

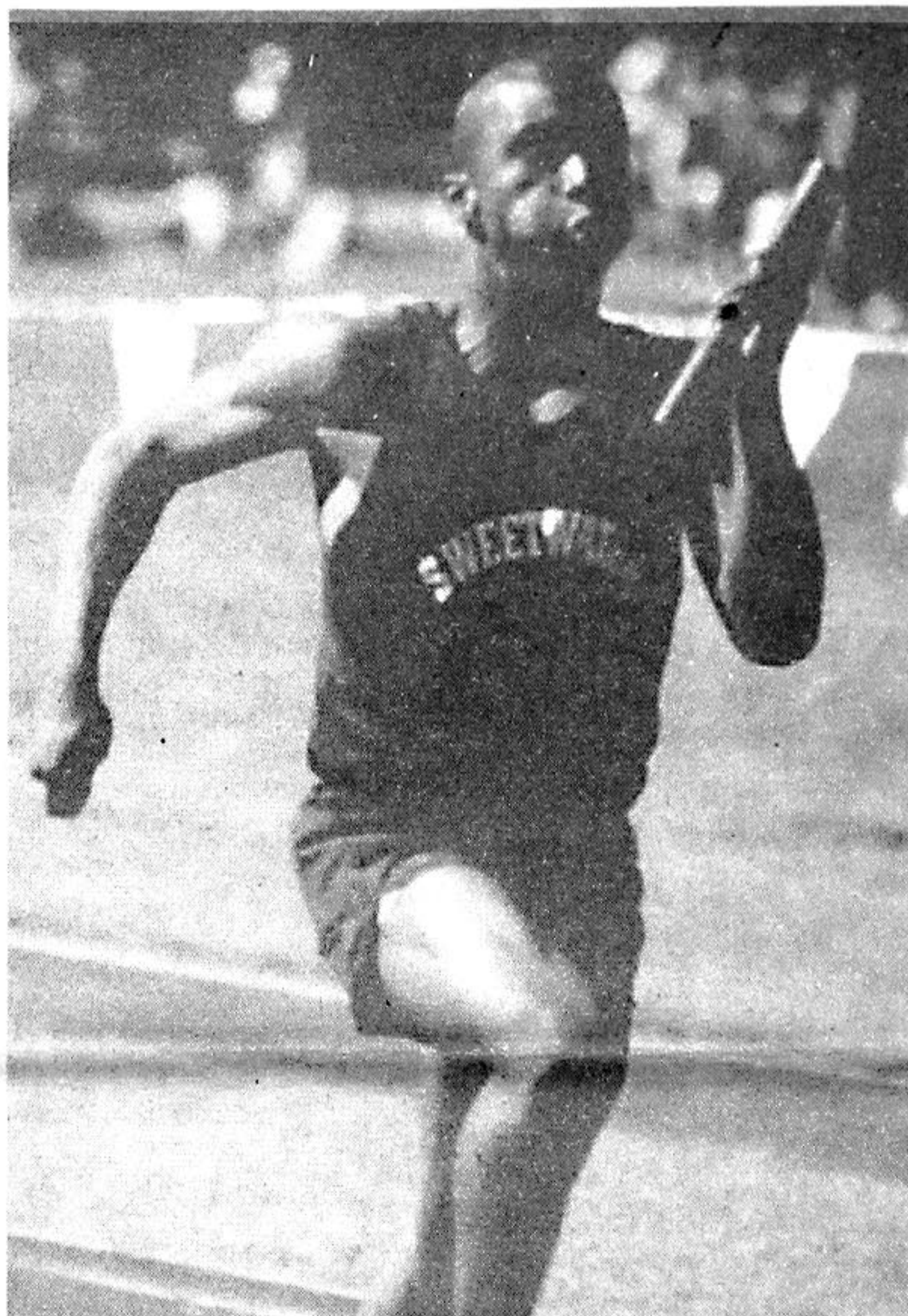
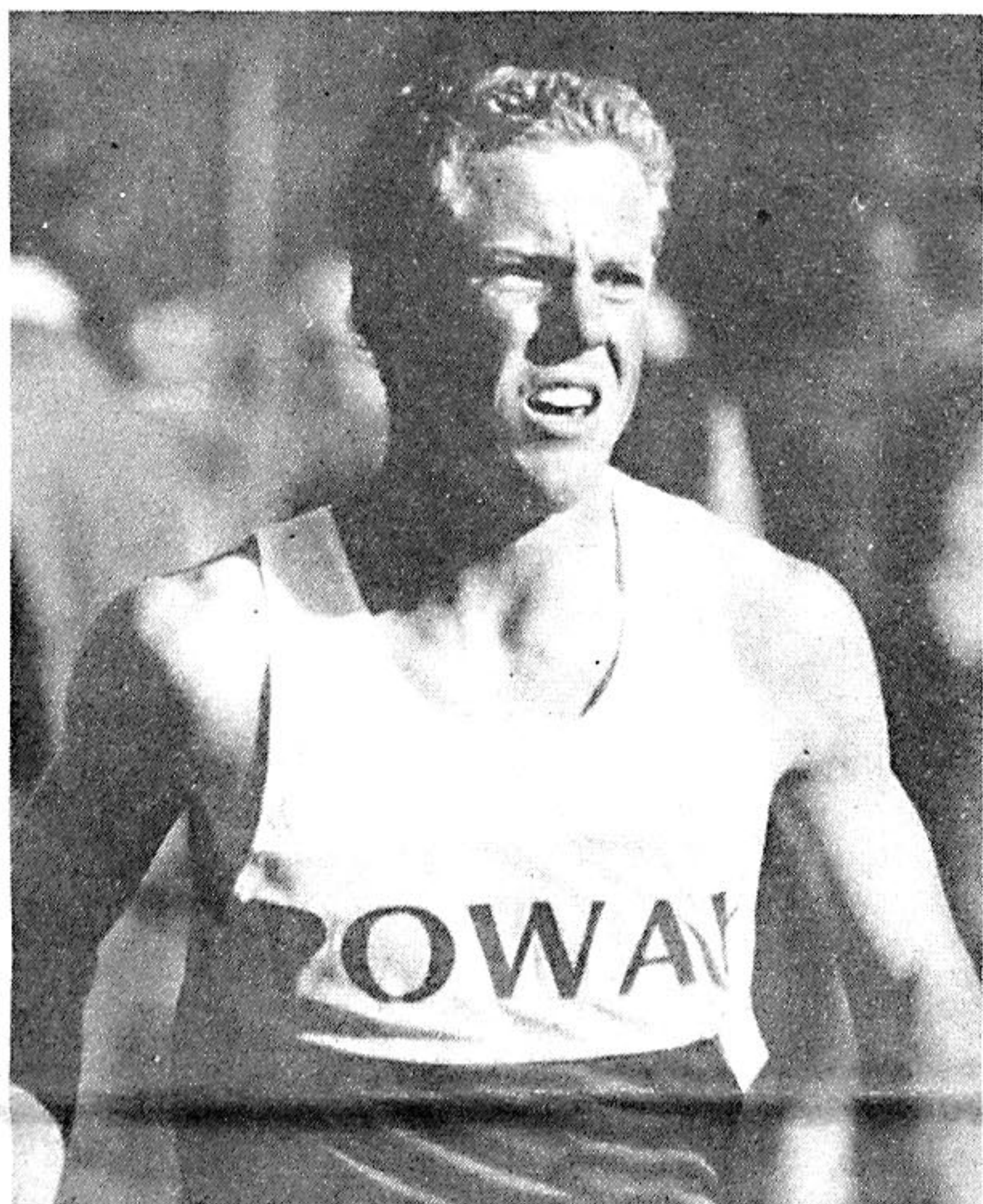
TRACK MAGAZINE

A Movin' Shoes Enterprise



Volume IV, Number 8 -- April 16, 1999

San Diego's best prep track & field coverage



What's inside...

Monique Henderson, Kathleen Donoghue and the West Hills boys distance medley team all tasted success in the super-tough Arcadia meet. Our coverage begins on page 4.

The Titan Trackfest always produces a ton of fine marks. Our coverage starts on page 6.

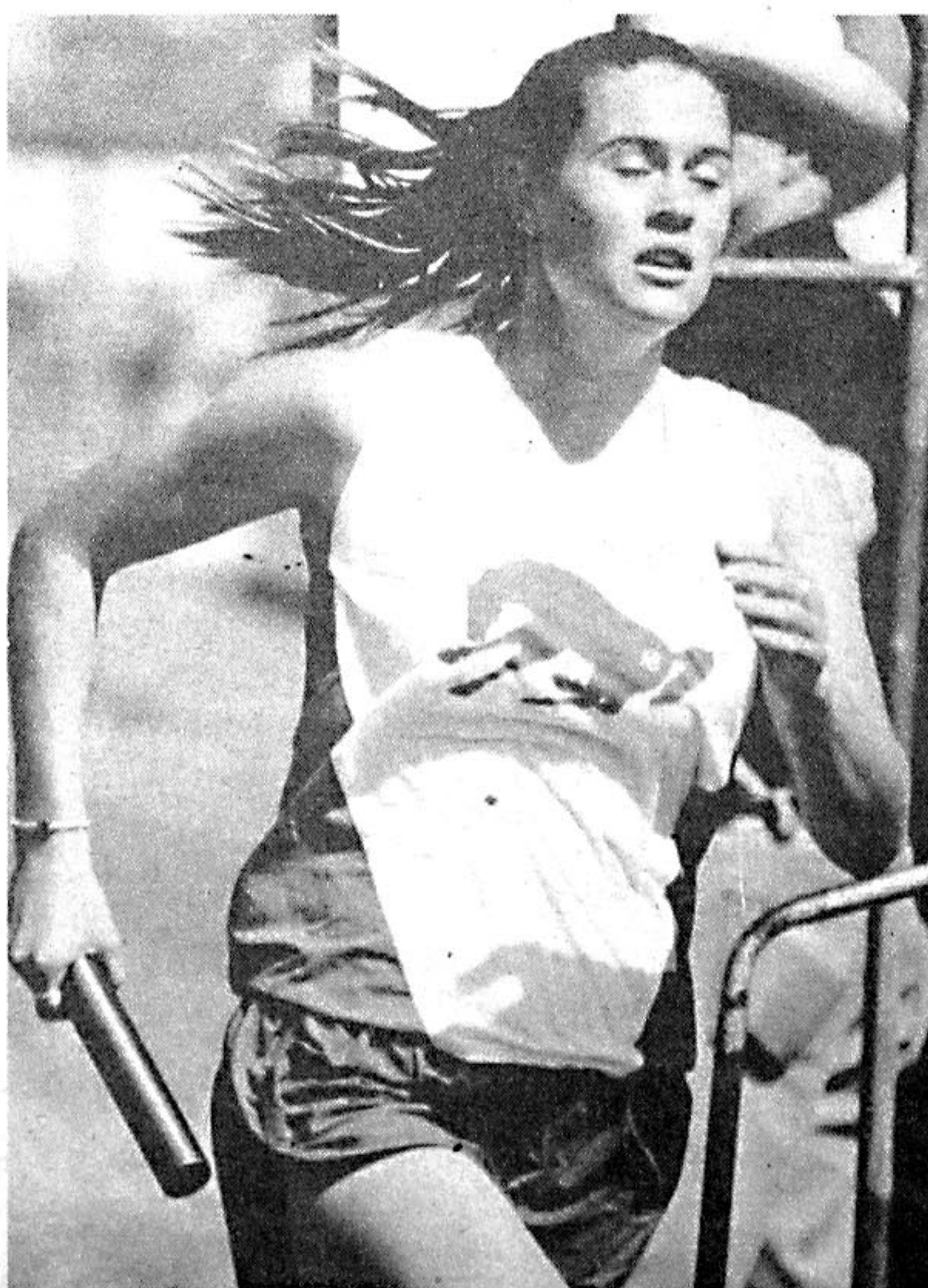
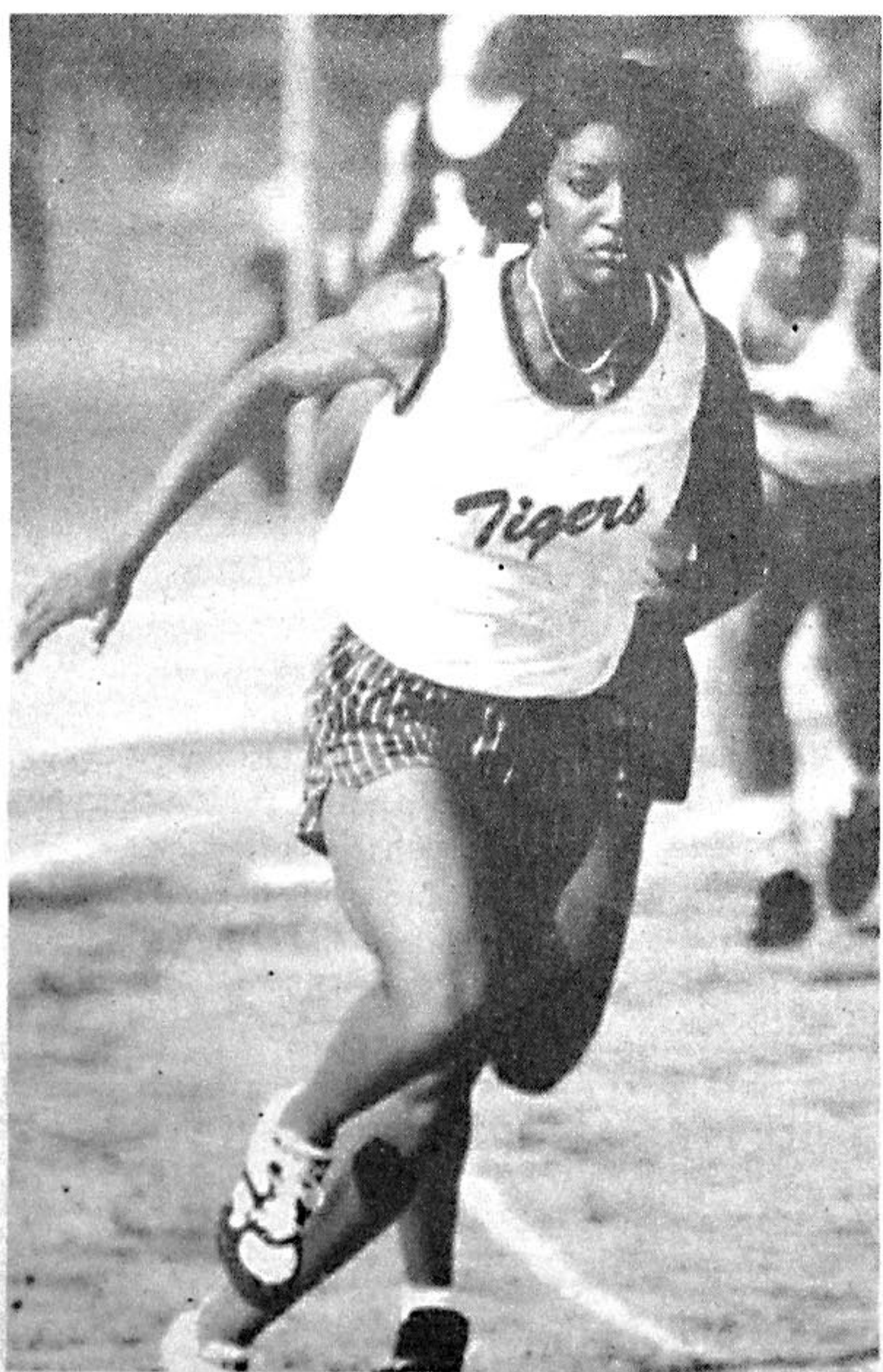
We take a look at the best of the small schools, on page 8.

News updates on teams and individuals: page 2.

Team dual meet rankings: page 3.

A fond farewell to some track greats: page 3.

Best marks of 1999: pages 9-12.



TITAN TRACKFEST ACTION: Poway's Josh Pope used a sizzling kick to win the boys 1500 in 4:06 last week. Sweetwater's Allen Thompson anchored the Devils to a 43.37 in the 4x100 relay, fastest of the meet.

ARCADIA NEWSMAKERS: Morse's Monique Henderson beat a star-studded field in the Invitational 400, running 53.74. Rancho Bernardo's Allison Hall ran a key 1200 leg for the Bronco distance medley team, which ran a good 10:34 and finished sixth.

Catching up with...

Rancho Buena Vista

Jason Gatewood popped a personal best of 6-9 in the high jump in a dual meet with Mt. Carmel on Tuesday.

He went on to attempt 6-11, and barely missed it, knocking it off with his calves.

"He's not afraid to jump at seven feet," RBV coach Tom Lux said.

The all-around senior talent also ran the 110 high hurdles in 15.4, the 300 intermediates in 41.7 and long jumped 20-3. He is also a 12-6 vaulter, but RBV has a pair of 14-foot jumpers, so he's not needed there.

The 6-9 jump moves Gatewood into a tie for 15th on the all-time list in San Diego County history.

Three have gone 7-feet or better, including Escondido's Eric Hollins last year.

Five are tied at 6-10, and six more athletes range between 6-9 and 6-10. Gatewood is currently tied with Dean Owens, El Cajon (1970) and Johnny Green, Lincoln (1979).

Scripps Ranch

Bernard Grady tossed 59-2 for second at Arcadia, moving up his PR from 57-4. He reportedly had several throws in the 61-foot range in warmups at Arcadia, "without stepping out of the ring," according to Scripps coach Bob Oliver.

Patrick Henry

Henry coach Thom Hunt may have something in Delinda Tomagni. She ran the 300 hurdles in 48.80 in the "slow" race at last week's Titan Trackfest in what was her first hurdle race ever.

Tomagni, a sprinter, was converted to the hurdles this year, but has had few opportunities in the early season.

St. Augustine:

Saints coach Jerry Downey may have uncovered a nugget in junior distance runner Ryan Moorcroft.

Moorcroft, a 6-4 football player, was discovered by Downey when he won the school's annual Turkey Trot in the fall. He turned out for track after basketball season was over, and has shown some flashes of talent.

His first race, after just a few weeks of training, was a 2:03 for 800. Last week, he ran 4:11.69 for 1500 at the Titan Trackfest, which is equivalent to 4:30 for 1600.

University of San Diego:

Distance runner Michelle Barrack, who was having a great comeback season, is recovering from an ankle injury. Barrack turned her ankle when she stepped on a sprinkler while working out.

It was originally expected that she could be back by mid-April, but she is so far unable to resume running, although she is doing cross training.

Morse

Starla Henderson's hamstring is not yet at full strength. The first signs of injury came at the Bronco Invitational, held in damp and

often chilly conditions. She's been held out of action until the Arcadia meet, where she ran the third leg as the Tigers ran 47.54.

"Starla's hamstring acted up," Morse girls coach Gary MacDonald said, and the Tigers scratched the 4x400 relay.

San Pasqual

The Golden Eagles girls' team has taken some major hits.

Sprinter Michelle Kennedy and jumper Adrienne Marshall, both of whom ranked as among the best in the county, have left the team.

All-around talent Maggie Blunt is probably lost for the year with a knee injury. Blunt was a top hurdler, but also filled in well on throws, jumps and relays

West Hills

Ben Aragon will probably have a few serious tries at the 1600 after his impressive 1200 leg at Arcadia, where he ran 3:08.2. He ran 1:58 for 800 meters last year, as a soph, and will probably stick with that event in the finals this year, but coach John Liberatore admitted that he was intrigued by Aragon's potential at the 1600.

El Capitan

Nobody is deeper in throwers than the Vaqueros, who have always had a rich tradition in the weights.

Danny Ames, with bests of 64-8 and 192-0 is certainly the most high profile of the athletes, but there is much more.

Senior Wayne Hassey, a first year thrower, has already pushed the shot out to 54-0.25.

John Stokes, known to teammates as "Spanky," reached 48-10 at the Titan meet last week, which was the second best mark in that meet.

Junior Travis Asch has put 46-5.75, and has also thrown the disc 158-6.

Mike Proctor is at 46-0, but is only the team's fifth man.

Junior Chris Blevins, a 143-8 disc thrower from last year, was injured early and has yet to see action.

On the girls side, El Cap has senior Kendra Rhea, who ranks number two in the county in the shot (39-11) and number one in the disc (132-3). She's backed up by Beth Goins (35-0 and 104-8) and Cassie Keller (105-3).

