

# TRACK MAGAZINE

Volume VI, Number 3 -- October 20, 2000

*What's  
inside...*

There's been some refining of the CIF Divisions, with some local input as to who races where. The end result might be better across the board competition in the CIF finals, at least in the top three divisions. See page 2.

The latest local rankings still have the Vista boys and the Mt. Carmel girls on top, but there is some movement among the top tens, with teams like the Torrey Pines and Rancho Bernardo girls starting to get better. There's also the first appearance of improved teams like the USD boys and the El Camino girls. See page 3.

We take an overview look at the dual meet season to date, where some leagues have already basically decided everything and some other leagues are still awaiting some very important meets. For a look at the dual seasons to date of most leagues, see pages 4 through 7.

The Southern California Invite is a cross country fan's delight, where the talents of individual runners are brought sharply into focus. To get all the info, please turn to page 7.

The St. Augustine Invitational allows the small school runners to get some recognition. There's some high-octane talent there, too, with the St. Augustine boys and San Dieguito Academy's Jenna Timinsky. See pages 11-12.

*The best in local prep cross country coverage*

*Now, it's  
getting  
serious...*

The season is entering the home stretch.

The final invitationals of the year will be completed this weekend, and the area's cross country teams will now turn their focus onto finishing up their dual meet seasons and preparing for the championship meets.

At this time of year, everything starts to become magnified, with coaches, reporters, fans and athletes scrutinizing results and looking for trends, for clues, for weaknesses among rivals.

This issue is devoted to looking at these trends.

Who's running well? Who's starting to put it together? Who, if anybody, is starting to become a bit unraveled? Are there new impact athletes that are coming onto the scene? Any unexpected names that might make some waves in the big meets just over the horizon?

We take an in-depth look at the Southern Cal Invitational to find out how those teams competed.

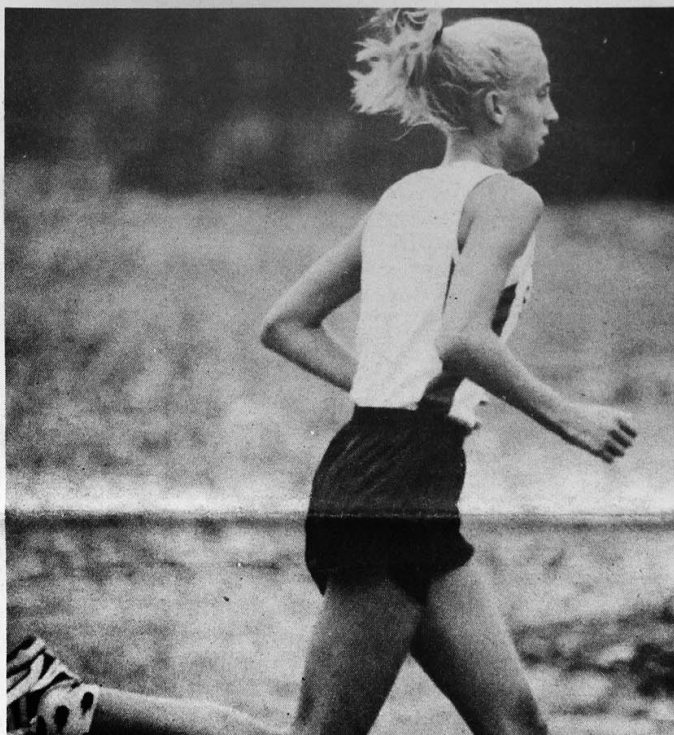
We also take an in-depth look at the small school divisions, with some information coming from the St. Augustine Invitational two weeks ago.

We also take a look at dual meet trends to this point, and what they might foretell.

There is also some discussion about which divisions teams will actually compete in when the CIF championships are contested in just a few more weeks. At this time, there are a lot of unanswered questions.

The best philosophy came from one veteran coach, who was unsure of his competition.

"We'll just get ready to run fast," he said.



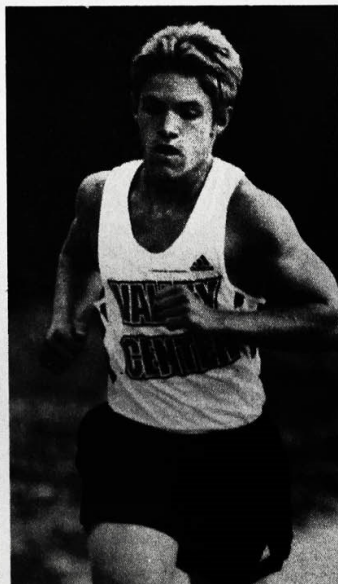
**Jenna Timinsky**

San Dieguito Academy junior is unbeaten in local races, and she dominated the recent St. Augustine Invitational, winning by 1 minute, 37 seconds.



**Sean Barrett**

St. Augustine takes the lead in the West



**Cooper Bachman**

Valley Center was the best team at SoCal



# News Briefs: Sections can 'float' divisions

In a move calculated to relieve pressure on individual sections, each state section can determine the boundaries between divisions, within limits.

The San Diego Section, which is top heavy with large schools, will probably adopt a recommendation from the coaches advisory committee to put the upper boundaries of Divisions IV, III and II as high as possible, thus taking off some of the pressure in Division I.

By state mandate, Division V will remain fixed at the enrollment of 350 students and below.

The enrollment figures are determined each October, and include students from 10th through 12th grades.

State officials will meet on Oct. 27 to make a final decision on the plan, which is expected to be approved.

Under this proposal, the San Diego Section's Division I will have 20 teams, ranging from 1700 students on up. Under the old guidelines, Division I could have had up to 30 teams, which would have made for degraded racing conditions.

Division II will range from 1350 to 1700 students, with 23 schools in that range.

Division III includes schools with enrollments ranging from 900 to 1350, with 13 teams in that range.

Division IV will still be marginal, with maybe 10 schools eligible to compete, but many of those programs do not have full teams, and two of the schools, St. Augustine and Army Navy Academy, only have boys enrolled.

State rules require that, at the section championship meet, eight full teams be entered in each race for the local section to be able to send its full complement of two teams plus five individuals.

That requirement has come into play in the last few years, with Valley Center's boys team not qualifying for the state meet last year in Division IV, after they finished second to an excellent St. Augustine squad.

A year before that, there was controversy in Division III, as a few of the area's coaches pressured some of the teams to field full squads. The result was that one team showed up with recently recruited athletes that basically jogged and walked their way through the race.

Division III shouldn't have that problem, partly because it has been beefed up by the addition of three schools from Imperial Valley; Brawley, Central Union of El Centro, and Southwest of El Centro, all of which have thriving cross country programs.

Division IV is still sketchy, especially on the girls side, where there could be as few as four or five full teams taking the line at CIF. Best case scenario for the boys is eight full teams.

## Frosh/Soph meet nears

The St. Augustine Frosh/Soph Cross Country Invitational is scheduled for Friday, Oct. 27, at Morley Field.

First race is the Frosh Girls at 3:15 p.m., followed by Frosh Boys, Soph Girls and Soph Boys, at 25 minute intervals.

For information, call Jerry Downey, at St. Augustine High School.

# TRACK MAGAZINE

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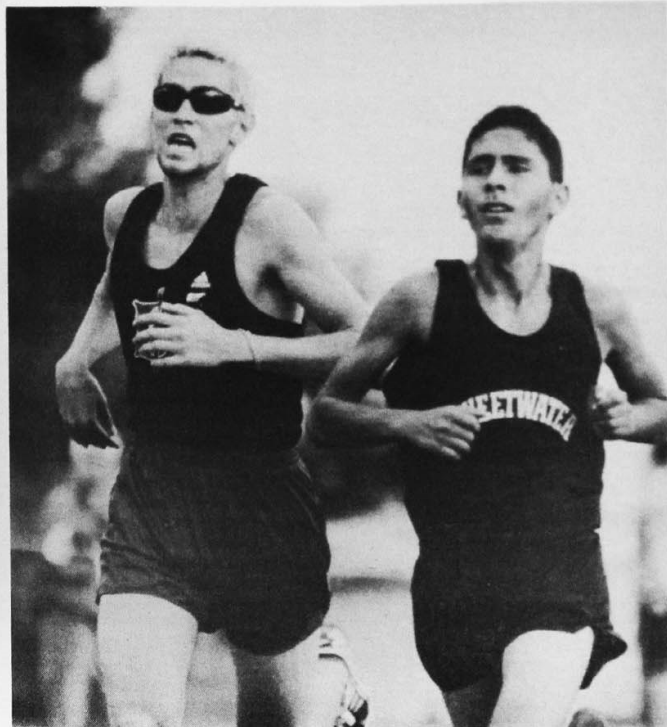




**Manal Yamout**  
Mt. Carmel leads the girls.



**Mark Baddas**  
Vista leads the boys.



**Nico Cueva, Jose Guardado**  
Escondido is 15th, Sweetwater is 7th.

## Rankings:

### BOYS:

1. Vista
2. Poway
3. Valley Center
4. West Hills
5. Ramona
6. Fallbrook
7. Sweetwater
8. Mt. Carmel
9. Granite Hills
10. St. Augustine

### Others:

Rancho Buena Vista  
University of San Diego  
La Jolla  
Chula Vista  
Escondido  
Patrick Henry

### GIRLS:

1. Mt. Carmel
2. Torrey Pines
3. Rancho Bernardo
4. West Hills
5. Helix
6. Poway
7. Chula Vista
8. University City
9. Carlsbad
10. Fallbrook

### Others:

Valley Center  
Rancho Buena Vista  
La Jolla  
San Pasqual  
Ramona  
El Camino



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*Next Issue:*

**November 3**

*Look for it to be  
delivered to your team.*

# Dual Meet Roundup:

*Some leagues settled; some have big meets on horizon*

At press time, it is approximately mid-season in most league dual-meet seasons, but there have been some significant developments.

Some leagues, most notably the split Metro halves, have already determined their dual champs.

