

# TRACK MAGAZINE



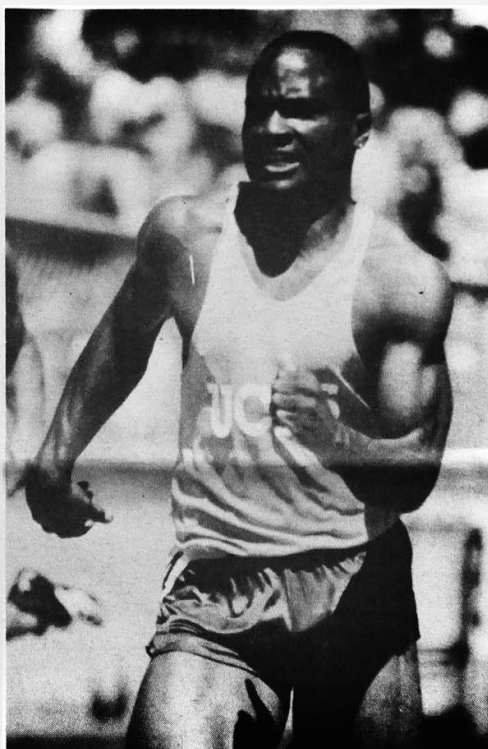
## What's News...

Volume V, Number 7 -- April 14, 2000

*The best in local prep track & field coverage*



Poway's **Audrey Pound** smiles after running 44.18 in the 300 hurdles, for a school and meet record at Titan.



University City's **Lamont Long** put a lot of distance between himself and the 100 field at Balboa, running 10.60.

West Hills' distance medley team beat the time of a pretty good group from El Cajon. For a history lesson, see page two.

The Arcadia meet was, oh, pretty fair. There were many, many quality performances, and the local distance boys made a real statement, with a West Hills exclamation point! See page three.

Audrey Pound and Travis Offner starred in the Titan Trackfest. See page five.

Chris Staton jumps 6-10 at Balboa. See page six.

Eastlake meet keeps growing. See page seven.

Our **EVENT PREVIEWS** continue:

100 meters: page 8.

800 meters: page 9.

High hurdles: page 10.

4x100 Relay: page 11.

Long Jump: page 12.

**Best marks of the year begin on page 13.**

## The Season:

### *It's starting to get interesting...*

The 2000 track season is hot, and getting hotter.

Perhaps spurred by a long spell of great weather, the local preps are putting up great marks every week.

Last weekend saw outstanding efforts by the locals at the Arcadia Invitational, and at the Titan Trackfest.

The local boys distance crew is out to rule the world, or at least the state, judging by the Arcadia results.

San Diego Section runners went 1-2 in the Invitational 800 meters,

and had the fastest three California times in the 3200 meters. In addition, Monte Vista's Jon Rankin was a competitive second in the 1600 in excellent time.

On top of all that, the West Hills boys distance medley relay team set a new meet record, bettered the all-time section best (see page two for more on that), and ran the fastest outdoor time in the country.

There were other significant efforts at Arcadia by RB's Bobby Salimi in the high hurdles, by

Grossmont's Jonathan Takahashi in the vault, and by RB's Julie Manson in the girls 3200.

Closer to home, Mt. Carmel's Travis Offner and Poway's Audrey Pound starred at the Titan meet with great marks.

The boys have been just spectacular. At mid-April, there are season bests of 1:53.2, 6-10, 183-2, 4:10, 9:10, 14.28, and two vaulters at 15-6.

One downside to this point has been numerous injuries to many of the section's best boy sprinters and hurdlers. For more, read on.

# Distance Medley History: Pack's run recalls El Cajon's 1972 team

**W**hen the West Hills boys distance medley relay team ran 10:04.12 at last week's Arcadia Invitational, they didn't just put up the fastest time in the nation this year, and the fastest in the history of the Arcadia Invitational.

They also ran the fastest time ever recorded in the event by a San Diego-area team, which blew some of the dust off of the local history of the event.

The old record belonged to a foursome from El Cajon High, which was anchored by one of the true legends in local prep distance running.

Those Braves ran 10:10.2 in the 1972 San Diego Relays, held at Balboa Stadium.

High school kids ran yard

## Team Rankings:

### BOYS:

1. Rancho Bernardo
  2. West Hills
  3. Eastlake
  4. Vista
  5. Helix
  6. (tie): Mt. Carmel, Rancho Buena Vista
  8. Fallbrook
  9. Sweetwater
  10. Patrick Henry
- Others: Valley Center, Monte Vista, Granite Hills, Morse.

### GIRLS:

1. Rancho Bernardo
  2. Morse
  3. Mt. Carmel
  4. Eastlake
  5. Torrey Pines
  6. Fallbrook
  7. Carlsbad
  8. Rancho Buena Vista
  9. West Hills
  10. Poway
- Others: Bonita Vista, Mira Mesa, Helix, San Pasqual (Coaches' rankings of April 11)

distances exclusively in those days, and the Braves' time converts to the metric equivalent of 10:06.7, according to Track & Field News prep scholar Jack Shepard.

The El Cajon anchor was Terry Cotton, who still ranks, 28 years after the fact, as one of the very fastest local preps.

Cotton's credentials: yards (unconverted) bests of 4:05.5 in the mile, 8:54.7 in the two mile and 1:54.0 in the half mile.

He ran the 4:05.5 in finishing second in the California state finals, to Garden Grove's Mark Schilling (who just edged Cotton, running 4:05.4).

That still stands as the second fastest ever four laps run by a local prep outdoors, and is actually still the official section record.

Tim Danielson's famous sub-4:00 mile came in post-season open competition; and Thom Hunt's almost as famous 4:02.7 mile came in an indoor meet, also in open competition.

Metric equivalents of Cotton's bests, according to the T&F News Big Red Book, are 4:04.1 for 1600 meters, 8:51.6 for 3200, and 1:53.4 for 800.

In the 1972 SD Relays distance med, Cotton anchored his team in 4:07-plus, after El Cajon and Clairemont (now the number three team on the all-time list), battled for the first three legs.

The El Cajon head coach then was Wayne Layton, now living in retirement in the Long Valley area of Idaho.

"We didn't have really great runners in the quarter and half," he remembered. "That's not a put-down of the kids, because they really ran the best they could."

Layton recalled that pre-meet press attention had centered on the El Cajon vs. Clairemont matchup in the race, with Clairemont, then an incredible distance power, a slight favorite.

At that time, the distance medley was run in the order of 440, 880, 1320 and mile.

El Cajon opened with Don Smith running the 440 yards out of the blocks in "about 51.8 or 52," Layton said.

John Owens ran decently in the 880 leg, with 1:59.8, but El Cajon was trailing Clairemont.

Then El Cajon's Bruce Kuehne (pronounced Kee-ney) "ran way over his head," according to Layton. Kuehne, more of a two miler (he ran 9:17.3 that year), ran his three-lap segment in the 3:07s to put the Braves right back in the race.

Cotton got the baton, still, "a little bit behind," Layton said, "and it was over in the first lap. He just went for it."

Clairemont, with Rick Lord and

Mark Mallec on the team, was second in the race, in 10:15.9. That's the metric equivalent of 10:12.4.

When Layton heard about the West Hills effort at Arcadia, he was more than congratulatory.

"That's neat," he said. "That's outstanding. It's great that kids still get excited about running that well."

"It's really tough to do," he said about the team effort required to put up such a mark.

He listed the requirements for a distance relay record.

"You have to have the format, you have to get the competition, you have to have the guys to do it, and you can't double or triple your runners," he said.

West Hills followed that exact recipe to better El Cajon's record.

"I'm really proud to see somebody from the Grossmont League do it," Layton said.

The all-time top ten boys distance medley teams, from the San Diego Section:

**10:04.12 West Hills, 2000** (Ben Aragon 3:05.2, Kyle Conerly 50.2, Kevin Schible 1:59.0, Evan Fox 4:09.3)

**10:06.7c El Cajon, 1972** (Don Smith 52.0, John Owens 1:59.8, Bruce Kuehne 3:07.x, Terry Cotton 4:07.x)

**10:12.4c Clairemont, 1972** (includes Breen, Mark Mallec and Rick Lord)

**10:13.8c Helix, 1979** (Cureton 53.0, Wayne Savage 1:57.7, Steve Whitcomb 3:03.4, Bill Cleves 4:23.2)

**10:14.5c Lincoln, 1967** (Paul Alexander, Nate King, Lloyd Appar, Otis Martin)

**10:14.90 Ramona, 1996** (James Adams 3:07.5, Lee Vasquez 51.8, Juan Rubalcaba 2:00.2, Galen Reid 4:14.4)

**10:15.7c Clairemont, 1971** (Mark Novak, Randy McFarlane, Dave Harper, Dale Fleet 4:15.x)

**10:16.7c Helix, 1978** (Durden, Wayne Savage, Marc Keller, Rick Rose)

**10:16.91 San Pasqual, 1988** (Eric Olsen 52.5, Enrique Fonseca 1:56.9, Andre Villa 3:14.6, Francis O'Neill 4:14.4)

**10:17.1c Madison, 1971** (1320: Dick Wilson, mile: Steve Mowry)

NOTE: All races before 1980 were run over yard distances. Total times were converted ("c") but the splits were left as originally reported by coaches. Therefore, for yard races, the splits will not add up to the converted total time, but should add up to the original, unconverted time.

## Balboa to host prelims, as planned

CIF meet officials have apparently decided to hold the CIF preliminaries at Balboa Stadium, as originally scheduled.

Members of the organizing committee met with San Diego High officials recently, and seemed satisfied with an agreed-upon schedule for some repairs and upgrades to the Balboa facility.

At the top of the list were repairs to the pole vault and long jump runways on the West side of the stadium.

## TRACK MAGAZINE

EDITOR: BUZZ THOM

PHONE: 760-765-1914

FAX: 760-765-3185

MAIL: P.O. BOX 2276, JULIAN, CA 92036

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<http://www.crowncity.com/sdtrackmag>  
The web site editor is George Green  
email for George Green: [ggreen@crowncity.com](mailto:ggreen@crowncity.com)

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# Arcadia/ Flo-Jo: Rankin, Neuroth, Manson, Salimi, Thornton, Pack!

Monique Henderson's first ever loss in her high school career was the big story for San Diego Section entrants at the Arcadia Invitational/FloJo Memorial meet last Saturday at Citrus College.

Henderson was outraced by Cerritos Gahr soph Angel Perkins in the invite 400 meters. Perkins was timed in 52.62, just off the meet record of 52.61, and Henderson was just a step back until she came almost to a stop in her final stride. She was on pace to also get under 53 seconds.

It was a fine early-April time for Henderson, even if the final result wasn't what she wanted. Track fans all over the state are already anticipating a rematch at the state meet in June.

"Her (Henderson's) first 100 meters was maybe not as good as it could be," Morse coach Gary MacDonald said later. "But it really wasn't a bad race. Best way to sum it up: great athlete has off day."

San Diego's boy distance runners could almost do no wrong.

RBV's Nick Thornton and Rancho Bernardo's Sean Ricketts went 1-2 ahead of a large 800 field (17 runners). Thornton ran a great tactical race and unleashed a withering kick to run a PR of 1:54.04. Ricketts had to come from way back to salvage second place. Another local, Vista's Jared Emmons, also made a big move late in the race to move from near last to sixth.

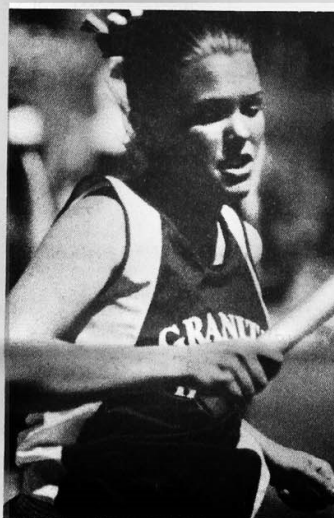
In the 1600, Monte Vista's Jon Rankin, running a broken-field race, took second in a fast 4:10.08. Esperanza's Ryan Bousquet ran down Rankin in the final straight, and won in 4:09.37. For Rankin, it was a 7-second improvement of his best time, set just last week.

In the 3200, won by Utah's Josh Rohatinsky in 9:01.94, locals were the first three California runners across the line, all in good times.

Vista's Justin Neuroth, now



**Candace Hill  
Hoover**



**Morgan Avery  
Granite Hills**

getting very comfortable in this event, moved ahead of local rivals Matt McInvale and Travis Laird to take fourth in 9:10.36. Runners from Oregon and Arizona were second and third in the race.

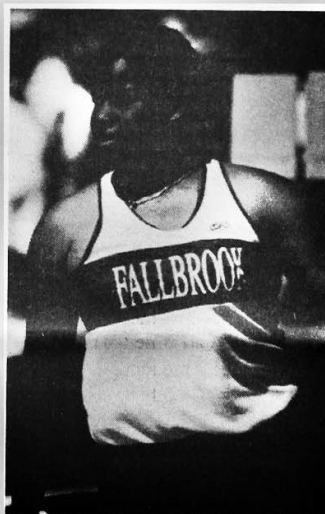
Ramona's McInvale was fifth in 9:10.53, by far his best effort of the outdoor season, and San Marcos' Laird was seventh in 9:11.40, a big PR for him.

"He (Neuroth) is really getting a lot of confidence," Vista coach Pete Brooks said later. Before this season, Neuroth had not really given the 3200 a serious effort.

The capper was the performance of the West Hills boys distance medley relay team near the end of the meet.

The Wolfpack dualed Don Lugo for the first three legs, much like last year's Arcadia meet, but at a much faster clip.

West Hills won in 10:04.12, which was a new meet record, and is the fastest outdoor time of the year. It also set a new standard for



**Carrie Johnson  
Fallbrook**

local distance medley teams (see page two for details).

Ben Aragon led off for the Pack, running the 1200 in 3:05.2, despite being boxed and shoved through much of his leg. His burning stretch run showed that there was much more left.

"I think that could have been a 3:02 without all the interference," West Hills coach John Liberatore said.

Kyle Conerly (50.2) and Kevin Schible (1:59.0) kept West Hills just a stride in front of Don Lugo.

That all changed when Evan Fox got the baton. He burned a 57 first lap, went through 800 meters in 1:59, and continued through 1200 in about 3:03.

He faded in the final lap, due to his fast early pace and a lack of competition, but West Hills still won by more than 10 seconds.

The Wolfpack bettered the old section best of 10:10.2 (unconverted yard time) of the 1972 El Cajon High team.

RB's Julie Manson got in some fast running of her own, running a quick 10:36.83 for fourth in the 3200. Glendale Hoover's Anita Siraki showed her class by winning in 10:18.

Manson was uncertain of her condition just before the race. She had a slight leg strain (from high-jumping, of all things), but warmed up well at race time.

"She is just a machine with her even splits," RB distance coach Terry Dockery said. Manson stuck to her race plan and steadily moved up on the field. Her first 1600 was 5:16.

Teammate Bobby Salimi had a breakthrough performance in the high hurdles, running 14.28 despite clobbering the last two hurdles. He was leading the race at the eighth hurdle and was on his way to a sub-14.20, which is what the winner ran.

The 14.28 now ranks Salimi as the fourth fastest hurdler in section history. He later doubled back in the 300s, taking fifth in the invite section, in 38.89, a seasonal best.

Throughout the meet, the good marks by locals just kept piling up, as did noteworthy, nation-leading performances by the always stellar Arcadia fields.

Grossmont's Jonathan Takahashi had monster clearances at lower heights on his way to making 15-6 in the vault, which is his PR. That jump ties Takahashi for the section lead with Mt. Carmel's Travis Offner, who cleared the same height at the Titan Trackfest earlier in the day.

University City's Lamont Long ran a wind-legal 10.63 for fourth in the invite 100 meters. He ran 10.60 at Balboa one week earlier, but there was no wind gauge at that meet. Earlier, he anchored the UC 4x100 team to a 41.94 third-place finish. UC was missing Steve Hayes, and still was sub-42.

Jesse Bowman led off for UC, with Rayshawn Madden filling in for Hayes, followed by Chauncey Smith and Long.

Mira Mesa's Travis Jones looked good in the discus, ending up at 183-2, good for fourth place. He had at least one other throw past 180 feet.

San Dieguito Academy's Jenna Timinsky led for a quick first lap of the invite 800 meters, and held on to take sixth, in a PR and section leading 2:13.42.

There were mixed results in the girls invite 1600, where Hilltop's Desiree Davila was fifth in 4:59.41, a best for her. Torrey Pines' Julie Komosinski was disappointed with her 5:07 for 11th place. Both girls doubled back to anchor their teams in the distance medley later in the meet.

Please turn to page 4.

# Arcadia/ Flo-Jo: From page 3.

Other good distance marks were recorded by UC's Katherine Ziegler (5:12.13), San Marcos' Nicole Mier (5:11.99 in the day meet), and Torrey's Angela Petersen (10:59.57 in the invite).

Hoover's Candace Hill reached a season best of 43-7.25 for sixth in the invite shot. Despite a recent PR of 149-plus in the discus, she did not enter that event.

RB's Catie Coin had a nice hurdle double in the afternoon meet, running a section-leading 15.22 in the highs and a season best of 45.40 in the 300s.

Mar Vista's Blake Swier won an afternoon 1600 in his PR of 4:25.06.

There were some mixed results for some of the area's best local

sprinters. Patrick Henry's Mike Roberts was third in the afternoon 100 meters in a windy 10.85, but Crawford's Larry Miles pulled up in the race. Escondido's R. J. Oliver was scheduled to run, but didn't.

What's on the immediate horizon for some of the Arcadia standouts?

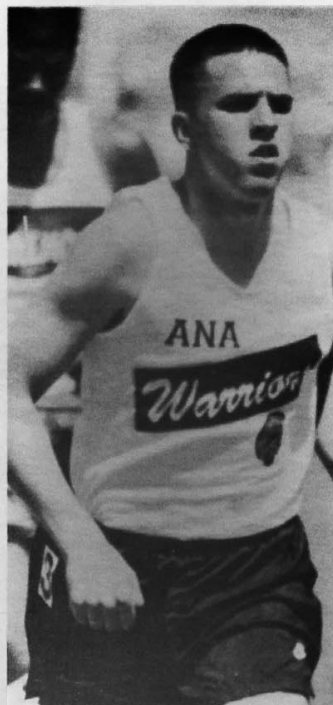
The West Hills distance crew will run the Mt. SAC 4x800 relay this weekend, while Neuroth and his Vista teammates will load up in the distance medley there.

At Mt. Carmel, Fox will try for his school's record in the 3200, while Aragon will finally get a shot at a quality 1600.

Offner and Takahashi are scheduled to go head to head in the vault in a number of meets.

Henderson will run the 100 and 200 at Mt. SAC.

The Arcadia results:



Will Kraemer  
Army Navy Academy

## 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.

At Citrus College, Saturday, April 8. Invitational events were held in the night session; open events were held in the afternoon.

