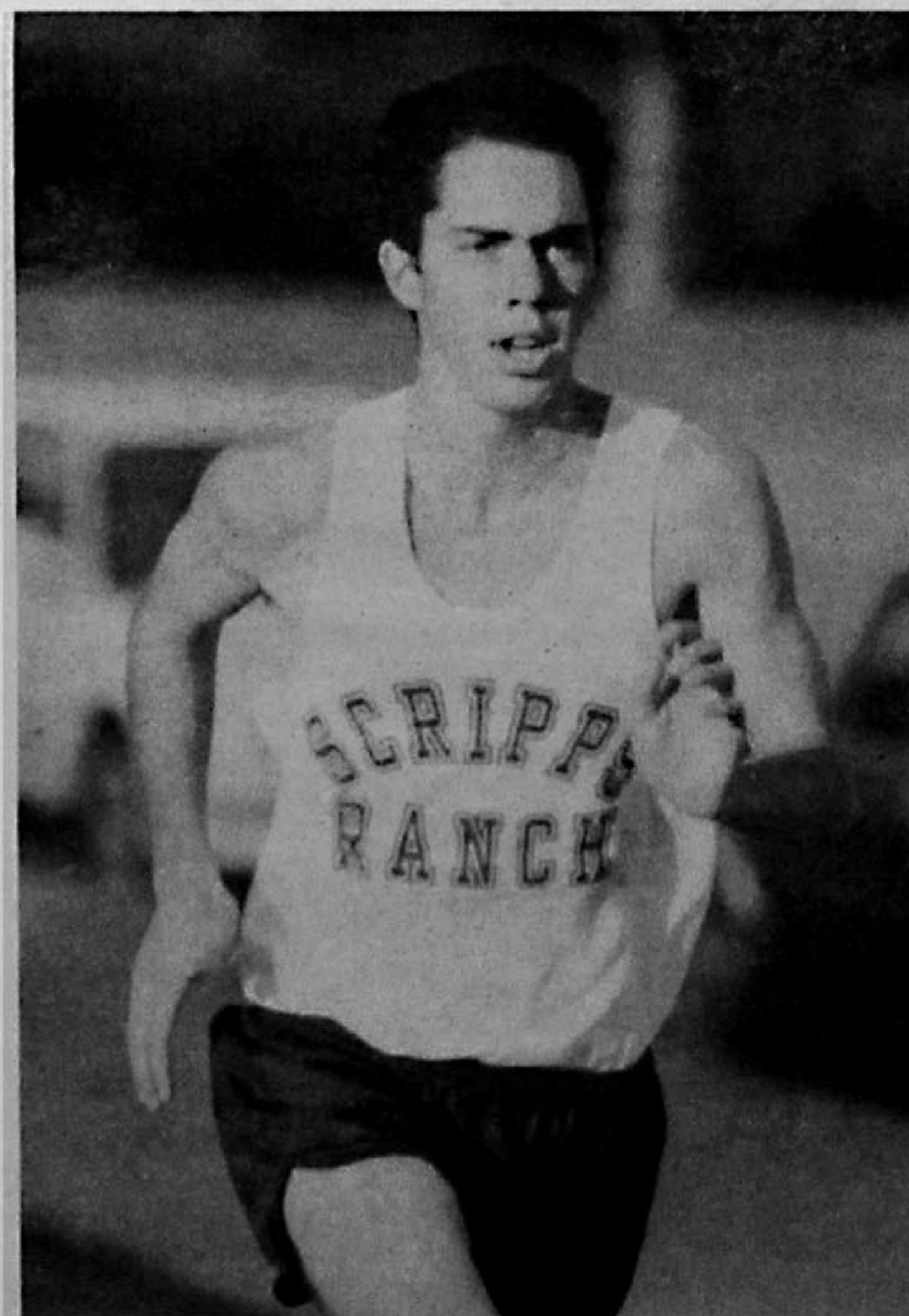
Steve Rider, Scripps Ranch, and Brian Sullivan, St. Augustine. Sullivan edged Rider by inches to become the Western Champ.



Claire Beck, Our Lady of Peace



Merlyn Diaz, Hoover



Michael Stokes, Scripps Ranch



Morgan Romine, La Jolla

## Metro: *This year, all is Bonita*

### **Adrian Ramirez repeats; Phillips leads Baron girls**

It's been a mellow year in the Metro.

Things have been smooth. There have been no conflicts, and there has been plenty of good competition. You might even say it's been *bonita*.

Bonita Vista's boys and girls put the finishing touches on league championships at the Metro finals, held on Friday afternoon at Southwestern College.

Chula Vista's Adrian Ramirez won his second straight league title to break up the Bonita sweep of awards. Baron Meghann Phillips won the girls race.

The year began with the promise of a tight boys race among a number of teams. It worked out just that way, as Bonita took a tight finals race ahead of Sweetwater, Mar Vista and Chula Vista.

Bonita's winning total was 52 points, but the race for second was especially close, as Sweetwater finished with 63 points, Mar Vista had 65 points, and Chula Vista had 67 points. Those teams had traded wins during the dual meet season. Mar Vista beat Sweetwater, the Devils had beaten Chula, and the Spartans had beaten the Mariners.

The Bonita girls had much the easier time, and they dominated their finals, scoring just 22 points. After Phillips, who ran the 2.3-mile course in 14:16, Dawna Marshall was second, Rosie Costello was fourth, Candice Osuna was sixth and Sandie Zuniga was ninth.

Sweetwater's Jessica Cabrera threatened to take the race at several points, but Phillips put on a move in the last half mile to go on to win. Marshall also passed Cabrera in the final stages.

The individual boys race was no contest, as Ramirez won by 0:26 seconds, ahead of Bonita soph Brian Paff.

Chula's Jose Zurita, with a big race, was fifth to help the Spartans. Sweetwater's Baruch Vega led his team's bid with a third place finish, and the Devils had Adrian Garcia in ninth and frosh Ruben Vences in 11th.

Mar Vista's effort was paced by Fernando Corona's fourth place, and he was backed by Esteban Rocha (tenth) and Luis Martinez (12th).

But Bonita Vista had the superior depth. After Paff, Collin Graham was eighth, Jason Stone was 13th, Giovanni Arce was 14th, and Daniel Lebrija was 15th.

"Bonita deserved it," Mar Vista coach Ben Holt said. "But we had a good year."

"I'm perfectly happy with the way my kids ran," Sweetwater coach Tim Latham said. The Devils were minus Jesse Jasso, who was often the team's number two man.

"It went well," Bonita coach Ian Cumming said. "Things worked out."

Of the boys race, Cumming said, "Mar Vista used an interesting strategy; they held back at the start and tried to work their way up throughout the race."

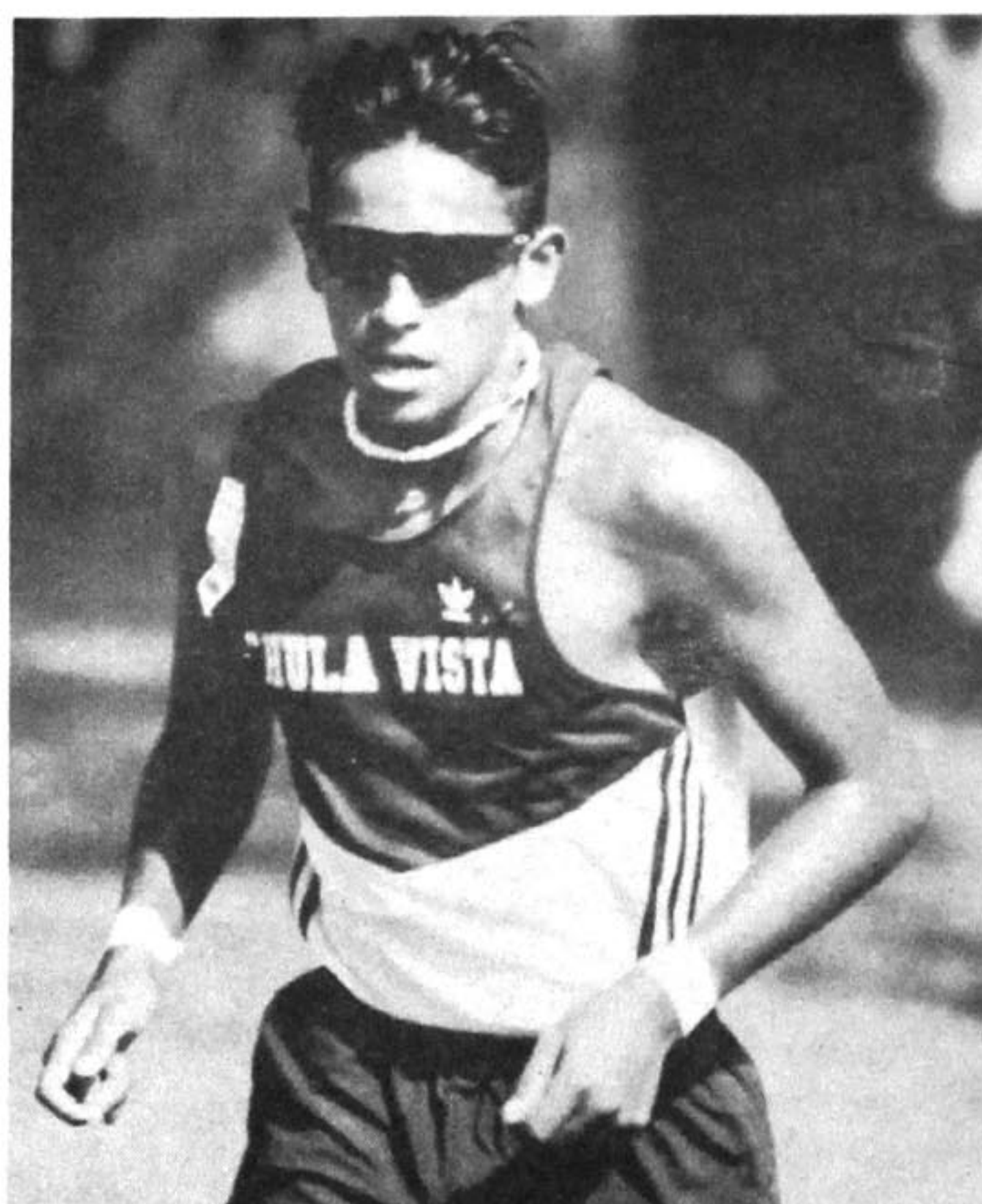
After Ramirez, the pack racing for second included Paff, Vega, Corona and a pair of