Other leagues, most notably the Palomar, will go to the season's final day to stage such crucial showdowns as the Vista-Poway boys, or the Torrey Pines-Mt. Carmel girls.

Most of the leagues have had a light schedule this week and last, allowing teams to keep fresh for the last round of invitationals.

Of course, in almost every league, the dual meet championships are just one part of the equation. Most leagues will determine overall champions using a combination of dual meet wins and performance in the league championship meet. The Harbor League is one that determines titles based completely on dual results.

Here's a quick overview of what's happened to this point.

## Palomar: Showdowns loom

**BOYS:** Vista and Poway, which are ranked as the one-two teams in the section, are heading for a showdown. They are the only unbeaten teams in this tough league, with both being 2-0.

Vista beat a tough Mt. Carmel squad, 20-34 on Sept. 29; and Poway kept pace by beating an improved Rancho Buena Vista team, 22-33, on Oct. 6.

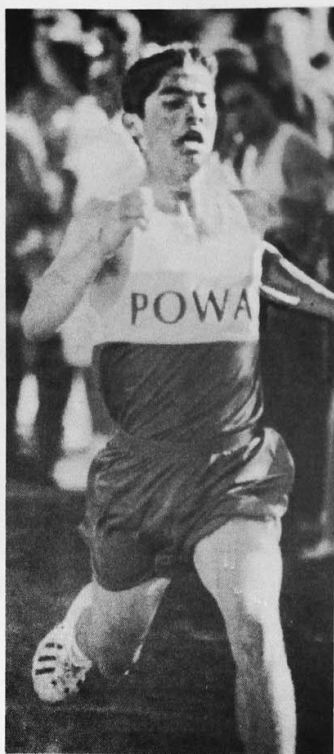
They'll meet on the season's last day, along with Rancho Bernardo, in a double dual. The meet is scheduled for Friday, Nov. 3, at Rancho Bernardo Community Park.

Mt. Carmel and RBV are both 1-1 in league meets.

"Poway ran really well," RBV coach Tom Lux said of the Oct. 6 race. "They really stepped it up and closed up that gap that they had."

**GIRLS:** This is the toughest league in the county in girls, with five of the six teams figuring somewhere in the rankings, and the big clashes have yet to happen.

Biggest news to date was Mt. Carmel's 24-33 win over Rancho Bernardo on Oct. 5, on the



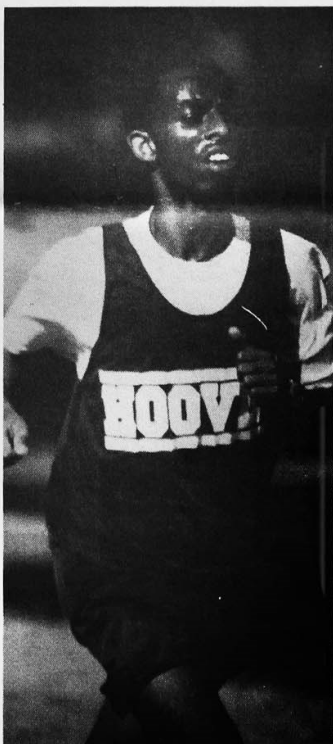
**Luke McGinnis**  
Poway



**Nastassja Hall**  
Rancho Buena Vista



**Erin Soto**  
Carlsbad



**Solomon Kumbi**  
Hoover

Sundevil course. It was the first dual loss for RB's girls in years, but the Sundevils showed why they are top-ranked in the section.

Torrey Pines is also 2-0 in the league, with wins over Poway and Vista, and the Falcons are starting to put it together.

RB and Poway are both 1-1 in the league, with both having 24-31 wins over a very good RBV squad.

Torrey will host the last two duals at San Dieguito Park. They'll meet RB on Friday, Oct. 27; and

then tangle with Mt. Carmel and RBV on Friday, Nov. 3.

## Avo: Fallbrook boys, Carlsbad girls are 2-0

**BOYS:** There haven't been that many meets in this five-team league, but Fallbrook has looked sharp in wins over La Costa Canyon and Carlsbad in the early going. Two teams, San Marcos and La Costa Canyon, have only had one meet apiece at press time.

Best meets have been Fallbrook's 23-31 win over Carlsbad at Fallbrook, on Oct. 5, and San Marcos' 24-33 win over an improved El Camino team, also on Oct. 5.

Fallbrook used a 1-2-4-6 grouping to take control of their meet. San Marcos won their meet on superior depth.

**GIRLS:** Carlsbad needed every bit of their depth to beat Fallbrook, 28-29, on Oct. 5. Lancer soph Jessie Ansari used a big kick to take second behind Fallbrook's Katie Matlack, but the Warriors' Jamie Carmichael and Maija Rohde were 3rd and 4th in the meet. The Lancers countered with a 5-6-7-8 finish, and their sixth runner displaced Fallbrook's fifth to swing the meet.

El Camino's sharply improved girls are 1-1 after blitzing San Marcos on Oct. 5. The Wildcats, led by sisters Sabrina and Sariah St. Laurent, went 1 through 5 against the Knights, who are still without Nicole Mier.

## Valley: Both VC teams unbeaten

**BOYS:** Valley Center is 2-0 after wins against Oceanside (17-44, on Sept. 29) and Ramona (25-31, on Oct. 5). The Ramona meet was a classic matchup of a pack team against a team with great front-runners. VC's Gus Polito, Cooper Bachman and Ryan Skerl went 1-2-3 to clinch the dual win, and VC's fourth man, Tony Illig, also broke into the back of Ramona's scoring group.

Ramona, an excellent team, is 1-1 after a big win over San Pasqual (15-46 on Sept. 29). Escondido is 2-0 after wins over Orange Glen and San Pasqual, and they've recently added Stephen Servis to their roster.

This is a quality league. San Pasqual, a good team, is already sitting at 0-2 and has still to face Valley Center.

**GIRLS:** Things are very tight in this league. Valley Center is 2-0, but had a close meet with Ramona, winning 27-30, after the Bulldogs finished 1-2.

San Pasqual's young team is also 2-0, but had to go to a tie-breaker to beat Ramona. The team score was 29-29, but the Eagles had the faster sixth runner to get the win. Ramona, which is an excellent team, is 0-2 in the league.

## West: UC girls, Saints boys lead

**BOYS:** St. Augustine has surprised many with a 5-0 record at press time, including wins over their toughest rivals.

Please see page 5.



## Dual Meets:

From page 4.

The Saints have wins over Scripps Ranch (19-37), Hoover (21-38), University of San Diego (21-34), La Jolla (24-32), and Mission Bay. The Saints team that runs in the league meets is upgraded from the version that is on display in invitationals, with the added presence of Sean Barrett and Pat Barrett. Sean, a soph, moved into the number one slot in the St. Augustine Invite and the La Jolla/Uni duals, and Pat, a senior recovering from a pre-season injury, is a solid number five.

Another team that is a surprise is the University of San Diego. They are 2-1, with wins over University City and La Jolla. La Jolla is 3-2, but has made a habit of coming on strong late in the season.

**GIRLS:** University City remained unbeaten at 4-0, with a win over La Jolla on Wednesday, Oct. 18.

Chessa Adsit-Morris led a 1-2 finish, but UC clinched the meet with depth, flooding across runners after La Jolla went 3-4-5. The Vikings are still not at full strength, with runners such as Michelle Guerrero, Maggie Sass and Katie Grim all still rehabbing from illness and/or injury.

Scripps Ranch is the next best team, at 2-1, but they have yet to face the league's better teams.

### *East: Both races are unsettled*

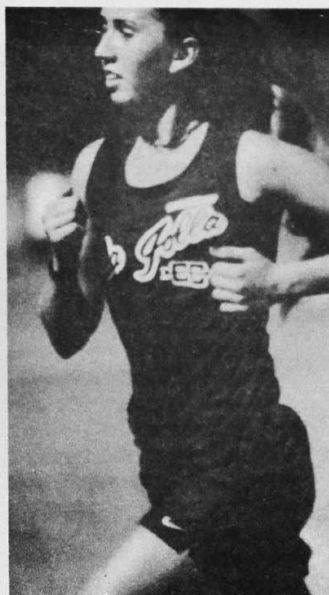
**BOYS:** Biggest surprise to date was Point Loma's win over San Diego on Oct. 10. The Pointers were rebuilding with young runners, and the Cavers had been running well in early meets. But the Pointers used depth to turn the tide against a Caver team that was missing top runner Christian Dominguez. San Diego went 1-3, but the Pointers countered with a group, led by soph Brian Bradshaw, that finished 2-4-5-6. Patrick Henry is 2-0 to date, with easy wins over Morse and Serra. The Patriots still have yet to face the Pointers or Cavers.

**GIRLS:** The girls team race was expected to be a wide open contest among as many as six teams. At this point, Point Loma (3-0) and Serra (4-0) are in control, but the close meets have materialized. The Pointers have won big over Kearny (17-46), Morse (21-39) and San Diego (20-43), while Serra has wins over Patrick Henry (22-33), Morse (22-34), Kearny (18-41) and Mira Mesa (27-29).

The Serra/Mira Mesa race was in doubt all the way. The Marauders went one-two with Lisa Dodd and Dori McGuire, but



**Michael Carini**  
University of San Diego



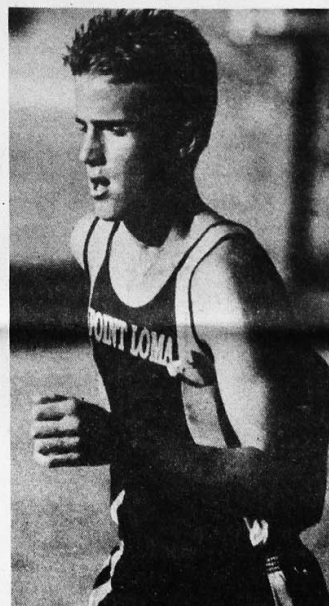
**Desiree Leek**  
La Jolla



**Dori McGuire**  
Mira Mesa



**Ryan Abelowitz**  
La Jolla



**Brian Bradshaw**  
Point Loma



**Lauren Lynaugh**  
Serra

Serra, led by Amy Montgomery and frosh Lauren Lynaugh, had enough depth to win. Serra has missed the services of long-time mainstay Andrea Kahn, who has been out with injuries since early season.

