

TRACK MAGAZINE



What's News...

Volume V, Number 5 -- November 19, 1999

The best in local prep cross country coverage

CIF Preview: *Question:* *Is that your* *final* *answer?*

When the starter's gun goes up at the CIF championship, they should start playing the suspense music from Jeopardy.

There are so many questions waiting to be answered.

Who will step up? Who will disappear? Who will come out of nowhere? Who will do amazing things? Which team will time their peak perfectly?

There are so many question marks in every race that they should get The Riddler from Batman to act as starter.

Here's what people are asking about...

Division I boys:

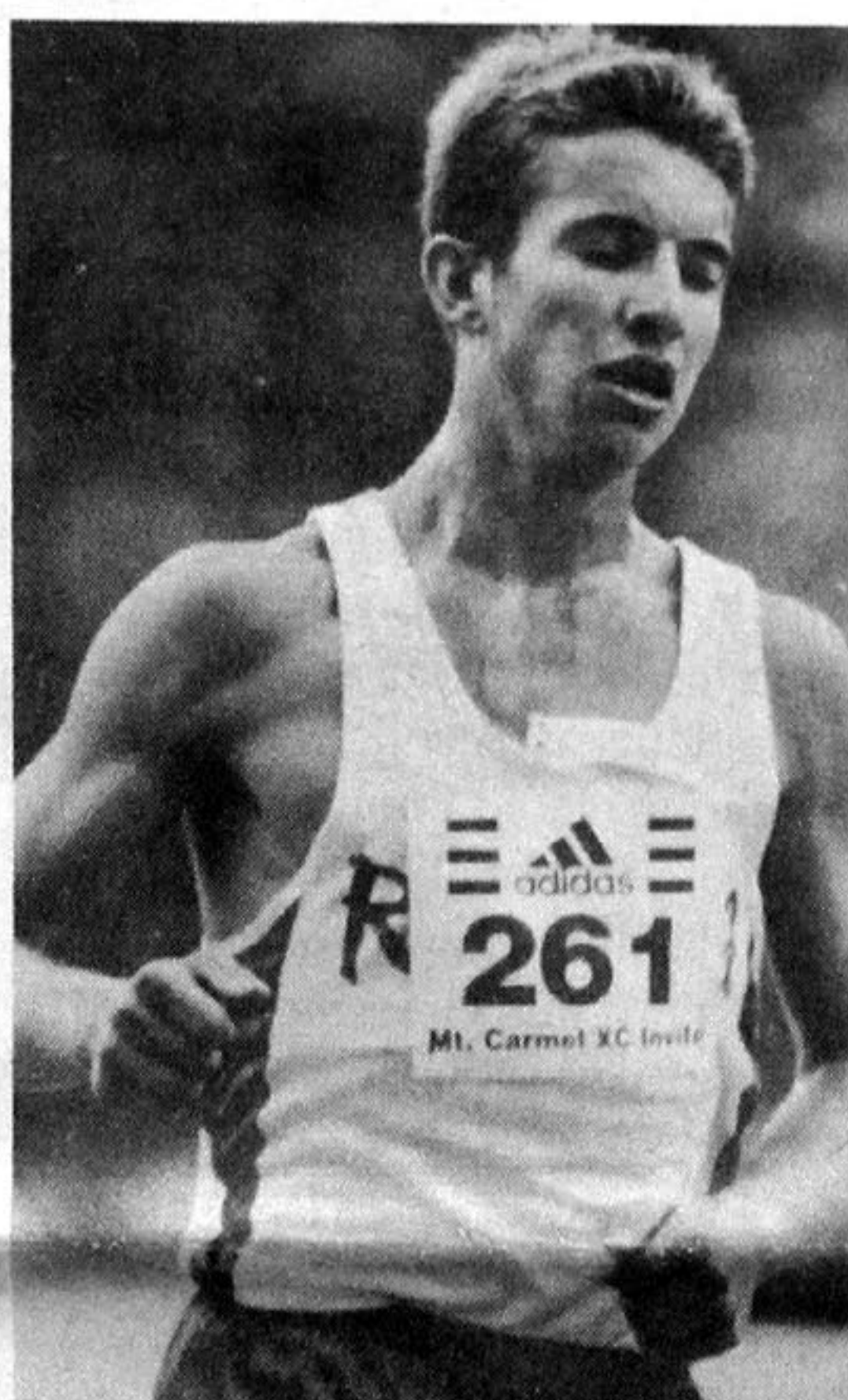
What will the weather do? The race starts at 1:30 in the afternoon. Will it be hot?

Can the teams involved possibly repeat the drama that has played out during the last weeks? There can't possibly be another tie-breaker, can there?

Can Mt. Carmel repeat their success from the Palomar meet? Can they infiltrate the Poway pack again? Can one of their runners break through?

Can Poway tighten up their group, or move it along just a tad faster? Will last week's loss fire them up? If it does, will they be too emotional?

Can Vista support their great top three, with a four-five that gets right on the back of the Poway or Mt. Carmel packs? Can the front of their pack place high enough?



Matt McInvale
Ramona

How will West Hills fare? Will they come into the race rested and ready? Can Evan Fox fire up his team by finishing very, very high? Can one of their mid-pack break into the Poway/Mt. Carmel group? Can the back of their pack hang?

Can Travis Laird remain at the head of this particular class?

Will Ryan Maynard pull off his annual surprise? What does Granite Hills have? Are they the dark horse?

How key will runners like Maynard, Christian Dominguez and Michael Manzano be? Can they place high enough to be factors in the team race?

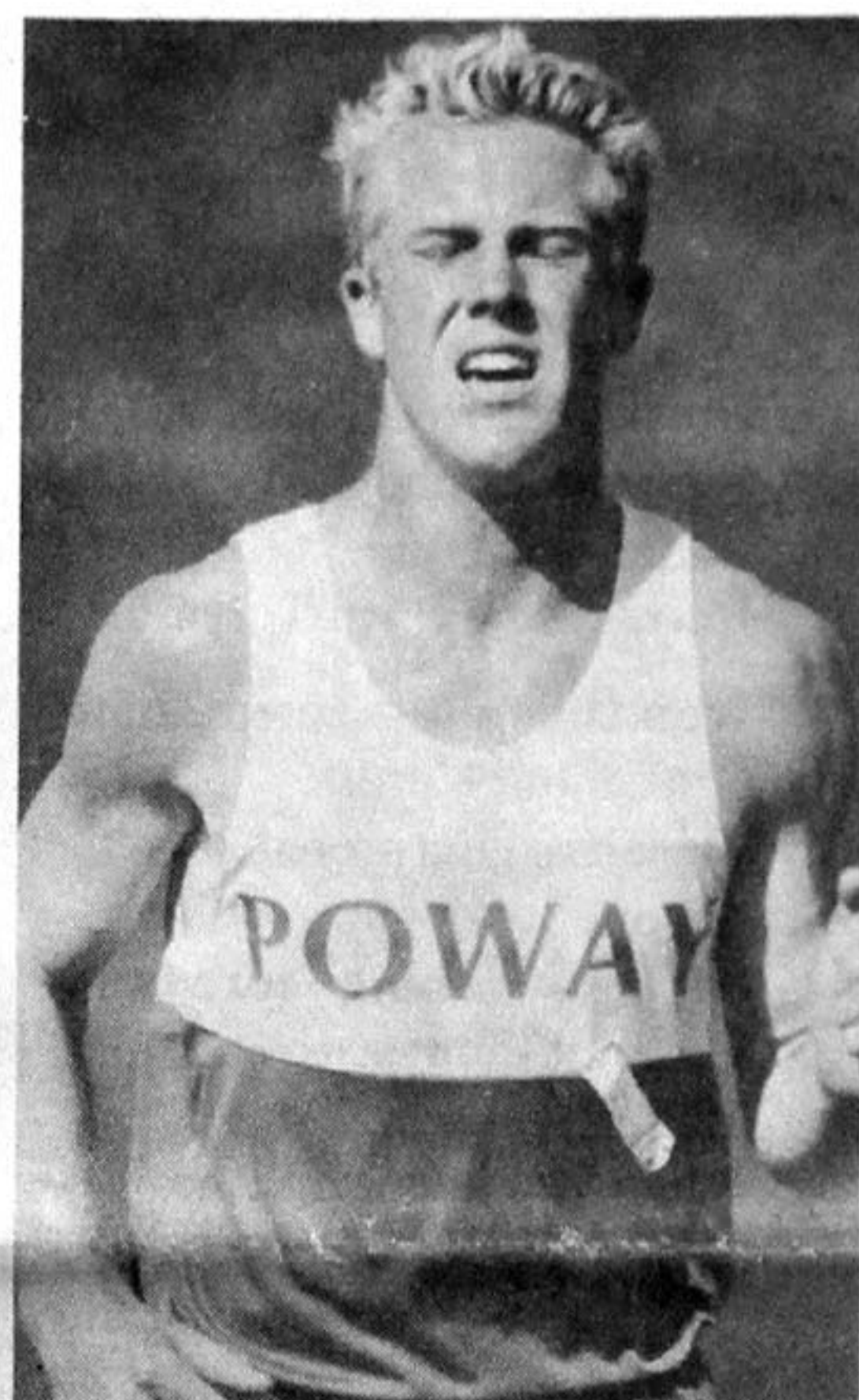
If the two pack teams (Mt. Carmel and Poway) qualify for Fresno, how fierce is the fight for the five individual qualifying spots? Will anybody below fifth place make it to state?

Division I girls:

Is Rancho Bernardo the best team in the state? Will they get some good luck this year?

Can Mt. Carmel put a move on RB? Can they run the perfect race? If they don't, are they vulnerable?

Can Torrey Pines put their pack back together? Will one or more of



Josh Pope
Poway

their young runners make a jump?

How will the race between Julie Komosinski, Julie Manson, Allison Hall and Nicole Mier play out? Will someone else join the fun?

Can Carlsbad stay at the level they ran at last week? Is there another move left?

Where do excellent teams like West Hills and Chula Vista and Fallbrook and Valhalla fit into the picture?

Division II boys:

How will round three of Scripps Ranch vs. La Jolla go? Can Scripps repeat last week's success? Can La Jolla come back on them?

Can another team factor into the team race?

How will Matt McInvale race after his layoff?

Can Jon Rankin race as well as he did last week? If he does, is he right there with Big Mac?

Can Ramona's young group run well enough to take advantage of McInvale's expected high placing?

Can San Pasqual's pack team make a move up the ladder, or are the other teams a bit too far ahead?

Is there an overlooked darkhorse in the field?

Please turn to page 3.

Your trusty editor attends every cross country meet ever held, while livin' la vida Starbucks. His report from the road is on page two.

The Western meet got league finals off to a smokin' start. See page four.

The Harbor meet meant something, for a change. See page five.

The Eastern meet scenario was very familiar. See page six.

The Coastal and Citrus meets showed off some fine talent. See page seven.

The individual league champions pictorial is on pages eight and nine.

Victory in the Metro boys was Sweet indeed. And Desiree was Davila. See page ten.

Valley Center's boys put on a show for the Saints scouts. See page eleven.

The Palomar boys topped themselves. See page twelve.

Carlsbad rose to the occasion in the Avocado girls race. See page thirteen.

West Hills dominated the Grossmont races, but it was Jon Rankin that everybody was talking about afterward. See pages fourteen and fifteen.

The local and state rankings are on page sixteen.

The thrill of victory; the agony of the feet...

League finals week. It's one crazy week.

The cross country championships are spaced from Monday to Saturday, offering the opportunity for a fanatic to see almost everything

I made it to the Western League on Monday afternoon, to the Harbor League on Tuesday afternoon, to the Eastern League on Thursday morning, to the Metro League on Friday afternoon, and to the Valley, Palomar and Avocado meets on Saturday morning.

It's time to take inventory.

Total mileage driven, including an extra trip to get film developed: 1,002 miles.

Rolls of film exposed: 13 rolls of 36 photos apiece. That's 468 exposures.

Number of visits to Starbucks: Sorry, I lost count.

But it wasn't all a blur. Some things stood out. Some things were revealed later, after looking at results, and making simple calculations.

Here's some of what I observed during the six days of intense competitions.

Most dominant team in their own league:

Has to be West Hills in the Grossmont North. In the boys race, they scored just 18 points, going 1-2-3-4. In the girls race, they totaled just 22 points, going 2-3-4-5 behind El Cap's Jasmine Marquez.

The only other team to win boys and girls team championships was Mountain Empire.

Biggest margin of victory, by an individual:

Jenna Timinsky won the Coastal League race by 1:15 over Kaili Shumilak.

In boys racing, the biggest win was by Chula Vista's Michael Manzano, who took the Metro by 0:46 seconds. One Metro observer watched Manzano, and said, "That's a Davila-sized lead."

There were lots of one-sided races during the week.

On the girls side, Mountain Empire's Lily Dowlatsahie won by 0:57 seconds, and Hilltop's Desiree Davila won the Metro by 0:51 seconds (now, THAT was a Davila-sized lead).

Closest individual races:

There were none that went right down to the wire. Valley Center's Ryan Skerl had the narrowest margin, 0:03 seconds over teammate Cooper Bachman. On the girls side, Mira Mesa's Lisa Dodd won by 0:05 seconds over

teammate Dori McGuire.

The old one-two.

Teammates placed first and second in six different races. And West Hills' boys went 1-2-3-4 in their league race, led by Evan Fox.

Curiously, two of the one-two combos did not result in team wins. Mira Mesa's Dodd and McGuire and their team went to a tie-breaker and lost that to Point Loma. And Torrey Pines' Julie Komosinski and Krista Romley were outgunned by a great Carlsbad effort.

Lowest scores, boys teams:

West Hills' boys scored 18 in the Grossmont North race.

Sweetwater's boys scored 25 in the Metro race.

Lowest scores, girls teams:

West Hills' girls scored 22 on the Grossmont North.

Valhalla's girls scored 26 in the Grossmont South race.

Highest winning score (and closest meet), boys:

Mt. Carmel scored 50, in winning a thrilling race in the Palomar. Poway and Vista each scored 53, with Poway taking the tie-breaker.

Highest winning score (and closest meet), girls:

Point Loma scored 45, the same as Mira Mesa, and needed a tie-breaker to edge Mira Mesa.

Most curious score:

In the Grossmont South girls race, Valhalla scored 26 points, and Helix was the runner-up with 30. That's like a dual meet score. The two teams shared the first 13 places between them.

Christmas shopping tip:

If Vista's Justin Neuroth is on your gift list, be advised: he hates ties. So, don't buy him neckties, railroad ties, a box of twist ties, a coupon for Thai food, or a gift certificate for Tae-Bo lessons.

Tighest packs, boys (winning teams):

Mt. Carmel's five ran 0:21 seconds, in out-packing Poway.

Also:

0:29, Calvin Christian.

0:35, Scripps Ranch.

0:39, Sweetwater.

Tightest packs, girls (winning teams):

0:27, West Hills.

0:39, Valhalla.

0:56, Chula Vista.

1:00, Carlsbad.

Everybody was a winner.

Well, it seemed that way.

Thirty-two different schools had either a team champion, or co-champion, or an individual

champion, in either boys or girls racing.

Youngest winners, boys:

Army Navy soph Will Kramer.

Valley Center soph Ryan Skerl.

Youngest winners, girls:

Mira Mesa frosh Lisa Dodd.

San Dieguito Academy soph Jenna Timinsky.

Helix soph Stephanie Baird.

Age trends:

Most of the girl winners will return. The only senior winners were Rancho Bernardo's Julie Manson, and Clairemont's Jen Wirkus. The girls class of 2001 includes league champs Julie Komosinski, Desiree Davila, Desiree Leek, Jasmine Marquez, Loretta Kilmer, and Lily Dowlatsahie. They may be soon be joined by Angela Petersen. More on that later.

The boys class of 2000 continues to amaze. Among the senior standouts taking league titles were Jon Rankin, Travis Laird, Ryan Moorcroft, Justin Mattos, Michael Manzano, Evan Fox, and Simon Peter. And that list doesn't include Matt McInvale, who didn't run his league race, or such standouts as Sean Ricketts, Justin Neuroth, Jared Emmons and Josh Pope, who are all bunched up in the Palomar League, or Ryan Maynard, the Grossmont South runner-up to Rankin's amazing race.

Fastest course:

My vote goes to the Western League layout.

Slowest course:

It could be the layout at Harry Griffin layout, over overgrown grassy fields. Only two runners,

from the
editor



Jason Finch and Rankin, have ever broken 16:00 minutes there.

Roughest race:

Bodies were flying everywhere in the Palomar boys race. There were some fast turns, a few narrow passages, and a thick pack of fast-moving runners. What is that they always say at the start of a race? "If you fall down after 100 yards, that's cross-country."

Deja Deja Vu:

The Eastern girls team race was a rerun of last year's tie, with Point Loma winning the tie-breaker against Mira Mesa each time. A rerun? During sweeps week?

Most unsettling feeling:

Eastern League coaches in their last year include Mira Mesa's Dennis Lottermoser and Point Loma's Steve Markland. They are two excellent coaches, and both go down on the all-time nice guy list. Markland has to quit to attend to business obligations. Lottermoser is retiring.

Hottest rumor:

Angela Petersen moving back to this area, and enrolling at Torrey Pines. From all accounts, the move is in the works.

TRACK MAGAZINE

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Track Magazine is published in two-week intervals during the high school track & field and cross country seasons, including five issues in the fall, and six issues in the spring. Mailed subscriptions are available, via first class mail.

WEB SITE:

The Track Magazine web site is at:
<http://www.crowncity.com/sdtrackmag>
The web site editor is George Green
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ADVERTISING:

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Printed at
POMERADO PUBLISHING,
POWAY, CA

CIF

Preview:

Yes, Regis, that's my answer...

From page 1.

Division II girls:

Can anybody credibly challenge Desiree Davila?

Is La Jolla back to full strength?

Can University City run as well as they did last week, and maybe even improve on that? If they don't, are they vulnerable to a challenge?

Can Ramona's Loretta Kilmer run with La Jolla's Desiree Leek? Can her team challenge for a state meet spot?

Mira Mesa and Point Loma are long shots to place in the top two, but which will come out on top for bragging rights between them?

Division III boys:

Can Mar Vista's pack run well enough to get the team to Fresno?

University of San Diego seems to have the pack, but are they a year away?



Carlsbad's girls, including Kelly Platko and Sara Cates, made all the right moves last week in beating Torrey Pines. Can they take another step?

Is Crawford underrated? Can they realize their potential? How good are they?

How will the individual race between Mar Vista's Blake Swier, Mission Bay's Eric Richey and Crawford's Simon Peter unfold? Can someone else join that group? Will somebody bust out?

Division III girls:

Is there a credible challenger to Our Lady of Peace in the team race?

Can Mission Bay's Rose Serna go wire to wire?

Division IV boys:

Who will win between St. Augustine and Valley Center?

Will any other team's runner break into the top ten, or will it be, essentially, a dual meet?

Division IV girls:

Will anybody even try to go with San Dieguito Academy's Jenna Timinsky?

Will Valley Center score much more than 20 points in the race?

Division V boys:

Does Army Navy's Will Kramer have any gear but full speed ahead? Is there anyone in the field who can challenge him?

Will two teams qualify for state?

If they do, who will join Calvin Christian? Will it be Bishop's, La Jolla Country Day, Army Navy or Christian?

Division V girls:

Again, will two teams go to state?

Can Bishop's hold their team together for another week?

Can La Jolla Country Day get their team back together?

Can Calvin Christian hang with those teams?

In general

Will the meet go off without a snag? Will there be controversy?

Will Regis Philbin show up at the awards ceremony? Are you sure? And, that's your final answer?



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Western: Scripps boys best; La Jolla girls rule

The Western League finals seem to bring out the best in the Scripps Ranch boys team.

They ran a strong team race to win the meet, giving them the league championship. Scripps, La Jolla and St. Augustine all finished the dual season with one loss apiece, making the final a winner-take-all affair.

La Jolla's girls, meanwhile, continued their strong running, winning comfortably against a University City team that had their best race of the year.

Individual winners, in course record times, were St. Augustine's Ryan Moorcroft (15:27 for 3.0) and La Jolla's Desiree Leek (18:14 for 3.0). The Western course was just reconfigured this year, so the course records only include races from this season.

La Jolla's girls withstood a strong challenge from UC's talented crew. UC's Katherine Ziegler (second) and Chessa Adsit-Morris (third) ran their best races of the year.

Mission Bay soph Rose Serna, who was fifth in 18:50, also looked very good.

The Vikings had to make do without Maggie Sass, one of their top runners. She was pulled from the race by La Jolla girls coach Tom Dorman, after she struggled with a leg injury. The Vikes still had enough depth to beat UC by nine points. They'll be a solid favorite in the CIF Division II race.

If UC's girls run like they did in this race, they'll be a very strong contender for that second state meet qualifying spot.

The Western League boys race has flip-flopped among the top three teams all year.

In duals, St. Augustine beat a listless-looking La Jolla team. Then Scripps whacked the Saints. A week later, a much-improved La Jolla team outraced Scripps.

Scripps returned the favor here, but the two teams will lock up again in the CIF Division II race.

Keys for Scripps were great efforts from Raphael Machado, who was second in 15:33, and the other scorers. Brendan Riordan was fifth in 15:48, and he was followed by Mike Comstock (seventh), Jonathan Hester (eighth) and Matt Wexler (tenth).

La Jolla also ran strongly, with



Rose Serna
Mission Bay

Scott Davis (third), Eric Koster (fourth) and Chris Ferrier (sixth). Ferrier paid the price after trying to chase Moorcroft in a fast first mile.

After Moorcroft in first, Scripps and La Jolla dominated the top ten, taking eight of the remaining nine spots.

St. Augustine did not run badly, with their second through fifth runners finishing between 16:15 and 16:37, but they couldn't match up with La Jolla and Scripps here.

The Saints will compete in the CIF Division IV race, where they'll face a strong challenge from a good Valley Center team.

Monday, November 8, at Morley Field. All races were run on the Western League course. Weather was overcast and cool.

BOYS (3.0 miles):

VARSITY:

Team Scores: Scripps Ranch 32, La Jolla 44, St. Augustine 67, University City 104, University of San Diego 126, Mission Bay 152, Hoover, no score.

Individuals:

- 15:27 Ryan Moorcroft, StA1
- 15:33 Raphael Machado, SR1
- 15:41 Scott Davis, LJ1
- 15:43 Eric Koster, LJ2
- 15:48 Brendan Riordan, SR2
- 15:54 Chris Ferrier, LJ3
- 15:55 Mike Comstock, SR3
- 15:59 Jonathan Hester, SR4
- 16:06 Eric Richey, MB1
- 16:08 Matt Wexler, SR5
- 16:11 Charles McKeown, UC1
- 16:13 Brandon Behr, LJ4
- 16:15 Drew Bouchard, StA2
- 16:18 Andrew Garratt, UC2
- 16:19 Brian Thielen, USD1
- 16:23 Sean Barrett, StA3
- 16:24 Matt Herriman, StA4
- 16:28 Mark Pfizenmayer, USD2
- 16:35 Ryan Abelowitz, LJ5
- 16:37 Pat Barrett, StA5
- 16:39 Kern Huerta, UC3
- 16:46 Nate Lopez, LJ6
- 16:52 Larry Koster, LJ7
- 16:55 Carlos Brown, UC4
- 16:56 Ricky McCroskey, StA6
- 16:56 Andrew Hoeksema, LJ
- 17:00 Miguel Elias, MB2
- 17:03 John Israel, StA7
- 17:06 Steve Dalton, USD3
- 17:08 Chris Brindle, SR6



Tara McGowan
La Jolla

- 17:09 Mukhtar Abdulle, H1
- 17:09 Matt Raudaskoski, SR7
- 17:13 Jon Gardner, StA
- 17:14 Jonathan Benet, USD4
- 17:15 Michael Carini, USD5
- 17:19 Jon Dunbar, LJ
- 17:23 Dylan Solomon, UC5
- 17:25 Katsuki Shimasaki, UC6
- 17:26 Matt Reader, MB3
- 17:28 Sixto Aspeitia, UC6
- 17:33 Eric Roye, MB4
- 17:41 Joel Nierman, UC7
- 17:42 Sean Mann, UC
- 17:46 Max Kerber, UC
- 17:46 Paddy Tatusko, USD6

Finishers: 50.

GIRLS (3.0 miles):

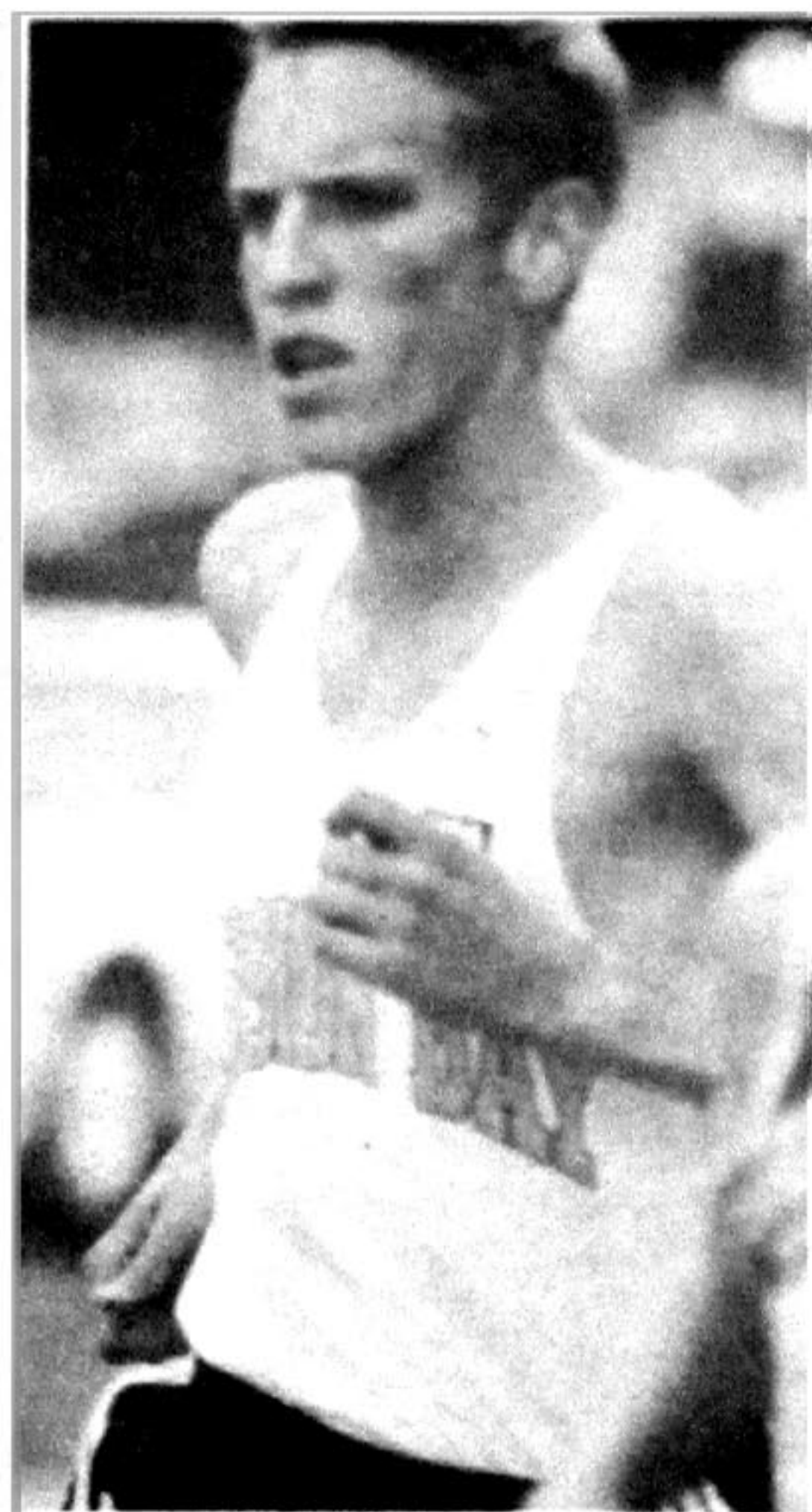
VARSITY:

Team Scores: La Jolla 30, University City 39, Scripps Ranch 79, Our Lady of Peace 104, University of San Diego 139, Mission Bay 141. Hoover, no score.

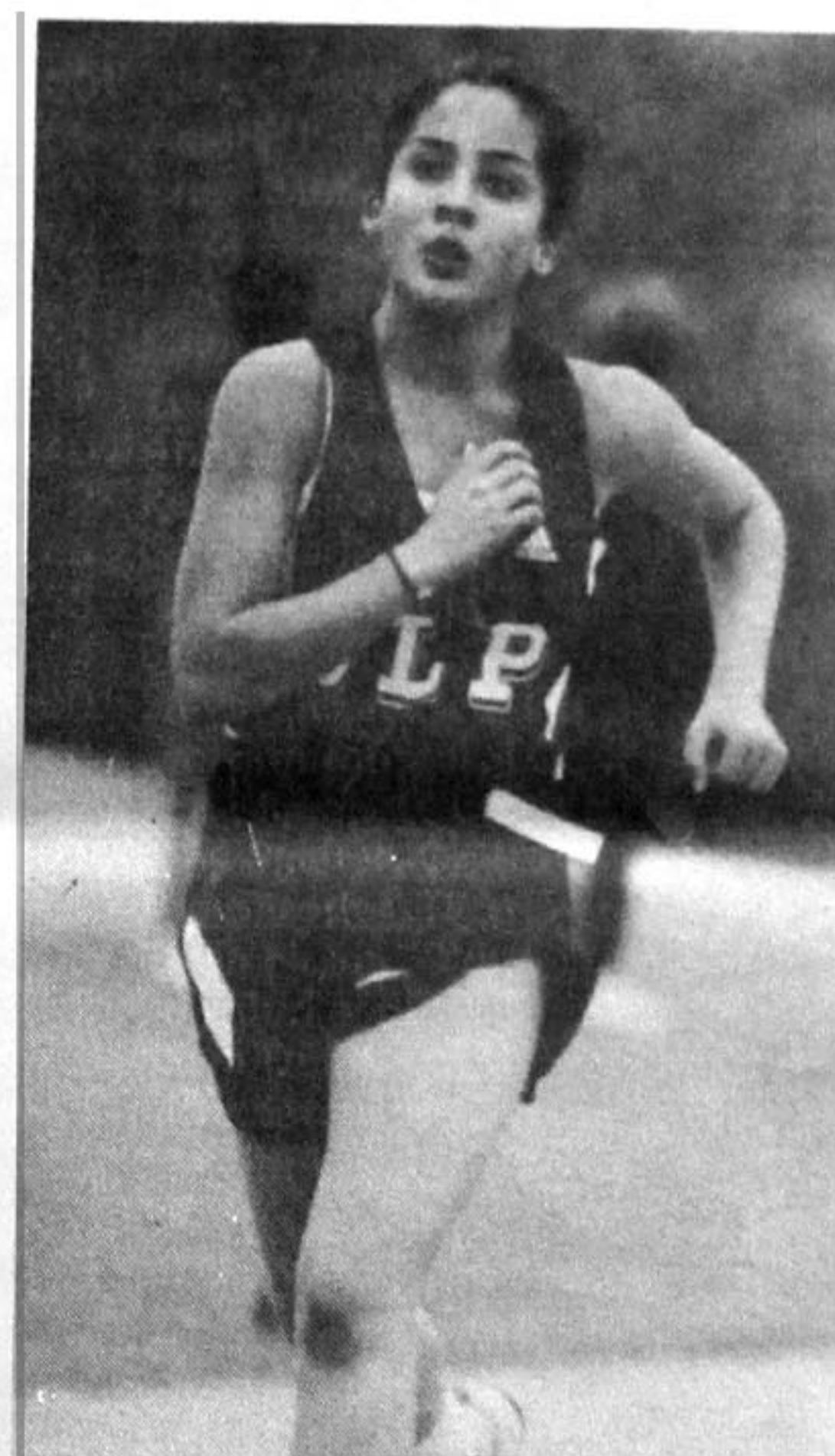
Individuals:

- 18:14 Desiree Leek, LJ1
- 18:32 Katherine Ziegler, UC1
- 18:38 Chessa Adsit-Morris, UC2
- 18:42 Michelle Guerrero, LJ2
- 18:50 Rose Serna, MB1
- 19:13 Liz Edwards, LJ3
- 19:42 Talina Konotchick, UC3
- 19:43 Leslie Borenstein, LJ4
- 19:45 Claire Beck, OLP1
- 19:46 Lindsey Giolzetti, SR1
- 19:48 Tara McGowan, LJ5
- 19:55 Katie Grim, LJ6
- 20:04 Rebecca McKeown, UC4
- 20:15 Laura Cohen, UC5
- 20:19 Natalie Cattrell, SR2
- 20:23 Jasmine Mejares, OLP2
- 20:30 Grace Anderson, SR3
- 20:31 Amanda Cummings, SR4
- 20:35 Emily Prout, SR5
- 20:48 Shanna Cohen, SR6
- 20:52 Carolyn Crews, UC6
- 21:02 Lauren Senescall, USD1
- 21:07 Odette Rodriguez, OLP3
- 21:09 Christy Zaragoza, MB2
- 21:11 Patricia Venereo, OLP4
- 21:11 Morgan Feori, USD2
- 21:17 Nichole Marsch, USD3
- 21:19 Merlyn Diaz, H1
- 21:21 Anabel Armendariz, MB3
- 21:21 Caitlin Kearney, USD4
- 21:26 Denise Rosas, OLP5
- 21:29 Karissa Teitsch, UC7
- 21:30 Sarah Haddow, SR7
- 21:40 Katie Kilcoyne, USD5
- 21:56 Jill Correnti, OLP6
- 22:08 Kalen Albe, USD6
- 22:18 Carey McColl, USD7
- 22:22 Elizabeth Cortez, H2
- 22:39 Maura Bannon, OLP7
- 22:43 Lauren Anas, USD

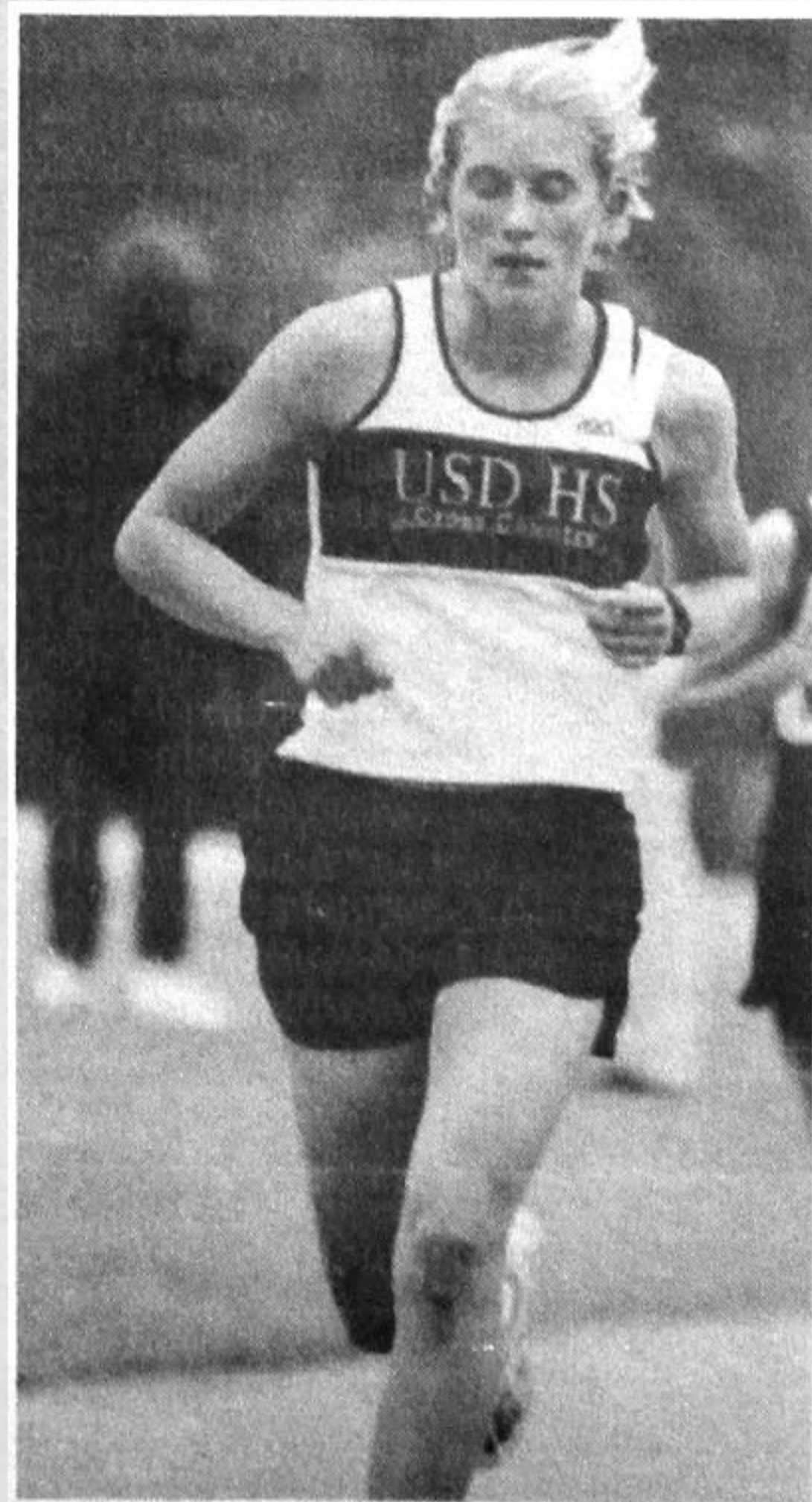
Finishers: 45.



