

TRACK MAGAZINE

A Movin' Shoes Enterprise



Volume IV, Number 5 -- November 20, 1998

San Diego's best prep cross country coverage

No more talking...

It's time to run, and settle any and all questions about who can beat who.

That's the beauty of cross country. It all comes down to the race. Talk is cheap, and comparing times can only go so far.

The opportunity for all the section teams comes this weekend at the San Diego Section's big day of championships.

The section's five divisions will determine ten CIF team championships, ten CIF individual championships, one hundred individual all-CIF slots, and an indeterminate (as of now) number of state meet qualifying slots.

Many of the state's best teams will duke it out on the Morley Field grass, and some great teams will come up short, such is the nature and quality of the fields.

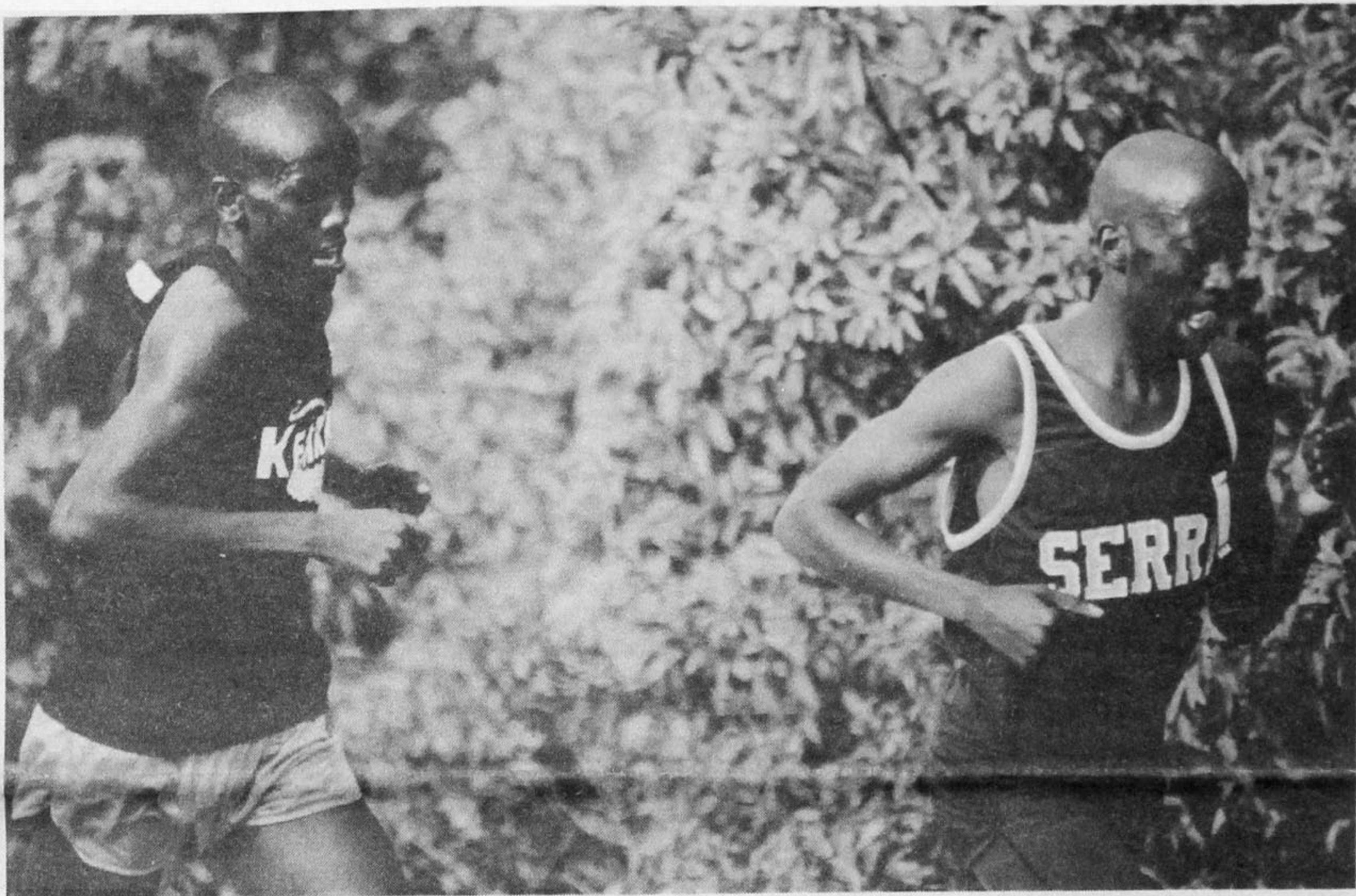
Some of the nation's best runners will be on display, such as Marcus Chandler, Jason Finch, Matt McInvale, Courtney Baird and Angela Petersen.

A good number of other runners are among the state's best, and to begin to mention more names would only serve to exclude somebody deserving. Hey, it's only a 16-page newspaper.

That leads to another one of the beauties of the sport of cross country.

While titans such as Finch, Chandler and the like will surely leave their blood and sweat on the Morley hills, the team championships will be determined just as much by how people such as Mike Comstock, Elizabeth Smith, Matt Dowthit, Krista Romley, Sean Daley, Amanda Thaete, Laura-Lee Reid, Kim Nessell and all their teammates perform.

(A quick editor's note: I am not singling out the above-named runners for extra scrutiny. The point is, each and every member of any contending team is important. Those runners named were more or



Mohamed Aden and Marcus Chandler hook up

Chandler pulled away to win the Eastern League title last week in what was probably the best boys race of League Finals Week. Both will be among the favorites in today's CIF Championship Races -- Chandler in Division II, and Aden in Division III.

less a random sample.)

The girls Division I team race will be brutal. The section is strong this year, with three teams ranking in the top seven in the state (and some feel that is conservative). One of the state's best teams will not qualify for Fresno.

The main contenders are Torrey Pines, Rancho Bernardo and Mt. Carmel. Torrey and RB have been trading off the top spot locally all year, and they are closely matched and supremely talented. And Mt. Carmel is good enough to beat either or both of them.

Quality teams such as Fallbrook, West Hills and Valhalla find themselves to be long shots in the race.

The best boys team race in the meet should be the Division II matchup between Scripps Ranch and San Pasqual.

They are two excellent teams, well up in the state rankings, both

Please turn to page 15.

What's inside...

It's our special league finals/CIF preview issue!

What did the editor do last week? See page 2 for an impressionistic view of league finals week.

Our league finals coverage:

The Harbor League -- page 3.

The Eastern League -- page 4.

The Western League -- page 5.

The Metro League -- page 6.

The Coastal/Southern Leagues -- page 7.

The Grossmont Leagues -- pages 10-11.

The Avocado League -- page 12.

The Valley League -- page 13.

The Palomar League -- page 14.

The individual league champions pictorial is on page 8.

Love rankings? Turn to page 16 for the latest local team lineup, plus the state's team and individual rankings.

From the editor: It was one crazy week...

It's always hard to describe just how manic league finals week can be.

The numbers can tell some of the story. Six days. Eleven meets. Twenty-two team and individual varsity championships. Miles driven, Monday through Saturday: 951. Eight rolls of film used, totaling 276 exposures. Acquisition of one film developer "Frequent Photo" card.

Because of conflicts, I was unable to attend the Southern and Coastal meet on Friday (I was at the Metro final), or the combined Grossmont meet on Saturday (I was at the north county meets), but I saw everything else.

Truthfully, by the end of the week, I was on information overload.

But, I'm not complaining. My yearly ritual is a total immersion into a vast amount of positive energy.

A few observations:

Best races:

The best I saw was Marcus Chandler and Mohamed Aden hooking up in the Eastern final. Aden, who is coming on strong, gave Chandler a hard push through the first half of the race. Chandler's winning effort was probably the best of the week.

The best race I didn't see had to be the duel between Grossmont North rivals Jasmine Marquez and Heather Shurtleff. Witnesses said they were stride for stride for most of the race.

This year's trends:

More morning meets. The three north county leagues all ran on Saturday, as did the Grossmonts. And the Eastern League ran early on Veterans Day.

Slow times. Many of the races were adversely affected by the weather in some fashion. The Morley meets were run on grass softened by rains. And the north county boys and the Metro meets were slowed by heat.

Extremely close girls meets.

Three girls championships went to tiebreakers. More on that later.

Not so great coverage. The Union-Tribune published only the top five finishers from a number of league meets, and sent no reporters or photographers to any of the races.

Most dominant teams:

BOYS: West Hills, who scored 17 points to win the Grossmont North. They placed 1-2-3-5-6-7-8.

Also impressive were San Pasqual, with 22 points to win the Valley. They placed 2-3-4-5-8-9.

And, Fallbrook scored 23 to take the Avocado. They went 1-2-

5-6-9-10-11, and had 10 of the first 15, despite at least two runners having off days.

GIRLS: West Hills easily won the Grossmont North with 20 points, placing 2-3-4-5-6.

Torrey Pines scored 23 in winning the Avocado, finishing 1-2-3-8-9.

Valhalla, not at full strength, scored 23 to win the Grossmont South, placing 1-2-5-6-7-8-9-10.

Honorable mention goes to Coronado. The Harbor League final is not scored, but the Islanders would have totaled 21 points.

Most impressive overall program:

By comparison within each team's own league, the honor easily goes to the West Hills boys and girls. The two teams together totaled 37 points. Two perfect scores would have totaled 30.

In a super-quality league, Mt. Carmel's boys and girls teams had great efforts.

The best at Guajome Park:

Fastest among the three north county league races were Sean Ricketts and Camille Dredge.

The best at Morley Field:

Fastest among the three city leagues, on the same course, was Marcus Chandler. The city girls ran three different courses, however.

Biggest margins of victory:

Among boys, Vincent Memorial's Darren Wisdom won the Coastal title by 0:28 seconds. West Hills' Evan Fox won his race by 0:26 seconds.

Among girls, Coronado's Barbara Chakos won the Harbor meet by 0:44 seconds. Hilltop's Desiree Davila was 0:43 seconds ahead of her rivals.

A number of the quality runners had comfortable margins, however, and many took the opportunity to throttle back. Big winners also included Ricketts, Brian Paff, Pat Grimes, Jason Finch, Lanele Cox, Dredge and Michelle Barrack.

Closest races:

Holtville's Liz Robinson and Mountain Empire's Lily Dowlatshahie had identical times in the Southern girls race, with the nod going to Robinson.

The Marquez/Shurtleff race was decided by 0:01 second, as was the Coastal boys duel between Peter Holland and Will Kraemer.

Most unexpected winners:

Helix's Courtney Baird was sidelined with illness, and that opened the door for El Cap's Jasmine Marquez to win the entire Grossmont Conference race. Bishop's' junior Holland won

the combined Coastal/Southern race after favorite Bart Conner went out too fast and faded.

Best team races:

BOYS: Scripps Ranch vs. La Jolla in the Western meet. Scripps used a great race by Grimes and a 0:48-second pack to overcome a 2-3-4 finish by La Jolla runners.

GIRLS: Rancho Bernardo vs. Mt. Carmel in the Palomar final. RB had great depth backing up Julie Manson; and the Mt. Carmel girls ran very tough. The quality went very deep.

Closest team races:

Three girls finals went to tiebreakers.

The Valley girls was a great three-way race. Valley Center and Ramona both scored 49, and Escondido had 50 points. The tiebreaker saw the VC number six runner one place and one second ahead of the Ramona number six.

The Metro girls was, in some ways, even more exciting. The race among the number sixes was not close (it went to Bonita Vista over Chula Vista, by four places and 0:31 seconds), but the race itself featured a lot of close, internal races, with a lot of point changes going back and forth virtually almost into the chute.

The Eastern girls race was another thriller. Mira Mesa's girls were primed for an upset of Point Loma, and almost pulled it off. The Pointers' number six was one place ahead of Mira Mesa's six. Estimated time difference was one to two seconds.

Most improved teams since last year:

The San Marcos boys; and the

Christian boys and girls teams.

San Marcos is a solid, top-ten team that is still improving. The Christian groups are near the top of the Harbor League and should be contenders in Division V in CIF.

Most improved teams since September:

San Diego boys, Crawford boys and the Mira Mesa girls.

Crawford coach Jim Bloom was hard-pressed to name any runners in preseason. His team ended up winning the Harbor League.

San Diego's Ed Ramos was discouraged in early September, with maybe one solid returning boy on the roster. They ended up taking the Eastern League.

Mira Mesa was not thought to be among the Eastern's best at the start of the year, but they steadily improved all year, and they nearly took the title at the end.

Most improved team since two weeks ago:

The Julian girls. They haven't fielded a scoring team all year, and often had two runners in many meets. Beefed up to five runners, they won the Southern League meet.

Closest packs:

Among league champions:

GIRLS: Valhalla finished five runners in 0:33 seconds in the Grossmont race. Next best was Rancho Bernardo's 0:44-second spread.

BOYS: San Pasqual ran a 0:33-second group in the Valley final. Next best boys group was Calvin Christian, with a 0:40-second spread in the Coastal meet.

TRACK MAGAZINE

EDITOR: BUZZ THOM

PHONE: 760-765-1914

FAX: 760-765-3185

MAIL: P.O. BOX 2276, JULIAN, CA 92036

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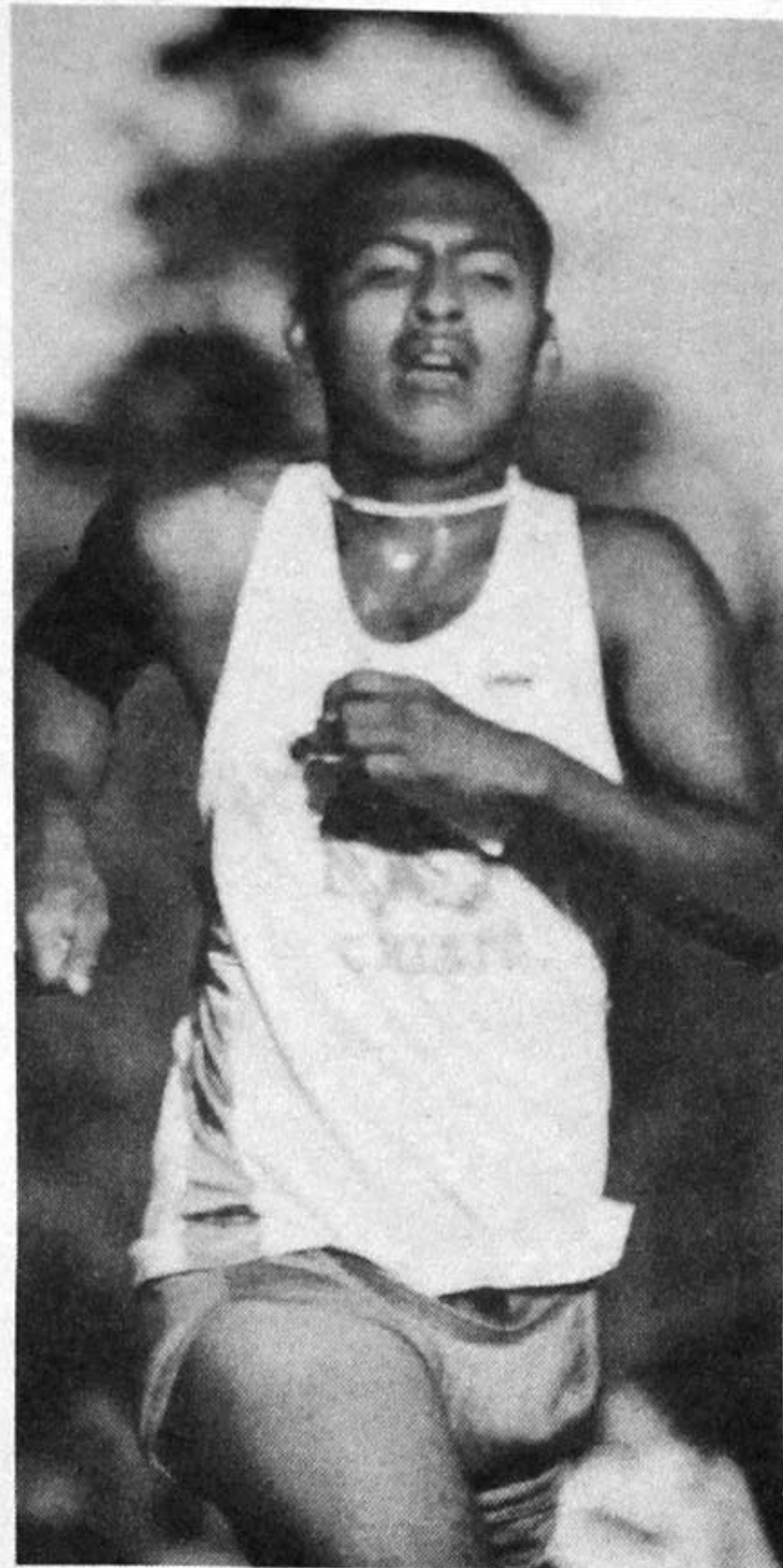
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email for George Green: plugh@cts.com

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Nelson Rivas
Clairemont

Harbor: Peter, Chakos take titles

Crawford's Simon Peter and Coronado's Barbra Chakos took individual league championships at the Harbor League final on November 9.

The Harbor decides their team championship on dual meets only. This year's titles went to the Crawford boys and the Coronado girls teams. Both teams went unbeaten in league meets.

The Crawford team was not thought to be a contender this year, as coach Jim Bloom faced almost a complete rebuilding. But Bloom came up with a decent group of runners, headed up by a pair of standouts -- Simon Peter and Abdi Abdi.

Peter was injured much of the season, and wasn't cleared by doctors to compete until just before the season's final dual against unbeaten Coronado and Christian. Peter and Abdi went one-two in that meet to propel Crawford to the championship.

In the league final, Peter basically went wire to wire for the win. Teammate Abdi was injured early in the race, and didn't finish.

Although the meet was non-scoring, Christian's boys ran the best race. They would have scored 38 points to win comfortably, but Crawford and Coronado (team leader Paul Whitford did not run because of illness) were not at full strength.

Nobody challenged the



Jared Phillips
Christian

Coronado girls, who backed up Chakos' win with 2-4-6-8 placings. Islander Samantha Piper was the runnerup, ahead of Clairemont's Jen Wirkus, Coronado's Amanda Thaete, and Clairemont's Rebecca Garcia.

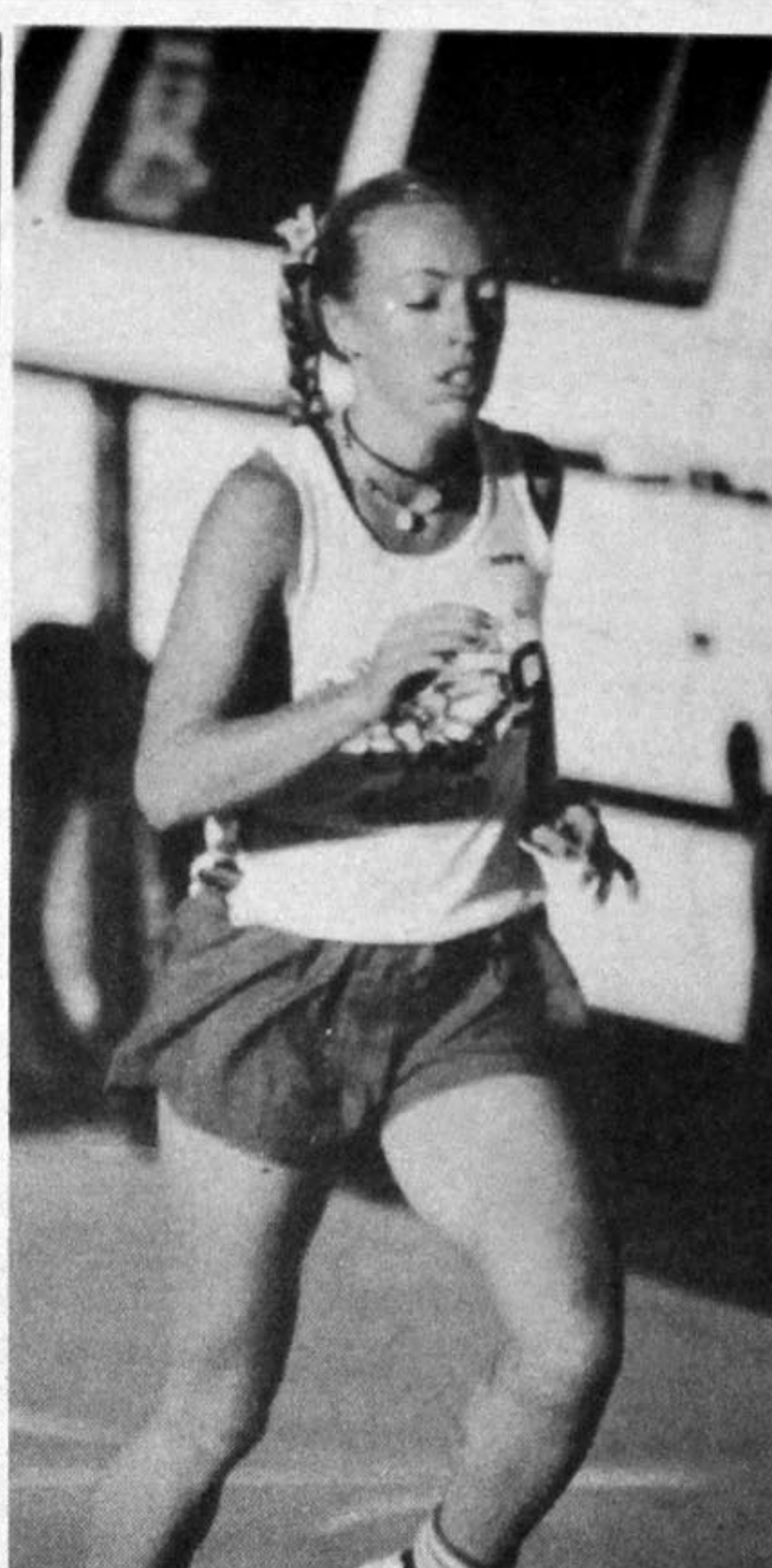
The Islander girls would have scored 21 points.

The Results:

At Morley Field, Monday, November 9. Conditions: Cool temperatures, course softened by recent rains. Dual meet course was used.

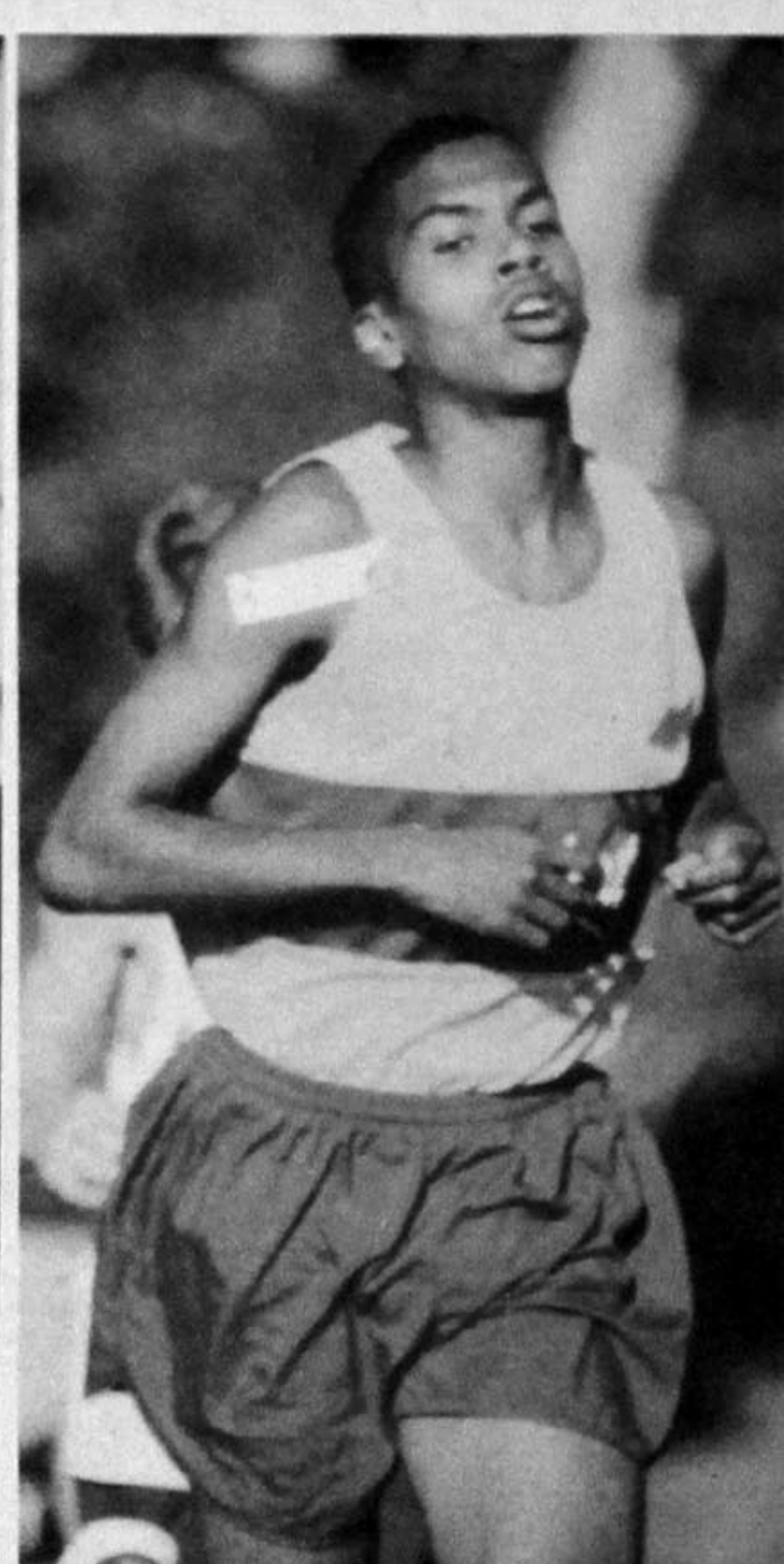
BOYS (4.8K):

- 17:06 Simon Peter, Crawford1
- 17:10 Jared Phillips, Christian1
- 17:12 Nelson Rivas, Clairemont1
- 17:50 Noall Mevica-Jones, Chr2
- 17:54 Jesse Adam, Coronado1
- 17:54 Jason Smith, Gompers1
- 18:08 Josh Chesnut, Chr3
- 18:09 Eren Cataloglu, Coro2
- 18:27 Candido Tilla, Craw2
- 18:29 Derek Breninger, Chr4
- 18:37 James Wingert, Coro3
- 18:40 Steven Loforti, Claire2
- 18:57 Oscar Vasquez, Craw3



