

TRACK MAGAZINE

A Movin' Shoes Enterprise



Volume IV, Number 6 -- March 19, 1999

San Diego's best prep track & field coverage

The '99 County Preview

Track Magazine takes an event-by-event look at the prospects for the 1999 season.

First, we recap the top ten returning athletes in each event, based on the 1998 marks. We also note which of last year's champions return, followed by a brief commentary.

Boys:

Best Returners:
(Based on 1998 marks)
100 Meters:

10.72	Steve Hayes, UC
10.73	Lamont Long, UC
10.76	Yanta Morrow, Serra
10.86	Maurice Douglas, SD
10.93	Wardell McNeal, Mont
11.01	DeAndre Harrington, WH
11.03	Phillip Sanders, Morse
11.05	Drew Roberts, RB
11.07	Jeremy Read, Gross
11.07	Mark Tate, Hoover

Long was third in the Masters meet last year as a soph. UC is building another stellar relay team with excellent freshman Chauncey Smith joining forces with Long and Hayes, both juniors.

200 Meters:

21.41	Arthur Orange, RBV
21.45	Steve Hayes, UC
21.72	Maurice Douglas, SD
21.99	Yanta Morrow, Serra
22.11	Wardell McNeal, Mont
22.22	Larry Miles, Crawford
22.25	Phillip Sanders, Morse
22.29	Lamont Long, UC
22.34	Mark Tate, Hoover
22.45	Larvelle Anderson, Eastlake

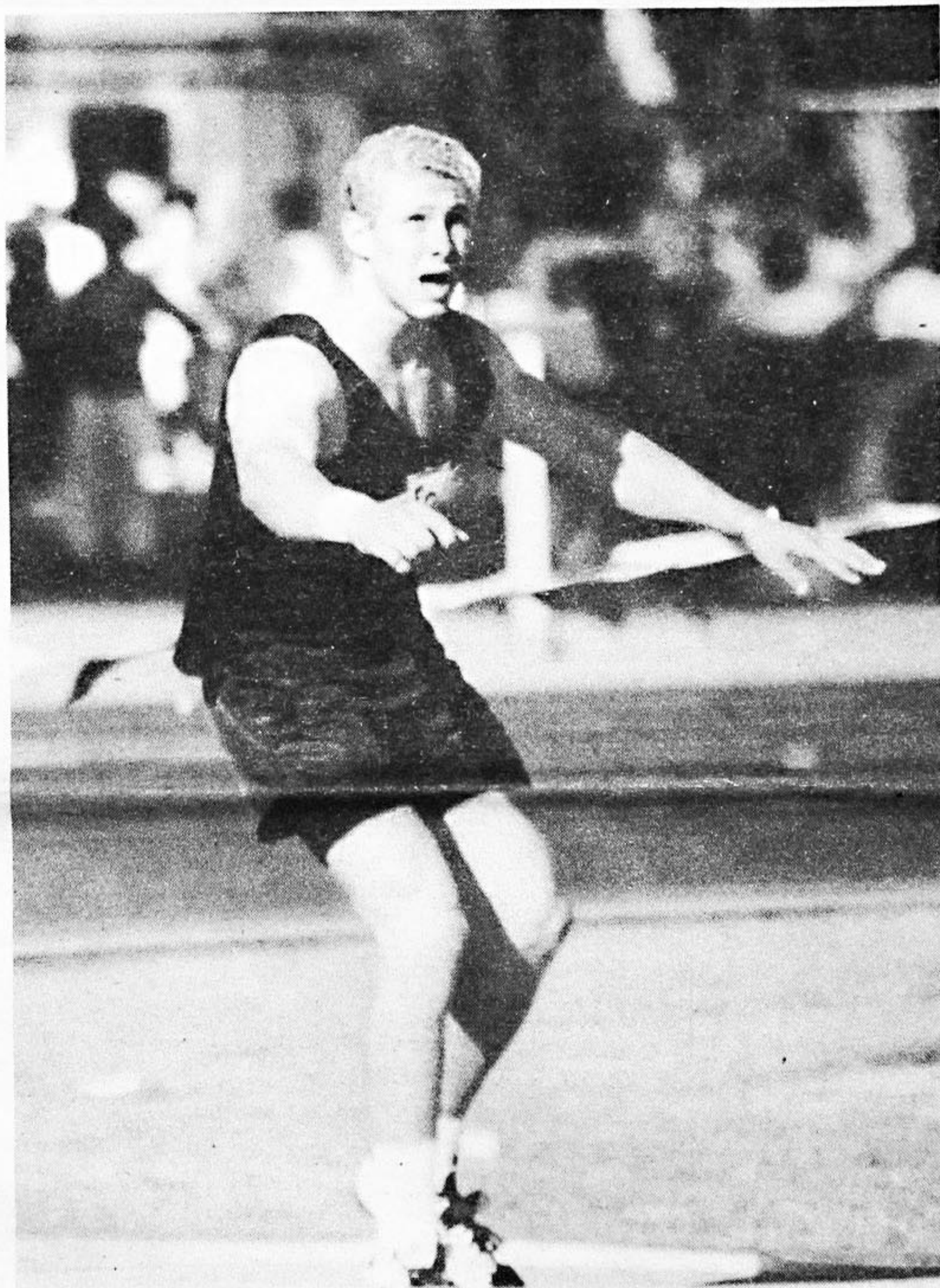
Orange and Hayes were third and fourth in that great Masters

Fastest Soph 200s:

21.45	Steve Hayes, UC, 98
21.56	Vince Williams, UC, 94
21.57	Riley Washington, Sow, 90
Hand-time:	
21.4y	Elijah Jefferson, Craw, 73
Hand-time and wind-aided:	
20.9y	Elijah Jefferson, Craw, 73

200 last year, when Devon Ward chased Ike Okenwa to a section record of 20.97. Orange is ineligible.

Please turn to page 3.



El Capitan's **Danny Ames** watches the iron ball float out to 64-8 last year. He also threw 192-0 in the discus.

Spotlight is on Ames as track season begins

A recent workout at El Capitan High has revealed some of what might be in store for area track fans.

El Cap boys coach Dave Hillberg, who also coaches the throwing events, trekked to the school's discus ring to watch senior Danny Ames work on his discus technique.

Ames was in the warmup stage of his workout, lazily spinning the platter out to the 170-foot mark.

"It looked so easy," Hillberg said. "I asked him if he thought he could throw it 200 feet and still be

relaxed. He said he thought he could."

And he did.

"It was a nice, easy relaxed 200-foot throw," Hillberg said later.

Ames is on the verge of moving to a higher level in both throws.

His junior marks last year of 64-8 in the shot and 192-0 in the disc are excellent, but there is much more to come.

Ames gave up football in his senior year to spend more time on weight work and technique.

Please see page two.

Back, and on track

With this issue Track Magazine is back to offer its unique coverage of the San Diego Section high school track & field scene.

The publication took some time off to retool, and has been dormant for the last two track seasons (but for only one cross country season).

Publication was resumed in September of 1998, thanks to a partnership with the Movin' Shoes running stores.

The Movin' Shoes group, in addition to subsidizing this publication, maintain three running supply stores around San Diego County. Their ad on page two gives the details on locations.

Six issues are scheduled for the track season, beginning with this issue. Track Magazine will be published every two weeks, with the last issue scheduled for the weekend of the CIF Masters Meet at San Diego High.

The dates: March 19, April 2, April 16, April 30, May 14 and May 28.

For subscription and advertising information, please see our staff box on page two, which also includes our address, and phone and fax numbers.

Track Magazine also maintains a website that features updates on the best marks list. It is maintained by Coronado High track coach George Green. The address: www.crowncity.com/sdtrackmag

Inside...

For more on our COUNTY PREVIEW, see pages 3-4-5.

LEAGUE PREVIEWS start on page 6, with the Grossmont Leagues, followed by the Valley, Avocado, Western and Palomar Leagues.

TIGER and pre-season results are on pages 13-14.

BEST MARKS of the season to date are on page 16.

Ames

From page one.

He's made impressive weight and strength gains, bulking up to 225 pounds, which is still a comfortable fit on his rangy 6-4 frame.

"His squats last year were about 325-350 pounds," Hillberg said. "Now, he can squat 460 pounds."

"We did a lot of strength training, sprint work and drills," he said..

And the techniques have improved.

Ames used the glide in the shot as a freshman and sophomore, and reached 61-6 as a tenth-grader. He then changed to the spin last year, and had mixed results at first.

"Last year was my first year working with a spinner," Hillberg

explained.

It took Ames about half the season just to get throws around the 60-foot mark, and he was often erratic enough to throw in the 40's. His consistency improved and big throws came.

At the CIF prelims, at Poway High, Ames threw 64-8. He had a warmup throw estimated at 67-feet prior to the competition.

The 64-8 puts him at fifth place among San Diego prep shot putters, and 70-feet is definitely within reach.

In the disc, it seems to be only a matter of when, not if, he will break Brent Noon's area record of 200-8.

At press time, El Capitan's boys team had not had an official outdoor meet. Stay tuned.

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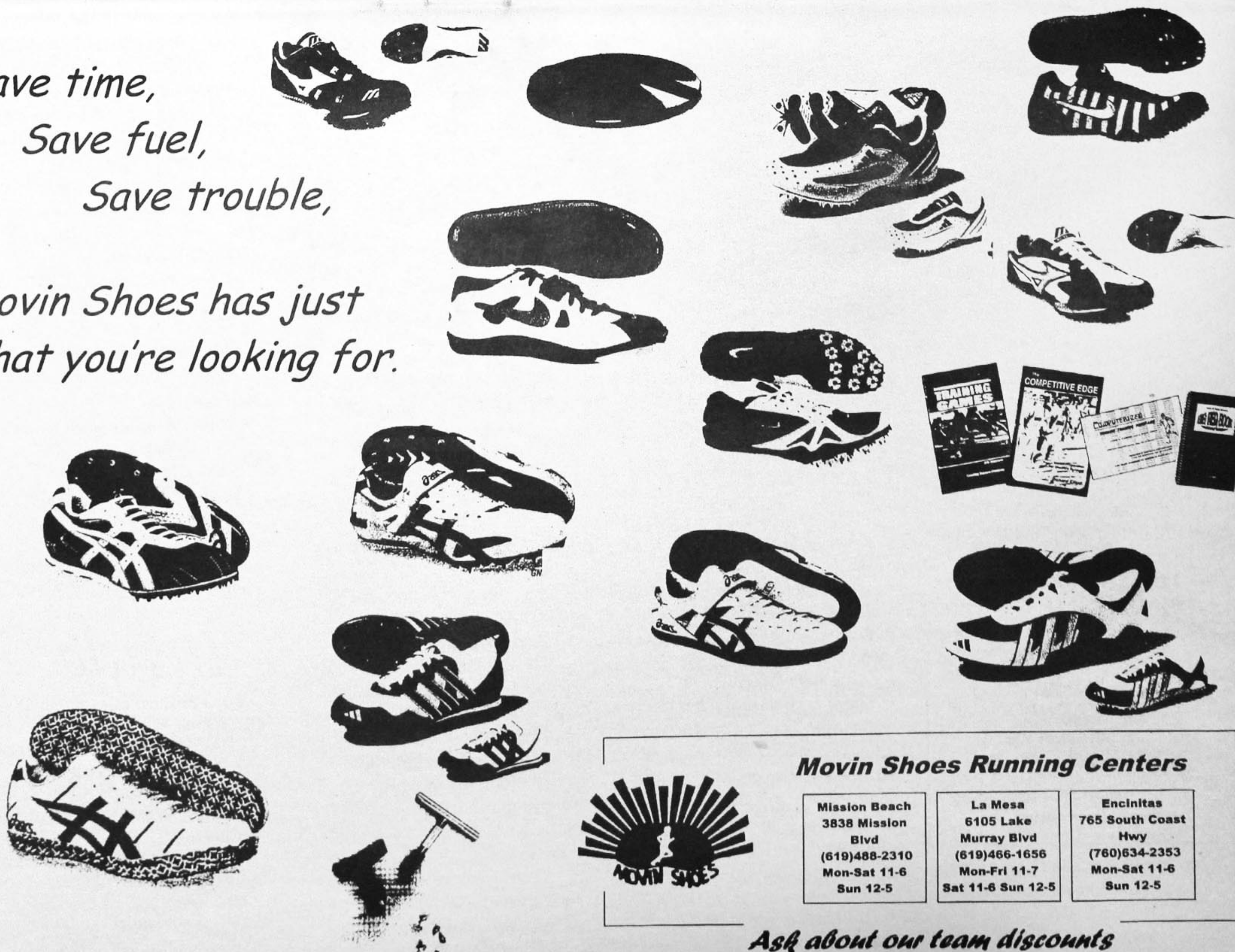
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County Preview

From page 1.

ible for at least the next ten weeks, however. Hayes' 21.45 as a soph is almost certainly the fastest ever 200 time recorded by a tenth-grader locally (see box).

400 Meters:

47.69	Maurice Douglas, SD
47.77	Arthur Orange, RBV
49.82	Jay Hackett, Morse
50.1	Terron Franklin, Helix
50.13	Shadeed Gray, Morse
50.20	Doug Croffet, PtLoma
50.30	Justin Hunt, MonteV
50.37	J. C. Martinez, SP
50.6	Hannee Peterman, Helix
50.76	Michael Thayer, PtLoma

Masters champ: Orange.

D-I champ: Douglas.

Douglas recorded his quick time in a post-season meet after taking second at the Masters meet to Orange, who is currently ineligible. Hackett was the third underclassman in that race, and should combine with Gray to help give Morse an excellent 4x400 team. Franklin was hurt most of last year after running 50.01 as a soph, and is now healthy. San Pasqual, Helix and Point Loma all look to have good 4x400 teams. Uni's Ryan Blair ran 50.01 as a soph last year, but will probably miss the entire season with an injury.

800 Meters:

1:53.51	Sean Ricketts, RB
1:53.61	Mohamed Aden, Kearny
1:54.96	Evan Fox, WH
1:56.44	Marcus Chandler, Serra
1:57.47	Steve Branson, TP
1:58.06	Maurice Douglas, SD
1:58.19	Jon Rankin, MonteV
1:58.66	Ben Aragon, WH
1:58.75	Nick Thornton, RBV
1:58.8	Bill Ungricht, Fallbrook

Masters champ: Ricketts.

D-II champ: Aden.

This event might not be as tough as it looks on paper. It turns out that Aden is not currently out, although the door is still open for a return. And people like Fox, Chandler, Douglas and Rankin all seem better in other events. Even Masters champ Ricketts may eventually find himself moving up in distance, although that may not happen this season. Aragon is still only a soph, and is a great prospect.

1600 Meters:

4:15.77	Marcus Chandler, Serra
4:17.65	Justin Neuroth, Vista
4:18.0	Sean Ricketts, RB
4:19.18	Jason Finch, GH
4:20.23	Mohamed Aden, Kearny
4:20.28	Jon Rankin, MonteV
4:22.73	Evan Fox, WH
4:23.38	Matt McInvale, Ramona
4:24.54	Adam Van Wart, SP
4:25.77	Patrick Grimes, ScRch

Masters, D-II champ: Chandler.

An optimistic preseason projection put as many as eleven runners sub-4:20 this year, which is about as good as it gets in this area. In each of the years 1973, 1975, 1978 and 1979 there were 11 runners faster than 4:21.5 for



The 1998 Masters 400

San Diego's Maurice Douglas, RBV's Arthur Orange both dip under 48 seconds.

the mile (equivalent to 4:20 for 1600 meters). Four returning runners (Chandler, Neuroth, Ricketts and Finch) ran under 4:20 last year, with two others (Aden and Rankin) just missing that mark. Fox ran 4:16 as a frosh, and was short of training last year. McInvale, Van Wart, Grimes and Bonita Vista's Brian Paff, who ran 4:22 as a soph, all are in range of the mark as well.

Fox won the CIF meet in 1997 as a freshman, running a precocious 4:16, but was injured most of last track season. He came on strong at the end of cross country season, taking the large-school individual championship, and ran a 1:57 800 on a soft, wet track last week. Fox, Neuroth, Ricketts, Rankin and McInvale are all juniors. Next year should be special.

3200 Meters:

9:16.69	Jason Finch, GH
9:22.92	Marcus Chandler, Serra
9:22.x	Matt McInvale, Ramona
9:40.42	Patrick Grimes, ScRch
9:50.93	Adrian Garcia, Sweet
9:53.4	Brian Paff, BV
9:56.72	Efrain Casarez, Fallbrook
9:57.4	Michael Manzano, CV
9:57.76	Devin Lyons-Quirk, Poway
9:58.69	Ryan Montez, Vista

D-II champ: Chandler.

The top three are all closely matched (all have finished second or third in the state in their respective cross country divisions in the course of their careers). It would be a mild surprise if any of the three decides to concentrate on another event, although there might be some doubling at CIF time. Grimes is steady and well-coached, and could be in position to pick off a state meet slot if anybody falters. Last year's top frosh, Ted Herbert of Bonita Vista (9:56.2) has moved to Virginia. Lyons-Quirk and Montez were also frosh last year, only slightly behind Herbert. Serra's Marice Chandler (9:32 as a soph in 1997) is not running.



Marcus Chandler Serra

110 High Hurdles:

14.74	Joe Gutierrez, Sweet
14.85	Tony Golston, PtLoma
15.35	David Clagett, SP
15.36	Jason Gatewood, RBV
15.56	Ben Church, MMesa
15.57	Terrence Johnson, Helix
15.63	Sean Lyon, ElCam
15.63	Jeff Hunter, GH
15.67	Tony Pricor, StAug
15.69	Justin Hunt, MonteV

All of the above runners are likely to dip below 15-seconds, at least in hand-timed races. Gutierrez is the fastest returner (fourth) from last year's Masters meet. Golston was only a soph last year, and is on track to be terrific. For purposes of comparison, section record holder Reggie DePass ran 14.77 as a soph. Nobody can remember any local freshman ever running as fast as Granite's Hunter did last year.

Some of the above runners ran quick times at the CIF prelims last year, but conditions were gusty, and there was no wind gauge. For the record, Gatewood (15.12), Clagett (15.32), Lyon (15.39), RBV's Bobby Salimi (15.43) and Church (15.54) all had times superior to their verified yearly bests.

300 Hurdles:

38.68	Bobby Salimi, RB
38.93	Tony Golston, PtLoma
38.98	Joe Gutierrez, Sweet
39.08	David Clagett, SP
39.22	Sean Sweat, ElCam
39.23	Jason Gatewood, RBV
39.62	Jeff Hunter, GH
40.52	Josh Comte, UCD
40.61	Brett Simmons, Coronado
40.7	Patrick Mueller, Poway

D-I champ: Salimi.

This is one of the most wide open events going into the season. Almost any scenario is credible. Gutierrez and Clagett were second and third in the Masters meet last year, and qualified for state. But sophs Salimi and Golston went down to the wire in the Division I championships. Hunter was fifth in the Masters meet as a freshman, and is the fastest ever local runner at that level in this event.

High Jump:

6-8	Jason Gatewood, RBV
6-4	Tony Golston, PtLoma
6-4	Lenchow Griffith, MMesa
6-2	Doug Croffet, PtLoma
6-2	Tony Pricor, StAug
6-2	Nick McGuire, LCC
6-2	Jason Walker, Carls
6-2	Stanton, PHenry
6-1	Carl Lagrone, Lincoln
6-0.5	Mike McCall, LaJolla
6-0	Many

Masters champ: Gatewood.

There's not great depth in this event, but you can't ask for much more at the top end. Gatewood was overshadowed by Escondido's 7-0 jumper Eric Hollins until the very end of the season. Gatewood came on to win the Masters meet, and he cleared 6-8 to take second at state. He's looked good early on this year, clearing 6-8 indoors. In a recent workout, he had good attempts at 7-feet, knocking it off with his lower legs.

Some of the others could get some respectable heights. Griffith cleared 6-5 as a soph in 1997. Golston and Pricor were just sophs last year.

Pole Vault:

14-3	Matt Jensen, SP
14-0	Jamie Zolnierak, RBV
13-8	Austin Priest, RBV
13-8	Sean Daley, Vista
13-6.25	Jon Takahashi, Gross
13-6	Woods, MMesa
13-6	Bobby Phimmason, Poway
13-2	John Jeter, MtC
13-2	Eric Cooper, RB
13-2	Phil Ball, ElCap
13-2	Ken Covell, WH

On the surface, it seems to be an off year. But talent has a way of coming on fast in this event, often improving 12 to 18 inches in a season. By that standard, a 15-foot jump *could* come from almost anybody on this list. Takahashi and Jeter were sophs

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County Preview

From page 3.

last year, and have good futures, although Jeter, now injured, will be off to a slow start this year. Jensen and Zolnierrek were both injured on consecutive jumps in an early-season practice meet at San Pasqual. Jensen suffered a mild concussion, and Zolnierrek was diagnosed with a collapsed lung. Both vaulters are expected to compete again soon.

Long Jump:

21-10.25 Danny Espinoza, Hill
21-6 Ben Church, MMesa
21-5.5 Kyle Conerly, WH
21-5.5 Tony Ortiz, Helix
21-4.25 Tony Golston, Ptloma
21-3.75 Thomas Mootry, Morse
21-3 Travis Zander, CV
21-2.5 McKinley Jean-Gillis, Hoov
21-0.5 Seth Andrews, Morse
20-11.75 Justin Hunt, MonteV
D-II champ: Espinoza.

A year without a returning 22-foot jumper? Don't worry, the distances will get up to acceptable levels, although there probably won't be any 24-foot jumps this year.

Many of the jumpers are young. Conerly, Ortiz and Golston were all sophs last year, and Mootry was just a freshman. Ortiz has already PR'd at 21-9 in a practice meet. Granite hurdler Hunter, just a soph, also shows promise in this event.

Triple Jump:

46-6 McKinley Jean-Gillis, Hoov
45-8.5 Tony Ortiz, Helix
44-11.5 Randy Martin, Hoov
44-2.75 Seth Andrews, Morse
43-8 Jon Reynolds, Serra
43-2.75 Brian Guthrie, Sweet
43-0 Adam Herrod, Serra
42-11 Detroit Buggs, PHenry
42-8.25 John Khoulmalassay, Claire
42-8 Cordell Williams, ECValley
42-8 Danny Toscano, StAug
Masters, D-II champ: Jean-Gillis.

