

T R A C K M A G A Z I N E

Covering San Diego Section Cross Country and Track & Field

VOL. I, NO. 7

MARCH 17, 1995

'95 PREVIEW: *Sprints, Vault, Hurdles deep in quality*

Speed, whether on the flat or over barriers, is in abundance in the San Diego Section this year.

So many girl sprinters are returning in the 100, 200 and 400 meter races that they could almost reuse last year's CIF program.

Of course, they couldn't, mainly because a whole new crop of swift youngsters is ready to elbow their way onto the scene.

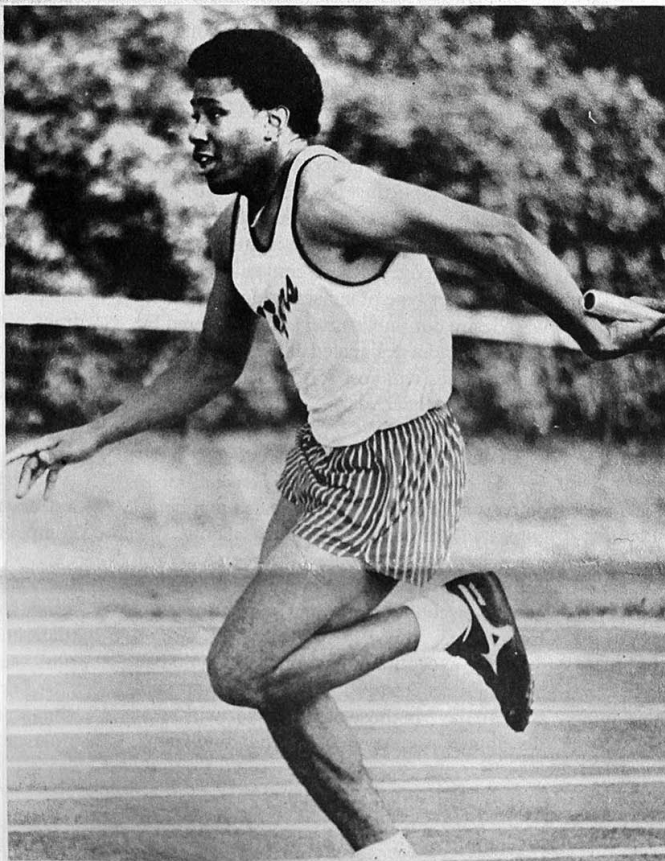
On the boys side, the CIF champs in the 100, 200 and 400 meters have all graduated. But, in each case, the event runner-up is poised to take over and maybe surpass last year's leaders.

The frosting on the cake is the return of an intact state champion 400-meter relay team, from El Camino.

The boys hurdles would seem to be at its most competitive ever, with a good crop of long hurdlers and the return of the area's all-time high hurdle runner, El Camino's Steve Forte.

In the boys pole vault, San Pasqual's Dan Shimooka and Torrey Pines' Mike Brown will play 'can-you-top-this' all year long. Not only is the section record of 16-1 (by Ramona's Pat Alduenda) in danger, but we may at long last see an area vaulter approach 17 feet.

Brown and Shimooka both went 15-6 last year (Shimooka added a half inch to that), and even modest improvement by one or both would wipe out Alduenda's record.



Morse sprinter **Lydell Burston** has been impressive in this young season. He's already run 48.6 for 400 meters, 22.1 for 200 meters and anchored the Tigers 400-meter relay team to a 42.8.

The pole vault has been added to the girls event list this year, and there's a number of talented girls trying the event locally. At some schools, it's the most popular event.

At least three girls have already cleared 8-6, officially or otherwise, and there's a raft of girls right behind them. The first ever CIF championship in the event could be won at 9-feet or higher.

A side issue of the girls vault is that a number of schools are

dropping the event for boys and girls rather than spend additional money.

On the minus side, many of the boys field events are in a down cycle. The triple jump, to name an example, saw every CIF finalist graduate or leave the area.

The distance events, in both boys and girls, will be exciting. A lot of young talent is poised to develop, now that national-class runners Mark Hauser and Mebrahtom Keflezighi have moved on to Wisconsin and UCLA, respectively.

Young runners dominated in last fall's cross country, taking seven of the eight individual titles.

For more information on this season see pages 4 through 8 in this issue.

The Season is Off and Running...

It's early. The weather has been a factor, washing out last week's Tiger Relays and a few duals.

And at press time, fewer than half the teams in the county had been in official action.

But there have already been some sensational marks, as local prep tracksters apparently couldn't wait to get in some quick races.

Morse sprinter Lydell Burston ran a 48.6 400 meters in his first action of the season. Later, he clocked a 22.1 in the 200 meters and anchored the Tiger 400-meter relay team to a 42.8, despite less than perfect hand-offs.

Mira Mesa's Larry Henderson, after a winter of basketball, opened up with a 9:42 two-mile, near his personal best. He was pushed by Rancho Bernardo's Ryan Larson, who set a school record in the race.

Scripps Ranch runner Kevin Bowes topped that a week later by running a personal and school record 9:33 two mile, running alone.

For more results, see page nine. For a summary of the season's best marks, see page twelve.

INSIDE...

OUR 1995 TRACK PREVIEW begins on this page, and continues on page 4.

WE BEGIN a series on the best prep track teams of the past with a look at Clairemont High, 1971. See page 3.

CROSS COUNTRY wraps up, with a few final items from last fall. See pages 10-11.

BEST MARKS of the season to date, see page 12.

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A message to our new readers

Welcome, again, to the world of *TRACK MAGAZINE*.. For those of you who were regular readers during cross-country season, welcome back.

To our new readers, I need to tell you what our publication is all about.

TRACK MAGAZINE is in its first year of existence, and was created last summer to cover the San Diego Section's high school cross country and track teams, in depth.

We published six issues during cross country season, from September to early December, covering dual meets, invitationals, league championship meets, the CIF championships and the California State Meet.

We plan more of the same for the track and field season.

After this issue, you can expect us to publish every two weeks until just after the California State Meet, with seven issues in all. A publication schedule is included elsewhere in this issue.

We'll cover as much track news as time and space allow.

For instance, we'll experiment in covering dual meet results. Our first instinct is to include all event winners and their marks, plus any quality non-winning marks. At some point, we may not be able to make the space for all this information, at which time we'll have to come up with a set of minimum standards for marks.

We also plan to have a comprehensive best marks list, which starts with this issue. As more teams get into action, the list will be built up to at least 15 deep in each event. Minimum standards to be included on those lists would probably be similar to the CIF Meet qualifying list.

From the editor ...



If you don't see your school represented in our results, urge your coach to send in your team's results. If you detect a missing mark on our best marks list, please let us know.

Some other pertinent information:

SUBSCRIPTIONS:

We offer two types of subscriptions.

One is for athletes at area high schools. If you are a track athlete, you can receive six more issues of *TRACK MAGAZINE* for one dollar. Ask your coach for details.

Coaches, if you need paperwork such as order forms or receipts, just let us know. All I need from each school's coach is the total amount of copies to be received. I have included an order form on this page for your convenience.

Another type of subscription is for those who desire our publication to be delivered by direct mail to a designated address. Those subscriptions will cost \$5 for each season, or \$10 for a calendar year.

DISTRIBUTION:

Our distribution methods will vary.

The usual method will be personal delivery. Most often, a designated number of copies will be delivered to most schools. The magazine is printed in San Marcos, so earliest deliveries will take place in the Vista/San Marcos/Escondido area, and work outward from there.

One exception to that method would be if a major meet is staged immediately after publication day. In those cases, copies will be distributed at those meets to attending teams.

The CIF Championship meet, for instance, will be one such occasion.

For schools not in San Diego County, and for a number of smaller schools, copies will be sent via third-class mail.

Historical Series is a new feature

A new addition to our publication is a series of historical perspectives on great local track teams of past years.

If you are a young athlete, you might not be aware of the long and rich history in the San Diego area.

The fact is, the schools in and around San Diego have long been strong, both in cross country and in track and field. This area has produced (and is producing) its share of state champions and national leaders.

The best athletes today can take pride in the fact that they are the latest installment in a long and noteworthy story.

Each week, I'll take a look back at one of the powerhouse teams in the San Diego area's track history. Most of those teams hold up in comparison even to today's athletes, although the schedule of events has changed slightly.

During this track season, I'll be concentrating on some of the best boys teams of all time.

Girls track only began in the early 1970s, at least as far as official interscholastic competition is concerned. Boys track goes back to the early part of this century. Thus, there's a lot more history on the boys side, although the girls have certainly made their mark quickly and with authority in their 20-plus years.

The first installment will feature the great Clairemont High team of 1971. Check their times, and see how your team stacks up.

TRACK MAGAZINE

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Buzz Thom

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Clairemont 1971: Best Distance Depth Ever

(Editor's Note: This is the first in a series of articles about the great track teams from the San Diego Section's rich history of prep track and field.)

Clairemont High's boys track team of 1971 still ranks as probably the deepest distance team, locally, of all time. In addition, there was enough good talent in most of the other events to make them a strong overall team (see The Marks, on this page).

The times and accomplishments, even by today's standards, are startling.

They had four mile runners who ran from 4:12 to 4:19, and another in the low 4:20s. There was more quality talent buried deep in the roster.

They had the State champion in the two mile, and the third-place State runner in the mile.

In the local CIF championships, they went 1-2-3 in the mile, and 1-3 in the two mile, accomplished by five different runners. Doubling for distance runners was not yet allowed, or this crew would have done even more damage.

The rest of the roster was good as well. A half-miler was a CIF finalist, their best hurdler took third in both CIF hurdle finals, they had a pair of 22-foot-plus long jumpers, and they had a swift sprinter.

Track History

The coach was Art Anderson (now cross country and girls track coach at Crawford High).

"Those were great runners," Anderson remembered. "If they had allowed doubling (by distance runners) in those days, we could have won the CIF (championship meet)."

Leaders of the team were Dave Harper (the three-time CIF mile champ) and Dale Fleet (the CIF and State two-mile champ). They still spin stories about the storied workouts of the day.

"The workouts were just unbelievable," Harper recounted. "It was just kind of legendary. Every day somebody would feel good and they would work the pace."

"The workouts got real competitive," Fleet said. "We ran hard a lot. We probably broke every training rule."

"Dave (Harper) was the perfect training partner for me," Fleet continued. "He would push me on the track, and I would push him on the roads."

"Dale (Fleet) just killed me every day," Harper said.

Sometimes, a few of the runners would range up to 100 miles in a week.

"Dale (Fleet) and I started experimenting with 100-mile weeks," Harper said. "We put in a lot of work in the middle of the year."

