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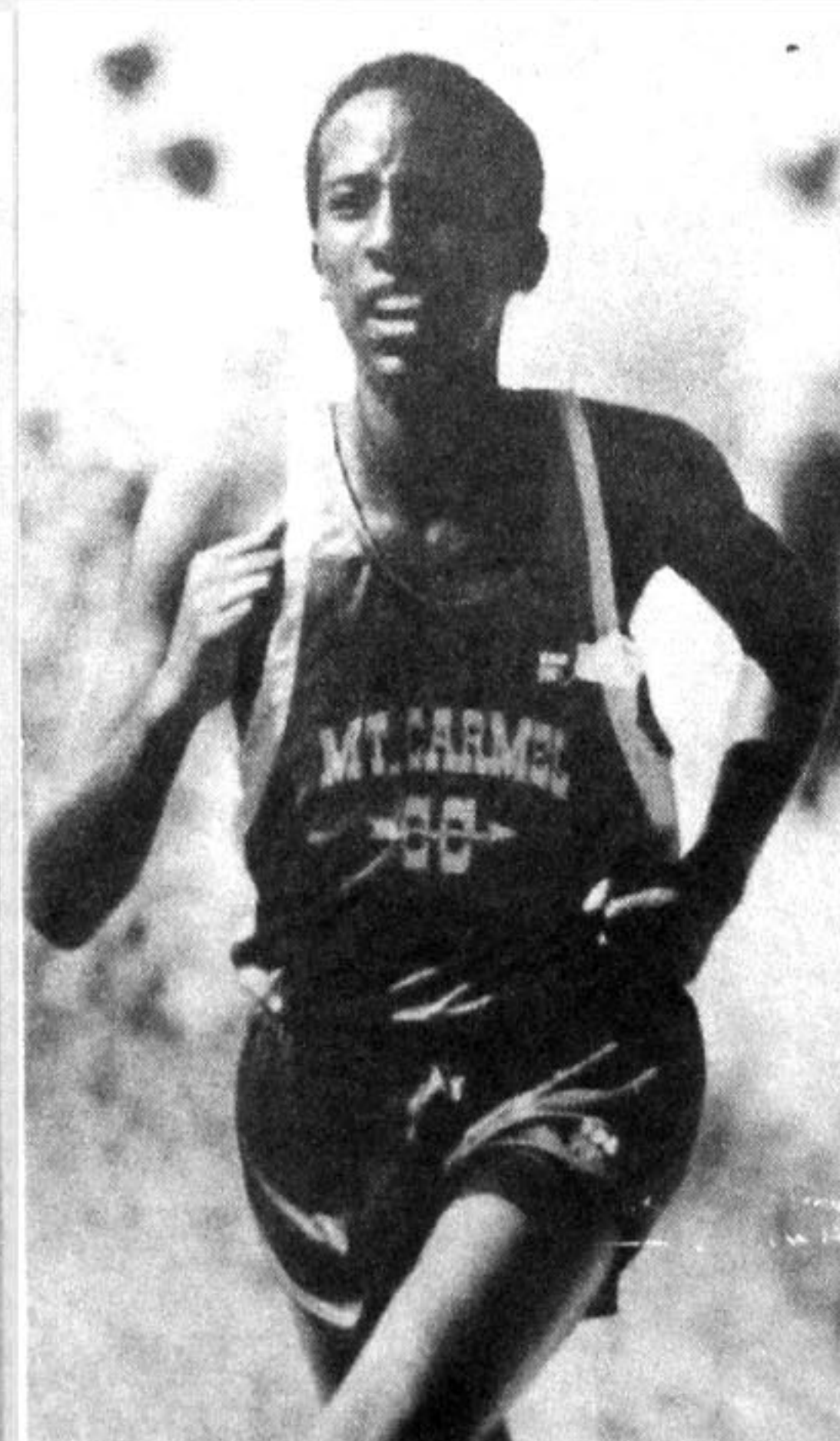
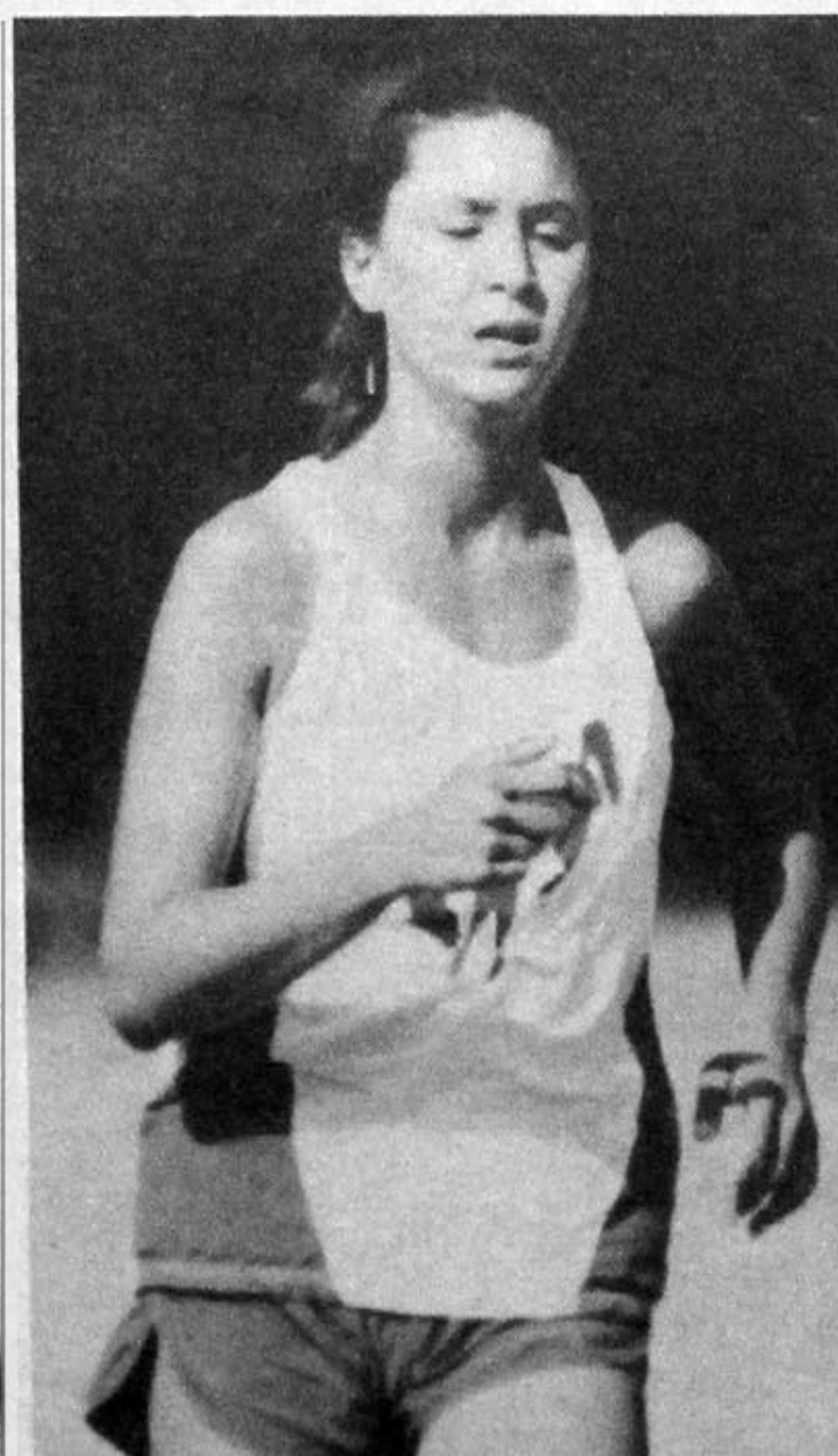
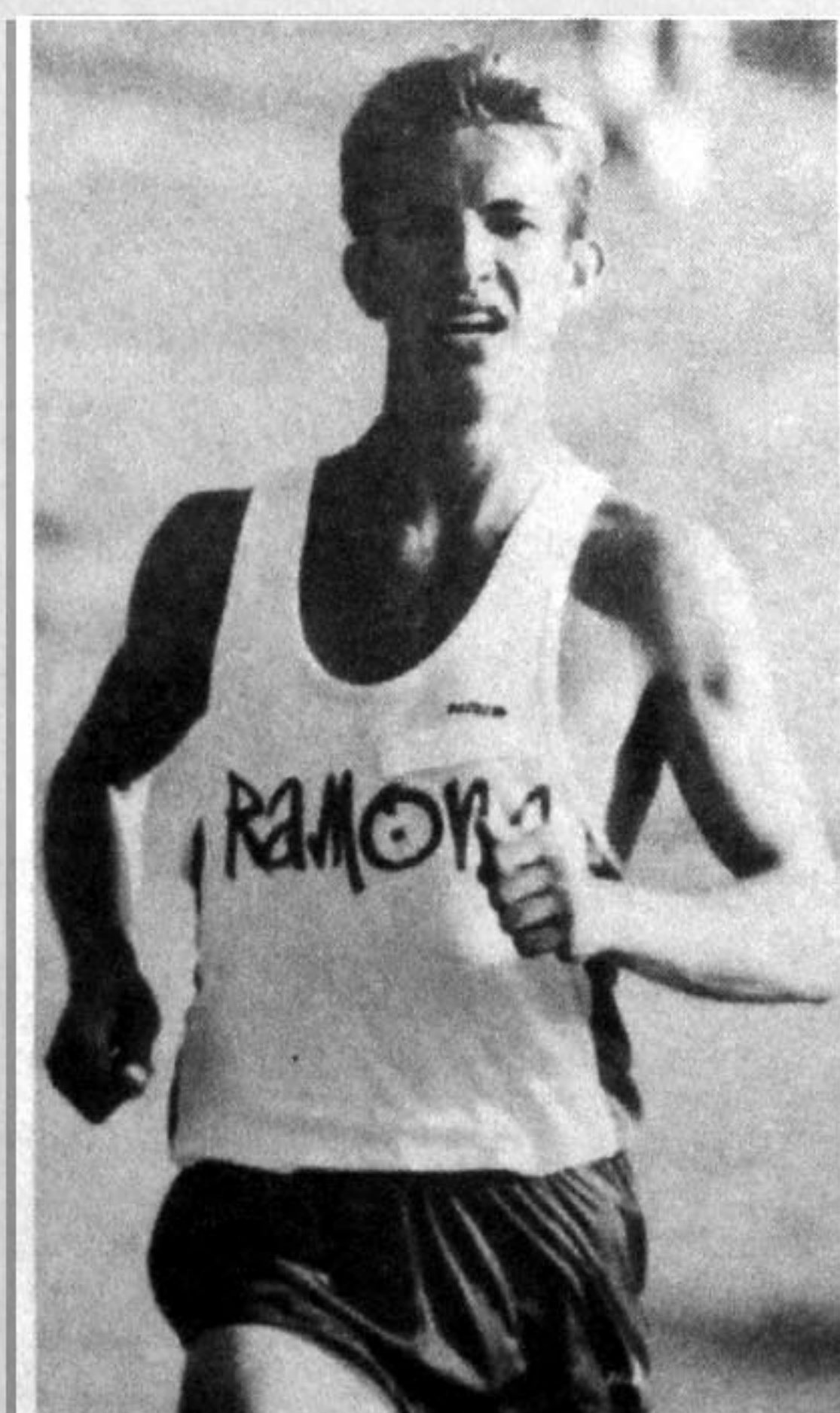
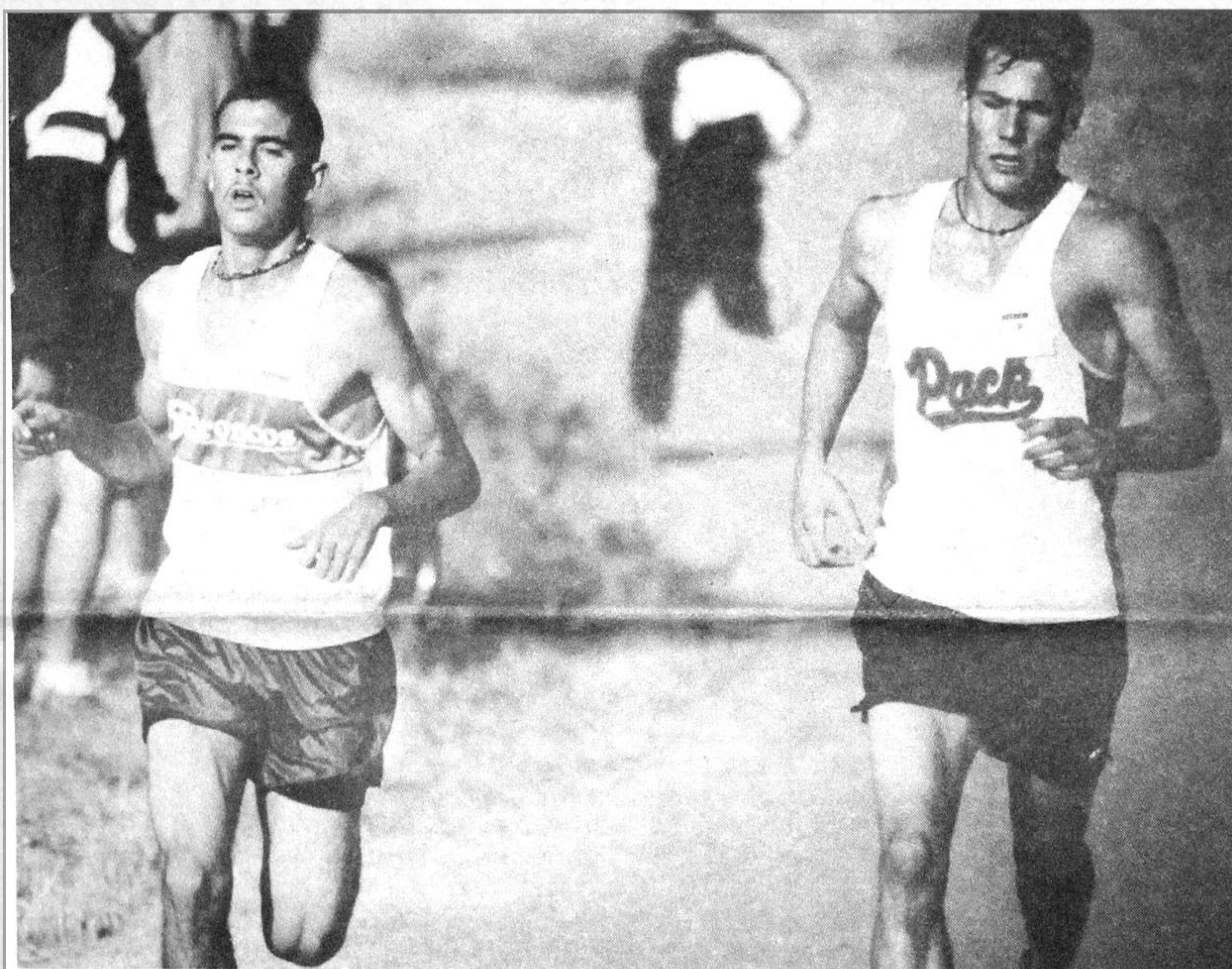
# TRACK



# MAGAZINE

Volume V, Number 3 -- October 22, 1999

*The best in local prep cross country coverage*



## **Southern Cal Invitational stars**

RB's Sean Ricketts and West Hills' Evan Fox duelled for the third spot in the boys number one race. Race winners included Ramona's Matt McInvale (boys 1); RB's Kaleena Yee (girls 3); and Mt. Carmel's Abadir Barre (boys 7).

## What's News...

San Diego's boys team has been tearing up the Eastern League and they have one of the best young one-two combos in the Section. We also find out what Angela Petersen is up to. See page two.

Scripps Ranch is unbeaten in the Western League after beating St. Augustine this week. We survey the best of the dual meet action, starting on page three.

Some great duals are still on tap, including big showdowns in the Metro and Palomar Leagues, and among the Western League's best girls teams. See page five.

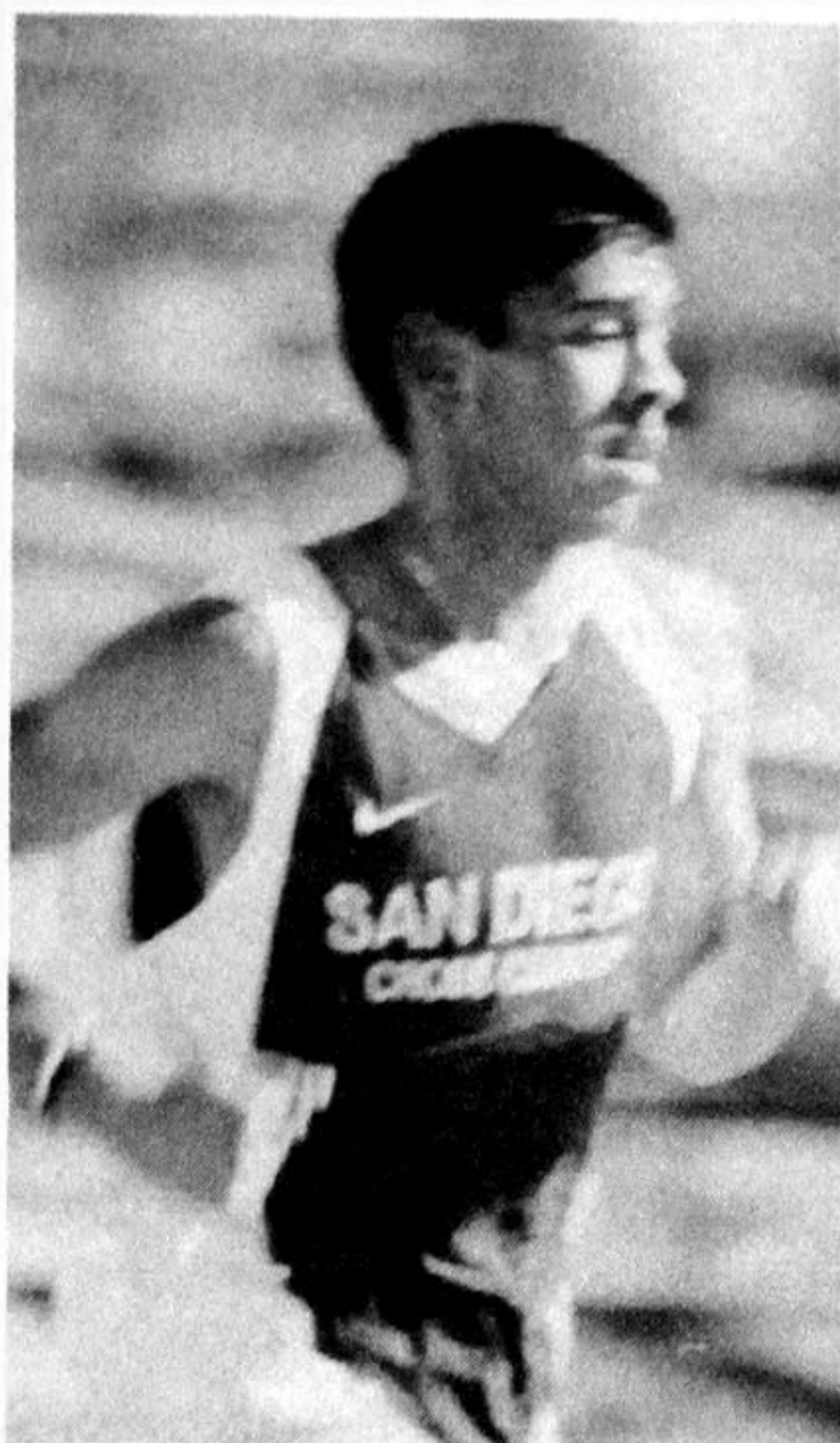
St. Augustine dominated their own invitational recently, a precursor to their big win over La Jolla. The St. Augustine Invite is a chance for the section's smaller schools to show their stuff. See pages six and seven.

Torrey's Julie Komo-sinski won the San Luis Obispo Invitational, and her team was a close second to Peninsula, the state's top-ranked team. See page seven.

Four of the state's top six girls teams met at the Southern California Invitational last week, with Rancho Bernardo putting up convincing numbers. An entire boys race results are thrown out, swinging that title from West Hills to Mt. Carmel. Our coverage begins on page seven.

The most recent local and state rankings are on page twelve. St. Augustine moves up, and Sweetwater's boys join the top ten.





**Christian Dominguez**  
San Diego

## Checking in with...

Who's making news...

### SAN DIEGO

The Cavers boys team is probably the best unit that nobody really knows about.

They are easily the class of the Eastern League, and they have been making their mark in some out-of-town invitationals, led by a strong one-two punch.

Coach Ed Ramos' team won the small schools division of the Santa Clarita Invitational on October 16, as soph Solomon Kumbi won the 3.0-mile race in 15:31, with teammate Christian Dominguez the runnerup, in 15:37. Dominguez is a junior.

In the Raider Invitational, at College Park on October 1, San Diego was fifth, behind Camarillo and Righetti, among others. Kumbi was second in that race, clocking 15:55.

At Woodbridge, on September 18, Dominguez was the second fastest local runner, clocking 15:34 for the 3.0-mile course, and Kumbi was timed in 16:03.

If the Caver pack is anywhere close to the top two, San Diego is a solid top ten team.

### UNIVERSITY CITY

The Centurion boys team may soon add a talented frosh runner, Kern Huerta.

He has been ineligible to date, but he's ready to contribute as soon as he's cleared academically. He clocked 16:50 for 5K at the recent Arturo Barrios meet in Chula Vista. Coach Jim McCarthy thinks Huerta could fit in as high as third man on his varsity.

### WEST HILLS

The Wolfpack are hoping to upgrade their roster by the end of the season, if soph Dustin Westergom-Flick makes grades. He also competed at the Arturo Barrios meet, and clocked 16:38 for 5K in winning the 13-17 age division.

### ST. AUGUSTINE

Coach Jerry Downey has scheduled the annual Frosh/Soph Championships for Friday, October 29, at Morley Field.

Races will be held for Frosh and Sophs in both boys and girls divisions.

To enter, fax 619-282-1203, or call Downey evenings at 619-435-3913.

### TORREY PINES

Doctors ruled out any participation this season by Jackie Appel, who was the Falcons' third runner last year. Appel was suffering from a stress fracture. She is a junior, and could be back next year.

The Falcons have a junior (Julie Komosinski) at the top of their roster, and the rest of their varsity pack are mostly sophs and frosh.

### ANGELA PETERSEN

The junior runner, last year's runner of the year in the San Diego Section, is running well for her new school in Nevada.

She attends The Meadows, and she's unbeaten in invitationals in and around the Las Vegas area.

She won one race by two minutes, but has yet to meet up with another Nevada flash, Abby Miller of Green Valley. Miller was a Footlocker finalist as a frosh.

One internet report on a Nevada meet noted that, "Petersen is for real."

### CARLSBAD

The Lancer girls will upgrade their roster when the championship meets begin.

Frosh Jessica Ansari is one of

the better ninth-grade girls to come on the scene this year, but she rarely competes in any but dual meets to this point.

Coach Keith Van Asdalan says that Ansari ranges in the two-three-four spot when she runs.

### ST. AUGUSTINE

The Saints are another team that has a frosh weapon that is rarely seen, except in dual meets.

He is Sean Barrett, and he is solidly in the Saints' top five. He usually plays baseball on Saturdays, but he'll race at CIF.

In his one weekend appearance,

he won the small schools frosh/soph race at the Norseman Invite.

### VALLEY CENTER

The Valley Center girls, easily the best Division IV team in the section, recently lost Maria Cervantes, who ranged in the two-three spot for the Jags. Cervantes moved to Orange Glen, where she will be eligible to run for the Patriots.

Valley Center still has a solid top five, but the loss of Cervantes will probably be felt when the Jaguars compete at the state level.

