

TRACK MAGAZINE

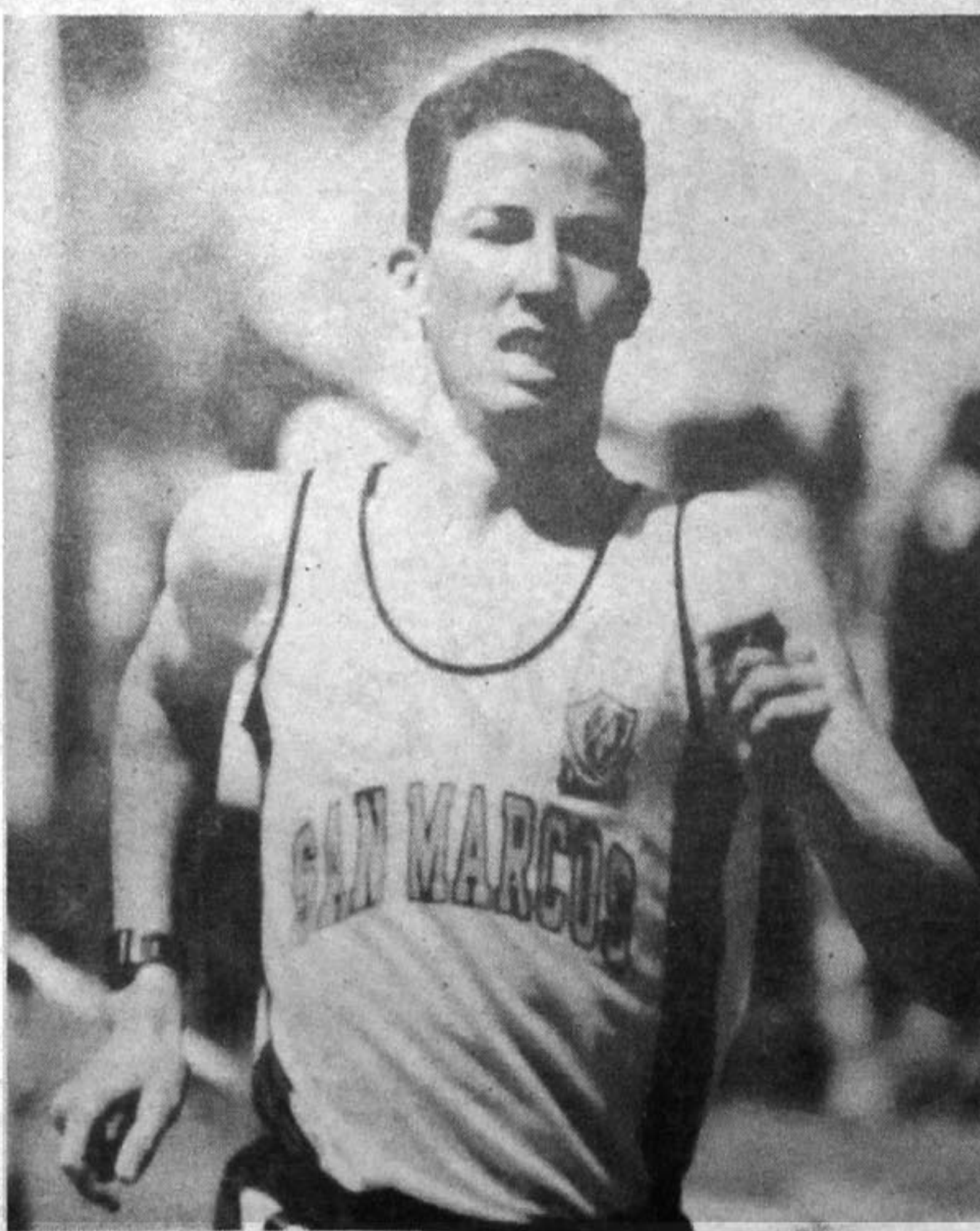
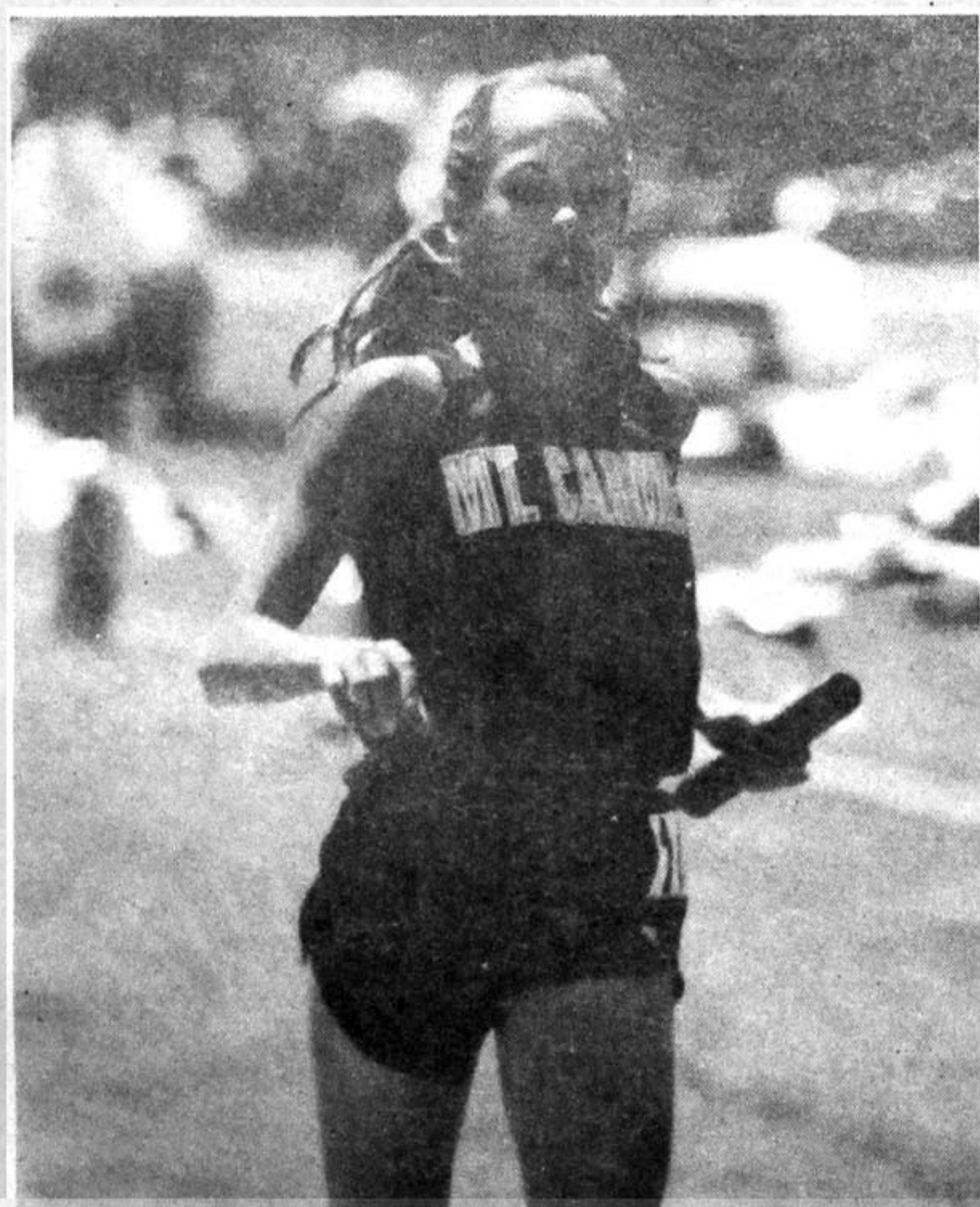
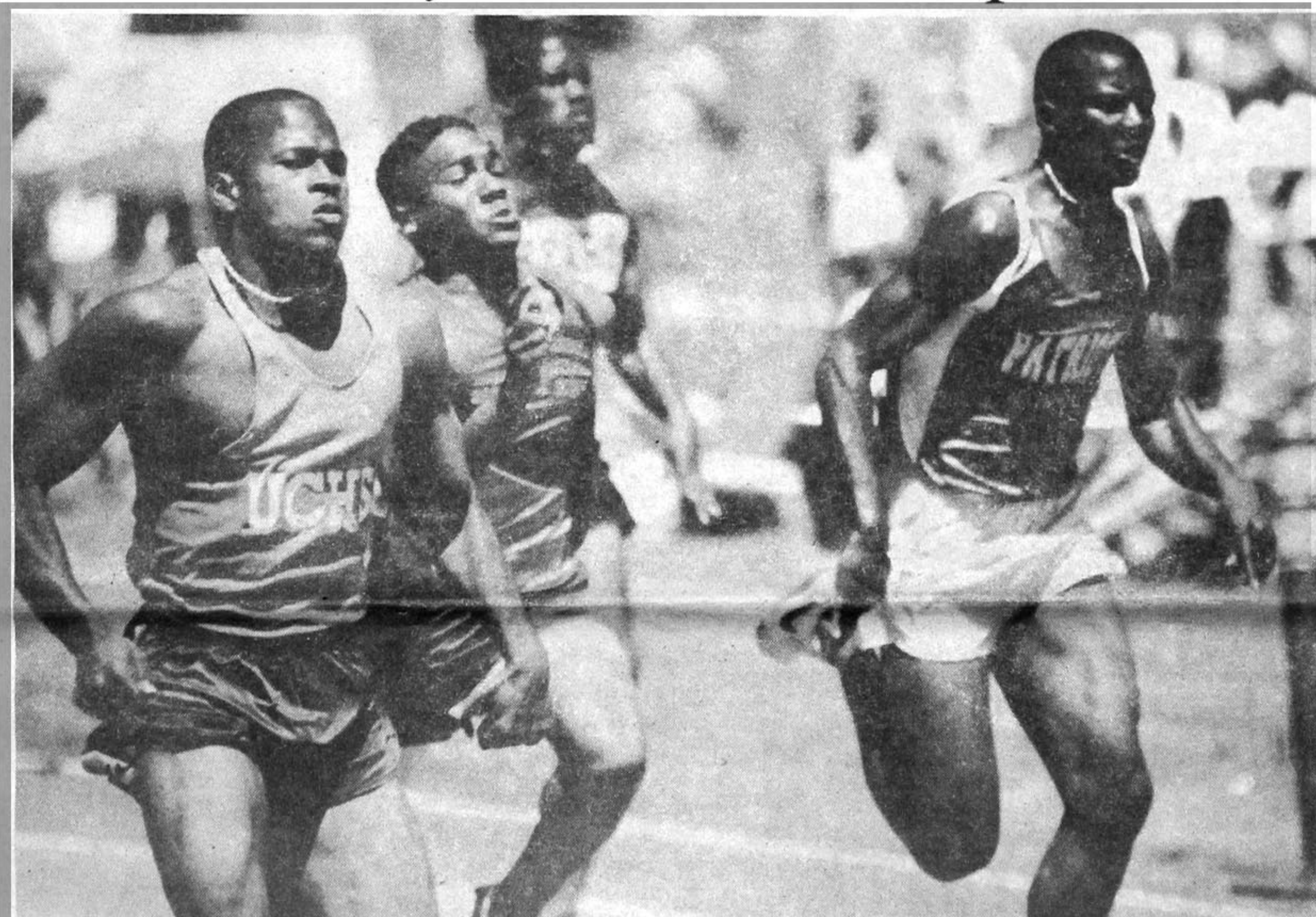
A Movin' Shoes Enterprise



Volume IV, Number 9 -- April 30, 1999

San Diego's best prep track & field coverage

Relay Action Heats Up



UC's Steve Hayes beats Lavell Anderson and Mike Roberts to the tape in a 100 meters final at the Balboa Relays. Hayes, a junior, was timed in 10.91. Anderson is a junior at Eastlake; Roberts is a soph at Patrick Henry.

At the Sundevil Invitational, Mt. Carmel frosh Jill Steele anchored the host team to a win in the girls 4x800 meters in a season-leading 9:45; and San Marcos junior Travis Laird ran away with the boys 3200 meters in 9:37.

Season gets into gear...

The pace has definitely picked up.

In a season notable for sparse news and a shortage of quality marks in the first half, there has been a decided turnaround.

The last two weeks have seen significant developments in almost every event as generally better weather and an increased number of competitive opportunities have resulted in great marks.

One problem, however: the abundance of news has stretched the limits of this issue of Track Magazine. We had a wealth of material to choose from, including results and photos. We fit in what we could, resulting in shorter than usual meet stories, and the skipping of a few other regular features, such as rankings, and semi-regular features, such as local track history.

Read on...

Inside...

Sundevil Invitational coverage begins on page 3.

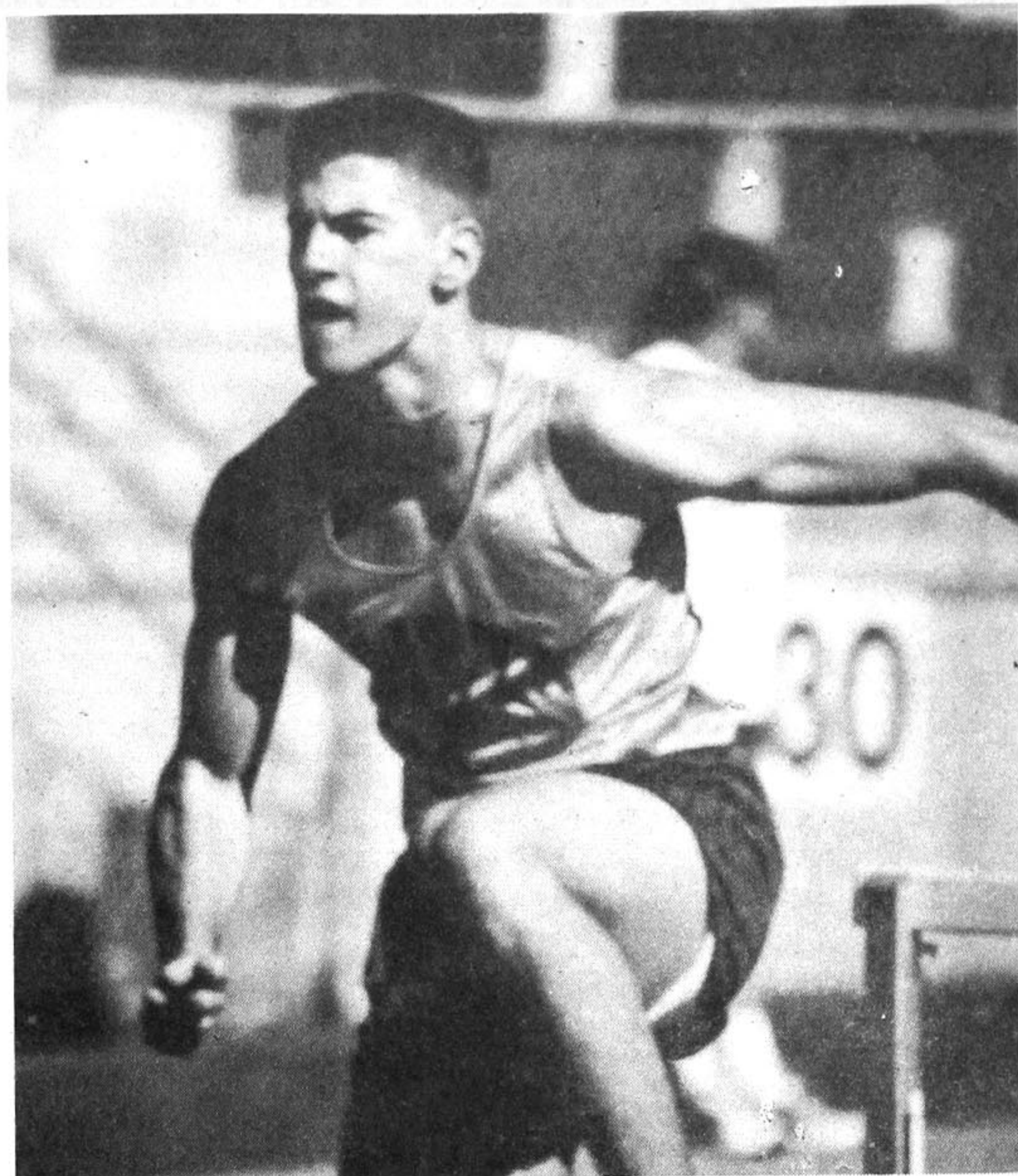
Eastlake results start on page 5.

New Jaguar meet makes impact. See page 6.

Locals look good at Mt. SAC Invite. See page 6.

Balboa Relays results start on page 7.

Best marks to date start on page 8.



Tony Pricor
St. Augustine

TRACK MAGAZINE

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Sundevil: You can count on Monique

Morse's Monique Henderson has been the one constant factor in this season of ups and downs.

Where most athletes have had mixed results due to the fluctuations of the weather, the strength of the opposition, the vagaries of injuries or the conditions of running tracks, nothing seems to slow Henderson.

She was her usual dominating self last week on Mt. Carmel's crushed-brick surface, unafraid to race against all comers, anytime, anywhere.

Her most impressive effort was a win in the 200 meters in a wind-legal 24.20. The time was just 0.05 off her personal best, and, remember, this was not an all-weather surface.

That came after a one-sided 54.91 win over 400. She began the day with a scintillating anchor of a Morse B 4x100 relay team (her usual relay mates were banged up, and held out).

Other highlights:

Helix's Courtney Baird ran 5:05.35 to win the 1600 over Torrey's Julie Komosinski (5:08). In a battle of frosh, RB's Allison Hall (5:13) edged San Dieguito Academy's Jenna Timinsky (5:13).

Torrey Pines' Camille Dredge was an easy winner in the 800, running 2:17+ to win over RB's Hall by almost four seconds.

Rancho Bernardo's Kathleen Donoghue looked great in the girls vault, clearing a meet record 12-2 impressively. She had two good attempts at 12-8.

Hoover's Candace Hill threw the shot 41-11.5 to win that event, with a series that included five throws over 40-feet. She was second in the disc at 130-2.

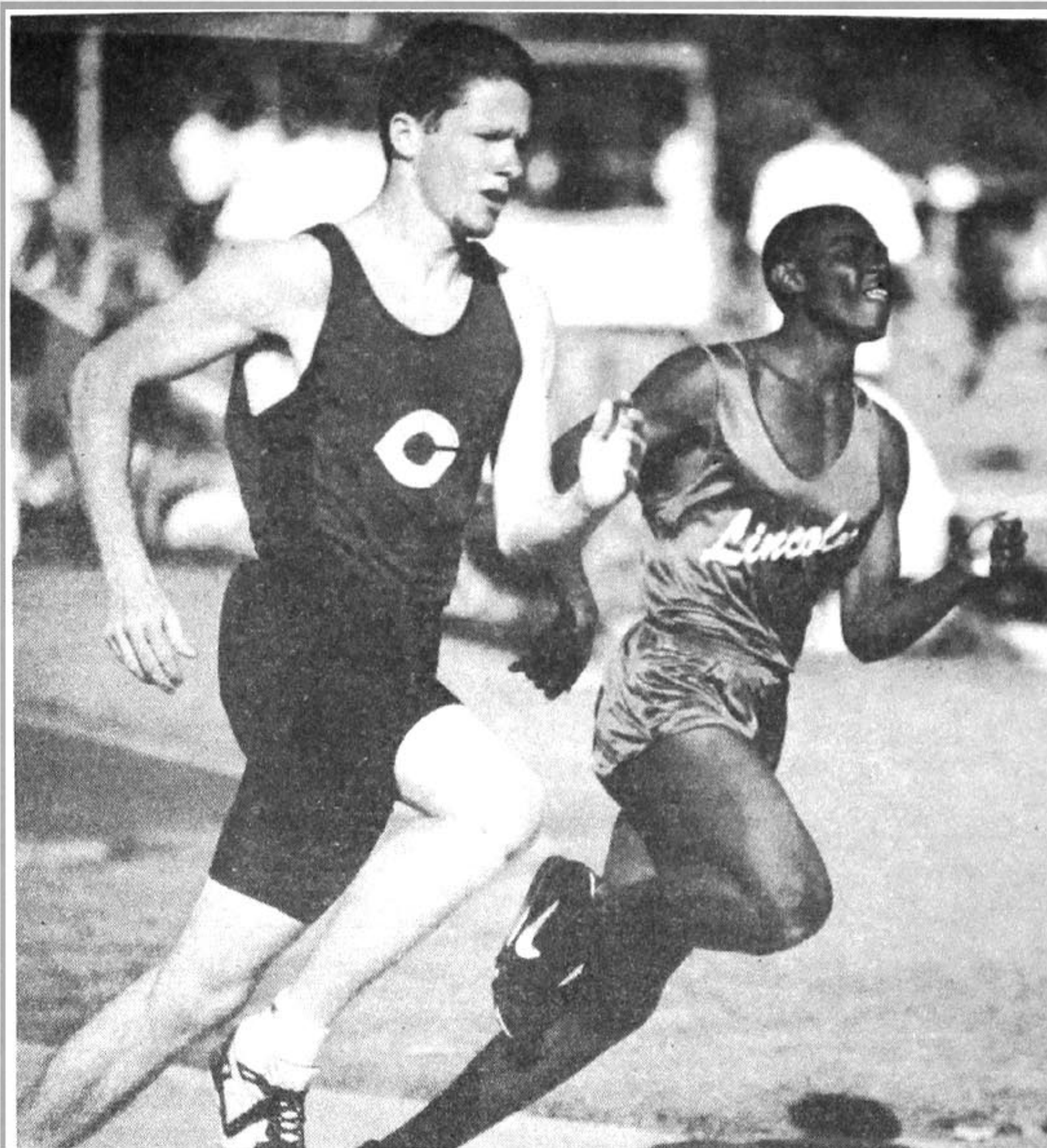
RB's Adrienne Farrington won the triple jump at 37-9, after taking second in the long jump at a windy 17-9. She has been suffering from a shin splint condition, but looked better at Sundevil.

Rancho Buena Vista's Jason Gatewood high jumped 6-8, and finished second to Notre Dame's Preston Norman (6-10). Gatewood had good attempts at 6-10.

West Hills' Evan Fox won the 1600 in 4:20.66 after a tactical first 800, run by the pack in about 2:13. Ramona's Matt McInvale just nipped Vista's Justin Neuroth for second, both running in the 4:22s.

Scripps Ranch's Bernard Grady threw 59-0.75 to edge Arcadia champ Joe Weber (Pacific of San Bernardino) in the shot.

Helix's Tony Ortiz PR'd with



Steve Daniels and **Boris McDaniels**
Carlsbad Lincoln



Katie Camp
Monte Vista

a 46-10 to take the triple jump, ahead of Hoover's McKinley Jean-Gilles (46-8.5). Ortiz also won the invitational long jump in a windy 21-8.5.

University City's speedsters won the Invite 4x100 in 42.55, and Steve Hayes came back later to take the Invite 200 in 21.97w.

The Results:

At Mt. Carmel High School, Saturday, April 24. Conditions: Mostly sunny, with winds aiding jumpers, sprinters and hurdlers early, and calming later for 200s and triple jumps.

BOYS:

100:

Race 1: R. J. Oliver (Esc) 10.80, Lamont Long (UC) 10.82, Larry Miles (Craw) 10.87, DeJuan Crockett (Gard) 10.90, Dwight Wright (DiBar) 10.97, Fiat Johnson (Serra) 11.12, Todd Fenton (ND) 11.22, Chauncey Smith (UC) 11.38. (Wind: +1.53 mps)
Race 2: Hane Peterman (Hx) 10.98, Mike



Michael Johnson
Serra

Roberts (PH) 11.14, Joe Taylor (RV) 11.31, Jason Van (Hx) 11.36. (Wind: +2.45 mps)
Race 3: Allen Thompson (Sweet) 11.00, John Campbell (TP) 11.18, Ernesto Jordan (UC) 11.19, Joh Hall (Nord) 11.24, Andre Davis (ECV) 11.25, Bill Diller (MtC) 11.26. (Wind: +4.73 mps)

200:

Race 1: Steve Hayes (UC) 21.97, Raheem Barnes (Gard) 22.00, DeJuan Crockett (Gard) 22.09, Andre Davis (ECV) 22.59, Todd Fenton (ND) 22.61. (Wind: +3.38 mps)

Race 2: Larry Miles (Craw) 21.99, Hane Peterman (Hx) 22.48, Antonio Gonzalez (BV) 22.69, Roy Gaines (Morse) 22.69, Dwight Wright (DiBar) 22.72, Zach Ring (Eis'hw) 22.73, Allen Thompson (Sweet) 23.00. (Wind: +2.65 mps)

400:

Race 1: Raheem Barnes (Gard) 49.58, Jay Hackett (Morse) 49.99, Justin Hunt (MonteV) 51.58, Thomas Carter (MK) 51.99, Boris McDaniels (Linc) 52.19, Steve Daniels (Carls) 52.51.

