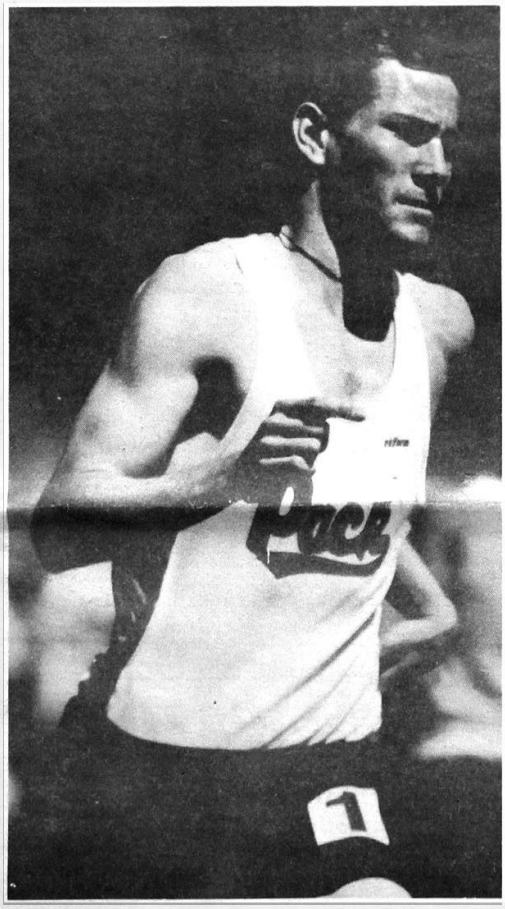
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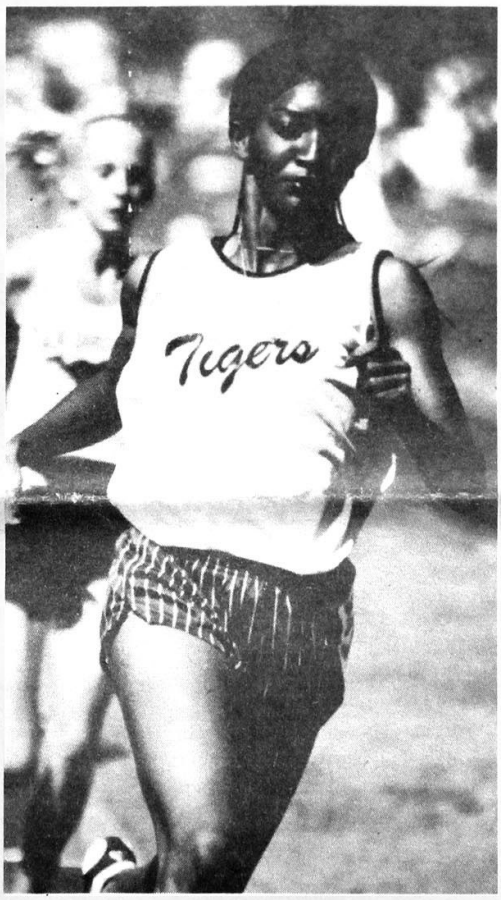
TRACK MAGAZINE

Volume V, Number 6 -- March 31, 2000

The best in local prep track & field coverage



Evan Fox
West Hills



Monique Henderson
Morse

Foxy, Lady, lead the way

Stupid headline, right?

So, sue us.

Foxy is what West Hills coaches call Evan Fox, who is one of the best ever distance runners to come out of the San Diego area.

The Lady, and she definitely is that, is Morse's Monique Henderson, who might eventually become known as the best ever track athlete, boy or girl, to come from San Diego.

Someday, you might be telling your grandchildren about these people. And, about some other people.

What he have here is a great crop of young track stars. This is one of the vintage years that people will talk about. Like 1966, for instance.

That was a year. Three state champions, three national leaders (and that was when only boys were running, and when there were only fourteen events regularly contested in California).

(NOTE: for more on one of those state champ/national leaders, see page three.)

But more on that some other time. What's key is what's here and now.

People, and lots of them, should be paying admission to see these athletes. The local press should be paying more attention, but then again, hey!, it's time for a relay race between cheerleaders from small-time local pro hockey and basketball teams (that's an inside joke for those unlucky enough to have attended the last, and I hope it is THE last, San Diego Indoor Games).

Please turn to page 2.

What's in it, for you...

Question: if you remember the 1960s, does that mean that you weren't really there? Maybe, but check page 3 to be sure.

Our SEASON PREVIEW explores six events in depth:

Monique and her pals may wreak havoc in the 400 meters. See page 4.

Fox and a cast of thousands are out to rule the world in the 1600. See page 5.

Golston, Salimi, Hunter and some hot girls star in the hurdles. See page 6.

The vaulters are flying! See page 7.

Will the triplers get out to 50 feet this year? See page 8.

Will this be the greatest year ever in the girls shot? Can the boys find another 60-footer or two? See page 9.

Our meet coverage includes the amazing Bronco Invite, and the other hot local and out-of-town action. It begins on page 10.

You've just vaulted 13-9! Great, but where does that put you in the county? Quick, turn to pages 14 through 16.

Just call it the year of the...

From page one.

You hear lots of moaning and groaning (mostly from certain millionaire owners) about Qualcomm Stadium not being state of the art, and not being quite good enough for the beloved Lightning Dolts.

You don't hear anything about Balboa Stadium, a San Diego landmark for most of the last century, and how it is being allowed to deteriorate, to the point where the local track coaches don't even want to have big meets there anymore.

Monique Henderson runs at the Indoor Games, and she is not even introduced to the fans, most of whom don't know that they are seeing greatness. How sad is that?

Locally, some of the best athletes most people have never heard of are working their butts off, and doing amazing, wonderful, exciting things.

But, you know, it's Final Four weekend, and the baseball season is opening in Japan, and Ryan Leaf is having some problems finding the Chargers' practice facility.

This is shaping up to be a historic year. We have a girl runner that is already close to being good enough to try out for an Olympic team berth.

We have several other athletes that are potential state champions, and California is the *best* state there is of which to be the champion.

The UT's track preview called this the Year of the Milers. That's fine, but it's also the year of the 800 meter runners. Not to mention the year of the 400 meter runners, on the girls side. Henderson alone makes it that.

Or it could be the year of the vaulters, as several athletes could threaten 16 feet. Or maybe the year of the shot putters, on the female side, what with Candace Hill and a Sweetwater freshman that could be the new Candace Hill.

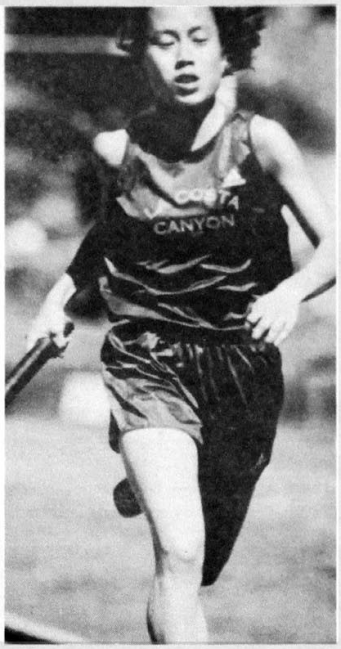
Or it could be the year of the hurdlers, but that's only if you like really, really fast times.

Or it might be the year of the triple jumpers, if you think covering 50 feet in three steps is cool.

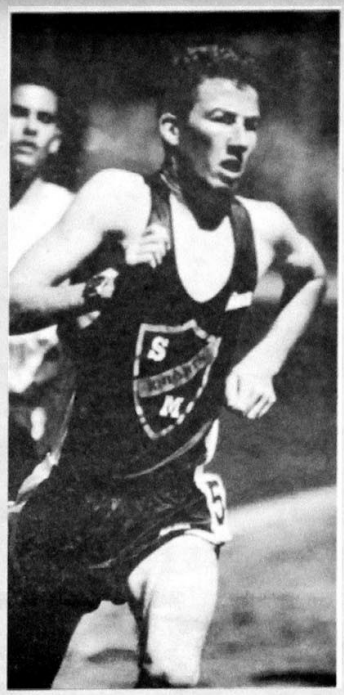
Of you might think about calling it the year of speed, what with all the talent in the boys 100, the boys 200, Henderson in the girls 100 and 200, and some great short relay teams.

Or, the year of the two-milers (okay, 3200 meters for you Euro types).

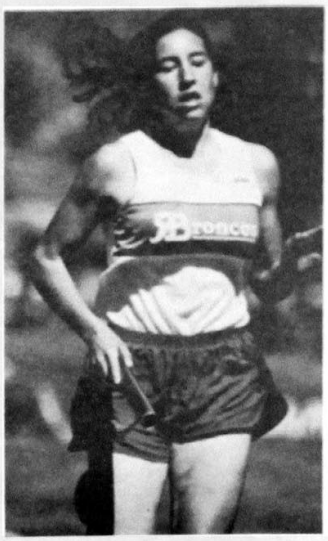
Just don't call it dull.



Elizabeth Tsu
La Costa Canyon



Travis Laird
San Marcos



Laura Landry
Rancho Bernardo

Getting back to my roots...

Memory is a funny thing. When I was doing research for my story on Terry Rogers (see page three), I entertained a lot of very old memories.

My first real journalism job was as a sports photographer for the Chula Vista Star-News, back in 1964.

I was attending Southwestern College in those days, and this was while the present campus was still under construction.

Classes were held, beginning at about 3 p.m., at Chula Vista High School. We would arrive about the time that the Chula Vista High track team began daily workouts or meets.

When a Chula Vista home track meet came along, I ditched my 3 o'clock. If it was a good meet, I ditched my 4 o'clock. Sometimes, I didn't go to class at all. My grade point average was roughly the same as Bluto Blutarski's.

Hey, the Spartans were fun to watch. They had these great sprinters, and there was this kid in the half mile that everybody said was going to be good. Tim Danielson. His older brother, Mike Danielson, was a Chula baseball player. He had a disagreement with the coach or something, and he said, to heck with all that, I think I'll run track my senior year. And younger brother Tim joined him on the team.

The next year, I was the sports editor of the Star-News, and I was (in theory) getting *paid* to see some great track.

Tim Danielson, now a junior, was improving his PR in the mile almost every week. It would get down to 4:08 by the end of the season.

Across town (that is, up the hill from Chula Vista), there was that distance-running group at Hilltop High. They had a junior runner that they thought was good, named Terry Rogers. For more on him, see the next page.

Anyway, I decided to do a column about their training. I phoned each coach and got some of their workouts, which I published.

Later, the Hilltop guys came up to me and scoffed that Danielson couldn't be doing those kinds of intervals. What, was he a four-minute miler or something?

The Chula guys thought that the Hilltop coach was exaggerating Rogers' workouts. Who does he think *he* is? Some kind of great runner?

The truth finally came out. It was a special time.

TRACK MAGAZINE

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All-time Track:

Hilltop's Rogers is the 'forgotten' half-miler

Terry Rogers has *never* gotten the respect that he deserves.

He's one of the greatest prep distance runners to ever come out of the San Diego Section, but few have heard of him, and fewer can remember him.

Even the *San Diego Union-Tribune Track & Field Guide* lists the former Hilltop great as "Terry Rodgers," possibly confusing him with the former great Sweetwater High running back.

That's really nothing new for Rogers (no "d"), who actually didn't get the recognition he really deserved even while he was an active athlete.

So, who is he, and why should we care now?

He was very nearly the best prep distance runner ever to come out of San Diego. Only he was overshadowed, even during his own career, by the greatest high school half-miler and the greatest high school miler that this area has ever produced.

San Diego has a rich, storied track & field history, with state champions, national record holders, future Olympic gold medalists, future world record holders and some bonafide legends.

One you might have heard of is Bob Hose, of Madison High School, class of 1964.

Hose is still the fastest ever two-lap runner from this area, 36 years later.

He ran 880 yards in 1:49.2, the equivalent of a hand time of 1:48.6 for 800 meters. At the time he achieved that mark, it was equal to the fastest high school time run, ever, in the nation.

Another local legend you may have heard of is Tim Danielson, a 1966 graduate of Chula Vista High.

He ran the mile in 3:59.4, and he was the second high school runner to break four minutes, after Jim Ryun. Danielson is still the number two all-time miler in national high school history.

In both cases, Rogers was just behind them.

First, Hose. Two years after Hose established his record, Rogers peaked, running a 1:50.4 for 880 yards (equal to 1:49.8 for 800 meters). He was a state champion, and the national leader that year, but still just a shade behind Hose, who had just preceded him.

Then, Danielson. Rogers and Danielson were running at the exact same time, just a few blocks from each other, in Chula Vista.

No matter what Rogers ever did, Danielson always got the major share of publicity, even at the Chula Vista level.

And Terry wasn't bad. As documented elsewhere on this page, he and Danielson both posted 1:53.2 dual meet 880s in 1966, still the fastest run around here in a dual meet (and both on dirt).

The two rarely raced. Rogers was more of an 880 runner, while Danielson's best event was the mile. Rules of the day prohibited doubling in distances longer than 440 yards, so the two usually ran different events.

They did hook up once, and it was memorable. It was in 1966, their senior years, and they raced at Sweetwater High in what used to be known as the JayCee Relays.

What observers most remembered about that race is that they all thought that Rogers was going to win their historic duel.

Danielson had run 4:08 and won the state championship the year before, and most assumed he would beat half-miler Rogers at Tim's best distance.

Rogers almost won. One fan later said, "At the end of the race, everybody was going, 'My God, Rogers is going to win, Rogers is going to win.' "

Danielson pulled it out, 4:11.2 to 4:12.2, although it turned out later that the track was short.

The time was not important, anyway. What was significant was that Rogers could run within a step or two of the greatest all-time local distance runner.

He ran plenty of quality times on tracks that were known to be accurate.

For instance, there was this progression for his 880 yard times in his senior year (1966):

April 29, dual meet vs. Castle Park. Rogers ran 1:53.2.

May 13, Metro League finals, at Mar Vista. Rogers ran 1:51.8.

May 21, CIF prelims, at Balboa Stadium. Rogers cruised 1:52.3.

May 27, CIF Finals, at Balboa Stadium. Rogers won in 1:51.6, after a 54-second first lap. San Diego High's Doyle Steele broke the national high school record in the long jump that night, flying 25-5.25, and he got the headlines.

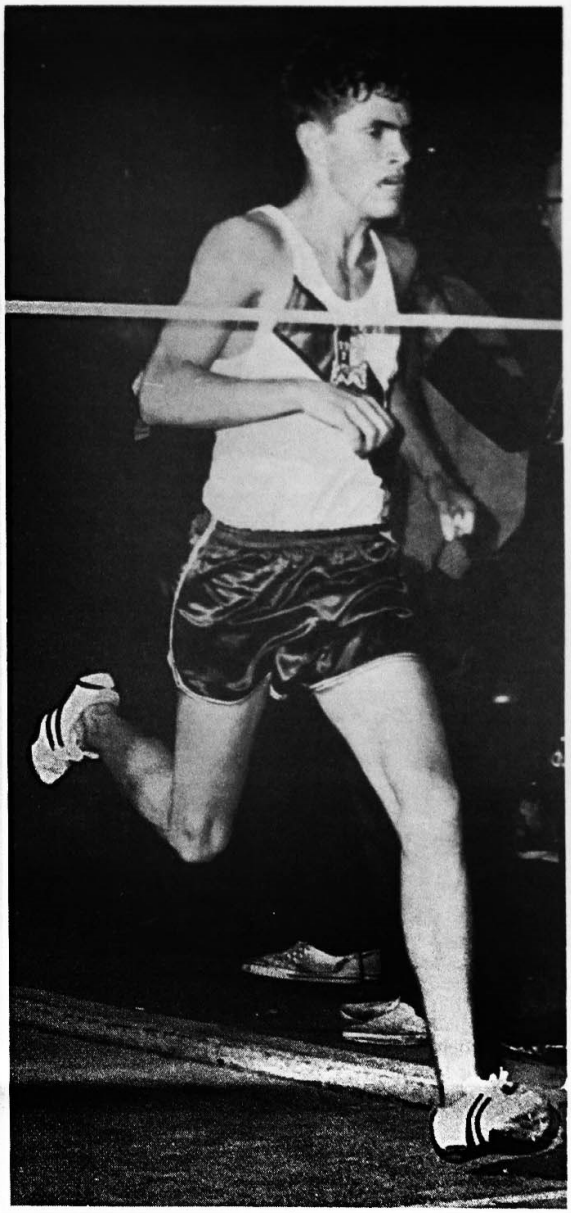
June 3, State meet heats, at Edwards Stadium, in Berkeley. Rogers ran 1:52.7.

June 4, State meet final, at Edwards Stadium. Rogers won in 1:51.5. At the same meet, Danielson won his second state title in the mile, and Steele went past 25 feet to win the long jump. Danielson and Steele got most of the ink.

June 11, San Diego Relays (an open meet), at Balboa Stadium. Rogers held up well in an international field and ran 1:50.4, the fastest U.S. high school time of the year. But it was the same meet where Danielson ran his still amazing 3:59.4, so almost everybody immediately forgot Rogers' race.

One other factor helped Rogers to retreat into obscurity. He stopped running immediately after high school, to concentrate on raising a family.

He deserves better. Please, Union-Trib guidebook, it's Terry R-O-G-E-R-S. No D. No Duh.



Terry Rogers, Hilltop great
He's still number two all-time at 800 meters.
(Photo first appeared in Chula Vista Star-News.)

Fast 'halfs' rare in duals

When Evan Fox of West Hills ran 1:53.2 for 800 meters against Rancho Bernardo last week, it was the fastest dual meet time for the event since the 1960s, when some of the county's best-ever distance runners were active.

The best two-lap marks by San Diego area athletes in dual meets are:

1:53.2, for 880 yards (equal to 1:52.6, metric), by Tim Danielson, Chula Vista, on April 1, 1966, in a dual meet vs. Escondido, at Escondido.

1:53.2, for 880 yards, by Terry Rogers, Hilltop, on April 29, 1966, in a dual meet vs. Castle Park (probably at Castle Park).

1:53.5, for 880 yards (equal to 1:52.9, metric) by Bob Hose, Madison, on April 17, 1964, in a dual vs. Mission Bay, at Madison.

1:53.2, for 800 meters, by Fox, March 23, 2000, in a dual vs. RB, at West Hills.

1:53.9, for 880 yards (equal to 1:53.3, metric) by Danielson, in 1965, in a night dual meet vs. Mount Miguel, at Mount Miguel.

All of the running surfaces were dirt tracks.

The 2000 Preview:

Track Magazine's 2000 track & field preview is organized by event, which is a slightly different take than we've had in past years.

