

TRACK MAGAZINE

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San Diego's best prep track & field coverage

Masters Preview: Get your money out...

Today's CIF Masters Meet has just one purpose -- to advance three athletes or relay teams in each event to the California State Championship meet next weekend in Sacramento.

The team titles, now divided into two divisions, and CIF medals were settled at Poway High on Saturday.

Now, the county's best athletes will be lined up to compete for the unofficial honor of being the section's best in each event and the very real honor of moving on to compete in the best state track meet in the nation.

It should be a great meet, with Monique Henderson and other top county spikesters starting to reach their peak.

There were any number of great performances in last week's meet, which could presage more great events today.

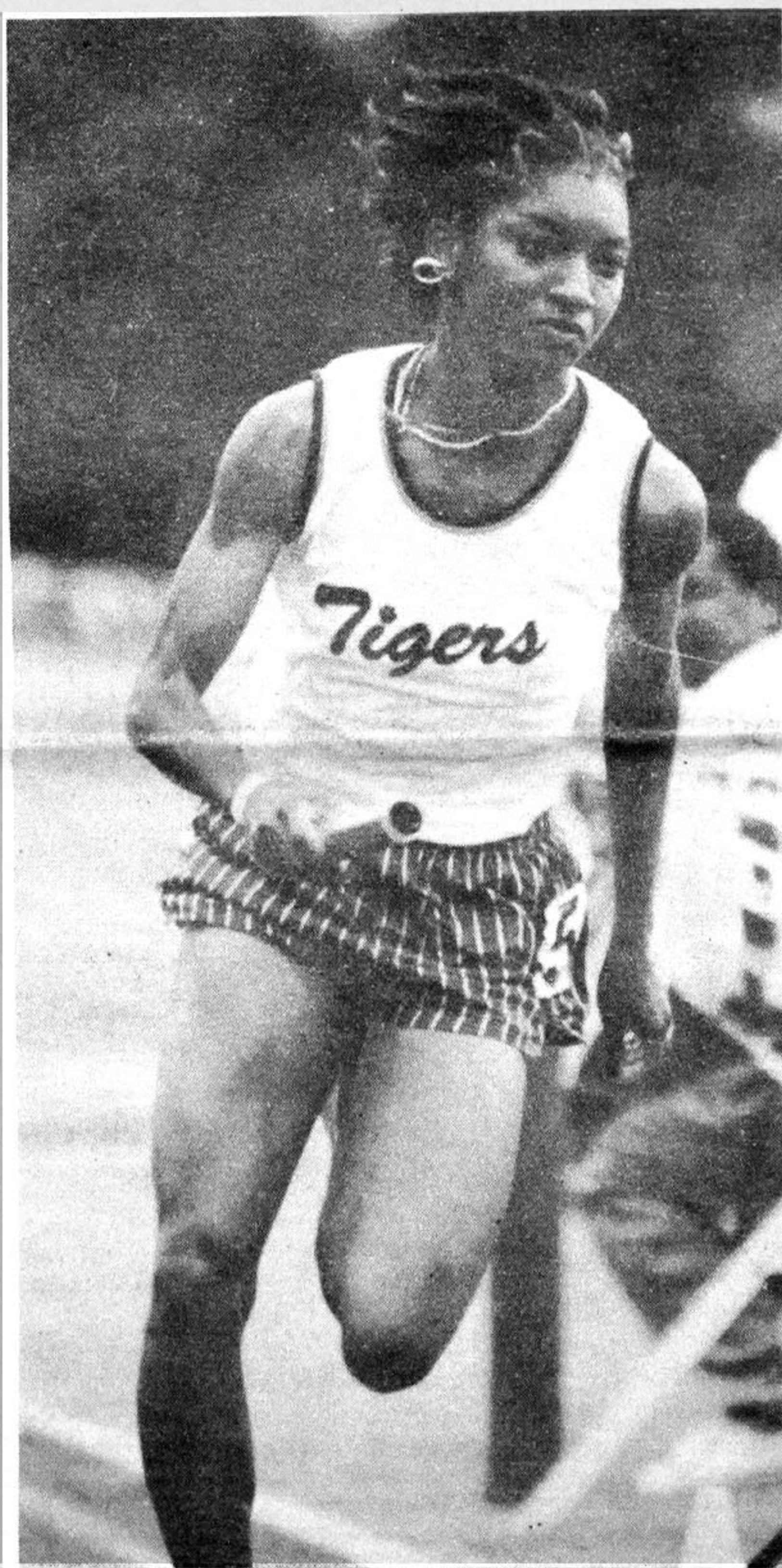
The quality in many events last week was so good that any further improvements would result in dazzling results.

A look at the prospects in today's events, in the order in which they are scheduled to begin.

Boys Discus:

This is one of the meet's strongest fields, led by El Capitan's Danny Ames (192-0).

Ames, who was not throwing well in mid-season, is starting to put it together. He equalled his PR last week at the CIF Finals, and seems primed for big efforts as his high school career winds down.



Two to watch...

Monique Henderson Morse

Henderson will compete in the girls 400, 200 and 4x400 relay. Her 400 time last week at Poway leads the nation. Ames will throw the discus against a strong field in the day's first event. He is among the best in the nation in that event.

He'll face a field that includes two others over 180 feet (Poway's Jon Ward and UC's Mike Armstrong); and two more over 170 feet (Mira Mesa's Travis Jones and Bernard Grady of Scripps Ranch).

Besides Ames, Poway's Ward has been the hottest thrower in recent weeks, hitting big PRs in his last two meets.

Danny Ames El Capitan

Mira Mesa's Jones has been one of the most consistent throwers all year, reaching the 170-foot level several times.

Sweetwater's Jahdai Pickett has the potential to break into the top group with a big throw.

Best county throwers not competing are Hilltop's Will Hunt (165-9) and La Jolla's Wade Green (165-2).

The Balboa discus ring is not noted for big throws, and the quality of marks may not reflect the talent on the field.

The event was rescheduled for an early start after an errant disc injured an athlete in last week's CIF prelims. The athlete, UC jumper Melissa Lorang, was not seriously hurt, but the incident was

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serious enough to cause the CIF to rethink the scheduling.

Girls Discus:

This event was also rescheduled to a time when athletes will not be competing on adjacent jump runways.

It will be an interesting competition, with Hoover's Candace Hill, El Capitan's Kendra Rhea and RBV's Mikaelyn Austin among the favorites. Rhea and Austin have the best marks of the season, but they rarely come up against an athlete like Hill, who dominates the county in the shot.

The winner could also come from among Helix's Malaika Stirrup, or the Escondido pair of Lisa Cannon and Amanda Poniktera. In fact, it is difficult to rule out any of the competitors from at least placing in the top three and nabbing a state meet berth.

Best thrower not competing is El Cap's Katie Ames, who has a 122-3 best this season.

Boys Pole Vault:

It's a Palomar League reunion in this event, with the top six qualifiers all coming from that north county conference.

Slight favorites are Poway's Jimmy Barbour and Vista's Sean Daley, both with bests of 15-feet.

RBV's Jamie Zolnierak has been consistent at 14-6 recently, and will be right with the other two. San Marcos' Eric Somers has a 14-7 best, and he has the potential to put up a big jump anytime. Also, his PR came at the Balboa facility.

RBV's Austin Priest also has a 14-6 PR and can't be overlooked.

The other jumpers in the field have PRs of 14-0 (Mt. Carmel's Travis Offner, El Capitan's Phillip Ball and West Hills' Dante Jerig) or 13-6 (Castle Park's Javier Munoz), but this is an event that often sees sudden, and unpredictable, improvements.

Best jumper not in the field is Grossmont's Jonathan Takahashi (14-8), who injured an ankle at his league finals. A junior, he will probably be one of the favorites next year.

Girls Long Jump:

RB's Adrienne Farrington (18-1 PR) is a solid favorite, but she could be challenged by some of the jumpers in the field.

El Camino frosh Jessica Thomas won a spirited freshman competition at the Frosh/Soph meet early this month, coming back with a big jump (18-5.5w) on her last effort to overtake RBV's Nastassaja Hall (17-10.25w).

It was a shot in the arm for an



The Century could be close...

The Division II 100 meters final last week could be a precursor of how close today's race might be. At Poway, Crawford's Larry Miles (center) won in 10.73, just ahead of UC's Steve Hayes (not pictured), 10.75, UC's Lamont Long (left), 10.75 and Montgomery's Wardell McNeal (on right), at 10.76. Today's race could be just as close, with the field adding Escondido's R. J. Oliver and Patrick Henry's Mike Roberts, who finished one-two in Division I last week.

event that had been in the doldrums for much of the year.

Other viable contenders are Fallbrook's Nina Ropes (16-11.25 last week), UC's Tiah Gray (best of 17-0), Horizon's Devonne Hanke (best of 17-1) and Hoover frosh Arkisha Iverson (best of 16-9). El Camino's Thomas and RBV's Hall have wind-legal bests of 17-4 and 17-3, respectively.

Best jumper not in the field might be Orange Glen's Vickie Vikischak, with a PR of 17-7w.

Boys Long Jump:

Nobody has a wind-legal best of 23 feet or better, which means there will be wide open competition from among virtually the entire field.

Seven county athletes went past 22-feet this season, and six will compete here, including CIF Division I champ Rashard Holmes of Rancho Bernardo. Holmes is a sophomore with big jump potential, as he showed at the Frosh/Soph meet when he jumped 23-0.5, windy.

Helix jumper Tony Ortiz, a junior, is consistent. Serra's Jon Reynolds won the CIF Division II title, just ahead of Castle Park's Chris Pittman.

Patrick Henry's Jordan Adams won the Eastern League meet, over 22-feet; and Granite Hills soph Jeff Hunter and RBV's Jason Gatewood also have PRs of 22-plus.

And don't overlook Mira Mesa's Josh Lipscomb or Kearny's Maurice Grant.

Gatewood may drop this event to concentrate on the high jump, where he is a state meet threat.

The first alternate is Henry's Chris Staton, who, if he jumps, would also be a strong contender.

The only missing 22-footer is Mission Bay's Shannon Nowden.

Girls High Jump:

It will be an upset if the winner doesn't come from among a group of five contenders that includes Vista's Aubrey Preston (5-6, indoors and last year), University of San Diego's Shannon Fleming (5-4), Hilltop's Erin DeHahn (5-4 this year, but a 5-6 best ever), Ramona's Bridget Files (5-4) or Torrey Pines' Lauren Jones (5-2, and second to Preston in DI last week).

Santa Fe Christian's Kristen Carlson, Granite Hills' Kelsey Turner and Morse's Sonfre Roberson all have bests of 5-2, and they all could also be in the mix on a good day.

The marks have mostly been average to this point this season, but that could switch around in a real hurry in this meet. The competition for state meet spots could raise the level of performance.

Best jumper not in the field: Jill Sonne of West Hills (5-3).

Boys Shot Put:

Bernard Grady (61-6.5) of Scripps Ranch is a solid favorite, but there will be spirited competition for the other two tickets to Sacramento.

La Jolla's Wade Green (58-11.5 PR) has sixty-foot potential and could beat Grady with a great throw.

Helix junior Travis Watkins (55-8 last week), Mira Mesa junior Travis Jones (55-5.75 last week) and El Cap senior Wayne Hassey (55-9.75 PR) all are threats to place in the top three, which means some good throwers will miss the plane.

It's been a great year in this event, with two throwers past 60-feet, and four others in the high 50s.

The quality extends right through the entire finals field, which also includes Fallbrook's David Nowotny (53-3.5), El Cap's John Stokes (52-6.5), Orange Glen's Dan Ybarra (54-2) and Bonita Vista's Desan Tyson (52-6.5).

Of course, the big absentee is El Capitan's Danny Ames, who dropped a 64-8 bomb last year. He's had a shoulder injury all season that has limited his few shot competitions to standing throws. His season's outdoor best of 60-6 came in the team's first dual meet, which was virtually the last time he took all-out throws. In that meet, he had a number of foul throws several feet longer than his 60-6. It was a too-brief glimpse of quality throwing. Fortunately, for Ames and for area track fans, the shoulder impingement does not greatly affect his discus throwing.

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Girls Pole Vault:

Rancho Bernardo's high-flying Kathleen Donoghue (12-8) and Natalie Dennison (12-0) head up a quality field in this event.

Donoghue is one of the best vaulters in the nation, and Dennison is one of the best in the state.

If Donoghue has a good day, she could approach the 13-foot level, which is as good as it gets in girls vaulting at the high school level.

The rest of the field all have solid credentials, but Donoghue and Dennison are strong favorites to go 1-2.

Also looking for a Sacramento ticket are Carlsbad's Janna Smith (10-6, but 11-0 last year), RB's Molly Pascarella (10-6), Carlsbad's Nicole Antonacci (10-0), Vista's Abby Huchel (11-0), Mira Mesa's Marie Nowinski (10-0), Point Loma's Beth Vieira (10-0) and San Marcos' Nicole Pavone (9-6). Of that group, Smith and Pascarella have been the most consistent.

The field is a reflection of the county's best girls vault programs. RB vault coach Tom Martin has three athletes competing, and had one other, Julie Hudlow, just miss qualifying. Carlsbad has two jumpers in the field, and also has the best one not competing in Jessica Shankland, who cleared 11-0 last year and who had a 10-6 best this year. Mira Mesa (vault coach: Phil Grooms) has one in the field and also had another 10-footer this year (Elise Orlando). Vista's Huchel is coached by head coach Pete Brooks, a top vaulter in his prep days at El Capitan. San Marcos has also consistently produced top girl jumpers since the event was introduced in 1995.

Girls 4x100 Relay:

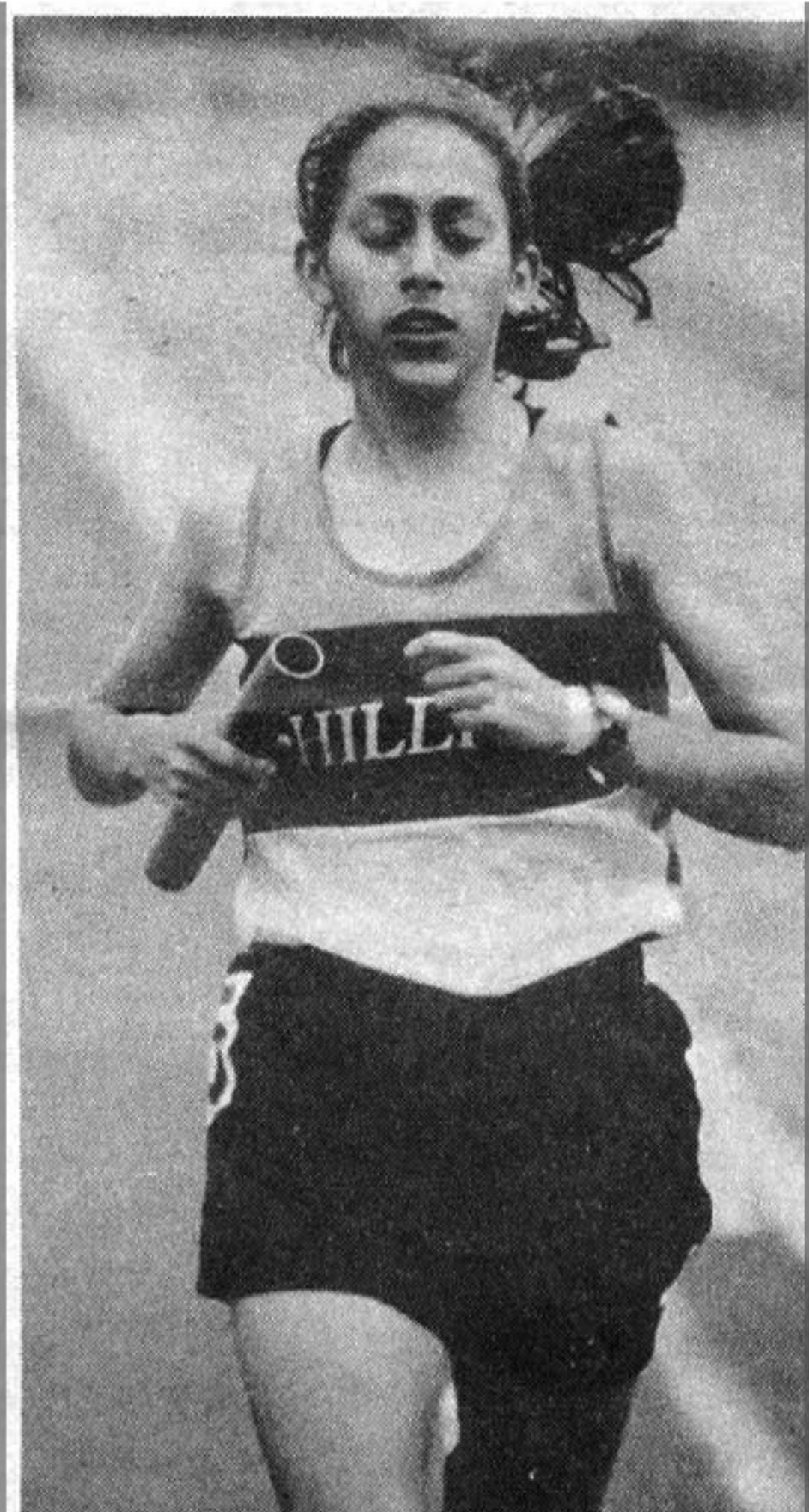
It will seem strange to have a relay without the talented Morse foursome. They were disqualified in the CIF prelims (false start). Their 47.54 speed will be missed, but it could be a mixed blessing. It means slightly less wear and tear on team ace Monique Henderson, both here and at the state level.

In their place, Rancho Bernardo will be the favorites off their 48.43 win in the CIF Division I race last week. It will be close for the remaining two state meet spots, with six teams within 0.46 seconds, including Mount Miguel (49.43), Fallbrook (49.46), Monte Vista (49.66), Mt. Carmel (49.67), Lincoln (49.81) and Castle Park (49.89). Just a bit farther back is Hilltop (50.06).

It is safe to say one thing about



Jay Hackett Morse



Desiree Davila Hilltop

this race: nobody has a lock on any position. The vagaries of high-speed baton passing could result in any combination of results.

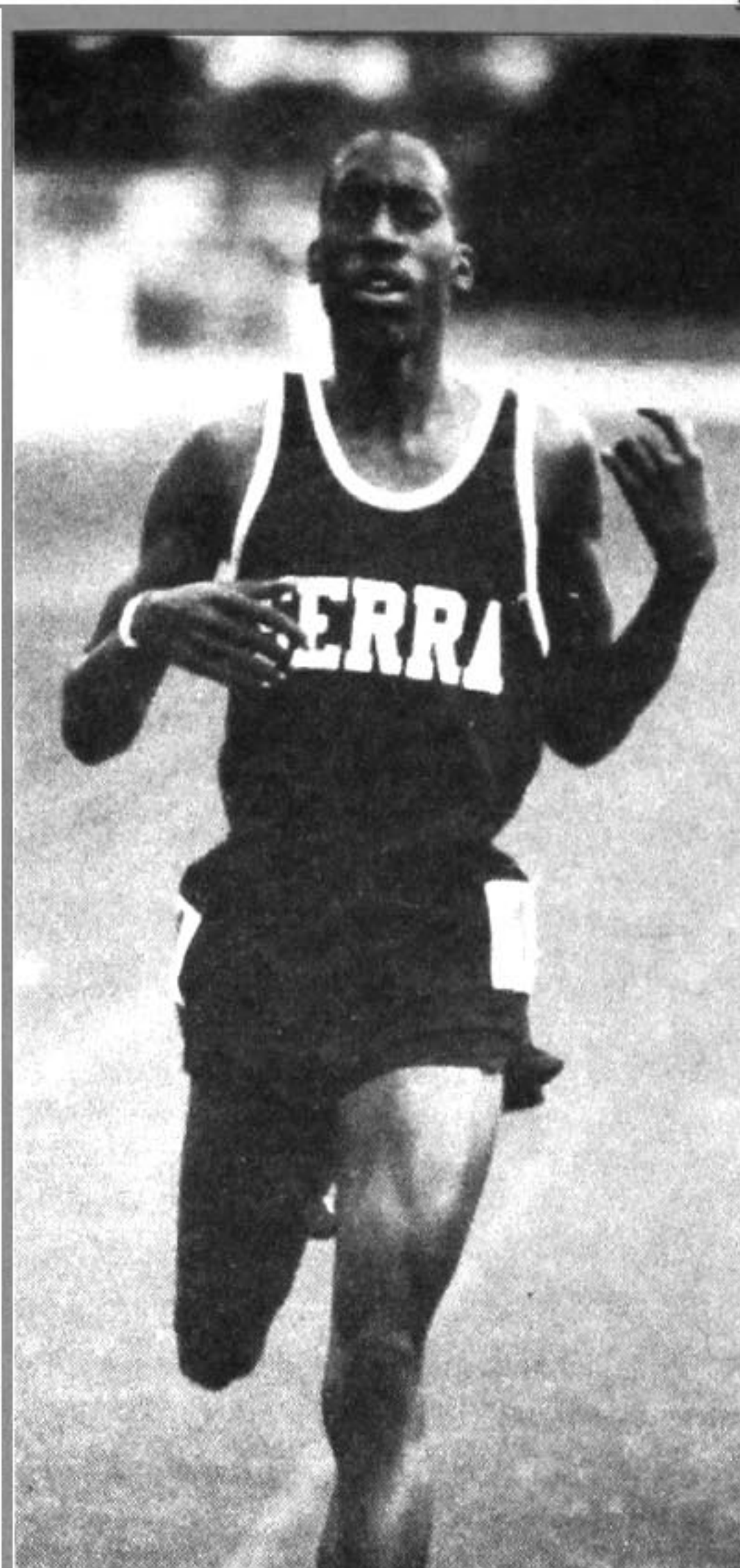
Besides Morse, a couple of other quick teams didn't make it past the prelims, including Poway (49.04) and El Camino (49.6 hand time).

Boys 4x100 Relay:

At the Eastern League meet, where University City, Morse and San Diego all finished in the mid-41s, coaches there were saying that it was a preview of the Masters race.

Nothing that has happened since has really changed anybody's opinion.

San Diego (41.76) outraced Morse (41.96) in the Division I final last week, with both teams well ahead of third-place West Hills (42.75).



Marcus Chandler Serra



Camille Dredge Torrey Pines

University City had a slow, safe, visual pass in running to a 42.19 win the Division II race.

Now, the teams all return to familiar ground, the mondo surface of Balboa, and another sizzling race is anticipated. At the Eastern finals, the order was UC (41.55), San Diego (41.78), and Morse (41.82). The three teams are even enough that they could finish in any order.

If there's a baton foul-up among any of the top teams, it opens the door for another in the field to qualify for Sacramento. The rest of the teams in the field (West Hills, Crawford, Rancho Bernardo, Helix, Eastlake and Sweetwater) have all run 43.0 or

better. Helix speedster Terron Franklin, hurt since the league finals, might be ready to compete.

The nine remaining teams are the nine fastest in the county. It should be a great race.

Girls 1600:

Torrey Pines soph Julie Komosinski showed her talent last week, when she shadowed Helix's Courtney Baird (who was running a 5:00-flat race) through three laps and a turn. Going into the final 300 meters, Komosinski put on a move that left her with a 4:56 time. It was such a smooth race that it seemed she has more improvement left.