No event has been stronger in the section than the boys triple jump, which has produced six individual state champions from local schools in a 25-year span.

The event has been down for the last two years, but Helix's Ortiz has potential to pull it out of the doldrums. His 45-8 last year was a fine soph mark, and he's already jumped 46-1 in an early season meet this season.

Jean-Gillis was last year's Masters champ, and now he has a training mate in Martin, who transferred.

Shot Put:

64-8 Danny Ames, ElCap
57-5 Wade Green, LaJolla
55-2 Bernard Grady, ScRch
52-3.75 Travis Watkins, Helix
50-0.25 Travis Jones, MMesa
49-5.5 Dan Ybarra, OG
48-11.25 David Nowotny, Fallbrook
48-8 Kendrick Brunson, CV
48-8 Gerald Sykes, Kearny
48-3 Tyrone Brown, Morse
D-I champ: Ames.
D-II champ: Green.

Ames is on schedule to finish his career as the second best shot thrower from this area, and 70-



The 1998 Masters 800

Torrey Pines' Camille Dredge, Valhalla's Lesley Bravin and Coronado's Samantha Piper battle to the finish.

feet is not out of reach. He was erratic last year because it was his first year of using the spin technique. He should be more consistent this year.

Green and Grady have both been throwing close to 60 feet in practice in pre-season. Both could go over 60 feet by end of the year. El Cap has a newcomer, Wayne Hassey, who already is close to 54 feet. Watkins and Jones are promising juniors. Last year was the first time that more than two locals had thrown past 60-0 in the same season (there were four). This year there could be three, which makes this another up year in the event.

Discus Throw:

192-0 Danny Ames, ElCap
171-4 Travis Jones, MMesa
169-2 Jahdai Pickett, Sweet
166-7 Wade Green, LaJolla
159-3 Mike Armstrong, UC
157-0 Jason Tuerk, RB
154-10 Noah Eichen, TP
153-4 Idris Williams, ANA
152-2 Bernard Grady, ScRch
150-9 Travis Watkins, Helix
Masters, D-I champ: Ames.
D-II champ: Green.

It would seem that Noon's county record of 200-8 will be surpassed by Ames, and probably several times. That would put him well up in the state and country, although there are some tough rivals also returning.

Jones' mark came as a soph. With Ames a year ahead of him, not many are paying attention to Jones, who last year threw just five feet less than Ames did as a soph.

Pickett was just learning the event last year, so he has much more potential. Green is a solid thrower.

Girls:

Best Returners:

(Based on 1998 marks)

100 Meters:

11.95 Monique Henderson, Morse
12.20 DeCola Groce, Morse
12.40 Kameelah Allen, MtMig
12.45 Keisha Mierez, CP
12.51 Cora Estridge, Lincoln
12.55 Kristen Tucker, MonteV
12.64 Faith Lin, LaJolla
12.64 Amber Carrington, MtC
12.78 Ciera Ray, Fallbrook
12.81 Adrienne Farrington, RB
Masters and D-I champ: Allen.
D-II champ: Mierez.

Henderson is unlikely to run short dash in final meets. Groce, who was injured last year, is the logical favorite if healthy. As a soph, she ran 11.96. This year's frosh flash could be El Camino's Jessica Thomas, or someone to date unknown.

200 Meters:

24.15 Monique Henderson, Morse
25.43 Amy Taylor, RB
25.53 Kristen Tucker, MonteV
25.57 Ciera Ray, Fallbrook
25.69 Starla Henderson, Morse
25.72 Jane Givens, LaJolla
26.00 Stephanie Blake, FParker
26.00 Michelle Kennedy, SP
26.05 Cora Estridge, Lincoln
26.13 Samantha Piper, Coronado
26.13 Arnetta Williams, Lincoln
Masters champ: Aroline Neal, RBV.
D-I champ: M. Henderson.
D-II champ: Tucker.

Henderson's late-season injury kept her out of this event in Masters meet. Masters champ Neal is expected to miss this season with an injury. Keep in mind that, as sophs, Groce ran 24.62 and Starla Henderson ran 25.19. If they get back to that form, it means big points for Morse in the D-I meet.

400 Meters:

52.93 Monique Henderson, Morse
56.64 Amy Taylor, RB
56.67 Starla Henderson, Morse

57.55 Samantha Piper, Coronado
58.24 Stephanie Smith, Valhalla
59.1 Nadia Sanders, ChulaV
59.4 Camille Dredge, TP
59.67 Alexis Tate, RB
59.87 Jane Givens, LaJolla
59.92 Luci Downey, OG
59.92 Kennie Kwok, Ramona
State, Masters and D-I champ: M. Henderson.

On the local level, Monique will be running against the clock. Of course, she is already at such a high level that any PR is big news. Valhalla's Smith is expected to be eligible late in the season. Piper and Dredge will not run this event in final meets.

800 Meters:

2:14.13 Samantha Piper, Coronado
2:14.54 Lesley Bravin, Valhalla
2:15.08 Camille Dredge, TP
2:16.90 Cathy Picha, Fallbrook
2:17.39 Katherine Ziegler, UC
2:18.66 Talisha Clophus, UC
2:19.80 Desiree Davila, Hilltop
2:20.11 Thea Rusthoven, Esc
2:22.37 Angela Petersen, FParker
2:22.4 Courtney Baird, Helix
Masters, D-I champ: Bravin.
D-II champ: Piper.

It was hard to separate the top three last year -- in the Masters meet, they finished within a half-second. In the early going, however, Dredge and Piper have shown a decided edge in fitness. Bravin started slow last year, but came on strong at end. Can she do it again? A good newcomer is Rancho Buena Vista's Natassja Hall, who split a 2:20 for 800 in the Tiger Relays. Torrey's Julie Komosinski is expected to run longer events, but zipped through a 2:21 in an early dual. And Hilltop's Erin DeHahn, who ran 2:15.63 as a soph, is said to be returning to the event. All that talent could result in the best runners getting within sight of 2:10.

1600 Meters:

4:59.59 Desiree Davila, Hilltop
5:01.71 Courtney Baird, Helix
5:02.64 Angela Petersen, FParker
5:05.17 Katherine Ziegler, UC
5:08.83 Julie Manson, RB
5:12.58 Lanele Cox, Esc
5:12.90 Karen Vasko, MtC
5:13.54 Kaleena Yee, RB
5:15.21 Megan Briscoe, Poway
5:18.12 Julie Komosinski, TP
Masters, D-I champ: Baird.
D-II champ: Petersen.

Things are far more unsettled in this event than it would have seemed. Early pre-season figuring had Davila, Baird and Petersen all breaking 5:00 minutes. But Petersen is behind on her training after a soccer injury, and Baird will be tempted to run 3200 after recent success. Uni's Michelle Barrack ran 5:11 as a soph, and seems healthy now. Torrey's Komosinski could be a wild card, depending on what event she picks.

3200 Meters:

10:58.67 Angela Petersen, FParker
11:13.54 Lanele Cox, Esc
11:13.55 Julie Manson, RB
11:16.0 Desiree Davila, Hilltop
11:16.8 Kaleena Yee, RB
11:18.45 Michelle Barrack, USD
11:19.19 Julie Komosinski, TP
11:22.2 Ashley Viens, Valhalla
11:30.30 Desiree Leek, LaJolla
11:32.6 Katie O'Connell, Carls
Masters, D-II champ: Petersen.

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County Preview

From page 4.

Baird's recent fast times (10:45 indoors after a 10:46 outdoor time trial), Petersen's injury and Komosinski's emergence (she ran 11:13 at Tiger after a great cross country season) have turned this event upside down. And Barrack could get back to her 11:02 form of her soph year. Another runner returning strong from injuries is West Hills' Heather Shurtleff. Her PR of 11:16 goes back to 1996, but she looked quick at Tiger, running a 5:19 split in the distance medley. As with all of the distance events, much of the intrigue centers on who runs what. The state competition is so tough that the locals had better not try any doubles in Sacramento.

100 Hurdles:

15.48	Maggie Escudero, ElCap
15.61	Amber Martin, WH
15.85	Porsche Kelly, MtMig
16:18	Maggie Blunt, SP
16.52	Sabrina Pykles, Helix
16:56	Bethany McDowell, Lincoln
16.61	Morgan Romine, LaJolla
16.64	Aneal Helms, FParker
16.68	Kristen Murphy, RB
16.71	Michelle Fredericks, WH
16.71	Laura-Lee Reid, ValleyC

Rancho Bernardo is planning to try Adrienne Farrington, a 12.81 sprinter, in this event. She's a good all-around track athlete, so it could work. None of her rivals can match her speed.

300 Low Hurdles:

44.94	Nikki Dulin, RB
45.61	Amber Martin, WH
46.39	Erin DeHahn, Hilltop
46.69	Audrey Pound, Poway
47.92	Bethany McDowell, Lincoln
48.01	Maggie Escudero, ElCap
48.30	Morgan Romine, LaJolla
48.3	Ashley Rioja, MtMig
48.4	Laure-Lee Reid, ValleyC
48.62	Sabrina Pykles, Helix

D-II champ: DeHahn.

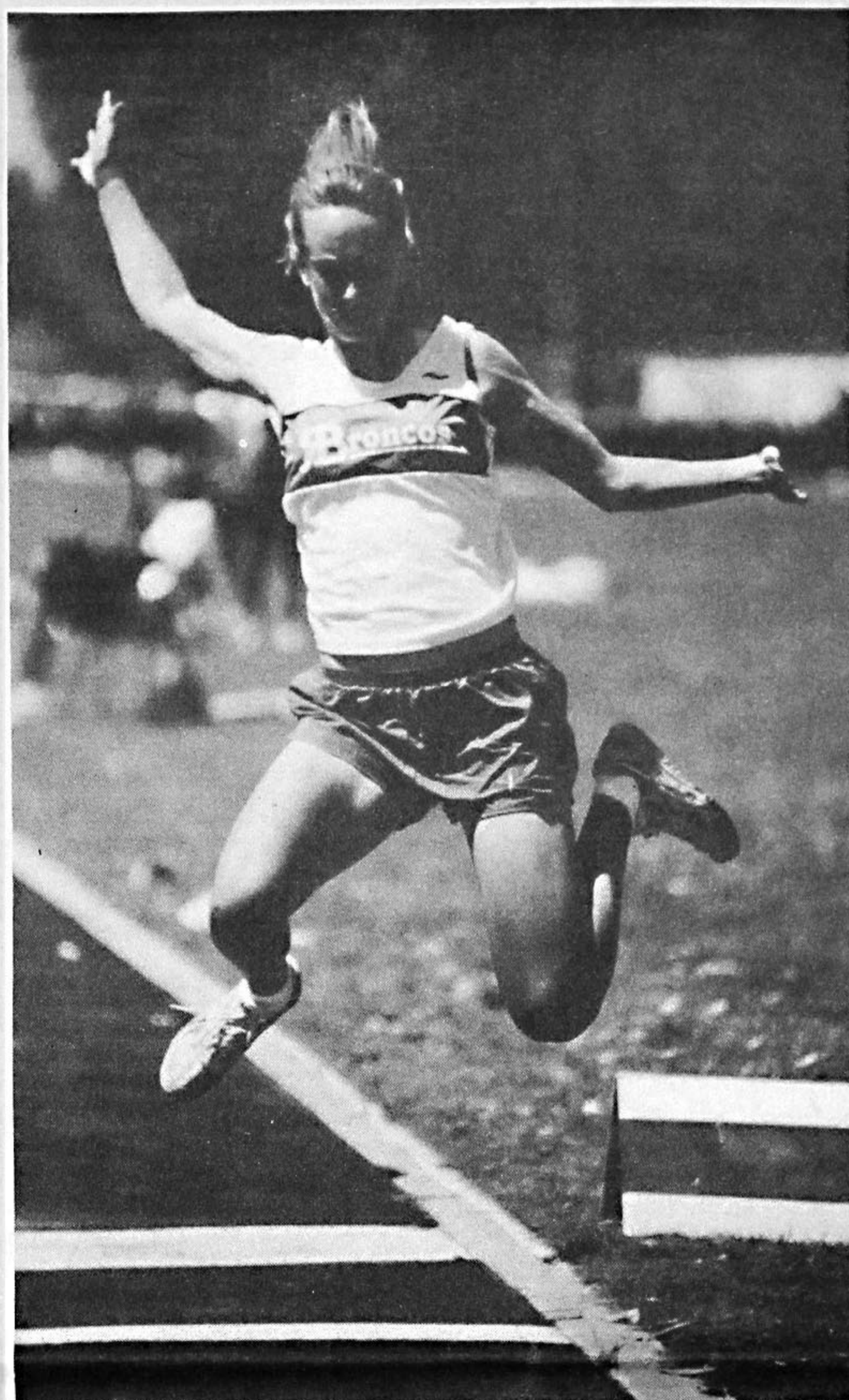
Dulin is relatively new to track, and has the potential to get much faster. Hilltop's Stephanie Fuller, who ran 45.16 in this event as a soph, missed last year with an injury, but is back. It remains to be seen if she can get back to her old form.

High Jump:

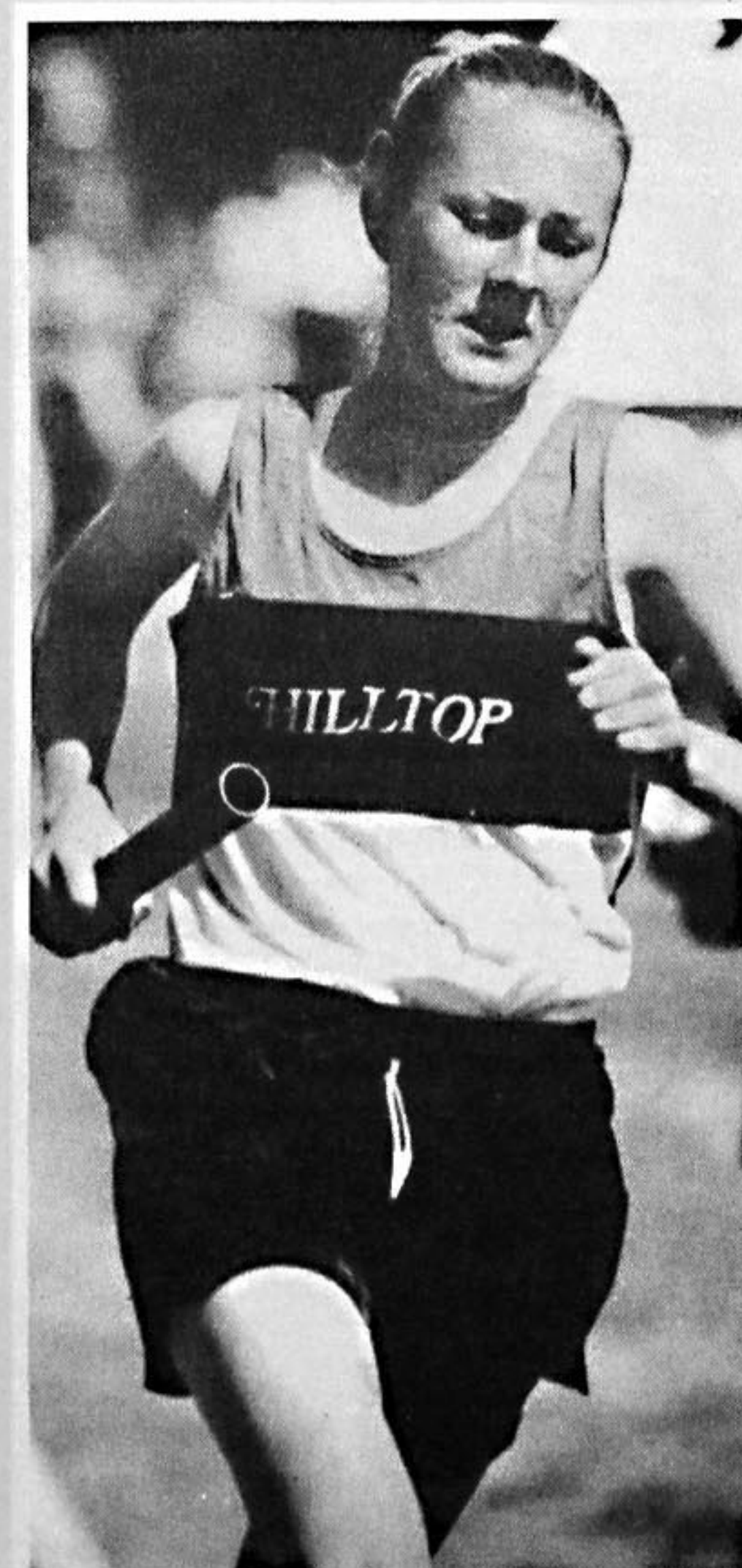
5-6	Aubrey Preston, Vista
5-4	Onalani Mauga, ElCam
5-4	Katy Wilkins, Christian
5-2	Kelsey Turner, GH
5-2	Kendra Rhea, ElCap
5-2	Shannon Fleming, USD
5-2	Nicole Day, UC
5-1	Jill Sonne, WH
5-0	Several

Masters, D-I champ: Preston.

Preston has seemed on the verge of a breakthrough at various times. DeHahn jumped 5-6 as a soph, may be getting back to that form. Other 1997 marks include 5-3 by Rhea, and 5-2 by La Jolla's Morgan Romine. Fleming looked good at Tiger, clearing 5-4 with room to spare.



Adrienne Farrington
Rancho Bernardo



Erin DeHahn
Hilltop

Pole Vault:

12-4	Kathleen Donoghue, RB
11-2	Natalie Dennison, RB



Candace Hill
Hoover

11-0	Janna Smith, Carls
11-0	Jessica Shankland, Carls
10-0	Abby Huchel, Vista

9-6	Charissa Cabrera, MtC
9-6	Kelly Hobbs, GH
9-0	Several

Donoghue and Dennison began the outdoor season with impressive 12-6 and 12-0 PRs in their first dual meet. Don't be surprised if Donoghue, third at state last year, makes a run at Tracey O'Hara's year-old school record (incidentally, also the national record). New faces will make an appearance, although probably not at the highest levels.

Long Jump:

17-10	Adrienne Farrington, RB
17-1	Adrianne Marshall, SP
16-11	Keisha Mierez, CPark
16-10.5	Mariko Gaines, MonteV
16-7	Vickie Vidishak, OG
16-5.5	Faith Lin, LaJolla
16-4.25	Tanica Wallace, MonteV
16-3.75	Sonfre Roberson, Morse
16-2.75	Nina Ropes, Fallbrook
16-2	Eureka Thompson, Morse

Farrington qualified for state meet last year. Wallace jumped 17-4 in 1997, and could return to that form. RBV's Neal, who is injured, will be missed.

Triple Jump:

38-8.75	Adrienne Farrington, RB
37-7.25	Arnetta Williams, Lincoln
37-3	Merritt Singleton, FParker
36-5.5	Nina Ropes, Fallbrook
36-1.5	Adrianne Marshall, SP
35-9	Jane Givens, LaJolla
35-7	Kelly DeLeeuw, TP
35-0.25	Kiley Weaver, RB
34-11.75	Mariko Gaines, MonteV
34-10.5	Dana Copeland, TP

Farrington also went to state in this event, could threaten 40-feet this season.

Shot Put:

39-8.25	Ivette Medina, Vista
39-1	Kendra Rhea, ElCap
38-5	Candace Hill, Hoover
38-3.5	Charidy Loeh, Morse
38-2	Anna Pacheco, Carls
37-4.5	Malaika Stirrup, Helix
37-0	Karina Leyva, MMesa
36-9	Mikaelyn Austin, RB
36-7	Amanda Poniktera, Esc
36-6.25	Michelle Czapsinski, Poway

Masters, D-II champ: Hill.

D-I champ: Medina.

Rhea opened up with a 39-11 just days after reporting for practice, which could be just a hint of what could be in store. It would be no surprise to see four or more of this group get past 40 feet. The eventual order of finish at the end of the year could be any number of combinations.

San Marcos has a freshman girl that threw over 41-feet as an eighth-grader, but she plans to play softball.

Discus Throw:

135-11	Kendra Rhea, ElCap
121-9	Charidy Loeh, Morse
121-9	Lacey Williams, Lincoln
118-11	Malaika Stirrup, Helix
116-9	Kelly O'Laughlin, BonitaV
116-1	Beth Goins, ElCap
113-10	Mikaelyn Austin, RB
112-9	Karina Leyva, MMesa
111-1	Amanda Poniktera, Esc
110-3	Bianca Pegues, Ptl

The combination of Rhea's talent and the El Cap coaching gives her a definite edge. This event, however, doesn't run as true to form as the shot. It's such a technical event that large seasonal improvements are not out of the ordinary. Somebody not on the above list could move way up.

Grossmont Preview

(combined leagues)

TOP RETURNERS...

