

# TRACK MAGAZINE

Volume VI, Number 4 -- November 3, 2000

*The best in local prep cross country coverage*



RB's Kaleena Yee and El Cap's Jasmine Marquez had a great duel in the large schools girls race at the Kit Carson Invite. Yee won, and led her girls team to a near upset of Mt. Carmel in the race.

## League Finals Week is at hand

Hey, there's still time for some quick crash workouts, right?

League championship meets are upon us, with thirteen leagues holding final meets throughout next week, beginning Wednesday and continuing through Saturday.

All of the leagues use the championships to determine all-league teams and individual champions (runners of the year).

Most of the leagues also use their finals to help determine its team champion, in combination with dual-meet results. Two leagues, the Harbor League and the Imperial Valley League, crown their team champs based only on dual meet results.

The schedule:

**Wednesday, November 8:**  
**WESTERN LEAGUE:**

At Morley Field, with both boys and girls running the 3.0-mile dual meet course.

Finals count for half of the league championship, with duals counting for the other half. Unbeaten team leaders going into the meet are St. Augustine's boys and University City's girls.

Race schedule:

2:30 p.m., junior varsity girls.

3 p.m., varsity girls.

3:30 p.m., varsity boys.

4 p.m., junior varsity boys.

Meet director is St. Augustine coach Jerry Downey.

**IMPERIAL VALLEY LEAGUE:**  
At Calexico.

Duals decide the league championship. When the IVL was in the Southern Section, schools used this meet to qualify for the Section

prelims. Now, it's to determine all-league teams and individual champs.

At press time, final dual meets were still on tap to decide the boys championship, while the Brawley girls team was unbeaten.

Race schedule:

2 p.m., boys varsity.

2:30 p.m., girls varsity.

3 p.m., boys junior varsity.

**Thursday, November 9:**

**HARBOR LEAGUE:**

At Morley Field, with boys running the Harbor 3.0-mile course, and girls running the Harbor 2.56-mile course.

Duals decide the league championships, which went to Clairemont's boys and Coronado's girls.

**Please see page 2.**

## What's inside...

By the time you read this, the dual meet season will be over. At press time, however, there were still some big prizes up for grabs.

We survey each league to see who is in front of the team races and how that might play out in meets to come.

For our extensive dual meet wrapup, please begin on page three.

It's official: Valley Center is now a Division III school. See how this has a domino effect on teams in two divisions at the CIF level. Turn to page eight.

The Kit Carson Invite had many of this area's best girls teams running head to head. See our results for a good look at how top-ranked Mt. Carmel stacked up with Rancho Bernardo and University City.

Many of the area's best runners competed at Mt. San Antonio College. Check our results to find out which local teams and individuals were the fastest there. See page eleven.

The latest dual meet rankings are on page twelve. Who's up? Who's down? Read on.

**Next Issue:**  
**November 17**

*With coverage of  
league finals. Look  
for it at the CIF  
Championships.*





## Dual Meet Roundup:

*Most races settled; a few showdowns left*

As the season enters its final day of dual meets, a handful of the dual meet championships are still undecided.

The most notable titles still being contested are in the Palomar League, where today the Vista and Poway boys teams will meet, and where the unbeaten Torrey Pines and Mt. Carmel girls teams will race.

## Final Meet Schedule

From page 2.

North, and the Helix girls and the Granite Hills boys in the South.

Race schedule:

8:30 a.m., junior varsity girls.

9 a.m., junior varsity boys.

9:30 a.m., varsity girls.

10 a.m., varsity boys.

**NORTH COUNTY CONFERENCE (Palomar, Avocado and Valley Leagues):**

At Guajome Park, in Oceanside. Boys will run 3.2 miles; girls will run 2.6 miles; with athletes running on same course used in most duals and in Southern Cal Invitational.

There will be varsity races only, with each varsity team allowed to include up to 12 athletes.

Each of the league championships will count as half of the league titles, with dual meet standings counting for the other half.

Team leaders at press time are the Fallbrook boys and Carlsbad girls in the Avocado League; and the Valley Center boys in the Valley League. Final dual meets pit unbeaten girls teams Valley Center and San Pasqual in the Valley League; unbeaten Vista boys and once-beaten Poway boys in the Palomar League; and unbeaten girls teams Torrey Pines and Mt. Carmel in the Palomar League.

Race schedule:

9 a.m., Palomar girls.

9:30 a.m., Avocado girls.

10 a.m., Valley girls.

10:30 a.m., Palomar boys.

11 a.m., Avocado boys.

11:30 a.m., Valley boys.

Meet directors are Fallbrook coach Marty Hauck (Avocado League), Vista coach Pete Brooks (Palomar League), and Ramona coach Dave Wilson (Valley League).

Things are all over in the city leagues, where the final meets were held during the week, and in the Mesa and South Bay leagues, where the major contenders have already faced off.

Similarly, both Grossmont leagues will see strong favorites in meets today, such as the West Hills boys and girls teams, and the Helix girls team. The Granite Hills boys are finished with duals.

The Valley and Avocado Leagues still have some interesting matches on their schedules, and there are some final scores to be settled in the Coastal, Southern and Imperial Valley Leagues as well.

Here's an overview of how things stand as the season approaches its end.

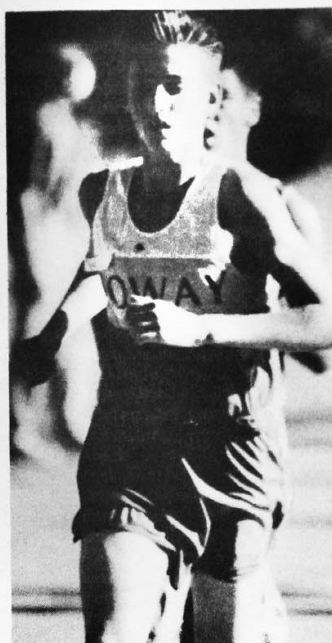
*Palomar: Big meets today; Mt. Carmel boys nip Poway; Torrey girls edge RB*

**BOYS:** Unbeaten Vista and once-beaten Poway match up today, along with host Rancho Bernardo, at Rancho Bernardo Community Park.

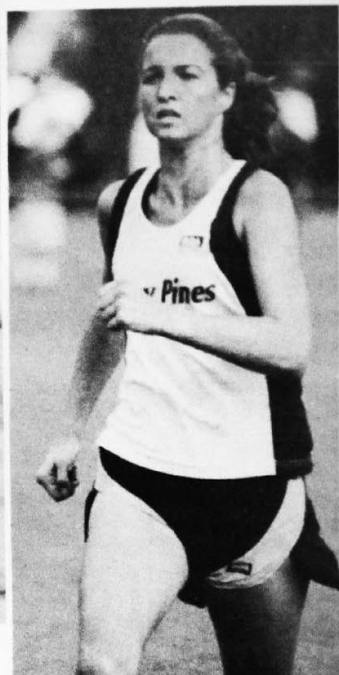
It will be only the second time this season that the teams have matched up head-to-head.

Both teams were at the season opening Vaquero Invitational, where they raced on short courses. Both were also at Dana Hills, where the competition was held in grade-level races, and at Mt. SAC, where they were in different races.

By contrast, last year the two



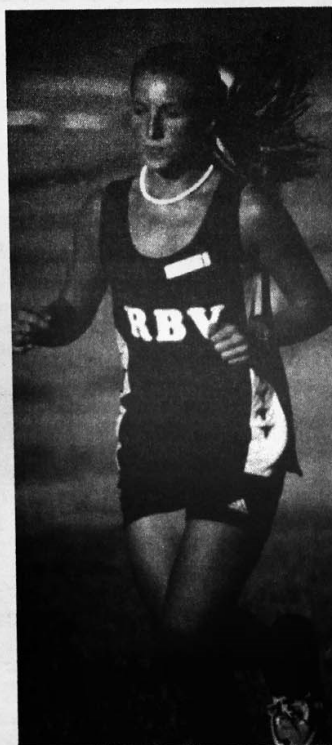
Gavin Coleman  
Poway



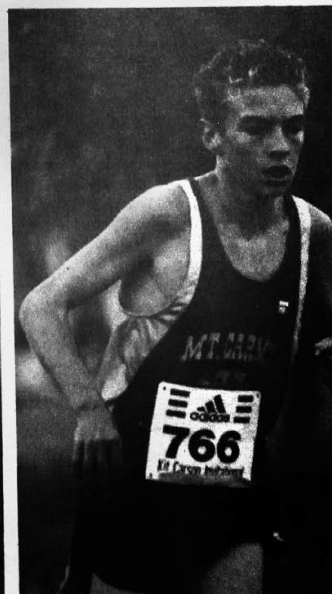
Krista Romley  
Torrey Pines



Aurora Ramirez  
Vista



Courtney Allen  
Rancho Buena Vista



Mike Rentz  
Mt. Carmel

teams seemed to face off on a regular basis in various meets.

The two teams have reversed roles this season, with Poway having strong front runners, and Vista having a tight pack team.

The Panthers have been strengthened by the emergence of Eric Hernandez, who at times is the team's number two runner. "He's given us a whole new look," Vista coach Pete Brooks said.

Mt. Carmel nipped Poway last week, 26-29, at Lake Poway, where the two teams were very closely matched.

"Our kids handled their course pretty well," Mt. Carmel coach Dennis McClanahan said. "It's one of the toughest home courses."

Poway and Mt. Carmel are built in a similar fashion, with both having top flight leaders, and both teams having significant gaps.

