

The CIF:

There's a lot on the line today

This year's edition of the San Diego CIF Finals could be one of the classics of the series, as what has been an excellent season approaches the end.

What are at stake today, at Poway High, are individual and team championships in CIF divisions I and II, and also the three state meet qualifying spots in each event.

This year's format is a slightly different twist on the two CIF divisions, which was begun in 1998.

The area's coaches were unhappy with the format leading up to the finals in the last two seasons, which necessitated an extra qualifying meet in midweek after league finals were held.

So, this year, they decided to effectively eliminate having separate CIF divisional finals and a following Masters Meet, and instead combined the two.

The resulting product is what you will see today, for the first and, possibly, last time today.

There are two heats, or flights, of every event, divided into A and B groupings.

In last week's prelims, the best nine Division I athletes in each event, determined entirely on marks, were advanced to today, as were the best nine D-II athletes.

The best nine *overall* athletes, as determined by those same marks, were eligible to compete in the A grouping with state meet berths going to those first three placers in those competitions.

The remaining nine competitors will also compete today, with a chance to claim CIF divisional places, medals and team points.

The format was the source of a bit of controversy last week in the prelims, as each series of races became, in effect, time trials.

It could also lead to some unusual situations today.

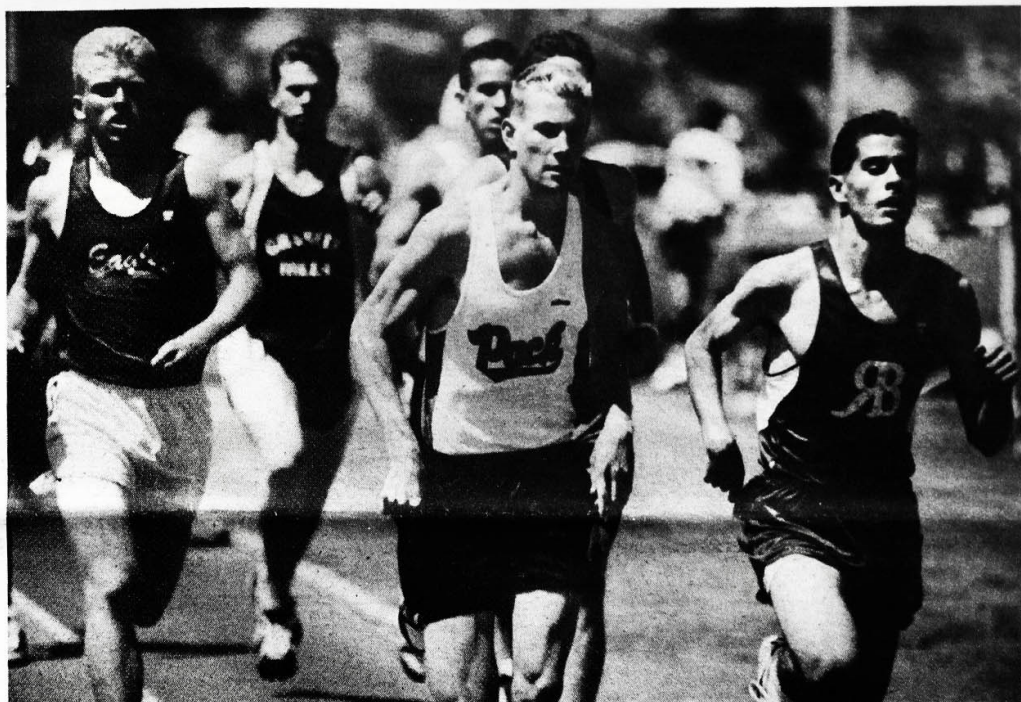
For instance, there is the pos-

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The boys 800 meters could be one of today's highlights, with a fast and deep field, as seven qualified at 1:54.80 or faster. In last week's fastest prelim, West Hills' Evan Fox (center) nipped Rancho Bernardo's Sean Ricketts (right), 1:53.79 to 1:54.00. San Pasqual's Matt Johnson (left) ran 1:56.60 and didn't advance.

sibility that some of the athletes in the B competitions could surpass the efforts of athletes in the A groups. Since large school and small school athletes are mixed in each group, and since the team points will be awarded on marks from the two groups, it will take an informed eye to watch a race and judge its impact on the team races.

An athlete could be finishing well down the track, for instance, but still be competing well enough to gather important, maybe even first place, points in his/her division. Or, at the other extreme, a B competition could be strong enough to produce an individual CIF champion in D I or D II.

There is even the remote possibility that one athlete in the B group will compete well enough to surpass the efforts of state meet qualifiers in the A group, which would undoubtedly ignite some controversy. That possibility

seems remote, given the quality of the A fields of athletes, but it could happen.

It sounds more confusing that it actually is, and most of the A groups should produce superior marks.

The best team race, based on last week's prelims, could be in the large school girls.

Rancho Bernardo, last year's champ, is a favorite, with possible points in eight or nine events, but they are not that far ahead of Rancho Buena Vista and Morse.

RB can count on production from distance runner Julie Manson, all-around talent Mikaelyn Austin, vaulter Molly Pascarella, and a great group of hurdlers led by Catie Coin and Melissa McGrath.

RBV will be led by sprinter/jumpers Nastassaja Hall and Aroline Neal, 800 runner Courtney Allen, thrower Rhiannon Henry and jumper Megan Bornes.

Morse can look for points from sprinter Monique Henderson, 800 runner Amonica Phipps, and hurdler Cheryl Hawkins. If a freshman 4x100 team can pass the baton well, they can also get some significant points.

If the team score is close going into the day's final running event, the 4x400, it would be a dramatic finish. The fastest qualifying teams in that race are, in order, Morse, Rancho Buena Vista, and Rancho Bernardo.

In the large school boys race, Rancho Bernardo is a strong favorite, with possible scorers in as many as fourteen events. Among their big guns are sprinter Deon White, 800 runner Sean Ricketts, hurdler Bobby Salimi, jumpers Eric Williams and Keno White, vaulter Chris Dorminy and thrower Jason Tuerk, as well as a quick 4x100

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team.

Mounting challenges to RB will be Granite Hills, led by hurdler Jeff Hunter and distance runner Ryan Maynard, Helix, with sprinter Reggie Bush, thrower Travis Watkins and jumper Tony Ortiz, and Mt. Carmel, with vaulter Travis Offner, hurdler Darnell Talbert, thrower Tyler Moazed and quick relay teams.

In the small schools boys team race, University City will be a strong favorite, with Lamont Long, Chauncey Smith and Jamah Briggs leading a strong sprint and relay squad, and jumpers Isaac Simms and Dean Wu contributing points.

Eastlake's boys could be a strong second, with a strong vault team led by Alex Doria, good throwers led by Moses Rangel, jumper Wade Curry, hurdler Ryan Bartsch and strong relay teams.

Also scoring well should be Serra and Valley Center.

Eastlake's girls have established themselves as favorites in the small school girls race, with a strong vault squad led by Beatrice Guapo and Laura Lafoya, a great all-around talent in Tanisha Johnson, jumper B. J. Hayes, thrower Shannon Young and a great short relay team.

Hilltop should score well with distance ace Desiree Davila, hurdler Abril Jimenez, jumper Nadiyah Salahuddin, 800 runner Olivia Hudek and an excellent 4x400 team.

Event-by-event, here's what to watch:

BOYS:

100:

Best mark: 10.60 by Lamont Long (UC). Fastest qualifier: Long, 10.72. Best person not in race: Steve Hayes (UC) 10.74, injured. Other notable absentees: Boris McDaniel (Lincoln), R. J. Oliver (Escondido), both entered in other events; Larry Miles (Crawford), injured.

UC's Lamont Long has been the man all year in this race, and he should again be the favorite. Henry's Mike Roberts has also raced well all year, and he would be the most likely runner to mount a challenge.

The sprints are events in which the small schools are dominant, to the extent that they qualified seven of the nine runners in the A heat.

That means that a large school runner could be back in the pack but still rack up big time team points with a fast time.

Injuries have depleted what could have been one of the strong sprint fields in CIF history. UC's Steve Hayes and Crawford's Larry Miles are on the sidelines, and Escondido's R. J. Oliver has moved into the longer sprint events.

200:

Best mark: 21.51, by Lamont Long (UC). Fastest qualifier: Long, 21.63. Notable absentees: Steve Hayes (UC), Larry Miles (Crawford), both injured.

Long was not noted as a great long sprinter going into this season, but he has added strength.

After getting passed by R. J. Oliver and Larry Miles in the last 30 meters at Sundevil, Long has improved, to the point where he ran 21.51 in the Eastern Finals, and had the fastest qualifying time last

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TRACK MAGAZINE

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CIF Preview:

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week. In fact, his closest rival on the clock was teammate Chauncey Smith.

Expect a more stern challenge this week from Henry's Roberts, Lincoln's Boris McDaniel and Oliver, among others. McDaniel and Oliver will be doubling back from the 400 meters, however, and that could take a little snap out of their legs.

400:

Best marks: 48.5 (hand time) by Jamah Briggs (UC), 48.6 (hand time) by R. J. Oliver (Escondido). Fastest qualifiers: 48.85, by Briggs and Boris McDaniel (Lincoln). Notable absentee: Steve Hayes (UC), injured.

This was a non-event at mid-season, but a number of sprinters have moved up and made it a top quality field, where the slowest runner in the A heat is at 49.75, and three runners have dipped under 49 seconds.

UC's Briggs and Escondido's Oliver both ran mid-48s in dual meets (hand times), and now, Lincoln's McDaniel is right with them. Mission Bay's Eder Mendoza (49.07) is just steps behind, along with fast improvers D. J. Contreras (Valley Center), Deon White (RB) and Brady Douglas (Mount Miguel).

Look for some more dramatic drops in time today, although there is no way of predicting anything. So many of the athletes are so new to this event, and have so much basic speed, that the time seems right for a some big breakthroughs.

800:

Best mark: 1:53.2 (hand time) by Evan Fox (West Hills), 1:53.82 by Sean Ricketts (Rancho Bernardo). Fastest qualifier: Fox, at 1:53.79. "Slowest" PR in field: 1:55.86, by Ryan Moorcroft (St. Augustine). Notable absentees: None - they're all here. Doubling back after 1600: Fox, Moorcroft, Ben Aragon (West Hills).

This race could be the highlight of the meet. And that's saying something, considering the level of quality in many of the events.

At the prelims, the two-lappers put on a real show, one-upping each other in heat after heat.

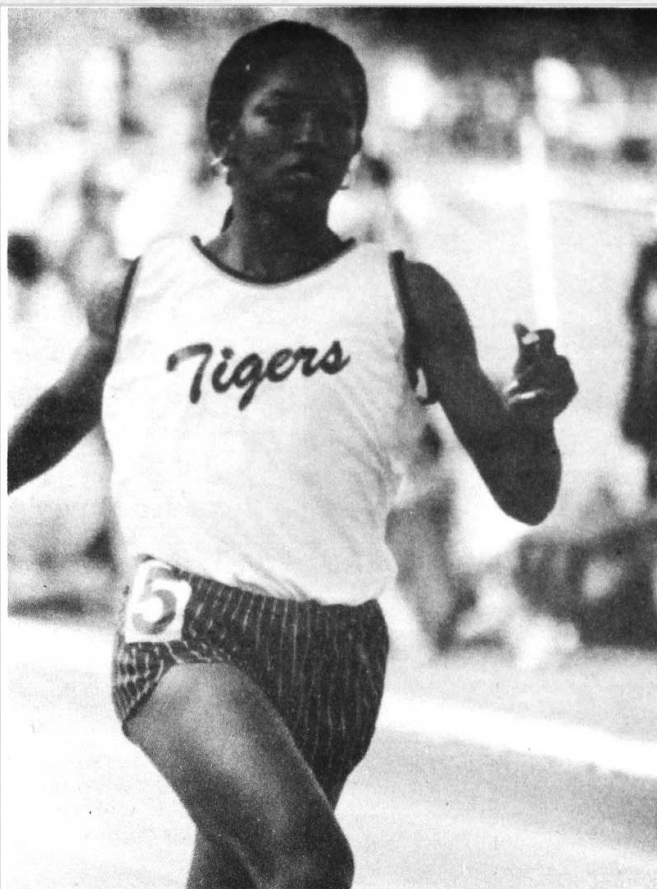
The field includes the fastest runner of the year, Fox, who is arguably the most gifted of the local distance runners. But he'll be coming off what is expected to be a tough 1600.

Then there is RBV's Nick Thornton, the Arcadia Invite champ, who is noted for having solid tactics and a lethal kick (he ran a 47.4 split for the RBV 4x400 team at his league finals).

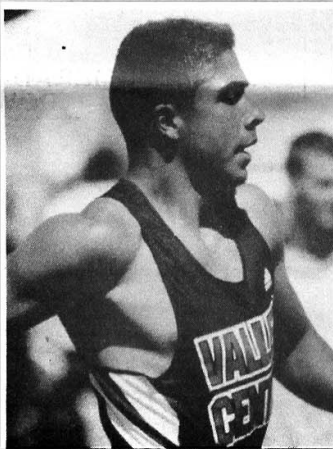
And there is Ricketts, who has as much talent as anybody in the field.

Poway's Aaron Powell? He's a 1:54.20 runner running on his home track.

Vista's Jared Emmons? He was a state meet qualifier last year, and



Monique Henderson Morse



D. J. Contreras Valley Center

he is coming on at the right time, with 1:54.47 last week.

Fallbrook's Jimmy Ungright? He's improving faster than anybody, with 1:54.80 last week.

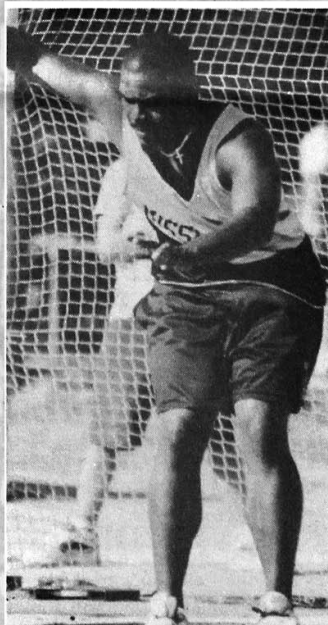
Escondido's Nico Cueva? He ran 1:54.35 last week.

And how about West Hills' Ben Aragon or Moorcroft? Both are doubling back from the 1600, but both have talent comparable to anybody.

Tactics will decide everything. Fox may decide to push the pace early, hoping to take the sting out of Thornton's kick.

This is an event that seems likely to produce at least one or two surprises, with so many talented athletes scrapping for three spots.

Incidentally, if Fox finishes in



Andre Williams Mission Bay

the top three, he is expected to scratch this event at the state level, so fourth place is also important.

1600:

Best mark: 4:10.08, by Jon Rankin (Monte Vista). Fastest qualifier: Rankin, 4:14.48. Notable absentees: Travis Laird (San Marcos), running 3200; Sean Ricketts (Rancho Bernardo), running 800. Expected to scratch from A heat: Justin Neuroth (Vista), to concentrate on 3200.

As in the 800, some excellent runners will not be able to make the cut for the state meet.

Rankin and West Hills' Evan Fox are co-favorites in the event,

and both could go well under 4:10, depending on the pace and conditions.

If the race goes according to form, the next spot could go to Fox's teammate Ben Aragon (4:15 in prelims), or St. Augustine's Ryan Moorcroft, with Poway's Josh Pope and Chula Vista's Michael Manzano both not far back.

Tactics will be key. A fast pace, and an eventual fast time, will probably result in form holding fairly true. A slow pace will result in some very quick last 800s, and there could be some surprises.

Vista's Justin Neuroth, if he races this event, could be the pick for that third spot (or higher), but he is expected to race only in the 3200. If he scratches, he'll be replaced by Mt. Carmel soph Alan Aradanas.

3200:

Best marks: 9:10.36, by Justin Neuroth (Vista), 9:10.53, by Matt McInvale (Ramona), 9:11.40, Travis Laird (San Marcos). Fastest qualifiers: McInvale, 9:25.91, Ryan Maynard (Granite Hills) 9:27.37. Notable absentees: Evan Fox (West Hills), Jon Rankin (Monte Vista), Sean Ricketts (Rancho Bernardo), all running other events. Doubling back after 1600: None, if Neuroth scratches shorter race.

If the weather is reasonable, this could be a fast race. There is top talent, the field is deep, and all of the runners are expected to be fresh.

Neuroth is still relatively new at this distance, but he brings great talent and miler's speed to the field.

McInvale was the best of the group last year, and is on track to match his times, but the talent around him has improved.

Laird seems to be improving the most in the last weeks. He looked very good at Sundevil, and at league finals, running quality times without real pressure.

If there is any weakness among the top three, Vista's Ryan Montez and Granite Hills' fast improving Ryan Maynard will be in position to move up. Both could get under 9:20 this week.

The remaining runners in the field all run in the 9:30s, and one or more could move up well.

110 High Hurdles:

Best mark: 14.18, by Bobby Salimi (Rancho Bernardo). Fastest qualifier: Salimi, 14.29. Notable absentee: Tony Golston (Point Loma), injured.

Salimi is on track to threaten the section record at any time, and place very high at the state level. Hunter, a junior, is also running well.

Salimi's emergence has made this event one of the strongest in the section, despite the loss of Golston, who was a rare talent.

Behind the top two, there is a good and developing group, led by

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CIF Preview:

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Morse's Darion Williamson, Sweetwater's Trandon Harvey, San Pasqual's Jon Everette and Mt. Carmel's Darnell Talbert, any of whom could make it to the state level. A late improver is UC's Blake Frazier, who is converting sprint talent to this event, and has been dropping fast in recent weeks.

300 Hurdles:

Best mark: 37.3 (hand time) by Bobby Salimi (Rancho Bernardo). Fastest qualifiers: Jeff Hunter (Granite Hills) 38.46, and Salimi, 38.50. Notable absentee: Tony Golston (Point Loma), injured.

Salimi and Hunter lead this event as well, and are strong favorites to make it to Cerritos, where they should be finalists, at the least. Salimi could even win there.

The strongest challenge for that third state meet slot could come from Mt. Carmel's Darnell Talbert, who is poised to dip under 39 seconds, and Helix's Jason Van, who also seems ready to improve.

4x100 Relay:

Best mark: 41.55, by University City. Fastest qualifier: UC, at 41.72. Best non-qualifier: Morse, dropped baton in prelims.

UC's foursome seems in a class by themselves on the local level, and they probably will end up somewhere on the medal stand at the state meet.

If, if, if. If Steve Hayes was not injured, the UC team would probably be running somewhere under 41 seconds, threaten their local section best and be a contender to win at state.

The UC sprint crew is deep, but a runner the quality of Hayes will be missed, especially at the state level.

Best bets among the other teams to break 42 seconds are Lincoln and Rancho Bernardo.

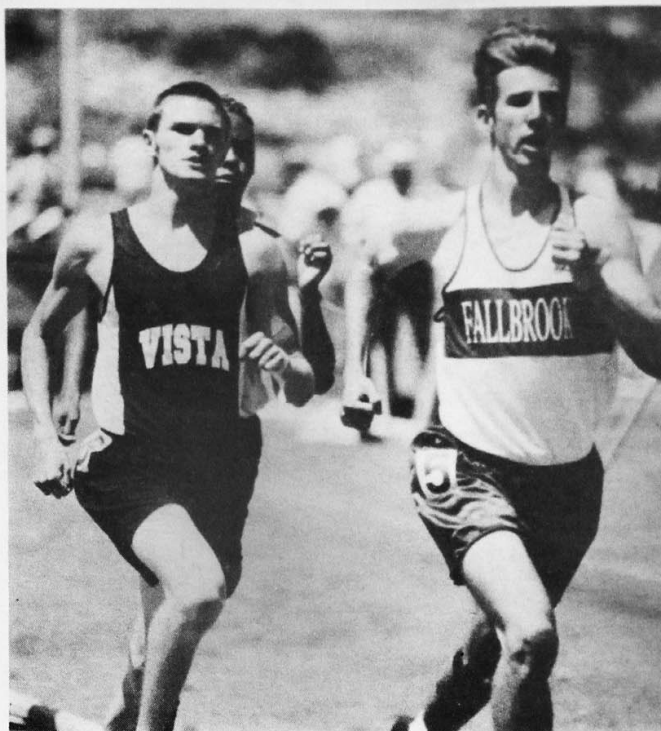
Look for strong runs on the backstretch by UC's Chauncey Smith, RB's Bobby Salimi and Mt. Carmel's Darnell Talbert.

4x400 Relay:

Best marks: 3:19.82 by Lincoln, and 3:19.91 by Serra. Fastest qualifiers: Lincoln and Serra, in those times. Best non-qualifier: Fastest nine teams all made it.

