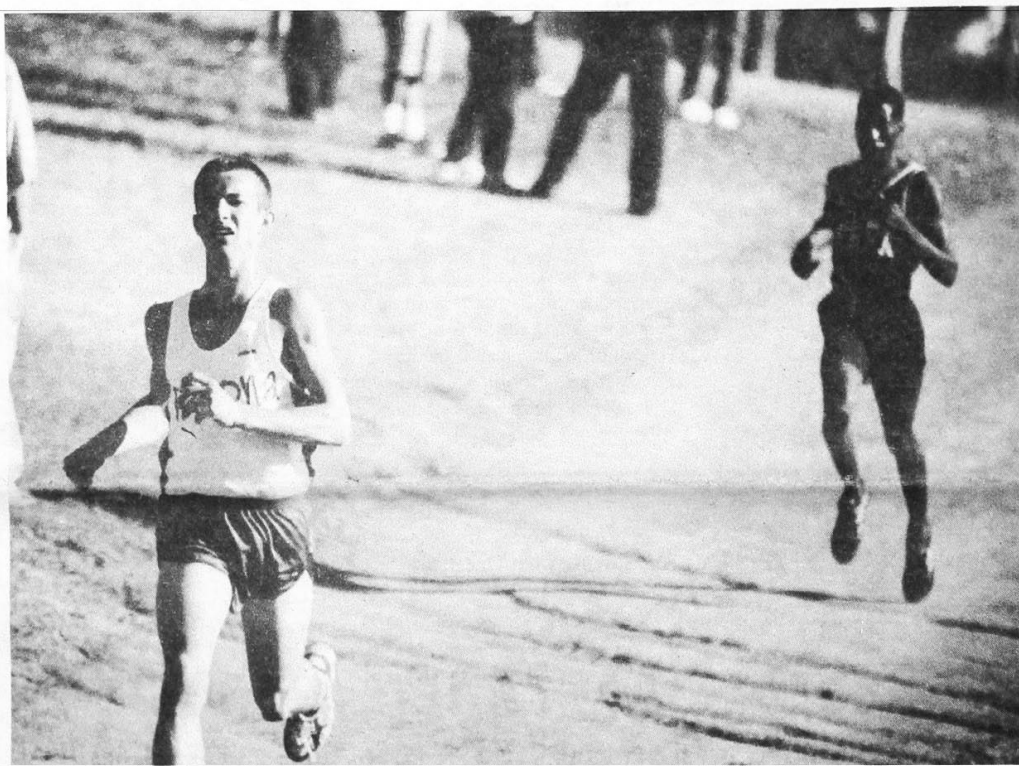


TRACK MAGAZINE



Volume IV, Number 3 -- October 23, 1998

San Diego's best prep cross country coverage



What's Inside...

We take a look at the Clairemont 1970 boys team -- one of the best teams ever. See page 3.

Who's ranked where? The local rankings are on page 5. The state rankings are on page 12.

What division is Valley Center in this week? Read what's making news on pages 4 and 5.

Race coverage: Small schools get to shine at St. Augustine. See pages 6 and 7.

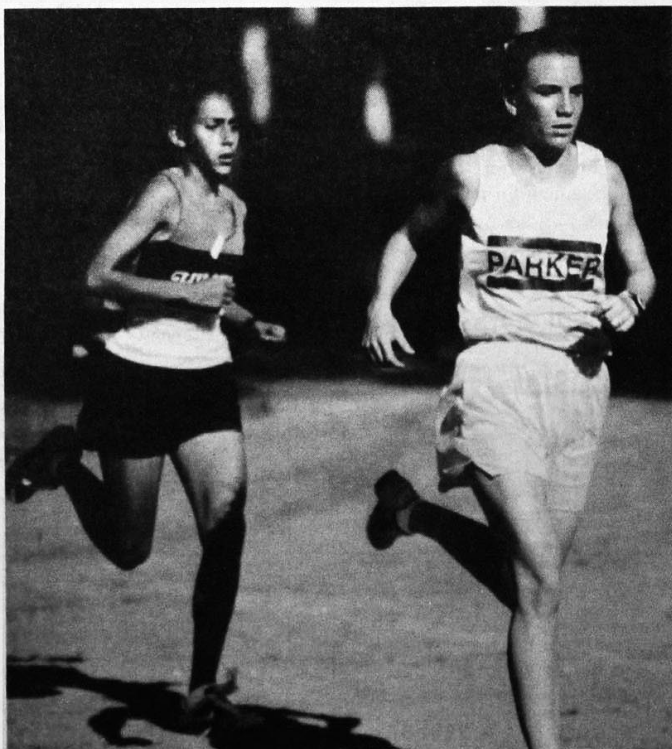
Girls teams from UC, Torrey Pines and Mt. Carmel win out-of-town Invites. See pages 7 and 8.

Our comprehensive Southern Cal Invite coverage begins on page 9, with race-by-race results, and team time breakdowns.

The racing was great...

In a battle of unbeaten runners, Ramona's **Matt McInvale** (left, above) couldn't quite hold off the hard charge of Serra's **Marcus Chandler** in the boys number one race at the Southern California Invitational last week.

RIGHT: Francis Parker's **Angela Petersen** (on the right) was the star of the St. Augustine Invitational, as she beat Hilltop's **Desiree Davila** and ran a fast 15:07 on the "old" CIF course at Morley Field.



Track Magazine: How things work

Sometimes it may seem that Track Magazine exists in an alternate universe.

After all, it's not really a magazine -- it's a newspaper. And, at this time of year, it's not about track -- it's about cross country.

Such considerations aside, we do try to conduct much of our business in a straightforward way. Let us offer you some explanations of how we do things, so our readers can understand the inner workings.

Location: The publication is produced as a home business, located in Julian. As a practical consideration, we venture out to as many meets as possible, but it is not practical to "drop in" on most dual meets.

Also, keep in mind that our phone is located in our home. We appreciate calls during normal business hours and evening hours. Faxes can be sent at any time.

Results: We obtain our results directly from meets we attend (it's an editorial "we," there's just one reporter/editor/photographer); or from coaches via phone, fax or mail. And sometimes from other media. If something significant is not reported here, than we never got the information. Coaches, don't hesitate to report anything important.

Also, keep in mind that the results we obtain at meets are almost always copied directly from nametags. Many nametags are missing some or all vital information, or are marginally readable.

Photo protocol: We really make an effort to be fair in our photo coverage. Our goal is to have as many schools as possible represented by the end of the season. It will not be possible to publish photos from each team, but we'll come fairly close.

We actually keep a record of all photos used, so we can make a quick reference to see which school hasn't been included yet.

We have had limited opportunities to see some of the teams. We have not seen San Diego at all, and have had only brief glimpses of Mission Bay, Oceanside, El Camino, Southwest, Mount Miguel, El Cajon Valley, La Costa Canyon, Grossmont, Mira Mesa and many of the Harbor schools.

We also try to represent the top quality runners, which means that the very strongest teams will have several photos, and the fastest runners will appear several times.

Copies of photos: We are trying to work out a system of selling copies of our photos at a reasonable price, to help defray our photo costs. Mailing them would add to the price, so one plan under consideration is to have a display offered at the CIF meet. We'll make an announcement soon.

Corrections: We handle so much information, much of it over the phone, that we are bound to make mistakes. We do want to keep the record straight, so we welcome any corrections.

For the record:

The correct name for the Carlsbad coach is Keith Van Asdalan.

The correct name for the assistant boys coach at La Jolla is Joe League.

Clairemont's talented number one runner is Nelson Rivas, not Pedro Rivas as reported last week. Pedro Rivas runs for Mar Vista. Ironically, the two finished in a near tie at the St. Augustine Invite.

We apologize for the errors.

Letters: We welcome input from our readers. Our mailing address is in the staff box, or you can send a fax. We can get email via a third party, through the web site. Please let us know if the message is for publication in a "letters to the editor" section or just for information only.

The web site: We post much of the same information that you

see in these pages, because many interested parties do not have local access to Track Magazine.

If you haven't seen our site, you should check out last spring's track & field picture section.

At season's end, we'll put up comprehensive results from the CIF championships, the state meet and some of the regional results. Our last print publication of the season will be distributed at the CIF finals, so the web site will be our method of putting the finishing touch on the season.

Keep in mind that we maintain our web site through a third party, which means there can be a delay when updates are made, although that shouldn't be a factor after the CIF meet. The biggest delay now is that producing the publication is very time-consuming.

Prorated subscriptions: We realize that some of our readers will only want Track Magazine until the end of the school year, so we now offer a prorated subscription rate. It will continue to be a sliding/decreasing scale throughout the year. See our subscription form on this page for the current price. If our rates seem high, it is because we send everything by first class mail.

Back copies: Back copies of the current season's Track Magazine should be available at any of the Movin' Shoes locations. The La Mesa store is at 6105 Lake

Murray Boulevard. The Pacific Beach location is 3838 Mission Boulevard. In Encinitas, Movin' Shoes is located at 765 S. Coast Highway, Suite 103, which is right on the main drag.

If not, contact the Julian office. At Movin' Shoes, they are fifty cents. If sent by mail, we will have to add postage costs.

Advertising: Please keep in mind that print advertising is the backbone of almost any publication. I ask our readers to pass along copies of Track Magazine to their parents, who may be able to spot an advertising opportunity. If any reader knows of a prospective advertiser, or wants to take out an ad, please get in touch with our advertising reps at the La Mesa Movin' Shoes outlet, at 619-466-1656.

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All-Time Teams: Clairemont 1970 boys: Are they best ever?

(This is one of a continuing series about great cross country teams from the San Diego Section's long and rich history -- the editor.)

You could make a convincing case that the best-ever boys cross country team from the San Diego Section was the Clairemont group of 1970, coached by Aaron York.

It's not an open-and-shut case, however, as a number of other great teams could also stake a claim.

But York's Chiefs have powerful credentials. They had an all-star lineup.

Number one man was senior Dave Harper. He was wrapping up a great prep running career that saw him win the CIF mile three times, with a best of 4:12.3.

The solid number two man was senior Dale Fleet, who the next spring was the state's two-mile champ, running 8:53.8.

The usual number three was junior Rick Lord, who later that year ran 4:19.4 and 9:32.2 and was third in the CIF mile.

Senior Mark Novak would range up and down the lineup from the four spot. Later that year, he ran track times of 4:18.8 and 9:36.1

and he was second in the CIF mile. (Clairemont went 1-2-3 in the CIF mile in 1971).

Junior Fletcher Thornton was the fifth runner. His track credentials that year included a 4:32.7 for the mile. At CIF, he won the B 1320, in 3:12.1.

Soph Mark Odoms was the team's sixth. He was a 4:41.2 miler that year, and ran the 1320 in 3:19.6. He would later develop into a 9:21 two-miler as a senior.

And how impressive is this? The team's seventh man was senior Rick Barnard, who that year ran the two-mile in 9:14.3 for third in the CIF meet (behind winner Fleet and Helix great Ed Mendoza).

That year was the peak of a great surge of distance talent at the school in the period from 1966 to about 1975. In that span, they also produced Thornton Bigley (4:10.8 to win CIF mile in 1967); Larry Castillo (1:54.8 for 880 in 1968, and second in CIF), and Mark Mallec (4:13.5 to win CIF mile in 1973), plus a number of other excellent runners.

York, who only coached cross country, gets some of the credit for the talent explosion. And so does Art Anderson, who was the dis-

tance coach in track. The school also had a great feeder program.

Clairemont competed in the Western League, which was then full of excellent distance programs, at Point Loma, Madison, Kearny and Mission Bay.

The Chiefs won their first league title in 1969.

"We were just starting to come into our own, then," Harper said.

The next summer, they trained hard. Harper, Fleet and many of the others all put in about 900 to 1,000 miles during the summer.

"It wasn't easy running," Harper said. "I always felt that if you couldn't run under 6:00 minutes per mile, then it almost wasn't worth doing. We did not do a lot of junk miles."