Hilltop's Desiree Davila was unpressed in running 5:06 to win the Division II race, and she could be a factor. Davila and Komosinski met head-to-head at the Frosh/Soph meet with the Torrey runner using basically the same strategy she ran against Baird, to about the same effect.

As always, part of the story of the 1600 will be the scratches. Baird, better at the 3200, could be one. Even if she runs this race and places in the top three, it is expected that she will concentrate on the 3200 at state.

That makes fourth place extra important, and that could come down to RB's Allison Hall, who ran sick last week, La Costa Canyon's Morgan Soule, San Marcos' Nicole Mier, RB's Kaleena Yee and UC's Katherine Ziegler.

RB's Julie Manson will almost certainly drop this race to be fresh for the 3200.

Top runner missing is San Dieguito Academy's Jenna Timinsky, who has a 5:11.9 best. She's competing at 800 meters.

Boys 1600:

West Hills junior Evan Fox is starting to show the talent many thought he had since he burst on the scene as a precocious frosh. He won the CIF title in the 1600 two years ago, in a great frosh time of 4:16, and big things were expected.

He's had a few ups and downs since, including injuries, but last week he got back on track, running a smooth 4:11.68 to win the CIF Division I race, towing Vista's Justin Neuroth (4:15.33) and Chula Vista's Ken Nwadike (4:17.89) to quick times.

In the Division II race, Serra's Marcus Chandler ran 4:14.65, in the first of four events he would compete in during the day. On the theory that Chandler was keeping something in reserve, he could give Fox a good race.

Ramona's Matt McInvale, who ran 4:16.35 behind Chandler, may drop this event in favor of the 3200.

If Kearny's Mohamed Aden gets into the race (he's the second

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alternate and he could be on call if McInvale and one other runner scratch), the pace could be scorching.

With Fox and Chandler favored to take two of the three state slots, the final berth could be contested among Neuroth and Nwadike. San Pasqual's Adam Van Wart, Poway's Josh Pope, St. Augustine's Ryan Moorcroft and Aden (if he gets in) could also be factors.

Best runners not in the race are Monte Vista's Jon Rankin (4:20), San Marcos' Travis Laird (4:20) and Aden (4:20).

Girls 100 Hurdles:

El Cap's Maggie Escudero is a strong favorite in this race, and she has been running some strong races in recent weeks.

She leads every local high hurdle list by a good margin, including hand times, automatic times, automatic wind-aided times, and automatic possibly wind-aided times.

RB's Catie Coin leads the pack looking for the other state meet berths. None of the remaining field can be ruled out, including Mount Miguel's Porsche Kelly, Lincoln's Bethany McDowell, Point Loma's Jasmine Schuler, Hilltop's Jennifer Fuller, Poway's Audrey Pound, West Hills' Amber Martin and Monte Vista's Keiona Clark. The race for those spots will be among the most competitive in the meet.

The field includes almost all of the top local hurdlers.

Girls Triple Jump:

This event has turned out to be much more robust than anticipated in mid-season.

Most of last year's crop of great leapers were graduated, including state champ Andria Booker, Latanya Agurs and Tamara Espinoza. Then, 37-footers Merritt Singleton and Arnetta Williams didn't compete for various reasons.

It left the event in the capable hands (so to speak) of RB's Adrienne Farrington, who was bothered in mid-season by shin splints. She's jumping better now, and is the favorite.

She has better than expected competition, with La Jolla's Jane Givens, Fallbrook's Nine Ropes and Valhalla's Sraeya George all going past 37-feet last week. Behind them, there's Hoover frosh Arkisha Iverson, who popped a 38-8 jump a few weeks back (which is close to what state champ Booker did as a frosh). The remainder of the field has decent talent, including Ramona's fast improving Bridget Files. It would



Maurice Douglas, R. J. Oliver
San Diego Escondido

be a mild upset if the three state meet entrants did not come from among this group.

Boys High Jump:

It's been a strange year in the boys high jump. At the top end, Rancho Buena Vista's Jason Gatewood was second in the state last year, and he's improved to 6-9 this season. But he runs so many other events that he rarely goes for top heights. That may change in this meet, where he is expected to drop out of his other events.

Another multi-eventer is Point Loma's Tony Golston, who often stops jumping after he wins a competition, such as at the Eastern league finals. His best of 6-5 may not challenge Gatewood, but it is the best of the field. Unlike Gatewood, however, Golston will compete in a full schedule of events.

Monte Vista's Jamal Randall cleared 6-4 to take second in the Division I meet last week. RB's Eric Williams is also a 6-4 jumper on a good day.

There's a pair of 6-3 jumpers, Bonita Vista's Felix DeSaracho and Henry's Chris Staton, and another group at 6-2, including Morse's John Jackson, Granite Hills' Keith McGuinness, UC's Isaac Simms and Carlsbad's Jason Walker. None of them can be ruled out.

Best jumpers not in the field are Poway's Robert Ma and Mira Mesa's Lenchow Griffith, both with 6-4 bests this year.

Boys Triple Jump:

Helix junior Tony Ortiz has been the class of the field all year, and he's peaking at the right time. He hopped 48-1.5 last week to win the Division I title, and was nearly three feet ahead of the runner-up.

Leading the rest of the field are Hoover's McKinley Jean-Gilles (46-8.5 best) and RB soph Rashard Holmes (45-7.5 best). Jean-Gilles is the Division II champ.

The challengers include Mira Mesa's Josh Lipscomb (44-10), Sweetwater soph Trandon Harvey (44-9), Poway's Robert Ma (45-10.5), Sweetwater's Brian Guthrie (44-9.5), Monte Vista's Jamal Randall (44-1.5) and Serra's Rashawn Green (43-8.75). If there are any no-shows, Serra's Jon Reynolds (45-0.25) is the first alternate. If in, he could be a factor.

Boys 110 Highs:

RB's Bobby Salimi (14.45 on Saturday) and Point Loma's Tony Golston (14.46 on Wednesday) will head up the field. The two juniors both were clear winners in their CIF finals races, and their showdown is eagerly awaited by local fans.

The field is excellent, with the slowest of the qualifying times at 15.17. If there's a scratch (Gatewood is expected to drop this event), Granite Hills' Jeff Hunter will be ready to go in his place.

It sounds like a cop-out to say than anybody in the race could finish in the top three, but it is true. If anybody has an edge, Sweetwater's Joe Gutierrez has been running the best of any of the other entrants in recent weeks. It is also the nature of things that this event can bring top talents back to the pack.

Girls 400:

How ready is Monique Henderson? She blasted a 52.91 last week (the time leads the nation) and won the DI race by nearly five seconds.

This could be one of the feature events today. There will be two races: Monique vs. the clock; and the field racing for second and third.

Among the favorites to gain state spots are RB frosh Laura Landry (57.80), Orange Glen's Luci Downey (58.18), La Jolla's Jane Givens (58.90), La Costa Canyon's Elizabeth Tsu (58.7), Point Loma's Ashley Cunningham (59.42) and Lincoln's Unika Smith (59.44).

In the case of Monique vs. the clock, it's a tossup. She may want to back off a bit at this point, but that move may not be in her repertoire.

As for the field, it should be very competitive for those last two spots.

Top talents missing are Torrey Pines' Camille Dredge (57.0), who is running the 800, and Monique's sister, Starla Henderson (58.08 this year), who is now injured but who may be back on the 4x400 relay team at state.

Girls Shot Put:

Hoover's Candace Hill is one of the strongest favorites in this meet. She is consistent in the 42-foot range, and no others in the field have gotten past 40 feet.

Hill, a junior, is a special talent who will eventually wind up as high as second or third on the all time local shot list. In fact, without any semblance of competition this year, she is already within a foot of moving into third.

Best of the field are El Cap's Kendra Rhea (39-11, and last week's DI champ) and RB's Mikaelyn Austin (39-11).

Any of the field could place high, as marks typically flatten out

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in big meets. RBV's Rhiannon Henry (38-2), Escondido's Amanda Poniktera (37-11), El Cap's Beth Goins (37-11), Scripps' Allison Bernardino (37-3), Morse's Amber Hood (36-2.5) and La Jolla Country Day frosh Martinique Akinfosile (35-6) are all closely bunched.

Best thrower not in this field is Helix's Malaika Stirrup (40-4), who was injured in the prelims (a shot was inadvertently dropped on her throwing hand by another thrower).

Boys 400:

San Diego's Maurice Douglas has been aiming for the section record of 46.85 all year. He ran 47.71 to win the DI race last week, to edge a bit closer. He could need state meet quality competition to run at that speed.

Morse senior Jay Hackett (48.40) has been giving Douglas some great races, and he's a strong favorite to nail down a state meet berth and give Douglas another stiff challenge.

Three others in the field are under 50 seconds, including RBV's Antonio Gonzalez (49.34), Hoover's Mark Tate (49.79) and RB's Matt Beckstead (49.94).

Don't overlook Morse's Roy Gaines (50.07), Crawford's David Silva (50.11) and Charles Vann (50.58), or San Diego's Jason McKlevey (50.12). A breakthrough by any of those runners could earn a trip to state.

Best runners not in the race are Helix senior Terron Franklin, who blazed a 48.3 in mid-season, and UC junior Steve Hayes, who ran 49.08 at the San Diego Invite to upset Douglas on a damp, chilly evening. Franklin is hurt, and Hayes is running other events.

Girls 100:

If the CIF championship meet is much of a preview, it will take photo finish equipment to sort out this event.

Morse's DeCola Groce beat Mount Miguel's Kameelah Allen by one-hundredth of a second, with the El Camino pair of Autumn Wright and Jessica Thomas also in close attendance. It would be no upset for any of the four to win, although Groce is favored by many.

The field is so close that any of the nine could vie for a state meet spot.

That includes RB's Anne James, Monte Vista's Kristen Tucker, Mt. Carmel's Amber Carrington, San Pasqual's Tiffany Lowery and La Jolla's Faith Lin.

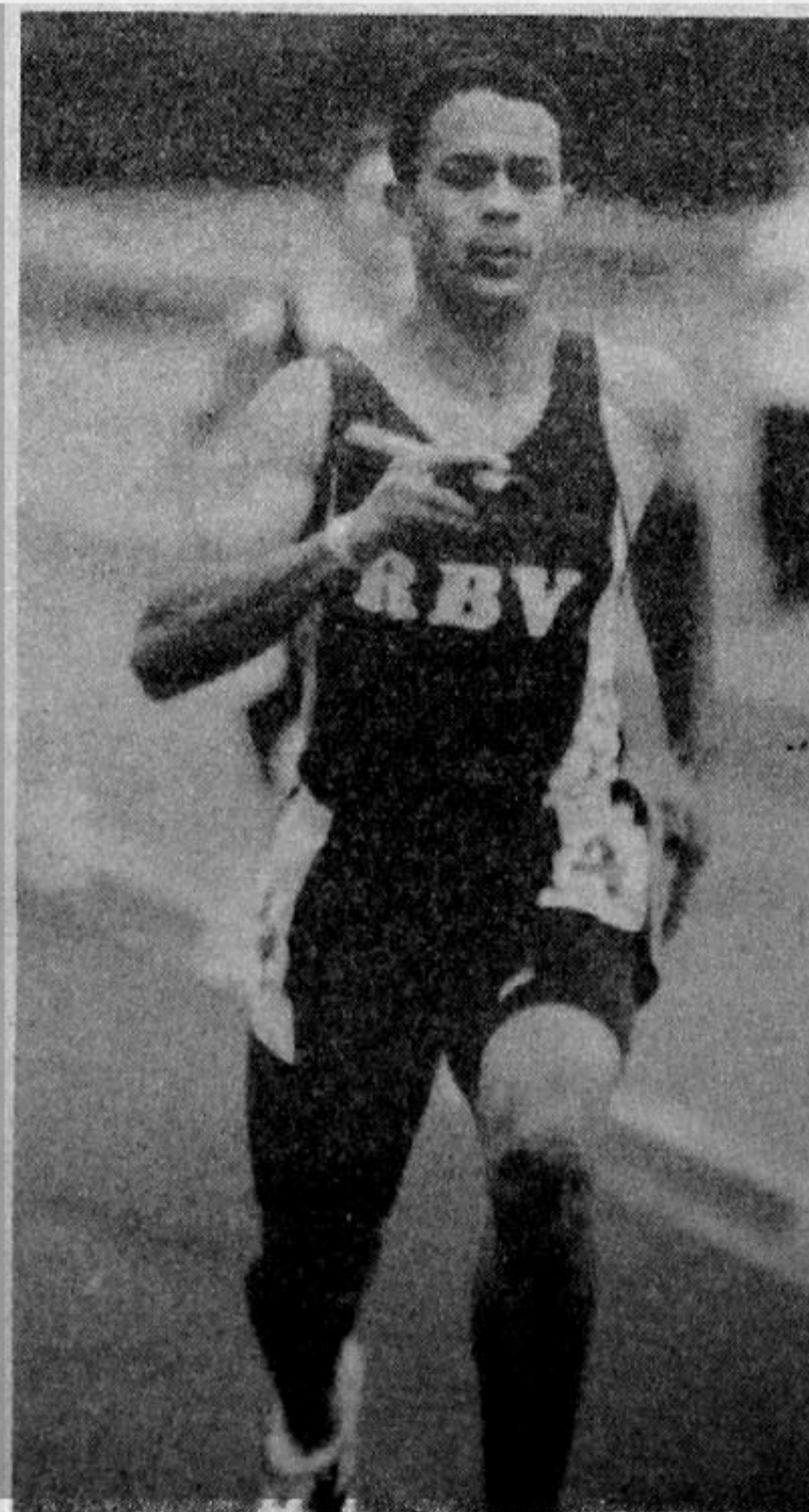
Best runner not in the race is



Tony Golston
Point Loma



David Silva
Crawford

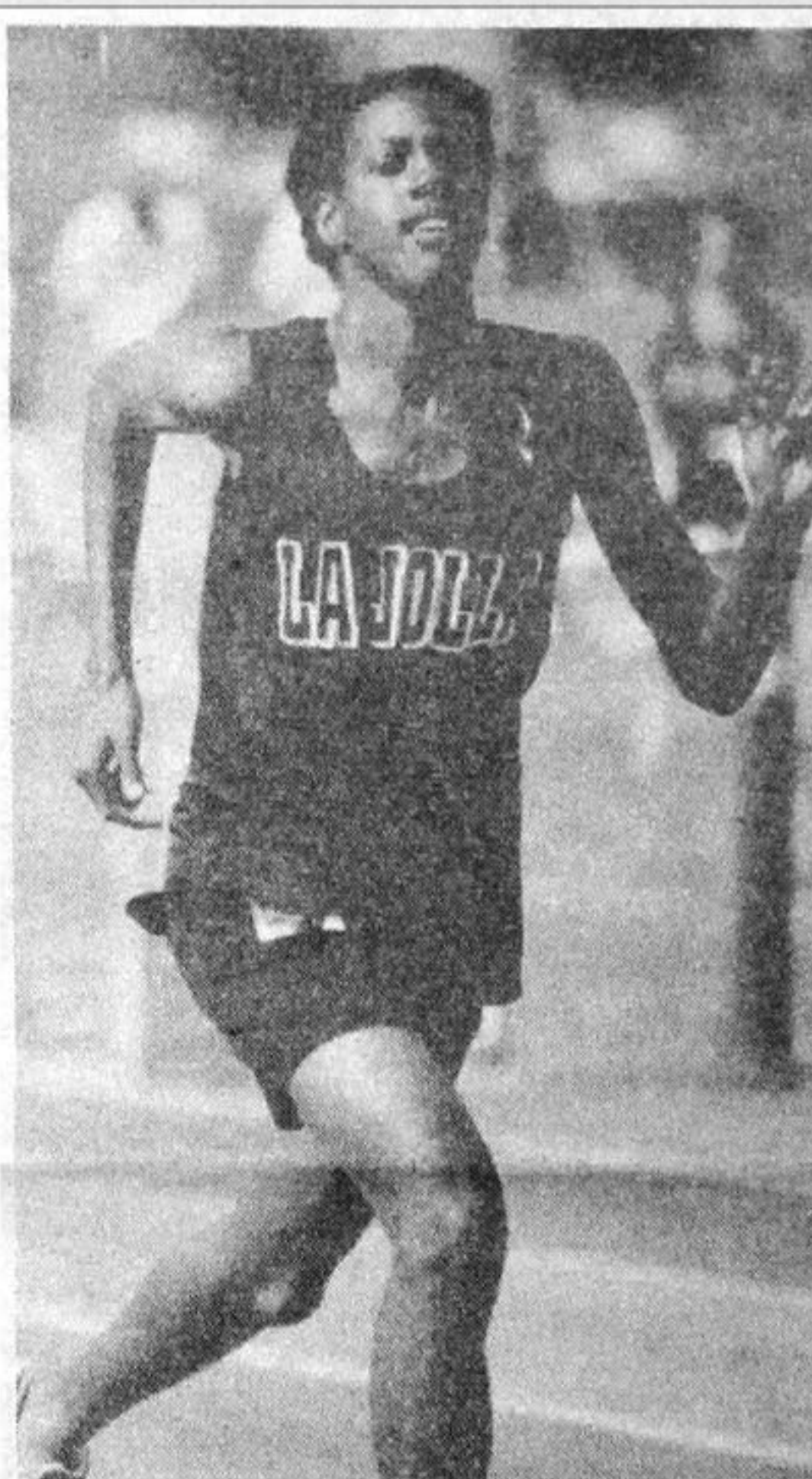


Antonio Gonzalez
Rancho Buena Vista

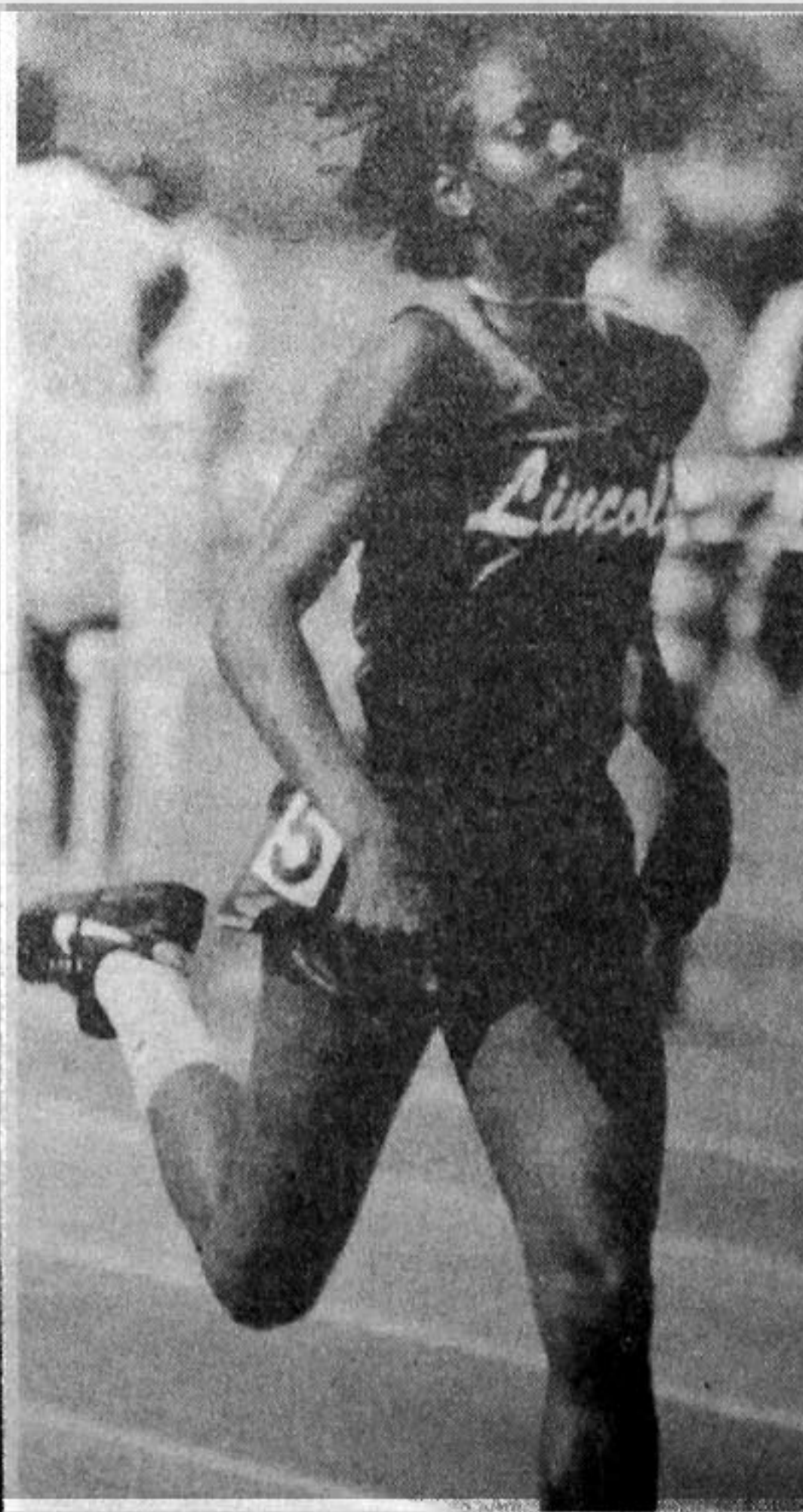
Morse's Monique Henderson, who is one of the best in the nation in this event.

Boys 100:

The boys 100, believe it or not,



Jane Givens
La Jolla



Unika Smith
Lincoln Academy

could easily be closer than the girls race.

The fastest race last week, the Division II final, had four runners (Crawford's Larry Miles, UC's

Steve Hayes and Lamont Long and Montgomery's Wardell McNeal) all finish two-hundredths of a second.

Escondido's R. J. Oliver had a clear margin in winning the DI race, but the small schools field seemed stronger, so anything is possible.

Oliver has been solid enough to take on the favorite's role, but it would be foolish to discount any of the DII qualifiers. Crawford's Miles is running like a man possessed, and the UC pair and Montgomery's McNeal all have undeniable talent.

The remainder of the field, which includes Patrick Henry's Mike Roberts, Morse's Phillip Sanders, UC frosh Chauncey Smith and Helix's Hane Peterman, is more than solid.

Best runner not in the race could be Eastlake junior Lavell Anderson (10.6 hand time). He was running well in mid-season, but was injured just before the league finals.

Girls 800:

Torrey Pines senior Camille Dredge ran away from the rest of the county last week when she piloted a solo 2:11.79. Nobody has run that fast locally since the mid-1980s, and Dredge now ranks sixth in the section on the all-time list. After Henderson's great 400, Dredge's effort was the most significant mark of the meet.

Obviously, she is a strong favorite.

This is a good year in this event, however. Hilltop's Davila, if she runs this event (she's also in the 1600 just an hour before this), ran 2:14.40 last week to win the DII race by three-plus seconds.

Coronado's Samantha Piper ran 2:14 last year, and looked good last week as well, running 2:17.89 behind Davila.

San Dieguito Academy's Jenna Timinsky is a wild card. She ran a reported 2:14.2 in an obscure dual meet weeks ago, but turned up sick last week. She ran 2:17 in the prelims, and came back with a 2:19 on Saturday after a strong first lap. If she can recover this week, she'll also be among the leaders.

The rest of the field is bunched in the 2:17 to 2:19 range. It would take a breakthrough (always possible in this race) by one or more to challenge the leaders.