BOYS:

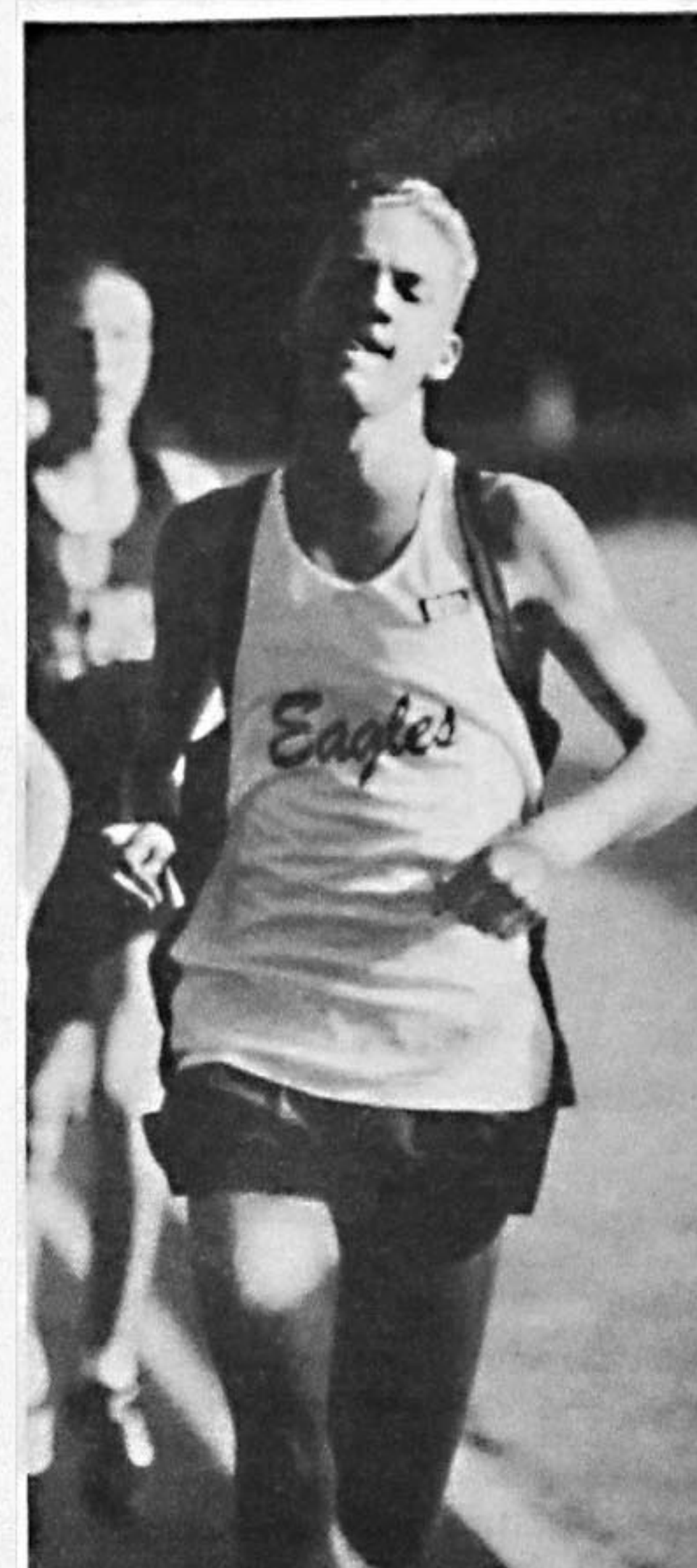
100:	
11.01	DeAndre Harrington, WHills
11.07	Jeremy Read, Grossmont
Hand-timed:	
11.0	Kyle Conerly, WHills
11.1	Joey Williams, MtMiguel
200:	
22.76	DeAndre Harrington, WHills
22.78	Jeremy Read, Grossmont
Hand-timed:	
22.0	Terron Franklin, Helix
22.7	Kyle Conerly, WHills
22.8	Matt Ambrose, Grossmont
22.9	Andre Davis, ECValley
400:	
50.1	Terron Franklin, Helix
50.30	Justin Hunt, MonteV
50.6	Hannee Peterman, Helix
51.61	Matt Ambrose, Grossmont
52.09	Matt Theisen, Valhalla
800:	
1:54.96	Evan Fox, WHills
1:58.19	Jon Rankin, MonteV
1:58.66	Ben Aragon, WHills
2:00.6	Jason Finch, GHills
2:02.37	Matt Theisen, Valhalla
1600:	
4:19.18	Jason Finch, GHills
4:20.28	Jon Rankin, MonteV
4:22.73	Evan Fox, WHills
3200:	
9:16.69	Jason Finch, GHills
10:01.2	Dan Kinsella, Helix
10:01.7	Jon Rankin, MonteV
10:06.5	Ian Bartonicek, GHills
110 High Hurdles:	
15.57	Terence Johnson, helix
15.63	Jeff Hunter, GHills
15.69	Justin Hunt, MonteV
15.83	Matt MacLeod, WHills
300 Intermediate Hurdles:	
39.62	Jeff Hunter, GHills
41.5	Justin Hunt, MonteV
41.9	Terence Johnson, Helix
High Jump:	
6-0	Danny Ames, ElCap
6-0	Jeff White, ElCap
6-0	Jon Takahashi, Grossmont
6-0	Jonathan Harris, MonteV
6-0	Keith McGuinness, GHills

6-0	Tim Browning, ElCap
6-0	Ernie Lopez, ElCap
6-0	Brandon Munding, Valhalla
Pole Vault:	
13-6.25	Jon Takahashi, Grossmont
13-2	Ken Covell, WHills
13-2	Phil Ball, ElCap
13-0	Dante Jerig, WHills
12-6	David Long, GHills
12-6	Matt Davis, ElCap
12-6	Andy Weiss, Valhalla
12-2	Johnny Castillo, MonteV
Long Jump:	
21-9	Tony Ortiz, Helix
21-5.5	Kyle Conerly, WHills
20-11.75	Justin Hunt, MonteV
20-10	Jeremy Read, Gross
20-9	Cordell Williams, ECValley
Triple Jump:	
46-1	Tony Ortiz, Helix
42-8	Cordell Williams, ECValley
42-0.5	Trevor Rafferty, ElCap
Shot Put:	
64-8	Danny Ames, ElCap
53-8	Wayne Hassey, ElCap
52-3.75	Travis Watkins, Helix
47-9	Travis Asch, ElCap
47-7.75	Arturo Mauica, GHills
46-4	Chris Blevins, ElCap
Discus Throw:	
192-0	Danny Ames, ElCap
150-9	Travis Watkins, Helix
146-6	Zeph Carter, MtMig
144-6	Travis Asch, ElCap
143-8	Chris Blevins, ElCap
137-11	Wayne Hassey, ElCap

GIRLS:

100:	
12.40	Kameelah Allen, MtMig
12.55	Kristen Tucker, MonteV
12.86	Elona Davis, MtMig
13.23	Phoebe Perkins, MonteV
Hand-timed:	
12.9	Stephanie Smith, Valhalla
12.9	Ashley Rioja, MtMig
12.9	Crystal Lewis, MonteV
200:	
25.53	Kristen Tucker, MonteV
26.19	Ashley Rioja, MtMig
26.75	Kameelah Allen, MtMig
27.01	Kelsey Bollinger, Grossmont
Hand-timed:	
26.7	Stephanie Smith, Valhalla
26.9	Erin Martin, WHills
400:	
58.24	Stephanie Smith, Valhalla
60.1	Lesley Bravin, Valhalla
60.8	Erin Martin, WHills
61.0	Ashley Rioja, MtMig
62/1	Phoebe Perkins, MonteV
800:	
2:14.54	Lesley Bravin, Valhalla
2:22.4	Courtney Baird, Helix

2:22.70	Shawna Winfrey, WHills
2:23.00	Monique Jouglet, Helix
2:23.6	Kim Pace, Santana
1600:	
5:01.71	Courtney Baird, Helix
5:19.58	Kim Pace, Santana
5:20.58	Laura Trask, Valhalla
5:30.24	Rebecca Bartell, WHills
5:31.36	Jasmine Marquez, ElCap
3200:	
10:45i	Courtney Baird, Helix
11:22.2	Ashley Viens, Valhalla
11:40.9	Jasmine Marquez, ElCap
11:53.7	Heather Shurtleff, WHills
11:56.6	Kim Pace, Santana
12:00.9	Amy Kermott, Valhalla
12:01.46	Rebecca Bartell, WHills
12:06.1	Laura Trask, Valhalla
12:11.65	Julie Pitts, Grossmont
100 Hurdles:	
15.48	Maggie Escudero, ElCap
15.61	Amber Martin, ElCap
15.85	Porsche Kelly, MtMig
16.52	Sabrina Pykles, Helix
16.71	Michelle Frederick, WHills
16.84	Kiona Clark, MonteV
17.10	Katy Camp, MonteV
17.13	Jeneal Ricks, MonteV
300 Low Hurdles:	
45.61	Amber Martin, WHills
48.01	Maggie Escudero, ElCap
48.3	Ashley Rioja, MtMig
48.62	Sabrina Pykles, Helix
49.23	Jeneal Ricks, MonteV
49.28	Liz Lusk, ElCap
49.3	Lesley Bravin, Valhalla
49.82	Katy Camp, MonteV
49.94	Erin Martin, WHills
High Jump:	
5-2	Kelsey Turner, GHills
5-2	Kendra Rhea, ElCap
5-1	Jill Sonne, WHills
Pole Vault:	
9-0	Troy Lemperle, WHills
8-6	Angeline Lavach, ElCap
8-6	Lisa Przybylski, GHills
8-0	Melanie Ball, ElCap
Long Jump:	
16-10.5	Mariko Gaines, MonteV
16-4.25	Tanica Wallace, MonteV
15-8	Kristen Tucker, MonteV
15-7w	Katherine Dostal, WHills
Triple Jump:	
34-11.75	Mariko Gaines, MonteV
34-8	Sraeya George, Valhalla
34-6	Tanica Wallace, MonteV
34-5.5	Sabrina Cavalheiro, Helix
33-7.5	Amber Martin, WHills
33-6	Cheryl Madsen, WHills
Shot Put:	
39-11	Kendra Rhea, ElCap
37-10.75	Malaika Stirrup, Helix
36-5	Beth Goins, ElCap
33-6	Katie Ames, ElCap
32-10	Kristen Tucker, MonteV
32-0.5	Alicia Mastellar, ElCap
Discus Throw:	
135-11	Kendra Rhea, ElCap
118-11	Malaika Stirrup, Helix
116-1	Beth Goins, ElCap
105-3	Cassie Keller, ElCap
103-0	Alexis McClain, Valhalla
100-7	Katie Ames, ElCap



Jason Finch
Granite Hills

Throws: Mujica is on track to go past 50-feet in shot, backed by Richie Smith and Marcus Garcia, who should both be in mid to high 40s. All three are currently in mid 130s in disc.

Watch for: This was the best dual meet team in the county last year. They've lost some top talent, but they still maintain the quality depth that they've become famous for. Finch is special in the long runs; Hunter is on his way to a great hurdle career.

GIRLS (Dave Yarbrough):
Sprints/Relays: New prospects include freshmen Niesch French, Jennifer Diaz and Morgan Avery. Diaz and Avery may work into hurdle events. Team also has junior Angela Rochester, who may handle the 400.

Distances: Megham Wilson and Christy Rust look the best of the young cross country team.

Hurdles: No returners, but new sprinters Diaz and Avery could adapt, with Avery likely to impact in the 300s.

Jumps: Decent, with returning Turner in HJ, and Hobbs in PV. Rochester will help in the long jump.

Throws: Sarah Teller, Amber Tiffany and Jillian Clifton all can throw in the 30-0 and 100-0 range.

Watch for: Turner is one of area's best in HJ. Team has a lot of young talent, so expect the unexpected.

Helix

BOYS (Chris Ruff):

Sprints/Relays: Quality and depth. Franklin, who ran 50.01 as a soph, returns healthy after missing most of last season with a pull. He could dip into 48s in 400, should also be one of area's best in 200. Peterman is also quick. Depth provided by Eric Peterman and footballer Jason Van. Short relay team could be as quick as last year's, long relay should be much improved.

Distance: The big gun is Kinsella, who came on strong in cross country. There doesn't seem to be a true half-miler on the team.

The teams: The South...

Granite Hills

BOYS (Jim Hunter):

Sprints/Relays: Junior Dan Rice might be team's best. He ran 400 in 53.2 as a soph last year, but is untested at the shorter races.

Distance: Finch is one of county's and state's best in 3200, also very good in 1600. Bartonicek should run quality 3200 by year's end. Also expect to see good efforts by Ryan Maynard, Efrain Carrillo, Chad Engle and other members of a strong cross country team.

Hurdles: Soph Hunter ran both hurdle races faster than any county athlete ever has as a frosh, and is expected to continue his development. Ran :08.8 for 70 highs in an all-comers meet in pre-season. Behind him, there's Brian Taylor and Danny Nenow.

Jumps: Long has been over 13 in practice, is shooting for 14-plus. Soph Jed Richard adds depth in vault. In HJ, McGuinness returns; David Lee cleared 5-10 last year; Nenow is new to event, but looks good. Vaulters Long and hurdler Hunter will both do LJ. Both will begin at 20-feet and improve. TJers include Nick Forston, McGuinness and Chris Lundgren, all with promise.

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Grossmont Preview

From page 6.

Hurdles: Johnson returns; he should be much improved in 300s.
Jumps: Junior Ortiz has already PR'd with 21-9 and 46-1 jumps, and is backed by Terrence Hibbler, hurt last year, but who jumped 20+ and 42+ as a soph. Both will also enter HJ at times. Team has young vaulters in 11-6 range.

Throws: Junior Watkins put up great soph distances last year, has gained strength.

Watch for: Great efforts from Franklin, whose father Marion Franklin was a hurdle great at Lincoln in the late 1960s, and the relay teams. Ortiz is on schedule to be this area's next TJ'er to close in on 50-feet, and Watkins will put up some great throw marks this year and next. Team has good front-line talent in most events, but depth will hurt dual-meet chances.

GIRLS (Ray Mounts):

Sprints/Relays: Will be handled by soph Luketta Williams, and frosh Brianna Barmer and Ashley Walker. Barmer, who ran cross country, clocked a 60.0 in a relay at Tiger. Williams has 61.2 speed.

Distance: Baird is on the verge of a great year, after running a 5:01 at the Steve Scott Festival of Miles, and 10:45 to win the Nike Indoor Classic just last week. There's a raft of talent behind her, including Joulet, Megan White, Stephanie Baird and a number of other talents from a good cross country team.

Hurdles: Pykles is one of the best in the league. Frosh Barmer could work into 300s and be sensational.

Jumps: Lots of prospects in the jumps, including Carol Lewis (15-plus), and Jamie Cleveland in the LJ, Cavalheiro in the TJ, Heather McLaughlin (4-8) in the HJ and Caitlin Martin in the vault.

Throws: Stirrup is fired up; she was the second longest thrower of the day in both the shot and disc at Tiger last week. Deanna Garrett will add depth in shot.

Watch for: At least adequate talent in every event, although the jumpers need to develop a bit. Baird will be one of county's and state's best in whatever event she picks at year's end. Stirrup could go 40-feet and contend for a state slot in the shot. Barmer might be the most talented newcomer.

Monte Vista

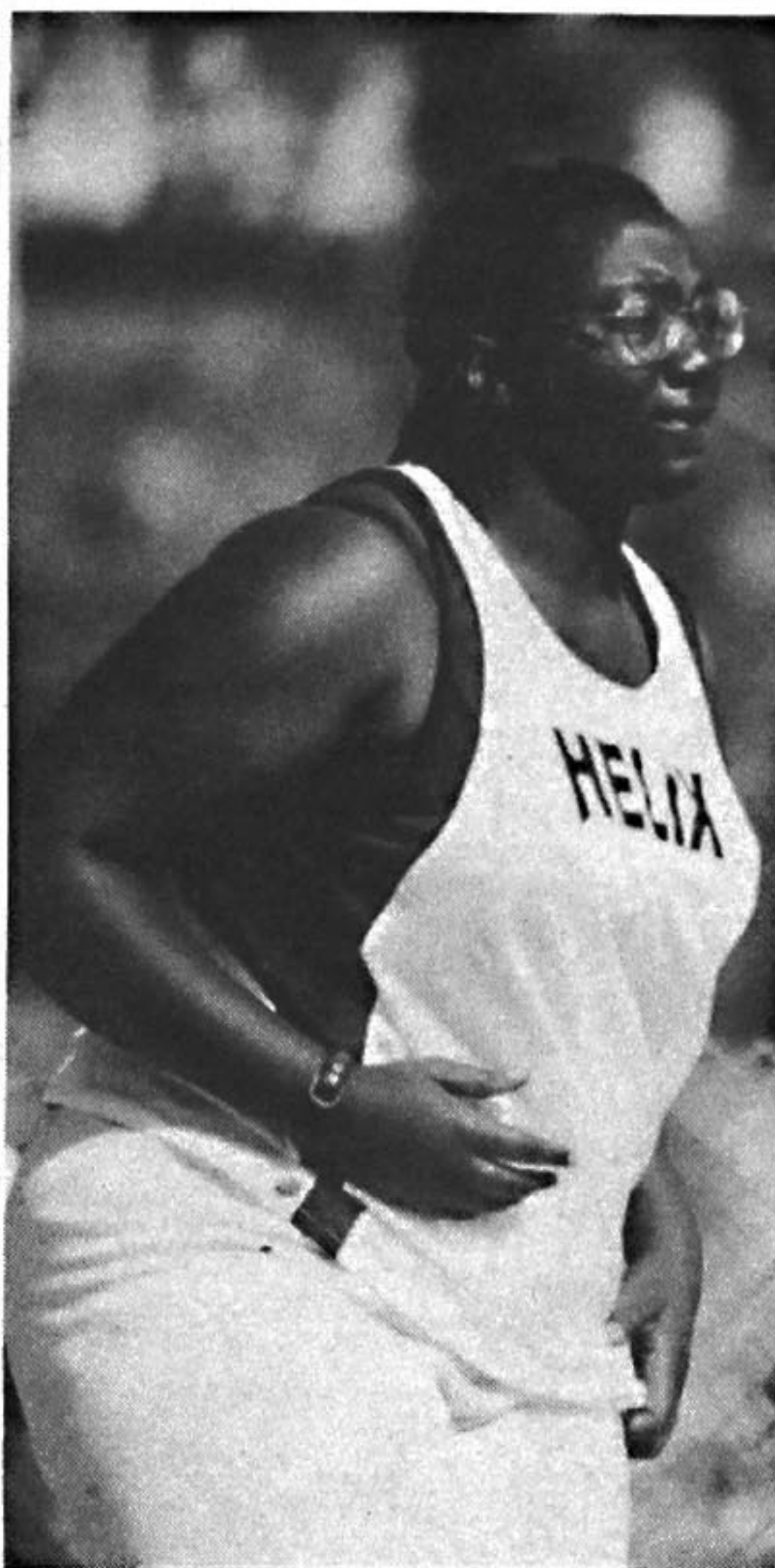
BOYS (Richard Torge):

Sprints/Relays: Joshua Oates, new to track, will be the team's best sprinter. Hunt is excellent in the 400, but he does a lot of other events.

Distance: Rankin is one of county's best, and went to state last year in 1600 as a soph. Then he came on with a rush late in the cross country season. His best event seems to be the 1600. Senior Danny Oakes has been training well, could help.

Hurdles: Hunt is one of best in league in highs, should develop into a much-improved 300 runner. Soph Eddie Thomas is backup.

Jumps: Best in high jump are Harris and Jamal Reynolds, who both have ability to clear 6-0. Harris and hurdler Hunt also do the long jump. Castillo is a good vaulter.



Malaika Stirrup
Helix

Throws: It's a new group. The youngsters have promise, but need time to develop.

Watch for: Rankin to put some great times at year's end. The versatile Hunt could pop up anywhere.

GIRLS (Rodney Van):

Sprints/Relays: Tucker was third in masters last year; went to state. She's been putting in great off-season work, and Van is "really excited." Perkins and Lewis make sprints deep, although most of the talent is concentrated in 100/200. Tina Rosas can run 62.9 for 400. All members of last year's 4:08 4x400 relay team return.

Distance: Soph Lisa Alexander looks to develop in the 800/1600.

Hurdles: One of the team's strengths. Clark, Camp and Ricks are all back, and running well.

Jumps: Another strength. It's Gaines, sprinter Tucker and Wallace in the long jump; Gaines, Wallace and hurdler Clark in the TJ; and sprinter Perkins and Gaines in the HJ, where both go 4-10. At last week's Tiger Relays, the Monarch jumpers were the most impressive group from any team.

Throws: All-around talent Tucker is strong enough to score points in the shot if needed. The discus throwers are young and untested.

Watch for: Good efforts from the speed element of the team, which translates into sprints, relays, hurdles and jumps. If the distance and throws can develop, it's a solid team. Tucker is one of area's best in 200.

Mount Miguel

Head coach: Charles Tyler.

BOYS:

Sprints/Relays: Tyler is reloading with soph Williams, junior Antoine Woods and senior Chance Morgan. Woods can range up to 400.

Distance: Young prospects at this point.

Hurdles: Last year's powerful crew has graduated, but there's still talent there. Junior Johnny Edwards ran in low 16s in highs last year, and senior Vernell Stovall looks promising.

Jumps: Soph Keith Robinson is

close to 20 in the long jump. Junior Fred Shaw will try sprints and jumps.

Throws: Zeph Carter has ability to throw shot in high 40s, and should get well past 150 in the disc.

Watch for: It's a new group, but there's talent there, according to Tyler. He credits last year's team success with motivating some of the best athletes on campus to try the sport. "We got a taste of success last year," Tyler said.

GIRLS:

Sprints/Relays: Allen had great success last year, and is backed by Rioja, Davis and April Coxen.

Distance: Morgen Rounkles should do a good job from 800 to 3200, where she ran 12:38 at the Tiger Relays.

Hurdles: Kelly runs the highs well, and Rioja is good in the lows.

Jumps: Jennifer Seaman, a senior, has ability to jump 15-plus and 33-plus.

Throws: The best is junior Shawn-da Moss, who throws shot in 30-plus range.

Watch for: The girls team is the opposite of the boys. They also had success last year, but it seemed to have the effect of discouraging new talent, according to Tyler. Of course, many of those returning have excellent talent. Sprinters, hurdlers and relay teams should do well.

Valhalla

BOYS (Manny Sandoval):

Sprints/Relays: It's a mostly young group. Frosh Quentin Anderson had good 8th grade marks of 11.8 and 24.6. Jeff Hamilton will run sprints and 400, and William Burer and Theisen will run a 400 now and then.

Distance: Theisen has speed, so will drop down to the 400 at times, but otherwise is the team's best at 800. Ben Wagner, Tyler Ludwig, Burer and soph David Santos all have ability. Santos ran 4:42 at the Steve Scott Festival of Miles.

Hurdles: Another young group, with soph Darren Young among the best prospects. He's projected to run in the 42s by year's end.

