

TRACK MAGAZINE

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A Movin' Shoes Enterprise



San Diego's best prep track & field coverage

CIF Team Preview:

*Most team
races will
be close --
one won't*

The CIF team race begins in earnest today, with preliminary qualifying at Balboa Stadium for the small schools, and at Mt. Carmel for the large schools.

Three of the four CIF team races should be relatively close, and at least one should be a dandy.

One CIF team race, the Division I girls, will be about as suspenseful as waiting for Communist election results. Rancho Bernardo's girls will probably score a historic point total.

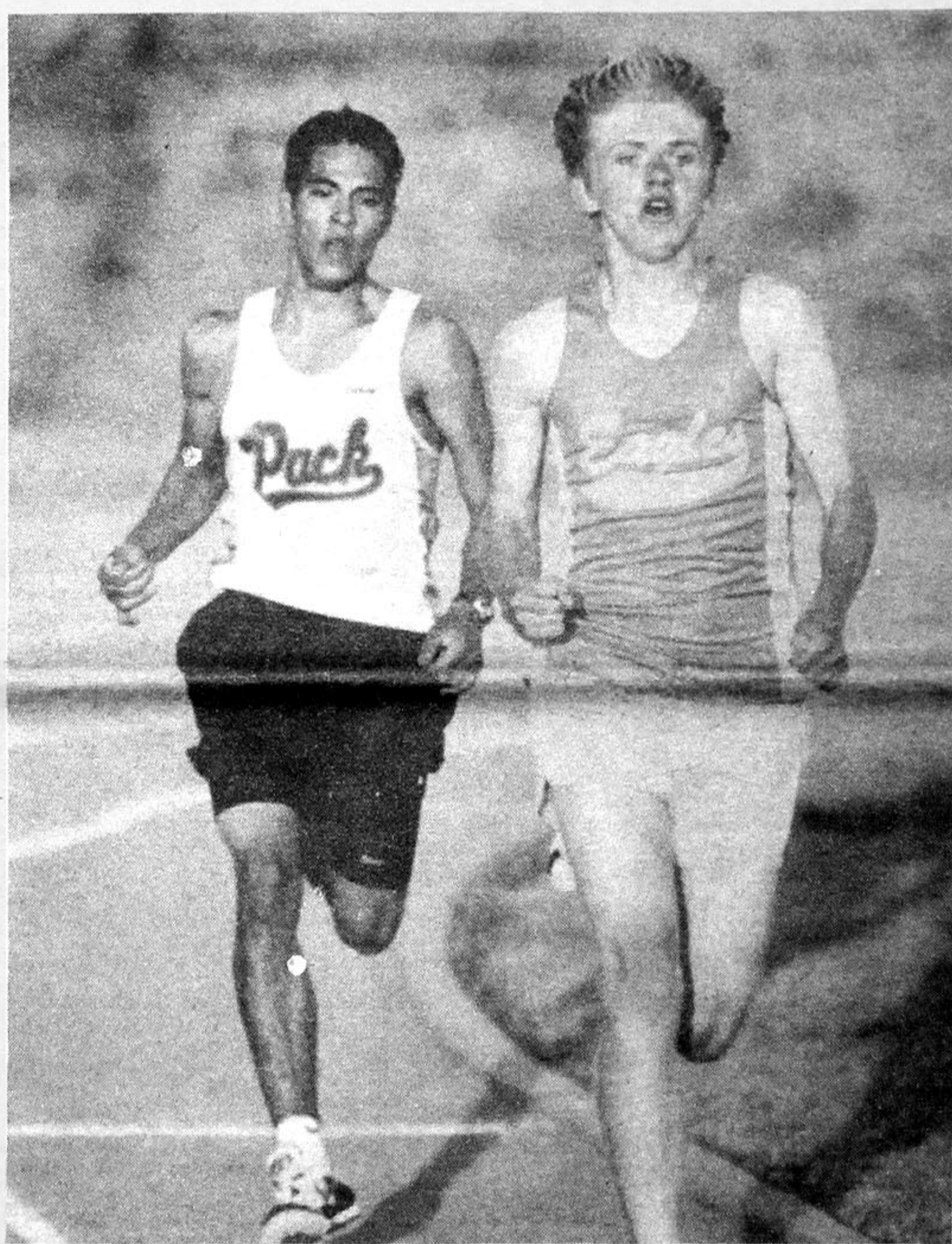
The most wide-open race is probably the Division I boys, where numerous teams have title aspirations.

The small school boys team race will among four or five serious contenders, and the small schools girls team title has a solid favorite, Hilltop, but a few teams are within range of them.

The two-division CIF team format is in its second year, and the area's administrative powers are still trying to work out some of the bugs.

The biggest complaint has been about the necessity to stage a long, late, school-night, mid-week meet. The general sentiment among coaches is that the schedule needs to be adjusted, or else the section should revert back to a one-tier system.

The extra meet, combined with the already-disrupted dual meet schedule, was felt to have hurt the area's athletes. A number of local stars broke down as the state meet



Ben Aragon, Matt Johnson at Frosh/Soph Invite.
West Hills San Pasqual

approached last year.

The dual meet schedule was similarly skewed with numerous makeup meets this year, and area coaches are keeping their fingers crossed that there is no rash of injuries.

A closer look at the team races:

Division I girls: Rancho Bernardo could potentially score points in every event, and it will be a surprise if they are shut out in more than two or three. Their point total should range well upwards from 100 points, possibly to the 140-150 range and beyond. Best bets for the Broncos are the field events, where they will rack up big points in the vault, and the long and triple jumps. They'll score high in both hurdles and both relays, and should score

decent points in the throws, distances and long sprints. Basically, they are one of the best collections of talent, ever.

Perennial power Morse has one of their best collections of proven point producers ever, and they could score 60 to 70 points or more, but will be far behind RB.

Teams like Helix, Torrey Pines, Rancho Buena Vista and El Capitan should come up with some decent point totals. In a year without super teams, they could even be contenders. But not this year.

Division I boys: Rancho Bernardo's boys may have ascended to slight favorite status after it was determined that Helix's Terron

League Roundup: *Quick relay keys East meet*

Things are ready to break loose as the season begins to wind down.

Last week's league championship meets were a sampler of the great races and confrontations that await when the best athletes in the county begin to converge for CIF prelims and finals, and for the masters meet.

There were great performances all over the county on Friday, and a few in the league prelims, held throughout the week.

The best performance was in the Eastern League boys 4x100 relay, which saw three teams finish within steps of each other, all running in the mid-41-second range.

University City's team held on to win the race in 41.55, with San Diego (41.78), and Morse (41.82) both close behind. It was a yearly best for all three teams, and it provided a sneak preview of things to come at the Masters meet, which will be the next opportunity for the three teams to match up.

That race was part of a combined Eastern, Western and Harbor League championships, held Friday at Balboa Stadium.

League finals on Friday also included the combined Grossmont North and South, held at West Hills High; the new Valley League, held at Valley Center High; the Avocado League, held at Mira Costa College; the Metro League, held at Chula Vista High; and the Palomar League, held at Poway High. The Coastal League held their championships at Valley Center High on Thursday.

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CIF Preview

From page 1.

Franklin was out. The Broncos could score well in both hurdles and in the horizontal jumps. They'll need a good performance from their high jumper and a return to form from half-miler Sean Ricketts.

Rancho Buena Vista could be in the hunt on the strength of superstar Jason Gatewood and great vault strength. Nick Thornton's win in the 800 at the Palomar bolstered the Longhorn's hopes.

Morse could contend, with a pair of strong relay teams and a number of good sprinters. They'll have to maximize all their opportunities.

San Diego is another team built on speed. Both of their relay teams are top quality, and Maurice Douglas could win a 400/200 double. They'll probably need a few points from another performer or two.

Granite Hills could find themselves in the chase, if supersoph Jeff Hunter has a big day and Jason Finch wins the 3200. Finch is not expected to double in the 1600, however.

Helix is not completely out of it. Tony Ortiz could score big points in the jumps, and thrower Travis Watkins could finish high up in the shot and add points in the disc. Franklin might be able to help in the longer relay by then.

West Hills hopes to ride their distance strength into contention, with Ben Aragon and Evan Fox expected to put up points. They could also add points in the relays and the vault.

Sweetwater is a long shot, but they'll hope for points from Joe Gutierrez, Allen Thompson and Jahdai Pickett.

Poway has the potential to score in numerous events, but really only has a potential winner in the vault.

Vista has great top-end talent in Justin Neuroth, Sean Daley and Jared Emmons, but probably not enough overall to get close.

El Capitan needs a completely healthy Danny Ames, and San Pasqual needs David Clagett, Matt Jensen and J. C. Martinez in top form.

Swing events to watch are both hurdles, the 800, the pole vault, and the long jump. Many of the contenders could range way up or down, depending on the outcome.

The hurdles, for instance, has RBV's Gatewood, RB's Bobby Salimi, Granite's Hunter, San Pasqual's David Clagett, Sweetwater's Gutierrez and El



Laura Landry
Rancho Bernardo
She is one of many reasons that RB is heavily favored.



Jonathan Takahashi
Grossmont
An injury at his league meet may have ended his season.

Cap's Mark Daynes.

The vault features contenders from Poway, Rancho Buena Vista, Vista, West Hills and El Capitan, and anything could happen.

The 800, now officially wide open, could see significant points scored by RB's Ricketts, West Hills' Aragon, RBV's Thornton, Vista's Emmons, San Diego's Jason McKlevey, Escondido's Nico Cueva or Poway's Aaron Powell.

The long jump is key. The winner could come from among Helix's Ortiz, RB's Rashard Holmes, RBV's Gatewood, or Granite's Hunter.

Other events to watch if the race is very close are the lower

places in the sprints, the 3200, and the discus.

Division II girls: Hilltop has some of the best bets in the small schools competition, including Desiree Davila and Erin DeHahn, as well as their 4x400 relay team. They could also rack up points in the discus, long and triple jumps, vault, and the short hurdles.

La Jolla could make it close, although the team has several key performers hurting at the wrong time, such as Desiree Leek. Still, they could score well in the sprints, the hurdles, the vault, the jumps and the shot.

Lincoln can count on points in the sprints, hurdles and relays, and

could also be in the mix.

University City's distance girls are coming on at the right time, but there is strong competition there, with Davila, Coronado's Samantha Piper and San Dieguito Academy's Jenna Timinsky. UC could feast on the remaining points, but they will need contributions from their jumpers to be close.

Hoover has some of the surest points in the meet in Candace Hill, and Arkisha Iverson's emergence as a sprinter/jumper strengthens their hand. Valley Center and Castle Park are other expected point winners.

Division II boys: There is no clear-cut favorite here, but the list of serious contending teams is not deep.

University City, Serra and La Jolla might all be relatively close, and Point Loma, Eastlake and Montgomery could all be heard from.

UC's points will come from the sprints, short relay and discus. They'll need help from other sectors of their team to win.

Serra has Marcus Chandler, some contenders in the jumps, good relays, and good hurdlers and sprinters. They could score in 10 or more events.

La Jolla could clean up in the throws, and has reasonable entries in the 400, the hurdles, and the jumps.

Point Loma has Tony Golston in the hurdles and long and high jumps, plus possible points in the 400 and distances.

Eastlake looked stronger a few weeks ago, but could bounce back. They have potential points in the sprints, relays, hurdles and throws.

Montgomery could score well in the sprints, jumps and relays, but doesn't have a lot of other possibilities.

Castle Park, Crawford, Hoover and St. Augustine could all also score well.

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is now available
at your local
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(Back issues, too.)

Next Issue:
Featuring
coverage of CIF
Division I and II
Finals, and league
championships
Coming May 28
(To be distributed at
CIF Masters Meet)

League Finals Wrap

From page 1.

Among the other event highlights:

Boys 100: Montgomery's Wardell McNeal zipped a 10.7 (hand-time) at the Metro meet, on a dirt track that did not generally yield fast times.

Fastest automatic times were at the East meet, where UC's Lamont Long (10.81) and two others dipped under 11-seconds.

At the Valley meet, top sprinter R. J. Oliver of Escondido had to battle a good head wind, so his time (11.20) was not impressive. He did, however, win his race by 0.52 seconds.

Boys 200: The East field was incredible, where 12 athletes qualified by time to advance to CIF. UC's Steve Hayes (21.69) led San Diego's Maurice Douglas (21.88), Morse's Phillip Sanders (22.21) and UC's Long (22.21) to the finish.

In the Metro meet, Montgomery's McNeal ran a hand-timed 22.0, on a dirt surface.

Boys 400: At the East, San Diego's Douglas ran a 48.00, which is marginally better than his previous 47.9 hand time. Morse's Jay Hackett was second in 48.77.

The Palomar 400 saw RBV's Antonio Gonzales (49.49) and RB's Matt Beckstead (49.94) both dip under 50 for the first time.

Worst news was at the Grossmont, where 48.3 runner Terron Franklin of Helix came up with a pulled hamstring. He wasn't byed into CIF by the league's coaches.

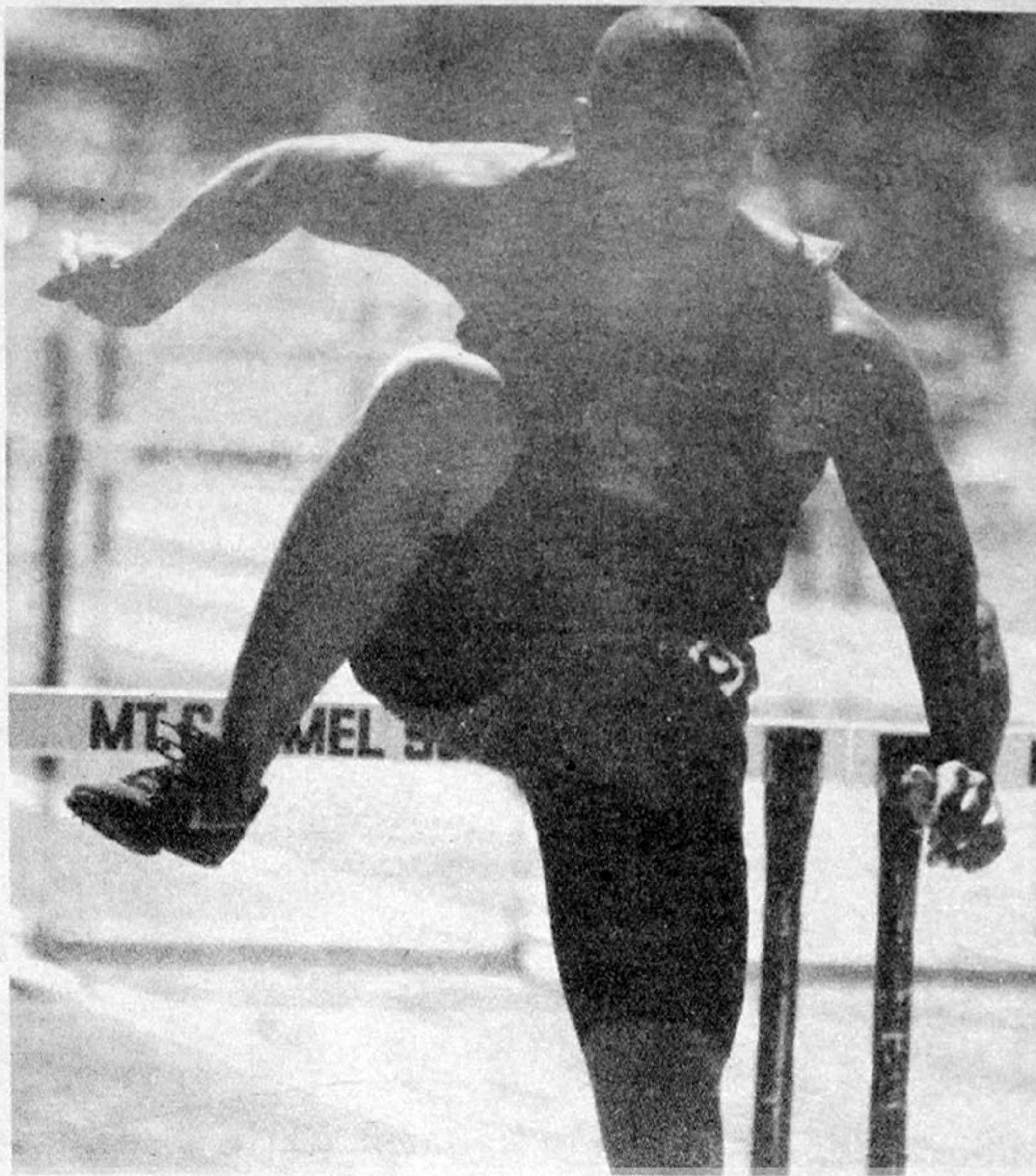
Boys 800: Nearly every league had strong performances in the boys 800-meter races.

The Palomar led the way with RBV's Nick Thornton winning in 1:55.07, ahead of Vista's Jared Emmons (1:56.17), Poway's Aaron Powell (1:57.24) and RB's Sean Ricketts (1:57.30). It was a mild upset, as Ricketts is the defending Masters champ, but he has not looked back to that form so far this year.

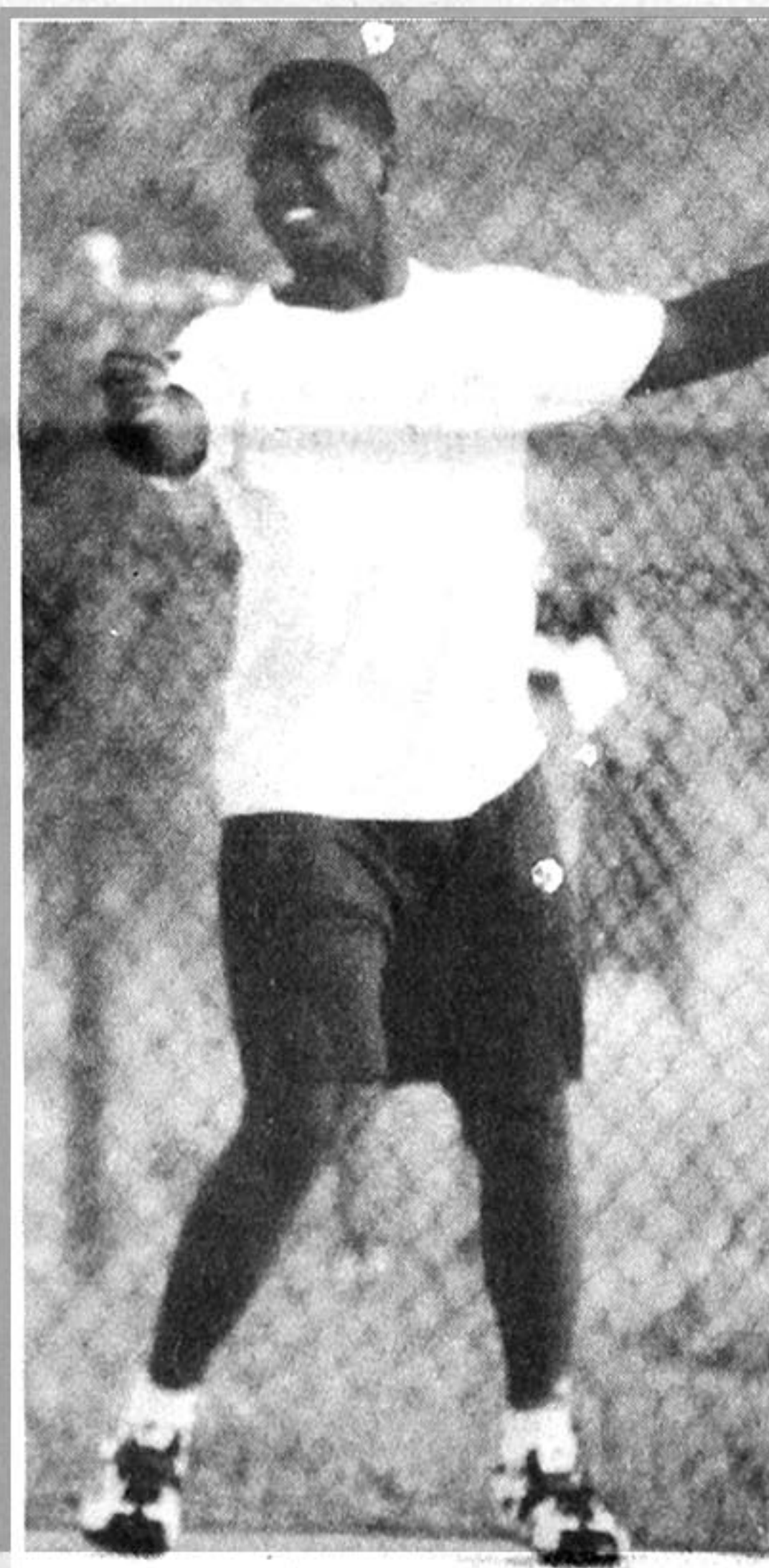
The West 800 was a great two-man race, with Kearny's Mohamed Aden and La Jolla's Alejandro Mares trading the lead back and forth over the final half lap. Aden (1:58.00) won, ahead of Mares (1:58.53).

The Grossmont 800 saw West Hill's Evan Fox run 1:56.63 to lead three others under 2:00.

The Avocado 800 had Torrey's Steve Branson (1:57.6) make a late move to beat Fallbrook's Bill



Jeff Failla
Escondido



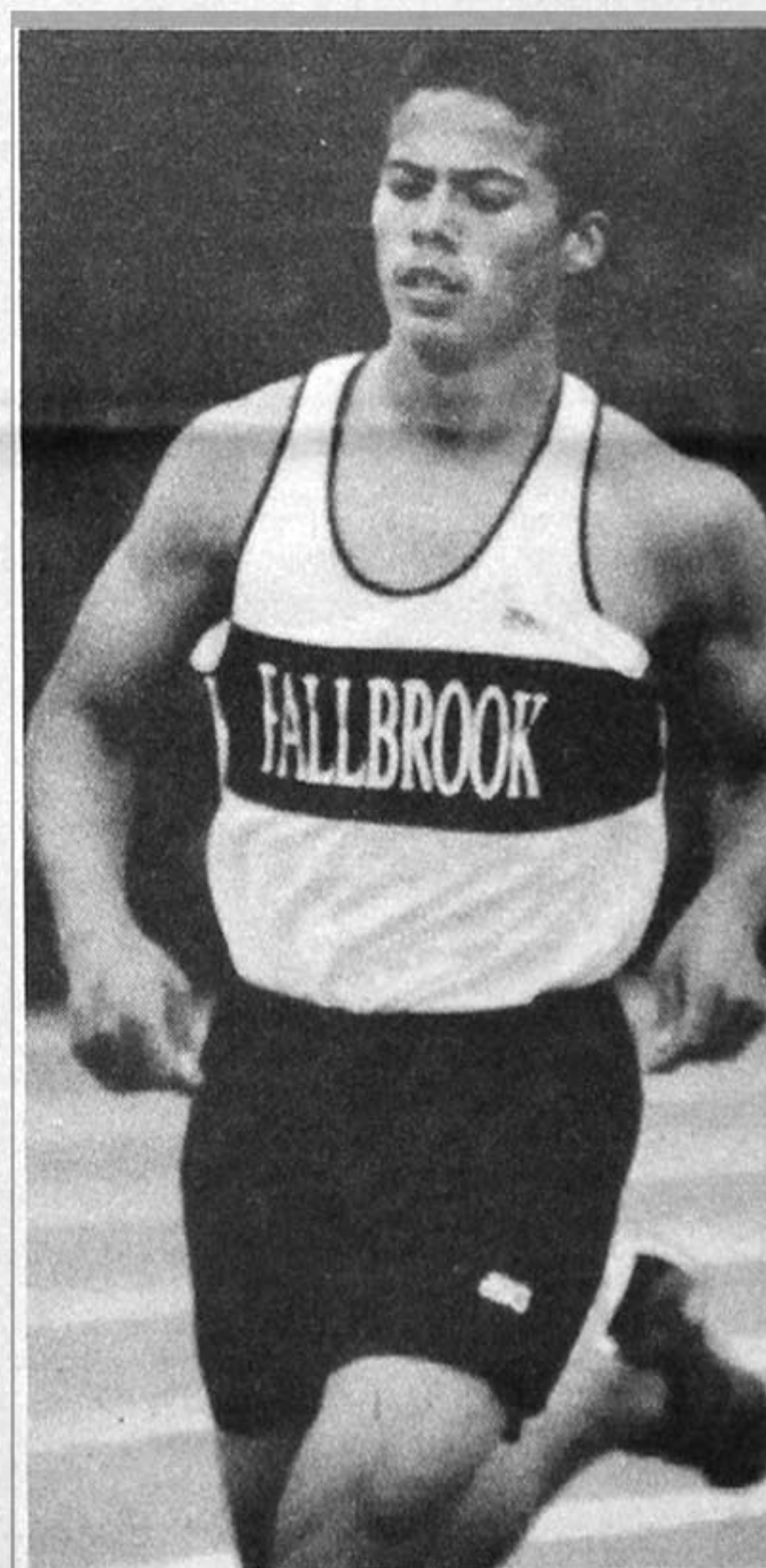
Ronnie Stewart
Carlsbad

Ungricht (1:57.73) and Justin Mattos (1:58.16).

In the East, Serra's Marcus Chandler (1:57.07) held off a great second lap by San Diego's Jason McKlevey (1:58.74).

In the Harbor, Coronado's Paul Whitford (1:59.90) just nipped Lincoln's Tommy Gorman (2:01.20). Gorman was within a step of Whitford before slowing just before crossing the finish, accounting for the time difference.

Boys 1600: At the Palomar, Vista's Justin Neuroth ran 4:17.50 to win. It was the first run of sub-4:20 for the year by a county



Efrain Casarez
Fallbrook

athlete, where a number of runners have yet to near their peak. San Marcos junior Travis Laird was at 4:20.80 in the same race, with Poway's Josh Pope PRing at 4:22.30.

At the West meet, Kearny's Aden hooked up with St. Augustine's Ryan Moorcroft in a great duel. Aden won in 4:22.23, and Moorcroft, new to the sport, finished in 4:23.67.

Boys 3200: Fastest race was by Serra's Marcus Chandler, in an early East final on Wednesday, as he soloed a 9:22.

Boys 110 High Hurdles: Best

race was at the Grossmont, where Monte Vista's Justin Hunt ran 14.67 to edge Granite Hills' Jeff Hunter (14.77). Third was El Cap's Mark Daynes (15.07). The runners were likely aided by a following wind, but not by the dirt track.

Other quick races were at the Palomar, where RB's Bobby Salimi ran a county yearly best of 14.62, followed by RBV's Jason Gatewood, in 15.03; and at the East meet, where Point Loma's Tony Golston clocked 14.77.

Boys 300 Hurdles: Best race was at the Palomar, where RB's Salimi ran 38.58.

Other good marks were at: East: Golston, Point Loma, ran 39.02.

West: La Jolla's Mike McCall ran 39.60.

Avo: El Camino's Sean Sweat ran 38.8, hand-timed.

Grossmont: Granite's Hunter ran 39.41.

Boys 4x400 Relay: The times started to drop across the board, but the most impressive efforts came at the East, where Morse ran 3:20, with San Diego right behind at 3:22. Four other East teams were in the 3:25 to 3:26 range.

The closest race was at the Valley, where San Pasqual beat Escondido, 3:25.2 to 3:25.6.

Almost as close was the Palomar, as Rancho Buena Vista just nipped Poway, both teams running in the 3:23s. Two others were in the 3:25/3:26 range.

In the Harbor, Crawford ran eased up in a solo 3:26.

Boys High Jump: There was nothing huge, as RBV's Gatewood went 6-4 at the Palomar, concentrating on other events.

Monte Vista's Jamal Randall PRd at 6-4 to take the Grossmont.

Boys Pole Vault: The Palomar had the day's best mark, a PR 15-0 clearance by Poway's Jimmy Barbour, and also had great depth. Three others (Jamie Zolnieriek, Eric Somers and Austin Priest) were at 14-6, and four others were at 14-0. For Mt. Carmel's John Jeter and Travis Offner, the 14-0 marks were PRs.

The other major action of the day was at the Grossmont, where three athletes (Phillip Ball of El Cap, and Ken Covell and Dante Jerig, both of West Hills) cleared 14-0. It was a PR for Ball and Covell. Grossmont's Jonathan Takahashi hurt an ankle before clearing a height, and is apparently finished for the year.

Boys Long Jump: 22-foot jumps came from Helix's Tony Ortiz (22-5.5, wind ok), at the Grossmont; Patrick Henry's Jordan Adams (22-1.5) at the East; and Mission Bay's Eric Nowden (22-1) at the West.

Boys Triple Jump: Helix's

Please turn to page 4.

League Finals

From page 3.

Tony Ortiz had a season-leading 47-5.5, and two others were past 44-feet at the Grossmont. The West Hills winds were calm during the event, held late in the meet.