## TRACK MAGAZINE

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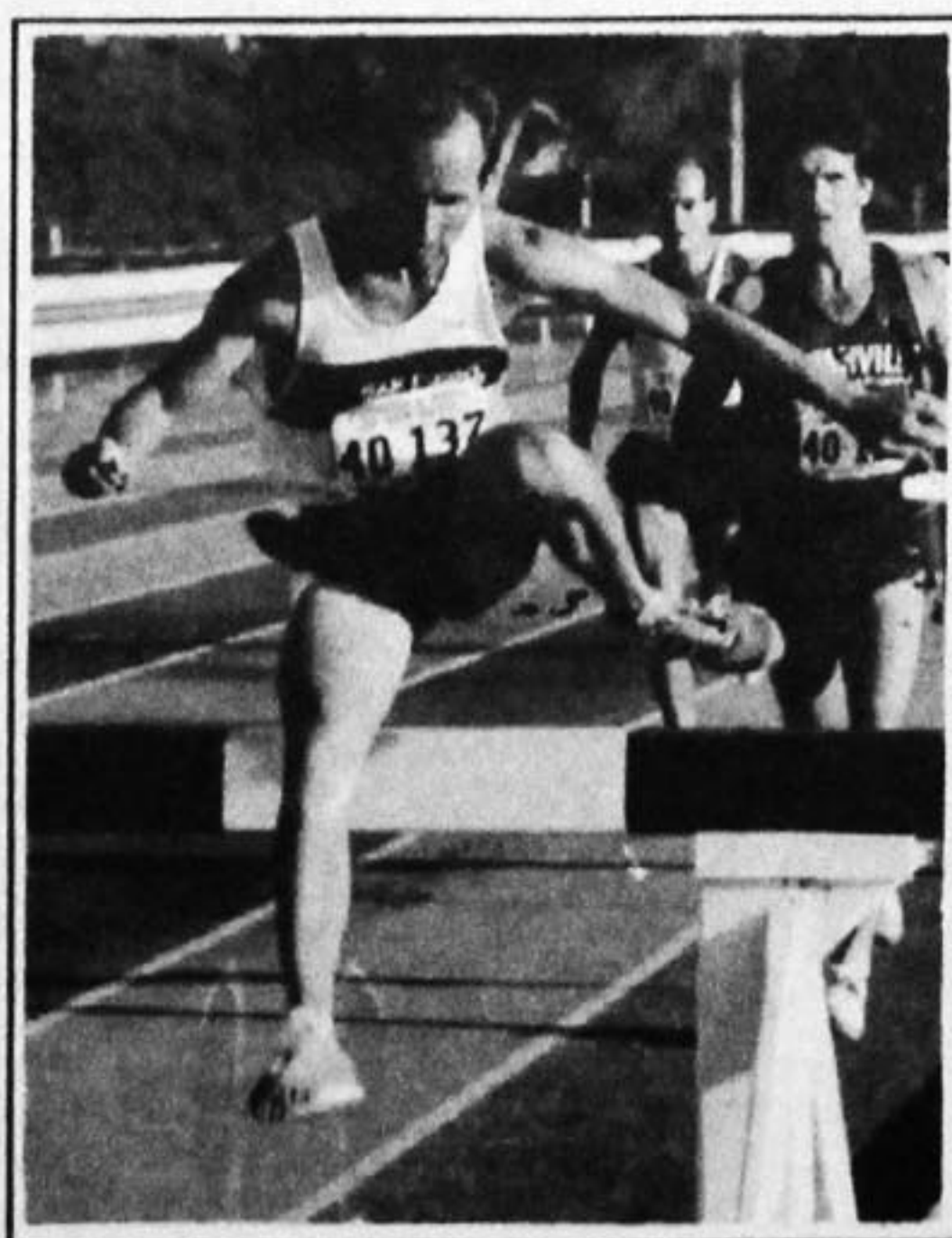
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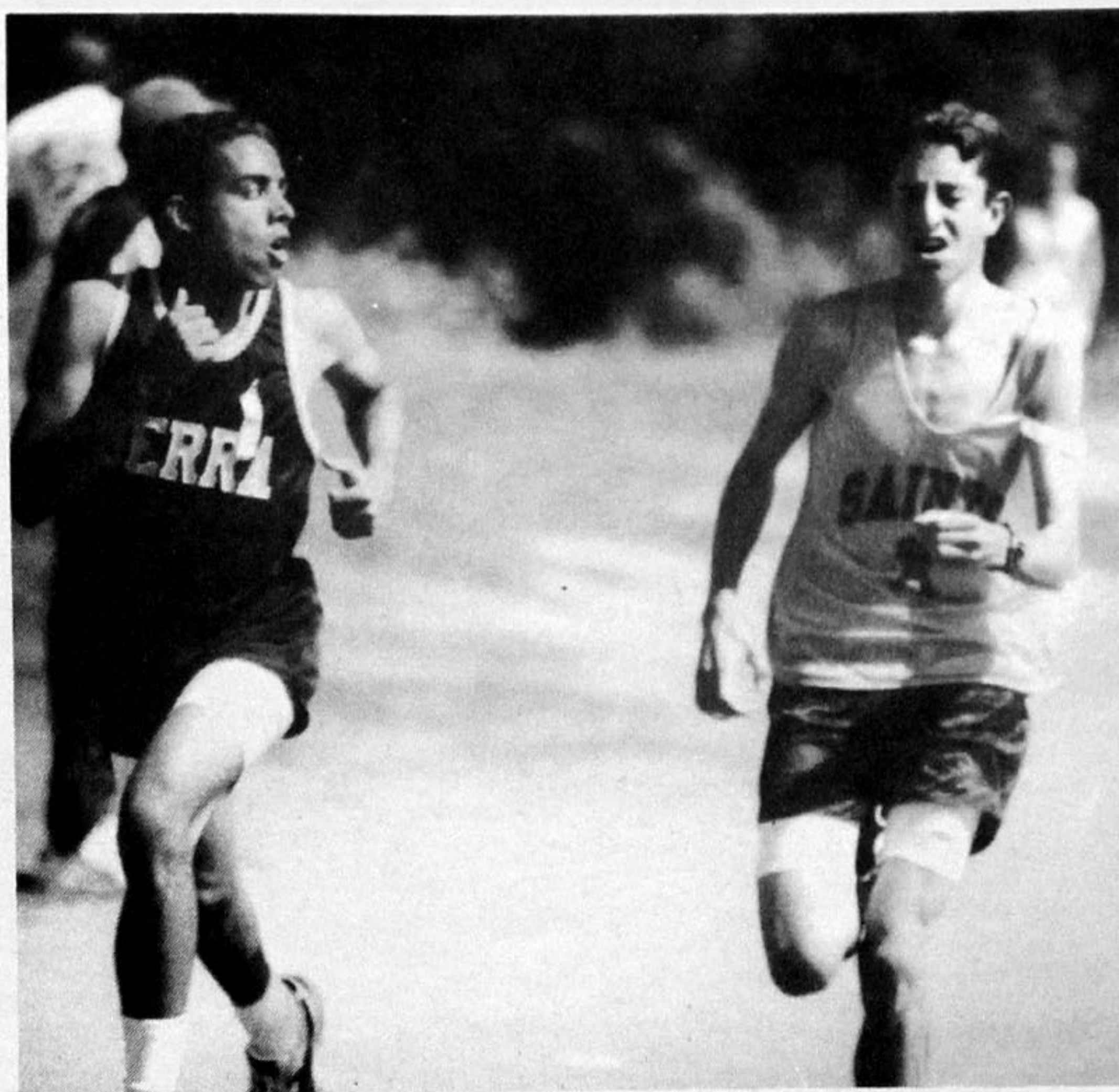
## Dual Meets: *Scripps boys beat Saints; many league showdowns still to come*

At about the halfway point of most teams' dual meet seasons, a number of leagues have already had big showdowns, most notably in the Western, Eastern and Palomar loops.

There have already been a pair of high-powered boys duals in the West. St. Augustine beat La Jolla 17 to 38 on October 11, with Saints going 1-2-3-5-6 against the Vikes, who couldn't seem to catch up to the Saints pack, which took out the pace hard early.

One week later, Scripps Ranch's boys hammered the Saints, 23-32, as the Falcons put runners in slots 2-3-4-5 behind the winner, Ryan Moorcroft.

The Scripps boys still have to face La Jolla on Monday. The Vikes will have something to prove, and they could put things in a three-way tie with an upset.



**Terence Hagans, Drew Bouchard**  
Serra St. Augustine

Other dual meet highlights:

### WESTERN:

St. Augustine's Moorcroft put up a dazzling 15:43 on the 3.0 mile Western League course in the loss to Scripps this week. Scripps' Brendan Riordan ran a pretty decent 16:02 in the race to lead the Scripps pack of four, which broke open the race just before the halfway point by moving away from the Saints' pack.

The Western league course has been reconfigured this year, while the Eastern and Harbor Leagues are running the Morley layout as they did last year, so times between leagues can't be compared.

In girls racing, La Jolla and University City haven't met yet, and both have been cruising through their duals. Fastest time to date was UC's Chessa Adsit-Morris' clocking of 19:04 in a tri-meet on Monday. La Jolla's Desiree Leek has racked up a 19:27 in a meet on October 11 with University of San Diego and Our Lady of Peace.

In duals that held significance for the CIF Division III race, the USD boys beat Mission Bay by a big score on October 5; and Our Lady of Peace girls took care of USD by 17-38 on October 11.

**Please turn to page 4.**



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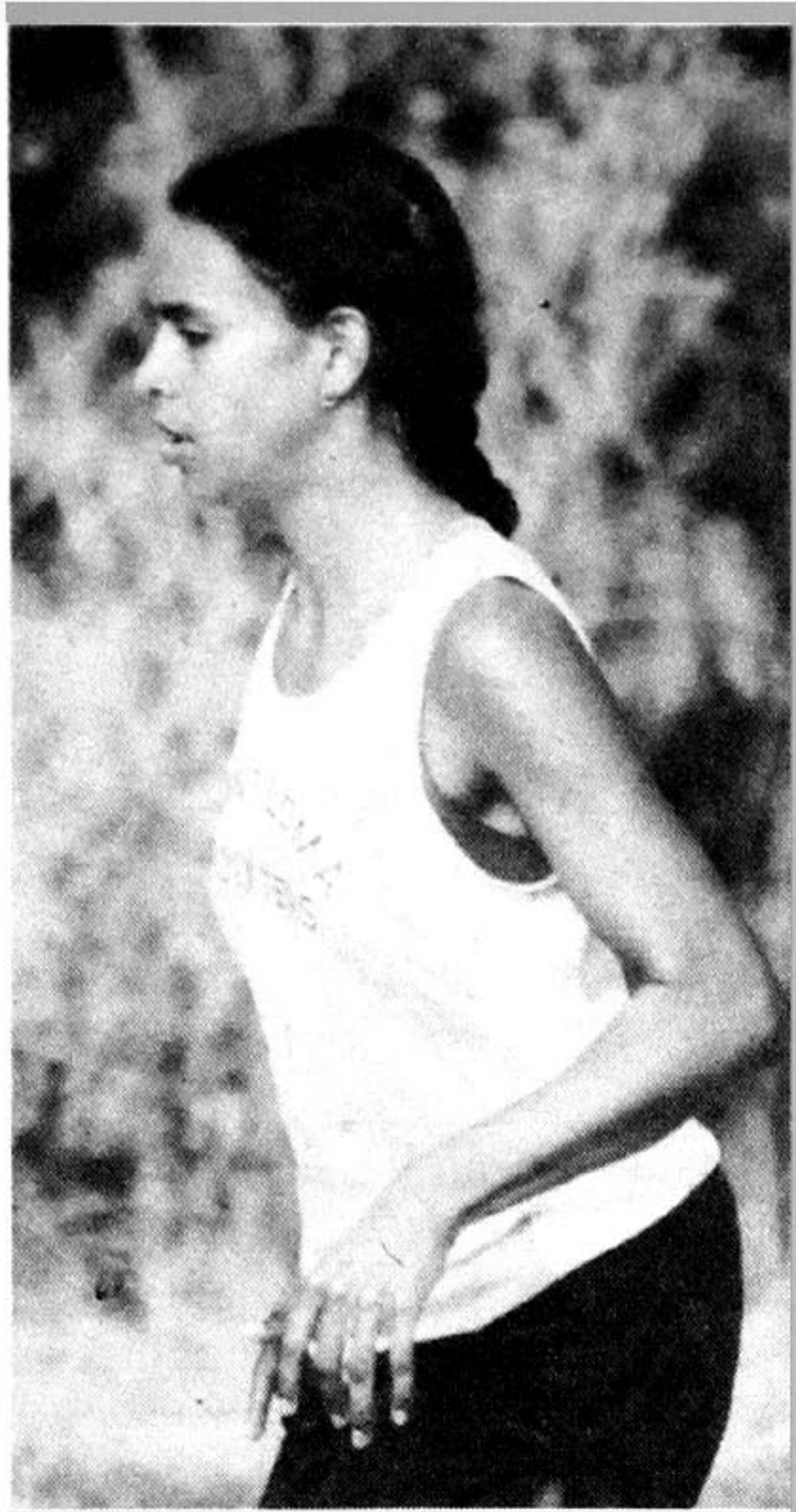
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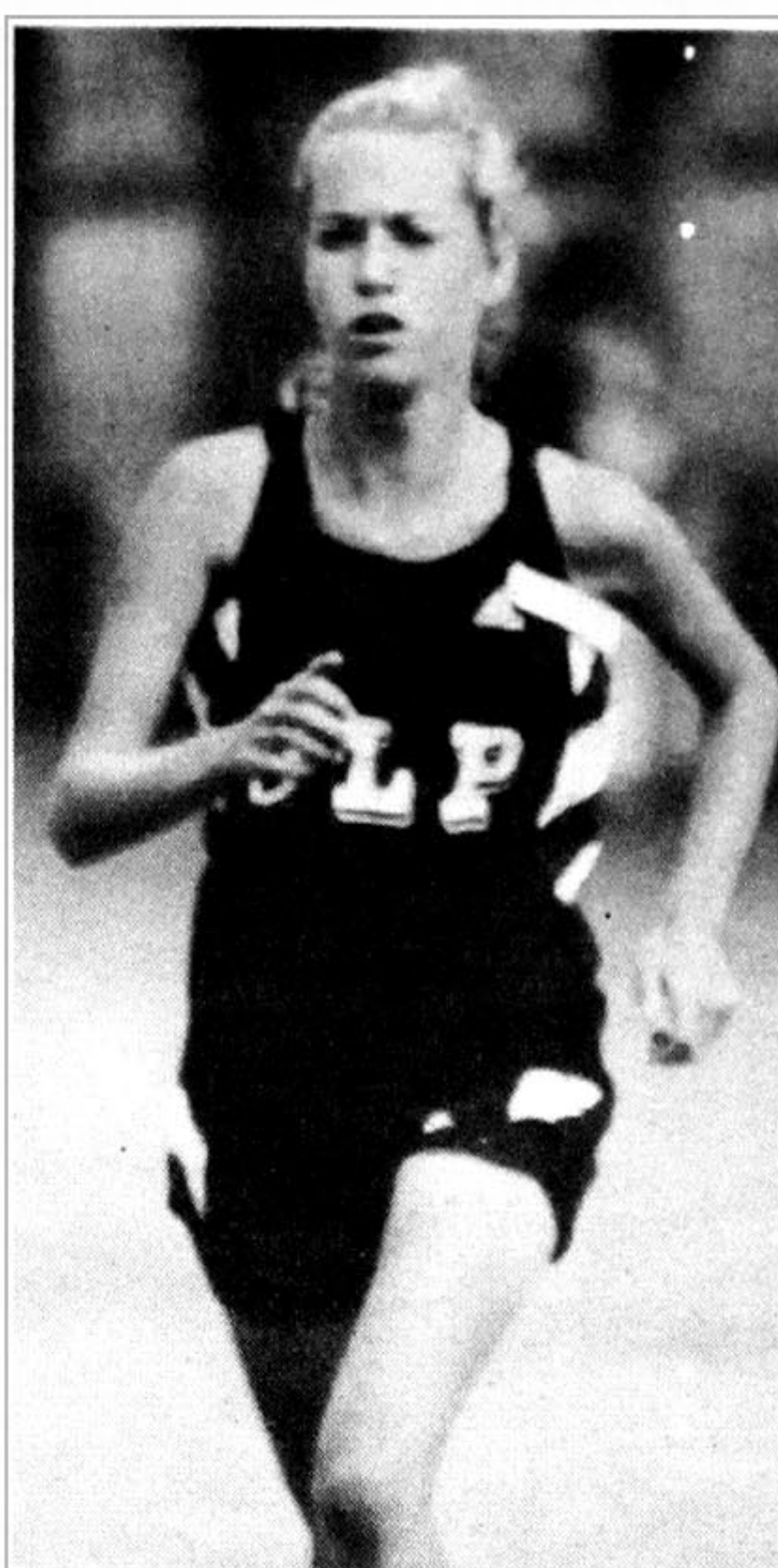
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**Bertha Ojeda**  
Chula Vista



**Lisa Dodd**  
Mira Mesa

## Dual Meets

From page 3.

The best Western Division III teams will be CIF contenders at the end of the year.

### **EASTERN:**

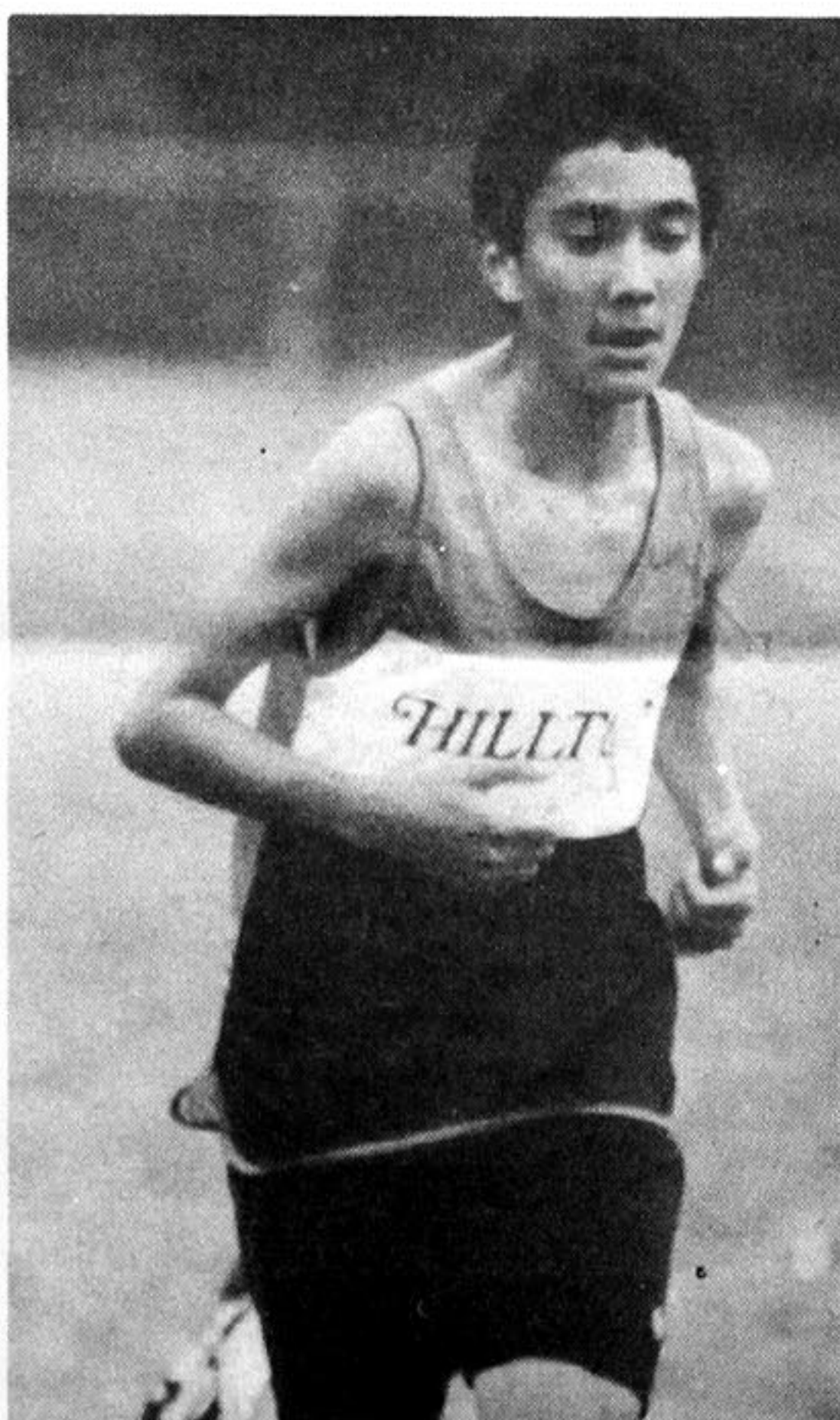
San Diego's boys have been laying waste to their opponents so far. They beat their top rival, Point Loma, 20-36, on October 14, led by Christian Dominguez and Solomon Kumbi. Dominguez was timed in 16:05 on the Eastern League course (different than the Western layout), and Kumbi was just steps behind. It was the fastest race of the year in the East, and it put the Cavers in control, at least until the league finals.

Mira Mesa's girls topped Point Loma on October 7, by 25-30, despite a win by Pointer Natalie Parks in 16:31 over the 2.6-mile Eastern course at Morley. That remains the fastest girls time by an Eastern runner this season. Mira Mesa is led by the duo of Dori McGuire and freshman Lisa Dodd, who have both dipped under 17 minutes at Morley this year. There won't be a tougher opponent for Mira Mesa until the league finals, when the teams will be matched up again.

### **HARBOR:**

The Harbor League bases everything on their dual meet schedule, so the boys race seems to be over after Crawford beat Coronado, 23-33, on October 13. The Colts were led by defending league champ, Simon Peter.

The girls league picture is a bit more unclear. Coronado usually dominates this league, and they are probably the best of the group again this season, based on limited results. The Coronado/Crawford girls dual saw a number of girls get



**Nathan Aginiga**  
Hilltop

lost on the course, and the final results were completely thrown out. The two teams, if needed, can make up their dual within the league finals.

### **METRO:**

There have been few significant clashes in the South Bay, as Chula Vista, Sweetwater and Bonita Vista await a three-way clash next week.

Boys teams from Sweetwater and Chula Vista have not been challenged at all in early action, and Bonita Vista's boys also remain unbeaten, although Mar Vista did give them a good run on October 8. The Barons beat the Mariners, 27-32 at Lucky Waller Park.

Likewise, the Bonita and Chula girls teams are cruising through the early meets.

Best individuals have been Chula's Michael Manzano, Sweetwater's Ruben Vences, and



**Michelle Guerrero**  
La Jolla

Mar Vista's Blake Swier among the boys. Hilltop's Desiree Davila has dominated the girls league races.

### **VALLEY:**

The boys race still seems to be up for grabs at this point, although Valley Center has an edge with a big win (24-31) over San Pasqual on October 8.

San Pasqual is scuffling a bit, at least compared to last year, when they dominated this league on their way to a second-place finish at the State Meet in Division II. Now, the league is full of contenders.

"We had to run hard to beat Ramona (26-29, on September 30)," Golden Eagle coach Pat King said. "And then Valley Center beat us."

Escondido is also in the mix, but their top runner, Nico Cueva, is just coming back off the injured list.

In girls racing, the two best

teams, Valley Center and Ramona, have yet to meet.

### **AVOCADO:**

The Fallbrook boys team has been in cruise control to this point, and it's unclear if there is a legitimate challenger among their rivals.

On the girls side, Torrey's strong team is a clear favorite to continue unbeaten, although they have yet to face Carlsbad or Fallbrook, both quality teams. La Costa Canyon's girls gave Fallbrook a good race on October 8, with the Warriors winning by 26-29 on their home course. LCC's Morgan Soule ran a 17:13 on the 2.7-mile Fallbrook campus course.

### **PALOMAR:**

This is the league of duals to the death, meaning that some of the county's (and the state's) best teams are forced to run more hard races than they would like.

Three of the county's best four boys teams, Poway, Vista and Mt. Carmel will take turns banging on each other in duals and at their league finals.

The county's two best girls teams (at least, arguably), Rancho Bernardo and Mt. Carmel, will have gone head to head four times before they match up again at the CIF finals.

It's the strongest league, top to bottom, in the county. So much so, in fact, that some of the teams that are struggling for dual meet wins are in fact quality teams, such as the Rancho Bernardo and San Marcos boys, or the Vista and Rancho Buena Vista girls.