In this race, Mt. Carmel's Abadir Barre won, in 15:58, ahead of Poway's Devin Lyons-Quirk (16:04) and Luke McGinnis (16:11). When MC's Alan Aradanas was fourth in 16:24, the teams were tied.

Titan Aaron Powell (16:48) was fifth, but the Sundevils put Zack Neilson (17:15), Greg Williams (17:16) and Mike Rentz (17:16) across the finish just ahead of Poway's 4-5 runners, Gavin Coleman (17:17) and Chris Ryan (17:19).

Mt. Carmel's first five spanned 1:18, but they had 0:51 seconds between their number two and number three runner.

Poway's five were 1:15 apart, but their gap from number two (McGinnis) to number four (Coleman) is 1:06, with Powell about halfway between the pair.

**Please see page 4.**

# Dual Meet Roundup:

From page 3.

Mt. Carmel has been strengthened in recent weeks by the emergence of Williams, who fits right in with Neilson and Rentz.

Elsewhere in the league, Rancho Buena Vista has been running well, although wins are hard to come by in this league.

**GIRLS:** It's a battle of the unbeatens as Torrey Pines hosts Mt. Carmel at San Dieguito Park today, with Rancho Buena Vista joining in the tri-meet.

The other half of the league meets at RB Community Park, where Rancho Bernardo hosts Poway and Vista.

Biggest meet of the last two weeks was Torrey's 26-30 dual win over RB on Oct. 27.

Torrey's Julie Komosinski ran a course record (13:20 for 2.25 miles) to hold back RB's strong-running Kaleena Yee; and Falcon Dani Schuster was third ahead of RB's Allison Hall. Torrey clinched the meet with a fifth and sixth from Krista Romley and Brenna Williams, with a stream of RB runners finishing after them. The Broncos were missing number three Leah Romero, who might have been in position to race with Romley and Williams.

Komosinski's strong race was good news for Torrey. It was the best she's looked this season.

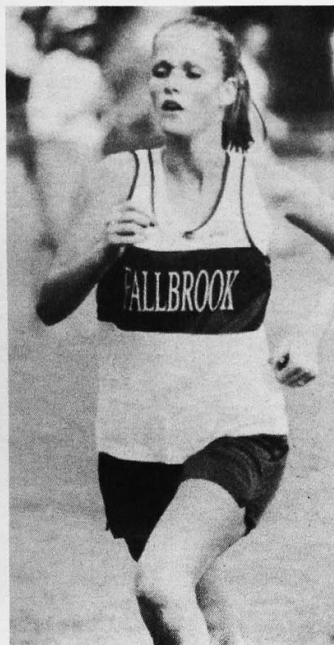
Elsewhere, Mt. Carmel's girls looked like they were back to full strength after a few weeks of battling various bugs, as they dispatched a good Poway team, 18-37, at Lake Poway.

"It was a step back (to where they were at full strength)," McCianahan said

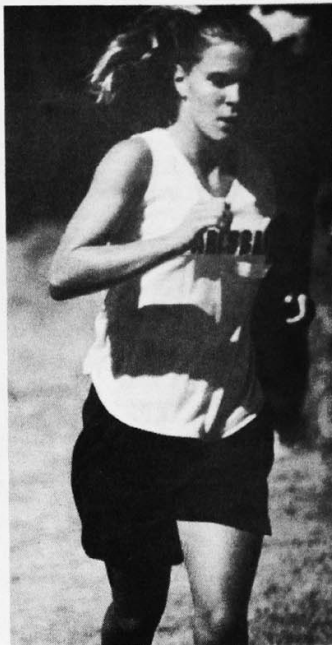
Deanna Sick, Janet Mulvey and Ashlee Dere led a 1-2-3 sweep, finishing in a tight grouping, and the Sundevils had seven of the first nine finishers in the race. Poway's Rachel Good and Kristina Maletz were the only Titans that could break into Mt. Carmel's pack.

RBV's girls nipped Vista, 27-30, in another meet, with the Panthers putting together a good pack to almost counter RBV's front runners. The Palomar is so strong that RBV (one win) and Vista (no wins) have struggled in league meets, despite both teams being not far back of the county's best squads.

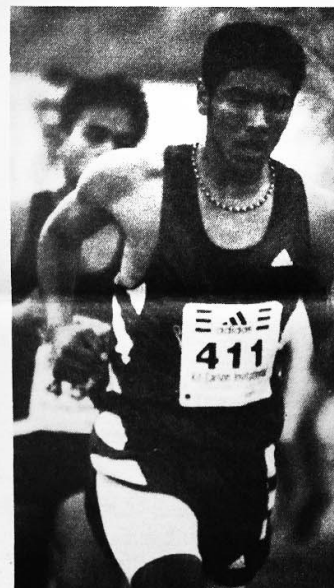
*Avocado:*  
*Fallbrook boys,*  
*Carlsbad girls in*  
*control*



**Maija Rohde**  
Fallbrook



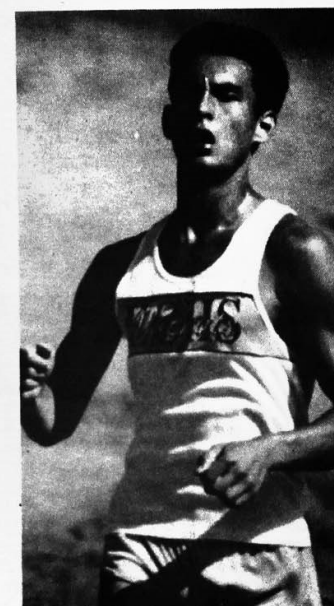
**Sara Cates**  
Carlsbad



**Alfredo Sosa**  
La Costa Canyon



**Samantha From**  
San Pasqual



**Mike Ostler**  
El Camino

Costa Canyon finish their seasons with a double dual meet. All enter the meet at 1-1.

**GIRLS:** Carlsbad is 2-0 to this point, and they'll finish this week with a double dual against La Costa Canyon (0-2) and San Marcos (0-2). The Lancers, with great depth, will be strong favorites.

Fallbrook (2-1) and El Camino (2-1) will match up in the league's other meet, and the winner of that meet could be in a position to challenge for a share of the league title when the finals are held next week. The winner of the Fallbrook/El Camino dual would also have to finish first in the league championships to end the season in a tie with Carlsbad.

Last week, Fallbrook beat San Marcos, by forfeit, and El Camino nipped La Costa Canyon, 26-29. Carlsbad was idle.

*Valley: VC boys lead; unbeaten girls teams to race today*

**BOYS:** Valley Center's excellent boys continued unbeaten in league meets, with a 23-34 win over a good Escondido squad last week. The Jaguars used their great front-running trio of Gus Polito, Cooper Bachman and Ryan Skerl to sweep 1-2-3 against the Cougars, which is an automatic dual win. The Jags' Tony Illig was sixth in the race, behind only the top two Escondido runners.

Elsewhere, San Pasqual beat Oceanside, and Ramona cruised over Orange Glen.

In three-way meets today, Valley Center (3-0) meets San Pasqual (1-2) and Orange Glen (0-3). In the other half of the league, Ramona (2-1), Escondido (2-1) and Oceanside (1-2) will meet. The winner of the Ramona/Escondido dual would then be in a position to challenge Valley Center for a share of the title in the league championship meet next week. In a title meet, a strong-running pack team could give the Jags some trouble.

**GIRLS:** Valley Center and San Pasqual both bring 3-0 records to today's three-way meet with Orange Glen (1-2).

Last week, VC blasted Escondido, 16-40, allowing the Cougars only one place (Laura Guzman, in second) among the top seven runners. The Jaguars feature a strong number one, Anna Hough, with a relatively obscure group of young runners behind her that has been doing a good job.

Elsewhere, Ramona and San Pasqual had easy wins over Orange Glen and Oceanside, respectively.

San Pasqual is a classic pack team, with four freshmen manning their top four spots. The team has

**BOYS:** Fallbrook (3-0) has beaten back the challenges of their closest pursuers, and has just one meet left, against an El Camino team that has some good talent.

Last week, the Warriors edged an underrated San Marcos squad, 26-29, as the Knights battled tough with their first four runners.

Fallbrook's Chris Gausepohl won the race, just ahead of San Marcos's Jimmy Retherford, and the Warriors were just good enough after that, taking third and fifth (Alex Casarez and Jimmy Ungricht). San Marcos put four runners in the top seven, with David Ignacio, Isaac Chitica and Austin Bissonette running well.

"They (San Marcos) are a very good team," Fallbrook coach Marty Hauck said. "We did not take them lightly."

Elsewhere, La Costa Canyon bested El Camino, while Carlsbad was idle.

Carlsbad, San Marcos and La

**Please see page 5.**



# Dual Meet Roundup:

From page 4.

been coming on all year, and they could continue to improve themselves into position to challenge for the CIF D-II title at year's end.

First things first, however, as the Eagles will match up with Valley Center in the dual, and then both teams will contend with a very good Ramona team at next week's league finals. The three teams are so even that a three-way tie for the title is a possibility. For that to happen, Ramona would have to win the league finals, and the winner of the VC/San Pasqual dual would have to finish third in that meet.

## Mesa: Bonita's girls top Chula; Devil boys are unbeaten

**BOYS:** Sweetwater took a 3-0 record into their final meet with winless Montgomery today, and expectations are that the Devils will be 4-0 heading into the league final. Chula Vista solidified their hold on second with a 20-35 win over Bonita Vista last week, with the Spartans taking the 2 through 6 spots after Baron Dustin Whitson won the race. Sweetwater was idle last week. Chula Vista has a bye this week, while Bonita Vista finishes up with a match against Southwest and a non-scoring Eastlake.