Hoover's McKinley Jean-Gilles hopped 44-11 to take the Harbor, with the final held on Monday.

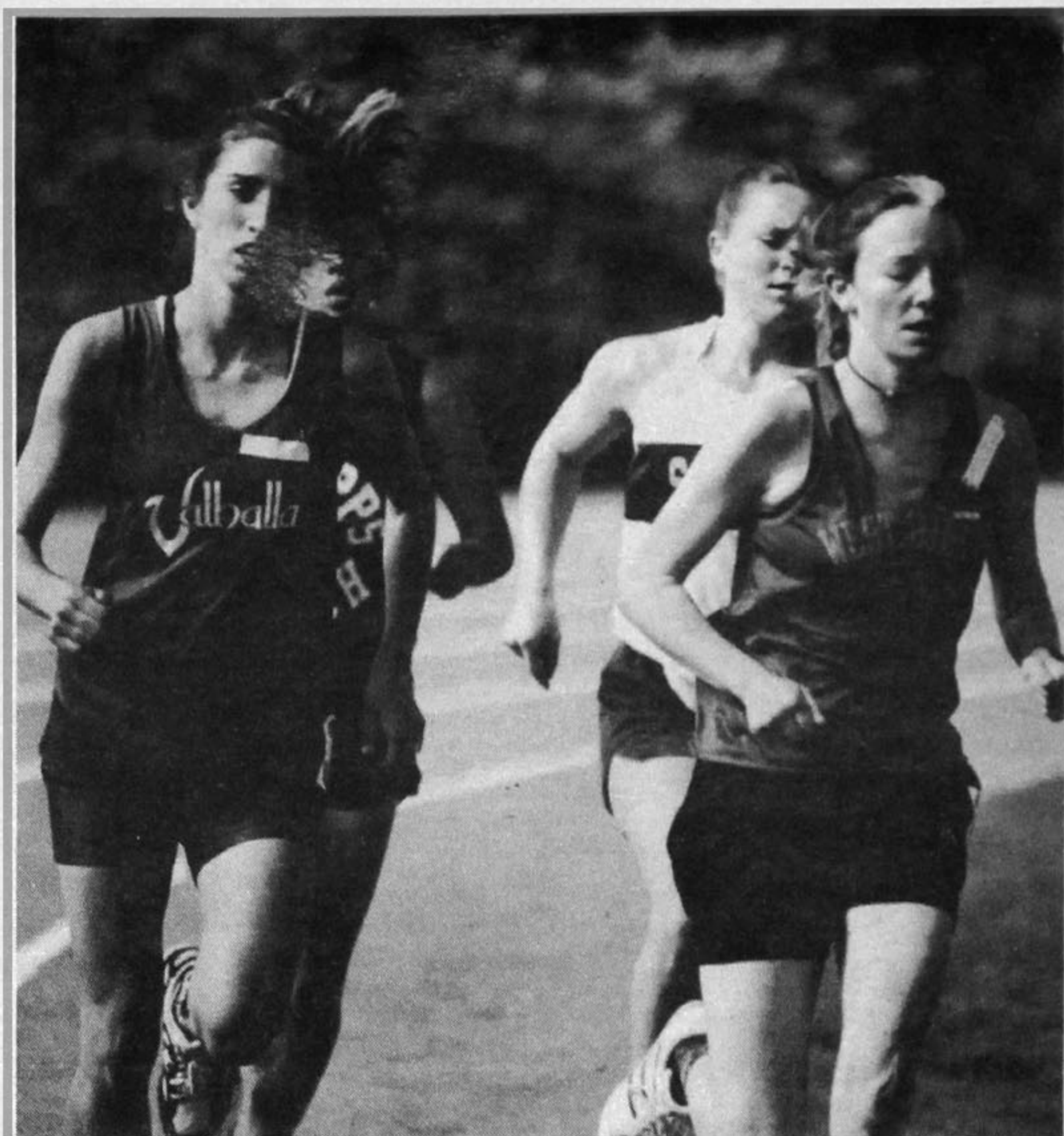
Boys Shot Put: In the West meet, Scripps Ranch lefty Bernard Grady tossed 60-2 on his last attempt to win the event, after La Jolla's Wade Green had PRd with a 58-11.5 earlier. For Grady, it was his second straight meet over 60-feet -- he threw a 61-6.5 bomb at his league prelims on Tuesday.

The Grossmont shot also had quality, with El Cap's Danny Ames (55-10.25) leading three others past 52-6.

In the Metro shot, four throwers were in the 50s.

Boys Discus: El Cap's Ames had a big 187-4 throw to win the Grossmont, after warming up over 200 feet with several throws.

Best head to head competition was in an early final in the East on Wednesday, as UC's Mike Armstrong threw 171-1 to just edge Mira Mesa's Travis Jones, who was at 170-7.



Ashley Viens, Kim Pace, Rebecca Bartell
Valhalla Santana West Hills

The West final, held on Tuesday, was almost as good. Scripps' Grady went 170-10, beating La Jolla's Green, who did 163-9.

The Palomar saw Poway's Jon Ward (163-6) beat RB's Jason Tuerk (161-5); and Carlsbad's Ronnie Stewart went 163-3 to win the Avo final, held on Thursday.

Best Metro thrower was

Hilltop's Will Hunt, at 159-1.

Girls 100: Fastest time was by Mt. Carmel's Amber Carrington at the Palomar, who ran 12.47.

Biggest smiles were at the East meet, were Morse's DeCola Groce ran 12.57 to win her race, and, more significantly, felt great after her first serious short sprint test since a mid-season injury.

Girls 200: It was the Monique Henderson show in the East, where the Morse flash ran 24.08.

In the Palomar, RB frosh Laura Landry ran 25.60, and two others were under 26-seconds.

Girls 400: Henderson also had a 55.28 on the day, which was easily the fastest in any of the meets.

At the Avo, Torrey's Camille Dredge ran 57.0 to break her school record, but she'll drop this event at CIF.

At the Palomar, RB's Landry ran a 58.42 to win big.

Girls 800: Torrey's Dredge ran a solo 2:17.2 at the Avo, more than four seconds ahead of the runner-up.

Hilltop's Desiree Davila ran 2:18.6 at the Metro, unhelped by her competition or the dirt track.

UC's Katherine Ziegler had a 2:19 in the West; RB's Allison Hall beat RBV's Nastassaja Hall, both in the 2:19-range at the Palomar; and defending Masters champ Lesley Bravin won the Grossmont in 2:22.

Girls 1600: Fastest time of the day was by Torrey's Julie Komosinski at the Avo, with a 5:06. La Costa Canyon's Morgan Soule (5:13) was second in that race.

Best depth was at the Palomar, where RB teammates Allison

Hall (5:08), Kaleena Yee (5:13) and Julie Manson (5:13) and San Marcos' Nicoel Mier (5:16) looked good.

Another impressive team effort was at the East, where the UC trio of Ziegler (5:14), Chessa Adsit-Morris (5:16) and Carly Votolato (5:18) were sharp.

In the Coastal, San Dieguito Academy's Jenna Timinsky ran a 68 first lap on her way to a solo 5:19, minutes after running the anchor leg for her school's second-place 4x100 relay team.

Girls 3200: Helix's Courtney Baird ran the fastest league finals time in the Grossmont, an 11:11. In the same race, Santana's Kim Pace won the Grossmont North title with an 11:26, by far her best performance of the year.

At the Palomar, RB's Julie Manson won in 11:23.

Girls 100 Hurdles: El Cap's Maggie Escudero ran a wind-aided 15.19 to win big in the Grossmont. In the Tuesday prelims, she ran a 14.5 (hand-time), reportedly in legal wind conditions.

Girls 300 Hurdles: Rancho Bernardo's Amy Taylor raced to a season-leading 45.53 at the Palomar meet. RB's Catie Coin (46.05) and Poway's Audrey Pound (46.06) also had great marks.

In the Grossmont, Helix frosh Bryeanna Barmer ran 45.86 to beat El Cap's Escudero (46.40). Barmer's time, made on dirt, is comparable to Taylor's.

In the Metro, Hilltop's Erin DeHahn ran 46.2 (hand-timed), also on a dirt surface, and well ahead of her competition.

Please turn to page 5.

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Keiona Clark
Monte Vista

League Finals

From page 4.

Girls 4x100 Relay: The fastest time of the day was at the East, where Morse rolled to a 48.41 time.

At the Palomar, Rancho Bernardo posted a 48.50.

Girls 4x400 Relay: The same teams reversed results.

RB's girls put up a 4:01.56 at the Palomar meet, edging Morse's mark of 4:02.88 run in the East finals.

Girls High Jump: Best mark was at the Valley meet, where Ramona's Bridget Files PRd at 5-4.

Girls Pole Vault: Most of the action was at the Palomar meet. RB high-flyers Katherine Donoghue and Natalie Dennison both topped out at 12-0, and Vista's Abby Huchel PRd at 11-0.

Girls Long Jump: Orange Glen's Vickie Vidischak leaped 17-7.75 at the Valley meet, but the effort was almost certainly wind-aided.

RB's Adrienne Farrington had a 17-7 in Palomar action.

Girls Triple Jump: RB's Farrington stretched out to 36-11.5 at the Palomar, where two other girls jumped past 35 feet.

Jumps in the 35-foot range also were accomplished in the Valley (Ramona's Files, 35-7w), in the Grossmont (Valhalla's Sraeya George, 35-9) and at the Avo (Fallbrook's Nine Ropes, 35-8).

Girls Shot Put: The action was in the Harbor, where Hoover's Candace Hill threw 42-10.5 on her last throw. Hill continues her rise on the local all-time list. The junior is now in ninth place, and is within a foot of third place, all-time.

Other decent efforts came from Bonita Vista's Kelly O'Laughlin (38-5), in the Metro; RB's Mikaelyn Austin (38-9), in the Palomar; and Carlsbad's Anna Pacheco (37-1.5) in the Avo.

Best depth was at the Palomar, where RBV's Rhiannon Henry and Poway's Michelle Czapinski both were better than 37-feet.

Girls Discus Throw: Longest toss was by RB's Austin at the Palomar (128-0).

Biggest upset was at the Grossmont, where El Cap's Katie Ames threw 122 to win. Team-mate Kendra Rhea, the county leader, was third.

Escondido had the best team effort, taking the first four places in the Valley meet, with Lisa Cannon going 122 for the win.

Hoover's Hill threw 120 to win the Harbor, in an early final on Monday.



Bryeanna Barmer, Maggie Escudero
Helix El Capitan



Tamekia James
San Diego

Eastern Results:

At Balboa Stadium, Friday, May 14.
Conditions: excellent.

BOYS:

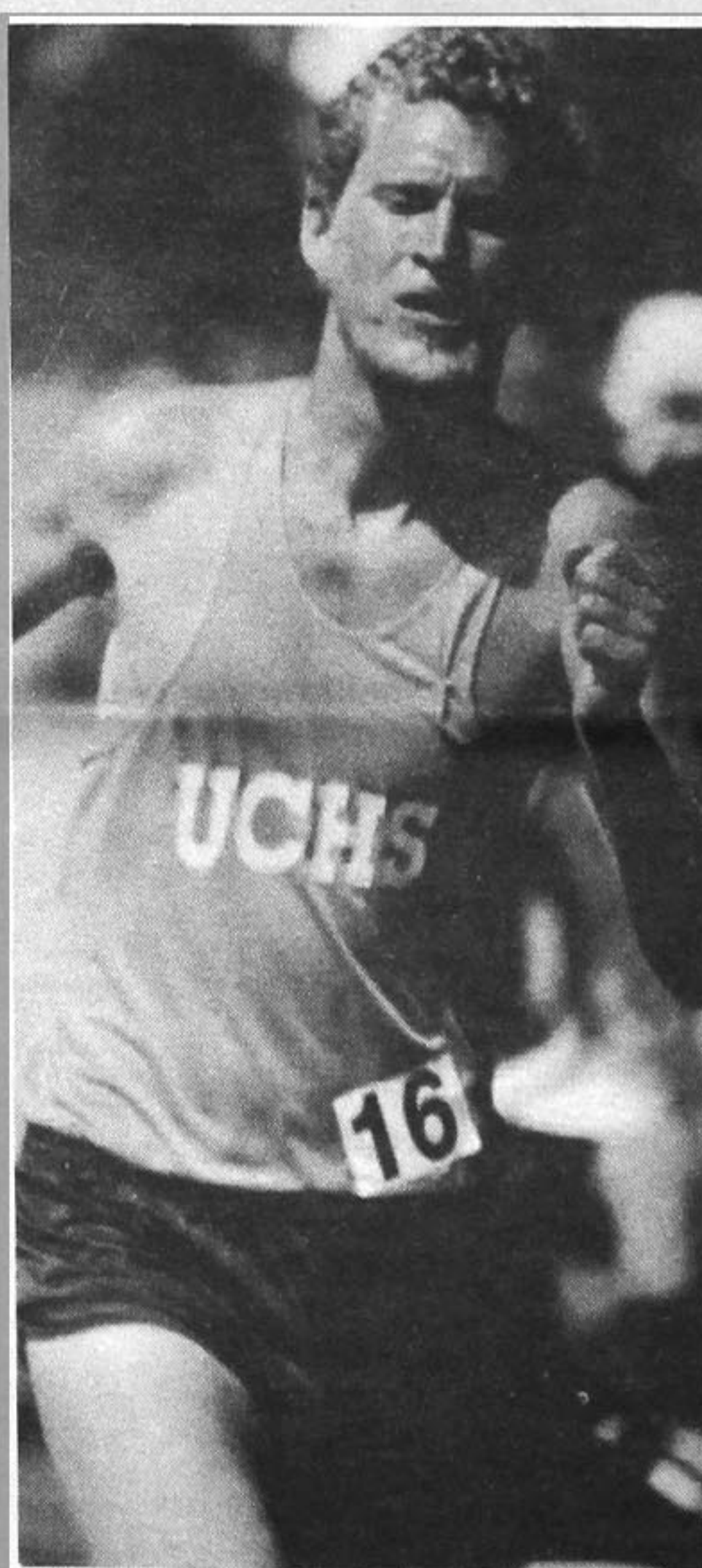
100: Long (UC) 10.81, Hayes (UC) 10.88, Roberts (PH) 10.88, Collier (SD) 11.02, Jordan (UC) 11.17, Sanders (M) 11.22, Evans (SD) 11.34, Jones (MM) 11.42. Heat 2: Smith (UC) 11.21, M. Johnson (S) 11.23.

200: Hayes (UC) 21.69, Douglas (SD) 21.88, Sanders (M) 22.21, Long (UC) 22.21, Hackett (M) 22.33, Collier (SD) 22.39, Roberts (PH) 22.55, Gaines (M) 22.59, Johnson (S) 22.93. Heat 2: Smith (UC) 22.07, Mathis (M) 22.77, Thomas (PH) 22.96.

400: Douglas (SD) 48.00, Hackett (M) 48.77, Gaines (M) 50.25, Mathis (M) 50.71, Thayer (PH) 50.75, McKlevey (SD) 50.76, Griffith (MM) 51.02, Briggs (MM) 51.19, Patrick (MM) 52.24.

800: Chandler (S) 1:57.07, McKlevey (SD) 1:58.74, Taylor (PH) 2:01.39, Madsen (MM) 2:01.53, DePlachett (S) 2:03.04, Morgan (UC) 2:03.33.

1600: Chandler (S) 4:20.36, Jodoin (MM)



Jon O'Connor
University City

4:29.21, Robinett (PH) 4:30.98, Patino (MM) 4:33.40, Dominguez (SD) 4:34.53, O'Connor (UC) 4:39.67, Mussa (PH) 4:41.01, Hagans (S) 4:41.51.

110 HH: Golston (PH) 14.77, Shoate (S) 15.32, Stites (MM) 15.37, Williamson (M) 15.91, Church (MM) 16.71, Orlando (MM) 16.79.

300 IH: Golston (PH) 39.02, Orlando (MM) 40.74, Shoate (S) 41.42, Chanson (MM) 41.99, Williamson (M) 42.21, Stites (MM) 42.44, Szabo (UC) 42.64.

4x100 Relay: University City 41.55, San Diego 41.78, Morse 41.82, Mira Mesa 43.37, Patrick Henry 43.85, Serra 43.95.

4x400 Relay: Morse 3:20.27, San Diego 3:22.21, Serra 3:25.45, Patrick Henry 3:25.95, University City 3:26.02, Mira Mesa 3:26.50, Point Loma 3:29.55.

HJ: Golston (PH) 6-2, Griffith (MM) 6-0, Okenwa (M) 6-0, Johnson (SD) 5-10, Simms (UC) 5-10, Staton (PH) 5-10.

LJ: Adams (PH) 22-1.5, Reynolds (S) 21-4.5, Staton (PH) 21-2.75, Church (MM) 20-11.75, Rogers (M) 20-7.75, Lipscomb (MM) 20-2.

SP: Jones (MM) 51-6, Brown (M) 47-8.75, Saddler (UC) 45-2.25, Cruz (M) 44-8.75, Phan (UC) 43-2.5.

At Balboa Stadium, Wednesday, May 12.

3200: Chandler (S) 9:22.17, Dominguez (SD) 9:50.58, Jodoin (MM) 9:53.34, Patino

League Finals - PAGE 5

(MM) 10:02.54, Robinett (PH) 10:03.92, Sanchez (SD) 10:05.17, Zelones (MM)

10:07.62, McKeown (UC) 10:10.43.

PV: Williams (S) 12-0, Marshall (PH) 11-6, Ruark (PH) 11-0.

TJ: Reynolds (S) 43-4, Lipscomb (MM) 42-7, Green (S) 42-2, Warren (S) 41-6.5, Brice-Roberson (M) 41-3.5, Wooden (M) 41-1.

DT: Armstrong (UC) 171-1, Jones (MM) 170-3, Lofton (S) 142-6, Staton (PH) 139-5, Brown (M) 135-1.

GIRLS:

100: Groce (M) 12.57, Clifton (MM) 13.10, Dickens (PH) 13.10, Dotson (M) 13.11, Hicks (MM) 13.17, Pope (M) 13.24, James (SD) 13.38.

200: M. Henderson (M) 24.08, Groce (M) 25.98, Clifton (MM) 26.46, S. Henderson (M) 26.48, Cunningham (PL) 27.07, Rice (SD) 27.21, James (SD) 27.60, Pope (M) 27.82.

400: M. Henderson (M) 55.28, S. Henderson (M) 58.08, Rice (SD) 60.14, Cunningham (PL) 61.11, Mercado (SD) 62.24, King (PH) 63.07, Gooch (M) 63.77, Delgonos (PH) 63.82. Heat 2: Montgomery (S) 64.10.

800: Ziegler (UC) 2:19.54, Phipps (M) 2:20.78, Votolato (UC) 2:26.96, McGuire (MM) 2:27.89, Flake (M) 2:29.73, Rader (PH) 2:29.83.

1600: Ziegler (UC) 5:14.40, Adsit-Morris (UC) 5:16.69, Votolato (UC) 5:18.46, Romo (SD) 5:23.41, Cohen (UC) 5:34.02, Parks (PL) 5:37.69.

110 HH: Schuler (PL) 16.06, Carter (MM) 16.60, Fields (SD) 17.47, Glover (SD) 17.50, Yearwood (PH) 17.85.

300 IH: Tamagni (PH) 46.72, Bolden (M) 48.03, Carter (MM) 48.81, Schuler (PL) 48.83, Yearwood (PH) 49.76, Glover (SD) 50.13, Allen (S) 50.20.

4x100 Relay: Morse 48.41, Patrick Henry 50.44, Mira Mesa 50.76, San Diego 50.82, Serra 52.52, Point Loma 52.67, University City 52.41.

4x400 Relay: Morse 4:02.88, San Diego 4:11.68, Patrick Henry 4:15.32, Serra 4:20.48, Mira Mesa 4:24.64.

HJ: Jackson (SD) 5-2, Dixon (PH) 5-0, Roberson (M) 4-10, Day (UC) 4-8, Harris (SD) 4-8.

LJ: Gray (UC) 16-8, Roberson (M) 15-10.25, Thompson (M) 15-5.75, Jackson (SD) 15-4.25.

SP: Hood (M) 36-2.5, Hough (M) 33-0.75, Daniell (S) 32-4.5, Ude (M) 30-11.5.

At Balboa Stadium, Wednesday,

May 12:

3200: Adsit-Morris (UC) 11:37.03, Parks (PL) 11:56.25, Cohen (UC) 12:09.25, McKeown (UC) 12:13.59, Crews (UC) 12:14.55, Romo (SD) 12:17.63, Sweatte (PL) 12:40.05.

PV: Nowinski (MM) 9-6, Orlando (MM) 9-0, Vieira (PL) 9-0, Womack (MM) 8-0.

TJ: Gray (UC) 34-2.75, Chinn (S) 33-8.5, Jackson (SD) 33-2.5, Glover (SD) 32-7.75, Cronauer (MM) 32-5.

DT: Pegues (PL) 114-1, Chester (PH) 102-11, Thompson (PL) 93-2.

Western Results:

At Balboa Stadium, Friday, May 14.
Conditions: excellent.

BOYS:

100: Sanders (M) 11.42, Wheeler (K) 11.52, Smith (MB) 11.55, Riley (MB) 11.59, Turluck (LJ) 11.69.

200: Sanders (M) 22.78, Turluck (LJ) 23.01, Riley (MB) 23.09, Cunningham (SR) 23.32.

400: Maurer (LJ) 51.72, Delery (SR) 52.83, Claudio (MB) 53.16, Maxwell (MB) 53.22.

800: Aden (K) 1:58.00, Mares (LJ) 1:58.53, Moorcroft (SA) 2:01.64, Machado (SR) 2:05.30.

1600: Mohamed Aden (K) 4:22.23, Moorcroft (SA) 4:23.67, Grimes (SR) 4:29.77, Hanley (USD) 4:34.50, Donnelly (SA) 4:35.70, Herriman (SA) 4:38.93, Ferrier (LJ) 4:39.53.

110 HH: Pricor (SA) 15.51, Nears (K) 15.80, McCall (LJ) 16.06, Correnti (SA) 16.40, Shelburne (LJ) 16.59.

300 IH: McCall (LJ) 39.60, Correnti (SA) 41.43, Blankenship (LJ) 42.02, Hill (SA) 43.36.

4x100 Relay: La Jolla 44.17, Mission Bay 44.55, Kearny 44.74, Madison 44.81.

4x400 Relay: La Jolla 3:29.66, Scripps Ranch 3:30.69, Mission Bay 3:36.34, Kearny 3:37.92, University of San Diego 3:43.40, St. Augustine 3:43.88. NOTE: these are corrected times.

HJ: Smith (MB) 6-2, Pricor (SA) 6-0, Walker (SR) 6-0, Shelburne (LJ) 5-10, Blankenship (LJ) 5-10.

LJ: Nowden (MB) 22-1, McCall (LJ) 21-2.25, Shelburne (LJ) 20-8.25, Toscano (StA) 19-9.5.

SP: Grady (SR) 60-2, Greene (LJ) 58-11.5, O'Malley (USD) 47-7, Dubinsky (SA) 47-4.5, Williams (MB) 45-10.25, Sykes (K) 44-5. Prelims, Tuesday, May 11: Grady (SR) 61-6.5.

At Balboa Stadium, Tuesday, May

11:

3200: Grimes (SR) 9:42.91, Donnelly

Please turn to page 6.

League
Finals

From page 5.

(SA) 10:01.22, Herriman (SA) 10:07.38, E. Koster (U) 10:07.80.
PV: Shelburne (U) 12-6, Gavin (SR) 12-0, Gabriel (SR) 11-6, Giolzett (SR) 11-6, Llamas (U) 11-0.
TJ: McCall (U) 43-10.25, Correnti (SA) 41-3, Iafe (SA) 41-0, Nowden (MB) 40-6.75.
DT: Grady (SR) 170-10, Green (U) 163-9, Hanson (SA) 144-0, Williams (MB) 138-2, Sekona (MB) 135-5, Young (SR) 130-8.

GIRLS:
100: Parker (MB) 12.60, Summerville (SR) 12.82, Lin (U) 12.84, Jenkins (K) 13.43, Ladrangan (OLP) 13.50.
200: Summerville (SR) 26.52, Snare (SD) 27.62, Jenkins (K) 27.92.
400: Givens (U) 59.91, Kelly-Cochrane (USD) 61.55, Guerrero (U) 63.21, Webster (USD) 63.21, Hogan (USD) 63.58.
800: McGowan (U) 2:30.65, Greene (OLP) 2:35.62, Watkins (OLP) 2:37.002.
1600: Serna (MB) 5:29.5, Beck (OLP) 5:34.7, Byrne (USD) 5:37.3, Edwards (U) 5:38.2.
100 H: Romine (U) 17.254, Aldous (OLP) 17.30, Fleming (USD) 19.01.
300 LH: Romine (U) 50.21, Aldous (OLP) 50.96, Bendrick (OLP) 52.23.
4x100 Relay: Scripps Ranch 52.06, La Jolla 52.83, University of San Diego 53.32, Our Lady of Peace 53.34, Kearny 53.44.
4x400 Relay: University of San Diego 4:17.64, Our Lady of Peace 4:24.40.
HJ: Romine (U) 5-2, Fleming (USD) 5-2, Sullivan (U) 4-6.
LJ: Mulroy (OLP) 15-2.5, Johnson (U) 14-11, Lin (U) 14-6.
SP: Morris (SR) 34-0.5, Bernardino (SR) 32-11.5, Minette (U) 32-1.
At Balboa Stadium, Tuesday, May 11:
3200: Beck (OLP) 12:06.94, Byrne (USD) 12:12.60, Edwards (U) 12:12.73, McGowan (U) 12:15.49, Grim (U) 12:42.48.
PV: Bloomquist (U) 8-6, Sullivan (U) 7-6, Casey (USD) 7-6, Elliot-Heitman (OLP) 7-6.
TJ: Givens (U) 34-0.5, Mulroy (OLP) 32-2.25, Eldrich (OLP) 29-0.25.
DT: Bernardino (SR) 99-6, Minette (U) 94-9, Morris (SR) 93-9.

Harbor
Results:

At Balboa Stadium, Friday, May 14.
Conditions: excellent.
BOYS:
100: Miles (Cr) 10.89, McDaniels (L) 11.09, Scott (H) 11.60.
200: Miles (Cr) 22.12, Lucas (Cr) 22.68, M. Tate (H) 24.67.
400: M. Tate (H) 50.37, Silva (Cr) 50.49, Cannon (L) 51.37, Vann (Cr) 51.76, Adam (Cr) 52.62.
800: Whitford (Cor) 1:59.90, Gorman (L) 2:01.20, Adlong (Clar) 2:09.90.
1600: Elmi (Cr) 4:43.33, Abdulle (H) 5:05.73, Gutierrez (Cla) 5:08.47.
110 HH: Simmons (Cor) 15.66, Bailey (H) 16.01, Briggs (L) 17.44.
300 IH: Simmons (Cor) 40.52, Bailey (H) 42.46, Phan (H) 42.79, Gilbert (L) 43.11.
4x100 Relay: Crawford 43.17, Hoover 43.58, Lincoln 44.41, Coronado 45.73.
4x400 Relay: Crawford 3:26.97, Lincoln 3:34.34, Coronado 3:37.08.
HJ: LaGrone (L) 5-10, Koumalassy (Cla) 5-4, Boguslawski (Cor) 5-4, Thigpen (Cr) 5-4, Adam (Cor) 5-4.
LJ: Jean-Gilles (H) 21-7.25, Belcher (H) 21-1.25, Gilbert (L) 20-5.
SP: Pontes (Cor) 41-3, Brown (Cr) 40-8.5, Taylor (H) 40-6.75.
At Balboa Stadium, Monday, May 10:
3200: Abdulle (H) 11:22, Gutierrez (Cla) 11:35, Smith (Cr) 11.41.
PV: Panis (Cor) 12-6, Hovey (Cor) 11-0.
TJ: Jean-Gilles (H) 44-11, LaGrone (L) 40-10.5, Koumalassy (Cl) 39-9.
DT: Bailey (H) 122-2, Franklin (H) 116-11, Maricich (Cr) 113-2.

GIRLS:
100: Hinton (L) 12.95, Manley (L) 13.09, Robinson (Cor) 13.27.
200: Hinton (L) 26.70, Smith (L) 26.93, Manley (L) 27.73.
400: Smith (L) 59.77, Piper (Cor) 61.01, Dunlap (Cor) 61.69, Kuehmer (Cla) 61.99.
800: Piper (Cor) 2:25.34, Nyabyony (Cr) 2:37.31, Nugent (Cor) 2:39.22.
1600: Nugent (Cor) 5:49.5, Wirkus (Cla) 5:52.0, Charboneau (Cor) 5:53.2.



