

# 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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## Miller's Absence Subdues Relays

What should have been one of the most exciting phases of the season was dampened last week, both literally and figuratively.

First, the latest spate of bad weather disrupted workouts and meets and undoubtedly slowed times at the Mt. Carmel/Cloud 9 Shuttle Invitational.

All that was put into perspective when one of this area's brightest stars, Morse sprinter Kunesha Miller, was wounded in a drive-by shooting on April 20.

The first reports on Miller, who suffered a head wound, galvanized the local track community. There was an outpouring of prayers and expressions of concern for the popular athlete.

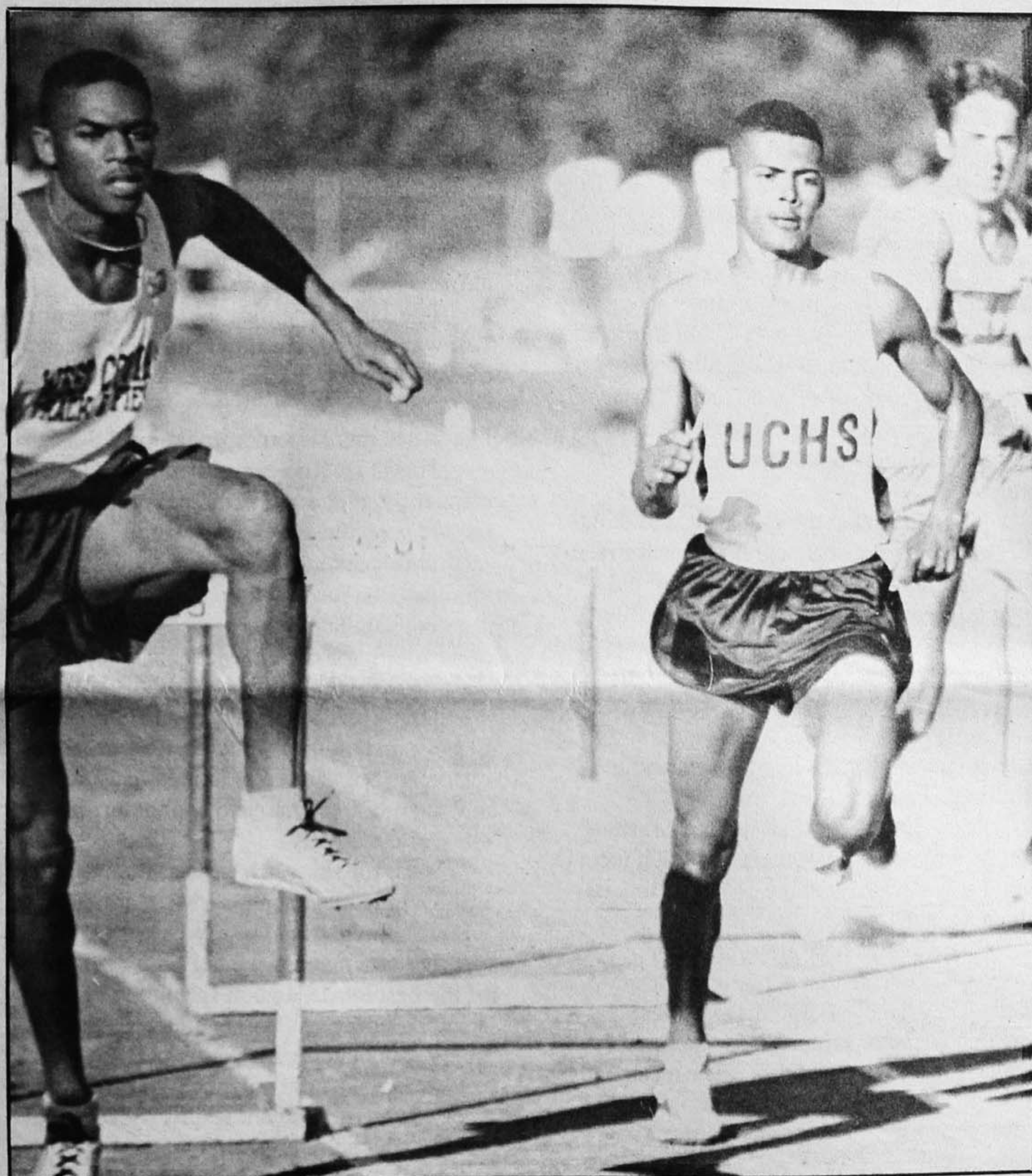
Happily, latest reports had Miller out of intensive care and possibly near a release from the hospital. Her immediate track future is still in question, but the long-term prospects are for a full recovery.

"We're just happy she's alive," Morse coach Mike Klepper said. "We're very lucky."

"The track and field community really pulled together," Klepper said. "We can't say enough thanks for that."

At the Mt. Carmel meet, meet director Dennis McClanahan made a special presentation in Miller's name, and the crowd applauded when informed that Miller was expected to recover.

Athletes from a number of teams left get-well cards with the Morse coaches.



University City's **Felix Sanchez** has been one of the area's brightest stars this season. His 37.19 for the 300 hurdles at Arcadia leads the state. At Mt. Carmel Invite, he beat a top-notch field, including West Covina's **Chey Walker** and Rancho Bernardo's **Brian Fell**.

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**WE CONTINUE our series  
on notable track teams of  
the past with a look at mile  
great Tim Danielson and  
the 1966 Chula Vista boys  
team. See page 16.**

"She's going to be overwhelmed when she gets these," Klepper said.

Miller's close call dominated last week's news, but news of her rapid progress allowed local athletes to once again focus on competition.

With the Mt. Carmel meet, the locals began to turn it up a notch as the season entered its final round of duals and relay meets.

The competition at Mt. Carmel was first-rate, as it always is, although the week's rainstorms left the track a bit softer and slower than usual.

Among the locals making

statements at Mt. Carmel were Torrey Pines vaulter Mike Brown, Sweetwater high jumper Ryan Mitchell, University City hurdler Felix Sanchez and Monte Vista sprinter/jumper Akiba McKinney.

Brown, named the boys field event athlete of the meet, almost no-heighted in the pole vault, but eventually got it together and cleared 15-8.

Mitchell has put life into the high jump this year. He's been in two meets and has had two big clearances of 6-6. His 6-6 jump at Mt. Carmel was easily 2 to 3 inches over the bar. He lost the event, on misses, to a South Tor-

rance jumper.

Sanchez continues unbeaten against state competition in his pet event, the 300-meter intermediate hurdles.

At Mt. Carmel he topped another great field that included West Covina's Chey Walker, El Camino's Steve Forte, and Rancho Bernardo's Brian Fell. For that effort, he was named the boys track athlete of the meet.

Sanchez' 37.19 at Arcadia still is the fastest time in the state in his event.

McKinney, a sophomore at Monte Vista, was simply out-

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## Relay meets: a few humble ideas...

**R**elays, relays, relays. The last few weeks have been a blur of jumbled hand-offs, of masses of distance runners stampeding into the first turn, of crossbars falling from standards, of jumpers flying into the sand.

The relay meet season, after this weekend's Orange Glen Invitational and the Frosh/Soph Championships, will be over, and the season will then enter the final phase.

For what it's worth, *TRACK MAGAZINE* has a few suggestions for meet directors looking for new (or old) ideas.

First, many of the meets have grown too big, at least from the point of view of the spectator. Watching a track meet doesn't need to be an endurance contest. Most meets just have too many races.

I'm sure that most meet directors offer a full schedule to give many athletes an opportunity to compete. But how about this alternative: a selected meet would allow only each individual athlete to enter no more than two events. You could then streamline the schedule while involving the same number of athletes.

If you're a meet director who is looking for something unusual, a great spectator race that is no longer held anywhere is the old 8-man mile relay. It's really just two 4x200 races held back to back, but it's an exciting and unique event that was always a crowd pleaser in years past. The pace is fast, there are seven different sprint handoffs to mess up, and the race is long enough for teams to change positions dramatically.

Locally, I attended all but the Mustang Relays and Pacific Rim meet, and each meet that I saw *does* have some good and unique characteristics.

The Sweetwater Relays has a number of co-ed relay events that actually work quite well. They have a 4x800 that alternates between boy and girl runners, for example, which I would like to see at other meets.

## From the editor ...



The Balboa Relays was the only local meet to have the true sprint medley event, which I think is one of the classic relay events, marrying sprint and distance abilities about half and half. For those who don't know, the sprint medley combines a pair of 200-meter legs, a 400-meter leg and is anchored by an 800-meter leg.

The Falcon Relays had some just-for-fun events, such as the co-ed, weight-throwers relay, and a coaches medley relay. The throwers were seemingly more upset than the real sprinters when a handoff would go awry.

The Bronco Relays was the only local meet to have a few events for middle-school athletes, which was a nice touch.

The Titan Trackfest (and distance carnival) was the only meet to offer open races in the 400 and 800 meters (except for the meets that are almost exclusively open events). I'd like to see more open or invitational 800s.

The Tiger Relays ran their schedule efficiently, plus it's great to have a meet put the focus on the area's great women athletes.

This weekend's meets are fixtures. The Orange Glen meet, with its open events schedule and late season placement, is the last opportunity for good intraleague competition before the cycle of finals meets.

The Frosh/Soph championships, held by El Capitan High, has only been around for a few years but is already looked forward to by outstanding freshman and sophomore athletes all over the county.

And, for sheer star power, nobody could beat Dennis McClanahan's Mt. Carmel/Cloud 9 Shuttle Invitational last weekend.

It was a taste of the big time, with most of the best locals, a good sprinkling of outstanding Southern Section athletes and informative announcing by Doug Speck.

And it was the only meet to offer on-the-spot copies of all event results sheets for the media, which is a *big* help

## Relays: a few off-the-wall ideas...

**H**ow about putting some real fun into the many relay meets? Here are some events I would like to see.

The hurdle relay. No, not the shuttle hurdles you see all the time. How about a 4x100 meter hurdles run around the track, in lanes? Just for fun, race planners should make sure there is a hurdle placed in the middle of the passing zone, and that the handoff is illegal if not completed when both athletes are in mid-air.

The weight-throwers relay. But not with batons. Require the throwers to carry their actual implements to pass between them. They could choose between the shot or the disc. No wise-guys with a javelin or hammer would be allowed (they're too easy to hold).

The pole vault relay. Teams would be composed of each team's vaulters, but instead of a baton, the runners would carry a pole. The exchanges could be exceptionally tricky, as the length of the pole would almost always cause one of the runners to be out of the zone.

For those who just can't get enough distance running, how about a 4x3200 meters relay? As a bonus, any official or spectator who could keep track of all the lapped runners would get an honorary degree from Cal Tech.

A high-jumpers relay could be fun. The event would be run like a normal 4x100 relay except that the final runner would, at the finish, be expected to clear a crossbar instead of breaking a tape. A miss at the finish would disqualify the team. The real fun would be watching the track crew drag pits onto the track just in time for the finish.

A full-contact shuttle race. Teams would be allotted only one lane each, instead of the usual two. Thus, incoming runners would run head-on into outgoing runners. A perfect event for teams with lots of aggressive athletes.

And for some variations on the usual field events, how about:

Long-jumping with headsets. Jumpers would no longer have to worry about their Walkmans getting swiped while they're competing.

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Finals are just ahead

It's that time: the league finals are just around the corner, as teams will finish up their dual meet schedules next week.

The tentative schedule for the various leagues (listed alphabetically) are as follows:

**AVOCADO:** Prelims on Tuesday, May 9. Finals on Friday, May 12. All at Mira Costa College in Oceanside.

**COASTAL:** No prelims. Finals on Thursday, May 11, at Balboa Stadium.

**EASTERN:** Prelims on Tuesday, May 9. Finals on Friday, May 12. All at Balboa Stadium.

**GROSSMONT:** 2A Prelims on Monday, May 8. 3A Prelims on Tuesday, May 9. All finals on Friday, May 12. All at West Hills High School.

**HARBOR:** Prelims on Wednesday, May 10. Finals on Friday, May 12. All at Balboa Stadium.

**METRO:** Prelims on Tuesday, May 9. Finals on Friday, May 12. All at Sweetwater High School.

**PALOMAR:** Prelims on Tuesday, May 9, at Mt. Carmel High School. Finals on Friday, May 12, at Poway High School.

**WESTERN:** Prelims on Monday, May 8. Finals on Friday, May 12. All at Balboa Stadium.

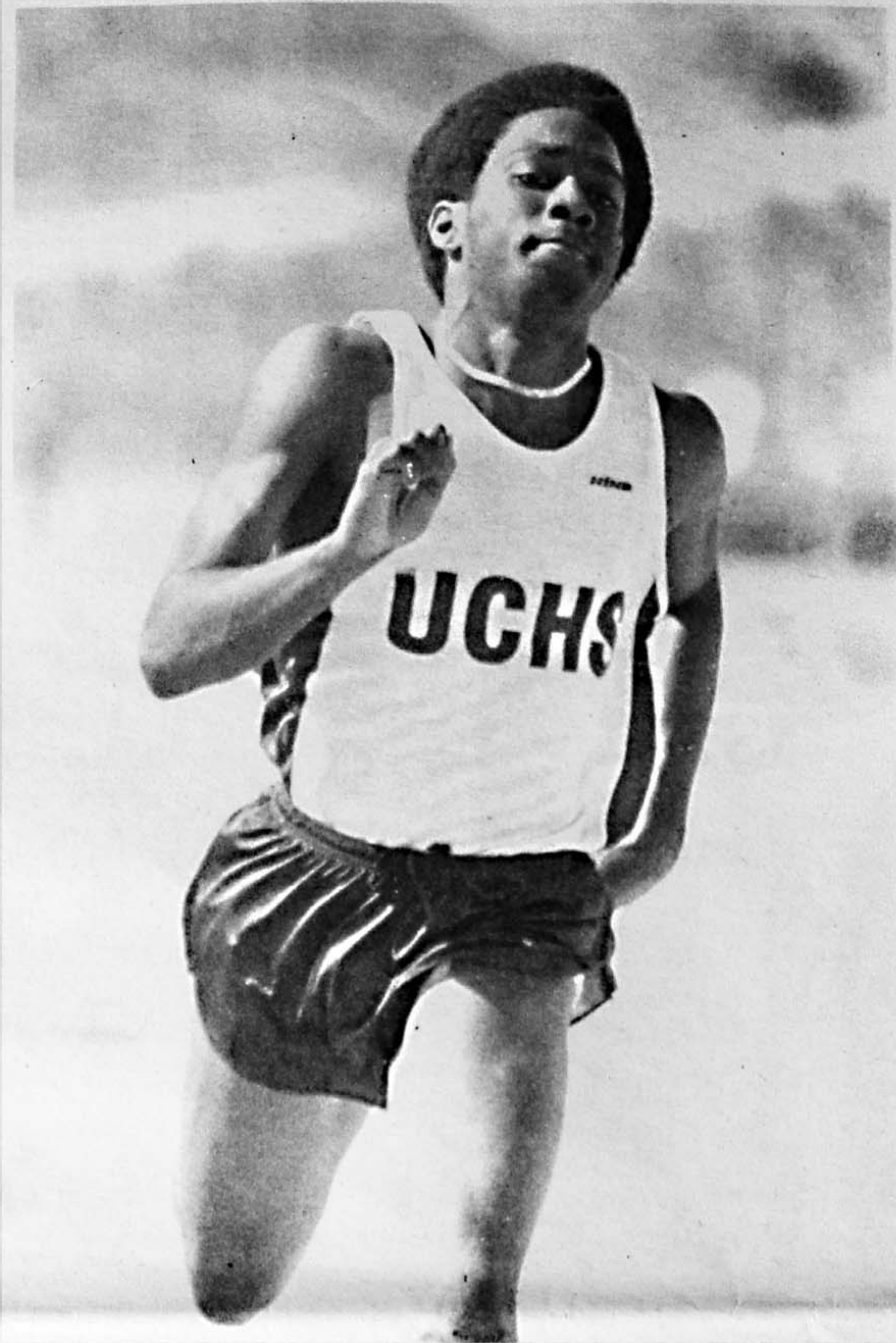
The city leagues (Harbor, Eastern and Western) will all share Balboa Stadium on the date of the league finals, which means three finals of every scheduled event. The meet is scheduled to begin at 2 p.m.

The Grossmont League will hold separate 2A and 3A prelims, with five advancing in each league to the combined finals. As in cross country, the 2A and 3A athletes will race together, but the results will be separated according to league.

The Coastal League will not hold prelims, although the finals will have seeded heats in a number of events. Their finals meet is the sole criterion for determining team championships.

The Avocado meet, to be held at Mira Costa, will begin some field events several hours before the first running events because of a shortage of field event runways at the Mira Costa facility.

For exact times of meets, and for confirmation of dates, readers are advised to check with their local schools.



Vince Williams, University City  
Great junior sprinter has 10.5 and 21.30w times.

Mt. Carmel

FROM PAGE 1

standing all day. She broke through in the long jump with leaps over 18-feet, although all were wind-aided. She topped out at 18-8 1/2, and was named the girls field athlete of the meet.

On the track, McKinney was almost as good, running a windy 11.99 and a legal 25.14, but she couldn't match Long Beach Wilson's Lakeisha Backus, who ran 11.85w, and 24.31.

Backus led the nation last year in the 200, running 23.21.

McKinney's times were even more impressive taking into account the softer-than-usual track.

For Morse athletes, it was an emotional day.

Lydell Burston, for example,

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of  
TRACK  
MAGAZINE:  
May 12  
(Deadline May 8)

was in St. Louis when Miller was injured. He had run a PR 47.27 for 400 in a meet there, but was flattened by the bad news. After a red-eye flight back to San Diego, he ran at Mt. Carmel.

In one of the day's first events, Burston and another runner missed connections in the 4x100 relay.

Later, he was upset by Patrick Henry's Clinton Lane in the 400, who ran a PR 48.62.

But Burston and his mates came back late in the day to run a season-best 3:21.34 to take the 4x400 relay.

Meanwhile, the section vault

records remain under constant assault.

San Pasqual's Dan Shimooka cleared 15-9 in a dual with Torrey Pines on Wednesday, and had one good attempt at 16-feet. Brown didn't compete in that meet, as he was visiting Notre Dame.

Other improving vaulters are Mt. Carmel's Matt Poirier, who cleared 15-1 in a dual, and West Hills' Brian McLaughlin, who did 14-2 at Mt. Carmel.

