

# TRACK MAGAZINE



Volume VII, Number 3 -- October 19, 2001

*The best coverage of local prep cross country*

## *The season is starting to wind down*

The last of the big mid-season invitationals will be staged this weekend, at Kit Carson and at Mt. SAC.

Teams will then have two weeks left for their final dual meets.

Then, the final round of championship meets begins, with league finals throughout the week of November 5.

The next step is the CIF Final, on Friday, November 16.

The area's coaches are planning the final periodization of their workout phases.

Decisions loom. Should we back off? Or, should we try to advance our fitness a bit more?

The area's athletes are monitoring their health and welfare with extra caution at this time of year.

Athletes that are in the midst of comebacks from injuries and/or illness are hoping that they'll improve greatly by season's end.

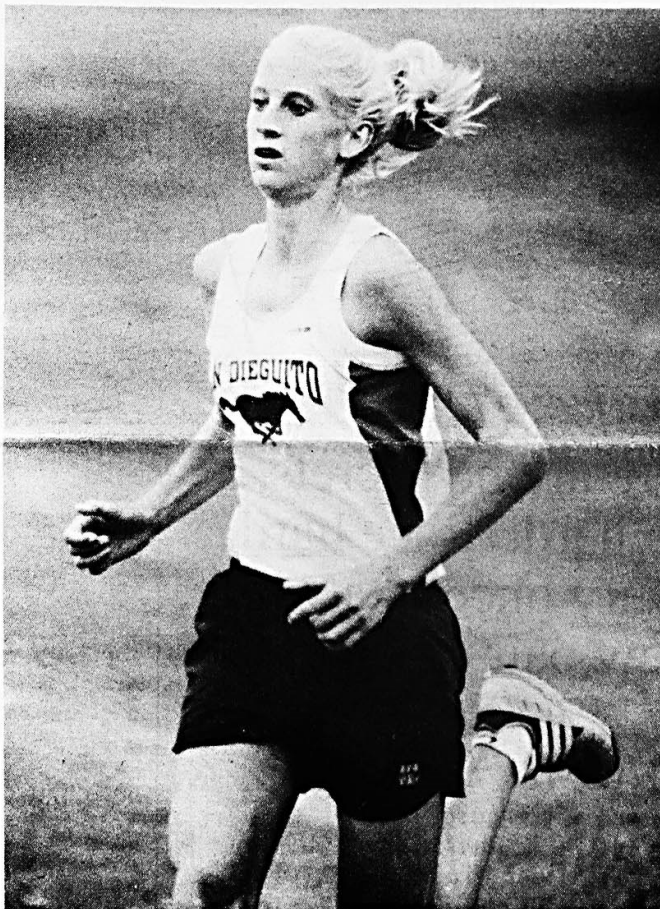
Athletes that have been grinding through workouts since early summer are looking forward to the tapering process.

Somewhere, there is a quality team starting to fray at the edges just a bit, and the coaches are using every available means to keep things together.

Somewhere, there is a quality team that is positioned to make a big move at exactly the right time, and put themselves into the CIF picture.

And, somewhere, there is an underrated outfit, with some relatively unknown athletes that hasn't been tested in recent weeks, or, maybe even all year. That team is ready to explode onto the scene.

Which teams are which? Some insiders know, but the rest of us will have to wait and see how the



**Jenna Timinsky, San Dieguito Academy**  
Her 15:28 at St. Augustine Invitational was the fastest time ever on the CIF course.

final stages of the season unfold.

Mar Vista boys coach Benny Holt is fond of quoting his former high school coach.

"That's why they race," Holt remembered former Mar Vista coach Ed Teagle saying.

As the season enters its final crucial period, there have been some interesting developments.

One is that most of the team CIF races in Divisions I and II are wide open, with many teams in contention for state meet slots.

Some cream is starting to rise to the top, as the Rancho Bernardo

girls and the Valley Center boys continue to float up the rankings charts.

Vista's boys are starting to use "that old pack magic," again.

Some young runners are making some big waves. RB's Lindsay delaMontaigne is catching up to, and providing a complement for, teammate Allison Hall.

Jenna Timinsky has been unreal at Morley Field.

The Avocado League girls teams, as a group, might just be stronger than the Palomar teams.

Now, the fun really begins.

## *Inside...*

Our News Briefs column gives the latest info on the CIF meet moving to a Friday date; includes the league championships schedule; and - do you have your T-Tag on when you run? Find out what that's all about.

See page 2.

The section rankings get a further fine-tuning, but Mt. Carmel's boys and San Pasqual's girls still lead the lists.

See page 3.

We survey the dual meet action to date and assess the impact of recent meets and what they may portend. There's also a few highlights and LOTS of photos.

It starts on page 4.

We run down some of the key remaining dual meets left on the schedule. Time to start those crash workouts!

See page 4.

The Southern California Invitational is a stat-fan's delight. We serve up several main courses for those who can't get enough of numbers.

It starts on page 7.

It was hot at San Luis Obispo, but local boys teams dominated the competition.

See page 9.

Jenna Timinsky burned it up at the St. Augustine Invite. The meet was also a measure of small-school strength.

See page 10.

UC's girls looked good at Central Park.

See page 12.

## News Briefs: Coaches agree to Friday for CIF

The CIF's cross country coaches advisory panel agreed, without dissent, to hold this year's CIF Finals on Friday, November 16.

The switch was necessary because of a scheduling snafu with the San Diego City Parks Department.

The coaches agreed on a tentative schedule that would begin

with the first race at 10 a.m. The exact order of races will be the same as in the state meet, although the times of the races will be different.

The main difference, besides the late start, will be a compaction of the schedule, with races scheduled every 35 minutes.

## League finals are on the horizon

This year's schedule of league championship meets is basically set, with a few final details still to be announced.

The schedule, as it now stands:  
**Tuesday, November 6:**  
The Harbor League, at Morley Field.

**Wednesday, November 7:**  
The Imperial Valley League, hosted by Central of El Centro. It was undetermined at press time if the IVL was going to include results to help determine its league

team champs.

**Thursday, November 8:**

The Western League, at Morley Field.

**Friday, November 9:**

The Eastern League, at Morley Field. This meet was moved from Wednesday.

The Mesa and South Bay Leagues, at Rohr Park in Bonita. Combined races, and separate results.

The Coastal and Southern Leagues, at Kit Carson Park in Escondido. Combined races, with separate results.

**Saturday, November 10:**  
The Grossmont North and Grossmont South Leagues, at Harry Griffen Park in La Mesa. Combined races, with separate results.

The Palomar, Avocado and Valley Leagues, at Kit Carson Park in Escondido. Separate races for each league.

## T-Tags are IDs for runners on the go

It took a brush with tragedy for the T-Tag to become an idea.

T-Tags are small velcro strips that are designed to be attached to footwear, such as running shoes, but they could also be used by walkers, hikers, skaters or bikers. The strips have just enough room for basic ID: a name and a phone number, in case of emergency.

The idea came from Eric Mattson, a Fallbrook resident, after his daughter, a senior in college, was hit by a car.

His daughter, Tricia Mattson, was in her workout clothing, without ID, and on a road run when she was struck by a car in April. She suffered massive head injuries in the accident, and was taken to a nearby trauma center.

It was more than five hours before the Mattson family learned of the accident, and that was only because Tricia regained consciousness briefly and told an attendant her phone number.

Mattson came up with the idea of an easy-to-carry ID tag that runners (or others) could attach to their shoes. The T-Tags (the T is for Tricia) are available at the local Movin' Shoes stores, as well as Chick's Sporting Goods in Oceanside.

There is a happy ending. Tricia Mattson, a section 1600 champ while at Fallbrook High, has recovered from the accident.

**Next Issue:**  
**November 2**  
*Look for it  
at your school.*

**SECRETS?**  
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And every once in a while,  
a new pair of shoes.

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## TRACK MAGAZINE

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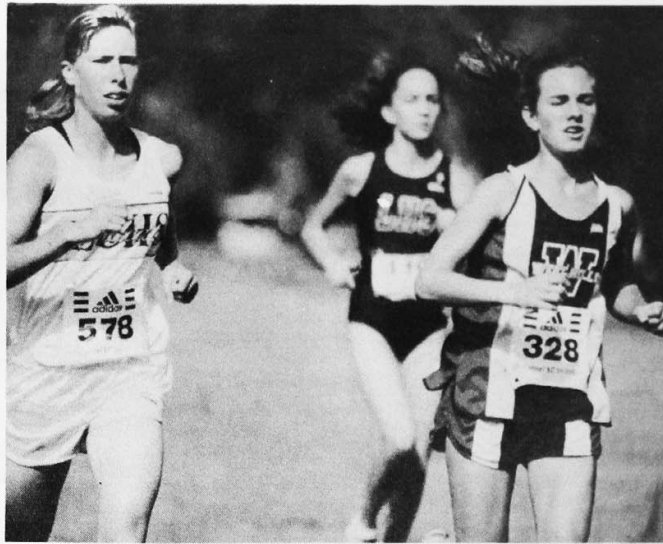
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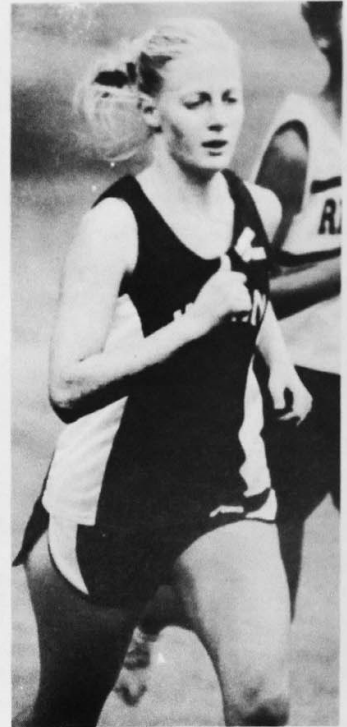




**Kurtis Flansburg**  
University City is sixth.



**Megan Johnson, Lynette Simonds**  
El Camino is seventh; West Hills is eighth.



**Nicole Bastian**  
Julian leads Division V.

## The Rankings

Week of October 19.

### BOYS:

1. Mt. Carmel
2. Vista
3. Valley Center
4. West Hills
5. Chula Vista
6. University City
7. Sweetwater
8. Fallbrook
9. Scripps Ranch
10. Poway

### OTHERS:

San Marcos  
Torrey Pines  
Hoover  
Escondido  
San Diego  
Division IV:  
Coronado  
Division V:  
Calvin Christian

### GIRLS:

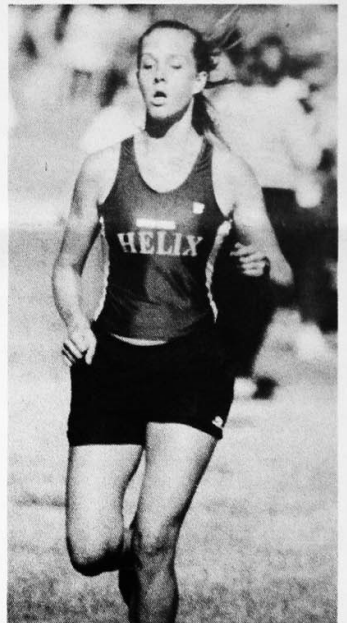
1. San Pasqual
2. Rancho Bernardo
3. University City
4. Bonita Vista
5. Fallbrook
6. Torrey Pines
7. El Camino
8. West Hills
9. La Costa Canyon
10. Valley Center

### OTHERS:

Helix  
Poway  
Rancho Buena Vista  
Carlsbad  
Chula Vista  
Division IV:  
La Jolla Country Day  
Division V:  
Julian



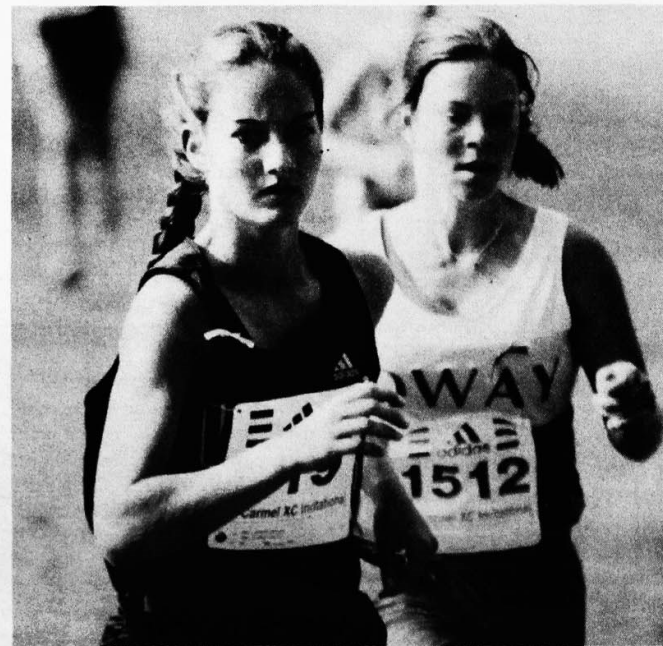
**Ysmael Miranda**  
Chula Vista is fifth.