"I believe in mileage," Coach Anderson said. One way they accomplished it was with



REMEMBER WHEN? It was 1986 and San Diego girls dominated California distance running. At the CIF Championships, three superstars met in the 1600 final. From left, the runners were Vista's Kira Jorgensen, Grossmont's Darcy Arreola, University City's Laura Chapel, Point Loma's Michelle Lubunsky, El Capitan's Tammy Kniffing and Hilltop's Tiffany Gorman. Arreola won this race and the State 1600 one week later. Chapel won the State 800 race that same year, while Jorgensen would go on to win three straight State 1600 titles, beginning the next year. Arreola is the all-time area leader in the 1600 (at 4:42.77), while Jorgensen (4:45.98) and Chapel (4:49.53) are third and fourth on the list.

two-a-day workouts.

"This was back when school started at 8 in the morning," Anderson explained. "That gave us enough time to get in a good morning run, and helped us get in 70 to 80 miles a week."

Despite the heavy workload, injuries among this group were rare.

Anderson credited part of that result to family values.

"They all came from strong families," he said. "They had good nutrition and they always had good running shoes. Those things helped keep them from breaking down."

"It was a really good atmosphere for training," Harper said. "We were all the best of friends, and Art Anderson was a motivator."

Fleet addressed the injury factor. "Sometimes people seem to be afraid they're going to get hurt," he said. "I never thought you could approach training that way."

"Art was the kind of coach you really enjoyed running for," he said. "You'd go through walls for him."

"He'd pick us up for the morning workouts," Fleet recalled. "He'd drive around in this antique Volvo, which we always wondered how it got from point A to point B."

"He (Anderson) was really concerned about us, he knew what he was doing, and he was inspirational to boot," Fleet summed up.

The powerhouse talent made for a potent cross country team the previous fall. No state championships were held in those days.

It's hard to imagine that they couldn't have been a State championship team, with a lineup that featured a State Champ two-mile runner as a number two man, and a 9:14-two-miler as a number seven man.

"That would be pretty hard to beat in almost any year," Fleet said.

Among the team's other accomplish-

ments:

On the track, Harper, Fleet, Mark Novak and Rick Lord challenged the national record in the four by one-mile relay. They ran the second and third fastest times ever (to that date) after a number of attempts, missing the record by less than three seconds.

Fleet ran the 3,000-meter steeplechase in 9:23.4, a nation-leading mark among preps. He later starred in that event at Washington State.

(Note: Harper is now the Santana distance and cross country coach. His daughter, Jaymie Harper, is a talented distance runner for the Sultans.)

THE MARKS:

(All distances are in yards. Discus and triple jump were not widely contested at that time. Teams then ran 180-yards over low hurdles.)

The best marks:

- 100:** George Chandler (9.9), Nick Gaich (10.2)
- 220:** Gaich (22.1), Chandler (22.6)
- 440:** Randy McFarland (51.7), Smith (52.5)
- 880:** McFarland (1:56.6), Mark Novak (1:57.9), Dave Harper (2:00.1, but ran 1:56.3 in 1970)
- Mile:** Harper (4:12.3), Dale Fleet (4:15.1), Novak (4:18.1), Rick Lord (4:19.4), Rick Barnard (4:24.8), Fletcher Thornton (4:32.7), Mark Odom (4:41.2)
- 2 Mile:** Fleet (8:53.8), Barnard (9:14.3), Lord (9:32.2), Novak (9:36.1), Harper (9:36.1, but ran 9:24.8 in 1970)
- 120 HH:** Bill Haynie (14.5w), Kirk Shearer (15.1)
- 180 LH:** Haynie (19.5w, 19.6), Shearer (20.2)
- HJ:** Magnuson (5-10), Haskell (5-10)
- PV:** Farmer (11-6), Wood (11-6)
- LJ:** Haynie (22-7), Chandler (22-5 1/2), Shearer (21-4 1/4)
- SP:** Millard (50-9), Stepina (48-2 1/4)
- 440 Relay:** 43.9
- Mile Relay:** 3:27.5
- Also,
- Distance Medley Relay:** 10:19.2
- 4xMile Relay:** 17:15
- 3,000 meter Steeplechase:** Fleet, 9:23.4

WHAT'S UP & WHO'S WHERE

It can be a full-time job keeping track of the comings, goings and other activities of this area's track athletes. Here's a quick overview:

COMINGS:

Weight thrower George Liebe brings his talents to Granite Hills from Virginia, where he threw 53-plus and 171-plus in the shot and disc.

Granite Hills has also gained hurdler Dustin Delkar, who moved here from West Virginia. There, he reportedly ran the 400-meter hurdles in just under 60.

Sprinter Ray Carter is now at Morse after a stay in Utah. He's already run 22.9 in the 200 and 50.2 in the 400 this year.

Patrick Henry has new-found strength in the girls shot. Dee Holmes, a junior transfer, has a best of 38-plus.

Ron Boyd, an 11.1 100-meter runner, is now at El Camino, after moving from Missouri.

Heath Bernstein is another newcomer at El Camino, coming from Sacramento. He's a 140-foot discus thrower.

Mt. Carmel's top hurdler is Shaun Manzano, a junior. He ran 15.6 and 40.3 as a sophomore in Virginia last year.

A pair of heptathletes, Tameka and Gina English, have moved from Texas to Oceanside High. Tameka, a junior, reportedly has thrown the shot 40-plus, while Gina, a sophomore, has a high jump mark of 5-plus. Both girls are multi-eventers, and will find themselves in a number of different events.

GOINGS:

Anthony Sanford (Lincoln Prep), one of the area's most promising jumper/sprinters, is now living in Texas. Sanford jumped 23-10 1/2 in the long jump last year for the Hornets. Sister Zakirah Sanford still jumps for Lincoln Prep.

Joshara Brown (Morse), 4th in last year's CIF 100 and 200, and a member of the Lady Tigers CIF Champion 400 Relay team, now attends John Muir High in Pasadena.

San Dieguito's Amy Haase, the CIF girls 3200 champ (10:51), is now living in Indiana. She also ran the 1600 in 5:00.2 last year.

Serra sprinter David Bieda has moved to Washington, but is not competing. He finished school early and is prepping for college. Last year he ran 11.02 and was fifth in the CIF 100 meters.

Poway runner Marland Impey, one of the Titans' best cross country runners last fall, has moved to New York.

Crawford girls discus thrower Regina Anderson (107-1), has moved.

Santana sprinter/hurdler Ruby Simms has moved to Missouri. She ran the 330 lows in 48.3 and the 400 in 63.1 for the Sultans last year.

CHANGING SCENERY:

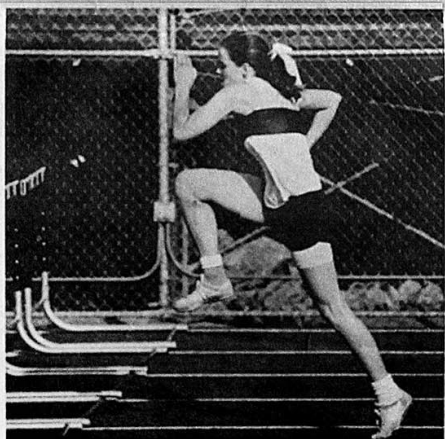
Distance runner Christy Beckman has transferred from San Pasqual to Mt. Carmel. She has already run the 880 in 2:27.7.

High jumper Celeste Siden, a 4-10 jumper, is now enrolled at Calvin Christian, coming from San Pasqual. She should be a contender for the Coastal League girls high jump title, which was won at 4-6 last year.

Distance runner Brian O'Connor, last year's Coastal League champ in the boys 3200, has left Calvin Christian, and is now at



David Romero
Scripps Ranch, 800 meters



Courtney Bright
Poway, hurdles

San Pasqual.

Distance runner Shannon O'Connor is now at La Jolla after transferring from Our Lady of Peace. O'Connor was the Vikings' top girl cross country runner in the fall. She was a 5:20 miler as a freshman last spring.

Erika Dale, a promising girl shot thrower, has transferred to Lincoln Prep from Crawford, where she threw 28-2 as a freshman last year.

Coastal League boys 100 champ Vincent Blanco has transferred from Francis Parker to La Jolla Country Day School.

Marvin Abbott, a sprinter/jumper, has transferred from Kearny to Serra. He had a mark over 21 feet in the long jump last year.

FOREIGN AID:

Jumper Jan Frisch has already cleared 6-1 for Ramona. He's an exchange student from Germany.

Hurdler Rodrigo Rios, a junior, is now at La Mesa resident, and attends Helix. A native

of Brazil, Rios reportedly was the second-place finisher in the most recent South American junior track championships in hurdle events. Helix coach Dave Schultz reports that the hurdle heights and distances do not correspond to U.S. prep standards.

MAY NOT COMPETE:

Sadat Piggee of Castle Park, who was a CIF medalist in both hurdles races last year, may not run this year, although he has been working out. Piggee was a sensational sophomore last year, getting third in the 300 intermediates at CIF in 38.40, and taking sixth in the highs, with 14.85. He also ran a 14.2 (hand) in the Metro Finals.

El Camino thrower Tony Matautia (52 in shot, 145 in disc), is still undecided about competing this year.

Eastlake high jumper Brian Jones (6-5 last year) is currently academically ineligible, but may be cleared to compete soon.

CHANGING SPORTS:

San Pasqual distance runner Manuel Romero is playing volleyball, and is not out for track. He was the Golden Eagles' top cross country runner last fall.

Ramona high jumper Stacie Nixon, a CIF finalist in her event, is concentrating on polishing her basketball skills.

Poway half-miler Allyson Mallory has switched from track to golf. She ran 2:24.3 in the 800 last year.

INJURED:

St. Augustine sprinter J. C. Gross (50.5) is out of action temporarily with a broken wrist. He is expected back by mid-season.

Bonita Vista ace Claire Becker (last year's girls CIF 1600 champ), is rehabbing her knee problems with pool workouts and hopes to compete this season. She missed most of the cross country season last fall with what was then diagnosed as tendinitis. Her best 1600 of 4:56.20 ranks tenth on the all-time area prep list.

Santana sprinter Robbie Jones injured a knee during football season, and has switched to the throwing events.

Mount Miguel horizontal jumper Aimee Tangog (18-1, 36-6 1/2), is just about ready to come out of a cast after chipping a bone in her ankle. Matador coach Charles Tyler thinks she'll be back to full strength by mid-season.

ALSO MISSING:

Valhalla senior distance runners Danica Buckley and Stephanie Nelle, two top talents, are not out for track this year. Both girls are top students and are heavily involved in student activities. Buckley was 3rd in last year's CIF girls 3200, running 11:40. Nelle ran that distance in 11:46.

Half-miler Brock Mathis (Mira Mesa), who ran 1:56.95 and was sixth in the CIF boys 800 last year, is not out for track this year.

Holtville distance ace Miguel Ramirez, who won the CIF Division IV boys cross country championship as a freshman last fall, has no team to run for. Holtville is not fielding a track team.

Valhalla high jumper Shelly Campbell, a CIF Finalist last year, is not competing.

