

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

Covering San Diego Section Cross Country and Track & Field

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APRIL 14, 1995

Arcadia Meet Gets Locals In High Gear

It took a little competition to get San Diego's best athletes into mid-season form.

The best racing came at the high-powered Arcadia Invitational on April 8, but there were great marks at a number of other meets.

After two weeks of competition, which included a number of make-up meets, the best marks list was completely renovated.

However, many teams and athletes were doing more than double duty, with some running three meets in a week.

Among the biggest developments of the last two weeks:

The boys distance events have seen some drama and high quality runs from among Mira Mesa's Larry Henderson, Mt. Carmel's Greg Nett, Scripps Ranch's Kevin Bowes, and Grossmont's David McQuitty.

The girls distance events have seen the emergence of a wealth of young talent.

University City's Felix Sanchez came up big at Arcadia in the 300-hurdles, and UC sprinter Vince Williams continues to be impressive.

The boys all-time pole vault mark seems ready to go at any moment, under the threat of a pair of standouts, while the girls vault has really started to take off.

Granite Hills thrower George Liebe had a very big day in a dual meet, breaking into the top ten on the all-time discus list. Oceanside's Donald Batiste might be his near-equal, based on other results.

Morse sprinter Lana Garner is on schedule for a big year, running impressively in race after race.

And El Camino's Steve Forte made a dramatic return to track competition with quick hurdle times and an impressive debut in a new event.

The news and highlights, by event:

Distances:

One of the most dramatic events was the Arcadia boys 1600, where Henderson and Nett

were impressive.

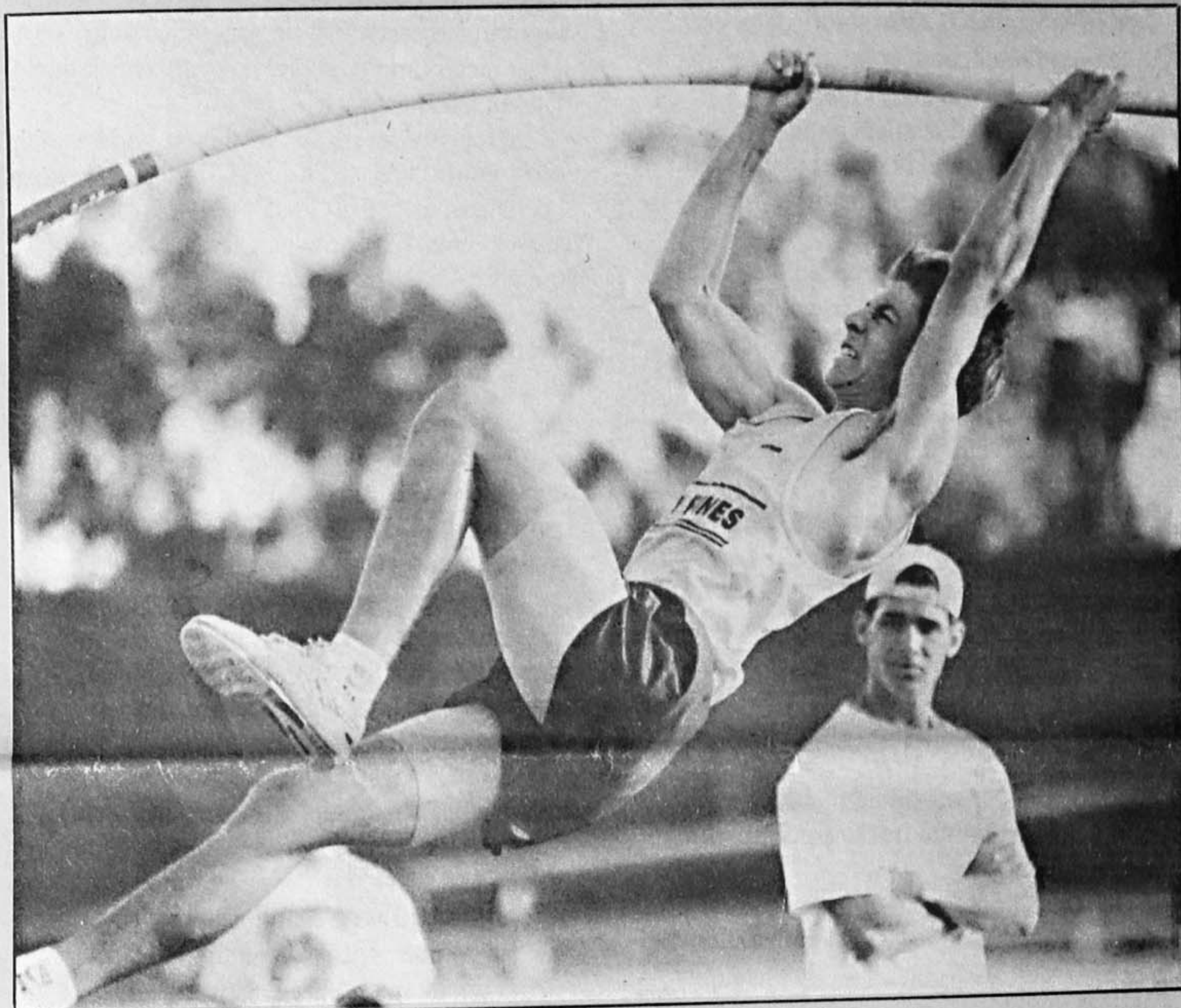
Henderson, with a big move in the last lap, almost took the Invitational race, and he wound up in second with a 4:10.97, a great early-April time. Henderson, just a junior, remains on track to be one of this area's great distance runners.

Nett was fourth in 4:12.26, also a significant mark. The clockings were the nation's second and fourth fastest at the time.

In separate 3200 races at Arcadia, Bowes ran a section-leading 9:16.0, while McQuitty stopped watches at 9:19.26. The pair also ran good 1600s at Balboa one week earlier, also in separate races. Bowes ran 4:20.0 while McQuitty did 4:21.8.

The girls distance events have been dominated by young talent.

In one showdown, Coronado junior Jessica Lunt beat Santana soph Jaymie Harper in the Balboa Relays 1600. Lunt's 5:14.49 and Harper's 5:15.26



Torrey Pines vaulter **Mike Brown** is now number two on the all-time San Diego Section vault list after clearing 15-10 earlier this year. Photo was taken at the Falcon Relays.

now lead the marks list.

Another interesting development was Valhalla freshman Julia Roysdon beating Torrey Pines junior Devon Straitiff in the 1500 at the Titan Track Fest, both in quick times. Roysdon, a great all-around athlete, used an impressive kick to win the race.

Fallbrook junior Jinna Rohde leads the 1500 list with a 4:51.5 at Bishop Amat, which compares well with the 1600 list.

Scripps Ranch frosh Kristina Stasko ran a 5:20.60 1600 at Arcadia, while teammate Sarah Schmidt, a junior, continues to pace the 3200 list after running 11:15.1, also at Arcadia.

The 800 meters has shown signs of life. Chula Vista's Jason White dipped under 1:56 at Arcadia, while Crawford's Ajani Brown (at Arcadia) and Mira Mesa's Henderson (in a dual meet!) have run in the 1:56-range.

University senior Vanessa Hanley is running well at a wide range of distances. Her best effort to date has come in a

2:17.8 leadoff leg of a 4x800 relay team at the Titan meet.

Hurdles: UC's Sanchez is arguably the most impressive track athlete in any event so far this year.

His 37.19 in the 300-inter-
SEE PAGE 3

INSIDE...

OUR CURRENT NEWS ROUND-UP begins on this page and continues on page 3.

TEAM RANKINGS are on page 3.

GIRLS BEST MARKS of the season are on pages 8-9.

BOYS BEST MARKS of the season are on pages 10-11.

WE CONTINUE our series on the best track teams of the past with a look at retiring coach Elmer Runge and his 1976 Patrick Henry boys team. See page 12.

Magazine Is Still In Development

TRACK MAGAZINE is still in its first year of publication and is still developing its approach to covering the sports of high school track and field and cross country.

One thing that is very evident in this early track season is that the two sports are very different in the challenges that they present in coverage.

Cross country is much more democratic and team oriented, and, among its participants, is very close to an underground "cult."

Track and field is much more diverse, has more participants, and is more hierarchical by nature. That is, the focus inevitably comes to the best individual athletes.

One nice difference between the two sports is that different schools come to the fore. Some of the schools that had little success in cross country are track powerhouses. If those schools didn't get much ink in the fall, they'll make up for it now.

Another difference is that track and field has much more information to account for. A thorough compilation of the best marks of the season to date takes up four pages (including photos). That doesn't leave a lot of room for other results or information. This is definitely one area in which our publication is still experimenting and evolving.

Covering the individual meets is much, much more difficult in track, especially for a photographer.

In track, as many as eight or more different events can be staged simultaneously. In many races, the runners go by once only, and fairly quickly. You might get one good opportunity for a picture in a sprint or hurdle race.

All things considered, production of *TRACK MAGAZINE* is an ongoing struggle.

From the editor ...



About times...

On the subject of times and marks, I want to make the following clarifications:

The marks and times on our best marks lists are current as of the date published at the beginning of each list. If you notice your latest race, jump or throw missing, check the date on the marks list.

Also, our marks list is only as good as our information. *TRACK MAGAZINE* makes a considerable effort to stay abreast of the latest events, but some marks can be overlooked. We do have a fax line that is open 24 hours a day to receive information, and we are always contacting coaches. We can't emphasize enough that we want to hear about any corrections, additions, clarifications, etc.

The number following the athlete's name and school is the grade level. We still have some work to do to make that information more complete.

As of now, we are keeping metric times and yard times on separate lists. Eventually they will be combined, as the year-end big meets will be increasingly held in metric measurement.

One sub-set of lists that will be kept separate are the automatic-timing and hand-timing divisions in the shorter races (400 meters and less). By the end of the year, the auto-times will be the authoritative list, while the hand-times will be an additional sideshow.

If an automatic time is clearly superior to a hand time, the hand time is dropped from the list. Also, if a yard time is clearly superior to a metric time (or vice versa), the inferior mark is dropped from the list.

From 800 meters on up, there is less significant difference in fractions of a second, so those listings are combined. If a time is listed in hundredths (and noted by an a, such

as 1:55.79a), it's a fully automatic time. If the time is listed in tenths, it's recorded by a hand-held stopwatch.

I receive many hand-times that are listed in hundredths. Those are properly rounded up, and not to the nearest tenth. Thus, a time of 12.90 is a 12.9, while a time of 12.91 is properly recorded as a 13.0. I know a number of marks are incorrectly recorded, which is why I always recommend not taking sprint hand times as strict gospel.

In field events, measurements are not taken in increments less than 1/4 inch for shorter distances, and they should be rounded down to a whole inch for discus marks.

If all this sounds like nit-picking, it really isn't. Accurate times and distances are important. A number of present-day San Diego area athletes are ranked high in the nation or state at press time, so we *need* very accurate information. Also, track history demands that today's athletes are given their proper due when ranked with the greats of the past.

Record-keeping locally has started to get a bit uneven. The latest edition of the local prep track guidebook, despite good intentions by its creators, is a perfect example.

About the rankings...

Finally, a word about the rankings we publish on page three. The rankings are a public service and are maintained and compiled by a small committee of coaches, who voluntarily undertake the research and homework.

They do it in the spirit of contributing to the sport of high school track and field, not to promote a hidden agenda.

The rankings are based on dual meet strengths, which are different than how teams might fare in a championship format (where a few individuals can amass points).

Whether you agree with the rankings or not, I believe that they are good for our sport. They attempt to give recognition to the best teams and they stimulate discussion about high school track.

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News Roundup

FROM PAGE 1

mediate hurdles at Arcadia put him at number two in the nation at the time, and also boosted him to number three on the all-time San Diego list in the event.

And it wasn't a perfect race, according to University City coach John Hutsel.

"He hit two hurdles in the race, and he hit the last one pretty hard," Hutsel said.

Sanchez has run well in a variety of events for UC, and runs key legs on both of their section-leading relay teams.

El Camino's Forte has returned to track in a big way.

After missing several meets because of a family death, Forte's first meet back saw him run a 14.3 (hand) in a dual meet, which means he's back in form.

A significant development in that race was that Torrey Pines junior Jake Kuritz was within photo-finish distance of Forte, and was given the same time of 14.3.

Kuritz later ran an automatic time of 14.56 at Arcadia, and he now has put himself in contention in the highs.

El Capitan's Carrie Vickery has been the most consistent all-around girl hurdler and she now leads the 300-lows by a wide margin with her 45.11 at Titan.

No dominant 100-hurdle runner has yet emerged. Mira Mesa's Christine Eberhardt leads

RANKINGS

(Coaches' poll of 4-11)

Boys:

1. Rancho Bernardo
2. Rancho Buena Vista
3. Mt. Carmel
4. El Capitan
5. San Diego
6. Torrey Pines
7. Ramona
8. Granite Hills
9. Morse
10. University City

Others: El Camino, West Hills

Girls:

1. Granite Hills
2. Rancho Buena Vista
3. Poway
4. Fallbrook
5. El Capitan
6. Mt. Carmel
7. University
8. Rancho Bernardo
9. Torrey Pines
10. Ramona

Others: Morse, Mira Mesa



Steve Forte, El Camino Hurdle record holder has long jumped over 22-6.

the event with a 15.9 at Pacific Rim, just ahead of Poway's Courtney Bright, Serra's Angela Romel and Vickery, who have all done 16.0.

There's another group of good hurdlers right behind that pack, which means that this event seems wide open at this point of the season.

Vault:

Ramona's Pat Alduenda, who holds the area vault record at 16-1, can't be resting easily these days.

It seems only a matter of time before Torrey Pines' Mike Brown and/or San Pasqual's Dan Shimooka pops a big PR.

Brown has already put a 15-10 mark in the book, although it came in a non-high school event.

That jump put Brown at number two on the all-time area vault list.

After that meet, Brown switched to a new pole and spent a couple of weeks working out the intricacies of the new instrument. Latest reports from Torrey coaches were that Brown was jumping well with it in practices.

At Arcadia, Shimooka was third, and Brown fourth, both at 15-6. The winner of the meet also did 15-6, but Torrey coach

Mike Stevens reported that Brown had the best attempt of the group at 16-feet.

The girls vault has also been interesting. Fallbrook's Kelly Ewing took over the lead in the new event, first with a 9-4 at Bishop Amat, and later with a 9-6 in a dual meet.

Two other 9-foot jumpers have emerged: Ramona's Candace Barnes and Torrey Pines soph Rachel Hemmingway. Chula Vista's Melissa Shipp has become consistent at 8-6.

Former vault leader Kristi Draher, of Mira Mesa, has been experimenting with her form in

recent weeks, and could pop back to the top of the list in coming weeks.

Although the state has one truly outstanding girl vaulter (who is also the American record holder), San Diego girls seem well positioned to contend for medals at the state level.

Throws:

The big news was the big day by Granite Hills thrower Liebe, who tossed the discus 189-8 in a dual meet and backed that up with a 57-1 shot put.

The shot mark puts Liebe easily in the area lead.

The disc mark puts Liebe in the sixth slot on the all-time area disc list, and also put him in the national lead in the event at press time.

"The wind was just right, and the conditions were perfect," Liebe said of the throw. Another Granite Hills thrower surpassed his yearly best by 13-feet in the same meet.

Oceanside discman Batiste has also been throwing well, with a 177-0 mark in a dual meet last week, and several other meets over 170-feet. His 177-0 puts Batiste at 12th on the all-time area list.

Liebe and Batiste competed in different divisions at the Balboa Relays, with Liebe leading one group at 168-1, and Batiste another at 169-0. It was not quite the definitive result fans were looking for, but there will be other meetings.