When Lincoln and Serra hooked up to both break 3:20 in the prelims, it looked like both teams were still not running top speed.

It would seem, based on each team's personnel, that there are faster times ahead.



Jared Emmons, Jimmy Ungricht
Vista Fallbrook



Darnell Talbert
Mt. Carmel

And they should be pushed by a group of teams ranging from 3:20 to 3:23. At least two or three from that group are ready to drop some significant time, especially as teams are fielding more rested squads this time around.

It should be a great race, from top to bottom, with some dramatic stretch runs for that third spot.

High Jump:

Best marks: 6-10, by Chris Staton (Patrick Henry), and 6-8 by Bobby Okenwa (Morse). Best qualifier: Isaac Simms (University City), 6-7. Best non-qualifier: Brandon Munding (Valhalla), 6-6.

This is a loaded field, in what was not expected to be a great event at season's start.

The qualifying meet was just a hint of what might happen at this meet, as a number of jumpers only



Bernard Lam
The Bishop's School

jumped high enough to qualify.

Staton jumped 6-10 at the Balboa Relays, and is always a threat to match or better that mark. He is also the defending champ.

Okenwa, a junior, is coming on fast, with his best jump coming at his league finals.

Southwest's Shawn Smith has been consistent at the 6-7 level, and usually has strong efforts at higher heights.

UC's Simms, a junior, has come on at the right time, with his best jump coming at the prelims.

RB's Eric Williams seems to like the Poway layout, and he has been at the 6-6 level more than once.

It's a good bet that the winner will come from that group, although one or two other jumpers could sneak into the top three places. Best bets to do that would be RB's Keno White, and Eastlake's Wade Curry, both of whom cleared 6-4 last week.

Pole Vault:

Best mark: 16-2, by Travis Offner (Mt. Carmel). Best qualifier: Offner, 15-4. NOTE: During season, 12 athletes cleared 14-0 or higher. Nine of those athletes qualified here.

There have not been many head-to-head confrontations between Offner (16-2) and Grossmont's Jonathan Takahashi (15-6).

Both were at the Mt. SAC meet, where Offner no heightened.

And both were at the prelims, where Takahashi qualified at 14-0, and had to leave early to attend his prom.

Other than that, they have been missing each other all season.

Offner has the edge, after his big explosion at the Sundevil meet. He has followed that up with 16 foot jumps in other meets. He is adjusting to a set of new, larger poles, which he switches to once the bar gets higher than 15-0.

Two other athletes are threats to 15-feet; RB's Chris Dorminy (14-8), and Eastlake's Alex Doria (14-6). The other five vaulters in the field all have bests of 14-0, and one or two of that group could PR and push into the top three.

Long Jump:

Best mark: 23-1.1, by Eric Williams (Rancho Bernardo). Best qualifier: Tony Ortiz (Helix), 23-0. Notable absentees: Jordan Adams (Patrick Henry), Jon Reynolds (University City), both injured.

Most consistent of the jumpers has been Ortiz, who led the qualifying last week, and who is almost always in the high 22s, if not at the 23-foot mark.

Williams has the best mark of the year with his big jump of 23-11, and he is consistent at the 22-plus level.

Coming on strong is Mission Bay's Shannon Nowden, who jumped 22-8 last week.

Granite Hill's Jeff Hunter, who is in three other events, is very consistent in the mid-22s. Four other athletes in the field are at 22-0 to 22-2.5. Biggest threats of that group to unleash a great jump are Henry's Mike Roberts and Sweetwater's Trandon Harvey.

Triple Jump:

Best marks: 47-3.5, by Trandon Harvey (Sweetwater), and 47-3 by Tony Ortiz (Helix). Best qualifier: Ortiz, 47-1.5. Notable absentee: Jon Reynolds (University City), injured.

This event has been fairly formful most of the year. Ortiz and Harvey seem to live at the 47-foot level, and both seem ready for longer distances, depending on the conditions.

Not that far back is RB's Eric Williams, who PRd in the prelims at 46-4.5, just three inches back of Harvey.

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All of those athletes are in three events, so scheduling will become important, with possible conflicts in other events.

Best of the next group is Monte Vista's Jamal Randall (44-10). The rest of the field ranges from 43-6.5 to 44-2.

Shot Put:

Best mark: 58-6, by Steve Vieira (Carlsbad). Best qualifier: Travis Watkins (Helix), 55-0.5. Best non-qualifier: Reynaldo Stephens (Castle Park).

Most consistent of the throwers has been Helix's Watkins, who has been in the mid-50s in recent meets, and who seems ready to add another foot or two.

Vieira's best throws came earlier in the season, but he is always a threat.

Jones threw 55 last year, and has also reached that level this year, but he seems to be concentrating his best efforts in the discus, where he is one of the best in the state.

Because distances become depressed in meets like this, it is possible that a throw in the low 50s, say 52 feet, would be good enough to score well. Given that, the entire field is a threat.

Discus Throw:

Best marks: 188-10, by Travis Jones (Mira Mesa), and 186-9 by Jon Ward (Poway). Best qualifier: Jones, 188-5. Notable absentees: Ward, disqualified; Chase Hanson (St. Augustine), fouled out in prelims.

Jones has thrown extremely well all season, and most especially in big meets.

He had quality throws at Arcadia, at Sundevil, and just missed his season best mark by inches in qualifying last week. Expect more of the same, and a visit to the medal stand at the state meet level.

Helix's Travis Watkins got his best effort of the year in prelims, at 172-0, and El Capitan's Travis Asch was just off his best of 169-3. Both will be strong contenders to advance to state today.

The discus can be interesting, however, and nothing is certain. The rest of the field ranges from 148-4 to 161-1, and none of those throwers can be discounted.

GIRLS:

100:

Best mark: 11.61, by Monique Henderson (Morse). Fastest qualifier: Henderson, at 11.90. Notable absentee: Jessica Thomas (El Camino), held out of race by injury, although she qualified in other events.

This will be the first time for Henderson to compete at CIF in this event. Until this year, her fourth event was the 4x100 relay.

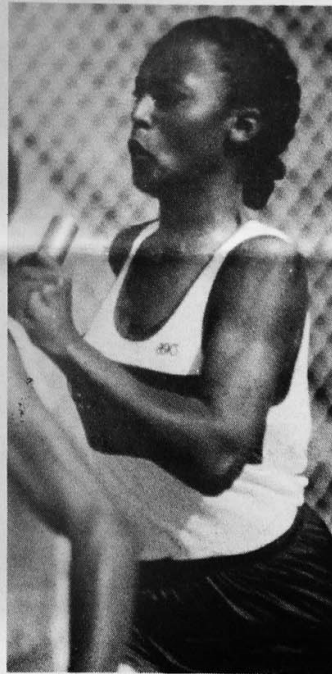
Team point considerations caused the switch. Morse coaches felt that Monique was more of a sure thing in the 100, than in the relay, where a bad exchange could erase her effort.



Autumn Wright, Cieara Ray
El Camino Fallbrook



Reggie Bush
Helix



Zikarra Beverley
University of San Diego

This time schedule is more compressed, however, with the 100 meters coming not long after the 400. Under the old schedule, Henderson's four events were more evenly spread out. Still, she'll be a strong favorite here.

There's a top field chasing her, led by RBV's Nastassja Hall, Mount Miguel's Kameelah Allen (the defending champ), El Camino's Autumn Wright, Uni's Zikarra Beverley, Fallbrook's Cieara Ray, Mission Bay's Priscilla Parker, RBV's Aroline Neal and Eastlake's Tanisha Johnson. No slowpokes in that group.

Of that field, Hall has looked the best all year.

Keep in mind that Henderson is not planning on running this event in the state meet, so the fourth place finisher can qualify for Cerritos.

200:

Best mark: 23.95, by Monique Henderson (Morse). Fastest qualifier: Henderson, 23.95. Notable absentees: None.

Henderson will be in her third open sprint race of the day here, but she has a big gap on her rivals, so she should still win with a big margin.

The rest of the field is much the same as in the 100 meters, including Hall, Beverley, Ray, Neal, Parker and Allen. Hall has been ahead of all these runners all year,

but some in the field are starting to come on strong.

The field also includes Francis Parker's Stephanie Blake, who will be doubling back from the 400, like Henderson, and Mt. Carmel's Tanera Jones.

400:

Best mark: 53.25, by Monique Henderson (Morse). Fastest qualifier: Henderson, 54.66. Notable absentees: Nastassja Hall (RBV), Audrey Pound (Poway), both in other events.

Don't expect Henderson to burn it up in this event. She'll need to save some energy for her next three races. A race in the 54-second-range is probably about right, which is what she ran in prelims.

At the state level, it will be a different story. She will drop at least one event there, and will be primed to race against the best field in the nation.

The real race in this meet will be for second and third, with Parker's Blake, a converted sprinter, seemingly coming on strong at the right time.

None of the rest of the field should be counted out, although Fallbrook's Naomi Mattos and Monte Vista's Phoebe Perkins might have a slight edge. RBV's Laura Landry qualified for state last year, and could rise to that level again.

800:

Best mark: 2:13.42, by Jenna Timinsky (San Dieguito Academy). Fastest qualifier: Timinsky, 2:13.61. Notable absentees: Monique Henderson (Morse), Julie Komosinski (Torrey Pines), both in other events. Doubling back after 1600: Desiree Davila (Hilltop), Nicole Mier (San Marcos).

This is a slightly soft year in this event, although there is plenty of quality at the top end.

Some of the area's best distance runners are in other events, and only a few are doubling.

Timinsky's normal style is to set a withering pace, which forces the people chasing her to make a difficult decision: a. try to keep up (and run very fast), or, b. let Timinsky open up a huge margin.

Davila came close to beating Timinsky at Sundevil (when Timinsky tried altering her strategy), but in this meet she will be coming off what is expected to be a fast 1600 race.

The best race could be for the third and fourth spots, among Mt. Carmel's Jill Steele, Morse's Amonica Phipps and RBV's Courtney Allen. Steele is probably the favorite among that group. San Marcos' Mier is entered, and could also be a threat to score high, but she could possibly scratch this event if she is already qualified in the 1600.

Davila, who is running for team points in this event, is expected to

CIF Preview:

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scratch from the state meet if she places in the top three here, so fourth could become important.

1600:

Best mark: 4:59.41, by Desiree Davila (Hilltop). Fastest qualifier: Davila, 5:01.11. Notable absentees: Angela Petersen (Torrey Pines), Julie Manson (Rancho Bernardo), both in 3200 meters; Allison Hall (Rancho Bernardo), illness. Scratched from A heat: Jasmine Marquez (El Capitan), to concentrate on 3200.

This should be a great two-girl race for first and another very good three- or four-girl race for third.

Davila has been the fastest four-lapper all year, but expect a good effort from Torrey Pines' Julie Komosinski, who was the fastest last year, and who is the defending champ. They will probably open up a gap on their rivals, and push below five minutes.

Fighting for third will be San Marcos' Nicole Mier, Poway's Katie Baker, UC's Katherine Ziegler and Carlsbad's Katie O'Connell.

From that group, Mier might be the most ready to make a drop in time, while Baker is the one who has made the most recent improvement. Ziegler is in the best shape of her career, and O'Connell seems poised to improve.

3200:

Best mark: 10:36.83, by Julie Manson (Rancho Bernardo). Fastest qualifier: Manson, 10:40.3. Notable absentees: Julie Komosinski (Torrey Pines), Desiree Davila (Hilltop), Jenna Timinsky (San Dieguito Academy), all in other events. Doubling back after 1600: None.

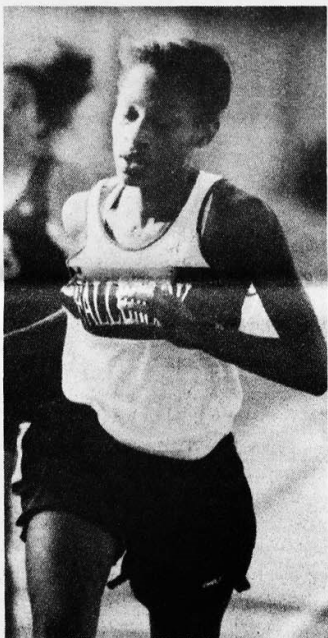
RB's Julie Manson is one of the most solid picks of the meet. She underscored that by running 10:40 in prelims, clocking 80-second laps like a metronome. She is ready for more, but it probably will have to wait for the competition at the state level.

Watch for a gap to appear after Manson, and for a pack to form, running about 11-minute pace, that could include Torrey Pines' Angela Petersen, Ramona's Loretta Kilmer, Helix's Stephanie Baird, RB's Ka-leena Yee, Mt. Carmel's Deanna Sick and El Cap's Jasmine Marquez. Any of that group could take the second and third spots.

Petersen ran well early in the season, but has been injured recently. Kilmer is coming on fast and dropping her times in dramatic fashion. Baird was the second fastest qualifier in the large schools



Ben Aragon
West Hills



Naomi Mattos
Fallbrook

prelims last week. Sick has a good kick, and will be dangerous if she is close at the end.

100 Hurdles:

Best mark: 14.98, by Catie Coin (Rancho Bernardo). Fastest qualifier: Coin, 15.01. Best non-qualifier: Meggi Afenir (Escondido), hit hurdles in prelims.

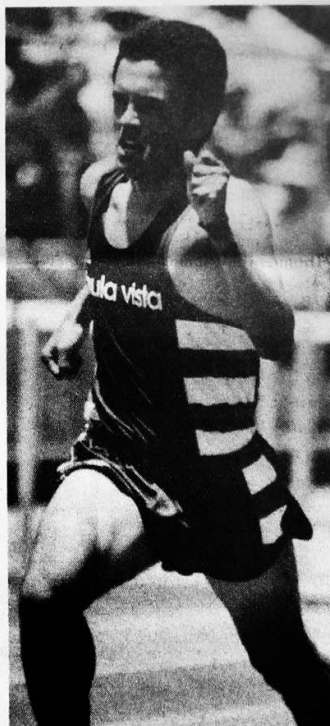
RB's Coin has seldom faltered in this race, although there is a talented field of runners not far back. She had the fastest prelim time last week.

The most intriguing talent is Eastlake's Tanisha Johnson, a frosh who is threatening to go sub-15-seconds.

RB teammates Melissa McGrath and Nikki Dulin were the third and fourth fastest qualifiers last week, and this is a race where RB needs to score heavily. Morse



Nick Banks
Kearny



Michael Manzano
Chula Vista

frosh Cheryl Hawkins can help her team by breaking into that group.

Remember, in the team scoring, Johnson's placing doesn't affect the large schools runners.

300 Low Hurdles:

Best marks: 43.82, by Catie Coin (Rancho Bernardo, 43.7 (hand time) by Tanisha Johnson (Eastlake), 44.05 by Audrey Pound (Poway). Fastest qualifier: Johnson, 44.32. Best non-qualifiers: Meggi Afenir (Escondido), scratched in prelims; Morgan Albini (San Pasqual), fell in prelims.

This will be one of the most eagerly awaited matchups of the day, with the top end of the field as strong as it's ever been.

The contenders include RB's Coin and Poway's Pound, who ran

a very quick duel in their league finals, Eastlake's Johnson, who ran the fastest prelim time, and Helix's Bryeanna Barmer, who is capable of getting under 45 seconds.

In mid-season, Pound was the best in the county, after beating Johnson in a fast time at Titan. At Jaguar, Barmer nipped Coin. In the league finals, Coin nipped Pound in fast time, while Eastlake's Johnson ran 43.7, hand-timed, on a dirt track.

Any of those four could win the race. For track fans, it should be a treat, with that group pushing each other to great times.

The rest of the field is also quick, led by Hilltop's Abril Jimenez, RB's Nikki Dulin and Lincoln's Unika Smith.

4x100 Relay:

Best mark: 48.24, by El Camino. Fastest qualifier: same. Notable non-qualifier: Rancho Bernardo, DQ'd in prelims.

Team have been coming down in times so quickly in the last two weeks, that almost any of the qualifiers could contend.

El Camino, with Autumn Wright anchoring, ran the fastest at prelims, and Mount Miguel, with Kameelah Allen running the backstretch, was also very quick.

The Morse team features four freshman girls. When they pass well, they are as fast as anybody.

Best of the rest of the field are Mt. Carmel, Fallbrook, Lincoln and Eastlake, any of whom can make a big impact on the race.

4x400 Relay:

Best mark: 3:55.32, by Morse. Fastest qualifier: same. Notable absentees: None.

Could this be a dream ending to a great meet? That's probably asking a little much, but imagine this scenario: Morse, Rancho Buena Vista and Rancho Bernardo all enter the race within a few team points of each other.

Their teams are the top three seeds here, which means that fireworks would ensue. Even more dramatic would be the individual relay legs, which would probably end with Morse's Monique Henderson and RBV's Nastassaja Hall having to catch runners from behind.

Even if the relay has no real team point significance, it should be a great race, as almost every team in the field has a chance to break four minutes.

And, it's always entertaining to watch Henderson get the baton with somebody to chase, which will almost certainly happen here.

High Jump:

Best mark: 5-6, by Kelsey Turner (Granite Hills). Best qualifiers: Turner, Lauren Jones (Torrey Pines), Mikaelyn Austin (Rancho Bernardo), Misty Brewster (Granite Hills), Eva Tanner (Grossmont) and Megan Bornes (Rancho Buena Vista), all at 5-4. Notable absentees: None.

This event couldn't be more wide open.

Please see page 7.

Next Issue:
Fall, 2000
It's our annual cross country preview issue.



Brady Douglas
Mount Miguel



Jonathan Takahashi
Grossmont



Eric Williams
Rancho Bernardo



Moses Rangel
Eastlake

CIF Preview: From page 6.

Traditionally, the high jump is an event that levels out the field, but this year that level is just a bit ahead of the usual curve. Six girls all jumped 5-4 last week to make the cut, and they'll be joined by Uni's Shannon Fleming (5-4 PR), Valley Center's Leah Cole (5-3 PR) and Poway's Liz McNamara (5-0 PR).

Granite's Turner might have a slight edge, if anybody does. She beat most of these same jumpers at Sundevil, she has the best mark of the year (accomplished at her league meet, so she's hot), and she jumped as well as anybody last week. Of the other 5-4 jumpers, Jones, Fleming and Austin have each been at that mark several times.

Pole Vault:

Best mark: 11-7, Molly Pascarella (Rancho Bernardo). Best qualifier: Pascarella, 10-4. Notable non-qualifier: Julie Hudlow (Rancho Bernardo).

Of the three eleven-foot-plus jumpers, Pascarella and Poway's Julia Preston made it through the prelims. Hudlow, who was jumping more consistently than anyone, had step problems in the prelims, and couldn't clear her opening height.

When Pascarella is on, she is a threat to improve to 12-feet, and she could assume the favorite's role. Obviously, Preston will have something to say about that.

In fact, probably the entire field should be in contention, as they have all cleared at least 10-feet.

Jumping the best in recent meets have been Granite's Janea Russ (10-7 in her league finals), Vista's

Katie Collins (a nice improvement to 10-6 in her league finals), and Point Loma's Beth Vieira (10-6 PR), who led the small school qualifiers.

Long Jump:

Best mark: 18-11.5, by Jessica Thomas (El Camino). Best qualifier: Aroline Neal (Rancho Buena Vista), 18-3.25. Notable absentee: Nina Ropes (Fallbrook), injured.

There are three 18-foot jumpers in the field, led by Thomas, who popped her big jump in a dual against Fallbrook. She was injured in her league finals, and scratched two of her events, but she is still effective in the short relay and long jump, where she jumped close to 18 feet last week.

The strongest jump team in recent memory is Rancho Buena Vista, with Neal and Nastassaja Hall both over 18 feet, and Megan Bornes at 17-7 -- and they all jump near those levels in big meets.

Four other county jumpers had bests of 17-foot-plus this year, only one of which (UC's Tiah Gray) is still jumping. Dark horses are Fallbrook's Naomi Mattos and Horizon's Devonne Hanke (over 17 feet last year).

Triple Jump:

Best mark: 37-2, Sraeya George (Valhalla). Best qualifier: same. Notable absentee: Nina Ropes (Fallbrook), injured.

George and La Jolla's Jane Givens both qualified with jumps just past 37-feet, and they seem the class of the field. RBV's Megan Bornes has a PR of near 37 feet and should also have a shot at winning.

The rest of the field has PRs ranging from 34-3 to 35-4-plus, and any one of them could move into contention if the leaders falter.

Best mark: 43-7.25, by Candace Hill (Hoover). Best qualifier: Hill, 41-9.75. Notable absentees: Carrie Johnson (Fallbrook), non-qualifier; Raeanna Makihele (San Marcos), not on team.

