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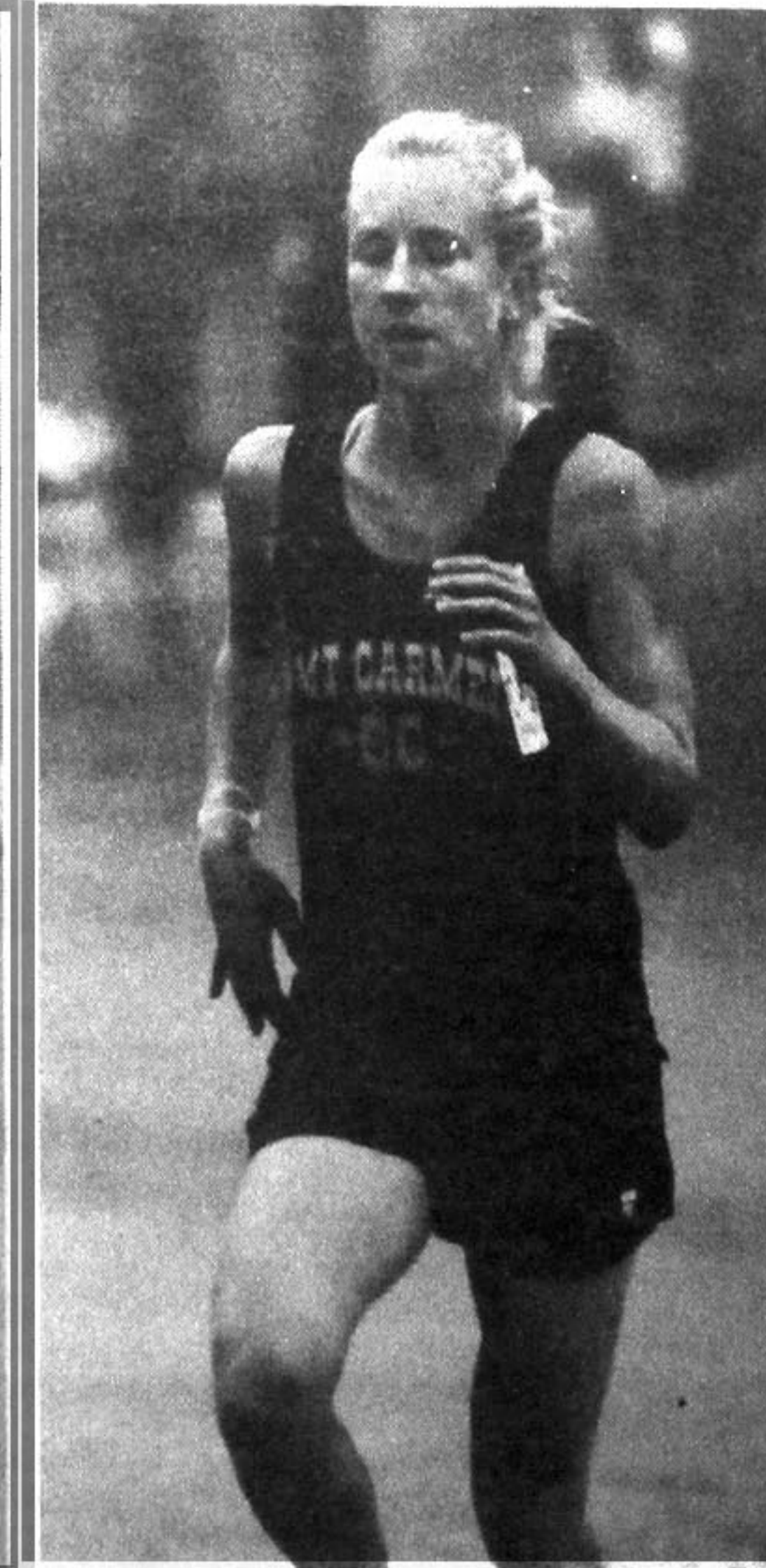
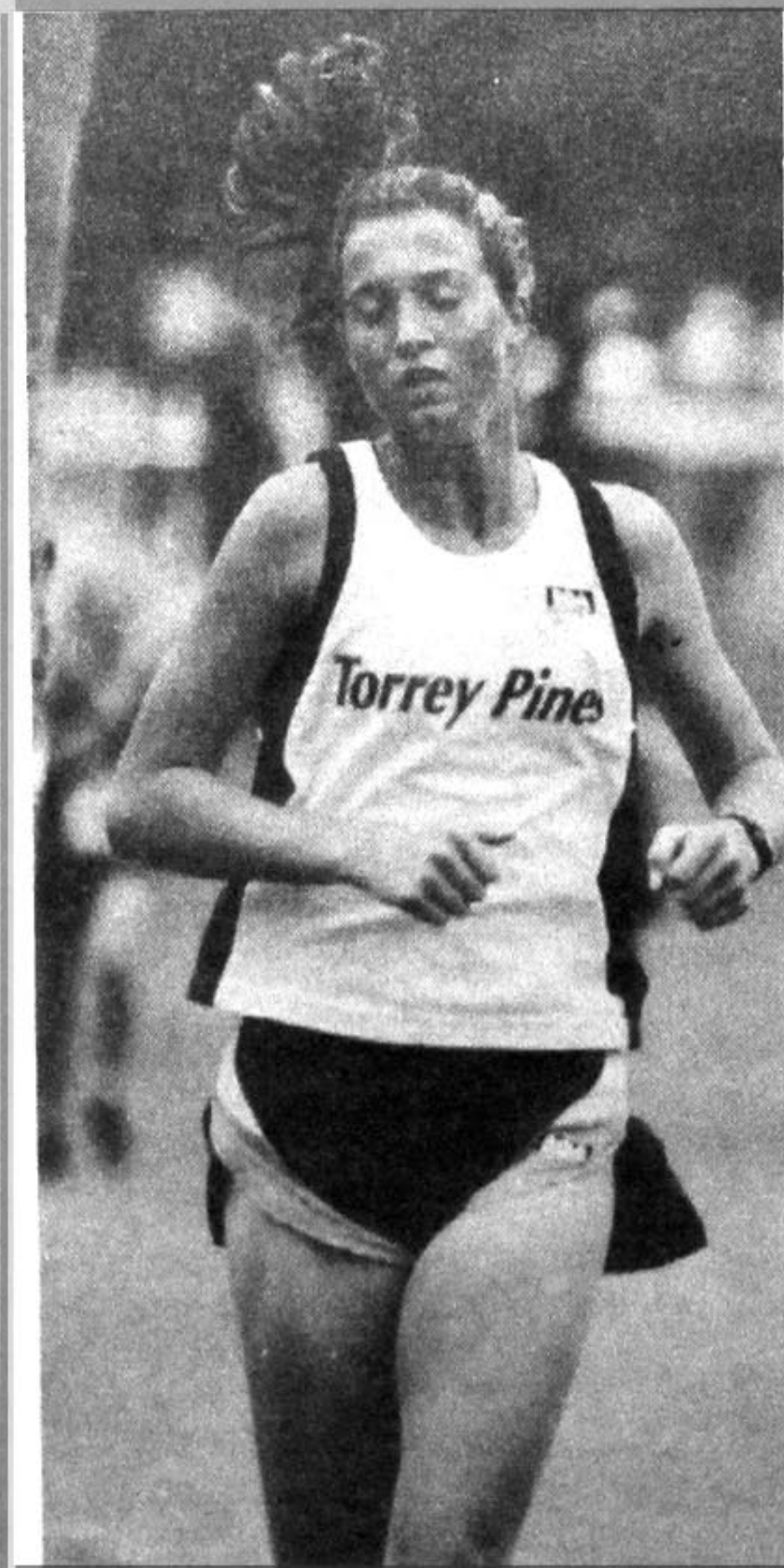
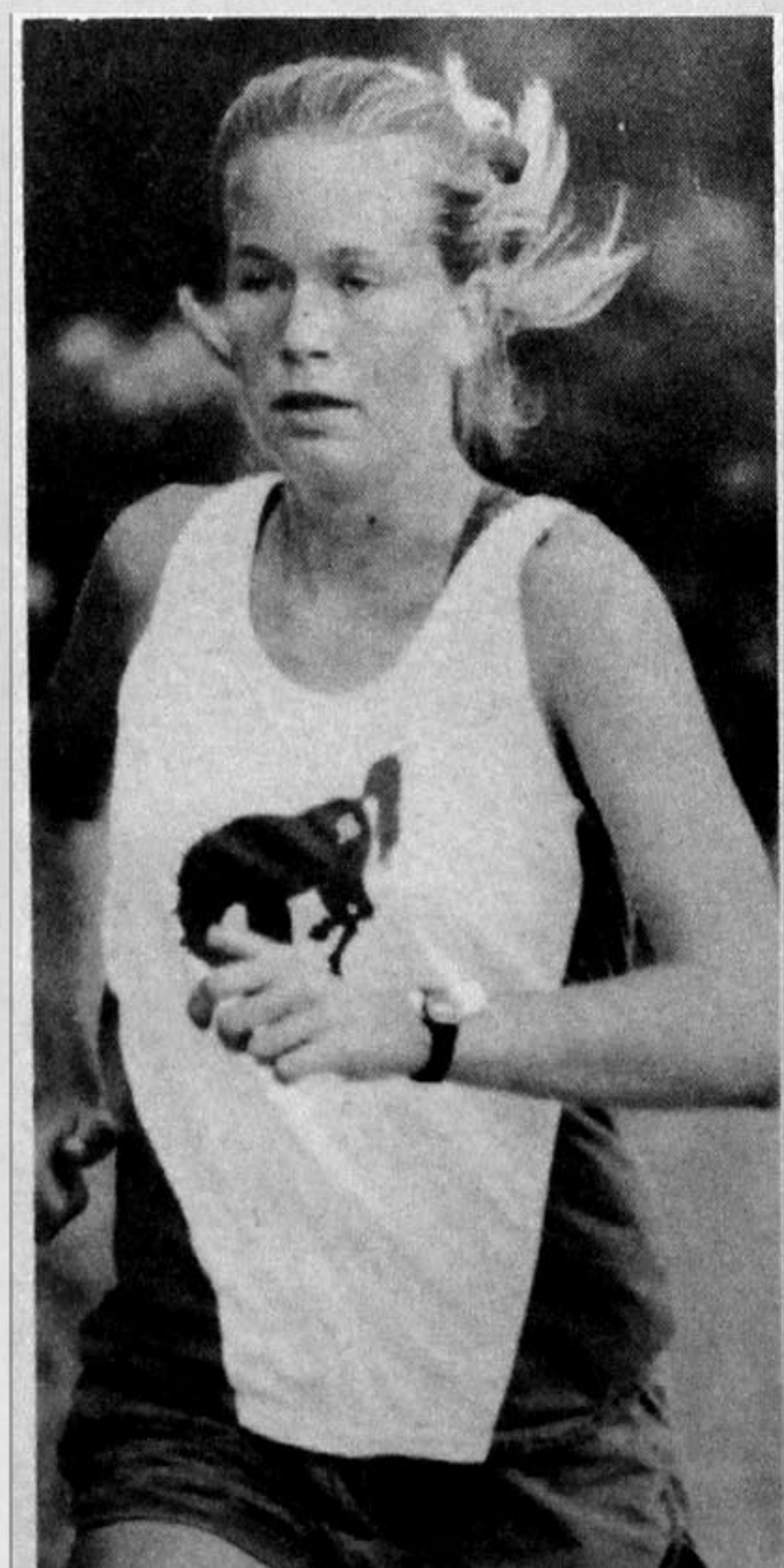
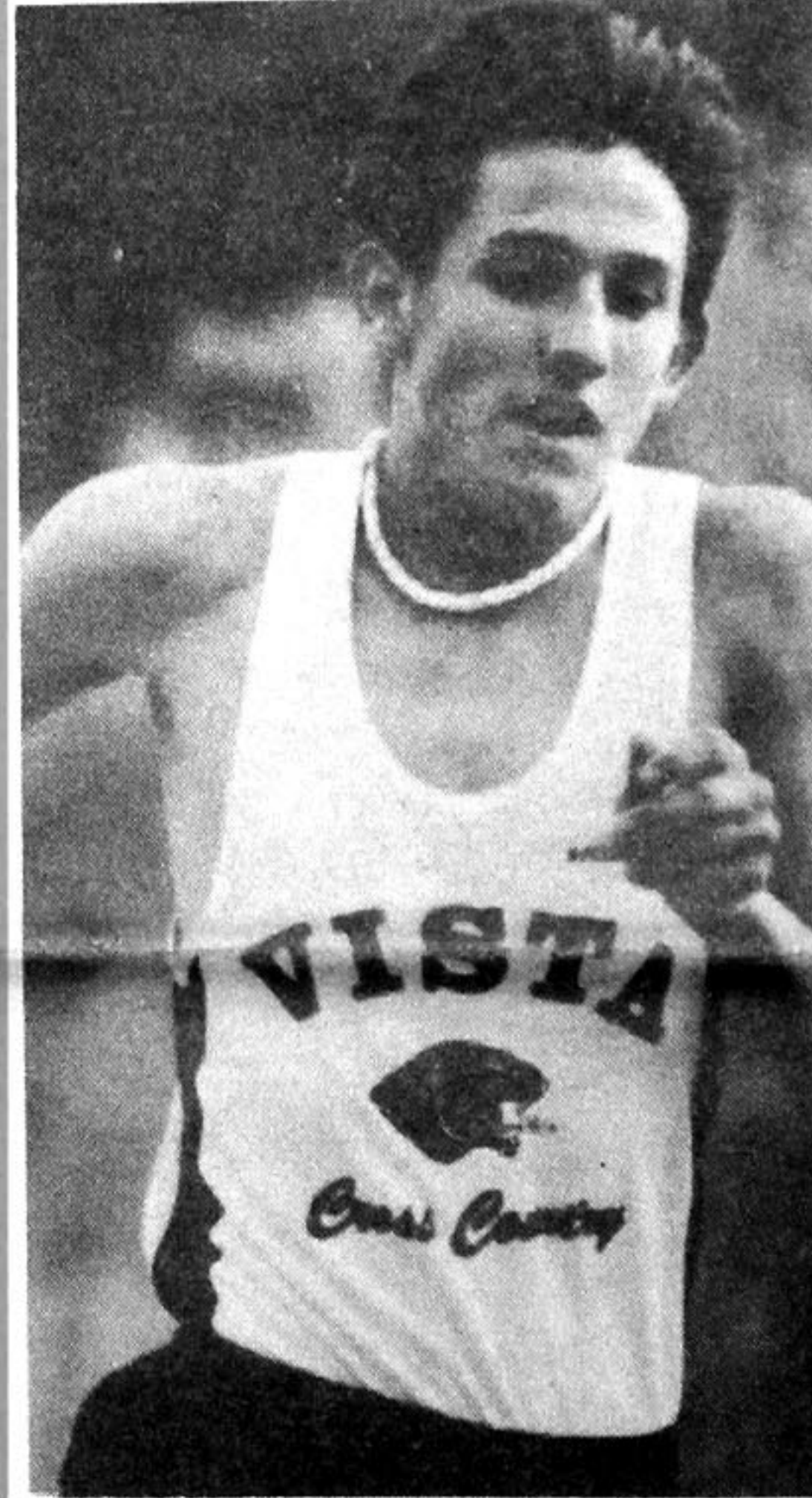
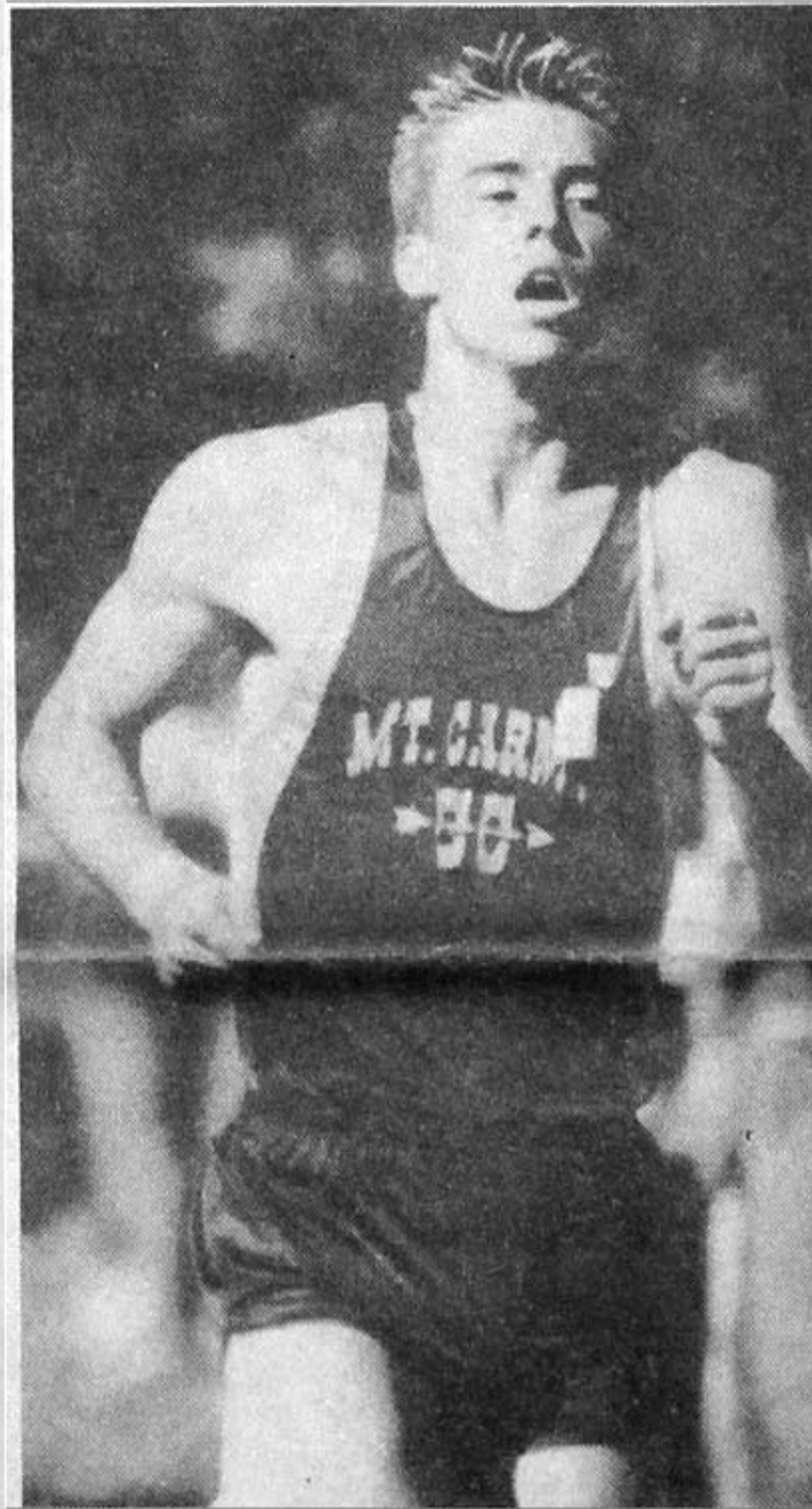
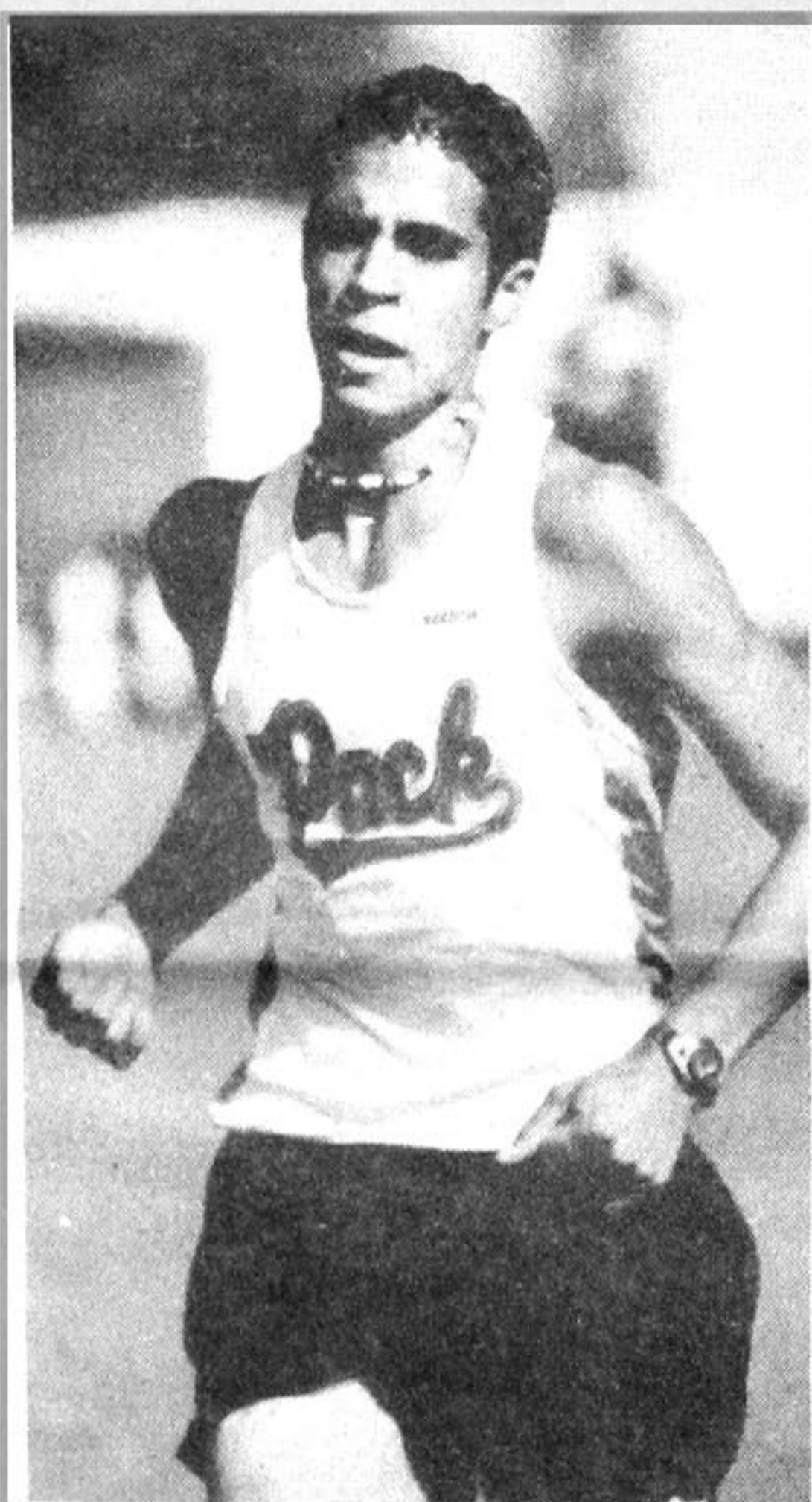