**See page 12.**

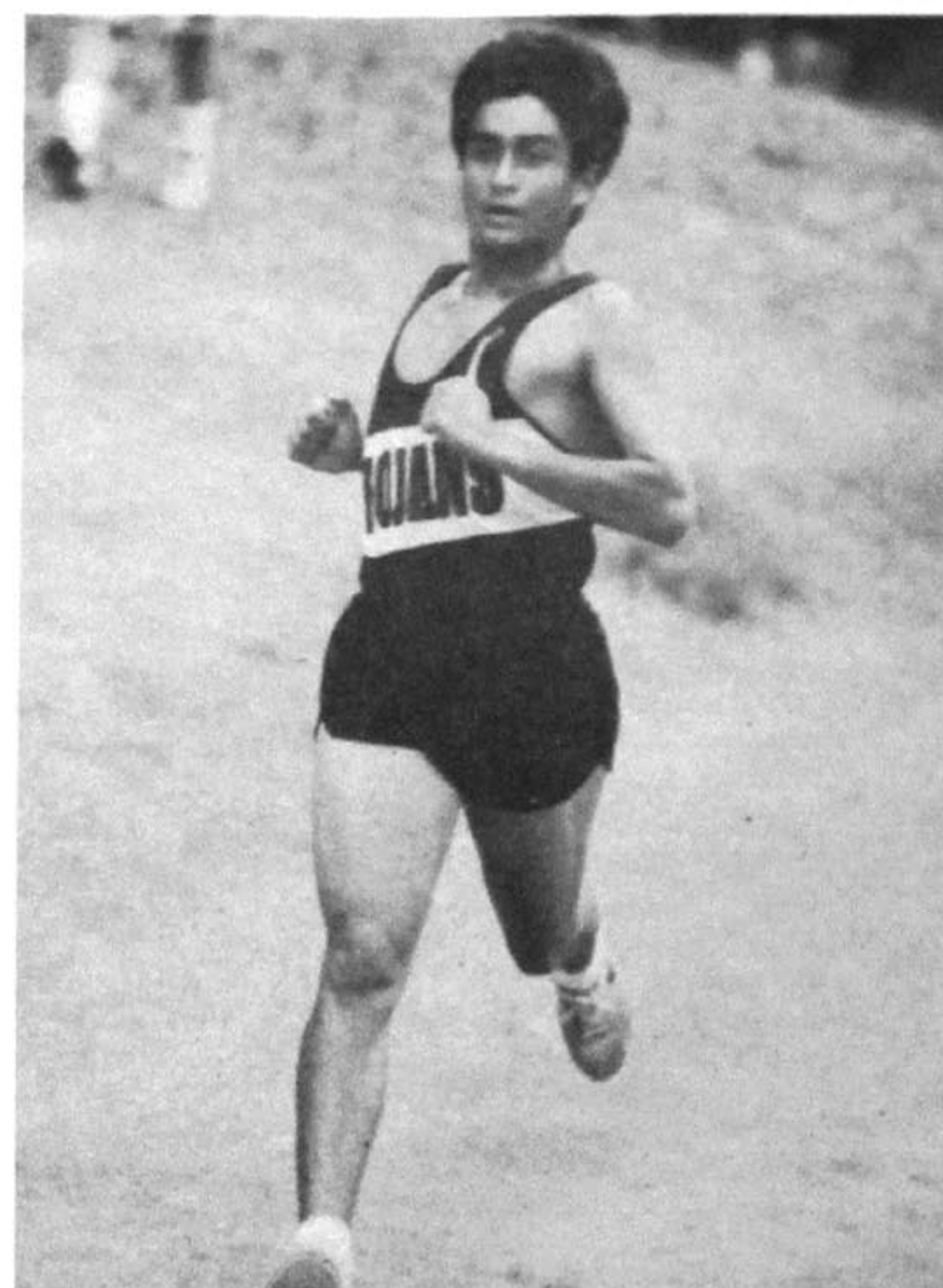




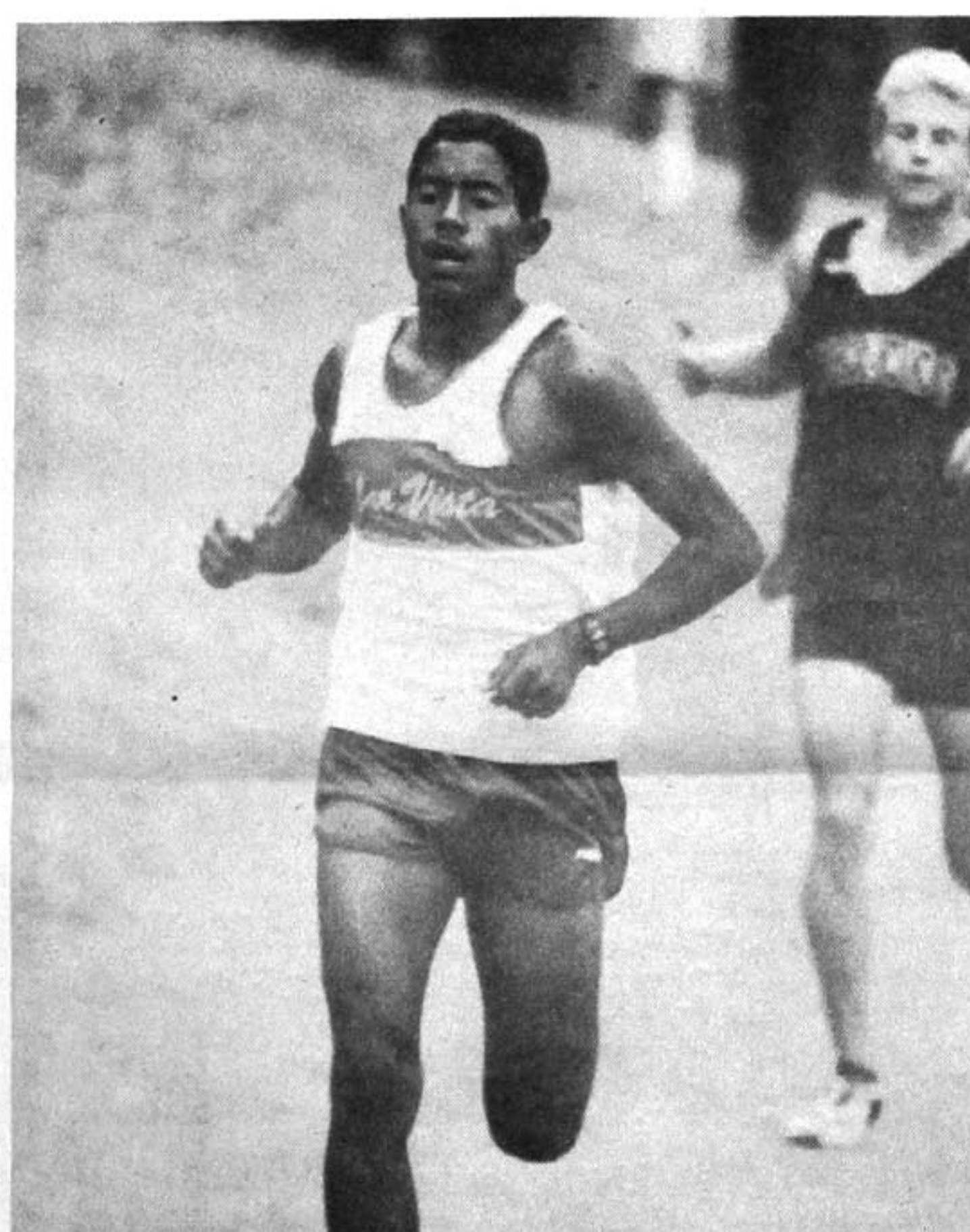
**Meghann Phillips, Bonita Vista  
Metro Champion**



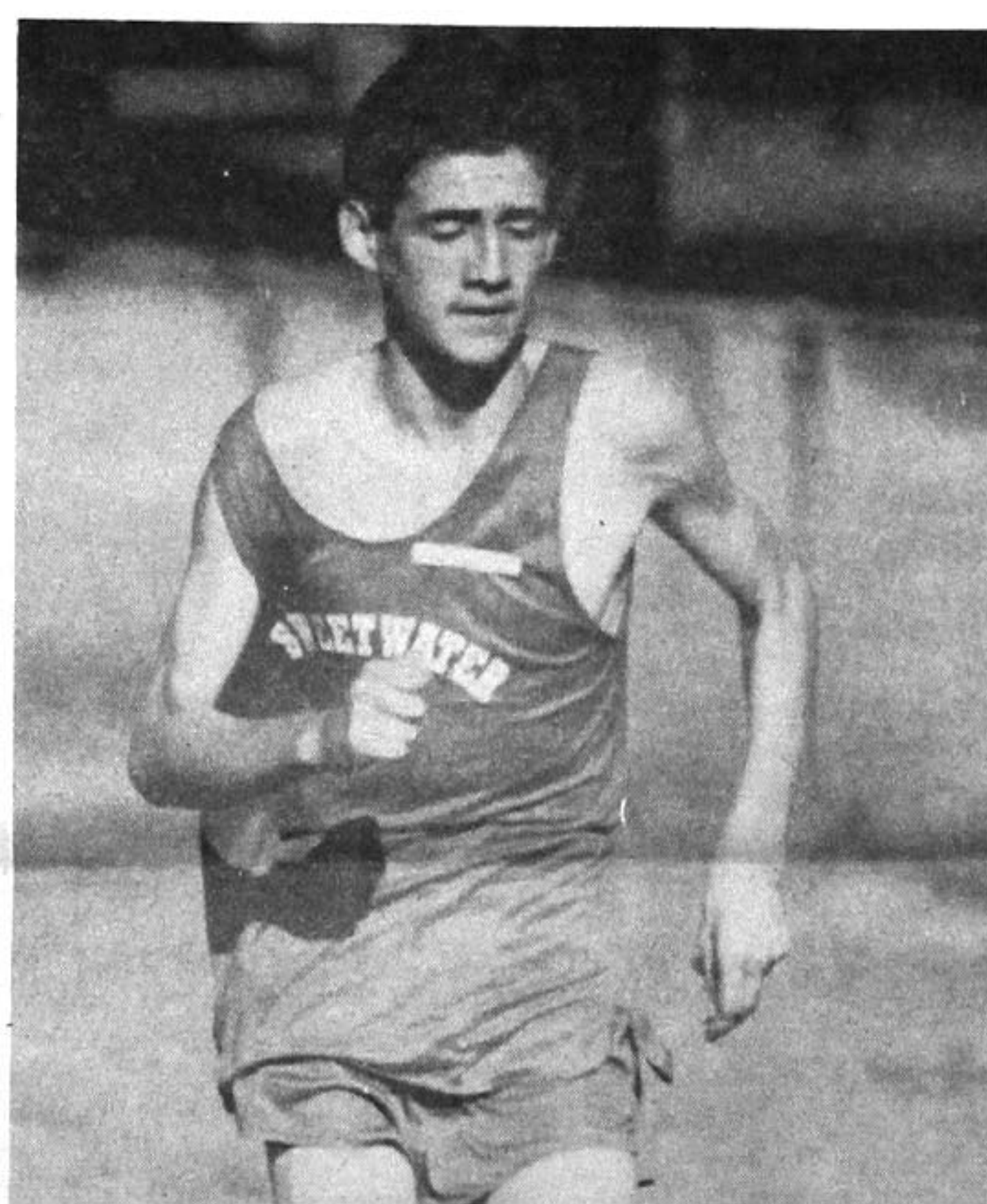
**Adrian Ramirez, Chula Vista  
Metro Champion**



**Jorge del Hierro, Castle Park**



**Esteban Rocha, Mar Vista**



**Ruben Vences, Sweetwater**



**Nohelia Ramos, Sweetwater**

## Metro:

From page 11.

Castle Park runners, Joshua Middleswart and Jorge del Hierro.