Hoover's Hill will be one of the strongest favorites of the meet in this event. She has been well over 40 feet in every meet, and her competitors are usually in the 38-foot range.

The competition for the other two state meet slots is wide open. Sweetwater soph Marie Taumua has the best mark of the group and was the third-best qualifier, but the surprise in qualifying was Scripps Ranch's Shemika Morris. RBV's Rhiannon Henry, and RB's Mikaelyn Austin usually throw well in big meets, and they'll be looking for team points, along with Amber Hood of Morse.

Escondido's Angela Milazzo and Michelle Vavra, and Carlsbad's Lena Fanene are all only one big throw away from being in contention as well.

Discus Throw:

Best mark: 151-9, by Candace Hill (Hoover). Best qualifier: Hill, 133-10. Notable absentee: Brianna Makihele (San Marcos), not on team.

Hill was a surprise winner last year with a big throw, but this year she is putting the dish way out there with consistency. In an event where marks tend to fluctuate, Hill seems able to always spin her implement past 130-feet. She'll be a strong favorite in this event, as well. In fact, the discus is close to becoming her best event.

The other Cerritos tickets could go to RBV's Rhiannon Henry, RB's Mikaelyn Austin, or the Escondido pair of Angela Milazzo and Lisa Cannon. Fallbrook's Carrie Johnson and El Capitan's Katie Ames are not far behind that group.

CIF Prelims Results

BOYS:

At Balboa Stadium, Saturday, May 20. Discus prelims held at Mt. Carmel, Thursday, May 18.

NOTE: First nine in each division, determined by marks, qualify for the CIF Finals. First nine athletes in both divisions combined, also determined by marks, qualify for the A heat or A flight at CIF Finals. Some athletes listed in results below did NOT qualify, but had marks worth reporting.

100:

D I, Ht 1: Matison (MIC) 11.13, Del Rincon (MonV) 11.17, Thompson (Swe) 11.36, Triplett (RB) 11.40.
D I, Ht 2: Roberts (PH) 10.86, Bush (Hx) 11.12, Sanders (Mor) 11.24, Buchanan (Oc) 11.35, Lillian-

Please see page 8.

CIF Prelims:

From page 7.

thal (ElCm) 11.38.

D II, Ht 1: Davis (ECV) 11.08, Alcaraz (ECV) 11.10, Banks (Ky) 11.10, N. McNeal (Mont) 11.26, Anderson (Lin) 11.28.

D II, Ht 2: Smith (UC) 11.02, Harper (MB) 11.09.

D II, Ht 3: Thomas (Ptl) 11.16, Anderson (EL) 11.17, M. Tate (Hv) 11.19, Jones (Lin) 1.21.

D II, Ht 4: Long (UC) 10.72, Bowman (UC) 11.11, M. Johnson (Ser) 11.13, J. McNeal (Mont) 11.27.

200:

D I, Ht 1: Oliver (Es) 22.12, Douglas (MtM) 22.17, Hannibal (BV) 22.28, D. White (RB) 22.31, Triplett (RB) 22.66, Buchanan (Oc) 22.73, Graham (RB) 22.87.

D I, Ht 2: Roberts (PH) 21.97, Bush (Hx) 22.07, Del Rincon (MonV) 22.49, Berman (RB) 22.51, O'Neal (GH) 22.57, Thompson (Swe) 22.95.

D II, Ht 1: Smith (UC) 21.91, Davis (ECV) 22.22, Jones (Lin) 22.41, Banks (Ky) 22.71.

D II, Ht 2: McDaniel (Lin) 21.94, M. Johnson (Ser) 22.07, N. McNeal (Mont) 22.36, Harper (MB) 22.56, Mendoza (MB) 22.74.

D II, Ht 3: Long (UC) 21.63, Thomas (Ptl) 22.00, Contreras (VC) 22.29, Bowman (UC) 22.51, Alcaraz (ECV) 22.91.

400:

D I, Ht 1: Douglas (MtM) 49.41, Cunningham (WH) 50.24, Smith (BV) 50.34, Hannibal (BV) 51.20, Evans (GH) 51.43, Johnson (PH) 51.86.

D I, Ht 2: Beckstead (RB) 49.77, Nunez (SP) 49.85, Bresnahan (Fa) 51.00, Maldonado (Vis) 51.35, Imhoof (LCC) 51.67, Mead (SR) 52.06, Martinez (SP) 52.16, Andre (SP) 52.30.

D II, Ht 1: Briggs (UC) 48.85, Mendoza (MB) 49.07, Blair (USD) 50.54, Madden (UC) 50.63, Pettit (Ram) 51.72, Gooden (Cor) 51.82.

D II, Ht 2: Contreras (VC) 49.32, Johnson (EL) 49.93, Cannon (Lin) 50.62, Quintana (CP) 50.89, Profit (Ser) 51.46, Maxwell (MB) 52.55.

D II, Ht 3: McDaniel (Lin) 48.85, F. Johnson (Ser) 49.67, Thayer (Ptl) 49.75, Hood (Mad) 51.18, Lam (Bish) 51.65.

800:

D I, Ht 1: Emmons (Vis) 1:54.47, Ungricht (Fa) 1:54.80, Green (TP) 2:00.25, Mattos (Fa) 2:01.11, Esquivel (MtC) 2:01.16.

D I, Ht 2: Thornton (RBV) 1:54.16, Powell (Pow) 1:54.20, Aragon (WH) 1:56.18, Schible (WH) 1:59.59, Ainza (Gro) 1:59.88, Engler (TP) 1:59.97, Marsical (SP) 2:01.58, Heibel (Gro) 2:02.75.

D I, Ht 3: Fox (WH) 1:53.79, Rickel (RB) 1:54.00, Cueva (Es) 1:54.35, Bauerle (WH) 1:56.59, Johnson (SP) 1:56.60, Vielguth (GH) 1:58.98, Grant (BV) 2:02.25.

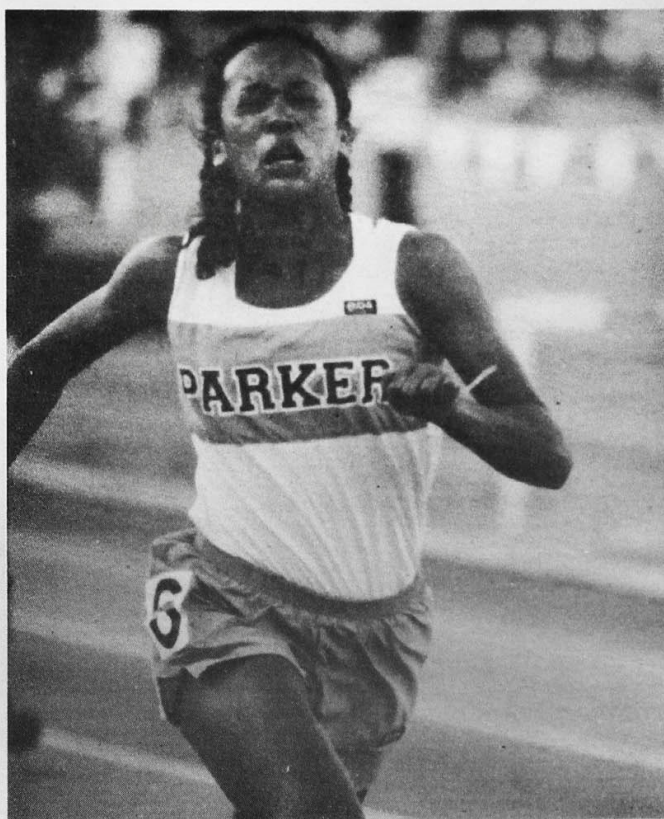
D II, Ht 1: Tro. Stroh (VC) 1:58.87, Young (CC) 1:59.91, Bachman (VC) 2:01.31, Fierro (USD) 2:01.92.

D II, Ht 2: Moorcroft (StA) 1:55.86, Pastrana (EL) 2:03.21. D II, Ht 3: McKnight (Ptl) 1:57.50, Whitford (Cor) 2:00.95, Rivas (MarV) 2:02.56.

1600:

D I, Ht 1: Aragon (WH) 4:15.00, Neuroth (Vis) 4:16.00, Pope (Pow) 4:18.24, Manzano (CV) 4:24.27, Machado (SR) 4:26.00, Whitson (BV) 4:28.73, Gandolfo (ElCp) 4:33.23, Baddas (Vis) 4:33.86, Ambrose (TP) 4:36.88, Sosa (LCC) 4:37.90.

D I, Ht 2: Rankin (MonV) 4:14.48, Fox (WH) 4:14.50, Shannon (RB) 4:24.86, Williams (Hx) 4:24.90, Aradanas (MtC) 4:25.78, Schible (WH) 4:26.69, Mussa (PH) 4:26.86, Santos



Stephanie Blake
Francis Parker



Travis Asch
El Capitan

(Val) 4:29.75, Mateo (RBV) 4:34.36, Sotelo (Swe) 4:35.41.

D II, Ht 1: Swier (MarV) 4:29.31, Ferrier (LJ) 4:31.53, Carini (USD) 4:33.64, S. Barrett (StA) 4:36.75, Israel (StA) 4:38.55.

D II, Ht 2: Moorcroft (StA) 4:20.71, Kraemer (ANA) 4:30.44, Bachman (VC) 4:30.88, Garratt (UC) 4:33.74, Verdugo (EL) 4:33.98, Hassan (Hv) 4:36.63, Osman (Cra) 4:38.92, Lindeman (Bish) 4:39.29.

3200:

D I: Maynard (GH) 9:27.37, Neuroth (Vis) 9:30.38, Laird (SM) 9:33.44, Montez (Vis) 9:35.53, Lyons-Quirk (Pow) 9:36.28, Zelones (MtM) 9:37.06, Sutton-Kane (WH) 9:37.50, McGinnis (Pow) 9:39.30, Kumbi (SD) 9:39.34, Cooke (MtC) 9:43.55, Cas-



Eder Mendoza
Mission Bay

arez (Fa) 9:45.02, Helms (Pow) 9:53.40, Gandolfo (ElCp) 9:55.38, Mondragon (Es) 9:55.63, Rankin (MonV) 9:56.95, Whitson (BV) 9:57.14, Zahalan (MtC) 10:00.72, Cornforth (Oc) 10:01.04, Aradanas (MtC) 10:06.07, Barre (MtC) 10:08.24.

D II: McInvale (Ram) 9:25.91, Polito (VC) 9:48.17, Hassan (Hv) 9:58.62, Kraemer (ANA) 10:00.52, Skerl (VC) 10:00.89, Bouchard (StA) 10:01.49, Richey (MB) 10:03.49, Thielen (USD) 10:04.09, Hernandez (CP) 10:07.83, McKeown (UC) 10:08.48.

110 High Hurdles:

D I, Ht 1: Williamson (Mor) 15.10, Harvey (Swe) 15.18, Everette (SP) 15.21, Geddis (RBV) 15.99.

D I, Ht 2: Hunter (GH) 14.71,

Talbert (MtC) 15.26, Perdue (BV) 15.67, Weinman (MtM) 15.87, Fazio (Es) 15.91.

D I, Ht 3: Salimi (RB) 14.29, Dudek (TP) 15.30, Takahashi (Gro) 15.31, Benitez (MtM) 15.58, Miller (WH) 15.94, Orlando (MtM) 15.98.

D II, Ht 1: Frazier (UC) 15.51, Enriquez (StA) 15.98, Bartsch (EL) 16.07, Briggs (Lin) 16.67.

D II, Ht 2: Knight (MarV) 15.78, Bailey (UC) 16.35, Tre. Stroh (VC) 16.54.

D II, Ht 3: Tovar (Hill) 15.92, Owens (CP) 15.94.

300 Hurdles:

D I, Ht 1: Talbert (MtC) 39.31, Van (Hx) 40.03, Vargas (BV) 41.21, Cleveland (Swe) 41.33, Orlando (MtM) 41.39, Podresov (PH) 42.14. D I, Ht 2: Salimi (RB) 38.50, Neno (GH) 39.76, Collins (RB) 41.60, Bellisario (LCC) 41.63, McLeod (Fa) 42.19, Chan (SR) 42.26.

D I, Ht 3: Hunter (GH) 38.46, Williamson (Mor) 39.96, Conerly (WH) 40.26, Lyman (SP) 41.78, Hayward (ElCm) 42.92.

D II, Ht 1: Gilbert (Lin) 40.63, Quintana (CP) 40.93, Owens (CP) 42.24, Smith (Ptl) 42.50.

D II, Ht 2: Knight (MarV) 40.18, Tre. Stroh (VC) 41.89, Symons (Cla) 42.48, Briggs (Lin) 42.68.

D II, Ht 3: Neers (Ser) 40.10, Raimo (MB) 41.02, Bartsch (EL) 41.40, Calderon (ECV) 41.95, Day (MB) 42.81, Anderson (UC) 42.88.

4x100 Relay:

D I, Ht 1: Mt. Carmel 42.83, Bonita Vista 43.36, Mount Miguel 43.69, El Camino 43.88, Rancho Buena Vista 44.26.

D I, Ht 2: Rancho Bernardo 42.49, Sweetwater 43.23, Vista 44.40, Torrey Pines 44.52, Oceanside 44.73, Chula Vista 44.78.

D I, Ht 3: Granite Hills 43.16, San Pasqual 43.85.

D II, Ht 1: El Cajon Valley 43.17, Kearny 43.28, Mission Bay 43.33, Bishop's 43.77, Coronado 44.22, St. Augustine 44.44.

D II, Ht 2: Lincoln 42.25, Hoover 43.29, Valley Center 43.83.

D II, Ht 3: University City 41.72, Eastlake 43.00, Serra 43.69, Montgomery 44.39, Castle Park 44.72.

4x400 Relay:

D I, Ht 1: Granite Hills 3:22.23, San Pasqual 3:22.85, Vista 3:26.52, Mt Miguel 3:29.31, Morse 3:31.75, Poway 3:31.85.

D I, Ht 2: West Hills 3:22.07, Rancho Bernardo 3:24.60, Helix 3:26.53, Bonita Vista 3:27.98, Patrick Henry 3:34.98, Scripps Ranch 3:35.61, Chula Vista 3:35.97.

D I, Ht 3: Rancho Buena Vista 3:21.88, Mt. Carmel 3:23.35, Fallbrook 3:24.79, Escondido 3:26.99, La Costa Canyon 3:29.13, Torrey Pines 3:29.94, Grossmont 3:35.62.

D II, Ht 1: Point Loma 3:26.58, Eastlake 3:28.32, Mission Bay 3:31.27, El Cajon 3:32.01, Imperial 3:38.28.

D II, Ht 2: University City 3:22.26, Valley Center 3:26.22, Bishop's 3:32.09, Coronado 3:34.08, USD 3:34.54.

D II, Ht 3: Lincoln 3:19.82, Serra 3:19.91, Mar Vista 3:31.06, Castle Park 3:36.64, St. Augustine 3:36.89.

High Jump:

D I: At 6-4: Staton (PH), K. White (RB), Williams (RB), Okawa (Mor), Smith (Sow), Ortiz (Hx). At 6-3: Pykles (Hx), McDonough (LCC). At 6-2: Munding (Val), Fischer (RB), Feehan (Es). At 6-0: Randall (MonV), Traeen (MtC), Rafferty (ElCp), Chammas (MtC).

D II: At 6-7: Simms (UC). At 6-4: Curry (EL). At 6-0: Holiday (Cra), Evans (EL), Jahelka (LJ), Thomas (ECV), Profit (Ser). At 5-10: Knight (MarV), Seaman (LJCD).

Pole Vault:

D I: At 15-4: Offner (MtC). At 14-8: Dorminy (RB). At 14-0: Jater (MtC), Takahashi (Gro), Warner (Car), Priest (RBV). At 13-8: Baker

Please see page 9.

(BV), Hill (RB), Spehar (RB). At 13-4: Daley (Vis). At 13-0: Garcia (WH), Marshall (WH), Kaesar (Fa), Spitz (RB), Figueroa (GH). At 12-6: Reeder (WH), Heimburge (Pow), Murillo (Vis), Beck (RBV), Pham (MontV), Malmuth (TP).

D II: At 14-1: Doria (EL). At 13-0: Vasquez (EL). At 12-6: Aleman (EL), Erwin (Mad). At 12-0: Beaneum (VC), Ruark (PIL), Williams (Ser), Vinoya (MarV), Hough (VC).

Long Jump:

D I: Ortiz (Hx) 23-0, Hunter (GH) 22-1.5w, Roberts (PH) 22-0.25w, Harvey (Swe) 22-0, Takahashi (Gro) 22-0, Williams (RB) 21-9.5, Rafferty (ElCp) 21-8.75, Randall (MonV) 21-4.75, Fromer (MiC) 21-0.5, Roberson (Mor) 21-0, Nenow (GH) 20-10.75, Pache (SP) 20-9.75, Wooden (Mor) 20-5.5, Weinman (MiM) 20-5.

D II: Nowden (MB) 22-8, Skrzypczak (VC) 22-5w, Wu (UC) 21-3.25w, Gilbert (Lin) 21-2.25, Harper (MB) 20-9, Greene (Ram) 20-8.75, Goins (Ser) 20-8.25, Iafe (StA) 20-7.75, Tyler (Lin) 20-6.25.

Triple Jump:

D I: Ortiz (Hx) 47-1.5, Harvey (Swe) 46-7.5, Williams (RB) 46-4.5, Randall (MonV) 44-1, Buchanan (Oc) 43-9.5, Wooden (Mor) 43-6, Roberson (Mor) 43-3, Neudecker (BV) 43-0.5, K. White (RB) 42-10, Agurs (Gro) 42-3.5, Rogers (Mor) 42-3, Princetta (TP) 42-0.5, Conerly (WH) 41-7.75, Weinman (MiM) 41-6.

D II: Simms (UC) 43-5, Warren (Ser) 42-9, Koummalasy (Cla) 42-5.5, Okumu (Hv) 42-4, Nowden (MB) 42-3.5, Skrzypczak (VC) 42-2, Gueston (Lin) 42-1.5, Holiday (Cra) 41-10, Ibarra (Imp) 41-7, Evans (StA) 41-6.75, Iafe (StA) 41-6, Curry (EL) 41-5.5, Greene (Ram) 41-4.5, Sanders (CP) 41-3.

Shot Put:

D I: Watkins (Hx) 55-0.5, Tuerk (RB) 52-0.5, Jones (MiM) 51-0.75, Moazed (MiC) 50-5, Vieira (Car) 50-1, Gascon (Swe) 49-6, Read (RB) 49-5.25, Holzhauser (RBV) 49-0.5, DeBoer (RBV) 47-7.5, Arosemena (Vis) 47-2, Colgan (Fa) 47-1.5, Clarke (GH) 47-0.5, Cayas (BV) 45-7.5, Lee (Mor) 45-7, Germain (Fa) 45-6, Asch (ElCp) 45-4.5, Driggs (Swe) 45-1.25.

D II: Williams (MB) 51-5.5, O'Malley (USD) 48-0, Hanson (StA) 47-8, Rangel (EL) 47-7, Gonzalez (VC) 46-10.5, Schardin (EL) 46-9, Stephens (CP) 46-8.5, Hansen (Hill) 46-6, Abbott (MB) 46-0.5.

Discus Throw:

D I: Jones (MiraM) 188-5, Ward (Pow) 186-7, Watkins (Hx) 172-0,



Will Hunt
Hilltop

Asch (ElCp) 169-3, DeBoer (RBV) 159-0, Watson (ElCm) 157-8, Tuerk (RB) 155-8, Vieira (Carls) 154-3, Smith (GH) 153-10, Padilla (Swe) 148-4, Seilhan (MiC) 143-10, Thompson (BV) 143-9, Thompson (Fa) 143-8, Brittain (TP) 140-0, Lozano (ElCp) 139-10, Germain (Fa) 138-8.

D II: Rangel (EL) 161-1, Williams (MB) 156-3, Aramburo (ECV) 155-9, Hunt (Hill) 146-8, Hold-erby (Ram) 145-2, McRaven (Cor) 142-0, Stephens (CP) 139-1, Girtan (PIL) 137-6, Pluth (VC) 134-3, Learn (LU) 133-5, Blake (Hill) 133-5.

GIRLS:

At Balboa Stadium, Friday, May 19. Pole vault and discus prelims held at Mt. Carmel, Thursday, May 18.

NOTE: First nine in each division, determined by marks, qualify for the CIF Finals. First nine athletes in both divisions combined, also determined by marks, qualify for the A heat or A flight at CIF Finals. Some athletes listed in results below did NOT qualify, but had marks worth reporting.