**GIRLS:** Bonita Vista surprised a few people when they handled the Chula girls, 25-32, last week. It was also a bit of an upset when BV's Kristen Gonzalez beat Chula's Sophie Marquez to win the race. Bonita won the meet with a strong back of the pack, placing runners in 4-5-7-8-9 to back up Gonzalez' win.

"Our depth is pretty good," Bonita coach Ian Cumming said. "I always thought that we were a much better team than most people knew about."

This week, Chula has a bye, and Bonita will race Southwest, so little is expected to change as the teams head into the finals.

Montgomery and Sweetwater, both 1-2, will battle for third in the league in their dual today.

## SoBay: MV boys, CP girls are unbeaten

**BOYS:** Mar Vista is 3-0 in this



**Jon Shellhammer**  
Ramona



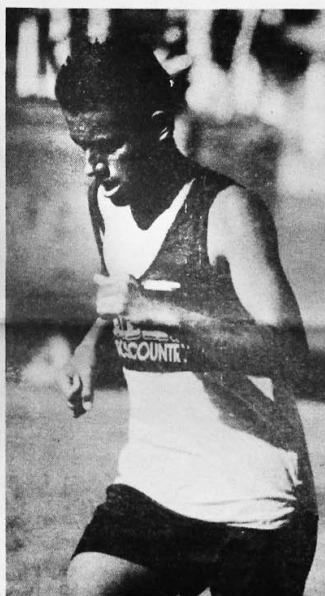
**Hector Arreola**  
Sweetwater



**Mythili Duvvuri**  
Chula Vista



**Nancy Enriquez**  
Oceanside



**Roberto Tiscareno**  
Southwest



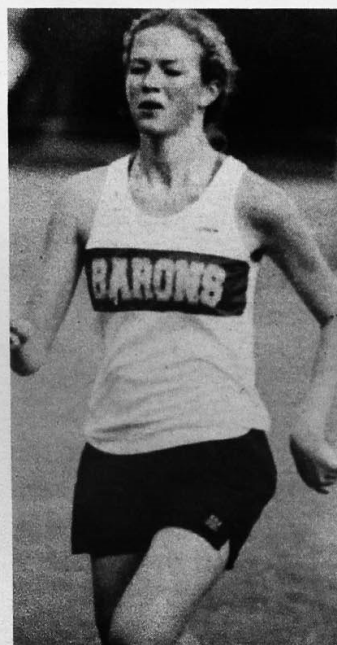
**Jesus Perez**  
Mar Vista

beat Hilltop, 20-39, in an early season meet, so the Mariners figure to be strong favorites.

Hilltop and Eastlake were easy winners last week in meets with Marian Catholic and Castle Park, respectively.

**GIRLS:** Castle Park wrapped up things when they beat Eastlake, 23-34 last week. Earlier, the

**Please see page 6.**



**Trinity Amalfitano**  
Bonita Vista

league, after an idle week, and they will race Hilltop (2-1) today. Mar Vista beat Eastlake in an earlier meet, 22-33, and Eastlake, in turn,



**Johanna Barnes**  
Montgomery

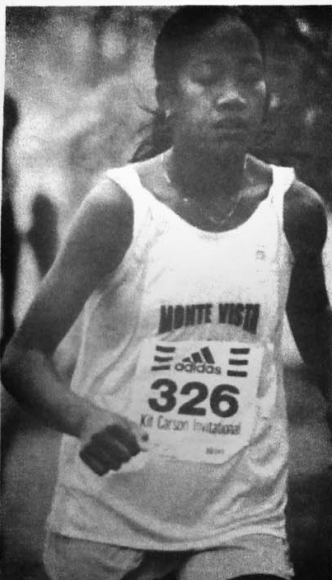
**TRACK MAGAZINE**  
is now available  
at your local  
Movin' Shoes store.  
(Back issues, too.)



**Silvia Romero**  
Eastlake



**Luke Pepin**  
Granite Hills



**Tracee Lorenzana**  
Monte Vista

## Dual Meet Roundup:

From page 5.

Trojans had topped Hilltop, 23-34, to take command of the dual meet race. Castle will finish their dual season with a meet against Marian Catholic, while Hilltop races Mar Vista.

### *GrossSo: Granite boys, Helix girls are on top*

BOYS: Granite Hills ended their dual season last week, with a 20-37 win over Valhalla, and finished the dual season at 4-0. Norseman David Santos won the race, but Granite countered with superior depth.

Monte Vista won big over Mount Miguel in a meet that was postponed for a few days. Helix was idle.

The final week has Helix racing Monte Vista, and Valhalla going against Mount Miguel. Steele Canyon has been competing mostly in frosh races.

GIRLS: Helix is 3-0 after an idle week, and they finish the season by meeting Monte Vista (1-2) this week. Valhalla (2-1) will race Mount Miguel (0-3), and Granite Hills (2-2) is all through.

Last week, Valhalla won big over Granite Hills, 20-42, and Monte Vista was an easy winner over Miguel, 17-46.

### *GrossNo: Both West Hills teams are unbeaten*

BOYS: West Hills is 3-0 after a 22-37 win over El Cajon Valley, and they finish with a meet against Grossmont (2-1) this week.

El Capitan (3-1) was a 19-40 winner over Grossmont last week, and they'll finish the dual season in second place. El Cajon Valley will race Santana, in the day's other meet.

GIRLS: The Wolfpack is 3-0, after a 15-50 win over El Cajon Valley last week.

In a close meet, El Cap (3-1) edged Grossmont 26-29 last week, to move into second in the league. Jasmine Marquez ran the Lindo Lakes course in 12:11 for a school record to set the tone for the host Vaqueros.

West Hills will face Grossmont today, and El Cajon Valley and Santana also meet.



**Julia Kermott**  
Valhalla



**David Lynn**  
El Capitan



**Brenda Mendez**  
El Cajon Valley

### *East: Henry boys nip Cavers; Pointer girls top Serra*

BOYS: Patrick Henry may have clinched the league title when they edged San Diego, 27-28, in a dual meet this week. The win gives Henry a 6-0 record in duals, but also puts them in the driver's seat at the league finals. San Diego finished at 4-2 after an unexpected loss to Point Loma (when ace Christian Dominguez was hurt). The extra loss is important because it means that San Diego cannot win a share of the league crown with a win in the league finals, unless Henry finishes third. That's unlikely, because Henry beat the Pointers, 20-37, in a dual last week.

"I knew they would really go after us," Henry coach Thom Hunt said of the Cavers. "They really went out hard, and tried to take it to us. The key was that our guys maintained their composure and kept moving up."

"It was a team effort, and they really came through," Hunt said.

San Diego had dominated the East in recent years, and Henry has not won a championship in many years.

The Pointers finished at 5-1, after a win over Serra this week, and Mira Mesa ended at 3-3 after a win over Morse.

GIRLS: In a battle of unbeaten teams, Point Loma beat Serra, 24-33, this week, to finish at 6-0. Serra's Amy Montgomery won the race, but Pointers Sara Reid, Rachel Bombaci and Allison Harden were 2-3-4, and teammates also finished 7-8-9.

"Our kids packed really well," Point Loma coach Rob Barnett said. His first three finished within eight seconds.

After Montgomery, Serra had Amy Lang and Lauren Lynaugh get fifth and sixth.

Mira Mesa and Patrick Henry both finished at 3-3, with Henry getting wins over San Diego and Kearny, and Mira Mesa winning over Morse this week.

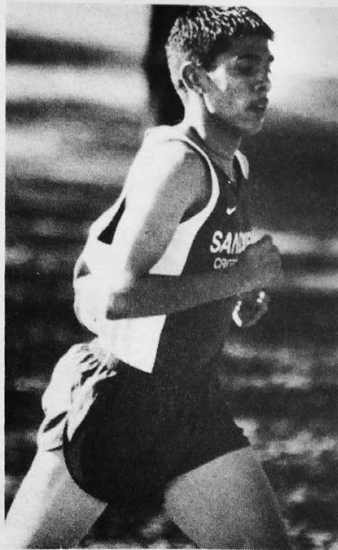
### *West: Saints boys, UC girls finish unbeaten*

BOYS: St. Augustine finished at 6-0 with a win over University City this week. For the frosting on the cake, Saint coach Jerry Downey then arrived home to find a fax from the CIF notifying him that Valley Center would be competing in Division III at CIF.

USD finished at 5-1 with wins over Scripps Ranch and Mission

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**Christian Dominguez**  
San Diego



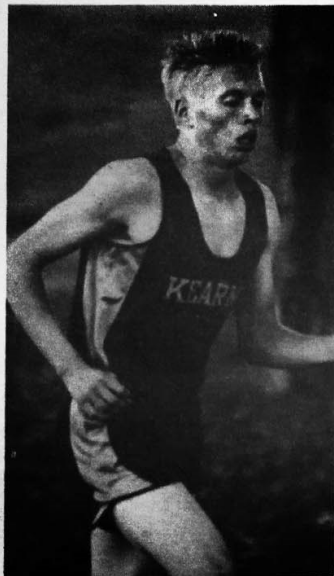
**Amy Lang**  
Serra



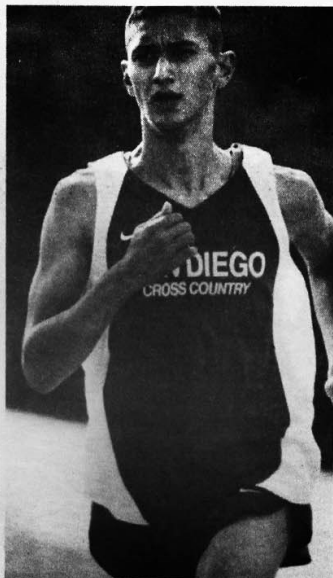
**Christine Burke**  
Patrick Henry



**Amonica Phipps**  
Morse



**Travis Bushnell**  
Kearny



**Christian Serna**  
San Diego

## Dual Meet Roundup:

From page 6.