Or, openings could be created by Davila scratching or Timinsky not getting back to health. Keep an eye on Mt. Carmel's Jill Steele, who seems to improve every week, and who was second to Dredge last week.

Most prominent missing person is two-time CIF champ Lesley Bravin of Valhalla, who ran 2:14 last year. She's had an off year, with a coaching transition, some injuries and possibly a bit of

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burnout. She's a junior, an excellent athlete and a competitor, and she could be back in the mix next season.

Boys 800:

Last week's DI final was a vintage Sean Ricketts race. He sized up the field, got into excellent position at the perfect time, and unleashed a withering kick to beat a strong field in 1:54.11.

It happened at the perfect time for Ricketts, who was beginning to doubt himself. Now, he seems back to form.

It's an excellent field, with every entrant in the 1:55 or 1:56 range (West Hills' Evan Fox is expected to scratch).

Best kicker other than Ricketts (or Fox) is RBV's Nick Thornton (1:55.12), who impressively moved up from nowhere to take third last week. Serra's Marcus Chandler (1:55.93) is a wild card. He is also expected to scratch, but will be a real threat if he does run.

The other viable contenders for state are Vista junior Jared Emmons (1:55.25), West Hills soph Ben Aragon (1:55.46), Escondido soph Nico Cueva (1:56.54), Poway junior Andy Powell (1:56.59), and the only senior in the bunch, La Jolla's Alejandro Mares (1:56.80).

If there's a scratch, the first alternate is Kearny's Mohamed Aden (1:57.24), who could then be expected to push the pace.

Girls 300 Hurdles:

The co-favorites are a pair of talented seniors that have moved to this event from the 400, where Monique Henderson buries the opposition.

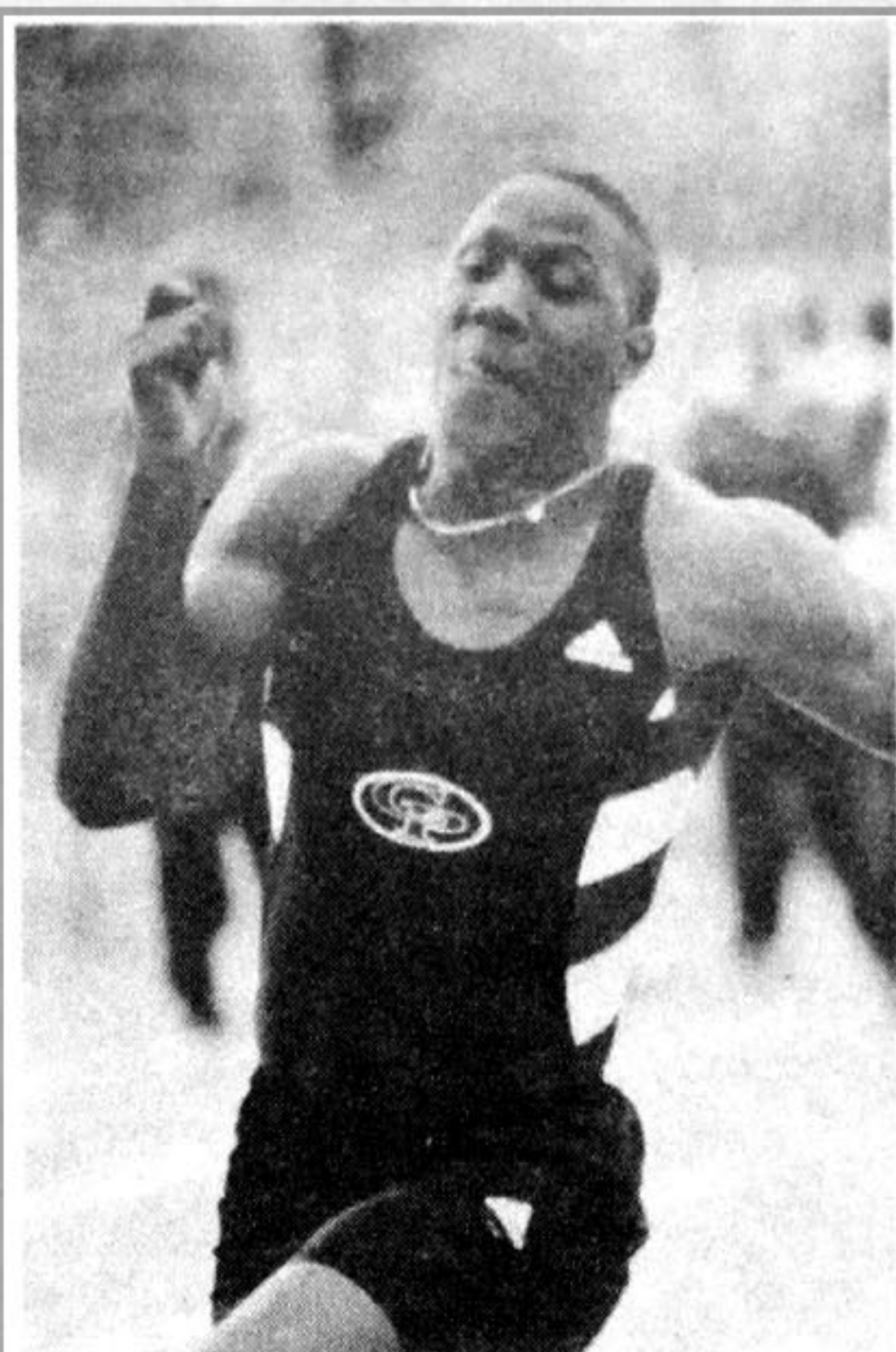
Hilltop's Erin DeHahn started running this event last year, which may give her a slight edge over RB's Amy Taylor, who just began running this event in mid-season this year.

DeHahn won the DII race in 44.90 to lead the county, and Taylor ran 45.34 to win the DI race. Both have the potential to drop their times further.

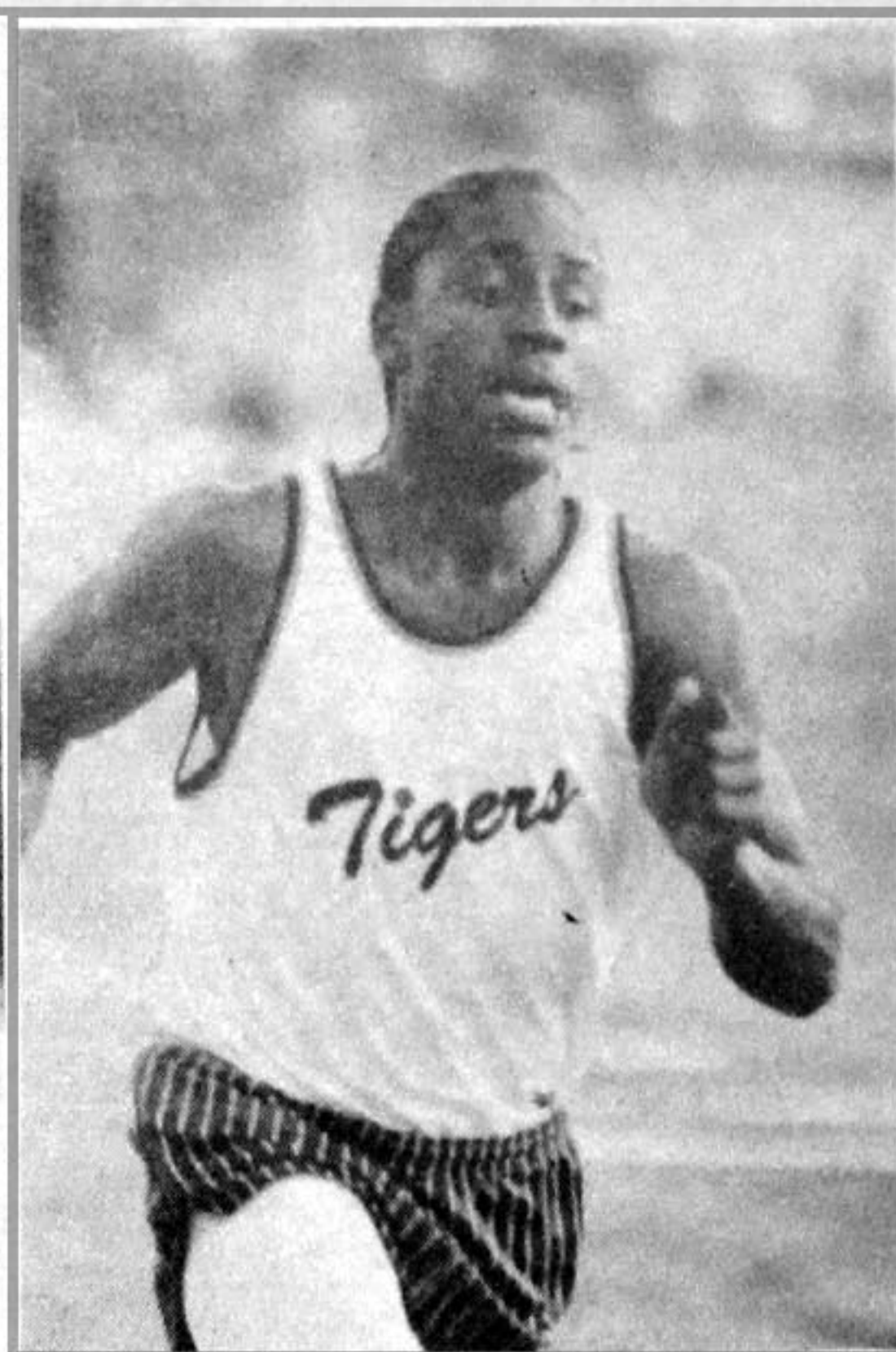
They could get a push from three entrants in the 45-second range, including West Hills' Amber Martin (45.76), Poway's Audrey Pound (45.95), and Helix frosh Bryeanna Barmer (45.79).

There's not a stiff in the bunch, as the field also includes El Cap's Maggie Escudero (46.40), Henry's Delinda Tamagni (46.72), and Hilltop's Jennifer Fuller (47.20) and Abril Jimenez (47.28).

The most likely scenario is for DeHahn and Taylor to battle for first, with Martin possibly leading



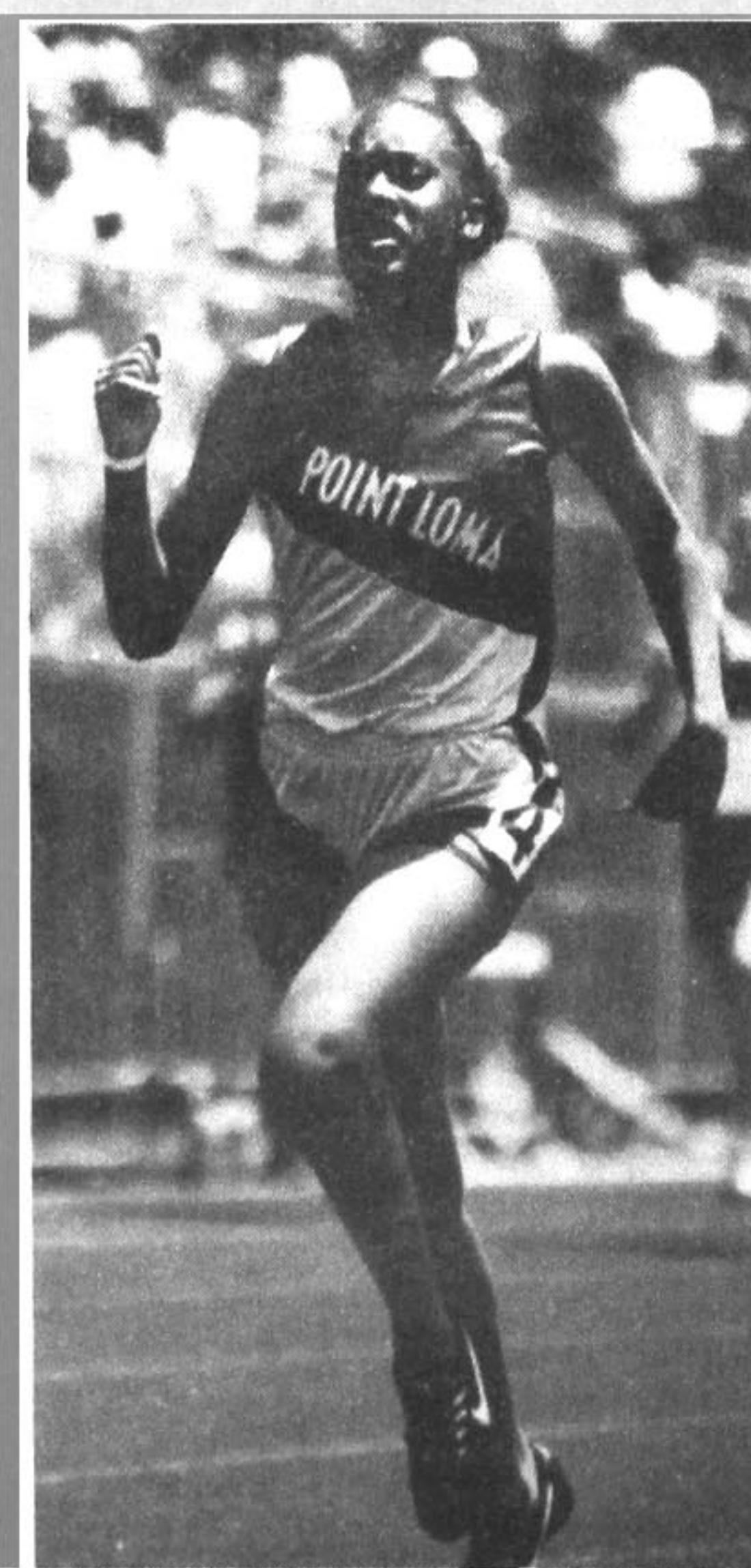
Chris Pittman
Castle Park



Roy Gaines
Morse



Kristen Carlson
Santa Fe Christian



Ashley Cunningham
Point Loma

race by running a 23.38 (windy) last week. She won the DI title by almost two seconds.

The rest of the field is almost on a different planet, with all of them bunched from 25.15 to 25.89 last week.

Slight favorites to contend for second and third could be RBV frosh Nastassaja Hall, who is down to run three other events, including the 800, Morse's Groce and RB's Landry, who will be running her third race of the day. Just a step back of those runners are Mission Bay's Priscilla Parker, San Pasqual's Tiffany Lowery, Francis Parker's Stephanie Blake, Castle Park's Tashina Dears and Monte Vista's Kristen Tucker.

Henderson will be hoping the wind stays within allowable limits. This year, she's run a windy 23.65 at Mt. SAC, a windy 23.38 at the DI finals, and a 23.84 at the Frosh/Soph meet, where there was no gauge present. The wind information on this race will be closely watched.

Boys 200:

This should be a great race.

San Diego's Douglas and Escondido's Oliver put on a good show in the DI finals last week, with Douglas edging ahead, 21.47 to 21.49. In the next race, the DII final, Crawford's Miles ran 21.44 to beat UC's Hayes (21.55). Those four will battle it out this week for the chance to run at state.

If any falter, Morse's Hackett (21.74), Montgomery's McNeal (21.75) and UC's Long (21.85) could move up.

The quality times will run deep, although it will be hard for this race to match last year's great Masters event, where Ike Okenwa, pushed by a strong field, set a section record of 20.97.

Many of the top talents return next year, including Oliver, Miles, Hayes and Long.

Best missing runner is Helix's Terron Franklin (21.90 at mid-season), who was injured in his league finals.

Girls 3200:

Helix senior Baird could make this a one-sided affair. She's capable of running in the 10:40s on a good day (faster, if pushed and if fresh), and she could easily take control of this event. If she drops the 1600, it could even be more so.

Torrey's Komosinski, favored in the 1600, will most likely drop this race.

The field will be gunning for second and third. RB's Julie Manson (11:15), who will be rested, is probably the best of the group. Other strong contenders will be Mt. Carmel frosh Deanna Sick (11:19), West Hills' Heather Shurtleff (11:22), El Cap's Jasmine Marquez (11:32), RB's Kaleena Yee (11:36), Escondido's Lanele Cox (11:39) and DII champ Chessa

Please turn to page 7.

a pack that includes Pound, Barmer and Escudero. Nobody in that middle group can afford to have a bad hurdle clearance.

Most significant absentee is RB's Catie Coin (46.05), who fell during prelims.

Boys 300 Hurdles:

Much like the high hurdles, this race could be a showdown between impressive DI winner Salimi (37.86) and impressive DII winner Golston (37.76).

The two had a great race at this distance last year in the DII finals, when they went one-two and staged a rousing finish.

Next best in the field are El Cap's Mark Daynes (38.71) and Sweetwater's Joe Gutierrez (38.75), both peaking at the right time. Granite Hills soph Jeff Hunter has run 38.93, and El Camino's Sean Sweat ran 38.8 in the Avo Finals, and should also be in the hunt.

The field includes virtually all of the best long hurdlers in the section.

Girls 200:

Monique warmed up for this

Masters Preview

From page 6.

Adsit-Morris (11:40) of UC. Of that group, only Yee will have ran the 1600.

Missing from the field will be Uni's Michelle Barrack (11:19), who had a mid-season injury wipe out a fine season.

Boys 3200:

There are many scenarios for this race.

Ramona's Matt McInvale ran 9:11 at Arcadia, which at the time was the fastest in the state. Granite Hills' Jason Finch ran 9:14 in the same race.

Since then, Serra's Marcus Chandler (9:22 at the Eastern finals), and San Marcos' Travis Laird (9:27 last week) have put themselves into serious contention.

And milers Brian Paff of Bonita Vista and San Pasqual's Adam Van Wart have moved into this race with good results.

How this race goes partly depends on what happens before. Will McInvale drop the 1600? Everybody knows Chandler will run other events, but how many?

If those two are fresh, or

relatively fresh, the pace could be upgraded. And that suits the runners at the front of the pack, few of whom want to see this turn into a kicker's race.

The mid-level group of this field is strong, including such talents as Granite's Ryan Maynard (9:37), Paff (9:38), Van Wart (9:39), Vista soph Ryan Montez (9:43) and Scripps Ranch's Patrick Grimes (9:42).

There are no significant absen-tees, unless Chandler scratches.

Girls 4x400 Relay:

Morse ran 3:53 to win the DI final last week, and has more in the tank. DeCola Groce, Erica Bolden and Amonica Phipps gave the baton to Monique within a few yards of Rancho Bernardo, and it was no contest after that.

The Tigers hope they can get to state (that will happen) and maybe even to the finals there (that could happen), without using Starla Henderson. If the team can give her that much time to heal, she might be able to upgrade the team enough for them to challenge the section record (3:49, by a Lana Garner-led Morse quartet).

Nobody knows how fast Starla will recover, but the team will continue to advance without her.

Rancho Bernardo seems the next best team, after they ran 3:57



Charles Vann Crawford

last week. Hilltop ran an unpressed 4:01 to take the DII title last week, and seems to have room to improve.

The rest of the field ranges from 4:01 to 4:05, with Monte

Vista (4:01.49), Carlsbad (4:02.80), and La Costa Canyon (4:02.97) being the fastest. It could be a wild race.

Boys 4x400 Relay:

The meet's final event could be one of the most exciting. The entire field ranges from 3:18 to 3:24, and all of the teams are coming to a peak.

Morse ran 3:18.04 last week, and seems to have the talent to drop more time. Jay Hackett anchors.

Chasing them will Rancho Buena Vista (3:20.12), San Diego (3:21.57), West Hills (3:21.83) and DII champ Crawford (3:22.14). The Colts have two runners in the 400 final, will be anchored by hot sprinter Larry Miles and will be well placed in lane three. The Cavers have a great lineup of sprinters and Maurice Douglas on the anchor.

West Hills leads off with speedy distance runner Evan Fox, and Serra (3:23) anchors with speedy distance runner Marcus Chandler. Point Loma (3:24) finally ran their best lineup last week, and Lincoln (3:24) has some great young runners. San Pasqual (3:23) has a solid lineup that has had recent success in this event.

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CIF: RBroncos sweep DI; Hilltop, Serra win

Great marks punctuate local championships

The Final CIF championship of the 1900s may well be looked at as a historic meet in future years.

Rancho Bernardo's girls ran up a point total (122) that could be on the books for a while in winning the Division I team title. The icing for the Broncos was the boys team title, which was expected to be a close race. Coach Don Jones' boys squad scored 61 points to finish 13 ahead of runner-up Morse.

The RB boys had several key come-through wins, including a fast hurdle double by Bobby Salimi, a return to form in the 800 by Sean Ricketts and a big long jump win from Rashard Holmes. Salimi exploded in the 110 hurdles, which was expected to a wide-open race, and, minutes later, Holmes put the winning long jump in the books. At that point, the team race was effectively over.

The RB girls just overwhelmed their opposition with numbers and quality. They scored in 14 of 16 events, including wins from Adrienne Farrington (long and triple jumps), Kathleen Donoghue (pole vault), Amy Taylor (300 lows), Mikaelyn Austin (discus), and their 4x100 relay team. Morse girls were the runners-up, with 54 points, enough to win in many years.

The Hilltop girls scored 92 points to take the Division II team title, ahead of La Jolla (63).

The Lancers were led by Desiree Davila's wins at 800 and 1600. Erin DeHahn led a 1-2-3 sweep of the 300 lows, and then teamed up with Davila, Jennifer Fuller and Abril Jimenez to take the 4x400 relay.

Serra had a triple win by Marcus Chandler in the 800, 1600 and 3200, and a win by Jon Reynolds in the long jump, plus a ton of placing points.

Also noteworthy in the meet were great performances.

Top marks included a 23.38w and a 52.91 long sprint double by Morse's Monique Henderson. Her 400 time leads the nation.

Torrey Pines' Camille Dredge ran a great 2:11 in the 800, the best time run locally in years.



Mohamed Aden Kearny

Her teammate, Julie Komosinski, ran 4:56 in the 1600 to win impressively.

Almost lost in the shuffle were marks such as a 192-0 discus throw by El Capitan's Danny Ames, and a 4:11 for 1600 by West Hills' Evan Fox.

Much of the individual action is covered in the Masters Preview, starting on page one.

At Poway High School, Saturday, May 22. Conditions: Comfortable temperatures; often overcast, sometimes sunny. Some gusting winds late in afternoon.

BOYS:

Team Scores:

Division I: Rancho Bernardo 61, Morse 48, Rancho Buena Vista 47, San Diego 37, West Hills 33, Helix 32, Mira Mesa 28, El Capitan 23, Sweetwater 22, Poway 22, Granite Hills 20.5, Escondido 19, Vista 19, Patrick Henry 16.5, Scripps Ranch 14, San Marcos 9, Bonita Vista 9, San Pasqual 8, Monte Vista 8, Chula Vista 6, El Camino 4, Mt. Carmel 4, El Cajon Valley 3, Fallbrook 2, Orange Glen 1.

Division II: Serra 91, University City 53, Crawford 52, La Jolla 49, Point Loma 41, St. Augustine 38, Kearny 26, Hoover 25, Castle Park 23, Ramona 20, Valley Center 14, Eastlake 14, Montgomery 10, Coronado 8, Lincoln Academy 7, Calvin Christian 7, Army Navy Academy 6, Hilltop 4, Francis Parker 4, Mar Vista 2, Mission Bay 2.