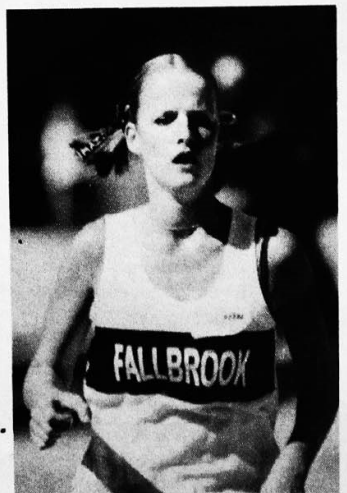
**Rachel Farrior**  
Helix is at 11.



**Hector Arreola**  
Sweetwater jumps to 7.



**Danae Hough, Rachel Good**  
Valley Center is tenth; Poway is twelfth.



**Maija Rohde**  
Fallbrook is fifth.

## Dual Meet Roundup: Final meets important to many teams

Things are coming down to the wire in many leagues, as some key final showdowns will put some teams at an advantage in their league finals.

Dual meets help determine the league titlists in every league, and, in some, they are the only method of determining team champions.

The latest results, and their impact:

**Palomar:** Mt. Carmel, Vista unbeaten in boys; big girls showdown looms

**BOYS:** The Palomar is quiet in mid-season, with no meets scheduled this week or last week.

Mt. Carmel and Vista are both 2-0 in dual meets, and are currently ranked 1-2, respectively, in the section. That makes their upcoming dual meet (next week) particularly attractive. Also on tap next week: RB vs. RBV and Poway vs. Torrey Pines.

Torrey Pines edged Rancho Buena Vista, 26-29, on October 5. The Longhorns had sickness going through their roster at the time, and cancelled a planned appearance at San Luis Obispo to allow time for recuperation. In this league, there is no margin for error; any team is capable of beating any other team.

**GIRLS:** The final week of duals will be crucial. Rancho Bernardo, currently ranked second in the section, will host Torrey Pines and Mt. Carmel. These are arguably the strongest three girls programs of the last few years, and all have quality teams again.

The last duals were October 5, when Torrey Pines had perhaps their best team effort of the year, in a 20-38 win over a good RBV team. The win was all the more impressive since Torrey ace Dani Schuster took a wrong turn during the race and didn't finish.

That same week, Poway beat Mt. Carmel on a tie-breaker, and RB defeated Vista. In the RB/Vista dual, Allison Hall and Lindsay deMontaigne aired it out on the Guajome Park course, running to impressive 14:33 and 14:35 clockings.

How tough is this league? Mt. Carmel and Vista are both winless to date.

**Valley:** Valley Center, San Pasqual are rolling

**BOYS:** When league meets started, Valley Center took their



Troy McAdams  
Rancho Buena Vista



Dan Tanks  
Rancho Bernardo

running to a higher level. After so-so efforts in some early invitationals, the Jaguars looked good in dual meets, with big wins over Escondido and Ramona.

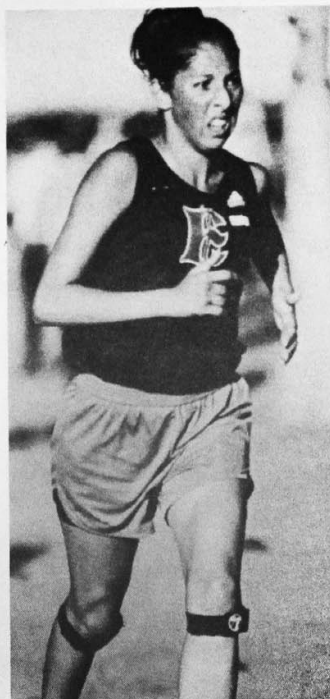
San Pasqual is also 2-0, with wins over Ramona and Orange Glen.

**GIRLS:** San Pasqual is rolling. The section's top-ranked team is 2-0 and unchallenged in league meets, with big wins over Ramona and Orange Glen.

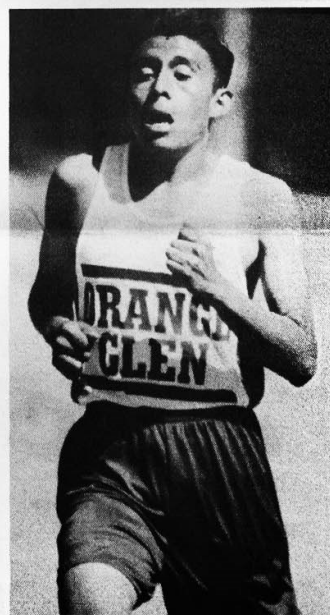
Valley Center is also 2-0, with wins over Escondido and Ramona, and they have the ability to challenge San Pasqual.

**Avocado:** Lots of good action still to come

**BOYS:** A lot of what-ifs? in this league. San Marcos is now 2-0, winning big over La Costa Canyon on October 5, after starting league action with a 26-29 win over Fallbrook. Fallbrook, meanwhile, had a close meet with El Camino, winning 26-29.



Laura Guzman  
Escondido



Andres Carrillo  
Orange Glen

Carlsbad is 1-0, and had a bye on October 5. They still must face Fallbrook and San Marcos.

Like the other north county leagues, the Avo goes quiet for two weeks in mid-season, allowing teams to concentrate on the last big invitationals.

**GIRLS:** The showdown between Fallbrook and El Camino was big. Fallbrook, on their home course, won 23-37. Katie Matlack won, followed by the St. Laurent sisters, but the Warriors put together a good pack, and they finished 4-5-6-7-8 to close out a good El Camino team. The Fallbrook two though seven runners were 0:52 seconds apart.

Please see page 5.



Jon Shellhammer  
Ramona

## Remaining Key Dual Meets

Almost every league has one or more key dual meets left on their schedule that will impact the championship races. Among those meets are these:

### Avocado:

La Costa Canyon, El Camino and San Marcos at Guajome Park, Friday, October 26.

Carlsbad, Fallbrook and La Costa Canyon at San Dieguito Park, Friday, November 2.

### Coastal:

Calvin Christian vs. La Jolla Country Day, at UCSD, Thursday, October 25.

### Eastern:

Patrick Henry, Mira Mesa and San Diego, at Morley Field, Tuesday, October 23.

Patrick Henry, Point Loma and Serra, at Morley Field, Wednesday, October 31.

### Grossmont North:

El Cajon Valley vs. West Hills, at West Hills High, Friday, October 26.

### Grossmont South:

Granite Hills vs. Valhalla, at West Hills (tentatively), Friday, October 25.

### Imperial Valley:

Brawley at Southwest, El Centro, Thursday, November 1.

### Mesa:

Bonita Vista vs. Chula Vista, at Rohr Park, Thursday, October 25.

### Palomar:

Mt. Carmel vs. Vista, at Guajome Park, Thursday, October 25.

Rancho Buena Vista, Vista and Poway, at Lake Poway, Friday, November 2.

Mt. Carmel, Torrey Pines and Rancho Bernardo, at Rancho Bernardo Community Park, Friday, November 2.

### South Bay:

Castle Park vs. Eastlake, at Discovery Park, Thursday, October 25.

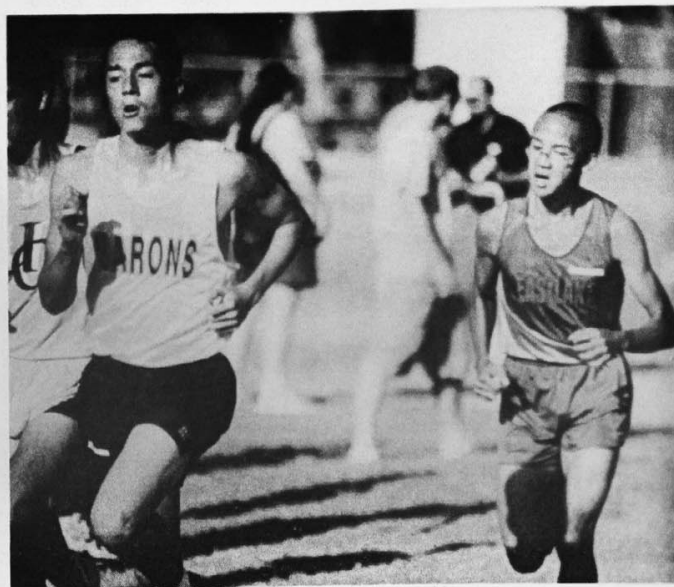
### Valley:

San Pasqual, Oceanside and Valley Center, at Guajome Park, Friday, November 2.





Nicole Newman, Natalie Elkind  
La Costa Canyon



Ryan Becijos, Vernon Ng  
Bonita Vista Eastlake

## Dual Meets

From previous page.

A good La Costa Canyon team hasn't been in much league action yet, but is 1-0 after a big win over San Marcos. They still have meets with El Camino, Fallbrook and Carlsbad.

Carlsbad, meanwhile, is returning runners from the injured list, and getting better. They are 0-1, but that was a 29-27 loss to El Camino. They still must run La Costa Canyon and Fallbrook.

### Grossmont South:

**Granite, Valhalla boys showdown due; Helix girls are sailing**

**BOYS:** Granite Hills is 3-0 and Valhalla is 2-0 in early league action. Both teams beat a good Helix squad in separate meets.

Granite used a good pack to beat the Highlanders 26-29, on October 5, at Harry Griffen Park. Granite then won big over Monte Vista, 18-43, on October 12 at Chollas Lake.

Valhalla beat Monte Vista, 20-41, on October 5, at Griffen, and had a bye last week.

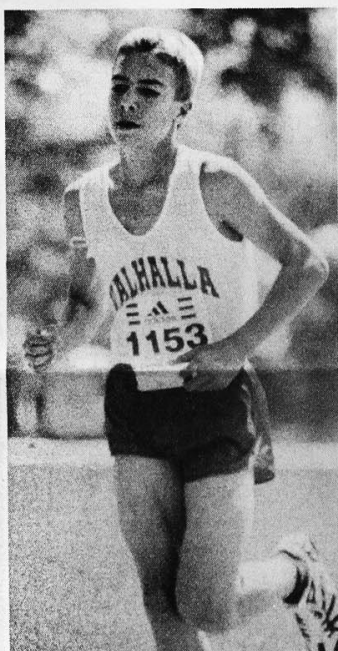
**GIRLS:** Helix is 3-0, and rolling, with wins over Valhalla, Granite Hills and Mount Miguel. In the Mount Miguel dual, Stephanie Baird blistered the Lindo Lake 2.1-mile course in 11:58.