Bay this week.

La Jolla was idle this week, and has a 4-2 record.

Most coaches were talking about the Valley Center move, which impacts everybody's state meet chances.

With VC moved up to D III, the Saints will dominate the CIF D IV race. On the other hand, Valley Center will be the favorite in Division III, leaving teams like La Jolla, USD and University City fighting for that last state meet spot.

**GIRLS:** UC looks better every week. They ran their record to 6-0 with a win over Our Lady of Peace this week.

They followed up their big dual win over La Jolla with an impressive performance at the Kit Carson Invitational. In that meet, soph Jessie Ooms and frosh Rebecca Bostwick set the pace for the team.

Then, UC beat Mission Bay by going 1-3-4-5-6-7, fitting around Rose Serna's runner-up finish for the Bucs.

La Jolla beat Scripps Ranch last week, and finished their season at 5-1. They will be among the favorites, along with UC and Valley Center, in the CIF Division III championships.

*Harbor: Chief boys, 'Nado girls win titles.*

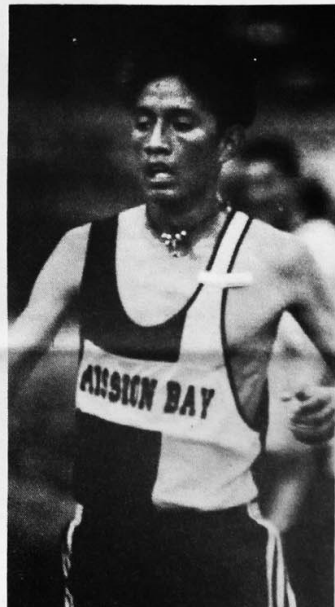
**BOYS:** It's over. In this league, dual meets decide everything. So, when Clairemont beat Coronado, 15-50, on October 19, they locked up the league title.

Coach Sean Stevenson has a strong first five, with Steven Loforti and Thomas Ferguson trading off at the top spot, with good backing by Darren McTaggart, Mark Tervort and Carlos Gutierrez. They've dominated their Harbor opposition, allowing only Christian's John Wai and Crawford's Idrise Osman to break into their scoring pack.

**GIRLS:** Coronado had little trouble taking the crown, with easy wins over every Harbor team. Their closest race was with Clairemont, and the Islanders won that meet, 22-39. Everything else was even more of a blowout. The Islanders have been paced by Rhett Chase, who is the only Harbor girl to dip under 18-minutes this year on the Morley course.



**John Israel**  
St. Augustine



**Marco Venancio**  
Mission Bay



**Liz Edwards**  
La Jolla

**Please see page 8.**

## Dual Meet Roundup:

From page 7.

### *Coastal: Calvin boys in control, girls teams have three tied*

**BOYS:** Calvin Christian is 5-0 heading into the season's final meet, against a quality Army Navy team that is 4-1. ANA is led by the league's best runner, Will Kraemer, while Calvin has a strong pack.

La Jolla Country Day is at 3-1, with a loss to Calvin and a win over Army Navy. Next best teams are Bishop's and Tri City Christian.

**GIRLS:** Everything in this league happened on one day, seemingly.

In one three-way meet among the league's best teams, each of the three teams both won and lost a meet.

San Dieguito Academy, with Jenna Timinsky and two quick frosh runners, went 1-2-3 against Calvin Christian for an automatic dual meet win.

However, Calvin, a well-balanced squad, beat Bishop's, 26-29, in the same meet.

At the same time, Bishop's, with a strong ace of their own in Kaili Shumilak, was able to break up San Dieguito's top group, and the teams tied, 28-28, with the Knights taking the tiebreaker.

That meet left all three teams with a loss apiece, so things will be resolved at the league finals.

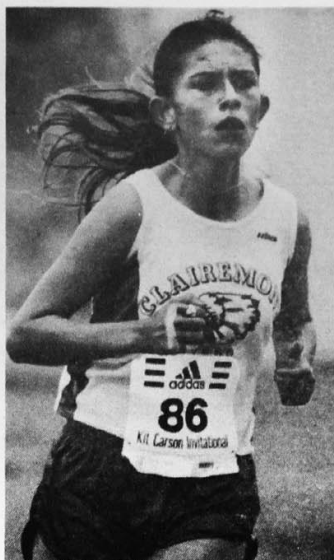
La Jolla Country Day is the next best team, and is not far back of the others.

### *Southern: Julian boys, Mountain Empire girls leading*

**BOYS:** It's not over in this league. Julian's boys team is unbeaten going into the final week, but they will face a good Holtville squad in a three-way meet at Calexico after press time. In this league, teams meet each other twice apiece, and Julian already has a win over the Vikings.

The Eagles are a pack team, with David Ries, Scott Neth, Clayton Garner, Salvador Alicata, and Jonathan Smith bunching together. Holtville is led by the league's defending individual champ, Michael Strong.

**GIRLS:** Mountain Empire's girls lead the league, with a number



**Judith Jimenez**  
Clairemont



**Jocelyn Jenks**  
La Jolla Country Day

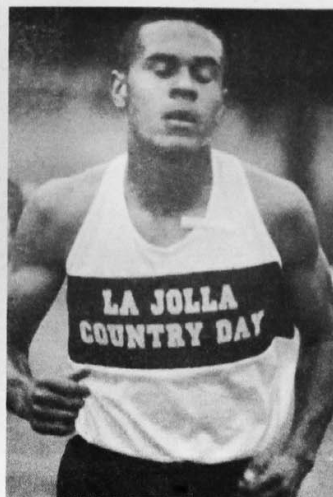
of their wins coming via forfeits. Lily Dowlatshahie and Ali Baker are the team's aces. Julian, at full strength, can also be competitive, behind strong runners Elizabeth Smith and Nicole Bastian.

### *IVL: Brawley girls lead; boys title up for grabs*

**BOYS:** Dual meets decide everything in this league, so it's fitting that the last duals of the year promise to be dramatic.

To this point, Calexico has beaten Brawley, 27-29; and Southwest of El Centro has beaten Calexico, 27-29. Now, Brawley and Southwest of El Centro will meet. A Brawley win would put things into a three-way tie.

**GIRLS:** Brawley is 3-0, with big wins in all of their meets to this point. They'll finish up with a race against Southwest of El Centro this week. Calexico might be the next best team in this league.



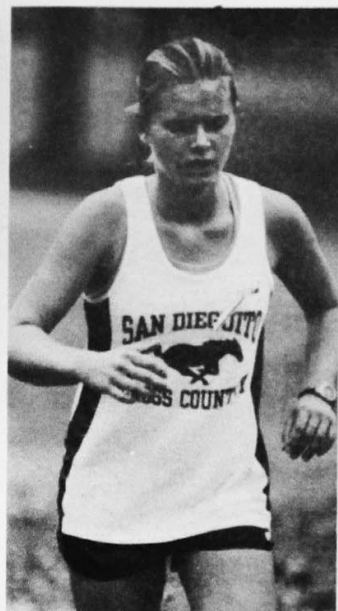
**Rashawn Allen**  
La Jolla Country Day



**Scott Neth**  
Julian



**Silvia Mendez**  
Brawley



**Marie Raffray**  
San Dieguito Academy

## News Briefs:

### *Valley Center moves to Division III*

It turns out that Valley Center's teams will race in CIF's Division III after all.

There's been much speculation about the school's eventual placement, and the area's Division IV and Division III coaches have probably worn out numerous calculators trying to crunch the numbers.

Jaguar coach Mike Cummings insisted early on that the school would probably grow in enrollment sufficiently to warrant the move upwards.

The CIF usually uses last year's enrollment figures to determine placement in divisions, which would have put Valley Center in Division IV, for schools with enrollments from 351 to 900 students for the top three grades.

The exception is when a school grows more than 15% in a year. Valley Center's enrollment was determined to be 1,002 for this fall, up from last year's 828.

Now in Division III are Valley Center, University City, La Jolla and the University of San Diego, all with strong overall programs, plus Hoover, Kearny, Southwest of El Centro, Central Union of El Centro, Brawley, Mission Bay, Madison, Our Lady of Peace, Crawford and San Dieguito Academy, many of which have

Please see page 9.



## Jaguars Move to III

From page 8.

decent teams and/or outstanding individuals. The competition to get to the state level in both team and individual racing will be fierce.

By contrast, the local Division IV looks less stellar. St. Augustine has an outstanding boys team, followed by a good Clairemont team. Coronado is probably the girls team favorite. Other schools include Palo Verde of Blythe, Lincoln Academy, Gompers, Holtville, and Army Navy Academy. The odds are very strong that only one team and three individuals will advance to the state level from this division. In the girls race, there is the possibility that there will be only two or three full teams.

## Kit Carson: Sundevils, Eagles take team titles

Teams from Mt. Carmel and San Pasqual each won boys and girls team championships at this year's Kit Carson Invitational.

The Invitational was Kit Carson in name only this year, as meet officials had to move the race site to Valley Center High School because of a scheduling conflict at Kit Carson Park.