Fallbrook's Kelly Ewing has raised the girls mark to 9-feet, 10 inches. Ewing cleared 9-9 and then asked the official to put the bar at "10" meaning 10-feet. Instead, the official moved the bar up just one inch, to 9-10.

Ewing wasn't at Mt. Carmel, but Mira Mesa's Kristi Draher won the girls vault at 9-2 and had good attempts at 9-8.

RANKINGS

(Coaches' poll of 4-25)

Boys:

- 1. Rancho Bernardo
- 2. Rancho Buena Vista
- 3. Mt. Carmel
- 4. El Capitan
- 5. Torrey Pines
- 6. Patrick Henry
- 7. Ramona
- 8. San Diego
- 9. Granite Hills
- 10. Mira Mesa

Others: Morse, University City.

Girls:

- 1. Granite Hills
- 2. Rancho Buena Vista
- 3. El Capitan
- 4. Poway
- 5. Fallbrook
- 6. Mt. Carmel
- 7. Rancho Bernardo
- 8. University
- 9. Hilltop
- 10. Mira Mesa

Others: Ramona, Morse.

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- Steve Scott, American Mile Record 3:47:69

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- Ron Tabb, 2:09:31 '83 Boston Marathon

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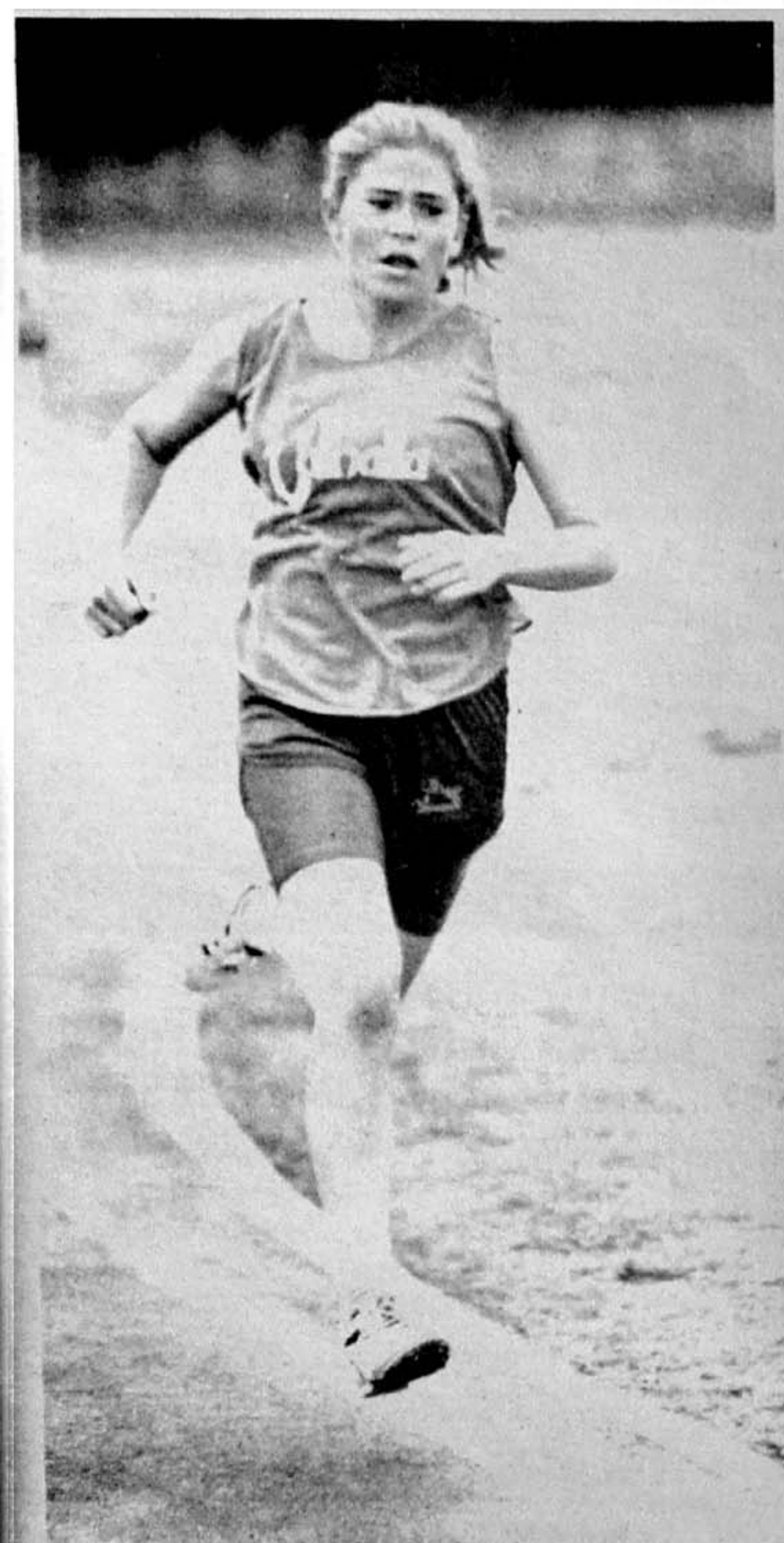
**Melissa Carter**, San Marcos, battles **Marissa Hurwitz**, Bishop's, in distance medley. Carter is a top talent in 400 (62.64) and 800 (2:23.2). Hurwitz runs 3200 in 11:39.6.



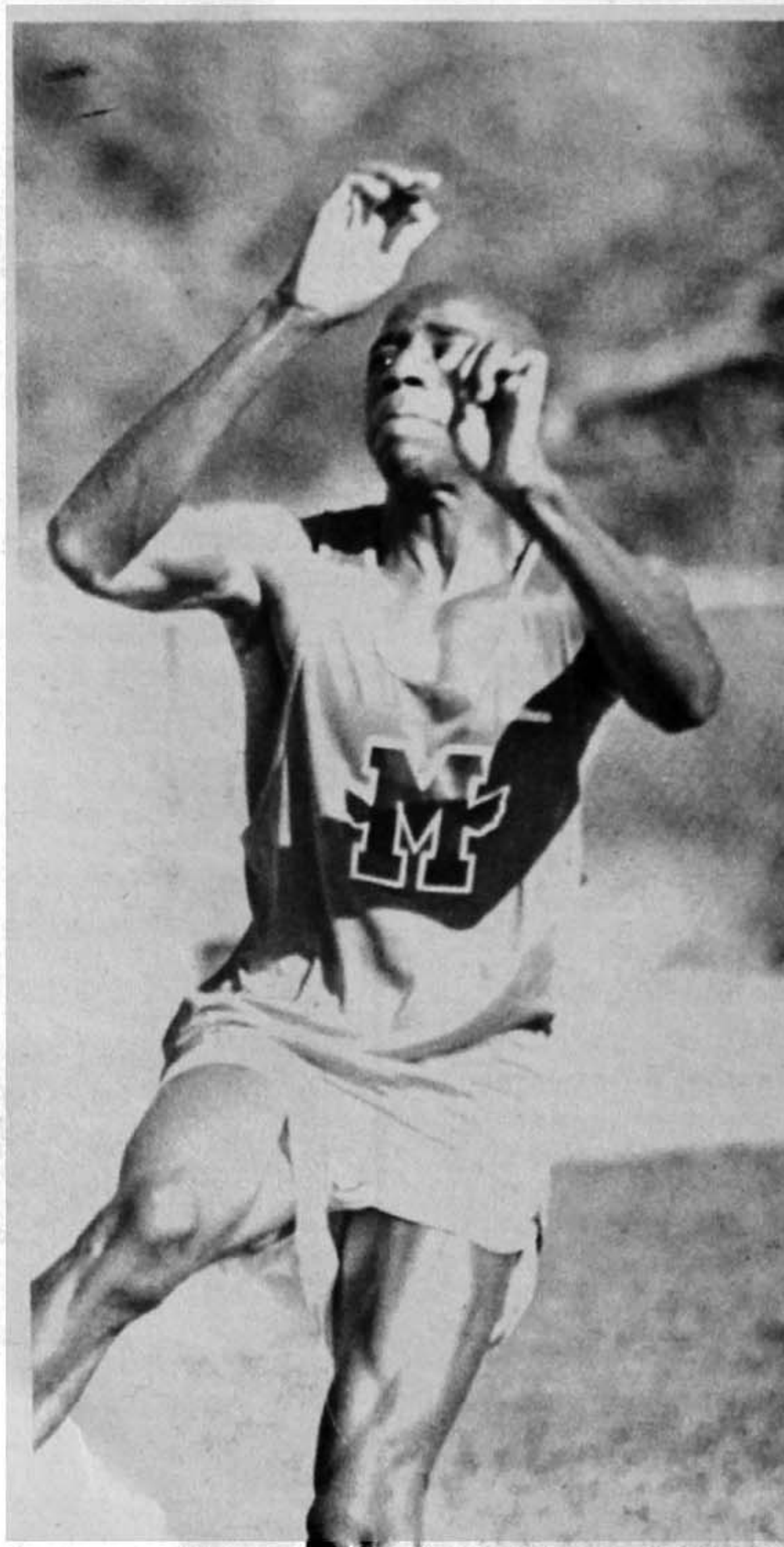
**Mary Curran**, Granite Hills  
Has jumped 16-plus and 34-5.



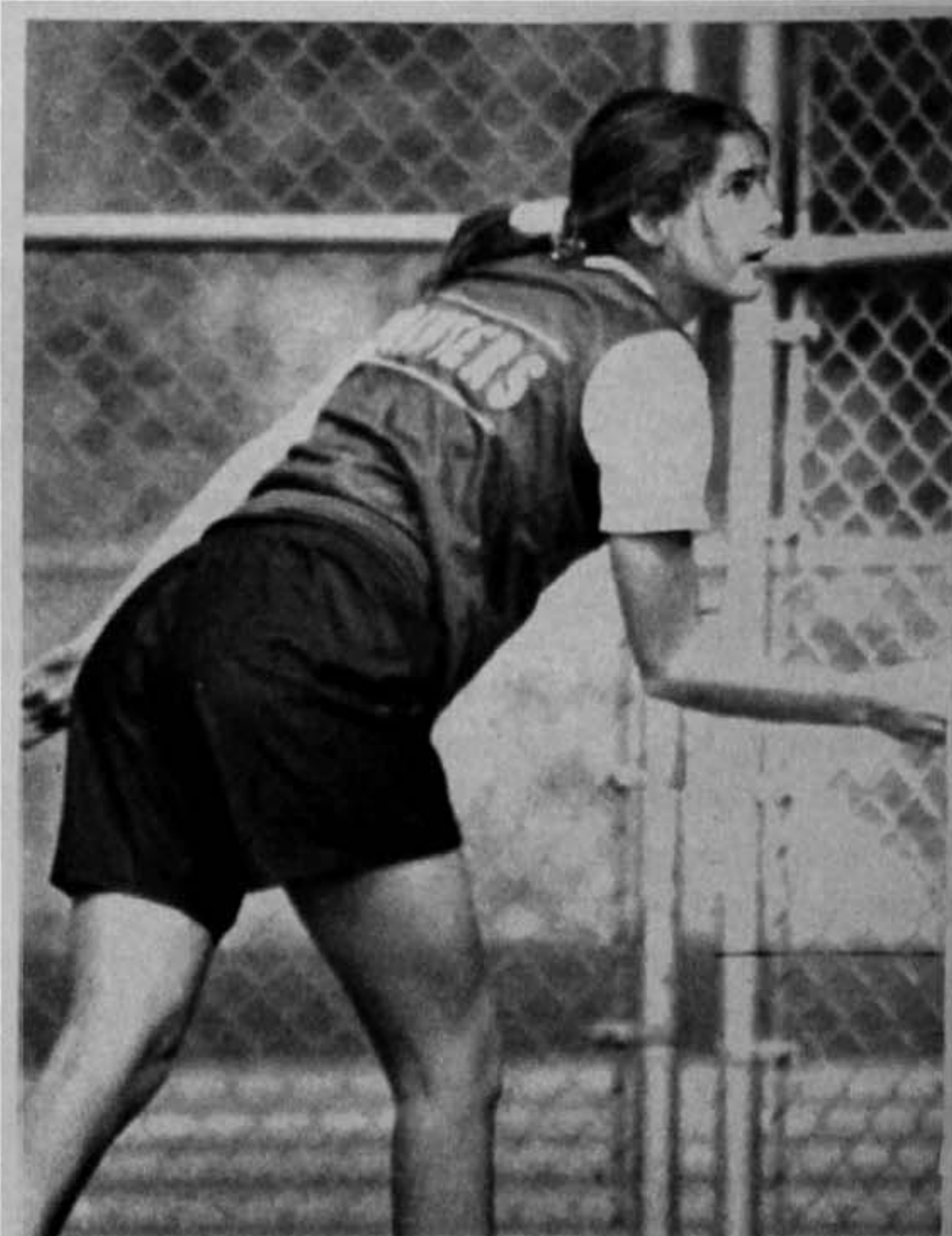
**Brandon Sanchez**, Escondido  
Has run 400 in 50.01.



**Julia Roysdon**, Valhalla  
Frosh has run 4:52 for 1,500.



**Jason Lofton**, Mount Miguel  
Has cleared 6-1 in high jump.



**Erin McGrath**, Point Loma  
Soph has thrown disc 122-3.





**Sarah Schmidt**, Scripps Ranch  
Leads county with 11:15.1 for 3200.



**Dan Shimooka**, San Pasqual  
Has best clearance of 15-7, threatens section record.

## Mt. Carmel/ Cloud 9 Shuttle Invitational

at Mt. Carmel High School, April 22.

NOTE: Maximum legal wind assistance is 2.00 meters per second.

### GIRLS:

#### 100:

Race 1 (Wind 2.51): Backus (LB Wilson) 11.85, McKinney (Monte Vista) 11.99, Walden (WCovina) 12.10, Freow (Morse) 12.41, Briscoe (LB Wilson) 12.67.

Race 2 (Wind 2.07): McDaniel (Eisenhower) 12.44, Eddings (Eis) 12.47, Higgins (Chino) 12.88.

Race 3 (Wind 2.84): Green (UnivCity) 12.78, Silva (Uni) 12.90, Ross (Valhalla) 13.16.

#### 200:

Race 1 (Wind 1.95): Backus (LB Wilson) 24.31, McKinney (MontV) 25.14, Davis (LB Wilson) 25.52, Walden (WCov) 25.58, Garner (Morse) 25.62.

Race 2 (Wind 0.35): Littleton (Morse) 26.57, Cole (Lincoln) 26.72, Ross (Valhalla) 26.94.

#### 400:

Race 1: Garner (Morse) 57.53, Davis (LB Wilson) 58.53, Grant (Holy Names) 60.60, Briscoe (LB Wilson) 61.4, Dr. Carey (Uni) 62.01.

Race 2: Dunn (Lincoln) 62.06, M. Ciccirelli (MtCarm) 62.70, Nolan (TPines) 63.44.

#### 800:

Race 1: Roberts (Australia) 2:18.57, Hanley (Uni) 2:20.02, Carpenter (RBV) 2:20.32, Lyon (Hesperia) 2:20.43, Morgan (TemescalCyn) 2:21.28, S. Murphy (GHills) 2:22.65.

Race 2: Bogart (TPines) 2:26.89, El Farrah (Vista) 2:28.27, Ramachan (SoTorrance) 2:28.83, K. Wisniew (OLP) 2:29.60, Madsen (MiraMesa) 2:30.74.

#### 1600:

Race 1: Muench (TemCyn) 5:11.90, Morgan (TemCyn) 5:13.92, Lunt (Coro) 5:14.83, Schmidt (Scripps) 5:19.0 (hand), Straitiff (TPines) 5:19.30, Harper (Sant) 5:20.24, W. Murphy (GHills) 5:22.59.

Race 2: Card (ElCap) 5:22.34, Conchola (Nordhoff) 5:26.73, Rumble (OGlen) 5:33.18.

#### 3200:

Straitiff (TPines) 11:37.48, Clark (Ramona) 11:38.54, Pound (Poway) 11:42.49, Rodriguez (Vista) 1:55.94, Rennix (OGlen) 12:01.97, Richter (RB) 12:04.56, Lindberg (AltaLoma) 12:05.38, Pickett (Mt Carmel) 12:08.78.

#### 100 H:

Race 1 (Wind 3.32): Myvett (LB Wilson) 15.55, Minton (Acalanes) 15.73, Hatch (Nordhoff) 15.90, Barrett (Oside) 16.07.

Race 2 (Wind 4.67): Vickery (ElCap) 15.46, Romel (Serra) 16.05, Stinson (WCov) 16.48, Hernandez (MtC) 16.70, Calloway (Cal) 17.01, Eberhardt (MiraM) 17.10.

Race 3 (Wind 2.55): Nestor (Australia) 15.93, Manson (MiraM) 16.49, Calderon (Eis) 16.66, Scott (Crawf) 16.93.

#### 300 LH:

Race 1: Vickery (ElCap) 45.19, Hatch (Nord) 45.20, Myvett (LB Wilson) 45.94.

Race 2: Calderon (Eis) 48.74, Baugh (DiamBar) 48.91, Medley (Vista) 48.94, Hernandez (MtC) 49.52, Smith (OGlen) 49.98, Ray (Ramona) 50.07.

Race 3: Ottow (La Jolla) 49.37, Halfaker (RB) 49.89, Scott (Craw) 50.31, Mallory (Pow) 50.57.

Race 4: Information not available.

#### 4x100 Relay:

Race 1: Long Beach Wilson 47.74, Eisenhower 49.34, Morse 49.46, Chino 50.83, Poway 51.02.

Race 2: Hilltop 50.89, University City 50.94, El Camino 51.12, Mt. Carmel 51.19.

Race 3: Valhalla 52.25, Castle Park 52.57, Orange Glen 53.13, San Dieguito 53.38.

#### 4x400 Relay:

Race 1: Long Beach Wilson 3:58.87, Morse 4:03.32, Hilltop 4:07.74, Torrey Pines 4:08.94, Mt. Carmel 4:09.74, Acalanes 4:11.36, El Capitan 4:11.66.

Race 2: Eisenhower 4:10.47, Castle Park 4:12.52, Granite Hills 4:12.78, El Camino 4:13.39, Vista 4:15.38.

#### High Jump:

Event 1: Nichols (Acalanes) 5-3, Winberry (Alta Loma) 5-3, Gertsch (San Pasq) 5-1, Barnett (Poway) 5-1, Eberhardt (MiraM) 5-1, Underhill (RBV) 5-1.