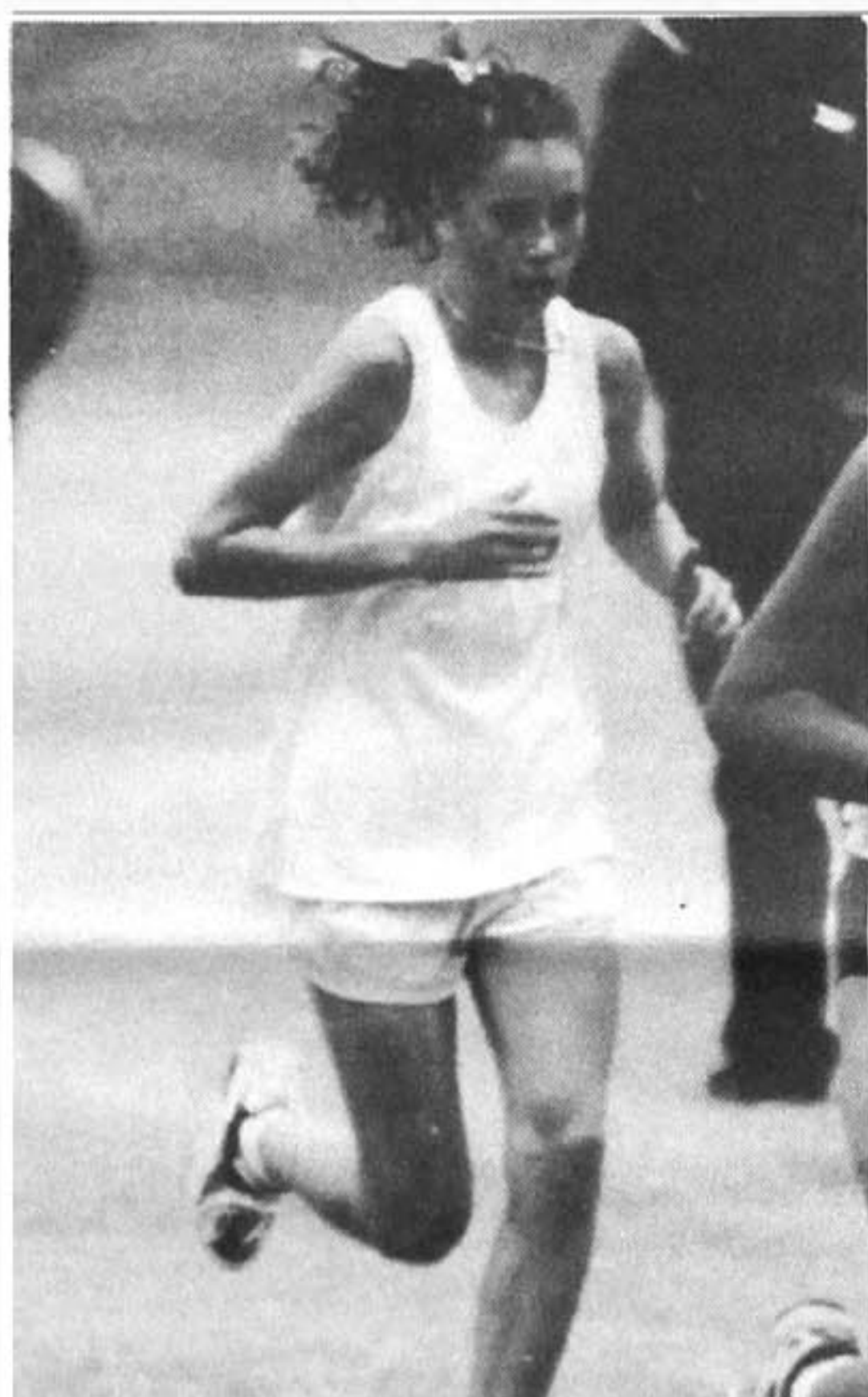
Biggest clash in boys racing so far was Poway's big win (19

**Please turn to page 5.**





**Kristen Wilson**  
Grossmont



**Elise Felt**  
Monte Vista



**Alex Serrano**  
Granite Hills

## Dual Meets

From page 4.

points) over Mt. Carmel on the Sundevils' course on October 8. Although the scoring was one-sided, the Mt. Carmel pack was close to the Poway pack. "It was the closest blowout I've ever seen," one observer said.

Vista and Poway boys meet next week; Vista and Mt. Carmel boys go one week later. The next week, all three go at it in the Palomar finals.

San Marcos' Travis Laird has looked good, winning meets against Vista and Rancho Bernardo. San Marcos' boys beat RB, 23-32 on October 8.

Rancho Bernardo's and Mt. Carmel's girls don't really have any viable challengers in the league. They meet in the last dual of the season, and they continue to match up in succeeding weeks, at league, at CIF, and, possibly, at State.

At the next level, Rancho Buena Vista topped Vista on October 8, with RBV's Nastassaja Hall leading the way. Poway's girls have run into RB and Mt. Carmel on successive weeks, so it's hard to tell where they stand.

### **GROSSMONT NORTH:**

It's been all West Hills, both in boys and girls racing. The Wolfpack are as strong as they've ever been, and some of the other league teams are a bit down. The Wolfpack teams should both continue unbeaten.

In boys racing, El Capitan edged Grossmont, 28-31, at Lindo Lakes on October 15. Foothiller Matt Heibel won the race.

In girls racing, El Cap's girls also edged Grossmont at Lindo, by 27-30.

### **GROSSMONT SOUTH:**

Granite Hills' boys team has already topped Valhalla, Helix and Monte Vista in duals, and Ryan Maynard has remained unbeaten in league meets.

In girls racing, top rivals Valhalla and Helix have yet to meet. Both are unbeaten to date.

### **COASTAL:**

Calvin Christian's boys, the league and CIF Division V favorite, are unbeaten in league duals to date.

The Calvin girls are also in control in their league, after a 24-35 win over San Dieguito Academy on September 30. San Dieguito's Jenna Timinsky won the race. La Jolla Country Day could threaten the Crusaders, based on their showing at the St. Augustine Invitational.

### **SOUTHERN:**

To this point, best showings have been by the Mountain Empire boys squad, and the Holtville and Julian girls teams.

The Mountain Empire boys beat Holtville, probably their top rival, 22-33 on October 7 at Heise Park in Julian.

The Holtville girls won by forfeit over Julian on the same day, but Julian put a full team together a week later and bested Mountain Empire.

It remains to be seen how Julian, with a full team, compares to Holtville, or how good Mountain Empire, with strong front runners, might be if they can field a full unit.

## Some of the best meets are still to come...

Among the significant dual meets yet to happen:

**La Jolla vs. Scripps Ranch**, at Morley Field, on Monday, October 25. A Scripps boys win puts them in the driver's seat. A La Jolla boys win puts three teams in a tie going into the finals. La Jolla's girls should win, although Scripps is a quality team.

**Vista vs. Poway**, at Guajome Park, Friday, October 29. Two of the state's best boys teams meet again. The girls teams will be scrapping for a possible county ranking spot.

**Sweetwater, Chula Vista and Bonita Vista**, at Rohr Park in Chula Vista, on Friday, October 29. All three boys teams are unbeaten in the Metro League. The Chula and Bonita girls teams are also unbeaten.

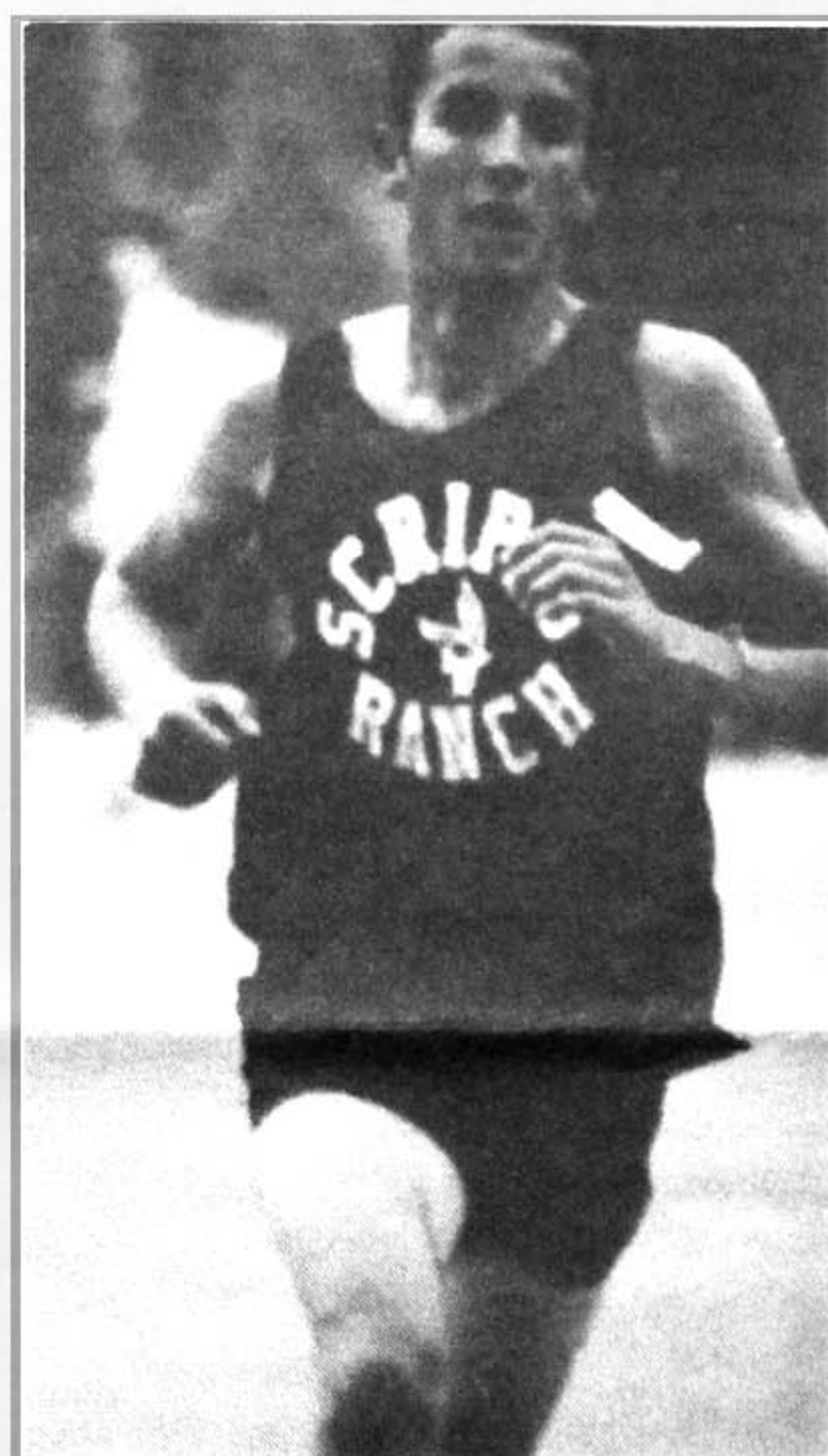
**University City vs. La Jolla**, on Monday, November 1, at Morley Field. The two girls teams are unbeaten in the league, and seem closely matched. It will be a preview of their CIF Division II matchup next month.

**Helix vs. Valhalla**, on Friday, November 5, at a site to be announced. Both girls teams are unbeaten. The boys teams will be fighting for second place in the league's dual standings, behind Granite Hills.

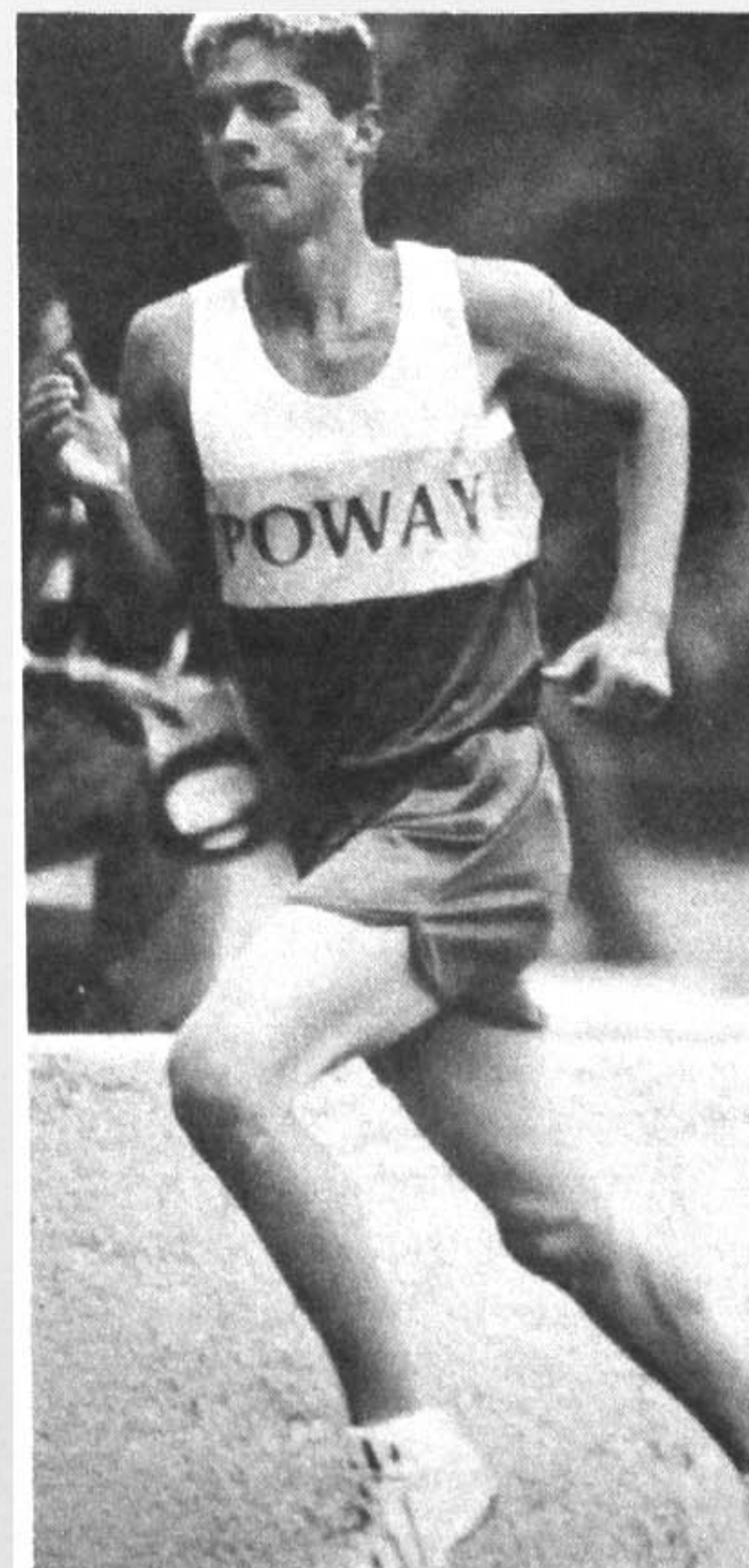
**Vista, Mt. Carmel and Rancho Bernardo**, on Friday, November 5, at Rancho Bernardo Community Park. The Vista and Mt. Carmel boys get after it, with a good RB team thrown into the mix, but most eyes will be on the girls meet, with RB and Mt. Carmel resuming their rivalry. Each succeeding meeting between those two teams will carry more significance.



**Eric Koster**  
La Jolla

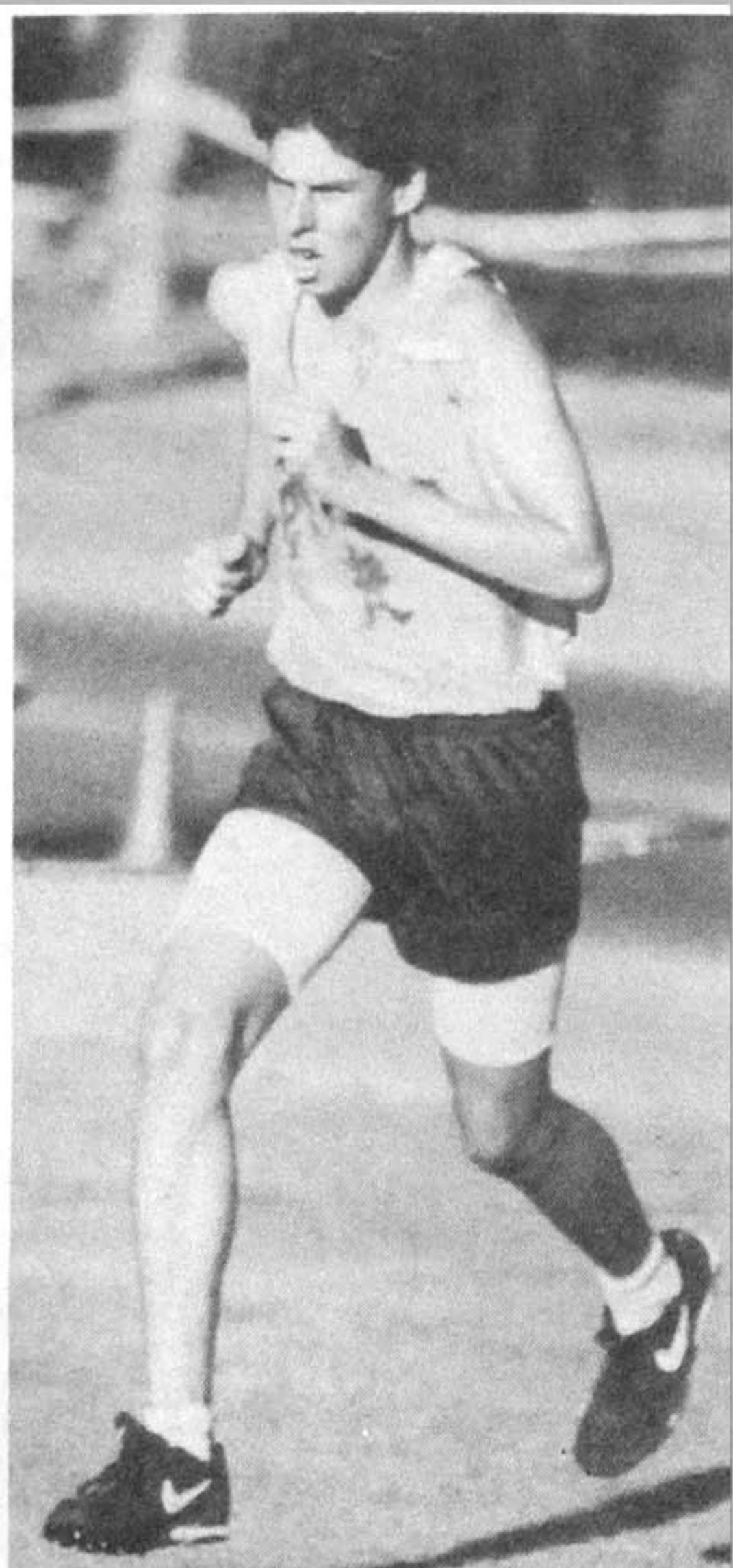


**Raphael Machado**  
Scripps Ranch



**Luke McGinnis**  
Poway





Matt Herriman  
St. Augustine

## St. Augustine: Moorcroft, Saints outrun boys; Jenna dominant

St. Augustine's boys used their own invitational to blow past the field at Morley Field on October 8.

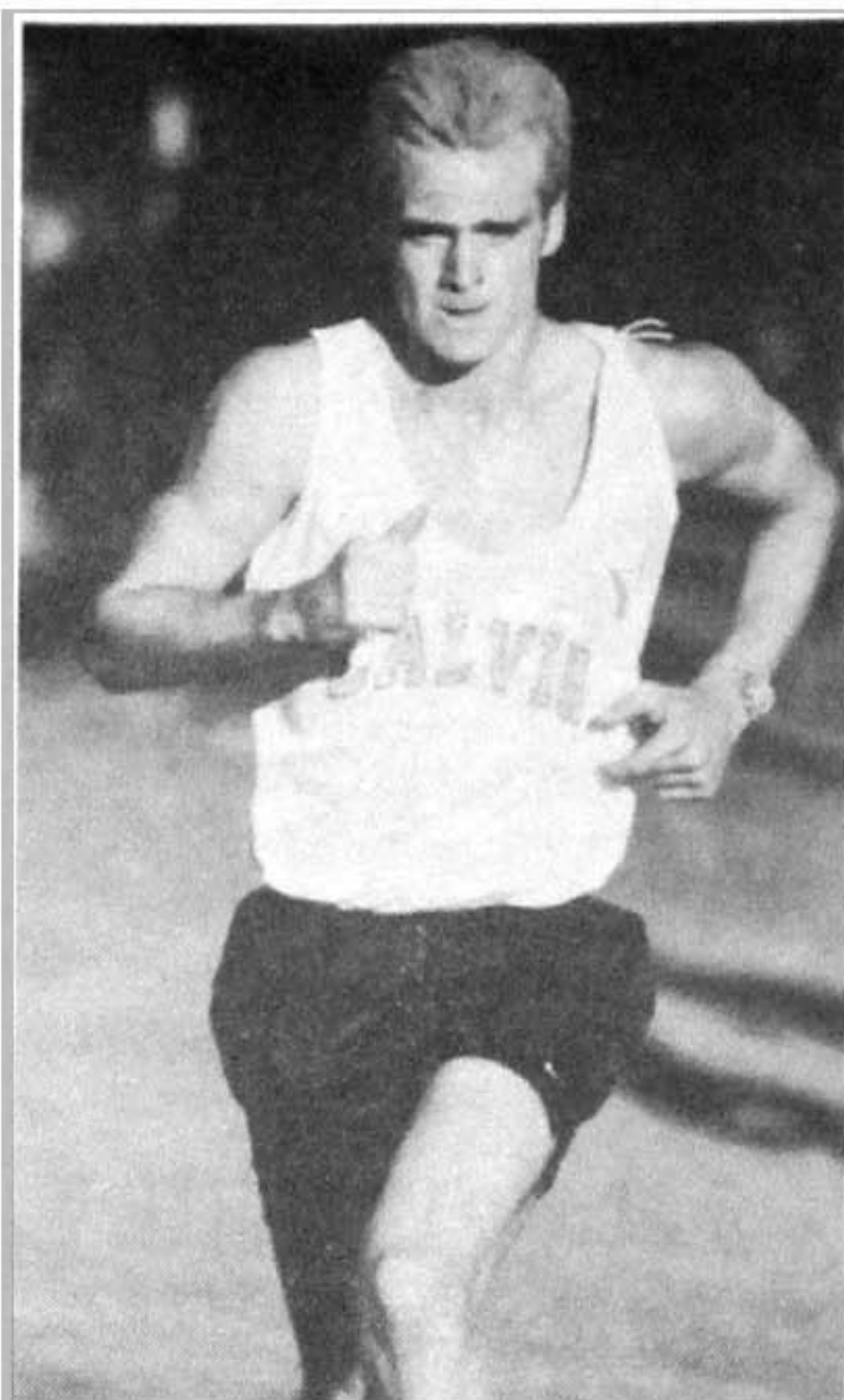
Saint runners Ryan Moorcroft, Drew Bouchard, Sean Barrett and Matt Herriman went 1-2-3-4 to easily outclass their opposition. The Calvin Christian boys team won the Division V scoring.

San Dieguito Academy's Jenna Timinsky won her race by a full minute, running 17:02 on the CIF championship course, and Coronado's and Calvin Christian's girls won Division IV and V titles.