Jumps: Junior Mundinger handles the HJ, the long and the triple, although a bad ankle may keep him out of the TJ early on. He HJ'd 6-0 in the season's first meet, and has 20-plus ability in the LJ. Weiss is capable in the vault, and is backed up by junior Kevin Ry-nearson.

Throws: Juniors Travis Jones and Glen Ludwig are already in the mid-40s, should add distance.

Watch for: Field events are decent, and the distance crew should chip in with some good times.

GIRLS (Shannon Shebloski)

Sprints/Relays: There's good talent, especially if standout Stephanie Smith gets her grades back on track. Until then, the short sprints will be handled by frosh Candace Ellis and soph Ashley Fowler.

Trask is now concentrating on short races, and will contribute to the relays. Bravin adds great speed to the 4x400 team, and runs the 400 at times. All return from last year's masters champ 4x400 relay team.

Distance: It seems to be a group in transition, although there is still some veteran talent available to new distance coach Dave Harper. Familiar faces Elaine Lassen, Amy Kermott, and Viens will help a lot, and a few new faces, such as freshmen Stephanie Casler and

Julia Kermott should fit in well.

And, of course, the speedy Bravin is a terror in the 800, although she lacks fitness in the early season.

Hurdles: Trask might make her biggest impact in the 300 hurdles (she's done a 58 relay leg). Other hurdle candidates are Laurel Hanscom, and freshmen Janene Stutz and Ashley Knox.

Jumps: All-around jumper George is a proven talent in the triple, but also is fine in the HJ, where she should clear 5-plus, and the long jump. Sprinter Ellis also shows promise as a long jumper. The vaulters are all new.

Throws: Some decent talent, with McClain and Megan Lange. Both throw in 30s in shot.

Watch for: If Smith returns, the 4x400 relay team is very quick. If Bravin gets her training back on track, she's a great 800 runner. Harper might find a new nugget or two among the young distance runners. George is a versatile jumper.

The North...

El Cajon Vally

BOYS (Jim Wolf):

Sprints/Relays: Davis, a junior, was sick in early season, but should be a good sprinter.

Distance: Young prospects.

Hurdles: Young prospects.

Jumps: Williams, a junior, is promising in the long and triple jumps, but he injured a knee in football, and will take time to get back to full strength.

Throws: Young prospects.

Watch for: Young talent to emerge. The team always comes up with a few nuggets.

GIRLS (Tony Lee):

Sprints/Relays: Loni Silver (26.8) is concentrating on club soccer, leaving the event to other prospects.

Distance: Soph Monique Bell was a striking talent in cross country, and should impact here. She can range down to the 400/800, but also can handle the longer stuff.

Hurdles: Young prospects.

Jumps: Soph Karen Adams has cleared 5-0 in the high jump in practice.

Throws: Young prospects.

Watch for: A surprise of two will probably surface, and keep an eye on sophs Adams and Bell.

El Capitan

BOYS (Dave Hillberg):

Sprints/Relays: Best are senior Danny Jackson (11.3) and frosh Brandon Kertson.

Distance: David Olsen and Brian Hillberg were fine cross country runners, are probably best at 3200.

Hurdles: Senior Mark Daynes has 41.5 ability in 300s, also-runs highs.

Jumps: Team has four 6-0 high jumpers, including Ames, White, Lopez and Browning. Vault is also strong, with Ball, Davis and Danny Cappasola, who jumped 11-6 as a frosh. Rafferty is fine in the triple and has 20-plus ability in the long jump. Ames can also do a good job in the LJ if needed.

Throws: A dominant program. Of course, there's Ames, who is on track to be the county's best all-around thrower since Brent Noon. Behind him, there's senior Wayne Hassey, who is new to track, but who has shown great ability, with 53-plus and 137-plus throws in an early meet. Juniors Asch and

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Grossmont Preview

From page 7.

Blevins had great soph marks last year, although Blevins begins the season on the shelf with an injury.

Watch for: Ames to be a big story in every meet, and the throwers in general to rack up the points. One of the high jumpers could emerge from the pack of four, and the vaulters also should do well.

GIRLS (Sean O'Hara):

Sprints/Relays: Will be handled by sophs Melanie Beeman and Margie Vildadil. 100 ace Liz Lusk may not compete.

Distance: Marquez made big improvement in cross country and also looked good the Tiger Relays. Behind her, Sandi Jenkins (3200) and Theresa Hepler (1600) seem solid.

Hurdles: Escudero is among the county's very best in the highs, is also good in lows. Lusk adds depth, if she runs.

Jumps: All-around talent Rhea jumped 5-3 as a soph, will also help in long jump when needed. Lavach and Ball are best in the vault.

Throws: The strongest program in the county. Rhea opened the season with a big 39-11 at Tiger; she's also the county's best returning discus thrower. Goins, a junior, is also one of county's best in her events. Ames (she has a brother on the team), Mastellar and Keller add great depth.

Grossmont

Head coach: Erl Cabanas.

BOYS:

Sprints/relays: Read is one of the county's best, and Ambrose is a good long sprinter. Ambrose is recovering from an auto accident, and may not compete until April. Senior Ernesto Castaneda adds depth.

Distance: Senior Ryan Beckhelm didn't run cross country but kept in shape and is now back. His high-51 speed in the 400 will help him in the 800. Nick Redman has 800/1600 range, and junior Matt Heibel ran 4:43 and 10:40 as a soph. David Van Dyne will run 800 to 3200.

Hurdles: All around talent Takahashi can run 16.2 in the highs. Frosh Frank Muramoto looks promising.

Jumps: Takahashi, a junior, has already cleared 14-0 in the vault in practice and seems on schedule to go much higher. He is also good in the high jump, where Muramoto adds depth, and the triple jump, where he can go 43-plus. Sprinter Read is a fine long jumper.

Throws: A thin area, but (guess who?) Takahashi can throw the disc to 130-range in a pinch.

Watch for: Takahashi to be among the county's best in vault, and Read to contend in the sprints. Some good marks could come from the distance group.

GIRLS:

Sprints/relays: Bollinger is decent, and junior Jerrah McGeorge shows talent.

Distance: Sophs Pitts and Deni O'Leary are the best on the team.

Hurdles: Rebuilding after the loss to graduation of stellar Latanya Agurs.

Jumps: The vault was a real strength last year and the best

returner is Przybylski, who suffered a stress fracture in cross country. The high jumpers are in the 4-6 range, and the long and triple jumps are thin.

Throws: Best prospects are seniors Sarah Graves and Amy Krisch.

Watch for: This team had some great stars last year, and they lost most of them to graduation. It's a rebuilding year.

Santana

Head coach: Bob Seiner.

BOYS:

Sprints/Relays: Joey Viskoe and Jordan Spahr will run the dashes. Spahr won the league JV 400 as a soph.

Distance: Junior Patrick Gomes was the team's best cross country runner.

Hurdles: Young and untested.

Jumps: Juniors Kyle Rutherford (5-10) and Kyle Shepard will high jump. Shepard, new to track, also will vault and has already gotten to 12-0 level. Billy Price has 21-plus ability in long jump.

Throws: Usually a Sultan strength. Junior Andrew Warren is up from JV, and has 50-foot potential. Senior Sam Solis is in mid-40s. Warren is still adapting to discus, is just under 130-range.

Watch for: Some of the newcomers to make an impact, possibly Shepard in the vault and Warren in the shot.

GIRLS:

Sprints/Relays: Young and untested.

Distance: Senior Kim Pace has been one of the county's best runners from the start of her career. She's the league's defending 3200 champ. She has also been involved in swimming and water polo in off-season.

Hurdles: Young and untested.

Jumps: Soph Erin Lowery won league JV title at 4-10 as a frosh. Junior Kristin Ramaglia can long jump in high 15 range. Soph Michaela Shepard is at 7-0 in the vault.

Throws: Junior Shannon Wilson is over 100-feet in the disc, and shows promise. Soph Alicia Wilson, a wrestler, is new but has natural strength - she's already in the high-20s from a stand.

Watch for: Pace, at her best, is a fine runner. Throwers should be decent.

West Hills

BOYS (John Liberatore):

Sprints/Relays: Normally a weak spot, but transfer Harrington will be a big help. Junior Conerly is decent, and some of the faster distance types help out in the 400 and the long relay.

Distance: Always a strength. The cross country team was the county's best last year. Fox, a junior, is a great talent who is currently training very well. He missed most of last season with an injury after impressing everyone by taking CIF in 4:16 as a frosh. He still took third in the Masters last year in the 800 despite not being at full fitness. He's healthy now and the 1600 seems to be his best event. Aragon ran a great frosh time in the 800 last year, and was very solid in cross country. Paul Saccone (4:29, 9:54) is playing baseball, but there's plenty of talent, including senior Tim Rodman, frosh Kevin Schible, junior Dan Sutton-Kane, senior Matt Rendina and junior John Aguilar.

Hurdles: Good, with MacLeod and junior Scott Miller. Sprinter



Amber Martin
West Hills

Conerly might give the 300s a try.

Jumps: The vault is strong with Covell, Jerig, Andy Bechtel (12-6) and Hector Aviles (11-6 as a frosh). In the high jump, John Robbins is over 6-1 in practice and vaulter Jerig cleared 6-2 in an off-season all-comers meet. Conerly and hurdler MacLeod handle the long jump.

Throws: Best are Anthony Miller (44-plus in shot) and Clint Whitehead (130-plus in disc). There are 20 throwers, including 12 frosh.

Watch for: Fox can do some amazing things when at his best, and, by all accounts, he is doing his best training ever. Does that mean 4:10? Aragon, Harrington, Conerly, MacLeod and the vaulters and high jumpers are all capable of excellent efforts. The team is planning to make a big effort in the distance medley at Arcadia.

GIRLS (Larry Pear)

Sprints/Relays: No real burners, but Erin Martin and Erin Holford are fine. Martin does long sprints well, and the relay teams are well stocked.

Distance: Shurtleff is looking better than at any time since her freshman year, and she could take her place among the county's best. She ran a 5:19 relay leg at the Tiger Relays. Bartell adds depth in the longer runs. Winfrey is a good 800 runner.

Hurdles: A strength, with Amber Martin backed by Fredericks. Erin Martin could show up in these events as well. She ran 300s in 47.8 as a frosh, but concentrated on sprints last year.

Jumps: In high jump, Sonne is backed by Amber Martin (4-10) and Dostal (4-8). Dostal, junior Diana Rotter (15-8) and Sonne (15-6) are the long jumpers; Amber Martin and Madsen handle the triple. Lempere is really the only veteran in the vault.

Throws: Young prospects include Rebecca Coplin and soph Amonica Darald, who was close to 29 as a frosh.

Watch for: Amber Martin is one of the county's top hurdlers, and Shurtleff seems her old self in the distances. Amber has a chance to get to state in both hurdles (she

went in 300s last year). Also look for good efforts from Sonne, Erin Martin and Winfrey, among others.

Valley Preview

TOP RETURNERS...
BOYS:

11.13	R. J. Oliver, Esc
22.79	J. C. Martinez, SP
50.37	J. C. Martinez, SP
51.2	Luis Mariscal, SP
51.57	Jesus Nunez, SP
2:00.69	Troy Stroh, VC
2:01.4	Luis Mariscal, SP
2:02.30	Matt Johnson, SP
4:23.38	Matt McInvale, Ramona
4:24.54	Adam Van Wart, SP
9:22	Matt McInvale, Ramona
10:09.8	Adam Van Wart, SP
15.35	David Claggett, SP
16.07	Joey Benson, OG
39.08	David Claggett, SP
42.5	Joey Benson, OG
None better than 6-0 return.	
14.3	Matt Jensen, SP
13-0	Jason Charles, OG
12-6	Jacob Chase, OG
None better than 20-8 return.	
49-5.5	Dan Ybarra, OG
46-8	Jim Domingue, OG
135-8	Jim Domingue, OG

GIRLS:

12.91	Michelle Kennedy, SP
13.15	Katie Woolsey, Esc
Hand-timed:	
12.9	Tiffany Lowery, SP
26.00	Michelle Kennedy, SP
Hand-timed:	
26.8	Sophie Van Syoc, OG
26.9	Luci Downey, OG
59.92	Luci Downey, OG
59.92	Kennie Kwok, Ramona
2:20.11	Thea Rusthoven, Esc
2:24.89	Lorena Jimenez, OG
2:26.53	Leslie Mitchell, Ramona
2:28.60	Kristen Burditt, VC
2:28.63	Kennie Kwok, Ramona
NOTE: Burditt will miss season with injury.	
5:12.58	Lanele Cox, Esc
5:22.7	Lorena Jimenez, OG
5:26.3	Diana Dibble, VC
11:13.53	Lanele Cox, Esc
11:38.86	Diana Dibble, VC
11:53.70	Lorena Jimenez, OG
16.18	Maggie Blunt, SP
16.71	Laura-Lee Reid, VC
48.4	Laura-Lee Reid, VC
49.13	Megan Heiblein, OG
5-0	Bridget Files, Ramona
9-0	Nicole Robey, OG
8-0	Meghan Hawkins, SP
8-0	Roz Rideout, SP
8-0	Jessica Ward, VC
17-1	Adrianne Marshall, SP
16-7	Vickie Vidishak, OG
15-9	Holly Houchin, Ramona
15-8.5	Michelle Kennedy, SP
36-1.5	Adrianne Marshall, SP
36-7	Amanda Poniktera, Esc
32-11	Maggie Blunt, SP
111-1	Amanda Poniktera, Esc
108-0	Roberta Cook, Esc
102-0	Lisa Cannon, Esc

The teams: Escondido

Head coach: Dave O'Connor.

BOYS:

Sprints/Relays: Oliver is the

Please turn to page

Valley Preview

From page 8.

league's best returning sprinter, will run from 100 to 400. Frosh Darrin Fitzpatrick is the second fastest on the team.

Distance: Soph Nico Cueva is a promising 800 talent; he ran 2:05 as a frosh. Senior Enrique Montoya (4:40) is training well and will run the 1600. Frosh cross country standout Juan Mondragon is a 3200 type.

Hurdles: Jeff Failla and Ryan MacVath are the best on the team.

Jumps: There's some promise here. Basketball player Ryan Kernion will try the triple jump, while hurdler Failla and Josh Donlin will try to long jump. Brent Stockton (12-0) is the best vaulter.

Throws: Victor Barrios will be at least in the mid-40s, soph Scott Colegrove threw disc 122 as frosh.

Watch for: There's a lot new at Escondido this year. New "retro" uniforms, a new and well-qualified coaching staff, and, on the boys side, a lot of new talent. Some good athletes will emerge over the course of the year.

GIRLS:

Sprints/Relays: Woolsey can motor (12.7 hand time). Frosh Jessica Beneke will help.

Distance: Cox winds up her fine career for the Cougars. She went to state last year in the 3200. Rusthoven is just starting to train after basketball, but already looks good. Sandra Mitchell helps in the 3200.

Hurdles: It's a young group, but soph Jenny Bart has event coach Paul Kinder enthusiastic.

Jumps: Woolsey had a foul of 16-plus last week. Kaylene Ivan jumped 4-11 last year, TJD 31-plus at Tiger. The vaulters are new.

Throws: Who's a better girls throws coach than Liz Mueller? She has five girls over 100-0 in the disc already, and three past 30-0 in the shot. Poniktera seems to have the most explosiveness. Depth comes from Cook, Cannon and Angela Malazzo.

Watch for: Fine efforts from Cox and Rusthoven in the distances, and lots of marks from the throwers. A well-balanced team.

Orange Glen

Head coach: Jason Hamm.

BOYS:

Sprints/Relays: Ron Kahler will run the 200/400, and Joey Latscha will go in 100/200.

Distance: Nick Jones shows promise in the 800, could threaten 2:00. Others to watch are soph Taylor Hughson and Andrew Provik.

Hurdles: The hurdlers are young, and untested.

Jumps: Isaiah Orange, a transfer, showed talent in basketball, and will try HJ, LJ and TJ. Sprinter Kahler also will go in LJ, and vaulters Chase and Charles will be TJers. Vault is well-covered with Chase, Charles, Nate Jovin and Donald Wells.

Throws: Seems well stocked. Ybarra and Domingue are the vets, but Jeff Wilson, Joe Glavan, Carl Lee and John Manisica all show promise.

Watch for: School always has



Thea Rusthoven Escondido

plenty of good athletes, and the track tradition is still strong. Talent could emerge from a number of areas.

GIRLS:

Sprints/Relays: Van Syoc and Downey have events well covered, with Downey concentrating on the 200/400 and Van Syoc on the 100/200.

Distance: Jimenez runs well in all events. Soph Amy Rolls will help in 1600/3200.

Hurdles: Jumper Vidishak will try the hurdles. Frosh Ashley Fuller and junior Karen Chandler are new, but look good. Heiblein has an injured knee (powerpuff FBI!).

Jumps: Robey is experienced in vault. Vidishak can do the other jumps; she cleared 4-10 at Tiger, and can TJ 31-plus.

Throws: New, but promising. Ashley Ingoldt might be the best, and Michelle Domingue and Patricia Devers will help.

Watch for: Despite school split and coaching changes, there is still talent here. Downey might be the brightest spot.

Ramona

Head coach: Rick Waters.

BOYS:

Sprints/Relays: Will be handled by Alex Gomez, Alec Wisecup and J. R. Quisenberry.

Distance: McInvale is one of the best in the county (and the state), especially in longer runs. Depth will be provided by Ricky Roane, others.

Hurdles: D. J. Walker returns.

Jumps: Matt Wright has 5-10 HJ ability, also does long jump. Shawn Kramer is the best vaulter.

Throws: Aaron Featherston can throw shot in mid-40s.

Watch for: Some amazing efforts by the hard-working McInvale, who has the ability to make it to the state meet.

GIRLS:

Sprints/Relays: Girls 4x400 won their race at the Tiger Relays, so there's talent. Holly Houchin, Bridget Files and Cindy Schweitzer will be involved. Kwok can run a tough open 400.

Distance: Kwok and Mitchell can go the 800. Loretta Kilmer, Jennifer Wilcoxson and frosh Bre Goetz are the top distance talents.

Hurdles: Audrey Pinning returns,

and Files, new to track but a star from the basketball team, could show up in these events.

Jumps: Files is already adapting to the high jump (5-0 in first meet), and Schweitzer may also try it. Houchin does a good job in LJ and TJ. The vaulters are new.

Throws: Big gun Jessica Byrne is gone, so the Bulldogs have about a dozen new prospects. Senior Jennfier Jewell might be the best of the group.

Watch for: Some fine efforts from the team's versatile group in the mid-distances, and some contributions from the athletes from the basketball team.

San Pasqual

Head coach: Pat King.

BOYS:

Sprints/Relays: Martinez is best at long sprints. Nunez is also excellent in 400. Depth to be provided by Ryan Brooks, Darren Caster, Charlie Steel. Gavin Brooks (10.82) is not running. Relay teams will take back seat to nobody.

Distance: Van Wart could go sub-4:20. Mariscal is excellent in 400-800 range. Soph Johnson bears watching for his development, and cross country vets Erik Kerby, Matt Dowthit and Joe Dupee all will help in longer races.

Hurdles: Clagett should be among county's best in 300s, and in HH. Travis Lyman has speed in hi-16s, 42s.

Jumps: Jensen is county's best returning vaulter, if an early-season concussion doesn't slow him down. Danny Levy should be in 12-0 range. Team is thin in horizontal jumps.

Throws: Throwers are young prospects.

Watch for: Fine efforts from Martinez, Van Wart, Clagett, Jensen and both relay squads. Some will make it to Sacramento.

GIRLS:

Sprints/Relays: Kennedy is a proven top sprinter, and Lowery adds depth. Golden Eagles relay teams always seem to be more than the sum of their parts.

Distance: Best are Natalie Turner and Jenny Cruz.

Hurdles: Versatile Blunt can run decent highs.

Jumps: Marshall is excellent in long and triple jumps, with sprinter Kennedy for support. Hawkins and Rideout are the best vaulters. The high jumpers are at the 4-8 level to start.

Throws: Blunt is strong enough to put up reasonable shot marks when needed there.

Watch for: Kennedy and Marshall in their events, and excellent relay efforts.

Valley Center

Head coach: Mike Cummings.

BOYS:

Sprints/Relays: Young prospects at this point.

Distance: Frosh Cooper Bachmann went to state in cross country, could be starting a fine distance career. Junior Stroh will be one to watch in 800. Both have enough speed to run on team's 4-x400 relay.

Hurdles: Best is junior Jon Betschman.

Jumps: Young and untested.

Throws: Best prospect is soph Marco Gonzales.

Watch for: Continuous improvement for this brand new team, helped by a top-notch coaching staff and great facilities.

GIRLS:

Sprints/Relays: Unknown quantity.

Distance: Dibble has talent and speed, will provide instant credibility.

Hurdles: School ASB prez Reid will set the pace.

Jumps: Ward will help in the vault. Other events are looking for prospects to emerge.

Throws: Prospects, prospects.

Watch for: As with the boys, it's all brand new, although the girls have a few more proven talents to help get things off the ground. Don't be shocked if this program gets good in a timely manner.

Avocado Preview

TOP RETURNERS...