In this issue, we look at, in depth, six events. They include a sprint race, a distance race, a hurdle race, a vertical jump, a horizontal jump and a throw.

We include the best marks from local boy and girl athletes in each event, including PRs from 1997 to 2000, followed by what we hope are insightful comments.

In addition to a top ten marks list overall, we also break it down by individual leagues, providing marks in depth. We think that this is a more coherent approach to placing so much information in any kind of context.

In future issues, we'll catch up on the remaining ten events.

The 400:

BOYS:

The ten fastest runners:

49.08 Steve Hayes, UniCity
49.59 Matt Beckstead, RnchBrdo
49.79 Mark Tate, Hoover
49.8 Jamal Briggs, UniCity
49.87 Michael Thayer, Point Loma
50.14 Fiat Johnson, Serra
50.37 J. C. Martinez, San Pasqual
50.55 Roger Mathis, Morse
50.58 Charles Vann, Crawford
50.66 Jason Davis, Poway

NOTE: Marks are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:
51.5 Steve Daniels, Carlsbad
52.4 Jimmy Ungricht, Fallbrook

Eastern:
49.08 Hayes
49.8 Briggs
49.87 Thayer
50.14 F. Johnson
50.55 Mathis
52.1 Mike Johnson, Serra
52.3 Phillip Sanders, Morse

Grossmont North:
51.1 Evan Fox, West Hills
51.3 Ben Aragon, West Hills
51.5 Kyle Conerly, West Hills
51.6c Pete Battaglia, West Hills
51.7 Dustin Westergom, West Hills

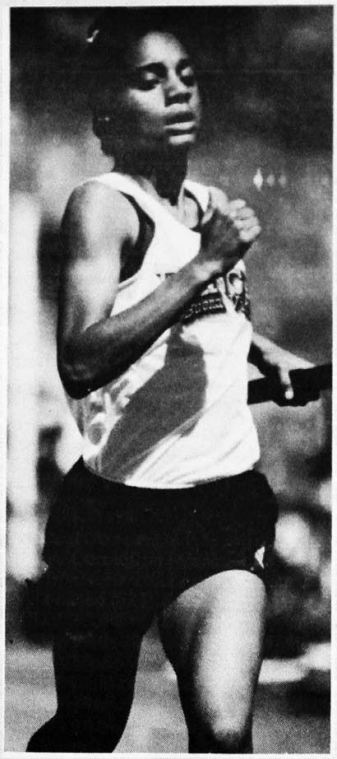
Grossmont South:
50.93 Lorenzo Nathan, Helix
51.5c Todd Watkins, Helix
51.6c David Evans, Granite Hills

Harbor:
49.79 Tate
50.58 Vann
51.14 Clarence Cannon, Lincoln
51.6 Boris McDaniels, Lincoln
52.2 Larry Miles, Crawford

Metro:
51.50 Luis Quintana, Castle Park
51.9 Adam Smith, Bonita Vista
52.2 Kevin Johnson, Eastlake
52.3c Dale Houser, Bonita Vista

Palomar:
49.59 Beckstead
50.66 Davis
50.93 Jeff Berman,RnchBrdo
51.2 Joseph Miller, RBV
51.40 Derrick Waddell, RBV
51.61 Steven Maldonado, Vista
52.1 Justin Neuroth, Vista
52.5 Joe Collins, RnchBrdo

Valley:
50.37 Martinez
50.76 Jesus Nunez, San Pasqual



Nastassaja Hall
Rancho Buena Vista

50.8 R. J. Oliver, Escondido
51.59 Russell Medina, Ramona
52.1 Luis Mariscal, San Pasqual
52.5 Matt Johnson, San Pasqual

Western:
51.87 Andre Hood, Madison

What to look for:

This event might be the most wide open of any boys event this season. That translates into a big-time opportunity (at least at the local level) for a sprinter willing to move up.

A prime candidate would be a runner such as UC's Steve Hayes, who is noted for his work ethic. In a brief glimpse last year, he breezed a 49.08 in early April. But Hayes is already one of the best in the state at 100 and 200, so he may stick with those races. At the least, however, we might see him on the UC 4x400 team.

The best young 400 runner is Serra's Fiat Johnson, a sophomore who is already running 50.14. His speedy name seems more than appropriate.

RB's Beckstead qualified for state last year, and has started the year well ahead of last year's pace.

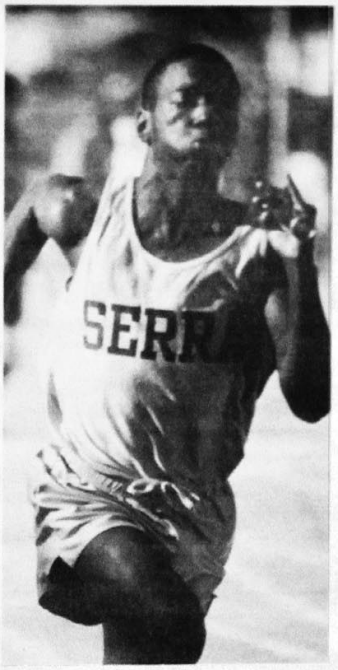
Briggs, who transferred from Mira Mesa to the UC sprint factory, appears to be thriving. He leads the yearly list with his 49.8.

Hoover's Tate, the nephew of the late Olympic sprint great Florence Griffith-Joyner, should also be right at the top of the list of serious contenders.

Point Loma's Thayer may or may not be back this season. If he does return, he has great talent.

San Pasqual's Nunez has already PRd after working hard on his strength in the off-season (he ran well in cross country).

His teammate, J. C. Martinez, has a PR that dates back to his sophomore year. He's battled injuries since then, and has yet to return to that form.



Fiat Johnson
Serra

Morse's Mathis was a dynamic addition to the charts last year, but he's been slowed in this early season by an ankle sprain. Expect him to be a factor.

Crawford's Vann is another in a long line of excellent Colt sprinters.

Best bets to break into the top group are Helix's Nathan, a tall runner who is still developing, Granite's David Evans, a freshman with eye-catching talent, RB's Jeff Berman, a transfer who is improving fast, and the young Lincoln sprinters, Cannon and McDaniels.

And, of course, a short sprinter to be named later.

GIRLS:

The ten fastest runners:

51.96 Monique Henderson, Morse
56.95 Aroline Neal, RBV
57.79 Cieara Ray, Fallbrook
57.80 Laura Landry, RnchBrdo
58.26 Jane Givens, La Jolla
58.34 Nastassaja Hall, RBV
58.6c Lesley Bravin, Valhalla
58.7 Elizabeth Tsu, LaCostaCanyon
59.05 Ashley Cunningham, PtLoma
59.1 Nadia Sanders, Chula Vista

NOTE: Marks are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:
57.79 Ray
58.7 Tsu
59.6 Naomi Mattos, Fallbrook
60.21 Natalie Soto, Carlsbad
60.54 Erin Skaalen, LaCostaCyn
61.5 Julie Komosinski, Torrey Pines
62.4 Jessie Ansari, Carlsbad
62.7 Tessa Conner, Torrey Pines
62.9 Chelsea Chatfield, TorreyPines

Eastern:
51.96 Henderson
59.05 Cunningham
60.14 LaSheena Rice, San Diego
60.59 Talisha Clophus, UniCity
61.55 Jessica Mercado, San Diego
62.0 Katherine Ziegler, UniCity
63.77 Leonore Gooch, Morse

Grossmont North:
60.62 Erin Martin, West Hills
62.2 Elisa Holiday, West Hills
63.0 Gorman, Santana

Grossmont South:
58.6c Bravin
60.0 Luketta Williams, Helix
60.0 Ashley Rioja, Mt Miguel
60.06 Phoebe Perkins, MonteVista
60.90 Bryeanna Barmer, Helix
61.1c Morgan Avery, Granite Hills
62.79 Laurel Hanscom, Valhalla
63.7 Ashley Walker, Helix

Harbor:
61.44 Kiley Dunlap, Coronado
61.99 Kristi Kuehner, Clairemont
62.9 Crystal Hinton, Lincoln

Metro:
59.1 Sanders
61.8 Meosha Jefferson, Southwest
62.2 Tynesha Major, Sweetwater
62.4 Deanne Cartwright, BonitaV

Palomar:
56.95 Neal
57.80 Landry
58.34 Hall
59.67 Alexis Tate, RnchBrdo
60.1 Audrey Pound, Poway
60.37 Katie Collins, Vista
60.54 Kristine Schroeder, RnchBrdo
61.1 Kamaya Damwijk, Poway
61.7 Katie Baker, Poway
61.91 Alexis Rampaul, Poway
62.4 Nicole Reyes, RBV
62.9 Jackie Johnson, Mt Carmel
63.0 Jill Steele, Mt Carmel
63.31 Latoya Manuel, San Marcos

Valley:
61.8 Tiffany Lowery, San Pasqual
63.67 Keeran Toussaint, San Pasqual

Western:
58.26 Givens
60.68 Colleen Fogarty, USD
61.2 Faith Lin, La Jolla
61.55 Kerry Kelly-Cochrane, USD
61.57 Whitney Schmucker, La Jolla
62.84 Michelle Guerrero, La Jolla

What to look for:

History is being made in this event.

Monique Henderson is, of course, the best ever girl 400 runner from this area, and she has been since she began her career at Morse.

She won state titles as a freshman and as a sophomore, and then took it up a notch last summer.

She won the junior nationals (competing against girls that included college freshmen), and PRd a brilliant 51.96. That puts her into the top ten, all-time, on the national high school list. Remember, she's just starting her junior track season.

She is enroute (if she stays healthy) to winning four state titles in a single event, which is Marion Jones territory.

She is on a career path that could get her at least close to the national record of 50.87.

We could be getting a bit ahead of ourselves, but appropriate longer range goals would include feats that would be, well, Olympian.

She could even run fast enough to qualify for this year's Olympic Trials, although she may elect to continue her brilliant junior career.

"If she has a chance at making the team, we might think about it," Morse coach Gary MacDonald said. In the 400 meters, the Olympic team adds a number of relay members, so there are more than three slots up for grabs.

There ARE three state meet slots up for grabs, so no matter how good Henderson is, there are two other tickets to Cerritos waiting to be claimed.

Please turn to page 5.

The 400

From page 4.

RBV has a dynamic duo with Neal, returning from an injury, and Hall, just a soph. They went one-two at the Bronco Invite (Henderson ran the 800).

RB's Landry is another soph, who qualified for the state meet last year. She has great all-around talent, and could possibly move into another event at year's end.

La Jolla's Givens is an all-around talent.

La Costa's Tsu added strength in the off season and could move up.

Point Loma's Cunningham started the season late, but could make up ground.

There are some old marks on the top ten list above. Ray and Bravin both have PRs from 1997, and Sanders' best came in 1998.

Possible breakthroughs could come from a sprinter moving up, such as San Pasqual's Tiffany Lowery, or from a talented youngster like Eastlake's Tanisha Johnson or Helix's Bryeanna Barmer, both of whom will probably run the long hurdles.

Another possibility is Tate, who didn't run last year. She's already run a sub-60 relay split.

The 1600:

BOYS:

The fastest ten runners:

4:11.68 Evan Fox, West Hills
4:15.33 Justin Neuroth, Vista
4:16.35 Matt McInvale, Ramona
4:18.0 Sean Ricketts, Rncho Bdo
4:18.93 Jon Rankin, Monte Vista
4:20.80 Travis Laird, San Marcos
4:20.90 Ryan Moorcroft, St. Aug'stn
4:22.10 Josh Pope, Poway
4:27.45 Blake Swier, Mar Vista
4:29.2 Nick Thornton, RchoBV

NOTE: Times used for this list are each athlete's personal record (PR).

Breaking it down by league:

Avocado:
4:30.8 Efrain Casarez, Fallbrook
4:39.4 Mike Ambrose, Torrey Pines

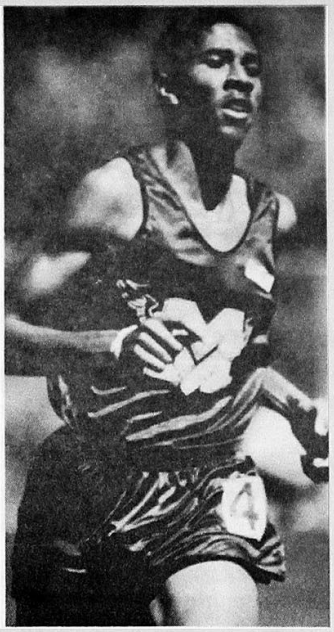
Eastern:
4:30.91 Joe Robinett, Point Loma
4:34.0 Christian Dominguez, SD
4:35.0 Solomon Kumbi, SD
4:36.17 Jeff McKnight, PtL

Grossmont North:
4:11.68 Fox
4:32.95 Ben Aragon, West Hills

Grossmont South:
4:18.93 Rankin
4:32.4 Ryan Maynard, Granite Hills

Metro:
4:27.45 Swier
4:32.3 Michael Manzano, ChulaV
4:33.3 Dustin Whitson, BonitaV
4:37.08 Marco Verdugo, Eastlake

Palomar:
4:15.33 Neuroth
4:18.0 Ricketts
4:20.80 Laird
4:22.10 Pope
4:29.2 Thornton
4:29.3 Devin Lyons-Quirk, Poway
4:30.0 Ryan Montez, Vista
4:33.2 Mark Baddas, Vista
4:33.3 Chris Kenyon, Mt. Carmel
4:33.4 Aaron Powell, Poway
4:35.2 Sergio Esquivel, Mt. Carmel
4:36.58 Mike Cooke, Mt. Carmel
4:37.18 Jared Emmons, Vista



Jon Rankin
Monte Vista

Southern:
4:39.28 Will Kraemer, Army Navy

Western:
4:20.90 Moorcroft
4:31.48 Brandon Behr, La Jolla?
4:37.67 Raphael Machado, ScrRch
4:38.37 Matt Herriman, StAug
4:39.53 Chris Ferrier, La Jolla

Valley:
4:16.35 Matt McInvale, Ramona
4:35.79 Cooper Bachman, ValleyCtr

What to look for:

The Bronco Invitational race demonstrated that Fox is on the verge of a great season. In that meet, he decidedly beat a loaded field (Rankin, Moorcroft, Ricketts, Neuroth, etc.), and impressively ran a 4:14.02 off a slow early pace. That may have been enough to stamp him as the early favorite at state.

Expect Fox to run great times in other races from time to time (in fact, he's already run 1:53.2 and 9:39 in duals).

Neuroth's recent breakthrough at 3200 (9:18) could cause him to seriously think about moving up. If he stays in the 1600, he's a definite threat to break 4:10.

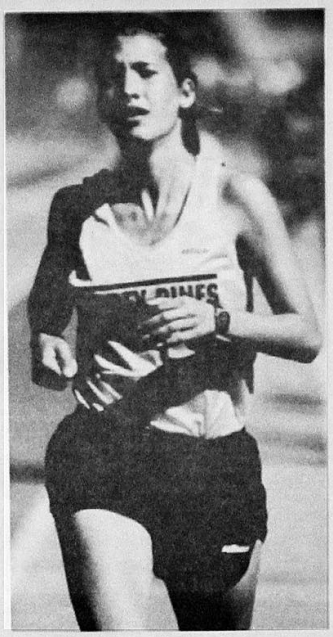
McInvale will run the 3200 at the end of the year, and Ricketts is expected to run the 800, but both athletes could find themselves doubling in this event at CIF and maybe narrow down at Masters. If Ricketts ends up in this race, he also has 4:10 potential.

Laird and Thornton, also both on the top ten list above, will almost certainly specialize in their best events (3200 for Laird, 800 for Thornton).

That leaves Rankin, Moorcroft and Pope, all with truckloads of potential, and a notable darkhorse.

Rankin ran 4:20 as a soph, but his development stalled a bit last spring. He rebounded with some strong running in cross country, and already has PRd this year.

Moorcroft is in only his second year of track, but now has some



Julie Komosinski
Torrey Pines

training background after an excellent cross country season. Just out from basketball, he also recorded a PR at Bronco.

Pope, a cross country standout for years, is also in only his second season of track. He's ready to go well under 4:20 this season.

The darkhorse would be West Hills' Ben Aragon. His 1600 PR is "only" 4:32, but he has run 3:08 for 1200 meters, indicating sub-4:20 ability at the very least. He has 1:55 800 speed, and it seems about the right time for him to give this event a serious try.

GIRLS:

The fastest ten runners:

4:56.43 Julie Komosinski, TPines
4:59.59 Desiree Davila, Hilltop
5:02.64 Angela Petersen, TPines
5:05.27 Katherine Ziegler, UniCity
5:06.11 Julie Manson, RnchoBrdo
5:10.93 Morgan Soule, LaCstaCyn
5:11.9 Jenna Timinsky, SnDgtoAc
5:12.57 Nicole Mier, San Marcos
5:13.02 Kaleena Yee, RnchoBrdo
5:16.5 Katie O'Connell, Carlsbad

Expected to miss year (illness):
5:05.12 Allison Hall, RnchoBrdo

Breaking it down by league:

Avocado:
4:56.43 Komosinski
5:02.64 Petersen
5:10.93 Soule
5:16.5 O'Connell
5:21.1 Krista Romley, TPines
5:23.6 Jamie Carmichael, Fall
5:28.6 Mallane Dressel, Carlsbad
5:30.5 Sally Cade, Carlsbad
5:32.8 Maija Rohde, Fallbrook
5:33.8 Dorothy Trogler, TPines

Eastern:
5:23.41 Roxanne Romo, SD
5:33.9 Amonica Phipps, Morse
5:37.69 Natalie Parks, Point Loma

Grossmont South:
5:16.7c Stephanie Baird, Helix
5:30.17 Ashley Viens, Valhalla
5:32.10 Courtney Stolis, GH
5:38.0 Stephanie Casler, Val

Grossmont North:
5:23.19 Jasmine Marquez, ElCap
5:30.91 Kristina Nugent, West Hills
5:31.3 Becca Bartell West Hils

Metro:
4:59.59 Davila
5:24.96 Gloria Martinez, CastlePark
5:25.15 Angela Rivas, Montgomery
5:29.10 Kristen Thompson, BV
5:30.62 Pati Romero, Eastlake
5:34.6 Bertha Ojeda, CV
5:35.0 Kate Branson, BV
5:39.49 Sophia Marquez, CV

Palomar:
5:05.12 Hall (illness)
5:06.11 Manson
5:12.57 Mier
5:13.02 Yee
5:18.3 Deanna Sick, MtC
5:24.23 Karen Vasko, MtC
5:28.0 Janet Mulvey, MtC
5:29.6 Kamaya Damwijk, Pow
5:35.0 Christy McPherson, Vista
5:39.6 Ashlee Dere, MtC

Southern:
5:11.9 Timinsky
5:22.83 Kaili Shumilak, Bishop's
5:38.75 Lily Dowlatshahie, MtnEmp

Western:
5:05.27 Ziegler
5:16.69 Chessa Adsit-Morris, UniCity
5:18.54 Desiree Leek, La Jolla
5:24.35 Rose Serna, Mission Bay
5:26.48 Claire Beck, OLP
5:34.02 Laura Cohen, UniCity
5:34.02 Liz Edwards, La Jolla
5:37.3 Anne-Marie Byrne, USD

Valley:
5:30.55 Anna Hough, Valley Ctr
5:34.0 Loretta Kilmer, Ramona

What to look for:

Komosinski, a junior, is on the most dramatic arc of improvement among the top runners, taking her PR down from 5:18 as a frosh to 4:56 last year, and adding a great cross country season (she was Track Magazine's Runner of the Year in girls cross country). She has deceptive speed that she uses to lethal effect against her foes. She is expected to concentrate on this race at year's end.