Jen Wirkus
Clairemont

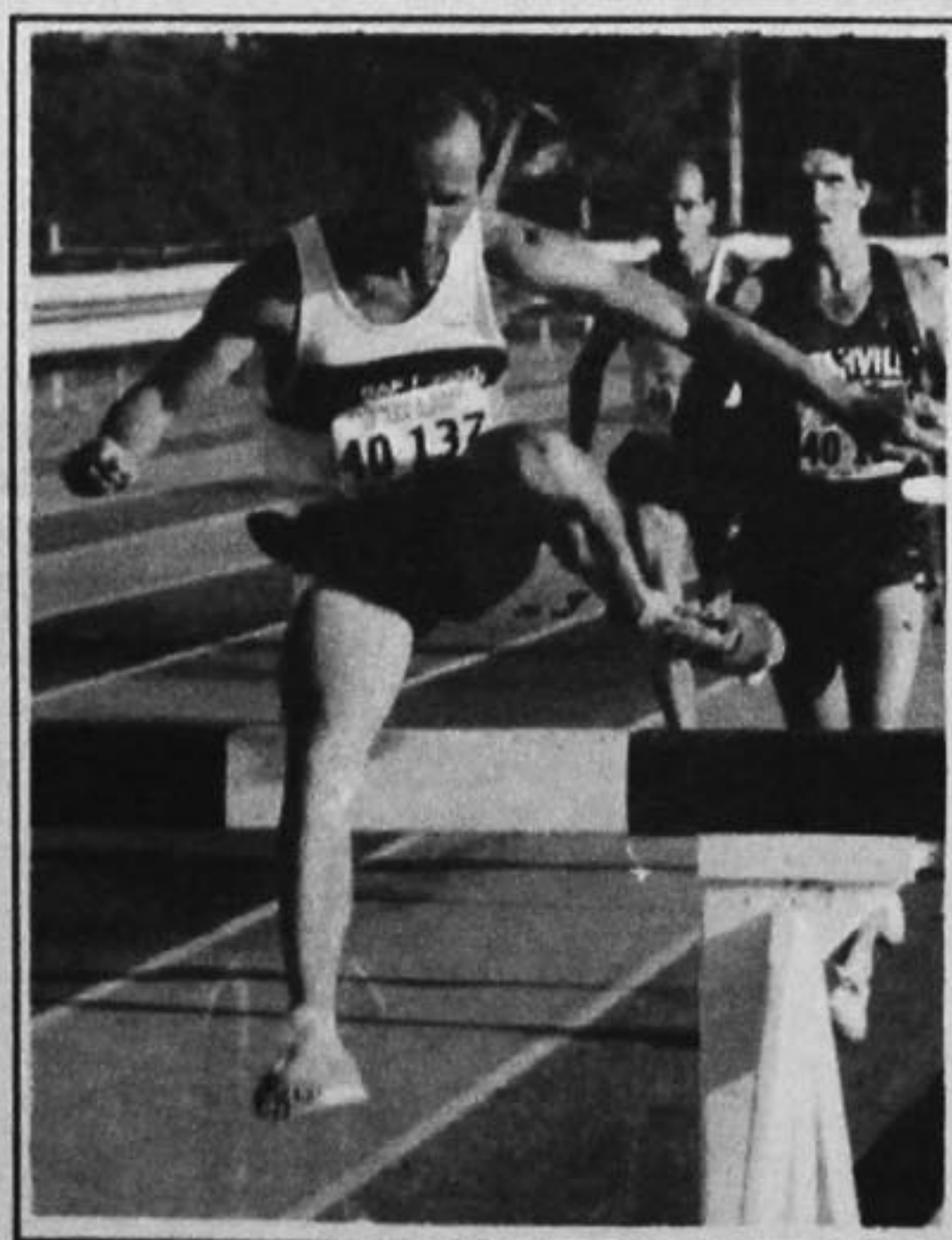
- 19:01 Miguel Flores, Craw4
- 19:03 Joe Keough, Chr5
- 19:05 Juan Gutierrez, Marian1
- 19:06 Mike Lyons, Coro4
- 19:18 Ryan Schneider, Coro5
- 19:20 Darren McTaggart, Claire3
- 19:22 Gavin Runyon, Chr6
- 19:23 Daniel Rickert, Madison1
- 19:37 Matt Deal, Coro6
- 20:02 David Blair, Mar2
- 20:03 Jon Short, Chr7
- 20:03 David Ramm, Mar3
- 20:05 Min-Soo Smith, Craw5
- 20:13 Isiah Leggett, Mar4
- 20:15 Ben Neil, G2
- 20:20 Dan Alvarez, Mar5
- 20:36 Sam Willard, Coro7
- 20:38 Matt Church, Coro
- 20:42 Jeff Russel, Claire4
- 20:40 Joseph Peres, G3
- 20:49 Cameron Mahr, Chr
- 20:50 Rigo Navarro, Claire5
- 20:55 Joe Spano, Mad2
- 21:00 Ryan Barajas, Mar6
- 21:12 Cliff Bushin, Mad3
- 21:12 Steve Perotti, Mar7
- 21:17 Sean Conroy, Mad4
- 21:42 Josh Rutherford, Claire6
- 21:50 Samson Bekele, Mad5
- 21:52 Paul Breninger, Chr
- 21:53 John Rodriguez, Mar
- 21:59 Simeon Ricket, Mad6
- 22:00 Steve Meim, Mad7
- 22:08 Colin Lepiscopo, Chr



Jason Smith
Gompers

- 22:16 David Barraza, Coro
- 22:19 Terry Boweller, Chr
- 22:38 Johnathan Gerpus, Mar
- GIRLS (4K):**
- 15:29 Barbra Chakos, Coronado1
- 16:13 Samantha Piper, Coro2
- 17:08 Jen Wirkus, Clairemont1
- 17:19 Amanda Thaete, Coro3
- 17:21 Rebecca Garcia, Claire2
- 17:38 Emily Trepasso, Coro4
- 17:42 Michelle Kenaga, Christian1
- 17:54 Kiley Dunlap, Coro5
- 18:04 Anna Westgate, Madison1
- 18:06 Breanna Ducker, Mad2
- 18:08 Sara Morton, Coro6
- 18:38 Erin Whitmore, Chr2
- 18:39 Angela Fuller, Chr3
- 18:56 Charito Cruz, Claire3
- 19:05 Tiffany Tomlin, Chr4
- 19:10 Jonna Mohr, Chr5
- 19:48 Stephanie Akpa, Gompers1
- 20:07 Brianna Smith, Chr6
- 20:16 Nikki Smith, Chr7
- 20:17 Nyadath Deng, G2
- 20:28 Crystal Hanson, G3
- 20:28 Rose Alfaro, G4
- 20:30 Courtney Whitmore, Chr
- 20:42 Lindsey Palmer, Chr
- 21:01 Megan Pangacian, Mad3
- 21:29 Rachelle Remigio, Mad4
- 21:56 Kimi Ducker, Mad5
- 22:16 Elisa Cervantes, Claire4
- 22:25 Carla Terrones, Mad6
- 22:42 Rachel Williams, Chr

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Eastern:
*Chandler,
Phipps take
titles*

**San Diego boys
pack it up; Pointer,
Mira Mesa girls go
to tie-breaker**

Serra's Marcus Chandler faced tough opposition in the Eastern Championship meet on November 11, in the person of fast-improving Mohamed Aden of Kearny.

The pair pushed the pace from the gun, and ran together for the first half of the race. Chandler, currently ranked at the top of the state in Division II, finally began to establish a working margin in the final stages of the race, and won in a course record 15:08 for the three mile distance. Aden finished in a PR of 15:26. Point Loma's Tom Antl was also under 16-minutes, with a 15:57.

The city leagues had to establish a new course this season, and coaches across the board regard the new version as slower than the previous route, so the times were impressive.

There wasn't much drama in the boys team race. A well-packed San Diego team, led by senior Alex Cocina's fourth, won easily. The Cavers backed up Cocina with a sixth (Christian Dominguez) and a pack at 12-13-14-16 (Juan Carlos Perez, Jason McKlevy, Eric Biddlecome and Mustafa Sheikh).

Morse's Amonica Phipps took over the lead after 800 meters in what was expected to be a hotly contested girls race. She went on to an unchallenged win, and finished the year unbeaten in the league.

San Diego soph Roxanne Romo moved up throughout the race and easily took second.

The real story of the girls race was the effort of the Mira Mesa girls, who tied Point Loma, 41-41, with the race going down to the sixth runner. At that spot, Pointer Robyn McKeen just edged Marauder Mary Rose.

The Pointers were led by Belinda Olvera (fourth), Natalie Parks (sixth), and Sandra Wetterer (eighth).

Mira Mesa was paced by Dori McGuire (third) and Kelli Jodoin (ninth).

The Results:

At Morley Field, Wednesday morning, November 11. Conditions: cool temperatures; course softened by recent rains. Runners ran on dual-meet course.

BOYS (3.0 miles):

- 15:08 Marcus Chandler, Serra1
- 15:26 Mohamed Aden, Kearny1
- 15:53 Tom Antl, Point Loma1



Alex Cocina
San Diego

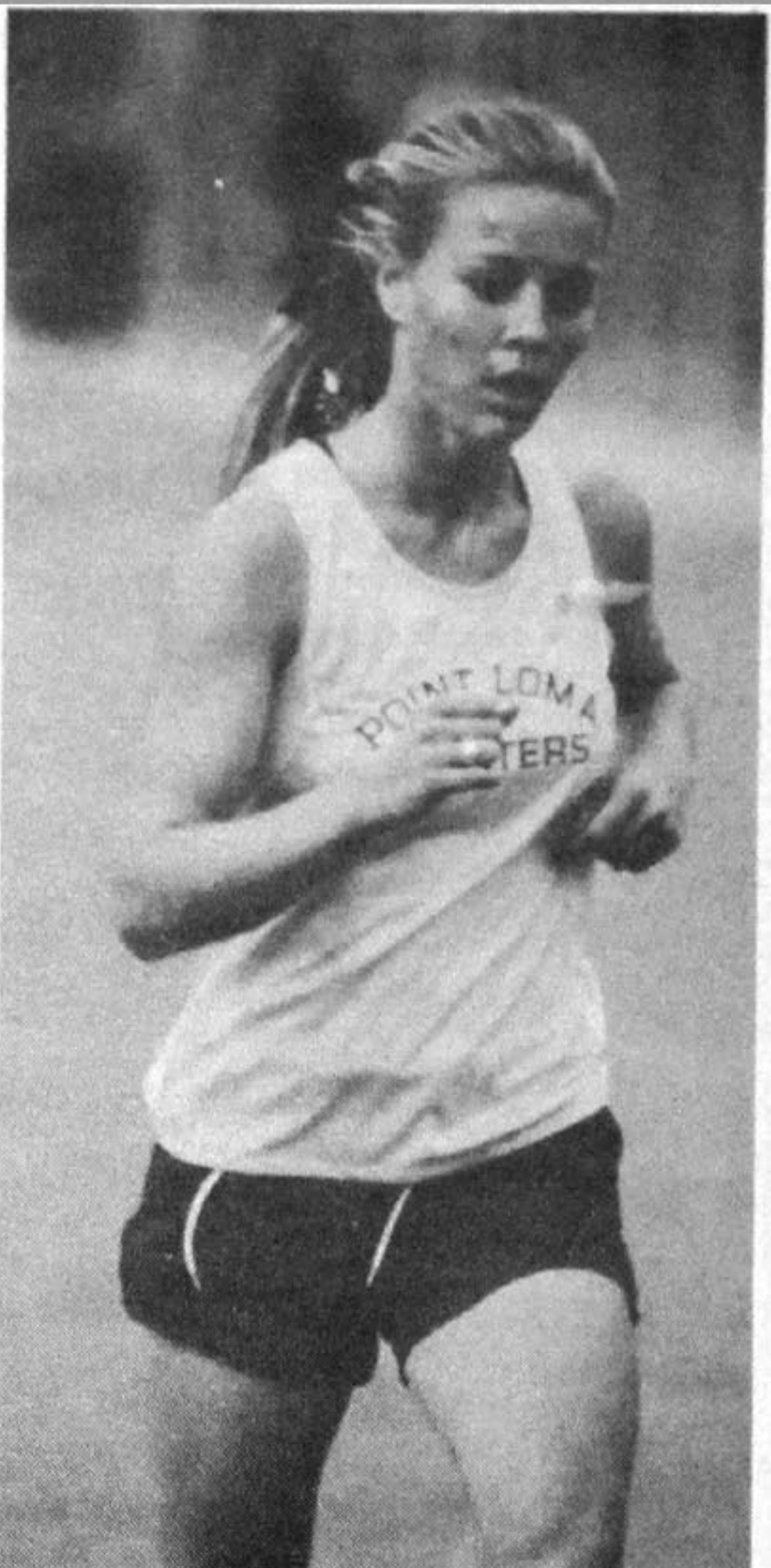
- 16:01 Alex Cocina, San Diego1
- 16:13 Marice Chandler, Serra2
- 16:16 Christian Dominguez, SD2
- 16:17 Getachew Tsegaw, Patr'k Henry1
- 16:26 Thomas Jodoin, Mira Mesa1
- 16:30 Mark Marshall, PH2
- 16:31 Terence Hagans, Serra3
- 16:32 Jesse Davis, MM2
- 16:38 Juan Carlos Perez, SD3
- 16:45 Jason McKlevy, SD4
- 16:46 Eric Biddlecome, SD5
- 16:48 Matt Patino, MM3
- 16:51 Mustafa Sheikh, SD6
- 16:54 Kirk Gurganious, Ptl2
- 16:58 Joe Robinett, Ptl3
- 17:00 Haji Hassan, Kny2
- 17:01 Jeff McKnight, Ptl4
- 17:10 Alex Hawk, Ptl5
- 17:19 David Madsen, MM4
- 17:24 Christian Sanchez, SD7
- 17:29 Luis Castillo, SD
- 17:35 Vicente Robles, Ptl6
- 17:38 Jamie Mondragon, Ptl7
- 17:47 Milo Schetter, Serra4
- 17:48 Isaac Moyer, Morse1
- 17:53 Ivan Gutierrez, MM5
- 18:03 Alex Ooi, Ptl
- 18:09 Mike Hilton, PH3
- 18:10 Joey Suyat, Serra5
- 18:11 Mohamed Hussein, Kny3
- 18:18 Ray Mirador, MM6
- 18:22 Rasmus Koelln, Serra6
- 18:31 Joseph Adams, Kny4
- 18:32 Nick Zubel, PH4
- 18:33 Chris Acani, Morse2
- 18:39 Abel Suarez, Serra7
- 18:43 Dru Imrie, Serra
- 18:44 Kevin Norton, MM7
- 18:52 David Marshall, PH5
- 19:03 Sam Saylor, PH6
- 19:09 Keith Goodman, PH7
- 19:11 Charles Hunt, Kny5
- 19:16 David Cadena, Kny6
- 19:21 Gilberto Rivera, Morse3
- 19:37 James Klepper, Morse4
- 19:47 Alex Chase, Morse5
- 20:37 Josh Lipscomb, MM

Scoring: San Diego 49, Serra 72, Point Loma 79, Mira Mesa 84, Patrick Henry 119, Kearny 128, Morse 198.

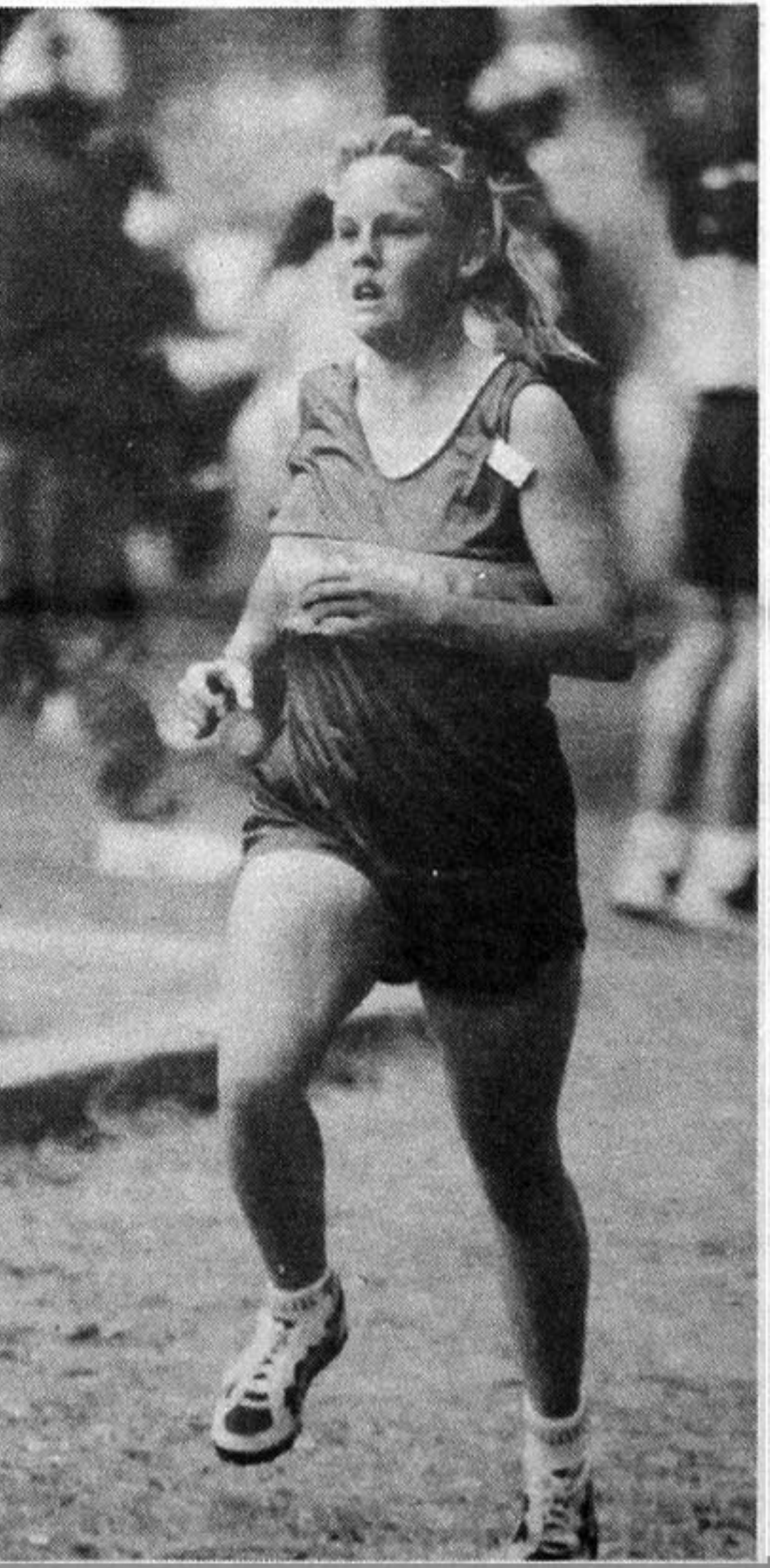
JUNIOR VARSITY:

- 17:25 Brandon Zelones, MM
- 17:33 Rogelio Ocampo, SD
- 17:42 Aaron Markland, Ptl
- 17:50 Roberto Araiza, SD
- 17:56 Joshua Ellis, Ptl
- 17:58 Chris Sanchez, SD
- 18:10 Kyle O'Donohue, MM
- 18:13 Brian Lass, MM
- 18:18 Zac McBride, Ptl
- 18:31 Ahmed Lane, Ptl
- 18:36 Aaron Harper, Ptl
- 18:36 Brandon Hubbard, Ptl
- 18:42 Andrew Stead
- 18:43 Eric Delgadillo, PH
- 18:48 Alfredo Contreras, Serra

Scoring: Point Loma 38, San Diego 46, Mira Mesa 54, Patrick Henry 96, Serra 115.

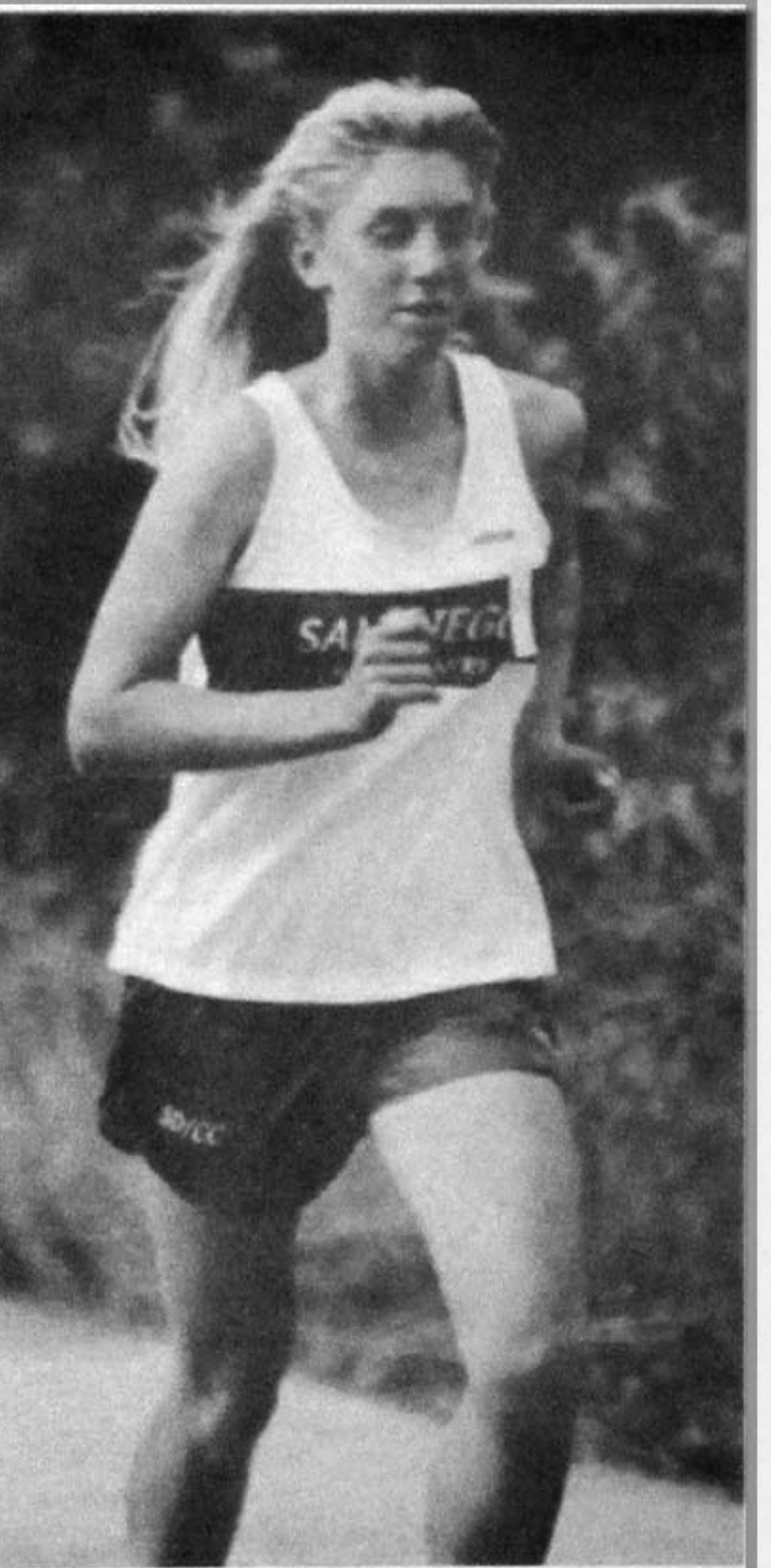


Belinda Olvera
Point Loma



Kelly Jodoin
Mira Mesa

- GIRLS (2.65 miles):**
NOTE: Official clock malfunctioned; times were provided by coaches.
- 16:54 Amonica Phipps, Morse1
 - nt Roxanne Romo, San Diego1
 - nt Dori McGuire, Mira Mesa1
 - nt Belinda Olvera, Point Loma1
 - 17:40 Kjirsten Bevins, Serra1
 - nt Natalie Parks, Ptl2
 - 17:44 Monique Henderson, Morse2
 - 17:47 Sandra Wetterer, Ptl3
 - 17:53 Kelli Jodoin, MM2
 - 17:56 Janelle Luna, SD2
 - 17:59 Amando Cooper, MM3
 - 18:00 Thao Le, MM4
 - 18:14 Peeper Gilmore, Ptl4
 - 18:21 Ashley Cooper, MM5
 - 18:34 Chancie Humes, Morse3
 - 18:42 Sheila Sukramule, Patrick Henry1
 - 18:42 Stacy Antonel, Ptl5
 - nt Robyn McKeen, Ptl6
 - nt Mary Rose, MM6
 - nt Cecilia Goodman, Ptl7
 - nt Angie Fitzpatrick, PH2
 - nt Jessi Woods, PH3
 - 18:45 Jessica Villaseñor, Morse4
 - 19:04 Nikky Ramos, Morse5
 - nt Cassandra Liss, PH4



Roxanne Romo
San Diego



Marice Chandler
Serra

- nt Natasha Sweatte, Ptl
 - nt Karla de los Santos, Kearny1
 - nt Evelyn Ruiz, Ptl
 - nt Anne Nguyen, MM7
 - nt Jessica Acedo, Ptl
 - nt Nicole Hubby, Ptl
 - 19:36 Kristen Ogdon, Serra2
 - nt Beth Viera, Ptl
 - nt Nicole Forbes, Ptl
 - nt Justine Delovian, MM
 - nt Christine Boutros, PH5
 - 20:08 Maria Diaz, Morse6
 - 20:12 May Dumadag, Morse7
 - nt Karlee Kubow, MM
 - nt Katie Anderson, Ptl
 - 20:26 Brittany King, Serra3
 - 20:32 Tatanisha Brown, Morse
 - nt Michelle Kurtz, Kny2
 - nt Marisol Cortes, Ptl
 - 20:42 Heather Mullins, Serra4
 - 20:50 Stephanie Kass, Serra5
 - 20:55 Aja Dotson, Morse
 - nt Jackie Keefe, MM
 - nt Cecile Nguyen, MM
 - 21:08 Vickie Kammerzell, Morse
- Scoring:** Point Loma 41, Mira Mesa 41 (Point Loma wins on tie-breaker), Morse 63, Patrick Henry 107, Serra 142. Kearny, San Diego, no score.

Western: Scripps, Vikes: Yikes!

UC girls roll; Barrack, Grimes look good

Maybe we could arrange it so that Scripps Ranch and La Jolla boys teams could race every week.

It would certainly never be dull. They are both excellent programs and keen rivals.

Scripps beat the Vikings by one point in the season's final dual meet and topped La Jolla in the league final last week, 29-35.

"La Jolla has got to be the most under-appreciated team in the county," Scripps coach Bob Oliver said later. "We ran well, and we barely beat them."

In girls racing, a powerful University City squad beat a very good La Jolla team, 28-48.

University of San Diego's Michelle Barrack continues to improve. She dropped UC's Katherine Ziegler about halfway into the 3.0-mile race, and won in 18:38.

Scripps' Patrick Grimes looked good in winning the boys race in a fast 15:47.

Vikings Alejandro Mares (second, in 16:04), Brandon Behr (third, in 16:06) and Eric Koster (fourth, in 16:09) put La Jolla momentarily into the lead.

But the Scripps pack closed the deal, with Brendan Riordan (fifth), Raphael Machado (sixth), Andy Delery (eighth) and Mike Comstock (ninth). The Falcons ranged only 0:48 seconds after Grimes' quality effort.

La Jolla ran very well, but Scripps was impressive. Only one other league runner (St. Augustine's Colin Donnelly, seventh) could break up the Scripps/La Jolla monopoly of the top nine spots.

Similarly, in the girls race, UC and La Jolla girls took six straight places after Barrack finished.

Viking soph Desiree Leek was just 0:03 seconds behind Ziegler in third, but UC's pack was too dense after that.

UC's Carly Votolato (fourth), Chessa Adsit-Morris (fifth) and Talisha Clophus (sixth) were the next three runners.

The Results:

At Morley Field, Thursday, November 12. Conditions: reasonable temperatures; course softened by recent rains. Runners ran on dual meet course.

BOYS (3.0 miles):

VARSITY:
15:47 Patrick Grimes, Scripps Ranch
16:04 Alejandro Mares, La Jolla



Chessa Adsit-Morris
University City

16:06 Brandon Behr, LJ2
16:09 Eric Koster, LJ3
16:12 Brendan Riordan, SR2
16:29 Raphael Machado, SR3
16:31 Colin Donnelly, St. Augustine
16:34 Andy Delery, SR4
16:35 Mike Comstock, SR5
16:40 Jon O'Connor, University City
16:43 Chris Ferrier, LJ4
16:45 Matt Herriman, StA2
16:45 Eric Richey, Mission Bay
16:47 Charles McKeown, UC2
16:47 Jonathan Dunbar, LJ5
16:49 Edgar Hernandez, UC3
16:51 Alfonso Espinoza, StA3
16:52 Gary Young, UC4
16:56 Jonathan Hester, SR6
17:02 Benjy Bils, StA4
17:05 Justin Graves, MB2
17:06 Chris Sandoval, SR7
17:09 Andrew Hoeksema, LJ6
17:11 Matt Wexler, SR
17:14 Larry Koster, LJ7
17:15 Brendan Carter, SR
17:17 Brian Thielen, UniversitySD
17:19 Erik Hanley, USD2
17:21 Pat Barrett, StA5
17:27 Jon Gardner, StA6
17:28 Drew Bouchard, StA7
17:30 Roberto Gonzalez, SR
17:32 Josh Jones, MB3
17:39 Joel Nierman, UC5
17:40 Nate Lopez, LJ
17:40 Jameson Hester, MB4
17:41 Sean Mann, UC6
17:43 Mukhtar Abdulle, Hoover
17:45 Tim Petrie, LJ
17:51 Eric Royce, MB5
17:57 Justin Zelones, SR
17:57 Danny Klinger, StA
18:10 Katsuki Shimasaki, UC7
18:16 Miguel Elias, MB6
18:17 Mark Pfizenmayer, USD3

Scoring: Scripps Ranch 29, La Jolla 35, St. Augustine 83, University City 89, Mission Bay 131, University of San Diego 167. Hoover, no score.