Patrick Grimes
Scripps Ranch

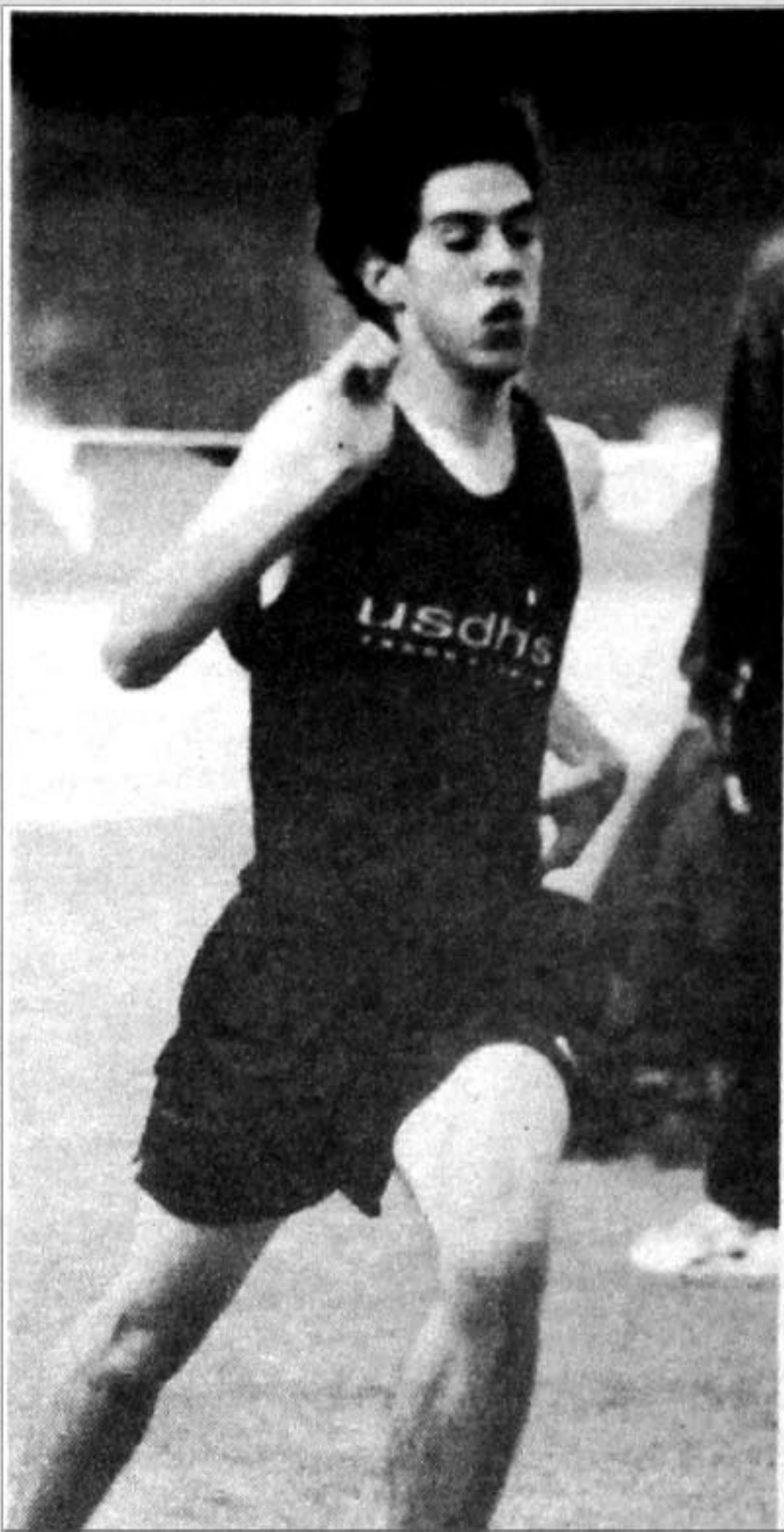


Desiree Leek
La Jolla

100 H: McDowell (L) 16.56, Thompson (L) 18.58, Kuhlow (Cor) 19.46.
300 LH: McDowell 9L 48.86, Thompson (L) 51.70, Kuhlow (Cor) 51.72, Dei (Cr) 52.29.
4x100 Relay: Lincoln 49.63, Hoover 50.91, Coronado 52.15, Clairemont 53.10, Crawford 54.44.
4x400 Relay: Lincoln 4:08.48, Coronado 4:12.70, Crawford 4:33.07.
HJ: Loersch (Cor) 4-6, Sanford (L) 4-2, Stribling (H) 4-2.
LJ: Iverson (H) 16-1, Myers (H) 13-9.5, Loersch (Cor) 13-9.
SP: Hill (H) 42-10.5, Axelson (Cor) 26-10, Singleton (Cor) 25-9.
At Balboa Stadium, Monday, May 10:
3200: Nugent (Cor) 12:41.34, Wirkus (Cla) 12:50.46, Morton (Cor) 12:59.96.
PV: Loersch (Cor) 7-1.
TJ: Iverson (H) 33-5.75, Lemon (L) 32-1, Tan (Cr) 31-11.5.
DT: Hill (H) 120-1, Singleton (Cor) 106-9, Stribling (H) 84-10.

Valley
Results:

At Valley Center High, Friday, May 14.
Headwinds for sprints, hurdles. Tailwind for long and triple jumps. All-weather track, automatic timing.
BOYS:
100: Oliver (E) 11.20, Contreras (VC) 11.72, Flowers (SP) 11.79.
200: Oliver (E) 22.27, Contreras (VC) 23.12, Medina (R) 23.54.



Erik Hanley
University of San Diego



Nick Jones
Orange Glen

400: Nunez (SP) 51.31, Medina (R) 51.59, Brooks (SP) 51.77, Kahler (52.78, Martinez (SP) 53.11.
800: Cueva (E) 1:58.57, Mariscal (SP) 2:00.13, Tro. Stroh (VC) 2:00.28, Jones (OG) 2:00.97, Johnson (SP) 2:01.46.
1600: McInvale (R) 4:22.76, Van Wart (SP) 4:27.09, Jones (OG) 4:35.32, Montoya (E) 4:40.92, Bachman (VC) 4:41.64.
3200: McInvale (R) 9:45.04, Van Wart (SP) 9:59.004, Mondragon (E) 10:14.14, Dowthit (SP) 10:17.04.
110 HH: Failla (E) 15.80, Toscano (OG) 16.32, Tre. Stroh (VC) 16.40, Lyman (SP) 16.47.
300 IH: Failla (E) 41.04, Lyman (SP) 42.10, Tre. Stroh (VC) 42.57.
4x100 Relay: Escondido 44.19, San Pasqual 44.60, Valley Center 45.31, Orange Glen 45.41.
4x400 Relay: San Pasqual 4:25.2, Escondido 3:25.6, Valley Center 3:34.5, Ramona 3:35.1, Orange Glen 3:37.7.
HJ: Skrzypczak (VC) 6-0, Feehan (E) 5-10, Tre. Stroh (VC) 5-10.
PV: Stockton (E) 13-6, Jensen (SP) 13-0, Chase (OG) 12-6, Charles (OG) 12-6, Montoya (E) 12-0.
LJ (windy): Skrzypczak (VC) 21-0, Steele (SP) 20-9.75, Wisecup (R), Humphrey (SP) 20-1.
TJ (windy): Chase (OG) 43-10.75, Kernion (E) 43-5.5, Skrzypczak (VC) 43-3.5, Humphrey (SP) 43-3.5, Wright (R) 42-3.
SP: Ybarra (OG) 54-2, Le (OG) 45-9,

Wilson (OG) 45-8, Featherston (R) 44-10, Gonzalez (VC) 44-7.
DT: Holderby (R) 140-8, Pluth (VC) 139-10, Gonzalez (VC) 135-10, Colegrove (E) 130-8.

GIRLS:
100: Lowery (SP) 13.21, Woolsey (E) 13.50, Camacho (VC) 13.99.
200: Lowery (SP) 26.76, Downey (OG) 27.01, Woolsey (E) 28.36.
400: Downey (OG) 59.04, Kwok (R) 61.86, Toussaint (SP) 63.67, White (OG) 64.50.
800: Rusthoven (E) 2:22.61, Mitchell (R) 2:27.28, Jimenez (OG) 2:29.46, Kwok (R) 2:38.46.
1600: Cox (E) 5:25.37, Jimenez (OG) 5:32.15, Hough (VC) 5:46.46.
3200: Cox (E) 11:58.14, Kilmer (R) 12:10.44, Goetz (R) 12:13.54, Cruz (SP) 12:26.44, Hough (VC) 12:36.24.
100 H: Reid (VC) 16.50, Cole (VC) 17.28, Dambkowski (VC) 17.86, Vidischak (OG) 17.92.
300 LH: Reid (VC) 48.23, Cole (VC) 50.98, Fikse (E) 51.50.
4x100 Relay: Orange Glen 51.72, Escondido 51.89, San Pasqual 51.98, Valley Center 53.83.
4x400 Relay: Ramona 4:15.6, San Pasqual 4:15.48, Escondido 4:26.8, Orange Glen 4:26.8, Valley Center 4:27.9.
HJ: Files (R) 5-4, Cole (VC) 5-0, Johnson (R) 4-10, Ivan (E) 4-10.
PV: Hawkins (SP) 9-0.5, Scharf (OG) 8-6, Rideout (SP) 8-6.
LJ (windy): Vidischak (OG) 17-7.75, Woolsey (E) 16-10, Mincks (VC) 15-10, Houchin (R) 15-9.25, Kenney (SP) 15-6.5, Ivan (E) 15-2.5.
TJ (windy): Files (R) 35-7, Vidischak (OG) 34-2, LaVine (R) 33-9, Houchin (R) 33-4.5, Kenney (SP) 33-2.
SP: Poniktera (E) 36-4.25, Vavra (E) 34-4, Milazzo (E) 33-5.5, Ingoldt (OG) 21-11.5.
DT: Cannon (E) 122-4, Milazo (E) 108-0, Poniktera (E) 106-9, Vavra (E) 105-2, Hill (R) 101-6.5, Cook (E) 99-6.

Avocado
Results:

At Mira Costa College, Friday, May 14.
All-weather track, hand timing.
BOYS:
100: Cobler (TP) 11.0, Leung (TP) 11.2, Lanz (LCC) 11.2.
200: Cobler (TP) 22.5, Lanz (LCC) 22.8, Solantai (TP) 23.5, Williams (EC) 23.7.
400: Daniels (C) 52.3, Ungricht (F) 52.4, Yang (TP) 53.6.
800: Branson (TP) 1:57.6, B. Ungricht (F) 1:57.8, Mattos (F) 1:58.2, Green (TP) 2:03.2, Gilboa (TP) 2:03.5.
1600: Casarez (F) 4:30.5, Gilboa (TP) 4:31.1, Ambrose (TP) 4:39.4, Sosa (LCCO) 4:40.2.
3200: Casarez (F) 10:05.1, Escobedo (F) 10:06.7, Nolan (TP) 10:18.
110 HH: Sweat (EC) 15.1, Dudek (TP) 15.6, McLeod (F) 16.3, Addison (C) 16.9.
300 IH: Sweat (EC) 38.8, St. John (EC) 41.3, Daniels (C) 42.0, McLeod (F) 42.3, J. Ungricht (F) 42.3, Dudek (TP) 42.5, Terry (EC) 42.5, Hayward (EC) 42.7.
4x100 Relay: Torrey Pines 43.6, El Camino 44.4, Oceanside 44.9, Carlsbad 45.7.
4x400 Relay: Torrey Pines 3:28.5, Fallbrook 3:31.8, El Camino 3:33.4.
HJ: Walker (C) 6-2, Bresnahan (F) 6-2, Alpers (TP) 5-10, Johnson (O) 5-10.
LJ: Cobler (TP) 20-5.25.
TJ: Chillar (C) 41-8, Pricetta (TP) 41-4, Buchanan (O) 40-9.
SP: Nowotny (F) 53-5, Saole (O) 50-1.5, Faumuina (C) 48-7.5, Germain (F) 46-1.5, Viera (C) 46-7.
Held Wednesday, May 12:
PV: Miguel (LCCO) 11-6, Kaeser (F) 11-0, Harlin (F) 11-0.
DT: Stewart (C) 163-3, Nowotny (F) 147-4, Saole (O) 141-2, Tavale (C) 139-0, Viera (C) 137-6, Alaman (EC) 134-11, Thompson (F) 131-1.

GIRLS:
100: Thomas (EC) 12.6, Wright (EC) 12.6, Soto (C) 13.0, McCrae (TP) 13.2.
200: Ray (F) 26.3, Tsu (LCCO) 26.4, Soto (C) 26.6, Anderson (LCC) 27.9.
400: Dredge (TP) 57.0, Tsu (LCC) 59.0, Mattos (F) 59.8, Skaalen (LCC) 61.3, Adams (EC) 61.3, Muhich (LCC) 63.3, Chatfield (TP) 63.7, Butler (TP) 63.8, Mehan (LCC) 63.9.
800: Dredge (TP) 2:17.2, C. Picha (F) 2:21.6, Soule (LCC) 2:22.4, Dressell (C) 2:23.8, Lynn (C) 2:24.5, Connor (TP) 2:25.7, Moore (TP) 2:26.6, Jordan (LCC) 2:27.9.
1600: Komosinski (TP) 5:06.1, Soule (LCC) 5:13.4, O'Connell (C) 5:16.49, Romley (TP) 5:21.1, Carmichael (F) 5:23.6, Read (TP) 5:26.2, Dressell (C) 5:28.6, Trogler (TP) 5:33.8, Cade (C) 5:34.4.
3200: Komosinski (TP) 11:26.0, O'Connell (C) 11:41.95, Rohde (F) 11:48.0, Carmichael

League Finals

From page 6.

(F) 11:52.0, Platko (C) 11:53.4, Alessio (TP) 12:03.2, Romley (TP) 12:03.5, Lopresti (C) 12:13.6, Bier (TP) 12:16.5.
100 H: Jobes (C) 16.7, Taitano (C) 17.0, Nemore (EC) 17.1, McGee (C) 17.1, Lewis (TP) 17.4, Penrod (TP) 17.4, Bibner (TP) 17.7.
300 LH: Jobes (C) 47.0, Lewis (TP) 48.1, Nemore (EC) 48.5, Schim (LCC) 50.0, Maurer (F) 51.0.
4x100 Relay: Fallbrook 49.5, El Camino 49.6, La Costa Canyon 51.0, Torrey Pines 51.8, Carlsbad 53.6.
4x400 Relay: La Costa Canyon 4:03.0, Torrey Pines 4:05.8, Carlsbad 4:08.0, Fallbrook 4:09.7.
HJ: Jones (TP) 5-2, Shields (TP) 4-10, Cassidy (O) 4-10, Watson (EC) 4-10.
LJ: Ropes (F) 16-2.75, Mattos (F) 16-1.25, Thomas (EC) 15-8.25, Riker (C) 14-9.
TJ: Ropes (F) 35-8, DeLeeuw (TP) 33-5.5, Copeland (TP) 33-1, Harris (O) 32-10, Christianson (TP) 32-8.
SP: Pacheco (C) 37-1.5, Lattin (EC) 34-0.5, Keus (C) 33-6, Rickman (O) 32-7, Johnson (F) 32-6, Tavale (C) 32-5, Johnson (EC) 32-3.5, Schmitt (LCC) 30-11.5.
Held Wednesday, May 12:
PV: Smith (C) 10-0, N. Antonacci (C) 9-0, Halliburton (TP) 9-0, Shankland (C) 8-6, Brown (TP) 8-0, R. Antonacci (C) 8-0.
DT: Pacheco (C) 107-6, Johnson (F) 107-3, Schmitt (LCC) 105-5, Lattin (EC) 104-4, Tavale (C) 100-6.

Palomar Results:

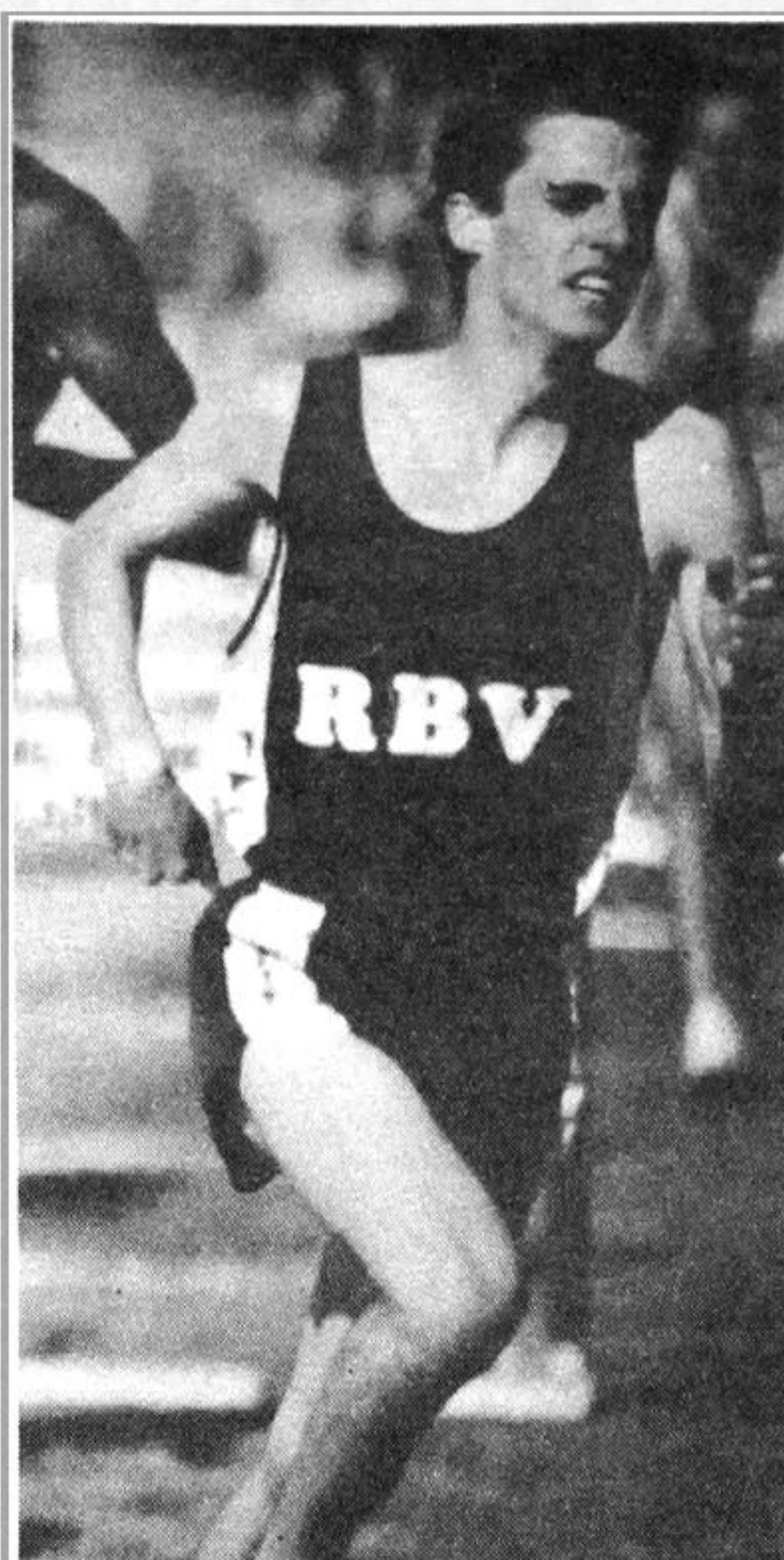
At Poway High School, Friday, May 14. All-weather track, automatic timing.

BOYS:

100: Collins (RB) 11.19, Ward (P) 11.25, Himchak (MC) 11.42.
200: Gonzalez (RBV) 22.09, Beckstead (RB) 22.68, Collins (RB) 22.70, Waddell (RBV) 23.05, Grillo (P) 23.14, O'Rielly (RBV) 23.17.
400: Gonzalez (BV) 49.49, Beckstead (RB) 49.94, Leyking (P) 50.28, Davis (P) 50.66, Waddell (RBV) 51.40, Miller (RBV) 51.59, Maldonado (V) 51.61.
800: Thornton (RBV) 1:55.07, Emmons (V) 1:56.17, Powell (P) 1:57.24, Ricketts (RB) 1:57.30, Johanson (RBV) 2:01.51, Crowley (RB) 2:02.25, Sanders (RB) 2:03.72, Ryan (MC) 2:03.98.
1600: Neuroth (V) 4:17.50, Laird (SM) 4:20.80, Pope (SM) 4:22.30, Ricketts (RB) 4:25.50, Prunty (P) 4:30.80, Mier (SM) 4:33.60, Baddas (V) 4:38.60.
3200: Laird (SM) 9:39.94, Kenyon (MC) 9:46.82, Lyons-Quirk (P) 9:50.22, Montez (V) 9:53.57, McGinnis (P) 9:56.01, Helms (P) 10:00.94, Mier (SM) 10:05.44, Fulton (RB) 10:05.80, Esquivel (MC) 10:06.21, Boring (SM) 10:07.02, Cooke (MC) 10:11.76.
110 HH: Salimi (RB) 14.62, Gatewood (RBV) 15.03, Daley (V) 15.98, Holmes (RB) 16.03, Dobransky (P) 16.17.
300 IH: Salimi (RB) 38.58, Gatewood (RBV) 40.03, Dobransky (P) 41.11, Manley (MC) 41.28, Barnhill (SM) 42.20.
4x100 Relay: Rancho Bernardo 43.25, Rancho Buena Vista 43.37, Poway 43.61, Mt. Carmel 44.57, San Marcos 45.79.
4x400 Relay: Rancho Buena Vista 3:23.39, Poway 3:23.92, Rancho Bernardo 3:25.72, Vista 3:26.26, Mt. Carmel 3:28.98, San Marcos 3:37.73.
HJ: Gatewood (RBV) 6-4, Williams (RB) 6-2, McGinley (P) 5-10, Traeen (MC) 5-10, Offner (MC) 5-10.
PV: Barbour (P) 15-0, Zolnier (RBV) 14-6, Priest (RBV) 14-6, Somers (SM) 14-6, Jeter (MC) 14-0, Daley (V) 14-0, Phimmasone (P) 14-0, Offner (MC) 14-0, Dorminy (RB) 13-0, Alder (P) 13-0, Murillo (V) 12-6, Ngo (P) 12-0.
LJ: Gatewood (RBV) 21-8.25, Holmes (RB) 21-4.25, McGinley (P) 20-5.25, Ma (P) 20-1.
TJ: Ma (P) 44-7, Holmes (RB) 43-5.5, Coke (P) 42-7.75, Rosenberg (RBV) 41-6.5, Farris (RB) 41-6, Gainey (RBV) 41-2.75, Wasowski (SM) 41-2.75.
SP: Vernoy (RBV) 49-9.25, Moazed (MC) 49-7.25, Read (RB) 47-8.25, Tuerk (RB) 47-4, Collins (SM) 45-2.75.
DT: Ward (P) 163-6, Tuerk (RB) 161-5, Vernoy (RBV) 144-3, Perez (RBV) 139-0, Collins (SM) 138-9.

GIRLS:

100: Carrington (MC) 12.47, James (RB) 12.58, Martilla (P) 12.74, Walker (MC) 12.80, Blakey (RB) 12.89, Young (P) 12.90, Emanuel (SM) 12.93, Heat 2: Lederer (RB) 12.77, de la Rosa (RB) 12.92, Cepeda (RB) 13.07.
200: Landry (RB) 25.60, Hall (RBV) 25.80, James (RB) 25.88, Walker (MC) 26.63, Lederer

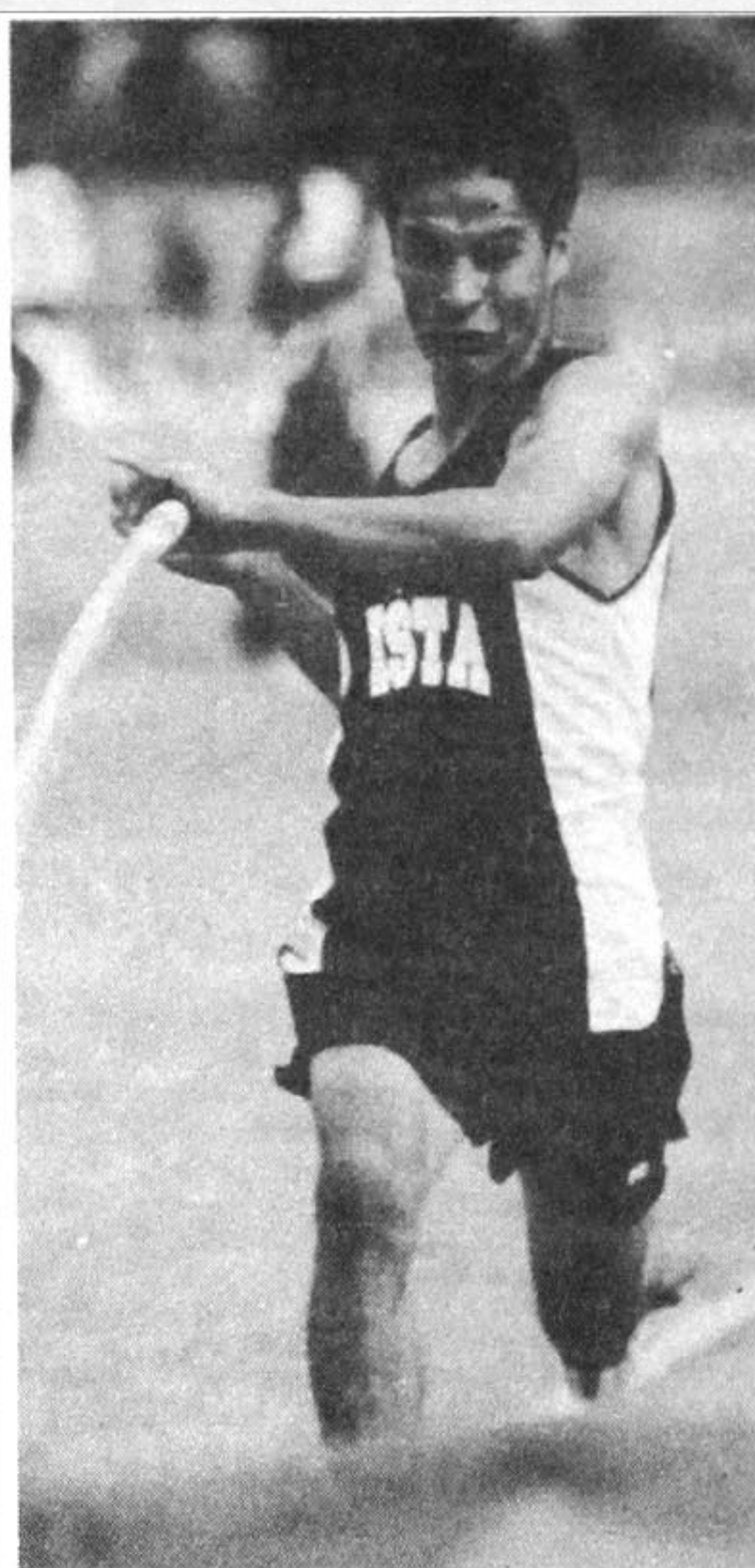


Nick Thornton
Rancho Buena Vista



Jon Ward
Poway

(P) 26.86, Cepeda (RB) 26.96, Martilla (P) 26.99, Greene (RB) 27.36, Young (P) 27.70.
400: Landry (RB) 58.42, Reardon (RB) 60.14, Collins (V) 60.37, Schroeder (RB) 60.54, Jonson (MC) 61.54, Woodard (MC) 62.93.
800: Hall (RB) 2:19.68, Hall (RBV) 2:19.74, Steele (MC) 2:21.70, Damwijk (P) 2:23.27, Baker (P) 2:23.97, Larson (RB) 2:26.56, Kloos (RBV) 2:26.65, Allen (RBV) 2:27.71, Birdsell (MC) 2:28.08.
1600: Hall (RB) 5:08.57, Yee (RB) 5:13.02, Manson (RB) 5:13.30, Mier (SM) 5:16.30, K. Vasko (MC) 5:24.12, Hibbs (P) 5:24.70, Mulvey (MC) 5:37.04, McPherson (V) 5:37.90.
3200: Manson (RB) 11:23.70, Sick (MC) 11:33.49, Yee (RB) 11:44.11, Yamout (MC) 11:48.79, Dere (MC) 11:48.82, Boyd (RB) 11:52.14, Mier (SM) 12:02.62, Clark (P) 12:12.19, Harrer (MC) 12:17.68, A. Vasko (MC) 12:17.68, McPherson (V) 12:29.64, Lee (V) 12:30.00.
100 H: Coin (RB) 15.83, Murphy (RB) 16.15, Pound (P) 16.45, Austin (RB) 16.91, Chmielewski (RB) 17.53, Soper (SM) 17.91.
300 LH: Taylor (RB) 45.53, Coin (RB) 46.05, Pound (P) 46.06, McNamara (P) 48.80, Goodwin (MC) 50.01.
4x100 Relay: Rancho Bernardo 48.50, Poway 49.04, Mt. Carmel 49.76, Rancho Buena Vista 52.50, Vista 52.70.
4x400 Relay: Rancho Bernardo 4:01.56, Poway 4:08.44, Rancho Buena Vista 4:09.70, Mt. Carmel 4:09.95, Vista 4:13.00.
HJ: Preston (V) 5-2, Barnes (RBV) 5-0, Gutierrez (RB) 5-0, McNamara (P) 4-10, Austin



Ricardo Murillo
Vista



Sean Ricketts
Rancho Bernardo

(RB) 4-10, Buetenhek (MC) 4-10, Swingle (V) 4-10.
PV: Donoghue (RB) 12-0, Dennison (RB) 12-0, Huchel (V) 11-0, Pascarella (RB) 10-0, Hudlow (RB) 9-6, Pavone (SM) 9-6, Cabrera (MC) 9-0, Speer (MC) 8-6, McGurk (P) 8-6, Collins (V) 8-6.
LJ: Farrington (RB) 17-7, Hall (RBV) 16-9.5, Barnes (RBV) 16-3, McWhirter (SM) 15-11, Rose (RB) 15-10.5, Weaver (RB) 15-8, Orton (RB) 15-4.5.
TJ: Farrington (RB) 36-11.75, Barnes (RBV) 35-7.5, Greene (RB) 35-1, Lorenzen (RB) 34-6, Rose (RB) 30-4.25, Weaver (RB) 33-8.5, McKinney (RBV) 32-10.5.
SP: Henry (RBV) 37-11.25, Czapsinski (P) 37-2.75, Austin (RB) 36-6.5, Sorrell (V) 32-1.25, Roberts (P) 31-2.5.
DT: Austin (RB) 128-0, Mickelson (RB) 112-7, Czapsinski (P) 106-6, Criado (RBV) 106-4.