100:

D I, Ht 1: Hall (RBV) 12.13, Allen (MiM) 12.22, Lowery (Mor) 12.80, Holiday (WH) 12.97, McKenzie (Hx) 13.03, Singleton (PH) 13.10.

D I, Ht 2: Henderson (Mor) 11.90, Neal (RBV) 12.39, Summerville (SR) 12.83, Doe (TP) 12.84.



Unika Smith
Lincoln

D I, Ht 3: Wright (ElCam) 12.29, Ray (Fa) 12.46, Hackett (Mor) 12.49, Reddick (Mor) 12.88, Lederer (Mor) 13.01, Rioja (MiM) 13.08, Mason (CV) 13.12.

D II, Ht 1: Allen (Ser) 12.56, Hinton (Lin) 12.80, Lin (LI) 12.90, Anderson (Ser) 13.17, Coulson (EL) 13.17.

D II, Ht 2: Parker (MB) 12.33, Johnson (EL) 12.39, Patterson (CP) 12.94, Robinson (Cor) 13.05, Dur-ruthy (EL) 13.16.

D II, Ht 3: Beverley (USD) 12.40, N. Herron (ECV) 12.84, Manley (Lin) 13.04.

200:

D I, Ht 1: Neal (RBV) 25.30, Hackett (Mor) 25.73, Holiday (WH) 26.42, Tsu (LCC) 26.48, French (GH) 26.76.

D I, Ht 2: Hall (RBV) 24.50, Ray (Fa) 25.12, Perkins (MonV) 25.91, Dressel (Car) 25.96, Ricasa (MiC) 26.61.

D I, Ht 3: Henderson (Mor) 23.95, Allen (MiM) 25.43, Jones (MiC) 25.67, Lowery (SP) 25.98, Soto (Car) 26.49.

D II, Ht 1: Beverley (USD) 24.79, Blake (FP) 25.42, Manley (Lin) 26.56, Willis (OLP) 26.69, M. Herron (ECV) 26.90.

D II, Ht 2: N. Herron (ECV) 25.84, Hinton (Lin) 26.25, Givens (LI) 26.62.

D II, Ht 3: Parker (MB) 25.21, Allen (Ser) 26.19, Patterson (CP) 26.28, Jenkins (Ky) 26.97.

400:

D I, Ht 1: Mattos (Fa) 58.27, Dressel (Car) 58.90, Rothert (Fa) 59.03, Landry (RB) 59.09, Lowery (SP) 60.07, Thomas (PH) 60.31, Reyes (RBV) 62.14, Sanders (WH) 62.93.

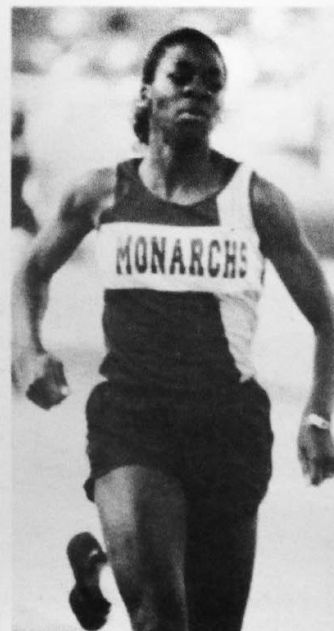
D I, Ht 2: Rosas (MonV) 58.94, Tate (RB) 59.34, Schroeder (RB) 59.58, Collins (Vis) 61.33, Muhich (LCC) 61.96, Toussaint (SP) 62.14.

D I, Ht 3: Henderson (Mor) 54.66, Perkins (MonV) 58.81, Rampaul (Pow) 58.98, Tsu (LCC) 59.29, Cartwright (BV) 59.62, Ricasa (MonV) 60.84, Ransom (Sant) 61.13.

D II, Ht 1: Smith (Lin) 60.31, Givens (LI) 61.97.

D II, Ht 2: King (Ser) 61.32, Martin (CC) 62.63, Carlos (Hill) 63.32, Duff (VC) 63.33.

D II, Ht 3: Blake (FP) 57.98, Koehn (FP) 61.80, Fogarty (USD) 61.89.



Phoebe Perkins
Monte Vista

800:

D I, Ht 1: Allen (RBV) 2:20.39, Winfrey (WH) 2:22.61, Marsical (CV) 2:22.98, Bravin (Val) 2:25.98, Alvarez (BV) 2:26.85, Connor (TP) 2:28.60.

D I, Ht 2: Phipps (Mor) 2:19.50, Mier (SM) 2:22.05, Sampietro (TP) 2:24.58, Turpin (Sant) 2:24.84, Moore (TP) 2:24.97.

D I, Ht 3: Steele (MiC) 2:17.85, Flake (Mor) 2:24.25, Damwijk (Pow) 2:25.45, O'Connell (Car) 2:25.99, Rideout (SP) 2:26.85, Larson (RB) 2:26.98, Dale (WH) 2:28.48.

D II, Ht 1: Timinsky (SDGo) 2:13.61, Kelly-Cochrane (USD) 2:21.80, Ooms (CU) 2:23.78, Bombaci (PIL) 2:27.37.

D II, Ht 2: McGaffigan (CP) 2:23.66, de Carvalho (UC) 2:27.68.

D II, Ht 3: Davila (Hill) 2:16.75, Hudek (Hill) 2:24.83, Barnes (OLP) 2:28.84.

1600:

D I, Ht 1: Komosinski (TP) 5:07.28, Baker (Pow) 5:12.61, O'Connell (Car) 5:18.80, Marquez (ElCp) 5:19.75, Matlack (Fa) 5:21.45, Branson (BV) 5:23.86, Stolis (GH) 5:24.41, Ojeda (CV) 5:24.64, Viens (Val) 5:26.01.

D I, Ht 2: Mier (SM) 5:15.43, Yamout (MiC) 5:20.40, Thompson (BV) 5:21.43, Marquez (CV) 5:25.05, Farrior (Hx) 5:29.05, Nugent (WH) 5:29.75.

D II, Ht 1: Ziegler (UC) 5:13.25, Rivas (Mont) 5:24.43, Guerrero (LI) 5:30.04, Jerd (UC) 5:31.28, Romero (EL) 5:35.58.

D II, Ht 2: Davila (Hill) 5:01.11, Beck (OLP) 5:26.43, Reid (PIL) 5:35.65, Hough (VC) 5:36.99.

3200:

D I (hand): Manson (RB) 10:40.3, Baird (Hx) 11:12.4, Petersen (FP) 1:21.1, Sick (MiC) 11:23.2, Marquez (ElCp) 11:25.5, Yee (RB) 11:27.2, Yamout (MiC) 11:34.7, Dere (MiC) 11:36.0, Rohde (Fall) 11:42.7, Ojeda (CV) 11:44.8, Bartell (WH) 11:47.3, Harrer (MiC) 11:47.7, Farnham (WH) 11:49.9, McGuire (MiM) 11:53.5, Southard (WH) 11:59.4, Nugent (WH) 12:03.6, Lorenzana (MonV) 12:05.5, Huepper (RB) 12:09.4, Walker (GH) 12:11.4, Kuske (WH) 12:15.3, Guzman (Es) 12:16.2, Matlack (Fa) 12:16.4.

D II: Kilmer (Ram) 11:10.71, Ad-sit-Morris (UC) 11:36.47, Beck (OLP) 11:51.19, Rivas (Mont) 12:00.15,

Congratulations

to all San Diego Section

ATHLETES

and

COACHES

on another excellent year of track & field,
from your local

Movin' Shoes

Running Centers





Erica Schim
La Costa Canyon



Latoya Summerville
Scripps Ranch

CIF Prelims:

From page 9.

Swigart (LJCD) 12:06.89, Montiel (VC) 12:08.82, McGowan (LJ) 12:09.08, Kearney (USD) 12:10.41, Romero (EL) 12:10.47, McKeown (UC) 12:12.24, Johnson (CP) 12:14.34, Wirkus (Cla) 12:16.28.

100 Hurdles:

D I, Ht 1: Coin (RB) 15.01, Dulin (RB) 15.32, Hawkins (Mor) 15.70, Albini (SP) 16.29, Dostal (WH) 16.92, Ribner (TP) 17.26.

D I, Ht 2: Barner (Hx) 15.82, Nemore (ELCm) 16.46, Afenir (Es) 16.50, Asay (Swe) 16.62.

D I, Ht 3: McGrath (RB) 15.59, Carter (MiM) 15.98, Eggleston (ELCm) 16.20, Murphy (RB) 16.67, Tanner (Gro) 16.88.

D II, Ht 1: Jimenez (Hill) 16.78, Ruis (ECV) 17.11, Flom (EL) 17.87.

D II, Ht 2: Hayes (EL) 16.51, Schultz (CC) 17.40, Maragasin (Mont) 17.71.

D II, Ht 3: Johnson (EL) 15.58, Dambkowski (VC) 16.86, Cole (VC) 16.99.

300 Low Hurdles:

D I, Ht 1: Barner (Hx) 45.32, Dulin (RB) 46.06, Schim (LCC) 46.78, Avery (GH) 47.53.

D I, Ht 2: Pound (Pow) 45.68, Eggleston (ELCm) 47.93, Nemore (ELCm) 48.35, Martin (WH) 48.62.

D I, Ht 3: Coin (RB) 45.79, Carter (MiM) 47.32, Majors (Swe) 48.76, Woodard (MCJ) 48.91, White (OG) 50.02.

D II, Ht 1: Jimenez (Hill) 45.92, Snowden (ECV) 50.32, Lasswell (Chr) 50.66.

D II, Ht 2: Smith (Lin) 46.14, Alvord (VC) 50.31, Feliz (Lin) 50.48, Crabtree (FP) 50.54.

D II, Ht 3: Johnson (EL) 44.32, Martin (CC) 51.08.

4x100 Relay:

D I, Ht 1: Fallbrook 49.41, Mt. Carmel 49.53, San Pasqual 50.25, West Hills 50.45, Scripps Ranch 50.63, Sweetwater 50.85, Valhalla 51.91.

D I, Ht 2: Morse 49.95, Carlsbad 50.12, Poway 50.51, Monte Vista 50.84, San Diego 51.62.

D I, Ht 3: El Camino 48.24, Mt. Miguel 48.41, Helix 50.16, Chula Vista 50.93, Bonita Vista 51.01, La Costa Canyon 51.70.

D II, Ht 1: Eastlake 49.66, La Jolla 51.04, Castle Park 52.79.

D II, Ht 2: Serra 50.02, USD 51.21, Coronado 52.08, Valley Center 52.41.

D II, Ht 3: Lincoln 50.02, El Cajon 51.03, Mission Bay 53.93.

4x400 Relay:

D I, Ht 1: Rancho Bernardo

3:58.01, Poway 4:03.25, Torrey Pines 4:05.54, Carlsbad 4:07.64, West Hills 4:08.01, Valhalla 4:12.91.

D I, Ht 2: Rancho Buena Vista 3:56.61, Mt. Carmel 3:59.23, La Costa Canyon 4:00.77, Vista 4:07.20, Mt. Miguel 4:08.99, Chula Vista 4:10.15.

D I, Ht 3: Morse 3:55.32, Monte Vista 3:58.78, Helix 4:02.92, Fallbrook 4:05.42, San Pasqual 4:06.55, Bonita Vista 4:11.35, Granite Hills 4:11.47.

D II, Ht 1: Castle Park 4:06.38, University City 4:10.37, El Cajon 4:10.79, Francis Parker 4:10.96, Serra 4:12.77, Montgomery 4:21.92.

D II, Ht 2: Hilltop 4:04.68, Lincoln 4:06.27, USD 4:08.88, Valley Center 4:18.48, Eastlake 4:18.91.

High Jump:

D I: At 5-4: Turner (GH), Brewster (GH), Austin (RB), Tanner (Gro), Bornes (RBV), Jones (TP). At 5-0: Bartkiewicz (CV), Johnson (Car), McNamara (Pow), Ransom (Sant), Brown (SM).

D II: At 5-2: Carlson (SFC). At 5-0: Cole (VC), Fleming (USD). At 4-10: Harlow (MarV), Ball (EL), Johnson (Ram). At 4-8: Carnevale (Bis), Cato (Holt). At 4-6: Kondrick (LJ).

Pole Vault:

D I: At 10-4: Pascarella (RB). At 10-0: Russ (GH), Cabrera (MIC), Halliburton (TP), Orlando (MiM), Collins (Vis), Vertullo (WH). At 9-8: Preston (Pow), N. Antonacci (Car). At 9-4: Pryzbylski (Gro), Holcomb (TP), Moyer (Car), Sage (MIC), Robak (MIC). At 9-0: Nowinski (MiM), Lopez (WH), Debaros (MIC).

Division II: At 9-8: Guapo (EL), Vieira (PIL). At 9-0: Lafaya (EL), Wilkinson (EL). At 8-6: Turner (Ser). At 8-0: Pierce (VC), Kruse (Ram), Fiehler (VC). At 7-6: Reese (LJ).

Long Jump:

Division I: Neal (RBV) 18-3.25, Hall (RBV) 17-11, Thomas (ELCm) 17-10.75, Bornes (RBV) 17-4.25, Mattos (Fall) 16-8, Rice (SD) 16-7.25, Hannibal (BV) 16-4, Thurber (RB) 16-0.25, Fazio (Gro) 15-9, Benitez (SW) 15-7.75, McWhirter (SM) 15-7.25, Abdullah (MiM) 15-7, Doe (TP) 15-6.25.

Division II: Hanke (Hzn) 16-9, Gray (UC) 16-4.75, Hayes (EL) 15-7, Flom (EL) 15-2.5, Carnevale (Bis) 15-0, Kryger (VC) 14-10.5, Goodman (UC) 14-9, Turner (Ser) 14-7.5, Mincks (VC) 14-6.5.

Triple Jump:

Division I: George (Val) 37-2, Bornes (RBV) 35-4.25, McNeely (LCC) 34-10, Rose (RB) 34-9, Cope-land (TP) 34-4, Robinson (CV) 34-3, Abdullah (MiM) 34-3, Thurber (RB)

33-10.5, McKinney (RBV) 33-9, McWhirter (SM) 33-8.5, Fazio (Gro) 33-8, Wallace (MonV) 33-7, Christiansen (TP) 33-5.5, Weaver (RB) 33-5.5, Kwan (BV) 33-3.5, Louviere (Hx) 33-2.25, Gaines (MonV) 33-1.

Division II: Givens (LJ) 37-1.5, Sal-ahuddin (Hill) 33-6.25, Hayes (EL) 33-1.25, Turner (Ser) 32-3, Levine (Ram) 32-2, Dambkowski (VC) 31-10.4, Tan (Cra) 31-10, Goodman (UC) 30-9, Kuhn (USD) 30-8.

Shot Put:

Division I: Morris (SR) 38-5.5, Taumua (Swe) 36-11.5, Vavra (Es) 36-7.5, Henry (RBV) 36-7, Fanene (Car) 36-2.5, Hood (Mor) 36-0.25, Austin (RB) 35-4.5, Milazzo (Es) 35-1, Johnson (Fa) 34-11.5, Boswell (ELCp) 34-6, Ingoldt (OG) 34-4.5, Tiffany (GH) 32-8.5, Barber (Vis) 32-2.

Division II: Hill (Hv) 41-9.75, Minette (LJ) 32-0, Jackson (PIL) 31-9.25, Akinfosile (LJCD) 31-3, Hearn (UC) 30-10, Silva (CP) 30-7, Knighton (Hv) 30-6.5, Zavala (CP) 29-7.5, Coleman (Mont) 29-5.

Discus Throw:

Division I: Austin (RB) 127-7, Henry (RBV) 122-7, Milazzo (Es) 120-4, Johnson (Fa) 113-5, Mickelson (RB) 112-9, Ames (ELCp) 111-7, Cannon (Es) 111-6, Singley (WH) 110-3, Morris (SR) 109-10, Tiffany (GH) 103-9, Lualemaga (Oc) 101-4.

Division II: Hill (Hv) 133-10, Young (EL) 111-1, Brown (Lin) 95-11, Akinfosile (LJCD) 95-7, Wittman (Hill) 93-0, Singleton (Craw) 92-8, Martinovich (EL) 92-3, Thompson (UC) 92-0, Kondrick (LJ) 91-8.



Kevin Johnson
Eastlake

11.24 Windy: Jamal Tate, Hoover
10.92 Richard Del Rincon, MontV
11.05 Jeff McNeal, Mont
11.22 D. J. Contreras, VC

Hand time:
10.6 Larry Miles, Craw
10.6 Lavell Anderson, East
10.6 Eric Thomas, PIL
10.7 Kevin Johnson, East
10.7 Jamal Tate, Hoover
10.7 Mike Johnson, Serra
10.7 R. J. Oliver, Esc
10.7 Richard Del Rincon, MontV
10.7 Allen Thompson, Sweet
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 Jeff McNeal, Mont
10.8 Darren Fitzpatrick, Esc
10.8 Rey Braithwaite, MontV
10.8 Reggie Bush, Hx
10.8 Lamont Long, UC
10.8 Peter Stoll, SP
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 Derrick Waddell, RBV
10.9 Nick Banks, Kny
10.9 J. T. Triplett, RB
10.9 D. J. Contreras, VC
10.9 Phillip Sanders, Morse
10.9 Eric Williams, RB
10.9 Cory Jones, Linc
10.9 Antoine Woods, MiMig
10.9 Napoleon McNeal, Mont
11.0 David Hannibal, BV
11.0 Marcus Wooden, Morse
11.0 Jeff Berman, RB
11.0 Will Buchanan, Oside
11.0 Jason Van, Hx
11.0 R'Mon Anderson, Linc
11.0 Jesse Bowman, UC
11.0 Todd Watkins, Hx
11.0 Detron Johnson, BV
11.1 Matt Beckstead, RB
11.1 Deon White, RB
11.1 John Green, Craw
11.1 Jason Macklin, Vista
11.1 Scott LaCaz, TP
11.1 Mark Whaley, East
11.1 David Himchak, MIC
11.1 Marco Ibarra, MarV
11.1 Billy Grillo, Pow
11.1 Ben Bresnahan, Fall
11.1 Joe Collins, RB
11.1 Chauncey Smith, UC
11.1 Daniel Alcaraz, ECV
11.1 David Evans, GH
11.1 James Duran, CV

Windy:
10.4 Lamont Long, UC
10.6 Nathan Cunningham, WH
10.8 David Hannibal, BV
10.8 Jesse Bowman, UC

200:

Automatic time:
21.51 Lamont Long, UC
21.70 Mike Roberts, PH
21.90 Boris McDaniel, Linc
21.91 Chauncey Smith, UC

Please see page 11.

Best 2000 Marks:

For updates on this list between issues of Track Magazine, please consult our web site at: www.crowncity.com/sdrackmag
NOTE: Minimum standards for marks listed are identical to San Diego Union-Tribune standards.

Converted times from yard distances are not ed (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 in 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 May 23.