Valhalla (1-1) and Granite Hills (2-1) have yet to race, and that meet could determine the runner-up spot in the league.

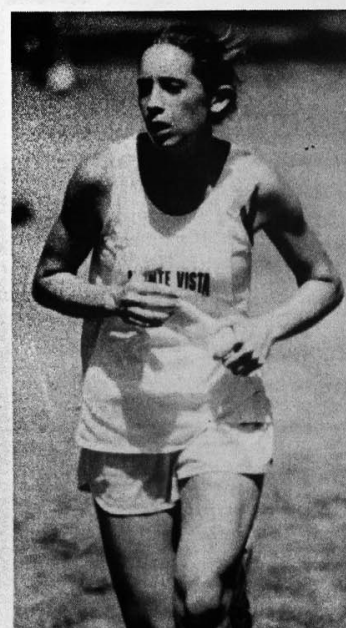
**Grossmont North: West Hills looks good; Braves could challenge in boys**

**BOYS:** West Hills has had smooth sailing to date, at 2-0, but still must run against El Cajon Valley and El Capitan. The meet with El Cajon could be close.

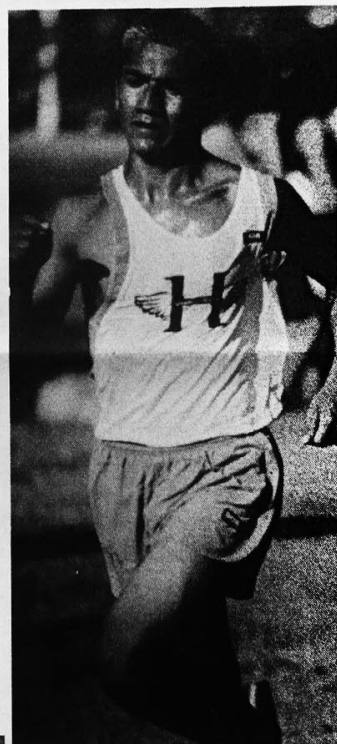
El Cajon Valley is also 2-0, with



Vernon Harris  
Valhalla



Holli Mayer  
Monte Vista



Efrain Carrillo  
Granite Hills



Monica Hubbard  
El Capitan

wins over Grossmont and El Capitan. The El Cap dual was close, with the Braves winning it, 28-29, on October 12 at Lindo Lakes.

**GIRLS:** West Hills hasn't been challenged yet, and is 2-0. The Wolfpack are solidly in the area's top ten teams.

Probably the best meet left is the El Capitan/Grossmont dual, which could help decide second place in this league.

**Mesa: Chula vs. Bonita will be B-I-G**

**BOYS:** Chula Vista and Bonita Vista are both unbeaten, and each team had close wins over a Sweetwater team that is finally getting healthy.

Bonita beat the Red Devils, 27-28, on October 5, at Rohr Park. Chula then edged Sweetwater, 27-29, on October 11, also at Rohr. The Chula/Bonita matchup should be a classic.

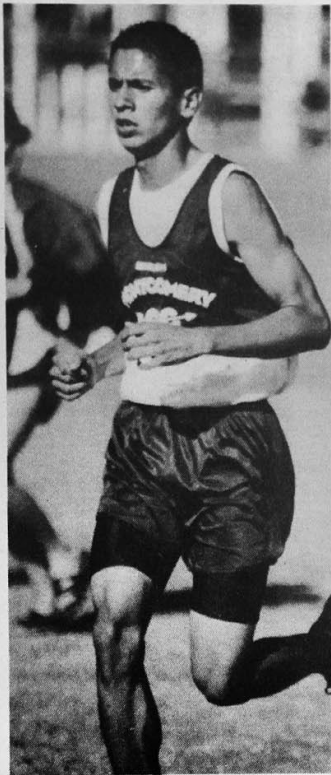
Sweetwater is finally back at near full strength after battling injuries most of the season, but they now have two losses by a total of three points.

**GIRLS:** Bonita Vista and Chula Vista are chewing up their opponents, and setting up a nice showdown. Bonita's point totals in their three wins to date have been 15; 15 and 16; nearly perfect. Chula has been almost as dominant as they await the return of their ace, Sophia Marquez, who was injured at the Dana Hills Invitational.

**South Bay: MV in control in boys; CP, Eastlake have girls showdown on sked**

**BOYS:** Mar Vista took over control of the boys race with a 25-30 win over Eastlake on the Mariners' beach course, on October 11. Mar Vista already has wins over Hilltop and Castle Park.

Please see page 6.



Hector Mardueno  
Montgomery



Silvia Romero  
Eastlake



Natalie Gattrell  
Scripps Ranch

## Dual Meets

From previous page.

**GIRLS:** Castle Park and Eastlake are on a collision course. The Trojans, the defending champs, have beefed up their lineup in recent weeks with the addition of Ana Melvin. They beat Hilltop, 25-30, at Discovery Park, on October 11.

**Eastern: Cavers, Henry look good; three girls teams are unbeaten**

**BOYS:** San Diego made a statement with their 23-38 win over Point Loma last week. The Pointers' Eric Dunn won in 15:41, one of the faster runs on the Eastern Morley course this year.

The Cavers still have a big showdown left with Patrick Henry.

**GIRLS:** Serra, Patrick Henry and Point Loma all remained unbeaten at press time (there were no meets this week), and they will all meet in the season's last week.

**Western: UC, surprising Scripps lead for now**

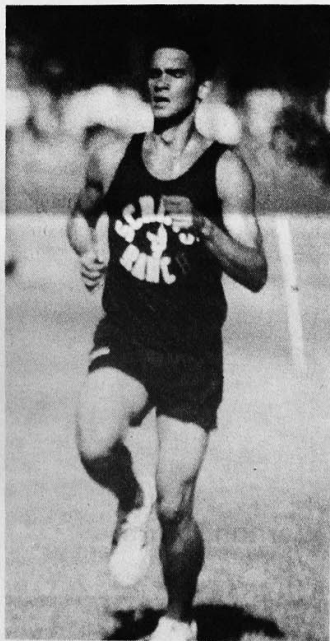
**BOYS:** It's a deep league, and few meets are expected to be easy, but this is almost ridiculous.

Scripps Ranch is 2-0, after beating La Jolla, on October 4, and Hoover, on October 11. Both races were won on tie-breakers.

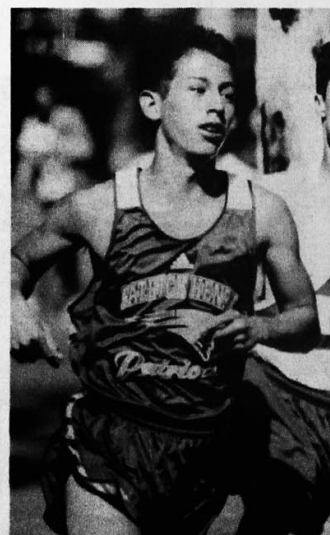
University City opened with a loss to Mission Bay, on October 4, when the Centurions were caught looking ahead to a weekend invitational. The Bucs' Marco Venancio won the race in 16:37 and



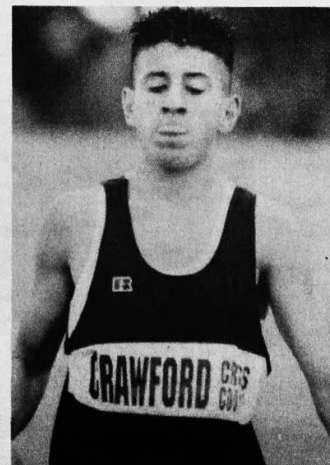
Brandon Zelones  
Mira Mesa



Dan Blomgren  
Scripps Ranch



Eric Delgadillo  
Patrick Henry



Luis Munoz  
Crawford

had good support from his teammates in pulling the upset.

**GIRLS:** UC's team is in good shape after early meets, but their stiffest challenge could come from Scripps Ranch. Scripps beat La Jolla, 25-30, on October 4. Their lineup has been upgraded by the improvement of their young runners. La Jolla and University of San Diego are still in contention, but both have one loss already.

**Harbor: 'Nado on top**

**BOYS:** Coronado seems in control after dual wins over Clairemont and Crawford, who were expected to be their toughest rivals. Fastest times on the Harbor layout of the Morley course have been 17:27s by Clairemont's Thomas Ferguson and Coronado frosh Jake Ruzevick in separate races.

The Harbor is one league that uses dual meets exclusively to determine league titles.

**GIRLS:** Coronado is dominating this group. They have yet to race Madison, which is the only opponent left that can give them a challenge.

**Southern: Hawks, Eagles trade wins in girls**

**GIRLS:** This league also uses dual meets to determine the league titles exclusively, but with a twist; each team meets twice.

Mountain Empire edged Julian, 26-29, at Lake Morena, October 12, to put the standings into a tie. Julian had beaten the Red Hawks earlier in the year, in a meet that went to a tie-breaker. This time, Mountain Empire left no doubt, with Ali Baker leading her teammates to a 1-2-4 finish. When the back of the pack did the job, they had the win.

## The Track Mag website

For deeper results of these meets, and for timely results of meets still to come, please check the **Track Magazine** website.

The website has in-depth meet results, archives of results from previous years, and links to sites such as CalTrack, which have meet results from around the state.

The website also includes a bulletin board where runners, coaches, parents and fans exchange ideas and information.

The website:  
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**Rebecca Bostwick**  
University City

## SouthernCal

### Lindsay rips a 14:20 to lead RB

At this year's Southern California Invitational, they saved the best for last. Or, nearly last.

Rancho Bernardo freshman Lindsay delaMontaigne, in the final girls varsity race of the day, ran a notable 14:20 for the 2.45-mile course.

Her time is the fastest ever recorded by a Rancho Bernardo athlete on this historically much-used course.

That's significant because the Broncos have had some quick girls run there in recent years, including Julie Manson, Sarah Wilkins, Kaleena Yee, Allison Hall, and now, delaMontaigne.

Hall, a senior, missed the meet to take an SAT test.

The SoCal meet has a unique format, which is to run each team's number one runner against every other team's number one runner, and so on through the roster.

The team winners are determined by the combined time of their entrants in the seven varsity races.

It makes for a lot of racing, with 14 separate varsity races (seven girls finals, seven boys finals) before the meet even gets around to staging JV and frosh/soph competitions.

RB's team was the fastest girls squad in attendance, no matter how



**Tracie Wooster**  
Poway

you sliced it. They were first in the large schools division, with faster times than highly regarded University City. UC was in the small schools division, although the athletes actually all competed in the same races.

RB's effort came without any contribution from team ace Hall, who is having a great year.

In fact, Hall and delaMontaigne had put up some quick times on the same course in a dual meet just a week before. In a dual with Vista, Hall had run 14:33, with delaMontaigne at 14:35.

At these races, the Broncos got solid efforts from their entire lineup. Belinda Oberem ran 15:23 for the next fastest time on the team.

The boys competition was dominated by a Barstow team that is highly rated at the state level. Their runners were first in five of the seven varsity races.

The boys number one race was won impressively by Sultana of Hesperia's Danny Lyon, who was timed in 16:03 on the 3.22-mile course.