Metro Results:

At Chula Vista High School, Friday, May 14. Dirt track, hand timed.

BOYS:

100: W. McNeal (Mo) 10.7, Thompson (Sw) 11.0, Anderson (E) 11.0.

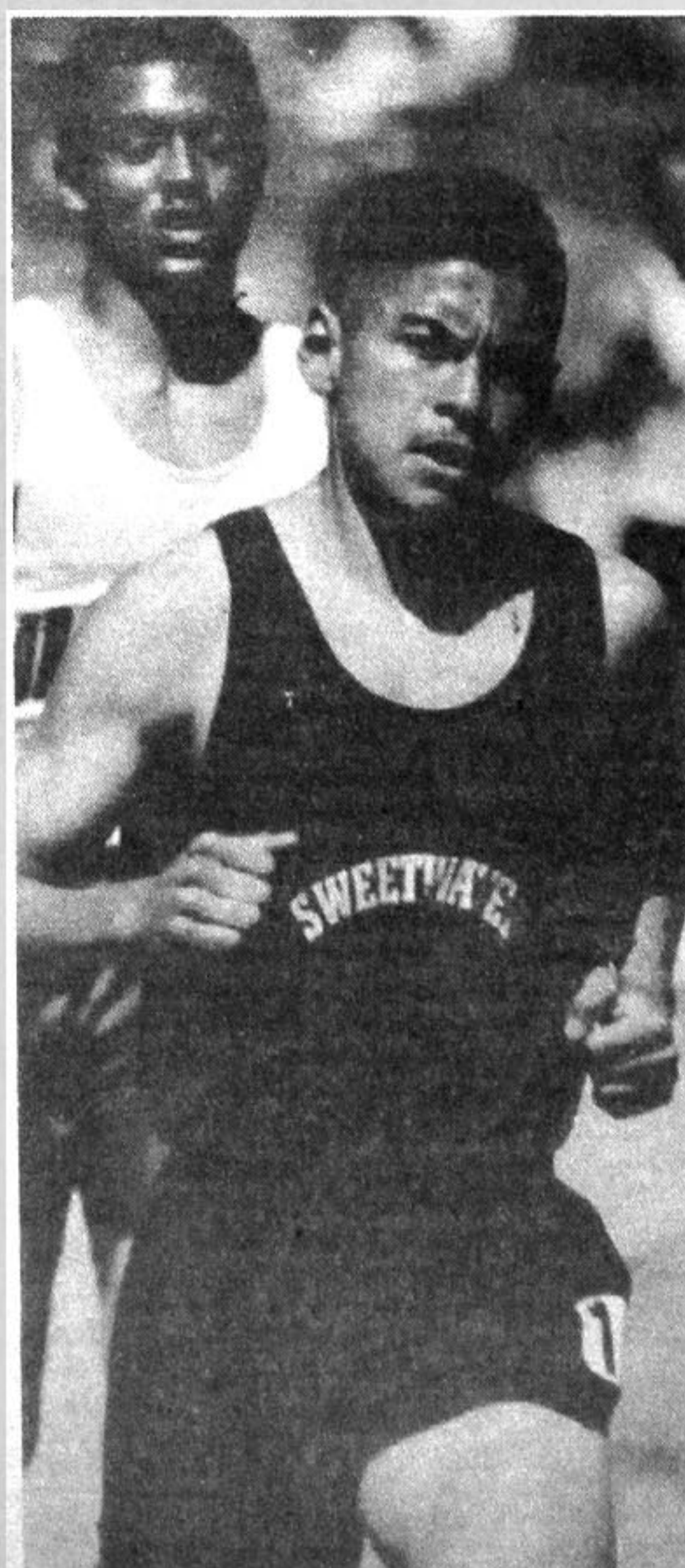
League Finals - PAGE 7

200: W. McNeal (Mo) 22.0, Anderson (E) 11.0.
400: Smith (BV) 51.9, Quintana (CP) 52.3.
800: Houser (BV) 2:00.9, Franco (Sw) 2:01.4, Stewart (H) 2:02.6.
1600: Nwadike (CV) 4:23.8, Paff (BV) 3:30.2, Swier (MV) 4:36.1.
3200: Paff (BV) 9:54.7, Manzano (CV) 10:09.1.
110 HH: Gutierrez (Sw) 15.2, Davis (CP) 15.7.
300 IH: Gutierrez (Sw) 40.5, Davis (CP) 40.9, Knight (MV) 42.5.
4x100 Relay: Sweetwater 43.1, Eastlake 43.7, Montgomery 44.2.
4x400 Relay: Castle Park 3:29.8, Bonita Vista 3:30.2, Montgomery 3:35.1.
HJ: DeSaracho (BV) 6-3, Smith (So) 5-10, Guthrie (Sw) 5-10, Neudecker (BV) 5-10.
PV: Cornejo (CV) 13-0, Doria (E) 12-6, Fernando (Sw) 12-0, Munoz (CP) 12-0.
LJ: Pittman (CP) 21-11.5, DeSaracho (BV) 21-4, Hannibal (BV) 21-1.25, Holmes (Mo) 20-10.25, Alvarez (CV) 20-6.5.
TJ: Guthrie (Sw) 43-8.75, Harvey (Sw) 43-5.5, Holmes (Mo) 41-8.75, Arellano (Sw) 41-7.75, Buford (H) 40-10.
SP: Tyson (BV) 52-5, Pickett (Sw) 51-0, Randall (CP) 50-5, Nelson (H) 50-4.5, Gascon (Sw) 47-2.5, Brunson (CV) 47-0, Stephens (CP) 44-11, Schardin (E) 44-10.5.
DT: Hunt (H) 159-1, Pickett (Sw) 151-8, Tyson (BV) 150-4, Stephens (CP) 140-8, Driggs (Sw) 139-7, Brunson (CV) 129-0.

GIRLS:

100: Major (Sw) 12.69, Dears (CP) 12.8.
200: Dears (CP) 26.8.
400: Sanders (CV) 60.1, Cartwright (BV) 62.4, Jefferson (Sow) 62.4.
800: Davila (H) 2:18.6.
1600: Davila (H) 5:18.8, Rivas (Mo) 5:34.4.
3200: Davila (H) 11:50.1, Osuna (BV) 12:15.6.
100 H: Valdez (CP) 16.3, Fuller (H) 16.7, Macias (CP) 16.9.
300 LH: DeHahn (H) 46.2, Fuller (H) 48.7.
4x100 Relay: Castle Park 50.1, Hilltop 51.4.
4x400 Relay: Hilltop 4:11.8, Bonita Vista 4:18.3, Castle Park 4:20.2.
HJ: DeHahn (H) 5-2, Amalfitano (BV) 4-10, Richardson (H) 4-8, Bartkiewicz (CV) 4-8, Harlow (MV) 4-8.
PV: Mazzarella (BV) 9-2.75, Guapo (E) 8-6, Asay (Sw) 8-6.
LJ: Peterson (H) 15-8.5, Dears (CP) 15-7.75, Hannibal (BV) 15-7.5, Salahuddin (H) 15-7, Perkins (BV) 15-5, Ramirez (MV) 15-1.
TJ: Salahuddin (H) 32-11, Zuniga (BV) 32-3.75, Richardson (H) 31-2.75.
SP: O'Laughlin (BV) 38-5, Martinez (CV) 33-2, Turner (BV) 33-0, Brown (Sw) 32-1, Silva (CP) 32-1.
DT: Cobb (H) 107-9, O'Laughlin (BV) 105-0, Martinez (CV) 104-0.

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Paul Franco
Sweetwater

League Finals

From page 7.

Grossmont Results:

At West Hills High School, Friday, May 14. Dirt track, automatic timing. Wind aided sprints and short hurdles in early meet. OK wind for 200, and long and triple jumps.

BOYS:

100 (windy): Davis (ECV) 10.92, Cunningham (WH) 10.95, Harrington (WH) 11.15, Williams (MM) 11.16, H. Peterman (H), Read (G) 11.19, Van (H) 11.28, E. Peterman (H) 11.30.

200: Davis (ECV) 22.34, Williams (MM) 22.84, Read (G) 22.94, Cunningham (WH) 22.94, Hunt (MV) 23.04.

400: Nathan (H) 52.75, Ficken (WH) 53.05, Patrick (GH) 53.56.

800: Fox (WH) 1:56.63, Aragon (WH) 1:58.20, Rankin (MV) 1:58.50, Burer (V) 1:59.20, Rendina (WH) 2:00.14.

1600: Fox (WH) 4:24.91, Finch (GH) 4:26.08, Rankin (MV) 4:26.95, Aragon (WH) 4:35.34.

3200: Finch (GH) 9:43.2, Maynard (GH) 9:45.43, Bartonicek (GH) 9:45.76, Fox (WH) 9:56.21.

110 HH (windy): Hunt (MV) 14.67, Hunter (GH) 14.77, Daynes (ECp) 15.07, MacLeod (WH) 15.20, Johnson (H) 15.30, Takahashi (G) 15.93.

300 IH: Hunter (GH) 39.41, Daynes (ECp) 40.11, Conerly (WH) 40.51, Johnson (H) 41.41.

4x100 Relay: Helix 43.29, West Hills 43.35, Mount Miguel 44.00.

4:400 Relay: West Hills 3:28.64, Helix 3:30.14, Grantie Hills 3:30.74, Valhalla 3:34.64.

HJ: Randall (MV) 6-4, White (ECp) 6-0, McGuinness (GH) 5-10, Takahashi (G) 5-10, Harris (MV) 5-10.

PV: Ball (ECp) 14-0, Jerig (WH) 14-0, Covell (WH) 14-0, Long (GH) 13-0.

LJ: Ortiz (H) 22-5.5, Hunter (GH) 21-5.5, Barbour (G) 20-6.25, Randall (MV) 20-4.25.

TJ: Ortiz (H) 47-5.5, Hibbler (H) 44-3.25, Randall (MV) 44-1.5, Barbour (G) 43-2, Lundgren (GH) 42-8.5, Robbins (WH) 42-5.25.

SP: Ames (ECp) 55-10.25, Watkins (H) 54-1.25, Stokes (ECp) 52-6.5, Hassey (ECp) 52-6, Asch (ECp) 45-8.25, Proctor (ECp) 45-4.

DT: Ames (ECp) 187-4, Carter (MM) 153-7, Watkins (H) 153-4, Asch (ECp) 147-4, Smith (GH) 136-4, Aramburo (ECV) 133-3.

GIRLS:

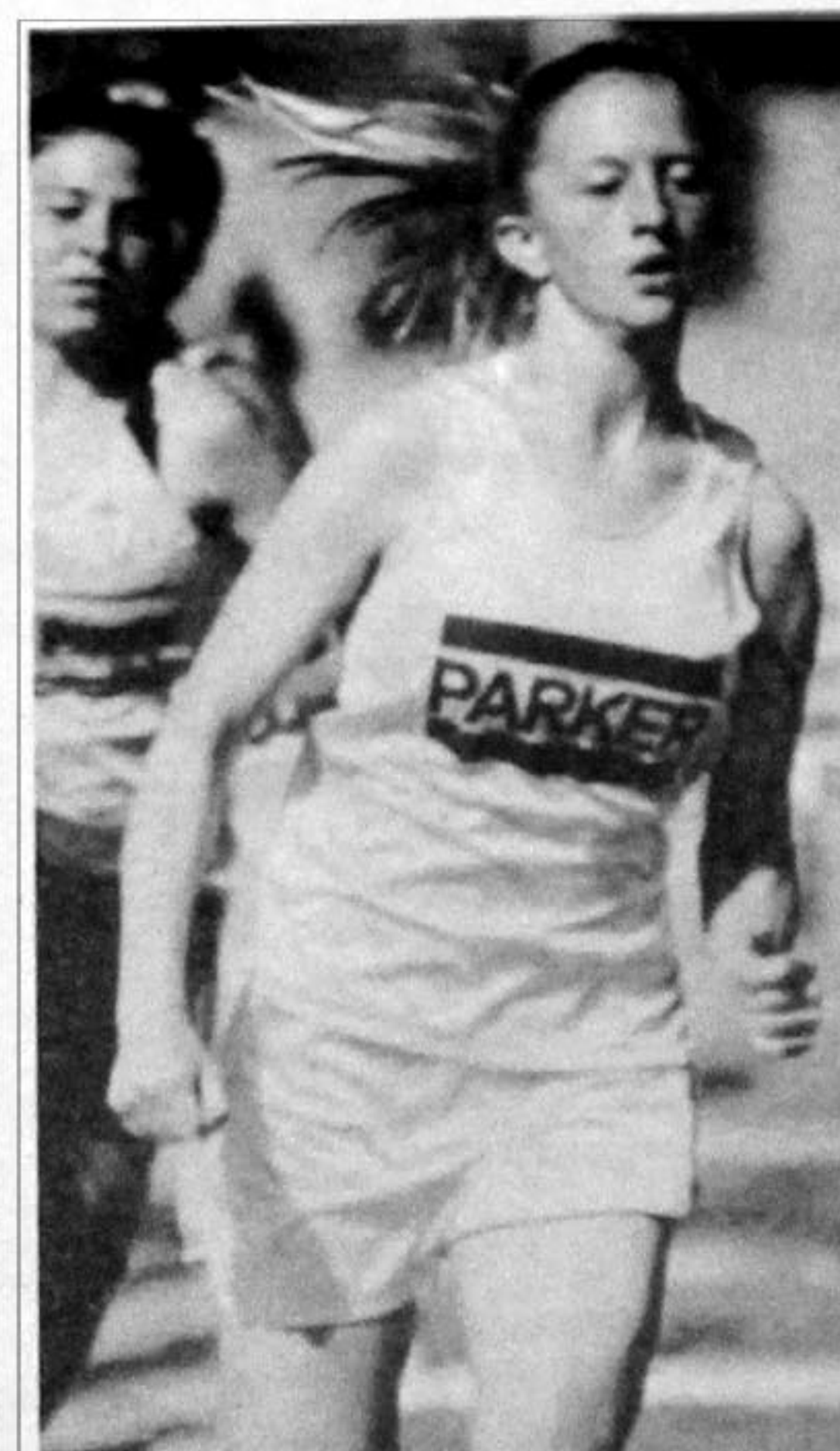
100 (windy): Tucker (MV) 12.49, Allen (MM) 12.53, Ellis (V) 12.95, Wallace (MV) 13.12, Herron (ECV) 13.15, Sanders (WH) 13.19.



Christina Rodgers
El Cajon Valley



Kenny Covell
West Hills



Laura Crabtree
Francis Parker

Coastal Results:

At Valley Center High School, Thursday, May 13. All-weather track, automatic timing. Headwinds for sprints, hurdles, some jumps.

BOYS:

100: Johnson (FP) 11.29, Culver (TBS) 11.59, Gill (CC) 11.81.

200: Berman (CC) 23.52, Gill (CC) 23.94, Culver (TBS) 24.19.

400: Thomas 9FP) 51.57, Jo. Beutlich (CCO) 52.09, Lam (TBS) 53.78.

800: Young 9CC) 2:03.19, Holland (TBS) 2:05.44, D'Vincent (SDA) 2:07.76.

1600: Conner (CC) 4:43.59, Holland (TBS) 4:44.25, Kraemer (ANA) 4:46.38.

3200: Conner (CC) 10:21.61, Kraemer (ANA) 10:26.64, Shipley (CC) 10:49.94.

110 HH: Kang (ANA) 17.85, Je. Beutlich (CC) 19.08, Seaman (LJCD) 19.44.

300 IH: Mavis (CC) 42.18, Huff (CC) 47.30, Kang (ANA) 47.51.

4x100 Relay: The Bishop's School 44.64, Calvin Christian 44.83, Francis Parker 45.70.

4x400 Relay: Calvin Christian 3:35.11, The Bishop's School 3:43.21, Francis Parker 3:54.20.

HJ: White (ANA) 5-10, Booker (TBS) 5-6, Seaman (LJCD) 5-6.

PV: Tucker (CC) 9-6, Duk (FP) 9-6, Wexler (FP) 9-6.

LJ: Mavis (CC) 20-2.75, De Young (CC) 19-11, Henton (FP) 18-4.5.

TJ: Mavis (CC) 40-5, Jensen (TBS) 36-2, Adams (ANA) 34-1, Knight (ANA) 34-1. Non-scoring: Henry (Horizon) 38-7, Ibarra (Imperial) 36-9, Guzman (Holtville) 36-4.

SP: Langness (SDA) 43-3, Culver (TBS) 42-7, Jensen (TBS) 41-11.

DT: Kingston (LJCD) 126-4, Denyer (LJCD) 123-11, Langness (SDA) 122-8.

GIRLS:

100: Blake (FP) 13.02, Abarbonel (SDA) 14-0, Akinfosile (LJCD) 14.27.

200: Blake (FP) 26.83, Zuidema (CCO) 28.99, Abarbonel (SDA) 29.67.

400: Koehn (FP) 62.55, Carnevale (TBS) 63.91, Martin (CC) 66.16.

800: Timinsky (SDA) 2:22.54, Crabtree (FP) 2:30.03, Petty (CC) 2:33.82.

1600: Timinsky (SDA) 5:19.22, Shumilak (TBS) 5:43.69, Scarfo (LJCD) 5:51.40.

3200: Timinsky (SDA) 11:46.64, Dooley (SDA) 13:34.34, Spurr (CCO) 13:42.64.

100H: Helms (FP) 17.72, Schultz (CC) 17.75, Kok (CC) 18.66.

300 LH: Martin (CC) 51.89, McGiven (SDA) 52.41, Kok (CC) 53.20.

4x100 Relay: Francis Parker 53.45, San Diego Academy 54.42, La Jolla Country Day 55.31.

4x400 Relay: Francis Parker 4:21.79, Calvin Christian 4:37.49, La Jolla Country Day 4:46.93.

HJ: Carlson (SFC) 5-0, Carnevale (TBS) 4-8, Phillips (CC) 4-6. Non-scoring: Wilkins (Christian) 5-0.

PV: Robbins (FP) 8-0.

LJ: Carnevale (TBS) 15-3, Boonstra (CC) 14-11, Wente (LJCD) 14-9.

TJ: Boonstra (CC) 30-8, Zuidema (CC) 29-22, Robbins (FP) 29-1.5.

SP: Akinfosile (LJCD) 35-6, Winn (TBS) 29-3, Keller (CC) 28-1.

DT: Jones (TBS) 98-11, Robbins (FP) 94-8, Akinfosile (LJCD) 92-10.



John Stokes
El Capitan



Monique Jouglet
Helix

200: Tucker (MV) 25.87, Herron (ECV) 26.63, Ellis (V) 26.64, Bollinger (G) 26.73, Allen (MM) 26.90, Williams (H) 26.97, Sanders (WH) 27.07, Rioja (MM) 27.13.

400: Williams (H) 61.08, Perkins (MV) 61.74, Sonne (WH) 62.08, Rosas (MM) 62.68.

800: Bravin (V) 2:22.60, Jouglet (H) 2:23.88.

1600: C. Baird (H) 5:26.55, Shurtleff (WH) 5:26.33, Marquez (ECp) 5:29.03, Runkles (MM) 5:34.84, Viens (V) 5:34.87.

3200: C. Baird (H) 11:11.58, Pace (S) 11:26.16, Marquez (ECp) 11:45.80, Bartell (WH) 11:53.02, S. Baird (H) 11:53.05, Shurtleff (WH) 11:54.82.

100 H (windy): Escudero (ECp) 15.19, Barmer (H) 16.13, A. Martin (WH) 16.14, Clark (MV) 16.36, Kelly (MM) 16.39, Camp (MV) 16.66.

300 LH: Barmer (H) 45.86, Escudero (ECp) 46.40, Avery (GH) 47.56, A. Martin (WH) 48.60, Camp (MV) 49.46.

4x100 Relay: Monte Vista 50.37, Mount Miguel 50.57, Helix 50.92, Valhalla 51.67, West Hills 51.70, El Cajon 52.50, Grossmont 52.60.

4x400 Relay: Helix 4:07.89, Monte Vista 4:09.69, West Hills 4:10.99, Valhalla 4:12.76, Grossmont 4:13.03, El Capitan 4:23.01.

HJ: Turner (GH) 5-0, Rhea (ECp) 5-0, Cavalheiro (H) 5-10, Sonne (WH) 4-10.

PV: Lemperele (WH) 9-0, Hobbs (GH) 8-6, Jes. Ryan (W) 8-6.

LJ: Wallace (MV) 16-4.5, Sonne (WH) 16-4.5, Gaines (MV) 16-2.5, Fazio (G) 15-6.75, George (V) 15-3.75.

TJ: George (V) 35-9, Wallace (MV) 34-9.5, Gaines (MV) 34-2.25, Louviere (H) 33-6.75.

SP: Rhea (ECp) 36-4, Stirrup (H) 35-11, Ames (ECp) 34-4, Goins (ECp) 32-7.5.

DT: Ames (ECp) 122-3, Stirrup (H) 117-0, Rhea (ECp) 113-7, Goins (ECp) 111-7, Tiffany (GH) 107-8, Krisch (G) 101-11, Clifton (GH) 101-4, Keller (ECp) 99-5.



MIZUNO WAVE



Final Rankings: *Why teams rank where they do...*

Ever wonder about the dual meet rankings that you see published from time to time?

Wonder why some teams are named the best?

We take a look at this season's final top tens and explore the top team's strengths.

BOYS:

1. Mira Mesa. They won the tough Eastern League, by going 6-0. They beat league runner-up UC by 82-45, third-place Serra by 91-44, and fourth-place Morse by 84-52. The team was strongest in the hurdles and throws, but also had very good sprints, relays, distance and jumps. In relay meets, they were competitive in any baton event, from shuttle hurdles to distance medley to 4x200 to either the long or short sprint medley. They are better as a dual team than a championship meet team, although their top performers rank high.

2. West Hills. They went 4-0 to win the Grossmont North, beating league runner-up El Capitan by 89-47. They have the best distance team in the county in both quality and quantity (they were, after all, the top-ranked local cross country team last fall). They also have a top vault program, good hurdlers, and some very good speed. They can in the 42s for the short relay, their distance medley team won at Arcadia, and their 4x800 relay team won at Mt. SAC.

3. Helix. They finished off a 4-0 league record by beating arch-rival Granite Hills by 73-63. They had great sprint and relay depth and quality, and were also excellent in horizontal jumps, throws and hurdles. Distance suffered when Dan Kinsella was injured late in

year, but high jumper and vaulter stepped up against Granite Hills to swing the meet.

4. Sweetwater. They went 8-0 to win the Metro. Closest meet was a 27-point win over Castle Park. Beat league runner-up Bonita Vista by 30. Has at least one athlete ranked in best marks list in every event, despite running all duals on dirt tracks. Best events are hurdles and sprint relay, but has excellent depth in jumps, throws and distance, where their 4x1600 team was as good as anybody's.

5. Rancho Bernardo. They are competitive with any of the teams ranked above them. They went 5-0 to win the always-tough Palomar League. Closest meet was a six point win over Poway in final meet. Has good athletes in all areas, although depth is only fair in some events. Young jumpers, vaulters came on late in year to give team needed balance. Best sprinter was almost never healthy.

6. Rancho Buena Vista. The Palomar runner-up, with a 4-1 league record. They beat number seven Poway by 75-61, and scored 90-plus points against Mt. Carmel, San Marcos and Vista. Had a superstar in Jason Gatewood, who racked up big points in high jump, long jump and both hurdles. They also have great vaulters, a very good middle-distance runner, good throwers and their usual complement of speed. How good would they have been with Arthur Orange?

7. Poway. Was 3-2 in the tough Palomar, losing to RB by six, and to RBV by 14. They had great quality and quantity in vault, were good in long sprints and discus, OK in short sprints and shot. The distance team is rivaled in quality and quantity only by West Hills and Granite Hills.

8. Granite Hills. Took number three Helix to the wire in final dual, in a meet that went down to the final relay. Scored 91 to 104 points against the other three league rivals. Had great distance quality and depth, plus a great young all-around athlete in Jeff Hunter. Other jumps were good, including the vault, and they had OK throwers. Only real weakness was sprints, and Helix made them pay.

9. La Jolla. Is on a four-plus-year winning streak. Very well-balanced, with a super thrower, decent distance depth and three versatile, do-everything athletes who spread their talents across a range of events.

10. Bonita Vista. Second in the Metro, they have a well-rounded team, with good athletes in sprints, jumps, distance and throws, and depth is never a problem.

Others:
Fallbrook, San Pasqual, University City, Serra, Castle Park.

GIRLS:

1. Rancho Bernardo. The only thing they lack is a truly top-flight sprinter, so they have to make do with a dozen very good ones. Their vault program might be the best in the nation, and their distance team is a factory, cranking out one or two top new talents each year (this year, it's Allison Hall). They were among the best cross country teams in the state last fall. The hurdlers are excellent, as are their horizontal jumpers. No star in the high jump, but many are over five feet. If you made up a list of the top fifteen or so track talents in the county, RB would have five of them: Kathleen Donoghue, Natalie Dennison, Adrienne Farrington, Amy Taylor and Mikaelyn Austin. In another year or so, Laura Landry or Allison Hall or Molly Pascarella might join that list. The Palomar League is tough, but RB made them look bad, scoring 100 points in every league dual. Jan Jessop, you can get a head start on engraving that CIF trophy.

2. Helix. Won the Grossmont South with a 4-0 record. Probably the most well-rounded team after RB, with great distance, led by Courtney Baird, an excellent frosh flash in Bryeanna Barmer, who can sprint and hurdle, and a top thrower in Malaika Stirrup. There was good depth all around, and few holes in the lineup.

3. West Hills. The class of the Grossmont North, with a 4-0 league record. They beat runner-up El Capitan by 73-45. Good in hurdles, good in distance, and also had talent in sprints and jumps. Only real weakness was the throws, but that was offset by good depth in everything else.

4. Hilltop. Won the Metro at 8-0, beating league runner-up Bonita Vista by 70-65 early in season. Led by a great distance runner in Desiree Davila, and a great all-around talent in Erin DeHahn, who could be plugged into about half the events. They were also excellent in 300 hurdles (besides DeHahn) and the disc, and had good horizontal jumpers and long relay team.

5. Poway. Were the second team in the Palomar, going 4-1. They beat number eight Mt. Carmel by 80-56, and smothered honorable mention RBV, by 102-34. They had good sprinters, a good 300 hurdler, good throwers and great vault depth. Hurdle depth, distance depth and jumps were not up to usual Poway standards, but nobody would have noticed if RB hadn't turned into such a monster team.

6. Morse. A perennial power in the East and in the county, they lost to UC at a time the team was missing many front-line people. Has the best front-line sprint depth in the county, and has the best relay teams, but also has a good distance runner, and talent in the jumps, throws and hurdles.