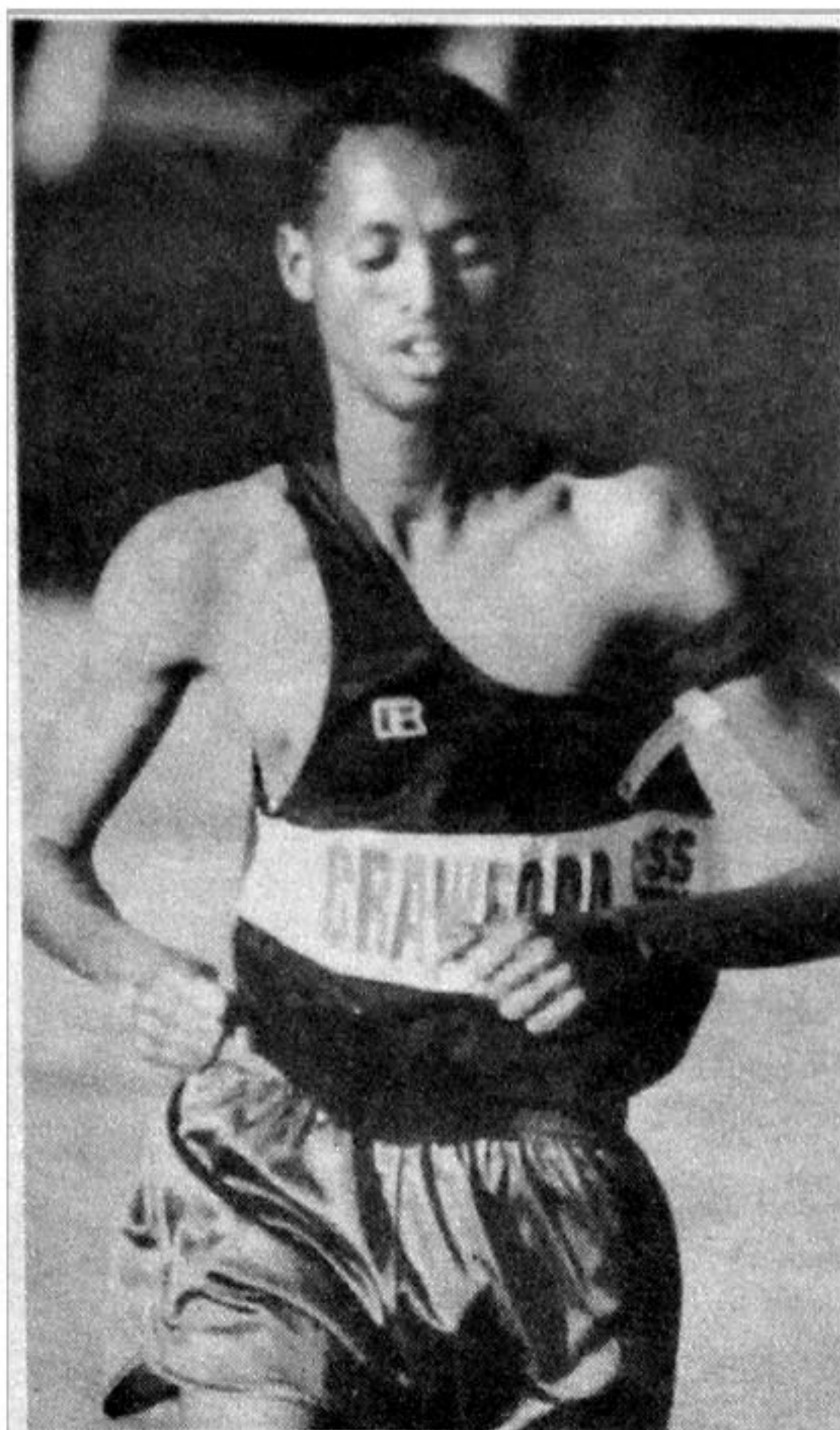
Eric Richey
Mission Bay



Odette Rodriguez
Our Lady of Peace



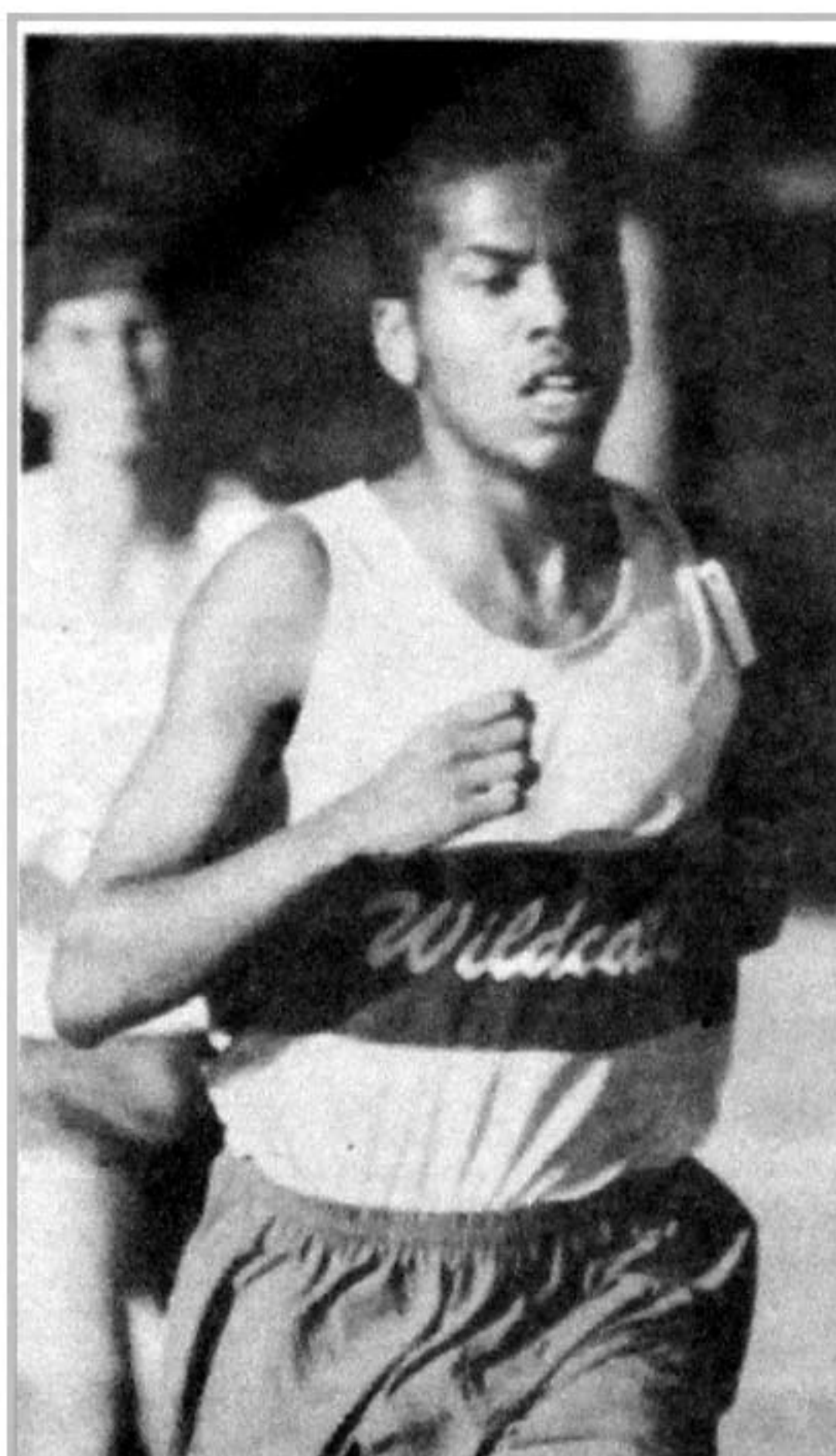
Morgan Feori
University of San Diego



Idrise Osman
Crawford



Pepe Cervantes
Madison



Jason Smith
Gompers



Kiley Dunlap
Coronado

Harbor: Chief girls take title; Colt boys look good

Clairemont's girls, behind a one-two finish by Jen Wirkus and Rebecca Garcia, won the Harbor League final, which decided the girls league championship.

It's uncharacteristic for the finals to decide anything in this league, where the custom is for dual meets to decide championships.

Crawford's boys, already crowned the league champs based on an unbeaten dual meet record, raced well enough here to win the

meet, but it wasn't scored.

They did provide the individual boys champ in senior Simon Peter, who showed his fitness with a 16:11 for the 3.0 mile course. Teammate Idrise Osman, a freshman, was runner-up in 16:47.

The Harbor League boys used the same course used by the Western League in the previous day's racing, so the times from the two meets can be directly compared.

The Colts had two other top ten finishers, and showed enough overall strength to contend this week in the CIF Division III race.

Clairemont's girls put together a good team race behind their top two. They also had finishers take 10th, 12th and 13th.

Coronado's girls, the preseason favorite, were without team leader Emily Trepasso for this race.

The Islanders, usually the best in the league, have had a tough year. They lost promising soph Kristina Nugent just before the season began. She transferred to West Hills, where she is one of their top runners.

Still, Coronado had girls in third, fourth and sixth to make it competitive.

The Harbor final took on an added dimension when coaches decided to score the meet this year. The results of a regular season dual meet between Coronado and Crawford was thrown out after a significant number of runners went off course. Thus, the Harbor final decided the girls title, and Clairemont's team rose to the occasion.

Tuesday afternoon, November 9, at Morley Field. Same course used as in previous day's Western League Finals, except that girls course was shorter. Conditions: cool.

BOYS (3.0 miles):

Team Scores: No team score in boys meet. Crawford wins league championship based on unbeaten record in league dual meets.

Individuals:
(lines at every five places)

16:10 Simon Peter, Crawford1
16:47 Idrise Osman, Craw2
16:59 John Wai, Christian1
17:08 Eren Cataloglu, Coronado1
17:23 Pal Tut, Craw3
17:24 Thomas Ferguson, Clairemnt1
17:34 Jason Smith, Gompers1
17:41 Stephen Barber, Chr2
17:48 Daniel Kidane, Craw4
17:53 Pepe Cervantes, Madison1
18:02 Paul Whitford, Cor2
18:05 Steven Loforti, Cla2
18:12 Gavin Runyon, Chr3
18:18 Josh Chesnut, Chr4
18:22 Mark Tervort, Cla3
18:27 Ryan Schnider, Cor3
18:37 Carlos Gutierrez, Cla4
18:38 Walkewiak, Craw5
18:40 Derek Breuninger, Chr5
18:41 Bodgan de la Cruz, Craw6
18:44 Darron McTaggart, Cla5
19:00 Glendon Bute, Chr5
19:05 David Fink, Cor4
19:06 Min-Soo Smith, Craw7
19:11 Hoang Tran, Craw
19:14 Juan Gutierrez, MarianCath1
19:17 David Blair, MarC2
19:19 Emmons, Mad2
19:20 Neal Clements, Cor5
19:25 Chris Sorichetti, Mad3
19:26 Ryan Davis, Cla6
19:26 Ben Neal, G2
19:28 Paul Breuninger, Chr6
19:41 Matt Morer, Chr7
19:47 Daniel Rickert, Mad4
20:05 Noah White, Chr
20:10 Sean Conroy, Mad5
20:15 Josh Copp, Cor6
20:19 Greg Morgan, Cor7
20:38 Joe Spano, Mad6
20:46 Bekele, Mad7
20:48 James Quigley, MarC3
21:24 Wetzberger, Mad
21:27 Clement Ruiz, Chr
21:30 Israel Trulin, MarC4
21:36 Jeremy Parker, Mad
21:36 Joe Perez, G3
21:38 Adam Brugman, Cla7
21:57 Cerenzie, Mad
22:03 Ryan O'Hara, school?
22:08 Jonathan Smith, Cla
22:10 Matthew Smith, Cla
22:19 Meim, Mad
22:20 Justin Pearson, G4
22:21 David Ramm, MarC5
22:47 Tran, Mad
22:48 T. Liu, Craw
23:05 Ryan Barajas, MarC6
23:09 Nolan Mooney, G5
23:10 John Rodriguez, MarC7
23:40 Dana Ung, Craw
24:05 C. Hoffman, Mad

24:20 Chenoweth, Cor
24:36 Adrian Janowitz, MarC
NT unknown
NT unknown
NT Silvas, Mad
Finishers: 67.

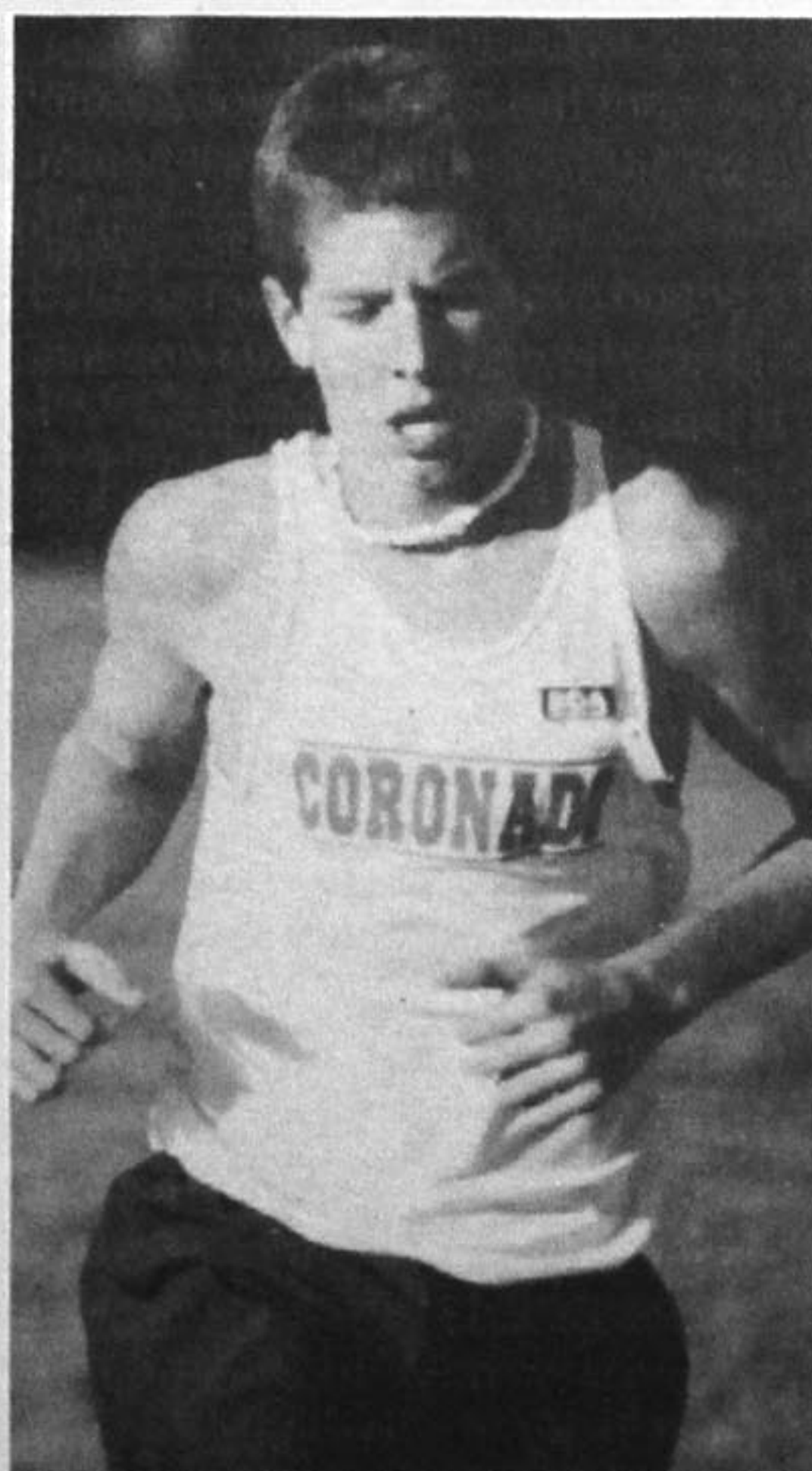
GIRLS (2.25 miles):

Team Scores: Clairemont 35, Coronado 41. Clairemont wins league championship.

Individuals:

(lines at every five places)

14:59 Jen Wirkus, Cla1
15:26 Rebecca Garcia, Cla2
15:44 Kiley Dunlap, Cor1
15:46 Amanda Thaete, Cor2
15:47 Breanna Ducker, Mad1
16:05 Sara Morton, Cor3
16:16 Isabel Perez, Craw1
16:21 Leah Celeste, Chr1
16:22 Jock Nybouny, Craw2
16:33 Helen Gebremichael, Cla3
16:58 Lewis, Craw3
17:21 Kristi Kuehner, Cla4
17:33 Laurel Herriman, Cla5
17:45 Amanda Buzon, Cor4
17:54 Anna Westgate, Mad2
18:05 Chelsea Grant, Cor5
18:09 Bangout, Craw4
18:10 Smith, Craw5
18:14 Megan Pangacian, Mad3
18:16 Rachelle Remigio, Mad4
18:18 Anna Lena-Frick, MarC
18:57 Brandenstein, Mad5
19:02 Lok, Craw6
19:04 Ashley Smallwood, Cor6
19:57 Elisa Cervantes, Cla6
20:34 Sarah Rey, MarC
20:46 Kim Ducker, Mad6
21:11 April Antonio, Mad7
21:26 Megan Winslow, Chr2
22:13 Melissa Diaz, Cla7
NT Lauren Hale, Cor7
NT Rebecca Rickert, Mad
NT Danielle White, Mad
NT Elizabeth Manuel, Mad
NT Denise Murillo, Mad
Finishers: 35.

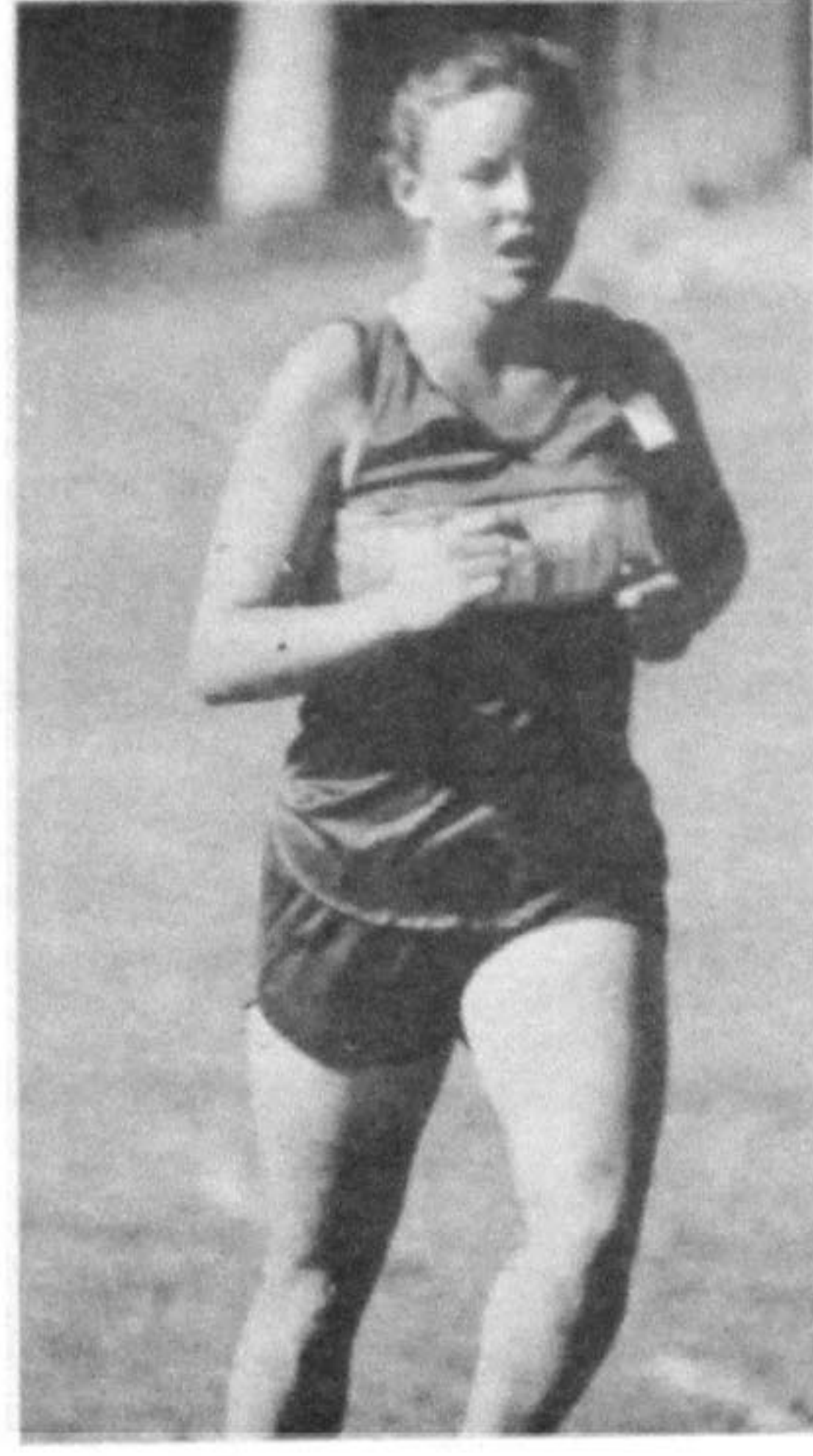
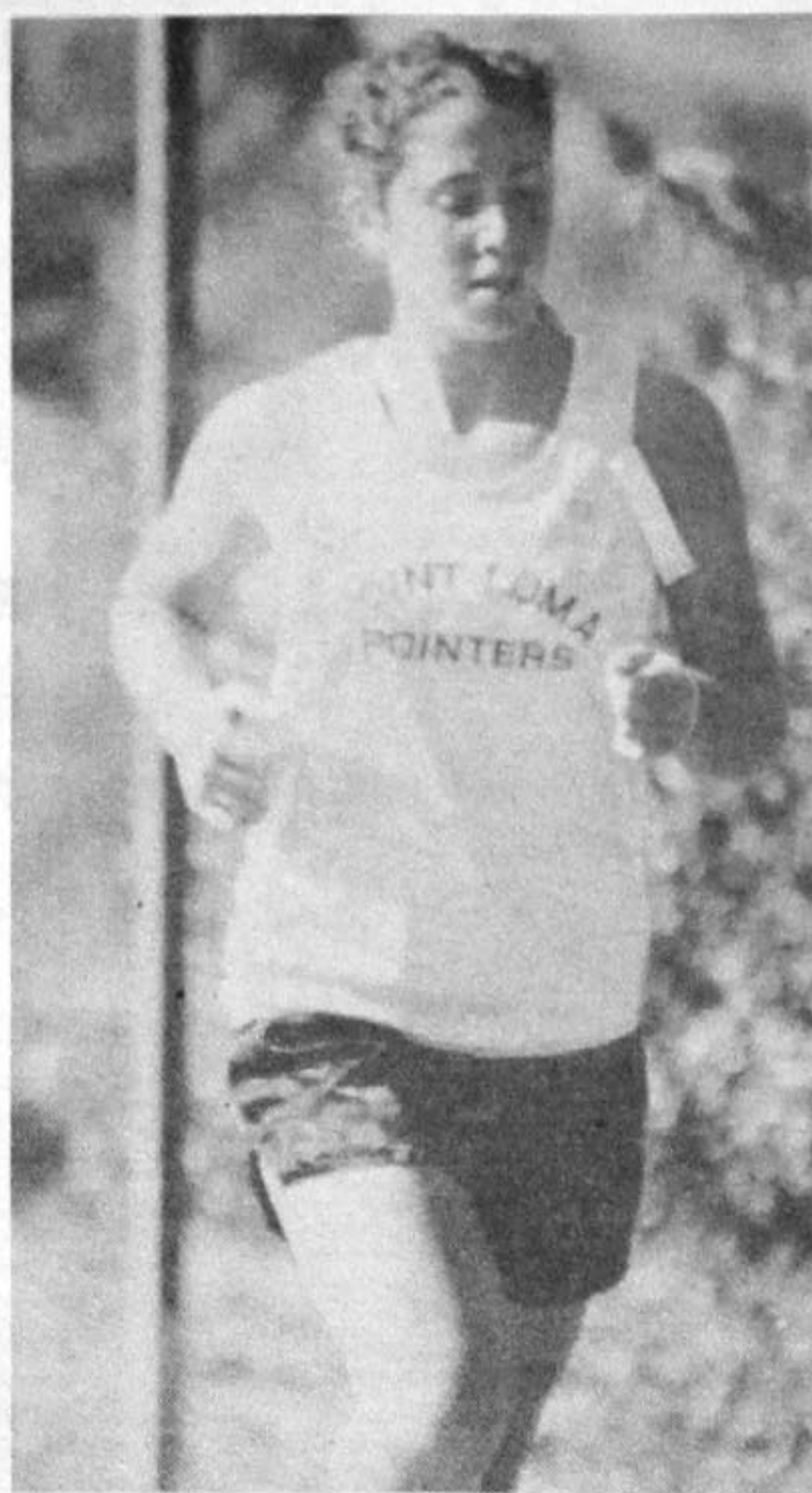


Eren Cataloglu
Coronado

Next Issue:
March, 2000
*With our spring
Track & Field
Preview.*

For CIF results, and links to State Meet and Footlocker Results, check our web site:

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



Solomon Kumbi
San Diego

Peeper Gilmore
Point Loma

Mohammed Mussa
Patrick Henry

Kelli Jodoin
Mira Mesa

Eastern: *Pt. Loma, Mira Mesa girls share title; Caver boys rock*

"Didn't we just leave this party?" -- Han Solo, from the first of the Star Wars series.

Everything seemed familiar at this year's Eastern final.

San Diego's boys had their race in hand, and the Point Loma and Mira Mesa girls went down to a tie-breaker in their race, with the Pointers having the faster sixth runner. All just like last year.

There was one critical difference in the girls race, however. This time, it was Mira Mesa who came into the meet with an unblemished dual meet record.

Last year, the Pointers used their tie-breaker to take the finals and cement their hold on the league title. This year, the Pointers' win put them into a co-championship with the Marauders.

Mira Mesa used great front-running to almost take the race, led by Lisa Dodd and Dori McGuire, who were one-two.

Point Loma's Natalie Parks set the pace for most of the race, but the Mira Mesa pair passed her with about a half mile left to run, and they dueled each other in the final stretch. Dodd, a freshman, beat her teammate to the line.

Another Marauder, Kelli Jodoin, was seventh, but Point Loma had

much better depth. Pointer Natasha Sweatte, the sixth on her team, was 18th, ahead of Mira Mesa's five and six runners.

San Diego's Dominguez looked very impressive in running away from some good young runners.

The Eastern League boys, post-Marcus Chandler, are loading up with good young talent.

Dominguez is a junior, and the second and third placers in this race (Mira Mesa's Brandon Zelones and San Diego's Solomon Kumbi) are sophs.

The Cavers, after Dominguez (first) and Kumbi (third), had Bernardo Fuentes in fifth, and Hector Segoviano in tenth.

Another note for future reference: Patrick Henry's boys team was a competitive third place in the meet. That program is turning the corner behind coaches Thom Hunt and Pat Lery.

Thursday morning, November 11, at Morley Field. Conditions: comfortably cool temperatures, but course soaked by sprinklers.

BOYS (3.0 miles):

Team Scores: San Diego 36, Point Loma 51, Patrick Henry 65, Mira Mesa 108, Serra 130, Morse 147. Kearny did not race. San Diego wins league championship.

Individuals (Top 40):

15:34 Christian Dominguez, SD1
15:57 Brandon Zelones, MM1
16:11 Solomon Kumbi, SD2
16:30 Terence Hagans, Serra1
16:31 Bernardo Fuentes, SD3
16:33 Ahmed Lane, PHL1
16:34 Nick Zubel, PH1
16:38 Jeff McKnight, PHL2
16:44 Mohammed Mussa, PH2
16:45 Hector Segoviano, SD4
16:48 Joe Robinett, PHL3
16:48 Brian Bradshaw, PHL4
16:49 Javier Betancourt, PH3
16:50 Noe Castro, PHL5
16:55 Alex Hawk, PHL6
16:59 Shea Rollin, PH4
17:08 Christian Sanchez, SD5
17:09 Jaime Mondragon, PHL7
17:15 Chris Sanchez, SD6
17:18 David Marshall, PH5
17:19 Brian Lass, MM2
17:22 Jesus Barrueta, Morse1
17:25 Isaac Moyer, Morse2
17:25 Kyle O'Donogue, MM3

17:39 Eric Delgadillo, PH6
17:45 Maurice Souza, PHL
17:46 Luis Castillo, SD7
17:51 Roberto Araiza, SD
17:57 Aaron Harper, PHL
18:00 Justin Mutika, Serra2
18:03 Keith Goodman, PH7
18:03 Joshua Ellis, PHL
18:04 Chris Acani, Morse3
18:07 Sam Saylor, PH
18:10 Nick Paluso, MM4
18:18 Josh Earhart, MM5
18:28 Daniel Esqueda, PH
18:44 Miguel Arevalo, Serra3
18:46 Michael Schetter, Serra4
19:04 Joey Suyat, Serra5

Finishers: 50.

GIRLS (2.6 miles):

Team Scores: Point Loma 45, Mira Mesa 45 (Point Loma wins meet, based on faster sixth runner), Morse 75, Serra 116, San Diego 118, Patrick Henry 119. Point Loma and Mira Mesa are co-champions.

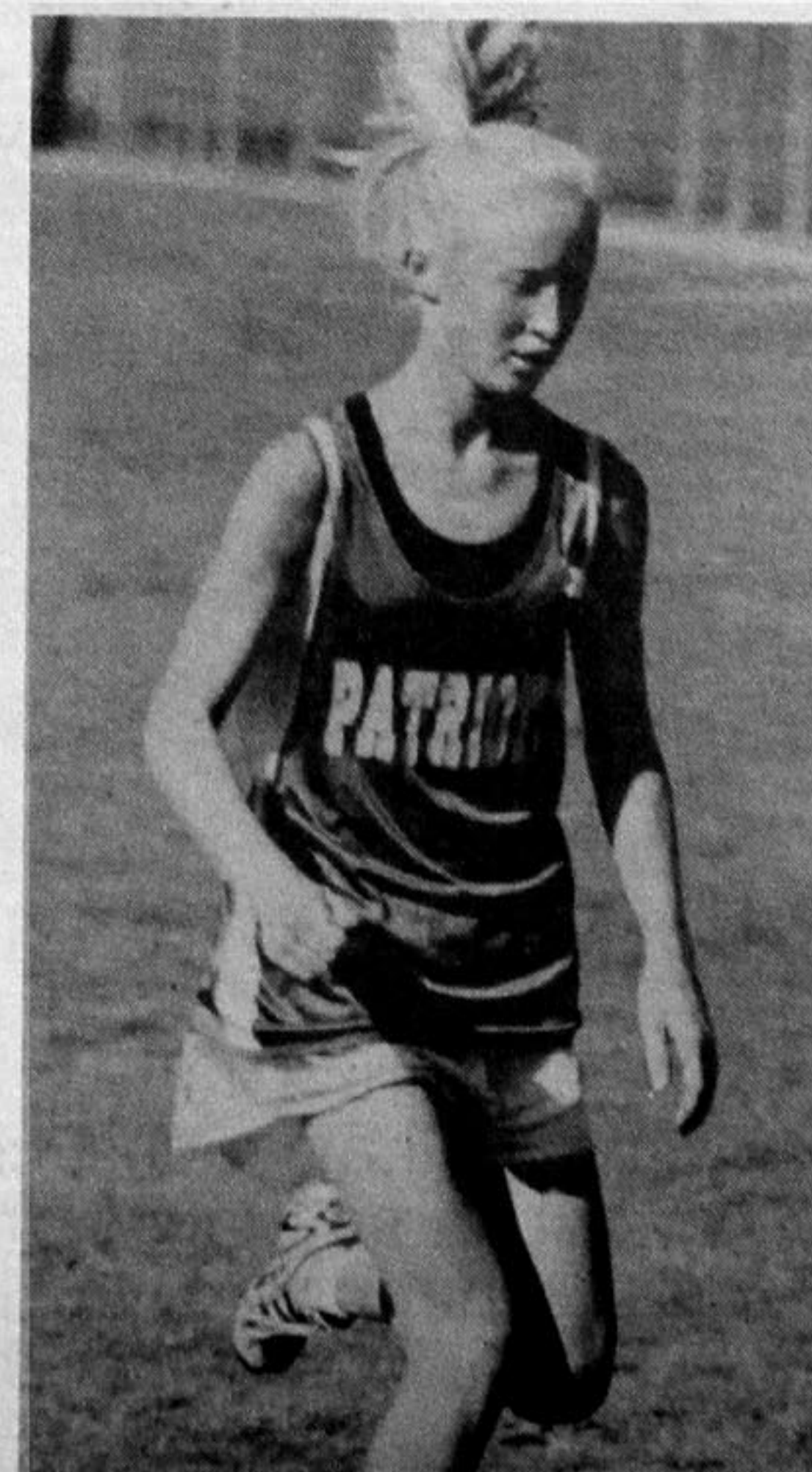
Individuals (Top 40):

16:23 Lisa Dodd, MM1
16:28 Dori McGuire, MM2
16:35 Natalie Parks, PHL1
17:01 Roxanne Romo, SD1
17:21 Amonica Phipps, Morse1
17:30 Allison Harden, PHL2
17:30 Kelli Jodoin, MM3
17:38 Peeper Gilmore, PHL3
17:38 Amy Montgomery, Serra1
17:46 Janelle Luna, SD2
17:48 Monique Henderson, Morse2
17:50 Cecilia Goodman, PHL4
17:52 Andrea Kahn, Serra2
17:57 Candace Flake, Morse3
18:04 Justine DeLoviar, MM4
18:05 Sara Reid, PHL5
18:06 Shannon Ruebel, PH1
18:09 Natasha Sweatte, PHL6
18:18 Angie Fitzpatrick, PH2
18:25 Karalee Kubow, MM5
18:33 Christine Le, MM6
18:40 Cristina Diaz, Morse4
18:43 Chancie Humes, Morse5
18:44 Mary Kellar, MM7
19:02 Nicole Forbes, PHL7
19:07 Cassandra Liss, PH3
19:09 Theresa Malley, SD3
19:12 Jessica Woods, PH4
19:15 Amanda Cooper, MM
19:19 Molly Kimpel, PH5
19:22 Arlene Armador, Serra3
19:24 Evelyn Ruiz, SD4
19:26 Amy Lang, Serra4
19:29 Karin Ivey, Morse6
19:30 Kristen Ogden, Serra5
19:32 Susan Gutierrez, PH6
19:33 Nicole Goldberg, PH7
19:34 Bernadette Grantling, Morse7
19:35 Nubia Castillo, PH
19:37 Mary Clarke, SD5

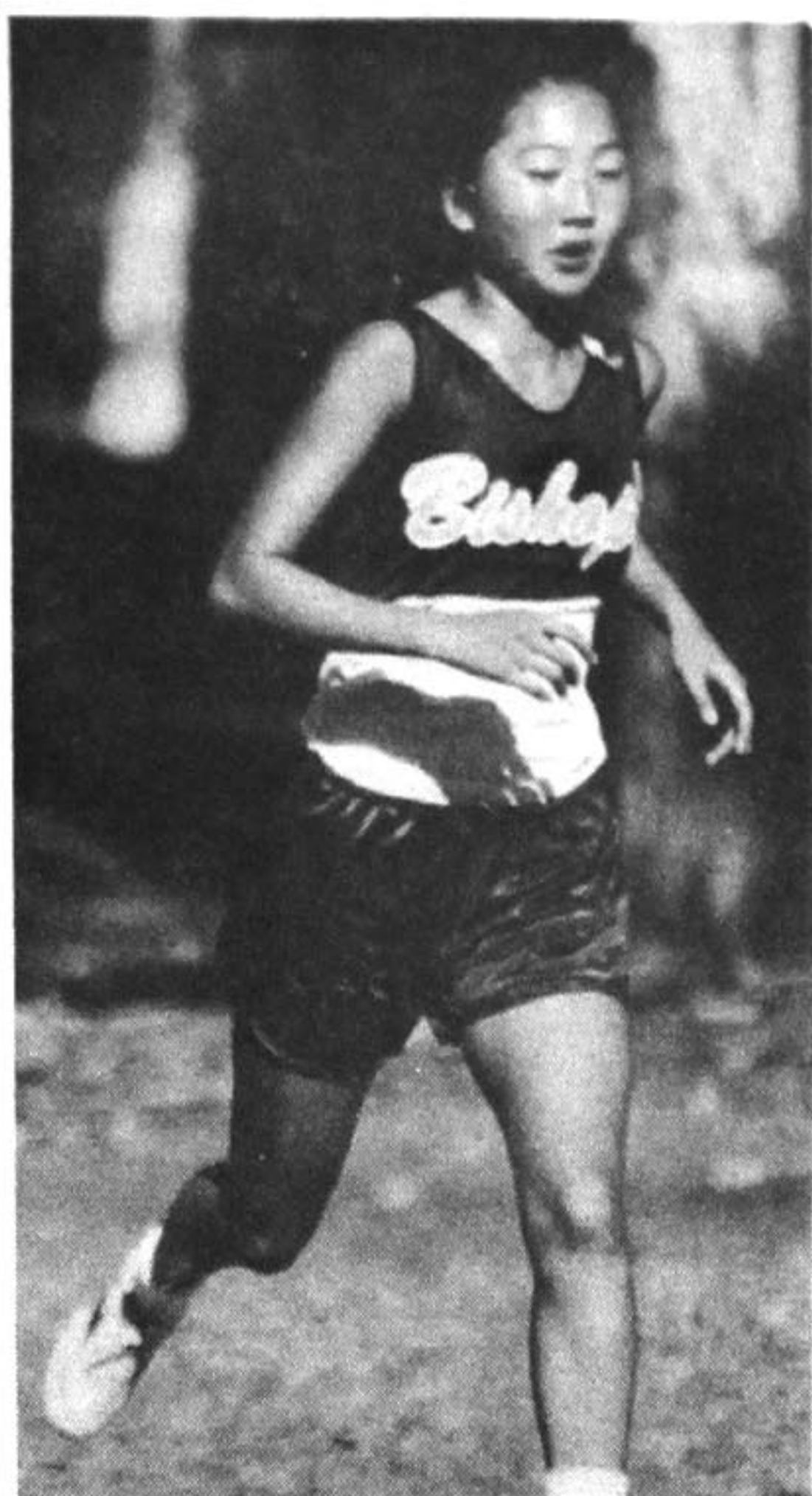
Finishers: 78.