MAGAZINE

Volume V, Number 2 -- October 8, 1999

The best in local prep cross country coverage

The usual suspects...



What's News...

Locally, the Rancho Bernardo girls are ranked number one. Statewide, the Mt. Carmel girls are ranked number two behind Peninsula. See our exclusive local rankings, and the state poll on page 2.

At Stanford, Julie Komosinski and Matt McInvale won races in impressive fashion; and a number of local teams ran their best races of the year. See page 3.

At Dana Hills, Vista, Poway and Mt. Carmel left scorch marks on "the fastest course on the planet." The three boys teams had the fastest team times of the day, as did Mt. Carmel's girls. See page 4.

At South Bay, Valley Center's young boys team may have come of age. RB's girls won without Allison Hall, and the West Hills boys won easily. See pages 4-5-6.

Highly regarded Southern Section teams were left behind by fast local runners at Mt. Carmel/Movin' Shoes. Julie Komosinski and Matt McInvale ran the day's fastest races. See pages 6-7-8.

Other results:

Woodbridge, pages 8-9.

Baron, page 9.

Bronco, pages 9-10-11.

Norseman, pages 11-12.

Wolfpack, page 12.

The Division I CIF races promise to be exciting team battles. All of the runners here are expected to play key roles for teams trying to qualify for a trip to Fresno. Top: Ben Aragon (West Hills), Chris Kenyon (Mt. Carmel), Ryan Montez (Vista). Bottom: Julie Manson (Rancho Bernardo), Krista Romley (Torrey Pines), Karen Vasko (Mt. Carmel).

Local Rankings

BOYS:

1. Vista
2. Poway
3. West Hills
4. Mt. Carmel
5. Scripps Ranch
6. Fallbrook
7. La Jolla
8. Granite Hills
9. St. Augustine
10. Valley Center

Others:

Chula Vista
Rancho Bernardo
San Pasqual
Ramona
Escondido

GIRLS:

1. Rancho Bernardo
2. Mt. Carmel
3. Torrey Pines
4. La Jolla
5. University City
6. West Hills
7. Valhalla
8. Carlsbad
9. Chula Vista
10. Fallbrook

Others:

Vista
Valley Center
Poway
Bonita Vista

State Rankings:

(Rankings determined after Dana Hills and South Bay, but before Stanford Invite.)

BOYS:

Division I:

1. Don Lugo
2. Katella, Anaheim
3. Clovis
4. Belmont, Los Angeles
5. Vista
6. Poway
7. Mt. Carmel

Division II:

4. Scripps Ranch
8. La Jolla

Division IV:

7. Valley Center

Division V:

8. Calvin Christian

GIRLS:

Division I:

1. Peninsula
2. Mt. Carmel
3. Yucaipa
4. Rialto
5. Rancho Bernardo

Division II:

9. La Jolla
10. University City

TRACK MAGAZINE

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Stanford Invitational: Komosinski, McInvale win races; area runners hold own

The Stanford Invitational is the season's first intrastate benchmark meet, with a number of good out-of-state teams also in the mix.

The San Diego Section, represented by teams from seven schools, came up big.

Torrey Pines junior Julie Komosinski won the Division I race in 18:32 over the 3.1-mile rolling grassy course, and her teammates placed second in the race. The winner was a team from Oregon, making Torrey the top California team in the race.

The Falcons were helped by good efforts from a trio of sophomores, with Krista Romley (18th), Lauren Jeffers (27th) and Hailey Moore (31st) being key. Jeffers and Moore moved up to the varsity after good efforts at the South Bay Invite a week earlier.

For Torrey, it was another slight closing of the gap between them and the Section's top two teams, Rancho Bernardo and Mt. Carmel.

Komosinski won her race by 0:21 seconds, and her time was the third fastest of the day.

Ramona's McInvale was also in control in winning the Division II race in 15:33. His margin was 0:13 seconds, and his run was the fourth fastest of the day. The Ramona boys, in a mild surprise, were sixth in the competition.

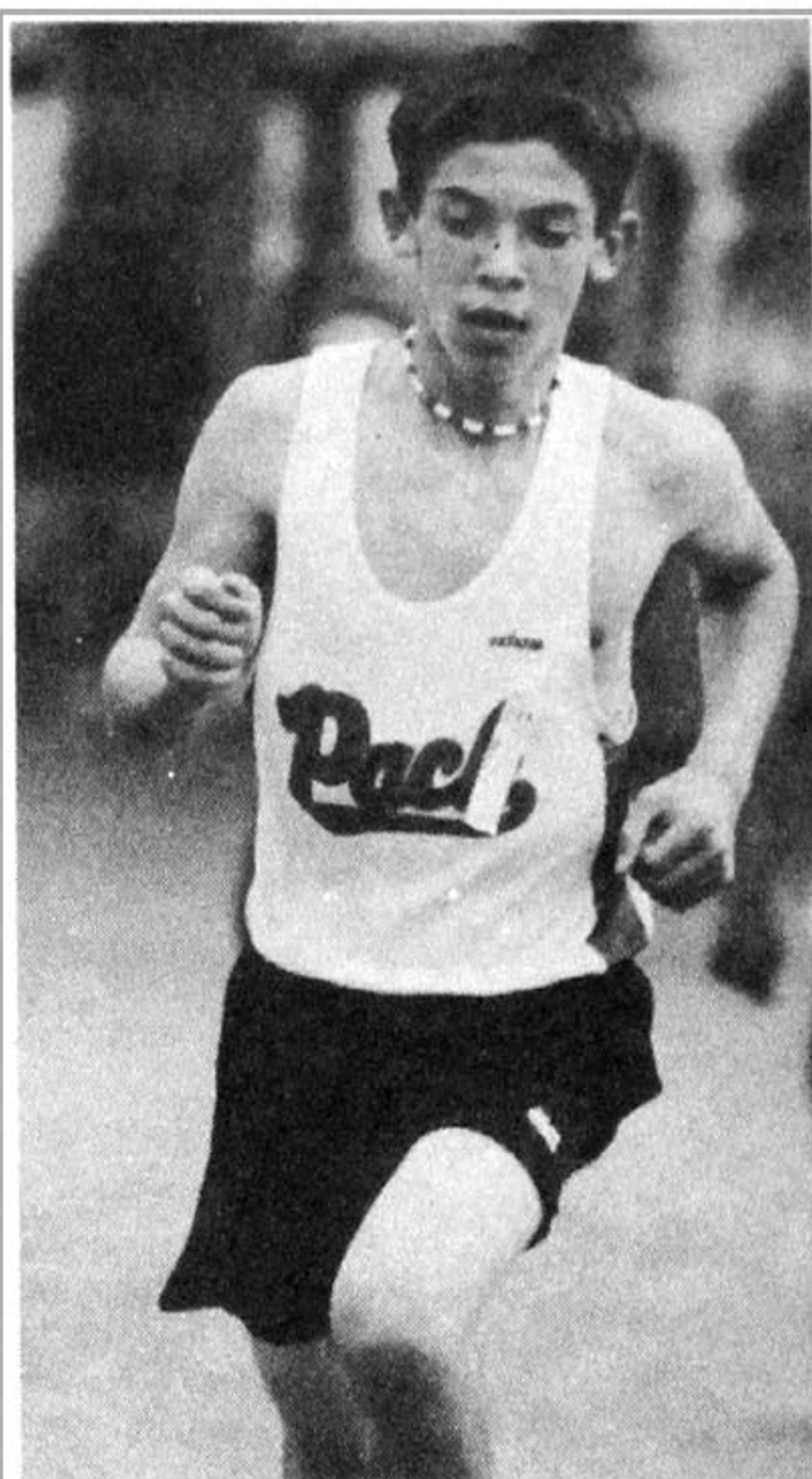
West Hills boys team looked sharp in the Division I race, taking fourth. Oregon teams went one-two, and the state's top-ranked team, Don Lugo, was third, 26 points ahead of the Wolfpack.

Evan Fox led the Pack with a 15:48, and Ben Aragon ran 16:15. Dan Sutton-Kane (16:30) was just 0:15 seconds behind Aragon, and soph Kevin Schible was just 0:10 seconds back of Sutton-Kane. If the Wolfpack continue to tighten up their spacing in the mid-pack, they'll be competitive at the end of the season.

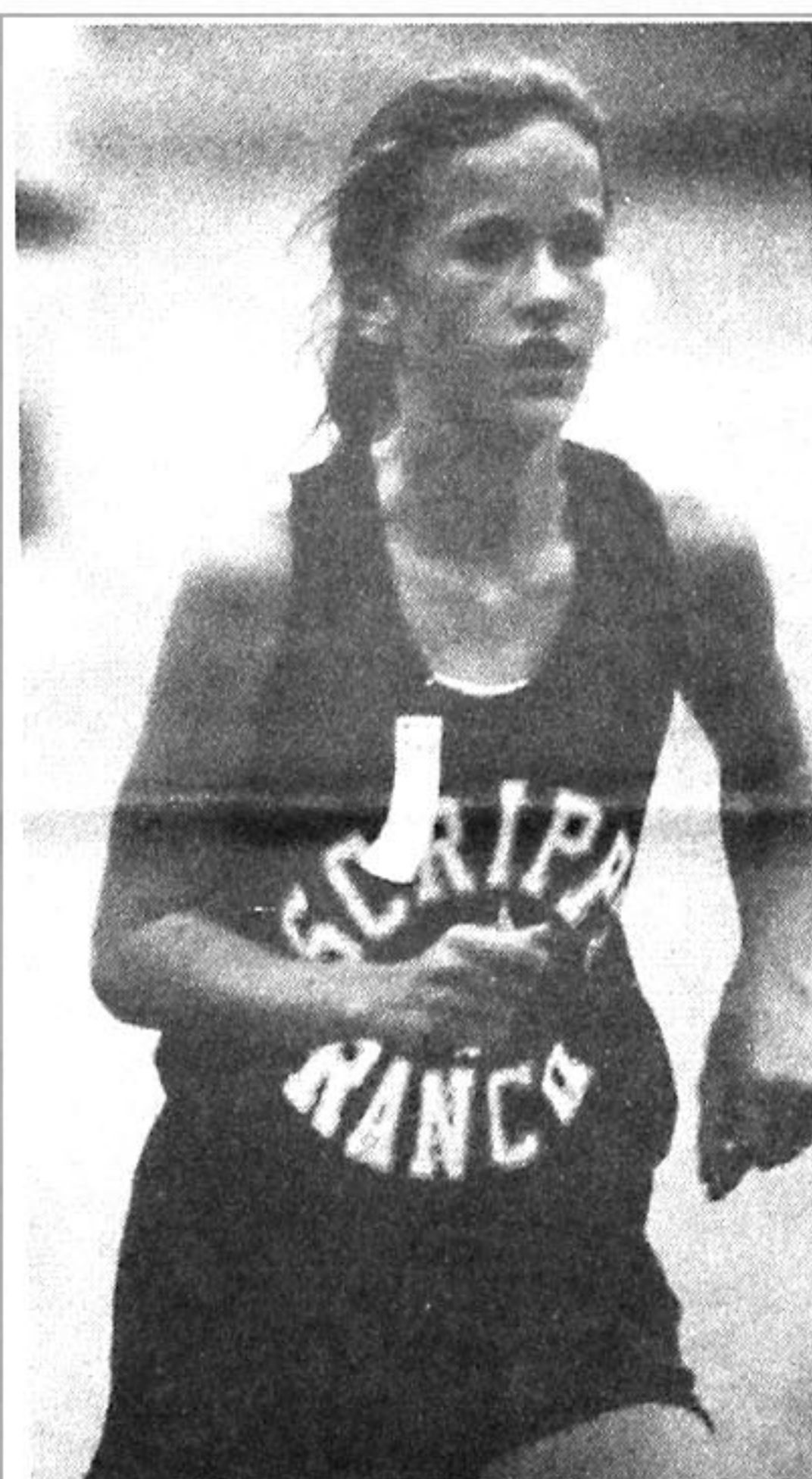
West Hills and Don Lugo hooked up last spring in the Distance Medley relay at the Arcadia Invitational, with the Pack coming from behind to win the race.

Scripps Ranch boys' team was second in the Division II race, behind good efforts from Brendan Riordan, Raphael Machado, Jonathan Hester and Mike Comstock.

St. Augustine's boys team took third in the Division IV race, with



Dan Sutton-Kane
West Hills



Lindsay Giolzetti
Scripps Ranch

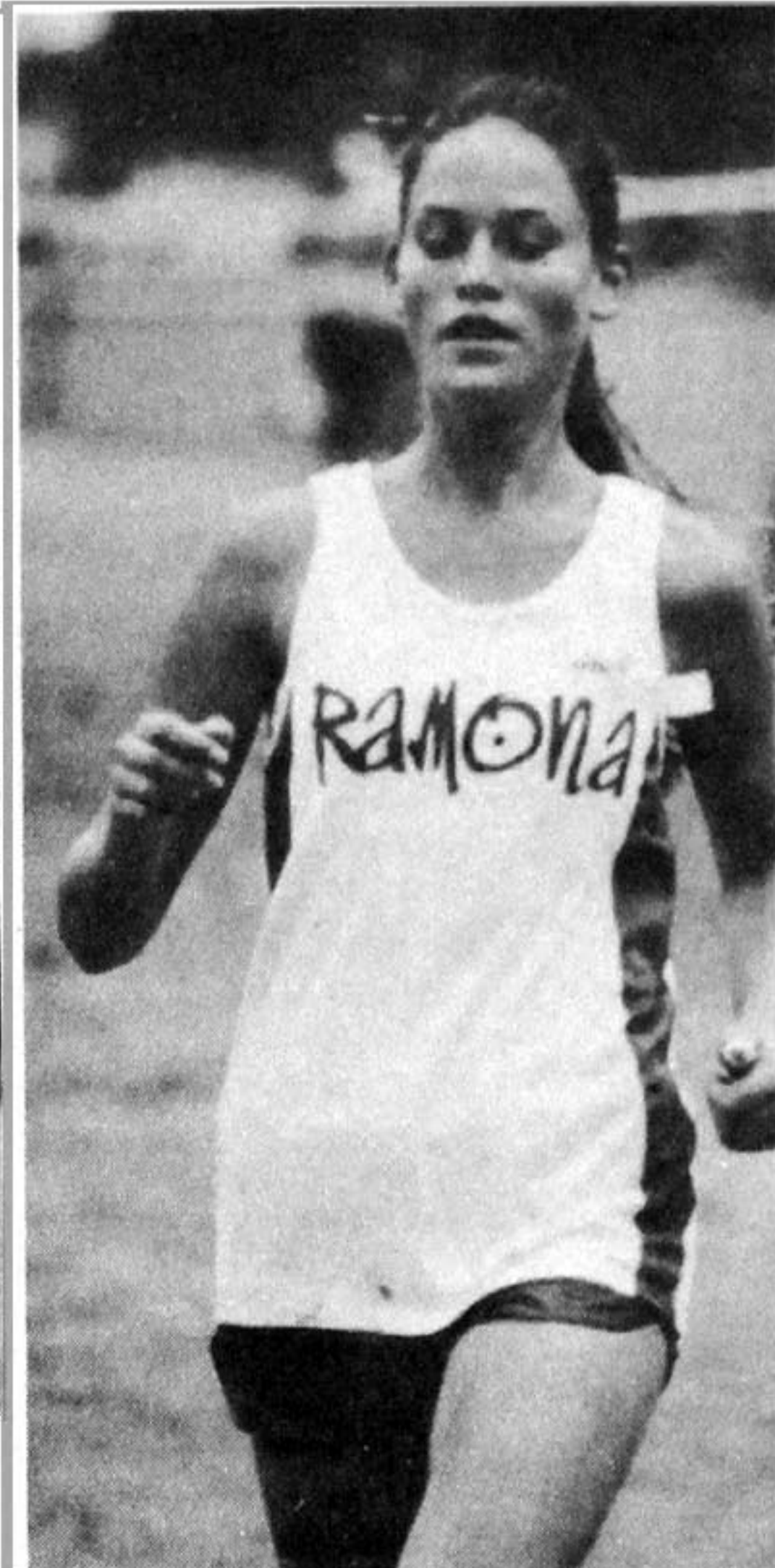
Ryan Moorcroft leading the way. Matt Herriman, Drew Bouchard and Pat Barrett finished in an 0:11 second grouping to help the cause.

The Division I girls team race also saw West Hills (sixth) and Valhalla (seventh) run well. The Division II girls race had University City finish sixth. In team times, those three local schools all put up totals within a 0:15-second range, putting them all on a nearly equal footing, at least based on this race.