The girls discus saw some good throws at Arcadia.

Monte Vista's Laura Richmond spun the disc 131-5, which leads the section, while Fallbrook's Christine Magana had a good throw of 129-6.

Torrey Pines' shot ace Katie Suppa has been suffering from a hyper-extended elbow but threw past 39-feet at Arcadia. She leads the section with a 41-3.

Richmond is second in the shot, while Santana's Kim Matheny is third in both throws.

SEE PAGE 4

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News Roundup:

FROM PAGE 3

High Jump:

This event has been quiet in the last few weeks, at least as far as leading marks go.

Ramona's Cathy Bell (5-6) and Sweetwater's Ryan Mitchell (6-6) remain at the top of the local listings.

Mitchell, in fact, has yet to compete again after injuring himself on his big jump. Sweetwater coach Tim Latham said Mitchell is still taking things day by day as he continues to recuperate from a hip pointer he suffered as he almost missed the landing pit.

"I'm really anxious to see what he can do in his other events," Latham said. "I think he might be even better in the triple jump, but he never had the chance to try it (after being hurt). And when he cleared 6-6, he cleared it with room to spare."

Behind Bell and Mitchell there's a mass of jumpers starting to bunch up, which means one or more will soon emerge.

In the boys event, a number of young jumpers are poised to make an impression. Good sophomore jumpers include RB's Hazarika (6-2), San Dieguito's Twining (6-2) and Mount Miguel's Rudder (6-1).

The girls have a tight pack behind Bell, including Mira Mesa junior Eberhardt (5-5), San Pasqual's Joy Gertsch (5-4), Poway soph Tiffany Barnett (5-4), Lincoln junior Zakirah Sanford (5-4) and Morse's Hunter (5-4). Just behind them is RBV soph Lisa Underhill (5-3) who seems to have great potential.

Horizontal Jumps:

One big story is Forte, who decided to experiment in the long jump while waiting for his relay mates to heal. Trying the event for the first time, Forte has already gone 22-6 3/4.

Morse senior Rashard Cook leads the boys list with a big jump of 23-0 1/2, accomplished in a dual meet.

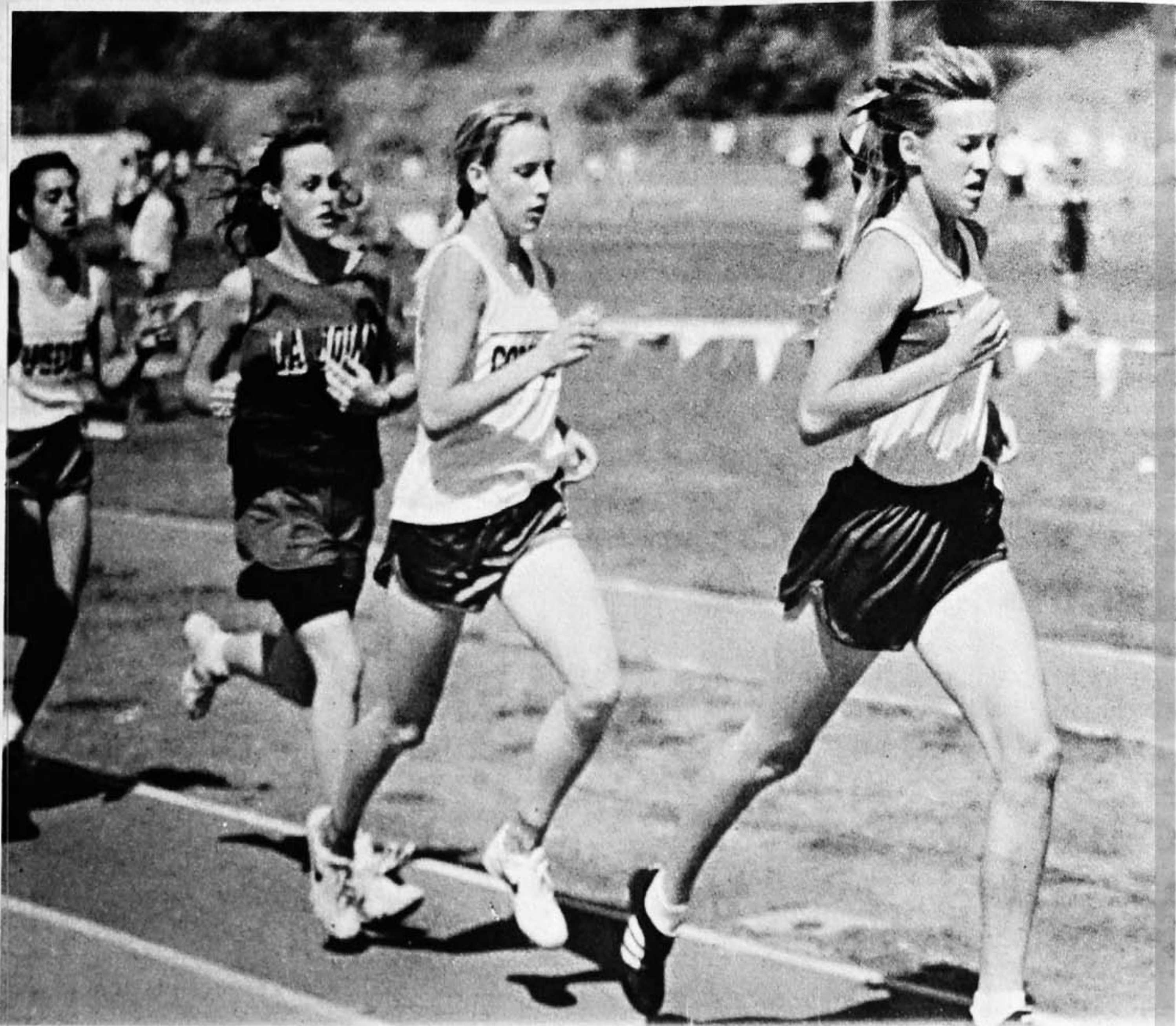
There is now more depth in this event, with a good number of jumpers poised to break into the 22-foot range.

Monte Vista soph Akiba McKinney has taken over the lead in the girls long jump, with a 17-9 at Arcadia.

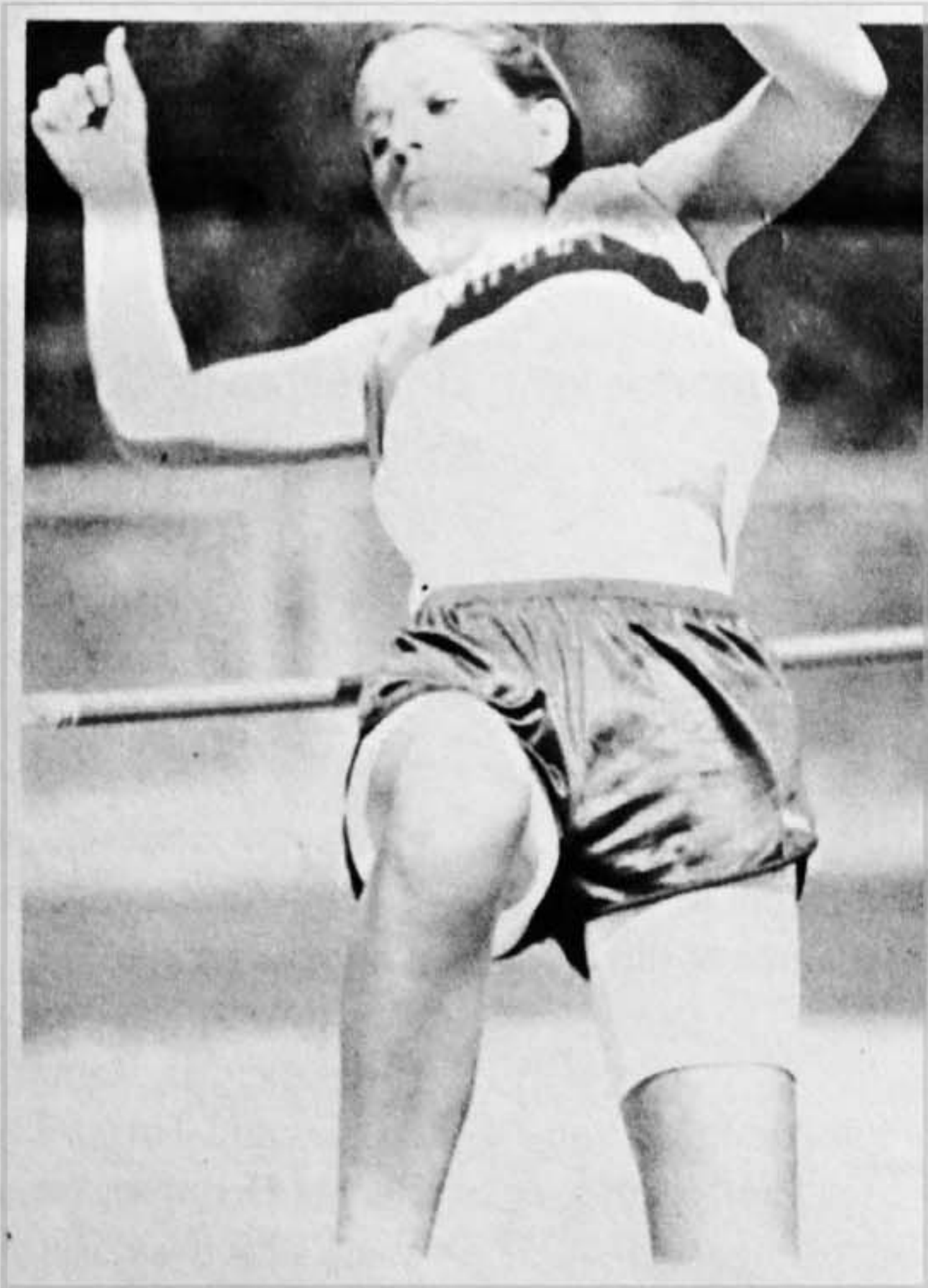
Granite Hills frosh Casey Loveland and Bishop's junior Richelle Perkins are second and third on the list, but behind them are a group of jumpers who are on the verge of going past 17-feet, such as Poway's Brett Wilson, University frosh McGehee, Lincoln Prep's Zakirah Sanford and El Camino's Gwin.

The girls triple jump has seen San Pasqual's Casey Whyte take over the lead authoritatively, with a 38-0 bound in a dual meet. She is over 1 1/2 feet ahead of the second girl on the list.

University's Erin Blair, overlooked in our preview issue, is now fifth on the TJ list with



Santana's **Jaymie Harper** leads the field at the Balboa Relays 1600. Coronado's **Jessica Lunt**, in second place, went on to win the race in 5:14-plus, with Harper running 5:15-plus. La Jolla's **Shannon O'Connor** and University's **Vanessa Hanley** trail Lunt.



Julie Jines, Santana
Has high jumped 5-0.

a 36-0 jump. She medaled at CIF last year and had a best of 36-3 1/2.

RBV junior Justin Cox leads the boys list with a 45-10 1/2 jump. He is among the better technicians in the event.

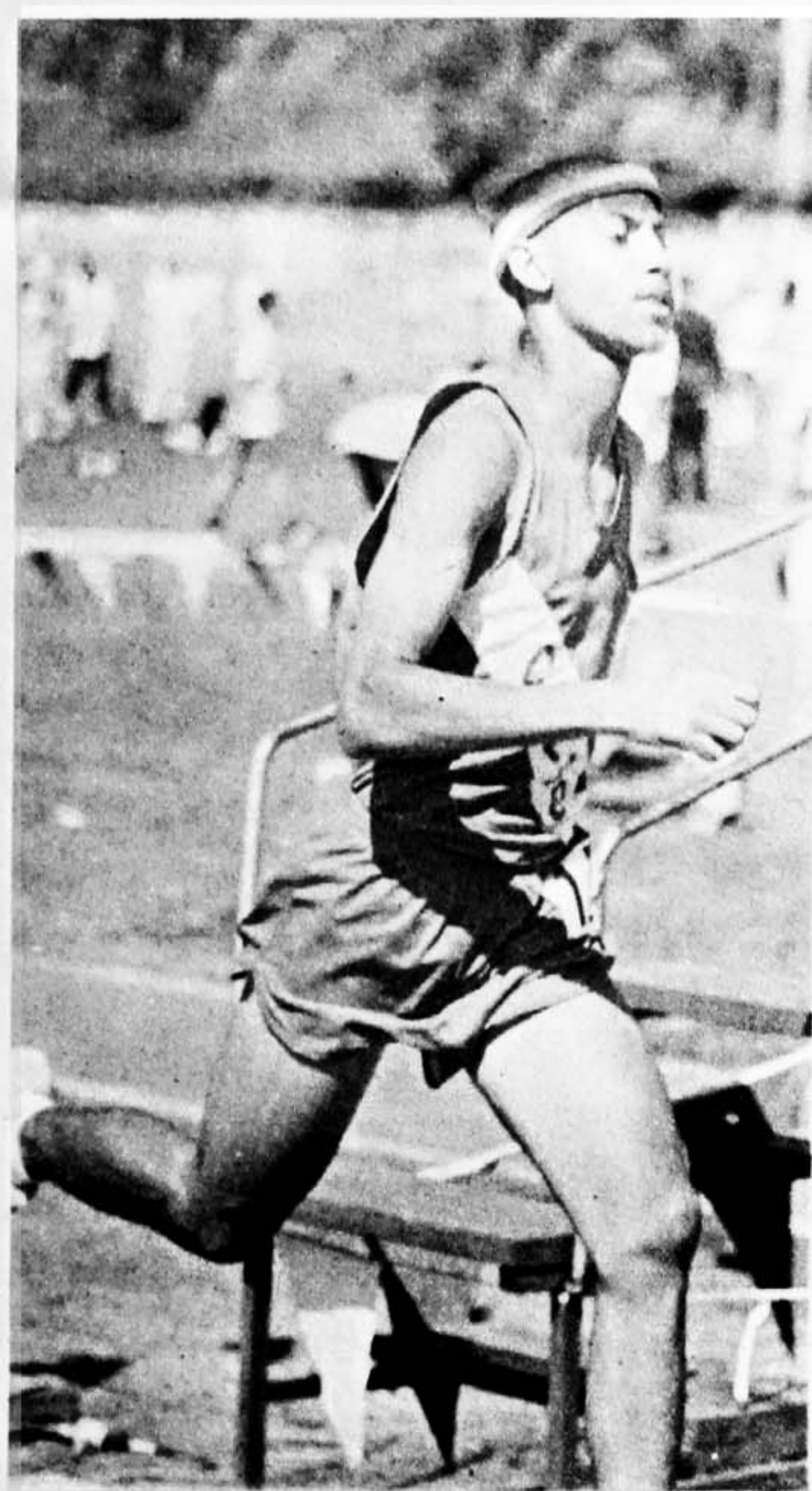
Observers are still waiting for Sweetwater's Mitchell to get healthy enough to give this event a try.

One new talent is Torrey Pines soph Andre Puma, who jumped 44-0 in his first try at the event at the Pacific Rim meet. "It was not a good looking jump," Torrey Pines coach Mike Stevens said. "He is real raw."

Sprints:

A good number of boy sprinters are having good years and it looks like almost anything can happen in championship meets.