EVENT RESULTS:

100:

DI: Oliver (Esc) 10.82, Roberts (PH) 10.97, Sanders (Mo) 11.07, H. Peterman (Hx) 11.09, Davis (ECV) 11.19, Harrington (WH) 11.22, Thompson (Sw) 11.25, B. Jones (MirM) 11.52.

DII: Miles (Craw) 10.73, Hayes (UC) 10.75, Long (UC) 10.75, W. McNeal (Mont) 10.76, Smith (UC) 11.07, M. Johnson (Serra) 11.11, Jordan (UC) 11.14, Rivas (MarV) 11.16, McDaniels (Linc) 11.21.

200:

DI: Douglas (SD) 21.47, Oliver (Esc) 21.49, Hackett (Mo) 21.74, Sanders (Mo) 21.86, Roberts (PH) 22.12, Davis (ECV) 22.15, H. Peterman (Hx) 22.17, Gaines (Mo) 22.46, Mathis (Mo) 22.73.

DII: Miles (Craw) 21.44, Hayes (UC) 21.55, W. McNeal (Mont) 21.75, Long (UC) 21.85, McDaniels (Linc) 22.09, M. Johnson (Ser) 22.39, Lucas (Craw) 22.40, Smith (UC) 22.48, Berman (CC) 22.87.

400:

DI: Douglas (SD) 47.71, Hackett (Mo) 48.40, Gonzalez (RBV) 49.34, Gaines (Mo) 50.07, Beckstead (RB) 50.10, McKlevey (SD) 50.12, Leyking (Pow) 51.03, Nunez (SP) 51.37, Mathis (Mo) 51.93.

DII: Tate (Hoo) 49.79, Silva (Craw) 50.11, Vann (Craw) 50.58, Thomas (FP) 50.74, Maurer (LJ) 51.02, Jo. Beutlich (CC) 51.46, Quintana (CP) 51.50, Cannon (Linc) 51.85, Magallanes (Mont) 51.89.

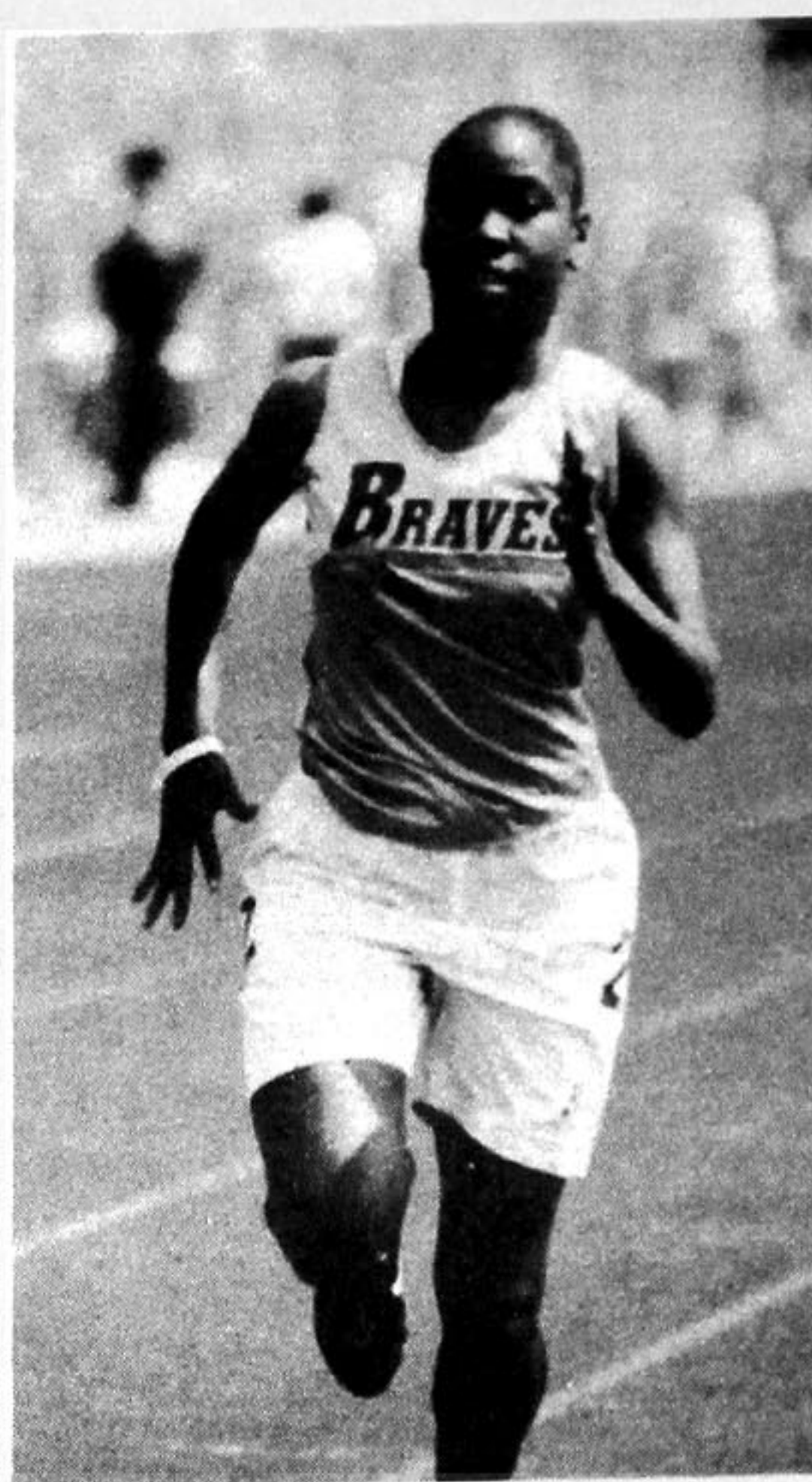
800:

DI: Ricketts (RB) 1:54.11, Fox (WH) 1:54.54, Thornton (RBV) 1:55.12, Emmons (Vis) 1:55.25, Aragon (WH) 1:55.45, Cueva (Esc) 1:56.64, Powell (Pow) 1:56.59, Mattos (Fall) 2:01.55, Rankin (MontV) 2:14.64.

DII: Chandler (Ser) 1:55.93, Mares (LJ) 1:56.80, Aden (K) 1:57.24, Troy Stroh (VC) 1:58.90, Young (CC) 1:59.02, Moorcroft (StA) 1:59.99, Holland (Bish) 2:00.00, Whitford (Coro) 2:03.59, Stewart (Hill) 2:03.65.

1600:

DI: Fox (WH) 4:11.68, Neuroth (Vis) 4:15.33, Nwadike (CV) 4:17.89, Van Wart (SP) 4:21.18, Pope (Pow) 4:22.10, Jones (OG)



Nini Herron El Cajon Valley

4:27.47, Prunty (Pow) 4:32.64, Rankin (MontV) 5:15.44.

DII: Chandler (Ser) 4:14.65, McInvalle (Ram) 4:16.35, Moorcroft (StA) 4:22.63, Robnett (Ptl) 4:31.33, Aden (K) 4:31.75, Swier (MarV) 4:33.00, Bachman (VC) 4:40.39, Hanley (USD) 4:43.57, Conner (CalC) 4:47.86.

3200:

DI: Finch (GH) 9:22.69, Laird (SM) 9:27.77, Maynard (GH) 9:37.01, Paff (BV) 9:38.75, Van Wart (SP) 9:43.50, Montez (Vis) 9:45.47, Grimes (SR) 9:47.04, Lyons-Quirk (Pow) 9:51.32, Dominguez (SD) 9:51.74, Mondragon (Esc) 9:52.00, Casarez (Fall) 9:53.24, Mier (SM) 9:56.84, Kenyon (MtC) 10:00.90, McGinnis (Pow) 10:01.39, Manzano (CV) 10:02.81, Esquivel (MtC) 10:01.81, Helms (Pow) 10:03.71, Sutton-Kane (WH) 10:07.52, Fulton (RB) 10:12.11, Patino (MirM) 10:13.61, Hillberg (ElCap) 10:18.21, Escobedo (Fall) 10:21.78, Sanchez (SD) 10:24.80, Jodoin (MirM) 10:26.16, Bartonicek (GH) 10:27.96, Ludwig (Val) 10:33.83, Nolan (TP) 10:42.51.

DII: Chandler (Ser) 9:31.32, McInvalle (Ram) 9:34.97, Kraemer (ANA) 9:51.66, Conner (CC) 9:53.12, Herriman (StA) 10:03.63, Robnett (Ptl) 10:04.94, E. Koster (LJ) 10:12.11, Verdugo (East) 10:15.36, Richey (MB) 10:19.33, Hough (VC) 10:20.18, Skerl (VC) 10:21.53, Donnelly (StA) 10:21.54, Bouchard (StA) 10:23.23, Pfizenmayer (USD) 10:23.52, McKeown (UC) 10:25.08, Shellhammer (Ram) 10:26.63, Solomon (UC) 10:27.88, Schroeder (Hill) 10:28.34, Roane (Ram) 10:29.16, Thielen (USD) 10:31.22, Graves (MB) 10:36.97, Dunbar (LJ) 10:37.60, Otero (Hill) 10:47.56, Abdulle (Hoov) 11:06.20, Gutierrez (Claire) 11:40.68, Smith (Craw) 11:43.28.

110 HH:

DI: Salimi (RB) 14.45, Gutierrez (Sw) 14.76, Gatewood 15.00, Church (MirM) 15.06, Stites (MirM) 15.09, MacLeod (WH) 15.11, Hunt (MontV) 15.17, Hunter (GH) 15.19, Daynes (ElCap) 15.34.

DII: Golston (Ptl) 14.50, Shoate (Ser) 14.90, Pricor (StA) 15.31, Nears (K) 15.71, Correnti (StA) 15.78, Knight (MarV) 15.94, Hernandez (Coro) 16.03, Bailey (Hoov) 16.71, Simmons, false start.

300 IH:

DI: Salimi (RB) 37.86, Daynes (ElCap) 38.71, Gutierrez (Sw) 38.75, Sweat (ElCam) 39.36, Hunter (GH) 39.56, Conerly (WH) 39.65, Clagett (SP) 39.69, Gatewood (RBV) 40.61, Lyman (SP) 40.75.

DII: Golston (Ptl) 37.76, McCall (LJ) 39.58, Simmons (Coro) 39.92, Shoate (Ser) 40.97, Correnti (StA) 40.97, Davis (CP) 41.62, Szabo (UC) 41.77, Blankenship (LJ) 42.41, Knight (MarV) 42.49.

4x100 Relay:

DI: San Diego 41.76, Morse 41.96, West Hills 42.75, Rancho Bernardo 42.95, Helix 42.95, Sweetwater 43.25, Escondido 43.47, Torrey Pines 44.01.

DII: University City 42.19, Crawford 42.81, Eastlake 43.15, Serra 43.69, Kearny 43.77, Lincoln 43.79, La Jolla 43.96, Bishop's School 44.97, Hoover 45.39.

4x400 Relay:

DI: Morse 3:18.04, Rancho Buena Vista 3:20.12, San Digo 3:21.57, West Hills 3:21.83, San Pasqual 3:23.67, Rancho Bernardo 3:24.47, Escondido 3:25.12, Poway 3:25.28, Patrick Henry 3:29.95.

DII: Crawford 3:22.14, Serra 3:23.53, Point Loma 3:24.17, Lincoln 3:24.20, La Jolla 3:25.05, University City 4:27.39, Castle Park 3:30.41, Mission Bay 3:34.88, Montgomery 3:45.34.

High Jump:

DI: Gatewood (RBV) 6-6, Randall (MontV) 6-4, Williams (RB) 6-2, DeSaracho (BV) 6-2, Jackson (Mo) 6-0, Staton (PH) 6-0, McGuinness (GH) 6-0, Walker (Carls) 6-0, Okenwa (Mo) 5-10, Johnson (Oc) 5-10.

DII: Golston (Ptl) 6-2, Shelburne (LJ) 6-0, Fischer (StA) 6-0, Simms (UC) 6-0, Evans (East) 6-0, Skrzypczak (VC) 5-10, Trent Stroh (VC) 5-8.

Pole Vault:

DI: Barbour (Pow) 15-0, Zolnierrek (RBV) 14-6, Daley (Vis) 14-6, Offner (MIC) 14-0, Priest (RBV) 14-0, Somers (SM) 14-0, Ball (ElCap) 13-6, Jerig (WH) 13-6, Alder (Pow) 13-0, Charles (OG) 13-0, Murrillo (Vis) 13-0, Long (GH) 13-0, Cornejo (CV) 13-0.

DII: Munoz (CP) 13-6, Williams (Ser) 13-0, Doria (East) 12-6, Shelburne (LJ) 12-6, Panis (Coro) 11-6, Zajda (VC) 11-6, Llamas (LJ) 11-0.

Long Jump:

(No wind gauges):

DI: Holmes (RB) 22-4.75, Ortiz (Hx) 21-9.75, Adams (PH) 21-5.75, Lipscomb (MirM) 21-5, Hunter (GH) 21-3.25, Gatewood (RBV) 21-3, Staton (PH) 21-2.75, Ma (Pow) 20-7.5, Rogers (Mo) 20-3.25.

DII: Reynolds (Ser) 21-8.75, Pittman (CP) 21-7, Grant (K) 21-5.5, Jean-Gilles (Hoov) 20-10.75, Bailey (Ser) 20-9.75, Belcher (Hoov) 20-7, McCall (LJ) 20-5.5, Skrzypczak (VC) 20-2.5, Gilbert (Lin) 20-2.

Triple Jump:

(No wind gauges):

DI: Ortiz (Hx) 48-1.5, Holmes (RB) 45-5, Lipscomb (MirM) 44-10, Harvey (Sw) 44-9, Ma (Pow) 44-3.5, Guthrie (Sw) 44-1.5, Randall (MontV) 43-6.5, Barbour (Gro) 42-8.5, Hibbler (Hx) 42-4.5.

DII: Jean-Gilles (Hoov) 45-5.25, Green (Ser) 43-8.75, Reynolds (Ser) 43-5.5, Wright (Ram) 42-1.5, Toscano (StA) 41-8, Correnti (StA) 41-5.75, Blankenship (LJ) 40-2.75, Skrzypczak (VC) 40-2.5, Warren (Ser) 38-6.5.

Shot Put:

DI: Grady (SR) 60-5.25, Watkins (Hx) 55-8, Jones (MirM) 55-5.75, Hassey (ElCap) 54-5.25, Nowotny (Fall) 51-4.75, Stokes (ElCap) 51-3.25, Ybarra (OG) 50-6, Tyson (BV) 49-3.75, Viera (Carls) 49-3.5.

DII: Green (LJ) 56-11.75, Dubinetsky (RBV) 47-7.5, Sykes (K) 47-7.25, Nelson (Hill) 47-5.5, Williams (MB) 45-8.25, Schardin (East) 44-5.25, Iapala (CP) 43-2, O'Malley (USD) 42-0.25, Saddler (UC) 37-7.5.

Discus Throw:

DI: Ames (RB) 192-0, Ward (Pow) 183-8, Jones (MirM) 170-3, Grady (SR) 162-6, Pickett (Sw) 158-0, Tyson (BV) 155-10, Asch (ElCap) 155-2, Vernoy (RBV) 141-3, Tuerk (RB) 112-9.

DII: Armstrong (UC) 162-10, Pluth (VC) 142-8, Green (LJ) 137-1, Stephens (CP) 129-1, Hanson (StA) 127-8, Lofton (Ser) 126-1, Gonzales (VC) 125-1, Holderby (Ram) 117-10.

GIRLS:

Team Scores:

Division I: Rancho Bernardo 122, Morse 54, Torrey Pines 36, Helix 33, El Capitan 31, Rancho Buena Vista 24, Mount Miguel 22, Fallbrook 21, Monte Vista 20, El Camino 19, Mt. Carmel 14, Escondido 14, Poway 13, Carlsbad 13, West Hills 12, Vista 10.5, La Costa Canyon 10, Patrick Henry 7, Orange Glen 6, Valhalla 6, Scripps Ranch 2, San Marcos 2, San Pasqual 2, Granite Hills 1, San Diego 1, Mira Mesa 0.5.

Division II: Hilltop 92.67, La Jolla 63, Lincoln Academy 41, Ramona 37, Point Loma 35, Hoover 34, University City 30, Mission Bay 26, Castle Park 23, Francis Parker 18, University of San Diego 14, Coronado 13, Serra 13, Valley Center 11, Eastlake 8.33, Our Lady of Peace 8, La Jolla Country Day 8, San Dieguito Academy 6, Horizon Christian 6, Montgomery 5, Santa Fe Christian 4.

EVENT RESULTS:

100:

DI: Groce (Mo) 12.28, Allen (MtMig) 12.29, Wright (ElCam) 12.31, Thomas (ElCam) 12.40, James (RB) 12.45, Tucker (MontV) 12.49, Carrington (MIC) 12.58, Lowery (SP) 12.59, Clifton (MirM) 12.95.

DII: Lin (LJ) 12.63, Parker (MB) 12.66, Blake (FP) 12.88, Hinton (Linc) 13.04, Dears (CP) 13.04, Egipto (CP) 13.08, Manley (Linc) 13.15, Iverson (Hoov) false start.

200:

DI (wind: +2.1 mps): M. Henderson (Mo) 23.38, Hall (RBV) 25.15, Groce (Mo) 25.22, Landry (RB) 25.33, Lowery (SP) 25.45, Tucker (MontV) 25.89, James (RB) 25.99, Ray (Fall) 26.13, Herron (ECV) 26.30.

DII: Parker (MB) 25.35, Blake (FP) 25.62, Dears (CP) 25.81, Cunningham (Ptl) 26.49, Hinton (Linc) 26.73, Smith (Linc) 26.81, Manley (Linc) 27.24, Egipto (CP) 27.24, King (Ser) 28.16.

400:

DI: M. Henderson (Mo) 52.91, Landry (RB) 57.80, Downey (OG) 58.18, Tsu (LCC) 60.05, Perkins (MontV) 60.21, Adams (ElCam) 60.57, Rice (SD) 62.71.

DII: Givens (LJ) 58.90, Cunningham (Ptl) 60.22, Smith (Linc) 60.65, Schmucker (LJ) 61.57, Kelly-Cochrane (USD) 61.64, Guerrero (LJ) 62.84, Hagan (USD) 63.22, Koehn (FP) 63.32, Webster (USD) 64.11.

800:

DI: Dredge (TP) 2:11.79, Steele (MtC) 2:17.64, Phipps (Mo) 2:17.67, Jouglet (Hx) 2:17.90, Hall (RBV) 2:19.68, Picha (Fall) 2:19.83, Rushoven (Esc) 2:23.75, Rounkles (MtMig) 2:28.35.

Please turn to page 9.



Marie Carter
Mira Mesa

CIF Finals

From page 8.

DII: Davila (Hill) 2:14.40, Piper (Coro) 2:17.89, Timinsky (SDgtoA) 2:19.71, Kwok (Ram) 2:22.43, Votolato (UC) 2:23.96, Crabtree (FP) 2:25.83, McGowan (LJ) 2:26.30, Mitchell (Ram) 2:32.39.

1600:

DI: Komosinski (TP) 4:56.43, Baird (Hx) 5:00.70, Hall (RB) 5:08.39, Soule (LCC) 5:10.93, Mier (SM) 5:13.38, Yee (RB) 5:15.18, Manson (RB) 5:15.66, Jimenez (OG) 5:20.07.

DII: Davila (Hill) 5:06.97, Ziegler (UC) 5:19.77, Serna (MB) 5:24.35, Rivas (Mont) 5:29.33, Hough (VC) 5:30.55, Nugent (Coro) 5:30.91, Votolato (UC) 5:31.22, Martinez (CP) 5:35.86, Romero (East) 5:36.30.

3200:

DI: Baird (Hx) 11:02.64, Komosinski (TP) 11:10.92, Manson (RB) 11:15.02, Sick (MtC) 11:19.83, Shurtliff (WH) 11:22.16, Marquez (ElCap) 5:32.47, Yee (RB) 11:36.99, Cox (Esc) 11:39.92, O'Connell (Carls) 11:42.41, Yamout (MtC) 11:50.38, Rohde (Fall) 11:51.91, Rounkles (MtMig) 11:53.16, Dere (MtC) 11:54.41, Carmichael (Fall) 11:54.97, Boyd (RB) 11:56.13, Bartell (WH) 11:57.22, Romley (TP) 11:57.72, Platko (Carls) 11:57.99, Osuna (BV) 12:01.08, Clark (Pow) 12:26.75, Lopresti (Carls) 12:27.70, Harrer (MtC) 12:30.72, Allesio (TP) 12:39.21.

DII: Adsit-Morris (UC) 11:40.89, Edwards (LJ) 11:57.96, Kilmer (Ram) 11:59.29, Goetz (Ram) 11:59.94, Beck (OLP) 12:00.47, McGowan (LJ) 12:29.10, Barrack (USD) 12:30.69, McKeown (UC) 12:30.78, Rivas (Mont) 12:30.83, Sweatte (Ptl) 12:33.25, Hough (VC) 12:35.37, Crews (UC) 12:36.69, Nugent (Coro) 12:37.52, Morasco (VC) 12:43.19, Wirkus (Claire) 12:44.93, Parks (Ptl) 12:51.87, Simmons (Ram) 12:53.15, Ponce (Mont) 12:55.30, Cohen (UC) 13:19.82.

100 Hurdles:

DI: Escudero (ElCap) 15.17, Coin (RB) 15.43, Kelly (MtMig) 15.87, Pound (Pow) 16.04, Martin (WH) 16.04, Clark (MontV) 16.08, Camp (MontV) 16.12, Barmer (Hx) 16.15, Carter (MirM) 16.37.

DII: McDowell (Linc) 15.93, Schuler (Ptl) 15.95, Fuller (Hill) 15.97, Reid (VC) 16.34, Helms (FP) 16.48, Valdez (CP) 16.54, Romine (LJ) 16.94, Cole (VC) 17.13, Forneca (Ser) 17.90.

300 Low Hurdles:

DI: Taylor (RB) 45.34, Martin (WH) 45.76, Pound (Pow) 45.95, Barmer (Hx) 46.21, Escudero (ElCap) 47.07, Tamagni (PH) 47.44, Hodgers (CV) 50.08, Jobs (Carls), fell, 57.45.

DII: DeHahn (Hill) 44.90, Jimenez (Hill) 47.28, Fuller (Hill) 47.49, Reid (VC) 48.24, Romine (LJ) 48.80, Schuler (Ptl) 50.01, Valdez (CP) 50.04, McDowell (Linc) 50.06, Aldous (OLP) 50.25.

4x100 Relay:

DI: Rancho Bernardo 48.56, Mount Miguel 49.43, Fallbrook 49.46, Monte Vista 49.66, Mt. Carmel 49.67, Helix 50.26, San Diego 50.48, West Hills 50.78, Patrick Henry 51.34.

DII: Lincoln 49.81, Castle Park 49.89, Hilltop 50.06, La Jolla 50.26, Coronado 50.91, Serra 51.26, Hoover 51.38, Eastlake 52.43, Point Loma 52.66.

4x400 Relay:

DI: Morse 3:53.71, Rancho Bernardo 3:57.39, Monte Vista 4:01.89, Carlsbad 4:02.80, La Costa Canyon 4:02.97, Poway

4:03.81, Torrey Pines 4:04.02, Helix 4:05.98, Rancho Buena Vista 4:08.54.