Harper and Fleet, especially, really liked to drop the hammer in the last mile of long, hard road runs, running close to five minutes.

They were terrors during the entire cross country season.

"We killed everybody at Aztec," Harper remembered. The Aztéc Invite, held at San Diego State, was the biggest local invite in those days.

At Mt. SAC, "We won our

race," Harper said. "But we lost the sweepstakes on a time basis, but a few seconds. Lord (the number three man) was sick that day." Harper won the two-mile race in 9:37, which was a course record by plenty.

At CIF, the team scored 32 points to win the large schools race against some tough local opposition.

Running a two-mile course at UCSD, Harper won the CIF meet in 9:55, Fleet was second in 10:14; and Novak was fourth in 10:16. The pack sealed it with a 10th (Lord) and 15th (Thornton).

There was no state championship in those days, no Foot-locker regionals, and no real way to gauge how good this team was in the country at large (Mt. SAC was the closest equivalent to a state meet).

It is obvious just from the track times that this was a very exceptional group of runners, although track times don't always translate literally into cross country ability.

Harper and Fleet both won scholarships to Washington State, and they both became very solid college runners. At the time, the Northwest was the place to be (Steve Prefontaine was in the midst of his U of Oregon career then).

It was York's last year before retirement. You could say he ended on a high note.



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What's making news...

Check that -- Valley Center is Division IV

The San Diego Section has fine-tuned its C-BED roster with a final change. New school Valley Center will now compete in Division IV in the CIF Finals.

The determination is important because of a number of factors. In the local section, both Division III and D-IV are marginal in size, according to the state meet formula that determines how many teams may qualify to compete in Fresno.

The standard is that eight full teams must be entered in the section championships for two teams to qualify (plus individuals).

Valley Center's switch back to D-IV will impact D-III adversely. That division now has only seven boys teams, and has eight girls teams. For two D-III girls teams to qualify for Fresno, all of those eight teams must show up on race day, at full strength.

The impact on D-IV is that there are now eight boys teams, but the division is still below the minimum in girls squads. For two D-IV boys teams to qualify for Fresno, all teams must show up at full strength on the day of the finals.

Frosh-Soph meet will accept late entries

The annual Frosh-Soph Championships will accept entries up to the last minute, according to meet director Jerry Downey.

The meet is scheduled for Friday, October 30 at Morley Field. Runners will race over the CIF courses at Morley, although the girls will run over the "old" girls course, not the new, redesigned layout.

Race schedule is Frosh girls at 3 p.m. followed by Frosh boys at 3:25; Soph girls at 3:50; and Soph boys at 4:15.

Downey recommends that frosh girl and boy entries be able to run 22:00 minutes; and that soph boy and girl entries be able to run 21:00 minutes.

To enter, call Downey at St. Augustine: 619-282-2184.

San Diego Track Club offers scholarship

The San Diego Track Club is offering a college scholarship to current high school seniors.

Applicants must show proof of matriculation or entry to a college. They must also write an essay expressing their need; their past experience as a runner; and their goals in school and in their running career. A record of grades is also required.

For information, contact Daryl Lassen of the SDTC, at 1-800-450-

SDTC. The mailing address is P.O. Box 20301, El Cajon, CA, 92021.

The fastest sophomore boys...

The boys class of 2001, now just two months into their sophomore year, also seems to be a very classy group.

They may not have the top-end talent that the Boys of 2000 have flashed, but it is a very solid group of young runners that are making significant impacts on some of the county's (and state's) best teams.

The soph talent was on display at the Southern Cal Invite last week, especially in the Boys Number Two race.

Top-ranked West Hills' Ben Aragon won the 3.2-mile race in 16:38 to help his team to the championship. Fourth in the race was second-ranked Vista's Ryan Montez in 16:55, ahead of Metro contender Bonita Vista's Ted Herbert, who ran 16:59. It's a bit unusual to see three tenth-graders running as strong number two runners for such quality teams.

Third-ranked Poway, which wasn't at the Southern Cal meet, has a pair of sophs that are high up in their order: Devin Lyons-Quirk and Aaron Powell.

Ninth-ranked Valhalla (David Santos), Eighth-ranked La Jolla (Chris Ferrier), Metro contender Sweetwater (Mark Dionela), and Division IV favorite St. Augustine (Pat Barrett) all have quality sophs well up in their scoring pack. Valhalla's Santos might be the best of that group; he was a key scoring runner for the Norsemen as a frosh.

At Hilltop, Lorenzo Otero has taken the number one spot on a team that already had decent talent. Mission Bay's Justin Graves has made waves on his team.

The fastest local soph boys at the Mt. Carmel Invitational, held September 19:

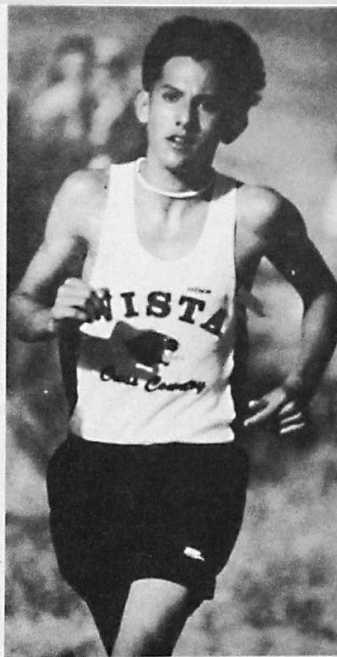
16:00	Ryan Montez, Vista
16:11	Ben Aragon, West Hills
16:24	Ted Herbert, Bonita Vista
16:43	David Santos, Valhalla
16:54	Chris Ferrier, La Jolla
16:58	Dustin Whitson, Bonita Vista
17:00	Lorenzo Otero, Hilltop
17:01	Mark Dionela, Sweetwater
17:12	Pat Barrett, St. Augustine

Last year's best local track marks for freshmen:

800:	
1:58.66	Ben Aragon, West Hills
1:59.10	Aaron Powell, Poway
2:02.30	Matt Johnson, San Pasqual
3200:	
9:56.2	Ted Herbert, Bonita Vista
9:57.76	Devin Lyons-Quirk, Poway
9:58.69	Ryan Montez, Vista

The fastest freshman girls...

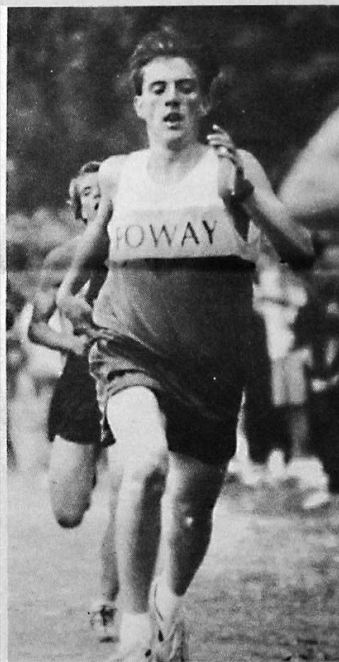
This year's freshman crop of girls is pretty decent, although there don't seem to be any Angela



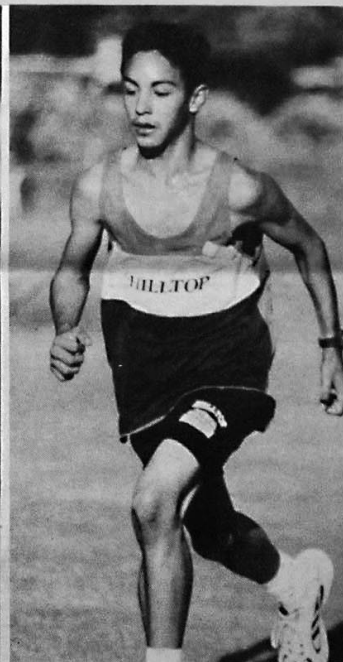
Ryan Montez
Vista



Ted Herbert
Bonita Vista



Devin Lyons-Quirk
Poway



Lorenzo Otero
Hilltop

Petersen/Desiree Davila caliber stars in the group.

As chronicled in these pages before, however, the best judge of freshman girl athletes is time, so it is obviously premature to make any conclusions based on the first half of one season.

There have been a number of impact runners on top teams, such as Allison Hall at Rancho Bernardo, and three good freshmen at Fallbrook, led by Maija Rohde.

Other teams helped by the frosh talent have been San Marcos, Helix, Rancho Buena Vista, La Jolla, Chula Vista, and Vista.

Relatively little has been seen from a few promising talents, such as San Dieguito Academy's Jenna Timinsky and La Jolla Country

Day's Carly Gardner. Both have shown flashes, but both have had very limited opportunities to date.

Best looking frosh at last week's Southern Cal Invite was San Marcos' Nicole Mier, who was fifth in the Girls Number One race, running 15:08 on the 2.63-mile Guajome Park layout.

Other good-looking frosh have been Castle Park's Ana Melvin, a group of girls at El Camino led by Sabrina St. Laurent, Chula Vista's Sophia Marquez and Julian's Erin Calloway.

The best local girls frosh runners at the Southern Cal meet:

15:08	Nicole Mier, San Marcos
15:12	Allison Hall, Rancho Bernardo
15:19	Natassja Hall, RBV

Please see page 4.

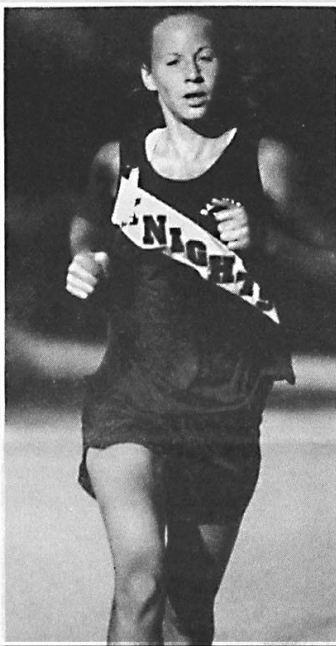
What's News

From page 4.

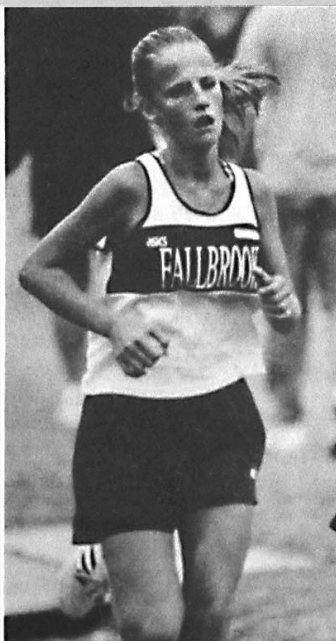
15:36 Maija Rohde, Fallbrook
15:53 Courtney Allen, RBV
16:03 Liz Edwards, La Jolla

The best local girls frosh runners at the Mt. Carmel Invite, held on September 19.

16:36 Hall, RB
17:02 Mier, SM
17:26 Rohde, Fall
17:32 Belinda Oberum, RB
17:36 Sophia Marquez, Chula Vista
17:37 Julia Kermott, Valhalla
17:44 Krista Romley, Torrey Pines
17:45 Edwards, La Jolla
17:50 Erica Lopez, Vista
17:53 Jenny Promack, Fallbrook



Nicole Mier
San Marcos



Maija Rohde
Fallbrook

Checking in with...

Army Navy Academy

The Academy runners are getting back to full strength after a few injuries in early season.

Number one man Andrew Francis suffered an ankle sprain in a dual meet, missed training and didn't compete in the St. Augustine Invitational, but is now at full strength and training well.

Academy coach Pat Dunn is also happy about the emergence of freshman prospect Will Kraemer. He was the team's first finisher in the St. Augustine meet, running 17:49 on the Morley Field CIF course. He was 13th in the field, but, more significantly, was the third Division V runner to finish, and was ahead of Calvin Christian's very good number two runner, Chad Young.