Event 2: Allyn (Vista) 5-1, Jefferson (Eis) 5-1, McClain (Fall) 5-1, Nolte (OLP) 4-11, Miramontes (SMarc) 4-11.

#### Pole Vault:

Draher (MiraM) 9-2, Hemmingway (TPines) 8-8, Flett (Acal) 8-8, Serrano (SMarc) 8-2, Nixon (Poway) 8-2, Barnes (Ramona) 8-2.

#### Long Jump:

Event 1: McKinney (MonteV) 18-8 1/2w, Wilson (Poway) 17-6 1/2w, Sanford (Lincoln) 17-6, Turner (LB Wilson) 17-3 3/4w, Gwin (ElCamino) 16-9w. (McKinney's series: 18-7 1/2w, 18-8 1/2w, 18-0w, 17-2w, pass, pass).

Event 2: Loya (Brawley) 16-2 3/4, Serrano (SMarc) 16-0, Dupree (RivPoly) 16-0, Nolan (TPines) 15-10, Taylor (ElCamino) 15-9 3/4.

#### Triple Jump:

Event 1: Adria Booker (ElCamino) 37-5, Minton (Acal) 36-11 3/4, Williams (StJ) 36-8 1/4, Whyte (San Pasq) 36-3, Johnson (CPark) 35-9 3/4, Hunter (Morse) 35-9.

Event 2: Loya (Brawley) 34-11 3/4, Taylor (ElCamino) 34-9 1/2w, Dupree (RivPoly) 34-8.

#### Shot Put:

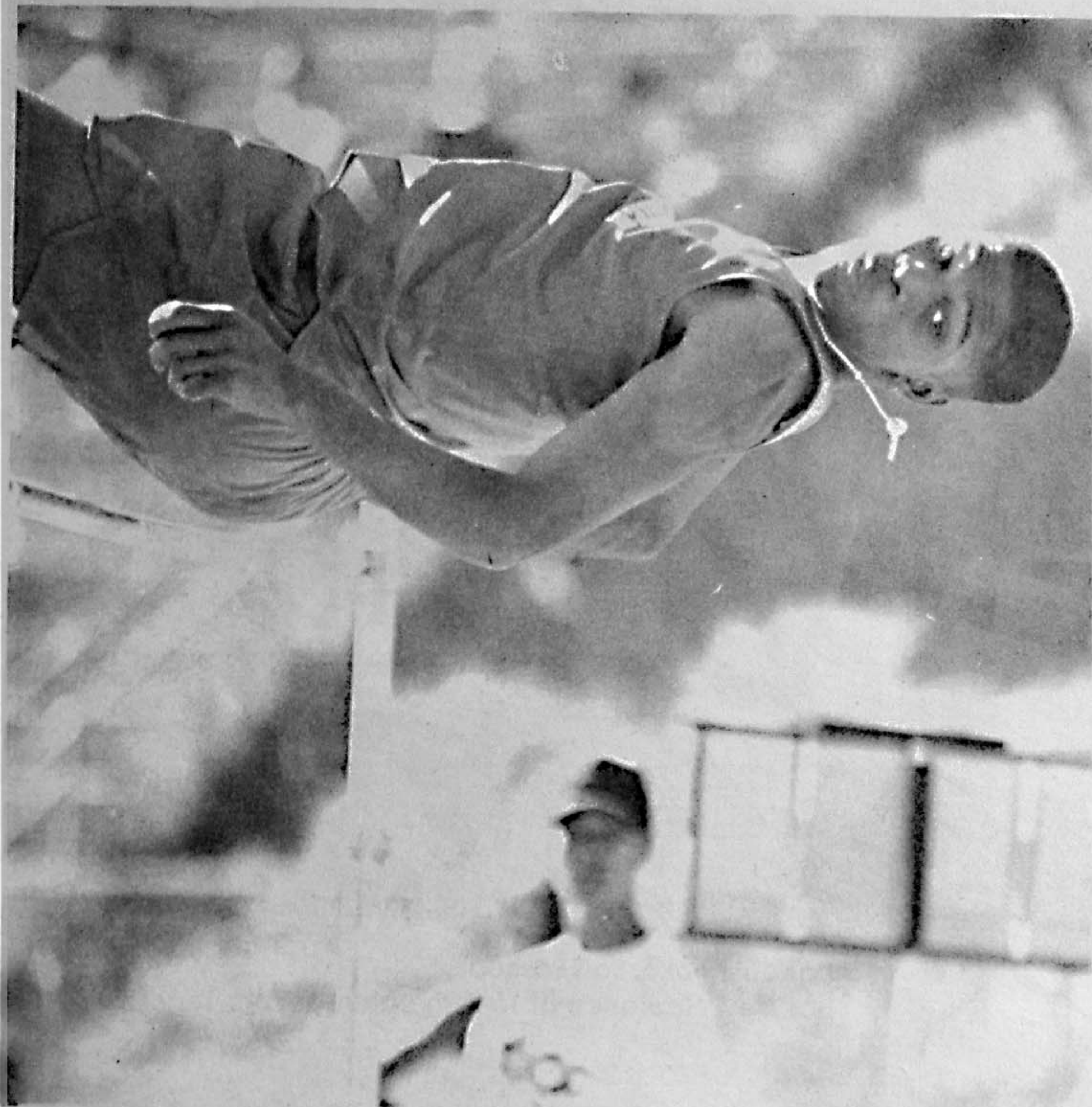
Event 1: Suppa (TPines) 41-1 1/2, Matheny (Sant)

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**Kevin Bowes**, Scripps Ranch  
Leads section with 9:16.0 for 3200.

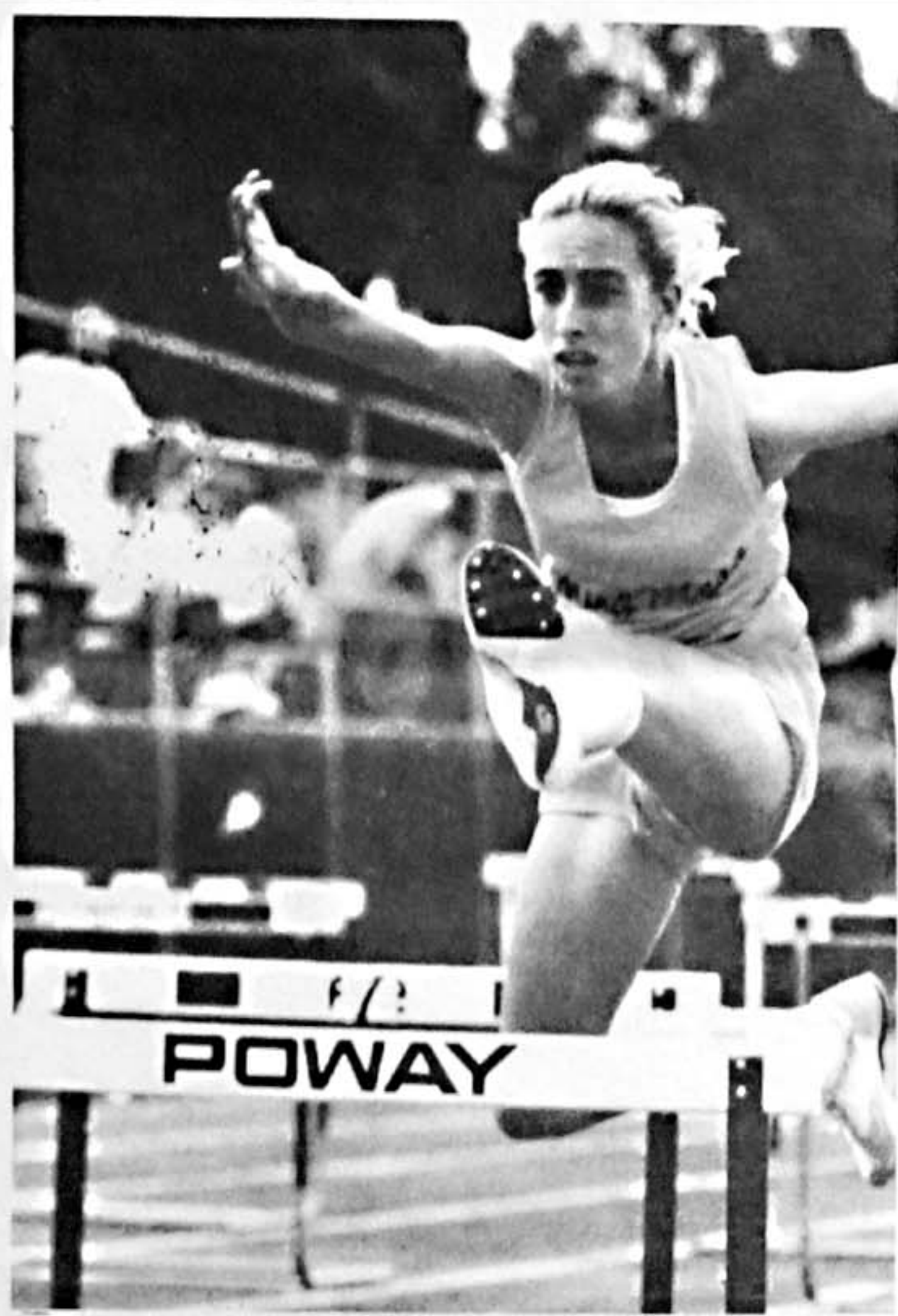




Sweetwater's **Ryan Mitchell** has been impressive in the high jump. The junior has been in two meets, and has two jumps of 6-6. He had room to spare both times.

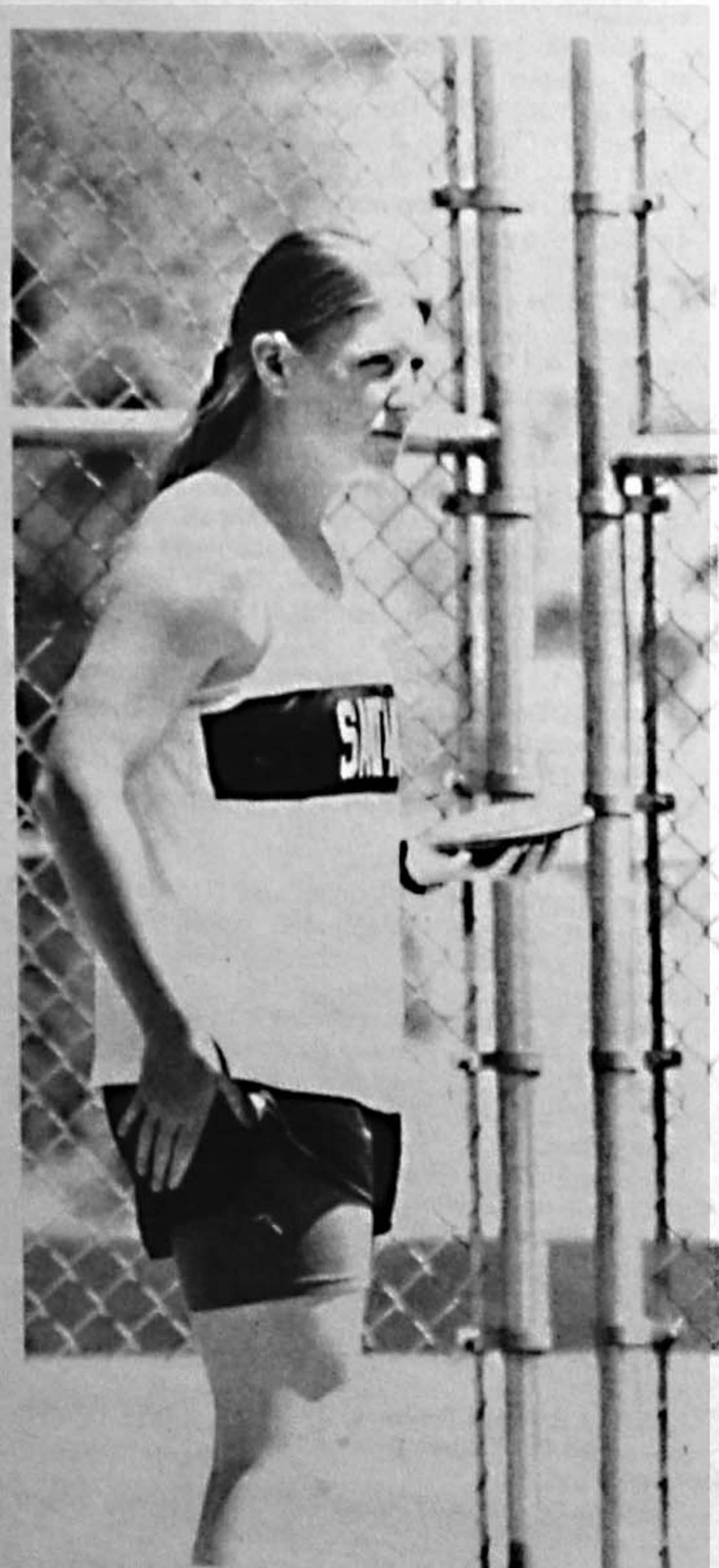


**Ben King**, Rancho Buena Vista  
Has jump of 6-2.

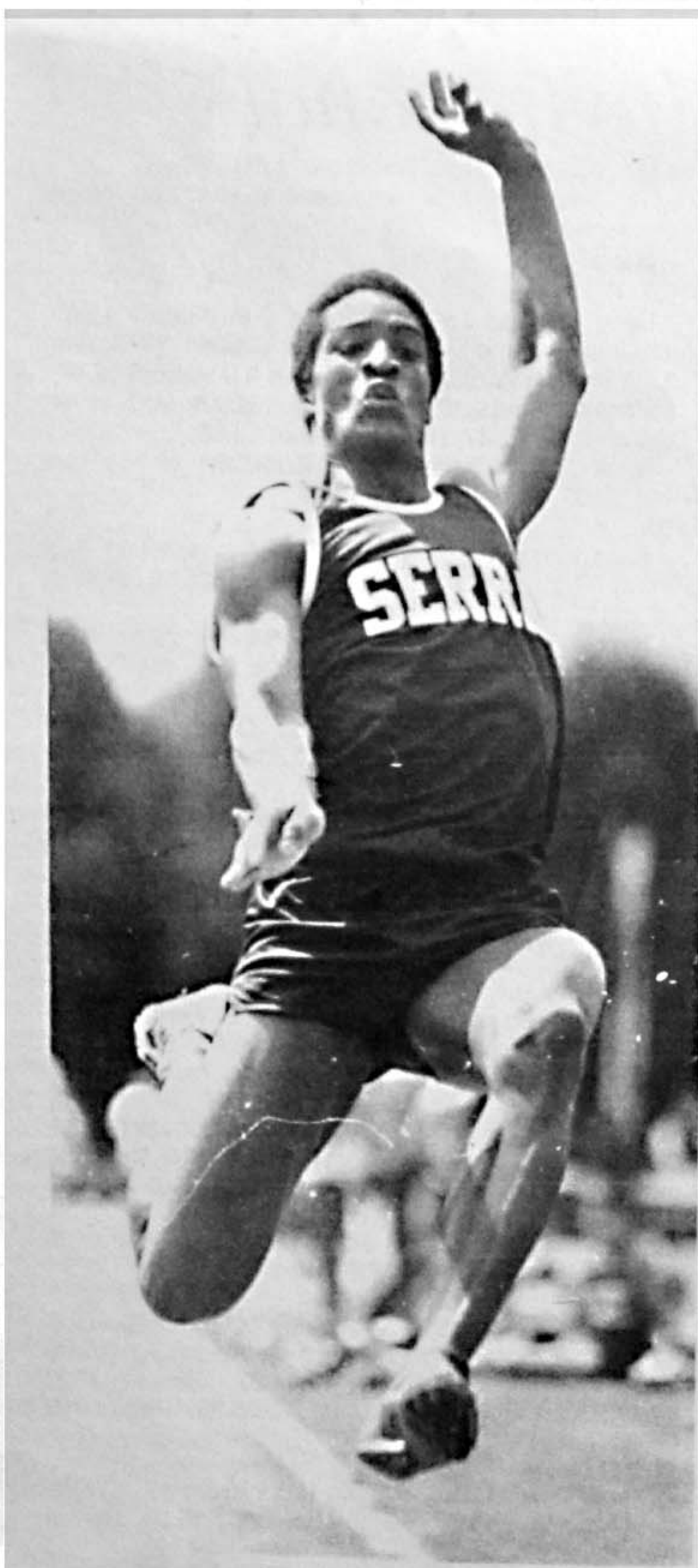


**Chris Eberhardt**, Mira Mesa  
Has hurdled 15.9; high-jumped 5-5.

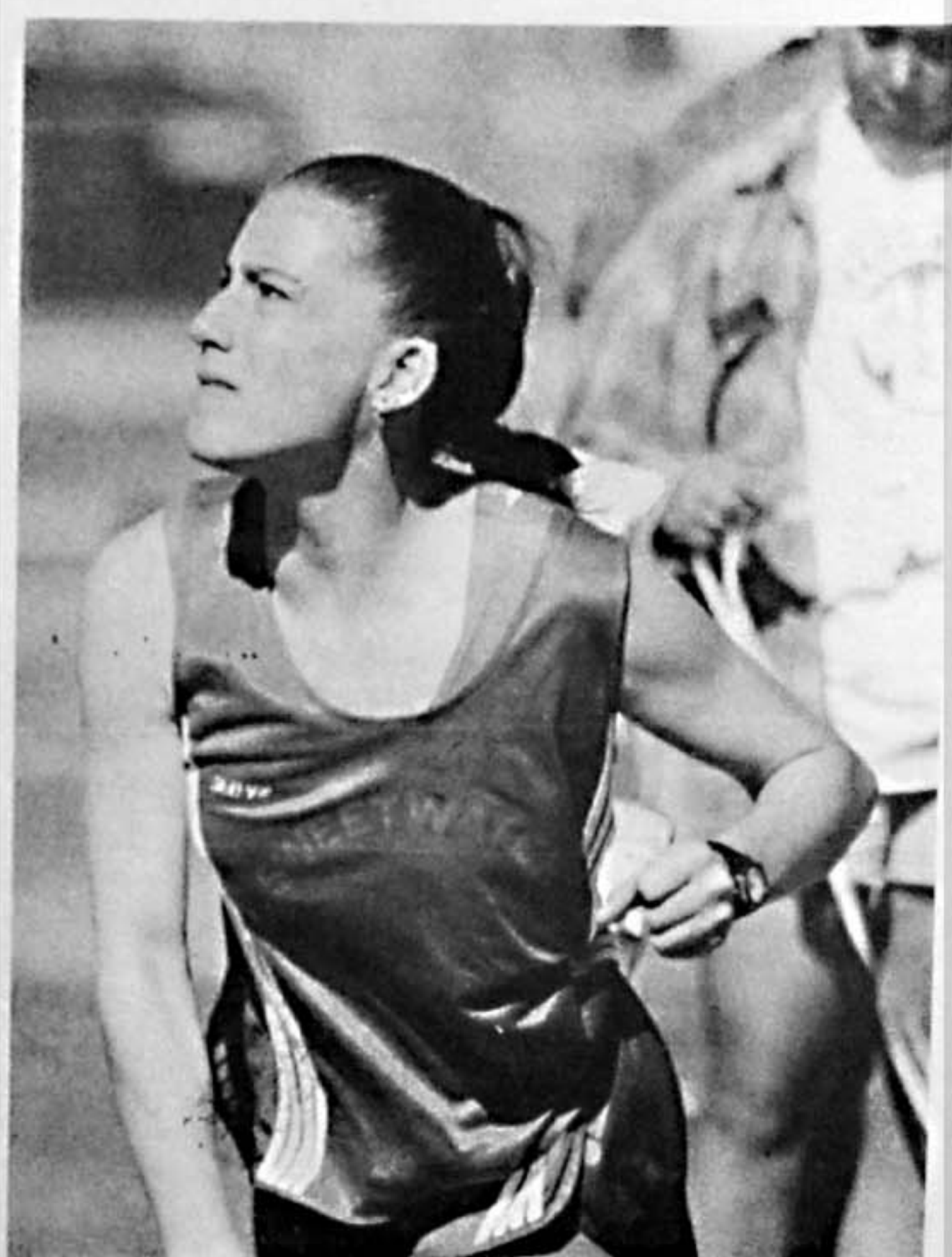
(Photo by Phil Grooms)



**Kim Matheny**, Santana  
Has thrown 38-8 1/4 and 121-1.



**Lovell Swink**, Serra  
Has jumped 22-6 and 6-3.



**Elizabeth Millan**, Sweetwater  
Soph has thrown 32-11.





**Melissa Gibbs**, San Pasqual  
Has best of 58.89 for 400.



**Melissa Shipp**, Chula Vista  
Has vaulted 8-6.

## Mt. Carmel Invite

FROM PAGE 5

38-8 1/4, Wagner (Eisen) 38-7 3/4, Holmes (Henry) 38-0, Richmond (MonteV) 37-0 1/4, Tagaleo'o (ElCamino) 35-11 3/4.