Mira Mesa, which is 1-2, lost to San Diego on a tie-breaker in early season, and there have been any number of other close meets, including Henry's 27-29 win over Morse.

### *SoBay: Castle, Mar Vista on top*

**BOYS:** Mar Vista made quick work of the new South Bay league. By the first week of October, they were 3-0 and cruising, with wins over Marian Catholic (15-50),



**Sara Reid**  
Point Loma

Castle Park (19-42), and Eastlake (22-33). They still have to face Hilltop, which is 1-1, but who lost to Eastlake, 20-39. Eastlake is 2-1, but still has to race Castle Park.

The Mariners, rebuilt from last year, are led by freshman Troy Swier.

**GIRLS:** Castle Park seems to be on the way to an unbeaten dual season, after wins over Mar Vista (15-50), and Hilltop (23-34). Hilltop has beaten Eastlake, a 2-1 team, by 24-37, and they will probably finish as the runner-up. The Trojans have four solid runners with excellent track credentials, and that has given them enough firepower against a young Eastlake team and a Hilltop team

Please see page 6.



## Dual Meets:

From page 5.

led by Desiree Davila. The Trojans still have meets with Eastlake and Marian Catholic.

### *Mesa: Devils lead; Girls up for grabs*

**BOYS:** Sweetwater has beaten their strongest rivals by big margins in running up a 3-0 record in duals.

First, the Devils outraced Bonita Vista, 19-44, on Sept. 29. One week later, they beat Chula Vista, 19-42, on Oct. 6, and effectively locked up the dual meet portion of the league title. Only Montgomery remains on the Sweetwater schedule.

Sweetwater coach Tim Latham was surprised at the scores, if not the victories.

"Chula Vista actually ran pretty well," he said. "A lot of them got PRs, but so did most of our runners."

**GIRLS:** This half of the Metro is a two-team race, and those two teams have yet to meet. Chula Vista is 3-0, and Bonita Vista is 2-0. Both have cruised to this point.

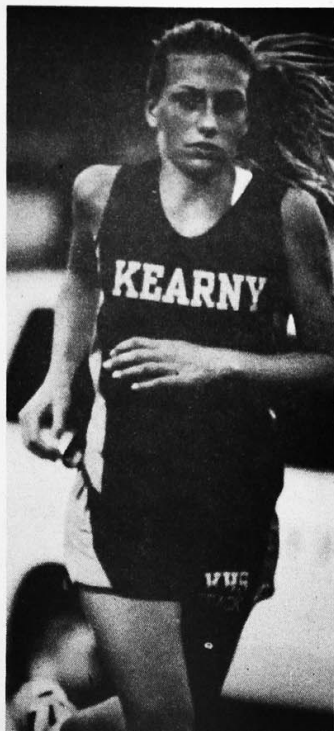
Chula has beaten Montgomery (18-43), Southwest (15-50), and Sweetwater (15-49). Bonita has wins over Sweetwater (15-50) and Montgomery (15-50). In both cases, the margin of victory is so one-sided that it's hard to get a read on the relative strengths of either the Spartans or the Barons. Both teams raced at Sundevil, but their runners were scattered among grade level races.

### *Gross North: Wolfpack, Hillers are 2-0*

**BOYS:** West Hills has had things under control to this point, with big wins over El Capitan and Santana. Grossmont is also 2-0, with victories over Santana and an improved El Cajon Valley team. The Foothillers beat the Braves, 26-34. El Capitan is 2-1, with wins over Santana and El Cajon Valley. Grossmont has the toughest remaining schedule with meets against both West Hills and El Cap.

**GIRLS:** West Hills and Grossmont are both 2-0, but Grossmont has the more difficult schedule ahead. They'll face both West Hills and a 2-1 El Cap team led by Jasmine Marquez and Monica Hubbard. The league has decent depth.

West Hills, which has been ranked anywhere from two to four in the county all year, is strong,



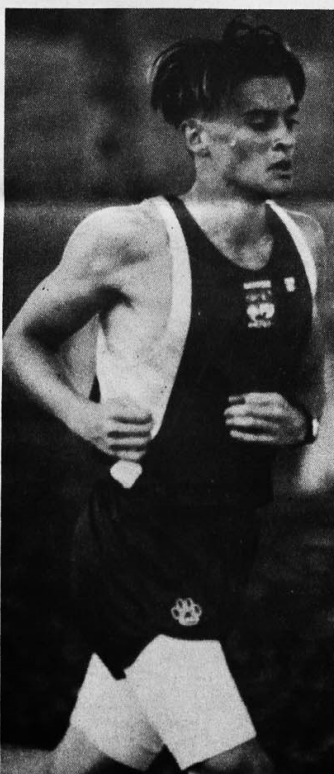
**Kelly Kuehner**  
Kearny



**Kate Branson**  
Bonita Vista



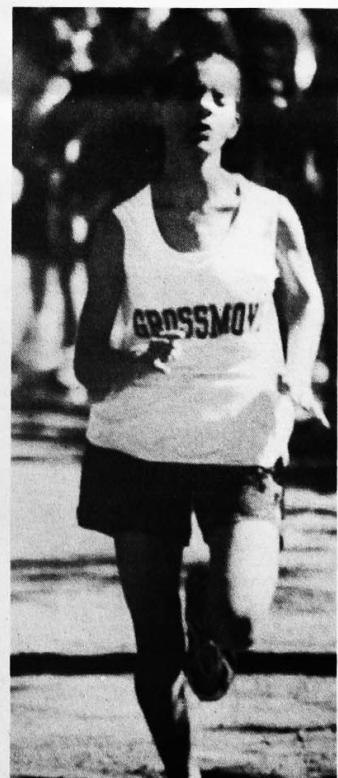
**Monica Hubbard**  
El Capitan



**Isaac Moyer**  
Morse



**Andres Padilla**  
Chula Vista



**Casey Root**  
Grossmont

fast and deep.

### *Gross South: Granite, Helix look solid*

**BOYS:** Granite Hills is 3-0, including wins over Mount Miguel, Helix and Monte Vista. The Helix meet, as expected, was close, but the Eagles used depth to win at 25-31. Helix went one-two with Taylor Williams and Babey Wagnew, but Granite swept the

next five places to seal the win.

The Helix-Valhalla clash on Sept. 27 featured great up-front racing among Williams, Wagnew and the Norse's David Santos, with Williams eventually winning the race. The Highlanders took the meet, 25-30, and they are 2-1 in the league.

Still on the schedule is the Granite-Valhalla dual.

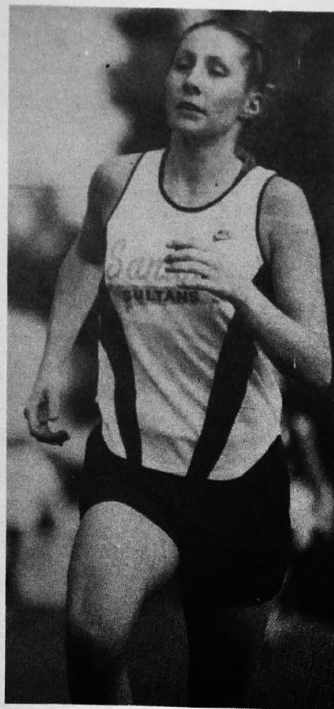
**GIRLS:** Helix is 3-0, with big wins over Valhalla (20-38), Granite Hills (18-45) and Mount Miguel. They are firmly in control of the dual meet title.

Valhalla is 1-1, but could end up with wins over both Granite and Mount Miguel.

Please see page 7.

**TRACK MAGAZINE**  
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(Back issues, too.)





Keira DeVigne  
Santana



Kip Madden  
Valhalla



Stephanie Baird  
Helix

## Dual Meets:

From page 6.

### Harbor: Chiefs, 'Nado seem best

BOYS: Clairemont has run up a 3-0 record, with wins over Christian (20-35), Crawford (17-42) and Madison (15-40), despite having only five runners competing. Coach Sean Stevenson has good quality on his roster, but he must be biting his fingernails in

each race, hoping a sprained ankle doesn't cause a DNF and torpedo his dual meet chances. The Chiefs were scheduled to race Coronado, which is 2-0, on Oct. 19, after press time. Crawford, last year's champs, have lost to both Coronado and Clairemont.

GIRLS: Action has been sporadic in girls racing. There are only a handful of full scoring girls teams, and there have been few full-strength races. Coronado is probably the best team, at 2-0, but they have yet to face Madison, which is also 2-0.

## SouthernCal

### Jag boys impress; Torrey girls look good

The Southern California Invitational has a unique format.

Team titles are determined by adding the total time of each of seven runners entered in seven separate races.

Each team's number one runners race in one race; and other races include roster spots two through seven.

By that formula, Yucaipa's boys won the Division I title, and Valley Center's boys took the Division II

Please see page 8.

## Deconstructing So Cal

The annual Southern California Invitational is a meet that is just begging to be taken apart and analyzed. The very format puts a spotlight on each team's individual roster spots, from one through seven, and places a premium on each individual's performance.

There's nothing wrong with that format, but for our purposes, we tweaked the results just a bit. Our team times are based on each squad's fastest five runners, which puts the results a bit closer to the mark of an actual championship meet.

In addition, we listed many of the most notable absentee runners, most of whom were senior runners that were taking the SAT test. From there, it's conjecture, but common sense would seem to indicate, to cite one example, that Kaleena Yee's addition to the Rancho Bernardo girls roster would almost certainly have decreased their team time by 1:30 or more. It's not rocket science.