### BOYS:

#### INVITE (Evening):

**100:** (Inv., wind +1.8): 1. Robinson (LB Poly) 10.41, 4. Lamont Long (UC) 10.63.

**200:** (Inv., -0.5): 1. Robinson (LB Poly) 21.64. (Seeded, -1.6): 2. Long (UC) 22.04.

**400:** (Inv.): Harris (Centreville, Va.) 47.04. (Open): 8. Jamal Briggs (UC) 50.32.

**800:** 1. Nick Thornton (RBV) 1:54.04, 2. Sean Ricketts (RB) 1:55.50, 6. Jared Emmons (Vista) 1:56.07, 16. Nico Cueva (Esc) 1:59.80.

**1600:** 1. Bousquet (Esperanza) 4:09.37, 2. Jon Rankin (MontV) 4:10.08.

**3200:** 1. Rohatinsky (Provo, Utah) 9:01.94, 2. Clary (KalisPELL, Mont) 9:07.58, 3. Howard (Tucson, Ariz) 9:08.38, 4. Justin Neuroth (Vista) 9:10.36, 5. Matt McInvale (Ram) 9:10.53, 7. Travis Laird (SM) 9:11.40, 17. Ryan Montez (Vista) 9:22.62.

**110 HH:** (Inv., +1.5): 1. Harris (Centreville, Va) 13.51. (Seeded, +1.9): 3. Bobby Salimi (RB) 14.28.

**300 IH:** (Inv.): 1. Garlick (West Jordan) 36.82, 5. Salimi (RB) 38.89.

**4x100:** (Inv): 1. Serra, Gardena 41.14, 3. University City 41.94.

**4x400:** (Inv): 1. Serra, Gardena 3:13.99. (Seed): 9. University City 3:32.93.

**Distance Medley:** 1. West Hills 10:04.12 (New meet record).

**HJ:** 1. Smith (Las Vegas, Nev) 6-10, 7. Chris Staton (PH) 6-6.

**PV:** 1. Hackett (Verdugo Hills) 16-4, 4. Jonathan Takahashi (Grossmont) 15-6.

**LJ:** 1. Allmond (St Paul) 24.4 (+1.8).

**TJ:** 1. Park (Las Vegas) 48-0.

**SP:** 1. Williams (Eagle Rock) 62-4.25, 11. Travis Jones (MiraM) 53-3.

**DT:** 1. Arrhenius (Mountain View, Utah) 207-0, 4. Jones (MiraM) 183-2.

#### OPEN (afternoon):

**100:** 3. Mike Roberts (PH) 10.85w (+2.2 mps). Larry Miles (Craw) DNF, injured.

**400:** 3. Matt Beckstead (RB) 51.47. Second heat: 3. Fiat Johnson (Serra) 50.60.

**1600:** 1. Blake Swier (MarV) 4:25.06.

**3200:** Will Kraemer (ANA) 10:02.28.

**300 IH:** 6. Mike Cunningham (WH) 42.06.

**4x100:** 2. Rancho Bernardo 42.92.

**Distance Medley:** 1. Fallbrook 10:39.34; 21. Escondido 11:14.99.

**HJ:** 1. Eric Williams (RB) 6-6; 5. Keno White (RB) 6-4; 13. Brandon Mundinger (Val) 6-0.

**PV:** 5. Chris Dorminy (RB) 13-9.

**DT:** 9. Jason Tuerk (RB) 151-7; 22. Will Hunt (Hill) 133-9.

### GIRLS:

#### INVITE (evening):

**100:** (Inv., +1.7): 1. Carroll (Rio Mesa) 11.73.

**200:** (Inv.): 1. Margain (Berkley) 23.85.

**400:** (Inv.): 1. Perkins, Carritos Gahr, 52.62; 2. Monique Henderson, Morse, 53.25. (Seed): 2. Nastassaja Hall (RBV) 57.45, 8. Laura Landry (RB) 60.23.

**800:** 1. Morse (Corona del Mar) 2:09.40, 6. Jenna Timinsky (SDGtoA) 2:13.42.

**1600:** 1. Barrientos (San Lorenzo Valley) 4:46.60, 5. Desiree Davila (Hill) 4:59.41, 11. Julie Komosinski (TP) 5:07.86, 17. Katherine Ziegler (UC) 5:12.13.

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New location: 1892 Garnet Ave., about May 1st.**



# Arcadia/ Flo-Jo:

From page 4.

**3200:** 1. Siraki (Hoover, Glendale) 10:18.61, 4. Julie Manson (RB) 10:36.83, 16. Angela Petersen (TP) 10:59.57.

**100 H:** (Inv., +1.4): 1. Gulley (Oak Grove, San Jose) 13.87.

**300 LH:** (Inv.): 1. Demus (LB Wilson) 40.97.

**4x100:** (Inv.): 1. Berkeley 46.58.

**4x400:** (Inv.): 1. Wilson, Long Beach 3:44.23, 8. Rancho Bernardo 4:03.03.

**Distance Medley:** 1. San Lorenzo Valley 11:55.68, 5. Torrey Pines 12:23.40, 11. University City 12:36.66, 17. Hilltop 12:56.76.

**HJ:** 1. Brignac (Taft, Woodland Hills) 5-8. 11. Lauren Jones (TP) 5-2.

**PV:** 1. Chen (Temple City) 12-0, 18. Molly Pascarella (RB) 10-0.

**LJ:** 1. Bethel (Mission Viejo) 18-6.75.

**TJ:** 1. Ufodiana (LB Poly) 41-1.75, 13. Nina Ropes (Fall) 36-6.75.

**SP:** 1. Camarena (Woodland) 49-11.5, 6. Candace Hill (Hoover) 43-7.25.

**DT:** 1. Camarena (Woodland) 160-6.

**OPEN (afternoon):**  
**200:** 4. Stephanie Blake (FP) 25.59w (+3.4 mps).

**400:** 2. Blake 59.42.

**1600:** 2. Nicole Mier (SM) 5:11.99.

**3200:** 15. Kaleena Yee (RB) 11:56.57.

**100 H:** 2. Catie Coin (RB) 15.27.

**300 LH:** 1. Coin 45.40; 6.

Morgan Avery (GH) 47.70.

**4x100:** 2. Rancho Bernardo 49.91.

**Distance Medley:** 7. Valhalla

13:06.86; 11. Fallbrook 13:17.37.

**HJ:** 9. Kelsey Turner (GH) 5-2.

**PV:** 2. Julie Hudlow (RB) 11-0.

**TJ:** 3. Sraeya George (Val) 36-

8.25w (+2.3 mps).

**SP:** 4. Mikaelyn Austin (RB) 38-

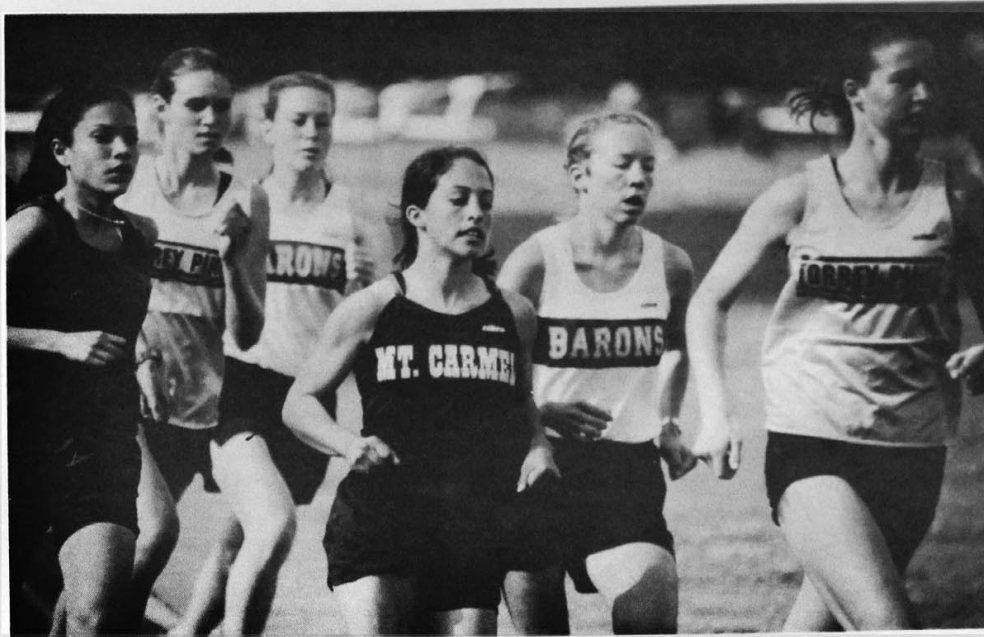
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**DT:** 3. Lisa Cannon (Esc) 126-11;

6. Angela Milazzo (Esc) 124-2; 8.

Austin 121-0; 14. Carrie Johnson

(Fall) 112-3.



The Titan Girls 1500: **Angela Rivas** (Montgomery), **Dorothy Trogler** (Torrey Pines), **Kate Branson** (Bonita Vista), **Deanna Sick** (Mt. Carmel), **Kristen Thompson** (Bonita Vista), and **Krista Romley** (Torrey Pines). Sick won the race in 5:00.65.



**Lorenzo Nathan**  
Helix

**Jesus Martinez**  
San Pasqual

Mt. Carmel's Travis Offner had the best boys performance of the day, when he PR'd at 15-6 in the vault. He thus has put himself in a position to challenge 16 feet later this season.

Elsewhere, Helix's Tony Ortiz had a quality jump triple. He went 6-4 in the high jump, and had the best marks of the day in the long and triple jumps (22-3, 46-8.5).

Other highlights:

St. Augustine's Ryan Moorcroft anchored his team's 4x1600 to a school record in Friday night's distance carnival. More significantly, Moorcroft's 1600 split was 4:14.9, and it was a solo effort.

San Pasqual's Matt Johnson anchored his team to a meet record in the 4x800 Saturday, clocking 1:55.0, with no challengers in sight.

Mt. Carmel's girls also ran a quality 4x800, running a meet record of 9:40.46, averaging 2:25 per leg.

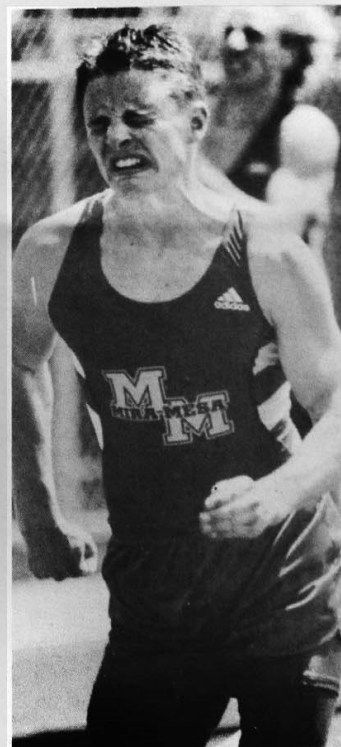
Sweetwater's Trandon Harvey beat a quality field in the highs, running 15.08.

Mira Mesa's Jeff Orlando ran a quick 40.65 in winning the 300s.

Morse's Bobby Okenwa high jumped 6-6, and had good jumps at 6-8.

Mount Miguel's Kameelah Allen won the girls 100, in 12.45, beating, among others, El Camino's Jessica Thomas.

Helix's Stephanie Baird ran a fine 11:24 to win the Friday night



**Jeff Orlando**  
Mira Mesa

girls 3200.

The girls 4x100 relay was hot, with Mount Miguel and El Camino dipping under 50 seconds. A young Morse team, minus Monique Henderson, clocked 50.08.

There were quality efforts by Melissa McGrath (15.70) and Tanisha Johnson (15.80) in the girls highs, in different heats. McGrath beat Mira Mesa's Marie Carter in her race.

Helix's Lorenzo Nathan was the second county runner to break 50 seconds in the 400 (49.98).

**Please turn to page 6.**

## Titan: Pound, Offner put up bests

The competing Arcadia Invitational didn't draw all of San Diego's best athletes.

There were more than enough at home to make the Titan Trackfest a quality meet.

Poway's Audrey Pound cranked a 44.18 in the 300 hurdles to star for the host school.

In so doing, she bested Eastlake's Tanisha Johnson, she set a new meet record, and she broke a quality school record set by Kim Dill.



Trandon Harvey, Jon Everette  
Sweetwater San Pasqual

## Titan:

From page 5.

Eastlake's Alex Doria was the second best vaulter of the day, scaling a school record of 14 feet.

Hoover's Candace Hill had a good weight double of 40-5 and 134-3.

The results:

At Poway High School, Friday and Saturday, April 7 and 8. Conditions: Friday, cool but good for distance runners; Saturday, warm. Friday events included girls pole vault, all 800s, all 3200s, all shuttle hurdles, and all 4x1600s. All other events were held Saturday.

### BOYS:

**100:** Johnson (East) 11.13, Hannibal (BV) 11.14, Del Rincon (MontV) 11.15, J. McNeal (Mont) 11.19.

**400:** Nathan (Hx) 49:98, Nunez (SP) 50.78.

**800:** Silva (BG) 1:57.93, Houser (BV) 1:59.96, Green (TP) 2:00.37, Young (CalC) 2:00.73, Engler (TP) 2:01.29, Davis (Pow) 2:02.37, Retherford (SM) 2:03.68, Pastrena (East) 2:04.15, Crim (RB) 2:04.53.

**1500:** Pope (Pow) 4:07.78, Whitson (BV) 4:09.82, Kenyon (MiC) 4:10.75, Verdugo (East) 4:11.82, Williams (Hx) 4:14.08, Young (CalC) 4:15.98, Ambrose (TP) 4:20.26, Carrillo (Mont) 4:27.54.

**3200:** Guerrero (BG) 9:42.85, Zelones (MiraM) 9:45.18, Sheffield (Ay) 9:46.70, Helms (Pow) 9:46.90, Cooke (MiC) 9:49.25, Vences (Sweet) 9:50.70, Lyons-Quirk (Pow) 9:55.93, McKeown (UC) 9:56.63, Trunnell (RBV) 10:08.70, Hassan-zadeh (TP) 10:09.90.

**110 HH:** Harvey (Sweet) 15.08, Talbert (MiC) 15.25, Everette (SP) 15.28, Dudek (TP) 15.35, Lyman (TP) 15.96.

**300 IH:** Orlando (MiraM) 40.65, Barnhill (SM) 41.32, Vargas (BV) 41.58, Lyman (SP) 41.73, Owens (CP) 41.79, Quintana (CP) 42.48, Bartsch (East) 42.56.

**4x100:** Morse 43.28, Eastlake 43.45, Sweetwater 43.53, Bonita Vista 43.91, Poway 44.15, Mira Mesa 44.56, Castle Park 44.57, San Marcos 44.58, Mt. Carmel 44.60, Helix 44.65, St. Augustine 44.78,

Vista 44.81, Mount Miguel 44.84.

**4x200:** Montgomery 1:31.14, Monte Vista 1:31.86, Helix 1:32.00, Poway 1:32.37, El Camino 1:32.61, Mount Miguel 1:32.86, Valley Center 1:33.02, St. Augustine 1:33.66, Hoover, 1:33.84, Mt. Carmel 1:34.18, Vista 1:34.19.

**4x400:** San Pasqual 3:26.76, Bonita Vista 3:27.79, Mt. Carmel 3:28.51, Castle Park 3:30.81, Monte Vista 3:32.85, Eastlake 3:33.03, Morse 3:33.05, Helix 3:33.42, Poway 3:33.76, Torrey Pines 3:34.02, Mount Miguel 3:34.81.

**4x800:** San Pasqual 8:02.22 (new meet record), Poway 8:14.86, Torrey Pines 8:15.02, Eastlake 8:21.39, Ayala 8:23.44, Bell Gardens 8:32.45, Sweetwater 8:34.81.

**4x1600:** St. Augustine 18:31 (Moorcroft: 4:14.9), Sweetwater 18:51, Bell Gardens 18:55, Poway 18:57, Helix 19:01, Ayala A 19:08, University City 19:10, Rancho Bernardo 19:2x, University of San Diego 19:32, San Pasqual 19:37, Mt. Carmel 19:58.

**Distance Medley:** Poway 10:58.21, Helix 11:02.36, University of San Diego 11:03.68, Vista 11:04.14, Mt. Carmel 11:05.26, Bell Gardens 11:09.34, Sweetwater 11:17.98, Bonita Vista 11:18.23, Rancho Buena Vista 11:20.0, Hoover 11:21.05.

**Shuttle Hurdles:** Not available. **HJ:** Okenwa (Morse) 6-6, Ortiz (Hx) 6-4, Fischer (RB) 6-2, Neudecker (BV) 6-0.

**PV:** Offner (MiC) 15-6, Doria (East) 14-0, Murillo (Vista) 13-6, Munoz (CP) 13-6, Jeter (MiC) 13-0, Spitz (RB) 13-0, Spehar (RB) 12-6, Heimburger (Pow) 12-6, Ngo (Pow) 12-6, Daley (Vista) 12-6, Hamon (RBV) 12-0, Leavitt (Hx) 12-0, James (RB) 12-0, Aleman (East) 12-0.

**LJ:** Ortiz (Hx) 22-3, Harvey (Sweet) 21-7, Rogers (Morse) 20-4.

**TJ:** Ortiz (Hx) 46-8.5, Harvey (Sweet) 46-2, Neudecker (BV) 43-4, Wooden (Morse) 42-6, Hayes (RB) 42-5, Rogers (Morse) 42-1, Weinman (MiM) 42-0, Holley (CP) 41-10, Barnhill (SM) 41-7, Thomas (Hoov) 41-4, Curry (East) 41-4, Nuckols (SM) 41-0.

**SP:** Moazed (MiC) 51-0, Brittain (TP) 49-5, Read (RB) 48-4, Stephens (CP) 47-10, Arosemena (Vista) 47-10, Wilson (OG) 47-1, Gascon (Sweet) 46-7, Le (OG) 45-10, Driggs (Sweet) 45-10.

**DT:** Ward (Pow) 155-8, Savaiioaea (East) 144-8, DeBoer (RBV) 144-1, Brittain (TP) 136-3, Moazed (MiC) 135-6, Driggs (Sweet) 135-2, Padilla (Sweet) 134-8, Pendleton (StA) 133-2.

### GIRLS:

Best marks of meet, recorded in various divisions:

**100:** Allen (MiM) 12.45, Thomas (ElCam) 12.57, Beverley (USD) 12.70.

**400:** Perkins (MontV) 60.54, McNamara (Pow) 61.20, Rampaul (Pow) 61.88, Connor (TP) 62.35.

**800:** Phipps (Morse) 2:21.78, Allen (RBV) 2:22.97, Connor (TP) 2:24.92, Sampietro 2:25.25, Larson (RB) 2:27.76, Damwijk (Pow) 2:28.10, O'Brien (Pow) 2:28.35, Pizarro (Mont) 2:28.35.

**1500:** Sick (MiC) 5:00.65, Romley (TP) 5:01.61, Thompson (BV) 5:02.17, Rivas (Mont) 5:04.21, Branson (BV) 5:13.64, Trogler (TP) 5:19.07.