Race 2: Roger Mathis (Morse) 51.02, Paul Miles (SB) 51.29, Randall Leyking (Pow) 51.48, Mark Tate (Hoov) 51.51, Joseph Miller (RBV) 52.50.

800:

Race 1: Chris Burns (Ont) 1:56.97, Sean Ricketts (RB) 1:57.21, Jared Emmons (Vista) 1:57.39, Brandon Shaw (RV) 1:57.75, Marcus Chandler (Serra) 1:58.05, Mike Lemon (Nord)

RESULTS: Sundevil - PAGE 3

1:58.13, Jason Finch (GH) 1:58.20, Evan Fox (WH) 1:59.0, Jon Rankin (MonteV) 2:00.0, Nick Thornton (RBV) 2:00.4, Aaron Powell (Pow) 2:00.7, Phillip Lerynski (SH) 2:01.6, Ben Aragon (WH) 2:02.6, Alejandro Mares (U) 2:03.0.

Race 2: Pat Prunty (Pow) 2:02.36, Kyle Yost (DiBar) 2:02.79, Jason Vestal (ElCap) 2:03.39, Paul Whitford (Coro) 2:03.90, Matt Rendina (WH) 2:04.25.

1600:

Race 1: Evan Fox (WH) 4:20.66, Matt McInvale (Ram) 4:22.06, Justin Neuroth (Vista) 4:22.08, Josh Pope (Pow) 4:24.76, Ken Nwadike (CV) 4:26.74, Travis Laird (SM) 4:28.30, Jon Rankin (MonteV) 4:30.14, Jacob Wagoner (Sult) 4:33.17, Lawrence Mier (SM) 4:32.9, David Gilboa (TP) 4:39.4.

Race 2: Ben Aragon (WH) 4:32.95, Michael Manzano (CV) 4:35.50, Mike Cooke (MtC) 4:36.58, Nick Jones (OG) 4:39.98, Musie Meche (Hx) 4:40.49.

3200:

Travis Laird (SM) 9:37.09, Carlos Handler (TemC) 9:43.12, Jesse Hodges (SH) 9:43.55, Jacob Wagoner (Sult) 9:44.15, Ryan Montez (Vista) 9:46.53, Patrick Grimes (SR) 9:53.48, Kent Krumpschmidt (Nord) 9:54.04, Jose Garduno (ManA) 9:53.5, Ian Bartonicek (GH) 9:54.1, Ryan Maynard (GH) 9:57.7, Chris Kenyon (MtC) 10:00.2, Devin Lyons-Quirk (Pow) 10:00.5.

110 High Hurdles:

Race 1: Joe Gutierrez (Sweet) 14.83, Gerard Webster (ManA) 14.84, Justin Hunt (MonteV) 14.90, Jeff Hunter (GH) 15.09, Ben Church (MMesa) 15.33, Terrence Johnson (Hx) 15.48, David Clagett (SP) 15.49, Jason Gatewood (RBV) 15.59. (Wind: +3.18 mps)

Race 2: Mark Daynes (ElCap) 15.29, Chris Thomas (Nord) 15.69, Devin Pitts (NoTorr) 16.25. (Wind: +2.68 mps)

Race 3: Bobby Salimi (RB) 15.24, Jarred Stites (MMesa) 15.313, Kenneth Thomas (Gard) 15.33, Jeff Shoate (Serra) 15.59, Doug Chambliss (SH) 15.74, Jon Williams (ND) 15.76, Jeff Failla (Esc) 15.83. (Wind: 0.64 mps)

300 Intermediate Hurdles:

Race 1: Jeff Hunter (GH) 39.23, David Clagett (SP) 40.94, Garrett Myklak (DiBar) 41.20, Chris Lean (ND) 41.26, Lou Renteria (Sult) 42.07.

Race 2: Keith Davis (NoTorr) 39.70, Chris Thomas (Nord) 40.39, Terrence Johnson (Hx) 41.16, Brett Simmons (Coro) 41.98, Kenneth Thomas (Gard) 42.52, Jeff Shoate (Serra) 42.55, Pat Wade (ND) 42.97.

Race 3: Michael Torrance (Gard) 40.89, Kyle Conerly (WH) 41.11, Brandon Watson (DiBar) 41.19, Doug Chambliss (SH) 41.33, Wil Hills (RV) 41.73.

4x100 Relay:

Race 1: University City 42.55, Morse 43.01, Diamond Bar 43.65, Sweetwater 43.70, Rancho Bernardo 44.08, Eisenhower 44.19, Rancho Verde 44.47, Escondido 44.58.

Race 2: Helix 42.80, West Hills 43.87, San Bernardino 44.35, Serra 44.70, Rancho Buena Vista 44.80, Pacific 44.91, Torrey Pines 45.22.

Race 3: Mount Miguel 44.26, San Pasqual 44.53, Crawford 44.53, Mt. Carmel 44.60, Nordhoff 45.11.

4x400 Relay:

Race 1: Gardena 3:21.50, Morse 3:22.81, Crawford 3:29.08, Rancho Buena Vista 3:29.18, Patrick Henry 3:33.28, Eisenhower 3:33.97.

Race 2: West Hills 3:28.57, Serra 3:30.05, South Hills 3:30.46, La Jolla 3:31.01, Pacific 3:32.00, Mt. Carmel 3:34.71.

4x800 Relay:

San Pasqual 8:08.15, Rancho Verde 8:19.62, South Hills 8:20.14, Monte Vista 8:22.59, Eisenhower 8:31.27, Rancho Bernardo 8:33.76, Grossmont 8:38.2.

Distance Medley Relay:

Poway 10:44.46, Fallbrook 10:45.75, San Pasqual 10:55.90, West Hills 11:02.64, South Hills 11:05.70, Helix 11:06.71, Scripps Ranch 11:09.88, Valhalla 11:11.0, Eisenhower 11:17.7, Ramona 11:24.1, Granite Hills 11:25.9.

High Jump:

Inv: Preston Norman (RV) 6-10, Jason Gatewood (RBV) 6-8, Devin Pitts (NoTorr) 6-2, J. J. Craig (DiBar) 6-2, Anzio Gainey (RBV) 5-10, Nate Skrypczak (VCenter) 5-10.

Open: Chris Staton (PH) 6-2, Eric Williams (RB) 6-2, Jamal Randall (MonteV) 6-2, Isaac Simms (UC) 6-2, Brandon Mundinger (Val) 6-2.

Pole Vault:

Inv: Sam Boswell (Cov) 15-2, Sean Daley (Vista) 14-8, Bobby Phimmason (Pow) 14-2, Jamie Zolnierik (RBV) 13-8, Nate Alder (Pow) 13-8, Dante Jerig (WH) 13-8, John Jeter (MtC) 13-2, Austin Priest (RBV) 13-2, Kenny Covell (WH) 13-2, Phillip Ball (ElCap) 12-8.

Open: Jacob Chase (OG) 13-8, Jason Charles (OG) 13-2, Travis Offner (MtC) 13-2, Matt Davis (ElCap) 12-2, Chris Dorminy (RB) 12-2, Jason Gavin (SR) 12-2, Ian Yamello (ND) 12-2, Johnny Castillo (MonteV) 12-2, Chris Fernandez (Sweet) 12-2, James Rowe (Sult) 12-2.

Long Jump:

Inv: Tony Ortiz (Hx) 21-8.5, Chris Staton (PH) 21-6, Rashard Holmes (RB) 21-5.5, Kevin Williams (DiBar) 21-2.5, Jordan Adams (PH) 21-2, Preston Norman (RV) 21-0, Greg Jones (Eis'hw) 20-10, Eric Rogers (Morse) 20-9, Andre Serrette (Eis'hw) 20-7.5, Ronnie Roberts (SB) 20-3, Dwight Wright (DiBar) 20-2. (No

Please turn to page 4.

Sundevil Invite

From page 3.

wind gauge, but high winds; all marks considered windy)

Open: Ben Church (MMesa) 21-9.5, Kuba Wasowski (SM) 21-4.5, Brian Guthrie (Sweet) 20-7.5, McKinley Jean-Gilles (Hoov) 20-7, J. R. Davidson (LS) 20-3.5. (No wind gauge, but high winds; all marks considered windy)

Triple Jump:

Inv: Tony Ortiz (Hx) 46-10, McKinley Jean-Gilles (Hoov) 46-8.5, Devin Pitts (NoTorr) 45-10.5, Francea Brown (RV) 44-6.5, Jamal Randall (MonteV) 43-11, Trandon Harvey (Sweet) 42-9.5, Carl Lagrone (Linc) 42-5, Brian Guthrie (Sweet) 42-1.5, Henrico Clemens (SB) 41-0.5. (No wind gauge, but wind relatively calm: Marks considered wind-legal)

Open: Terrence Hibler (Hx) 43-2.5, Mike Humphrey (SP) 43-2, Jonathon Cravin (RV) 42-8.5, Matt Princette (TP) 42-2.5, Raymond Arellano (Sweet) 41-11.5, Justin Noraseng (UC) 41-8. (No wind gauge, but wind gusty; marks considered windy)

Shot Put:

Inv: Bernard Grady (SR) 59-0.75, Joe Weber (Pac) 59-0.5, Wayne Hassey (ElCap) 54-10.75, Travis Watkins (Hx) 54-7.5, Travis Johnson (ND) 53-8, Dennis Tilletts (ManA) 53-1, David Nowotny (Fall) 51-2.5, Wade Green (LJ) 50-6.5, Tom Robinson (LM) 49-8.75, James McCullah (Nord) 48-4.25, John Stokes (El Cap) 48-3.5, Kendrick Brunson (CV) 48-2.5, Vince Fuela (LM) 48-1.75, Steve Vieira (Carls) 47-1.25, Kerry Hunter (SB) 46-9, Colin Duttun (ND) 46-2.75.

Open: Tyler Moazed (MIC) 47-7, Kevin Vernoy (RBV) 47-3.5, Tyrone Brown (Morse) 46-8.5, Jeremy Read (TBR) 46-6.5, Dan Ybarra (OG) 45-9.5, Jason Tuerk (RB) 45-9.5, Onofre Gascon (Sweet) 45-2.

Discus Throw:

Inv: Danny Ames (ElCap) 178-8, Travis Jones (MMesa) 163-5, Jahdai Pickett (Sweet) 155-10, Noah Eichen (TP) 153-0, Travis Asch (ElCap) 152-4, Joe Weber (Pac) 149-8, Bernard Grady (SR) 142-3, Travis Watkins (Hx) 139-11, Wade Green (LJ) 131-3.

Open: James Stewart (SB) 159-6, David Nowotny (Fall) 147-6, Scott Ripley (DiBar) 141-7, Kendal Liu (MK) 138-5, Richie Smith (GH) 137-6, Jeremy Driggs (Sweet) 135-10, Derek Stemrich (Sult) 135-8, John Figuerido (Sult) 133-7, Thomas Robinson (LM) 131-8.

GIRLS:

100:

Race 1: Sierra Hauser-Price (ND) 12.07, Kim Burruss (TemC) 12.14, Terica Ned (RV) 12.32, Kristen Tucker (MonteV) 12.52, Amber Carrington (MIC) 12.63, Kameelah Allen (MIM) 12.66, Ranisha Delone (RB) 12.69, Shante Washington (Ban) 12.73, Erica Mack (Car) 13.00. (Wind: +2.77 mps)

Race 2: Latoya Summerville (SR) 12.81, Anne James (RB) 12.90, Stephanie Blake (FP) 13.00, Elizabeth Tsu (LCC) 13.03, Francine Cepeda (RB) 13.03, Ciera Ray (Fall) 13.03, Delinda Tamagni (PH) 13.18. (Wind: +3.32 mps)

Race 3: Daniella Russell (LS) 12.64, Jasmine Blakey (RB) 12.90, Tiffany Lowery (SP) 12.91, Crystal Hinton (Linc) 13.00, Jessica Walker (MIC) 13.18, Kristina de la Rosa (RB) 13.24. (Wind: +2.21 mps)

200:

Race 1: Monique Henderson (Morse) 24.20, Sierra Hauser-Price (ND) 24.93, Daniella Russell (LS) 25.60, Kim Burruss (TemC) 25.65, Kristen Tucker (MonteV) 26.36, Debbra Bowser (Car) 26.64, Kanisha Cass (RV) 26.66. (Wind: +0.86 mps)

Race 2: Laura Landry (RB) 26.20, Shante Washington (Ban) 26.39, Tiffany Lowery (SP) 26.45, Katie Reardon (RB) 26.51, Stephanie Blake (FP) 26.72, Karen Van der Veen (Sult) 27.01, Ciera Ray (Fall) 27.20. (Wind: +2.65 mps)

400:

Race 1: Monique Henderson (Morse) 54.91, Nicole Gaskins (DiBar) 57.93, Monique Jessie (Car) 58.97, Natassja Hall (RBV) 59.14, Luci Downey (OG) 60.63.

Race 2: Unika Smith (Linc) 59.48, Amy Taylor (RB) 60.30, Talisha Clophus (UC) 61.46, Luketta Williams (Hx) 61.99, Nadia Sanders (CV) 62.11, Phoebe Perkins (MonteV) 62.91, Ashley Rioja (MIM) 63.50.

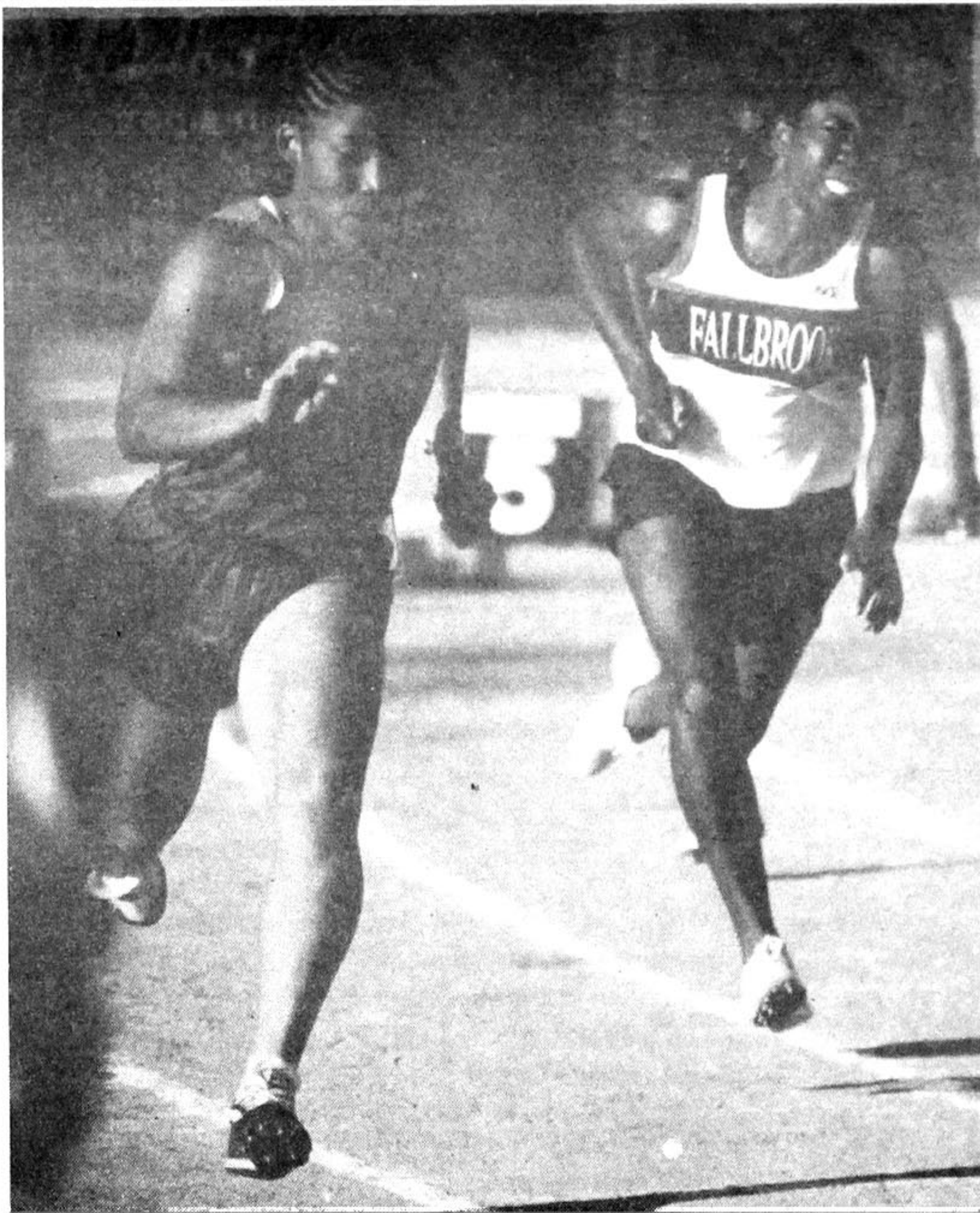
800:

Race 1: Camille Dredge (TP) 2:17.876, Allison Hall (RB) 2:21.4, Amonica Phipps (Morse) 2:25.21, Ebonic Loftin (SB) 2:25.73, Rae Stumbough (Nord) 2:25.81, Kamaya Damwijk (Pow) 2:27.76, Lavy Sin (MK) 2:28.29, Karen Vasko (MIC) 2:28.76, Laura Crabtree (FP) 2:28.9.

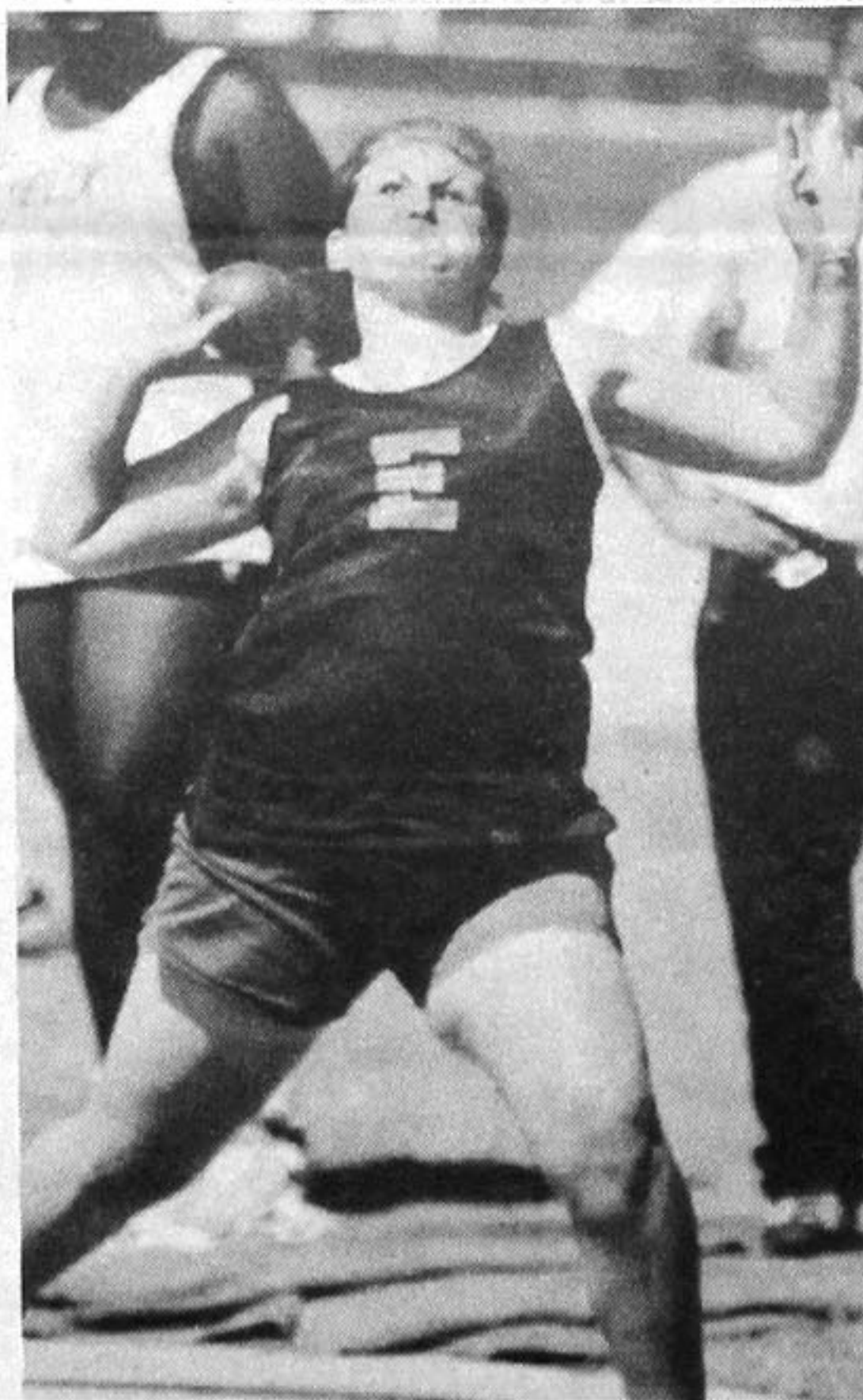
Race 2: Deanna Lynn (Carls) 2:27.30, Tessa Conner (TP) 2:30.10, Morgan Rounkles (MIM) 2:31.62, Haley Moore (TP) 3:32.64, Manal Yamout (MIC) 3:32.97, Lisa Lyons (RB) 2:33.36, Julie Babonas (USD) 2:33.41.

1600:

Race 1: Courtney Baird (Hx) 5:05.35, Julie Komosinski (TP) 5:08.75, Allison Hall (RB) 5:13.37, Jenna Timinsky (SDgtoA) 5:13.88,



Josephine Tucker and Ciera Ray
Lincoln Fallbrook



Amanda Poniktera
Escondido

Cathy Picha (Fall) 5:20.65, Morgan Soule (LCC) 5:20.70, Jasmine Marquez (ElCap) 5:23.19, Julie Manson (RB) 5:24.34, Krista Romley (TP) 5:27.2, Kylie Tillema (Sult) 5:31.0, Lavy Sin (MK) 5:31.8, Susan Torres (Nord) 5:33.0, Samantha Delagardelle (Sult) 5:33.4, Amonica Phipps (Morse) 5:33.9, Katherine Ziegler (UC) 5:34.7, Bree Hibbs (Pow) 5:35.1, Carly Votolato (UC) 5:35.9, Katie O'Connell (Carls) 5:36.3.

Race 2: Stephanie Baird (Hx) 5:29.98, Jamie Carmichael (Fall) 5:33.80, Lorena Jimenez (OG) 5:34.23, Shannon Skayer (LS) 5:39.07.