7. Torrey Pines. The Avo champ, they were not as well-rounded as past Torrey teams, but they had the best front-line distance talent in the area, plus good depth in those events. Also had talent in jumps and long sprints, but didn't have strength in throws or short sprints or hurdles.

8. Mt. Carmel. Great distance depth from their excellent cross country team, very good speed, good vault depth. A strong Palomar team.

9. Carlsbad. Tied Fallbrook in a dual, and both ended up tied for second in the Avocado. Distance team is continually improving with young talent, and the vaulters are the best anywhere besides RB. They also have some speed, hurdlers, jumpers and a good thrower.

9. (tie) Fallbrook. Tied Carlsbad for second in the Avocado. As usual, had the great distance and throws depth and talent, but also had good speed and jumps.

Others:

La Jolla, University City, Monte Vista, Rancho Buena Vista, Bonita Vista.

Frosh Soph Results

At West Hills High School, Saturday, May 1. Fast DG track, surfaced with crushed brick. High winds in early events aided sprinters, hurdlers and jumpers. Wind became almost calm by end of meet.

BOYS:

100 (windy):

Soph: Mike Roberts (PH) 10.8h, Allen Thompson (Sweet) 10.92, Mike Johnson (Serra) 11.09, Joey Williams (MtM) 11.20, unid. (CP) NT.

Frosh: Chauncey Smith (UC) 11.43, Napoleon McNeal (Mont) 11.44, D. J. Contreras (VC) 11.56, Fiat Johnson (Serra) 11.66, Michael Perez (MontV) 11.70.

200 (calm):

Soph: Mike Johnson (Serra) 22.78, Mike Roberts (PH) 22.80, Clarence Cunningham (SR) 23.35, Dan Ishida (Sweet) 23.38, Joey Williams (MtM) 23.58.

Frosh: Chauncey Smith (UC) 22.99, Jeff McNeal (Mont) 23.02, Napoleon McNeal (Mont) 23.39, Steven Maldonado (Vista) 23.49, unidentified, 23.79.

400:

Soph: Boris McDaniels (Linc) 52.06, LeRoy Jones (MiraM) 52.62, Taylor (PL) 53.76, Matt Rayshaw (UC) 53.96, Mack Reffitt (Serra) 54.06.

Frosh: Steven Maldonado (Vista) 53.20, Douglas Brady (MtM) 53.27, Brian Frazier (UC) 54.31, Said Nelson (RB) 54.94, Mike Bartsch (East) 56.17.

Please turn to page 10.

Next Issue:
*Featuring
coverage of CIF
Division I and II
Finals, and league
championships
Coming May 28*
(To be distributed at
CIF Masters Meet)

Frosh Soph

From page 9.

800:

Soph: Ben Aragon (WH) 1:58.14, Matt Johnson (SP) 1:59.87, Mark Baddas (Vista) 2:03.34, Jimmy Ungricht (Fall) 2:05.18, Lorenzo Otero (Hill) 2:06.68.

Frosh: Dustin Westergom-Flick (WH) 2:05.10, Kevin Schible (WH) 2:06.07, Mike Carter (Oc) 2:09.07, Brian Boggs (LJ) 2:09.94, Marten Mendibles (GH) 2:11.21.

1600:

Soph: Ben Aragon (WH) 4:34.16, Ryan Montez (Vista) 4:36.73, Mark Baddas (Vista) 4:40.57, Chris Dominguez (SD) 4:43.14, David Santos (Val) 4:49.41.

Frosh: Kevin Schible (WH) 4:43.26, Dustin Westergom-Flick (WH) 4:43.96, Cooper Bachman (VC) 4:46.39, Ross Ramsey (WH) 4:47.76, Husevio Martinez (Vista) 4:48.46.

3200:

Soph: Ryan Montez (Vista) 9:54.39, Joe Robinett (PIL) 9:54.66, Lorenzo Otero (Hill) 10:18.28, Dylan Solomon (UC) 10:27.82, Keeron Toussaint (SP) 10:29.49.

Frosh: Brandon Zelones (MiraM) 10:29.80, Ricky McRoskey (StA) 10:42.56, Joe Aguilar (Vista) 10:44.66, Efrain Carrillo (GH) 10:48.93, Mike Albo (RB) 10:49.00.

110 Hurdles (windy):

Soph (39 inch): Jeff Hunter (GH) 14.97, John Dudek (TP) 15.73, Rashard Holmes (RB) 16.23, Brian Taylor (GH) 16.53, unidentified (SP) 16.63.

Frosh (36 inch): Trent Stroh (VC) 16.0, Frank Maramoto (Gross) 16.2, Jeremiah McLeod (Fall) 16.3, Ryan Bartsch (East) 16.6, Tim Frinell (Fall) 17.1.

300 Hurdles:

Soph (36 inch): Jeff Hunter (GH) 38.93, Brian Taylor (GH) 43.87, Jason Reeder (WH) 44.13, Alton Gilbert (Linc) 44.17, Chris Renke (Fall) 44.30.

Frosh (30 inch): Trent Stroh (VC) 42.85, Jeremiah McLeod (Fall) 43.02, Nathan Enriquez (StA) 44.22, Frank Maramoto (Gross) 44.92, Tim Frinell (Fall) 45.06.

4x100 Relay:

Soph: Sweetwater 44.7, Morse 45.1, Rancho Buena Vista 45.6, Serra 45.9, University City 46.2.

Frosh: Castle Park 46.54, Lincoln 46.57, Valley Center 46.90, Mira Mesa 47.50, St. Augustine 47.64.

4x400 Relay:

Soph: Granite Hills 3:37.36, Vista 3:37.76, Rancho Bernardo 3:40.03, Morse 3:43.10, Serra 3:43.70.

Frosh: West Hills 3:43.90, University City 3:44.44, Vista 3:50.78, Castle Park 3:50.44, Valhalla 3:54.41.

Sprint Medley

(200, 200, 400, 800):

Combined frosh/soph teams: San Pasqual 3:47.4, Castle Park 4:01.0, Serra 4:01.7, West Hills 4:04.5, University City 4:05.9.

Distance Medley Relay:

Combined frosh/soph teams: Point Loma 11:25.3, Sweetwater 11:41.4, Vista 11:51.3, Valhalla 12:01.7, San Pasqual 12:08.1.

High Jump:

Soph: Ahnizo Gainey (RBV) 6-0, Nate Skrzypczak (VC) 6-0, Corey Evans (East) 6-0, Bobby Okenwa (Morse) 5-10, Andrew Fischer (StA) 5-8.

Frosh: Mike Leyva (GH) 6-0, unidentified (RB) 5-10, Naftalie Nahiawawa (WH) 5-8, Trent Stroh (VC) 5-6, Timothy Warner (Carls) 5-6.

Pole Vault:

Soph: Chris Dorminy (RB) 13-0, Clayton Marshall (WH) 12-6, Chris Spehar (RB) 12-0, Ryan Daley (Vista) 12-0, Mike Hill (RB) 12-0.

Frosh: Timothy Warner (Carls) 11-0, Joe Harlin (Fall) 10-6, Devon Cindrich (East) 10-0, Greg Thomas (SP) 10-0, Adrian Ruark (PIL) 10-0.

Long Jump (windy):

Soph: Rashard Holmes (RB) 23-0.5, Jeff Hunter (GH) 22.075, Eric Rogers (Morse) 21-3, Ahnizo Gainey (RBV) 21-2.25, Mike Roberts (PHN) 21-2, Alton Gilbert (Linc) 20-6.75, Brandon Roberson (Morse) 20-4, Trandon Harvey (Sweet) 20-3, Nate Skrzypczak (VC) 20-1.5.

Frosh: Jeff McNeal (MontV) 19-6, Marcus Barard (Vista) 19-4, Mike Iafe (StA) 19-3, Arquies Lawson (Linc) 19-3, Kyle Ware (Serra) 19-1.

Triple Jump (light winds):

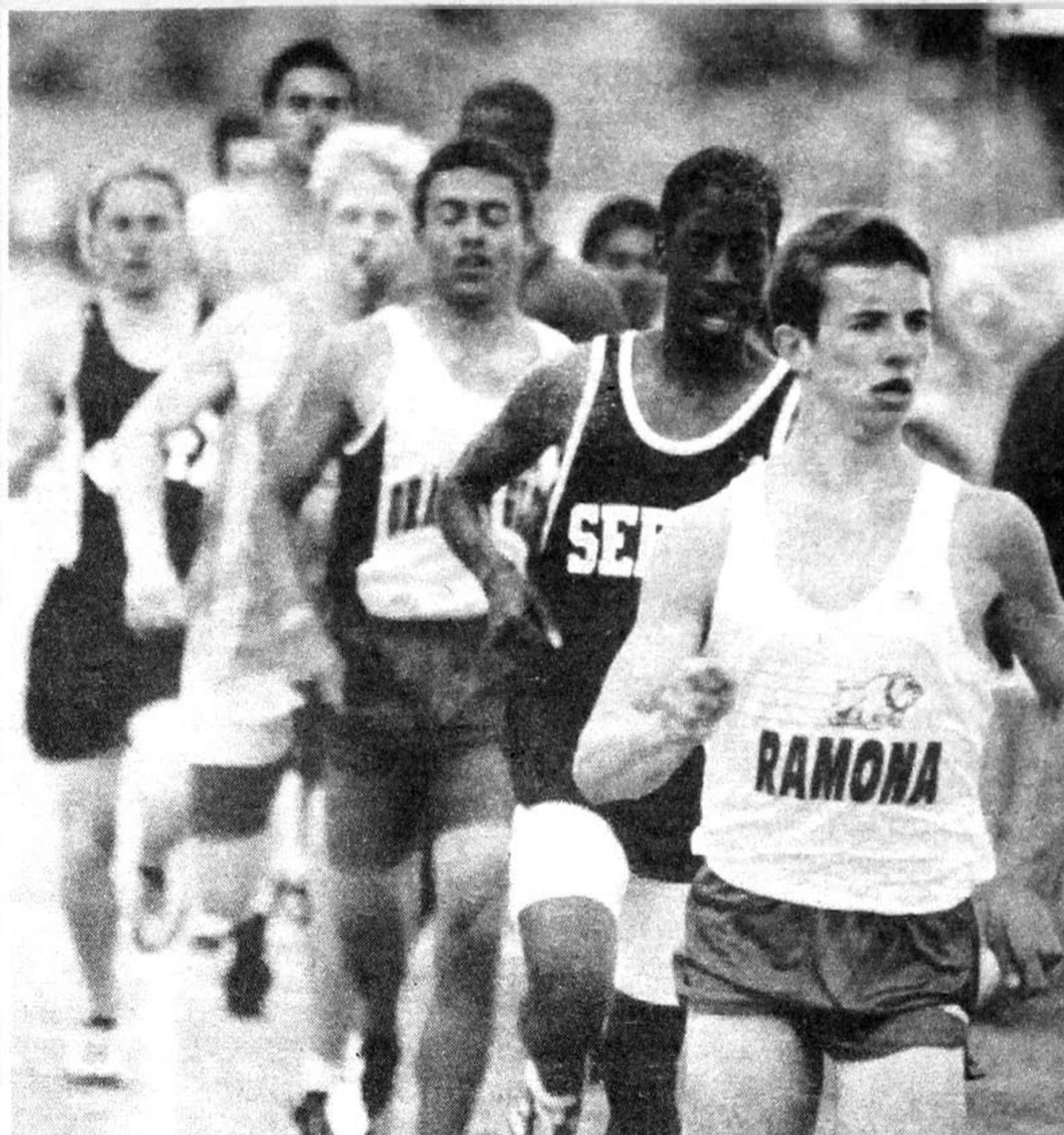
Soph: Rashard Holmes (RB) 43-9.75, Ahnizo Gainey (RBV) 43-3.75, Trandon Harvey (Sweet) 42-10.75, Nate Skrzypczak (VC) 42-4, Corey Evans (East) 41-7.75.

Frosh: Marcus Barard (Vista) 41-3, Avante Agurs (Gross) 40-4.75, Chris Poche (SP) 38-2.5, Timothy Warner (Carls) 37-10.25, Naftalie Nahiawawa (WH) 37-8.

Shot Put:

Soph (12 lb.): Richie Smith (GH) 44-1.5, Marco Gonzales (VC) 43-8, A. Iapala (CP) 43-5.5, Kyle Gosslin (RBV) 41-5.75, R. Stephens (CP) 41-2.

Frosh (10 lb.): Andy Huang (RB) 45-6,



OG Invite Action: Ramona's Matt McInvale leads the way in the 1600. Trailing are (from the right) Serra's Marcus Chandler, Orange Glen's Nick Jones, San Pasqual's Adam Van Wart and Vista's Justin Neuroth.

Jesse English (RBV) 45-1, Eder Arosemena (Vista) 43-9.5, Nick Garcia (StA) 43-1, Carl Payne (CV) 39-11.75.

Discus Throw:

Soph: Tongai Savaiinaea (East) 133-7, Richie Smith (GH) 132-11, R. Stephens (CP) 129-11, Marco Gonzales (VC) 129-9, Dan Thompson (Fall) 129-7.

Frosh: Jesse English (RBV) 136-0, Cliff Learn (LJ) 120-2, Eder Arosemena (Vista) 118-3, Andy Huang (RB) 104-10, Mike Hunter (VC) 96-0.

GIRLS:

100 (windy):

Soph: Faith Lin (LJ) 12.66, Anne James (RB) 12.69, Tiffany Lowery (SP) 12.79, Megan Barnes (RBV) 13.26, Ashley Fowler (Val) 13.27, Shuree Halton (CP) 13.28, Latoya Summerville (SR) 13.29.

Frosh: Jessica Thomas (ElCam) 12.66, Nini Herron (ECV) 13.09, Latrice Dickens (PH) 13.16, Candace Ellis (Val) 13.26, Kristina de la Rosa (RB) 13.29.

200 (calm):

Soph: Monique Henderson (Morse) 23.84, Anne James (RB) 26.14, Naomi Mattos (Fall) NT, Tiffany Lowery (SP) 26.67, Phoebe Perkins (MontV) 27.11.

Frosh: Laura Landry (RB) 26.01, Crystal Hinton (Linc) 26.83, Latrice Dickens (PH) 27.10, Nini Herron (ECV) 27.33, Rachel Snare (SR) 27.60.

400:

Soph: Monique Henderson (Morse) 54.74, Unika Smith (Linc) 60.04, Ashley Cunningham (PIL) 60.31, Naomi Mattos (Fall) 60.68, Nadia Sanders (CV) 61.38, Kristine Schroeder (RB) 62.01, Tyneshia Major (Sweet) 62.2, Phoebe Perkins (MontV) 62.2.

Frosh: Nastassaja Hall (RBV) 60.56, Tessa Conner (TP) 63.43, J. Muhich (LCC) 64.27, Princess Mitchell (Sweet) 64.63, Ashley Knox (Val) 66.80.

800:

Soph: Deanna Lynn (Carls) 2:24.99, Katie O'Connell (Carls) 2:25.42, Shawna Winfrey (WH) 2:27.02, Amonica Phipps (Morse) 2:27.05, Kelly Larson (RB) 2:32.20.

Frosh: Allison Hall (RBV) 2:21.53, M. McGaffigan (CP) 2:26.17, Mallare Drossel (Carls) 2:26.67, Halley Moore (TP) 2:27.34, Courtney Allen (RBV) 2:29.77.

1600:

Soph: Julie Komosinski (TP) 5:05.40, Desiree Davila (Hill) 5:07.80, Natalie Parks (PIL) 4:24.09, Jasmine Marquez (ElCap) 5:26.69, Kaleena Yee (RB) 5:27.72, Amonica Phipps (Morse) 5:34.03, Jamie Carmichael (Fall) 5:37.47, Christie McPherson (Vista) 4:39.3.

Frosh: Jenna Timinsky (SDgtoA) 5:11.9, Allison Hall (RB) 5:14.8, Mallare Drossel (Carls) 5:36.8, Stephanie Casler (Val) 5:38.0, Kristina Nugent (Coro) 5:38.5, Pali Romero (East) 5:38.8, Liz Edwards (LJ) 5:39.8.

3200:

Soph: Desiree Davila (Hill) 11:39.03, Chessa Adsit-Morris (UC) 11:49.27, Katie O'Connell (Carls) 11:51.17, Christie McPherson (Vista) 12:18.23, Julie Pitts (Gross) 12:19.74, Ashley Handy (WH) 12:23.17, Kelly

Platko (Carls) 12:24.1, Katie Grim (LJ) 12:26.6.

Frosh: Maija Rohde (Fall) 12:09.25, Anne-Marie Byrne (USD) 12:41.95, M. McGaffigan (CP) 12:49.0, Natasha Sweatle (PIL) 12:56.46, Meghan Wilson (GH) 13:07.97.

100 Hurdles (windy):

Soph: Keona Clark (MontV) 16.45, Elise Orlando (MiraM) 16.85, Michelle Fredericks (WH) 17.32, Sierra Banks (MontV) 17.42, Pam Dang (MiraM) 18.05.

Frosh: Leah Cole (VC) 17.2, Alison Ribren (TP) 17.5, Olivia Hudek (Hill) 17.7, unidentified, 18.0, Ahshley Lane (WH) 18.3.

300 Hurdles:

Soph: Erica Bolden (Morse) 48.32, Tyneshia Major (Sweet) 49.02, Krystal Saunders (MontV) 50.09, Lisa German (RB) 50.09, Leah Justus (RBV) 54.22.

Frosh: Morgan Avery (GH) 49.03, Olivia Hudek (Hill) 49.77, Leah Cole (VC) 51.67, Erica Schim (LCC) 52.03, unidentified (East) 52.33.

4x100 Relay:

Soph: Morse 49.80, Rancho Bernardo 51.23, Chula Vista 52.37, Monte Vista 52.47, Point Loma 53.56, Valhalla 53.93.

Frosh: Rancho Bernardo 52.54, West Hills 52.64, El Camino 52.74, Lincoln 53.11, Valhalla 54.01.

4x400 Relay:

Soph: Morse 4:07.78, Rancho Bernardo 4:16.96, Chula Vista 4:22.06, Monte Vista 4:30.47, Vista 4:42.62.

Frosh: La Costa Canyon 4:22.06, West Hills 4:22.52, Rancho Bernardo 4:23.72, Castle Park 4:25.72, Torrey Pines 4:29.99.

Sprint Medley Relay

(100, 100, 200, 400):

Combined frosh/soph: Lincoln 1:54.77, Valhalla 1:57.53, Point Loma 1:57.77, Granite Hills 1:57.90, Castle Park 2:00.97.

Distance Medley Relay:

Combined frosh/soph: Rancho Buena Vista 13:14.9, Carlsbad 13:27.6, West Hills 13:31.8, Vista 13:38.8, Mira Mesa 13:49.4.

High Jump:

Soph: Kristin Carlson (SFC) 5-1, Lauren Jones (TP) 5-0, Karen Adams (ECV) 5-0, Megan Barnes (RBV) 4-10, Irieana Sesma (MontV) 4-10.

Frosh: Shalene Gutierrez (RB) 4-10, Leah Cole (VC) 4-10, Ashley Sxxxx (TP) 4-10, Cassidy Taylor (school?) 4-10, Misty Brewster (GH) 4-8.

Pole Vault:

Soph: Molly Pascarella (RB) 10-6, Elise Orlando (MiraM) 8-6, Betsy Halliburton (TP) 8-6, unidentified (WH) 8-0, Beth Vieira (PIL) 8-0.

Frosh: Teri Lopez (WH) 7-6, Renee Antonacci (Carls) 7-6, Janea Russ (GH) 7-0, Amber Lievens (WH) 6-6, Sarah Earnhart (WH) 6-6, Janny Mavity (RBV) 6-6.

Long Jump (windy):

Soph: Naomi Mattos (Fall) 17-5, Angela Fazio (Gross) 15-7, Nadiyah Salahuddin (Hill) 15-6.25, Trisha Martin (Mont) 15-4.75, Aja Dotson (Morse) 15-0.5, Sharesa Halton (CP) 15-0.5.

Frosh: Jessica Thomas (ElCam) 18-5.5, Nastassaja Hall (RBV) 17-10.25, Laura Landry

(RB) 16-9, Carrie Johnson (LJ) 15-10.25, Lindsey Orton (RB) 15-3.75.

Triple Jump (calm):

Soph: Megan Barnes (RBV) 35-10.75, Nadiyah Salahuddin (Hill) 34-11.75, Jennifer Greene (RB) 34-1.75, Keiona Clarke (MontV) 33-4.5, Crystal Chinn (Serra) 33-0.25, Quadiyyah Abdullah (MtM) 32-2.

Frosh: Renee McKinney (RBV) 32-8.75, Leah Cole (VC) 32-8, Laura Maurer (Fall) 32-1.5, Amile Helton (ElCap) 31-7, Christi Lemon (Linc) 31-4.75.

Shot Put:

Soph: Shemika Morris (SR) 34-4.5, Katie Ames (ElCap)

Frosh: Martinique Akinfosile (UCD) 33-4, Carrie Johnson (Fall) 31-5.5, Lanie Chaney (WH) 31-3, Kwelisha Jackson (PIL) 30-9.5, Lisa Cappasola (ElCap) 30-9.5, Latoya Rickman (Oc) 30-8.5.

Discus Throw:

Soph: Katie Ames (ElCap) 102-3, Shemika Morris (SR) 101-6, Michelle Bean (Sant) 98-11, Sarah Smither (SP) 94-7, Hillary Mateo (CP) 93-2.

Frosh: Latoya Rickman (Oc) 99-6, Michelle Singleton (Coro) 97-11, Alisa Valenzuela (RBV) 87-5, Carrie Johnson (Fall) 86-9, Lisa Cappasola (ElCap) 86-8.

OG Invite Results

At Orange Glen High School, Friday, April 30. Track relatively fast, winds not a factor. Wet takeoff surface did affect high jumpers.

BOYS:

(Results are combined from all races or events.)

100: Hanees Peterman (Helix) 10.9, David Hannibal (BV) 11.0, Michael Frazier (CP) 11.0, Lavell Anderson (East) 11.1, Allen Thompson (Sweet) 11.1.

200: Terron Franklin (Helix) 21.9, Lavell Anderson (East) 22.5, Hanees Peterman (Helix) 22.6.

400: Terron Franklin (Helix) 49.0, Steve Daniels (Carls) 51.5, Roger Mathis (Morse) 51.3, Jason Vestal (ElCap) 52.3, Robert Griffin (CP) 52.5, Jesus Nunez (SP) 52.5.

800: Jared Emmons (Vista) 1:58.9, Nico Cueva (Esc) 1:59.3, Bill Ungricht (Fall) 2:00.0, Dale Houser (BV) 2:00.0, William Burer (Val) 2:01.0, Matt Theisen (Val) 2:01.3, Luis Mariscal (SP) 2:01.6, Steve Daniels (Carls) 2:02.0, Justin Mattos (Fall) 2:02.3, Chad Young (CalC) 2:02.5, Paul Franco (Sweet) 2:02.7, Troy Stroh (VC) 2:03.3, Daniel Flores (CP) 2:03.5.

1600: Justin Neuroth (Vista) 4:21.4, Ken Nwadike (CV) 4:21.8, Marcus Chandler (Serra) 4:22.7, Matt McInvale (Ram) 4:24.1, Adam Van Wart (SP) 4:25.2, Ryan Moorcroft (StA) 4:29.2, Nick Jones (OG) 4:33.6, Lawrence Mier (SM) 4:34.9, Blake Swier (MarV) 4:36.2.

3200: Matt McInvale (Ram) 9:34.5, Travis Laird (SM) 9:37.7, Brian Paff (BV) 9:39.3, Adam Van Wart (SP) 9:39.6, Sean Ricketts (RB) 9:44.5, Ian Bartonicek (GH) 9:47.2, Ken Nwadike (CV) 9:48.1, Patrick Grimes (SR) 9:49.1, Ryan Maynard (GH) 9:51.6, Michael Manzano (CV) 9:51.9, Adrian Garcia (Sweet) 9:53.4, Efrain Casarez (Fall) 9:54.2, Jon O'Connor (UC) 10:09.2.

110 HH: Joe Gutierrez (Sweet) 14.7, Mark Daynes (ElCap) 15.0, David Clagett (SP) 15.2, Terrence Johnson (Helix) 15.5, Jonathan Takahashi (Gross) 15.7, Darion Williamson (Morse) 15.8, Jesse Jones-Pittman (CV) 15.9, Ben Knight (MarV) 15.9, Kevin Correnti (StA) 15.9, Travis Lyman (SP) 16.1.

300 IH: Joe Gutierrez (Sweet) 39.0, Mark Daynes (ElCap) 39.3, David Clagett (SP) 39.8, Jeff Failla (Esc) 40.0, Terrence Johnson (Helix) 40.4, Steve Daniels (Carls) 40.8, Sean Daley (Vista) 41.1, Kevin Correnti (StA) 41.3, Marquis Davis (CP) 41.7, Jesse Jones-Pittman (CV) 41.8, Darion Williamson (Morse) 42.2, Danny Nenow (GH) 42.3, Chan (SR) 42.3, Travis Lyman (SP) 42.3, Lam (Carls) 42.6, Acosta (East) 42.8.

4x100 Relay: Helix 42.6, Sweetwater 43.0, Eastlake 44.1, Morse 44.3, San Pasqual 44.7, Castle Park 44.7, Serra 45.0.

4x400 Relay: Helix 3:27.4, San Pasqual 3:29.3, Castle Park 3:34.4, Scripps Ranch 3:34.9, Bonita Vista 3:34.9.

HJ:

Jason Gatewood (RBV) 6-2.
PV: Eric Somers (SM) 14-6, Jonathan Takahashi (Gross) 14-6, Sean Daley (Vista) 13-6, David Long (GH) 13-6, Jacob Chase (OG) 13-6, Javier Munoz (CP) 12-6, Ricardo Murillo (Vista) 12-6, Brent Stockton (Esc) 12-6, Alex Doria (East) 12-6.

LJ: Chris Pittman (CP) 21-3, Jon Reynolds (Serra) 21-1, David Hannibal (BV) 20-11.75, Tony Ortiz (Helix) 20-11, Steve Mavis (CalC) 20-5.

TJ: Tony Ortiz (Helix) 45-8.25, Jon Reynolds (Serra) 44-2.25, Terrence Hibbler (Helix) 43-3.25, Mike Humphrey (Carls) 42-5, Brian Guthrie (Sweet) 42-8.

SP: Bernard Grady (SR) 58-3, Wayne Hassey (ElCap) 55-9.75, Dan Ybarra (OG) 53-

Please turn to page 11.

OG Invite

From page 10.

3.5, David Nowotny (Fall) 53-3.5, Travis Watkins (Helix) 51-4, Rafiq Randall (CP) 50-11.75, Mike Stokes (ELCap) 50-1, Matt Saole (Oc) 48-4.25, Onofre Gascon (Sweet) 47-10, Jake Dubinetsky (StA) 47-9.25, Steve Nelson (Hill) 47-6.5, Dan Schardin (East) 46-2, Charles Tyson (BV) 46-0.

DT: Danny Ames (ELCap) 177-9, Bernard Grady (SR) 166-1, Will Hunt (Hill) 165-9, Jahda Pickett (Sweet) 162-8, Mike Armstrong (UC) 161-0, Charles Tyson (BV) 158-5, David Nowotny (Fall) 153-9, Travis Watkins (Helix) 146-0, Jason Tuerk (RB) 144-9, Ronnie Stewart (Carls) 142-9, Marcus Garcia (GH) 139-0, Klusman (Sweet) 138-3, Richie Smith (GH) 137-0, Darrell Collins (SM) 136-2, Matt Saole (Oc) 133-7, Tongai Savaiinaea (East) 132-7.

Track athlete of the meet: Terron Franklin, Helix.

Field athlete of the meet: Danny Ames, El Capitan.

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 May 15.