100:

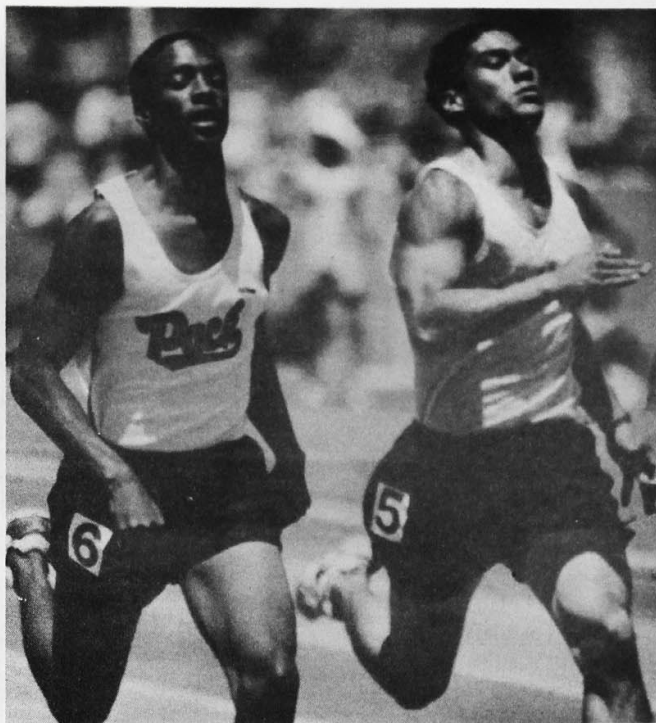
Automatic time:

10.60 Lamont Long, UC
10.67 Mike Roberts, PH
10.74 Steve Hayes, UC
10.80 Chauncey Smith, UC
10.83 Mark Tate, Hoover
10.84 Boris McDaniel, Linc
10.86 R. J. Oliver, Esc
10.87 Larry Miles, Craw
10.89 Andre Davis, ECV
10.94 Nick Banks, Kny
10.98 Richard Del Rincon, MontV
10.99 Nathan Cunningham, WH
10.99 Shaun Harper, MB
11.00 Reggie Bush, Hx
11.01 Michael Matison, MIC
11.01 Eric Thomas, PIL
11.03 Jesse Bowman, UC
11.03 Mike Johnson, Serra
11.06 Cory Jones, Linc
11.08 Allen Thompson, Sweet
11.10 Phillip Sanders, Morse
11.10 Daniel Alcaraz, ECV
11.13 Kevin Johnson, East
11.13 Eric Williams, RB
11.14 Blake Frazier, UC
11.14 David Hannibal, BV
11.15 J. T. Triplett, RB
11.16 Kyle Conerly, WH
11.16 R'Mon Anderson, Linc
11.17 Lavell Anderson, East
11.19 Jeff McNeal, Mont
11.21 Jair Brown, MiraM
11.23 Mike Harvey, Kny

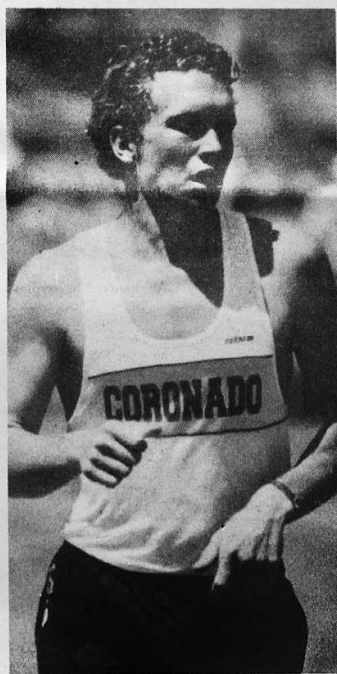
Best Marks:

From page 10.

- 21.94 Cory Jones, Linc
21.96 R. J. Oliver, Esc
21.96 Mike Johnson, Serra
22.00 Eric Thomas, PH
22.07 Reggie Bush, Hx
22.15 Jesse Bowman, UC
22.17 Brady Douglas, MiM
22.22 Andre Davis, ECV
22.28 David Hannibal, BV
22.29 D. J. Contreras, VC
22.31 Deon White, RB
22.32 Eder Mendoza, MB
22.36 Napoleon McNeal, Mont
22.41 Nick Banks, Kny
22.43 Shaun Harper, MB
22.44 Jeff Berman, RB
22.45 Matt Beckstead, RB
22.49 Bobby Salimi, RB
22.49 Richard Del Rincon, MontV
22.57 Galen O'Neal, GH
22.66 J. T. Triplett, RB
22.70 Fiat Johnson, Serra
22.72 Billy Grillo, Pow
22.73 William Buchanan, Oc
22.80 Paul Agnew, PH
22.81 Dustin Graham, RB
22.82 Jamah Briggs, UC
22.82 R'Mon Anderson, Linc
22.91 Jason Davis, Pow
22.91 Daniel Alcaraz, ECV
22.95 Allen Thompson, Sweet
23.00 Kevin Johnson, East
23.03 Malcom Lillianthal, ElCam
23.09 Peter Stoll, SP
23.10 Escribde, RBV
Windy:
22.32 Nathan Cunningham, WH
22.47 Jeff McNeal, Mont
22.79 Al Took, ECV
Hand time:
21.4 Lamont Long, UC
21.6 R. J. Oliver, Esc
21.7 Eric Thomas, PH
21.7 Larry Miles, Crow
21.8 Boris McDaniel, Linc
21.9 Lavell Anderson, East
21.9 Michael Roberts, PH
22.1 Richard Del Rincon, MontV
22.3 Steve Hayes, UC
22.3 Cory Jones, Linc
22.3 D. J. Contreras, VC
22.3 Mike Johnson, Serra
22.3 Matt Beckstead, RB
22.3 Jeff Berman, RB
22.3 Chauncey Smith, UC
22.3 Darren Fitzpatrick, Esc
22.3 Kevin Johnson, East
22.3 David Hannibal, BV
22.3 Reggie Bush, Hx
22.4 Antwane Collier, SD
22.4c Jeff McNeal, Mont
22.4 Napoleon McNeal, Mont
22.5c Phillip Sanders, Morse
22.5 Peter Stoll, SP
22.5c Rey Braithwaite, MontV
22.6c Lorenzo Nathan, Hx
22.6 Jesse Bowman, UC
22.6 Allen Thompson, Sweet
22.6 William Buchanan, Oc
22.7 Desmond Benson, SD
22.7 Nathan Cunningham, WH
22.7c Derrick Waddell, RBV
22.7 Fiat Johnson, Serra
22.7 Nick Thornton, RBV
22.8 Chris Shuster, WH
22.8 Steve Maldonado, Vista
22.8 J. T. Triplett, RB
22.8 Andre Davis, ECV
22.8c Galen O'Neal, GH
22.9 Pete Battaglia, WH
22.9 John Green, Crow
22.9 Billy Grillo, Pow
22.9c Eder Mendoza, MB
22.9 Pat Mahoney, MIC
22.9 Dustin Graham, RB
22.9c Mike Perez, MontV
22.9 Keith Dunn, East
22.9c Todd Watkins, Hx
22.9 Marco Ibarra, MarV
Windy:
21.9 Nathan Cunningham, WH
22.8 Daniel Alcaraz, ECV
Mismeasured track:
20.3 Larry Miles, Crow
400:
48.5 Jamah Briggs, UC
48.6 R. J. Oliver, Esc
48.85 Boris McDaniel, Linc
49.07 Eder Mendoza, MB
49.23 Matt Beckstead, RB
49.32 D. J. Contreras, VC
49.4 Adam Smith, BV
49.41 Brady Douglas, MiM
49.61 Deon White, RB
49.67 Fiat Johnson, Serra
49.73 Aaron Powell, Pow
49.75 Michael Thoyer, PH
49.76 Nathan Cunningham, WH
49.8 Nick Thornton, RBV



Nathan Cunningham, Adam Smith
West Hills Bonita Vista



Paul Whitford
Coronado

- 49.85 Jesus Nunez, SP
49.93 Kevin Johnson, East (49.8h)
49.98 Lorenzo Nathan, Hx (49.9h)
50.1c Evan Fox, WH
50.18 David Hannibal, BV
50.33 Derrick Waddell, RBV
50.33 Todd Watkins, Hx (50.2h)
50.37 Clarence Cannon, Linc
50.46 Joseph Miller, RBV
50.54 Ryan Blair, USD
50.58 Steve Maldonado, Vista
50.63 Reyshawn Madden, UC
50.87 Chris Pettit, Ram
50.89 Luis Quintana, CP
50.9c Mark Tate, Hoover
50.93 Jeff Berman, RB (50.9h)
51.00 Ben Bresnahan, Fall
51.0 Stephen Daniels, Carls
51.09 Eddie Thomas, MontV
51.1c Ben Aragon, WH
51.18 Andre Hood, Mad
51.30 Chris Mead, SR
51.3 Roger Mathis, Morse
51.42 Paul Whitford, Coro
51.43 David Evans, GH



Chase Hanson
St. Augustine

- 51.46 James Profit, Serra
51.47 Steve Johnson, PH
51.47 Maeland James, UC
51.5 Nico Cueva, Esc
51.5 Steven Gooden, Coro
51.6 Troy Stroh, VC
51.6 Eric Thomas, PH
51.6 Jesse Alvarez, CV
51.65 Bernard Lam, Bish
51.67 Jason Imhoof, LCC
51.70 Darren Fitzpatrick, Esc
51.7 Dustin Westergom, WH
51.7 Sean Ricketts, RB
51.71 Hunter Reddick, Morse
51.79 Dwight Maxwell, MB
51.8 Jason Davis, Pow
51.9 Pete Battaglia, WH
51.9 Jeff Hunter, GH
51.9 Pat Mahoney, MIC
51.9c Mike Perez, MontV
51.9 Patrick McDonough, LCC
52.00 Al Took, ECV
52.0 Gabe Uribe, MIC
52.1 Justin Neuroth, Vista
52.1c Dale Houser, BV
52.16 J. C. Martinez, SP
52.2c Jimmy Ungricht, Fall
52.21 Matt Andre, SP
52.25 Steve Dalton, USD
52.3 Phillip Sanders, Morse
52.46 Dustin Graham, RB
52.55 Rashawn Allen, LCD

- 800:**
1:53.2 Evan Fox, WH
1:53.82 Sean Ricketts, RB

- 1:54.04 Nick Thornton, RBV
1:54.20 Aaron Powell, Pow
1:54.35 Nico Cueva, Esc
1:54.47 Jared Emmons, Vista
1:54.80 Jimmy Ungricht, Fall
1:55.84 Ben Aragon, WH
1:55.86 Ryan Moorcroft, STA
1:56.12 Justin Neuroth, Vista
1:56.59 Bryan Bowerle, WH
1:56.60 Matt Johnson, SP
1:57.50 Jeff McKnight, PH
1:57.69 Jon Rankin, MontV
1:57.71 John Green, TP
1:58.24 Kevin Schible, WH
1:58.87 Troy Stroh, VC
1:58.9 Dale Houser, BV
1:58.98 Brandon Vielguith, GH
1:59.1 Josh Pope, Pow
1:59.40 Luis Mariscal, SP
1:59.6 Blake Swier, MarV
1:59.88 Raphael Machado, SR
1:59.88 Manuel Ainza, Gross
1:59.9 Mark Baddas, Vista
1:59.91 Chad Young, CalC
1:59.97 Eric Engler, TP
2:00.01 Luke McGinnis, Pow
2:00.12 Mike Ambrose, TP
2:00.29 Chad Young, CalC
2:00.55 Will Kraemer, ANA
2:00.7 Devin Lyons-Quirk, Pow
2:00.7 Justin Mattos, Fall
2:00.95 Paul Whitford, Coro
2:01.04 David Santos, Val
2:01.16 Sergio Esquivel, MIC
2:01.2 Freddy Espino, Fall
2:01.2 Joe Grant, BV
2:01.3 Barrett Larson, LCC
2:01.31 Cooper Bachman, VC
2:01.45 Matt Heibel, Gross
2:01.83 Michael Manzano, CV
2:01.92 Mario Fierro, USD
2:02.0 Mohammed Mussa, PH
2:02.1 Matt McInvale, Ram
2:02.1 Ryan Montez, Vista
2:02.1 Alan Aradanas, MIC
2:02.27 Travis Laird, SM
2:02.28 Gabe Pena, RBV
2:02.3 Isaac Pastrana, East
2:02.37 Jason Davis, Pow
2:02.44 Tim Helms, Pow
2:02.56 Pedro Rivas, MarV
2:03.00 Taylor Williams, Hx
2:03.0 Nick Zubel, PH
2:03.4 Chris Kenyon, MIC
2:03.56 Jesus Carrillo, Mont
2:03.60 Skukri Hassan, Hoov
2:03.68 Jimmy Retherford, SM
2:03.70 Aaron Markland, PH
2:03.73 Gabe Pena, RBV
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
4:20.76 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
4:14.20 Travis Laird, SM
4:15.00 Ben Aragon, WH
4:16.00 Justin Neuroth, Vista
4:17.2 Ryan Moorcroft, STA
4:17.52 Sean Ricketts, RB
4:18.24 Josh Pope, Pow
4:21.93 Michael Manzano, CV
4:22.2 Aaron Powell, Pow
4:24.02 Devin Lyons-Quirk, Pow
4:24.86 Mike Shannon, RB
4:24.90 Taylor Williams, Hx
4:25.06 Blake Swier, MarV
4:25.7 Mike Ambrose, TP
4:25.78 Alan Aradanas, MIC
4:26.00 Raphael Machado, SR
4:26.50 Matt McInvale, Ram
4:26.69 Kevin Schible, WH
4:26.86 Mohammed Mussa, PH
4:28.61 Ryan Montez, Vista
4:28.73 Dustin Whitson, BV
4:29.3 Efrain Casarez, Fall
4:29.32 Benny Gandolfo, ElCap
4:29.75 David Santos, Val
4:30.0 Nick Thornton, RBV
4:30.37 Cooper Bachman, VC
4:30.44 Will Kraemer, ANA
4:31.53 Chris Ferrier, U
4:31.6 Nico Cueva, Esc
4:32.0 Ricky Roane, Ram
4:32.3 Alfredo Sosa, LCC
4:32.5 Christian Dominguez, SD

Please see page 12.

Best Marks:

From page 11.

- 4:32.79 Mike Cooke, MIC
- 4:32.8 Solomon Kumbi, SD
- 4:32.9 Chris Kenyon, MIC
- 4:33.1 Kevin Nolan, TP
- 4:33.2 Mark Baddas, Vista
- 4:33.48 Gus Polito, VC
- 4:33.5 Juan Mondragon, Esc
- 4:33.64 Michael Carini, USD
- 4:33.74 Andrew Garratt, UC
- 4:33.88 Chad Young, CalC
- 4:33.98 Marco Verdugo, East
- 4:34.1c Ryan Maynard, GH
- 4:34.19 Luke McGinnis, Pow
- 4:34.23 Abadir Barre, MIC
- 4:34.36 Artemio Mateo, RBV
- 4:34.44 Manuel Ainza, Gross
- 4:34.6c Jimmy Ungricht, Fall
- 4:34.7 Nick Zubel, PH
- 4:35.41 Jovany Sotelo, Sweet
- 4:36.2c Bryan Bauerle, WH
- 4:36.43 Matt Heibel, Gross
- 4:36.49 James McCarthy, Pow
- 4:36.5 Tim Helms, Pow
- 4:36.63 Haji Hassan, Hoov
- 4:36.75 Sean Barrett, StA
- 4:37.18 Jared Emmons, Vista
- 4:38.0 Jon Hester, SR

3200:

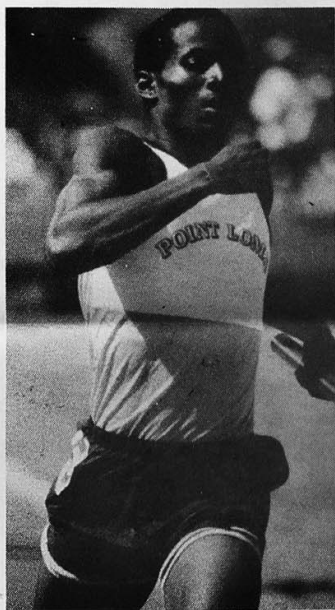
- 9:10.36 Justin Neuroth, Vista
- 9:10.53 Matt McInvale, Ram
- 9:11.40 Travis Laird, SM
- 9:20.2 Evan Fox, WH
- 9:22.62 Ryan Montez, Vista
- 9:27.37 Ryan Maynard, GH
- 9:32.2 Sean Ricketts, RB
- 9:32.89 Abadir Barre, MIC
- 9:34.6 Jon Rankin, MontV
- 9:36.28 Devin Lyons-Quirk, Pow
- 9:37.06 Brandon Zelones, MiraM
- 9:37.50 Dan Sutton-Kane, WH
- 9:37.5c Ben Aragon, WH
- 9:39.30 Luke McGinnis, Pow
- 9:39.34 Solomon Kumbi, SD
- 9:43.55 Mike Cooke, MIC
- 9:45.02 Efrain Casarez, Fall
- 9:45.61 Tim Helms, Pow
- 9:47.6 Chris Kenyon, MIC
- 9:48.17 Gus Polito, VC
- 9:48.86 Alan Aradanas, MIC
- 9:49.4 Michael Manzano, CV
- 9:50.70 Ruben Vences, Sweet
- 9:51.23 Josh Pope, Pow
- 9:52.74 Mike Zahalan, MIC
- 9:54.63 Christian Domingez, SD
- 9:55.38 Benny Gandolfo, ElCap
- 9:55.63 Juan Mondragon, Esc
- 9:56.44 Ryan Moorcroft, StA
- 9:56.63 Charles McKeown, UC
- 9:57.14 Dustin Whitson, BV
- 9:58.6 Drew Bouchard, StA
- 9:58.62 Haji Hassan, Hoov
- 10:00.1 Chris Harris, SM
- 10:00.52 Will Kraemer, ANA
- 10:00.89 Ryan Skerl, VC
- 10:01.0 Eric Richey, MB
- 10:01.04 Colin Cornforth, Oc
- 10:02.8 Taylor Williams, Hx
- 10:03.14 Jake Fulton, RB
- 10:03.4 Mike Comstock, SR
- 10:04.09 Brian Thielen, USD
- 10:05.94 Artemio Mateo, RBV
- 10:06.0 Nick Zubel, PH
- 10:07.05 Aaron Trunnell, RBV
- 10:07.2 Andrew Garratt, UC
- 10:07.83 Jon Hernandez, CP
- 10:08.15 Dan Tanks, RB
- 10:08.8 Jonathan Buckley, MontV
- 10:09.90 Navid Hassanzadeh, TP
- 10:10.59 Ricky Roane, Ram

110 HH:

- Automatic time:
- 14.18 Bobby Salimi, RB
 - 14.42 Tony Golston, PH
 - 14.71 Jeff Hunter, GH
 - 15.00 Darion Williamson, Morse
 - 15.02 Jon Everette, SP
 - 15.05 Baran Hill, StA
 - 15.06 Trandon Harvey, Sweet
 - 15.16 Darnell Talbert, MIC
 - 15.24 Josh Nears, Serra
 - 15.29 John Dudek, TP
 - 15.31 Jonathan Takahashi, Gross
 - 15.50 Jeff Failla, Esc
 - 15.51 Blake Frazier, UC
 - 15.58 Pat Benitez, MiraM
 - 15.61 Trent Stroh, VC
 - 15.64 Ben Knight, MarV
 - 15.67 Brian Perdue, BV
 - 15.72 John Feehan, Esc
 - 15.73 Chris Geddis, RBV
 - 15.87 Walter Weinman, MtM
 - 15.90 Jeff Orlando, MiraM
 - 15.92 Brian Perdue, BV
 - 15.92 Raul Tovar, Hill
 - 15.94 Scott Miller, WH

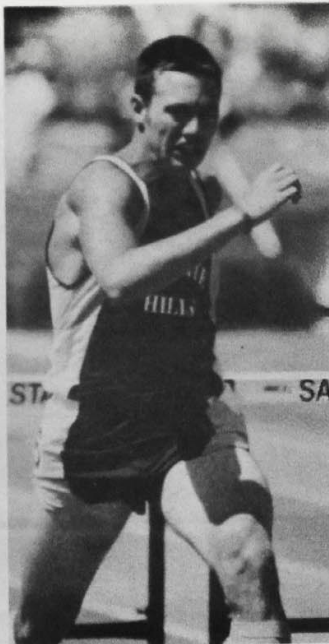


Abel Aramburo
El Cajon Valley



Eric Thomas
Point Loma

- 15.94 Tony Owens, CP
 - 15.96 Travis Lyman, SP
 - 15.96 Aaron Barnhill, SM
 - 15.98 Nathan Enriquez, StA
 - 16.01 Nick Bonner, MontV
 - 16.01 Brian Taylor, GH
 - 16.02 Charles Cleveland, Sweet
 - 16.07 Ryan Bartsch, East
 - 16.13 Jeremiah McLeod, Fall
 - 16.19 Jeffery Briggs, Linc
 - 16.19 Tray Meulbach, Fall
 - 16.26 Wade Curry, East
 - 16.29 Travis Bailey, CV
- Windy:
- 15.72 Brian Taylor, GH
 - 15.79 Scott Miller, WH
- Hand time:
- 14.1 Tony Golston, PH
 - 14.2 Bobby Salimi, RB
 - 14.7 Darnell Talbert, MIC
 - 14.7 Jon Everette, SP
 - 14.9 Josh Nears, Serra
 - 14.9 Trandon Harvey, Sweet
 - 14.9 Jeff Hunter, GH
 - 14.9 Baran Hill, StA
 - 15.0 Jonathan Takahashi, Gross
 - 15.0 Darion Williamson, Morse
 - 15.0 Jeff Failla, Esc
 - 15.1 Brian Perdue, BV
 - 15.1 John Dudek, TP
 - 15.2 Ben Knight, MarV
 - 15.3 Jeff Orlando, MiraM
 - 15.5 Scott Miller, WH
 - 15.5 John Feehan, Esc
 - 15.5 Charles Cleveland, Sweet
 - 15.5 Ryan Bartsch, East