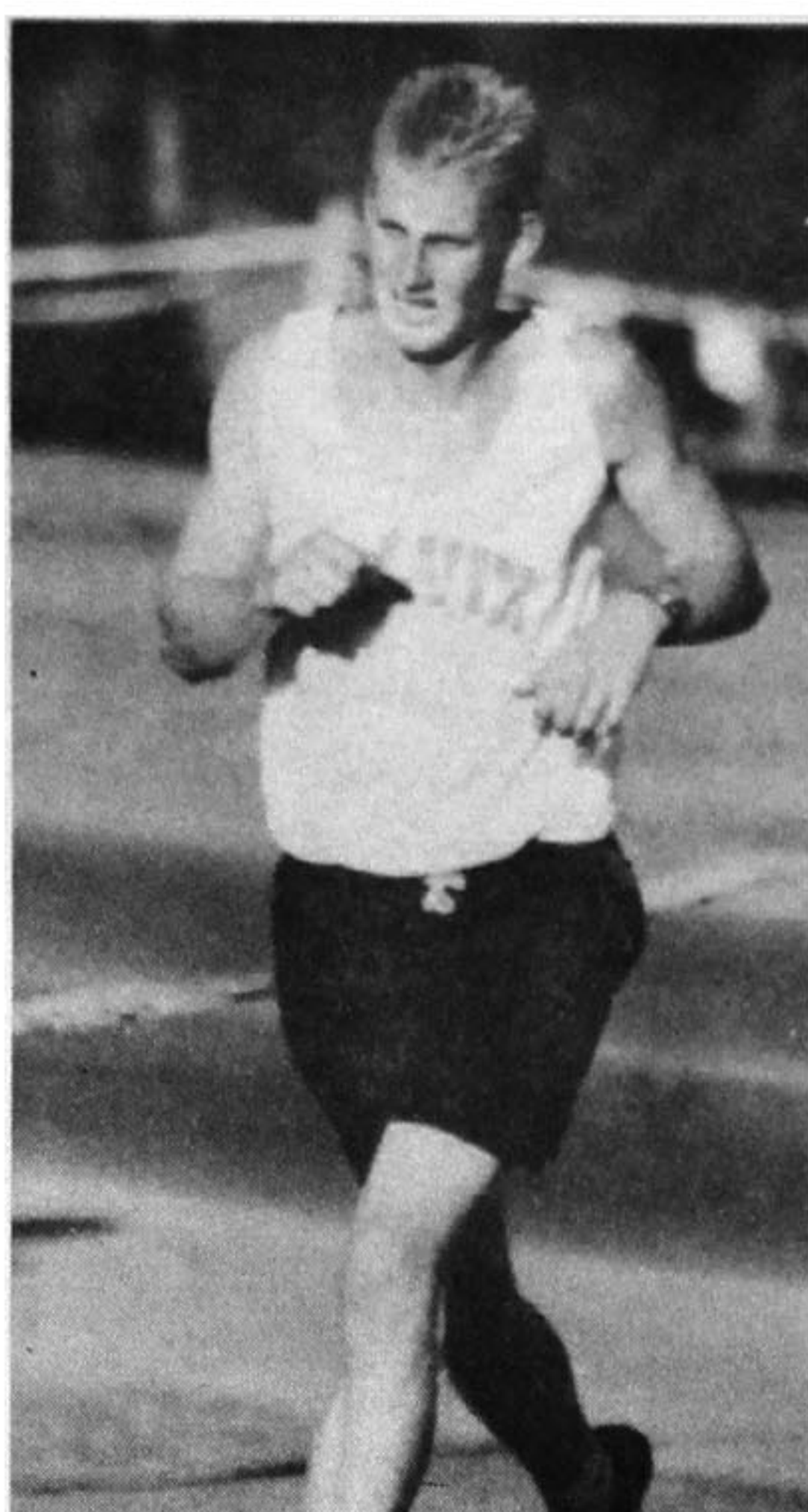
Jesus Barrueta
Morse



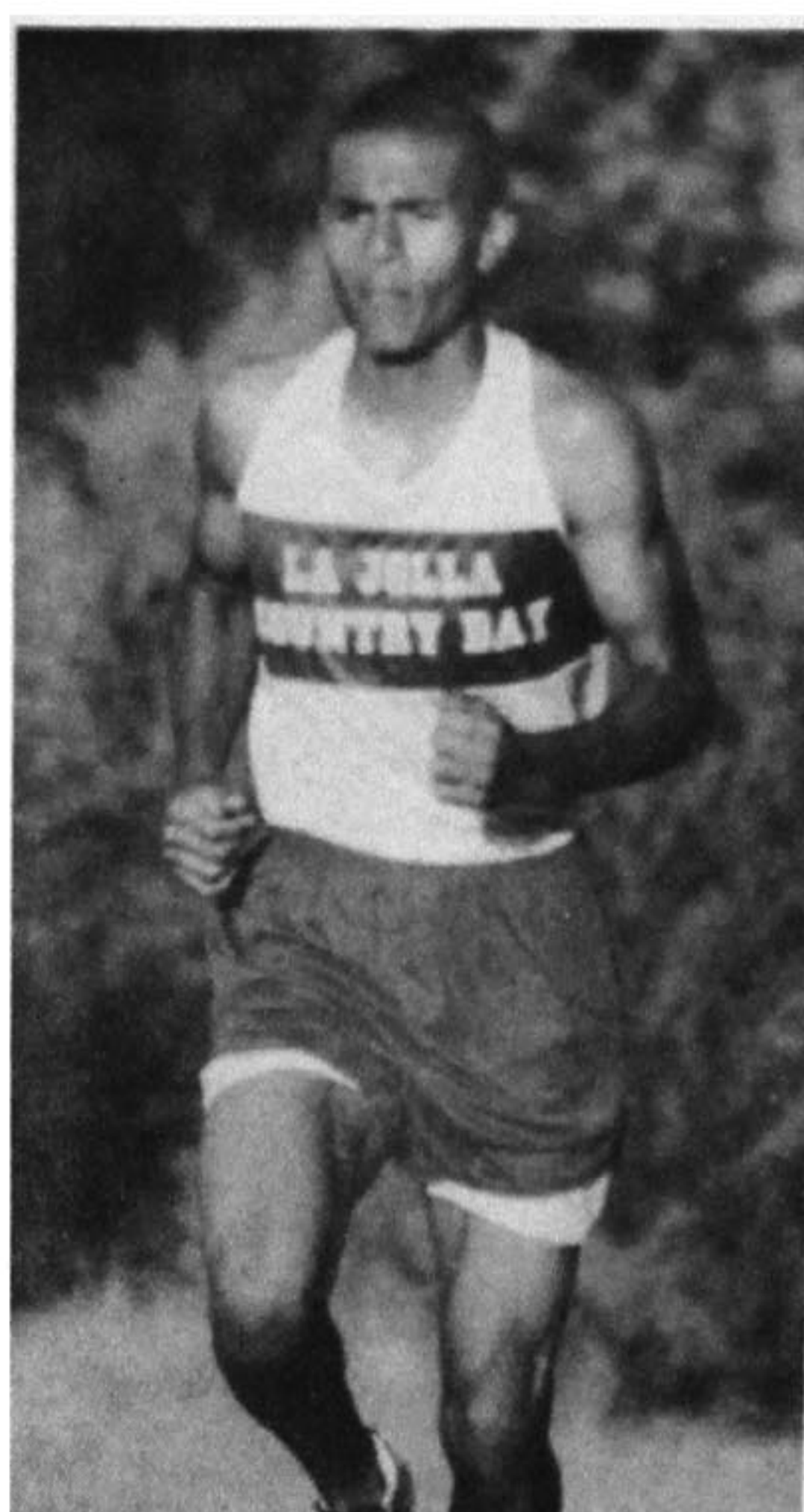
Shannon Ruebel
Patrick Henry



Kaili Shumilak
The Bishop's School



Brandon DeYoung
Calvin Christian



Rashawn Allen
La Jolla Country Day



Nicole Bastian
Julian

Coastal/ Citrus: Calvin, Bishop's, 'Hawks triumph

Calvin Christian's boys team, and the Bishop's girls team won their races at the Coastal League finals last week.

In a race held concurrently, Mountain Empire's Red Hawks won both team titles in the Citrus League.

Individual wins went to Army Navy Academy's Will Kramer and San Dieguito Academy's Jenna Timinsky in the Coastal. Kramer was 0:25 seconds ahead of his competition, and Timinsky had a huge lead, beating Bishop's Kaili Shumilak by 1:15.

Citrus individual titles went to Mountain Empire's Lily Dowlatshahie and Holtville's Michael Strong. Both are juniors.

Calvin's boys team, ranked third in the state in Division V, was a strong favorite going into the meet, and did not disappoint.

Brandon DeYoung, in third, was the only Crusader in the top five, but Calvin swept places six through ten in the race, despite some of their better runners having sub-par races.

Chad Young, normally Calvin's number one, took a calculated risk by challenging Kramer in the race.

"He said he wanted to go after him (Kramer) at least once," Calvin coach Bill Stout said. Young couldn't match strides with Kramer, however, and faded.

The Bishop's girls were a surprise. When the season began, coach Wendy Svatek didn't even have a scoring team.

She built up the team during the season, adding people like soccer player Debbie Sedlak, who was third in the race.

Dowlatshahie was the outstanding athlete in the Citrus League races. She placed third in the combined race.

At Kit Carson Park, Friday afternoon, November 12.

BOYS (3.1 miles):

Coastal League:

Team Scores: Calvin Christian 33, La Jolla Country Day 74, Army Navy

Academy 77, Bishop's 90, San Dieguito Academy 141, Horizon Christian 164, Tri City Christian 187, Francis Parker 192.

Individuals (Top 30):

16:40 Will Kramer, ANA1
17:05 Peter Holland, B1
17:46 Brandon DeYoung, CC1
17:49 David Saenz, Hzn1
17:53 Rashawn Allen, LCD1
18:04 Chad Young, CC2
18:06 Aaron Faber, CC3
18:12 Josh Vermaire, CC4
18:15 Darin Conner, CC5
18:17 Jesse Shipley, CC6
18:26 Jake Armstrong, B2
18:32 Carlos Don Juan, LCD2
18:43 Kenny Wang, ANA2
18:55 Sparsh Khandeshi, SDA1
19:03 Taylor MacDonald, ANA3
19:04 Mike Craighead, ANA4
19:08 Nick Shiftan, LCD3
19:10 Shawn Sarkaria, LCD4
19:18 James Mavis, CC7
19:24 Nate Swanson, TCC1
19:25 Matt Mileski, SDA2
19:29 Kevin Chan, B3
19:29 Kevin Weinberg, LCD5
19:32 Troy Geierman, SDA3
19:42 Taylor Rogers, B4
19:45 Bob Sise, FP1
19:49 Ryan Chapman, Hzn2
19:53 Tyler Grooms, LCD6
19:54 Garrett Metcalf, TCC2
19:56 Matt Smith, B5

Finishers: 52.

Citrus League:

Team Scores: Mountain Empire 38, Holtville 52, Julian 57, Lutheran 80.

Individuals (Top 15):

18:19 Michael Strong, Holt1
18:38 James Wilson, L1
19:13 Francisco Venegas, ME1
19:19 Ed Schuh, ME2
19:37 Clayton Garner, J1
19:40 Richard Schuh, ME3
19:42 Jesse Loftus, J2
19:53 Steve Hardin, Holt2
20:02 Scott Neth, J3
20:05 Alex Perez, Holt3
20:06 Richard Sachs, L2
20:41 Derek Boyd, ME4
20:48 Garrett Bernard, ME5
20:54 Jacob Bliss, ME6
21:26 Eddie Castaneda, Holt4

Finishers: 29.

GIRLS (2.6):

Coastal League:

Team Scores: Bishop's 38, Calvin Christian 47, Francis Parker 71, San Dieguito Academy 72.

Individuals (Top 20):

15:59 Jenna Timinsky, SDA1
17:14 Kaili Shumilak, B1
17:50 Debbie Sedlak, B2



Kenny Wang
Army Navy Academy

17:57 Lauren Swigart, LCD1
17:58 Daniella Scarfeo, LCD2
18:12 Gwyn Leachman, FP1
18:15 Elana Huff, CC1
18:16 Beth Ramenofsky, B3
18:44 Marjorie Spurr, CC2
18:45 Jenny Tarvin, CC3
18:53 Liz Mannino, FP2
19:03 Michelle Quinn, SDA2
19:14 Sarah Kauffman, FP3
19:16 Nicky Enberg, B4
19:28 Porschia Talbot, LCD3
19:35 Jolene Guerrieri, CC4
19:35 Linsey Bradshaw, CC5
19:37 Andrea Hurbe, B5
19:58 Emily Ogata, SDA3
20:06 Becky Jo Beauchamp, Hzn1

Finishers: 46.

Citrus League:

Team Scores (Top 10): Mountain Empire 38, Holtville 39, Julian 44.

Individuals:

17:28 Lily Dowlatshahie, ME1
18:25 Liz Robinson, Holt1
18:40 Elizabeth Smith, J1
19:16 Courtney Watkins, ME2
19:33 Nicole Bastian, J2
19:36 Erin Calloway, J3
19:44 Martha Armenta, Holt2
19:47 Nina Rivas, Holt3
20:34 Lili Medina, Holt4
20:58 Ali Baker, ME3

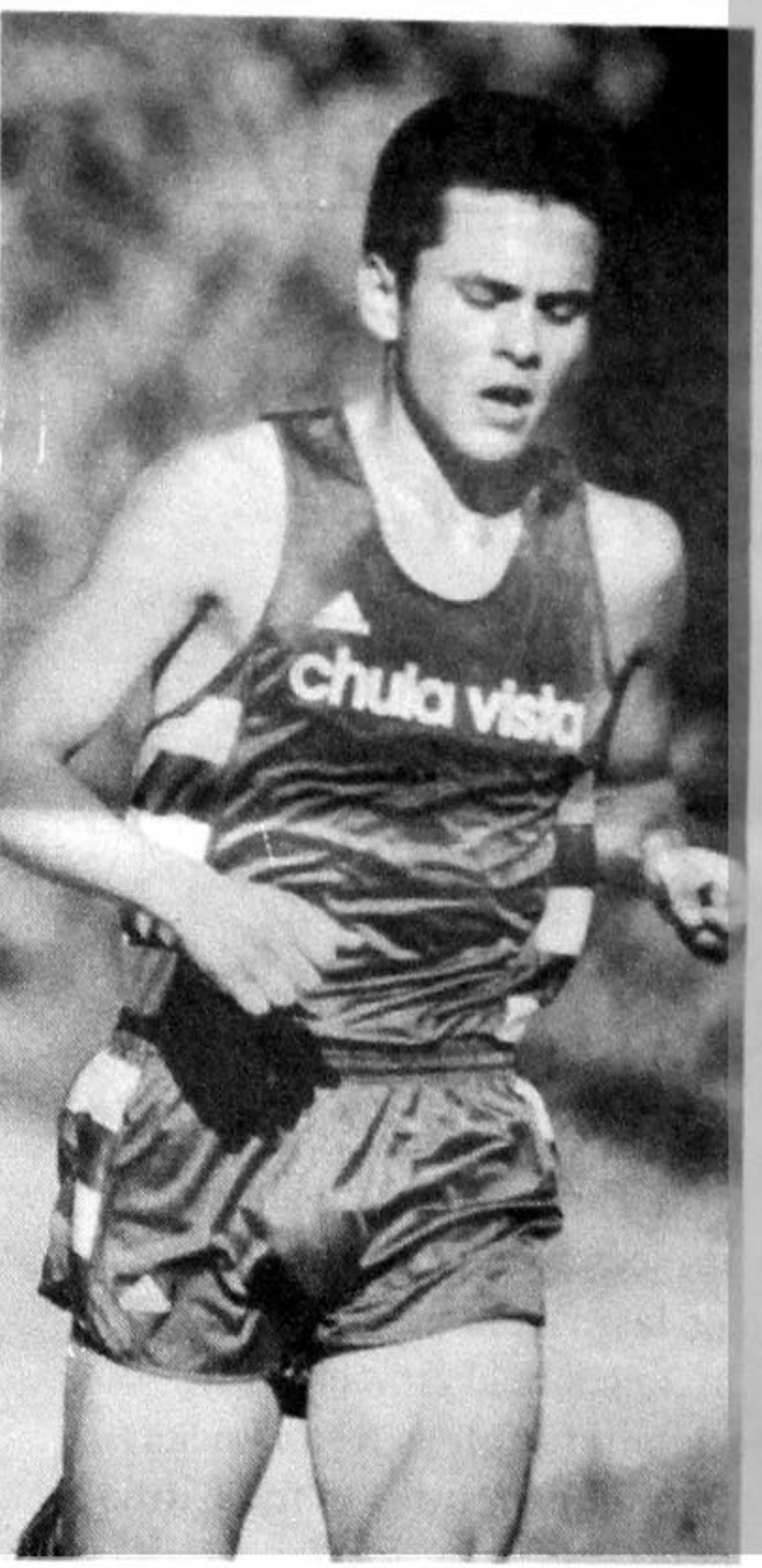
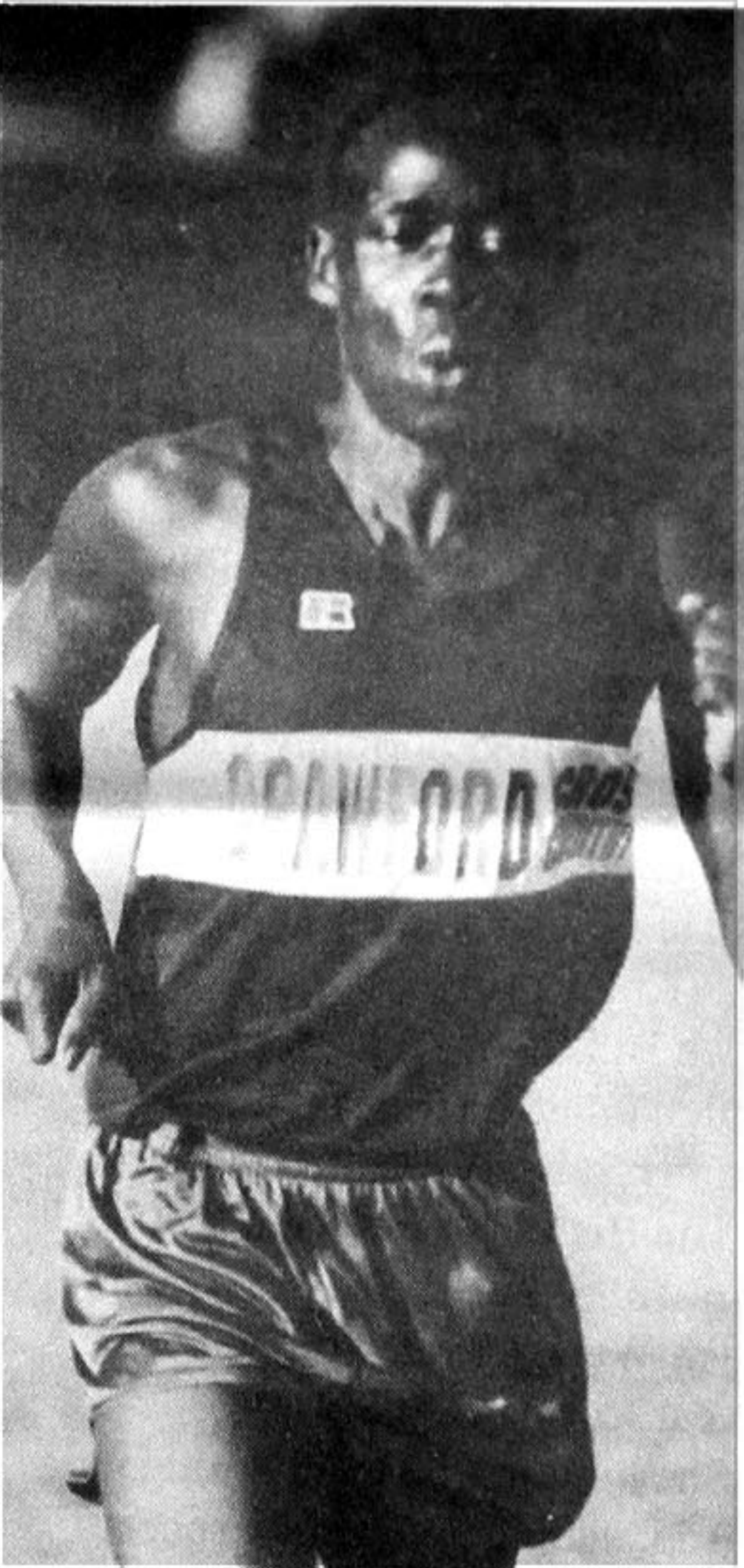
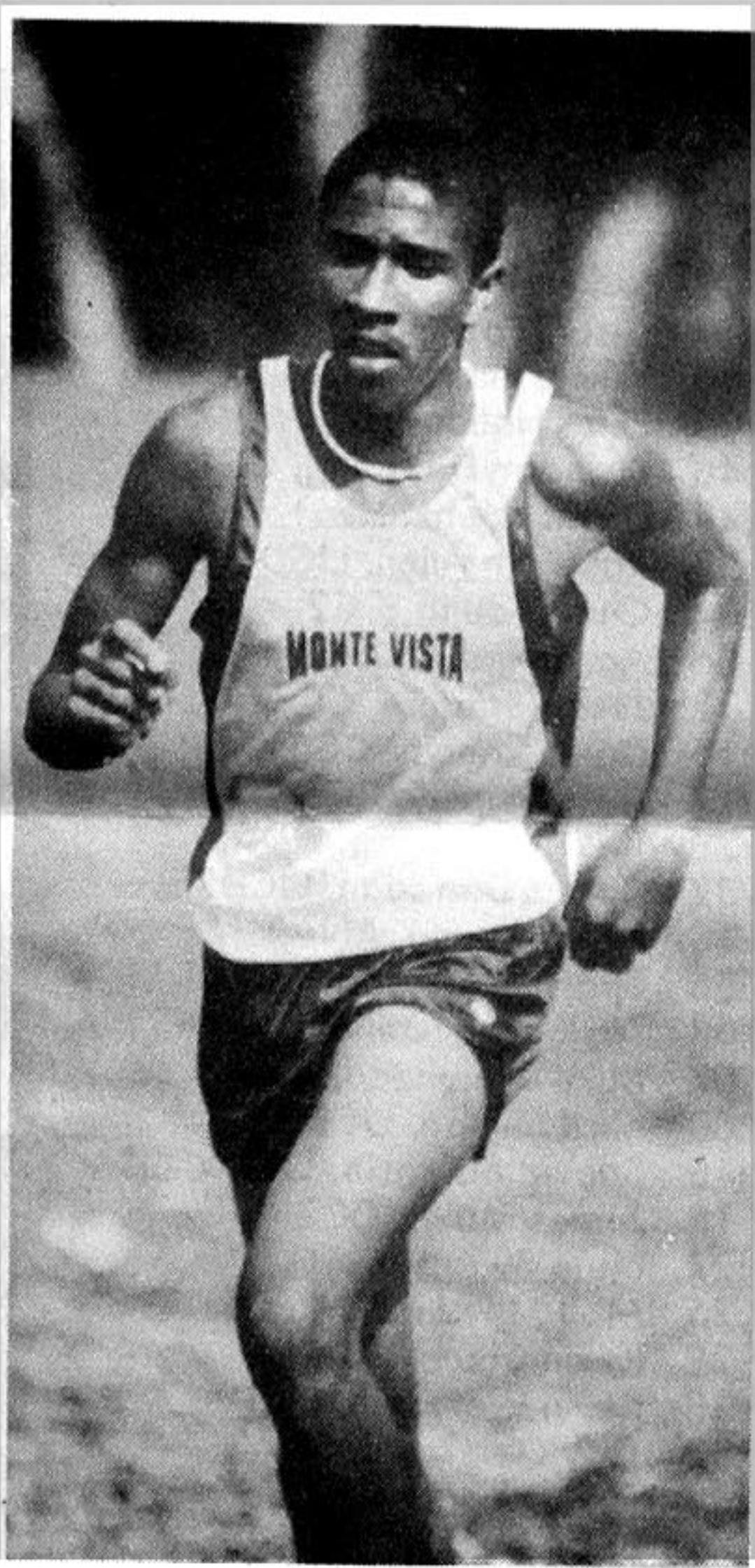
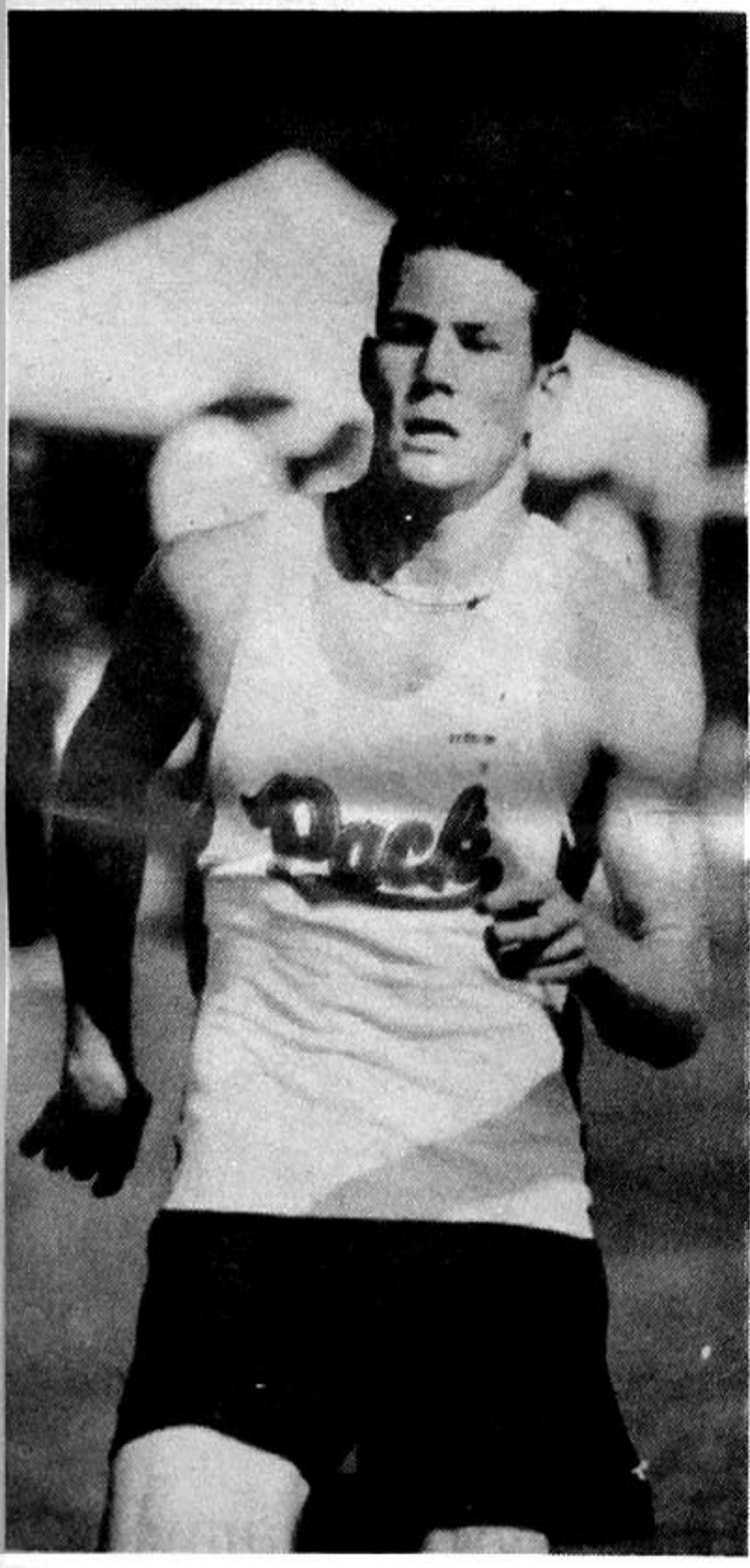
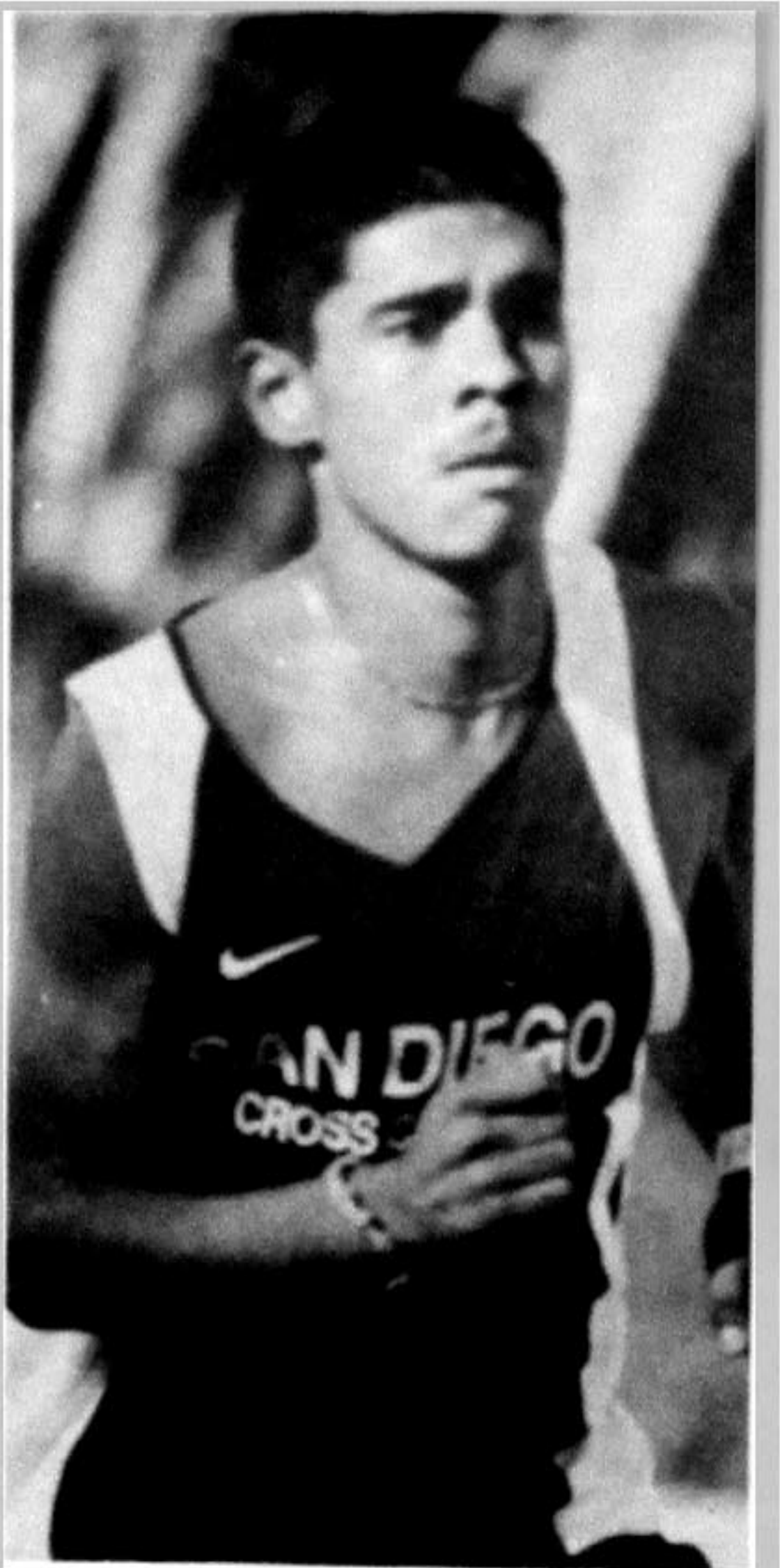
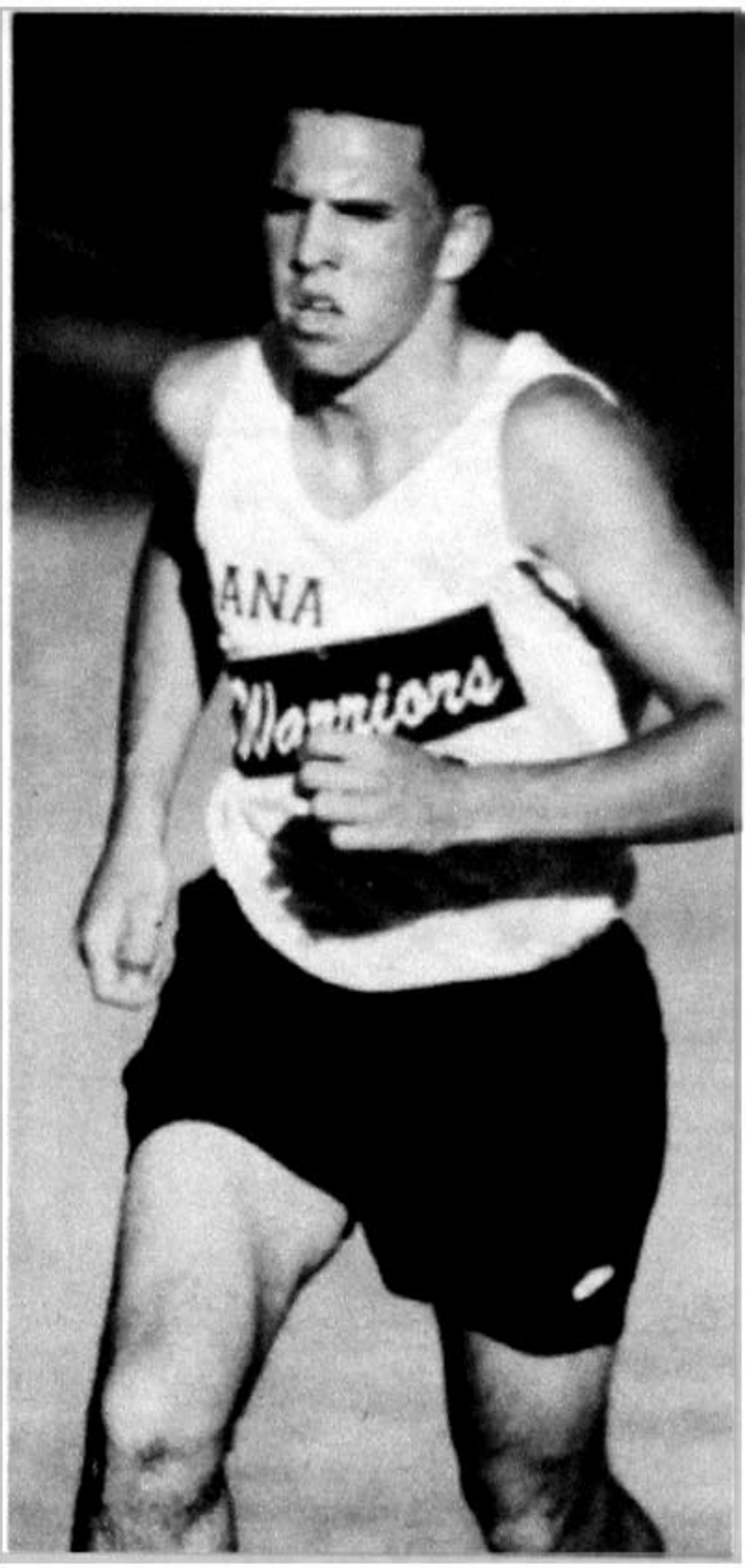
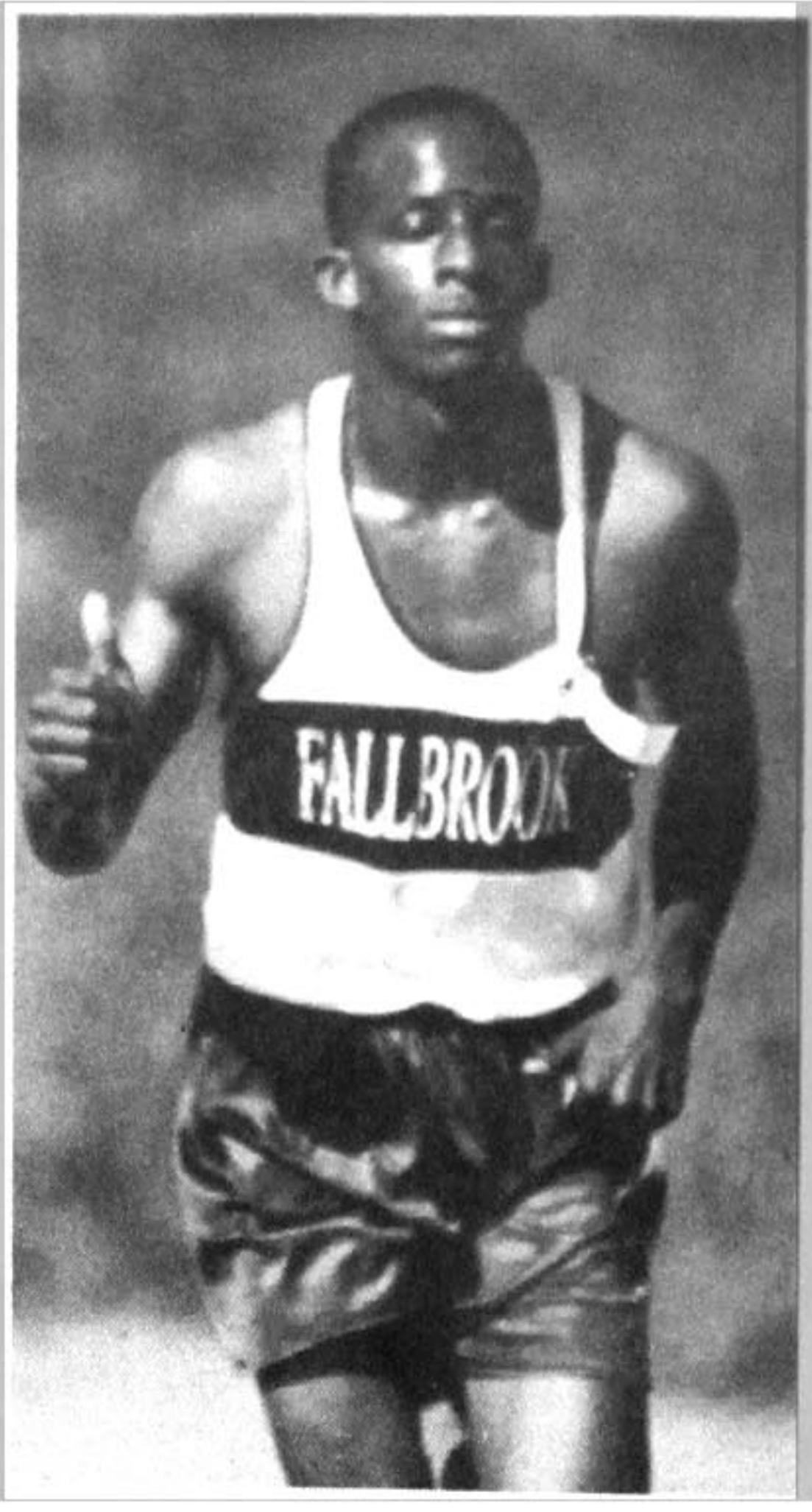
Finishers: 17.