"He didn't train at all in the summer," Dunn said. "He's got a lot of natural talent."

There is a good possibility that the boys CIF finals race in Division V will field enough teams to qualify two for the state meet (eight are needed), and that would put Army-Navy in contention.

St. Augustine

The Saints are another team that is basically back to full manpower.

Matt Herriman, out of action since early season, is now back with the team and running well. In fact, he was the team's number one man in a recent dual meet, and, "he ran pretty well," coach Jerry Downey said. "He was just about 100%."

Alfonso Espinoza missed the St. Augustine Invite with an injury, but is now recovered and also is back training and racing.

Fallbrook

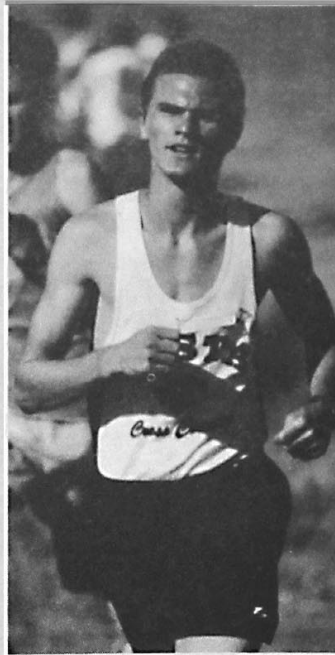
Fallbrook coach Marty Hauck was mostly all smiles after the Southern California Invitational last week.

His girls team was a relatively close 0:40 seconds behind second-place Yucaipa in the meet. Yucaipa had come into the race ranked number two in the state in large schools.

"They looked exceptional," Hauck said of his girls. "They had a really nice day."

The Warriors were missing key runner Lindsay Picha, who may have a stress fracture.

Fallbrook had four girls ranging from 15:36 to 15:46 on the tough Guajome Park course. Hauck regards any race under 16:00 minutes at Guajome as a quality performance.



Jared Emmons
#2-ranked Vista



Elaine Lassen
#3-ranked Valhalla

The Rankings:

BOYS:

1. West Hills
2. Vista
3. Poway
4. Scripps Ranch (II)
5. Fallbrook
6. Granite Hills
7. San Pasqual (II)
8. La Jolla (III)
9. Valhalla
10. Chula Vista

Others:

San Diego
Sweetwater
Mt. Carmel
Rancho Buena Vista
By Division:

- I -- West Hills
- II -- Scripps Ranch
- III -- La Jolla
- IV -- St. Augustine
- V -- Calvin Christian

GIRLS:

1. Torrey Pines
2. Rancho Bernardo
3. Valhalla
4. Fallbrook
5. Mt. Carmel
6. University City (III)
7. Helix
8. Poway
9. West Hills
10. Bonita Vista

Others:

Rancho Buena Vista
Chula Vista
La Jolla (III)
Point Loma (II)

By Division:

- I -- Torrey Pines
- II -- Point Loma
- III -- University City
- IV -- Coronado
- V -- La Jolla Country Day

The small schools...

Some of this section's newer programs have turned up some promising talent.

Mountain Empire, which established cross country just this season, had a ready-made star in Lily Dowlatshahie, a soph who showed a lot of promise as a freshman trackster at El Capitan.

But the Red Hawks may have uncovered a nugget in freshman Courtney Watkins, who has been running just a few weeks. She ran the CIF course in 18:36 at the St. Augustine Invite in her first big race experience. Dowlatshahie was tenth in the meet, running 17:46.

San Dieguito Academy, in its

second year in the sport, could be a spoiler in the D-IV race. They have very good strength at the top, with defending D-IV champ Jessica Bray and standout frosh Jenna Timinsky. Bray was third in the St. Augustine meet in 15:54, which is 0:49 seconds faster than she ran at CIF last year. Michelle Quinn is a strong number three. She ran 18:29 in the same meet. Timinsky did not run.

Vincent Memorial has a strong first-year runner in soph Darren Wisdom. With only a handful of dual-meet races under his belt, he ran the CIF course in 18:02.

St. Augustine: Small schools get day in sun

Petersen, Aden run to quick victories

The St. Augustine Invitational is sometimes called the Small Schools Invitational for good reason. It's one invitational that is designed for the section's smallest programs.

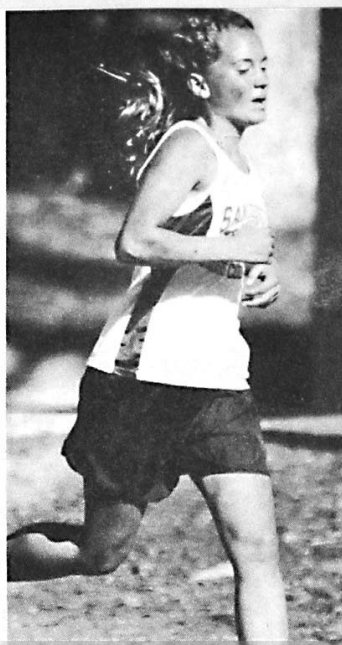
Division IV and Division V schools can use this event as an early preview of possible CIF matchups (see results for an analysis of leading times from D-IV and D-V runners).

And, it's a chance to run on Morley Field's CIF layout, which is almost never used in the regular season.

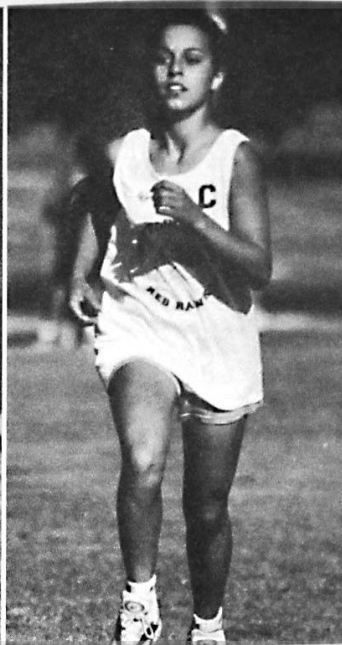
Francis Parker's Angela Petersen and Kearny's Mohamed Aden were the fastest runners on the day.

Petersen, who has been on a roll since the Mt. Carmel meet, again went head-to-head with Hilltop's Desiree Davila. The pair, who were the county's best runners last year as freshmen, have met three times this year, and each time Petersen has pulled away in the last half of the race to a big win. Her time was 15:07, a PR on the CIF course (she ran 15:13 to win D-V last year).

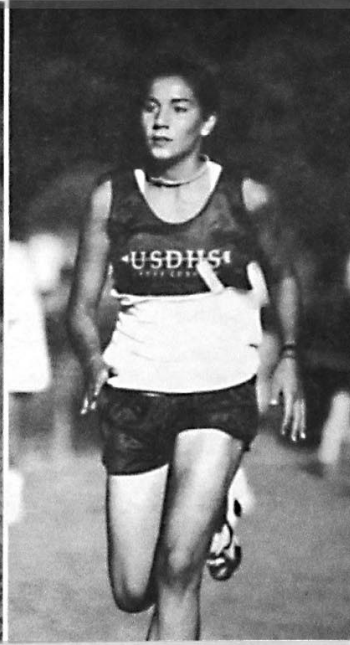
Kearny's Aden, who created a big stir last spring by improving in huge chunks, is starting to adapt to cross country. He took this race out fast, and went unchallenged. He won in 16:50, which is 0:24 seconds faster than he ran in the CIF meet last year on the same course.



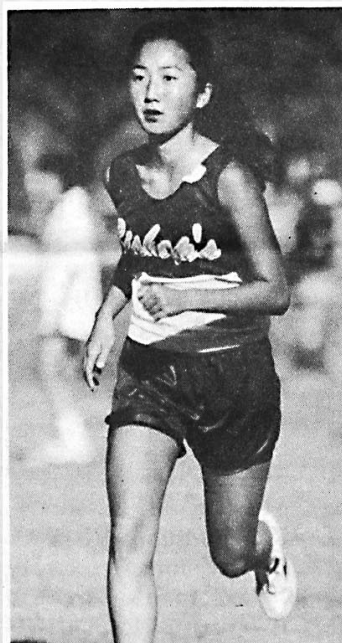
Jessica Bray
San Dieguito Academy



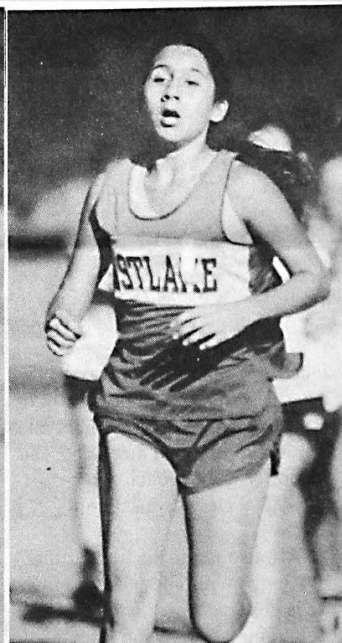
Lily Dowlatshahie
Mountain Empire



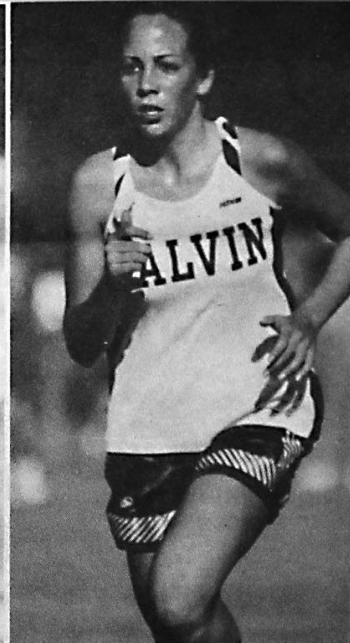
Michelle Barrack
University of San Diego



Kaili Shumilak
The Bishop's School



Pati Romero
Eastlake



Marjorie Spurr
Calvin Christian

The Results:

At Morley Field, Friday, October 9. Conditions: mild temperatures. Teams ran standard CIF courses.

BOYS (3.1 miles):

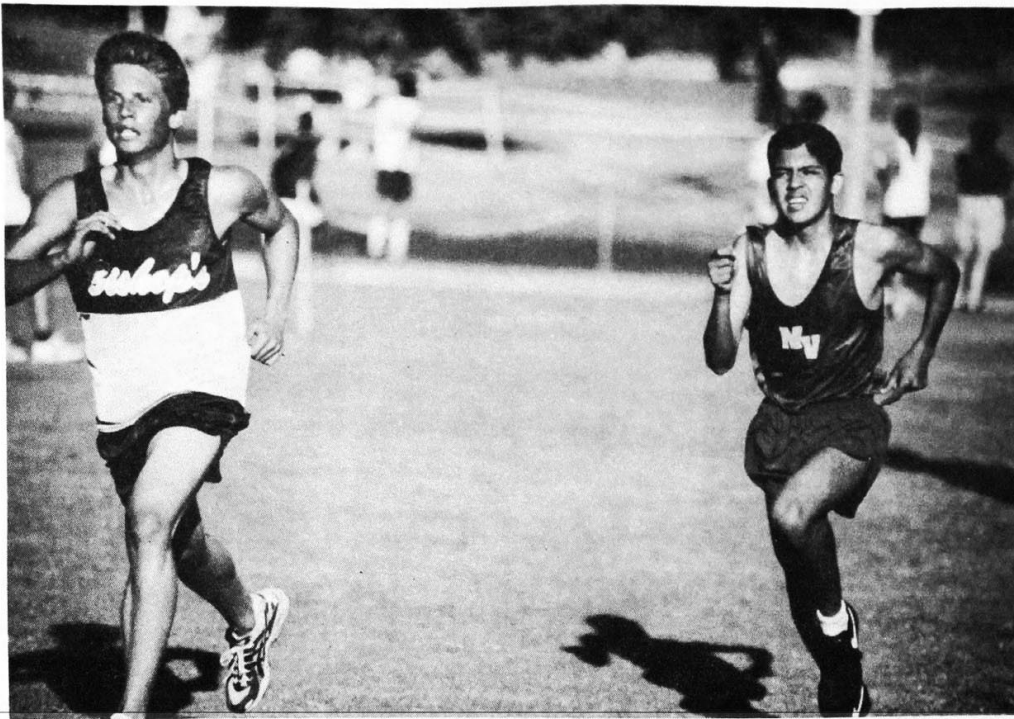
Varsity:
16:50 Mohamed Aden, Kearny
17:00 Colin Donnelly, St. Augustine
17:06 Lorenzo Otero, Hilltop
17:14 Bart Conner, Calvin Christian
17:16 Blake Swier, Mar Vista
17:25 Haji Hassan, Kny
17:30 Peter Holland, Bishop's
17:31 Franky Ortega, MV
17:36 Pat Barrett, StA
17:44 Angel Carbajal, Hill
17:45 Paul Whitford, Coronado
17:47 Jimmy Schroeder, Hill
17:49 Will Kraemer, Army Navy
17:50 Jon Gardner, StA
17:50 Nelson Rivas, Clairemont
17:50 Pedro Rivas, MV
17:51 Chad Young, CC
18:01 Jose Sevilla, Hill
18:02 Darren Wisdom, Vincent Mem'rl
18:04 Samuel Stewart, Hill
18:06 Brian Thielen, University SD
18:10 Erin Cataloglu, Coro
18:11 Jon Beutlich, CC
18:14 Benji Bils, StA
18:16 Michael Strong, Holtville
18:19 Jesse Shipley, CC