San Dieguito Academy's Jenna Timinsky competed as an individual in Division IV, and was third in that race, in 19:12. It was the second fastest time of the day by a San Diego-area runner, trailing only Komosinski.

The Results:

At Palo Alto, Saturday, Oct. 2. Conditions: rolling, grassy



Loretta Kilmer
Ramona



Chessa Adsit-Morris
University City

course; reasonable temperatures; large fields of runners.

BOYS (3.1 miles):

Scores:

Division I: 1. Bend, Oregon 66; 2. Klamath, Oregon 86; 3. Don Lugo, 143; 4. West Hills 169.

Division II: 1. Eureka 68; 2. Scripps Ranch 162; 6. Ramona 234.

Division III: 1. South Hills 89.

Division IV: 1. Central Valley 93. 3. St. Augustine 159.

Division V: Flintridge Prep 24.

Fastest San Diego runners:

15:33 Matt McInvale, Ramona1
15:48 Evan Fox, West Hills1
16:15 Ben Aragon, WH2
16:30 Dan Sutton-Kane, WH3
16:33 Ryan Moorcroft, St.Aug1
16:40 Kevin Schible, WH4
16:44 Brendan Riordan, ScrippsRch1
16:47 Raphael Machado, ScR2
17:04 Matt Herriman, StA2
17:05 Jonathan Hester, ScR3
17:05 Brian Bauerle, WH5
17:06 David Santos, Valhalla1
17:10 Mike Comstock, ScR4
17:11 Drew Bouchard, StA3
17:15 Pat Barrett, StA4
17:20 Jon Shellhammer, Ram2

17:20 Charles McKeown, UniCity1
17:26 Tim McKeon, WH6
17:29 Jon Aguilar, WH7
17:30 Carlos Sanchez, Ram3
17:33 Kenny Lawrence, Ram4
17:35 Matt Wexler, ScR5
17:40 Ricky Roane, Ram5
17:43 Craig Nowakowski, Val2
17:50 Kip Madden, Val3
17:56 Richard Clingman, Ram6
17:57 Andrew Garrett, UC2
18:08 Caleb Garlipp, ScR6
18:12 David Del Llano, Ram7
18:20 Sean Mann, UC3
18:23 Carlos Brown, UC4
18:33 Jon Gardner, StA5
18:35 Chris Brindle, ScR7
18:36 John Israel, StA6
18:46 Jason Brown, Val5
18:52 Ryan Dykman, Val5
18:57 Joel Niernan, UC5
19:09 Edgar Hernandez, UC6
19:15 Robert Raney, Val6
19:22 Brian Boyles, Val7
19:23 Jeff Guido, UC7

TEAM TIMES:

(Total time of five fastest runners from each team.)

82:18 West Hills
85:21 Scripps Ranch
85:36 Ramona
86:36 St. Augustine
90:17 Valhalla
90:57 University City

GIRLS (3.1 miles):

Scores:

Division I: Jesuit, Portland, Oregon 68; 2. Torrey Pines 123; 3. Clovis 177; 6. West Hills 272; 8. Valhalla 276.

Division II: 1. Foothill, Santa Ana 92; 6. University City 270; 10. Scripps Ranch 324.

Division III: 1. San Leandro Valley 65.

Division IV: Corona del Mar 27.

Fastest San Diego runners:

18:32 Julie Komosinski, TorreyPns1
19:12 Jenna Timinsky, SanDiegoAc1
20:03 Krista Romley, TP2
20:06 Loretta Kilmer, Ramona1
20:16 Lindsay Giolzetti, ScrippsRch1
20:16 Chessa Adsit-Morris, UniCity1
20:17 Lauren Jeffers, TP3
20:21 Kristina Nugent, West Hills1
20:23 Hailey Moore, TP4
20:38 Julia Kermott, Valhalla1
20:46 Kristi Pinnell, Val2
20:47 Katherine Ziegler, UC2
20:56 Talina Konotchick, UC3
20:56 Ashley Handy, WH2
21:02 Rachel Golick, TP5
21:03 Becca Bartell, WH3
21:04 Stephanie Casler, Val3
21:08 Rebecca McKeown, UC4
21:09 Shawna Winfrey, WH4
21:14 Emily Prout, ScR2
21:22 Laura Alessio, TP6
21:22 Laurie Labrado, ScR3
21:24 Lesley Bravin, Val5
21:24 Amanda Cummings, ScR4
21:28 Cassie Kuske, WH5
21:30 Jackie Dale, WH6
21:33 Alicia Demoe, WH7
21:34 Leslie Mitchell, Ram2
21:37 Laura Cohen, UC5
21:39 Rachel Simmons, Ram3
21:40 Bre Goetz, Ram4
21:51 Grace Anderson, ScR5
21:56 Ashley Orr, TP7
21:56 Karissa Teitsch, UC6
22:09 Carolyn Crews, UC7
22:15 Melinda Hammack, Val6
22:21 Vanessa Castillo, ScR6
22:34 Maureen Rodriguez, Val7
23:38 Camille Lucio, Ram5
23:41 Shanna Cohen, ScR7
23:50 Jenny Wilcoxson, Ram6
24:13 Kristin Spivey, Ram7

TEAM TIMES:

(Total time of five fastest runners from each team.)

100:17 Torrey Pines
104:45 University City
104:57 West Hills
105:00 Valhalla
106:07 Scripps Ranch
108:37 Ramona

Dana Hills Invitational:

Vista, Poway boys, Mt. Carmel boys, girls all look sharp

Is any course faster than the Dana Hills speedway?

An internet cross country website described Dana Hills as "the fastest course on the planet."

OK, the times are unreal, but all teams run the same course.

So it was significant that three San Diego boys teams, Vista, Poway and Mt. Carmel, came up with the fastest "team times" of the day in the boys races, and that the Mt. Carmel girls team had the best set of marks in girl racing.

The team times were culled from a series of grade level races, held in three different divisions, over the course of the day.

Vista's five fastest boys averaged 15:02.2, marginally ahead of Poway's average of 15:02.4. Mt. Carmel's boys put up a 15:09.0 average. If this was a preview of what will happen later in the season, the Palomar finals and the CIF finals will be razor-close.

Three other San Diego area boys teams also had team averages of under 16:00 minutes.

Fastest individual times by locals were recorded by the Vista trio of Ryan Montez (14:40), Justin Neuroth (14:42) and Jared Emmons (14:45).

The Mt. Carmel girls put up a truckload of fast times, paced by Janet Mulvey's 17:24 and Deanna Sick's 18:00. Ashlee Dere and Karen Vasko clocked 18:14 and 18:20.

Mt. Carmel coach Dennis McClanahan thought that the course may have been slightly short of the advertised distance of 3 miles.

The Results:

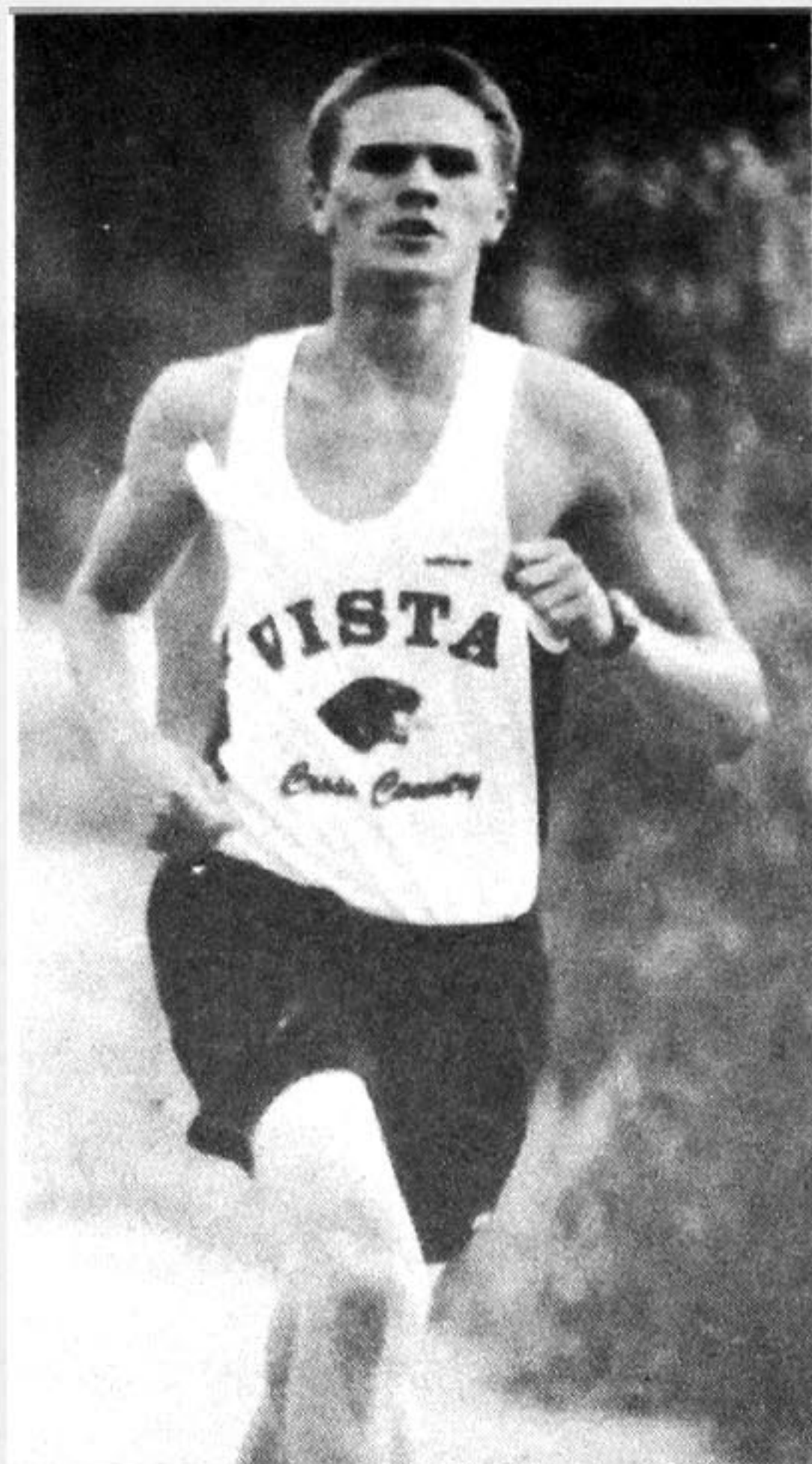
At Dana Hills High School, Saturday, Sept. 25. Races were divided into divisions, and also by grade level. One exception: junior/senior girls ran in one race.

The course is mostly flat, mostly on a hard, fast surface, with the finish situated lower than the starting point. It more closely resembles a fast road race course than a cross country course.

BOYS (3.0 miles):

The fastest San Diego runners.

14:40 Ryan Montez, Vista
14:42 Justin Neuroth, Vis
14:45 Jared Emmons, Vis
14:47 Chris Kenyon, Mt. Carmel
14:50 Josh Pope, Poway
14:51 Michael Manzano, Chula Vista
14:53 Alan Aradanas, MtC
14:55 Mike Cooke, MtC
15:00 Pat Prunty, Pwy
15:05 Aaron Powell, Pwy



Jared Emmons
Vista

15:09 Luke McGinnis, Pwy
15:09 Tim Helms, Pwy
15:15 Brendan Riordan, ScrippsRch
15:19 Devin Lyons-Quirk, Pwy
15:21 Jonathan Hester, ScR
15:22 Nick Thornton, RanchoBV
15:25 Mark Baddas, Vis
15:26 Mike Comstock, ScR
15:35 Sergio Esquivel, MtC
15:35 Abadir Barre, MtC
15:35 Will Kramer, Army NavyAcad
15:36 Aaron Trunnell, RBV
15:39 Leo Blasius, Vis
15:39 Joe Aguilar, Vis
15:45 Brian Eaton, CV
15:46 Ramon German, Vis
15:47 Nico Cueva, Escondido
15:50 Irving Franklin, Vis
15:51 Ben Bruce, MtC
15:51 John Bentley, MtC
15:54 Brandon Zelones, Mira Mesa
15:57 Chris Ryan, Pwy
15:58 Eric Richey, Mission Bay
16:00 Jonathan Cordes, Esc
16:02 Kevin Swain, Pwy
16:02 Colin Cornforth, Oceanside
16:03 Andres Padilla, CV
16:04 James Hein, Vis
16:04 Steve Ryan, MtC
16:06 Chad Young, Calvin Christian
16:09 Scott Cook, MtC
16:11 Matt Wexler, ScR
16:11 Ben Miedema, Carlsbad
16:11 Alex Fromer, MtC
16:12 Nick Danza, Vis
16:17 Shaun Ferris, RBV
16:17 Troy McAdams, RBV
16:17 Jose Banuelos, Vis
16:18 Artemio Mateo, RBV
16:18 Stephen Servis, Esc
16:21 Chris Burnham, Carls
16:21 Brett Cook, MtC
16:22 Chris Brindle, ScR
16:22 Brandon Frohnofer, MtC
16:23 Nick Kelleher, Vis
16:23 Eduardo Mariscal, CV
16:23 Carlos Belloso, CV
16:23 Joey Sheffer, Carls
16:27 Appollo Mariscal, CV
16:27 Josh Galindo, CV
16:29 Ken Dekada, MtC
16:2x James Barlow, Esc
16:35 Joe Voshell, Esc
16:41 Steven Daniels, Carls
16:45 Eric Royce, MB
16:46 Brandon DeYoung, CalC
16:46 Jesse Shipley, CalC
16:48 Trevor Mulvey, Carls
16:50 James McCarthy, Pwy
16:50 Jeff Lucas, Pwy
16:56 Caleb Garlipp, ScR
16:57 David Schertzer, Carls
16:58 Brian Lass, MiraM
16:59 Saviz Sepah, MiraM

Team Times

(Total of five fastest times from each team; from all races.)



Ashlee Dere
Mt. Carmel

75:11 Vista (15:02.2 avg.)
75:12 Poway (15:02.4)
75:45 Mt. Carmel (15:09.0)
78:35 Scripps Ranch (15:34.0)
79:26 Chula Vista (15:53.2)
79:51 Rancho Buena Vista (15:58.2)
81:08 Escondido (16:13.6)
82:34 Carlsbad (16:30.8)
84:04 Calvin Christian (16:48.8)
85:56 Mira Mesa (17:11.2)
86:10 Mission Bay (17:14.0)
88:06 Army Navy Acad (17:37.2)
90:31 Oceanside (18:06.2)

Missing runners:

Scripps Ranch: Raphael Machado.

GIRLS (3.0 miles):

The fastest San Diego runners.

17:24 Janet Mulvey, Mt. Carmel
18:00 Deanna Sick, MtC
18:03 Mythili Duvvuri, Chula Vista
18:04 Katie Baker, Poway
18:06 Bertha Ojeda, CV
18:14 Ashlee Dere, MtC
18:20 Karen Vasko, MtC
18:25 Felisha Mariscal, CV
18:29 Sophia Marquez, CV
18:31 Katie O'Connell, Carlsbad
18:37 Stephanie Baird, Helix
18:39 Elizabeth Harns, Hx
18:40 Erica Lopez, Vista
18:46 Manal Yamout, MtC
18:48 Dori McGuire, Mira Mesa
18:52 Tiffany Lee, Vis
18:52 Audrey Harrer, MtC
18:56 Kelly Platko, Carls
18:59 Sarah Dadkhah, MtC
19:02 Meredith Harns, Hx
19:06 Rose Serna, Mission Bay
19:06 Daniella Fromer, MtC
19:07 Aubrey Boag, Pwy
19:13 Deanna Lynn, Carls
19:14 Michelle Miller, Vis
19:17 Melanie Monroe, Pwy
19:18 Lindsay Giolzetti, ScrippsRch
19:20 Danielle Holden, Pwy
19:21 Angela Garcia, RanchoBV
19:23 Rebecca Swilley, Vis
19:24 Maria Mendoza, Vis
19:24 Darla Reader, CV
19:27 Laura Guzman, Escondido
19:30 Sarah Cates, Carls
19:41 Amy Vasko, MtC
19:41 Laurie Labrado, ScR
19:48 Mallana Dressell, Carls
19:52 Emily Prout, ScR
19:53 Kim Vinzant, Vis
19:55 Tara Witte, Pwy
19:58 Kim Nessell, MtC
20:00 Britt Jennings, Pwy
20:00 Grace Anderson, ScR
20:00 Kelli Jodoin, MiraM

Team Times:

(Total of five fastest times from each team; from all races.)

90:44 Mt. Carmel (18:08.8 avg.)

94:17 Chula Vista (18:51.4)
94:45 Vista (18:57.0)
95:48 Poway (19:09.6)
95:58 Carlsbad (19:11.6)
98:05 Helix (19:37.0)
99:05 Scripps Ranch (19:49.0)
101:28 Mira Mesa (20:17.6)
102:41 Escondido (20:32.2)
103:55 Rancho Buena Vista (20:47.0)

Missing runners:

Carlsbad: Jessie Ansari.

RBV: Nastassaja Hall, Courtney Allen.

South Bay Invitational:

Pack boys, RB girls win; Valley Center takes two

West Hills' boys and Rancho Bernardo's girls both won the large schools teams races, and Valley Center won both small schools team races at this year's South Bay Invite.

Evan Fox paced the Wolfpack, recording the fastest time of the day, 16:20, over a 3.1-mile course that did not yield fast times.

RB's girls were missing Allison Hall and Jamie Doyle, but they still had enough to hold off Torrey Pines, which had Julie Komosinski put up the fastest girls time of the day, a 14:57 over the 2.47-mile layout.

Valley Center's win in the small school girls race was not a surprise, but their boys team has emerged as a surprisingly strong unit. In winning their team race, they outpointed San Pasqual, St. Augustine and Mar Vista, among others. Most significant was their head-to-head effort against the Saints, which will be their chief rival in the CIF Division IV race next month.

A number of teams were missing key runners in the meet, which negates some of the comparisons experts can usually make from this meet. Also, a few of the lead runners in both small schools varsity races ran off-course, making their times slower.

The Results:

At Southwestern College, Saturday, September 25. Conditions: overcast skies for first few races, gradually clearing to sunny and warmer for final races. Course was rolling, with some sandy footing. The consensus was that it did not produce fast times.

BOYS (3.1 miles):

The fastest ten, all races:

16:20 Evan Fox, West Hills
16:25 Sean Ricketts, Rancho B'rdo
16:31 Ben Aragon, WH
16:40 Efrain Casarez, Fallbrook
16:56 Taylor Williams, Helix
17:02 Ryan Maynard, Granite Hills
17:09 Blake Swier, Mar Vista
17:09 Dan Sutton-Kane, WH
17:14 Eric Koster, La Jolla
17:15 Doug Dukes, Newport Harbor
Division I Varsity:
16:20 Evan Fox, West Hills
16:25 Sean Ricketts, Rancho B'rdo
16:31 Ben Aragon, WH
16:40 Efrain Casarez, Fallbrook

Please turn to page 5.

South Bay

From page 4.