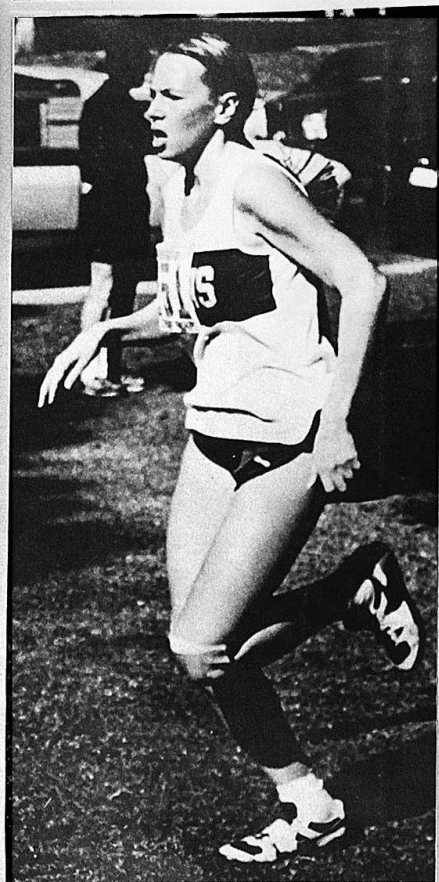
SOME FROSH TO WATCH:

Granite Hills sprinter/jumper Casey Loveland has already made a splash. In her first meet, she ran 12.7 and 26.2 in the sprints, and jumped 17-7.

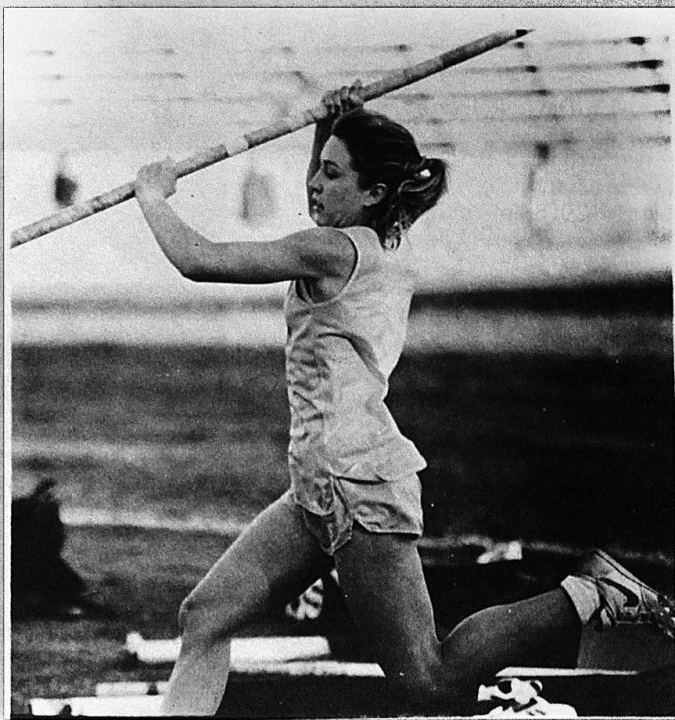
San Diego sprinter Renae Shannon ran

SEE PAGE 5

1995 Track Preview



Claire Becker
Bonita Vista



Mira Mesa's **Christine Draher** is part of a new breed: girl pole vaulters. Draher leads the county at 8-6 in the new event and has had close misses at higher heights.

WHAT'S UP

FROM PAGE 4

13.0 and 26.7 in the 100 and 200 in her first competition.

Granite Hills distance runner Nichole Caster made her track debut with a 2:28.8 800 meters and later ran the 3200 in 12:44. She was the fastest girl runner in any division in last fall's CIF cross country championships.

West Hills distance runner Alexis Rendina beat Caster in the 3200 last week, running 12:43.

Morse just keeps the sprint talent coming. Tiffany Freow is the latest swift Lady Tiger. She ran 12.4 and 26.6 in her debut last week.

Valhalla coaches are excited about hurdler Richard Bravin. After just two weeks of practice, he ran the 110 highs in 16.8, and the 300 intermediates in 43.9.

Torrey Pines had a whole stable of frosh talent on their top-ranked (locally) girls cross country team. Among the names to remember are Danielle Valentino, Jaclyn Nolan, Becca Instone and Bethany Bogart. Falcons coach Brent Thorne has a pleasant problem sorting out their best events.

Scripps Ranch runner Kristina Stasko has already impressed observers. In her first track race, she dueled Poway talent Ann Koscki in the 1600 meters.

Roy Rivas is a promising shot thrower at Oceanside High. He's already throwing close to 50 feet in practice, an outstanding frosh mark. He reportedly is a national age group champion. "He has tremendous spin technique," Oceanside coach Gene Lents said. "He has amazing speed in the circle."

Serra coaches are excited about frosh sprinter Noble Jackson. He's already run a 52.4 400 meters

Here's a quick overview of many of the better athletes that will contend for CIF titles this year.

(Editor's note: I apologize, in advance, for the inevitable omissions. The press of deadline time and sheer amount of material I was working with meant some names slipped through the cracks.)

Returning CIF Medalists (Personal Records in parentheses):

Other contenders: athletes with top marks.

BOYS:

100:

2. Vince Williams, UC (10.79); 3. Bryant Eubanks, ElCam (10.87); 6. Leon Hawes, RBV (11.10).

Other contenders: Clinton Lane, Henry; Lawrence Owusu, El Camino; Gary Johnson, Scripps Ranch; Nima Salimi, Rancho Bernardo; Ian Miller, Monte Vista; Tony Graham, San Diego; Damon Washington, Southwest.

200:

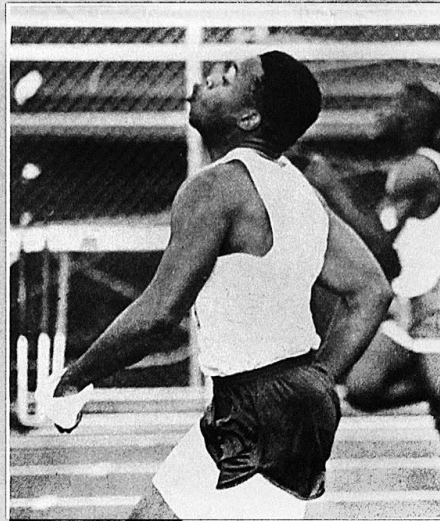
2. Clinton Lane, Henry (21.81); 3. Williams, UC (21.81); 6. Lydell Burston, Morse (21.92).

Other contenders: Washington; Eubanks; Alim Shabazz, Serra; Miller; Salimi; Hawes; Tony Graham; Chris Fonss, Torrey Pines; Brian Scott, Rancho Bernardo; Ray Carter, Morse.

400:

2. Lydell Burston, Morse (47.75); 5. Mike Wakefield, Lincoln (49.29); 6. Thomas Graham, San Diego (49.65).

Other contenders: Demetrius Ligon, San Diego (49.30); Mike Gross, Granite Hills (50.09); Phillip Powell, El Camino (49.5); Scott, RB (49.2); J. C. Gross, St.



Gary Johnson
Scripps Ranch, sprints

Augustine (50.5); Williams, UC (48.5); Carter, Morse (50.2)

800:

4. James Jones, San Diego (1:55.51); 5. Jason White, Chula Vista (1:56.91).

Other contenders: David Romero, Scripps Ranch (1:56.77); Ajani Brown, Crawford (1:57.1); Aaron Smith, Bonita Vista (1:59.9); Greg Nett, Mt. Carmel (1:58.7); Ryan Sanders, Rancho Bernardo (1:58.43); Larry Henderson, Mira Mesa (1:59.1).

1600:

3. Larry Henderson, Mira Mesa (4:15.65); 4. Stewart Blain, West Hills (4:20.22); 5. Greg Nett, Mt. Carmel

More Preview

FROM PAGE 5

(4:20.29); 6. David Romero, Scripps Ranch (4:128.53).

Other contenders: David McQuitty, Grossmont (4:24.88); Trevor Sybert, Vista (4:26.7); Brent Bolton, Scripps Ranch (4:29.82); Ross Damman, University (4:26.8); Travis Kirtley, Poway (4:26.0); Tom Kloos, El Camino (4:26.6); Ayub Abdulalam, Hoover (4:26.7); Aaron Smith, Bonita Vista (4:29).

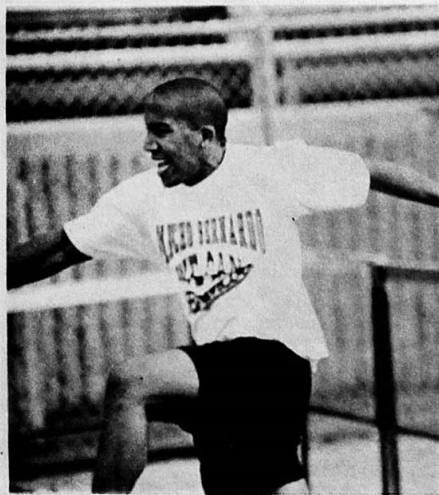
3200:

4. David McQuitty, Grossmont (9:31.32); 6. Ayub Abdulalam, Hoover (9:33.99).

Other contenders: Larry Henderson, Mira Mesa (9:40.1); Kevin Chappell, Helix (9:45); Kevin Bowes, Scripps Ranch (9:33.1); Ty Stewart, Scripps Ranch (9:43.0); Ross Damman, University (9:46.3); Trevor Sybert, Vista (9:40); Martin Reyes, St. Augustine (9:49.5); Jeff Meisner, Rancho Bernardo (9:48.9); Jonathan Holmes, Mission Bay (9:49.2); Jim Dunigan, Mt. Carmel (9:48.3); Jason Land, Vista (9:50.7).

110 HH:

1. Steve Forte, El Camino (14.30); 2. Brian Fell, Rancho Bernardo (14.64); 6. Sadat Piggee, Castle Park (14.85).



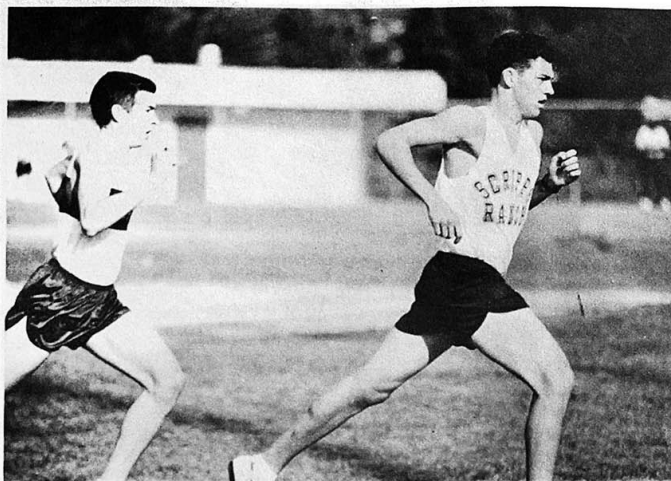
Sheldon Pope
Rancho Bernardo, hurdles

Other contenders: Jason Navarre, Orange Glen (14.57); Sheldon Pope, Rancho Bernardo (15.22); Jay Caiga, Hilltop (15.1); Mark John, Rancho Buena Vista (15.3); Tedrick Rogers, Monte Vista (15.5); Nic Sliffe, Rancho Buena Vista (15.5); Jake Kuritz, Torrey Pines (15.4); Reggie DePass, Montgomery (15.5); John Shand, Castle Park (14.9).