18:23 Erik Hanley, USD
18:27 James Sheppard, MV
18:29 Heriberto Olozagaste, Kny
18:32 Jesse Adam, Coro
18:37 Danny Klinger, StA
18:40 Max Johnson, Bish
18:43 Saul Ramirez, Holt
18:44 Karl Rinderkinecht, Francis Parker
18:45 Michael Coreano, Hill
18:45 Darrin Conner, CC
18:47 Kenny Closs, MV
18:52 Charles Hunt, Kny
18:52 Andres Medina, Holt
18:54 Steve Mavis, CC
18:55 Brandon De Young, CC
18:56 David Padilla, Holt
18:55 Dustin Piper, ANA
18:58 Adan Sanchez, MV
19:02 Kyle McMahan, Eastlake
19:02 Jason Smith, Gompers
19:04 Daniel Coates, MV
19:11 Bret D'Vincent, San DieguitoAcad
19:11 Mike Lyons, Coro
19:11 Ryan Schneider, Coro
100-plus finishers
DIVISION FOUR entries:
The top varsity finishers from division four schools:
17:00 Colin Donnelly, St. Augustine

17:36 Pat Barrett, StA
17:45 Paul Whitford, Coronado
17:50 Jon Gardner, StA
17:50 Nelson Rivas, Clairemont
18:10 Erin Cataloglu, Coro
18:14 Benji Bils, StA
18:16 Michael Strong, Holtville
18:32 Jesse Adam, Coro
18:37 Danny Klinger, StA
18:43 Saul Ramirez, Holt
18:52 Andres Medina, Holt
18:56 David Padilla, Holt
19:02 Jason Smith, Gompers
19:11 Bret D'Vincent, San DieguitoAcad
19:11 Mike Lyons, Coro
19:11 Ryan Schneider, Coro
Significant absentees included the Valley Center and Lincoln Academy teams, plus Matt Herriman and Alfonso Espinoza of St. Augustine.
DIVISION FIVE entries:
The top varsity finishers from division five schools:
17:14 Bart Conner, Calvin Christian
17:30 Peter Holland, Bishop's
17:49 Will Kraemer, Army Navy
17:51 Chad Young, CC
18:02 Darren Wisdom, Vincent Mem'rl
18:11 Jon Beutlich, CC

18:19 Jesse Shipley, CC
18:40 Max Johnson, Bish
18:44 Karl Rinderkinecht, Francis Parker
18:45 Darrin Conner, CC
18:54 Steve Mavis, CC
18:55 Brandon De Young, CC
18:55 Dustin Piper, ANA
Significant absentees included La Jolla Country Day, Christian and Horizon teams.
GIRLS (2.47 miles):
Varsity:
15:07 Angela Petersen, Francis Parker
15:40 Desiree Davila, Hilltop
15:54 Jessica Bray, San Dieguito Acad
16:01 Michelle Barrack, University SD
16:56 Claire Beck, Our Lady of Peace
17:05 Samantha Piper, Coronado
17:09 Barbra Chakos, Coro
17:31 Kaili Shumilak, Bishop's
17:41 Emily Greene, OLP
17:46 Lily Dowlatshahie, Mntn Empire
18:07 Maura Bannon, OLP
18:12 Sara Morton, Coro
18:13 Emily Trepasso, Coro
18:14 Jen Wirkus, Clairemont
18:18 Pati Romero, Eastlake

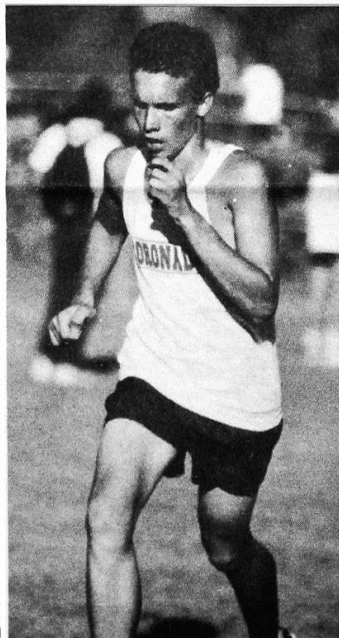
Please see page 7.



Peter Holland and Franky Ortega
Bishop's Mar Vista



Mohamed Aden
Kearny



Paul Whitford
Coronado



Darren Wisdom
Vincent Memorial

St. Augustine

From page 6.

18:19 Patricia Venereo, OLP
18:26 Majorie Spurr, Calvin Christian
18:29 Michelle Quinn, SDgtoA
18:30 Elizabeth Mannino, FP
18:30 Amanda Thaete, Coro
18:30 Arielle Damron, Julian
18:36 Courtney Watkins, MtnEmp
18:41 Liz Robinson, Holtville
18:42 Kalen Albe, USD
18:45 Karla de los Santos, Kearny
18:46 Rebecca Garcia, Claire
18:46 Tammy Phillips, CC
18:48 Tracy Perkins, Coro
18:48 Carrisa Cavin, EL

18:52 Sarah Kaufmann, FP
19:00 Emily Ogata, SDgtoA
19:05 Lydia Boonstra, CC
19:10 Jackie Jenkins, Kny
19:17 Laura Meathe, OLP
19:17 Karen Mummelaar, CC
19:19 Heaton, USD
19:22 Jen Lloyd, Lutheran
19:22 Anas, USD
19:33 Kilcoynce, USD
19:36 Alex Gage, Bish

112 finishers
DIVISION FOUR entries:
The top varsity finishers from division four schools:
15:54 Jessica Bray, San Dieguito Acad
17:05 Samantha Piper, Coronado
17:09 Barbara Chakos, Coro
18:12 Sara Morton, Coro
18:13 Emily Trepasso, Coro
18:14 Jen Wirkus, Clairemont
18:29 Michelle Quinn, SDgtoA
18:30 Amanda Thaete, Coro
18:41 Liz Robinson, Holtville
18:46 Rebecca Garcia, Claire

18:48 Tracy Perkins, Coro
19:00 Emily Ogata, SDgtoA
Significant absentees included San Dieguito Academy's Jenna Timinsky, and the Valley Center and Lincoln Academy teams.
DIVISION FIVE entries:
The top varsity finishers from division five schools:
15:07 Angela Petersen, Francis Parker
17:31 Kaili Shumilak, Bishop's
17:46 Lily Dowlatshahie, Mountain Emp
18:26 Majorie Spurr, Calvin Christian
18:30 Elizabeth Mannino, FP
18:30 Arielle Damron, Julian
18:36 Courtney Watkins, MtnE
18:46 Tammy Phillips, CC
18:52 Sarah Kaufmann, FP
19:05 Lydia Boonstra, CC
19:17 Karen Mummelaar, CC
19:22 Jen Lloyd, Lutheran
19:36 Alex Gage, Bish
Significant absentees included the La Jolla Country Day team, Julian's Erin Calloway, and Francis Parker's Merritt Singleton.

Central Park: UC girls smoke D-II

McInvale, Chandler continue streaks

University City's girls came up big at the Central Park Invitational at Huntington Beach on October 10.

The win helped the UC girls get back their confidence after a bad outing at Stanford the week before.

"We're feeling like a team again," coach Jim McCarthy said. "Everybody's happy; everybody's running really hard."

Katherine Ziegler was third in 19:09 for the hilly, 3.0-mile course; and Talisha Clophus was 11th in 19:30. Other scorers included Laura Cohen (35th, 20:25); Chessa Adsit-Morris (61st, 20:28) and Leslie Crews (90th, 20:41). Key member Carly Votolato missed the race because of a testing conflict.

La Jolla's girls were third in the race, led by Desiree Leek (15th, 19:56) and Liz Edwards (35th, 20:05). Tenth-place Point Loma was headed up by Peeper Gilmore (18th, 20:03).

Ramona's Matt McInvale and Serra's Marcus Chandler both came away with fast victories in separate races, with McInvale winning his test in 15:02, and Chandler taking his competition in 15:13. Both continued unbeaten streaks, and set up a showdown at the next week's Southern California Invitational.

La Jolla's boys, running without a number of key athletes, were fourth in the Division II race. Chris Ferrier and Brandon Behr did not race, and Nate Lopez was slowed by a fall and a twisted ankle.

The Results:

At Huntington Beach, Saturday, October 10. Course is considered hilly.

BOYS (3.0 miles):
Fastest San Diego area runners (all schools did not report results):
15:02 Matt McInvale, Ramona
15:13 Marcus Chandler, Serra
16:14 Alejandro Mares, La Jolla
16:23 Eric Koster, LJ
16:37 Terence Hagans, Serra
16:53 Jonathan Dunbar, LJ
16:56 Ricky Roane, Ram
17:05 Nick Redman, Grossmont
17:06 Matt Heibel, Gross
17:11 Joel Niernann, University City
17:16 Dylan Solomon, UC
17:17 Young, UC
17:18 Larry Koster, LJ
17:18 Edgar Hernandez, UC
17:19 Hoeksma, LJ
17:19 Charles McKeown, UC
18:00 Matt Saldivar, Ram
18:03 Jon Shellhammer, Ram
18:10 Katsuki Shimasaki, UC
GIRLS (3.0 miles):
Fastest San Diego area runners (all schools did not report results):
19:09 Katherine Ziegler, University City
19:30 Talisha Clophus, UC
19:56 Desiree Leek, La Jolla

Please see page 8.

Central Park

From page 7.

20:03 Peeper Gilmore, Point Loma
20:05 Liz Edwards, UJ
20:12 Loretta Kilmer, Ramona
20:25 Laura Cohen, UC
20:26 Katie Grim, UJ
20:28 Chessa Adsit-Morris, UC
20:41 Leslie Crews, UC
20:44 Natalie Parks, PTL
20:45 Leslie Borenstein, UJ
20:46 Belinda Olvera, PTL
20:46 Leslie Mitchell, Ram
21:01 Tara McGowan, UJ
21:18 Rebecca McKeown, UC
21:58 Crystal Chinn, Serra
22:02 Sandra Wetterer, PTL
22:09 Lauren Severs, UC
22:10 Jenny Wilcoxson, Ram
22:16 Emily Seymour, UJ
22:18 Amy Lang, Serra
22:22 Nedi Padua, Ram
22:23 Maggie Sass, UJ

Scoring (Division II): University City 90; Quartz Hill 103, La Jolla 128. Also, 10. Point Loma, 227.