Davila's PR dates back to her frosh year, but now she seems ready to improve. She finished strongly in cross country, and probably won't run as many events as last year.

Petersen returns to track after missing all of last season with an ankle injury (soccer). She is expected to concentrate on the 3200 at the end of the year.

Manson will be a 3200 runner at Masters, but could double at CIF.

San Dieguito's Timinsky could go a number of ways, but might opt for the 800 at year's end.

Among the most improved runners are UC's Ziegler and Helix's Stephanie Baird.

Ziegler ran a quick 5:05 as a soph, but didn't look as sharp last spring. She finished the cross country season well, and has already put up a 5:12 this season.

Baird, a soph, ran an impressive 5:16.7c in a dual meet, indicating faster times to come.

It would be no surprise to see four or five runners dip below five minutes, which would make it an excellent year. Komosinski and Davila are both aiming for the 4:50 level, and runners like Petersen, Manson and Timinsky all could go sub-5:00 in the right race.

The one down note is the absence of last year's frosh sensation Allison Hall. After a strong cross country season, she contracted spinal meningitis. Her condition was serious, and she'll need several months, at least, just to regain her health.

The 300s:

BOYS:

The ten fastest runners:

36.98 Tony Golston, Point Loma
37.78 Bobby Salimi, RnchBerdo
38.80 Jeff Hunter, Granite Hills
38.8 Sean Sweat, El Camino
39.65 Kyle Conerly, West Hills
39.92 Brett Simmons, Coronado
40.0 Jeff Failla, Escondido
40.74 Jeff Orlando, Mira Mesa
40.75 Travis Lyman, San Pasqual
40.8 Steve Daniels, Carlsbad

NOTE: Times are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:
38.8 Sweat
40.8 Daniels
41.9 Paul Yoder, Oside
42.2 Jimmy Ungricht, Fallbrook
42.5 John Dudek, Torrey Pines

Eastern:
36.98 Golston
40.74 Orlando
40.9 Josh Nears, Serra
41.2 Jordan Adams, PHenry
42.21 Darion Williamson, Morse

Grossmont North:
39.65 Conerly

Grossmont South:
38.80 Hunter
41.4c Danny Nenow, GHills
42.1 Jason Van, Helix

Harbor:
39.92 Simmons
42.69 Sorida Phan, Hoover
42.7 Felipe Hernandez, Coronado

Metro:
41.1 Brian Bartsch, Eastlake
41.59 Ben Knight, Mar Vista
42.2 Luis Quintana, Castle Park
42.8 Angelo Vargas, BonitaVista

Palomar:
37.78 Salimi
41.7 Darnell Talbert, Mt Carmel
42.0 Aaron Barnhill, SMarcos
42.1 Joe Collins, RnchBrdo

Valley:
40.0 Failla
40.75 Lyman
42.5 Trent Stroh, Valley Center

Western:
No marks meeting standard.

What to look for:

This is going to be one of the area's very strongest events, judging from the quality of the returning athletes and how they've started this season.

We can start with Golston, who is arguably the best all-around athlete in local boys track. He used a dynamic stretch run at the state meet last year to move up to third place and run 39.68, which is the third fastest time in this event in section history.

Only section record holder Kevin Jones (Mount Miguel, 1988, at 36.44), and Felix Sanchez (University City, 1995, at 36.82) have better marks than Golston.

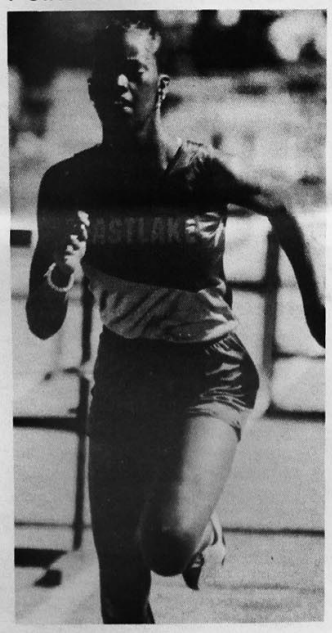
Golston joined the team late this spring, after playing basketball, but looked sharp at the Bronco Invite, running a strong flight of highs, and coming on strong down the stretch in the 300s. His times of 14.42 and 38.02 are far ahead of where he was early last year. He'll be a strong state contender again.

"He is working real hard on his strength," Pointer coach Dave Schuler said. "We do a lot of hard hill work. We make use of our hills."

RB's Salimi led early in the Bronco meet, and finished in 39.09, which is quick for mid-March. He was a finalist in this event at Sacramento last year. Look for him to be on the state meet medal stand in June, also.



Tony Golston
Point Loma



Tanisha Johnson
Eastlake

Granite's Hunter has hurdles in his genes. His father, Jim Hunter, the Granite boys coach, was a standout high hurdler at Crawford in the early 1960s. Now just a junior, Jeff's hurdle clockings as a frosh and soph are as fast as it gets for those grade levels, locally. He also made it to state last year.

El Camino's Sweat, a standout football player, is also in the mix, based on his PR from last year.

Other standouts are West Hills' Conerly, who competes well in a number of events, Coronado's Simmons, Escondido's Failla, and Serra's Nears. In most years, any of those runners could be a strong contender to make it to the state level.

GIRLS:

The ten fastest runners:

44.94 Nikki Dulin, RnchBrdo
45.33 Bryeanna Barmer, Helix
45.5 Audrey Pound, Poway
45.6 Tanisha Johnson, Eastlake
45.66 Sherry Randolph, MtC
46.05 Catie Coin, RnchoBrdo
47.28 Abril Jimenez, Hilltop
47.56 Morgan Avery, GraniteHills
47.8 Erin Martin, West Hills
48.4 Liz McNamara, Poway

May not run (injured):
48.23 Laura-Lee Reid, Valley Center

NOTE: Times are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:
No marks at minimum standard.

Eastern:
48.81 Marie Carter, MiraMesa
49.9 Cheryl Hawkins, Morse

Grossmont North:
47.8 Martin

Grossmont South:
45.33 Barmer
47.56 Avery
48.3 Ashley Rioja, Mt Miguel
49.0 Katy Camp, MontV
49.2 Lesley Bravin, Valhalla

Metro:
45.6 Johnson
47.28 Jimenez
48.73 Carmela Hodgers, ChulaV
49.02 Tynesha Major, Sweetwater
49.5 Berit Flom, Eastlake
49.77 Olivia Hudek, Hilltop

Palomar:
44.94 Dulin
45.5 Pound
45.66 Randolph
46.05 Coin
48.4 McNamara
49.5 Jasmine Winfield, Vista

Valley:
48.23 Reid (injured)
48.5 Morgan Albini, San Pasqual
49.15 Meggi Afenir, Escondido
49.7 Leah Cole, Valley Center

Western:
49.8 Jane Givens, La Jolla

What to look for:

It's been a while since any area athlete has dipped under 44-seconds in this event. Only four local hurdlers have ever done it, and none have since 1991.

That seems about to change, as several athletes have the potential to run 44.0 or faster.

Poway junior Audrey Pound has been steadily improving throughout her career. She ran 46.69 as a frosh, and lowered that to 45.95 as a soph last year. This year, she's already at 45.5, which she ran on a dirt track at the Falcon Relays last week. Where she'll top out is uncertain, but the seems destined to dip under 45.0 at the least.

RB's Dulin ran 44.94 as a soph two years, but was bothered by injuries last year. She could return to form this year.

Helix's Barmer was a sensational frosh last year, running 45.33.

The 45.66 for Sherry Randolph and the 47.8 of Erin Martin both date back to 1997, when both were freshmen.

This year's best new prospect is Eastlake's Johnson, who could be successful in at least eight or nine different events. She's real raw in the hurdles, but she has already run a 45.6, on a dirt track. She's a smooth-looking athlete, who just glides and floats.



Bobby Salimi
Rancho Bernardo

Another impressive new hurdler is San Pasqual's Morgan Albini, who is a national-class field hockey player. A sophomore new to track, she ran 48.5 on dirt at Falcon last week, winning the B heat. She couldn't be entered in the Invitational race because she had no previous time.

Morse has another impressive new hurdler, freshman Cheryl Hawkins, who so far is better in the highs, although she is already in the 49s in this event.

Among returners, RB's Coin, Hilltop's Jimenez and Granite's Morgan all are quality runners. Coin, with a basketball-aided late start, is already far ahead of her times last season. Jimenez comes out of the strong Hilltop long hurdle program, and Avery is a sophomore coming into her own.

The Vault:

BOYS:

The highest eleven vaulters:

15-0 Jonathan Takahashi, Gross
15-0 Travis Offner, Mt. Carmel
14-6 Austin Priest, RBV
14-1 Javier Munoz, Castle Park
14-0 John Jeter, Mt. Carmel
13-9 Alex Doria, Eastlake
13-9 Chris Dorminy, RnchBrdo
13-6 Ricardo Murillo, Vista
13-0 Gary Williams, Serra
13-0 Richard Baker, BonitaV
13-0 Brian Meimbarge, Poway

NOTE: Marks are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:
12-6 Casey Kaesar, Fallbrook

Eastern:
13-0 Williams

Grossmont North:
15-0 Takahashi
12-6 Tony Garcia, WH
12-6 Clayton Marshall, WH

Grossmont South:
12-6 Cameron Figueroa, GH

Please turn to page 7.

The Vault:

From page 6.

12-0 Greg Leavitt, Helix
12-0 Lang, Valhalla

Harbor:
12-0 Erwin, Madison

Metro:
14-1 Munoz
13-9 Doria
13-0 Baker
12-6 Tristan Jankowski, BV
12-0 Devon Aleman, East

Palomar:
15-0 Offner
14-6 Priest
14-0 Jeter
13-9 Dorminy
13-6 Murillo
13-0 Meimbarge
12-6 Ryan Daley, Vista
12-6 Chris Spehar, RB
12-6 Mike Hill, RB
12-6 Keith Hamon, RBV
12-0 Tim Ngo, Poway
12-0 Shaun Ferris, RBV

Valley:
12-0 Jeswin Montoya, Escondido

Western:
12-2 Jason Gabriel, ScrippsRch

What to look for:

This could be the best year in the boys vault since 1995, when three area vaulters pushed each to record heights, ending in Torrey Pines' Mike Brown taking the state title at a section record 16-4.

The state title and section record might be asking a bit much, but there will be some great marks.

Grossmont's Jonathan Takahashi and Mt. Carmel's Travis Offner have already made sure of that when they both put up 15-foot vaults in early season meets.

Offner, in only his second year of vaulting, has the potential to challenge 16-feet according to Sundevil vault coach Dennis McClanahan.

Takahashi, who is grooming himself for a multi-event future, also has 16-feet in his sights. In winning at 15-0 at the Long Beach Relays, "there was no effort to it," Grossmont coach Erl Cabanas said.

A few other area jumpers could challenge 15-feet.

Priest has a new vault coach, former Poway assistant John Uelses, and RBV has a strong vault tradition.

Castle Park's Munoz had some big clearances in winning at 14-1 at the Sweetwater Relays, and he could be ready to pop a big jump.

Eastlake's Doria has already moved his PR up a foot, to 13-9, and he looks ready to break into the 14-foot range at any time.

Athletes like Mt. Carmel's Jeter, RB's Dorminy and Vista's Murillo are all at schools with strong vault programs, and should thrive.

GIRLS:

The highest eleven vaulters:
11-0 Molly Pascarella, RB
10-6 Julie Hudlow, RB
10-0 Beth Vieira, Point Loma
10-0 Elise Orlando, MiraMesa
10-0 Nicole Antonacci, Carlsbad
10-0 Marie Nowinski, MiraMesa
10-0 Nicole Holcomb, TorreyPines
9-6 Beatrice Guapo, Eastlake
9-6 Laura Lafoya, Eastlake
9-6 Charissa Cabrera, MtC
9-6 Katie Collins, Vista

NOTE: Marks are each athlete's personal record (PR) at press time.

Breaking it down by league:

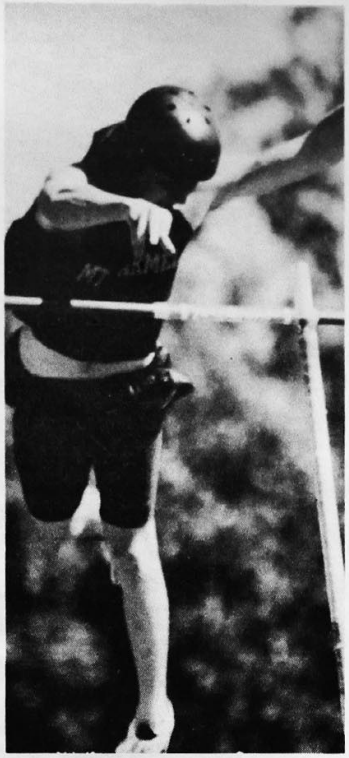
Avocado:
10-0 Holcomb
10-0 N. Antonacci
9-0 Betsy Halliburton, TP
8-6 R. Antonacci, Carls

Eastern:
10-0 Vieira
10-0 Orlando
10-0 Nowinski
8-6 Becky Monroy, MiraMesa

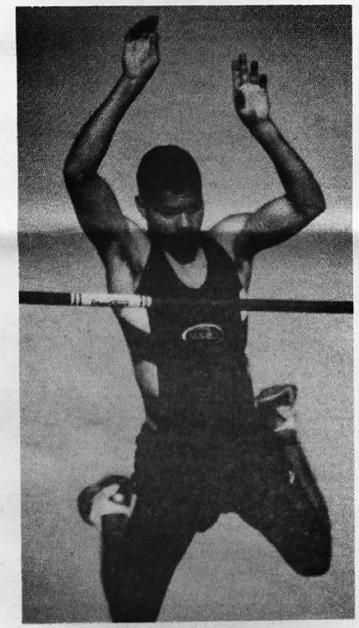
Grossmont North:
9-0 Terri Vertullo, WH
9-0 Terri Lopez, WH
8-6 Lisa Przybylski, Gross

Grossmont South:
9-0 Janea Russ, GH

Metro:
9-6 Guapo
9-6 Lafoya
9-2.75 Jillian Mazarella, BV
8-6 Erin Asay, Sweetwater



Travis Offner
Mt. Carmel



Javier Munoz
Castle Park



Julie Hudlow
Rancho Bernardo

Palomar:
11-0 Pascarella
10-6 Hudlow
9-6 Cabrera
9-6 Collins
9-0 Amy Speer, MtC
9-0 Gretchen Allen, Poway
8-6 Bev Robak, MtC
8-6 Sage, Poway

Valley:
9-0 Roz Rideout, SP

Western:

What to look for:

Will RB's recent domination of the girls vault stay in place?

It might seem so off early season results. Pascarella cleared 11 feet to win the Bronco Invite, and teammate Julie Hudlow has already raised her PR to 10-6.

RB vault coach Tom Martin's charges thus are currently ranked one-two in the county. He thinks Pasacarella, who was late starting track this year (she was on the basketball squad that went deep into the CIF playoffs), has the potential to challenge 12 feet.

A number of other jumpers are in range to make a challenge. Five girls have PRs of 10 feet, and another four or five have the chance to go that high or higher.

Strong vault programs are emerging at Mira Mesa, Carlsbad and Eastlake, all of which have two or more quality jumpers going. Mira Mesa, especially, seems to steer top quality athletes into the event. Eastlake's athletes are taking off in all events, the vault being no exception.

Bonita Vista, Vista, Mt. Carmel and Poway are other strong vault teams.

A newcomer to the event is Torrey Pines senior Holcomb, who has a gymnastics background. She's already at 10 feet.

It would be no surprise for a relatively unknown athlete to make a big level jump, so to speak, and put herself into the picture.

The Triple Jump:

BOYS:

The ten longest jumpers:
48-1.5 Tony Ortiz, Helix
47-0 Trandon Harvey, Sweet
46-2 Jon Reynolds, UniCity
44-10 Jamal Randall, MontV
43-9 Wade Curry, Eastlake
43-8 Thomas Mootry, Morse
43-4.5 Marcus Wooden, Morse
43-4 Eric Williams, RnchBrdo
43-3.75 Ahnizo Gainey, RBV
43-3 Phillip Holley, CastlePark

Expected to miss year (injured):
45-7.5 Rashard Holmes, RnchBrdo

NOTE: Marks are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:
42-5 Will Buchanon, Oceanside
41-4 Matt Princetta, TorreyPines

Eastern:
46-2 Reynolds
43-8 Mootry
43-4.5 Wooden
43-1 Brandon Roberson, Morse
42-5 Damon Warren, Serra
42-1 Eric Rogers, Morse
41-10 Adam Herrod, Serra

Grossmont North:
42-8 Kyle Conerly, West Hills
42-0 Avante Agurs, Gross
41-9.5 Jonathan Takahashi, Gross

Grossmont South:
48-1.5 Ortiz
44-10 Randall
41-5.75 Chris Veasy, MontV

Harbor:
42-8.5 John Khoumalassay, Claire

Metro:
47-0 Harvey
43-9 Curry
43-3 Holley
41-10 Austin Neudecker, BonitaV
41-7.75 Corey Evans, Eastlake
41-0 Shawn Smith, Southwest

Palomar:
43-4 Williams
43-3.75 Gainey
42-1 Keno White, RnchBrdo
41-7 Marcus Barard, Vista
41-6.5 Andra Rosenburg, RBV
41-6 Brandon Barnes, RBV

Valley:
42-4 Nate Skrzypczak, VC
41-1 Jon Everette, SP

Western:
No marks meeting standard.

What to look for:

By any standard, the triple jump has been one of the strongest events at the local level, both on the boys and girls side. There have nine state champions (six boys, and three girls) since 1973, when the state added the event to its championships. Of course, that string began with legendary Willie Banks of Oceanside, who went on to set a world record. Most recent state champs have been Von Ware of RBV, in 1994, and El Camino's Andria Booker, in 1998.