BOYS:

100:	
11.20	John Donahoe, TP
Hand-timed:	
11.1	John Campbell, TP
200:	
None better than 23.14 return.	
400:	
52.10	Steven Daniels, Carls
52.3	Steve Branson, TP
52.5	Matt Thornton, ElCam
800:	
1:57.47	Steve Branson, TP
1:58.8	Bill Ungrecht, Fallbrook
2:02.25	David Gilboa, TP
2:03.0	Justin Mattos, Fallbrook
1600:	
None better than 4:35 return.	
3200:	
9:56.2	Efrain Casarez, Fallbrook
110 High Hurdles:	
15.63	Sean Lyon, ElCam
15.93	Paul Yoder, Oside
300 Intermediate Hurdles:	
39.22	Sean Sweat, ElCam
41.57	Paul Yoder, Oside
41.8	Steven Daniels, Carls
42.5	Sean Lyon, ElCam
High Jump:	
6-2	Jason Walker, Carls
6-0	Matt Thornton, ElCam
6-0	John Corning, ElCam
6-0	Ben Bresnahan, Fallbrook
Pole Vault:	
12-6	Jason Burnham, Carls
Long Jump:	
None better than 20-8 return.	
Triple Jump:	
None better than 42-0 return.	
Shot Put:	
51-5	David Nowotny, Fallbrook
Discus Throw:	
154-10	Noah Eichen, TP
135-5	Matt Saale, Oside
133-9	David Nowotny, Fallbrook
132-10	Ronnie Stewart, Carls
132-5	Heath, Fallbrook

GIRLS:

100:	
12.78	Ciera Ray, Fallbrook
12.99	Elizabeth Tsu, LCC
13.25	Naomi Mattos, Fallbrook
Hand-timed:	
12.6	Onalani Mauga, ElCam
200:	
25.57	Ciera Ray, Fallbrook
26.36	Natalie Soto, Carlsbad
26.85	Elizabeth Tsu, LCC
27.06	Sara Anderson, LCC
Hand-timed:	
25.7	Camille Dredge, TP
27.0	Naomi Mattos, Fallbrook
27.2	Onalani Mauga, ElCam
400:	
59.4	Camille Dredge, TP
60.21	Natalie Soto, Carlsbad
60.54	Erin Skaalen, LCC
60.9	Ciera Ray, Fallbrook
61.3	Kristen Kakadelis, LCC
61.9	Emily Butler, TP
800:	
2:15.08	Camille Dredge, TP
2:16.90	Cathy Picha, Fallbrook
2:21.4	Julie Komosinski, TP
2:27.1	Julie Gipner, Fallbrook
1600:	
5:18.12	Julie Komosinski, TP
5:19.92	Morgan Soule, LCC
5:20.85	Kathy Read, TP
5:21.0	Camille Dredge, TP
5:25.27	Katie O'Connell, Carlsbad
5:28.28	Cathy Picha, Fallbrook
5:30.5	Lindsay Picha, Fallbrook
5:31.89	Jamie Carmichael, Fallbrook
5:36i	Maija Rohde, Fallbrook
3200:	
11:13.1	Julie Komosinski, TP
11:32.6	Katie O'Connell, Carlsbad

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Avocado Preview

From page 9.

11:35.0 Cathy Picha, Fallbrook
11:47.5 Kathy Read, TP
11:54.2 Maija Rohde, Fallbrook
12:02.25 Cindy Lopresti, Carlsbad

100 Hurdles:

Hand-timed:
16.5 Heather Berkman, TP
300 Low Hurdles:
49.4 Michaela Jobes, Carlsbad
49.8 Noel Burns, Fallbrook

High Jump:

5-4 Onalani Mauga, ElCam
5-2 Lauren Jones, TP
Pole Vault:
11-0 Janna Smith, Carlsbad
11-0 Jessica Shankland, Carlsbad
9-0 Jeny Erwin, LCC
8-6 Tamera Lewis, TP
8-6 Nicole Antonacci, Carlsbad

Long Jump:

16-2.75 Nina Ropes, Fallbrook
16-0w Naomi Mattos, Fallbrook
15-11.5 Nicole Greer, TP
15-11 Danielle Riker, Carlsbad
15-8 Onalani Mauga, ElCam

Triple Jump:

36-5.5 Nina Ropes, Fallbrook
35-7 Kelly DeLeeuw, TP
34-10.5 Dana Copeland, TP
34-7.5 Nicole Greer, TP

Shot Put:

38-2 Anna Pacheco, Carlsbad
33-3 Crystal Harrell, Fallbrook

Discus Throw:

None better than 100-0 return.



Anna Pacheco
Carlsbad

The teams: Carlsbad

BOYS (Keith Van Asdalan):

Sprints/Relays: Daniels, a junior, is versatile, also running the hurdles and long jumping.

Distance: Dave Schertzer is best of the distance crew.

Hurdles: Daniels could develop in 300s.

Jumps: Walker is a fine HJ, and Burnham is a good vaulter. Sprinter/hurdler Daniels will help in the LJ.

Throws: Best is Stewart, in the disc.

Watch for: Good marks from HJ Walker, and lots of points from all-around talent Daniels.

GIRLS (Joe Angel):

Sprints/Relays: Soto is solid, and jumper Riker also has skills here. Young talent includes soph Zikiya Ghines, and frosh Adrian Jubb and Tina Stevens. Deanna Lynn can run a quick 400. Short relay seems good; long relay could also be quick.

Distance: Soph O'Connell is tough and fast. Lopresti, soph Kelly Platko, and Lynn all have ability.

Hurdles: Jobes runs 300s well.

Jumps: Vault is stronger than anybody besides Rancho Bernardo, with returnees Smith, Shankland and Antonacci. Riker, Soto and soph Kristin Noia handle the LJ. Ghines can HJ.

Throws: Pacheco is one of best in area in shot, also ok with disc. Soph Blythe Wilson, frosh Alex Tabas add depth.

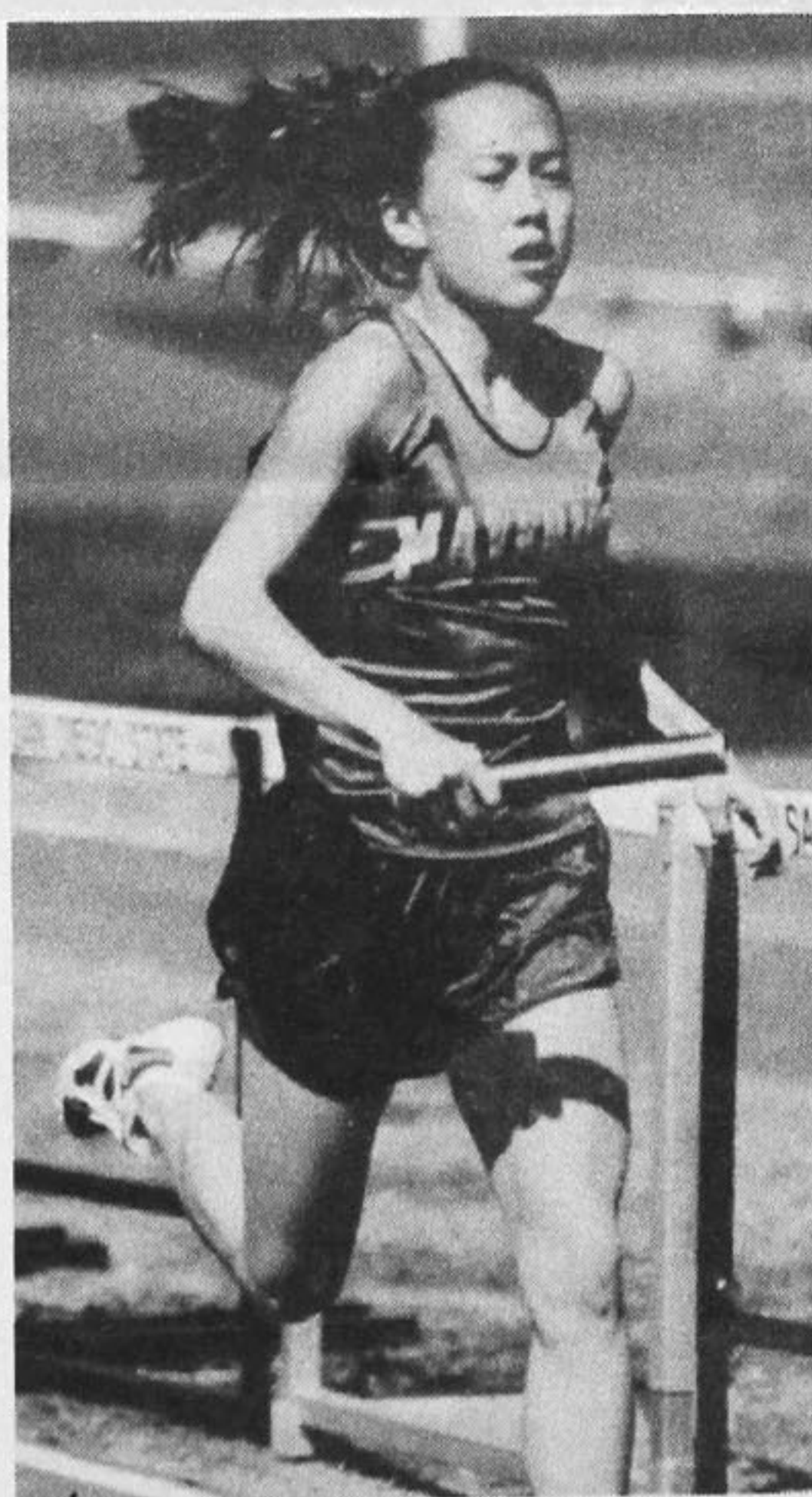
Watch for: Vaulters to challenge new heights, although the RB vaulters will be tough to beat. Pacheco went to state meet last year, could repeat. O'Connell, distance crew, could open eyes. Team seems to have reasonable quality in most events.

El Camino

Head Coach: Jerry Young.

BOYS:

Sprints/Relays: The Wildcats will be depending on young talent to develop.



Elizabeth Tsu
La Costa Canyon

Distance: Soph Haywas was all-league in cross country and could develop into a fine 3200 runner.

Hurdles: The school's strength. Senior Lyon runs both events well, junior Sweat is a top 300 runner.

Jumps: Corning handles HJ. Strong long and triple jumpers have been a trademark for the Wildcats since day one, but there are only young prospects at this point.

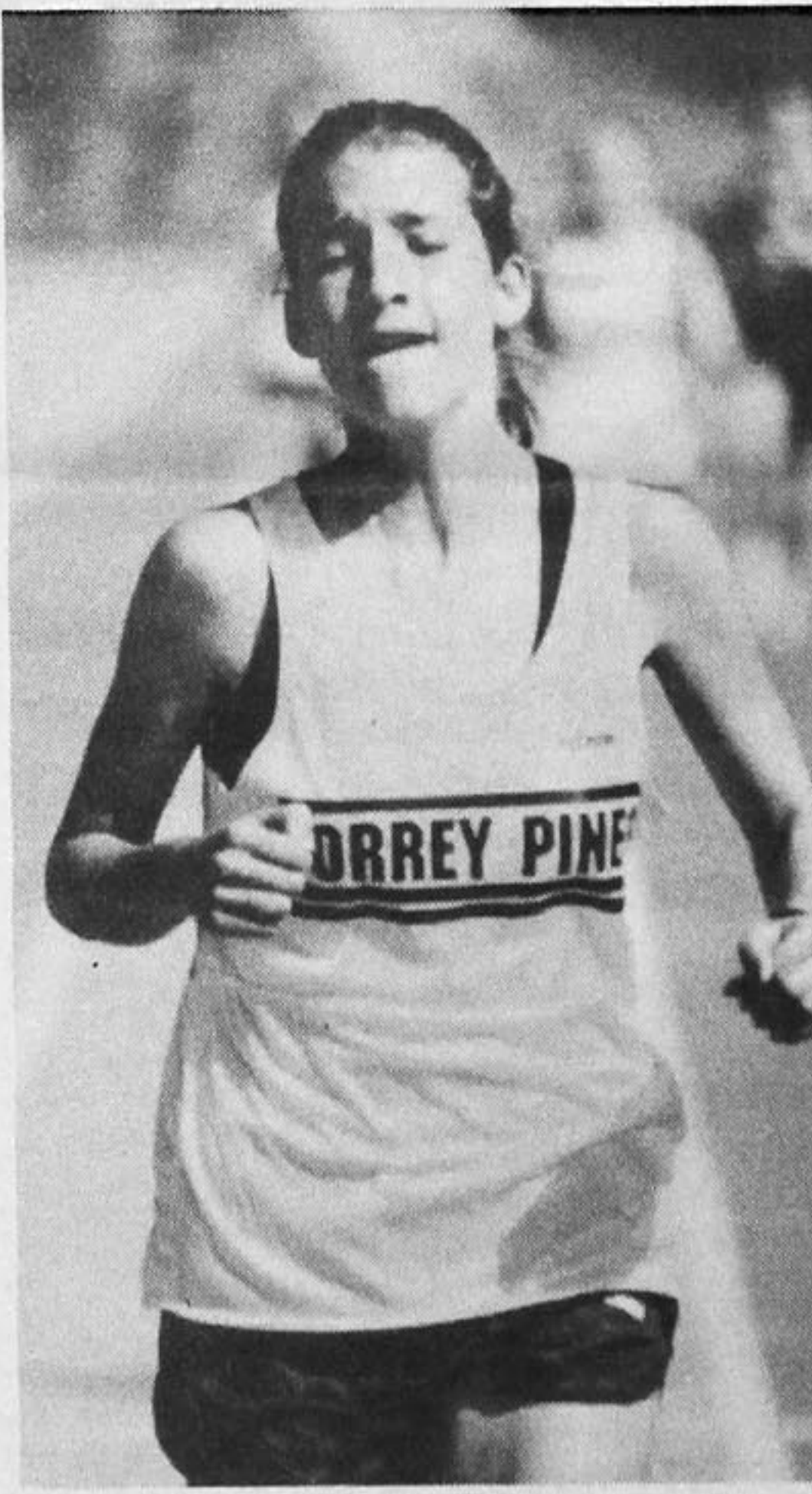
Throws: Junior Eric Isaacson is the best prospect.

Watch for: The team is in transition, with many young prospects. Hurdlers should be successful; other talents could emerge.

GIRLS:

Sprints/Relays: Frosh Jessica Thomas already is reputed to be a threat to the school sprint records. Mauga will add depth.

Distance: Cross country ace was frosh Sabrina St. Laurent.



Julie Komosinski
Torrey Pines

Hurdles: Just prospects at this point.

Jumps: Mauga has been one of best in county in HJ, also does OK in long jump.

Throws: Untested prospects in these events.

Watch for: Bright spots should be Thomas, the young sprinter, and Mauga, the all-around talent.

Fallbrook

Head Coach: Marty Hauck.

BOYS:

Sprints/Relays: Ben Bresnahan, a junior, will be best in long sprints.

Distance: Ungricht is quality in the 800, and Justin Mattos (2:02 relay leg) can back him up. Casarez, the cross country ace, should put up good times in 1600 and 3200, with Jose Escobedo not far behind.

Hurdles: A weak spot.

Jumps: Casey Kaesar is team's best in vault. Sprinter Bresnahan has already gone 6-0 in the high jump.

Throws: 60-foot thrower Taras Rohde is gone, but the weights will be solid, as usual. Nowotny, now a senior, should be in 50s in shot.

Watch for: Development of the distance runners, such as Casarez and Ungricht.

GIRLS:

Sprints/Relays: Grades may keep Ray on sidelines in early season. Not too many other things can slow her down, however. Mattos is solid.

Distance: Cathy Picha's best event is the 800, where she was the fourth-best in the county last year. One problem: the three ahead of her all return. There's great depth, with Gipner, Lindsay Picha (hurt most of last year), Carmichael and frosh Maija Rohde (5:36, 12:12 indoors).

Hurdles: Burns is fine in the 300s.

Jumps: Ropes is a strong jumper in LJ and TJ. Mattos adds depth.

Throws: This year's throwers are all new. Best prospects are frosh Carrie Johnson and junior Crystal Harrell.

Watch for: Ray and Ropes are CIF contenders in their best events. Cathy Picha and the distance runners are top quality.

La Costa Cyn

Head Coach: Steve Scott.

Coach unavailable. The team preview will appear in a future issue.

Oceanside

Head Coach: Pat Cornforth.

Coach unavailable. The team preview will appear in a future issue.

Torrey Pines

Head Coach: Brent Thorne.

BOYS:

Sprints/Relays: Donahoe and Campbell give the Falcons some speed. Adam Noar and Andy Quinn add depth. Branson can drop down and run a good 400.

Distance: Branson is ready for a good season in the 800, opening with a 2:01 effort. Gilboa, Mike Brein-ing and Kevin Nolan will handle the longer runs.

Hurdles: John Dudeck will take over, after graduation took a couple of good ones.

Jumps: Rebuilding. Don Kobler has 20+ ability in LJ, and Matt Princetta can go 40+ in TJ. Brad Unger (11-6) is best in vault.

Throws: Eichen is solid in the disc, ok in the shot. Steve Chang adds depth in the platter.

Watch for: Branson could be a CIF contender in the 800.

GIRLS:

Sprints/Relays: Dredge is quality down to the 100, but won't run these events in big meets. Look for senior Erika Leon (13.2), junior Leslie Wagner, and jumper Greer in the short runs. Butler, a junior, runs the 400.

Distance: Dredge is at the forefront of the county's 800 runners, and she made a big level jump in cross country. That improvement translates into a move to the 1600, or just faster times in the two-lapper. Komosinski opened the season with a 2:21 800, which shows she's ready for big things in all races. Read, freshman Krista Romley and soph Jackie Appel will give the distance crew great depth of quality.

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Avocado Preview

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Hurdles: Berkman, vaulter Lewis and Andrea Pappas are more than adequate.

Jumps: A strong point. Soph Jones opened with a 5-0 HJ. Horizontal jumps feature quality and depth with DeLeeuw, Copeland and Greer, who transferred from LaCosta Canyon. Lewis handles the vault.

Throws: Best prospect is Jen Farrell. Most of the throwers are new.

Watch for: Dredge is on schedule to run some quality times. She'll probably pick the 800 at year's end, and should again qualify for state. She could threaten Denise Upsher's school record (2:10.15). Obviously, a fast 1600 is also in the cards at some point. Komosinski, to now overshadowed by her teammate, is about to emerge with some big efforts of her own. A trip to Sacramento to run the 3200 is not far-fetched. A number of other Falcons could also put up some quality marks.

West Preview

TOP RETURNERS...

BOYS:

100:

Hand-timed:
10.8 Brian Orris, ScrRanch

200:

Hand-timed:
22.5 Brian Orris, ScrRanch

400:

51.3 Brian Orris, ScrRanch
51.74 Alex Maurer, La Jolla

Injured:
50.01 Ryan Blair, UniSD

800:

1:53.61 Mohamed Aden, Kearny
2:00.07 Alejandro Mares, La Jolla
2:01.92 Alfonso Espinoza, StAug

1600:

4:20.23 Mohamed Aden, Kearny
4:25.27 Patrick Grimes, ScrRanch
4:31.48 Brandon Behr, La Jolla

3200:

9:40.42 Patrick Grimes, ScrRanch

110 High Hurdles:

15.67 Tony Pricor, StAug
15.90 Josh Nears, Kearny

300 Intermediate Hurdles:

41.86 Kevin Correnti, StAug
42.60 Josh Nears, Kearny

High Jump:

6-2 Tony Pricor, StAug
6-2 Hadji Walker, ScrRanch

6-0.5 Mike McCall, La Jolla
6-0 Leon Doxey, StAug

Pole Vault:

11-8 Chase Shellbourne, La Jolla

Long Jump:

None better than 20-8 return.

Triple Jump:

42-8 Danny Toscano, StAug

Shot Put:

57-5 Wade Green, La Jolla

55-8 Bernard Grady, ScrRanch

48-8 Gerald Sykes, Kearny

46-0.5 Jake Dubinetsky, StAug

Discus Throw:

166-7 Wade Green, La Jolla

152-2 Bernard Grady, ScrRanch

GIRLS:

100:

12.64 Faith Lin, La Jolla

13.08 Priscilla Parker, MissBay

13.27 Angela Orris, ScrRanch

Hand-timed:
12.8 Corryn Conyer, ScrRanch

12.9 Jane Givens, La Jolla

12.9 Quiana Neff, La Jolla

200:

25.72 Jane Givens, La Jolla

26.86 Priscilla Parker, MissBay

27.05 Laura Ladrangan, OLP

Hand-timed:
25.6 Faith Lin, La Jolla

27.0 Quiana Neff, La Jolla

400:

59.87 Jane Givens, La Jolla

60.68	Colleen Fogarty, UniSD
61.2	Faith Lin, La Jolla
800:	
None better than 2:29 return.	
1600:	
5:18.54	Desiree Leek, La Jolla
5:24.00	Michelle Barrack, UniSD
3200:	
11:18.45	Michelle Barrack, UniSD
11:30.30	Desiree Leek, La Jolla
11:52.42	Claire Beck, OLP
100 Hurdles:	
16.61	Morgan Romine, La Jolla
300 Low Hurdles:	
48.30	Morgan Romine, La Jolla
High Jump:	
5-4	Shannon Fleming, UniSD
5-0	Morgan Romine, La Jolla
Pole Vault:	
8-7	Nicole Sadler, La Jolla
8-6	Katarina Bloomquist, La Jolla
8-0	Kristi Eliot-Heitman, OLP
Long Jump:	
16-5.5	Faith Lin, La Jolla
15-7	Christy Mulroy, OLP
Triple Jump:	
35-9	Jane Givens, La Jolla
Shot Put:	
35-6.5	Shemika Morris, ScrRanch
34-9	Allison Bernardino, ScrRanch
33-6.5	Alicia Minette, La Jolla
32-9.5	Erica Orsa, UniSD
Discus Throw:	
106-2	Allison Bernardino, ScrRanch
105-0	Anna Gabriel, UniSD
101-10	Shemika Morris, ScrRanch

The teams: Kearny

BOYS (Al Wilson):

Coach unavailable. The boys team preview will appear in a future issue.

GIRLS (Shannon Strenger):

Sprints/Relays: Best are Antigone Hudson, the team captain, and a pair of freshmen: Jackie Jenkins and Alexis McDonald. Jenkins ran age group track for Alexander's Lightning Express last year.

Distance: Young prospects.

Hurdles: Frosh Cheryl Jones seems the best here.

Jumps: Denina Sutton will try the triple jump, and Joselane Jean-Gillis will do the long jump and 400 meters. Jean-Gillis is the sister of Hoover triple-jumper McKinley Jean-Gillis, who won the Masters meet last year.

Throws: Senior Jennifer Buchner is the best in these events.

Watch for: A surprise or two from this young team. "Most of our team are freshmen," Strenger said. "I'm excited about it."

La Jolla

BOYS (Chuck Boyer):

Sprints/Relays: Not much speed in short races, but Maurer and Roberto Cervantes are decent in 400.