SLO:

Torrey girls hot

Torrey Pines girls had a good day at the San Luis Obispo Invitational, on October 17.

They won the large schools race with 36 points, ahead of Peninsula (52) and Arroyo Grande (71). Peninsula is the state's ninth-ranked school in Division I.

The Falcons, who are currently ranked fourth in the state, put four girls in the top seven in the race.

Camille Dredge won a close duel with a PenHi girl to take first in 19:09 for the 3.1-mile course.

Julie Komosinski (3rd, 19:35), Kathy Read (6th, 19:57), and Jackie Appel (7th, 20:04) all ran well. The next pack consisted of Laura Alessio (22nd, 21:10), Dorothy Trogler (23rd, 21:11) and Krista Romley (24th, 21:12). If one of those girls makes a breakthrough by year's end, Torrey will be doubly tough.

The Results:

At San Luis Obispo, Saturday, October 17. Conditions: Dry and dusty.

BOYS (3.1 miles):

Scoring: 1. Peninsula.

Individuals:

18:07 Steve Branson, Torrey Pines (38)
19:20 Michael Breining, TP (70)
19:25 Kevin Nolan, TP (71)
19:38 Mike Ambrose, TP (77)
19:42 Navid Hassanzadbeh, TP (78)

GIRLS (3.1 miles):

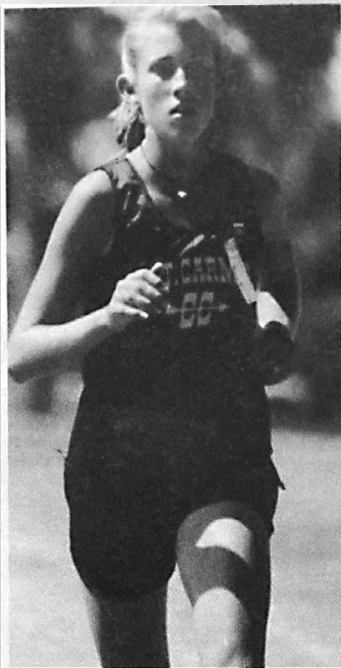
Scoring: 1. Torrey Pines 36; 2. Peninsula 52; 3. Arroyo Grande 71; 4. Madera 81.

Individuals:

19:09 Camille Dredge, Torrey Pines (1)
19:35 Julie Komosinski, TP (3)
19:57 Kathy Read, TP (6)
20:04 Jackie Appel, TP (7)
21:10 Laura Alessio, TP (22)
21:11 Dorothy Trogler, TP (23)
21:12 Krista Romley, TP (24)

Junior Varsity:

21:39 Lauren Jeffers, TP (1)



Ashley Dere
Mt. Carmel

MOREAU:

Mt. Carmel girls win

Mt. Carmel's teams had a successful road trip last week, with the girls taking first and the boys second at the Moreau Invitational in Hayward.

The girls scored 32 points to best second-place Sultana of Hesperia. Sultana is third-ranked in the state in Division II.

Ashley Dere and Karen Vasko finished two-three to lead the Sundevils. Janet Mulvey was sixth, and Manal Yamount was tenth.

The boys scored 61 points, just behind winner Buchanan (56). Top Sundevils were Mike Zahalan (8th) and Alan Aradanas (9th).

The Results:

At Hayward, Saturday, October 17.

BOYS:

Varsity:

1. Cabada, Buchanan, 15:26
8. Mike Zahalan, Mt. Carmel, 16:25
9. Alan Aradanas, Mt. Carmel, 16:26

Scoring:

1. Buchanan 56, 2. Mt. Carmel 61.

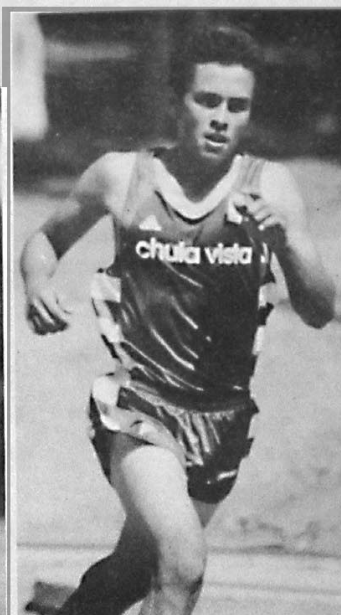
GIRLS:

Varsity:

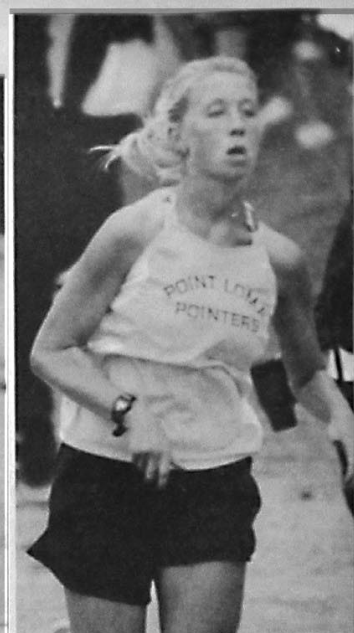
1. Dahl, Wood, 18:34
2. Ashley Dere, Mt. Carmel, 18:47
3. Karen Vasko, Mt. Carmel, 18:53
6. Janet Mulvey, Mt. Carmel, 19:18
10. Manal Yamount, Mt. Carmel, 19:37

Scoring:

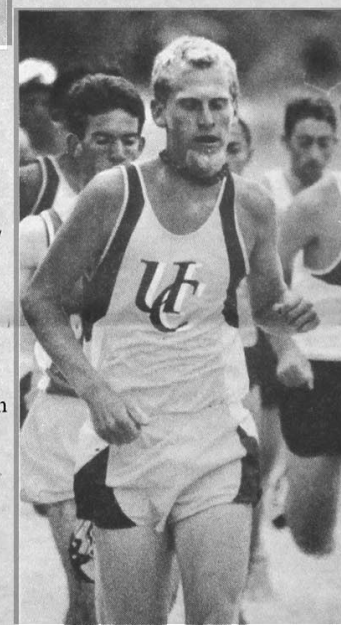
1. Mt. Carmel 32; 2. Sultana 40.



Michael Manzano
Chula Vista



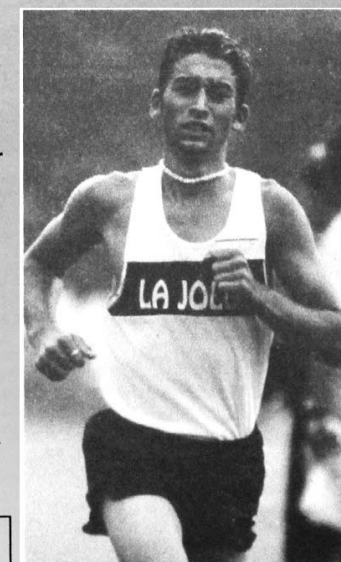
Sandra Wetterer
Point Loma



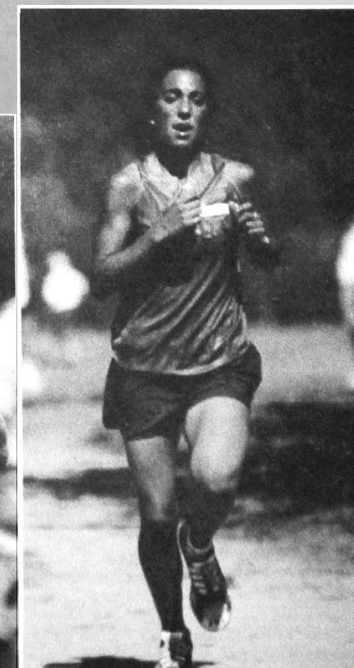
Jon O'Connor
University City



Angela Rivas
Montgomery



Nate Lopez
La Jolla

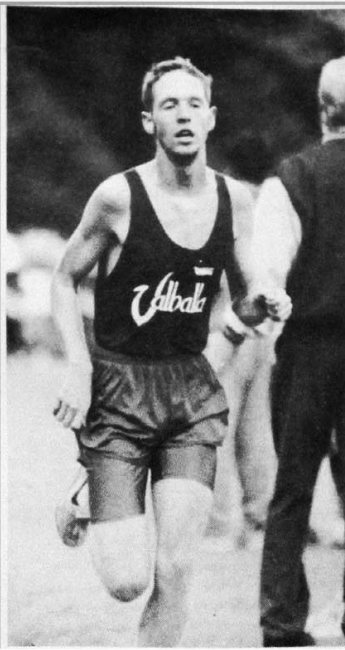


Julia Corman
La Costa Canyon

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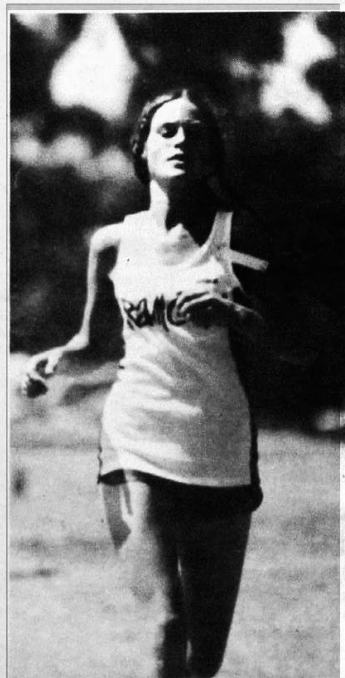
<http://www.crowncity.com/sdtrackmag>



Tyler Ludwig
Valhalla



Dori McGuire
Mira Mesa



Loretta Kilmer
Ramona

Southern Cal: RB girls upend #2 Yucaipa; Chandler wins duel of unbeaten

Serra runner, McInvale both under course record; West Hills boys outrace third-ranked Yucaipa; Petersen wins big

In recent years, the Southern California Invitational has been a Yucaipa showcase, with the powerhouse Southern Section team easily outracing the locals.

This year was different. The Rancho Bernardo girls team, ranked sixth in the state, used superior depth to best the second-ranked Yucaipa girls.

And the West Hills boys, top-ranked locally but unranked in the state, used great up-front strength to best the Yucaipa boys, who were ranked third in the state.

The Southern California Invitational, held at Guajome Park last week, has a unique format. Each team enters one runner in a single race, through seven varsity runners, and the team winner is determined by total time.

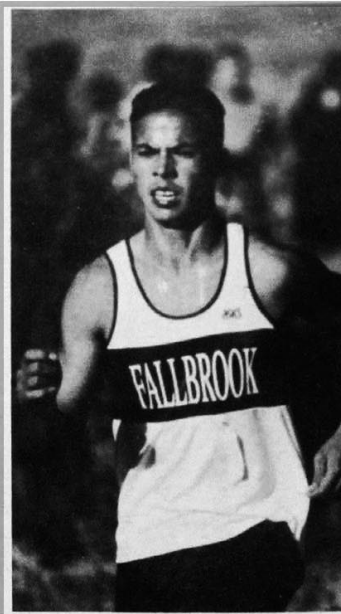
Serra's Marcus Chandler and Ramona's Matt McInvale hooked up in a fast race in the Boys Number One race, first of the day.

Chandler used his superior finishing speed (he's a 4:15 1600 runner) to run down McInvale in the final 400 meters, and won in 15:42 for the 3.2-mile course. McInvale, who made the race, ran 15:43. It was his first loss of the season; Chandler remains unbeaten.

It was a fast, fast race. Both times were comfortably under the old course record of 15:49, set by Crawford's Goshu Tadese.

Long-time Guajome Park observer Marty Hauck, the Fallbrook coach, said the race was, "the fastest thing I've seen going." The old course record-holder, Tadese, was a state-champion runner.

According to Hauck, only Tadese had broken 16:00 minutes on the course until last week. McInvale and Chandler pulled RB's Sean Ricketts to a 15:58, and West Hills' Evan Fox and Vista's Justin Neuroth both just missed,



Efrain Casarez
Fallbrook

and were timed in 16:02 and 16:03, respectively.

