

TRACK MAGAZINE

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The best in local prep cross country coverage

The finals: Look for surprises, close races

Today's San Diego Section CIF championships should have no shortage of drama.

There will be close finishes, surprises, and a lot of fingernail biting.

There are some logical and strong favorites in team and individual racing, but some of the races are (dare I say it?) too close to call.

Some of the best individual racing will come in Division II.

In the boys Division II race, Helix's Taylor Williams, arguably as fast as anybody in the section, will have to contend with Valhalla's David Santos, Mira Mesa's Brandon Zelones, Helix teammate Babey Wagnew, El Capitan's Benny Gandolfo, San Pasqual's Matt Johnson, Mar Vista's Troy Swier, Escondido's Jon Cordes and whichever of the Ramona pack that is having the best day.

It would be no shock if that field produced the fastest race of the day.

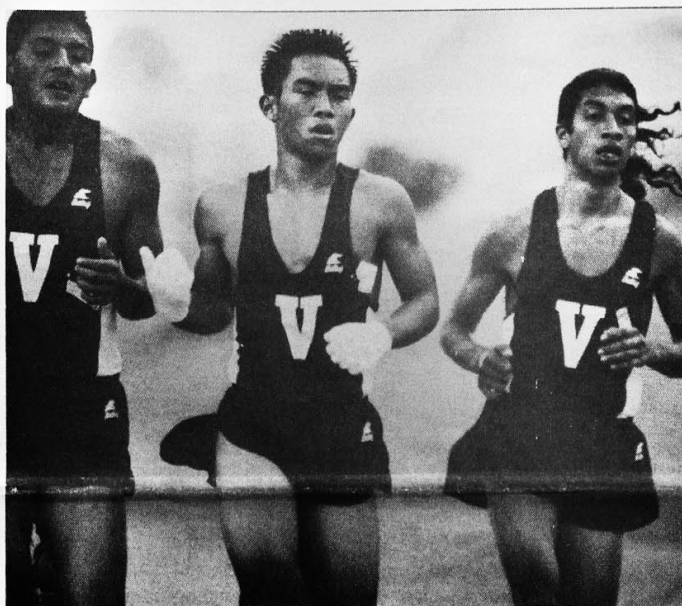
The girls Division II field is even classier, although not as deep in top quality.

In that race, it will be a rematch of the Mt. Carmel Invitational small school senior race, where Ramona's Loretta Kilmer outran Hilltop's Desiree Davila and El Capitan's Jasmine Marquez. That race could be the fastest girls race of the day.

But, we're getting ahead of ourselves here.

A lot is at stake today at Morley Field.

The section will conduct boys and girls championship races in five divisions, based on enrollment.



Here comes the Vista pack
Hiladio Ladios, Mark Baddas and Eric Hernandez were instrumental in helping the Panthers win the Palomar title last week. Today, the CIF championship will be on the line.

There will be ten CIF team champions crowned, and ten CIF individual champions honored. In addition, the top ten individuals in each race will earn All-CIF honors.

Finally, the meet is a qualifying step for next week's state championships at Woodward Park in Fresno.

In the larger divisions (I, II and III), two teams will qualify to compete in Fresno from each race, plus the top five individuals not already included on those teams.

In the smaller divisions (IV and V), it will depend on the number of teams in each race. Division V probably has enough teams that will show up to allow maximum qualifiers, but it is not a lock. Division IV almost certainly will send only one team, plus individuals.

There is another method, new this year, that will allow for the possibility of extra teams getting state meet berths, but the probability is that it will rarely come into play, at least in this section.

Here's some of what to look for today:

Division I Boys:

It will be a rematch of the Palomar final, among Vista, Poway and Mt. Carmel, with Grossmont North champ West Hills having an equal shot. Slightly longer shots are Sweetwater, Fallbrook and Granite Hills, although one of those teams could conceivably rise to the occasion.

Vista is the favorite, after being the best team all year. Poway and Mt. Carmel have the ability to challenge, but both have lineup gaps that leave them vulnerable. West Hills is a bit of a darkhorse, and an aggressive-running pack team could find themselves right in the mix.

Individually, look for Poway's Luke McGinnis, Devin Lyons-Quirk and Aaron Powell, Mt. Carmel's Abadir Barre and Alan Aradanas, West Hills' Ben Aragon and Kevin Schible, Vista's Ryan

Please see page 3.

What's inside...

St. Augustine's boys and University City's girls both won at the Western League finals. Page 4.

Clairemont's boys and Coronado's girls looked good at Harbor. Page 5.

Southwest of El Centro's boys and Brawley's girls run well at Imperial Valley. Page 6.

Calvin Christian and La Jolla Country Day battled at the Coastal, while Julian and Mountain Empire took Southern titles. Page 7.

Patrick Henry's boys and Point Loma's girls win the East. Page 8.

The Metro crowned four champs: Sweetwater and Mar Vista in the boys, and Bonita Vista and Castle Park in the girls. Pages 9-10.

Vista's boys and Mt. Carmel's girls topped this quality league. Page 11.

Fallbrook's boys and Carlsbad's girls won the Avocado. Page 12.

Ramona's boys and San Pasqual's girls ran great pack races to win the Valley. Page 13.

West Hills dominated both sides of the Grossmont North, while the South went to the Granite Hills boys and the Helix girls. Pages 14-15.

To see the latest local and state rankings, please see page sixteen.

Finals week: a little something for everyone

The week of league finals brings out the best in local cross country.

There was a lot of great racing, of course. There was also a lot of local flavor as each league conducts its own unique championship meet on a familiar course.

And, best of all, I got to see most of it.

This year, I was able to catch, in order, the Western finals on Wednesday, the Harbor finals on Thursday, the Eastern finals on Friday morning, the South Bay and Mesa finals on Friday afternoon, and the Palomar, Avocado and Valley finals at Guajome Park on Saturday morning.

Unfortunately, there were conflicts, so I missed the Imperial Valley finals, the Southern and Coastal finals, and the Grossmont North and South finals.

The box score for the week:

Mileage driven: 560 miles.

Total number of photos: 504.

Favorite food stop: Starbucks.

Here's some of what I saw:

The weather: After the Western meet, the weather got steadily worse the rest of the week, affecting courses.

Break out the new threads:

Coaches love to add to their team's psyche in big meets by unveiling new uniforms.

Vista's boys, in all-red, won the Palomar meet.

University City's girls, featuring Hawaiian-style shorts, won the West.

Hilltop's girls, looking sharp in forest green, had the Metro's best runner in Desiree Davila.

Most dominant runners:

In girls racing, Jenna Timinsky of San Dieguito Academy was in another time zone in her league meet, winning by 1:52 over Kaili Shumilak of Bishop's.

Hilltop's Desiree Davila, who was cruising, won the South Bay title by 1:16 over Castle Park's Gloria Martinez.

In boys racing, Army Navy Academy's Will Kraemer had a 0:53 second margin over Coastal runner-up Jesse Shipley.

Best individual races:

The best race, although I didn't see it, had to have been the boys race in the Imperial Valley League, where Central's Robert Guieb and

Calexico's Luis Zepeda finished in the same time in what was described as a near photo-finish.

Another good finish was in the Palomar final, where Mt. Carmel's Abadir Barre held on to win against Poway's fast-finishing Luke McGinnis, by 0:01-second.

One of the best races was the duel between San Diego's Christian Dominguez and Mira Mesa's Brandon Zelones in the Eastern meet. Dominguez pulled away to an 0:07-second win in the last stretch, but it was a great man-to-man race before that.

Closest finish in girls racing was the 0:02-second margin that Helix' Rachel Farrior had over Granite Hills' Cindy Walker.

Next closest was Ramona's Loretta Kilmer's 0:03-second win over teammate Mishon Stalnaker, but Kilmer was in cruise mode.

Surprises:

El Cap's Benny Gandolfo ran his best race of the year in getting a big win in the Grossmont North, and finishing not too far behind Helix ace Taylor Williams.

Serra's Lauren Lynaugh almost pulled off the shocker of the week when she finished second in the East final after taking the lead halfway through the race. Team-mate Amy Montgomery caught her, but Lynaugh's victims included former league champs Lisa Dodd and Amonica Phipps.

Hoover's Solomon Kumbi was second in the Western final, running 15:40 and beating a number of highly regarded rivals.

Central of El Centro's Robert Guieb was a surprise winner in the Imperial Valley final. According to Brawley coach Jose Flores, Guieb improved by more than 0:40 seconds in comparison to his rivals.

Best Clutch Running:

La Jolla boys and girls teams. It's a Viking trademark for the Red and Black to come on strong in the season's most important weeks.

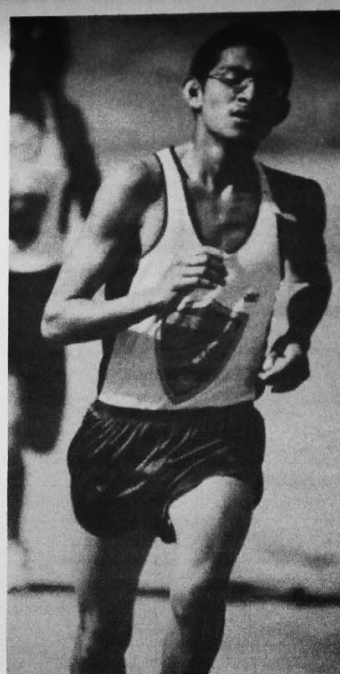
Sportsmanship award:

To Clairemont's Judith Jimenez. Jimenez and teammate Helen Ghebremichael were leading the Harbor race, but the finish was maybe 200 meters away, and a strong-running Coronado girl was in range, and closing.

Ghebremichael tripped and fell, and Jimenez stopped long enough to help her teammate to her feet. It cost her some time, but she still won the race.

Most underrated teams:

Two strong contenders are the San Marcos boys, led by David Ignacio, and Rancho Buena Vista's



David Ignacio
San Marcos was underrated.

girls, led by Nastassja Hall.

Both raced most of their invitationals out of town and both competed in tough leagues.

Best pack teams:

Boys (winning teams):

0:23 for Vista's first five in the Palomar final.

0:24 for Sweetwater's first five in the Mesa final.

0:26 for Ramona's first five in the Valley final.

0:34 for Granite Hills' first five in the Grossmont South final.

Girls (winning teams):

0:40 for San Pasqual's first five in the Valley final.

0:47 for Bonita Vista's first five in the Mesa final.

0:50 for Helix's first five in the Grossmont South final.

Most dominant teams:

BOYS: West Hills scored just 21 points in taking the Grossmont North race. Their runners finished 2-3-4-5-7-10-11.

Next most dominant boys team was Sweetwater, who won the Mesa race by placing runners at 3-4-5-6-7-8, for 25 points.

GIRLS: The Imperial Valley League didn't score their meet, but the Brawley team scorers placed 1-2-3-7-8, which totals 21 points.

The West Hills girls, in the Grossmont North, scored 22 points by going 2-3-4-5-8-9-12.

Best team races:

The IVL boys team race, not officially scored, saw both Southwest of El Centro and Calexico total 47 points, with Southwest having the better sixth runner.

Best three-way boys meet was in the Palomar, where Vista's pack team (44), was enough to overcome great front-runners from Poway (51) and Mt. Carmel (55).

Best two-way girls meet was in the West, where University City

from the editor...

(33) held off a resurgent La Jolla team (36).

Best three-way girls team race was in the Avocado, where Carlsbad (48) edged Fallbrook (52) and El Camino (54).

Strangest looking race:

The Palomar boys, where the usually congested mid-pack was surprisingly sparse. After the first five runners came across, only ten more runners finished in a 0:47 second time span. Normally, runners stream across the line in one- and two-second intervals in that part of the race.

Biggest contrasts of team makeup:

The Valley boys, where Valley Center's great top end went 1-2-3. Ramona put across a 0:24-second pack, going 4-5-8-9-10 to win the meet, and reverse a dual meet loss to the Jaguars. In that dual, VC went 1-2-3.

Similarly, in the Palomar meet, Vista avenged a dual meet loss to Poway in the season's last week. There, Poway went 1-2-3, which is an automatic dual win (their four-five went 11-12). Here, there were more bodies in the race, and Vista used their pack to advantage and won, even though Poway's first runners were 2-3-4 in the race.

Closest matchup of team styles:

The Valley girls, where San Pasqual's pack edged Valley Center's pack.

At one point in the race, the teams were alternating finishes.

After Ramona went 1-2 in the race, it was San Pasqual, Valley Center, San Pasqual, Valley Center, San Pasqual, Valley Center, Ramona, Valley Center, San Pasqual, and most of the finishes were close.

Most like dual meets:

The Metro Mesa league had Bonita Vista beat Chula Vista in the girls race, by a dual-like score of 24-34. The two teams had 11 of the first 12 runners in the field.

The Coastal meet boys race saw Calvin Christian beat La Jolla Country Day by 33-40, with the two teams combining for 10 of the top 13 spots.

Next Issue:
Spring, 2001
With our track & field preview issue.

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

CIF Preview

From page 1.

Montez, RBV's Aaron Trunnell and San Diego's Christian Dominguez. If any of the better runners from Granite, or Sweetwater, or Fallbrook start to creep into the mix, then keep an eye on that team.

Division I Girls:

Mt. Carmel has a veteran lineup that has been top-ranked all year, but several teams are within range.

Torrey Pines has great top talent, and could spring a surprise.

Rancho Bernardo, if they are on, is also dangerous.

West Hills, slightly unknown to the Palomar schools, has great depth and balance.

There are rumors of sickness hovering over some of these teams, so health could be the determinant.

Longer shots, but still quality teams, are Rancho Buena Vista, Bonita Vista, Fallbrook, El Camino, and Carlsbad.

Individually, Torrey's Julie Komosinski, the defending champ, is seeming to peak at the right time, and she'll be the favorite.

Also look for Torrey teammate Dani Schuster, Fallbrook's Katie Matlack, RBV's Kaleena Yee and Allison Hall, RBV's Nastassja Hall, El Camino's Sabrina and Sarah St. Laurent, Carlsbad's Jessie Ansari, and Mt. Carmel's group of Ashlee Dere, Deanna Sick, Manal Yamout, and Janet Mulvey. A West Hills runner or two could also sneak in, with Shawna Winfrey and Chandra Farnham being strong possibilities.

Division II boys:

Ramona's team is a strong favorite.

They have a strong pack, and good depth beyond that. Best of all, their parts are nearly interchangeable.

A challenge could come from among Helix, San Pasqual, Patrick Henry, Escondido, El Capitan, Valhalla, Mar Vista, Point Loma or Calexico. The competition for that second team slot is really wide open. Helix might have an advantage over many of their rivals with Williams and Wagnew expected to place high. Patrick Henry and Mar Vista are intriguing dark horses.

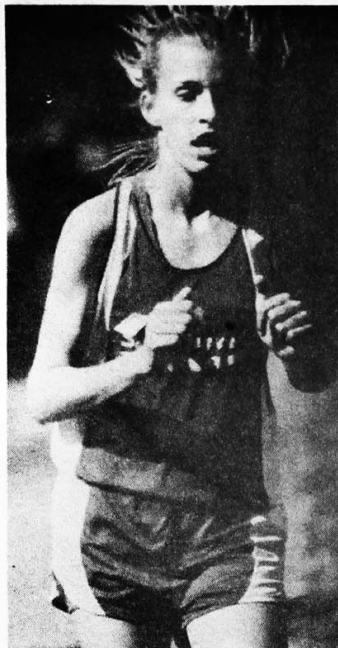
For best individuals, see above.