On the boys side, there may not be a state championship in the cards, but the leaders in the event could get close to 50 feet, which is always a standard of excellence.

Helix's Ortiz, a senior, bounded 48-plus last year. The normal range of improvement puts him near 50 feet.

Sweetwater's Harvey, a junior, is new to this level, but he is a maturing athlete with a lot of

Please turn to page 8.

The Triple:

From page 7.

talent. His early-season 47-0 was no fluke, as he backed that up with a 46-6 win at the Eagle Rock relays. He battled strong cross winds and cool temperatures at the Sweetwater Relays last week, but jumped five feet farther than his rivals, which included the Morse contingent.

Reynolds, who transferred from Serra to UC this year, is another strong contender. He's already at 46-2 this season.

Monte Vista's Randall jumped 44-plus last year, and has already PRd this season.

Morse has a raft of good jumpers, and one or more could make a big move up.

Eastlake's Curry, a junior, has a lot of all-around talent, and could improve dramatically in this event.

RB's Williams is new to this event, but has excellent speed and jumping ability (6-6 in high jump). He could, as RB coach Don Jones likes to say, "go off."

RB's Rashard Holmes will miss the year after having knee surgery. He is expected back for his senior season.

GIRLS:

The ten longest jumpers:

37-1	Nina Ropes, Fallbrook
36-10.25	Sraeya George, Valhalla
36-9	Jenny Fairchild, Vista
36-8	Aroline Neal, RBV
35-10.75	Megan Barnes, RBV
35-9.5	Kiley Weaver, RnchBrdo
35-9	Jane Givens, La Jolla
35-3.5	Tanicia Wallace, MontV
35-3	Mariko Gaines, MontV
35-2.75	Bridget Files, Ramona

Will miss year (injured):

34-5.5	Sabrina Cavalheiro, Helix

Will miss year (moved out of area):

38-8	Arkisha Iverson, Hoover

NOTE: Marks are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:

37-1	Ropes
34-10.5	Dana Copeland, TPines
34-5	Harris, El Camino
34-2	Lauren Jones, TorreyPines

Eastern:

34-9	Tiah Gray, UniCity
33-10	Jessica Turner, Serra

Grossmont North:

33-4.5	Katherine Dostal, WestHills

Grossmont South:

36-10.75	George
35-3.5	Wallace
35-3	Gaines
34-5.5	Cavalheiro (injured)
34-5	Amy Taylor, Granite Hills
33-10	Simone Louviere, Helix
33-4.5	Keiona Clark, MontV

Harbor:

No marks meeting standard.

Metro:

34-11.75	Nadiyah Salahuddin, Hill
34-2.5	B. J. Hayes, Eastlake

Palomar:

36-9	Fairchild
36-8	Neal
35-10.75	Barnes
35-9.5	Weaver
34-4.75	Danielle Rose, RnchBrdo
33-11.25	Katie Brown, SMarcos
33-6	Renee McKinney, RBV

Valley:

35-2.75	Files
33-9w	Lauren LaVine, Ramona

Western:

35-9	Givens

What to look for:

This could a relatively wide open year in the girls triple.

Fallbrook's Ropes has already posted a PR, and she will be near the top of the list all year.

Valhalla's George had the longest jump last year of all the returning athletes, and has great jumping ability.

RBV's Neal missed last year with an injury, and she may not try the jumps this season. She's running well in the sprints, the triple jump is extremely ballistic, and RBV has another quality athlete, Megan Barnes, to cover this event.

An intriguing newcomer is Vista's Jenny Fairchild. She's a junior who moved here from the Pasadena area, where she was a sub-60 400 runner and a 5-foot high jumper. She's new to the triple, but shows a lot of promise after her 36-9 at the Bronco Invite. She'll be sidelined until early May, however.

Weaver's PR dates back to 1997, and she may not get back to that form.

La Jolla's Givens is a quality athlete in a number of events.



Trandon Harvey
Sweetwater

The Monte Vista jump factory always produces quality performers, and will have several girls on this year's jump lists.

Last year's soph sensation, Hoover's Arkisha Iverson, has moved her 38-8 talent to Louisiana.

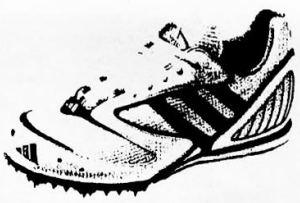
This is an event into which coaches will often move a talented all-around athlete, often with dramatically successful results. Eastlake's Tanisha Johnson, for an example, could probably go crazy in this event, but she is so good in almost everything else that she may never have the opportunity.



Tony Ortiz
Helix

What about Track & Field Shoes?

Why do we need track spikes?
Track spikes provide superior traction on all track surfaces. An athlete who is not using a track spike will slip on every step losing forward thrust . All track athletes from sprints through distances can improve running speed by using spiked shoes.



Will track spikes protect or support my feet?
Absolutely not. In fact, the use of track spikes will increase the load on your feet and lower leg. Spikes have one purpose only – speed. They are for improving performance on the track and should not be expected to provide any type of protection.

Should I fit my track shoes like my training shoes?
While we encourage athletes to leave plenty of room at the toe of their trainers, track shoes must fit fairly close in order to work properly. The big toe must come over the lead spike so that you can push off on it. Sprinters need a closer fit than distance runners do.

Which type of shoe is best for my event?
Track spikes are divided into two basic types. All purpose spikes (which have a heel wedge) and sprint spikes (which have no heel wedge). The sprint spikes are useful only to athletes who do not touch their heel to the ground during their event. This is usually distances of 800 meters or less. The all purpose spikes are for all events from sprints through distances, jumps, hurdles, and pole vault.

The spikes are further divided into those with flexible spike plates and those with rigid spike plates. The flexible plate is preferred by distance runners and beginning track athletes because they require less energy to run in. The rigid spike plate is preferred by sprinters and jumpers because it offers a good lever for increased thrust on every step.

What size spikes will I need for my track shoes?
Spike size varies with the track surface that you'll be competing on. In San Diego county most of the tracks are decomposed granite. 3/8 inch spikes are needed for these tracks. In addition, you will go through several sets of these spikes per season as they tend to wear down on this abrasive surface. Most track shoes come with 3/16 inch spikes which are useful on most synthetic tracks and virtually all runways and high jump areas. Special "Christmas tree" spikes are required for athletes competing on the Mondo track at Balboa Stadium. Never use spikes that are too long for the surface you are on because they will tear the spike ports out of your shoes.

How do I install the spikes?
Care must be taken to install the spikes so that they do not become jammed in the spike ports. Start by turning them in by hand and finish by gently snugging them up with the spike wrench. Do not force them if they don't turn smoothly. Back them out and start over again. Never use the shoes with the spike ports empty and change your spikes before they become too worn down.

Movin Shoes
Running Centers

Mission Beach
3838 Mission Blvd
858-488-2310

Encinitas
897 South Coast Hwy
760-634-2353

La Mesa
6105 Lake Murray Blvd
619-466-1656

The Shot:

BOYS:

The ten longest throwers:

55-8	Travis Watkins, Helix
55-5.75	Travis Jones, MiraMesa
53-11	Steve Viera, Carlsbad
50-9	Pana Faumuina, Carlsbad
50-8.5	Travis Asch, ElCapitan
50-6	Richie Smith, Granite Hills
50-4	Mike Schardin, Eastlake
49-7.25	Tyler Moazed, Mt. Carmel
49-7	Jason Tuerk, RnchBrdo
49-6	Jesse English, RBV

NOTE: Marks are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:

53-11	Viera
50-9	Faumuina
48-8	Derrick Germain, Fallbrook
45-11	Nate Tavale, Carlsbad

Eastern:

55.-5.75	Jones
47-7	Rashaan Durr, UniCity

Grossmont North:

50-8.5	Asch

Grossmont South:

55-8	Watkins
50-6	Smith
48-4	Travis Jones, Valhalla

Harbor:

45-8	Mark Tate, Hoover

Metro:

50-4	Schardin
48-5	Reynaldo Stephens, CP
48-1	Onofre Gascon, Sweet
47-0.5	Jeremy Driggs, Sweet
46-11	Moses Rangel, Eastlake
45-7	Eric Hansen, Hilltop
45-5	Jason Treter, Hilltop
45-2.5	Jensen Cayas, BV

Palomar:

49-7.25	Moazed
49-7	Tuerk
49-6	English
47-2	Jon Ward, Poway
46-8	Eder Arsoemena, Vista
45-1	Anthony DeBoer, RBV

Valley:

47-8.5	Jeff Wilson, OG
47-4	Marco Gonzalez, VC
45-9	Kha Le, OG
45-9	John Pluth, VC

Western:

47-1	Charles Hanson, StAug
46-6.5	Matt Carr, StAug

What to look for:

The past two or three years have been a high-water mark for the boys shot in local circles.

In 1999, two were past 60 feet: Bernard Grady and Dan Ames.

In 1998, four were at 60 feet or better, including Ames, Vili Makihele, Taras Rohde and Roy Rivas, Jr.

In 1997, both Ames and Makihele surpassed 60-feet.

In all of San Diego prep track history, in only five other years did more than one thrower hit the 60 foot mark, and in none of those years were there more than two, so the recent streak is unprecedented.

(For the record, there were two local 60-foot throwers in 1957, 1961, 1969, 1973 and 1978.)

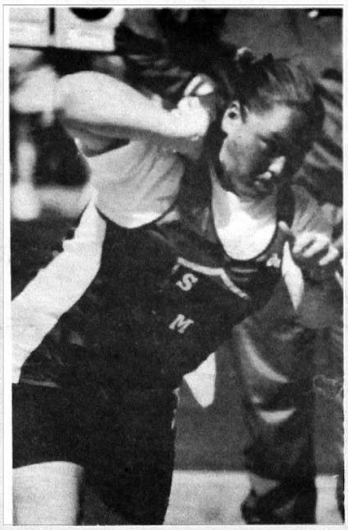
With the bar of expectations raised, other athletes are already "thinking" 60 feet is the minimum standard.

Best bets this year are Mira Mesa's Jones and Helix's Watkins. Both finished the year in the 55-foot range last season, which is where Bernard Grady was as a junior.

A fast improver is Carlsbad's Viera, who improved to 53-11 at the Falcon Relays last week. His best last year was 51-2.

El Cap's Asch, better in the disc, is throwing consistently past 50 this season, and looks bigger. He was part of that great El Cap weight team last year.

The Metro League has good depth this year, as many of the league's track coaches seem to work well with their school's football coaches.



Raeanna Makihele
San Marcos

GIRLS:

The ten longest throwers:

47-2.5	Candace Hill, Hoover
39-11	Mikaelyn Austin, RB
39-2	Annemarie Taumauu, Swe
38-10	Raeanna Makihele, SM
38-6.5	Rhiannon Henry, RBV
37-9	Veronica Harper, Lincoln
37-4	Shemika Morris, SRch
36-10	Amber Hood, Morse
36-1	Brianna Makihele, SM
35-10.75	Candace Doung, MtC

NOTE: Marks are each athlete's personal record (PR) at press time.

Breaking it down by league:

Avocado:

35-1	Carrie Johnson, Fallbrook
32-11	Panene, Carlsbad
32-9.5	Latoya Rickman, Oside
32-9	Mauga, Oside

Eastern:

36-10	Hood
34-9	Brown, Serra

Grossmont North:

35-3.5	Katie Ames, ElCap
32-3	Samantha Singley, WH

Grossmont South:

33-7	Amber Tiffany, GH
33-2	Rachel Johansen, MontV

Harbor:

47-2.5	Hill
37-9	Harper

Metro:

39-2	Taumauu
35-8.25	Laura Castellanos, CP
33-5.5	Darlene Martinez, CV
33-3	Aiyanna Coleman, Mont
32-9	Jackie Silva, CP

Palomar:

39-11	Austin
38-10	R. Makihele
38-6.5	Henry
36-1	B. Makihele
35-10.75	Doung
33-0	Alicia Criado, RBV
32-10	Monn-Boutang, Poway
32-5	Talaga, MtC
32-3.5	Annie Roberts, Poway

Southern:

35-6	Martinique Akinfosile, LJCD

Valley:

35-7	Angela Milazzo, Escondido
34-4	Michelle Vavra, Escondido
34-1.5	Ashley Ingoldt, OG



Mikaelyn Austin
Rancho Bernardo

Western:

37-4	Morris
34-1	Alicia Minette, La Jolla

What to look for:

Hill could be on her way to rewriting the area record books in this event.

She seemed to finish last season on a strong note, medaling at state with a 43-8.5 throw. That was nothing, however, compared to what she did in the postseason.

In the mid-summer California Games, Hill uncorked a 47-2.5 throw that put her at second place on the all-time local shot list. She finished the year (Track & Field News recognizes off-season efforts as legitimate marks) at third in the state, and 11th in the nation. Four of the girls ahead of her return, including both California athletes.

You could see it building all year, in retrospect, as she reached the 42-foot range in a number of meets last year, with less than technically excellent throws. She would hit a 42-footer, and walk away shaking her head.

She was late starting this season (after basketball) but is already at 42-3.

There's great depth behind her, as some exciting new athletes join with solid returners.

RB's Austin reached 39-11 last year, and she will mostly concentrate on throws this year. She's been a quality all-around athlete, running hurdles, high jumping and running solid cross country.



Annemarie Taumauu
Sweetwater

RBV's Henry is a returning state meet qualifier. She had knee surgery in the fall, but is already starting to throw well.

Sweetwater's Taumauu is a freshman with great potential. She's still got a lot of rough edges, but the talent is there, and she's already at 39-2.

San Marcos has twin sisters, the Makiheles, who are sophomores. They played softball last spring, but decided to try track this year.

Younger sisters of Vili Makihele, who threw 61-10 for San Marcos in 1998, they already are polished spinners. Raeanna is the best of the two in the shot, at 38-10 already, with Brianna at 36-1. Brianna is the better of the pair in the disc.

Lincoln's Harper returns to track after not competing last year, and has already added four feet to her PR.

Scripps' Morris is another that could approach 40 feet. The Scripps' throws program has been strong in recent years.

The best girls throws program is probably at Escondido, where coach Liz Mueller consistently has quality and depth, with a constantly changing cast.

Want more lists?

For more up-to-date lists of the season's best marks, keep checking the Track Mag web site. Also on the site: a list of the non-standard relay events (4x800, shuttle hurdles, distance medley, etc.).

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

The Out of Town News:

Pasadena Games:

UC sprinters burn 41.55

UC's sprint relay team made the Pasadena Games their coming out party, racing to a quick 41.55 to win the boys 4x100 relay.

UC used the same combo that ran 41.24 last year, with Jesse Bowman, Steve Hayes, Chauncee Smith and Lamont Long handling the baton, in that order.

"It's the first time they've run together this year," UC coach John Hutsel said.

Hayes and Long were 1-3 in the 100 meters, and Long came back to take fourth in the 200. Hayes retired for the night after tightening up after the 100, and the UC 4x400 team scratched their race.

UC's Katherine Ziegler looked good, taking the girls 1600 in 5:12.92.

At Pasadena City College, March 25.

BOYS:

100: 1. Steve Hayes (UC) 10.74, 3. Lamont Long (UC) 10.83, 6. Jesse Bowman (UC) 11.18.

Frosh Soph 100: 1. Chauncee Smith (UC) 11.14.

200: 4. Long (UC) 22.57.

4x100 Relay: 1. University City (Bowman, Hayes, Smith, Long) 41.55.

HJ: 3. Isaac Simms (UC) 6-4.

GIRLS:

1600: 1. Katherine Ziegler (UC) 5:12.92.

3200: 5. Chessa Adsit-Morris (UC) 11:30.1



Desiree Davila
Hilltop

Meet of Champs:

Breakthrough for Vista aces

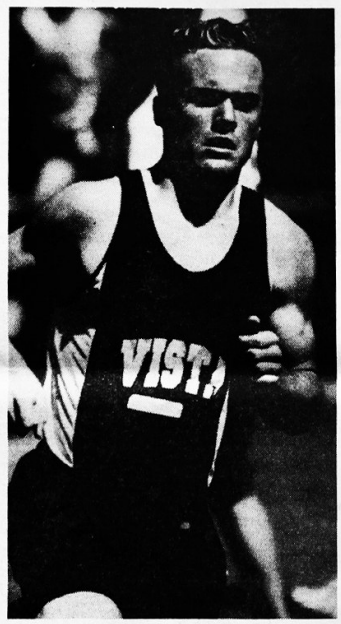
Vista's Justin Neuroth may have found a new race, as he impressively won at the Azusa-Pacific Meet of Champions, a distance carnival, last week.

Neuroth followed J. J. Duke of Clovis for the first six laps of the 3200 meters, and then put the pedal to the metal. His last 800 was run in 2:12, and Neuroth won the race in 9:18.1, a big PR for him. His previous best was 9:44. The clocking was the fastest outdoor time in the state at the time.

Another breakthrough, in the same race, was Vista's Ryan Montez running 9:29.2, bringing down his best of 9:43.

The times, fast for early season, mean that Neuroth could be a serious contender in the CIF and Masters 3200, if he decides to go that way. For Montez, his time also puts him right into the pack of best local contenders.

Vista's Jarred Emmons clocked a season best of 1:55.8 to win the invitational 800, which was his first serious 800 effort this year.



Justin Neuroth
Vista

At Azusa Pacific University, March 25.

BOYS:

800: Invite: 1. Jared Emmons (Vista) 1:55.8. Open: Mark Baddas (Vista) 1:59.9.

1600: Open: Baddas (Vista) 4:33.2.

3200: Invite: 1. Justin Neuroth (Vista) 9:18.1, 5. Ryan Montez (Vista) 9:29.2.

Eagle Rock:

UC quick

A number of local athletes looked sharp at the Eagle Rock Relays at Occidental College, on March 18.

University City's boys sprint crew fielded a number of quick relay teams, splitting up their usual varsity lineup.

They still came up with varsity relay teams that ran 42.2 for the 4x100, 1:27.28 for the 4x200 and 3:23.89 for the 4x400. They also had quick frosh soph relay teams.

Best field marks for area boys were by UC's Jon Reynolds (22-2 in the long jump, and 46-2 in the triple) and Sweetwater's Trandon Harvey (46-6, to win the triple jump).

In girls action, Eastlake's 4x100 team ran 49.8, and won. In the field, Eastlake's B. J. Hayes won the long jump (16-6.5) and triple jump (34-2.5). Sweetwater's frosh shot putter Annemarie Taumuaa threw 38-1 for second place.

Hilltop's Desiree Davila anchored her team's 4x800 with a 2:21 split.