### BOYS:

#### Valley Center: 85:43.

Gus Polito 16:22; Ryan Skerl 16:41; Cooper Bachman 16:46; Tony Illig 17:16; Jared Morasco 18:38.

#### Yucaipa: 85:53.

Ryan Metheny 16:58; Matt Meyer 17:00; Garrett Holt 17:13; Aldo Malagon 17:18; Camden DeLong 17:24.

#### Ramona: 86:20.

Kenny Lawrence 17:04; Richard Clingman 17:08; Jon Shellhammer 17:11; Carlos Sanchez 17:26; Rickey Roane 17:31.

#### West Hills: 87:23.

Kevin Schible 16:57; Ross Halleland 17:03; Michael Bell 17:41; Tim McKeon 17:50; Karthik Damoor 17:52. **Missing:** Ben Aragon, Sean Savage.

#### Fallbrook: 87:39.

Alex Casarez 17:12; Chris Gausepohl 17:13; Jimmy Ungricht 17:30; Keith Lowell 17:42; Tim Irwin 18:02.

#### Sweetwater: 87:58.

Eddie Sanchez 17:31; Cesar Torres 17:34; Jose Guardado 17:36; Abdi Abdirizak 17:38; Hector Arreola 17:39. **Missing:** Mark Dionela.

#### Claremont (Southern Section): 88:05.

Ian McHenry 16:46; Ryan Thaiman 17:15; Keith Lederhaus 17:44; Nikolas Primack 18:00; Benjamin Hoste 18:20.

#### Barstow: 88:16.

Kalan Ray 16:57; James Tawney 17:21; Adam Rodriguez 17:37; Kevin Giller 18:07; T. J. Craig 18:14.

#### Vista: 88:51.

Hiladio Ladios 17:27; Ryan Richter 17:39; Nick Kelleher 17:41; Aaron Gonzalez 17:57; Matt Shull 18:07. **Missing:** Top seven runners.

#### Torrey Pines: 90:06.

Yuh-Kun Kawakami 17:39; Kevin Nolan 17:39; Ryan Graddy 18:05; Mark Lomac 18:21; Tye Lidman 18:22.

### GIRLS:

#### Torrey Pines: 77:38.

Julie Komosinski 14:50; Dani Schuster 15:07; Jackie Appel 15:39; Brenna Williams 15:47; Rachel Golick 16:15. **Missing:** Krista Romley.

#### West Hills: 78:28.

Shawna Winfrey 15:24; Kristina Nugent 15:30; Ashley Handy 15:42; Chandra Farnham 15:53; Joanne Southard 15:59.

#### Yucaipa: 78:30.

Lindsey Myers 15:25; Vivien Aspden 15:32; Cici Stevens 15:41; Cassie Horvath 15:50; Kim Campbell 16:02.

#### Rancho Bernardo: 79:24.

Allison Hall 15:14; Leah Romero 15:40; Jessica Huepper 16:00; Belinda Oberum 16:03; Whitney Kuptz 16:27. **Missing:** Kaleena Yee.

#### Fallbrook: 79:39.

Katie Matlack 15:04; Maija Rohde 15:23; Jamie Carmichael 15:29; Kate Croswell 16:45; Christina Eades 16:58. **Missing:** Naomi Mattos, Laura Gunther.

#### Valley Center: 80:02.

Anna Hough 15:11; Danae Hough 16:08; Melissa Preston 16:11; Alejandra Montiel 16:12; Rebecca Sale 16:20.

#### University City: 80:10.

Chessa Adsit-Morris 15:44; Lauren Jerd 15:56; Rebecca Bostwick 15:56; Carolyn Crews 16:10; Karissa Teitsch 16:24. **Missing:** Laura Cohen, Jessie Ooms.

#### Ramona: 80:17.

Loretta Kilmer 14:32; Mishon Stalnaker 15:20; Bre Goetz 16:33; June Andrews 16:53; Rachael Simmons 16:59.

#### San Pasqual: 80:37.

Larin Scott 15:47; Claire Rethmeier 16:02; Allie Willis 16:14; Joy Johnson 16:17; Christina Velasco 16:17.

#### El Camino: 80:48.

Sabrina St. Laurent 15:20; Sariah St. Laurent 15:21; Rachel Osborne 16:35; Megan Johnson 16:46; Jackie Arding 16:46.



# Southern Cal Invite

From page 7.

crown, with Yucaipa being the fastest team on the day.

In girls racing, Torrey Pines nipped West Hills in Division I and was the fastest team overall, and San Pasqual had the fastest group in Division II, by one second over Valley Center.

It doesn't take much of a tweak of the format to see that the most impressive teams on the day were Valley Center's boys and Torrey's girls.

The Jaguars cranked it up late in the day, with their athletes taking first in the number four, number three, number two and number one races.

VC's Gus Polito (16:22), Ryan Skerl (16:41) and Cooper Bachman (16:46) ended up with the three fastest times of the day on the 3.2-mile course, and number four Jag Tony Illig (17:16) had the 20th fastest clocking in boys racing. Bachman had to finish strong to overtake Claremont's Ian McHenry to win the number twos race.

By more traditional measurements (see Deconstructing SoCal), Valley Center's boys could conceivably have won the entire meet.

The Jaguars drop off at the fifth spot, although coach Mike Cummings still hopes for an athlete or two to emerge and close up that gap. Even with the current lineup, the team is one of the best in the county.

Fallbrook coach Marty Hauck, who has an encyclopedic knowledge of comparative times at Guajome Park, was impressed.

"I knew their top three guys were good, but I didn't know their fourth was that good," Hauck said. "Not low 17s good."

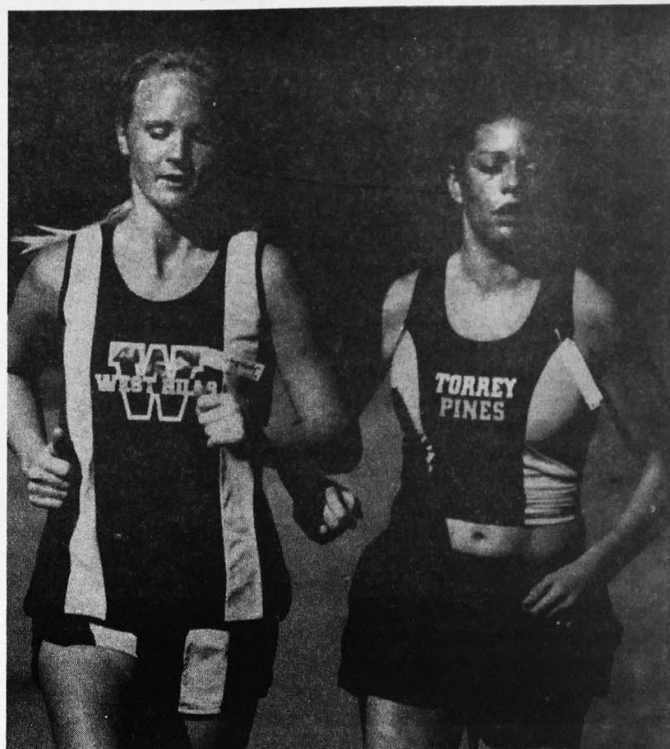
Other good-looking boys teams were Yucaipa, Ramona, West Hills, Fallbrook and Sweetwater.

Ramona, a pack team, had five athletes ranging from 17:04 (Kenny Lawrence) to 17:31 (Ricky Roane).

Sweetwater, another pack team, had six athletes that ran from 17:31 (Eddie Sanchez) to 17:49 (Abduhl Mukhtar), and they were missing team leader Mark Dionela.

West Hills, which was missing top runner Ben Aragon and solid scorer Sean Savage, only entered runners in five of the races, preferring not to plug in JV runners. They were disqualified from the team competition, but their athletes ran solid races. At full strength, they might have threatened any of the other teams.

In girls racing, Torrey Pines ran their best race of the year, despite missing their number three, Krista Romley.



**Ashley Handy, Jackie Appel**  
West Hills Torrey Pines



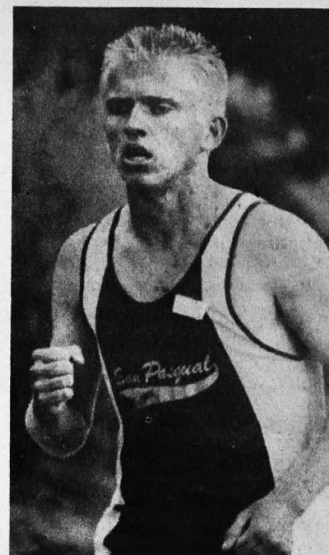
**Richard Clingman**  
Ramona

Team ace Julie Komosinski was sick and raced subpar, but other girls picked up the slack. Frosh Dani Schuster had the fourth fastest time of the day (15:04), and the team also benefitted from good races by senior Jackie Appel (15:39) and soph Brenna Williams (15:47). Appel, a big part of the Falcons' state meet team two years ago, is still so affected by injuries that she can only race in a few meets. For Williams, the winner in the number four, the effort might have been a breakthrough.

Fastest girl on the day was Ramona's Loretta Kilmer, who ran the 2.6 miles in 14:32, in hot conditions. Kilmer remains



**Luke Haywas**  
El Camino



**Matt Johnson**  
San Pasqual

unbeaten on the year, although she didn't get much of challenge here. Second fastest runner was Komosinski, who was ill.

Other solid-looking girls teams were West Hills, Yucaipa, Rancho Bernardo, Fallbrook and Valley Center.

RB was missing team ace Kaleena Yee, but had solid efforts from Allison Hall and Leah Romero. At full strength, they would have been with the team leaders.

Many schools were missing athletes, as is usually the case on this weekend, due to testing. This year, it affected senior athletes, and runners such as West Hills' Aragon, RB's Yee, Torrey's Romley, Sweetwater's Dionela, more than half of the Carlsbad girls team, and almost all of the La Jolla varsity girls were missing.