Danny Nenow
Granite Hills



Blake Swier
Mar Vista

- 15.5 Jeremiah McLeod, Fall
 - 15.6 Greg Podresov, PH
 - 15.6 Trent Stroh, VC
 - 15.7 Brian Taylor, GH
 - 15.8 Travis Lyman, SP
 - 15.8 Nick Bonner, MontV
 - 15.8 Pat Benitez, MiraM
 - 15.8 Tony Owens, CP
 - 15.8 Tim Frinell, Fall
 - 15.8 Tray Meulbach, TP
 - 15.9 Jeffery Briggs, Linc
 - 15.9 Chris Geddis, RBV
 - 15.9 Raul Tovar, Hill
 - 16.0 Chris Staton, PH
 - 16.0 Keeni Owens, Hx
 - 16.0 Wade Curry, East
 - 16.1 Felipe Hernandez, Coro
 - 16.1 Paul Yoder, Oside
 - 16.1 Nate Enriquez, StA
 - 16.1 Marlon Regisford, BV
 - 16.1 Travis Bailey, CV
 - 16.2 Adrian Afan, Morse
 - 16.2 Chris Chan, SR
 - 16.2 Tim Bailey, UC
- Windy:
- 15.5 Trent Stroh, VC
 - 15.6 Nate Enriquez, StA
 - 15.6 Keeni Owens, Hx
 - 16.0 Tim Bailey, UC
 - 16.0 Frank Muramoto, Gross
 - 16.1 Blake Frazier, UC

300 Int. Hurdles:

- 37.3 Bobby Salimi, RB
- 38.02 Tony Golston, PH
- 38.1 Jeff Hunter, GH
- 39.18 Darnell Talbert, MIC
- 39.38 Jason Davis, Pow
- 39.67 Jason Van, Hx

- 39.76 Danny Nenow, GH
- 39.90 Josh Nears, Serra
- 39.96 Darion Williamson, Morse
- 40.18 Ben Knight, MarV (40.1h)
- 40.2 Travis Lyman, SP
- 40.26 Kyle Conerty, WH (40.1h)
- 40.4 Brian Perdue, BV
- 40.5 Ryan Bartsch, East
- 40.54 Jeff Orlando, MiraM (40.4h)
- 40.6 Luis Quintana, CP
- 40.6 Chris Hayward, ElCam
- 40.63 Alton Gilbert, Linc
- 40.72 Jon Everette, SP
- 40.74 Aaron Barnhill, SM
- 40.8 Chris Chan, SR
- 40.88 Trent Stroh, VC
- 40.9c Eddie Thomas, MontV
- 41.0 Angela Vargas, BV
- 41.02 Chris Geddis, RBV
- 41.02 Malik Raimo, MB
- 41.1 Todd Watkins, Hx
- 41.1 Charles Cleveland, Sweet
- 41.1 Jeremiah McLeod, Fall
- 41.2 Sean Sweat, ElCam
- 41.3 Jeff Failla, Esc
- 41.3 Stephen Daniels, Carls
- 41.4 Brian Taylor, GH
- 41.5 Tony Owens, CP
- 41.60 Joe Collins, RB
- 41.63 Mark Bellisario, LCC (41.6h)
- 41.71 Robert Calderon, ECV (41.7h)
- 41.8 Tom Wooten, Vista
- 41.82 Nathan Enriquez, StA
- 41.99 Baran Hill, StA (41.9h)
- 42.0 Jimmy Ungricht, Fall
- 42.03 Mike Cunningham, WH
- 42.14 Greg Podresov, PH
- 42.3 Terrence Hicks, S'west
- 42.3 Billy Price, Sant
- 42.42 Jeffery Briggs, Linc (42.2h)
- 42.48 Jake Symons, Claire
- 42.50 Daylon Smith, PH
- 42.6 Chris Fusler, SP
- 42.64 Chris Reina, OG
- 42.7 Arian Soheli, Hill
- 42.8c Scott Miller, WH
- 42.8c Sorida Phan, Hoover
- 42.8 Constrain, S'west
- 42.81 James Day, MB
- 42.88 Jonathan Anderson, UC
- 42.89 Stephen Simpson, Morse

4x100 Relay:

- Automatic time:
- 41.55 University City
 - 42.25 Lincoln
 - 42.49 Rancho Bernardo
 - 42.83 Mt. Carmel
 - 43.00 Eastlake
 - 43.03 Morse
 - 43.08 Patrick Henry
 - 43.16 Granite Hills
 - 43.17 El Cajon Valley
 - 43.21 Helix
 - 43.23 Sweetwater
 - 43.28 Kearny
 - 43.29 Hoover
 - 43.33 Mission Bay
 - 43.36 Bonita Vista
 - 43.69 Mount Miguel
 - 43.69 Serra
 - 43.70 Poway
 - 43.73 Monte Vista
 - 43.77 Bishop's
 - 43.83 Valley Center
 - 43.84 Rancho Buena Vista
 - 43.85 San Pasqual
 - 43.88 El Camino
 - 43.89 Vista
 - 43.93 Escondido
 - 44.22 Coronado
 - 44.31 San Marcos
 - 44.39 St. Augustine
 - 44.39 Montgomery
 - 44.47 San Diego
 - 44.49 Ramona
 - 44.52 Torrey Pines
 - 44.56 Mira Mesa
 - 44.57 Castle Park
 - 44.73 Oceanside
 - 44.78 Chula Vista
 - 44.83 West Hills
 - 45.05 San Pasqual
- Hand time:
- 41.2 University City
 - 42.2 Lincoln
 - 42.3 Morse
 - 42.7c Helix
 - 42.7c Monte Vista
 - 42.9 Mission Bay
 - 43.1 Eastlake
 - 43.1 Bonita Vista
 - 43.2 Kearny
 - 43.2 Sweetwater
 - 43.4 Rancho Bernardo
 - 43.4 Serra
 - 43.4 Hoover
 - 43.5c El Cajon Valley
 - 43.5 Escondido
 - 43.5 Mt. Carmel
 - 43.6 Patrick Henry
 - 43.6 Granite Hills
 - 43.6 El Camino
 - 43.7 San Diego

Please see page 13.

Best Marks:

From page 12.

43.8	Mira Mesa
43.9	West Hills
43.9	Valley Center
43.9	Rancho Buena Vista
44.1	Poway
44.1	Mount Miguel
44.1	Oceanside
44.2	St. Augustine
44.4	Crawford
44.4	San Marcos
44.4	San Pasqual
44.4	Ramona
44.4	Coronado
44.4	Torrey Pines
44.6	Vista
44.7	Montgomery
44.7	Chula Vista
44.7	Hilltop
44.8	Scripps Ranch
44.9	Castile Park

4x400 Relay:

3:19.82	Lincoln
3:19.91	Serra
3:20.77	Rancho Buena Vista
3:21.90	Rancho Bernardo
3:22.07	West Hills
3:22.23	Granite Hills
3:22.26	University City
3:22.85	San Pasqual
3:23.35	Mt. Carmel
3:24.61	Helix
3:24.79	Fallbrook
3:24.92	Valley Center
3:25.02	Escondido
3:25.53	Point Loma
3:25.8	Eastlake
3:26.52	Vista
3:26.64	Poway
3:27.05	Patrick Henry
3:27.5	Bonita Vista
3:29.13	La Costa Canyon
3:29.31	Mount Miguel
3:29.74	Torrey Pines
3:30.0	Escondido
3:30.7	Mar Vista
3:30.81	Castile Park
3:31.2	Monte Vista
3:31.27	Mission Bay
3:31.75	Morse
3:32.01	El Cajon Valley
3:32.09	Bishop's
3:34.08	Coronado
3:34.24	Scripps Ranch
3:34.54	St. Augustine
3:34.54	University of San Diego
3:35.62	Grossmont
3:35.97	Chula Vista
3:36.31	San Marcos
3:36.5	Carlsbad
3:37.44	Ramona

High Jump:

6-10	Chris Staton, PH
6-8	Bobby Okenwa, Morse
6-7	Shawn Smith, S'west
6-7	Isaac Simms, UC
6-6	Eric Williams, RB
6-6	Brandon Mundinger, Val
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	Jamal Randall, MontV
6-4	Tony Ortiz, Hx
6-4	James Profit, Serra
6-3	Corey Evans, East
6-3	Toby Pykles, Hx
6-3	Patrick McDonough, LCC
6-2	Austin Neudecker, BV
6-2	John Feehan, Esc
6-2	Andrew Fischer, RB
6-2	Trevor Rafferty, ElCap
6-2	Jordan Adams, PH
6-2	Ahnizo Gainey, RBV
6-2	Matt Vaughn, SR
6-2	Nate Skrzypczak, VC
6-2	Slater Traeen, Mic
6-2	Micah Holiday, Craw
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 Valbada, MIC
6-0	Robert Jahelka, LJ
6-0	J. J. Washington, Kny
6-0	Donte Phillips, Sweet
6-0	Brad Seaman, LCD
6-0	Ian Winhoven, SIA
6-0	Trandon Harvey, Sweet
6-0	Chris Chammas, MIC
6-0	Jonathan Thomas, ECV

Pole Vault:

16.2	Travis Offner, MIC
15.6	Jonathan Takahashi, Gross
14.8	Chris Dorminy, RB
14.6	Alex Doria, East
14.2	Ricardo Murillo, Vista



Ben Knight
Mar Vista



Jon Ward
Poway



Chris Ferrier
La Jolla

14-1	Javier Munoz, CP
14-1	Greg Leavitt, Hx
14-0	John Jeter, MIC
14-0	Mike Hill, RB
14-0	Austin Priest, RBV
14-0	Tim Warner, Carls
14-0	Richard Baker, BV
13-8	Chris Spehar, RB
13-4	Ryan Daley, Vista
13-1	Clayton Marshall, WH
13-0	Brian Heimburge, Pow
13-0	Kaysey Kaeser, Fall
13-0	Ryan Spitz, RB
13-0	Tim Ngo, Pow
13-0	Zach Salazar, RB
13-0	Tony Garcia, WH
13-0	Frank Vasquez, East
13-0	Allen Beck, RBV
13-0	Cameron Figueroa, GH
12-8	Devon Aleman, East
12-7	Josh Malmuth, TP
12-7	Huy Pham, MontV
12-7	Kevin Rynearson, Val
12-7	Jason Reeder, WH
12-6	Tristan Jankowski, BV
12-6	Gary Williams, Serra
12-6	Adrian Ruark, PIL
12-6	Keith Hamon, RBV
12-6	Kenny James, RB
12-6	Jeff Erwin, Mad
12-6	Terrel Beanum, VC
12-6	Mike Vinoya, MarV

Best marks of the year - PAGE 13

22-7.5	Keno White, RB
22-7.25	Jeff Hunter, GH
22-6	Trandon Harvey, Sweet
22-5	Nate Skrzypczak, VC
22-2	Danny Nenow, GH
22-1.75	Jonathan Takahashi, Gross
21-10.5	Marquez Miller, ElCam
21-6.5	Marcus Barard, Vista
21-3.5	Steve Hawkins, ElCap
21-1.5	Brandon Barnes, RBV
21-0	Kyle Conerly, WH
21-0	Rob Finney, ECV
20-11	Keith Robinson, MIM
20-11	Walter Weinman, MIM
20-10	Kyle Ware, Serra
20-5.75	Brandon Anthony, ElCam

Triple Jump:

47-3.5	Trandon Harvey, Sweet
47-3	Tony Ortiz, Hx
46-5	Jon Reynolds, UC
46-4.5	Eric Williams, RB
44-10	Jamal Randall, MontV
44-8	Nate Skrzypczak, VC
44-6	Vernon Smith, MB
44-2	Brandon Roberson, Morse
44-0.5	Keno White, RB
44-0.5	Carl Evans, SIA
43-11	Isaac Simms, UC
43-10	William Buchanan, Oc
43-9	Wade Curry, East
43-8	Marcus Wooden, Morse
43-7	Jason Thomas, PH
43-7	Eric Rogers, Morse
43-6.5	Austin Neudecker, BV
43-6	Shannon Nowden, MB
43-4	Phillip Holley, CP
43-3	Thomas Okumu, Hoov
42-10	Chris Greene, Ram
42-9	Damon Warren, Serra
42-8	Kyle Conerly, WH
42-8	Adam Herrod, Serra
42-7.25	Brandon Barnes, RBV
42-6	Corey Evans, East
42-5.5	John Koummalasy, Claire
42-5	Ralph Haynes, RB
42-5	Ishajuan Sanders, CP
42-4.5	Matt Princetta, TP
42-4.5	Walter Weinman, MIM
42-4	Ahnizo Gainey, RBV
42-4	John Feehan, Esc
42-3.5	Avante Agurs, Gross
42-2	Mike Iafe, SIA
42-1.5	Elvin Guestion, Linc
42-1	Thomas Mootry, Morse
42-1	Franklin Allen, CV
42-0	Harlon Edison, MontV
41-11.5	Micah Holiday, Craw
41-11	Chris Poche, SP
41-10.5	Michael Sullivan, RB
41-10.25	Keith Robinson, MIM
41-10	Elijah Brunson, Oc
41-9	Jon Everett, SP
41-7	Marcus Barard, Vista
41-7	Aaron Barnhill, SM
41-7	Gabriel Ibarra, Imp
41-6.75	Dominic Sharmittaro, Ram
41-5.75	Chris Veasy, MontV
41-5.5	Brandon Chillar, Carls
41-5	Shawn Smith, S'west
41-5	Andrew Goins, Serra
41-4	Charles Bean, East
41-4	Michael Glavan, OG
41-3.75	Marvin McNeill, BV
41-3.25	Sopheha Chan, Hoover
41-2	Matt Lesenyie, RBV
41-0	Herman Nuckols, SM
41-0	Dan Rice, GH

Windy:

47-11.5	Tony Ortiz, Hx
43-8	Kyle Conerly, WH
43-4	Walter Weinman, MIM
42-7	Avante Agurs, Gross
41-10.75	Mike Iafe, SIA
41-7.25	Marcus Barard, Vista
41-6	James Edwards, ElCap
41-0	Steve Hawkins, ElCap

Shot Put:

58-6	Steve Vieira, Carls
56-3	Travis Watkins, Hx
55-3	Travis Jones, MiraM
52-11	Jason Tuerk, RB
52-5.5	Reynaldo Stephens, CP
52-4	Tyler Moazed, MIC
52-2.5	Jeremy Read, RB
51-10	Derrick Germain, Fall
51-6	Jesse English, RBV
51-5.5	Andre Williams, MB
51-2	Eric Holzhauer, RBV
50-9	Pana Faumina, Carls
50-9	Anthony DeBoer, RBV
50-8.5	Travis Asch, ElCap
50-6	Richie Smith, GH
50-6	Mike Schardin, East
50-0	Jon Ward, Pow
49-7	Vince Clarke, GH
49-6	Onofre Gascon, Sweet
49-5	Brad Brittain, TP
49-1.5	Nate Tavale, Carls

12-2	Stephen Todd, Val
12-1	Mike Cunningham, WH
12-0	Casey Lang, Val
12-0	Barrel Fraenzl, GH
12-0	Jeswin Montoya, Esc
12-0	Steve Hong, RB
12-0	Alan Tse, RB
12-0	Josh Earhardt, MiraM
12-0	Brian Bonney, VC
12-0	Brendan Hawkings, SP
12-0	Joe Harlin, Fall
12-0	Todd Hough, VC
12-0	Jason Gabriel, SR
12-0	Angelo Giolzetti, SR
12-0	Aldrich Galimba, Esc

Long Jump:

23-11	Eric Williams, RB
23-0	Tony Ortiz, Hx
22-8	Shannon Nowden, MB
22-7	Jon Reynolds, UC
22-5	Alton Gilbert, Linc
22-5	Jeff Hunter, GH
22-4	Phillip Holley, CP
22-2.5	Mike Roberts, PH
22-1	Nate Skrzypczak, VC
22-1	Trandon Harvey, Sweet
22-0	Jonathan Takahashi, Gross
21-11.5	Chris Staton, PH
21-11	Dean Wu, UC
21-11	Jamal Randall, MontV
21-10.5	Herman Nuckols, SM
21-10	Thomas Mootry, Morse
21-8.5	Trevor Rafferty, ElCap
21-8	Brandon Roberson, Morse
21-6.5	Desmond Benson, SD
21-6	Jordan Adams, PH
21-6	Bobby Okenwa, Morse
21-4	Eric Rogers, Morse
21-4	Keno White, RB
21-3	Marcus Wooden, Morse
21-1.5	Tony Golston, PIL
21-1.5	David Hannibal, BV
21-1.25	Danny Nenow, GH
21-1	Adam Herrod, Serra
21-1	Andrew Goins, Serra
21-1	Chris Greene, Ram
21-0.5	Alex Fromer, MIC
20-11.75	Walter Scott, Sant
20-11.25	Pat Mahoney, MIC
20-9.75	Chris Poche, SP
20-9.5	Jonathan Thomas, ECV
20-9	Avante Agurs, Gross
20-9	Kevin Johnson, East
20-9	Shaun Harper, MB
20-8	Ahnizo Gainey, RBV
20-8	Keith Robinson, MIM
20-7.75	Mike Iafe, SIA
20-7.5	Kyle Conerly, WH
20-7.5	Brandon Barnes, RBV
20-7	Marquez Miller, ElCam
20-6.25	Nykolos Tyler, Linc
20-6	Austin Neudecker, BV
20-6	Danny Prior, Linc
20-6	Thomas Okumu, Hoover
20-5.5	Turner, Horizon
20-5	Micah Holiday, Craw
20-5	Jason Davis, Pow
20-5	Marcus Barard, Vista
20-5	Jesse Alvarez, CV
20-5	Walter Weinman, MIM
Windy:	
23-4.5	Tony Ortiz, Hx
23-1.5	Dean Wu, UC

Please see page 14.

Best Marks:

From page 13.

- 49-0 David Abbott, MB
- 48-11 Eder Arosemena, Vista
- 48-9 Jeff Wilson, OG
- 48-9 Marco Gonzalez, VC
- 48-8 Kha Le, OG
- 48-7 Josh Halsey, RBV
- 48-4 Travis Jones, Val
- 48-2.4 Mike O'Malley, USD
- 48-2 Abraham Cruz, MB
- 48-0.25 Curtis James, Kny
- 48-0 Chase Hanson, StA
- 47-8.5 Eddie Murdock, Hx
- 47-8 Jeremy Driggs, Sweet
- 47-7 Moses Rangel, East
- 47-4.5 Tagaia Savainaea, East
- 47-4 Jensen Cayas, BV
- 47-1.5 Mike Colgan, Fall
- 47-1 Cliff Learn, LJ
- 46-11 Dan Thompson, Fall
- 46-10 Matt Carr, StA
- 46-8.75 Erik Hansen, Hill
- 46-7.5 Dion Gorton, PIL
- 46-7 Rashaan Durr, UC
- 46-4.75 Carl Atkinson, BV
- 46-3.5 Danny Phan, UC
- 46-1 Matt Grollnek, TP
- 46-0 Nate Fredericks, MarV
- 46-0 Mark Tate, Hoover
- 45-9 John Pluth, VC
- 45-9 John Rettig, Hx
- 45-7 Kevin Wilson, Sant
- 45-7 Avery Lee, Morse
- 45-6 David Brainerd, SR
- 45-5.5 Matt Kocher, PH
- 45-2.5 Sean McClean, Vista
- 45-1 Glen Ludwig, Val

Discus Throw:

- 188-10 Travis Jones, MiraM
- 186-9 Jon Ward, Pow
- 172-0 Travis Watkins, Hx
- 169-3 Travis Asch, ElCam
- 164-10 Chase Hanson, StA
- 163-5 Reynaldo Stephens, CP
- 163-3 Will Hunt, Hill
- 161-3 Steve Vieira, Carls
- 161-1 Moses Rangel, East
- 160-3 Richie Smith, GH
- 159-0 Jason Tuerk, RB
- 159-0 Anthony DeBoer, RBV
- 158-0 Jeremy Driggs, Sweet
- 157-8 Abel Aramburo, ECV
- 157-8 Jarel Watson, ElCam
- 156-7 Jesse English, RBV
- 156-3 Andre Williams, MB
- 151-9 Tagaia Savainaea, East
- 150-7 John Pluth, VC
- 150-4 Luke Holderby, Ram
- 148-10 Dan Thompson, Fall
- 148-6 Anthony Pendleton, StA
- 148-4 Greg Padilla, Sweet
- 147-8 Vince Clarke, GH
- 146-0 Marco Gonzalez, VC
- 145-7 Scott Colegrove, Esc
- 145-6 Cliff Learn, LJ
- 145-1 Abraham Cruz, MB
- 145-0 Alex Thompson, SM
- 144-0 Chris Staton, PH
- 144-0 Brad Brittain, TP
- 144-0 Kha Le, OG
- 143-10 Brandon Seilham, MIC
- 143-9 Ben Thompson, BV
- 143-2 Mark Lozano, ElCam
- 143-0 Tyler Moazed, MIC
- 142-0 Robert Ruzich, SP
- 142-0 John McRaven, Caro
- 141-8 Nate Tavale, Carls
- 140-2 Greg Pulaski, TP
- 139-1 Carl Atkinson, BV
- 139-1 Ace Lawrence, Gross
- 138-8 Mike Schardin, East
- 138-8 Derrick Germain, Fall
- 137-6 Dion Gorton, PIL
- 137-5 David Abbott, MB
- 137-1 Jared Bray, MB
- 136-11 Matt Blake, Hill
- 136-9 Onofre Gascon, Sweet
- 136-5 Jabari Brown, Crow
- 134-11 Curtis James, Kny
- 134-9 Kevin Wilson, Sant
- 134-5 Andre Hicks, Hoov
- 133-9 Mike Colgan, Fall
- 132-11 Tyler Ellis, RB
- 132-5 Louis Wright, Lin
- 132-2 Shawn Kramer, Ram

GIRLS:

Marks received by May 23.