Long Beach:

Takahashi vaults 15-0

Grossmont's Jonathan Takahashi opened his season with a winning jump of 15 feet in the boys pole vault at the Long Beach Relays, at Long Beach City College, March 18.

The Grossmont senior also ran 15.47 in the 110 highs to take fourth.

Bonita Vista athletes put up a number of good marks, including a 10.8 in the 100 by David Hannibal.

The Local News:

Sweetwater:

Desi's the comeback kid; Munoz, Curry soar

For once, Monique Henderson didn't have the most impressive set of relay carries.

It happened at last week's Sweetwater Relays.

There was nothing wrong with Monique. She got the baton in the lead in the 440 relay, and the race was over. Then, she got tangled up in a messy handoff (from a 110 runner to a 440 runner, which is a dangerous combination) in the sprint medley.

The tangle ruined her relay split, but Morse was again an easy winner.

Henderson later ran the third leg of the mile relay, easily ran down what opposition there was and handed off with a big lead.

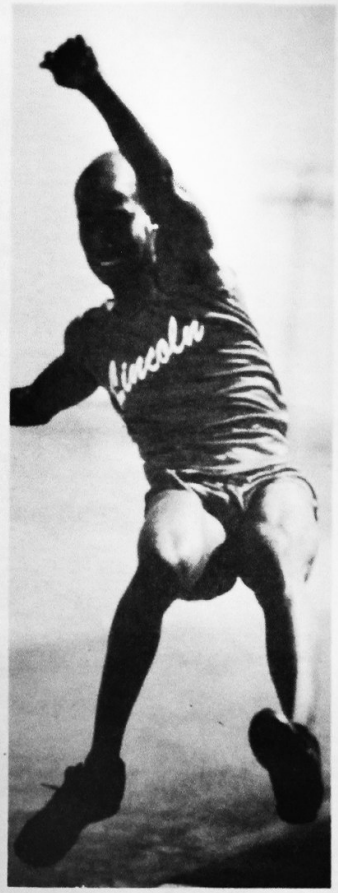
Hilltop's Desiree Davila had much tougher assignments. She began with an almost hopeless deficit in the distance medley. She ran the anchor mile in 5:11 to pull her team near the lead.

Later, she anchored the co-ed 4x880 relay. Again, she was way, way back. She unfurled a 2:19 and Hilltop took second in the race. NOTE: Desi's splits were for yard distances.

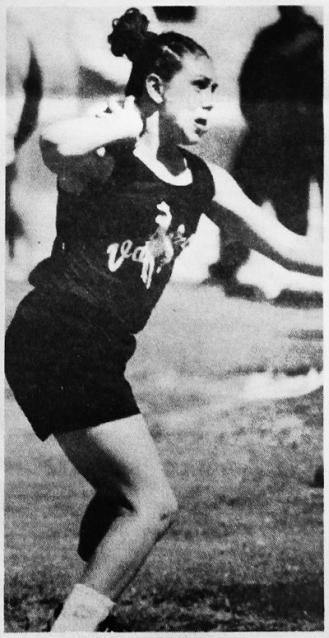
She topped that off with a good carry in the mile relay.

Relay carries were the

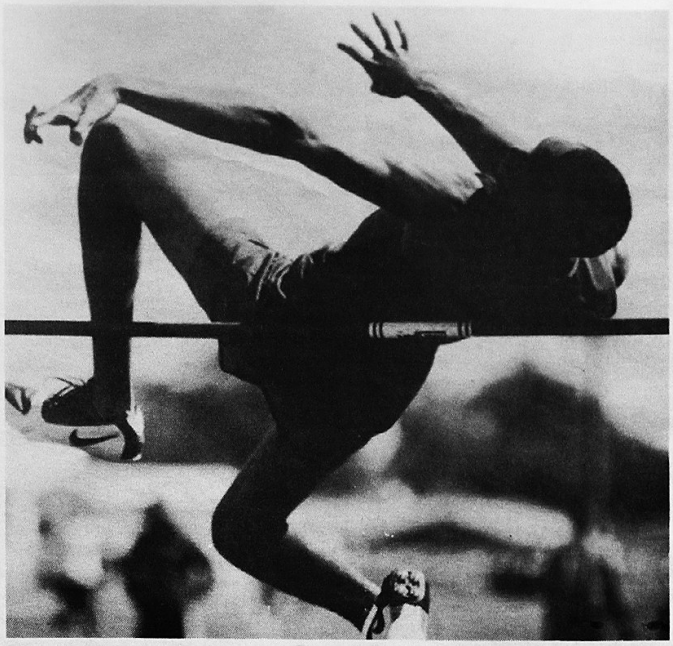
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Alton Gilbert
Lincoln Prep



Katie Ames
El Capitan



Wade Curry
Eastlake

Sweetwater:

From page 10.

highlight of a meet that featured only relays on the track.

In the field, there some impressive efforts.

Eastlake's Wade Curry cleared 6-4, and by plenty, for the best high jump of the day.

Castle Park's Javier Munoz had great height on his clearances in the pole vault, and he ended up with a PR of 14-1.

Sweetwater's Trandon Harvey was hampered by a chilly cross-wind, but he dominated his events, jumping against quality opposition.

El Capitan's Travis Asch had a good weight double, PRing in the shot at 50-8.5 and returning to win the disc at 161-2.

The results:

Saturday, March 25 at Sweetwater High School. Conditions: Dirt track, in good shape, strong cross winds, aiding only vaulters. Temperatures ranged from comfortable in afternoon, to cool in evening. All distances were yards, except for shuttle hurdles.

BOYS:

4x110y Relay:
D I: Sweetwater 44.8, Bonita Vista 46.4, Mount Miguel 46.6. D II: Serra 45.7, San Diego 46.0, Castle Park 46.4. D III: Lincoln 45.0 Horizon 47.4, Sweetwater B 48.3.

4x220y Relay:
D I: Morse 1:36.6, Bonita Vista 1:37.6, Sweetwater 1:38.3. D II: Serra 1:35.6, San Diego 1:36.7, Castle Park 1:37.9. D III: Lincoln 1:34.2, Horizon 1:41.8, St. Augustine 1:43.1.

Sprint Medley (2-1-1-4):
D I: Bonita Vista 1:42.8, Mount Miguel 1:43.8, Morse 1:43.8. D III: Imperial 1:44.1, Horizon 1:45.3, La Jolla Country Day 1:45.6.

4xMile:
D I: Chula Vista 19:23, Sweetwater 19:44, Bonita Vista 20:01. D II: San Diego 19:27, Eastlake 21:23, Hilltop 21:47. D III: St. Augustine 19:16, Sweetwater B 20:24, Claremont 21:08.

High Jump:
D I: Okenwa (Morse) 6-2, Rafferty (ElCap) 5-10. D II: Curry (East) 6-4, Thigpen (Craw) 5-10. D III: Knight (MarV) 6-0.

Pole Vault:
D I: Jankowski (BV) 12-6, Baker (BV) 13-0. D II: Munoz (CP) 14-1, Doria (East) 13-0, Hanfield (Hill) 11-6.

Long Jump:
D I: Harvey (Sw) 21-5, Robinson (MtM) 20-8, Rogers (Morse) 20-2.25. D II: Johnson (East) 20-4.5, Holley (CP) 20-2. D III: Gilbert (Linc) 20-0.

Triple Jump:
D I: Harvey (Sw) 45-3, Roberson (Morse) 40-4, Weihman (MtM) 40-3. D II: Holley (CP) 40-8.5, Herrod (Serra) 40-4. D III: Khoumalassay (Claire) 41-2.

Shot Put:
D I: Asch (ElCap) 50-8.5, Gascon (Sw) 45-11.5, Driggs (Sw) 43-9.5, Lee (Morse) 42-1. D II: Stephens (CP) 46-1.75, Schardin (East) 45-7, Hanson (Hill) 44-9.25, Rangel (East) 44-3. D III: Carr (StA) 46-6.5, Hanson (StA) 44-5.5.

Discus Throw:
D I: Asch (ElCap) 161-2, Driggs (Sw) 142-4, Padilla (Sw) 132-9, Zapata (CV) 131-7. D II: Hunt (Hill) 153-7, Stephens (CP) 147-0, Savaiinaea (East) 141-3, Rangel (East) 132-9. D III: Pendleton (StA) 141-11, Hanson (StA) 135-0.

GIRLS:

4x110y Relay:
D I: Morse 51.3, Bonita Vista 53.5, Sweetwater 56.5. D II: Eastlake 50.9, Castle Park 52.3, Serra 52.7, San Diego 53.6. D III: Lincoln 52.3, Horizon 57.4, Sweetwater B 58.3.

4x220y Relay:
D I: Mount Miguel 1:54.4, Morse 1:55.0, Bonita Vista 1:55.9. D II: Castle Park 1:53.1, San Diego 1:55.0, Serra 1:55.9. D III: Lincoln 1:55.7, Horizon 2:05.0, Our Lady of Peace 2:09.3.

Sprint Medley (220y, 110y, 110y, 440y):
D I: Morse 1:58.1, Chula Vista 2:03.0, Mount Miguel 2:03.0. D II: Eastlake 1:57.6, San Diego 1:59.8, Castle Park 2:01.8, Serra 2:03.7. D III: Lincoln 2:06.7, La Jolla Country Day 2:08.5, Horizon 2:12.6.

Distance Medley:
D I: Bonita Vista 13:39, Morse 13:51, Chula Vista 14:03. D II: Hilltop 13:53, Castle Park 14:30, Serra 15:14. D III: Our Lady of Peace 13:17, La Jolla Country Day 13:54, Clairemont 15:56. NOTE: OLP may have run one lap short.

High Jump:
D I: Abdullah (MtM) 4-10, Taylor (BV) 4-8. D II: Jimenez (Hill) 5-0, Hean (Craw) 4-10. D III: N. Wentz (LJCD) 4-8.

Pole Vault:
D I: Mazzarella (BV) 9-0, Asay (Sw) 8-0. D II: Guapo (East) 8-6.

Long Jump:
D I: French (BV) 14-10.5, Hannibal (BV) 14-9.75, Chapman (MtM) 14-0.5. D II: Rice (SD) 16-1.25, Flom (East) 14-2. D III: Marie (MarV) 14-5.

Triple Jump:
D I: Abdullah (MtMig) 32-4. D II: Hayes (East) 32-6,Turner (Serra) 32-3, Salahuddin (Hill) 32-3. D III: Catlin (Linc) 28-4.

Shot Put:
D I: Taumauu (Sw) 36-2.75, Hood (Morse) 35-6, Ames (ElCap) 33-0.5, Ude (Morse) 31-6.75. D II: Castellanos (CP) 31-1, Sanchez (Serra) 30-0.25. D III: Harper (Linc) 35-6, Akinfosile (LJCD) 33-4.5.

Discus Throw:
D I: Ames (ElCap) 116-8, Hood (Morse) 92-8. D II: Turner (Serra) 105-10, Young (East) 96-4, Singleton (Craw) 95-0.

CO-ED:

4x880y Relay (boy, girl, boy, girl):
D I: Bonita Vista 9:42.1, Chula Vista 10:08.2, Sweetwater 10:19.8. D II: Hilltop 9:52.2, Eastlake 9:56.6, Serra 10:14.3. D III: St. Augustine/OLP 10:08.7, La Jolla Country Day 10:12.7, Clairemont 10:36.9.

4x110 Shuttle Hurdles (girl, boy, girl, boy; with extra 10 meters added to end of girl's race):
D I: Morse 1:12.0, Sweetwater 1:12.8, Bonita Vista 1:16.6, Mount Miguel 1:19.2. D II: Eastlake 1:11.9, Castle Park 1:14.7, Hilltop 1:17.9. D III: Eastlake B 1:15.6, St. Augustine/OLP 1:17.7, Lincoln 1:19.9.

Falcon:

Torrey aces duel; Pound blazes

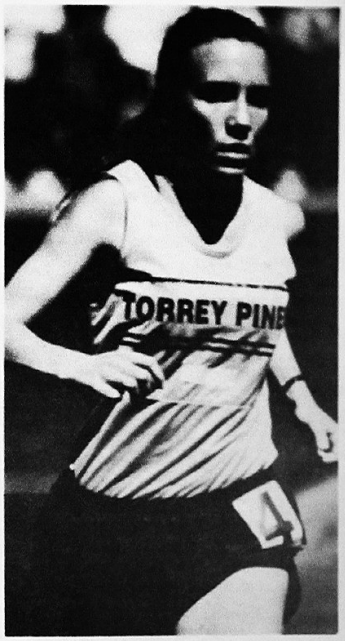
The highlight of last week's Falcon Relays was Audrey Pound's speedy, and unpressed, 45.5 in the invite 300 hurdles.

It was on dirt, and she won by four seconds. Questions?

Actually, there was another impressive effort in the B race of the girls 300 hurdles, where San Pasqual's Morgan Albini ran to a big win in 48.5, impressive for a new hurdler.

Torrey's distance aces got together for a decent 1500, as Julie Komosinski ran to a meet record 4:45.5, just ahead of Angela Petersen's 4:46.5. Those times convert to about the 4:06/4:07 range by Track & Field News standards.

Some good athletes were missing. Vista's boy distance aces were at the Meet of Champions, and Mt. Carmel's two excellent vaulters were away on college visits.



Angela Petersen
Torrey Pines

The results:

At Torrey Pines High School, Saturday, March 25. Conditions: said to be excellent: sunny and comfortable. The track is dirt.

BOYS:

200: Mahoney (MtC) 23.0.

1500: Kenyon (MtC) 4:18.0, Johnson (SP) 4:18.2, McInvale (Ram) 4:18.2, Mariscal (SP) 4:20.7, Helms (Pow) 4:23.0.

300 IH: Talbert (MtC) 42.0, Lyman (SP) 42.5.

4X100 Relay: Mt. Carmel 44.8.

4x200 Relay: Poway 1:35.5, San Pasqual 1:37.3, Vista 1:41.8.

4x400 Relay: San Pasqual 3:32.0, Poway 3:32.3, Mt. Carmel 3:36.2, Torrey Pines 3:37.6, Vista 3:41.5.

4x800 Relay: Poway 8:13.2, Torrey Pines 8:25.3, Mt. Carmel 8:32.6, Carlsbad 8:44.9, Ramona 8:59.8.

Sprint Medley (1-1-2-4)**:** Carlsbad 1:40.6, Poway 1:41.0, Mt. Carmel 1:42.1, Torrey Pines 1:42.6, Vista 1:43.5.

Distance Medley: Mt. Carmel 11:14.9, Ramona 11:17.7, San Pasqual 11:28.6, Torrey Pines 11:31.6, Poway 11:41.4, Mt. Carmel B 11:51.9, Vista 11:53.7.

4x110 Hurdles (alternating highs and lows): San Pasqual, 1:04.0, Torrey Pines 1:05.0, Valley Center 1:08.7, Carlsbad 1:09.2, Poway 1:11.7.

HJ: Traeen (MtC) 5-10.

PV: Murillo (Vista) 13-0.

LJ: Fromer (MtC) 20-9.

TJ: Everette (SP) 40-5.

SP: Viera (Carls) 53-11, Moazed (MtC) 47-4,, Gonzalez (VC) 47-0, Tavale (Carls) 45-11, Arosemena (Vista) 45-7, Pluth (VC) 45-3.

DT: Ward (Pow) 162-5, Viera (Carls) 142-8, Holderby (Ram) 140-5, Moazed (MtC) 140-1, Tavale (Carls) 137-5, Seilhan (MtC) 133-5, Britain (TP) 133-4.

GIRLS:

200: Lowery (SP) 26.0, Doe (TP) 26.9, Soto (Carls) 27.1.

Please turn to page 12.

Falcon:

From page 11.

1500: Komosinski (TP) 4:45.5 (meet record), Petersen (TP) 4:46.5, O'Connell (Carls) 5:05.4, Mulvey (MtC) 5:09.1, Kilmer (Ram) 5:12.1.

300 LH: Pound (Pow) 45.5 (meet record), Winfield (Vista) 49.5. B heat: Albini (SP) 48.5.

4X100 Relay: San Pasqual 51.3, Poway 52.1, Carlsbad 52.5.

4x200 Relay: Poway 1:54.1, Vista 1:54.7, Carlsbad 1:55.7.

4x400 Relay: Poway 4:11.1, Torrey Pines 4:12.7, San Pasqual 4:25.7.

4x800 Relay: Mt. Carmel 9:52.0, Carlsbad 10:03.6, Torrey Pines 10:04.0, Torrey Pines B 10:14.0, Poway 10:30.0, Mt. Carmel B 10:35.7, Vista 10:43.4.

Sprint Medley (1-1-2-4): Carlsbad 1:57.1, Poway 1:58.3, Torrey Pines 2:01.8, Vista 2:04.0.

Distance Medley: Mt. Carmel 13:16.5, Mt. Carmel B 13:20.5, Torrey Pines 13:32.0, Torrey Pines B 14:06.0.

Shuttle Hurdles (4x100 hurdles): Poway 1:11.2, Torrey Pines 1:11.9, Carlsbad 1:14.3, San Pasqual 1:14.7.

HJ: Jones (TP) 5-2, Carlson (SFC) 5-2, Files (Ram) 5-2, McNamara (Pow) 5-0. Note: 5-2 equals meet record.

PV: Cabrera (MtC) 9-6, N. Antonacci (Carls) 9-6, Holcomb (TP) 9-0, Sage (MtC) 8-6, Halliburton (TP) 8-6, Allen (Pow) 8-0, Acosta (Vista) 8-0.

LJ: Herrera (VC) 14-8.

TJ: Copeland (TP) 33-11, LaVine (Ram) 32-7.

SP: Monn-Batoung (Pow) 31-11.

DT: Ray (TP) 101-7.

Bronco:

Simply amazing

There were jaw-dropping efforts almost everywhere you looked at the Bronco Invitational.

The marks bordered on the incredible, given the time of year (very early season).

The meet was staged at Poway High this year in an effort to ensure fast times and qualifiers for Arcadia.

Among the great races, four stood out.

First, West Hills' Evan Fox ran a 4:14.02 for 1600 off a slow early pace, beating an all-star field.

Then, Point Loma's Tony Golston, in his first try at the hurdles this year, beat excellent fields in 14.42 and 38.02.

Finally, Morse's Monique Henderson strapped on some rockets to zip a 53.2 relay anchor, coming from way back to overhaul Rancho Bernardo's Alexis Tate, who was running a good 59.0.

Henderson was undeniable, running in control and making up ground, and, finally, launching past Tate at the tape like a missile. It was a photo finish, and the judges awarded the race to the Tigers.



Chris Staton
Patrick Henry

Fox and Golston, for their part, looked like potential state champions in fine early season form.