The matchup between Chandler and McInvale was classic. Both had won impressively in every race they entered this year, and fans of the sport eagerly awaited their meeting.

McInvale started to open a gap on Chandler and string out the field after the first mile, but he could never quite break away. Chandler closed the gap gradually, and then put on a final move with just over 400 meters to go. McInvale resisted, but Chandler's speed was enough to win the race.

Rancho Bernardo's girls came from behind to take the team win from Yucaipa. It was a balanced effort, led by Julie Manson's 14:40 for second in the Girls Number One race. The Broncos placed in the top two in five of the seven races, and also had a third.

But Yucaipa was ahead on time through five races, with three firsts, and two thirds.

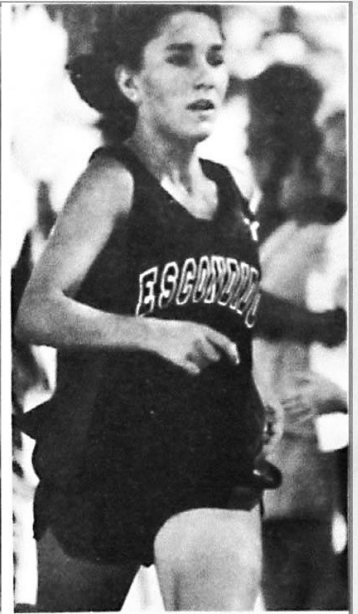
RB's Sarah Wilkins dropped the bomb in the Girls Number Six race, winning in 16:17, which was 0:57 seconds faster than Yucaipa's entrant in the race.

That brought the Broncos from a distant second to a lead in the overall time. RB's seventh, Belinda Oberum, sealed the deal by beating Yucaipa's seventh by 0:41 seconds.

The Fallbrook girls team was a respectable third in the team race, just 0:40 total seconds behind Yucaipa. They had one first, three seconds, and two third-place finishes.

Those three teams completely dominated the competition. All the other schools combined could only manage one first, one second and two thirds.

The West Hills boys, by con-



Lanele Cox
Escondido

trast, used the talents of their top runners to build a big lead in team time over their opposition, and then withstood a late charge by third-ranked Yucaipa.

The Wolfpack was led by a fourth place from Fox in the Number One race, and wins from Ben Aragon (Two Race); Paul Saccone (Three) and Matt Rendina (Four). Yucaipa made up ground in the last three races, with a second, and two firsts.

The excellent Vista boys team had good balance throughout their lineup, and finished just 0:17 seconds behinds Yucaipa's total. Neuroth was the fastest Panther, and the team had no finish lower than fifth (two races).

The girls individual race was another Angela Petersen blowout. The Francis Parker soph has made it look easy since the early season, with big wins against excellent rivals. She pulled away to a 14:24 time on the 2.63-mile course, and, "she felt she could have gone a little faster," Parker coach John Lown said later.

It was one of the faster times ever run at Guajome, although Milena Glusac's course record of 13:52 is in a whole other category.

Racing conditions at Guajome ranged over the day, from chilly in the first races to hot and dry at midday. A mild Santa Ana condition kept the cloud cover away, and runners suffered as the day wore on.

The Results:

At Guajome Park, Saturday, October 17. Conditions: Dry; cool for first races, continually warming throughout day.

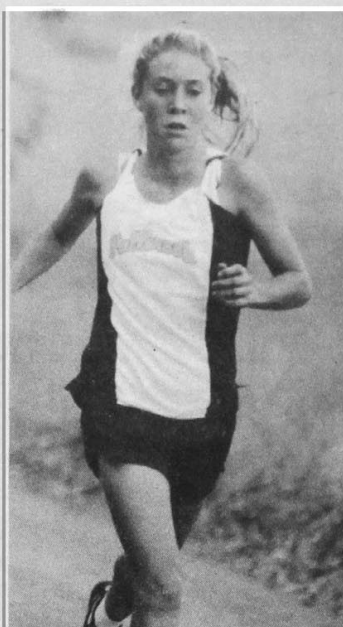
BOYS:
The Fastest Forty (all varsity races)
15:41 Marcus Chandler, Serra

Please see page 10.

Southern Cal:

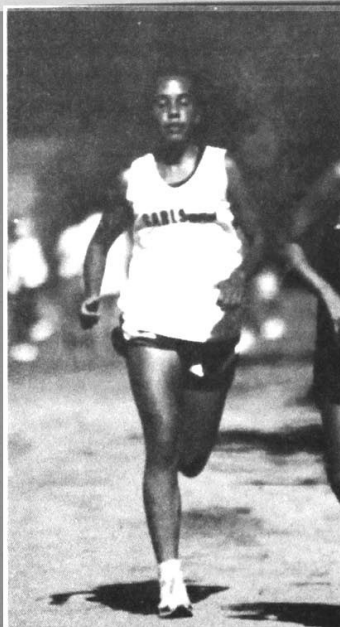
From page 9.

- 15:42 Matt McInvale, Ramona
 15:58 Sean Ricketts, Rancho Bernardo
 16:02 Evan Fox, West Hills
 16:03 Justin Neuroth, Vista
 16:18 Todd Coshaw, Yucaipa
 16:24 Brian Paff, Bonita Vista
 16:27 Travis Laird, San Marcos
 16:28 Carlos Handler, Temescal Canyon
 16:38 Ben Aragon, West Hills
 16:47 Ben Armel, Damien
 16:49 Adam Van Wart, San Pasqual
 16:52 Jason Mosely, Yucaipa
 16:55 Ryan Montez, Vista
 16:56 Paul Saccone, West Hills
 16:59 Ted Herbert, Bonita Vista
 17:00 Jared Emmons, Vista
 17:04 Matt Dowthit, San Pasqual
 17:06 Bill Ungricht, Fallbrook
 17:06 Matt Rendina, West Hills
 17:07 Erik Kerby, San Pasqual
 17:08 Efrain Casarez, Fallbrook
 17:11 Alex Mendez, Damien
 17:11 Jose Escobedo, Fallbrook
 17:12 Brian Wardell, Barstow
 17:13 Sean Dillon, Redlands
 17:14 Andrew Boring, San Marcos
 17:16 Ryan Metheny, Yucaipa
 17:17 Erik Riley, Barstow
 17:19 Nick Jones, Orange Glen
 17:19 Sean Daley, Vista
 17:22 Phillip Brenton, Temescal Canyon
 17:23 Steve Stein, Yucaipa
 17:24 Nick Schlappfer, Orange Glen
 17:26 Lawrence Mier, San Marcos
 17:27 Ian McHenry, Claremont
 17:27 Justin Mattos, Fallbrook
 17:28 Juan Mondragon, Escondido
 17:30 James Myers, Rancho Buena Vista
 17:31 Luis Reyna, Sweetwater
Varsity Ones:
 15:41 Marcus Chandler, Serra
 15:42 Matt McInvale, Ramona
 15:58 Sean Ricketts, Rancho Bernardo
 16:02 Evan Fox, West Hills
 16:03 Justin Neuroth, Vista
 16:18 Todd Coshaw, Yucaipa
 16:24 Brian Paff, Bonita Vista
 16:27 Travis Laird, San Marcos
 16:28 Carlos Handler, Temescal Canyon
 16:49 Adam Van Wart, San Pasqual
 17:08 Efrain Casarez, Fallbrook
 17:11 Alex Mendez, Damien
 17:12 Brian Wardell, Barstow
 17:13 Sean Dillon, Redlands
 17:19 Nick Jones, Orange Glen
 17:30 James Myers, Rancho Buena Vista
 18:00 Mark Dionela, Sweetwater
 18:08 Andres Medina, Hollville
 18:24 Grant Storey, Claremont
 18:32 Omar Hernandez, Valley Center
Varsity Twos:
 16:38 Ben Aragon, WH
 16:47 Ben Armel, Dam
 16:52 Jason Mosely, Yuc
 16:55 Ryan Montez, Vista
 16:59 Ted Herbert, BV
 17:07 Erik Kerby, SP
 17:11 Jose Escobedo, Fall
 17:14 Andrew Boring, SM
 17:22 Philip Brenton, TC
 17:24 Nick Schlappfer, OG
 17:27 Ian McHenry, Clare
 17:28 Juan Mondragon, Escondido
 17:31 Luis Reyna, Sweet
 17:34 Terence Hagons, Serra
 18:13 Ricky Roane, Ram
 18:15 Mike Galvan, Barst
 18:21 Aaron Trunnell, RBV
 18:22 Evan Page, Red
 18:35 Jake Fulton, RB
 19:13 Michael Strong, Holt
 19:49 Todd Hough, VC
Varsity Threes:
 16:56 Paul Saccone, WH
 17:00 Jared Emmons, Vista
 17:04 Matt Dowthit, SP
 17:06 Bill Ungricht, Fall
 17:16 Ryan Metheny, Yuc
 17:26 Lawrence Mier, SM
 17:45 Jose Carrillo, OG
 17:46 Rob LaPorte, TC
 17:50 Jorge Nente, Barst
 17:57 Dustin Whitson, BV
 17:58 Enrique Montoya, Esc
 18:13 Brian Peterson, Dam
 18:16 Marice Chandler, Serra
 18:32 Greg Smith, Clare
 18:48 Mike Lavorgna, RB



Kim Croswell
Fallbrook

- 18:49 Brian Hill, RBV
 19:10 Shawn Benson, Ram
 19:17 Saul Ramirez, Holt
 19:28 Brent Wheelock, Red
 20:37 Curtis Martineau, VC
Varsity Fours:
 17:27 Ian McHenry, WH
 17:17 Erik Riley, Barst
 17:19 Sean Daley, Vista
 17:23 Steve Stein, Yuc
 17:27 Justin Mattos, Fall
 17:46 Kyle Combe, SP
 18:06 Joe Yoshell, Esc
 18:15 Joseph Delaunay, Clare
 18:15 T. K. Revaro, Dam
 18:28 David Del Llano, Ram
 18:29 Ryan Skerl, SM
 18:32 Nathan Lowery, TC
 18:34 Hector Jimenez, OG
 18:37 Kwasi Ntiamaoh, Sweet
 18:42 Cameron Sanders, RB
 19:12 C. Barcliff, BV
 19:24 Steven Small, Red
 19:30 Mark Johanson, RBV
 19:43 D. Padilla, Holt
 20:11 Dru Imrie, Serra
 20:15 Chris Acani, Morse
 21:09 J. Odle, VC
 22:09 Mark Shtayerman, Francis Parker
Varsity Fives:
 17:33 Joe Dupee, SP
 17:43 Matt Tuttle, Yuc
 17:46 Tim Rodman, WH
 18:04 Pete Coughlin, Fall
 18:09 Mark Baddas, Vista
 18:24 Curtis Barela, Barst
 18:30 Sean Higgins, Dam
 18:43 Ryan Crim, RB
 18:43 Benton Bulrice, TC
 18:52 Isaac Chitica, SM
 18:52 Shawn Ferris, RBV
 18:53 Keith Lederhaus, Clare
 19:01 Andrew Pirowtek, OG
 19:05 Brad Fowers, BV
 19:12 Armando Lara, Sweet
 19:21 Jon Shellhammer, Ram
 19:38 Joey Suyat, Serra
 20:20 Apolinar Reyes, Esc
 20:25 Bob Sise, FP
 20:41 Robert Gregory, Red
 20:53 James Klepper, Morse
 21:15 Eddie Castaneda, Holt
Varsity Sixes:
 17:34 Geoff Likins, Yuc
 17:50 Irving Franklin, Vista
 17:54 Tres Steffler, Fall
 18:00 Bryan Bauerle, WH
 18:03 Jason Zamora, SP
 18:28 Alan Riley, Barst
 18:32 Jeremy Sotelo, Sweet



Cindy Lopresti
Carlsbad

- 18:36 Chris Harris, SM
 18:52 A. Hernandez, BV
 18:53 Eric Daub, Clare
 18:56 Chris Rogers, RB
 18:57 Jonathan Cordes, Esc
 19:26 Brandon Cline, Carls
 19:49 Matt Saldivar, Ram
 19:55 Tony Croson, TC
 20:02 Joseph Myers, RBV
 20:04 Abelardo Suarez, Serra
 20:10 D. Murphy, Dam
 20:30 C. Lanting, OG
 20:51 David Bowden, Red
 21:15 Steve Christensen, LaCostaCan
Varsity Sevens:
 17:44 Joshua Croft, Yuc
 17:51 Joe Aguilar, Vista
 18:11 Kevin Schible, WH
 18:22 Freddy Espino, Fall
 18:52 Will Wisheart, SP
 18:57 J. Ciminski, BV
 19:01 Joe Roberson, TC
 19:07 Allen May, RB
 19:15 Dustin Moreno, Barst
 19:33 Ryan Thurman, Clare
 19:45 Matt Bisley, OG
 19:57 Steve Tarouilly, El Camino
 20:15 Justin Lane, Red
 20:24 Ross Hathaway, Dam
 20:30 Spencer McBride, Ram
 21:04 Justin Sandling, RBV
 21:21 Kevin Krywke, SM
 21:27 Brian Schultz, LCC
 22:01 Ernesto Hernandez, Esc
 22:02 Alfred Conteras, Serra

BOYS TEAMS:

(Individuals are ranked in order in which they raced.)