There was a slight tweaking of the format this year, as El Camino coach Tom Kloos reversed the usual order of races. The overall effect was to "flatten" the curve of times, with slower runners running in good conditions, and better runners battling the heat.

There were no complaints, however, and, in fact, most coaches had high praise for Kloos' meet management on the day.

The results:

## BOYS TEAMS:

### Division I:

121:43	Yucaipa
122:27	Ramona
125:04	Sweetwater
125:25	Claremont (SoSec)
125:27	Fallbrook

### Division II:

123:32	Valley Center
125:43	Barstow
128:35	Escondido
129:15	San Pasqual
129:51	University City

## GIRLS TEAMS:

### Division I:

110:28	Torrey Pines
110:55	West Hills
112:52	Yucaipa
113:10	Rancho Bernardo
114:56	Ramona

### Division II:

113:48	San Pasqual
113:49	Valley Center
114:23	University City
121:58	Barstow
123:12	Hood River (Ore)

At Guajome Park, Oceanside, on Saturday, October 14. Conditions: dry, sunny, warming slightly for late races. Race sequence began with girls sevens, boys sevens, and worked upwards.

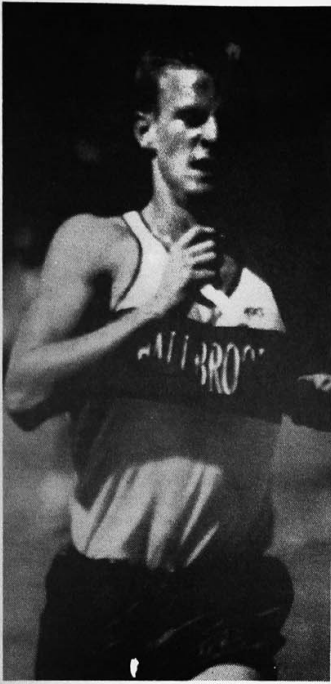
## BOYS (3.2 miles):

### Fastest Twenty Runners: (from all varsity races)

16:22	Gus Polito, Valley Center
16:41	Ryan Skerl, VC
16:46	Cooper Bachman, VC
16:46	Ian McHenry, Claremont
16:50	Troy Swier, Mar Vista
16:57	Kevin Schible, West Hills
16:57	Kalan Ray, Barstow
16:58	Ryan Metheny, Yucaipa
17:00	Matt Meyer, Yuc
17:00	Mike Ostler, El Camino
17:03	Ross Halleland, WH
17:04	Kenny Lawrence, Ramona
17:06	Luke Haywas, EC
17:08	Richard Clingman, Ram
17:11	Jon Shellhammer, Ram
17:12	Alex Casarez, Fallbrook

Please see page 9.

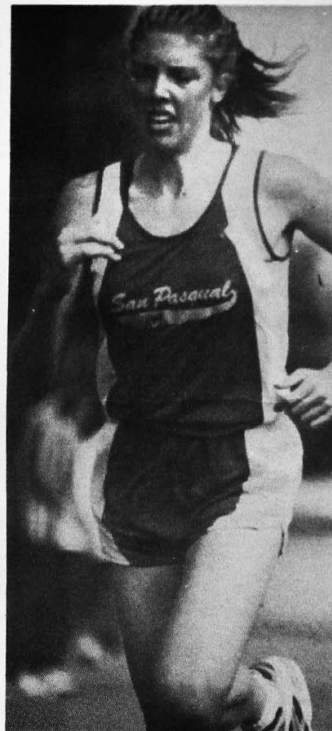




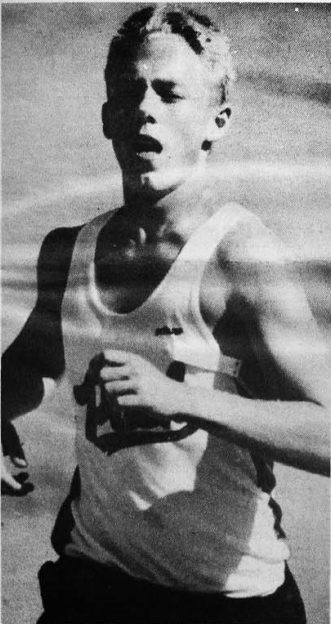
**Chris Gausepohl**  
Fallbrook



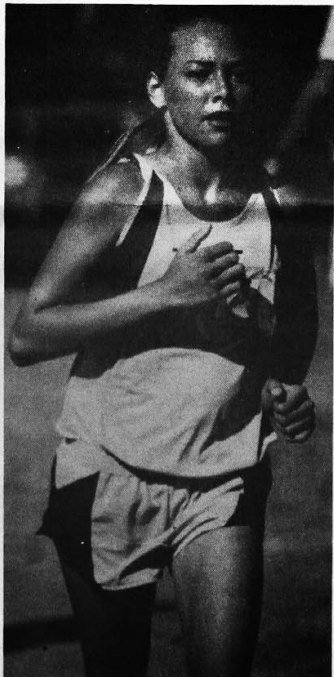
**Shawna Winfrey**  
West Hills



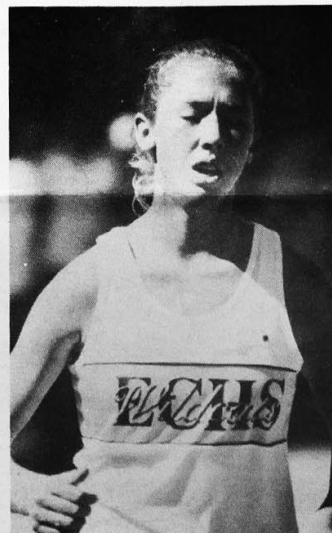
**Lorin Scott**  
San Pasqual



**Ross Halleland**  
West Hills



**Lauren Jerd**  
University City



**Sabrina St. Laurent**  
El Camino

## Southern Cal Invite

From page 8.

17:13 Chris Gausepohl, Fall  
17:13 Garrett Holt, Yuc  
17:15 Ryan Thaiman, Cla  
17:16 Tony Illig, VC

**Fastest Fifteen Team Times:**  
(total time from each team's five  
fastest runners in varsity races)

85:43 Valley Center  
85:53 Yucaipa  
86:20 Ramona  
87:23 West Hills  
87:39 Fallbrook  
87:58 Sweetwater  
88:05 Claremont (SoSec)  
88:16 Barstow  
88:51 Vista  
90:06 Torrey Pines  
90:50 Mar Vista

90:53 Escondido  
91:01 El Camino  
91:17 San Pasqual  
91:18 Southwest, El Centro

**Missing Runners:**  
**West Hills:** Ben Aragon, Sean  
Savage.

**Sweetwater:** Mark Dionela.

**Vista:** Top seven runners.  
**Escondido:** Nico Cueva, James  
Barlow.

**San Pasqual:** Kieron Toussaint,  
Freddy Nunez.

**Number Ones:**

16:22 Gus Polito, VC  
16:50 Troy Swier, MV  
17:00 Matt Meyer, Yuc  
17:06 Luke Haywas, EC  
17:11 Jon Shellhammer, Ram  
17:13 Chris Gausepohl, Fall  
17:15 Ryan Thaiman, Cla  
17:29 Andrew Garratt, UniCity  
17:33 Matt Johnson, San Pasqual

17:38 Abdi Abdirizak, Sweetwater  
17:39 Yuh-Kun Kawakami, TorPines  
17:55 Alfredo Sosa, LaCostaCanyon  
17:58 Dan Tanks, Rancho Bernardo  
18:13 Johnny Cordes, Escondido  
18:18 Chris Burnham, Carlsbad  
18:23 Taylor Hewson, Orange Glen  
18:29 Sal Acevedo, Southwest, EC  
18:38 Esteban Avila, HoodRiverVal  
19:12 Jason Elkins, Bar  
19:42 Jake Cadwell, Eastlake

**Number Twos:**

16:46 Cooper Bachman, VC  
16:46 Ian McHenry, Cla  
16:57 Kevin Schible, WH  
17:00 Mike Ostler, EC  
17:08 Richard Clingman, Ram  
17:12 Alex Casarez, Fall  
17:13 Garrett Holt, Yuc  
17:27 Hiladia Ladios, Vista  
17:36 Jose Guardado, Swe  
17:39 Kevin Nolan, TP  
17:49 Brad Liber, UC  
17:58 Eric Thompson, SW  
18:05 Joe Voshell, Esc  
18:12 Rey Ramirez, Carls  
18:14 T. J. Craig, Bar  
18:18 Fernando Alvarez, SP  
19:24 Jesus Perez, MV

18:26 Kenyon Ralph, RB  
18:35 Garrett Metcalf, TriCityChr  
18:39 Eric Avila, HRV  
19:20 Phil Jenkins, EL  
19:29 Rene Flores, Orange Glen

**Number Threes:**

16:41 Ryan Skerl, VC  
16:58 Ryan Metheny, Yuc  
17:03 Ross Halleland, WH  
17:04 Kenny Lawrence, Ram  
17:21 James Tawney, Bar  
17:30 Jimmy Ungricht, Fall  
17:40 Trevor Mulvey, Carls  
17:44 Keith Lederhaus, Cla  
17:45 Jose Sanchez, Oceanside  
17:49 Abduhl Mukhtar, Swe  
17:54 Jose Wieberg, Esc  
17:59 Cristian Flores, MV  
18:07 Matt Shull, Vis  
18:14 Elliott Rehmeier, SP  
18:15 Doug Fulp, SW  
18:16 Kevin Bickham, EC  
18:36 Chris Tanks, RB  
18:43 Jon Meduza, LCC  
19:06 Scott Becker, HRV  
19:19 Raul Garcia, Montgomery  
19:29 Carlos Brown, UC  
20:06 Manuel Celedon, EL