Want more results?

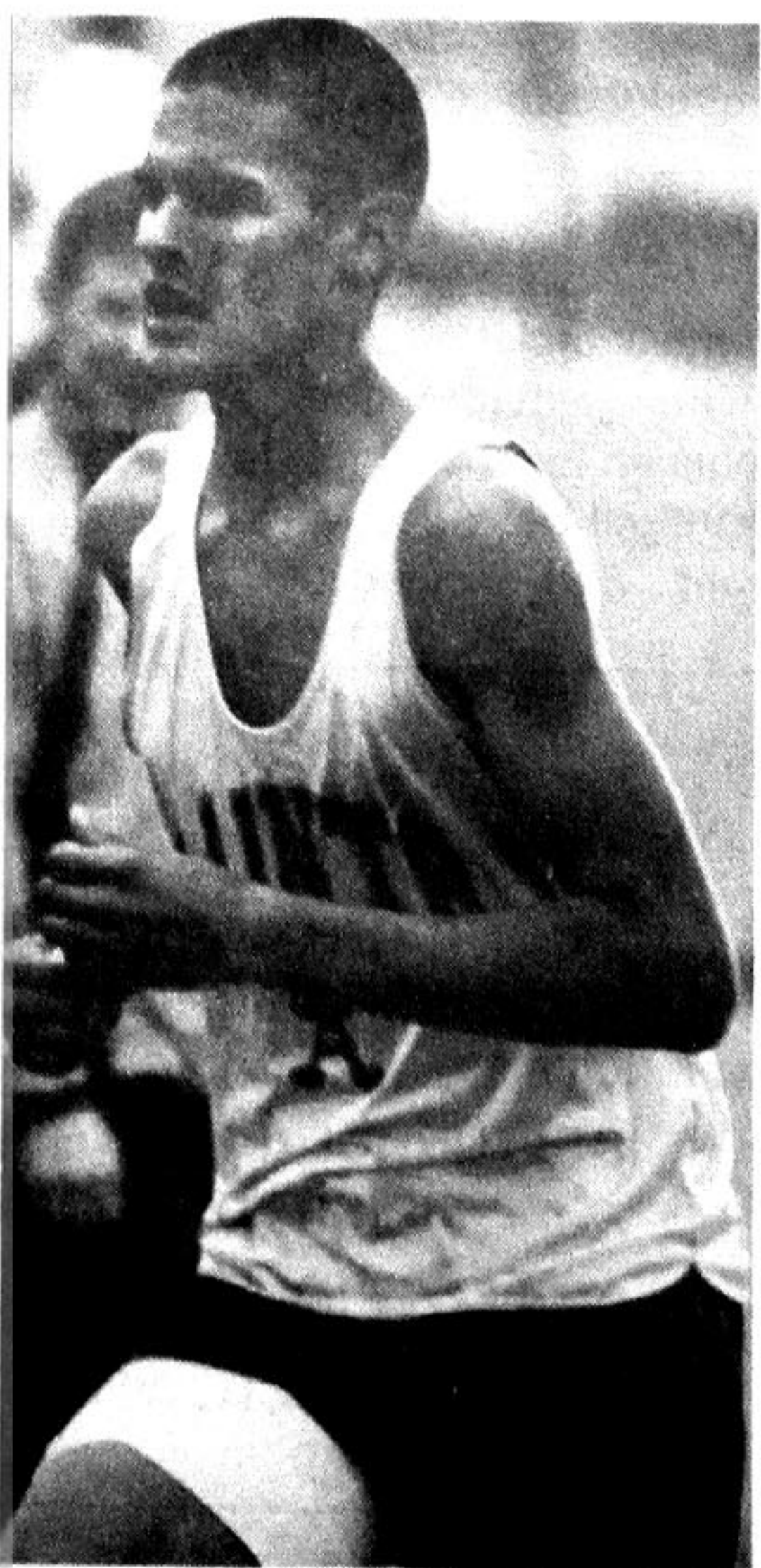
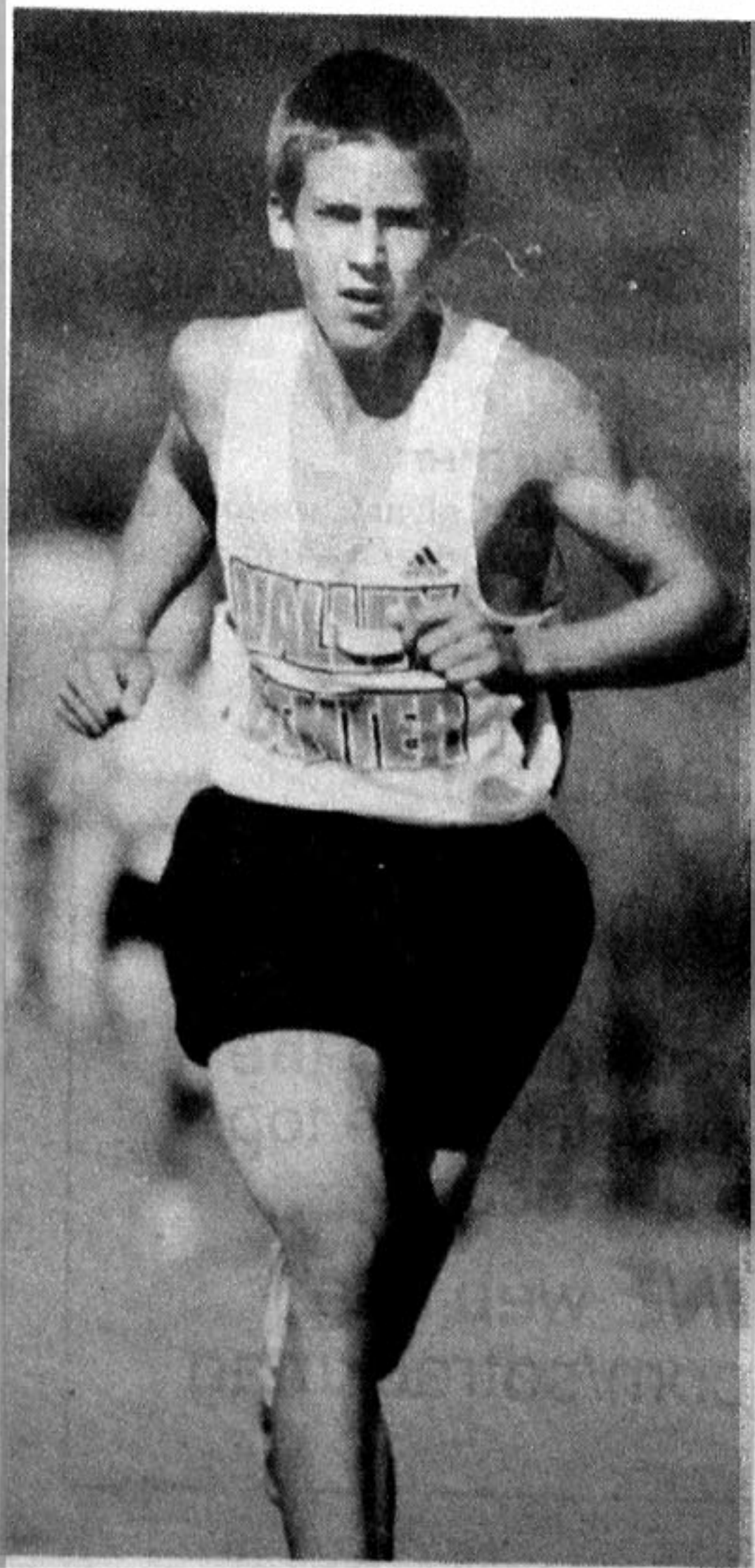
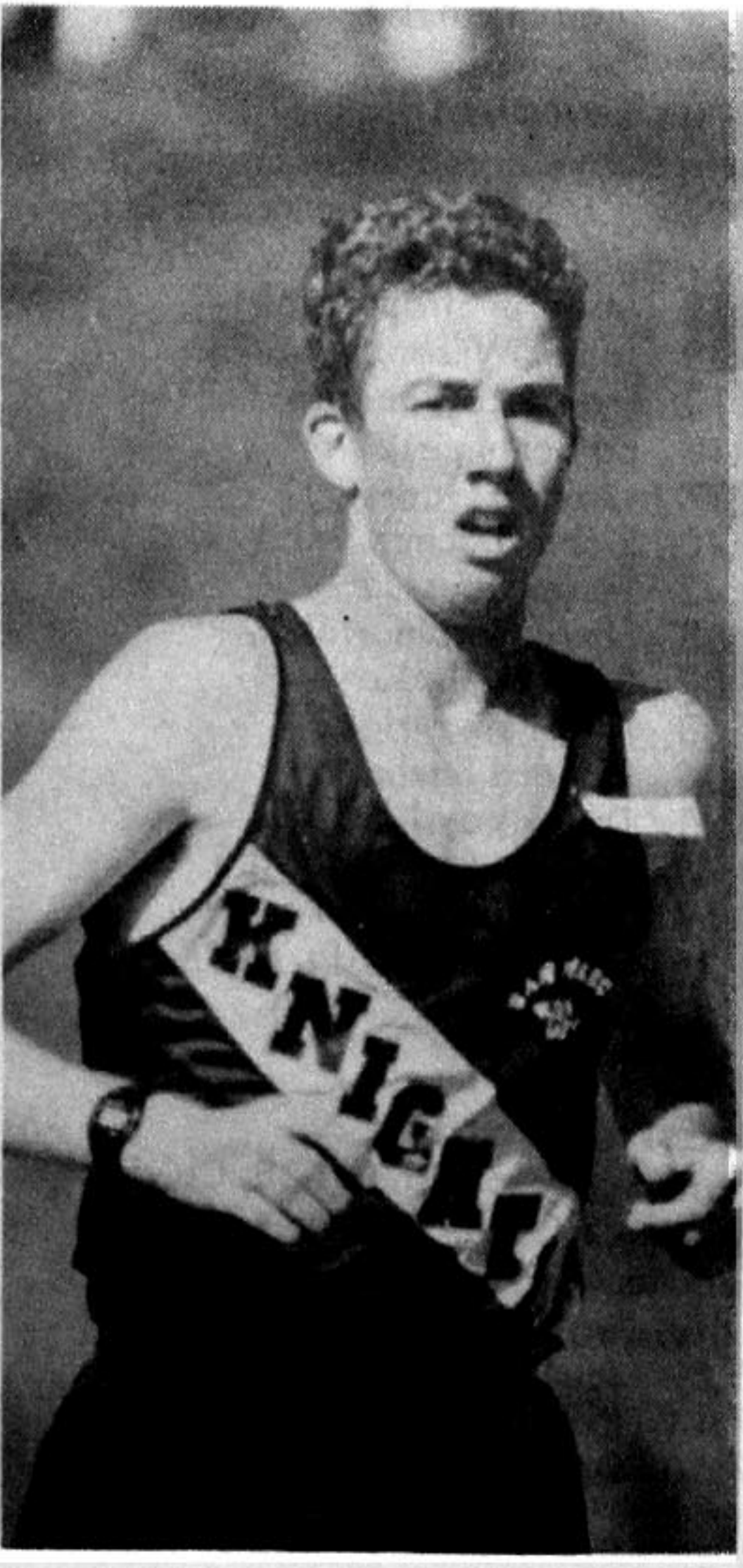
For more complete results of all the league finals races, check our web site. Most varsity races are complete to the last runner, and we also include the top finishers from the JV races.

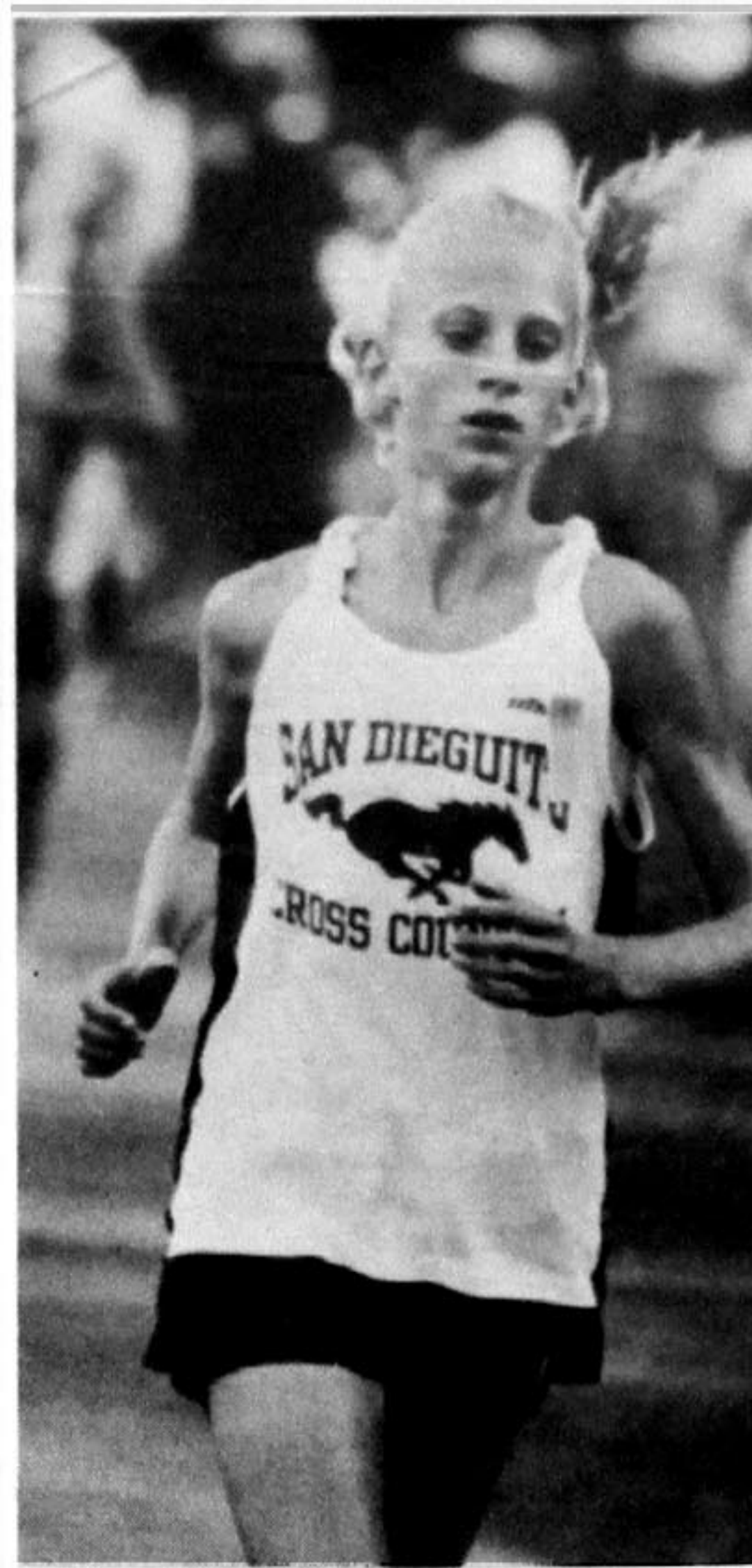
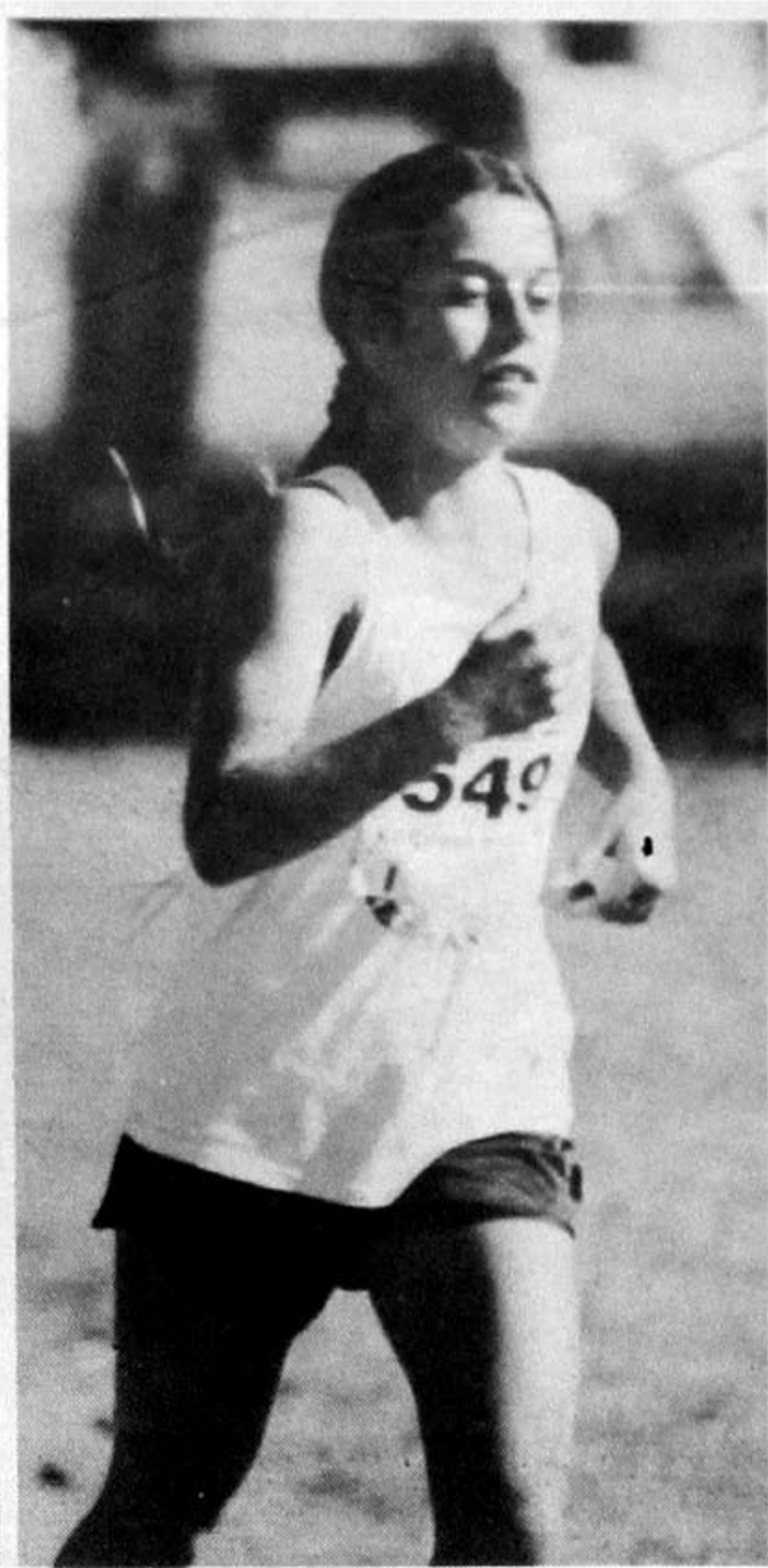
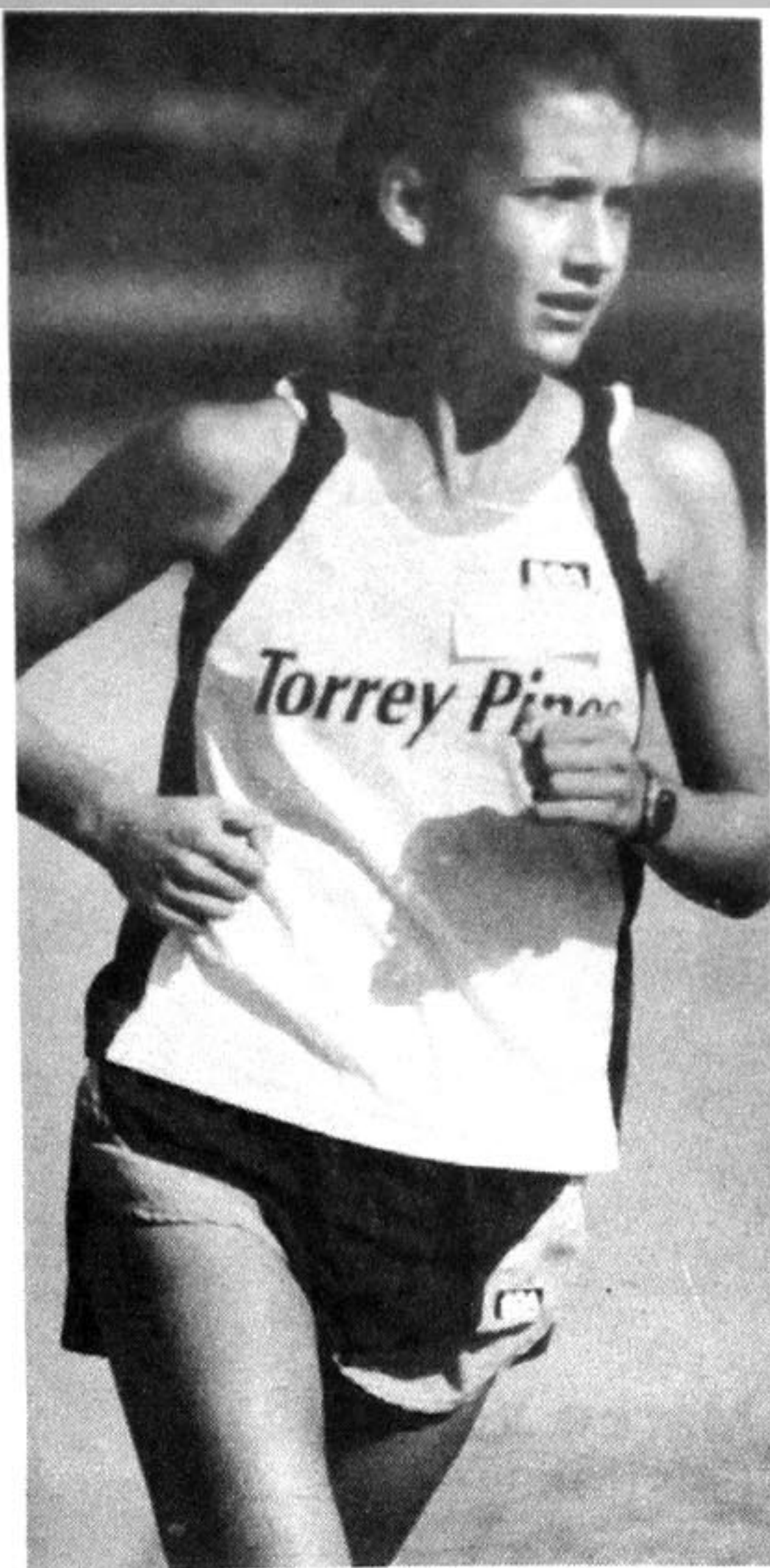
TRACK MAGAZINE web site:
<http://www.crowncity.com/sdtrackmag>

1999's
League
Champs



Top Row:
AVOCADO
Justin Mattos, Fallbrook
COASTAL
Will Kramer, Army Navy Acad
EASTERN
Christian Dominguez, San Diego
Second Row:
GROSSMONT NORTH
Evan Fox, West Hills
GROSSMONT SOUTH
Jon Rankin, Monte Vista
HARBOR
Simon Peter, Crawford
METRO
Michael Manzano, Chula Vista
Third Row:
PALOMAR
Travis Laird, San Marcos
VALLEY
Ryan Skerl, Valley Center
WESTERN
Ryan Moorcroft, St. Augustine
Not pictured:
CITRUS
Michael Strong, Holtville





Top Row:

AVOCADO

Julie Komosinski, Torrey Pines

CITRUS

Lily Dowlatshahie, Mtn Empire

COASTAL

Jenna Timinsky, San Dieguito Ac

Second Row:

EASTERN

Lisa Dodd, Mira Mesa

GROSSMONT NORTH

Jasmine Marquez, El Capitan

GROSSMONT SOUTH

Stephanie Baird, Helix

HARBOR

Jen Wirkus, Clairemont

Third Row:

METRO

Desiree Davila, Hilltop

PALOMAR

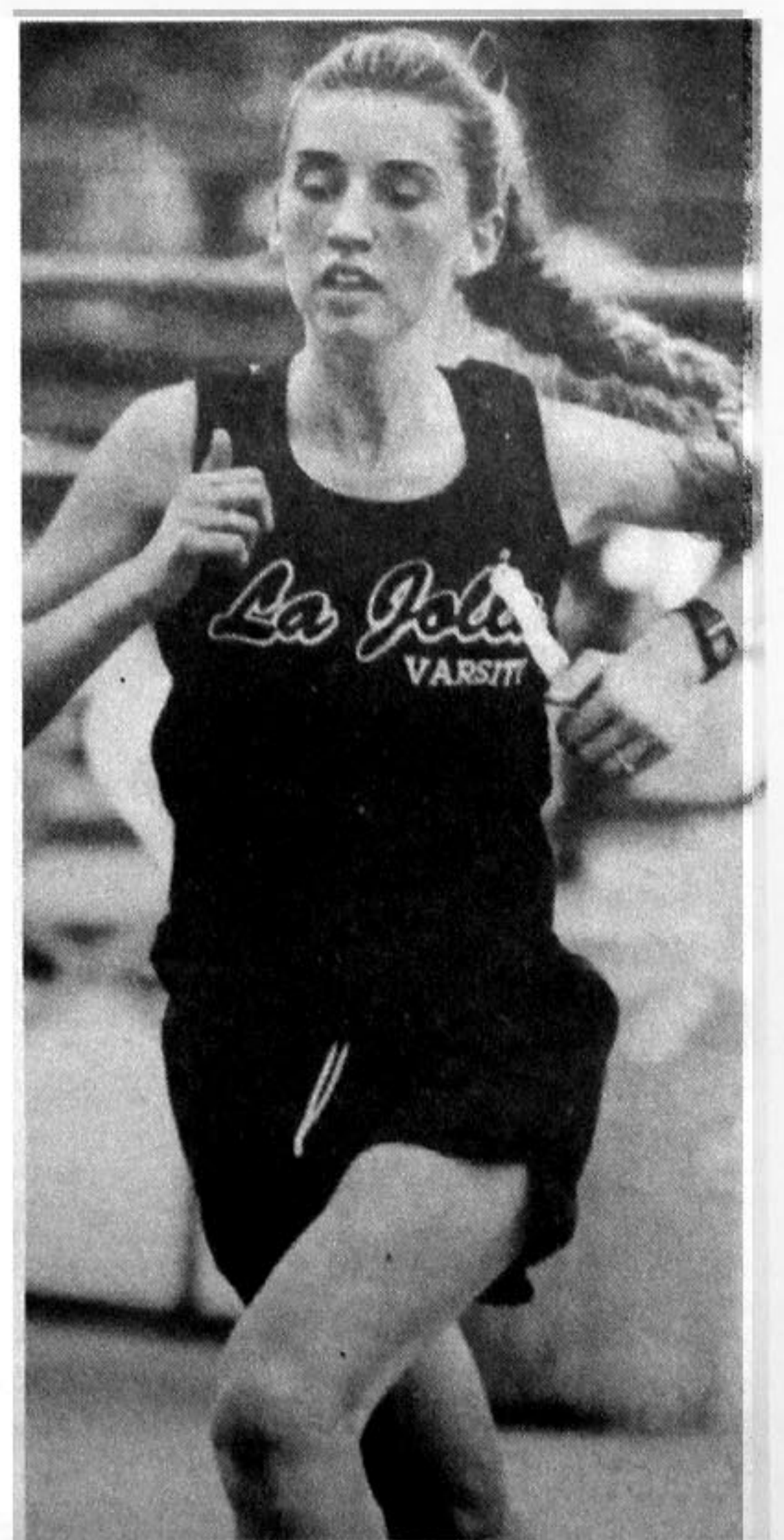
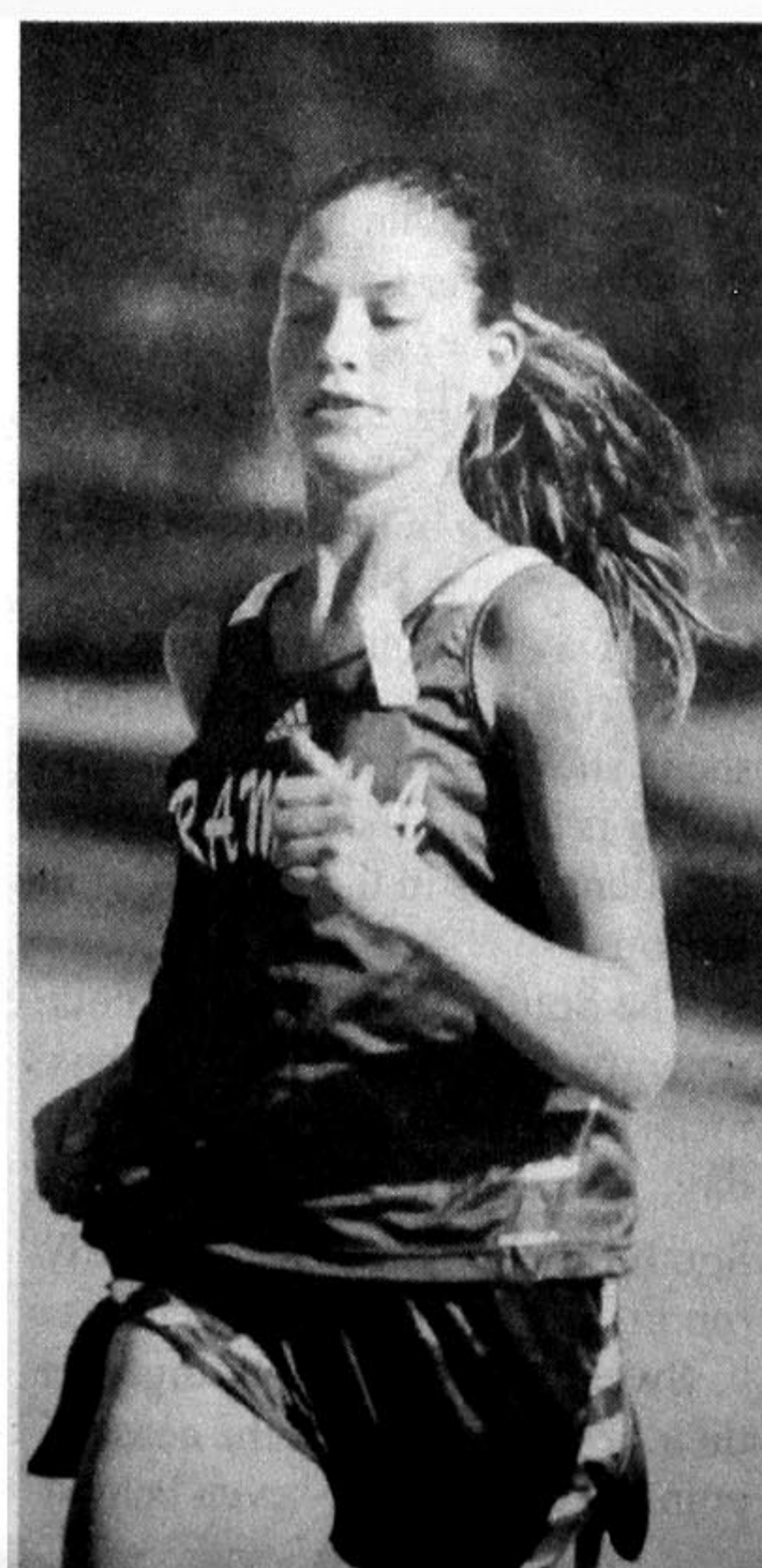
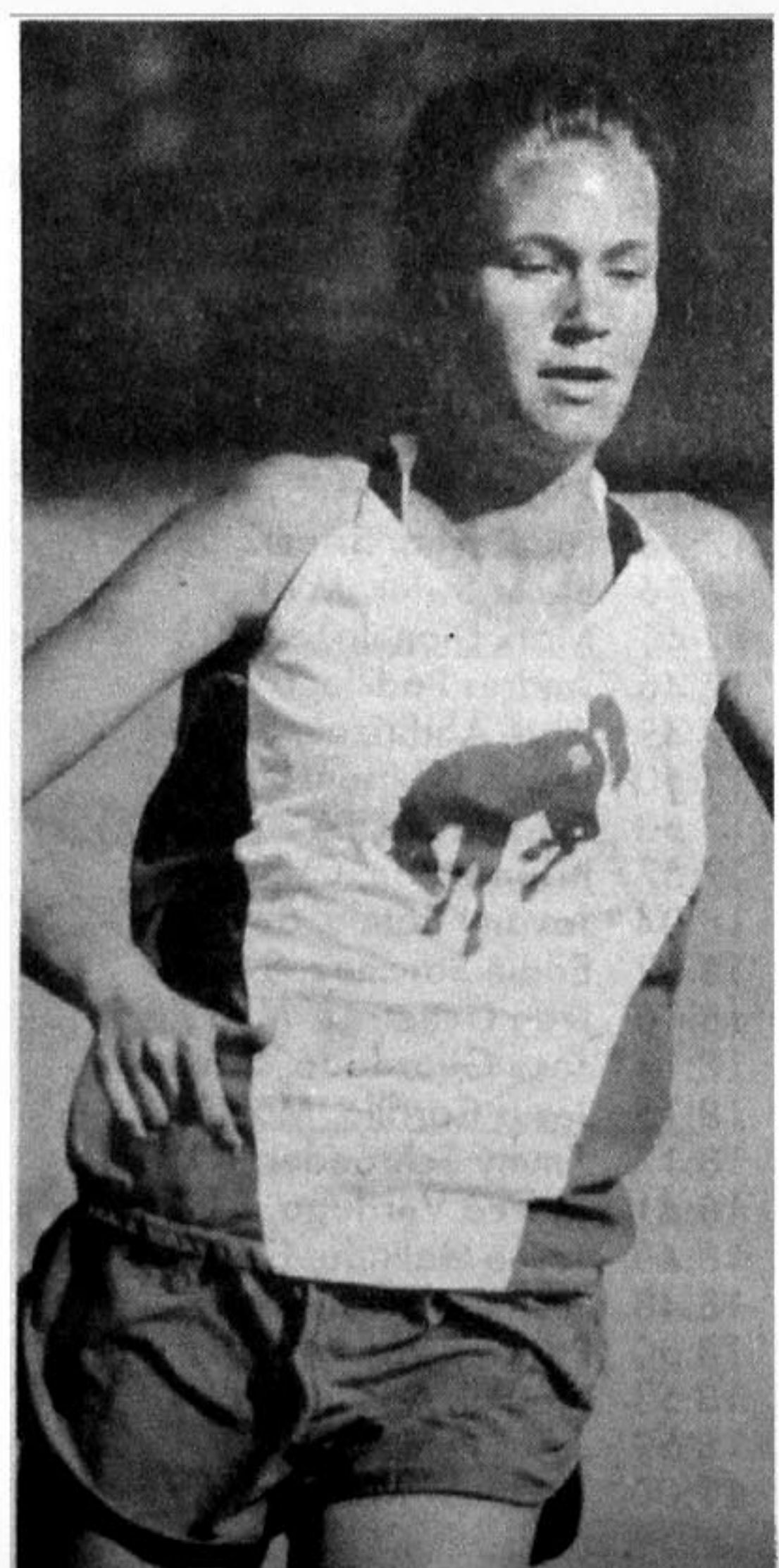
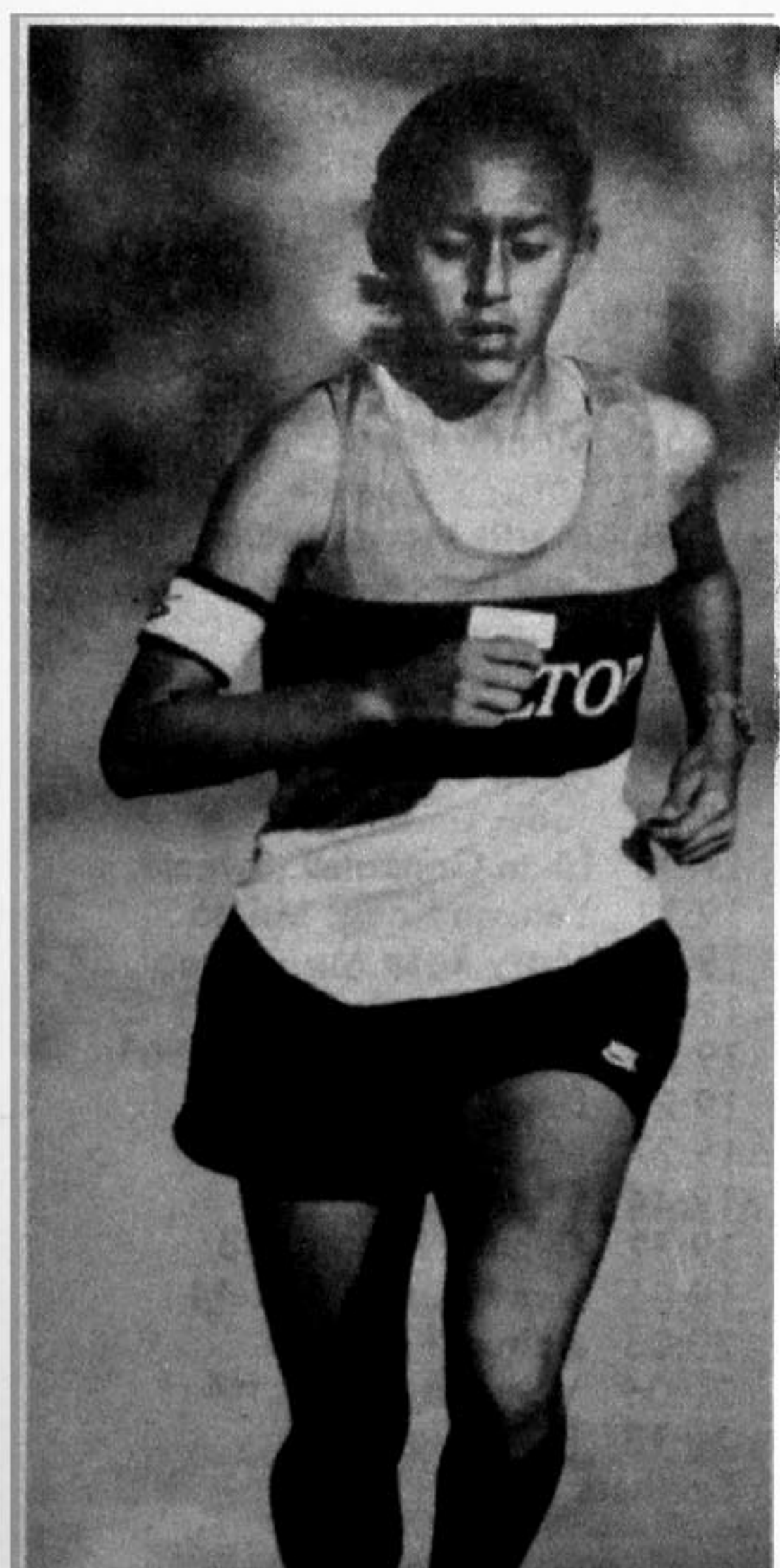
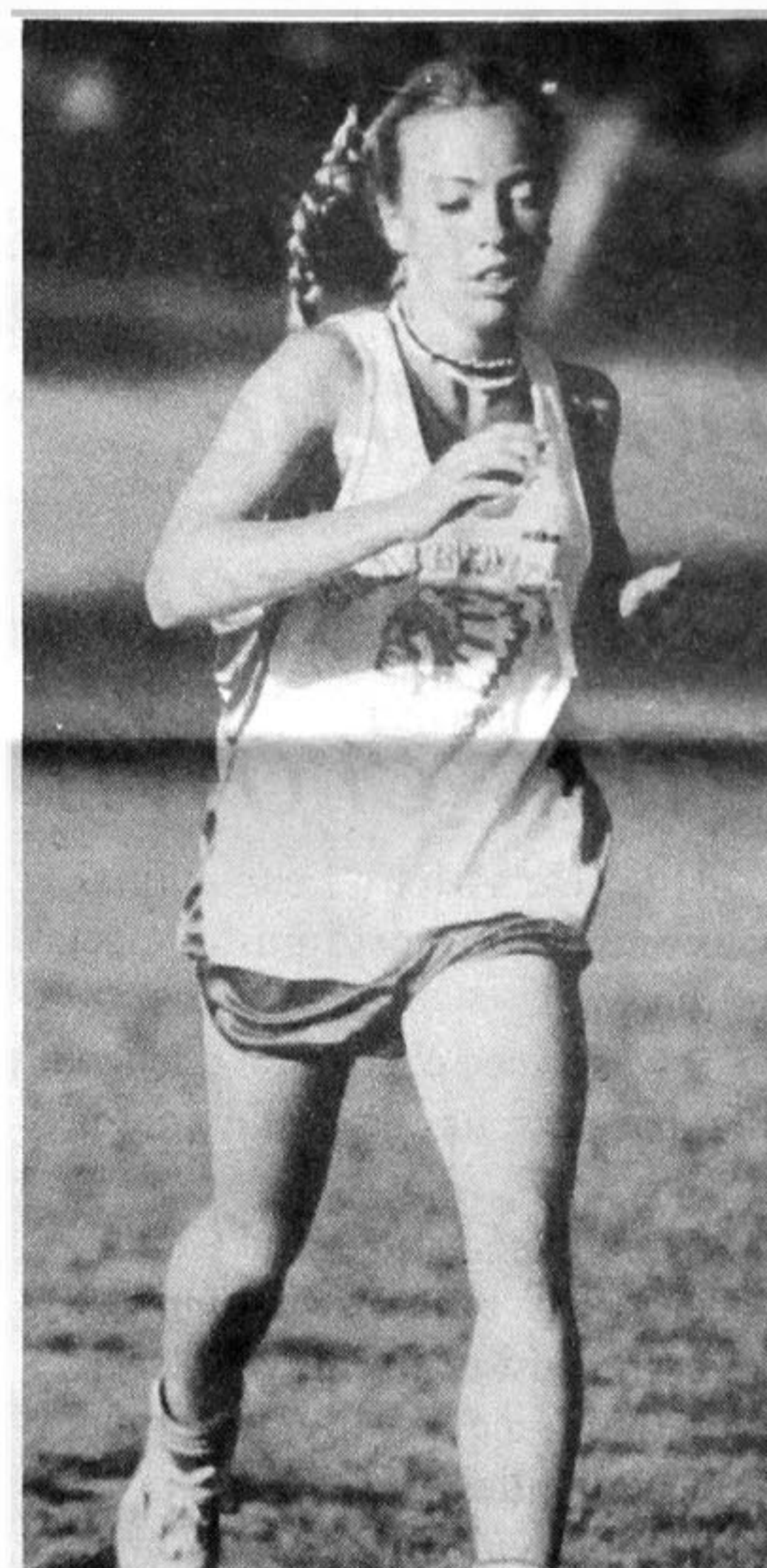
Julie Manson, Rancho Bernardo

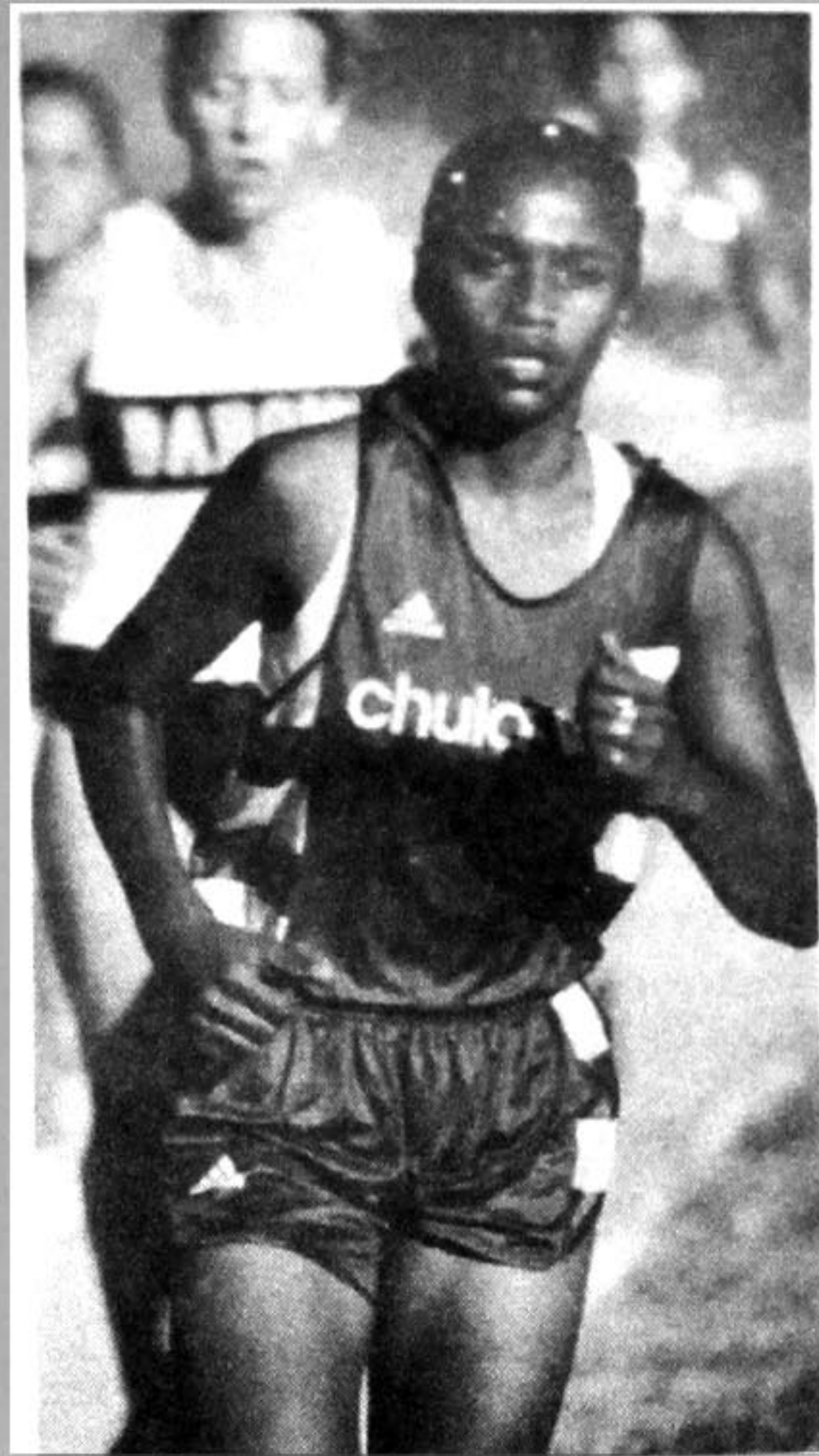
VALLEY

Loretta Kilmer, Ramona

WESTERN

Desiree Leek, La Jolla





Mythili Duvvuri
Chula Vista



Jovany Sotelo
Sweetwater



Kristen Thompson
Bonita Vista



Marco Verdugo
Eastlake



Roberto Tiscareno
Southwest



Gloria Martinez
Castle Park

Metro:
*Devils take
boys title;
Chula gets
girls crown*

This year's Metro League final was one of the most formful meets of the week.

It was a nice change for a league that has seen its share of drama in past years.

Sweetwater's boys and Chula Vista's girls, both of whom have been the best teams all year, each won their race handily, wrapping up league titles.

The individual winners, Chula's Michael Manzano, and Hilltop's Desiree Davila, raced to huge wins.

Manzano had a 0:46-second margin over Sweetwater's Ruben Vences, and Davila had a 0:51-second win over Chula Vista's Sophia Marquez.

There were 11 different league finals boys races last week. None of the winners in those races had a bigger edge over his rivals.

For Davila, a big win against Metro rivals is nothing new. But she is showing signs that something bigger is around the corner, after excellent races in the last half of the season.

The Southwestern College course ran slow on the day, with the boys race starting at 2 p.m. on a warm day. By contrast, the early-season South Bay Invite races are usually run in cool, overcast weather.

Sweetwater's boys put together their best team race of the season, going two-three-five-seven behind

Manzano. Their 5-6-7 runners placed 11th, 12th and 14th in the race, removing all doubt. At least one of the Devil runners, Abdirizak Abdi, was below par, but it was Sweetwater's day all the same.

Mar Vista's boys were third in the race, reversing a dual-meet loss to Bonita Vista. The Mariners might use the momentum as a springboard in next week's CIF Division III race. Their top runner was senior Blake Swier, who was fourth in the meet.

Chula Vista's girls were almost as effective as Sweetwater's boys. Led by Marquez, they placed 2-5-7-9-11, and their sixth girl was 13th.

Bonita Vista's girls were an easy second in the meet, and in the final league standings. Montgomery's girls, paced by third-place Angela Rivas, took third in the meet and were third in the final standings.

Friday afternoon, November 12, at Southwestern College. Sunny, temperature in low 70s for varsity boys (first race), steadily cooling to later races.

BOYS (3.1 miles):

Team Scores: Sweetwater 25, Chula Vista 58, Mar Vista 86, Bonita Vista 87, Eastlake 150, Hilltop 168, Montgomery 185, Southwest 203. Sweetwater wins Metro title.

Individuals (Top 40):

- 16:39 Michael Manzano, CV1
- 17:25 Ruben Vences, Sweet1
- 17:36 Luis Reyna, Sweet2
- 17:36 Blake Swier, MV1
- 17:41 Mark Dionela, Sweet3
- 17:46 Andres Padilla, CV2
- 17:49 Abdi Abdirizak, Sweet4
- 17:50 Dustin Whitson, BV1
- 17:50 Sven Meza, BV2
- 17:57 Brian Eaton, CV3
- 18:04 Jovany Sotelo, Sweet5
- 18:07 Eddie Sanchez, Sweet6
- 18:10 Ivan Gutierrez, MV2
- 18:11 Jose Guardado, Sweet7
- 18:15 Jesus Carrillo, Mont1
- 18:17 Jimmy Schroeder, H1
- 18:41 Marco Verdugo, E1
- 18:45 Josue Galindo, CV4
- 18:48 Josh Cimenski, BV3
- 18:50 Pedro Rivas, MV3
- 18:53 Nathan Aginiga, H2
- 18:59 Jesus Perez, MV4
- 19:00 Apolinar Mariscal, CV5

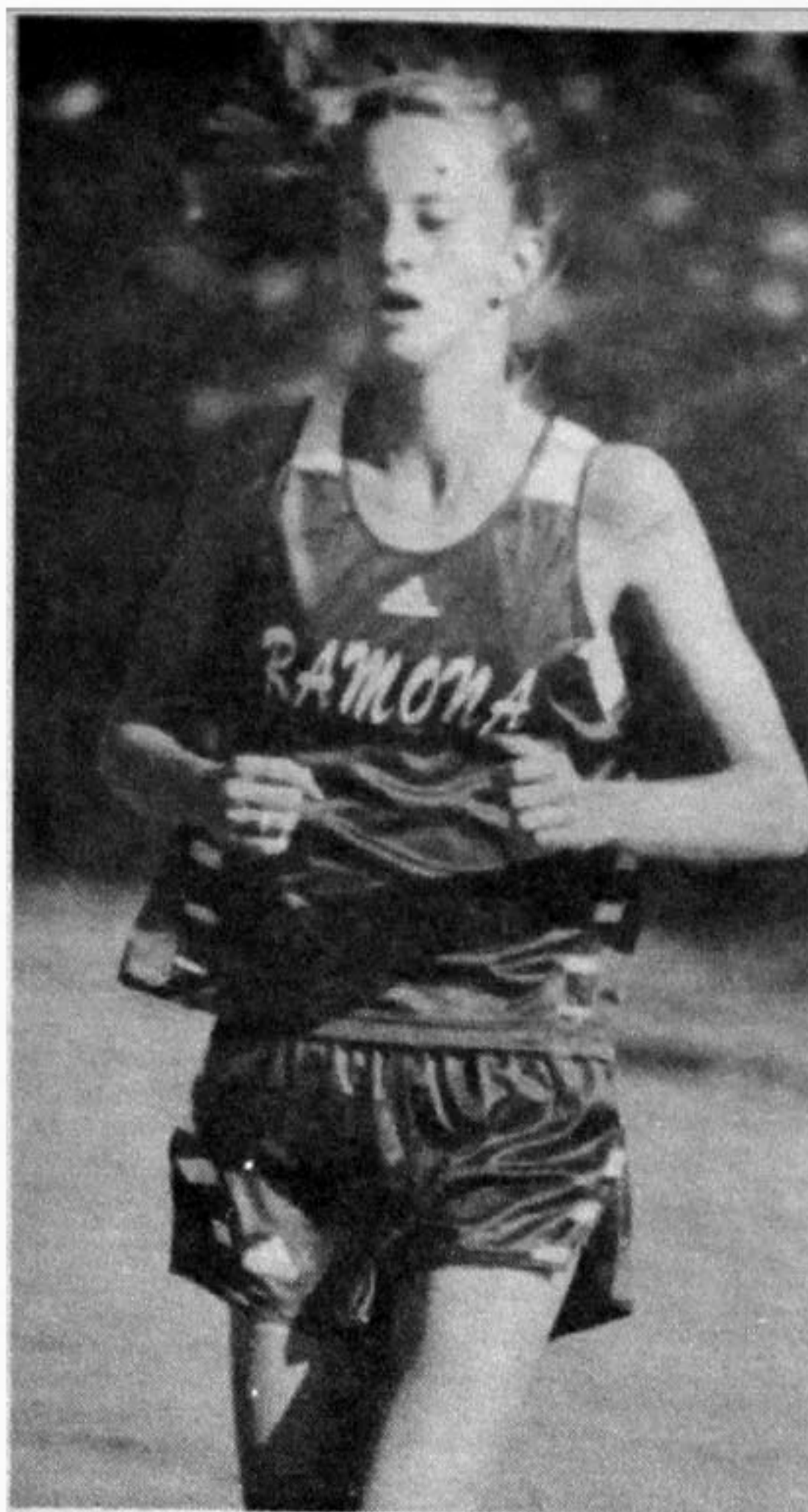
- 19:01 Vernon Ng, E2
- 19:01 Nick Raue, BV4
- 19:06 Austin Neudecker, BV5
- 19:09 Franky Ortega, MV5
- 19:16 Erwin Vedar, BV6
- 19:20 Roberto Tiscareno, So1
- 19:20 Craig Barclift, BV7
- 19:20 Mike Coreano, H3
- 19:23 Eduardo Mariscal, CV6
- 19:35 Carlos Belloso, CV7
- 19:39 Adan Sanchez, MV6
- 19:43 Jake Cadwell, E3
- 19:45 Ryan Dodd, E4
- 19:53 Cliff Barnes, Mont2
- 19:58 John Silva, E5
- 20:01 Rene Romero, So2
- 20:19 Zach Avallones, E6
- Finishers: 54.

GIRLS (2.47 miles):

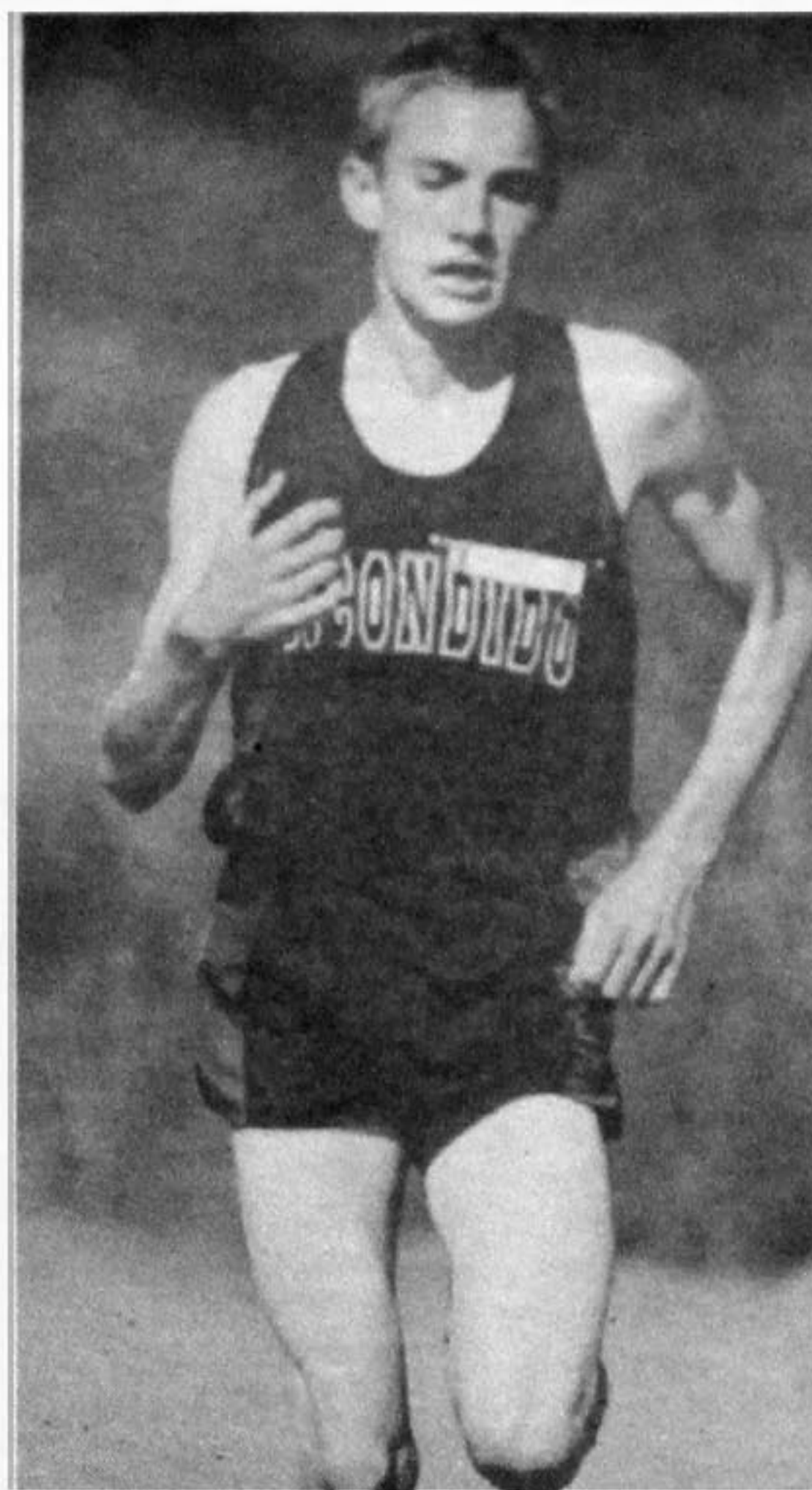
Team Scores: Chula Vista 34, Bonita Vista 53, Montgomery 104, Castle Park 125, Eastlake 131, Hilltop 141, Sweetwater 142, Mar Vista 246. Southwest, no score.

Individuals (Top 40):

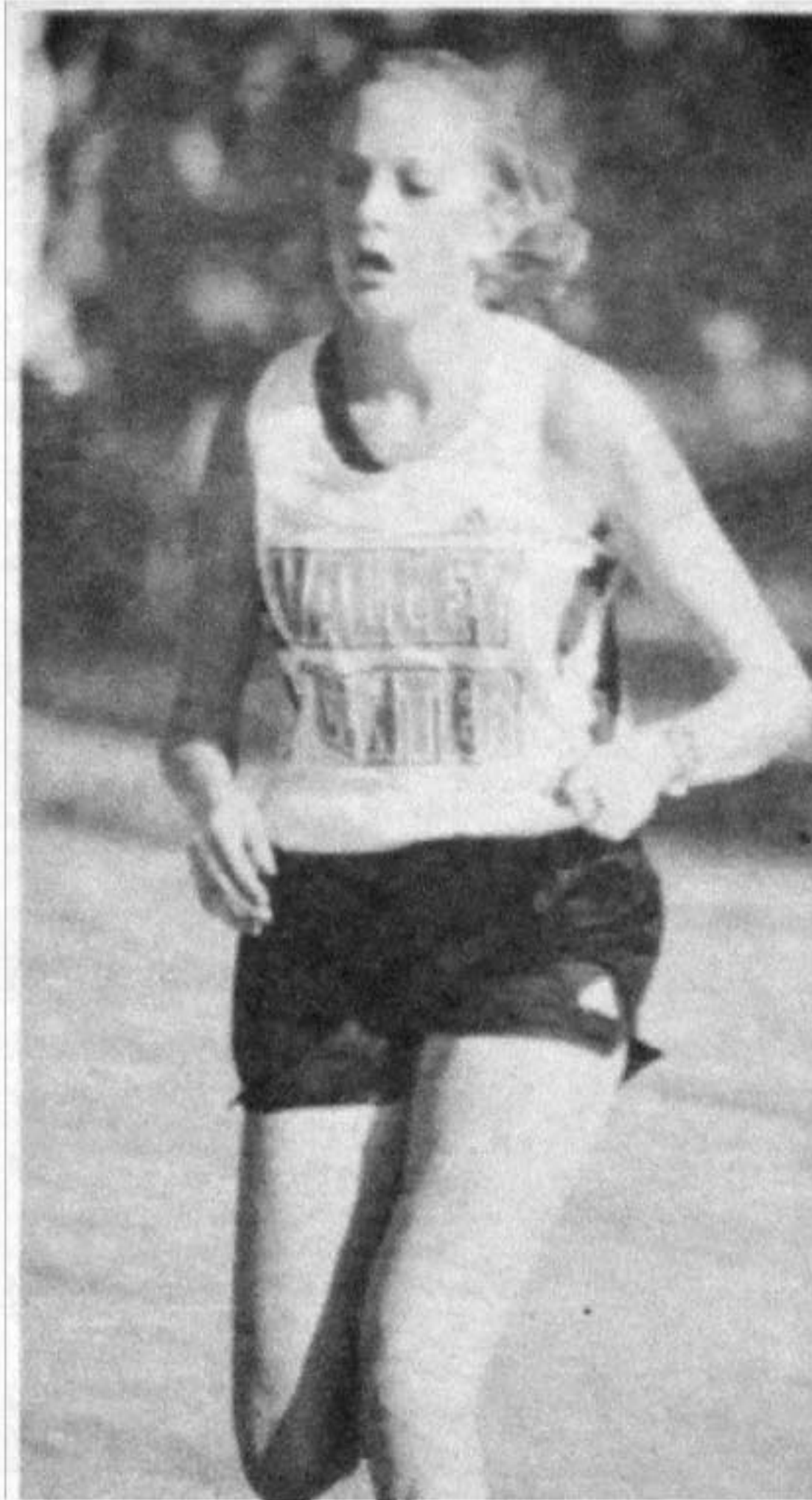
- 15:23 Desiree Davila, H1
- 16:14 Sophia Marquez, CV1
- 16:17 Angela Rivas, Mont1
- 16:17 Kristen Thompson, BV1
- 16:19 Mythili Duvvuri, CV2
- 16:29 Trinity Amalfitano, BV2
- 16:37 Bertha Ojeda, CV3
- 16:39 Pati Romero, E1
- 16:58 Felisha Mariscal, CV4
- 17:03 Joanna Gallarzo, Sweet1
- 17:10 Lynn Hernandez, CV5
- 17:14 Kristen Gonzalez, BV3
- 17:20 Darla Reader, CV6
- 17:30 Gloria Martinez, CP1
- 17:40 Kate Branson, BV4
- 17:41 Marissa Munoz, BV5
- 17:46 Kelly Milliken, BV6
- 17:54 Camille Robinson, CV7
- 17:56 Mandy Johnson, CP2
- 18:11 Soraya Mustain, BV7
- 18:11 Maria McGaffigan, CP3
- 18:15 Lyra Ponce, Mont2
- 18:21 Alanna Zaragoza, CP4
- 18:26 Johanna Barnes, Mont3
- 18:33 Lupe Lopez, H2
- 19:00 Alma Victorio, Mont4
- 19:02 Jodie Linder, E2
- 19:08 Lilian Gonzalez, Sweet2
- 19:11 Yenissa Kaeg, Mont5
- 19:14 Mary Rose Manglicmot, E3
- 19:20 Julie Floresta, E4
- 19:22 Karla de los Santos, So1
- 19:26 Deysi Romo, Sweet3
- 19:27 L. Cuevas, So2
- 19:44 Cherre Ewing, E5
- 19:52 Cynthia Roman, H3
- 19:55 Kenya Caro, Sweet4
- 20:03 Raquel Razo, E6
- 20:06 Vanessa Carillo, H4
- 20:13 Kellie Klopff, H5
- Finishers: 56.