The man who has the pleasure

of coaching all this talent is Dave Hillberg, a former thrower at the school. He's been the throws coach in recent years, but is now also the head boys coach.

Torrey Pines

Camille Dredge was suffering from a bad chest cold at Arcadia, which had to contribute to a sub-par race. She was originally scheduled to return to run 800 in the distance medley, but Torrey coach Brent Thorne replaced her with frosh Krista Romley.

Rancho Bernardo

Don't have a heart attack if you see two of this team's top sprinters, Adrienne Farrington and Amy Taylor, show up in hurdle results soon.

Farrington has been working at the 100 hurdles, but has been suffering from shin splints recently, so her debut could be delayed.

Taylor is still a novice, but has obvious potential in the 300s. In a recent workout, she ran the distance in 51-seconds in consecutive training runs.

Getting it right...

Among the errors in early issues, we wish to point out:

We missed an identification on a photo of a Poway shot thrower in the last issue. The athlete pictured was Annie Roberts, but the caption said it was Michelle Czapinski. We apologize to both athletes for the error and we hope to have a photo of Czapinski in a future issue.

The correct first name for Eastlake's outstanding junior sprinter is Lavell Anderson. We had it as Larvelle -- a cool name, but not correct.

San Diego's frosh sprinter is named LaSheena Rice, not TaSheena as a photo caption had last week.

El Capitan's 46-0 shot thrower is Mike Proctor, not Travis Proctor as listed last issue.

Please notify Track Magazine's editor with any corrections.

We are trying to keep up with several thousand county athletes, so errors are bound to occur.

TRACK MAGAZINE

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ALL-TIME TRACK:

Three top '60s track runners are gone, including a legend

Vernus Nimrod Ragsdale, Jr.

1942-1999
Lincoln High, 1962
100 and 220 yards

They called him Rags.

Those who saw him run in high school (including this writer) are convinced that he was as fast as any prep runner ever to come from this area. Yes, that includes Elijah Jefferson, Riley Washington, Vince Williams and Ike Okenwa.

To understand, you have to start with what was different about high school track in the early 1960s.

Distances were run in yards. Times were kept by hand-timers (those in big meets were excellent timers). The tracks were dirt. The 220 yards was run on the straight whenever possible. And, for a few years, the state meet prelims and finals were held in the afternoon and evening of the same day.

The talent level in the sprints at the state meet in 1962 was, simply, great. Forrest Beaty of Glendale Hoover held the national record in the 220 and had tied the 100 yard standard. Future Olympians Tommie Smith (Lemoore) and Richard Stebbins (Los Angeles Fremont) were in the loaded fields. And Rags held his own.

In the baking heat of Modesto, Ragsdale ran six quality races in one day.

At 2 p.m., he ran 9.6 in the 100 prelims, barely qualifying for the final. His heat included future Olympic gold medalist Smith, future Olympic 200 runner Stebbins, Ed Moody of Oakland McClymonds and San Bernardino's Tom Hester, who held the national mark in the low hurdles.

At 2:40, Rags went a little crazy, winning his heat of the straight 220 yards in 20.4, with the aid of a wind. The next runner was timed in 21.0. Ragsdale became the

crowd betting favorite.

At 3:20, Rags anchored his Lincoln teammates to a qualifying position in the 4x220 relay. Rags began fast, but was visibly coasting over the final 120 yards, and the team still clocked 1:27.1.

It hadn't cooled off much by the time the 100 yard final was run, at 7:50 p.m. It was a blanket finish for the field, with Beaty bursting ahead at the last second. Ragsdale, in lane nine, was given third, in 9.6.

Serious betting for the 220 began. Many favored Beaty, the defending state champ and national record holder. Some liked Stebbins. But Ragsdale now had many backers.

One argument went something like this.

Fan number one: "I'm taking Ragsdale."

Fan number two: "Ahead of Beaty?"

Fan one: "Man, he just ran 20.4!"

Fan two, pooh-poohing: "That was with the wind."

Fan one, emphatic: "I don't care WHAT it was with!"

The 220 went off at 9:05. Rags and Stebbins were out on Beaty. At the race's midpoint, Beaty slowed with a pull and dropped out. Stebbins and Rags battled it out, with the Fremont flyer edging Ragsdale by a tenth.

(The two later became teammates at Grambling College, where they combined with two other California hotshots on world record sprint relay teams.)

Ragsdale ended his long day of competition at 10:05, anchoring the Hornets to 1:27.8 in the relay, good for fourth. The strain of six races showed.

Ragsdale's efforts, plus an upset win by teammate James Kennedy in the long jump, gave Lincoln a share of the state title. That only lasted days, however, as a film review of the super-close 100 yards later showed that Ragsdale was actually fifth.

Among his other exploits, Ragsdale had a best of 20.3 (windy), run at the 1962 CIF Finals, held at Kearny High. At the same meet, he ran a 9.4w to win the 100, beating Grossmont's Steve Adams, who had run a 9.4w the week before in the prelims.

Rags had run a 9.5 at the JC Relays at Sweetwater in mid-season. Although no wind gauge was present, qualified observers accepted the mark as legitimate.

Considering the dirt surfaces, Ragsdale was flying. He gained further legitimacy with his second in the state 220 against great rivals, and with his college exploits at Grambling.

He ran such a monster 220 leg (in the low 19s) on one 880 relay team that he was named the outstanding track athlete at the 1964 Mt. SAC Invitational.

Ragsdale was born on December 16, 1942 in Chandler, Oklahoma, but grew up in San Diego.

He was one of the county's best sprinters throughout his career at Lincoln High, and was given a track scholarship to Grambling. He dropped out after his junior year to try Canadian pro football. A knee injury ended his football career, and Ragsdale served in the Army from 1967 to 1970. He eventually moved to the San Francisco, where he worked for an electronics firm owned by an uncle. He died of a heart attack on January 26 at San Francisco General Hospital. He was 56.

He is survived by a daughter, Vernetta Ragsdale, and a son, Vernus III, both of Vallejo.

San Diego Union sports columnist Nick Canepa devoted most of his column to retelling the Ragsdale legend in a February issue.

The legends do abound. One popular story had Ragsdale taking the baton in the 880 relay at the JC Relays and catching a good San Diego runner (Eddie Logans) from behind. Logans' father, watching from the stands, had a heart attack. So the legend goes. Ragsdale had that kind of effect on track fans.

David Matheny

1949-1999
Monte Vista High, 1967
Two miles

Dave Matheny was a key member of the great Monte Vista distance teams coached by Bob Larsen in the late 1960s. In fact, the 1966 Monarch boys were profiled last fall by Track Magazine as one of the most dominant local cross country teams ever.

That success carried over to the track, where Matheny was fourth in the CIF two-mile in 1967, running 9:23.5. Teammates Don Olsen and Dave Carter were second and third in that race, which was won by Lincoln's Otis Martin, in 9:01.0.

Matheny and his brothers, also Monte Vista runners, were credited with starting a trend of competing in their bare feet. The family lived in rural Jamul, teammate Don Olsen remembered, and had developed tough feet. The barefoot look became a Monte Vista trademark for a few years.

Matheny was born January 12, 1949. He was living in Florida and was self-employed when he died on February 12.

Chuck Marshall

1949-1999
Crawford High, 1967
880 yards

Marshall was a big meet runner in the middle distances.

He set a Crawford school record for 880 yards when he ran 1:55.8 for fourth in the 1967 CIF race, which was won by Matheny's teammate, Dan Ungricht, in 1:53.0.

CIF success was nothing unusual for Marshall. He won the Class C CIF title at 660 yards in 1965, and won the Class B CIF title at 660 yards in 1966.

Marshall was a San Diego Battalion Fire Chief when he died of an apparent heart attack on April 8. He was 49.

He was born April 26, 1949 in San Diego. After graduation from Crawford, he attended San Diego City College and San Diego State University.

Marshall is survived by his wife, Marilu, five children and six grandchildren.

The Rankings: BOYS:

1. Mira Mesa
2. West Hills
3. Helix
4. Rancho Bernardo
5. Granite Hills
6. Sweetwater
7. San Pasqual
8. La Jolla
9. Poway
10. Bonita Vista

Just missed:

Rancho Buena Vista
St. Augustine
University City
Morse

GIRLS:

1. Rancho Bernardo
 2. Morse
 3. Poway
 4. Carlsbad
 5. Hilltop
 6. Fallbrook
 7. Bonita Vista
 8. Helix
 9. West Hills
 10. Castle Park
- Just missed:
Torrey Pines
El Capitan
Mt. Carmel
La Jolla

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Arcadia: Monique, Donoghue, 'Pack are ready for prime time

McInvale runs fastest state 3200; Morse, UC relays look good; Escudero sizzles in afternoon action

Monique Henderson, Kathleen Donoghue and the West Hills boys distance medley relay team were all winners in Invitational events at last week's prestigious Arcadia Invitational.

It was a day of mixed results for San Diego's best at this year's edition of the meet, which has become THE mid-season meet in the west.

Morse's Henderson showed her class by beating a top field in the Invitational 400 meters, making a sensational, and decisive, move on the last turn to win the race in 53.74. That is the fastest prep time in the nation.

For Henderson, it was nothing new. She also won last year as a frosh, in 52.93, which turned out to be her fastest time of the year. Last year's Arcadia meet was held a bit later in the year (April 25), after a storm caused a postponement.

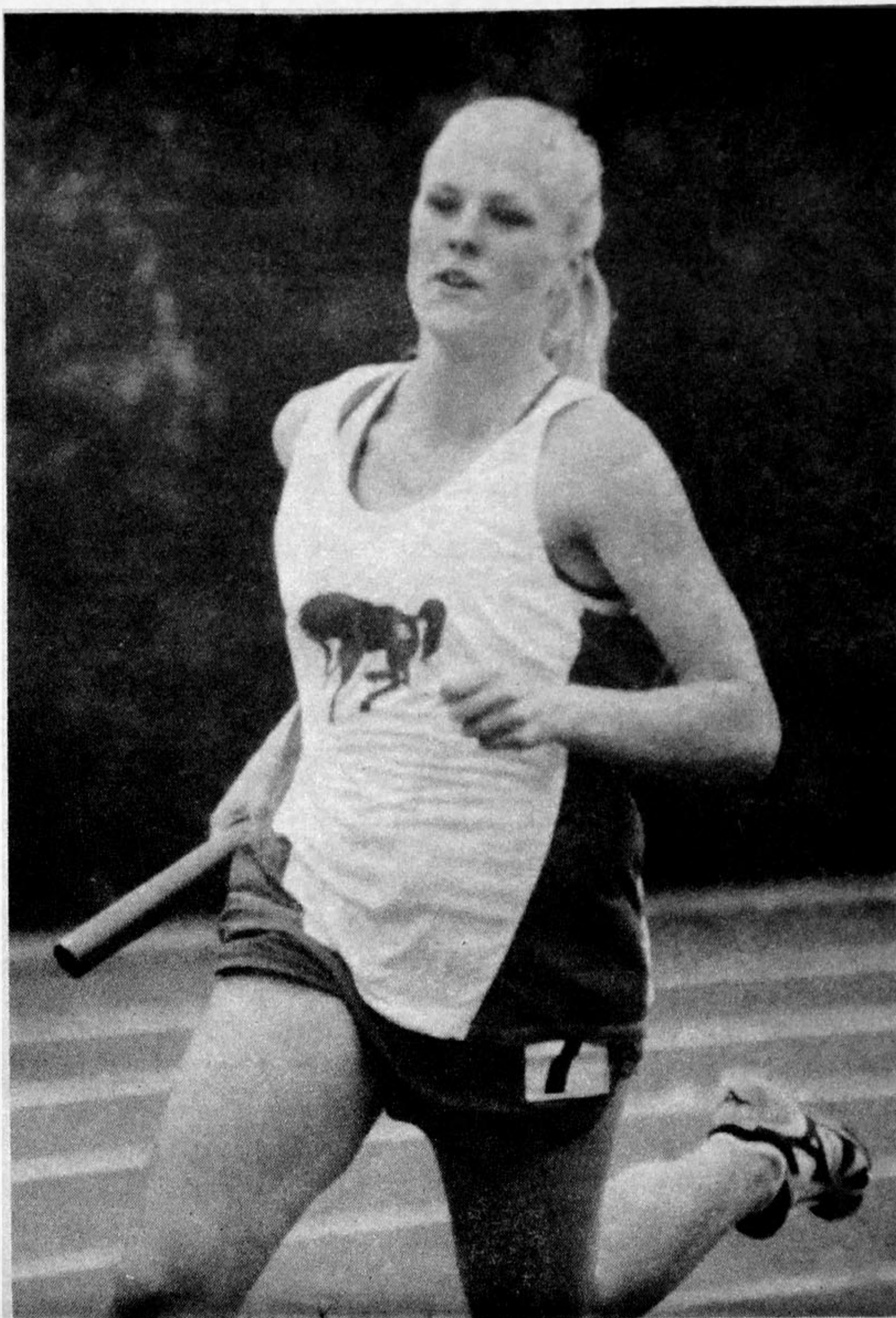
Rancho Bernardo's Kathleen Donoghue, down to her third attempt, set a meet record at 12-feet in winning the Invitational girls vault. She was the only jumper to clear the height, as three other competitors stopped at 11-6.

Donoghue went on to try 12-7, and had a couple of good jumps. Bronco teammate Natalie Denison, who has a 12-0 best, had a disappointing night. She didn't clear her opening height of 10-6 after looking great in warmups.

The West Hills boys won the distance medley in 10:24.40, the fastest prep outdoor time in the U.S. to date.

You could tell they would be in contention as soon as leadoff runner Ben Aragon rounded the first turn. He ran even with a Don Lugo athlete and was clocked in 3:08.2, a quality time for 1200.

Kyle Conerly (50.4) kept the Pack even, and Matt Rendina (2:05.6) lost some ground but kept the team



Amy Taylor

Rancho Bernardo senior ran three sub-60 400s, including two relay splits at Arcadia.

within striking distance of the leaders.

Evan Fox blasted a quick first lap, settled in, and kept measuring the leader until the final straight when he surged ahead. His 4:19.9 effort reflected the uneven pacing.

Other highlights:

Ramona's Matt McInvale ran the fastest time of the year by a California runner (9:11.55), in taking ninth in a field loaded with out of state talent. **Granite Hills' Jason Finch** was 12th in 9:14.03, also an excellent mid-season time. McInvale uncharacteristically stayed off the pace early, and had plenty left at the end, indicating that there was still gas in the tank.

Scripps Ranch's Bernard Grady threw a PR 59-2 in the shot to take second in the Invitational event. **La Jolla's Wade Green** hit a PR in the daytime shot, winning at 57-9.5. **El Capitan's Danny Ames** was seventh in the Invite shot, throwing 58-0.5. Earlier, Ames had a disappointing result in the Invite discus, not getting out of the prelims after fouling his first two throws and spinning just 162-9 on his third.

University City and Morse both produced some very quick sprint relay times.

The Morse girls 4x100 team

were fourth in 47.54, despite a slightly slow last handoff. Long Beach Wilson's girls won the race in 46.47, but the Tigers were right on the pace until the last exchange. Starla Henderson, who has been nursing a tender hamstring, felt it again in this race, and the Tigers cancelled a try at the 4x400.

The Invite boys 4x100 featured a Long Beach Poly squad that might turn out to be the fastest high school team ever. They blitzed the field with a 40.45, which means they could dip under 40-seconds by year's end and threaten the high school record.

University City's boys team was third in the race, running 41.89, and Morse's boys were fourth, at 42.11. Those times put both teams in contention for medals at the state meet.

The Morse boys 4x400 relay team returned later to run a 3:25.63 in the seeded race, and that leads the county.

Helix's Courtney Baird ran 10:43.52, the fastest local time this year, in the Invite 3200. She faded to ninth after running with the leaders for the first 1600, which she covered in 5:12. Her time was the fastest by a local athlete since Milenca Glusac was running for Fallbrook in 1991. She returned

later in the meet to anchor her distance medley team with a 5:09 1600.

El Capitan's Maggie

Escudero ran to the year's fastest clockings in both hurdle events in daytime action. She turned the 300 hurdles in 46.55, which puts her almost two seconds ahead of her local rivals. She also ran to a 15.48 for the 100 hurdles. Both times are PRs.

Rancho Bernardo's girls and San Pasqual's boys both ran quality distance medleys.

The Broncos were sixth in the Invite girls DM, and were the fastest local team, running 12:34.17. The lineup was Allison Hall (3:48.5), Amy Taylor (59.2), Kaleena Yee (2:29.9) and Julie Manson (5:16.2). Hall's leadoff leg was a key factor and came after a 5:18 1600 in daytime action. Taylor's sub-60 for the 400 was her third of the day (including two relay splits and an open race).

The Golden Eagle boys ran 10:34.95 for seventh in the prime-time DM (21 teams finished the race). Their lineup included Luis Mariscal (3:16.4), David Clagett (51.9), Matt Johnson (2:04.3), and Adam Van Wart (4:22.3, after a blazing 59-second first lap).

Rancho Buena Vista's Jason Gatewood finished in a tie for seventh in the Invite high jump, making 6-6. The meet was won at 6-8, which was cleared by three athletes.

Vista's Sean Daley got his first taste of big-time vault competition and hung in well, clearing 14-6 for tenth. He had two close misses at 15-0, which is his PR. The winner topped out at 16-0 and the top California vaulter in the field cleared 15-6.

Helix's Terron Franklin won a daytime 200 meters in 21.90, putting him in the county lead in that event. **Escondido's R. J. Oliver** won another daytime 200 in 22.23. In prime time, UC's **Steve Hayes** ran 21.99 for sixth in the seeded race.

Other qualify efforts:

Morse's Jay Hackett ran 49.35 in the seeded nighttime 400 meters.

Rancho Bernardo's Sean Ricketts ran 1:56.24 in the Invite 800, which leads the county. **Fallbrook's Bill Ungricht** ran 1:56.65 in a daytime race.

Serra's Marcus Chandler caught Vista's Justin Neuroth to take 10th in the Invite 1600. Chandler ran 4:20.24, and Neuroth ran 4:21.05.

El Capitan's Kendra Rhea threw the shot 38-1.75 (for 13th in the Invite) and the disc 129-10 (for 12th in the Invite).

Please turn to page 5.

Arcadia Invite

From page 4.

The Results:

At Arcadia High School, Saturday, April 10. Conditions: Nearly ideal during day competition; slightly cooler with straightaway headwinds during night meet.

BOYS:

100:

Invite: 1. Darrell Rideaux (Long Beach Poly) 10.65. San Diego entries: 6. Lamont Long (University City) 11.02; 7. Steve Hayes (UC) 11.05. (Headwind of 1.7 meters per second).

Seeded: San Diego entries: 4. R. J. Oliver (Escondido) 11.20; 7. Roy Gaines (Morse) 11.40; 8. Larry Miles (Crawford) 11.51. Yanta Morrow (Serra) scratched. (Head wind of 1.9 meters per second).

200:

Invite: 1. Kareem Kelly (Long Beach Poly) 21.27.

Seeded: San Diego entries: 3. Steve Hayes (UC) 21.99; 6. Maurice Douglas (San Diego) 22.44; 7. Lamont Long (UC) 22.52. (Wind: 0.0 mps).

Open: 1. Terron Franklin (Helix) 21.90; 9. Mike Johnson (Serra) 23.08. (Legal aiding wind of 1.4 mps).

Open: 1. R. J. Oliver (Esc) 22.23. (Legal aiding wind of 1.2 mps).

400:

Invite: 1. Giovanni Miles (Vallejo) 47.93. San Diego entries: 8. Maurice Douglas (SD) 50.01.

Seeded: 2. Jay Hackett (Morse) 49.35.

800:

Invite: 1. Brett Tipton (Northrop, Fort Wayne, Indiana) 1:52.60. San Diego entries: 8. Sean Ricketts (Rancho Bernardo) 1:56.24.

Open: 2. Alejandro Mares (La Jolla) 1:59.14.

Open: 3. Bill Ungricht (Fallbrook) 1:56.65; 8. Jarred Emmons (Vista) 1:58.72.

1600:

Invite: 1. Brian Turner (Millard North, Omaha, Nebraska) 4:15.03. San Diego entries: 10. Marcus Chandler (Serra) 4:20.24; 11. Justin Neuroth (Vista) 4:21.05. Jon Rankin (Monte Vista) scratched.