Division II Girls:

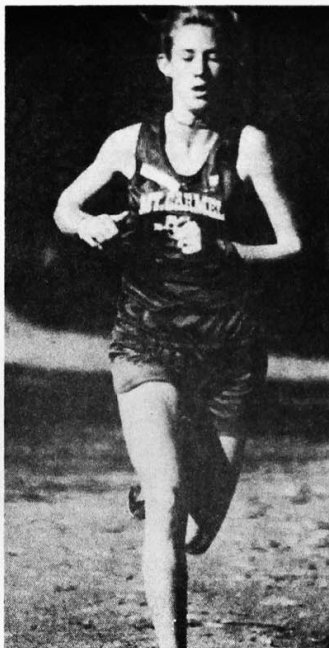
This is an even more wide-open race, as a number of teams have a legit shot at the two team state meet berths.

Helix might be a slight favorite, given their depth, but San Pasqual's team has been steadily improving since day one and will have to be reckoned with. Ramona has a shot with some top individual runners.

Slightly longer shots are teams such as El Capitan, Scripps Ranch, Point Loma, Serra, Valhalla and Castle Park.



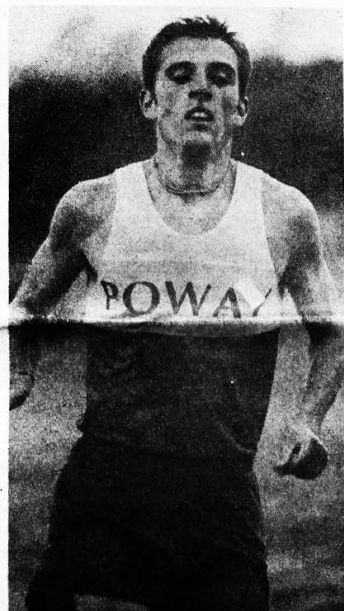
Allie Willis
San Pasqual



Ashlee Dere
Mt. Carmel



Allison Hall
Rancho Bernardo



Devin Lyons-Quirk
Poway



Ryan Montez
Vista



Ben Aragon
West Hills

For individuals to watch, see above. It will be a great race.

Division III Boys:

This is a widely anticipated showdown between north county power Valley Center and Western teams like La Jolla, University City and University of San Diego.

Valley Center lost to Ramona in their league finals last week, despite going 1-2-3, but they are a top quality team. The Jaguars had a team time equal to Vista and Mt. Carmel, which raced on the same course, so they are for real. The key for them is not to give up too many points at the back of the pack, but there may not be enough quality bodies in the field for that to happen.

La Jolla is coming on strong at the perfect time, and UC has beefed up their roster. USD was second in the dual meet portion of

the West, so they are a contender.

Longer shots are Southwest of El Centro, Brawley and Hoover.

Individually, look for Valley Center's Cooper Bachman, Gus Polito and Ryan Skerl, Hoover's Solomon Kumbi, La Jolla's Chris Ferrier, Brawley's Raul Cobian, Central of El Centro's Robert Guieb, Crawford's Idrise Osman, UC's Andrew Garratt, and USD's Brian Thielen and Michael Carini.

Division III girls:

The real contenders have been narrowed down to University City, La Jolla, Valley Center and Brawley.

UC won the West last week, but narrowly, over La Jolla, which is still improving. Valley Center was second in the Valley, also narrowly, and will be a threat. Brawley is the top team from the Imperial Valley.

San Dieguito Academy's Jenna Timinsky is a big favorite in the individual race, but also look for UC's Chessa Adsit-Morris and Jessie Ooms, La Jolla's Desiree Leek, Mission Bay's Rose Serna, and Brawley's Claudia Dominguez.

Division IV boys:

St. Augustine is a strong favorite here, and their best competition will come from Harbor champ Clairemont. It is likely that only one team will advance.

Watch Saints' Sean Barrett and Drew Bouchard and Army Navy's Will Kraemer.

Division V boys:

Calvin Christian and La Jolla Country Day are favorites to battle for the top two spots, with teams like Julian, Christian and Bishop's also in the picture.

Watch Christian's John Wai, and the top runners from Calvin and Country Day.

Western: Saints boys, UC girls are titlists

Sean Barrett, Chessa get wins; La Jolla boys, girls run big

Can anybody time a peak better than the La Jolla teams?

Last week's West final saw St. Augustine's boys and University City's girls both confirm their status as that league's best teams.

In both cases, La Jolla's teams fielded upgraded lineups that featured comethroughs from, until now, relatively unknown runners.

The La Jolla girls actually came close to upsetting a good UC team that was led by Chessa Adsit-Morris' 18:46 on the Morley 3-mile layout. She was followed by teammates Jessie Ooms (3rd in 19:09) and Rebecca Bostwick (6th in 19:32).

But the Viking girls got an excellent race from Desiree Leek (18:52, for second), and had four girls in the first eight. They got key contributions from a pair of frosh; Kristin Wehrle (7th in 19:38) and Tiffany Miller (14th in 20:09). Their veterans (Leslie Borenstein, Liz Edwards, Katie Grim and Maggie Sass) also looked ready for a big CIF race, where the Vikings will add Michelle Guerrero to the lineup.

The Saints boys looked good, with soph Sean Barrett blazing to a 15:33 win. He had good support,



Western Champion:
Chessa Adsit-Morris
University City
also, **Desiree Leek**
La Jolla (left)

as Drew Bouchard (6th in 16:07), Nathan Stender (7th in 16:11) and John Israel (10th in 16:15) all cracked the top ten.

La Jolla was second in the meet, after finishing third in the dual meets, and that was without great races from either Chris Ferrier or Scott Davis, both of whom are expected to get closer to form next week. Chad Valderrama was fourth for the Vikes, in 16:07.

The results:

At Morley Field, Wednesday, Nov. 8. Conditions: good weather. Race was held on Western League course, which is different than other Morley Field courses, including those run by Harbor or Eastern teams.

BOYS (3.0 miles):

Team Scores: St. Augustine 42, La Jolla 56, University City 66, University of San Diego 107, Hoover 114, Scripps Ranch 137, Mission Bay 191. St. Augustine wins league title.

Individuals:

- 15:33 Sean Barrett, StA1
- 15:40 Solomon Kumbi, H1
- 16:02 Andrew Garratt, UC1
- 16:07 Chad Valderrama, LJ1
- 16:07 Drew Bouchard, StA2
- 16:07 Ryan Abelowitz, LJ2
- 16:11 Nate Stender, StA3
- 16:12 Brian Thielen, USD1
- 16:13 Michael Carini, USD2
- 16:15 John Israel, StA4
- 16:20 Chris Ferrier, LJ3
- 16:24 Brad Liber, UC2
- 16:32 Matt Raudaskoski, SR1
- 16:35 David Aldrich, UC3
- 16:40 Kern Huerta, UC4
- 16:41 Yikal Assefa, H2
- 16:42 Scott Davis, LJ4
- 16:43 Colin Haydu, LJ5
- 16:46 James Sullivan, StA5
- 16:47 Pat Barrett, StA6
- 16:49 Rickey McRoskey, StA7
- 16:53 Kurtis Flansburg, UC5
- 16:54 Carlos Brown, UC6
- 16:54 Sixto Aspeitia, UC7
- 16:55 Mukhtar Abdulla, H3
- 16:56 Steve Dalton, USD3
- 16:57 Brendan Cronin, USD4
- 16:59 Ryan Mason, MB1
- 17:03 Justin Zelones, SR2
- 17:03 Russell Edwards, SR3
- 17:07 Raymond Diaz, MB2
- 17:08 Scott Perry, SR4
- 17:14 Andrew Long, SR5
- 17:17 Saviz Sepah, SR6
- 17:19 Yafef Abrahao, H4
- 17:19 Dan Tapia, StA
- 17:20 Haji Hassan, H5



Yikal Assefa
Hoover



Western Champion:
Sean Barrett
St. Augustine



Brad Liber
University City

- 17:20 Ian Gay, USD5
- 17:30 Paddy Tatusko, USD6
- 17:32 Jason Burrows, UC
- 17:33 Dustin Wallstedt, SR7
- 17:36 Gabe Mares, LJ6
- 17:40 Michael Healy, StA
- 17:41 Charles Cox, UC
- 17:43 Marco Venancio, MB3
- 17:47 Daniel Assefa, H6
- 17:50 Caleb Garlipp, SR
- 17:52 Max Kerber, UC
- 17:58 Roberto Bravo, StA
- 17:59 Mario Fierro, USD7

57 finishers.

GIRLS (3.0 miles):

Team Scores: University City 33, La Jolla 36, Scripps Ranch 86, University of San Diego 116, Our Lady of Peace 139, Mission Bay 156, Hoover no score. University City wins league title.

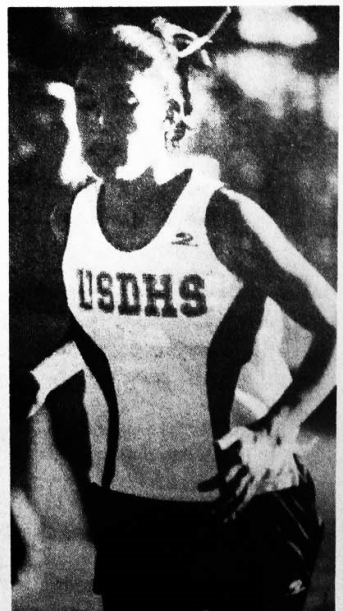
Individuals:

- 18:46 Chessa Adsit-Morris, UC1
- 18:52 Desiree Leek, LJ1
- 19:09 Jessie Ooms, UC2
- 19:22 Natalie Gattrell, SR1
- 19:27 Leslie Borenstein, LJ2
- 19:32 Rebecca Bostwick, UC3
- 19:38 Kristin Wehrle, LJ3
- 19:38 Liz Edwards, LJ4
- 19:47 Anne-Marie Byrne, USD1
- 19:49 Lindsay Giolzett, SR2
- 19:51 Laura Cohen, UC4
- 19:53 Karissa Teitsch, UC5
- 20:03 Lidia de Carvalho, UC6
- 20:09 Tiffany Miller, LJ5
- 20:13 Katie Grim, LJ6
- 20:20 Maggie Sass, LJ7
- 20:28 Carolyn Crews, UC7
- 20:29 Kirstin Wilson, OLP1
- 20:42 Lauren Jerd, UC
- 20:47 Lauren Senescall, USD2
- 20:50 Kalyn Olson, LJ
- 20:54 Jennifer Weber, MB1
- 20:55 Liz Vail, MB2
- 20:57 Odette Rodriguez, OLP2
- 21:00 Tracy Tom, SR3
- 21:01 Sonya Haushalter, SR4
- 21:03 Lindsey Slover, SR5
- 21:06 Vanessa Castillo, SR6
- 21:11 Grace Anderson, SR7
- 21:14 Ashley Butera, SR
- 21:16 Sarah Smith, LJ
- 21:24 Kalen Albe, USD3
- 21:25 Nicole Marsch, USD4
- 21:26 Sara Cooke, OLP3
- 21:31 Kate Bride, LJ
- 21:33 Shayne McCoy, USD5
- 21:39 Heidi Lynn, LJ
- 21:42 Amanda Cummings, SR
- 21:47 Morgan Feori, USD6
- 21:48 Amy Wong, LJ
- 21:58 Caitlin Kearney, USD7
- 22:25 Maureen McClellan, OLP4
- 22:25 Krystine Cuaresma, OLP5
- 22:28 Yvonne Li, MB3
- 22:35 Emily Brown, OLP6

52 finishers.



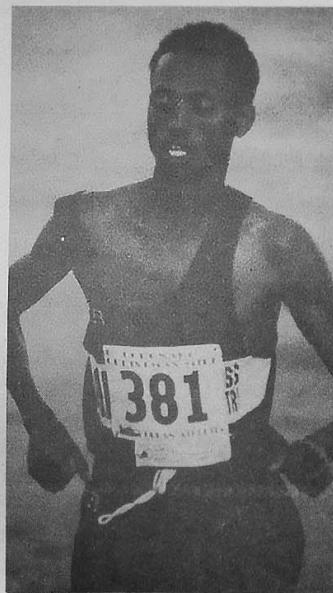
Matt Raudaskoski
Scripps Ranch



Anne-Marie Byrne
University of San Diego



Ryan Schneider
Coronado



Harbor Champion:
Idrise Osman
Crawford



Harbor Champion:
Judith Jimenez
Clairemont



Darren McTaggart
Clairemont

Harbor: Chief boys, 'Nado girls affirm status

Sophs Osman,
Jimenez get wins

Clairemont's boys and Coronado's girls had already won Harbor championships before this meet.

The Harbor is one of two leagues in the section that determines its champions entirely based on dual meet standings, where the Chief boys and Islanders girls were both unbeaten.

Even though nothing was really at stake, both teams looked like champs last week.

In a battle of talented soph runners, Crawford's Idrise Osman battled Christian's John Wai for most of the boys race before pulling away to a 16:18 win. After

that, Chiefs poured across the line.

Thomas Ferguson led the Chiefs in 16:49, and was followed by Steven Loforti (4th), Darren McTaggart (6th), Mark Tervort (7th) and Carlos Gutierrez (9th).

'Nado's girls had four in the top eight in the girls race, including Rhett Chase (2nd), Emily Trepasso (4th), Katherine Wingert (6th) and Beth Wittry (8th).

Clairemont's Judith Jimenez and Helen Ghebremichael traded off the lead for most of that race, until the final stages.

Then, with about 200 meters remaining, Ghebremichael stumbled and fell. Jimenez stopped to help her up, and got quickly got back into stride to finish off her victory.

The results:

At Morley Field, Thursday, Nov. 9. Conditions: Cold and blustery, although course was in good shape. Harbor League runs a similar course to Eastern League dual meets.

BOYS (3.0 miles):

No team scores: Clairemont wins league title, based on dual meets.

Individuals:

16:18 Idrise Osman, Craw1
16:44 John Wai, Chr1
16:49 Thomas Ferguson, Cla1
17:16 Steve Loforti, Cla2
17:24 Ayanne Aden, Craw2

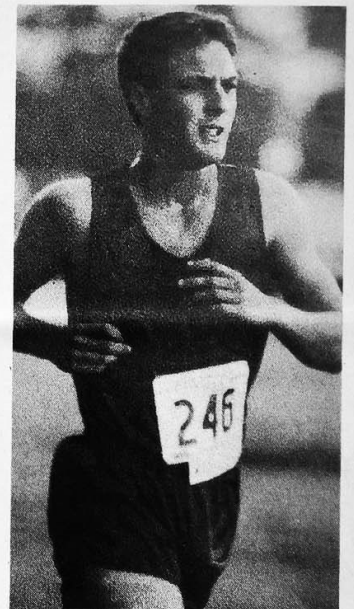
17:28 Darren McTaggart, Cla3
17:33 Mark Tervort, Cla4
17:45 Ryan Schneider, Coro1
17:52 Carlos Gutierrez, Cla5
17:53 Bogdan de la Cruz, Craw3
18:03 Jon Phillips, Coro2
18:08 Daniel Kidane, Linc1
18:19 Glendon Bute, Chr2
18:31 David Fink, Coro3
18:34 Greg Hammett, Coro4
18:39 Paul Breuninger, Chr3
18:54 Terry Boulder, Chr4
19:11 James Wingert, Coro5
19:22 Hassan Fithar, Craw4
19:27 Daniel Rickert, Mad1
19:32 David Hernandez, Coro6
19:37 Bo Flannigan, Coro7
19:39 Yung Jun Kim, Chr5
19:44 Hbang Tran, Craw5
19:49 Chris Sims, Chr6
19:50 Gregory Morgan, Coro
19:57 Eric Keanagy, Chr7
19:58 Joshua Copp, Coro
20:07 Gabriel Peralta, Craw6
20:35 Andrew Larson, Chr
20:48 Chris Sorichetti, Mad2
20:58 Joseph Yeates, Chr
21:07 Corey Dayne, Mad3
21:53 Ben Weinfield, Coro
21:59 Errin Samuels, Coro
40 finishers.