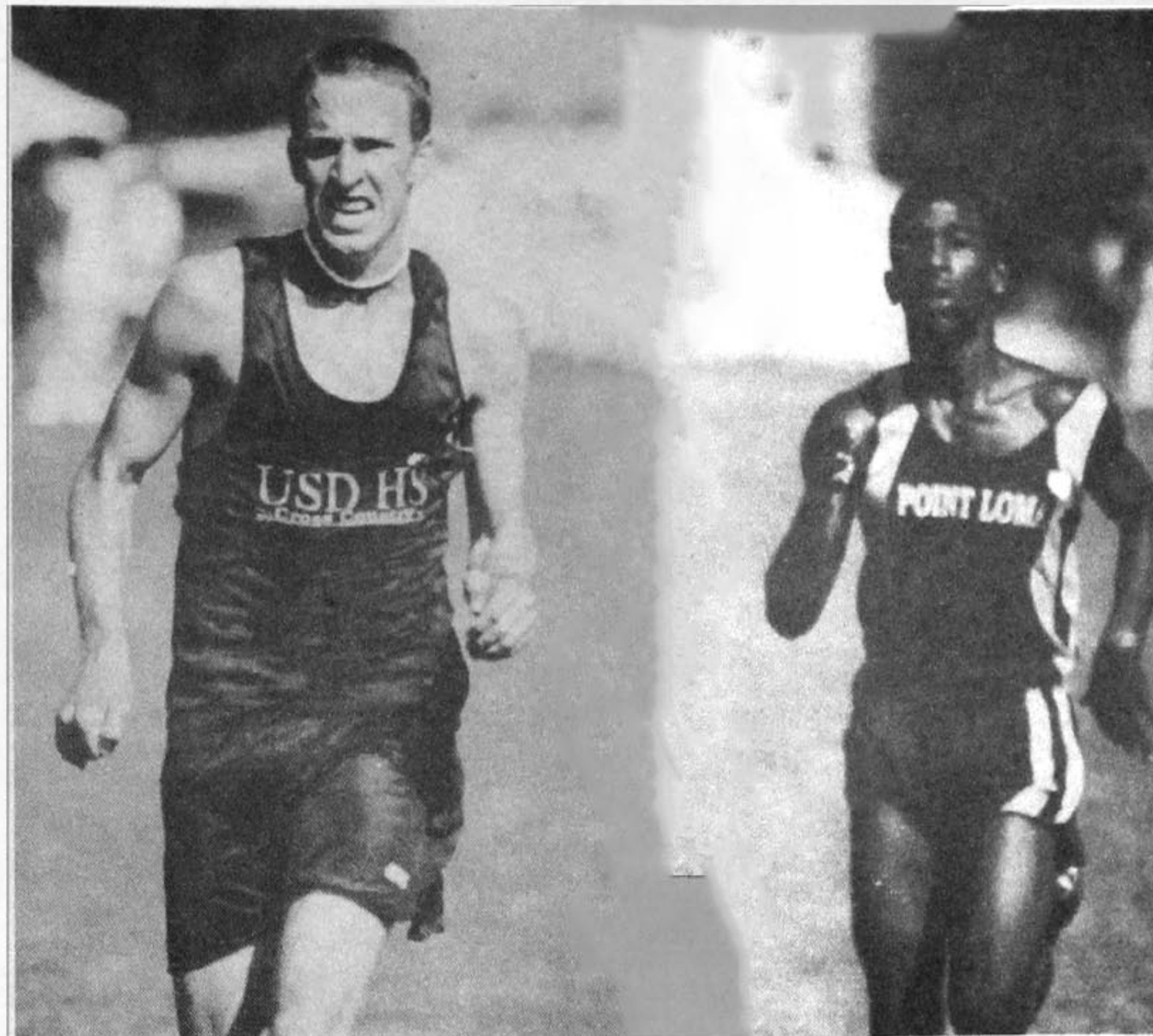
16:56 Taylor Williams, Helix
 17:02 Ryan Maynard, GraniteHills
 17:09 Dan Sutton-Kane, WH
 17:14 Eric Koster, La Jolla
 17:15 Doug Dukes, NewportHarbor
 17:23 Chris Ferrier, LJ
 17:25 David Santos, Valhalla
 17:29 Justin Mattos, Fall
 17:31 Kevin Schible, WH
 17:39 Chris McMillen, NH
 17:40 Charles McKeown, UnivCity
 17:42 Scott Davis, LJ
 17:43 Lyle Driscoll, El Capitan
 17:43 David Garlick, Fall
 17:44 Aaron Hernandez, BonitaVsta
 17:44 Mike Shannon, RB
 17:45 Navid Hassanzadeh, TorreyP
 17:46 Brian Bauerle, WH
 17:47 Luis Reyna, Sweetwater
 17:49 Josh Rivera, GH
 17:49 Kevin Nolan, TP
 17:50 Larry Koster, LJ
 17:50 Cameron Sanders, RB
 17:52 Jake Fulton, RB
 17:53 Chris Gausepohl, Fall
 17:53 Josh Edgington, GH
 17:55 John Peschett, NH
 17:58 Jovany Sotelo, Sweet
 17:59 Jon Aguilar, WH
 17:59 Alex Serrano, GH
 18:02 Mike Albo, RB
 18:05 Andrew Garrett, UC
 18:06 Mark Dionela, Sweet
 18:06 Abdi Abdi, Sweet
 18:07 Joel Furman, NH
 18:11 Jon Dunbar, LJ
 18:12 Jimmy Ungricht, Fall
 18:13 Craig Nowakowski, Val
 18:14 Brandon Vielguth, GH
 18:17 Dustin Whitson, BV
 18:18 Jimmy Schroeder, Hilltop
 18:20 Kip Madden, Val
 18:22 Edgar Hernandez, UC
 18:24 Ryan Crim, RB
 18:31 Brandon Behr, LJ
 18:33 unid., BV

Finishers: 95.

Scoring: West Hills 46, La Jolla 100, Fallbrook 104, Rancho Bernardo 112, Granite Hills 137, Newport Harbor 150, Sweetwater 198, Valhalla 217, University City 224, Bonita Vista 230, Torrey Pines 265, Helix 299, El Capitan 344, Hilltop 365. Morse, no score.

Division II Varsity:

17:09 Blake Swier, Mar Vista
 17:26 Ryan Skerl, Valley Center
 17:27 Matt Johnson, San Pasqual
 17:27 Gus Polito, VC
 17:28 Ryan Moorcroft, St. Augustine
 17:31 Cooper Bachman, VC
 17:33 Pat Barrett, StA
 17:34 Drew Bouchard, StA
 17:39 Joe Dupee, SP
 17:43 Peter Holland, Bishop's
 17:47 Luis Mariscal, SP
 17:47 Joe Robinett, Point Loma
 17:51 Todd Hough, VC
 17:57 Ivan Gutierrez, MV
 18:02 Brian Thielen, UnivSanDiego
 18:04 Ahmed Lane, Ptl
 18:08 Franky Ortega, MV
 18:10 Patrick Gomes, Santana
 18:12 Victor Almanza, Sant
 18:15 Nick Zubel, PatrickHenry
 18:17 Will Wisehart, SP
 18:19 David Marshall, PH
 18:24 Troy Stroh, VC
 18:25 Jesus Carrillo, Montgomery
 18:28 Pedro Rivas, MV
 18:31 Jaime Mondragon, Ptl
 18:35 Noe Castro, Ptl
 18:36 Jesus Nunez, SP
 18:37 Paul Whitford, Coronado
 18:38 Michael Carini, USD
 18:39 Sam Saylor, Ptl
 18:39 unid., Ptl
 18:41 Josh Andre, SP
 18:41 Eric Delgadillo, PH
 18:45 Alex Ooi, Ptl
 18:55 Matt Lindeman, Bish
 18:55 unid., Eastlake
 18:59 Billy Quinn, Sant
 19:00 Jeff McKnight, Ptl



Brian Thielen, Ahmed Lane
 USD Point Loma



Lily Dowlatshahie
 Mountain Empire

19:01 Freddy Nunez, SP

Finishers: 91.

Scoring: Valley Center 48, San Pasqual 72, St. Augustine 106, Mar Vista 108, Point Loma 113, Patrick Henry 149, University of San Diego 203, Eastlake 226, Bishop's 246, Francis Parker 399, Mountain Empire 399. Serra, Marian Catholic, Julian no score.

Division I Frosh/Soph:

17:44 Efrain Carrillo, GH
 17:44 Eladio Carrillo, GH
 18:03 Ryan Abelowitz, LJ
 18:04 Benny Gandolfo, ElCap
 18:07 Tim McKeon, WH
 18:14 Lucas Pepin, GH
 18:17 Marten Mendibles, GH
 18:17 Dan Tanks, RB
 18:34 James Pilley, GH
 18:39 Jimmy Herrington, GH
 18:40 Ross Ramsey, WH
 18:42 Brian Jackson, Fall
 18:45 Haydn, LJ
 18:49 Jose Guardado, Sweet
 18:50 Alex Casarez, Fall

Finishers: 128.

Scoring (Top five teams): Granite Hills 25, El Capitan 91, La Jolla 97, Fallbrook 124, West Hills 133.

Division II Frosh/Soph:

18:23 Joshua Ellis, Ptl
 18:29 Glenn Knightley, Australia
 18:32 Steven Loforti, Clairemont
 18:32 Ricky McRoskey, StA
 18:39 Mukhtar Abdulle, Hoover
 18:40 Shea Rollin, PH
 18:43 Brian Bradshaw, Ptl
 19:05 Roberto Bravo, StA



Emily Trepasso
 Coronado

19:06 Tony Illig, VC

19:18 Steve Prinz, PH

Finishers: 81.

Scoring: Point Loma 74, Patrick Henry 79, Valley Center 96, Clairemont 117, San Pasqual 152, Serra 250, Bishop's 280.

Junior Varsity (both divisions):

18:35 Javier Betancourt, PH
 18:41 Muhammed Mussa, PH
 19:11 Keshar Damook, WH
 19:15 Roberto Alvarez, SP
 19:31 Austin Neudecker, BV
 19:32 Craig Barclift, BV
 19:33 Derrick Fimon, RB
 19:35 Phil Rangel, SP
 19:35 Ryan Dykman, Val
 19:38 Adam Earnhart, WH

Finishers: 109.

Scoring (Top teams): Bonita Vista 49, San Pasqual 71, Patrick Henry 105, Rancho Bernardo 121.

TEAM TIMES:

(Total time of five fastest runners from each team, from varsity, frosh/soph and junior varsity races.)

85:17 West Hills
 87:53 Rancho Bernardo
 88:06 Fallbrook
 88:12 Granite Hills
 88:12 La Jolla
 88:39 Valley Center
 89:38 Newport Harbor
 89:46 San Pasqual
 90:12 St. Augustine
 90:46 Sweetwater
 91:08 Mar Vista
 91:20 Point Loma
 91:41 Valhalla

92:08 Bonita Vista
 92:07 to 92:12, University City
 92:28 Patrick Henry
 93:10 El Capitan
 93:39 Torrey Pines
 95:01 to 95:04, Helix
 95:08 University of San Diego
 96:06 Eastlake
 97:45 Bishop's
 101:33 Hilltop
 103:22 Francis Parker
 109:57 Mountain Empire

Factors affecting team times:

A. Missing runners:

Sweetwater: Ruben Vences.
 San Pasqual: Erik Kerby.
 St. Augustine: Sean Barrett.
 Point Loma: Alex Hawk.

B. Course misdirection:

The first few runners in the DII varsity boys race were misdirected, resulting in slower times. Among the teams affected were St. Augustine, Mar Vista and Valley Center.

GIRLS (2.47 miles):

The fastest ten, all races:

Same as first ten in Division I varsity (see below).

Division I Varsity:

14:57 Julie Komosinski, Torrey Pines
 15:13 Amber Steen, Newport Harb
 15:16 Desiree Davila, Hilltop
 15:16 Julie Manson, Rancho Bern'do
 15:39 Jasmine Marquez, El Capitan
 15:50 Desiree Leek, La Jolla
 15:53 Kaleena Yee, RB
 15:57 Sonya Mechkor, NH
 16:01 Krista Romley, TP
 16:07 Katie Boyd, RB
 16:11 Maggie Sass, LJ
 16:11 Chessa Adsit-Morris, UniCity
 16:15 Maija Rohde, Fallbrook
 16:15 Julie Kermott, Valhalla
 16:17 Kristina Nugent, Val
 16:18 Katherine Ziegler, UC
 16:18 Laura Alessio, TP
 16:22 Talina Konotchick, UC
 16:23 unid., NH
 16:27 Ashley Handy, West Hills
 16:28 Kristi Pinnell, Val
 16:29 Liz Edwards, LJ
 16:30 Trinity Amalfitano, BonitaVista
 16:32 Kim Crosswell, Fall
 16:34 Mikaelyn Austin, RB
 16:3x Jamie Carmichael, Fall
 16:40 Becca Bartell, WH
 16:47 Tara McGowan, LJ
 16:47 Kate Branson, BV
 16:48 Bree Alfstad, BV
 16:49 Karissa Teitsch, UC
 16:54 Shawna Winfrey, WH
 16:55 Cassie Kuske, WH
 16:56 Rachel Golick, TP
 16:57 Amonica Phipps, Morse
 16:58 Ashley Viens, Val
 16:59 Monique Hendersson, Morse
 17:01 Lisa Lyons, RB
 17:03 Ashley Orr, TP
 17:03 Rebecca McKeown, UC
 17:05 Kristen Thompson, BV
 17:06 Lesley Bravin, Val
 17:07 Tessa Connor, TP
 17:12 Soraya Mustain, BV
 17:13 unid., RB

Finishers: 100.

Scoring: Rancho Bernardo 84, Torrey Pines 100, University City 117, La Jolla 125, Newport Harbor 126, West Hills 127, Bonita Vista 167, Valhalla 168, Fallbrook 209, Morse 292, El Capitan 292, Grossmont 334, Hilltop 366, Granite Hills 387, Sweetwater 409.

Division II Varsity:

16:09 Diana Dibble, Valley Center
 16:26 Natalie Parks, Point Loma
 16:29 Angela Rivas, Montgomery
 16:44 Lily Dowlatshahie, Mtn Empire
 16:50 Pati Romero, Eastlake
 16:51 Anna Hough, VC
 16:57 Roxanne Romo, San Diego
 17:15 Jaime Ransom, Santana
 17:17 Jackie Turpin, Sant
 17:19 Tanya Chapman, Sant
 17:19 unid., VC
 17:21 Gwyn Leachman, FranParker
 17:24 Jen Wirkus, Clairemont
 17:28 Genoveva Cruz, San Pasqual

Please turn to page 6.

South Bay

From page 5.

- 17:36 Hayley Williams, Australia
- 17:36 Emily Trepasso, Coronado
- 17:43 Patricia Venereo, OLPeace
- 17:47 Laura-Lee Reid, VC
- 17:48 Angie Fitzpatrick, PatHenry
- 17:49 Kiera DeVigne, Sant
- 17:49 Allison Harden, Ptl
- 17:50 Jasmine Mejares, OLP
- 17:58 Sara Reid, Ptl
- 17:58 Morgan Feori, UniSanDiego
- 17:58 Lyra Ponce, Mont
- 18:05 Andrea Kahn, Serra
- 18:05 Lauren Senescall, USD
- 18:06 Rachel Bambaci, Ptl
- 18:07 Jessie Woods, PH
- 18:09 Cassandra Liss, PH
- 18:10 Elizabeth Smith, Julian
- 18:15 Amy Lang, Serra
- 18:16 Amy Montgomery, Serra
- 18:18 Merlyn Diaz, Hoover
- 18:21 Kelly Dunn, VC

Finishers: 86.
Scoring: Valley Center 71, Santana 87, Point Loma 127, Patrick Henry 167, University of San Diego 192, San Pasqual 202, Our Lady of Peace 212, Montgomery 214, Eastlake 240, San Diego 271, Coronado 293.
Serra, Francis Parker, Marian Catholic, Bishop's, Julian no score.

Division I Junior Varsity:

- 16:50 Hailey Moore, TP
- 16:55 Lauren Jeffers, TP
- 17:08 Brenna Williams, TP
- 17:27 Lidia de Carvahlo, UC
- 17:38 Sarah Lochmiller, RB
- 17:49 Kalyn Olson, LJ
- 17:52 Dorothy Trogler, TP
- 17:56 Casey Simone, WH
- 17:57 Kelly Perry, Val
- 18:00 Melodie Tao, RB

Finishers: 149.
Scoring (top teams): Torrey Pines 35, Rancho Bernardo 53, West Hills 90, Valhalla 115, Bonita Vista 119, Fallbrook 122.

Division II Junior Varsity:

- 18:25 Shannon Reubel, PH
- 19:11 Molly Kimpel, PH
- 19:21 Selina Brollini, PH
- 19:28 Anamarie Buscemi, VC
- 19:36 Melissa Schmit, SP
- 19:38 Huda Diab, PH
- 19:39 Nicole Goldberg, PH
- 19:40 Melissa Preston, VC
- 19:49 Michelle Wilkinson, VC
- 19:55 Susan Gutierrez, PH

Finishers: 68.
Scoring (top teams): Patrick Henry 19, Valley Center 73, University of San Diego 95.

TEAM TIMES:

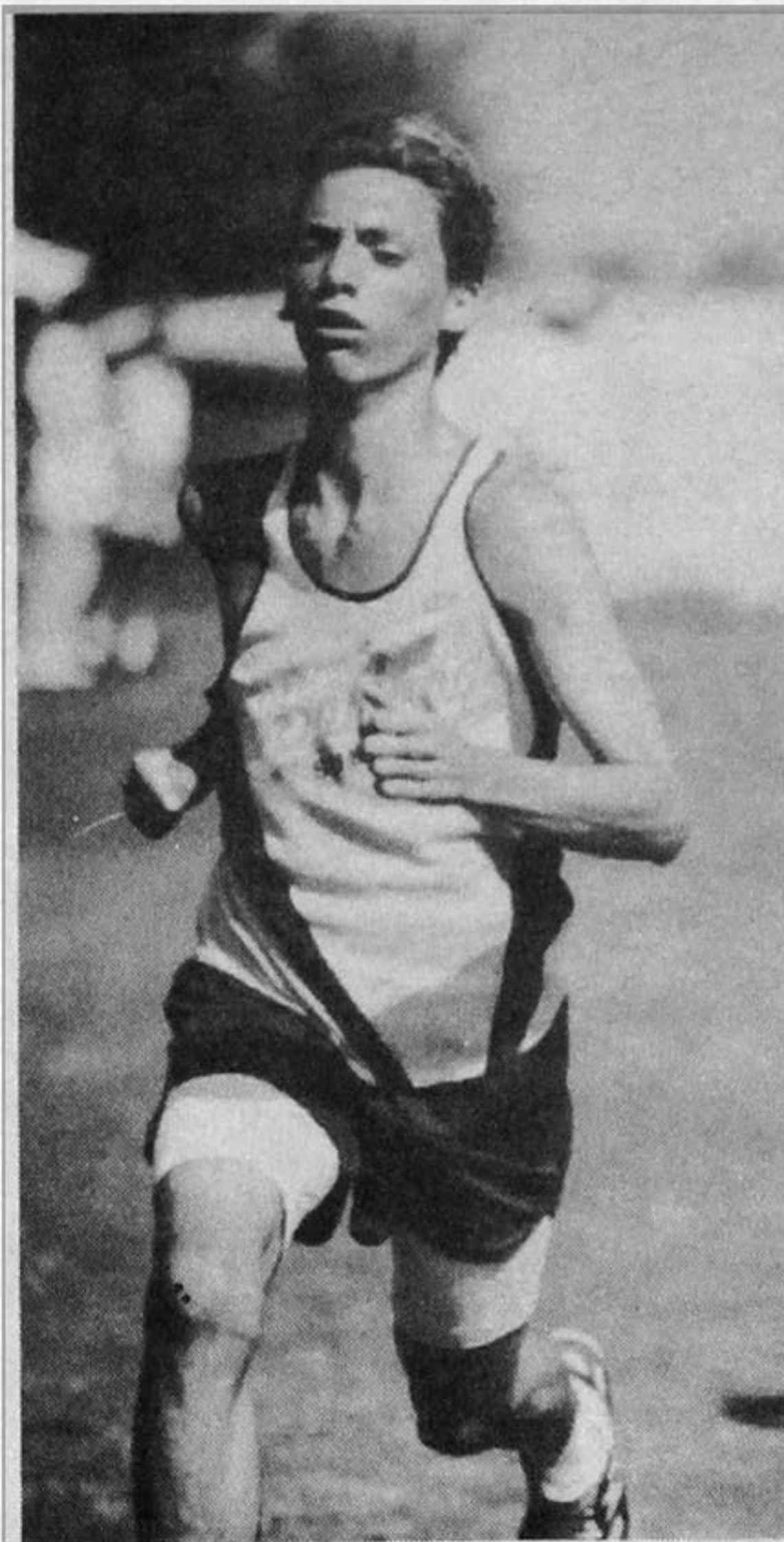
(Total time of five fastest runners from each team, from varsity and junior varsity races.)