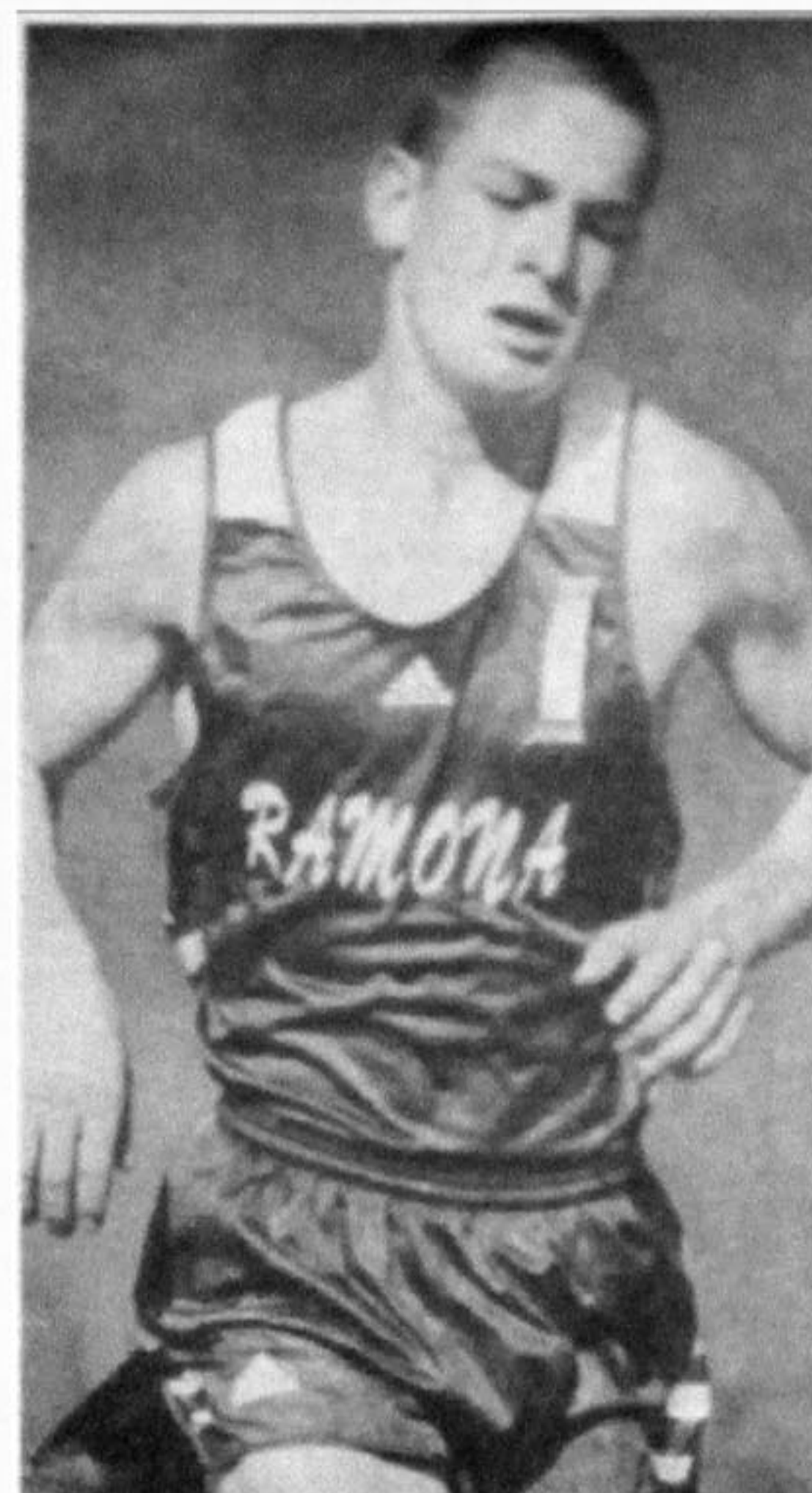
Bre Goetz
Ramona



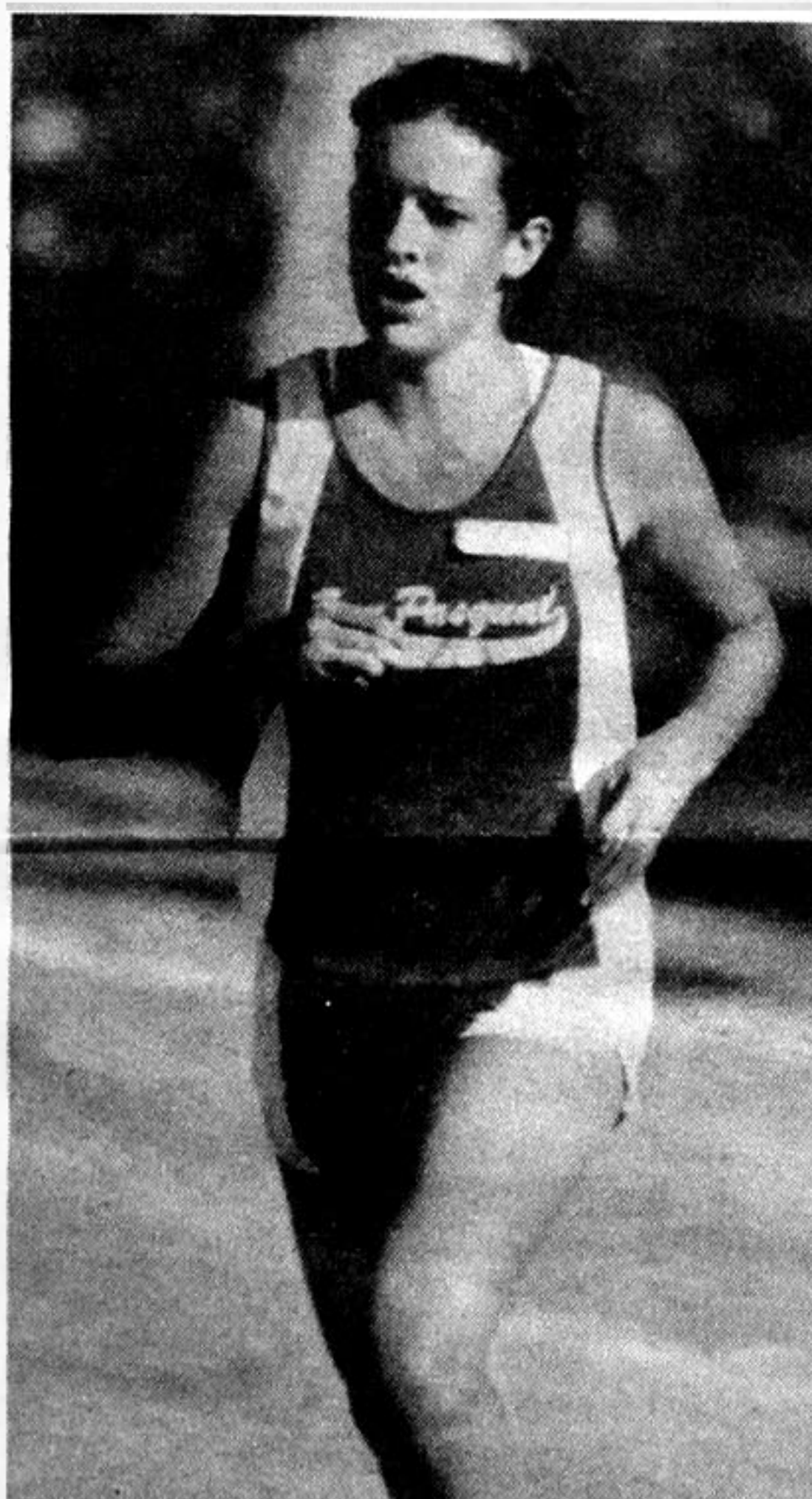
Jonathan Cordes
Escondido



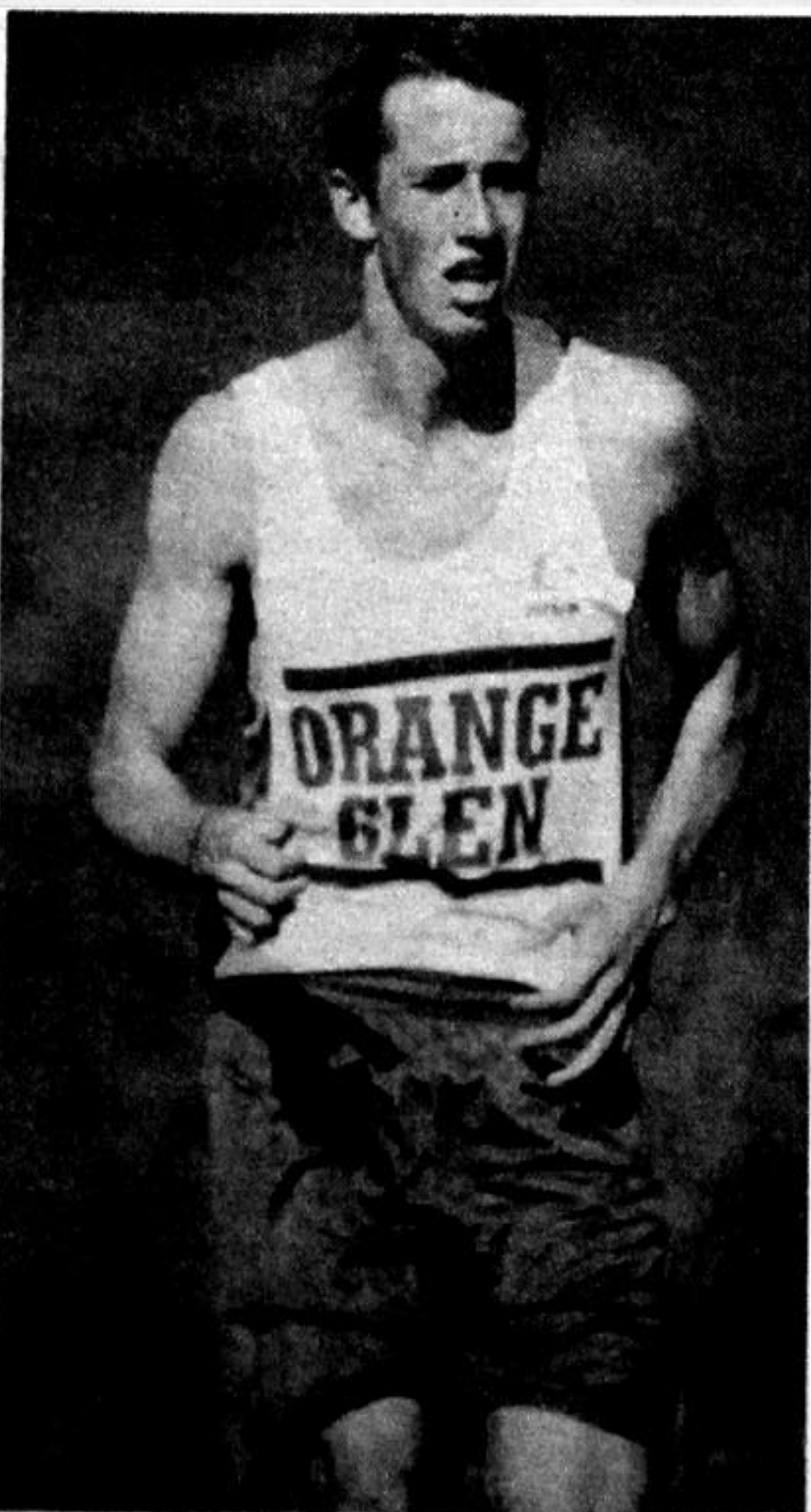
Laura-Lee Reid
Valley Center



Kenny Lawrence
Ramona



Kellee Duenas
San Pasqual



Andrew Piroutek
Orange Glen

Valley: *VC boys, Ramona girls win; Mac waits*

One of the big stories at the Valley League final was who didn't run.

Ramona's Matt McInvale, the class of an excellent group of local senior boys, sat out the meet.

According to Ramona coach Dave Wilson, McInvale will be ready to race at the CIF finals.

McInvale is suffering from a curved spine, brought on by one leg being longer than the other. It's a problem he has been dealing with for years, but it became especially acute late this season. McInvale has been undergoing extensive therapy and cross-training, and is just about ready to race.

Valley Center's boys, with a front three comprised of two sophomores and a freshman, looked like a coming force with their win in the finals. They beat a good San Pasqual team, a Ramona team that has talent besides McInvale, and an emerging Escondido squad.

The Jaguars were paced by a one-two finish by sophs Ryan Skerl and Cooper Bachman. Frosh Gus Polito was fifth in the race for VC.

San Pasqual took second in the race, led by Erik Kerby. A late-season injury to Joe DuPee, who was in Kerby's class in early races, hurt the Golden Eagles. DuPee

was San Pasqual's eighth finisher in this race.

The Ramona girls, the defending CIF Division II champs, had an easy time in winning the girls title, ahead of Valley Center.

Junior Loretta Kilmer beat VC's Diana Dibble by 0:33 seconds, and looked easy in doing so. The other Ramona scorers finished 4-6-7-9. Bre Goetz, in fourth, continued her comeback from early season injuries.

Although the Bulldogs look better than last year's CIF champs, they'll be underdogs this year against excellent teams from La Jolla and University City.

By contrast, the Valley Center girls, the runner-up in this meet, will be huge favorites in the CIF Division IV race, where they are the defending champs.

Valley Center's boys also have a shot at a CIF title in Division IV, but they have to deal with a strong St. Augustine squad. Saint coach Jerry Downey and most of his varsity team were on hand to observe the Jaguars in this race.

McInvale could have raced here, but his team was out of the running for the team title.

At Kit Carson Park, on Saturday morning, November 13. Conditions: Good for girls race, warming for boys.

BOYS (3.1 miles):

Team Scores: Valley Center 40, San Pasqual 51, Ramona 62, Escondido 68, Orange Glen 195. Valley Center wins league championship.

Individuals (Top 35):

16:39 Ryan Skerl, VC1
16:42 Cooper Bachman, VC2
16:46 Erik Kerby, SP1
16:53 Jon Cordes, E1
16:59 Gus Polito, VC3
17:04 Nico Cueva, E2
17:06 Kenny Lawrence, R1
17:08 Matt Johnson, SP2
17:15 Richard Clingman, R2
17:17 Jon Shellhammer, R3
17:20 Henry Lesperance, SP3
17:28 Joe Voshell, E3
17:33 Kieron Toussaint, SP4

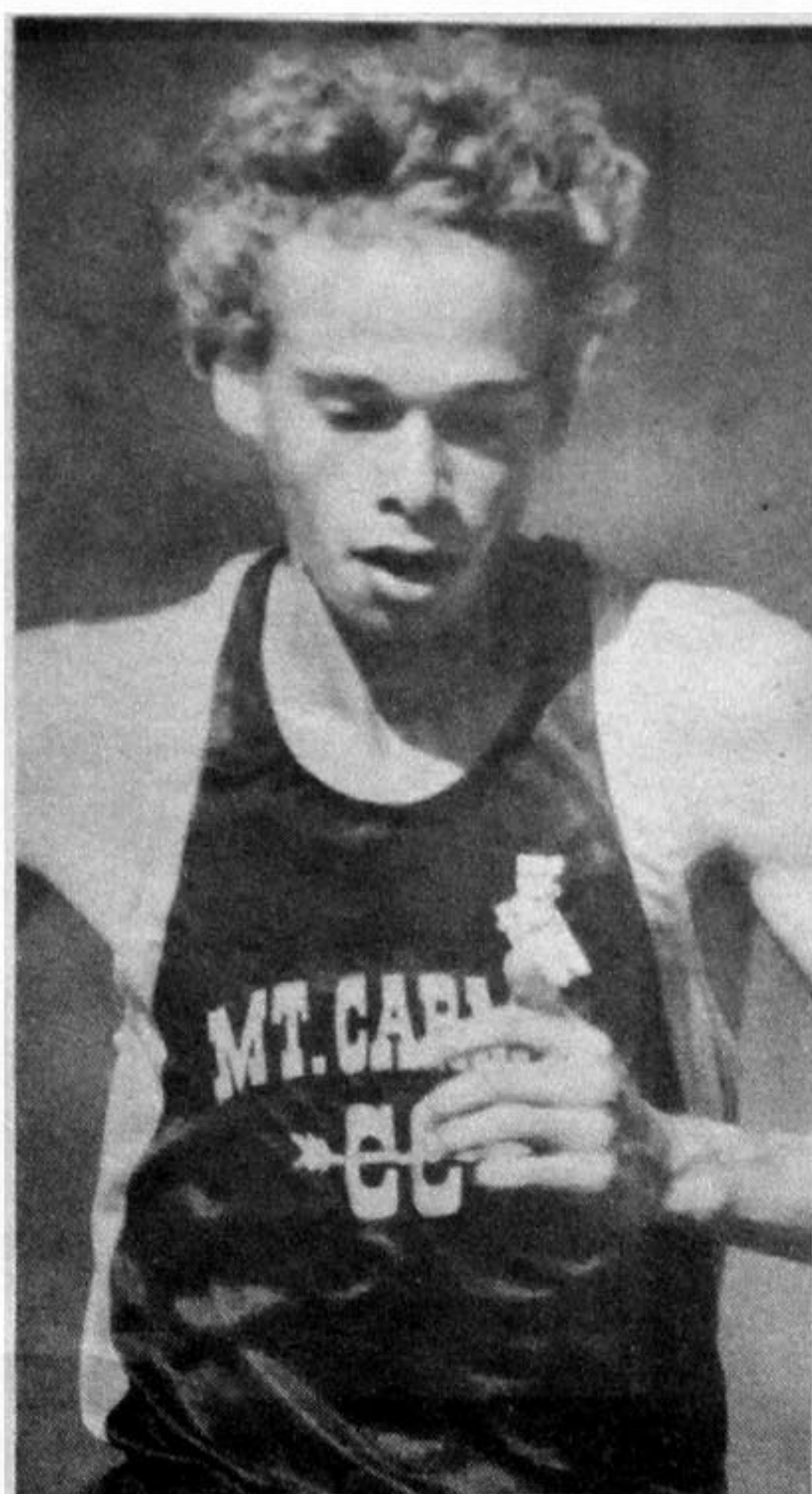
17:37 Carlos Sanchez, R4
17:40 Todd Hough, VC4
17:44 Luis Mariscal, SP5
17:46 Troy Stroh, VC5
17:50 Stephen Servis, E4
18:01 Josh Andre, SP6
18:04 Jesus Nunez, SP7
18:05 Joe DuPee, SP
18:09 Ricky Roane, R5
18:12 Tony Illig, VC6
18:14 James Barlow, E5
18:16 Andrew Piroutek, OG1
18:18 Freddy Nunez, SP
18:28 Will Wisehart, SP
18:34 Mark Wollam, E6
18:42 Spence McBride, R6
18:47 Kyle Grosse, R7
18:49 Jason Thompson, VC7
18:54 Elliott Rethmeier, SP
19:01 David Del Llano, R
19:03 Omar Hernandez, VC
19:03 Ryan Piroutek, OG2
Finishers: 51.

GIRLS (2.6 miles):

Team Scores: Ramona 27, Valley Center 43, San Pasqual 70, Escondido 101, Orange Glen 132. Ramona wins league championship.

Individuals (Top 35):

16:26 Loretta Kilmer, R1
16:59 Diana Dibble, VC1
17:05 Genoveva Cruz, SP1
17:09 Bre Goetz, R2
17:13 Anna Hough, VC2
17:23 Megan Kruse, R3
17:30 Nikkole Haines, R4
17:31 Laura Guzman, E1
17:31 Rachel Simmons, R5
17:33 Kellee Duenas, SP2
17:34 Jamie Morasco, VC3
17:46 Laura-Lee Reid, VC4
17:47 Lisha Burdick, VC5
17:57 Maria Cervantes, OG1
18:20 Alejandra Montiel, VC6
18:26 Leslie Mitchell, R6
18:28 Jennifer Dowthit, SP3
18:34 Molly Kelly, E2
18:38 Joy Johnson, SP4
18:39 Melissa Preston, VC7
18:39 Ciara O'Connell, SP5
18:46 Sandra Mitchell, E3
18:48 Erika Vasquez, OG2
18:52 Lluvia de Luna, OG3
18:54 Kristen Spivey, R7
18:57 Shawna Kelly, E4
19:07 Aimee Davignon, E5
19:11 Camille Lucio, R
19:13 Dana Kerby, E6
19:16 Carly Ness, VC
19:17 Anamarie Buscemi, VC
19:25 Amber Rucker, SP6
19:30 Jennifer Wilcoxon, R
19:32 Karen McGuire, E7
19:39 Heidi Watson, OG4
Finishers: 50



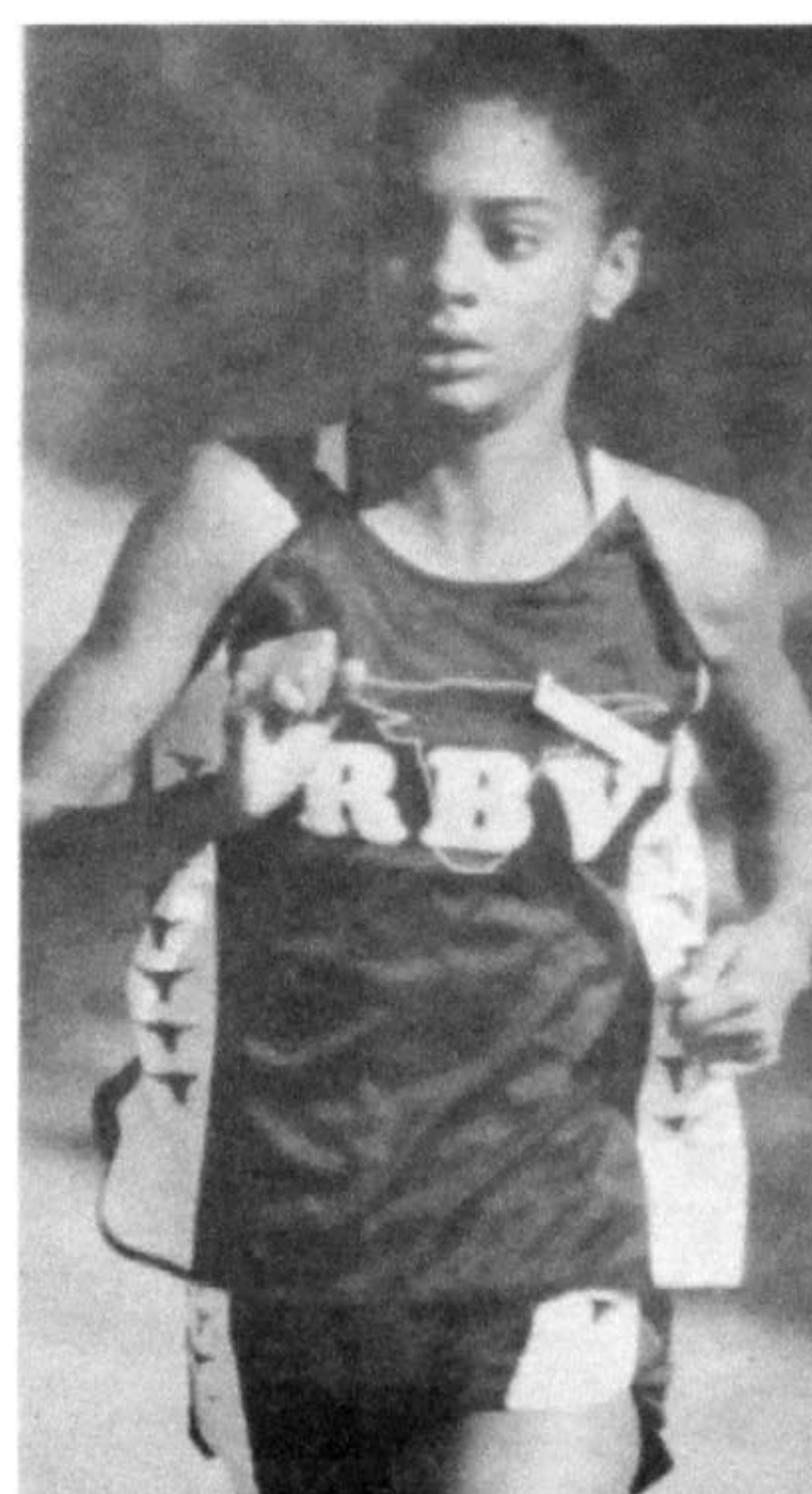
Mike Zahalan
Mt. Carmel



Erica Lopez
Vista



David Ignacio
San Marcos



Nastassaja Hall
Rancho Buena Vista

Palomar: Sundevils get inside Poway's pack; RB girls win

How do you beat a strong, fast pack team?

Mt. Carmel's boys, also a strong, fast pack team, had the answer last week at the Palomar finals.

The Sundevils got into Poway's pack, and beat the Titans at their own game, winning a close, three-team race.

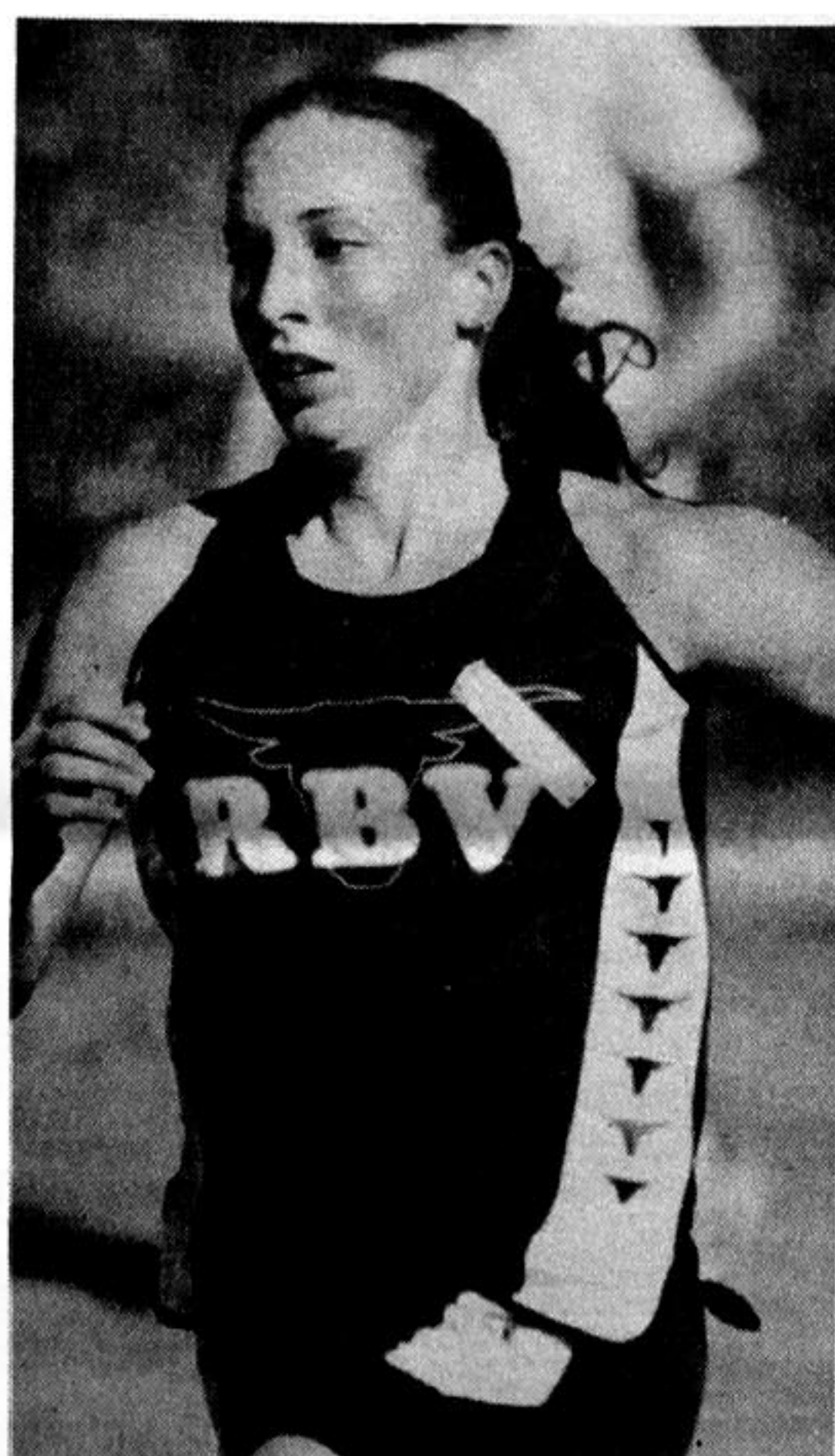
Poway and Vista tied for second in the race, but Poway almost always has the advantage when results are based on tie-breakers. The Mt. Carmel win gives them a co-championship with Poway.

The Rancho Bernardo girls won convincingly against a Mt. Carmel girls team that is ranked third in the state.

But RB is ranked first in the state, and they've been living up to that ranking in recent races, including this meet.

Individual titles went to RB's Julie Manson, who had the fastest time of the day in girls racing, and San Marcos' Travis Laird, who had the fastest time of the day in boys racing. The Avocado and Valley Leagues also competed on the same course.

Laird had competition. RB's Sean Ricketts, despite a fall early in the race, and Vista's Justin Neuroth and Ryan Montez, were



Angela Garcia
Rancho Buena Vista

not going to go quietly.

Montez made a big move coming down the first hill loop, and led for the first half of the race, but the leaders caught him.

Ricketts made a nice move on the final downhill to move well ahead of Neuroth, but Laird's lead was too big at that point.

The real drama was in the next pack, which was a knot of red and green.

Poway's Josh Pope was fifth in the race, and his teammates were only spaced for 0:25 seconds from one to five, but the Sundevils ran an even tighter group. Mt. Carmel's first runner (Mike Cooke) was one second behind Pope, and their fifth man was ahead of Poway's number four.

Meanwhile, Vista had great strength upfront, with Neuroth (third), Montez (fourth) and Jared Emmons (seventh). Their four/five runners were right behind the mixed Mt. Carmel/Poway pack,

giving the Panthers another near-miss.

RB's girls, with Manson and Allison Hall going an impressive one-two, looked good. Broncos Jamie Doyle (fifth) and Kaleena Yee (seventh) placed high up in a quality field. Mikaelyn Austin, stepping up in the five spot, finished in 15th for the Broncos.

Mt. Carmel's girls ran well enough, with six girls in the top 13, and they finished an easy second. Their top girl, Janet Mulvey, was ten seconds behind Allison Hall, but ahead of San Marcos' Nicole Mier.

At Kit Carson Park, on Saturday morning, November 13. Conditions: OK for girls, warming for boys.

BOYS (3.1 miles):

Team Scores: Mt. Carmel 50, Poway 53, Vista 53 (Poway is second on sixth-man tie-breaker), San Marcos 106, Rancho Bernardo 116, Rancho Buena Vista 165. Mt. Carmel and Poway tie for league championship.

Individuals (Top 45):

15:55 Travis Laird, SM1
15:59 Sean Ricketts, RB1
16:06 Justin Neuroth, V1
16:10 Ryan Montez, V2
16:11 Josh Pope, P1
16:12 Mike Cooke, MtC1
16:17 Jared Emmons, V3
16:21 Chris Kenyon, MtC2
16:24 Luke McGinnis, P2
16:26 Pat Prunty, P3
16:32 Alan Aradanas, MtC3
16:33 Abadir Barre, MtC4
16:33 Ben Bruce, MtC5
16:34 Devin Lyons-Quirk, P4
16:36 Tim Helms, P5
16:43 Mike Zahalan, MtC6
16:46 Aaron Powell, P6
16:50 Sergio Esquivel, MtC7
16:56 Mark Baddas, V4
16:57 John Bentley, MtC
17:02 Ramon German, V5
17:12 David Ignacio, SM2
17:16 Mike Klepper, MtC
17:17 Jake Fulton, RB2
17:18 Aaron Trunnell, RBV1
17:19 Chris Harris, SM3
17:20 Kevin Swain, P7
17:20 Irving Franklin, V6
17:21 James McCarthy, P
17:26 Joe Aguilar, V7
17:26 Cameron Sanders, RB3
17:28 Jimmy Retherford, SM4
17:29 Steve Ryan, MtC

17:37 Alex Fromer, MtC
17:39 Jeff Lucas, P
17:42 Greg Williams, MtC
17:43 Mike Shannon, RB4
17:44 Isaac Chitica, SM5
17:52 Artemio Mateo, RBV2
17:53 Shaun Ferris, RBV3
17:54 Ryan Crim, RB5
17:54 Nick Danza, V
17:58 Andy Campbell, RB6
18:08 Dan Tanks, RB7
18:18 Jose Banuelos, V

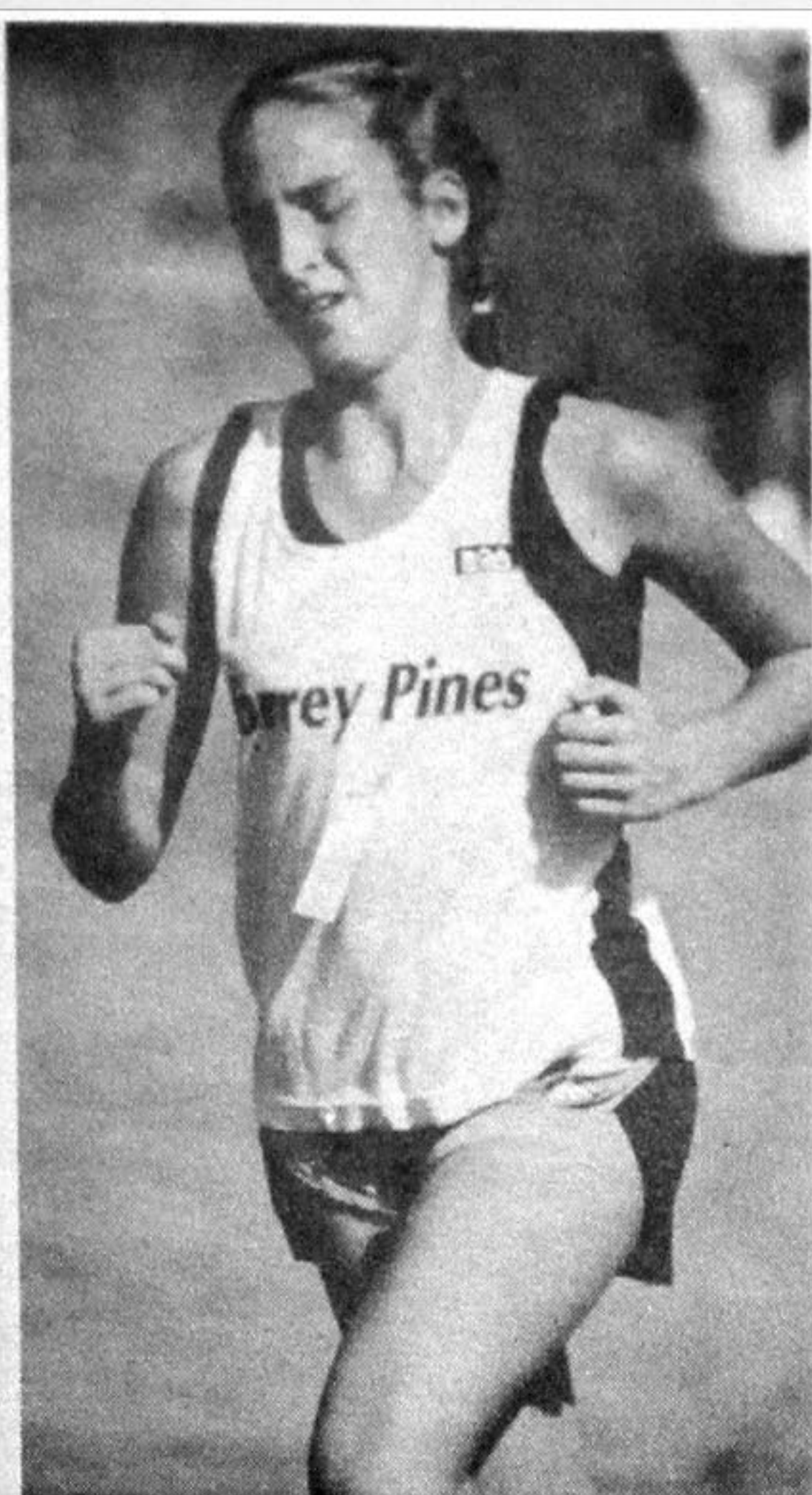
Finishers: 64

GIRLS (2.6 miles):

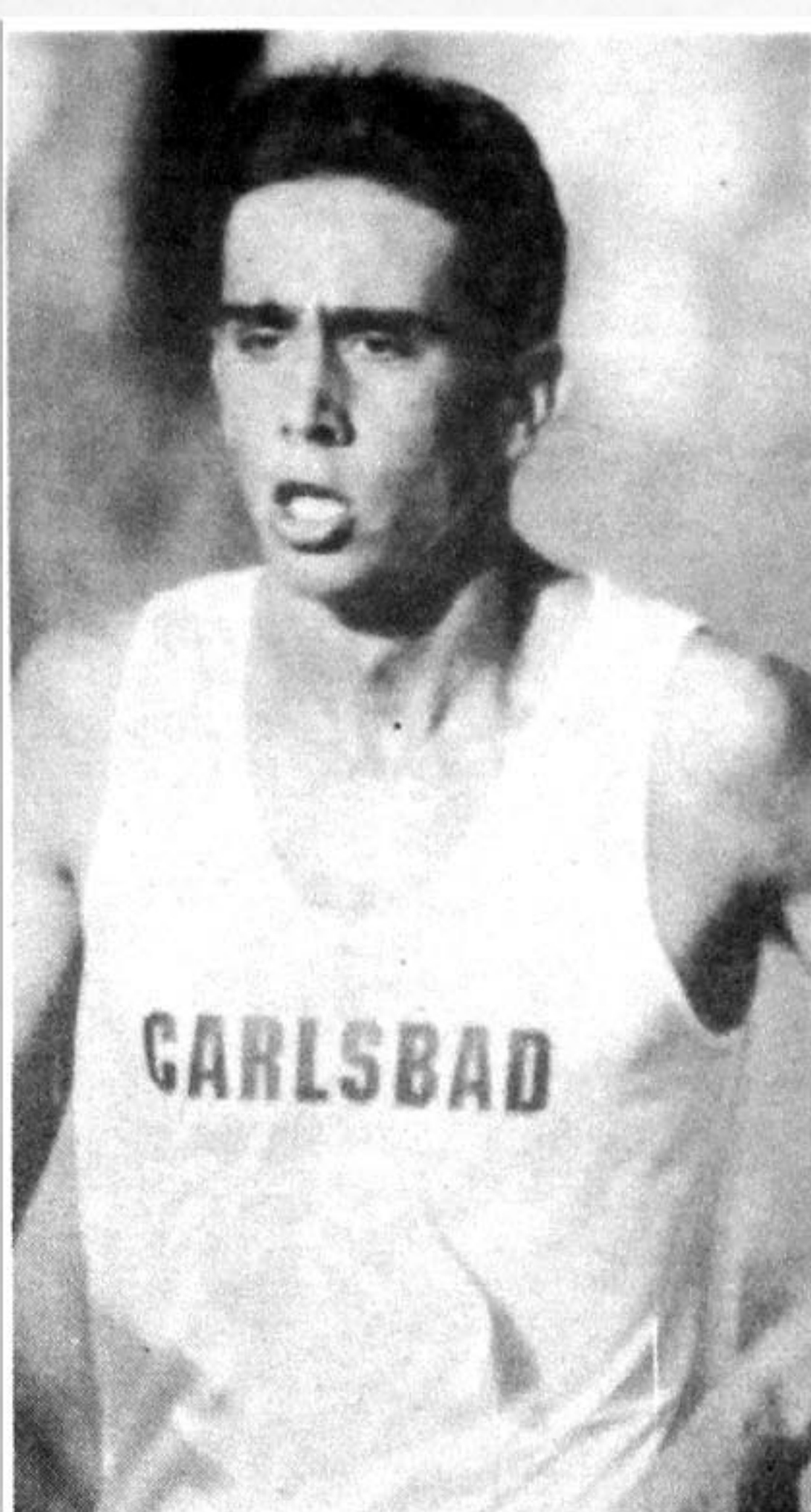
Team Scores: Rancho Bernardo 30, Mt. Carmel 41, Poway 94, Vista 120, Rancho Buena Vista 131, San Marcos 161. Rancho Bernardo wins league championship.