3200:

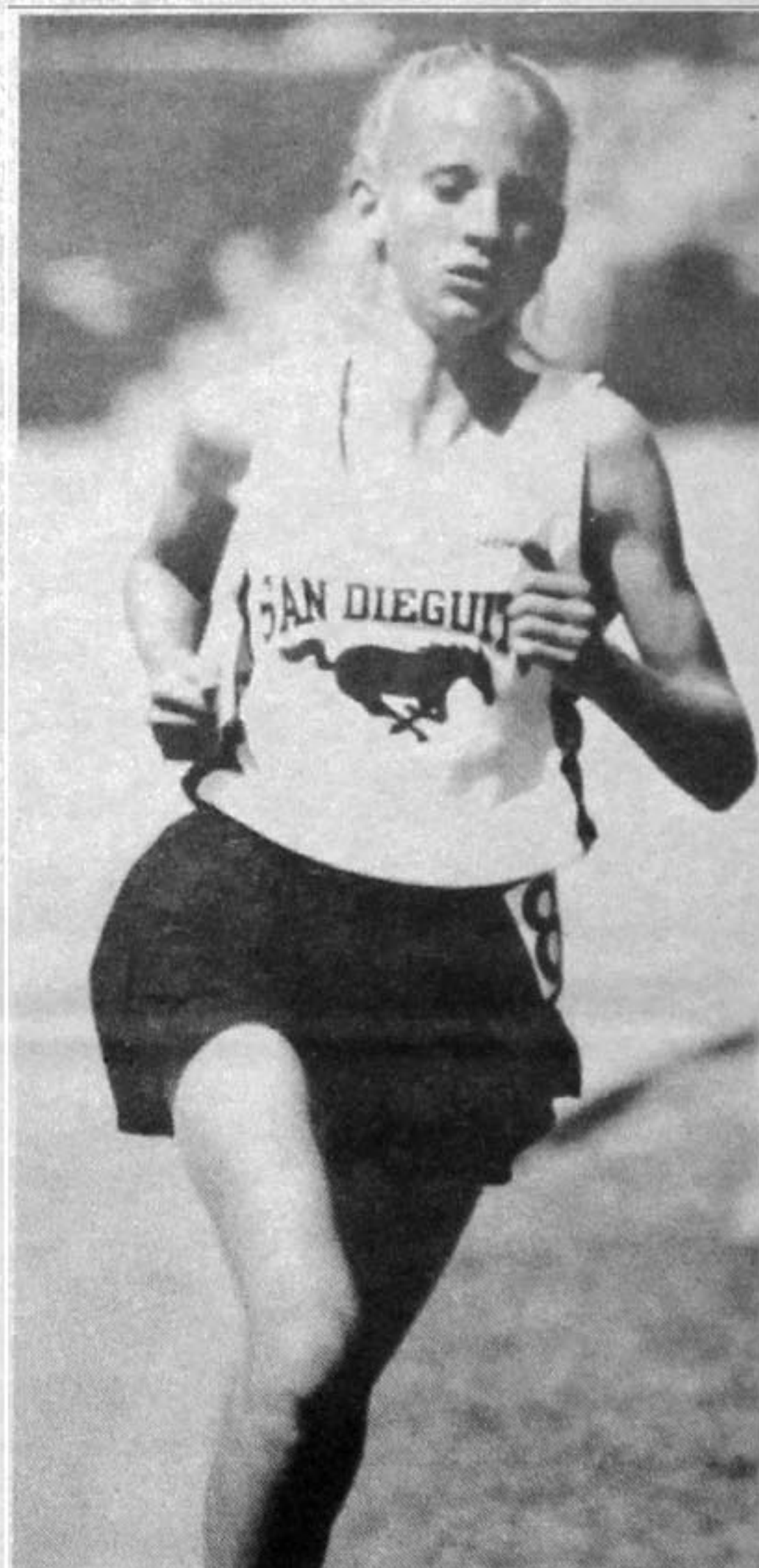
Courtney Baird (Hx) 11:16.40, Monica Valdez (TemC) 11:33.53, Kaleena Yee (RB) 11:44.05, Heidi Magi (Sult) 11:46.80, Deanna Sick (MIC) 11:52.99, Diana Dibble (VCenter) 11:57.38, Maija Rohde (Fall) 12:13.30, Stephanie Holley (Sult) 12:16.6, Amanda Wilson (SH) 12:18.9, Kathy Read (TP) 12:28.1, Rebecca McKeown (UC) 12:35.8, Deonna Wertz (Sult) 12:39.8.

100 Hurdles:

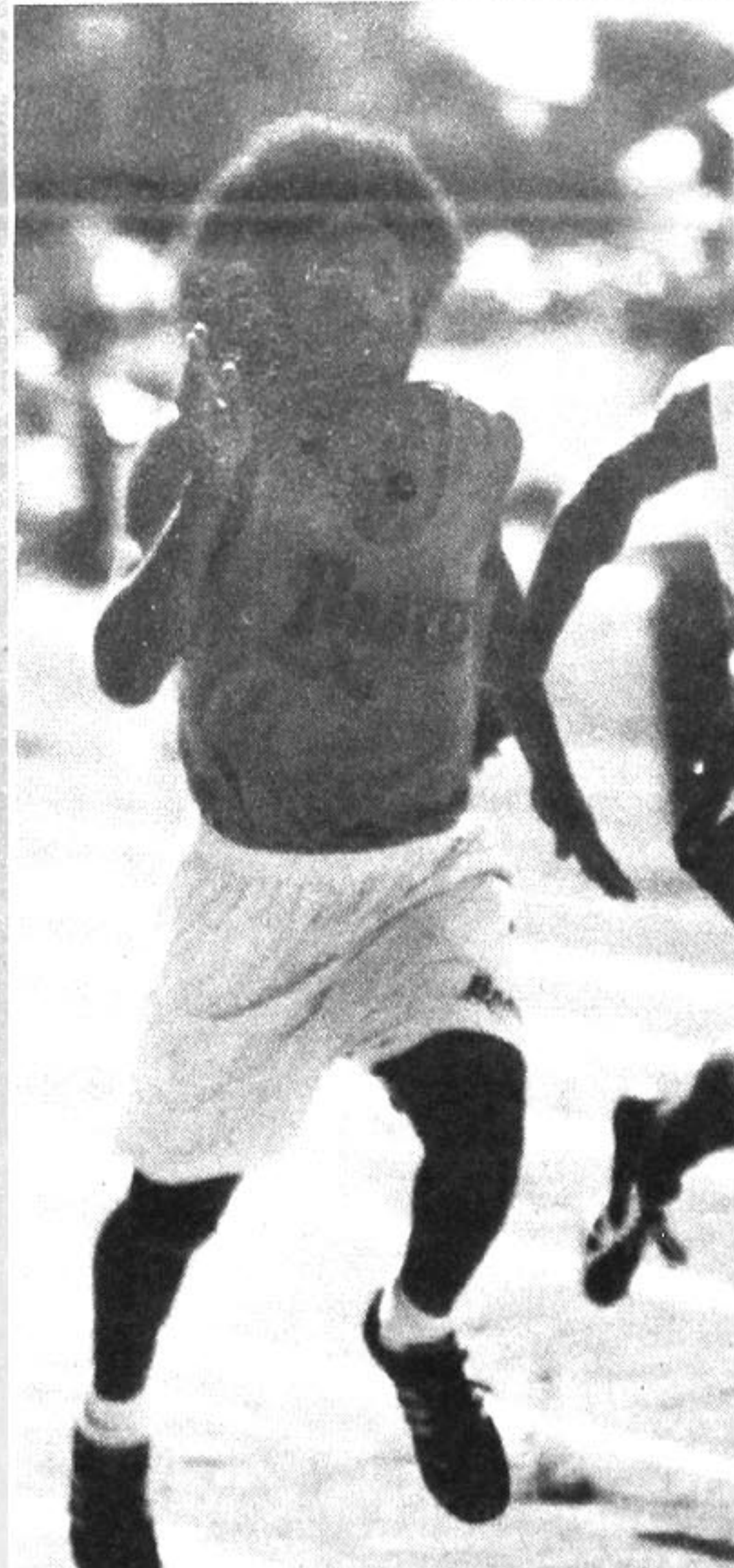
Race 1: Bethany McDowell (Linc) 16.07, Audrey Pound (Pow) 17.24, Casey McGee (Carls) 17.53, Michaela Jobes (Carls) 17.74. (No wind info, but wind very gusty; marks considered windy)



Janna Smith
Carlsbad



Jenna Timinsky
San Dieguito Academy



Andre Davis
El Cajon Valley

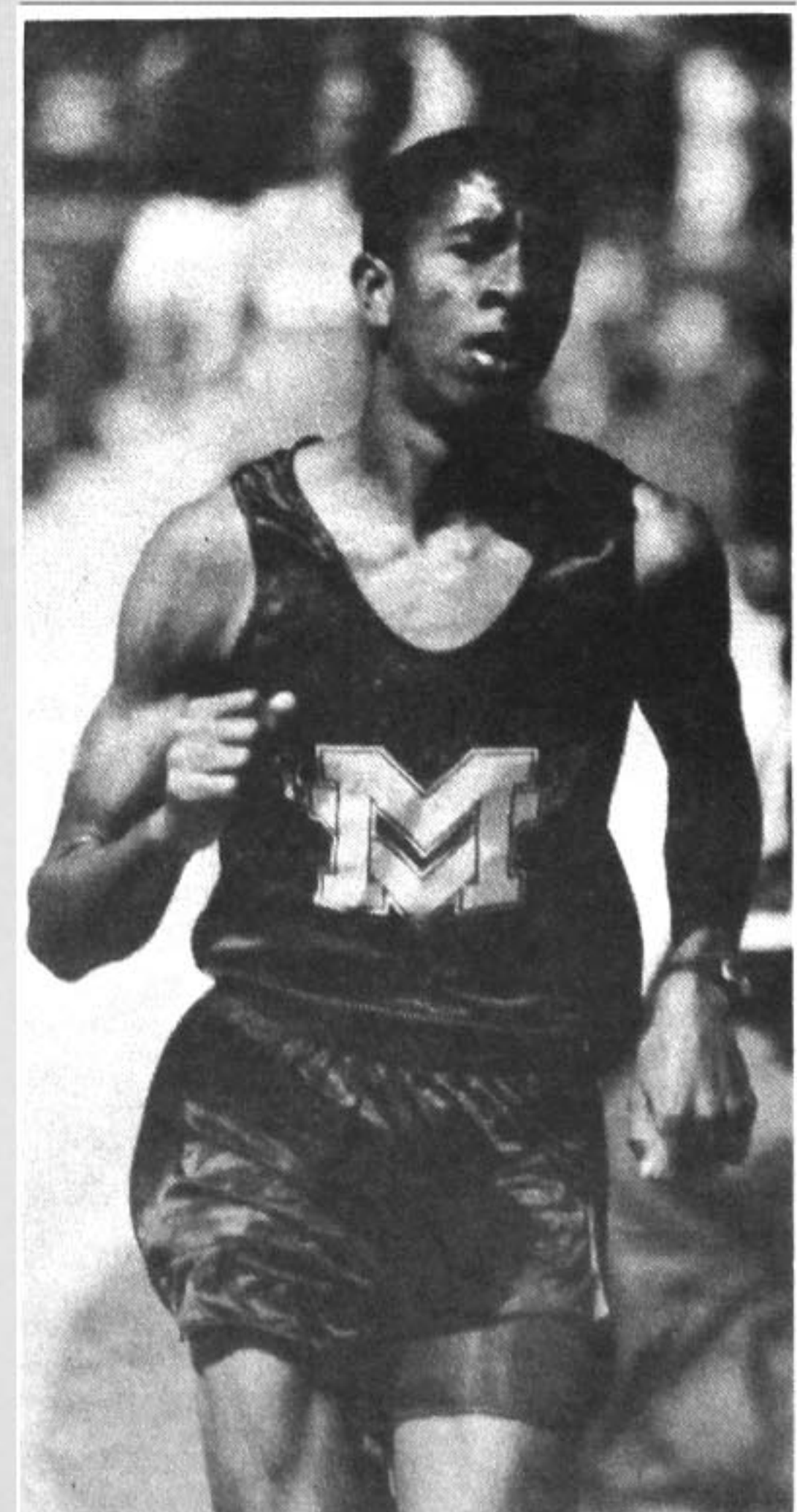
Race 2: Bryeanna Barmer (Hx) 15.88, Catie Coin (RB) 15.92, Tracy Johnson (ND) 16.19, Kiona Clark (MonteV) 16.25, Laura-Lee Reid (VCenter) 16.80. (No wind info, but wind very gusty; marks considered windy)

Race 3: Katie Camp (MonteV) 16.37, Shannon Quigley (LCC) 17.89. (No wind info, but wind very gusty; marks considered windy)

300 Low Hurdles:

Race 1: Monique Anderson (Gard) 46.05, Maggie Escudero (ElCap) 46.46, Mary Timm (Sult) 47.05, Nikki Dulin (RB) 47.89, Audrey Pound (Pow) 48.43, Delinda Tamagni (PH) 49.08, Bryeanna Barmer (Hx) 49.92.

Race 2: Debbie Fullwood (Sult) 49.03, Morgan Romine (LJ) 49.09, Katie Camp (MonteV) 49.41, Charlette Thomas (DiB) 49.55,



Jon Rankin
Monte Vista

Please turn to page 5.

Sundevil Invite

From page 4.

Laura-Lee Reid (VCenter) 49.57.

Race 3: Amy Taylor (RB) 47.8, Bethany McDowell (Linc) 48.5, Catie Coin (RB) 49.6.

4x100 Relay:

Race 1: Rancho Verde 49.53, Carson 49.84, Diamond Bar 50.71, Monte Vista 51.20, Rancho Bernardo A DQd.

Race 2: Rancho Bernardo B 50.94, Mt. Carmel 51.08, Lincoln 51.44, Scripps Ranch 52.00, La Costa Canyon 52.19, Sultana 52.22, San Pasqual 52.98, Patrick Henry 53.06.

Race 3: Morse 50.71, Poway 50.77, Helix 50.85, Fallbrook 52.08, Rancho Buena Vista 52.68, University City 53.31, Serra 53.53.

4x400 Relay:

Race 1: Rancho Bernardo 4:04.38, Carson 4:05.92, Torrey Pines 4:09.04, Helix 4:12.26, Poway 4:14.95, La Salle 4:15.86, Lincoln 4:16.71, Rancho Buena Vista 4:17.37.

Race 2: Rancho Verde 4:06.95, La Costa Canyon 4:07.70, Mt. Carmel 4:12.56, Ramona 4:13.15, Monte Vista 4:14.58, Valhalla 4:16.12, University of San Diego 4:17.57, Gardena 4:20.17.

4x800 Relay:

Mt. Carmel 9:45.39, Carlsbad 10:06.36, Valhalla 10:10.71, Rancho Buena Vista 10:15.15, Poway 10:18.71, Chula Vista 10:27.32, Scripps Ranch 10:27.38, Rancho Bernardo 10:42.81.

Distance Medley Relay:

Fallbrook 13:16.42, Mt. Carmel 13:23.59, University City 13:28.04, Nordhoff 13:41.49, Poway 13:41.50, La Jolla 13:43.58, Chula Vista 13:47.58, Rancho Bernardo 13:53.3, University of San Diego 13:54.8, South Hills 13:55.8.

High Jump:

Inv: Shannon Fleming (USD) 5-2, Shatoya James (RB) 5-2, Tracy Johnson (ND) 5-0, Tiffany Jones (Eis) 5-0, Morgan Romine (LJ) 5-0, Kelsey Turner (GH) 5-0. Five at 4-10.

Open: Kristen Carlson (SantaFeC) 5-2, Sameleh Reed (RV) 5-0. Six at 4-10.

Pole Vault:

Inv: Kathleen Donoghue (RB) 12-2, Natalie Dennison (RB) 11-2, Laura Chen (TC) 10-2, Molly Pascarella (RB) 10-2, Jennifer Tang (TC) 9-8, Janna Smith (Carls) 9-8, Abby Huchel (Vista) 9-8, Debbie Fullwood (Sult) 9-2, Nicole Antonacci (Carls) 9-2, Julia Preston (Pow) 8-8.

Long Jump:

Inv: Tiffany Jones (Eis) 18-4.5, Adrienne Farrington (RB) 17-8, Tanicia Wallace (MonteV) 16-8.5, Sonfre Roberson (Morse) 16-7, Monique Anderson (Gar) 16-2, Mariko Gaines (MonteV) 15-5. (No wind gauge, but high winds; marks considered windy)

Open: Terica Ned (RV) 17-6, Nina Ropes (Fall) 16-8, Naomi Mattos (Fall) 16-5, Sally Shields (TP) 16-0, Kiley Weaver (RB) 15-11, Danielle Rose (RB) 15-2.5. (No wind gauge, but high winds; marks considered windy)

Triple Jump:

Inv: Adrienne Farrington (RB) 37-9, Lisa Smith (LM) 37-3.5, Nina Ropes (Fall) 36-8.25, Sraeya George (Val) 35-8.5, Adriana Ramirez (SH) 34-9, Silke Lorenzen (RB) 34-9, Tanicia Wallace (MonteV) 34-3.5, Mariko Gaines (MonteV) 32-11.5, Kiley Weaver (RB) 32-7.5, Meagan Barnes (RBV) 32-7.5, Dana Copeland (TP) 32-7. (No wind gauge, but wind mostly calm; marks considered wind-legal)

Open: Holly Houchin (Ram) 33-5, Danielle Rose (RB) 33-3.5, Coco Daley (NoTorr) 32-9.5, Kiona Clark (MonteV) 32-7.5, Danielle Beddue (ND) 32-3.5. (No wind gauge, but gusty winds; marks considered windy)

Shot Put:

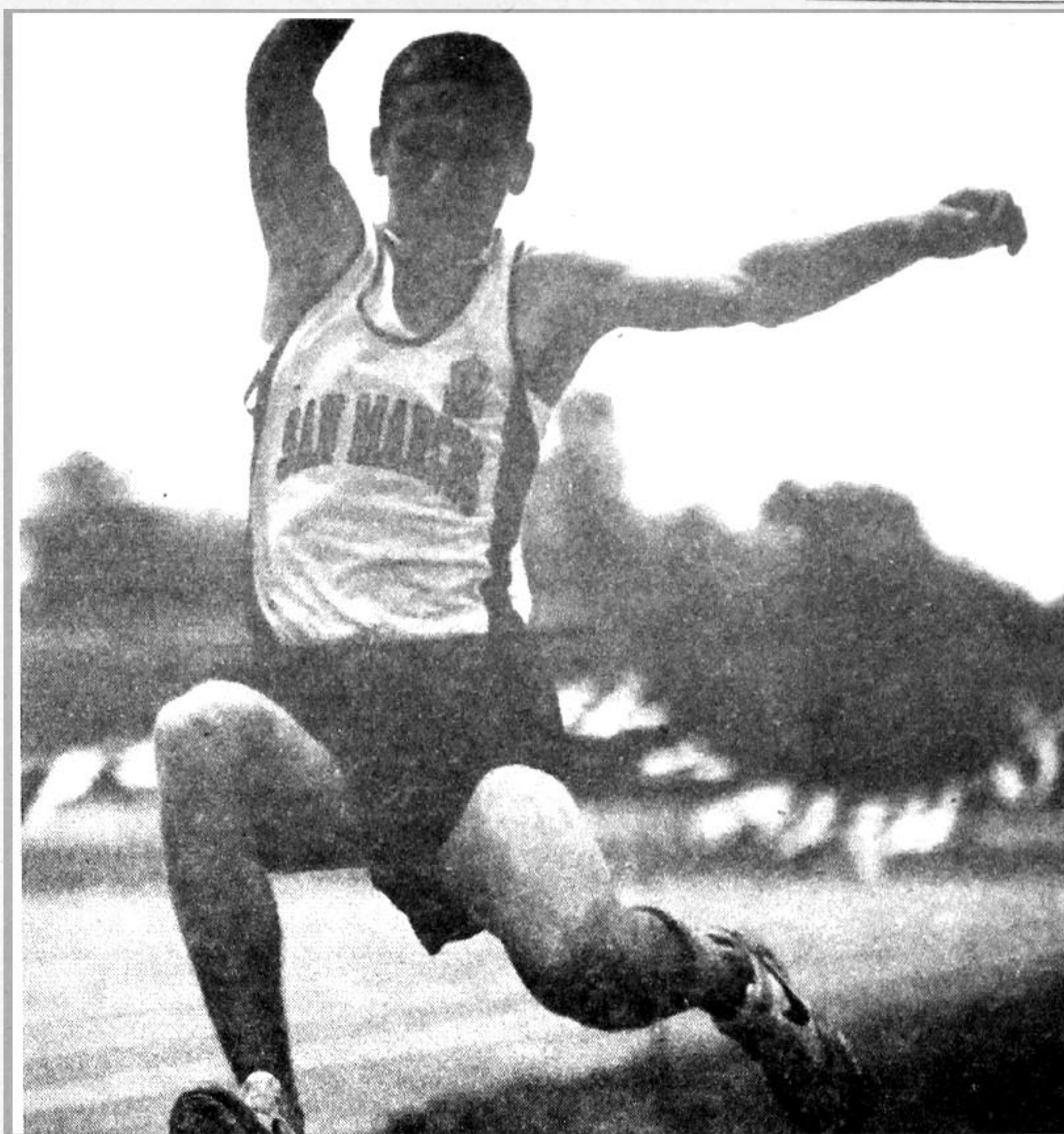
Inv: Candace Hill (Hoov) 41-11.5, Brandi Charles (LS) 39-3, Laura Tave (Rose) 39-0.5, Kendra Rhea (ElCap) 38-0, Malaika Stirrup (Hx) 36-7, Amanda Poniktera (Esc) 36-0, Elizabeth Ballard (SB) 35-4.5, Michelle Czapinski (Pow) 35-4, Rhiannon Henry (RBV) 35-2.25, Syretta Waller (Sult) 34-7.75, Beth Goins (ElCap) 33-9.75, Amber Hood (Morse) 33-1.5, Tenea Davis (Eis) 32-4.75.

Open: Raquel Johnson (DiBar) 35-5.75, Carrie Johnson (Fall) 34-3.5, Lori Waters (DiBar) 33-8.5, Kenreatha Lewis (SB) 33-2, Allison Bernardino (SR) 33-1.75, Michelle Vavra (Esc) 33-0.5, Rachel Johansen (MonteV) 32-0.5.

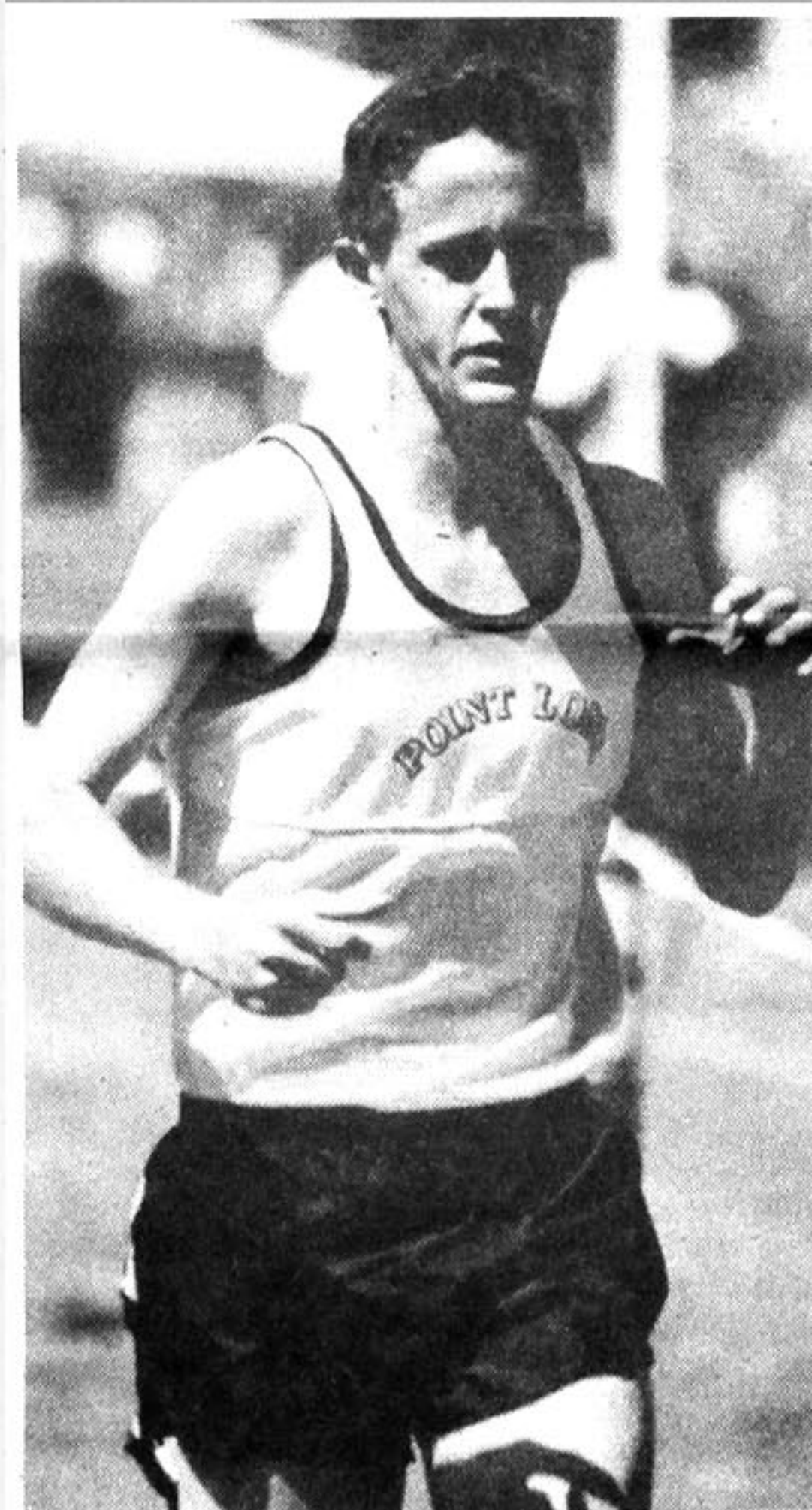
Discus Throw:

Inv: Laura Tave (Rose) 133-4, Candace Hill (Hoov) 130-2, Syretta Waller (Sult) 127-3, Kendra Rhea (ElCap) 119-2, Jonna Mahr (Sult) 118-0, Michelle Czapinski (Pow) 115-3, Annie Roberts (Pow) 111-5, Cassie Keller (ElCap) 110-7, Shante Daniel (Serra) 110-7, Elizabeth Ballard (SB) 106-3, Amanda Poniktera (Esc) 103-0.