Morse junior Lydell Burston has already PR'd in the 400 at Arcadia, running 47.61. He



Ajani Brown, Crawford
800 meters in 1:56.88

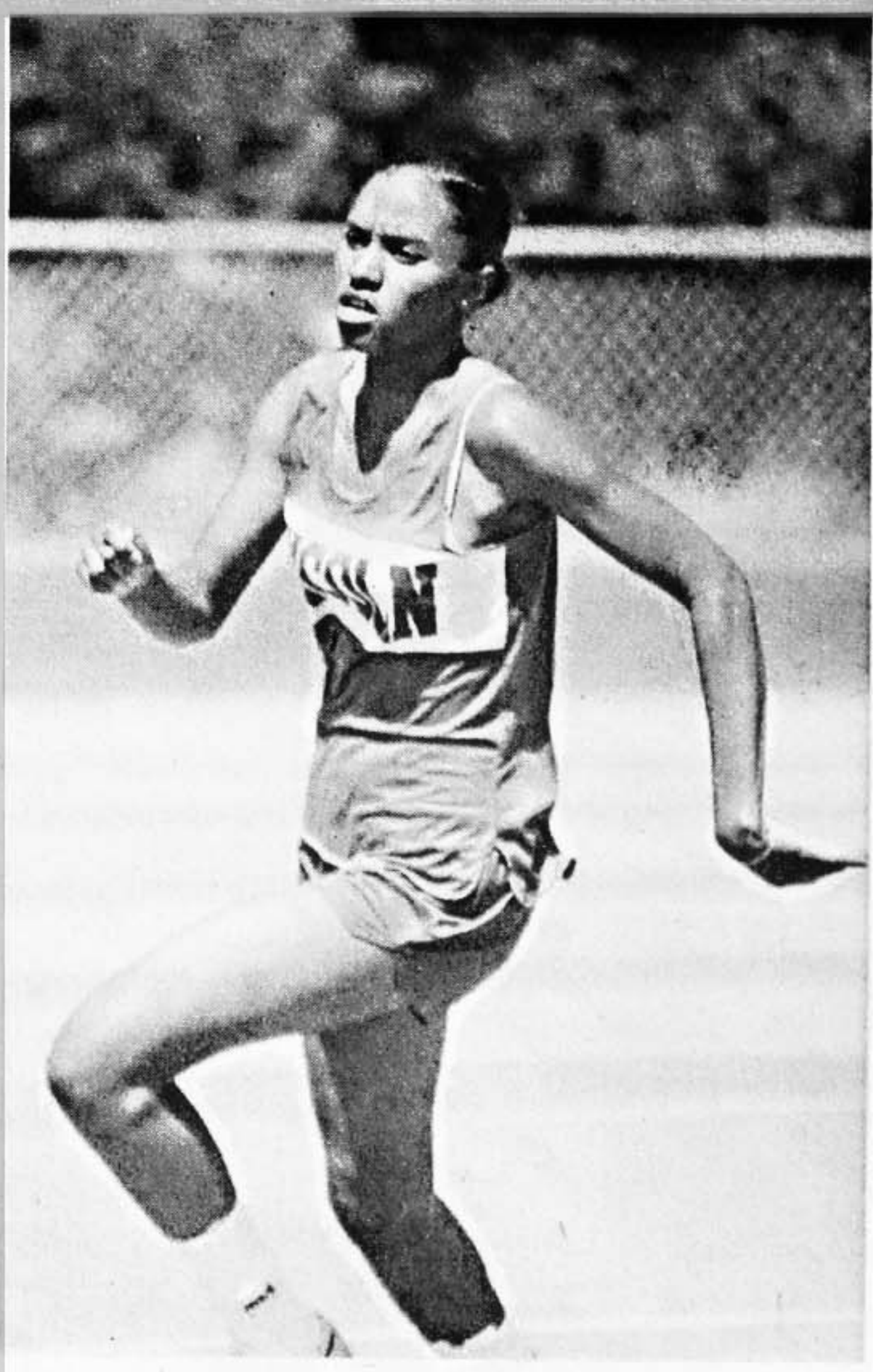
is a definite threat to the section record before he leaves school.

Others under 50-seconds are Patrick Henry's Clinton Lane (49.00 at Arcadia), Lincoln's Michael Wakefield (49.44 at Titan), Morse's Ray Carter (48.8) and UC's Vince Williams (49.9, yards). Escondido junior Brandon Sanchez (50.01 at Titan) also figures in the mix.

Morse junior Lana Garner ran a good 55.93 at Arcadia and is almost three seconds ahead of any section rivals.

SEE PAGE 5

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Zakirah Sanford, Lincoln Prep
Has jumped 5-4, 16-10, 34-11 3/4.

News Roundup:

FROM PAGE 4

San Pasqual's Melissa Gibbs (58.89 at Titan) and RBV's Laura Carpenter (58.6 at Pacific Rim) are the best after Garner.

In the boys short sprints, it seems any number of scenarios could occur. There is an abundance of talent.

Henry's Lane beat Burston in the 100 at the Balboa Relays, while Oceanside soph Jamal Green was impressive in winning another division at the same meet. UC's Williams has a hand-time of 10.5 to his credit and has looked good all year. RBV's Leon Hawes has really come on lately also, and has the fastest automatic time, 10.86, run at Titan.

In the longer dash, Williams, Lane, Green, Burston, Carter, San Diego's Tony Graham and several others are running well. Williams has a 21.75, automatic.

Still to be heard from are the El Camino sprinters.

Monte Vista's McKinney leads the girls 100 list with her 12.31 (auto) at Arcadia. Garner has a 12.0 (hand), just ahead of UC junior Atiba Green (12.1). Morse great Kunesha Miller has been relatively quiet in the 100 (12.6) but has been running well in the 200 (25.7) and 400 (59.3).

There is a bunch of young talent. Four freshmen girls are among the top nine girls (hand-timed) in the 200.

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Vanessa Hanley, University
Has relay split of 2:17.8 for 800.

In the girls 200, Garner paces the hand-timed list with her 25.0 at Pacific Rim, while McKinney tops the auto list with a 26.00 at Arcadia.

"She (McKinney) cramped up in that race," Monte Vista coach Rodney Van reported. "They treated her at the meet, and the trainers said it definitely wasn't a pull."

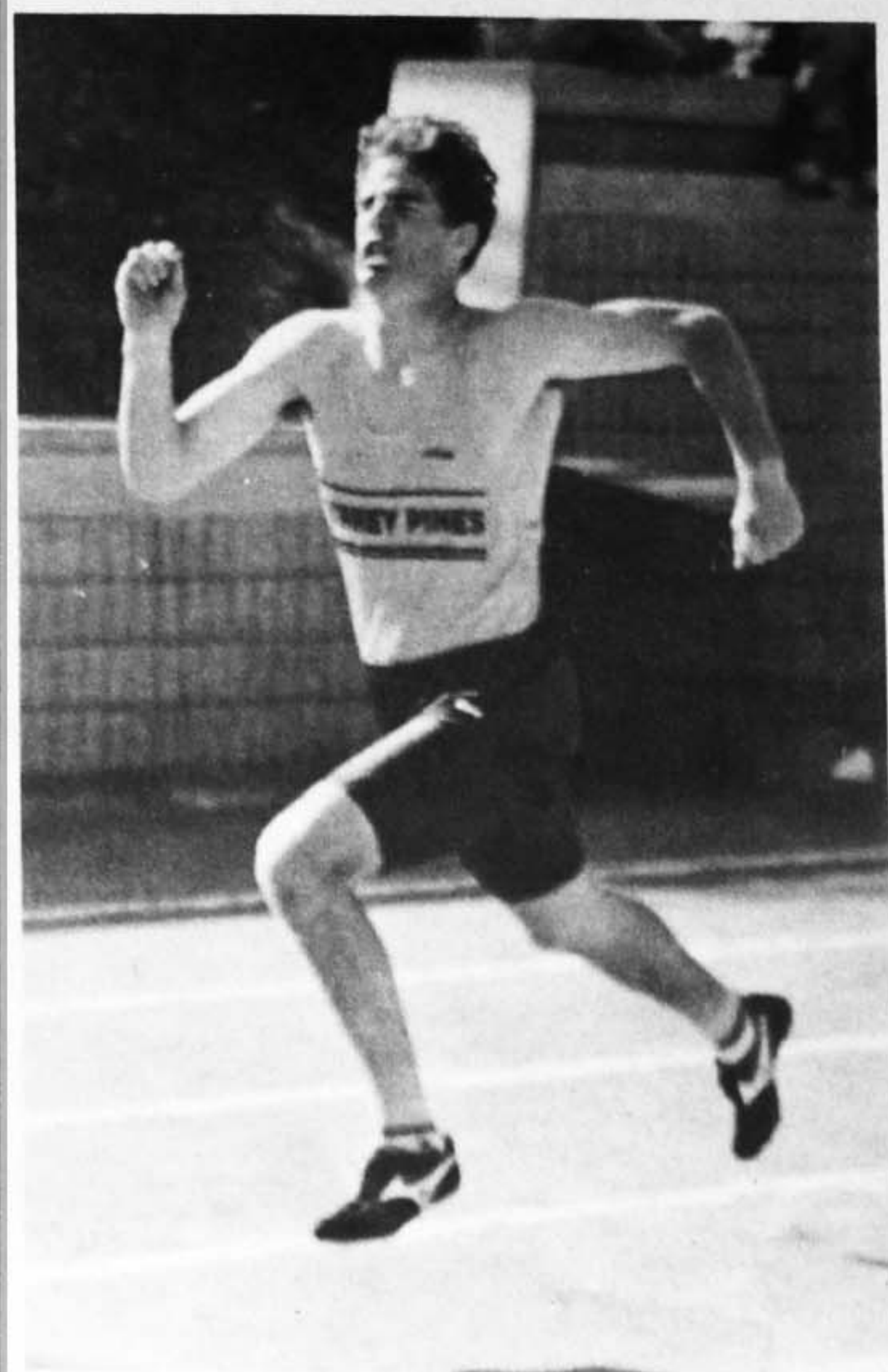
Relays:

If El Camino doesn't get it together in the 4x100 boys race, the mantle could fall to University City (42.30 at Arcadia), Morse (42.72 at Arcadia) or maybe Rancho Buena Vista (42.3 hand, at Titan).

UC leads the pack in the boys 4x400 with a 3:21.1 at Arcadia, but Morse has a 3:21.4. A section showdown with UC's Williams and



Alana Harrell, La Jolla
Has jumped 16-5 1/2, 36-2 1/2.



Jake Kuritz, Torrey Pines
Has 14.56 (auto) highs time.

Morse's Burston matching anchor legs is an intriguing possibility.

San Diego and Rancho Bernardo both have plenty of talent in the boys 4x400, but have yet to put together their best race.

The Morse girls comfortably lead both relay lists, with times of 48.5 (hand) and 49.19 (auto) in the 4x100, and a 4:00.6 (at Pacific Rim) in the 4x400.

Rancho Buena Vista, University, El Capitan and other teams will drop their times dramatically in the girls 4x400 as the season winds down.

More on those great throwers...

Last issue's rundown on great shot-put combinations of the past deserves some additional clarification.

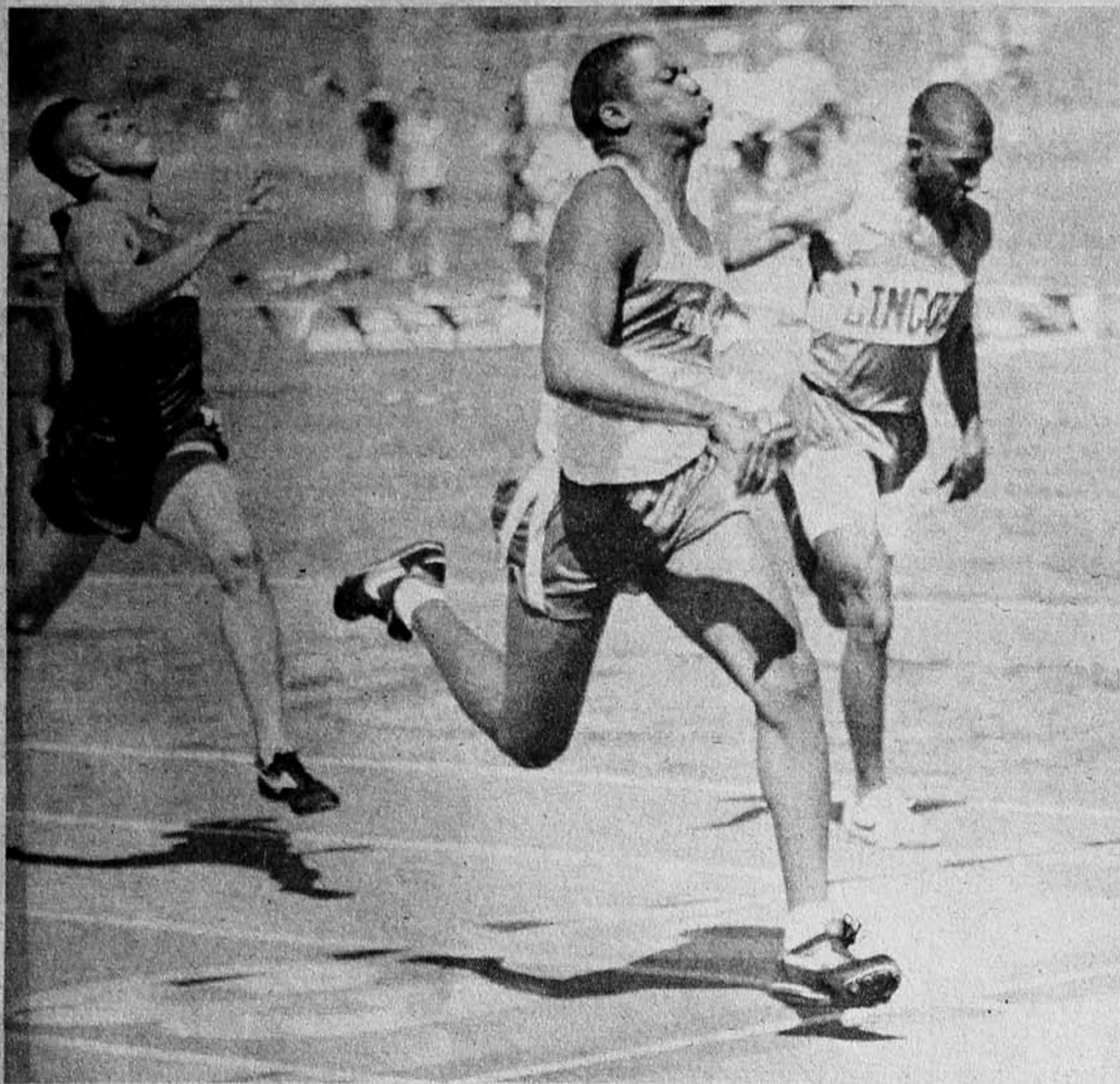
Wayne Layton, who coached El Cajon High in 1974, reminded us that his throwers were even *better* than the marks listed.

In the article, El Cajon had the best three-some ever, with Curt Hampton (65-11 1/4), Mark Malone (57-5) and Bob Barrows (57-0 1/2). Those marks were accurate as far as they went, but it must be noted that Barrows threw 58-10 1/2 a year earlier, in 1973, while Malone, who was just a sophomore in '74, eventually would reach 60-8 by the end of his high school career.