**Number Fours:**

17:16 Tony Illig, VC  
17:24 Camden DeLong, Yuc  
17:31 Ricky Roane, Ram  
17:37 Adam Rodriguez, Bar  
17:39 Hector Arreola, Swe  
17:42 Keith Lowell, Fall  
17:50 Tim McKeon, WH  
18:00 Nikolas Primack, Cla  
18:08 Garrett Bishop, SW  
18:14 Humberto Ramos, LCC  
18:21 Jose Banuelos, Vis  
18:22 Tye Lidman, TP  
18:39 Max Kerber, UC  
18:46 Roberto Alvarez, SP  
18:47 Ernesto Siquieros, EC  
18:52 Stephen Servis, Esc  
18:53 Salvador Cota, MV  
18:53 Matt Cooper, HRV  
18:58 Krause, Carls  
19:29 Chris Allison, RB  
19:55 Barry Bright, EL  
20:07 John Duran, TCC

**Number Fives:**

17:18 Aldo Malagon, Yuc  
17:26 Carlos Sanchez, Ram  
17:34 Cesar Torres, Swe  
17:41 Nick Kelleher, Vis  
18:02 Tim Irwin, Fall  
18:03 Kyle O'Connor, Esc  
18:05 Ryan Graddy, TP  
18:15 Dustin Moreno, Bar  
18:18 Jim Jacoby, RB  
18:20 Benjamin Hoste, Cla  
18:35 Steve Christenson, LCC  
18:36 Charles Cox, UC  
18:38 Jared Morasco, VC  
18:44 Jose Sanchez, MV  
18:53 Josh Andre, SP  
19:02 Johnson, Carls  
19:05 Arturo Avina, EL  
19:14 Isaiah Obeso, SW  
19:52 Alastair Mulholland, EC  
20:17 Mitchell Bohn, HRV  
20:37 Josh Dunn, TCC

**Number Sixes:**

16:57 Kalan Ray, Bar  
17:31 Eddie Sanchez, Swe  
17:39 Ryan Richter, Vis  
17:41 Michael Bell, WH  
17:42 Brad Remele, Yuc  
17:50 Ken Wood, Ram  
18:17 Ben Lupercio, Fall  
18:21 Mark Lomac, TP  
18:26 Anthony Simpson, LCC  
18:38 Chris Elsberry, Cla  
18:43 Robbie Scott, UC  
18:46 Simmons, Carls  
18:48 Jan Gehrig, HRV  
18:50 Shane O'Connor, Esc  
18:58 Jason Thompson, VC  
19:05 Brent Varga, SP  
19:14 John Stubbs, EL  
19:39 Alain Mangny, SW  
20:19 David Tan, RB  
21:58 Mahta Yemane, MY  
24:51 Neal Johnson, TCC  
NT James Quigley, MarianC

**Number Sevens:**

17:52 Karthik Damoor, WH  
17:57 Aaron Gonzalez, Vis

Please see page 10.



# Southern Cal Invite

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- 18:07 Kevin Giller, Bar
- 18:08 Nick Cifelli, Yuc
- 18:17 Matt Saldivar, Ram
- 18:26 Ryan Kerby, SP
- 18:28 Devon Hood, SW
- 18:38 Brett Bayless, Esc
- 18:41 Zach McKinney, LCC
- 18:42 Mike Muir, Cla
- 18:51 Greg Bonin, VC
- 19:06 Aki Kawabara, UC
- 19:17 Miguel Diaz, Swe
- 19:21 D. J. Cannon, HRV
- 19:31 Brian Jackson, Fall
- 19:33 Kevin Knox, MV
- 19:45 Nicolas, Carls
- 20:13 Jeff Gustafson, RB
- 20:26 Brian Bittick, EC
- 20:40 Arturo Macias, EL
- 22:59 Dan Horton, TCC

## GIRLS (2.6 miles):

### Fastest Twenty Runners: (from all varsity races)

- 14:32 Loretta Kilmer, Ramona
- 14:50 Julie Komosinski, Torrey Pines
- 15:04 Katie Matlack, Fallbrook
- 15:07 Dani Schuster, TP
- 15:07 Christy Paul, HoodRiverValley
- 15:11 Anna Hough, Valley Center
- 15:14 Allison Hall, RanchoBernardo
- 15:20 Mishon Stalnaker, Ram
- 15:20 Sabrina St. Laurent, ElCamino
- 15:21 Sariah St. Laurent, EC
- 15:23 Maija Rohde, Fall
- 15:24 Shawna Winfrey, West Hills
- 15:25 Lindsey Myers, Yucaipa
- 15:28 Jessie Ansari, Carlsbad
- 15:29 Jamie Carmichael, Fall
- 15:30 Kristina Nugent, WH
- 15:32 Vivien Aspden, Yuc
- 15:37 Erica Schim, La Costa Canyon
- 15:39 Jackie Appel, TP
- 15:40 Leah Romero, RB

### Fastest Fifteen Team Times: (total time from each team's five fastest runners in varsity races)

- 77:38 Torrey Pines
- 78:28 West Hills
- 78:30 Yucaipa
- 79:24 Rancho Bernardo
- 79:39 Fallbrook
- 80:02 Valley Center
- 80:10 University City
- 80:17 Ramona
- 80:37 San Pasqual
- 80:48 El Camino
- 81:11 Carlsbad
- 81:33 Claremont (SoSec)
- 81:53 Vista
- 82:14 La Costa Canyon
- 83:50 Barstow

### Missing runners:

Torrey Pines: Krista Romley.  
Rancho Bernardo: Kaleena Yee.  
Fallbrook: Naomi Mattos, Laura  
Gunter.

University City: Laura Cohen, Jessie  
Ooms.

Carlsbad: Katie O'Connell, Deanna  
Lynn, Kelly Planko, Erin Soto.

Vista: Kim Vinzant.

La Costa Canyon: Morgan Soule.

### Number Ones:

- 14:32 Loretta Kilmer, Ram
- 14:50 Julie Komosinski, TP
- 15:04 Katie Matlack, Fall
- 15:07 Christy Paul, HRV
- 15:11 Anna Hough, VC
- 15:14 Allison Hall, RB
- 15:20 Sabrina St. Laurent, EC
- 15:28 Jessie Ansari, Carls
- 15:32 Vivien Aspden, Yuc
- 15:37 Erica Schim, LCC
- 15:44 Chessa Adsit-Morris, UniCity
- 15:53 Chandra Farnham, WH
- 16:02 Claire Rethmeier, San Pasqual
- 16:05 Jamie Ray, Barstow
- 16:17 Laura Guzman, Escondido
- 16:18 Liz Edwards, La Jolla
- 16:21 Aurora Ramirez, Vista
- 16:41 Janelle Luna, San Diego
- 17:10 Silvia Romero, Eastlake



Sariah St. Laurent, Leah Romero  
El Camino Rancho Berardo



Laura Guzman  
Escondido

- 17:20 Joanna Gallarza, Sweetwater
- 18:06 Lesh Horowitz, Claremont
- 20:26 Monica Gamboa, S'west, EC

### Number Twos:

- 15:07 Dani Schuster, TP
- 15:20 Mishon Stalnaker, Ram
- 15:21 Sariah St. Laurent, EC
- 15:23 Maija Rohde, Fall
- 15:30 Kristina Nugent, WH
- 15:40 Leah Romero, RB
- 15:41 Cici Stevens, Yuc
- 15:47 Larin Scott, SP
- 15:58 Sara Cates, Carls
- 16:06 Erica Lopez, Vis
- 16:11 Melissa Preston, VC
- 16:11 Kristen Corrette, Cla
- 16:13 Yenissa Kaeg, Montgomery
- 16:37 Markie Hood, Bar
- 16:51 Lidia de Carvalho, UC
- 16:53 Pati Romero, EL
- 17:16 Lizette Villasean, SW
- 17:22 Sara Hummel, LCC
- 17:28 Suni Davis, HRV
- 17:33 Katie Grim, LJ
- 20:15 Kady Oliver, SW
- 20:48 Ada Gonzalez, SD



Natalie Elkind  
La Costa Canyon

### Number Threes:

- 15:24 Shawna Winfrey, WH
- 15:25 Lindsey Myers, Yuc
- 15:29 Jamie Carmichael, Fall
- 15:56 Rebecca Bostwick, UC
- 16:00 Jessica Huepper, RB
- 16:12 Alejandra Montiel, VC
- 16:16 Nicole Newman, LCC
- 16:19 Mahlia Christinson, Carls
- 16:24 Hailey Moore, TP
- 16:26 Samantha From, SP
- 16:33 Bre Goetz, Ram
- 16:34 Lindsey Sommer, Cla
- 16:35 Rachel Osborne, EC
- 16:38 Joanna Barnes, Mont
- 16:39 Janet Ramirez, Vis
- 17:12 Nancy Enriquez, Oceanside

- 17:20 Jackie Paras, EL
- 17:31 Sarah Smith, LJ
- 17:53 Lauren Frost, HRV
- 18:02 Kenya Caro, Swe
- 18:04 Sandra Mitchell, Escondido
- 19:14 Samantha Ferreira, Bar
- 20:09 Angela Villareal, SW
- 20:11 Coralie Bordes, SD

### Number Fours:

- 15:39 Jackie Appel, TP
- 15:42 Ashley Handy, WH
- 15:50 Cassie Horvath, Yuc
- 15:56 Lauren Jerd, UC
- 16:03 Belinda Oberum, RB
- 16:11 Meredith Riley, Carls
- 16:14 Jenna Lederhaus, Cla
- 16:14 Allie Willis, SP
- 16:20 Rebecca Sale, VC
- 16:26 Olympia Olguin, Vis
- 16:46 Megan Johnson, EC
- 16:59 Rachael Simmons, Ram
- 17:09 Dana Kerby, Esc
- 17:31 Nicole Armijo, Bar
- 17:38 Nettie Holt, Fall
- 18:00 Megan Riel-Mehan, LCC
- 18:20 Catilin Becker, HRV
- 18:36 Nallely Gonzalez, Swe
- 18:51 Mercedes Razo, EL
- 19:34 Selene Cuapio, Mont
- 19:48 Abril Diaz, SW
- 20:32 Mary Clarke, SD