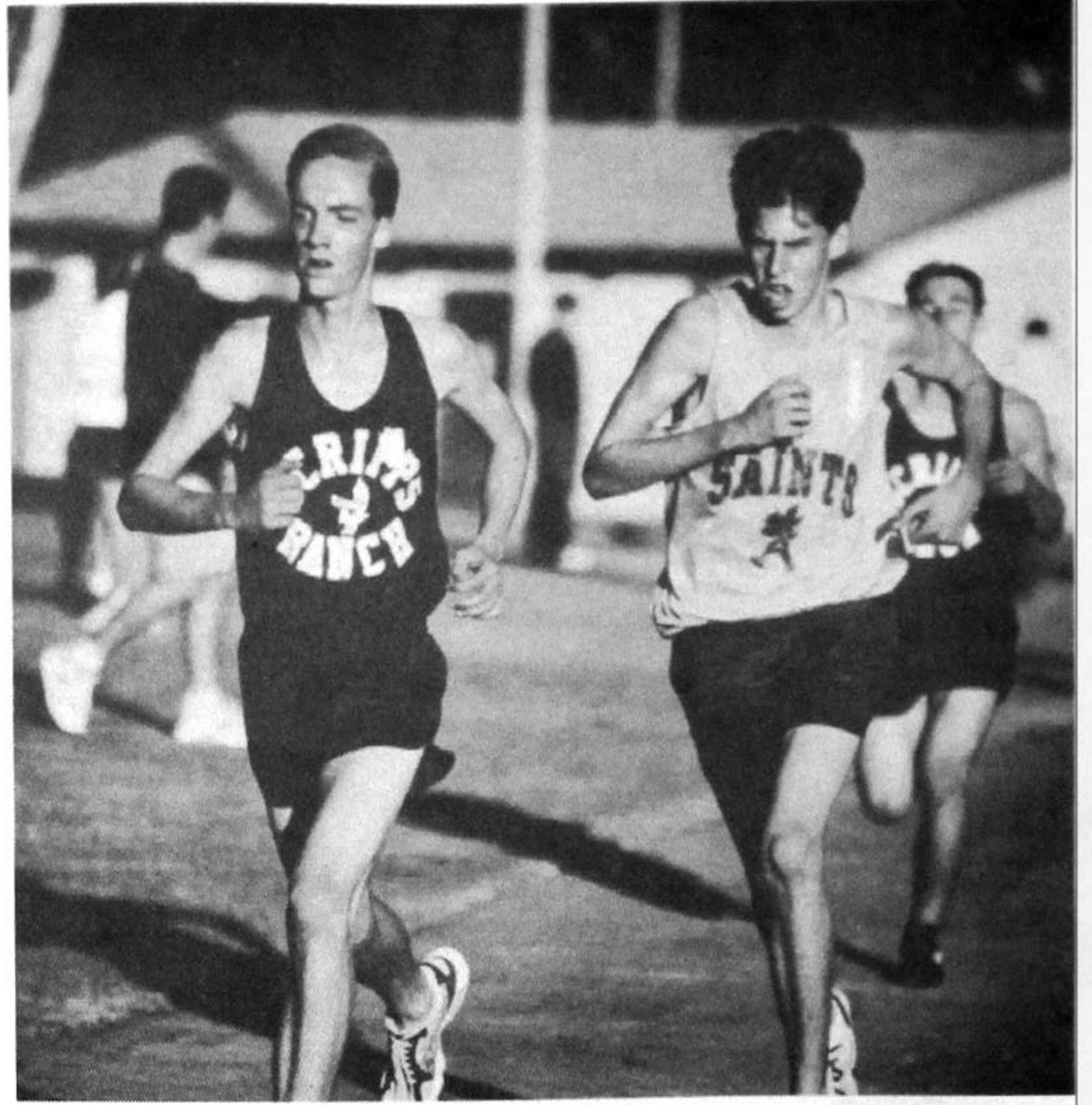
JUNIOR VARSITY:

17:02 Brian Culleton, SR
17:23 Angelo Gozetti, SR
17:24 Brent DeLong, SR
17:46 Matt Granger, LJ
17:49 John Israel, StA
17:51 Chris Blake, LJ
17:52 Russell Edwards, SR
17:55 Chris Brindle, SR
17:58 Paul Murray, SR
18:13 Chris Rast, LJ

Scoring: Scripps Ranch 21, La Jolla 46, St. Augustine 81, University City 98, University of San Diego 138. Hoover, Mission Bay no score.

GIRLS (3.0 miles):

VARSITY:
18:38 Michelle Barrack, University SD
19:02 Katherine Ziegler, University City
19:05 Desiree Leek, La Jolla
19:10 Carly Votolato, UC2



Mike Comstock and Matt Herriman
Scripps Ranch St. Augustine



Brandon Behr
La Jolla

19:23 Chessa Adsit-Morris, UC3
19:32 Talisha Clophus, UC4
19:33 Liz Edwards, LJ2
19:36 Claire Beck, Our Lady of Peace
19:40 Shanna Cohen, Scripps Ranch
19:48 Morgan Romine, LJ3
20:03 Laura Cohen, UC5
20:05 Rebecca McKeown, UC6
20:12 Katie Grim, LJ4
20:13 Emily Greene, OLP2
20:16 Michelle Guerrero, LJ5
20:17 Grace Anderson, SR2
20:18 Leslie Crews, UC7
20:20 Tara McGowan, LJ6
20:21 Leslie Borenstein, LJ7
20:22 Judy Tincer, SR3
20:25 Lauren Severs, UC
20:39 Laurie Labrado, SR4
20:44 Rose Serna, Mission Bay
20:59 Julie Otis, LJ
21:07 Karissa Teitsch, UC
21:11 Maggie Sass, LJ
21:17 Whitney Schmucker, LJ
21:19 Lilia Castillo, SR5
21:24 Merlyn Diaz, Hoover
21:34 Kalen Albe, USD2
21:40 Maria Magno, H2
21:41 Courtney Hubbard, LJ
21:52 Tracy Tom, SR6



Eric Richey
Mission Bay

22:10 Patricia Venereo, OLP3
22:17 Shay Heaton, USD3
22:17 Lauren Anas, USD4
22:21 Maura Bannon, OLP4
22:31 Lyndsy Hassett, SR7
22:40 Angie Hanchett, MB2
22:44 Nicole Marsch, USD5
22:49 Kristen Clayton, OLP5
22:50 Emily Seymour, LJ
23:13 Elizabeth Cortez, H3
23:27 Jenna Meyerson, MB3
23:49 Laura Meathe, OLP6
Scoring: University City 28, La Jolla 48, Scripps Ranch 89, Our Lady of Peace 116, University of San Diego 119, Hoover 168, Mission Bay 175.
JUNIOR VARSITY:
21:17 Mhairi Whitton, UC
21:49 Andrick Sullivan, LJ
22:26 Amanda Steindorf, UC
22:26 Carolyn Crews, UC
22:44 Maura Stack-Oden, LJ
22:51 Sarah Smith, LJ
22:52 Cara Campo, LJ
22:55 Johanna Mubarak, UC
22:56 Sarah Haddow, SR
22:59 Jackie Malowney, UC
Scoring: University City 26, La Jolla 33, Scripps Ranch 82.

Metro:
Real Chula
stands up

Spartan boys win boys title; girls push Bonita to tie-breaker; Davila, Paff win

Chula Vista enjoys being mysterious. They are one of the teams least seen locally, unless you attend Metro League dual meets on a regular basis.

Rumors abound. Are they running well?

The Metro meet brought a few answers, as the Spartans came to race.

The boys team was impressive in taking the team championship, and the Spartan girls lost to Bonita Vista only on a tiebreaker.

Hilltop's Desiree Davila and Bonita's Brian Paff ran to unchallenged wins for the individual crowns. Davila's margin was a whopping 0:43 seconds; Paff cruised in with a comfortable 0:12 second margin.

The Chula boys team had narrow dual-meet wins over both Sweetwater and Bonita Vista, and had run poorly at the Kit Carson Invite. They seemed to be vulnerable.

Forget it. They ran well.

Ken Nwadike was second to Paff, and Michael Manzano was fourth. The scoring was rounded out by Gabriel Cornejo (eighth), Efrain Novelo (12th), and Aaron Galvan (15th). The Spartans had all of their seven in the field's top 19 runners.

Bonita Vista was second, paced by Paff, Ted Herbert (third) and Dustin Whitson (ninth). Third-place Sweetwater had Ruben Vences (sixth), Adrian Garcia (seventh) and Luis Reyna (tenth) all in the top ten.

The girls race was a great struggle between the Bonita and Chula squads.

Positions among all the scorers changed often, with points swinging wildly back and forth. One decisive move was Nguyen's final kick, when she passed Spartan Sophia Marquez at the last possible moment.

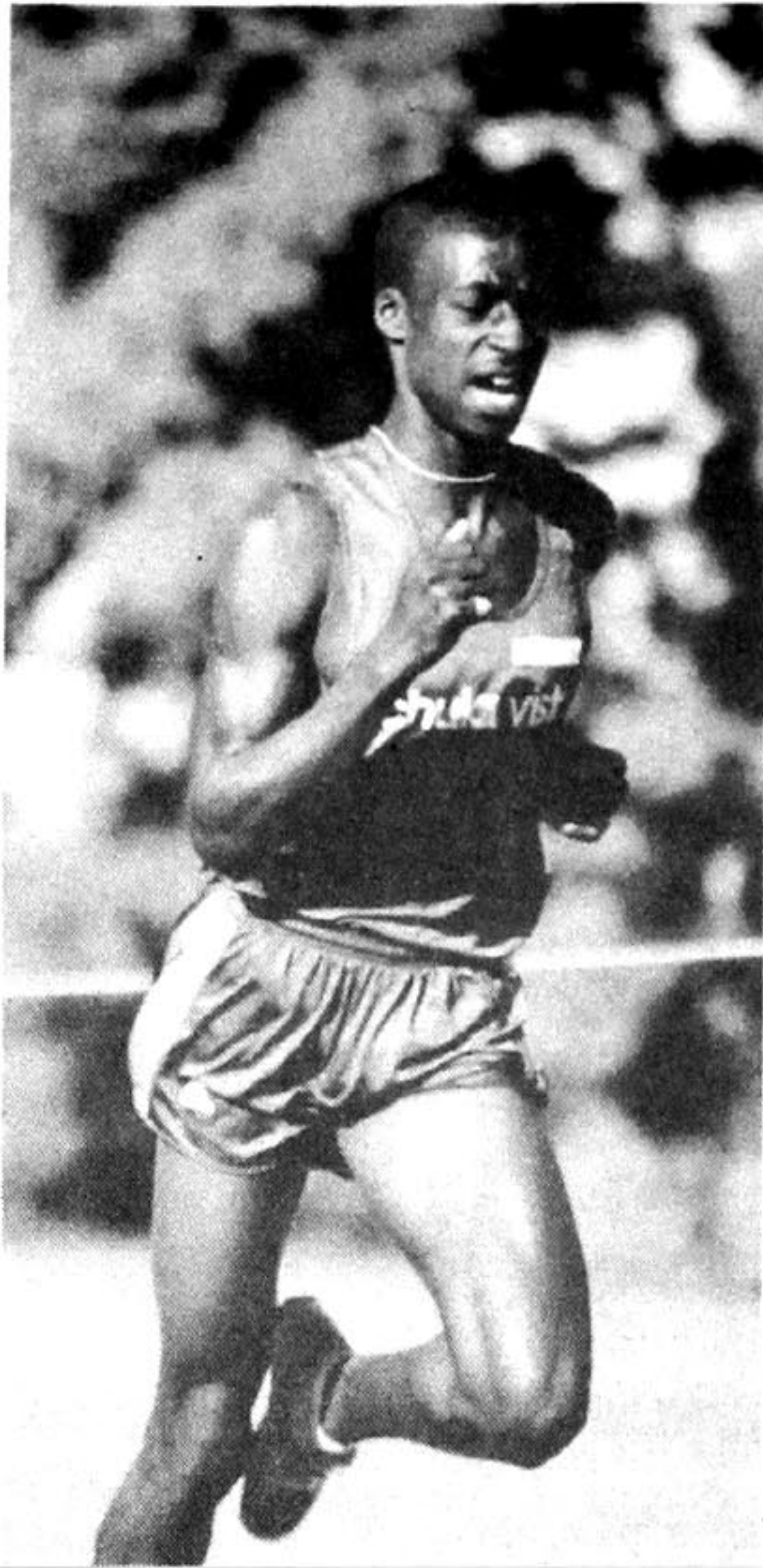
The Results:

At Southwestern College, Friday, November 13. Conditions: course in good shape, but warm temperatures slowed times.

BOYS (3.1 miles):

VARSITY:

- 16:57 Brian Paff, Bonita Vista
- 17:09 Ken Nwadike, Chula Vista
- 17:11 Ted Herbert, BV2
- 17:24 Michael Manzano, CV2
- 17:38 Lorenzo Otero, Hilltop
- 17:39 Ruben Vences, Sweetwater
- 17:49 Adrian Garcia, Sw2
- 17:56 Gabriel Cornejo, CV3
- 18:02 Dustin Whitson, BV3
- 18:07 Luis Reyna, Sw3



Ken Nwadike
Chula Vista

- 18:09 Jesus Carrillo, Montgomery
- 18:14 Efrain Novelo, CV4
- 18:23 Paul Franco, Sw4
- 18:29 Frankie Cueva, Castle Park
- 18:29 Aaron Galvan, CV5
- 18:29 Craig Barclift, BV4
- 18:39 Josh Galindo, CV6
- 18:46 Mark Dionela, Sw5
- 18:47 Geronimo Arredondo, CV7
- 18:52 Jose Sevilla, H2
- 18:52 Mark Milliken, BV5
- 18:54 Pedro Rivas, Mar Vista
- 18:54 Jose Simpson, Mont2
- 18:58 Frankie Ortega, MV2
- 19:06 Angel Carbajal, H3
- 19:08 Josh Cimenski, BV6
- 19:10 Alex Guzman, H4
- 19:20 Jimmy Schroeder, H5
- 19:25 Mike Coreano, H6
- 19:26 Sam Stewart, H7
- 19:31 Kwasi Ntiemoah, Sw6
- 19:37 Carlos Sotelo, Sw7
- 19:44 Raul Garcia, Mont3
- 19:49 Adan Sanchez, MV3
- 19:49 Ralph Bonilla, Eastlake
- 19:52 Blake Swier, MV4
- 19:52 Andrew Howard, EL2
- 20:01 Brad Fowers, BV7
- 20:04 Kenny Closs, MV5
- 20:06 Edgar Montalvan, CP2
- 20:14 Marko Ramirez, EL3
- 20:28 Daniel Flores, CP3
- 20:34 John Silva, EL4
- 20:35 Arturo Payan, CP4
- 20:41 Daniel Coates, MV6
- 20:44 Michael Gilliland, EL5
- 20:45 Ryan Dodds, EL6
- 20:56 Pablo Garcia, Mont4
- 21:00 Michael Campos, Mont5
- 21:03 Gabriel Vargas, Southwest

Scoring: Chula Vista 41, Bonita Vista 50, Sweetwater 56, Hilltop 105, Mar Vista 155, Castle Park 193, Eastlake 202, Southwest 277.

JUNIOR VARSITY:

- 18:44 Aaron Hernandez, BV
- 19:02 Armando Lara, Sw
- 19:07 Brian Eaton, CV
- 19:14 Austin Neudecker, BV
- 19:14 Jovany Sotelo, Sw
- 19:23 Jose Medrano, CV
- 19:29 Dale Houser, BV
- 19:29 Carlos Belloso, CV
- 19:34 Ubaldo Ayon, Sw
- 19:41 Sven Meza, BV
- 19:45 Randy Phair, BV
- 19:49 Nathan Aginiga, H
- 19:54 Eddie Sanchez, Sw
- 19:55 Nick Raue, BV
- 19:56 Jesus Reyna, Sw

Scoring: Bonita Vista 33, Sweetwater 44, Chula Vista 60, Hilltop 122, Eastlake 162, Mar Vista 177.

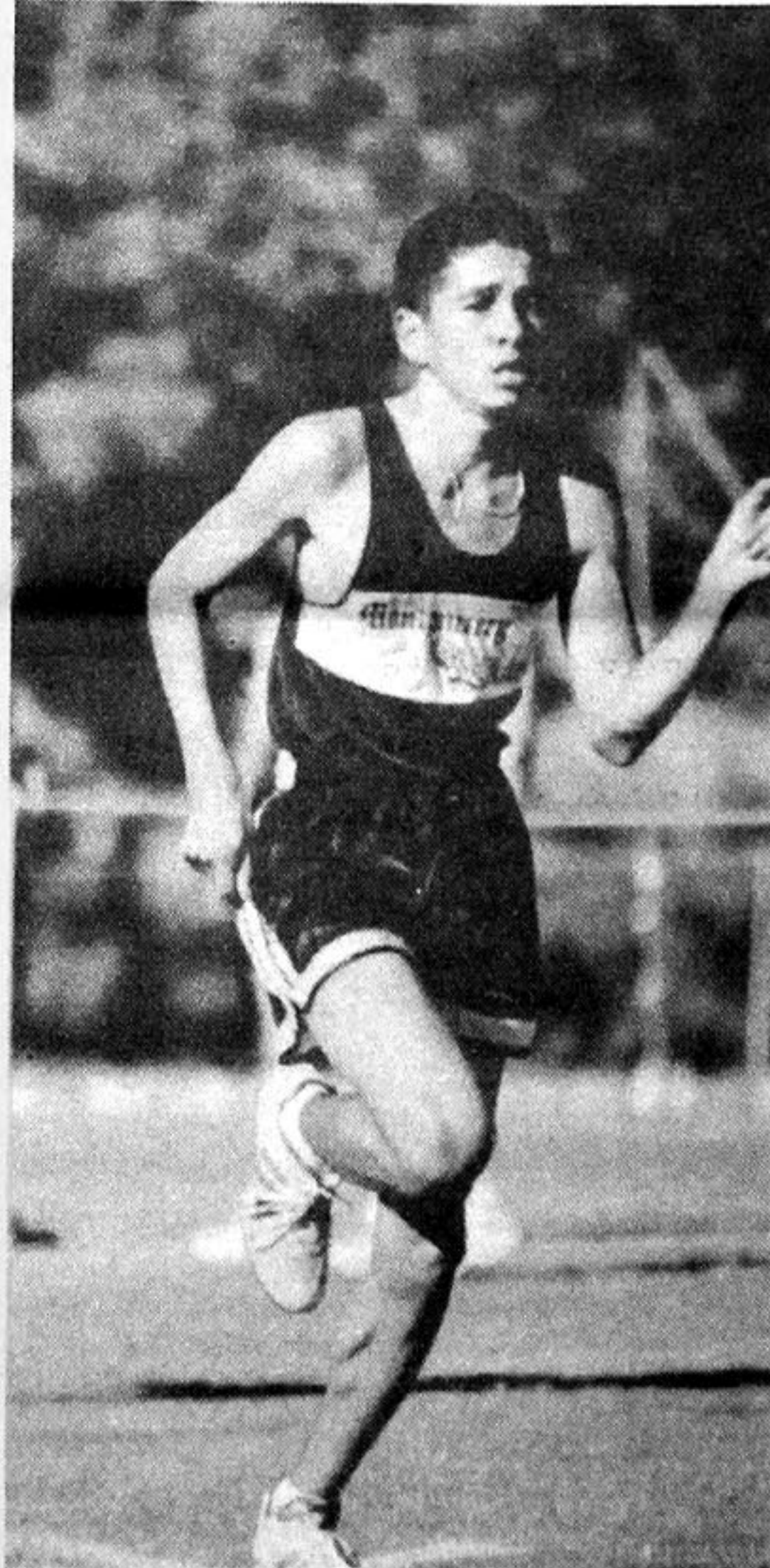
GIRLS (2.47 miles):

VARSITY:

- 15:36 Desiree Davila, Hilltop
- 16:19 Mythili Duvvuri, Chula Vista
- 16:35 Angela Rivas, Montgomery
- 16:38 Nadia Sanders, CV2
- 16:40 Dawna Marshall, Bonita Vista

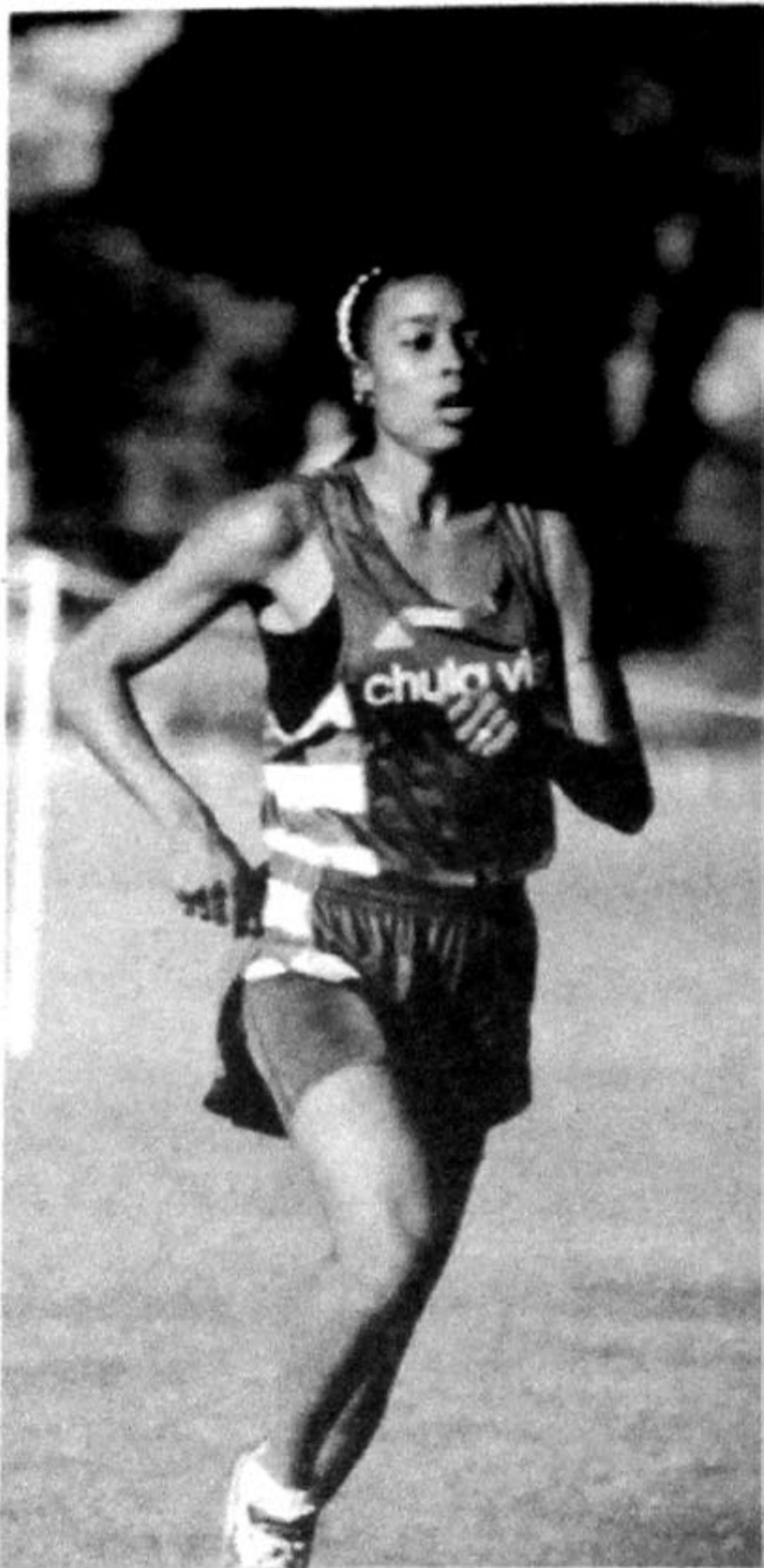


Van Nguyen
Bonita Vista

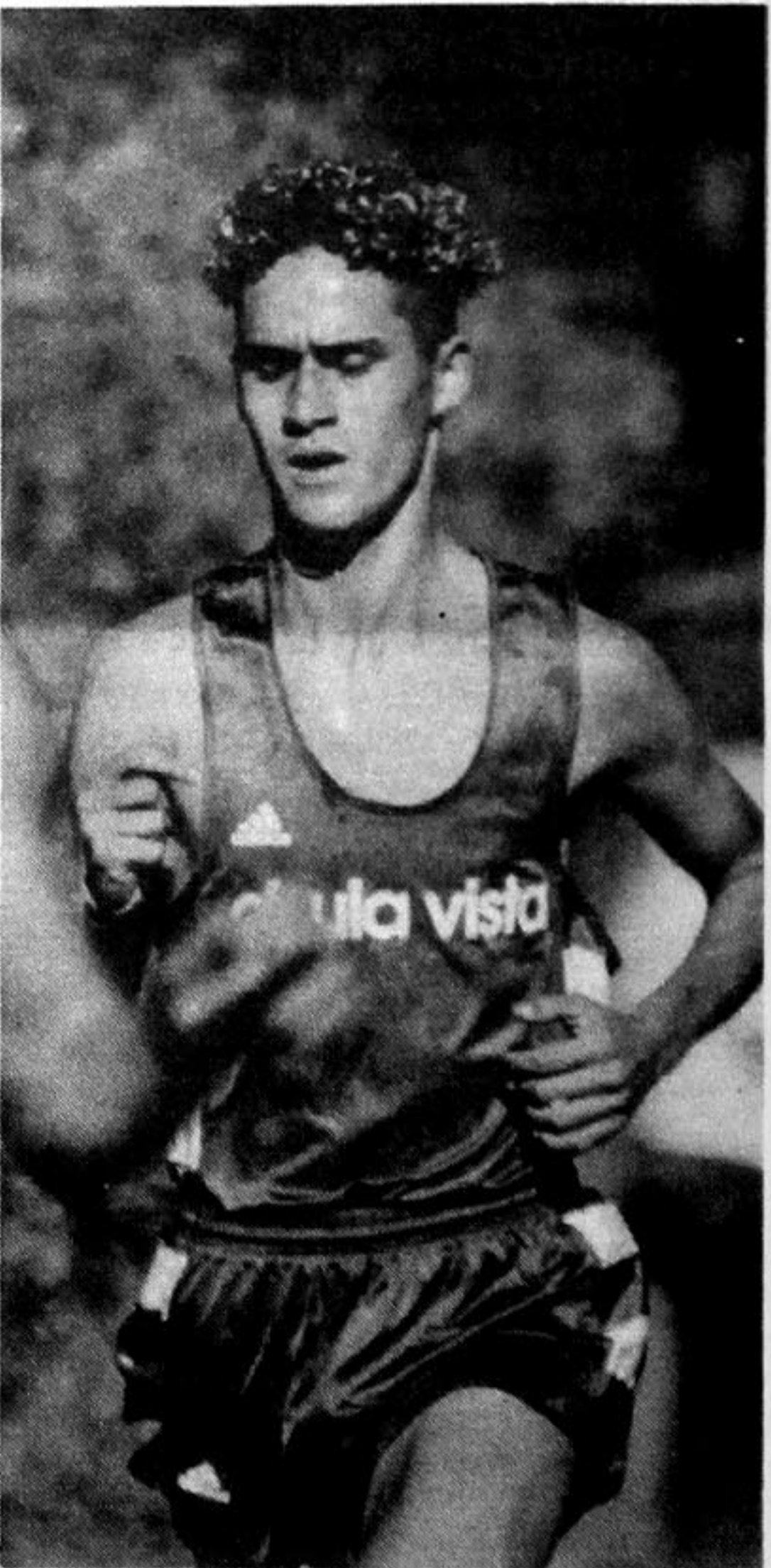


Jose Carrillo
Montgomery

- 16:45 Van Nguyen, BV2
- 16:50 Sophia Marquez, CV3
- 16:51 Candice Osuna, BV3
- 16:59 Maria Melvin, Castle Park
- 17:05 Trinity Amalfitano, BV4
- 17:26 Pati Romero, Eastlake
- 17:35 Ana Melvin, CP2
- 17:40 Bertha Ojeda, CV4
- 17:42 Lyra Ponce, Mont2
- 17:47 Bree Alfstad, BV5
- 17:51 Eva Burgueno, Mont3
- 17:55 Gloria Martinez, CP3
- 17:56 Camille Robinson, CV5
- 17:57 Kristen Thompson, BV6
- 18:00 Kathey Medina, Sweetwater
- 18:09 Karen Albrecht, BV7
- 18:15 Alma Bautista, CP4
- 18:28 Dina Sifuentes, CV6
- 18:30 Joanna Gallarzo, Sw2
- 18:34 Christina Cisneros, CV7
- 19:00 Laura Snyder, Mont4
- 19:04 Cerrisa Cavin, EL2
- 19:14 Erin DeHahn, H2
- 19:19 Vanessa Carrillo, H3
- 19:24 Jessica Lopez, Mont5
- 19:30 Alma Victorio, Mont6
- 19:32 Danielle Harvey, CP5
- 19:41 Lucia Vasquez, Sw3
- 19:43 Monica Bonilla, Sw4



Nadia Sanders
Chula Vista



Gabriel Cornejo
Chula Vista

- 19:45 Diana Guido, Sw5
- 19:47 Elizabeth Kolata, H4
- 19:56 Vanessa Vitela, H5
- 20:11 Lara Wells, H6
- 20:24 Jodie Linder, EL3
- 20:29 Edna Moreno, CP6

Scoring: Bonita Vista 44, Chula Vista 44 (Bonita Vista wins on tie-breaker), Montgomery 89, Castle Park 92, Hilltop 131, Sweetwater 146, Eastlake 163.