Event 2: Magana (Fall) 33-2 1/2, Kaiwi (RB) 32-8 1/2, Hutchinson (OGlen) 32-7, Thompson (Esc) 32-1 1/4, Lear (Scripps) 31-10.

### Discus Throw:

Event 1: Richmond (MonteV) 132-3, Magana (Fall) 128-3, Crouch (ElCap) 126-10, E. McGrath (PtLoma) 122-3, Matheny (Sant) 118-9. Also, Breisacher (ElCap) 116-4.

Event 2: Fikse (Esc) 110-0, Shatzer (RB) 105-6, Clarke (RB) 102-8, Setzer (Sant) 101-2, Phillips (MiraM) 99-8.

### 4 x 800 Relay:

University 9:46.04, El Capitan 9:46.2, Vista 9:56.5, Brawley 10:06.74, Helix 10:09.69, Chula Vista 10:17.8, Rancho Bernardo 10:18.96, Our Lady of Peace 10:19.72.

### Distance Medley Relay:

Temescal Canyon 12:51.97, Chino 13:01.13, Scripps Ranch 13:01.72, Hesperia 13:06.29, Valhalla 13:10.83, Fallbrook 13:12.81.

### BOYS:

#### 100:

Race 1: (Wind 2.13): Williams (UCity) 10.5, Hawes (RBV) 10.6, Green (Osido) 10.6, Jones (Morse) 10.7.

Race 2 (Wind 4.00): Morton (SoTorrance) 10.99, Johnson (Scripps) 11.19, Swink (Serra) 11.21, Richardson (MiraM) 11.31.

Race 3 (Wind 2.49): Riley (Rubidoux) 11.12, Vera Cruz (Sweet) 11.28, Perkins (MiraM) 11.36.

#### 200:

Race 1 (Wind 0.20): Williams (UCity) 22.24, Lane (Henry) 22.53, Walker (WCov) 22.75, Fields (Val) 23.03.

Race 2 (Wind 0.39): Tie, Carter (Morse) 22.59 and Morton (SoTorrance) 22.59, Richardson (MiraM) 22.71.

#### 400:

Race 1: Lane (Henry) 48.62, Burston (Morse) 49.42, Carter (Morse) 49.61, Wakefield (Lincoln) 49.67.

Race 2: Sanders (ElCamino) 50.98, Gross (GHills) 51.07, Waldheim (UCity) 51.30, Hamilton (MtMig) 51.49.

#### 800:

Race 1: Hornsby (StMarys) 1:56.02, Brown (Crawf) 1:57.51, Young (StMarys) 1:58.03, Sanders (RB) 1:58.43, Davis (Scripps) 1:59.58, Nett (MtCarm) 2:00.17, Diego Ash (SanPasq) 2:00.61, Weaver (Fall) 2:01.50.

Race 2: Gross (StAug) 2:03.59, McClelland (Mt Carmel) 2:04.33, Short (RB) 2:04.41, Osuna (MissBay) 2:04.54, Gonzalez (Henry) 2:04.59.

#### 1600:

Race 1: Lyon (Hesperia) 4:19.03, Nett (MtCarmel)

4:19.23, Slater (AltaLoma) 4:25.19, Dammann (Uni) 4:26.12, Short (RB) 4:27.44. Also, Kirtley (Poway) 4:30.68.

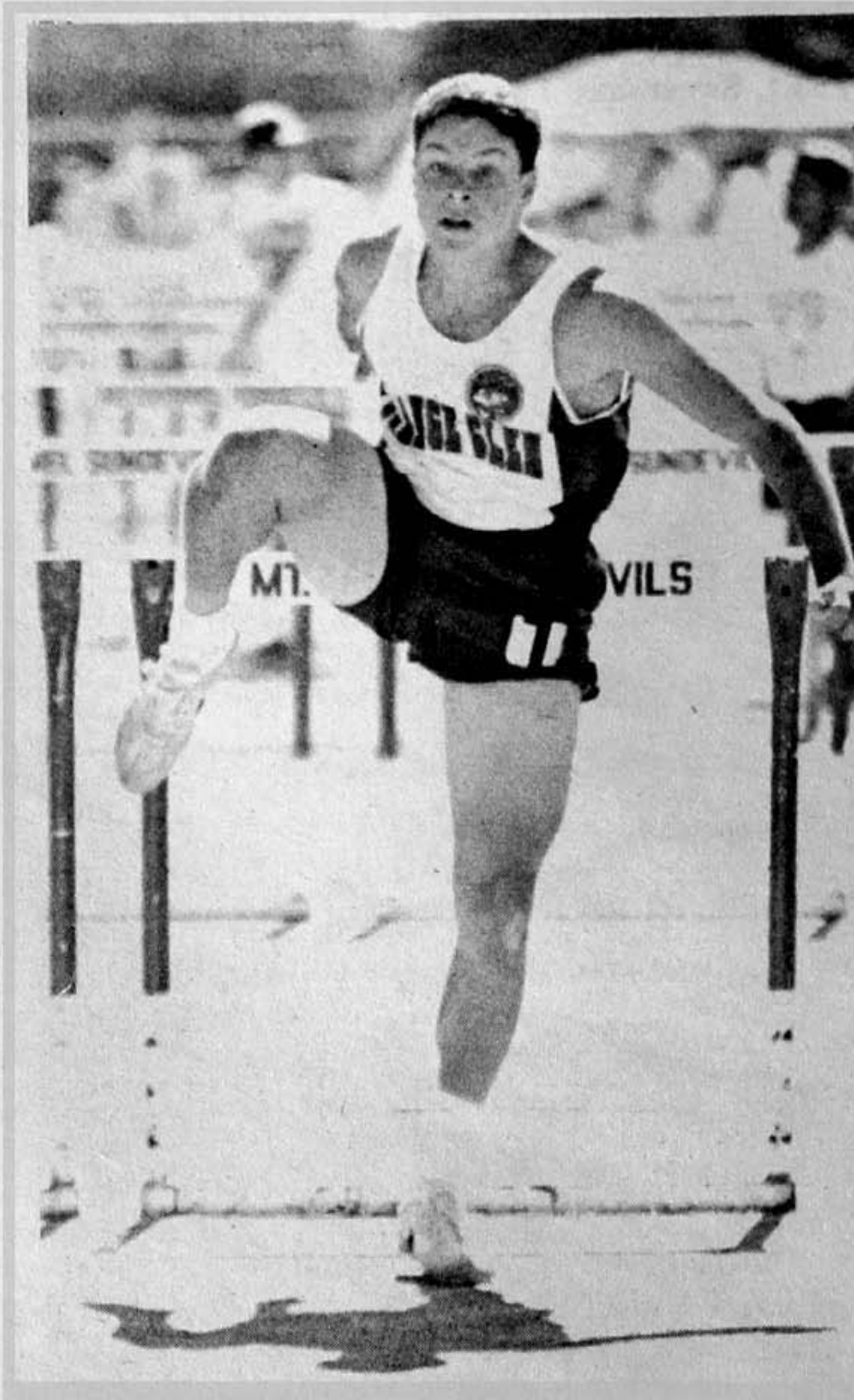
Race 2: Shah (DiamBar) 4:31.99, Stewart (Scripps) 4:34.30, Gonzalez (Henry) 4:36.36, Bolton (Scripps) 4:36.84, Coe (Helix) 4:37.01.

#### 3200:

Ramirez (Nord) 9:22.92, Henderson (MiraM) 9:29.47, Larson (RB) 9:30.94, Bowes (Scripps) 9:36.09, Meisner (Scripps) 9:40.67, Romero (SanPasq) 9:42.17, Sybert (Vista) 9:50.39. Also, Tello (RB) 9:58.50.

#### 110 HH:

Race 1 (Wind 1.99): Walker (WestCov) 14.33, Forte



**Eric Benson**, Orange Glen  
Junior has run highs in 15.52.

(ElCamino) 14.78, Rogers (MonteV) 14.90, Kuritz (TPines) 15.00, Stanford (AltaLoma) 15.19, Fell (RB) 15.52, DePass (Montg) 15.65.

Race 2 (No wind info): Benson (OG) 15.52, Flatts (Sweet) 15.86. Also, Lewis (ElCap) 16.01.

Race 3 (Wind 1.44): John (RBV) 15.58, Manzano (Mt Carm) 16.18, Rattigan (Serra) 16.29.

#### 300 IH:

Race 1: Sanchez (UCity) 38.08, Fell (RB) 38.90, Walker (WCov) 39.09, Forte (ElCam) 39.41, Ruh (Mt Mig) 39.96.

Race 2: Rogers (MonteV) 39.81, Lewis (ElCap) 40.47, Benson (OGlen) 41.49, Anders (Helix) 41.88, Amonn (TPines) 42.26.

Race 3: DePass (Montg) 40.11, John (RBV) 40.26. Also, Clark (ElCap) 41.74, VanDusen (GHills) 42.09, Rattigan (Serra) 42.18.

#### 4x100 Relay:

Race 1: University City 42.86, Rancho Buena Vista 43.14, Rancho Bernardo 43.64, Morse, DQd.

Race 2: El Camino 43.34, Ramona 44.11. Also, Monte Vista 44.86, Lincoln Prep 44.87, Sweetwater 45.03.

Race 3: Serra 43.98, Long Beach Wilson 44.14, Henry 44.32.

#### 4x400 Relay:

Race 1: Morse 3:21.34, Alta Loma 3:21.42, University City 3:23.54, El Capitan 3:24.53, Rancho Bernardo 3:28.87.

Race 2: Henry 3:27.38, Serra 3:29.46, Mt. Carmel 3:30.28, San Diegoito 3:32.97, San Pasqual 3:34.52, West Hills 3:34.77.

#### High Jump:

Event 1: Brosett (SoTorrance) 6-6, Mitchell (Sweet) 6-6, Motley (AltaLoma) 6-6, Browning (ElCap) 6-4, Blackburn (Hesperia) 6-4. Also, Twining (SanDgto) 6-2.

Event 2: Tolliver (Eisen) 6-4, Hollins (Esc) 6-0.

#### Pole Vault:

Event 1: Brown (TPines) 15-8, Shimooka (SanPasq) 15-2, McLaughlin (WHills) 14-2, Mason (Alta Loma) 14-2, Poirier (MtCarmel) 14-2. Also, Gregerson (RB) 13-8, Marino (RB) 13-8.

Event 2: Cintron (Eastlake) 13-8, Goode (Helix) 13-2, Clinger (ElCap) 13-2.

#### Long Jump:

Event 1: McKeaver (Ramona) 23-5 1/4w, Ross (Scripps) 22-6 1/2, Green (RBV) 22-2 3/4w, Forte (El Camino) 22-2 1/4w, Lewis (ElCap) 22-0 3/4w, Swink (Serra) 21-11. Also, Cook (Morse) 21-6 3/4, James (WHills) 21-5 3/4, Abbitt (Serra) 21-4 1/4.

Event 2: Haynes (Henry) 21-6, Harris (SanPasq) 21-2, Nears (Kearny) 21-0 1/2, Jones (Vista) 20-11 3/4.

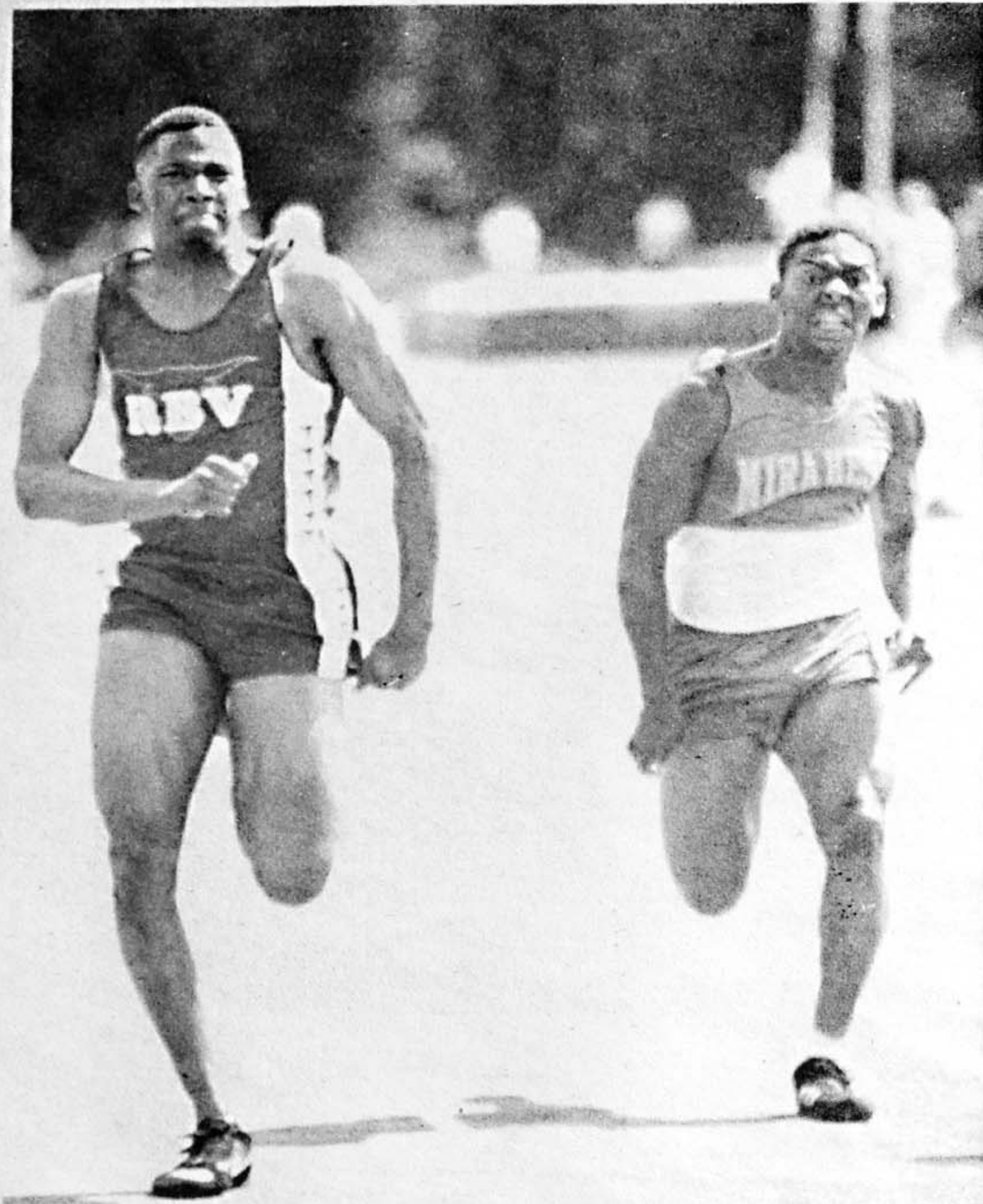
#### Triple Jump:

Event 1: Cox (RBV) 45-7 1/2, Lomax (Ontario) 44-2 1/2, McKeaver (Ramona) 44-0 3/4, Foreman (BonitaV)





**Aide Acero**, Hilltop, races **Leslie Wood**, Mt. Carmel, in sprint relay at Titan meet. Acero is one of area's top hurdlers (47.55 at Arcadia), while Wood runs 100 in 12.4.



**Leon Hawes**, Rancho Buena Vista, leads **Tarius Richardson**, Mira Mesa, in 100 at Mt. Carmel. Hawes has run 10.6, Richardson has a 10.8.

## Mt. Carmel Invite

FROM PAGE 7

43-6 3/4w, Hartinger (SanPasq) 43-5 1/2, James (WHills) 43-3 1/2.

Event 2: Jones (ElCamino) 43-9 3/4w, Jones (Vista) 42-10 1/4, Padilla (MtCarmel) 42-6, Miller (Scripps) 42-3 1/2, Powell (MonteV) 41-5.