GIRLS (2.55 miles):

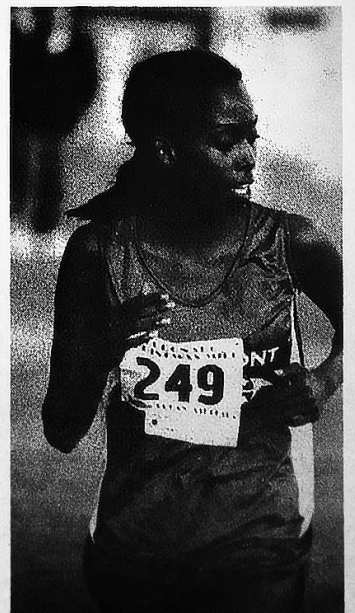
No team scores: Coronado wins league title, based on dual meets.

Individuals:

17:36 Judith Jimenez, Cla1
17:41 Rhett Chase, Coro1
17:45 Helen Ghebremichael, Cla2
18:10 Emily Trepasso, Coro2
18:18 Samantha Hire, Chr1
18:19 Katherine Wingert, Coro3
18:32 Jenny Ray, Chr2
18:33 Beth Wittry, Coro4
19:00 Andrea Heger, Chr3
19:03 Chloe Hannah, Chr4
19:05 Bree Ducker, Mad1
19:33 Lisa Robbins, Coro5
19:45 Allison Lewis, Craw1
19:57 Ivy Whitford, Coro6
20:02 Rachelle Ferreira, Chr5
20:03 Sonia Casares, Cla3
20:52 Jessica Keiz, Coro7
20:58 Laurel Herriman, Cla4
21:00 Lauren Halle, Coro
21:19 Nyarot Bangout, Craw2
21:26 Sara Wiles, Chr6
21:46 Anna Westgate, Mad2
22:41 Ajak Philip, Craw3
22:55 Ericka Roshell, Mad3
22:56 Mallary Needleman, Coro
23:15 Megan Pangacian, Mad4
23:17 Rachelle Remigio, Mad5
23:32 Eva Gonzalez, Cla5
23:46 Trine Holdrup, Mad6
23:48 Jean Bustos, Chr7
35 finishers.



Mark Tervort
Clairemont



Helen Ghebremichael
Clairemont

TRACK MAGAZINE

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Imperial Valley: Brawley girls, SW boys titlists

Boys race is close; Brawley girls 1-2-3

Coaches in the Imperial Valley League weren't sure whether or not to have a league finals meet this year.

The newest league in the San Diego Section uses dual meets to determine team champions. In the past, their league finals were used to qualify teams for the Southern Section prelims, which is not necessary now.

So coaches were, at one point, questioning if they needed the meet anymore.

To make a long story short, the meet was held, and it resulted, on the boys side, in the closest finishes of any league meet in the section this year.

The individual race was an upset win for Central of El Centro soph Robert Guieb, who ran 16:15 on the Calexico 3.0-mile course.

Guieb beat two favored runners, Calexico's Luis Zepeda and Brawley's Raul Cobian, in winning in course record time. Guieb and Zepeda were given the same time in a near photo finish.

"It was a surprise," Brawley coach Jose Flores said. "When we raced before, Cobian had beaten (Guieb) by about 40 seconds."

The boys team race wasn't scored, but if it had been, Southwest of El Centro and Calexico would have tied at 47 apiece. Southwest would have won the tie-breaker with a faster sixth runner. Brawley would have been right behind those two with 54 points.

Southwest had finished with a 4-0 record in duals, ahead of Calexico's 3-1, and Brawley's 2-2, so the finals meet was true to form.

In girls racing, Brawley's Claudia Dominguez, Silvia Mendez and Danitza Salcedo all dipped under the course record in finishing 1-2-3, and two teammates finished 7th and 8th.

Brawley had gone 4-0 in duals, and they dominated this meet, where they would have scored just 21 points.

At CIF, Calexico will compete in Division II, while Brawley, Southwest of El Centro and Central of El Centro are all entered in the Division III race. Palo Verde of Blythe is a Division IV school.

The results:



IVL Champ:
Claudia Dominguez
Brawley



Sal Acevedo
Southwest, El Centro

At Calexico, Wednesday, Nov. 8.
Course conditions unknown.

BOYS (3.0 miles):

No Team Scores: League championship is determined by dual meet standings.

Dual Meets:

- 4-0 Southwest, El Centro
- 3-1 Calexico
- 2-2 Brawley
- 1-3 Central, El Centro
- 0-4 Palo Verde, Blythe

Individual:

- 16:15 Robert Guieb, Cent1
- 16:15 Luis Zepeda, Clx1
- 16:24 Raul Cobian, Br1
- 16:29 Pedro Caro, Cent2
- 16:50 Doug Fulp, SW1
- 16:51 Mike Padilla, Clx2
- 16:52 Erik Thompson, SW2
- 16:53 Sal Acevedo, SW3
- 16:53 Alfredo Campos, Br2
- 16:57 Garrett Bishop, SW4
- 16:57 Frank Lara, Clx3
- 16:58 Alfredo Contreras, Clx4
- 17:14 Arturo Contreras, Br3
- 17:16 Raul Vallejo, Br4
- 17:29 Rigo Garcia, Br5
- 17:37 Luis Cardenas, Clx5
- 17:42 Devon Hoob, SW5
- 17:43 B. J. Swanner, PV1



Erik Thompson
Southwest, El Centro

- 17:44 Gerardo Contreras, Br6
- 17:46 Josias Aguilar, BrZ
- 17:51 Alfredo Contreras, Cent3
- 17:53 Ernie Castellanos, Cent4
- 17:54 Alain Manguy, SW6
- 18:20 Hipolito Valdez, Cent5
- 18:29 Benny Scott Jr., Cent6
- 18:39 Jamir Patel, Cent7
- 19:16 Isaiah Obeso, SW7
- 19:31 Eddie Garibaldi, Clx6
- 20:21 Richard Armenta, PV2
- 20:29 Samuel Willow, PV3
- 20:32 Jonathan Pacheco, Clx7
- 20:35 Orlando Salazar, PV4
- 21:48 Chris Echard, PV5
- 22:41 Lon Curtis, PV6
- DNF Daniel Martin, PVZ

34 Finishers.

GIRLS (3.0 miles):

No Team Scores: League championship is determined by dual meet standings.

Dual Meets:

- 4-0 Brawley
- 3-1 Calexico
- 2-2 Southwest, El Centro
- 1-3 Palo Verde, Blythe
- 0-4 Central, El Centro

Individual:

- 19:39 Claudia Dominguez, Br1
- 19:45 Silvia Mendez, Br2
- 19:48 Danitza Salcedo, Br3
- 20:23 Joana Garcia, Clx1
- 20:23 Alicia Torres, Clx2
- 20:42 Aina Torres, Clx3
- 20:54 Jennifer Cardenas, Br4
- 20:58 Meg Allen, Br5
- 21:04 Alma Alvarado, Clx4
- 21:22 Jennifer Mitchell, PV1
- 21:23 Monica Gamboa, SW1
- 21:33 Xiomara Fabela, Br6
- 21:46 Claudia Soto, Br7
- 21:47 Paola Vasquez, SW2
- 21:59 Elisa Covarrubias, PV2
- 22:08 Julia Romero, Clx5
- 22:17 Maria Barron, PV3
- 22:34 Judith Kaye, SW3
- 22:39 Erika Talley, SW4
- 22:53 Susan Zepeda, Clx6
- 22:56 Kady Oliver, SW5
- 23:01 Claudia Rodriguez, PV4
- 23:14 Angella Villareal, SW6
- 23:42 Karla Hackney, PV5
- 24:02 Abril Diaz, SWZ
- 24:12 Elvira Licon, PV6
- 24:13 Sarah Godoy, Cent1
- 24:16 Ivana Zambrano, Clx7
- 26:24 Lynne Solis, Cent2
- 26:24 Ana Guerrero, Cent3
- 27:00 Toyna Guzman, Cent4
- 30:24 Michelle Shaw, Cent5
- 32 Finishers.

Coastal & Southern: Timinsky blazes one

Julian, Mountain Empire get Southern titles; Calvin, Country Day split wins in Coastal

San Dieguito Academy's Jenna Timinsky probably had the most impressive race of last week in the combined Coastal and Southern League championships.

Timinsky was really moving, as she ran 18:49 over the Kit Carson 3.1-mile course that was softened by recent rains.

Her margin of victory was nearly two minutes, and that was against Kaili Shumilak of Bishop's, a quality runner.

In the boys race, Army Navy's Will Kraemer ran a good 16:44 to win by almost a minute.

Southern titles were won by Mountain Empire's Francisco Venegas, in 18:11, and Holtville's Liz Robinson, who ran 21:35.

Calvin Christian's teams came away with two Coastal titles, but not without good competition from La Jolla Country Day.

Calvin boys bested Country Day, 33-40, in the boys race, and was awarded the league title.

Country Day's girls won the girls final in a squeaker, 47-49, over Calvin, but the Crusaders won the league championship because of their superior dual meet record.

In the Southern scoring, Julian's boys backed up an unbeaten dual season with a win here, and took that league title. The Eagles put runners in third, fourth and fifth, and added 10th and 11th.

Mountain Empire's girls, led by Ali Baker and Lily Dowlatsahie, in second and third, won their half of the league.

The results:

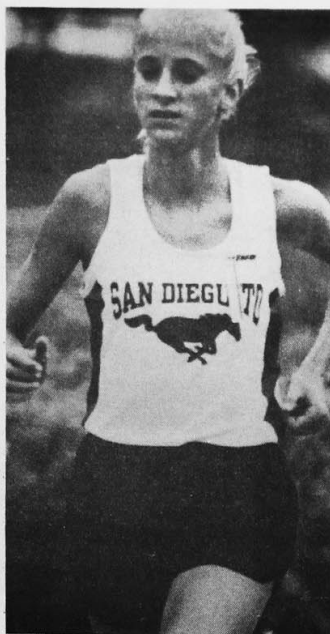
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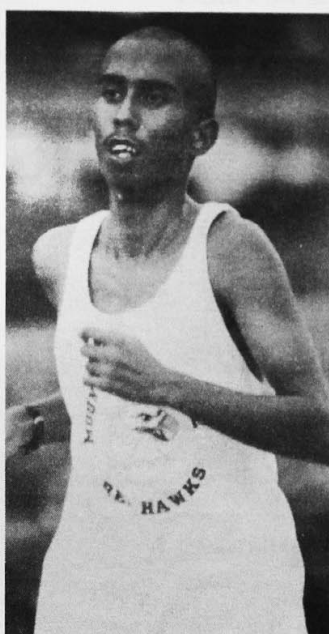
Angela Petersen
Francis Parker



Coastal Champion:
Will Kraemer
Army Navy Academy



Coastal Champion:
Jenna Timinsky
San Dieguito Academy



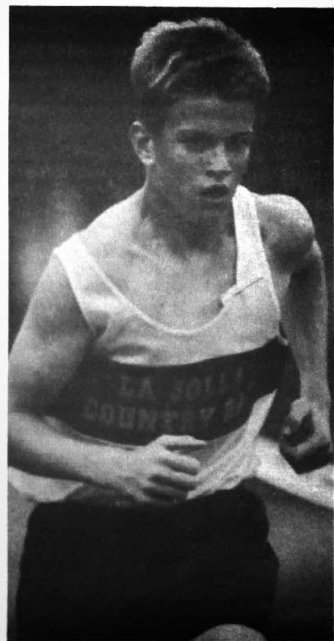
Southern Champion:
Francisco Venegas
Mountain Empire



Southern Champion:
Liz Robinson
Holtville



David Ries
Julian



Tyler Middleton
La Jolla Country Day

Coastal:
From page 6.

At Kit Carson Park, Friday, Nov. 10. Course was slightly slowed by mud and soft grass. Same course as Kit Carson Invitational.

BOYS (3.1 miles):

Top Ten Combined:

- 16:44 Will Kraemer, ANA
- 17:37 Jesse Shipley, CC
- 17:47 Rashawn Allen, LCD
- 17:50 Tyler Middleton, LCD
- 17:56 Darin Conner, CC
- 18:04 Mark Lindeman, B
- 18:11 Francisco Venegas, ME
- 18:15 Aaron Faber, CC
- 18:16 Michael Strong, H
- 18:18 Josh Traube, LCD

COASTAL LEAGUE:

Team Scores: Calvin Christian 33, La Jolla Country Day 40, Bishop's 78, Army Navy 93, Tri City Christian 109, Francis Parker 156, San Dieguito Academy 202. Calvin Christian wins Coastal title.

Individual:

- 16:44 Will Kraemer, ANA1
- 17:37 Jesse Shipley, CC1
- 17:47 Rashawn Allen, LCD1
- 17:50 Tyler Middleton, LCD2
- 17:56 Darin Conner, CC2
- 18:04 Mark Lindeman, B1
- 18:15 Aaron Faber, CC3
- 18:18 Josh Traube, LCD3
- 18:24 Josh Vermaire, CC4
- 18:31 William Green, CC5
- 18:42 Garrett Metcalf, TCC1
- 18:48 Kevin Weinberg, LCD4
- 18:57 Shawn Sarkaria, LCD5
- 19:00 Mike Searles, B2
- 19:04 Mitch Howell, TCC2
- 19:05 Matt Smith, B3
- 19:10 Taylor Searles, B4
- 19:15 William Haddock, ANA2
- 19:20 Jeremy Beutlich, CC6
- 19:23 John Duran, TCC3
- 19:27 Hardy Ehlers, FP1
- 19:28 Troy Geierman, SDA1
- 19:34 Kyle Cassano, ANA3
- 19:39 Artem Journist, ANA4
- 19:47 Keith Dietterle, B5
- 19:49 Scott McCracken, LCD6
- 19:57 David Barber, ANA5
- 19:58 Johnny Pierce, FP2
- 20:01 Bob Klein, CC7
- 20:02 Brent Peterson, B6
- 20:03 Josh Dunn, TCC4
- 20:04 Max Watson, SDA2
- 20:07 Dwight Carey, FP3
- 20:11 Roberto Bassi, LCD7
- 20:11 Vince Cavallo, FP4
- 20:15 Gianluca Salvatori, ANA6

- 20:28 Ben Savage, SDA3
- 20:42 Shane Karimi, ANA7
- 20:44 Eric Hsieh, FP5
- 20:45 Scott Hartman, FP6
- 20:56 Michael Letaye-Walsh, FP7
- 21:00 Neal Johnson, TCC5
- 21:12 Taylor Rogers, B7
- 21:41 Cameron Rains, FP
- 22:26 Chris Crutchfield, SDA4

SOUTHERN LEAGUE:

Team Scores: Julian 33, Holtville 52, Guajome Park Academy 107. Julian wins Southern title.