100:

Automatic time:

- 11.61 Monique Henderson, Morse
- 12.13 Nastassaja Hall, RBV
- 12.22 Kameelah Allen, MtM
- 12.29 Zikarra Beverley, USD

- 12.29 Autumn Wright, ElCam
- 12.32 Priscilla Parker, MB
- 12.36 Jessica Thomas, ElCam
- 12.36 Aroline Neal, RBV
- 12.39 Tanisha Johnson, East
- 12.45 Shauna Hackett, Morse
- 12.46 Ceara Ray, Fall
- 12.53 Amber Carrington, MIC
- 12.56 Martina Allen, Serra
- 12.62 Stephanie Blake, FP
- 12.69 Alicia Lowery, Morse
- 12.75 Crystal Hinton, Linc
- 12.77 Kyle Lederer, RB
- 12.78 Nini Herron, ECV
- 12.83 Latoya Summerville, SR
- 12.84 Sparkle Anderson, Serra
- 12.84 Daniela Fromer, MIC
- 12.84 Kaitlyn Doe, TP
- 12.86 Phylcia Reddick, Morse
- 12.90 Deitra Manley, Linc
- 12.90 Faith Lin, LJ
- 12.94 Cassandra Patterson, CP
- 12.95 Phoebe Perkins, MontV
- 12.97 Elisa Holiday, WH
- 13.00 Tiffany Lowery, SP
- 13.03 LaKendra McKenzie, Hx
- 13.04 Marla Mason, CV
- 13.04 Rosa Durruthy, East
- 13.05 Dinisha Robinson, Coro
- 13.08 Ashley Rioja, MtM
- 13.09 Lani Kuhlow, Coro
- 13.10 Kristina de la Rosa, RB
- 13.10 Aiesha Singleton, PH
- 13.15 Jackie Jenkins, Kny
- 13.15 Cora Estridge, Linc

Windy:

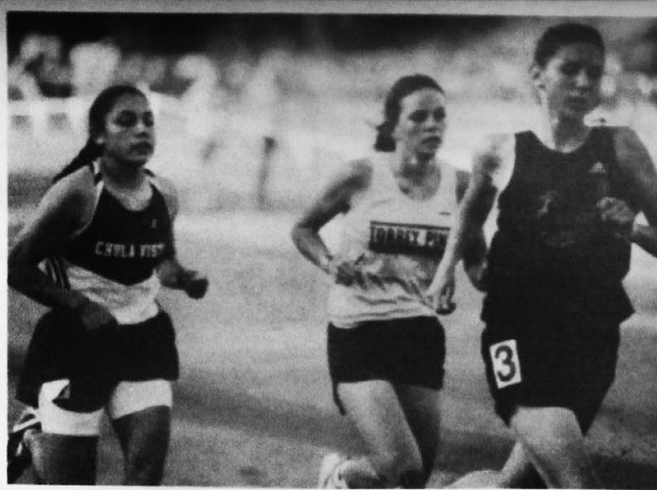
Hand time:

- 11.9 Monique Henderson, Morse
- 11.9 Autumn Wright, ElCam
- 12.0 Nastassaja Hall, RBV
- 12.1 Ceara Ray, Fall
- 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, MIC
- 12.4 Martina Allen, Serra
- 12.4 Aroline Neal, RBV
- 12.5 Kaitlyn Doe, TP
- 12.5 Luketta Williams, Hx
- 12.6 Rosa Durruthy, East
- 12.6 Faith Lin, LJ
- 12.6 Phoebe Perkins, MontV
- 12.6 Shauna Hackett, Morse
- 12.6 Latoya Summerville, SR
- 12.6 Daniela Fromer, MIC
- 12.6 Kyle Lederer, RB
- 12.6 LaKendra McKenzie, Hx
- 12.6 Alicia Lowery, Morse
- 12.7 Dinisha Robinson, Coro
- 12.7 Stephanie Blake, FP
- 12.7 Naomi Mattos, Fall
- 12.7 Phylcia Reddick, Morse
- 12.7 Aiesha Singleton, PH
- 12.7 Latrice Dickens, PH
- 12.7 Kristina de la Rosa, RB
- 12.7 Rachel Snare, SR
- 12.7 Sparkle Anderson, Serra
- 12.7 Crystal Hinton, Linc
- 12.7 Adrienne Jubb, Carls
- 12.7 Ashley Fowler, Val
- 12.7 Cassandra Patterson, CP
- 12.8 Tiffany Lowery, SP
- 12.8 Nini Herron, ECV
- 12.8 Meggi Afenir, Esc
- 12.8 Marla Mason, CV
- 12.8 Natalie Soto, Carls
- 12.8 Francine Cepeda, RB
- 12.8 Nicole Rothert, Fall
- 12.8 Deitra Manley, Linc
- Windy:
- 12.5 Nini Herron, ECV
- 12.6 Phylcia Reddick, Morse
- 12.6 Elisa Holiday, WH
- 12.7 Mimi Herron, ECV
- 12.8 Ashlee Hegner, WH

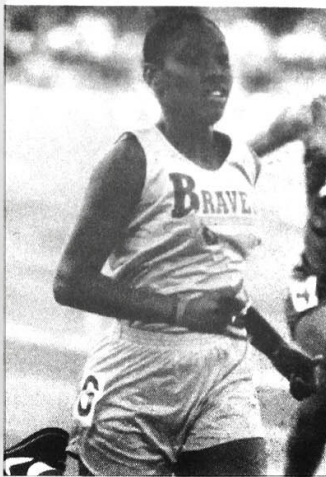
200:

Automatic time:

- 23.95 Monique Henderson, Morse
- 24.50 Nastassaja Hall, RBV
- 24.79 Zikarra Beverley, USD
- 25.12 Ceara Ray, Fall
- 25.16 Aroline Neal, RBV
- 25.21 Priscilla Parker, MB
- 25.43 Kameelah Allen, MtM
- 25.41 Shauna Hackett, Morse
- 25.42 Stephanie Blake, FP
- 25.67 Tanera Jones, MIC
- 25.80 Jane Givens, LJ
- 25.84 Nini Herron, ECV
- 25.91 Phoebe Perkins, MontV
- 25.96 Mallane Dressel, Carls
- 25.98 Tiffany Lowery, SP
- 26.02 Laura Landry, RB
- 26.19 Alexis Tate, RB
- 26.19 Martina Allen, Serra
- 26.25 Crystal Hinton, Linc
- 26.28 Cassandra Patterson, CP
- 26.42 Elisa Holiday, WH



Felisha Mariscal, Tessa Connor, Shawna Winfrey
Chula Vista Torrey Pines West Hills



Nini Herron
El Cajon Valley

- 26.48 Elizabeth Tsu, LCC
- 26.49 Natalie Soto, Carls
- 26.56 Deitra Manley, Linc
- 26.61 Tara Ricasa, MIC
- 26.69 Erin Willis, OLP
- 26.76 Niesh French, GH
- 26.80 Alexis Rampaul, Pow
- 26.88 Kristine Schroeder, RB
- 26.90 Mimi Herron, ECV
- 26.91 Rosa Durruthy, East
- 26.96 Sparkle Anderson, Serra
- 26.97 Jackie Jenkins, Kny
- 26.99 LaKendra McKenzie, Hx
- 27.05 Tamekia James, SD
- 27.07 Ashleigh Davis, ElCam
- 27.09 Aiesha Singleton, PH
- 27.16 LaSheena Rice, SD
- 27.18 Jackie Mandy, CV
- 27.25 Jill Young, Pow
- 27.29 Liz McNamara, Pow
- 27.31 Denise French, BV
- 27.33 Jackie Mandy, CV

Windy:

- 23.16 M. Henderson, Morse (+4.0)
- 26.38 Elisa Holiday, WH
- 26.84 Luketta Williams, Hx

Hand time:

- 23.8 Monique Henderson, Morse
- 25.0 Nastassaja Hall, RBV
- 25.2 Stephanie Blake, FP
- 25.2 LaSheena Rice, SD
- 25.2 Autumn Wright, ElCam
- 25.4 Ceara Ray, Fall
- 25.7 Martina Allen, Serra
- 25.9 Aroline Neal, RBV
- 25.9 Laura Landry, RB
- 25.9 Tanera Jones, MIC
- 26.1 Sparkle Anderson, Serra
- 26.2 Tiffany Lowery, SP
- 26.2c Naomi Mattos, Fall
- 26.2 Audrey Pound, Pow
- 26.3 Mallane Dressel, Carls
- 26.3 Rosa Durruthy, East
- 26.4c Phoebe Perkins, MontV
- 26.4 Cassandra Patterson, CP
- 26.4 Natalie Soto, Carls
- 26.5 Jessica Thomas, ElCam
- 26.5c Kameelah Allen, MtM
- 26.5 Luketta Williams, Hx
- 26.5 Nicole Rothert, Fall
- 26.6 Priscilla Parker, MB
- 26.6 Latrice Dickens, PH
- 26.7 Jane Givens, LJ

- 26.7 Erin Willis, OLP
- 26.7 Aiesha Singleton, PH
- 26.7 Alexis Tate, RB
- 26.8 Christy Robinson, SD
- 26.8 Faith Lin, LJ
- 26.8 Ashley Coulson, East
- 26.8 Ashleigh Davis, ElCam
- 26.8 Elizabeth Tsu, LCC
- 26.9 Kaitlyn Doe, TP
- 26.9 Kristine Schroeder, RB
- 26.9 Elizabeth Tsu, LCC
- 27.0c LaKendra McKenzie, Hx
- 27.0c Nini Herron, ECV
- 27.0c Shauna Hackett, Morse
- 27.0 Francine Cepeda, RB
- 27.0 Deanne Cartwright, BV
- 27.1 Tamekia James, SD
- 27.1 Ashley Rioja, MtM
- 27.1 Adrienne Jubb, Carls
- 27.1 Crystal Hinton, Linc
- 27.1c Alexis Rampaul, Pow
- 27.1c Niesh French, GH
- 27.2 Marla Mason, CV
- 27.2 Ashley Fowler, Val
- 27.2 Rachel Snare, SR
- 27.2c Denise French, BV
- 27.3 Ashlee Hegner, WH
- 27.3 Jackie Mandy, CV

Windy:

- 25.9 Shauna Hackett, Morse
- 26.0 Nini Herron, ECV
- 26.4 Elisa Holiday, WH
- 26.6 Ashlee Hegner, WH
- 26.7 Mimi Herron, ECV
- 27.0c Loni Silver, ECV

400:

- 53.25 Monique Henderson, Morse
- 57.45 Nastassaja Hall, RBV
- 57.98 Stephanie Blake, FP
- 58.02 Audrey Pound, Pow
- 58.2 Whitney Schmucker, LJ
- 58.27 Naomi Mattos, Fall
- 58.78 Kristine Schroeder, RB
- 58.81 Phoebe Perkins, MontV
- 58.86 Jenna Timinsky, SDgoA
- 58.90 Mallane Dressel, Carls
- 58.9 Jane Givens, LJ
- 58.94 Tina Rosas, MontV
- 58.98 Alexis Rampaul, Pow
- 59.03 Nicole Rothert, Fall
- 59.09 Laura Landry, RB
- 59.16 Aroline Neal, RBV
- 59.19 Alexis Tate, RB
- 59.29 Elizabeth Tsu, LCC
- 59.4 Ebony Adams, ElCam
- 59.4c Morgan Avery, GH
- 59.62 Deanne Cartwright, BV
- 59.67 Unika Smith, Linc
- 59.7c Breyanna Barmer, Hx
- 60.07 Tiffany Lowery, SP
- 60.27 Janell King, Serra
- 60.31 Nicole Thomas, PH
- 60.48 Tara Ricasa, MIC
- 60.5 Latoya Brewer, East
- 60.7 Katherine Ziegler, UC
- 60.71 Jasmine Winfield, Vista
- 60.9c Luketta Williams, Hx
- 61.0 LaSheena Rice, SD
- 61.10 Katie Collins, Vista
- 61.13 Jaime Ransom, Sant
- 61.20 Liz McNamara, Pow
- 61.42 Nicole Reyes, RBV
- 61.5 Julie Komosinski, TP
- 61.5 Lesley Bravin, Val
- 61.5 Chelsea Chatfield, TP
- 61.6 Elisa Holiday, WH
- 61.7 Jacquelin Muhich, LCC
- 61.80 Kara Koehm, FP
- 61.89 Colleen Fogarty, USD
- 62.0 Tamekia James, SD
- 62.0 Tanera Jones, MIC
- 62.0 Denisha Bryant, MtM
- 62.12 Melodie Tao, RB

Please see page 15.

Best Marks:

From page 14.

62.14 Keera Toussaint, SP
62.3 Kerry Kelly-Cochrane, USD
62.33 Natalie Soto, Carls
62.4 Jessie Ansari, Carls
62.4 Kiley Dunlap, Coro
62.5c Keia Snowden, ECV
62.5 Princess Mitchell, Sweet
62.63 Janae Martin, CalC
62.7 Martina Allen, Serra
62.7c Dominique Hankins, MtM
62.7 Denise French, BV
62.7 Tiffany Davis, ElCam
62.73 Bernadette Grantling, Morse
62.78 Ashley Cunningham, Pil
62.93 Katherine Sanders, WH
62.96 Aubree Duff, VC
63.00 Taniya Kissane, RB
63.00 Duty, MtM
63.0 Jill Steele, MIC
63.0 Meosha Jefferson, S'west
63.0 Tanya Gorman, Sant

800:

2:13.42 Jenna Timinsky, SDgtoA
2:16.51 Monique Henderson, Morse
2:16.75 Desiree Davila, Hill
2:16.87 Julie Komosinski, TP
2:17.85 Jill Steele, MIC
2:19.50 Amonica Phipps, Morse
2:20.39 Courtney Allen, RBV
2:20.5 Maria McGaffigan, CP
2:21.1 Nicole Mier, SM
2:21.47 Katherine Ziegler, UC
2:21.80 Kerry Kelly-Cochrane, USD
2:22.61 Shawna Winfrey, WH
2:22.8 Nastassaja Hall, RBV
2:22.98 Felisha Mariscal, CV
2:23.43 Kamaya Damwijk, Pow
2:23.78 Jessie Ooms, UC
2:24.25 Candace Flake, Morse
2:24.3 Haley Moore, TP
2:24.58 Alexis Sampietro, TP
2:24.84 Olivia Hudek, Hill
2:24.84 Jackie Turpin, Sant
2:24.92 Tessa Connor, TP
2:25.0 Manal Yamout, MIC
2:25.18 Kaleena Yee, RB
2:25.28 Lesley Bravin, Val
2:25.29 Laura Landry, RB
2:25.3 Deanna Sick, MIC
2:25.5 Katie O'Connell, Carls
2:25.55 Julie Manson, RB
2:25.6 Angela Petersen, TP
2:25.9 Angela Rivas, Mont
2:25.93 Lidia de Carvalho, UC
2:26.02 Michelle Guerrero, LJ
2:26.22 Stephanie O'Brien, Pow
2:26.23 Rachelle Bombaci, Pil
2:26.48 Amy Montgomery, Serra
2:26.85 Nikki Rideout, SP
2:26.85 Dulce Alvarez, BV (2:26.8h)
2:26.98 Kelly Larsen, RB
2:27.3 Krista Romley, TP
2:27.43 Camille Robinson, CV
2:27.76 Karen Vasko, RB
2:28.2c Tina Rosas, MontV
2:28.34 Tara Whitly, Pow
2:28.35 Rachelle Pizarro, Mont
2:28.48 Jackie Dale, WH
2:28.5 Stephanie Baird, Hx
2:28.71 Laurel Hanscom, Val
2:28.84 Amy Barnes, OLP
2:28.9 Ashlee Dere, MIC

1500:

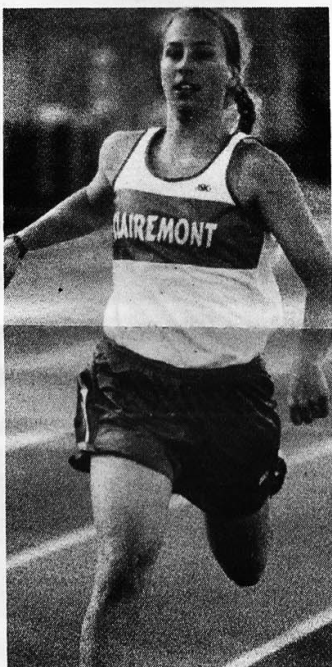
4:45.5 Julie Komosinski, TP
4:46.5 Angela Petersen, TP
5:00.65 Deanna Sick, MIC
5:01.61 Krista Romley, TP
5:02.17 Kristen Thompson, BV
5:04.21 Angela Rivas, Mont
5:05.4 Katie O'Connell, Carls
5:09.1 Janet Mulvey, MIC
5:12.1 Loretta Kilmer, Ram
5:13.64 Kate Branson, BV
5:19.07 Dorothy Troglor, TP
(NOTE: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

1600:

4:59.41 Desiree Davila, Hill
5:03.80 Julie Komosinski, TP
5:04.89 Angela Petersen, TP
5:06.11 Julie Manson, RB
5:11.93 Nicole Mier, SP
5:12.00 Katie Baker, Pow
5:12.13 Katherine Ziegler, UC
5:16.7c Stephanie Baird, Hx
5:18.80 Katie O'Connell, Carls
5:18.88 Kaleena Yee, RB
5:19.18 Loretta Kilmer, Ram
5:19.75 Jasmine Marquez, ElCap
5:20.3 Deanna Sick, MIC
5:20.40 Manal Yamout, MIC
5:20.53 Karen Vasko, MIC
5:21.0 Chessa Adsit-Morris, UC
5:21.43 Kristen Thompson, BV
5:21.45 Katie Matlack, Fall
5:21.6 Angela Rivas, Mont
5:22.1 Claire Beck, OLP



Chantel Nemore
El Camino



Kristi Kuehner
Clairemont

5:23.15 Kate Branson, BV
5:24.3 Krista Romley, TP
5:24.41 Courtney Stolis, GH
5:24.64 Bertha Ojeda, CV
5:25.05 Sophia Marquez, CV
5:26.01 Ashley Viens, Val
5:26.85 Michelle Guerrero, LJ
5:26.9 Sara Reid, Pil
5:27.15 Amy Montgomery, Serra
5:27.2 Dori McGuire, MiraM
5:28.0 Jamie Carmichael, Fall
5:28.4 Janet Mulvey, MIC
5:28.43 Allison Hilton, MIC
5:28.7 Jill Steele, MIC
5:29.0 Rebecca McKeown, UC
5:29.05 Rachel Farrior, Hx
5:29.75 Kristina Nugent, WH
5:30.0 Maija Rohde, Fall
5:30.4 Rachel Bombaci, Pil
5:30.5 Laura Cohen, UC
5:31.0 Courtney Allen, RBV
5:31.10 Dorothy Troglor, TP
5:31.12 Anna Hough, VC
5:31.20 Jessica Huepper, RB
5:31.28 Lauren Jerd, UC
5:31.58 Stephanie Casler, Val
5:32.10 Kristen Gonzalez, BV
5:33.16 Audrey Harrer, MtC
5:33.20 Leah Romero, RB
5:33.89 Amonica Phipps, Morse
5:33.9 Sara Schertzer, Carls
5:35.0 Sara Cates, Carls



Claire Beck
Our Lady of Peace

5:35.58 Pati Romero, East
5:35.65 Sara Reid, Pil
5:35.90 Morgan Feori, USD
5:37.3 Maria McGaffigan, CP
5:37.79 Charlotte Chalfant, SP
5:37.46 Elizabeth Harns, Hx