Open: Alicia Criado (RBV) 118-3, Allison Bernardino (SR) 114-6, Lisa Cannon (Esc) 114-0, Rhiannon Henry (RBV) 111-6, Tenea Davis (Eis) 110-10, Katie Ames (ElCap) 109-9, Amber Tiffany (GH) 102-0, Jill Clifton (GH) 101-2.



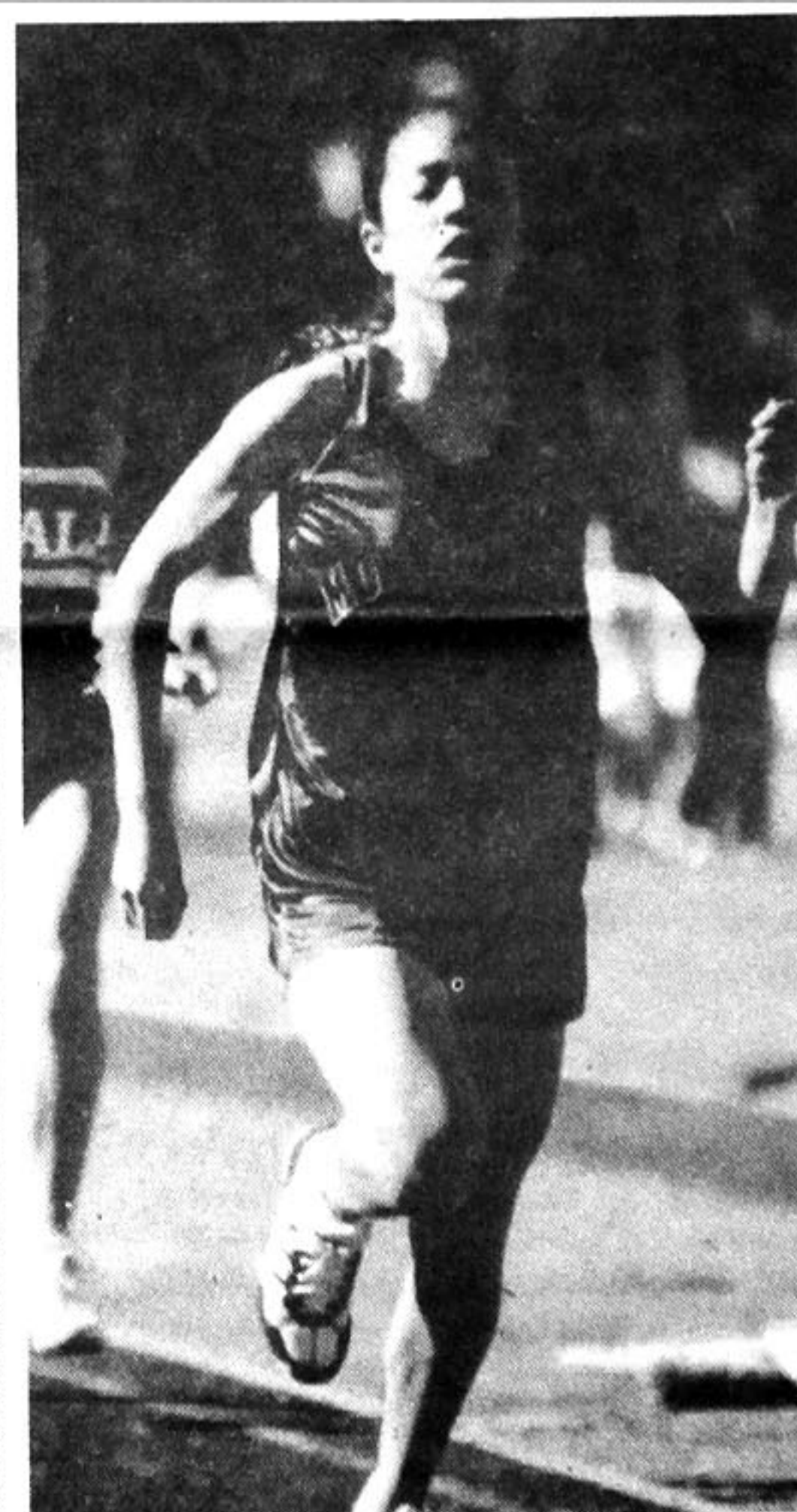
Kuba Wasowski
San Marcos



Jeff McKnight
Point Loma



Wade Curry
Eastlake



Angela Rivas
Montgomery



Ben Knight
Mar Vista

Eastlake: Relays are catching on

The still-formative Eastlake Titan Relays meet is beginning to establish itself.

Although it competes directly with the star-heavy Sundevil Invitational, held on the same day, the South Bay meet had its best field yet, including full teams from Castle Park, Hilltop, Point Loma, Montgomery, Bonita Vista and the host school and partial teams from Sweetwater, Chula Vista, Mira Mesa and others.

Montgomery's Wardell McNeal raced a 10.6 for 100 meters on the DG track to win the Division I race. Eastlake's Lavell Anderson ran 10.9 to take the DII sprint. Eastlake was the fastest of the 4x100 teams, clocking 43.4.

Other top marks included a 50-10 and 168-8 throw double by Mira Mesa's Travis Jones.

The Results:

At Eastlake High School, Saturday, April 24. Conditions: warm and sunny.

BOYS:

100:

DI: Wardell McNeal (Mont) 10.6, Brandon Jones (MMesa) 11.1, David Hannibal (BV) 11.3.

DII: Lavell Anderson (East) 10.9, Michael Frazier (CP) 11.0, Kevin Johnson (East) 11.2.

DIII: Mario Rivas (MarV) 11.2.

Mile:

DI: Thomas Jodoin (MMesa) 4:30, Adrian Garcia (Sweet) 4:43, Jose Simpson (Mont) 4:46.

DII: Sam Stewart (Hill) 4:46, Marco Verdugo (East) 4:47.

DIII: Blake Swier (MarV) 4:36, Will Kraemer (ANA) 4:46.

4x100:

DI: Mira Mesa 43.8, Bonita Vista 44.5, Sweetwater 45.5.

DII: Eastlake 43.4, Castle Park 44.9, Hilltop 46.6.

DIII: Mar Vista 45.9, Coronado 45.9, Bishop's 46.5.

4x800:

DI: Bonita Vista 8:18, Chula Vista 8:22, Point Loma 8:26, Sweetwater 8:44.

DII: Hilltop 8:39, Calexico 8:55, Castle Park 8:56.

DIII: Mar Vista 9:00.

Sprint Medley:

(100, 100, 200, 400)

DI: Montgomery 1:37.6, Bonita Vista 1:38.2, Chula Vista 1:42.6.

DII: Eastlake 1:36.4, Castle Park 1:39.3, Santana 1:44.5.

DIII: Mar Vista 1:41.2, Coronado 1:42.7, Bishop's 1:43.7.

Distance Medley Relay:

DI: Bonita Vista 10:59.3, Point Loma 11:17.0, Mira Mesa 11:22.3.

DII: San Diego 11:35.0, Hilltop 11:29.4, Eastlake 11:54.6.

DIII: Mar Vista 11:37.0, Army Navy Academy 12:30.9, Clairemont 12:43.4.

4x110 Shuttle Hurdle Relay:

(alternating intermediates, highs)

DI: Mira Mesa 1:00.8, Bonita Vista 1:07.1, Calexico 1:10.5, Sweetwater 1:11.1.

DII: Eastlake 1:05.6, Castle Park 1:07.5, Hilltop 1:08.5.

DIII: Mar Vista 1:08.2, La Jolla Country Day 1:18.5.

High Jump:

DI: Tony Golston (PIL) 6-2, Lenchow Griffith (MMesa) 6-0, Felix DeSarachio (BV) 5-10.

DII: Cory Evans (East) 6-0.

DIII: J. White (ANA) 6-0.

Pole Vault:

DIII: Jean-Paul Panis (Coro) 12-6.

Long Jump:

DI: Kareem Holmes (Mont) 20-5.75, Lenchow Griffith (MMesa) 19-6.75.

DII: Chris Pittman (CP) 20-0.5.

DIII: Maurice Booker (Bish) 18-11.5.

Triple Jump:

Please turn to page 6.

Eastlake

From page 5.

DI: Kareem Holmes (Mont) 40-7, Lenchow Griffith (MMesa) 40-0.
DII: J. Diaz (East), 39-8.25.
DIII: John Koummalasy (Claire) 40-4.
Shot Put:
DI: Travis Jones (MMesa) 50-10, Charles Tyson (BV) 48-6.
DII: Rafiq Randall (MonteV) 46-0, Andrew Warren (Sant) 45-8, Jason Treter (Hill) 44-10.
Discus Throw:
DI: Travis Jones (MMesa) 168-8, Charles Tyson (BV) 157-7, V. Cortez (Calexico) 124-7.

GIRLS:
100:
DI: Monica Clifton (MMesa) 12.5, Tenecia Major (Sweet) 12.5, French (BV) 12.8, Carmela Rodgers (CV) 13.0, Camille Robinson (CV) 13.1.

DII: unid., (CP) 12.9, unid., (East) 13.1.
DIII: unid., (Coro) 13.1.
500:
DI: unid., (PIL) 5:41, unid. (Mont) 5:43.
DII: Desiree Davila (Hill) 5:20, Pati Romero (East) 5:36, unid., (OLP) 5:45.
DIII: unid., (Coro) 5:44.

4x100 Relay:
DI: Mira Mesa 51.7, Bonita Vista 52.4, Point Loma 53.8, Chula Vista 54.1.
DII: Castle Park 51.5, Hilltop 53.1, Our Lady of Peace 55.4.
DIII: Coronado 53.0, Clairemont 54.2, La Jolla Country Day 56.4.

4x400 Relay:
DI: Hilltop 4:11.9, Castle Park 4:16.2, Our Lady of Peace 4:31.7.
DIII: Coronado 4:27.9, Calexico 4:33.7, Clairemont 4:46.9.

4x800 Relay:
DI: Bonita Vista 10:09, Montgomery 10:28, Point Loma 10:42.
DII: Our Lady of Peace 10:29, Castle Park 10:39, Eastlake 11:13.

DIII: Clairemont 11:45.
Sprint Medley Relay:
(100, 100, 200, 400)
DI: Mira Mesa 1:58.6, Sweetwater 1:59.5, Bonita Vista 1:59.9, Chula Vista 2:01.1.
DII: Hilltop 1:56.0, Castle Park 1:56.9, Our Lady of Peace 2:02.0.
DIII: Coronado 2:00.3, Mar Vista 2:10.3, Imperial 2:14.5.

Distance Medley Relay:
DI: Bonita Vista 13:32.7, Point Loma 13:55.2, Mira Mesa 14:05.5.
DII: Castle Park 14:05.8, Our Lady of Peace 14:08.0, Santana 14:14.9.
DIII: Coronado 14:17.4, Clairemont 14:58.2, Imperial 17:03.4.

4x100 Hurdles Shuttle Relay:
(alternating highs, lows)
DI: Mira Mesa 1:09.3, Bonita Vista 1:13.4, Sweetwater 1:14.8.
DII: Hilltop 1:10.5, Castle Park 1:11.2, Our Lady of Peace 1:14.8.
DIII: Clairemont 1:20.5, Imperial 1:20.9, La Jolla Country Day 1:23.9.

High Jump:
DI: Trinity Amalfitano (BV) 4-6.
DII: Laleisha Peterson (Hill) 4-8, Jefferson (Southwest) 4-8.
DIII: M. Tucker (Imperial) 4-8.

Pole Vault:
DI: Womack (MMesa) 8-6, Elisa Orlando (MMesa) 8-6, Erin Asay (Sweet) 8-6.

DII: Beatrice Guapo (East) 8-0.
DIII: No entries.
Long Jump:
DI: Tricia Martin (Mont) 15-0.25.
DII: Christy Mulroy (OLP) 15-5, Devonne (Horizon) 15-4.
DIII: Marie Ramirez (MarV) 15-4.5.
Triple Jump:
DI: Jasmine Schuler (PIL) 32-6.75, Perkins (BV) 31-7.
DII: Christy Mulroy (OLP) 31-8, Nadia Salahudein (Hill) 31-7.5, McGhen (Sant) 31-4, Williams (Hill) 31-2.
Shot Put:
DI: Sara Cobb (Hill) 29-7, Mariel Rivera (Hill) 29-4.
DII: Estella Ramirez (Calexico) 30-7.
DIII: Martinique Akinfosile (LCD) 31-0.5.
Discus Throw:
DI: Bianca Pegues (PIL) 108-1, Kelly O'Laughlin (BV) 99-4, Darlene Martinez (CV) 96-3.
DII: Sara Cobb (Hill) 109-6, Hillary Mateo (CP) 104-0, Bean (Sant) 99-5.
DIII: Michelle Singleton (Coro) 102-0.

Jaguar meet draws raves

The inaugural Jaguar Invitational was a success on all fronts.

The meet was well-organized, featured a brand-new all-weather surface, and drew a good field.

The track, according to a number of observers, was not as fast as it will be after more curing, but it yielded good times.

Among the highlights:

The Helix sprint squad looked great. Terron Franklin ran to 48.3 and 21.9 clockings, and anchored the 4x100 relay team to a 42.5. Haneer Peterman won the 100 in a windy 10.6.

A quick girls 300 low hurdles race was won by Helix soph Bryeanna Barmer in 46.5, ahead of RB's Amy Taylor, new to the event.

Grossmont's Jonathan Takahashi vaulted a PR 14-8, besting a good field.

The Results:

At Valley Center High School, Saturday, April 17. Conditions: Sunny, warm, gusty winds, shifting from East to West during meet.

All results are best marks of the day, culled from combined events and races.

BOYS:

100: Haneer Peterman (Hx) 10.6, Wardell McNeal (Mont) 10.6, Eric Peterman (Hx) 10.9, Jason Van (Hx) 10.9, David Hannibal (BV) 11.0, John Ward (Pow) 11.1, Jeremy Read (Gross) 11.1. (Marks considered windy)

200: Terron Franklin (Hx) 21.9, Wardell McNeal (Mont) 22.4, Antonio Gonzalez (RBV) 22.5, Haneer Peterman (Hx) 22.5, Dan Cobler (TP) 22.8. (Marks considered wind-legal)

400: Terron Franklin (Hx) 48.3, Matt Beckstead (RB) 51.2, Ron Kahler (OG) 52.3.

800: Nick Thornton (RBV) 1:57.4, Nico Cueva (Esc) 1:59.0, Matt McInvalle (Ram) 1:59.3, Chad Young (CalC) 2:00.0, Pat Prunty (Pow) 2:00.4, Dale Houser (BV) 2:00.7, Dustin Westergom-Flick (WH) 2:02.8.

1600: Matt McInvalle (Ram) 4:29.9.

3200: Brian Paff (BV) 10:02.7.

110 HH: Sean Sweat (ElCam) 14.9, Matt MacLeod (WH) 15.1, Jeff Failla (Esc) 15.4, Brian Oxley (Vista) 15.5, Trent Stroh (VCenter) 15.8, Sean Daley (Vista) 15.9. (Marks considered windy)

300 IH: Sean Sweat (ElCam) 40.2, Jeff Failla (Esc) 41.5, Wooten (Vista) 42.3, St. John (ElCam) 42.3, Sean Daley (Vista) 42.4.

4x100 Relay: Helix 42.5, Rancho Bernardo 43.8, Poway 44.1, Rancho Buena Vista 44.1, Montgomery 44.1, Torrey Pines 44.2, Bonita Vista 44.8, Escondido 44.9, Calvin Christian 45.0.

4x400 Relay: Rancho Buena Vista 3:27.9, Helix 3:28.2, Vista 3:29.1.

Distance Medley Relay: Escondido 11:21.7, Helix 11:42.9, Ramona 11:44.7, Bonita Vista 11:51.7, Vista 11:54.6, Grossmont 11:55.7, Rancho Bernardo 12:00.9.

HJ: Jason Gatewood (RBV) 6-6, Robert Ma (Pow) 6-2, Eric Williams (RB) 6-2, Felix DeSaracho (BV) 6-0, Ryan Miller (Vista) 6-0, Nate Skrzypczak (VCenter) 6-0.

PV: Jonathan Takahashi (Gross) 14-8, Nate Alder (Pow) 14-0, Jamie Zolnierok (RBV) 14-0, Sean Daley (Vista) 14-0, Bobby Phimmason (Pow) 13-6, Jason Charles (OG) 13-0, Ricardo Murillo (Vista) 13-0, Keith Hamon (RBV) 12-6, Chris Dorminy (RB) 12-6, Jacob Chase (OG) 12-6, Chris Spehar (RB) 12-0, Matt Reimert (RB) 12-0.

LJ: Jason Davis (Pow) 21-1, Robert Ma (Pow) 20-9, Tony Ortiz (Hx) 20-11, David Hannibal (BV) 20-5, Dan Cobler (TP) 20-4, Kareem Holmes (Mont) 20-4.

TJ: Tony Ortiz (Hx) 46-2, Robert Ma (Pow) 45-4, Kareem Holmes (Mont) 43-9, Terrence Hibbler (Hx) 43-8.5, Dale Coke (Pow) 42-8, Avante Agurs (Gross) 42-0, Steve Mavis (CalC) 41-2, Matt Barbour (Gross) 41-1-2, Jacob Chase (OG) 41-0.

SP: Travis Watkins (Hx) 51-9, Read (RB) 47-6, Matt Saale (Oc) 47-4, Charles Tyson (BV) 46-7, Dan Ybarra (OG) 46-3, Nathan Perez (RBV) 45-11.

DT: John Ward (Pow) 160-5, Jason Tuerk (RB) 153-11, Charles Tyson (BV) 150-7, Matt Saale (Oc) 145-10, Travis Watkins (Hx) 143-1.

GIRLS:

100: Autumn Wright (ElCam) 12.2, Anne James (RB) 12.3, Oni / Auga (ElCam) 12.6, Laura Martilla (Pow) 12.6, Jasmine Blakey (RB) 12.7, Katie Woolsey (Esc) 12.7. (Marks considered windy)

200: Laura Martilla (Pow) 26.6, Jill Young (Pow) 27.2, Luci Downey (OG) 27.1, Katie Reardon (RB) 27.1. (Marks considered wind-legal)

400: Camille Dredge (TP) 57.9, Luci Downey (OG) 60.3, Laura Landry (RB) 60.9, Reyes (RBV) 62.4, Katie Collins (Vista) 62.5, Alexis Rampaul (Pow) 62.6.

800: Julie Komosinski (TP) 2:19.9, Courtney Baird (Hx) 2:20.5, Thea Rusthoven (Esc) 2:21.0, Kamaya Damwijk (Pow) 2:28.3, Leslie Mitchell (Ram) 2:28.3.

1600: Courtney Baird (Hx) 5:11.1, Kaleena Yee (RB) 5:22.6, Julie Manson (RB) 5:27.6, Krista Romley (TP) 5:29.5, Lorena Jimenez (OG) 5:35.3.

3200: Allison Hall (RB) 12:05.9, Katie Boyd (RB) 12:12.7.

100 H: Catie Coin (RB) 15.8, Kristin Murphy (RB) 16.0, Laura-Lee Reid (VCenter) 16.3, Leah Cole (VCenter) 16.4, Audrey Pound (Pow) 16.4, Bryeanna Barmer (Hx) 16.5. (Marks considered windy)

300 IH: Bryeanna Barmer (Hx) 46.5, Amy Taylor (RB) 46.9, Nikki Dulin (RB) 47.2, Audrey Pound (Pow) 47.3, Catie Coin (RB) 48.4, Liz McNamara (Pow) 48.4.

4x100 Relay: Rancho Bernardo 49.7, Poway 50.4, Helix 51.4.

4x400 Relay: Helix 4:08.2, Rancho Bernardo 4:13.0, Vista 4:22.1, Torrey Pines 4:22.9.

Distance Medley Relay: Helix 12:57.3, Vista 14:05.8, Bonita Vista 14:20.2, Escondido 14:25.7, Rancho Bernardo 124:39.8.

HJ: Aubrey Preston (Vista) 5-4, Oni Mauga (ElCam) 5-2, Mikaelyn Austin (RB) 5-0, Lauren Jones (TP) 5-0, Shatoya James (RB) 5-0.

PV: Abby Huchel (Vista) 10-6, Julie Hudlow (RB) 9-0, Molly Pascarella (RB) 9-0, Katie Collins (Vista) 8-6, Halliburton (TP) 8-6, Scharf (OG) 8-6, Pryzbylski (Gross) 8-0, Sassano (RB) 8-0.

LJ: Vickie Vidishak (OG) 15-10.

TJ: Silke Lorenzen (RB) 34-6, Lydia Boonstra (CalC) 33-7, Kelly DeLeeuw (TP) 33-3.5, Kiley Weaver (RB) 33-3, Danielle Rose (RB) 33-1.

SP: Mikaelyn Austin (RB) 37-6, Rhiannon Henry (RBV) 35-6, Michelle Czapsinski (Pow) 35-3, Amanda Poniktera (Esc) 35-0, Malaika Stirrup (Hx) 34-10, Kelly O'Laughlin (BV) 33-7.

DT: Mikaelyn Austin (RB) 112-4, Lisa Cannon (Esc) 109-3, Annie Roberts (Pow) 101-9.

Mt. SAC: Monique burns two; 'Pack wins

Monique Henderson ran a pair of very quick times at the Mt. SAC Invitational on April 17.

Her 100 meters of 11.71 (wind legal) puts her at number three locally on the all-time list, just 0.20 behind Sweetwater's Gail Devers.

She then returned to blast a 23.65 for 200 meters, but with an aiding wind.

The West Hills 4x800 relay team won that event, running a quality time of 7:53.25. The time ranks as one of the fastest ever run by a local team.

The Results

At Mt. San Antonio College, Walnut, Saturday, April 17.

Results are from local runners. Some marks may be compiled from separate events.

BOYS:

800: Ben Aragon (West Hills) 1:57.43, Jon Rankin (Monte Vista) 1:59.08.

1500: Evan Fox (WH) 4:01.07, Jon Rankin (MV) 4:06.96, Sean Ricketts (Rancho Bernardo) 4:11.23.

4x100 Relay: West Hills (Robbins, Cunningham, Conerly, Harrington) 42.91.