**3200:** Baird (Hx) 11:24.48, Vargas (BG) 11:27.14, Kilmer (Ram) 11:38.12, Dere (MiC) 11:39.22, Rivas (Mont) 11:45.62, McGuire (MiraM) 11:57.05, McKeown (UC) 12:09.59, Orr (TP) 12:10.47. **100 H:** McGrath (RB) 15.70, Johnson (East) 15.80, Carter (MiraM) 16.07, Clark (MontV) 16.29, Eggleston (ElCam) 16.90, Murphy (RB) 17.02.

**300 LH:** Pound (Pow) 44.18, Johnson (East) 45.68, Carter (MiraM) 46.95, Albini (SP) 48.24, Nemore (ElCam) 48.87, Major (Sweet) 49.50.

**4x100:** Mount Miguel 49.95, El Camino 49.97, Morse 50.08, Eastlake 50.24, San Pasqual 50.57, Monte Vista 50.86, Poway 51.01, Mt. Carmel 51.02, Castle Park 51.27, Rancho Bernardo 51.45, Sweetwater 51.87.

**4x200:** El Camino 1:46.56, Eastlake 1:47.63, Castle Park 1:47.73, Mount Miguel 1:48.02, Monte Vista 1:48.03, Morse 1:48.14, Poway 1:48.65, Mt. Carmel 1:48.98, Rancho Bernardo 1:49.60, Ayala 1:51.37.

**4x400:** San Pasqual 4:08.80, Monte Vista 4:08.93, Mt. Carmel 4:13.95, Castle Park 4:15.34, Eastlake 4:18.62, USD 4:18.91, Mount Miguel 4:19.86, Rancho Bernardo 4:20.17, Bonita Vista 4:20.44.

**4x800:** Mt. Carmel 9:40.46 (new meet record), Torrey Pines 9:59.30, Bonita Vista 10:16, Poway 10:19.14, Ayala 10:20.14, Mira Mesa 10:20, Montgomery 10:33.31.

**4x1600:** Ayala A 22:37.42, Helix 22:58, Point Loma 22:58, Mt. Carmel 22:58, Rancho Bernardo 23:06, Montgomery 23:21, University of San Diego 23:33, Poway 23:33, Bell Gardens 23:43, Ayala B 23:50.

**Distance Medley:** Bell Gardens 13:11, Torrey Pines 13:17.29, Mt. Carmel 13:18.36, Ayala 13:30.0, Poway 13:38.00.

**Shuttle Hurdles:** Not available. **HJ:** Fleming (USD) 5-2, Walker (TP) 5-2, McNamara (Pow) 5-0, Powell (SM) 5-0, T. Shields (TP) 5-0.

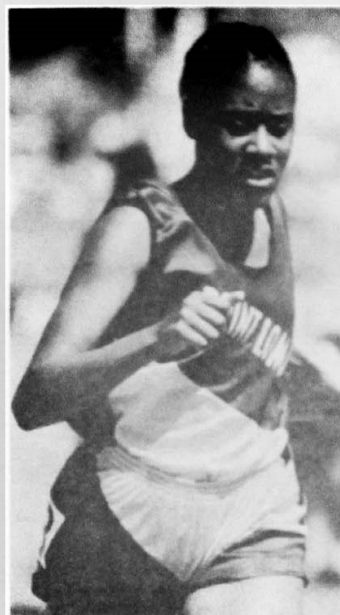
**PV:** Preston (Pow) 10-0, Guapo (East) 10-0, Orlando (MiraM) 10-0, Nowinski (MiraM) 10-0, Allen (Pow) 9-6, Lafoya (East) 9-6, Speer (MiC) 9-0, Cabrera (MiC) 9-0, Holcomb (TP) 9-0, Hall (TP) 8-6.

**LJ:** McWhirter (SM) 16-4, Hayes (East) 16-1.5, Flom (East) 16-1, Abdullah (MiM) 16-0.5, Gaines (MontV) 15-11.

**TJ:** Thomas (ElCam) 34-11.5, Abdullah (MiM) 33-11.5, Eggleston (ElCam) 33-6.

**SP:** Hill (Hoov) 40-5, Taumua (Sweet) 37-5, Mauga (Oc) 32-6.

**DT:** Hill (Hoov) 134-3, Mickelson (RB) 114-5, Henry (RBV) 109-2.



Ashley Cunningham  
Point Loma

## Balboa: 6-10, and 10.60 are highlights

There were some fireworks at the Balboa Relays.

Some were expected, and some were surprises.

The biggest revelation was Patrick Henry's Chris Staton soaring over 6-10 in the boys high jump, and then having good attempts at seven feet.

The mark puts Staton in a tie for fourth on the all-time section list, with three seven-foot jumpers ahead of him.

More predictable were fast sprint times on the mondo surface, as most of the section's better sprint teams were in attendance.

UC's Lamont Long put up a PR of 10.60 in the boys 100, finishing 0.34 seconds ahead of runnerup Nick Banks of Kearny.

On the girls side, Morse's Monique Henderson ran her first 100 meters of the year, and made it a good one, clocking 11.68, with a huge margin of 0.64 seconds over second place.

No wind gauges were in place, and the strength of the breezes was disputed by some observers.

Other highlights:

Patrick Henry's long jumpers put on a show: Mike Roberts spanned 22-2.5, Staton went 21-11.5 and Jordan Adams did 21-6.

Mira Mesa's Travis Jones had a nice weight double of 54-plus and 165-7. Hoover's Candace Hill also had good throws of 42-9.5 and

Please turn to page 7.





LaSheena Rice  
San Diego

## Balboa:

From page 6.

121-plus.

Mira Mesa's Marie Carter and Sweetwater's Trandon Harvey were the zippiest of the hurdlers in attendance. Notable absentees were Tony Golston and Jeff Hunter, both injured.

The boys mile was a decent duel between Monte Vista's Jon Rankin (4:17) and St. Augustine's Ryan Moorcroft (4:18).

The results:

At Balboa Stadium, Saturday, April 1. Conditions: sunny, warm, some breeze.

### BOYS:

**100:** Long (UC) 10.60, Banks (Kny) 10.94, McDaniels (Linc) 10.99, Thomas (Ptl) 11.05, Del Rincon (MontV) 11.10, J. Tate (Hoov) 11.24, Thompson (Sweet) 11.24.

**1600:** Rankin (MontV) 4:17.81, Moorcroft (StA) 4:18.15, Dominguez (SD) 4:32.99, Kraemer (ANA) 4:33.04, Kumbi (SD) 4:33.42, Gandolfo (ElCap) 4:34.78.

**110 HH:** Harvey (Sweet) 15.06, Orlando (MiraM) 15.95.

**4x100:** University City 42.06, Lincoln 43.03, Hoover 43.42, Patrick Henry 43.49, Morse 43.81, Granite Hills 43.84, Sweetwater 44.00, Monte Vista 44.36, San Diego 44.47.

**4x400:** University City 4:26.77, Granite Hills 3:32.70, Lincoln 3:33.12, Monte Vista 3:36.55.

**HJ:** Staton (PH) 6-10, Smith (MB) 6-5, Randall (MontV) 6-4, Adams (PH) 6-2.

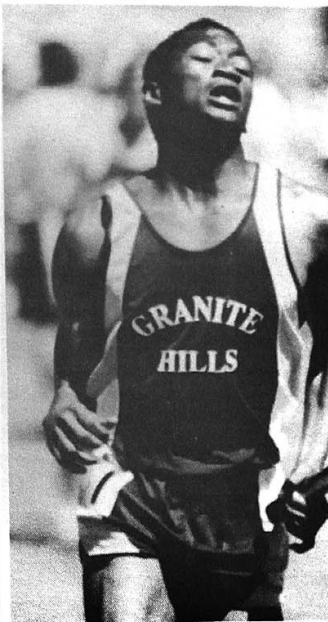
**PV:** Ruark (Ptl) 12-6, Rynearson (Val) 12-0.

**LJ:** Roberts (PH) 22-2.5, Staton (PH) 21-11.5, Harvey (Sweet) 21-7.5, Gilbert (Linc) 21-6.5, Adams (PH) 21-6, Mootry (Morse) 21-3, Wu (UC) 21-0.5.

**TJ:** Harvey (Sweet) 45-4, Randall (MontV) 44-5, Thomas (PH) 43-7, Smith (MB) 42-11.

**SP:** Jones (MiraM) 54-3.75, Williams (MB) 49-8, Asch (ElCap) 48-4, Smith (GH) 46-8, Hanson (StA) 45-4.5, Cruz (MB) 45-3.25, James (Kny) 45-1.75.

**DT:** Jones (MiraM) 165-7, Asch



David Evans  
Granite Hills

(ElCap) 163-10, Williams (MB) 144-8, Hanson (StA) 138-1, Padilla (Sweet) 136-6, Cruz (MB) 135-8, Pendleton (StA) 135-5, Lozano (ElCap) 133-11.

### GIRLS:

**100:** Henderson (Morse) 11.68, Parker (MB) 12.32, Zikarra (USD) 12.60, Reddick (Morse) 12.87, Perkins (MontV) 12.95, Jenkins (Kny) 13.15.

**1600:** Ziegler (UC) 5:23.52, Marquez (ElCap) 5:24.47, Adsit-Morris (UC) 5:25.99.

**100 H:** Carter (MiraM) 15.89, Clark (MontV) 16.50, Avery (GH) 16.82, Orlando (MiraM) 17.40.

**4x100:** Morse 48.66, Lincoln 49.73, Monte Vista 51.39, San Diego 51.73, Granite Hills 52.39, Valhalla 52.49, University of San Diego 52.59, Point Loma 52.60, Mission Bay 52.62.

**4x400:** Morse 4:05.62, Monte Vista 4:14.82, Granite Hills 4:18.72, Valhalla 4:20.81.

**HJ:** Turner (GH) 5-2.

**PV:** Orlando (MiraM) 10-0, Vieira (Ptl) 9-0, Russ (GH) 8-6, Nowinski (MiraM) 8-0.

**LJ:** Roberson (Morse) 16-2, Brown (PH) 15-11.75, Estridge (Linc) 15-9.5, Rice (SD) 15-9.

**TJ:** Gaines (MontV) 32-9.

**SP:** Hill (Hoov) 42-9.5, Taumua (Sweet) 36-10.5, Hood (Morse) 36-7.5, Harper (Linc) 34-4.

**DT:** Hill (Hoov) 121-1, Ames (ElCap) 103-2.

## Eastlake:

*Getting better all the time...*

The Eastlake Relays, moved to a new date, is attracting a stronger field of entries every year.

Not the least of the factors is that the host school is fast becoming a track power.

This year, teams from West Hills, Mount Miguel, La Costa Canyon, Crawford and almost all

of the Metro League schools (only Sweetwater and Bonita Vista were missing) attended.

Among the highlights:

Hilltop's Desiree Davila won the girls 1600 in 5:15.7. Teammate Abril Jimenez had the day's fastest girls 300 hurdle time, of 47.0.

Chula Vista's Michael Manzano had the fastest boys 1600 of the day, 4:27.2, ahead of Mar Vista's Blake Swier, who ran 4:28.0.

Crawford's Larry Miles returned from the injury list, and had the fastest boys 100 of the day, running 11.0 on the DG surface.

At Eastlake High School, Saturday, April 1. Dirt track, but relatively fast. Breezy, but not aiding races, sunny.

### BOYS:

#### 100:

Div. I: Miles (Cr) 11.0, Johnson (EL) 11.1, Cunningham (WH) 11.3, Conerly (WH) 11.5, J. McNeal (Mont) 11.5.

Div. II: Woods (MtM) 11.6, Macias (CP) 11.7.

Div. III: Unknown (Coro) 11.7, Ibarra (MarV) 11.9, Hughes (Horz) 11.9.

#### 1600:

Div. I: Manzano (CV) 4:27.2, Verdugo (EL) 4:38.7, Sutton-Kane (WH) 4:42.0.

Div. II: Aginiga (Hill) 4:44.9, Div. III: Swier (MarV) 4:28.0.

#### 300 Intermediate Hurdles:

Div. I: Bartsch (EL) 42.1, Cunningham (WH) 42.8, Reeder (WH) 43.5. Div. II: Owens (CP) 42.2, unknown (CP) 42.4, Salazar (S'west) 44.3.

Div. III: Knight (MarV) 42.2, unknown (StA) 42.8, Hernandez (Coro) 44.0.

#### 4x100:

Div. I: West Hills 43.9, Eastlake 44.1, Montgomery 45.3. Div. II: Castle Park 45.2, Central 45.5, Southwest 46.4.

Div. III: Crawford 45.3, Coronado 45.8, Mar Vista 46.9.

#### 4x800:

Div. I: La Costa Canyon 8:38.0, Eastlake 8:48.0, Chula Vista 8:55.7. Div. II: Calexico 8:47.9.

Div. III: Crawford 8:51.9.

#### Sprint Medley (2-1-1-4):

Div. I: West Hills 1:37.9, Montgomery 1:42.5, Eastlake 1:44.1.

Div. II: Calexico 1:39.2, Mount Miguel 1:40.2.

Div. III: Coronado 1:41.1, Crawford 1:43.4, Imperial 1:45.2.

#### 4x110 Shuttle Hurdles:

(alternating highs, lows)  
Div. I: Eastlake 1:04.5, West Hills 1:04.9, La Costa Canyon 1:08.1, Chula Vista 1:08.2.

Div. II: Central 1:03.8, Cattle Park 1:06.1, Mount Miguel 1:08.6, Hilltop 1:08.7.

Div. III: St. Augustine 1:05.3, Crawford 1:12.3.

#### High Jump:

Div. I: Evans (EL) 6-2, Curry (EL) 5-10.

Div. III: Knight (MarV) 5-8, Henry (Horz) 5-8.

#### Pole Vault:

Div. I: Marshall (WH) 12-6, Aleman (EL) 12-0, Vasquez (EL) 11-6, Galindo (CV) 11-6.

Div. II: Hatfield (Hill), 10-6.

Div. III: unknown (MarV) 10-6.

#### Long Jump:

Div. I: Johnson (EL) 19-10.5, Conerly (WH) 19-8.75, Alvarez (CV) 19-4, McNeal (Mont) 19-3.

Div. II: Weinman (MtM) 19-9, Robinson (MtM) 19-8.5, Wimberly (SW, EC) 19-4.25.

Div. III: Ibarra (Imp) 19-4, Iafe

(StA) 18-11.

#### Triple Jump:

Div. I: Evans (EL) 41-8.5, Curry (EL) 40-3.25, Bean (EL) 39-10.

#### Shot Put:

Div. I: Schardin (EK) 49-8, Rangel (EL) 46-0, Savaiinaea (EL) 40-6.

Div. II: Stephens (CP) 48-11, Hansen (Hill) 45-10, Rubledo (Cent) 44-0, Treter (Hill) 40-2.

#### Discus Throw:

Div. I: Schardin (EL) 138-8, Savaiinaea (EL) 136-6, Rangel (EL) 133-5, Zapata (CV) 131-4.

Div. II: Stephens (CP) 159-7, Hunt (Hill) 154-7, Cortez (Clx) 129-10, Blake (Hill) 125-11.

### GIRLS:

#### 100:

Div. I: unknown (EL) 12.7, unknown (EL) 13.5.

Div. II: Unknown (school?) 12.9, unknown (CP) 13.2, unknown (CP) 13.7.

Div. III: Blake (FP) 12.7, unknown (Horz) 12.9, unknown (Coro) 13.0.

#### Mile:

Div. I: Rivas (Mont) 5:32.7, Nugent (WH) 5:37.4, Winfrey (WH) 5:41.9.

Div. II: Davila (Hill) 5:15.7, McGaffigan (CP) 5:37.3.

Div. III: Beck (OLP) 5:38.4.

#### 300 Low Hurdles:

Div. I: McCabe (EL) 51.4, Schim (LCC) 51.5, Martin (WH) 51.8, Fox (WH) 53.6.

Div. II: Jimenez (Hill) 47.0, Abdullah (MtM) 53.3.

Div. III: Martinez (OLP) 53.8.

#### 4x100:

Div. I: Eastlake 50.8, West Hills 52.5, Montgomery 54.0.

Div. II: Mount Miguel 52.1, Castle Park 52.2, Central 55.8.

Div. III: Our Lady of Peace 53.6, Francis Parker 54.1, Crawford 54.6.

#### 4x800:

Div. I: West Hills 10:15.7, Chula Vista 10:19.1, Montgomery 10:45.8.

Div. II: Hilltop 10:55.9, West Hills B 11:00.0.

Div. III: Our Lady of Peace 10:47.1.

#### Sprint Medley (2-1-1-4):

Div. I: Southwest (SD) 1:59.3, Eastlake 2:01.9, West Hills 2:04.3, Montgomery 2:04.7.

Div. II: Hilltop 1:56.4, Castle Park 1:59.6, Mount Miguel 2:02.9.

Div. III: Francis Parker 2:00.1, Our Lady of Peace 2:05.6, La Jolla Country Day 2:08.7.

#### 4x100 Shuttle Hurdles:

Div. I: Eastlake 1:08.8, West Hills 1:10.5, La Costa Canyon 1:17.4.

Div. II: Mount Miguel 1:19.5.

Div. III: Crawford 1:21.0.

#### High Jump:

Div. I: Fox (WH) 4-8, Barkiewicz (CV) 4-8.

Div. II: Abdullah (MtM) 4-8, Jimenez (Hill) 4-8.

Div. III: Cato (Holt) 4-8, Wentz (LUCD) 4-6, Hean (Craw) 4-6, Harlow (MarV) 4-6.

#### Pole Vault:

Div. I: Lopez (WH) 9-9, Hodgers (CV) 9-0, Guapo (EL) 9-0, Vertullo (EL) 9-0.

Div. II: Garcia (Hill) 7-0, McDaniel (WH) 7-0.

#### Long Jump:

Div. I: Hayes (EL) 16-1.5, Flom (EL) 15-6, Martin (Mont) 14-7, Benitez (S'west, SD) 14-2, Mandy (CV) 14-0.

Div. II: Abdullah (MtM) 16-8, Chapman (MtM) 14-11.5, Zaragaza (CP) 14-11, Crockett (MtM) 14-6.

Div. III: Hanke (Horz) 15-8, Jones (MarV) 14-8.5, Ramirez (MarV) 14-7.5.

#### Shot Put:

Div. I: Silva (CP) 31-3, Zavala (CP) 27-5, Raines (Cent) 27-1.

#### Discus Throw:

Div. I: Singley (WH) 107-1, Griffin (WH) 94-2, Channey (WH) 91-1.

Div. III: Akinfole (LUCD) 97-4, Singleton (Craw) 86-11, Graas (OLP) 83-3.

# The 2000 Preview:

In this issue, we look at the 100, the 800, the 110/100 high hurdles, the 4x100 relay, and the long jump.