### Shot Put:

Event 1: Liebe (GrHills) 55-10 1/2, Schmidt (Chino) 53-10 3/4, Sotelo (Ramona) 53-1 1/2. Also, Herrick (Mt Carmel) 52-3.

Event 2: Myers (Brawley) 48-6 1/4, Padorke (RB) 47-6 1/4, Perkins (Scripps) 45-10 1/4.

### Discus Throw:

Event 1: Batiste (Osido) 173-5, Gagnon (ChrisBros) 171-2, Graham (Fall) 161-9, McGrath (ElCap) 160-10.

Event 2: Mendoza (Hesperia) 147-0, Thompson (Fall) 139-4, Walcott (RBV) 138-2, Bernstein (ElCamino) 138-2, Conerty (MtCarmel) 136-4.

### 4x800 Relay:

Victor Valley 8:18.45, Rancho Bernardo 8:23.03, Ramona 8:26.77, Poway 8:28.21, Valhalla 8:32.23.

### Distance Medley Relay:

Nordhoff 10:37.56, Scripps Ranch 10:51.14, Poway 11:00.76, Mt. Carmel 11:02.37, Victor Valley 11:03.90, Bonita Vista 11:05.10, Alta Loma 11:10.94, Valhalla 11:12.32.

## Tiger Relays

at Balboa Stadium, April 13.

NOTE: Times listed in each event are best times from among several sections.

### GIRLS:

3200:

Schmidt (Scripps) 11:15.4, Harper (Sant) 11:15.9, J. Rohde (Fall) 11:19.3, Rodriguez (Vista) 11:23.4, Card (El Cap) 11:24.6, Stasko (Scripps) 11:27.0, Gregerson (El Cap) 11:35.8, Giacinti (Uni) 11:39.0, Hurwitz (Bish) 11:39.6, S. Rohde (Fall) 11:43.4, Mattson (Fall) 11:55.6, Lasiter-Thurber (Vista) 12:00.3.

### 4x100:

Morse 48.3, Hilltop 51.0, Sweetwater 51.1, University 51.4, Lincoln Prep 51.6, Mira Mesa 52.3, Scripps Ranch 52.5.

### 4x400:

Morse 4:02.2, University 4:11.7, Lincoln Prep 4:15.0, Chula Vista 4:19.1, Hilltop 4:20.6, Vista 4:21.8, Sweetwater 4:23.5.

### 4x100m Shuttle Hurdles:

Serra 1:10.3, University 1:10.6, Mira Mesa 1:10.8, Bishop's 1:14.9, Vista 1:18.0, San Marcos 1:18.3, Rancho Bernardo 1:18.7, El Capitan 1:18.8, Orange Glen 1:18.9, Lincoln Prep 1:19.7.

### 4x800:

El Capitan 9:48.2, University 10:02.9, Fallbrook 10:06.8, Orange Glen 10:18.0, Our Lady of Peace 10:19.9, Chula Vista 10:21.9, San Marcos 10:29.0, Rancho Bernardo 10:37.4, Sweetwater 10:43.9, Bishop's 10:44.8.

### Sprint Medley (100, 100, 200, 400):

Morse 1:48.4, University 1:51.7, Lincoln Prep 1:53.1, Sweetwater 1:54.3, Montgomery 1:59.1, Hilltop

1:59.5, El Capitan 1:59.7, San Diego 2:01.1, San Marcos 2:01.3, Vista 2:02.1, Rancho Bernardo 2:02.2, Orange Glen 2:02.3, Scripps Ranch 2:02.4, Serra 2:03.5, Santana 2:03.6, Our Lady of Peace 2:04.2.

### Distance Medley:

University 12:48.8, Vista 13:04.5, Scripps Ranch 13:10, Rancho Bernardo 13:25.7, Orange Glen 13:29.9, Our Lady of Peace 13:36.8.

### 4x200:

Sweetwater 1:49.3, Hilltop 1:49.8, Vista 1:51.4, Lincoln Prep 1:51.5, University 1:51.7, Scripps Ranch 1:53.0, Chula Vista 1:54.7, Montgomery 1:55.1, Morse 1:55.3, Bishop's 1:56.3, Orange Glen 1:57.0, Santana 1:57.1, Serra 1:57.2, San Diego 1:57.3, Rancho Bernardo 1:57.6, Fallbrook 1:58.2, El Capitan 1:59.0, San Marcos 1:59.3, Our Lady of Peace 1:59.5, Mira Mesa 1:59.9, Rancho Buena Vista 2:01.9.

### High Jump:

Sanford (Linc) 5-2, Nolte (OLP) 5-2, Dr. Carey (Uni) 5-2, Steffler (Fall) 5-0, Teigen (El Cap) 5-0.

### Long Jump:

Sanford (Linc) 17-0, Perkins (Bish) 16-8.

### Triple Jump:

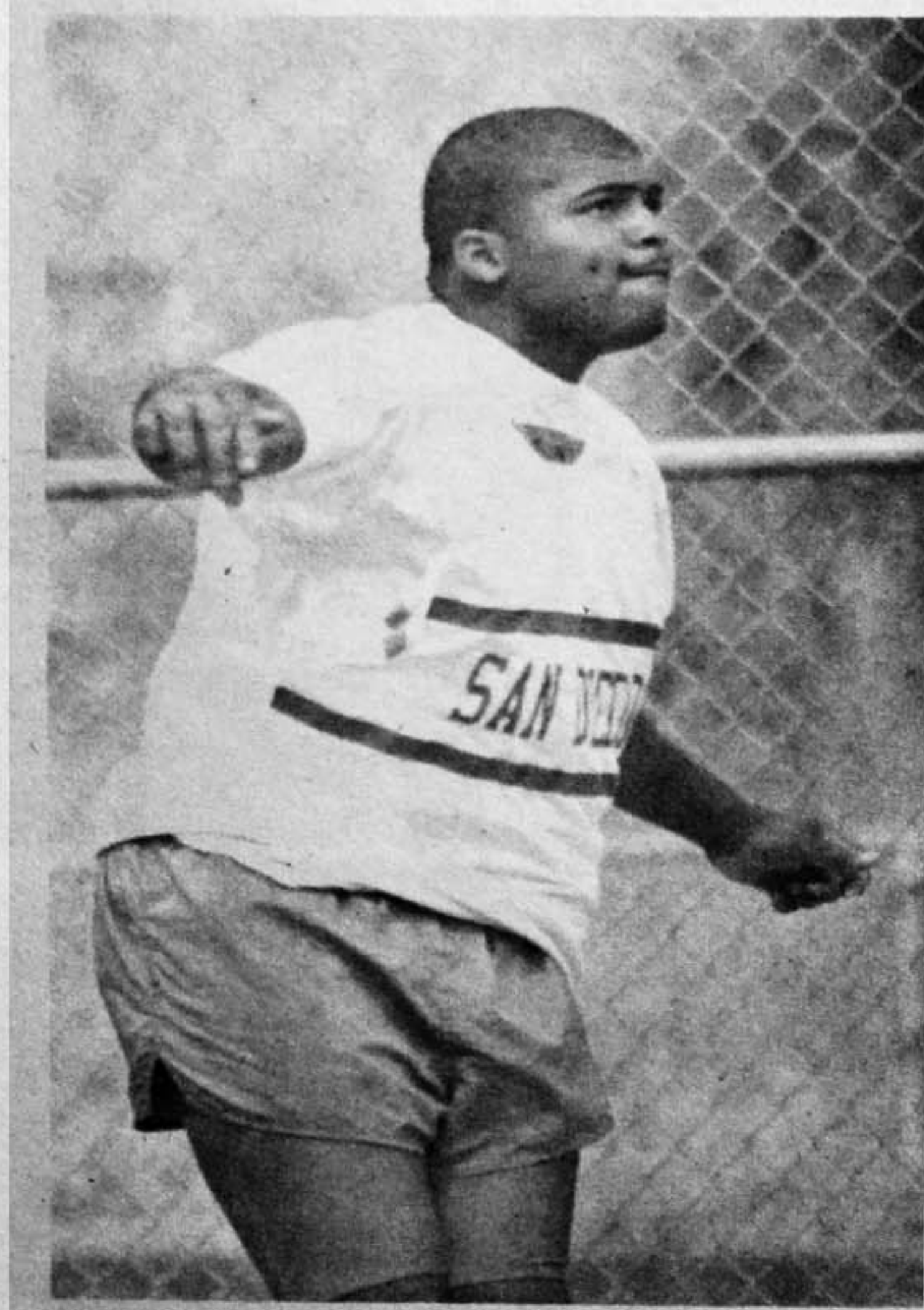
Blair (Uni) 35-3, Dennison (OGlen) 34-2 1/4.

### Shot Put:

Smith (MiraM) 37-8, Matheny (Sant) 33-10, Sanders (OGlen) 33-5, Everett (El Cap) 32-2.

### Discus Throw:

Magana (Fall) 115-9, Matheny (Sant) 113-7, Crouch (El Cap) 109-6, Smith (MiraM) 109-6, Thompson (OGlen) 102-3.



**Tooran Gilliam**, San Diego Soph has thrown disc over 160.

## Arcadia Invitational

at Arcadia High, April 8.

### BOYS:

100:

Invite: 6. Williams, University City, 10.92.

Open, Race 3: 3. Johnson, Scripps Ranch, 11.10.

200:

Invite: 3. Williams, University City, 21.81.

400:

Invite: 2. Burston, Morse, 47.61, 6. Lane, Henry, 49.00.

Seeded: 2. Carter, Morse, 49.62.

Open: Waldheim, University City, 50.69.

800:

Open, Race 1: 3. White, Chula Vista, 1:55.79.

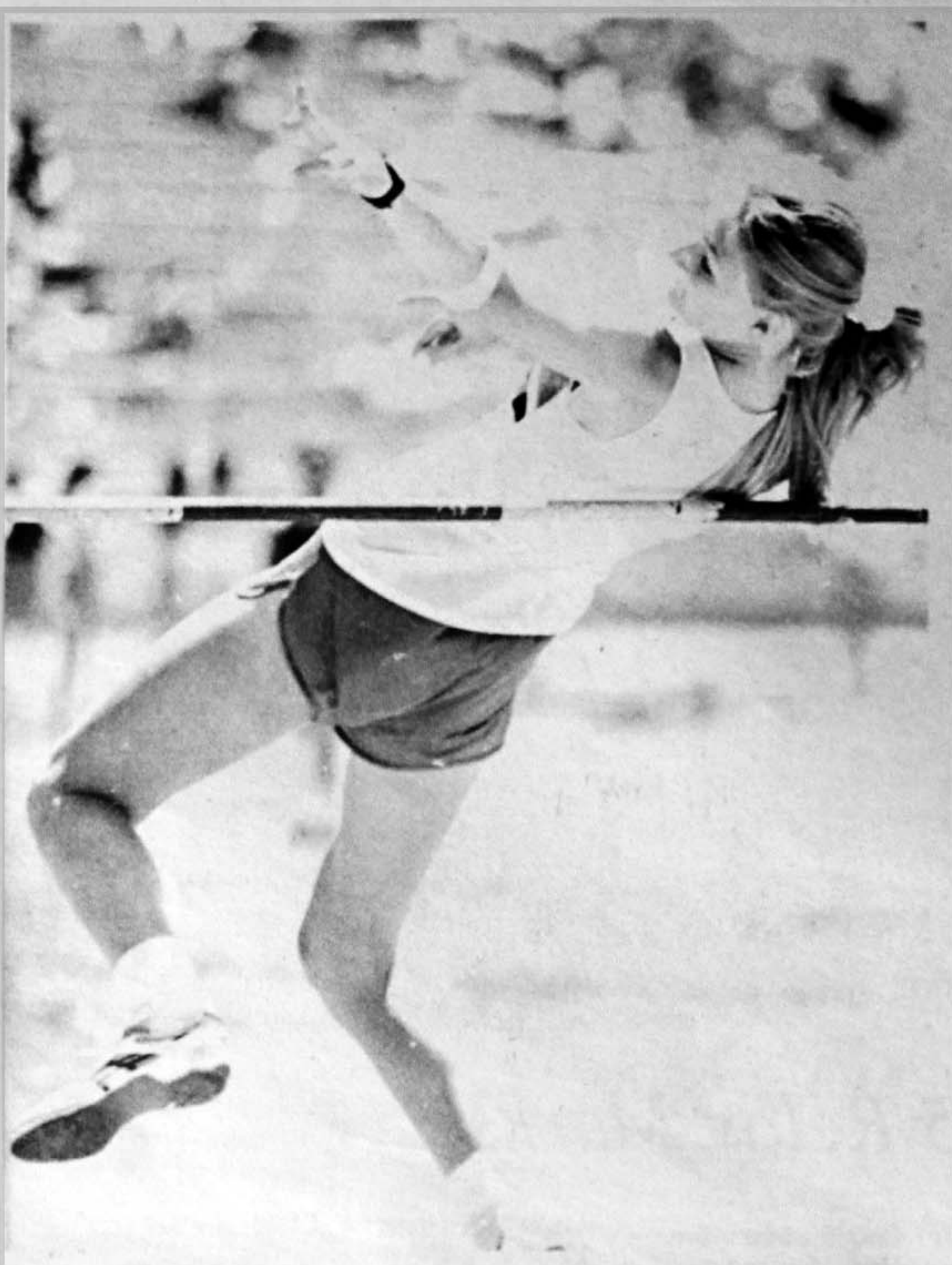
Open, Race 2: 3. Brown, Crawford, 1:56.88.

1600:

Invite: 2. Henderson, Mira Mesa, 4:10.97, 4.

SEE PAGE 9





**Heidi Nolte**, Our Lady of Peace  
Has high jump of 5-2.



**Drisana Carey**, University of San Diego  
Soph has run 60.74 in 400, ran 57.59 last year.

## Arcadia Invitational

FROM PAGE 8

Nett, Mt. Carmel, 4:12.26, 13. Romero, Scripps Ranch, 4:19.0.

**Open:** Carrillo, Chula Vista, 4:29.04.

**3200:**

**Invite:** 10. Bowes, Scripps Ranch, 9:16.0.

**Open:** 1. McQuitty, Grossmont, 9:19.26 (New meet record).

**110 HH:**

**Seeded:** 2. Kuritz, Torrey Pines, 14.56, 3. Fell, Rancho Bernardo, 14.74.

**300 IH:**

**Invite:** Sanchez, University City, 37.19, 8. Fell, Rancho Bernardo, 39.17.

**Open:** Ciaga, Hilltop, 42.78.

**4x100 Relay:**

**Invite:** 8. University City, 42.30.

**Seeded:** 6. Morse, 42.72.

**4x400 Relay:**

**Seeded:** 2. University City, 3:21.1.

**Open:** Chula Vista, 3:31.10.

**Distance Medley:**

**Invite:** 9. Scripps Ranch, 10:34.71.

**Open:** 2. Chula Vista, 10:37.98.

**Pole Vault:**

**Invite:** 3. Shimooka, San Pasqual, 15-6, 4. Mike Brown, Torrey Pines, 15-6.

**Shot Put:**

**Invite:** 13. Liebe, Granite Hills, 55-1.

**GIRLS:**

**100:**

**Seeded:** 1. McKinney, Monte Vista, 12.31.

**Open, Race 2:** 2. Fopiano, Fallbrook, 12.73.

**Open:** DeFord, Hilltop, 12.6.

**200:**

**Open, Race 2:** 3. Fopiano, Fallbrook, 26.74.

**400:**

**Invite:** 4. Garner, Morse, 55.93.

**800:**

**Open:** Hannaman, Scripps Ranch, 2:26.39.

**1600:**

**Invite:** Beckman, Mt. Carmel, 5:27.0.

**Open, Race 2:** 3. Stasko, Scripps Ranch, 5:20.60.

**Open:** Hawker, Grossmont, 5:33.8.

**3200:**

**Invite:** 15. Schmidt, Scripps Ranch, 11:15.1.

**300 LH:**

**Open, Race 2:** 2. Aide Acero, Hilltop, 47.55.

**4x100 Relay:**

**Open:** Fallbrook, 50.54.

**4x400 Relay:**

**Open:** Hilltop, 4:16.65.

**Distance Medley:**

**Invite:** 11. Scripps Ranch, 12:52.9, 12. Fallbrook, 12:53.5.

**Pole Vault:**

**Invite:** 4. Ewing, Fallbrook, 9-0.

**Long Jump:**

**Invite:** 8. McKinney, Monte Vista, 17-9, 11. Loveland, Granite Hills, 17-5 1/2.

**Shot Put:**

**Invite:** 7. Suppa, Torrey Pines, 39-9 3/4. Also, Richmond, Monte Vista, 33-9 1/4.

**Discus Throw:**

**Invite:** 9. Richmond, Monte Vista, 131-0.

**Open:** 1. Magana, Fallbrook, 129-6.

## Titan Trackfest

### and distance carnival

at Poway High School, April 7 and 8.

**NOTE:** Results are listed as combined best times or marks from all divisions.

**GIRLS:**

**Division I:** University 78, Bishop's 60, La Jolla 53.

**Division III:** El Capitan 92, Ramona 75, West Hills 67.

**Division V:** El Camino 76, Escondido 59, San Pasqual 58.

**Division VII:** Ayala 86, Valhalla 74, Mira Mesa 62.

**Division IX:** Rancho Buena Vista 92, Poway 75, Rancho Bernardo 58.

**100:**

Ross (Val) 12.84, Romans (Esc) 12.89, Smith (Bon V) 13.13, Wood (MtC) 13.21, Johnson (Sweet) 13.48.

**400:**

Gibbs (SPasq) 58.89, Lee (Poway) 60.43, Holford (WHills) 61.27, Eichhorst (Val) 62.01, Carter (SMarc) 62.64, Johnson (Sweet) 62.91.

**1500:**

Roydsdon (Val) 4:52.07, Straitiff (TPines) 4:55.44, Peterson (Esc) 5:01.17, Reed (ElCam) 5:01.64, Lasiter-Thurber (Vista) 5:01.79.

**3000:**

Richter (RB) 11:03.99, Pickett (MC) 11:18.64, Fabiano (MtMig) 10:30.93.

**100 H:**

Eberhardt (MiraM) 16.05, Bright (Poway) 16.22, Ro-

mel (Serra) 16.75, Frisch (BonV) 16.83, Bell (Ram) 17.42.

**300 LH:**

Vickery (ElCap) 45.11, Ray (Ram) 48.9, Medley (Vista) 50.4, Romel (Serra) 51.6.