3200:

Invite: 1. Adam Tenforde (Hanford, Washington) 8:57.19. San Diego entries: 9. Matt McInvale (Ramona) 9:11.55; 12. Jason Finch (Granite Hills) 9:14.03.

Open: 19. Efrain Casarez (Fallbrook) 9:51.56; 20. Patrick Grimes (Scripps Ranch) 10:28.93.

110 High Hurdles:

Invite: Ricardo Moody (Harrison, Colorado) 13.67.

Open: 6. Jeff Hunter (Granite Hills) 15.62. (Headwind of 1.4 mps).

300 Hurdles:

Invite: 1. Marcell Allmond (St. Paul, Santa Fe Springs) 37.40.

Seeded: 5. Justin Hunt (Monte Vista) 40.59.

Open: 7. Jeff Hunter (Granite Hills) 40.60.

4x100 Relay:

Invite: 1. Long Beach Poly 40.45; 2. Dorsey, Los Angeles 41.25; 3. University City 41.89; 4. Morse 42.11.

4x400 Relay:

Invite: 1. Vallejo 3:13.61.

Seeded: 4. Morse 3:25.63.

Open: 8. Serra 3:34.33.

Distance Medley Relay:

Invite: 1. West Hills 10:24.40; 7. San Pasqual 10:34.95.

Open: 8. Fallbrook 10:55.42; 27. Granite Hills 11:26.79.

High Jump:

Invite: 1. Jason Pilkington (Pickering, Ontario, Canada) 6-8. Tie for 7th, Jason Gatewood (Rancho Buena Vista) 6-6.

Pole Vault:

Invite: 1. Blake Powell (Utah) 16-0. 10. Sean Daley (Vista) 14-6.

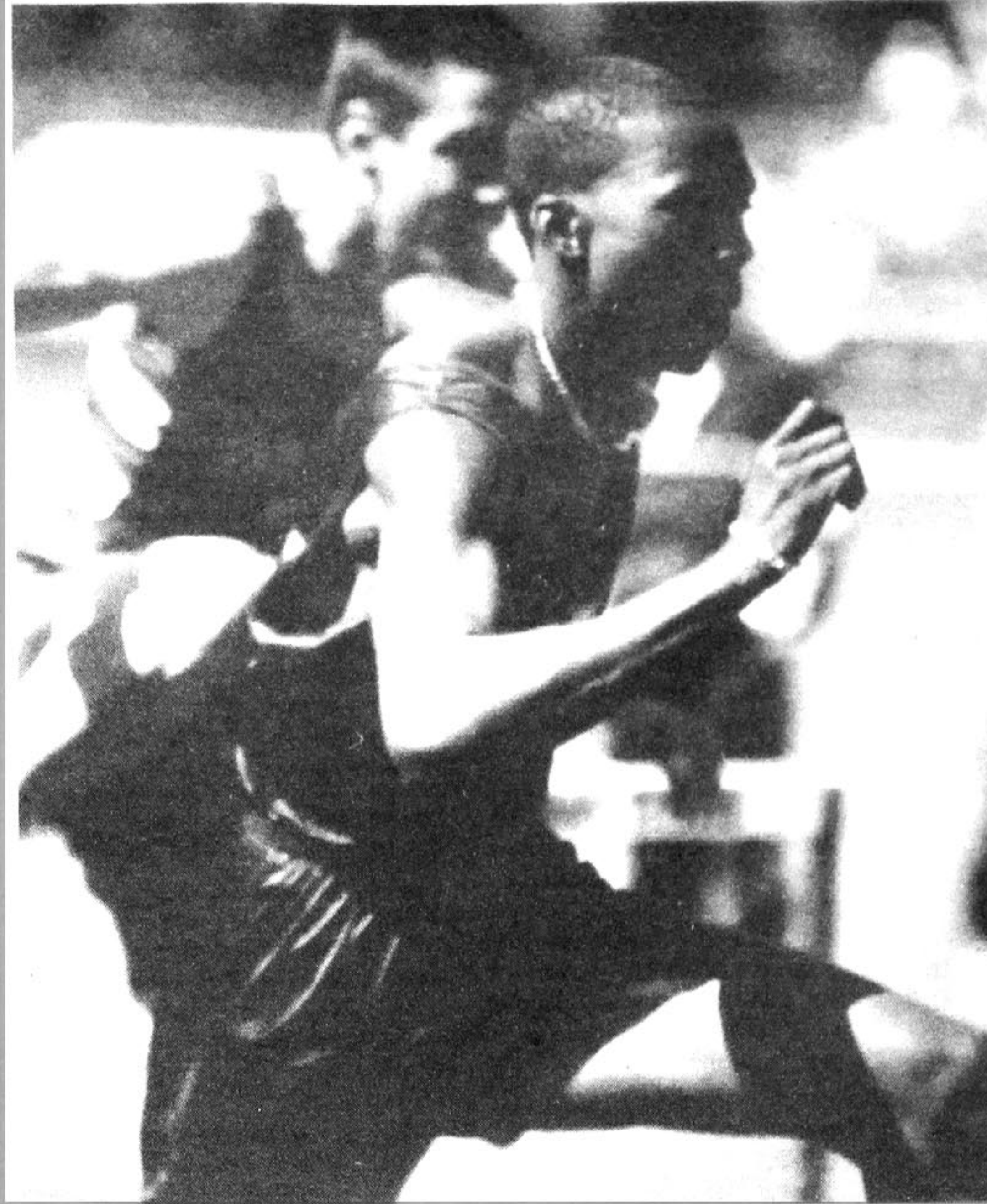
Seeded: 7. Austin Priest (Rancho Buena Vista) 14-0; 9. Dante Jerig (West Hills) 13-6; 12. Jamie Zolnierrek (RBV) 13-6; 18. Ken Covell (WH) 13-0. David Long (Granite Hills) scratched.

Long Jump:

Invite: 1. Oliver Jackson (Royal, Simi Valley) 24-3.5.

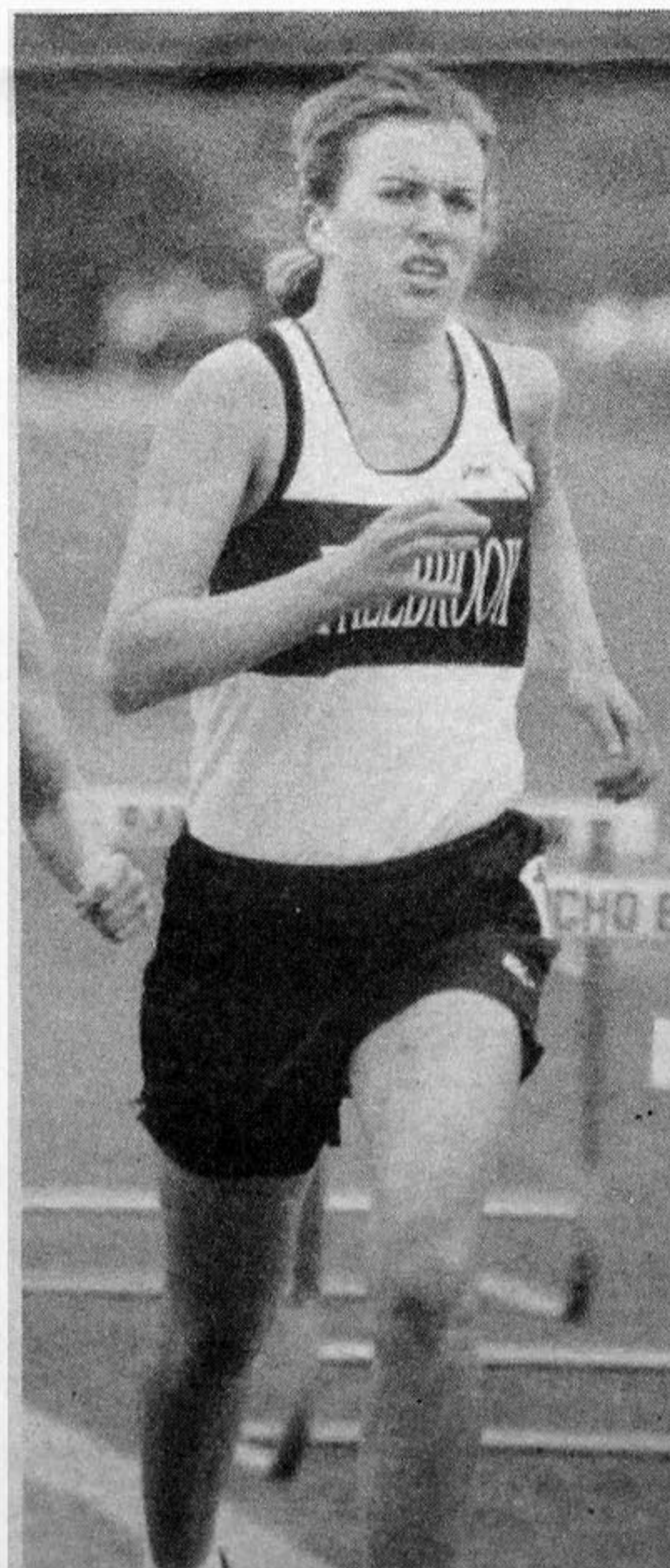
Triple Jump:

Invite: 1. Kevin Carana (Hoover, Fresno) 47-4.5. Tony Ortiz (Helix) fouled all jumps.



Justin Hunt

Monte Vista senior was literally everywhere, running 300s at Arcadia after recording an area-best in 110s at Poway.



Cathy Picha Fallbrook

Open: 13. Mike McCall (La Jolla) 41-8.75.

Shot Put:

Invite: 1. Joe Weber (Pacific, San Bernardino) 63-11; 2. Bernard Grady (Scripps Ranch) 59-2; 7. Danny Ames (El Capitan) 58-0.5.

Open: 1. Wade Green (La Jolla) 57-9.5; 9. David Nowotny (Fallbrook) 51-2.25; 12. Travis Watkins (Helix) 50-6.5. Wayne Hassey (El Capitan) fouled all throws.

Discus Throw:



Kendra Rhea El Capitan

Invite: 1. Lucais MacKay (Hughson) 193-6; 14. Danny Ames (El Capitan) 162-9.

Open: 9. Jason Tuerk (Rancho Bernardo) 153-4; 14. Will Hunt (Hilltop) 149-3; 16. Mike Armstrong (University City) 144-6; 19. Travis Asch (El Capitan) 142-8; 20. Wade Green (La Jolla) 140-7; 23. Travis Watkins (Helix) 132-6.

GIRLS:

100:

Invite: 1. Erica Whipple (Suncoast, Riviera Beach, Florida) 11.57. (Headwind of 1.8 mps)

Seeded: 7. DeCola Groce (Morse) 12.64; 9. Kristen Tucker (Monte Vista) 12.99. (Headwind of 1.8 mps)

200:

Invite: 1. Erica Whipple (Suncoast, Riviera Beach, Florida) 23.46. (Wind: 0.0)

Open: 5. Laura Landry (Rancho Bernardo) 26.25. (Legal aiding wind of 0.5 mps)

400:

Invite: 1. Monique Henderson (Morse) 53.74.

Open: 2. Amy Taylor (Rancho Bernardo) 59.78.

800:

Invite: 1. Tanya Wright (Leduc, Canada) 2:08.11; 2. Lindsay Hyatt (Placer, Auburn) 2:10.69; 11. Camille Dredge (Torrey Pines) 2:17.92; 12. Samantha Piper (Coronado) 2:19.83.

Open: 8. Cathy Picha (Fallbrook) 2:22.17; Talisha Clophus (University City) 2:23.82; 12. Erin DeHahn (Hilltop) 2:24.54.

Open: 9. Monique Jouglet (Helix) 2:24.14.

1600:

Invite: 1. Alejan Barrientos (San Lorenzo Valley) 4:47.94; 11. Desiree Davila (Hilltop) 5:09.59. Courtney Baird (Helix) scratched.

Open: 4. Allison Hall (Rancho Bernardo) 5:18.99; 22. Stephanie Baird (Helix) 5:48.73.

3200:

Invite: 1. Lauren Fleshman (Canyon, Canyon Country) 10:21.36; 9. Courtney Baird (Helix) 10:43.52; 19. Julie Komosinski (Torrey Pines) 11:18.06.

Open: 5. Julie Manson (Rancho Bernardo) 11:26.32; 17. Kaleena Yee (Rancho Bernardo) 12:01.65; 18. Maija Rohde (Fallbrook) 12:09.07.

100 Hurdles:

Invite: 1. Nichole Denby (Riverside North) 13.87 (Headwind of 0.1 mps).

Open: 6. Jennifer Fuller (Hilltop) 17.36 (legal aiding wind of 0.8 mps).

Open: 3. Maggie Escudero (El Capitan) 15.49 (legal aiding wind of 1.9 mps).

300 Low Hurdles:

Invite: 1. Delra King (Long Beach Poly) 43.32.

Open: 1. Maggie Escudero (El Capitan) 46.55; 8. Jennifer Fuller (Hilltop) 49.66.

Open: 8. Nikki Dulin (Rancho Bernardo) 48.67; 9. Amber Martin (West Hills) 49.18.

4x100 Relay:

Invite: 1. Long Beach Wilson 46.47; 4. Morse 47.54.

Open: 6. Rancho Bernardo 50.57.

4x400 Relay:

Invite: 1. Long Beach Wilson 3:42.58. Morse scratched.

Seeded: Monte Vista disqualified.

Open: 2. Rancho Bernardo 4:02.58.

Distance Medley Relay:

Invite: 1. Ayala 12:08.36; 6. Rancho Bernardo 12:34.17; 13. Helix 12:49.24; 14. Torrey Pines 12:52.95; 15. West Hills 12:55.18.

Open: 11. Fallbrook 13:08.43.

High Jump:

Invite: 1. Mahlke (Marymount, Los Angeles) 5-8. Aubrey Preston (Vista) scratched.

Open: 6. Erin DeHahn (Hilltop) 5-0; T9. Kelsey Turner (Granite Hills) 5-0.

Pole Vault:

Invite: 1. Kathleen Donoghue (Rancho Bernardo) 12-0. Natalie Dennison (Rancho Bernardo) no-heighted at 10-6.

Open: 3. Abby Huchel (Vista) 9-6; 8. Kelly Hobbs (Granite Hills) 9-0.

Long Jump:

Invite: 1. Tracee Thomas (North, Riverside) 18-7.25; 7. Tania Wallace (Monte Vista) 15-9.25. Adrienne Farrington (Rancho Bernardo) scratched.

Open: 18. Nina Ropes (Fallbrook) 15-4.5.

Triple Jump:

Invite: 1. Blessing Ufodiana (Long Beach Poly) 39-7.25. 8. Adrienne Farrington (Rancho Bernardo) 36-4.75.

Shot Put:

Invite: 1. Jill Camarena (Woodland) 13. Kendra Rhea (El Capitan) 38-1.75.

Open: 9. Malaika Stirrup (Helix) 36-8.75.

Discus Throw:

Invite: 1. April Burton (Bakersfield) 161-1; 12. Kendra Rhea (El Capitan) 129-10.

"This meet
(Arcadia) helps you
see where you stand.
The beauty of it is that
it's only mid-season,
so there's still time to
go back to the
drawing board if you
need to."
- overheard Saturday

Titan: Weather, track yield quality marks

The first good weather in weeks greeted local track athletes at last week's Titan Trackfest at Poway High.

The combination of good weather and a fast oval led to a truckload of fast times, even though many of the area's best athletes were off testing the waters at Arcadia.

Among the highlights:

Monte Vista's Justin Hunt ran to a 15.07 win in one race of the 110 high hurdles, which was the fastest in the section this year.

Sweetwater's Joe Gutierrez, in a second heat, zipped to a 15.10. Four other hurdlers were pressing the winners, including **Mira Mesa's Ben Church** and **Jarred Stites** and **San Pasqual's David Clagett** in the first race, and **Rancho Bernardo's Bobby Salimi** in the second.

Sweetwater's 4x100 team cranked out a 43.37 in the 400 relay, and three other teams dipped below 44-seconds.

Rancho Buena Vista's 4x400 relay team clocked a 3:27.06, making them the first area team to dip below 3:30 (Morse's team surpassed the mark, hours later, at Arcadia).

Host **Poway** dominated many of the distance runs, especially on the boys side. **Devin Lyons-Quirk** won Friday's 3000 in 8:57 (equals a 9:40 two-mile); and **Josh Pope** unveiled a great kick to take Saturday's 1500 in 4:06 (equals a 4:26 mile).

The Titans also had the fastest times in the boys 4x800, the boys 4x1600, the boys distance medley and the girls distance medley.

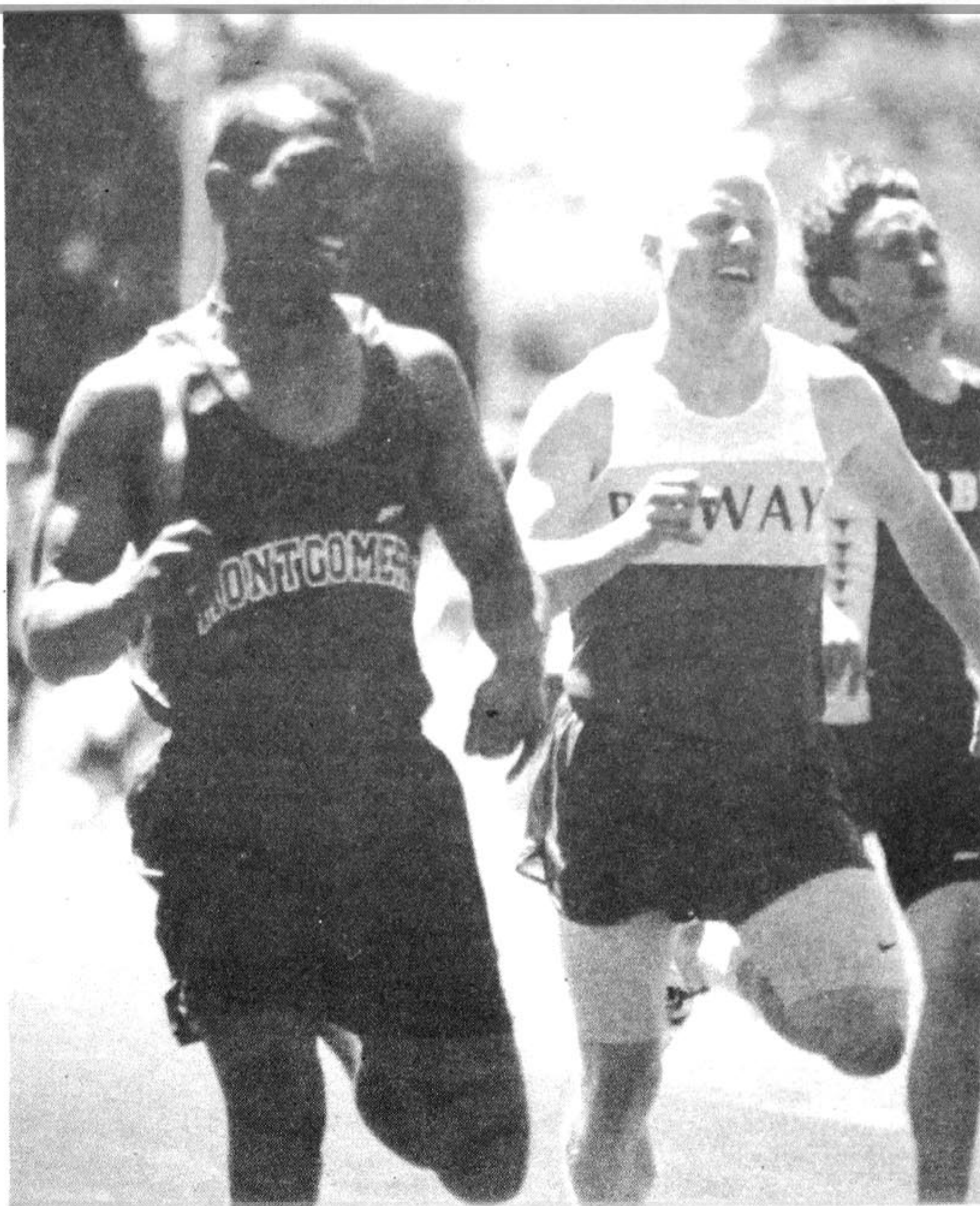
Hoover's Candace Hill showed why she's the number one local in the girls shot, with a series of 40-0, 38-11 and 41-4. She looked ready for bigger things, and probably sooner rather than later.