"It was a great race for second," Cumming said. "I thought the Castle Park guys did a good job of hanging on to that group, and Zurita had a really good race."

Phillips, the girls race winner, has been in and out of the lineup all year with various hurts. Two days after this final, she suffered a severe ankle injury in a soccer game, and will race no more this season. Costello, one of the county's best as a soph, has also had a constant battle with various injuries.

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The results:

### BOYS:

#### Varsity:

**Teams:** Bonita Vista 52, Sweetwater 63, Mar Vista 65, Chula Vista 67, Castle Park 126, Montgomery 172, Hilltop 180, Southwest 200, Eastlake 255.

#### Individuals (61 finishers):

**1-5:** Adrian Ramirez (Chula Vista) 16:24, Brian Paff (Bonita Vista) 16:50, Baruch Vega (Sweetwater) 16:53, Fernando Corona (Mar Vista) 16:54, Jose Zurita (CV) 17:05.

**6-10:** Joshua Middleswart (Castle Park) 17:06, Jorge del Hierro (CP) 17:10, Collin Graham (BV) 17:14, Adrian Garcia (Sweet) 17:16, Esteban Rocha (MV) 17:19.

**11-15:** Ruben Vences (Sweet) 17:27, Luis Martinez (MV) 17:31, Jason Stone (BV) 17:35, Giovanni Arce (BV) 17:39, Daniel Lebrija (BV) 17:40.

**16-20:** Thomas Juarez (Montgomery) 17:43, Steve Umada (CV) 17:45, Javier Gonzalez (Sweet) 17:53, Daniel Perez (MV) 17:57, Christian Valderrama (MV) 18:00.

**21-25:** Rosario Martinez (CV) 18:01, Miguel Gallarzo (Sweet) 18:04, Branny Zuniga (CV) 18:07, Jose Flores (CP) 18:09, M. Milliken (BV) 18:13.

**26-30:** Aaron Galvan (CV) 18:16, Jimmy Schroeder (Hilltop) 18:17, Reggie DePass (Mont) 18:19, Jaime Cabezuella (Sweet) 18:19, Miguel Beltran (MV) 18:20.

**31-35:** Ben Walthall (BV) 18:22, Vicente Ruiz (Southwest) 18:47, Carlos Zapata (Mont) 18:51, Mario Padilla (MV) 18:53, Michael Correano (Hill) 18:58.

**36-40:** Joel Armola (CV) 19:00, Jose Beltran (Hill) 19:05, Erick Guzman (Hill) 19:07, Halmar Samayoa (S'west) 19:15, Oscar Gonzalez (S'west) 19:17.

#### Junior Varsity:

**Teams:** Bonita Vista 18, Chula Vista 45, Sweetwater 140, Mar Vista 148, Castle Park 210, Hilltop 320, Montgomery 366, Eastlake, Southwest, no score.

#### Individuals (83 finishers):

**1-5:** Mirek Knopp (BV) 17:59, Brad Powers (BV) 18:02, Gabriel Cornejo (CV) 18:04, Kevin Barrera (BV) 18:17, John Ostrus (BV) 18:18.

**6-10:** Bill McRaven (BV) 18:21, Joon Kim (BV) 18:27, Carlos Sotelo (Sweet) 18:34, Jesse Jones (CV) 18:40, Mikael Manzano (CV) 18:41.

### GIRLS:

#### Varsity:

**Teams:** Bonita Vista 22, Chula Vista 55, Sweetwater 85, Hilltop 97, Eastlake 125, Montgomery 151, Mar Vista 197, Southwest, Castle Park, no score.

#### Individuals (50 finishers):

**1-5:** Meghann Phillips (Bonita Vista) 14:16, Dawna Marshall (BV) 14:25, Jessica Cabrera (Sweetwater) 14:33, Rosie Costello (BV) 14:50, Maria Melvin (Chula Vista) 14:57.

**6-10:** Candice Osuna (BV) 15:09, Nohelia Ramos (Sweet) 15:32, Erin DeHahn (Hilltop) 15:38, Sandie Zuniga (BV) 15:46, Graciela Minor (CV) 15:51.

**11-15:** Nika Dunn (CV) 15:58, Laura Carriedo (Eastlake) 16:05, Maribel Calderon (CV) 16:10, Van Nguyen (BV) 16:15, Sarah Meza (Hill) 16:15.

**16-20:** Abby McConnell (CV) 16:23, Vera Villalvazo (CV) 16:27, Miriam Sandoval (Sweet) 16:29, Gail Dayao (E) 16:33, Esther Volper (Montgomery) 16:34.

**21-25:** Erica Taylor (BV) 16:37, Teresa Escobedo (Hill) 16:39, Maggie Lozoya (CV) 16:43, Elizabeth Kolata (Hill) 16:44, Sandra Tejeda (Sweet) 16:49.

**26-30:** E. Burqueno (Mont) 16:56, Jodell Linder (E) 16:59, Crystal Foelschow (Hill) 17:03, Debra Milam (E) 17:18, Annette Nava (Hill) 17:24.

**31-35:** Kristen Neil (MV) 17:26, Margie Moran (Sweet) 17:42, Veronica Rodriguez (CP) 17:44, S. Stolz (Mont) 17:52, A. Hutchinson (Mont) 17:54.

**36-40:** Joy Espiritu (Mont) 17:58, Carli Foss (MV) 17:59, Pelsey Wilcox (E) 18:12, Monica Castro (MV) 18:23, Monica Arellano (Sweet) 18:26.

#### Junior Varsity:

**Teams:** Chula Vista 38, Bonita Vista 41, Hilltop 102.

#### Individuals (32 finishers):

**1-5:** Chulie Ulloa (BV) 16:07, Bertha Ojeda (CV) 16:20, Vanessa Cuadra (CV) 16:26, Tami Withem (BV) 16:28, Jennifer Martinez (BV) 16:31.

**6-10:** Jenessa Huffman (CV) 17:23, Jackie Cardenas (CV) 17:24, Cindy Barker (BV) 17:25, Nancy Castro (CV) 17:29, Daniela Castaneda (CV) 17:42.



## Harbor:

# Clairemont boys, 'Nado girls are the champs

## Hamlin, Moreno get titles

The Harbor League finals are a non-scoring affair, with the league's championships determined strictly on dual meets.

Clairemont's boys team and Coronado's girls team both finished the league dual meet season undefeated, and were awarded championships.

The finals are for determining individual wards, and Madison's Nick Hamlin and Crawford's Maria Moreno were the winners. Both runners were popular champions, as they finished up their Harbor careers in triumph. The two champs are recognized by league coaches for their outstanding training habits.

Hamlin ran a solo race, but was clocked in a quick 15:29 for the 3.05-mile course. That ranks with the quickest times run on the Morley course during championship week.

In the West, Steve Rider and Brian Sullivan pushed each other to 15:22 times; and, in the East, the Chandler twins paced other to 15:27 and 15:30 times. Hamlin was all alone in his race.

It was a contrast to last year's Harbor boys final, which was last year's most competitive race of league finals week, when Crawford's Ajani Brown, Holtville's Miguel Ramirez, Coronado's Trevor Clarke, Clairemont's Derrick Davis and Hamlin were all involved. Brown had to outlean Holtville's Ramirez, who competed as a guest.

This year, after Hamlin, Coronado's Cheyne Jones was second, running a good 16:10. Clairemont, the league's champ, had four runners in the top seven, including Juan Torres, Jose Jimenez, Nelson Rivas and Jose Padilla. All will return next year, along with fifth runner Michael LoForti, for coach Sean Stevenson's team.

Coronado's champion girls team is a young group that might mature into a very good squad. The Islanders took 2-3-4 after Moreno, with Barbra Chakos, Christine Hansen and Kiley Dunlap doing the honors. Chakos and Hansen are sophs; Dunlap is a freshman. The Islanders' four-five runners, Sam Piper and Kelly Charboneau, are also sophs.

So, there are already clear-cut favorites in next year's Harbor League, at least at the team level.

The results:

At Morley Field, Nov. 13.

### BOYS (3.05 miles):

#### VARSITY:

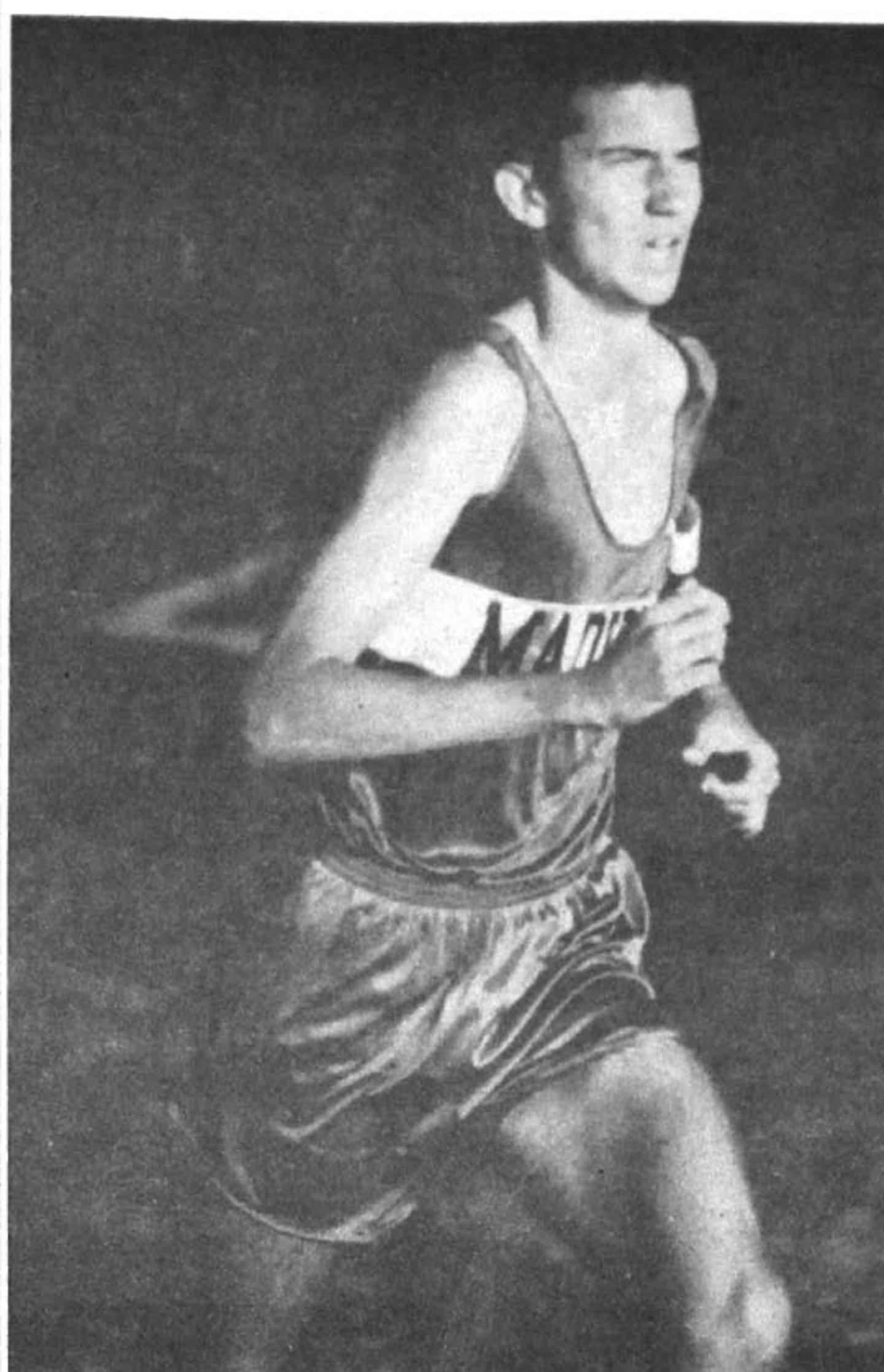
No team scoring. League title decided on dual meets only. Clairemont wins league championship.