Distance: Mares will range into 1600 at times. Behr was ill in early season, may get a slow start. There's a lot of depth from the cross country team, including Erik Ksoter, Larry Koster, Nathan Lopez, Chris Ferrier, Jonathan Dunbar and frosh Brian Boggs.

Hurdles: Vaulter Shellbourne will try these, as will Travis Blankenship.

Jumps: McCall has 20-3, 42-1 ability in LJ, TJ in addition to HJ skills. Depth will come from Shellbourne (in HJ and LJ), Blankenship (in HJ and TJ) and frosh Jimmy Green (HJ). Brad Myers (11-6) backs up Shellbourne in the vault.

Throws: Green was impressive last year, coming on very strong near the end. He's already putting better than 60-0 in practice, and he's also dangerous in the disc. The talent behind him is mostly very young.

Watch for: Green to make it to state in throws; strong, if not



Faith Lin
La Jolla

spectacular, efforts by the distance crew, and lots of points from a number of all-around talents (McCall, Shellbourne, Blankenship).

GIRLS (Tom Dorman):

Sprints/Relays: Givens is the best returner. Last year's frosh flash Lin has recurring calf problems that make her a question mark. Depth will be provided by Michelle Guerrero, and frosh Whitney Schmucker and Charissa Weber.

Distance: Soph Leek is coming off a strong cross country season. Frosh Liz Edwards and soph Katie Grim back her up.

Hurdles: All-around talent Romine is the hurdle ace in this league, could be a factor at CIF. Speedster Givens will be given a try at the sticks, also.

Jumps: Strong in all areas. Romine HJ'd 5-2 as a soph; and Givens is a strong TJer. A pair of experienced vaulters return, and there are a number of decent prospects in the LJ, led by Lin and the frosh sprinters.

Throws: Minette is a junior, also throws disc. Dorman thinks some frosh prospects will emerge in the shot.

Watch for: Romine to have a fine senior year, and the young talent (Leek, Givens) to continue to develop. If Lin gets healthy, relay teams will roll. Also, new names have a way of popping up on this team, often with impact.

Madison

Head coach: Sam Mason. Coach unavailable. The team preview will appear in a future issue.

Mission Bay

Head Coach: Emmitt Dodd. Coach unavailable. The team preview will appear in a future issue.

OLadyPeace

Head coach: Dan Keays.

GIRLS:

Sprints/Relays: Ladrangan, a soph, returns. Frosh Jessica Bendrick may lead off the short relay team. 400 runner Katie Taft (60.96) is not running.

Distance: Cross country ace Beck, a soph, is aiming for 5:30, 11:30 range this year. Emily Greene (sister of former Saints runner Adam Greene) is team's best in 800.

Hurdles: Team captain Rachel Aldous brings experience.

Jumps: Eliot-Heitman vaults, and Mulroy LJs. Hurdler Aldous also TJs and HJs.

Throws: Keays is hoping for young talent to develop.

Watch for: Continued development by young athletes.

Scripps Ranch

Head coach: Bob Oliver.

BOYS:

Sprints/Relays: Orris can scoot; he'll be backed up by Aaron Summerville.

Distance: Always a strength. Grimes could get times down to 4:20, sub-9:30. Raphael Machado (4:35) will help, and a number of last year's excellent cross country team will lend depth.

Hurdles: A weak spot.

Jumps: Thin in most areas, although transfer Hadji Walker is said to have 6-2 talent in HJ.

Throws: Senior Grady will develop into one of area's best. He PR'd in shot in first meet, and could threaten 60-feet later in season. Depth comes from Danny Young and Arturo Vasquez, both with ability in mid-40s at present.

Watch for: Grady has a legit shot at the state meet in the shot, and could put up some big marks. Grimes could compete for a high place in CIF 3200.

GIRLS:

Sprints/Relays: Orris and Conyer are a decent pair of short sprinters, could help short relay to fast times.

Distance: Best runners are Shanna Cohen and soph Tracy Tom. Cohen's best event could be the 1600.

Hurdles: A weak spot.

Jumps: Grace Anderson can go 4-8 in HJ; vault is being handled by new prospects; Llers are in 14-0 range.

Throws: Bernardino and soph Shemika Morris are tough. Fast-improving Morris should be in high 30s, 115-plus in disc.

Watch for: Throwers to make some waves in the league. Other talents will emerge.

St. Augustine

Head coach: Jerry Downey.

BOYS:

Sprints/Relays: Who would have thought that the Saints would be taking sprinters to last year's state meet, and not distance runners? Two return from last year's 42.59 relay team - soph A. J. Hardy and senior Justin Lewis, who can go 51 in the 400.

Distance: Espinosa and Colin Donnelly (10:00) will step up, and cross country talent Matt Herriman (4:38) adds strength.

Hurdles: Pricor, a junior, is a developing talent. Correnti handles the 300s.

Jumps: Pricor and Doxey are a good 1-2 combo in the HJ, and Toscano is decent in the TJ.

Throws: Dubinetsky provides strength.

Watch for: Pricor to emerge as the team's ace.

Univ. of SD

Head coach: Dan Geiger.

BOYS:

Sprints/Relays: The bad news is that Blair, a good young talent, injured his foot in soccer, and is expected to miss the season. Best short speedster is senior Allen Houston.

Distance: Erik Hanley (2:05)

Please turn to page 12.



Michelle Barrack
University of SD

West Preview

and soph Brian Thielen are best on team.

Hurdles: Prospects.

Jumps: Soph Karl Balch is ready to break into 20+, 40+ territory. Mike Mally handles the HJ.

Throws: Junior Mike O'Malley is in mid-40s in shot.

GIRLS:

Sprints/Relays: Amy Hogan (12.8), Cheyenne Webster and Julie Babonis will all contribute to short relay. Junior Fogarty is best in 400.

Distance: Barrack is healthy and fit and ready to get back to her soph level of 5:11 and 11:02. She did well to get time down to 11:18 last year after just a few weeks of training. Senior Jackie Ott (5:18 as soph) is still battling injuries, and is just doing light training.

Hurdles: Prospects.

Jumps: Fleming, a basketball player, got late start to training, but will be fine.

Throws: Orsa also was on Uni's b-ball team deep into playoffs. Also look for Gabriel and Allison Sawyer in disc.

Watch for: Barrack, when right, is one of section's best at 3200. If she stays healthy, she'll be a factor at end of year. Fleming could be a contender for a state slot in HJ.

Palomar Preview

TOP RETURNERS...

BOYS:

11.05	Drew Roberts, RB
Hand-timed:	
10.9	Arthur Orange, RBV
11.0	Matt Beckstead, RB
11.1	Adrian Waddy, Vista
11.1	Antonio Gonzalez, RBV
11.1	Billy Grillo, Poway

21.41	Arthur Orange, RBV
Hand-timed:	
22.7	Drew Roberts, RB
22.9	Billy Grillo, Poway
22.9	Sean Daley, Vista

47.77	Arthur Orange, RBV
51.4	Randall Leyking, Poway
51.7	Sean Ricketts, RB
52.0	Joseph Miller, RBV
52.1	Earnest Wallace, RB

1:53.51	Sean Ricketts, RB
1:58.75	Nick Thornton, RBV
1:59.10	Aaron Powell, Poway
1:59.21	Jarred Emmons, Vista
1:59.5	Justin Neuroth, Vista
2:01.1	Josh Pope, Poway
2:02.71	Greg Ryan, MtCarmel
2:03.2	Mark Johanson, RBV

4:17.65	Justin Neuroth, Vista
4:18.0	Sean Ricketts, RB
4:33.9	Nick Thornton, RBV

9:57.76	Devin Lyons-Quirk, Poway
9:58.69	Ryan Montez, Vista
10:03.4	Justin Neuroth, Vista
10:04	Tim Helms, Poway

15.36	Jason Gatewood, RBV
15.82	Bobby Salimi, RB

38.68	Bobby Salimi, RB
39.23	Jason Gatewood, RBV
40.7	Patrick Mueller, Poway
42.1	Brian Manley, MtCarmel

6-8	Jason Gatewood, RBV
6-0	Eric Williams, RB

14-0	Jamie Zolnierak, RBV
13-8	Austin Priest, RBV
13-8	Sean Daley, Vista
13-6	Bobby Phimmason, Poway
13-2	Eric Cooper, RB
13-0	Jim Barbour, Poway
13-0	Eric Somers, SMarcos
13-0	Nate Alder, Poway
12-6	Jason Gatewood, RBV

20-11w	Bobby Salimi, RB
20-8	Matt McGinley, Poway

None better than 42.0 return.

46-6.5	Kevin Vernoy, RBV
46-2.5	Oscar Lopez, Vista
46-0	John Ward, Poway
45-9	Edric Contreras, Vista
45-2	Jason Tuerk, RB

157-0	Jason Tuerk, RB
146-5	Darrell Collins, SMarcos
144-11	Nathan Perez, RBV
139-7	Mozcel, MtC
137-11	John Ward, Poway
136-2	Edric Contreras, Vista

GIRLS:

12.60	Amber Carrington, MtCarmel
12.81	Adrienne Farrington, RB
12.92	Jasmine Blakey, RB
12.93	Kyle Lederer, RB
12.96	Francine Cepeda, RB
13.14	Laura Martilla, Poway
13.16	Jessica Walker, MtCarmel

Hand-timed:	
12.8	Amy Taylor, RB
12.8	Alexis Rampaul, Poway
12.9	Katie Reardon, RB

Injured:	
12.6	Aroline Neal, RBV
25.43	Amy Taylor, RB
26.63	Katie Reardon, RB
27.01	Francine Cepeda, RB

Hand-timed:	
26.5	Melinda Mori, MtCarmel
26.6	Jessica Walker, MtCarmel
26.8	Laura Martilla, Poway
27.2	Kyle Lederer, RB

Injured:	
25.09	Aroline Neal, RBV

56.64	Amy Taylor, RB
59.67	Alexis Tate, RB
60.4	Katie Reardon, RB
60.6	Kristine Schroeder, RB
60.88	Melinda Mori, MtCarmel

Hand-timed:	
2:22.4	Kamaya Damwijk, Poway
2:26.72	Lisa Lyons, RB
2:27.6	Britt Jennings, Poway
2:28.05	Karen Vasko, MtCarmel

5:08.83	Julie Manson, RB
5:12.90	Karen Vasko, MtCarmel
5:13.54	Kaleena Yee, RB
5:15.21	Megan Briscoe, Poway
5:29.6	Kamaya Damwijk, Poway
5:33.1	Mande Clark, Poway

11:13.55	Julia Manson, RB
11:16.8	Kaleena Yee, RB
11:34.58	Karen Vasko, MtCarmel
11:49.56	Janet Mulvey, MtCarmel
12:09.08	Mande Clark, Poway
12:10.66	Manal Yamout, MtCarmel
12:12.18	Ashlee Dere, MtCarmel

16.68	Kristen Murphy, RB
16.85	Mikaelyn Austin, RB
17.08	Audrey Pound, Poway
Hand-timed:	
16.7	Sherry Randolph, MtCarmel

44.94	Nikki Dulin, RB
46.69	Audrey Pound, Poway
48.7	Sherry Randolph, MtCarmel

5-6	Aubrey Preston, Vista
5-2	Mikaelyn Austin, RB

12-6	Kathleen Donoghue, RB
12-0	Natalie Dennison, RB
10-0	Abby Huchel, Vista
9-6	Molly Pascarella, RB
9-6	Charissa Cabrera, MtCarmel
9-0	Julia Preston, Poway
9-0	Charity Johnson, Poway

17-10	Adrienne Farrington, RB
15-9.5	Nikki Dulin, RB

Injured:	
17-5.25	Aroline Neal, RBV

38-8.75	Adrienne Farrington, RB
35-0.25	Kiley Weaver, RB
32-10.5	Silke Lorenzen, RB

Injured:	
36-8	Aroline Neal, RBV

39-8.25	Ivette Medina, Vista
36-9	Mikaelyn Austin, RB
36-6.25	Michelle Czapinski, Poway
35-10.5	Deury, MtC
34-7	Rhiannon Henry, RBV
32-1	Angie Anastasopoulos, RB

113-10	Mikaelyn Austin, RB
108-1	Stacy Mickelson, RB
108-0	Alicia Criado, RBV
104-4	Annie Roberts, Poway

The teams: Poway

Head coach: Dan Schaitel.

BOYS:

Sprints/Relays: Grillo is a promising soph talent, who also runs 11.1 in the 100. Discus thrower Ward ran 11.1 in a time trial and should help. Leyking is decent in the 400. Jason Davis (50.8 as a soph) is not running.

Distance: One of the strengths of the team. There's a pair of talented sophs, Powell and Lyons-Quirk, and the core of the cross country team, Pat Prunty, Pope (who is running track for the first time) and Helms, all of whom are quality runners. The sophs will eventually develop into something special.

Hurdles: Mike Dobransky will run highs, and Mueller is more than capable in 300s.

Jumps: The vault is solid with Alder, Barbour (just out from wrestling) and another pair of jumpers currently at the 12-foot level. The talented Phimmason may not jump this year. Senior Matt McGinley jumps 20-8 in the long jump and also TJs. An intriguing new prospect is Robert Ma, a junior who just moved here from mainland China. Schaitel reports that he has 6-2 to 6-4 high jump ability. He'll also enter the LJ and TJ.

Throws: Ward, a junior, is beginning to develop into a fine thrower. He can throw the shot in the mid to high 40s.

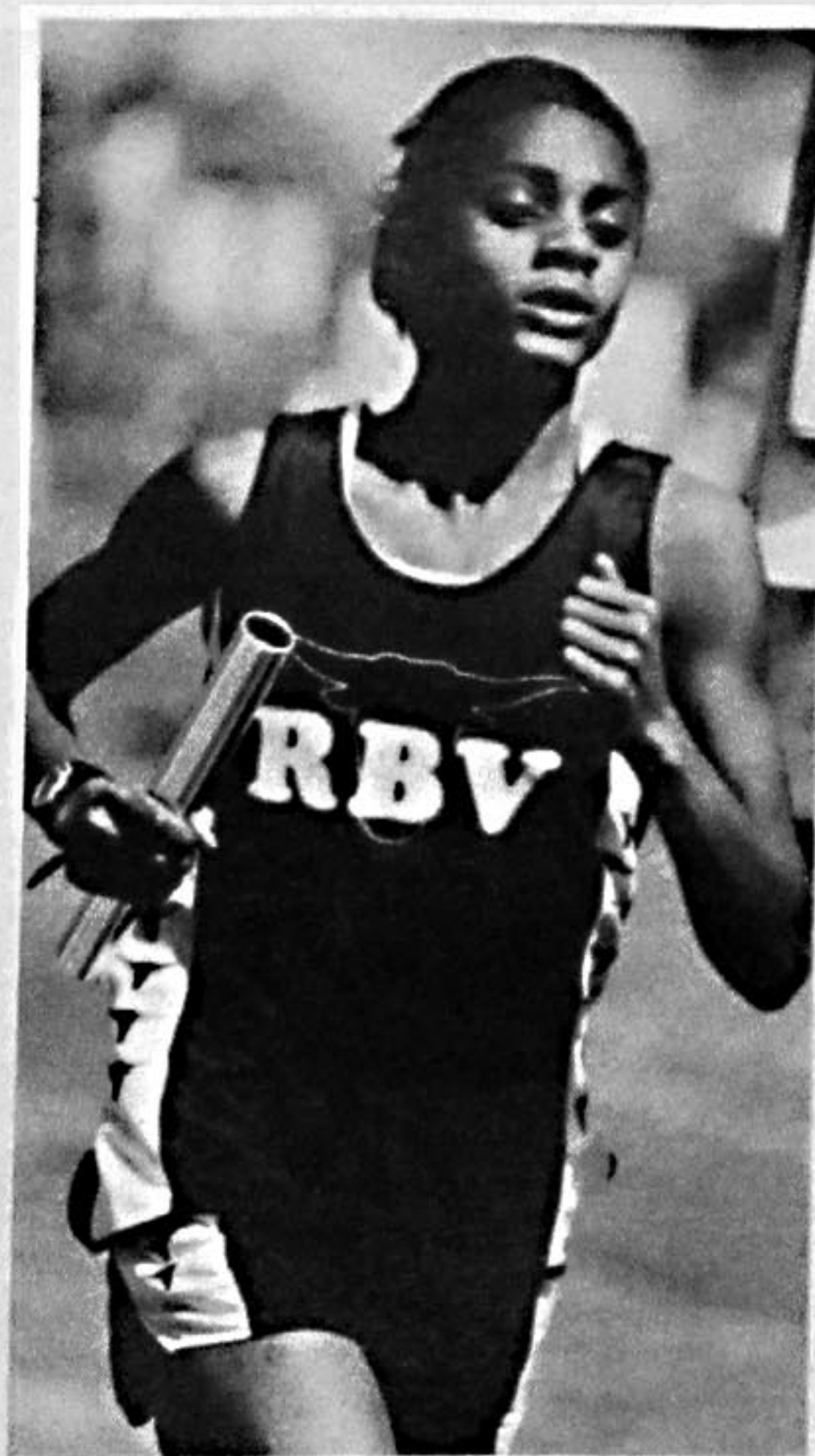
Watch for: Fine marks from the distance bunch and the vaulters. It's a huge team (238 total at one time) with a great tradition, and talented athletes will pop up in various events all year.

GIRLS:

Sprints/Relays: Martilla, Rampaul and Jill Young are the best sprinters. Brittany Acker (62.3) and Kelly Hammack (62.8) are the 400 runners.

Distance: The best are Briscoe, Damwijk, and Clark. Good young runner Amber Smith moved to Arizona. Danielle Holden is a good-looking prospect.

Hurdles: Pound, just a soph, is doing great at both distances. She just missed a trip to state last year, taking fourth in the Masters meet. Rachel Brown (16.32 and 48.50) is not running. Emily Clarkson will add depth.



Natassja Hall
Rancho Buena Vista

Jumps: The vault is the bright spot, with Preston, Johnson, Julia McGurk (9-6 as a frosh in '97), and junior Rachel Rosales (9-0). At least one of that group should make a breakthrough. There's three high jumpers at the 4-10 level: junior Liz McNamara, soph Tyla Smith and senior Cristina Moore. The talent in the long and triple jumps is unknown.

Throws: A strong area.

Czapinski and Roberts are in the thick of things.

Watch for: Pound could be this team's star if she continues to progress in her events. The distance group, the vaulters and the throwers are all quality.

R'cho B'nardo

Head coach: Don Jones.

BOYS:

Sprints/Relays: Roberts is about ready for action after breaking his foot in football. He missed significant time with a pull last season, and his PR in the 200 (which is 22.66) dates to his soph year. Ricketts can run a strong 400 when he gets the chance, and he is a major part of the 4x400 team.

Distance: Ricketts is a charter member of that great junior class of distance runners that are currently extant in the county. He won the Masters 800 in 1:53.51 last year, a great soph time. In fact, it's the fastest ever run by a San Diego area athlete at that grade level (Mt. Carmel's Greg Robeson ran 1:53.89 in 1990). He ran the 1600 infrequently, but clocked a 4:18.0 in a dual. He may get more chances in that event this year, but he is likely to finish up in the 800.

Hurdles: Salimi was a great soph last year, and he won the Division I CIF race. He'll be one of the county's best in both events this year.

Jumps: Most of last year's great vault group is gone, but Cooper has the potential for good jumps. Williams is fine in the high jump, and Salimi is good in the long jump. The triple jumpers are unknown.

Throws: Tuerk began the season right at his PR level, always a sign that a good year is in store. He already holds the school

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Palomar Preview

From page 12.

record in the disc.

Watch for: Ricketts to go to state; and Salimi to be in the top group of local hurdlers. If Roberts is healthy, he'll be among the best in the league. There's reasonable quality all over.

GIRLS:

Sprints/Relays: Where do we start? There's maybe ten to twelve girls at 12.9 or better, enough for 3 full 4x100 teams. Besides the veterans (Farrington, Blakey, Lederer, Cepeda, Rear-don, Taylor), there's soph Anne James and frosh Laura Landry and Kristina de la Rosa. Jones has the luxury of not running Taylor in the short relay, and is working on a plan to switch Farrington to the hurdles.

Distance: Manson and Yee are among the best in the county at 1600 and 3200. The 800 is handled by Lyons and promising newcomer Kelly Larson. Frosh Allison Hall, a cross country find, seems to be a 1600 type, and soph Katie Boyd adds depth in the 3200.

Hurdles: Murphy and all-around talent Austin are fine in the 100s and Dulin won the Masters meet in the 300s last year. If Farrington can convert her sprint speed successfully to the short hurdles, she could be well under 15-seconds.

Jumps: This could be the best girls vault program in the nation. Tracey O'Hara set a national record last year, and her returning teammates Donoghue and Dennison are hot on the trail. Pascarella could develop. In the high jump, there's Austin, who jumped 5-2 at Tiger and transfer Amanda Begay, who jumped 5-2 at a Northern California school last year. Satoya Jones also has 5-plus ability. Farrington is the best in the county in the long and triple jump, and could get her TJ out to 40-feet this year. Weaver, Silke Lorenzen (who returns after a year away from the sport) and Dulin add depth. In fact, there are 10 girls who go past 15-5.

Throws: Austin can throw both implements well, and she's backed by Mickelson and soph Grace Hancock.

Watch for: There's no argument that this year's edition is the best dual team in the county, and one of the best in the nation. Last year's team was one of the very best ever from this area. Look for great vaulting from Donoghue and Dennison, quality efforts from Farrington, Taylor, Manson, Yee, Dulin, Austin and several others. The relay teams are not Morse, but there is incredible depth.

Rancho BV

Head coach: Tom Lux.

BOYS:

Sprints/Relays: Orange is a great talent, but will be ineligible until late season. If he keeps in shape, he'll be one of best in state. Backups are Gonzalez in short races, Miller in long sprints.

Distance: Junior Nick Thornton is on the verge of a breakthrough in the 800/1600. Johanson can range 400/800. Seniors James Myers (10:15) and Brian Hill (10:16) will run 3200.

Hurdles: Gatewood is one of



Kathleen Donoghue
Rancho Bernardo

county's best in highs, is almost as good in lows. Number two runner in highs is in 17-range.