300 IH:

1. Forte (37.98); 3. Piggee (38.40); 5. Tedrick Rogers, Monte Vista (39.28).

Other contenders: Terry Ruh, Mount Miguel (39.45); Felix Sanchez, University City (38.04); Kuritz, TP (40.5); Pope, RB (40.3); Karl Clinger, El Capitan (40.8); John Clark, El Capitan (40.2); Shaun Manzano, Mt. Carmel (40.3).



Poway's **Travis Kirtley** stalks Scripps Ranch's **Brent Bolton** in 1600 meters. Kirtley won by five seconds, in 4:32.1.

High Jump:

1. Nate Foreman, Bonita Vista (6-5); 4. Todd Browning, El Capitan (6-4).

Other contenders: Ben King, Rancho Buena Vista (6-3); Brian Jones (Eastlake) 6-5; Lovell Swink, Serra (6-2); Jimmy Harmon, Granite Hills (6-1); Nathan Duke, Monte Vista (6-4).

Pole Vault:

1. Dan Shimooka, San Pasqual (15-6 1/2); 2. Mike Brown, Torrey Pines (15-6); 3. Matt Poirier, Mt. Carmel (14-0); 5. Tony Gregorson, Rancho Bernardo (14-3).

Other contenders: Niel Siggson, Orange Glen (13-6); Tom Sorenson, Hilltop (13-0); Frank Marino, Rancho Bernardo (13-0); Brian Goode, Helix (13-0); Axel Page, Monte Vista (13-6, but 14-6 in pole vault camp), Karl Clinger, El Capitan (13-6); Chris Carrera, Eastlake (13-0); Anthony Valdez, Chula Vista (14-0 in pole vault camp).

Long Jump:

1. Majaliwa McKeaver, Ramona (23-13/4).

Other contenders: Walter Bernard, Poway (21-11); Nate Foreman, Bonita Vista (21-10); Rico Little, Mount Miguel (21-7); Leon Hawes, Rancho Buena Vista (21-10); Rashard Cook, Morse (22).

Triple Jump:

No returning medalists.

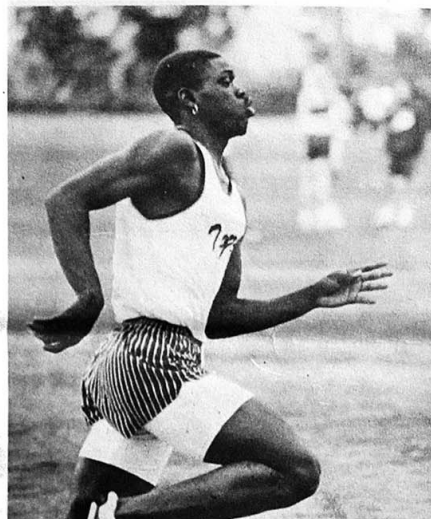
Contenders: Rico Little, Mount Miguel (45-8); Nate Foreman, Bonita Vista (46-2); Ryan Mitchell, Sweetwater (43-10); Justin Cox, Rancho Buena Vista (45-1 1/4); Ramano Pakash, Mt. Carmel (43-10); Majaliwa McKeaver, Ramona (43-10); Todd Browning, El Capitan (43); Gino Sugapong, Eastlake (43); Jimmy Harmon, Castle Park (43).

Shot Put:

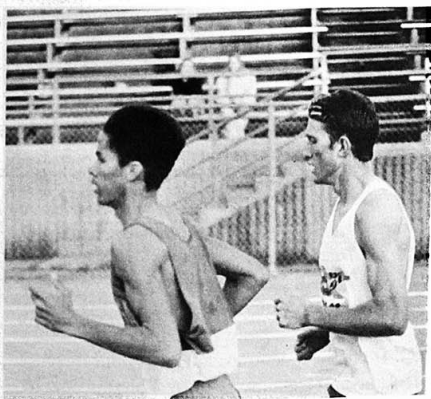
4. Tony Sotelo, Ramona (52-9 1/2).

Other contenders: Donald Batiste, Oceanside (47-0 1/2); Dempsey Holder, La Jolla Country Day (46-8); Kyle McComb, Granite Hills (46-6); Jason Conerty, Mt. Carmel (45-11 1/2); Dan Hamann, Rancho Bernardo (46-5); George Liebe, Granite Hills, (53); Mike McAdam, Torrey Pines (48).

Discus Throw:



Ray Carter
Morse, sprints



Mira Mesa's **Larry Henderson** and Rancho Bernardo's **Ryan Larson** staged a great duel in early-season two-mile.

4. Donald Batiste, Oceanside (158); 5. Gavin Graham, Fallbrook (150-4).

Other contenders: Tooran Gilliam, San Diego (156-6); George Liebe, Granite Hills (171); Tony Sotelo, Ramona (155-5); Jim Perkins, Scripps Ranch (147-8).

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More Preview

FROM PAGE 6

GIRLS:

100

1. Kunesha Miller, Morse (11.99); 2. Akiba McKinney, Monte Vista (12.15); 5. Wendy DeFord, Hilltop (12.52); 6. Danielle Ross, Valhalla (12.80).

Other contenders: Richelle Perkins, Bishop's (12.81); Tomi Teagle, Chula Vista (12.89); Lisa Bostian, Rancho Buena Vista (12.7); Brett Wilson, Poway (12.7); Shelley Fopiano, Fallbrook (12.5); Casey Loveland, Granite Hills (12.7); Tiffany Freow, Morse (12.4); Dayhawanna Littleton, Morse (12.4), Aurora Romans, Escondido (12.4).

200:

1. Miller (24.49); 2. McKinney (24.99); 3. Lana Garner, Morse (25.03); 5. Aurora Romans, Escondido (26.17); 6. Shelley Fopiano, Fallbrook (26.48).

Other contenders: Sabrina Edge, Rancho Buena Vista (26.09); Artea Dunn, Lincoln Prep (25.81); Melissa Gibbs, San Pasqual (26.0); Danielle Ross, Valhalla (26.3); Laura Carpenter, Rancho Buena Vista (26.3); Brett Wilson, Poway (26.6); Sarah Helland, San Diegoito (26.7); Richelle Perkins, Bishop's (26.8); Casey Loveland, Granite Hills (26.2); Wendy DeFord, Hilltop (25.6); Renae Shannon, San Diego (26.7).

400:

1. Garner (55.22); 2. Sabrina Edge, Rancho Buena Vista (58.34); 4. Melissa Gibbs, San Pasqual (57.74); 5. Laura Carpenter, Rancho Buena Vista (58.53); 6. Heather Holford, West Hills (60.46).

Other contenders: Artea Dunn, Lincoln Prep (59.8); Angela Shea, Vista (60.3); Melissa Carter, San Marcos (60.6); Iriz Stone, Rancho Bernardo (60.7); Stephanie Kindreich, El Capitan (60.0); Wendy DeFord, Hillop (60.2).

800:

1. Stacey Murphy, Granite Hills (2:14.78); 2. Angela Shea, Vista (2:15.81); 3. Vanessa Hanley, University (2:16.16); 4. Kristin Roth, Torrey Pines (2:18.40); 5. Sara Benedict, West Hills (2:18.85); 6. Mariel Gray, Mira Mesa (2:20).

Other contenders: Lisa Callan, Poway (2:21.6); Erika Batiz, Vista (2:21.9); Shannon Scaglione, Rancho Bernardo (2:23.0); Kristi Jenkins, El Capitan (2:22.9); Marcy Marcus, San Pasqual (2:23.8); Jill Hannaman, Scripps Ranch (2:24.6); Kristin Branson, Torrey Pines (2:24.6); Brittney Blunt, San Pasqual (2:24.7).

1600:

1. Claire Becker, Bonita Vista (4:56.54); 3. Devon Straitiff, Torrey Pines (5:13.88); 5. Kelly Peterson, Escondido (5:16.64); 6. Ann Koscki, Poway (5:17.21).

Other contenders: Jinna Rohde, Fallbrook (5:16.1); Sophia Hawker,

Grossmont (5:18.17); Larissa Gregerson, El Capitan (5:18.72); Jessica Lunt, Coronado (5:13.5); Sharon Rohde, Fallbrook

(5:17); Wendy Murphy, Granite Hills (5:18.4); Karen Richter, Rancho Bernardo; Shannon O'Connor, La Jolla (5:20.8); Sarah Schmidt, Scripps Ranch (5:21.2).



Kristina Stasko, Scripps Ranch, presses **Ann Koscki**, Poway, in 1600.

3200:

2. Jessica Pound, Poway (11:11.81); 5. Sarah Schmidt, Scripps Ranch (11:31.1); 6. Sharon Rohde, Fallbrook (11:39.8).

Other contenders: Karen Richter, Rancho Bernardo (11:02); Devon Lasiter-Thurber, Vista (11:46.7); Sarah Percy (Torrey Pines) 11:55.5; Kelly Peterson, Escondido (11:47.8); Larissa Gregerson, El Capitan (11:59); Sophia Hawker, Grossmont (11:37); Ann Koscki, Poway (11:54.3); Jinna Rohde, Fallbrook (11:27.17); Wendy Murphy, Granite Hills (11:51).

100 H:

6. Maile Barrett, Oceanside, 15.95.

Other contenders: Carrie Vickery, El Capitan (15.5); Bahed Hernandez, Mt. Carmel (16.2); Christine Eberhardt, Mira Mesa (16.7); Brandie Scott, Crawford (16.7); Angela Madurski, Castle Park (16.9); Nikke Benjamin, Rancho Buena Vista, 16.9.

300 LH:

5. Brianna Doolittle, Torrey Pines, 46.71.

Other contenders: Kirstin Medley, Vista (46.7); Carrie Vickery, El Capitan (45.3); Erica McClelland, Eastlake (48.0); Angela Romel, Serra (48.3).