JUNIOR VARSITY:

- 18:15 Dulce Avlarez, BV
- 18:32 Marissa Munoz, BV
- 18:48 Kelly Milliken, BV
- 18:49 Miriam Sandoval, Sw
- 18:55 Heather Romero, BV
- 19:03 Bianca Gallegos, CV
- 19:06 Liliana Acevedo, CV
- 19:11 Daisy Romo, Sw
- 19:17 Diana Person, BV
- 19:25 Katie Green, BV
- 19:35 Lilian Gonzalez, Sw
- 19:39 Darla Reader, CV
- 19:44 McKenna Miller, BV
- 19:47 Kasey Cheal, Sw
- 19:48 Katie Bowman, BV

Scoring: Bonita Vista 20, Sweetwater 54, Chula Vista 59, Montgomery 196.

Southern/Coastal Calvin boys win big; Dieguito girls first

Holtville boys, Julian girls take Southern; Petersen, Holland are triumphant

Calvin Christian's boys are still looking for a challenge after finishing off a championship year in the Coastal League.

Despite a rare off day by team leader Bart Conner, the Crusaders easily won the Coastal final meet with 29 points.

Conner, the race favorite, paid for a fast early pace and faded to fourth in the race.

The individual win went to Bishop's junior Peter Holland, who won a thriller against Army Navy frosh Will Kraemer.

The girls race, won by Francis Parker soph Angela Petersen, was relatively close, as San Dieguito Academy frosh Jenna Timinsky finished second, and within 0:11 seconds.

Petersen, who is currently the state's top-ranked girl in Division V, and who is running as well as any girl in this section, had a bigger margin during the race, but actually had to stop and shake out a brief cramp.

San Dieguito's girls won the league title, behind Timinsky and senior Jessica Bray (fourth).

In the Southern meet, held concurrently, Holtville's boys put together a winning effort with four in the first eight.

The Julian girls pulled off a win in the girls team competition, thanks to the threesome of freshman Erin Calloway (third), soph Elizabeth Smith (fourth), and senior Arielle Damron (fifth). It was Smith's first race in more than a year, and it was also the first time that Julian has fielded a full team this year.

The race for the Southern girls individual title was very close, with Holtville's Liz Robinson just edging Mountain Empire's Lily Dowlatsahie.

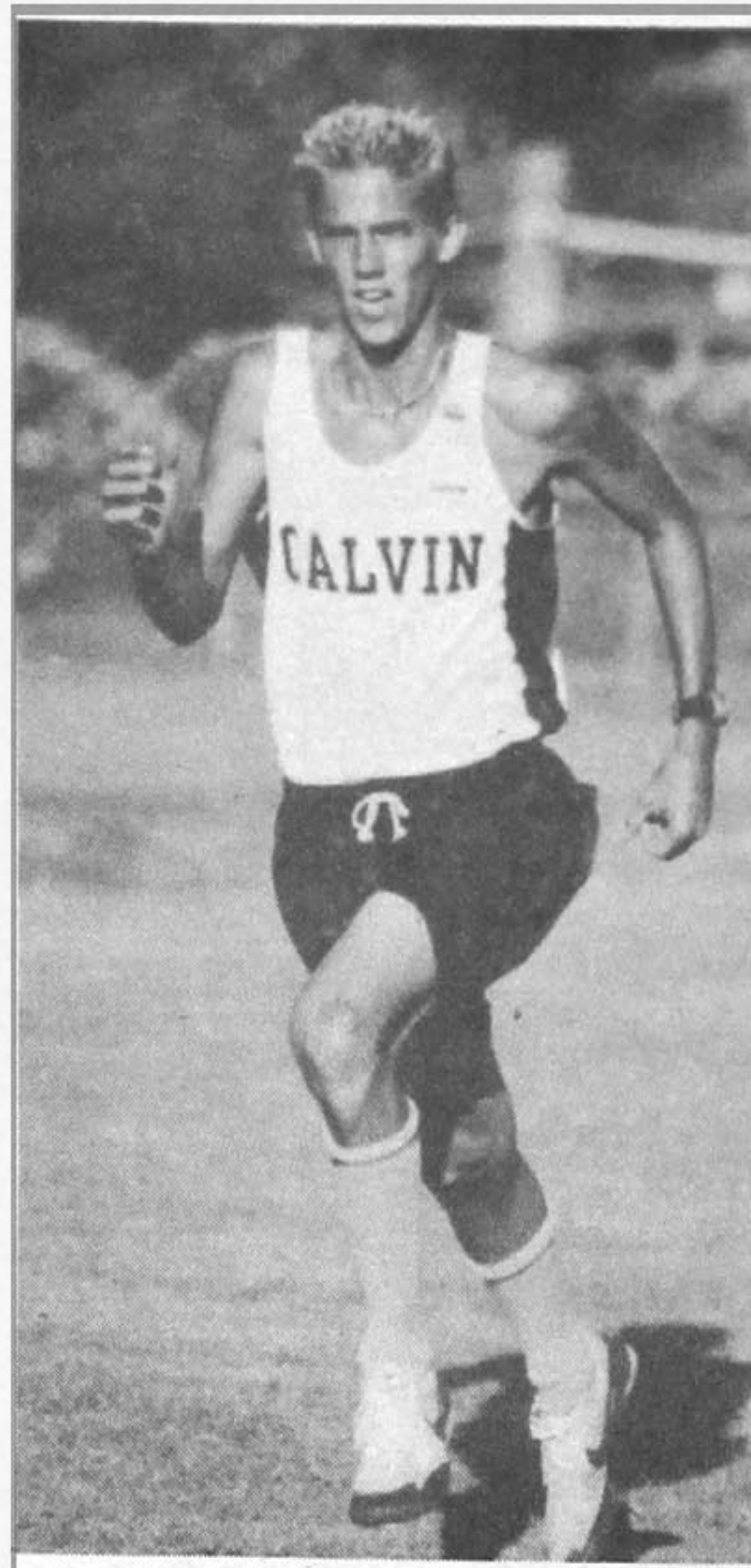
The Results:

At Morley Field, Friday, November 13. Teams ran the new CIF courses.

BOYS (3.1 miles):

COMBINED TOP TEN:

- 17:07 Peter Holland, Bishop's
- 17:08 Will Kraemer, Army Navy
- 17:24 Chad Young, Calvin Christian
- 17:28 Bart Conner, Calvin Christian
- 17:39 Jared Ziman, La Jolla CD
- 17:48 Jon Beutlich, Calvin Christian
- 17:57 Jesse Shipley, Calvin Christian
- 18:02 Rashawn Allen, La Jolla CD



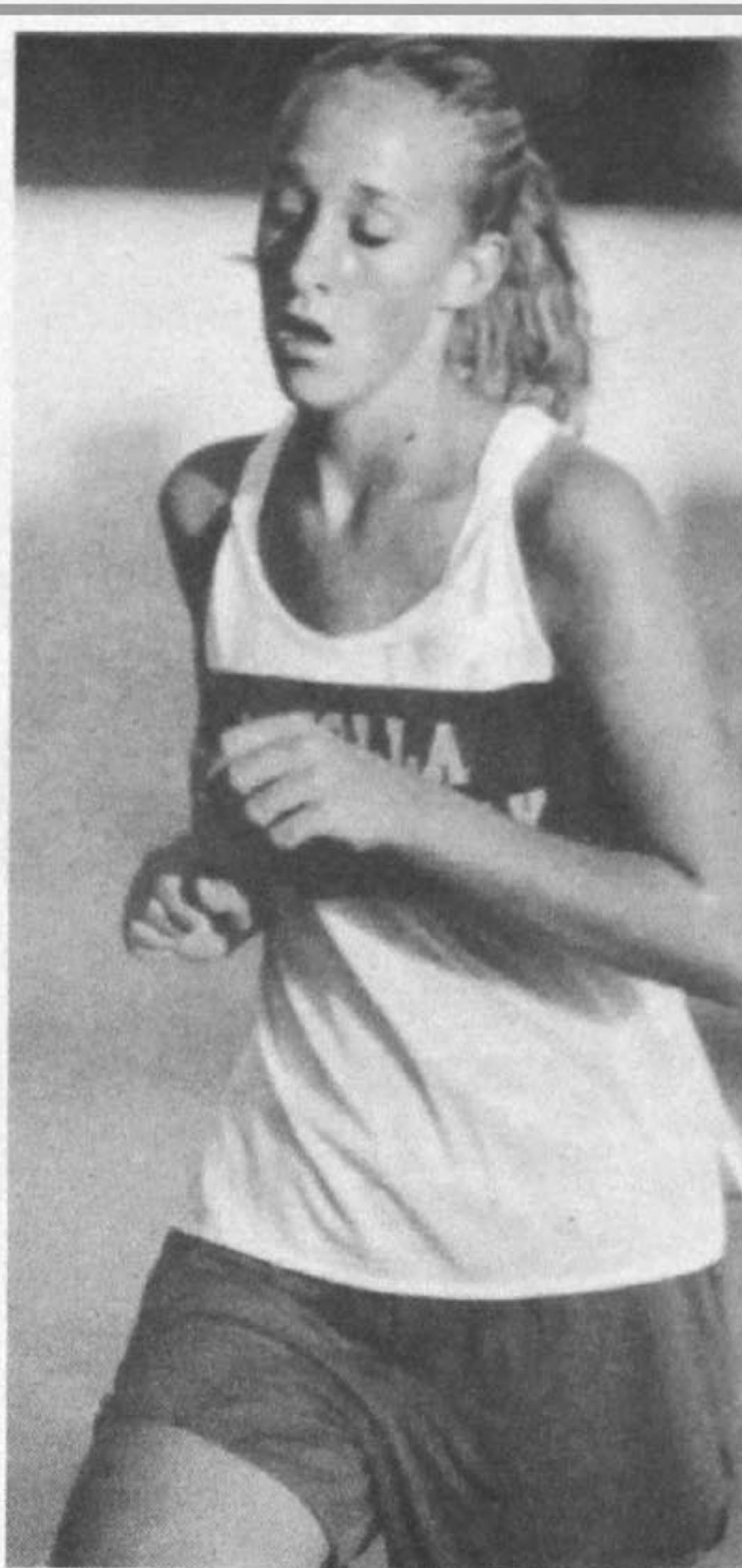
Bart Conner
Calvin Christian

- 18:04 Steve Mavis, Calvin Christian
- 18:07 Darren Wisdom, Vincent Memor'l
- COASTAL VARSITY:**
- 17:07 Peter Holland, Bishop's
- 17:08 Will Kraemer, Army Navy Acad
- 17:24 Chad Young, Calvin Christian
- 17:28 Bart Conner, CC2
- 17:39 Jared Ziman, La Jolla CD
- 17:48 Jon Beutlich, CC3
- 17:57 Jesse Shipley, CC4
- 18:02 Rashawn Allen, UCD2
- 18:04 Steve Mavis, CC5
- 18:17 Brandon DeYoung, CC6
- 18:22 Andrew Francis, ANA2
- 18:31 Max Johnson, B2
- 18:33 Dustin Piper, ANA3
- 18:50 Bret D'Vincent, San Dieguito Ac
- 18:51 David Saenz, Horizon
- 19:04 Karl Rinderknecht, Francis Parker
- 19:09 Nick Shiftan, UCD3
- 19:11 Shane McElravy, FP2
- 19:17 Andrew Garratt, UCD4
- 19:18 Scott Hunter, B3
- 19:21 Cameron Adams, ANA4
- 19:28 Kevin Weinberg, UCD5
- 19:36 Darin Conner, CC7
- 19:36 Matt Lindeman, B4
- 19:38 Bob Sise, FP3
- 19:48 Jason Sinclair, ANA5
- 19:49 Jake Armstrong, B5
- 19:55 Kevin Chan, B6
- 20:10 Greg Humber, B7
- 20:21 Daniel Pike, UCD6
- 20:30 Johnny Pierce, FP4
- 20:43 Mark Shtayerman, FP5
- 20:49 Devoe Gerardy, Hzn2
- 20:57 I. Shin, ANA6
- 21:01 Ryan Chapman, Hzn3
- 21:03 Greg Podsakoff, ANA7
- 21:05 David Szeles, FP6
- 21:09 Kaleb Waggoner, Hzn4
- 21:12 Adam Morgan, Hzn5
- 21:13 Erik Lea, SDA2

Scoring: Calvin Christian 29, La Jolla Country Day 71, Army Navy Academy 73, Bishop's 84, Francis Parker 120, Horizon 164, San Dieguito Academy 186.

SOUTHERN VARSITY:

- 18:07 Darren Wisdom, Vincent Mem'rl
- 18:35 Sean McCarty, Julian
- 18:51 Saul Ramirez, Holtville
- 18:54 James Wilson, Lutheran
- 19:12 Andres Medina, H2
- 19:22 Josh Paddock, J2
- 19:30 David Padilla, H3
- 19:37 Michael Strong, H4
- 19:48 Richard Sachs, L2
- 19:55 Nathan Kuschel, L3
- 20:15 Rich Schuh, Mountain Empire
- 20:27 Armando Ruiz, H5
- 20:31 Clayton Garner, J3
- 20:36 Eddie Castaneda, H6
- 21:10 Gilberto Barron, Borrego Springs
- 21:50 Ryoh Murofushi, L4
- 21:58 Francisco Venegas, MtnE2
- 21:58 Ben Coil, J4
- 22:15 Thaire Ross, L5
- 22:29 Mike Wells, MtnE3
- 22:30 Jacob Miller, MtnE4



Daniella Scarfeo
La Jolla Country Day

- 22:33 Ed Schuh, MtnE5
- 23:08 Jacob Bliss, MtnE6
- 23:24 Billy Rothert, J5
- 25:01 Josh Trapp, L6
- 25:05 Roberto Navarro, BS2
- 25:15 Erin O'Brien, BS3
- 27:15 Kyle Ries, BS4
- 29:29 Paul Kasaty, L7
- 29:38 Morgan Meyer, L

Scoring: Holtville 30, Lutheran 53, Julian 58, Mountain Empire 86, Borrego Springs 122. Vincent Memorial, no score.

COMBINED JUNIOR VARSITY:

- 19:19 Sparsh Khandeshi, SDA
- 19:23 Aaron Faber, CC
- 20:33 Max Watson, SDA
- 20:35 Kalyan Pokala, FP
- 20:45 Sam Litvin, SDA
- 20:46 Drew Podsakoff, ANA
- 20:47 Mike Sutherland, B
- 20:47 Dwight Carey, FP
- 20:51 Ryosuke Onaka, B
- 20:52 Jeremy Zuidema, CC

Scoring: San Dieguito Academy 36, Calvin Christian 51, Bishop's 68, Francis Parker 94, Army Navy Academy 97.

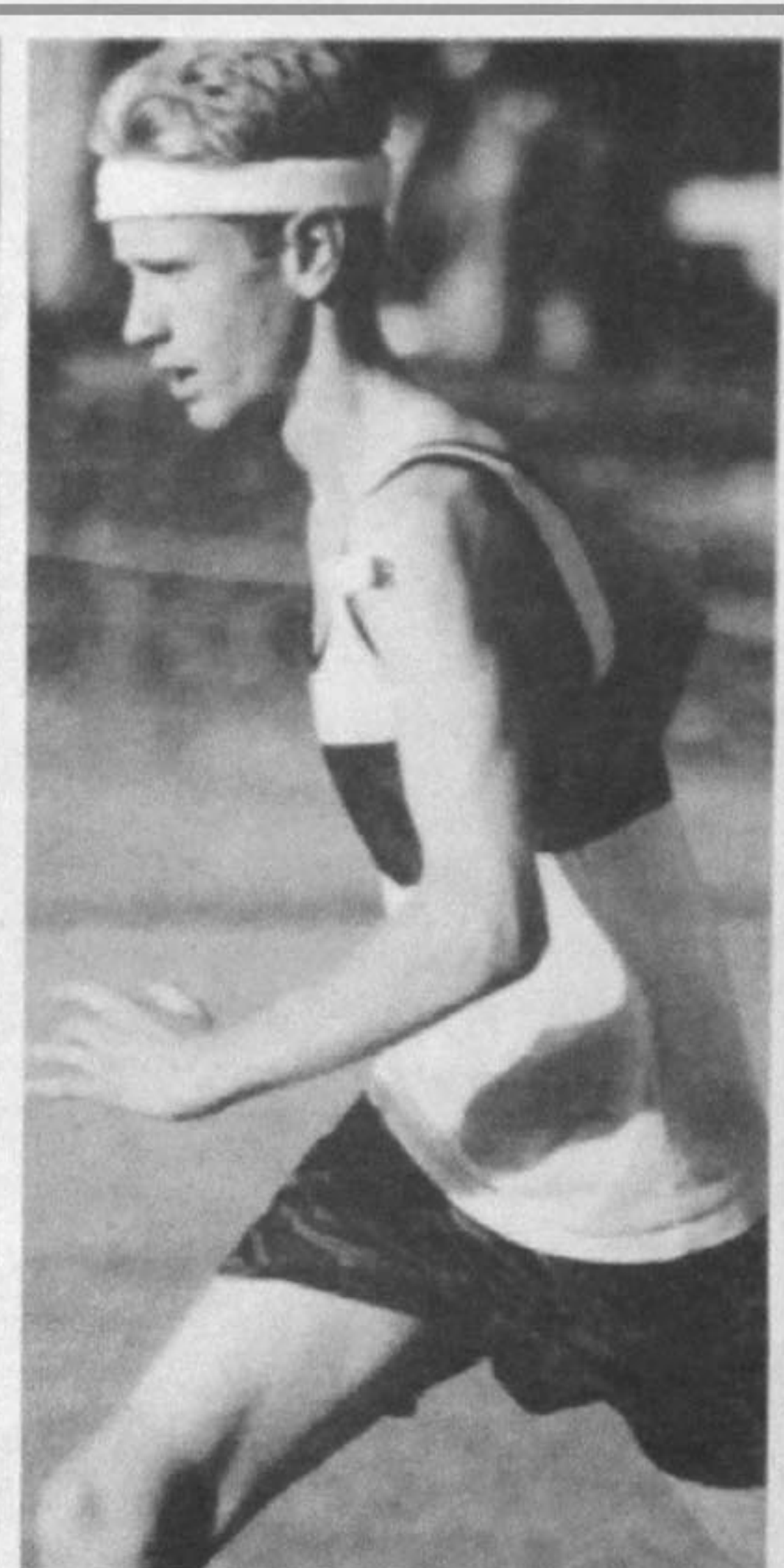
GIRLS (2.7 miles):

COMBINED TOP TEN:

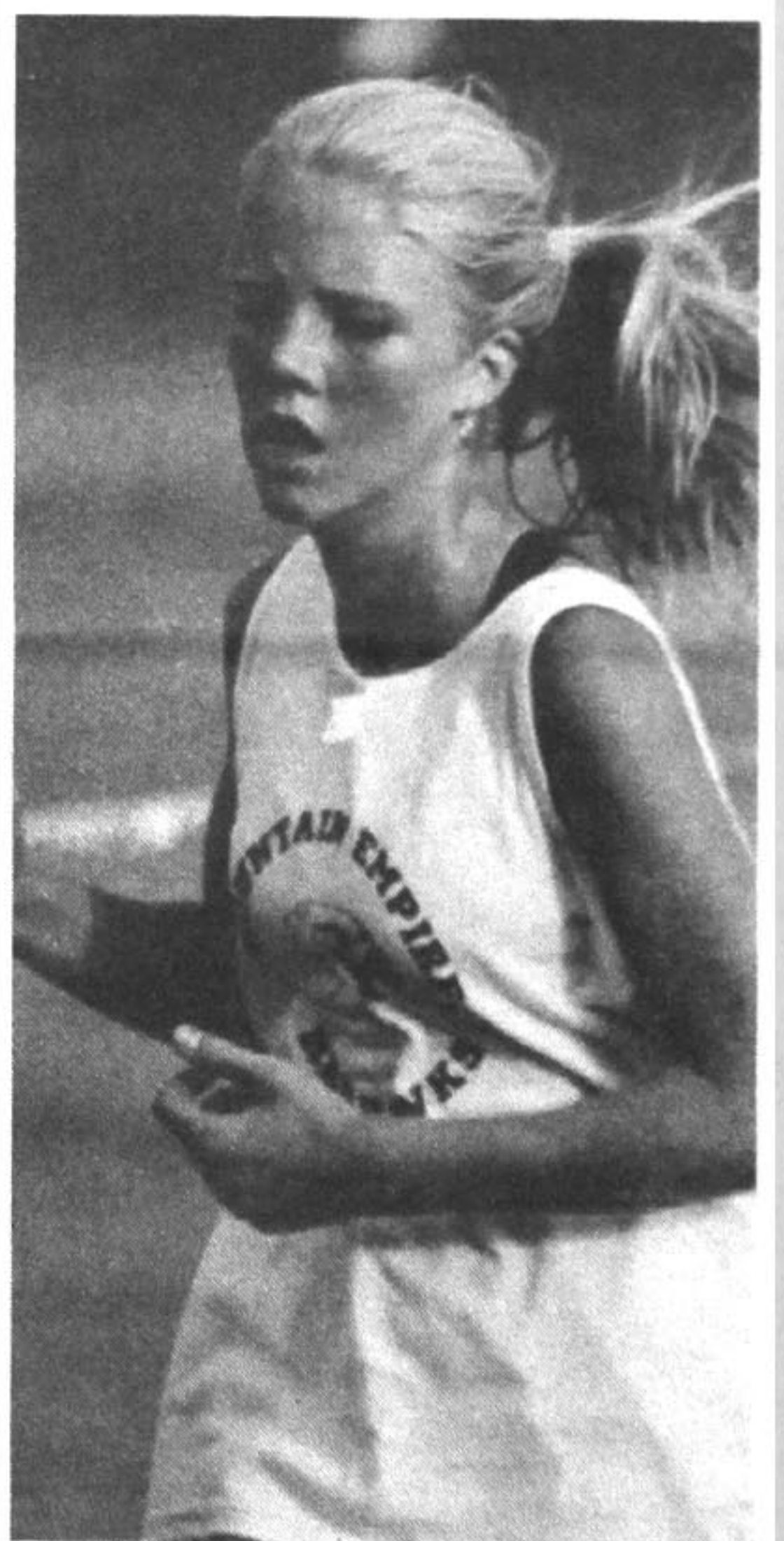
- 16:23 Angela Petersen, Francis Parker
- 16:34 Jenna Timinsky, San Dieguito Ac
- 17:32 Kaili Shumilak, Bishop's
- 17:45 Jessica Bray, San Dieguito Acad
- 18:39 Carly Gardner, La Jolla CD
- 18:48 Liz Robinson, Holtville
- 18:48 Lily Dowlatsahie, MtnEmpire
- 18:59 Erin Calloway, Julian
- 19:06 Daniella Scarfeo, La Jolla CD
- 19:10 Elizabeth Smith, Julian

COASTAL VARSITY:

- 16:23 Angela Petersen, Francis Parker
- 16:34 Jenna Timinsky, San Dieguito Ac
- 17:32 Kaili Shumilak, Bishop's
- 17:45 Jessica Bray, SDA2
- 18:39 Carly Gardner, La Jolla CD
- 19:06 Daniella Scarfeo, UCD2
- 19:16 Emily Ogata, SDA3
- 19:39 Marjorie Spurr, Calvin Christian
- 19:50 Lindsey Weinberg, UCD3
- 19:55 Jenny Tarvin, CC2
- 20:06 Tammy Phillips, CC3
- 20:25 Lydia Boonstra, CC4
- 20:29 Katie Dubiel, SDA4
- 20:30 Karen Memmelaar, CC5
- 20:31 Sarah Kauffman, FP2
- 20:41 Alex Gage, B2
- 20:50 Becky Jo Beauchamp, Horizon
- 20:52 Rachel Labbe, Hzn2
- 20:53 Ana Landa, B3
- 20:57 Tracy Landers, B4
- 20:58 Veronica Gepner, UCD4
- 21:16 Michelle Quinn, SDA5
- 21:29 Nicky Enberg, B5
- 22:20 Shellie Brown, CC6
- 22:20 Kara Zuidema, CC7
- 22:47 Dennis Rascon, Hzn3
- 22:55 Jessica Srinivas, FP3
- 24:17 Renee Kamrath, Hzn4
- 24:17 Sarah Ruiz, Hzn5



Sean McCarty
Julian



Courtney Watkins
Mountain Empire

- 24:22 Amanda Stone, SDA6
- 24:30 Deora Bodner, UCD5
- 25:33 M. Cosgriff-Hernandez, FP4
- 25:36 Tara Stewart, UCD6
- 25:44 Tracey Veres, CC
- 26:06 Sari Singer, FP5
- SOUTHERN VARSITY:**
- 18:48 Liz Robinson, Holtville
- 18:48 Lily Dowlatsahie, Mtn Empire
- 18:59 Erin Calloway, Julian
- 19:10 Elizabeth Smith, J2
- 19:16 Arielle Damron, J3
- 19:44 Courtney Watkins, MtnE2
- 20:44 Nina Rivas, H2
- 20:49 Ruby Hernandez, H3
- 21:11 Jennifer Lloyd, Lutheran
- 22:16 Jaimie Miller, MtnE3
- 22:46 Arlene Rivera, H4
- 22:52 Natalie Elias, Vincent Memorial
- 23:11 Nycole Bastian, J4
- 23:16 Kasey Nielsen, J5
- 23:45 Lily Medina, H5
- 23:50 Rachel Schroeder, L2
- 23:50 Melissa Hergert, L3
- 23:57 Lora Heyman, MtnE4
- 24:23 Becky Schweitzer, MtnE5
- 25:02 Sara Mullert, L4

Scoring: Julian 37, Holtville 41, Mountain Empire 53, Lutheran 79. Vincent Memorial, no score.



The Winners:

Trivia about the champs...

The twenty-two individual league championship race winners (pictured in the photo montage on the opposite page), are:

Top row, from left:
Valhalla junior Laura Trask, winner of the Grossmont South League.
Morse sophomore Amonica Phipps, winner of the Eastern League.

Hilltop sophomore Desiree Davila, winner of the Metro League.

Torrey Pines senior Camille Dredge, winner of the Avocado League.

Holtville freshman Liz Robinson, winner of the Southern League.

El Capitan sophomore Jasmine Marquez, winner of the Grossmont North League.

Second row, from left:
Scripps Ranch senior Patrick Grimes, winner of the Western League.

Fallbrook junior Efrain Casarez, winner of the Avocado League.

Serra senior Marcus Chandler, winner of the Eastern League.

Ramona junior Matt McInvale, winner of the Valley League.

Vincent Memorial (Calexico) freshman Darren Wisdom, winner of the Southern League.

Third row, from left:
Coronado senior Barbra Chakos, winner of the Harbor League.

Escondido senior Lanele Cox, winner of the Valley League.

University of San Diego senior Michelle Barrack, winner of the Western League.

Rancho Bernardo junior Julie Manson, winner of the Palomar League.

Francis Parker sophomore Angela Petersen, winner of the Coastal League.

Fourth row, from left:
The Bishop's School junior Peter Holland, winner of the Coastal League.

Crawford senior Simon Peter, winner of the Harbor League.

Rancho Bernardo junior Sean Ricketts, winner of the Palomar League.

Granite Hills senior Jason Finch, winner of the Grossmont South League.

West Hills junior Evan Fox, winner of the Grossmont North League.

Bonita Vista senior Brian Paff, winner of the Metro League.

Hilltop's Desiree Davila was the fastest girl from the San Diego Section at last year's Footlocker regionals. She was also the fastest local girl at last year's state meet.

Valhalla's Laura Trask is also a soccer player. Her father, Gary Trask, was a track standout at Mount Miguel.

Torrey Pines' Camille Dredge has :25.7 speed for 200 meters in track. She was second in the Masters 800 meters last spring, sandwiched between Valhalla's Lesley Bravin and Coronado's Samantha Piper.

The two freshman league champs are Holtville's Liz Robinson and Vincent Memorial's Darren Wisdom. Both won titles in the newly-formed Southern League. Vincent Memorial is in its first year of

fielding a cross country team. Holtville has been running cross country for a few years, but this is the first year that they have put together a girls team.

Granite Hills' Jason Finch was the fastest of the locals at the state meet last year, just missing the Division I title to a last-second (literally) rush by Long Beach Poly's Chad Durham. The league race last week was Finch's first action in weeks -- he's been slowed by tendinitis in an Achilles heel.

Morse's Amonica Phipps saw action on the Tigers' 4x400 relay team at times last year.

Rancho Bernardo's Sean Ricketts and Julie Manson, both juniors, have each qualified for the state meet in both their freshman and sophomore years. Ricketts was the Masters 800 meter champ

last spring. Escondido's Lanele Cox is from a running family. Sister Michele Cox won a state title for Escondido, and sister Shawnele Cox was also a standout for the Cougars.

Scripps Ranch's Patrick Grimes also has a good runner in the family. Sister Kelly Grimes was a star for Scripps, and is now at UCLA.

Speaking of family, Serra's Marcus Chandler's twin, Marice Chandler, has been making a nice comeback. After missing most of the season with work and other commitments, Marice has returned and is improving fast. He ran 16:16 in the Eastern finals, good for fifth, and helping Serra to second place in the meet.