Jumps: Very strong in vault and high jump. Gatewood, second in state HJ last year, has a good chance to get to 7-foot level (only three have done it, locally). Vaulters Zolnieriek and Priest are among county's best, although Zolnieriek was injured early. Sprinter Gonzalez has 20/42 long and triple jump talent. Gatewood adds depth in vault and could probably long jump in 21-range or better if needed. Soph Anzio Gaines will LJ and HJ.

Throws: Best are Vernoy in shot and Perez in the disc. Both are seniors.

Watch for: Gatewood to dominate locally in HJ, and contend again at state. Vaulters look good, and Thornton will continue to progress. Orange's return is a major concern.

GIRLS:

Sprints/Relays: Team lost Aroline Neal (25.09, 56.95) to a season-ending injury. The hope is that she'll recover to run as a senior next year.

Distance: Frosh Natassja Hall relayed 2:20 for an 800 leg at Tiger, despite an erratic pace. She can also run a quality 400, so she'll range around, and be a big plus in long relay. Frosh Courtney Allen will run 1600/3200. She was tough in cross country.

Hurdles: A question mark.

Jumps: Neal will also be missed in long and triple jumps, where she had marks of 17-5 and 37-6w. Lux says Hall long jumped 17-8 as an eighth-grader, so that'll help.

Throws: Criado and Henry are good. Both are juniors.

Watch for: Hall to make a big impact in whatever she enters. She could be a viable contender in Masters 800, for example. Track fans are waiting for next year,

when Hall and Neal can combine on some great relay teams.

San Marcos

Head coach: Jeff Meyer.

BOYS:

Sprints/Relays: Best are Rodney Ortiz in 100/200/short relay anchor, and Matt Williams, who has 52 ability in 400.

Distance: The cross country team featured three strong runners, and that should translate into success here. Travis Laird's best events might be the 1600/3200, while Andrew Boring and Laurence Mier might be 800/1600 types.

Hurdles: Matt Terwilliger is best in 110s, Aaron Barnhill tops in 300s. Jesse Brewer will help.

Jumps: Vault looks good with Somers and Greg Gockel, a 12-0 jumper. Kuba Wasowski can go 6-1 in high jump, 20-7 in LJ and 40-plus in TJ. Hurdler Barnhill adds depth with 5-8 in HJ, 19-plus in LJ and 40-plus in TJ.

Throws: Big, big gun Vili Makihele graduated, but Collins should be fine in both throws (he goes 48-plus in shot), and the newcomers are "fairly solid."

Watch for: Vault is a strong point. It will be interesting to see the progress of the distance runners after their cross country success.

GIRLS:

Sprints/Relays: Soph Latoya Manuel is the team's best. The other sprinters are new.

Distance: Freshman Nicole Mier was a cross country ace, but may get off to a slow start after hurting a knee.

Hurdles: Senior Darlene Tabora brings experience to both races. Senio Olivia Soper will run highs and help in short relay.

Jumps: Sarah Check (9-0) and Lisa Simper (8-6) lead the vaulters. Senior Shannon Smith

can HJ (4-10 as a soph), LJ and TJ (about 30-0). Junior Carrie McWhirter also triples in 30-range.

Throws: Molly Flores is close to 30 in shot; Reanna Makihele is over 100-0 in disc. Freshman Breanna Makihele is a remarkable talent who threw the high school shot 41-plus in the eighth grade, but she is now on the softball team. It would be no shock to see her in the shot ring at some point.

Watch for: Mier could be a player in the distances. Vaulters look ok, although it's a tough league in that event. If Makihele decides to throw shot, she'll be sensational.

Vista

Head coach: Pete Brooks.

BOYS:

Sprints/Relays: Waddy is one of the quickest in the league. Around Daley is respectable in long sprints.

Distance: The team's strength. Junior Neuroth went to state as a soph in 1600, should take it up a notch this year. Soph Montez was a great frosh in 3200 last year. Junior Emmons is very good in 800, where Mark Baddas will also contend.

Hurdles: Best are Brian Oxley in 110s, and Tom Woods in 300s.

Jumps: A thin area, although Daley is among county's best vaulters. Also a good distance runner and sprinter, he could be a multi-eventer. Ryan Miller will HJ; he did 5-8 as a soph.

Throws: Lopez, Contreras are good, and Mike Sullivan should be in mid-40s and 130-plus.

Watch for: Neuroth to be one of the county's best in the 1600. Also expect fine efforts from Emmons, Montez, Waddy and Daley.

GIRLS:

Sprints/Relays: Young prospects.

Distance: Cross ace Tiffany Lee swam last year, but is running now, and will do 1600/3200. Soph Christy McPherson adds depth in the long races, and frosh Erica Lopez will run 800/1600.

Hurdles: Young prospects.

Jumps: A strong point, with Preston the county's best in HJ. Huchel is a good vaulter, and Katie Collins (8-0) adds depth. Collins also long jumps and can run the 400.

Throws: Medina surprised many when she won the CIF D-I meet in the shot. She's not big, but is explosive. She's also team's best in disc.

Watch for: Preston should have a good year, and go to state. Medina could get past 40-feet but the shot is competitive this year, so that may not get her to Sacramento.

Mt. Carmel

Coach unavailable. The team preview will appear in a future issue.

Next Issue:
Part two of our
league previews
Coming April 2

Tiger: Hosts steal spotlight

Morse relay teams show flash; Many show top form

A number of the section's top girl athletes were impressive at this year's Tiger Relays, but none looked as ready as host Morse's own sprint relay quartets.

The girls-only meet was held Saturday at Balboa Stadium.

The Tigers put on a show in their specialties, running meet records (and exceptional early season times) in the 4x100 relay, the 4x400 relay and the 800 medley relay.

A quartet of Aja Dotson, Monique Henderson, Starla Henderson and DeCola Groce ran to 47.7 in the 4x100 relay early in the day, with Monique wowing the crowd with a dominating backstretch run. That broke the old Relays mark of 48.3, set by the 1995 Morse foursome that included Lana Garner and Kunesha Miller. Rancho Bernardo ran to a very good 49.6 in the same race as Morse, but were almost two full seconds back.

The day's final event, the 4x400 relay, saw the Tigers run to a huge 0:16-second win, clocking 3:57.4.

The lineup in that race featured Starla Henderson (60.5), Groce (59.8), Amonica Phipps (61.4, after coming to a stop on the hand-off), and Monique (55.7). That improved the meet record by almost a full five seconds, again besting a 1995 Morse foursome that featured Garner and Miller.

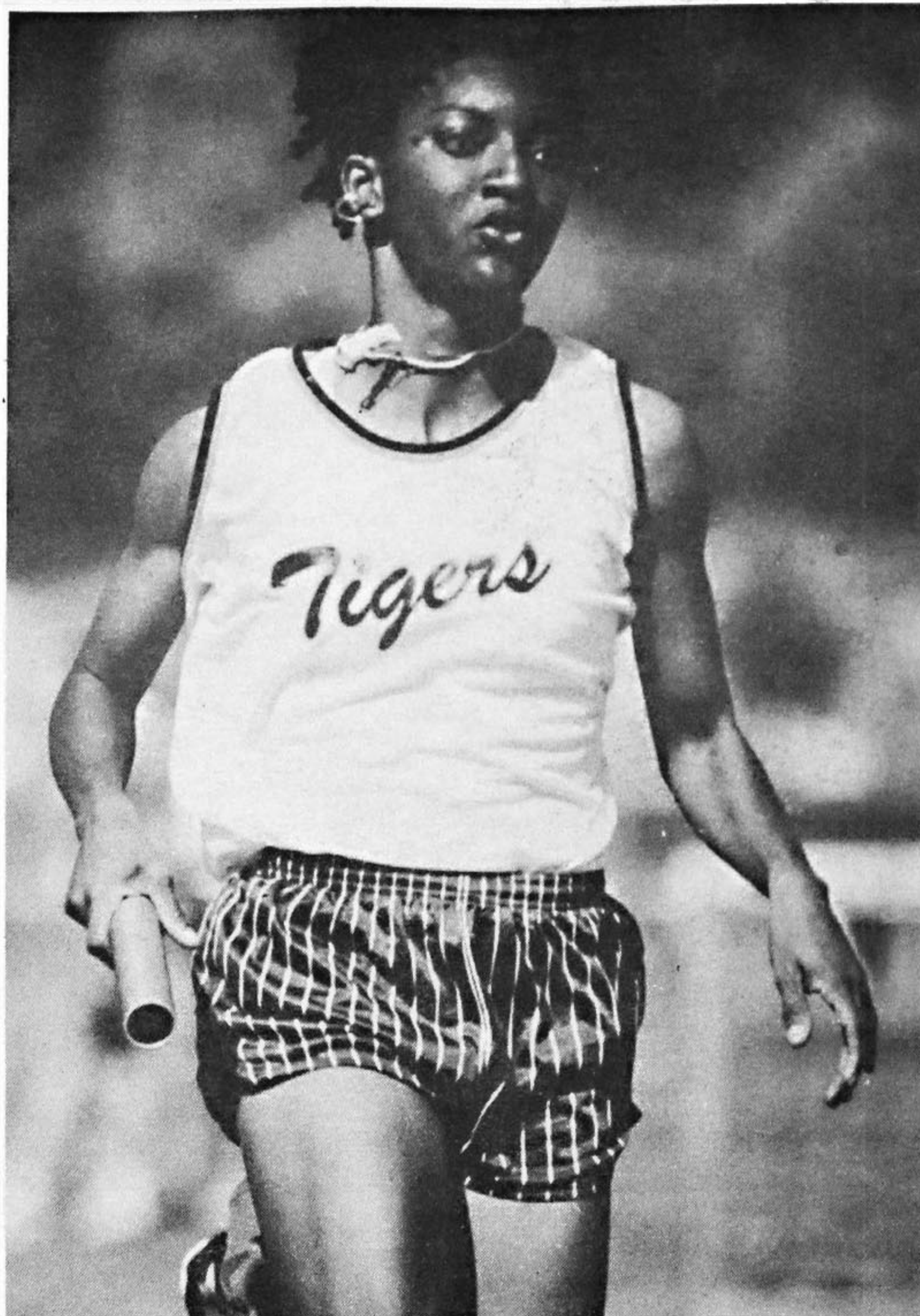
Morse girls coach Gary MacDonald was happy. The goal had been to get some good marks to enter in the mid-season Arcadia Invitational.

"We need to see the competition in L.A.," he explained. "And (the fast times) will help us get to run up there. I'm real pleased."

The two 1995-vintage meet records in the 4x100 and 4x400 were established in a year when the Tiger Relays were postponed (by weather) to a mid-April date. That means that the times ran last weekend are even more superior to the meet records than they seem at first glance.

"We're way ahead of anything we've ever done (at this time of year)," MacDonald said.

Morse also bettered the meet record in the 800 medley (100, 100, 200 and 400), running 1:46.4. Monique anchored in 55.9, and the Tigers won by 0:08 seconds. Her teammates included Dotson and Groce on 100 meter legs, and sister



Monique Henderson Morse

Starla on the 200 carry. The old record was 1:47.3, by a 1993 Morse team.

Elsewhere, the Torrey Pine distance girls were impressive, seeming to almost pick up where they left off after a great cross country season.

Soph Julie Komosinski pulled away from University of San Diego's Michelle Barrack over the final lap and ran to an 11:13.1 PR to win in the open 3200, which was the only individual running event of the day.

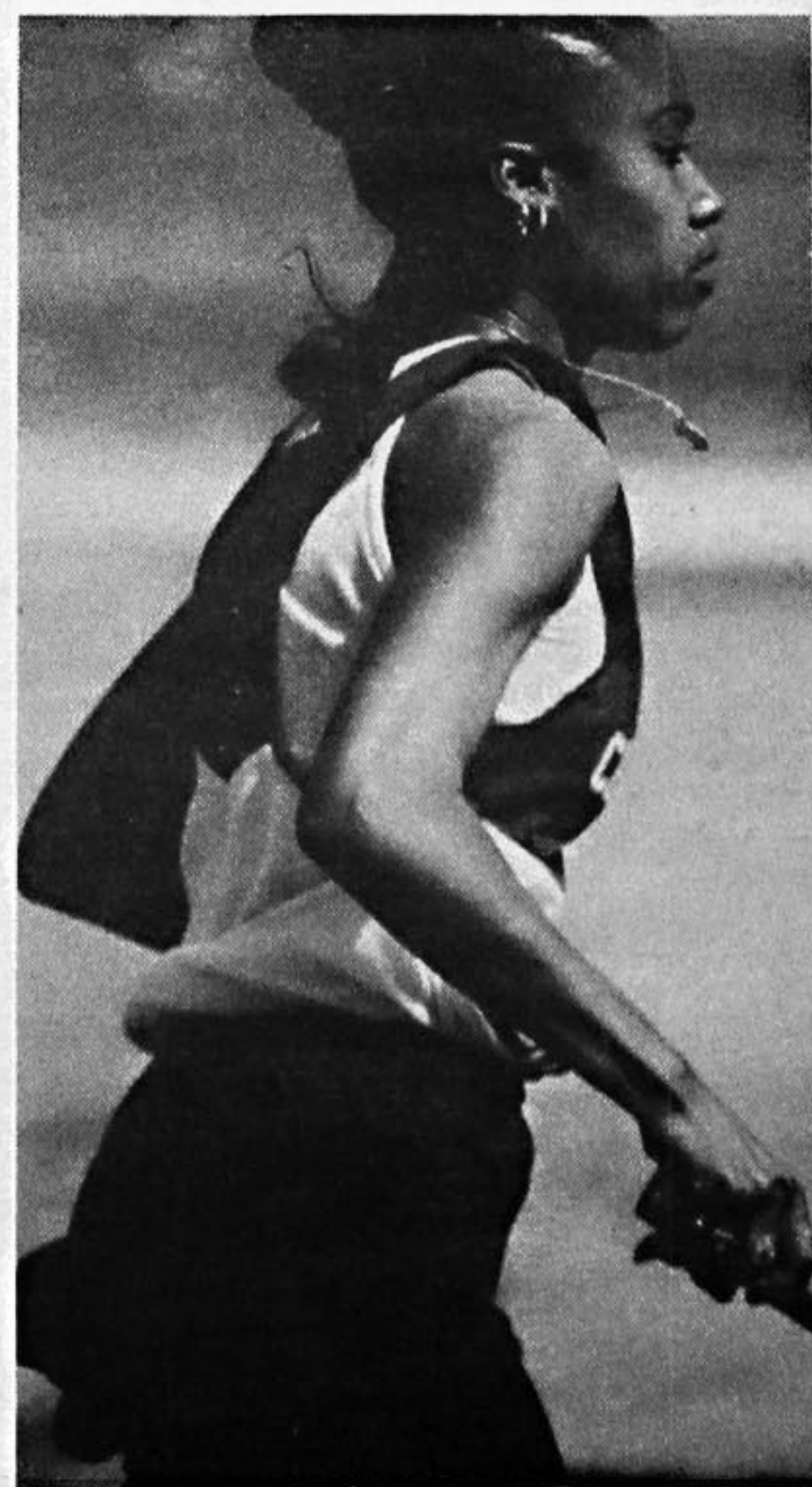
Left in Komosinski's wake were Barrack (11:19.2), Rancho Bernardo's Julie Manson (11:23.7, although ill), and Kaleena Yee (11:35.3), El Cap's Jasmine Marquez (11:40.9, after setting much of the early pace), and Torrey teammate Kathy Read (11:47.05).

Torrey ace Camille Dredge anchored the Falcons to a win in the 4x800 relay later in the day, running her anchor leg in 2:17.

West Hills looked good in the distance medley, running 12:53.1 for the fastest time of the day in that event, as Heather Shurtleff anchored in 5:19 for the 1600.

The high jump pits saw some good early-season jumping, as Uni's Shannon Fleming popped over 5-4 with room to spare.

Another competition saw Torrey's Lauren Jones and RB's Mikaelyn Austin both go 5-2, and four



Nadia Sanders Chula Vista

other girls also topped 5-feet.

Austin, one of the best all-around athletes in the section, also had the day's best discus throw, 113-4, and she also competed in the shuttle hurdle relay.

RB's Adrienne Farrington, just done with soccer, had the day's best triple jump (36-8) and the day's second-best long jump. Orange Glen's Vickie Vidishak paced the long jumpers with a 16-

3.25 leap.

El Capitan's Kendra Rhea, just done with basketball, was impressive in the shot with a 39-11 PR throw, and she also added a 5-0 high jump.

The vault saw another meet record improved, as RB's Natalie Dennison and the Carlsbad pair of Janna Smith and Jessica Shankland all cleared 10-6. Dennison's regular pole was in Boston with teammate Kathleen Donoghue, who was competing in an indoor meet.

The Results:

At Balboa Stadium, Saturday, March 13. Conditions: Close to perfect.

Varsity 4x100 Relay:

Division I: Lincoln 51.0, La Costa Canyon 52.8, Francis Parker 53.8, University of San Diego 54.5, Valley Center 55.8, Eastlake no time.

Division II: Mira Mesa 51.8, San Diego 51.9, Helix 52.1, Mount Miguel 53.1, Escondido no time, Serra no time, Hilltop 53.9, Patrick Henry 55.7.

Division III: Monte Vista 51.2, Scripps Ranch 51.6, West Hills 52.3, Chula Vista 53.0.

Division IV: Morse (Dotson, M. Henderson, S. Henderson, Groce) 47.7, **New Meet Record**, Rancho Bernardo (Farrington, Cepeda, Reardon, James) 49.6, Poway 51.8, Valhalla 52.0, Carlsbad no time, Rancho Buena Vista no time, Torrey Pines 54.2, Fallbrook 57.2.

4x200 Relay:

Division I: La Costa Canyon 1:52.5, Point Loma 1:52.9, Lincoln 1:59.1, Eastlake 1:59.2, University of San Diego 2:01.2, La Jolla 2:03.1.

Division II: San Diego 1:49.1, Helix 1:52.7, Mira Mesa 1:52.9, Patrick Henry 1:54.3, Escondido 1:55.6, Serra 1:56.7, Hilltop 2:11.1.

Division III: Monte Vista 1:50.3, Chula Vista 1:53.4, Orange Glen 1:53.8, Scripps Ranch 1:55.9, West Hills 1:59.4 (DQd), San Marcos 1:59.8, Sweetwater 2:00.9.

Division IV: Rancho Bernardo 1:47.2, Morse 1:52.3, Poway 1:53.9, Carlsbad 1:54.7, Rancho Buena Vista 1:57.1, Torrey Pines 1:57.3, Fallbrook 2:01.5.

4x400 Relay:

Division I: La Costa Canyon 4:13.8, Lincoln 4:16.2, University of San Diego 4:24.7, Valley Center 4:30.3, Point Loma 4:33.5, Francis Parker 4:34.2.

Division II: Ramona 4:15.7, Helix 4:16.4 (Barmer 60.0), Hilltop 4:16.4, San Diego 4:21.2, Serra 4:27.8, Patrick Henry 4:28.0, Mount Miguel 4:33.5.

Division III: Monte Vista 4:17.0, West Hills 4:23.2 (DQd), El Capitan 4:41.2, Scripps Ranch 4:41.8.

Division IV: Morse 3:57.4 (S. Henderson 60.5, Groce 59.8, Phipps 61.4, M. Henderson 55.7), **New Meet Record**, Torrey Pines 4:13.5, Rancho Buena Vista 4:14.8, Valhalla 4:17.8, Poway 4:20.5, Rancho Bernardo 4:22.9, Bonita Vista 4:31.7, Hilltop 4:40.2.

4x800 Relay:

Division I/II: Helix 10:24.4, University of San Diego 10:35.5, Valley Center 10:38.6, Point Loma 10:45.1, Mira Mesa 10:49.1, Eastlake 10:51.9, Escondido 10:52.2, Serra 11:05.5.

Division III/IV: Torrey Pines 9:59.2 (Dredge 2:17.0, Komosinski 2:32), West Hills 10:10.6 (Shurtleff 2:24, Winfrey 2:28), Carlsbad 10:22.1, Rancho Bernardo 10:29.8, Bonita Vista 10:32.5, Fallbrook 10:38.7, Torrey Pines B 10:41.2, Scripps Ranch 10:42.7, Valhalla 10:46.4, Chula Vista 10:47.2.

Sprint Medley Relay (100, 100, 200, 400):

Division I: Lincoln 1:52.9, Point Loma 1:55.0, La Costa Canyon 1:55.6, Francis Parker 2:00.0, University of San Diego 2:01.1.

Division II: San Diego 1:55.3, Mira Mesa 1:56.9, Helix 2:00.0, Patrick Henry 2:02.6, Mount Miguel 2:03.1, Serra 2:07.9, Hilltop 2:09.1.

Division III: Orange Glen 1:56.8 (Luci Downey 59.0), Chula Vista 57.1, West Hills 2:00.0, El Capitan 2:05.0, Scripps Ranch 2:05.3, San Marcos 2:06.4, Monte Vista 2:07.1, Sweetwater 2:16.9.

Division IV: Morse 1:46.4 (Dotson, Groce, S. Henderson, M. Henderson 55.9), **New Meet Record**, Rancho Bernardo 1:54.3, Poway 1:57.5, Valhalla 2:00.5, Carlsbad 2:01.4, Torrey Pines 2:02.1, Rancho Buena Vista 2:04.6.

Distance Medley:

Division I/II: Helix 13:04.3, Escondido 13:23.2 (Rushoven 2:28, Cox 5:25), Point Loma 13:26.2, Valley Center 13:38.6, Eastlake 13:44.5, Ramona 13:47.8, Mira Mesa 13:49.0, Hilltop 13:58.6, La Jolla 13:59.6, University of San Diego 14:12.7.

Division III/IV: West Hills 12:53.1 (Shurtleff 5:19.0), Rancho Bernardo 13:12.6, Torrey Pines 13:13.0, Valhalla 13:18.3, Carlsbad

Please turn to page 15.

Tiger Relays

From page 14.