Jaguar coach Mike Cummings had to modify his school's usual dual-meet layout to accommodate the larger numbers.

Mt. Carmel's boys handily won the large school boys race, with 51 points, ahead of runner-up Sweetwater's 96 total. Valley Center's Cooper Bachman put on a strong kick to edge Sundevil Abadir Barre to take the individual title.

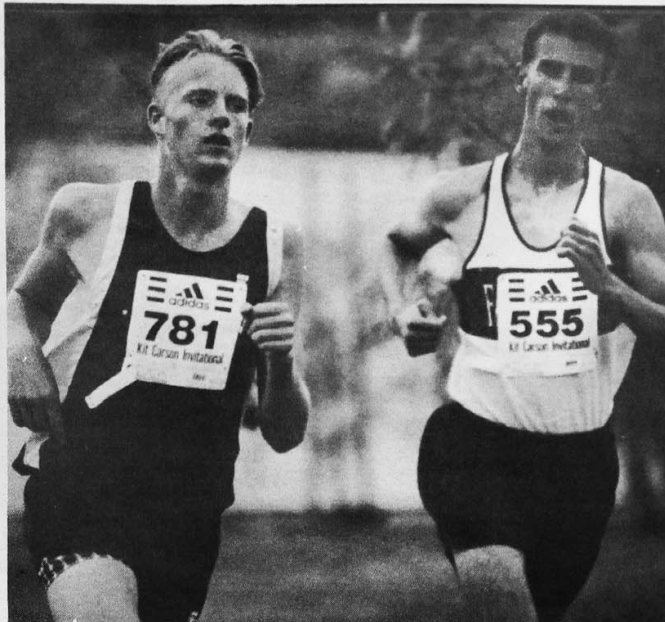
Mt. Carmel's Alan Aradanas was third, followed by the host school's Gus Polito, who was slowed by illness. Valley Center was also without ace runner Ryan Skerl, and their team was fifth in the race.

The large school girls race was very competitive, with a number of high-ranked teams running strongly.

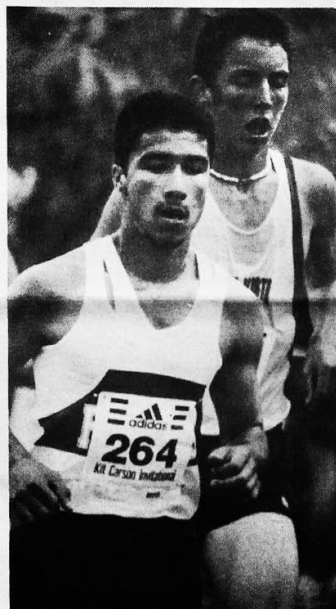
Mt. Carmel's girls won the team title, with 53 points, just ahead of Rancho Bernardo (60) and University City (73).

The Sundevil girls are starting to recover after a mid-season bout with various illnesses.

RB was missing number two runner Allison Hall, and scorer



**Zack Neilson, Jimmy Ungricht**  
Mt. Carmel Fallbrook



**Jose Sanchez, Dan Driscoll**  
Oceanside, Monte Vista

Belinda Oberum, and UC ran well despite team leader Chessa Adsit-Morris having a subpar race.

RB's Kaleena Yee and El Capitan's Jasmine Marquez put on a great race, with both girls throwing in surges and moves at seemingly every bend in the course. Yee finally moved away in the late stages.

The Sundevils were led by Janet Mulvey (4th), Ashlee Dere (5th) and Deanna Sick (8th).

The Broncos backed up Yee's win with good performances from Leah Romero (6th), Jessica Huepper (12th) and Katie Boyd (15th).

UC was led by soph Jessie Ooms (9th) and frosh Rebecca Bostwick (11th).

San Pasqual dominated the small school division.



**Ashlee Dere**  
Mt. Carmel



**Jessie Ooms**  
University City

Their girls won big, scoring just 21 points. Claire Rethmeier won the race, followed by Samantha From (3rd), Allie Willis (4th), Joy Johnson (6th) and Christina Velasco (7th).

The boys won their race with 47 points, behind Matt Johnson's winning effort, and good placements by Elliott Rethmeier (6th), Freddy Nunez (11th), Fernando Alvarez (14th) and Ryan Kerby (15th).

The results:

At Valley Center High School, Saturday, Oct. 21. Conditions: Cool, overcast. Course: On and around campus, on dirt and grass. No big hills, but lots of turns and narrow portions of course that slowed times.

### BOYS (3.1 miles):

#### Best Teams:

(Total times of first five runners from varsity races; both divisions.)

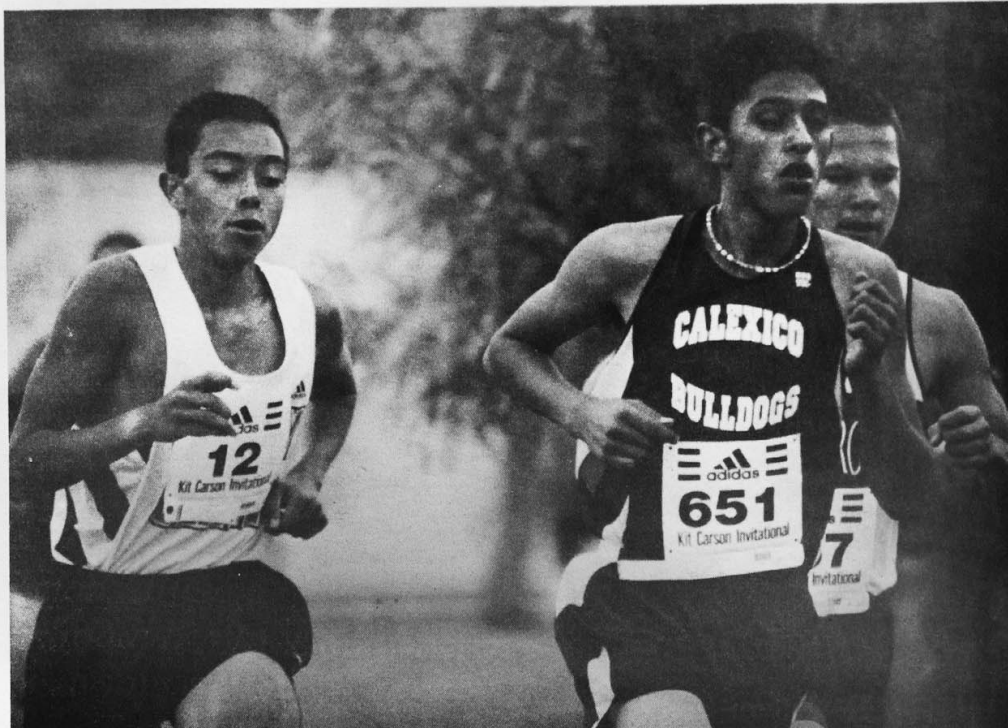
**86:28 Mt. Carmel:**  
16:30 Abadir Barre

16:39 Alan Aradanas  
17:39 Zack Neilson  
17:44 Mike Rentz  
17:56 Elliott Davey  
89:05 Sweetwater  
17:09 Abdi Abdirizak  
17:52 Mark Dionela  
17:54 Cesar Torres  
17:59 Hector Arreola  
18:11 Jose Guardado  
89:16 Fallbrook  
17:16 Chris Gausepohl  
17:49 Keith Lowell  
17:52 Jimmy Ungricht  
17:59 Tim Irwin  
18:20 Alex Fontaine  
Missing: Alex Casarez.  
89:39 Valley Center  
16:25 Cooper Bachman  
16:47 Gus Polito  
18:02 Tony Illig  
19:04 Jared Morasco  
19:21 Jason Thompson  
Missing: Ryan Skerl.  
90:17 Chula Vista  
17:29 Andres Padilla  
18:04 Polo Mariscal  
18:09 Daniel Medrano  
18:12 Jesus Mariscal  
18:23 Ysmael Miranda  
90:44 San Pasqual  
17:20 Matt Johnson  
18:02 Elliott Rethmeier  
18:19 Freddy Nunez  
18:31 Fernando Alvarez  
18:32 Ryan Kerby  
91:04 Granite Hills  
17:25 Josh Rivera  
17:41 Sean Bartonicek  
18:17 Eladio Carrillo  
18:30 Robert Fine  
19:11 Sal Bono  
Missing: Efrain Carrillo, Luke Pepin.  
91:49 La Costa Canyon  
17:43 Alfredo Sosa  
17:53 Brian Krausz  
18:36 Humberto Ramos  
18:41 Barrett Larson  
18:56 Jon Maduza  
92:30 Clairemont  
18:04 Steve Loforti  
18:04 Thomas Ferguson  
18:35 Darren McTaggart  
18:45 Mark Tervort  
19:02 Carlos Gutierrez  
93:35 Scripps Ranch  
17:56 Justin Zelones  
18:21 Matt Raudaskoski  
18:54 Caleb Garlipp  
19:09 Andrew Lang  
19:15 Ryan Kompanik  
Missing: Chris Lancaster.

#### Large Schools:

Teams: Mt. Carmel 51, Sweetwater 96, Fallbrook 96, Chula Vista 130,

Please see page 10.