DII: Hilltop 4:01.49, Lincoln 4:06.77, Ramona 4:10.20, Castle Park 4:12.33, University of San Diego 4:12.89, Francis Parker 4:15.60, Serra 4:17.00, Montgomery 4:19.73, Our Lady of Peace 4:19.88.

High Jump:

DI: Preston (Vis) 5-4, Jones (TP) 5-2, Dixon (PH) 5-0, Ivan (Esc) 5-0, McNamara (Pow) 4-10, Turner (GH) 4-10, Roberson (Mo) 4-10, Cavalheiro (Hx) 4-10, Gutierrez (RB) 4-8, Jackson (SD) 4-8.

DII: Fleming (USD) 5-2, DeHahn (Hill) 5-2, Files (Ram) 5-0, Carlson (SFC) 5-0, Johnson (Ram) 4-10, Cole (VC) 4-10, Sullivan (LJ) 4-10, Romine (LJ) 4-8, Peterson (Hill) 4-8, Richardson (Hill) 4-6.

Pole Vault:

DI: Donoghue (RB) 12-3, Dennison (RB) 11-6, Smith (Carls) 10-6, Pascarellal (RB) 10-0, N. Antonacci (Carls) 10-0, Huchel (Vis) 10-0, Nowinski (MirM) 10-0, Pavone (SM) 9-6, Hudlow (RB) 9-6.

DII: Vieira (Ptl) 9-0, Bloomquist (LJ) 8-6, Guapo (East) 8-6, Brambila (Hill) 8-0, Gutzmer (Hill) 8-0, Lafoya (East) 8-0, Robbins (FP) 8-0, Sullivan (LJ) 7-6, Elliot-Heitman (OLP) 7-6, Loerch (Coro) 7-6, Garcia (East) 7-0.

Long Jump:

(No wind gauges used):

DI: Farrington (RB) 17-7, Thomas (ElCam) 16-11.5, Ropes (Fall) 16-11.25, Hall (RBV) 16-3, Wallace (MontV) 15-8.25, Gaines (MontV) 15-6.75, Jackson (SD) 15-6.75, Roberson (Mo) 15-5.5, Woolsey (Esc) 15-3.25.

DII: Gray (UC) 16-7, Iverson (Hoov) 16-4, Hanke (Horizon) 16-4, Mulroy (OLP) 16-0, Salahuddin (Hill) 15-10.75, Martin (Mont) 15-4, Peterson (Hill) 15-1.5, Houchin (Ram) 14-8, Carnevale (Bish) 14-0.25.

Triple Jump:

(No wind gauges used):

DI: Farrington (RB) 37-5.75, Ropes (Fall) 30-0.75, George (Val) 37-0.5, Barnes (RBV) 35-6.5, Gaines (MontV) 35-4, Wallace (MontV) 34-8.5, Lorenzen (RB) 34-6.75, DeLeeuw (TP) 34-2.5, Rose (RB) 33-6.5.

DII: Givens (LJ) 37-1.25, Files (Ram) 36-2.25, Iverson (Hoov) 35-10.5, Salahuddin (Hill) 34-7, Mulroy (OLP) 33-8.75, Houchin (Ram) 33-6.5, Schuler (Ptl) 33-6.5, Lorang (UC) 32-0.75, LaVine (Ram) 31-4.75, Lemon (Linc) 31-1.25, Gray (UC) 29-10.5.

Shot Put:

DI: Rhea (ElCap) 39-1, Austin (RB) 37-4.25, Henry (RBV) 37-3.25, Poniktera (Esc) 36-9, Bernardino (SR) 35-11.5, Hood (Mo) 34-8.5, Goins (ElCap) 33-4.25, Latini (ElCam) 33-0.5, Czapinski (Pow) 32-10.75.

DII: Hill (Hoov) 42-7.25, Akinfosile (LJCD) 33-3, Daniel (Ser) 32-5, Minette (LJ) 32-1.5, Westbrook (MB) 31-5.5, Silva (CP) 31-4, Rivera (Hill) 30-4.5, Cosgriff-Hernandez (FP) 28-9.5, Byrne (Ram) 28-3.75.

Discus Throw:

DI: Austin (RB) 121-9, Rhea (ElCap) 119-2, Stirrup (Hx) 118-2, Poniktera (Esc) 117-4, Cannon (Esc) 114-4, Czapinski (Pow) 103-7, Keller (ElCap) 103-4, Criado (RBV) 93-9, Krisch (Gro) 91-7.

DII: Hill (Hoov) 125-9, Cobb (Hill) 111-9, Daniel (Ser) 111-4, Pegues (Ptl) 104-7, Singleton (Coro) 102-2, Minette (LJ) 92-0, Hill (Ram) 91-9, Thompson (Ptl) 83-6.

Best 1999 Marks:

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

BOYS:

Marks received by May 24.

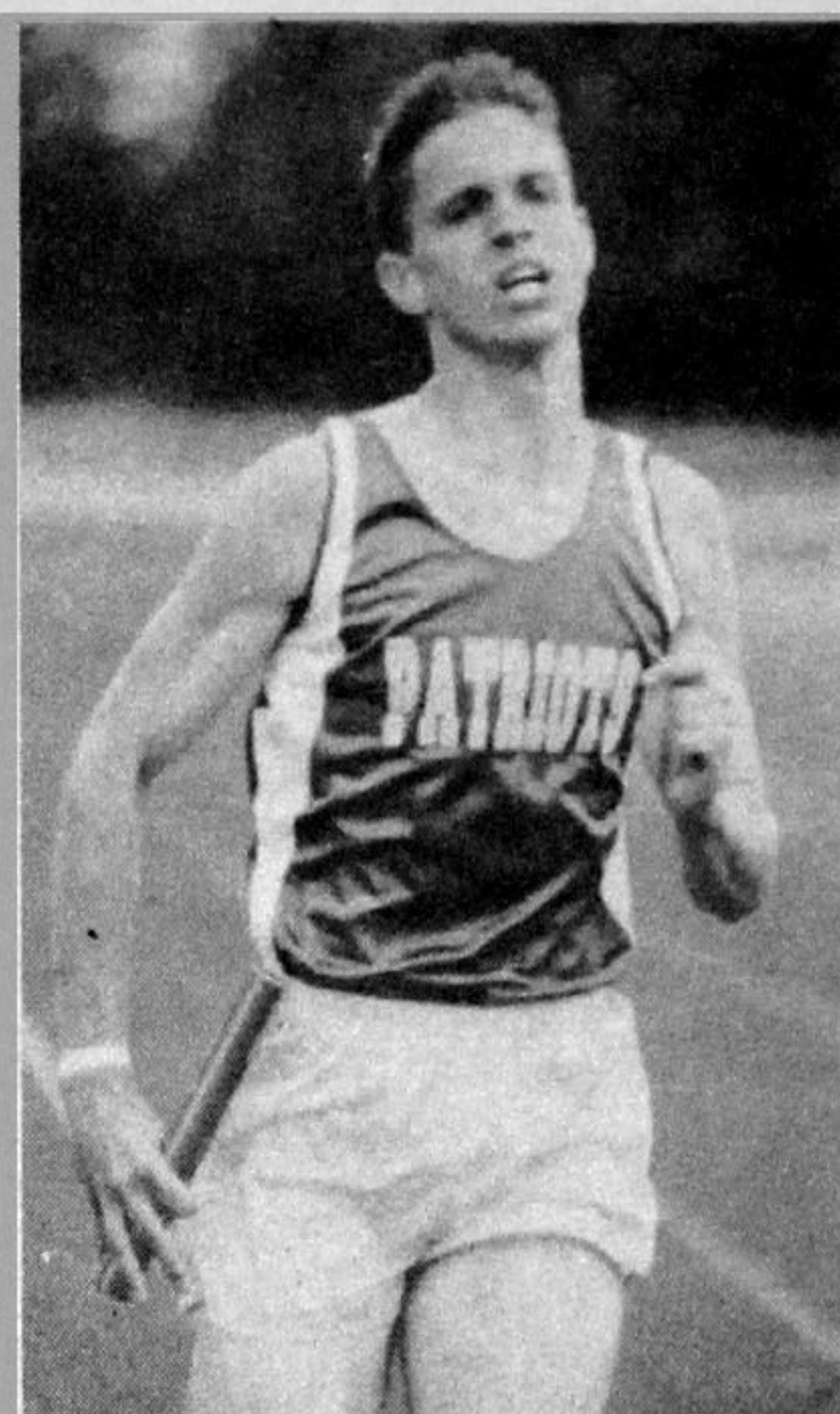
100:

Automatic time:

10.77 Lamont Long, UC
10.77 R. J. Oliver, Esc
10.79 Steve Hayes, UC
10.84 Mike Roberts, PH
10.86 Larry Miles, Craw
10.96 Wardell McNeal, Mont
10.99 Nathan Cunningham, WH
11.02 Antwane Collier, SD
11.04 Randy Evans, SD
11.05 Andre Davis, ECV
11.08 Ernesto Jordan, UC
11.08 Mario Rivas, MarV
11.09 Boris McDaniels, Linc
11.11 Lavell Anderson, East
11.12 Fiat Johnson, Serra
11.13 DeAndre Harrington, WH
11.16 Allen Thompson, Sweet
11.17 Mike Johnson, Serra
11.19 Chaunce Smith, UC
11.19 Joe Collins, RB
11.22 Phillip Sanders, Morse
11.23 Robert Turluck, LJ
11.25 Jon Ward, Poway
11.28 Michael Frazier, CP

No wind information:

10.73 Larry Miles, Craw
10.75 Steve Hayes, UC
10.75 Lamont Long, UC
10.76 Wardell McNeal, Mont



Jordan Adams
Patrick Henry

11.07 Phillip Sanders, Morse
11.07 Chaunce Smith, UC
11.09 Hane Peterman, Helix
11.11 Mike Johnson, Serra

Windy:

10.92 Allen Thompson, Sweet
10.92 Andre Davis, ECV
10.94 Hane Peterman, Helix (+3.7)
10.95 Nathan Cunningham, WH
11.09 Mike Johnson, Serra
11.15 DeAndre Harrington, WH
11.16 Joey Williams, MtMig
11.16 Brandon Jones, MMesa (+3.7)
11.16 Phillip Sanders, Morse (+2.5)
11.18 John Campbell, TP (+4.73)
11.19 Jeremy Read, Gross
11.24 Jon Ward, Poway (+2.5)
11.25 Dan Cobler, TP (+3.7)
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 Hane 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
10.9 Mike Roberts, PH
10.9 David Hannibal, BV
10.9 Dan Cobler, TP
10.9 Mike Johnson, Serra
10.9 Antonio Gonzalez, 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 Batista, Sweet
11.1 Eric Thomas, Ptl

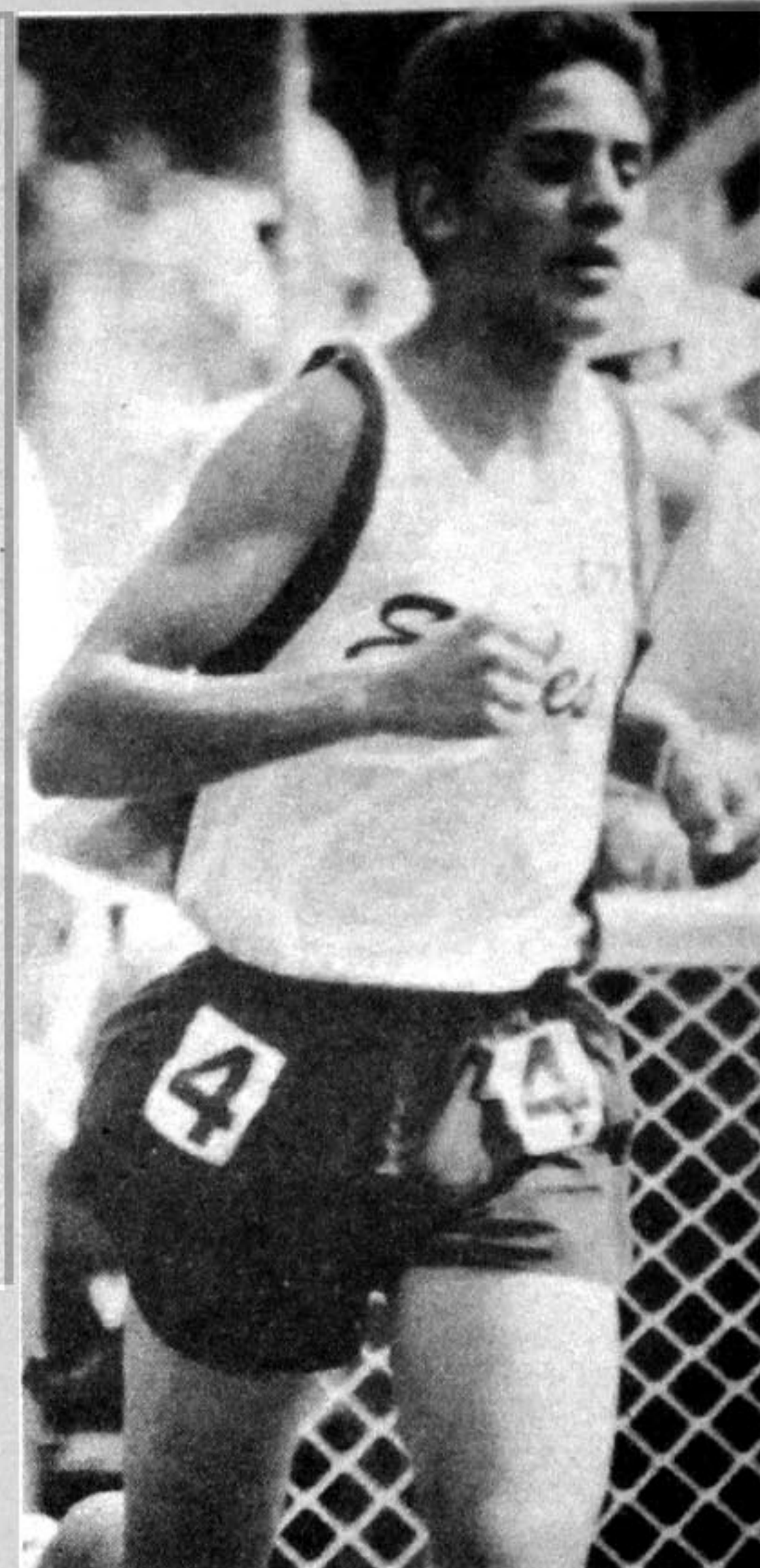
Windy:

10.6 Hane 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
21.81 R. J. Oliver, Esc
21.85 Maurice Douglas, SD
21.90 Terron Franklin, Helix
21.91 Larry Miles, Craw
22.05 Lamont Long, UC
22.07 Chaunce Smith, UC



Ryan Maynard
Granite Hills

22.09 Antonio Gonzalez, RBV
22.19 Jay Hackett, Morse
22.21 Phillip Sanders, Morse
22.28 Antwane Collier, SD
22.32 Andre Davis, ECV
22.31 Boris McDaniels, Lincoln
22.32 Mike Roberts, PH
22.36 Wardell McNeal, Mont
22.38 Mike Johnson, Serra
22.47 Roy Gaines, Morse
22.53 Claude Sanders, Mad
22.58 Phillip Lucas, Craw
22.61 Nathan Cunningham, WH
22.68 Matt Beckstead, RB
22.70 Joe Collins, RB
22.72 Eric Thomas, Ptl
22.76 Hane Peterman, Helix
22.77 Roger Mathis, Morse
22.83 Jeremy Read, Gross
22.84 Joey Williams, MtMig
22.86 Dan Cobler, TP
22.89 Allen Thompson, Sweet
22.93 Robert Turluck, LJ
22.93 Jeff Berman, CalC
22.98 Clarence Cunningham, SR
23.02 Jeff McNeal, Mont
23.04 Justin Hunt, MonteV
23.05 Derrick Waddell, RBV
23.09 Joja Riley, MB

No wind information:

21.44 Larry Miles, Craw
21.47 Maurice Douglas, SD
21.49 R. J. Oliver, Esc
21.55 Steve Hayes, UC
21.74 Jay Hackett, Morse
21.75 Wardell McNeal, Mont
21.85 Lamont Long, UC
21.86 Phillip Sanders, Morse
22.09 Boris McDaniels, Linc
22.12 Mike Roberts, PH
22.15 Andre Davis, ECV
22.17 Hane Peterman, Helix
22.40 Phillip Lucas, Craw
22.46 Roy Gaines, Morse
22.73 Roger Mathis, Morse
22.87 Jeff Berman, CalC

Windy:

22.48 Hane Peterman, Helix (+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
21.9 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 Chaunce Smith, UC
22.5 Andres Rodriguez, SD
22.5 Hane Peterman, Helix
22.5 Billy Grillo, Poway
22.5 Randall Leyking, Poway
22.5 Mike Roberts, PH
22.5 Allen Thompson, Sweet

Please turn to page 10.

Best Marks

From page 9.

- 22.5 Justin Hunt, MontV
- 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:
- 22.7 Pete Battaglia, WH

- 400:**
- 47.71 Maurice Douglas, SD
 - 48.3 Terron Franklin, Helix
 - 48.40 Jay Hackett, Morse
 - 49.08 Steve Hayes, UC
 - 49.34 Antonio Gonzalez, RBV
 - 49.79 Mark Tate, Hoover
 - 49.87 Michael Thayer, Ptl
 - 49.94 Matt Beckstead, RB
 - 50.0 Jason McKlevey, SD (50.12 auto)
 - 50.07 Roy Gaines, Morse
 - 50.11 David Silva, Craw
 - 50.28 Randall Leyking, Poway
 - 50.55 Roger Mathis, Morse
 - 50.58 Charles Vann, Craw
 - 50.66 Jason Davis, Poway
 - 50.7 Steve Branson, TP
 - 50.74 Michael Thomas, FP
 - 50.8c Brandon Jones, MMesa
 - 50.8 R. J. Oliver, Esc
 - 51.02 Jamal Briggs, MMesa
 - 51.02 Lenchow Griffith, MMesa
 - 51.02 Alex Maurer, LJ
 - 51.07 Jesus Nunez, SP
 - 51.1 Evan Fox, WH
 - 51.14 Clarence Cannon, Lincoln
 - 51.2 Lorenzo Nathan, Helix
 - 51.35 Wardell McNeal, Mont
 - 51.40 Derrick Waddell, RBV
 - 51.40 Jonathan Beutlich, CalC
 - 51.50 Luis Quintana, CP
 - 51.5 Kyle Conerly, WH
 - 51.5 Steve Daniels, Carls
 - 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
 - 51.8 Joseph Miller, RBV (51.98auto)
 - 51.87 Andre Hood, Madison
 - 51.89 Mario Magallanes, Mont
 - 51.9c Roberto Griffin, CP
 - 51.9 Adam Smith, BV
 - 51.98 J. C. Martinez, SP
 - 52.10 Jeremy Patrick, MMesa
 - 52.1 Mike 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
 - 52.4c Alejandro Mares, LJ
 - 52.4 Jimmy Ungricht, Fall
 - 52.5 Mike Ficken, WH
 - 52.5c Hanees Peterman, Helix
 - 52.5 Joe Collins, RB
 - 52.5 Matt Johnson, SP
 - 52.5c Joseph Taylor, Ptl
 - 52.52 David Cooper, Hilltop

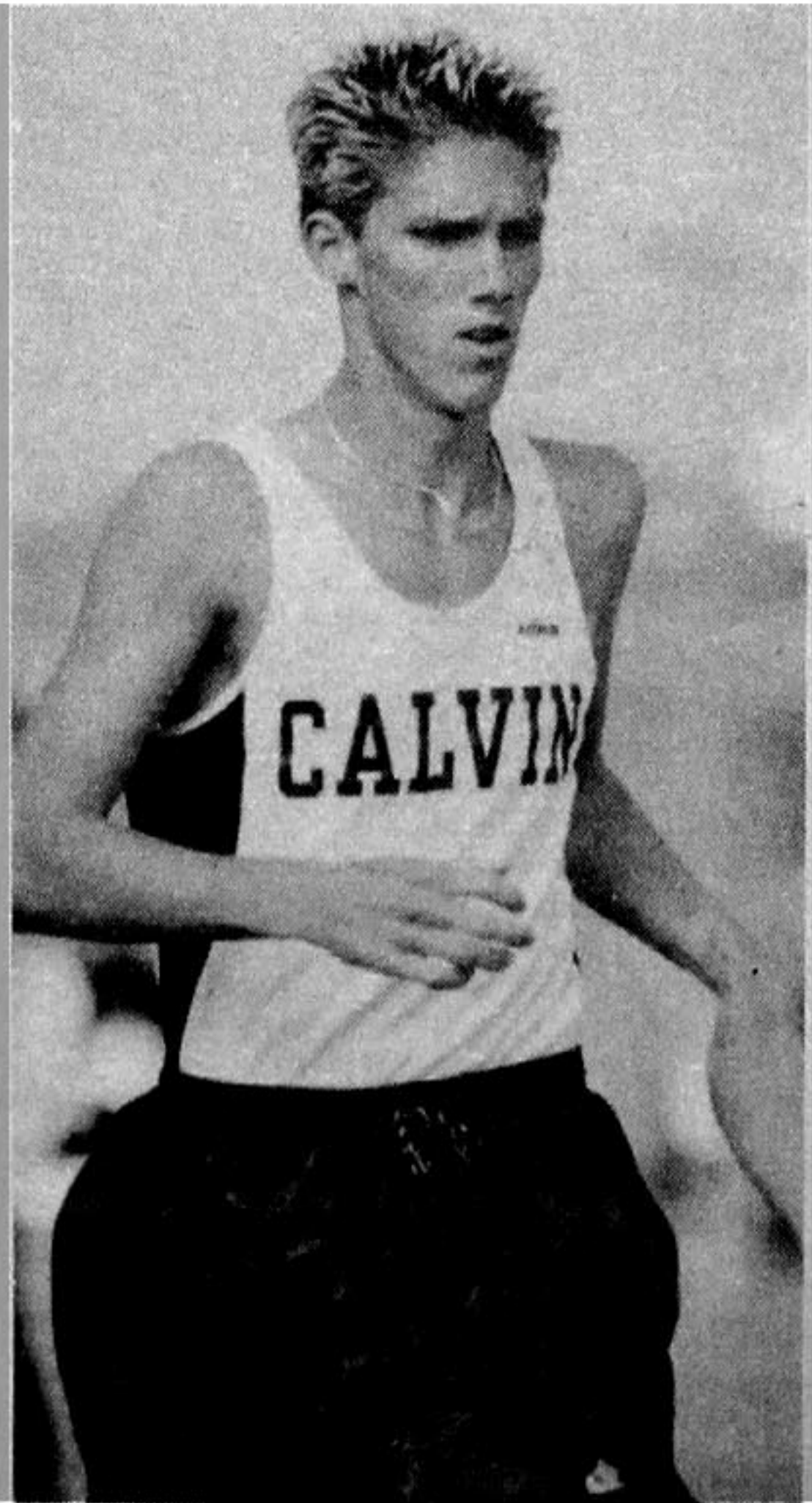
- 800:**
- 1:54.11 Sean Ricketts, RB
 - 1:54.54 Evan Fox, WH
 - 1:55.07 Nick Thornton, RBV
 - 1:55.25 Jared Emmons, Vista
 - 1:55.46 Ben Aragon, WH
 - 1:55.93 Marcus Chandler, Serra
 - 1:56.54 Nico Cueva, Esc
 - 1:56.59 Aaron Powell, Poway
 - 1:56.65 Bill Ungricht, Fall
 - 1:56.80 Alejandro Mares, LJ
 - 1:57.24 Mohamed Aden, Kny
 - 1:57.6 Steve Branson, TP
 - 1:58.00 Jon Rankin, MontV
 - 1:58.0 Luis Mariscal, SP
 - 1:58.20 Jason Finch, GH
 - 1:58.2 Josh Pope, Poway
 - 1:58.2 Justin Mattos, Fall
 - 1:58.74 Jason McKlevey, SD
 - 1:58.79 Paul Whitford, Coro
 - 1:58.90 Troy Stroh, VCenter
 - 1:59.02 Chad Young, CalC
 - 1:59.07 Peter Holland, Bish
 - 1:59.1 Justin Neuroth, Vista
 - 1:59.20 William Burer, Val
 - 1:59.3 Matt McInvale, Ramona