13:19.1, Fallbrook 13:19.7, Rancho Buena Vista 13:32.5, (Hall 2:20), Bonita Vista 13:35.5, Poway 13:42.1, El Capitan 13:43.5, Chula Vista 13:44.5, Morse 13:57.2.

4x100 Hurdles Shuttle Relay:

Division I:

Valley Center 1:13.2, Lincoln 1:20.3, Point Loma 1:24.7.

La Jolla 1:23.0, Eastlake 1:29.8.

La Costa Canyon 1:17.6 (DQd), University of San Diego 1:19.8.

Division II:

Patrick Henry 1:22.2, Mount Miguel 1:22.9, Hilltop 1:17.6, Serra 1:18.4, Escondido 1:21.5.

Mira Mesa 1:12.8, San Diego 1:16.1.

Division III:

West Hills 1:14.8, San Marcos 1:27.6.

Orange Glen 1:20.4.

Monte Vista 1:13.5, Chula Vista 1:20.8, Sweetwater 1:21.2.

Division IV:

Poway 1:17.9, Valhalla 1:20.4, Rancho Buena Vista 1:22.6.

Rancho Bernardo 1:14.5, Torrey Pines 1:16.9, Fallbrook 1:17.3.

Carlsbad 1:14.1, Morse 1:15.4 (DQd), Bonita Vista 1:22.0.

3200 (Fast heat):

Komosinski (TP) 11:13.1, Barrack (USD) 11:19.2, Manson (RB) 11:23.7, Yee (RB) 11:35.3, Marquez (ElCap) 11:40.9.

Read (TP) 11:47.5, M. Rohde (Fall) 11:54.2, Leek (LJ) 12:15.6, Osuna (BV) 12:25.2, Grim (LJ) 12:27.7.

Clark (Pow) 12:30.4, Lopresti (Carls) 12:33.0, Labrado (ScRch) 12:42.8, Tengberg (Powy) 12:43.1, Sullivan (Hx) 12:49.5, Wett-er (PIL) 12:54.1, Jenkins (ElCap) 12:56.9.

3200 (Slow heat):

Boyd (RB) 12:27.9, Rounkles (MtMig) 12:38.2, Joller (RB) 12:50.1, Sweatte (PIL) 13:01.5, Reader (CV) 13:07.4.

High Jump:

Best jumps: Fleming (USD) 5-4, Austin (RB) 5-2, Jones (TP) 5-2, Files (Ram) 5-0, Dixon (PHenry) 5-0, Sonne (WH) 5-0, Rhea (ElCap) 5-0, George (Val) 4-10, Roberson (Morse) 4-10,



Heather Shurtleff
West Hills

Perkins (MonteV) 4-10, Vidishak (OG) 4-10, Robey (OG) 4-10.

Pole Vault:

Best jumps: Dennison (RB) 10-6, Shankland (Carls) 10-6, Smith (Carls) 10-6, New Meet

Record for top three, Robey (OG) 9-0, Pascarella (RB) 9-0, Antonacci (Carls) 8-6, Orlando (MMesa) 8-6, Sadler (LJ) 8-0.

Long Jump:

Best jumps: Vidishak (OG) 16-3.25, Farrington (RB) 15-10, Gaines (MonteV) 15-8.25, Tucker (MonteV) 15-8, Mattos (Fall) 15-7, Ropes (Fall) 15-6, Wallace (MonteV) 15-6.

Triple Jump:

Best jumps: Farrington (RB) 36-8, Ropes (Fall) 34-5.5, Givens (LJ) 33-6.5, Wallace (MonteV) 34-1, Gaines (MonteV) 33-3, Lorenzen (RB) 32-10.5.

Shot Put:

Best Throws: Rhea (ElCap) 39-11, Stirrup (Hx) 37-10.75, Poniktera (Esc) 35-5, Hood (Morse) 35-3.75, Morris (ScRch) 34-8, Czapsinski (Pow) 34-7, Pacheco (Carls) 34-2, Loeh (Morse) 33-7.5, O'Laughlin (BV) 33-6, Goins (ElCap) 33-1, Bernardino (ScRch) 32-10, Harrell (Fall) 32-4.5, Orsa (USD) 32-1.

Discus Throw:

Best Throws: Austin (RB) 113-4, Stirrup (Hx) 111-7, Criado (RBV) 108-0, Daniel (Serra) 107-11, Loeh (Morse) 107-2, Mickleson (RB) 105-7, Keller (ElCap) 105-3, Pegues (PIL) 104-0, Morris (ScRch) 101-10, O'Laughlin (BV) 101-9, Rhea (ElCap) 100-0.

Pre-season highlights: Ames, Gatewood, Baird, vaulters sharp

A number of San Diego's best preps were active in pre-season, and put up good marks.

El Capitan's Danny Ames threw the shot 63-3.75 to win the Simplot Games at Idaho State. At the same meet, Francis Parker's Merritt Singleton triple-jumped 37-3, and San Diego's Maurice Douglas ran the 400 in 49.76.

Rancho Buena Vista's Jason Gatewood had a big clearance of 6-8 at the Los Angeles Indoor Games, and almost cleared 6-10. Rancho Bernardo vaulters Kathleen Donoghue and Natalie Den-nison both cleared 11-6 to best the

competition. Ramona's Matt McInvalle won the two-miles in 9:29.62, and Vista's Aubrey Preston high jumped 5-6 to win her event. In the 50-meter dashes, Morse's Monique Henderson was second in her race in 6.53; and UC's Lamont Long and Steve Hayes were second and third in their race, running 6.09 and 6.10, respectively. Coronado's Samantha Piper ran the 800 in 2:23.42 for fourth in her race.

In the renewal of the San Diego Indoor meet, Helix's Courtney Baird won an exciting mile race in 5:05.5. One day later, she entered the Steve Scott Festival of Miles and ran 5:01 on the streets of Santee to finish first in her age group. That time matched her track PR from last spring.

Later, she ran a solo time-trial of 10:46 over 3200 meters at West Hills. She then took first in the two-mile at the Nike Indoor Classic at Ohio State last weekend, running 10:45.

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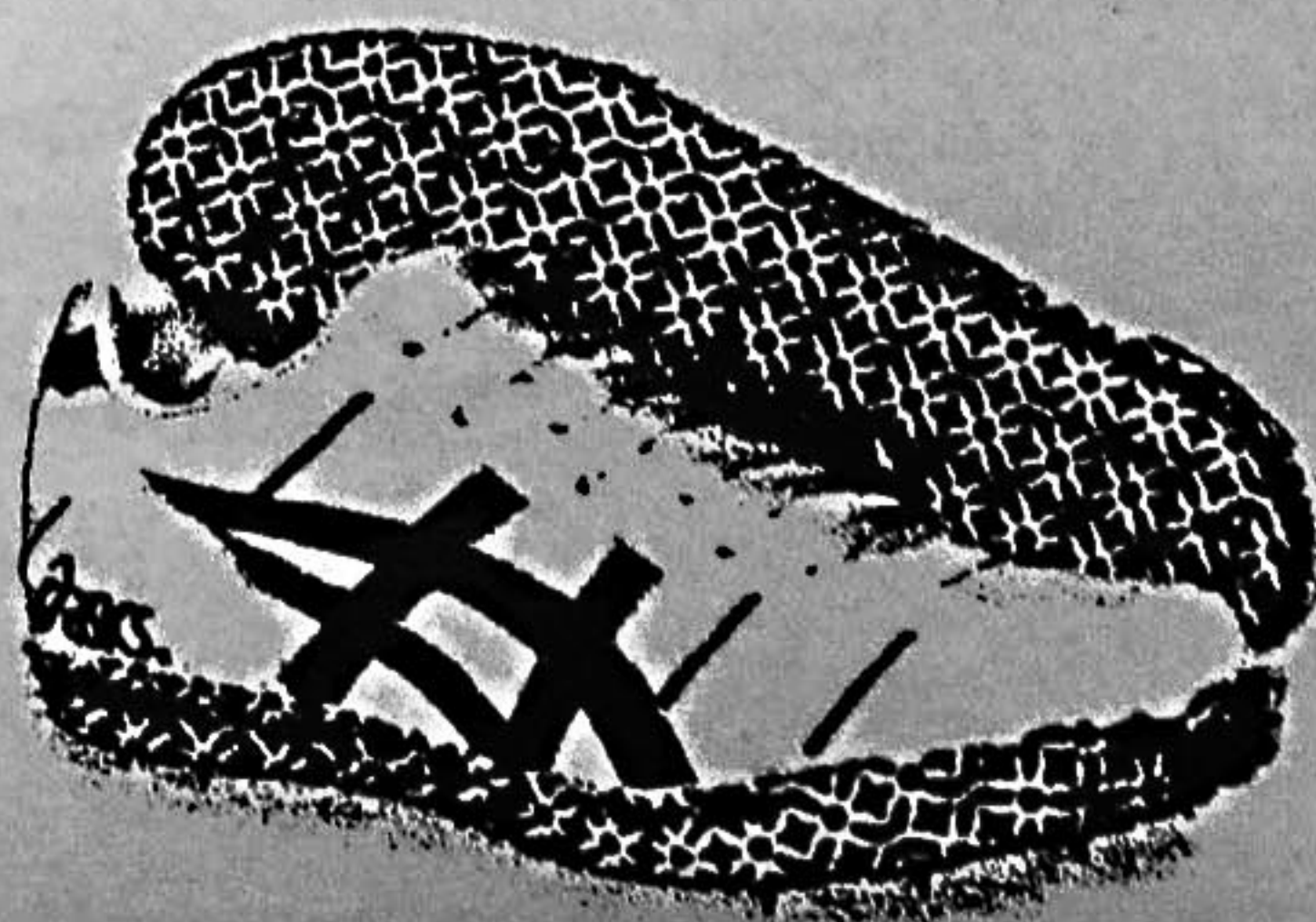


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Best 1999 Marks:

Track Magazine presents the best marks of 1999, as reported by March 17.

The list will be included in each issue of Track Magazine. Between issues, you can keep up with the best marks on a continually updated list on the Track Magazine web site.

Our web site address:
<http://www.crowncity.com/sdtrackmag>

BOYS:

(marks received by March 17.)

100:

Hand time:
10.7 Larry Miles, Crawford
10.9 Collier, San Diego
11.0 Wardell McNeal, Mont
11.1 Johnson, Serra

200:

Hand time:
21.9 Larry Miles, Crawford
22.9 Mark Tate, Hoover

400:

51.6 McDaniels, Lincoln
52.0 McKlevey, San Diego
52.1 Randall Leyking, Poway
52.2 Yanta Morrow, Serra
52.5 Mike Ficken, WHills

800:

1:57.8 Evan Fox, WHills
2:01.1 Ben Aragon, WHills
2:01.1 Josh Pope, Poway
2:01.9 Steve Branson, TPines
2:02.8 Matt Theisen, Valhalla
2:03.0 Justin Mattos, Fallbrook

1600:

4:32.5 Marcus Chandler, Serra
4:33.0 Evan Fox, WHills
4:33.3 Thomas Jodoin, MMesa
4:36.0 Alex Cocina, San Diego
4:36.6 Pat Grimes, ScrRanch

3200:

9:56.2 Efrain Casarez, Fallbrook
9:59.0 Devin Lyons-Quirk, Poway
10:04.0 Tim Helms, Poway

110 High Hurdles

Hand time:
15.0 Ben Church, MMesa
15.4 David Claggett, SPasqual
15.5 Jarred Stites, MMesa
15.6 Matt MacLeod, WHills
15.6 Jason Gatewood, RBV
15.8 Bobby Salimi, RBernardo
15.8 Joe Gutierrez, Sweetwater

300 Intermediates

40.9 David Claggett, SPasqual
41.9 Jarred Stites, MMesa

42.1 Jeff Orlando, MMesa
42.4 Bobby Salimi, RBernardo
42.4 Jason Gatewood, RBV

400 Relay:

Hand time:
43.9 West Hills
44.2 Rancho Bernardo
44.4 San Diego

1600 Relay:

3:33.1 Poway
3:34.0 Fallbrook

High Jump:

6-2 Lenchow Griffith, MiraMesa
6-0 Smith, Southwest
6-0 Felix Deseracho, BonitaV
6-0 Brandon Mundinger, Valhalla
6-0 Brian Guthrie, Sweetwater
6-0 Ben Bresnahan, Fallbrook

Pole Vault

13-0 Jamie Zolnierak, RBV
13-0 Austin Priest, RBV
13-0 Nate Alder, Poway
12-6 Andy Weiss, Valhalla
12-0 Williams, Serra
12-0 Andy Bechtel, WHills
12-0 Jimmy Barbour, Poway

Long Jump:

21-10 David Hannibal, BonitaV
21-2.25 Ben Church, MMesa
20-8 McKinley Jean-Gillis, Hoover
20-6 Jon Reynolds, Serra
20-4 Mark Tate, Hoover
20-2 Trandon Harvey, Sweetwater

Triple Jump:

43-0 Jon Reynolds, Serra
42-0 Josh Lipscomb, MMesa
41-10.5 McKinley Jean-Gillis, Hoover
41-9.5 Brian Guthrie, Sweetwater

Shot Put:

55-8 Bernard Grady, ScrRanch
52-5 Travis Jones, MMesa
51-5 David Nowotny, Fallbrook
46-4 Jason Tuerk, RBernardo
46-3 Charles Tyson, BonitaV
45-5 Treter, Hilltop
45-0.5 Steven Myers, BonitaV

Discus Throw:

167-9 Travis Jones, MMesa
157-10 Jason Tuerk, RBernardo
155-5 Jahdai Pickett, Sweetwater
152-11 Charles Tyson, BonitaV
145-0 Will Hunt, Hilltop
139-7 Mozcel, MtCarmel
137-11 John Ward, Poway
133-9 David Nowotny, Fallbrook

GIRLS:

(Marks received by March 17.)

100:

Hand time:
12.4 Hinton, Lincoln

200:

Hand time:
26.7 Tamikia James, San Diego

400:

56.20 Monique Henderson, Morse

800:

2:21.4 Julie Komosinski, TPines
2:23.1 Kamaya Damwijk, Poway
2:25.4 Cathy Picha, Fallbrook
2:27.5 Desiree Davila, Hilltop

1600:

5:21.0 Camille Dredge, TPines
5:21.0 Heather Shurtleff, WHills
5:33.1 Megan Briscoe, Poway
5:35.0 Jamie Carmichael, Fallbrook

3200:

10:46T Courtney Baird, Helix
11:13.1 Julie Komosinski, TPines
11:19.2 Michelle Barrack, UniSD
11:23.7 Julie Manson, RBernardo
11:35.3 Kaleena Yee, RBernardo
11:40.9 Jasmine Marquez, ElCap
11:47.5 Kathy Read, TPines
11:54.2 Maija Rohde, Fallbrook
12:15.0 Desiree Leek, La Jolla
12:15.3 Cathy Picha, Fallbrook
12:25.2 Candice Osuna, BonitaV
12:27.7 Katie Grim, La Jolla
12:27.9 Katie Boyd, RBernardo
12:30.4 Mande Clark, Poway
12:33.0 Cindy Lopresti, Carlsbad
12:38.2 Morgen Rounkles, MtMiguel

T: time-trial

100 Hurdles:

Hand time:
16.6 Amber Martin, WHills
16.7 Audrey Pound, Poway

300 Low Hurdles:

49.6 Audrey Pound, Poway

400 Relay:

Hand time:
47.7 Morse
49.6 Rancho Bernardo
51.0 Lincoln
51.2 Monte Vista
51.6 Scripps Ranch
51.8 Poway
51.8 Mira Mesa
51.9 San Diego
52.0 Valhalla
52.1 Helix
52.3 West Hills
52.3 Rancho Bernardo B
52.6 La Jolla
52.8 La Costa Canyon
53.0 Chula Vista
53.1 Mount Miguel
53.8 Francis Parker
53.9 Hilltop
54.0 La Jolla B
54.2 Torrey Pines

1600 Relay:

3:57.4 Morse
4:13.5 Torrey Pines
4:13.8 La Costa Canyon
4:14.1 Poway
4:14.8 Rancho Buena Vista
4:15.7 Ramona
4:16.2 Lincoln
4:16.4 Helix
4:16.4 Hilltop
4:17.0 Monte Vista
4:17.8 Valhalla
4:21.2 San Diego
4:22.9 Rancho Bernardo
4:24.7 University of SD
4:27.8 Serra
4:28.0 Patrick Henry
4:30.3 Valley Center
4:31.7 Bonita Vista

High Jump:

5-4 Shannon Fleming, UniSD
5-2 Erin DeHahn, Hilltop
5-2 Lauren Jones, TPines
5-2 Mikaelyn Austin, RBernardo
5-0 Trinity Amalfitano, BonitaV
5-0 Bridget Files, Ramona
5-0 Zita Dixon, PHenry
5-0 Jill Sonne, WHills
5-0 Kendra Rhea, ElCap

Pole Vault:

12-6 Kathleen Donoghue, RBernardo
12-0 Natalie Dennison, RBernardo
10-6 Jessica Shankland, Carlsbad
10-6 Janna Smith, Carlsbad
9-6 Molly Pascarella, RBernardo
9-0 Nicole Robey, OGlen
9-0 Julia Preston, Poway
8-6 Nicole Antonacci, Carlsbad
8-6 Elise Orlando, MMesa

Long Jump:

16-3.25 Vickie Vidishak, OGlen
15-10 Adrienne Farrington, RBern'do
15-9 Kiley Weaver, RBernardo
15-8.25 Mariko Gaines, MonteV
15-8 Kristen Tucker, MonteV
15-7 Naomi Maltos, Fallbrook
15-6 Nina Ropes, Fallbrook
15-6 Tania Wallace, MonteV

Triple Jump:

36-8 Adrienne Farrington, RBern'do
34-5.5 Nina Ropes, Fallbrook
34-1 Saeya George, Valhalla
34-1 Tania Wallace, MonteV
33-11 Kiley Weaver, RBernardo

33-9.5 Kelly DeLeeuw, TPines
33-6.5 Jane Givens, La Jolla
33-3.5 Silke Lorenzen, RBernardo
33-3 Mariko Gaines, MonteV

Shot Put:

39-11 Kendra Rhea, ElCap
38-3 Candace Hill, Hoover
37-10.75 Malaika Stirrup, Helix
36-11 Kelly O'Laughlin, BonitaV
35-10.5 Deury, MtCarmel
35-6.5 Shemika Morris, ScrRanch
35-5 Amanda Poniktera, Escondido
35-3.75 Amber Hood, Morse
34-7 Michelle Czapinski, Poway
34-2 Anna Pacheco, Carlsbad
33-8 Allison Bernardino, ScrRanch
33-7.5 Charidy Loeh, Morse
33-5 Jenesa Turner, BonitaV
33-3 Crystal Harrell, Fallbrook
33-1 Beth Goins, ElCap
32-1 Erica Orsa, UniSD

Discus Throw:

116-2 Shante Daniel, Serra
113-4 Mikaelyn Austin, RBernardo
111-7 Malaika Stirrup, Helix
108-0 Alicia Criado, RanchoBV
107-6 Candace Hill, Hoover
107-2 Charidy Loeh, Morse
105-7 Stacy Mickleson, RBernardo
105-3 Cassie Keller, ElCap
105-0 Kelly O'Laughlin, BonitaV
104-4 Annie Roberts, Poway
104-0 Bianca Pegues, Ptloma
103-1 Sara Cobb, Hilltop
101-10 Shemika Morris, ScrRanch
101-8 Allison Bernardino, ScrRanch
100-0 Kendra Rhea, ElCap

Relays:

BOYS:

No marks reported yet.

GIRLS:

(Marks received by March 17.)

4x200 Relay:

1:47.2 Rancho Bernardo (Tiger)
1:49.1 San Diego (Tiger)
1:50.3 Monte Vista (Tiger)
1:52.3 Morse (Tiger)
1:52.5 La Costa Canyon (Tiger)
1:52.7 Helix (Tiger)
1:52.9 Mira Mesa (Tiger)
1:52.9 Point Loma (Tiger)
1:53.4 Chula Vista (Tiger)
1:53.8 Orange Glen (Tiger)

4x800 Relay:

9:59.2 Torrey Pines (Tiger)
10:10.6 West Hills (Tiger)
10:22.1 Carlsbad (Tiger)
10:24.4 Helix (Tiger)
10:29.8 Rancho Bernardo (Tiger)
10:32.5 Bonita Vista (Tiger)
10:35.5 University of SD (Tiger)
10:38.2 Fallbrook (Tiger)
10:38.6 Valley Center (Tiger)
10:41.2 Torrey Pines B (Tiger)

800 Medley Relay:

(100, 100, 200, 400)
1:46.4 Morse (Tiger)
1:52.9 Lincoln (Tiger)
1:54.3 Rancho Bernardo (Tiger)
1:55.0 Point Loma (Tiger)
1:55.3 San Diego (Tiger)
1:55.6 La Costa Canyon (Tiger)
1:56.8 Orange Glen (Tiger)
1:56.9 Mira Mesa (Tiger)
1:57.1 Chula Vista (Tiger)
1:57.5 Poway (Tiger)

Distance Medley:

(1200, 400, 800, 1600)
12:53.1 West Hills (Tiger)
13:04.3 Helix (Tiger)
13:12.6 Rancho Bernardo (Tiger)
13:13.0 Torrey Pines (Tiger)
13:18.3 Valhalla (Tiger)
13:19.1 Carlsbad (Tiger)
13:19.7 Fallbrook (Tiger)
13:23.2 Escondido (Tiger)
13:26.2 Point Loma (Tiger)
13:32.5 Rancho Buena Vista (Tiger)

Shuttle Hurdles:

(4x100 hurdles)
1:12.8 Mira Mesa (Tiger)
1:13.2 Valley Center (Tiger)
1:13.5 Monte Vista (Tiger)
1:14.1 Carlsbad (Tiger)
1:14.5 Rancho Bernardo (Tiger)
1:14.8 West Hills (Tiger)
1:16.1 San Diego (Tiger)
1:16.9 Torrey Pines (Tiger)
1:17.3 Fallbrook (Tiger)
1:17.6 Hilltop (Tiger)



MIZUNO WAVE

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