- 80:51 Rancho Bernardo
- 81:01 Torrey Pines
- 82:11 Newport Harbor
- 82:43 University City
- 82:54 La Jolla
- 83:13 West Hills
- 84:16 Valhalla
- 84:22 Bonita Vista
- 85:46 Fallbrook
- 86:27 Valley Center
- 87:59 Santana
- 89:23 Point Loma
- 89:44 to 89:57 El Capitan
- 89:58 Morse
- 90:11 Grossmont
- 91:04 Patrick Henry
- 92:35 University of San Diego
- 92:54 San Pasqual
- 94:03 Our Lady of Peace
- 94:13 Granite Hills
- 94:16 Montgomery
- 96:14 Sweetwater
- 96:17 Eastlake
- 99:15 Coronado
- 104:37 San Diego
- xx:xx Hilltop (data missing, total time at least 97:11)

Factors affecting team times:

A. Missing runners.

RB: Allison Hall, Jamie Doyle.
Torrey Pines: Jackie Appel.



Patrick Gomes
Santana

University City: Laura Cohen.
LJ: Michelle Guerrero, Katie Grim.
Valhalla: Stephanie Casler.
Fallbrook: Khrystin Winters.
Valley Center: Maria Cervantes.
Pt. Loma: Peeper Gilmore.

B. Course misdirection.
The first 5 to 8 runners in the DII varsity girls race were misdirected, and ran a slightly longer course.

Mt. Carmel/
Movin' Shoes

Invitational:

*Locals ruled;
Matt, Julie are
fastest of day*

One of the big stories of the day at the Mt. Carmel/Movin' Shoes Invitational was the dominance of local runners.

The out of town teams included traditional powers like Sultana, Thousand Oaks, Ayala, Dana Hills, Temescal Canyon and Clovis West.

But San Diego boys chalked up 17 of the fastest 20 times, including the top twelve.

And San Diego girls put up 13 of the fastest 21 times, including the best eight.

Ramona's Matt McInvale won the senior boys race in 14:51, an excellent effort, but his main competition surprised some observers.

San Marcos' Travis Laird, who has been improving fast over the last year, was only 0:01 second behind the Ramona flash.

The fastest girls race was the Division I juniors, with Torrey Pines' Komosinski running 15:58



Andrea Kahn
Serra

over the 2.7-mile course. Hilltop's Desiree Davila clocked 16:03 in the Division II junior race.

Both girls soph races produced outstanding solo runs, with San Marcos' Nicole Mier running 16:10 in the DI race, and San Dieguito Academy's Jenna Timinsky clocking 16:11 in the DII race.

Other fast boys races included the DI junior race, won by West Hills' Ben Aragon in 15:50, and the DI soph race, won by Mt. Carmel's Alan Aradanas in 15:49.

St. Augustine's Ryan Moorcroft, still new to cross country, outraced Monte Vista's Jon Rankin in the DII senior race, 16:03 to 16:06, but temperatures were significantly warmer by that time, precluding faster running.

It was a clean sweep for local runners in the eight boys races. La Jolla's Chris Ferrier won the DII junior boys; Valley Center's Ryan Skerl and Gus Polito won the DII soph and frosh races; and Granite Hills' Eladio Carrillo won the DI frosh race. Mt. Carmel's Karen Vasko won the DI senior girls race, giving the locals five wins in the eight girls races.

The Results:

At Morley Field in Balboa Park, Saturday, Sept. 18.
Conditions: Good overcast in morning races, clearing and warmer by late races. Course layout is similar to CIF courses.
BOYS (2.95 miles):

Fastest twenty, all races:

- 14:51 Matt McInvale, Ramona
- 14:52 Travis Laird, San Marcos
- 15:25 Evan Fox, West Hills
- 15:49 Alan Aradanas, Mt. Carmel
- 15:50 Ben Aragon, West Hills
- 15:50 Mike Cooke, Mt. Carmel
- 15:50 Dan Sutton-Kane, West Hills
- 15:55 Devin Lyons-Quirk, Poway

- 15:57 Tim Helms, Poway
- 15:58 Ryan Maynard, Granite Hills
- 15:59 Pat Prunty, Poway
- 15:59 Josh Pope, Poway
- 16:00 Mitch Alcorn, Clovis West
- 16:01 Luke McGinnis, Poway
- 16:01 Ben Bruce, Mt. Carmel
- 16:03 Brian Rivas, Ayala
- 16:03 Ryan Moorcroft, St. Augustine
- 16:04 Brendan Riordan, Scripps Rch
- 16:06 Jacob Waggoner, Sultana
- 16:06 Jon Rankin, Monte Vista

Division I Seniors:

- (11:25 am)
- 14:51 Matt McInvale, Ram
- 14:52 Travis Laird, SM
- 15:25 Evan Fox, WH
- 15:50 Mike Cooke, MtC
- 15:50 Dan Sutton-Kane, WH
- 15:57 Tim Helms, Pwy
- 15:58 Ryan Maynard, GH
- 15:59 Pat Prunty, Pwy
- 15:59 Josh Pope, Pwy
- 16:00 Mitch Alcorn, ClovWest
- 16:01 Ben Bruce, MtC
- 16:04 Brendan Riordan, SRch
- 16:06 Jacob Waggoner, Sult
- 16:07 Kevin Nerison, Dana Hills
- 16:09 Greg Harris, Ayala
- 16:13 Rapahel Machado, SRch
- 16:14 Jonathan Hester, SRch
- 16:18 Chris Kenyon, MtC
- 16:19 Seth Neumuller, ThousOks
- 16:22 Mike Comstock, SRch
- 16:25 Brad Hutchison, DanaH
- 16:27 Jose Escobedo, Fallbrook
- 16:28 Bob LaPorte, Temescal Cyn
- 16:37 Bryan Bauerle, WH
- 16:41 Mike Zahalan, MtC
- 16:42 Kenny Lyon, Sult
- 16:44 Jon Vella, ThousOks
- 16:47 Joey Sheffer, Carlsbad
- 16:48 Lyle Driscoll, El Capitan
- 16:49 Ryan Isroms, ThousOks

Finishers: 100.

Division II Seniors:

- (2:45 pm)
- 16:03 Ryan Moorcroft, StAug
- 16:06 Jon Rankin, Monte Vista
- 16:14 Ruben Vences, Sweetwater
- 16:22 Blake Swier, Mar Vista
- 16:27 Eric Koster, La Jolla
- 16:36 Eric Kerby, San Pasqual
- 16:36 Terence Hagans, Serra
- 16:37 Joe Dupee, SP
- 16:40 Chad Young, Calvin Christian
- 16:50 Peter Holland, Bishop's
- 16:52 Jon Dunbar, LJ
- 16:56 Matt Herriman, StA
- 16:56 Larry Koster, LJ
- 16:57 Jonathan Buckley, MontV
- 16:58 Matt Firth, Salpointe
- 17:00 Robert Boques, Sunnyside, AZ
- 17:00 Ivan Gutierrez, MarV
- 17:00 Nick Zubel, Patrick Henry
- 17:01 Jesus Carrillo, Montgomery
- 17:07 Nate Lopez, LJ
- 17:10 Jovany Sotelo, Sweet
- 17:10 Franky Ortega, MarV
- 17:11 Luis Marsical, SP
- 17:11 Luis Reyna, Sweet
- 17:14 Javier Betancourt, PH
- 17:17 Victor Almanza, Santana
- 17:26 Troy Stroh, Valley Center
- 17:27 Todd Hough, VC
- 17:31 Smokey Muniz, Sabino
- 17:32 Patrick Gomes, Sant

Finishers: 96.

Division I Juniors:

- (10:35 am)
- 15:50 Ben Aragon, WH
- 15:55 Devin Lyons-Quirk, Pwy
- 16:03 Brian Rivas, Ayala
- 16:17 Devin Segal, DanaH
- 16:20 Aaron Powell, Pwy
- 16:27 Scott Sheffield, Ayala
- 16:34 Angel Hernandez, Sult
- 16:36 David Santos, Valhalla
- 16:38 Boyd Black, Sult
- 16:44 Josh Rivera, GH
- 16:47 Ricky Roane, Ram
- 16:48 Alfredo Sosa, La Costa Cyn
- 16:49 Daniel Yoder, DanaH
- 16:50 John Bentley, MtC
- 16:53 Chris Gausepohl, Fall
- 16:57 Andrew Loudon, Ayala
- 16:57 Ben Miedema, Carls
- 16:58 Chris Burnham, Carls
- 17:01 Jordan Graff, West Valley
- 17:03 Chris Ryan, Pwy

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Mt. Carmel

From page 6.

- 17:04 Mike Deardorff, Hemet
- 17:07 Marques Hicks, CloWest
- 17:11 Torrey, Ayala
- 17:11 Justin Reno, Hemet
- 17:11 Alex Fromer, MtC

Finishers: 109

Division II Juniors:
(1:55 pm)

- 16:15 Chris Ferrier, LJ
- 16:35 Matt Johnson, SP
- 16:39 Slater Nez, Sherman Indian
- 16:44 Drew Bouchard, StAug
- 16:48 Pat Barrett, StAug
- 17:14 Alberto Suastez, FlowingWells
- 17:14 Dave Hohman, Salp
- 17:16 Mark Dionela, Sweet
- 17:18 David Marshall, PH
- 17:22 Abdi Abdi, Sweet
- 17:24 Lorenzo Otero, Hilltop
- 17:25 Freddy Nunez, SP
- 17:26 Raul Gallarzo, Sweet
- 17:26 Jesse Shipley, CalvC
- 17:28 Taylor Hewson, Orange Glen
- 17:44 Dustin Abrams, FloWells
- 17:46 Nathan Aginiga, Hill
- 17:50 Kieran Toussaint, SP
- 17:51 Matt Lindeman, Bish
- 17:59 Pedro Rivas, MarV
- 18:01 Keith Goodman, PH
- 18:02 Andrew Piroutek, OG
- 18:08 Michael Manzura, FloWells
- 18:11 David Taub, SP
- 18:12 Josh Vermaire, CalvC

Finishers: 92.

Division I Sophs:
(9:45 am)

- 15:49 Alan Aradanas, MtC
- 16:01 Luke McGinnis, Pwy
- 16:11 Kevin Davis, ClovW
- 16:22 Kevin Schible, WH
- 16:25 Taylor Williams, Helix
- 16:26 Abadil Barre, MtC
- 16:30 Danny Lyon, Sult
- 16:31 Darin Black, Sult
- 16:31 Mike Krestyn, ThousOks
- 16:35 Efrain Carrillo, GH
- 16:38 Kent Polkinghorne, CloW
- 16:46 Jon Shellhammer, Ram
- 16:51 Jimmy Retherford, SM
- 16:51 Navid Hassanzadeh, TorreyP
- 16:54 Damian Hall, DanaH
- 16:55 Kevin Rogers, Ayala
- 16:59 Carlos Sanchez, Ram
- 17:05 Lucas Pepin, GH
- 17:09 Anthony Gladstein, LCC
- 17:10 Jeremie Blues, Charter Oak
- 17:14 Chris Deomier, ThousOks
- 17:21 David Troxcil, DanaH
- 17:22 Tim McKeon, WH
- 17:24 Kevin Lindsey, ThousOks
- 17:25 Marten Mendibles, GH

Finishers: 130.

Division II Sophs:
(1:05 pm)

- 16:18 Ryan Skerl, Valley Center
- 16:24 Brandon Zelones, Mira Mesa
- 16:41 Cooper Bachman, VC
- 16:59 Devin Laird, FloWells
- 17:20 Mike Ostler, El Camino
- 17:23 Ryan Abelowitz, LJ
- 17:31 Ara Parseghian, Salp
- 17:32 Eddie Sanchez, Sweet
- 17:44 Daniel Olea, Salp
- 17:49 Antonio Montes, Salp
- 17:52 Keethan Kitt, Salp
- 17:54 Jose Guardado, Sweet
- 17:57 Ricky Villelas, Sunnyside
- 17:58 Colin Haydn, LJ
- 18:07 Jesus Perez, MarV
- 18:10 Joey Tellez, Sunnyside
- 18:12 Eric Delgadillo, PH
- 18:15 Brandon Phillips, OG
- 18:16 Warren Binder, LJ
- 18:16 Darin Conner, CalvC
- 18:17 John Silva, Eastlake
- 18:18 Jake Cadewell, East
- 18:19 Tony Illig, VC
- 18:21 Ryan Dodds, East
- 18:22 Aaron Faber, CalvC

Finishers: 98.

Division I Frosh:
(8:55 am)

- 16:52 Eladio Carrillo, GH
- 17:10 Kim Madden, Val
- 17:27 Greg Williams, MtC
- 17:43 Richard Klingman, Ram
- 17:44 Alex Casarez, Fall



Jonathan Hester
Scripps Ranch



Dori McGuire
Mira Mesa

- 17:49 Trevor Mulvey, Carls
- 17:52 Ryah Ketcham, ThousOks
- 17:59 Matt Porter, ThousOks
- 18:06 Chris Lancaster, SRch
- 18:10 Brent McMullen, ThousOks
- 18:22 Patrick Maloney, Pwy
- 18:23 Michael Jacobs, Ayala
- 18:23 Christian Lujan, Ayala
- 18:24 Fab Garcia, TemCyn
- 18:28 Anthony Fogelstrom, Carls
- 18:29 Danny Schubert, Sult
- 18:35 Louie Muro, CloWest
- 18:37 Matt Wood, Pwy
- 18:38 Matt Robert, SRch
- 18:48 Roy Ramirez, Carls

Finishers: 128.

Division II Frosh:
(12:15 pm)

- 17:06 Gus Polito, VC
- 17:43 Benny Gandolfo, ElCap
- 17:47 Josh Andre, SP
- 17:55 Tim Metcalf, Sunnyside
- 18:02 Jonathan Griffith, Sant
- 18:12 Shea Rollin, PH



Taylor Williams
Helix



Roxanne Romo
San Diego

- 18:16 David Lynn, ElCap
- 18:24 John Lee, LJ
- 18:25 Jason Cravito, Salp
- 18:26 Vielito Acuna, Sunnyside
- 18:30 Kyle Zabinsky, VC
- 18:31 Hector Arreola, Sweet
- 18:41 Evan Blair, FloWells
- 18:42 Luke Scott, Salp
- 18:43 Kelly Lonewolf, Shermlnd
- 18:58 Dale Showers, Oceanside
- 18:59 Steve Prinz, PH
- 19:04 Marcel Martinez, PH
- 19:05 Brett Timmins, MontV
- 19:07 Ryan Piroutek, OG

Finishers: 99.

GIRLS (2.7 miles):

- Fastest twenty-one, all races:**
- 15:58 Julie Komosinski, Torrey Pines
 - 16:03 Desiree Davila, Hilltop
 - 16:10 Nicole Mier, San Marcos
 - 16:11 Jenna Timinsky, San Dieguito
 - 16:13 Janet Mulvey, Mt. Carmel
 - 16:35 Jasmine Marquez, El Capitan
 - 16:37 Deanna Sick, Mt. Carmel

- 16:38 Karen Vasko, Mt. Carmel
- 16:39 Amber Quigley, Sunnys'd, AZ
- 16:40 Monica Valdez, Temescal Cyn
- 16:41 Danielle Pacheco, Temesc'l Cn
- 16:44 Kylie Tillema, Sultana
- 16:44 Loretta Kilmer, Ramona
- 16:45 Katie O'Connell, Carlsbad
- 16:50 Tarrah Browley, Dana Hills
- 16:52 Diana Dibble, Valley Center
- 16:53 Heddie Richards, Hemet
- 16:58 Deanna Wertz, Sultana
- 16:59 Michelle Sizer, Sultana
- 17:00 Kelly Platko, Carlsbad
- 17:00 Desiree Leek, La Jolla

Division I Seniors:
(11 am)

- 16:38 Karen Vasko, MtC
- 16:53 Heddie Richards, Hemet
- 16:58 Deanna Wertz, Sult
- 17:07 Katie Baker, Pwy
- 17:08 Ruran Brady, ?
- 17:13 Kristi Pinnell, Val
- 17:15 Steph Holley, Sult
- 17:17 Becca Bartell, WH
- 17:17 Ashley Viens, Val
- 17:35 Whitney Valadez, Ayala
- 17:40 Leslie Mitchell, Ram
- 17:55 Erin Uyeshima, Ayala
- 17:55 Hayley Young, TemCyn
- 17:57 Lesley Bravin, Val
- 18:04 Katie Wilson, DanaH
- 18:06 Bertha Miramontes, Sult
- 18:13 Laura Alessio, TP
- 18:22 Melinda Hammack, Val
- 18:36 Julia Corman, LCC
- 18:37 Britt Jennings, Pwy
- 18:39 Marilyn Smith, CloWest
- 18:41 Alyson Vollmer, Carls
- 18:43 Cheryl Madsen, WH
- 18:46 Deanna Sobel, TP
- 18:51 Sarah McMahon, Carls

Finishers: 60

Division II Seniors:
(2:20 pm)

- 16:39 Amber Quigley, Sunnyside
- 16:52 Diana Dibble, VC
- 17:01 Malisa Carino, Salp
- 17:16 Tara McGowan, LJ
- 17:30 Angela Rivas, Montgomery
- 17:37 Laura Jones, Salp
- 18:03 Claire Beck, Our Lady Peace
- 18:07 Gwyn Leachman, FranParker
- 18:14 Jasmine Mejares, OLP
- 18:17 Genny Cruz, SP
- 18:28 Angie Fitzpatrick, PH
- 18:35 Jamie Morasco, VC
- 18:57 Lluvia de Luna, OG
- 19:12 Jessie Clark, Salp
- 19:17 Samantha Thomas, ElCap
- 19:22 Cassandra Liss, PH
- 19:25 Danielle Pence, Salp
- 19:28 S. McKeon, ElCap
- 19:34 Maura Bannon, OLP
- 19:35 Thea Bachmann, Sant
- 19:38 Becki Chaney, Sant
- 19:40 Paige Sessions, Sant
- 19:45 E. Vasquez, OG
- 19:52 Amanda Cooper, MMesa
- 19:56 Monica Bonilla, Sweet

Finishers: 49.