**4x100 Relay:**

Rancho Buena vista 50.59, Poway 50.78, El Camino 51.01, Mt. Carmel 51.44, University 51.64, University City 51.69, Lincoln Prep 51.83, El Capitan 51.94, Escondido 52.49.

**4x400 Relay:**

El Capitan 4:06.41, University 4:10.1 (hand time), Torrey Pines 4:11.06, San Pasqual 4:13.29, West Hills 4:13.88, Castle Park 4:14.08, El Camino 4:14.10, Mira Mesa 4:14.25, Bishop's 4:16.5, Valhalla 4:19.36, Patrick Henry 4:20.78, La Jolla 4:21.6.

**4x800 Relay:**

University 9:41.17 (meet record), Torrey Pines 9:46.97, Rancho Bernardo 10:09.72, West Hills 10:14.87, Ramona 10:18.11, El Capitan 10:22.37, San Marcos 10:26.87, Bonita Vista 10:30.50, La Jolla 10:30.96, Carlsbad 10:39.25, Bishop's 10:39.92, Bonita Vista 10:45.48, Crawford 10:48.49.

**4x1600 Relay:**

Rancho Bernardo 23:17.42, Poway A Team 23:20.08, Poway B Team 24:23.32, Mt. Carmel 24:24.51, Castle Park 25:25.34, Vista 25:51.82.

**Distance Medley Relay:**

El Capitan 12:43.11, University 12:44.02, Vista 12:49.10, La Jolla 13:04.81, Ramona 13:07.18, Bonita Vista 13:07.18, Valhalla 13:07.44, Rancho Buena Vista 13:09.74, West Hills 13:12.26, Torrey Pines 13:19.51, Escondido 13:21.4, Poway 13:25.11, Bishop's 13:29.03, Rancho Bernardo 13:38.07, Sweetwater 13:43.06, San Marcos 13:44.07, Orange Glen 13:51.08, San Pasqual 13:56.61, Mt. Carmel 14:06.

**High Jump:**

Sobers (UCity) 5-3, Castle (Australia) 5-3, Gertsch (SPasq) 5-2, Eberhardt (MiraM) 5-0, Underhill (RBV) 5-0.

**Pole Vault:**

Draher (MiraM) 9-0, Barnes (Ram) 8-0, Serrano (SMarc) 8-0, McGurk (Poway) 7-6, Davis (OGlen) 7-6, Bengel (RBV) 7-6, Flugge (OGlen) 7-6.

**Long Jump:**

Perkins (Bish) 16-11 3/4, Wilson (Poway) 16-10 1/2, Sanford (LincP) 16-9 1/2, McGehee (Uni) 16-1 3/4, Roberts (Aust) 16-1 1/2, Nestor (Aust) 16-1 1/4, Prior (Uni) 15-9 1/2.

**Triple Jump:**

Whyte (SPasq) 36-10, Blair (Uni) 36-0, Perkins (Bish) 35-9, Hunter (Morse) 35-4 1/2, Harrell (LJ) 34-11, Sanford (LincP) 34-11, Taylor (ElCam) 34-9, Hermansen (RBV) 34-1, Hernandez (MtC) 33-6 3/4.



# Titan Trackfest

FROM PAGE 9

## Shot Put:

Smith (MiraM) 35-6 1/2, Holmes (Henry) 34-11, Dixon (Ayala) 34-8, Hernandez (Esc) 34-6 1/2, Tagaleo'o (El Cam) 33-7, C. Ciccirelli (MtC) 32-9, Cooper (Brawley) 32-8 1/2, Cole (RBV) 32-4, Thompson (Esc) 32-1.

## Discus Throw:

Breisacher (ElCap) 111-3, Smith (MiraM) 104-5, Clarke (RB) 103-4, Hernandez (Esc) 102-7, Andersen (Val) 102-1.

## BOYS:

**Division II:** Brawley 78, University 59, University City 50.

**Division IV:** El Camino 80, Ramona 76, Serra 53.

**Division VI:** San Pasqual 80, El Camino 63, Monte Vista 59.

**Division VIII:** Ayala 99, Valhalla 78, Bonita Vista 51.

**Division X:** Rancho Bernardo 98, Rancho Buena Vista 87, Mt. Carmel 60.

## 100:

Hawes (RBV) 10.86, McKeaver (Ram) 10.94, Wilridge (Ayala) 11.02, Richardson (MiraM) 11.11, Miller (MontV) 11.21, Fonss (TPines) 11.21.

## 400:

Wakefield (LincP) 49.44, Sanchez (Esc) 50.01, Jackson (Serra) 41.39, Fields (Val) 51.53, Bash (SPasq) 52.63.

## 800:

Sanders (RB) 1:58.18, Mavromatis (MtMig) 1:59.54, Gross (StAug) 2:01.01.

## 1500:

McArty (Ayala) 4:05.34, Kloos (ElCam) 4:07.52, Smith (BonV) 4:07.61, Abdusalam (Hoov) 4:10.54, Romero (SPasq) 4:11.01.

## 3000:

Romero (SPasq) 9:06.31, Kirtley (Poway) 9:16.03, Schible (MtMig) 9:42.76.

## 110 HH:

Rogers (MontV) 15.34, John (RBV) 15.39, Lewis (El Cap) 15.53, Benson (OGlen) 15.57, Flatts (Sweet) 15.88, Jackson (UCity) 15.91.

## 300 IH:

Ruh (MtMig) 39.20, Clark (ElCap) 39.83, John (RBV) 40.95, Benson (OGlen) 42.01, Amonn (TPines) 42.19.

## 4x100 Relay:

Rancho Buena Vista 42.3 (hand time), Rancho Bernardo 42.9, Patrick Henry 43.9, Ramona 44.12, Monte Vista 44.27, Ayala 44.2, Valhalla 44.2, Torrey Pines 44.5, Mira Mesa 44.5, Serra 44.66, San Pasqual 45.04, Sweetwater 45.08, Orange Glen 45.2, Lincoln Prep 45.20.

## 4x400 Relay:

Rancho Bernardo 3:26.31, El Capitan 3:26.56, Mount Miguel 3:29.71, Mt. Carmel 3:29.88, Serra 3:31.19, Valhalla 3:33.91, San Pasqual 3:34.22, Rancho Buena Vista 3:34.79, San Dieguito 3:35.59, Patrick Henry 3:35.69.

## 4x800 Relay:

West Hills 8:23.43, Ramona 8:28.02, Rancho Bernardo 8:28.21, Torrey Pines 8:30.81, Poway 8:40.92, Valhalla 8:40.98, Bonita Vista 8:53.25, Mt. Carmel 8:43.69, Orange Glen 8:45.06, University 8:45.33, El Capitan 8:48.96, Castle Park 8:52.73, San Marcos 8:52.73, Patrick Henry 8:59.36, La Jolla 9:00.01.

## 4x1600 Relay:

Rancho Bernardo 18:21.56, Mt. Carmel 18:50.01, Rancho Bernardo B Team 19:06.14, Poway 19:09.41, Castle Park 19:20.98, Helix 19:23.48.

## Distance Medley Relay:

Rancho Bernardo 10:43.37, West Hills 10:48.43, San Dieguito 10:53.62, Ramona 11:00.37, Poway 11:00.51, San Marcos 11:05.45, Hoover 11:05.61, Bonita Vista 11:07.04, San Pasqual 11:14.05, Escondido 11:16.44, Mt. Carmel 11:17.59, Orange Glen 11:17.86, Serra 11:20.40, University 11:20.48, Castle Park 11:21.33, Valhalla 11:22.01, El Capitan 11:22.19, Patrick Henry 11:22.53, La Jolla 11:25.60, Torrey Pines 11:29.33, University City 11:40.80, Carlsbad 11:47.92, Sweetwater 11:53.

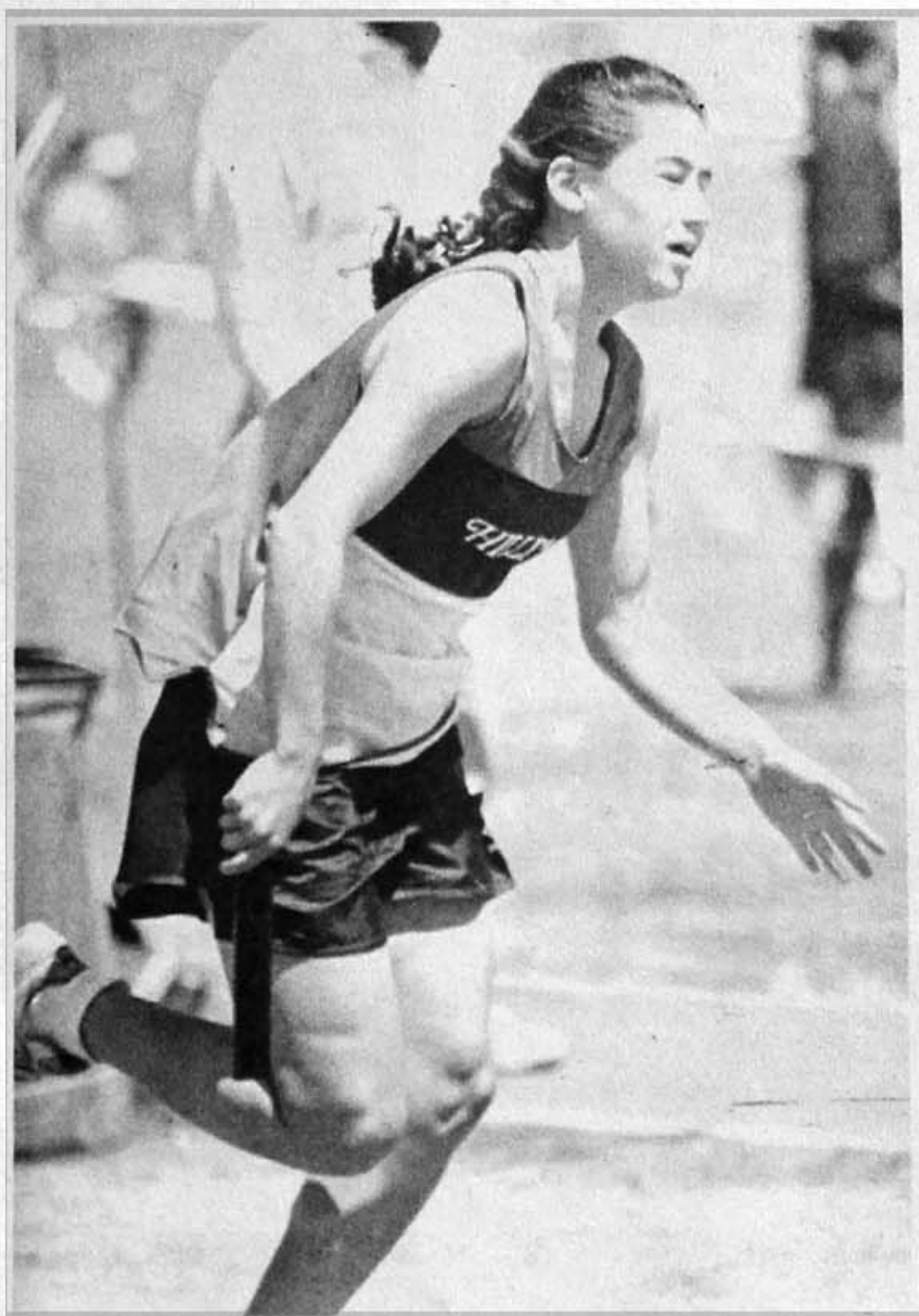
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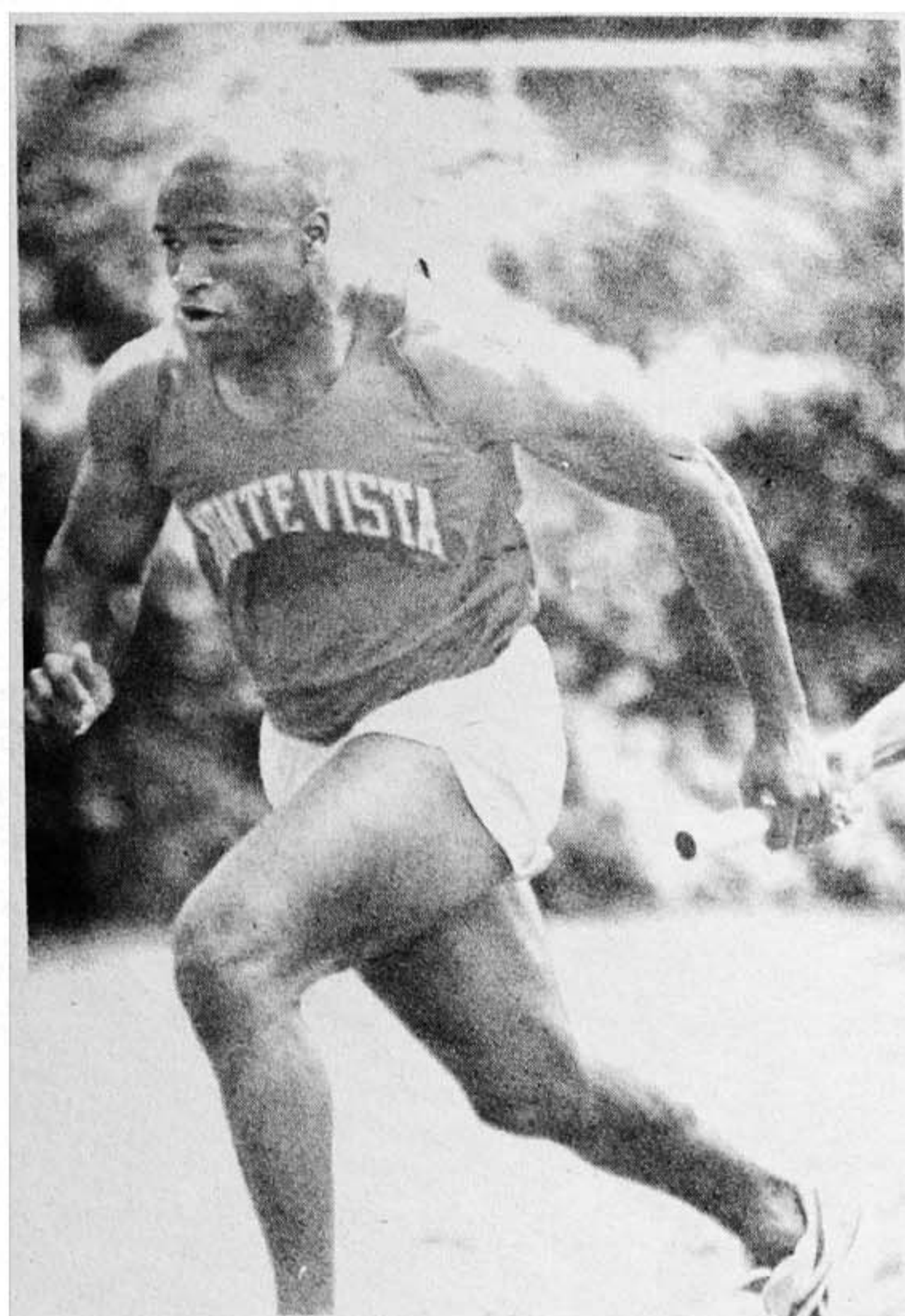
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**Wendy DeFord**, Hilltop  
Has run 100 in 12.6.



**Ian Miller**, Monte Vista  
Anchor of 44.27 relay team.

## 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 a few races from the Bronco Relays (boys sprint medley) and Titan Trackfest (boys and girls 4x200 relay, shuttle hurdles).

Some shuttle hurdle relay results are not listed because of a difference in race formats.

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)  
13:25.7 Rancho Bernardo (Tiger)  
13:27.8 Our Lady of Peace (Wolfpack)  
13:29.03a Bishop's (Titan)

#### 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: Holdzkorn 4:08, Carlson 64, Benedict 2:26, Rendina 5:35.

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)  
10:56.8 Grossmont (Balboa)

11:00.37a Ramona (Titan)  
11:00.51a Poway (Titan)  
11:02.37a Mt Carmel (Sundevil)  
11:03.7 Mar Vista (Balboa)  
11:05.10a Bonita Vista (Sundevil)  
11:05.45a San Marcos (Titan)  
11:05.61a Hoover (Titan)  
11:08.4 Mission Bay (Balboa)  
11:11.7 San Diego (Balboa)  
11:12.32a Valhalla (Sundevil)  
11:14.05a San Pasqual (Titan)  
11:15.0 Vista (Sundevil)  
11:15.3 Torrey Pines (Sundevil)  
11:16.44a Escondido (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)  
9:46.7 El Capitan (Sundevil)  
9:46.97a Torrey Pines (Titan)  
9:50.0 Vista (Falcon)  
10:06.8 Fallbrook (Tiger)  
10:09.69 Helix (Sundevil)  
10:09.72a Rancho Bernardo (Titan)  
10:12.26a West Hills (Titan)  
10:16.7 Ramona (Falcon)  
10:17.8 Chula Vista (Sundevil)  
10:18.0 Orange Glen (Tiger)  
10:19.72 Our Lady Of Peace (Sundevil)  
10:26.87a San Marcos (Titan)  
10:29.38 Mt Carmel (Sundevil)  
10:30.50a Bonita Vista (Titan)  
10:30.96a La Jolla (Titan)  
10:31.8 Poway (Falcon)  
10:33.2 Bishop's (Sundevil)  
10:39.25a Carlsbad (Titan)  
10:43.9 Sweetwater (Tiger)

#### Splits:

University: Hanley 2:17.8, Ott 2:25, Fischer 2:33, Dr. Carey 2:23.2.

El Capitan: Gregerson 2:27, Card 2:26.7, Kindreich 2:29.6, Jenkins 2:22.4.

Torrey Pines: Branson 2:25, Nolan 2:25, Coad 2:28, Roth 2:26.