WEST HILLS

Total time: 120:39

- 16:02 Fox
 16:38 Aragon
 16:56 Saccone
 17:06 Rendina
 17:46 Rodman
 18:00 Bauerle
 18:11 Schible

YUCAIPA

Total time: 120:50

- 16:18 Coshaw
 16:52 Mosely
 17:16 Metheny
 17:23 Stein
 17:43 Tuttle
 17:34 Likins
 17:44 Croft

VISTA

Total time: 121:07

- 16:03 Neuroth
 16:55 Montez
 17:00 Emmons
 17:19 Daley
 18:09 Baddas
 17:50 Franklin
 17:51 Aguilar

FALLBROOK

Total time: 123:12

- 17:08 Casarez
 17:11 Escobedo

- 17:06 Ungricht
 17:27 Mattos
 18:04 Coughlin
 17:54 Steffler
 18:22 Espino

SAN PASQUAL

Total time: 123:14

- 16:49 Van Wart
 17:07 Kerby
 17:04 Dowthit
 17:46 Combe
 17:44 Dupee
 18:03 Zamora
 18:52 Wisheart

BARSTOW

Total time: 126:41

- 17:12 Wardell
 18:15 Galvan
 17:50 Nente
 17:17 E. Riley
 18:24 Barela
 18:27 A. Riley
 19:15 Moreno

BONITA VISTA

Total time: 127:26

- 16:24 Paff
 16:59 Herbert
 17:57 Whitson
 19:12 Barcliff
 19:05 Fowers
 18:52 Hernandez
 18:57 Ciminski

TEMESCAL CANYON

Total time: 127:47

- 16:28 Handler
 17:22 Brenton
 17:46 LaPorte
 18:32 Lowery
 18:43 Bulrice
 19:55 Croson
 19:01 Roberson

SAN MARCOS

Total time: 128:25

- 16:27 Laird
 17:14 Boring
 17:26 Mier
 18:29 Skerl
 18:52 Chitica
 18:36 Harris
 21:21 Krywke

RANCHO BERNARDO

Total time: 128:49

- 15:58 Ricketts
 18:35 Fulton
 18:48 Lavorgna
 18:42 Sanders
 18:43 Crim
 18:56 Rogers
 19:07 May

DAMIEN

Total time: 129:30

- 17:11 Mendez
 16:47 Armel
 18:13 Peterson
 18:15 Revaro
 18:30 Higgins
 20:10 Murphy
 20:24 Hathaway

CLAREMONT (SoSec)

Total time: 129:57

- 18:24 Storey
 17:27 McHenry
 18:32 Smith
 18:15 Delaunay
 18:53 Lederhaus
 18:53 Daub
 19:33 Thurman

ORANGE GLEN

Total time: 130:18

- 17:19 Jones
 17:24 Schlappfer
 17:45 Carrillo
 18:34 Jimenez
 19:01 Pirowtek
 20:30 Lanting
 19:45 Bisley

RAMONA

Total time: 131:13

- 15:42 McInvale
 18:13 Roane
 19:10 Benson
 18:28 Del Llano
 19:21 Shellhammer
 19:49 Saldivar
 20:30 McBride

SERRA

Total time: 133:26

- 15:41 Marcus Chandler
 17:34 Hagons
 18:16 Marice Chandler
 20:11 Imrie
 19:38 Suyat
 20:04 Suarez
 22:02 Conteras

RANCHO BUENA VISTA

Total time: 134:08

- 17:30 James Myers
 18:21 Trunnell
 18:49 Hill

Please see page 11.

Next Issue:

Friday,
November 6

Southern Cal:

From page 10.

19:30 Johanson
18:52 Ferris
20:02 Jos. Myers
21:04 Sandling

REDLANDS

Total time: 136:14

17:13 Dillon
18:22 Page
19:28 Wheelock
19:24 Small
20:41 Gregory
20:51 Bowden
20:15 Lane

INCOMPLETE TEAMS:

Sweetwater

18:00 Dionela
17:31 Reyna
No entry in three race.
18:37 Niamoaoh
19:12 Lara
18:32 Sotelo
No entry in seven race.

Holtville

18:08 Medina
17:13 Strong
19:17 Ramirez
19:43 Padilla
21:15 Castaneda
No entry in six race.
No entry in seven race.

Escondido

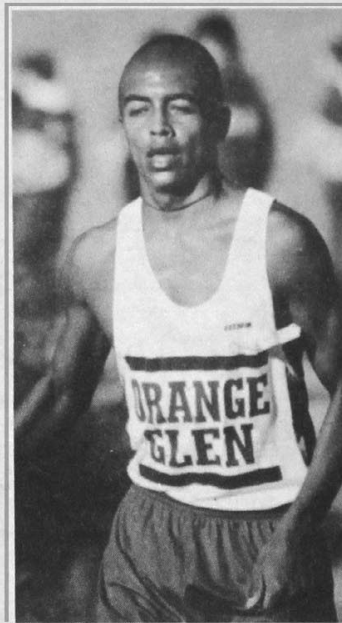
No entry in one race.
17:28 Mondragon
17:58 Montoya
18:06 Voshell
20:20 Reyes
18:57 Cordes
22:01 Hernandez

Valley Center, Morse, Francis Parker, Carlsbad, La Costa Canyon and El Camino all had less than five runners.

GIRLS:

The Fastest Forty (all varsity races):

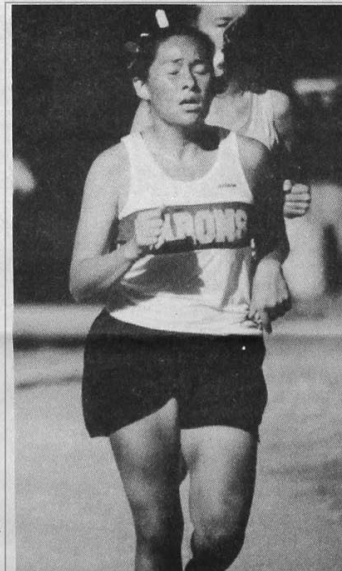
14:24 Angela Petersen, Francis Parker
14:40 Julie Manson, Rancho Bernardo
14:52 Heidi Walker, Yucaipa
15:02 Beth Grossheim, Yucaipa
15:07 Lanele Cox, Escondido
15:08 Nicole Mier, San Marcos
15:12 Allison Hall, Rancho Bernardo
15:12 Melissa Hutchcroft, Yucaipa
15:19 Natassja Hall, Rancho Buena Vista
15:20 Monica Valdez, Temescal Canyon
15:36 Maija Rohde, Fallbrook
15:37 Kim Crosswell, Fallbrook
15:38 Katie Boyd, Rancho Bernardo
15:41 Heather Shurtleff, West Hills
15:46 Cathy Picha, Fallbrook
15:46 Jamie Carmichael, Fallbrook
15:50 Diana Dibble, Valley Center
15:50 Leeann Jimenez, Yucaipa
15:53 Courtney Allen, Rancho Buena Vista
15:56 Becca Bartell, West Hills
16:03 Liz Edwards, La Jolla
16:07 Janet Light, Claremont
16:07 Christine Fagle, Redlands
16:08 Candice Osuna, Bonita Vista
16:09 Tiffany Lee, Vista
16:09 Susan Braun, Claremont
16:10 Cindy Lopresti, Carlsbad
16:11 Jaime Leroy, Redlands
16:11 Kaleena Yee, Rancho Bernardo
16:13 Jennifer Bennett, Yucaipa
16:14 Bree Alfstad, Bonita Vista
16:17 Sarah Wilkins, Rancho Bernardo
16:18 Dawna Marshall, Bonita Vista
16:18 Thea Rusthoven, Escondido
16:18 Kerri Wheeler, Rancho Bernardo
16:21 Dawn Lucas, Temescal Canyon
16:21 Angela Garcia, Rancho Buena Vista
16:22 Krissy Volasin, Claremont
16:23 Veronica Fitzpatrick, Claremont
16:23 Hayley Young, Temescal Canyon
Varsity Ones:
14:24 Angela Petersen, Francis Parker
14:40 Julie Manson, Rancho Bernardo



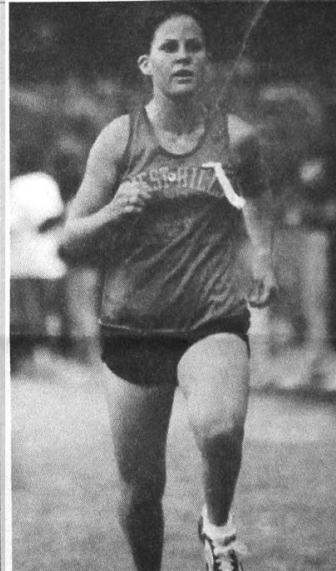
Nick Jones
Orange Glen



Kjirsten Bevins
Serra



Candice Osuna
Bonita Vista



Heather Shurtleff
West Hills

14:52 Heidi Walker, Yucaipa
15:07 Lanele Cox, Escondido
15:08 Nicole Mier, San Marcos
15:19 Natassja Hall, Rancho Buena Vista
15:20 Monica Valdez, Temescal Canyon
15:46 Cathy Picha, Fallbrook
15:50 Diana Dibble, Valley Center
16:03 Liz Edwards, La Jolla
16:09 Tiffany Lee, Vista
16:11 Jaime Leroy, Redlands
16:18 Dawna Marshall, Bonita Vista
16:23 Veronica Fitzpatrick, Claremont
16:35 Kjirsten Bevins, Serra
16:54 Leslie Mitchell, Ramona
17:16 Gerry Cruz, San Pasqual
17:21 Liz Robinson, Holtville
17:57 Cynthia Garcia, Barstow
18:13 Kathy Medina, Sweetwater

Varsity Twos:

15:02 Beth Grossheim, Yuc
15:12 Allison Hall, RB
15:37 Kim Crosswell, Fall
15:41 Heather Shurtleff, West Hills
15:53 Courtney Allen, RBV
16:07 Janet Light, Clare
16:08 Candice Osuna, BV
16:10 Cindy Lopresti, Carlsbad
16:21 Dawn Lucas, TC
16:30 Maria Cervantes, VC
16:30 Andrea Kahn, Serra
16:31 Erica Lopez, Vista
16:33 Tara McGowan, LJ
16:33 Laura Harder, Red
16:38 Kennie Kwok, Ram
17:20 Christine Lupo, SP
17:29 Rebekah Johnston, Barst
17:38 Marissa Leivas, Esc
19:02 Jeana Gallarzo, Sweet