#### Individuals (51 finishers):

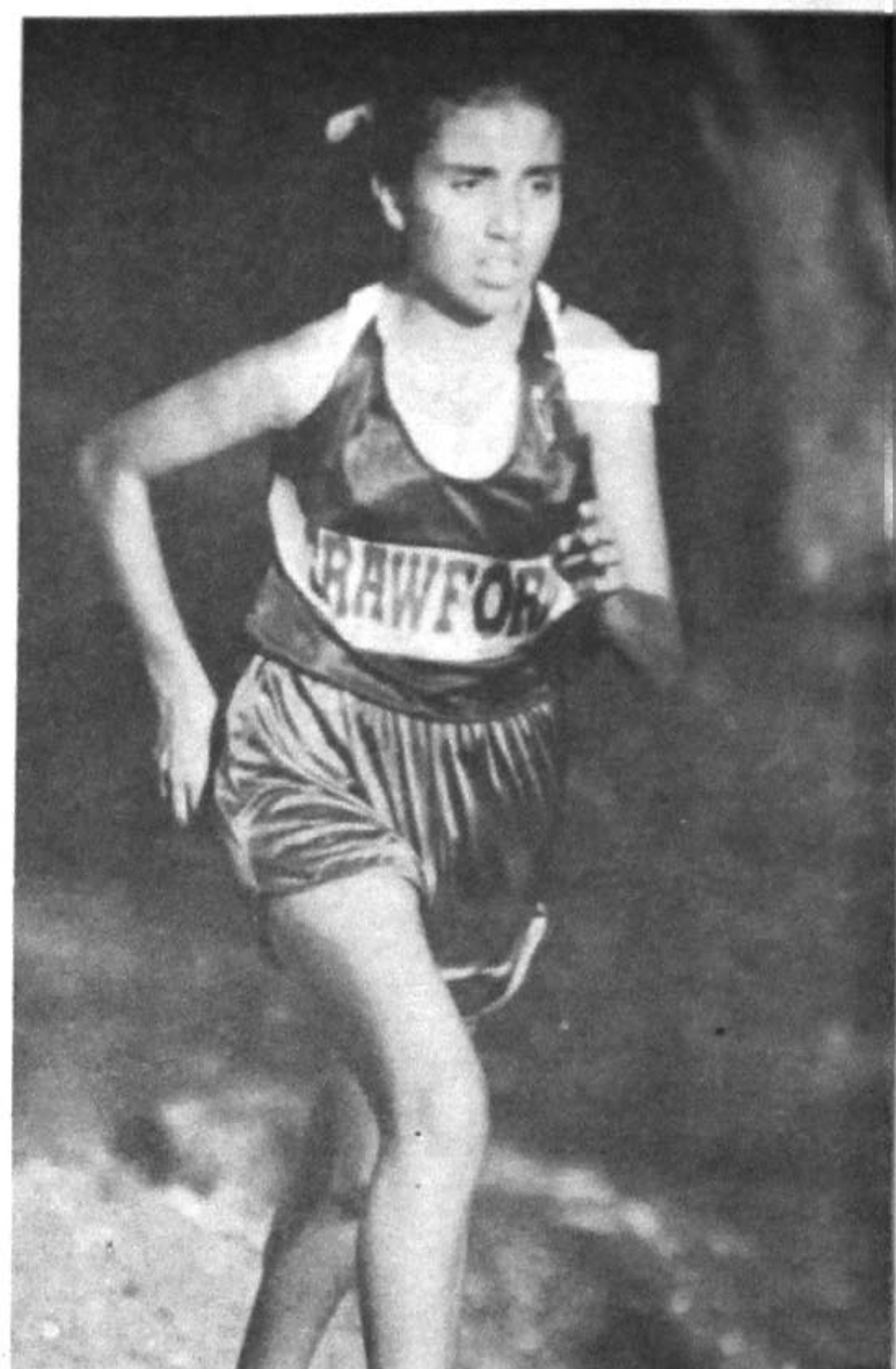
1-5: Nick Hamlin (Madison) 15:29, Cheyne Jones (Coronado) 16:10, Juan Torres (Clairemont) 16:23, Titus Chawech (Crawford) 16:46, Jose Jimenez (Claire) 16:55.

6-10: Nelson Rivas (Claire) 17:00, Jose Padilla (Claire) 17:16, Josh Richards (Coro) 17:37, Drew Koo-roy (Coro) 17:45, Matt Borunda (Coro) 17:54.

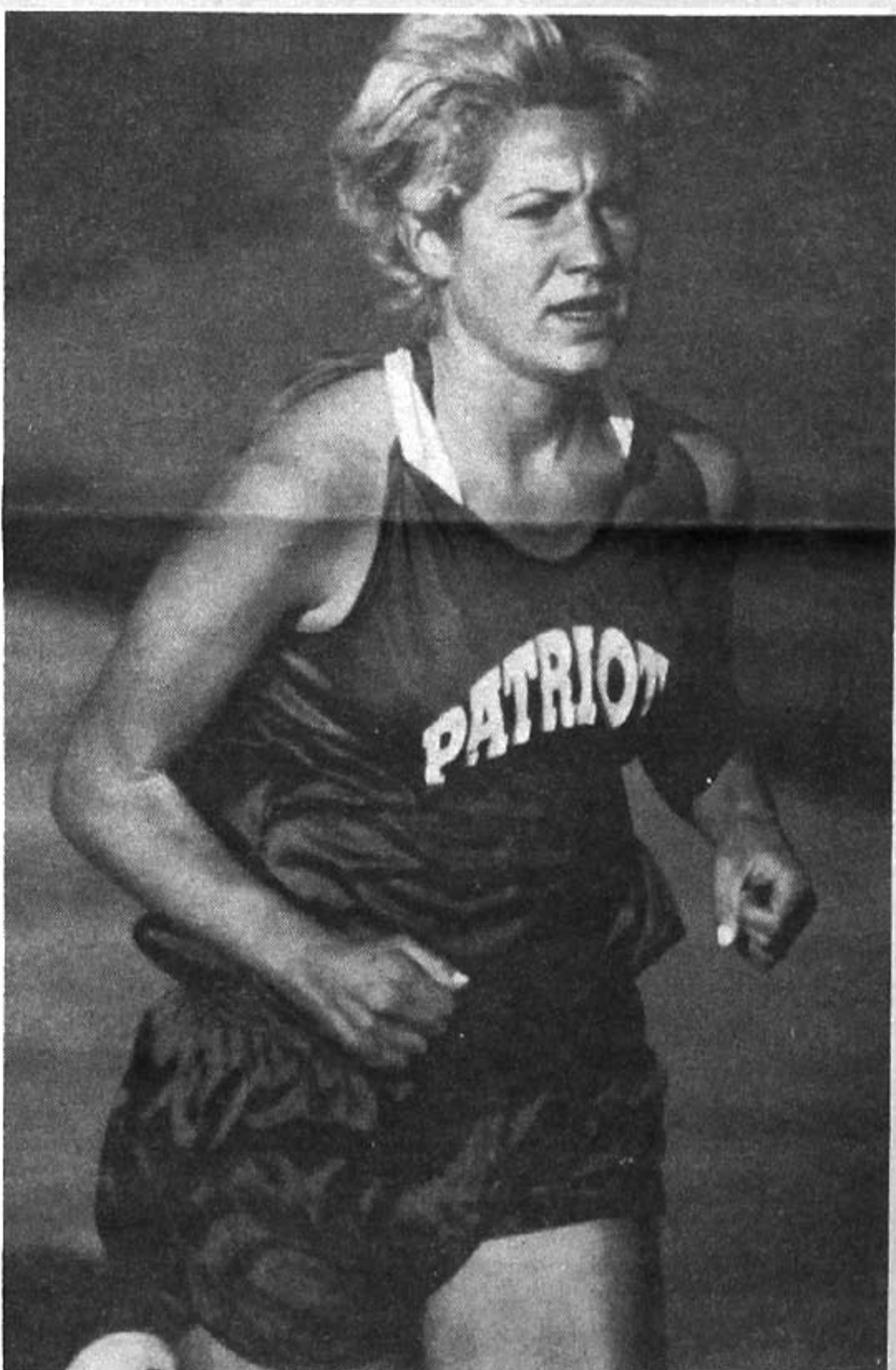
11-15: Jesse Adam (Coro) 18:02, Mohammed Abdi (Craw) 18:08, Mike Morgan (Christian) 18:14, Michael



Nick Hamlin, Madison Harbor Champion



Maria Moreno, Crawford Harbor Champion



Beth Bowler, Christian

LoForti (Claire) 18:16, Josh Chesnut (Chr) 18:23.

16-20: Michael Morgan (Claire) 18:29, Joe Lipman (Coro) 18:30, Joe Graves (Chr) 18:32, Paul Whitford (Coro) 18:35, Pepe Cervantes (M) 18:40.

21-25: Josh Rickert (M) 18:45, Luke Morton (Coro) 18:47, Jim Miller (Craw) 19:05, Candido Titlar (Craw) 19:13, Dave Crescitelli (Chr) 19:14.

### GIRLS (2.5 miles):

#### VARSITY:

No team scoring. League title decided on dual meets only. Coronado wins league championship.