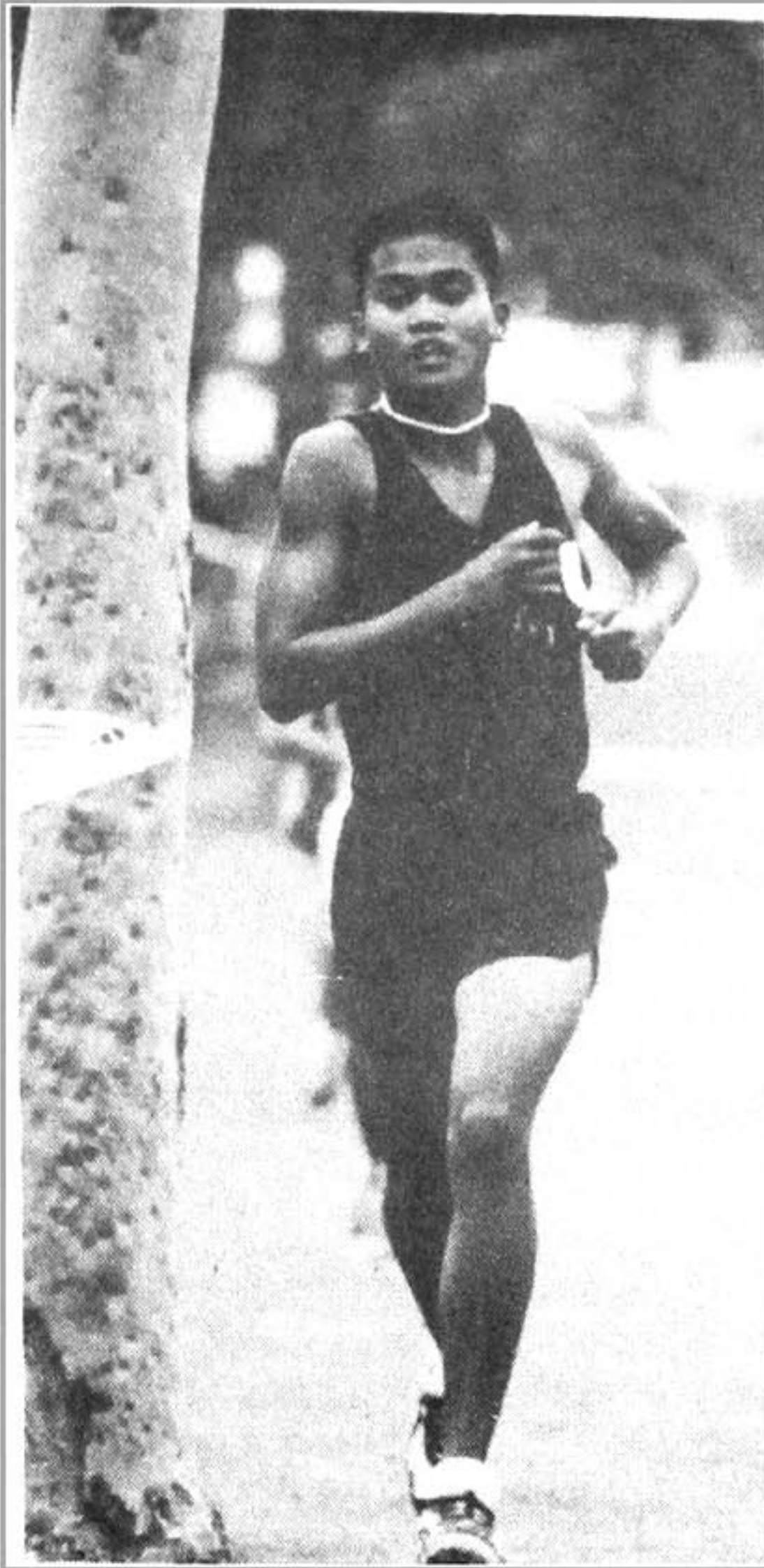
Division I Juniors:
(10:10 am)

- 15:58 Julie Komosinski, TP
- 16:13 Janet Mulvey, MtC
- 16:40 Monica Valdez, TemCyn
- 16:44 Kylie Tillema, Sult
- 16:44 Loretta Kilmer, Ram
- 16:45 Katie O'Connell, Carls
- 16:59 Michelle Ziser, Sult
- 17:00 Kelly Platko, Carls
- 17:04 Ashlee Dere, MtC
- 17:29 Audrey Harrer, MtC
- 1734 Manal Yamout, MtC
- 17:35 Danielle Holden, Pwy
- 17:35 Ashley Handy, WH
- 17:44 Kristen Goossens, Ayala
- 17:46 Erin Hernandez, ClovWest
- 17:48 Deanna Lynn, Carls
- 17:48 Sara Dadkhah, MtC
- 17:52 Amonica Phipps, Morse
- 17:56 Carly Jacques, Hemet
- 18:00 Sami Delagardelle, Sult
- 18:01 Rachel Golick, TP
- 18:10 Shawna Winfrey, WH
- 18:11 Amie Rutierman, TemCyn
- 18:13 Gabby Sanchez, MtC
- 18:14 Lauren Wells, PH

Finishers: 107.

Division II Juniors:
(1:30 pm)

Please turn to page 8.



Mark Dionela
Sweetwater

Mt. Carmel
From page 7.

- 16:03 Desiree Davila, Hilltop
16:35 Jasmine Marquez, ElCap
17:00 Desiree Leek, LJ
17:06 Michelle Guerrero, LJ
17:23 Maggie Sass, LJ
17:31 Katie Grim, LJ
17:35 Jaclyn Fleck, FloWells
17:47 Dori McGire, MMesa
17:55 Roxanne Romo, San Diego
18:21 Amanada Meyer, Sabino
18:31 Maria Cervantes, VC
18:48 Leslie Borenstein, LJ
18:51 Keira DeVigne, Sant
18:53 Andrea Kahn, Serra
19:13 Patricia Venereo, OLP
19:20 Candice Brown, MontV
19:35 Janelle Luna, San Diego
19:42 Marjorie Spurr, CalvC
19:43 Lyra Ponce, Mont
19:45 Claude Bujanda, FloWells
19:48 Erica DeVitto, Sabino
19:55 Crystal Lewis, MontV
20:40 Lynn Driscoll, ElCap
20:52 Kristy Tarvin, CalvC
20:55 Elizabeth Ghiotto, OG
Finishers: 51.

Division I Sophs:
(9:20 am)

- 16:10 Nicole Mier, SM
16:37 Deanna Sick, MtC
17:02 Krista Romley, TP
17:07 Kristina Nugent, WH
17:09 Ashley Patterson, ThousOks
17:10 Julia Kermott, Val
17:12 Stephanie Casler, Val
17:13 Juliana Hernandez, SM
17:32 Julie Johnson, DanaH
17:33 Ashley Orr, TP
17:33 Kelly Bush, ClovW
17:37 Maija Rohde, Fall
17:48 Jennie Spooner, Pwy
17:51 April Walter, Sult
17:55 Jackie Dale, WH
17:55 Jessica Chapin, DanaH
17:56 Laurie Labrado, SRch
17:57 Kate Pettet, Sult
18:00 Alicia DeMoe, WH
18:01 Mallana Dressel, Carls
18:02 Tessa Connor, TP
18:06 Amy Vasko, MtC
18:12 Heidi Armstrong, ThousOks
18:18 Vanessa Castillo, SRch
18:28 Erica Schim, LCC
Finishers: 93.

Division II Sophs:
(12:40 pm)

- 16:11 Jenna Timinsky, SDA



Colin Cornforth
Oceanside

- 17:20 Liz Edwards, LJ
17:51 Laya Patrick, Salp
17:54 Pati Romero, East
18:04 Anna Hough, VC
18:10 Jackie Turpin, Sant
18:12 Kelli Jodoin, MMesa
18:16 Joanna Gallarzo, Sweet
18:18 Cassandra Zubia, Salp
18:18 Elana Huff, CalvC
18:29 Amy Montgomery, Serra
18:32 Elise Felt, MontV
18:34 Kristin Olson, Pasadena Poly
18:36 Melinda Perez, Sunnyside
18:40 Mindy Ash, FloWells
18:41 Justine Deloviar, MMesa
18:51 Odette Rodriguez, OLP
18:56 Leah Warner, FloWells
18:58 Karalee Kubow, MMesa
19:01 Jenny Tarvin, CalvC
19:03 Jessica Woods, PH
19:03 Heater Unger, Sabino
18:06 Amy Lang, Serra
18:07 Amy Edwards, LJ
18:07 Beth Ramenofsky, Bishop's
Finishers: 98.

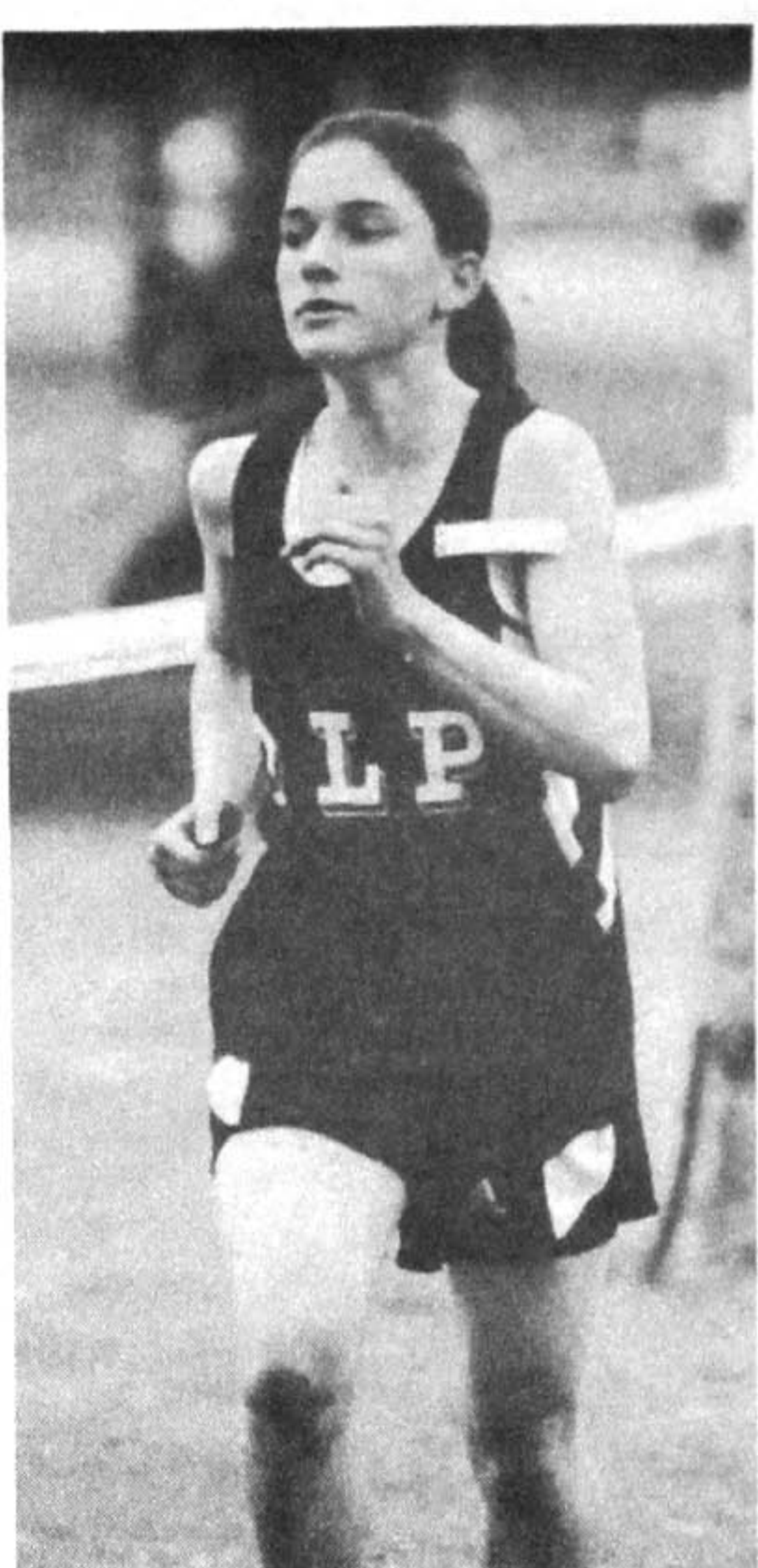
Division I Frosh:
(8:30 am)

(NOTE: Official clock malfunctioned;
some times provided by coaches.)

- 16:41 Danielle Pacheco, TemCyn
16:50 Tarrah Browley, DanaH
NT Ashley Curtis, Ayala
NT Heather McClure, Hemet
NT Amanda Everett, ClovW
NT Chelsey Trayler, Ayala
NT Lindsay Giolzetti, SRch
NT Melanie Monroe, Pwy
NT Dru Volkmer, Ayala
NT Jessica Cox, ThousOks
NT Katie Wohlman, Hemet
NT Jessica Schenk, Pwy
18:14 Emille Branham, DanaH
18:17 Courtney Walberg, DanaH
NT Lyndsey Schumaker, Sult
NT Ginger Taylor, ThousOks
NT Amanda Cummings, SRch
NT unknown.
NT Karen Porter, Ayala
NT Carmen Del Valle, GH
Finishers: 88.

Division II Frosh:
(11:50 am)

- 17:03 Elana Dawson, Salp
17:22 Kristen Yoder, Sabino
18:00 Christina Loyash, FloWells
18:05 Tracee Lorenzano, MontV
18:22 Slava Haywas, ElCamino
18:38 Jaime Ransom, Sant
18:39 Elena Emich, Salp
18:46 Kalyn Olson, LJ
18:56 Heidi Hofer, Sunnyside
19:01 Tanya Chapman, Sant
19:04 Joanna Barnes, Mont



Patricia Venereo
Our Lady of Peace

- 19:09 Molly Quinn, PasaPoly
19:13 Aljandra Montiel, VC
19:23 Mary Keller, MMesa
19:28 Rachel Osborne, ElCam
19:36 Juanita Winslow, Sunnyside
19:37 Kelle Duanas, SP
19:40 Cassidy O'Hair, Sabino
19:41 Katie Amarillas, LJ
19:42 Yenissa Kaeg, Mont
Finishers: 74.

Woodbridge:
RB girls scare
Peninsula;
Escondido boys
look good

Rancho Bernardo's girls
continued to show well against
highly-rated state teams.

Fresh off a good showing
against a highly regarded Mt.
Carmel squad at the Bronco meet,
RB ran into the state's top-ranked
team, Peninsula, at Irvine's
Woodbridge High.

Peninsula won the team score,
although the Broncos actually had
a faster team time. RB was led by
Allison Hall, Julie Manson and
Kaleena Yee, who had the three
fastest times of the day by San
Diego runners. The Broncos were
missing key pack member Jamie
Doyle, and it was probably enough
to swing the result to Peninsula.

Escondido's boys looked good,
putting up four of the seven fastest
times by local runners, led by Nico
Cueva. The fastest time by an area
athlete was by Chula Vista's Mich-
ael Manzano (15:25).

The Results:

At Woodbridge High School
in Irvine, Saturday, Sept. 18.

BOYS (3.0 miles):

Best San Diego area runners
(Results collated from various races;



Lluvia de Luna
Orange Glen

- not all coaches reported results)
15:25 Michael Manzano, ChuVista
15:34 unknown, San Diego
15:43 Nick Thornton, Rancho BV
15:53 Nico Cueva, Escondido
16:03 Solomon Kumbi, San Diego
16:08 Aaron Trunnell, RBV
16:15 Stephen Servis, Esc
16:23 Joe Voshell, Esc
16:25 Jonathan Cordes, Esc
16:29 Mike Shannon, Rancho Ber'do
16:29 Brian Eaton, CV
16:30 Joe Robinett, Point Loma
16:30 Alex Hawk, Ptl
16:31 Jake Fulton, RB
16:37 Andres Padilla, CV
16:39 Ryan Crim, RB
16:39 Eric Richey, Mission Bay
16:42 Jeff McKnight, Ptl
16:42 Ahmed Lane, Ptl
16:43 Shaun Ferris, RBV
16:44 Noe Castro, Ptl
16:47 Eduardo Mariscal, CV
16:49 Troy McAdams, RBV
16:49 unknown, Esc
16:50 Cameron Sanders, RB
16:53 Dan Tanks, RB
17:04 unknown, Esc
17:05 Miguel Elias, MB
17:08 Artemio Mateo, RBV
17:10 Brian Bradshaw, Ptl
17:12 Maurice Souza, Ptl
17:13 Jaime Mondragon, Ptl
17:14 Alex Ooi, Ptl
17:16 Eric Royce, MB

TEAM TIMES:

(Total time of five fastest runners from
each San Diego team.)

- 77:24 Don Lugo (fastest team)
81:45 Escondido
82:37 Rancho Buena Vista
82:51 San Diego
82:54 Rancho Bernardo
83:05 Chula Vista
83:10 Point Loma
84:43 University City
85:50 Grossmont
86:28 Mission Bay
88:08 University of San Diego
92:47 Clairemont

Missing runners:

RB: Sean Ricketts.

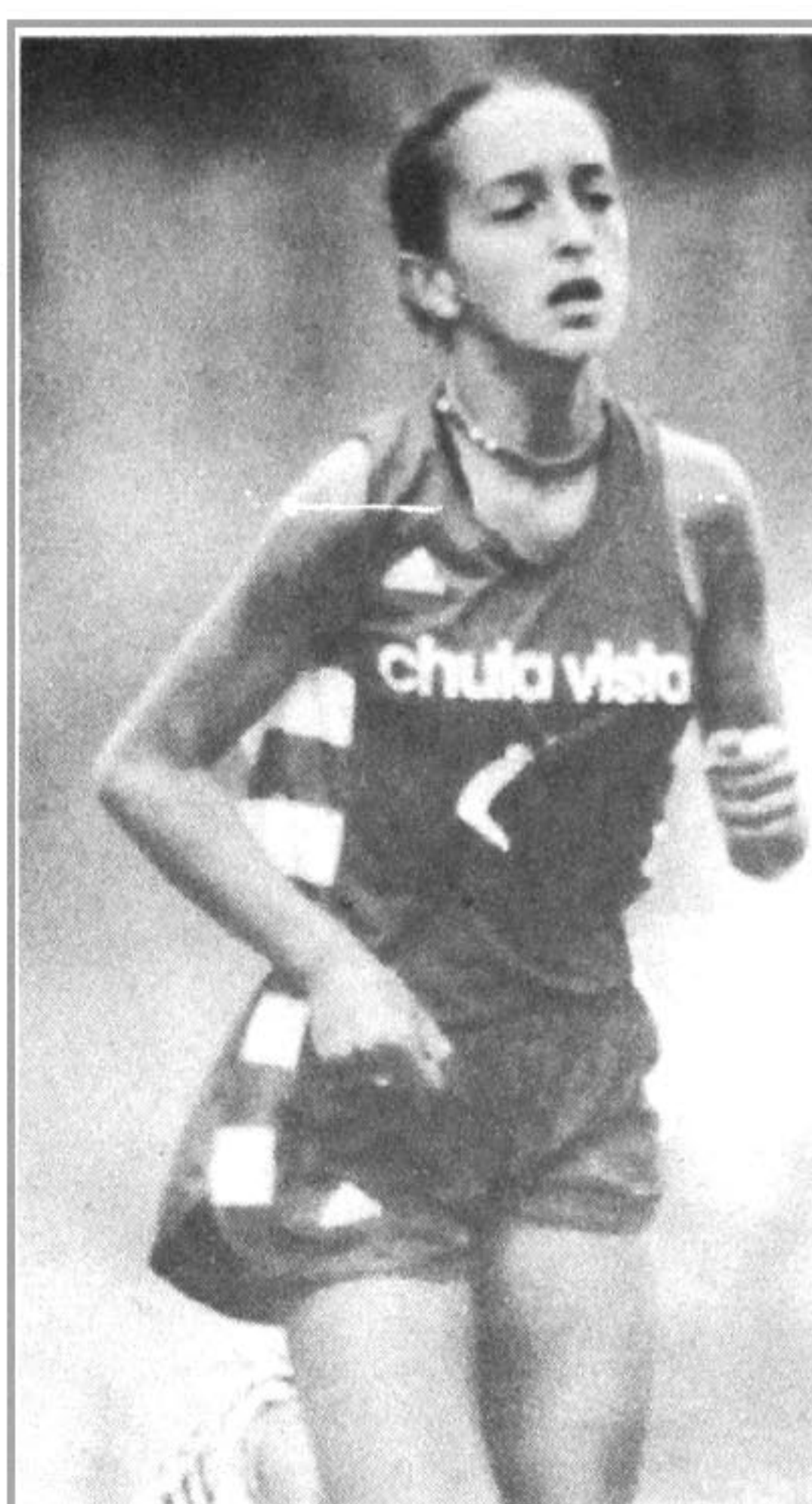
GIRLS (3.0 miles):

- Best San Diego area runners
(Results collated from various races;
not all coaches reported results)
17:56 Allison Hall, Rancho Bernardo
18:05 Julie Manson, RB
18:24 Kaleena Yee, RB
18:41 Stephanie Baird, Helix

Please turn to page 9.