### Number Fives:

- 15:47 Brenna Williams, TP
- 16:02 Kim Campbell, Yuc
- 16:08 Danae Hough, VC
- 16:10 Carolynn Crews, UC
- 16:13 Jackie Dale, WH
- 16:15 Naomi Quisenberry, Cla
- 16:17 Christina Velasco, SP
- 16:45 Kate Croswell, Fall
- 16:48 Katie Thompson, RB
- 16:53 June Andrews, Ram
- 16:55 Lauren McCabe, LCC
- 17:47 Cassie McLean, Vis
- 17:54 Amy Wang, LJ
- 18:00 Lund, Carls
- 18:00 Judith Kaye, SW
- 18:31 Shawna Kelly, Esc
- 18:54 Jennie Ceryan, Bar
- 19:01 Paola Diaz, Swe
- 19:02 Rachel Smith, HRV
- 19:11 Tabitha Coffey, Mont
- 23:04 Macho Sirando, SD
- 24:44 Tanya Stone, EL

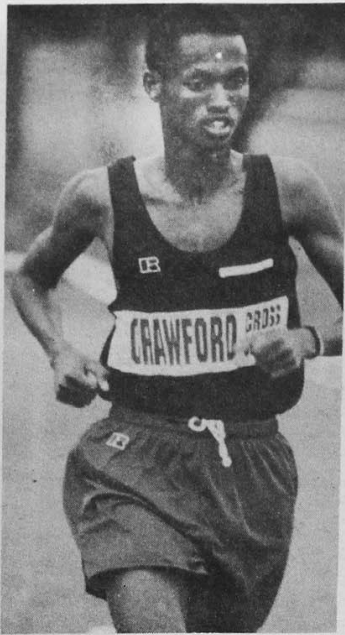
### Number Sixes:

- 16:14 Cassie Kuske, WH
- 16:15 Rachel Golick, TP
- 16:17 Joy Johnson, SP
- 16:19 Kate Lederhaus, Cla
- 16:21 Kara Urban, Vis
- 16:24 Karissa Teitsch, UC
- 16:38 Lisha Burdick, VC
- 16:55 Becky Powell, Yuc
- 16:58 Laura Landry, RB
- 17:15 Kristin Woodward, Carls
- 17:18 Mia Longfellow, Ram
- 17:25 Rebekah Johnston, Bar
- 17:37 Heidi Lynn, LJ
- 17:41 Monica Juarez, EC
- 17:47 Dresden Merz, HRV
- 17:54 Christina Metzler, Fall
- 19:11 Sharleen Vasquez, Swe
- 19:32 Dominique Montoya, Esc
- 19:43 Crystal Castellanos, SW
- 19:44 Kenda Pot, Mont
- 20:03 Shelley Edson, LCC
- 21:53 Alyse Patton, SD
- 25:57 Jackie Leigh, EL

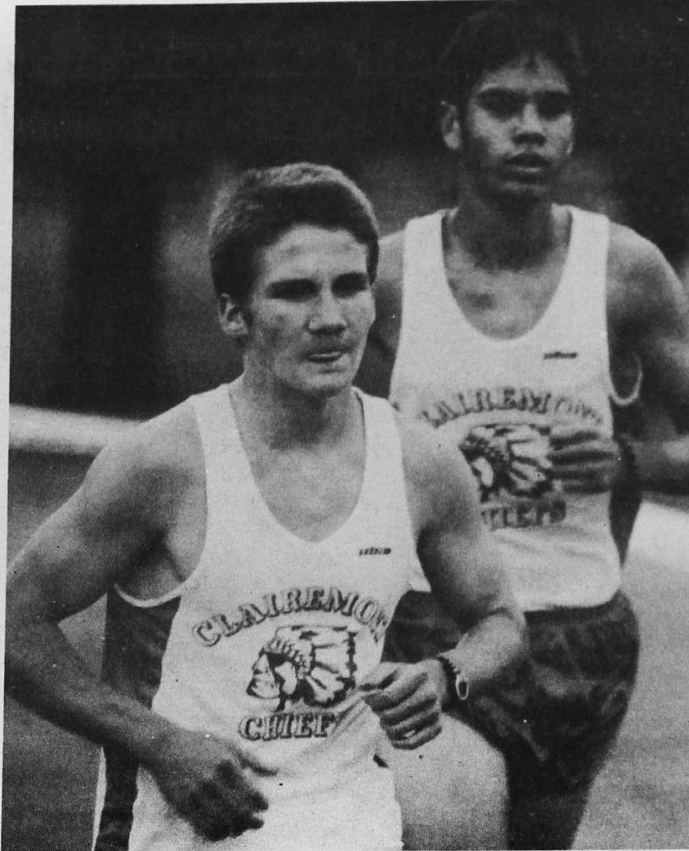
### Number Sevens:

- 15:59 Joanne Southard, WH
- 16:04 Natalie Elkind, LCC
- 16:12 Christine Concho, Bar
- 16:26 Alisha Schor, TP
- 16:27 Whitney Kuptz, RB
- 16:42 Jessica Kelleher, Vis
- 16:45 Jennifer Dowthit, SP
- 16:46 Jackie Arding, EC
- 16:58 Christina Eades, Fall
- 17:09 Anamarie Buscemi, VC
- 17:17 Serrano, Carls
- 17:21 Polina Osipova, Ram
- 17:22 Liz White, UC
- 17:24 Lizzie Reisman, Cla
- 17:27 Becca Swanson, Yuc
- 17:35 Jessica Hedges, HRV
- 18:08 Sandra Perez, Swe
- 18:13 Lisl Esterick, LJ
- 18:37 Karen McGuire, Esc
- 20:01 Jennifer Eyer, SW
- 21:34 Sara Hauman, GuajomePk
- 24:03 Michelle Luna, SD

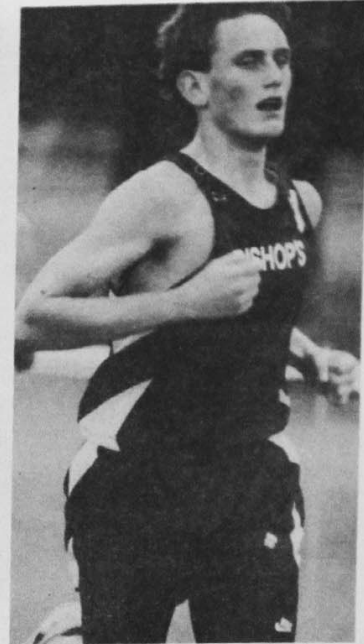




**Idrise Osman  
Crawford**



**Steven Loforti, Thomas Ferguson  
Clairemont**



**Matt Lindeman  
The Bishop's School**

## **Saints Invite** *Hosts look good; Jenna dominant*

St. Augustine's boys team dominated their own invitational, and San Dieguito Academy's Jenna Timinsky flew around the course to easily win the girls race, at the St. Augustine Invitational.

The meet was held Friday, Oct. 6 on a Morley Field "rain course."

Athletes were originally scheduled to compete on the CIF layouts, but morning rains forced meet director Jerry Downey to change plans. As a result, both boys and girls ran a modified 3.1-mile course.

Boys team titles went to Brawley in Division III, to the Saints in Division IV, and to Bishop's in Division V.

Girls team titles were won by Brawley in Division III, by Coronado in Division IV, and by La Jolla Country Day in Division V.

The weekday St. Augustine team is an upgraded version of the invitational version of the Saints. It was the weekday team that was on display here.

Sophomore Sean Barrett looked good in winning the meet in 16:47, taking over from Brawley's Raul Cobian about halfway into the race.

His emergence at the top of the Saints roster (he also led the team in key duals against USD and La Jolla the next week), gives Downey some good punch at the top of the lineup.

Barrett was backed up by Drew Bouchard (4th in 17:04), John Israel (5th in 17:17), Nathan Stender (8th in 17:46) and Pat Barrett (10th in 17:55).

The course did not race fast on the day.

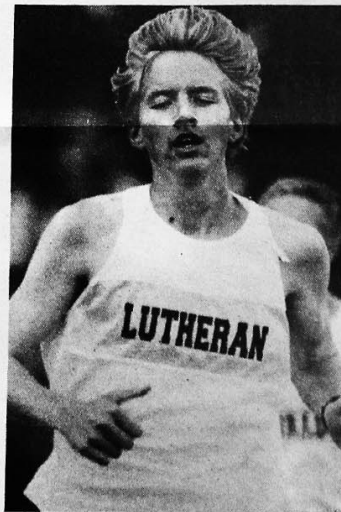
The Saints are much stronger than they seemed in pre-season. Sean Barrett has strengthened the top, the emergence of Stender has bolstered the middle and the recovery of Pat Barrett from an injury that threatened his entire season, has brought up the back of the pack.

Timinsky rocketed around the rain-softened course in 18:42, which was 1:37 ahead of Mission Bay's Rose Serna, who ran 20:19.

Timinsky is unbeaten locally, although she has yet to face Ramona's Loretta Kilmer or Hilltop's Desiree Davila. Her only loss of the season was a second place at Stanford last month, where she finished behind Jenny Aldridge, one of the state's best runners.

Brawley's girls looked impressive, taking third, fourth and seventh in the race, led by Silvia Mendez (20:30) and Claudia Dominguez (20:41). They will be a dark horse in the CIF Division III race.