#### Individuals (49 finishers):

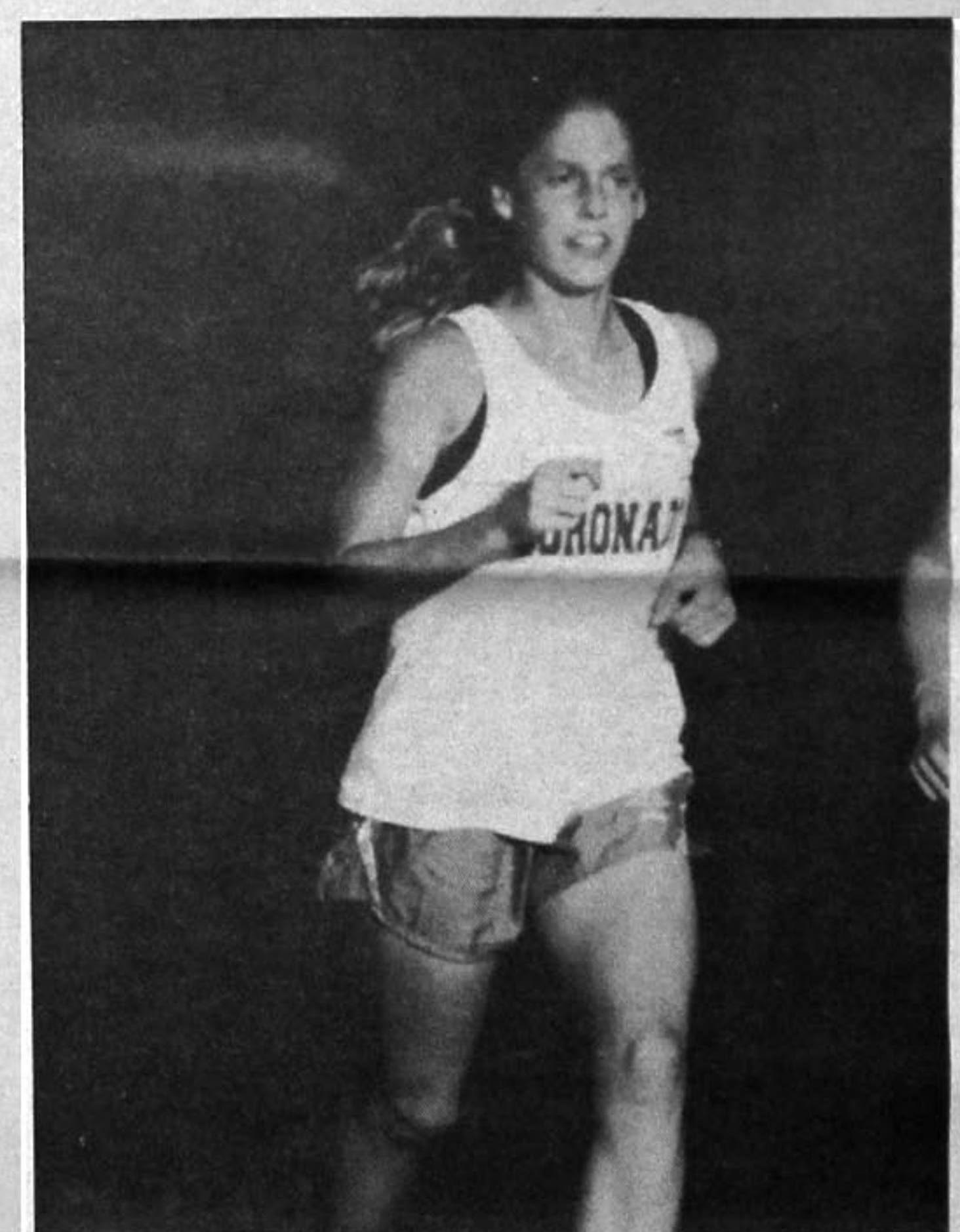
1-5: Maria Moreno (Crawford) 17:18, Barbra Chakos (Coronado) 17:42, Christine Hansen (Coro) 17:44, Kiley Dunlap (Coro) 17:47, Jessica Behrens (Craw) 18:00.

6-10: Beth Bowler (Christian) 18:25, Toby Barmeyer (Gompers) 18:31, Samantha Piper (Coro) 18:37, Kelly Charboneau (Coro) 19:01, Angelea Fuller (Chr) 19:05.

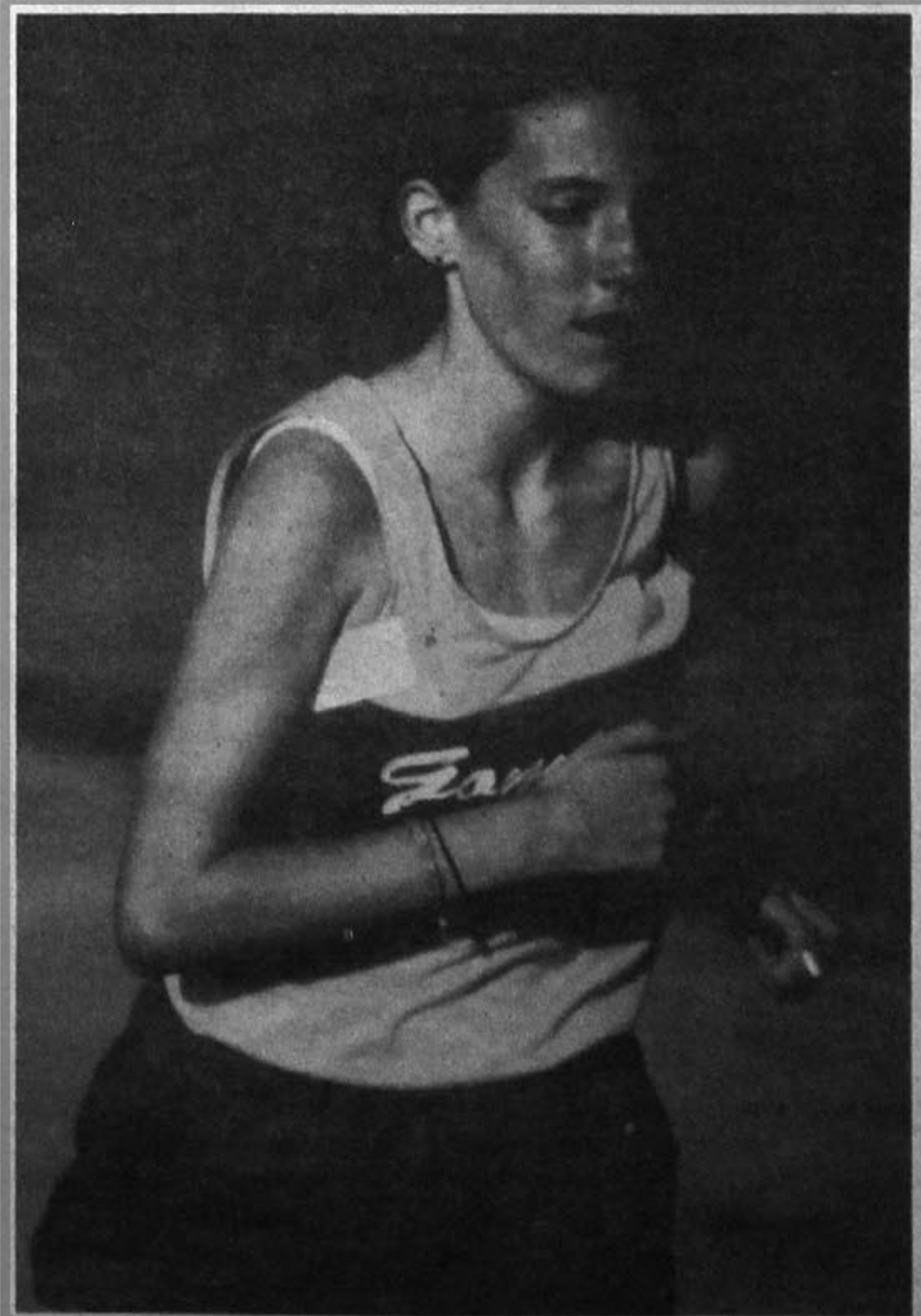
11-15: Sara Morton (Coro) 19:09, Kim Buegge (Chr) 19:23, Brigid Ryan (Coro) 19:25, Erin Whitmore (Chr) 19:28, Laura Graves (Chr) 19:32.

16-20: Amanda Thaete (Coro) 19:41, Kendra Shaw (Craw) 20:05, Rebecca Denton (Coro) 20:12, Jen Wirkus (Clairemont) 20:15, Jennifer Robbins (Coro) 20:16.

21-25: Charito Cruz (Claire) 20:26, Britt Nelson (Chr) 20:27, Tracy Smisek (Coro) 20:31, Angie Theriault (Craw) 20:34, Wendy Volz (Chr) 20:40.



Christine Hansen, Coronado



Toby Barmeyer, Gompers



# Southern: Holtville denied entry; were they too good?

## A Commentary:

The Southern Conference, or Coastal League, needs to get its act together.

In a shameful decision handed down by the league's athletic directors less than 48 hours before the championship meet was to be held, Holtville's request to be included in the meet was denied.

The decision overshadowed the subsequent competition, which *TRACK MAGAZINE* does not recognize as a legitimate championship.

The decision to deny Holtville entry into the meet was curious because of a number of facts:

1. Holtville is a member of the Southern Conference.
2. Holtville's boys cross country team is quite probably the strongest team in the conference (and possibly a State contender in Division V).
3. Holtville junior Miguel Ramirez, one of the best runners in the state (in Division V), could be expected to win the race handily.

The suspicion is that the league's directors didn't want Holtville to participate because they are too good.

"They thought they would be upstaged," Holtville coach Gerardo Lara said.

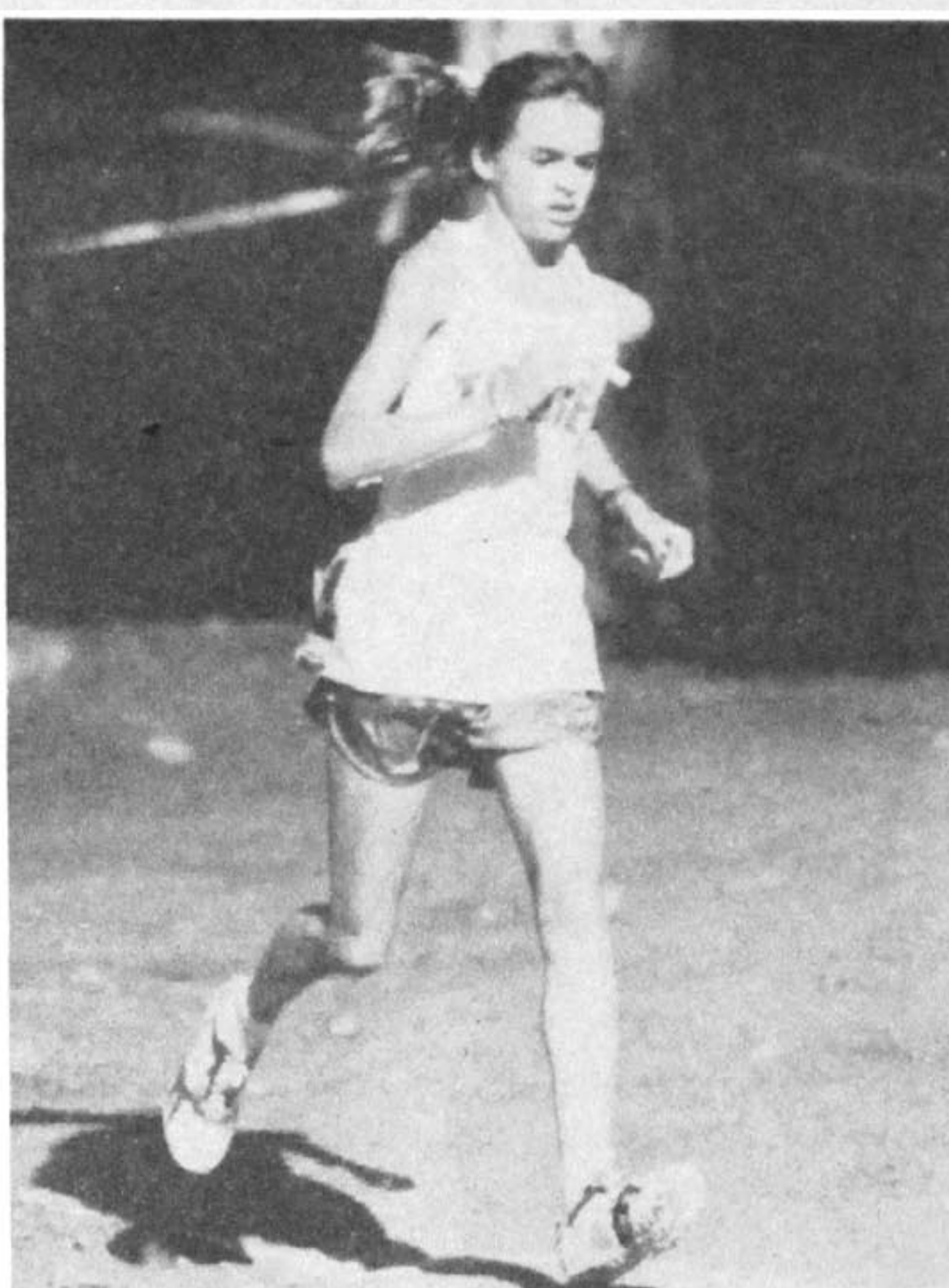
"I didn't really think it was right for Holtville to participate, because they would take a disproportionate number of awards," one coach said. "It's not right because they don't participate in the dual meets."