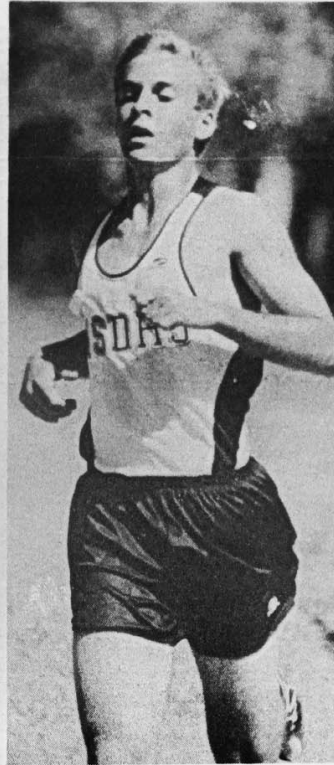
Many top athletes missed the meet because of SAT testing conflicts. Among the missing were RB's Hall and Valley Center's Cooper Bachman. Some teams were missing several key performers.

The weather, which warmed up significantly as the day wore on, was a factor. Some of the athletes in the early races made big breakthroughs. Some of the athletes running much later got cooked.

The results:

At Guajome Park, Oceanside, Saturday, October 13. Course: on dirt roads; two hills for boys, one hill for girls. Weather: very cool for early races (number sevens), and continually warming, until warm for number one races.

#### BOYS (3.22m):



**John Zimmer**  
USD

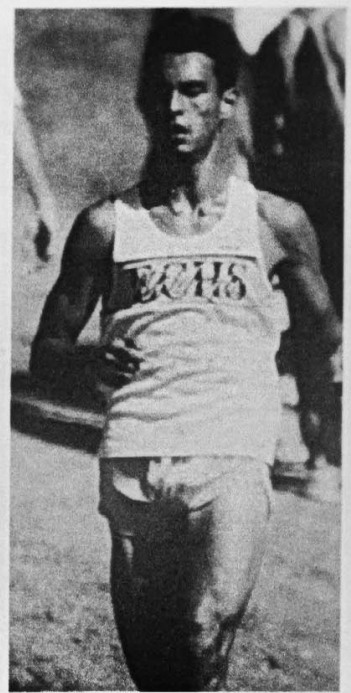
#### FASTEST 25:

(from all varsity races)

16:03	Danny Lyon, Sultana
16:22	Eric Dunn, Pt Loma
16:29	Ryan Skerl, Valley Center
16:40	Kalan Ray, Barstow
16:42	Alex Casarez, Fallbrook
16:44	Carlos Sanchez, Ramona
16:45	Adam Rodriguez, Bstow
16:46	Luke McGinnis, Poway
16:47	J. D. Tawney, Bstow
16:49	Troy Swier, Mar Vista
16:55	Kevin Bickham, El Camino
16:59	Kern Huerta, UniCity
16:59	Benny Gandolfo, El Capitan
17:04	Ben Reed, Foothills
17:05	Jon Shellhammer, Ram
17:06	Joey Sena, Bstow
17:08	Galen Garcia, Foot
17:11	Ben Lupercio, Fallbrook
17:17	Morgan Caseman, Foot
17:21	Abdi Abdirizak, Sweetwater
17:22	Sergio Chavez, Bstow
17:23	J. Schofield, Sult
17:23	Rey Ramirez, Carlsbad
17:24	Kurtis Flansburg, UC
17:25	Chris Heinfeld, Foot

#### Number Ones:

16:03	Danny Lyon, Sultana
16:22	Eric Dunn, Point Loma
16:29	Ryan Skerl, Valley Center
16:40	Kalan Ray, Barstow
16:42	Alex Casarez, Fallbrook
16:44	Carlos Sanchez, Ramona
16:46	Luke McGinnis, Poway
16:49	Troy Swier, Mar Vista
16:59	Benny Gandolfo, El Capitan
17:04	Ben Reed, Foothills
17:21	Abdi Abdirizak, Sweetwater
17:27	Johnny Cordes, Escondido
17:43	Jose Sanchez, Oceanside
17:53	Dan Tanks, Rancho Bernardo
17:54	John Zimmer, Uni of SD
18:02	Brad Liber, University City
18:11	Anthony Fogelstrom, Carlsbad
18:18	Chris Ekberry, Claremont, SS
18:22	Scott Becker, HoodRiverVlly
18:35	Mark Schwab, Poway B
18:50	Arturo Contreras, Brawley
18:59	Matt Barry, LaCostaCanyon
19:37	Hipolito Valdez, Central, EC
19:38	Andres Carrillo, Orange Glen
20:33	Adrian Larios, Holtville
21:24	Stephan Robinson, Seaside
<b>Number Twos:</b>	
16:45	Adam Rodriguez, Bstow
16:55	Kevin Bickham, Ecm
16:59	Kern Huerta, UC



**Mike Ostler**  
El Camino

17:05	Jon Shellhammer, Ram
17:11	Ben Lupercio, Fall
17:17	Morgan Caseman, Foot
17:23	Rey Ramirez, Carls
17:29	D. Schubert, Sult
17:29	Brett Thomason, RB
17:35	Jose Guardado, Sweet
17:44	Hector Gutierrez, Ecp
17:45	Josh Wieberg, Esc
17:47	Brian Bradshaw, Ptl
17:47	Brendan Cronin, USD
17:48	Pat McCarthy, Pow
18:04	Gus Polito, VC
18:09	Dominique Rosalez, Oc
18:09	Alfredo Campos, Brwly
18:13	Nicole Primack, Clar
18:49	Matt Cooper, HRV
19:00	Matt Shaughnessy, LCC
19:07	Christian Flores, MV
19:17	Josh Jackson, PowB
20:08	Danny Hernandez, OG
23:07	Kenara Karoda, S'side

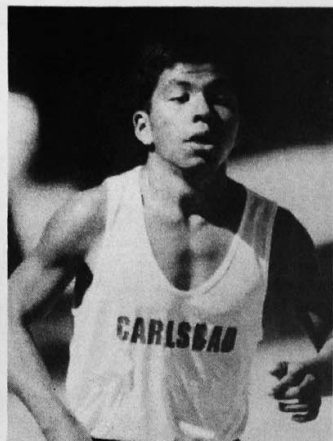
#### Number Threes:

16:47	J. D. Tawney, Bstow
17:23	J. Schofield, Sult
17:25	Chris Heinfeld, Foot
17:30	Tim Irwin, Fall
17:33	Tyler Williams, Esc
17:38	Hector Arreola, Sweet
17:42	John McGlynn, VC
17:46	Andre Castillo, RB
17:48	Sixto Aspeitia, UC
17:58	Jesus Perez, MV
18:08	Ryan Johnson, Carls
18:12	Gerardo Sanchez, Oc
18:13	Arturo Kenyon, Ecm
18:25	Gavin Coleman, Pow
18:30	Estaban Avila, HRV
18:40	Corey Driscoll, Ecp
18:53	Jesus de Dios, Brwly
18:56	Carl Burkhard, USD
19:01	William Parker, Clar
19:04	Ken Wood, Ram
19:18	Adam Torpey, Ptl
19:55	Grant Baker, PowB
19:55	Anthony Simpson, LCC
20:38	Chris Reina, OG
20:59	Freddie Castaneda, Holt
22:13	Jake Silver, S'side

#### Number Fours:

17:06	Joey Sena, Bstow
17:08	Galen Garcia, Foot
17:24	Curtis Flansburg, UC
17:42	Shane O'Connor, Esc
17:50	Alex Fontaine, Fall
17:52	Cesar Torres, Sweet
17:56	Jeff Wilson, Ecm
18:00	Darin Lyons-Quirk, Pow
18:07	Ryan Castillo, RB
18:08	B. Leppelman, Sult
18:23	Hector Martinez, Brwly

Please see page 8.



**Rey Ramirez**  
Carlsbad



**Anne-Marie Byrne**  
USD



**Hipolito Valdez**  
Central, El Centro

## SouthernCal

From previous page.

18:24 Jacob Sammons, Carls  
18:29 Josh Ellis, Ptl  
18:35 Mark Walkowicz, USD  
18:35 Adam Mack, HRV  
18:42 Tavu Chakravarti, Clar  
18:49 Steve Jurf, PowB  
18:52 Francisco Rodriguez, Ram  
18:57 Kyle Zabinsky, VC  
19:13 Jarrod Hines, ECp  
19:20 Mike Garcia, MV  
19:35 Brian Cassidy, OG  
21:08 Shane Cherry, S'side  
22:23 Louie Anderholt, Holt

### Number Fives:

17:22 Sergio Chavez, Bstow  
17:30 Dustin Boyer, Sweet  
17:44 R. Hernandez, Sult  
17:46 Blake Ericksen, Foot  
17:48 Travis Teitsch, UC  
18:06 Luke Gilbert, Esc  
18:10 Chris Brown, ECp  
18:10 Matt Leetch, RB  
18:11 Joe Harlin, Fall  
18:16 Matt McAlexander, Pow  
18:21 Alastair Mulholland, ECm  
18:31 Eric Avila, HRV  
18:34 Gerardo Contreras, Brwly  
18:39 Krause, Carls  
18:41 John Carpenter, PowB  
18:45 William Rodriguez, Ptl  
18:48 Justin Gottuso, Clar  
19:11 Jose Sanchez, MV  
19:35 Kyle Sutherland, USD  
19:50 Elvis Ramirez, OG  
19:57 Brandon Perdew, Ram  
20:09 Cooper Lantiny, VC  
21:48 Russell Mead, S'side  
23:10 Jacob Cerda, Holt

### Number Sixes:

17:28 Mike Heaton, Foot  
17:38 Brett Bayles, Esc  
17:43 Patrick Maloney, Pow  
17:44 Chris Grow, Bstow  
18:12 Samuel Zapata, Sweet  
18:20 Joe Pluff, UC  
18:24 Luis Maldonado, Brwly  
18:31 Chris Allison, RB  
18:33 Kevin Knox, MV  
18:34 J. Foster, Sult  
18:35 Sam Nicolas, Carls  
18:46 Andrew Thomson, PowB  
18:46 Mark Wilson, Fall  
18:54 Chris Wherry, HRV  
19:03 Ryle Stous, ECp  
19:08 Shane Fournier, ECm  
19:41 Shaun Disney, Clare  
19:45 Jonathan Ramirez, Ram  
19:58 Thomas Morningstar, VC  
20:03 John Geary, Ptl  
20:04 Jason Matthews, USD  
20:53 Drew Freeborn, OG  
23:10 John Ellingson-Ford, S'side  
23:24 Luis Pasillas, Holt

### Number Sevens:

17:37 Salas, Bstow  
17:37 Robert Rosenthal, Foot  
18:11 Kyle Sutherland, RB

18:19 Jon Breed, UC  
18:23 Steve Kroft, Pow  
18:25 Robert Isaias, Sweet  
18:30 Jason Richter, Esc  
18:34 Tim Martin, ECp  
18:35 Alex Jimenez, HRV  
18:36 Tommy Guzman, Brwly  
18:37 Alex Serio, VC  
18:50 T. Husen, Sult  
19:16 Aaron Lieber, Fall  
19:17 Abraham Chavez, Ptl  
19:22 Greg Scott, ECm  
19:23 Ryan Agte, MV  
19:29 Danny Marcotte, Clar  
19:46 David Martin, OG  
20:07 Mike Oakley, PowB  
20:08 Louis Barrios, Ram  
21:31 David Rankin, S'side  
21:39 Orozco, Carls

### TEAM TIMES

Aggregate times of top five runners for each team. The top fifteen squads:

84:40 Barstow  
86:22 Catalina Foothills, AZ  
86:47 Sultana, Hesperia  
87:24 Fallbrook  
87:56 Sweetwater  
88:01 University City  
88:05 Escondido  
88:33 Poway  
89:25 Rancho Bernardo  
89:44 Valley Center  
90:07 El Capitan  
90:33 El Camino  
90:40 Point Loma  
90:41 Carlsbad  
90:52 Ramona

### BY TEAM:

#### Barstow

16:40 Kalan Ray, 1  
16:45 Adam Rodriguez, 2  
16:47 J. D. Tawney, 3  
17:06 Joey Sena, 4  
17:22 Sergio Chavez, 5

#### Foothills

17:04 Ben Reed, 1  
17:08 Gail Garcia, 4  
17:17 Morgan Caseman, 2  
17:25 Chris Heinfeld, 3  
17:28 Mike Heaton, 6

#### Sultana

16:03 Danny Lyon, 1  
17:23 J. Schofield, 3  
17:29 D. Schubert, 2  
17:44 R. Hernandez, 5  
18:08 B. Leppelman, 4

#### Fallbrook

16:42 Alex Casarez, 1  
17:11 Ben Lupercio, 2  
17:30 Tim Irwin, 3  
17:50 Alex Fontaine, 4  
18:11 Joe Harlin, 5

#### Sweetwater

17:21 Abdi Abdirizak, 1  
17:30 Dustin Boyer, 5  
17:35 Jose Guardado, 2  
17:38 Hector Arreola, 3  
17:52 Cesar Torres, 4

### University City

16:59 Kern Huerta, 2  
17:24 Kurtis Flansburg, 4  
17:48 Sixto Aspeitia, 3  
17:48 Travis Teitsch, 5  
18:02 Brad Liber, 1  
Missing: Max Kerber.