Rancho Buena Vista's Natassja Hall and **Nick Thornton** won Friday night's 800s, in 2:19.60 and 1:58.66, respectively.

Monte Vista's Kristen Tucker dashed to 12.74 in the 100.

Orange Glen's Luci Downey looked quick in the 400, with a 59.40.

Mt. Carmel's Karen Vasko won the 1500 in 4:58 (equal to a 5:22 mile).



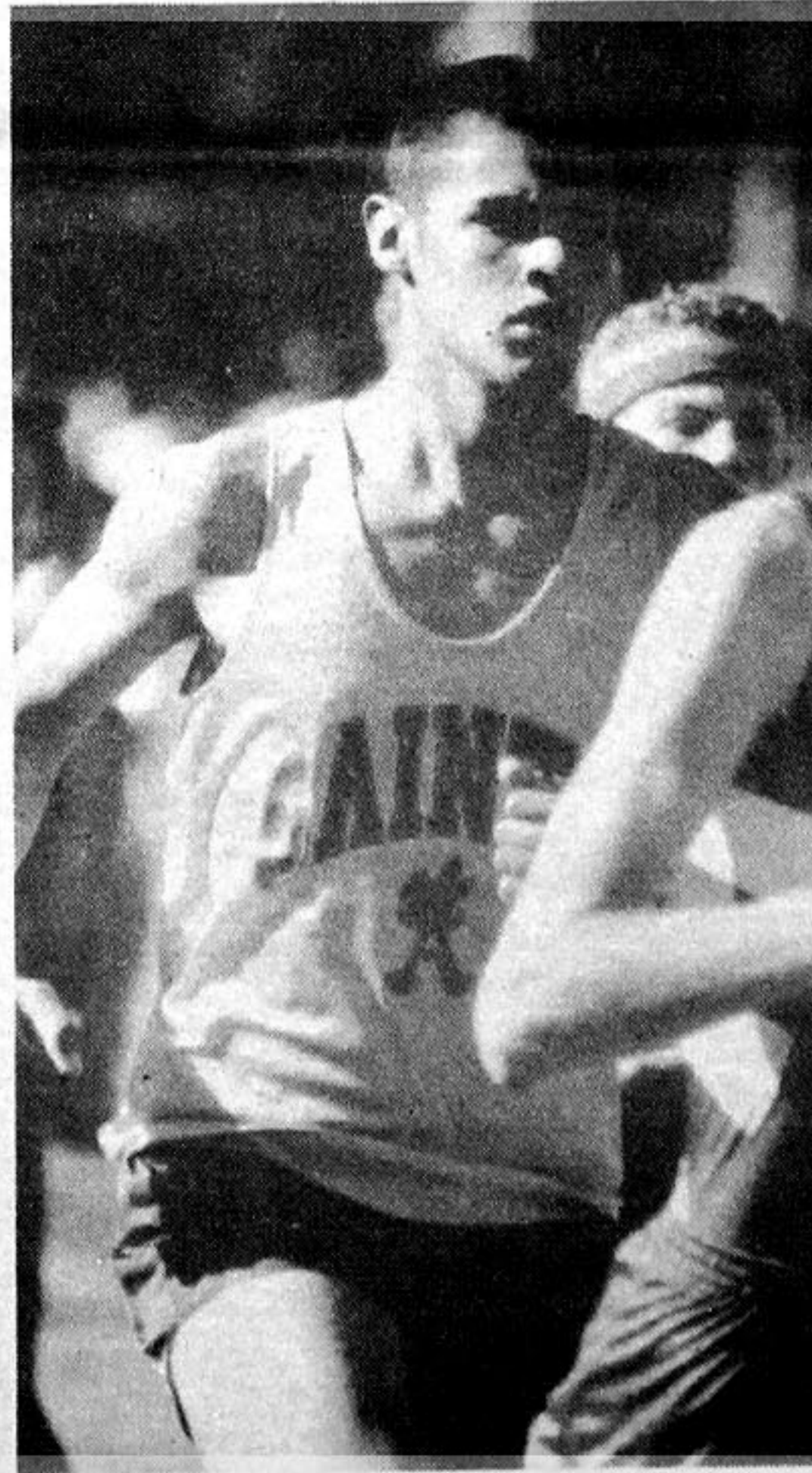
Wardell McNeal and **Randall Leyking**
Montgomery Poway



McKinley Jean-Gilles
Hoover



Catie Coin
Rancho Bernardo



Ryan Moorcroft
St. Augustine



Jasmine Marquez
El Capitan

El Capitan's Jasmine Marquez took the 3000 on Friday in 10:47 (equal to a 11:39 two mile).

The Results:

BOYS:

100: Wardell McNeal (Montgomery) 11.17, Mike Roberts (Patrick Henry) 11.18, Lavell Anderson (Eastlake) 11.18, Jordan (University City) 11.40.

Heat two: Michael Frazier (Castle Park) 11.28, Allen Thompson (Sweetwater) 11.34, Mario Rivas (Mar Vista) 11.38.

400: Chacon (Brawley) 50.82; Wardell McNeal (Mont) 51.35; Randall Leyking (Poway) 51.55; Joseph Miller (Rancho Buena Vista) 51.98.

800: Nick Thornton (RBV) 1:58.66; Silva (Bell Gardens) 2:00.01; Soria (Ayala) 2:00.18; Aaron Powell (Pow) 2:00.39; Chacon (Br) 2:00.85; Chad Young (Calvin Christian) 2:00.93; Nico Cueva (Escondido) 2:02.21; Jon O'Connor (UC) 2:02.27.

1500: Josh Pope (Pow) 4:06.24; Soria (Chino) 4:07.66; Jon O'Connor (UC) 4:09.30; Ryan Moorcroft (St. Augustine) 4:11.69; Ryan Montez (Vista) 4:13.56; Blake Swier (MarV) 4:17.25; Brian Paff (Bonita Vista) 4:17.80.

3000: Devin Lyons-Quirk (Pow) 8:57.67; Travis Laird (San Marcos) 8:59.15; Guerrero (BG) 9:00.88; Ryan Montez (Vista) 9:05.30; Juan Mondragon (Esc) 9:16.70; Matt Patino (Mira Mesa) 9:21.03; Adrian Garcia (Sw) 9:22.02; Brian Hillberg (El Capitan) 9:22.20; Bart Conner (CalC) 9:22.42; Tim Helms (Pow) 9:22.58; Tyler Ludwig (Valhalla) 9:27.20.

110 HH: Justin Hunt (Monte Vista) 15.07; Ben Church (MMesa) 15.17; Jarred Stites (MMesa) 15.21; David Clagett (San Pasqual) 15.38; Fune (Ay) 16.15; Terance Johnson (Helix) 16.18; Ben Knight (MarV) 16.44.

Heat two: Joe Gutierrez (Sw) 15.10; Bobby Salimi (Rancho Bernardo) 15.24; Brian Manley (Mt. Carmel) 16.69.

300 IH: David Clagett (SP) 39.77; Joe Gutierrez (Sw) 41.06; Jeff Orlando (MMesa) 41.35; Jarred Stites (MMesa) 41.60; Terance Johnson (Helix) 41.63; Luis Quintana (CP) 41.84; Brett Simmons (Coronado) 41.85; Travis

Lyman (SP) 42.26; Brian Manley (MTC) 43.67.

4x100 Relay: (Combined results) Sweetwater 43.37; Mira Mesa 43.50; Rancho Bernardo 43.70; Montgomery 43.90; Patrick Henry 44.20; Poway 44.30; Eastlake 44.40; Mount Miguel 44.50; Rancho Buena Vista 44.60; University City 44.60; Morse 44.80; San Pasqual 44.80; Hoover 44.98; Mt. Carmel 45.00.

4x200 Relay: (Combined results) Mira Mesa 1:31.56; Eastlake 1:32.22; Helix 1:32.88; Mount Miguel 1:33.31; Ayala 1:33.50; Rancho Buena Vista 1:33.89; Morse 1:33.90; Castle Park 1:34.11; Poway 1:34.16; Bell Gardens 1:34.60; Rancho Bernardo 1:34.78; San Marcos 1:35.30; Vista 1:36.09; Montgomery 1:36.49.

4x400 Relay: (Combined results) Rancho Buena Vista 3:27.06; Castle Park 3:31.00; Mira Mesa 3:31.67; San Pasqual 3:32.60; Eastlake 3:32.96; Rancho Bernardo 3:33.27; Bonita Vista 3:33.65; Bell Gardens 3:34.78; Poway 3:35.07; Brawley 3:35.16; Ayala 3:35.39; Patrick Henry 3:36.81; Australia 3:38.20; El Capitan 3:40.80.

Please turn to page 7.

Titan Trackfest

From page 6.

4x800 Relay: (Combined results) Poway 8:23.81; Mt. Carmel 8:23.82; Ayala 8:23.96; Monte Vista 8:24.90; Bonita Vista 8:35.6; St. Augustine 8:36.6; San Pasqual 8:42.2; Orange Glen 8:59.1.

4x1600 Relay: Poway 18:50.73; San Marcos 19:12.60; Mt. Carmel 19:18.88; Vista 20:01.43.

Race two: Sweetwater 18:53.30; Ayala 19:27.39; University City 19:56.28; El Capitan 20:14.22.

Race three: St. Augustine 18:51.15; Mt. Carmel 19:27.09; Rancho Bernardo 19:29.52; Escondido 19:32.35; Valhalla 19:44.50; Ayala B 19:48.72.

Distance Medley Relay: (Combined results) Poway A 10:56.9; Bell Gardens 11:01.0; Bonita Vista 11:07.9; San Marcos 11:08.9; Mira Mesa 11:11.9; San Pasqual 11:14.3; Ayala 11:15.1; University City 11:16.5; Poway B 11:20.9; Orange Glen 11:25.4; Mar Vista 11:28.2; Vista 11:37.6.

4x110 Hurdles (alternating lows, highs): Race one: Mira Mesa 59.57; Sweetwater 63.58; Ayala B 64.92.

Race two: San Pasqual 60.49; Ayala A 61.18; Patrick Henry 68.37.

Race three: Poway 66.64; Castle Park 67.96; Eastlake 68.23; San Marcos 71.11.

HJ: Robert Ma (Pow) 6-0; Lenchow Griffith (MMesa) 6-0; Chris Staton (PH) 6-0; Eric Williams (RB) 6-0; Austin Neudecker (BV) 6-0.

PV: Bobby Phimmason (Pow) 14-0; Nate Alder (Pow) 13-6; Jason Charles (OG) 13-0; Jacob Chase (OG) 13-0; Travis Offner (MTC) 13-0; Johnny Castillo (MonteV) 12-6; Jimmy Barbour (Pow) 12-6.

LJ: Results unavailable.

TJ: Robert Ma (Pow) 43-2.25; Trandon Harvey (Sw) 43-1; Randall (MonteV) 44-1; Kareem Holmes (Mont) 42-9.25; Brian Guthrie (Sw) 42-9.

SP: Travis Jones (MMesa) 53-8; John Stokes (ElCap) 48-10; Charles Tyson (BV) 46-10; Onefre Gascon (Sw) 46-3; Dan Ybarra (OG) 45-1.

DT: Jahdai Pickett (Sw) 154-6.

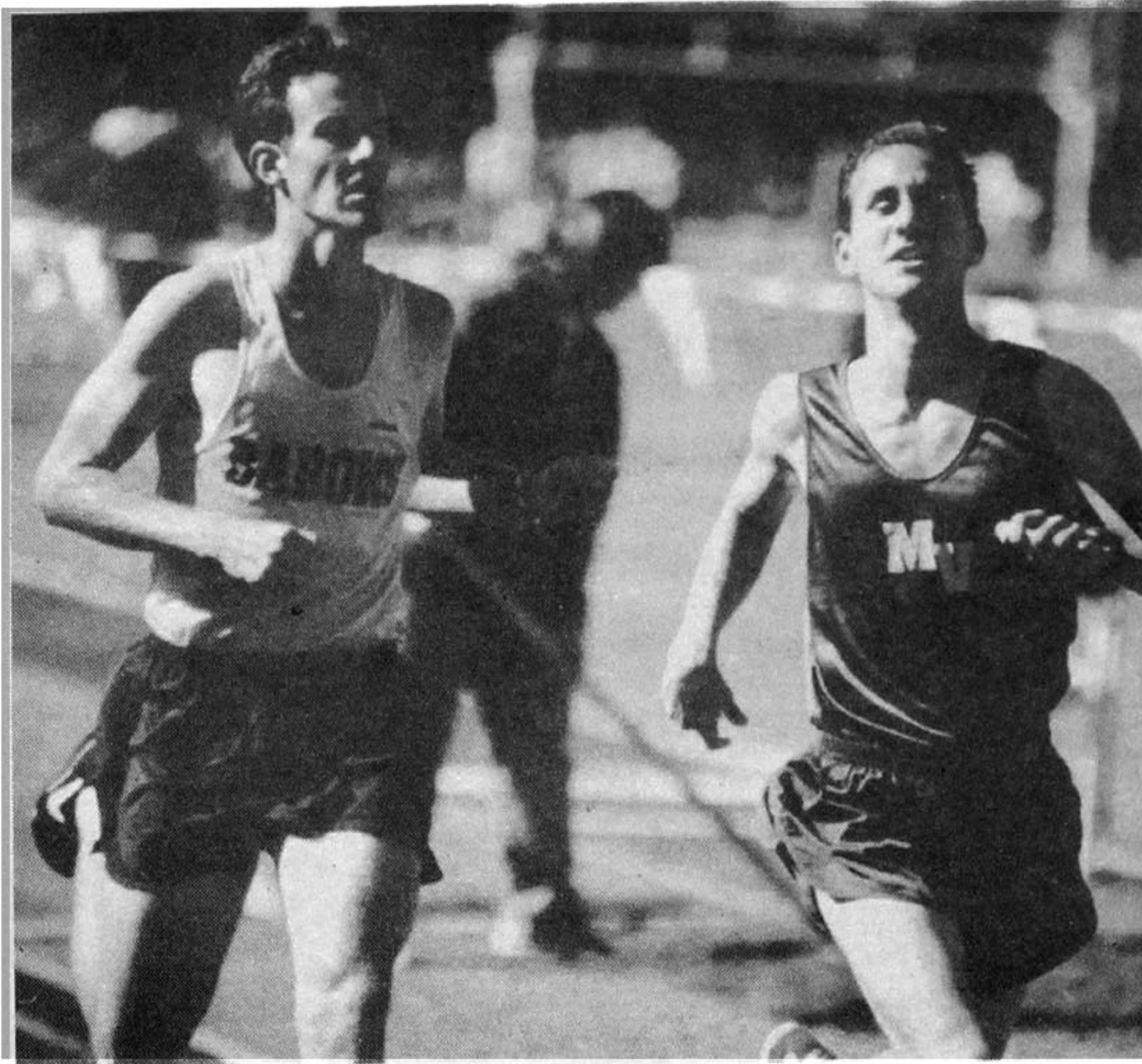
GIRLS:

100: Kristen Tucker (MonteV) 12.74; Tiffany Lowery (SP) 12.79; Jill Young (Pow) 12.88; Monica Clifton (MMesa) 12.90; Tara Egipto (CP) 13.03; Kameelah Allen (MtMig) 13.09; Francine Cepeda (RB) 13.30.

400: Luci Downey (OG) 59.40; Alexis Rampaul (Pow) 61.91; Phoebe Perkins (MonteV) 62.22; Laurel Hanscom (Val) 62.79; Latoya Manuel (SM) 63.31; Eureka Thompson (Morse) 63.47.

800: Natassja Hall (RBV) 2:19.60; Katherine Ziegler (UC) 2:20.23; Thea Rusthoven (Esc) 2:22.33; Kamaya Damwijk (Pow) 2:24.35; Lesley Bravin (Val) 2:25.38.

1500: Karen Vasko (MTC) 4:58.89; Bri-



Brian Paff and Blake Swier
Bonita Vista Mar Vista

anna Hibbs (Pow) 4:59.70; Jasmine Marquez (ElCap) 5:00.71; Carly Votolato (UC) 5:04.89; Lozano (Ay) 5:07.03; Branson (BV) 5:12.01; Angela Rivas (Mont) 5:12.33; Marquardt (Ay) 5:13.36; McPearson (Vista) 5:15.81; Dawna Marshall (BV) 5:18.30.

3000: Jasmine Marquez (ElCap) 10:47.74; Lozano (Ay) 10:51.36; Nicole Mier (SM) 10:54.31; Diana Dibble (Valley Center) 10:56.01; Chessa Adsit-Morris (UC) 11:03.61; Marquardt (Ay) 11:15.34; Ashlee Dere (MTC) 11:36.57; Mande Clark (Pow) 11:47.57.

100 H: Catie Coin (RB) 16.10; Carla Valdez (CP) 16.20; Kiona Clark (MonteV) 16.40; Porsche Kelly (MtM) 16.90; Kristen Murphy (RB) 17.21; Brown (Ay) 17.55; Marie Carter (MMesaO) 17.88.

300 LH: Audrey Pound (Pow) 48.52; Katy Camp (MonteV) 50.22.

Race two: Delinda Tomagni (PH) 48.80.

4x100 Relay: Castle Park 50.38; Coronado 52.78; Sweetwater 53.46; Hoover 53.68.

Race two: Monte Vista 51.11; Mount Miguel 51.51; Australia 51.98.

Race three: Rancho Bernardo 50.80; Patrick Henry 52.02; Vista 53.23; Eastlake 54.00.

Race four: Morse 51.51; Ayala 52.45;

Rancho Buena Vista 53.11; University City 53.28.

4x200 Relay: Castle Park 1:47.7.

Race two: Valhalla 1:48.0; San Pasqual 1:51.5; Mount Miguel 1:51.6.

Race three: Vista 1:51.3; Monte Vista 1:51.5.

Race four: Helix 1:46.31; Poway 1:46.36; Ayala 1:49.62; Morse 1:49.81; Rancho Buena Vista 1:50.33.

4x400 Relay: (Combined results) Poway 4:10.98; Ayala 4:12.92; Helix 4:13.30; Castle Park 4:15.06; Australia 4:18.08; Patrick Henry 4:26.17; Mira Mesa 4:27.10; Monte Vista 4:28.65; Montgomery 4:30.45.

4x800 Relay: (Combined results) Mt. Carmel 9:57.60; Poway 10:14.3; Ayala 10:16.0; Bonita Vista 10:30.26; Mt. Carmel B 10:30.7; Bell Gardens 10:31.0; Valhalla 10:34.10.

4x1600 Relay: Ayala A 23:11.69; Valhalla 23:28.07; Point Loma 23:43.60.
Race two: Mt. Carmel 23:01.71; Poway 23:16.74; Bell Gardens 23:26.53.
Race three: El Capitan 23:21.44; Castle Park 24:07.31.
Distance Medley Relay: (Combined results) Poway 13:26.5; Australia 13:30.3; University City 13:35.1; Orange Glen 13:54.6.
4x100 Hurdles: Monte Vista 1:08.71; Rancho Bernardo 1:09.73.
Race two: Ayala A 1:10.72; Poway 1:14.78; Patrick Henry 1:17.09.
Race three: Mira Mesa 1:11.42; Mount Miguel 1:15.31; Bell Gardens 1:16.95.
HJ: Bridget Files (Ramona) 5-2; Shalene Gutierrez (RB) 5-0; Amanda Begay (RB) 5-0; Leah Cole (VCenter) 5-0.
PV: Julia Preston (Pow) 9-0; Amy Spear (MTC) 8-6.
LJ: Tia Gray (UC) 17-0; Tanicia Wallace (MonteV) 16-8.
TJ: Sraeya George (Val) 36-10.25; Mariko Gaines (MonteV) 35-3; Megan Barnes (RBV) 34-6.5; Tia Gray (UC) 34-5.5; Silke Lorenzen (RB) 34-3; Renee McKinney (RBV) 33-6.
SP: Candace Hill (Hoover) 41-4; Michelle Czapinski (Pow) 38-3; Rhannon Henry (RBV) 36-5; Jenesa Turner (BV) 32-5.
DT: Michelle Czapinski (Pow) 109-2; Annie Roberts (Pow) 107-7; Stacy Mickelson (RB) 106-5.