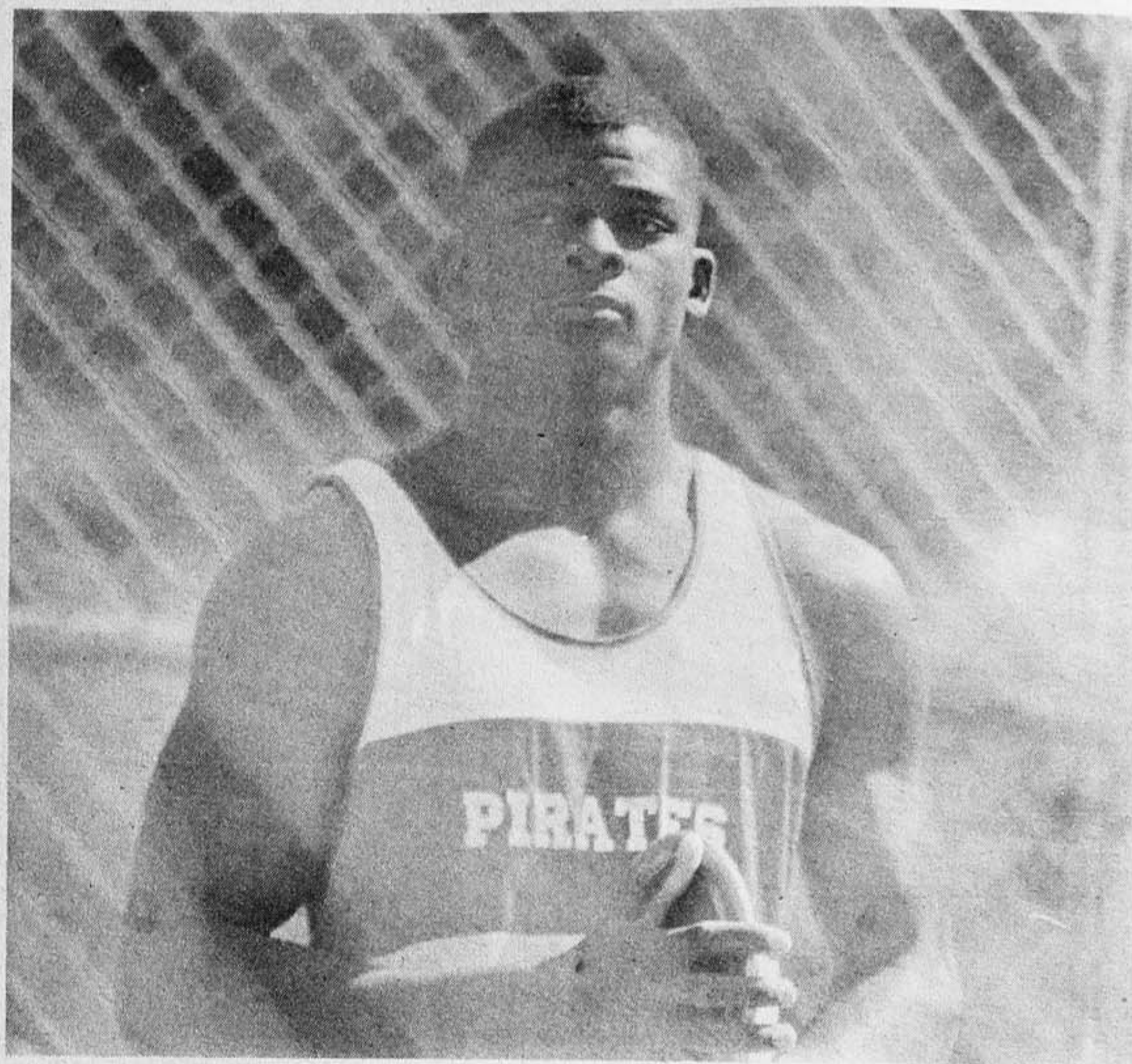
So the Braves of 1974 actually had the services, in the same year, of three throwers whose high school bests were 65-11 1/4, 60-8, and 58-10 1/2, although the marks came in different years.

Also, Layton reminded us that we left out one pretty good shot crew:

Granite Hills, 1974: That team was then coached by current El Cap coach Dick Wilkins, and had three very good putters: Kolstad (56-8 1/2), Goetschius (55-0), and Kuartuccio (54-4 1/2). The dual meet between the '74 El Cajon and Granite Hills teams was legendary, according to Layton, who remembers that throwers in the 55 and 56-foot range couldn't make the finals.



Jamal Green, Oceanside, beats rivals **Alex Martinez**, Montgomery, and **Michael Wakefield**, Lincoln Prep, in 100 at Balboa Relays.



Donald Batiste, Oceanside Has thrown discus 177-feet

Falcon Relays

at Torrey Pines, April 1.

BOYS:

200:

Invitational: McKeaver (Ram) 22.5, Richardson (MiraM) 22.9, Fonss (TP) 23.4.

1500:

Open: Henderson (MiraM) 4:07.0, Sybert (Vista) 4:11.3, Hulsey (TP) 4:11.3, Kirtley (Pow) 4:19.0, McNeely (Pow) 4:23.4, Briceno (Vista) 4:26.0.

300 IH:

A Race: Kuritz (TP) 39.8, Kaiser (MtC) 42.4, Mitchell (OG) 42.8, Acado (Vista) 43.2.

B Race: Amonn (TP) 41.6, Dickman (Pow) 43.1.

4x100 Relay:

Ramona 44.2, Torrey Pines 44.3, Mira Mesa 45.1, Mt. Carmel 45.4, Vista 45.7.

4x200 Relay:

Torrey Pines 1:36.1, Mt. Carmel 1:38.1, Ramona 1:38.5, Vista 1:38.9, Mt. Carmel 1:39.3.

4x400 Relay:

Mt. Carmel 3:30.9, Torrey Pines 3:39.3, Poway 3:40.7, Ramona 3:42.9, Vista 3:51.9.

4x800 Relay:

Mt. Carmel 8:20.6, Torrey Pines 8:30.0, Escondido 8:46.0, Poway 8:46.0, Orange Glen 8:46.9.

Sprint Medley Relay:

Vista 1:40.8, Ramona 1:40.9, Torrey Pines 1:41.1, Mt. Carmel 1:41.5, Poway 1:42.6.

Distance Medley Relay:

Ramona 11:12.8, Poway 11:13.5, Mira Mesa 11:23.5, Torrey Pines 11:33.6, Escondido 11:57.0.

Shuttle Hurdle Relay:

Two Heats, combined results: Torrey Pines 1:00.3, Mt. Carmel 1:04.5, Poway 1:04.7, Vista 1:04.7, Ramona 1:06.9.

High Jump:

Lewis (OG) 6-0, Stewart (Vista) 5-8, Scales (MtC) 5-8.

Pole Vault:

Brown (TP) 14-6, Poirier (MtC) 14-0, Luce (Ram) 13-0.

Long Jump:

McKeaver (Ram) 22-3, Bernard (Pow) 20-8, Felton (MtC) 20-3 1/2.

Triple Jump:

McKeaver (Ram) 42-3, Padilla (MtC) 41-5, Bernard (Pow) 40-10 1/2.

Shot Put:

Sotelo (Ram) 50-10, Conerty (MtC) 49-11 1/2, Fenton (OG) 44-7 1/2, Bracamonte (Esc) 44-6.

Discus Throw:

Sotelo (Ram) 148-8, Bracamonte (Esc) 143-11, Conerty (MtC) 133-3, Owens (OG) 130-9.

GIRLS:

200:

Lee (Pow) 26.3, Romans (Esc) 27.1, Perry (TP) 27.7, Manson (MiraM) 28.4, Legace (Ram) 28.4.

1500:

Stratiff (TP) 4:58.7, Clark (Ram) 5:02.9, Peterson (Esc) 5:04.5, Kilian (Esc) 5:08.2, Lasiter-Thurber (Vista) 5:09.0, Vasek (Pow) 5:10.1.

300 LH:

A Race: Medley (Vista) 49.0, Ray (Ram) 49.3, Mallory (Pow) 50.4, Hernandez (MtC) 50.9, Ricks (MiraM) 52.7.

B Race: Wisnosky (Pow) 50.7, Connor (TP) 52.1,



Patrick Henry's **Clinton Lane** wins a close 100-meters at the Balboa Relays. Among his victims were (from left) **Thomas Graham**, San Diego, **Lydell Burston**, Morse, and **Aminifu Johnson**, Helix.

Speer (MtC) 52.3, Stuart (Ram) 52.8.

4x100 Relay:

Poway 50.9, Mt. Carmel 51.9, Mira Mesa 52.7, Escondido 52.9, Torrey Pines 53.1, Vista 56.4.

4x200 Relay:

Poway 1:51.2, Torrey Pines 1:56.9, Vista 1:57.3, Mt. Carmel 1:58.4, Orange Glen 2:00.0.

4x400 Relay:

Mt. Carmel 4:10.9, Torrey Pines 4:11.9, Poway 4:18.7, Vista 4:23.0, Ramona 4:24.9.

4x800 Relay:

Vista 9:50.0, Ramona 10:16.7, Torrey Pines 10:19.2, Orange Glen 10:23.1, Poway 10:31.8.

Sprint Medley Relay:

Torrey Pines 1:58.0, Poway 1:59.1, Escondido 2:03.0, Orange Glen 2:03.8, Mt. Carmel 2:04.4.

Distance Medley Relay:

Ramona 13:20.0, Mt. Carmel 13:22.6, Escondido 13:25.4, Poway 13:26.9, Torrey Pines 13:55.5.

Shuttle Hurdle Relay:

Two heats, combined results: Ramona 1:10.1, Mira Mesa 1:10.3, Poway 1:10.4.

High Jump:

Barnett (Pow) 5-2, Eberhardt (MiraM) 5-0, Bell (Ram) 5-0, Potter (TP) 5-0.

Pole Vault:

Draher (MiraM) 8-0, Barnes (Ram) 7-6, Schantz (MtC) 7-0.

Long Jump:

Nolan (TP) 15-8 1/2, Trout (Esc) 15-4, Bogart (TP) 15-3.

Triple Jump:

Panion (Vista) 31-3, Smoot (TP) 31-0 1/2, Jakovich (MiraM) 31-0, Costello (Vista) 30-11.

Shot Put:

Sanders (OG) 35-8 1/2, Smith (MiraM) 35-3, Hernandez (Esc) 33-3 1/2, McInish (Ram) 32-8 1/2, Homer

(MiraM) 31-9, Hutchinson (OG) 31-8.

Discus Throw:

Smith (MiraM) 113-6, Dacunoz (Vista) 104-2, Murray (Ram) 103-3, Sanders (OG) 96-2.

DUALS:

Bonita Vista, Montgomery

March 30.

BOYS: Bonita Vista 70, Montgomery 65.

100: A. Martinez (M) 10.9, Oliver (BV) 11.1, Braulio (M) 11.1. 220: A. Martinez (M) 22.6. 880: Smith (BV) 2:08.7. Mile: Smith (BV) 4:41.7. 110 HH: DePass (M) 15.0. 330 IH: DePass (M) 42.5. 400 Relay: Montgomery, 45.1. Mile Relay: Montgomery, 3:37.1.

HJ: Foreman (BV) 6-0. DT: Alcalá (M) 127-10.

GIRLS: Bonita Vista 117, Montgom'y 19.

100: T. Shelton (M) and Smith (BV) tied, 12.6. 220: Smith (BV) 26.8, T. Shelton (M) 27.1. 440: Phillips (BV) 67.9. Mile: Costello (BV) 5:38. 440 Relay: Bonita Vista, 52.9. Mile Relay: Bonita Vista, 4:26.3.

DT: Breaux (BV) 92-9.

Montgomery, Eastlake

April 6.

BOYS: Montgomery 93, Eastlake 45.

100: A. Martinez (M) 10.7w, Braulio (M) 11.1w. 220: A. Martinez (M) 22.9. 110 HH: DePass (M) 14.9w. 330 IH: DePass (M) 41.4.

PV: Cintron (E) 13-0. DT: Alcalá (M) 125-3.

GIRLS: Montgomery 64, Eastlake 61.

100: T. Shelton (M) 12.6. 220: T. Shelton 27.1. 440: Snyder (M) 68.4.

Best 1995 Relay Marks:

Editor's note: Results reflect the best effort by a school from among a number of different relay and invitational meets. Among the missing results are the Balboa and Mustang Relays, and a few races from the Bronco (boys sprint medley) and Titan meets (boys and girls 4x200 relay). Shuttle hurdle relays are not listed because there was little or no standard race format.

Split times were provided by coaches. Some may not add up to exact total time because of rounding off of fractions of seconds.

Distance Medley Relay (1200-400-800-1600)

GIRLS:

- 12:43.11a El Capitan (Titan)
- 12:44.02a University (Titan)
- 12:49.10a Vista (Titan)
- 12:52.9 Scripps Ranch (Arcadia)
- 12:53.5 Fallbrook (Arcadia)
- 13:00.5 Granite Hills (Wolfpack)
- 13:04.81a La Jolla (Titan)
- 13:05.3 Ramona (Wolfpack)
- 13:07.18a Bonita Vista (Titan)
- 13:07.44a Valhalla (Titan)
- 13:09.74a Rancho Buena Vista (Titan)
- 13:12.26a West Hills (Titan)
- 13:19.51a Torrey Pines (Titan)
- 13:21.1 Santana (Wolfpack)
- 13:21.40a Escondido (Titan)
- 13:22.6 Mt Carmel (Falcon)
- 13:25.11a Poway (Titan)
- 13:27.8 Our Lady of Peace (Wolfpack)
- 13:29.03a Bishop's (Titan)
- 13:30.1 Mira Mesa (Bronco)

SPLITS:

El Capitan: Gregerson 3:49.7, Bowlds 65.7, Jenkins 2:28, Card 5:20.
University: Hanley 3:46, Pfizenmayer 63, Ott 2:24, Giacinti 5:28.
Vista: Batiz 3:55.1, Medley 61.4, El-Farrah 2:22.5, Rodriguez 5:29.8.
Scripps Ranch: Stasko 3:59.7, Fitzpatrick 62.9, Hannaman 2:30.7, Schmidt 5:19.6.
Fallbrook: S. Rohde 3:59.2, Jones 65.9, Mattson 2:29.8, J. Rohde 5:17.9.
Valhalla: Roysdon 5:19.
West Hills: Benedict 2:26, Rendina 5:36.
Santana: Harper 5:18.6.

BOYS:

- 10:34.71a Scripps Ranch (Arcadia)
- 10:37.98a Chula Vista (Arcadia)
- 10:43.37a Rancho Bernardo (Titan)
- 10:48.43a West Hills (Titan)
- 10:53.62a San Dieguito (Titan)
- 11:00.37a Ramona (Titan)
- 11:00.51a Poway (Titan)
- 11:05.45a San Marcos (Titan)
- 11:05.61a Hoover (Titan)
- 11:07.04a Bonita Vista (Titan)
- 11:14.05a San Pasqual (Titan)
- 11:15.9 Mt Carmel (Bronco)
- 11:16.44a Escondido (Titan)
- 11:17.86a Orange Glen (Titan)
- 11:19.3 Fallbrook (Bronco)
- 11:20.40a Serra (Titan)
- 11:20.48a University (Titan)
- 11:21.33a Castle Park (Titan)
- 11:22.01a Valhalla (Titan)
- 11:22.19a El Capitan (Titan)

Splits:

Scripps Ranch: Stewart 3:15.6, Davis 51.8, Bolton 2:00.3, Romero 4:26.4.
Chula Vista: White 3:13, Valdez 51.0, Dunn 1:59, Carrillo 4:32.
Rancho Bernardo: Sanders 3:15, LaBrecque 54, Galaviz 2:04, Larson 4:29.9.
West Hills: Blood 3:25, Hussman 52.8, Diaz 2:04.9, Blain 4:26.
San Dieguito: Randles 4:25.