4x800 Relay: West Hills 7:53.25. Splits: Ben Aragon 1:58.4, Kevin Schible 2:01.5, Evan Fox 1:54.9, Matt Rendina 1:58.1. San Pasqual 8:04.57. Splits: Luis Mariscal 2:00.0, Jesus Nunez 2:04.1, Matt Johnson 2:00.9, Adam Van Wart 1:59.5.

Sprint Medley Relay: West Hills 3:43.05. Splits: Conerly 22.8, Schible 2:03.2.

GIRLS:

100: Monique Henderson (Morse) 11.71, DeCola Groce (Morse), Kristen Tucker (MV) 12.57. (Legal wind of +1.61 mps during Henderson's race. Aiding wind of +2.5 mps during Groce's race)

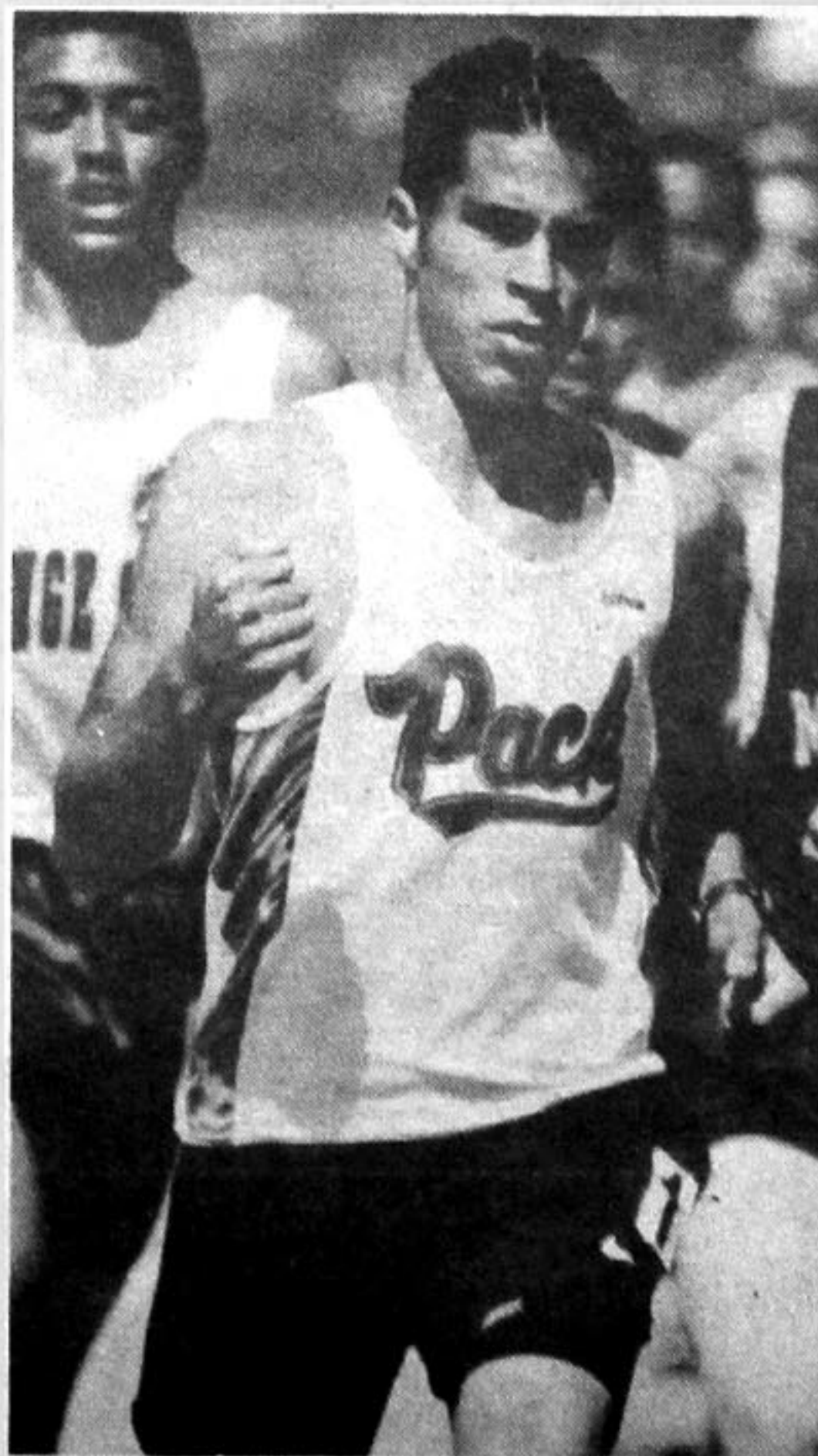
200: Monique Henderson (Morse) 23.65, Kristen Tucker (MV) 25.77. (Aiding wind of +3.0 mps during Henderson's race)

4x100 Relay: Morse (Aja Dotson, Monique Henderson, Rasheeka Pope, DeCola Groce) 48.36, Monte Vista (Katie Camp, Phoebe Perkins, Tanicia Wallace, Kristen Tucker) 50.71.

4x400 Relay: Morse 4:03.0, Monte Vista (Katie Camp, Phoebe Perkins, Rosas, Kristen Tucker) 4:15.01.

PV: Kathleen Donoghue (RB) 12-0, Natalie Dennison (RB) 10-1.

LJ: Tanicia Wallace (MV) 15-9.



Ben Aragon
West Hills



MIZUNO WAVE



Balboa: Most of the speed teams

Most of the county's fastest sprint squads were at the Balboa Relays, with only a few notable exceptions (Helix boys, El Camino, RB and top Morse girls).

There were few head-to-head showdowns, however, because of the meet's divisional format.

University City's boys 4x100 team raced to a 42.1 in one race, for instance. In another race, San Diego ran 42.5 and in still another race, Morse ran 42.43 (the automatic timing was off and on).

UC's Steve Hayes ran the fastest of the open 100s, a 10.91. Winds did not aid the athletes.

Most of the events were relays, and the local listings got a good reworking in the speed relays (see page 12).

The Results:

At Balboa Stadium, Saturday, April 17. Conditions: warm and sunny. No favoring winds.

BOYS:

100:

DI: Larry Miles (Craw) 11.33, Mario Rivas (MarV) 11.41.

DII: Steve Hayes (UC) 10.91, Mike Roberts (PH) 11.08, Lavell Anderson (East) 11.11.

DIII: Antwane Collier (SD) 11.24, unid., (PIL) 11.40.

DIV: Phillip Sanders (Morse) 11.24, Allen Thompson (Sweet) 11.38.

1600:

DI: Colin Donnelly (StA) 4:35.0.

DII: unid., (LJ) 4:41.73, unid., (PH) 4:44.33, Charles McKeown (UC) 4:46.03.

DIII: Marcus Chandler (Serra) 4:26.31, Travis Laird (SM) 4:28.92, Patrick Grimes (SR) 4:31.16, Jeff McKnight (PIL) 4:36.17, Raphael Machado (SR) 4:37.67, Sam Stewart (Hill) 4:38.14, Joe Robinett (PIL) 4:38.70, Erik Hanley (USD) 4:39.67.

DIV: Ken Nwadike (CV) 4:26.27, Michael Manzano (CV) 4:34.50, Adrian Garcia (Sweet) 4:43.46.

4x100 Relay:

DI: Crawford 44.2, Coronado 45.5, Mar Vista 45.5.



Roxanne Romo
San Diego

DII: University City 42.1, Eastlake 42.9, Hoover NT.
DIII: San Diego 42.5, Serra NT, Scripps Ranch NT.
DIV: Morse 42.43, Sweetwater 43.29, Mount Miguel 43.61, Mira Mesa 43.66, Monte Vista 45.43, Granite Hills 45.64.

4x200 Relay:

DI: Coronado 1:36.77, Mar Vista 1:36.99, Crawford 1:39.13.

DII: University City 1:29.86, Eastlake 1:31.16, Hoover 1:36.11, Lincoln 1:37.51.

DIII: San Diego 1:30.65, Serra 1:33.96, Scripps Ranch 1:36.83.

DIV: Morse 1:29.25, Sweetwater 1:31.53, Mount Miguel 1:33.16, Monte Vista 1:35.38.

4x400 Relay:

DI: Crawford 3:27.69, Brawley 3:32.09, Mar Vista 4:36.66.

DII: Eastlake 3:30.42, Patrick Henry 3:30.46, Lincoln 3:32.04, La Jolla 3:32.46, University City 3:35.61.

DIII: San Diego 3:29.82, Scripps Ranch 3:33.68, Serra 3:35.10, University of San Diego 3:41.31.

DIV: Morse 3:29.16, Mira Mesa 3:31.32, Granite Hills 3:36.03, Mount Miguel 3:37.27, Chula Vista 3:43.76.

Sprint Medley Relay:

(100, 100, 200, 400)

DI: Mar Vista 1:39.79, Crawford 1:44.51, St. Augustine 1:45.42.

DII: Hoover 1:32.80, University City 1:39.73, Mission Bay 1:40.60.

DIII: San Diego 1:32.80, Scripps Ranch 1:39.73, San Marcos 1:41.04.

DIV: Mira Mesa 1:36.78, Mount Miguel 1:40.97, Chula Vista 1:46.26.

Mid-Distance Medley Relay:

(200, 200, 400, 800)

DI: Brawley 3:39.77, Coronado 3:49.73, Crawford 3:54.65.

DII: La Jolla 3:40.15, Lincoln 3:51.83, University City 3:53.56.

DIII: Serra 3:39.54, San Diego 3:43.03, Point Loma 3:52.00, Hilltop 3:54.70.

DIV: Australia 3:43.78, Chula Vista 3:46.92, Sweetwater 3:51.06, Morse 3:52.28, Mira Mesa 3:55.06.

Distance Medley Relay:

(1,000, 1,000, 2,000, 5,000)

DI: St. Augustine 11:05.75, Mar Vista 11:18.01, Army Navy Academy 12:08.32.

DII: La Jolla 11:14.63, Mission Bay 11:40.33, University City 11:48.15.

DIII: Serra 11:01.11, San Marcos 11:02.00, San Diego 11:17.64, Point Loma 11:25.37, Scripps Ranch 11:26.31, Hilltop 11:30.20.

DIV: Granite Hills 10:39.20, Mira Mesa 10:53.16, Chula Vista 10:58.75, Sweetwater 11:42.22.

4x110 Shuttle Hurdle Relay:

(alternating intermediates, highs)

DI: St. Augustine 1:03.6, Brawley 1:08.1, Mar Vista 1:08.4.

DII: La Jolla 1:03.8, University City 1:03.8, Eastlake 1:06.0.

DIII: Hilltop 1:08.0, Scripps Ranch 1:09.6, San Marcos 1:09.9.

DIV: Mira Mesa 59.2, Granite Hills 1:02.2, Sweetwater 1:02.7, Morse 1:04.0.

High Jump (combined results):

Chris Staton (PH) 6-2, Lenchow Griffith (MMesa) 6-2, Jamal Randall (MonteV) 6-2, Jordan Adams (PH) 6-0.

Pole Vault (combined results):

Eric Somers (SM) 14-7, Gabe Cornejo (CV) 13-0, David Long (GH) 13-0, Chase Shellburne (LJ) 12-6, Chris Fernando (Sweet) 12-6, Gary Williams (Serra) 12-6, Alex Doria (East) 12-6, Jean-Paul Panis (Coro) 12-0, Mario Watts (Coro) 12-0, Mark Marshall (PH) 12-0, Johnny Castillo (MonteV) 12-0.

Long Jump (combined results):

Chris Staton (PH) 21-11.5, Mike McCall (LJ) 21-8, Jordan Adams (PH) 21-4.25, Ben Church (MMesa) 20-10, Mark Tate (Hoov) 20-3.5, Alton Gilbert (Linc) 20-2.25, Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

Griffin (South-

lake) 20-1.5.

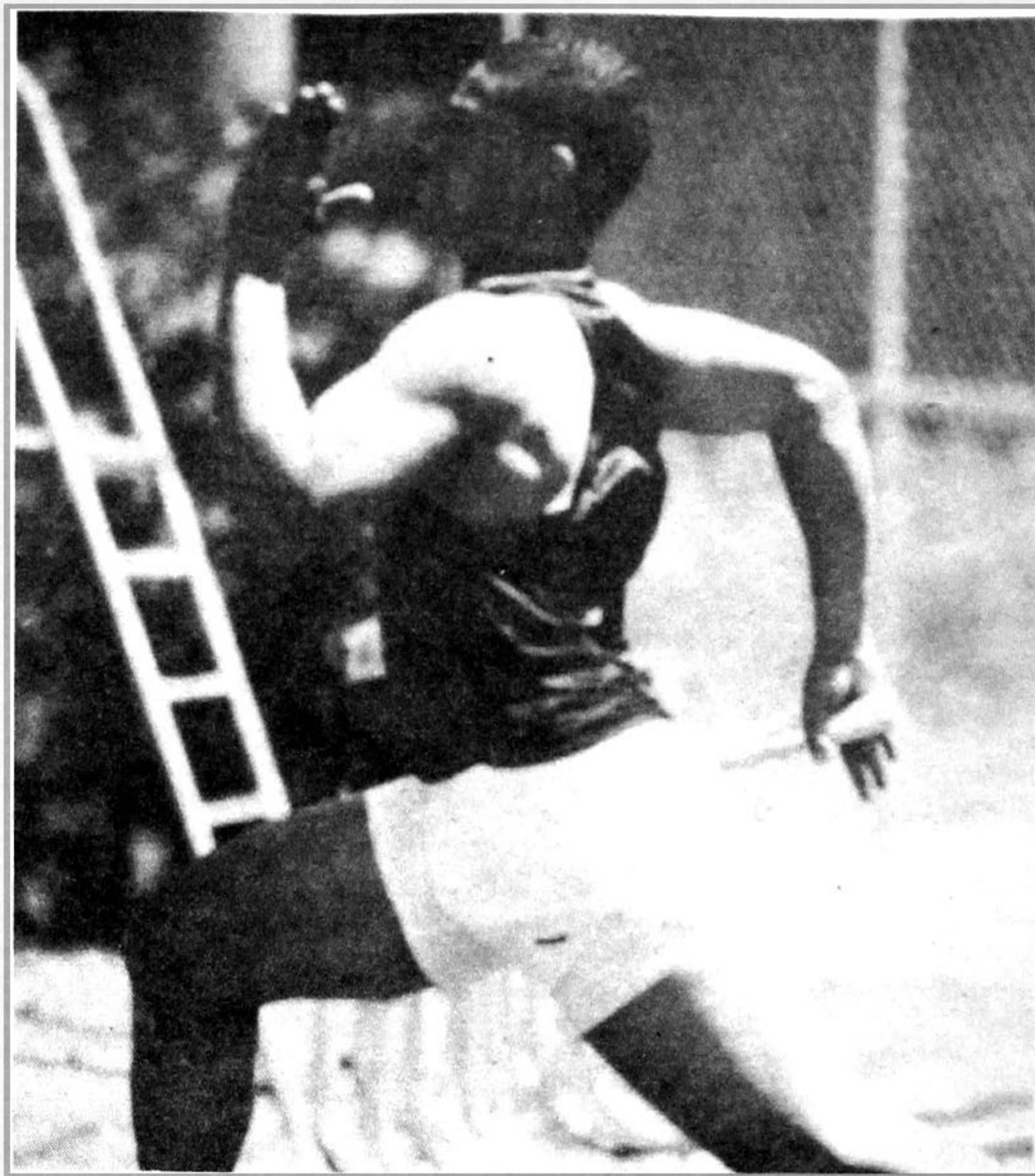
Griffin (South-

lake) 20-1.5.

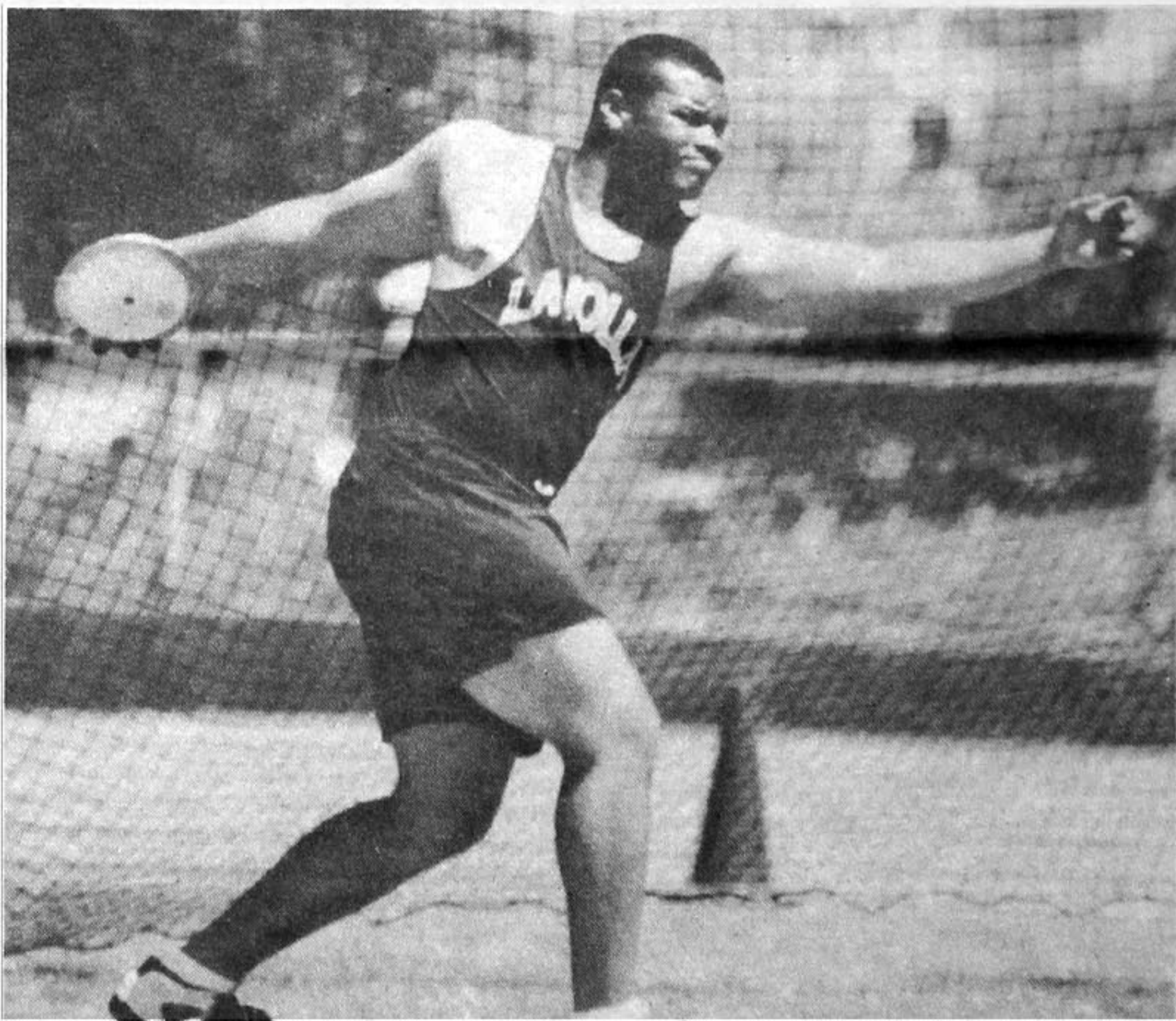
Griffin (South-

lake) 20-1.5.