100:

Automatic time:

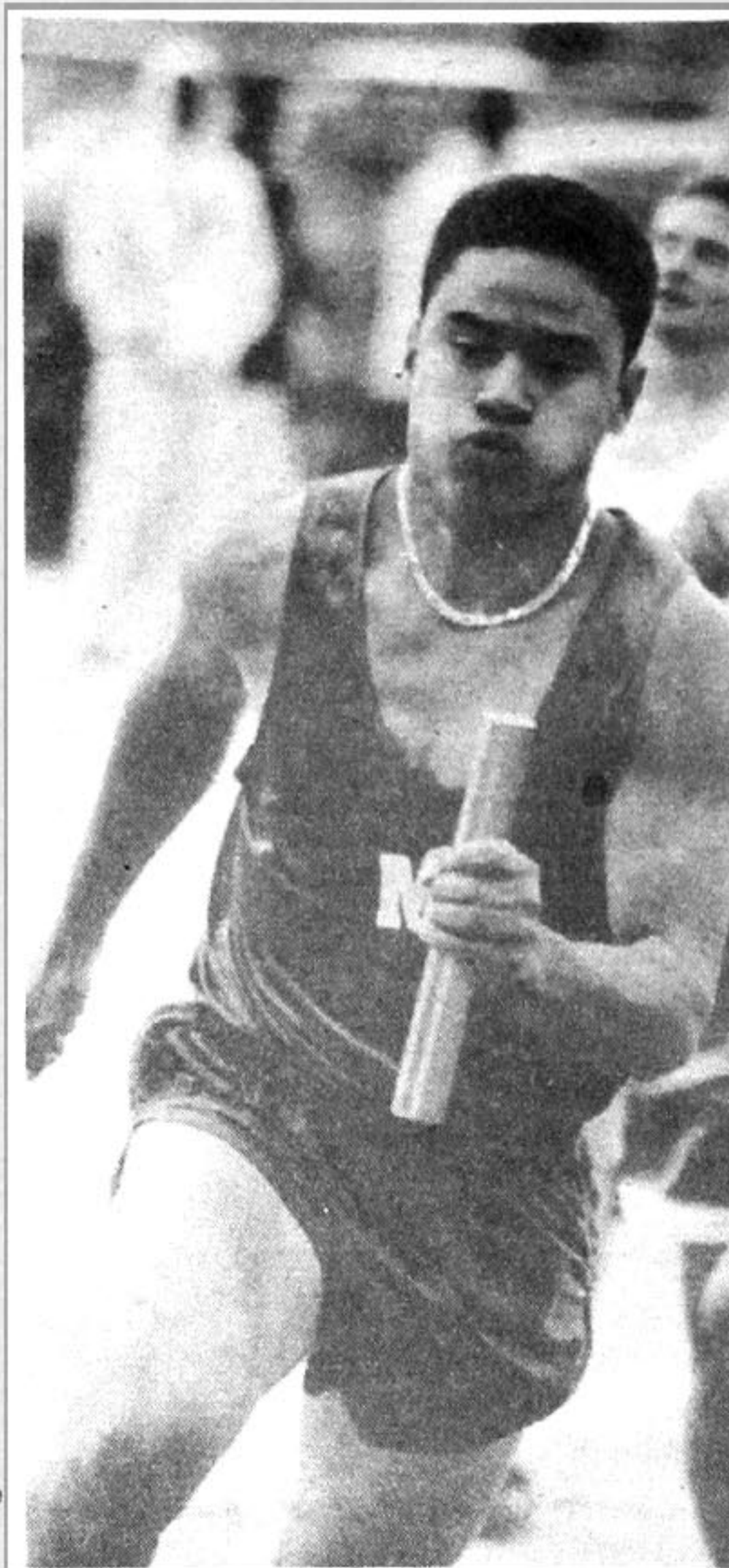
10.77	Lamont Long, UC
10.79	Steve Hayes, UC
10.80	R. J. Oliver, Esc
10.87	Larry Miles, Craw
10.88	Mike Roberts, PH
10.99	Nathan Cunningham, WH
11.02	Antwane Collier, SD
11.04	Randy Evans, SD
11.05	Andre Davis, ECV
11.09	Boris McDaniels, Linc
11.11	Lavell Anderson, East
11.12	Fiat Johnson, Serra
11.17	Wardell McNeal, Mont
11.17	Ernesto Jordan, UC
11.18	DeAndre Harrington, WH
11.19	Chauncey Smith, UC
11.19	Joe Collins, RB
11.22	Phillip Sanders, Morse
11.23	Robert Turluck, LJ
11.24	Mike Johnson, Serra
11.25	Jon Ward, Poway
11.28	Michael Frazier, CP

Windy:

10.92	Allen Thompson, Sweet
10.92	Andre Davis, ECV
10.95	Nathan Cunningham, WH
10.98	Hanee Peterman, Helix (+2.45)
11.09	Michael Johnson, Serra
11.15	DeAndre Harrington, WH
11.16	Joey Williams, MtMig
11.18	John Campbell, TP (+4.73)
11.19	Jeremy Read, Gross
11.26	Bill Diller, MTC (+4.73)

Hand time:

10.5	Wardell McNeal, Mont
10.6	Maurice Douglas, SD
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	R. J. Oliver, Esc
10.8	Nathan Cunningham, WH
10.8	Drew Roberts, RB
10.8	Gary Johnson, FP
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



Mario Rivas
Mar Vista

10.9	Mike Roberts, PH
10.9	David Hannibal, BV
10.9	Dan Cobler, TP
10.9	Mike Johnson, Serra
10.9	Antonio Gonzales, RBV
10.9	Bobby George, Vista
10.9	Michael Frazier, CP
10.9	Allen Thompson, Sweet
11.0	Andres Rodriguez, SD
11.0	Joe Collins, RB
11.0	Boris McDaniels, Lincoln
11.0	Fiat Johnson, Serra
11.0	Tony Golston, PTL
11.0	Eric Peterman, Helix
11.1	Napoleon McNeal, Mont
11.1	Jair Brown, MMesa
11.1	Clarence Cunningham, SR
11.1	Adam Smith, BV
11.1	Jamal Tate, Hoover
11.1	Adrian Waddy, Vista
11.1	Claude Sanders, Madison
11.1	Allen Houston, USD
11.1	Damaro Wheeler, Kearny
11.1	Jason Van, Helix
11.1	Mario Rivas, MarV
11.1	Will Scott, Hoover
11.1	Randy Evans, SD
11.1	Francisco Batiste, Sweet
11.1	Eric Thomas, PTL

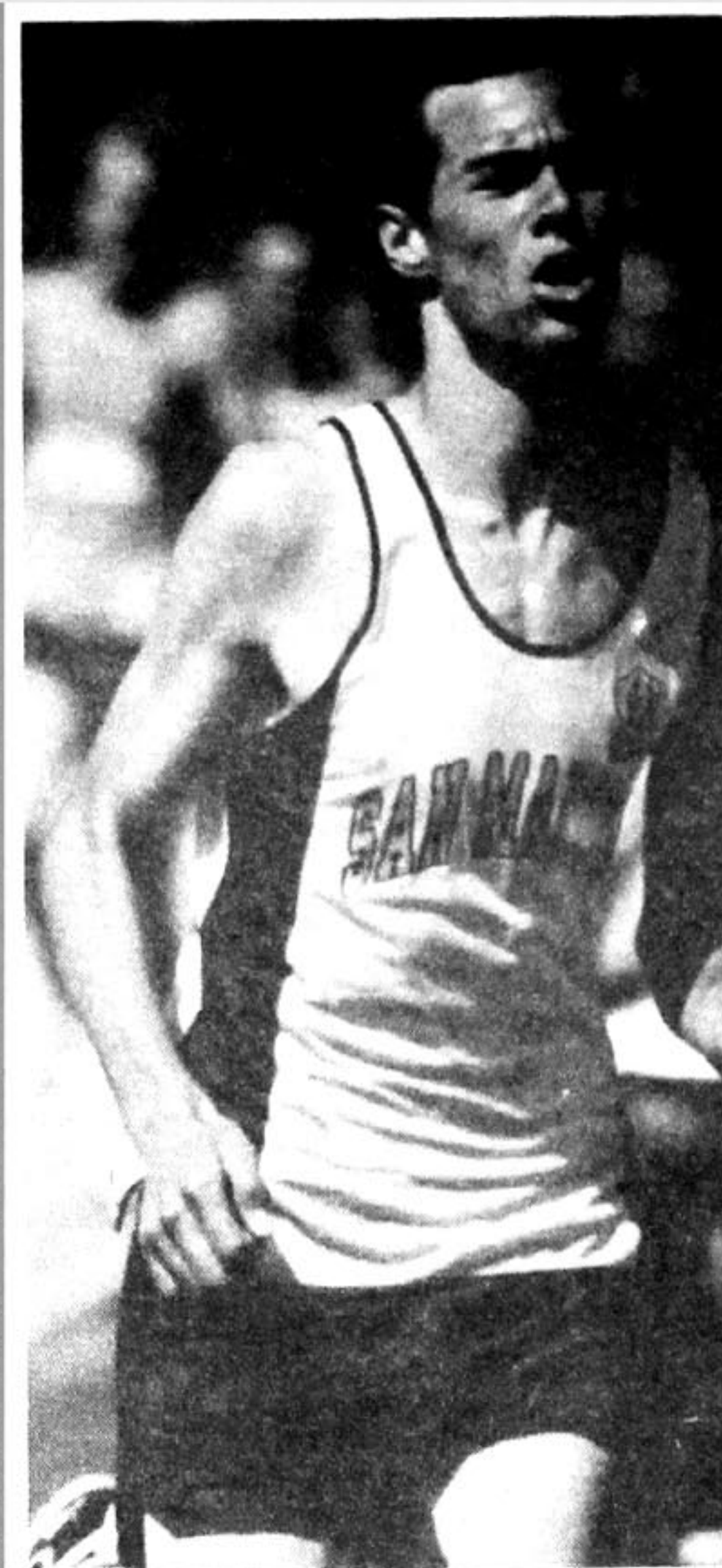
Windy:

10.6	Hanee Peterman, Helix
10.8	Mike Roberts, PH
10.9	Eric Peterman, Helix
10.9	Jason Van, Helix
11.1	Jon Ward, Poway
11.1	Jeremy Read, Gross
11.1	DeAndre Harrington, WH

200:

Automatic time:

21.69	Steve Hayes, UC
21.85	Maurice Douglas, SD
21.90	Terron Franklin, Helix
22.07	Chauncey Smith, UC
22.09	Antonio Gonzales, RBV
22.12	Larry Miles, Craw
22.18	Lamont Long, UC
22.21	Phillip Sanders, Morse
22.23	R. J. Oliver, Esc
22.28	Antwane Collier, SD
22.33	Jay Hackett, Morse
22.34	Andre Davis, ECV
22.47	Roy Gaines, Morse
22.50	Mike Roberts, PH
22.53	Claude Sanders, Mad
22.61	Nathan Cunningham, WH
22.68	Matt Beckstead, RB
22.68	Phillip Lucas, Craw
22.70	Joe Collins, RB
22.76	Mike Johnson, Serra
22.77	Roger Mathis, Morse
22.83	Jeremy Read, Gross
22.84	Joey Williams, MtMig
22.93	Robert Turluck, LJ
22.96	Eric Thomas, PTL
22.98	Clarence Cunningham, SR
23.02	Jeff McNeal, Mont
23.04	Justin Hunt, MonteV
23.05	Derrick Waddell, RBV
23.09	Jaja Riley, MB
21.99	Larry Miles, Craw (+2.65)
22.48	Hanee Peterman, Helix (+2.65)



Lawrence Mier
San Marcos

23.00 Allen Thompson, Sweet (+2.65)

Hand time:

21.6	Maurice Douglas, SD
21.8	Steve Hayes, UC
21.9	Larry Miles, Craw
21.9	Andre Davis, ECV
21.9	Terron Franklin, Helix
21.9	Lamont Long, UC
22.0	Antwane Collier, SD
22.0	Nathan Cunningham, WH
22.0	Antonio Gonzales, RBV
22.0	R. J. Oliver, Esc
22.0	Wardell McNeal, Mont
22.1	Lavell Anderson, East
22.1	Bill Diller, MTC
22.1	Phillip Sanders, Morse
22.2	Dan Cobler, TP
22.2	Mark Tate, Hoover
22.2	Jay Hackett, Morse
22.4c	Michael Thayer, PTL
22.4	Boris McDaniels, Lincoln
22.4	Chauncey Smith, UC
22.5	Andres Rodriguez, SD
22.5	Hanee Peterman, Helix
22.5	Billy Grillo, Poway
22.5	Randall Leyking, Poway
22.5	Mike Roberts, PH
22.5	Allen Thompson, Sweet
22.5	Justin Hunt, MonteV
22.6c	Marlon Dorn, Sweet
22.6	Brandon Jones, MMesa
22.6	Kevin Johnson, East
22.6	Derrick Waddell, RBV
22.6	Bobby George, Vista
22.7	Joey Williams, MtMig
22.7	Mike Johnson, Serra
22.8	Jeff McNeal, Mont
22.8	Chris Leung, TP
22.8	Danny Lanz, LCC
22.9	Clarence Cunningham, SR
22.9	Matt Beckstead, RB
22.9	Michael Frazier, CP
22.9c	Eric Thomas, PTL
22.9	Russell Medina, Ram

Windy:

400:

47.9	Maurice Douglas, SD (48.00 auto)
48.3	Terron Franklin, Helix
48.77	Jay Hackett, Morse (49.08auto)
49.08	Steve Hayes, UC
49.49	Antonio Gonzales, RBV
49.87	Michael Thayer, PTL
49.94	Matt Beckstead, RB
50.0	Jason McKlevey, SD
50.18	Mark Tate, Hoover
50.25	Roy Gaines, Morse
50.28	Randall Leyking, Poway
50.49	David Silva, Craw
50.55	Roger Mathis, Morse
50.66	Jason Davis, Poway
50.7	Steve Branson, TP
50.8c	Brandon Jones, MMesa
50.8	R. J. Oliver, Esc
51.02	Jamal Briggs, MMesa
51.02	Lenchow Griffith, MMesa
51.07	Jesus Nunez, SP
51.1	Evan Fox, WH
51.2	Lorenzo Nathan, Helix
51.35	Wardell McNeal, Mont
51.37	Clarence Cannon, Lin
51.39	Alex Maurer, LJ

51.40	Derrick Waddell, RBV
51.5	Kyle Conerly, WH
51.5	Steve Daniels, Carls
51.57	Michael Thomas, FP
51.58	Justin Hunt, MonteV
51.59	Joseph Miller, RBV
51.59	Russell Medina, Ram
51.6	Boris McDaniels, Lincoln
51.6c	Pete Battaglia, WH
51.6	Jason Vestal, ELCap
51.61	Steven Maldonado, Vista
51.66	Rian Brooks, SP
51.76	Charles Vann, Craw
51.8	Joseph Miller, RBV (51.98auto)
51.87	Andre Hood, Madison
51.9c	Roberto Griffin, CP
51.9	Adam Smith, BV
51.98	J. C. Martinez, SP
52.09	Jonathan Beutlich, CalChr
52.10	Jeremy Patrick, MMesa
52.1	Michael Johnson, Serra
52.1	Luis Mariscal, SP
52.19	Leroy Jones, MMesa
52.2	Yanta Morrow, Serra
52.2	Larry Miles, Craw
52.2	Kevin Johnson, East
52.21	Ron Kahler, OG
52.3	Dustin Johnson, SD
52.3	Bill Diller, MTC
52.3c	Dale Houser, BV
52.3c	Matt Theisen, Valhalla
52.3	Luis Quintana, CP
52.4c	Alejandro Mares, LJ
52.4	Jimmy Ungricht, Fall
52.5	Mike Ficken, WH
52.5c	Hanee Peterman, Helix
52.5	Joe Collins, RB
52.5	Matt Johnson, SP
52.5c	Joseph Taylor, PTL
52.5	Mario Magallanes, Mont

800:

1:55.07	Nick Thornton, RBV
1:56.17	Jared Emmons, Vista
1:56.24	Sean Ricketts, RB
1:56.63	Evan Fox, WH
1:56.65	Bill Ungricht, Fall
1:57.0	Nico Cueva, Esc
1:57.70	Marcus Chandler, Serra
1:57.24	Aaron Powell, Poway
1:57.43	Ben Aragon, WH
1:57.6	Steve Branson, TP
1:58.00	Mohamed Aden, Kny
1:58.0	Luis Mariscal, SP
1:58.20	Jason Finch, GH
1:58.2	Josh Pope, Poway
1:58.2	Justin Mattos, Fall
1:58.50	Jon Rankin, MonteV
1:58.53	Alejandro Mares, LJ
1:58.74	Jason McKlevey, SD
1:59.1	Justin Neuroth, Vista
1:59.20	William Burer, Val
1:59.3	Matt McInvale, Ramona
1:59.35	Ryan Moorcroft, StA
1:59.4	Matt Johnson, SP
1:59.8	Pat Prunty, Poway
1:59.90	Paul Whitford, Coro
2:00.0	Adam Van Wart, SP
2:00.0	Chad Young, CalC
2:00.0	Dale Houser, BV
2:00.1	Troy Stroh, VCenter (2:00.28auto)
2:00.14	Matt Rendina, WH
2:00.36	Matt Theisen, Valhalla
2:00.4c	Thomas Jodoin, MMesa
2:00.67	Jon O'Connor, UC
2:00.97	Nick Jones, OG
2:01.20	Tommy Gorman, Linc
2:01.39	Joseph Taylor, PTL
2:01.4	Paul Franco, Sweet
2:01.51	Mark Johanson, RBV
2:01.53	David Madsen, MMesa
2:01.6c	Matt Patino, MMesa
2:01.9	Ken Nwadike, CV
2:02.0	Efrain Casarez, Fall
2:02.0	Steve Daniels, Carls
2:02.10	Jeff McKnight, PTL
2:02.25	Sean Crowley, RB
2:02.3	Maurice Douglas, SD
2:02.6	Sam Stewart, Hill
2:02.73	Staley Morgan, UC
2:02.8	Dustin Westergom-Flick, WH
2:02.8	Travis Laird, SM
2:02.9	David Gilboa, TP
2:03.0	Raphael Machado, SR
2:03.04	Nathan DePlachett, Serra
2:03.04	Ryan Beckhelm, Gross
2:03.1	Greg Ryan, MTC
2:03.2	John Green, TP
2:03.34	Mark Baddas, Vista
2:03.4c	Ian Bartonicek, GH
2:03.5	Daniel Flores, CP
2:03.5	David Gilboa, TP

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:

4:17.50	Justin Neuroth, Vista
4:20.24	Marcus Chandler, Serra
4:20.66	Evan Fox, WH
4:20.80	Travis Laird, SM
4:21.8	Ken Nwadike, CV

Please turn to page 12.

Best Marks

From page 11.

4:22.06	Matt McInvale, Ramona
4:22.232	Mohamed Aden, Kny
4:22.30	Josh Pope, Poway
4:23.67	Ryan Moorcroft, StA
4:24.7	Jason Finch, GH
4:25.2	Adam Van Wart, SP
4:25.50	Sean Ricketts, RB
4:26.95	Jon Rankin, MonteV
4:28.4c	Thomas Jodoin, MMesa
4:29.2	Nic Thornton, RBV
4:29.3	Devin Lyons-Quirk, Poway
4:29.58	Jon O'Connor, UC
4:29.77	Patrick Grimes, SR
4:30.0	Brian Paff, BV
4:30.0	Ryan Montez, Vista
4:30.4c	Ian Bartonicek, GH
4:30.5	Efrain Casarez, Fall
4:30.80	Pat Prunty, Poway
4:30.98	Joe Robinett, Ptl
4:31.1	David Gilboa, TP
4:31.3	Lawrence Mier, SM
4:31.8	Nick Jones, OG
4:32.4c	Ryan Maynard, GH
4:32.95	Ben Aragon, WH
4:33.40	Matt Patino, MMesa
4:34.1	Chris Kenyon, MIC
4:34.4c	Blake Swier, MarV
4:34.50	Michael Manzano, CV
4:34.50	Erik Hanley, USD
4:34.53	Christian Dominguez, SD
4:35.0	Alejandro Mares, LJ
4:35.0	Colin Donnelly, StA
4:35.2	Sergio Esquivel, MIC
4:36.0	Alex Cocina, SD
4:36.17	Jeff McKnight, Ptl
4:36.58	Mike Cooke, MIC
4:37.67	Raphael Machado, SR
4:38.14	Sam Stewart, Hilltop
4:38.60	Mark Baddas, Vista
4:38.93	Matt Herriman, StA
4:39.4	Mike Ambrose, TP
4:39.53	Chris Ferrier, LJ

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
9:22.17	Marcus Chandler, Serra
9:37.09	Travis Laird, SM
9:39.3	Brian Paff, BV
9:39.6	Adam Van Wart, SP
9:42.91	Patrick Grimes, SR
9:43.5	Ryan Montez, Vista
9:44.08	Justin Neuroth, Vista
9:44.5	Sean Ricketts, RB
9:45.43	Ryan Maynard, GH
9:45.76	Ian Bartonicek, GH
9:46.1	Efrain Casarez, Fall
9:46.82	Chris Kenyon, MIC
9:48.1	Ken Nwadike, CV
9:50.22	Devin Lyons-Quirk, Poway
9:50.58	Christian Dominguez, SD
9:51.9	Michael Manzano, CV
9:52.15	Alex Cocina, SD
9:53.4	Adrian Garcia, Sweet
9:53.54	Thomas Jodoin, MMesa
9:54.1	Evan Fox, WH
9:54.66	Joe Robinett, Ptl
9:56.01	Luke McGinnis, Poway
10:00.94	Tim Helms, Poway
10:01.22	Colin Donnelly, StA
10:01.54	Matt Patino, MMesa
10:03.3	Mike Cooke, MIC
10:05.44	Lawrence Mier, SM
10:05.80	Jake Fulton, RB
10:05.17	Christian Sanchez, SD
10:06.21	Sergio Esquivel, MIC
10:06.6	Dan Sutton-Kane, WH
10:06.7	Jose Escobedo, Fall
10:07.02	Andrew Boring, SM
10:07.38	Matt Herriman, StA
10:07.62	Brandon Zelones, MMesa
10:07.80	Eric Koster, LJ
10:09.2	Jon O'Connor, UC
10:10.43	Charles McKeown, UC

5000:

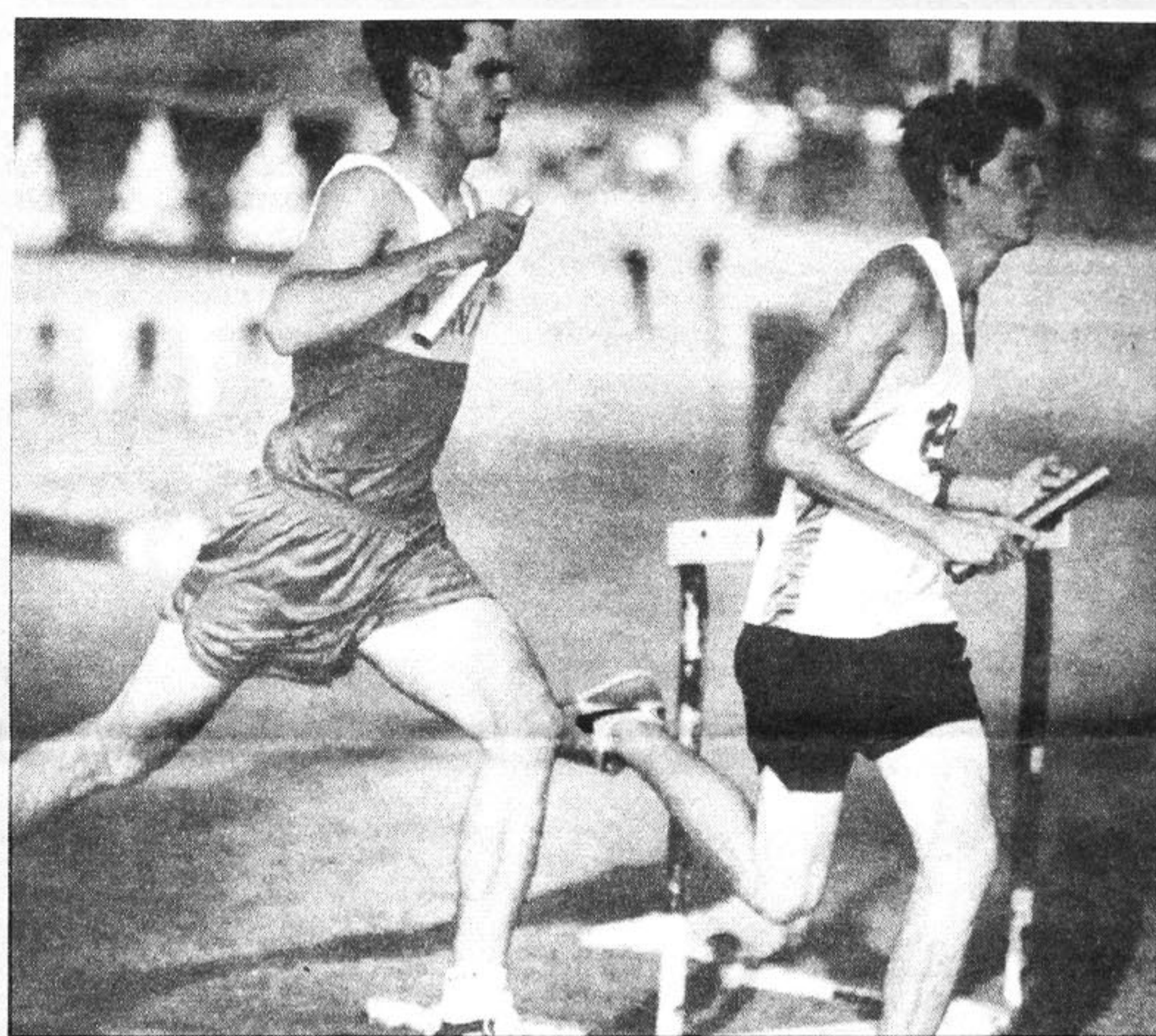
110 High Hurdles

Automatic time:

14.62	Bobby Salimi, RB
14.77	Tony Golston, Ptl
15.03	Jason Gatewood, RBV
15.07	Justin Hunt, MonteV
15.10	Joe Gutierrez, Sweet
15.17	Ben Church, MMesa
15.21	Jarred Stites, MMesa
15.32	Jeff Shoate, Serra
15.38	David Claggett, SP



Michael Manzano and Ken Nwadike
Chula Vista



Aaron Powell, Matt Rendina
Poway West Hills

15.51	Tony Pricor, StA
15.62	Jeff Hunter, GH
15.66	Brett Simmons, Coro
15.79	Baran Hill, StA
15.80	Josh Nears, Kny
15.80	Jeff Failla, Esc
15.91	Darion Williamson, Morss
15.98	Sean Daley, Vista
16.01	Charles Bailey, Hoov
16.03	Rashard Holmes, RB
16.06	Mike McCall, LJ
16.17	Mike Dobransky, Poway
16.18	Terrence Johnson, Helix
Windy:	
14.67	Justin Hunt, MonteVi
14.77	Jeff Hunter, GH
14.83	Joe Gutierrez, Sweet (+3.18)
15.07	Mark Daynes, ElCap
15.18	Terrence Johnson, Helix
15.20	Matt MacLeod, WH
15.26	David Claggett, SP
15.73	John Dudek, TP
15.93	Jonathan Takahashi, Gross

Hand time:

14.5	Tony Golston, Ptl
14.6	Ben Church, MMesa
14.6	Bobby Salimi, RB
14.7	Justin Hunt, MonteV
14.7	Joe Gutierrez, Sweet
14.7	Mark Daynes, ElCap
14.8	David Claggett, SP
14.8	Jeff Hunter, GH
15.1	Terrence Johnson, Helix
15.1	Jarred Stites, MMesa
15.1	Jason Gatewood, RBV
15.1	Sean Sweat, ElCam
15.2	Jeff Shoate, Serra
15.2	Matt MacLeod, WH
15.4	Paul Yoder, Oside
15.4	Trandon Harvey, Sweet
15.4	Tony Pricor, StA
15.4	Jonathan Takahashi, Gross
15.5	Darion Williamson, Morse
15.5	Jeff Failla, Esc
15.6	John Dudek, TP
15.7	Brett Simmons, Coro

15.7	Jon Everette, SP
15.7	Marquis Davis, CP
15.8	Mike McCall, LJ
15.8	Trent Stroh, VCenter
15.8	Eric Breitenfeld, Esc
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
15.9	Jesse Jones-Pittman, CV
15.9	Kevin Correnti, StA

Windy:

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

300 Intermediates:

38.58	Bobby Salimi, RB
38.65	Tony Golston, Ptl
38.8	Sean Sweat, ElCam
38.93	Jeff Hunter, GH
39.0	Joe Gutierrez, Sweet
39.3	Mark Daynes, ElCap
39.4	David Claggett, SP
39.5c	Justin Hunt, MonteV
39.60	Mike McCall, LJ
39.7	Brett Simmons, Coro
40.0	Jeff Failla, Esc
40.03	Jason Gatewood, RBV
40.4	Terrence Johnson, Helix
40.51	Kyle Conerly, WH
40.7	Marquis Davis, CP
40.74	Jeff Orlando, MMesa
40.8	Steve Daniels, Carls
41.0	Mike Dobransky, Poway (41.11a)
41.1	Sean Daley, Vista
41.1	Charles Bailey, Hoover
41.2	Jordan Adams, PH
41.28	Brian Manley MIC
41.3	Kevin Correnti, StA (41.39auto)
41.3	Bobby St. John, ElCam
41.42	Jeff Shoate, Serra
41.60	Jarred Stites, MMesa
41.6	Danny Nenow, GH

41.7	Travis Lyman, SP (41.90auto)
41.8	Jesse Jones-Pittman, CV
41.84	Luis Quintana, CP
41.9	Paul Yoder, Oside
41.99	Eric Chanson, MMesa
42.0	Ben Knight, MarV
42.02	Travis Blakenship, LJ
42.1	Joe Collins, RB
42.18	Steve Mavis, CalChr
42.20	Aaron Barnhill, SM
42.21	Darion Williamson, Morse
42.3	Tom Wooten, Vista
42.3	Chris Chan, SR
42.3	Jeremiah McLeod, Fall
42.3	Jimmy Ungricht, Fall
42.5	Miguel Szabo, UC (42.64auto)
42.5	Trent Stroh, VCenter (42.57auto)
42.5	John Dudek, TP
42.5	Keith Terry, ElCam
42.6	Andrew Lam, Carls
42.64	Robert Calderon, ECV
42.69	Sorida Phan, Hoover
42.70	Scott Miller, WH
42.7	Felipe Hernandez, Coro
42.7	Chris Hayward, ElCam
42.8	Alvin Acosta, East

400 Relay:

Automatic time:

41.55	University City
41.78	San Diego
41.82	Morse
42.80	Helix
42.91	West Hills
43.17	Crawford
43.25	Rancho Bernardo
43.29	Sweetwater
43.37	Rancho Buena Vista
43.37	Mira Mesa
43.58	Hoover
43.61	Mount Miguel
43.61	Poway
43.85	Patrick Henry
43.90	Montgomery
43.95	Serra
44.17	La Jolla
44.19	Escondido
44.40	Eastlake
44.41	Lincoln
44.53	San Pasqual
44.55	Mission Bay
44.57	Mt. Carmel
44.64	Bishop's
44.74	Kearny
44.81	Madison
44.83	Calvin Christian

Hand time:

41.9	San Diego
42.1	University City
42.5	Helix
42.9	Eastlake
42.9	Morse
43.0	Sweetwater
43.5	Mira Mesa
43.6	Hoover
43.6	West Hills
43.6	Rancho Bernardo
43.6	Poway
43.6	Rancho Buena Vista
43.6c	Bonita Vista
43.6	Torrey Pines
43.7	Patrick Henry
43.8	Mt. Carmel
43.9	Escondido
43.9c	Montgomery
44.0c	Castle Park
44.1	Scripps Ranch
44.2	Serra
44.2	Crawford
44.2	San Pasqual
44.4c	Mount Miguel
44.4	El Camino
44.6c	La Jolla
44.9	Oceanside
45.0	Calvin Christian

1600 Relay:

3:20.27	Morse
3:22.21	San Diego
3:23.39	Rancho Buena Vista
3:23.92	Poway
3:25.2	San Pasqual
3:25.45	Serra
3:25.6	Escondido
3:25.72	Rancho Bernardo
3:25.95	Patrick Henry
3:26.97	Crawford
3:26.02	University City
3:26.26	Vista
3:26.50	Mira Mesa
3:27.4	Helix
3:28.5	Torrey Pines
3:28.57	West Hills
3:28.98	Mt. Carmel
3:29.55	Point Loma
3:29.66	La Jolla
3:29.8	Castle Park
3:30.2	Bonita Vista
3:30.42	Eastlake
3:30.69	Scripps Ranch
3:30.74	Granite Hills
3:31.8	Fallbrook
3:32.04	Lincoln
3:33.4	El Camino
3:34.5	Valley Center
3:34.64	Valhalla
3:35.1	Montgomery
3:35.1	Ramona
3:35.11	Calvin Christian
3:36.64	Mission Bay
3:37.08	Coronado
3:37.27	Mount Miguel

Please turn to page 13.