4x800 Relay

GIRLS:

- 9:41.17a University (Titan)
- 9:46.97a Torrey Pines (Titan)
- 9:50.0 Vista (Falcon)
- 10:09.72a Rancho Bernardo (Titan)
- 10:12.26a West Hills (Titan)
- 10:16.7 Ramona (Falcon)
- 10:22.37a El Capitan (Titan)
- 10:23.1 Orange Glen (Falcon)
- 10:26.87a San Marcos (Titan)
- 10:30.50a Bonita Vista (Titan)
- 10:30.96a La Jolla (Titan)
- 10:31.8 Poway (Falcon)

- 10:39.25a Carlsbad (Titan)
- 10:39.92a Bishop's (Titan)
- 10:45.48a Rancho Buena Vista (Titan)

Splits:

University: Hanley 2:17.8, Ott 2:25, Fischer 2:33, Dr. Carey 2:23.2.
Torrey Pines: Branson 2:25, Nolan 2:25, Coad 2:28, Roth 2:26.
Vista: Shea 2:25.6.
West Hills: Benedict 2:25.7.

BOYS:

- 8:20.3 Rancho Bernardo (Long Beach)
- 8:20.6 Mt Carmel (Falcon)
- 8:23.43a West Hills (Titan)
- 8:28.02a Ramona (Titan)
- 8:30.0 Torrey Pines (Falcon)
- 8:40.92a Poway (Titan)
- 8:40.98a Valhalla (Titan)
- 8:43.25a Bonita Vista (Titan)
- 8:45.06a Orange Glen (Titan)
- 8:45.33a University (Titan)
- 8:46.0 Escondido (Falcon)
- 8:48.96a El Capitan (Titan)
- 8:52.43a Castle Park (Titan)
- 8:52.73a San Marcos (Titan)
- 8:59.36a Patrick Henry (Titan)

Splits:

West Hills: Blood 2:06.9, Meier 2:12.6, Diaz 2:04.0, Blain 1:59.6.
University: Damman 1:59 anchor.

4x1600 Relay:

GIRLS:

- 23:17.42a Rancho Bernardo (Titan)
- 23:20.08a Poway A (Titan)
- 24:23.32a Poway B (Titan)
- 24:24.51a Mt Carmel (Titan)
- 25:25.34a Castle Park (Titan)

BOYS:

- 18:21.56a Rancho Bernardo (Titan)
- 18:50.01a Mt Carmel (Titan)
- 19:06.14a Rancho Bernardo B (Titan)
- 19:09.41a Poway (Titan)
- 19:20.98a Castle Park (Titan)

4xMile:

- 19:22.9 Chula Vista (Sweetwater)

4x200 Relay:

GIRLS:

- 1:49.7 Morse (Sweetwater)
- 1:51.2 Poway (Falcon)
- 1:52.71a West Hills (Titan)
- 1:52.8 Lincoln Prep (Sweetwater)
- 1:53.3 Sweetwater (Sweetwater)
- 1:56.9 Torrey Pines (Falcon)
- 1:57.3 Vista (Falcon)
- 1:58.4 Mt Carmel (Falcon)
- 2:00.0 Orange Glen (Falcon)
- 2:03.6 Mira Mesa (Falcon)

BOYS:

- 1:29.04a University City (Trab Hills)
- 1:33.7 Morse (Sweetwater)
- 1:35.4 San Diego (Sweetwater)
- 1:36.1 Torrey Pines (Falcon)
- 1:38.0 Eastlake (Sweetwater)
- 1:38.1 Mt Carmel (Falcon)
- 1:38.5 Ramona (Falcon)
- 1:38.9 Vista (Falcon)
- 1:39.3 Poway (Falcon)

Sprint Medley Relay (200-100-100-400)

GIRLS:

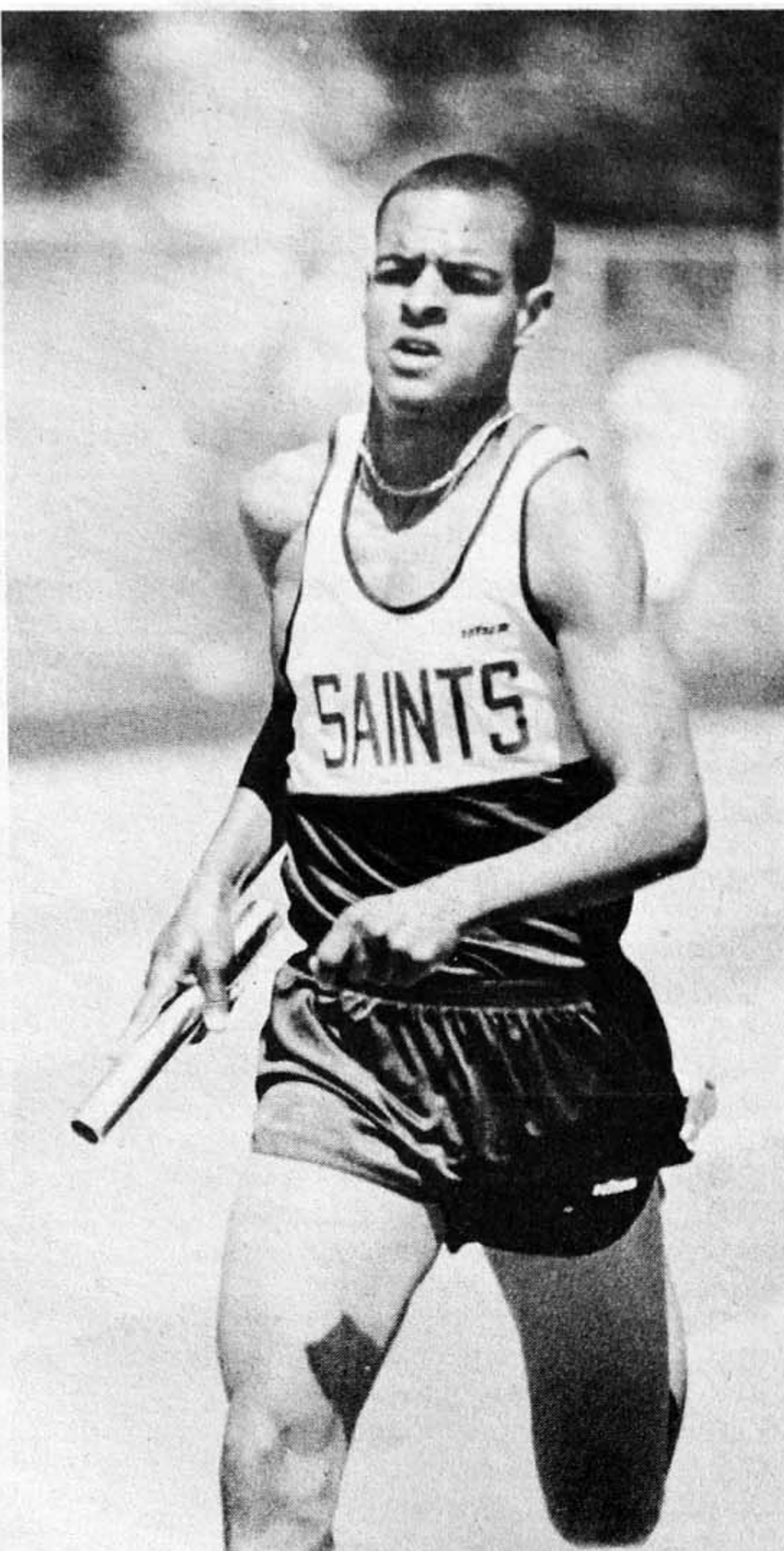
- 1:52.5 Morse (Bronco)
- 1:54.6 Poway (Bronco)
- 1:55.9 Rancho Bernardo (Bronco)
- 1:57.0 El Capitan (Bronco)
- 1:57.7 Granite Hills F/S (Bronco)
- 1:58.0 Torrey Pines (Falcon)
- 1:58.7 Fallbrook (Bronco)
- 1:59.8 Helix F/S (Bronco)
- 1:59.8 Mt Carmel F/S (Bronco)
- 2:01.3 Morse F/S (Bronco)
- 2:01.5 Valhalla (Bronco)
- 2:02.5 San Diego F/S (Bronco)
- 2:03.0 Escondido (Falcon)

BOYS:

- 1:38.0 Morse (Sweetwater)
- 1:38.9 Serra (Sweetwater)
- 1:40.8 Vista (Falcon)
- 1:40.9 Ramona (Falcon)
- 1:41.1 Torrey Pines (Falcon)
- 1:41.5 Mt Carmel (Falcon)
- 1:42.6 Poway (Falcon)
- 1:43.0 Eastlake (Sweetwater)
- 1:43.7 Orange Glen (Falcon)



Kelly Peterson, Escondido
Has run 1600 in 4:19.



J.C. Gross, St. Augustine
400 meters in 50.8.

Best '95 Marks

GIRLS

(Marks received by April 11)
100

Automatic timing:

12.31	McKinney, Monte Vista, 10
12.73	Fopiano, Fallbrook, 11
12.79	Garner, Morse, 11
12.84	Ross, Valhalla
12.89	Loveland, Granite Hills, 9
12.89	Romans, Escondido, 11
12.92	Green, University City, 11
13.01	Lee, Poway, 9
13.13	Smith, Bonita Vista, 11
13.17	DeFord, Hilltop, 12

Hand timing:

12.0	Garner, Morse, 11
12.1	Green, University City, 11
12.2	Loveland, Granite Hills, 9
12.3	Freow, Morse, 9
12.3	McKinney, Monte Vista, 10
12.4	Littleton, Morse, 11
12.4	Wood, Mt Carmel
12.4	Fopiano, Fallbrook, 11
12.6	Miller, Morse, 12
12.6	DeFord, Hilltop, 12
12.6	Ross, Valhalla
12.6	Splitterger, Mt Carmel
12.6	A. Booker, El Camino
12.6	T. Shelton, Montgomery, 10
12.6	Smith, Bonita Vista, 11
12.7	Silva, University
12.7	Johnson, Sweetwater, 12
12.7	Edge, Rancho Buena Vista
12.8	Romans, Escondido, 11
12.8	Shannon, San Diego, 9
12.8	Wilson, Poway, 12
12.8	Perkins, Bishop's, 11
12.8	Barrett, Oceanside
12.8	P. Booker, El Camino
12.8	Frazier, Point Loma
12.8	T. Teagle, Chula Vista, 12
12.8	Dunn, Lincoln Prep

200

Automatic timing:

26.00	McKinney, Monte Vista, 10
26.74	Fopiano, Fallbrook, 11
26.91	Green, University City, 11

Hand timing:

25.0	Garner, Morse, 11
25.6	Edge, Rancho Buena Vista
25.7	Miller, Morse, 12
26.2	Loveland, Granite Hills, 9
26.2	Fopiano, Fallbrook, 11
26.3	Lee, Poway, 9
26.6	Freow, Morse, 9
26.6	DeFord, Hilltop, 12
26.6	Shannon, San Diego, 9
26.7	P. Booker, El Camino
26.7	Gibbs, San Pasqual, 12
26.8	Wilson, Poway, 12
26.9	Green, University City, 11
26.9	Silva, University
27.1	Romans, Escondido, 11
27.3	Kindreich, El Capitan
27.5	Perry, Torrey Pines

220

Hand timing:

26.3	McKinney, Monte Vista, 10
26.8	Smith, Bonita Vista, 11
27.1	T. Shelton, Montgomery, 10
27.1	Ross, Valhalla

400

Automatic timing:

55.93	Garner, Morse, 11
58.89	Gibbs, San Pasqual, 12
60.43	Lee, Poway, 9
60.74	Dr. Carey, University, 10
61.27	Holford, West Hills, 10
62.01	Eichhorst, Valhalla
62.64	Carter, San Marcos, 12
62.91	Johnson, Sweetwater, 12

Hand timing:

58.6	Carpenter, Rancho Buena Vista
59.1	Vickery, El Capitan, 12
59.3	Miller, Morse, 12
59.4	Edge, Rancho Buena Vista
60.6	Roth, Torrey Pines, 10
60.8	Hanley, University, 12
61.2	Shea, Vista, 12
61.5	Dunn, Lincoln Prep
61.7	Branson, Torrey Pines, 10
61.9	M. Ciciarelli, Mt Carmel, 11
61.9	Scaglione, Rancho Bernardo, 12
61.9	Nolan, Torrey Pines, 9



Shelley Fopiano, Fallbrook
Has run 100 in 12.73 (auto).

62.1	Saballet, Mission Bay
62.5	Ortiz, Helix
62.7	Loeschner, Fallbrook, 10
63.4	Rankin, Morse
63.4	Jenkins, El Capitan, 11
63.4	Roeck, Torrey Pines, 9
63.5	Holmes, Granite Hills
440y	
60.0	Loveland, Granite Hills, 9
61.1	Holford, West Hills, 10
62.0	S. Murphy, Granite Hills, 10

800

2:20.2	Lunt, Coronado, 11
2:22.6	Hanley, University, 12
2:25.2	Carter, San Marcos, 12
2:25.5	Roth, Torrey Pines, 10
2:25.89a	Hannaman, Scripps Ranch, 12
2:25.9	M. O'Connor, OLP, 11
2:26.0	Gray, Mira Mesa, 12
2:26.1	Straitiff, Torrey Pines, 11
2:27.0	Beckman, Mt Carmel, 12
2:27.1	Coad, Torrey Pines, 9
2:27.30a	Mallory, Poway, 10
2:27.3	Carpenter, Rancho Buena Vista
2:27.5	Branson, Torrey Pines, 10
2:27.9	Benedict, West Hills, 10
2:27.9	Gregerson, El Capitan, 11
2:28.0	Roysdon, Valhalla, 9
2:28.8	Caster, Granite Hills, 9
2:29.42a	Morales, El Camino
2:30.9	Parker, Sweetwater, 11
2:30.9	Ott, University, 10
2:30.9	Shea, Vista, 12
2:31.1	Nolan, Torrey Pines, 9
2:31.8	Pound, Poway, 10
2:32.0	Bogart, Torrey Pines, 9
2:33.0	Kilian, Escondido, 11
2:33.0	Saylor, Madison, 12

880y

2:24.3	S. Murphy, Granite Hills, 10
2:25.3	Jenkins, El Capitan, 11
2:27.2	Garner, Morse, 11
2:27.7	Beckman, Mt Carmel, 12
2:31.6	Madsen, Mira Mesa, 11

1500

4:51.5	J. Rohde, Fallbrook, 11
4:52.07a	Roysdon, Valhalla, 9
4:55.44a	Straitiff, Torrey Pines, 11
5:01.17a	Peterson, Fallbrook, 12
5:01.64a	Reed, El Camino, 10
5:01.79a	Lasiter-Thurber, Vista, 10
5:02.9	Clark, Ramona, 10
5:03.3	Mattson, Fallbrook, 10

1600

5:14.49a	Lunt, Coronado, 11
5:15.26a	Harper, Santana, 10
5:19.0	Peterson, Escondido, 12
5:20.60a	Stasko, Scripps Ranch, 9
5:20.69a	Hanley, University, 12
5:22.1	J. Rohde, Fallbrook, 11
5:22.17a	Schmidt, Scripps Ranch, 11
5:22.4	Gregerson, El Capitan, 11
5:24.89a	W. Murphy, Granite Hills, 12
5:25.4	O'Connor, La Jolla, 10
5:25.5	Beckman, Mt Carmel, 12
5:26.5	Card, El Capitan, 12
5:26.6	Ott, University, 10
5:27.4	Rafferty, La Jolla, 11

5:27.9	Roysdon, Valhalla, 9
5:27.9	Straitiff, Torrey Pines, 11
5:28.2	Clark, Ramona, 10
5:28.8	Vasek, Poway, 10
5:30.0	Rumble, Orange Glen, 9
5:30.0	Rafferty, La Jolla, 11
5:30.0	Kilian, Escondido, 11
5:32.4	Koscki, Poway, 10
5:32.5	Roane, Ramona, 9
5:33.8	Hawker, Grossmont, 10
5:34.4	Rendina, West Hills, 9