3000:

10:15.42 Desiree Davila, Hill
10:35.42 Jasmine Marquez, ElCap
(NOTE: T&F News converts 10:15.42 to 11:00.8 for 3200)

3200:

10:36.83 Julie Manson, RB
10:59.57 Angela Petersen, TP
11:04.7 Julie Komosinski, TP
11:10.71 Loretta Kilmer, Ram
11:12.3 Desiree Davila, Hill
11:12.4 Stephanie Baird, Hx
11:19.9 Kaleena Yee, RB
11:23.2 Deanna Sick, MIC
11:25.5 Jasmine Marquez, ElCap
11:30.1 Chessa Adsit-Morris, UC
11:34.7 Manal Yamout, MIC
11:36.0 Ashlee Dere, MIC
11:39.0 Nicole Mier, SM
11:42.7 Maija Rohde, Fall
11:44.8 Bertha Ojeda, CV
11:45.0 Katherine Ziegler, UC
11:45.62 Angela Rivas, Mont
11:47.3 Becca Bartell, WH
11:47.57 Janet Mulvey, MIC
11:47.7 Audrey Harrer, MIC
11:48.66 Jessica Huepper, RB
11:49.9 Chandra Farnham, WH
11:51.19 Claire Beck, OLP
11:53.5 Dori McGuire, MiraM
11:56.99 Kristina Nugent, WH
11:59.4 Joanne Southard, WH
12:03.8 Desiree Leek, LJ
12:04.33 Cassie Kuske, WH
12:05.0 Natalie Parks, Pil
12:05.5 Tracee Lorenzana, MontV
12:06.89 Lauren Swigar, LCD
12:07.0 Katie O'Connell, Carls
12:07.1 Sara Cates, Carls
12:07.3 Jamie Carmichael, Fall
12:07.9 Allison Hilton, MIC
12:08.82 Alejandra Montiel, VC
12:09.08 Tara McGowan, LJ
12:09.3 Katie Matlack, Fall
12:09.59 Rebecca McKeown, UC
12:10.41 Catlyn Kearney, USD
12:10.47 Ashley Orr, TP
12:10.47 Pati Romero, East
12:11.4 Cindy Walker, GH
12:11.9 Laura Cohen, UC
12:13.87 Ashley Viens, Val
12:14.34 Mandy Johnson, CP
12:16.2 Laura Guzman, Esc
12:16.28 Jen Wirkus, Claire
12:16.8 Katie Boyd, RB

100 Hurdles:

Automatic time:

14.98 Catie Coin, RB
15.13 Tanisha Johnson, East
15.32 Melissa McGrath, RB
15.32 Nikki Dulin, RB
15.40 Cheryl Hawkins, Morse
15.48 Meggi Afenir, Esc
15.54 Audrey Pound, Pow
15.59 Bryeanna Barmer, Hx
15.65 Morgan Albini, SP

Best marks of the year – PAGE 15

15.89 Marie Carter, MiraM
16.20 Jessica Eggleston, ElCam
16.29 Keiona Clark, MontV
16.46 Chantal Nemore, ElCam
16.51 B. J. Hayes, East
16.54 Kristen Murphy, RB
16.61 Katie Camp, MontV
16.62 Erin Asay, Sweet
16.78 Abril Jimenez, Hill
16.82 Morgan Avery, GH
16.86 Kim Dambkowski, VC
16.88 Eva Tanner, Gross
16.92 Katherine Dostal, WH
16.99 Leah Cole, VC
17.11 Aurora Ruis, ECV
17.26 Ali Ribner, TP
17.29 Tanera Jones, MtC
17.32 Katie Schultz, CalC
17.35 Meredith Riley, Carls
17.40 Elise Orlando, MiraM
17.44 Ashleigh Penrod, TP
17.48 Laura Maurer, Fall
17.53 Erica Schim, LCC

Windy:

16.22 Katherine Dostal, WH
16.36 Katie Camp, MontV
16.93 Aurora Ruis, ECV
16.96 Erin Martin, WH

Hand time:

14.9 Catie Coin, RB
15.1 Meggi Afenir, Esc
15.1 Tanisha Johnson, East
15.2 Bryeanna Barmer, Hx
15.3 Melissa McGrath, RB
15.4 Morgan Albini, SP
15.5 Tanera Jones, MtC
15.6 Mary Macera, SM
15.7 Cheryl Hawkins, Morse
15.7 Marie Carter, MiraM
15.9 Jessica Eggleston, ElCam
15.9 Chantal Nemore, ElCam
16.1 Erin Asay, Sweet
16.2 Keiona Clark, MontV
16.2 Jill Alsop, MIC
16.2 Abril Jimenez, Hill
16.3 Audrey Pound, Pow
16.3 Katherine Dostal, WH
16.3 B. J. Hayes, East
16.4 Nikki Dulin, RB
16.4 Katy Camp, MontV
16.6 Meredith Riley, Carls
16.7 Liz McNamara, Pow
16.7 Laura Maurer, Fall
16.8 Leah Cole, VC
16.8 Eva Tanner, Gross
16.9 Kasy McGee, Carls
16.9 Kristen Murphy, RB
16.9 Kim Dambkowski, VC
16.9 Tynisha Majors, Sweet
16.9 Ali Ribner, TP
17.0 Ashleigh, Penrod, TP
17.1 Beret Flom, East
17.2 Darcy Fox, WH
17.2 Aimee Rolls, OG
17.2 Aurora Ruis, ECV
17.2 Elise Orlando, MiraM
17.2 Dana Copeland, TP
17.3 Angela Fazio, Gro
17.3 Malia McClurg, GH
17.3 Erica Schim, LCC

Windy:

15.0 Meggi Afenir, Esc
16.0 Jessica Eggleston, ElCam
16.2 Katherine Dostal, WH
16.7 Eva Tanner, Gross
17.0 Erin Martin, WH

300 Low Hurdles:

43.7 Tanisha Johnson, East
43.82 Catie Coin, RB
44.05 Audrey Pound, Pow
45.32 Bryeanna Barmer, Hx
45.6 Abril Jimenez, Hill
46.0 Meggi Afenir, Esc
46.06 Nikki Dulin, RB
46.14 Unika Smith, Linc
46.5 Morgan Albini, SP
46.7 Chantal Nemore, ElCam
46.78 Erica Schim, LCC
46.95 Marie Carter, MiraM
47.3 Jessica Eggleston, ElCam
47.53 Morgan Avery, GH
48.0 Tynisha Majors, Sweet
48.25 Erin Martin, WH
48.28 Cheryl Hawkins, Morse
48.68 Kristin Woodard, MIC
48.7 Deanna Lynn, Carls
49.1c Sara White, OG
49.1 Jasmine Winfield, Vista
49.1 Kelly Planko, Carls
49.1 Laura Maurer, Fall
49.2 Jill Alsop, MIC
49.24 Gadiyyah Abdullah, MtMig
49.4 Lauren McCabe, LCC
49.41 Mary Macera, SM
49.5 Beret Flom, East
49.6 Luisa Diaz, Fall
49.77 Katie Murphy, RB
49.79 Liz McNamara, Pow
50.2 Olivia Hudek, Hill

Please see page 16.

Best Marks:

From page 15.

50.2 Kayla Berkman, TP
50.26 Jackie Johnson, MIC

4x100 Relay:

Automatic time:

48.24 El Camino
48.41 Mount Miguel
48.66 Morse
48.91 Mt. Carmel
49.23 Rancho Bernardo
49.41 Fallbrook
49.66 Eastlake
49.73 Lincoln
50.02 Serra
50.12 Carlsbad
50.16 Poway
50.16 Helix
50.25 San Pasqual
50.45 West Hills
50.61 Rancho Buena Vista
50.63 Scripps Ranch
50.76 Monte Vista
50.85 Sweetwater
50.93 Chula Vista
51.01 Bonita Vista
51.03 El Cajon Valley
51.04 La Jolla
51.21 University of San Diego
51.27 Castle Park
51.62 San Diego
51.70 La Costa Canyon
51.81 Escondido
51.91 Valhalla
52.07 Vista
52.07 Granite Hills
52.08 Coronado
52.21 San Marcos
52.33 Mira Mesa
52.41 Valley Center
52.60 Point Loma
52.62 Mission Bay
52.64 Valley Center

Hand time:

48.1 El Camino
48.5 Morse
48.9 Lincoln
49.2 Fallbrook
49.3 Carlsbad
49.6 Eastlake
49.7 Serra
49.8 Mount Miguel
49.9 Mt. Carmel
49.9 Rancho Buena Vista
49.9 La Jolla
50.0 Rancho Bernardo
50.5 Scripps Ranch
50.6 San Diego
50.7 Poway
50.8 West Hills
50.8 Helix
50.8 San Pasqual
51.3 Patrick Henry
51.3 Bonita Vista
51.4c Monte Vista
51.4 University of San Diego
51.7 El Cajon Valley
51.7 Castle Park
51.7 Chula Vista
51.7 La Costa Canyon
51.7 Sweetwater
51.9 Granite Hills
51.9 Escondido
52.0 Valhalla
52.0 Torrey Pines
52.2 Mira Mesa
52.2 Vista
52.3 Valley Center
52.5 Coronado

4x400 Relay:

3:55.32 Morse
3:56.61 Rancho Buena Vista
3:58.01 Rancho Bernardo
3:58.78 Monte Vista
3:59.23 Mt. Carmel
3:59.30 Poway
4:00.77 La Costa Canyon
4:02.92 Helix
4:03.5 Fallbrook
4:04.68 Hilltop
4:05.0 Carlsbad
4:05.54 Torrey Pines
4:06.27 Lincoln
4:06.38 Castle Park
4:06.55 San Pasqual
4:07.20 Vista
4:08.01 West Hills
4:08.88 University of San Diego
4:08.99 Mount Miguel
4:09.78 Helix
4:10.0 Bonita Vista
4:10.02 Serra
4:10.15 Chula Vista
4:10.2 El Camino
4:10.37 University City
4:10.79 El Cajon Valley



Maria McGaffigan
Castle Park

4:10.96 Francis Parker
4:11.47 Granite Hills
4:11.71 Patrick Henry
4:12.91 Valhalla
4:16.3 Valley Center
4:16.4 Escondido
4:16.8c La Jolla
4:18.62 Eastlake (4:18.6h)
4:19.70 Sweetwater

High Jump:

5-6 Kelsey Turner, GH
5-4 Lauren Jones, TP
5-4 Shannon Fleming, USD
5-4 Mikaelyn Austin, RB
5-4 Misty Brewster, GH
5-4 Eva Tanner, Gross
5-4 Megan Bornes, RBV
5-3 Leah Cole, VC
5-2 Kristen Carlson, SFC
5-2 Alex Jackson, Carls
5-2 Bridget Files, Ram
5-2 Colleen Walker, TP
5-2 Kate Bartkiewicz, CV
5-2 Abril Jimenez, Hill
5-1 Kaylene Ivan, Esc
5-0 Liz McNamara, Pow
5-0 Meosha Jefferson, S'west
5-0 Amber Powell, SM
5-0 Sraeya George, Val
5-0 Karen Adams, ECV
5-0 Tara Shields, TP
5-0 Qadriyyah Abdullah, MIMig
5-0 Jaime Ransom, Sant
5-0 Jolene Thomas, Esc
5-0 Devonne Hanke, Horizon
5-0 Katie Brown, SM

Pole Vault:

11-7 Molly Pascarella, RB
11-6 Julie Hudlow, RB
11-3 Julia Preston, Pow
10-7 Janea Russ, GH
10-6 Beth Vieira, PIL
10-6 Marie Nowinski, MiraAM
10-6 Gretchen Allen, Pow
10-6 Katie Collins, Vista
10-3 Beatrice Guapo, East
10-2 Nicole Antonacci, Carls
10-1 Teri Vertullo, WH
10-0 Elise Orlando, MiraAM
10-0 Nicole Holcomb, TP
10-0 Charissa Cabrera, MIC
10-0 Betsy Halliburton, TP
9-9 Terri Lopez, WH
9-6 Laura Lafaya, East
9-6 Bev Robak, MIC
9-6 Erin Asay, Sweet
9-6 Megan Sage, MIC
9-6 Ama Navidi, RB
9-4 Lisa Przybylski, Gross
9-4 Brenna Mayer, Carls
9-2 Jenna Mavity, RBV
9-0 Amy Speer, MIC
9-0 Jillian Mazarella, BV
9-0 Becky Monroy, MiraAM
9-0 Roz Rideout, SP
9-0 Jessica Turner, Serra
9-0 Megan Wilkinson, East
9-0 Jillian Debaras, MIC
8-7 Veronica Freeman, Fall
8-7 Julie Strick, WH
8-6 Renee Antonacci, Carls
8-6 Emily Dennis, LCC
8-6 Susana Hodgers, CV
8-6 Rachael Rosales, Pow
8-6 Rosina Garcia, OG



Janell King
Serra

8-6 Kristen Harris, RBV
8-6 Anastasia Fiehler, VC
8-3 Theresa Acosta, Vista
8-3 Athena Clune, USD
8-1 Jessica Moore, East
8-1 Roseanna Fitzpatrick, Gross

Long Jump:

18-11.5 Jessica Thomas, ElCam
18-3.25 Aroline Neal, RBV
18-2.5 Nastassaja Hall, RBV
17-7 Megan Bornes, RBV
17-2 Nina Ropes, Fall
17-2 Tiah Gray, UC
17-2 Carrie McWhirter, SM
17-0.5 Simone Louviere, Hx
16-9.5 Sonfre Roberson, Morse
16-9 Naomi Mattos, Fall
16-9 Devonne Hanke, Hzn
16-8 Qadriyyah Abdullah, MIM
16-8 Angel Robinson, CV
16-7.25 LaSheena Rice, SD
16-7 Kathy Farfan, CP
16-6.5 B. J. Hayes, East
16-5.75 Joy Hannibal, BV
16-5 Tywanda Harris, ElCam
16-5 Sraeya George, Val
16-3.75 Marika Gaines, MontV
16-3 Tanisha Johnson, East
16-2.75 Denise French, BV
16-2 Phylcia Reddick, Morse
16-2 Jackie Mandy, CV
16-2 Kaitlyn Doe, TP
16-2 Kelli Hewlitt, PH
16-1 Beret Flom, East
16-1 Nayelli Kryger, VC
16-1 Danielle Rose, RB
16-1 Angela Rochester, GH
16-0.25 Rachel Thurber, RB
16-0 Angela Fazio, Gross
16-0 Katherine Dostal, WH
16-0 Natalie Soto, Carls
15-11.75 Cherese Brown, PH
15-11 Jaime Ransom, Sant
15-11 Darcy Fox, WH
15-11 Nichole Stahnke, OG
15-10 Sally Shields, TP
15-9.75 Kara Filipowski, Val
15-9.5 Cora Estridge, Linc
15-9.5 Bre Priest, SP
15-9.25 Lesley Bravin, Val
15-9 Tesaj Goodman, UC
15-9 Melanie Mincks, VC
15-9 Jacquelin Muhich, LCC
15-9 Jenny Benitez, S'west
15-8.25 Julia Carnevale, Bish
15-8 Trisha Martin, Mont
15-8 Melodi Williams, ECV
15-8 Nara Zaragoza, CP
15-5.25 Shannon Kessler, Hill
15-5 Tanicia Wallace, MontV
Windy:
18-9 Nastassaja Hall, RBV
16-6 Sraeya George, Val
15-11.25 Kara Filipowski, Val
15-8.5 Melodi Williams, ECV
15-6.75 Jaime Ransom, Sant
15-6 Rachel Dulin, RB
15-4.5 Amelia Helton, ElCap

Triple Jump:

37-2 Sraeya George, Val
37-1.5 Jane Givens, LJ
37-1 Nina Ropes, Fall
36-10.25 Megan Bornes, RBV
36-9 Jenny Fairchild, Vista
35-8.75 Tanicia Wallace, MontV

35-4.75 Dana Copeland, TP
35-3 Jessica Thomas, ElCam
35-2 Nadiyah Salahuddin, Hill
35-0 Carrie McWhirter, SM
34-11 Cheng Tan, Crow
34-11 Angel Robinson, CV
34-10.25 B. J. Hayes, East
34-10 Dani McNeely, LCC
34-9 Danielle Rose, RB
34-5 Tywanda Harris, ElCam
34-5 Amy Taylor, GH
34-4.5 Rachel Thurber, RB
34-3 Marika Gaines, MontV
34-3 Qadriyyah Abdullah, MIM
34-2.75 Joy Hannibal, BV
34-2 Lauren Jones, TP
34-1 Renee McKinney, RBV
33-11 Kim Dambkowski, VC
33-10.5 Beatrice Taunuu, Sweet
33-9.75 Simone Louviere, Hx
33-9 Kiley Weaver, RB
33-9 Lauren LaVine, Ram
33-8 Angela Fazio, Gross
33-6 Jessica Eggleston, ElCam
33-5.5 Nicole Christiansen, TP
33-4.5 Melodi Williams, ECV
33-4 Jill Alsup, MIC
33-3.5 Allison Kwan, BV
33-2 Melissa Cornett, WH
33-1 Keiona Clark, MontV

Windy:

33-1.25 Lindsey Orton, RB

Shot Put:

43-7.25 Candace Hill, Hoover
39-9.5 Marie Taumua, Sweet
39-2 Amber Hood, Morse
38-11.5 Carrie Johnson, Fall
38-11 Roseanna Makihale, SM
38-6.5 Rhiannon Henry, RBV
38-5.5 Shemika Morris, SR
38-2.5 Mikaelyn Austin, RB
38-0.5 Joy Boswell, ElCap
37-9 Veronica Harper, Linc
37-7 Angela Milazzo, Esc
36-7.5 Michelle Vavra, Esc
36-2.5 Ashley Ingoldt, OG
36-2.5 Lena Fanene, Carls
36-1 Brianna Makihale, SM
35-8.25 Laura Castellanos, CP
35-0 Katie Ames, ElCap
34-9 Brenda Brown, Serra
34-9 Amber Tiffany, GH
34-9 Ruby Udeh, Morse
34-6 Calvary Talaga, MIM
33-10.5 Hana Mauga, Oc
33-10 Alicia Criado, RBV
33-9.5 Alicia Minette, LJ
33-9 Sarah Byrne, Ram
33-9 Lisa Cannon, Esc
33-8.25 Rachel Johansen, MontV
33-8 Candace Doung, MIC
33-8 Samantha Singley, WH
33-7 Martinique Akinfosile, UCD
33-4 Sarah Teller, GH
33-3 Brittany Mon-Battung, Pow
32-11.5 Trethell Shields, East
32-11 Julie Sanchez, Serra
32-9 Jackie Silva, CP
32-8.25 Rebecca Boh, SP
32-7 Cynthia Sorrell, Vista
32-3.5 Annie Roberts, Pow
32-2.5 Rachel Thurber, RB
32-2.5 Kim Griffin, WH
32-2 Crystal Barber, Vista
32-1 Tori Coon, Gross

Discus Throw:

151-9 Candace Hill, Hoover
136-4 Rhiannon Henry, RBV
132-2 Angela Milazzo, Esc
131-11 Mikaelyn Austin, RB
126-11 Lisa Cannon, Esc
126-0 Brianna Makihale, SM
125-10 Carrie Johnson, Fall
122-11 Katie Ames, ElCap
117-4 Alicia Criado, RBV
116-1 Michelle Vavra, Esc
115-5 T. J. Gissentanna, RBV
114-5 Stacy Mickelson, RB
113-10 Shemika Morris, SR
112-8 Amber Hood, Morse
112-5 Anne Marie Zamazal, Carls
112-4 Cynthia Concha, Sweet
111-9 Rachel Thurber, RB
111-5 Annie Roberts, Pow
111-1 Shannon Young, East
110-3 Samantha Singley, WH
109-9 Alexandra Ray, TP
109-2 Amber Tiffany, GH
107-4 Jessica Turner, Serra
106-5 Jillian Clifton, GH
106-1 Teresa Lualemaga, Oc
105-9 Alicia Minette, LJ
104-2 Marie Taumua, Sweet
104-0 Alex Dabas, Carls
103-10 Ashlee Thompson, UC
103-9 Jessica Kendrick, LJ
103-6 Aqueelah Brown, Linc
103-4 Lauren French, PIL
103-0 Joy Boswell, ElCap
102-10 Lena Fanene, Carls
102-8 Danielle Mitchell, RBV
101-7 Sarah Smither, SP
101-0 Michelle Singleton, Crow
101-0 Mandy Schatzinger, Ram