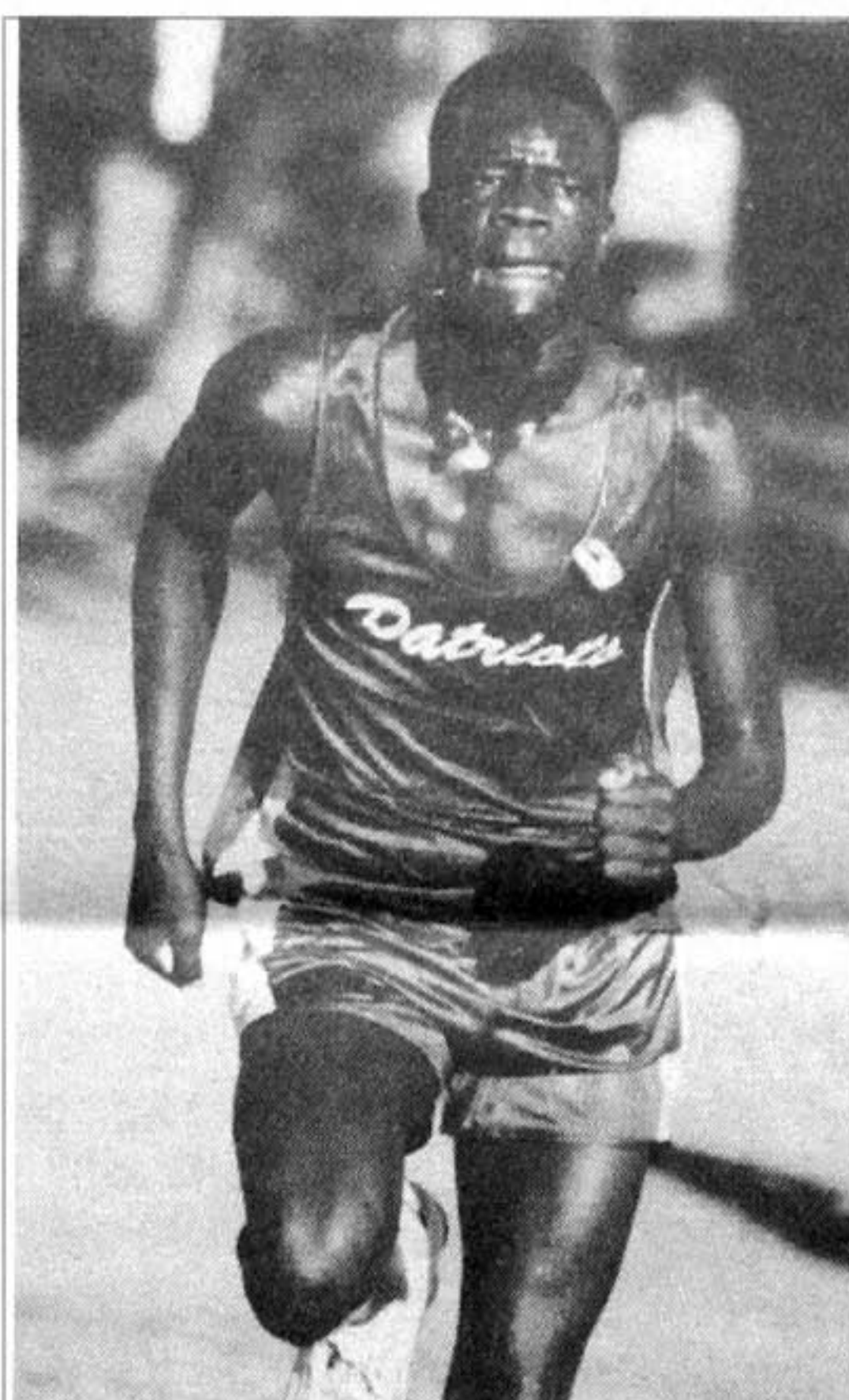
Prominent among the missing were the excellent Valley Center boys and girls teams. They were engaged in a league dual meet that day.

Moorcroft and Timinsky, the winners here, are the logical and strong favorites in the CIF Division IV race next month.

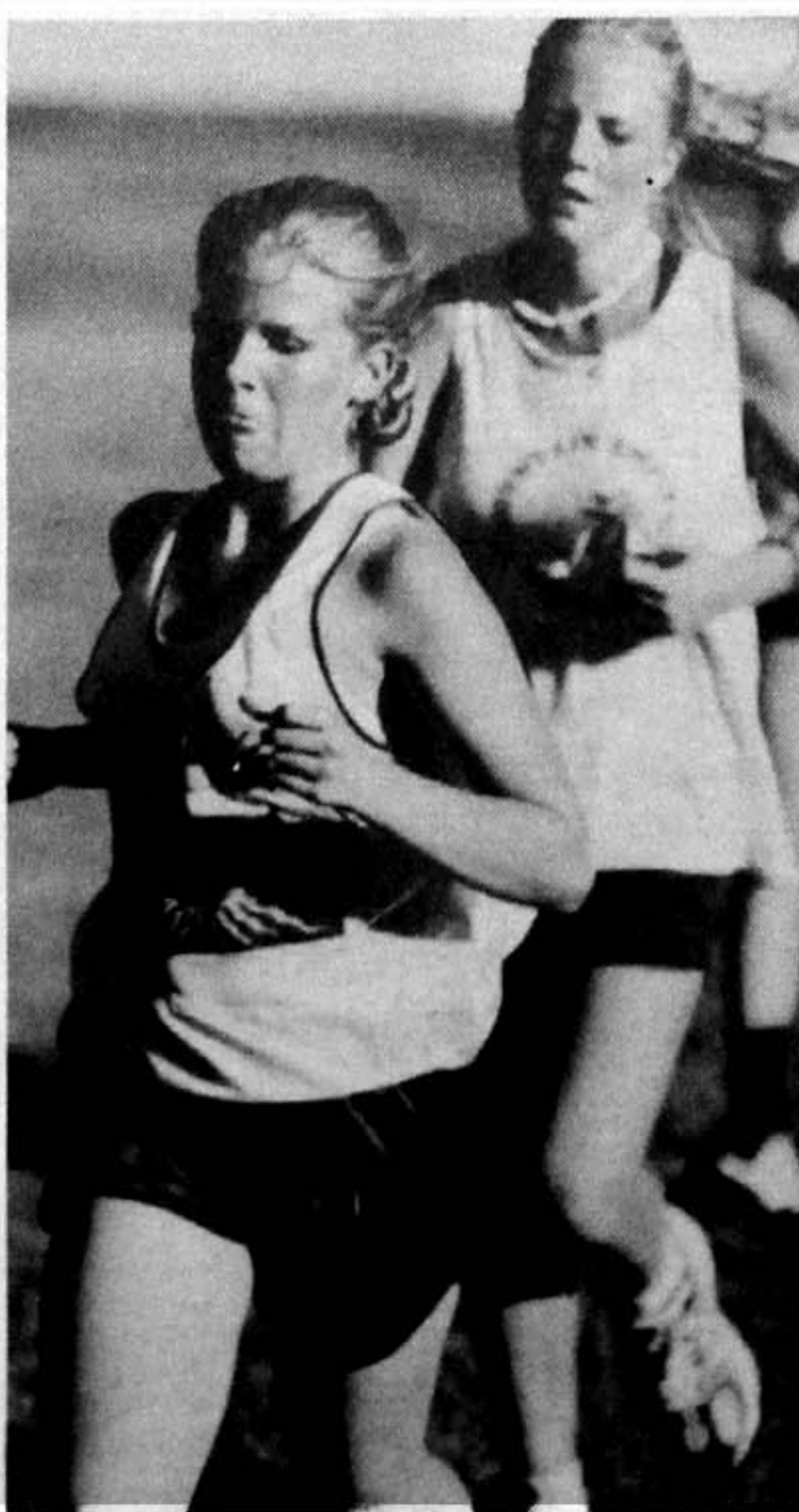
The St. Augustine meet is an annual sneak preview of some of



Chad Young  
Calvin Christian



John Wai  
Christian (El Cajon)



Elizabeth Smith  
Julian,  
Courtney Watkins  
Mountain Empire

the smaller CIF divisional races.

That means that Army Navy Academy's Will Kramer and Calvin Christian's Chad Young will be among the favorites in the CIF Division V race, along with Bishop's Peter Holland, who didn't run in this race. Kramer was 0:10 seconds ahead of Young on this day.

It could also mean that Mountain Empire's Lily Dowlatshahie will be a favorite in the girls Division V race, along with Kaili Shumilak of Bishop's, who has yet to race this year. Dowlatshahie was the runner-up to Timinsky, in 18:03, and she was almost a minute ahead of the next Division V runner, Calvin Christian's Elana Huff.

Closest Division IV runners to Timinsky in the race were Clairemont's Jen Wirkus (19:04) and Coronado's Emily Trepasso (19:06). It is probable that Timinsky's closest competition at CIF will come from Valley Center's Diana Dibble and her teammates.

A few Division III teams (University of San Diego, Crawford and Our Lady of Peace) were also in the fields, but were ineligible to figure in the team championships, which were only scored for Division IV and V entrants.

**At Morley Field, Friday, Oct. 8. Conditions: Santa Ana weather, temperature about 90. Both races run over CIF championship courses.**

### BOYS (3.1 miles):

#### TEAM SCORES:

Division IV: St. Augustine 19, Coronado 201, San Dieguito Academy 307.

Division V: Calvin Christian 69, Bishop's 180, Christian 188.

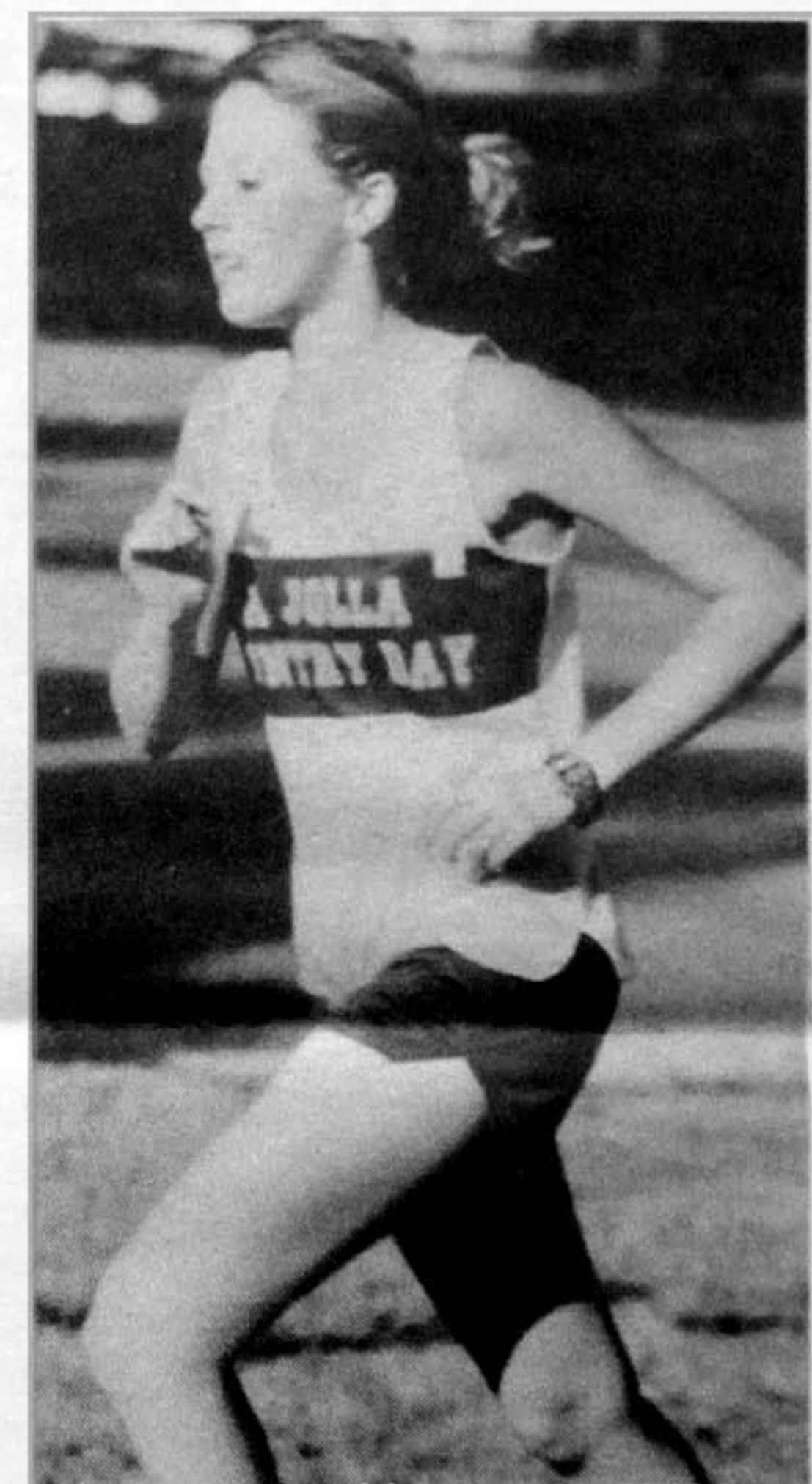
#### VARSITY:

- 16:41 Ryan Moorcroft, St Augustine
- 17:11 Drew Bouchard, StA
- 17:15 Sean Barrett, StA
- 17:18 Matt Herriman, StA
- 17:21 William Kramer, Army Navy
- 17:24 Simon Peter, Crawford
- 17:26 Brian Thielen, University SD
- 17:31 Chad Young, Calvin Christian
- 17:44 Pat Barrett, StA
- 17:47 Rashawn Allen, La Jolla CD
- 17:47 Jesse Shipley, CalvC
- 17:53 Mark Pfizenmayer, USD
- 18:05 Paul Whitford, Coronado
- 18:16 Darin Conner, CalvC
- 18:22 Aaron Faerber, CalvC
- 18:23 David Saenz, Horizon
- 18:29 Michael Carini, USD
- 18:30 John Wai, Christian
- 18:30 Jonathan Benet, USD
- 18:36 Cesar Don Juan, UCD
- 18:37 Brandon De Young, CalvC
- 18:39 Jake Armstrong, Bishop's
- 18:40 I. Osman, Crawf
- 18:42 Eren Cataloglu, Coro
- 18:43 Steve Dalton, USD
- 18:44 Matt Lindeman, Bish
- 18:45 James Wilson, Lutheran
- 18:53 Jon Gardner, StA
- 18:58 Matt Saldivar, Chrstn
- 18:58 Josh Vermaire, CalvC
- 18:59 Steven Loforti, Clairemont
- 19:04 Kenny Wang, ANA
- 19:06 Paddy Tatusko, USD
- 19:09 Taylor McDonald, ANA
- 19:17 Jim Carey, USD
- 19:20 Khandashi Sparsh, SDgtoA
- 19:23 Matt Mileski, SDgtoA
- 19:24 Ed Schuh, Mountain Empire
- 19:25 Francisco Venegas, MtnEmp

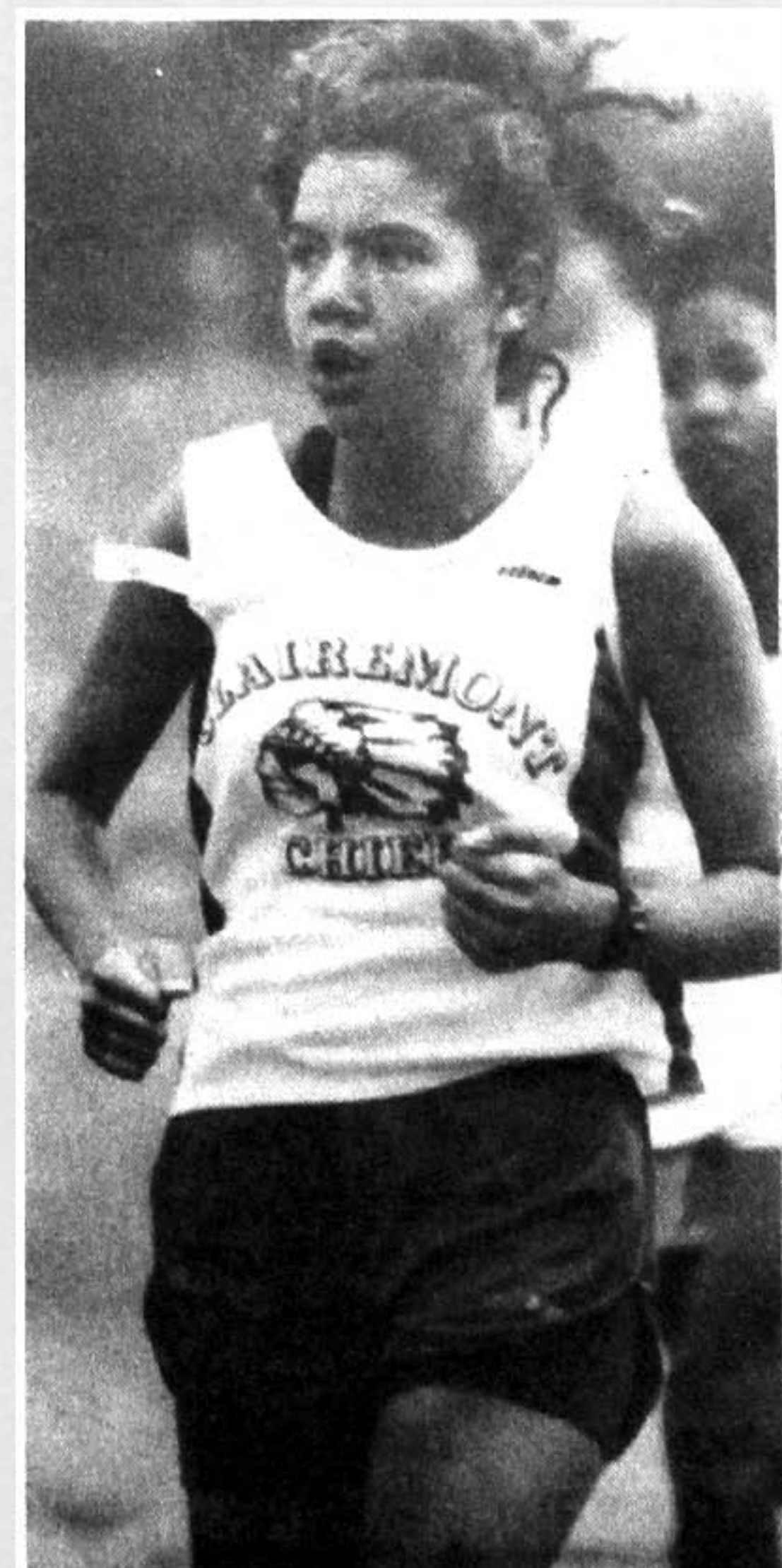
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Gwyn Leachman  
Francis Parker



Lauren Swigart  
La Jolla Country Day



Rebecca Garcia  
Clairemont



# St. Augustine

From page 6.

19:34 Shawn Saskaria, LJC  
Finishers: 104.

## JUNIOR VARSITY:

19:52 Jeremy Beutlich, CalvC  
20:23 Josh Marcus, CalvC  
20:36 Ian Gay, USD  
20:40 unid., Mad  
20:42 Doug Baltazar, USD

## GIRLS (2.7 miles):

### TEAM SCORES:

Division IV: Coronado 93, San Dieguito Academy 163.

Division V: Calvin Christian 67, La Jolla Country Day 75.

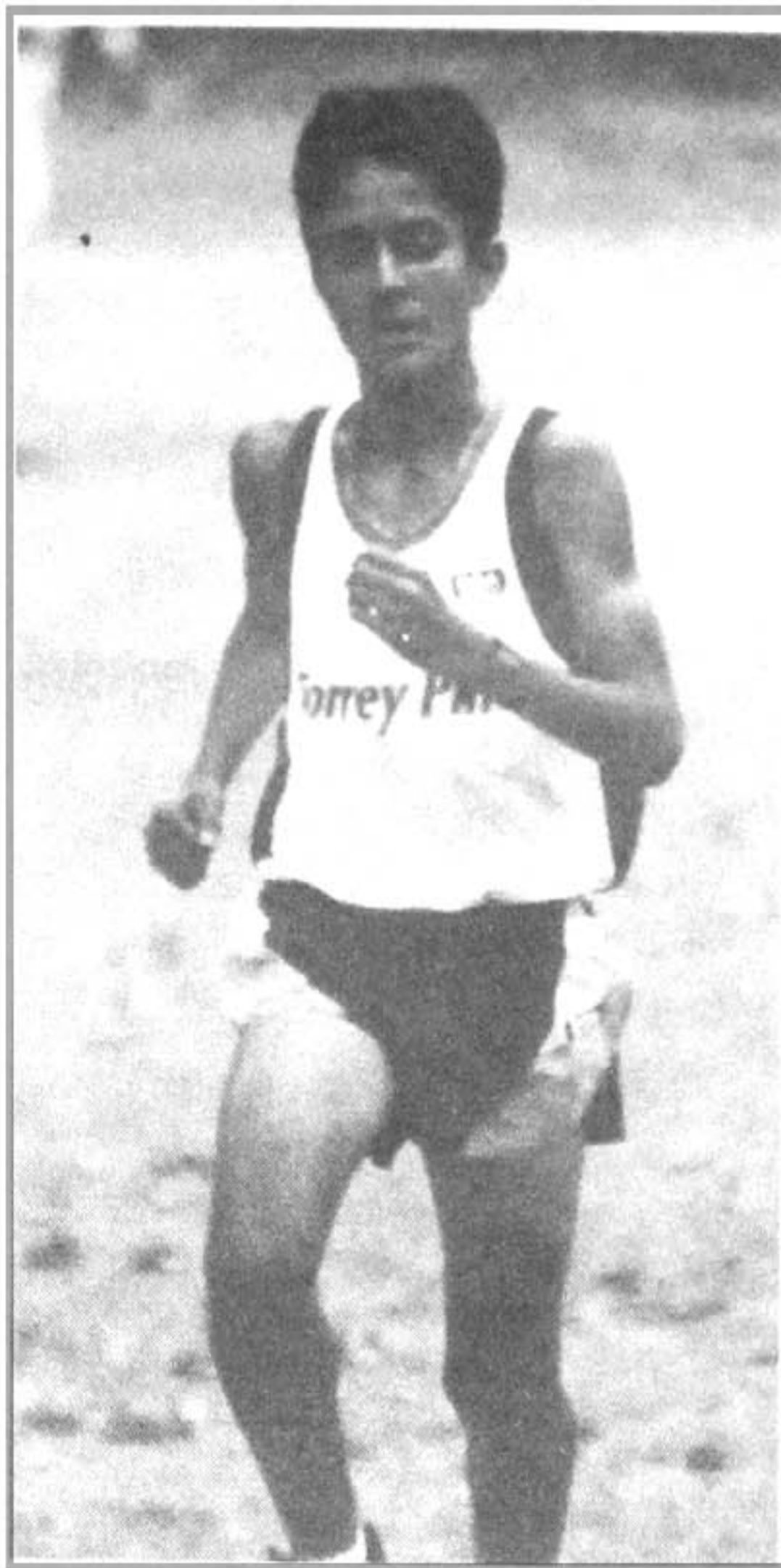
### VARSITY:

17:02 Jenna Timinsky, San DieguitoA  
18:03 Lily Dowlatsahie, MountnEmp  
18:08 Claire Beck, Our Lady Peace  
19:01 Elana Huff, Calvin Christian  
19:04 Jen Wirkus, Clairemont  
19:06 Emily Trepasso, Coronado  
19:07 Jill Correnti, OLP  
19:13 Lauren Swigart, La Jolla CD  
19:15 Morgan Feori, University SD  
19:18 Jasmine Mejares, OLP  
19:23 Lauren Senescall, USD  
19:32 Daniella Scarfeo, LJC  
19:35 Patricia Venereo, OLP  
19:38 Michelle Quinn, SDgtoA  
19:45 Kiley Dunlap, Coro  
19:47 Liz Mannino, Francis Parker  
19:48 Rebecca Garcia, Claire  
19:50 Elizabeth Smith, Julian  
19:50 Courtney Watkins, MtnE  
19:55 Isabel Perez, Crawford  
19:56 Sara Morton, Coro  
19:56 Anysha Drown, Coro  
19:58 Breanna Ducker, Madison  
20:11 Katie Kilcoyne, USD  
20:11 Nicole Marsch, USD  
20:11 Maura Bannon, OLP  
20:12 Caitlin Kearny, USD  
20:20 Kalen Albe, USD  
20:38 Amanda Thaete, Coro  
20:41 Laurel Herriman, Claire  
20:42 unidentified  
20:46 Jolene Guerreri, CalvC  
20:49 Linsey Bradshaw, CalvC  
20:54 Nicole Bastian, Jul  
20:57 Denise Rosas, OLP  
21:00 Porschia Talbot, LJC  
21:00 Katie Dubiel, SDgtoA  
21:05 Marjorie Spurr, CalvC  
21:05 Sheay Heaton, USD  
21:07 Laurent Anas, USD

Finishers: 77.

## JUNIOR VARSITY (1.6 miles):

11:36 Carey McColl, USD  
11:58 Amy Howerzyl, CalvC  
12:03 Kim Dougherty, SDgtoA  
12:08 Jenny Dougherty, SDgtoA  
12:09 Jenny Macauley, USD



Navid Hassanzadeh  
Torrey Pines

## San Luis Obispo:

### Torrey's girls close to Pen

Torrey Pines' girls team may have run their best team meet of the season last week, when they finished second at the San Luis Obispo Invitational.