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9:20 am	Mile, Women-all ages includes USATF National Masters Championships
9:35 am	Mile, Men 40 and over USATF National Masters Championships
9:50 am	Mile, Boys & Girls 15-18
10:05 am	Mile, Boys & Girls 11-14
10:20 am	Mile, Boys & Girls 7-10
10:35 am	1/2 Mile, Boys & Girls 5-6
10:50 am	Women's Invitational Mile
11:05 am	Men's Invitational Mile

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Signature of athlete _____ Date _____ (Signature of parent if under 18 years)

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<input type="checkbox"/>	10	<input type="checkbox"/>
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<input type="checkbox"/>	15 - 18	<input type="checkbox"/>
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<input type="checkbox"/>	30 - 34	<input type="checkbox"/>
<input type="checkbox"/>	35 - 39	<input type="checkbox"/>
<input type="checkbox"/>	40 - 44	<input type="checkbox"/>
<input type="checkbox"/>	45 - 49	<input type="checkbox"/>
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Grossmonts: Finch in, Baird out

West Hills nearly sweeps both North races; Granite boys, Valhalla girls win; Marquez best girl; Fox, Trask also win

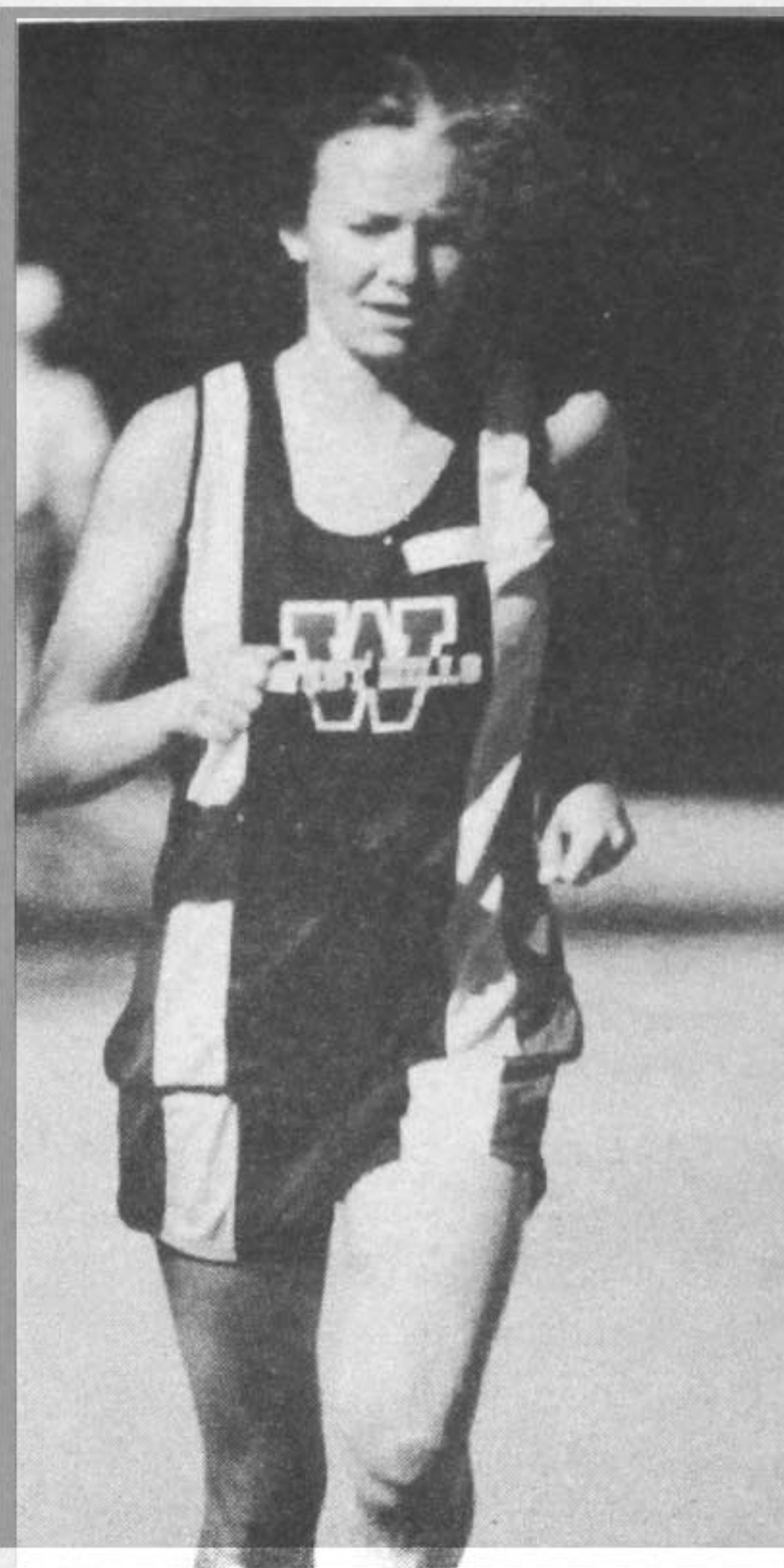
There was no shortage of news stories at this year's combined Grossmont North and South league finals. Among the major developments:

Granite Hills senior Jason Finch, one of this area's very best this year, returned to racing after an injury-forced layoff. He raced very well, and had the fastest time of the day (16:07) on the 3.1-mile Griffen Park course.

"It was a classic Finch race," Granite coach Dave Yarbrough said. "He went out hard and it was like, 'Come and catch me.'"

Helix senior Courtney Baird, the best local girl to this point this season, missed the league meet after contracting a respiratory infection. She is recovering fast, according to coach Ray Mounts, and is almost at 100 per cent at press time (Wednesday).

The West Hills boys team, top-ranked in the county and second-ranked in the state (in Division I), made it look very easy in the Grossmont North team race, scoring just 17 points. The Wolfpack scored seven of the first eight places in the race, including the top three.



Becca Bartell
West Hills

Junior Evan Fox was the fastest Grossmont North boy, running 16:12. Ben Aragon and Paul Saccone were second and third for the Pack.

Granite Hills' boys team, helped by the return of Finch, beat Valhalla in the Grossmont South team race. In an earlier dual meet, Granite had won by a point. In this meet, the Eagles used good races by their top three to beat Valhalla's superior depth. After Finch, Granite had Ryan Maynard in fourth and Ian Bartonicek in fifth.

"The front end was awesome," Yarbrough said. "Ryan just ran great. It was a nice surprise. Ian



Amy Kermott
Valhalla

also ran well, but shut down a little at the end."

The West Hills girls team came up big on race day, and would have won the entire meet if it had been scored that way. The Pack girls (Heather Shurtleff, Becca Bartell, Shawna Winfrey, Cassie Kuske, and Ashley Handy) finished 2-3-4-5-6 to score 20 points.

Valhalla's girls team hasn't developed a front-runner like last year's Andrea Clemons (the CIF Division I champ), but they still have great depth. Norse girls took nine of the first 13 places in the Grossmont South.

The Helix girls ran very well, however, and would have been right behind Valhalla if Baird had run and won. Instead of Valhalla winning, 23-38, the score would have been Valhalla 28, Helix 30.

Senior Natalie Sullivan ran an excellent race to lead the Highlanders, and, "came on really strong in the last mile," according to Mounts.

Baird's absence also impacted the individual races, of course. El Cap's Jasmine Marquez won the



Ian Bartonicek
Granite Hills

(Photo by Glenn Recasner)

race, just ahead of West Hills' Shurtleff, and Valhalla's Laura Trask was the Grossmont South champ.

It was a great girls race. Marquez, Shurtleff and Trask broke away from the pack after the first mile, and "they really stepped it up," said El Cap coach Sean O'Hara.

Marquez then opened about a 5 to 10 meter gap on Shurtleff, who closed it up with about 400 meters left to race. The pair ran nearly shoulder-to-shoulder for the run home, but Marquez edged ahead at the end.

How newsworthy is the Grossmont League? The loop contains some of the state's best runners, according to the latest individual rankings.

In Division I boys, Finch is rated number two, and Fox is sixth.

In Division II boys, Monte Vista's Jon Rankin, who was third overall last week, is ranked fifth.

In Division I girls, Baird is ranked third.

The Results:

At Harry Griffen Park, Saturday, November 14.

BOYS (3.1 miles):

TOP TEN, COMBINED:
16:07 Jason Finch, Granite Hills
16:12 Evan Fox, West Hills
16:26 Jon Rankin, Monte Vista
16:38 Ben Aragon, West Hills
16:40 Dan Kinsella, Helix
16:41 Paul Saccone, West Hills
16:42 Ryan Maynard, Granite Hills
17:00 Ian Bartonicek, Granite Hills
17:11 Bryan Hillberg, El Capitan

Please see page 11.

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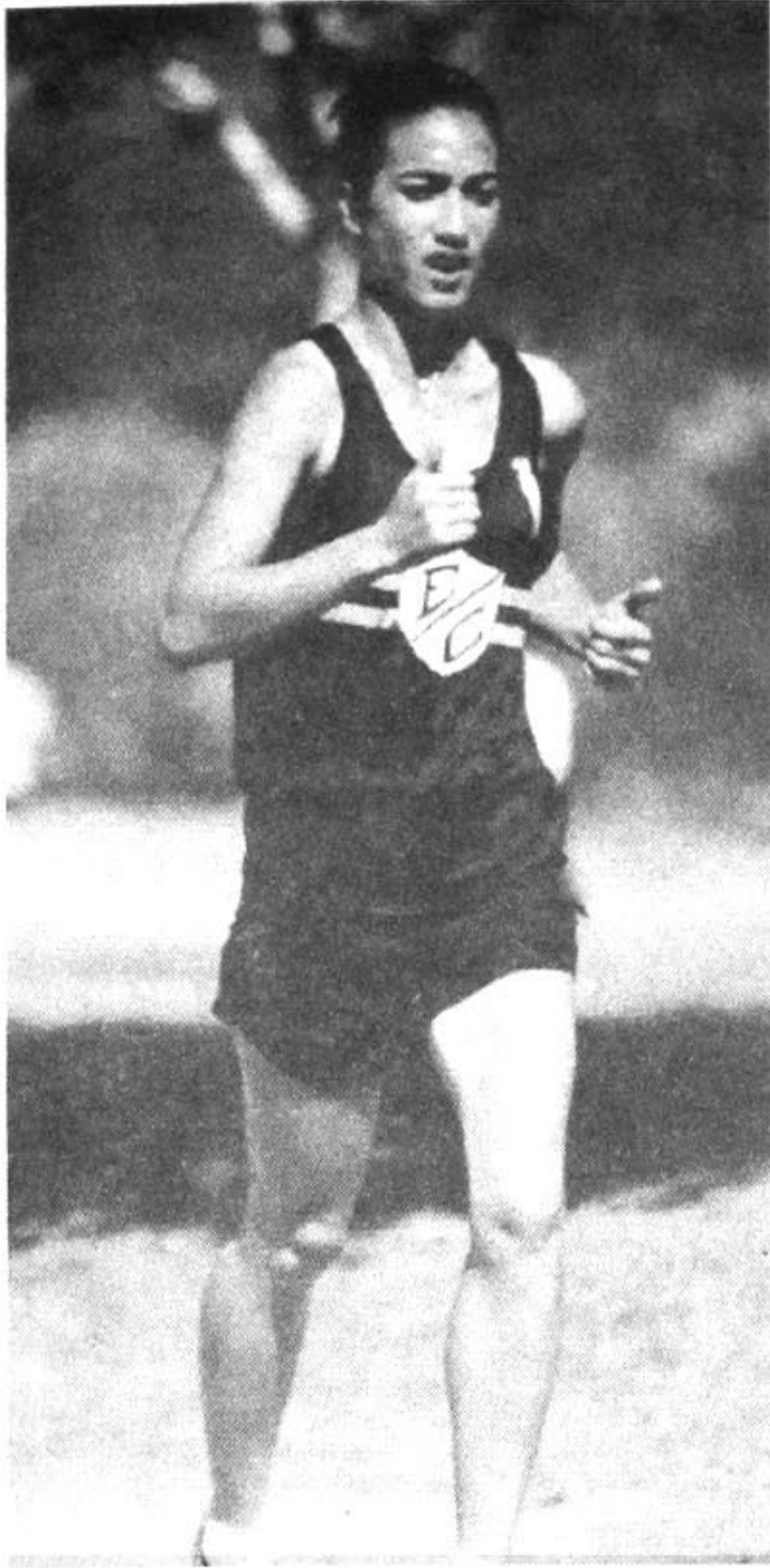
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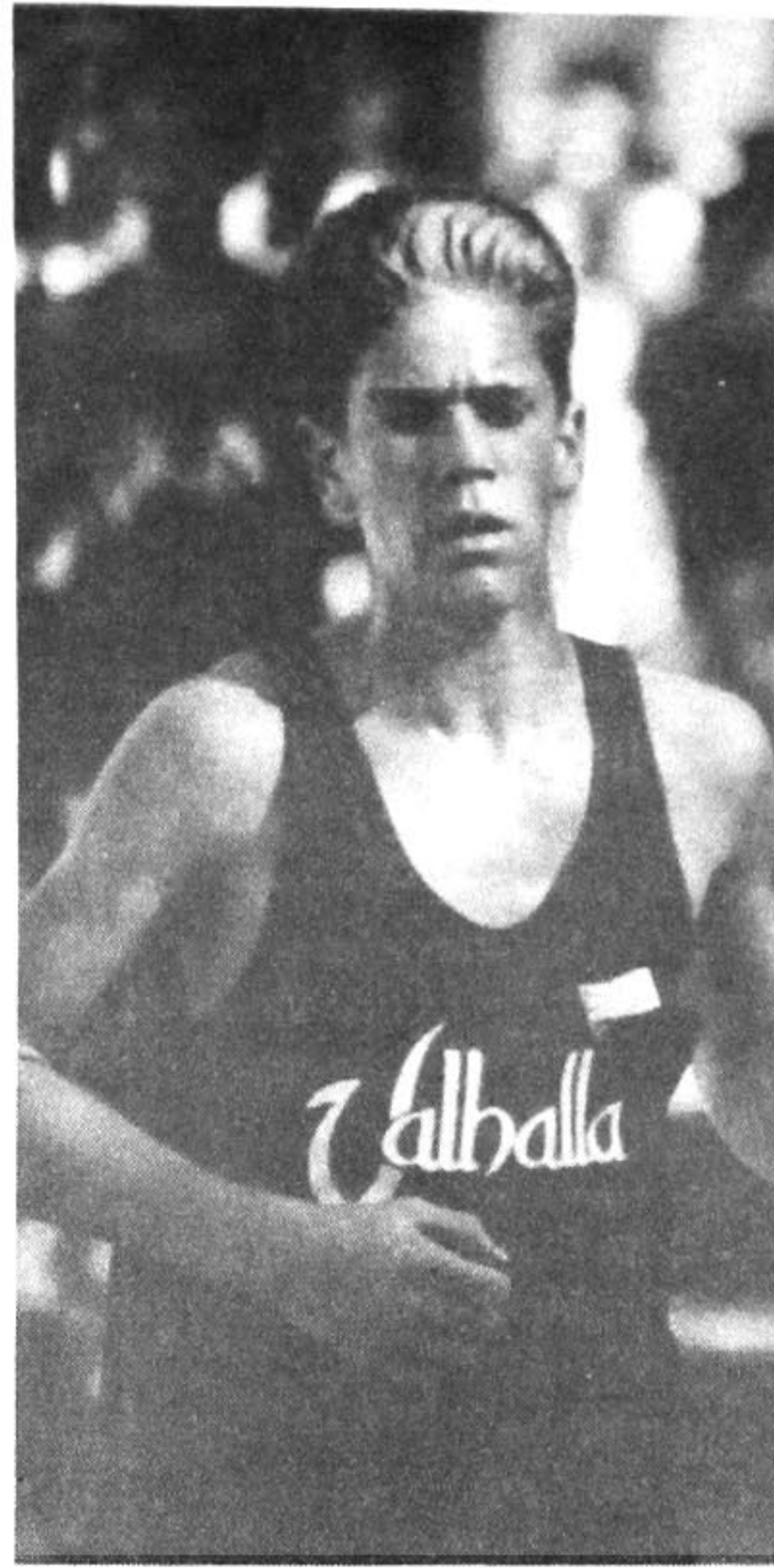


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Next Issue:
Pre-season track
& field preview
Coming in March



Theresa Hepler
El Capitan



David Santos
Valhalla



Shawna Winfrey
West Hills

Grossmont

From page 10.

17:14 Matt Rendina, West Hills
NORTH VARSITY:
16:12 Evan Fox, West Hills
16:38 Ben Aragon, WH2
16:41 Paul Saccone, WH3
17:11 Bryan Hillberg, El Capitan
17:14 Matt Rendina, WH4

17:16 Jon Aguilar, WH5
17:16 Kevin Schible, WH6
17:36 Brian Bauerle, WH7
17:40 David Olsen, EC2
17:58 David Van Dyne, Grossmont
18:04 Lyle Driscoll, EC3
18:05 Ryan Rice, EC4
18:06 Jason Vestal, EC5
18:07 Nathaniel Jagers, EC6
18:16 Matt Heibel, Gr2
18:17 Matthew Burks, EC7
18:25 Brian Covell, WH
18:29 Dennis Bollman, Gr3
18:32 Patrick Gomes, Santana
18:37 Michael Hunter, S1
18:40 Billy Quinn, S2
18:46 Nick Redman, Gr4
18:51 Chris Romero, Gr5
19:07 James Corpstein, S3
19:14 Mike Ficken, WH
19:15 Jerrod Jordan, El Cajon Valley
19:16 Scott Kaforey, S4
19:17 Seth Hill, Gr6
19:32 Michael Scully, S5
19:47 Eric Boucher, Gr7
19:59 Hunter Hazen, S6
20:39 Osvaldo Beltran, ECV2
21:05 Tim Rodman, WH
21:19 Phillip Perez, ECV3
21:39 Al Took, EVC4

Scoring: West Hills 17, El Capitan 49, Grossmont 88, Santana 112, El Cajon Valley 155.

SOUTH VARSITY:

16:07 Jason Finch, Granite Hills
16:26 Jon Rankin, Monte Vista
16:40 Dan Kinsella, Helix
16:42 Ryan Maynard, GH2
17:00 Ian Bartonicek, GH3
17:16 Matt Theisen, Valhalla
17:16 David Santos, V2
17:18 Jonathan Buckley, MV2
17:29 Robert Tew, Hx2
17:29 Ben Wagner, V3
17:34 William Burer, V4
17:37 Tyler Ludwig, V5
17:43 Craig Nowakowski, V6
17:44 Justin Amador, Hx3
17:48 Josh Rivera, GH4
17:51 Alex Serrano, GH5
18:01 David Rivera, GH6
18:12 Efrain Carrillo, GH7
18:13 Musie Meche, Hx4
18:16 John Tew, Hx5
18:21 Jason Brown, V7

18:30 Danny Deford, Hx6
18:36 Josh Edgington, GH
18:44 Robert Raney, V
18:44 Dominic Daley, Mount Miguel
18:46 Spencer Tipton, MV3
18:48 Cory Kubicki, MtM2
18:48 Joe Kavanagh, MtM3
19:13 Ricky Robles, Hx7
19:14 Jimmy Andrade, MV4
19:31 Brandon Vielguth, GH
19:35 Michael Herrinton, MV5
19:42 Danny Oakes, MV6
19:42 Ryan Castanos, Hx
19:45 Mario Morgan, MV7

Scoring: Granite Hills 41, Valhalla 46, Helix 65, Monte Vista 98, Mount Miguel 144.
COMBINED JUNIOR VARSITY:
13:05 Tim McKeon, WH
13:06 Jeff Hunter, GH
13:10 Ryan Johnson, WH
13:14 Marten Mendibles, GH
13:18 Ross Ramsey, WH
13:21 Anthony Garcia, EC
13:28 Sean Tolley, EC
13:29 Luke Pepin, GH
13:31 Sean Bartonicek, GH
13:33 Clemens Tan, S
13:38 Manny Alnza, Gr
13:39 Gerald Olsen, EC
13:41 Josh Laubacher, S
13:44 Damon McCormick, WH
13:45 Brian Voyles, V

GIRLS (2.3 miles):

TOP TEN, COMBINED:

14:21 Jasmine Marquez, El Capitan
14:22 Heather Shurtleff, West Hills
14:29 Becca Bartell, West Hills
14:38 Laura Trask, Valhalla
14:48 Elaine Lassen, Valhalla
14:52 Natalie Sullivan, Helix
14:55 Stephanie Baird, Helix
15:06 Kelly Perry, Valhalla
15:09 Bryanna Barmer, Helix
15:10 Shawna Winfrey, West Hills

NORTH VARSITY:

14:21 Jasmine Marquez, El Capitan
14:22 Heather Shurtleff, West Hills
14:29 Becca Bartell, WH2
15:10 Shawna Winfrey, WH3
15:14 Cassie Kuske, WH4
15:16 Ashley Handy, WH5
15:18 Theresa Hepler, EC2
15:21 Megan MacDonald, EC3
15:31 Kirstin Wilson, Grossmont
15:34 Monique Bell, El Cajon Valley
15:41 Sandi Jenkins, EC4
15:54 Melanie Ball, EC5
16:06 Cheryl Madsen, WH6
16:07 Darcy Fox, WH7
16:10 Amelia Helton, EC6
16:10 Anne Bader, Santana
16:18 Paige Sessions, S2
16:23 Elizabeth Jones, S3
16:24 Mary Broding, S4
16:25 Becki Chaney, S5

16:26 Julie Small, Gr2
16:34 Carol Boland, EC7
16:38 Andrea Ludlow, WH
16:41 Samantha Thomas, EC
16:44 Elizabeth Van Dyne, Gr3
16:49 Thea Bachmann, S6
16:50 Bree Gaylen, Gr4
16:51 Elisa Benitez, S7
17:06 Robin Ellsworth, Gr5
17:19 Jennifer Swadell, Gr6
17:44 Anita Hafner, ECV2
18:12 Dina Gelyana, ECV3
18:13 Hyfa Khoshaka, ECV4
19:55 Jackie Rogers, ECV5
no time Carmina Solis, ECV6

Scoring: West Hills 20, El Capitan 39, Santana 90, Grossmont 108, El Cajon Valley 136.

SOUTH VARSITY:

14:38 Laura Trask, Valhalla
14:48 Elaine Lassen, V2
14:52 Natalie Sullivan, Helix
14:55 Stephanie Baird, Hx2
15:06 Kelly Perry, V3
15:09 Bryanna Barmer, Hx3
15:11 Ashley Viens, V4
15:17 Laurel Hanscom, V5
15:18 Amy Kermott, V6
15:22 Melinda Hammack, V7
15:26 Morgen Rounkles, Mount Miguel
15:30 Kristina Nugent, V
15:31 Kristi Pinnell, V
15:35 Elizabeth Harns, Hx4
15:54 Meredith Harns, Hx5
15:57 Elise Felt, Monte Vista
15:58 Megan Wilson, Granite Hills
16:05 Lesley Bravin, V
16:14 Ashely Walker, Hx6
16:53 Christie Rust, GH2
17:04 Leah Gams, GH3
17:07 Candice Brown, MV2
17:31 Paula Evans, MV3
17:38 Nicole Teel, GH4
17:51 Quena Crain, GH5
18:21 Tanya Frank, MV4
18:29 Christine Lucitt, GH6
18:32 Felicia Gotcher, MV5
18:32 Samantha Garcia, MtM2
18:33 Sara Straight, MV6
18:43 Jolene Adams, GH7
18:44 Bethany Ray, MV7
18:46 Deborah Daly, MtM3
18:50 Desiree Ferreira, MV
18:54 Nancy Galarza, MtM4

Scoring: Valhalla 23, Helix 38, Granite Hills 93, Monte Vista 101, Mount Miguel 130.

COMBINED JUNIOR VARSITY:

15:47 Mehtap Sendor, V
16:04 Carrie Pinnell, V
16:13 Sarah Chionis, V
16:21 Laura Sanders, V
16:22 Lisa Werner, V
16:24 Maureen Rodriguez, V
16:25 Alicia Demoe, WH
16:28 Jamie Cleveland, Hx
16:32 Monique Davila, Hx
16:36 Laura Rhea, V
16:44 Leane Hawker, WH
16:46 Gabbie Camacho, WH
16:55 Michelle Fredricks, WH
16:57 Julia Kermott, V
16:58 Amanda Paulson, S

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WITH FIRST ORDER

Avocado:
Torrey
girls rip it;
Fallbrook
boys romp
Dredge, Casarez are
individual champs

How scary is the Torrey Pines girls team?

Pretty doggone scary.

The Falcons laid waste to the Avocado girls competition, dominating a field that included solid top-ten teams such as Fallbrook and Carlsbad.

The Fallbrook boys also won easily.

The Falcon girls went 1-2-3 and tacked on an eighth and ninth for just 23 points against quality opposition.

Even more impressive were the times. Camille Dredge won in 14:32, and was unpressed.

Julie Komosinski ran 14:55 for second, and Jackie Appel ran 15:05 for third. Torrey's fourth and fifth, Krista Romley and Kathy Read, were at 15:30 and 15:31, also considered excellent times on this course.

The kicker was that the Torrey girls were not at their best.

Komosinski, usually very close to Dredge, suffered from a bad cold. Read, who has been the number three most of the season, also was sick.

Appel and Romley balanced out the lineup by running their best races.

"Appel has really gone through the roof," Torrey coach Brent Thorne said. "And Romley has made a breakthrough."

Fallbrook's boys were similarly not firing on all cylinders, but they handily beat the rest of the league.

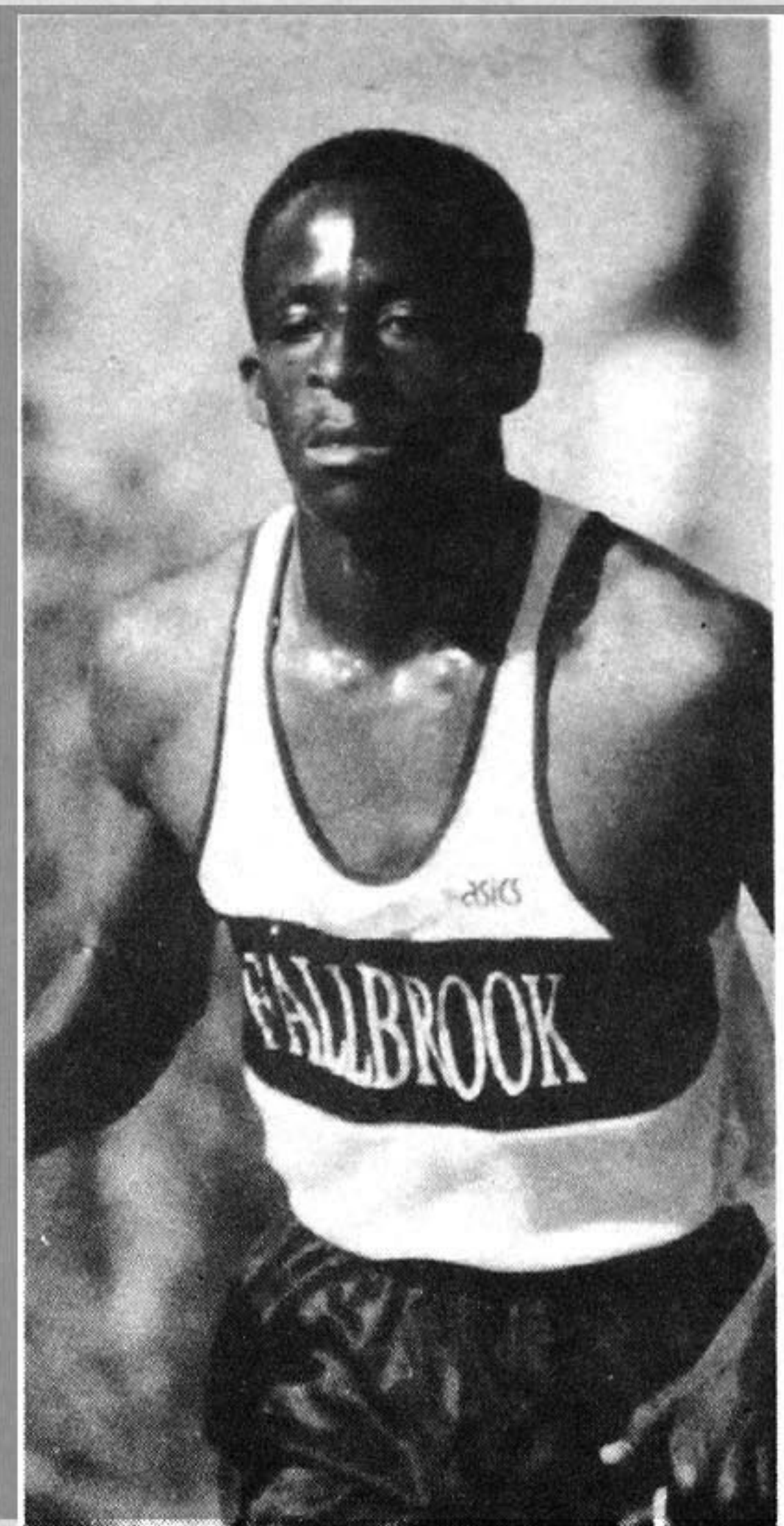
Junior Efrain Casarez won the race, and teammate Justin Mattos was second. Warriors Josh Wilson (fifth), Pete Coughlin (sixth) and Jose Escobedo (eighth) rounded out the scoring, as Fallbrook totaled just 22 points.