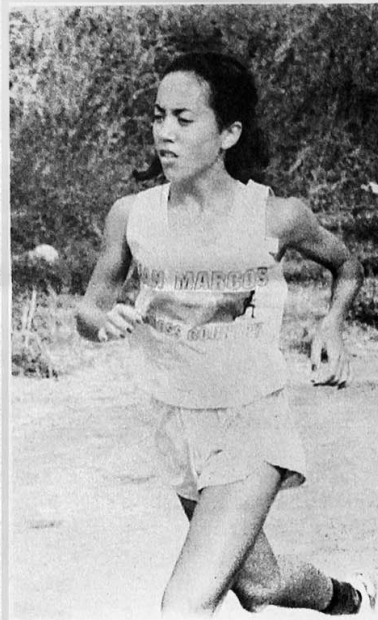
High Jump:

2. Cathy Bell, Ramona (5-2); 3. Lei Ezell, Morse (5-2); 5. Clarice Chaney, Ramona (5-2).

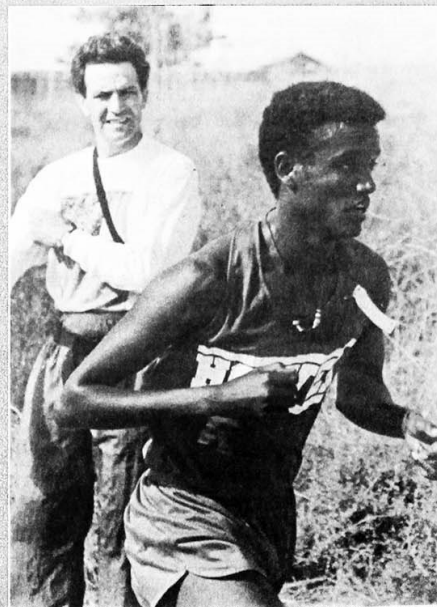
Other contenders: Heidi Nolte, OLP (5-1); Christine Keays, OLP (5-1); Lisa Underhill, Rancho Buena Vista (5-1); Christine Eberhardt, Mira Mesa (5-4); K.



Fernando Rodriguez
San Pasqual



Debbie Hughes
San Marcos



Sefe Almedom
Hoover

SEE PAGE 8



Stacey Murphy
Granite Hills

More Preview

FROM PAGE 7

C. Potter, Torrey Pines (5-2); Kamilah McClain, Fallbrook (5-2).

Pole Vault: New event.

Contenders: Christine Draher, Mira Mesa (8-6); Maggie Nikita, Bonita Vista (8-6); Kelly Ewing, Fallbrook (8-6); Erica McClelland, Eastlake (8-0); Erica Murdock, Helix (8-0); Courtney Hawkins, El Capitan (7-6); Marissa Fornori, Eastlake (7-6).

Long Jump:

1. Richelle Perkins, Bishop's (18-5); 3. McKinney (18-1 1/2).

Other contenders: Aimee Tangog, Mount Miguel (18-1); Casey Loveland, Granite Hills 17-7; Nicole McAlister, Granite Hills (16-5 1/2); Lisa Bostian, Rancho Buena Vista (16-5); Kirstin Medley, Vista (16-9 1/2); Alana Harrell, La Jolla (16-3 1/2); Kamilah McClain, Fallbrook (16-3); Nikki Benjamin, Rancho Buena Vista (16-2).

Triple Jump:

4. Aimee Tangog, Mount Miguel (36-6 1/2); 6. Mary Curran, Granite Hills (36-2).

Other contenders: Casey Whyte, San Pasqual (35-8 1/2); Alana Harrell, La Jolla (36-6 1/2); Zakirah Sanford, Lincoln Prep (37-10 1/2); Paula Serrano, San Marcos (34); Nichole McAlister, Granite Hills (34-3); Bahed Hernandez, Mt. Car-

mel (34-2); Richelle Perkins, Bishop's (34-1 1/4); Lynne Hermansen, Rancho Buena Vista (34).

Shot Put:

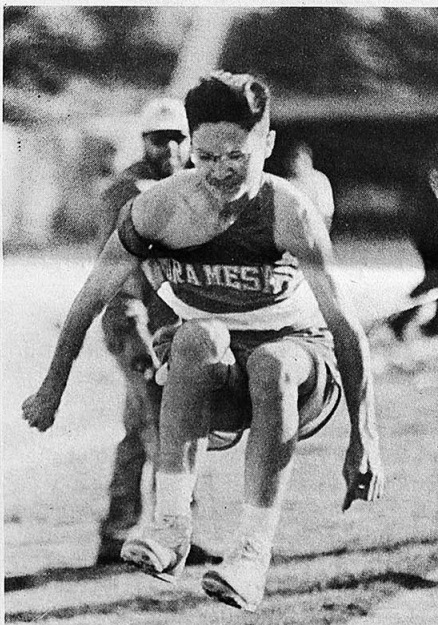
3. Kim Matheny, Santana (38-10 1/4); 4. Katie Suppa, Torrey Pines (39-4 1/4).

Other contenders: Laura Richmond, Monte Vista (34-11); Tracy Smith, Mira Mesa (36-3); Lindy Tucker, Granite Hills (34-9 1/2); Lisann Logan, Orange Glen (34-6); Dee Holmes, Patrick Henry (38); Robyn Lear, Scripps Ranch (35); Tameka English, Oceanside (41).

Discus Throw:

2. Christina Magana, Fallbrook (124-0); 5. Laura Richmond, Monte Vista (120-0).

Other contenders: Lisann Logan, Orange Glen (115-8); Shannon McGrath, Point Loma (126-2); Katie Suppa, Torrey Pines (110-11); Erin McGrath, Point Loma (110-1); Kim Matheny, Santana (128-10); Jessica Van Der Pere, El Cajon (112).



Ray Veerkamp
Mira Mesa, triple jump

DUALS:

Mira Mesa, Mt. Carmel

at Mira Mesa, March 8.

BOYS:

Mt. Carmel 78, Mira Mesa 41.
100: Baker (MM) 11.4. 200: Baker (MM) 23.9.
400: Richardson (MM) 53.6. 800: Nett (MC) 2:01.
1600: Henderson (MM) 4:31.8. 110 HH: Manzano (MC) 16.7. 300 IH: Dutson (MM) 45.8. 440 Relay: Mt. Carmel (Peterson, Aure, Manzano, Coppolino) 47.2.
1600 Relay: Mt. Carmel (McClelland, Dunigan, Schull, Nett) 3:40.

HJ: Riorden (MC) 5-7. PV: (MC). LJ: Aure (MC) 19-3 1/4. TJ: Padilla (MC) 40-2 1/2. Veerkamp (MM) 40-1 3/4. SP: (MC). DT: Herrick (MC) 147-3.

JV LJ: Cato (MM) 20-2.

GIRLS:

Mira Mesa 68, Mt. Carmel 58.
100: Wood (MC) 12.7. 200: Hill (MC). 400: Hill (MC) 65.8. 800: Beckman (MC) 2:27.7. Madsen (MM) 2:32. 1600: Gray (MM) 5:39. Pickett (MC) 5:44.
100 H: Eberhardt (MM) 16.1. Ricks (MM) 17.6. 300 LH: Eberhardt (MM) 53.0. 400 Relay: Mira Mesa (Kawi, Manson, Ricks, Eberhardt) 52.6. 1600 Relay: Mt. Carmel (Spittgeber, Beckman, Dewesse, Cicciarelli) 4:24.

HJ: Eberhardt (MM) 5-2. PV: Draher (MM) 8-6. LJ: Glor (MM) 14-3 1/2. TJ: Jakovich (MM) 29-10 1/2. SP: Smith (MM) 34-0. Cicciarelli (MC) 31-9. Homer (MM) 31-3. DT: Smith (MM) 114-2, Cicciarelli

(MC) 101-11.

Poway, Scripps Rch, Morse

at Poway, March 9.

BOYS:

Poway 84, Scripps Ranch 48.5, Morse 48.5.

100: Johnson (SR) 10.9. Jones (M) 11.1. 200: Burston (M) 22.1. Carter (M) 22.9. Johnson (SR) 23.0. Jones (M) 23.0. 400: Burston (M) 48.6. Carter (M) 50.2. 800: Romero (SR) 1:59.1. Davis (SR) 2:04.7. 1600: Kirtley (P) 4:32.1. Bolton (SR) 4:37.1. 3200: Bowes (SR) 9:33.1. Kirtley (P) 10:07.8. 110 HH: Dickman (P) 16.6. 300 IH: Dalrymple (P) 43.0. Dickman (P) 43.3. Donselman (P) 43.6. 400 Relay: Morse (K. Pinson, Carter, Jones, Burston) 42.8. Scripps Ranch (Jackson, Jones, Freeman, Johnson), 45.2. 1600 Relay: Poway 3:39.5, Morse 3:41.3.

HJ: Cook (M) 5-10. Cooper (M) 5-10. PV: Schmersal (P) 12-0. LJ: Bernard (P) 21-2 1/2. Cook (M) 20-9. Ross (SR) 20-0 1/2. TJ: Bernard (P) 41-2. Miller (SR) 41-1. Johnson (M) 40-3. SP: Perkins (SR) 46-2. DT: Comer (P) 129-6, Perkins (SR) 128-0.

GIRLS:

100: Littleton (M) 12.4. Freow (M) 12.4. Miller (M) 12.6. 200: Freow (M) 26.6. Lee (P) 26.7. 400: Garner (M) 57.0. Lee (P) 62.9. Rankin (M) 63.4. 800: Pound (P) 2:31.8. Hannaman (SR) 2:32.7. Trow (P) 2:38.0. 1600: Koscki (P) 5:39.6. Stasko (SR) 5:42.2. 3200: Pound (P) 12:08.0. Schmidt (SR) 12:08.8. Vasek (P) 12:26.7. 100 H: Bright (P) 16.5. 300 LH: Bright (P) 52.6. 400 Relay: Morse (Garner, Littleton, Rankin, Miller) 48.8. 1600 Relay: Morse 4:13.7, Poway, 4:23.2.

HJ: Ezell (M) 5-0. Barnett (P) 4-10. PV: Redman (P) 7-6. LJ: Wilson (P) 15-9 1/2. TJ: Ruffner (P) 32-9. SP: Lear (SR) 31-0. Jenell (P) 30-3. DT: Lear (SR) 88-7.

West Hills, Granite Hills

at West Hills, March 9.

BOYS:

100: Bachner (GH) 11.5. 200: Bachner (GH) 23.4. 400: Gross (GH) 51.8. 800: Blain (WH) 2:06. 1600: Blain (WH) 4:48. 3200: Blood (WH) 10:21. 110 HH: Van Dusen (GH) 17.0. 300 IH: Van Dusen (GH) 42.5. Hussman (WH) 43.7. 400 Relay: West Hills (Nagao, James, Houar, Blood) 46.7. 1600 Relay: West Hills (Nagao, Hussman, Houar, Blain) 3:43.5.

HJ: Cagwin (GH) 5-10. PV: Grube (GH) 12-6. LJ: Herman (GH) 20-0. TJ: Montano (GH) 38-5. SP: Liebe (GH) 52-7 1/2. McComb (GH) 47-8 3/4. Peet (WH) 46-2 1/4. DT: Liebe (GH) 161-4, McComb (GH) 140-9 1/2, Peet (WH) 139-10.

Grossmont, Monte Vista

at Monte Vista, March 9.