Tony Illig, Luis Zepeda, Tim Irwin  
Valley Center, Callexico, Fallbrook



Krystine Cuaresma  
Our Lady of Peace

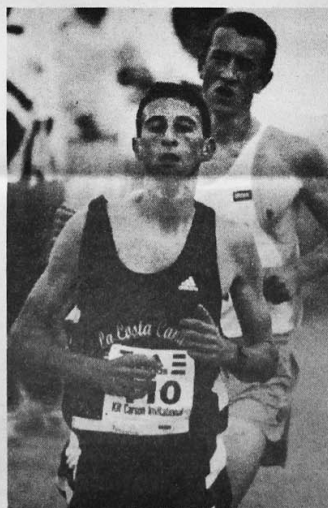
## Kit Carson Invitational

From page 9.

Valley Center 140, La Costa Canyon  
164.

### Individuals:

16:25 Cooper Bachman, ValleyCtr  
16:30 Abadir Barre, Mt. Carmel  
16:39 Alan Aradanas, MtC  
16:47 Gus Polito, VC  
16:54 Benny Gandolfo, ElCapitan  
17:09 Abdi Abdrizak, Sweetwater  
17:16 Chris Gausepohl, Fallbrook  
17:20 Andrew Garratt, UniCity  
17:25 Josh Rivera, GraniteHills  
17:29 Andres Padilla, Chula Vista  
17:39 Zack Neilson, MtC  
17:41 Sean Bartonicek, GH  
17:43 Alfredo Sosa, LaCostaCanyon



Brian Krausz,  
Sean Bartonicek  
La Costa Canyon,  
Granite Hills

17:44 Mike Rentz, MtC  
17:48 Luis Zepeda, Callexico  
17:49 Keith Lowell, Fall  
17:52 Jimmy Ungricht, Fall  
17:52 Mark Dionela, Swe  
17:53 Brian Krausz, LCC  
17:54 Cesar Torres, Swe  
17:56 Elliott Davey, MtC  
17:59 Tim Irwin, Fall  
17:59 Hector Arreola, Swe  
18:02 Alfredo Contreras, Clx  
18:02 Tony Illig, VC  
18:04 Polo Mariscal, CV  
18:09 Daniel Medrano, CV  
18:11 Mike Padilla, Clx  
18:11 Jose Guardado, Swe  
18:12 Jesus Mariscal, CV  
18:12 Abdul Mukhtar, Swe  
18:17 Corey Driscoll, Ecp  
18:17 Eladio Carrillo, GH  
18:30 Alex Fontaine, Fall  
18:20 Kenyon Ralph, RanchoBrda  
18:23 Eddie Sanchez, Swe  
18:23 Ysmael Miranda, CV  
18:25 David Lynn, Ecp  
18:30 Robert Fine, GH  
18:32 Carlos Brown, UC  
18:36 Humberto Ramos, LCC



Justin Zelones  
Scripps Ranch

18:41 Barrett Larson, LCC  
18:44 Eduardo Mariscal, CV  
18:45 Greg Williams, MtC  
18:46 Brett Cook, MtC  
18:47 Edgar Torres, CV  
18:52 Isaac Moyer, Morse  
18:53 Sean Talley, Ecp  
18:56 Jon Maduza, LCC  
19:03 Charles Cox, UC  
19:03 William Dominguez, RB  
19:03 Jarrod Hines, Ecp  
19:04 Jared Morasco, VC  
19:08 Marcelle Hunter, Morse  
19:11 Sal Bono, GH  
19:13 Matt Barry, LCC  
19:21 Jason Thompson, VC  
19:22 Chris White, Ecp  
19:25 Andre Castillo, RB  
19:27 Kyle Palmer, Morse  
77 finishers.

### Small Schools:

Teams: San Pasqual 47, Clairemont

71, Scripps Ranch 86, Monte Vista  
130, Ramona 137, Santana 182.

### Individuals:

17:20 Matt Johnson, San Pasqual  
17:24 Wesley Rankin, Monte Vista  
17:33 Dan Driscoll, MontV  
17:54 Jose Sanchez, Oceanside  
17:56 Justin Zelones, Scripps Ranch  
18:02 Elliott Rethmeier, SP  
18:04 Steven Loforti, Clairemont  
18:04 Thomas Ferguson, Cla  
18:05 Taylor Hewson, Orange Glen  
18:17 Sean Kruse, Ramona  
18:19 Freddy Nunez, SP  
18:21 Matt Raudaskoski, SR  
18:27 Matt Lindeman, Bishop's  
18:31 Fernando Alvarez, SP  
18:32 Ryan Kerby, SP  
18:35 Darren McTaggart, Cla  
18:40 Joe Adams, Ram  
18:45 Mark Tervort, Cla  
18:47 Josh Andre, SP  
18:54 Caleb Garlipp, SR  
19:02 Rene Flores, OPG  
19:02 Carlos Gutierrez, Cla  
19:09 Andrew Lang, SR  
19:11 David Ries, Julian  
19:11 Roberto Alvarez, SP  
19:15 Ryan Kompanik, SR  
19:16 Clayton Garner, Jul  
19:18 Paul Murray, SR  
19:19 Nicola D'Angelo, Santana  
19:22 Noah Marler, MontV  
19:32 David Fink, Coronado  
19:39 Spencer McBride, Ram  
19:47 Ryan Schneider, Coro  
19:52 Josh Laubacher, Sant  
19:57 Craig Wirick, Sant  
49 finishers.

### GIRLS (2.5 miles):

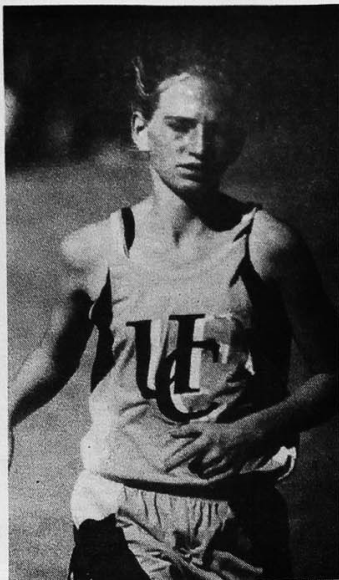
#### Best Teams:

(Total times of first five runners in  
varsity races; both divisions.)

82:32 Mt. Carmel  
16:03 Janet Mulvey  
16:10 Ashlee Dere  
16:23 Deanna Sick  
16:57 Manal Yamout  
16:59 Audrey Harrer  
82:52 Rancho Bernardo  
15:45 Kaleena Yee  
16:11 Leah Romero  
16:40 Jessica Huepper  
16:54 Katie Boyd  
17:22 Katie Thompson  
Missing: Allison Hall.  
83:51 University City  
16:28 Jessie Ooms  
16:35 Rebecca Bostwick  
16:48 Chessa Adsit-Morris  
16:59 Laura Cohen  
17:01 Lidia de Carvalho  
84:30 Fallbrook  
15:56 Katie Matlack  
16:31 Maija Rohde  
16:56 Jamie Carmichael  
17:27 Naomi Mattos  
17:40 Kate Crosswell  
86:38 Chula Vista  
16:20 Sophie Marquez  
17:23 Mythili Duvvuri  
17:29 Darla Reader  
17:42 Camille Robinson  
17:44 Johanna Suasa  
86:59 Valley Center  
16:40 Anna Hough  
17:13 Danae Hough  
17:33 Alejandra Montiel  
17:42 Melissa Preston  
17:51 Anamarie Buscemi  
87:02 San Pasqual  
16:43 Claire Rethmeier  
17:16 Samantha From  
17:28 Allie Willis  
17:44 Joy Johnson  
17:51 Christina Velasco  
Missing: Lorin Scott.  
92:55 Scripps Ranch  
17:53 Vanessa Castillo  
18:30 Grace Anderson  
18:33 Tracey Tom  
18:45 Lindsey Slover  
19:14 Jenny Sears  
Missing: Lindsey Giolzetti, Amanda  
Cummings, Natalie Gattrell.  
94:04 Callexico  
18:07 Alicia Torres  
18:39 Aina Torres

Please see page 11.





**Rebecca Bostwick**  
University City

## Kit Carson Invitational

From page 10.

18:40 Joana Garcia  
19:13 Susan Zepeda  
19:25 Alma Ovando  
24:32 Our Lady of Peace  
17:54 Krystine Cuasmasa  
18:40 Megan Lopez  
18:43 Patricia Venereo  
19:03 Maureen McClellan  
20:12 Rachel Throesch  
Missing: Kirstin Wilson, Odette Rodriguez.  
24:35 Sweetwater  
18:01 Joanna Gallarzo  
18:17 Lizette Villasana  
18:28 Kenya Caro  
19:53 Sandra Perez  
19:56 Gonzalez

### Large Schools:

**Teams:** Mt. Carmel 53, Rancho Bernardo 60, University City 73, Chula Vista 141, Valley Center 147, Fallbrook 149.

### Individuals:

15:45 Kaleena Yee, RB  
15:52 Jasmine Marquez, ECp  
15:56 Katie Matlack, Fall  
16:03 Janet Mulvey, MtC  
16:10 Ashlee Dere, MtC  
16:11 Leah Romero, RB  
16:20 Sophie Marquez, CV  
16:23 Deanna Sick, MtC  
16:28 Jessie Ooms, UC  
16:31 Maija Rohde, Fall  
16:35 Rebecca Bostwick, UC  
16:40 Jessica Huepppp, RB  
16:40 Anna Hough, VC  
16:48 Chessa Adsit-Morris, UC  
16:54 Katie Boyd, RB  
16:56 Jamie Carmichael, Fall  
16:57 Manal Yamout, MtC  
16:59 Laura Cohen, UC  
16:59 Audrey Harrer, MtC  
17:00 Yenissa Kaeg, Montgomery  
17:01 Lidia de Carvalho, UC  
17:04 Johanna Barnes, Mont  
17:05 Allison Hilton, MtC  
17:10 Monica Hubbard, ECp  
17:13 Danae Hough, VC  
17:22 Katie Thompson, RB  
17:23 Mythili Duvvuri, CV  
17:24 Lauren Jerd, UC  
17:25 Whitney Kuptz, RB  
17:27 Naomi Mattos, Fall  
17:29 Amonica Phipps, Morse  
17:29 Darla Reader, CV  
17:33 Alejandra Montiel, VC  
17:33 Kerri Wheeler, RB  
17:40 Kate Crosswell, Fall  
17:42 Melissa Preston, VC