Mile

5:23.7	W. Murphy, Granite Hills, 12
5:24.6	Caster, Granite Hills, 9
5:34.0	Phillips, Bonita Vista, 11

3000

11:01.9	S. Rohde, Fallbrook, 12
11:03.99a	Richter, Rancho Bernardo, 11
11:18.64a	Pickett, Mt Carmel, 12

3200

11:15.1	Schmidt, Scripps Ranch, 11
11:27.6	Pound, Poway, 10
11:29.1	Harper, Santana, 10
11:43.0	Clark, Ramona, 10
11:46.2	Pickett, Mt Carmel, 12
11:51.8	Straitiff, Torrey Pines, 11
11:52.4	Peterson, Escondido, 12
11:53.7	Rodriguez, Vista, 11
11:59.4	Lasiter-Thurber, Vista, 10
12:00.8	J. Rohde, Fallbrook, 11
12:03.1	Mattson, Fallbrook, 10
12:03.5	Giacinti, University, 10
12:03.9	Rumble, Orange Glen, 9
12:04.0	Richter, Rancho Bernardo, 11
12:06.0	W. Murphy, Granite Hills, 12
12:10.0	Rafferty, La Jolla, 11
12:10.8	Vasek, Poway, 10
12:11.2	Rennix, Orange Glen, 10
12:13.9	Rogers, La Jolla, 11
12:15.0	Beckman, Mt Carmel, 12

Two Mile

11:47.8	Card, El Capitan, 12
12:08.0	Caster, Granite Hills, 9

Indoors:

11:52.4	J. Rohde, Fallbrook, 11
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100 H

Automatic timing:

16.05	Eberhardt, Mira Mesa, 11
16.22	Bright, Poway, 12
16.75	Romel, Serra, 12
16.83	Frisch, Bonita Vista

Hand timing:

15.9	Eberhardt, Mira Mesa, 11
16.0	Bright, Poway, 12
16.0	Romel, Serra, 12
16.0	Vickery, El Capitan, 12
16.2	Barrett, Oceanside, 11
16.2	Gwin, El Camino
16.3	Sanford, Lincoln Prep, 11
16.3	Manson, Mira Mesa
16.4	Doolittle, Torrey Pines, 11
16.6	Hernandez, Mt Carmel
16.6	Bryant, Granite Hills
16.8	Frisch, Bonita Vista, 10
16.8	Kim, University, 12
16.9	Greene, Poway, 12
16.9	Bell, Ramona, 12
16.9	Medley, Vista, 12
16.9	Carter, Rancho Bernardo
16.9	McCallam, Eastlake
16.9	Kucharski, Rancho Buena Vista
16.9	Scott, Crawford
16.9	Pennock, West Hills
16.9	Ray, Ramona
16.9	Morgan, Serra
16.9	Mora, University, 10

300 LH

Automatic timing:

45.11	Vickery, El Capitan, 12
47.55	Acero, Hilltop

Hand timing:

48.5	Manson, Mira Mesa
48.8	Medley, Vista, 12
48.8	Ray, Ramona
48.8	Stone, Rancho Bernardo, 12
49.0	Rodriguez, Granite Hills
49.0	Hernandez, Mt Carmel
49.6	Mallory, Poway, 10
49.6	Ricks, Mira Mesa
49.9	Romel, Serra, 12
49.9	Wisnosky, Poway, 11
50.4	Wilson, San Diego
50.8	Frisch, Bonita Vista, 10
51.7	Burties, Mount Miguel
51.7	Kim, University, 12
52.0	Doolittle, Torrey Pines, 11
52.1	Connor, Torrey Pines
52.3	Speer, Mt Carmel

Best '95 Marks

FROM PAGE 8

52.4	Sandler, Torrey Pines, 9
52.6	Bright, Poway
52.6	DeStigter, Calvin Christian, 12
52.8	Stuart, Ramona
53.0	Turner, Escondido, 10
53.1	Verdun, Serra
53.3	Brown, El Cajon

330 LH

Hand timing:	
49.6	Scott, Crawford
49.8	Garner, Morse, 11
50.0	Bryant, Granite Hills
53.0	Eberhardt, Mira Mesa, 11

4x100 Relay

Automatic timing:	
49.19	Morse
50.50	Lincoln Prep
50.51	Poway
50.54	Fallbrook
50.59	Rancho Buena Vista
50.91	University City
51.01	El Camino
51.13	University
51.44	Mt. Carmel
51.51	Sweetwater
51.82	Hilltop
51.83	Granite Hills
51.94	El Capitan
52.47	San Diego
52.61	West Hills
52.94	Escondido

Hand timing:	
48.5	Morse (Garner, Littleton, Rankin, Miller)

50.2	Poway
50.3	Rancho Buena Vista
51.8	Granite Hills
51.8	El Capitan
52.2	San Diego
52.2	Bonita Vista
52.3	Orange Glen
52.3	Torrey Pines
52.5	Oceanside
52.9	Monte Vista
52.9	Escondido
53.0	Rancho Bernardo
53.6	Bishop's
53.7	San Marcos

4x110y Relay

Hand timing:	
49.1	Morse
51.9	Valhalla
52.6	Mira Mesa

4x400 Relay

4:00.6	Morse
4:06.41a	El Capitan
4:09.8	Rancho Buena Vista
4:10.1	University
4:10.9	Mt. Carmel
4:11.06a	Torrey Pines
4:13.29a	San Pasqual
4:13.7	Poway
4:13.88a	West Hills
4:13.6	Granite Hills
4:14.08a	Castle Park
4:14.10a	El Camino
4:14.25a	Mira Mesa
4:14.5	Hilltop
4:14.5	Sweetwater
4:16.0	Vista
4:16.5	Bishop's
4:17.7	Our Lady of Peace
4:17.9	Helix
4:19.36a	Valhalla
4:20.78a	Patrick Henry
4:21.6	La Jolla
4:22.5	Ramona
4:22.7	Scripps Ranch
4:24.0	University City

High Jump

5-6	Bell, Ramona, 12
5-5	Eberhardt, Mira Mesa, 11
5-4	Gertsch, San Pasqual
5-4	Barnett, Poway, 10
5-4	Hunter, Morse
5-4	Sanford, Lincoln Prep, 11
5-3	Underhill, Rancho Buena Vista, 10
5-3	Sobers, University City
5-2	Ezell, Morse, 11
5-2	Chaney, Ramona, 12
5-2	G. English, Oceanside, 10
5-2	Dr. Carey, University, 10
5-2	Potter, Torrey Pines



Lisa Underhill, Rancho Buena Vista
Soph has high jumped 5-3.

5-2	Allyn, Vista
5-0	Keays, Our Lady of Peace, 10
5-0	Manson, Mira Mesa
5-0	Jines, Santana
5-0	McClelland, Eastlake
5-0	Nolte, Our Lady of Peace
5-0	Curtis, West Hills
5-0	McClain, Fallbrook
5-0	Williams, Serra
5-0	Steadman, University
5-0	Prior, University
5-0	Wheaton, Orange Glen
5-0	Mueller, Rancho Bernardo
5-0	White, Rancho Bernardo
5-0	Teigen, El Capitan, 12
5-0	Lover, Lincoln

Pole Vault

9-6	Ewing, Fallbrook, 12
9-0	Draher, Mira Mesa, 12
9-0	Hemmingway, Torrey Pines, 10
9-0	Barnes, Ramona
8-6	Shipp, Chula Vista
8-0	Murdock, Helix, 11
8-0	Taft, Rancho Buena Vista
8-0	Homer, Mira Mesa
8-0	Serrano, San Marcos, 12
7-6	Redman, Poway, 11
7-6	Hawkins, El Capitan
7-6	Boettenbach, El Capitan
7-6	Davis, Orange Glen
7-6	McClain, Fallbrook
7-6	McGurk, Poway, 9
7-6	Ward, Orange Glen
7-6	Pratt, Fallbrook, 10
7-6	Nakata, Bonita Vista, 12
7-6	Benge, Rancho Buena Vista
7-6	Flugge, Orange Glen
7-6	Delmont, Poway
7-6	Ebling, El Capitan
7-6	McFarlane, Rancho Buena Vista
7-0	Many

Long Jump

17-9	McKinney, Monte Vista, 10
17-7 1/2	Loveland, Granite Hills, 9
17-2	Perkins, Bishop's, 11
16-11 1/2	Wilson, Poway

16-11 1/2	Gwin, El Camino
16-11	McGehee, University, 9
16-10	Sanford, Lincoln Prep, 11
16-7 1/2	McClain, Fallbrook
16-7	Jackson, Serra
16-5 1/2	Harrell, La Jolla, 12
16-4	Prior, University
16-3	Underhill, Rancho Buena Vista, 10
16-2	Medley, Vista, 12
16-1 1/4	Kindreich, El Capitan
16-1	Hunter, Morse
16-1	Nolan, Torrey Pines, 9
16-1	Taylor, El Camino
16-0 1/2	Curran, Granite Hills
16-0	Bryant, Granite Hills
16-0	Hunter, Morse
15-10	Sobers, University City
15-10	Trout, Escondido, 9
15-9 1/4	Ciborowski, Granite Hills
15-7 1/2	Barrett, Oceanside, 11
15-7	Serrano, San Marcos, 12

Triple Jump

38-0	Whyte, San Pasqual, 11
36-5	McAlister, Granite Hills
36-4	Perkins, Bishop's, 11
36-2 1/2	Harrell, La Jolla, 12
36-0	Blair, University
35-5	Hunter, Morse
35-2	Ciborowski, Granite Hills
34-11 3/4	Sanford, Lincoln Prep, 11
34-9	Taylor, El Camino
34-6	McGehee, University, 9
34-5 1/2	McClain, Fallbrook
34-5	Curran, Granite Hills
34-5	P. Booker, El Camino
34-4	Hermansen, Ranch Buena Vista, 12
34-2	Johnson, Castle Park
34-1 1/2	Bowen, Granite Hills
33-10	Sobers, University City
33-8 1/4	Benjamin, Rancho Buena Vista
33-7 1/2	Hernandez, Mt Carmel
33-7	Dennison, Orange Glen
33-2 1/2	Mahone, Lincoln Prep
33-0	Medley, Vista, 12
32-11 3/4	Drake, Mira Mesa, 12
32-9	Ruffner, Poway, 12
32-8 1/2	Serrano, San Marcos, 12
32-7	DeStigter, Calvin Christian, 12
32-7	Lebkeucher, West Hills, 11

Shot Put

41-3	Suppa, Torrey Pines, 12
37-9	Richmond, Monte Vista, 12
37-3	Matheny, Santana, 12
37-1	Holmes, Henry, 11
36-6	Smith, Mira Mesa, 12
36-0	T. English, Oceanside, 11
35-8 1/2	Sanders, Orange Glen
35-6	Tagaleo'o, El Camino
34-6 1/2	Logan, Orange Glen
34-6 1/2	Hernandez, Escondido, 11
34-3	McInish, Ramona
33-9 3/4	Crouch, El Capitan, 10
33-8 1/2	Van Der Pers, El Cajon, 12
33-8	Thompson, Escondido, 12
33-7	Clarke, Rancho Bernardo, 10
33-6	C. Ciciarelli, Mt Carmel
33-4	Murray, Ramona
33-2	Tucker, Granite Hills, 12
33-2	Kaiwi, Rancho Bernardo, 11
33-0 3/4	Magana, Fallbrook, 11
32-11	Millan, Sweetwater, 10
32-10	Homer, Mira Mesa
32-10	Lear, Scripps Ranch
32-9	Broadus, El Capitan
32-6 1/2	Rutherford, Mira Mesa

Discus Throw

131-5	Richmond, Monte Vista, 12
129-6	Magana, Fallbrook, 11
121-2	Matheny, Santana, 12
119-1	Smith, Mira Mesa, 12
118-10	S. McGrath, Point Loma, 11
118-2	Crouch, El Capitan, 10
117-2	Logan, Orange Glen
116-10	Breisacher, El Capitan, 12
112-5	E. McGrath, Point Loma, 10
110-9	Tucker, Granite Hills, 12
109-0	Suppa, Torrey Pines, 12
108-6	Van Der Pers, El Cajon, 12
108-3	Matheny, Santana, 12
107-6	Sanders, Orange Glen
104-4	C. Ciciarelli, Mt Carmel
104-4	Hernandez, Escondido, 11
104-2	Tupola, Rancho Buena Vista
104-2	Dacunoz, Vista
103-10	Clarke, Rancho Bernardo, 10
103-8	Murray, Ramona
102-7	Quinn, Mira Mesa
102-4	Shatzer, Rancho Bernardo
102-1	Andersen, Valhalla
101-1	McInish, Ramona

Best '95 Marks

BOYS:

(Marks received by April 12)
100

Automatic timing:

10.86	Hawes, Rancho Buena Vista, 12
10.91	Williams, University City, 11
10.94	McKeaver, Ramona, 12
11.04	Johnson, Scripps Ranch, 12
11.11	Richardson, Mira Mesa
11.17	Lane, Patrick Henry, 12
11.19	Green, Oceanside, 10
11.21	Miller, Monte Vista
11.21	Fonss, Torrey Pines

Hand timing:

10.6	Williams, University City, 11
10.6	Hawes, Rancho Buena Vista, 12
10.7	Burston, Morse, 11
10.7	Green, Oceanside, 10
10.7w	A. Martinez, Montgomery, 12
10.7	Tony Graham, San Diego
10.7	Jones, Morse, 10
10.7w	Rohr, Hoover
10.8	Eubanks, El Camino, 12
10.8	Fonss, Torrey Pines
10.8	Richardson, Mira Mesa
10.8	Abrams, Rancho Buena Vista
10.9	Johnson, Scripps Ranch, 12
10.9	McKeaver, Ramona, 12
10.9	Swink, Serra, 12
11.0	Zamora, Hoover
11.0	Sanchez, University City, 12
11.0	Johnson, Helix, 11
11.0	Braulio, Montgomery
11.0	Green, Rancho Buena Vista
11.0	Abraham, Escondido

200

Automatic timing:

21.75	Williams, University City, 11
22.66	Lane, Patrick Henry, 12

Hand timing:

21.9	Lane, Patrick Henry, 12
21.9	Thom. Graham, San Diego
21.9	Eubanks, El Camino, 12
22.0	Tony Graham, San Diego
22.0	Green, Oceanside, 10
22.0	Burston, Morse, 11
22.1	Jones, Morse, 10
22.4	Carter, Morse, 11
22.4	Scott, Rancho Bernardo, 12
22.5	McKeaver, Ramona, 12
22.5	Sanchez, University City, 12
22.5	Waldheim, University City, 12
22.5	Hawes, Rancho Buena Vista, 12
22.6	Ligon, San Diego
22.6	Fonss, Torrey Pines
22.6	Kuritz, Torrey Pines, 11
22.7	Swink, Serra, 12
22.7	Baker, Mira Mesa
22.8	Abrams, Rancho Buena Vista
22.9	Salimi, Rancho Bernardo, 11
22.9	Barker, San Dieguito
22.9	Fell, Rancho Bernardo, 12
22.9	Richardson, Mira Mesa
22.9	Lewis, Mount Miguel
22.9	Gaabuyachan, Mar Vista, 12

220y

Hand timing:

22.6	Washington, Southwest
22.6	A. Martinez, Montgomery, 12
22.6	Fields, Valhalla, 11
22.8	Wakefield, Lincoln Prep
23.0	Washington, Southwest