Henderson, of course, is an actual state champion, two times over, and she looked like it.

This came after Henderson ran a rare 800 meters. Her inexperience in the event showed just a bit, but she ran from the front and won in 2:16.51, holding off Torrey's Julie Komosinski.

Fox was amazing. The boys 1600 field, taking the heat into account, ran a leisurely 67 opening lap. Then, Vista's Justin Neuroth threw in a 62-second lap. Fox calmly reeled him and basically kept going at the same speed for the rest of the race.

In his wake were the who's who of local distance running, including Jon Rankin, Sean Ricketts, Neuroth, Ryan Moorcroft, Travis Laird, Josh Pope, and more. They all ran well, but Fox was on a different level.

Later, Fox ran a sub-50-second opening leg on West Hills' 3:22.7 4x400 team.

Golston not only ran fast, but he competed well against fields that included RB's Bobby Salimi, and Granite Hills' Jeff Hunter, two state meet-caliber performers. They also had top-quality early season times.

Around the oval, the hits just kept on coming.

Mt. Carmel's Travis Offner PRd at 15 feet to win the boys vault, and RB's Molly Pascarella kept the Bronco "sky ranch" tradition aloft by clearing a PR 11 feet to take the girls vault.



Tiffany Lowery
San Pasqual

In the boys 800 meters, also begun leisurely, RBV's Nick Thornton and West Hills' Ben Aragon dueled down the stretch. Thornton edged ahead to win in 1:56.04. In a fast mass finish, seven athletes ran 2:01.00 or faster.

The girls 1600 was interesting, featuring a pair of girls that will probably end the season matched up in the 3200.

RB's Julie Manson set a wicked early pace, and Torrey's Angela Petersen caught her in the last lap, winning in 5:04.89. Manson got a PR in second, at 5:06.11.

There was much more, but this is only a 16-page newspaper.

The results:

Saturday, March 18 at Poway High School. Conditions: Sunny and fairly hot. Wind mostly calm; no aiding wind in any straightaway races or jumping events; possible slight headwinds during both boys and girls 100 meters. Heat was a definite factor in all races from 1600 meters and up. All-weather, fast track surface.

BOYS:

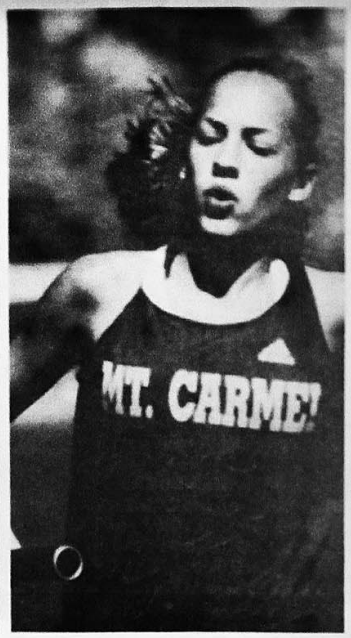
100: Roberts (PH) 10.95, M. Johnson (Serra) 11.22, Cunningham (WH) 11.36, Brown (MiraM) 11.45, Van (Hx) 11.48.

400: F. Johnson (Ser) 50.14, Beckstead (RB) 50.23, Nunez (SP) 50.76, Berman (RB) 50.93, Nathan (Hx) 50.93, Waddell (RBV) 52.06.

800: Thornton (RBV) 1:56.04, Aragon (WH) 1:56.18, Powell (Pow) 1:56.90, Machado (SR) 2:00.28, Green (TP) 2:00.59, Croson (Tem Cyn) 2:00.78, Cueva (Esc) 2:01.00, Young (CalvC) 2:01.10, Mattos (Fall) 2:01.71, Engler (TP) 2:01.80, Tro. Stroh (VC) 2:02.83, Williams (Hx) 2:03.00.

1600: Fox (WH) 4:14.02, Rankin (MontV) 4:18.93, Ricketts (RB) 4:19.50, Neuroth (Vis) 4:20.49, Moorcroft (StA) 4:20.90, Pope (Pow) 4:22.86, Laird (SM) 4:24.86, Emmons (Vis) 4:37.18.

3200: McInvale (Ram) 9:39.0, Handler (TC) 9:42.7, Lyons-Quirk (Pow) 9:45.5, Montez (Vis) 9:50.2, Helms (Pow) 9:50.99, Casarez (Fall) 9:52.91, Sutton-Kane (WH) 9:55.4,



Jill Steele
Mt. Carmel

Kenyon (MtC) 10:00.6, Fulton (RB) 10:08.3, Barre (MtC) 10:09.4, Hassanzadeh (TP) 10:16.9.

110 HH: Golston (PtL) 14.42, Salimi (RB) 14.74, Hunter (GH) 14.83, Dudek (TP) 15.29, Nears (Ser) 15.33, Talbert (MtC) 15.69, Orlando (MiraM) 16.46.

300 IH: Golston (PtL) 38.02, Salimi (RB) 39.09, Hunter (GH) 40.34, Orlando (MiraM) 41.81, Conerly (WH) 41.81.

4x100 Relay:
D IV: Morse 43.1, Mira Mesa 44.0, Monte Vista NT, Fallbrook 45.4.
D III: Patrick Henry 43.6, San Diego 43.7, Poway 44.9, Vista 45.2.
D II: Helix 43.8, Serra 44.0, San Marcos 44.4, Rancho Buena Vista 44.5, Granite Hills 44.6.
D I: Rancho Bernardo B 43.4, Helix B 44.4, Valley Center 44.9, Ramona 45.4.

4x200 Relay:
D IV: Morse 1:33.5, San Pasqual 1:34.3, Monte Vista 1:34.7, Fallbrook 1:35.0.
D III: San Diego 1:32.0, Poway 1:34.4, Vista 1:36.8.
D II: Helix 1:31.4, Serra 1:32.1, Mt. Carmel 1:32.7.
D I: Ramona 1:35.6, Valley Center 1:35.7, El Capitan 1:38.1.

4x400 Relay:
D IV: West Hills 3:22.7, Rancho Bernardo 3:26.8, Fallbrook 3:29.0, Monte Vista 3:31.2, San Pasqual 3:31.9.
D III: Vista 3:31.2, Poway 3:39.6, Patrick Henry 3:42.2.
D I and II: Helix 3:26.6, RBV 3:27.2, Serra 3:27.7, Granite Hills 3:28.9, Mt. Carmel 3:32.4.

4x800 Relay:
D III and IV: West Hills 8:14.39, San Diego 8:26.39, Vista 8:30.46, San Pasqual 8:35.58, Poway 8:36.85.
D I and II: Mt. Carmel 8:33.2, Escondido 8:37.5, Granite Hills 8:47.3.

Distance Medley (1200-400-800-1600):
D III and IV: Poway 10:50.7, Fallbrook 10:52.2, St. Augustine 11:02.5, Vista 11:07.3, San Diego 11:11.83, West Hills 11:11.84.
D I and II: Mt. Carmel 11:16.7, Ramona 11:20.3, Valley Center 11:21.0.

High Jump: Williams (RB) 6-5, Staton (PH) 6-2, Okenwa (Morse) 6-2, Randall (MontV) 6-0. B section: K. White (RB) 6-0, Vaughn (SR) 6-0.

Pole Vault: Offner (MtC) 15-0, Priest (RBV) 12-6, Dorminy (RB) 13-0, Jeter (MtC) 13-0, Meimbarge (Pow) 13-0, Murillo (Vis) 12-6, Hill (RB) 12-

Please turn to page 13.

Bronco:

From page 12.

6, Garcia (WH) 12-6.

Long Jump: Ortiz (Hx) 21-10.75, Mootry (Morse) 21-10, Staton (PH) 21-5, Hunter (GH) 21-4, K. White (RB) 21-1.5, Hudsona (Hx) 20.1.75.

Triple Jump: Ortiz (Hx) 46-1, Randall (MontV) 44-10, Warren (Serra) 42-3.5, Mootry (Morse) 42-1, Everette (SP) 40-10.25.

Shot Put: Jones (MiraM) 53-6, Watkins (Hx) 52-1, Asch (ElCap) 50-7.5, Germain (Fall) 48-1.5, Moazed (MtC) 48-1, Wilson (OG) 47-8.5.

Discus Throw: Jones (MiraM) 170-5, Asch (ElCap) 158-5, Ward (Pow) 150-9, Smith (GH) 146-7, DeBoer (RBV) 146-6, Watkins (Hx) 145-9.

GIRLS:

100:
Carrington (MtC) 12.97, Lowery (SP) 13.00, Lederer (RB) 13.18, Summerville (SR) 13.27, Hackett (Morse) 13.30.

400: Hall (RBV) 58.34, Neal (RBV) 59.16, Landry (RB) 59.98, Mattos (Fall) 60.31, Barmer (Hx) 60.90, Bravin (Val) 62.34.

800: Henderson (Morse) 2:16.51, Komosinski (TP) 2:18.32, Timinsky (SDgto) 2:19.05, Phipps (Morse) 2:21.40, Allen (RBV) 2:25.04.

1600: Petersen (TP) 5:04.89, Manson (RB) 5:06.11, Pacheco (TC) 5:15.51, Mier (SM) 5:22.13, Baird (Hx) 5:23.02, Mulvey (MtC) 5:30.58, Sick (MtC) 5:30.62, Hough (VC) 5:31.12.

3200: Valdez (TC) 11:29.8, Marquez (ElCap) 11:39.4, Yamout (MtC) 11:56.4, Yee (RB) 11:58.8, Rohde (Fall) 12:00.1, Parks (PtL) 12:08.2, Viens (Val) 12:16.2.

100 H: Coin (RB) 15.71, Pound (Pow) 16.04, Clark (MontV) 16.51, Carter (MiraM) 16.52, Barmer (Hx) 16.70, McGrath (RB) 16.76, Murphy (RB) 17.21.

300 LH: Pound (Pow) 45.72, Avery (GH) 47.75, Coin (RB) 47.94, Carter (MiraM) 48.95, Afenir (Escondido) 49.15, Dulin (RB) 49.55.

4x100 Relay:
Div. IV: Rancho Bernardo 50.0, Fallbrook 50.0, San Pasqual 51.4, West Hills 51.8, Mira Mesa 52.2.
Div. III: Poway 51.8, San Diego 52.4, Patrick Henry 52.9, Vista 52.9, Valhalla 53.1.
Div. II: Rancho Buena Vista 50.1, Helix 50.8, Mt. Carmel 51.8, Serra 52.0, Escondido 52.7.
Div. I: Rancho Bernardo B 51.3, Coronado 52.8, Valley Center 52.9.

4x200 Relay:
Div. IV: Fallbrook 1:46.9, Morse 1:47.0, Rancho Bernardo 1:48.3, Monte Vista 1:50.5.
Div. III: Poway 1:51.1, San Diego 1:52.2, Orange Glen 1:53.6, Vista 1:53.7.
Div. II: Serra 1:50.1, Mt. Carmel 1:50.6, Helix 1:52.2, Granite Hills 1:53.4.
Div. I: University of San Diego 1:51.7, Coronado 1:52.8, Valley Center 1:53.0.

4x400 Relay:
Div. IV: Morse 4:07.6 (Henderson 53.2 anchor), Rancho Bernardo 4:07.6, Monte Vista 4:12.8, San Pasqual 4:17.2, West Hills 4:23.1.
Div. III: Poway 4:14.5, Vista 4:24.3, Orange Glen 4:29.7.
Div. II: Rancho Buena Vista 4:07.1, Torrey Pines 4:08.6, Serra 4:15.7, Helix 4:17.4, Mt. Carmel 4:20.4, Granite Hills 4:21.5.
Div. I: University of San Diego 4:32.5, Valley Center 4:33.9, El Capitan 4:40.3.

4x800 Relay:
Div. III and IV: Valhalla 10:19.2, West Hills 10:22.7, Rancho Bernardo 10:25.66, Poway 10:40.28.
Div. I and II: Mt. Carmel 9:56.4, Torrey Pines 10:17.7, Point Loma 10:30.35, Valley Center 10:59.17.

Distance Medley (1200-400-800-1600):
Div. III and IV: Valhalla 13:36.3, Fallbrook 13:39.8, Mira Mesa 13:52.9, Rancho Bernardo 13:53.4, Poway 14:11.6.
Div. I and II: Helix 13:18.9, Torrey Pines 13:31.3, Point Loma 13:54.2, University of San Diego 13:55.2, Mt. Carmel 13:58.6.

High Jump: Jones (TP) 5-4, Turner (GH) 5-2, Carlson (SFC) 5-2, McNamara (Pow) 5-0, Austin (RB) 5-0, Fleming (USD) 5-0.

Pole Vault: Pascarella (RB) 11-0, Holcomb (TP) 9-6, Hudlow (RB) 9-6, Orlando (MiraM) 9-6, Nowinski (MiraM) 9-6, Cabrera (MtC) 9-0, Speer (MtC) 9-0, Vieira (PtL) 9-0, Vertullo (WH) 9-0.

Long Jump: Louviere (Hx) 17-0.5, Hall (RBV) 16-10.5, Barnes (RBV) 16-7, Ropes (Fall) 16-6.5, Roberson (Morse) 16-3.5, Mattos (Fall) 16-2.5, George (Val) 15-5.5.

Triple Jump: Ropes (Fall) 37-1, Fairchild (Vis) 36-9, Barnes (RBV) 35-8.5, George (Val) 35-1, Weaver (RB) 33-9, Copeland (TP) 33-6.5.

Shot Put: Henry (RBV) 38-6.5, R. Makihele (SM) 36-11, Morris (SR) 36-10, Austin (RB) 36-3, Hood (Morse) 35-2.25, Ingoldt (OG) 34-1.5.

Discus Throw: Austin (RB) 118-4, Cannon (Esc) 113-7, Henry (RBV) 113-5, Johnson (Fall) 111-2, Ames (ElCap) 111-0, Milazzo (Esc) 102-6.

Tiger:

Girls sharp; track's not

The Tiger Relays' only individual race produced the best mark of the meet, as Rancho Bernardo's Julie Manson ran away from a top-quality field in the 3200 meters.

Her winning mark of 10:54.5 was the leading outdoor state 3200 mark in early season.

Manson raced a 5:21 for the first 1600, and looked relaxed in doing so. She left runners like Julie Komosinski, Angela Petersen and Desiree Davila up the track. Komosinski used her late speed to first overtake Davila, then teammate Petersen, for second.

Next best effort on the day was a 53.8 400-meter relay carry by Morse's Monique Henderson in the sprint relay.

There were other quality marks, which have mostly been overshadowed by later meets.

One undercurrent of the meet was the shabby condition of the Balboa Stadium facility, scheduled to host the CIF semifinals.

That may not be the case this year, given the mood of the CIF meet directors.

There were numerous concerns that now have CIF meet officials openly talking of moving the CIF semis to another facility. The new track layout at Escondido High seems the likely candidate to replace Balboa.



Julie Manson
Rancho Bernardo

Some of the meet organizers will tour the Escondido facility as early as this weekend to determine its suitability for hosting the meet.

There were some possible problems at Escondido, such as sightlines, but they seemed minor compared to the maintenance that is obviously needed to restore Balboa.

Saturday, March 11, at Balboa Stadium. Conditions: all-weather, mondo track in fair shape; no aiding winds in jumps; bright sunshine; warm.

3200:
(A Heat): Manson (RB) 10:54.5, Komosinski (TP) 11:04.7, Petersen (TP) 11:07.0, Davila (Hill) 11:12.3, Marquez (ElCap) 11:58.4, Leek (LJ) 12:03.8, Parks (PtL) 12:05.0, Viens (Val) 12:15.2, Rohde (Fall) 12:21.9, Nugent (WH) 12:28.4.
(B Heat): Reader (CV) 12:52.3, Diaz (Morse) 12:56.6, Lochmiller (RB) 12:57.4.

4x100 Relay:
Div. IV: Fallbrook 50.6, Morse 50.8, Rancho Buena Vista 51.0, Carlsbad 52.1, La Costa Canyon 52.5, Valhalla 53.2.
Div. III: West Hills 50.8, Helix 51.1, Chula Vista 52.4, Scripps Ranch 52.6, Orange Glen 53.6, Monte Vista 54.4.
Div. II: Eastlake 50.5, Mount Miguel 51.7, El Cajon Valley 51.7, Serra 52.2, Escondido 53.0, Patrick Henry 53.3.
Div. I: Lincoln 51.2, University of San Diego 53.5, Valley Center 54.0.
B Race: Rancho Bernardo 52.1.

4x200 Relay:
Div. I: Lincoln 1:54.2; Valley Center 1:57.2; Francis Parker 1:59.0; Point Loma 2:00.6.
Div. II: Mount Miguel 1:51.3, El Cajon Valley 1:52.6, San Diego 1:53.6, Serra 1:56.2, Hilltop 1:57.1.
Div. III: Helix 1:49.1, West Hills 1:52.9, Monte Vista 1:54.5, Chula Vista 1:56.1, Scripps Ranch 1:56.2, El Capitan 1:59.1.
Div. IV: Rancho Bernardo 1:50.4, La Costa Canyon 1:51.1, Morse 1:52.6, Fallbrook 1:54.1, Valhalla 1:56.0, Torrey Pines 1:57.6, Carlsbad 1:58.5.

4x400 Relay:
Div. IV: Morse 4:05.4, Rancho Bernardo 4:10.0, Torrey Pines 4:13.9, Carlsbad 4:15.0, La Costa Canyon 4:15.3, Bonita Vista 4:21.6, Valhalla 4:26.0.
Div. III: Helix 4:10.0, Monte Vista 4:23.2, West Hills 4:25.8.
Div. II: Hilltop 4:25.2, Serra 4:28.3, Eastlake 4:30.8.
Div. I: Valley Center 4:40.6, Point Loma 4:45.5, Our Lady of Peace 5:09.7.

4x800 Relay:
Div. IV: Torrey Pines 10:04.7, Carlsbad 10:08.1, Valhalla 10:31.4, Rancho Bernardo 10:45.7, Bonita Vista 10:52.0, Fallbrook 11:18.2.
Div. III: Helix 10:12.7, Chula Vista 10:32.2, West Hills 10:45.6, Monte Vista 11:03.0, Scripps Ranch 11:23.7.
Div. II: Mira Mesa 10:58.9, Eastlake 11:03.9, El Cajon Valley 11:15.4, Serra 11:22.1, Escondido 11:23.4.
Div. I: Point Loma 10:49.1, Valley Center 10:51.5, University of San Diego 11:03.1.