The Falcons scored 42 points, behind winner Peninsula's 33 points. Peninsula went into the meet as the state's top-ranked team in Division I.

Torrey's Julie Komosinski won the 3.1-mile race in 18:27, with an 0:18-second margin of victory. She is unbeaten in invitationals this year, with wins at Mt. Carmel, South Bay and Stanford to her credit.

A trio of sophomores, Hailey Moore, Krista Romley and Lauren Jeffers, were 7-8-9 in the race for Torrey, but PenHi's top three were 3-4-5 in the race.

Torrey Pines coach Brent Thorne has seen some of the best competition in the state to date. He's been to Stanford, San Luis Obispo, the Sundevil and South Bay, and he's been most impressed with the level of competition in San Diego.

"I think Rancho Bernardo is the best girls team in California right now," he said. "I saw what they did at Southern Cal. There doesn't seem to be much of anything in northern California (in Division I girls)."

"I was talking to Joe Kelly (the Peninsula coach), and he said that it's just sick that this section only

sends two teams to the state meet," Thorne said.

**At Cal Poly, San Luis Obispo, Saturday, Oct. 18. Course: 3.1 miles, over rolling terrain.**

## BOYS:

**Varsity Teams:** Madera 35, Peninsula 63.

### Varsity Individuals:

11. 16:58 Navid Hassanzadeh, TP  
39. 18:00 Kevin Nolan, TP  
46. 18:06 Anerin Nunn, TP  
52. 18:14 Mike Ambrose, TP  
56. 18:18 Yuh-Kun Kawakami, TP  
66. 18:42 Ted Schroeder, TP  
xx. 22:06 Sebi Barnes, TP

## GIRLS:

**Varsity Teams:** Peninsula 33, Torrey Pines 42, Madera 75. NOTE: Peninsula entered meet as top-ranked team in state.

### Varsity Individual:

1. 18:27 Julie Komosinski, TP  
7. 19:54 Hailey Moore, TP  
8. 19:56 Krista Romley, TP  
9. 20:14 Lauren Jeffers, TP  
17. 21:01 Laura Alessio, TP  
19. 21:18 Brenna Williams, TP  
27. 21:58 Rachel Golick, TP  
Finishers: 73.

### JV Individual:

1. 20:20 Rebecca McDonald, TP

## Southern Cal Invitational:

### RB outruns great girls field; top boys race thrown out

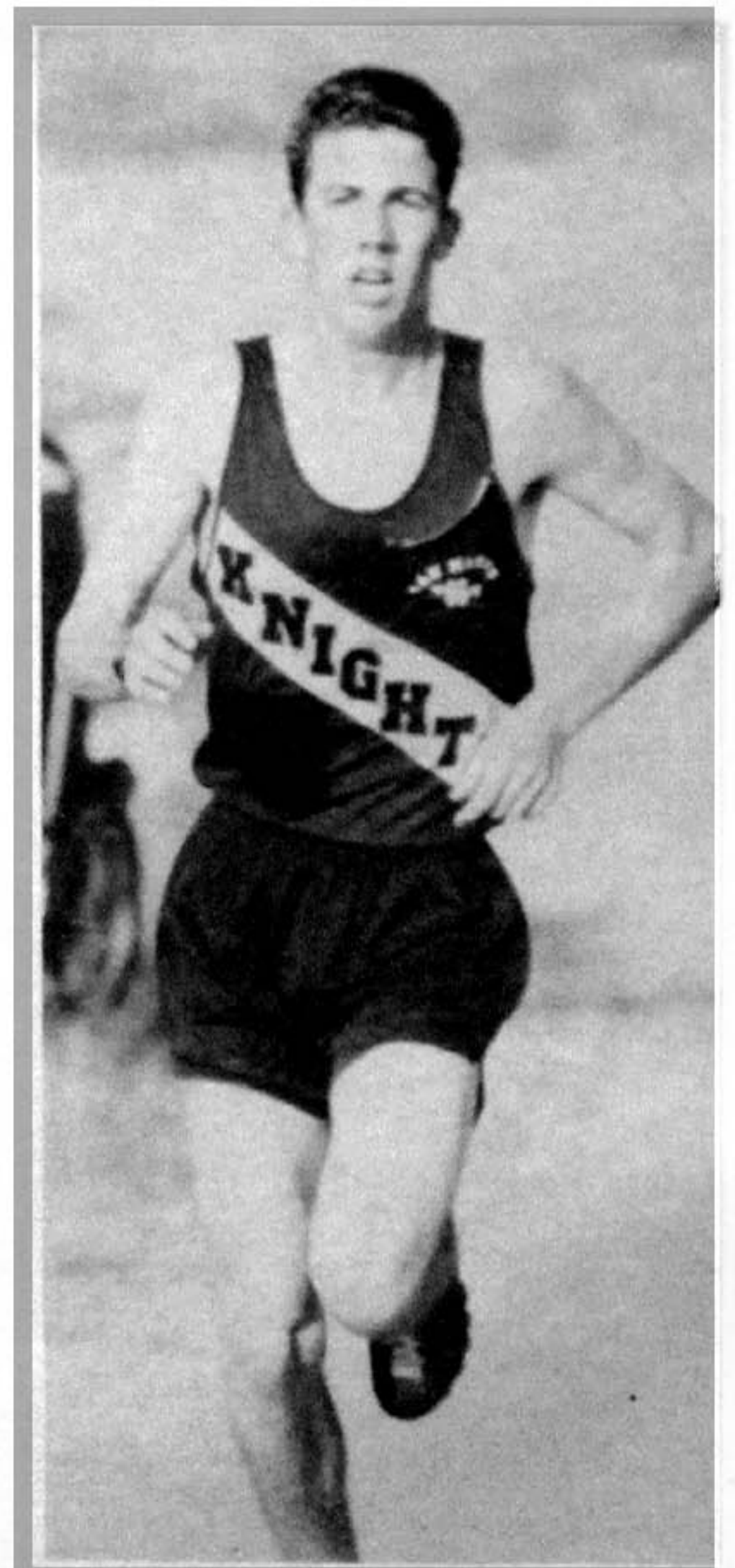
Rancho Bernardo's girls team must be tired of being ranked fifth in the state.

They dominated the Southern California Invitational last week, where the girls field included, according to the state rankings, four of the top six girls teams in the state.

The Bronco girls blistered the Guajome Park course, and they finished with a healthy margin of victory over Mt. Carmel, Yucaipa and Sultana of Hesperia. Those teams came into the meet ranked, respectively, second, fourth and sixth in the state's Division I. None of them were a match for the on-fire Broncos, who put up three of the four fastest times of the day, and won the first three races in impressive fashion.

The Southern Cal meet is unique in that it matches up runners in races according to their roster spots on their teams. Thus, number ones from each team compete in one race, followed by numbers twos in another race, and so on, through seven. Winning teams are determined by adding the times from all seven runners.

The format hit a bit of a snag on the boys side, where the entire field of number one runners were



Travis Laird  
San Marcos

officially disqualified after running the course incorrectly.

Boys team titles were then determined by using times from the second through seventh runners, and it swung the large schools' title from West Hills to Mt. Carmel.

About midway through the boys number one race, Ramona's Matt McInvale, with a solid lead, took a wrong turn and reversed the route on the lake loop. The entire field followed him on his errant path.

The runners ended up running the same distance as in other races, but in a different fashion that some coaches thought resulted in faster times. Thus, the mass DQs.

West Hills' boys thought they had the meet won, but they lost the 0:29-second advantage that Evan Fox established over Mt. Carmel's Chris Kenyon in that race. With those times both thrown out, Mt. Carmel's team edged the Wolfpack by 0:13 seconds.

One consolation prize for the Wolfpack was number two runner Ben Aragon getting the award for Fastest Time of the Day. None of the boys in the number one race, including race winner McInvale, were eligible for those awards either.

No controversy marred Rancho Bernardo's girls big win, however.

In the girls number one race, RB's Julie Manson began a bit conservatively, trailing San Marcos' Nicole Mier and Mt. Carmel's Janet Mulvey for the first half of the race.

"It seemed that they were

**Please turn to page 8.**



Breanna Ducker  
Madison



# Southern Cal

From page 7.

pushing pretty hard at the start," Manson said, "so I didn't try to keep up."

When the runners reappeared at the crossroads, Manson was solidly in front.

"I don't know if I speeded up, or if they slowed down a bit, but it was probably a combination of the two," Manson said.

The RB senior finished in 14:29 to win over a great field that included Mier (14:37), Mulvey (14:55) and Yucaipa's Heidi Walker (15:00).

RB's Allison Hall had much less trouble in the girls number two race, winning in 14:34, ahead of Mt. Carmel's Deanna Sick (15:00).

Then, teammate Kaleena Yee ran 14:52 to win the girls number three race, ahead of Yucaipa's Leeann Jimenez (15:24).

Other good efforts for the Broncos included Jamie Doyle's second in the number four race (in 15:12), Mikaelyn Austin's second in the number six race (in 16:02), and Sarah Lochmiller's second in the seven race (in 16:32).

The only RB entrant to run "off" was Katie Boyd, who was sixth in the number five race, after being sick all week.

Mt. Carmel's girls ran well, taking second, ahead of Yucaipa and Sultana, but they were more than two minutes behind Rancho Bernardo. Their best efforts came from Mulvey, Sick and Ashlee Dere, who won the number five race.

A number of excellent girls teams were missing one or more key runners on the day (most of them were taking college boards).

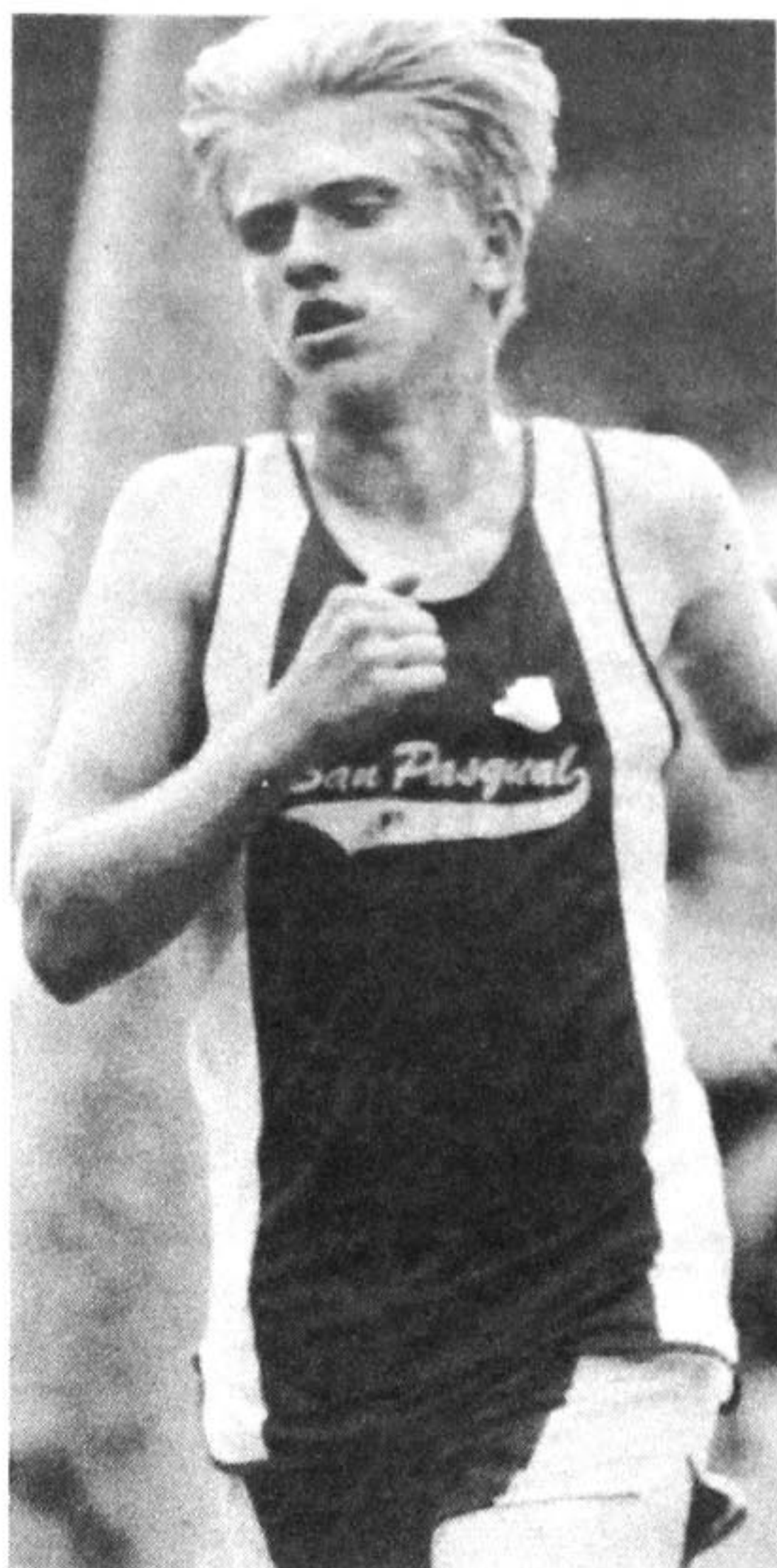
Carlsbad, Bonita Vista, Vista, Valley Center, La Costa Canyon and Ramona all had one or two key varsity members otherwise engaged, and La Jolla was missing five of their top seven.

By contrast, most of the boys teams were at full strength, although Vista elected to hold out their top six runners. Justin Neuroth and his mates were there, scouting, along with members of the Poway team.

The boys number one race, a bit swept under the rug because of the irregularities, featured another fine effort by McInvale.

He was timed in 15:40 in winning the race in solid fashion over San Marcos' Travis Laird (15:49), Fox (15:54) and RB's Sean Ricketts (15:54).

It was a bigger margin of victory over Laird than McInvale posted at the Mt. Carmel Invite last month. Laird continued to prove his mettle, with a solid lead over Fox



**Matt Johnson**  
San Pasqual



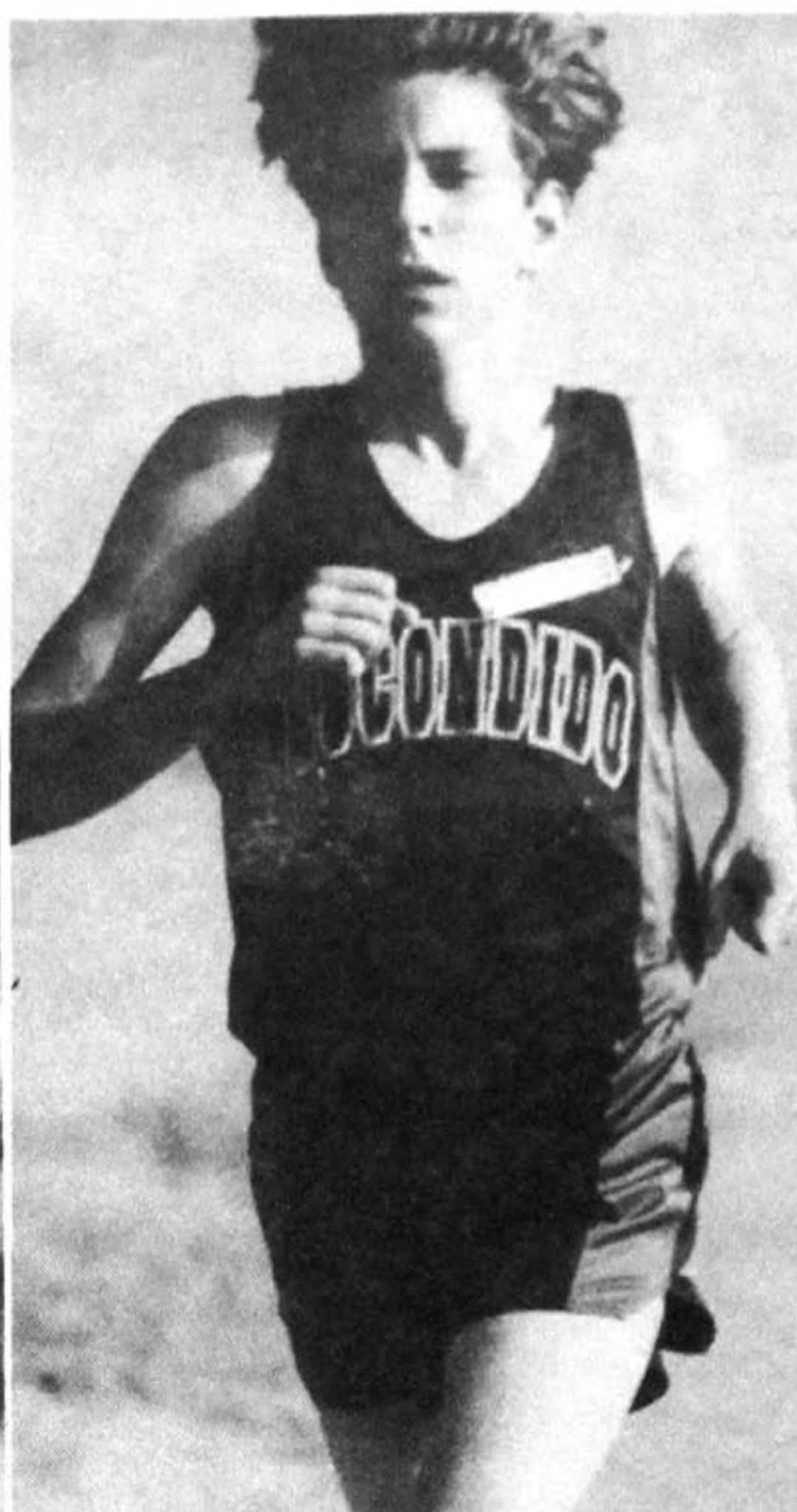
**Jesus Carrillo**  
Montgomery

and Ricketts, who dueled to the wire for the third spot.

McInvale's misadventures included, in addition to the wrong turn, a slip and a fall on the last of the hairpin turns on the final downhill. He lost little time in getting back into the race.

The West Hills/Mt. Carmel boys matchup will be revisited at the CIF Division I finals next month (with Vista and Poway included, of course).

The Wolfpack had their best efforts from Fox (third in the number one race), Aragon (winner of the number two race), Kevin Schible (winner of the number four race), and Bryan Bauerle (winner



**Stephen Servis**  
Escondido

of the number five race).

Mt. Carmel was a bit more balanced across the board, with high placings from Alan Aradanas (second among number twos); Mike Cooke (second among number threes); Ben Bruce (second among number fours); Sergio Esquivel (fourth among number fives); Mike Zahalan (second among number sixes); and Abadir Barre (winner of number sevens).

The Sundevils are probably the deepest team in the county from the seven spot on down, and their B team outran many varsity teams.

The CIF Division I boys final will be a study in contrasts. Among the serious contenders, West Hills and Vista are strongest at spots one-two-three; Poway is probably the best at spots four-five-six, with Mt. Carmel right behind them.

## BOYS:

**TEAM RESULTS (total times of varsity runners from two to seven; numbers ones all disqualified):**

### LARGE SCHOOLS:

142:15 Mt. Carmel  
142:28 West Hills  
142:58 Sultana, Hesperia  
145:13 Rancho Bernardo  
145:55 Yucaipa

### SMALL SCHOOLS:

145:13 Sweetwater  
147:17 San Pasqual  
147:32 Valley Center  
151:23 Temescal Canyon  
154:30 Mar Vista

### FASTEST TWENTY:

The fastest twenty runners, from races two through seven. Runners in number one race ran an incorrect course.

16:24 Ben Aragon, West Hills  
16:30 Danny Lyon, Sultana  
16:34 Alan Aradanas, Mt. Carmel  
16:36 Mike Cooke, Mt. Carmel  
16:44 Kevin Schible, West Hills  
16:49 Cooper Bachman, Valley Ctr  
16:51 Rob LaPorte, Temescal Cyn  
16:53 Erik Kerby, San Pasqual  
16:53 Matt Meyer, Yucaipa

16:54 Kenny Lyon, Sultana  
16:58 Abdirizak Abdi, Sweetwater  
16:59 Ben Bruce, Mt. Carmel  
17:00 Gus Polito, Valley Center  
17:01 Mike Klepper, Mt. Carmel B  
17:01 Mark Dionela, Sweetwater  
17:03 Alex Mendez, Damien  
17:04 Ryan Thalman, Claremont  
17:04 Bryan Bauerle, West Hills  
17:05 Dan Sutton-Kane, West Hills  
17:06 Mike Shannon, Rancho Bdo

## NUMBER ONES:

NOTE: All runners in this race were officially disqualified for running an incorrect course.

15:40 Matt McInvale, Ramona  
15:49 Travis Laird, San Marcos  
15:54 Evan Fox, West Hills  
15:54 Sean Ricketts, Rancho Ber'do  
16:20 Ryan Metheny, Yucaipa  
16:23 Ruben Vences, Sweetwater  
16:23 Chris Kenyon, Mt. Carmel  
16:28 Jacob Wagoner, Sultana  
16:34 Carlos Handler, TemescalCyn  
16:45 Ryan Skerl, Valley Center  
16:48 Blake Swier, Mar Vista  
16:50 Ben Armel, Damien  
17:02 Ian McHenry, Claremont  
17:03 John Bentley, MtC B  
17:06 Curtis Barela, Barstow  
17:16 Ben Miedema, Carlsbad  
17:17 Aaron Hernandez, BonitaVsta  
17:22 Irving Franklin, Vista  
17:26 Joe Dupee, San Pasqual  
17:32 Efrain Casarez, Fallbrook  
17:34 Joe Voshell, Escondido  
17:44 Alfredo Sosa, La Costa Cyn

## NUMBER TWOS:

16:24 Ben Aragon, WH  
16:34 Alan Aradanas, MtC  
16:49 Cooper Bachman, VC  
16:51 Rob LaPorte, TemCyn  
16:53 Erik Kerby, SP  
16:53 Matt Meyer, Yuc  
16:54 Kenny Lyon, Sult  
16:58 Abdirizak Abdi, Sweet  
17:01 Mike Klepper, MtC B  
17:03 Alex Mendez, Dmn  
17:04 Ryan Thalman, Clare  
17:06 Mike Shannon, RB  
17:13 Jose Escobedo, Fall  
17:17 Michael Maes, Bstow  
17:21 Ivan Gutierrez, MarV  
17:23 Steve Servis, Esc  
17:27 Dustin Whitson, BV  
17:27 Mike Billings, El Camino  
17:36 Jesus Carrillo, Montgomery  
17:37 Chris Harris, SM  
17:52 Anthony Gladstein, LCC  
17:55 Leo Blasius, Vis  
17:57 Ricky Roane, Ram  
18:57 Ryan Piroutek, Orange Glen  
19:22 Dave Schertzer, Carls  
19:39 Michael Strong, Holtville

## NUMBER THREES:

16:30 Danny Lyon, Sult  
16:36 Mike Cooke, MtC  
17:05 Dan Sutton-Kane, WH  
17:08 Matt Johnson, SP  
17:11 Dustin Moreno, Bstow  
17:18 Jon Shellhammer, Ram  
17:21 Luis Reyna, Sweet  
17:23 Colin Cornforth, Oceanside  
17:24 Jonathan Cordes, Esc  
17:26 Kevin Smith, Yuc  
17:31 Justin Mattos, Fall  
17:32 Jimmy Retherford, SM  
17:33 Todd Hough, VC  
17:40 Mike Albo, RB  
17:40 Alex Fromer, MtC B  
17:41 Mike Ostler, ElCam  
17:46 Dale Houser, BV  
17:48 Pedro Rivas, MarV  
17:49 Nick Danza, Vis  
18:02 Keith Lederhaus, Clare  
18:05 Sean Higgins, Dmn  
18:14 Stephen Daniels, Carls  
18:56 Brenton Bulria, TemCyn

## NUMBER FOURS:

16:44 Kevin Schible, WH  
16:59 Ben Bruce, MtC  
17:00 Gus Polito, VC  
17:01 Mark Dionela, Sweet  
17:17 Angel Hernandez, Sult  
17:26 Ray Kolen, Bstow  
17:28 James Barlow, Esc  
17:31 Luis Mariscal, SP  
17:33 David Ignacio, SM  
17:36 Trevor Mulvey, Carls