19:08 Liliana Medina, Holt
Varsity Threes:
15:12 Melissa Hutchcroft, Yuc
15:36 Maija Rohde, Fall
15:56 Becca Bartell, WH
16:07 Christine Fagle, Red
16:09 Susan Braun, Clare
16:11 Kaleena Yee, RB
16:18 Thea Rusthoven, Esc
16:21 Angela Garcia, RBV
16:23 Hayley Young, TC
16:42 Monique Henderson, Morse
16:47 Theresa Acosta, Vista
16:47 Laurel Stender, Barst
16:48 Trinity Amalfitano, BV
17:14 Stacey Pierce, SP
17:23 Lluvia De Luna, OG
17:30 Jamie Morasco, VC
17:43 Erin Lee, La Costa Canyon
17:58 Amy Lang, Serra
18:09 Andrick Sullivan, LJ
18:17 Jenny Wilcoxson, Ram
18:30 Rubi Hernandez, Holt
19:10 Diana Guido, Sweet
Varsity Fours:
15:38 Katie Boyd, RB
15:46 Jamie Carmichael, Fall
15:50 Leeann Jimenez, Yuc
16:14 Bree Alfstad, BV
16:22 Krissy Volasin, Clare
16:41 Hillary Soule, LCC
16:45 Breanna Goetz, Ram
16:45 Kelly Kodadek, SM
16:47 Sandra Mitchell, Esc
16:47 Christy DeLapp, TC
16:53 Shawna Winfrey, WH
16:55 Devann Yata, Vista

17:04 Jessie Slowinski, Red
17:23 Karina Kloos, RBV
17:39 Luci Downey, OG
17:56 Julia Otis, LJ
18:20 Crystal Simmons, Barst
18:40 Rachel Rubin, SP
18:58 Nina Rivas, Holt
19:11 Monica Bonilla, Sweet

Varsity Fives:

16:13 Jennifer Bennett, Yuc
16:18 Kerri Wheeler, RB
16:24 Jenny Promack, Fall
16:32 Van Nguyen, BV
16:40 Maria Mendoza, Vista
16:50 Cassie Kuske, WH
17:05 Lindsey Sommer, Clare
17:23 Erin O'Donnell, Red
17:30 Kim Nessell, Mt. Carmel
17:38 Tricia Smith, TC
17:39 Whitney Schmucker, LJ
17:44 Diana Strong, VC
17:46 Bilsborough, Barst
18:04 Dana Kerby, Esc
18:16 Aimese Rolls, OG
18:32 Amber Rucker, SP
18:38 Jessica Murray, RBV
18:52 Camille Lucio, Ram
19:22 Kaylin Adams, LCC
21:04 Karla Garcia, Sweet
21:33 Arlane Rivera, Holt

Varsity Sixes:

16:17 Sarah Wilkins, RB
16:37 Allison Plischke, Fall
16:45 Hilary Till, Clare
16:52 Meghan Lyons, MIC
17:12 Silvia Rivas, Vista
17:12 Jolene Vermillion, TC
17:14 Grossheim, Yuc
17:17 Cheryl Madsen, WH
17:18 K. Thompson, BV
17:51 Kaitlin Hickenbotham, Red
17:54 Maribel Gonzalez, RBV
18:27 Cara Campo, LJ
18:33 Molly Kelly, Esc
18:48 Jackie Kenney, SP
18:52 Lyllan Cuevas, Sweet
19:02 Gwen Brown, OG
19:15 Anna Hough, VC
19:22 Rachael Simmons, Ram
19:36 Karin Ivey, Morse
19:40 Jillian Maloney, Barst
20:20 Maryann Berry, Serra
25:01 Jennifer Davis, SM

Varsity Sevens:

16:56 Katie Crosswell, Fall
16:57 Darcy Fox, WH
16:57 Belinda Oberum, RB
17:15 Pascale Delaunay, Clare
17:21 Amie Ruiterman, TC
17:34 Candace Brugnecke, Yuc
17:41 Camille Clarendon, Red
17:46 Olympia Olguin, Vista
18:05 Camille Wilborn, RBV
18:07 Karen Albrecht, BV
18:07 Courtney McConnell, MIC
18:25 Anne Cox, Barst
18:36 Sarah Smith, LJ
18:46 Shawna Kelly, Esc
18:48 Elizabeth Ghiotto, OG
18:57 Lucia Vasquez, Sweet
20:44 Nicole Mendoza, Ram
22:33 Mollie Flores, SM

GIRLS TEAMS:

(Individuals are ranked in order in which they raced.)

RANCHO BERNARDO

Total time: 111:13

14:40 Manson
15:12 Hall
16:11 Yee
15:38 Boyd
16:18 Wheeler
16:17 Wilkins
16:57 Oberum

YUCAIPA

Total time: 111:57

14:52 Walker
15:02 B. Grossheim
15:12 Hutchcroft
15:50 Jimenez
16:13 Bennett
17:14 Grossheim
17:34 Brugnecke

FALLBROOK

Total time: 112:37

15:46 C. Picha
15:32 Kim Crosswell
15:36 Rohde
15:46 Carmichael
16:24 Promack
16:37 Plischke
16:56 Katie Crosswell

CLAREMONT (SoSec)

Total time: 116:06

16:23 Fitzpatrick
16:07 Light
16:09 Braun
16:22 Volasin

Please see page 12.

TRACK MAGAZINE
is now available
at your local
Movin' Shoes store.

Southern Cal:

From page 11.

17:05 Sommer
16:45 Till
17:15 Delaunay

TEMESCAL CANYON

Total time: 116:52

15:20 Valdez
16:21 Lucas
16:23 Young
16:47 DeLapp
17:28 Smith
17:12 Vermillion
17:21 Ruiterman

BONITA VISTA

Total time: 117:25

16:18 Marshall
16:08 Osuna
16:48 Amalfitano
16:14 Alfstad
16:32 Nguyen
17:18 Thompson
18:07 Albrecht

VISTA

Total time: 117:59

16:09 Lee
16:30 Lopez
16:47 Acosta
16:55 Yata
16:40 Mendoza
17:12 Rivas
17:46 Olguin

REDLANDS

Total time: 118:50

16:11 Leroy
16:33 Harder
16:07 Fogle
17:04 Slowinski
17:23 O'Donnell
17:51 Hickenbotham
17:41 Clarendon

RANCHO BUENA VISTA

Total time: 119:33

15:19 Hall
15:53 Allen
16:21 Garcia
17:23 Kloos
18:38 Murray
17:54 Gonzalez
18:05 Wilborn

ESCONDIDO

Total time: 121:13

15:07 Cox
17:38 Leivas
16:18 Rusthoven
16:47 Mitchell
18:04 Kerby
18:33 M. Kelly
18:46 S. Kelly

LA JOLLA

Total time: 123:23

16:03 Edwards
16:33 McGowan
18:09 Sullivan
17:56 Otis
17:39 Schmucker
18:27 Campo
18:36 Smith

BARSTOW

Total time: 126:19

17:57 Garcia
17:29 Johnston
16:42 Stender
18:20 Simmons
17:46 Bilsborough
19:40 Maloney
18:25 Cox

RAMONA

Total time: 127:32

16:54 Mitchell
16:38 Kwok
18:17 Wilcoxson
16:45 Goetz
18:52 Lucio
19:22 Simmons
20:44 Mendoza

SWEETWATER

Total time: 129:29

18:13 Medina
19:02 Gallarzo
19:10 Guido
19:11 Bonilla
21:04 Garcia
18:52 Cuevas
18:57 Vasquez

INCOMPLETE TEAMS:

San Pasqual

17:16 Cruz
17:20 Lupo
17:14 Pierce
18:40 Rubin

18:32 Rucker
18:48 Kenney
No entry in seven race.

Valley Center

15:50 Dibble
16:30 Cervantes
17:30 Morasco
No entry in four race.
17:44 Strong
19:15 Hough
No entry in seven race.

Holtville

17:21 Robinson

19:08 Medina
18:30 Hernandez
18:58 Rivas
21:33 Rivera
No entry in six race.
No entry in seven race.

West Hills

No entry in one race.
15:41 Shurtleff
15:56 Bartell
16:53 Winfrey
16:50 Kuske
17:17 Madsen

16:57 Fox

Orange Glen

No entry in one race.
No entry in two race.
17:23 Deluna
17:39 Downey
18:16 Rolls
19:02 Brown
18:48 Ghiotto

Francis Parker, San Marcos, Serra, Carlsbad, Morse, La Costa Canyon, and Mt. Carmel all had less than five runners.

The California Rankings:

BOYS:

DIVISION I:

1. Long Beach Poly
2. Santa Ana
3. Yucaipa
4. Saugus
5. Don Lugo
6. Belmont, LA
7. Nevada Union
8. Dana Hills
9. Thousand Oaks
10. Murrieta Valley

DIVISION II:

1. Katella
2. Newport Harbor
3. Scripps Ranch
4. Eureka
5. San Pasqual
6. Mater Dei
7. Golden Valley
8. Casa Roble
9. Villa Park
10. Jesuit

DIVISION III:

1. Bosco Tech
2. Redwood
3. St. Francis
4. South Hills
5. La Jolla
6. Mitty, San Jose
7. South El Monte
8. El Modena
9. San Luis Obispo
10. Sierra

DIVISION IV:

1. Riverbank
2. Nordhoff
3. Notre Dame, SO
4. McFarland
5. Central Valley
6. Morro Bay
7. Costa Mesa
8. Estancia
9. Yreka
10. La Salle, Pasa

DIVISION V:

1. Maranatha
2. St. Joseph-ND
3. University, SF
4. Desert Christian
5. Flintridge Prep
6. L. A. Baptist
7. Woodcrest Chrstn
8. Yeshiva, LA
9. Crossroads
10. Pasadena Poly

GIRLS:

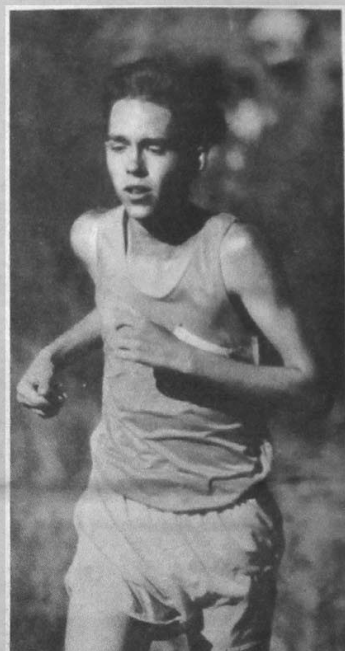
1. Esperanza
2. Yucaipa
3. Thousand Oaks
4. Torrey Pines
5. Nevada Union
6. Rancho Bernardo
7. Ayala
8. Santa Rosa
9. Peninsula
10. Clovis West

1. Santa Margarita
2. Woodbridge
3. Sultana
4. Newport Harbor
5. Mater Dei
6. Brea-Olinda
7. Atascadero
8. St. Joseph
9. Placer, Auburn
10. Clayton Valley

1. La Canada
2. Foothill, Redding
3. Lompoc
4. South Hills
5. El Modena
6. Newbury Park
7. Granada
8. Palo Alto
9. University City
10. St. Francis

1. Corona del Mar
2. St. Joseph, SM
3. Louisville
4. Costa Mesa
5. McFarland
6. Nordhoff
7. Sacred Heart, SF
8. Morro Bay
9. Notre Dame, SJ
10. Malibu

1. University, SF
2. Desert Christian
3. Chadwick, PV
4. Pasadena Poly
5. L. A. Baptist
6. Flintridge Prep
7. Webb, Claremont
8. St. Margaret's
9. Desert Christian
10. Westridge, Pasa



Erik Kerby
San Pasqual



Sarah Wilkins
Rancho Bernardo

State rankings of October 10, by Doug Speck, with assistance from Rich Gonzalez, Ray Scofield, Dennis McClanahan, Hal Daner, Ernest Lee, Peter Brewer, Andy Leong and Jim Eckman.