Except that there is precedent for a team to operate independently and then score in the finals. Julian High did it in 1989, when their program was just being restarted. Of course, they were no threat to win awards. And the CIF has no restriction on independent teams entering these types of meets.

"I'm not even sure Holtville is in the league," a coach said. "Maybe we need to clarify if we are the Coastal League, or the Southern Conference."

Of course, Imperial, another desert school, annually participates in the league's track championships. "But they participate in the dual meets," a coach said.

Of course, to encourage Holtville's participation in the league's dual meets, the league would probably have to change their scheduling policies, which definitely need some scrutiny. Now, it is the league's policy for teams that have "stronger programs" to host several dual meets on home courses, while teams that have "marginal programs" are given one token home meet, if any. The net effect is for teams such as Warner, Julian and Borrego Springs to be forced to travel to three or more meets, most of them entailing well over an hour (one-way) of travel time. Such a practice is patently discriminatory.



Lindsay Weinberg, La Jolla CD  
Southern Champion

It is important to note a number of other factors regarding the decision.

1. The decision was made by the league's athletic directors, and not by the cross country coaches, at least some of whom were eager for Holtville to participate.

2. The ADs seemed to be upset when Holtville's coach asked to be included by making a direct request to the meet director, and not by going through "proper channels," whatever they are.

3. There is a considerable history of rancor within the league, which is an uneasy alliance of well-to-do private schools, small religious schools, and far-flung back country public schools. Generally, the private schools are suspicious of the public schools, and vice versa. "I did sense that there was an anti-desert sentiment at work in the decision," Calvin Christian coach Bill Stout said. "The feeling seemed to be that, 'Here's another desert school, trying to pull something.'" Stout, also his school's AD, abstained from the vote.

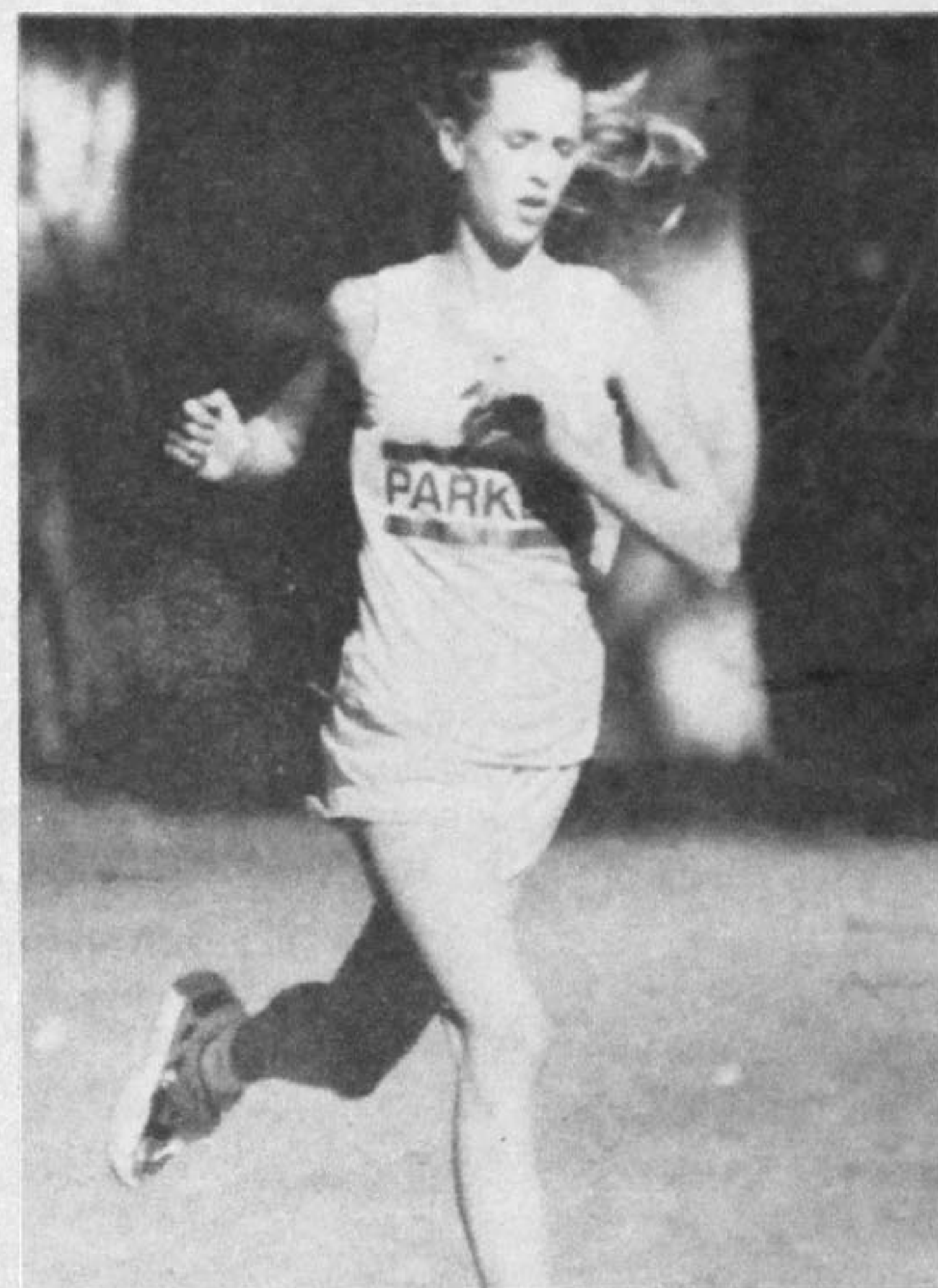
Holtville's cross country program is now in its third year, under the direction of walk-on coach Gerardo Lara. Last year, they finished third in the CIF Division IV race, behind Clairemont and Coronado. Ramirez won his second consecutive CIF championship and followed that with a third in the state finals.

Lara, who has little budget for travel, has to scramble for competition. "We haven't had that many meets," he said. "We really need to race." A tuneup meet last week is just what the race-short Vikings required to tune up for the CIF and State meets.

The league determines its championship by dual meet results. But the finals meet is scored, and a trophy is awarded to the winning team. Representing what? The meet also determines all-league awards, which this year are much less meaningful, at least on the boys side.

It is the position of *TRACK MAGAZINE* that there was no compelling reason to deny Holtville's entry into this meet, despite some unusual circumstances surrounding their entry.

Cross country is supposed to be a sport that is based on equal opportunity, fairness of



Gwyn Leachman, Francis Parker

competition, and just rewards for hard work and the excellence that results from it. This incident did significant injury to those principles.

Ironically, if Holtville, or Ramirez, enjoys any measure of success at the State level, it will reflect creditably on the conference which so poorly served them.

**NOTE: Because of the unusual circumstances surrounding this competition, *TRACK MAGAZINE* does not recognize the boys race as being a true championship.**

## BOYS (3.0 miles):

### Varsity:

**Teams:** Calvin Christian 48, Francis Parker 53, La Jolla Country Day 62, Bishop's 76, Lutheran 146, Army-Navy 153. Julian, Borrego Springs, Warner, no score.

### Individuals (49 finishers):

1-5: Justin Scarfeo (La Jolla Country Day) 17:05, Bart Conner (Calvin Christian) 17:23, Jesse Powell (Warner) 17:30, Jared Ziman (LJCD) 17:38, R. J. Sparks (Francis Parker) 17:54.

6-10: Peter Holland (Bishop's) 17:54, Chad Young (CC) 18:05, Jon Beutlich (CC) 18:12, Mark Mullert (Lutheran) 18:18, Huw Lewis (FP) 18:21.

11-15: Shane McElreavy (FP) 18:22, Max Spevack (FP) 18:24, David Pechet (LJCD) 18:25, Daisuke Nonaka (B) 18:29, Max Johnson (B) 18:30.

16-20: Chris Navarro (LJCD) 18:31, Justin Verhoeven (CC) 18:34, Ryan Brown (CC) 18:40, Steve Mavis (CC) 18:49, Sean McCarty (Julian) 18:58.

21-25: Karl Rinderknecht (FP) 19:12, Joe Klvey (CC) 19:12, Tom Suiter (B) 19:14, Josh Hermeston (Army Navy) 19:21, Chris Wong (B) 19:24.

### Junior Varsity (59 finishers):

**Teams:** Francis Parker 41, Calvin Christian 52, Bishop's 66, Army-Navy 79, La Jolla Country Day 244. Lutheran, no score.

### Individuals:

1-5: Josh Jackman (FP) 19:05, Nathan Huff (CC) 19:20, Casey Marks (FP) 19:25, Cosmo Chimenti (ANA) 19:33, Jerry Hsieh (ANA) 19:34.

## GIRLS (2.45 miles):

### Varsity:

**Teams:** Bishop's 48, Francis Parker 49, La Jolla Country Day 52, Calvin Christian 82. Lutheran, Julian, no score.

### Individuals (31 finishers):

1-5: Lindsay Weinberg (La Jolla Country Day) 16:16, Alison Gordon (Bishop's) 17:09, Sandra Ruiz (LJCD) 17:22, Gwyn Leachman (Francis Parker) 17:24, Zoe Landers (FP) 17:36.

6-10: Jennifer Lloyd (Lutheran) 17:39, Karen Memelaar (Calvin Christian) 17:42, Monica Bornemisza (LJCD) 17:58, Amanda Shipley (CC) 18:10, Heather Ray (B) 18:22.

11-15: Angie Markle (FP) 18:40, Jenny Evans (B) 18:45, Angela Wachtler (B) 18:56, Sarah Manley (FP) 18:57, Shelby Polakoff (B) 19:03.

16-20: Lindsay Hiltz (Julian) 19:04, Ana Landa (B) 19:14, Brooke Miller (B) 19:14, Jenny Dorth (FP) 19:35, Lydia Boonstra (CC) 19:45.



# Frosh/Soph Championships: McFarland, Chandlers star

This year's edition of the Frosh/Soph Cross Country Championships drew modest numbers, but there was some good racing.