Chris Staton
Patrick Henry



Mike McCall
La Jolla



Bart Conner
Calvin Christian

- 1:59.35 Ryan Moorcroft, StA
- 1:59.4 Matt Johnson, SP
- 1:59.8 Pat Prunty, Poway
- 2:00.0 Adam Van Wart, SP
- 2:00.0 Dale Houser, BV
- 2:00.01 Sam Stewart, Hilltop
- 2:00.1 David Gilboa, TP
- 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



Alex Maurer
La Jolla

- 2:01.51 Mark Johanson, RBV
- 2:01.53 David Madsen, MMesa
- 2:01.6c Matt Patino, MMesa
- 2:01.78 Sean Crowley, RB
- 2:01.9 Ken Nwadike, CV
- 2:02.0 Efrain Casarez, Fall
- 2:02.0 Steve Daniels, Carls
- 2:02.10 Jeff McKnight, Ptl
- 2:02.3 Maurice Douglas, SD
- 2:02.73 Staley Morgan, UC
- 2:02.8 Dustin Westergom-Flick, WH
- 2:02.8 Travis Laird, SM
- 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:**
- 4:11.68 Evan Fox, WH
 - 4:14.65 Marcus Chandler, Serra
 - 4:15.33 Justin Neuroth, Vista
 - 4:16.35 Matt McInvale, Ramona
 - 4:17.89 Ken Nwadike, CV
 - 4:20.65 Jon Rankin, MontV
 - 4:20.72 Mohamed Aden, Kny
 - 4:20.80 Travis Laird, SM
 - 4:21.18 Adam Van Wart, SP
 - 4:22.10 Josh Pope, Poway
 - 4:22.32 Ryan Moorcroft, StA
 - 4:24.7 Jason Finch, GH
 - 4:25.50 Sean Ricketts, RB
 - 4:27.45 Blake Swier, MarV
 - 4:27.47 Nick Jones, OG
 - 4:28.07 Thomas Jodoin, MMesa
 - 4:28.47 Bart Conner, CalC
 - 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
- 4:32.4c Ryan Maynard, GH
- 4:32.95 Ben Aragon, WH
- 4:33.40 Matt Patino, MMesa
- 4:34.1 Chris Kenyon, MtC
- 4:34.12 Erik Hanley, USD
- 4:34.50 Michael Manzano, CV
- 4:34.53 Christian Dominguez, SD
- 4:35.0 Alejandro Mares, LJ
- 4:35.0 Colin Donnelly, StA
- 4:35.2 Sergio Esquivel, MtC
- 4:35.79 Cooper Bachman, VCenter
- 4:36.0 Alex Cocina, SD
- 4:36.17 Jeff McKnight, Ptl
- 4:36.58 Mike Cooke, MtC
- 4:37.08 Marco Verdugo, CP
- 4:37.60 Mark Baddas, Vista
- 4:37.67 Raphael Machado, SR
- 4:38.14 Sam Stewart, Hilltop
- 4:38.37 Matt Herriman, StA
- 4:39.28 Will Kraemer, ANA
- 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
 - 9:27.77 Travis Laird, SM
 - 9:37.01 Ryan Maynard, GH
 - 9:38.75 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
 - 9:45.76 Ian Bartonicek, GH
 - 9:46.1 Efrain Casarez, Fall
 - 9:46.82 Chris Kenyon, MtC
 - 9:48.1 Ken Nwadike, CV
 - 9:50.22 Devin Lyons-Quirk, Poway
 - 9:50.58 Christian Dominguez, SD
 - 9:51.66 Will Kraemer, ANA
 - 9:51.9 Michael Manzano, CV
 - 9:52.00 Juan Mondragon, Esc
 - 9:52.15 Alex Cocina, SD
 - 9:53.12 Bart Conner, CalC
 - 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
 - 9:56.84 Lawrence Mier, SM
 - 10:00.94 Tim Helms, Poway
 - 10:01.22 Colin Donnelly, StA
 - 10:01.54 Matt Patino, MMesa
 - 10:02.81 Sergio Esquivel, MtC
 - 10:03.3 Mike Cooke, MtC
 - 10:03.63 Matt Herriman, StA
 - 10:05.80 Jake Fulton, RB
 - 10:05.17 Christian Sanchez, SD
 - 10:06.6 Dan Sutton-Kane, WH
 - 10:06.7 Jose Escobedo, Fall
 - 10:07.02 Andrew Boring, SM
 - 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:**
- 16:53.3 Joe Robinett, Ptl
- 110 High Hurdles**
- Automatic time:
- 14.46 Tony Golston, Ptl
 - 14.62 Bobby Salimi, RB
 - 15.03 Jason Gatewood, RBV
 - 15.07 Justin Hunt, MonteV
 - 15.08 Jeff Shoate, Serra
 - 15.10 Joe Gutierrez, Sweet
 - 15.17 Ben Church, MMesa
 - 15.21 Jarrett Stites, MMesa
 - 15.36 Tony Pricor, StA
 - 15.38 David Claggett, SP
 - 15.50 Brett Simmons, Coro
 - 15.62 Jeff Hunter, GH
 - 15.79 Baran Hill, StA
 - 15.80 Josh Nears, Kny
 - 15.80 Jeff Failla, Esc
 - 15.83 Ben Knight, MarV
 - 15.88 Kevin Correnti, StA
 - 15.91 Darion Williamson, Morse
 - 15.92 Charles Bailey, Hoov
 - 15.93 Felipe Hernandez, Coro
 - 15.94 Chase Shelburne, LJ
 - 15.98 Sean Daley, Vista
 - 16.03 Rashard Holmes, RB
 - 16.06 Mike McCall, LJ
 - 16.17 Mike Dobransky, Poway
 - 16.18 Terrence Johnson, Helix
- No wind information:
- 14.45 Bobby Salimi, RB
 - 14.76 Joe Gutierrez, Sweet
 - 14.90 Jeff Shoate, Serra
 - 15.00 Jason Gatewood, RBV

Best Marks

From page 10.

15.06	Ben Church, MMesa
15.09	Jarrett Stites, MMesa
15.11	Matt MacLeod, WH
15.19	Jeff Hunter, GH
15.31	Tony Pricor, StA
15.34	Mark Daynes, ElCap
15.71	Josh Nears, Kny
15.78	Kevin Correnti, StA
Windy:	
14.67	Justin Hunt, MonteV
14.77	Jeff Hunter, GH
14.83	Joe Gutierrez, Sweet (+3.18)
14.91	Ben Church, MMesa (+2.4)
15.07	Mark Daynes, ElCap
15.10	Matt MacLeod, WH (+3.5)
15.18	Terrence Johnson, Helix
15.26	David Clagett, SP
15.42	Jon Everette, SP (+2.1)
15.66	Darion Williamson, Morse (+3.5)
15.73	John Dudek, TP
15.76	Jeff Failla, Esc, (+2.1)
15.81	Sean Sweat, ElCam (+3.5)
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 Clagett, 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:

37.76	Tony Golston, PTL
37.86	Bobby Salimi, RB
38.71	Mark Daynes, ElCap
38.75	Joe Gutierrez, Sweet
38.8	Sean Sweat, ElCam
38.93	Jeff Hunter, GH
39.4	David Clagett, SP
39.5c	Justin Hunt, MonteV
39.58	Mike McCall, LJ
39.65	Kyle Conerly, WH
39.7	Brett Simmons, Coro (39.92 auto)
40.0	Jeff Failla, Esc
40.03	Jason Gatewood, RBV
40.4	Terrence Johnson, Helix
40.7	Marquis Davis, CP
40.74	Jeff Orlando, MMesa
40.75	Travis Lyman, SP
40.8	Steve Daniels, Carls
40.97	Jeff Shoate, Serra
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 MTC
41.3	Kevin Correnti, StA (41.31 auto)
41.3	Bobby St. John, ElCam
41.59	Ben Knight, MarV
41.60	Jarred Stites, MMesa
41.6	Danny Nenow, GH
41.77	Miguel Szabo, UC
41.8	Jesse Jones-Pittman, CV
41.84	Luis Quintana, CP
41.9	Paul Yoder, Oside
41.99	Eric Chanson, MMesa
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
42.36	Baran Hill, StA
42.5	Trent Stroh, VCenter (42.57 auto)
42.5	John Dudek, TP
42.5	Keith Terry, ElCam
42.6	Andrew Lam, Carls



Tyreece Kyle, JaJa Riley, Claude Sanders
Kearny Mission Bay Madison



Alex Doria
Eastlake

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

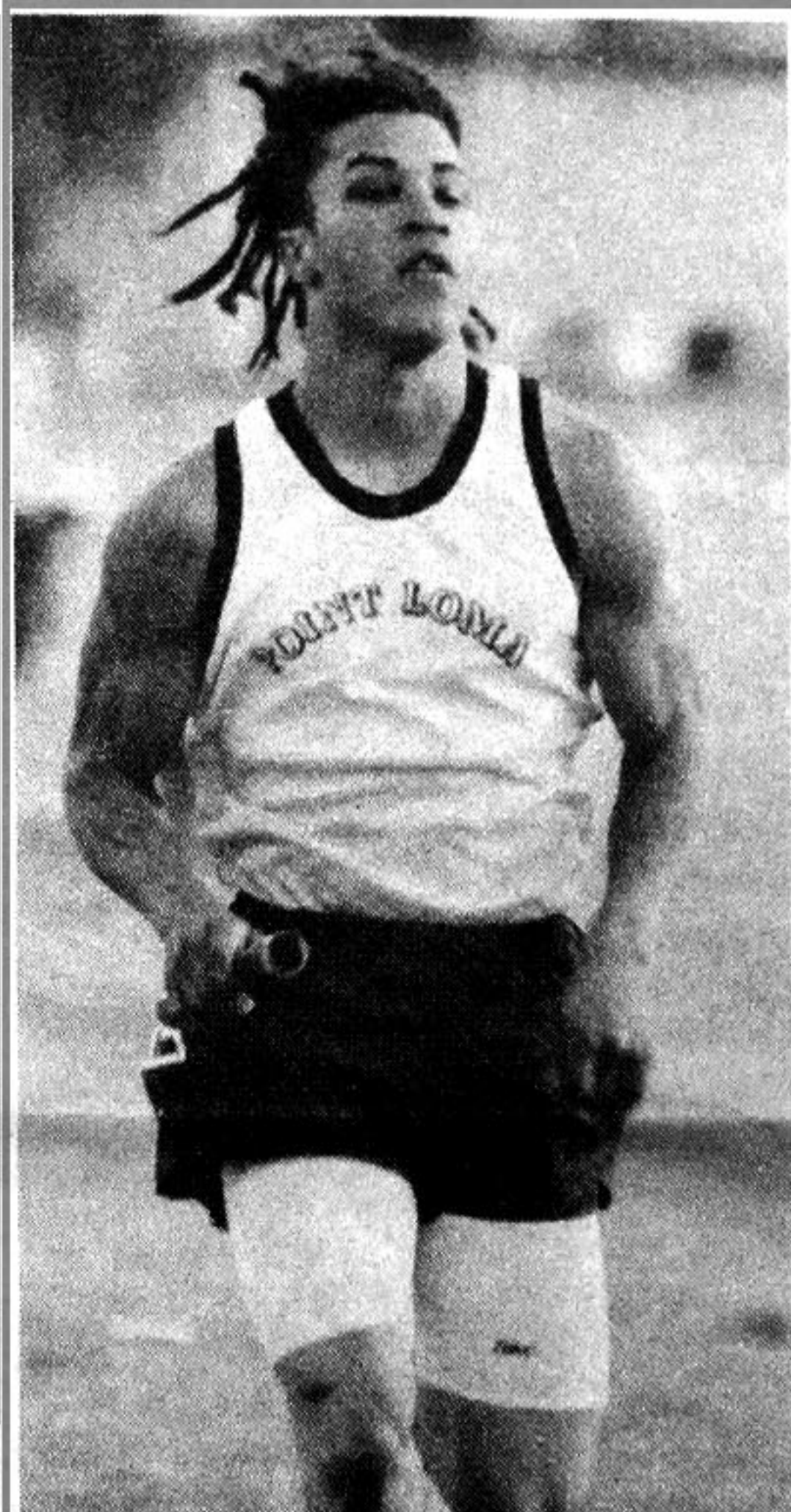
400 Relay:

Automatic time:

41.55	University City
41.76	San Diego
41.82	Morse
42.75	West Hills
42.80	Helix
42.81	Crawford
42.95	Rancho Bernardo
43.15	Eastlake
43.25	Sweetwater
43.37	Rancho Buena Vista
43.37	Mira Mesa
43.47	Escondido
43.58	Hoover
43.61	Mount Miguel
43.61	Poway
43.69	Serra
43.77	Kearny
43.79	Lincoln
43.85	Patrick Henry
43.87	Torrey Pines
43.90	Montgomery
43.96	La Jolla
44.19	Bishop's
44.53	San Pasqual
44.55	Mission Bay
44.56	Monte Vista
44.57	Mt. Carmel
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
43.5	La Jolla
43.6	Hoover
43.6	West Hills
43.6	Rancho Bernardo
43.6	Poway



Michael Thayer
Point Loma

43.6	Rancho Buena Vista
43.6c	Bonita Vista
43.6	Torrey Pines
43.6	Lincoln
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
44.9	Oceanside
45.0	Calvin Christian

1600 Relay:

3:18.04	Morse
3:20.12	Rancho Buena Vista
3:21.57	San Diego
3:21.83	West Hills
3:22.14	Crawford
3:23.53	Serra
3:23.67	San Pasqual
3:23.92	Poway
3:24.14	Rancho Bernardo
3:24.17	Point Loma
3:24.20	Lincoln
3:24.98	Escondido
3:25.05	La Jolla
3:25.95	Patrick Henry
3:26.02	University City
3:26.26	Vista
3:26.50	Mira Mesa
3:27.4	Helix
3:28.5	Torrey Pines
3:28.98	Mt. Carmel
3:29.47	Fallbrook
3:29.8	Castle Park (3:29.83 auto)
3:30.2	Bonita Vista
3:30.42	Eastlake
3:30.69	Scripps Ranch
3:30.74	Granite Hills
3:32.88	Montgomery
3:32.93	Mission Bay
3:33.4	El Camino
3:34.5	Valley Center

3:34.43	Valhalla
3:34.49	University of San Diego
3:35.1	Ramona
3:35.11	Calvin Christian
3:35.55	Kearny
3:35.70	Monte Vista
3:37.08	Coronado
3:37.27	Mount Miguel
3:37.43	Mar Vista
3:37.70	Grossmont
3:37.7	Orange Glen
3:37.73	San Marcos
3:38.21	El Capitan
3:39.1	Sweetwater
3:39.33	Hilltop

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 Munding, 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 Gainey, RBV
6-0	Jeff White, ElCap
6-0	Tony Pricor, StA
6-0	Travis Offner, MTC
6-0	Ernie Lopez, ElCap
6-0	Carl LaGrone, Linc
6-0	Hadji Walker, SR
6-0	Sean Volbeda, MTC
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
6-0	Chase Shelburne, LJ
6-0	Andrew Fischer, StA

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, MTC
14-0	Travis Offner, MTC
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
13-6	Ricardo Murillo, Vista
13-6	Javier Munoz, CP
13-1	Chase Shelburne, LJ
13-0	Chris Dorminy, RB
13-0	Matt Jensen, SP
13-0	Gary Williams, Serra
12-9	Alex Doria, East
12-6	Andy Weiss, Valhalla
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
12-6	Andy Bechtal, WH
12-3	Jerel Woods, MMesa
12-2	Jason Gavin, SR
12-1	Matt Reimert, RB
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
22-1	Shannon Nowden, MB

Please turn to page 12.

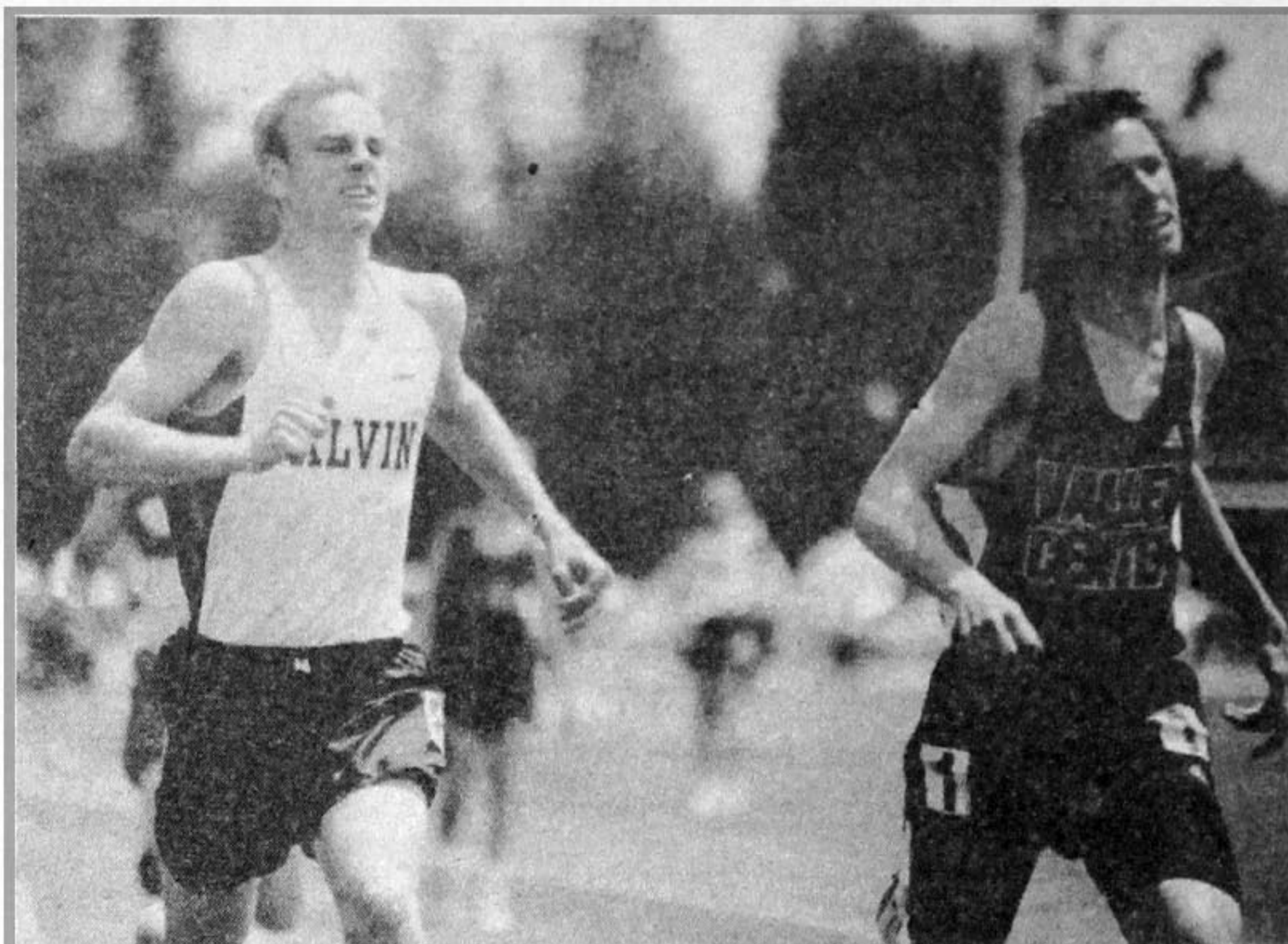
Best Marks

From page 11.