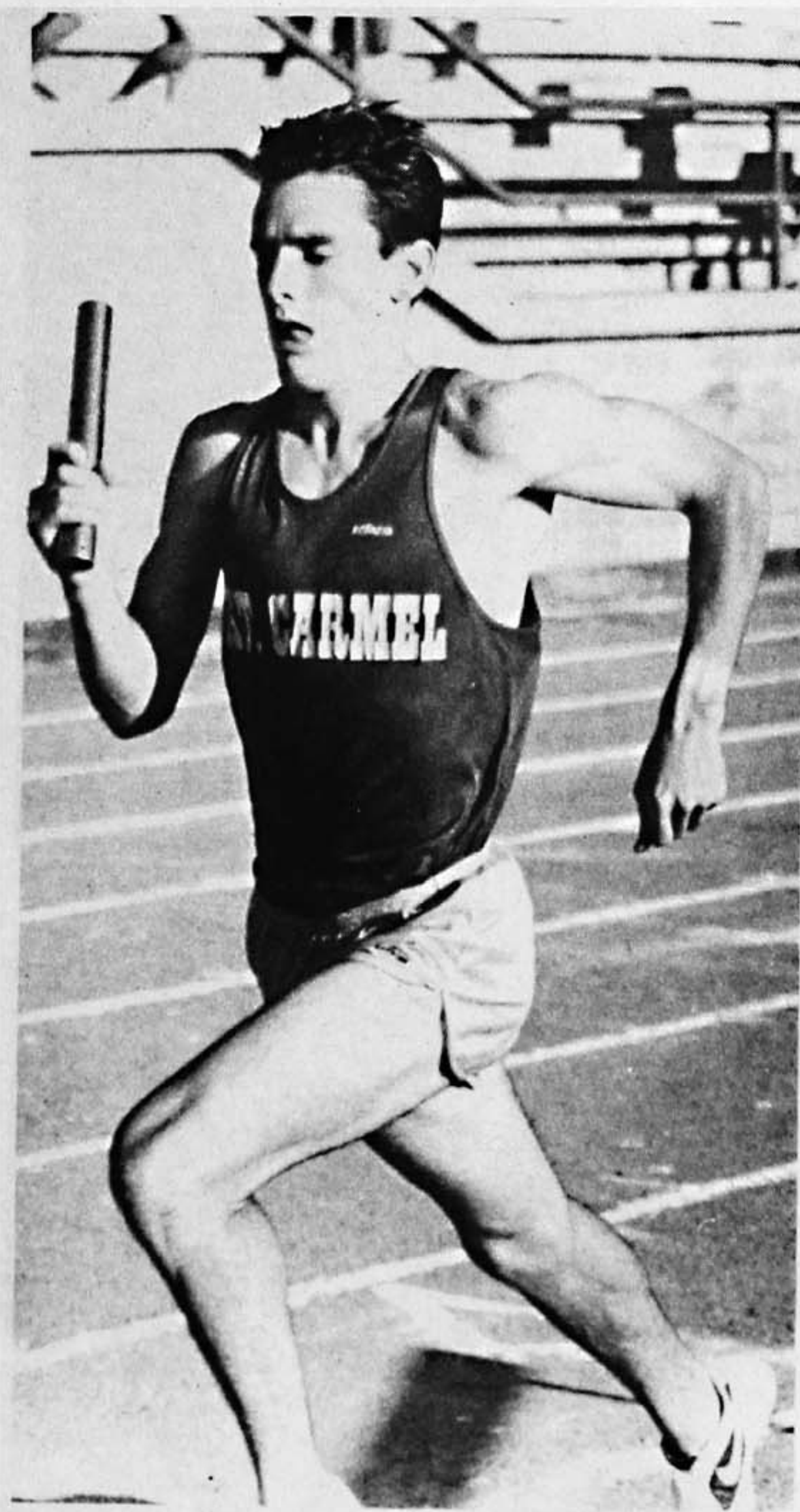
400

Automatic timing:

47.61	Burston, Morse, 11
49.00	Lane, Patrick Henry, 12
49.44	Wakefield, Lincoln
49.62	Carter, Morse, 11
50.01	Sanchez, Escondido, 11
50.18	Waldheim, University City
51.39	Jackson, Serra, 9
51.53	Fields, Valhalla, 11

Hand timing:

48.8	Lane, Patrick Henry, 12
48.8	Carter, Morse, 11
50.7	Ligon, San Diego
50.8	Gross, St. Augustine, 12
51.1	Hamilton, Mount Miguel
51.3	Jenkins, Mission Bay
51.3	Ruh, Mount Miguel
51.4	Scott, Rancho Bernardo, 12
51.5	Thom. Graham, San Diego
51.5	Markle, San Diego
51.5	Gaabuyachan, Mar Vista, 12
51.7	Bash, San Pasqual



Greg Nett, Mt. Carmel

Has run 1600 in 4:12.26.

51.8	Gross, Granite Hills, 12
51.8	Sanders, El Camino
51.9	Valdez, Chula Vista, 12
52.0	White, Chula Vista, 12
52.0	Lumbwele, Hoover
52.2	Clark, El Capitan, 12
52.5	Jones, Serra

440

Hand timing:

49.9	Williams, University City, 11
50.4	Sanchez, University City, 12
51.6	Jackson, Serra, 9
51.9	Koreski, El Cajon, 12
52.2	Rogers, Monte Vista

800

1:55.79a	White, Chula Vista, 12
1:56.5	Henderson, Mira Mesa, 11
1:56.88a	Brown, Crawford, 11
1:58.18a	Sanders, Rancho Bernardo, 12
1:59.1	Weaver, Fallbrook, 11
1:59.4	Romero, Scripps Ranch, 12
1:59.54a	Mavromatis, Mount Miguel, 10
1:59.6	Dunn, Chula Vista, 12
2:00.7	Nett, Mt Carmel, 12
2:00.89a	Davis, Scripps Ranch
2:00.9	McQuitty, Grossmont, 11
2:01.01a	Gross, St. Augustine, 12
2:01.2	Carter, Morse, 11
2:01.6	Short, Rancho Bernardo, 12
2:02.3	Bolton, Scripps Ranch, 11
2:02.8	Halsey, Rancho Buena Vista
2:03.0	Carney, Torrey Pines, 12
2:03.2	Markle, San Diego
2:03.2	Sybert, Vista, 12
2:03.7	Coleman, Scripps Ranch
2:03.9	Kloos, El Camino, 12

880

2:02.9	Smith, Bonita Vista, 12
--------	-------------------------

1500

4:07.0	Henderson, Mira Mesa, 11
4:07.52a	Kloos, El Camino, 12
4:07.61a	Smith, Bonita Vista
4:10.54a	Abdusalam, Hoover, 11
4:11.01a	Romero, San Pasqual, 12
4:11.3	Sybert, Vista, 12
4:11.3	Hulsey, Torrey Pines, 10

1600

4:10.97a	Henderson, Mira Mesa, 11
4:12.26a	Nett, Mt Carmel, 12
4:19.0	Romero, Scripps Ranch, 12
4:20.0	Bowes, Scripps Ranch, 12

4:21.8	McQuitty, Grossmont, 11
4:22.35a	Smith, Bonita Vista
4:24.6	Kirtley, Poway, 11
4:25.9	McQuitty, Grossmont, 11
4:27.2	Sanders, Rancho Bernardo, 12
4:28.3	Hulsey, Torrey Pines, 10
4:28.8	Schuil, Mt Carmel
4:29.0	Abdusalam, Hoover, 11
4:29.0	Larson, Rancho Bernardo, 12
4:29.04a	Carrillo, Chula Vista, 12
4:29.8	Kloos, El Camino, 12
4:30.8	Sybert, Vista, 12
4:30.9	Blain, West Hills, 12
4:31.59a	Martinez, Chula Vista, 12
4:31.75a	Holmes, Mission Bay, 12
4:32.58a	Guevara, San Marcos, 12
4:32.58	Werdenburg, Point Loma, 12
4:33.0	Short, Rancho Bernardo, 12
4:34.0	Romero, San Pasqual, 12
4:34	Galaviz, Rancho Bernardo, 10
4:35.7	Damman, University, 12

3000

9:05	Carrillo, Chula Vista, 12
9:06.31a	Romero, San Pasqual, 12
9:16.03a	Kirtley, Poway, 11
9:18.8	Coughlin, Fallbrook, 11

3200

9:16.0	Bowes, Scripps Ranch, 12
9:19.26a	McQuitty, Grossmont, 11
9:38.7	Henderson, Mira Mesa, 11
9:40.8	Larson, Rancho Bernardo, 12
9:41.1	Nett, Mt Carmel, 12
9:43.0	Kirtley, Poway, 11
9:44.2	Romero, San Pasqual, 12
9:46.0	Sybert, Vista, 12
9:46.8	Meisner, Rancho Bernardo, 12
9:49.9	Galaviz, Rancho Bernardo, 10
9:50.1	Damman, University, 12
9:51.4	Short, Rancho Bernardo, 12
9:56.0	Ketcham, Vista, 10
9:56.0	Glass, Ramona, 12
9:56.6	Tello, Rancho Bernardo, 10
9:58.1	Hulsey, Torrey Pines, 10
9:59.1	Randles, San Dieguito, 11

110 HH

Automatic timing:

14.56	Kuritz, Torrey Pines, 11
14.74	Fell, Rancho Bernardo, 12
15.34	Rogers, Monte Vista
15.39	John, Rancho Buena Vista
15.53	Lewis, El Capitan
15.57	Benson, Orange Glen
15.88	Flatts, Sweetwater
15.91	Jackson, University City

Hand timing:

14.3	Forte, El Camino, 12
14.3	Kuritz, Torrey Pines, 11
14.5	Fell, Rancho Bernardo, 12
14.8	John, Rancho Buena Vista
14.9	Rogers, Monte Vista, 12
14.9w	DePass, Montgomery, 10
15.1	Navarre, Orange Glen
15.4	Lewis, El Capitan
15.4	Smith, Rancho Buena Vista
15.5	Davis, Grossmont
15.5	Benson, Orange Glen
15.5	Pope, Rancho Bernardo, 11
15.6	Pourchet, Francis Parker
15.6	Caiga, Hilltop
15.7	Sliffe, Rancho Buena Vista, 12
15.7	Flatts, Sweetwater
15.8	Graves, San Diego
15.8	Markle, San Diego
15.8	Smith, Grossmont
15.9	Jenkins, Lincoln Prep
15.9	Kaiser, Mt Carmel
15.9	Lewis, El Capitan

300 IH

Automatic timing:

37.19	Sanchez, University City, 12
39.17	Fell, Rancho Bernardo, 12
39.20	Ruh, Mount Miguel
39.83	Clark, El Capitan, 12
40.95	John, Rancho Buena Vista
42.01	Benson, Orange Glen
42.78	Caiga, Hilltop

Hand timing:

38.6	Fell, Rancho Bernardo, 12
39.1	Kuritz, Torrey Pines, 11
39.4	Forte, El Camino, 12
40.4	Markle, San Diego
40.9	Lewis, El Capitan
40.9	Clinger, El Capitan
41.4	Yang, Fallbrook, 12
41.5	Benson, Orange Glen
41.5	Rogers, Monte Vista, 12
41.6	Amonn, Torrey Pines, 11
41.8	Anders, Helix, 11

Is a mark missing?
WE WANT TO KNOW!

SEE PAGE 11

Best '95 Marks

FROM PAGE 10

41.9	Bright, Escondido, 11
42.0	Dalrymple, Poway
42.2	Van Dusen, Granite Hills
42.2	Gissendanner, San Diego
42.4	Pope, Rancho Bernardo, 11
42.4	Kaiser, Mt Carmel
42.5	Dickman, Poway
42.5	Caiga, Hilltop
42.5	McCapes, Santana

330y IH

Hand timing:	
41.4	DePass, Montgomery, 10
41.5	Rogers, Monte Vista, 12

4x100 Relay

Automatic timing:	
42.30	University City
42.72	Morse
43.24	San Diego
43.27	Patrick Henry
44.06	Oceanside
44.12	Ramona
44.27	Monte Vista
44.36	Serra
44.75	Montgomery
44.79	Bonita Vista

Hand timing:	
42.1	University City
42.3	Rancho Buena Vista
42.6	Morse
42.9	Rancho Bernardo
43.4	San Diego
43.6	Oceanside
43.9	Patrick Henry
44.1	Ramona
44.1	Torrey Pines
44.2	Valhalla
44.5	Mira Mesa
44.5	Hoover
44.6	Serra
44.6	Scripps Ranch
44.9	Bonita Vista
44.9	Sweetwater

4x110y Relay

Hand timing:	
44.0	Lincoln Prep

4x400 Relay

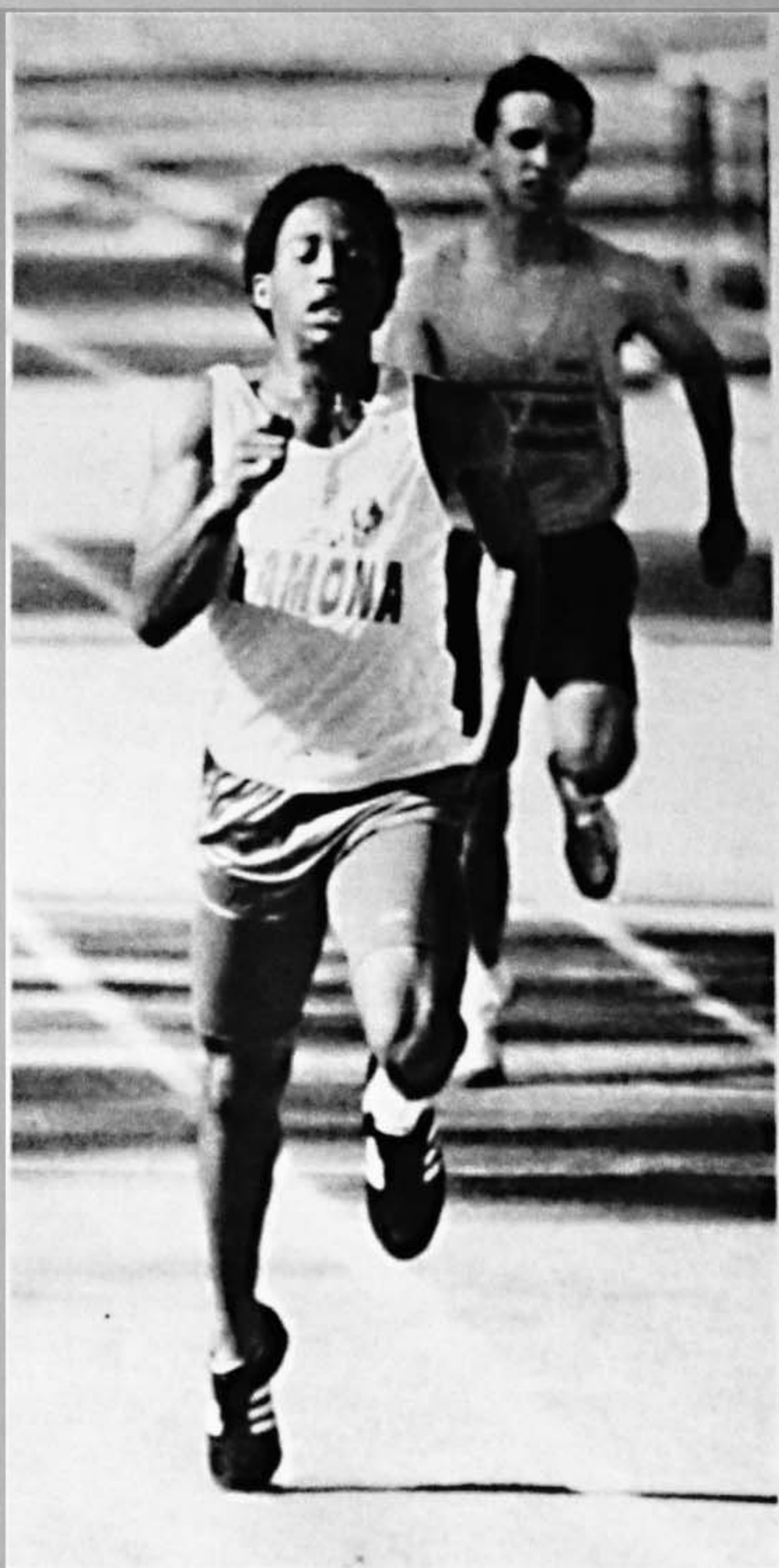
3:21.1	University City
3:21.4	Morse
3:23.4	San Diego
3:26.31a	Rancho Bernardo
3:26.56a	El Capitan
3:29.71a	Mount Miguel
3:29.88a	Mt Carmel
3:31.10a	Chula Vista
3:31.19a	Serra
3:33.8	Lincoln Prep
3:33.91a	Valhalla
3:34.22a	San Pasqual
3:34.7	Helix
3:34.79a	Rancho Buena Vista

Splits:

University City:	Sanchez 48.7, Hemmer 53.2,
Waldheim	51.8, Williams 47.6.