Individual:

- 18:11 Francisco Venegas, ME1
- 18:16 Michael Strong, H1
- 18:32 Scott Neith, J1
- 18:44 Clayton Garner, J2
- 18:54 David Ries, J3
- 19:19 Rick Schuh, ME2
- 19:32 Richard Sachs, L1
- 19:39 Steven Hardin, H2
- 19:40 Kyle Ries, BS1
- 19:41 Josh Danielson, J4
- 19:46 Salvador Alicata, J5
- 19:48 Adrian Larios, H3
- 19:51 Jesus Quesada, VM1
- 20:06 Joe Magin, H4
- 20:09 Val Estrada, GP1
- 20:48 Eddie Castaneda, H5
- 21:00 Sam Groenwold, GP2
- 21:11 Jonathan Smith, J6
- 21:45 Erin O'Brien, BS2
- 21:49 Dennis Bailey, BS3
- 22:07 David Laff, ME3
- 22:16 Shawn Napora, L2
- 22:51 George Brusich, GP3
- 22:58 Mason Dick, GP4
- 23:14 Leopoldo Elias, YM2
- 23:29 Greg Gredvig, L3
- 24:17 Chris Long, J7
- 24:26 Mat Whaley, GP5
- 24:45 Louie Anderholt, H6
- 24:46 Brett Reinhart, GP6
- 25:21 Stephen Martinez, GP7
- 25:28 Jordan Pier, L4
- 25:32 Trevor Jones, BS4
- 26:10 Luis Zuniga, BS5
- 26:57 Dustin Parker, GP

GIRLS (3.1 miles):

Top Ten Combined:

- 18:49 Jenna Timinsky, SDA
- 20:41 Kaili Shumilak, B
- 20:50 Lauren Swigart, LCD
- 21:05 Angela Petersen, FP
- 21:35 Liz Robinson, H
- 21:49 Ali Baker, ME
- 22:05 Lily Dowlatshahie, ME
- 22:20 Elana Huff, CC
- 22:25 Marie Raffray, SDA
- 22:37 Elizabeth Smith, J

COASTAL LEAGUE:

Team Scores: La Jolla Country Day 47, Calvin Christian 49, Bishop's 60, San Dieguito Academy 72, Tri City Christian 146. Calvin Christian wins Coastal title.

Individual:

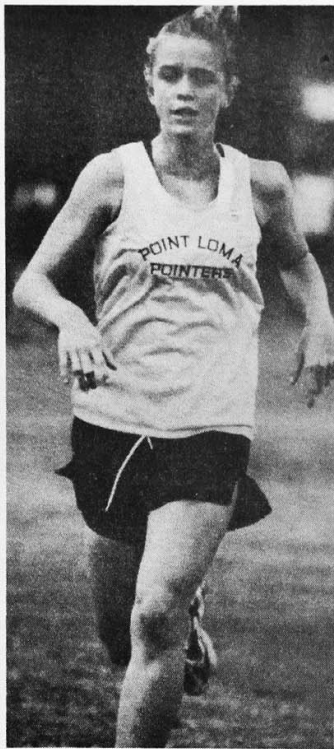
- 18:49 Jenna Timinsky, SDA1
- 20:41 Kaili Shumilak, B1
- 20:50 Lauren Swigart, LCD1
- 21:05 Angela Petersen, FP1
- 22:20 Elana Huff, CC1
- 22:25 Marie Raffray, SDA2
- 22:45 Lindsay Bradshaw, CC2
- 22:46 Jocelyn Jenks, LCD2
- 22:54 Lisa Arias, FP2
- 23:10 Daniela Scarfeo, LCD3
- 23:22 Marisa Marquina, B2
- 23:33 Amy Howerzyl, CC3
- 23:40 Jenny Bromley, B3
- 23:46 Jenny Tarvin, CC4
- 23:49 Jenny McGrady, TCC1
- 24:01 Indya Talbot, LCD4
- 24:08 Sarah Swigart, LCD5
- 24:10 Darien Reed, SDA3
- 24:12 Jolene Guerrierri, CC5
- 24:33 Emily Enberg, B4
- 24:39 Porschia Talbot, LCD6
- 25:32 Christina Lara, B5
- 25:41 Cassidy Galvin, TCC2
- 25:44 Anna Childson, B6
- 25:48 Britany Pollero, SDA4
- 25:49 Janae Martin, CC6
- 25:52 Alex Gage, B7
- 26:30 Kristy Tarvin, CC7
- 26:44 Elizabeth Rice, SDA5
- 26:45 Katie Santohigashi, LCD7
- 27:21 Becky Blasingame, LCD
- 27:41 Rachel Sutton, CC
- 27:47 Julie Glazer, LCD
- 27:48 Rachel Von Schoik, SDA6
- 27:53 Lauren Hughes, TCC3

SOUTHERN LEAGUE:

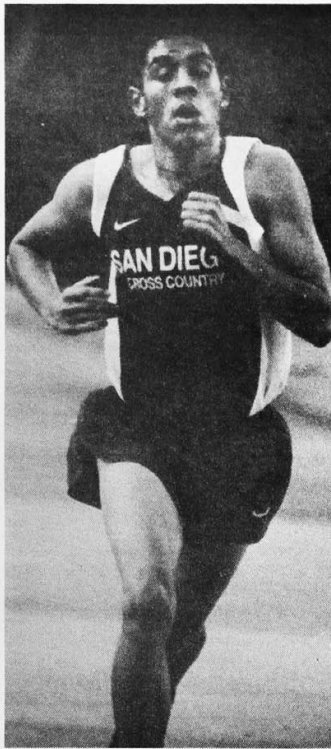
Team Scores: Mountain Empire 33, Julian 42, Holtville 49. Mountain Empire wins Southern title.

Individual:

- 21:35 Liz Robinson, H1
- 21:49 Ali Baker, ME1
- 22:05 Lily Dowlatshahie, ME2
- 22:37 Elizabeth Smith, J1
- 22:44 Raquel Hernandez, H2
- 23:27 Nicole Bastian, J2
- 23:50 Clare Hutchinson, J3
- 23:55 Mandi Johnson, ME3
- 24:25 Courtney Watkins, ME4
- 24:45 Deniece Martinez, H3
- 25:12 Valerie Turcotte, ME5
- 25:35 Kacey Nielsen, J4
- 26:35 Kristian Bakken, J5
- 26:59 Sara Hauman, GP1
- 27:44 Deserae Whiteley, ME6
- 30:45 Sarah Strong, H4
- 31:10 Martha Armenta, H5
- 32:23 Lara Mello, L1
- 32:58 Jane Crozier, GP2
- 35:07 Julia Mancillas, GP3



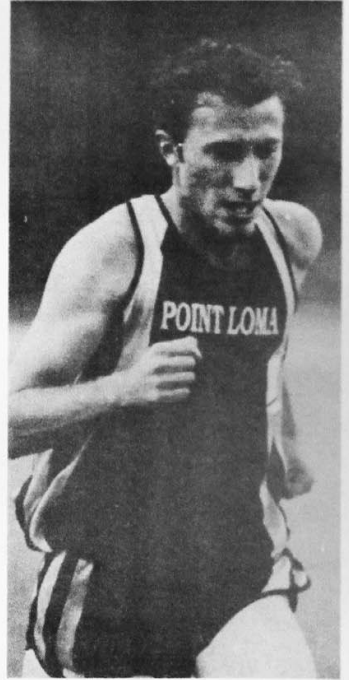
Allison Harden
Point Loma



Eastern Champion:
Christian Dominguez
San Diego



Eastern Champion:
Amy Montgomery
Serra



Joe Robinett
Point Loma

Eastern: Caver boys, Loma girls win meet

Henry takes boys title; Dominguez outruns Zelones; Serra girls 1-2

The individual races in the East were a study in contrasts.

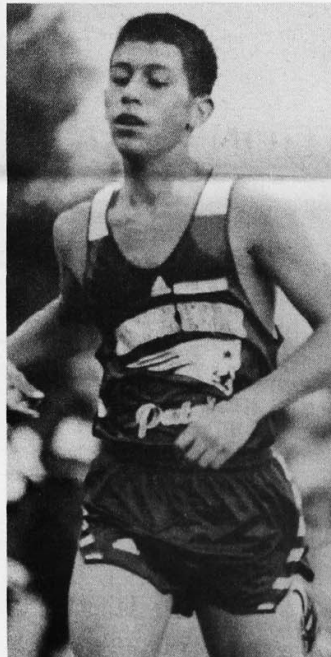
The boys race was, as expected, a great duel between San Diego's Christian Dominguez and Mira Mesa's Brandon Zelones.

They battled back and forth for most of the race, including some great surges by both runners, before Dominguez pulled away in the final stretch. The Caver ran 15:39, and Zelones was at 15:46.

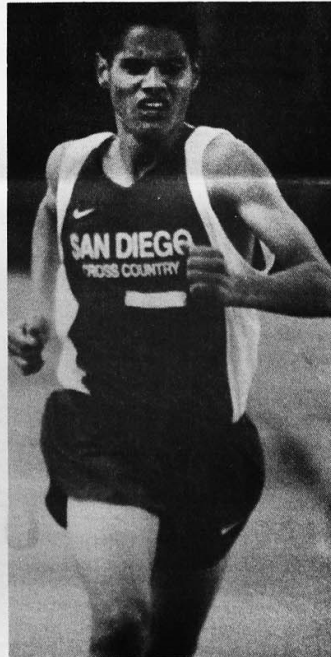
Dominguez led his team to a win in the finals, but it wasn't enough to overturn Patrick Henry's better dual meet record. Henry was second in this meet, with a pack that put four runners across the line in just 0:05 seconds, taking 6th, 7th, 8th and 9th.

The girls race was an unexpected one-two by Serra runners, and the final result was almost the biggest surprise of the week.

When the runners went into the final "desert loop," defending champ Lisa Dodd was ahead. When they reappeared, the leader was Serra frosh Lauren Lynaugh. She was passed in the last stages by teammate Amy Montgomery,



Eric Delgadillo
Patrick Henry



Erik Padilla
San Diego

but Lynaugh held on for second.
The results:

At Morley Field, Friday morning, Nov. 10. Course was in good shape.

BOYS (3.0 miles):

VARSITY:

Team Scores: San Diego 42, Patrick Henry 50, Point Loma 66, Mira Mesa 104, Serra 109, Morse 142, Kearny no entries. Patrick Henry wins league title, based on dual meets and league finals.

Individual:

15:39 Christian Dominguez, SD1
15:46 Brandon Zelones, MM1
16:18 Christian Serra, SD2
16:20 Joe Robinett, Ptl1
16:29 Brian Bradshaw, Ptl2
16:36 Eric Delgadillo, PH1
16:37 Steve Prinz, PH2
16:40 Shea Rollin, PH3

16:41 David Marshall, PH4

16:49 Erik Padilla, SD3

16:52 Jaime Mondragon, Ptl3

16:56 Yoshio Cocina, SD4

16:56 Isaac Moyer, Mor1

16:59 Kyle O'Donohoe, MM2

17:01 Mike Schetter, Ser1

17:03 Abdinezi Abdullah, SD5

17:06 Justin Motica, Ser2

17:07 Christian Sanchez, SD6

17:15 Josh Ellis, Ptl4

17:19 Jeff Spate, PH5

17:22 Billy Szafranski, PH6

17:23 Thomas Caswell, Ser3

17:23 Kyle Tabler, PH7

17:30 Marcelle Hunter, Mor2

17:35 Josh Earhart, MM3

17:37 John Baker, Ser4

17:41 Aaron Harper, Ptl5

17:48 Kevin Hughes, Ptl6

17:54 Ben Quigley, Ser5

17:55 Joey Suyal, Ser6

17:57 Chris Prevost, MM4

17:58 Gabe Valerio, MM5
18:03 Gilberto Rivera, Mor3
18:14 Kyle Palmer, Mor4
18:21 Keith Goodman, PH
18:25 Tomo Takahashi, Ser7
19:08 Steve Patino, MM6
19:36 Oliver Asis, MM7
20:48 Devan Hodge, Mor5
21:01 Charles Celeste, Mor6
40 finishers.

GIRLS (2.55 miles):

Team Scores: Point Loma 55, Serra 60, Mira Mesa 83, Patrick Henry 91, Morse 105, San Diego 127, Kearny no score. Point Loma wins league title, based on dual meets and league finals.

Individual:

16:10 Amy Montgomery, Ser1

16:17 Lauren Lynaugh, Ser2

16:23 Lisa Dodd, MM1

16:32 Amonica Phipps, Mor1

16:35 Dori McGuire, MM2

16:36 Rachel Bombaci, Ptl1

16:43 Janelle Luna, SD1

16:48 Christine Burke, PH1

16:54 Allison Harden, Ptl2

17:15 Sara Reid, Ptl3

17:19 Amy Lang, Ser3

17:22 Kelly Kuehner, K1

17:25 Shannon Ruebel, PH2

17:45 Anne Vieira, Ptl4

17:50 Roxanne Romo, SD2

17:57 Natasha Sweatte, Ptl5

18:03 Jenni Pugh, PH3

18:08 Justine Delaviera, MM3

18:12 Chancie Humes, Mor2

18:19 Arlene Amador, Ser4

18:26 Alicia Kolenovic, Ptl6

18:29 Adrienne White, Ptl7

18:33 Michelle Ludwig, PH4

18:40 Cristina Diaz, Mor3

18:42 Jhoanna Gabriel, MM4

18:51 Ashley Wolcott, Ser5

19:12 Bernadette Grantling, Mor4

19:13 Beth Vieira, Ptl

19:21 Coralie Bordes, SD3

19:21 Salina Brolini, PH5

19:34 Ocean Christian, Mor5

19:37 Crystal Luong, MM5

19:39 Brittany Goodman, Ptl

19:39 Allison Harris, Ptl

19:46 Ada Gonzalez, SD4

19:49 Andrea Kahn, Ser6

19:49 Autumn Mays, Mor6

20:03 Racheal Thompson, MM6

20:06 Katy Leenerts, PH6

20:08 Lindsay Hanna, Ptl

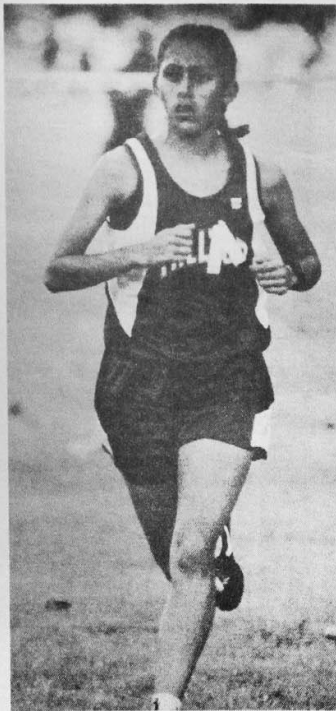
20:13 Mary Clarke, SD5

20:22 Jenica Cruz, PH7

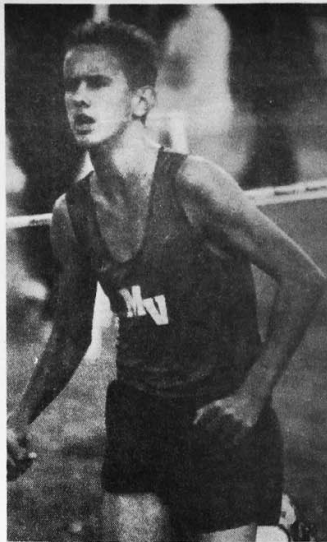
20:36 Natasha Burton, Mor7

20:39 Angel Perez, Mor

20:40 Marissa Tayaba, MM7
60 finishers.