Individuals (Top 45):

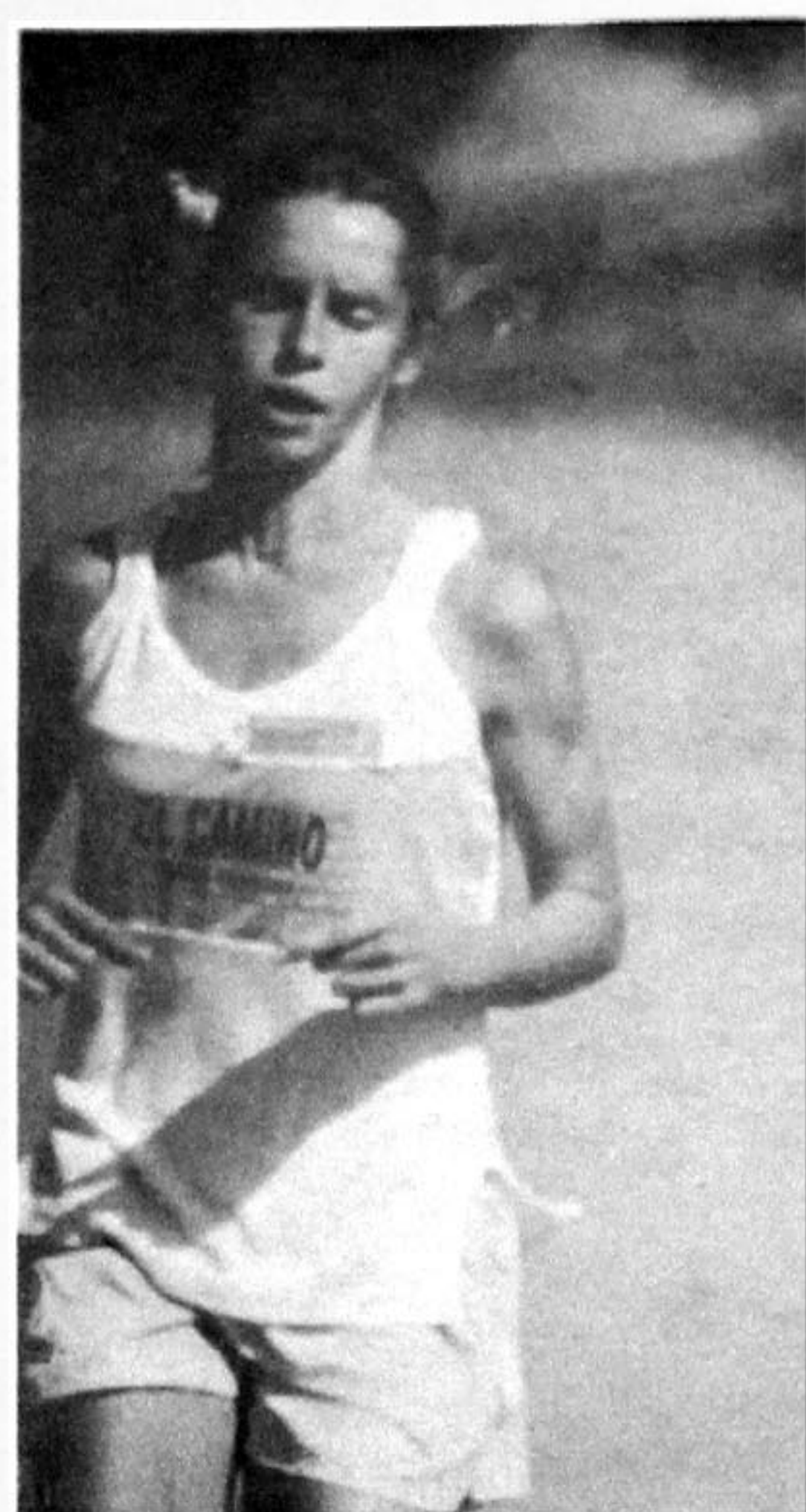
15:26 Julie Manson, RB1
15:42 Allison Hall, RB2
15:52 Janet Mulvey, MtC1
15:58 Nicole Mier, SM1
16:05 Jamie Doyle, RB3
16:07 Ashlee Dere, MtC2
16:13 Kaleena Yee, RB4
16:30 Nastassaja Hall, RBV1
16:32 Manal Yamout, MtC3
16:39 Katie Baker, P1
16:46 Audrey Harrer, MtC4
16:47 Deanna Sick, MtC5
16:50 Karen Vasko, MtC6
16:51 Angela Garcia, RBV2
16:52 Mikaelyn Austin, RB5
17:02 Erica Lopez, V1
17:06 Kim Vinzant, V2
17:07 Melonie Monroe, P2
17:10 Danielle Holden, P3
17:11 Suzanne Misoni, MtC7
17:13 Michelle Retherford, SM2
17:16 Aubrey Boag, P4
17:19 Juliana Hernandez, SM3
17:20 Sarah Lochmiller, RB6
17:21 Jessica Schenk, P5
17:27 Daniela Fromer, MtC
17:35 Jessica Murray, RBV3
17:37 Brittany Marker, V3
17:41 Michelle Miller, V4
17:42 Maria Mendoza, V5
17:51 Sara Dadkhah, MtC
17:58 Jessica Huepper, RB7
18:04 Amy Vasko, MtC
18:06 Tara Whitty, P6
18:06 Allyce Ozarski, P7
18:07 Audrey Pound, P
18:08 Olympia Olguin, V6
18:11 Courtney Allen, RBV4
18:15 Rebecca Swilley, V7
18:2x Jessica Kelleher, V
18:29 Belinda Oberum, RB
18:39 Gabby Sanchez, MtC
18:39 Solmaz Emani, MtC
18:39 Tiffany Myres, RBV5
18:40 Emily Joller, RB
1 Finishers: 57.



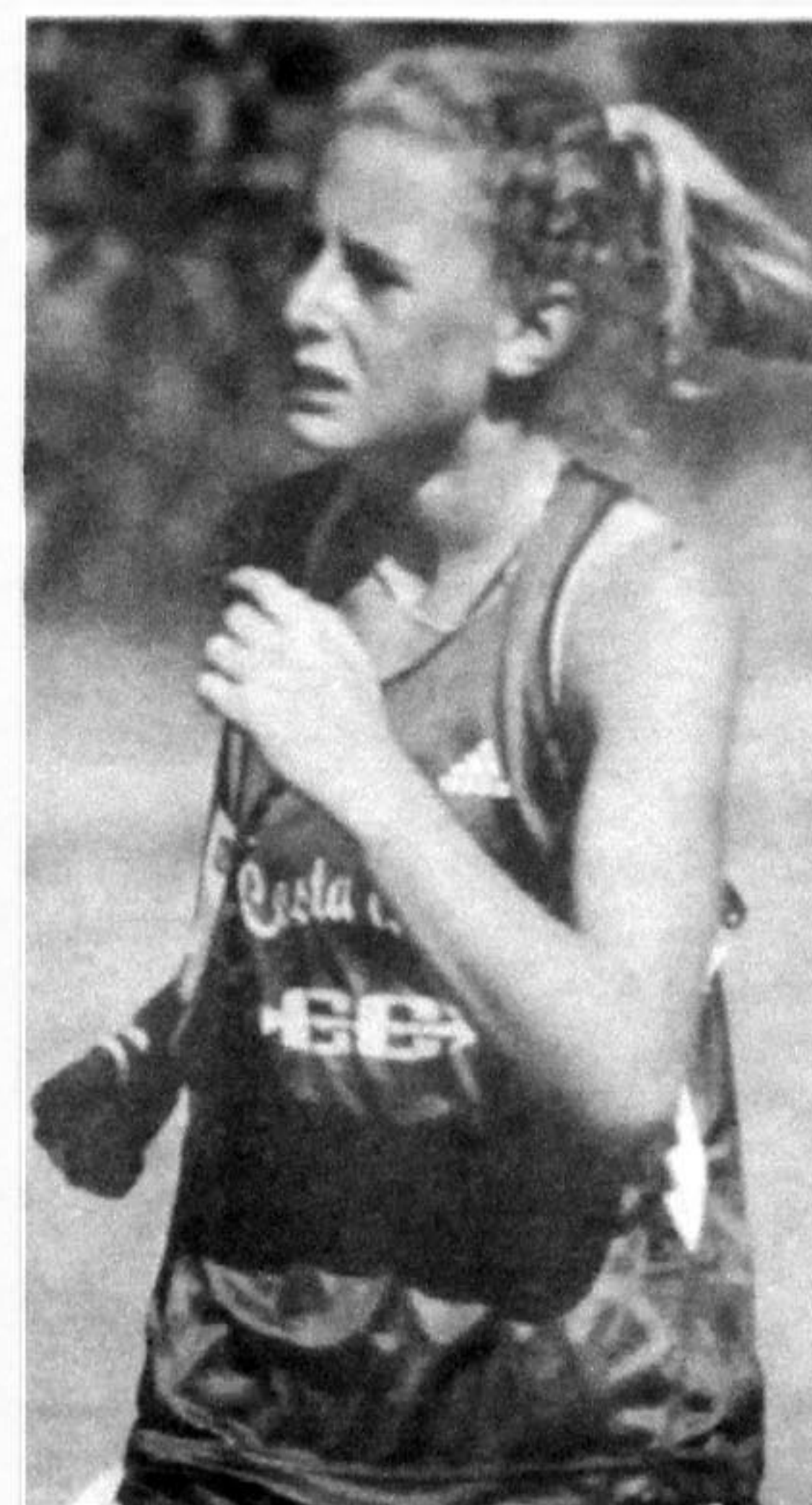
Brenna Williams
Torrey Pines



Ben Miedema
Carlsbad



Slava Haywas
El Camino



Erica Schim
La Costa Canyon

Avocado: Fallbrook boys win; C'bad girls tie Torrey

Now maybe people will believe that the Carlsbad girls team is for real.

The Lancers spotted league rival Torrey Pines the first two places in last week's Avocado final, and then pushed across three girls in a four-second span (third, fifth and sixth), and added an eighth-place finisher to just about seal the deal.

Carlsbad's win in the finals made them co-champions with Torrey Pines, after Torrey sailed through the dual season unbeaten.

Meanwhile, Fallbrook's boys team, despite off days by some key runners, took the boys final, and secured their second-straight Avo championship.

The individual titles went to Torrey's Julie Komosinski (no surprise), and to Fallbrook's Justin Mattos (a mild surprise).

Fallbrook's boys have dominated this league the last two years, but they wavered a bit in this race.

About halfway through the race, Mattos was running in the lead with teammates Efrain Casarez, the defending champ, and Jose Escobedo. It seemed to be a replay of last year's race. But Casarez and Escobedo both slowed dramatically going up the final hill, and that left Mattos battling with Torrey's Navid Hassanzadeh for the top spot.

Hassanzadeh actually had the lead at the top of the hill, but Mattos passed him on the downhill and went on to a 0:10 second win.

The boys race time was close to noon, and the weather was warm, and that may have affected some of the runners.

In the girls race, Komosinski was on cruise control, finishing 0:26 seconds ahead of teammate Krista Romley.

But Torrey's mid-pack has struggled over the last month.

Laura Alessio was sick, and dropped out of this race. Haley Moore was injured, and was the team's ninth finisher. That left a 0:50-second gap after Romley, and Carlsbad took advantage.

Carlsbad was led by Katie O'Connell (in third), who was closely followed by Sara Cates (fifth) and Kelly Platko (sixth). Deanna Lynn was eighth, 0:11 seconds ahead of Torrey's number three runner.

Torrey's third and fourth finishers were a pair of freshmen. Brenna Williams was 11th, and Rebecca McDonald was 13th.

At Kit Carson Park, on Saturday morning, November 13. Conditions: Reasonable for girls; warm for boys.

BOYS (3.1 miles):

Team Scores: Fallbrook 43, Carlsbad 63, Torrey Pines 81, La Costa Canyon 102, Oceanside 146. El Camino, no score. Fallbrook wins league championship.

Individuals (Top 35):

16:53 Justin Mattos, F1
17:03 Navid Hassanzadeh, TP1
17:10 Colin Cornforth, O1
17:12 Ben Miedema, C1
17:25 Alfredo Sosa, LCC1
17:28 Efrain Casarez, F2
17:29 Chris Burnham, C2
17:31 Luke Haywas, EC1
17:32 Jose Escobedo, F3
17:33 Jimmy Ungricht, F4
17:35 Trevor Mulvey, C3
17:39 Mike Billings, EC2
17:58 Davin Garlick, F5

18:00 Alex Casarez, F6
18:09 Aneirin Nunn, TP2
18:19 Clark Metler, F7
18:24 Mike Ambrose, TP3
18:29 Freddie Espino, F
18:31 Keith Lowell, F
18:32 Yuh-Kun Kawakami, TP4
18:40 Anthony Fogelstrom, C4
18:42 Rey Ramirez, C5
18:45 Geoff Berlin, LCC2
18:53 Chris Gausepohl, F
18:54 Brandon Cline, C6
19:00 Steve Christensen, LCC3
19:00 Morgan Marcos, LCC4
19:01 Ben Littman, LCC5
19:01 Joey Sheffer, C7
19:05 Ted Shroder, TP5
19:08 Kevin Nolan, TP6
19:09 Billy Burke, EC3
19:12 Steve Daniels, C
19:15 Mike Terreri, LCC6
19:16 Joe Harlin, F

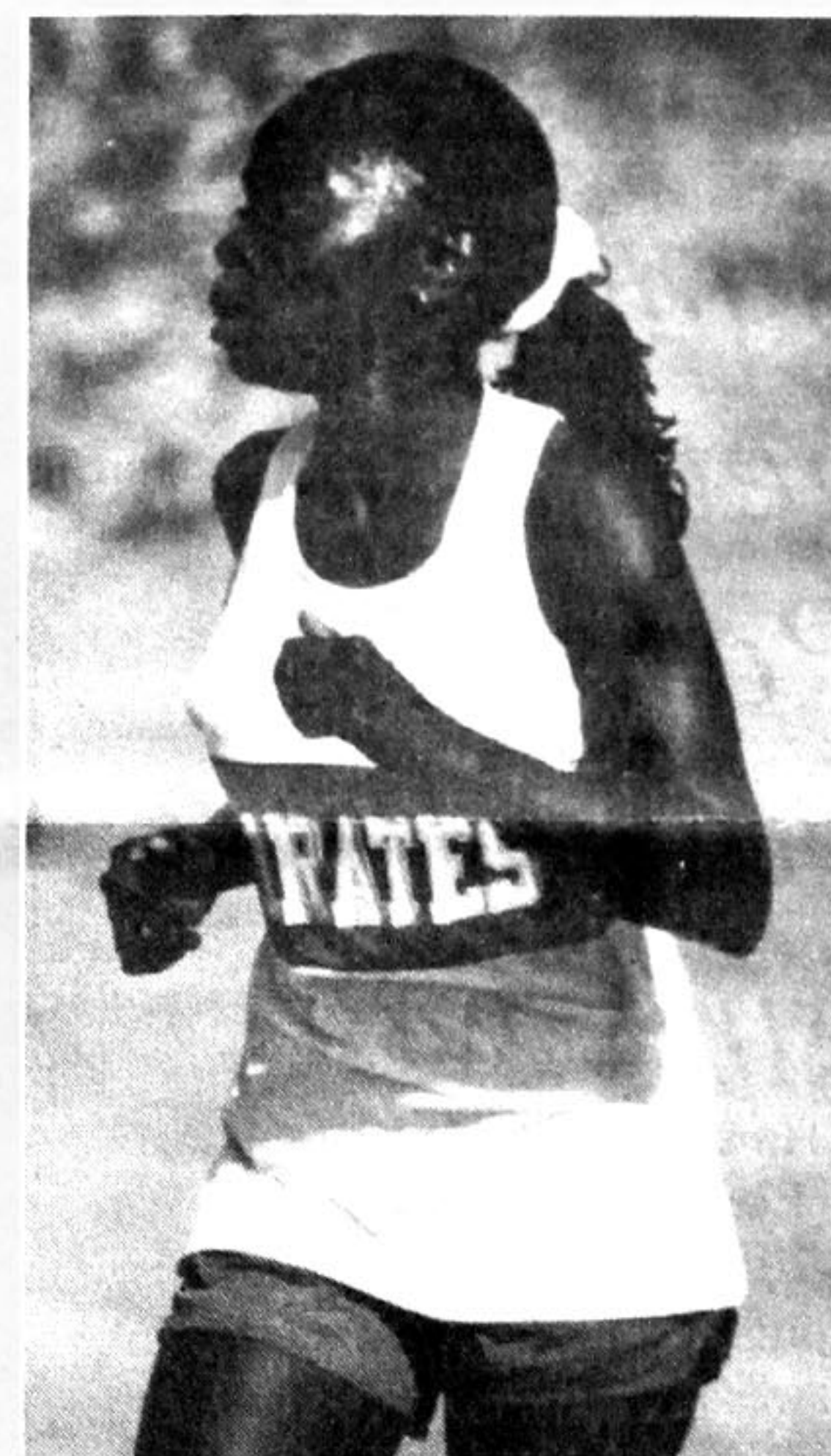
Finishers: 56.

GIRLS (2.6 miles):

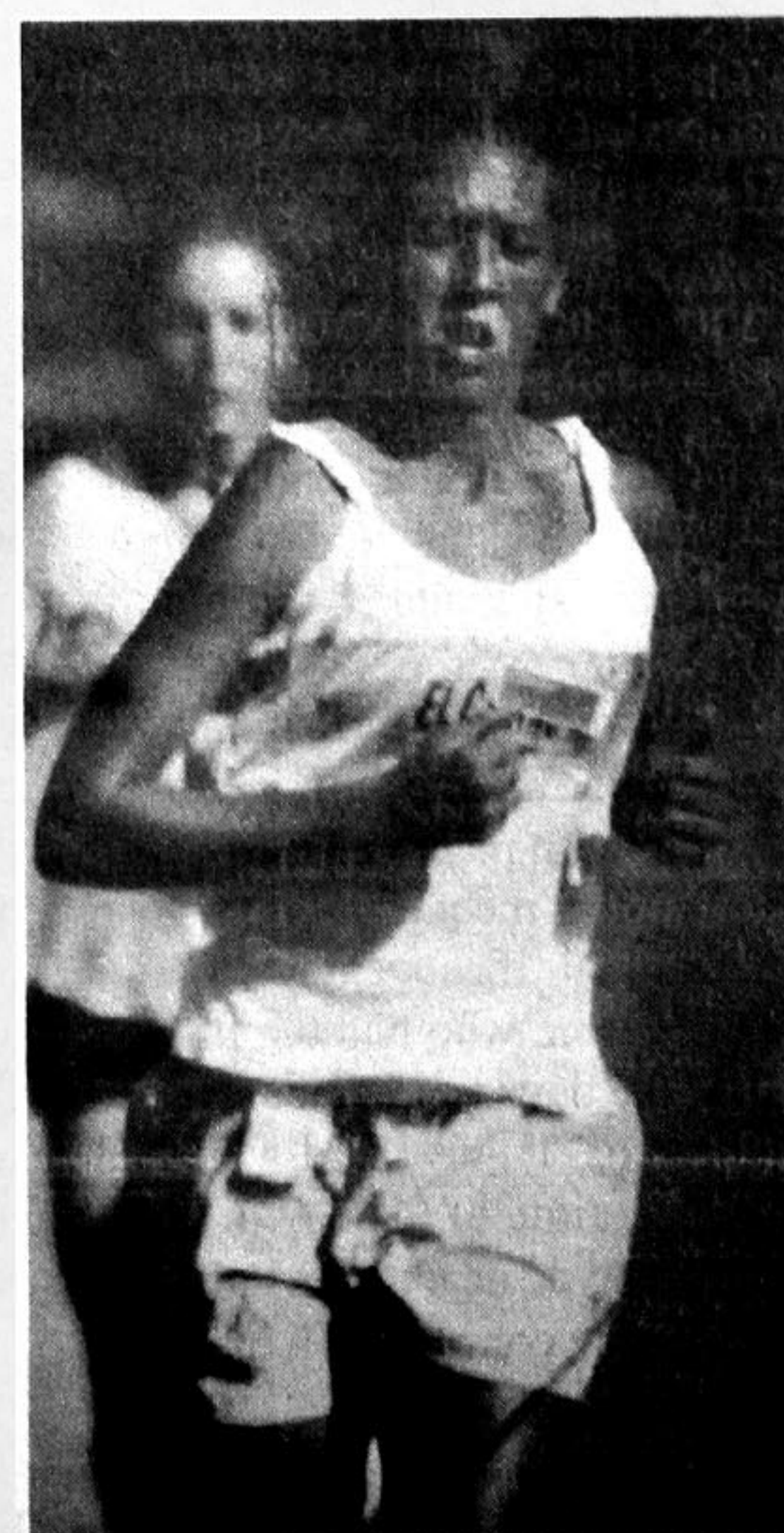
Team Scores: Carlsbad 37, Torrey Pines 41, Fallbrook 70, La Costa Canyon 89, El Camino 119, Oceanside 180. Carlsbad and Torrey Pines are co-champions.

Individuals (Top 35):

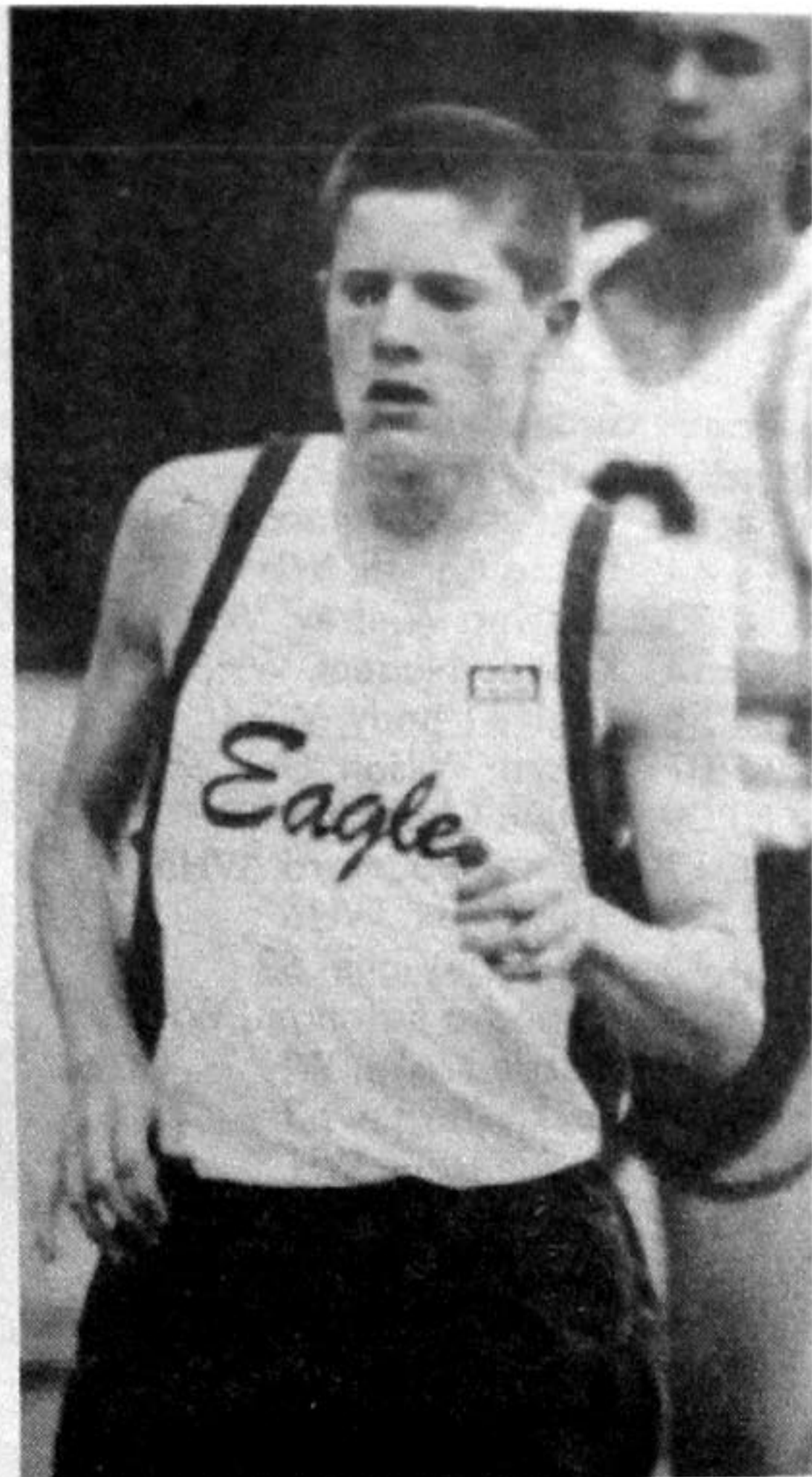
15:40 Julie Komosinski, TP1
16:06 Krista Romley, TP2
16:23 Katie O'Connell, C1
16:26 Kim Croswell, F1
16:26 Sara Cates, C2
16:27 Kelly Platko, C3
16:36 Jamie Carmichael, F2
16:45 Deanna Lynn, C4
16:45 Morgan Soule, LCC1
16:48 Erica Schim, LCC2
16:56 Brenna Williams, TP3
16:59 Maija Rohde, F3
17:08 Rebecca McDonald, TP4
17:16 Lauren Jeffers, TP5
17:23 Alyson Voltmer, C5
17:32 Slava Haywas, EC1
17:32 Sabrina St. Laurent, EC2
17:41 Julia Corman, LCC3
17:41 Tessa Connor, TP6
17:45 Mallane Dressel, C6
17:51 Sarah McMahon, C7
17:53 Kristin Woodward, C
17:56 Krystin Winters, F4
18:02 Ashley Orr, TP7
18:09 Elizabeth Tsu, LCC4
18:25 Katie Croswell, F5
18:25 Rachel Osborne, EC3
18:26 Christina Eades, F6
18:30 Deana Sobel, TP
18:30 Joanna Funke, LCC5
18:38 Naomi Mattos, F7
18:38 Haley Moore, TP
18:42 Shantae Jamison, O1
18:45 Dara Bier, TP
18:46 Kinsa Bernbeck, F
Finishers: 51.



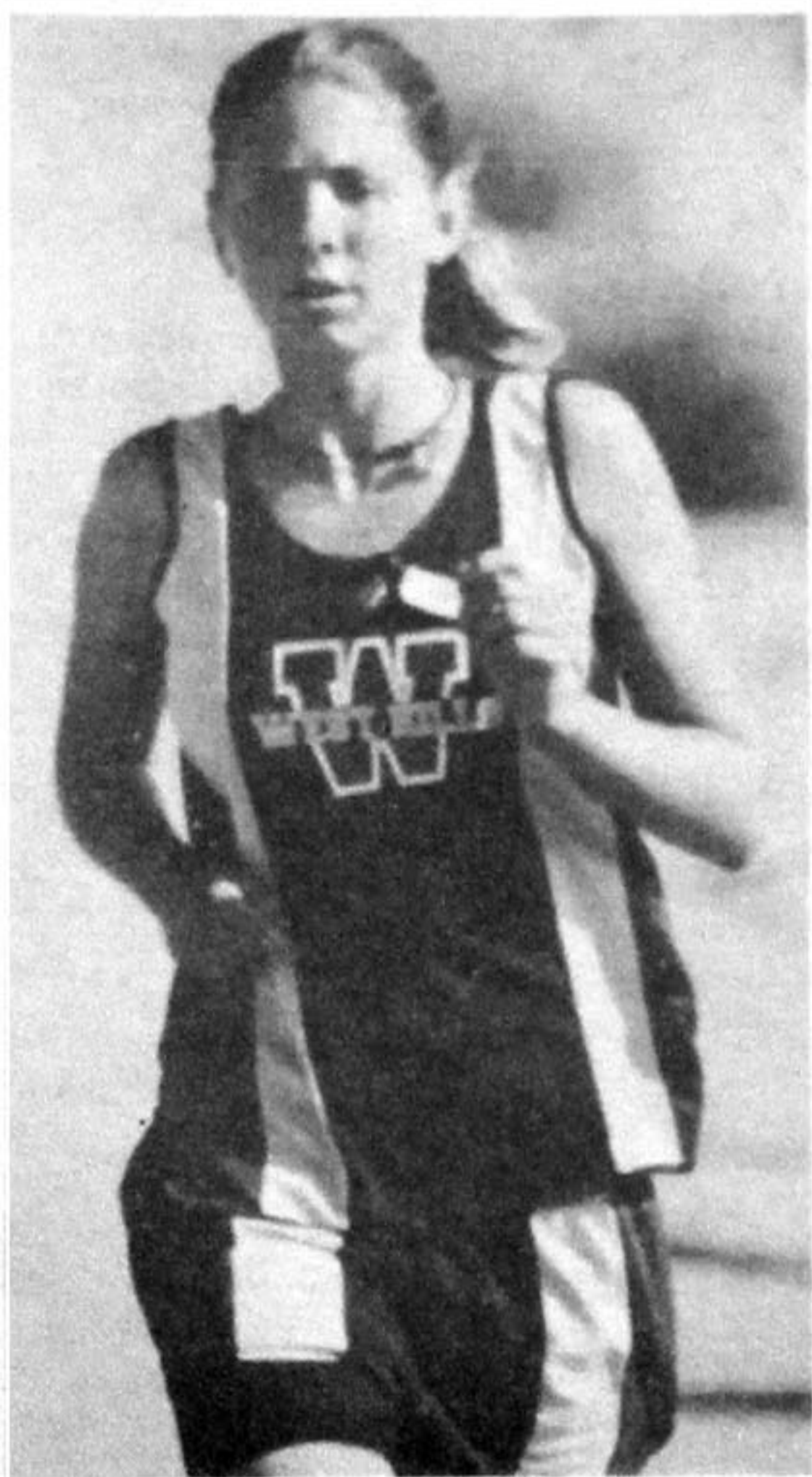
Shantae Jamison
Oceanside



Sabrina St. Laurent
El Camino



Josh Rivera
Granite Hills



Shawna Winfrey
West Hills



Musie Meche
Helix



Ashley Viens
Valhalla

Grossmont: *Rankin zips; Pack rips; Granite, Norse win*

Monte Vista's Jon Rankin provided one of the most pleasant surprises of the season when he absolutely ripped up the Harry Griffin Park course last week, on his way to a big win in the combined Grossmont meet.

Rankin ran 15:48 on the 3.1-mile course, becoming only the second athlete to break 16 minutes there. Granite Hills' Jason Finch has also ducked under 16:00 at Griffin.

Team races went to the West Hills boys and West Hills girls, both convincingly, in the Grossmont North; and to Granite Hills boys and to the Valhalla girls in the Grossmont South.

The Grossmont League runs the North and South in one race, and sorts out the results after the fact.

If the races had been scored as one meet, West Hills would own both the boys and girls team titles.

The Wolfpack boys dominated the North race, going 1-2-3-4, led by Evan Fox, who ran 16:04, his best time ever at Griffin.

He was followed to the finish by Ben Aragon, Dan Sutton-Kane and Kevin Schible.

It was Sutton-Kane's best race in weeks, and Schible also ran well. New addition Dustin Westergom had the flu and was back in the pack. Team coaches will keep him on the varsity for the CIF race, however. The Wolfpack will have to be at their sharpest to challenge that great field in that race.

Opinion was divided on their race effort. Some observers said they were keeping something in the tank for the CIF meet.

If Rankin was keeping something in the tank, then he is at a scary, new level.

"He looked very comfortable," Granite Hills coach Dave Yarbrough said.

"It's the first time he's been able to run strong through the end of the race," Monte Vista coach Bob Muszhek said. "He missed a lot of training time early in the season. I've been waiting for this all year. His talent is starting to surface."

Rankin's talent has never been in question. He has always ranked with the best of the already legendary boys Class of 2000, but

his progress lately seemed stalled, and he had not looked impressive in invitationals this fall.

"I would agree about that," Muszhek said. "But, he's pretty fresh right now." And he's running well. In fact, last year he started to come on strong at just this time of the season, and eventually finished sixth in the state meet, running 15:48.

Nobody thought that there would be fast times on the

overgrown Harry Griffin course. Race organizers usually are able to mow a path through the thick grass before the finals, but park officials kept the grass long this year.

"I told all the boys it was going to run slow," Muszhek said. "In fact, I told them I wasn't even going to take their mile times."