### Escondido

17:27 Johnny Cordes, 1  
17:33 Tyler Williams, 3  
17:38 Brett Bayles, 6  
17:42 Shane O'Connor, 4  
17:45 Josh Wieberg, 2  
Missing: Stephen Servis.

### Poway

16:46 Luke McGinnis, 1  
17:43 Patrick Maloney, 6  
17:48 Pat McCarthy, 2  
18:00 Darin Lyons-Quirk, 4  
18:16 Matt McAlexander, 5

### Rancho Bernardo

17:29 Brett Thomason, 2  
17:46 Andre Castillo, 3  
17:53 Dan Tanks, 1  
18:07 Ryan Castillo, 4  
18:10 Matt Leetch, 5  
Missing: Joe Ruiz de Chavez.

### Valley Center

16:29 Ryan Skerl, 1  
17:42 John McGlynn, 3  
18:04 Gus Polito, 2  
18:37 Alex Serio, 7  
18:52 Kyle Zabinsky, 4  
Missing: Cooper Bachman, Tony Illig, Greg Bonin, Jared Morasco.

### El Capitan

16:59 Benny Gandolfo, 1  
17:44 Hector Gutierrez, 2  
18:10 Chris Brown, 5  
18:34 Tim Martin, 7  
18:40 Corey Driscoll, 3  
Missing: David Lynn.

### El Camino

16:55 Kevin Bickham, 2  
17:56 Kevin Wilson, 4  
18:13 Arturo Kenyon, 3  
18:21 Alastair Mulholland, 5  
19:08 Shane Fournier, 6  
Missing: Mike Ostler (DNF),

### Point Loma

16:22 Eric Dunn, 1  
17:47 Brian Bradshaw, 2  
18:29 Josh Ellis, 4  
18:45 William Rodriguez, 5  
19:17 Abraham Chavez, 7  
Missing: Kevin Hughes, Aaron Harper.

### Carlsbad

17:23 Rey Ramirez, 2  
18:08 Ryan Johnson, 3  
18:11 Anthony Fogelstrom, 1  
18:24 Jacob Sammons, 4  
18:35 Sam Nicolas, 6  
Missing: Trevor Mulvey, Justin Bartels, Dylan Seaton.

### Ramona

16:44 Carlos Sanchez, 1  
17:05 Jon Shellhammer, 2  
18:52 Francisco Rodriguez, 4  
19:04 Ken Wood, 3  
19:07 Brandon Perdew, 5  
Missing: Matt Saldivar, Jeremy Adams.

## GIRLS (2.45m):

### FASTEST 25:

(from all varsity races)  
14:20 Lindsay delaMontaigne, RB  
14:25 Christy Poul, HoodRiverVal  
14:50 Sariah St. Laurent, El Camino  
14:56 Katie Matlack, Fallbrook  
15:04 Jessie Ooms, UniCity  
15:09 S. Tabana, Sultana  
15:10 Sabrina St. Laurent, ECm  
15:13 Danae Hough, Valley Center  
15:22 S. Duarte, Sult  
15:23 Rebecca Sale, VC  
15:23 Belinda Oberem, RB  
15:23 Anna Hough, VC  
15:27 Lidia de Carvalho, UC  
15:30 Rebecca Bostwick, UC  
15:39 Maija Rohde, Fall  
15:40 Melanie Bried, Poway  
15:41 Mishon Stalnaker, Ram  
15:44 Colleen O'Connell, Carlsbad  
15:45 K. Camara, Sult  
15:47 Tracie Wooster, Pow  
15:48 Melissa Ramos, Fall  
15:48 Erica Schim, La Costa Canyon  
15:52 J. Meredith, Sult  
15:52 Sara Cates, Carls  
15:53 Erica Camacho, Central, EC

### Number Ones:

14:20 Lindsay delaMontaigne, RB  
14:25 Christy Poul, HoodRiverValley  
14:56 Katie Matlack, Fallbrook  
15:04 Jessie Ooms, UniCity  
15:09 S. Tabana, Sultana  
15:10 Sabrina St. Laurent, ElCamino  
15:23 Anna Hough, Valley Center  
15:41 Mishon Stalnaker, Ramona  
15:48 Erica Schim, LaCostaCanyon  
15:53 Erica Camacho, Central, EC  
16:01 Molly O'Toole, Uni of SD  
16:02 Laurel Johnson, Foothills  
16:04 Laura Guzman, Escondido  
16:09 Rachel Good, Poway  
16:13 Jenna Lederhaus, Claremont  
16:20 Alyshia Chavez, Barstow  
16:25 Liz Robinson, Holtville  
16:39 Claudia Dominguez, Brawley  
16:57 Sarah Schertzer, Carlsbad  
17:00 Liz Edwards, La Jolla  
17:19 Lizette Villasana, Sweetwater  
17:24 Nancy Enriquez, Oceanside  
17:45 Claudia Mercado, OrangGlen  
17:52 Roxanne Mather, ElCapitan  
18:00 Kilee Johnson, Seaside

### Number Twos:

14:50 Sariah St. Laurent, ECm  
15:13 Danae Hough, VC  
15:22 S. Duarte, Sult  
15:23 Belinda Oberem, RB  
15:30 Rebecca Bostwick, UC  
15:39 Maija Rohde, Fall  
15:44 Colleen O'Connell, Carls  
16:16 Nicole Newman, LCC  
16:18 Naomi Quisenberry, Clar  
16:22 Laurissa Pennington, HRV  
16:36 June Andrews, Ram  
16:47 Meg Allen, Brwly  
16:47 Jane Sanchez, Esc  
16:48 Kristen Torrez, Bstow  
16:58 Emily Melendrez, Pow  
16:59 Amanda Vuletic, ECp

Please see page 9.



# SouthernCal

From previous page.

17:18 Laura Borenstein, LJ  
17:20 Lauren Senescall, USD  
17:29 Allison Emslie, Foot  
17:33 Sylvia Sale, Oc  
17:36 Elyse Verhofstedt, Holt  
17:52 Heidi Watson, OG  
18:19 Kenya Caro, Sweet

## Number Threes:

15:23 Rebecca Sale, VC  
15:27 Lidia de Carvalho, UC  
15:40 Melanie Bried, Pow  
15:45 K. Camara, Sult  
15:48 Melissa Ramos, Fall  
16:01 Jessie Ansari, Carls  
16:09 Jessica White, LCC  
16:12 Whitney Kuptz, RB  
16:15 Rachel Osborne, Ecm  
16:15 Kalyn Olson, LJ  
16:17 Alyson Campbell, Foot  
17:08 Bre Goetz, Ram  
17:18 Shayne McCoy, USD  
17:43 Allison Byers, HRV  
17:59 Danitza Salceda, Brwly  
18:00 Mindee Anderson, Esc  
18:06 Meggie Bridge, Clar  
18:16 Priscilla Garcillara, Sweet  
18:25 Katelyn Blackburn, Oc  
18:47 Tonya Oyala, S'side  
18:51 Diana Nente, Bstw  
19:19 Nicole Mather, ECp  
20:37 Natalie Robinson, Holt

## Number Fours:

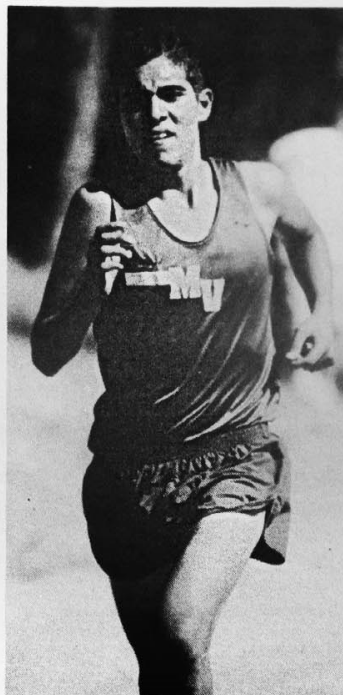
15:52 J. Meredith, Sult  
15:52 Sara Cates, Carls  
16:13 Anna Anderson, LJ  
16:19 Megan Johnson, Ecm  
16:19 Jessica Huepper, RB  
16:23 Hayley Pemble, Foot  
16:29 Lauren Jerd, UC  
16:30 Christina Eads, Fall  
16:41 Suni Davis, HRV  
16:42 Jennifer Cardenas, Brwly  
16:54 Kisten Greider, LCC  
17:07 Polina Osipova, Ram  
17:15 Megan Doroba, Pow  
17:47 Janey Sellers, VC  
18:07 Katie Dougherty, S'side  
18:22 Morgan Feori, USD  
18:22 Ling Tang, OG  
18:25 Stephanie Bell, Clar  
18:29 Yvonne Torres, Sweet  
18:33 Cassano Sisneros, Bstw  
19:06 Irene Trestrail, Esc  
27:15 Sarah Strong, Holt

## Number Fives:

15:47 Tracie Wooster, Pow  
16:07 Megan Harpold, Carls  
16:12 Monica Lane, RB  
16:20 Shana O'Connor, Foot  
16:33 Tiffany Miller, LJ  
16:35 Jackie Arding, Ecm  
16:48 Nettie Holt, Fall  
16:48 Sarah Santos, UC  
16:49 Trisha Allred, VC  
16:51 Kristin Hedges, HRV  
17:04 M. Minton, Sult  
17:08 Sara Hummel, LCC  
17:19 Katie Blakely, Esc  
17:24 Megan O'Toole, USD  
17:44 Xiomera Fabela, Brwly  
17:48 Megan Kruse, Ram  
17:52 Joana Gallarzo, Sweet  
17:54 Merritt Watts, Clar  
18:29 Porsche Hitchens, GuajomePrk  
20:18 Lucy Eschmann, Bstow  
20:35 Bernice Ramos, MV  
30:37 Valeria Martinez, Holt

## Number Sixes:

16:02 Kelly McCann, LCC  
16:09 Dana Gersten, RB  
16:09 Brooke Anderson, UC  
16:26 Chelsea Robinson, LJ  
16:29 Caitlin Bliss, Pow  
16:37 Melissa Preston, VC  
16:43 Slava Haywas, Ecm  
16:45 Tanya Gallagher, Foot  
16:51 A. Standish, Fall  
16:52 Candis Vuletic, ECp  
17:00 A. Amara, Sult  
17:12 Ashley Carr, Clar  
17:14 Hansen, Carls  
17:47 Anusia Murray, Ram  
17:48 Amy Williams, Esc  
18:04 Hannah Reed, USD  
18:05 Natalia Cardenas, Brwly