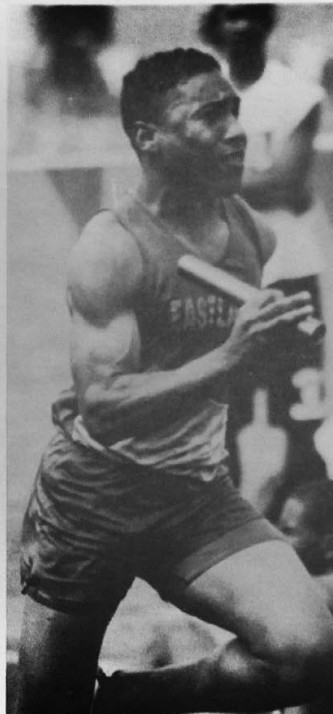
We include the best marks from local boy and girl athletes in each event, including PRs from 1997 to 2000.

In addition to a top ten marks list overall, we also break it down by individual leagues, providing marks in depth.

In our next issue, we'll preview the 200, the 3200, the 4x400 relay, the high jump and the discus throw.



**Mike Roberts**  
Patrick Henry



**Lavell Anderson**  
Eastlake



**Priscilla Parker**  
Mission Bay

## The 100:

### BOYS:

The ten fastest runners (all automatic times):

- 10.59 Steve Hayes, UniCity (in 99)
- 10.60 Lamont Long, University City
- 10.66 R. J. Oliver, Escondido (in 99)
- 10.84 Mike Roberts, PHenry (in 99)
- 10.86 Larry Miles, Crawford (in 99)
- 10.94 Nick Banks, Kearny
- 10.99 Na. Cunningham, WH (in 99)
- 10.99 Boris McDaniels, Lincoln
- 11.02 Antwane Collier, SD (in 99)
- 11.03 Phil Saunders, Morse (in 98)

NOTE: Marks are each athlete's personal record (PR) by April 10.

#### Breaking it down by league:

##### Avocado:

- Hand: 11.1 Scott LaCaz, TorPines
- 11.1 Will Buchanan, Oceanside

##### Eastern:

- 10.59 Hayes (in 99)
- 10.60 Long
- 10.84 Roberts (in 99)
- 11.02 Collier (in 99)
- 11.03 Saunders (in 98)
- 11.05 Eric Thomas, Point Loma
- 11.12 Fiat Johnson, Serra (in 99)
- 11.12 Chauncey Smith, UniCity
- 11.14 Blake Frazier, UniCity
- 11.17 Mike Johnson, Serra (in 99)
- 11.18 Jesse Bowman, UniCity
- 11.22 Philip Saunders, Morse (in 99)
- 11.30 Jair Brown, Mira Mesa

- Hand: 11.0 Marcus Wooden, Morse
- 11.0 Tony Golston, Ptloma (in 99)

##### Grossmont (combined):

- 10.99 Cunningham (in 99)
- 11.05 Andre Davis, ECV (in 99)
- 11.10 Del Rincon, Monte Vista
- Windy: 11.16 Joey Williams, Grossmont

##### Hand:

- 10.9 Kyle Conerly, West Hills
- 10.9 Reggie Bush, Helix
- 11.0 Braithwaite, Monte Vista
- 11.0 Eric Peterman, Hx (in 99)
- 11.1 Jason Van, Helix

##### Harbor:

- 10.86 Miles (in 99)
- 10.99 McDaniels
- 11.07 Mark Tate, Hoover (in 98)
- 11.24 Jamal Tate, Hoover

##### Hand:

- 11.1 Green, Crawford
- 11.1 Cory Jones, Lincoln

##### Metro:

- 11.11 Lavell Anderson, Eastlake
- 11.13 Kevin Johnson, Eastlake
- 11.14 David Hannibal, Bonita Vista
- 11.16 Allen Thompson, Swe (in 99)
- 11.19 Jeff McNeal, Montgomery

##### Hand:

- 10.9 Keith Dunn, Eastlake
- 11.1 Mark Whaley, Eastlake
- 11.1 Marco Ibarra, Mar Vista
- 11.1 Nap. McNeal, Mont (in 99)

##### Palomar:

- 11.25 Jon Ward, Poway
- Hand: 10.8 Michael Matison, Mt. Carmel
- 10.9 Derrick Waddell, RBV
- 10.9 J. T. Triplett, RB
- 11.0 Jeff Berman, RB
- 11.1 Eric Williams, RB
- 11.1 Matt Beckstead, RB
- 11.1 Deon White, RB
- 11.1 Jason Macklin, Vista
- 11.1 Himchak, Mt. Carmel

##### Valley:

- 10.66 Oliver (in 99)
- Hand: 10.9 D. J. Contreras
- 10.9 Peter Stoll, San Pasqual
- 11.0 Fitzpatrick, Escondido

##### Western:

- 10.94 Banks
- Hand: 11.0 Barnes, Kearny
- 11.1 Claude Sanders, Mad (in 99)

#### What to look for:

Who's healthy?

Well, UC's Lamont Long, is, of course. He was never really at full strength last season, but he's run impressively in recent meets, including a 10.60 at Balboa Relays, and a 10.63 at Arcadia.

But, there are many questions about some of the area's other top returning sprinters.

Steve Hayes came up hurt at the Pasadena Games, and is not back yet. Word is that he may run the 400 when he comes back.

R. J. Oliver was hurt in early season, but returned last week.

Larry Miles started the season fast, strained a muscle, came back, and was a DNF in the Arcadia 100.

Lavell Anderson has missed much of the season, and has started competing again, although not at full strength. He shut down while anchoring the 4x400 at Titan last week.

In some cases, coaches and athletes could be playing it safe. In some cases, the athletes in question may not be able to return to full strength.

What was thought to be one of this area's strongest areas has turned into a giant question mark.

Besides Long, Henry's Mike Roberts has been having a good season.

Among youngsters, keep an eye on Kearny's Nick Banks, Lincoln's Boris McDaniels, UC's Chauncey Smith, and Helix's Reggie Bush.

Banks, a soph, is a former age-group whiz who has returned to the sport after a few years away. He was runner-up to Long at Balboa, running 10.94.

UC's Smith is also a soph, and he could be that team's big gun in another year or two.

#### GIRLS:

The ten fastest runners:

- 11.68 Monique Henderson, Morse
- 12.11 Kameelah Allen, MtM (in 97)
- 12.21 Autumn Wright, ElCam (in 99)
- 12.32 Priscilla Parker, MB
- 12.47 Amb. Carrington, MtC (in 99)
- 12.57 Jessica Thomas, El Camino
- 12.60 Faith Lin, La Jolla (in 99)
- 12.60 Zikarra Beverley, USD
- 12.77 Kyle Lederer, RB (in 99)
- 12.78 Ceara Ray, Fall (in 98)

NOTE: Marks are each athlete's personal record (PR) by April 10.

#### Breaking it down by league:

##### Avocado:

- 12.21 Wright (in 99)
- 12.57 Thomas
- 12.78 Ray (in 98)
- 12.99 Elizabeth Tsu, LCC (in 98)

- 13.25 Naomi Mattos, Fall (in 98)
- Windy: 13.03 Natalie Soto, Carls (in 99)
- Hand: 12.7 Caitlyn Doe, TorPines

##### Eastern:

- 11.68 Henderson
- 12.87 Phylcia Reddick, Morse
- 13.30 Shauna Hackett, Morse
- Windy: 13.19 S. Roberson, Morse (in 98)

##### Hand:

- 12.6 Tameka James, SD (in 99)
- 12.8 Anderson, Serra

##### Grossmont (combined):

- 12.11 Allen (in 97)
- 12.95 Phoebe Perkins, Monte Vista
- Windy: 12.94 Nini Herron, ECV (in 99)

##### Hand:

- 12.8 Bryeanna Barmer, Hx (in 99)
- 12.9 Ashley Rioja, MtM (in 98)

##### Harbor:

- 12.83 Crystal Hinton, Linc (in 99)
- Moved: 13.06 Arkisha Iverson, Hoover

##### Hand:

- 12.7 Dinisha Robinson, Coronado

##### Metro:

- Windy: 12.95 Tynisha Major, Sweet (in 99)

##### Hand:

- 12.2 Tanisha Johnson, Eastlake
- 12.6 Rosa Durruthy, Eastlake
- 12.8 Cassandra Patterson, CP
- 12.8 Mason, Chula Vista
- 12.8 Denise French, BV (in 99)

##### Palomar:

- 12.47 Carrington (in 99)
- 12.77 Lederer (in 99)
- 12.93 Latoya Emanuel, SM (in 99)
- 12.96 Francine Cepeda, RB (in 98)

##### Windy:

- 12.71 Aroline Neal, RBV (in 97)

##### Hand:

- 12.1 Nastassaja Hall, RBV
- 12.6 Laura Landry, RB (in 99)
- 12.7 Fromer, Mt Carmel

##### Southern:

- 12.81 Stephanie Blake, FP (in 99)
- 12.94 Devonne Hanke, Hrzn (in 99)

##### Valley:

- 12.79 Tiffany Lowery, SP (in 99)

##### Hand:

- 12.8 Meggi Afenir, Escondido

##### Western:

- 12.32 Parker
- 12.60 Lin (in 99)
- 12.60 Beverley
- 12.82 Lat. Summerville, SR (in 99)

Please turn to page 9.

Want to  
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# Preview:

From page 8.

13.15 Jackie Jenkins, Kearny  
Hand:  
12.8 Snare, Scripps Ranch  
12.8 Jane Givens, U (in 98)

## What to look for:

Monique Henderson could end up in this event at CIF time. Morse coach Gary MacDonald is seriously considering a plan to run Henderson in the 100, 200, 400 and one relay at the end of the year.

It's hard to argue with the logic. She would be a strong favorite in all three individual races, and Morse would also have a shot at winning the relay in which she participates. Put her in two relays, and the points don't look so secure.

At state, however, look for the Morse coaches to cut down her schedule to maybe two events, no matter what happens at CIF.

Henderson will test herself in this event at Mt. SAC this weekend. Expect something very fast.

Kameelah Allen is the defending CIF champ, and she looked good in winning the 100 at Titan.

Among the most improved sprinters are Mission Bay's Parker, El Camino's Thomas and Francis Parker's Blake.

Parker ran a PR of 12.32 in taking second to Henderson at Balboa.

Thomas seems to be much better after a promising frosh season.

Blake looks very quick, but could opt to run other events. She's run 58.0 in the 400, for instance, and she could move to that race.

RBV's Nastassaja Hall could end up in the 100, and she would be a threat to go sub-12, but she could also go to other events.

Eastlake's Tanisha Johnson has shown some great speed, but she could find herself in the hurdle events at finals time.

# The 800:

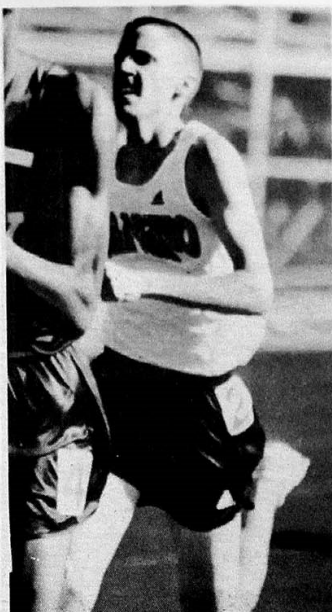
## BOYS:

The fastest ten runners:

1:53.2 Evan Fox, West Hills  
1:53.51 Sean Ricketts, RnchoBrdo  
1:54.04 Nick Thornton, RBV  
1:54.19 Jared Emmons, Vista  
1:55.0r Matt Johnson, SanPasqual  
1:55.21 Aaron Powell, Poway  
1:55.46 Ben Aragon, West Hills  
1:55.62 Nico Cueva, Escondido  
1:56.12 Justin Neuroth, Vista  
1:58.00 Jon Rankin, Monte Vista  
NOTE: Times used for these lists are each athlete's personal record (PR), as of April 10. r: relay split

## Breaking it down by league:

**Avocado:**  
1:58.2 Justin Mattos, Fallbrook  
2:00.37 John Green, Torrey Pines  
2:01.2 Freddy Espino, Fallbrook  
2:01.29 Eric Engler, Torrey Pines  
2:02.0 Efrain Casarez, Fallbrook



**Nick Thornton**  
Rancho Buena Vista

2:02.0 Steve Daniels, Carlsbad  
**Eastern:**  
2:02.10 Jeff McKnight, Point Loma  
**Grossmont (combined):**  
1:53.2 Fox  
1:55.46 Aragon  
1:58.00 Rankin  
2:00.3 Bryan Bauerle, West Hills  
2:01.6 Kevin Schible, West Hills  
2:02.8 Dustin Westergom, WestHills  
2:03.00 Taylor Williams, Helix  
**Harbor:**  
1:58.79 Paul Whitford, Coronado  
**Metro:**  
1:59.56 Dale Houser, Bonita Vista  
1:59.6 Blake Swier, Mar Vista  
**Palomar:**  
1:53.51 Ricketts  
1:54.04 Thornton  
1:54.19 Emmons  
1:55.21 Powell  
1:56.12 Neuroth  
1:58.2 Josh Pope, Poway  
1:59.9 Mark Baddas, Vista  
2:00.7 Devin Lyons-Quirk, Poway  
2:01.51 Mark Johanson, RBV  
2:02.1 Ryan Montez, Vista  
2:02.1 Alan Aradanas, Mt. Carmel  
2:02.37 Jason Davis, Poway  
2:02.8 Travis Laird, San Marcos  
2:03.4 Chris Kenyon, Mt. Carmel  
2:03.68 Jimmy Retherford, SMarcos

Not running:

1:59.8 Pat Prunty, Poway

**Southern:**

1:59.02 Chad Young, CalC

1:59.07 Peter Holland, Bishop's

**Western:**

1:58.9 Ryan Moorcroft, StAug

2:00.28 Raphael Machado, ScrRch

**Valley:**

1:55.0r Johnson

1:55.62 Cueva

1:58.0 Luis Mariscal, SP

1:58.68 Troy Stroh, ValCtr

1:59.3 Matt McInvale, Ramona

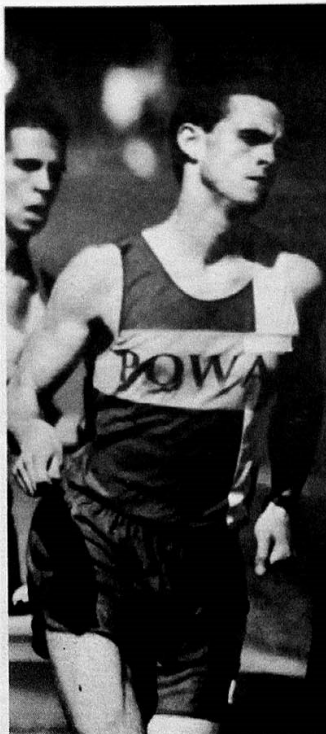
2:03.84 Sal Plesencia, Orange Glen

## What to look for:

True story: This writer sent a list of the best marks of the year (all events) to Arcadia meet director Doug Speck, in late March.

Speck e-mailed back that there had to be a mistake. The boys 800 meter marks, he said, were last year's end of the season list.

The local list has indeed looked like a June list for this normally slow-starting event, where anything much below 1:57 usually doesn't come until mid-season.



**Aaron Powell**  
Poway

Of course, in most years there isn't this kind of talent.

Thornton, Ricketts and Emmons were all finalists in the state meet last year, and they're all back, and banging heads in the Palomar meets.

Thornton seems to be the best tactical runner of the group, with a real knack for being in the right place at the right time in a big race. That, combined with his great kick, make him a real force at the local and state levels (which for all practical purposes, are the same this year).

Ricketts has shown signs all year of getting back to his great soph form, but he still runs into tactical problems in big, fast fields.

Emmons seems to be at full health again after nursing a sore leg in the last weeks.

All of this was on display at last week's Arcadia Invite. Thornton moved into a spot just off the pace, and then unleashed his kick at the perfect moment to take the race. Ricketts, meanwhile, seemed in hopeless position with 200 to go, but also put on a fearsome kick to salvage second place. Emmons, near dead last, passed about ten runners in the last 200 meters, often running in lanes three and four.

Fox, off his impressive 1:53.2 dual meet time, would obviously be able to mix it up with anybody, but may concentrate on the 1600 at season's end.

Aragon and Cueva are not that far back of the top group, and Powell is also in the picture. There is speculation that Aragon could move into the 1600, but he would



**Matt Johnson**  
San Pasqual

be a tough contender if he stays in this event.

A darkhorse might be somebody like San Pasqual's Johnson, who ran a 1:55.0 relay split last week, with no competition. Don't overlook this guy.

The only real certainty about this year's CIF finals is that several excellent runners will not make it to the state meet. There is just too much talent. If the early pace is fast, this year's CIF race has a chance to be the greatest local 800 ever, both in quality and quantity.

The best finals to date was in 1966, when the top six finished in 1:51.0, 1:53.1, 1:53.6, 1:54.1, 1:54.1 and 1:54.3 (all times converted from yards). The winner of that race, Hilltop's Terry Rogers, went on to win the state meet a week later.

## GIRLS:

The fastest ten runners:

2:13.42 Jenna Timinsky, SanDieguito  
2:14.40 Desiree Davila, Hilltop  
2:14.54 Lesley Bravin, Valhalla  
2:16.51 Monique Henderson, Morse  
2:17.06 Jill Steele, Mt. Carmel  
2:17.39 Katherine Ziegler, UniCity  
2:17.67 Amonica Phipps, Morse  
2:18.32 Julie Komosinski, TorPines  
2:18.66 Talisha Crophus, UniCity  
2:19.60 Nastassaja Hall, RBV  
Expected to miss year (illness):  
2:19.68 Allison Hall, RnchoBrdo  
NOTE: Times used on these lists are each athlete's personal record (PR) by April 10.

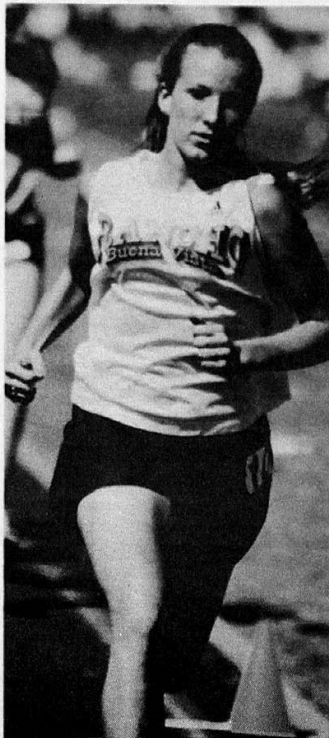
## Breaking it down by league:

**Avocado:**  
2:18.32 Komosinski  
2:22.37 Angela Petersen, TorPines  
2:22.4 Morgan Soule, LaCostaCyn  
2:23.8 Mallane Dressel, Carlsbad  
2:24.1 Katie O'Connell, Carlsbad

Please turn to page 10.

# Preview:

From page 9.



**Courtney Allen**  
Rancho Buena Vista

through the 400 in 63-plus, and she ended up in sixth there, running a PR of 2:13.42. She'll continue to improve.

Many of the girls on the top ten list above will concentrate on other events at season's end. That would include Henderson, Komosinski, Nastassaja Hall, and probably Davila, Clophus and Ziegler.

Bravin won the CIF finals as a frosh and as a soph, but her PR is now two years old, and it remains to be seen if she will get back to that level.