GIRLS:

Grossmont 67, Monte Vista 59.
100: Pike (MV) 13.5. 200: Dyer (MV) 30.5. 400: Lintvedt (G) 68.6. 800: Becker (MV) 2:35.7. 1600: Hawker (G) 5:48.2. 3200: Hawker (G) 12:37.1. 100 H: Yousif (MV) 19.3. 300 LH: Trees (MV) 54.5. 400 Relay: Grossmont (McLees, Lintvedt, A. Nimesgren, Olson) 56.3. Mile Relay: Grossmont, 4:35.2.

HJ: Garcia (G) 4-4. LJ: Pike (MV) 14-5. TJ: Karlo (G) 29-3. SP: Richmond (MV) 37-1 1/2. DT: Richmond (MV) 125-0.

El Capitan, Mount Miguel

March 9.

BOYS:

El Capitan 88, Mount Miguel 48.
100: Hamilton (MM) 11.4. 200: Hamilton (MM) 23.2. 400: Ruh (MM) 53.2. 800: Agunos (MM) 2:07.8. 1600: Agunos (MM) 4:44.8. 3200: Agunos (MM) 10:31.1. 110 HH: Lewis (EC) 16.1. Linz (EC) 16.3. 300 LH: Clinger (EC) 41.6. Ruh (MM) 42.2. Lewis (EC) 42.3. 400 Relay: Mount Miguel (Lilly, Ellis, Hamilton, Lewis) 45.4. 1600 Relay: El Capitan (Clark, Lewis, Barnes, Clinger) 3:38.5.

HJ: Browning (EC) 6-5. Linz (EC) 6-0. Raines (EC) 6-0. PV: Connole (EC) 12-0. LJ: Browning (EC) 20-2 1/2. TJ: Browning (EC) 43-0 1/4. SP: Byrd (EC) 44-0. DT: McGrath (EC) 148-7.

JV HJ: Busley (EC) 5-10.

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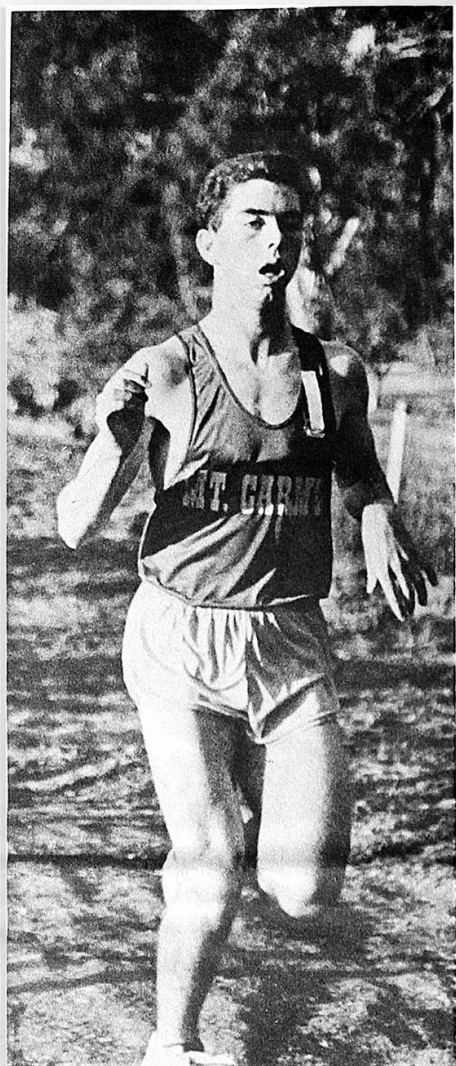
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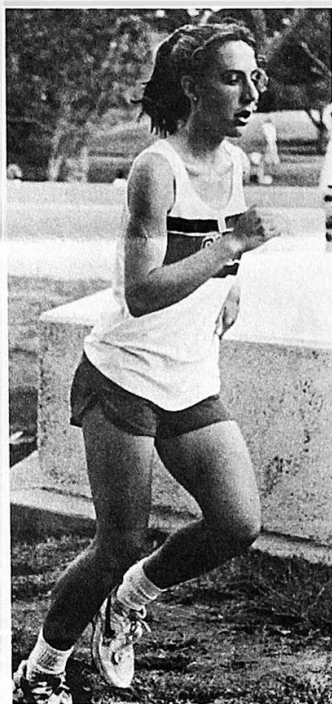
A last look at Cross Country...



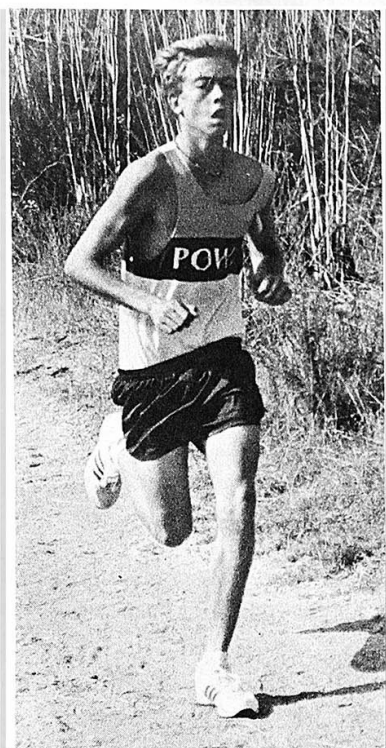
Matt Dos Santos
Mt. Carmel



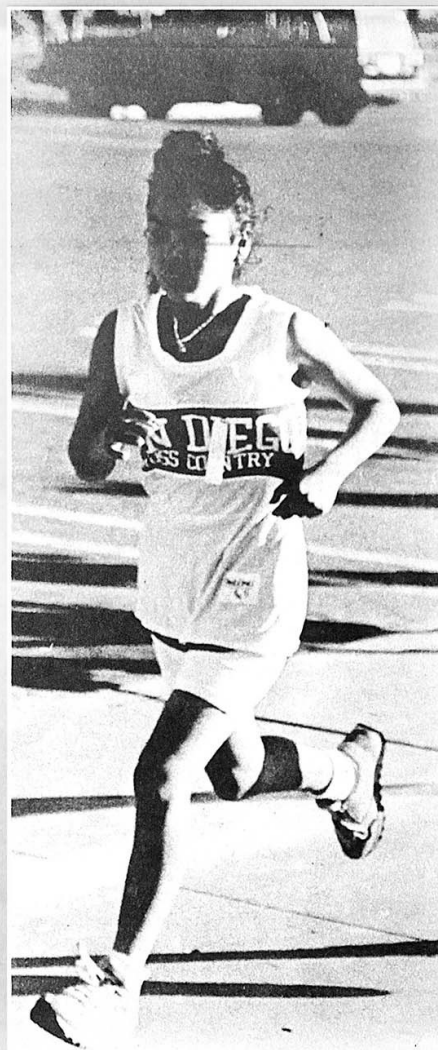
Sandi Rabie, Torrey Pines, and **Angela Shea**, Vista



Katie Wisniew
Our Lady of Peace



Marland Impey
Poway



Paz Guerrero
San Diego

The last word on cross country

Whatever happened to our final issue of the fall, you might well have wondered.

It was our original plan to have one more issue to wrap up the cross country season.

It would have included material on the Foot Locker regionals, coverage of the Foot Locker national championships, which were held locally, and the final state rankings, which included many local teams. Plus it was a good chance to use a few more of the many photos we had available.

The problem was that the issue was scheduled to be published on the last day of school before Christmas vacation.

Most teams had disbanded and scattered well before then, and the holidays and other activities would have made any attempt to distribute that last issue a complete disaster.

It didn't make any sense to put out an issue that few would see, so we decided to cancel.

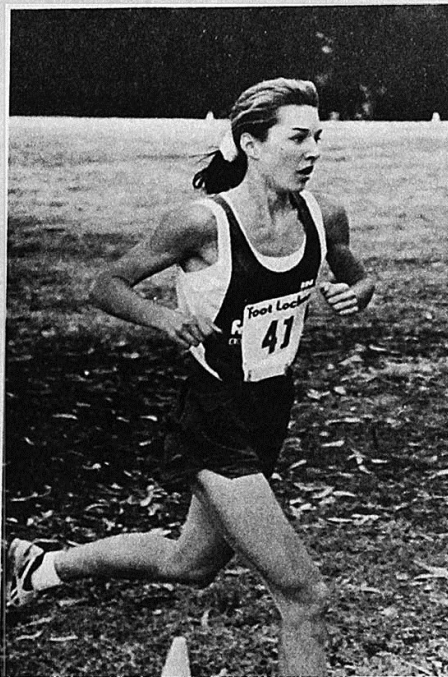
At least 90% of my readers are high school athletes, which means that my schedule and distribution have to be tailored to the high school season. Next year, when I make out my publication schedule, I will take that into account.

In any case, I'm sorry for the confusion.

I have selected some bits and pieces of material originally slated for that last issue:

REGIONALS:

Relaxed qualifying standards for the Foot Locker regionals at Fresno resulted in unwieldy fields. Local runners later swapped stories about getting trampled in the stampede. The meet was held in December.



Julia Stamps
Santa Rosa

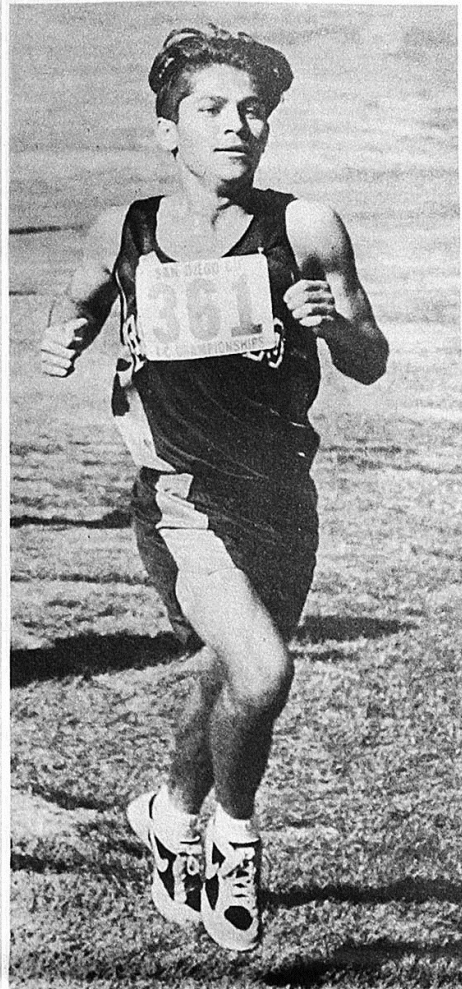
Although no San Diego runners qualified for the national meet, some runners did have success.

Grossmont's David McQuitty was the first local boy to finish in the seeded race.

El Camino's David Young and La Jolla's David Dunbar placed well in the freshman boys race. Young was 16th in 17:15, while Dunbar was 33rd in the field of 170.