Francis Parker's Angela Petersen raced in her first invitational of the season. Her training got off to a late start after she suffered a stress fracture during track season. She started conservatively and worked her way into running sub-7:00 minute pace for the race, a good



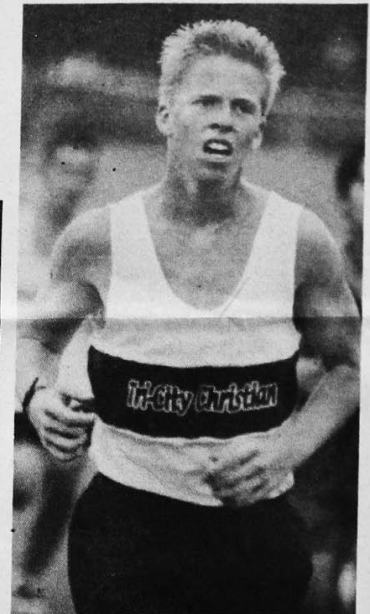
**Richard Sachs  
Lutheran**

effort considering her condition. She will be a factor in the CIF Division V race.

One of the pleasures of the St. Augustine Invite, besides seeing the small school runners get a chance to shine, is getting a sneak preview of the CIF races in the lower divisions.

All bets are off this year, however. Schools such as Calvin Christian and Army Navy Academy, both of which usually race here, were not in attendance. And the county's best Division IV school, Valley Center, was also missing.

Calvin's boys and girls teams are still widely considered the favorites in both the boys and girls races in CIF D-V, and based on



**Garrett Metcalf  
Tri City Christian**

this meet, their closest challengers could come from the Bishop's boys and the La Jolla Country Day girls.

D-IV is more problematic. Besides Valley Center, teams such as Christian, Army Navy Academy and Holtville were missing.

It actually is an unresolved question as to where Valley Center fits into the CIF picture. According to coach Mike Cummings, the Jaguars may have increased their enrollment enough in just the last year to be bumped up to Division III. If that turns out to be the case, and it won't be known until the end of the month, it would take a lot of the pressure off the division. If Valley Center moves up, the Saints would be strong favorites in CIF. The girls D-IV race would be up for grabs.

**Please see page 12.**



# St. Augustine Invite

From page 11.

If Valley Center is in Division III, they would be the favorite in the boys team race, with possible challenges from among the University of San Diego, La Jolla and University City. The Jaguars drop off after the number four spot, but the Division III field is probably not deep enough for that to matter much.

The Valley Center girls team would be a strong contender to break into the top two, challenging University City, La Jolla and Brawley. The overwhelming individual favorite in that race would be San Dieguito's Timinsky.

Another possible wild card in either the Division V or IV races is Steele Canyon, a brand new school.

Steele Canyon has just a freshman class this year, and their actual attendance figures are to this point unknown, so they could end up in either of the lower two divisions. They are based in an area, drawing from Valhalla, Monte Vista and Granite Hills, that historically produces good runners.

To this point, they have just been running in Grossmont South dual meets, with their frosh teams sometimes racing against other varsities, and sometimes against other frosh squads. Their talent level is still very much unknown, but they could be a factor in the lower divisions.

The results:

At Morley Field, Friday, October 6.  
Conditions: Cool, overcast. Meet officials used the Morley Field "rain course" because of rain earlier in day. Course does not include Upas St. hills.

## BOYS (3.1 miles):

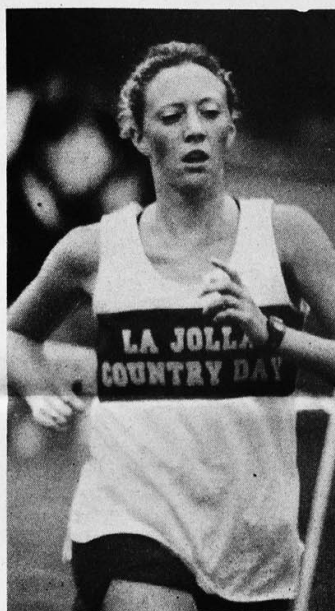
NOTE: From approximately 18th place on down, the times and places don't seem to match up with times and places determined on the spot. It seems probable that runners from 18th down have times credited for athletes two or three places ahead of them. Example: Garrett Metcalf (TCC), was timed in 18:27, but credited here with 18:34.

### Individuals:

16:47 Sean Barrett, St. Augustine  
16:56 Raul Cobian, Brawley  
16:58 Idrise Osman, Crawford  
17:04 Drew Bouchard, StA  
17:17 John Israel, StA  
17:17 Arturo Contreras, Br  
17:35 Marco Venancio, Mission Bay  
17:46 Nathan Stender, StA  
17:51 Matt Lindeman, Bishop's  
17:55 Pat Barrett, StA  
17:57 Michael Loforti, Clairemont  
18:01 Thomas Ferguson, Claire  
18:02 unidentified  
18:07 Paul Vallejo, Br  
18:08 Bogdan de la Cruz, Craw  
18:10 Rashawn Allen, La Jolla CD  
18:11 Francisco Venegas, MtnEmp  
18:14 unidentified  
18:16 unidentified  
18:18 Middleton, La Jolla CD



**Rose Serna**  
Mission Bay



**Lauren Swigart**  
La Jolla Country Day

18:20 Darren McTaggart, Claire  
18:20 Dan Tapia, StA  
18:29 Rigo Garcia, Br  
18:32 J. Middleton, LCD  
18:34 Garrett Metcalf, TriCityChr  
18:38 Matt Smith, Bish  
18:39 Ryan Schneider, Coronado  
18:39 Josias Aguilar, Br  
18:40 Josh Traube, LCD  
18:44 Brent Peterson, Bish  
18:47 Mark Trevort, Claire  
18:50 Peter Vallejo, Br  
18:56 John Duran, TCC  
18:58 Shawn Sakaria, LCD  
19:01 Mitch Howell, TCC  
19:10 Scott Neth, Julian  
19:16 David Ries, Jul  
19:17 Keith Dieltene, Bish  
19:30 David Fink, Coro  
19:30 Johnathon Phillips, Coro  
19:33 Kevin Weinberg, LCD  
19:35 Richard Sachs, Lutheran  
19:45 Mike Searles, Bish  
19:49 James Wingert, Coro  
19:52 Daniel Rickert, Madison  
19:56 Rick Schuh, MIE  
19:56 Troy Gierman, SanDgoAcad  
19:57 Harry Eviars, Francis Parker  
20:00 Dwight Carey, FP  
20:02 Scott McCracken, LCD

## GIRLS (3.1 miles):

Individuals:  
18:42 Jenna Timinsky, SDA  
20:19 Rose Serna, MB

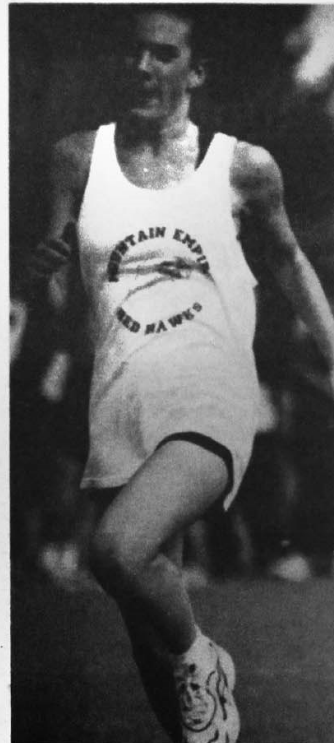


**Odette Rodriguez**  
Our Lady of Peace

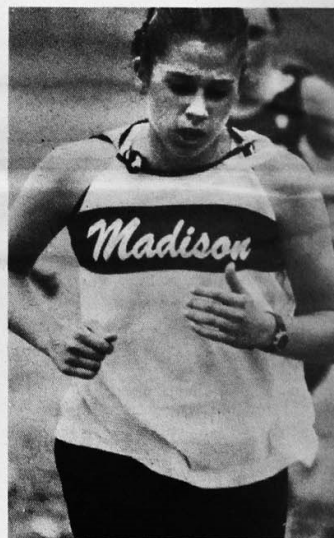


**Elizabeth Smith,  
Courtney Watkins**  
Julian, Mountain Empire

20:30 Silvia Mendez, Br  
20:41 Claudia Dominguez, Br  
20:49 Kaili Shumilak, Bish  
21:06 Lauren Swigart, LCD  
21:17 Kristina Cuaserna, OLP  
21:22 Danitza Salceda, Br  
21:36 Angela Petersen, FP  
21:38 Brooke Gerson, SDA  
21:51 Lily Dowlatshahie, MIE  
21:58 Jennifer Cardenas, Br  
22:02 Favela, Br  
22:06 Elizabeth Smith, Jul  
22:09 Marie Raffray, SDA  
22:19 Patricia Venereo, OLP  
22:29 Sara Cooke, OLP  
22:31 Jocelyn Jenks, LCD  
22:36 Judy Jimenez, Claire  
22:40 Maureen McClellan, OLP  
22:45 Katherine Wingert, Coro  
22:45 Ali Baker, MIE  
22:49 Emily Brown, OLP  
22:50 Nicole Bastian, Jul



**Ali Baker**  
Mountain Empire



**Bree Ducker**  
Madison

22:50 Sarah Kaufmann, FP  
22:58 Helen Ghebremichael, Claire  
22:59 Courtney Watkins, MIE  
23:04 Lisa Arias, FP  
23:27 Beth Witty, Coro  
23:42 Amy Elhoff, Coro  
23:46 Allison Lewis, Craw  
23:49 Kristy Gillingham, FP  
23:52 Porschia Talbot, LCD  
23:55 Morgan Rogers, Bish  
23:59 Nicky Enberg, Bish  
24:01 India Talbot, LCD  
24:09 Bree Ducker, Mad  
24:33 Ivy Whitford, Coro  
24:34 Alex Gage, Bish  
24:35 Sarah Swigart, LCD  
24:49 Diana Flores, Mad  
24:58 Daniela Scarfeo, LCD  
25:11 Clare Hutchinson, Jul  
25:39 Kacey Nielsen, Jul  
25:42 J. Glazer, school?  
25:53 Manana Fernandez, Br  
25:56 Katie Dubiel, SDA  
25:56 Marissa Armijo, FP  
26:11 Valerie Turcotte, MIE  
26:11 Desiree Whiteley, MIE  
At least 59 finished.