High Jump

6-6	Mitchell, Sweetwater, 11
6-5	Browning, El Capitan, 12
6-5	Davis, Eastlake
6-3	Swink, Serra, 12
6-2	Linz, El Capitan
6-2	Hazarika, Ranch Bernardo, 10
6-2	King, Rancho Buena Vista
6-2	Foreman, Bonita Vista
6-2	Twining, San Dieguito, 10
6-2	Kameron, Eastlake
6-2	Lattilade, Chula Vista, 12
6-1	Frisch, Ramona, 12
6-1	Cooper, Morse
6-1	Lofton, Mount Miguel, 12
6-1	Rudder, Mount Miguel, 10
6-1	Reynolds, Serra
6-0	Raines, El Capitan
6-0	Cook, Morse
6-0	Castejon, Mira Mesa
6-0	K.Johnson, Kearny, 11
6-0	Hartinger, San Pasqual
6-0	Greene, Hilltop, 12
6-0	Daniel, Eastlake
6-0	Mitchell, Rancho Bernardo, 11
6-0	Douglas, University City
6-0	Walker, Kearny, 9
6-0	Mitchell, Serra
6-0	Jessee, Army Navy
6-0	Hakes, Coronado



Mac McKeaver, Ramona
Defending CIF long jump champ.

6-0	Ross, Scripps Ranch
6-0	Lewis, Orange Glen
6-0	Hollins, Escondido, 9
6-0	West, Rancho Buena Vista
6-0	Williams, Mission Bay
6-0	Puma, Torrey Pines, 10

Pole Vault

15-10	Brown, Torrey Pines, 12
15-6	Shimooka, San Pasqual, 12
14-6	Poirier, Mt Carmel, 12
14-0	Marino, Rancho Bernardo, 11
13-6	Gregorson, Rancho Bernardo, 12
13-6	Page, Monte Vista, 11
13-6	McLaughlin, West Hills, 12
13-1	Cheng, Rancho Buena Vista
13-0	Goode, Helix
13-0	Luce, Ramona, 12
13-0	Cintron, Eastlake
13-0	Valdez, Chula Vista, 12
13-0	Clinger, El Capitan
12-6	Grube, Granite Hills, 12
12-6	Dattilo, Rancho Bernardo, 12
12-6	Leahr, San Dieguito, 12
12-6	Sorenson, Hilltop, 12
12-6	Marsh, Santana, 10
12-6	Connole, El Capitan
12-6	Lee, Rancho Bernardo, 11
12-6	Seda, Escondido, 12
12-6	Pontbriand, Escondido, 11

Long Jump

23-0 1/2	Cook, Morse, 12
22-10 3/4	McKeaver, Ramona, 12
22-6 3/4	Forte, El Camino, 12
22-6	Swink, Serra, 12
21-11 1/2	Bernard, Poway, 11
21-11	James, West Hills
21-8 3/4	Abbitt, Serra
21-8 1/2	Pakash, Mt Carmel
21-8	Green, Rancho Buena Vista
21-8	Ross, Scripps Ranch
21-5 1/2	Hawes, Rancho Buena Vista, 12
21-5 1/4	Felton, Mt. Carmel
21-4	Grayer, Castle Park
21-3 1/4	Rudder, Mount Miguel, 10
21-3	Haynes, Henry
21-1 1/2	Foreman, Bonita Vista
21-0	Starks, Serra, 10
21-0	Nears, Kearny, 10
20-11	Cox, Rancho Buena Vista, 11
20-10	Fitzgerald, Fallbrook, 12
20-7	Salimi, Rancho Bernardo, 11
20-4	Lee, Mar Vista

Triple Jump

45-10 1/2	Cox, Rancho Buena Vista, 11
44-0	Browning, El Capitan, 12
44-0	Puma, Torrey Pines, 10
43-6	Jones, El Camino
43-5 1/4	Foreman, Bonita Vista
43-2	James, West Hills
43-1 1/4	Rudder, Mount Miguel, 10
43-0	Marshall, Rancho Buena Vista
42-11 1/4	Wiley, Valhalla
42-11	McKeaver, Ramona, 12
42-9 3/4	Abbitt, Serra
42-9 1/2	Patman, Henry
42-9	Hartinger, San Pasqual
42-8 1/2	Stewart, Rancho Bernardo, 10
42-8 1/2	McGaughy, San Diego
42-6 1/2	Swink, Serra, 12
42-5	McClain, San Diego
41-6	Bernard, Poway, 11
41-5	Padilla, Mt Carmel
41-4	K. Johnson, Kearny, 11
41-1	Miller, Scripps Ranch
40-11 1/2	Powell, Monte Vista, 10
40-7	Vega, University

Shot Put

57-1	Liebe, Granite Hills, 12
52-5 1/2	Herrick, Mt Carmel
52-3 1/2	Sotelo, Ramona, 11
52-3	McComb, Granite Hills
51-7 1/2	Batiste, Oceanside, 12
51-1 1/4	Graham, Fallbrook, 12
50-5 1/2	Matautia, El Camino
49-11 1/2	Conerty, Mt Carmel
49-10 1/2	Rivas, Oceanside, 9
49-3	Gilliam, San Diego, 10
49-0 1/2	Hargett, Carlsbad
49-0	A. Cruz, Kearny, 11
48-8 1/2	Holder, La Jolla Country Day, 12
48-4 1/4	Compton, Helix, 11
47-11 1/4	Collins, Fallbrook
47-9 1/4	Gustafson, Orange Glen
47-9 1/4	Cross, University City
47-5 1/2	Padorka, Rancho Bernardo, 11
46-9 1/2	Perkins, Scripps Ranch, 12
46-6 3/4	Owens, Orange Glen
46-2 1/2	Byrd, El Capitan
46-2 1/4	Peet, West Hills
46-0	Roney, Orange Glen
45-10 1/2	Hamann, Rancho Bernardo, 12
45-7 1/4	Malo, El Camino

Discus Throw

189-8	Liebe, Granite Hills, 12
177-0	Batiste, Oceanside, 12
162-0	McGrath, El Capitan
158-2	Graham, Fallbrook, 12
157-0	Herrick, Mt Carmel
156-5	McComb, Granite Hills
152-3	Gilliam, San Diego, 10
150-3	Bracamonte, Escondido, 12
150-1	Matautia, El Camino
150-0	Sotelo, Ramona, 11
148-10	Curtis, Serra
147-0	Hargett, Carlsbad
146-1	Walcott, Rancho Buena Vista, 12
141-4	Phillips, San Pasqual
140-10	Buehler, Valhalla, 11
140-7	Fear, University City
139-10	Peet, West Hills, 12
137-8	Conerty, Mt Carmel
137-2	Perkins, Scripps Ranch, 12
136-3	Comer, Poway
133-8	Owens, Orange Glen
133-3	Holder, La Jolla Country Day, 12
133-2	Shaw, Santana
133-2	Collins, Fallbrook
133-2	Allen, Fallbrook

NEXT ISSUE

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*Watch for delivery at
Orange Glen
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ALL-TIME TEAMS:

Patrick Henry 1976: Three great stars led Elmer Runge's team

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

Patrick Henry track coach Elmer Runge will hang up the stop-watch and clipboard after this season, ending an era.

Runge, who is retiring as a coach and instructor, has been the track coach at Henry since the school opened in the late 1960s, and he has coached a number of brilliant athletes and great teams while there.

In fact, it's hard to pick out just one outstanding group, although the 1975-76-77 boys teams seem to stand a bit above the others.

We've selected the 1976 boys team to profile, which included three great stars:

Thom Hunt was one of the best distance runners to come out of the San Diego area. He was a senior in 1976, and he had some stunning races in early and mid-season, and bad luck at the end.

David Russell, a great sprinter, was just a junior and was a year away from being a double state-meet champion sprinter.

Greg LaCoste was an excellent high-jumper who still ranks in a tie for third on the all-time San Diego prep high jump list.

There was enough other talent on the team to make it a pre-meet favorite in the CIF championship meet, but bad luck spoiled the Henry chances.

Runge himself thinks that the 1975 Henry squad, which *did* win the CIF championship, might have been a better team.

But the '76 group had a little more star power.

First, there was Hunt. Depending on who you ask, he is arguably the best long distance runner ever from the San Diego area.

THE MARKS:

(All distances are in yards. The long hurdle race at that time was contested at a distance of 330 yards over 30-inch hurdles. All races were hand-timed.)

Patrick Henry boys, 1976

100: David Russell (9.5), Langston (9.9)

220: David Russell (21.1)

440: David Russell (51.2), Barr (52.5), Birely (52.5)

880: Thom Hunt (1:58.0, 1:53.3 relay leg), Wickham (2:01.2)

1 Mile: Thom Hunt (4:06.6, 4:02.7 indoors), Papworth (4:23.5), Anderson (4:30.9)

2 Mile: Thom Hunt (8:45.2), Marshall Spaulding (9:47.7), Mark Gookin (9:57.9)

120 HH: Chapon (15.4)

330 LH: Chapon (39.1), Williams (40.5)

440 Relay: 42.5

1 Mile Relay: 3:22.5

HJ: Greg LaCoste (6-10)

PV: Kilmer (13-6), Mike Convoy (13-0)

LJ: No marks found.

TJ: Richardson (43-2 1/2), Greg LaCoste (41-10)

SP: Barr (51-5), Amerson (49-11 1/2)

DT: King (145-0)

Other marks of note:

Sprint Medley: 3:30.9 (Hunt 1:53.3 anchor)

Distance Medley: 10:40.2

4xMile Relay: 17:59.6 (Hunt 4:10.6 anchor)

Marathon: Thom Hunt (2:24.04)

He still holds the area record in the two-mile (or 3200 meters); ran a mile that only local legend Tim Danielson bested; and competed well in distances up to a marathon (which he ran in 2:24:04 that year).

Hunt began the track season indoors, competing against great open competition in the Jack-In-The-Box indoor meet at the Sports Arena.

There he was timed in 4:02.7 while finishing sixth, behind New Zealand's Rod Dixon and a great international field. That time is still the second fastest local prep time recorded under any conditions. It also broke the national prep indoor record, by almost four seconds.

In mid-season at Arcadia, Hunt produced another big-bang that still reverberates: an 8:45.2 two-mile, which was an amazing effort.

He still holds the meet record at that prestigious invitational, and he broke Dale Fleet's (Clairemont, 1971) area record by more than eight seconds. For details on the race, see accompanying sidebar.

Such outstanding marks made Hunt the early-season favorite to win one or both races in the state meet. But a case of strep throat, contracted in the last few weeks of the season, left Hunt weakened.

Expected to romp at the local CIF meet, Hunt could run "only" 4:14.7 to win the mile, and he was only third in the two-mile in 9:16.3, which at that time was a non-qualifying spot for State.

At State, Hunt was seventh in the mile, running 4:23.2.

What might have been? The State mile and two-mile were won in times of 4:14.6 and 8:57.3 that year.

Hunt came from an athletic family, and began running at the age of eight or nine. His father was a star distance runner at San Diego State, and his mother, "was very athletic," according to Runge.

"He (Hunt) had a lot of his own ideas about training," Runge remembered. "His philosophy was that the body will tell you when you're doing too much."

In interviews at the time, Hunt would always emphasize that he was focused on long-range goals.

"He treated each race not as a last race but as one in a series of many races," Runge said. "He was able to handle pressure very, very well."

Russell's prep career had a much happier ending. He was just a junior in 1976, but he was running 100 and 220 yards in 9.5 and 21.1 (hand times). He was not quite the dominant sprinter he would be a year later, but he was still good enough to take second in both sprints at the CIF meet.

A year later, he came into his own, and won both the 100 and 220 yards at the State Championships, which Runge thinks, "was the greatest achievement for a Patrick Henry athlete."

LaCoste was a senior in 1976 and had a string of great high jumps. He was hottest at

Track History

mid-season when he peaked with a 6-10 clearance. He also had one other meet at 6-9, and four others at 6-8. He trailed off at the end of the season, however, dropping from 6-7 to 6-6 (twice) to 6-4 at the CIF meet. That put him out of the money in that meet, as the top five jumpers went 6-6 or higher.

The Henry team, for all its late-season problems, finished just seven points behind CIF champ Lincoln in the finals.

The 1975 Henry team, which fared much better at CIF, featured Hunt as junior, who was then running bests of 4:07.9 and 9:02.5. That team also had a great half-mile runner, Paul Becklund, who ran 1:52.3 (yards), and finished sixth in the state meet. David Russell was a sophomore runner, just starting to bloom.

The 1977 Henry team featured the state's double-sprint champ Russell, and he was backed up by a great soph runner, Kipper Bell, who would go on to have a great career of his own.

Runge counts Becklund, Hunt and Russell among the most outstanding athletes he has coached at Henry.

"We've had a tremendous amount of great track athletes at Henry," Runge said. He also mentioned distance runner Sean Evans (9:00.07 for 3200 in 1980), hurdler Dexter Monroe (37.9 for 300 intermediates in 1989), and last year's standout sprinter, Jere Miller, who ran 47.41 in the 400 and led the 1600-meter relay team to second place in the State Meet in 3:14.69.

This year's Henry team also has a stand-out, sprinter Clinton Lane, who figures to be CIF championship contender in his events.

Patrick Henry's list of school records for boys track is awesome. It features the aforementioned Russell, Miller, Becklund, Hunt, Monroe, LaCoste, last year's great 4x400 relay team, and others, including a 15-foot vaulter (Sean Rapp, 1987).

The depth and range of talent is a tribute to the coaching ability and love of the sport of Runge.

What are his retirement plans?

He'll keep active, continuing his work in adult fitness programs, and, he said, "I'll keep going to track meets, just to watch."

Runge's record as a track coach speaks for itself.

*The 8:45.2:**How it was run...*

Thom Hunt's 8:45.2 for two-miles remains as the area record for the distance.

His 440-yard lap times:

63.9

66.2 (2:10.1)

66.4 (3:16.5)

67.9 (4:24.4)

66.9 (5:31.3)

67.0 (6:38.3)

65.2 (7:43.5)

61.7 (8:45.2)

The mile splits: 4:24.4, and 4:20.8.

The time also equates to 16 x 220 yards at 32.825; or, 8 x 440 yards at 65.65; or, 4 x 880 yards at 2:11.3 (all with no rest!).