South Bay Champion:
Desiree Davila
Hilltop

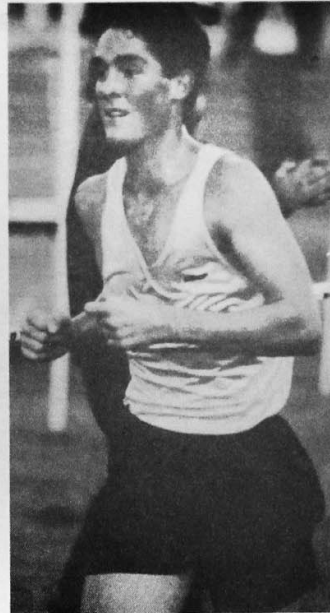


South Bay Champion:
Troy Swier
Mar Vista

they could be a factor in the CIF Division II race.

They were led by freshman Troy Swier, who won the South Bay race (and was fifth overall), despite being at less than his best.

His Mariner teammates closed the deal with 4th (Jesus Perez), 5th (Christian Flores), 8th (Sal Cota) and 11th (Jose Sanchez).



Mesa Champion:
Dustin Whitson
Bonita Vista

Hilltop's Desiree Davila, as expected, won as she pleased in the girls race, taking the South Bay title and the overall race.

Unpressed, she seemed to be cruising, although her time (12:30 for 2.2 miles) was quick.

The Mesa winner, and second



Mesa Champion:
Kristen Gonzalez
Bonita Vista

overall, was Bonita's Kristen Gonzalez, who has made a level jump in the last weeks. She clocked 13:05, and was well ahead of Chula Vista's Sophie Marquez.

The Bonita girls also had 3rd (Kate Branson), 5th (Trinity

Please see page 10.

Metro: *Devil, MV boys win; Bonita, CP girls too*

Davila, Whitson, Swier, Gonzales are winners

The Metro combined finals were formful, as Sweetwater's and Mar Vista's boys followed up unbeaten dual meet seasons with wins here, and Bonita Vista's and Castle Park's girls did likewise.

Sweetwater's boys put on a show, putting six runners into the Mesa League's first eight places. It took the Devils just 0:28 seconds to get those six across the line, with the first five spanning just 0:24 seconds. Only Vista had a tighter pack last week.

"Realistically, it was our best race of the year," Devil coach Tim Latham said. "We made our effort in the second mile."

Bonita's Dustin Whitson won the Mesa (and overall) race by five seconds over Chula's Andres Padilla.

The Bonita Vista boys were a surprise, with their 2, 3, 4, 5, and 6 runners taking the next five places after Sweetwater's pack. That group of Barons were just 0:17 seconds apart.

Mar Vista's boys were not quite as dominant in the South Bay half of the race, but they showed that

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Metro

From page 9.

Amalfitano), 6th (Kiersten Dolby) and 9th (Dulce Alvarez). Their first five were just 0:47 seconds apart.

Castle Park's girls affirmed their unbeaten dual meet record with an easy win in this meet. Gloria Martinez and Mandy Johnson led the Trojans, who took 2nd, 3rd, 5th and 6th in the race.

The results:

At Rohr Park, Friday, Nov. 10. Course was in good shape, although slightly softened. Weather was cool. Course layout is identical to Baron Invite, and slightly longer than in dual meets.

BOYS (3.1 miles):

Top Ten Overall:

- 16:17 Dustin Whitson, BV
- 16:22 Andres Padilla, CV
- 16:31 Mark Dionela, Sw
- 16:38 Abdi Abdirizak, Sw
- 16:39 Troy Swier, MV
- 16:46 Eddie Sanchez, Sw
- 16:53 Nathan Aginiga, H
- 16:54 Jose Guardado, Sw
- 16:55 Hector Arreola, Sw
- 16:59 Cesar Torres, Sw

MESA LEAGUE:

Team Scores: Sweetwater 25, Bonita Vista 42, Chula Vista 68, Montgomery 128, Southwest no score. Sweetwater wins Mesa title.

Individual:

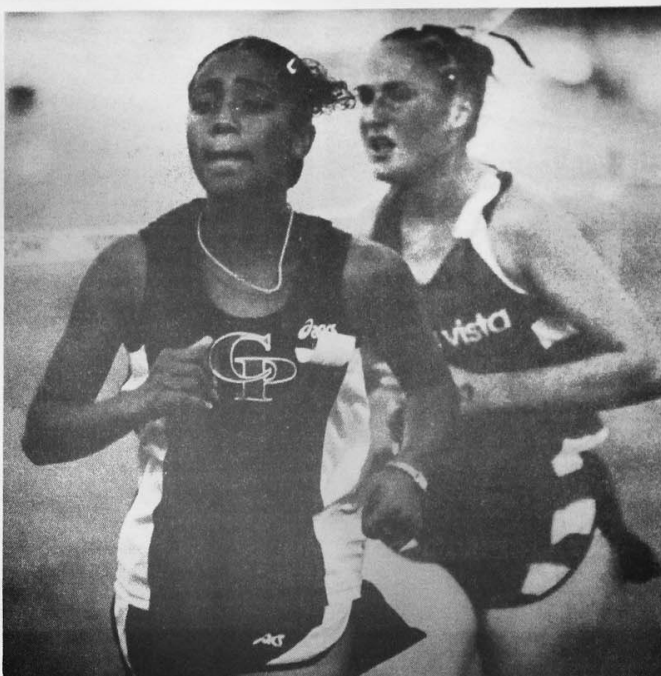
- 16:17 Dustin Whitson, BV1
- 16:22 Andres Padilla, CV1
- 16:31 Mark Dionela, Sw1
- 16:38 Abdi Abdirizak, Sw2
- 16:46 Eddie Sanchez, Sw3
- 16:54 Jose Guardado, Sw4
- 16:55 Hector Arreola, Sw5
- 16:59 Cesar Torres, Sw6
- 17:09 James Serratos, BV2
- 17:12 Mike Berdeski, BV3
- 17:14 Daniel Valdez, BV4
- 17:19 Sven Meza, BV5
- 17:26 Nick Raue, BV6
- 17:29 Daniel Medrano, CV2
- 17:33 Roberto Tiscareno, So1
- 17:35 Jesus Mariscal, CV3
- 17:36 James Groves, CV4
- 17:37 Mukhtar Abdul, Sw7
- 17:41 Apolinar Mariscal, CV5
- 17:46 Raul Garcia, Mo1
- 17:50 Nick Amalfitano, BV7
- 17:50 Dennis Higgins, CV6
- 18:02 Eduardo Marsical, CV7
- 18:14 Alfredo Gonzalez, So2
- 18:55 Melchor Fierro, Mo2
- 19:09 Jonathan Delgado, Mo3
- 19:26 Borja, So3
- 19:39 Mario Hernandez, Mo4
- 20:05 Hector Mardueno, Mo5
- 20:06 Jesse Lopez, Mo6
- 21:48 David Figueroa, So4
- 22:05 Jose Rodriguez, Mo7

SOUTH BAY LEAGUE:

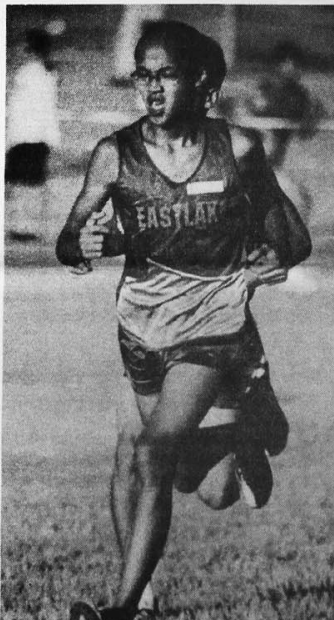
Team Scores: Mar Vista 28, Eastlake 57, Hilltop 73, Castle Park 75, Marian Catholic 150. Mar Vista wins South Bay title.

Individual:

- 16:39 Troy Swier, MV1
- 16:53 Nathan Aginiga, H1
- 17:07 Jon Hernandez, CP1
- 17:16 Jesus Perez, MV2
- 17:25 Christian Flores, MV3
- 17:30 Vernon Ng, EL1
- 17:44 Robert Cardenas, CP2
- 17:59 Sal Cota, MV4
- 18:04 Tommy Hazelwood, H2
- 18:09 Saul Vasquez, EL2
- 18:12 Jose Sanchez, MV5
- 18:14 Arturo Avina, EL3
- 18:25 Art Araiza, MV6
- 18:37 Phil Jenkins, EL4
- 18:40 John Stubbs, EL5
- 18:45 Mahta Yemane, MV7
- 18:48 Justin Harms, H3
- 18:57 Huica Aguilar, EL6



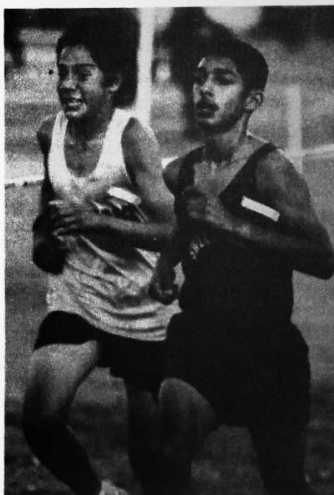
Mandy Johnson, Darla Reader
Castle Park Chula Vista



Vernon Ng
Eastlake



Eddie Sanchez
Sweetwater



James Serratos
Bonita Vista,
Cesar Torres
Sweetwater



Joanna Gallarzo
Sweetwater

- 19:05 Jake Cadwell, EL7
- 19:07 Evan Betancourt, CP3
- 19:11 Andrew Camacho, H4
- 20:02 Sanchez, CP4
- 20:17 Larry White, CP5
- 20:30 Roman Partida, H5
- 21:00 Richard Garcia, CP6
- 21:24 Brian Baynes, MC1
- 21:40 Miguel Flores, CP7
- 21:57 Chris Meyer, H6
- 22:09 Dustin Guerrero, MC2
- 22:22 James Quigley, MC3
- 22:27 David Martinez, H7
- 23:04 Ramone Garcia, MC4
- 23:38 Jorge Gonzalez, MC5
- 28:44 Adrian Janowich, MC6
- 30:42 Ramm, MC7

GIRLS (2.2 miles):

Top Ten Overall:

- 12:30 Desiree Davila, H
- 13:05 Kristen Gonzalez, BV
- 13:33 Sophie Marquez, CV
- 13:36 Kate Branson, BV
- 13:39 Mythili Duvvuri, CV
- 13:44 Trinity Amalfitano, BV
- 13:45 Kiersten Dolby, BV
- 13:46 Gloria Martinez, CP
- 13:47 Darla Reader, CV
- 13:51 Mandy Johnson, CP

MESA LEAGUE:

Team Scores: Bonita Vista 24, Chula Vista 34, Sweetwater 88, Montgomery 99, Southwest no score. Bonita Vista wins Mesa title.

Individual:

- 13:05 Kristen Gonzalez, BV1
- 13:33 Sophie Marquez, CV1
- 13:36 Kate Branson, BV2
- 13:39 Mythili Duvvuri, CV2
- 13:44 Trinity Amalfitano, BV3
- 13:45 Kiersten Dolby, BV4
- 13:47 Darla Reader, CV4
- 13:52 Joanna Gallarzo, Sw1
- 13:52 Dulce Alvarez, BV5
- 13:53 Camille Robinson, CV4
- 13:56 Lynn Hernandez, CV5
- 14:02 Heather Romero, BV6
- 14:03 Yenisca Kaeg, Mo1
- 14:13 Kristen Thompson, BV7
- 14:19 Johanna Barnes, Mo2
- 14:22 Jaquelyn Mandy, CV6
- 14:22 Johanna Suasa, CV7
- 14:23 Kenya Caro, Sw2
- 14:25 Lizette Villasana, Sw3
- 14:30 Priscilla Flores, Mo3
- 15:22 Sandra Perez, Sw4
- 15:39 Charlene Vasquez, Sw5
- 15:50 Glenda Tiscareno, So1
- 16:00 Paola Diaz, Sw6
- 16:35 Selene Cuapio, Mo4
- 16:36 Lyra Ponce, Mo5
- 16:43 Nallely Gonzalez, Sw7
- 16:45 Tabitha Coffey, Mo6
- 16:54 Kenda Pot, Mo7

SOUTH BAY LEAGUE:

Team Scores: Castle Park 28, Hilltop 48, Eastlake 48, Mar Vista 112, Marian Catholic no score. Castle Park wins South Bay title.

Individual:

- 12:30 Desiree Davila, H1
- 13:46 Gloria Martinez, CP1
- 13:51 Mandy Johnson, CP2
- 14:10 Pati Romero, EL1
- 14:31 Maria McGaffigan, CP3
- 14:38 Alana Zaragoza, CP4
- 14:41 Silvia Romero, EL2
- 14:46 Jacqueline Paras, EL3
- 14:49 Jessica Street, H2
- 14:55 Lupe Lopez, H3
- 14:55 Mercedes Razo, EL4
- 14:59 Liz Gonzalez, CP5
- 15:15 Olivia Hudek, H4
- 15:34 Heidi Torres, CP6
- 15:43 Cynthia Roman, H5
- 15:54 Kellie Klopff, H6
- 15:55 Carol Henderson, MV1
- 15:58 Julie Williamson, EL5
- 16:01 Jessica Romero, CP7
- 16:14 Carol Radford, H7
- 16:50 Stephanie Shelar, EL6
- 16:51 Arleen Ramos, MV2
- 17:46 Adriana Padilla, MV3
- 18:05 Jessica Robles, MV4
- 18:52 Ermininda Tello, EL7
- 19:03 Bernice Ramos, MV5
- 20:44 Herlinda Sanchez, MV6
- 20:49 Renee Albanez, MV7

28 finishers.

Palomar: Vista boys, 'devil girls

Komosinski, Barre take individual titles; Vista's pack wins it

It must have been comforting for Vista coach Pete Brooks to anticipate the Palomar boys final last week.

The league standings had three teams, Mt. Carmel, Poway and Vista, with one loss apiece. That meant that the winner of the finals took it all, free and clear, with no possibility of a tie.

Vista used their excellent pack to overcome top finishes by both Mt. Carmel and Poway, and they won the race and team title, with 44 points. Poway was at 51, and the Sundevils had 55.

It was a strange-looking race. Mt. Carmel's top runners, Abadir Barre and Alan Aradanas, mixed it up with Poway's great top three, Luke McGinnis, Devin Lyons-Quirk and Aaron Powell, to blanket the top five spots.

Barre held off a late charge by McGinnis to win the race, with Powell and Lyons-Quirk taking 3rd and 4th. CNN and NBC probably would have awarded the race to Poway at that point.

In the next 0:47 seconds, however, only ten runners finished, and seven of them wore the new Panther red. Vista's seventh man was 0:08 seconds ahead of Mt. Carmel's fifth, and 0:19 seconds ahead of Poway's fifth.

The girls race was just a bit more straightforward, although there was excellent depth and quality of teams.

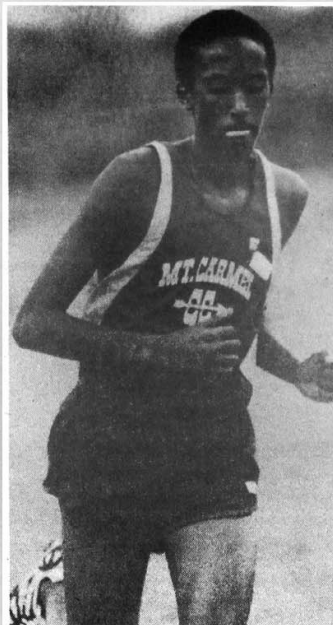
Mt. Carmel's girls had been top-ranked all year, even though they went through a mid-season slump that, in all likelihood, saw one or two other teams move slightly ahead of them.