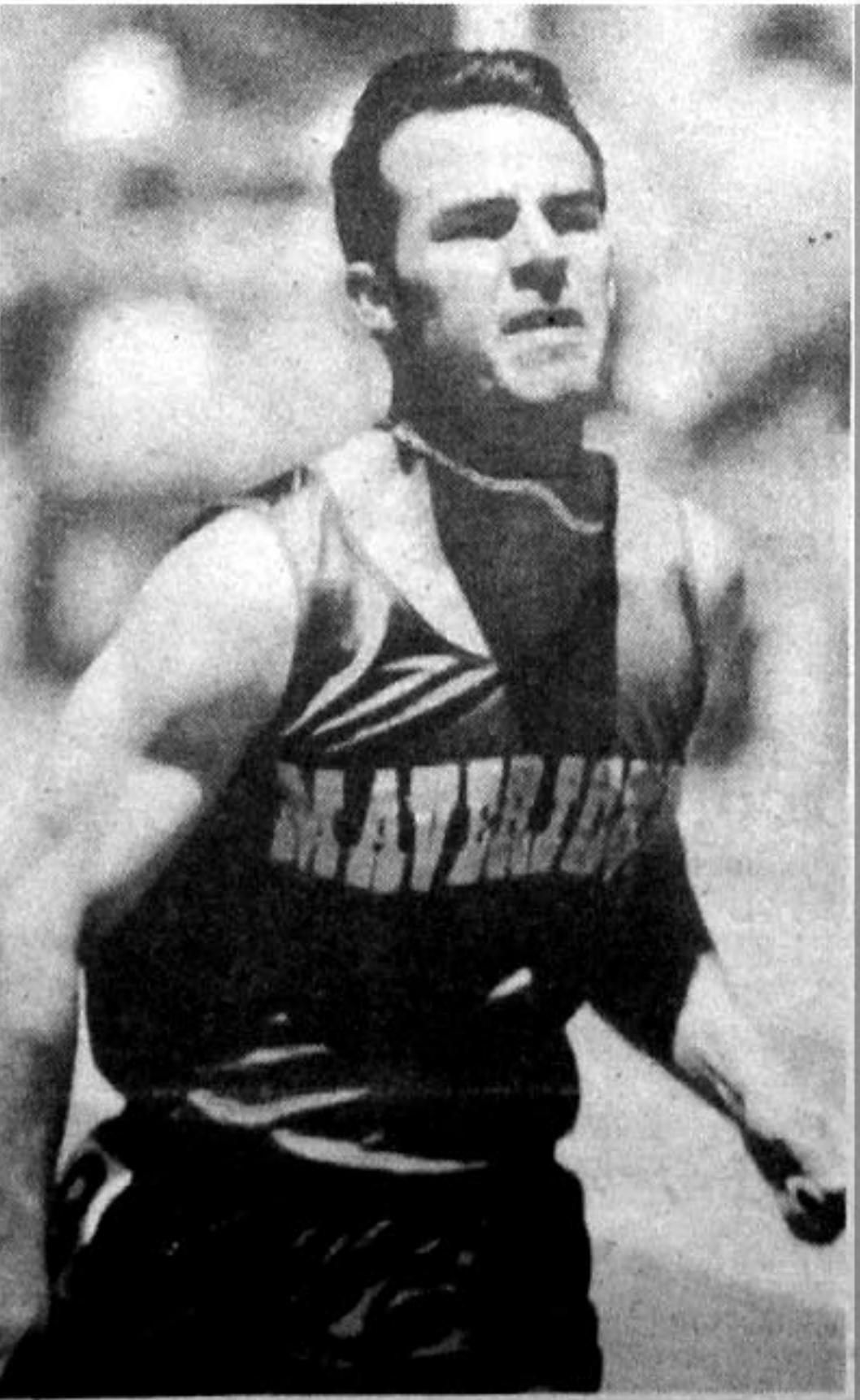
Griffin (South-



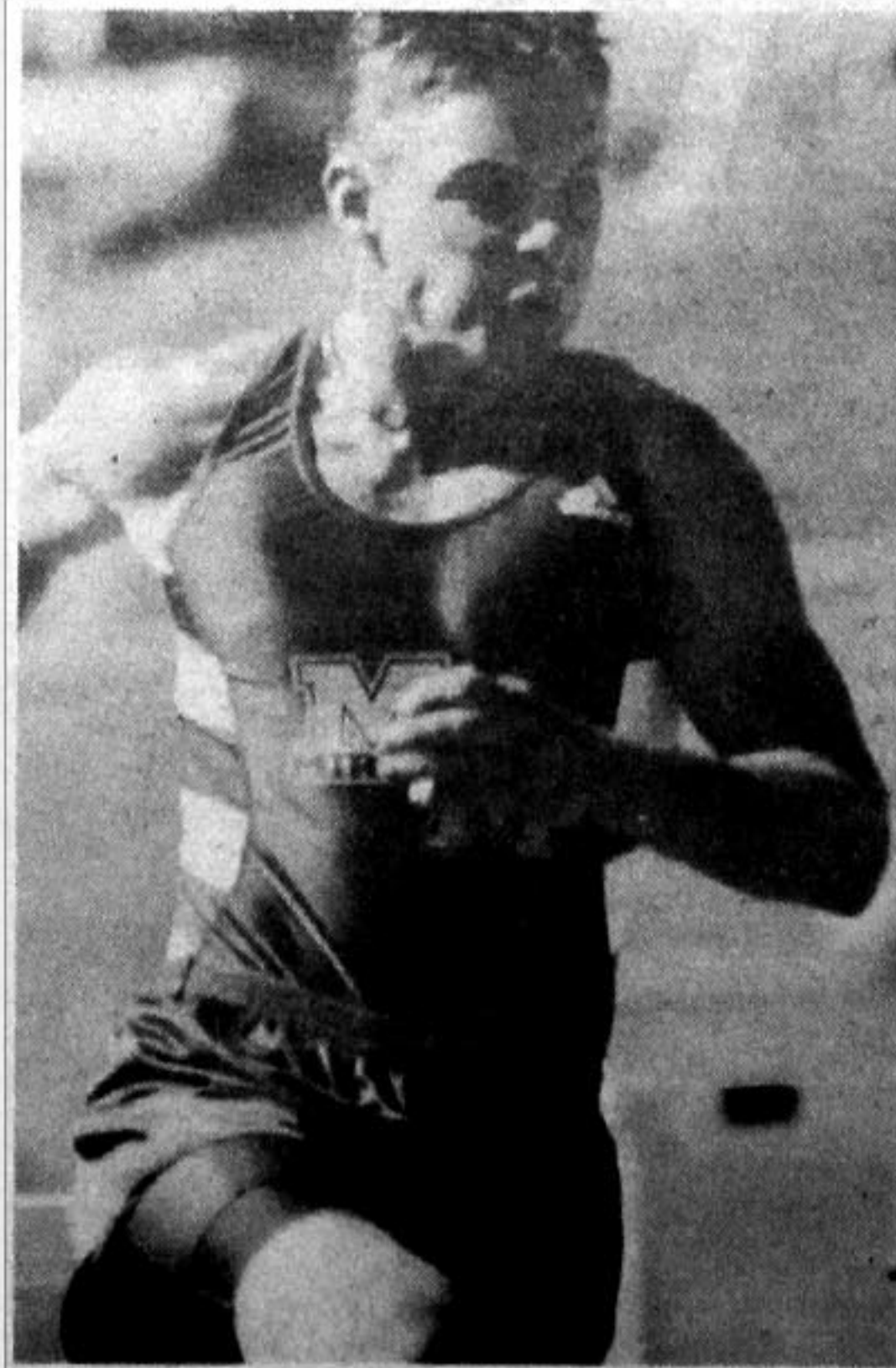
Joey Williams
Mount Miguel



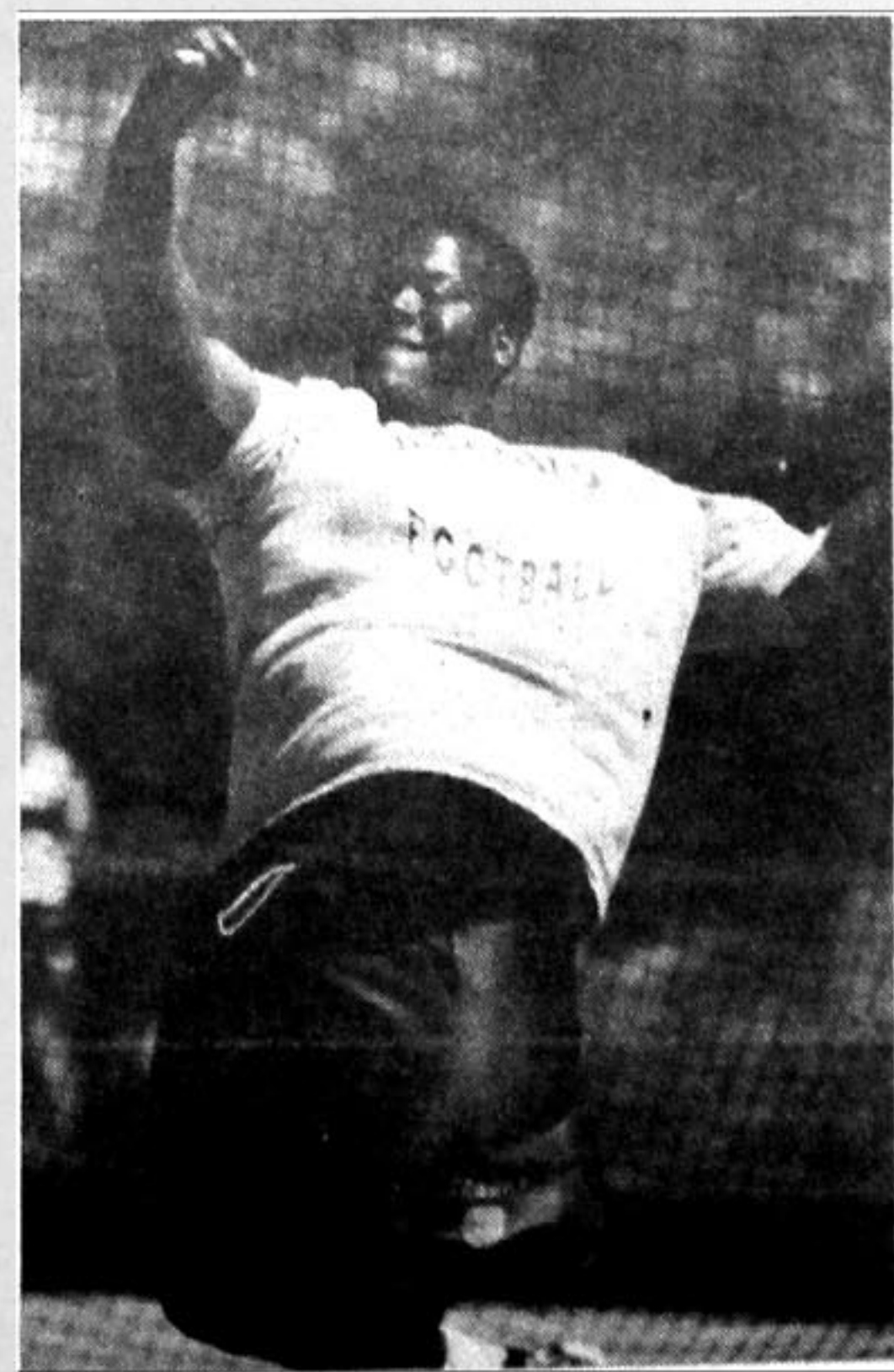
Wade Green
La Jolla



Danny Lanz
La Costa Canyon

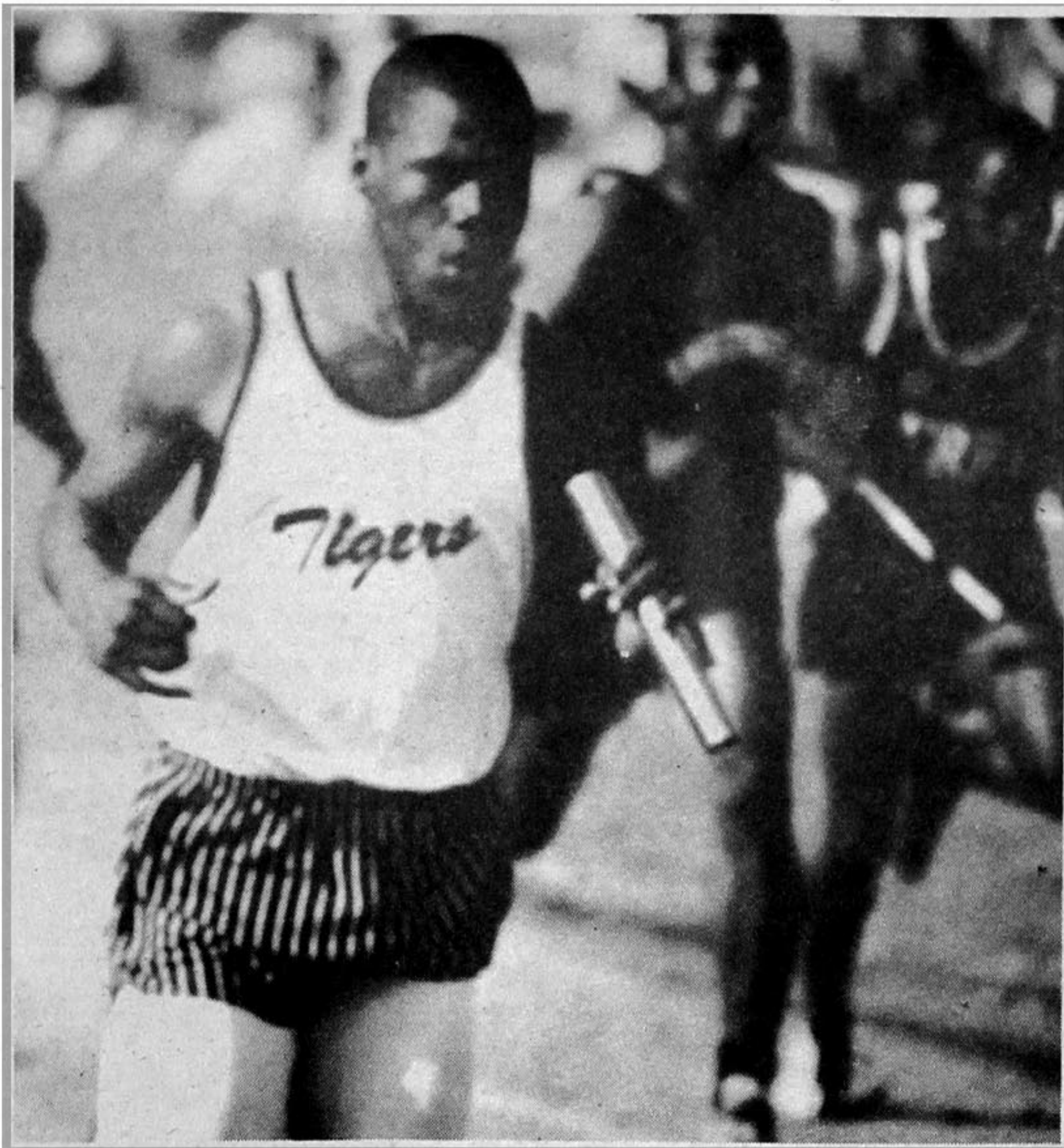


Jeff Orlando
Mira Mesa



Gerald Sykes
Kearny

Please turn to page 8.



Phillip Sanders
Morse

Balboa Relays

From page 7.

west) 20-2, Jamal Randall (MonteV) 20-1.75, Jeff Hunter (GH) 20-1.5, Kuba Wasowski (SM) 20-1, Kevin Johnson (East) 20-0.75, Justin Hunt (MonteV) 20-0, Herman Nuckols (SM) 20-0.

Triple Jump (combined results):
Jamal Randall (MonteV) 43-8.5, Trandon Harvey (Sweet) 42-11, Josh Lipscomb (MMesa) 42-9, Brian Guthrie (Sweet) 42-4, Carl LaGrone (Linc) 42-3, Mike McCall (LJ) 42-3, Dave Van Warren (Serra) 42-0, Raymond Arellano (Sweet) 41-10, Danny Toscano (StA) 41-5, Nick Forston (GH) 41-4, Edison (MonteV) 41-0.

Shot Put (combined results):
Travis Jones (MMesa) 52-1, Bernard Grady (SR) 50-6, Wade Green (LJ) 50-5.25, Kendrick Brunson (CV) 48-3, Jake Dubenetsky (StA) 47-1, R. Hanson (StA) 46-2, Tyrone Brown (Morse) 45-8, Will Nelson (Hill) 45-5, Rashaan Durr (UC) 45-3.75, Gerald Sykes (Kny) 45-0.

Discus Throw (combined results):
Travis Jones (MMesa) 165-4, Bernard Grady (SR) 164-10, Mike Armstrong (UC) 161-1, Wade Green (LJ) 144-7, Tyrone Brown (Morse) 142-11.

GIRLS:

100:
DI: Stephanie Blake (FP) 12.87, unid., (Craw) 11.33.
DII: Faith Lin (LJ) 12.60, Priscilla Parker (MB) 12.78, Crystal Hinton (Linc) 12.99, unid., (Hoov) 13.06, unid., (PH) 13.08, Durruthy (East) 13.42.

DIII: Latoya Summerville (SR) 13.14, unid., (SD) 13.57.
DIV: Kameelah Allen (MIM) 13.13, unid., (MiraM) 13.27.

1600:
DII: Desiree Leek (LJ) 5:21.16, Chessa Adsit Morris (UC) 5:30.97, Carly Votolato (UC) 5:37.05, Pati Romero (East) 5:37.56, Laura Cohen (UC) 5:40.47.

DIII: Desiree Davila (Hill) 5:12.33, Morgan Soule (LCC) 5:25.76, Natalie Parks (PIL) 5:38.81, Roxanne Romo (SD) 5:47.12.

DIV: unid., (CV) 5:39.49, Morgan Rounkles (MIM) 5:40.31.

4x100 Relay:
DI: Coronado 53.6, Francis Parker NT, Crawford NT.

DII: Lincoln 50.1, La Jolla 50.7, Patrick Henry 51.6, Hoover 52.1, University City 52.7, Eastlake 53.2.

DIII: Hilltop 51.3, San Diego NT, Point Loma NT.

DIV: Mount Miguel 51.1, Mira Mesa NT, Australia NT.

4x200 Relay:
DI: Coronado 1:52.92, Crawford 1:59.17, Our Lady of Peace 2:04.25.

DII: Lincoln 1:48.48, Patrick Henry 1:53.26, Kearny 1:55.43.

DIV: Mount Miguel 1:51.18, Mira Mesa 1:52.26, Monte Vista 1:52.85, Granite Hills 1:53.66.

4x400 Relay:

DI: Our Lady of Peace 4:53.29.
DII: Lincoln 4:13.23, Patrick Henry 4:25.19, La Jolla 4:31.69, University City 4:33.24.

DIII: Hilltop 4:06.97, University of San Diego 4:19.88, San Diego 4:21.87, La Costa Canyon 4:26.28, Serra 4:30.32, Scripps Ranch 4:35.82.

DIV: Granite Hills 4:20.93, Chula Vista 4:22.27, Mount Miguel 4:25.04, Morse 4:44.91.

Sprint Medley Relay:
(100, 100, 200, 400)
DI: Coronado 2:14.74, Francis Parker 2:17.07, Crawford 2:22.89.

DII: Lincoln 1:52.82, Hoover 2:02.18, Patrick Henry 2:02.78.

DIII: San Diego 1:55.22, Scripps Ranch 1:59.01, San Marcos 2:01.75, University of San Diego 2:02.91.

DIV: Australia 1:56.74, Mount Miguel 1:57.7, Mira Mesa 1:58.20, Granite Hills 2:01.78, Sweetwater 2:02.10.

Mid-Distance Medley Relay:
(200, 200, 400, 800)
DI: Coronado 4:31.04, Crawford 4:44.16, Our Lady of Peace 4:44.80.

DII: University City 3:39.57, Patrick Henry 4:43.19, Eastlake 4:43.26.

DIII: Hilltop 4:30.44, San Diego 4:33.31, San Marcos 4:42.78.

DIV: Australia 4:28.65, Mount Miguel 4:35.86, Chula Vista 4:45.26.

Distance Medley Relay:
DI: Our Lady of Peace 14:27.85, Brawley 14:32.78, Croonado 14:36.76.

DII: La Jolla 13:31.84, University City 13:31.92, Eastlake 14:49.13.

DIII: La Costa Canyon 13:37.25, Point Loma 13:52.15, Scripps Ranch 13:55.88.

DIV: Chula Vista 13:54.13, Mira Mesa 13:54.98, Morse 15:19.21.

4x100 Shuttle Hurdle Relay:
DI: Our Lady of Peace 1:19.1.

DII: Santana 1:18.8, Patrick Henry 1:19.1, Eastlake 1:19.3.

DIII: Hilltop 1:10.2, San Diego 1:13.6, Serra 1:18.4.

DIV: Monte Vista 1:08.2, Mira Mesa 1:09.6, Mount Miguel 1:16.9.

High Jump (combined results):
Shannon Fleming (USD) 5-2, Kelsey Turner (GH) 5-2, Qwenice Jackson (SD) 5-0.

Pole Vault (combined results):
Kelly Hobbs (GH) 8-6, Marie Nowinski (MMesa) 8-6.

Long Jump (combined results):
Tiah Gray (UC) 16-5, Arkisha Iverson (Hoov) 16-0, Sonfre Roberson (Morse) 15-9.5, Christy Mulroy (OLP) 15-5, Eureka Thompson (Morse) 15-3, Kegler (Hill) 15-2.5, Angela Rochester (GH) 15-0.5, Laleisha Petersen (Hill) 15-0, Jefferson (Southwest) 15-0.

Triple Jump (combined results):
Jane Givens (LJ) 34-1, Melissa Lorang (UC) 33-0.5, Crystal Chinn (Serra) 32-8, Tiah Gray (UC) 32-3, Jessica Turner (Serra) 31-10.

Shot Put (combined results):
Candace Hill (Hoov) 42-3.5, Allison Bernardino (SR) 33-9, Shemika Morris (SR) 33-7, Amber Hood (Morse), 32-11.5, Alicia Minette (LJ) 32-6, Shante Daniel (Serra) 32-4.5, Lacey Williams (Linc) 30-3.5, Suzy Brown (Sweet) 30-2.75, Rachel Johansen (MonteV) 30-1.

Discus Throw (combined results):
Candace Hill (Hoov) 110-2, Shemika Morris (SR) 106-3, Bianca Pegues (PIL) 100-1.

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 29.

100:

Automatic time:

10.77 Lamont Long, UC
10.80 R. J. Oliver, Esc
10.87 Larry Miles, Craw
10.88 Steve Hayes, UC
11.08 Mike Roberts, PH
11.11 Lavell Anderson, East
11.12 Fiat Johnson, Serra
11.17 Wardell McNeal, Mont
11.19 Chaunce Smith, UC
11.24 Antwane Collier, SD
11.24 Phillip Sanders, Morse
11.28 Michael Frazier, CP

Windy:

10.98 Hanee Peterman, Helix (+2.45)
11.00 Allen Thompson, Sweet (+4.73)
11.18 John Campbell, TP (+4.73)
11.19 Ernesto Jordan, UC (+4.73)
11.25 Andre Davis, ECV (+4.73)
11.26 Bill Diller, MTC (+4.73)

Hand time:

10.6 Maurice Douglas, SD
10.6 Wardell McNeal, Mont
10.6 Lavell Anderson, East
10.7 Larry Miles, Craw
10.7 Lamont Long, UC
10.7 Andre Davis, ECV
10.7 Antwane Collier, SD
10.7 Nathan Cunningham, WH
10.8 Drew Roberts, RB
10.9 Mark Tate, Hoover
10.9 Ernesto Jordan, UC
10.9 Hanee Peterman, Helix
10.9 Kevin Johnson, East
10.9 Brandon Jones, MMesa
10.9 Danny Lanz, LCC
10.9 Joey Williams, MtMig
10.9 Bill Diller, MTC
10.9 Charlie Steele, SP
11.0 Andres Rodriguez, SD
11.0 David Hannibal, BV
11.0 Antonio Gonzales, RBV
11.0 Mike Roberts, PH
11.0 Michael Frazier, CP
11.0 Joe Collins, RB
11.1 Michael Johnson, Serra
11.1 Napoleon McNeal, Mont
11.1 Jair Brown, MMesa
11.1 Clarence Cunningham, SR
11.1 Adam Smith, BV
11.1 Allen Thompson, Sweet
11.1 Jamal Tate, Hoover
11.1 Adrian Waddy, Vista
11.1 Sanders, Madison
11.1 Allen Houston, USD
11.1 Gary Johnson, FP
11.1 Damaro Wheeler, Kearny
11.1 Jason Van, Helix
11.1 Mario Rivas, MarV

Windy:

10.6 Hanee Peterman, Helix
10.6 Wardell McNeal, Mont
10.9 Eric Peterman, Helix
10.9 Jason Van, Helix
11.0 David Hannibal, BV
11.1 John Ward, Poway
11.1 Jeremy Read, Gross

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
22.94 Roy Gaines, Morse
22.98 Jay Hackett, Morse
23.08 Mike Johnson, Serra

Windy:

21.99 Larry Miles, Craw (+2.65)
22.48 Hanee Peterman, Helix (+2.65)
22.59 Andre Davis, ECV (+3.38)
22.69 Antonio Gonzales, RBV (+2.65)
22.69 Roy Gaines, Morse (+2.65)



Mark Tate
Hoover

23.00 Allen Thompson, Sweet (+2.65)

Hand time:

21.6 Maurice Douglas, SD
21.9 Larry Miles, Craw
21.9 Andre Davis, ECV
21.9 Terron Franklin, Helix
22.0 Antwane Collier, SD
22.0 Nathan Cunningham, WH
22.1 Lavell Anderson, East
22.1 Bill Diller, MTC
22.4c Michael Thayer, Ptl
22.4 Wardell McNeal, Mont
22.5 Andres Rodriguez, SD
22.5 Antonio Gonzales, RBV
22.5 Hanee Peterman, Helix
22.6 Mark Tate, Hoover
22.6c Marlon Dorn, Sweet
22.6 Dan Cobler, TP
22.6 Brandon Jones, MMesa
22.6 Kevin Johnson, East
22.6 Waddell, RBV
22.7 Steve Hayes, UC
22.7c Joey Williams, MtMig
22.9 Allen Thompson, Sweet
22.9 Lamont Long, UC
22.9 Clarence Cunningham, SR
22.9 Randall Leyking, Poway
22.9 Matt Beckstead, RB

400:

48.3 Terron Franklin, Helix
48.9 Maurice Douglas, SD
49.08 Steve Hayes, UC
49.35 Jay Hackett, Morse
50.7 Jason Davis, Poway
50.7 Randall Leyking, Poway
51.0 Mark Tate, Hoover
51.02 Roger Mathis, Morse
51.1 Jason McKlevey, SD
51.1 Steve Branson, TP
51.2 Matt Beckstead, RB
51.2 Lorenzo Nathan, Helix
51.35 Wardell McNeal, Mont
51.5 Jamal Briggs, MMesa
51.58 Justin Hunt, MonteV
51.6 Boris McDaniels, Lincoln
51.6c Evan Fox, WH
51.6c Pete Battaglia, WH
51.8 Brandon Jones, MMesa
51.98 Joseph Miller, RBV
52.0 Lenchow Griffith, MMesa
52.1c Alex Maurer, LJ
52.1 Michael Johnson, Serra
52.1 Luis Mariscal, SP
52.2 Yanta Morrow, Serra
52.2 Larry Miles, Craw
52.2 Dustin Johnson, SD
52.3 Bill Diller, MTC
52.3 Jason Vestal, EICap
52.3c Dale Houser, BV
52.3c Matt Theisen, Vahalla
52.3 Ron Kahler, OG
52.3 Jesus Nunez, SP
52.5 Mike Ficken, WH
52.5 Michael Thayer, Ptl
52.5c Hanee Peterman, Helix
52.5 Joe Collins, RB
52.5 R. J. Oliver, Esc
52.5 Hood, Madison
52.51 Steve Daniels, Carls
52.71 David Silva, Craw

800:

1:56.24 Sean Ricketts, RB
1:56.65 Bill Ungricht, Fall
1:57.39 Jarred Emmons, Vista
1:57.4 Nick Thornton, RBV
1:57.43 Ben Aragon, WH
1:57.8 Evan Fox, WH
1:58.0 Aaron Powell, Poway
1:58.05 Marcus Chandler, Serra
1:58.20 Jason Finch, GH
1:58.2 Josh Pope, Poway

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Best Marks

From page 8.