Sprint Medley (1-1-2-4):
Div. IV: Morse 1:47.7, Rancho Buena Vista 1:50.1, Rancho Bernardo 1:52.2, La Costa Canyon 1:55.0, Fallbrook 1:57.7, Valhalla 2:02.3.
Div. III: Helix 1:57.2, Southwest 2:00.0, Chula Vista 2:00.5, Scripps Ranch 2:01.6, West Hills 2:01.8.
Div. II: Hilltop 1:56.1, Eastlake 1:57.6, Mount Miguel 1:58.4, Escondido 1:59.5, El Cajon Valley 1:59.9, Mira Mesa 2:00.4.
Div. I: University of San Diego 1:58.0, Lincoln 1:58.2, La Jolla 1:59.0, Valley Center 2:02.0.
B Race: San Dieguito Academy 2:00.6.

Distance Medley (1200-400-800-1600):
Div. IV: Torrey Pines 13:07.8, Rancho Bernardo 13:19.0, Bonita Vista 13:20.6, Morse 13:25.1, La Costa Canyon 13:28.7.
Div. III: Helix 13:11.8, Chula Vista 13:22.1, West Hills 13:23.5, Monte Vista 13:49.0.

4x100 Hurdles:
Div. IV: Rancho Bernardo 1:08.3, Torrey Pines 1:14.0, Fallbrook 1:14.5, Carlsbad 1:15.2, Valhalla 1:17.2, Bonita Vista 1:18.8, La Costa Canyon 1:19.1.
Div. III: Monte Vista 1:17.3, West Hills 1:17.9, Scripps Ranch 1:22.7.
Div. II: Mira Mesa 1:11.5, Eastlake 1:13.3, Escondido 1:15.6, El Cajon Val 1:17.6, Mt Miguel 1:22.3.
Div. I: Valley Center 1:19.6, Ramona 1:26.6, Lincoln 1:26.6.

High Jump:
Best marks: Fleming (USD), 5-4; Carlson (SFC), 5-2; Jones (TP) 5-0; Austin (RB) 5-0; Jackson (Carls) 5-0.

Pole Vault:
Seven at 9-0, including Vertullo (WH), Pascarella (RB), Holcomb (TP), Lopez (WH), Guapo (East), and Lafoya (East). Three at 8-6, including N. Antonacci (Carls), Asay (Sweet), R. Antonacci (Carls).

Long Jump:
Best marks: Hall (RBV) 16-6; Mattos (Fall) 16-4; Johnson (East) 16-3; Reddick (Morse) 16-2; Louviere (Hx) 15-6; Hayes (East) 15-6; Kegler (Hill) 15-5.25; Rose (RB) 15-5; Ropes (Fall) 15-5; Gaines (MontV) 15-2.5.

Triple Jump:
Best marks: Ropes (Fall) 36-2, Givens (LJ) 35-5, George (Val) 35-4, Barnes (RBV) 34-4, Hayes (East) 33-7, Rose (RB) 33-2.

Shot Put:
Best marks: Austin (RB), 37-0.25; Taumauu (Sweet), 36-9.5; Henry (RBV), 35-11.75; Morris (SR), 35-10.25; Milazzo (Esc), 35-7; Hood (Morse) 34-5.25; Vavra (Esc), 33-9.25; Ingoldt (OG), 33-0.5; Johnson (Fall), 32-6; Johansen (MontV), 32-1, Ames (ElCap), 31-9; Minette (LJ), 31-3.5.

Discus Throw:
Best marks: Austin (RB) 113-7; Mickelson (RB) 112-4; Morris (SR) 105-7; Milazzo (Esc) 104-10; Henry (RBV) 101-6.

Best 2000 Marks:

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

NOTE: Minimum standards for marks listed are identical to San Diego Union-Tribune standards.

Converted times from yard distances are noted (example: 52.4c), and conversions are based on the Track & Field News BIG RED BOOK.

In the 100, 200, 4x100 Relay, 100 Hurdles and 110 High Hurdles, separate lists are maintained for hand times and automatic times.

In all other events, hand times and automatic times are combined on the same lists. The hand times are to tenths of a second, and automatic times are in hundredths. On our lists, they are ranked in numerical order although it is recognized that automatic times are 0.24 seconds faster than hand times. Thus, a 51.23 (automatic) is superior to a 51.0 (hand), although we don't list them that way.

Please notify Track Magazine with corrections, omissions or additions.

BOYS:

Marks received by March 29.

100:

Automatic time:

10.74 Steve Hayes, UC
10.83 Lamont Long, UC
10.95 Mike Roberts, PH
11.12 Chauncee Smith, UC
11.14 Blake Frazier, UC
11.18 Jesse Bowman, UC
11.22 Mike Johnson, Serra
11.36 Nathan Cunningham, WH
11.45 Jair Brown, MiraM

Hand time:

10.6 Larry Miles, Craw
10.6 Lavell Anderson, East
10.6 Eric Thomas, PtL
10.7 Kevin Johnson, East
10.8 Matison, MtC
10.8 Steve Hayes, UC
10.8 Antwane Collier, SD
10.8 Mike Roberts, PH
10.9 Lamont Long, UC
10.9 Allen Thompson, Sweet
10.9 Mike Johnson, Serra
10.9 Jair Brown, MiraM
10.9 Kyle Conerly, WH
10.9 Nathan Cunningham, WH
10.9 Boris McDaniel, Linc
11.0 David Hannibal, BV
11.0 Andre Davis, ECV
11.0 Peter Stoll, SP
11.0 Marcus Wooden, Morse
11.0 Jeff McNeal, Mont
11.1 Eric Williams, RB
11.1 Matt Beckstead, RB
11.1 Jeff Berman, RB
11.1 Deon White, RB
11.1 Green, Craw
11.1 Keith Dunn, East
11.1 Cory Jones, Linc
11.1 Jason Macklin, Vista
11.1 Scott LaCaz, TP
11.1 Will Buchanon, Oside

Windy:

10.8 David Hannibal, BV

200:

Automatic time:

22.57 Lamont Long, UC

Hand time:

21.7 Eric Thomas, PtL
21.9 Lavell Anderson, East
22.0 Larry Miles, Craw
22.2 Lamont Long, UC
22.3 Steve Hayes, UC
22.3 Cory Jones, Linc
22.4 Antwane Collier, SD
22.5 David Hannibal, BV
22.5c Kevin Johnson, East
22.6c Lorenzo Nathan, Hx
22.7 Benson, SD
22.7 Allen Thompson, Sweet
22.7 Nathan Cunningham, WH
22.7 Matt Beckstead, RB
22.7c Derrick Waddell, RBV
22.8 Chris Shuster, WH
22.8 Jeff Berman, RB
22.9 Pete Battaglia, WH
22.9 Greene, Craw
22.9 D. J. Contreras, VC
22.9 Billy Grillo, Pow
22.9 Mike Roberts, PH
22.9c Jeff McNeal, Mont

Mismeasured track:

20.3 Larry Miles, Craw

400:

49.8 Jamal Briggs, UC
50.14 Fiat Johnson, Serra
50.23 Matt Beckstead, RB
50.76 Jesus Nunez, SP
50.93 Jeff Berman, RB
50.93 Lorenzo Nathan, Hx
51.2 Joseph Miller, RBV
51.3 Roger Mathis, Morse
51.3 Ben Aragon, WH
51.5 Derrick Waddell, RBV
51.5c Todd Watkins, Hx
51.6c David Evans, GH
51.7 Dustin Westergom, WH
51.9 Pete Battaglia, WH
52.0 Steve Maldonado, Vista
52.1 Justin Neuroth, Vista
52.3 Phillip Sanders, Morse

800:

1:53.2 Evan Fox, WH
1:54.1 Nick Thornton, RBV
1:55.8 Jared Emmons, Vista
1:56.1 Nico Cueva, Esc
1:56.18 Ben Aragon, WH
1:56.90 Aaron Powell, Pow
1:57.8 Sean Ricketts, RB
1:58.0 Evan Fox, WH
1:59.9 Mark Baddas, Vista
2:00.28 Raphael Machado, SR
2:00.3 Bryan Bauerle, WH
2:00.59 John Green, TP
2:00.7 Devin Lyons-Quirk, Pow
2:01.0 Matt Johnson, SP
2:01.10 Chad Young, CalC
2:01.5 Jon Rankin, MontV
2:01.7 Dale Houser, BV
2:01.71 Justin Mattos, Fall
2:01.80 Eric Engler, TP
2:02.0 Josh Pope, Pow
2:02.1 Matt McInvale, Ram
2:02.1 Ryan Montez, Vista
2:02.83 Troy Stroh, VC
2:03.00 Taylor Williams, Hx
2:03.4 Chris Kenyon, MtC
2:03.5 Kevin Schible, WH
2:03.84 Sal Plesencia, OG

1500:

4:18.0 Chris Kenyon, MtC
4:18.2 Matt Johnson, SP
4:18.2 Matt McInvale, Ram
4:20.7 Luis Mariscal, SP
4:23.0 Tim Helms, Pow

(NOTE: T&F News converts 4:18.0 to 4:37.0 for 1600)

1600:

4:14.02 Evan Fox, WH
4:18.93 Jon Rankin, MonteV
4:19.50 Sean Ricketts, RB
4:20.49 Justin Neuroth, Vista
4:20.90 Ryan Moorcroft, StA
4:22.86 Josh Pope, Pow
4:24.86 Travis Laird, SM
4:31.9 Matt McInvale, Ram
4:32.3c Michael Manzano, CV
4:33.2 Mark Baddas, Vista
4:33.3 Chris Kenyon, MtC
4:33.3c Dustin Whitson, BV
4:33.4 Aaron Powell, Pow
4:34.0 Christian Dominguez, SD
4:34.4c Ryan Maynard, GH
4:35.0 Solomon Kumbi, SD
4:35.5 Ryan Montez, Vista
4:36.0 Ben Aragon, WH
4:36.0 Efrain Casarez, Fall
4:37.18 Jared Emmons, Vista

3200:

9:18.1 Justin Neuroth, Vista
9:29.2 Ryan Montez, Vista
9:39.0 Matt McInvale, Ram
9:39.8 Evan Fox, WH
9:40.8 Ben Aragon, WH
9:44.4 Travis Laird, SM
9:45.5 Devin Lyons-Quirk, Pow
9:51.0 Tim Helms, Pow
9:53.0 Jon Rankin, MontV
9:53.0 Efrain Casarez, Fall
9:55.4 Dan Sutton-Kane, WH
10:00.6 Chris Kenyon, MtC
10:01 Michael Manzano, CV
10:02.38 Charles McKeown, UC
10:05.0 Christian Dominguez, SD
10:05.2 Ruben Vences, Sweet
10:07 Drew Bouchard, StA
10:08.3 Jake Fulton, RB
10:09.4 Abadir Barre, MtC
10:11.0 Juan Mondragon, Esc

110 HH:

Automatic time:

14.42 Tony Golston, PtL
14.74 Bobby Salimi, RB
14.83 Jeff Hunter, GH
15.29 John Dudek, TP
15.29 Trandon Harvey, Sweet
15.33 Josh Nears, Serra
15.69 Darnell Talbert, MtC
16.46 Jeff Orlando, MiraM

Hand time:

14.1 Tony Golston, PtL
15.0 Josh Nears, Serra
15.1 Darnell Talbert, MtC
15.2 Jon Everette, SP
15.3 Ben Knight, MarV
15.3 Jeff Hunter, GH
15.5 Jonathan Takahashi, Gross
15.5 John Dudek, TP
15.6 Darion Williamson, Morse
15.8 Jeremiah McLeod, Fall
15.8 Travis Lyman, SP
15.9 Jeff Orlando, MiraM
16.0 Brian Perdue, BV
16.0 Charles Cleveland, Sweet
16.0 Chris Staton, PH
16.1 Trent Stroh, VC
16.1 Felipe Hernandez, Coro
16.1 Paul Yoder, Oside
16.1 Brian Taylor, GH
16.2 Benitez, MiraM
16.2 Tim Frinell, Fall
16.2 Brian Bartsch, East

Windy:

14.3 Bobby Salimi, RB

300 IH:

38.02 Tony Golston, PtL
39.09 Bobby Salimi, RB
40.34 Jeff Hunter, GH
40.9 Josh Nears, Serra
41.1 Brian Bartsch, East
41.2 Sean Sweat, ElCam
41.4c Danny Nenow, GH
41.6 Ben Knight, MarV
41.7 Darnell Talbert, MtC
41.81 Jeff Orlando, MiraM (41.6h)
41.81 Kyle Conerly, WH
42.0 Aaron Barnhill, SM
42.1c Jason Van, Hx
42.2 Luis Quintana, CP
42.2 Jimmy Ungricht, Fall
42.3 Travis Lyman, SP
42.3 Darion Williamson, Morse
42.3c Steve Daniels, Carls
42.8 Angelo Vargas, BV

4x100 Relay:

Automatic time:

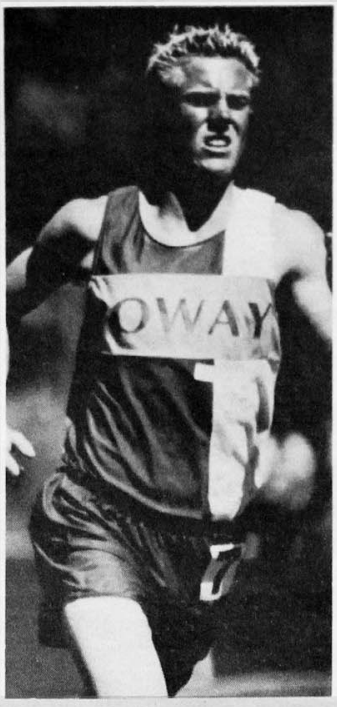
41.55 University City
44.65 Mt. Carmel

Hand time:

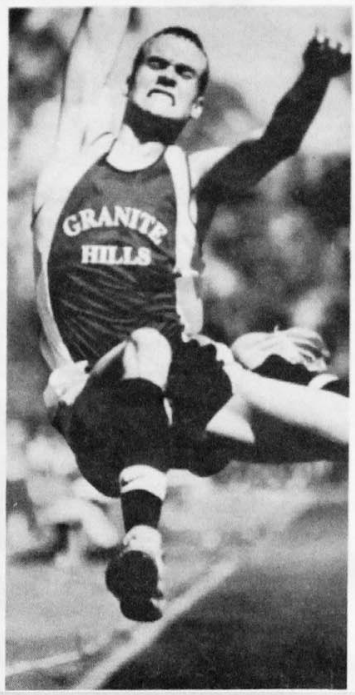
42.6 University City
43.1 Morse
43.4 Rancho Bernardo
43.4 Eastlake
43.5 Hoover
43.6 Patrick Henry
43.7 San Diego
43.7 Sweetwater
43.8 Helix
43.8 Mira Mesa
43.8 Mt. Carmel
44.0 Serra
44.3 Bonita Vista
44.3c Granite Hills
44.4 Crawford
44.4 San Marcos
44.4 San Pasqual
44.4 Rancho Buena Vista
44.7 Valley Center
44.7c Monte Vista
44.8c Lincoln

Please turn to page 15.

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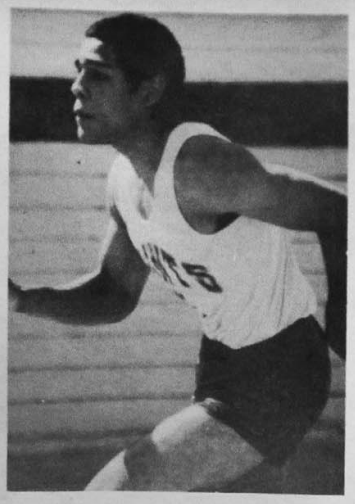
Josh Pope
Poway



Jeff Hunter
Granite Hills



Richard Baker
Bonita Vista



Baran Hill
St. Augustine



Katie O'Connell
Carlsbad



Marie Carter, Catie Coin
Mira Mesa Rancho Bernardo

Best Marks:

From page 14.

44.9 Poway
44.9 Vista

4x400 Relay:

3:22.7 West Hills
3:23.89 University City
3:26.4 Rancho Bernardo
3:26.6 Helix
3:27.2 Rancho Buena Vista
3:27.7 Serra
3:28.9 Granite Hills
3:29.0 Fallbrook
3:30.5 Poway
3:31.2 Vista
3:31.2 Monte Vista
3:31.9 San Pasqual
3:32.8 Bonita Vista
3:32.4 Mt. Carmel
3:36.5 Carlsbad
3:37.6 Torrey Pines
3:39.4 Scripps Ranch

High Jump:

6-6 Eric Williams, RB
6-5 Shawn Smith, S'west
6-4.25 Keno White, RB
6-4 Chris Staton, PH
6-4 Jeremy Cross, RBV
6-4 Ben Knight, MarV
6-4 Wade Curry, East
6-4 Isaac Simms, UC
6-2 Bobby Okenwa, Morse
6-2 Austin Neudecker, BV
6-2 John Feehan, Esc
6-2 Tony Ortiz, Hx
6-2 Brandon Mundinger, Val
6-0 Slater Traeen, MtC
6-0 David Lee, GH
6-0 Danny Nenow, GH
6-0 Ahnizo Gainey, RBV
6-0 Nate Skrzypczak, VC
6-0 Jamal Randall, MontV
6-0 Matt Vaughn, SR
6-0 Danny Nenow, GH
6-0 Mike Leyva, GH
6-0 Jonathan Takahashi, Gross
6-0 Nik Traner, Fall

Pole Vault:

15-0 Travis Offner, MtC
15-0 Jonathan Takahashi, Gross
14-1 Javier Munoz, CP
13-9 Alex Doria, East
13-9 Chris Dorminy, RB
13-6 Austin Priest, RBV
13-0 Richard Baker, BV
13-0 John Jeter, MtC
13-0 Brian Meimbarge, Pow
13-0 Ricardo Murillo, Vista
12-6 Mike Hill, RB
12-6 Casey Kaesar, Fall
12-6 Tony Garcia, WH
12-6 Ryan Daley, Vista
12-6 Cameron Figueroa, GH
12-6 Tristan Jankowski, BV
12-0 Chris Spehar, RB
12-0 Tim Ngo, Pow
12-0 Devon Aleman, East
12-0 Erwin, Mad
12-0 Lang, Val

Long Jump:

22-6 Tony Ortiz, Hx
22-4 Phillip Holley, CP
22-2 Jon Reynolds, UC
22-1 Nate Skrzypczak, VC
22-1 Jeff Hunter, GH
21-10 Thomas Mootry, Morse
21-8 Brandon Roberson, Morse
21-7 Trandon Harvey, Sweet
21-7 Eric Williams, RB
21-6.5 Benson, SD
21-5 Mike Roberts, PH
21-5 Chris Staton, PH
21-1.5 Tony Golston, PtL
21-1.5 David Hannibal, BV
21-1 Adam Herrod, Serra
20-11 Keno White, RB
20-11 Danny Nenow, GH
20-11 Scott, Sant
20-9 Avante Agurs, Gro
20-9 Kevin Johnson, East
20-9 Alton Gilbert, Linc
20-9 Alex Fromer, MtC
20-8 Ahnizo Gainey, RBV
20-8 Eric Rogers, Morse
20-8 Jordan Adams, PH
20-8 K. Robinson, MtM
20-7 Miller, ElCam
20-6 Chris Poche, SP
20-5 Holiday, Craw
20-5 Brandon Barnes, RBV
20-4 Jamal Randall, MontV
Probably windy:
22-8 Tony Ortiz, Hx
21-10.25 Eric Williams, RB
21-0 Kyle Conerly, WH

Triple Jump:

47-0 Trandon Harvey, Sweet
46-2 Tony Ortiz, Hx
46-2 Jon Reynolds, UC
44-10 Jamal Randall, MontV
43-9 Wade Curry, East
43-4 Eric Williams, RB
43-3 Phillip Holley, CP
43-1 Brandon Roberson, Morse
42-8 Kyle Conerly, WH
42-5 Will Buchanon, Oside
42-3.5 Damon Warren, Serra
42-1 Thomas Mootry, Morse
42-1 Keno White, RB
41-10 Austin Neudecker, BV
41-10 Adam Herrod, Serra
41-7 Marcus Barard, Vista
41-7 Ahnizo Gainey, RBV
41-6 Brandon Barnes, RBV
41-5.75 Chris Veasy, MontV
41-5.5 Nate Skrzypczak, VC
41-3 Eric Rogers, Morse
41-2 John Khoumalassay, Claire
41-1 Jon Everette, SP
41-0 Shawn Smith, S'west

Shot Put:

54-2 Travis Jones, MiraM
53-11 Steve Viera, Carls
53-3 Travis Watkins, Hx
50-9 Pana Faumuina, Carls
50-8.5 Travis Asch, ElCap
50-6 Richie Smith, GH
49-6 Jesse English, RBV
49-4 Tyler Moazed, MtC
49-1 Mike Schardin, East
48-8 Derrick Germain, Fall
48-5 Reynaldo Stephens, CP
48-4 Travis Jones, Val
47-8.5 Jeff Wilson, OG
47-4 Marco Gonzalez, VC
47-3 Jason Tuerk, RB
47-0.5 Jeremy Driggs, Sweet
46-11 Moses Rangel, East
46-8 Eder Arosemena, Vista
46-7 Rashaan Durr, UC
46-6.5 Matt Carr, StA
46-2.75 Charles Hanson, StA
46-1.75 Onofre Gascon, Sweet
45-11 Nate Tavale, Carls
45-9 John Pluth, VC
45-8.25 Kha Le, OG
45-8 Mark Tate, Hoover
45-7 Eric Hansen, Hill
45-2.5 Jensen Cayas, BV
45-1 Anthony DeBoer, RBV

Discus Throw:

175-0 Travis Jones, MiraM
167-0 Travis Asch, ElCap
162-5 Jon Ward, Pow
159-1 Richie Smith, GH
159-0 Travis Watkins, Hx
158-7 Jason Tuerk, RB
155-5 Able Arambura, ECV
154-9 Reynaldo Stephens, CP
153-7 Will Hunt, Hill
146-6 Anthony DeBoer, RBV
145-5 Tagaia Savaiinaea, East
145-4 Jesse English, RBV
145-3 Moses Rangel, East
144-6 Dan Thompson, Fall
143-8 Jeremy Driggs, Sweet
142-8 Steve Viera, Carls
141-11 Anthony Pendleton, StA
140-5 Luke Holderby, Ram
140-1 Brad Britain, TP
140-1 Tyler Moazed, MtC
137-5 John Pluth, VC
137-5 Nate Tavale, Carls
137-4 Greg Padilla, Sweet
136-8 Chris Staton, PH
135-9 Marco Gonzalez, VC
135-4 Mark Lozano, ElCap
135-0 Charles Hanson, StA
134-9 Wilson, Sant
134-5 Vince Clarke, GH
133-6 Bobby Seilhan, MtC

GIRLS:

Marks received by March 29.

100:

Automatic time:
12.53 Amber Carrington, MtC
13.00 Tiffany Lowery, SP
13.18 Kyle Lederer, RB
13.27 Latoya Summerville, SR
13.30 Shauna Hackett, Morse
Hand time:
12.1 Nastassaja Hall, RBV
12.2 Tanisha Johnson, East
12.6 Rosa Durruthy, East
12.7 Amber Carrington, MtC
12.7 Fromer, MtC
12.8 Nini Herron, ECV
12.8 Phylicia Reddick, Morse
12.8 Patterson, CP
12.8 Caitlyn Doe, TP

200:

Hand time:
25.1 Monique Henderson, Morse
25.2 Nastassaja Hall, RBV
25.2 LaSheena Rice, SD
25.9 Aroline Neal, RBV
26.0 Cieara Ray, Fall
26.2 Tiffany Lowery, SP
26.4 Rosa Durruthy, East
26.4 Naomi Mattos, Fall
26.5 Jessica Thomas, ElCam
26.6c Luketta Williams, Hx
26.8 Alexis Tate, RB
26.8 Natalie Soto, Carls
26.9 Mallane Dressel, Carls
27.1 Tameka James, SD
27.1 Laura Landry, RB
27.1 Ashley Rioja, MtM
27.1 Nini Herron, ECV
27.3 Hegner, WH

400:

58.2 Monique Henderson, Morse
58.34 Nastassaja Hall, RBV
59.16 Aroline Neal, RBV
59.98 Laura Landry, RB
60.1 Audrey Pound, Pow
60.31 Naomi Mattos, Fall
60.90 Bryeanna Barmer, Hx
60.9c Luketta Williams, Hx
61.0 LaSheena Rice, SD
61.1c Morgan Avery, GH
61.4 Alexis Tate, RB
61.5 Julie Komosinski, TP
61.8 Tiffany Lowery, SP
62.2 Elizabeth Tsu, LCC
62.2 Elisa Holiday, WH
62.3 Alexis Rampaul, Pow
62.34 Leslie Bravin, Val
62.4 Jessie Ansari, Carls
62.5 Kristine Schroeder, RB
62.6 Phoebe Perkins, MontV
62.7 Tessa Conner, TP
62.7 Nicole Reyes, RBV
62.8 Katie Collins, Vista
63.0 Jill Steele, MtC
63.0 Meosha Jefferson, S'west
63.0 Gorman, Sant

800:

2:16.51 Monique Henderson, Morse
2:18.32 Julie Komosinski, TP
2:19.05 Jenna Timinsky, SDgtoA
2:21.40 Amonica Phipps, Morse
2:24.65 Jill Steele, MtC
2:25.04 Courtney Allen, RBV
2:25.6c Desiree Davila, Hill
2:27.0 Angela Petersen, TP
2:28.2 Shawna Winfrey, WH
2:30.51 Alexis Sanpietro, TP

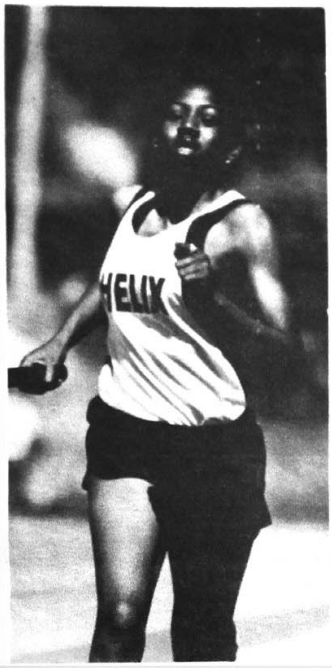
1500:

4:45.5 Julie Komosinski, TP
4:46.5 Angela Petersen, TP
5:05.4 Katie O'Connell, Carls
5:09.1 Janet Mulvey, MtC
5:12.1 Loretta Kilmer, Ram
(NOTE: T&F News converts 4:45.5 to 5:06.5 for 1600.)

1600:

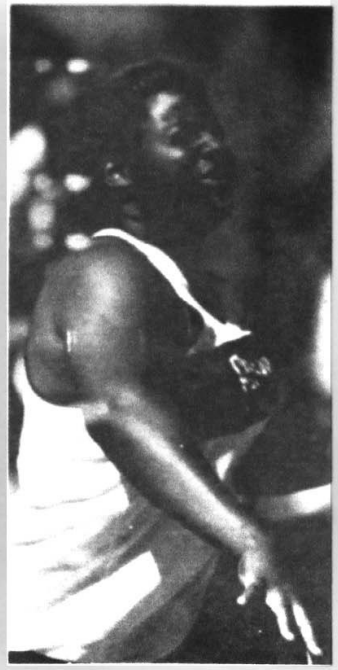
5:04.89 Angela Petersen, TP
5:06.11 Julie Manson, RB
5:12.92 Katherine Ziegler, UC
5:16.7c Stephanie Baird, Hx
5:22.13 Nicole Mier, SM

Please turn to page 16.









Bryeanna Barmer
Helix

Meosha Jefferson
Southwest

Marie Nowinski
Mira Mesa

Carrie Johnson
Fallbrook

Best Marks:

From page 15.

5:24.0 Desiree Davila, Hill
5:25.1 Katie O'Connell, Carls
5:29.0 Kaleena Yee, RB
5:29.10 Kristen Thompson, BV
5:30.58 Janet Mulvey, MtC
5:30.62 Deanna Sick, MtC
5:31.12 Anna Hough, VC
5:32.10 Courtney Stolis, GH
5:33.1c Angela Rivas, Mont
5:34.0 Loretta Kilmer, Ram
5:34.50 Krista Romley, TP
5:34.6c Bertha Ojeda, CV
5:35.0 Kate Branson, BV
5:37.04 Jamie Carmichael, Fall

3200:

10:54.5 Julie Manson, RB
11:04.7 Julie Komosinski, TP
11:07.0 Angela Petersen, TP
11:12.3 Desiree Davila, Hill
11:30.1 Chessa Adsit-Morris, UC
11:39.4 Jasmine Marquez, ElCap
11:54.5 Kaleena Yee, RB
11:56.0 Loretta Kilmer, Ram
11:56.4 Manal Yamout, MtC
11:57.9 Stephanie Baird, Hx
12:00.1 Maija Rohde, Fall
12:03.8 Desiree Leek, LJ
12:05.0 Natalie Parks, PtL
12:10.7 Rebecca McKeown, UC
12:11.9 Laura Cohen, UC
12:15.2 Ashley Viens, Val
12:17.7 Ashlee Dere, MtC
12:18.00 Audrey Harrer, MtC

100 H:

Automatic time:
15.71 Catie Coin, RB
16.04 Audrey Pound, Pow
16.51 Keiona Clark, MontV
16.52 Marie Carter, MiraM
16.70 Bryeanna Barmer, Hx
16.76 Melissa McGrath, RB
17.21 Kristin Murphy, RB

17.62 Meggi Afenir, Esc
Hand time:
15.7 Cheryl Hawkins, Morse
15.9 Tanisha Johnson, East
15.9 Catie Coin, RB
16.4 Melissa McGrath, RB
16.5 Marie Carter, MiraM
16.5 Bryeanna Barmer, Hx
16.7 Morgan Albini, SP
16.8 Meggi Afenir, Esc
16.9 Kasy McGee, Carls
17.1 Keiona Clark, MontV
17.2 Abril Jimenez, Hill
17.2 Kristin Murphy, RB
17.2 Liz McNamara, Pow
17.2 Berit Flom, East
17.2 B.J. Hayes, East
17.3 Eva Tanner, Gro
17.3 Angela Fazio, Gro
17.3 Malia McClurg, GH
17.3 Elise Orlando, MiraM

300 LH:

45.6 Tanisha Johnson, East
45.72 Audrey Pound, Pow (45.5h)
47.0c Bryeanna Barmer, Hx
47.6 Catie Coin, RB
47.75 Morgan Avery, GH
47.8 Nikki Dulin, RB
48.5 Morgan Albini, SP
48.7 Abril Jimenez, Hill
48.95 Marie Carter, MiraM
49.15 Meggi Afenir, Esc
49.5 Berit Flom, East
49.5 Jasmine Winfield, Vista
49.9 Cheryl Hawkins, Morse
50.2 Olivia Hudek, Hill

4x100 Relay:

Hand time:
49.8 Eastlake
50.0 Rancho Bernardo
50.0 Fallbrook
50.1 Rancho Buena Vista
50.5 Carlsbad
50.8 Morse
50.8 West Hills
50.8 Helix
50.8 El Camino
51.2 Lincoln
51.3 Rancho Bernardo "B"
51.3 Poway
51.3 San Pasqual
51.7 Mount Miguel
51.7 El Cajon Valley
51.8 Mt. Carmel
52.0 Serra
52.1c Castle Park
52.2 Mira Mesa
52.4 Chula Vista
52.4 San Diego
52.4 La Costa Canyon
52.5 Coronado
52.5 Vista
52.6 Scripps Ranch
52.7 Escondido
52.8 University of San Diego
52.9 Valley Center
52.9 Patrick Henry
53.1 Valhalla

4x400 Relay:

4:06.4 Morse
4:06.4 Poway

4:07.1 Rancho Buena Vista
4:07.6 Rancho Bernardo
4:08.6 Torrey Pines
4:09.6 Carlsbad
4:10.0 Helix
4:12.74 Monte Vista
4:15.0 La Costa Canyon
4:15.7 Serra
4:16.3 West Hills
4:17.1c Granite Hills
4:17.2 San Pasqual
4:20.0 Valhalla
4:20.4 Mt. Carmel
4:20.8 Bonita Vista
4:23.8 El Camino
4:24.3 Vista
4:25.2 Hilltop
4:26.8 Escondido

High Jump:

5-4 Lauren Jones, TP
5-4 Shannon Fleming, USD
5-2 Kristen Carlson, SFC
5-2 Kelsey Turner, GH
5-2 Jackson, Carls
5-2 Eva Tanner, Gross
5-2 Bridget Files, Ram
5-0 Mikaelyn Austin, RB
5-0 Liz McNamara, Pow
5-0 Kaylene Ivan, Esc
5-0 Megan Barnes, RBV
5-0 Abril Jimenez, Hill
5-0 Meosha Jefferson, S'west

Pole Vault:

11-0 Molly Pascarella, RB
10-6 Julie Hudlow, RB
10-0 Elise Orlando, MiraM
10-0 Nicole Holcomb, TP
9-6 Beatrice Guapo, East
9-6 Marie Nowinski, MiraM
9-6 Laura Lafoya, East
9-6 Nicole Antonacci, Carls
9-6 Katie Collins, Vista
9-6 Charissa Cabrera, MtC
9-0 Terri Vertullo, WH
9-0 Terri Lopez, WH
9-0 Beth Vieira, PtL
9-0 Amy Speer, MtC
9-0 Betsy Halliburton, TP
9-0 Janea Russ, GH
9-0 Jillian Mazarella, BV
8-6 Lisa Przybylski, Gro
8-6 R. Antonacci, Carls
8-6 Erin Asay, Sweet
8-6 Becky Monroy, MiraM
8-6 Gretchen Allen, Pow
8-6 Sage, Pow
8-3 Bev Robak, MtC

Long Jump:

17-5.5 Nastassaja Hall, RBV
17-0.5 Simone Louviere, Hx
17-0 Jessica Thomas, ElCam
16-7 Megan Barnes, RBV
16-6.5 Nina Ropes, Fall
16-6.5 B. J. Hayes, East
16-5 LaSheena Rice, SD
16-5 Harris, ElCam
16-5 Sonfre Roberson, Morse
16-4 Naomi Mattos, Fall
16-3 Tanisha Johnson, East
16-2 Phylicia Reddick, Morse
16-2 Joy Hannibal, BV

16-2 Mandy, ChulaV
16-0 Angela Fazio, Gro
15-10 Sally Shields, TP
15-8 Trisha Martin, Mont
15-8 Williams, ECV
15-5.5 Sraeya George, Val
15-5.25 K. Kegler, Hill
15-5 Danielle Rose, RB
15-4.5 Rachel Thurber, RB

Triple Jump:

37-1 Nina Ropes, Fall
36-9 Jenny Fairchild, Vista
35-8.6 Megan Barnes, RBV
35-5 Jane Givens, LJ
35-4 Sraeya George, Val
34-5 Harris, ElCam
34-5 Amy Taylor, GH
34-2.5 B. J. Hayes, East
34-2 Lauren Jones, TP
33-11 Dana Copeland, TP
33-9 Kiley Weaver, RB
33-2 Danielle Rose, RB
33-0 Simone Louviere, Hx

Shot Put:

42-3 Candace Hill, Hoover
39-2 Annemarie Taumauu, Sweet
38-10 Raeanna Makihele, SM
38-6.5 Rhiannon Henry, RBV
37-9 Veronica Harper, Linc
37-2.5 Shemika Morris, SR
37-0.25 Mikaelyn Austin, RB
36-10 Amber Hood, Morse
36-1 Brianna Makihele, SM
35-8.25 Laura Castellanos, CP
35-7 Angela Milazzo, Esc
35-1 Carrie Johnson, Fall
35-0 Katie Ames, ElCap
34-9 Brown, Serra
34-2 Michelle Vavra, Esc
34-1.5 Ashley Ingoldt, OG
33-8 Candace Doung, MtC
33-4.5 Martinique Akinfosile, LICD
33-2 Rachel Johansen, MontV
33-0 Alicia Criado, RBV
32-11 Fanene, Carls
32-10 Monn-Batoung, Pow
32-9 Jackie Silva, CP
32-9 Mauga, Oside
32-5 Talaga, MtC
32-3.5 Annie Roberts, Pow
32-3 Samantha Singley, WH
32-2 Amber Tiffany, GH

Discus Throw:

137-9 Candace Hill, Hoover
126-4 Mikaelyn Austin, RB
120-7 Carrie Johnson, Fall
119-10 Angela Milazzo, Esc
118-0 Katie Ames, ElCap
113-7 Lisa Cannon, Esc
113-5 Rhiannon Henry, RBV
112-4 Stacy Mickelson, RB
111-5 Annie Roberts, Pow
110-4 Carrie Johnson, Fall
105-10 Jessica Turner, Serra
105-7 Shemika Morris, SR
105-3 Alicia Criado, RBV
104-1 Brianna Makihele, SM
102-6 Amber Tiffany, GH
101-7 Alexandra Ray, TP
101-2 Amber Hood, Morse
101-0 Michelle Singleton, Craw

Next Issue:

April 14

Look for it at the Jaguar Invitational. With coverage of the Eastlake, Balboa, Titan and Arcadia meets.