FOOTLOCKER:

The Foot Locker Cross Country Championships, held at Morley Field in December,



Giovanni Lopez
Escondido

produced an outstanding race and an outstanding solo effort.

The solo race was by Santa Rosa's Julia Stamps, an amazing sophomore runner who ran away from the best runners in the country to win handily. Her 5,000 meter time was 16:41.9, just off the course record. She won by more than 30 seconds.

The boys race was wild, with numerous lead changes and surges. New Hampshire provided the eventual 1-2 finishers, with Matt Downin of Pinkerton Academy in Hampstead, N.H. the winner. He ran 14:58.3.

Growing Pains for Frosh/Soph Meet

The First Annual Frosh/Soph Cross Country Championships saw a relatively small turnout of teams and runners entering the competition.

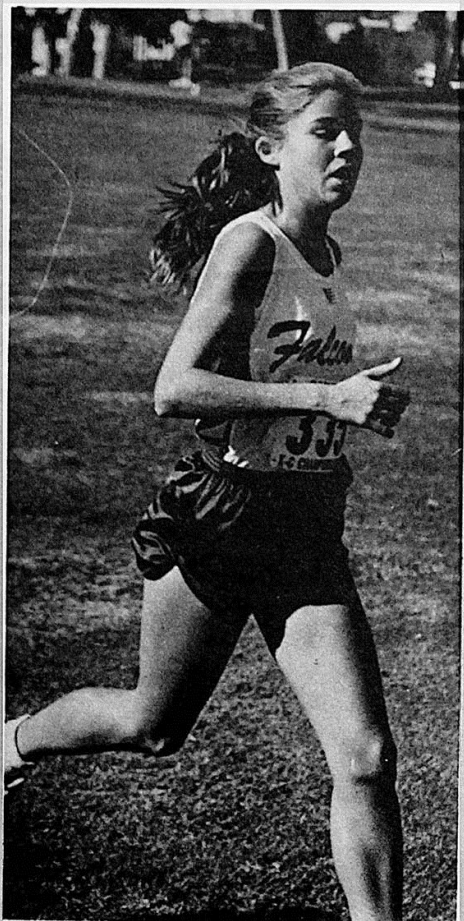
It's all part of the growing process for a new meet that many coaches are anxious to enter next time around.

"It's a good idea," one coach said. "We just couldn't enter it because of our schedule."

St. Augustine coach Jerry Downey didn't get the meet organized until mid-season, by which time many teams had used up their maximum number of extra meets. Metro, Grossmont and North County teams had a



Sophia Hawker
Grossmont



Danielle Valentino
Torrey Pines

Frosh/Soph Championships

FROM PAGE 10

direct conflict with league dual meets scheduled the same day.

There was some quality competition, with entries from University, St. Augustine, San Diego, Mira Mesa, Point Loma, Our Lady of Peace, Patrick Henry, Coronado, La Jolla and others.

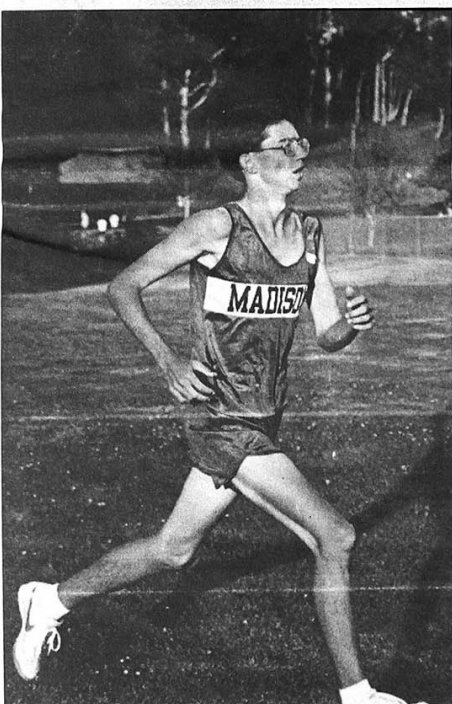
Best race of the day was the girls' sophomore race, where La Jolla's Shannon O'Connor beat Mira Mesa's Alisa Thwing, OLP's Christine Keays, and University's Stephanie Fischer and Kristen Epperson.

The Results:

at Morley Field, Fri., Nov. 4. Runners ran on "new" dual meet course. Sunny and comfortable.

FROSH BOYS (3.0 Miles):

1. Adam Greene, St. Augustine, 17:18;
2. Brian Sullivan, StA, 17:25; 3. Ascarly Kocina, San Diego, 17:33; 4. Alexis Araiza, SD, 17:53; 5. Hong Castejon, Mira Mesa, 18:05;
6. Fernando Corona, Mar Vista, 18:07;



Nick Hamlin
Madison

7. Tom Gibbings, Point Loma, 18:07; 8. Aaron Keling, MV, 18:16; 9. Sam Sinn, Mission Bay, 18:22; 10. Matt Ooi, PtL, 18:31.

11. Oswaldo Chavez, SD, 18:33; 12. Curtis Mulder, MB, 18:34; 13. Jovani Vargas, SD, 18:38; 14. Allan Rosales, MM, 18:50; 15. Justin Boone, PtL, 18:51.

16. B.J. Comin, MM, 18:52; 17. Justin Markland, PtL, 18:53; 18. Graham Aitkenhead, PtL, 19:10; 19. Jimmy Lery, Patrick Henry, 19:30; 20. Nathan Hatfield, MV, 19:33.

21. John Villenguve, MM, 19:36; 22. Tommy Medina, MM, 19:44; 23. Ton Igo, USD, 19:50; 24. Lucas Gilmore, PH, 20:08; 25. Rosas Israel, SD, 20:24.

26. Edward Serafin, SD, 20:44; 27. Sam Hanig, Serra, 20:57; 28. Sam Shinnick, PtL, 21:05; 29. Jon Clayton, StA, 22:13; 30. Peter Edholm, StA, 22:35.

SOPH BOYS (3.0 Miles):

1. Nick Hamlin, Madison, 16:15; 2. Tony Harris, MM, 16:21; 3. Cheyne Jones, Coronado, 16:28; 4. Kevin Hauser, StA, 16:42; 5. Mark Savel, PtL, 16:52.

6. David Hayes, PtL, 16:59; 7. John Bradshaw, PtL, 17:13; 8. David Mittendorf, USD, 17:15; 9. Pete Kleinsasser, PtL, 17:23; 10. Carlito Cantil, MM, 17:27.

11. Juan Chavez, SD, 17:29; 12. Brian Janes, StA, 17:34; 13. Jose Muniz, PH, 17:46; 14. Eric Cruz, MB, 17:51; 15-17. Missing results.

18. Mohammad Irani, PH, 18:08; 19. Chris McNurlan, Ser, 18:17; 20. Joey Lott, Ser, 18:17.

21. Jorge Malta, StA, 18:23; 22. Nick Smal, University City, 18:39; 23. Eddie Garcia, PH, 18:57; 24. Trevor Neeb, PtL, 19:01; 25. Esteban Rocha, MV, 19:08.

FROSH GIRLS (2.5 Miles):

1. Ronya Shatila, USD, 17:58; 2. Susan Gistaro, USD, 18:07; 3. Jenny Bergen, UC, 18:12; 4. Angie Markle, SD, 18:46; 5. Vanessa Oseroff, UC, 18:49.

6. Mary Tontz, USD, 18:57; 7. Nicole

- Socie, Mad, 20:02; 8. Laura Matulich, MM, 20:13; 9. Lanna Akers, USD, 20:15; 10. Rachelle Giglio, Our Lady of Peace, 20:20.

11. Jennefer Floyd, USD, 20:42; 12. Linzy Sayre, USD, 20:43; 13. April Stevens, Ser, 21:56; 14. Andrea Dizinno, OLP, 22:24; 15. Evelyn Danh, MV, 23:12.

SOPH GIRLS (2.5 Miles):

1. Shannon O'Connor, La Jolla, 16:33; 2. Alisa Thwing, MM, 16:52; 3. Christine Keays, OLP, 17:28; 4. Stephanie Fischer, USD, 17:43; 5. Kristen Epperson, USD, 17:46.

6. Autumn Patton, USD, 18:07; 7. Dana Sorenson, Ser, 18:54; 8. Melinda Gray, MM, 18:56; 9. Kirsten Neal, Coro, 19:07; 10. Jenina Graciano, OLP, 19:08.

11. Jasmine Watts, Coro, 19:15; 12. Mary Frakes, no school listed, 19:16; 13. Jennifer Wall, MB, 19:21; 14. Heidi Carrasquel, Ser, 19:41; 15. Ros Litchfield, PH, 19:47.

16. Nicole Carver, Coro, 19:55; 17. Cassie Santos, PH, 19:58; 18. Katie Williams, no school listed, 19:58; 19. Tracy Luce, no school listed, 20:00; 20. Allison Milloy, OLP, 20:05.

STATE CROSS COUNTRY RANKINGS

(Final 1994 Coaches' Poll)

BOYS:

DIVISION I:

1. Thousand Oaks (SS)
2. Chula Vista (SD)
3. Bellarmine Prep, San Jose (CCS)
4. Peninsula (Rolling Hills) (SS)
5. Hart, Newhall (SS)

also,

7. Vista (SD)
20. Rancho Bernardo (SD)
22. Mt. Carmel (SD)

DIVISION II:

1. Jesuit, Sacramento (SJ)
2. Scripps Ranch, San Diego (SD)
3. Palmdale (SS)
4. Mater Dei, Santa Ana (SS)
5. Palisades (Pac. Palisades) (LA)

also,

10. San Pasqual (SD)
11. Hoover, San Diego (SD)
22. Torrey Pines (SD)

DIVISION III:

1. Nordhoff, Ojai (SS)
2. El Modena (Orange) (SS)
3. Livermore (NC)
4. Lassen (Susanville) (NO)
5. Clayton Valley (Concord) (NC)

also,

16. Ramona (SD)
21. West Hills (SD)
24. Mission Bay (SD)
25. La Jolla (SD)

DIVISION IV:

1. McFarland (CE)
2. Morro Bay (SS)
3. Half Moon Bay (CC)
4. Piedmont (NC)
5. Coronado (SD)

No other San Diego area teams ranked in Division IV.