1:59.0	Nico Cueva, Esc
1:59.08	Jon Rankin, MonteV
1:59.14	Alejandro Mares, LJ
1:59.3	Matt McInvale, Ramona
1:59.5c	William Burer, Valhalla
1:59.8	Pat Prunty, Poway
2:00.0	Adam Van Wart, SP
2:00.0	Chad Young, CalC
2:00.36	Matt Theisen, Valhalla
2:00.6	Steve Branson, TP
2:00.7	Dale Houser, BV
2:01.0	Luis Mariscal, SP
2:01.23	Jason McKlevey, SD
2:01.96	Paul Whitford, Coro
2:02.0	Efrain Casarez, Fall
2:02.0	Justin Neuroth, Vista
2:02.1	Ryan Moorcroft, StA
2:02.27	Jon O'Connor, UC
2:02.30	Jeff McKnight, Ptl
2:02.3	Maurice Douglas, SD
2:02.4	Matt Johnson, SP
2:02.6	Mark Johanson, RBV
2:02.73	Staley Morgan, UC
2:02.8	Dustin Westergom-Flick, WH
2:03.0	Justin Mattos, Fall
2:03.0	Raphael Machado, SR
2:03.1	Greg Ryan, MtC
2:03.11	Paul Franco, Sweet

1500:

4:01.07	Evan Fox, WH
4:06.1	Adam Van Wart, SP
4:06.24	Josh Pope, Poway
4:06.96	Jon Rankin, MonteV
4:09.30	Jon O'Connor, UC
4:11.23	Sean Ricketts, RB
4:11.69	Ryan Moorcroft, StA
4:13.56	Ryan Montez, Vista
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
4:20.66	Evan Fox, WH
4:22.06	Matt McInvale, Ramona
4:24.7	Jason Finch, GH
4:24.76	Josh Pope, Poway
4:25.0	Ken Nwadike, CV
4:25.7	Sean Ricketts, RB
4:28.0	Travis Laird, SM
4:28.4c	Thomas Jodoin, MMesa
4:28.5	Adam Van Wart, SP
4:29.2	Nic Thornton, RBV
4:29.3	Devin Lyons-Quirk, Poway
4:29.58	Jon O'Connor, UC
4:30.0	Brian Paff, BV
4:30.0	Ryan Montez, Vista
4:30.14	Jon Rankin, MonteV
4:31.1	Pat Prunty, Poway
4:31.16	Pat Grimes, SR
4:32.9	Lawrence Mier, SM
4:32.95	Ben Aragon, WH
4:33.4	Efrain Casarez, Fall
4:34.1	Chris Kenyon, MtC
4:34.4c	Blake Swier, MarV
4:34.50	Michael Manzano, CV
4:34.9	Ryan Moorcroft, StA
4:35.0	Alejandro Mares, LJ
4:35.0	Colin Donnelly, StA
4:35.2	Sergio Esquivel, MtC
4:36.0	Alex Cocina, SD
4:36.1	Christian Dominguez, SD
4:36.17	Jeff McKnight, Ptl
4:36.58	Mike Cooke, MtC
4:37.67	Raphael Machado, SR
4:38.14	Sam Stewart, Hilltop
4:38.70	Joe Robinett, Ptl
4:39.0	Matt Herriman, StA
4:39.4	David Gilboa, TP
4:39.67	Erik Hanley, USD
4:39.98	Nick Jones, OG

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
9:37.09	Travis Laird, SM
9:41.0	Marcus Chandler, Serra
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
9:54.1	Ian Bartonicek, GH
9:56.7	Devin Lyons-Quirk, Poway
9:57.7	Ryan Maynard, GH
9:59.0	Luke McGinnis, Poway
10:00.2	Chris Kenyon, MtC
10:02.0	Tim Helms, Poway
10:02.7	Brian Paff, BV
10:02.8c	Evan Fox, WH
10:03.3	Mike Cooke, MtC
10:04.7	Michael Manzano, CV
10:06.2	Colin Donnelly, StA
10:07.0	Matt Patino, MMesa



Kendrick Brunson
Chula Vista

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
15.59	Jeff Shoate, Serra
15.62	Jeff Hunter, GH
15.83	Jeff Failla, Esc
16.10	Baran Hill, StA
16.18	Terrence Johnson, Helix

Windy:

14.83	Joe Gutierrez, Sweet (+3.18)
14.90	Justin Hunt, MonteV (+3.18)
15.09	Jeff Hunter, GH
15.18	Terrence Johnson, Helix
15.26	David Claggett, SP
15.29	Mark Daynes, ElCap (+2.68)
15.52	Matt MacLeod, WH
15.59	Jason Gatewood, RBV (+3.18)

Hand time:

14.6	Ben Church, MMesa
14.6	Bobby Salimi, RB
14.7	Justin Hunt, MonteV
14.8	Tony Golston, Ptl
14.8	Joe Gutierrez, Sweet
14.8	David Claggett, SP
14.9	Jeff Hunter, GH
15.1	Terrence Johnson, Helix
15.1	Jarred Stites, MMesa
15.1	Jason Gatewood, RBV
15.2	Jeff Shoate, Serra
15.3	Matt MacLeod, WH
15.4	Paul Yoder, Oside
15.4	Trandon Harvey, Sweet
15.4	Tony Pricor, StA
15.7	Sean Sweat, ElCam
15.7	Jeff Failla, Esc
15.8	Mark Daynes, ElCap
15.8	John Dudeck, TP
15.9	Jonathan Takahashi, Gross
15.9	Charles Bailey, Hoover
15.9	Ben Knight, MarV
15.9	Baran Hill, StA
15.9	Rashard Holmes, RB
15.9	Sean Daley, Vista

Windy:

14.9	Sean Sweat, ElCam
15.1	Matt MacLeod, WH
15.4	Jeff Failla, Esc
15.5	Brian Oxley, Vista
15.8	Trent Stroh, VCenter

300 Intermediates:

39.23	Jeff Hunter, GH
39.4	David Claggett, SP
39.7	Bobby Salimi, RB
40.2	Sean Sweat, ElCam
40.2	Justin Hunt, MonteV
40.2	Joe Gutierrez, Sweet
40.5	Jason Gatewood, RBV
40.8	Tony Golston, Ptl
40.9c	Mark Daynes, ElCap
41.0	Mike Dobransky, Poway

41.0	Terrence Johnson, Helix
41.1	Kyle Conerly, WH (41.11 auto)
41.35	Jeff Orlando, MMesa (41.2h)
41.4	Kevin Correnti, StA
41.4	Jeff Failla, Esc
41.60	Jarred Stites, MMesa
41.7	Travis Lyman, SP
41.8c	Mike McCall, LJ
41.84	Luis Quintana, CP
41.85	Brett Simmons, Coro
41.9	Paul Yoder, Oside
41.9	Jordan Adams, PH
42.0	Ben Knight, MarV
42.1	Sean Daley, Vista
42.1	Brian Manley, MtC
42.3	Wooten, Vista
42.3	St. John, ElCam
42.3	Jeff Shoate, Serra
42.5	Miguel Szabo, UC
42.6	Steven Daniels, Carls
42.70	Scott Miller, WH

400 Relay:

Automatic time:

41.77	University City
42.11	Morse
42.80	Helix
42.91	West Hills
43.29	Sweetwater
43.30	Rancho Bernardo
43.50	Mira Mesa
43.61	Mount Miguel
43.90	Montgomery
44.20	Patrick Henry
44.30	Poway
44.33	San Diego
44.40	Eastlake
44.53	San Pasqual
44.53	Crawford
44.58	Escondido
44.60	Rancho Buena Vista
44.60	Mt. Carmel
44.70	Serra
44.98	Hoover

Hand time:

42.1	University City
42.2	San Diego
42.5	Helix
42.9	Eastlake
43.6	Hoover
43.6	West Hills
43.6	Rancho Bernardo
43.6	Poway
43.6	Rancho Buena Vista
43.8	Mira Mesa
43.8	Mt. Carmel
44.1	Scripps Ranch
44.1	Sweetwater
44.1	Montgomery
44.2	Serra
44.2	Crawford
44.2	Torrey Pines
44.4c	Mount Miguel
44.5	Bonita Vista
44.6	Castle Park
44.7	San Pasqual
44.9	Escondido
45.0	Calvin Christian
45.0c	La Jolla

Best marks - PAGE 9

1600 Relay:

3:22.81	Morse
3:27.06	Rancho Buena Vista
3:27.1	Poway
3:27.69	Crawford
3:28.2	Helix
3:28.57	West Hills
3:29.1	Vista
3:29.6	Mt. Carmel
3:29.82	San Diego
3:30.05	Serra
3:30.42	Eastlake
3:30.46	Patrick Henry
3:31.00	Castle Park
3:31.01	La Jolla
3:31.32	Mira Mesa
3:32.04	San Pasqual
3:32.04	Lincoln
3:32.8	Fallbrook
3:32.9	Rancho Bernardo
3:33.65	Bonita Vista
3:33.68	Scripps Ranch
3:34.67	University City
3:36.03	Granite Hills
3:37.27	Mount Miguel
3:38.41	University City F/S
3:39.2	Ramona

High Jump:

6-9	Jason Gatewood, RBV
6-4	Robert Ma, Poway
6-4	Eric Williams, RB
6-3	Wade Curry, East
6-2	Lenchow Griffith, MMesa
6-2	Nate Skrzypczak, VCenter
6-2	Keith McGuinness, GH
6-2	Brandon Munding, Valhalla
6-2	Jason Walker, Carls
6-2	Trent Stroh, VCenter
6-2	Austin Neudecker, BV
6-2	Chris Staton, PH
6-2	Jamal Randall, MonteV
6-2	Isaac Simms, UC
6-2	Felix DeSaracho, BV
6-1	Josh Milligan, CP
6-1	Cory Evans, East
6-0	Smith, S'west
6-0	Brian Guthrie, Sweet
6-0	Ben Bresnahan, Fall
6-0	Daryl Johnson, Oside
6-0	James Holley, UC
6-0	Mike McCall, LJ
6-0	Travis Blankenship, LJ
6-0	David Lee, GH
6-0	Anzio Gainey, RBV
6-0	Jeff White, ElCap
6-0	Tony Pricor, StA
6-0	Travis Offner, MtC
6-0	Ernie Lopez, ElCap
6-0	Carl LaGrone, Linc
6-0	Hadij Walker, SR
6-0	Tony Golston, Ptl
6-0	Sean Volbeda, MtC
6-0	Vernon Smith, MB
6-0	Jordan Adams, PH
6-0	Ryan Miller, Vista
6-0	J. White, ANA

Pole Vault

15-0	Sean Daley, Vista
14-8	Jonathan Takahashi, Gross
14-7	Eric Somers, SM
14-6	Jamie Zolnierak, RBV
14-2	Bobby Phimmason, Poway
14-0	Dante Jerig, WH
14-0	Austin Priest, RBV
14-0	Nate Alder, Poway
13-8	Jacob Chase, OG
13-7	Gabriel Cornejo, CV
13-6	Ken Covell, WH
13-6	John Jeter, MtC
13-6	Phil Ball, ElCap
13-6	Travis Offner, MtC
13-2	Jason Charles, OG
13-0	David Long, GH
13-0	Chris Dorminy, RB
13-0	Ricardo Murillo, Vista
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
12-6	Brown, Ramona
12-6	Alex Doria, East
12-6	Keith Hamon, RBV
12-6	Jean-Paul Panis, Coro
12-6	Brent Stockton, Esc
12-2	Jason Gavin, SR
12-2	Matt Davis, ElCap
12-0	Andy Bechtel, WH
12-0	Mario Watts, Coro
12-0	Richard Baker, BV
12-0	Mark Marshall, PH
12-0	Chris Spehar, RB
12-0	Matt Reimert, RB
12-0	Woods, MMesa
12-0	Eddie Miguel, LCC
12-0	Hill, RB

Long Jump:

22-8.5	Chris Pittman, CP
22-8	Rashard Holmes, RB
22-2	Jason Gatewood, RBV
22-1	Jeff Hunter, GH
21-11.5	Chris Staton, PH
21-10.25	Tony Ortiz, Helix
21-10	David Hannibal, BV
21-8.5	Marcus Wooden, Morse
21-8	Mike McCall, LJ
21-4.5	Seth Andrews, Morse
21-4.25	Jordan Adams, PH
21-4	Tony Golston, Ptl

Please turn to page 10.

Best Marks

From page 9.

21-3.5	Dan Coblér, TP
21-2.25	Ben Church, MMesa
21-2	Robert Ma, Poway
21-1.5	Bobby Salimi, RB
21-1	Justin Hunt, MonteV
21-1	Jason Davis, Poway
21-0	McKinley Jean-Gilles, Hoover
21-0	Dale Coke, Poway
20-11.5	Charlie Steele, SP
20-10	Trandon Harvey, Sweet
20-9.5	Thomas Mootry, Morse
20-9	Alton Gilbert, Linc
20-8	Wardell McNeal, Mont
20-8	Matt Barbour, Gross
20-7.5	Kevin Johnson, East
20-6.25	Kuba Wasowski, SM
20-6	Jon Reynolds, Serra
20-6	Avante Agurs, Gross
20-6	Brian Guthrie, Sweet
20-6	Eric Rogers, Morse
20-5.75	Kareem Holmes, Mont
20-5.5	Shannon Nowden, MB
20-5	Jesse Alvarez, CV
20-4.5	Alec Wisecup, Ram
20-4.25	Joey Latscha, OG
20-4	Mark Tate, Hoover
20-4	Aaron Jones, SD
20-4	Josh Lipscomb, MMesa
20-3.5	Michael Thayer, Ptl
20-3.5	Chase Shellburne, LJ
20-3	Danny Ames, ElCap
20-3	Joe Griffen, S'west
20-3	Keith McGuinness, GH
20-2	Bill Diller, MIC

Windy:

21-9.5	Ben Church, MMesa
21-4.5	Kuba Wasowski, SM
20-9	Eric Rogers, Morse
20-7.5	Brian Guthrie, Sweet

Triple Jump:

46-10	Tony Ortiz, Helix
46-8.5	McKinley Jean-Gilles, Hoover
45-4	Robert Ma, Poway
44-2	Mike McCall, LJ
43-11.5	Jamal Randall, MonteV
43-9	Kareem Holmes, Mont
43-8.5	Terrence Hibbler, Helix
43-8	Thomas Mootry, Morse
43-5.5	Trandon Harvey, Sweet
43-3	Rashaan Green, Serra
43-2.5	Brian Guthrie, Sweet
43-1.5	Josh Lipscomb, MMesa
43-0.5	Matt Barbour, Gross
43-0	Jon Reynolds, Serra
42-11.5	Carl LaGrone, Linc
42-10.25	Antonio Gonzales, RBV
42-8	Dale Coke, Poway
42-7	Rashard Holmes, RB
42-5	Dave Van Warren, Serra
42-3	Jacob Chase, OG
42-2	Anzio Gainey, RBV
42-1.5	Cordell Williams, ECV
42-1	Danny Toscano, StA
42-0.5	Nick Forston, GH
42-0	Avante Agurs, Gross
41-11.5	Chris Lundgren, GH
41-10	Joe Griffen, S'west
41-10	Raymond Arellano, Sweet
41-9.5	Jonathan Takahashi, Gross
41-8.25	Terron Farris, RB
41-8	Edison, MonteV
41-6	Mike Humphrey, SP
41-5.5	Jonathan Diaz, East
41-2	Dustin Johnson, SD
41-2	Steve Mavis, CalC

Shot Put:

60-6	Danny Ames, ElCap
59-2	Bernard Grady, SR
57-9.5	Wade Green, LJ
54-11	Wayne Hassey, ElCap
54-7.5	Travis Watkins, Helix
53-8	Travis Jones, MMesa
52-11	Kendrick Brunson, CV
51-7.75	David Nowotny, Fall
50-8.5	Dan Ybarra, OG
50-4	Mike Schardin, East
49-7	Jason Tuerk, RB
49-2	Charles Tyson, BV
49-0	John Stokes, ElCap
48-11.5	Steve Vieira, Carls
48-11	Jeremy Read, RB
48-8	Jahdai Pickett, Sweet
48-3.75	Rafiq Randall, CP
48-3	Kevin Vernoy, RBV
48-2.5	Tyler Moazed, MIC
48-1	Onofre Gascon, Sweet
47-11	Faurvirin, Carls
47-6	Nathan Perez, RBV
47-4	Matt Saale, Oside
47-2	John Ward, Poway
47-1	Will Nelson, Hilltop
47-1	Jake Dubenetsky, StA
47-1	R. Hanson, StA
46-11	Gerald Sykes, Kearny
46-10.5	Derrick Germain, Fall
46-8.5	Tyrone Brown, Morse



Mike Armstrong
University City

46-7	Rashaan Durr, UC
46-6	Curtis James, Kearny
46-5.75	Travis Asch, ElCap
46-4	Moses Rangle, East
46-1	Richie Smith, GH
46-0	Mike Proctor, ElCap
45-8	Andrew Warren, Sant
45-7.75	Carl Lee, OG
45-7	Darrell Collins, SM
45-5	Jason Treter, Hilltop
45-4	Chris Kroner, BV
45-3	Arturo Mujica, GH
45-0.5	Steven Myers, BV
45-0	Andre Williams, MB

Discus Throw:

190-5	Danny Ames, ElCap
182-11	Mike Armstrong, UC
172-2	Travis Jones, MMesa
168-0	Jahdai Pickett, Sweet
165-5	John Ward, Poway
165-2	Wade Green, LJ
164-10	Bernard Grady, SR
163-4	Will Hunt, Hilltop
160-8	Charles Tyson, BV
160-0	Jason Tuerk, RB
158-6	Travis Asch, ElCap
155-9	Travis Watkins, Helix
155-7	David Nowotny, Fall
153-4	Ronnie Stewart, Carls
153-0	Noah Eichen, TP
152-2	Zeph Carter, MtMig
151-4	Wayne Hassey, ElCap
150-0	Kevin Vernoy, RBV
146-4	Tagaia Savaiinaea, East
146-0	Bernard Lofton, Serra
145-10	Matt Saale, Oside
143-10	Tyler Moazed, MIC
142-11	Tyrone Brown, Morse
142-9	Charles Bailey, Hoover
142-0	Richie Smith, GH
141-8	Darrell Collins, SM
141-0	Chris Staton, PH
139-5	C. J. Threat, CP
138-11	Marcus Garcia, GH
137-7	Dan Ybarra, OG
137-6	Richie Smith, GH
137-1	Jabara Brown, Craw
135-10	Jeremy Driggs, Sweet
135-8	Moses Rangle, East
134-6	Nathan Perez, RBV
133-2	Scott Colegrove, Esc
133-0	Felihan, MIC
132-8	Gerald Sykes, Kearny
132-2	Sosiuva Sekona, MB

GIRLS:

Marks received by April 29.

100:

Automatic time:	
11.71	Monique Henderson, Morse (+1.6)
12.57	Kristen Tucker, MonteV
12.60	Faith Lin, LJ
12.64	DeCola Groce, Morse (-1.8)
12.78	Priscilla Parker, MB
12.79	Tiffany Lowery, SP
12.82	Anne James, RB
12.87	Stephanie Blake, FP
12.88	Jill Young, Poway
12.90	Monica Clifton, MMesa
12.91	Jasmine Blakey, RB
12.98	Kristina de la Rosa, RB
12.99	Crystal Hinton, Lincoln
13.03	Tara Egipto, CP
13.06	Arkisha Iverson, Hoover
13.07	Francine Cepeda, RB



Laura Trask
Valhalla

13.08	unid., Patrick Henry
13.09	Kameelah Allen, MtMig
Windy:	
12.31	DeCola Groce, Morse (+2.5)
12.52	Kristen Tucker, MonteV (+2.77)
12.63	Amber Carrington, MIC (+2.77)
12.66	Kameelah Allen, MtMig (+2.77)
12.81	Latoya Summerville, SR (+3.32)
12.90	Jasmine Blakey, RB (+2.21)
13.03	Elizabeth Tsu, LCC (+3.32)
13.03	Francine Cepeda, RB (+3.32)
13.03	Ciera Ray, Fall (+3.32)
13.12	Shuree Halton, CP
13.18	Delinda Tamagni, PH (+3.32)
13.18	Jessica Walker, MIC (+2.21)

Hand time:	
12.1	Amber Carrington, MIC
12.2	Jessica Thomas, ElCam
12.2	Autumn Wright, ElCam
12.4	Crystal Hinton, Lincoln
12.4	Nadia Sanders, CV
12.4	Elizabeth Tsu, LCC
12.4	Jill Young, Poway
12.4	Anne James, RB
12.5	Latoya Summerville, SR
12.5	Ciera Ray, Fall
12.5	DeCola Groce, Morse
12.5	Laura Martilla, Poway
12.5	Monica Clifton, MMesa
12.5	Tenicia Major, Sweet
12.5	Tiffany Lowery, SP
12.6	Tamikia James, SD
12.6	Kameelah Allen, MtMig
12.6	Jasmine Blakey, RB
12.6	Laura Landry, RB
12.7	Tara Egipto, CP
12.7	Delinda Tamagni, PH
12.7	Kristen Tucker, MonteV
12.7	Candace Ellis, Valhalla
12.7	Dickens, PH
12.8	Michelle Kennedy, SP
12.8	Sheena Graham, SD
12.8	Francine Cepeda, RB
12.8	Camille Tate, RB
12.8	Nini Herron, ECV
12.8	French, BV
12.8	Bryeanna Barmer, Helix
12.8	Lilly, RBV

Windy:

12.3	Anne James, RB
12.6	Oni Mauga, ElCam
12.7	Katie Woolsey, Esc

200:

Automatic time:	
24.20	Monique Henderson, Morse (+0.86)
26.15	Laura Landry, RB (0.0)
26.36	Kristen Tucker, MonteV (+0.86)
27.27	Anne James, RB
27.55	Tamikia James, SD

Possibly windy:

25.77	Kristen Tucker, MonteV
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Windy:	
23.65	Monique Henderson, Morse (+3.0)
26.45	Tiffany Lowery, SP (+2.65)
26.51	Katie Reardon, RB (+2.65)
26.72	Stephanie Blake, FP (+2.65)
27.20	Ciera Ray, Fall (+2.65)
Hand time:	
25.6	Monique Henderson, Morse
26.0	Natassja Hall, RBV
26.1	Nadia Sanders, CV
26.1	Laura Landry, RB
26.2	Amy Taylor, RB
26.3	Tiffany Lowery, SP
26.3	Luci Downey, OG
26.4	Tamikia James, SD
26.4c	Kristen Tucker, MonteV
26.5	Naomi Mattos, Fall
26.5	Jessica Thomas, ElCam
26.5	Amber Carrington, MIC
26.6	LaSheena Rice, SD

26.6c	Unika Smith, Lincoln
26.6	Laura Martilla, Poway
26.6	Camille Dredge, TP
26.7	Monica Clifton, MMesa
26.7c	Ashley Cunningham, Ptl
26.7	Alexis Rampaul, Poway
26.8	Elizabeth Tsu, LCC
26.8	Candace Ellis, Valhalla
26-8	Ciera Ray, Fall
26-9	Katie Reardon, RB
26-9	Camille Tate, RB
26-9	Dickens, PH
26-9	Jill Young, Poway
27-0	Anne James, RB
27-0	Tashina Dears, CP
27-0c	Priscilla Parker, MB
27-1	Francine Cepeda, RB
27-1	Jessica Mercado, SD
27-1	Nini Herron, ECV
27-2	Luketta Williams, Helix
27-2	Kelsey Bollinger, Gross
27-2	Jessica Walker, MIC

400:

53.74	Monique Henderson, Morse
57.9	Camille Dredge, TP
59.0	Natassja Hall, RBV (59.14 auto)
59.40	Luci Downey, OG
59.48	Unika Smith, Lincoln
59.78	Amy Taylor, RB (59.6h)
59.9	Ashley Cunningham, Ptl
60.0	Luketta Williams, Helix
60.1	Starla Henderson, Morse
60.8	Laura Landry, RB
60.8	Naomi Mattos, Fall
61.46	Talisha Clophus, UC
61.5	Nadia Sanders, CV
61.56	LaSheena Rice, SD
61.7	Samantha Piper, Coro
61.7	Katie Baker, Poway
61.8	Kristine Schroeder, RB
61.91	Alexis Rampaul, Poway (61.7h)
62.0	Jessica Mercado, SD
62.0	Katie Collins, Vista
62.2	Jill Sonne, WH
62.22	Phoebe Perkins, MonteV
62.4	Reyes, RBV
62.6	Katie Reardon, RB
62.7	Jessica Walker, MIC
62.7	Erin Skaalen, LCC
62.79	Laurel Hanscom, Valhalla
62.8c	Lesley Bravin, Valhalla
62.95	Tenicia Major, Sweet
63.0	Kennie Kwok, Ram
63.1	Monique Jouglet, Helix
63.31	Latoya Manuel, SM
63.47	Eureka Thompson, Morse
63.50	Ashley Rioja, MtMig
63.5	Erin Martin, WH
63.7	Ashley Walker, Helix
63.8	Kristen Tucker, MonteV

800:

2:14.81	Camille Dredge, TP
2:18.63	Samantha Piper, Coro
2:19.60	Natassja Hall, RBV
2:19.9	Julie Komosinski, TP
2:20.23	Katherine Ziegler, UC
2:20.5	Courtney Baird, Helix
2:21.0	Thea Rusthoven, Esc
2:21.4	Allison Hall, RB
2:22.17	Cathy Picha, Fall
2:22.8	Kamaya Damwijk, Poway
2:23.0	Deanna Sick, MtC
2:23.82	Talisha Clophus, UC
2:24.14	Monique Jouglet, Helix (2:24h)
2:24.54	Erin DeHahn, Hilltop
2:25.1	Jill Steele, MtC
2:25.21	Amonica Phipps, Morse
2:25.38	Lesley Bravin, Valhalla
2:26.2	Courtney Allen, RBV
2:27.30	Deanna Lynn, Carls
2:27.5	Desiree Davila, Hilltop
2:27.5	Karen Vasko, MIC
2:28.0	Heather Shurtleff, WH
2:28.3	Leslie Mitchell, Ram
2:28.5	Karina Kloos, RBV
2:28.9	Laura Crabtree, FP
2:29.0	Morgan Soule, LCC

1500:

4:53.7	Julie Komosinski, TP
4:58.89	Karen Vasko, MIC
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, MIC
5:15.81	Christy McPherson, Vista
5:17.1	Kelly Platko, Carls

1600:

5:05.35	Courtney Baird, Helix
5:08.75	Julie Komosinski, TP
5:09.59	Desiree Davila, Hilltop
5:13.37	Allison Hall, RB
5:13.88	Jenna Timinsky, SDgtoA
5:15.1	Michelle Barrack, USD
5:15.9	Camille Dredge, TP
5:20.65	Cathy Picha, Fall
5:20.70	Morgan Soule, LCC
5:21.0	Heather Shurtleff, WH
5:21.16	Desiree Leek, LJ
5:21.2	Julie Manson, RB
5:22.0	Katie O'Connell, Carls
5:22.6	Kaleena Yee, RB
5:23.19	Jasmine Marquez, ElCap
5:23.20	Katherine Ziegler, UC
5:25.0	Karen Vasko, MIC
5:27.2	Krista Romley, TP
5:29.0	Nicole Mier, SM
5:29.98	Stephanie Baird, Helix

Best Marks

From page 10.