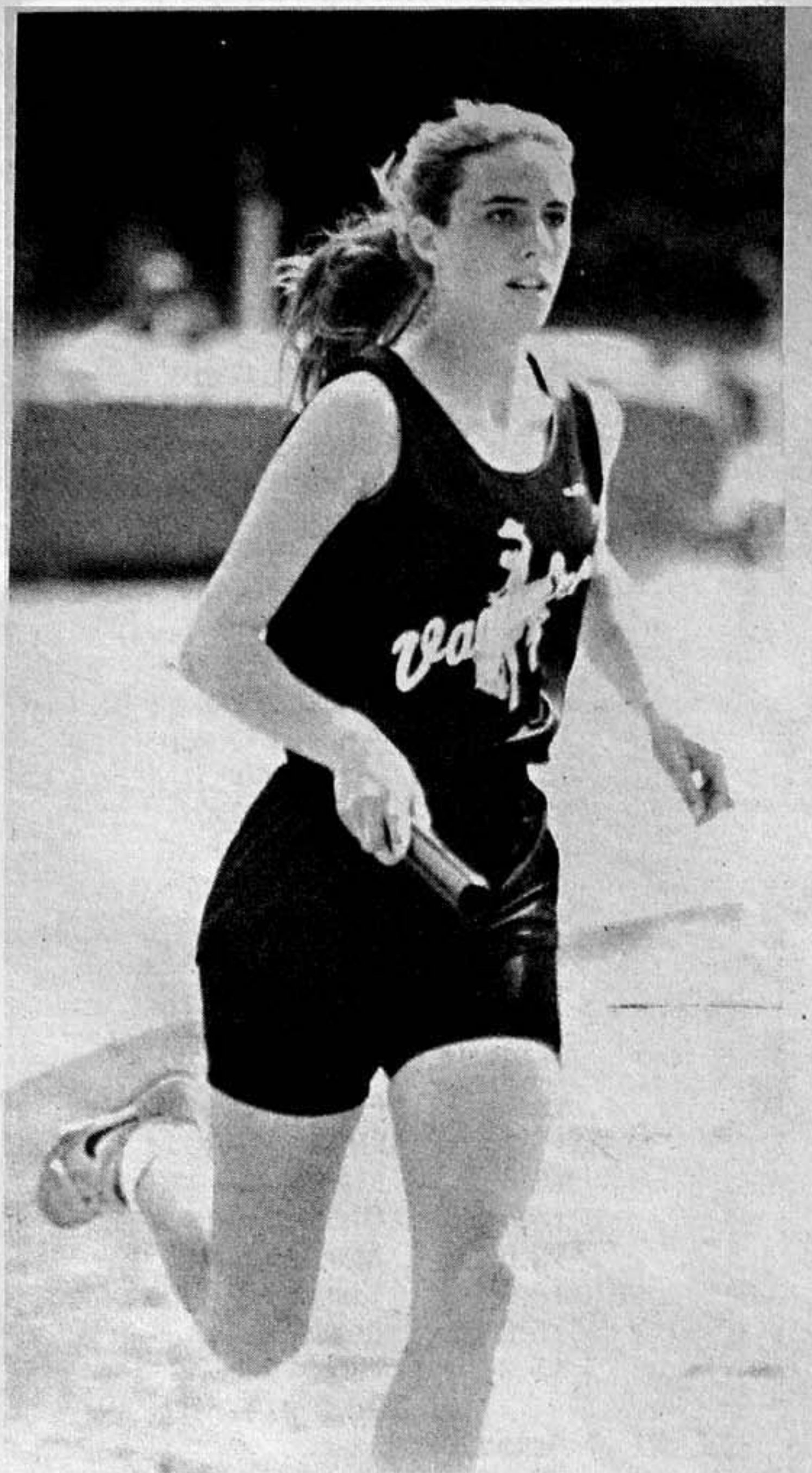
Vista: Batiz 2:30, Rodriguez 2:31.7, El Farrah 2:23.7, Shea 2:28.7.

West Hills: Benedict 2:25.7.

#### BOYS:

SEE PAGE 11





**Kristi Jenkins**, El Capitan  
Ran a 2:22.4 relay leg at Mt. Carmel.

## Relay Marks

FROM PAGE 10

8:20.3	Rancho Bernardo (Long Beach)
8:20.6	Mt Carmel (Falcon)
8:23.43a	West Hills (Titan)
8:26.77a	Ramona (Sundevil)
8:28.21	Poway (Sundevil)
8:30.0	Torrey Pines (Falcon)
8:32.23a	Valhalla (Sundevil)
8:35.88a	San Dieguito (Sundevil)
8:37.60a	St. Augustine (Sundevil)
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:

17:55.67	Scripps Ranch (Mt SAC)
17:57.49	Rancho Bernardo (Mt SAC)
18:21.90	Mt. Carmel (Mt SAC)
19:06.14a	Rancho Bernardo B (Titan)
19:09.41a	Poway (Titan)

### Splits:

Scripps Ranch: Bowes 4:23.43, Bolton 4:35.45, Stewart 4:33.70, Romero 4:22.40.  
Rancho Bernardo: Larson 4:30.3, Meisner 4:30.1, Short 4:28.9, Sanders 4:28.5.

### 4x200 Relay:

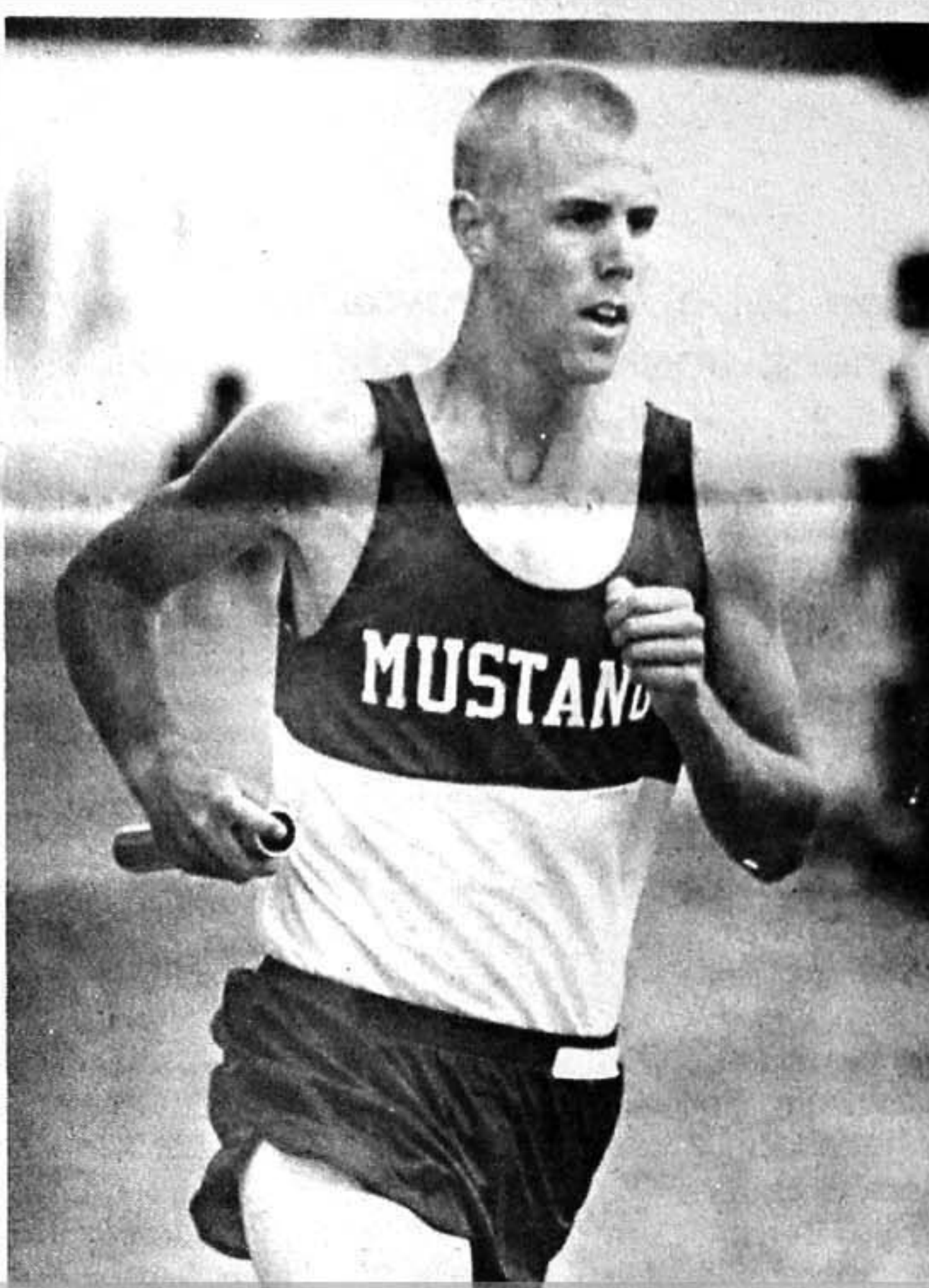
#### GIRLS:

1:47.3	Morse (Balboa)
1:49.3	Sweetwater (Tiger)
1:49.8	Hilltop (Balboa)
1:51.1	Lincoln Prep (Balboa)
1:51.2	San Diego (Balboa)
1:51.2	Poway (Falcon)
1:51.2	Bishop's (Titan)
1:51.4	Vista (Tiger)

1:51.7	University (Tiger)
1:52.0	El Camino (Balboa)
1:52.71a	West Hills (Titan)
1:53.0	Scripps Ranch (Tiger)
1:53.5	Helix (Balboa)
1:53.6	University City (Mustang)
1:54.6	Castle Park (Mustang)
1:54.7	Chula Vista (Tiger)
1:55.1	Montgomery (Tiger)
1:55.2	Granite Hills (Balboa)
1:55.5	Patrick Henry (Balboa)
1:55.6	Torrey Pines (Mustang)

#### BOYS:

1:28.7	Morse (Balboa)
1:29.04a	University City (TrabHills)
1:29.6	San Diego (Balboa)
1:32.0	Serra (Balboa)
1:33.0	Lincoln Prep (Balboa)
1:33.4	Hoover (Balboa)
1:33.4	Montgomery (Balboa)
1:33.7	Patrick Henry (Balboa)
1:34.6	Monte Vista (Balboa)
1:34.6	Helix (Balboa)
1:35.2	Mount Miguel (Mustang)
1:35.7	Torrey Pines (Falcon)
1:35.7	St. Augustine (Balboa)
1:36.2	Oceanside (Balboa)
1:36.6	El Camino (Balboa)
1:36.8	Scripps Ranch (Balboa)
1:37.2	Eastlake (Balboa)
1:37.8	Mar Vista (Balboa)
1:37.8	La Jolla (Balboa)
1:38.1	Mt Carmel (Falcon)
1:38.1	Granite Hills (Balboa)
1:38.1	Kearny (Balboa)



**Noah Randles**, San Dieguito  
Has run 9:59.1 for 3200.

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

#### GIRLS:

1:48.4	Morse (Tiger)
1:51.7	University (Tiger)
1:53.1	Lincoln Prep (Tiger)
1:54.3	Sweetwater (Tiger)
1:54.6	Poway (Bronco)
1:55.8	Point Loma (Balboa)
1:55.9	Rancho Bernardo (Bronco)
1:56.7	San Marcos (Balboa)
1:57.0	El Capitan (Bronco)
1:57.3	El Camino (Balboa)
1:57.7	Granite Hills F/S (Bronco)
1:58.0	Torrey Pines (Falcon)
1:58.7	Fallbrook (Bronco)
1:59.1	San Diego F/S (Balboa)
1:59.1	Montgomery (Tiger)
1:59.5	Hilltop (Tiger)
1:59.7	Mount Miguel (Balboa)
1:59.8	Helix F/S (Bronco)
1:59.8	Mt Carmel F/S (Bronco)
2:00.3	Monte Vista (Balboa)

#### BOYS:

1:35.0	San Diego (Balboa)
1:35.1	Morse (Balboa)
1:37.2	Serra (Balboa)
1:37.8	Mount Miguel (Mustang)
1:39.1	Bonita Vista (Balboa)

1:39.5	Scripps Ranch (Balboa)
1:40.3	Oceanside (Mustang)
1:40.3	Hoover (Balboa)
1:40.4	Eastlake (Balboa)
1:40.8	Vista (Falcon)
1:40.9	Montgomery (Balboa)
1:40.9	Ramona (Falcon)
1:41.1	Torrey Pines (Falcon)
1:41.4	Mission Bay (Balboa)
1:41.5	Mt Carmel (Falcon)
1:41.6	Castle Park (Mustang)
1:42.1	University City F/S (Balboa)
1:42.4	Santana (Balboa)
1:42.6	Hilltop (Balboa)
1:42.6	Poway (Falcon)

### Sprint Medley Relay: (200-200-400-800)

#### GIRLS:

4:26.7	University (Balboa)
4:31.4	El Camino (Balboa)
4:33.1	Helix (Balboa)
4:34.4	Mount Miguel (Balboa)
4:35.5	La Jolla (Balboa)
4:38.4	Crawford (Balboa)
4:39.5	Our Lady of Peace (Balboa)
4:40.9	Santana (Balboa)
4:41.9	Clairemont (Balboa)
4:43.2	Morse (Balboa)

#### BOYS:

3:39.6	Mount Miguel (Balboa)
3:41.9	San Diego (Balboa)
3:42.1	Serra (Balboa)
3:42.7	Hoover (Balboa)
3:44.7	Mission Bay (Balboa)
3:47.2	Montgomery (Balboa)
3:47.4	Hilltop (Balboa)
3:50.1	Point Loma (Balboa)
3:51.9	Scripps Ranch (Balboa)
3:52.3	St. Augustine (Balboa)

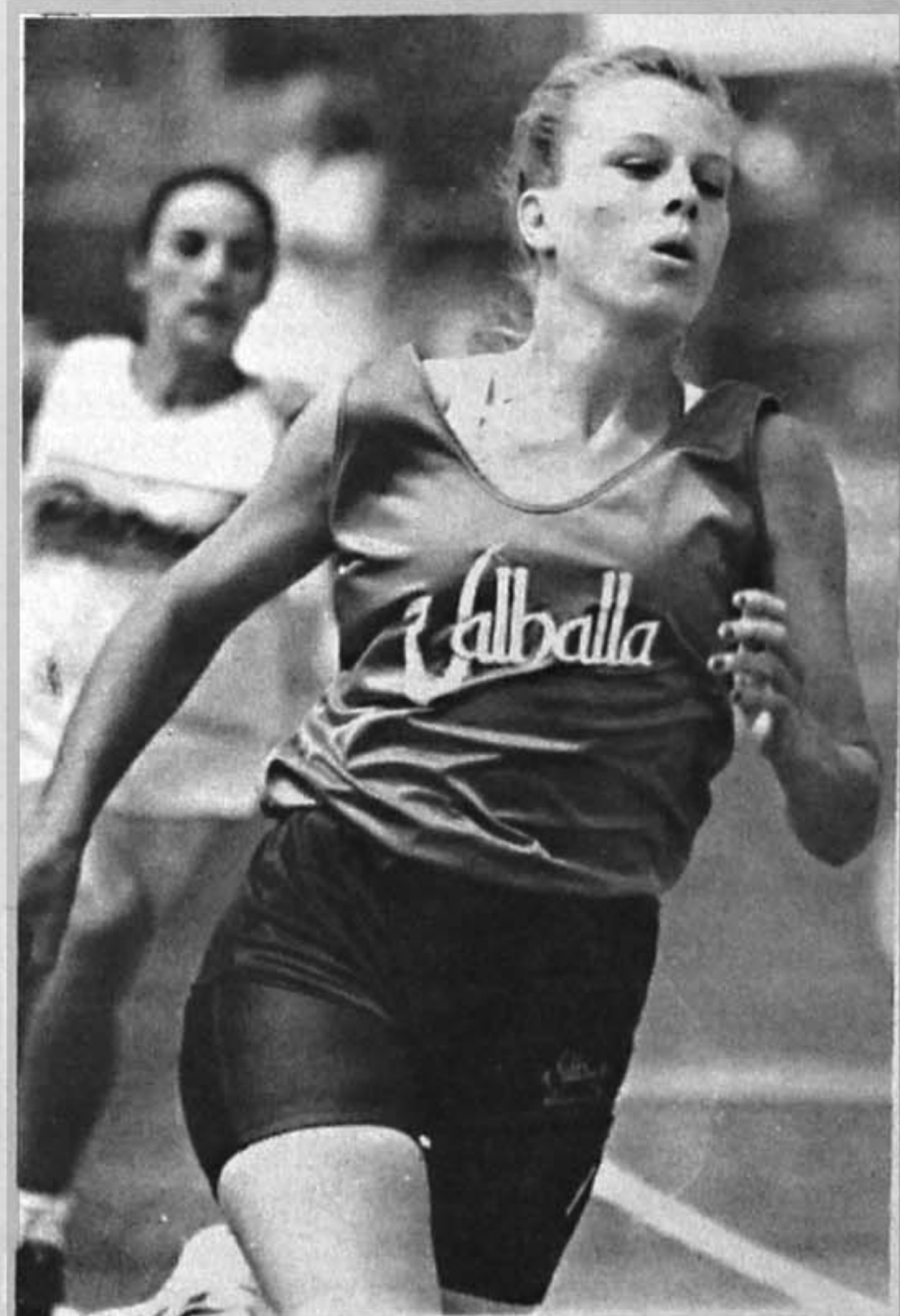
### Shuttle Hurdles:

#### GIRLS (4x100m 33" H):

1:10.3	Serra (Tiger)
1:10.6	University (Tiger)
1:10.8	Mira Mesa (Tiger)
1:13.8	Granite Hills (Balboa)
1:14.7	Oceanside (Balboa)
1:14.9	Bishop's (Tiger)
1:16.2	Lincoln Prep (Balboa)
1:16.4	La Jolla (Balboa)
1:17.2	Clairemont (Balboa)
1:18.0	Vista (Tiger)

#### BOYS (4x110m H)

1:03.3	El Capitan (Balboa)
1:05.5	Serra (Balboa)
1:06.1	Grossmont (Balboa)
1:07.1	Bonita Vista (Balboa)
1:07.5	Hilltop (Balboa)
1:07.6	Patrick Henry (Balboa)
1:07.8	Mount Miguel (Balboa)
1:08.5	Helix (Balboa)
1:09.0	Crawford (Balboa)
1:09.1	San Marcos (Balboa)



**Danielle Ross**, Valhalla  
Has run 12.6 and 26.94.



# Best '95 Marks:

## BOYS:

(Marks received by April 25)

### 100 meters

Automatic timing:

10.74	TonyGraham, SDiego
10.77	Williams, UCity, 11
10.86	Hawes, RBV, 12
10.94	McKeaver, Ram, 12
11.04	Johnson, Scripps, 12
11.11	Richardson, MiraM
11.17	Lane, Henry, 12
11.19	Green, Osido, 10
11.21	Miller, MontV, 12
11.21	Fonss, TPines, 12