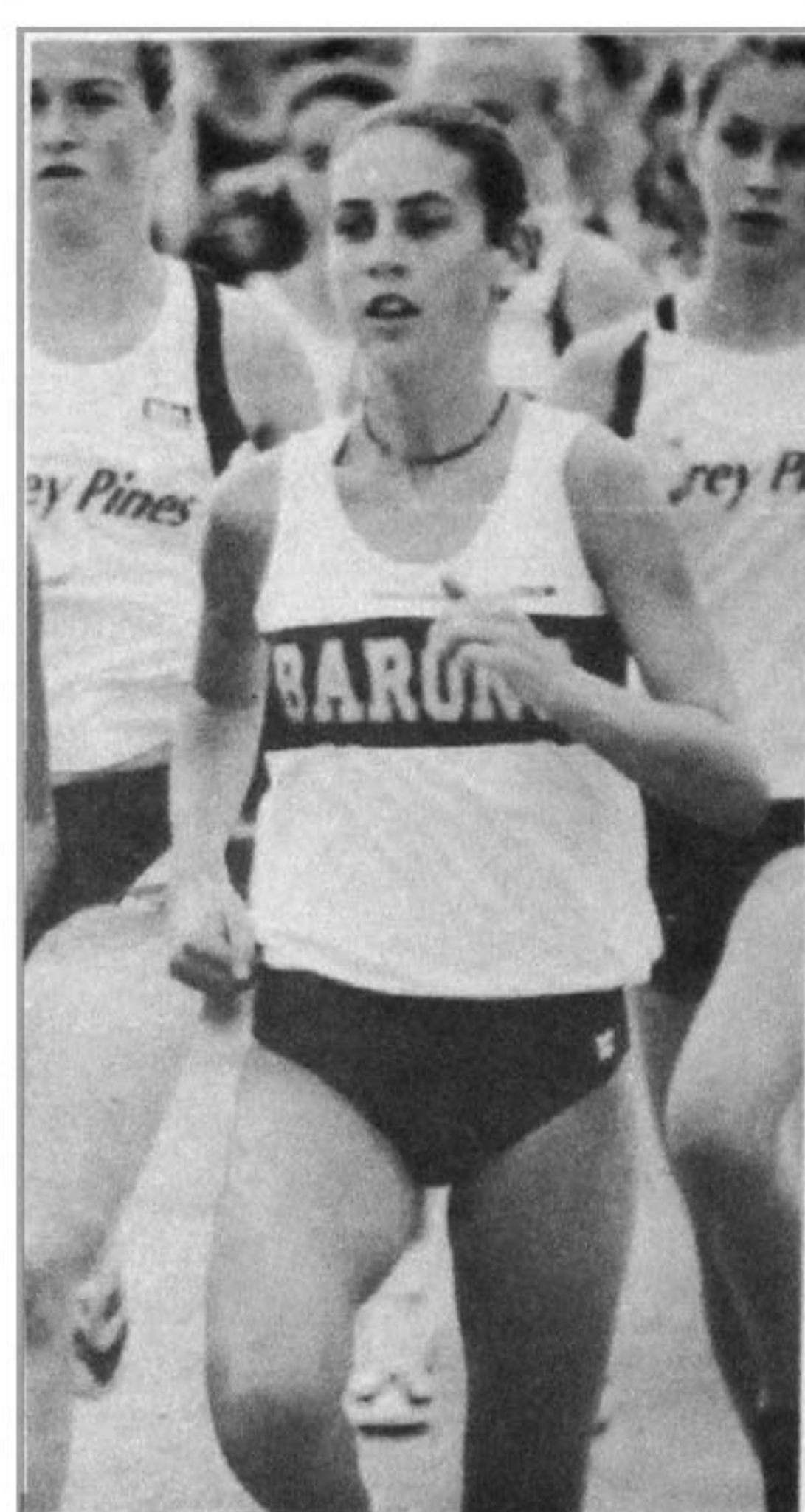
Talina Konotchick
University City



Sophia Marquez
Chula Vista



Peter Holland
The Bishop's School



Bree Alfstad
Bonita Vista

Woodbridge

From page 8.

18:45 Mythili Duvvuri, Chula Vista
18:54 Sophia Marquez, CV
19:06 Katie Boyd, RB
19:10 Chessa Adsit-Morris, UnivCity
19:18 Natassaja Hall, Rancho BV
19:19 Bertha Ojeda, CV
19:27 Katherine Ziegler, UC
19:37 Mikaelyn Austin, RB
19:37 Meredith Harns, Hx
19:38 Talina Konotchick, UC
19:38 Laura Cohen, UC
19:39 Elizabeth Harns, Hx
19:42 Courtney Allen, RBV
19:43 Felisha Marsical, CV
19:43 Laura Guzman, Escondido
19:50 Rebecca McKeown, UC
19:52 Katrissa Teitsch, UC
19:54 Rose Serna, Mission Bay
20:05 Darla Reader, CV
20:05 Angela Garcia, RBV
20:15 Carolynn Crews, UC
20:35 Jessica Murray, RBV

TEAM TIMES:

(Total time of five fastest runners from each San Diego team.)

93:08 Rancho Bernardo (fastest team)
96:46 Chula Vista
97:43 University City
101:34 Rancho Buena Vista
101:52 Helix
106:09 Escondido
108:44 University of San Diego
113:07 Mission Bay
118:34 Clairemont
Missing runners:
RB: Jamie Doyle.

Baron:

Scripps, Saints, Barons, Vikes take team titles

Western League teams showed some speed at the Baron Invitational, with Scripps Ranch and St. Augustine taking boys team titles, and the La Jolla girls taking one of the two girls team races. Bonita Vista's girls won the large school race.

Fastest times of the day were by Indio's A. Lara (16:08 for 5K) and Hilltop's Desiree Davila (12:55 for 2.2 miles).

The Results:

At Rohr Park in Bonita, Friday, Sept. 10. Course was mostly level, mostly on grass.

BOYS (3.1 miles):

Fastest Ten, all races:

16:08 A. Lara, Indio
16:12 Brendan Riordan, Scripps Rch
16:16 Ryan Moorcroft, StAugustine
16:17 Musie Meche, Helix
16:25 Chris Ferrier, La Jolla
16:26 Ryan Maynard, Granite Hills
16:30 Blake Swier, Mar Vista
16:32 Eric Koster, La Jolla
16:35 Taylor Williams, Helix
16:38 Mike Comstock, ScrippsRch

Blue Varsity:

16:08 A. Lara, Indio
16:12 Brendan Riordan, ScrippsRch
16:17 Musie Meche, Helix
16:26 Ryan Maynard, GraniteHills
16:35 Taylor Williams, Helix
16:38 Mike Comstock, SR
16:42 Ruben Vences, Sweetwater
16:45 Dustin Whitson, Bonita Vista
16:47 Mark Dionela, Sweet
16:55 Jonathan Hester, SR
16:57 Brandon Vielguth, GH
16:57 Luis Reyna, Sweet
17:01 Raphael Machado, SR
17:03 Jovany Sotelo, Sweet
17:04 E. Carrillo, GH
17:05 S. Avila, Indio
17:05 Jose Simpson, Montgomery
17:07 Josh Rivera, GH
17:09 Josh Edgington, GH
17:14 Justin Amador, Helix
17:15 Lucas Pepin, GH
17:19 Alex Serrano, GH
17:21 Joe Robinett, Point Loma
17:25 Noe Castro, PTL
17:26 J. Cornejo, Indio

Scoring: Scripps Ranch 58, Granite Hills A 82, Sweetwater 93, Helix 116, Indio 134, Point Loma 136, Granite Hills B 1139, Bonita Vista 158, East-

lake 277, Orange Glen 287.

Gold Varsity:

16:16 Ryan Moorcroft, StAug'stn
16:25 Chris Ferrier, La Jolla
16:30 Blake Swier, Mar Vista
16:32 Eric Koster, LJ
16:41 Drew Bouchard, StAug
16:45 R. Cobian, Brawley
16:47 Nate Lopez, LJ
16:48 Sean Barrett, StA
16:58 Pat Barrett, StA
17:05 Will Kramer, Army Navy
17:07 Paul Whitford, Coronado
17:08 Ryan Skerl, Valley Center
17:14 Todd Hough, VC
17:17 Cooper Bachman, VC
17:18 Rashawn Allen, La Jolla CD
17:19 Chad Young, Calvin Christian
17:20 Ivan Gutierrez, MarV
17:21 Matt Herriman, StA
17:26 H. Ramirez, Brawley
17:28 Jon Dunbar, LJ
17:40 Franky Ortega, MarV
17:45 Scott Davis, LJ
17:49 Gus Polito, VC
17:54 Lorenzo Otero, Hilltop
17:55 Larry Koster, LJ

Scoring: St. Augustine 41, La Jolla 55, Valley Center 91, Mar Vista 103, Brawley 153, Calvin Christian 159, La Jolla Country Day 194, Army Navy Academy 222, Coronado 234, Holtville 274.

GIRLS (2.2 miles):

Fastest Ten, all races:

12:55 Desiree Davila, Hilltop
13:25 Stephanie Baird, Helix
13:25 Desiree Leek, La Jolla
13:27 Diana Dibble, Valley Center
13:32 M. Huerta, Indio
13:42 Angela Rivas, Montgomery
13:44 Kate Branson, Bonita Vista
13:50 Natalie Parks, Point Loma
13:57 Elizabeth Harns, Helix
13:59 Trinity Amalfitano, BonitaVista

Blue Varsity:

13:23 Stephanie Baird, Helix
13:32 M. Huerta, Indio
13:42 Angela Rivas, Montgomery
13:44 Kate Branson, Bonita Vista
13:50 Natalie Parks, Point Loma
13:57 Elizabeth Harns, Helix
13:59 Trinity Amalfitano, BonitaVista
14:17 Laurie Labrado, ScrippsRanch
14:20 Meredith Harns, Helix
14:23 Amonica Phipps, Morse
14:24 Pati Romero, Eastlake
14:27 Bree Alfstad, BV
14:31 Lindsay Giolzetti, SR
14:34 Kristin Thompson, BV
14:35 Dulce Alvarez, BV
14:41 Joanna Gallarzo, Sweetwater

14:43 Amanda Cummings, SR
14:48 T. Sheehan, Indio
14:50 Natasha Sweatte, PTL
14:56 Lluvia de Luna, Orange Glen
15:01 Peeper Gilmore, PTL
15:01 Cecilia Goodman, PTL
15:04 Suraya Mustain, BV
15:11 L. Ruiz, Indio
15:13 Sara Reid, PTL

Scoring: Bonita Vista 52, Helix 84, Point Loma 92, Scripps Ranch 98, Indio 119, Eastlake 183, Sweetwater 203.

Gold Varsity:

12:55 Desiree Davila, Hilltop
13:25 Desiree Leek, LJ
13:27 Diana Dibble, Valley Center
14:04 Maggie Sass, LJ
14:05 Katie Grim, LJ
14:08 Liz Edwards, LJ
14:08 Carly Gardner, La Jolla CD
14:14 Tara McGowan, LJ
14:15 Michelle Guerrero, LJ
14:28 Anna Hough, VC
14:32 Claire Beck, OurLadyPeace
14:37 Jamie Morasco, VC
14:38 Lauren Swigart, LJCD
14:39 Liz Robinson, Holtville
14:39 Maria Cervantes, VC
15:02 Elana Huff, Calvin Christian
15:08 Jasmine Mejares, OLP
15:10 Jill Correnti, OLP
15:16 Kiley Dunlap, Coronado
15:23 Patricia Venereo, OLP
15:16 Emily Trepasso, Coro
15:18 Laura-Lee Reid, VC
15:22 Jenny Tarvin, CalvC
15:23 Odette Rodriguez, OLP
15:32 Daniella Scarfeo, LJCD

Scoring: La Jolla 25, Valley Center 53, Our Lady of Peace 90, La Jolla Country Day 132, Brawley 143, Calvin Christian 156, Coronado 166.

Bronco:

A bit of revenge for Poway boys; McInvale, Timinsky fastest

In the season's second week, the Vista and Poway boys matched up again, at Kit Carson Park. For good measure, Mt. Carmel and West Hills, the area's two other best boys teams, were on hand.

Ramona's Matt McInvale

Please turn to page 10.

*Next Issue:
Friday,
October 22
Look for it at the Kit
Carson Invitational,
or to be delivered
to your team*

Bronco
From page 9.

dashed to the day's fastest time on the two-mile course, but many were watching the team matchup.

This time, the Titans showed more patience, and it paid off with a strong pack showing. Josh Pope broke into the Vista top three, and his mates were 10th, 11th, 12th, 13th and 14th in the race. If it had been scored, Poway would have taken it, 52-63.

The area's three best girls teams, RB, Mt. Carmel and Torrey Pines, all competed in the Division I race, with RB, led by Allison Hall and Julie Manson, going 1-2-6-7 to bracket Mt. Carmel's 3-4-5 finishers. Torrey was missing Julie Komosinski and Jackie Appel, and couldn't match up.

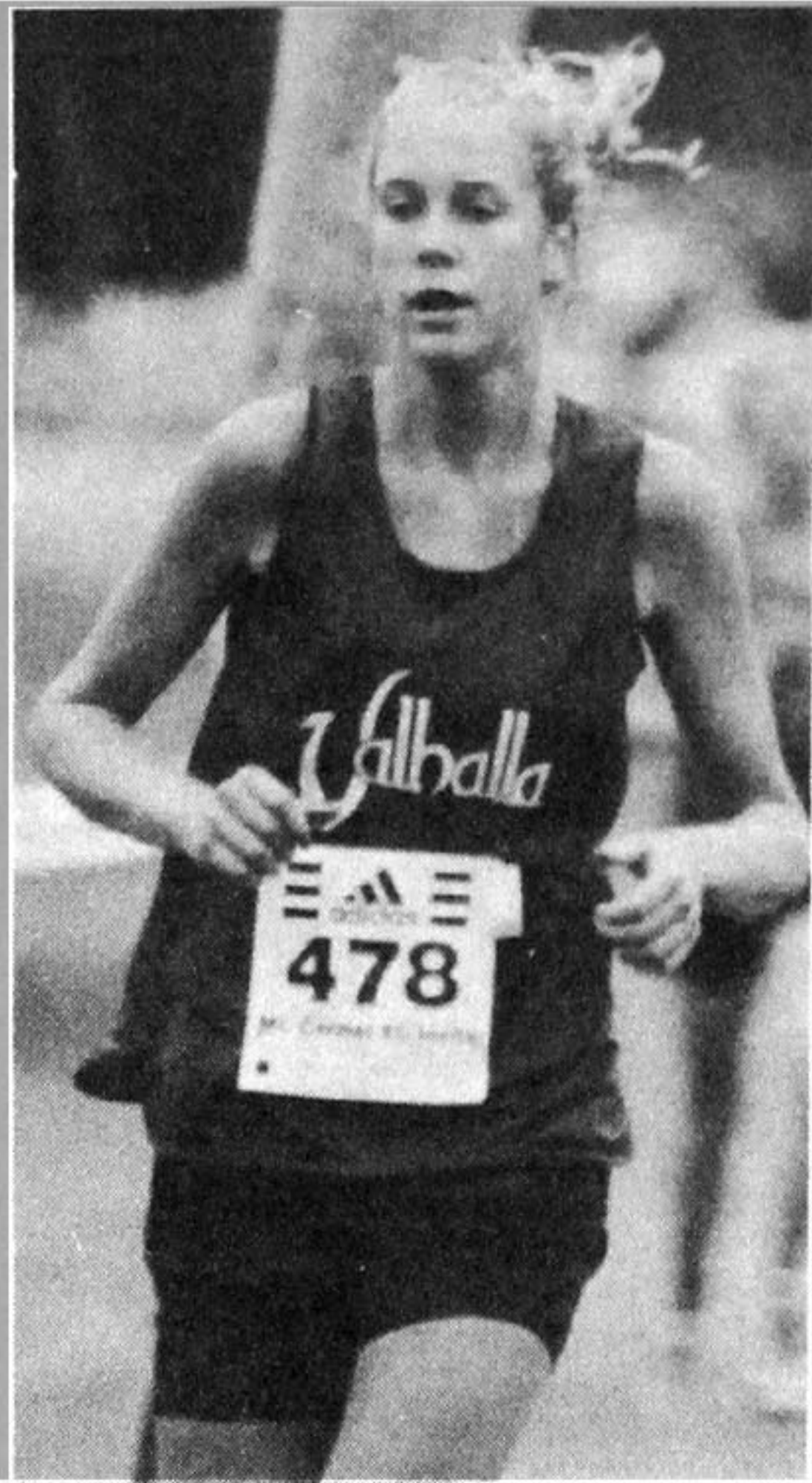
The day's fastest girls time was by San Dieguito Academy's Jenna Timinsky in the Division II race. She had planned to run in the DI heat, but a traffic snarl caused her to miss that race.

The Results:

At Kit Carson Park, Friday, Sept. 10. Conditions: Reasonable to cooling temperatures. One good hill on course.
BOYS (2.0 miles):
Fastest Ten, all races:
(Fastest ten times all came from Division I Varsity race, listed below)

- Division I Varsity:**
9:59 Matt McInvale, Ramona
10:08 Justin Neuroth, Vista
10:13 Evan Fox, West Hills
10:15 Sean Ricketts, Rancho B'rdo
10:16 Ryan Montez, Vis
10:17 Josh Pope, Poway
10:18 Ben Aragon, WH
(NOTE: Official times may be off by at least one place from this point in the race. Aragon was left out of official results.)
10:18 Chris Kenyon, Mt. Carmel
10:23 Jared Emmons, Vis
10:24 Devin Lyons-Quirk, Pwy
10:28 Luke McGinnis, Pwy
10:33 Pat Prunty, Pwy
10:35 Tim Helms, Pwy
10:38 Aaron Powell, Pwy
10:38 Ben Bruce, MtC
10:39 Mike Cooke, MtC
10:40 Alan Aradanas, MtC
10:46 Esquivel, MtC
10:47 David Santos, Valhalla
10:48 Erik Kerby, San Pasqual
10:50 Mike Zahalan, MtC
10:51 Nick Thornton, Rancho BV
10:51 Joe Aguilar, Vis
10:52 Mark Baddas, Vis
10:57 Bryan Bauerle, WH
10:59 Ramon German, Vis
11:01 Luis Mariscal, SP
11:06 Irving Franklin, Vis
11:07 Navid Hassanzadeh, TorreyP
11:07 Jon Aguilar, WH
11:08 Ryan Crim, RB
11:09 Ricky Roane, Ram
11:10 Cameron Sanders, RB

TRACK MAGAZINE
is now available
at your local
Movin' Shoes store.
(Back issues, too.)