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# Southern Cal

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- 17:39 Cameron Sanders, RB
- 17:41 Davin Garlick, Fall
- 17:41 T. K. Revane, Dmn
- 17:49 Stan Meza, BV
- 17:59 Steve Ryan, MtC B
- 18:02 Jose Banuelos, Vis
- 18:02 Eric Foltz, Yuc
- 18:16 Nathan Lowery, TemCyn
- 18:30 Kenny Lawrence, Ram
- 18:33 Mike Curl, Clare
- 18:53 Billy Burke, ElCam
- 19:15 Jesus Perez, MarV
- 20:47 Martin Schmidt, OG

## NUMBER FIVES:

- 17:04 Bryan Bauerle, WH
- 17:10 Daren Black, Sult
- 17:19 Jorge Nente, Bstow
- 17:23 Sergio Esquivel, MtC
- 17:25 Carlos Sanchez, Ram
- 17:28 Jovany Sotelo, Sweet
- 17:39 Jake Fulton, RB
- 17:42 Garrett Holt, Yuc
- 17:46 Brian Petersen, Dmn
- 17:53 Troy Stroh, VC
- 17:59 Jesus Nunez, SP
- 18:00 Chris Gausepohl, Fall
- 18:01 Isaac Chitica, SM
- 18:06 Mark Wollam, Esc
- 18:08 David Esquivel, MtC B
- 18:15 Nick Kelleher, Vis
- 18:29 Josh Cimenski, BV
- 18:38 Ben Littman, LCC
- 18:53 Steve Tarouilly, ElCam
- 18:55 Brandon Cline, Carls

- 19:01 Adan Sanchez, MarV
- 19:11 Parker Williams, Clare
- 19:14 Tony Croson, Clare
- 19:44 Cliff Barnes, Mont
- 20:20 Bob Sise, FrancisParker
- 22:27 Jonathan Van Sickle, OG

## NUMBER SIXES:

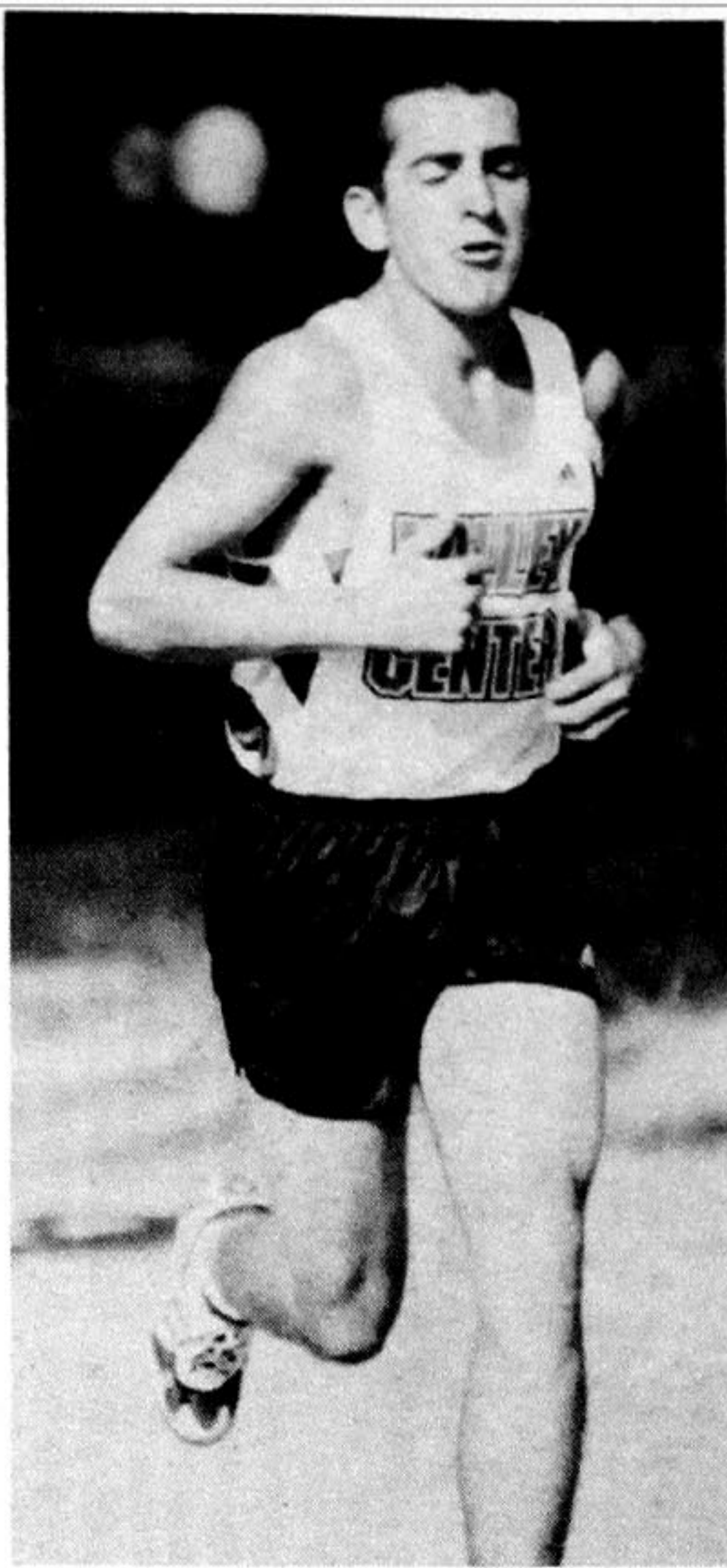
- 17:12 Boyd Black, Sult
- 17:23 Mike Zahalan, MtC
- 17:29 Jon Aguilar, WH
- 17:37 Tom Murphy, Dmn
- 17:46 Jimmy Ungricht, Fall
- 17:48 Richard Clingman, Ram
- 17:48 Ryan Crim, RB
- 18:03 T. J. Craig, Bstow
- 18:09 Jordan Herbert, Yuc
- 18:11 Nico Cueva, Esc
- 18:12 Eddie Sanchez, Sweet
- 18:14 Will Wisehart, SP
- 18:27 Jose Sanchez, Oc
- 18:27 Tyler Campbell, Vis
- 18:34 Fabrezio Garcia, TemCyn
- 18:40 Brandon Froehnoefer, MtC B
- 18:50 Anthony Fogelstrom, Carls
- 19:04 Dan Jackson, Clare
- 19:10 Craig Barclift, BV
- 19:14 Tony Illig, VC
- 19:23 Ashu Maharaj, ElCam
- 19:24 Geoff Berlin, LCC
- 20:50 Daniel Coates, MarV
- 21:11 Dwight Carey, FP
- 22:34 Daniel Porter, Mont

## NUMBER SEVENS:

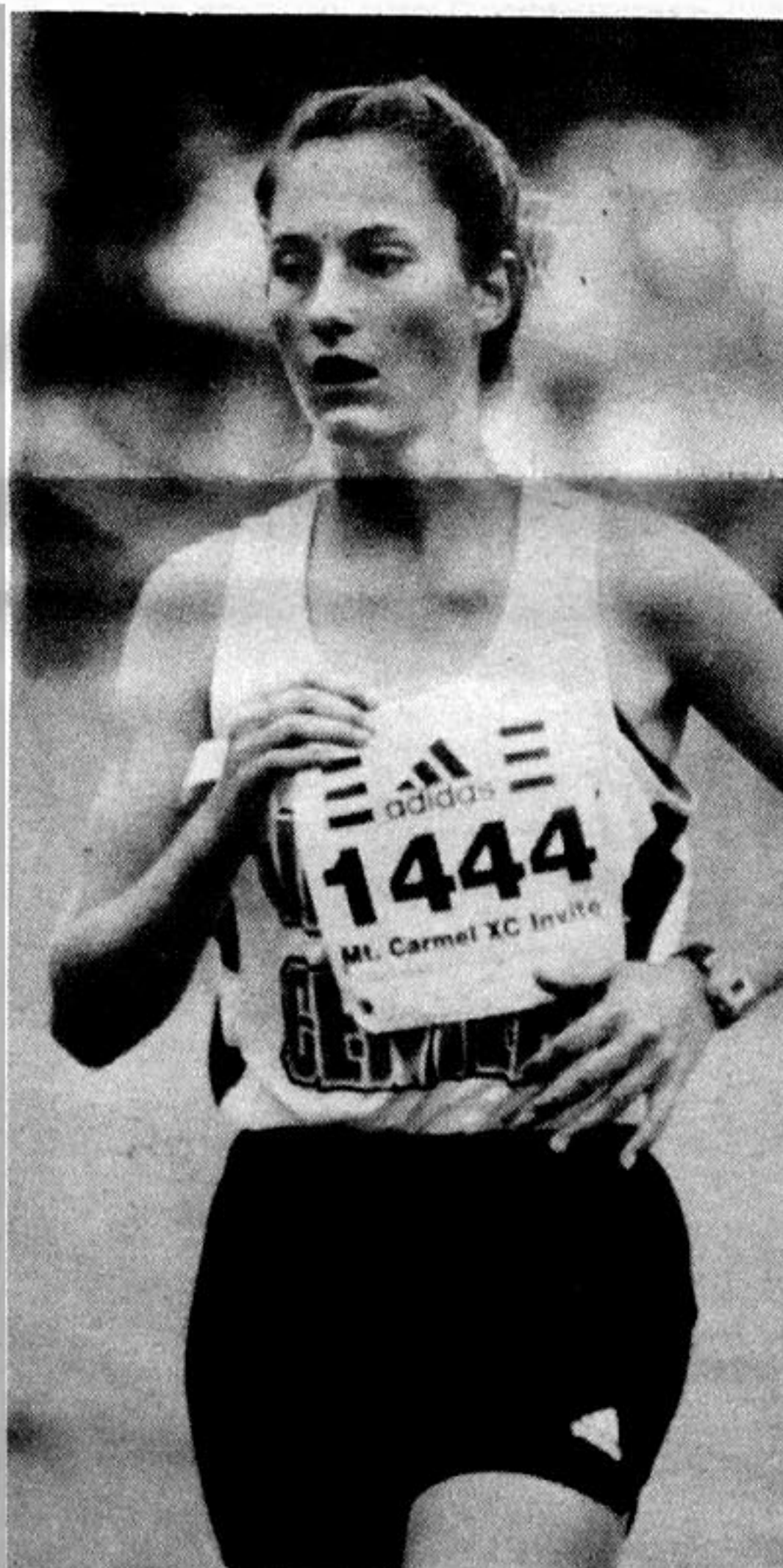
- 17:25 Abadir Barre, MtC
- 17:25 Lino Morales, Sult
- 17:42 Tim McKeon, WH
- 17:43 Brad Remele, Yuc
- 18:01 Andy Campbell, RB
- 18:02 Freddy Espino, Fall
- 18:02 Joseph Gomez, Bstow
- 18:06 Scott Crawford, Sult
- 18:13 Jose Guardado, Sweet
- 18:27 David Del Llano, Ram
- 18:30 Shane Higgins, Dmn
- 18:32 Kieran Touissant, SP
- 18:32 Ken Takada, MtC B
- 18:35 Josh Barg, Vis
- 19:08 Jason Thompson, VC
- 19:15 Noah Vogelsang, Esc
- 19:18 Fred Daugherty, Clare
- 19:22 Erwin Vedar, BV
- 19:32 Brian Zerr, TemCyn
- 19:37 Jeff Weaver, Oc
- 20:03 Anthony Simpson, LCC
- 20:07 Tallen Sherrod, ElCam
- 20:15 Jose Sanchez, MarV
- 20:22 David Szeles, FP

## JR. VARSITY, SMALL

- 18:02 Henry Lesperance, SP
- 18:10 Stephen Ferreira, Bstow
- 18:36 Freddy Nunez, SP



Gus Polito  
Valley Center



Anna Hough  
Valley Center

- 18:54 Josh Andre, SP
- 18:58 Phil Rangel, SP
- 19:02 Jesus Reyna, Sweet
- 19:06 Rudy Gonzalez, Sweet
- 19:07 Brendan Hoff, TemCyn
- 19:07 Elliott Rothmeier, SP
- 19:09 Jose Florez, Bstow

## JR. VARSITY, LARGE

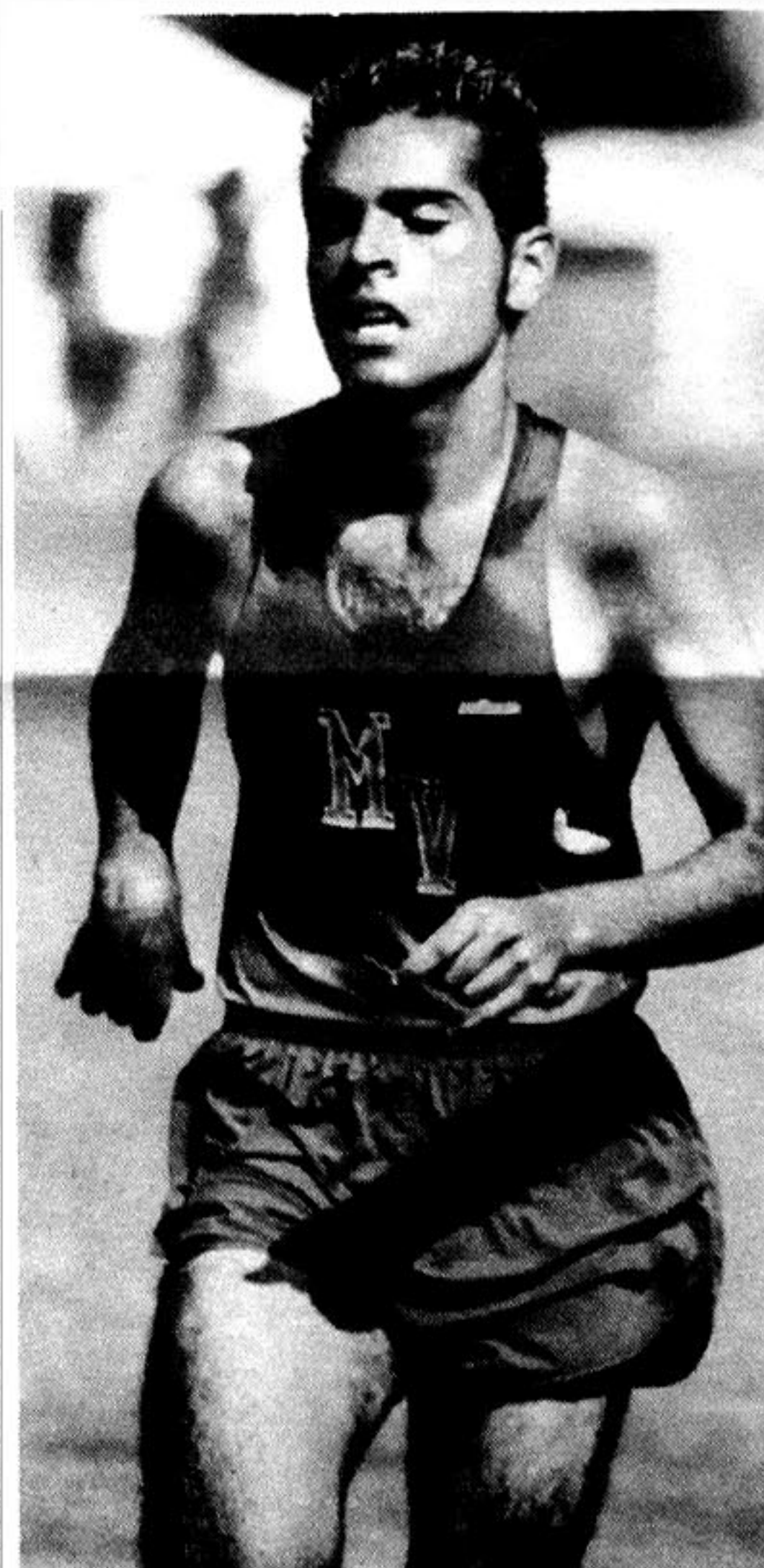
- 17:55 Jeff Hammond, Yuc
- 18:04 Chris Burnham, Carls
- 18:08 Dan Tanks, RB
- 18:09 Nick Cifelli, Yuc
- 18:14 Greg Foltz, Yuc
- 18:24 Alex Casarez, Fall
- 18:29 Nate Phillips, Yuc
- 18:30 Steve Holt, Yuc
- 18:42 Keith Lowell, Fall
- 18:43 Will Evans, Yuc

## GIRLS:

TEAM RESULTS (total of times from runners in each of the seven varsity races):  
LARGE SCHOOLS:



Juliana Hernandez  
San Marcos



Ivan Gutierrez  
Mar Vista

- 148:04 Rancho Bernardo
- 150:08 Mt. Carmel
- 150:37 Sultana, Hesperia
- 151:23 Yucaipa
- 153:39 West Hills

## SMALL SCHOOLS:

- 154:17 Barstow
- 155:32 Temescal Canyon
- 202:57 La Jolla
- 213:01 Montgomery

## FASTEST TWENTY-ONE:

Fastest twenty-one runners, from all races:

- 14:29 Julie Manson, Rancho Brdo
- 14:34 Allison Hall, Rancho Bernardo
- 14:37 Nicole Mier, San Marcos
- 14:52 Kaleena Yee, Rancho Bernrdo
- 14:55 Janet Mulvey, Mt. Carmel
- 15:00 Heidi Walker, Yucaipa
- 15:00 Deanna Sick, Mt. Carmel
- 15:03 Monica Valdez, Temescal Cyn
- 15:07 Danielle Pacheco, TemescalCn
- 15:08 Laurel Stender, Barstow
- 15:09 Michelle Ziser, Sultana
- 15:12 Jamie Doyle, Rancho Bernrdo

- 15:13 Kim Croswell, Fallbrook
- 15:18 Natalie Miano, Barstow
- 15:23 Ashlee Dere, Mt. Carmel
- 15:24 Katie O'Connell, Carlsbad
- 15:24 Leeann Jimenez, Yucaipa
- 15:28 Stephanie Holley, Sultana
- 15:29 Erica Lopez, Vista
- 15:30 Loretta Kilmer, Ramona
- 15:30 Deanna Wurtz, Sultana

## NUMBER ONES:

- 14:28 Julie Manson, RB
- 14:37 Nicole Mier, SM
- 14:55 Janet Mulvey, MtC
- 15:00 Heidi Walker, Yuc
- 15:03 Monica Valdez, TemCyn
- 15:13 Kim Croswell, Fall
- 15:18 Natalie Miano, Bstow
- 15:24 Katie O'Connell, Carls
- 15:28 Stephanie Holley, Sult
- 15:29 Erica Lopez, Vis
- 15:30 Loretta Kilmer, Ram
- 15:41 Angela Rivas, Mont
- 15:43 Kristina Nugent, WH
- 15:56 Tara McGowan, La Jolla
- 16:00 Kate Branson, BV
- 16:08 Susan Braun, Clare
- 16:09 Amonica Phipps, Morse
- 16:31 Laura Harder, Redlands
- 16:36 unid., Esc

## NUMBER TWOS:

- 14:34 Allison Hall, RB
- 15:00 Deanna Sick, MtC
- 15:07 Danielle Pacheco, TemCyn
- 15:08 Laurel Stender, Bstow
- 15:30 Deanna Wurtz, Sult
- 15:42 Rebecca Bartell, WH
- 15:45 Maija Rohde, Fall
- 15:46 Melissa Hutchcroft, Yuc
- 15:46 Anna Hough, VC
- 15:51 Liz Edwards, LJ
- 15:52 Laura Guzman, Esc
- 15:53 Kelly Platko, Carls
- 15:54 Trinity Amalfitano, BV
- 16:04 Genoveva Cruz, SP
- 16:05 Christina DeRoulhae, Red
- 16:14 Michelle Miller, Vis
- 16:23 Leslie Mitchell, Ram
- 16:42 Kate Lederhaus, Clare
- 17:13 Lluvia de Luna, OG
- 17:46 Lyra Ponce, Mont

## NUMBER THREES:

- 14:52 Kaleena Yee, RB
- 15:24 Leann Jimenez, Yuc
- 15:33 Deanna Lynn, Carls
- 15:36 Juliana Hernandez, SM
- 15:37 Samantha Delagardelle, Sult
- 15:48 Ashley Handy, WH
- 15:54 Jamie Carmichael, Fall
- 15:58 Karen Vasko, MtC
- 16:04 Jamie Ray, Bstow
- 16:08 Kristen Thompson, BV
- 16:31 Bre Goetz, Ram
- 16:32 Kim Vinzant, Vis
- 16:35 Kalyn Olson, LJ
- 16:37 Dana Kerby, Esc
- 16:39 Julia Corman, LCC
- 16:42 Hayley Young, TemCyn
- 16:52 Jamie Morasco, VC
- 16:56 Maggie Suval, Red
- 17:15 Linsey Sommer, Clare
- 17:36 Johanna Barnes, Mont
- 18:09 Erica Vasquez, OG

## NUMBER FOURS:

- 15:09 Michelle Ziser, Sult
- 15:12 Jamie Doyle, RB
- 15:47 Beth Grossheim, Yuc
- 15:58 Manal Yamout, MtC
- 16:05 Christine Concho, Bstow
- 16:05 Lauren McCabe, LCC
- 16:09 Shawna Winfrey, WH
- 16:11 Maria Mendoza, Vis
- 16:37 Suraya Mustain, BV
- 16:38 Sara Cates, Carls
- 16:41 Michelle Retherford, SM
- 16:50 Rachel Simmons, Ram
- 17:00 Jolene Vermillion, TemCyn
- 17:01 Laura-Lee Reid, VC
- 17:06 Kristen Corrette, Clare
- 17:08 Molly Kelly, Esc
- 17:14 Jess Stowinski, Red
- 17:14 Naomi Mattos, Fall
- 17:52 Janelle Luna, San Diego
- 18:15 Jennifer Prairie, LJ
- 18:18 Yenissa Kaeg, Mont
- 18:19 Lisa Arias, FP
- 19:02 Claudia Mercado, OG

## NUMBER FIVES:

- 15:27 Ashlee Dere, MtC

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From page 9.