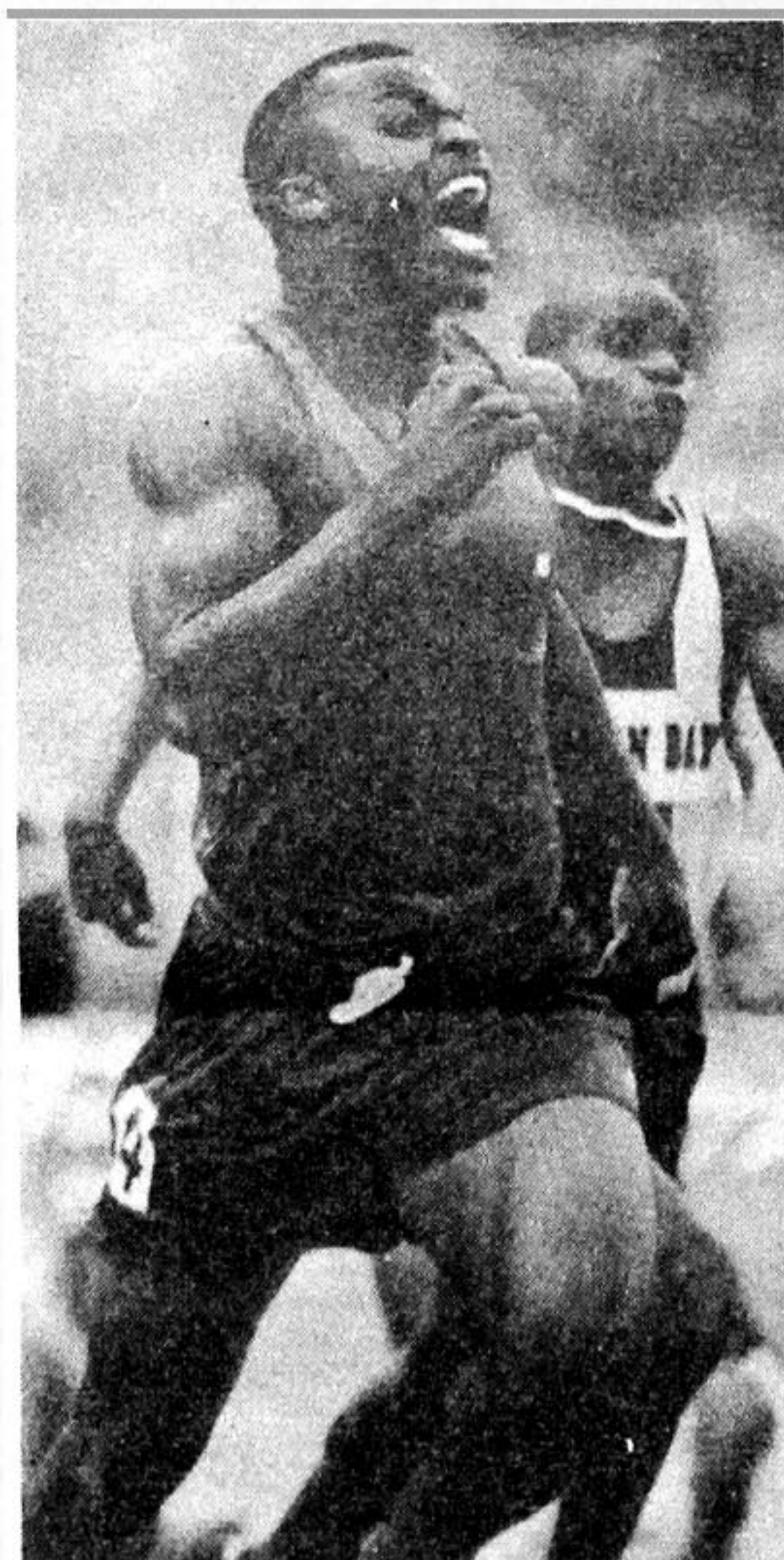
21-11.5	Chris Staton, PH
21-10	David Hannibal, BV
21-8.5	Marcus Wooden, Morse
21-8	Mike McCall, LJ
21-7.25	McKinley Jean-Gilles, Hoov
21-7	Josh Lipscomb, MMesa
21-5.75	Bobby Salimi, RB
21-5.5	Dan Cobler, TP
21-5.5	Jon Reynolds, Serra
21-4.5	Seth Andrews, Morse
21-4	Tony Golston, PIL
21-4	Eric Rogers, 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, MontV
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
20-11.5	Maurice Grant, Kny
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 Mooltry, Morse
20-9	Alton Gilbert, Linc
20-9	Jamal Randall, MontV
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, ElCam
20-5	Steve Mavis, CalC
20-4.5	Alec Wisecup, Ram
20-4.5	Ashlyn Bailey, Serra
20-4.25	Joey Latscha, OG
20-4.25	Rob Finney, ECV
20-4	Karl Balch, USD
20-3.5	Michael Thayer, PIL
20-3.5	Jerry Bell, Sant
20-3	Danny Ames, ElCap
20-3	Joe Griffen, S'west
20-2	Bill Diller, MIC
No wind information:	
21-8.75	Jon Reynolds, Serra
21-5.25	Maurice Grant, Kny
20-9.75	Ashlyn Bailey, Serra
Windy:	
23-0.5	Rashard Holmes, RB
21-9.5	Ben Church, MMesa
21-4.5	Kuba Wasowski, SM
21-2.25	Ahnizo Gainey, RBV
21-2	Mike Roberts, PH
21-0	Nate Skrzypczak, VCenter
20-7.5	Brian Guthrie, Sweet
20-4	Brandon Roberson, Morse

Triple Jump:

48-1.5	Tony Ortiz, Helix
46-8.5	McKinley Jean-Gilles, Hoover
45-10.5	Robert Ma, Poway
45-7.5	Rashard Holmes, RB
45-0.25	Jon Reynolds, Serra
44-10	Josh Lipscomb, MMesa
44-9.5	Brian Guthrie, Sweet
44-9	Trandon Harvey, Sweet
44-3.25	Terrence Hibbler, Helix
44-2	Mike McCall, LJ
44-1.5	Jamal Randall, MontV
43-9	Kareem Holmes, Mont
43-8.75	Rashawn Green, Serra
43-8	Thomas Mooltry, Morse
43-4.5	Marcus Wooden, Morse
43-3.75	Ahnizo Gainey, RBV
43-2	Matt Barbour, Gross
43-0	Chris Lundgren, GH
42-11.5	Carl LaGrone, Linc
42-10.25	Antonio Gonzalez, RBV
42-8	Dale Coke, Poway
42-7	Ryan Kernion, Esc
42-6	Jacob Chase, OG
42-5.25	John Robbins, WH
42-5	Damon Warren, Serra
42-5	Mike Humphrey, SP
42-4	Nate Skrzypczak, VCenter
42-1.5	Cordell Williams, ECV
42-1.5	Matt Wright, Ram
42-1	Danny Toscano, StA
42-1	Eric Rogers, Morse

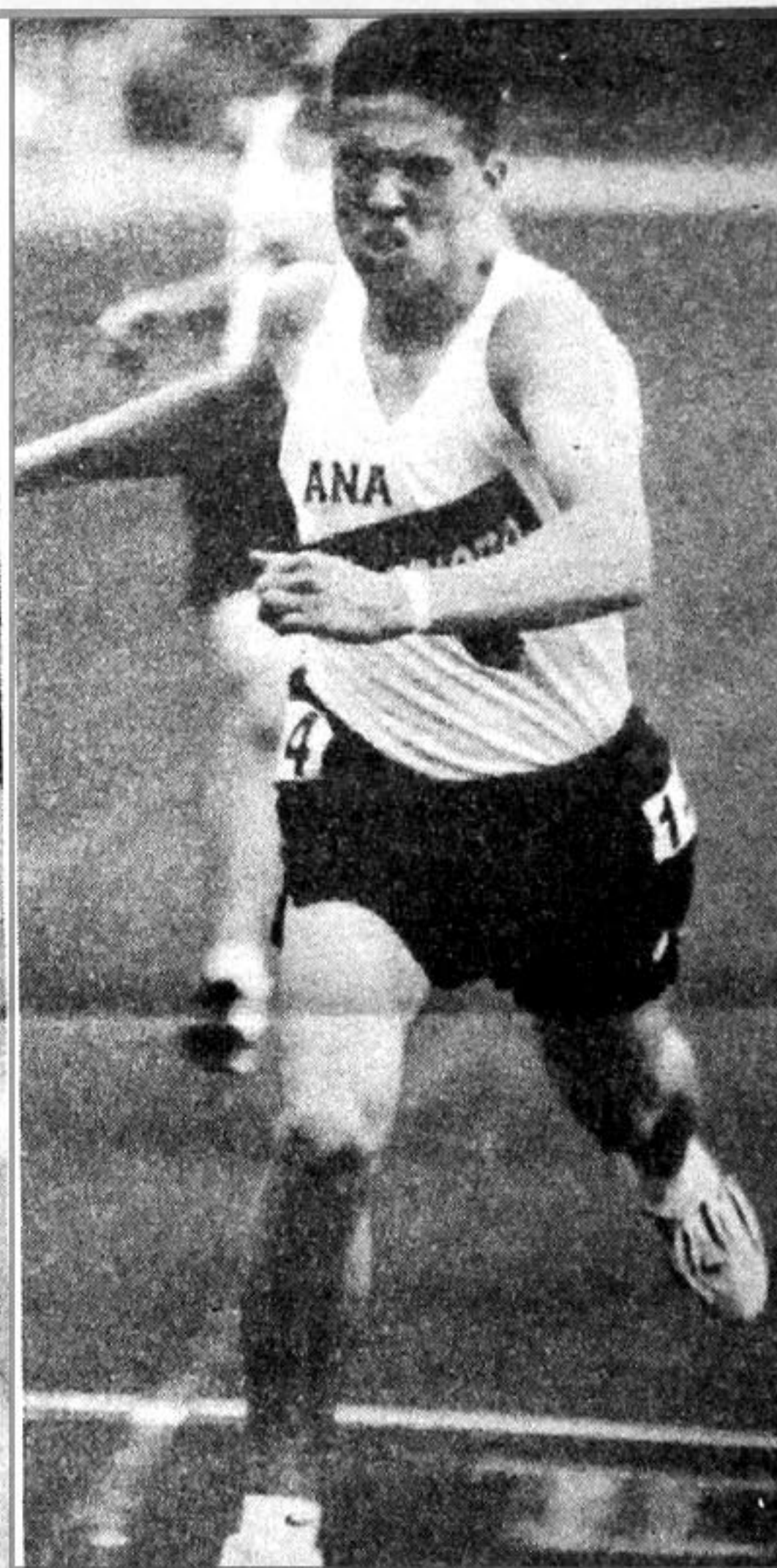


Chad Young, Troy Stroh
Calvin Christian, Valley Center



Claude Sanders
Madison

42-0.5	Nick Forston, GH
42-0	Avante Agurs, Gross
42-0	Terron Farris, RB
41-10.5	Kevin Correnti, StA
41-10	Joe Griffen, S'west
41-10	Raymond Arellano, Sweet
41-9.5	Jonathan Takahashi, Gross
41-8	Harlon Edison, MontV
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
41-3.25	Travis Blankenship, LJ
41-3	Marcus Barard, Vista
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
41-0.5	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



Will Kraemer
Army Navy Academy

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
55-8	Travis Watkins, Helix
55-5.75	Travis Jones, MMesa
54-2	Dan Ybarra, OG
53-3.5	David Nowotny, Fall
52-11	Kendrick Brunson, CV
52-6.5	John Stokes, ElCap
52-6.5	Desan Tyson, BV
51-2	Steve Viera, Carls
51-0	Jahdai Pickett, Sweet
50-11.75	Rafiq Randall, CP
50-6.25	Gerald Sykes, Kny
50-4.5	Steve Nelson, Hilltop
50-4	Mike Schardin, East
50-3	Kevin Vernoy, RBV
50-1.5	Matt Saole, Oside
49-7.24	Tyler Moazed, MIC
49-7	Jason Tuerk, RB
48-11	Jeremy Read, RB
48-7.75	Jake Dubinetsky, StA
48-7.5	Pana Faumuina, Carls
47-8.75	Onofre Gascon, Sweet
47-7	Tyrone Brown, Morse
47-6	Rashaan Durr, UC
47-6	Mike O'Malley, USD
47-2	Nathan Perez, RBV
47-1	Jon Ward, Poway
46-11.5	Charles Hanson, StA
46-6	Derrick Germain, Fall
46-6	Curtis James, Kearny
46-5.75	Mike Proctor, ElCap
46-4	Travis Asch, ElCap
46-3	Moses Rangle, East
46-1	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
45-7.75	Jason Hurley, GH
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:

192-0	Danny Ames, ElCap
183-8	Jon Ward, Poway
182-11	Mike Armstrong, UC
175-5	Travis Jones, MMesa
170-10	Bernard Grady, SR
168-0	Jahdai Pickett, Sweet
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 Saole, Oside
145-7	Nate Tavale, Carls
144-4	Chris Staton, PH
144-0	Charles Hanson, StA
142-11	Tyrone Brown, Morse
142-9	Charles Bailey, Hoover
142-8	Able Aramburo, ECV
142-8	John Pluth, VCenter
142-0	Richie Smith, GH
140-8	Reynaldo Stephens, CP
140-8	Luke Holderby, Ram
139-7	Jeremy Driggs, Sweet
139-5	C. J. Threat, CP
139-0	Marcus Garcia, GH
139-0	Mike Stokes, ElCap
139-0	Nathan Perez, RBV
138-3	Travis Klusman, Sweet
138-2	Andre Williams, MB
137-7	Dan Ybarra, OG
137-6	Steve Viera, Carls
137-1	Jabara Brown, Crow
136-10	Scott Colegrave, Esc
136-3	Robert Ruzich, SP
136-0	Jesse English, RBV
135-10	Marco Gonzalez, VCenter
135-8	Moses Rangle, East
135-5	Sosia 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 24.
100:

Automatic time:

11-71	Monique Henderson, Morse
12-39	DeCola Groce, Morse
12-47	Amber Carrington, MIC
12-55	Priscilla Parker, MB
12-57	Kristen Tucker, MontV
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
12-81	Stephanie Blake, FP
12-82	Latoya Summerville, SR
12-83	Crystal Hinton, Lincoln
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
12-93	TashinaDears, CP
12-94	Devonne Hanke, Horizon
12-99	Tara Egipto, CP
13-01	Aja Dotson, Morse
13-02	Candace Ellis, Val
13-06	Arkisha Iverson, Hoover
13-06	Katharine Sanders, WH
13-07	Francine Cepeda, RB
13-08	Delinda Tagamagni, Patrick Henry
13-09	Kameelah Allen, MtMig
13-09	Deitra Manley, Lincoln
13-10	Latrice Dickens, PH

No wind information:

12-28	DeCola Groce, Morse
12-29	Kameelah Allen, MtMig
12-31	Autumn Wright, ElCam
12-40	Jessica Thomas, ElCam
12-45	Anne James, RB
12-49	Kristen Tucker, MontV
12-59	Tiffany Lowery, SP
Windy:	
12-31	DeCola Groce, Morse (+2.5)
12-37	Autumn Wright, ElCam (+2.3)
12-49	Kristen Tucker, MontV
12-50	Jessica Thomas, ElCam (+2.6)
12-53	Kameelah Allen, MtMig
12-61	Tiffany Lowery, SP (+2.6)
12-79	Monica Clifton, MMesa (+2.6)
12-81	Latoya Summerville, SR (+3.32)
12-85	Candace Ellis, Val
12-91	Kristina de la Rosa, RB (+2.3)
12-94	Nini Herron, ECV (+2.3)
12-95	Tynisha Major, Sweet (+3.1)
12-97	Jessica Walker, MIC (+2.3)

Please turn to page 13.

Keep up with the season's final marks
(including the CIF Masters, the State Meet,
and post season action), on the

TRACK MAGAZINE web site:

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

Best Marks

From page 12.

13.03 Elizabeth Tsu, LCC (+3.32)
13.03 Francine Cepeda, RB (+3.32)
13.03 Cieara Ray, Fall (+3.32)
13.03 Natalie Soto, Carls (+2.3)

Hand time:

11.8 Monique Henderson, Morse
12.1 Amber Carrington, MtC
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
25.91 Tiffany Lowery, SP
25.98 DeCola Groce, Morse
26.09 Ashley Cunningham, Ptl
26.33 Stephanie Blake, FP
26.34 Crystal Hinton, Lincoln
26.37 Tashina Dears, CP
26.46 Monica Clifton, MMesa
26.52 Latoya Summerville, SR
26.52 Cieara Ray, Fall
26.63 Jessica Walker, MtC
26.63 Nini Herron, ECV



Katherine Ziegler, Carly Votolato, Chessa Adsit-Morris

University City trio swept the Eastern finals 1600



Monica Clifton, Starla Henderson
Mira Mesa Morse

26.64 Candace Ellis, Val
26.70 Natalie Soto, Carls
26.71 Unika Smith, Lincoln
26.73 Kelsey Bollinger, Gross
26.74 Katharine Sanders, WH
26.77 Kameelah Allen, MtMig
26.86 Kyle Lederer, RB
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
27.32 Tara Egipto, CP
27.36 Jennifer Greene, RB
27.40 Talisha Clophus, UC
27.43 Jessica Mercado, SD
27.50 Tamekia James, SD
No wind information:
23.38 Monique Henderson, Morse
25.15 Nastassaja Hall, RB
25.22 DeCola Groce, Morse
25.33 Laura Landry, RB
25.35 Priscilla Parker, MB
25.45 Tiffany Lowery, SP
25.62 Stephanie Blake, FP
25.81 Tashina Dears, CP
26.13 Cieara Ray, Fall
26.30 Nini Herron, ECV
27.24 Dietra Manley, Linc
27.24 Tara Egipto, CP

Possibly windy:

25.77 Kristen Tucker, MonteV

Windy:

23.65 Monique Henderson, Morse (+3.0)
26.51 Katie Reardon, RB (+2.65)
26.72 Stephanie Blake, FP (+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, MtC
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 Moesha 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, MtC

400:

52.91 Monique Henderson, Morse
57.0 Camille Dredge, TP
57.80 Laura Landry, RB
58.08 Starla Henderson, Morse
58.18 Luci Downey, OG
58.7 Elizabeth Tsu, LCC
58.90 Jane Givens, LJ
59.0 Nastassaja Hall, RBV (59.14 auto)
59.42 Ashley Cunningham, Ptl
59.44 Unika Smith, Lincoln
59.6 Naomi Mattos, Fall
59.78 Amy Taylor, RB (59.6h)
60.0 Luketta Williams, Helix
60.0 Katy Reardon, RB (60.14 auto)
60.1 Nadia Sanders, CV
60.14 LaSheena Rice, SD
60.21 Phoebe Perkins, MonteV
60.37 Katie Collins, Vista
60.54 Kristine Schroeder, RB
60.57 Ebony Adams, ElCam
60.59 Talisha Clophus, UC
61.0c DeCola Groce, Morse
61.0 Erin Skaalen, LCC
61.01 Samantha Piper, Coro
61.1 Kamaya Damwijk, Poway
61.34 Jill Sonne, WH
61.44 Kiley Dunlap, Coro
61.55 Jessica Mercado, SD
61.55 Kerry Kelly-Cochrane, USD
61.57 Whitney Schucker, LJ
61.7 Katie Baker, Poway
61.79 Kennie Kwok, Ram
61.8 Moesha Jefferson, S'west
61.91 Alexis Rampaul, Poway (61.7h)
61.93 Eureka Thompson, Morse
61.99 Kristi Kuehner, Claire
62.1c Tina Rosas, MonteV
62.2 Tynesha 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, MtC
62.79 Laurel Hanscom, Valhalla
62.8c Lesley Bravin, Valhalla
62.84 Michelle Guerrero, LJ
62.90 Erin Martin, WH
62.9 Crystal Hinton, Lincoln
62.9 Jackie Johnson, MtC
62.9 Chelsea Chatfield, TP
62.93 Kristen Woodward, MtC
63.0 Tessa Conner, TP
63.0 Jackie Johnson, MtC
63.07 Ashley King, PH
63.1 Monique Jouglet, Helix
63.1 Shuree Halton, CP
63.21 Cheyenne Webster, USD
63.22 Amy Hogan, USD
63.31 Latoya Manuel, SM
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
63.85 Janae Martin, CalC
63.91 Julia Carnevale, Bish

800:

2:11.79 Camille Dredge, TP
2:14.40 Desiree Davila, Hilltop
2:17.55 Jenna Timinsky, SDgtoA
2:17.64 Jill Steele, MtC
2:17.67 Amonica Phipps, Morse
2:17.89 Samantha Piper, Coro
2:17.90 Monique Jouglet, Helix
2:19.54 Katherine Ziegler, UC
2:19.60 Nastassaja Hall, RBV
2:19.68 Allison Hall, RB
2:19.83 Cathy Picha, Fall
2:19.9 Julie Komosinski, TP
2:20.5 Courtney Baird, Helix
2:21.0 Thea Rusthoven, Esc
2:22.4 Morgan Soule, LCC
2:22.43 Kennie Kwok, Ram
2:22.60 Lesley Bravin, Val
2:22.78 Carly Votolato, UC
2:22.8 Kamaya Damwijk, Poway
2:23.0 Deanna Sick, MtC
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
2:24.43 Morgen Runkles, MtMig
2:24.5 Deanna Lynn, Carls



Please turn to page 14.

Best Marks

From page 13.

- 2:24.50

Laura Crabtree, FP
- 2:24.54

Erin DeHahn, Hilltop
- 2:25.7

Tessa Connor, TP
- 2:25.7

Maria McGaffigan, CP
- 2:26.04

Shawna Winfrey, WH
- 2:26.2

Courtney Allen, RBV
- 2:26.2

Haley Moore, TP
- 2:26.21

Lorena Jimenez, OG
- 2:26.30

Tara McGowan, LJ
- 2:26.56

Kelly Larson, RB
- 2:26.65

Karina Kloos, RBV
- 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
- 2:28.07

Angela Rivas, Mont
- 2:28.08

Danielle Birdsall, MiC
- Unconfirmed:
- 2:14.2

Jenna Timinsky, SDgtoA
- 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:
- 4:56.43

Julie Komosinski, TP
- 5:00.70

Courtney Baird, Helix
- 5:06.97

Desiree Davila, Hilltop
- 5:08.39

Allison Hall, RB
- 5:10.93

Morgan Soule, LCC
- 5:11.9

Jenna Timinsky, SDgtoA
- 5:12.17

Katherine Ziegler, UC
- 5:13.02

Kaleena Yee, RB
- 5:13.30

Julie Manson, RB
- 5:13.38

Nicole Mier, SM
- 5:15.1

Michelle Barrack, USD
- 5:15.9

Camille Dredge, TP
- 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
- 5:20.07

Lorena Jimenez, OG
- 5:20.48

Lanele Cox, Esc
- 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
- 5:24.35

Rose Serna, MB
- 5:24.70

Bree Hibbs, Poway
- 5:24.96

Gloria Martinez, CP
- 5:25.15

Angela Rivas, Mont
- 5:26.2

Kathy Read, TP
- 5:26.48

Claire Beck, OLP
- 5:28.0

Janet Mulvey, MiC
- 5:28.6

Mallana Dressell, Carls
- 5:29.98

Stephanie Baird, Helix
- 5:30.27

Ashley Viens, Val
- 5:30.5

Sally Cade, Carls
- 5:30.55

Anna Hough, VCenter
- 5:30.62

Pati Romero, East
- 5:30.91

Kristina Nugent, Coro
- 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
- 5:34.02

Liz Edwards, LJ
- 5:34.2

Diana Dibble, VCenter
- 5:34.84

Morgan Rounkles, MtMig
- 5:35.0

Christie McPherson, Vista
- 5:35.4

Dawna Marshall, BV
- 5:36.0

Cindy Lopresti, Carls
- 5:37.3

Anne-Marie Byrne, USD
- 5:37.69

Natalie Parks, Ptl
- 5:38.0

Stephanie Casler, Val
- 5:38.75

Lily Dowlatshahie, MtnEmp
- 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
- 11:10.92