Best team race of the day was in the Grossmont South girls, where

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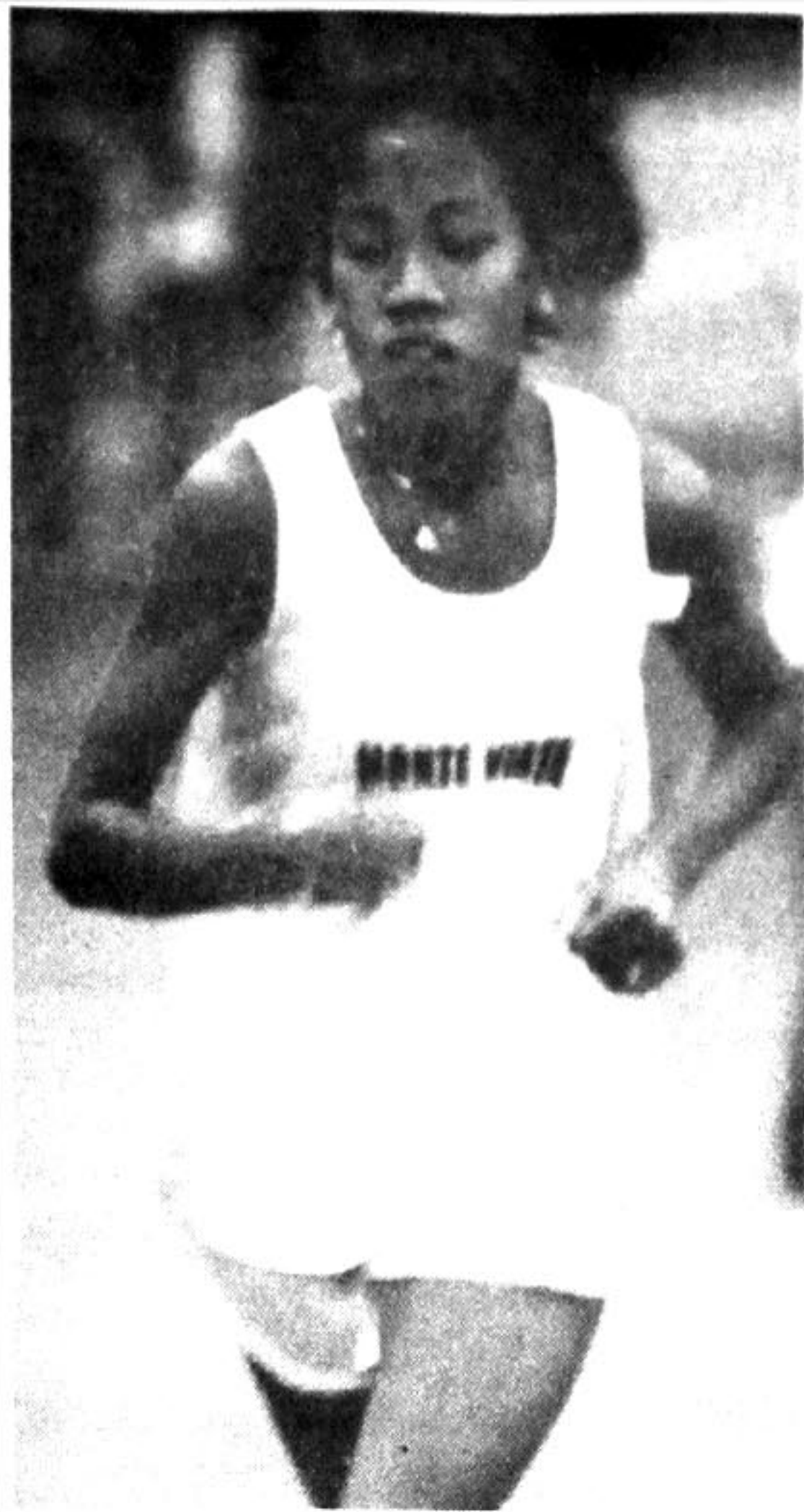
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TRACK MAGAZINE web site:
<http://www.crowncity.com/sdtrackmag>



Tracee Lorenzana
Monte Vista

Grossmont North, South

From page 14.

Valhalla and Helix hooked up in a virtual dual meet.

Helix's Stephanie Baird won the race, but Valhalla's Kristi Pinnell, Julia Kermott and Ashley Viens were 2-3-4 to counteract that. The two teams took every place in the race down to thirteenth, and Valhalla ended up with a 26-30 victory.

There was a touch of irony in Baird's victory. Her sister, Courtney Baird, was a big favorite last year, but came up sick on race day and didn't compete. She's now at UC Irvine, and running well.

Overall race winner was El Capitan's Jasmine Marquez, who finished 0:13 seconds ahead of Baird.

In the Grossmont North girls, West Hills' girls scored just 22 points, with an excellent 0:27-second pack.

Becca Bartell, Shawna Winfrey, Kristina Nugent and Ashley Handy were 2-3-4-5 for the Wolfpack.

Granite Hills' boys took a solid win in the Grossmont South race. Ryan Maynard, who peaks with the best of them, ran 16:14 to trail



Keira DeVigne
Santana

only Fox (from the North) and Rankin.

There was some illness among the Granite ranks, including Efrain Carrillo, and they won the race comfortably, so it's hard to tell exactly what their effort portends, if anything, for the CIF race.

Although the Palomar teams and West Hills have gotten all of the attention, knowledgeable observers are not yet counting Granite Hills out.

One coach said, "Nobody knows how good they are." Their last invitational appearance was at South Bay, in September, where they split their team, running many of their young guns in the frosh/soph race.

"I don't even know if they've raced enough," Yarbrough said.

At Harry Griffin Park on Saturday morning, November 13. North and

South Leagues ran in combined races. Conditions: Grass was overgrown, and course was slow.

BOYS (3.1 miles):

NORTH

Team: West Hills 18, El Capitan 69, Grossmont 75, Santana 80, El Cajon Valley 141. West Hills wins league championship.

Individuals (Top 25):

- 16:04 Evan Fox, WH1
- 16:28 Ben Aragon, WH2
- 16:34 Dan Sutton-Kane, WH3
- 16:51 Kevin Schible, WH4
- 17:06 Manuel Ainza, Gr1
- 17:23 Lyle Driscoll, ECp1
- 17:23 Benny Gandolfo, ECp2
- 17:23 Jon Aguilar, WH5
- 17:26 Matt Heibel, Gr2
- 17:30 Bryan Bauerle, WH6
- 17:40 Patrick Gomes, S1
- 17:41 Tim McKeon, WH7
- 17:46 Dustin Westergom, WH
- 17:48 Jonathan Griffith, S2
- 18:01 Victor Almonza, S3
- 18:02 Filiberto Martinez, ECV1
- 18:97 Mike Thayer, Gr3
- 18:24 Anthony Garcia, Gr4
- 18:29 Corey Driscoll, ECp3
- 18:36 Josh Laubacher, S4
- 18:36 Anthony Stevenson, Gr5
- 18:30 Sean Tolley, ECp4
- 18:43 Matt Burks, ECp5
- 18:44 Billy Quinn, S5
- 18:46 David Lynn, ECp6

Finishers: 39.

SOUTH:

Team: Granite Hills 42, Valhalla 57, Helix 57 (Valhalla is second; faster sixth runner), Monte Vista 72, Mount Miguel no score. Granite Hills wins league title.

Individuals (Top 25):

- 15:48 Jon Rankin, MV1
- 16:14 Ryan Maynard, GH1
- 16:41 Musie Meche, Hx1
- 16:44 David Santos, V1
- 16:59 Taylor Williams, Hx2
- 17:09 Jonathan Buckley, MV2
- 17:15 Kip Madden, V2
- 17:22 Alex Serrano, GH2
- 17:36 Eladio Carillo, GH3
- 17:48 Josh Rivera, GH4
- 17:56 Justin Amador, Hx3
- 18:01 Craig Nowakowski, V3
- 18:03 Brandon Vielguth, GH5
- 18:14 Efrain Carillo, GH6
- 18:18 Jason Brown, V4
- 18:22 Danny Deford, V5
- 18:23 Josh Edgington, GH7
- 18:26 Wes Rankin, MV3
- 18:31 Brian Voyles, V6
- 19:34 Ryan Dykman, V7
- 18:52 Nick Sanetra, V
- 18:55 Ryan Castanos, Hx4
- 18:55 Brett Timmins, MV4
- 19:01 Dan Drisxxxll, MV5

19:10 Ricky Robles, Hx5

Finishers: 36.

GIRLS (2.4 miles):

NORTH:

Team: West Hills 22, El Capitan 62, Santana 72, Grossmont 82, El Cajon Valley no score. West Hills wins league championship.

Individuals (Top 25):

- 14:14 Jasmine Marquez, ECp1
- 14:44 Becca Bartell, WH1
- 14:53 Shawna Winfrey, WH2
- 14:54 Kristina Nugent, WH3
- 14:56 Ashley Handy, WH4
- 15:07 Kristen Wilson, Gr1
- 15:09 Tanya Chapman, S1
- 15:11 Joanne Southard, WH5
- 15:20 Darcy Fox, WH6
- 15:23 Keira DeVigne, S2
- 15:25 Chandra Farnham, WH7
- 15:29 Cassie Kuske, WH
- 15:30 Jackie Turpin, S3
- 15:31 Jackie Dale, WH
- 15:32 Monica Hubbard, ECp2
- 16:03 Colleen Kelsey, ECp3
- 16:08 Brenda Hernandez, Gr2
- 16:09 Sonia McKeon, ECp4
- 16:11 Casey Root, Gr3
- 16:14 Samantha Thomas, ECp5
- 16:25 Cheryl Madsen, WH
- 16:33 Jamie Ransom, S4
- 16:37 Roxanne Mather, ECp6
- 16:53 Corinne Lee, Gr4
- 16:55 Carol Boland, ECp7

Finishers: 33.

SOUTH:

Team: Valhalla 26, Helix 30, Monte Vista 88, Granite Hills 93, Mount Miguel 151. Valhalla wins league championship.

Individuals (Top 25):

- 14:27 Stephanie Baird, Hx1
- 14:50 Kristi Pinnell, V1
- 14:52 Julie Kermott, V2
- 14:56 Ashley Viens, V3
- 15:02 Meredith Harns, Hx2
- 15:05 Elizabeth Harns, Hx3
- 15:18 Amy Johnson, Hx4
- 15:28 Lesley Bravin, V4
- 15:29 Laurel Hanscom, V5
- 15:31 Stephanie Casler, V6
- 15:38 Rachel Farrior, Hx5
- 15:56 Carrie Pinnell, V7
- 16:00 Melinda Hammack, V
- 16:07 Tracee Lorenzana, MV1
- 16:08 Carmen Del Valle, GH1
- 16:09 Kelly Perry, V
- 16:10 Laura Sanders, V
- 16:15 Mary Williams, GH2
- 16:29 Sheldon Parker, GH3
- 16:30 Candice Brown, MV2
- 16:33 Crystal Lewis, MV3
- 16:54 Briana Wallace, MV4
- 16:57 Cathy Danh, Hx6
- 16:58 Ashley Booth, MV5
- 17:11 Katelyn Martin, Hx7

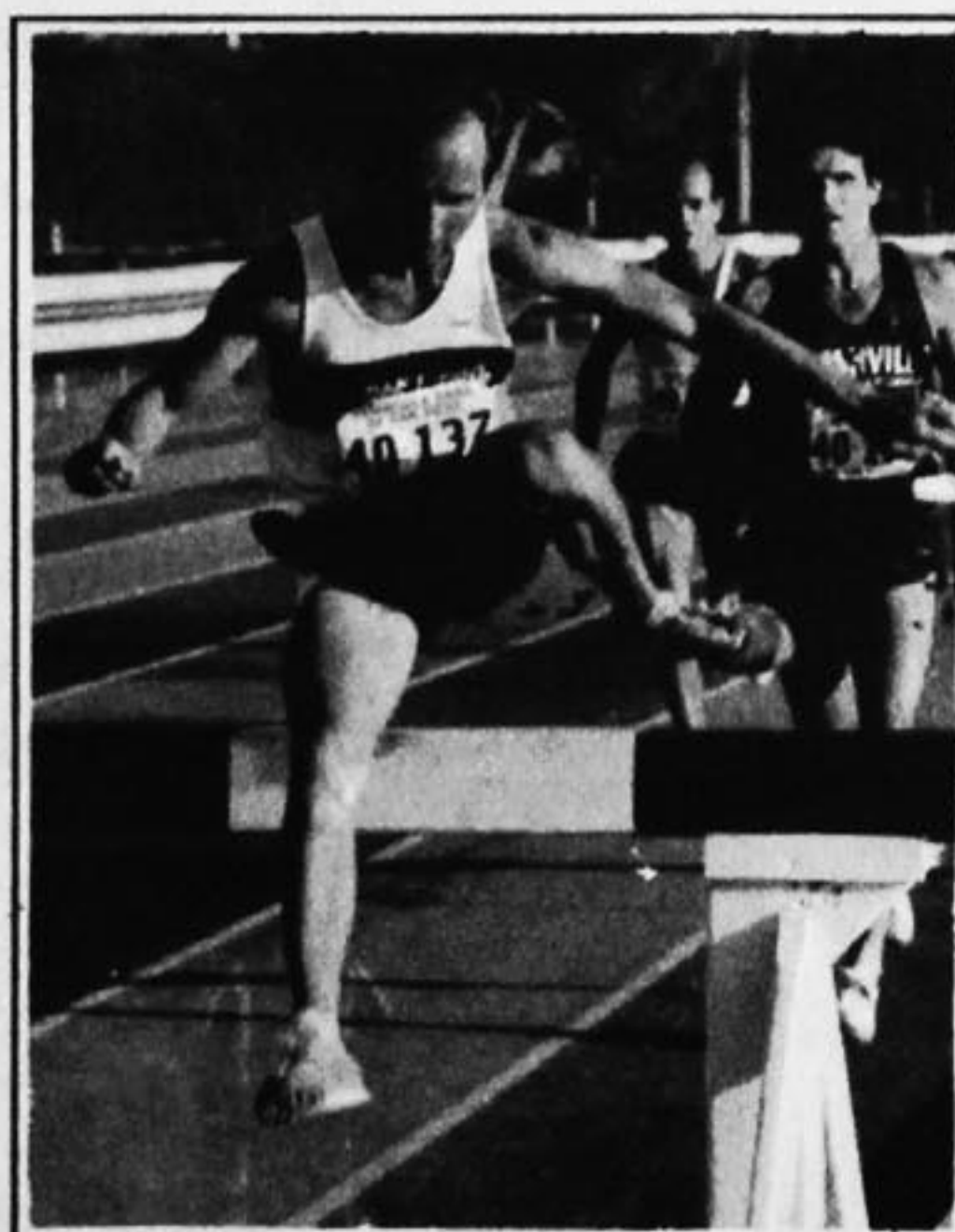
Finishers: 37.

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- Neck & back Pain
- Sports Massage
- Injury Consultation
- Knee & Shin Pain
- Superfeet® Orthotics



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— **Steve Scott**, American Mile Record 3:47:69

"I have relied on and trusted Dr. Keith Jeffers for my sports injuries."

— **Ron Tabb**, 2:09:31 '83 Boston Marathon

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2:38 Boston Marathon
National J.C. 10K Record
1989 World Masters Gold Medal

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Local Rankings

Rankings of November 16.

BOYS:

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

Also:

- Granite Hills
San Diego
San Marcos
Valley Center (IV)
Rancho Bernardo
Best of Division III:

- Mar Vista
University of San Diego
Crawford

Best of Division V:

- Calvin Christian
(All teams Division I unless
otherwise indicated.)

GIRLS:

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

Also:

- Fallbrook
Valhalla
Helix
Vista
Valley Center (IV)
Best of Division III:

Our Lady of Peace

Best of Division V:

- Bishop's
Calvin Christian
La Jolla Country Day
(All teams Division I unless
otherwise indicated.)

State Rankings:

Rankings of November 10.

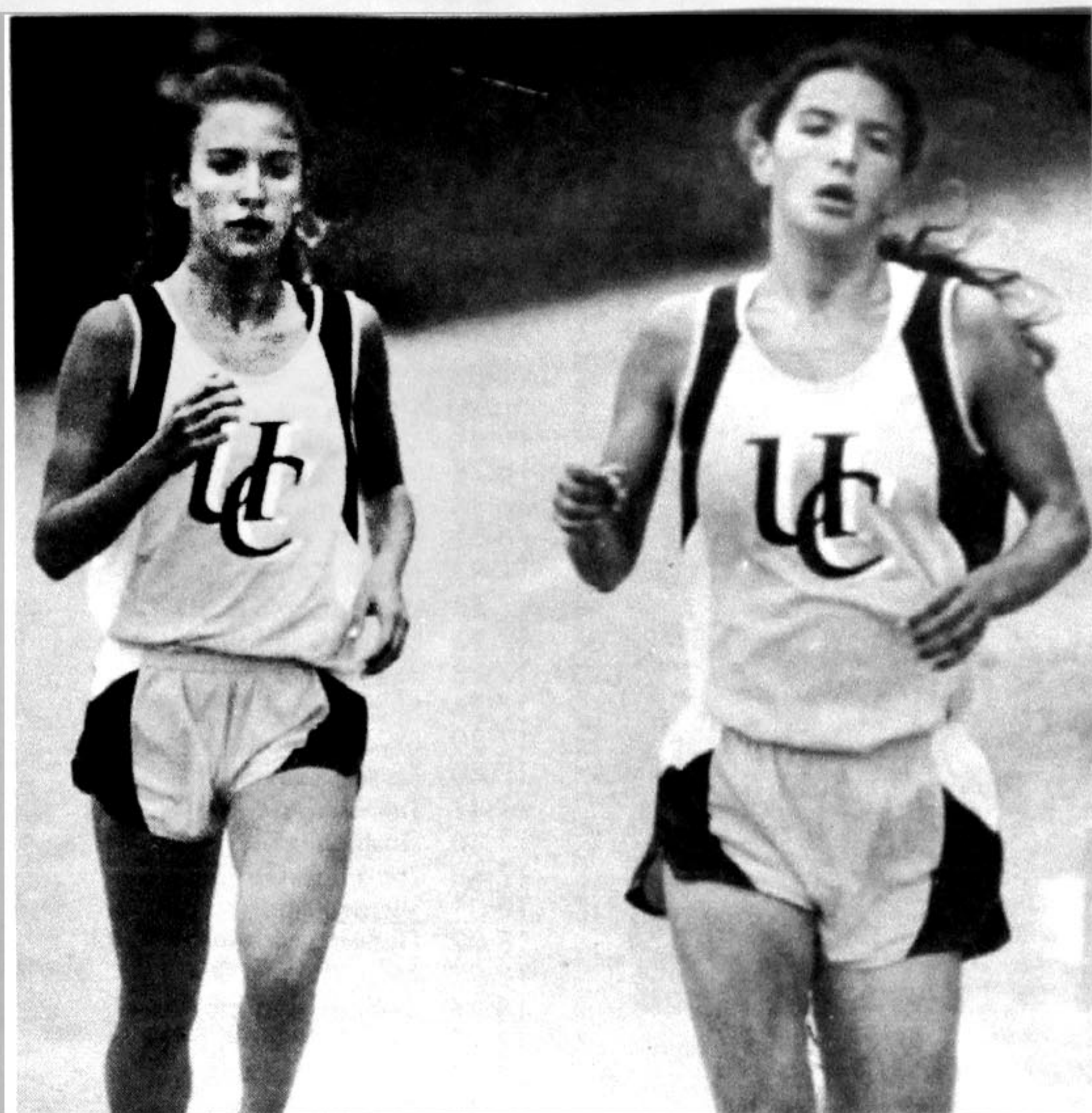
BOYS:

Division I

1. Don Lugo, Chino
2. Clovis
3. Poway
4. Vista
5. Belmont, Los Angeles
6. Katella, Anaheim
7. Mt. Carmel
8. Long Beach Poly
9. Buchanan, Clovis
10. Jesuit, Carmichael

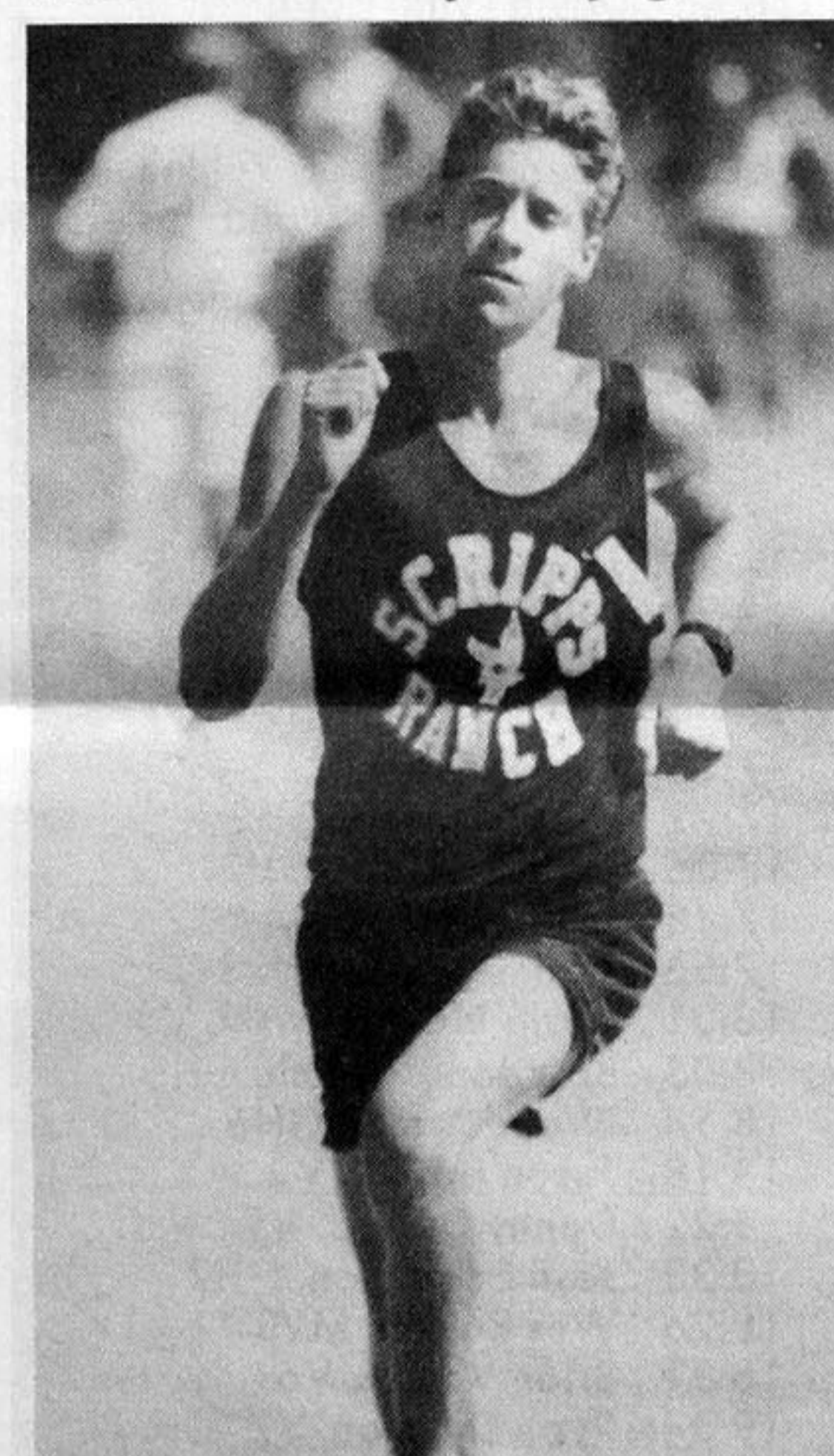
Division II

1. Eureka
2. De la Salle, Concord
3. Scripps Ranch
4. Santiago, Garden Grove
5. La Jolla
6. Ramona
7. Newport Harbor, Newport Bch

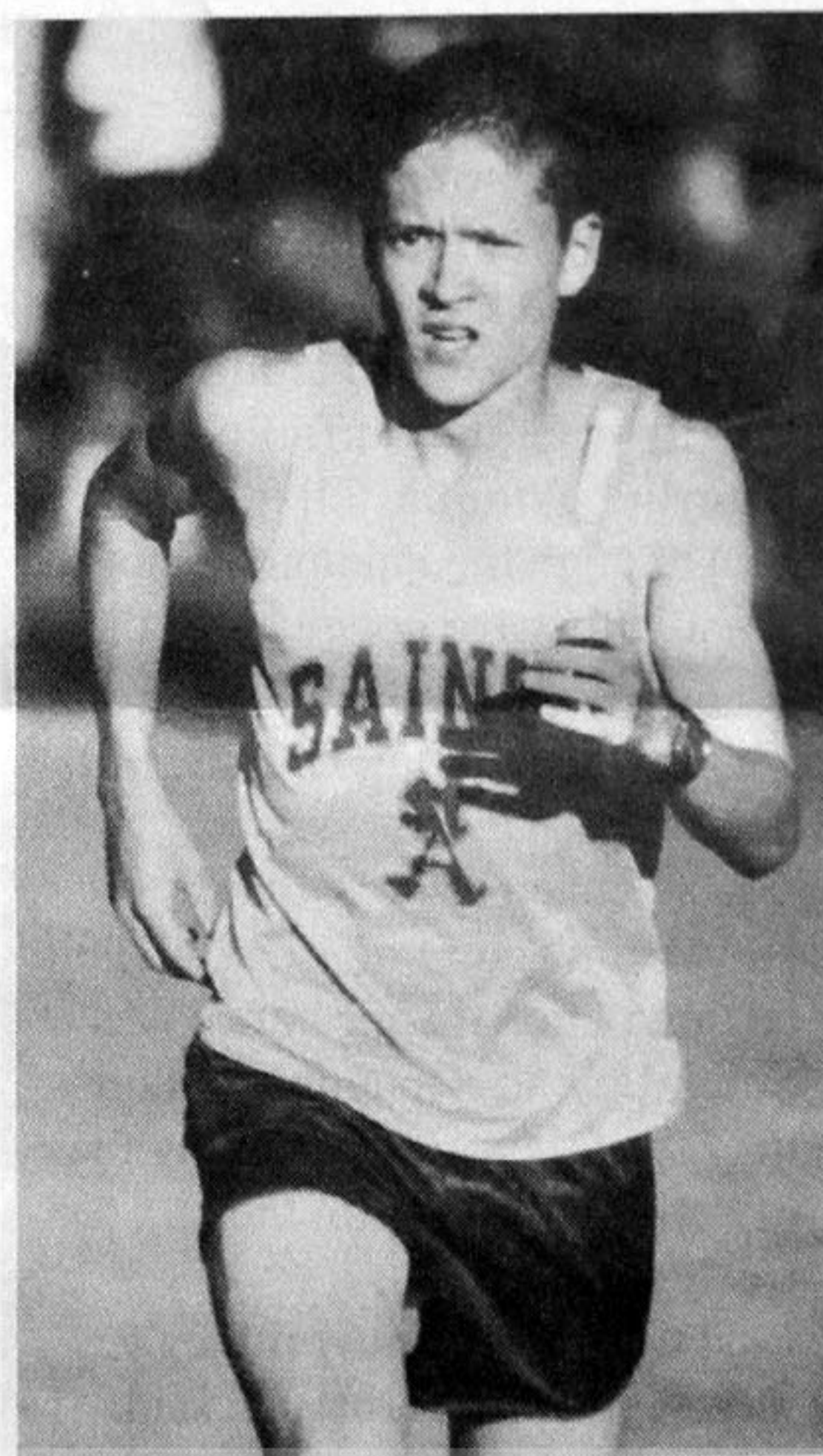


Laura Cohen, Rebecca McKeown

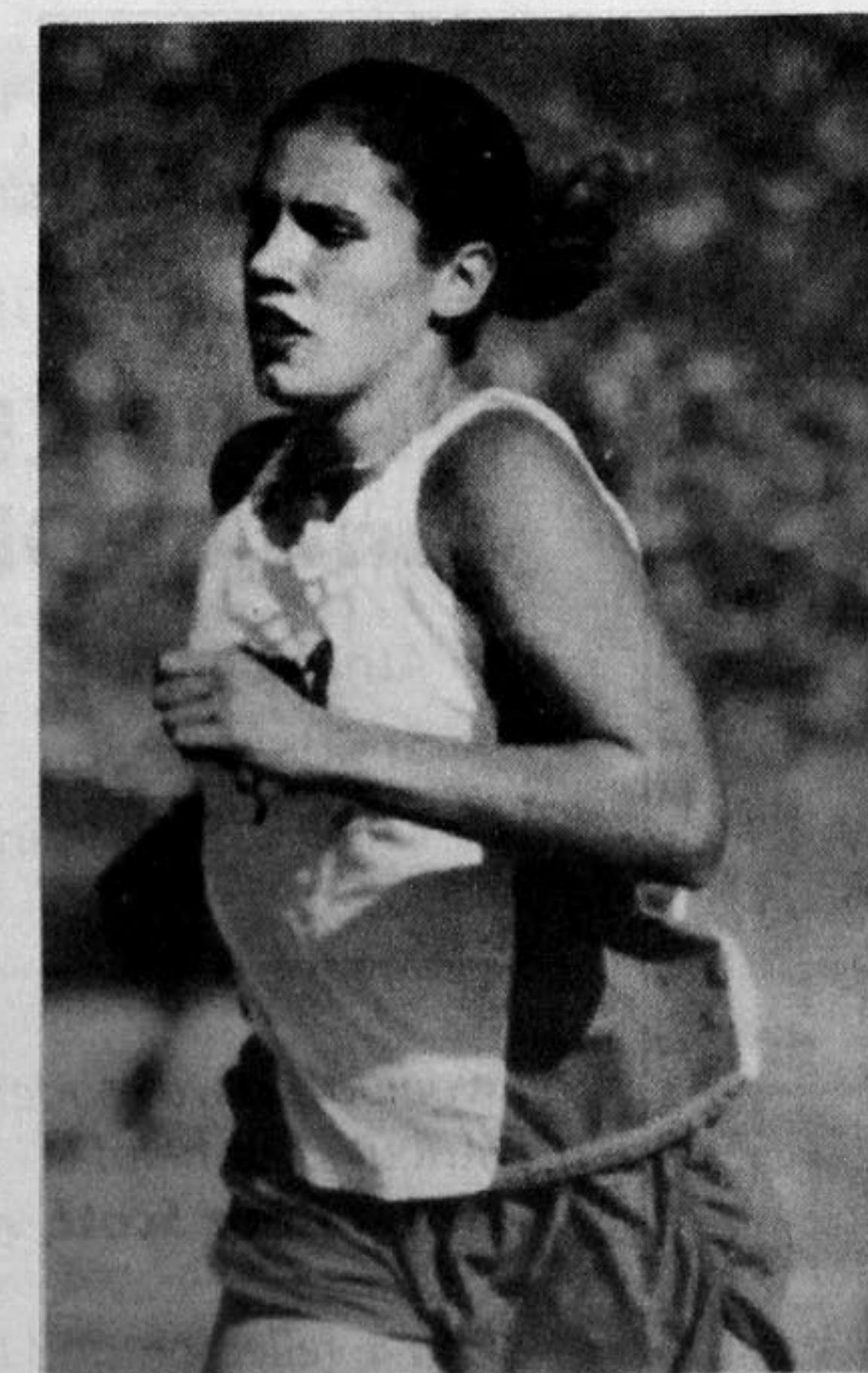
The University City girls are ranked fifth, locally.



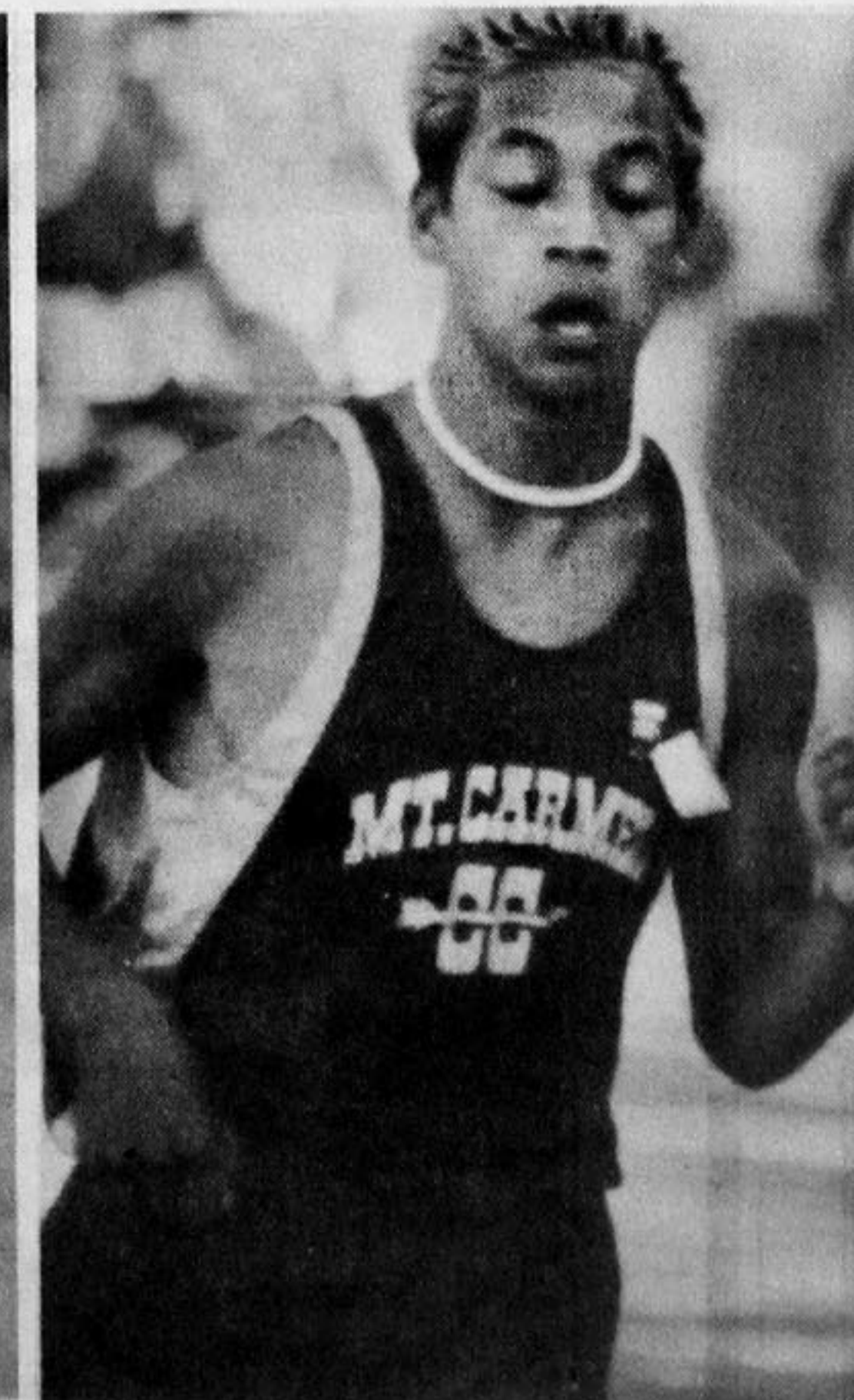
Matt Wexler
Scripps Ranch



Sean Barrett
St. Augustine



Mikaelyn Austin
Rancho Bernardo is
number one in the state.



Alan Aradanas
Mt. Carmel

8. Agoura
9. Santa Margarita, Rancho SM
10. Villa Park

Division III

1. South Hills, West Covina
2. Los Gatos
3. Don Bosco Tech, Rosemead
4. Redwood, Larkspur
5. Granada, Livermore
6. St. Francis, Mountain View
7. Burroughs, Ridgecrest
8. La Canada
9. Sonora
10. San Luis Obispo

Division IV

1. McFarland
2. Oak Park
3. Central Valley, Shasta Lake
4. Nordhoff, Ojai
5. St. Augustine
6. Valley Center

7. Corcoran

8. Dublin

9. Piedmont

10. St. Mary's, Berkeley

Division V

1. Flintridge Prep, La Canada
2. Desert Christian, Lancaster
3. Calvin Christian
4. Calvary Chapel, Downey
5. Woodcrest Christian, Riverside
6. University, San Francisco
7. Branson, Ross
8. St. Joseph/Notre Dame, Almda
9. L. A. Baptist
10. Maranatha, Sierra Madre

GIRLS:

Division I

1. Rancho Bernardo
2. Peninsula, Rolling Hills Estates
3. Mt. Carmel
4. Woodbridge, Irvine
5. Sultana, Hesperia
6. Clovis
7. Torrey Pines
8. San Pedro
9. Rialto
10. Madera

Division II

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

Division III

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

Division IV

1. Corona del Mar, Newport Beach
2. Nordhoff, Ojai
3. Campolindo, Moraga
4. Louisville, Woodland Hills
5. Sacred Heart Cathedral Prep, SF
6. McFarland
7. Miramonte, Orinda
8. Bishop O'Dowd, Oakland
9. Morro Bay
10. Valley Center

Division V

1. Chadwick, Palos Verdes
2. University, San Francisco
3. Desert Christian, Lancaster
4. Northwood, Irvine
5. Desert Christian, Bermuda Dunes
6. Maranatha, Sierra Madre
7. Flintridge Prep, La Canada
8. Lick-Wilmerding
9. Head Royce, Oakland
10. Convent of Sacred Heart, SF