The Warriors also put five more runners from 10th to 15th, despite not maxing out.

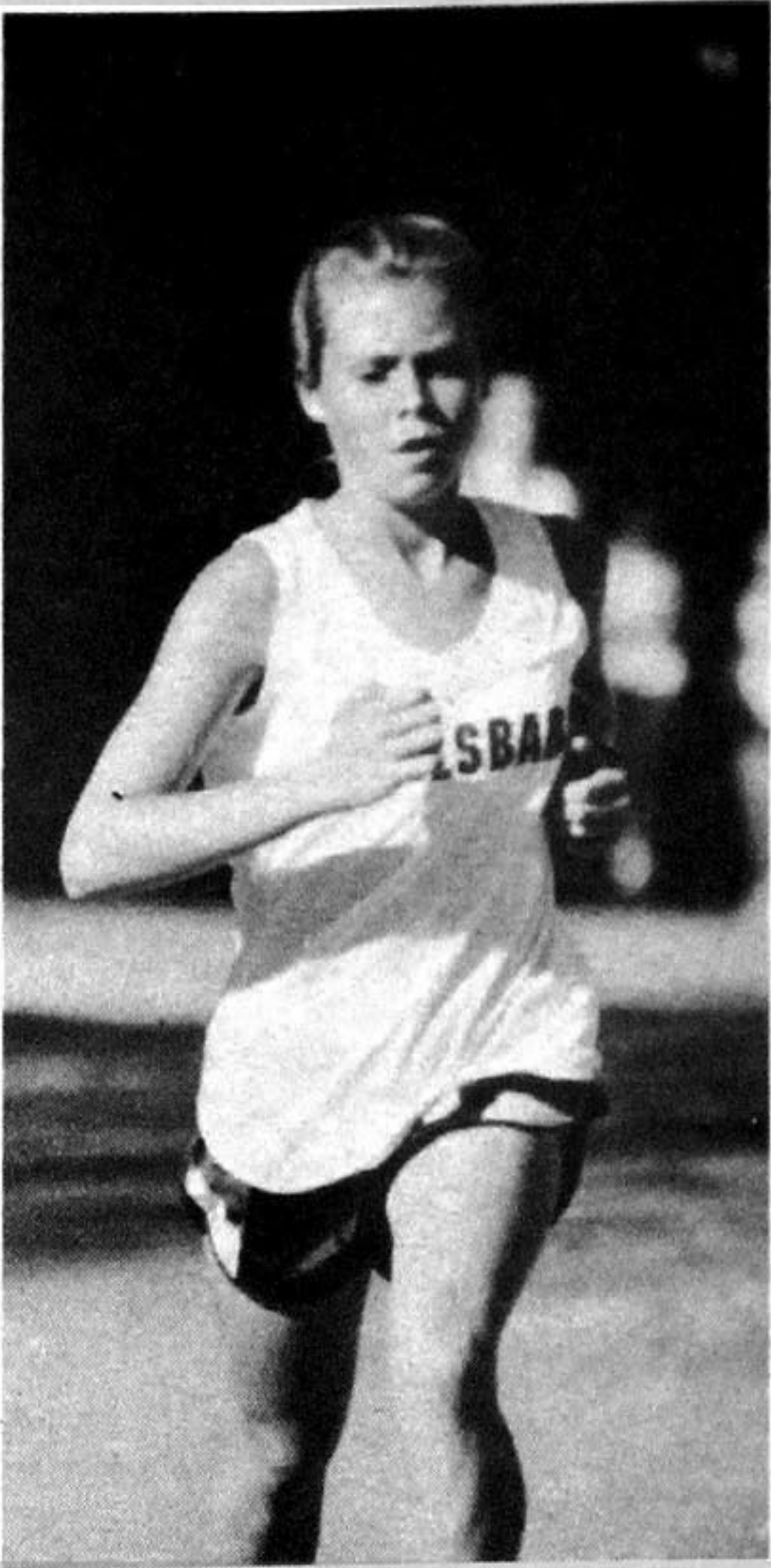
Two who struggled were Escobedo and Bill Ungricht, who have been right behind Casarez most of the season.

Showing well in the boys race were Torrey senior Mike Breining (third), El Camino soph Luke Haywas (fourth), Carlsbad soph Ben Miedema (seventh) and Oceanside junior Colin Cornforth (ninth).

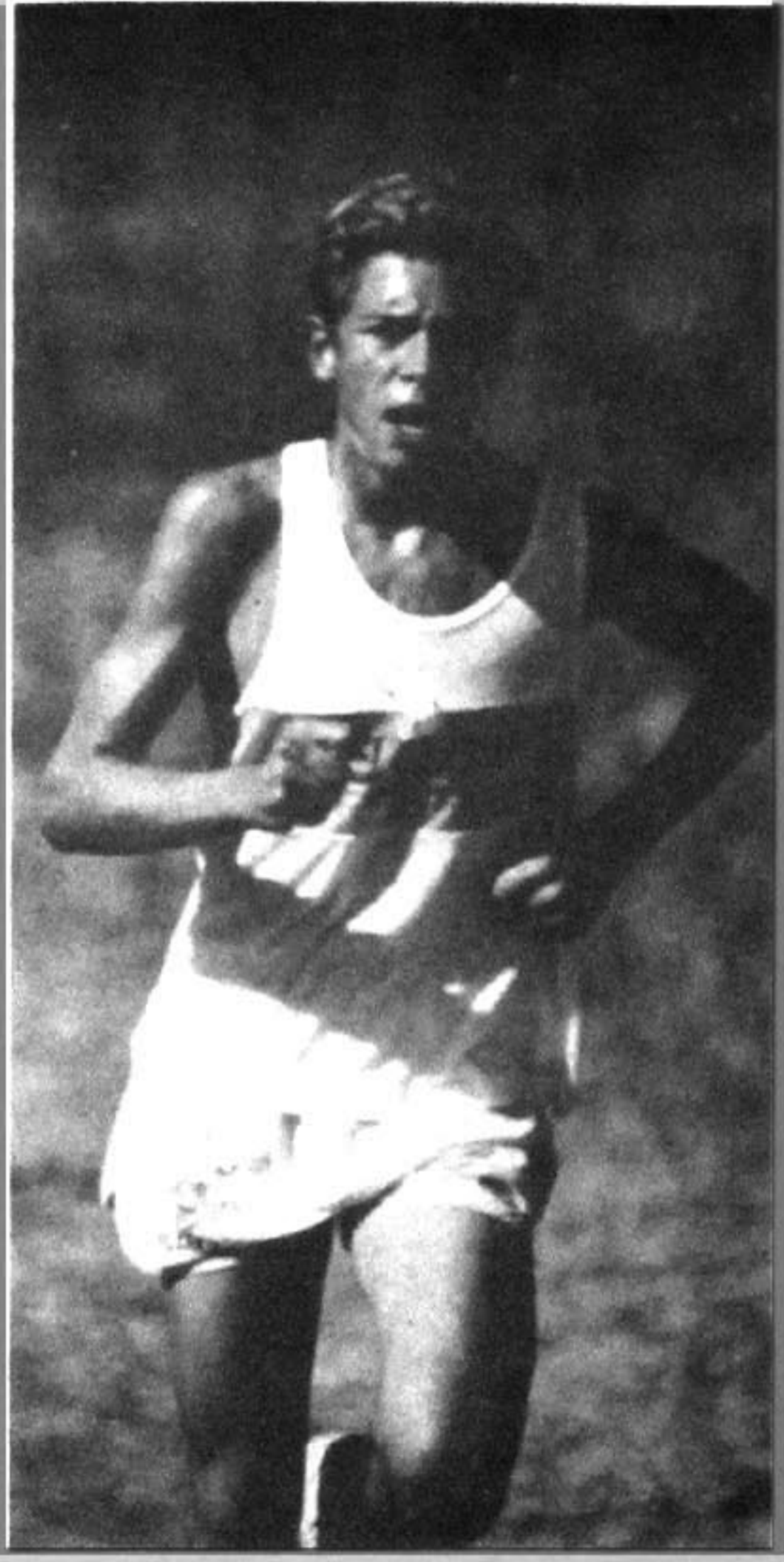
Carlsbad's young boys team was second in the race.



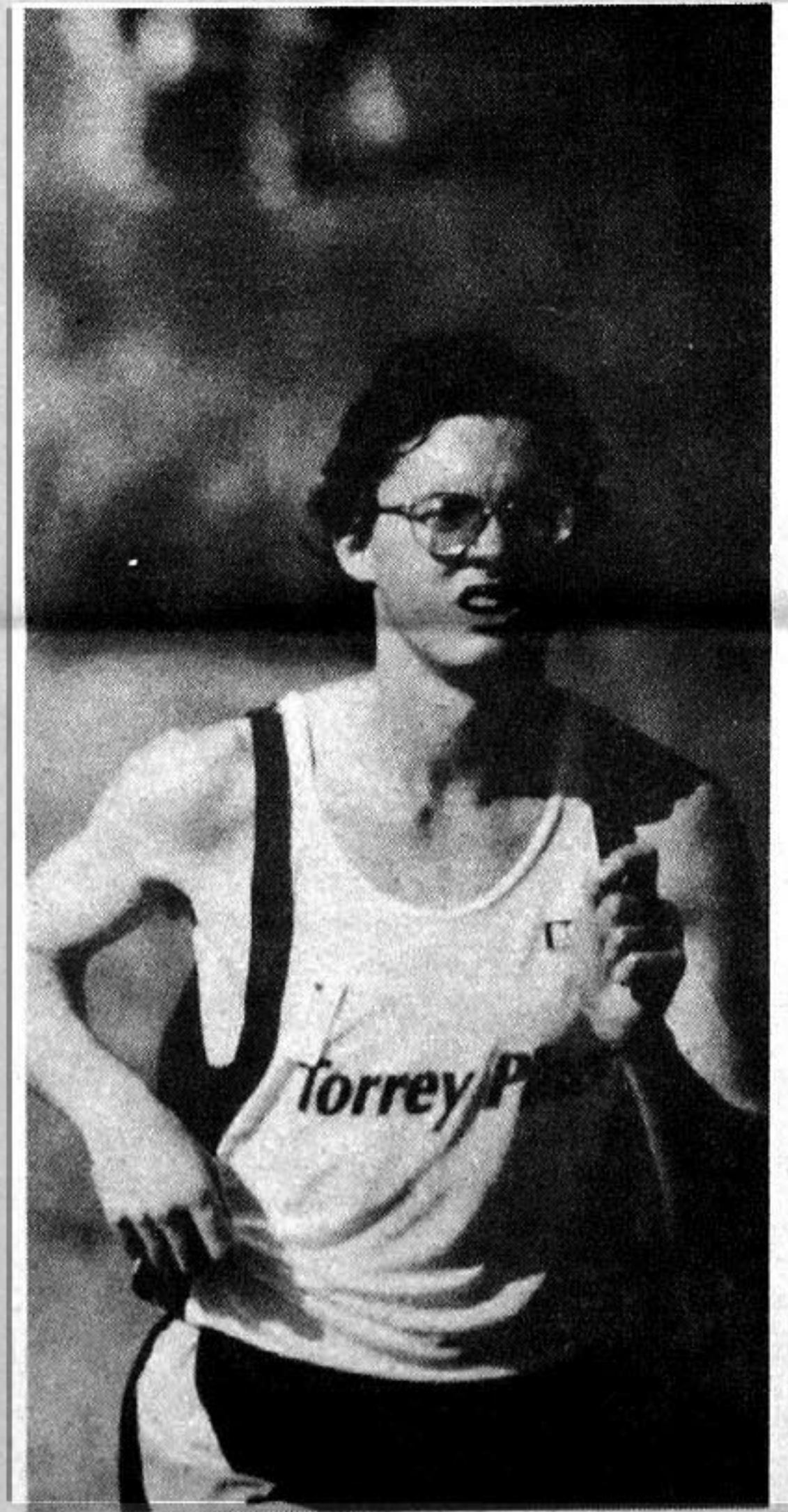
Justin Mattos
El Camino



Kelly Platko
Carlsbad



Luke Haywas
El Camino



Mike Breining
Torrey Pines



Colin Cornforth
Oceanside

In the girls race, Jamie Carmichael (fifth) and Kim Crosswell (sixth) led Fallbrook to second. The team also got solid efforts from freshmen Maija Rohde (tenth) and Jenny Promack (11th).

Carlsbad, a very solid team, was third, behind good races from Katie O'Connell (fourth), Kelly Platko (seventh), Cindy Lopresti (12th), Deanna Lynn (13th) and Kristin Woodward (18th).

In a later race, Rancho Bernardo's girls ran times in the range of the Torrey team, setting up a great confrontation in the CIF Division I race. The RB girls were clocked at 14:44, 15:00, 15:18, 15:28 and 15:28.

The Results:

At Guajome Park, Saturday, November 14. Conditions: course in good shape, weather cool for girls race; warming for boys race.

BOYS (3.2 miles):

- 17:08 Efrain Casarez, Fallbrook
- 17:22 Justin Mattos, F2
- 17:42 Mike Breining, Torrey Pines
- 17:43 Luke Haywas, El Camino
- 17:44 Josh Wilson, F3
- 17:46 Pete Coughlin, F4
- 17:49 Ben Miedema, Carlsbad
- 17:55 Jose Escobedo, F5
- 17:58 Colin Cornforth, Oceanside
- 18:00 Tres Steffler, F6
- 18:08 Chris Gausepohl, F7
- 18:08 Chris Burnham, C2
- 18:24 Freddy Espino, F
- 18:22 Roy Quinn, F
- 18:29 Bill Ungricht, F
- 18:35 Steve Daniels, C3
- 18:39 Brian Perkins, EC2
- 18:44 Steve Tarouilly, EC3
- 18:45 Alfredo Sosa, La Costa Canyon
- 18:46 Steve Branson, TP2
- 18:46 Chad Francoise, C4
- 18:56 James Hein, F
- 18:58 Greg Horn, C5

- 19:04 Jorge Carmona, EC4
 - 19:12 Geoff Berlin, LCC2
 - 19:13 Dave Schertzer, C6
 - 19:15 Billy Burke, EC5
 - 19:21 Clark Metler, F
 - 19:28 Kevin Nolan, TP3
 - 19:30 Kenny May, C7
 - 19:40 Brandon Woodward, C
 - 19:45 Ryan Mahoney, F
 - 19:56 Ashli Maharaj, EC6
 - 20:07 You-ku Kwakeim, TP4
 - 20:22 Ernesto Siqueiros, EC7
 - 20:24 Yovani Casarez, F
 - 20:25 Matt Baker, LCC3
 - 20:27 Tallen Sherrod, EC
 - 20:31 Morgan Marcos, LCC4
 - 20:44 Andrew Lam, C
 - 20:56 Navid Hassahazeh, TP5
 - 20:57 Steve Christenson, LCC5
 - 21:17 Ryan Jones, O2
 - 21:21 Aniesen Nunn, TP6
 - 21:25 James Clester, EC
- Scoring: Fallbrook 22, Carlsbad 69, El Camino 76, Torrey Pines 102, La Costa Canyon 128, Oceanside, no score.

GIRLS (2.7 miles):

- 14:32 Camille Dredge, Torrey Pines
 - 14:55 Julie Komosinski, TP2
 - 15:05 Jackie Appel, TP3
 - 15:09 Katie O'Connell, Carlsbad
 - 15:16 Jamie Carmichael, Fallbrook
 - 15:18 Kim Crosswell, F2
 - 15:20 Kelly Platko, C2
 - 15:30 Krista Romley, TP4
 - 15:31 Kathy Read, TP5
 - 15:36 Maija Rohde, F3
 - 15:46 Jenny Promack, F4
 - 15:50 Cindy Lopresti, C3
 - 15:53 Deanna Lynn, C4
 - 15:55 Sabrina St. Laurent, El Camino
 - 16:00 Cathy Picha, F5
 - 16:06 Katie Crosswell, F6
 - 16:09 Julia Corman, La Costa Canyon
 - 16:19 Kristin Woodward, C5
 - 16:27 Lauren Jeffers, TP6
 - 16:30 Laura Alessio, TP7
 - 16:33 Lindsay Picha, F7
 - 16:37 Ashley Orr, TP
 - 16:49 Hillary Soule, LCC2
 - 17:09 Sarah McMahon, C6
 - 17:20 Tessa Conner, TP
 - 17:20 Coral Lloyd, F
 - 17:25 Deann Sobel, TP
 - 17:29 Monica Juarez, EC2
 - 17:38 Dorothy Trogler, TP
 - 18:01 Destiny Stapleton, C7
 - 18:05 Emily Quinn, TP
 - 18:08 Erin Lee, LCC3
 - 18:08 Joanna Funke, LCC4
 - 18:08 Jackie Holz, LCC5
 - 18:14 Kandyce Sanger, LCC6
 - 18:26 Rachael Leader, EC3
 - 18:34 Leslie Clawson, EC4
 - 18:40 Sarah Getz, LCC7
 - 18:43 Nadine Sherrod, EC5
 - 18:44 Jennifer Danley, Oceanside
- Scoring: Torrey Pines 23, Fallbrook 47, Carlsbad 54, La Costa Canyon 120, El Camino 132, Oceanside 181.

Valley: Pasqual boys, VC girls win

Three girls teams finish one point apart; Ramona girls share league title; Cox, McInvale winners

The Valley League championship was a meet of contrasts.

The Valley boys final had so much blue and gold up front that it looked like a San Pasqual homecoming parade.

The Valley girls final was much more democratic, with three teams finishing within one point, in the closest team race of the week.

San Pasqual's boys, who are coming to a nice peak under coach Pat King, were dominant in the brand-new league.

The Golden Eagles took second (Adam Van Wart), third (Kyle Combe), fourth (Erik Kerby) and fifth (Matt Dowthit) in the race.

The race winner, no surprise, was Ramona's Matt McInvale. His time was 16:35 on the 3.2-mile course, well off the 15:42 he ran at the Southern Cal Invite, but he was unpressed here and the temperature was warm.

(NOTE: Times in the boys races at the north county meets were relatively slow across the board, as the thermometer climbed rapidly after the early races.)

San Pasqual's boys put together a one-to-six spread of 0:34 seconds, which was the best of any of the league championship boys teams in the section.

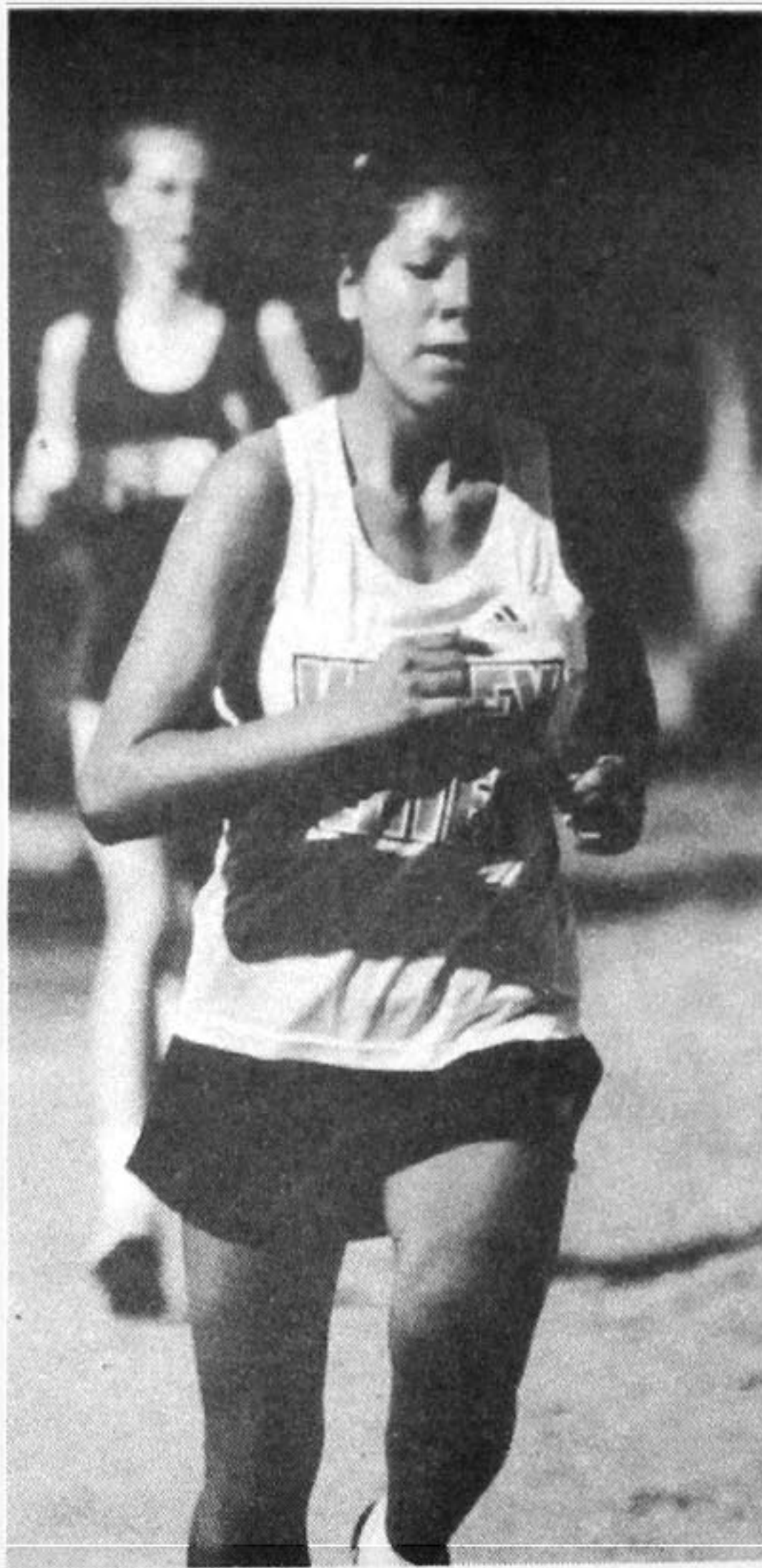
Jason Zamora and Joe Dupee were eighth and ninth for the Golden Eagles. Other than race winner McInvale, only Escondido frosh Juan Mondragon could break into the tight Pasqual pack.

The girls race was expected to be wide open, but this race may have set a new standard for closeness.

Valley Center and Ramona both finished with 49 points, and Escondido had 50. The tie-breaker went to Valley Center, and that race-within-the-race was also close: VC's Diana Strong beat Ramona's Deanna Hitchcock by one second.

Escondido senior Lanele Cox won the girls race in an unchallenged 15:13, and the Cougars also had Sandra Mitchell (eighth) and Thea Rusthoven (tenth) in the top ten.

Valley Center's Diana Dibble was second in the race, and teammate Maria Cervantes was seventh. Also scoring were Jamie Morasco (11th), Laura-Lee Reid



Maria Cervantes
Valley Center

(13th) and Emily Hall (16th).

Ramona had a nice grouping, with Bre Goetz, Kennie Kwok and Leslie Mitchell finishing fourth, fifth and sixth. The Bulldogs were without Loretta Kilmer, a key runner, who was attending a band function. Kilmer is expected to run the CIF meet, which means that the Bulldogs should be a contender in the Division II field.

Ramona's girls had finished ahead in the dual meet standings, but the Valley Center finals win meant that the teams shared the league title.

Coach Mike Cummings' Valley Center girls team not only won a league co-title in their first year of competition, but they are now in good position to make a run at the CIF Division IV girls title as well. They are a slight favorite against contenders Coronado and San Dieguito Academy.

The Results:

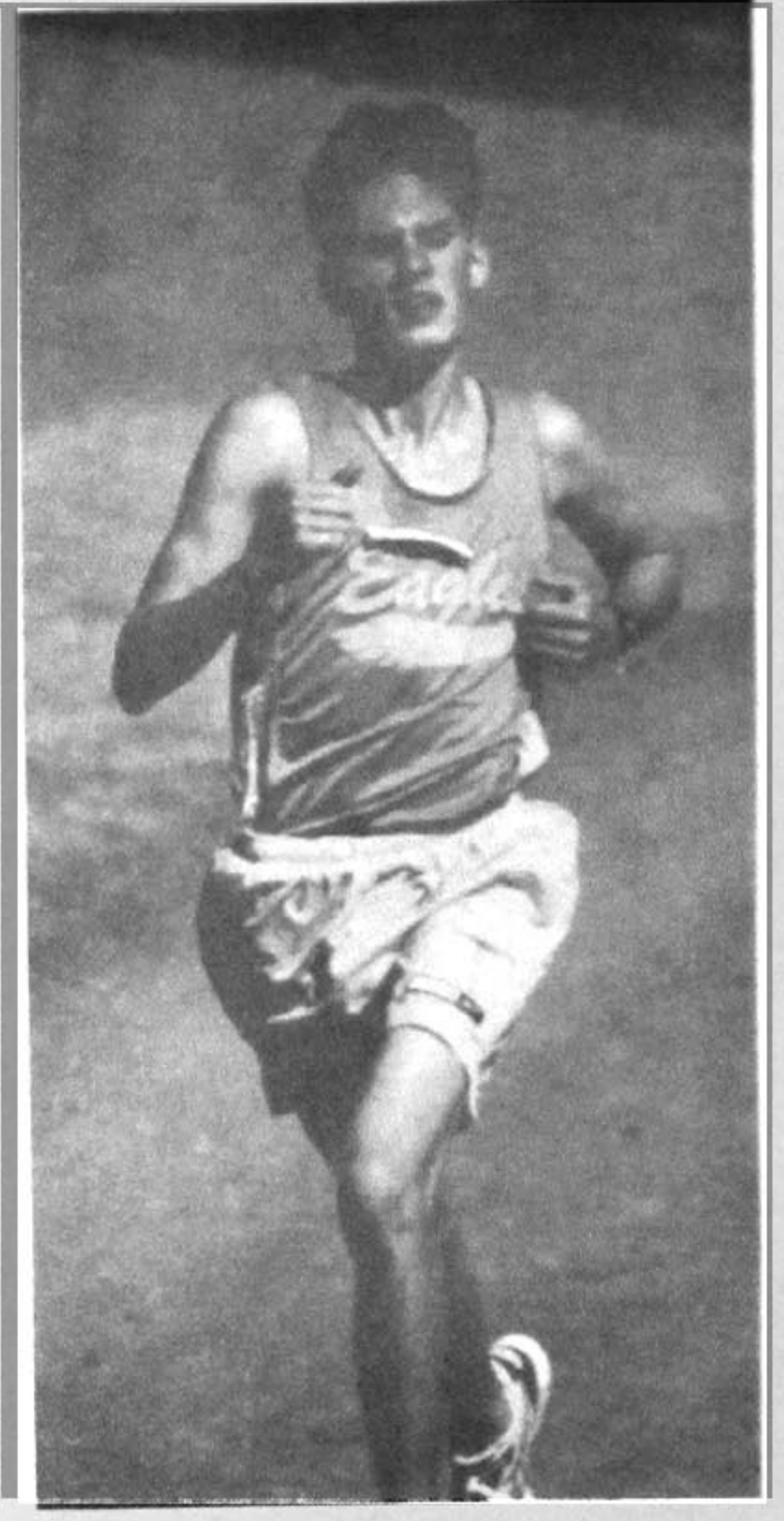
At Guajome Park, Saturday, November 14. Conditions: course in good shape, weather cool for girls race; warming for boys race.