- 15:58 April Walter, Sult
- 16:01 Cassie Horvath, Yuc
- 16:13 Krystin Winters, Fall
- 16:19 Alyson Voltmer, Carls
- 16:23 Katie Boyd, RB
- 16:27 Kristen Zinda, TemCyn
- 16:29 Shambra Clifford, Bstow
- 16:47 Meniel Wasbotten, Red
- 16:53 Cassie Kuske, WH
- 16:56 Kelly Milliken, BV
- 16:57 Naomi Quisenberry, Clare
- 17:03 Alejandra Montiel, VC
- 17:08 Elizabeth Tsu, LCC
- 17:12 Olympia Olguin, Vis
- 17:15 Rachel Leeder, ElCam
- 18:02 Shawna Kelly, Esc
- 18:24 Jenny Wilcoxson, Ram
- 18:46 Hannah Laiken, LJ
- 19:12 Bernadette Grantling, Morse
- 19:27 Jessica Surita, OG
- 19:29 Mary Clarke, SD
- 20:15 Tabitha Coffey, Mont

## NUMBER SIXES:

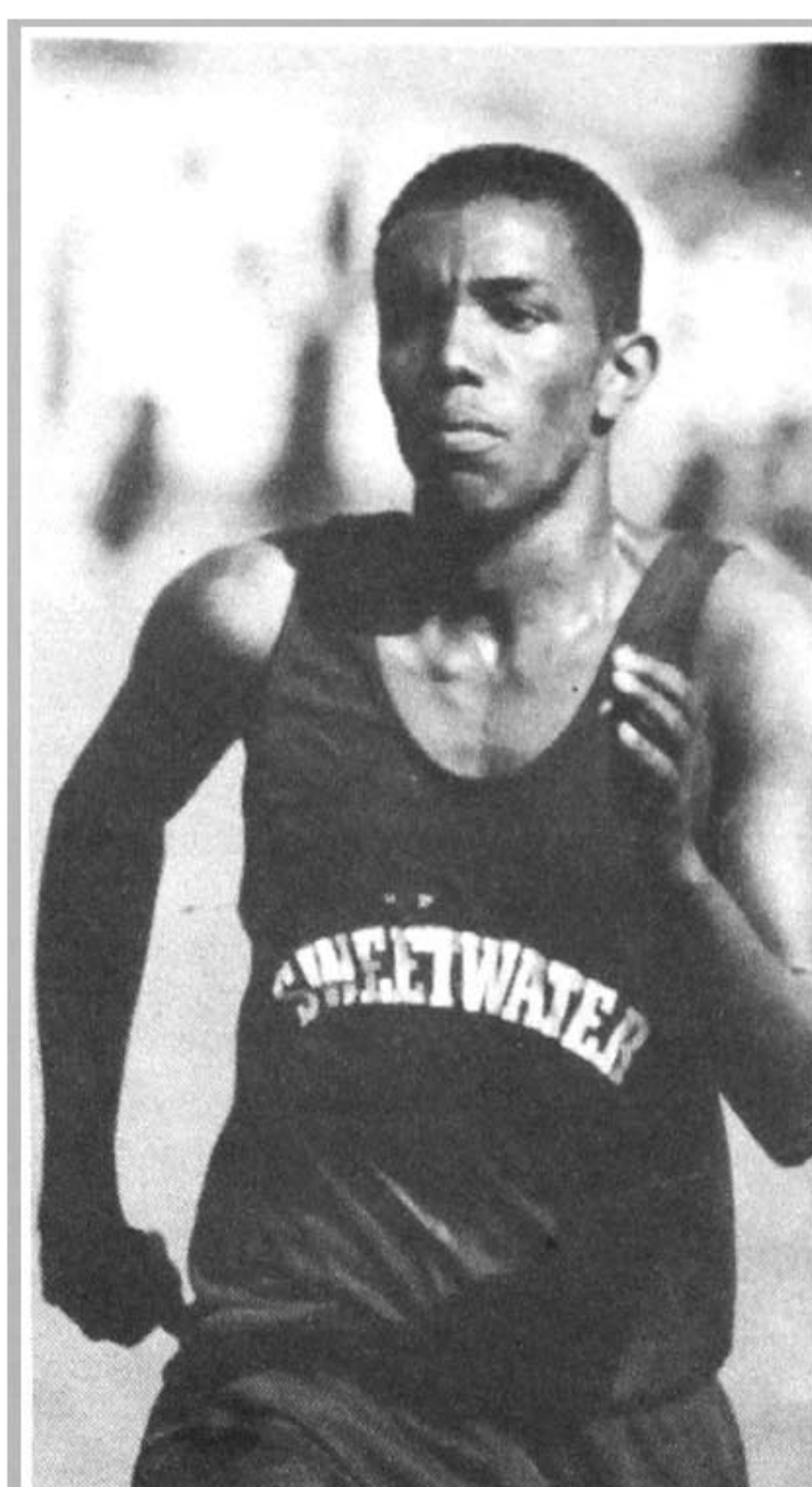
- 15:53 Jackie Dale, WH
- 16:02 Mikaelyn Austin, RB
- 16:04 Audrey Harrer, MtC
- 16:27 Jennifer Bennett, Yuc
- 16:33 Katey Pettet, Sult
- 16:40 Veronica Fitzpatrick, Clare
- 16:48 Tracie Chung, Bstow
- 16:54 Sabrina St. Laurent, ElCam
- 17:05 Sarah McMahon, Carls
- 17:06 M. Munoz, BV
- 17:25 Jessica Kelleher, Vis
- 17:25 Lisa Burdick, VC
- 17:39 Christy DeLapp, TemCyn
- 17:44 Aimee Davignon, Esc
- 17:53 Kinsa Bernbeck, Fall
- 18:12 Katie Amarillas, LJ
- 18:18 Amanda Braun, Red
- 18:27 Petra Freudenthaler, SM
- 18:36 Erin Lee, LCC
- 19:01 Camille Lucio, Ram
- 19:22 Gwen Brown, OG
- 21:26 Maria Elena Carrillo, Mont
- 23:52 Jennel Ricks, SD

## NUMBER SEVENS:

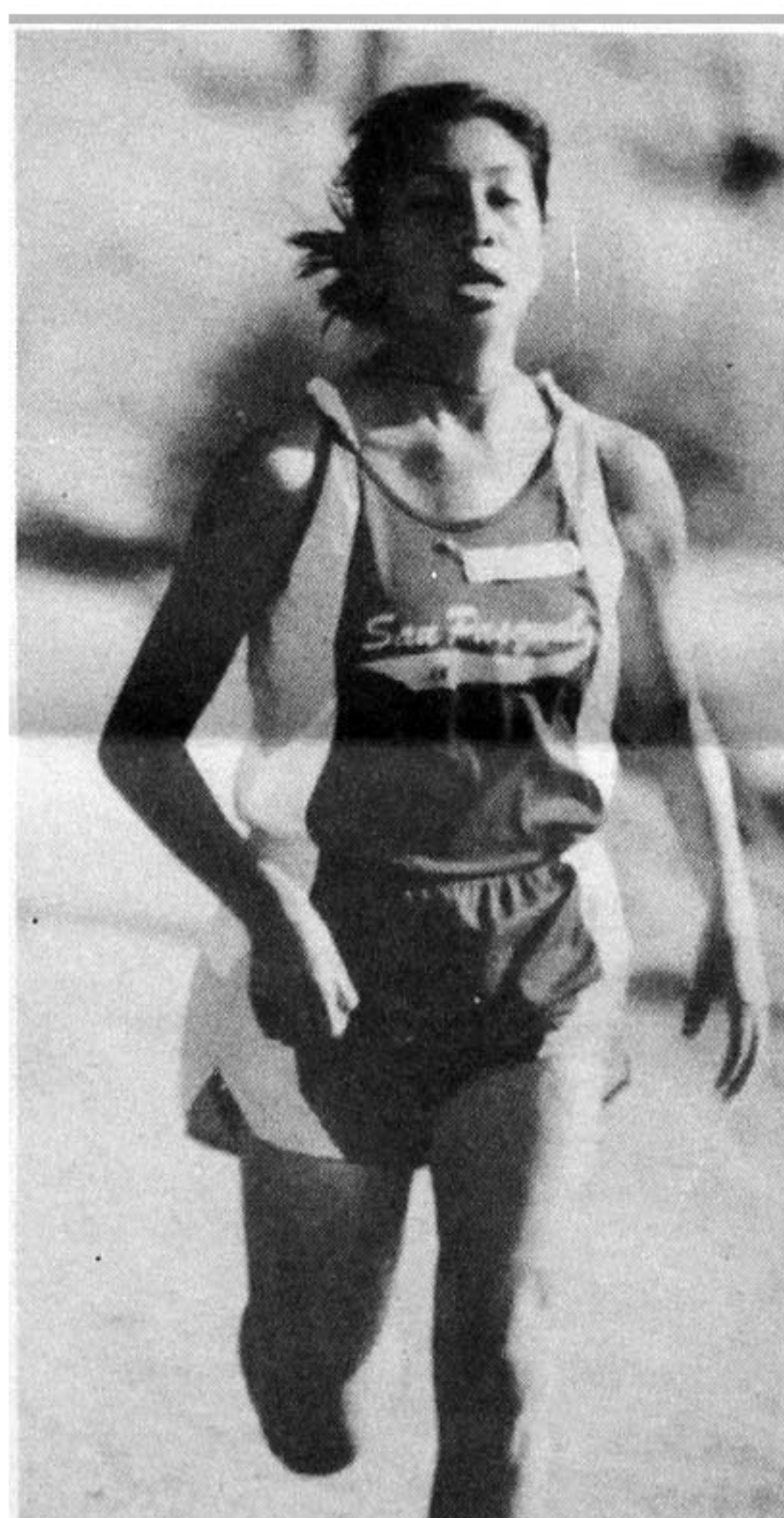
- 16:22 Bertha Miramontes, Sult
- 16:32 Sarah Lochmiller, RB
- 16:46 Amy Vasko, MtC
- 16:56 Jenna Lederhaus, Clare
- 17:00 Cici Stevens, Yuc
- 17:03 Kristen Gonzalez, BV
- 17:04 Brittney Marks, Vis
- 17:24 Cheryl Madsen, WH
- 17:34 Ashley Tyson, TemCyn
- 17:40 Lisa Engel, Red
- 17:45 Dian Dyer, Sult
- 18:05 Kourtney Morton, Fall
- 18:06 Megan Krause, Ram
- 18:27 Markie Hood, Bstow
- 18:37 Karen McGuire, Esc
- 18:42 Carly Ness, VC
- 19:06 Monica Juarez, ElCam
- 19:22 Amanda Bacon, LJ
- 20:11 Meredith Riley, Carls
- 22:59 Pat Kenda, Mont

## JR. VARSITY, SMALL

- 17:14 Liz Robinson, Holtville
- 17:19 Jennifer Dowthit, SP
- 17:26 Regina Warfell, Clare
- 17:44 Kallee Duenas, SP
- 17:45 Joy Johnson, SP
- 17:50 Shannon Komuro, Clare
- 18:02 Amber Rucker, SP
- 18:02 Ciara O'Connell, SP
- 18:10 Leslie Clawson, ElCam
- 18:20 Melissa Preston, VC



**Abdirizak Abdi**  
Sweetwater



**Genoveva Cruz**  
San Pasqual

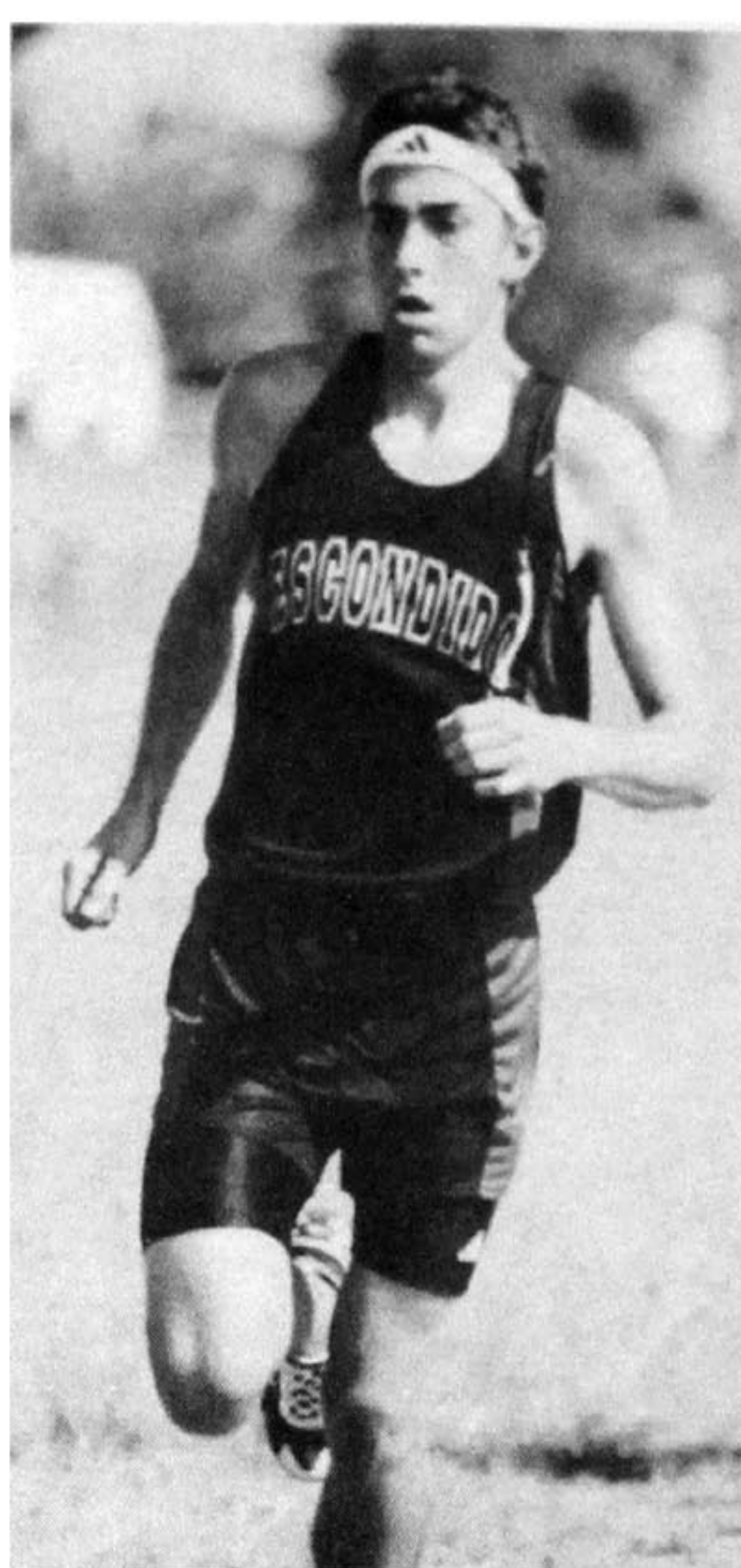
## Analyzing the Southern Cal Invite:

The Southern California Invitational, held last week at Guajome Park, has a unique format.

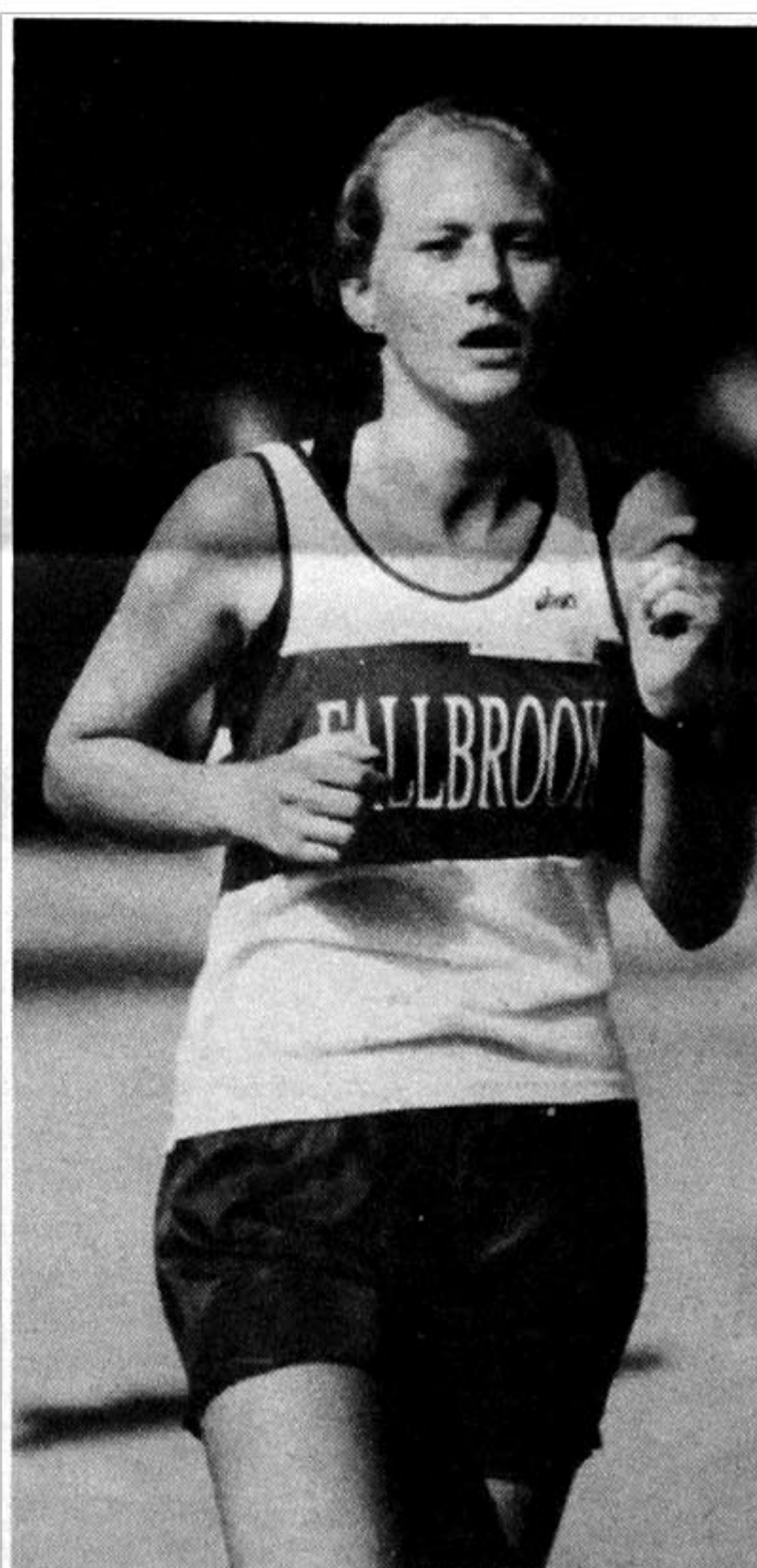
Each race is a showdown between one entrant from each team, arranged in a hierarchical order, beginning with each squad's best runner (the number ones).

Times are crucial, as the final team awards and results are determined by the cumulative times of the seven varsity races, in both boys and girls divisions.

Results of the first boys race



**Nico Cueva**  
Escondido



**Jamie Carmichael**  
Fallbrook

(the top runner from each team) were thrown out of the mix this year, after the entire field ran an incorrect course.

The runners in that race reversed a loop of the course in mid-race. The total distance was the same, but some coaches felt that the variant resulted in faster times.

The end result was that the boys final standings were based on races for runners two through seven.

As one coach put it, "If you run off course, you are disqualified."

That's fair enough for purposes of determining the race team winners (and Track Magazine does not dispute the official results), but

it's not helpful in determining the relative strength of the teams.

For instance, Mt. Carmel's boys won the large school award, ahead of West Hills. Among the results thrown out were Evan Fox's 15:54 for the Wolfpack, and Chris Kenyon's 16:23 for the Sundevils.

We went ahead and ranked the teams the traditional way, counting the top five times for each squad. We included the results from the boy's number one race, because all teams were affected in equal measure. After all, each of the runners in that race ran an identical course, and the final times were a fair measure of their relative ability. It would be much more of a distortion to discard those results.

## The team times:

Time Name, race number

## BOYS:

### West Hills: 83:11

- 15:54 Evan Fox, 1
- 16:24 Ben Aragon, 2
- 16:44 Kevin Schible, 4
- 17:04 Bryan Bauerle, 5
- 17:05 Dan Sutton-Kane, 3

### Mt. Carmel: 83:55

- 16:23 Chris Kenyon, 1
- 16:34 Alan Aradanas, 2
- 16:36 Mike Cooke, 3
- 16:59 Ben Bruce, 4
- 17:23 Sergio Esquivel, 5

NOTE: Mike Zahalan also ran 17:23 in race for number sixes.

### Sultana: 84:14

- 16:28 Jacob Wagoner, 1
- 16:30 Danny Lyon, 3
- 16:54 Kenny Lyon, 2
- 17:10 Daren Black, 5
- 17:12 Boyd Black, 6

### Sweetwater: 85:11

- 16:23 Ruben Vences, 1
- 16:58 Abdirizak Abdi, 2
- 17:01 Mark Dionela, 4
- 17:21 Luis Reyna, 3
- 17:28 Jovany Sotelo, 5

MISSING: Raul Gallarzo.

### Rancho Bernardo: 85:58

- 15:54 Sean Ricketts, 1
- 17:06 Mike Shannon, 2
- 17:39 Cameron Sanders, 4
- 17:39 Jake Fulton, 5
- 17:40 Mike Albo, 3

### Valley Center: 86:00

- 16:45 Ryan Skerl, 1
- 16:49 Cooper Bachman, 2
- 17:00 Gus Polito, 4
- 17:33 Todd Hough, 3
- 17:53 Troy Stroh, 5

### Yucaipa: 86:04

- 16:20 Ryan Metheny, 1
- 16:53 Matt Meyer, 2
- 17:26 Kevin Smith, 3
- 17:42 Garrett Holt, 5
- 17:43 Brad Remele, 7

### Ramona: 86:08

- 15:40 Matt McInvale, 1
- 17:18 Jon Shellhammer, 3
- 17:25 Carlos Sanchez, 5
- 17:48 Richard Clingman, 6
- 17:57 Ricky Roane, 2

### Barstow: 86:19

- 17:06 Curtis Barela, 1
- 17:11 Dustin Moreno, 3
- 17:17 Michael Maes, 2
- 17:19 Jorge Nente, 5
- 17:26 Kolen Ray, 4

### San Marcos: 86:32

- 15:49 Travis Laird, 1
- 17:32 Jimmy Retherford, 3
- 17:33 David Ignacio, 4
- 17:37 Chris Harris, 2
- 18:01 Isaac Chitica, 5

NOTE: Team did not have entries in six and seven races.

### San Pasqual: 86:57

- 16:53 Erik Kerby, 2
- 17:08 Matt Johnson, 3

Please turn to page 11.

*Next Issue:*  
**Friday,  
November 5**  
*Look for it  
to be delivered  
to your school.*



# Southern Cal

From page 10.

17:26 Joe Dupee, 1  
17:31 Luis Mariscal, 4  
17:59 Jesus Nunez, 5

## Damien: 86:57

16:50 Ben Armel, 1  
17:03 Alex Mendez, 2  
17:37 Tom Murphy, 6  
17:41 T. K. Revane, 4  
17:46 Brian Petersen, 5

## Fallbrook: 87:43

17:13 Jose Escobedo, 2  
17:31 Justin Mattos, 3  
17:32 Efrain Casarez, 1  
17:41 Davin Garlick, 4  
17:46 Jimmy Ungricht, 6

## Mt. Carmel B's: 87:51

17:01 Mike Klepper, 2  
17:03 John Bentley, 1  
17:40 Alex Fromer, 3  
17:59 Steve Ryan, 4  
18:09 David Esquivel, 5

## Bonita Vista: 88:48

17:17 Aaron Hernandez, 1  
17:27 Dustin Whitson, 2  
17:46 Dale Houser, 3  
17:49 Stan Meza, 4  
18:29 Craig Barclift, 5

## Escondido: 88:55

17:23 Stephen Servis, 2  
17:24 Jonathan Cordes, 3  
17:28 James Barlow, 4  
17:34 Joe Voshell, 1  
18:06 Mark Wollam, 5

## Temescal Canyon: 89:11

16:34 Carlos Handler, 1  
16:51 Rob LaPorte, 2  
18:16 Nathan Lowery, 4  
18:34 Fabrezio Garcia, 6  
18:56 Brenton Bulria, 3

## Vista: 89:23

17:22 Irving Franklin, 1  
17:49 Nick Danza, 3  
17:55 Leo Blasius, 2  
18:02 Jose Banuelos, 4  
18:15 Nick Kelleher, 5  
MISSING: Justin Neuroth, Ryan Montez, Jared Emmons, Mark Baddas, Joe Aguilar, Ramon German.

## Claremont (SoSec): 89:45

17:02 Ian McHenry, 1  
17:04 Ryan Thalman, 2  
18:02 Keith Lederhaus, 3  
18:33 Mike Curl, 4  
19:04 Dan Jackson, 6

## Mar Vista: 90:13

16:48 Blake Swier, 1  
17:21 Ivan Gutierrez, 2  
17:48 Pedro Rivas, 3  
19:01 Adan Sanchez, 5  
19:15 Jesus Perez, 4  
MISSING: Franky Ortega.

## Carlsbad: 90:51

17:16 Ben Miedema, 1  
17:36 Trevor Mulvey, 4  
18:14 Stephen Daniels, 3  
18:50 Anthony Fogelstrom, 6  
18:55 Brandon Cline, 5  
MISSING: Joey Sheffer, Chris Burnham.

## El Camino: 92:17

17:17 Mike Billings, 2  
17:41 Mike Ostler, 3  
18:53 Billy Burke, 4  
18:53 Steve Tarouilly, 5  
19:23 Ashu Maharaj, 6  
NOTE: Team did not have an entry in the boys number one race.  
MISSING: Luke Haywas.

## La Costa Canyon: 93:41

17:44 Alfredo Sosa, 1  
17:52 Anthony Gladstein, 2  
18:38 Ben Littman, 5  
19:24 Geoff Berlin, 6  
20:03 Anthony Simpson, 7  
NOTE: Team did not have entries in three and four races.  
MISSING: Barrett Larson.

Teams with less than five varsity runners included Montgomery, Orange Glen, Holtville, Oceanside and Francis Parker.