GIRLS:

DIVISION I:

1. Peninsula, Rolling Hills (SS)
2. Thousand Oaks (SS)
3. Irvine (SS)
4. Vista (SD)

also,

10. Poway (SD)
12. Bonita Vista (SD)
14. Granite Hills (SD)
19. Orange Glen (SD)
20. Mt. Carmel (SD)
21. Rancho Bernardo (SD)
25. Fallbrook (SD)

DIVISION II:

1. Buchanan (Clovis) (CE)
2. Yucaipa (SS)
3. Edison (Huntington Beach) (SS)
4. Torrey Pines (SD)

also,

11. El Capitan (SD)
12. Valhalla (SD)
18. San Marcos (SD)
21. Escondido (SD)
22. San Pasqual (SD)
23. Scripps Ranch (SD)

DIVISION III:

1. Clayton Valley, Concord (NCS)
2. Temescal Canyon, Elsinore (SS)
3. El Modena (Orange) (SS)
4. Nordhoff (Ojai) (SS)

also,

9. Ramona (SD)
10. University of San Diego (SD)
18. La Jolla (SD)
19. Santana (SD)
20. Our Lady of Peace (SD)
23. West Hills (SD)

DIVISION IV:

1. Central Valley (No)
 2. Miramonte, Orinda (NCS)
 3. West Valley (Cottonwood) (NO)
 4. Branson (Oakland) (NC)
- also,
10. The Bishop's School (SD)

Compiled by Doug Speck and Ray Scofield. Section abbreviations: SS = Southern Section; SD = San Diego Section; LA = Los Angeles Section; CE = Central Section; CCS = Central Coast Section; NCS = North Coast Section; SJ = Sac Joaquin Section; No = Northern Section.

BEST '95 MARKS:

BOYS

(Marks received by March 14)

100

10.8	Williams, UniCity
10.9	Johnson, ScrippsR
11.0	Zamora, Hoover
11.1	Jones, Morse
11.1	Tony Graham, SDgo
11.1	Fonss, Torrey Pines
11.1	Okenwa, Morse JV
11.1	Plange, Morse JV
11.1	Scott, Scripps R F/S

200

22.1	Burston, Morse
22.3	Williams, UniCity
22.5	Tony Graham, SDgo
22.8	Tho. Graham, SDgo
22.9	Carter, Morse
22.9	Waldheim, UniCity
23.0	Johnson, ScrippsR
23.0	Jones, Morse

400

48.6	Burston, Morse
50.2	Carter, Morse
51.2	Sanchez, UniCity
51.4	Waldheim, UniCity
51.8	Gross, Granite Hills
52.2	Markle, San Diego
52.4	Jackson, Serra
52.4	Lumbwele, Hoover

440

52.5	Koreski, El Cajon
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800

1:59.4	Romero, ScrippsR
2:00.6	Brown, Crawford
2:04.7	Davis, ScrippsR

880

2:01.0	Nett, Mt. Carmel
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1600

4:29	Abdusalam, Hoover
4:32.1	Kirtley, Poway
4:37.1	Bolton, ScrippsR

1 Mile

4:31.8	Henderson, MiraMesa
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3200

9:33.1	Bowes, Scripps R
9:58.1	Hulsey, Torrey Pines
10:07.8	Kirtley, Poway

Two Mile

9:42.6	Henderson, MiraMesa
9:47.3	Larson, RanchoBrdo
10:00	Meisner, RanchoBrdo

110 HH

15.3	Rogers, MonteVista
15.8	Graves, San Diego
15.9	Kuritz, Torrey Pines
16.1	Lewis, El Capitan

300 IH

38.5	Sanchez, UniCity
41.4	Kuritz, Torrey Pines
41.6	Clinger, El Capitan
42.2	Ruh, Mt Miguel
42.3	Lewis, El Capitan
42.5	Van Dusen, GraniteHills
42.8	Anders, Helix
43.0	Dalrymple, Poway

330y IH

42.7	Rogers, MonteVista
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400 Relay

42.8	Morse (K. Pinson, Carter, Jones, Burston)
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43.5	San Diego
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44.3	University City
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44.9	Serra
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44.9	Torrey Pines
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45.2	Scripps Ranch
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45.4	Mount Miguel
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440 Relay

44.2	Rancho Bernardo
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1600 Relay

3:26.0	San Diego
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3:29.6	University City
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3:39.5	Poway
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1 Mile Relay

3:38.5	El Capitan
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High Jump

6-5	Browning, El Capitan
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6-2	Swink, Serra
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6-1	Frisch, Ramona
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The Morse girls 400-meter relay team ran 48.8 in their season opener with new second and third runners, **Dayshawna Littleton** and **Rynasha Rankin**. Morse is the defending CIF champ in this event.

6-0	Linz, El Capitan	46-2	Perkins, ScrippsR
6-0	Raines, El Capitan	45-4	Padorko, RanchoBrdo

Pole Vault

15-1	Brown, Torrey Pines	161-4	Liebe, Granite Hills
13-6	Gregerson, RnchBrdo	150-7	Gilliam, San Diego
13-6	Poirier, Mt. Carmel	148-7	McGrath, El Capitan
12-6	Marino, Rancho Brdo	147-3	Herrick, Mira Mesa
12-6	Grube, Granite Hills	140-9	McComb, Gran Hills

Long Jump

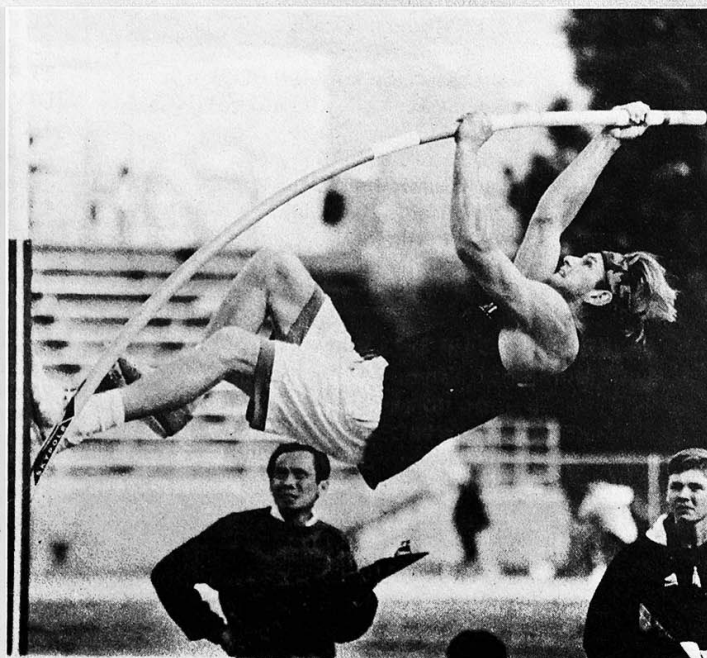
22-9	McKeaver, Ramona	140-3	Curtis, Serra
21-8 1/2	Pakash, Mt. Carmel	139-10	Peet, West Hills
21-2 1/2	Bernard, Poway	134-3	Sotelo, Ramona
21-0	Starks, Serra	133-3	Fear, University City
20-9	Cook, Morse	133-2	Shaw, Santana
20-2 1/2	Browning, El Capitan		
20-2	Swink, Serra		
20-2	Cato, Mira Mesa JV		

Triple Jump

43-0 1/4	Browning, El Capitan	12.4	Littleton, Morse
41-2	Bernard, Poway	12.4	Freow, Morse
41-1	Miller, Scripps R	12.6	Miller, Morse
40-8 1/2	McKeaver, Ramona	12.7	Wood, Mt. Carmel
40-3	Johnson, Morse	12.7	Loveland, GraniteHills
40-2 1/2	Padilla, Mt. Carmel	12.9	McAlister, GraniteHills
40-1 3/4	Veerkamp, Mira Mesa	13.0	Shannon, San Diego

Shot Put

52-7 1/2	Liebe, Granite Hills	26.2	Loveland, GraniteHills
48-3	Conerty, Mt. Carmel	26.6	Freow, Morse
47-8 3/4	McComb, Gran Hills	26.7	Lee, Poway
46-3	Sotelo, Ramona	26.7	Shannon, San Diego
46-2 1/4	Peet, West Hills		



Rancho Bernardo vaulter **Tony Gregorson** cleared 14-3 last season. He's already done 13-6 outdoors this year.

400

57.0	Garner, Morse
61.4	Holford, West Hills
62.9	Lee, Poway
63.4	Rankin, Morse

800

2:28.4	S. Murphy, GraniteHills
2:28.8	Caster, Granite Hills
2:31.8	Pound, Poway
2:32.7	Hannaman, Scripps R
2:35.7	Becker, Monte Vista
2:37.4	Heaton, Granite Hills
2:38.0	Trow, Poway

880y

2:27.7	Beckman, Mt. Carmel
2:32.0	Madsen, Mira Mesa
2:35	Benitez, Santana
2:39.6	Slansky, Mt. Carmel

1600

5:26	W. Murphy, GraniteHills
5:27	Gregerson, El Cap
5:29	Straitiff, Torrey Pines
5:39.6	Koscki, Poway
5:40.7	Clark, Ramona
5:42.2	Stasko, Scripps R

1 Mile

5:34.5	Harper, Santana
5:39	Gray, Mira Mesa

3200

12:07.2	Clark, Ramona
12:08.0	Pound, Poway
12:08.8	Schmidt, Scripps R
12:26.7	Vasek, Poway
12:37.1	Hawker, Grossmont
12:43	Rendina, West Hills
12:44	Caster, Granite Hills

Two Mile

12:12.9	Harper, Santana
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100 H

16.1	Eberhardt, Mira Mesa
16.5	Bright, Poway
16.6	Vickery, El Capitan
17.6	Ricks, Mira Mesa
17.7	Greene, Poway

300 LH

48.3	Vickery, El Capitan
50.4	Wilson, San Diego
52.6	Bright, Poway

330 LH

53.0	Eberhardt, Mira Mesa
53.9	Ricks, Mira Mesa

400 Relay

48.8	Morse (Garner, Littleton, Rankin, Miller)
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440 Relay

52.6	Mira Mesa
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1600 Relay

4:13.7	Morse
4:22.3	Torrey Pines
4:23.2	Poway

1 Mile Relay

4:24.0	Mt. Carmel
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High Jump

5-4	Bell, Ramona
5-2	Eberhardt, Mira Mesa
5-0	Keays, OLP
5-0	Ezell, Morse
4-10	Potter, Torrey Pines
4-10	Barnett, Poway
4-10	Chaney, Ramona

Pole Vault

8-6	Draher, Mira Mesa
7-6	Redman, Poway
7-6	Hawkins, El Capitan

Long Jump

17-7	Loveland, GraniteHills
15-9 1/2	Wilson, Poway

Triple Jump

34-2	McAlister, Granite Hills
32-9	Ruffner, Poway
29-10 1/2	Jakovich, Mira Mesa

Shot Put

38-7	Suppa, Torrey Pines
37-1 1/2	Richmond, MonteVista
36-5	Matheny, Santana
34-0	Smith, Mira Mesa
32-9	Crouch, El Capitan
32-8 1/2	Clarke, RanchoBrdo
31-9	Cicciarelli, Mt. Carmel
31-3	Homer, Mira Mesa
31-0	Lear, Scripps R
30-10	Murray, Ramona
30-9	McInish, Ramona

Discus Throw

125-0	Richmond, MonteVista
118-0	Smith, Mira Mesa
109-11	Matheny, Santana
106-1	Suppa, Torrey Pines
101-11	Cicciarelli, Mt. Carmel