BOYS (3.2 miles):

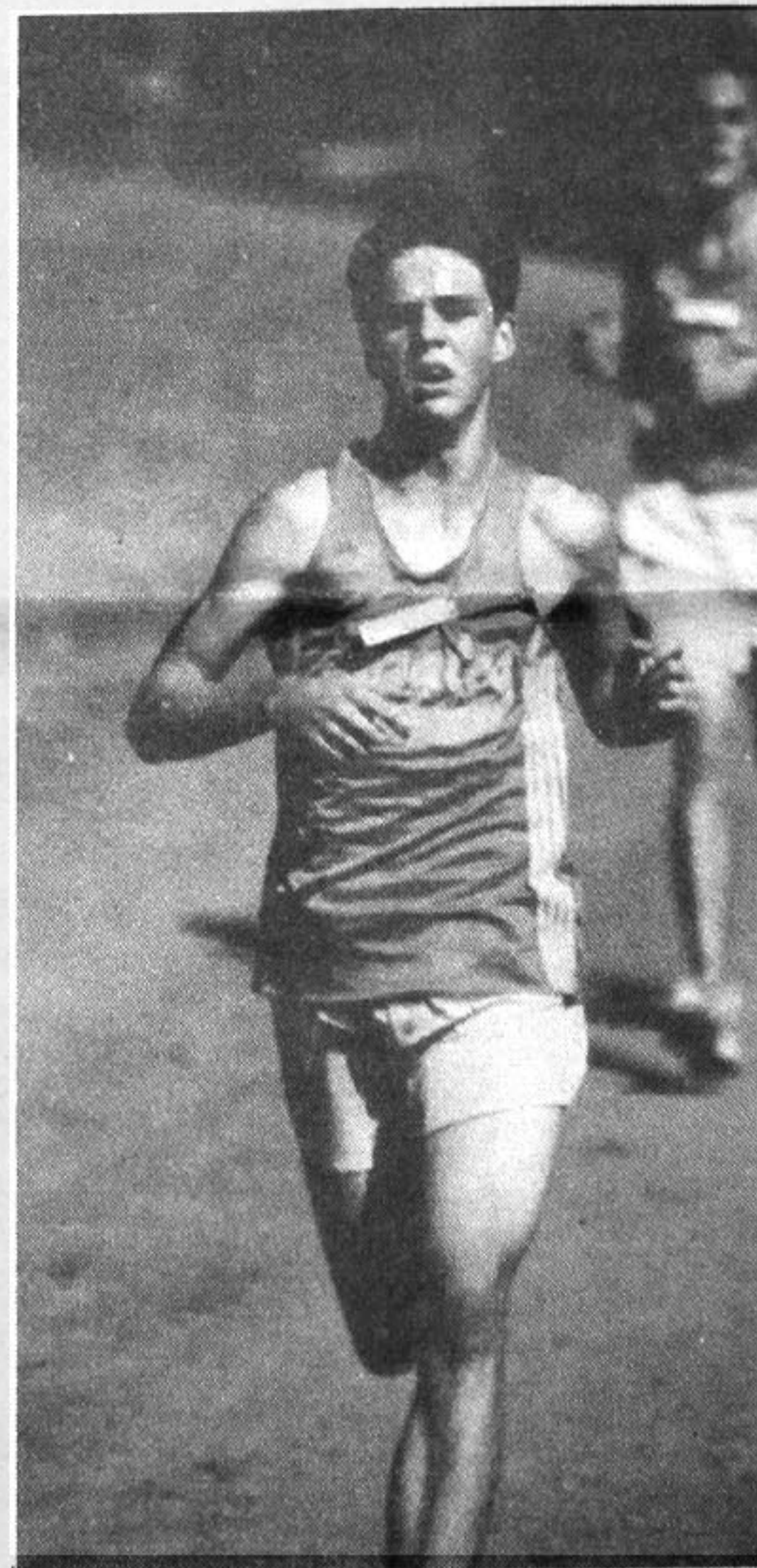
- 16:35 Matt McInvale, Ramona
- 17:03 Adan Van Wart, San Pasqual
- 17:14 Kyle Combe, SP2
- 17:17 Erik Kerby, SP3
- 17:25 Matt Dowthit, SP4
- 17:34 Juan Mondragon, Escondido
- 17:35 Nick Jones, Orange Glen
- 17:36 Jason Zamora, SP5
- 17:37 Joe Dupee, SP6
- 17:42 Cooper Bachman, Valley Center
- 17:57 Enrique Montoya, E2
- 17:57 Joe Voshell, E3
- 18:11 Jose Carillo, OG2
- 18:11 Matt Johnson, SP7
- 18:18 Ricky Roane, R2
- 18:21 Jonathan Cordes, E4
- 18:23 David Del Llano, R3
- 18:26 Will Wisehart, SP
- 18:26 Jon Shellhammer, R4
- 18:28 Andrew Piroutek, OG3
- 18:30 Nick Schlapfer, OG4
- 19:09 Freddy Nunez, SP
- 19:19 Todel Hough, VC2
- 19:21 Matt Saldivar, R5
- 19:23 Hector Jimenez, OG5
- 19:27 Apolinar Reyes, E5
- 19:29 Ryan Termath, OG6



Bre Goetz
Ramona



Kyle Combe
San Pasqual

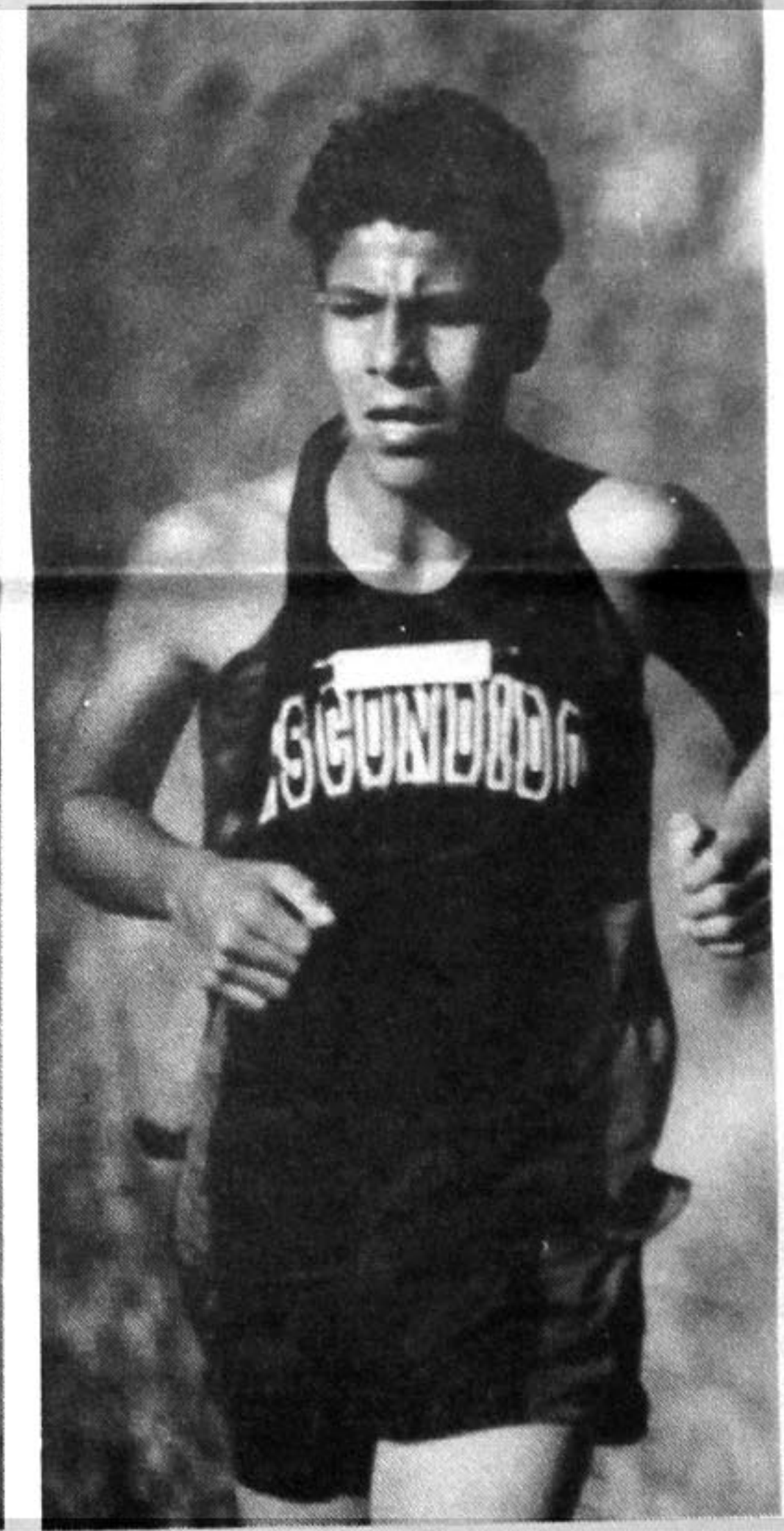


Matt Dowthit
San Pasqual

- 19:39 Ernesto Hernandez, E6
 - 19:40 Conrad Niteeki, VC3
 - 19:46 Elliot Rothmeier, SP
 - 19:58 Omar Hernandez, VC4
 - 20:25 Jason Thompson, VC5
 - 20:33 Noah Vogelsang, E7
 - 20:34 Marek Dorbrowsky, R6
 - 20:39 Curtis Martineau, VC6
- Scoring:** San Pasqual 22, Escondido 69, Ramona 73, Orange Glen 82, Valley Center 115.

GIRLS (2.7 miles):

- 15:13 Lanele Cox, Escondido
- 15:32 Diana Dibble, Valley Center
- 15:45 Lorena Jimenez, Orange Glen
- 16:09 Bre Goetz, Ramona
- 16:13 Kennie Kwok, R2
- 16:20 Leslie Mitchell, R3
- 16:24 Maria Cervantes, VC2
- 16:25 Sandra Mitchell, E2
- 16:27 Caroline Rolls, OG2
- 16:38 Thea Rusthoven, E3
- 16:41 Jamie Morasco, VC3
- 16:45 Jenny Cruz, San Pasqual
- 16:50 Laura-Lee Reid, VC4
- 17:04 Brianna Stull, E4
- 17:05 Jenny Wilcoxson, R4
- 17:08 Emily Hall, VC5



Juan Mondragon
Escondido

- 17:09 Dana Kerby, E5
 - 17:20 Molly Kelly, E6
 - 17:25 Rachael Simmons, R5
 - 17:40 Aimee Rolls, OG3
 - 17:49 Lluvia de Luna, OG4
 - 17:56 Diana Strong, VC6
 - 17:57 Deanna Hitchcock, R6
 - 18:00 Shawna Kelly, E7
 - 18:05 Rachel Rubin, SP2
 - 18:05 Luci Downey, OG5
 - 18:05 Cassidy Tinsley, SP3
 - 18:11 Jennifer Dowthit, SP4
 - 18:20 Kristen Spivey, R7
 - 18:31 Marissa Leivas, E
 - 18:33 Anna Hough, VC7
 - 18:36 Jackie Kenney, SP5
 - 18:37 Katie Johnson, SP6
 - 18:37 Bethany Hayward, OG6
 - 18:37 Kristy Ellis, OG7
 - 18:38 Clair Poissenoiz, R
 - 18:39 Amy Davignon, E
 - 18:50 Megan Brockriede, SP7
 - 18:50 Debbie Dow, E
 - 18:59 Carly Ness, VC
- Scoring:** Valley Center 49, Ramona 49 (Valley Center wins on tie-breaker), Escondido 50, Orange Glen 79, San Pasqual 121.

Palomar:
RB's girls,
Vista boys
winners

Fast Broncos edge great Mt. Carmel effort; Manson, Ricketts titlists

There was nothing ordinary about the Palomar League girls final.

Rancho Bernardo's girls, going into the meet top-ranked in the county, were looking in two directions at once.

They were racing to keep up with great efforts by the Torrey Pines girls (quick times, recorded an hour earlier on the course), while trying to fend off a hard-charging Mt. Carmel team.

Actually the RB girls may not have been aware of the Torrey times. When Bronco coaches Don Jones and Terry Dockery saw them posted, they both said, "We don't have to tell the girls."

RB held off Mt. Carmel's girls, but it was not easy.

In boys racing, Vista upheld their favorite status with a solid race, while Poway and Mt. Carmel fought to a standoff in the second slot. Poway won the tie-breaker.

Broncos Julie Manson and Sean Ricketts were individual winners. Ricketts had 0:20 seconds on Vistan Justin Neuroth, while Manson was not far ahead of Mt. Carmel's Ashley Dere.

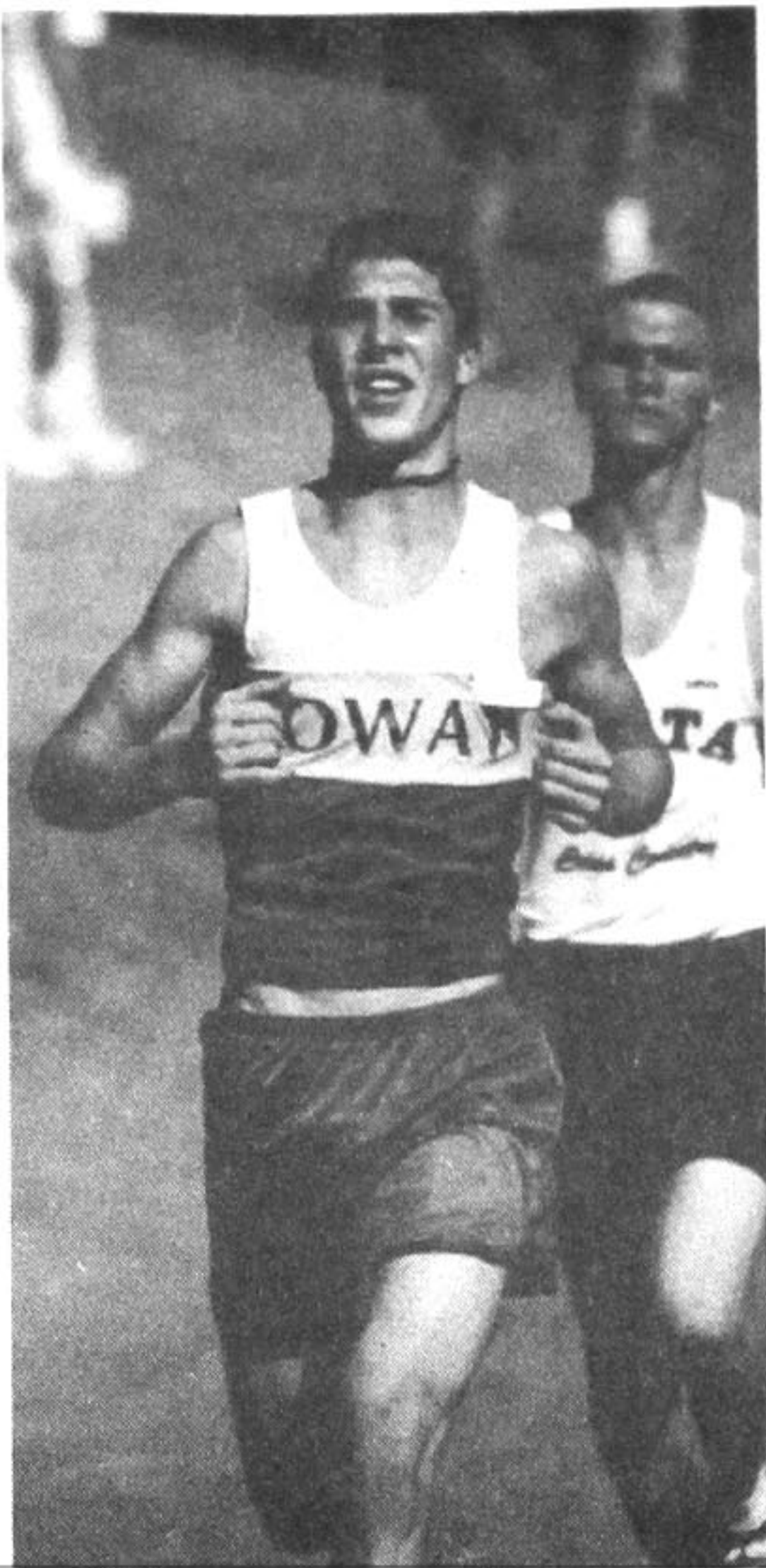
In fact, with about 400 meters to run in the girls race, Mt. Carmel was looking very good. Dere was within range of Manson, and picking up the pace, Sundevil teammates Janet Mulvey and Kim Vasko were third and fourth.

RB's Allison Hall started to move at that point and passed Vasko and then passed Mulvey. Seconds later, Kaleena Yee made a move to get ahead of RBV's Natassja Hall for sixth. Broncos Katie Boyd and Sarah Wilkins were eighth and ninth to cement the win.

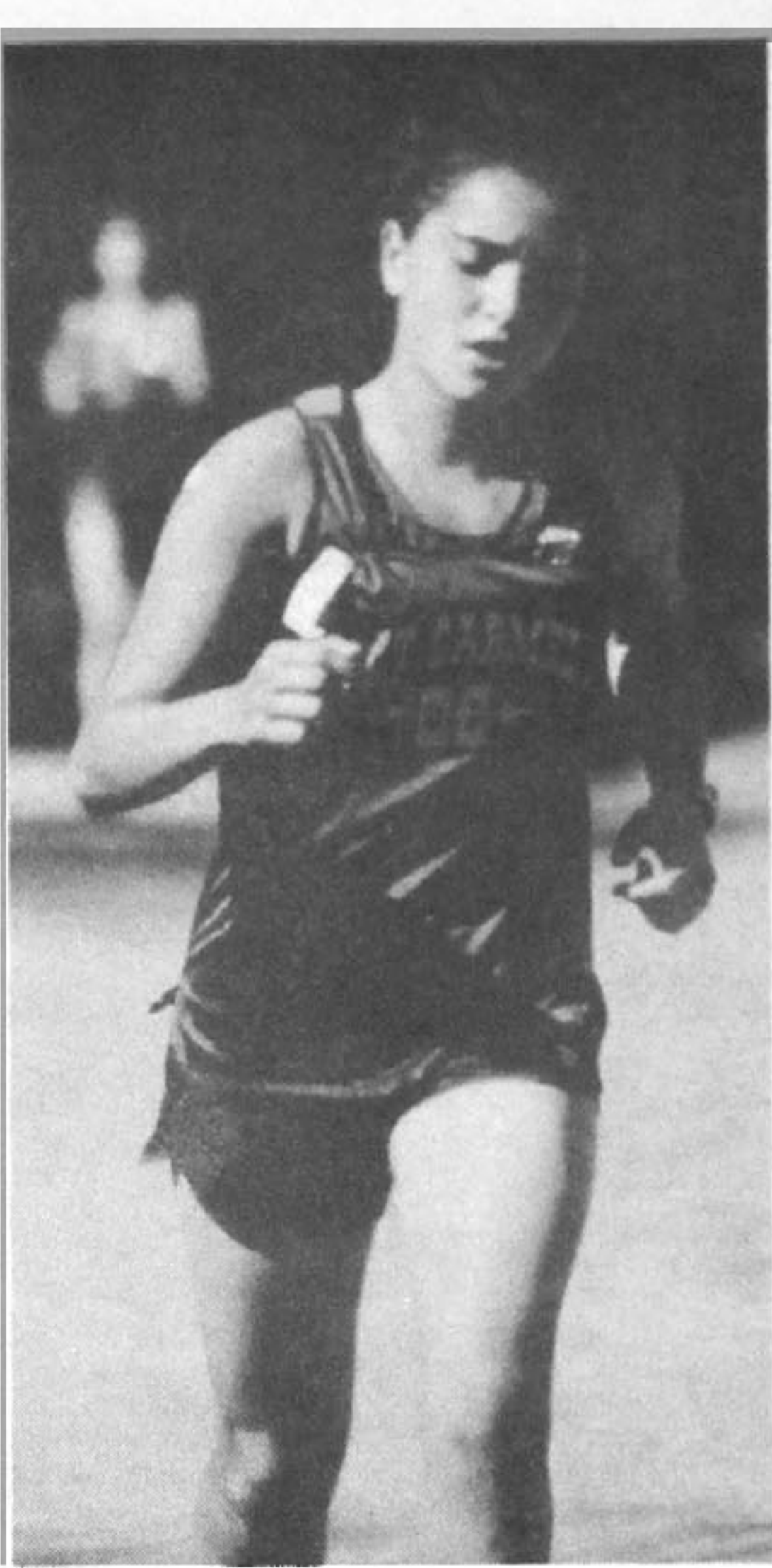
The league results read almost like a dual meet. Runners from Mt. Carmel and Rancho Bernardo took the first six spots, and 11 of the first 13 places.

The boys race was much more democratic. Vista had three of the top ten spots, including a fine effort by Jared Emmons in third, just four seconds behind Neuroth.

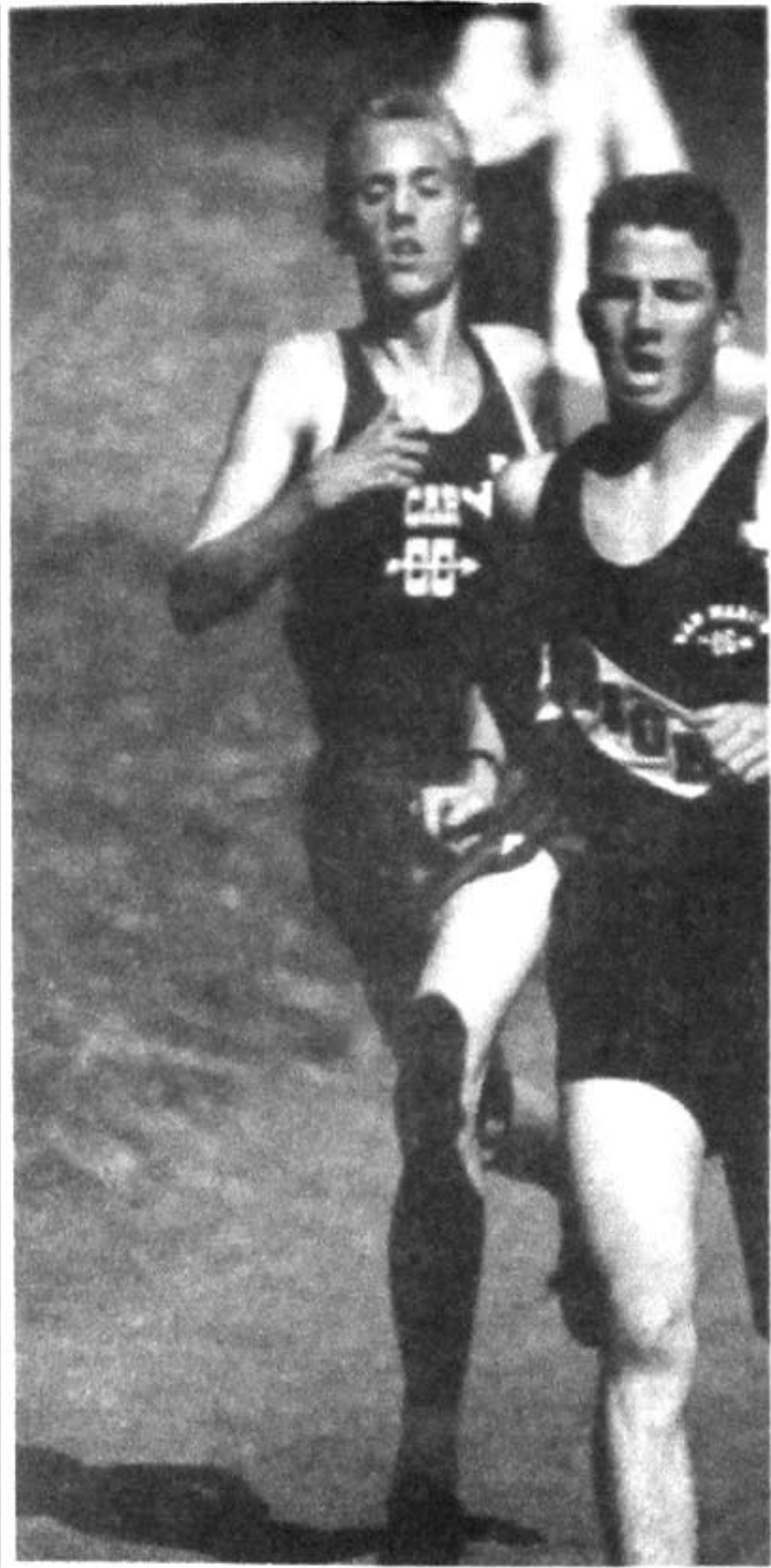
Poway (Pat Prunty and Josh Pope), Mt. Carmel (Mike Cooke and frosh Alan Aradanas) and San Marcos (Travis Laird and Andrew Boring) each had two runners in the top ten, and Rancho Bernardo



Pat Prunty
Poway



Manal Yamout
Mt. Carmel



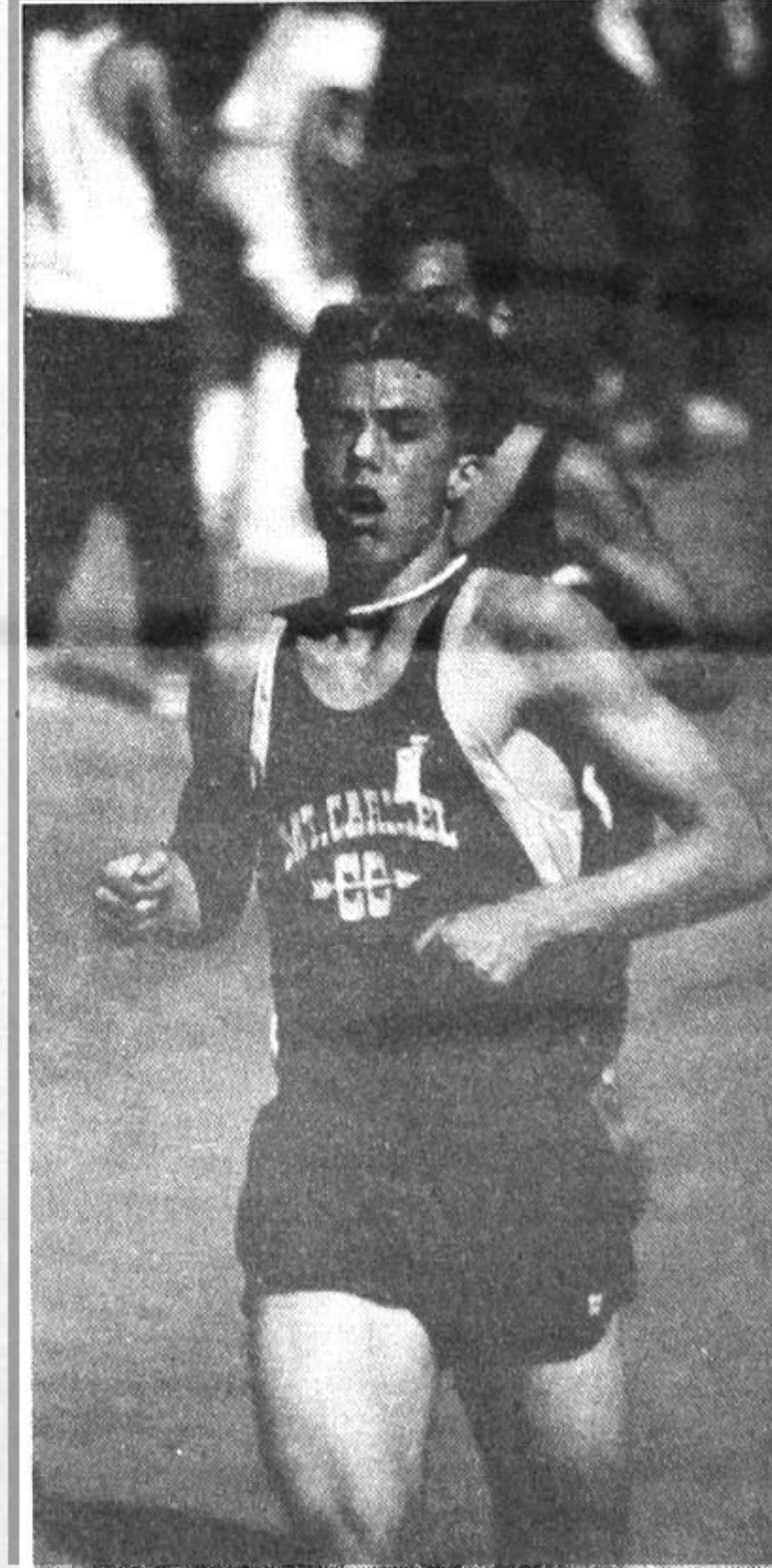
Mike Cooke
Mt. Carmel

had the race winner (Ricketts). The boys race, near midday, did not produce fast times. The morning's ideal racing conditions had turned to heat. Runners across the board ran about 0:20 seconds slower than at the Southern Cal Invite last month.