Next Issue:
Featuring
coverage of
Balboa, Jaguar,
Mt. SAC, Sundevil
and Eastlake
meets

Coming April 30
(To be distributed at Orange Glen Invitational and Frosh/Soph championships)

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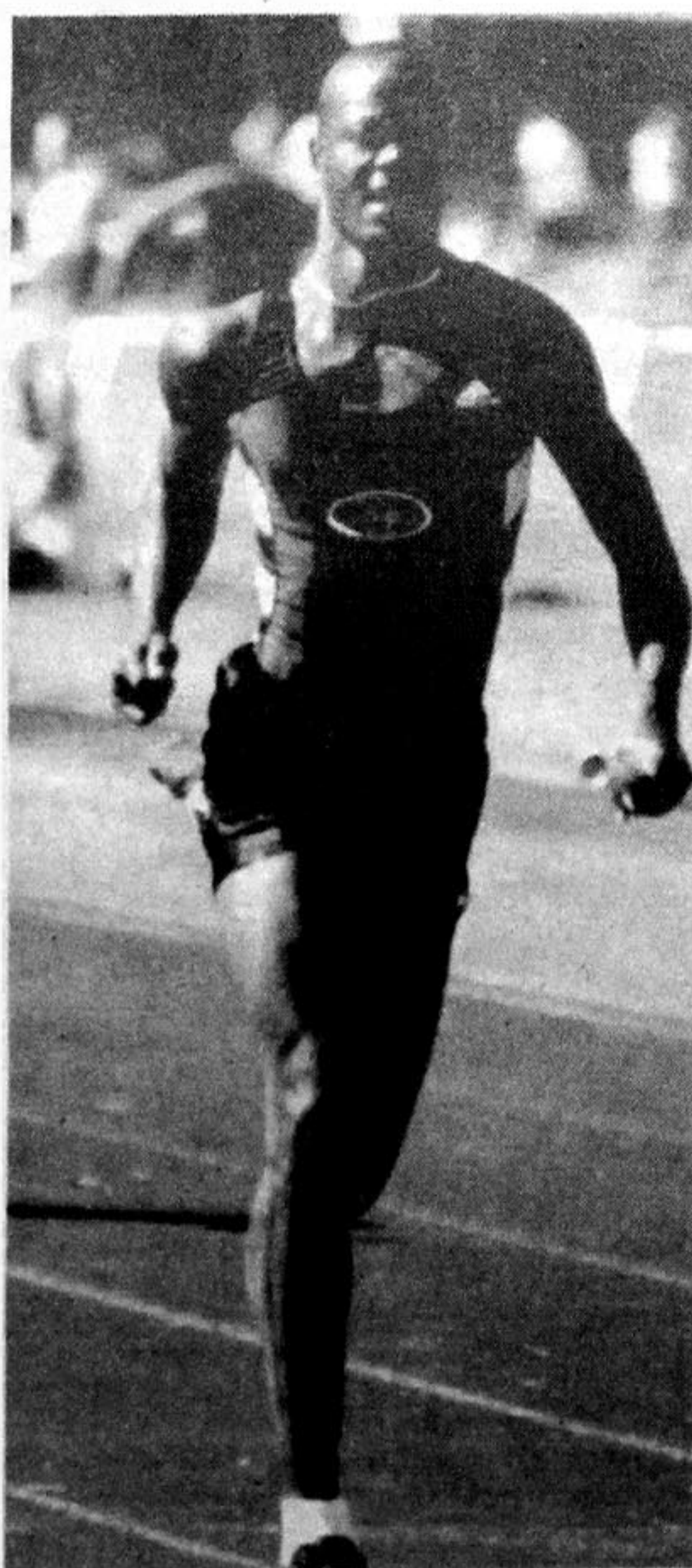
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Marquis Davis
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Karen Vasko
Mt. Carmel

The small schools: Top teams:

Bishop's

Head coach: Wendy Svatek.

BOYS:

Sprints: Junior Tim Culver runs dashes, also does throws. Also look for frosh Bernard Lam, senior Joe Grossman and junior Maurice Booker.

Distance: Soph Matt Lindeman might have help from top cross country runner Peter Holland.

Hurdles: Grossman will run 300s.

Jumps: Lam will try the jumps.

Throws: Culver throws the shot; all-around Lam will also try throws.

Watch for: It's a very new group, which means time will be required for development.

GIRLS:

Sprints: Senior Laura Foster ran 60.55 last year, and is the best returner in the league. She'll also compete in the 800. Soph Julia Carnevale will try the 400 as well as other events, and junior thrower Debbie Jones will run short relay.

Distance: Soph Kaili Shumilak ran 5:22 and 12:10 last year, but this year will divide her time with swimming. Svatek thinks she is disciplined enough to be effective at both. Kathryn Clark, a junior, ran 11:43 at the Tiger Relays as a frosh in 1997, but has struggled with knee problems since then.

Hurdles: Look for Carnevale in the 300s.

Jumps: All-around Carnevale will high jump as well.

Throws: Jones is best on the team in these events.

Watch for: Distances could be the best in the league, if Shumilak is not stretched too thin and if Clark comes back strong.

Calvin Christian

Head coach: Jon Beutlich.

BOYS:

Sprints: Soph Jeff Berman has 11.1 speed, excellent talent in this league. Jon Beutlich will run the 400 and long relay.

Distance: The Crusaders have legit talent here, too. Junior Chad Young ran 1:59 last year as a soph, and will also run both sprint relays. Senior Bart Conner runs in 4:30s for 1600, low 10:00s for 3200 and was the league's best cross country runner.

Hurdles: Frosh Jeremy Beutlich is already under 50 for the 300s.

Jumps: Steve Mavis can TJ 40-plus, but will divide time with baseball.

Watch for: Young to be a factor at the CIF level at the end of the season, and Conner to dominate the distances. Berman is a talent in the sprints, and the 4x400 relay looks strong.

GIRLS:

Sprints: Frosh Kara Zuidema seems strong over 200. Alexis Tate (59 for 400) is now at Rancho Bernardo.

Distance: Soph Kassie Petty is a 2:33 800 runner.

Hurdles: Soph Janae Martin will run the 100s and 300s, and is one of the most talented athletes on the girls team.

Watch for: The young talent to

develop. Calvin always seems to come up with some top athletes.

Francis Parker

Head coach: John Lown.

BOYS:

Sprints/Relays: Best is football speedster Gary Johnson, who looked competitive over 100 meters at the Bronco meet. He attended school out of the area last season, so times aren't available. Michael Thomas runs 51.97 in the 400, best in the league. Jeff Barnett is a prospect.

Distance: Mark Shtayerman will run the 3200, also hurdles. Johnny Pierce runs the 800/1600.

Hurdles: Shtayerman runs the 300s.

Jumps: The school has three capable vaulters, great depth in this league. They are Aaron Wexler, Eli Duk and John Witte.

Throws: Peter Weinrib is the best thrower. Vaulteur Duk will help out.

Watch for: Johnson to be representative in Invitationals in the sprints, and for the others to compete strongly at the league level.

GIRLS:

Sprints/Relays: Soph Stephanie Blake is one of the top returning sprint talents (12.89 and 26.00) in the county, but has seen little action. Merritt Singleton runs 61.32 in 400. Other prospects include frosh Heather Crabtree in the 100/200, frosh Rachel Bidegain and frosh Cara Koehn.

Distance: Soph Angela Petersen (5:02, 10:58) is the defending county champ in the 3200, but was injured during soccer, and still hasn't been cleared to begin training. If she does make it back this season, she'll have some ground to make up against her top county rivals. Laura Crabtree ran 2:24 as a soph, and is now the best on the team. Frosh Sarah Kaufman and Liz Mannino will handle the distances until Petersen returns.

Hurdles: Aneal Helms (16.64) is the league's best. Sprinter Bidegain will try these events.

Jumps: Singleton (37-3) should be one of the top triple jumpers in the county. Soph Monica Robbins will compete in the vault and other jumps. Sprinter Koehn will try the high jump.

Watch for: With Petersen in place, this team would match up with many, many large schools for the top five or six athletes, which makes this an extremely powerful program at the league level. Last year, the team was a bonafide contender at the CIF Division Two level.

Other top athletes:

BOYS:

Distance: Army Navy's Will Kraemer was one of the top frosh distance runners in the county in cross country.

Hurdles: La Jolla Country Day's Josh Comte ran 40.52 for the 300s last year, is one of the top CIF returners.

Jumps: ANA's Joe White high jumps 6-0, the best mark in the league.

Throws: ANA's Idris Williams, who throws the disc 153-4, has been one of the best in the county for two years. The Warriors traditionally have strong throwers.

GIRLS:

Distance: San Dieguito Academy might have this year's frosh flash in Jenna Timinsky, who looks ready to run 5:20 right out of the blocks. San Dieguito senior Jessica Bray ran as a frosh, at the old San Dieguito High. Mountain Empire soph Lily Dowlatshahie was the Grossmont League JV champ at 1600 and 3200 last spring, while at El Capitan. LCDs Carly Gardner was a top frosh in XC.

Save time,
Save fuel,
Save trouble,

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what you're looking for.

The advertisement for Movin Shoes features a collage of various running shoes in different styles and colors. At the bottom right, there is a table listing three store locations: Mission Beach, La Mesa, and Encinitas, each with its address, phone number, and operating hours. To the left of the table is a logo for Movin Shoes, which consists of a stylized sunburst or fan shape with the words 'MOVIN SHOES' underneath.

Movin Shoes Running Centers		
Mission Beach 3638 Mission Blvd (619)488-2310 Mon-Sat 11-6 Sun 12-5	La Mesa 6105 Lake Murray Blvd (619)466-1656 Mon-Fri 11-7 Sat 11-6 Sun 12-5	Encinitas 765 South Coast Hwy (760)634-2353 Mon-Sat 11-6 Sun 12-5

Ask about our team discounts

Best 1999 Marks:

For updates on this list between issues of Track Magazine, please consult our web site at: www.crowncity.com/sdtrackmag

NOTE: Minimum standards for marks listed are basically identical to San Diego Union-Tribune standards.

Converted times from yard distances are noted (example: 52.4c), and conversions are based on the Track & Field News BIG RED BOOK.

Unconverted times for yard distances, in events where no standard conversion tables are available, are also noted (example: 12:09y).

In the 100, 200, 4x100 Relay, 100 Hurdles and 110 High Hurdles, separate lists are maintained for hand times and automatic times.

In all other events, hand times and automatic times are combined on the same lists. The hand times are to tenths of a second, and automatic times are in hundredths. On our lists, they are ranked in numerical order although it is recognized that automatic times are 0.24 seconds faster than hand times. Thus, a 51.23 (automatic) is superior to a 51.0 (hand), although we don't list them that way.

Please notify Track Magazine with corrections, omissions or additions.

BOYS:

(marks received by April 14.)

100:

Automatic time:

10.77	Lamont Long, UC
10.88	Steve Hayes, UC
11.10	Larry Miles, Craw
11.17	Wardell McNeal, Mont
11.18	Mike Roberts, PH
11.18	Lavell Anderson, East
11.19	Chaunce Smith, UC
11.20	R. J. Oliver, Esc
11.28	Michael Frazier, CP

Windy:

11.13	R. J. Oliver, Esc
-------	-------------------

Hand time:

10.7	Larry Miles, Craw
10.7	Lamont Long, UC
10.7	Wardell McNeal, Mont
10.8	Antwane Collier, SD
10.9	Lavell Anderson, East
11.0	Ernesto Jordan, UC
11.0	Danny Lantz, LCC
11.0	Andres Rodriguez, SD
11.0	David Hannibal, BV
11.0	Nathan Cunningham, WH
11.0	Antonio Gonzales, RBV
11.1	Michael Johnson, Serra
11.1	Napoleon McNeal, Mont
11.1	Jair Brown, MMesa
11.1	Clarence Cunningham, SR
11.1	Brandon Jones, MMesa
11.1	Adam Smith, BV
11.1	Allen Thompson, Sweet
11.1	Jamal Tate, Hoover

200:

Automatic time:

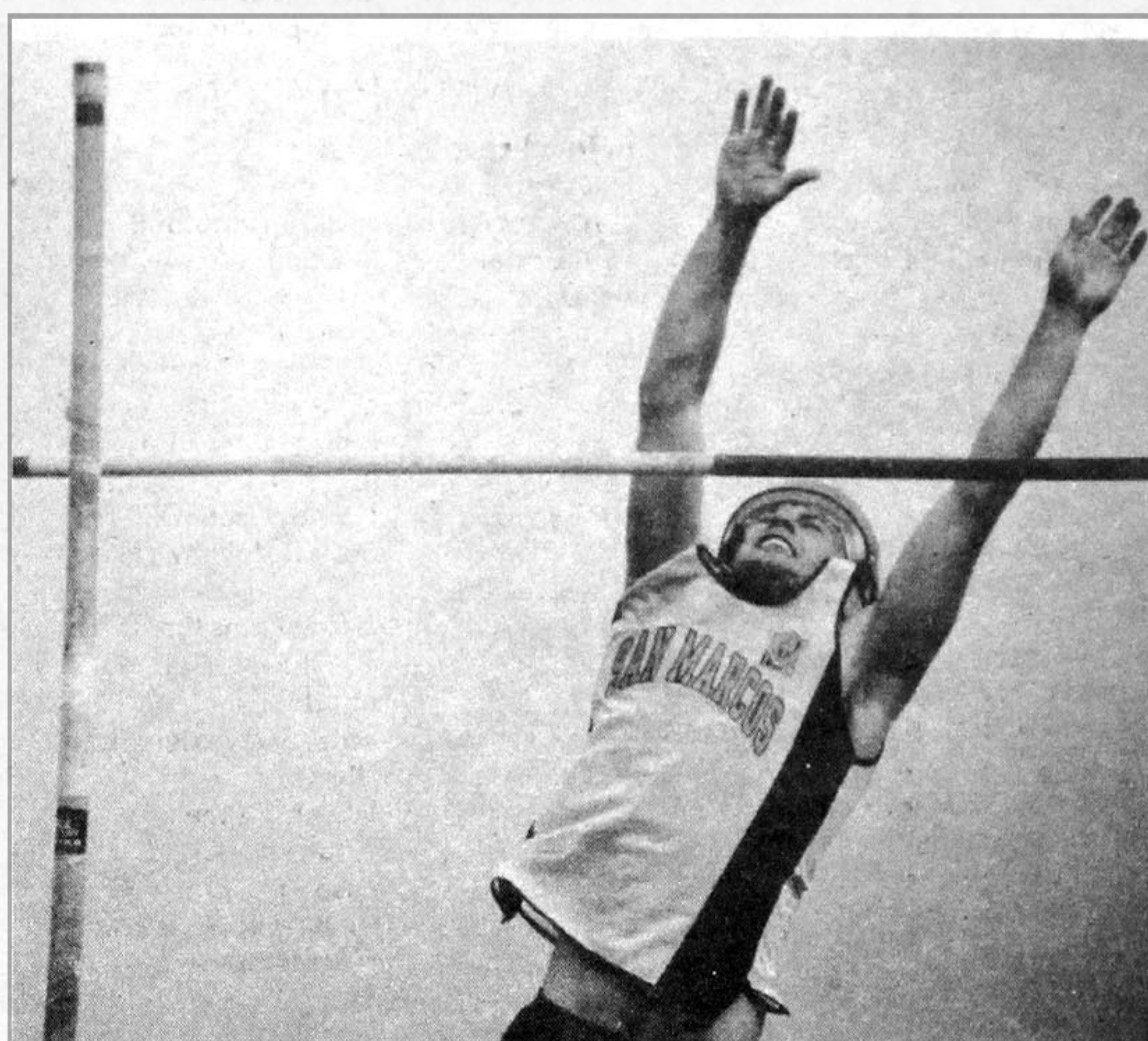
21.90	Terron Franklin, Helix
21.91	Steve Hayes, UC
22.23	R. J. Oliver, Esc
22.24	Lamont Long, UC
22.27	Larry Miles, Craw
22.44	Maurice Douglas, SD
23.08	Mike Johnson, Serra

Hand time:

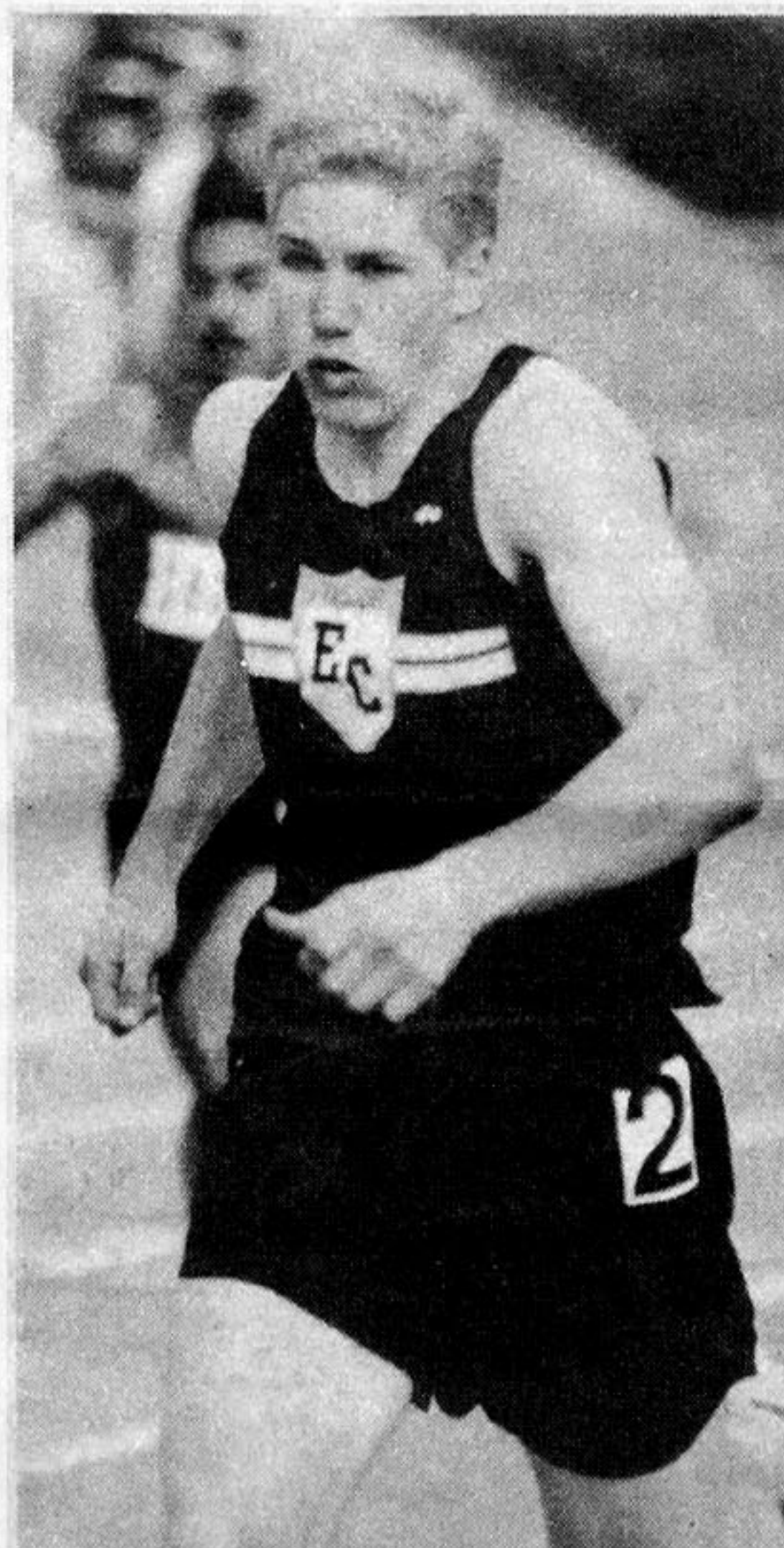
21.6	Maurice Douglas, SD
21.9	Larry Miles, Craw
22.0	Antwane Collier, SD
22.1c	Terron Franklin, Helix
22.1	Lavell Anderson, East
22.5	Andres Rodriguez, SD
22.5	Antonio Gonzales, RBV
22.6	Mark Tate, Hoover
22.6c	Marlon Dorn, Sweet
22.7	Steve Hayes, UC
22.7	Wardell McNeal, Mont
22.7	Kevin Johnson, East
22.8c	Allen Thompson, Sweet
22.9	Lamont Long, UC
22.9c	Andre Davis, ECV
22.9	Clarence Cunningham, SR
22.9c	Nathan Cunningham, WH