Allison Hall is out for the season, recovering from spinal meningitis. Reportedly, she's doing some light running, but nothing approaching serious training.

That leaves Mt. Carmel's Steele and Morse's Phipps as the most serious challengers to Timinsky.

There has been talk about Rancho Bernardo's Laura Landry giving this event a try, but nothing has really happened yet.

It often happens that a new runner will come almost out of nowhere at season's end to make a big impact in this event. If there's somebody like that out there, they're staying well hidden at the moment.

## The Highs:

### BOYS:

The ten fastest runners (all automatic times):

- 14.28 Bobby Salimi, Rnch Brdo
- 14.31 Tony Golston, Point Loma
- 14.83 Jeff Hunter, GranHills
- 15.06 Trandon Harvey, Sweetwater
- 15.25 Darnell Talbert, Mt. Carmel
- 15.28 Jon Everette, San Pasqual
- 15.29 John Dudek, Torrey Pines
- 15.33 Josh Nears, Serra

- 15.47 Jonathan Takahashi, Gross
- 15.50 Brett Simmons, Coronado

Notable hand times:

- 14.1 Golston
- 14.2 Salimi
- 15.0 Nears
- 15.0 Harvey
- 15.0 Baran Hill, St. Augustine
- 15.1 Talbert
- 15.1 Everette

NOTE: Times are each athlete's personal record (PR) by April 10.

### Breaking it down by league:

**Avocado:**

- 15.29 Dudek
- 15.81w Sean Sweat, ElCamino

Hand:

- 15.8 Jeremiah McLeod, Fallbrook
- 16.1 Paul Yoder, Oceanside
- 16.2 Tim Frinell, Fallbrook

**Eastern:**

- 14.31 Golston
- 15.33 Nears
- 15.91 Darion Williamson, Morse
- 15.95 Jeff Orlando, Mira Mesa

Hand:

- 14.1 Golston
- 15.0 Nears
- 15.4 Williamson
- 15.9 Orlando
- 16.0 Chris Staton, PatHenry
- 16.2 Pat Benitez, Mira Mesa

**Grossmont (combined):**

- 14.83 Hunter
- 15.47 Takahashi

Hand:

- 15.4 Takahashi
- 15.5 Scott Miller, West Hills
- 15.7 Brian Taylor, GranHills
- 16.0 Bonner, MonteV

**Harbor:**

- 15.50 Simmons
- 15.93 Felipe Hernandez, Coronado

**Metro:**

- 15.06 Harvey
- 15.83 Ben Knight, Mar Vista

Hand:

- 15.0 Harvey
- 15.3 Knight
- 15.9 Charles Cleveland, Sweet
- 16.0 Brian Perdue, BonitaV
- 16.1 Brian Bartsch, Eastlake

**Palomar:**

- 14.28 Salimi
- 15.25 Talbert

Injured, will miss year:

- 16.03 Rashard Holmes, RnchBrdo

Hand:

- 14.2 Salimi
- 15.1 Talbert

**Valley:**

- 15.28 Everette
- 15.80 Jeff Failla, Escondido
- 15.96 Travis Lyman, San Pasqual

Hand:

- 15.1 Everette
- 15.5 Failla
- 15.8 Lyman
- 15.9 Trent Stroh, ValCtr

**Western:**

- 15.79 Baran Hill, St. Augustine

Hand:

- 15.0 Hill

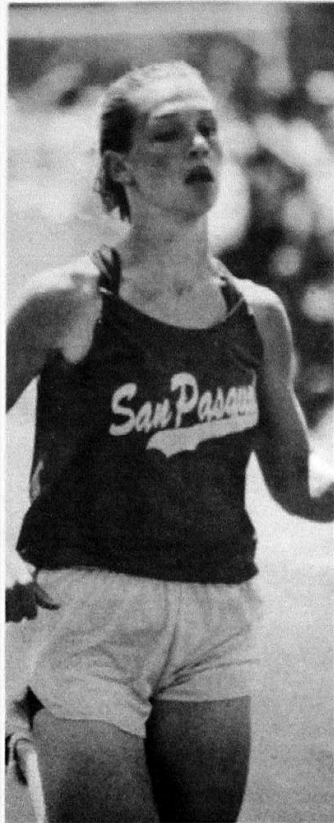
### What to look for:

Injuries have figured strongly here.

Last year's top three hurdlers, Golston, Salimi and Hunter all returned, and all three ran very quickly in the early-season Bronco Invite.

But Golston pulled an abdominal muscle in a dual meet in late March and could miss most of the rest of the season. Point Loma coaches are keeping their fingers crossed that he can return for the league finals. Since his injury needs rest to heal, his conditioning will be a question mark when and if he returns.

Hunter twinged a hamstring in the Helix dual, and later required medical treatment. He returned to the team last week, running the



**Morgan Albini**  
San Pasqual

400, and he may run the longer hurdle race as soon as this weekend.

Meanwhile, Salimi is running better than ever. At Arcadia, he ran a great race, clocking 14.28 to move into fourth on the all-time section list. He was on his way to a sub-14.20 before smashing the last two hurdles.

Best prospect to move up in class is Sweetwater's Harvey, who has looked very quick in winning at the Balboa Relays, and at the Titan Trackfest. In those races, he faced most of the people right behind him on the lists, including Everette, Dudek and Talbert.

Coronado's Simmons is heavily involved in a school dramatic production, and possibly won't compete this year.

**GIRLS:**

The ten fastest runners (all automatic times):

- 15.22 Catie Coin, RnchBrdo
- 15.70 Melissa McGrath, RnchBrdo
- 15.80 Tanisha Johnson, Eastlake
- 15.89 Marie Carter, Mira Mesa
- 16.03 Katy Camp, MonteV
- 16.04 Audrey Pound, Poway
- 16.15 Kristin Murphy, RnchBrdo
- 16.22 Keiona Clark, MonteV
- 16.70 Bryeanna Barmer, Helix
- 16.82 Morgan Avery, GranHills

May miss year (injured):

- 16.50 Laura-Lee Reid, ValCtr

NOTE: Times are each athlete's personal record (PR) by April 10.

**Breaking it down by league:**

**Avocado:**

- 16.90 Eggleston, El Camino

Hand:

- 16.8 Chantal Nemore, El Camino
- 16.9 Kasy McGee, Carlsbad
- 17.1 Laura Maurer, Fallbrook

**Eastern:**

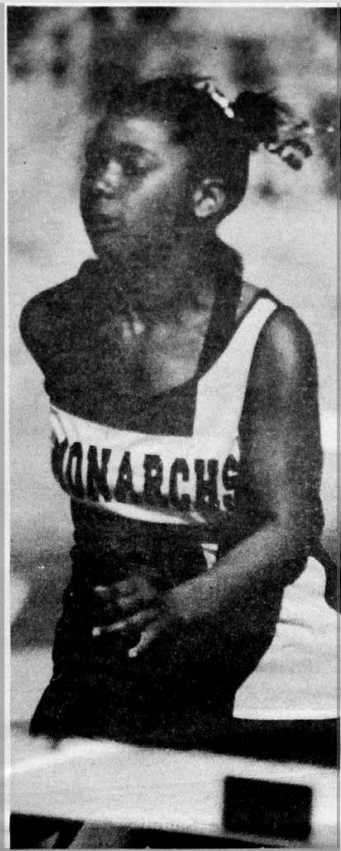
- 15.89 Carter

Please turn to page 11.



## Preview:

From page 10.



**Keiona Clark**  
Monte Vista



**Cheryl Hawkins**  
Morse

17.40 Elise Orlando, Mira Mesa  
Hand:  
15.7 Cheryl Hawkins, Morse  
17.3 Orlando

### Grossmont (combined):

16.03 Camp  
16.22 Clark  
16.70 Barmer  
16.82 Avery  
Hand:  
16.0 Barmer  
16.2 Clark  
16.5 Katherine Dostal, West Hills  
17.2 Darcy Fox, West Hills  
17.3 Eva Tanner, Grossmont  
17.3 Angela Fazio, Grossmont  
17.3 Malia McClurg, GranHills

### Metro:

15.80 Johnson  
Hand:  
16.9 B. J. Hayes, Eastlake  
17.1 Erin Asay, Sweetwater  
17.2 Abril Jimenez, Hilltop  
17.2 Berit Flom, Eastlake

### Palomar:

15.22 Coin  
15.70 McGrath  
16.04 Pound  
16.15 Murphy  
May not run event:  
16.91 Mikaelyn Austin, RnchBrdo  
Hand:  
14.9 Coin  
15.5 McGrath  
16.4 Nikki Dulin, RnchBrdo  
17.2 Liz McNamara, Poway

### Valley:

16.50 Reid (injured)  
17.28 Leah Cole, ValCtr  
17.62 Meggi Afenir, Escondido  
Hand:  
16.2 Morgan Albini, San Pasqual  
16.8 Afenir  
16.8 Cole

### Western:

No marks meeting standard.

### What to look for:

Hottest hurdlers in early season have been RB's Coin and McGrath, Eastlake's Johnson and Mira Mesa's Carter, all of whom have had their moments.

Coin joined the team late after an extended basketball season, but is now in full stride. She ran a very quick 15.22 at Arcadia last week.

McGrath, a transfer from Nevada, had the fastest time at the Titan Trackfest last week, running 15.70, and beating Mira Mesa's Carter.

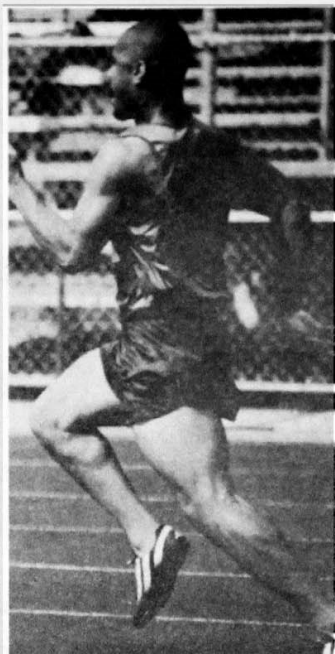
Johnson, a multi-talented freshman, ran 15.80 to win her race at Titan, but was in a different heat than McGrath and Carter.

Carter is fast enough to anchor Mira Mesa's 4x100 team, and has great technique.

Best bets to break into that group, if anyone can, are Monte Vista's Clark and Camp and some of the young developing hurdlers, such as Morse's Cheryl Hawkins, San Pasqual's Morgan Albini and Escondido's Meggi Afenir.

Hawkins, who has a 15.7 in a dual meet, and Afenir are freshmen. Albini, who has a 16.2 in a dual meet, is a talented sophomore who is new to track.

Some of the others on the list, such as Pound, Avery and Barmer, are better in the 300s at this point, but they also could develop here.



**Jason Van**  
Helix



**Allen Thompson**  
Sweetwater

44.3h Mission Bay  
44.78 St. Augustine

### What to look for:

Round up the usual suspects. Most of the traditional relay powers will be in the mix at the end of the year.

As with the 100, injuries to some of the area's best sprinters threaten to undermine what should be a strong event.

University City, for instance, was hoping to dip under 41-seconds and maybe threaten their own section record. If Steve Hayes is not completely healthy (or maybe is held out of this event) it will be more difficult. But UC has a lot of depth, and they fielded a sub-42 team at Arcadia without Hayes.

Helix is another team with a lot of depth and speed. They ran in the mid-42s at Titan, but were DQ'd for passing out of the zone.

Rancho Bernardo always seems to get the most out of their talent, and they seem to have plenty of speed this year, so they could make waves.

Morse doesn't have the guns they've had in some years, but nobody is counting them out.

Eastlake is relatively new to this level, but their talent is legit. They are the fastest to date of three strong Metro squads that include Sweetwater and Bonita Vista.

There is also strength in the Harbor, with Lincoln and Hoover, and in the Grossmont with El Cajon Valley, Granite Hills, West Hills, Monte Vista and Mount Miguel.

The Eastern League is the deepest reservoir of sprint talent. After UC and Morse, there are

## The 4x100:

### BOYS:

The ten fastest teams (all automatic times):

41.55 University City  
42.92 Rancho Bernardo  
43.03 Lincoln  
43.28 Morse  
43.42 Hoover  
43.45 Eastlake  
43.49 Patrick Henry  
43.53 Sweetwater  
43.84 Granite Hills  
43.91 Bonita Vista

### Notable hand times:

43.5c El Cajon Valley  
43.7c Helix

NOTE: Marks are each team's fastest 2000 time, as of April 10.

### Breaking it down by league:

#### Avocado:

No marks meeting standard.

#### Eastern:

41.55 University City  
43.28 Morse  
43.49 Patrick Henry  
44.0h Serra  
44.47 San Diego (43.7h)  
44.56 Mira Mesa (43.8h)

### Grossmont (combined):

43.5h El Cajon Valley  
43.84 Granite Hills  
43.7h Helix  
43.9h West Hills  
44.36 Monte Vista  
44.84 Mount Miguel (44.4h)

### Harbor:

43.03 Lincoln  
43.42 Hoover  
44.4h Crawford

### Metro:

43.45 Eastlake  
43.53 Sweetwater  
43.91 Bonita Vista  
44.57 Castle Park

### Palomar:

42.92 Rancho Bernardo  
44.15 Poway (44.1h)  
44.58 San Marcos (44.4h)  
44.60 Mt. Carmel (43.8h)  
44.4h Rancho Buena Vista  
44.81 Vista (44.6h)

### Valley:

43.9h Valley Center  
44.0h Escondido  
44.4h San Pasqual  
45.0h Ramona

### Western:

44.3h Kearny

Please turn to page 12.

# Preview:

From page 11.



**Mark Tate Hoover**

good squads from Patrick Henry, Serra, San Diego and Mira Mesa.

## GIRLS:

The ten fastest teams (all automatic times):

- 48.66 Morse
  - 49.73 Lincoln
  - 49.91 Rancho Bernardo
  - 49.95 Mount Miguel
  - 49.97 El Camino
  - 50.24 Eastlake
  - 50.57 San Pasqual
  - 50.86 Monte Vista
  - 51.01 Poway
  - 51.02 Mt. Carmel
- Notable hand times:
- 49.8 Eastlake
  - 50.0 Fallbrook
  - 50.1 Rancho Buena Vista
  - 50.5 Carlsbad
  - 50.8 West Hills
  - 50.8 Helix
  - 50.9 La Jolla

NOTE: Marks are each team's fastest 2000 time, as of April 10.

Breaking it down by league:

### Avocado:

- 49.97 El Camino
- 50.0h Fallbrook
- 50.5h Carlsbad
- 52.4h La Costa Canyon

### Eastern:

- 48.66 Morse
- 51.0h Serra
- 51.73 San Diego
- 52.2h Mira Mesa
- 52.60 Point Loma
- 52.9h Patrick Henry

### Grossmont (combined):

- 49.95 Mount Miguel
- 50.86 Monte Vista
- 50.8h West Hills
- 50.8h Helix
- 51.7h El Cajon Valley
- 52.39 Granite Hills
- 52.49 Valhalla (52.0h)

### Harbor:

- 49.73 Lincoln
- 52.5h Coronado

### Metro:

- 50.24 Eastlake (49.8h)
- 51.27 Castle Park

- 52.4h Chula Vista
- 52.5h Bonita Vista

### Palomar:

- 49.91 Rancho Bernardo
- 50.1h Rancho Buena Vista
- 51.01 Poway
- 51.02 Mt. Carmel
- 52.5h Vista

### Valley:

- 50.57 San Pasqual
- 52.2h Escondido
- 52.9h Valley Center

### Western:

- 50.9h La Jolla
- 52.1h Scripps Ranch
- 52.59 Uni of San Diego (52.4h)
- 52.62 Mission Bay

## What to look for:

The relay talent on the girls side is spread out more evenly around the county.

The traditional Eastern powers such as Morse, Serra, San Diego, Mira Mesa, Point Loma and Patrick Henry will be heard from. Morse has a very young crew this season, and they've had problems getting the baton around from time to time. With Monique Henderson anchoring, they put up the season's fastest time (48.66) at Balboa. If she moves out of the event, the Tigers come back to the pack.

Rancho Bernardo ran well at Arcadia, and seems to have the best depth of sprinters.

El Camino ran a 49.97 at Titan with one very slow handoff, and Eastlake ran 50.24 there, also with a slow exchange.

Mount Miguel has Kameelah Allen and other good talent on their team, and they had the fastest time of the day at Titan.

Other teams that have the talent to be right at the front of the pack include Fallbrook, Lincoln, Monte Vista and Rancho Buena Vista, all fueled by some strong sprinters. Teams such as Poway, Carlsbad, San Pasqual and Mt. Carmel also should be in the mix.

A number of teams have yet to put their best lineups together, and there will undoubtedly be some big moves up the ladder.

With a field this wide open, it's way too early to pick favorites.

# The Long Jump:

## BOYS:

The ten longest jumpers:

- 22-9.25 Jordan Adams, PatHenry
  - 22-7 Jon Reynolds, UniCity
  - 22-6 Tony Ortiz, Helix
  - 22-4 Phillip Holley, Castle Park
  - 22-2.5 Mike Roberts, PatHenry
  - 22-1 Jeff Hunter, Granite Hills
  - 22-1 Shannon Nowden, MissBay
  - 22-1 Nate Skrzypczak, ValCtr
  - 22-0 Eric Williams, RnchBrdo
  - 21-11.5 Chris Staton, PatHenry
- Expected to miss year (injured):
- 22-8 Rashard Holmes, RnchBrdo

NOTE: Marks are each athlete's personal record (PR) by April 10.

Breaking it down by league:

### Avocado:

- 20-7 Miller, El Camino



**Eric Rogers Morse**

### Eastern:

- 22-9.25 Adams
- 22-7 Reynold
- 22-2.5 Roberts
- 21-11.5 Staton
- 21-11 Wu, University City
- 21-10 Thomas Mootry, Morse
- 21-8.5 Marcus Wooden, Morse
- 21-8 Brandon Roberson, Morse
- 21-6.5 D. Benson, San Diego
- 21-4 Tony Golston, Point Loma
- 21-4 Eric Rogers, Morse
- 21-1 Adam Herrod, Serra
- 20-3.5 Michael Thayer, Pt Loma

### Grossmont (combined):

- 22-6 Ortiz
- 22-1 Hunter
- 21-7.5 Jamal Randall, MontV
- 21-4 Matt Barbour, Grossmont
- 21-2.75 Jonathan Takahashi, Gross
- 20-11 Danny Nenow, GranHills
- 20-11 Scott, Santana
- 20-9.5 Thomas, El Cajon Valley
- 20-9 Avante Agurs, Grossmont
- 20-8 Keith Robinson, Mt Miguel
- 20-7.5 Kyle Conerly, West Hills

### Harbor:

- 21-6.5 Alton Gilbert, Lincoln
- 20-6 Mark Tate, Hoover
- 20-5 Holiday, Crawford

### Metro:

- 22-4 Holley
- 21-10 David Hannibal, BonVista
- 21-7.5 Trandon Harvey, Sweet
- 20-9 Kevin Johnson, Eastlake
- 20-6 Austin Neudecker, BV

### Palomar:

- 22-0 Williams
- 21-8 Herman Nuckols, SM
- 21-5.75 Bobby Salimi, RB
- 21-2.25w Ahnizo Gainey, RBV
- 21-1 Jason Davis, Poway
- 20-11 Keno White, RnchBrdo
- 20-9 Alex Fromer, MtCarmel
- 20-5 Brandon Bornes, RBV

### Valley:

- 22-1 Skrzypczak
- 20-6 Chris Poche, San Pasqual

### Western:

- 22-1 Nowden

## What to look for:

Health is a big issue in this event, which can exact a toll on young athletes.