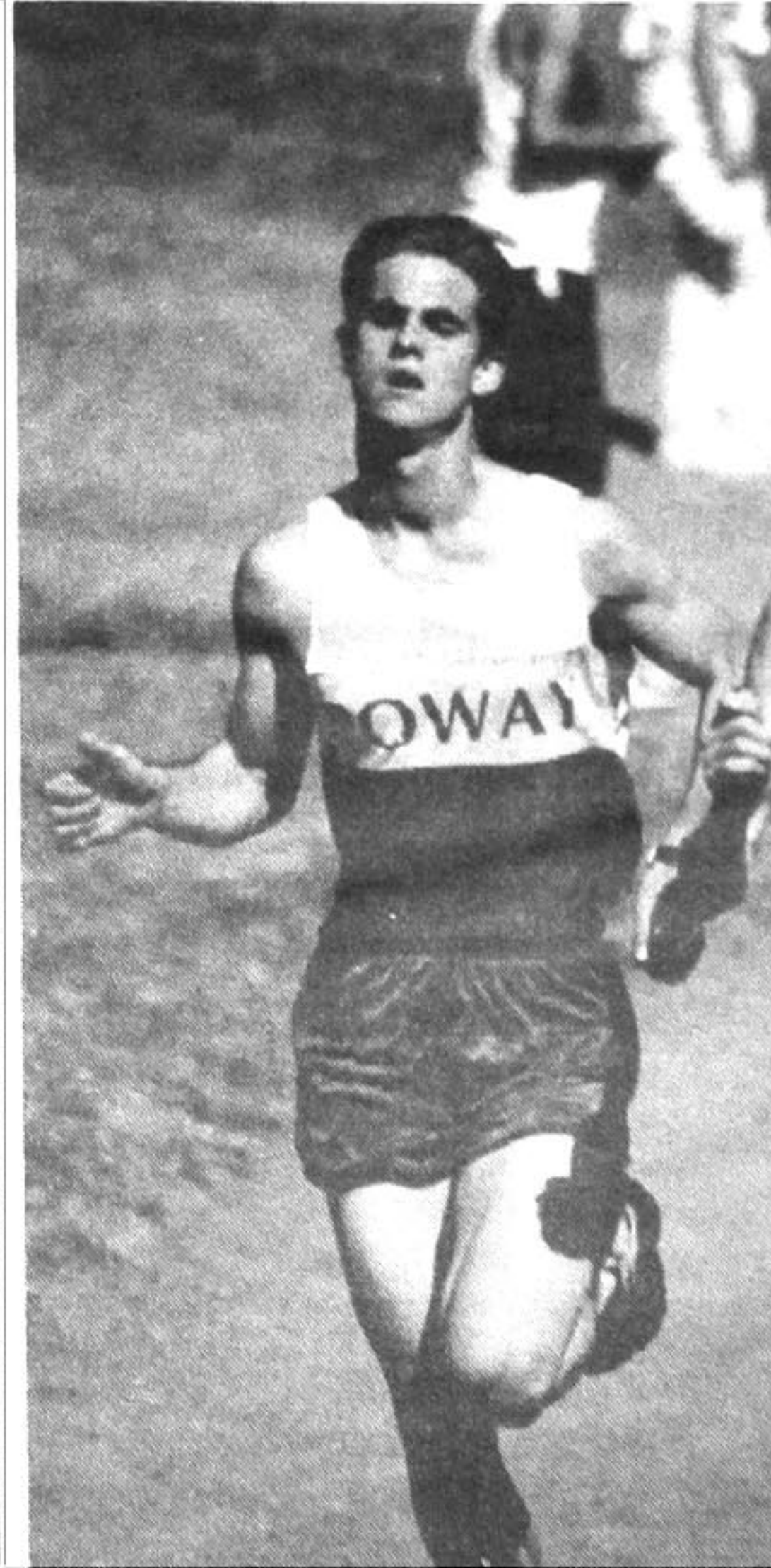
The Results:

At Guajome Park, Saturday, November 14. Conditions: course in good shape, weather cool for girls rce; warm for boys race.

BOYS (3.2 miles):	
16:23	Sean Ricketts, Rancho Bernardo
16:43	Justin Neuroth, Vista
16:47	Jared Emmons, V2
16:50	Pat Prunty, Poway
16:58	Josh Pope, P2
17:04	Mike Cooke, Mt. Carmel
17:05	Travis Laird, San Marcos
17:09	Ryan Montez, V3
17:15	Andrew Boring, SM2
17:21	Alan Aradanas, MIC2
17:23	Chris Kenyon, MIC3
17:24	Sean Daley, V4
17:26	Laurence Mier, SM3
17:26	Devin Lyons-Quirk, P3
17:30	Sergio Esquivel, MIC4
17:31	Aaron Powell, P4
17:37	Mike Zahalan, MIC5
17:38	James Myres, RanchoBuenaVista
17:41	Joe Aguilar, V5
17:45	Luke McGinnis, P5
17:47	Ryan Skerl, SM4
17:50	Basil Hernandez, P6
17:57	Tim Helms, P7
18:03	Juan Sanchez, V6
18:07	Arturo Molano, SM5
18:09	Ben Bruce, MIC6
18:11	Ramon German, V7
18:12	Mike Klepper, MIC7
18:12	Josh Long, P
18:13	Andy Campbell, RB2
18:13	Mike Lavorgna, RB3
18:13	Irving Franklin, V
18:14	Greg Ryan, MIC
18:14	Cameron Sanders, RB4
18:14	Mike Shannon, RB5
18:17	Dan Tunks, RB6
18:33	Jake Fulton, RB7
18:33	Reis Paluso, P
18:35	Isaac Chitica, SM6
18:38	Arnel Aradanas, MIC
18:41	Nick Thornton, RBV2
18:46	Ryan Hirschman, MIC
18:46	Chris Harris, SM7
18:53	Seth Dallman, P
18:55	Mike Albo, RB
18:57	Ryan Crim, RB
18:59	Ryan Miller, V
19:14	Aaron Trunnell, RBV3
19:21	Chris Rogers, RB
19:34	Brian Hill, RBV4



Chris Kenyon
Mt. Carmel



Aaron Powell
Poway

Scoring: Vista 44, Poway 59, Mt. Carmel 59 (Poway gets second on a tie-breaker), San Marcos 75, Rancho Bernardo 131, Rancho Buena Vista 208.

GIRLS (2.7 miles):	
14:44	Julie Manson, Rancho Bernardo
14:50	Ashley Dere, Mt. Carmel
15:00	Allison Hall, RB2
15:03	Janet Mulvey, MIC2
15:14	Karen Vasko, MIC3
15:18	Kaleena Yee, RB3
15:21	Natassja Hall, RanchoBuenaVista
15:28	Katie Boyd, RB4
15:28	Sarah Wilkins, RB5
15:35	Manal Yamout, MIC4
15:36	Tiffany Lee, Vista
15:48	Kim Nessel, MIC5
15:52	Mikaelyn Austin, RB6
15:56	Nicole Mier, San Marcos
15:59	Kerri Wheeler, RB7
16:00	Amber Smith, Poway
16:03	Courtney Allen, RBV2
16:04	Audrey Harrer, MIC6
16:10	Brianna Hibbs, P2
16:11	Kamaya Damwijk, P3
16:21	Megan Briscoe, P4
16:29	Ericka Lopez, V2
16:32	Veronica Roberts, MIC7
16:34	Maria Mendoza, V3

16:37	Danielle Holden, P5
16:38	Meredith Nespor, P6
16:41	Mande Clark, P7
16:44	Julia McGurk, P
16:45	Maribel Gonzalez, RBV3
16:48	Meghan Lyons, MIC
16:51	Jessica Murray, RBV4
16:53	Jessica Romag, P
16:54	Silvia Rivas, V4
16:55	Erin Muir, RB
16:57	Devann Yata, V5
17:04	Michelle Dos Santos, MIC
17:04	Olympia Olguin, V6
17:05	Kelly Kodadek, SM2
17:07	Karina Kloos, RBV5
17:11	Amy Vasko, MIC
17:15	Kim Vanzant, V7
17:22	Meghan Boring, SM3
17:26	Emily Joller, RB
17:35	Lisa Lyons, RB
17:40	Britt Jennings, P
17:59	Camille Wilborn, RBV6
18:19	Tiffany Myres, RBV7
18:28	Tyra Moe, V
19:04	Dora Shakari, V
19:13	Christina Gallegos, V
Scoring: Rancho Bernardo 27, Mt. Carmel 33, Poway 101, Rancho Buena Vista 123, Vista 125, San Marcos 197.	

CIF

Preview:

From page 1.

well-coached, both deep in the pack and strong at the top. They shouldn't have any trouble finding each other before the first mile is done and the racing begins.

"It's going to be close," San Pasqual coach Pat King understated. "We'll run the way we always run, being patient, and trying to work our way up."

The Scripps team had good success against an excellent La Jolla team that threw a hard pace at them early on. It will be interesting to see how they match up with a team that is so similar in style.

That race will also probably have the very best man-to-man race, with Serra's Marcus Chandler and Ramona's Matt McInvale getting together. Close behind those two will be people such as Monte Vista's Jon Rankin, Scripps' Patrick Grimes, Point Loma's Tom Antl and San Pasqual's Adam Van Wart.

Chandler and McInvale have only met once, at the Southern Cal Invite, where Chandler used a long drive to just catch the front-running McInvale at the finish.

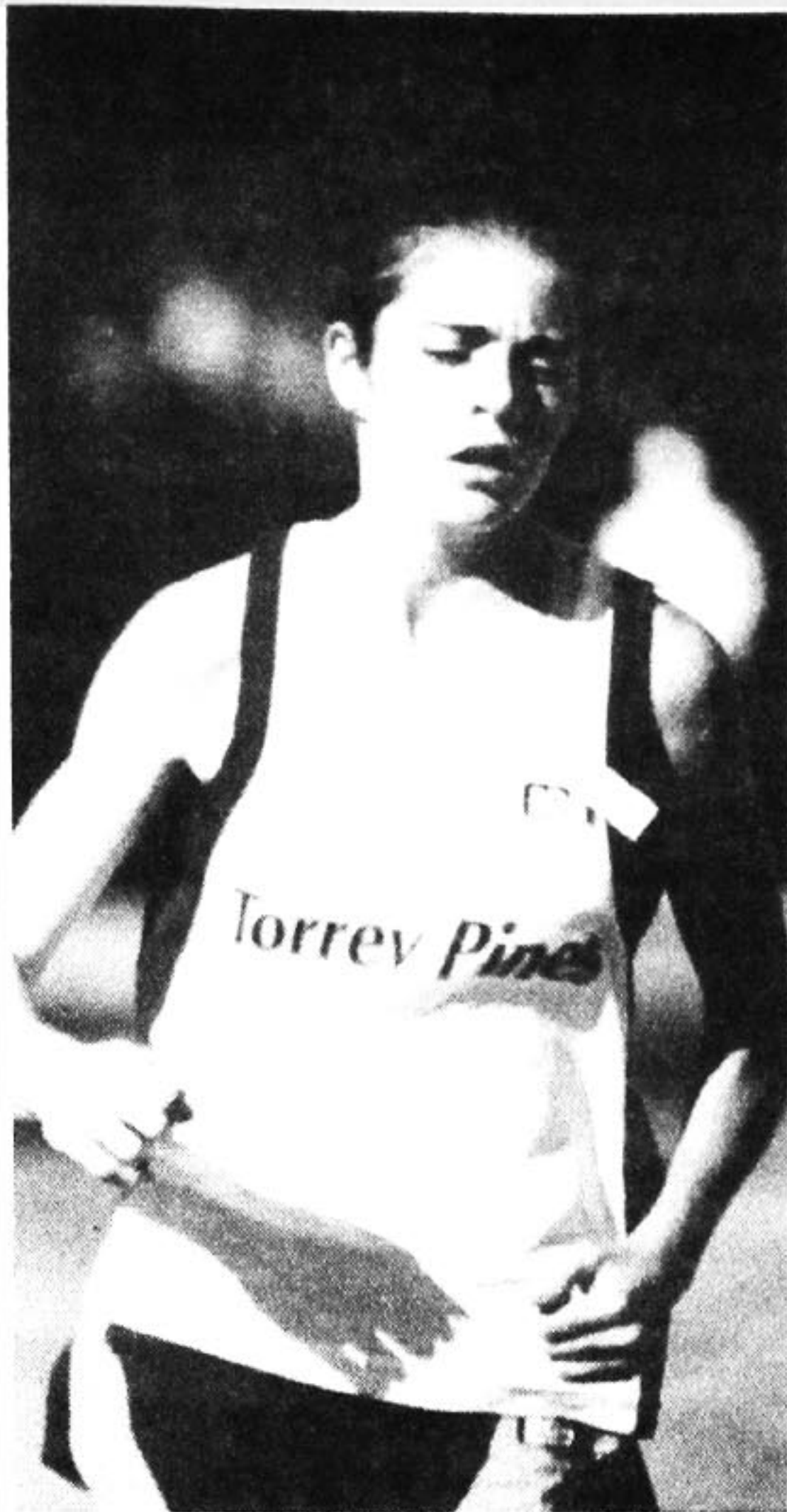
Chandler is unbeaten; McInvale has only the one loss. Between them, they have faced many of the best in the state.

One who hasn't raced either is Granite Hills senior Jason Finch, who is also unbeaten. He started the year by blasting course records, took some time off because of an injury, but he looked good at the Grossmont meet last week.

Helix's Courtney Baird has beaten most of the county's best all year, and has raced strong against the best in the state. She missed her league meet with a respiratory infection, however, and may not be all the way back at the CIF meet.

Francis Parker's Angela Petersen lost to Baird in a very early season race, and has improved greatly since then. She shouldn't be challenged today, and she has her eye on the state Division V crown.

Want to see a great, wide-open race? The Division II girls team race has no shortage of contenders,



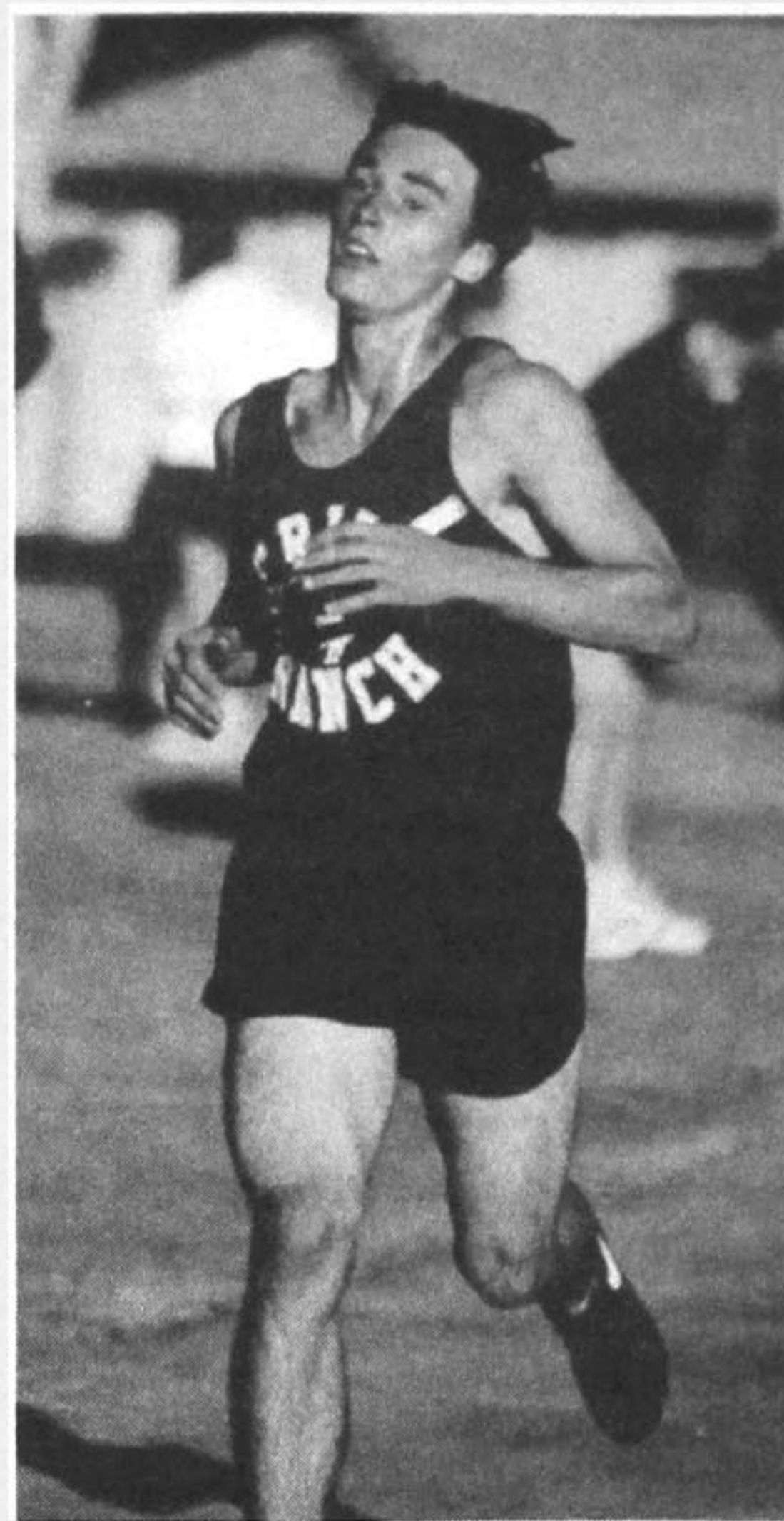
Jackie Appel
Torrey Pines

including El Capitan, Point Loma, Scripps Ranch, Mira Mesa, Ramona, Orange Glen and Escondido. Hilltop's Desiree Davila, who has maintained a relatively low profile this year despite only losing to Angela Petersen, will race with Escondido's Lanele Cox for the individual crown.

Want to root for a true underdog? Check out the Julian girls in the Division V race. This small-school team has only five runners, and three of them have only run a handful of races apiece, ever. But there is enough talent there to put the Eagles in contention for a state meet slot. Needless to say, there is no margin for error.

Among the contenders in the girls D-V race are Christian, Calvin Christian, La Jolla Country Day, Julian and Bishop's. Will the race go to one or the pack teams (Christian and Calvin Christian), or the ones with up-front talent?

A story that may not have a happy ending is the Division III girls team race. There, Western rivals University City and La Jolla are clearly the best, and are also among the state's best. However, there are only eight schools in the division, and that could mean problems. If every school doesn't field a full team, and the interpretation of that is still being debated, then only one team can



Andy Delery
Scripps Ranch

qualify for Fresno. UC is the favorite, and La Jolla's best hope is that everybody shows up. The individual race will see University of San Diego's Michelle Barrack and UC's Katherine Ziegler at the front.

The Division IV girls race will have only one qualifier. Best teams are an up-and-coming Valley Center squad, a balanced team from Coronado, and a team from San Dieguito Academy that has two great leaders. The individual title

could go to San Dieguito's Jenna Timinsky or Jessica Bray, Valley Center's Diana Dibble or Coronado's Barbra Chakos.

The boys Division I race features a great West Hills team that is on top of its game. Vista at their best is not far off the West Hills standard. Poway, Mt. Carmel and Granite Hills, all of them coming on at the right time, are lying in wait should one of the favorites stumble. There is quality depth here, too, with Fallbrook, Valhalla, Chula Vista, Bonita Vista, Sweetwater, San Marcos, San Diego and others in the field.

Finch is the race favorite, but RB's Sean Ricketts, West Hills' Evan Fox, Vista's Justin Neuroth, and Bonita Vista's Brian Paff will not trail Finch by much.

The other boys races have strong favorites.

St. Augustine is the best of the teams hoping for the single qualifying spot in Division IV.

An excellent La Jolla team is the class of Division III. The only way they don't go to Fresno is if their bus gets lost on the way. The boys D-III field will have only one team qualifier. The individual favorite is Kearny's exciting Mohamed Aden, a great talent who could be a real X-factor at the state meet.

Calvin Christian is a big favorite in the D-V boys race, but the second slot is up for grabs among La Jolla Country Day, Army Navy, Bishop's and Christian. Calvin's Bart Conner is the defending champ.

Shoes on tight,
and mud below.
Two hills down,
with one to go.
Singlet soaked,
and legs of fire,
knowing the race
will go down to the wire...



"Good luck to the CIF competitors"

This is our last fall issue.

For results of the CIF races,
the California state meet,
and other post-season action:

Find it on the

TRACK MAGAZINE web site:

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

Local Rankings

BOYS:

1. West Hills
2. Vista
3. Scripps Ranch
4. San Pasqual
5. Poway
6. Mt. Carmel
7. La Jolla
8. San Marcos
9. Fallbrook
10. Granite Hills

Others:

Chula Vista
San Diego
Bonita Vista
Valhalla

GIRLS:

1. Torrey Pines
2. Rancho Bernardo
3. Mt. Carmel
4. University City
5. Fallbrook
6. West Hills
7. Valhalla
8. Carlsbad
9. La Jolla
10. Helix

Others:

Poway
Bonita Vista
Chula Vista
El Capitan

California Team Rankings

Rankings are by Doug Speck and a committee including Buzz Thom, Dennis McClanahan, Ernest Lee, Hal Daner, Steve Fagundes and Jim Eckman.

GIRLS:

DIVISION I:

1. Esperanza, Anaheim
2. Rancho Benardo
3. Torrey Pines
4. Peninsula
5. Yucaipa
6. Thousand Oaks
7. Mt. Carmel
8. Irvine
9. Nevada Union
10. Santa Rosa

DIVISION II:

1. Sultana, Hesperia
2. Newport Harbor, Newport Beach
3. Woodbridge, Irvine
4. Santa Margarita, Rancho SM
5. Clayton Valley, Concord
6. Brea-Olinda, Brea
7. Mater Dei, Santa Ana
8. Atascadero
9. Los Gatos
10. Cathedral City

DIVISION III:

1. La Canada
2. Foothill, Redding
3. Lompoc
4. Palo Alto
5. El Modena, Orange
6. University City
7. St. Francis, Mountain View
8. Granada, Livermore
9. Carondelet, Concord
10. Montgomery, Santa Rosa

DIVISION IV:

1. Corona del Mar, Newport Beach
2. Sacred Heart, San Francisco
3. Nordhoff, Ojai
4. St. Joseph, Santa Maria
5. Louisville, Woodland Hills
6. McFarland
7. Notre Dame, San Jose
8. Costa Mesa
9. Campolindo, Moraga
10. Malibu

DIVISION V:

1. University, San Francisco
2. Chadwick, Palos Verdes
3. Desert Christian, Lancaster
4. Flintridge Prep, La Canada
5. Polytechnic, Pasadena
6. Santa Clara, Oxnard
7. L. A. Baptist, North Hills
8. Webb, Claremont
9. Desert Christian, BermDunes
10. St. Margaret's, SJC

BOYS:

DIVISION I:

1. Poly, Long Beach
2. West Hills
3. Don Lugo, Chino
4. Belmont, L.A.
5. Saugus
6. Santa Ana
7. Murietta Valley
8. Bellarmine Prep, San Jose
9. Yucaipa
10. Clovis

DIVISION II:

1. Katella, Anaheim
2. Newport Harbor, Newport Beach
3. San Pasqual
4. Los Gatos
5. Jesuit, Sacramento
6. De La Salle, Concord
7. Eureka
8. Scripps Ranch
9. Villa Park
10. Case Roble, Orangevale

DIVISION III:

1. St. Francis, Mountain View
2. Don Bosco Tech, Rosemead
3. South Hills, West Covina
4. Redwood, Larkspur
5. La Jolla
6. South El-Monte
7. Barstow
8. El Modena, Orange
9. La Canada
10. San Luis Obispo

DIVISION IV:

1. Nordhoff, Ojai
2. Estancia, Costa Mesa
3. Notre Dame, Sherman Oaks
4. McFarland
5. Central Valley
6. Riverbank
7. Costa Mesa
8. Yreka
9. Morro Bay
10. Bassett

DIVISION V:

1. St. Joseph/Notre Dame, Alameda
2. Flintridge Prep, La Canada
3. Maranatha, Sierra Madre
4. University, San Francisco
5. Crossroads, Santa Monica
6. Tranquility
7. Santa Clara, Oxnard
8. Desert Christian, Lancaster
9. L. A. Baptist, North Hills
10. Calvin Christian

California Individual Rankings

The following individual rankings were put together from the results of invitationals around the state, with the rankings based on a blend of "head-to-head" competition, consistency and top times achieved in the state's bigger multi-team competitions.

Rankings are by Doug Speck, with correspondents from around the state.

The rankings will be updated after the section finals.

BOYS:

DIVISION 1:

1. Alfonso Leon, Santa Ana
2. Jason Finch, Granite Hills
3. Justin Willingham, Beyer, Modesto
4. Fernando Cabada, Buchanan
5. Sean Ricketts, Rancho Bernardo
6. Evan Fox, West Hills
7. Martin Conrad, Long Beach Poly
8. Josh Spiker, Ventura
9. Justin Neuroth, Vista
10. James DeBruhl, Chino

DIVISION II:

1. Marcus Chandler, Serra
2. Matt McInvale, Ramona
3. Augie Escobar, Villa Park
4. Ryan Mack, Ukiah
5. Jon Rankin, Monte Vista
6. Ryan McGarry, Mater Dei
7. Danny Mejia, Katella, Anaheim
8. Juan Casas, Katella, Anaheim
9. Elionai Gutierrez, Santa Fe
10. Chris Robertson, Jesuit

DIVISION III:

1. Andrew Hill, Los Altos
2. David Ulibarri, Sierra, Manteca
3. Celedonio Rodriguez, Elsie Allen
4. Steve Laurie, Maria Carillo
5. Jesse Hodges, South Hills
6. Armando Solis, Bosco Tech
7. Miguel Alonso, Pioneer, Whittier
8. Eric Chaves, St. Francis, Mtn View
9. Jordan Kinley, Maria Carillo
10. Neil McDonough, St. Ignatius, SF

DIVISION IV:

1. Victor Flores, Riverbank
2. Vic Moreno, Escalon
3. Kevin Lelles, Notre Dame, SO
4. Albert Munoz, Estancia
5. Bruce Hancock, Costa Mesa
6. Brent Shaw, Cardinal Newman
7. Jose Felix, Riverbank
8. Will Crane, Lick, San Jose
9. Mark Nevers, Oak Park
10. Felix Duenas, Riverbank

DIVISION V:

1. Jeff Tomlinson, Crossroads, SM
2. Mike Tomlinson, Crossroads, SM
3. Antonio Estrada, Tranquility
4. Alex Masson, St. Joseph/NotreDme
5. Tom Kubler, Viewpoint, Calabasas
6. Tony Herr, L.A. Baptist
7. Michael Anderson, L.A. Baptist
8. Tim Greenway, Redwood Chrstn
9. Bobby Hull, Santa Clara, Oxnard
10. Bart Conner, Calvin Christian

GIRLS:

DIVISION I:

1. Lauren Fleshman, Canyon
2. Trina Cox, Santa Rosa

3. Courtney Baird, Helix
4. Allyson Marquand, Uni, Irvine
5. Natalie Stein, North Hollywood
6. Katie Hotchkiss, Mission San Jose
7. Anita Siraki, Hoover, Glendale
8. Latesha Jones, Rialto
9. Heidi Walker, Yucaipa
10. Camille Dredge, Torrey Pines
10. Julie Manson, Rancho Bernardo

Others (alphabetically):

Valerie Flores, San Pedro
Julie Komosinski, Torrey Pines
Jaclyn Pedersen, Royal, Simi Valley
Bree Sandberg, Peninsula
Erin Weesner, Royal, Simi Valley

DIVISION II:

1. Jamie Witt, Folsom
2. Robyn Stevens, Vacaville
3. Alicia McFall, Newport Harbor
4. Lori Mann, Santa Margarita
5. Chloe Glare, Menlo Atherton
6. Erinn Gulbransen, Pleasant Valley
7. Laura Jakosky, Agoura
8. Janel Suburu, Ridgeview, BakersPd
9. Lanele Cox, Escondido
10. Deonna Wertz, Sultana

Others (alphabetically):

Desiree Davila, Hilltop
Jessica Kanin, Woodbridge, Irvine
Nicole Perkins, Pacifica, GG
Amber Steen, Newport Harbor
Jenny Thune, Brea-Olinda

DIVISION III:

1. Sara Bei, Montgomery, Santa Rosa
2. Katie Brizgys, Palo Alto
3. Amy Loper-Riley, Alhambra, M'trn'z
4. Stephanie Kzenzulak, Liberty
5. Sarah Bashel, Montgomery, SR
6. Katie Martin, Irvington, Fremont
7. Ali Valle, San Luis Obispo
8. Megan Andrade, Carondelet
9. Sandi Furlong, Paradise
10. Lauren Gustafson, Mills, Millbrae

Others (alphabetically):

Nicole Bonino, La Canada
Annette Corey, Foothill, Redding
Amy Foss, La Canada
Lauren Currie, Palo Alto
Carina Garnic, La Canada
Kim Garnic, La Canada
Katie Moon, Lompoc

DIVISION IV:

1. Liz Morse, Corona del Mar
2. Samantha Michel, Morro Bay
3. Alexandra Guerrero, Hughson
4. Angela Sanchez, Capuchino
5. Annie Rickets, Saratoga
6. Ann Glenn, Sir Francis Drake
7. Alejandra Barrientos, S'n Lorenzo V
8. Mindi Smith, Templeton
9. Laura Davis, McFarland
10. Katy Thornton, F'ntr'ge Sacred Hrt

Others (alphabetically):

Jenny Cummins, Corona del Mar
Jamie Denoewer, Costa Mesa
Michelle June, St. Joseph, Santa Maria
Suzanna Purmont, La Reina, ThsndOks
Shannon Rowbury, Sacred Heart, SF
Jenna Timinsky, San Dieguito Acadmy

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4. Linden Bade, University, SF
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6. Kristie Gonzales, Exeter
7. Veronica Capron, Santa Clare, Ox
8. Diana Clock, University, SF
9. Courtney Cox, Poly, Pasadena
10. Kaili Shumilak, Bishop's

Others (alphabetically):

Jenny Bell, Ontario Christian
Kristin Cohoon, Chadwick, PV
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