5:30.97	Chessa Adsit-Morris, UC
5:31.0	Kathy Read, TP
5:32.42	Roxanne Romo, SD
5:32.5	Deanna Sick, MTC
5:33.0	Brianna Hibbs, Poway
5:33.0	Pati Romero, East
5:33.1	Megan Briscoe, Poway
5:33.80	Jamie Carmichael, Fall
5:33.9	Amonica Phipps, Morse
5:34.2	Diana Dibble, VCenter
5:34.23	Lorena Jimenez, OG
5:35.9	Carly Votolato, UC
5:38.81	Natalie Parks, PTL
5:39.0	Lanele Cox, Esc
5:39.49	unid., CV
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
11:31.76	Karen Vasko, MTC
11:35.3	Kaleena Yee, RB
11:40.9	Jasmine Marquez, ElCap
11:45.5	Manal Yamout, MTC
11:46.0	Katie O'Connell, Carls
11:47.5	Kathy Read, TP
11:48.62	Chessa Adsit-Morris, UC
11:50.4	Ashlee Dere, MTC
11:52.99	Deanna Sick, MTC
11:53.0	Krista Romley, TP
11:54.2	Maija Rohde, Fall
11:54.3	Heather Shurtliff, WH
11:57.38	Diana Dibble, VCenter
12:05.8	Morgan Soule, LCC
12:05.9	Allison Hall, RB
12:09.4c	Claire Beck, OLP
12:10.10	Ashley Viens, Valhalla
12:11.3	Nicole Mier, SM
12:11.5c	Liz Edwards, LJ
12:12.7	Katie Boyd, RB
12:14.7	Audrey Harrer, MTC
12:15.0	Desiree Leek, LJ
12:15.3	Cathy Picha, Fall
12:16.7c	Candice Osuna, BV
12:20.0	Rebecca McKeown, UC
12:20.56	Rebecca Bartell, WH
12:27.7	Katie Grim, LJ
12:30.4	Mande Clark, Poway
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
17.00	Bethany McDowell, Lincoln
17.01	Katie Camp, MonteV
17.21	Kristin Murphy, RB
17.36	Jennifer Fuller, Hilltop (+0.8)

Windy:

15.88	Bryeanna Barmer, Helix
15.92	Catie Coin, RB
16.07	Bethany McDowell, Lincoln
16.25	Kiona Clark, MonteV
16.31	Amber Martin, WH
16.37	Katie Camp, MonteV
16.56	Laura-Lee Reid, VCenter
16.70	Kristin Murphy, RB
16.93	Marie Carter, MMesa
17.24	Audrey Pound, Poway

Hand time:

15.7	Maggie Escudero, ElCap
16.0	Carla Valdez, CP
16.1	Bryeanna Barmer, Helix
16.1	Katie Camp, MonteV
16.1	Kiona Clark, MonteV
16.1	Amber Martin, WH
16.2	Catie Coin, RB
16.2	Kristin Murphy, RB
16.3	Mikaelyn Austin, RB
16.3	Porsche Kelly, MtMig
16.6	Marie Carter, MMesa
16.7	Audrey Pound, Poway
16.8	Laura-Lee Reid, VCenter
16.8	Kanasha Glover, SD
16.8	Jasmine Schuler, PTL
16.8	Michaela Jobs, Carls
16.8	Rachel Aldous, OLP
16.9	Leah Cole, VCenter
16.9	Elise Orlando, MMesa
17.0	Saunders, MonteV
17.2	Michelle Frederick, WH
17.2	Jennifer Fuller, Hill
Windy:	
15.8	Catie Coin, RB
16.0	Kristin Murphy, RB
16.3	Laura-Lee Reid, VCenter
16.4	Leah Cole, VCenter
16.4	Audrey Pound, Poway



Lorena Jimenez, Ashlee Dere, Lanele Cox
Orange Glen Mt. Carmel Escondido

300 Low Hurdles:

46.46	Maggie Escudero, ElCap
46.5	Bryeanna Barmer, Helix
46.9	Amy Taylor, RB
47.2	Nikki Dulin, RB
47.3	Audrey Pound, Poway
48.2	Erin DeHahn, Hilltop
48.27	Amber Martin, WH
48.4	Catie Coin, RB
48.4	Liz McNamara, Poway
48.4	Delinda Tamagni, PH
48.5	Bethany McDowell, Lincoln
48.7c	Jennifer Fuller, Hilltop
48.9c	Abril Jimenez, Hilltop
49.0	Michaela Jobs, Carls
49.09	Morgan Romine, LJ
49.1	Laura-Lee Reid, VCenter
49.1	Tenicia Major, Sweet
49.5	Tamera Lewis, TP
49.41	Katie Camp, MonteV
49.7	Leah Cole, VCenter
49.78	Carmela Rodgers, CV
49.8	Jane Givens, LJ

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
50.71	Monte Vista
50.77	Poway
50.85	Helix
51.05	West Hills
51.08	Mt. Carmel
51.44	Lincoln
51.50	Morse B
51.51	Mount Miguel
52.00	Patrick Henry
52.00	Scripps Ranch
52.08	Fallbrook
52.19	La Costa Canyon
52.47	San Diego
52.68	Rancho Buena Vista
52.78	Coronado
52.98	San Pasqual
53.18	Mira Mesa
53.23	Vista
53.28	University City
53.46	Sweetwater

Hand time:

47.7	Morse
49.6	Rancho Bernardo
50.1	Lincoln
50.1	Poway
50.6	Mt. Carmel
50.7	La Jolla
50.9c	Mount Miguel
50.9	Helix
51.0	El Camino
51.1c	Monte Vista
51.3	Hilltop
51.5	San Diego
51.5	Castle Park
51.5	La Costa Canyon
51.6	Scripps Ranch
51.6	Patrick Henry
51.7	Rancho Bernardo B
51.7	Mira Mesa
51.8	Fallbrook
51.9	Valhalla
51.9	Orange Glen
52.0	San Pasqual
52.1	Hoover
52.3	West Hills
52.3	Chula Vista
52.4	Bonita Vista
52.5	Grossmont
52.7	University City
53.0	Coronado

1600 Relay:

3:57.4	Morse
4:02.58	Rancho Bernardo
4:06.97	Hilltop
4:07.0	Poway
4:07.70	La Costa Canyon
4:08.2	Helix
4:09.04	Torrey Pines
4:12.56	Mt. Carmel
4:13.15	Ramona
4:13.23	Lincoln
4:14.0	Valhalla
4:14.58	Monte Vista
4:14.8	Rancho Buena Vista
4:15.06	Castle Park
4:16.9	West Hills
4:17.57	University of SD
4:18.8	San Diego
4:19.4	Fallbrook
4:20.93	Granite Hills
4:21.73	University City
4:22.0	Grossmont
4:22.1	Vista
4:22.27	Chula Vista
4:23.5	San Pasqual
4:25.04	Mount Miguel
4:25.19	Patrick Henry
4:27.10	Mira Mesa
4:27.8	Serra
4:27.9	Coronado

High Jump:

5-4	Shannon Fleming, USD
5-4	Aubrey Preston, Vista
5-4	Erin DeHahn, Hilltop
5-3	Jill Sonne, WH
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
5-2	Kelsey Turner, GH
5-2	Oni Mauga, ElCam
5-2	Kristin Carlson, SFC
5-0	Trinity Amalfitano, BV
5-0	Zita Dixon, PH
5-0	Kendra Rhea, ElCap
5-0	Shalene Gutierrez, RB
5-0	Tanisha Espy, UC
5-0	Latoya Davis, Craw
5-0	Leah Cole, VCenter
5-0	Amber Begay, RB
5-0	Sraeya George, Valhalla
5-0	Qwenice Jackson, SD
5-0	Morgan Romine, LJ

Pole Vault:

12-7	Kathleen Donoghue, RB
12-0	Natalie Dennison, RB
10-6	Jessica Shankland, Carls
10-6	Janna Smith, Carls
10-6	Abby Huchel, Vista
10-2	Molly Pascarella, RB
10-0	Julia Preston, Poway
9-6	Nicole Robey, OG
9-6	Kelly Hobbs, GH
9-2	Nicole Antonacci, Carls
9-0	Amy Speer, MTC
9-0	Charissa Cabrera, MTC
9-0	Angeline Lavach, ElCap
9-0	Julie Hudlow, RB
8-9	Elise Orlando, MMesa
8-9	Marie Nowinski, MMesa
8-7	Meghan Hawkins, SP
8-6	Troy Lemperle, WH
8-6	Charity Johnson, Poway
8-6	Julia McGurk, Poway
8-6	Gretchen Allen, Poway
8-6	Katarina Bloomquist, LJ
8-6	Robak, MTC (Rodek?)
8-6	Jeny Erwin, LCC

8-6	Katie Collins, Vista
8-6	Halliburton, TP
8-6	Scharf, OG
8-6	Womack, MMesa
8-6	Erin Asay, Sweet
8-3	Guiner, Hilltop

Long Jump:

18-1.75	Adrienne Farrington, RB
17-0	Tia Gray, UC
16-10.5	Sonfre Roberson, Morse
16-8	Tanica Wallace, MonteV
16-7.5	Vickie Vidishak, OG
16-7.25	Natassja Hall, RBV
16-6.25	Kenney, SP
16-6	Laura Landry, RB
16-5	Mariko Gaines, MonteV
16-4	Nina Ropes, Fall
16-1.5	Nadia Salahudein, Hilltop
16-1	Naomi Mattos, Fall
16-1	Jennifer Seaman, MtMig
16-1	Arkisha Iverson, Hoover
15-11.5	Holly Houchin, Ram
15-10	Angela Rochester, GH
15-9.5	Kiley Weaver, RB
15-9	Sabrina Cavaleiro, Helix
15-8.5	Jessica Thomas, ElCam
15-8.5	Eureka Thompson, Morse
15-8.5	Megan Barnes, RBV
15-8	Adrienne Marshall, SP
15-8	LaSheena Rice, SD
15-5.25	Danielle Rose, RB
15-5	Christy Mulroy, OLP
15-4.5	Marie Ramirez, MarV
Windy:	
16-8.5	Tanica Wallace, MonteV
16-8	Nina Ropes, Fall
16-5	Naomi Mattos, Fall
16-0	Sally Shields, TP
15-11	Kiley Weaver, RB

Triple Jump:

37-9	Adrienne Farrington, RB
36-10.25	Sraeya George, Valhalla
36-8.25	Nina Ropes, Fall
35-5	Jane Givens, LJ
35-3.5	Tanica Wallace, MonteV
35-3	Mariko Gaines, MonteV
34-11.75	Silke Lorenzen, RB
34-6.5	Megan Barnes, RBV
34-5.5	Tia Gray, UC
34-4.75	Danielle Rose, RB
34-3.5	Bridget Files, Ramona
33-11	Kiley Weaver, RB
33-10	Jessica Turner, Serra
33-9.5	Kelly DeLeeuw, TP
33-9.5	Arkisha Iverson, Hoover
33-7.5	Dana Copeland, TP
33-7	Lydia Boonstra, CalC
33-6	Renee McKinney, RBV
33-5	Jennifer Greene, RB
33-4.5	Vickie Vidishak, OG
33-4.5	Katherine Dostal, WH
33-1	Sabrina Cavaleiro, Helix
33-0.5	Melissa Lorang, UC

Windy:

33-5 Holly Houchin, Ramona

Shot Put:

42-3.5	Candace Hill, Hoover
40-4	Malaika Stirrup, Helix
39-11	Kendra Rhea, ElCap
39-11	Mikaelyn Austin, RB
38-5	Michelle Czapinski, Poway
38-2	Rhannon Henry, RBV
37-4	Shemika Morris, SR
37-1.5	Kelly O'Laughlin, BV
36-4	Ivette Medina, Vista
36-2	Anna Pacheco, Carls
36-0	Amanda Poniktera, Esc
35-11	Amber Hood, Morse
35-10.5	Candace Doung, MTC
35-7	Allison Bernardino, SR
35-5.5	Beth Goins, ElCap
34-5.5	Crystal Harrell, Fall
34-3.5	Carrie Johnson, Fall
34-1	Alicia Minette, LJ
33-10.25	Charidy Loeh, Morse
33-5.75	Michelle Vavra, Esc
33-5.5	Darlene Martinez, CV
33-5	Jenasa Turner, BV
33-3	Aiyanna Coleman, Mont
32-11	Kristen Tucker, MonteV
32-10.5	Cathy Schmitt, LCC
32-9.5	Latoya Rickman, Oside
32-9	Amber Tiffany, GH
32-8	Shante Daniel, Serra
32-6	Amy Krisch, Gross
32-5.5	Hillaria Matteo-Silva, CP
32-2	Rachel Johansen, MonteV
32-1	Erica Orsa, USD
32-0	Katie Ames, ElCap

Discus Throw:

137-3	Kendra Rhea, ElCap
134-10	Mikaelyn Austin, RB
130-2	Candace Hill, Hoover
119-11	Lisa Cannon, Esc
118-3	Alicia Criado, RBV
117-11	Amanda Poniktera, Esc
117-1	Sara Cobb, Hilltop
116-2	Shante Daniel, Serra
115-3	Michelle Czapinski, Poway
114-6	Stacy Mickelson, RB
114-6	Allison Bernardino, SR
113-0	Malaika Stirrup, Helix
112-5	Kelly O'Laughlin, BV
111-6	Rhannon Henry, RBV
111-5	Annie Roberts, Poway
110-7	Cassie Keller, ElCap
110-7	Cathy Schmitt, LCC
109-9	Shemika Morris, SR
109-9	Katie Ames, ElCap
108-1	Bianca Pegues, PTL

Please turn to page 12.

Best Marks

From page 11.

107-2	Charidy Loeh, Morse
107-0	Amber Tiffany, GH
105-2	Darlene Martinez, CV
104-8	Beth Goins, ElCap
104-0	Hillaria Matteo-Silva, CP
103-8	M. Bean, Santana
103-5	Michelle Vavra, Esc
102-6	Ivette Medina, Vista
102-0	Michelle Singleton, Coro
101-10	Lacey Williams, Lincoln
101-5	Jessica Turner, Serra
101-2	Jill Clifton, GH

Relays:

(Marks received by April 29)

BOYS:

4x200 Relay:

1:28.87	University City (Pasadena)
1:29.25	Morse (Balboa)
1:30.65	San Diego (Balboa)
1:31.53	Sweetwater (Balboa)
1:31.56	Mira Mesa (Titan)
1:31.63	Eastlake (Balboa)
1:32.01	Rancho Bernardo (Trabuco Hills)
1:32.88	Helix (Titan)
1:33.16	Mount Miguel (Balboa)
1:33.8c	Serra (Sweetwater)
1:33.89	Rancho Buena Vista (Titan)
1:33.90	University City F/S (Pasadena)

4x800 Relay:

7:53.25	West Hills (MtSAC)
8:04.57	San Pasqual (MtSAC)
8:18.0	Bonita Vista (Eastlake)
8:22.0	Chula Vista (Eastlake)
8:22.59	Monte Vista (Sundevl)
8:23.81	Poway (Titan)
8:23.82	Mt. Carmel (Titan)
8:26.0	Point Loma (Eastlake)
8:28.8	Torrey Pines (Falcon)
8:32.9	Carlsbad (Falcon)

SPLITS:

West Hills: Aragon 1:58.4, Schible 2:01.5, Fox 1:54.9, Rendina 1:58.1.
San Pasqual: Mariscal 2:00.0, Nunez 2:04.1, Johnson 2:00.9, Van Wart 1:59.5.

4x1600 Relay:

18:50.73	Poway (Titan)
18:51.15	St. Augustine (Titan)



Delinda Tamagni
Patrick Henry

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)

1:32.80	San Diego (Balboa)
1:32.80	Hoover (Balboa)
1:36.4	Eastlake (Eastlake)
1:36.78	Mira Mesa (Balboa)
1:37.3y	Morse (Sweetwater)
1:37.6	Montgomery (Eastlake)
1:38.0	Poway (Falcon)
1:38.2	Bonita Vista (Eastlake)

1:39.3	Castle Park (Eastlake)
1:39.4	Mt. Carmel (Falcon)

Sprint Medley: (400, 200, 200, 800):

3:39.54	Serra (Balboa)
3:40.15	La Jolla (Balboa)
3:40.74	Escondido (Bronco)
3:43.03	San Diego (Balboa)
3:43.05	West Hills (Mt. SAC)
3:43.64	San Pasqual (Bronco)
3:45.22	Mira Mesa (Bronco)
3:46.62	Fallbrook (Bronco)
3:46.72	Chula Vista (Bronco)
3:48.68	Poway (Bronco)

Distance Medley: (1200, 400, 800, 1600):

10:24.40	West Hills (Arcadia)
10:34.95	San Pasqual (Arcadia)
10:39.20	Granite Hills (Balboa)
10:44.46	Poway (Sundevl)
10:45.75	Fallbrook (Sundevl)
10:53.16	Mira Mesa (Balboa)
10:54.38	Bonita Vista (Long Beach)
10:58.75	Chula Vista (Balboa)
11:01.11	Serra (Balboa)
11:02.00	San Marcos (Balboa)

SPLITS:

West Hills: Aragon 3:08.2, Conerly 50.4, Rendina 2:05.6, Fox 4:19.9.
San Pasqual: Mariscal 3:16, Claggett 51.9, Johnson 2:04.3, Van Wart 4:22.3)
Granite Hills: Finch 4:22.
Fallbrook: Escobedo 3:22, Espino 53, Mattos 1:59.7, Ungricht 4:39.

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)

(alternating intermediates, highs)

59.2	Mira Mesa (Balboa)
62.2	Granite Hills (Balboa)
62.7	Sweetwater (Balboa)
63.6	St. Augustine (Balboa)
63.8	La Jolla (Balboa)
63.8	University City (Balboa)

GIRLS:

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)
1:48.38	Lincoln (Balboa)
1:49.1	San Diego (Tiger)
1:49.81	Morse (Titan)
1:50.3	Monte Vista (Tiger)
1:50.33	Rancho Buena Vista (Titan)

4x800 Relay:

9:45.39	Mt. Carmel (Sundevl)
9:54	University City (Eagle Rock)
9:59.2	Torrey Pines (Tiger)
10:06.36	Carlsbad (Sundevl)
10:09.0	Bonita Vista (Eastlake)
10:10.6	West Hills (Tiger)
10:10.71	Valhalla (Sundevl)
10:14.3	Poway (Titan)
10:15.15	Rancho Buena Vista (Sundevl)
10:21.0	Montgomery (Eastlake)

4x1600 Relay:

22:24.12	West Hills (Mt SAC)
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)
1:52.82	Lincoln (Balboa)
1:54.3	Rancho Bernardo (Tiger)
1:54.82	Rancho BV Frosh/Soph (Bronco)
1:55.0	Point Loma (Tiger)
1:55.22	San Diego (Balboa)
1:55.6	La Costa Canyon (Tiger)
1:56.0	Hilltop (Eastlake)
1:56.8	Orange Glen (Tiger)
1:56.9	Mira Mesa (Tiger)
1:56.9	Castle Park (Eastlake)

Mid-Distance Medley: (200, 200, 400, 800)

4:30.44	Hilltop (Balboa)
4:31.04	Coronado (Balboa)
4:33.31	San Diego (Balboa)
4:35.86	Mount Miguel (Balboa)
4:39.57	University City (Balboa)

Distance Medley: (1200, 400, 800, 1600)

12:34.17	Rancho Bernardo (Arcadia)
12:41.53	West Hills (Stanford)
12:49.24	Helix (Arcadia)
12:52.95	Torrey Pines (Arcadia)
13:08.43	Fallbrook (Arcadia)
13:18.3	Valhalla (Tiger)
13:19.1	Carlsbad (Tiger)
13:23.2	Escondido (Tiger)
13:23.59	Mt. Carmel (Sundevl)
13:26.2	Point Loma (Tiger)

SPLITS:

Rancho Bernardo: Hall 3:48.5, Taylor 59.2, Yee 2:29.9, Manson 5:16.2.
Helix: Jouglet 4:00, White 69, S. Baird 2:29, C. Baird 5:09.
Torrey Pines: Read 4:00, Chatfield 64, Romley 2:27, Komosinski 5:19.

Shuttle Hurdles:

(4x100 hurdles)

1:08.2	Monte Vista (Balboa)
1:08.78	West Hills (Mt SAC)
1:09.6	Mira Mesa (Balboa)
1:09.73	Rancho Bernardo (Titan)
1:10.2	Hilltop (Balboa)
1:12.2	Carlsbad (Falcon)
1:12.3	Torrey Pines (Falcon)
1:13.2	Valley Center (Tiger)
1:13.6	San Diego (Balboa)
1:14.78	Poway (Titan)

(alternating lows, highs)

1:09.3	Mira Mesa (Eastlake)
1:10.5	Hilltop (Eastlake)
1:11.3	Castle Park (Eastlake)
1:13.4	Bonita Vista (Eastlake)
1:14.8	Sweetwater (Eastlake)
1:14.8	Our Lady of Peace (Eastlake)

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season

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