400:

48.9	Maurice Douglas, SD
49.08	Steve Hayes, UC
49.35	Jay Hackett, Morse
50.5c	Terron Franklin, Helix
51.1c	Mark Tate, Hoover
51.35	Wardell McNeal, Mont
51.48	Jason McKlevey, SD
51.5	Jamal Briggs, MMesa
51.55	Randall Leyking, Poway
51.6	Boris McDaniels, Lincoln
51.6c	Evan Fox, WH
51.6c	Pete Battaglia, WH
51.98	Joseph Miller, RBV
52.1c	Alex Maurer, LJ
52.2	Yanta Morrow, Serra
52.2	Larry Miles, Craw
52.3	Dustin Johnson, SD
52.3	Luis Mariscal, SP
52.5	Mike Ficken, WH
52.5	Michael Thayer, PTL
52.5c	Hanee Peterman, Helix
52.71	David Silva, Craw



Eric Sommers
San Marcos



Mark Daynes
El Capitan

800:

1:56.24	Sean Ricketts, RB
1:56.65	Bill Ungricht, Fall
1:57.8	Evan Fox, WH
1:58.0	Jarred Emmons, Vista
1:58.66	Nick Thornton, RBV
1:59.14	Alejandro Mares, LJ
1:59.3	Jason Finch, GH
2:00.0	Adam Van Wart, SP
2:00.36	Matt Theisen, Valhalla
2:00.39	Aaron Powell, Poway
2:00.6	Matt McInvale, Ramona
2:00.93	Chad Young, CalC
2:01.1	Ben Aragon, WH
2:01.1	Josh Pope, Poway
2:01.23	Jason McKlevey, SD
2:01.9	Steve Branson, TP
2:01.96	Paul Whitford, Coro
2:02.21	Nico Cueva, Esc
2:02.27	Jon O'Connor, UC
2:02.30	Jeff McKnight, PTL
2:02.3	Justin Neuroth, Vista
2:02.4	Jon Rankin, MonteV
2:02.4	Matt Johnson, SP
2:02.73	Staley Morgan, UC
2:03.0	Justin Mattos, Fall
2:03.0	Raphael Machado, SR
2:03.0	Ryan Moorcroft, StA
2:03.11	Paul Franco, Sweet
2:03.2	Marcus Chandler, Serra
2:03.5	William Burer, Valhalla

1500:

4:06.1	Adam Van Wart, SP
4:06.24	Josh Pope, Poway
4:09.30	Jon O'Connor, UC
4:11.69	Ryan Moorcroft, StA
4:13.56	Ryan Montez, Vista



Matt McLeod
West Hills

4:17.25	Blake Swier, MarV
4:17.80	Brian Paff, BV
4:19.0	David Gilboa, TP

1600:

4:20.0	Justin Neuroth, Vista
4:20.24	Marcus Chandler, Serra
4:24.7	Jason Finch, GH
4:25.0	Ken Nwadike, CV
4:25.6	Evan Fox, WH
4:25.7	Sean Ricketts, RB
4:28.5	Adam Van Wart, SP
4:29.58	Jon O'Connor, UC
4:30.0	Brian Paff, BV
4:30.0	Ryan Montez, Vista
4:31.8	Matt McInvale, Ramona
4:32.0	Josh Pope, Poway
4:32.2	Thomas Jodoin, MMesa
4:33.0	Pat Grimes, SR
4:35.0	Alejandro Mares, LJ
4:36.0	Alex Cocina, SD
4:36.5	Jon Rankin, MonteV
4:37.48	Ryan Moorcroft, StA
4:39.0	Matt Herriman, StA
4:39.4	Nic Thornton, RBV
4:39.7	Devin Lyons-Quirk, Poway

3000:

8:57.67	Devin Lyons-Quirk, Poway
8:59.15	Travis Laird, SM
9:05.30	Ryan Montez, Vista
9:16.70	Juan Mondragon, Esc
9:21.03	Matt Patino, MMesa
9:22.02	Adrian Garcia, Sweet
9:22.20	Brian Hillberg, ElCap
9:22.42	Bart Conner, CalC
9:22.58	Tim Helms, Poway
9:27.20	Tyler Ludwig, Valhalla
9:33	Ruben Vences, Sweet

3200:

9:11.55	Matt McInvale, Ramona
9:14.03	Jason Finch, GH
9:43.5	Ryan Montez, Vista
9:44.08	Justin Neuroth, Vista
9:44.80	Patrick Grimes, SR
9:46.1	Efrain Casarez, Fall
9:52.15	Alex Cocina, SD
9:59.0	Devin Lyons-Quirk, Poway
10:00.6	Ian Bartonicek, GH
10:02.8c	Evan Fox, WH
10:04.0	Tim Helms, Poway
10:04.0	Travis Laird, SM
10:05.3c	Brian Paff, BV
10:06.2	Colin Donnelly, StA
10:07.0	Matt Patino, MMesa
10:09.2c	Geronimo Arredondo, CV

5000:

16:53.3	Joe Robinett, PTL
---------	-------------------

110 High Hurdles

Automatic time:

15.07	Justin Hunt, MonteV
15.10	Joe Gutierrez, Sweet
15.17	Ben Church, MMesa
15.21	Jarred Stites, MMesa
15.24	Bobby Salimi, RB
15.38	David Claggett, SP
15.62	Jeff Hunter, GH
16.10	Baran Hill, StA
16.18	Terance Johnson, Helix

Windy:

15.09	Jeff Hunter, GH
15.18	Terance Johnson, Helix
15.26	David Claggett, SP
15.52	Matt MacLeod, WH

Hand time:

14.8	Tony Golston, PTL
14.9	Ben Church, MMesa
15.0	David Claggett, SP
15.1	Jeff Hunter, GH
15.1	Terance Johnson, Helix
15.2	Bobby Salimi, RB
15.3	Joe Gutierrez, Sweet
15.3	Justin Hunt, MonteV
15.4	Paul Yoder, Oside
15.4	Jason Gatewood, RBV
15.5	Jarred Stites, MMesa
15.6	Matt MacLeod, WH
15.7	Sean Sweat, ElCam
15.9	Mark Daynes, ElCap
15.9	Ron Takahashi, Gross
15.9	Tony Pricor, StA
15.9	Charles Bailey, Hoover

300 Intermediates:

39.4	David Claggett, SP
39.64	Jeff Hunter, GH
40.26	Bobby Salimi, RB
40.59	Justin Hunt, MonteV
40.8	Tony Golston, PTL
41.06	Joe Gutierrez, Sweet
41.2	Jeff Orlando, MMesa (41.35auto)
41.38	Mark Daynes, ElCap
41.39	Kevin Correnti, StA
41.60	Jarred Stites, MMesa
41.63	Terance Johnson, Helix
41.7	Jason Gatewood, RBV
41.84	Luis Quintana, CP
41.85	Brett Simmons, Coro
41.9	Paul Yoder, Oside
42.26	Travis Lyman, SP
42.3	Sean Sweat, ElCam
42.6	Steven Daniels, Carls
42.70	Scott Miller, WH
42.7	Brian Manley, MIC

400 Relay:

Automatic time:

41.77	University City
42.11	Morse
43.30	Rancho Bernardo
43.37	Sweetwater
43.50	Mira Mesa
43.78	Helix
43.90	Montgomery
44.20	Patrick Henry
44.30	Poway
44.33	San Diego
44.40	Eastlake
44.50	Mount Miguel
44.60	Rancho Buena Vista
44.80	San Pasqual
44.87	West Hills
44.98	Hoover
45.00	Mt. Carmel

Hand time:

42.6	San Diego
42.8	University City
43.8	Mira Mesa
43.9	West Hills
43.9c	Helix
44.1	Scripps Ranch
44.1	Eastlake
44.1	Sweetwater
44.2	Rancho Bernardo
44.2	Serra
44.5c	Hoover
44.6c	Bonita Vista
44.7	Torrey Pines
44.7	Rancho Buena Vista
44.8	San Pasqual

1600 Relay:

3:25.63	Morse
3:27.06	Rancho Buena Vista
3:31.00	Castle Park
3:31.67	Mira Mesa
3:32.04	San Pasqual
3:32.6	San Diego
3:32.8	Fallbrook
3:32.96	Eastlake
3:33.1	Poway

Please turn to page 10.

Best Marks

From page 9.

3:33.27	Rancho Bernardo
3:33.65	Bonita Vista
3:33.8	Helix
3:34.33	Serra
3:34.67	University City
3:35.0	Vista
3:36.0	Scripps Ranch
3:36.81	Patrick Henry
3:37.8	Mt. Carmel
3:38.75	Fallbrook
3:38.8	Scripps Ranch
3:39.2	Ramona
3:39.88	Granite Hills

High Jump:

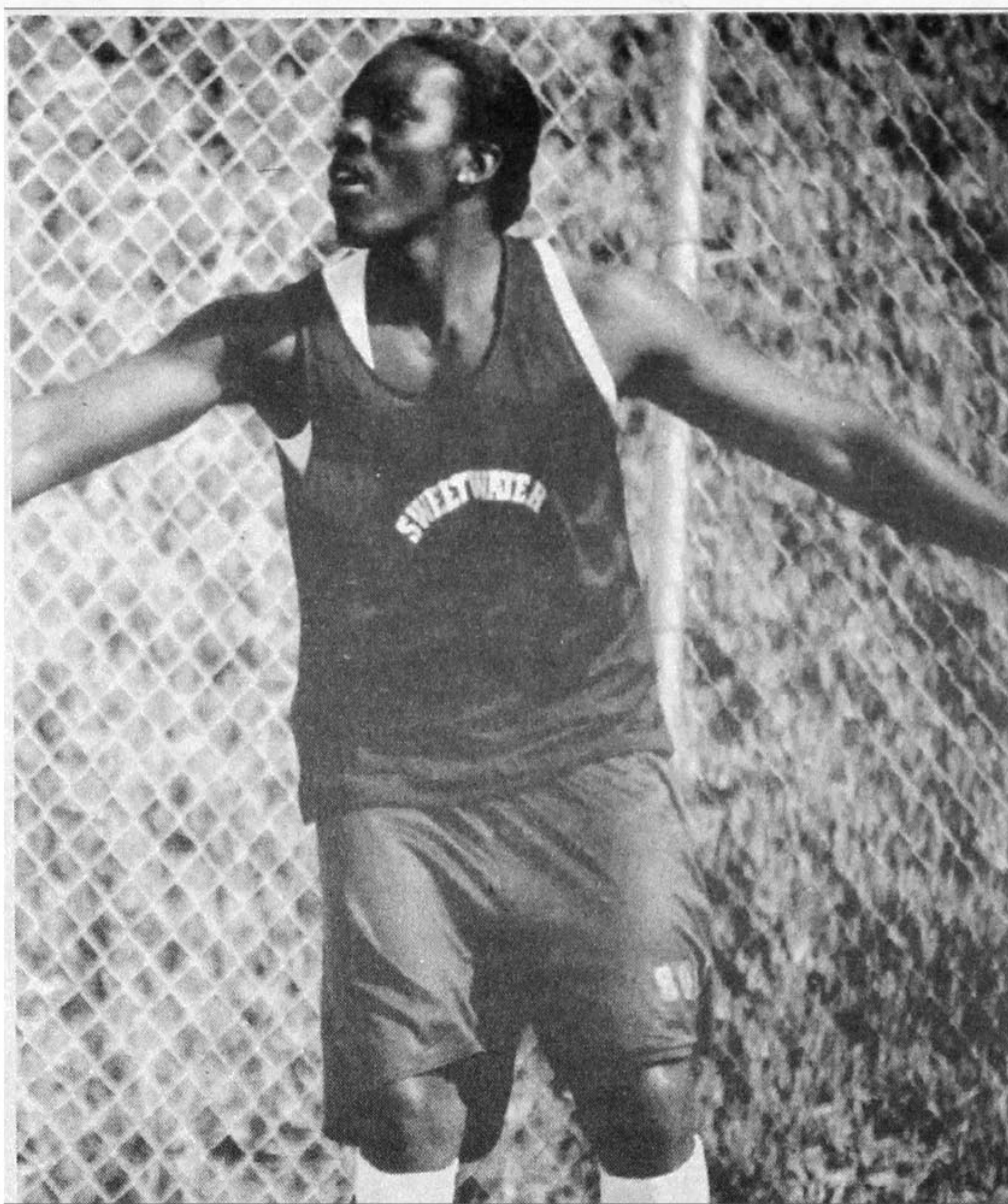
6-9	Jason Gatewood, RBV
6-4	Robert Ma, Poway
6-3	Wade Curry, East
6-2	Lenchow Griffith, MMesa
6-2	Nate Skrzypczak, VCenter
6-2	Eric Williams, RB
6-0	Smith, S'west
6-0	Felix DeSeracho, BV
6-0	Brandon Mundinger, Valhalla
6-0	Brian Guthrie, Sweet
6-0	Ben Bresnahan, Fall
6-0	Daryl Johnson, Oside
6-0	Isaac Sims, UC
6-0	James Holley, UC
6-0	Mike McCall, LJ
6-0	Randall, MonteV
6-0	Travis Blankenship, LJ
6-0	David Lee, GH
6-0	Anzio Gainey, RBV
6-0	Chris Staton, PH
6-0	Jeff White, ElCap
6-0	Jason Walker, Carls
6-0	Tony Pricor, StA
6-0	Travis Offner, MtC
6-0	Ernie Lopez, ElCap
6-0	Carl LaGrone, Linc
6-0	Raymond Arellano, Sweet
6-0	Trandon Harvey, Sweet
6-0	Kevin Correnti, StA
6-0	Tim Bailey, UC
6-0	Dustin Johnson, SD
6-0	Hadji Walker, SR
6-0	Tony Golston, Ptl
6-0	Austin Neudecker, BV
6-0	Volbeda, MtC

Pole Vault

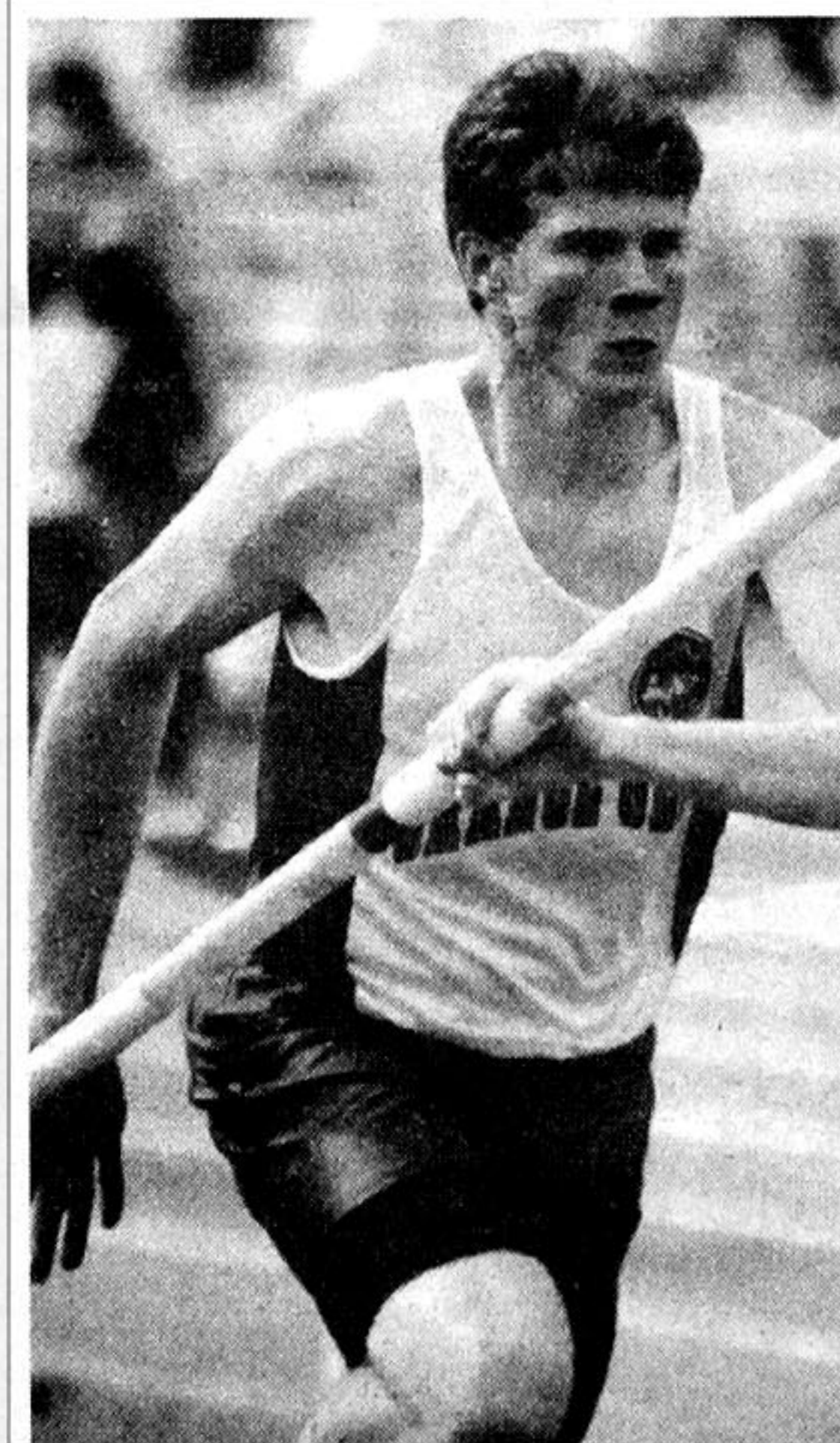
15-0	Sean Daley, Vista
14-0	Ron Takahashi, Gross
14-0	Dante Jerig, WH
14-0	Eric Sommers, SM
14-0	Austin Priest, RBV
14-0	Bobby Phimmason, Poway
14-0	Jamie Zolnierrek, RBV
13-6	Ken Covell, WH
13-6	John Jeter, MtC
13-6	Phil Ball, ElCap
13-6	Nate Alder, Poway
13-6	Travis Offner, MtC
13-0	Austin Priest, RBV
13-0	David Long, GH
13-0	Jacob Chase, OG
13-0	Gabriel Cornejo, CV
13-0	Jason Charles, OG
12-6	Andy Weiss, Valhalla
12-6	Chase Shellburne, LJ
12-6	Gary Williams, Serra
12-6	Javier Munoz, CP
12-6	Jimmy Barbour, Poway
12-6	Johnny Castillo, MonteV
12-6	Chris Fernando, Sweet
12-0	Andy Bechtel, WH
12-0	Alex Doria, East
12-0	Jason Gavin, SR
12-0	Mario Watts, Coro
12-0	Jean-Paul Panis, Coro
12-0	Matt Davis, ElCap
12-0	Richard Baker, BV

Long Jump:

21-10.25	Tony Ortiz, Helix
21-10	David Hannibal, BV
21-8.5	Marcus Wooden, Morse
21-4.5	Seth Andrews, Morse
21-4	Tony Golston, Ptl
21-2.5	Rashard Holmes, RB
21-2.25	Ben Church, MMesa
21-1	Justin Hunt, MonteV
21-0	McKinley Jean-Gilles, Hoover
21-0	Jordan Adams, PH
20-10.75	Dan Cobler, TP
20-10	Trandon Harvey, Sweet
20-9.5	Thomas Mootry, Morse
20-9	Alton Gilbert, Linc
20-8	Wardell McNeal, Mont
20-8	Mike McCall, LJ
20-7.5	Kevin Johnson, East
20-6.25	Kuba Wasowski, SM
20-6	Jon Reynolds, Serra
20-6	Agurs, Gross
20-6	Brian Guthrie, Sweet
20-5.5	Shannon Nowden, MB
20-5	Jeff Hunter, GH
20-4	Mark Tate, Hoover
20-4	Aaron Jones, SD
20-3.5	Michael Thayer, Ptl
20-3	Danny Ames, ElCap
20-3	Jason Gatewood, RBV