## GIRLS:

### Rancho Bernardo: 75:08

14:28 Julie Manson, 1



Michelle Ziser, Jamie Doyle  
Sultana Rancho Bernardo

14:34 Allison Hall, 2  
14:52 Kaleena Yee, 3  
15:12 Jamie Doyle, 4  
16:02 Mikaelyn Austin, 6

### Mt. Carmel: 77:18

14:55 Janet Mulvey, 1  
15:00 Deanna Sick, 2  
15:27 Ashlee Dere, 5  
15:58 Karen Vasko, 3  
15:58 Manal Yamout, 4

### Sultana: 77:42

15:09 Michelle Ziser, 4  
15:28 Stephanie Holley, 1  
15:30 Deanna Wurtz, 2  
15:37 Samantha Delagardelle, 3  
15:58 April Walker, 5

### Yucaipa: 77:58

15:00 Heidi Walker, 1  
15:24 Leann Jimenez, 3  
15:46 Melissa Hutchcroft, 2  
15:47 Beth Grossheim, 4  
16:01 Cassie Horvath, 5

### Barstow: 79:04

15:08 Laurel Stender, 2  
15:18 Natalie Miano, 1  
16:04 Jamie Ray, 3  
16:05 Christine Concho, 4  
16:29 Shambra Clifford, 5

### West Hills: 79:15

15:42 Rebecca Bartell, 2  
15:43 Kristina Nugent, 1  
15:48 Ashley Handy, 3  
15:53 Jackie Dale, 6  
16:09 Shawna Winfrey, 4

### Carlsbad: 79:47

15:24 Katie O'Connell, 1  
15:33 Deanna Lynn, 3  
15:53 Kelly Platko, 2  
16:19 Alyson Voltmer, 5  
16:38 Sara Cates, 4  
MISSING: Jessie Ansari, Mallana Dressell.

### Temescal Canyon: 80:19

15:03 Monica Valdez, 1  
15:07 Danielle Pacheco, 2  
16:27 Kristen Zinda, 5  
16:42 Hayley Young, 3  
17:00 Jolene Vermillion, 4

### Fallbrook: 80:19

15:13 Kim Croswell, 1  
15:45 Maija Rohde, 2  
15:54 Jamie Carmichael, 3  
16:13 Krystin Winters, 5  
17:14 Naomi Mattos, 4

### Vista: 81:30

15:29 Erica Lopez, 1  
16:11 Maria Mendoza, 4  
16:14 Michelle Miller, 2  
16:32 Kim Vinzant, 3  
17:04 Brittney Marks, 7  
MISSING: Tiffany Lee.

### Bonita Vista: 81:35

15:54 Trinity Amalfitano, 2  
16:00 Kate Branson, 1

16:08 Kristen Thompson, 3  
16:37 Suraya Mustain, 4  
16:56 Kelly Milliken, 5  
MISSING: Bree Alfstad, Dulce Alvarez.

### Ramona: 83:20

15:30 Loretta Kilmer, 1  
16:23 Leslie Mitchell, 2  
16:31 Bre Goetz, 3  
16:50 Rachel Simmons, 4  
18:06 Megan Krause, 7  
MISSING: Kristin Spivey, Nicole Haines.

### Claremont (SoSec): 83:23

16:08 Susan Braun, 1  
16:40 Veronica Fitzpatrick, 6  
16:42 Kate Lederhaus, 2  
16:56 Jenna Lederhaus, 7  
16:57 Naomi Quisenberry, 5

### Redlands: 83:33

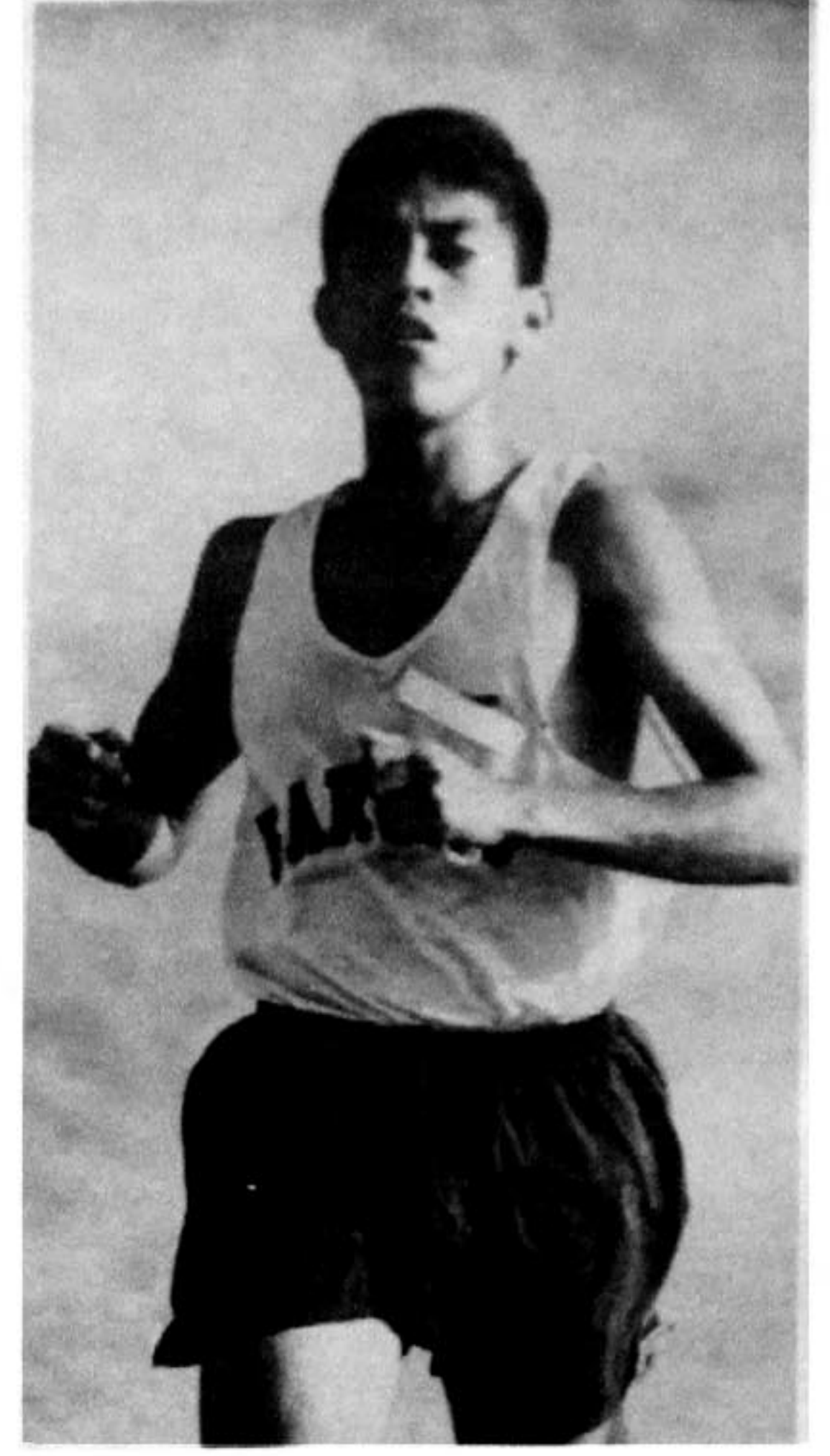
16:05 Christian DeRoulhae, 2  
16:31 Laura Harder, 1  
16:47 Meniel Wasbotten, 5  
16:56 Maggie Suval, 3  
17:14 Jess Stowinski, 4

### Escondido: 83:57

15:52 Laura Guzman, 2  
16:36 unid., 1  
16:37 Dana Kerby, 3  
17:08 Molly Kelly, 4  
17:44 Aimee Davignon, 6  
MISSING: Sandra Mitchell, Diana Medina.

### Valley Center: 84:07

15:46 Anna Hough, 2  
16:52 Jamie Morasco, 3



Aaron Hernandez  
Bonita Vista

17:01 Laura-Lee Reid, 4  
17:03 Alejandra Montiel, 5  
17:25 Lisa Burdick, 6

NOTE: Team did not have entry in girls number one race.

MISSING: Diana Dibble, Kathy Dunn.

### La Jolla: 84:49

15:51 Liz Edwards, 2  
15:56 Tara McGowan, 1  
16:35 Kalyn Olson, 3  
18:12 Katie Amarillas, 6  
18:15 Jennifer Prairie, 4  
MISSING: Desiree Leek, Maggie Sass, Michelle Guerrero, Katie Grim, Leslie Borenstein.

### Montgomery: 89:36

15:41 Angela Rivas, 1  
17:36 Joanna Barnes, 3  
17:46 Lyra Ponce, 2  
18:18 Yenissa Kaeg, 4  
20:15 Tabitha Coffey, 5

### Orange Glen: 93:13

17:13 Lluvia de Luna, 2  
18:09 Erica Vasquez, 3  
19:02 Claudia Mercado, 4  
19:22 Gwen Brown, 6  
19:27 Jessica Surita, 5

NOTE: Team did not have entrant in girls number one race.

MISSING: Maria Cervantes.

Teams with less than five varsity runners included Morse, San Pasqual, San Marcos, La Costa Canyon, San Diego, Francis Parker, Holtville and El Camino.

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other cross country sites, including  
complete state rankings and more...

**TRACK MAGAZINE** web site:  
<http://www.crowncity.com/sdtrackmag>



# Local Rankings

## BOYS:

1. Vista
2. Poway
3. West Hills
4. Mt. Carmel
5. Scripps Ranch (II)
6. St. Augustine (IV)
7. Granite Hills
8. La Jolla (II)
9. Sweetwater
10. Rancho Bernardo

## Others:

Valley Center (IV)

Fallbrook

Chula Vista

San Pasqual (II)

San Diego

(All teams Division I unless indicated.)

## GIRLS:

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

## Others:

Vista

Scripps Ranch (II)

Bonita Vista

Valley Center (IV)

(All teams Division I unless indicated.)

# State Rankings:

## BOYS:

### Division I

1. Belmont, Los Angeles
2. Don Lugo, Chino
3. Buchanan, Clovis
4. Vista
5. Poway
6. Katella, Anaheim
7. West Hills
8. Clovis
9. Rialto
10. Jesuit, Carmichael

### Division II

1. Eureka
2. De la Salle, Concord
3. Scripps Ranch
4. Barstow
5. Tustin
6. Burroughs, Burbank
7. Newbury Park
8. Agoura
9. Valencia, Placentia
10. Newport Harbor, Newport Bch

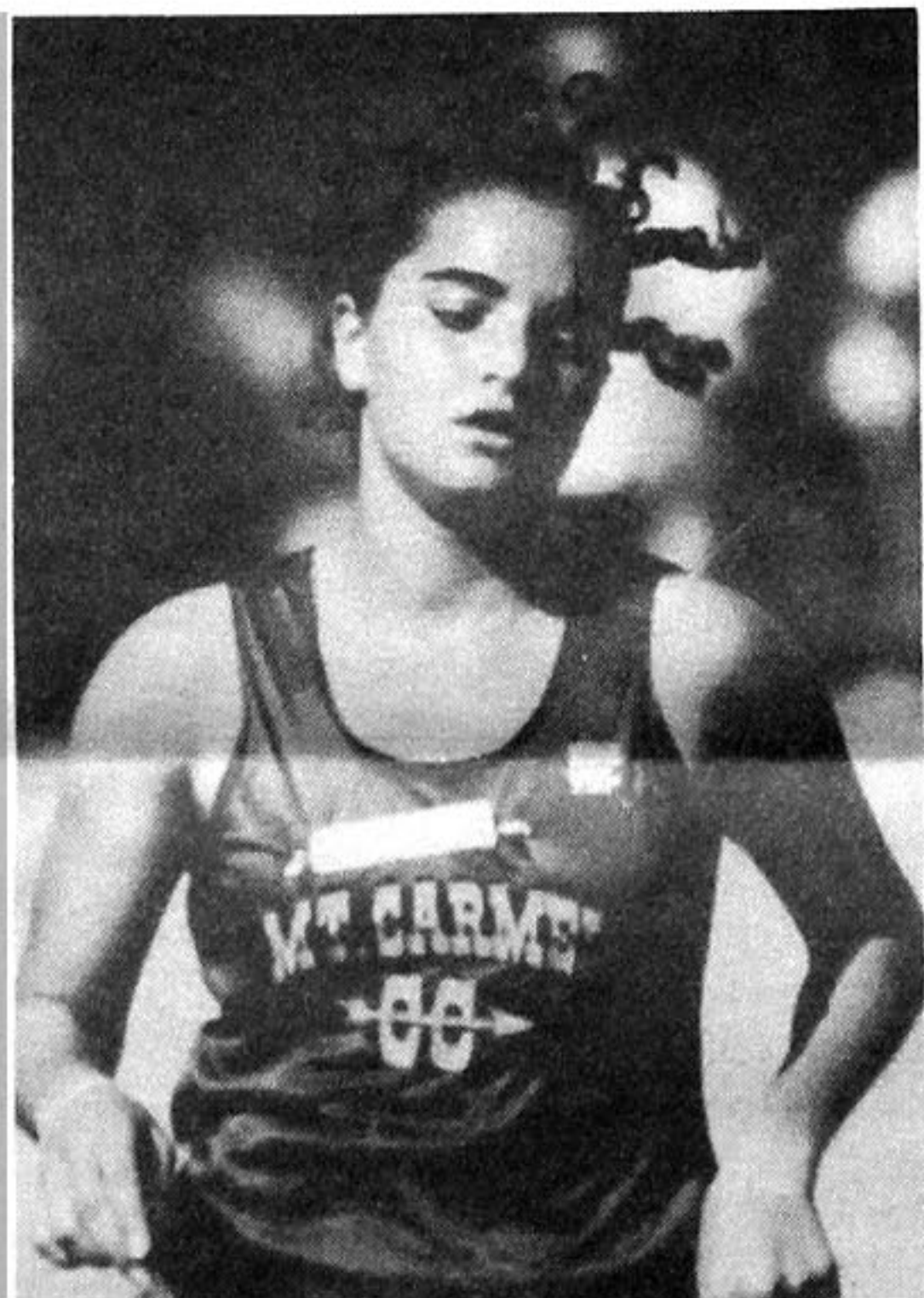
### Division III

1. South Hills, West Covina
2. Don Bosco Tech, Rosemead



**Ashley Handy, Kim Crowell**

The West Hills girls are ranked seventh on the local list; Fallbrook's girls are tenth.



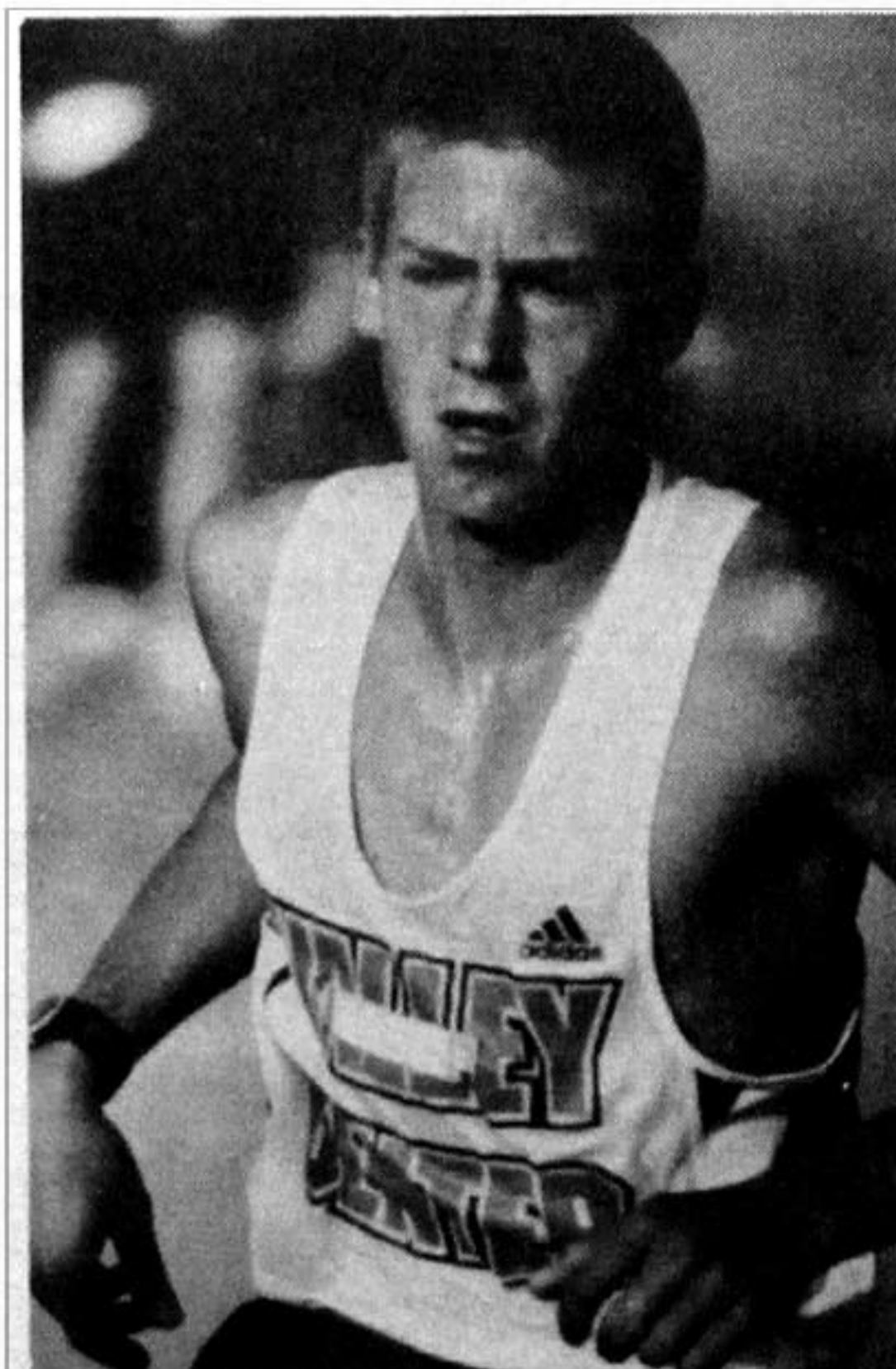
**Manal Yamout**

Mt. Carmel's girls are second locally and second in the state.



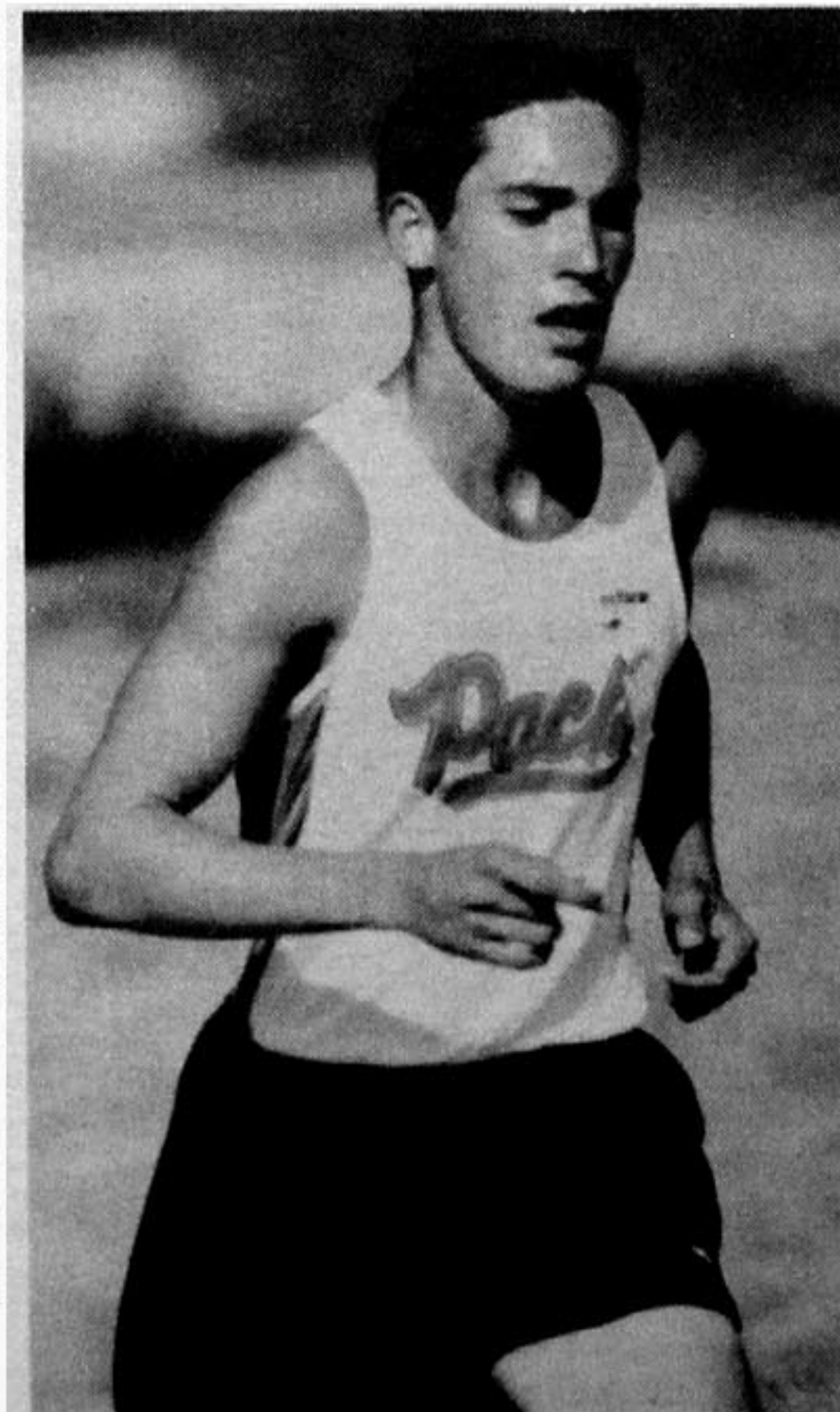
**Deanna Lynn**

Carlsbad's girls are ninth on the local list.



**Ryan Skerl**

Valley Center's boys are 11th locally, and eighth in the state in Division IV.



**Kevin Schible**

West Hills' boys are third locally, and seventh in the state in Division I.

3. Redwood, Larkspur
4. Los Gatos
5. Granada, Livermore
6. St. Francis, Mountain View
7. La Canada
8. San Luis Obispo
9. Bassett
10. Enterprise, Redding

### Division IV

1. McFarland
2. Central Valley, Shasta
3. Oak Park
4. Corcoran
5. Nordhoff, Ojai

### 6. St. Augustine

7. Corona del Mar

### 8. Valley Center

9. Piedmont
10. Fillmore

### Division V

1. Flintridge Prep, La Canada
2. Desert Christian, Lancaster
3. University, San Francisco
4. Avenal
5. St. Joseph/Notre Dame (Alameda)
6. Calvary Chapel, Downey
7. Tranquility
8. Maranatha, Sierra Madre
9. Santa Clara, Oxnard
10. Calvin Christian

## GIRLS:

### Division I

1. Peninsula
2. Mt. Carmel
3. Rialto
4. Yucaipa
5. Rancho Bernardo
6. Sultana, Hesperia
7. Torrey Pines
8. Woodbridge, Irvine
9. Esperanza, Anaheim
10. East Valley, Redlands

### Division II

1. Foothill, Santa Ana
2. Santa Margarita, Rancho Santa Margarita
3. Brea-Olinda, Brea
4. Antioch
5. Montgomery, Santa Rosa
6. Vacaville
7. Tustin
8. Barstow
9. Westlake, Westlake Village
10. La Jolla

### Division III

1. San Lorenzo Valley, Felton
2. Granada, Livermore
3. Foothill, Redding
4. South Hills, West Covina
5. La Canada
6. Carondolet, Concord
7. St. Ignatius, San Francisco
8. San Luis Obispo
9. St. Francis, Mountain View
10. Del Oro, Loomis

### Division IV

1. Corona del Mar, Newport Beach
2. Nordhoff, Ojai
3. Louisville, Woodland Hills
4. Sacred Heart, San Francisco
5. McFarland
6. Miramonte, Orinda
7. Morro Bay
8. Valley Center
9. La Salle, Pasadena
10. Bishop O'Dowd, Oakland

### Division V

1. Northwood, Irvine
2. University, San Francisco
3. Chadwick, Palos Verdes
4. Desert Christian, Lancaster
5. Desert Christian, Bermuda Dunes
6. Maranatha, Sierra Madre
7. Lick-Wilmerding
8. Flintridge Prep, La Canada
9. Whittier Christian, La Habra
10. St. Margaret's