Best field was in the girls sophomore race, where Scripps Ranch's Emily McFarland ran a very fast 15:06 for the CIF layout at Morley Field. She beat a good field, including Uni's Courtney Baird and Patrick Henry's Lisa Bengtson, among others. The time was faster than any girl ran on the course at the CIF finals last year.

The boys sophomore race featured Serra's Chandler twins. Marcus Chandler ran 16:02 to beat Marice (16:13) in this race, which featured a number of quality runners in the field. Only two runners at last year's CIF meet ran faster than Marcus' 16:02.

This year's girls freshman crop hasn't made as big an impact as last year's group, but one of the best, University City's Katherine Ziegler, was here, and she won the race easily, in 16:21.

Best of the boys frosh entries was Mission Bay's Nathan Lopez, who won his race in 17:43.

The results:  
**At Morley Field, Friday, Nov. 1. Entrants ran the CIF course in both races.**

## BOYS (3.05 miles):

**Sophomores (56 finishers):**  
1-5: Marcus Chandler (Serra) 16:02, Marice Chandler (Serra) 16:13, Patrick Grimes (Scripps Ranch) 16:49, Beshir Ali (Patrick Henry) 16:57, Robert Gonzalez (Holtville) 17:10.

6-10: Behailu Mergia (Hoover) 17:11, Tom Antl (Point Loma) 17:12, Nelson Rivas (Clairemont) 17:19, Evan Fontaine (La Jolla Country Day) 17:22, Jon O'Connor (University City) 17:38.

11-15: Colin Donnelly (St. Augustine) 17:42, Matt Granger (La Jolla) 17:42, Dru Imrie (Serra) 17:47, Jared Hersh (UC) 17:50, Jose Gallegos (Holt) 17:53.

16-20: Mark Marshall (PH) 17:57, Andres Medina (Holt) 17:58, Alfonso Espinoza (StA) 18:00, Chris Sandoval (SR) 18:05, Matt Whaitte (UC) 18:08.

21-25: Andy Delery (SR) 18:09, Jason Smith (University of San Diego) 18:12, Max Johnson (Bishop's) 18:14, Mike Hilton (PH) 18:22, Tim Petrie (LJ) 18:25.

## Freshmen (61 finishers):

1-5: Nathan Lopez (Mission Bay) 17:43, Matt Herriman (StA) 17:50, Jeff McKnight (PIL) 17:54, M. Mussa (PH) 17:59, Peter Holland (Bish) 18:08.

6-10: Tony Saibe (UC) 18:31, Jared Ziman (LJCD) 18:31, Raphael Machado (SR) 18:44, Paul Whitford (Coronado) 18:49, Jonathan Hester (SR) 18:58.

11-15: Jonathan Dunbar (LJ) 19:00, Shane McElreavy (Francis Parker) 19:06, Pepe Cervantes (Madison) 19:22, Charles McKeown (UC) 19:24, David Padilla (Holt) 19:36.

16-20: Miguel Elias (MB) 19:39, Enrique Costello (MB) 19:39, Gary Lee (UC) 19:40, Conor Campbell (SR) 19:44, Eric Royce (MB) 19:45.

21-25: Mike Compstock (SR) 19:46, Joel Nierman (UC) 19:47, Chris Smiley (Serra) 19:52, Chris Costello (Bish) 19:53, Brendan Carter (SR) 19:54.

## GIRLS (2.5 miles):

**Sophomores (40 finishers):**  
1-5: Emily McFarland (Scripps Ranch) 15:06, Courtney Baird (University of San Diego) 15:21, Lisa Bengtson (Patrick Henry) 15:56, Jackie Ott (USD) 16:08, Morgan Romine (La Jolla) 16:44.

6-10: Lindsay Weinberg (La Jolla Country Day) 16:51, Leslie Crews (University City) 17:16, Christine Hansen (Coronado) 17:19, Barbra Chakos (Coro) 17:22, Kijrsten Bevins (Serra) 17:29.

11-15: Kelli Wilson (Our Lady of Peace) 17:34, Julia Otis (LJ) 17:52, Lisa Nguyen (SR) 17:55, Sam Piper (Coro) 17:57, Kelly Charboneau (Coro) 18:07.

16-20: Toby Barmeyer (Gompers) 18:12, Jessica Gombes (OLP) 18:27, Andrick Sullivan (LJ) 18:28, Laura Meathe (OLP) 18:31, Stephanie Hedeline (Serra) 18:40.

21-25: Annie Adams (Serra) 18:45, Anny Cellar (SR) 18:45, Melissa Wiseman (Serra) 18:48, Chelsea Noonan (SR) 18:49, Natalie Watkins (OLP) 18:51.

## Freshmen (33 finishers):

1-5: Katherine Ziegler (UC) 16:21, Claire Beck (OLP) 17:21, Sandra Ruiz (LJCD) 17:32, Gwyn Leachman (FP) 17:32, Merlyn Diaz (Hoover) 17:46.

6-10: Kiley Dunlap (Coro) 17:50, Rebecca McKeown (UC) 17:56, Amanda Schultz (OLP) 18:06, Eumabeth Corlem (Hoov) 18:09, Jasmine Mejares (OLP) 18:13.

11-15: Kristen Ogden (Serra) 18:13, Michelle Swift (UC) 18:15, Cassandra Liss (PH) 18:18, Marisa Polin (LJ) 18:37, Maura Bannon (OLP) 18:55.

16-20: Alison Aguirre (PH) 19:03, Sarah Manly (OLP) 19:06, Devin Schmucker (LJ) 19:09, Melissa Johnson (LJ) 19:10, Maureen Teyssier (SR) 19:12.

21-25: Jen Wirkus (Clairemont) 19:20, Amanda Surks (LJ) 19:22, Chelsea Keane (LJ) 19:28, Jessica Taay (USD) 19:33, Angie Fitzpatrick (PH) 19:33.

# Dual Highlights: Avocado:

**At Calaveras Park, Nov. 8.**  
**BOYS (2.9 miles):**

San Pasqual 28, Carlsbad 29.  
San Pasqual 23, Oceanside 34.  
Carlsbad 24, Oceanside 31.

1-5: Reed Steel (C) 15:29, Adam Van Wart (SP) 15:39, Sherwin Arce (O) 15:40, Collin Steel (C) 15:47, Ismael Pena (SP) 15:58.

6-10: Oscar Gonzalez (C) 15:59, Kendall Richardson (SP) 16:12, Delfino Romero (O) 16:17, Alvaro Quintanar (O) 16:20, Tad Crowe (SP) 16:22.

**GIRLS (2.3 miles):**  
1-5: Erin Berhman (SP) 14:04, Angela Van Dyke (C) 14:08, Jane Brian (SP) 14:39, Eva Lund (C) 14:48, Amber Smith (SP) 15:11.

6-10: Amanda Johnson (C) 15:29, Miriam Mendez (O) 15:33, Amber Trzinski (SP) 15:39, Pacheco (O) 15:41, Serena Grippo (SP) 15:42.

## At La Costa Canyon High, Nov. 8.

**BOYS (3.0 miles):**  
La Costa Canyon 25, El Camino 35.  
Escondido 26, La Costa Canyon 31.  
Escondido 25, El Camino 32.

1: Steven Meek (E) 15:08.  
**GIRLS (2.4 miles):**  
Escondido 15, El Camino 50.  
Escondido 25, La Costa Canyon 32.  
La Costa Canyon 15, El Camino 50.

1: Lanele Cox (E) and Shawnele Cox (E) , 14:44.

## Eastern:

**At Morley Field, Nov. 7.**  
**BOYS (3.0 miles):**  
San Diego 27, Point Loma 29.  
San Diego 25, Serra 35.  
Point Loma 25, Serra 38.

1: Marcus Chandler (S) 15:34.  
**GIRLS (2.5 miles):**  
Point Loma 16, Serra 39.  
Point Loma 15, San Diego 50.  
Serra 15, San Diego 50.

1: Lea Hitt (PL) 17:44.

## At Morley Field, Nov. 7.

**BOYS (3.0 miles):**  
Mira Mesa 15, Morse 48.  
1: Pablo Cantil (MM) 17:33.  
**GIRLS (2.5 miles):**  
Mira Mesa 15, Morse 50.

1: Tiffany Fox (MM) 17:49.

## Grossmont North:

**At Lindo Lake, Nov. 8.**  
**BOYS:**  
El Capitan 21, Santana 34.

1-5: John Bates (EC) 17:08, Dave Boland (EC) 17:22, Matt Freeman (EC) 17:25, Nathan Snodgrass (S) 17:30, Doug Singer (S) 17:37.

6-10: Tony Principe (EC) 17:38, Scott Kaforey (S) 17:43, Mark Petitfils (S) 17:51, Nick Mathis (EC) 18:10, Jake Bishop (S) 18:18.

**GIRLS:**  
Santana 18, El Capitan 45.  
1-5: Jaymie Harper (S) 12:18, Kim Pace (S) 12:50, Stephanie Kindreich (EC) 13:00, Ava Benitez (S) 13:14, Kim Baza (S) 13:21.

6-10: Milinida Benitez (S) 13:41, Kerie O'Grady (S) 13:52, Amanda Harper (S) 14:10, Sandi Jenkins (EC) 14:14, Theresa Hepler (EC) 15:01.

## At Harry Griffen Park, Nov. 8.

**BOYS (3.1 miles):**  
Grossmont 15, El Cajon Valley 50.  
1: Kiflom Abraha (G) 17:43.

**GIRLS (2.4 miles):**  
Grossmont 15, El Cajon Valley 50.  
1: Rebecca Venegas (G) 16:03.

## Metro:

**At Lucky Waller Park, Nov. 8**  
**BOYS:**  
Mar Vista 22, Castle Park 37.  
Mar Vista 18, Montgomery 41.  
Castle Park 26, Montgomery 29.

1-5: Fernando Corona (MV) 17:34 (course record),

Joshua Middleswart (CP) 17:39, Esteban Rocha (MV) 17:44, Thomas Juarez (Mo) 17:54, Luis Martinez (MV) 17:58.

6-10: Jorge del Hierro (CP) 18:11, Christian Valderama (MV) 18:30, Jose Flores (CP) 18:33, Daniel Perez (MV) 18:43, Carlos Zapata (Mo) 17:47.

**GIRLS:**  
Montgomery 18, Mar Vista 37.  
Montgomery 15, Castle Park 50.  
Mar Vista 15, Castle Park 50.

1-5: Esther Volper (Mo) 17:13, Adriana Gonzales (Mo) 17:26, Kirstin Neil (MV) 17:28, Eva Burqueno (Mo) 17:42, Sarita Stolz (Mo) 18:26.

6-10: Joy Espiritu (Mo) 18:28, Carly Foss (MV) 18:42, Mariana Rosacks (CP) 18L58, Monica Castro (MV) 19:47, Veronica Rodriguez (CP) 20:21.

## At Rohr Park, Nov. 8.

**BOYS:**  
Bonita Vista 15, Southwest 50.  
Bonita Vista 21, Sweetwater 35.  
Sweetwater 16, Southwest 40.

1-5: Brian Paff (BV) 16:38, Baruch Vega (Swe) 16:40, Collin Graham (BV) 17:17, Daniel Lebrija (BV) 17:26, Adrian Garcia (Swe) 17:27.