17:42 Camille Robinson, CV  
17:44 Johanna Suasa, CV  
17:45 Brittany Pierce, MtC  
17:51 Anamarie Buscemi, VC  
17:55 Jackie Mandy, CV  
17:57 Lisha Burdick, VC  
18:01 Joanna Gallarzo, Swe  
18:02 Lynn Hernandez, ECp  
18:02 Christine Eades, Fall  
18:07 Alicia Torres, Clx  
18:17 Lizette Villasana, Swe  
18:20 Joanna Funke, LCC  
18:28 Kenya Caro, Swe  
18:28 Laura Gunther, Fall  
18:29 Priscilla Flores, Mont  
18:39 Aina Torres, Clx  
18:40 Joana Garcia, Clx  
18:59 Megan Riel-Mehan, LCC  
19:13 Susan Zepeda, Clx  
19:20 Quena Crain, GH  
19:25 Alma Ovando, Clx  
19:53 Sandra Perez, Swe  
19:56 Gonzalez, Swe  
19:58 Bernadette Grantling, Morse  
72 finishers.

### Small Schools:

**Teams:** San Pasqual 21, Scripps Ranch 82, Our Lady of Peace 96, Monte Vista 114.

### Individuals:

16:43 Claire Rethmeier, SP  
17:02 Kaili Shumilak, Bish  
17:16 Samantha From, SP  
17:28 Allie Willis, SP  
17:28 Tracee Lorenzana, MontV  
17:44 Joy Johnson, SP  
17:51 Christine Velasco, SP  
17:53 Keira DeVigne, Sant  
17:53 Vanessa Castillo, SR  
17:54 Krystine Cuasmasa, OLP  
18:04 Jennifer Dowthit, SP  
18:05 Rhett Chase, Coro  
18:07 Judith Jimenez, Cla  
18:24 Nicole Bastian, Jul  
18:30 Grace Anderson, SR  
18:33 Tracey Tom, SR  
18:40 Megan Lopez, OLP  
18:43 Patricia Venereo, OLP  
18:45 Lindsey Slover, SR  
18:47 Brianna Wallace, MontV  
18:58 Helen Ghebremichael, Cla  
19:03 Maureen McClellan, OLP  
19:14 Jenny Sears, SR  
19:19 Emily Trepasso, Coro  
19:28 Lisa Robbins, Coro  
19:40 Carlee Ihm, Sant  
19:41 Beth Whitty, Coro  
20:10 Sarah Evans, MontV  
20:12 Rachel Throesch, OLP  
20:23 Dyanne Lorenzana, MontV  
39 finishers.

## Mt. SAC Invitational: *Vista boys, Pack girls run well*

**Taylor Williams,  
Loretta Kilmer post  
best times by locals**

Local runners held their own at this year's edition of the high-powered Mt. San Antonio College Invitational

Vista's boys team, locally ranked number one, was sixth in the Division I/II Sweepstakes race, and ran the strongest team race of any local squads.

The Panthers had good efforts from Ryan Montez (15:41), Eric Hernandez (15:55), Mark Baddas (16:06), Ramon German (16:19) and Hiladio Ladios (16:24) on the



**Desiree Davila**  
Hilltop

storied Mt. SAC course.

Helix junior Taylor Williams put up the fastest time of the day among local runners, with a 15:20 to win a Division I varsity race.

Other strong boys teams included Poway, which ran some potential scorers in frosh races; Ramona, which was missing a top runner; and West Hills, which was also missing some scorers.

Poway was strong up front with Luke McGinnis (15:34), Aaron Powell (15:45) and Devin Lyons-Quirk (15:57). West Hills was paced by Ben Aragon (15:45) and Kevin Schible (15:53), while Ramona had a five-man pack ranging from 16:09 to 16:49.

Good efforts were also turned in by Division III school University of San Diego and Division V school Calvin Christian in Sweeps Races.

Best girls team was West Hills, which won a Division I varsity race, led by a front three that ranged from 19:00 to 19:15.

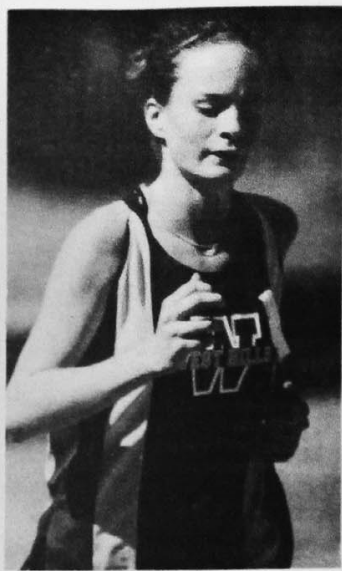
Torrey Pines, with quick races from Julie Komosinski (18:10) and frosh Dani Schuster (18:18), was 10th in the Division I/II Team Sweeps.

Ramona's Loretta Kilmer, at 17:52, was the fastest among local runners, and helped her team to the third fastest team time of the day among local outfits. The Bulldogs were ahead of teams like Helix, La Jolla, Bonita Vista and Poway.

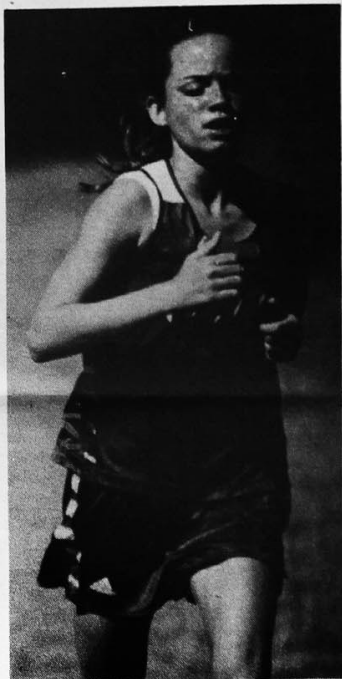
Hilltop's Desiree Davila, at 17:59, was the next fastest local, with other good efforts coming from the Torrey pair, Ramona frosh Mishon Stalnaker (18:52) and San Dieguito Academy's Jenna Timinsky.

Timinsky won the Division III Individual Sweeps race on Friday, clocking 18:10 with no close competition.

There were many top efforts by some of this area's great group of young runners.



**Chandra Farnham**  
West Hills



**Mishon Stalnaker**  
Ramona

On the boys side, good marks came from Helix frosh Babey Wagnew (16:13), Mar Vista frosh Troy Swier (16:05) and Poway frosh Gavin Coleman (16:39)

The results:

At Mt. San Antonio College, in Walnut, Saturday, October 21. Classic Mt. SAC course measures just under 3.0 miles, with three famous hills: "Switchbacks," "Poop-Out," and "Reservoir."

### BOYS:

**Best 40 local runners:** (Runners in varsity races, unless otherwise noted. Not all schools reported marks.)

15:20 Taylor Williams, Helix  
15:34 Luke McGinnis, Poway  
15:41 Ryan Montez, Vista  
15:43 Aaron Powell, Pwy  
15:45 Ben Aragon, West Hills  
15:53 Kevin Schible, WH  
15:54 David Santos, Valhalla  
15:55 Eric Hernandez, Vis  
15:57 Devin Lyons-Quirk, Pwy  
16:05 Will Kraemer, Army Navy

Please see page 12.

# Mt. SAC Invitational

From page 11.

- 16:05 Troy Swier, Mar Vista
- 16:06 Mark Baddas, Vis
- 16:09 Kenny Lawrence, Ramona
- 16:13 Babey Wagnew, Hx frosh
- 16:14 Carlos Sanchez, Ram
- 16:19 Ramon German, Vis
- 16:20 Ross Halleland, WH soph
- 16:22 Ricky Roane, Ram
- 16:24 Hiladio Ladios, Vis
- 16:27 Jon Shellhammer, Ram
- 16:30 Joe Aguilar, Vis
- 16:34 Chris Ferrier, La Jolla
- 16:35 Jimmy Retherford, SanMarcos
- 16:38 Aaron Trunnell, RBV
- 16:39 Gavin Coleman, Pwy frosh
- 16:41 Brian Thielen, USD
- 16:47 Michael Carini, USD
- 16:49 David del Llano, Ram
- 16:49 Kip Madden, Val
- 16:50 Dustin Whitson, Bonita Vista
- 16:53 Ryan Abelowitz, LJ
- 16:55 Raul Cobian, Brawley
- 16:55 Nathan Aginiga, Hilltop
- 16:57 Nick Danza, Vis
- 16:59 James McCarthy, Pwy
- 17:00 Sean Savage, WH
- 17:01 Troy McAdams, RBV
- 17:04 Shaun Ferris, RBV
- 17:06 Josh Vermaire, CalvinChr
- 17:07 Karthik Damoor, WH

**Best Local Teams:**  
(Team times are for varsity races only. Some schools ran varsity runners in frosh and soph races, and those times are not included. Not all schools reported results.)