The Sundevils were back to form last week, and won the meet with 44 points, ahead of Torrey Pines and Rancho Bernardo.

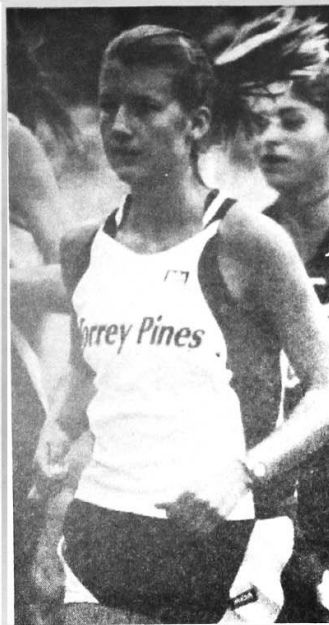
Torrey's Julie Komosinski looked better than she has all year and won in 14:30. Frosh teammate Dani Schuster was third, but the Falcons only had one other runner in the top twenty (Krista Romley, in 9th).

The Sundevils had Ashlee Dere (2nd), Janet Mulvey (5th), Deanna Sick (10th), Manal Yamout (12th) and Audrey Harrer (15th) as scorers, and they spanned exactly one minute. Sixth runner Alison Hilton was another second back.

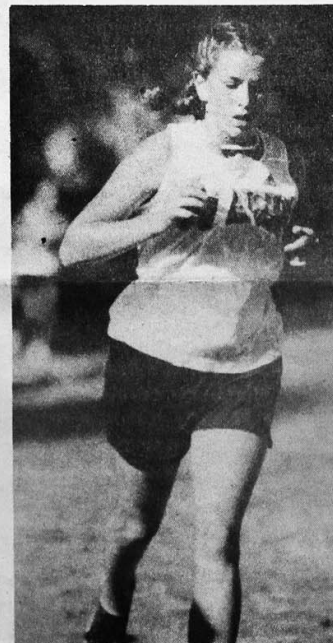
RB struggled, with Kaleena Yee having an off day (she was 8th), and they were missing Leah Ro-



Palomar Champion:
Abadir Barre
Mt. Carmel



Palomar Champion:
Julie Komosinski
Torrey Pines



Melissa Moore
Rancho Buena Vista



Jessica Huepper
Rancho Bernardo

mero, who ranges in the third and fourth spot for them

RBV's girls looked sharp, with Nastassja Hall in 4th, and three others in the top 18.

The results:

At Guajome Park, Saturday, Nov. 11. Course ran slightly slower than in Southern Cal Invite, due to weather and larger fields here.

BOYS (3.2 miles):

Team Scores: Vista 44, Poway 51, Mt. Carmel 55, Rancho Buena Vista 75. Vista wins Palomar title.

Individual:

- 16:24 Abadir Barre, MtC1
- 16:25 Luke McGinnis, P1
- 16:34 Aaron Powell, P2
- 16:38 Devin Lyons-Quirk, P3
- 16:46 Alan Aradanas, MtC2
- 16:55 Ryan Montez, V1
- 16:59 Aaron Trunnell, RBV1
- 17:06 Mark Baddas, V2
- 17:11 Eric Hernandez, V3
- 17:18 Raymond Garman, V4
- 17:18 Hiladio Ladios, V5
- 17:21 Troy McAdams, RBV2

- 17:26 Zack Neilson, MtC3
- 17:27 Joe Aguilar, V6
- 17:31 Nick Danza, V7
- 17:33 Mike Rentz, MtC4
- 17:34 Jason Miller, RBV3
- 17:34 Shaun Ferris, RBV4
- 17:35 Gavin Coleman, P4
- 17:39 Greg Williams, MtC5
- 17:39 Artemio Mateo, RBV5
- 17:47 Joe Ruiz de Chavez, RB1
- 17:50 James McCarthy, P5
- 17:53 Kevin Nolan, TP1
- 17:56 Bryan Perez, RBV6
- 17:57 Chris Ryan, P6
- 17:58 Elliott Davey, MtC6
- 18:01 Kenyon Ralph, RB2
- 18:04 Brett Cook, MtC7
- 18:04 Tye Lidman, TP2
- 18:07 Pat McCarthy, P7
- 18:09 Nick Kelleher, V
- 18:13 John Carpenter, RBV7
- 18:15 Nick Salomone, V
- 18:18 Yuh-Kun Kawakami, TP3
- 18:19 David Esquivel, MtC
- 18:21 Jared Secrist, school?
- 18:23 Ryan Graddy, TP4
- 18:27 Kyle Sutherland, RB3
- 18:30 Aneirin Nunn, TP5
- 18:30 Brian Holt, P
- 18:33 Ryan Richter, V
- 18:34 Mark Schwab, P
- 18:35 John Jacoby, RB4
- 18:36 Chris Allison, RB5
- 18:37 unid., V
- 18:37 Aaron Gonzalez, V
- 18:40 Bret Thomason, RB6
- 18:43 William Dominguez, RB7
- 18:43 Gabe Cornejo, RBV

More than 60 finishers.

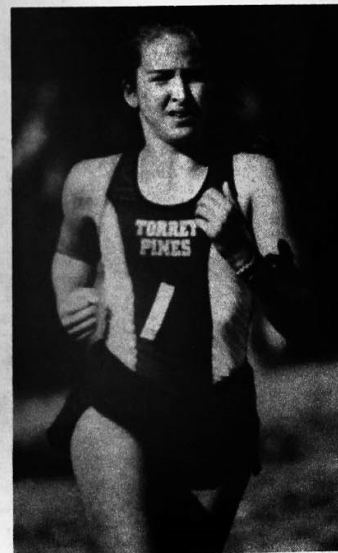
GIRLS (2.6 miles):

Team Scores: Mt. Carmel 44, Torrey Pines 61, Rancho Bernardo 76. Mt. Carmel wins Palomar title.

Individual:

- 14:30 Julie Komosinski, TP1
- 14:38 Ashlee Dere, MtC1
- 14:44 Dani Schuster, TP2
- 14:45 Nastassja Hall, RBV1
- 14:50 Janet Mulvey, MtC2
- 14:53 Allison Hall, RB1
- 14:59 Rachel Good, P1
- 15:06 Kaleena Yee, RB2
- 15:17 Krista Romley, TP3
- 15:22 Deanna Sick, MtC3
- 15:27 Courtney Allen, RBV2
- 15:31 Manal Yamout, MtC4
- 15:33 Jessica Huepper, RB3
- 15:34 Melissa Moore, RBV3
- 15:38 Audrey Harrer, MtC5
- 15:39 Alison Hilton, MtC6
- 15:43 Aurora Ramirez, V1
- 15:47 Bree Justus, RBV4
- 15:52 Kristina Maletz, P2
- 15:54 Belinda Oberum, RB4
- 15:56 Brenna Williams, TP4
- 16:05 Brittney Pierce, MtC7
- 16:09 Amy Vasko, MtC
- 16:11 Ashley Orr, TP5
- 16:13 Lauren Simon, P3
- 16:17 Alisha Schor, TP6
- 16:18 Michelle Miller, V2
- 16:23 Hailey Moore, TP7
- 16:24 Danielle Holden, P4
- 16:25 Katie Thompson, RB5
- 16:25 Carly Mecklenberg, TP
- 16:27 Olympia Olguin, V3
- 16:28 Cassie McLean, V4
- 16:32 Jessica Schenk, P5
- 16:36 Audrey Pound, P6
- 16:37 Brittany Marker, V5
- 16:40 Monica Lane, RB6
- 16:40 Kaelin Madomba, TP
- 16:41 Brenda Perkins, RBV5
- 16:43 Kerri Wheeler, RB7
- 16:45 Kara Urban, V6
- 16:53 Jackie Appel, TP
- 16:54 Laura Landry, RB
- 16:55 Holly Schisler, V7
- 16:57 Katie Spooner, P7
- 16:57 Daniela Fromer, MtC
- 16:58 Megan Doroba, P
- 16:59 Melanie Collier, P
- 17:00 Kim Vinzant, V
- 17:01 Kelli Edelbrock, P
- 17:03 Whitney Kuptz, RB
- 17:05 Jessica Kelleher, V
- 17:09 Erica Lopez, V
- 17:14 Emily Melendrez, P
- 17:15 Rebecca MacDonald, TP

60 finishers.



Brenna Williams
Torrey Pines

Avocado: Fallbrook, Carlsbad take titles

Matlack, Casarez win

Things have changed in the Avocado League. Just not that much.

This year's league meet results matched last year's, with Fallbrook's boys and Carlsbad's girls taking team titles.

For Fallbrook, it was a continuation of the success they've had on the boys side since the school switched to the Avo. The names have changed however, as the Warriors had to replace almost their entire roster this season.

Carlsbad's win in this meet last year was a big upset of favored Torrey Pines. This year the Lancers, with a few new faces added to the mix, were the favorites.

In the boys race, it was a mild upset when Fallbrook soph Alex Casarez won in 16:54, but he's improved in recent weeks.

Teammates Chris Gausepohl (4th), Jimmy Ungricht (10th), Keith Lowell (11th) and Tim Irwin (13th) rounded out the scoring for the Warriors.

El Camino's Luke Haywas and Mike Ostler, who started conservatively, finished second and third.

San Marcos' boys were second in the team race mostly due to the efforts of David Ignacio (6th), Jimmy Retherford (7th) and Isaac Chitica (8th).

Fallbrook's Katie Matlack, new to cross country, led almost the whole way to take the girls race.

El Camino sisters Sabrina and Sariah St. Laurent were second and fourth, and their team was a close third, behind Carlsbad and Fallbrook.

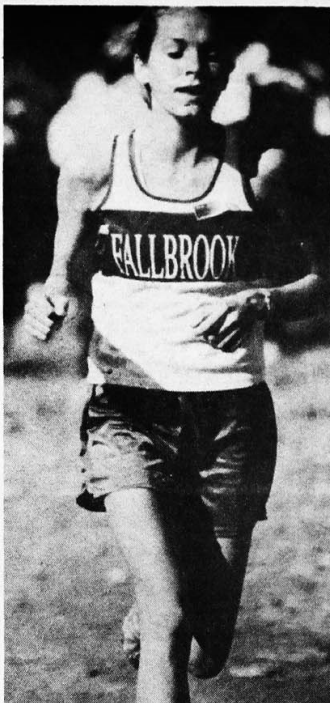
The girls team race was very close among those three, with Carlsbad winning with 48 points, Fallbrook at 52 and El Camino at 54.

Carlsbad's girls used their great depth to win. Soph Jessie Ansari was 3rd, Katie O'Connell was 7th, Mahlia Christinson was 10th, Kelly Platko was 13th and Erin Soto was 15th for the Lancers.

Carlsbad got good races from seniors O'Connell and Platko to partly offset below par races from runners such as Deanna Lynn and Sara Cates.

The Carlsbad depth reaches way down, as the team put 8 girls in the race's first 20 (El Camino had five; Fallbrook had four), and 10 girls in the top 25.

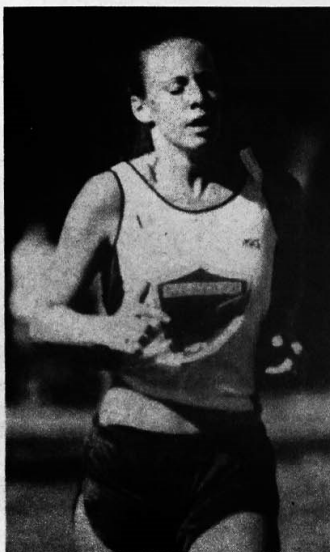
The results:



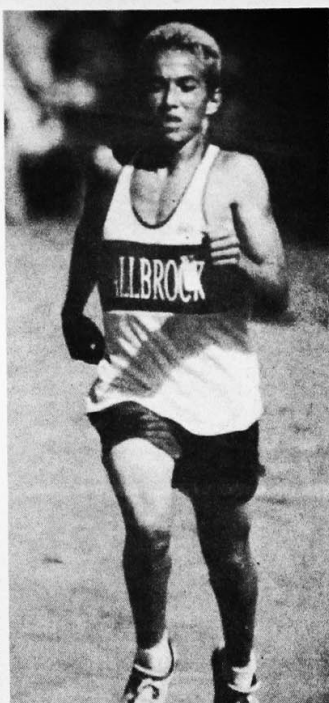
Avocado Champion:
Katie Matlack
Fallbrook



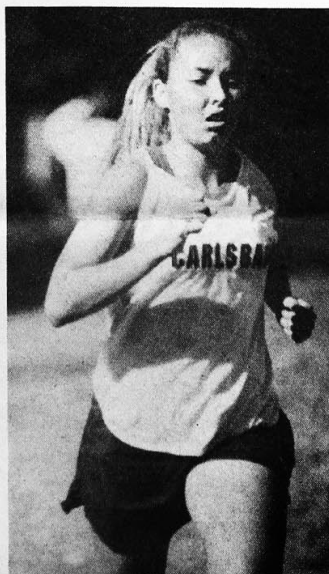
Jimmy Retherford
San Marcos



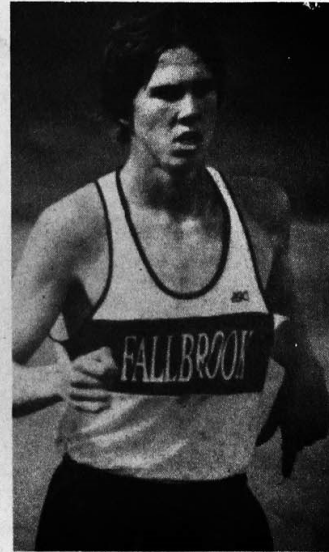
Nicole Mier
San Marcos



Avocado Champion:
Alex Casarez
Fallbrook



Katie O'Connell
Carlsbad



Keith Lowell
Fallbrook

At Guajome Park, Saturday, Nov. 11. Same conditions as Palomar.

BOYS (3.2 miles):

Team Scores: Fallbrook 39, San Marcos 58, Carlsbad 65, El Camino 91, La Costa Canyon 110. Fallbrook wins Avocado title.

Individual:

- 16:54 Alex Casarez, F1
- 17:04 Luke Haywas, EC1
- 17:10 Mike Ostler, EC2
- 17:10 Chris Gausepohl, F2
- 17:15 Ben Miedema, C1
- 17:19 David Ignacio, SM1
- 17:23 Jimmy Retherford, SM2
- 17:26 Isaac Chitica, SM3
- 17:29 Alfredo Sosa, LCC1
- 17:29 Jimmy Ungricht, F3
- 17:31 Keith Lowell, F4
- 17:36 Trevor Mulvey, C2
- 17:51 Tim Irwin, F5
- 17:59 David Bielicki, SM4
- 18:03 Anthony Fogelstrom, C3
- 18:04 Greg Horn, C4
- 18:05 Bartels, C5
- 18:06 Rey Ramirez, C6
- 18:09 Kevin Bickham, EC3
- 18:12 Humberto Ramos, LCC2
- 18:13 Chris Burnham, C7
- 18:18 Joe Harlin, F6
- 18:23 Oscar Ignacio, SM5
- 18:35 Jon Meduza, LCC3
- 18:35 Alex Fontaine, F7
- 18:36 Austin Bissonette, SM6
- 18:47 Zack McKinney, LCC4
- 18:48 unid., C
- 18:51 unid., C
- 18:52 Michael Parsons, SM7
- 18:57 Nicolas, C
- 19:08 Sammons, C
- 19:11 Phil Hanson, SM
- 19:17 Justin Borque, F
- 19:18 Anthony Simpson, LCC5
- 19:21 Aaron Lieber, F
- 19:23 Matt Barry, LCC6
- 19:28 Steve Christenson, LCC7
- 19:29 Felipe Lopez, F
- 19:30 Alastair Mulholland, EC4
- 19:31 Jeff Williams, EC5
- 19:44 Jorge Ruiz, SM
- 19:47 Ziggy Ambriz, SM
- 20:12 Jonathan Lingo, EC6
- 20:18 Brian Jackson, F
- 20:27 Mark Wilson, F
- 20:48 Brian Bittlick, EC7
- 20:54 Victor Marta, SM
- NT Ryan Roberts, SM
- 49 finishers.