Patrick Henry's Jordan Adams, who was a state meet finalist last year, and who jumped past 23-feet (wind-aided), was banged up in an auto accident early in the year, and has yet to jump to his best form.

Another top talent, Rancho Bernardo's Rashard Holmes, had knee surgery in early season, and will be out for the year, although



**Adam Herrod Serra**

he could be back for his senior season.

And Granite Hills' Jeff Hunter, a solid 22-footer, is recovering from a muscle tear in his leg. He's expected back in the hurdles, but may not long jump again this season.

Most consistent jumpers this season have been UC's Jon Reynolds, who was at Serra last year, and Helix's Tony Ortiz, who also high jumps and triple jumps.

It seems only a matter of time before Sweetwater's talented Trandon Harvey pops a 22-plus jump. This is only his fourth- or fifth-best event, however.

Another junior with great talent is Lincoln's Alton Gilbert.

Best jump team is at Patrick Henry, with sprinter Mike Roberts in the mid-22s, and all-around talent Chris Staton just below 22-feet. If Adams comes all the way back, that would be one of the best threesomes ever in local history.

Morse also has a strong jump team, with four jumpers from 21-4 to 21-10, although one of those leapers may have left the team.

## GIRLS:

The ten longest jumpers:

- 18-11.5 Jessica Thomas, El Camino
- 17-7.25 Nastassja Hall, RBV
- 17-6 Aroline Neal, RBV
- 17-4 T. Wallace, MontV (1997)
- 17-2 Nina Ropes, Fall
- 17-2 Tiah Gray, UniCity
- 17-1 Devonne Hanke, Horizon
- 17-0.5 Simone Louviere, Hx
- 16-11 Sonfre Roberson, Morse
- 16-10.5 Mariko Gaines, MoV (98)

NOTE: Marks are each athlete's personal record (PR) by April 10.

Breaking it down by league:

### Avocado:

- 18-11.5 Thomas
- 17-2 Ropes
- 16-6 Naomi Mattos, Fallbrook
- 16-5 Harris, El Camino
- 15-10 Sally Shields, TorPines

Please turn to page 13.



# Preview:

From page 12.

## Eastern:

17-2 Gray  
16-11 Roberson  
16-5 LaSheena Rice, San Diego  
16-2 Phylcia Reddick, Morse  
16-11.75 Cherese Brown, PHenry

## Grossmont (combined):

17-4 Wallace (in 1997)  
16-10.5 Gaines (in 1998)  
16-8 Q. Abdullah, Mt Miguel  
16-0 Angela Fazio, Grossmont  
15-11 Jaime Ransom, Santana  
15-9.5 Ashley Fowler, Valhalla  
15-8 Williams, El Cajon Valley  
15-8 Sraeya George, Valhalla  
15-6.5 Katherine Dostal, West Hills

Will miss year (injured):

15-9 Sabrina Cavalheiro, Helix

## Harbor:

15-9.5 Estridge, Lincoln

## Metro:

16-7 Kathy Farfan, CPark  
16-6.5 B. J. Hayes, Eastlake  
16-4 Joy Hannibal, BonitaV  
16-3 Tanisha Johnson, Eastlake  
16-2 Mandy, Chula Vista  
16-1.5 Nadiyah Salahuddin, Hill  
16-1 Berit Flom, Eastlake  
15-9 Denise French, BonitaV  
15-8 Trisha Martin, Montgomery  
15-5.25 Kegler, Hilltop

## Palomar:

17-7.25 Hall  
17-6 Neal  
16-7 Megan Bornes, RBV  
16-6 Laura Landry, RnchBrdo  
16-4 Carrie McWhirter, SM  
16-0 Kiley Weaver, RB (1997)  
15-10.5 Danielle Rose, RnchBrdo  
15-9.5 Nikki Dulin, RB (in 1998)  
15-4.5 Rachel Thurber, RnchBrdo

## Southern:

17-1 Hanke

## Valley:

No mark meeting standard.

## Western:

16-5.5 Faith Lin, La Jolla

## What to look for:

El Camino's Jessica Thomas dropped a bomb in a dual meet against Fallbrook, when she leaped 18-11.5.

It was no fluke, either, as she had a number of other long jumps in that meet. Both head coaches (Terry Scaife and Marty Hauck) agreed that the jump was wind legal.

It confirmed the potential that was briefly glimpsed last year, when Thomas flew 18-5.5 (windy) in the Frosh/Soph championships.

Across the board, the talent level is not at the high water mark that the county enjoyed the past several years, when some great athletes couldn't get out of the section finals.

There is solid talent, however. Thomas, at her best, is a factor at the state level, and some others could develop into 18-footers.

RBV's Hall is an explosive athlete who PR'd last week at 17-7.25. Teammate Aroline Neal, however, will probably stick to running events after she restrained a quad muscle last week.

Of the other 17-footers, Ropes, Gray and Louviere all recorded their best jumps in meets this season.

Horizon's Devonne Hanke is a talent, but is seldom seen in big meets during the season, so it's



**Jessica Thomas**  
El Camino

tough to keep track of her progress.

Keep in mind that there can be sudden and dramatic improvements in this event as young athletes catch on to the techniques. Sometimes, a sprinter or hurdler will move into this event and be almost immediately successful. New names continue to pop up, pun intended.

# Best 2000 Marks:

For updates on this list between issues of Track Magazine, please consult our web site at: [www.crowncity.com/sdrackmag](http://www.crowncity.com/sdrackmag)  
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.

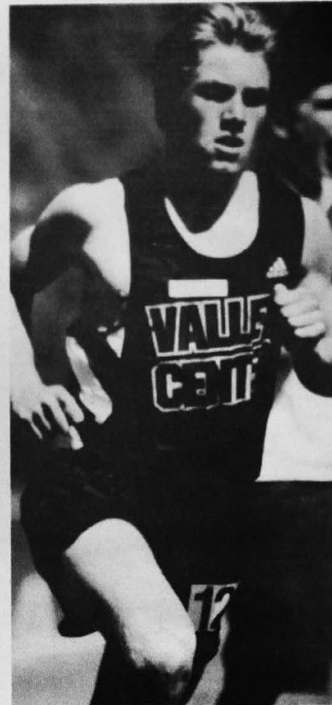
## BOYS:

Marks received by April 12.

### 100:

Automatic time:

10.60 Lamont Long, UC  
10.74 Steve Hayes, UC  
10.94 Nick Banks, Kny  
10.95 Mike Roberts, PH  
10.99 Boris McDaniels, Linc  
11.05 Eric Thomas, Ptl  
11.10 Del Rincon, MontV  
11.12 Chauncey Smith, UC  
11.13 Kevin Johnson, East  
11.14 Blake Frazier, UC  
11.14 David Hannibal, BV



**Cooper Bachman**  
Valley Center

11.18 Jesse Bowman, UC  
11.19 Jeff McNeal, Mont  
11.22 Mike Johnson, Serra  
11.24 Jamal Tate, Hoover  
11.24 Allen Thompson, Sweet  
11.30 Jair Brown, MiraM  
11.36 Nathan Cunningham, WH

Windy:

10.85 Mike Roberts, PH (+2.2)

Hand time:

10.6 Larry Miles, Craw  
10.6 Lavell Anderson, East  
10.6 Eric Thomas, Ptl  
10.7 Kevin Johnson, East  
10.7 Jamal Tate, Hoover  
10.7 Mike Johnson, Serra  
10.8 Michael Matison, MIC  
10.8 Steve Hayes, UC  
10.8 Antwane Collier, SD  
10.8 Mike Roberts, PH  
10.8 Andre Davis, ECV  
10.8 R. J. Oliver, Esc  
10.8 Jeff McNeal, Mont  
10.9 Lamont Long, UC  
10.9 Allen Thompson, Sweet  
10.9 Jair Brown, MiraM  
10.9 Kyle Conerly, WH  
10.9 Nathan Cunningham, WH  
10.9 Boris McDaniel, Linc  
10.9 Keith Dunn, East  
10.9 Reggie Bush, Hx  
10.9 Derrick Waddell, RBV  
10.9 Del Rincon, MontV  
10.9 Nick Banks, Kny  
10.9 J. T. Triplett, RB  
10.9 D. J. Contreras, VC  
11.0 David Hannibal, BV  
11.0 Peter Stoll, SP  
11.0 Marcus Wooden, Morse  
11.0 Braithwaite, MontV  
11.0 Jeff Berman, RB  
11.0 Fitzpatrick, Esc  
11.0 Barnes, Kny  
11.1 Eric Williams, RB  
11.1 Matt Beckstead, RB  
11.1 Deon White, RB  
11.1 Green, Craw  
11.1 Cory Jones, Linc  
11.1 Jason Macklin, Vista  
11.1 Scott LaCaz, TP  
11.1 Will Buchanan, Oside  
11.1 Jason Van, Hx  
11.1 Mark Whaley, East

11.1 Himchak, MIC  
11.1 Marco Ibarra, MarV  
Windy:  
10.4 Lamont Long, UC  
10.8 David Hannibal, BV  
10.8 Jesse Bowman, UC  
11.1 Chauncey Smith, UC  
11.1 Phillip Saunders, Morse

### 200:

Automatic time:

22.04 Lamont Long, UC  
22.76 Chauncey Smith, UC  
22.82 Jamal Briggs, 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  
22.3 D. J. Contreras, VC  
22.3 R. J. Oliver, Esc  
22.3 Mike Johnson, Serra  
22.4 Antwane Collier, SD  
22.4 Mike Roberts, PH  
22.4c Jeff McNeal, Mont  
22.5 David Hannibal, BV  
22.5 Kevin Johnson, East  
22.5 Matt Beckstead, RB  
22.6c Lorenzo Nathan, Hx  
22.6c Del Rincon, MontV  
22.7 Benson, SD  
22.7 Allen Thompson, Sweet  
22.7 Nathan Cunningham, WH  
22.7c Derrick Waddell, RBV  
22.8 Chris Shuster, WH  
22.8 Jeff Berman, RB  
22.8c Braithwaite, MontV  
22.8 Fiat Johnson, Serra  
22.8 Steve Maldonado, Vista  
22.8 J. T. Triplett, RB  
22.9 Pete Battaglia, WH  
22.9 Greene, Craw  
22.9 Billy Grillo, Pow  
22.9c Mendoza, MB  
22.9c Andre Davis, ECV  
Mismeasured track:  
20.3 Larry Miles, Craw

### 400:

49.8 Jamal Briggs, UC  
49.98 Lorenzo Nathan, Hx  
50.1c Evan Fox, WH  
50.14 Fiat Johnson, Serra  
50.23 Matt Beckstead, RB  
50.76 Jess Nunez, SP  
50.9c Boris McDaniels, Linc  
50.93 Jeff Berman, RB  
51.1c Ben Aragon, WH  
51.2 Joseph Miller, RBV  
51.2c Mendoza, MB  
51.3 Roger Mathis, Morse  
51.4c Todd Watkins, Hx  
51.5 Derrick Waddell, RBV  
51.5 Nico Cueva, Esc  
51.6c David Evans, GH  
51.6 Thomas, MontV  
51.7 Dustin Westergom, WH  
51.7 Chris Pettit, Ram  
51.7 Sean Ricketts, RB  
51.7 Troy Stroh, VC  
51.9 Pete Battaglia, WH  
51.9 Jeff Hunter, GH  
51.9 Steve Maldonado, Vista  
52.0 Uribe, MIC  
52.0c Paul Whitford, Coro  
52.1 Justin Neuroth, Vista  
52.1 Jason Davis, Pow  
52.1c Dale Houser, BV  
52.3 Phillip Saunders, Morse  
52.5c Andre Hood, Mad

### 800:

1:53.2 Evan Fox, WH  
1:54.04 Nick Thornton, RBV  
1:55.21 Aaron Powell, Pow  
1:55.50 Sean Ricketts, RB  
1:55.8 Jared Emmons, Vista  
1:56.1 Nico Cueva, Esc  
1:56.12 Justin Neuroth, Vista  
1:56.18 Ben Aragon, WH  
1:58.9 Ryan Moorcroft, StA  
1:59.3 Matt Johnson, SP  
1:59.6 Blake Swier, MarV  
1:59.9 Mark Baddas, Vista  
1:59.9 Josh Pope, Pow  
1:59.96 Dale Houser, BV  
2:00.28 Raphael Machado, SR  
2:00.3 Bryan Bauerle, WH  
2:00.37 John Green, TP  
2:00.7 Devin Lyons-Quirk, Pow  
2:00.73 Chad Young, CalC  
2:00.8c Jan Rankin, MontV  
2:00.9 Justin Mattos, Fall  
2:01.2 Freddy Espino, Fall  
2:01.29 Eric Engler, TP  
2:01.6 Kevin Schible, WH  
2:02.1 Matt McInvale, Ram  
2:02.1 Ryan Montez, Vista

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Please turn to page 14.

# Best Marks:

From page 13.

2:02.1 Alan Aradanas, MIC  
2:02.37 Jason Davis, Pow  
2:02.4 Luis Mariscal, SP  
2:02.83 Troy Stroh, VC  
2:03.00 Taylor Williams, Hx  
2:03.0 Jeff McKnight, Ptl  
2:03.4 Chris Kenyon, MIC  
2:03.68 Jimmy Retherford, SM  
2:03.84 Sal Plesencia, OG

## 1500:

4:07.78 Josh Pope, Pow  
4:09.82 Dustin Whitson, BV  
4:10.75 Chris Kenyon, MIC  
4:11.82 Marco Verdugo, East  
4:14.08 Taylor Williams, Hx  
4:15.98 Chad Young, CalC  
4:18.2 Matt Johnson, SP  
4:18.2 Matt McInvale, Ram  
4:20.26 Michael Ambrose, TP  
4:20.7 Luis Mariscal, SP  
4:23.0 Tim Helms, Pow  
(NOTE: T&F News converts 4:07.78 to 4:26.1 for 1600)

## 1600:

4:10.08 Jon Rankin, MontV  
4:14.02 Evan Fox, WH  
4:18.15 Ryan Moorcroft, StA  
4:19.50 Sean Ricketts, RB  
4:20.49 Justin Neuroth, Vista  
4:22.2 Aaron Powell, Pow  
4:22.86 Josh Pope, Pow  
4:23.5 Travis Laird, SM  
4:25.06 Blake Swier, MarV  
4:27.2 Michael Manzano, CV  
4:30.0 Nick Thornton, RBV  
4:31.9 Matt McInvale, Ram  
4:31.9 Mike Shannon, RB  
4:32.2 Cooper Bachman, VC  
4:32.99 Christian Dominguez, SD  
4:33.04 Will Kraemer, ANA  
4:33.1 Efrain Casarez, Fall  
4:33.2 Mark Baddas, Vista  
4:33.3 Chris Kenyon, MIC  
4:33.3c Dustin Whitson, BV  
4:33.42 Solomon Kumbi, SD  
4:33.5 Juan Mondragon, Esc  
4:34.19 Luke McGinnis, Pow  
4:34.4c Ryan Maynard, GH  
4:34.44 Manuel Ainsa, Gross  
4:34.78 Benny Gandolfo, ElCap  
4:35.5 Ryan Montez, Vista  
4:36.0 Ben Aragon, WH  
4:36.2c Brian Bauerle, WH  
4:36.5 Alan Aradanas, MIC  
4:36.5 Tim Helms, Pow  
4:37.18 Jared Emmons, Vista

## 3200:

9:10.36 Justin Neuroth, Vista  
9:10.53 Matt McInvale, Ram  
9:11.40 Travis Laird, SM  
9:22.62 Ryan Montez, Vista  
9:36.4 Evan Fox, WH  
9:37.5c Ben Aragon, WH  
9:45.18 Brandon Zelones, MiraM  
9:45.5 Devin Lyons-Quirk, Pow  
9:46.90 Tim Helms, Pow  
9:49.25 Mike Cooke, MIC  
9:50.70 Ruben Vences, Sweet  
9:53.0 Jon Rankin, MontV  
9:53.0 Efrain Casarez, Fall  
9:55.4 Dan Sutton-Kane, WH  
9:56.63 Charles McKeown, UC  
10:00.6 Chris Kenyon, MIC  
10:01 Michael Manzano, CV  
10:01.12 Luke McGinnis, Pow  
10:02.28 Will Kraemer, ANA  
10:04.6 Alan Aradanas, MIC  
10:05.0 Christian Dominguez, SD  
10:07 Drew Bouchard, StA  
10:08.3 Jake Fulton, RB  
10:08.70 Aaron Trunnell, RBV  
10:09.4 Abadir Barre, MIC  
10:09.90 Navid Hassanzadeh, TP  
10:11.0 Juan Mondragon, Esc

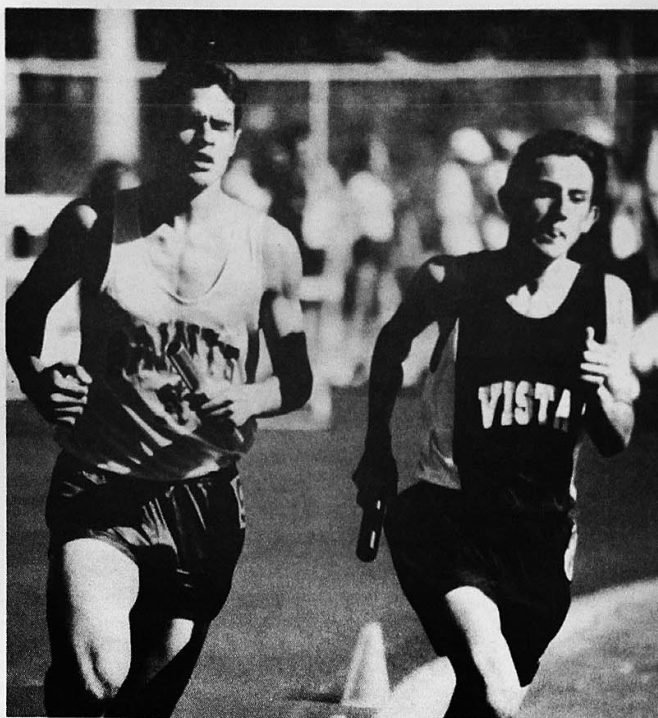
## 110 High Hurdles:

Automatic time:

14.28 Bobby Salimi, RB  
14.42 Tony Golston, Ptl  
14.83 Jeff Hunter, GH  
15.06 Trandon Harvey, Sweet  
15.25 Damell Talbert, MIC  
15.28 Jon Everette, SP  
15.29 John Dudek, TP  
15.33 Josh Nears, Serra  
15.48 Jonathan Takahashi, Gross  
15.95 Jeff Orlando, MiraM  
15.96 Travis Lyman, SP

Hand time:

14.1 Tony Golston, Ptl  
14.2 Bobby Salimi, RB  
15.0 Josh Nears, Serra  
15.0 Trandon Harvey, Sweet



Ryan Moorcroft, Ryan Montez  
St. Augustine Vista

15.0 Baran Hill, StA  
15.1 Darnell Talbert, MIC  
15.1 Jon Everette, SP  
15.3 Ben Knight, MarV  
15.3 Jeff Hunter, GH  
15.4 Darion Williamson, Morse  
15.4 Jonathan Takahashi, Gross  
15.5 John Dudek, TP  
15.5 Scott Miller, WH  
15.5 Jeff Failla, Esc  
15.7 Brian Taylor, GH  
15.8 Jeremiah McLeod, Fall  
15.8 Travis Lyman, SP  
15.9 Jeff Orlando, MiraM  
15.9 Charles Cleveland, Sweet  
15.9 Trent Stroh, VC  
16.0 Brian Perdue, BV  
16.0 Chris Staton, PH  
16.0 Bonner, MontV  
16.1 Felipe Hernandez, Coro  
16.1 Paul Yoder, Oside  
16.1 Brian Bartsch, East  
16.2 Pat Benitez, MiraM  
16.2 Tim Frinell, Fall

## 300 Int. Hurdles:

38.02 Tony Golston, Ptl  
38.89 Bobby Salimi, RB  
40.34 Jeff Hunter, GH  
40.65 Jeff Orlando, MiraM  
40.9 Josh Nears, Serra  
41.1 Brian Bartsch, East  
41.2 Sean Sweat, ElCam  
41.2 Aaron Barnhill, SM (41.32)  
41.2 Darnell Talbert, MIC  
41.4c Danny Nenow, GH  
41.48 Angela Vargas, BV  
41.6 Ben Knight, MarV  
41.73 Travis Lyman, SP (41.7h)  
41.79 Owens, CP  
41.81 Kyle Conerly, WH  
41.9 Baran Hill, StA  
42.0 Mark Bellisario, LCC  
42.0c Calderon, ECV  
42.03 Mike Cunningham, WH  
42.1c Jason Van, Hx  
42.1 Steve Daniels, Carls  
42.1c Brian Taylor, GH  
42.2 Luis Quintana, CP  
42.2 Jimmy Ungrecht, Fall  
42.3 Darion Williamson, Morse  
42.3 Jeff Failla, Esc  
42.3 Wooten, Vista  
42.4 Chris Hayward, ElCam  
42.4 Jon Everette, SP  
42.5 Trent Stroh, VC  
42.6 Jeremiah McLeod, Fall  
42.6 Fuselir, SP  
42.7 Nathan Enriquez, StA  
42.8c Scott Miller, WH

## 4x100 Relay:

Automatic time:

41.55 University City  
42.92 Rancho Bernardo  
43.03 Lincoln  
43.28 Morse  
43.42 Hoover

43.45 Eastlake  
43.49 Patrick Henry  
43.53 Sweetwater  
43.84 Granite Hills  
43.91 Bonita Vista  
44.15 Poway  
44.36 Monte Vista  
44.47 San Diego  
44.56 Mira Mesa  
44.57 Castle Park  
44.58 San Marcos  
44.60 Mt. Carmel  
44.78 St. Augustine  
44.81 Vista  
44.84 Mount Miguel

Hand time:

42.6 University City  
43.1 Morse  
43.4 Rancho Bernardo  
43.4 Eastlake  
43.5 Hoover  
43.5c El Cajon Valley  
43.6 Patrick Henry  
43.7 San Diego  
43.7 Sweetwater  
43.7c Helix  
43.8 Mira Mesa  
43.8 Mt. Carmel  
43.9 West Hills  
43.9 Valley Center  
44.0 Serra  
44.0 Escondido  
44.1 Poway  
44.3 Bonita Vista  
44.3c Granite Hills  
44.3 Kearny  
44.3c Mission Bay  
44.4 Crawford  
44.4 San Marcos  
44.4 San Pasqual  
44.4 Rancho Buena Vista  
44.4c Mount Miguel  
44.6 Vista  
44.7 Monte Vista  
44.7c Lincoln  
45.0 Ramona

## 4x400 Relay:

3:22.7 West Hills  
3:23.89 University City  
3:26.4 Rancho Bernardo  
3:26.6 Helix  
3:26.76 San Pasqual  
3:27.2 Rancho Buena Vista  
3:27.7 Serra  
3:27.79 Bonita Vista  
3:28.52 Mt. Carmel  
3:28.9 Granite Hills  
3:29.0 Fallbrook  
3:30.5 Poway  
3:30.81 Castle Park  
3:31.2 Vista  
3:31.2 Monte Vista  
3:33.03 Eastlake  
3:33.05 Morse  
3:33.12 Lincoln  
3:33.4c El Cajon Valley  
3:34.02 Torrey Pines

3:34.8 Valley Center  
3:34.81 Mount Miguel  
3:35.2 Mar Vista  
3:36.5 Carlsbad  
3:39.4 Scripps Ranch

## High Jump:

6-10 Chris Staton, PH  
6-6 Eric Williams, RB  
6-6 Shawn Smith, S'west  
6-6 Bobby Okenwa, Morse  
6-5 Vernon Smith, MB  
6-4.25 Keno White, RB  
6-4 Jeremy Cross, RBV  
6-4 Ben Knight, MarV  
6-4 Wade Curry, East  
6-4 Isaac Simms, UC  
6-4 Jamal Randall, MontV  
6-4 Tony Ortiz, Hx  
6-3 James Profit, Serra  
6-2 Austin Neudecker, BV  
6-2 John Feehan, Esc  
6-2 Brandon Mundinger, Val  
6-2 Andrew Fischer, RB  
6-2 Rafferty, ElCap  
6-2 Jordan Adams, PH  
6-2 Corey Evans, East  
6-2 Ahnizo Gainey, RBV  
6-2 Matt Vaughn, SR  
6-2 McDonough, LCC  
6-2 Nate Skrzypczak, VC  
6-0 Slater Traeen, MIC  
6-0 David Lee, GH  
6-0 Danny Nenow, GH  
6-0 Mike Leyva, GH  
6-0 Jonathan Takahashi, Gross  
6-0 Nik Traner, Fall  
6-0 Sean Valbeda, MIC  
6-0 Jahelka, LJ  
6-0 Washington, Kny

## Pole Vault:

15-6 Travis Offner, MIC  
15-6 Jonathan Takahashi, Gross  
14-1 Javier Munoz, CP  
14-0 Chris Dorminy, RB  
14-0 Alex Doria, East  
13-6 Austin Priest, RBV  
13-6 Richard Baker, BV  
13-6 Ricardo Murillo, Vista  
13-2 Mike Hill, RB  
13-0 John Jeter, MIC  
13-0 Brian Heimburger, Pow  
13-0 Casey Kaeser, Fall  
13-0 Beaman, VC  
13-0 Ryan Spitz, RB  
12-6 Tony Garcia, WH  
12-6 Ryan Daley, Vista  
12-6 Cameron Figueroa, GH  
12-6 Tristan Jankowski, BV  
12-6 Tim Ngo, Pow  
12-6 Gary Williams, Serra  
12-6 Ruark, Ptl  
12-6 Tim Ngo, Pow  
12-6 Kevin Rynearson, Val  
12-6 Chris Spehar, RB  
12-6 Keith Hamon, RBV  
12-6 Kenny James, RB  
12-0 Devon Aleman, East  
12-0 Erwin, Mad  
12-0 Lang, Val  
12-0 Clayton Marshall, WH  
12-0 Fraenzl, GH  
12-0 Zach Salazar, RB  
12-0 Jesvin Montoya, Esc  
12-0 Steve Hong, RB  
12-0 Pham, MontV  
12-0 Greg Leavitt, Hx

## Long Jump:

22-7 Jon Reynolds, UC  
22-6 Tony Ortiz, Hx  
22-4 Phillip Holley, CP  
22-2.5 Mike Roberts, PH  
22-1 Nate Skrzypczak, VC  
22-1 Jeff Hunter, GH  
22-0 Eric Williams, RB  
21-11.5 Chris Staton, PH  
21-11 Wu, UC  
21-10 Thomas Mootry, Morse  
21-8 Brandon Roberson, Morse  
21-8 Herman Nuckols, SM  
21-7.5 Trandon Harvey, Sweet  
21-7.5 Jamal Randall, MontV  
21-6.5 D. Benson, SD  
21-6.5 Altan Gilbert, Linc  
21-6 Jordan Adams, PH  
21-2.25 Jonathan Takahashi, Gross  
21-2 Eric Rogers, Morse  
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  
20-11 Marcus Wooden, Morse  
20-9.5 Thomas, ECV  
20-9 Avante Agurs, Gro  
20-9 Kevin Johnson, East  
20-9 Alex Fromer, MIC  
20-8 Ahnizo Gainey, RBV  
20-8 Keith Robinson, MIM

Please turn to page 15.



# Best Marks:

From page 14.

20-7.5 Kyle Conerly, WH  
20-7 Miller, ElCam  
20-7 Shannon Nowden, MB  
20-6 Chris Poche, SP  
20-6 Austin Neudecker, BV  
20-5 Holiday, Craw  
20-5 Brandon Bornes, RBV  
20-5 Jason Davis, Pow  
Probably windy:  
22-8 Tony Ortiz, Hx  
21-0 Kyle Conerly, WH

## Triple Jump:

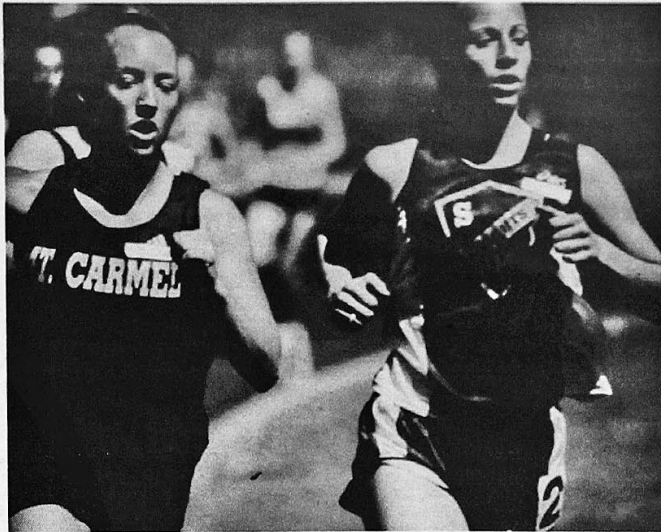
47-0 Trandon Harvey, Sweet  
46-8.5 Tony Ortiz, Hx  
46-2 Jon Reynolds, UC  
44-10 Jamal Randall, MontV  
44-6 Vernon Smith, MB  
43-11 Eric Williams, RB  
43-9 Wade Curry, East  
43-9 Nate Skrzypczak, VC  
43-7 Thomas, PH  
43-4 Phillip Holley, CP  
43-4 Austin Neudecker, BV  
43-1.5 Keno White, RB  
43-1 Brandon Roberson, Morse  
43-0.5 Akumu, Craw  
42-8 Kyle Conerly, WH  
42-8 Eric Rogers, Morse  
42-6 Marcus Wooden, Morse  
42-5 Will Buchanan, Oside  
42-5 Ralph Haynes, RB  
42-3.5 Damon Warren, Serra  
42-1 Thomas Mootry, Morse  
42-0 Weinman, MtM  
41-10 Adam Herrod, Serra  
41-9 Jon Everette, SP  
41-7 Marcus Barard, Vista  
41-7 Ahniza Gainey, RBV  
41-7 Corey Evans, East  
41-7 Aaron Barnhill, SM  
41-6 Brandon Bornes, RBV  
41-5.75 Chris Veasy, MontV  
41-5.5 Brandon Chillar, Carls  
41-4 Thomas, Hoover  
41-3.75 McNeill, BV  
41-3.25 Chan, Hoover  
41-2 John Khoulamassay, Claire  
41-2 Matt Lesenyie, RBV  
41-1 Mike Iafe, StA  
41-0 Shawn Smith, S'west  
41-0 Herman Nuckols, SM

## Shot Put:

54-3.75 Travis Jones, MiraM  
53-11 Steve Viera, Carls  
53-3 Travis Watkins, Hx  
51-11.5 Tyler Moazed, MIC  
51-6 Jesse English, RBV  
51-2 Andre Williams, MB  
51-1.5 Reynaldo Stephens, CP  
50-9 Pana Faumuina, Carls  
50-8.5 Travis Asch, ElCap  
50-6 Richie Smith, GH  
49-8 Mike Schardin, East  
49-7 Jason Tuerk, RB  
49-5 Brad Brittain, TP  
48-9 Jeff Wilson, OG  
48-8 Derrick Germain, Fall  
48-8 Onofre Gascon, Sweet  
48-4 Travis Jones, Val  
48-4 Eder Arosemena, Vista  
48-4 Jeremy Read, RB  
48-2 Jon Ward, Pow  
48-0.25 Curtis James, Kny  
47-8 Jeremy Driggs, Sweet  
47-4.5 Moses Rangel, East  
47-4.5 Tagaia Savaiinaea, East  
47-4 Marco Gonzalez, VC  
47-1 Learn, LJ  
47-0 Chase Hanson, StA  
46-11.25 Jensen Cayas, BV  
46-10 Matt Carr, StA  
46-8.75 Eric Hansen, Hill  
46-7 Rashaan Durr, UC  
46-4.25 Abraham Cruz, MB  
46-4 Anthony DeBoer, RBV  
45-11 Nate Tavale, Carls  
45-10 Kah Le, OG  
45-9 John Pluth, VC  
45-8.25 Colgan, Fall  
45-8 Mark Tate, Hoover  
45-5 Vince Clarke, GH

## Discus Throw:

183-2 Travis Jones, MiraM  
172-3 Jon Ward, Pow  
169-2 Travis Asch, ElCap  
160-3 Richie Smith, GH  
159-7 Reynaldo Stephens, CP  
159-0 Travis Watkins, Hx  
158-7 Jason Tuerk, RB  
157-8 Able Arambura, ECV  
154-7 Will Huit, Hill  
154-0 Moses Rangel, East  
152-4 Andre Williams, MB  
151-9 Tagaia Savaiinaea, East



Janet Mulvey, Nicole Mier  
Mt. Carmel San Marcos

150-7 John Pluth, VC  
146-6 Anthony DeBoer, RBV  
145-4 Jesse English, RBV  
144-9 Greg Padilla, Sweet  
144-6 Dan Thompson, Fall  
144-0 Chris Staton, PH  
143-8 Jeremy Driggs, Sweet  
143-7 Chase Hanson, StA  
143-6 Marco Gonzalez, VC  
143-4 Steve Viera, Carls  
143-2 Mark Lozano, ElCap  
143-0 Luke Holderby, Ram  
142-0 Vince Clarke, GH  
141-11 Anthony Pendleton, StA  
140-1 Brad Brittain, TP  
140-1 Tyler Moazed, MIC  
138-8 Mike Schardin, East  
137-7 Learn, LJ  
137-5 Nate Tavale, Carls  
137-5 Abbott, MB  
136-10 John McRaven, Coro  
135-8 Abraham Cruz, MB  
134-9 Wilson, Sant  
134-4 Robert Ruzich, SP  
133-7 Colegrove, Esc  
133-6 Bobby Seilhan, MtC  
132-11 Bray, MB  
132-5 Wright, Lin

## GIRLS:

Marks received by April 12.

### 100:

Automatic time:  
11.68 Monique Henderson, Morse  
12.32 Priscilla Parker, MB  
12.45 Kameelah Allen, MtM  
12.53 Amber Carrington, MtC  
12.57 Jessica Thomas, ElCam  
12.60 Zikarra Beverley, USD  
12.87 Phylcia Reddick, Morse  
12.95 Phoebe Perkins, MontV  
13.00 Tiffany Lowery, SP  
13.15 Jackie Jenkins, Kny  
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  
12.3 Priscilla Parker, MB  
12.3 Kameelah Allen, MtM  
12.4 Jessica Thomas, ElCam  
12.4 Zikarra Beverley, USD  
12.4 Amber Carrington, MtC  
12.5 Cleara Ray, Fall

12.6 Rosa Durruthy, East  
12.6 Faith Lin, LJ  
12.6 Phoebe Perkins, MontV  
12.7 Fromer, MIC  
12.7 Dinisha Robinson, Coro  
12.7 Stephanie Blake, FP  
12.7 Caitlyn Doe, TP  
12.7 Naomi Mattos, Fall  
12.8 Nini Herron, ECV  
12.8 Phylcia Reddick, Morse  
12.8 Cassandra Patterson, CP  
12.8 Snare, SR  
12.8 Shauna Hackett, Morse  
12.8 Meggi Afenir, Esc  
12.8 Mason, CV  
12.8 Anderson, Serra  
12.8 Tiffany Lowery, SP  
Windy:  
12.6 Phylcia Reddick, Morse

### 200:

Automatic time:  
25.59 Stephanie Blake, FP (+3.4)  
Hand time:  
25.0 Nastassaja Hall, RBV  
25.1 Monique Henderson, Morse  
25.1 Stephanie Blake, FP  
25.2 LaSheena Rice, SD  
25.7 Allen, Serra  
25.8 Cleara Ray, Fall  
25.9 Aroline Neal, RBV  
26.1 Anderson, Serra  
26.2 Tiffany Lowery, SP  
26.2c Naomi Mattos, Fall  
26.3 Mallane Dressel, Carls  
26.4 Rosa Durruthy, East  
26.5 Jessica Thomas, ElCam  
26.5 Laura Landry, RB  
26/5 Kameelah Allen, MtM  
26.6c Luketta Williams, Hx  
26.6 Priscilla Parker, MB  
26.7 Jane Givens, LJ  
26.7c Phoebe Perkins, MontV  
26.7 Erin Willis, OLP  
26.8 Alexis Tate, RB  
26.8 Natalie Soto, Carls  
26.8 Audrey Pound, Pow  
26.8 Jones, MIC  
26.9 Phoebe Perkins, MontV  
27.0c LaKendra McKenzie, Hx  
27.0c Nini Herron, ECV  
27.1 Tameka James, SD  
27.1 Ashley Rioja, MtM  
27.2 Mason, CV  
27.2 Ashley Fowler, Val  
27.3 Hegner, WH

### 400:

53.25 Monique Henderson, Morse  
57.45 Nastassaja Hall, RBV  
58.0 Stephanie Blake, FP  
59.1 Mallane Dressel, Carls  
59.16 Aroline Neal, RBV  
59.7 Jenna Timinsky, SDgtoA  
59.98 Laura Landry, RB  
60.1 Audrey Pound, Pow  
60.31 Naomi Mattos, Fall (60.2h)  
60.5 Nicole Rother, Fall  
60.54 Phoebe Perkins, MontV  
60.8 Tiffany Lowery, SP  
60.8 Morgan Avery, GH  
60.90 Breyanna Barmer, Hx  
60.9c Luketta Williams, Hx  
61.0 LaSheena Rice, SD  
61.20 Liz McNamara, Pow  
61.3 Kristine Schroeder, RB  
61.4 Alexis Tate, RB  
61.5 Julie Komosinski, TP  
61.5 Lesley Bravin, Val  
61.88 Alexis Rampaul, Pow  
62.0 Elizabeth Tsu, LCC  
62.0 Tameka James, SD  
62.1 Katie Collins, Vista  
62.2 Elisa Holiday, WH  
62.3 Kerry Kelly-Cochrane, USD  
62.3c Whitney Schmucker, LJ  
62.35 Tessa Connor, TP  
62.4 Jessie Ansari, Carls  
62.4 Jaime Ransom, Sant  
62.7 Nicole Reyes, RBV  
62.7 Allen, Serra  
63.0 Jill Steele, MtC  
63.0 Meesha Jefferson, S'west  
63.0 Gorman, Sant  
63.0 Bernadette Grantling, Morse

### 800:

2:13.42 Jenna Timinsky, SDgtoA  
2:16.51 Monique Henderson, Morse  
2:18.32 Julie Komosinski, TP  
2:20.7 Jill Steele, MtC  
2:21.40 Monica Phipps, Morse  
2:22.97 Courtney Allen, RBV  
2:24.92 Tessa Connor, TP  
2:25.17 Katherine Ziegler, UC  
2:25.25 Alexis Sampietro, TP  
2:25.6c Desiree Davila, Hill  
2:25.6 Nicole Mier, SM  
2:27.0 Angela Petersen, TP  
2:27.5 Deanna Sick, MIC  
2:27.76 Kelly Larson, RB  
2:28.08 Kamaya Damwijk, Pow  
2:28.09 Stephanie O'Brien, Pow  
2:28.2 Shawna Winfrey, WH  
2:28.35 Rachel Pizarro, Mont  
2:28.9 Ashlee Dere, MIC

### 1500:

4:45.5 Julie Komosinski, TP  
4:46.5 Angela Petersen, TP  
5:00.65 Deanna Sick, MIC  
5:01.61 Krista Romley, TP  
5:02.17 Kristen Thompson, BV  
5:04.21 Angela Rivas, Mont  
5:05.4 Katie O'Connell, Carls  
5:09.1 Janet Mulvey, MtC  
5:12.1 Loretta Kilmer, Ram  
5:13.64 Kate Branson, BV  
5:19.07 Dorothy Troglor, TP  
(NOTE: T&F News converts 4:45.5 to 5:06.5 for 1600.)