Best Marks

From page 12.

3:37.7	Orange Glen
3:37.73	San Marcos
3:37.92	Kearny
3:38.34	El Capitan
3:38.41	University City F/S
3:38.44	Grossmont
3:39.1	Sweetwater

High Jump:

6-9	Jason Gatewood, RBV
6-5	Tony Golston, Ptl
6-4	Robert Ma, Poway
6-4	Eric Williams, RB
6-4	Lenchow Griffith, MMesa
6-4	Jamal Randall, MonteV
6-3	Wade Curry, East
6-3	Jonathan Takahashi, Gross
6-3	Chris Staton, PH
6-3	Felix DeSaracho, BV
6-2	Nate Skrzypczak, VCenter
6-2	Keith McGuiness, GH
6-2	Brandon Mundinger, Valhalla
6-2	Jason Walker, Carls
6-2	Trent Stroh, VCenter
6-2	Austin Neudecker, BV
6-2	Isaac Simms, UC
6-2	John Jackson, Morse
6-2	Vernon Smith, MB
6-2	Ben Bresnahan, Fall
6-1	Josh Milligan, CP
6-1	Corey Evans, East
6-0	Shawn Smith, S'west
6-0	Brian Guthrie, Sweet
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	Ahnizo Gaine, RBV
6-0	Jeff White, ElCap
6-0	Tony Pricor, StA
6-0	Travis Offner, MIC
6-0	Ernie Lopez, ElCap
6-0	Carl LaGrone, Linc
6-0	Hadij Walker, SR
6-0	Sean Volbeda, MIC
6-0	Jordan Adams, PH
6-0	Ryan Miller, Vista
6-0	Joe White, ANA
6-0	Mike Leyva, GH
6-0	Blake Frazier, UC
6-0	Tony Ortiz, Helix
6-0	Kareem Holmes, Mont
6-0	Bobby Okenwa, Morse

Pole Vault

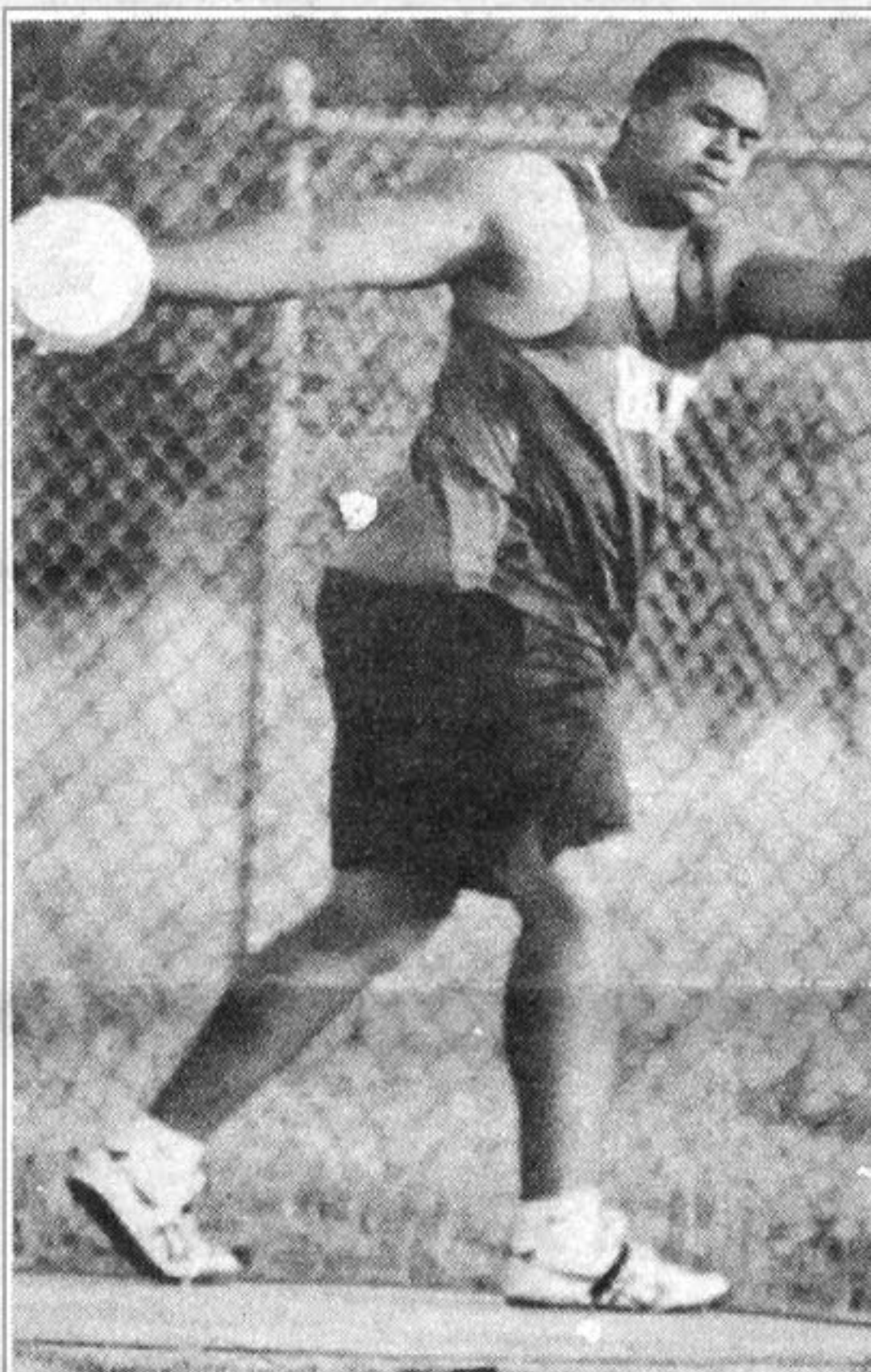
15-0	Sean Daley, Vista
15-0	Jimmy Barbour, Poway
14-8	Jonathan Takahashi, Gross
14-7	Eric Somers, SM
14-6	Jamie Zolnierak, RBV
14-6	Bobby Phimmason, Poway
14-6	Austin Priest, RBV
14-0	Dante Jerig, WH
14-0	Nate Alder, Poway
14-0	John Jeter, MIC
14-0	Travis Offner, MIC
14-0	Phil Ball, ElCap
14-0	Ken Covell, WH
13-8	Jacob Chase, OG
13-7	Gabriel Cornejo, CV
13-6	David Long, GH
13-6	Jason Charles, OG
13-6	Brent Stockton, Esc
13-1	Chase Shelburne, LJ
13-0	Chris Dorminy, RB
13-0	Ricardo Murillo, Vista
13-0	Matt Jensen, SP
12-9	Alex Doria, East
12-9	Javier Munoz, CP
12-6	Andy Weiss, Valhalla
12-6	Gary Williams, Serra
12-6	Johnny Castillo, MonteV
12-6	Chris Fernando, Sweet
12-6	Marty Brown, Ramona
12-6	Keith Hamon, RBV
12-6	John-Paul Panis, Coro
12-6	Matt Davis, ElCap
12-6	Clayton Marshall, WH
12-6	Ryan Daley, Vista
12-6	Richard Baker, BV
12-6	Chris Spehar, RB
12-6	Tim Ngo, Poway
12-6	Stephen Todd, Val
12-3	Jerel Woods, MMesa
12-2	Jason Gavin, SR
12-1	Matt Reimert, RB
12-0	Andy Bechtel, WH
12-0	Mario Watts, Coro
12-0	Mark Marshall, PH
12-0	Eddie Miguel, LCC
12-0	Mike Hill, RB
12-0	Tony Garcia, WH
12-0	Greg Leavitt, Helix
12-0	Jeswin Montoya, Esc

Long Jump:

22-8.5	Chris Pittman, CP
22-8	Rashard Holmes, RB
22-5.5	Tony Ortiz, Helix
22-2	Jason Gatewood, RBV
22-1.5	Jordan Adams, PH
22-1	Jeff Hunter, GH



Jarrett Stites, Brett Simmons
Mira Mesa Coronado



Travis Watkins
Helix

22-1	Shannon Nowden, MB
21-11.5	Chris Staton, PH
21-10	David Hannibal, BV
21-8.5	Marcus Wooden, Morse
21-8	Mike McCall, LJ
21-7.25	McKinley Jean-Gilles, Hoov
21-7	Josh Lipscomb, MMesa
21-5.75	Bobby Salimi, RB
21-5.5	Dan Cobler, TP
21-4.5	Seth Andrews, Morse
21-4.5	Jon Reynolds, Serra
21-4	Tony Golston, Ptl
21-4	Eric Rogers, Morse
21-4	Matt Barbour, Gross
21-4	Felix DeSaracho, BV
21-2.75	Jonathan Takahashi, Gross
21-2.25	Ben Church, MMesa
21-2	Robert Ma, Poway
21-1.25	Richard Belcher, Hoov
21-1	Justin Hunt, MonteV
21-1	Jason Davis, Poway
21-0	Dale Coke, Poway
21-0	Chase Shelburne, LJ
20-11.5	Charlie Steele, SP
20-11.5	Nate Skrzypczak, VCenter
20-10.75	Trandon Harvey, Sweet
20-10.75	Kuba Wasowski, SM
20-10.25	Kareem Holmes, Mont
20-9.75	Matt McGinley, Poway
20-9.5	Thomas Mootry, Morse
20-9.25	Maurice Grant, Kny
20-9	Alton Gilbert, Linc
20-9	Jamal Randall, MonteV
20-8	Wardell McNeal, Mont
20-7.5	Kevin Johnson, East
20-7.5	Brian Guthrie, Sweet
20-7	Keith McGuiness, GH
20-7	Aaron Jones, SD
20-6.5	Jesse Alvarez, CV
20-6	Avante Agurs, Gross
20-6	Mark Tate, Hoover
20-6	Smith, East
20-6	Abe Mejia, ElCap
20-5	Steve Mavis, CalC
20-4.5	Alec Wisecup, Ram
20-4.25	Joey Latscha, OG
20-4.25	Rob Finney, ECV



Wayne Hassey
El Capitan

20-4	Karl Balch, USD
20-3.5	Michael Thayer, Ptl
20-3.5	Jerry Bell, Sant
20-3	Danny Ames, ElCap
20-3	Joe Griffen, S'west
20-2	Bill Diller, MIC

Windy:	
23-0.5	Rashard Holmes, RB
21-9.5	Ben Church, MMesa
21-4.5	Kuba Wasowski, SM
21-2.25	Ahnizo Gaine, RBV
21-2	Mike Roberts, PH
21-0	Nate Skrzypczak, VCenter
20-7.5	Brian Guthrie, Sweet
20-4	Brandon Roberson, Morse

Triple Jump:

47-5.5	Tony Ortiz, Helix
46-8.5	McKinley Jean-Gilles, Hoover
45-10.5	Robert Ma, Poway
45-7.5	Rashard Holmes, RB
44-9.5	Brian Guthrie, Sweet
44-3.25	Terrence Hibbler, Helix
44-2.25	Jon Reynolds, Serra
44-2	Mike McCall, LJ
44-1.5	Jamal Randall, MonteV
43-9	Kareem Holmes, Mont
43-8	Thomas Mootry, Morse
43-7.25	Josh Lipscomb, MMesa
43-5.5	Trandon Harvey, Sweet
43-3.75	Ahnizo Gaine, RBV
43-3	Rashaan Green, Serra
43-2	Matt Barbour, Gross

43-0	Chris Lundgren, GH
42-11.5	Carl LaGrone, Linc
42-10.25	Antonio Gonzales, RBV
42-8	Dale Coke, Poway
42-5.25	John Robbins, WH
42-5	Damon Warren, Serra
42-5	Mike Humphrey, SP
42-4	Nate Skrzypczak, VCenter
42-3	Jacob Chase, OG
42-1.5	Cordell Williams, ECV
42-1	Danny Toscano, StA
42-1	Eric Rogers, Morse
42-0.5	Nick Forston, GH
42-0.5	Ryan Kernion, Esc
42-0	Avante Agurs, Gross
42-0	Terron Farris, RB
41-10	Joe Griffen, S'west
41-10	Raymond Arellano, Sweet
41-9.5	Jonathan Takahashi, Gross
41-8	Harlon Edison, MonteV
41-8	Brandon Chillar, Carls
41-7.75	Corey Evans, East
41-6.5	Andra Rosenburg, RB
41-5.5	Jonathan Diaz, East
41-4	Matt Princetta, TP
41-3.5	Phillip Holley, CP
41-3.25	Brandon Roberson, Morse
41-3	Marcus Barard, Vista
41-3	Kevin Correnti, StA
41-3	Bobby St. John, ElCam
41-2.75	Kuba Wasowski, SM
41-2	Dustin Johnson, SD
41-2	Steve Mavis, CalC
41-1.5	Andra Rosenburg, RBV
41-1	Marcus Wooden, Morse
41-0.5	Lenchow Griffith, MMesa
41-0	Aaron Jones, SD
41-0	Mike Iafe, StA

Windy:

43-10.75	Jacob Chase, OG
43-5.5	Ryan Kernion, Esc
43-3.5	Nate Skrzypczak, VCenter
43-3.5	Mike Humphrey, SP
42-3	Matt Wright, Ram
42-2.5	Matt Princetta, TP
41-11.5	Raymond Arellano, Sweet
41-8	Justin Noraseng, UC

Shot Put:

61-6.5	Bernard Grady, SR
60-6	Danny Ames, ElCap
58-11.5	Wade Green, LJ
55-9.75	Wayne Hassey, ElCap
54-11	Travis Jones, MMesa
54-7.5	Travis Watkins, Helix
54-2	Dan Ybarra, OG
53-3.5	David Nowotny, Fall
52-11	Kendrick Brunson, CV
52-6.5	John Stokes, ElCap
52-5	Desan Tyson, BV
51-0	Jahdai Pickett, Sweet
50-11.75	Rafiq Randall, CP
50-4.5	Steve Nelson, Hilltop
50-4	Mike Schardin, East
50-3	Kevin Vernoy, RBV
50-1.5	Matt Saale, Oside
49-7.24	Tyler Moazed, MIC
49-7	Jason Tuerk, RB
48-11.5	Steve Viera, Carls
48-11	Jeremy Read, RB
48-7.5	Pana Faumuina, Carls
48-1	Onofre Gascon, Sweet
47-9.25	Jake Dubinetsky, StA
47-8.75	Tyrone Brown, Morse
47-7	Rashaan Durr, UC
47-7	Mike O'Malley, USD
47-6	Nathan Perez, RBV
47-2	Jon Ward, Poway
47-1	Charles Hanson, StA
46-11.5	Derrick Germain, Fall
46-11	Gerald Sykes, Kearny
46-6	Curtis James, Kearny
46-6	Mike Proctor, ElCap
46-5.75	Travis Asch, ElCap
46-4	Moses Rangle, East
46-3	Chris Kroner, BV
46-1	Richie Smith, GH
45-10.25	Andre Williams, MB
45-10	Jeff Wilson, OG
45-9	Kha Le, OG
45-8	Andrew Warren, Sant
45-7	Darrell Collins, SM
45-5	Jason Treter, Hilltop
45-3	Arturo Mujica, GH
45-2.25	Chris Saddler, UC
45-0.5	Steven Myers, BV

Discus Throw:

190-5	Danny Ames, ElCap
182-11	Mike Armstrong, UC
175-5	Travis Jones, MMesa
170-10	Bernard Grady, SR
168-0	Jahdai Pickett, Sweet
166-10	Jon Ward, Poway
165-9	Will Hunt, Hilltop
165-2	Wade Green, LJ
163-3	Ronnie Stewart, Carls
161-5.5	Jason Tuerk, RB
161-5	Travis Watkins, Helix
160-8	Charles Tyson, BV
158-8	Travis Asch, ElCap
158-0	Wayne Hassey, ElCap
158-0	Zeph Carter, MtMig
155-7	David Nowotny, Fall
153-0	Noah Eichen, TP
150-0	Kevin Vernoy, RBV
150-0	Darrell Collins, SM
147-1	Tyler Moazed, MIC
146-4	Tagaia Savaiinaea, East
146-0	Bernard Lofton, Serra
145-10	Matt Saale, Oside
144-4	Chris Staton, PH

Please turn to page 14.

Best Marks

From page 13.

144-0	Charles Hanson, StA
142-11	Tyrone Brown, Morse
142-9	Charles Bailey, Hoover
142-8	Able Aramburo, ECV
142-0	Richie Smith, GH
140-8	R. Stephens, CP
140-8	Luke Holderby, Ram
140-0	John Pluth, VCenter
139-7	Jeremy Driggs, Sweet
139-5	C. J. Threat, CP
139-0	Marcus Garcia, GH
139-0	Mike Stokes, ElCap
139-0	Nate Tavale, Carls
139-0	Nathan Perez, RBV
138-3	Klusman, Sweet
138-2	Andre Williams, MB
137-7	Dan Ybarra, OG
137-6	Steve Viera, Carls
137-1	Jabara Brown, Craw
136-10	Scott Colegrove, Esc
136-3	Robert Ruzich, SP
136-0	Jesse English, RBV
135-10	Marco Gonzalez, VCenter
135-8	Moses Rangle, East
135-5	Sosiva Sekona, MB
134-11	Reggie Alaman, ElCam
133-9	Chris Saddler, UC
133-0	Bobby Seilhan, MiC
132-8	Gerald Sykes, Kearny

GIRLS:

Marks received by May 15.

100:

Automatic time:	
11.71	Monique Henderson, Morse (+1.6)
12.47	Amber Carrington, MiC
12.55	Priscilla Parker, MB
12.57	Kristen Tucker, MonteV
12.57	DeCola Groce, Morse
12.58	Anne James, RB
12.60	Faith Lin, LJ
12.74	Laura Martilla, Poway
12.77	Kyle Lederer, RB
12.79	Tiffany Lowery, SP
12.80	Jessica Walker, MiC
12.82	Latoya Summerville, SR
12.87	Stephanie Blake, FP
12.88	Jill Young, Poway
12.89	Jasmine Blakey, RB
12.90	Monica Clifton, MMesa
12.92	Kristina de la Rosa, RB
12.93	Latoya Emanuel, SM
12.95	Crystal Hinton, Lincoln
13.03	Tara Egipto, CP
13.06	Arkisha Iverson, Hoover
13.06	Katharine Sanders, WH
13.07	Francine Cepeda, RB
13.08	Delinda Tamagni, Patrick Henry
13.09	Kameelah Allen, MtMig
13.09	Deitra Manley, Lincoln
13.10	Latrice Dickens, PH
Windy:	
12.31	DeCola Groce, Morse (+2.5)
12.49	Kristen Tucker, MonteV
12.53	Kameelah Allen, MtMig
12.66	Jessica Thomas, ElCam
12.81	Latoya Summerville, SR (+3.32)
12.85	Candace Ellis, Val
13.03	Elizabeth Tsu, LCC (+3.32)
13.03	Francine Cepeda, RB (+3.32)
13.03	Cieara Ray, Fall (+3.32)
13.09	Nini Herron, ECV
Hand time:	
11.8	Monique Henderson, Morse
12.1	Amber Carrington, MiC
12.2	Jessica Thomas, ElCam
12.2	Autumn Wright, ElCam
12.2	DeCola Groce, Morse
12.2	Nastassaja Hall, RBV
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
12.4	Stephanie Blake, FP
12.4	Kristen Tucker, MonteV
12.4	Laura Martilla, Poway
12.5	Latoya Summerville, SR
12.5	Cieara Ray, Fall
12.5	Monica Clifton, MMesa
12.5	Tynisha Major, Sweet
12.5	Tiffany Lowery, SP
12.5	Delinda Tamagni, PH
12.6	Tamikia James, SD
12.6	Kameelah Allen, MtMig
12.6	Jasmine Blakey, RB
12.6	Laura Landry, RB
12.6	Jackie Jenkins, Kearny
12.6	Aja Dotson, Morse
12.7	Tara Egipto, CP
12.7	Candace Ellis, Valhalla
12.7	Latrice Dickens, PH
12.7	Carrie Johnson, LJ
12.7	Rasheeka Pope, Morse
12.7	Malleri McCrae, TP
12.7	Katie Woolsey, Esc
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	Denise French, BV
12-8	Bryeanna Barmer, Helix
12.8	Desiree Lilly, RBV
Windy:	
12.3	Anne James, RB
12.6	Oni Mauga, ElCam

200:

Automatic time:	
23.84	Monique Henderson, Morse
25.60	Laura Landry, RB
25.76	Starla Henderson, Morse
25.80	Nastassaja Hall, RBV
25.87	Kristen Tucker, MonteV
25.88	Anne James, RB
25.91	Priscilla Parker, MB
25.98	DeCola Groce, Morse
26.09	Ashley Cunningham, Ptl
26.46	Monica Clifton, MMesa
26.52	Latoya Summerville, SR
26.63	Jessica Walker, MiC
26.63	Nini Herron, ECV
26.64	Candace Ellis, Val
26.67	Tiffany Lowery, SP
26.70	Crystal Hinton, Lincoln
26.73	Kelsey Bollinger, Gross
26.74	Katharine Sanders, WH
26.83	Stephanie Blake, FP
26.86	Kyle Lederer, RB
26.90	Kameelah Allen, MtMig
26.93	Unika Smith, Lincoln
26.96	Francine Cepeda, RB
26.99	Laura Martilla, Poway
27.01	Luci Downey, OG
27.10	Latrice Dickens, PH
27.10	LaSheena Rice, SD
27.11	Naomi Mattos, Fall
27.13	Ashley Rioja, MtMig
27.33	Nini Herron, ECV
27.36	Jennifer Greene, RB
27.40	Talisha Clophus, UC
27.43	Jessica Mercado, SD
27.50	Tamekia James, SD
Possibly windy:	
25.77	Kristen Tucker, MonteV
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	Cieara Ray, Fall (+2.65)
Hand time:	
25.5	Nastassaja Hall, RBV
25.6	Monique Henderson, Morse
25.7	DeCola Groce, Morse
25.7	Laura Landry, RB
25.9	Stephanie Blake, FP
26.0	Laura Martilla, Poway
26.1	Nadia Sanders, CV
26.2	Amy Taylor, RB
26.3	Tiffany Lowery, SP
26.3	Luci Downey, OG
26.3c	Monica Clifton, MMesa
26.3	Anne James, RB
26.3	Cieara Ray, Fall
26.4	Tamekia James, SD
26.4	Kristen Tucker, MonteV
26.4	Elizabeth Tsu, LCC
26.4	Katy Reardon, RB
26.5	Naomi Mattos, Fall
26.5	Jessica Thomas, ElCam
26.5	Amber Carrington, MiC
26.5	Kameelah Allen, MtMig
26.5	Tashina Dears, CP
26.6	LaSheena Rice, SD
26.6c	Unika Smith, Lincoln
26.6	Camille Dredge, TP
26.6c	Ashley Cunningham, Ptl
26.6	Natalie Soto, Carls
26.7	Alexis Rampaul, Poway
26.7	Rasheeka Pope, Morse
26.7	Candace Ellis, Valhalla
26.7	Moehsa Jefferson, S'west
26.8	Francine Cepeda, RB
26.9	Camille Tate, RB
26.9	Latrice Dickens, PH
26.9	Jill Young, Poway
26.9	Tara Egipto, CP
26.9	Luketta Williams, Helix
26.9	Ashley Rioja, MtMig
27.0c	Priscilla Parker, MB
27.0c	Crystal Hinton, Lincoln
27.0	Nicole Reyes, RBV
27.1	Jessica Mercado, SD
27.1	Nini Herron, ECV
27.1c	Luketta Williams, Helix
27.1c	Deanne Cartwright, BV
27.2	Kelsey Bollinger, Gross
27.2	Jessica Walker, MiC

400:

53.74	Monique Henderson, Morse
57.0	Camille Dredge, TP
58.08	Starla Henderson, Morse
58.42	Laura Landry, RB
58.7	Elizabeth Tsu, LCC
59.0	Nastassaja Hall, RBV (59.14 auto)
59.04	Luci Downey, OG
59.42	Ashley Cunningham, Ptl
59.48	Unika Smith, Lincoln
59.6	Naomi Mattos, Fall
59.78	Amy Taylor, RB (59.6h)
59.91	Jane Givens, LJ
60.0	Luketta Williams, Helix
60.0	Katy Reardon, RB (60.14 auto)
60.1	Nadia Sanders, CV
60.14	LaSheena Rice, SD
60.37	Katie Collins, Vista
60.54	Kristine Schroeder, RB
60.59	Talisha Clophus, UC
61.0c	DeCola Groce, Morse
61.0	Erin Skaalen, LCC
61.0	Phoebe Perkins, MontV
61.01	Samantha Piper, Coro
61.1	Kamaya Damwijk, Poway