6-10: M. Milliken (BV) 17:29, Giovanni Arce (BV) 17:32, Jaime Cabezuella (Swe) 17:34, Ruben Vances (Swe) 17:37, Ben Walthall (BV) 17:38.

**GIRLS:**  
Bonita Vista 15, Southwest 50.  
Bonita Vista 17, Sweetwater 46.  
Sweetwater 15, Southwest 50.

1-5: Rosie Costello (BV) 13:20, Meghann Phillips (BV) 13:22, Dawna Marshall (BV) 13:25, Jessica Cabrera (Swe) 14:10, Candice Osuna (BV) 14:15.

6-10: Sandie Zuniga (BV) 14:35, Van Nguyen (BV) 15:05, Erica Taylor (BV) 15:16, Sandra Tejada (Swe) 15:17, Miriam Sandoval (Swe) 15:28.

## Palomar:

**At Mt. Carmel High, Nov. 7.**  
**BOYS:**  
Mt. Carmel 22, Rancho Buena Vista 37.  
Mt. Carmel 15, Mt. Carmel 48.  
Rancho Buena Vista 24, Fallbrook 31.

1-5: Mike Baskin (MC) 15:55, Fernando Blanco (RBV) 16:07, Burt Romero (MC) 16:14, Jeff Sleichter (MC) 16:33, Eladio Garcia (RBV) 16:44.

6-10: John Zanzucchi (MC) 16:49, Jaimal Hornbacher (RBV) 16:57, Scott Bachmann (MC) 17:01, Christian Esquivel (MC) 17:07, Will Nelson (F) 17:07.

**GIRLS:**  
Fallbrook 15, Mt. Carmel 49.  
Fallbrook 15, Rancho Buena Vista 47.  
Mt. Carmel 18, Rancho Buena Vista 39.

1-5: Kristen Brown (F) 16:32, Cathy Picha (F) 16:32, Kim Crosswell (F) 16:32, Tricia Mattson (F) 16:32, Katie Hauck (F) 16:33.

6-10: Carly Hampton (F) 16:46, Karen Vasco (MC) 16:47, Allison Plischke (F) 17:15, Gill Guyer (F) 17:19, Samantha Stevens (MC) 17:21.

## At Kit Carson Park, Nov. 8.

**BOYS (3.0 miles):**  
Poway 15, Orange Glen 49.  
1: Sean Zanderson (P) 17:04.

**GIRLS (2.5 miles):**  
Orange Glen 24, Poway 31.  
1: Kendra Goffredo (OG) 15:49.

## Southern:

**At UCSD, Nov. 7.**  
**BOYS (3.1 miles):**  
La Jolla Country Day 23, Bishop's 34.

1: Daisuke Nonaka (B) 17:49.  
**GIRLS (2.5 miles):**  
La Jolla Country Day 25, Bishop's 31.

1: Lindsay Weinberg (LJCD) 15:40.

# More Mt. SAC:

The Mt. San Antonio College information in the last issue of *TRACK MAGAZINE* was not complete.

Some additional details:

We left Rachel Peabody out of the Rancho Buena Vista results. The correct times:

**GIRLS (3.0 miles):**  
Rancho Buena Vista: Tiffany Trayer 21:30, Karina Kloos 22:03, Josefina Garcia 22:27, Rachel Peabody 23:08, Kristina Smith 23:31, Maribel Gonzalez 24:50.

We also need to add La Jolla junior David Dunbar to the list of the better area times. He ran a 16:40. The top seven area runners:

15:59 Fernando Blanco, Rancho Buena Vista, 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  
16:28 Matt Gailey, Poway, 11  
16:40 David Dunbar, La Jolla, 11



# CIF Preview:

From page 3.

recover, it could be close. Quality teams like Vista, Torrey Pines, Poway and Rancho Bernardo will be hoping somebody stumbles.

OG's Kendra Goffredo has been running with confidence, and is a slight favorite for the individual crown, ahead of RB's Sarah Wilkins and Julie Manson, Fallbrook's Tricia Mattson, Granite's Stacey Murphy, Torrey's Jaclyn Nolan, and OG's Lorena Jimenez and Rumble (if she runs). The race for the individual state slots will be killer.

Attrition has thinned out the field of serious contenders in the girls Division II race. Valhalla and Scripps Ranch are now clear-cut favorites, ahead of West Hills and Escondido. Next best teams are probably Point Loma and Grossmont.

The individual race should be one of the best of the day, with Scripps' Emily McFarland a slight favorite. There's a top quality group that will challenge, including Patrick Henry's Lisa Bengtson, Scripps' Kelly

Grimes, Grossmont's Sophia Hawker, Valhalla's Andrea Clemons, and Escondido's Lanele Cox. There will be no deadwood in this division's top ten.

Division III's favorite roles go to Santana and their front-runner, Jaymie Harper. Ramona could put up a challenge as a team, but nobody is expected to push Harper.

Division IV has even more clear-cut favorites. University of San Diego's girls teams is a big favorite, and their top girl, Courtney Baird, will only have teammate Jackie Ott for serious competition.

In Division V girls, the field seems wide open. La Jolla Country Day, Francis Parker, Bishop's and maybe even Christian all could conceivably carry the day. Country Day's Lindsay Weinberg seems to have established an edge on her small-school rivals, and is the favorite to win.

Among the questions waiting to be answered, are these:

Rancho Bernardo's Sarah Wilkins is the defending Division I champ and was the fastest girl on the course last year. Is she in condition to repeat something close to that performance this year?

Will OG's Cara Rumble run? If she does, will she be effective?

Can Vista's girls rebound from a disappointing Palomar League performance last week?

West Hills boys team is the hottest group in Division II right now. Can they hang on to that edge for another week?

Will El Cap's Steve Daynes run? Will he be close to his best?

Will Scripps Ranch boys team be able to close up their gap to their fifth runner?

Will Scripps' Steve Rider, in his first year of running, make a breakthrough?

Carlsbad's Reed Steel hasn't been pushed recently. How good is he?

Will Point Loma's boys team get back to health? If they do, can they keep their pack together in this big field?

Can Valhalla's boys get their confidence (and health) back in time?

San Pasqual's boys team was quiet last week. Were they just waiting for today to explode?

Is Mt. Carmel's Mike Baskin as good as he looked last week?

Chula Vista's Adrian Ramirez was second to Larry Henderson in Division I last year. Can he return to that level?

Can Granite Hills soph Jason Finch match up with Baskin and Ramirez?

Will this be the meet that a runner from Poway's boys team makes a breakthrough at the front?

Or, will this be the meet where Mt. Carmel and Rancho Bernardo shore up the back of their pack?

Is the Torrey Pines boys team back to full health? Will Charley Hulsey respond if the day turns to be relatively cold?

Ramona's team has had some illness recently. Will that make them vulnerable to a challenge from a hungry team like Mar Vista?

What kind of shape is Holtville's Miguel Ramirez in? How good are his teammates?

Do the Fallbrook girls have any improvement left in them?

How will the Torrey Pines girls team respond to competition at this level?

Can anybody match the depth of the Valhalla girls?

Will the Scripps Ranch girls tighten their pack?

Can Escondido's girls make a challenge?

When will Patrick Henry's Lisa Bengtson make a breakthrough?

Will Scripps' Emily McFarland run the fastest girls race of the day? If she does, will she take teammate Kelly Grimes with her?

Escondido's Lanele Cox has the potential to run with anybody. Is today the day?

What will El Cap's John Bates do today? Will anybody be surprised?

Is Dustin Diaz of West Hills as good as he looked last week?

Can anybody in Division III keep up with the Chandlers?

Santana's Doug Singer is a runner waiting for his best race. Is it today?

Which Saints runner will be "on?" Will it be Brian Sullivan, Adam Greene, or both? Will their matchup with Nick Hamlin be a rerun of the small schools invite?

How will Grossmont's Sophia Hawker figure in that loaded Division II girls field? And what about Valhalla's Andrea Clemons? Is anybody more underrated?

## State Rankings

For November 15.

### BOYS:

#### Division I

1. Nevada Union (Grass Valley)
2. Poly, Long Beach
3. Del Campo (Fair Oaks)
4. Santa Ana Valley
5. Ayala (Chino Hills)
6. El Toro
7. Hoover (Glendale)
8. Peninsula (Rolling Hills)
9. Madera
10. Bellarmine Prep (San Jose)

#### Division II

1. Jesuit (Sacramento)
2. De la Salle (Concord)
3. Santa Margarita (Rancho SM)
4. Santa Ana
5. Righetti (Santa Maria)
6. Huntington Beach
7. Hemet
8. Yucaipa
9. Reedley
10. Orange

#### Division III

1. St. Ignatius (San Francisco)
2. Tustin
3. Barstow
4. St. Francis (Mountain View)
5. Katella (Anaheim)
6. El Modena (Orange)
7. Newbury Park
8. Bosco Tech (Rosemead)
9. Newport Harbor (Newport Beach)
10. Ukiah

#### Division IV

1. Corona del Mar (Newport Beach)
2. Costa Mesa
3. Nordhoff (Ojai)
4. West Valley (Cottonwood)
5. Granada (Livermore)
6. Half Moon Bay
7. St. Augustine (San Diego)
8. Yucca Valley
9. Central Valley
10. Notre Dame (Sherman Oaks)

#### Division V

1. McFarland
2. St. Bonaventure (Ventura)
3. Orange Lutheran
4. Flintridge Prep (La Canada)
5. Salesian (Los Angeles)
6. Maranatha (Sierra Madre)
7. St. Mary's (Oakland)
8. Oak Park
9. L.A. Baptist (North Hills)
10. University (San Francisco)

### GIRLS:

#### Division I

1. Clovis
2. Clovis West
3. Fallbrook
4. Orange Glen (Escondido)
5. Esperanza (Anaheim)
6. Irvine
7. Ayala (Chino Hills)
8. Vista
9. Lowell (San Francisco)
10. Thousand Oaks

#### Division II

1. Yucaipa
2. Dana Hills (Dana Point)
3. Valhalla (El Cajon)
4. Ventura
5. University (Irvine)
6. Canyon (Canyon Country)
7. Santa Margarita (Rancho SM)
8. Mission Viejo
9. Amador Valley (Pleasanton)
10. St. Ignatius (San Francisco)

#### Division III

1. Clayton Valley (Concord)
2. Carondelet (Concord)
3. El Modena (Orange)
4. Placer (Auburn)
5. Dos Pueblos (Goleta)
6. San Geronio (San Bernardino)
7. St. Lucy's (Glendora)
8. Santana (Santee)
9. Los Gatos
10. Central Valley

#### Division IV

1. Nordhoff (Ojai)
2. La Canada
3. Louisville (Woodland Hills)
4. Corona del Mar (Newport Beach)
5. Exeter
6. Campolindo
7. Mitty (San Jose)
8. Gunn (Palo Alto)
9. Wasco
10. Taft

#### Division V

1. University (San Francisco)
2. Orange Lutheran
3. St. Joseph (Santa Maria)
4. McFarland
5. St. Bonaventure (Ventura)
6. Piedmont
7. La Salle (Pasadena)
8. Chadwick (Palos Verdes)
9. Desert Christian (Lancaster)
10. Maranatha (Sierra Madre)