### 1600:

4:59.41 Desiree Davila, Hill  
5:04.89 Angela Petersen, TP  
5:06.11 Julie Manson, RB  
5:07.86 Julie Komosinski, TP  
5:11.99 Nicole Mier, SP  
5:12.13 Katherine Ziegler, UC  
5:16.7c Stephanie Baird, Hx  
5:21.0 Nicole Mier, SM  
5:24.47 Jasmine Marquez, ElCap  
5:25.1 Katie O'Connell, Carls  
5:25.99 Chessa Adsit-Morris, UC  
5:26.8 Deanna Sick, MIC  
5:28.4 Manal Yamout, MIC  
5:28.7 Jill Steele, MIC  
5:29.0 Kaleena Yee, RB  
5:29.10 Kristen Thompson, BV  
5:29.1 Katie Matlack, Fall  
5:30.0 Maija Rohde, Fall  
5:30.58 Janet Mulvey, MtC  
5:31.12 Anna Hough, VC  
5:32.10 Courtney Stolis, GH  
5:32.6 Angela Rivas, Mont  
5:33.89 Monica Phipps, Morse  
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  
5:37.3 Maria McGaffigan, CP  
5:37.4 Kristina Nugent, WH  
3200:  
10:36.83 Julie Manson, RB  
10:59.57 Angela Petersen, TP  
11:04.7 Julie Komosinski, TP

## 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>

Please turn to page 16.



# Best Marks:

From page 15.

- 11:12.3 Desiree Davila, Hill
- 11:19.9 Kaleena Yee, RB
- 11:24.48 Stephanie Baird, Hx
- 11:30.1 Chessa Adsit-Morris, UC
- 11:38.12 Loretta Kilmer, Ram
- 11:39.22 Ashlee Dere, MtC
- 11:39.4 Jasmine Marquez, ElCap
- 11:43.6 Manal Yamout, MtC
- 11:45.62 Angela Rivas, Mont
- 11:57.05 Dori McGuire, MiraM
- 12:00.1 Maija Rohde, Fall
- 12:01.1 Claire Beck, OLP
- 12:03.8 Desiree Leek, LJ
- 12:05.0 Natalie Parks, PHL
- 12:08.4 Audrey Harter, MtC
- 12:09.59 Rebecca McKeown, UC
- 12:10.47 Ashley Orr, TP
- 12:11.9 Laura Cohen, UC
- 12:11.9 Hilton, MtC
- 12:13.9 Katie Matlack, Fall
- 12:15.2 Ashley Viens, Val
- 12:15.3 Jamie Carmichael, Fall
- 12:16.8 Katie Boyd, RB

## 100 Hurdles:

Automatic time:

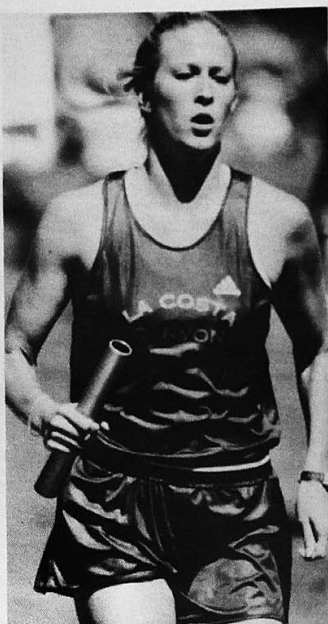
- 15.22 Catie Coin, RB
- 15.70 Melissa McGrath, RB
- 15.80 Tanisha Johnson, East
- 15.89 Marie Carter, MiraM
- 16.04 Audrey Pound, Pow
- 16.29 Keiona Clark, MontV
- 16.70 Bryeanna Barmer, Hx
- 16.82 Morgan Avery, GH
- 16.90 Eggleston, ElCam
- 17.02 Kristin Murphy, RB
- 17.40 Elise Orlando, MiraM
- 17.62 Meggi Afenir, Esc

Hand time:

- 14.9 Catie Coin, RB
- 15.5 Melissa McGrath, RB
- 15.7 Cheryl Hawkins, Morse
- 15.9 Tanisha Johnson, East
- 16.0 Bryeanna Barmer, Hx
- 16.2 Keiona Clark, MontV
- 16.2 Morgan Albini, SP
- 16.4 Nikki Dulin, RB
- 16.5 Marie Carter, MiraM
- 16.5 Katherine Dostal, WH
- 16.6 Katy Camp, MontV
- 16.8 Meggi Afenir, Esc
- 16.8 Chantal Nemore, ElCam
- 16.8 Audrey Pound, Pow
- 16.8 Leah Cole, VC
- 16.9 Kasy McGee, Carls
- 16.9 Kristin Murphy, RB
- 16.9 B. J. Hayes, East
- 17.1 Erin Asay, Sweet
- 17.1 Laura Maurer, Fall
- 17.2 Abril Jimenez, Hill
- 17.2 Liz McNamara, Pow
- 17.2 Berit Flom, East
- 17.2 Darcy Fox, WH
- 17.3 Eva Tanner, Gro
- 17.3 Angela Fazio, Gro
- 17.3 Malia McClurg, GH
- 17.3 Elise Orlando, MiraM

## 300 Low Hurdles:

- 44.18 Audrey Pound, Pow
- 45.40 Catie Coin, RB
- 45.68 Tanisha Johnson, East (45.6h)
- 46.95 Marie Carter, MiraM
- 47.0c Bryeanna Barmer, Hx
- 47.0 Abril Jimenez, Hill
- 47.70 Morgan Avery, GH
- 47.8 Nikki Dulin, RB
- 48.24 Morgan Albini, SP
- 48.3 Chantal Nemore, ElCam
- 48.4 Erica Schim, LCC
- 49.15 Meggi Afenir, Esc
- 49.50 Tynisha Major, Sweet
- 49.5 Berit Flom, East
- 49.5 Jasmine Winfield, Vista



**Morgan Soule**  
La Costa Canyon

- 49.79 Liz McNamara, Pow
- 49.9 Cheryl Hawkins, Morse
- 50.2 Olivia Hudek, Hill

## 4x100 Relay:

Automatic time:

- 48.66 Morse
- 49.73 Lincoln
- 49.91 Rancho Bernardo
- 49.95 Mount Miguel
- 49.97 El Camino
- 50.24 Eastlake
- 50.57 San Pasqual
- 50.86 Monte Vista
- 51.01 Poway
- 51.02 Mt. Carmel
- 51.27 Castle Park
- 51.73 San Diego
- 51.87 Granite Hills
- 52.39 Valhalla
- 52.49 University of San Diego
- 52.60 Point Loma
- 52.62 Mission Bay

Hand time:

- 49.8 Eastlake
- 50.0 Rancho Bernardo
- 50.0 Fallbrook
- 50.0 El Camino
- 50.1 Rancho Buena Vista
- 50.5 Carlsbad
- 50.7 Morse
- 50.8 West Hills
- 50.8 Helix
- 50.8 San Pasqual
- 50.9 La Jolla
- 51.0c Lincoln
- 51.0 Serra
- 51.1 Mt. Carmel
- 51.2 Poway
- 51.4c Monte Vista
- 51.7 Mount Miguel
- 51.7 El Cajon Valley
- 51.7 Castle Park
- 52.0 Valhalla
- 52.1 Scripps Ranch
- 52.2 Mira Mesa
- 52.2 Escondido
- 52.4 Chula Vista
- 52.4 San Diego
- 52.4 La Costa Canyon
- 52.4 University of San Diego
- 52.5 Coronado
- 52.5 Vista
- 52.5 Bonita Vista
- 52.9 Valley Center
- 52.9 Patrick Henry

## 4x400 Relay:

- 4:03.03 Rancho Bernardo
- 4:05.62 Morse
- 4:06.4 Poway (4:06.63)
- 4:07.1 Rancho Buena Vista
- 4:08.6 Torrey Pines
- 4:08.80 San Pasqual
- 4:08.93 Monte Vista
- 4:09.6 Carlsbad
- 4:10.0 Helix
- 4:13.6 Mt. Carmel
- 4:14.9c West Hills
- 4:15.0 La Costa Canyon
- 4:15.34 Castle Park
- 4:15.7 Serra
- 4:16.3 Valley Center

- 4:16.4 Escondido
- 4:17.1c Granite Hills
- 4:17.2 San Pasqual
- 4:18.62 Eastlake
- 4:18.7 Vista
- 4:18.9c El Cajon Valley
- 4:18.91 University of San Diego
- 4:19.86 Mount Miguel
- 4:20.0 Valhalla
- 4:20.44 Bonita Vista
- 4:23.8 El Camino
- 4:25.2 Hilltop

## High Jump:

- 5-4 Lauren Jones, TP
- 5-4 Shannon Fleming, USD
- 5-3 Mikaelyn Austin, RB
- 5-3 Kelsey Turner, GH
- 5-2 Kristen Carlson, SFC
- 5-2 Jackson, Carls
- 5-2 Eva Tanner, Gross
- 5-2 Brewster, GH
- 5-2 Bridget Files, Ram
- 5-2 Colleen Walker, TP
- 5-0 Liz McNamara, Pow
- 5-0 Kaylene Ivan, Esc
- 5-0 Megan Bornes, RBV
- 5-0 Abril Jimenez, Hill
- 5-0 Meosha Jefferson, S'west
- 5-0 Powell, SM
- 5-0 Leah Cole, VC
- 5-0 Sraeya George, Val
- 5-0 Karen Adams, ECV
- 5-0 Tara Shields, TP

## Pole Vault:

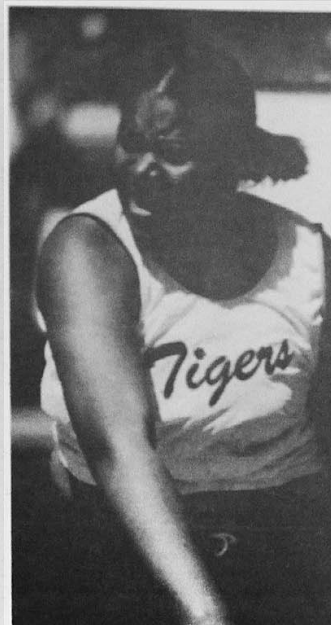
- 11-7 Molly Pascarella, RB
- 11-0 Julie Hudlow, RB
- 10-6 Julia Preston, Pow
- 10-0 Elise Orlando, MiraM
- 10-0 Nicole Holcomb, TP
- 10-0 Marie Nowinski, MiraM
- 9-9 Beatrice Guapo, East
- 9-9 Terri Lopez, WH
- 9-7 Teri Vertullo, WH
- 9-6 Laura Lafoya, East
- 9-6 Nicole Antonacci, Carls
- 9-6 Katie Collins, Vista
- 9-6 Charissa Cabrera, MtC
- 9-6 Gretchen Allen, Pow
- 9-0 Beth Vieira, PHL
- 9-0 Amy Speer, MtC
- 9-0 Betsy Halliburton, TP
- 9-0 Janea Russ, GH
- 9-0 Jillian Mazarella, BV
- 9-0 Erin Asay, Sweet
- 8-6 Lisa Przybylski, Gro
- 8-6 R. Antonacci, Carls
- 8-6 Becky Monroy, MiraM
- 8-6 Sage, Pow
- 8-6 Bev Robak, MtC
- 8-6 Dennis, LCC
- 8-6 Hall, TP
- 8-4 Turner, Serra
- 8-3 Theresa Acosta, Vista

## Long Jump:

- 18-11 Jessica Thomas, ElCam
- 17-7.25 Nastassja Hall, RBV
- 17-6 Aroline Neal, RBV
- 17-2 Nina Ropes, Fall
- 17-2 Tiah Gray, UC
- 17-0.5 Simone Louviere, Hx
- 16-9.5 Sonfre Roberson, Morse
- 16-8 Q. Abdullah, MtMig
- 16-7 Megan Bornes, RBV
- 16-7 Kathy Farfan, CP
- 16-6.5 B. J. Hayes, East
- 16-6 Naomi Mattos, Fall
- 16-5 LaSheena Rice, SD
- 16-5 Harris, ElCam
- 16-4 Joy Hannibal, BV
- 16-4 Carrie McWhirter, SM
- 16-3 Tanisha Johnson, East
- 16-2 Phylisia Reddick, Morse
- 16-2 Mandy, ChulaV
- 16-1 Berit Flom, East
- 16-0 Angela Fazio, Gro
- 15-11.75 Cherese Brown, PH
- 15-11 Jaime Ransom, Sant
- 15-11 Mariko Gaines, MontV
- 15-10 Sally Shields, TP
- 15-9.5 Estridge, Linc
- 15-9 Denise French, BV
- 15-8 Trisha Martin, Mont
- 15-8 Williams, ECV
- 15-8 Devon Hanke, Horizon
- 15-8 Sraeya George, Val
- 15-7.5 Katherine Dostal, WH
- 15-5.25 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
- 36-4 Sraeya George, Val
- 36-2 Megan Bornes, RBV
- 35-5 Jane Givens, LJ
- 35-3 Jessica Thomas, ElCam
- 34-11 C. Tan, Craw
- 34-10.25 Tanicia Wallace, MontV
- 34-6 B. J. Hayes, East



**Amber Hood**  
Morse

- 34-5 Harris, ElCam
- 34-5 Amy Taylor, GH
- 34-3 Mariko Gaines, MontV
- 34-2 Lauren Jones, TP
- 34-0 Q. Abdullah, MtM
- 33-11 Dana Copeland, TP
- 33-9 Kiley Weaver, RB
- 33-9 Nadiyah Salihuddin, Hill
- 33-6 Eggleston, ElCam
- 33-4 Carrie McWhirter, SM
- 33-2 Danielle Rose, RB
- 33-2 Melissa Cornett, WH
- 33-1 Keiona Clark, MontV
- 33-0 Simone Louviere, Hx

Windy:

- 36-8.25 Sraeya George, Val (+2.3)

## Shot Put:

- 43-7.25 Candace Hill, Hoover
- 39-2 Marie Taumua, Sweet
- 39-2 Amber Hood, Morse
- 38-11 Raeanna Makihele, SM
- 38-6.5 Rhiannon Henry, RBV
- 38-0.25 Nadiyah Salihuddin, Hill
- 37-9 Veronica Harper, Linc
- 37-2.5 Shemika Morris, SR
- 36-11 Carrie Johnson, Fall
- 36-9 Angela Milazzo, Esc
- 36-5 Michelle Vavra, Esc
- 36-1 Brianna Makihele, SM
- 35-8.25 Laura Castellanos, CP
- 35-0 Katie Ames, ElCap
- 34-9 Brown, Serra
- 34-1.5 Ashley Ingoldt, OG
- 33-8 Candace Doung, MtC
- 33-7 Rachel Johansen, MontV
- 33-4.5 Martinique Akinfosile, UCD
- 33-3.5 Amber Tiffany, GH
- 33-2 Samantha Singley, WH
- 33-0 Alicia Criado, RBV
- 32-11 Fanene, Carls
- 32-10 Brittany Mon-Battung, Pow
- 32-9 Jackie Silva, CP
- 32-9 Mauga, Osida
- 32-7 Ruby Udeh, Morse
- 32-7 Sorrell, Vista
- 32-5 Talaga, MtC
- 32-3.5 Annie Roberts, Pow
- 32-2 Alicia Minette, LJ

## Discus Throw:

- 149-6 Candace Hill, Hoover
- 127-5 Rhiannon Henry, RBV
- 126-11 Lisa Cannon, Esc
- 126-4 Mikaelyn Austin, RB
- 126-0 Brianna Makihele, SM
- 124-2 Angela Milazzo, Esc
- 120-7 Carrie Johnson, Fall
- 118-0 Katie Ames, ElCap
- 114-5 Stacy Mickelson, RB
- 112-3 Carrie Johnson, Fall
- 111-5 Annie Roberts, Pow
- 109-2 Amber Tiffany, GH
- 107-4 Jessica Turner, Serra
- 107-3 Amber Hood, Morse
- 107-1 Samantha Singley, WH
- 106-1 Alicia Criado, RBV
- 105-7 Shemika Morris, SR
- 105-2 Alexandra Ray, TP
- 103-7 T. J. Gissenanna, RBV
- 101-6 Shannon Young, East
- 101-0 Michelle Singleton, Craw
- 101-0 Schatzinger, Ram

Next Issue:

April 28

Look for it at the OG  
Invite, and Frosh Soph  
Championships.

With coverage of the  
Jaguar, Mt. SAC and  
Sundevil meets.