**Christian Flores**  
Mar Vista

18:16 Caitlin Becker, HRV  
18:18 Princess Mitchell, Sweet  
18:24 Olivia Wheeler, OG  
19:52 Arleen Ramos, MV  
19:53 Lacy Morgan, Bstow  
25:03 Perla Garcia, Holt

## Number Sevens:

16:30 Christa Cascolan, UC  
16:35 Jessica Schenk, Pow  
16:43 Alicia Sassano, RB  
16:50 Alejandra Montiel, VC  
16:51 Christina Metzler, Fall  
16:52 Kiki Kalkstein, LJ  
16:58 Andrea Zeppilli, Ecm  
17:00 Alanna Bennett, Ram  
17:17 Jenny Villagomez, HRV  
17:30 Becca Sharpless, LCC  
17:33 Laura Robio, Brwly  
17:38 J. Zavella, Sult  
17:51 Vanessa Prielsson, Foot  
18:20 Jennifer Hartel, Esc  
18:22 Fielden, Carls  
18:35 M'lissa Swift, Clar  
18:38 Teresa Francia, Bstow  
18:47 Jessica Aliaga, GPA  
18:51 Kendall Driscoll, ECp  
19:01 Veronica Sanchez, Sweet  
19:07 Lisa Cassidy, OG  
20:11 Herlinda Sanchez, MV  
20:16 Laura Terttar, S'side

## TEAM TIMES:

Aggregate times of the fastest five runners from each team. The top fifteen squads:

78:16 Rancho Bernardo  
78:39 University City  
79:08 Sultana, Hesperia  
79:09 El Camino  
79:25 Valley Center  
79:41 Fallbrook  
80:40 Poway  
80:41 Carlsbad  
81:09 La Costa Canyon  
81:36 Hood River Valley  
81:47 Catalina Foothills, AZ  
82:19 La Jolla  
82:32 Ramona  
85:25 Brawley  
85:43 Claremont (SoSec)

## BY TEAM:

**Rancho Bernardo**  
14:20 Lindsay deMontaigne, 1  
15:23 Belinda Oberem, 2  
16:09 Dana Gersten, 6  
16:12 Whitney Kuptz, 3  
16:12 Monica Lane, 5  
Missing: Allison Hall.  
**University City**  
15:04 Jessie Ooms, 1  
15:27 Lidia de Carvalho, 3  
15:30 Rebecca Bostwick, 2  
16:09 Brooke Anderson, 6



**Hector Gutierrez**  
El Capitan

16:29 Lauren Jerd, 4  
Missing: Carolyn Crews, Karissa Teitsch.

## Sultana

15:09 S. Tabaena, 1  
15:22 S. Duarte, 2  
15:45 K. Camara, 3  
15:52 J. Meredith, 4  
17:00 A. Amaro, 6

## El Camino

14:50 Sariah St. Laurent, 2  
15:10 Sabrina St. Laurent, 1  
16:15 Rachel Osborne, 3  
16:19 Megan Johnson, 4  
16:35 Jackie Arding, 5  
Missing: Sarah Page.

## Valley Center

15:13 Danae Hough, 2  
15:23 Anna Hough, 1  
15:23 Rebecca Sale, 3  
16:37 Melissa Preston, 6  
16:49 Trisha Allred, 5  
Missing: Aubree Duff.

## Fallbrook

14:56 Katie Matlack, 1  
15:39 Maija Rohde, 2  
15:48 Melissa Ramos, 3  
16:30 Christina Eads, 4  
16:48 Nettie Holt, 5  
Missing: Michelle Denham, Kelly Denham.

## Poway

15:40 Melanie Bried, 3  
15:47 Tracie Wooster, 5  
16:09 Rachel Good, 1  
16:29 Caitlin Bliss, 6  
16:35 Jessica Schenk, 7

## Carlsbad

15:44 Colleen O'Connell, 2  
15:52 Sara Cates, 4  
16:01 Jessie Ansari, 3  
16:07 Megan Harpold, 5  
16:57 Sarah Schertzer, 1  
Missing: Kristen Woodward.

## La Costa Canyon

15:48 Erica Schim, 1  
16:02 Kelly McCann, 6  
16:09 Jessica White, 3  
16:16 Nicole Newman, 2  
16:54 Kristin Greider, 4  
Missing: Kiley Green, Natalie Elkind.

## Hood River Valley

14:25 Christy Poul, 1  
16:22 Larissa Pennington, 2  
16:41 Suni Davis, 4  
16:51 Kristen Hedges, 5  
17:17 Jenny Villagomez, 7

## Foothills

16:02 Laurel Johnson, 1  
16:17 Alyson Campbell, 3  
16:20 Shana O'Connor, 5  
16:23 Hayley Pemble, 4  
16:45 Tanaya Gallagher, 6

## La Jolla

16:13 Anna Anderson, 4  
16:15 Kalyn Olson, 3

16:26 Chelsea Robinson, 6  
16:33 Tiffany Miller, 5  
16:52 Kiki Kalkstein, 7  
Missing: Kristen Werle.

## Ramona

15:41 Mishon Stalnaker, 1  
16:36 June Andrews, 2  
17:00 Alanna Bennett, 7  
17:07 Polina Osipova, 4  
17:08 Bre Goetz, 3  
Missing: Breanna Vanoy.

## Brawley

16:39 Claudia Dominguez, 1  
16:42 Jennifer Cardenas, 4  
16:47 Meg Allen, 2  
17:33 Laura Robio, 7  
17:44 Xiomera Fabela, 5

## Claremont

16:13 Jenna Lederhaus, 1  
16:18 Naomi Quisenberry, 2  
17:12 Ashley Carr, 6  
17:54 Merritt Watts, 5  
18:06 Meggie Bridge, 3

## San Luis Obispo

### How hot was it? It was so hot that...

Recipe for disaster: one mid-season invitational on a difficult course, no shade, and the temperature is 93 degrees. Schedule the high school races at mid-day, and, oh yes, make the girls course a full 3.1-miles in length.

That's what happened at this year's SLO Invite, held Saturday, October 6. One coach called it, "a death march." Hey, maybe it was a sneak preview of "Survivor 3: Africa."

San Diego teams dominated the competition on the boys side, with Mt. Carmel, Vista, West Hills and Torrey Pines finishing 1-2-3-4 in the team race.

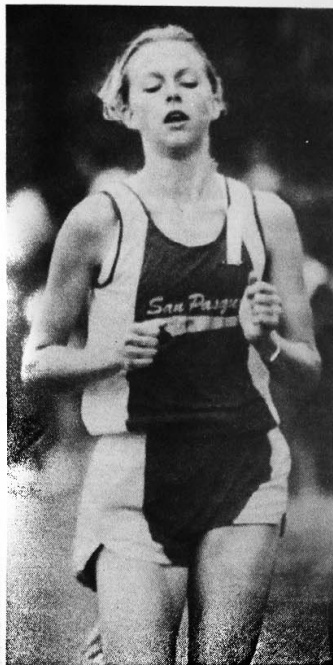
Individually, local runners took eight places in the top ten, with Mt. Carmel's Abadir Barre holding on to win in the brutal conditions, in 16:28. Teammate Alan Aradanas was second, in 16:29.

There might have been similar results in the girls race, but there were some key casualties.

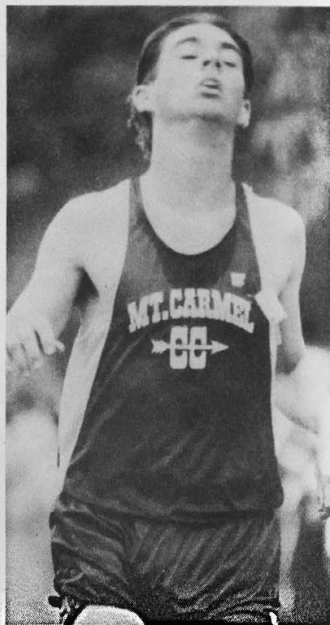
With less than 400 meters to go, Torrey Pines soph Dani Schuster was leading the race, with San Pasqual's Claire Rethmeier closing in second place. With maybe 300 meters to go, Rethmeier collapsed in a cloud of dust. Soon after, Schuster also went down. Harbor's Lauren Christman won the race in 19:33.

San Pasqual, without Rethmeier, and with only five finishers overall, took second in the team race, with 74 points to San Lorenzo Valley's 71. West Hills was fourth, Mt. Carmel was fifth, Vista was sixth, and a quick-starting Torrey team

Please see page 10.



**Samantha From**  
San Pasqual



**Adam Goldberg**  
Mt. Carmel

## San Luis Obispo

From previous page.

was seventh.

"Runners that were aggressive paid for it," one coach observed.

Top local individual was San Pasqual's Lorin Scott, who was sixth in 20:07. Two other locals were in the top ten.

Schuster and Rethmeier both suffered from heat exhaustion, but both were completely recovered and were suffering no ill effects a few days later.

It was an interesting test for some of the section's most highly regarded teams.

Mt. Carmel and Vista are currently ranked 1-2 among the section's boys teams, and, from the looks of this race, they will have some interesting showdowns in the last few weeks.

The Sundevils had great top-end strength, with Abadir and Aradanas at 1-2, and with Adam Goldberg taking sixth overall, in a bit of a breakthrough.

Vista had much the superior depth, however, with their 1-2-3-4-5 runners finishing in a span of just 0:35 seconds (10th to 21st in the race), all ahead of Mt. Carmel's fourth. At the back end, Vista's number seven man was just ahead of Mt. Carmel's fifth.

The results:

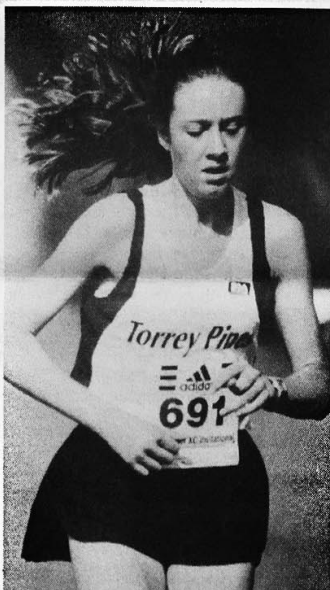
At San Luis Obispo, Saturday, October 13. Full-length course includes sizable hill. Weather: Hot, about 93 at race time.

### BOYS:

**TEAMS:** 1. Mt. Carmel, 72; 2. Vista, 78; 3. West Hills, 135; 4. Torrey Pines, 176; 8. San Marcos, 291; 19. San Pasqual, 418.