Jahdai Pickett
Sweetwater

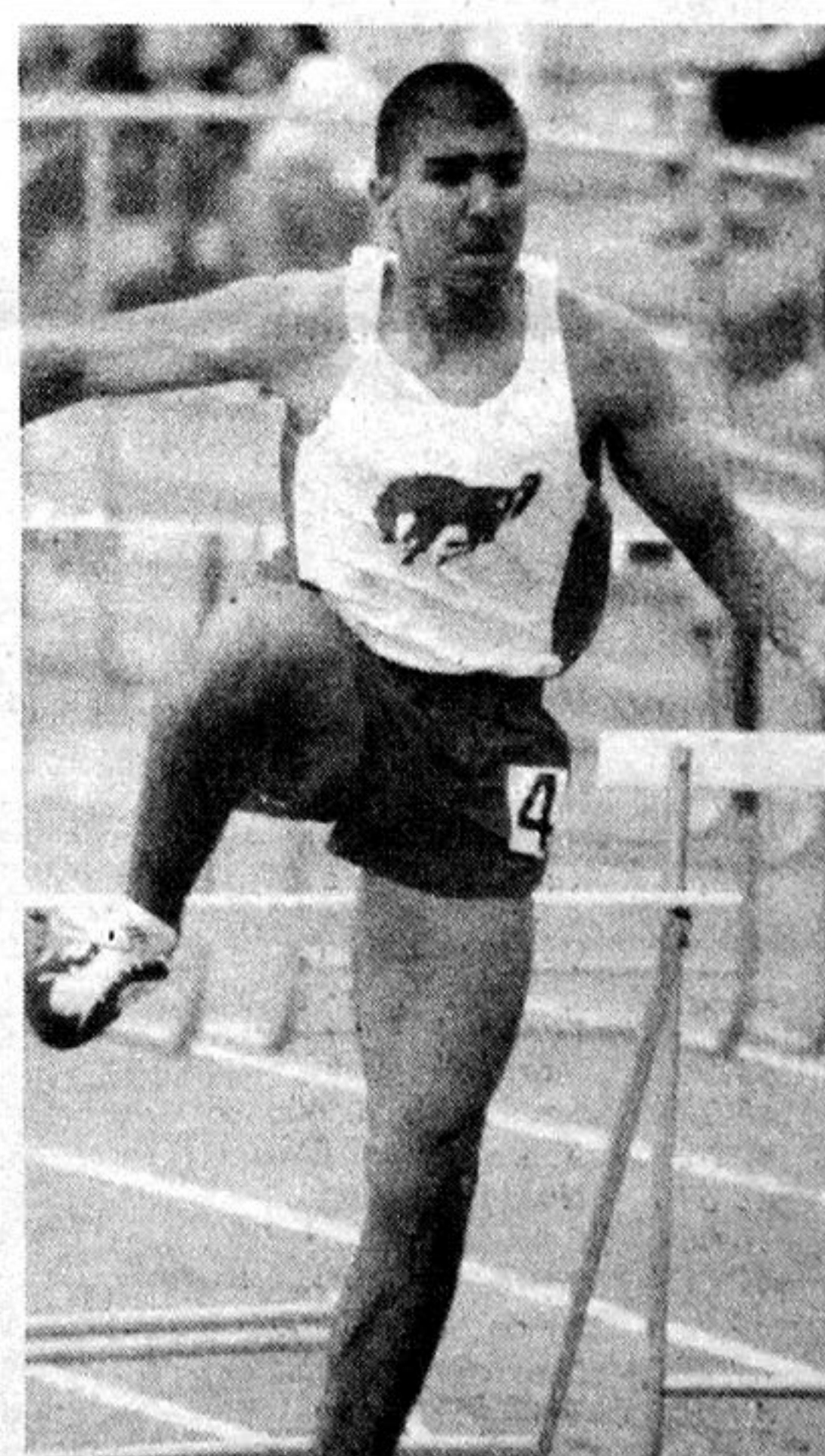


Jacob Chase
Orange Glen

20-2	Bill Diller, MtC
20-2	Chase Shellburne, LJ
Triple Jump:	
46-7	Tony Ortiz, Helix
45-4	McKinley Jean-Gilles, Hoover
43-8	Thomas Mootry, Morse
43-5.5	Trandon Harvey, Sweet
43-2.25	Robert Ma, Poway
43-1	Randall, MonteV
43-0	Jon Reynolds, Serra
42-10.25	Antonio Gonzales, RBV
42-9.25	Kareen Holmes, Mont
42-9	Brian Guthrie, Sweet
42-7.75	Josh Lipscomb, MMesa
42-6.5	Jim Barbour, Gross
42-0.5	Danny Toscano, StA
41-11	Nick Forston, GH
41-10	Mike McCall, LJ
41-9.5	Ron Takahashi, Gross
41-8.5	Cordell Williams, ECV
41-4.5	Mike Humphrey, SP
41-3.5	Chris Lundgren, GH
41-3.5	Raymond Arellano, Sweet
41-2	Dustin Johnson, SD
41-0.5	Rashaan Green, Serra

Shot Put:

60-6	Danny Ames, ElCap
59-2	Bernard Grady, SR
57-9.5	Wade Green, LJ
54-4	Travis Watkins, Helix



Bobby Salimi
Rancho Bernardo

54-0.25	Wayne Hassey, ElCap
53-8	Travis Jones, MMesa
52-11	Kendrick Brunson, CV
51-7.75	David Nowotny, Fall
50-4	Mike Schardin, East
48-10	John Stokes, ElCap
48-1.5	Viera, Carls
47-10.75	Jeremy Read, RB
47-8	Charles Tyson, BV
47-4.25	Nathan Perez, RBV
47-3.5	Jahdai Pickett, Sweet
46-11	Jake Dubinetsky, StA
46-10.5	Derrick Germain, Fall
46-9	Dan Ybarra, OG
46-7	Rashaan Durr, UC
46-6	Curtis James, Kearny
46-5.75	Travis Asch, ElCap
46-4	Jason Tuerk, RB
46-3	Onefre Gascon, Sweet
46-0	Mike Proctor, ElCap
45-8.5	Tyrone Brown, Morse
45-7	Gerald Sykes, Kearny
45-5	Jason Treter, Hilltop
45-4	Chris Kroner, BV
45-0.5	Steven Myers, BV
45-0	Andre Williams, MB

Discus Throw:

169-11	Travis Jones, MMesa
165-9	Mike Armstrong, UC
164-1	Jahdai Pickett, Sweet

163-4	Will Hunt, Hilltop
162-9	Danny Ames, ElCap
160-8	Charles Tyson, BV
160-0	Jason Tuerk, RB
158-6	Travis Asch, ElCap
155-9	Travis Watkins, Helix
153-5	Wade Green, LJ
153-4	Ronnie Stewart, Carls
152-7	John Ward, Poway
150-6	Bernard Grady, SR
141-3	Noah Eichen, TP
140-2	David Nowotny, Fall
139-7	Tyler Moazed, MtC
139-5	Threat, CP
138-6	Zeph Carter, MtMig
138-3	Darrell Collins, SM
137-0	Wayne Hassey, ElCap
135-8	Moses Rangle East

GIRLS:

(Marks received by April 14.)

100:

Automatic time:

12.64	DeCola Groce, Morse (-1.8)
12.71	Kristen Tucker, MonteV
12.79	Tiffany Lowery, SP
12.82	Anne James, RB
12.88	Jill Young, Poway
12.90	Monica Clifton, MMesa
12.91	Jasmine Blakey, RB
12.98	Kristina de la Rosa, RB
13.03	Tara Egipto, CP
13.07	Francine Cepeda, RB
13.09	Kameelah Allen, MtMig

Windy:

12.42	DeCola Groce, Morse
13.06	Stephanie Blake, FP
13.12	Shuree Halton, CP

Hand time:

12.2	Jessica Thomas, ElCam
12.2	Autumn Wright, ElCam
12.3	Amber Carrington, MtC
12.4	Crystal Hinton, Lincoln
12.4	Nadia Sanders, CV
12.4	Elizabeth Tsu, LCC
12.5	Latoya Summerville, SR
12.5	Ciera Ray, Fall
12.7	Jill Young, Poway
12.7	Tara Egipto, CP
12.8	Monica Clifton, MMesa
12.8	Michelle Kennedy, SP

200:

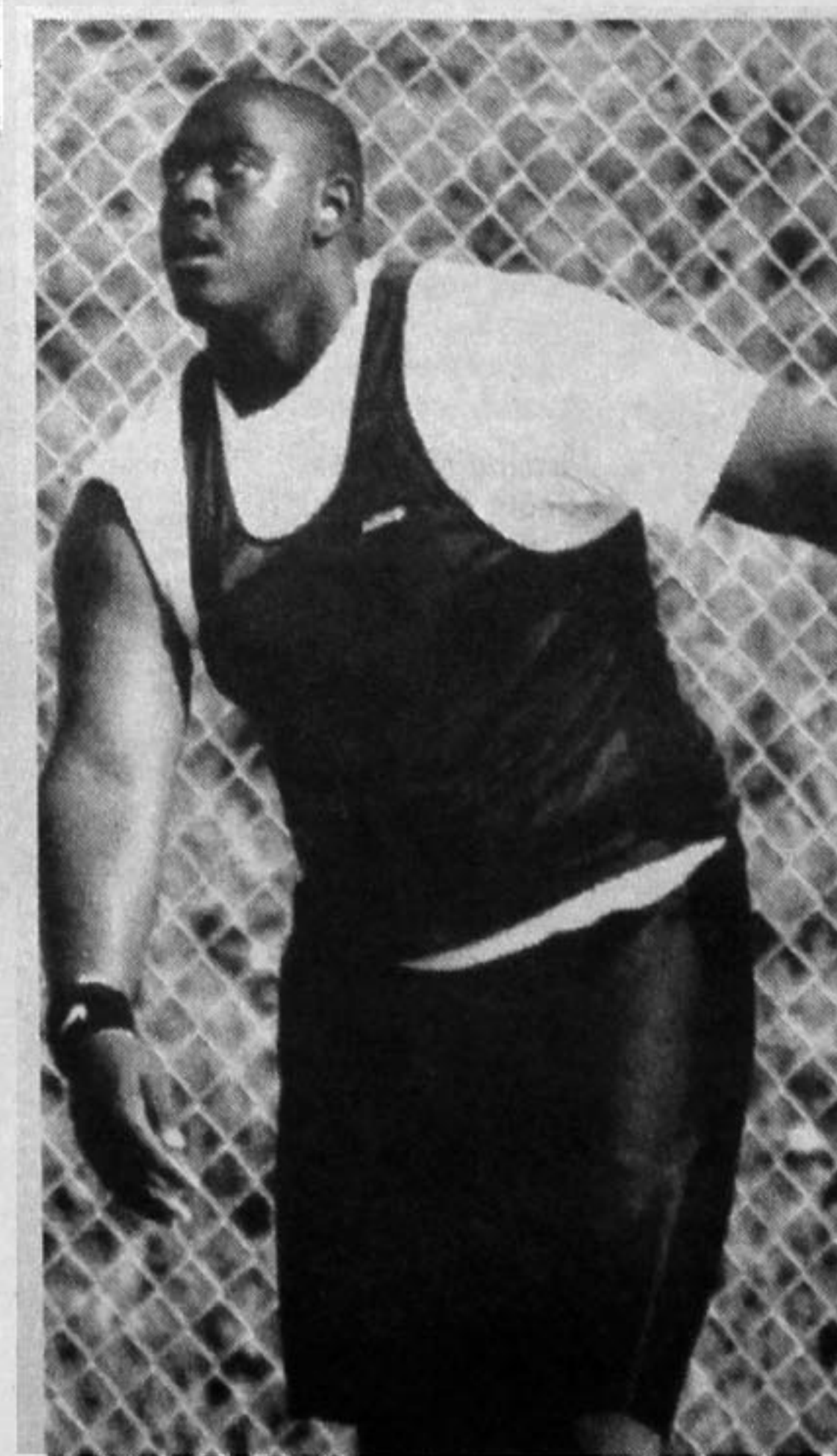
Automatic time:

26.15	Laura Landry, RB (0.0)
27.27	Anne James, RB
27.55	Tamikia James, SD

Hand time:

26.1	Nadia Sanders, CV
26.3	Natassja Hall, RBV
26.4	Tamikia James, SD
26.5	Naomi Mattos, Fall
26.5	Jessica Thomas, ElCam
26.6	LaSheena Rice, SD
26.7	Monica Clifton, MMesa
26.7	Laura Landry, RB
26.8	Amy Taylor, RB
26.9	Katie Reardon, RB
27.0	Anne James, RB
27.0	Kristen Tucker, MonteV
27.0	Tashina Dears, CP
27.0	Tiffany Lowery, SP
27.0	Ciera Ray, Fall
27.1	Francine Cepeda, RB
27.1	Elizabeth Tsu, LCC
27.1	Jessica Mercado, SD
27.1	Ashley Cunningham, Ptl
27.2	Alexis Tate, RB
27.2	Kelsey Bollinger, Gross
27.2	Jill Young, Poway

Please turn to page 11.



Zeph Carter
Mount Miguel

Best
Marks
From page 10.

- 400:**
53.74 Monique Henderson, Morse
59.40 Luci Downey, OG
59.78 Amy Taylor, RB
59.9 Ashley Cunningham, Ptl
60.8 Laura Landry, RB
61.0 Natassja Hall, RBV
61.56 LaSheena Rice, SD
61.7 Talisha Clophus, UC
61.7 Samantha Piper, Coro
61.91 Alexis Rampaul, Poway
62.0 Jessica Mercado, SD
62.22 Phoebe Perkins, MonteV
62.3 Naomi Mattos, Fall
62.79 Laurel Hanscom, Valhalla
62.95 Tenicia Major, Sweet
63.0 Nadia Sanders, CV
63.0 Jill Sonne, WH
63.31 Latoya Manuel, SM
63.47 Eureka Thompson, Morse
63.5 Erin Martin, WH
63.8 Kristen Tucker, MonteV
63.9 Erin Skaalen, LCC

- 800:**
2:14.81 Camille Dredge, TP
2:18.63 Samantha Piper, Coro
2:19.60 Natassja Hall, RBV
2:20.23 Katherine Ziegler, UC
2:21.4 Julie Komosinski, TP
2:22.17 Cathy Picha, Fall
2:22.33 Thea Rusthoven, Esc
2:23.1 Kamaya Damwijk, Poway
2:23.82 Talisha Clophus, UC
2:24.14 Monique Jouglet, Helix
2:24.54 Erin DeHahn, Hilltop
2:25.38 Lesley Bravin, Valhalla
2:26.0c Courtney Baird, Helix
2:27.5 Desiree Davila, Hilltop
2:28.0 Heather Shurtleff, WH

- 1500:**
4:53.7 Julie Komosinski, TP
4:58.89 Karen Vasko, MTC
4:59.70 Brianna Hibbs, Poway
4:59.9 Diana Dibble, VCenter
5:00.1 Morgan Soule, LCC
5:00.71 Jasmine Marquez, ElCap
5:00.9 Katie O'Connell, Carls
5:04.89 Carly Votolato, UC
5:10.2 Krista Romley, TP
5:12.01 Branson, BV
5:12.33 Angela Rivas, Mont
5:13.4 Deanna Sick, MTC
5:15.81 McPearson, Vista
5:17.1 Kelly Platko, Carls

- 1600:**
5:08.4 Courtney Baird, Helix
5:09.59 Desiree Davila, Hilltop
5:15.1 Michelle Barrack, USD
5:15.9 Camille Dredge, TP
5:16.8 Julie Komosinski, TP
5:18.99 Allison Hall, RB
5:21.0 Heather Shurtleff, WH
5:21.2 Julie Manson, RB
5:23.20 Katherine Ziegler, UC
5:24.6 Jasmine Marquez, ElCap
5:27.3 Cathy Picha, Fall
5:29.0 Nicole Mier, SM
5:29.0 Desiree Leek, LJ
5:29.0 Karen Vasko, MTC
5:30.2 Krista Romley, TP
5:32.42 Roxanne Rocco, SD
5:32.5 Deanna Sick, MTC
5:33.1 Megan Briscoe, Poway
5:33.1 Stephanie Baird, Helix
5:33.9 Kaleena Yee, RB
5:34.2 Diana Dibble, VCenter
5:34.61 Chessa Adsit-Morris, UC
5:35.0 Jamie Carmichael, Fall
5:39.0 Lanele Cox, Esc
5:39.6 Ashlee Dere, MTC
5:39.9 Maija Rohde, Fall

- 3000:**
10:47.74 Jasmine Marquez, ElCap
10:54.31 Nicole Mier, SM
10:56.01 Diana Dibble, VCenter
11:03.61 Chessa Adsit-Morris, UC
11:36.57 Ashlee Dere, MTC
11:47.57 Mande Clark, Poway

- 3200:**
10:43.52 Courtney Baird, Helix
11:13.1 Julie Komosinski, TP
11:19.2 Michelle Barrack, USD
11:23.7 Julie Manson, RB
11:35.3 Kaleena Yee, RB
11:40.9 Jasmine Marquez, ElCap
11:47.5 Kathy Read, TP
11:48.62 Chessa Adsit-Morris, UC
11:54.2 Maija Rohde, Fall
11:54.3 Heather Shurtleff, WH
12:01.53 Karen Vasko, MTC
12:05.8 Morgan Soule, LCC
12:10.10 Ashley Viens, Valhalla
12:11.3 Nicole Mier, SM
12:15.0 Desiree Leek, LJ
12:15.3 Cathy Picha, Fall
12:20.56 Rebecca Bartell, WH
12:25.2 Candice Osuna, BV
12:27.7 Katie Grim, LJ
12:27.9 Katie Boyd, RB
12:30.4 Mande Clark, Poway



Audrey Pound, Amber Martin and Nikki Dulin
Poway West Hills Rancho Bernardo

- 12:32.0 Laura Cohen, UC
12:33.0 Cindy Lopresti, Carls
12:37.49 Genny Cruz, SP
12:38.2 Morgen Rounkles, MtMig

100 Hurdles:

- Automatic time:
15.49 Maggie Escudero, ElCap (+1.9)
16.10 Catie Coin, RB
16.20 Carla Valdez, CP
16.40 Kiona Clark, MonteV
16.90 Porsche Kelly, MtMig
17.01 Katy Camp, MonteV
17.21 Kristin Murphy, RB
17.36 Jennifer Fuller, Hilltop (+0.8)

- Windy:
16.31 Amber Martin, WH
16.56 Laura-Lee Reid, VCenter
16.70 Kristin Murphy, RB
16.93 Marie Carter, MMesa

- Hand time:
15.9 Maggie Escudero, ElCap
16.0 Carla Valdez, CP
16.5 Catie Coin, RB
16.5 Amber Martin, WH
16.7 Audrey Pound, Poway
16.8 Mikaelyn Austin, RB
16.9 Kristin Murphy, RB
16.9 Leah Cole, VCenter
17.0 Katie Camp, MonteV
17.1 Jasmine Schuler, Ptl
17.2 Marie Carter, MMesa

300 Low Hurdles:

- 46.55 Maggie Escudero, ElCap
48.27 Amber Martin, WH
48.52 Audrey Pound, Poway
48.67 Nikki Dulin, RB
48.80 Delinda Tomagni, PH
49.0c Bryeanna Barmer, Helix
49.7 Leah Cole, VCenter
49.78 Carmela Hodgers, CV
49.66 Jennifer Fuller, Hilltop
50.22 Katie Camp, MonteV
50.68 Laura-Lee Reid, VCenter

400 Low Hurdles:

- 68.51 Amber Martin, WH

400 Relay:

- Automatic time:
47.54 Morse
49.10 Rancho Bernardo A
50.30 Rancho Bernardo B
50.38 Castle Park
51.11 Monte Vista
51.50 Morse B
51.51 Mount Miguel
52.00 Patrick Henry
52.10 Poway
52.46 Mt. Carmel
52.47 San Diego
52.78 Coronado
52.87 Rancho Buena Vista
53.18 Mira Mesa
53.23 Vista
53.24 Helix
53.28 University City
53.46 Sweetwater

- Hand time:
47.7 Morse
49.6 Rancho Bernardo
51.0 Lincoln
51.2 Monte Vista
51.2 Mt. Carmel
51.6 Scripps Ranch
51.6 La Costa Canyon
51.7 Rancho Bernardo B
51.8 Poway
51.8 Mira Mesa
51.8 San Diego