Stephanie Casler
Valhalla



Julia Corman
La Costa Canyon

- 11:11 Ben Miedema, Carlsbad
11:11 Jon Shellhammer, Ram
11:12 Joe Dupee, SP
11:12 Aaron Trunnell, RBV
11:13 Matt Johnson, SP
11:17 Kevin Swain, Pwy
11:18 Chris Burnham, Carls
11:18 Joey Sheffer, Carls
11:24 Steve Daniels, Carls
11:25 Will Wisheart, SP
11:26 Mike Shannon, RB
11:29 Jake Fulton, RB
11:31 Kevin Nolan, TP
11:32 Mike Albo, RB
11:37 Craig Nowakowski, Val
11:38 Scott Cook, MtC
11:41 Jason Brown, Val
Finishers totaled 78.

- Division II Varsity:**
10:55 Nico Cueva, Escondido
11:11 Stephen Servis, Esc
11:12 Lyle Driscoll, El Capitan
11:13 Alfredo Sosa, La CostaCyn
11:17 Patrick Gomes, Santana
11:18 Barrett Larson, LCC
11:18 Brian Thielen, UniSD
11:23 Antony Gladstein, LCC
11:23 Victor Almanza, Sant
11:xx Mark Pfizenmayer, USD
11:27 Jonathan Cordes, Esc
11:32 Joe Voshell, Esc



Kelly Platko
Carlsbad



Alfredo Sosa
La Costa Canyon

- 11:40 Steve Dalton, USD
11:41 Steve Christianson, LCC
11:41 James Barlow, Esc
11:43 Mark Wollam, Esc
11:50 Ben Littman, LCC
11:50 Michael Terreri, LCC
11:55 Jarrod Hines, ElCap
11:56 Billy Quinn, Sant
11:59 A. Garcia, ElCap
12:01 Jonathan Griffith, Sant
12:02 Matt Burks, ElCap
12:04 Michael Scully, Sant
12:16 Noah Vogelsang, Esc
12:19 Paddy Tatusko, USD
12:19 Morgan Marcos, LCC
12:20 Geoff Berlin, LCC
12:23 Sean Tolley, ElCap
12:33 Jonathan Benet, USD
Finishers totaled 39.

- Division I JV:**
11:09 Leo Blasius, Vis
11:14 John Bentley, MtC
11:22 Alex Fromer, MtC
11:22 Steve Ryan, MtC
11:23 Esquivel, MtC
11:26 Jesus Nunez, SP
11:27 Chris Ryan, Pwy
11:32 Freddy Nunez, SP
11:35 Henry Lesperance, SP
11:35 James Hein, Vis
Finishers totaled 57.

- Division II JV:**
12:01 Michael Carini, USD
12:10 David Lynn, ElCap
12:39 Nicola D'angela, Sant
12:39 Matthew Barry, LCC
12:44 Brian Hansen, Sant
12:51 Ben Mueller, ElCap
12:53 David Dominguez, Sant
12:55 Craig Wirick, Sant
12:55 Thomas Navarski, Sant
12:56 Joshua Weinberg, Esc
Finishers totaled 42.

- Divison I Frosh/Soph:**
10:58 Abadir Barre, MtC
10:59 Kevin Schible, WH
11:05 Brandon Zelones, MM
11:07 Miguel Villareal, Vis
11:12 William, MtC
11:17 Shaun Ferris, RBV
11:20 Tim McKeon, WH
11:24 Jose Banuelos, Vis
11:25 Carlos Sanchez, Ram
11:26 Ross Ramsey, WH
Finishers totaled 133.

- GIRLS (2.0 miles):**
Fastest Ten, all races:
12:05 Jenna Timinsky, San Dieguito
12:23 Allison Hall, RB
12:27 Julie Manson, RB
12:31 Morgan Soule, LCC
12:33 Janet Mulvey, MtC
12:34 Deanna Sick, MtC
12:46 Karen Vasko, MtC
12:49 Kaleena Yee, RB
12:57 Jasmine Marquez, ElCap
12:58 Jamie Doyle, RB

- Division I Varsity:**
12:23 Allison Hall, RB
12:27 Julie Manson, RB
12:33 Janet Mulvey, MtC
12:34 Deanna Sick, MtC
12:46 Karen Vasko, MtC
12:49 Kaleena Yee, RB
12:58 Jamie Doyle, RB
13:00 Kristina Nugent, WH
13:00 Katie Baker, Pwy
13:01 Kristi Pinnell, Val
13:02 Kelly Platko, Carls
13:04 Laura Alessio, TP
13:06 Jessie Ansari, Carls
13:07 Ashlee Dere, MtC
13:09 Ashley Handy, WH
13:10 Stephanie Casler, Val
13:11 Julia Kermott, Val
13:12 Rebecca Bartell, WH
13:15 Audrey Harrer, MtC
13:16 Krista Romley, TP
13:20 Rachel Golick, TP
13:21 Loretta Kilmer, Ram
13:22 Ashley Viens, Val
13:23 Tiffany Lee, Vis
13:25 Dori McGuire, Mira Mesa
13:28 Melanie Monroe, Pwy
13:29 Angela Garcia, RBV
13:31 Danielle Holden, Pwy
13:32 Shawna Winfrey, WH
13:33 Mikaelyn Austin, RB
13:34 Lauren Jeffers, TP
13:36 Cates, Carls
13:38 Brenna Williams, TP
13:41 Ashley Orr, TP
13:43 Britt Jennings, Pwy
13:49 Erica Lopez, Vis
13:54 Lesley Bravin, Val
13:54 Amy Vasko, MtC
13:55 Michelle Miller, Vis
13:57 Lisa Lyons, RB
13:58 Jackie Dale, WH
14:00 Cassie Kuske, WH
14:02 Rebecca Swilley, Vis
14:02 Woodward, Carls
14:04 Aubrey Boag, Pwy
14:05 Leslie Mitchell, Ram
14:05 Genny Cruz, SP
14:06 Jessica Murray, RBV
14:06 Mallana Dressell, Carls
14:15 Courtney Allen, RBV
Finishers totaled 79.

- Division II Varsity, JV:**
12:05 Jenna Timinsky, SDA
12:31 Morgan Soule, LCC
12:57 Jasmine Marquez, ElCap
13:41 Julia Corman, LCC
13:44 Laura Guzman, Esc
13:56 Jaime Ransom, Sant
14:00 Elizabeth Tsu, LCC
14:01 Erica Schim, LCC
14:02 Jackie Turpin, Sant
14:10 Lauren McCabe, LCC
14:11 Joanne Funke, LCC

Norseman

From page 11.

- 11:30 Kara Mulneritch, Hx
- 11:32 Andrea Danielson, Gross
- 11:33 Candice Brown, MV
- 11:37 Laurel Harriman, Claire
- 11:46 Cathy Danh, Hx

- DIV. I FROSH/SOPH (1.6m):**
- 10:05 Sophia Marquez, CV
 - 10:08 Stephanie Casler, Val
 - 10:19 Julie Kermott, Val
 - 10:23 Darla Reader, CV
 - 10:27 Karissa Teitsch, UC
 - 10:28 Aubrey Boag, Pow
 - 10:29 Michelle Miller, Vis
 - 10:30 Melanie Monroe, Pow
 - 10:33 Kelly Jodoin, MM
 - 10:33 Erica Lopez, Vis
 - 10:37 Lidia Soares, UC
 - 10:43 Rebecca Swilley, Vis
 - 10:44 Carolyn Crews, UC
 - 10:50 Carrie Pinnell, Val
 - 10:55 Karalee Kubow, MM
 - 10:56 Jessica Schenk, Pow
 - 10:59 Jessica Kelleher, Vis
 - 11:01 A. Rodriguez, CV
 - 11:05 Jennie Spooner, Pow
 - 11:06 Cristina Diaz, Morse

- 11:09 Lisa Werner, Val
 - 11:10 L. Hernandez, CV
 - 11:11 Brittany Marker, Vis
 - 11:14 Sarah Spooner, Pow
 - 11:16 Nicole Kenley, Pow
- DIV. II FROSH/SOPH (1.6m):**
- 9:55 Stephanie Baird, Hx
 - 10:15 Anna Hough, VC
 - 10:34 Laurie Labrado, SR
 - 10:38 Jaime Ransom, Sant
 - 10:45 Kristen Wilson, Gross
 - 11:00 Jackie Turpin, Sant
 - 11:03 Monica Hubbard, ElCap
 - 11:06 Tanya Chapman, Sant
 - 11:08 Amanda Cummings, SR
 - 11:10 Amy Montgomery, Serra
 - 11:11 Elise Felt, MV
 - 11:11 C. Root, Gross
 - 11:11 Rebecca Garcia, Claire
 - 11:12 Vanessa Castillo, SR
 - 11:21 Tracee Lorenzana, MV
 - 11:27 Emily Prout, SR
 - 11:33 Amy Lang, Serra
 - 11:36 Kelly Dunn, VC
 - 11:42 Paula Evans, MV
 - 11:46 Katelyn Martin, Hx



Nick Thornton
Rancho Buena Vista

senior and junior races, and West Hills runners had four of the day's six fastest times.

Hilltop's Desiree Davila had the day's fastest girls time, but the Broncos, led by Julie Manson and Allison Hall, had four of the next five fastest times.

The Results:

At West Hills High School, Friday, Sept. 3. Conditions: reasonable temperatures for late summer, with some overcast, and cooling by late afternoon races.

BOYS:

The fastest ten, from senior, junior and soph races (frosh ran a shorter course):

- 11:05 Evan Fox, West Hills
 - 11:15 Ben Aragon, WH
 - 11:16 Nick Thornton, Rancho BV
 - 11:23 Dan Sutton-Kane, WH
 - 11:45 Nick Zubel, Patrick Henry
 - 11:46 Bryan Bauerle, WH
 - 11:47 Musie Meche, Helix
 - 11:50 Joe Robinett, Point Loma
 - 11:52 Mike Shannon, Rancho B'do
 - 11:54 Jon Aguilar, WH
- SENIORS (2.1 miles):**
- 11:05 Evan Fox, WH
 - 11:16 Nick Thornton, RBV
 - 11:23 Dan Sutton-Kane, WH
 - 11:45 Nick Zubel, Patrick Henry
 - 11:46 Bryan Bauerle, WH
 - 11:47 Musie Meche, Helix



Pati Romero
Eastlake

- 11:52 Mike Shannon, RB
- 11:54 Jon Aguilar, WH
- 11:59 Justin Amador, Helix
- 12:01 Alex Hawk, Ptl
- 12:02 Jeff McKnight, Ptl
- 12:02 Ryan Crim, RB
- 12:09 Noe Castro, Ptl
- 12:10 Jake Fulton, RB
- 12:14 Mark Pfizenmayer, UniSD

JUNIORS (2.1 miles):

- 11:15 Ben Aragon, WH
- 11:50 Joe Robinett, Ptl
- 12:00 Aaron Trunnell, RBV
- 12:06 Cameron Sanders, RB
- 12:21 Rashawn Allen, La JollaCD
- 12:24 Brian Thielen, USD
- 12:25 David Marshall, PH
- 12:31 Steve Dalton, USD
- 12:33 Alex Ooi, Ptl
- 12:40 Maurice Souza, Ptl
- 12:45 Jaime Mondragon, Ptl
- 12:52 Nathan Aginiga, Hilltop
- 13:12 Ralph Kenyon, RB
- 13:15 Allen Earnhardt, WH
- 13:19 Gaberal Cornejo, RBV

SOPHS (2.1 miles):

- 11:55 Will Kramer, Army Navy
- 11:59 Mike Albo, RB
- 12:03 Taylor Williams, Helix
- 12:22 Eric Delgadillo, PH
- 12:26 Shaun Ferris, RBV
- 12:27 Tim McKeon, WH
- 12:34 Ross Ramsey, WH
- 12:43 Ahmed Lane, Ptl
- 12:44 Dan Tanks, RB
- 12:53 John Silva, Eastlake

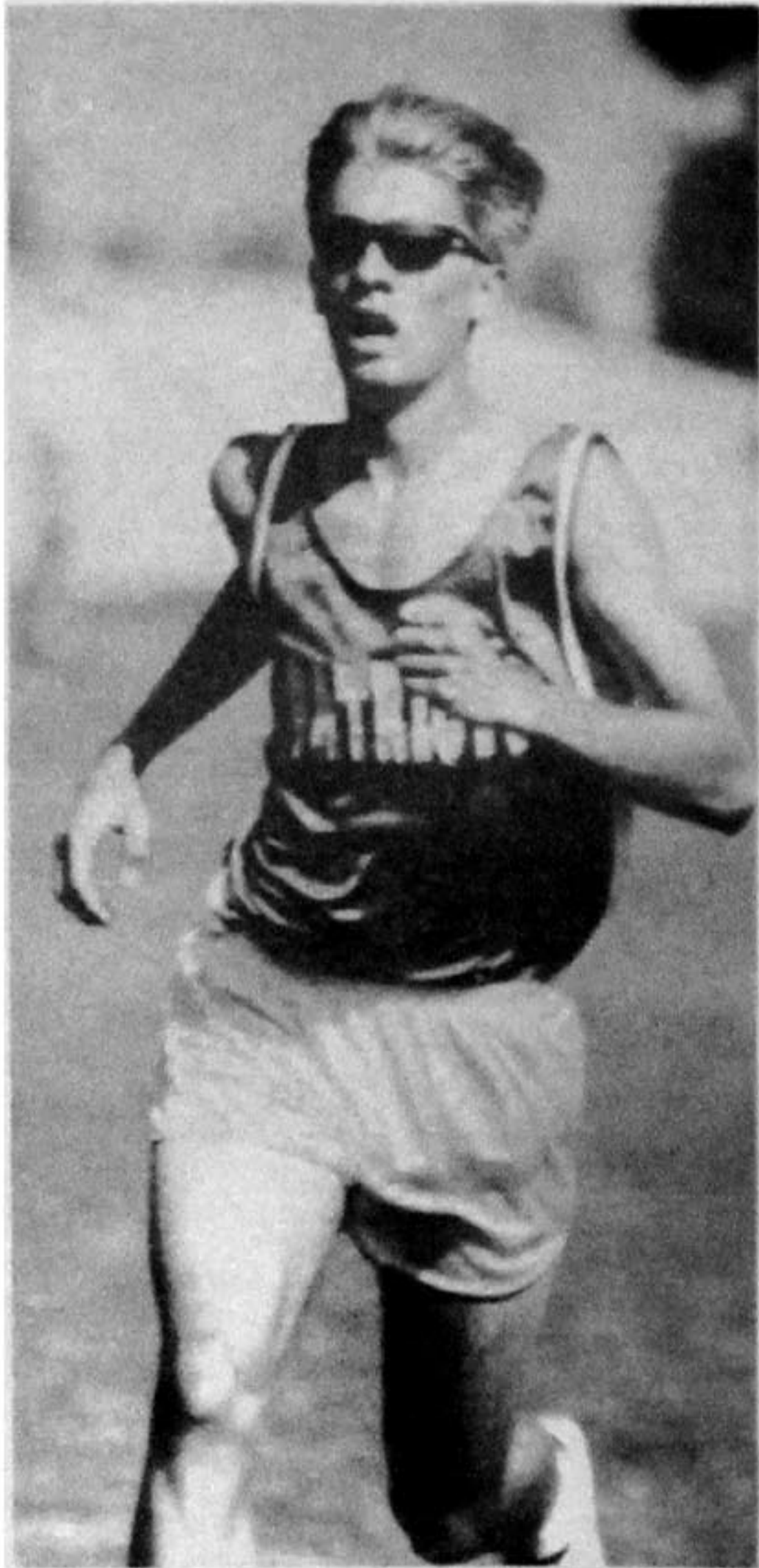
FROSH (1.5 miles):

- 8:40 Artemio Mateo, RBV
- 8:44 Troy McAdams, RBV
- 8:51 Brian Bradshaw, Ptl
- 9:02 Johnathan Ma, East
- 9:03 Dale Showers, Oceanside
- 9:04 Jason Miller, RBV
- 9:05 Patrick T., USD
- 9:20 Zack Arallone, East
- 9:25 Steve Prinz, PH
- 9:33 Matthew Mena, RBV

GIRLS (1.5m):

The fastest ten, all races:

- 9:08 Desiree Davila, Hilltop
 - 9:18 Julie Manson, RB
 - 9:19 Allison Hall, RB
 - 9:31 Nastassaja Hall, RBV
 - 9:36 Kaleena Yee, RB
 - 9:41 Jamie Doyle, RB
 - 9:44 Kristina Nugent, WH
 - 9:44 Ashley Handy, WH
 - 9:46 Natalie Parks, Ptl
 - 9:56 Katie Boyd, RB
- SENIORS (1.5m):**
- 9:18 Julie Manson, RB
 - 9:57 Mikaelyn Austin, RB



Nick Zubel
Patrick Henry

- 10:05 Becca Bartell, WH
- 10:15 Lisa Lyons, RB
- 10:25 Cheryl Madsen, WH
- 10:38 Emily Joller, RB
- 10:45 Angie Fitzpatrick, PH
- 10:45 Cassandra Liss, PH
- 11:26 Shay Heaton, USD
- 11:42 Lauren Anas, USD
- 12:00 Jodie Linder, Eastlake
- 12:03 Molly Hamilton, Ptl
- 12:17 Darcy Richardson, RB
- 12:36 Emily O'Brien, Ptl
- 12:48 Ashley King, PH

JUNIORS (1.5m):

- 9:08 Desiree Davila, Hilltop
- 9:36 Kaleena Yee, RB
- 9:44 Ashley Handy, WH
- 9:46 Natalie Parks, Ptl
- 9:56 Katie Boyd, RB
- 10:15 Angela Garcia, RBV
- 10:16 Shawna Winfrey, WH
- 10:20 Jessica Murray, RBV
- 10:21 Kelly Larsen, RB
- 10:25 Cassie Kuske, WH
- 10:26 Peeper Gilmore, Ptl
- 10:31 Danielle Scarfeo, LUCD
- 10:51 Leah Romero, RB
- 11:03 Nicole Marsch, USD
- 11:08 Kalen Albe, USD

SOPHS (1.5m):

- 9:19 Allison Hall, RB
- 9:31 Nastassaja Hall, RBV
- 9:41 Jamie Doyle, RB
- 9:44 Kristina Nugent, WH
- 10:12 Courtney Allen, RBV
- 10:17 Jackie Dale, WH
- 10:18 Pati Romero, Eastlake
- 10:24 Belinda Oberum, RB
- 10:24 Alicia Demoe, WH
- 10:34 Natasha Sweatte, Ptl
- 10:52 Jessica Woods, PH
- 10:53 Jessica Haffen, WH
- 11:11 Allison Harden, Ptl
- 11:20 Lupe Lopez, Hill
- 11:23 Tiffany Myres, RBV

FROSH (1.5m):

- 10:27 Lauren Swigart, LUCD
- 10:33 Jessica Huepper, RB
- 10:40 Melodie Tao, RB
- 10:44 Casey Simone, WH
- 10:45 Sara Reid, Ptl
- 10:46 Whitney Kuptz, RB
- 11:01 Jordanna Koch, RBV
- 11:08 Lauren Senescall, USD
- 11:11 Jacqueline Murray, RBV
- 11:20 Shannon Ruebel, PH
- 11:22 Carey McCall, USD
- 11:31 Porschia Talbot, LUCD
- 11:36 Rachel Bombaci, Ptl
- 11:48 Monica Lane, RB
- 11:53 Kalli McBrown, WH

Wolfpack:

West Hills boys,
RB girls best

The 1999 cross country season began on an uncharacteristically overcast afternoon at West Hills High, where boys from the host Wolfpack and girls from powerhouse Rancho Bernardo dominated the competition.

Pack runners Evan Fox and Ben Aragon cruised to wins in the

Who's going to go to State?

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TRACK MAGAZINE web site:

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