### INDIVIDUAL (3.1m):

1. Abadir Barre, MtC 16:28  
2. Alan Aradanas, MtC 16:29



**Carly Mecklenburg**  
Torrey Pines



**Oscar Ignacio**  
San Marcos

- |                            |       |
|----------------------------|-------|
| 4. David Ignacio, SM       | 16:38 |
| 5. Ross Halleland, WH      | 16:39 |
| 6. Adam Goldberg, MtC      | 16:40 |
| 8. Navid Hassanzadeh, TP   | 16:46 |
| 9. Kevin Schible, WH       | 16:47 |
| 10. Miguel Villareal, Vis  | 16:51 |
| 13. Joe Aguilar, Vis       | 17:07 |
| 16. Nicholas Salomone, Vis | 17:15 |
| 18. Ryan Richter, Vis      | 17:19 |
| 21. Aaron Gonzalez, Vis    | 17:26 |
| 26. Mike Rentz, MtC        | 17:36 |
| 27. Andrew Friend, Vis     | 17:36 |
| 30. Michael Bell, WH       | 17:38 |
| 32. Ryan Graddy, TP        | 17:43 |
| 33. Tye Lidman, TP         | 17:46 |
| 34. Tim McKeon, WH         | 17:49 |
| 35. Chris Jacobs, Vis      | 17:49 |
| 38. Elliott Davey, MtC     | 17:50 |
| 51. Oscar Ignacio, SM      | 18:10 |
| 52. Mark Lonac, TP         | 18:12 |
| 56. C. J. Hersh, TP        | 18:15 |
| 57. Kyle Kincaid, TP       | 18:16 |
| 60. Jared Secrist, MtC     | 18:18 |
| 61. Zach Ninteman, WH      | 18:19 |
| 62. Fernando Alvarez, SP   | 18:20 |
| 64. Eric Konzen, SP        | 18:25 |
| 69. Justin Dredge, TP      | 18:27 |

### GIRLS:

**TEAMS:** 1. San Lorenzo Valley, 71; 2. San Pasqual, 74; 4. West Hills, 126; 5. Mt. Carmel, 137; 6. Vista, 172; 7. Torrey Pines, 175.

### INDIVIDUAL (3.1m):

- |                             |       |
|-----------------------------|-------|
| 1. Lauren Christman, Harbor | 19:33 |
| 6. Lorin Scott, SP          | 20:07 |
| 8. Elaine Gillespie, WH     | 20:21 |
| 10. Samantha From, SP       | 20:28 |
| 11. Olympia Olguin, Vis     | 20:30 |
| 12. Deanna Sick, MtC        | 20:43 |
| 14. Halah Barre, MtC        | 20:46 |
| 16. Brooke Kerby, SP        | 20:50 |
| 17. Chandra Farnham, WH     | 20:53 |
| 19. Allie Willis, SP        | 20:55 |
| 20. Alison Hilton, MtC      | 20:56 |
| 21. Carly Mecklenburg, TP   | 20:58 |
| 22. Erica Lopez, Vis        | 20:59 |
| 23. Jennifer Dowthit, SP    | 21:07 |
| 27. Brenna Williams, TP     | 21:22 |
| 29. Amy McCaslin, TP        | 21:29 |

**Did not finish:** Dani Schuster, TP; Claire Rethmeier, SP.

**Other local runners:**

**West Hills:** Janae Dale, 21:37; Lynette Simonds 21:51; Joanne Southard 21:52; Jackie Dale 22:26.

**Mt. Carmel:** Amy Vasko 22:14.

**Vista:** Aurora Ramirez 21:53; Janet Ramirez 22:19.

**Torrey Pines:** Kaelin Madamba 22:01; Taylor Penrod 22:55; Hailey Moore 22:58.



**Tyler Middleton**  
La Jolla Country Day

Timinsky's margin of victory at St. Augustine was 1:44, so she was alone after the first step. It was similar to her Mt. Carmel race, when she won by 1:38.

By contrast, the boys race went down to the wire, with La Jolla Country Day soph Tyler Middleton edging St. Augustine senior Nathan Stender, 16:38 to 16:39.

The running conditions were nearly ideal, with cool temperatures aiding the athletes.

The Saints Invite is an annual showcase for the area's smaller schools, which seem to produce more than their share of this area's fastest runners (Mark Hauser, Josh Cox, Marissa Hurwitz, Angela Petersen, Julie Ott, and Will Kraemer, to name a few).

Boys team champions included University of San Diego (D-III), Coronado (D-IV), and Rehoboth Christian, from New Mexico (D-V). Calvin Christian was second in D-V to lead the local teams.

Girls titles went to USD (D-III), La Jolla Country Day (D-IV) and Rehoboth (D-V). Julian, by a wide margin, was the best local D-V girls team.

In Divisions IV and V, almost every significant local team was entered, so those results could be used as a scouting report for the upcoming CIF championships (see accompanying story).

The results:

At Morley Field, Friday, October 5. The meet used the CIF course for both boys and girls. One exception was the second loop of the picnic/Upas St. hill section. This meet ran the same direction both times through, while the CIF meet reverses the direction the second time around. Weather: ideal conditions; cool and overcast.

## St. Augustine

### Jenna's

### 15:28 is a

### course best

Jenna Timinsky has run some sizzling solo races at Morley Field this year.

The San Dieguito Academy senior kicked off the year with the second-fastest time ever in the Mt. Carmel Invitational in September, running 14:58 for 2.6 miles. The meet record is 14:55.

She looked even better at the St. Augustine Invitational, on October 5. She ran the CIF girls course, which is 2.75 miles, in 15:28.

By a good margin, that is the fastest time recorded on that layout since that course was established in 1998. No runner in any of the CIF finals since then has run under 16 minutes (see box).





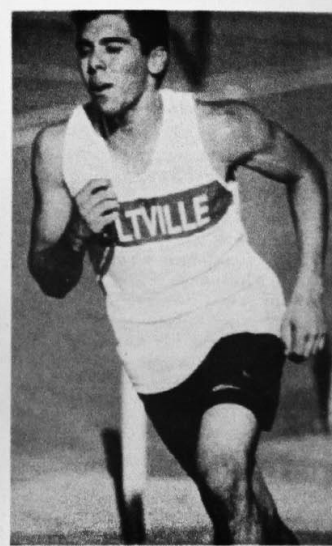
Cristy Jimenez  
Marian Catholic



Anna Westgate  
Madison



Thomas Ferguson  
Clairemont



Edel Lopez  
Holtville

## St. Augustine

From previous page.

### BOYS (3.1m):

#### VARSITY

16:38 Tyler Middleton, UCD  
16:39 Nathan Stender, StA  
16:43 Lloyd Yazzie, Rehoboth  
16:58 Garrett Metcalf, TriCC  
17:01 Mario Fierro, USD  
17:02 John Zimmer, USD  
17:28 Edel Lopez, Holt  
17:34 Jake Ruzevick, Coro  
17:35 B. J. Swanner, PaloV  
17:41 Thomas Ferguson, Claire  
17:44 Brendan Cronin, USD  
17:45 Mark Walkowicz, USD  
17:46 Adam Bacon, Coro  
17:55 Carl Burkhard, USD  
17:57 Mike Healy, StA  
17:58 Tim Tamminger, Rbth  
18:00 Kevin Jamil, USD  
18:02 Darin Conner, Calvin  
18:04 Taylor Searles, Bish  
18:07 Nathan Sigmund, UCD  
18:07 Mitch Howell, TCC  
18:09 Kenneth Begaye, Rbth  
18:11 Aaron Faber, Calvin  
18:13 Shane Fitch, Bish  
18:15 Matt Smith, Bish  
18:16 James Sullivan, StA  
18:25 Kenny Wang, ANA  
18:28 David Fink, Coro  
18:31 Evan Corbin, StA  
18:36 Brent Peddecord, StA  
18:41 Logan Hood, SDgtoA  
18:44 Dmitri Virnig, Coro  
18:44 Scott Neth, Jul  
18:48 Nathan Eldridge, Rbth  
18:49 Lex Kiehlhaber, UCD  
18:50 Lee Rosen, SDgtoA  
18:52 Ryan Schneider, Coro  
18:53 Michael Searles, Bish  
18:55 Eastman Landry, FP  
18:57 Sean Rivera, Rbth  
18:57 Jimmy Gilbreath, USD  
18:58 Alain Behrens, ANA  
19:01 Jeremy Beutlich, Calvin  
19:02 Theo Kociencki, Luth  
19:03 Sean Davenport, StA  
19:04 Lee Charles, Rbth  
19:08 Elijah Gallegos, Rbth  
19:11 Troy Gierman, SDgtoA  
19:12 Daniel Cervantes, MrnCath  
19:13 David Hernandez, Coro  
19:15 Eric Mothander, UCD  
19:17 William Haddock, ANA  
19:25 Mark Arguilez, MtE  
19:25 Derek Griede, Luth  
19:26 Matt Saenz, MrnCath  
19:31 Eric Hsieh, FP  
19:34 Jon Phillips, Coro  
19:36 Amir Vafaei, MrnCath  
19:39 Josh Dunn, TCC  
19:39 Ben Durwood, Bish

19:42 Adrian Larios, Holt  
19:42 Matt Smith, Claire  
19:43 Vincent Cavallo, FP  
19:56 Eric, school?  
19:57 Eric Pederson, SDgtoA  
19:59 Ben Savage, SDgtoA  
20:00 William Ritchie, PaloV  
20:04 Philip Boonstra, Calvin  
20:05 Jason Jimenez, Calvin  
20:07 Patick Galt, ANA  
20:09 Steve Sluyter, Calvin  
20:10 Michael Tran, Claire  
20:11 Artem Journist, ANA  
20:11 Greg Gredvig, Luth  
20:11 Brandon Buckalew, Luth  
20:12 Chris Moraga, Luth  
20:12 Chris Sorichetti, Madison  
20:13 Chris Batdorf, school?  
20:20 Freddie Castaneda, Holt  
20:21 Neal Johnson, TriCC

### GIRLS (2.75m):

#### VARSITY

15:28 Jenna Timinsky, SDgtoA  
17:12 Jessie Hale, Rehoboth  
17:36 Lauren Swigart, UCD  
17:43 Molly O'Toole, USD  
18:05 Krystine Cuaresma, OLP  
18:07 Marie Raffray, SDgtoA  
18:16 Ali Baker, MtE  
18:17 Anne-Marie Byrne, USD  
18:17 Liz Robinson, Holt

## Morley's Fastest

The fastest times recorded on the CIF Finals girls course at Morley Field, since 1998, when the course was lengthened to 2.75:

15:28 Jenna Timinsky, SDgto, 2001  
16:04 Julie Komosinski, TP, 1999  
16:09 Courtney Baird, Hx, 1998  
16:12 Desiree Davila, Hilltop, 1999  
16:15 Camille Dredge, TP, 1998  
16:15 Loretta Kilmer, Ram, 2000  
16:16 Jenna Timinsky, SDgto, 2000  
16:17 Angela Petersen, FP, 1998  
16:20 Julie Komosinski, TP, 2000  
16:23 Julie Manson, RB, 1999  
16:26 Julie Komosinski, TP, 1998  
16:29 Jasmine Marquez, ElCp, 2000  
16:30 Desiree Davila, Hilltop, 1998  
16:30 Ashlee Dere, MtC, 2000  
16:33 Julie Manson, RB, 1998  
16:36 Allison Hall, RB, 1999  
16:38 Karen Vasko, MtC, 1998  
16:38 Desiree Davila, Hilltop, 2000  
16:40 Desiree Leek, LJ, 1999

NOTE: Timinsky's 2001 time recorded at October 5 St. Augustine Invitational. All other times recorded in CIF finals of respective years.