- 51.8 Fallbrook
52.0 Valhalla
52.0 San Pasqual
52.1 Helix
52.3 West Hills
52.3 Rancho Bernardo B
52.3 Castle Park
52.6 La Jolla
53.0 Chula Vista
53.1 Mount Miguel

1600 Relay:

- 3:57.4 Morse
4:02.58 Rancho Bernardo
4:10.98 Poway
4:12.0 La Costa Canyon
4:12.2 Torrey Pines
4:13.30 Helix
4:14.0 Valhalla
4:14.8 Rancho Buena Vista
4:15.06 Castle Park
4:15.7 Ramona
4:16.2 Lincoln
4:16.4 Hilltop
4:17.0 Monte Vista
4:18.8 San Diego
4:19.4 Fallbrook
4:19.55 West Hills
4:22.0 Grossmont
4:24.7 University of SD
4:26.17 Patrick Henry
4:27.10 Mira Mesa
4:27.8 Serra
4:29.8 Mt. Carmel

High Jump:

- 5-4 Shannon Fleming, USD
5-4 Aubrey Preston, Vista
5-4 Erin DeHahn, Hilltop
5-2 Lauren Jones, TP
5-2 Mikaelyn Austin, RB
5-2 Nicole Day, UC
5-2 Shatoya James, RB
5-2 Sonfre Roberson, Morse
5-2 Bridget Files, Ramona
5-0 Trinity Amalfitano, BV
5-0 Zita Dixon, PH
5-0 Jill Sonne, WH
5-0 Kendra Rhea, ElCap
5-0 Kelsey Turner, GH
5-0 Shalene Gutierrez, RB
5-0 Tanisha Espy, UC
5-0 Latoya Davis, Craw
5-0 Leah Cole, VCenter
5-0 Amanda Begay, RB

Pole Vault:

- 12-6 Kathleen Donoghue, RB
12-0 Natalie Dennison, RB
10-6 Jessica Shankland, Carls
10-6 Janna Smith, Carls
10-0 Julia Preston, Poway
9-6 Molly Pascarella, RB
9-6 Nicole Robey, OG
9-6 Abby Huchel, Vista
9-0 Kelly Hobbs, GH
9-0 Nicole Antonacci, Carls
9-0 Amy Spear, MTC
8-7 Meghan Hawkins, SP
8-6 Elise Orlando, MMesa
8-6 Angeline Lavach, ElCap
8-6 Troy Lemperle, WH
8-6 Charity Johnson, Poway
8-6 Julia McGurk, Poway
8-6 Allen, Poway
8-6 Katarina Bloomquist, LJ

Long Jump:

- 17-4 Adrienne Farrington, RB
17-0 Tia Gray, UC
16-8 Tanicia Wallace, MonteV



Rhiannon Henry
Rancho Buena Vista

- 16-7 Natassja Hall, RBV
16-5 Mariko Gaines, MonteV
16-3.25 Vickie Vidishak, OG
16-1.75 Sonfre Roberson, Morse
15-9 Kiley Weaver, RB
15-8.5 Jessica Thomas, ElCam
15-8.25 Mariko Gaines, MonteV
15-8 Kristen Tucker, MonteV
15-8 Adrienne Marshall, SP
15-7.5 Angela Rochester, GH
15-7 Naomi Mattos, Fall
15-6 Nina Ropes, Fall
15-6 Eureka Thompson, Morse
15-5.25 Laura Landry, RB
15-5.25 Danielle Rose, RB

Triple Jump:

- 36-10.25 Sraeya George, Valhalla
36-10 Adrienne Farrington, RB
35-3 Mariko Gaines, MonteV
34-8 Jane Givens, LJ
34-8 Nina Ropes, Fall
34-6.5 Megan Barnes, RBV
34-5.5 Tia Gray, UC
34-3 Silke Lorenzen, RB
34-1 Tanicia Wallace, MonteV
33-11 Kiley Weaver, RB
33-9.5 Kelly DeLeeuw, TP
33-9.5 Arkisha Iverson, Hoover
33-6 Renee McKinney, RBV
33-4.5 Vickie Vidishak, OG

Shot Put:

- 41-8.5 Candace Hill, Hoover
39-11 Kendra Rhea, ElCap
38-6.75 Malaika Stirrup, Helix
38-5 Michelle Czapinski, Poway
37-1.5 Kelly O'Laughlin, BV
36-11.5 Rhiannon Henry, RBV
36-5 Mikaelyn Austin, RB
36-4 Ivette Medina, Vista
36-2 Anna Pacheco, Carls

Best Marks

From page 11.

- 35-10.5 Candace Doung, MtC
- 35-6.75 Shemika Morris, SR
- 35-5 Amanda Poniktera, Esc
- 35-3.75 Amber Hood, Morse
- 35-0 Beth Goins, ElCap
- 34-5.5 Crystal Harrell, Fall
- 33-10.25 Charidy Loeh, Morse
- 33-10 Allison Bernardino, SR
- 33-5.5 Darlene Martinez, CV
- 33-5 Jenesa Turner, BV
- 33-3 Aiyanna Coleman, Mont
- 32-11 Kristen Tucker, MonteV
- 32-11 Alicia Minette, LJ
- 32-10.5 Cathy Schmitt, LCC
- 32-9.75 Carrie Johnson, Fall
- 32-9.5 Latoya Rickman, Oside
- 32-9 Amber Tiffany, GH
- 32-5.5 Hillaria Matteo-Silva, CP
- 32-3 Shante Daniel, Serra
- 32-1 Erica Orsa, USD

Discus Throw:

- 132-3 Kendra Rhea, ElCap
- 130-2 Candace Hill, Hoover
- 123-3 Mikaelyn Austin, RB
- 116-2 Shante Daniel, Serra
- 112-5 Kelly O'Laughlin, BV
- 111-7 Malaika Stirrup, Helix
- 109-9 Shemika Morris, SR
- 109-2 Michelle Czapinski, Poway
- 108-7 Allison Bernardino, SR
- 108-3 Amanda Poniktera, Esc
- 108-0 Alicia Criado, RBV
- 107-7 Bianca Pegues, PTL
- 107-7 Annie Roberts, Poway
- 107-2 Charidy Loeh, Morse
- 106-5 Stacy Mickelson, RB
- 105-3 Cassie Keller, ElCap
- 104-10 Darlene Martinez, CV
- 104-8 Beth Goins, ElCap
- 104-5 Sara Cobb, Hilltop
- 103-8 Bean, Santana
- 102-6 Ivette Medina, Vista
- 100-0 Lisa Cannon, Esc

Relays:

BOYS:

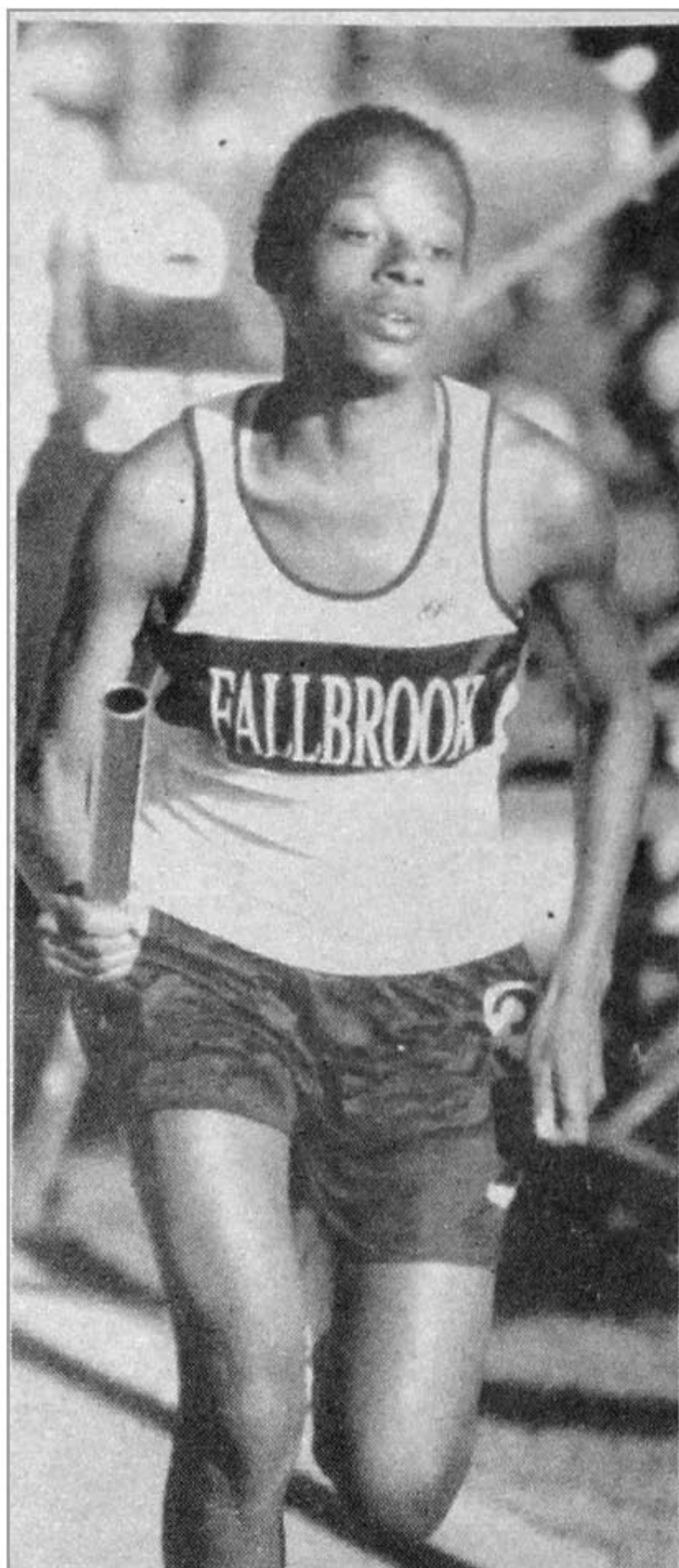
(Marks received by April 14.)

4x200 Relay:

- 1:28.x University City (Pasadena)
- 1:31.56 Mira Mesa (Titan)
- 1:32.01 Rancho Bernardo (Trabuco Hills)
- 1:32.22 Eastlake (Titan)
- 1:32.8c Morse (Sweetwater)
- 1:32.88 Helix (Titan)
- 1:32.x University City F/S (Pasadena)
- 1:33.31 Mount Miguel (Titan)
- 1:33.6c Sweetwater (Sweetwater)
- 1:33.7c San Diego (Sweetwater)
- 1:33.8c Serra (Sweetwater)
- 1:33.89 Rancho Buena Vista (Titan)

4x800 Relay:

- 8:23.81 Poway (Titan)
- 8:23.82 Mt. Carmel (Titan)
- 8:24.90 Monte Vista (Titan)
- 8:28.8 Torrey Pines (Falcon)



Naomi Mattos
Fallbrook

- 8:32.9 Carlsbad (Falcon)
- 8:35.6 Bonita Vista (Titan)
- 8:36.6 St. Augustine (Titan)
- 8:37.7 Ramona (Falcon)

4x1600 Relay:

- 18:50.73 Poway (Titan)
- 18:51.15 St. Augustine (Titan)
- 18:53.30 Sweetwater (Titan)
- 19:12.60 San Marcos (Titan)
- 19:18.18 Mt. Carmel (Titan)
- 19:26 University City (Eagle Rock)
- 19:27.09 Mt. Carmel B (Titan)
- 19:29.52 Rancho Bernardo (Titan)
- 19:31.5c Bonita Vista (Sweetwater)
- 19:32.35 Escondido (Titan)

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

- 1:37.3y Morse (Sweetwater)
- 1:38.0 Poway (Falcon)
- 1:39.3y San Diego (Sweetwater)
- 1:39.4 Mt. Carmel (Falcon)
- 1:40.7 San Pasqual (Falcon)
- 1:40.9y Serra (Sweetwater)
- 1:41.0 Carlsbad (Falcon)
- 1:41.7y Eastlake (Sweetwater)
- 1:42.2y San Diego FS (Sweetwater)
- 1:42.6 Torrey Pines (Falcon)



Diana Dibble
Valley Center

Sprint Medley:

(400, 200, 200, 800):

- 3:40.74 Escondido (Bronco)
- 3:43.63 West Hills (Bronco)
- 3:43.64 San Pasqual (Bronco)
- 3:45.02 San Diego (Bronco)
- 3:45.22 Mira Mesa (Bronco)
- 3:46.62 Fallbrook (Bronco)
- 3:48.68 Poway (Bronco)
- 3:48.72 Morse (Bronco)
- 3:49.60 University of SD (Bronco)
- 3:49.74 Torrey Pines (Bronco)

Distance Medley:

(1200, 400, 800, 1600):

- 10:24.40 West Hills (Arcadia)
- (Aragon 3:08.2, Conerly 50.4, Rendina 2:05.6, Fox 4:19.9)
- 10:34.95 San Pasqual (Arcadia)
- (Mariscal 3:16, Clagett 51.9, Johnson 2:04.3, Van Wart 4:22.3)
- 10:53.4 Poway (Bronco)
- 10:54.38 Bonita Vista (Long Beach)
- 10:55.42 Fallbrook (Arcadia)
- (Escobedo 3:22, Espino 53, Mattos 1:59.7, Ungricht 4:39)
- 10:59.1 Granite Hills (Bronco)
- 11:06.9 San Marcos (Bronco)
- 11:11.5 Helix (Bronco)
- 11:11.9 Mira Mesa (Titan)
- 11:16.5 University City (Titan)

4x110 Shuttle Hurdles:

(alternating lows, highs)

- 59.57 Mira Mesa (Titan)
- 60.49 San Pasqual (Titan)
- 63.58 Sweetwater (Titan)
- 66.64 Poway (Titan)
- 67.96 Castle Park (Titan)
- 68.23 Eastlake (Titan)
- 68.37 Patrick Henry (Titan)
- 71.11 San Marcos (Titan)

GIRLS:

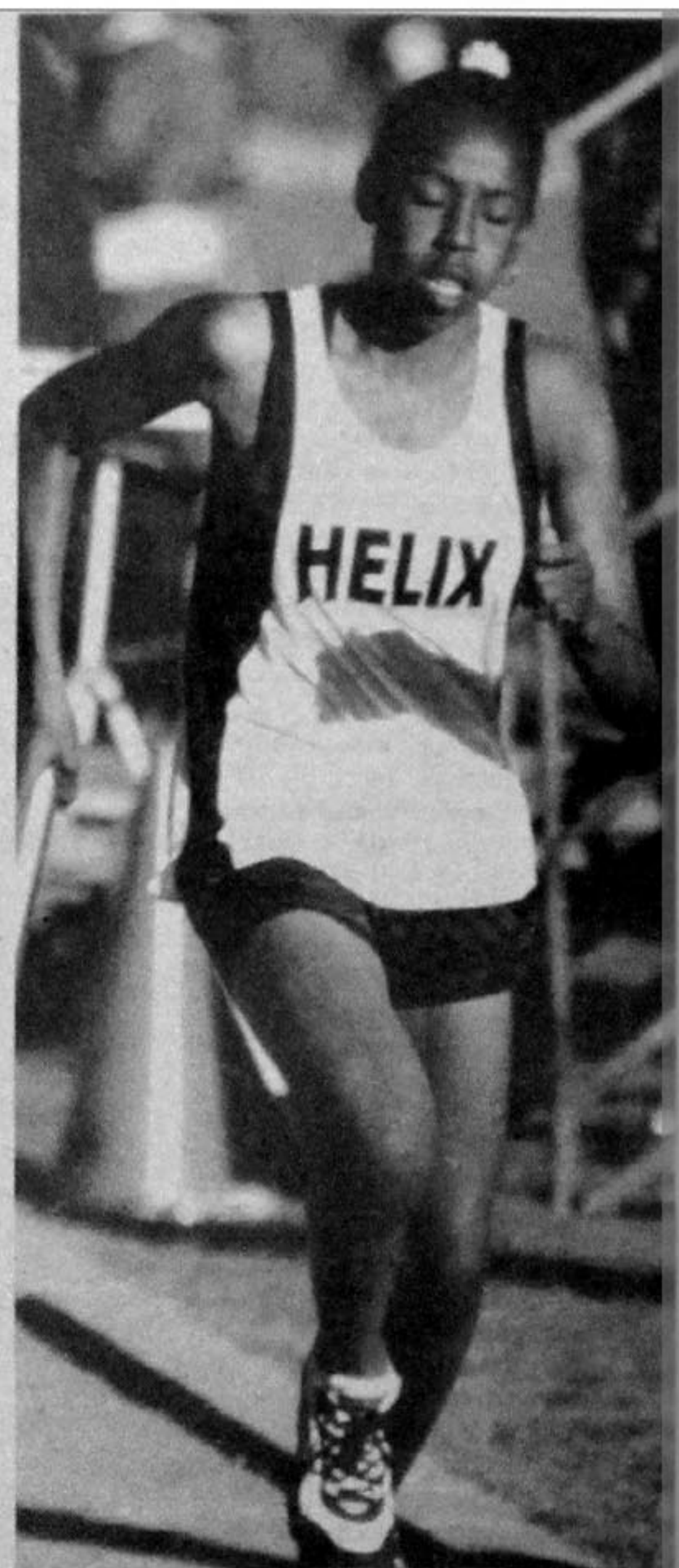
(Marks received by April 14.)

4x200 Relay:

- 1:46.31 Helix (Titan)
- 1:46.36 Poway (Titan)
- 1:47.2 Rancho Bernardo (Tiger)
- 1:47.7 Castle Park (Titan)
- 1:48.0 Valhalla (Titan)
- 1:49.1 San Diego (Tiger)
- 1:49.81 Morse (Titan)
- 1:50.3 Monte Vista (Tiger)
- 1:50.33 Rancho Buena Vista (Titan)
- 1:51.3 Vista (Titan)

4x800 Relay:

- 9:54 University City (Eagle Rock)
- 9:57.60 Mt. Carmel (Titan)
- 9:59.2 Torrey Pines (Tiger)



Bryeanna Barmer
Helix

- 10:01.2 Mt. Carmel (Falcon)
- 10:10.2 Carlsbad (Falcon)
- 10:10.6 West Hills (Tiger)
- 10:14.3 Poway (Titan)
- 10:24.4 Helix (Tiger)
- 10:27.20 Bonita Vista (Long Beach)
- 10:29.8 Rancho Bernardo (Tiger)

4x1600 Relay:

- 22:28.20 Rancho Bernardo (Trabuco Hills)
- 22:55 University City (Eagle Rock)
- 23:01.71 Mt. Carmel (Titan)
- 23:16.74 Poway (Titan)
- 23:21.44 El Capitan (Titan)
- 23:28.07 Valhalla (Titan)
- 23:43.60 Point Loma (Titan)
- 24:07.31 Castle Park (Titan)

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

- 1:46.4 Morse (Tiger)
- 1:52.9 Lincoln (Tiger)
- 1:54.3 Rancho Bernardo (Tiger)
- 1:54.82 Rancho BV Frosh/Soph (Bronco)
- 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)

Distance Medley:

(1200, 400, 800, 1600)

- 12:34.17 Rancho Bernardo (Arcadia)
- (Hall 3:48.5, Taylor 59.2, Yee 2:29.9, Manson 5:16.2)
- 12:41.53 West Hills (Stanford)
- 12:49.24 Helix (Arcadia)
- (Jouglet 4:00, White 69, S. Baird 2:29, C. Baird 5:09)
- 12:52.95 Torrey Pines (Arcadia)
- (Read 4:00, Chatfield 64, Romley 2:27, Komo-sinski 5:19)
- 13:08.43 Fallbrook (Arcadia)
- 13:18.3 Valhalla (Tiger)
- 13:19.1 Carlsbad (Tiger)
- 13:23.2 Escondido (Tiger)
- 13:26.2 Point Loma (Tiger)
- 13:26.5 Poway (Titan)

Shuttle Hurdles:

(4x100 hurdles)

- 1:08.71 Monte Vista (Titan)
- 1:09.73 Rancho Bernardo (Titan)
- 1:11.42 Mira Mesa (Titan)
- 1:12.2 Carlsbad (Falcon)
- 1:12.3 Torrey Pines (Falcon)
- 1:12.8 Mira Mesa (Tiger)
- 1:13.2 Valley Center (Tiger)
- 1:14.78 Poway (Titan)
- 1:14.8 West Hills (Tiger)
- 1:15.31 Mount Miguel (Titan)



MIZUNO WAVE

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