61.3	Bony Adams, ElCam
61.34	Jill Sonne, WH
61.55	Jessica Mercado, SD
61.55	Kerry Kelly-Cochrane, USD
61.69	Kiley Dunlap, Coro
61.7	Katie Baker, Poway
61.8	Moehsa Jefferson, S'west
61.86	Kennie Kwok, Ram
61.91	Alexis Rampaul, Poway (61.7h)
61.93	Eureka Thompson, Morse
61.99	Kristi Kuchmer, Claire
62.10	Whitney Schmucker, LJ
62.1c	Tina Rosas, MonteV
62.2	Tyneshia Major, Sweet
62.2	Jacquelin Muhich, LCC
62.4	Deanne Cartwright, BV
62.4	Nicole Reyes, RBV
62.4	Ashley Rioja, MtMig
62.53	Thea Rusthoven, Esc
62.55	Kara Koehn, FP
62.61	Katherine Ziegler, UC
62.7	Jessica Walker, MiC
62.79	Laurel Hanscom, Valhalla
62.8c	Lesley Bravin, Valhalla
62.90	Erin Martin, WH
62.9	Crystal Hinton, Lincoln
62.9	Jackie Johnson, MiC
62.9	Chelsea Chatfield, TP
62.93	Kristen Woodard, MiC
63.0	Tessa Conner, TP
63.0	Jackie Johnson, MiC
63.07	Ashley King, PH
63.1	Monique Jouglet, Helix
63.1	Shuree Halton, CP
63.21	Michelle Guerrero, LJ
63.21	Cheyenne Webster, USD
63.31	Latoya Manuel, SM
63.58	Amy Hogan, USD
63.67	Keeran Toussaint, SP
63.7	Ashley Walker, Helix
63.77	Leonore Gooch, Morse
63.8	Kristen Tucker, MonteV
63.8	Emily Butler, TP
63.82	Olga Delgonos, PH
63.91	Julia Carnevale, Bish

800:

2:14.81	Camille Dredge, TP
2:18.6	Desiree Davila, Hilltop
2:18.63	Samantha Piper, Coro
2:19.54	Katherine Ziegler, UC
2:19.60	Nastassaja Hall, RBV
2:19.68	Allison Hall, RB
2:19.9	Julie Komosinski, TP
2:20.5	Courtney Baird, Helix
2:20.78	Amonica Phipps, Morse
2:21.0	Thea Rusthoven, Esc
2:21.6	Cathy Picha, Fall
2:21.70	Jill Steele, MiC
2:22.4	Morgan Soule, LCC
2:22.54	Jenna Timinsky, SDgtoA
2:22.60	Lesley Bravin, Val
2:22.78	Carly Votolato, UC
2:22.8	Kamaya Damwijk, Poway
2:23.0	Deanna Sick, MiC
2:23.3	Monique Jouglet, Helix
2:23.8	Mallana Dressell, Carls
2:23.82	Talisha Clophus, UC
2:23.97	Katie Baker, Poway
2:24.1	Katie O'Connell, Carls
2:24.5	Deanna Lynn, Carls
2:24.54	Erin DeHahn, Hilltop
2:25.7	Tessa Connor, TP
2:26.17	Maria McGaffigan, CP
2:26.2	Courtney Allen, RBV
2:26.2	Haley Moore, TP
2:26.56	Kelly Larson, RB
2:26.58	Shawna Winfrey, WH
2:26.65	Karina Kloos, RBV
2:26.8	Lorena Jimenez, OG
2:26.9	Kennie Kwok, Ram
2:26.27	Leslie Mitchell, Ram
2:27.4	Dorothy Trogler, TP
2:27.53	Jackie Turpin, Sant
2:27.5	Karen Vasko, MiC
2:27.89	Dori McGuire, MMesa
2:27.9	Brooks Jordan, LCC
2:28.0	Heather Shurtleff, WH
2:28.0	Krista Romley, TP
2:28.08	Danielle Birdsall, MiC
2:28.5	Morgan Rounkles, MtMig
2:28.9	Laura Crabtree, FP

Unconfirmed:

2:14.2	Jenna Timinsky, SDgtoA
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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	Kate 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
5:05.40	Julie Komosinski, TP
5:07.80	Desiree Davila, Hilltop
5:080.57	Allison Hall, RB
5:11.9	Jenna Timinsky, SDgtoA
5:13.02	Kaleena Yee, RB
5:13.30	Julie Manson, RB
5:13.4	Morgan Soule, LCC
5:14.40	Katherine Ziegler, UC
5:15.1	Michelle Barrack, USD
5:15.9	Camille Dredge, TP
5:16.30	Nicole Mier, SM
5:16.5	Katie O'Connell, Carls
5:16.69	Chessa Adsit-Morris, UC

5:18.3	Deanna Sick, MiC
5:18.46	Carly Votolato, UC
5:20.65	Cathy Picha, Fall
5:21.0	Heather Shurtleff, WH
5:21.1	Krista Romley, TP
5:21.16	Desiree Leek, LJ
5:23.19	Jasmine Marquez, ElCap
5:23.41	Roxanne Romo, SD
5:23.6	Jamie Carmichael, Fall
5:24.12	Karen Vasko, MiC
5:24.70	Bree Hibbs, Poway
5:25.37	Lanele Cox, Esc
5:26.2	Kathy Read, TP
5:28.0	Janet Mulvey, MiC
5:28.6	Mallana Dressell, Carls
5:29.09	Rose Serna, MB
5:29.9	Lorena Jimenez, OG
5:29.98	Stephanie Baird, Helix
5:30.5	Sally Cade, Carls
5:31.3	Rebecca Bartell, WH
5:32.8	Maija Rohde, Fall
5:33.1	Megan Briscoe, Poway
5:33.8	Dorothy Trogler, TP
5:33.9	Amonica Phipps, Morse
5:34.02	Laura Cohen, UC
5:34.2	Diana Dibble, VCenter
5:34.3	Angela Rivas, Mont
5:34.7	Claire Beck, OLP
5:34.84	Morgan Rounkles, MtMig
5:34.87	Ashley Viens, Val
5:35.0	Christie McPherson, Vista
5:35.4	Dawna Marshall, BV
5:36.0	Pati Romero, East
5:37.3	Anne-Marie Byrne, USD
5:37.69	Natalie Parks, Ptl
5:38.0	Stephanie Casler, Val
5:38.2	Liz Edwards, LJ
5:38.5	Kristina Nugent, Coro
5:39.49	Sophia Marquez, CV
5:39.6	Ashlee Dere, MiC
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, MiC
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
11:23.72	Julie Manson, RB
11:26.16	Kim Pace, Sant
11:31.76	Karen Vasko, MiC
11:33.49	Deanna Sick, MiC
11:35.3	Kaleena Yee, RB
11:37.03	Chessa Adsit-Morris, UC
11:39.03	Desiree Davila, Hill
11:40.9	Jasmine Marquez, ElCap
11:42.0	Katie O'Connell, Carls
11:45.5	Manal Yamout, MiC
11:46.64	Jenna Timinsky, SDgtoA
11:47.5	Kathy Read, TP
11:48.0	Maija Rohde, Fall
11:48.82	Ashlee Dere, MiC
11:52.0	Jamie Carmichael, Fall
11:52.14	Katie Boyd, RB
11:53.0	Krista Romley, TP
11:53.02	Rebecca Bartell, WH
11:53.4	Kelly Platko, Carls
11:53.65	Stephanie Baird, Helix
11:54.3	Heather Shurtleff, WH
11:56.25	Natalie Parks, Ptl
11:57.38	Diana Dibble, VCenter
11:58.14	Lanele Cox, Esc
12:02.56	Ashley Handy, WH
12:02.62	Nicole Mier, SM
12:03.2	Laura Alessio, TP
12:05.8	Morgan Soule, LCC
12:05.9	Allison Hall, RB
12:06.94	Claire Beck, OLP
12:09.25	Laura Cohen, UC
12:10.10	Ashley Viens, Valhalla
12:10.44	Loretta Kilmer, Ram
12:11.5c	Liz Edwards, LJ
12:11.7	Morgan Rounkles, MtMig
12:12.19	Mande Clark, Poway
12:12.60	Anne-Marie Byrne, USD
12:13.54	Bre Goetz, Ram
12:13.59	Rebecca McKeown, UC
12:13.6	Cindy Lopresti, Carls
12:13.92	Audrey Harrer, MiC
12:14.55	Leslie Crews, UC
12:15.0	Desiree Leek, LJ
12:15.3	Cathy Picha, Fall
12:15.49	Tara McGowan, LJ
12:15.5	Candice Osuna, BV
12:16.7	Dara Bier, TP
12:17.63	Roxanne Romo, SD
12:17.68	Amy Vasko, MiC
12:18.23	Christie McPherson, Vista

Best Marks

From page 14.

- 17.01 Katie Camp, MonteV
17.25 Morgan Romine, LJ
17.28 Leah Cole, VCenter
17.30 Rachel Aldous, OLP
17.36 Jennifer Fuller, Hilltop (+0.8)

- Windy:
15.19 Maggie Escudero, ElCap
15.88 Bryeanna Barmer, Helix
16.07 Bethany McDowell, Lincoln
16.14 Amber Martin, WH
16.25 Keiona Clark, MonteV
16.37 Katie Camp, MonteV
16.39 Porsche Kelly, MtMig
16.85 Elise Orlando, MMesa

- Hand time:
14.5 Maggie Escudero, ElCap
15.3 Amber Martin, WH
15.9 Bethany McDowell, Lincoln
16.0 Carla Valdez, CP
16.0 Catie Coin, RB
16.1 Bryeanna Barmer, Helix
16.1 Katie Camp, MonteV
16.1 Keiona Clark, MonteV
16.1 Kristin Murphy, RB
16.2 Morgan Romine, LJ
16.2 Porsche Kelly, MtMig
16.3 Mikaelyn Austin, RB
16.3 Laura-Lee Reid, VCenter
16.4 Jasmine Schuler, Ptl
16.5 Michaela Jobes, Carls
16.5 Aneal Helms, FP
16.5 Jennifer Fuller, Hilltop
16.6 Marie Carter, MMesa
16.7 Audrey Pound, Poway
16.8 Kanesha Glover, SD
16.8 Rachel Aldous, OLP
16.8 Jackie Macias, CP
16.8 Leah Cole, VCenter
16.9 Elise Orlando, MMesa
16.9 Erin DeHahn, Hilltop
16.9 Chantel Nemore, ElCam
17.0 Crystal Saunders, MonteV
17.0 Patricia Taitano, Carls
17.1 Christina Sotelo, Sweet
17.1 Michelle Frederick, WH
17.1 Kasy McGee, Carls
17.2 Sonia Fields, SD

- Windy:
15.8 Catie Coin, RB
16.0 Kristin Murphy, RB
16.4 Leah Cole, VCenter
16.4 Audrey Pound, Poway

300 Low Hurdles:

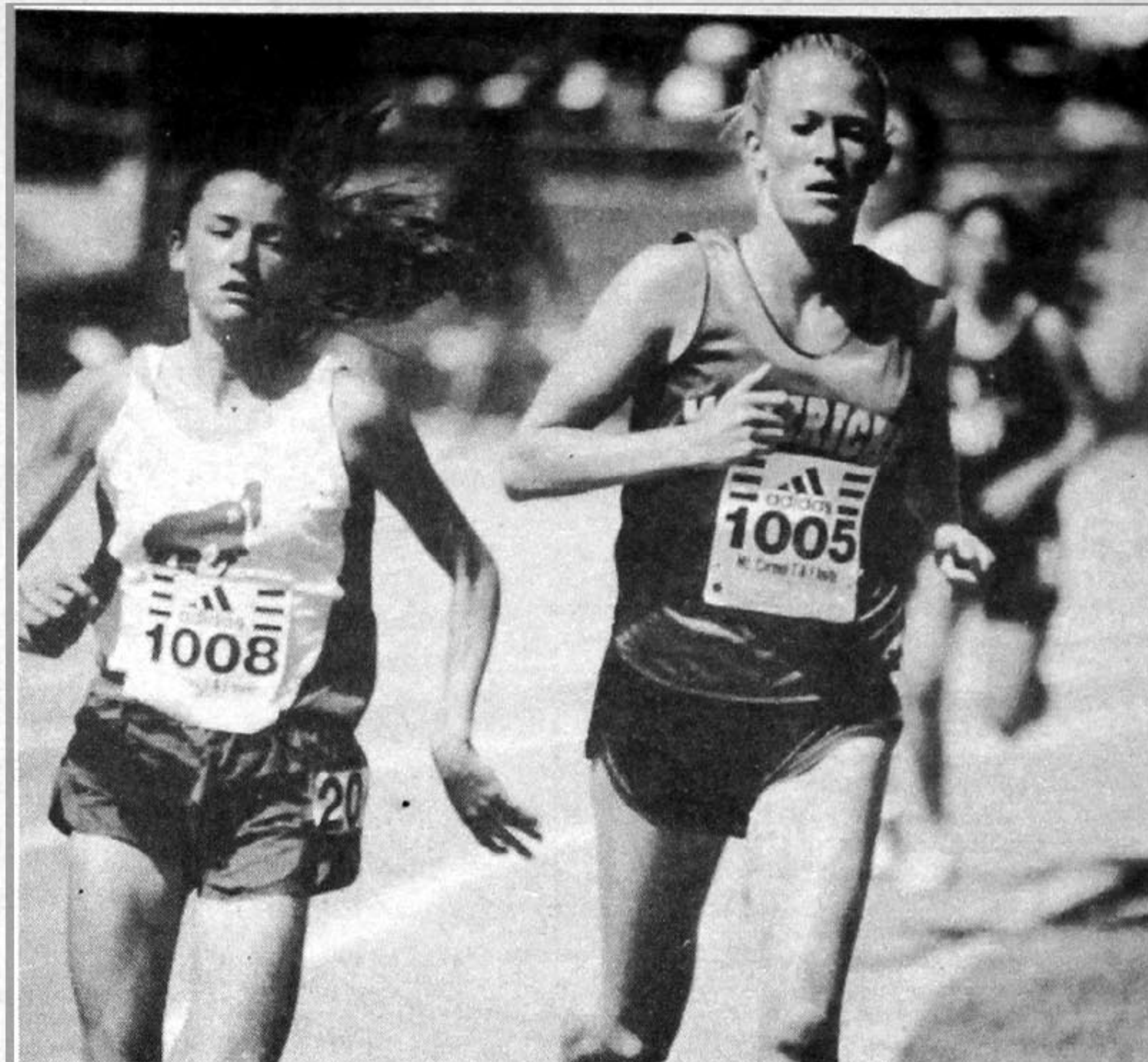
- 45.53 Amy Taylor, RB
45.86 Bryeanna Barmer, Helix
46.05 Catie Coin, RB
46.06 Audrey Pound, Poway
46.2 Erin DeHahn, Hilltop
46.40 Maggie Escudero, ElCap
46.72 Delinda Tamagni, PH
47.0 Michaela Jobes, Carls
47.2 Nikki Dulin, RB
47.56 Morgan Avery, GH
48.03 Erika Bolden, Morse
48.1 Tamera Lewis, TP
48.23 Laura-Lee Reid, VCenter
48.27 Amber Martin, WH
48.3 Jennifer Fuller, Hilltop
48.4 Liz McNamara, Poway
48.5 Bethany McDowell, Lincoln
48.5 Chantel Nemore, ElCam
48.65 Erica Bolden, Morse
48.81 Marie Carter, MMesa
48.83 Jasmine Schuler, Ptl
48.9c Abril Jimenez, Hilltop
49.0 Katie Camp, MontV
49.02 Tynesha Major, Sweet
49.09 Morgan Romine, LJ
49.4 Erica Schim, LCC
49.57 Kanesha Glover, SD
49.7 Leah Cole, VCenter
49.76 Kelly Yearwood, PH
49.77 Olivia Hudek, Hilltop
49.78 Carmela Rodgers, CV
49.8 Jane Givens, LJ
49.8 Crystal Saunders, MontV
49.9 Porsche Kelly, MtMig

400 Low Hurdles:

- 68.51 Amber Martin, WH

400 Relay:

- Automatic time:
47.54 Morse
48.50 Rancho Bernardo
49.04 Poway
49.63 Lincoln
49.76 Mt. Carmel
50.37 Monte Vista
50.38 Castle Park
50.44 Patrick Henry
50.57 Mount Miguel
50.76 Mira Mesa
50.82 San Diego
50.85 Helix
50.91 Hoover
51.05 West Hills
51.67 Valhalla
51.72 Orange Glen
51.89 Escondido
51.98 San Pasqual
52.00 Scripps Ranch



Allison Hall, Morgan Soule
Rancho Bernardo, La Costa Canyon

- 52.08 Fallbrook
52.15 Coronado
52.19 La Costa Canyon
52.37 Chula Vista
52.50 Rancho Buena Vista
52.50 El Cajon Valley
52.51 Grossmont
52.52 Serra
52.67 Point Loma
52.70 Vista
52.74 El Camino
52.83 La Jolla
52.91 University City
53.10 Clairemont
53.31 University of San Diego
53.34 Our Lady of Peace
53.44 Kearny
53.45 Francis Parker
53.46 Sweetwater

- Hand time:
47.7 Morse
49.5 Rancho Bernardo
49.5 Fallbrook
49.6 El Camino
50.1 Lincoln
50.1 Poway
50.6 Mt. Carmel
50.7 La Jolla
50.7c Monte Vista
50.8c Valhalla
50.9c Mount Miguel
50.9 Helix
51.0 La Costa Canyon
51.0 Castle Park
51.2 San Diego
51.3 Hilltop
51.4c Mira Mesa
51.5 Patrick Henry
51.6 Scripps Ranch
51.8 Francis Parker
51.8 Torrey Pines
51.9 Orange Glen
52.0 San Pasqual
52.1 Hoover
52.1 Escondido
52.3 West Hills
52.3 Chula Vista
52.4 Bonita Vista
52.4 Rancho Buena Vista
52.5 Grossmont
52.7 University City
53.0 Coronado

1600 Relay:

- 3:57.4 Morse
4:01.56 Rancho Bernardo
4:03.0 La Costa Canyon
4:05.8 Torrey Pines
4:06.97 Hilltop
4:07.0 Poway
4:07.89 Helix
4:08.0 Carlsbad
4:08.48 Lincoln
4:09.69 Monte Vista
4:09.70 Rancho Buena Vista
4:09.7 Fallbrook
4:09.95 Mt. Carmel
4:10.99 West Hills
4:11.68 San Diego
4:12.70 Coronado
4:12.76 Valhalla
4:13.00 Vista
4:13.03 Grossmont
4:13.15 Ramona
4:15.06 Castle Park
4:15.32 Patrick Henry
4:15.8 San Pasqual
4:16.2c La Jolla
4:17.57 University of SD
4:17.9 Bonita Vista
4:20.48 Serra
4:20.93 Granite Hills
4:21.73 University City
4:21.79 Francis Parker



Laura Martilla
Poway

- 4:21.8 Mira Mesa
4:22.06 Chula Vista
4:23.01 El Capitan
4:23.74 Mount Miguel
4:24.40 Our Lady of Peace
4:24.64 Mira Mesa

High Jump:

- 5-4 Shannon Fleming, USD
5-4 Aubrey Preston, Vista
5-4 Erin DeHahn, Hilltop
5-4 Bridget Files, Ram
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 Kelsey Turner, GH
5-2 Oni Mauga, ElCam
5-2 Kristin Carlson, SFC
5-2 Qwenice Jackson, SD
5-2 Morgan Romine, LJ
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 Amanda Begay, RB
5-0 Sraeya George, Valhalla
5-0 Shunnae Buckner, UC
5-0 Katie Wilkins, Christian
5-0 Karen Adams, ECV
5-0 Liz McNamara, Poway
5-0 Megan Barnes, RBV

Pole Vault:

- 12-8 Kathleen Donoghue, RB
12-0 Natalie Dennison, RB
11-0 Abby Huchel, Vista
10-7 Molly Pascarella, RB
10-6 Jessica Shankland, Carls
10-6 Janna Smith, Carls
10-0 Julia Preston, Poway
10-0 Beth Vieira, Ptl
10-0 Elise Orlando, MMesa
9-6 Nicole Robey, OG
9-6 Kelly Hobbs, GH
9-6 Marie Nowinski, MMesa
9-6 Nicole Antonacci, Carls
9-6 Julie Hudlow, RB
9-6 Nicole Pavone, SM
9-2.75 Jillian Mazzearella, BV
9-0.5 Meghan Hawkins, SP
9-0 Amy Speer, MtC
9-0 Charissa Cabrera, MtC
9-0 Angeline Lavach, ElCap
9-0 Katarina Bloomquist, LJ
9-0 Gretchen Allen, Poway
9-0 Katie Collins, Vista
9-0 Danielle Womack, MMesa
9-0 Betsy Halliburton, TP
9-0 Troy Lemperle, WH
8-6 Charity Johnson, Poway
8-6 Julia McGurk, Poway
8-6 Bev Robak, MtC
8-6 Jeny Erwin, LCC
8-6 Tori Scharf, OG
8-6 Erin Asay, Sweet
8-6 Marlys Gonzales, BV
8-6 Cassandra Walker, Valhalla
8-6 Nicole Sadler, LJ
8-6 Kristen Harris, RBV
8-6 Beatrice Guapo, East
8-6 Jesika Ryan, WH
8-6 Roz Rideout, SP

Long Jump:

- 18-1.75 Adrienne Farrington, RB
17-4.25 Jessica Thomas, ElCam
17-0 Tiah Gray, UC
16-11 Tanicia Wallace, MonteV
16-10.5 Sonfre Roberson, Morse
16-9.5 Nastassaja Hall, RBV
16-9.25 Angela Rochester, GH
16-9 Arkisha Iverson, Hoover
16-7.5 Vickie Vidischak, OG
16-6.25 Jackie Kenney, SP
16-6 Laura Landry, RB
16-5 Mariko Gaines, MonteV
16-4.5 Jill Sonne, WH
16-4 Nina Ropes, Fall
16-3.5 Eureka Thompson, Morse
16-3 Megan Barnes, RBV
16-1.5 Nadia Salahuddin, Hilltop
16-1.5 Naomi Mattos, Fall
16-1 Jennifer Seaman, MtMig
16-1 Qwenice Jackson, SD
15-11.5 Holly Houchin, Ram
15-11 Angela Fazio, Gross
15-11 Carrie McWhirter, SM
15-10.5 Danielle Rose, RB
15-9.75 Lindsay Orton, RB
15-9.5 Kiley Weaver, RB
15-9.5 Ashley Fowler, Valhalla
15-9 Sabrina Cavalheiro, Helix
15-9 Faith Lin, LJ
15-8.5 Laleisha Peterson, Hilltop
15-8 Adrienne Marshall, SP
15-8 LaSheena Rice, SD
15-7.75 Tashina Dears, CP
15-7.5 Joy Hannibal, BV
15-6.5 Katherine Dostal, WH
15-5 Christy Mulroy, OLP
15-5 Robyn Perkins, BV
15-4.5 Marie Ramirez, MarV
Windy:
18-5.5 Jessica Thomas, ElCam
17-10.25 Nastassaja, Hal, RBV
17-7.75 Vickie Vidischak, OG
17-0.5 Naomi Mattos, Fall
16-10 Katie Woolsey, Esc
16-9 Laura Landry, RB
16-8.5 Tanicia Wallace, MonteV
16-8 Nina Ropes, Fall
16-0 Sally Shields, TP
15-11 Kiley Weaver, RB
15-10.25 Carrie Johnson, LJ
15-10 Melanie Mincks, VCenter
15-4.5 Trisha Martin, Mont

Triple Jump:

- 38-8 Arkisha Iverson, Hoover
37-9 Adrienne Farrington, RB
36-10.25 Sraeya George, Valhalla
36-8.25 Nina Ropes, Fall
35-10.75 Megan Barnes, RBV
35-9.25 Silke Lorenzen, RB
35-5 Jane Givens, LJ
35-3.5 Tanicia Wallace, MonteV
35-3 Mariko Gaines, MonteV
35-1 Jennifer Greene, RB
34-11.75 Nadia Salahuddin, Hill
34-10.5 Kelly DeLeeuw, TP
34-10 Bridget Files, Ram
34-9 Tiah Gray, UC
34-4.75 Danielle Rose, RB
33-11.25 Katie Brown, SM
33-11 Kiley Weaver, RB
33-11 Carey Holschlag, Poway
33-10 Jessica Turner, Serra
33-10 Simone Louviere, Helix
33-9 Jasmine Schuler, Ptl
33-8.5 Crystal Chinn, Serra
33-7.5 Dana Copeland, TP
33-7 Lydia Boonstra, CalC
33-6 Renee McKinney, RBV

Please turn to page 16.

Best Marks
From page 15.

33-4.5	Vickie Vidishak, OG
33-4.5	Katherine Dostal, WH
33-4.5	Keiona Clark, MonteV
33-4.5	Holly Houchin, Ram
33-2.5	Qwenice Jackson, SD
33-1.5	Jackie Kenney, SP
33-1	Sabrina Cavaleiro, Helix
33-0.5	Melissa Lorang, UC
Windy:	
35-7	Bridget Files, Ram
34-2	Vicki Vidishak, OG
33-9	Lauren LaVine, Ram
33-5	Holly Houchin, Ram
33-2	Jackie Kenney, SP
Shot Put:	
42-10.5	Candace Hill, Hoover
40-4	Malaika Stirrup, Helix
39-11	Kendra Rhea, ElCap
39-11	Mikaelyn Austin, RB
38-5	Michelle Czapinski, Poway
38-5	Kelly O'Laughlin, BV
38-2	Rhiannon Henry, RBV
37-11	Beth Goins, ElCap
37-11	Amanda Poniktera, Esc
37-4	Shemika Morris, SR
37-1.5	Anna Pacheco, Carls
36-4	Ivette Medina, Vista
36-2.5	Amber Hood, Morse
35-10.75	Candace Doung, MTC
35-10.25	Allison Bernardino, SR
35-6	Martinique Akinfosile, LCD
35-3.5	Katie Ames, ElCap
34-5.5	Crystal Harrell, Fall
34-4	Michelle Vavra, Esc
34-3.5	Carrie Johnson, Fall
34-1	Alicia Minette, U
34-0.75	Angela Milazzo, Esc
34-0.5	Marisa Lattin, ElCam
33-10.25	Charidy Loeh, Morse
33-7	Cynthia Sorrell, Vista
33-7	Amber Tiffany, GH
33-6	Erica Keus, Carls
33-5.5	Darlene Martinez, CV
33-5.5	Jenesa Turner, BV
33-5	Ashley Ingoldt, OG
33-3	Aiyanna Coleman, Mont
33-2	Laura Castellanos, CP

33-0.75	Mary Ann Hough, Morse
32-11	Kristen Tucker, MonteV
32-10.5	Cathy Schmitt, LCC
32-10	Hillaria Matteo-Silva, CP
32-9.5	Latoya Rickman, Oside
32-8	Shante Daniel, Serra
32-6	Amy Krisch, Gross
32-6	Devannyah Chester, PH
32-5	Bernardette Tavale, Carls
32-3.5	Lorette Johnson, ElCam
32-3	Rachel Johansen, MonteV
32-1	Erica Orsa, USD
32-1	Suzy Brown, Sweet
32-1	Jackie Silva, CP
Discus Throw:	
137-3	Kendra Rhea, ElCap
134-10	Mikaelyn Austin, RB
130-2	Candace Hill, Hoover
129-6	Lisa Cannon, Esc
122-3	Katie Ames, ElCap
120-1	Alicia Criado, RBV
118-4	Amanda Poniktera, Esc
117-1	Sara Cobb, Hilltop
117-0	Malaika Stirrup, Helix
116-2	Shante Daniel, Serra
115-3	Michelle Czapinski, Poway
115-1	Beth Goins, ElCap
114-6	Stacy Mickelson, RB
114-6	Allison Bernardino, SR
114-1	Bianca Pegues, PTL
112-5	Kelly O'Laughlin, BV
111-8	Cassie Keller, ElCap
111-6	Rhiannon Henry, RBV
111-5	Annie Roberts, Poway
110-7	Cathy Schmitt, LCC
109-9	Shemika Morris, SR
109-7	Lacey Williams, Lincoln
108-7	Robert Cook, Esc
108-0	Angela Milazzo, Esc
107-8	Amber Tiffany, GH
107-6	Anna Pacheco, Carls
107-3	Carrie Johnson, Fall
107-2	Charidy Loeh, Morse
106-9	Michelle Singleton, Coro
105-2	Darlene Martinez, CV
105-2	Michelle Vavra, Esc
104-11	Alicia Minette, U
104-4	Marisa Lattin, ElCam
104-0	Hillaria Matteo-Silva, CP
103-8	Michelle Bean, Santana
102-11	Devannyah Chester, PH
102-6	Ivette Medina, Vista
101-11	Amy Krisch, Gross
101-6	Stephanie Hill, Ram
101-5	Jessica Turner, Serra
101-4	Jillian Clifton, GH
101-0	Ashley Seilhan, MTC
100-6	Bernardette Tavale, Carls

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TRACK MAGAZINE

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