GIRLS (2.6 miles):

Team Scores: Carlsbad 48, Fallbrook 52, El Camino 54, La Costa Canyon 90, San Marcos no score. Carlsbad wins Avocado title.

Individual:

- 14:56 Katie Matlack, F1
- 15:03 Sabrina St. Laurent, EC1
- 15:12 Jessie Ansari, C1
- 15:15 Erica Schim, LCC1
- 15:19 Sariah St. Laurent, EC2
- 15:24 Maija Rohde, F2
- 15:30 Katie O'Connell, C2
- 15:36 Natalie Elkind, LCC2
- 15:39 Nicole Mier, SM1
- 15:45 Mahlia Christinson, C3
- 15:47 Jamie Carmichael, F3
- 16:00 Megan Johnson, EC3
- 16:06 Kelly Platko, C4
- 16:09 Naomi Mattos, F4
- 16:09 Erin Soto, C5
- 16:11 Jackie Arding, EC4
- 16:19 Meredith Riley, C6
- 16:27 Deanna Lynn, C7
- 16:30 Rachel Osborne, EC5
- 16:33 Sara Cates, C
- 16:36 Christina Eades, F5
- 16:40 Laura Gunther, F6
- 16:48 Nettie Holt, F7
- 16:54 Kristin Woodward, C
- 16:55 Serrano, C
- 16:58 Nicole Newman, LCC3
- 17:00 Andrea Zeppilli, EC6
- 17:02 Slava Haywas, EC7
- 17:02 Melissa Ramos, F
- 17:03 Joanna Funke, LCC4
- 17:04 Sara Hummel, LCC5
- 17:37 Megan Riel-Mehan, LCC6
- 17:41 Kristin Greider, LCC7
- 18:25 Rachel Scoma, F
- 18:27 Meghan Murphy, F
- 20:56 Shannon Sullivan, SM2
- 22:24 Ashley Stevens, SM3
- 38 finishers.

Valley: Bulldogs, Eagles win

The Valley final was all about packs.

Ramona's boys team used classic pack running to beat an excellent Valley Center team, and San Pasqual's girls edged Valley Center in a battle of good packs.

In the boys race, Ramona spotted Valley Center the first three places, as Cooper Bachman won, followed by Gus Polito and defending champ Ryan Skerl.

Then Ramona took over the race, with Kenny Lawrence (4th), Carlos Sanchez (5th), Richard Clingman (8th), Ricky Roane (9th) and Jon Shellhammer (10th). Those five were just 0:26 seconds apart, and that was the difference. In addition, the Bulldogs had a 12th placer (David del Llano) just another 0:07 back.

Oddly, Ramona coach Dave Wilson instructed his runners before the race not to necessarily run together. Still, the group was within 0:10 seconds of each other at the race's mid-point.

Valley Center's team time equalled that of Vista and Mt. Carmel on the same course. Ramona was just seconds back, with better balance.

In the girls race, San Pasqual's pack was just ahead of Valley Center's pack.

Ramona, with Loretta Kilmer and Mishon Stalnaker, went one-two in the race, with Kilmer on cruise control.

But San Pasqual's group, including Claire Rethmeier (3rd), Samantha From (5th), Lorin Scott (7th), Christina Velasco (11th) and Allie Willis (13th) were just steps ahead of the Valley Center girls.

The Jaguars had Danae Hough (4th), Alejandra Montiel (6th), Melissa Preston (8th), Anna Hough (10th) and Rebecca Sale (15th).

The dueling groups alternated places from third to eighth, in a 0:12-second span of time.

The results:

At Guajome Park, Oceanside, Saturday, Nov. 11. Conditions: Chilly for girls race, ok for boys. Course ran slightly slow.

BOYS (3.2 miles):

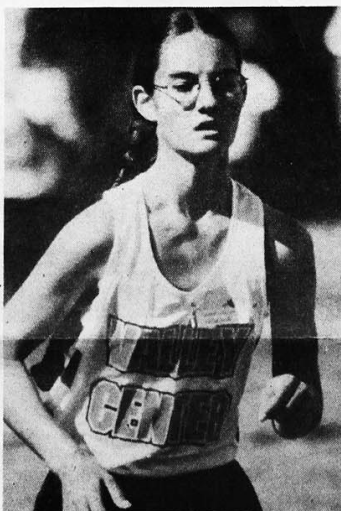
Team Scores: Ramona 36, Valley Center 47, San Pasqual 80, Escondido 91, Oceanside 115, Orange Glen 175. Ramona and Valley Center tie for Valley title.

Individuals:

16:16 Cooper Bachman, VC1
16:27 Gus Polito, VC2
16:37 Ryan Skerl, VC3
16:56 Kenny Lawrence, R1
17:02 Carlos Sanchez, R2
17:07 Matt Johnson, SP1
17:13 Jon Cordes, E1
17:21 Richard Clingman, R3
17:21 Ricky Roane, R4
17:22 Jon Shellhammer, R5
17:25 Dale Showers, O1
17:29 David del Llano, R6
17:35 Nico Cueva, E2



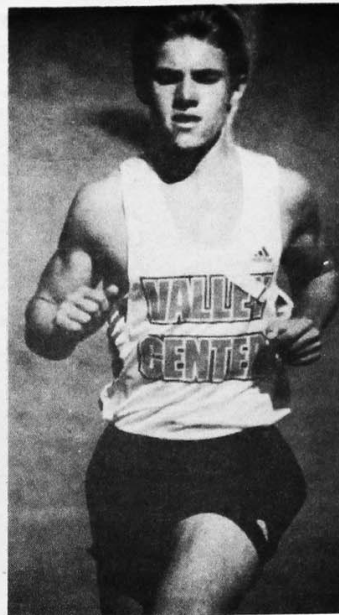
Valley Champion
Loretta Kilmer
Ramona



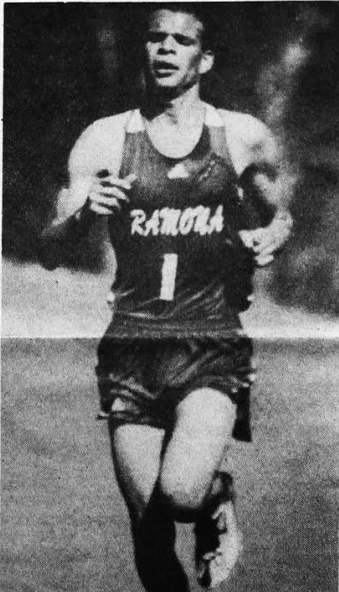
Danae Hough
Valley Center



Dale Showers
Oceanside



Valley Champion
Cooper Bachman
Valley Center



Ricky Roane
Ramona



Christina Velasco
San Pasqual

17:39 Elliott Rethmeier, SP2
17:44 Jose Sanchez, O2
17:46 Matt Saldivar, R7
17:57 Freddy Nunez, SP3
17:59 Ken Wood, R
18:01 Dominique Rosales, O3
18:10 Ryan Kerby, SP4
18:14 Jared Morasco, VC4
18:14 Tony Illig, VC5
18:25 Sean Kruse, R
18:31 Brett Bayless, E3
18:38 Joe Voshell, E4
18:39 Fernando Alvarez, SP5
18:40 Roberto Alvarez, SP6
18:40 Tyler Williams, E5
18:40 Kyle O'Connor, E6
18:41 Eric Konzen, SP7
18:51 Chris Monaco, VC6
18:53 Shane O'Connor, E7
18:55 David Paradise, SP
18:59 Jason Thompson, VC7
19:06 Josh Andre, SP
NT athlete DQd
19:13 Russell Johnson, O4
19:21 Brent Varga, SP
19:23 Alex King, SP
19:25 Josh Wieberg, E
19:26 Jason Richter, E
19:29 Kyle Sumpter, VC
19:31 Corey Cacananta, VC
19:32 Greg Bonin, VC
19:32 John McGly, VC
19:39 Stephen Servis, E
19:47 Judd Baker, E
19:55 Rory Luepfer, SP
20:06 Martin Schmidt, OG1
20:12 David Martin, OG2
20:17 Taylor Hewson, OG3
20:17 Rene Flores, OG4
20:19 Spencer McBride, R
20:28 Brandon Perdew, R
20:38 Andres Carrillo, OG5
62 finishers.

GIRLS (2.6 miles):

Team Scores: San Pasqual 39, Valley Center 43, Ramona 50, Escondido 110, Oceanside 152, Orange Glen 168. San Pasqual wins Valley title.

Individuals:

15:22 Loretta Kilmer, R1
15:25 Mishon Stalnaker, R2
15:37 Claire Rethmeier, SP1
15:41 Danae Hough, VC1
15:41 Samantha From, SP2
15:41 Alejandra Montiel, VC2
15:46 Lorin Scott, SP3
15:49 Melissa Preston, VC3
15:51 Bre Goetz, R3
15:53 Anna Hough, VC4
16:04 Christina Velasco, SP4
16:05 Laura Guzman, E1
16:23 Allie Willis, SP5
16:23 Nancy Enriquez, O1
16:32 Rebecca Sale, VC5
16:33 Lisha Burdick, VC6
16:41 Rachael Simmons, R4
16:43 Joy Johnson, SP6
16:49 Aubree Duff, VC7
16:50 Dana Kerby, E2
16:53 June Andrews, R5
16:56 Anamarie Buscemi, VC
16:57 Megan Kruse, R6
16:59 Jennifer Dowthit, SP7
17:25 Mia Longfellow, R7
17:26 Sandra Mitchell, E3
17:28 Polina Osipova, R
17:33 Molly Kelly, E4
17:34 Shawna Kelly, E5
17:54 Christina Whitcomb, SP
18:05 Heidi Watson, OG1
18:10 Theresa Firestone, E6
18:19 Karen McGuire, E7
18:22 Janey Sellers, VC
18:30 Michelle Wilkinson, VC
18:35 Eliza Enriquez, E
18:45 Allison Morse, R
18:48 Micaela Carrasco, OG2
18:53 Marcee Schang, E
18:58 Stacey Pierce, SP
19:01 Claudia Mercado, OG3
19:02 Michelle Jennings, E
19:05 Isabel Sanchez, O2
19:16 Marcy Fimbres, E
19:30 Megan Narduzzi, O3
19:32 Nicole Gruss, O4
19:48 Judy Escobar, O5
19:52 Minal Patel, SP
20:10 Allison Lange, OG4
20:50 Jessica Sorita, OG5
52 finishers.

Grossmonts: It's Granite, Helix, both West Hills

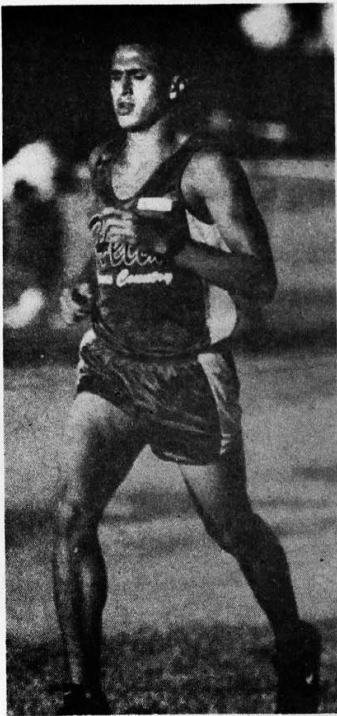
The Grossmont meet always seems to produce a surprise. Last year, it was Monte Vista's Jon Rankin beating Evan Fox. This year's unexpected star was El Capitan soph Benny Gandolfo, who won the North race, and also was not far back of Helix ace Taylor Williams, who is as good as any runner in the county.

Williams, a junior, won the combined race in 16:10 on the slightly soggy 3.1 course. This is a course which has yielded only a handful of sub-16:00 clockings, and West Hills coach Pat Connolly estimates that it ran possibly 0:10 seconds slower than usual this day. "It looked like Williams was really moving along," Connolly said.

The West Hills boys and girls teams easily won the North team races, although El Capitan swept the individual races. Besides Gandolfo, the Vaqueros had Jasmine Marquez well ahead (0:20 seconds) in the combined and North races.

The West Hills boys scored just 21 points, with Kevin Schible and a below-par Ben Aragon getting 2nd and 3rd behind Gandolfo. The Wolfpack also had Sean Savage (4th), Tim McKeon (5th) and Ross Halleland (7th). The Wolfpack girls were just as effective. After Marquez, West Hills had Shawna Winfrey (2nd), Chandra Farnham (3rd), Ashley Handy (4th), Cassie Kuske (5th), Joanne Southard (8th) and Kristina Nugent (9th).

Granite's boys won the South with 40 points, ahead of Helix's 46, and Valhalla's 55. Helix went 1-2 with Williams and frosh Babey Wagnew, and Valhalla's David Santos, who was sick, was third. Granite countered with Josh Rivera (4th), Sean Bartonicek (5th), Efrain Carrillo (8th), Lucas Pepin (sick, but 11th), and Eladio Carrillo (12th). The Helix girls used great balance to easily win the South with 20 points. Sophs Rachel Farrior and Amy Johnson-Westlie were first and third, bracketed around Granite's Cindy Walker, and the Highlanders also had good finishes from Stephanie Baird (4th), Elizabeth Harns (5th), Leah Brucker (7th) and Meredith Harns (10th). They also had a JV runner, Olga Gorobets, who ran fast enough in that race to take fifth in the South varsity race.



North Champion:
Benny Gandolfo
El Capitan

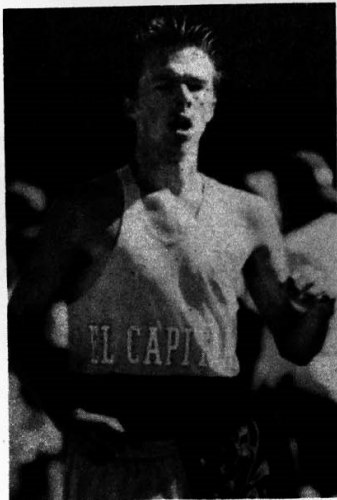
North Champion:
Jasmine Marquez
El Capitan

South Champion:
Taylor Williams
Helix



South Champion:
Rachel Farrior, Helix.
Also, Amy Johnson-Westlie, Helix (right).

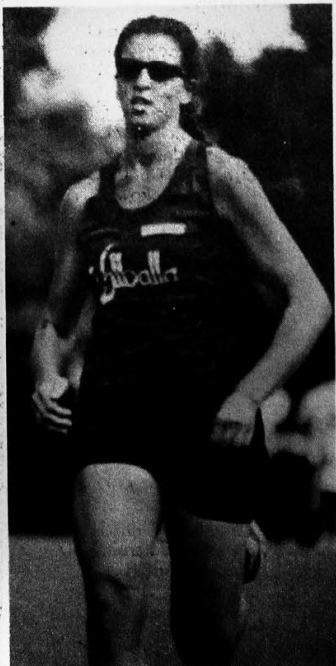
Tim McKeon
West Hills



Sean Tolley
El Capitan



Cassie Kuske
West Hills



Amber Straight
Valhalla

From page 14.