18:32 Marlo Barron, PaloV  
18:39 Sierra Yazzie, Rbth  
18:45 Jocelyn Jenks, UCD  
18:51 Kerry Kelly-Cochrane, USD  
18:52 Ashley Walsh, Coro  
18:58 Genna Slape, Rbth  
19:01 Philana Belone, Rbth  
19:02 Kelly Foltz, UCD  
19:05 Nicole Bastian, Jul  
19:07 Clare Hutchinson, Jul  
19:08 Lauren Senescall, USD  
19:18 Stella Hernandez, FP  
19:19 Megan O'Toole, USD  
19:23 Sarah Swigart, UCD  
19:24 Cristy Jimenez, MarCath  
19:31 Dominique Walter-Espy, MtE  
19:37 Adrianna Durlinger, MtE  
19:46 Christina Durrett, TriCC  
19:47 Terrilyn Williams, Rbth  
19:49 Hannah Thom, Jul  
20:00 Emily Brown, OLP  
20:14 Elyse Verhofstadt, Holt  
20:20 Heather Sample, Jul  
20:20 Beth Wittery, Coro  
20:21 Morgan Feori, USD  
20:23 Porsche Talbot, UCD  
20:30 Jill Spevacek, Jul  
20:31 Maureen McClellan, OLP  
20:34 Jenny Bromley, Bish  
20:35 Marissa Marquina, Bish  
20:38 Jenny Kirkman, TriCC  
20:38 Natalie Johnson, SDA  
20:38 Indya Talbot, UCD  
20:39 Tessa Ridgway, Jul  
20:39 Lindsey Bradshaw, Calvin  
20:40 Jolene Guerrieri, Calvin  
20:45 Amy Howerzyl, Calvin  
20:46 Heidi Baker, Calvin  
20:48 Sara Cuevas, MtE  
20:51 Lurisha Finger, Horzn  
20:57 Courtney Watkins, MtE  
20:58 Porsche Hitchens, GPA  
21:00 Felicia Weaver, Rbth  
21:01 Emily Trepasso, Coro  
21:04 Jessica Aliaga, GPA  
21:14 Penina Malvia, Holt  
21:16 Mary Ostrander, FP  
21:24 Lauren Bradley, Claire  
21:27 Anna Westgate, Mad  
21:35 Alison Tebo, UCD  
21:45 Charlotte Erickson, SDA  
21:48 Tychia Mills, TriCC  
21:54 Katie Santohigashi, UCD  
21:56 Jessie Keltz, Coro  
22:10 Christine Goforth, OLP  
22:29 Katie Millerick, OLP  
22:35 Claudia Rodriguez, PV  
22:46 Eva Gonzalez, Claire  
22:53 Natalie Robinson, Holt  
23:05 Jennifer Carroll, MtE  
23:11 Elizabeth Barbot, OLP

## St. Augustine, by Division

The annual St. Augustine Invitational is an annual sneak-peek of relative strength in the lower CIF divisions.

The fact that the schools are able to race on the CIF course, with a slight variation this year, gives added credence to the results.

In the two smallest CIF divisions, all the major players were on hand.

In Division V, only Vincent Memorial was missing.

In Division IV, the only missing participants were Lincoln Academy, Gompers, Steele Canyon, Santa Fe Christian and Christian. Only a handful of runners from those schools will have an impact at CIF.

In Division III, by contrast, there were far too many missing schools to make any kind of projection based on this race. Not in the race were University City, Mission Bay, La Jolla, Brawley, Valley Center, Southwest of El Centro, Central of El Centro, Crawford, Santana, and Kearny.

The division-by-division breakdown:

### Division V:

#### Boys:

16:58 Garrett Metcalf, TCC  
18:02 Darin Conner, CalvinC  
18:07 Mitch Howell, TCC  
18:11 Aaron Faber, CalvinC  
18:44 Scott Neth, Jul  
19:01 Jeremy Beutlich, CalvinC  
19:02 Theo Kociencki, Luth  
19:25 Derek Griede, Luth  
19:39 Josh Dunn, TCC  
20:04 Philip Boonstra, CalvinC  
20:05 Jason Jimenez, CalvinC  
20:09 Steve Sluyter, CalvinC  
20:11 Greg Gredvig, Luth  
20:11 Brandon Buckalew, Luth  
20:12 Chris Moraga, Luth

#### Girls:

19:05 Nicole Bastian, Julian  
19:07 Clare Hutchinson, Jul  
19:46 Christina Durrett, TriCC

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Please see page 12.

# St. Augustine Central Park

From previous page.

- 19:49 Hannah Thom, Jul
- 20:20 Heather Sample, Jul
- 20:30 Jill Spevacek, Jul
- 20:38 Jenny Kirkman, TriCC
- 20:39 Tessa Ridgway, Jul
- 20:39 Linsey Bradshaw, CalvinC
- 20:40 Jolene Guerrieri, Clvn
- 20:45 Amy Howerzyl, Clvn
- 20:46 Heidi Baker, Clvn
- 20:58 Porsche Hitchens, GjmPk
- 21:04 Jessica Aliaga, GP
- 21:48 Tychia Mills, TriCC

Division IV:

Boys:

- 16:38 Tyler Middleton, UCD
- 17:28 Edel Lopez, Holt
- 17:34 Jake Ruzevick, Coro
- 17:35 B. J. Swanner, PaloV
- 17:46 Adam Bacon, Coro
- 18:04 Taylor Searles, Bish
- 18:07 Nathan Sigmund, UCD
- 18:13 Shane Fitch, Bish
- 18:15 Matt Smith, Bish
- 18:25 Kenny Wang, ANA
- 18:28 David Fink, Coro
- 18:44 Dmitri Virnig, Coro
- 18:49 Lex Kiefhaber, UCD
- 18:52 Ryan Schneider, Coro
- 18:53 Michael Searles, Bish
- 18:55 Eastman Landry, FP
- 18:58 Alain Behrens, ANA
- 19:12 Daniel Cervantes, MarC
- 19:13 David Hernandez, Coro
- 19:15 Eric Mothander, UCD
- 19:17 William Haddock, ANA
- 19:25 Mark Arguilez, MfE
- 19:26 Matt Saenz, MarC
- 19:31 Eric Hsieh, FP
- 19:34 Jon Phillips, Coro
- 19:36 Amir Vafaei, MarC
- 19:39 Ben Durwood, Bish
- 19:42 Adrian Larios, Holt
- 19:43 Vincent Cavallo, FP
- 19:56 Eric, school?

Girls:

- 17:36 Lauren Swigart, UCD
- 18:16 Ali Baker, MtnEmp
- 18:17 Liz Robinson, Holtville
- 18:32 Marlo Barron, Palo Verde
- 18:45 Jocelyn Jenks, UCD
- 18:52 Ashley Walsh, Coronado
- 19:02 Kelly Foltz, UCD
- 19:18 Stella Hernandez, FParker
- 19:23 Sarah Swigart, UCD
- 19:24 Cristy Jimenez, MarianCath
- 19:31 Dominique Walter-Espy, MfE
- 19:37 Adriana Durlinger, MfE
- 20:14 Elyse Verhofstedt, Holt
- 20:20 Beth Wittry, Coro
- 20:23 Porschia Talbot, UCD
- 20:34 Jenny Bromley, Bishop's
- 20:35 Marissa Marquina, Bish
- 20:38 Indya Talbot, UCD
- 20:48 Sara Cuevas, MfE
- 20:51 Lurisha Finger, Horizon
- 20:57 Courtney Watkins, MfE
- 21:01 Emily Trepasso, Coro
- 21:14 Penina Maluia, Holt
- 21:16 Mary Ostrander, FP
- 21:35 Alison Tebo, UCD

Division III:

Boys:

- 16:39 Nathan Stender, StA
- 17:01 Mario Fierro, USD
- 17:02 John Zimmer, USD
- 17:41 Thomas Ferguson, Claire
- 17:44 Brendan Cronin, USD
- 17:45 Mark Walkowicz, USD
- 17:55 Carl Burkhard, USD
- 17:57 Mike Healy, StA
- 18:00 Kevin Jamil, USD
- 18:16 James Sullivan, StA

Girls:

- 15:28 Jenna Timinsky, SDgtoA
- 17:43 Molly O'Toole, USD
- 18:05 Krystine Cuaresma, OLP
- 18:07 Marie Raffray, SDA
- 18:17 Anne-Marie Byrne, USD
- 18:51 Kerry Kelly-Cochrane, USD
- 19:08 Lauren Senescall, USD
- 19:19 Megan O'Toole, USD
- 20:00 Emily Brown, OLP
- 20:21 Morgan Feori, USD

## UC girls win D-II; CV boys 3rd in D-I

University City's boys and girls teams were the most successful San Diego-area entrants at this year's Central Park Invitation at Huntington Beach. The race was held Saturday, September 29.

The UC girls dominated the Division II race, with Jessie Ooms winning it in 18:34, on a flat, fast, 3.0-mile course. Teammates Rebecca Bostwick (3rd, 18:52), Lidia de Carvalho (5th, 19:10), and Lauren Jerd (12th, 19:49), also were key.

La Jolla's girls were fourth and Point Loma was ninth in the same race.

UC's boys were fifth in their Division II race, just ahead of La Jolla (6th) and Point Loma (8th). The Pointers' Eric Dunn was the top local in that race, running 15:54 in third. UC's Brad Liber (6th, 16:03) and La Jolla's Paul Coover (9th, 16:09) also made it into the top ten.

Chula Vista was the best local team in the division one races, taking third in the boys team race, and getting seventh in the girls team race.

The Spartans were led by Andres Padilla (16:00) and Ysmael Miranda (16:22). Patrick Henry got high placings from Shea Rollin (16:11) and freshman Kyle Bruser (16:26).

In the girls race, the top local finisher was Henry's Christine Burke, who was seventh in 18:54. Teammate Kristen Bueno, a freshman, made a breakthrough by taking 11th in 19:04, just ten seconds behind Burke. Chula Vista was missing team ace Sophia Marquez, who was injured.

The results:

Saturday, October 6, at Huntington Beach.

BOYS (3.0m):

Division I Varsity:

Team: 3. Chula Vista, 199.

Individual:

- 16. Andres Padilla, CV 16:00
- 22. Shea Rollin, PH 16:11
- 25. Ysmael Miranda, CV 16:22
- 30. Kyle Bruser, PH 16:26
- 42. Apolinar Mariscal, CV 16:34
- 53. Eric Delgadillo, PH 16:46

Division II Varsity:

Team: 5. University City, 6. La Jolla, 8. Point Loma.

Individual:

- 3. Eric Dunn, PH 15:54
- 6. Brad Liber, UC 16:03
- 9. Paul Coover, LJ 16:09
- 14. Brian Bradshaw, PH 16:23
- 20. Kern Huerta, UC 16:32
- 28. Kurtis Flansburg, UC 16:40



Kristen Bueno  
Patrick Henry



Amy Montgomery  
Serra



Thomas Caswell  
Serra



Camille Hall-Barry  
Point Loma

- 42. Ryan Abelowitz, LJ 16:54
- 43. Thomas Caswell, Serra 16:55
- 44. John Lee, LJ 16:55
- 48. Max Kerber, UC 16:57
- 49. Sixto Aspeitia, UC 16:59
- 50. Justin Harms, Hilltop 17:00

GIRLS (3.0m):

Division I Varsity:

Team: 7. Chula Vista; 10. Patrick Henry.

Individual:

- 7. Christine Burke, PH 18:54
- 11. Kristen Bueno, PH 19:04
- 36. Nelly Hernandez, CV 20:01
- 42. Johanna Suasa, CV 20:08
- 51. Darla Reader, CV 20:20

Division II Varsity:

TEAM: 1. University City; 4. La Jolla; 9. Point Loma; 14. Hilltop; 20. Castle Park.

Individual:

- 1. Jessie Ooms, UC 18:34
- 3. Rebecca Bostwick, UC 18:52
- 5. Lidia de Carvalho, UC 19:10
- 12. Lauren Jerd, UC 19:49
- 16. Mandy Johnson, CP 20:08
- 20. Amy Montgomery, Serra 20:22
- 22. Kristen Wherle, LJ 20:25
- 23. Laura Adona, Ser 20:27
- 25. Carolyn Crews, UC 20:28
- 27. Ana Melvin, CP 20:30
- 31. Lupe Lopez, Hilltop 20:40
- 32. Liz Edwards, LJ 20:43
- 33. Kayln Olson, LJ 20:45
- 36. Lisa Hampton, UC 20:49
- 39. Chelsea Robinson, LJ 20:54
- 41. Allison Harden, PH 20:58
- 50. Camille Hall-Barry, PH 21:17