- 1:20:26 Vista
- 1:21:31 Poway
- 1:22:03 Ramona
- 1:23:10 West Hills
- 1:25:26 Valhalla
- 1:25:30 University of San Diego
- 1:25:48 San Marcos
- 1:26:06 Carlsbad
- 1:26:37 La Jolla
- 1:27:31 Mar Vista
- 1:28:05 Calvin Christian
- 1:28:43 Torrey Pines
- 1:29:27 Bonita Vista
- 1:29:46 Brawley

## Team Breakdown:

**Vista:** Team included Montez, Hernandez, Baddas, German, Ladios, all listed above. Team was 6th in Division I/II Team Sweeps.

**Poway:** Team included McGinnis, Powell, Lyons-Quirk, J. McCarthy, all listed above, plus Chris Ryan (17:16). Does not include Gavin Coleman (16:39 in frosh race), or Pat McCarthy (17:13 in frosh race). Team was 5th in Division I/II Individual Sweeps.

**Ramona:** Team included Lawrence, Sanchez, Roane, Shellhammer, del Llano, all listed above. Team was missing Richard Clingman. Team was 14th in Division I/II Team Sweeps.

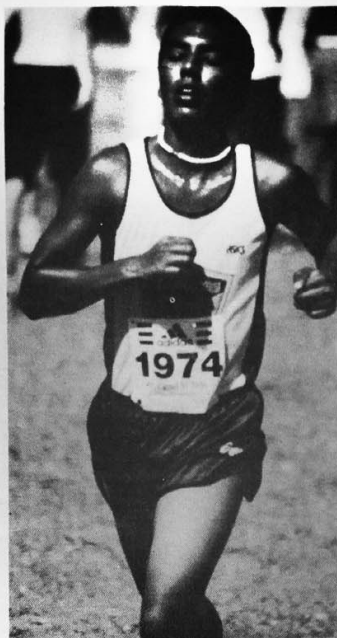
**West Hills:** Team included Aragon, Schible, Savage, Damoor, all listed above, and Jimmy Melo (17:24). Does not include Ross Halleland (16:20 in soph race), or Tim McKeon. Team was 10th in Division I/II Individual Sweeps.

**Valhalla:** Team included Santos and Madden (listed above), and unidentified runners at 17:08, 17:38 and 17:55. Team was 5th in a Division II varsity race.

**USD:** Team included Thielen and Carini, listed above, and Brendan Cronin (17:14), Marco Fierro (17:17), and Paddy Tatusko (17:29). Team was 9th in Division III Team Sweeps.

**San Marcos:** Team included Retherford, listed above, and unidentified runners at 17:16, 17:16 and 17:22. Team was second in a Division I varsity race.

**Carlsbad:** Team included unidentified



Isaac Chitica  
San Marcos

runners at 17:08, 17:11, 17:11, 17:14, and 17:19.

**La Jolla:** Team included Ferrier and Abelowitz, listed above, and unidentified runners at 17:17, 17:35, and 18:17. Probably missing Scott Davis. Team was 1st in a Division III varsity race.

**Mar Vista:** Team included Swier, listed above, and unidentified runners at 17:25, 17:26, 18:13 and 18:20. Team was 6th in a Division II varsity race.

**Calvin Christian:** Team included Vermaire, listed above, and Jesse Shipley (17:17), Darin Conner (17:18), Aaron Faber (17:58) and William Green (18:23). Team was 8th in Division V Team Sweeps.

## Team Sweepstakes:

Division I/II:

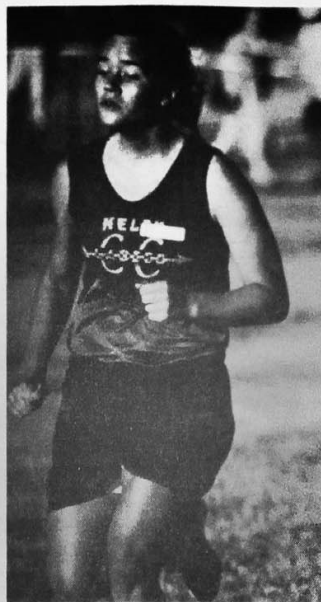
- 1:17:28 Long Beach Poly
- 1:18:10 Canyon
- 1:19:44 Rialto
- 1:19:47 Don Lugo
- 1:20:07 Bosco Tech
- 1:20:26 Vista

## GIRLS:

### Best 40 local runners:

(Runners in varsity races, unless otherwise noted. Not all schools reported marks.)

- 17:52 Loretta Kilmer, Ramona
- 17:59 Desiree Davila, Hilltop
- 18:10 Jenna Timinsky, SanDgtoAcad
- 18:10 Julie Komosinski, Torrey Pines
- 18:18 Dani Schuster, TP
- 18:52 Mishon Stalaker, Ram
- 19:00 Shawna Winfrey, West Hills
- 19:06 Desiree Leek, La Jolla
- 19:11 Kristina Nugent, WH
- 19:15 Chandra Farnham, WH
- 19:20 Kristina Maletz, Poway
- 19:23 Rachel Farrior, Helix
- 19:25 Sabrina St. Laurent, ElCamino
- 19:32 Rachel Good, Pwy
- 19:40 Ashley Handy, WH
- 19:50 Krista Romley, TP
- 20:00 Kristen Gonzalez, BonitaVista
- 20:01 Amy Johnson-Westlie, Hx
- 20:02 Stephanie Baird, Hx
- 20:03 Joanne Southard, WH
- 20:06 La Jolla 2.
- 20:09 Brenna Williams, TP
- 20:14 Elizabeth Harns, Hx
- 20:18 Lauren Simon, Pwy
- 20:19 Cassie Kuske, WH
- 20:23 Kate Branson, BV
- 20:30 Trinity Amalfitano, BV
- 20:30 Aurora Ramirez, Vis
- 20:31 Olympia Olguin, Vis
- 20:34 Melissa Moore, RBV
- 20:36 Caitlin Kearney, USD
- 20:38 Michelle Jensen, Hx
- 20:38 La Jolla 3.
- 20:42 Olga Gorobets, Hx



Elizabeth Harns  
Helix



Kristina Maletz  
Poway

- 20:47 Rachael Simmons, Ram
- 20:49 Jackie Dale, WH
- 20:55 Bre Goetz, Ram
- 20:55 Alysha Schor, TP
- 20:58 Cassie McLean, Vis
- 20:59 Kristen Thompson, BV

## Best Local Teams:

(Team times are for varsity races only. Some schools ran varsity runners in frosh and soph races, and those times are not included. Not all schools reported results.)

- 1:37:09 West Hills
- 1:37:24 Torrey Pines
- 1:40:00 Ramona
- 1:40:21 Helix
- 1:40:49 La Jolla
- 1:41:34 Bonita Vista
- 1:41:57 Poway
- 1:44:06 Vista

## Team Breakdown:

**West Hills:** Team included Winfrey, Nugent, Farnham, Handy and Southard, all listed above. Team was 1st in a Division I varsity race, with 31 points.

**Torrey Pines:** Team included Komosinski, Schuster, Romley, Williams and Schor, all listed above. Team was 10th in Division I/II Team Sweeps.

**Ramona:** Team included Kilmer, Stalaker, Simmons, and Goetz, all listed above, and June Andrews (21:32). Team was 14th in Division I/II Team Sweeps.

**Helix:** Team included Farrior, Johnson-Westlie, Baird, E. Harns and Jensen, all listed above. Team was 15th in

## Division I/II Team Sweeps.

**La Jolla:** Team included Leek and unidentified second and third runners, all listed above, plus unidentified runners at 21:01 and 21:02. Team was 3rd in Division III Individual Sweeps.

**Bonita Vista:** Team included Gonzalez, Branson, Amalfitano and Thompson, all listed above, plus Dulce Alvarez (21:42). Team was 1st in a Division I varsity race.

**Poway:** Team included Maletz, Good, and Simon, all listed above, plus Audrey Pound (21:22), and Tara Whitty (21:24). Team does not include Emily Melendrez, who ran 21:06 in a soph race, or Katie Spooner, who ran 21:24 in a soph race. Team was second in a Division I varsity race.

**Vista:** Team included A. Ramirez, Olguin, and McLean, all listed above, plus Jessica Kelleher (21:00), and Janet Ramirez (21:04). Team was third in a Division I varsity race.

## Team Sweepstakes:

Division I/II:

Team:

- 1:34:18 Buchanan.

Individual:

- 17:19 Sara Bei, Montgomery (SR)
- 17:47 Amber Steen, NewpHrbr
- 17:48 Liza Pascutto, MurrValley
- 17:52 Loretta Kilmer, Ramona
- 18:10 Julie Komosinski, Torrey Pines

## Ind. Sweepstakes:

Division I/II Individual:

- 16:38 Anita Siraki, Hoover, Glndale
- 17:11 Amber Trotter, Ukiah
- 17:23 Natalie Stein, NoHollywood
- 17:42 Laura Jakosky, Agoura
- 17:51 Julie Allen, Fountain Valley
- 17:59 Desiree Davila, Hilltop

Division III Individual:

- 18:10 Jenna Timinsky, SnDiegoAcad

# Rankings:

## BOYS:

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

## Others:

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

## GIRLS:

1. Mt. Carmel
2. West Hills
3. Torrey Pines
4. Rancho Bernardo
5. University City
6. Fallbrook
7. Carlsbad
8. Bonita Vista
9. Valley Center
10. San Pasqual

## Others:

Chula Vista  
Ramona  
Helix  
La Jolla  
Poway  
Rancho Buena Vista