Julie Komosinski, TP
- 11:15.2

Julie Manson, RB
- 11:19.2

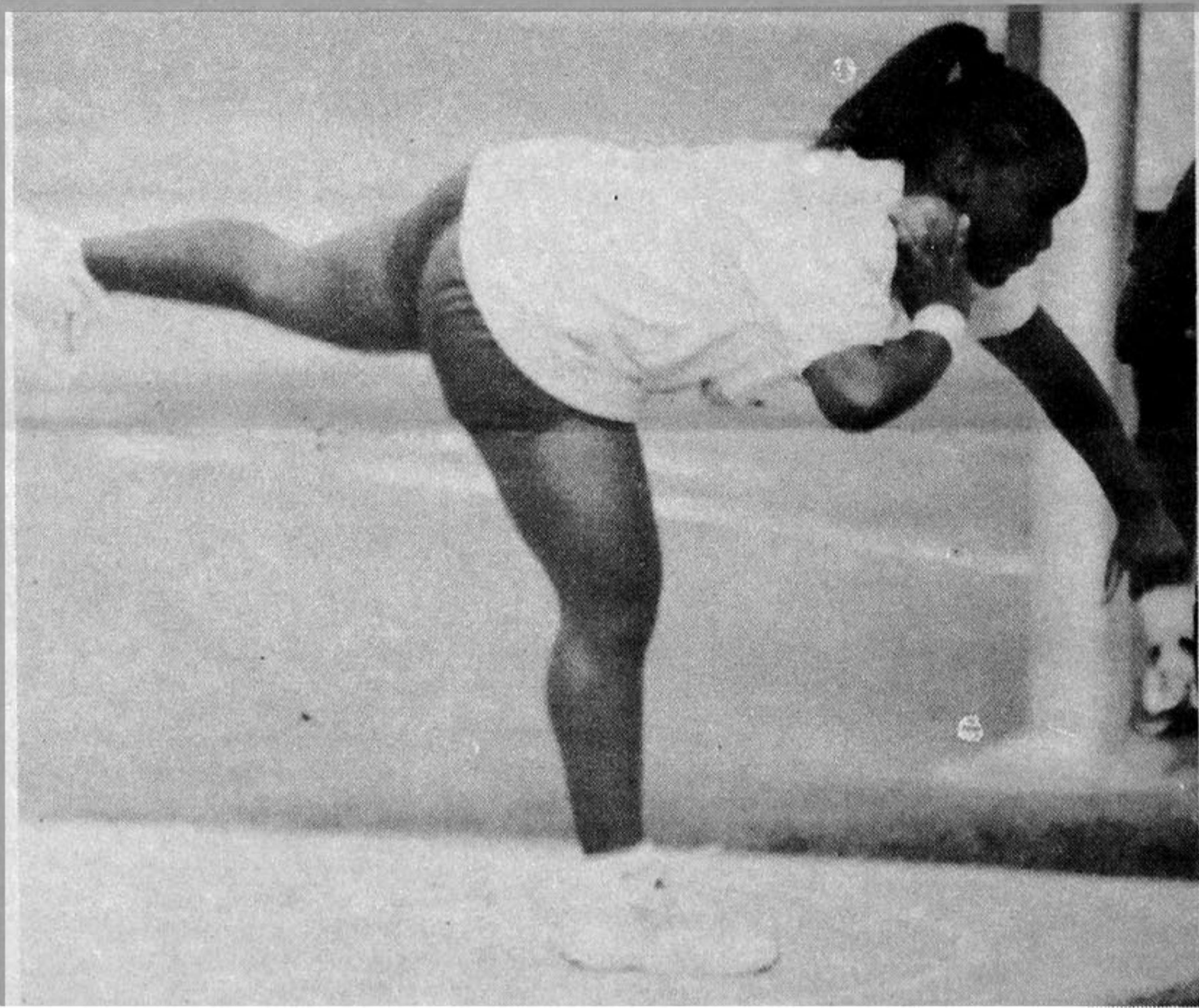
Michelle Barrack, USD



Abril Jimenez (w/baton),
Jennifer Fuller
Hilltop



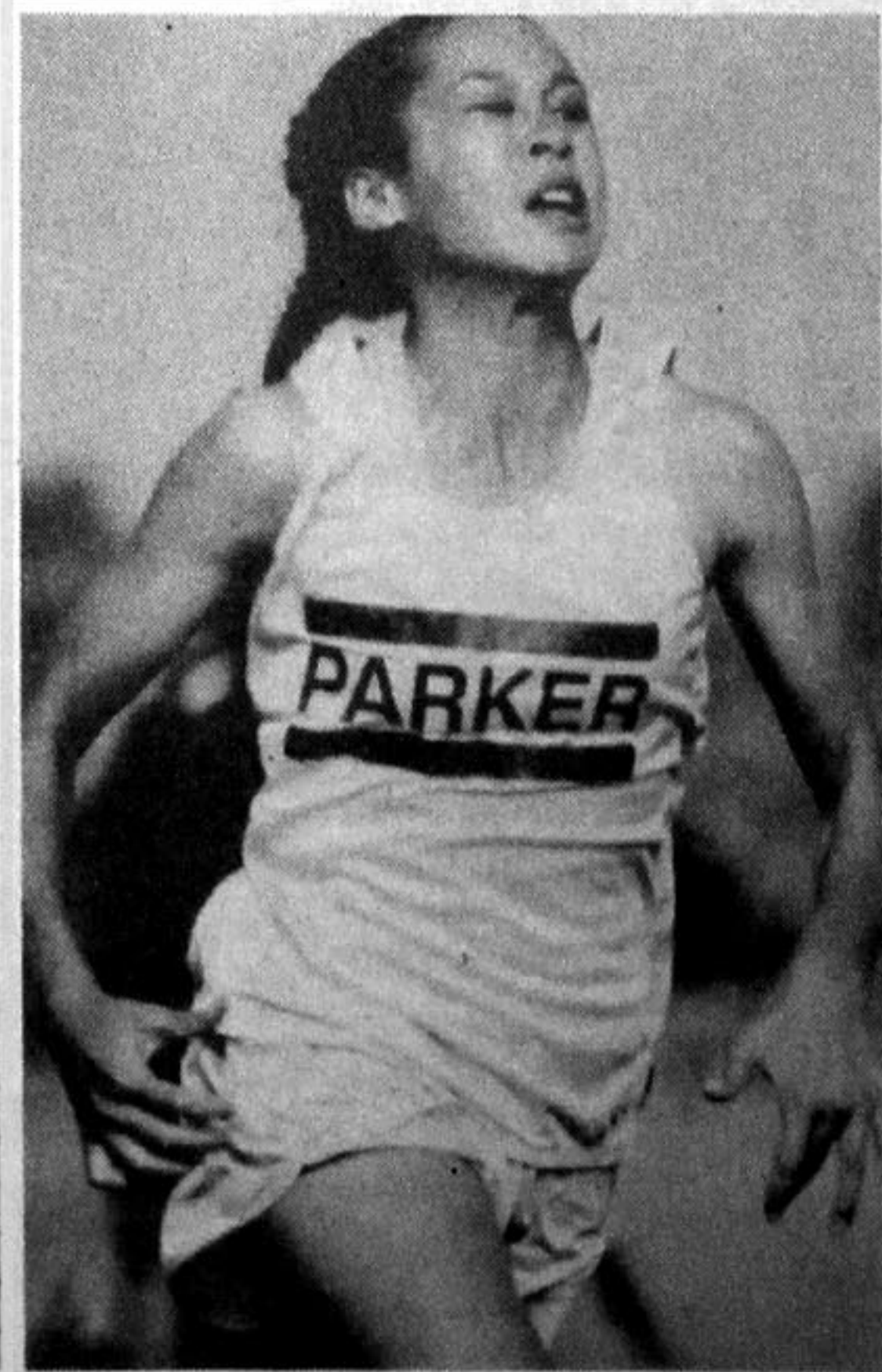
Kerry Kelly-Cochrane
University of San Diego



Martinique Akinfosile
La Jolla Country Day



Michelle Czapinski
Poway



Stephanie Blake
Francis Parker

- 11:19.83

Deanna Sick, MiC
- 11:22.16

Heather Shurtleff, WH
- 11:26.16

Kim Pace, Sant
- 11:31.76

Karen Vasko, MiC
- 11:32.47

Jasmine Marquez, ElCap
- 11:35.3

Kaleena Yee, RB
- 11:37.03

Chessa Adsit-Morris, UC
- 11:39.03

Desiree Davila, Hill
- 11:39.92

Lanele Cox, Esc
- 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
- 11:53.16

Morgen Rounkles, MtMig
- 11:53.4

Kelly Platko, Carls
- 11:53.65

Stephanie Baird, Helix
- 11:56.25

Natalie Parks, Ptl
- 11:57.38

Diana Dibble, VCenter
- 11:57.96

Liz Edwards, LJ
- 11:59.29

Loretta Kilmer, Ram
- 11:59.94

Bre Goetz, Ram
- 12:00.47

Claire Beck, OLP
- 12:01.08

Candice Osuna, BV
- 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
- 12:09.25

Laura Cohen, UC
- 12:10.10

Ashley Viens, Valhalla
- 12:12.19

Mande Clark, Poway
- 12:12.60

Anne-Marie Byrne, USD
- 12:13.59

Rebecca McKeown, UC
- 12:13.6

Cindy Lopresti, Carls
- 12:13.92

Audrey Harter, 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
- 12:16.7

Dara Bier, TP
- 12:17.63

Roxanne Romo, SD
- 12:17.68

Amy Vasko, MiC
- 12:18.23

Christie McPherson, Vista
- 12:19.74

Julie Pitts, Gross
- Unconfirmed:
- 11:04

Jenna Timinsky, SDgtoA
- 100 Hurdles:
- Automatic time:
- 15.49

Maggie Escudero, ElCap
- 15.83

Catie Coin, RB
- 16.03

Katy Camp, MontV
- 16.05

Amber Martin, WH
- 16.06

Jasmine Schuler, Ptl
- 16.15

Kristin Murphy, RB
- 16.20

Carla Valdez, CP
- 16.21

Jennifer Fuller, Hilltop
- 16.25

Bethany McDowell, Lincoln
- 16.40

Keiona Clark, MonteV
- 16.45

Audrey Pound, Poway
- 16.50

Laura-Lee Reid, VCenter
- 16.60

Marie Carter, MMesa
- 16.86

Morgan Romine, LJ
- 16.87

Aneal Helms, FP
- 16.90

Porsche Kelly, MtMig
- 16.91

Mikaelyn Austin, RB
- 17.28

Leah Cole, VCenter
- 17.30

Rachel Aldous, OLP
- 17.36

Jennifer Fuller, Hilltop
- 17.36

Sonia Fields, SD
- No wind information:
- 15.17

Maggie Escudero, ElCap
- 15.43

Catie Coin, RB
- 15.87

Porsche Kelly, MtMig
- 15.93

Bethany McDowell, Linc
- 15.95

Jasmine Schuler, Ptl
- 15.97

Jennifer Fuller, Hilltop
- 16.04

Audrey Pound, Pow
- 16.04

Amber Martin, WH
- 16.08

Keiona Clark, MonteV
- 16.15

Bryeanna Barmer, Helix
- 16.34

Laure-Lee Reid, VC
- 16.37

Marie Carter, MMesa
- 16.48

Aneal Helms, FP
- 17.13

Leah Cole, VCq
- Windy:
- 15.19

Maggie Escudero, ElCap
- 15.88

Bryeanna Barmer, Helix
- 16.04

Keiona Clark, MontV (+3.2)
- 16.07

Bethany McDowell, Lincoln
- 16.27

Porsche Kelly, MtMig (+2.5)
- 16.36

Audrey Pound, Poway (+2.1)
- 16.39

Porsche Kelly, MtMig
- 16.80

Michaela Jobs, Carls (+2.1)
- 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 Jobs, 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



Priscilla Parker
Mission Bay

Best Marks

From page 14.

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:

44.90	Erin DeHahn, Hilltop
45.34	Amy Taylor, RB
45.76	Amber Martin, WH
45.79	Bryeanna Barmer, Helix
45.95	Audrey Pound, Poway
46.05	Catie Coin, RB
46.40	Maggie Escudero, ElCap
46.72	Delinda Tamagni, PH
47.0	Michaela Jobes, Carls
47.20	Jennifer Fuller, Hilltop
47.2	Nikki Dulin, RB
47.28	Abril Jimenez, Hilltop
47.56	Morgan Avery, GH
48.03	Erika Bolden, Morse
48.1	Tamera Lewis, TP
48.23	Laura-Lee Reid, VCenter
48.4	Liz McNamara, Poway
48.5	Bethany McDowell, Lincoln
48.5	Chantel Nemore, ElCam
48.65	Erica Bolden, Morse
48.73	Carmela Rodgers, CV
48.80	Morgan Romine, LJ
48.81	Marie Carter, MMesa
48.82	Jasmine Schuler, PHL
49.0	Katie Camp, MontV
49.02	Tynesha Major, Sweet
49.40	Rachel Aldous, OLP
49.4	Erica Schim, LCC
49.57	Kaneshia Glover, SD
49.7	Leah Cole, VCenter
49.76	Kelly Yearwood, PH
49.77	Olivia Hudek, Hilltop
49.8	Jane Givens, LJ
49.8	Crystal Saunders, MontV
49.9	Porsche Kelly, MIMig

400 Low Hurdles:

68.51	Amber Martin, WH
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400 Relay:

Automatic time:	
47.54	Morse
48.50	Rancho Bernardo
49.04	Poway
49.43	Mount Miguel
49.46	Fallbrook
49.63	Lincoln
49.66	Monte Vista
49.67	Mt. Carmel
49.89	Castle Park
50.06	Hilltop
50.26	Helix



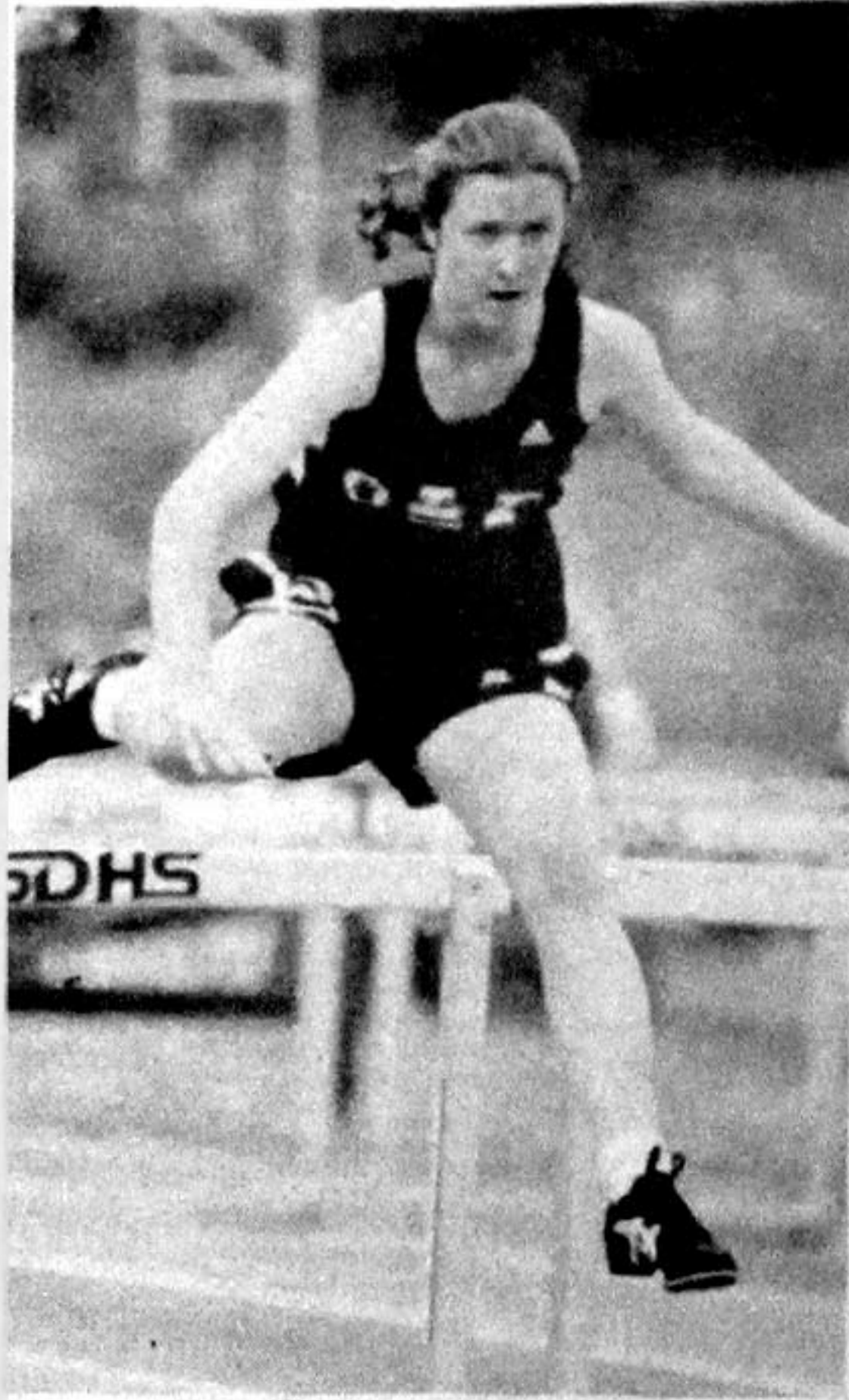
Kennie Kwok
Ramona

50.26	La Jolla
50.44	Patrick Henry
50.48	San Diego
50.76	Mira Mesa
50.78	West Hills
50.91	Hoover
50.91	Coronado
51.26	Serra
51.67	Valhalla
51.72	Orange Glen
51.86	El Cajon Valley
51.89	Escondido
51.98	San Pasqual
52.00	Scripps Ranch
52.09	Bonita Vista
52.19	La Costa Canyon
52.20	Eastlake
52.37	Chula Vista
52.50	Rancho Buena Vista
52.51	Grossmont
52.64	Point Loma
52.70	Vista
52.74	El Camino
52.78	Francis Parker
52.91	University City
52.98	Carlsbad
53.10	Clairemont
53.29	Torrey Pines
53.31	University of San Diego
53.34	Our Lady of Peace
53.44	Kearny
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:

3:53.71	Morse
3:57.39	Rancho Bernardo
4:01.49	Hilltop
4:01.89	Monte Vista
4:02.80	Carlsbad
4:02.97	La Costa Canyon
4:03.81	Poway
4:04.02	Torrey Pines
4:05.98	Helix
4:06.62	Rancho Buena Vista
4:06.77	Lincoln
4:09.7	Fallbrook
4:09.95	Mt. Carmel
4:10.20	Ramona
4:10.71	Valhalla



Rachel Aldous
Our Lady of Peace

4:10.99	West Hills
4:11.68	San Diego
4:12.08	Francis Parker
4:12.33	Castle Park
4:12.60	University of San Diego
4:12.70	Coronado
4:13.00	Vista
4:13.03	Grossmont
4:13.21	Bonita Vista
4:15.32	Patrick Henry
4:15.8	San Pasqual
4:16.2c	La Jolla
4:17.00	Serra
4:17.07	Mount Miguel
4:19.73	Montgomery
4:19.86	Granite Hills
4:19.88	Our Lady of Peace
4:21.73	University City
4:21.8	Mira Mesa
4:22.06	Chula Vista
4:23.01	El Capitan
4:23.31	Escondido
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
5-0	Kaylene Ivan, Esc

Pole Vault:

12-8	Kathleen Donoghue, RB
12-0	Natalie Dennison, RB
11-0	Abby Huchel, Vista
10-7	Molly Pasarella, RB
10-6	Jessica Shankland, Carls
10-6	Janna Smith, Carls
10-0	Julia Preston, Poway
10-0	Beth Vieira, PHL
10-0	Elise Orlando, MMesa
10-0	Nicole Antonacci, Carls
10-0	Marie Nowinski, MMesa
9-6	Nicole Robey, OG
9-6	Kelly Hobbs, GH
9-6	Julie Hudlow, RB
9-6	Nicole Pavone, SM
9-2.75	Jillian Mazzarella, 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
9-0	Roz Rideout, SP
8-6	Charity Johnson, Poway
8-6	Julia McGurk, Poway
8-6	Bev Robak, MTC
8-6	Jeny Erwin, LCC

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Best Marks

From page 15.

- 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

Long Jump:

- 18-1.75 Adrienne Farrington, RB
- 17-4.25 Jessica Thomas, ElCam
- 17-3.25 Natassaja Hall, RBV
- 17-1 Devonne Hanke, Horizon
- 17-0 Tiah Gray, UC
- 16-11.25 Nina Ropes, Fall
- 16-11 Tanicia Wallace, MontV
- 16-11 Sonfre Roberson, Morse
- 16-9.25 Angela Rochester, GH
- 16-9 Arkisha Iverson, Hoover
- 16-8.5 Qwenice Jackson, SD
- 16-7.5 Vickie Vidischak, OG
- 16-6.25 Jackie Kenney, SP
- 16-6 Laura Landry, RB
- 16-5 Mariko Gaines, MontV
- 16-4.5 Jill Sonne, WH
- 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
- 16-0.5 Katie Woolsey, Esc
- 16-0 Christy Mulroy, OLP
- 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
- 15-4 Trisha Martin, Mont
- 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, MontV
- 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, MontV
- 35-3 Mariko Gaines, MontV
- 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, PHL
- 33-8.5 Crystal Chinn, Serra
- 33-7.5 Dana Copeland, TP
- 33-7 Lydia Boonstra, CalC
- 33-6 Renee McKinney, RBV
- 33-4.5 Vickie Vidishak, OG
- 33-4.5 Katherine Dostal, WH
- 33-4.5 Keiona Clark, MontV
- 33-4.5 Holly Houchin, Ram
- 33-2.5 Qwenice Jackson, SD
- 33-1.5 Jackie Kenney, SP
- 33-1 Sabrina Cavalheiro, Helix
- 33-0.5 Melissa Lorang, UC
- No wind information:
- 37-1.75 Jane Givens, LJ
- 37-0.75 Nina Ropes, Fall
- 37-0.5 Sraeya George, Val
- 36-2.25 Bridget Files, Ram

- 35-4 Mariko Gaines, MontV
- 33-8.75 Christy Mulroy, OLP
- 33-6.5 Holly Houchin, Ram
- Windy:
- 35-7 Bridget Files, Ram
- 34-2 Vicki Vidischak, 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 Czapsinski, Poway
- 38-5 Kelly O'Laughlin, BV
- 38-2 Rhannon Henry, RBV
- 37-11 Beth Goins, ElCap
- 37-11 Amanda Poniktera, Esc
- 37-4 Shemika Morris, SR
- 37-3 Allison Bernardino, SR
- 37-1.5 Anna Pacheco, Carls
- 36-4 Ivette Medina, Vista
- 36-2.5 Amber Hood, Morse
- 35-10.75 Candace Dought, MTC
- 35-6 Martinique Akinfosile, LCD
- 35-3.5 Katie Ames, ElCap
- 34-8.5 Marissa Lattin, ElCam
- 34-5.5 Crystal Harrell, Fall
- 34-4 Michelle Vavra, Esc
- 34-3.5 Carrie Johnson, Fall
- 34-1 Alicia Minette, LJ
- 34-0.75 Angela Milazzo, Esc
- 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, MontV
- 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 Devanniah Chester, PH

- 32-5 Bernardette Tavale, Carls
- 32-3.5 Lorette Johnson, ElCam
- 32-3 Rachel Johansen, MontV
- 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
- 128-5 Malaika Stirrup, Helix
- 122-3 Katie Ames, ElCap
- 120-1 Alicia Criado, RBV
- 119-8 Michelle Czapsinski, Poway
- 118-4 Amanda Poniktera, Esc
- 117-1 Sara Cobb, Hilltop
- 116-5 Cassie Keller, ElCap
- 116-2 Shante Daniel, Serra
- 115-1 Beth Goins, ElCap
- 114-6 Stacy Mickelson, RB
- 114-6 Allison Bernardino, SR
- 114-1 Bianca Pegues, PHL
- 112-5 Kelly O'Laughlin, BV
- 111-6 Rhannon Henry, RBV
- 111-5 Annie Roberts, Poway
- 110-10 Amy Krisch, Gross
- 110-7 Cathy Schmitt, LCC
- 109-9 Shemika Morris, SR
- 109-7 Lacey Williams, Lincoln
- 109-2 Angela Milazzo, Esc
- 108-9 Amber Tiffany, GH
- 108-7 Roberta Cook, Esc
- 107-6 Anna Pacheco, Carls
- 107-3 Carrie Johnson, Fall
- 107-2 Darlene Martinez, CV
- 107-2 Charidy Loeh, Morse
- 106-9 Michelle Singleton, Coro
- 106-6 Michelle Vavra, Esc
- 104-11 Alicia Minette, LJ
- 104-4 Marisa Lattin, ElCam
- 104-0 Hillaria Matteo-Silva, CP
- 103-8 Michelle Bean, Santana
- 102-11 Devanniah Chester, PH
- 102-6 Ivette Medina, Vista
- 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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