At Harry Griffen Park, Saturday, Nov. 11. Conditions: slightly soft, slightly slow.

BOYS (3.1 miles):

Top Ten Overall:

- 16:10 Taylor Williams, Hx
- 16:17 Benny Gandolfo, ECp
- 16:23 Babey Wagnew, Hx
- 16:35 David Santos, Val
- 16:49 Kevin Schible, WH
- 17:05 Ben Aragon, WH
- 17:09 Josh Rivera, GH
- 17:11 Sean Bartonicek, GH
- 17:12 Dan Driscoll, MV
- 17:17 Kip Madden, Val

GROSSMONT NORTH:

Team Scores: West Hills 21, El Capitan 53, El Cajon 76, Grossmont 89, Santana 146. West Hills wins league title.

Individual:

- 16:17 Benny Gandolfo, ECp1
- 16:49 Kevin Schible, WH1
- 17:05 Ben Aragon, WH2
- 17:22 Sean Savage, WH3
- 17:24 Tim McKeon, WH4
- 17:35 Filiberto Martinez, ECV1
- 17:36 Ross Halleland, WH5
- 17:41 Mike Thayer, Gro1
- 17:49 Sean Tolley, ECp2
- 17:58 Karthik Damaor, WH6
- 17:58 Michael Bell, WH7
- 18:01 Corey Driscoll, ECp3
- 18:18 Gutierrez, ECp4
- 18:32 Hani Khoshaba, ECV2
- 18:33 Carmelo Martinez, ECV3
- 18:34 Adam Earnhart, WH
- 18:41 Anthony Stevenson, Gro2
- 18:48 Jerrod Jordan, ECV4
- 18:43 David Lynn, ECp5
- 18:49 Thomas Ramsay, Gro3
- 18:53 Sandor Sarabia, ECp6
- 18:56 Travis Berry, Gro4
- 18:59 Jarrod Hines, ECp7
- 19:04 Alex Cazarez, ECV5
- 19:20 Josh Laubacher, Sant1
- 19:24 Matthew Parr, Gro5
- 19:25 Nicola D'Angelo, Sant2
- 19:58 Daniel Hayden, Sant3
- 20:01 Timothy Parr, Gro6
- 20:11 Craig Wirick, Sant4
- 20:26 John Behrens, Sant5
- 21:48 Juan Yanez, ECV6
- 22:09 Gabe Stevens, Sant6
- 22:10 Juan Leon, ECV7

GROSSMONT SOUTH:

Team Scores: Granite Hills 40, Helix 46, Valhalla 55, Monte Vista 88, Mount Miguel 146. Granite Hills wins league title.

Individual:

- 16:10 Taylor Williams, Hx1
- 16:23 Babey Wagnew, Hx2
- 16:35 David Santos, Val1
- 17:09 Josh Rivera, GH1
- 17:11 Sean Bartonicek, GH2
- 17:12 Dan Driscoll, MV1
- 17:17 Kip Madden, Val2
- 17:21 Efrain Carrillo, GH3
- 17:24 Craig Nowakowski, Val3
- 17:29 Wesley Rankin, MV2
- 17:38 Lucas Pepin, GH4
- 17:43 Eladio Carrillo, GH5
- 18:00 Drew Tidmore, Hx3
- 18:07 Toby Pykles, Hx4
- 18:11 Robert Fine, GH6
- 18:23 Leigh Carter, Hx5
- 18:30 Vernon Harris, Val4
- 18:40 Asmara Ogbai, Hx6
- 18:44 Ryan Dial, Val5
- 18:58 Sal Bono, GH7
- 19:05 Cory Barefield, Val6
- 19:14 Zack Norcross, MV3
- 19:17 Noah Marler, MV4
- 19:38 Leavitt, Hx7
- 19:40 Julio Nieves, MIM1
- 19:40 Derek Wheatcroft, Val7
- 19:51 Chris Moffett, Hx
- 19:59 Jeff Hunter, GH
- 20:33 Robert Knecht, MV5
- 20:49 Kerry Tilero, MIM2
- 20:53 Joe Fier, MV6
- 21:01 Jerry Morfin, MIM3
- 21:03 Raul Garcia, MIM4
- 21:12 Edward Carrillo, MIM5
- 21:51 Morgan Henderson, GH
- 21:52 Eric Swing, MV7

- 23:23 Travis Picou, MIM6
- 23:54 Sean Hale, MIM7
- 24:09 Mario Seaton, MIM
- 39 finishers.

GIRLS (2.4 miles):

Top Ten Overall:

- 14:01 Jasmine Marquez, ECp
- 14:21 Shawna Winfrey, WH
- 14:28 Chandra Farnham, WH
- 14:38 Rachel Farrior, Hx
- 14:40 Cindy Walker, GH
- 14:52 Ashley Handy, WH
- 14:55 Amy Johnson-Westlie, Hx
- 15:02 Cassie Kuske, WH
- 15:02 Monica Hubbard, ECp
- 15:03 Julie Pitts, Gro

GROSSMONT NORTH:

Team Scores: West Hills 22, El Capitan 51, Grossmont 60. Santana and El Cajon Valley, no score. West Hills wins league title.

Individual:

- 14:01 Jasmine Marquez, ECp1
- 14:21 Shawna Winfrey, WH1
- 14:28 Chandra Farnham, WH2
- 14:52 Ashley Handy, WH3
- 15:02 Cassie Kuske, WH4
- 15:02 Monica Hubbard, ECp2
- 15:03 Julie Pitts, Gro1
- 15:14 Joanne Southard, WH5
- 15:14 Kristina Nugent, WH6
- 15:15 Keira DeVigne, Sant1

- 15:20 Katie McCoy, Gro2
- 15:37 Jackie Dale, WH7
- 15:44 Casey Root, Gro3
- 15:45 Roxanne Mather, ECp3
- 16:04 Brenda Mendez, ECV1
- 16:05 Jessica Hoffman, WH
- 16:23 Amanda Paulson, Sant2
- 16:31 Brenda Hernandez, Gro4
- 16:38 Stephanie McLaughlin, ECp4
- 16:42 Darcy Fox, WH
- 16:48 Nicole Mather, ECp5
- 16:51 Cassie Widay, Gro5
- 16:56 Amber McBride, ECp6
- 17:06 Cassie Canaris, ECp7
- 17:33 Anita Hafner, ECV2
- 17:37 Lindsey Troy, Gro6
- 18:00 Carlee Ihm, Sant3
- 18:04 Corinne Lee, Gro7
- 18:23 Deni O'Leary, Gro
- 18:51 Elisa Benitez, Sant4
- 20:16 Neveen Barakat, Gro
- 31 finishers.

GROSSMONT SOUTH:

Team Scores: Helix 20, Valhalla 50, Granite Hills 81, Monte Vista 92, Mount Miguel 155. Helix wins league title.

Individual:

- 14:38 Rachel Farrior, Hx1
- 14:40 Cindy Walker, GH1
- 14:55 Amy Johnson-Westlie, Hx2
- 15:07 Stephanie Baird, Hx3

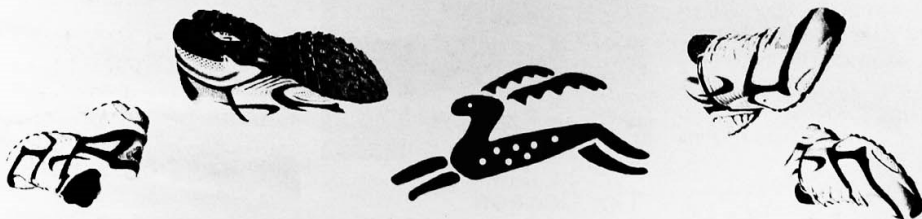
- 15:16 Elizabeth Harns, Hx4
- 15:18 Amber Straight, Val1
- 15:28 Leah Brucker, Hx5
- 15:34 Julia Kermott, Val2
- 15:40 Tracee Lorenzana, MV1
- 15:43 Meredith Harns, Hx6
- 15:48 Kelly Perry, Val3
- 15:55 Laura Sanders, Val4
- 15:59 Laurel Hanscom, Val5
- 16:16 Michelle Jensen, Hx7
- 16:19 Maureen Rodriguez, Val6
- 16:31 Briana Wallace, MV2
- 16:36 Carmen del Valle, GH2
- 16:44 Carrie Pinnell, GH3
- 16:55 Bryeanna Barmer, Hx
- 17:01 Jessica Hopkins, GH4
- 17:02 Crystal Lewis, MV3
- 17:13 Quena Crain, GH5
- 17:35 Holly Rivera, GH6
- 17:43 Alyson Galarpe, MV4
- 17:51 Sarah Evans, MV5
- 18:07 Holly Stalnaker, GH7
- 18:10 Sharie Straight, Val7
- 18:15 Nanna Romuhr, GH
- 18:17 Kerianne Koehler, MV6
- 18:19 Jessica Alvarez, MIM1
- 18:39 Jessica Davis, MIM2
- 19:56 Kelly James, MIM3
- 20:23 Theresa Merkel, MIM4
- 21:04 Carrie Lara, MIM5
- 22:27 Jezel Huston, MIM6
- 35 finishers.



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Local Rankings:

BOYS:

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

Others:

Granite Hills
La Jolla
San Marcos
Helix
San Diego
Patrick Henry

GIRLS:

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

Others:

El Camino
San Pasqual
Valley Center
Bonita Vista
Ramona
Chula Vista

California Rankings:

Rankings of November 6.

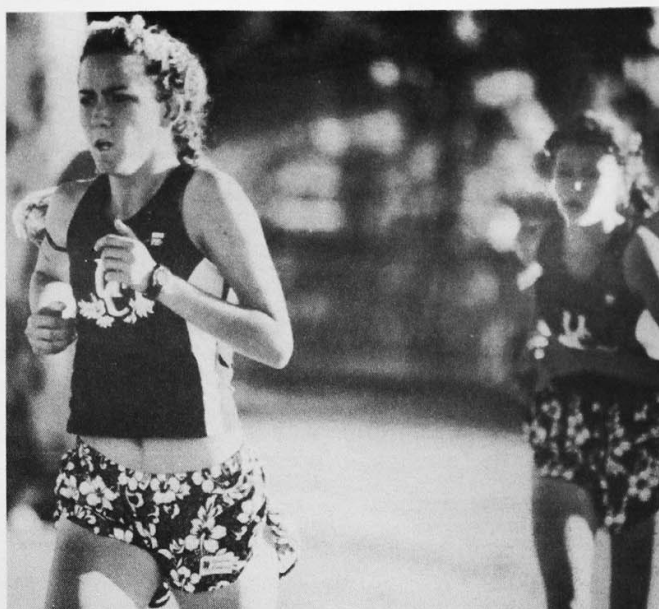
BOYS:

Division I:

1. Long Beach Poly
2. Rialto
3. Clovis
4. Don Lugo, Chino
5. Vista
6. Buchanan, Clovis
7. Dana Hills, Dana Point
8. Madera
9. Belmont, Los Angeles
10. Poway

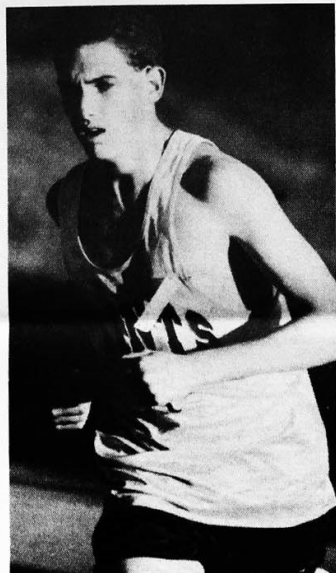
Division II:

1. Canyon, Canyon Country
2. St. John Bosco, Bellflower
3. Jesuit, Sacramento
4. Newport Harbor, Nwpt Beach
5. Rubidoux, Riverside
6. Eureka
7. De la Salle, Concord
8. Granada, Livermore
9. Ramona
10. Montgomery, Santa Rosa & Vacaville (tied)



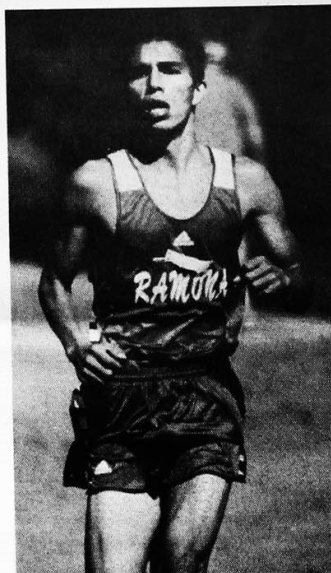
Laura Cohen, Karissa Teitsch

University City is ranked fifth in state's D-III.



Nathan Stender

St. Augustine is ranked ninth in state's D-IV.



Carlos Sanchez

Ramona is ranked ninth in state's D-II.



Liz Edwards, Kristin Wehrle

La Jolla is ranked ninth in state's D-III.

Division III:

1. Don Bosco Tech, Rosemead
2. Los Gatos
3. Corcoran
4. Nordhoff, Ojai
5. Newbury Park
6. Norwalk
7. Valley Center
8. South Hills, West Covina
9. Redwood, Larkspur
10. St. Francis, Mountain View

Division IV:

1. McFarland
2. Piedmont
3. Riverbank
4. Oak Park
5. Estancia, Costa Mesa
6. Taft
7. Salesian, Los Angeles
8. Fillmore
9. St. Augustine
10. Yucca Valley

Division V:

1. Santa Clara, Oxnard
2. Flintridge Prep, La Canada
3. Webb, Claremont
4. Calvary Chapel, Downey
5. University, San Francisco
6. Woodcrest Christian, Riverside
7. Desert Christian, Lancaster
8. Calvin Christian
9. Desert Christian, BermudaDns
10. Brentwood, Los Angeles

GIRLS:

Division I:

1. Buchanan, Clovis
2. Peninsula, Rolling Hills
3. Quartz Hill
4. Dana Hills, Dana Point
5. Mt. Carmel
6. Esperanza, Anaheim
7. Fountain Valley
8. Ayala, Chino Hills
9. Torrey Pines
10. Aptos

Division II:

1. Montgomery, Santa Rosa
2. Canyon, Canyon Country
3. San Ramon Valley, Danville
4. Woodbridge, Irvine
5. Sultana, Hesperia
6. Newport Harbor, Nwpt Beach
7. Centennial, Bakersfield
8. Granite Bay
9. Brea, Brea-Olinda
10. Vacaville

Division III:

1. San Lorenzo Valley, Felton
2. La Canada
3. Nordhoff, Ojai
4. Foothill, Redding
5. University City
6. Campolindo, Moraga
7. Rosary, Fullerton
8. Bonita, La Verne
9. La Jolla
10. Maria Carrillo, Santa Rosa

Division IV:

1. Corona del Mar, Nwpt Beach
2. Bishop O'Dowd, Oakland
3. Bret Harte, Altaville
4. Maranatha, Sierra Madre
5. Lutheran, Orange
6. Northwood, Irvine
7. La Salle, Pasadena
8. Novato
9. Laguna Beach
10. McFarland

Division V:

1. Chadwick, Palos Verdes
2. University, San Francisco
3. Desert Christian, Lancaster
4. Flintridge Prep, La Canada
5. St. Margaret's, Sn Jn Capistrano
6. Lick-Wilmerding, San Francisco
7. Poly, Pasadena
8. Castilleja, Palo Alto
9. Convent Sacred Heart
10. Calvary Chapel, Downey