Hand timing:

10.5	Williams, UCity, 11
10.6	Hawes, RBV, 12
10.6w	Green, Osido, 10
10.7	Burston, Morse, 11
10.7	Green, Osido, 10
10.7w	A. Martinez, Montg, 12
10.7	Tony Graham, SDiego
10.7	Jones, Morse, 10
10.7w	Rohr, Hoover
10.8	Eubanks, ElCam, 12
10.8	Fonss, TPines, 12
10.8	Richardson, MiraM
10.8	Abrams, RBV
10.9	Johnson, Scripps, 12
10.9	McKeaver, Ram, 12
10.9	Swink, Serra, 12
11.0	Zamora, Hoover
11.0	Sanchez, UCity, 12
11.0	Johnson, Helix, 11
11.0	Braulio, Montg
11.0	Green, RBV
11.0	Abraham, Esc
11.0	Bachner, GrHills, 11

### 200 meters

Automatic timing:

21.30w	Williams, UCity, 11
21.75	Williams, UCity, 11
21.82	Tony Graham, SDiego
22.53	Lane, Henry, 12
22.59	Carter, Morse, 11
22.71	Richardson, MiraM
23.03	Fields, Val, 11

Hand timing:

21.9	Lane, Henry, 12
21.9	Thom. Graham, SDiego
21.9	Eubanks, ElCam, 12
22.0	Green, Osido, 10
22.0	Burston, Morse, 11
22.1	Jones, Morse, 10
22.4	Carter, Morse, 11
22.4	Scott, RB, 12
22.4yc	Washington, S'west
22.4yc	Fields, Val, 11
22.4yc	A. Martinez, Montg, 12
22.4	Ligon, SDiego
22.5	McKeaver, Ram, 12
22.5	Sanchez, UC, 12
22.5	Waldheim, UC, 12
22.5	Hawes, RBV, 12
22.5	Ross, SDiego
22.6	Fonss, TPines, 12
22.6yc	Wakefield, Lincoln, 12
22.6	Kuritz, TPines, 11
22.7	Swink, Serra, 12
22.7	Baker, MiraM
22.8	Abrams, RBV
22.9	Salimi, RB, 11
22.9	Barker, SD'guito
22.9	Fell, RB, 12
22.9	Lewis, MtMig
22.9	Gaabayachan, MarV, 12

### 400 meters

Automatic timing:

47.27	Burston, Morse, 11
48.62	Lane, Henry, 12
49.44	Wakefield, Lincoln, 12
49.61	Carter, Morse, 11
50.01	Sanchez, Esc, 11
50.18	Waldheim, UCity
50.98	Sanders, ElCam, 10
51.07	Gross, GrHills
51.39	Jackson, Serra, 9
51.49	Hamilton, MtMig
51.53	Fields, Val, 11

Hand timing:

48.8	Carter, Morse, 11
49.7yc	Williams, UCity, 11
50.2yc	Sanchez, UCity, 12



**Noble Jackson**, Serra, edges **Raymond Fields**, Valhalla, in 400 at Titan meet. Jackson, a frosh, ran 51.39, while Fields, a junior, did 51.53.

50.7	Ligon, SDiego
50.8	Gross, StAug, 12
51.1	Hamilton, MtMig
51.3	Jenkins, MissBay
51.3	Ruh, MtMig
51.4	Scott, RB, 12
51.5	Thom. Graham, SDiego
51.5	Markle, SDiego, 10
51.5	Gaabayachan, MarV, 12
51.7	Bash, SPsq
51.7yc	Koreski, ElCajon, 12
51.9	Valdez, ChulaV, 12
52.0	White, ChulaV, 12
52.0	Lumbwele, Hoover
52.0yc	Rogers, MontV
52.2	Clark, El Cap, 12
52.5	Jones, Serra
52.6	Lee, MarV

### 800 meters

1:55.79a	White, ChulaV, 12
1:56.5	Henderson, MiraM, 11
1:56.88a	Brown, Crawf, 11
1:58.18a	Sanders, RB, 12
1:59.1	Weaver, Fall, 11
1:59.4	Romero, Scripps, 12
1:59.54a	Mavromatis, MtMig, 10
1:59.58a	Davis, Scripps, 11
1:59.6	Dunn, ChulaV, 12
2:00.17a	Nett, MtC, 12
2:00.61a	Diego Ash, SPasq
2:00.9	McQuitty, Gross, 11
2:01.01a	Gross, StAug, 12
2:01.2	Carter, Morse, 11
2:01.6	Short, RB, 12
2:02.3	Bolton, Scripps, 11
2:02.8	Halsey, RBV
2:03.0	Carney, TPines, 12
2:03.2	Markle, SDiego, 10
2:03.2	Sybert, Vista, 12
2:03.7	Coleman, Scripps
2:03.8	Fernandez, PtL, 11
2:03.9	Kloos, ElCam, 12

### 880 yards

2:02.9	Smith, BonitaV 12
4:07.0	Henderson, MiraM, 11
4:07.52a	Kloos, ElCam, 12
4:07.61a	Smith, BonitaV
4:10.54a	Abdusalam, Hoover, 11
4:11.01a	Romero, SPasq, 12
4:11.3	Sybert, Vista, 12
4:11.3	Hulsey, TPines, 10

### 1600 meters

4:10.97a	Henderson, MiraM, 11
4:12.26a	Nett, MtC, 12
4:19.0	Romero, Scripps, 12
4:20.0	Bowes, Scripps, 12
4:21.38a	McQuitty, Gross, 11
4:22.35a	Smith, BonitaV, 12
4:24.6	Kirtley, Poway, 11
4:26.12a	Damman, Uni, 12
4:27.2	Sanders, RB, 12
4:27.44a	Short, RB, 12
4:28.3	Hulsey, TPines, 10
4:28.8	Schuil, MtC
4:29.0	Abdusalam, Hoover, 11
4:29.0	Larson, RB, 12
4:29.04a	Carrillo, ChulaV, 12
4:29.8	Kloos, ElCam, 12
4:30.8	Sybert, Vista, 12
4:30.9	Blain, WHills, 12
4:31.59a	Martinez, ChulaV, 12
4:31.75a	Holmes, MissBay, 12
4:32.58a	Guevara, SnMarc, 12
4:32.58	Werdenberg, PtL, 12
4:34.0	Romero, SPasq, 12
4:34	Galaviz, RB, 10
4:34.0	Murillo, SDiego, 11
4:34.2	Coe, Helix
4:34.30a	Stewart, Scripps, 12

### Mile

4:34.6	Daynes, Gross, 10
9:05	Carrillo, ChulaV, 12
9:06.31a	Romero, SanPasq, 12
9:16.03a	Kirtley, Poway, 11
9:18.8	Coughlin, Fall, 11

### 3200 meters

9:16.0	Bowes, Scripps, 12
9:19.26a	McQuitty, Gross, 11
9:29.47a	Henderson, MiraM, 11
9:30.94a	Larson, RB, 12
0:40.67a	Meisner, RB, 12
9:41.1	Nett, MtC, 12
9:42.17a	Romero, SPasq, 12
9:43.0	Kirtley, Poway, 11
9:46.0	Sybert, Vista, 12
9:49.9	Galaviz, RB, 10
9:50.1	Damman, Uni, 12
9:51.4	Short, RB, 12
9:56.0	Ketcham, Vista, 10
9:56.0	Glass, Ram, 12
9:56.6	Tello, RB, 10
9:58.1	Hulsey, TPines, 10

9:59.1 Randles, SD'guito, 11

### 110 meter HH

Automatic timing:

14.56	Kuritz, TPines, 11
14.74	Fell, RB, 12
14.78	Forte, ElCam, 12
14.90	Rogers, MontV, 12
15.25	Jenkins, Lincoln, 12
15.39	John, RBV
15.52	Benson, OGlen, 11
15.53	Lewis, El Cap
15.65	DePass, Montg, 10
15.86	Flatts, Sweet, 12
15.91	Jackson, UCity

Hand timing:

14.3	Forte, ElCam, 12
14.3	Kuritz, TPines, 11
14.5	Fell, RB, 12
14.8	John, RBV
14.9w	DePass, Montg, 10
15.1	Navarre, OGlen
15.3	Ruh, MtMig
15.4	Lewis, El Cap
15.4	Smith, RBV, 10
15.5	Davis, Gross
15.5	Benson, OGlen, 11
15.5	Pope, RB, 11
15.6	Pourchet, Parker
15.6	Ciaga, Hill
15.7	Sliffe, RBV, 12
15.7	Flatts, Sweet, 12
15.8	Graves, SDiego
15.8	Markle, SDiego
15.8	Smith, Gross
15.8	Manzano, MtC, 11
15.9	Kaiser, MtC
15.9	Lewis, El Cap
15.9	Rios, Helix, 11

### 300 meter IH

Automatic timing:

37.19	Sanchez, UCity, 12
38.90	Fell, RB, 12
39.20	Ruh, MtMig
39.41	Forte, ElCam, 12
39.81	Rogers, MontV 12
39.83	Clark, El Cap, 12
40.11	DePass, Montg, 10
40.26	John, RBV
40.47	Lewis, El Cap
41.49	Benson, OGlen, 11
41.88	Anders, Helix, 11
42.09	Van Dusen, GrHills
42.18	Rattigan, Serra
42.26	Amonn, TPines, 11
42.78	Ciaga, Hill

Hand timing:

38.6	Fell, RB, 12
39.1	Kuritz, TPines, 11
39.4	Forte, ElCam, 12
40.4	Markle, SDiego
40.9	Clinger, El Cap
41.0	Amonn, TPines, 11
41.4	Yang, Fall, 12
41.8	Anders, Helix, 11
41.8	Gissendanner, SDiego
41.9	Bright, Esc, 11
42.0	Dalrymple, Poway
42.3yc	Rios, Helix, 11
42.4	Pope, RB, 11
42.4	Kaiser, MtC
42.5	Dickman, Poway
42.5	Ciaga, Hill
42.5	McCapes, Sant
42.6	Hemmer, UCity

### 4x100 meters Relay

Automatic timing:

42.30	University City
42.72	Morse
43.14	Rancho Buena Vista
43.24	San Diego
43.27	Patrick Henry
43.34	El Camino
43.35	Rancho Bernardo
43.98	Serra
44.06	Oceanside
44.11	Ramona
44.27	Monte Vista
44.48	Torrey Pines
44.75	Montgomery
44.79	Bonita Vista
44.87	Lincoln Prep
45.03	Sweetwater
45.04	Mount Miguel

Hand timing:

42.1	University City
42.3	Rancho Buena Vista
42.6	Morse
42.9	Rancho Bernardo
43.6	Oceanside



# Best '95 Marks:

FROM PAGE 12

43.8yc	Lincoln Prep
44.1	Ramona
44.1	Torrey Pines
44.2	Valhalla
44.3	Point Loma
44.5	Mira Mesa
44.5	Hoover
44.6	Scripps Ranch
44.7	Mar Vista
44.8yc	Granite Hills
44.9	Sweetwater

## 4x400 meters Relay

3:21.1	University City
3:21.34a	Morse
3:23.4	San Diego
3:24.53a	El Capitan
3:26.31a	Rancho Bernardo
3:27.38a	Chula Vista
3:27.38a	Patrick Henry
3:29.46a	Serra
3:29.71a	Mount Miguel
3:29.88a	Mt Carmel
3:32.97a	San Dieguito
3:33.8	Lincoln Prep
3:33.91a	Valhalla
3:34.22a	San Pasqual
3:34.7	Helix
3:34.77a	West Hills
3:34.79a	Rancho Buena Vista
3:35.20a	Sweetwater
3:35.23a	Mira Mesa
3:35.7	Montgomery

## Splits:

University City: Sanchez 48.7, Hemmer 53.2, Waldheim 51.8, Williams 47.6.  
Morse: Carter 50.5, Jones 50.7, K. Pinson 51.6, Burston 48.5.

## High Jump

6-6	Mitchell, Sweet, 11
6-5	Browning, El Cap, 12
6-5	Davis, Elake
6-3	Swink, Serra, 12
6-2	Linz, El Cap
6-2	Hazarika, RB, 10
6-2	King, RBV
6-2	Foreman, BonitaV
6-2	Twining, SD'guito, 10
6-2	Kameron, Elake
6-2	Lattilade, ChulaV, 12
6-1	Frisch, Ram, 12
6-1	Cooper, Morse
6-1	Lofton, MtMig, 12
6-1	Rudder, MtMig, 10
6-1	Reynolds, Serra
6-0	Raines, El Cap
6-0	Cook, Morse
6-0	Castejon, MiraM
6-0	K. Johnson, Kearny, 11
6-0	Hartinger, SPasq
6-0	Greene, Hill, 12
6-0	Daniel, Elake
6-0	Mitchell, RB, 11
6-0	Douglas, UCity
6-0	Walker, Kearny, 9
6-0	Mitchell, Serra
6-0	Jessee, ArmNav
6-0	Hakes, Coro
6-0	Ross, Scripps, 11
6-0	Lewis, OGlen
6-0	Hollins, Esc, 9
6-0	West, RBV
6-0	Williams, MissBay, 11
6-0	Puma, TPines, 10
6-0	Adams, UCity
6-0	McManus, BonitaV
6-0	Evans, BonitaV

## Pole Vault

15-10	Brown, TPines, 12
15-7	Shimooka, SPasq, 12
15-1	Poirier, MtC, 12
14-2	McLaughlin, WHills, 12
14-0	Marino, RB, 11
13-8	Gregorson, RB, 12
13-8	Cintron, Elake
13-6	Page, MontV, 11
13-6	Valdez, ChulaV, 12
13-6	Cheng, RBV, 10
13-2	Goode, Helix
13-2	Clinger, El Cap



**Brian McLaughlin**, West Hills

Fast-improving, now at 14-2 in vault.

13-0	Luce, Ram, 12	22-2 3/4w	Green, RBV
12-6	Grube, GrHills, 12	21-11 1/2	Bernard, Poway, 11
12-6	Dattilo, RB, 12	21-11	James, WHills, 12
12-6	Leahr, SD'guito, 12	21-8 3/4	Abbitt, Serra
12-6	Sorenson, Hill, 12	21-8 1/2	Pakash, MtC
12-6	Marsh, Sant, 10	21-7	Hemmer, UCity
12-6	Connole, El Cap	21-6	D. Haynes, Henry
12-6	Lee, RB, 11	21-5 1/2	Hawes, RBV, 12
12-6	Seda, Esc, 12	21-5 1/4	Felton, MtC
12-6	Pontbriand, Esc, 11	21-4	Grayer, CPark, 10
12-6	Pearson, MtC	21-3 1/4	Rudder, MtMig, 10
12-2	Edinger, TPines, 12	21-2	Harris, SPasq
23-5 1/4w	McKeaver, Ram, 12	21-1 1/2	Foreman, BonitaV
23-0 1/2	Cook, Morse, 12	21-0 1/2	Nears, Kearny, 10
22-10 3/4	McKeaver, Ram, 12	21-0	Starks, Serra, 10
22-6 3/4	Forte, ElCam, 12	21-0	Jones, Vista
22-6 1/2	Ross, Scripps, 11	20-11	Cox, RBV, 11
22-6	Swink, Serra, 12	20-10	Fitzgerald, Fall, 12
		20-7	Salimi, RB, 11



**Todd Browning**, El Capitan

Has high jumped 6-5, tripled 44-0.

20-6 1/2	Johnson, UCity
20-4	Lee, MarV
	<b>Triple Jump</b>
45-10 1/2	Cox, RBV, 11
44-0 3/4	McKeaver, Ram, 12
44-0	Browning, El Cap, 12
44-0	Puma, TPines, 10
43-9 3/4w	Jones, ElCam
43-6 3/4w	Foreman, BonitaV
43-6	Jones, ElCam
43-5 1/4	Foreman, BonitaV
43-3 1/2	James, WHills, 12
43-1 1/4	Rudder, MtMig, 10
43-0	Marshall, RBV
42-11 1/4	Wiley, Val
42-10 1/4w	Jones, Vista
42-9 3/4	Abbitt, Serra
42-9 3/4	Hartinger, SPasq
42-9 1/2	Patman, Henry, 10
42-8 1/2	Stewart, RB, 10
42-8 1/2	McGaughy, SDiego
42-6 1/2	Swink, Serra, 12
42-6w	Padilla, MtC
42-5	McClain, SDiego
42-3 1/2w	Miller, Scripps
41-6	Bernard, Poway, 11
41-6	Waterman, ElCam, 10
41-5	Padilla, MtC
41-5	Powell, MontV, 10
41-4	K. Johnson, Kearny, 11
41-3 1/2	Ople, Bish, 11
41-1	Miller, Scripps
40-9	Hawkins, CPark
40-7	Vega, Uni
	<b>Shot Put</b>
57-1	Liebe, GrHills, 12
53-1 1/2	Sotelo, Ram, 11
52-5 1/2	Herrick, MtC
52-3	McComb, GrHills
51-8	Batiste, Oside, 12
51-1 1/4	Graham, Fall, 12
50-5 1/2	Matautia, ElCam
49-11 1/2	Conerty, MtC
49-10 1/2	Rivas, Oside, 9
49-3	Gilliam, SDiego, 10
49-0 1/2	Hargett, Carls
49-0	A. Cruz, Kearny, 11
48-8 1/2	Holder, La Jolla CD, 12
48-4 1/4	Compton, Helix, 11
48-4	Guisa, SDiego, 11
47-11 1/4	Collins, Fall
47-11	Cross, UCity
47-9 1/4	Gustafson, OGlen, 11
47-6 1/4	Padorka, RB, 11
46-9 1/2	Perkins, Scripps, 12
46-6 3/4	Owens, OGlen
46-2 1/2	Byrd, El Cap
46-2 1/4	Peet, WHills
46-0	Roney, OGlen
45-10 1/2	Hamann, RB, 12
45-7 1/4	Malu, ElCam
	<b>Discus Throw</b>
189-8	Liebe, GrHills, 12
177-0	Batiste, Oside, 12
162-0	McGrath, El Cap
161-9	Graham, Fall, 12
159-5	Herrick, MtC
156-8	Gilliam, SDiego, 10
156-5	McComb, GrHills
150-3	Bracamonte, Esc, 12
150-1	Matautia, ElCam
150-0	Sotelo, Ram, 11
148-10	Curtis, Serra
147-0	Hargett, Carls
146-1	Walcott, RBV, 12
141-4	Phillips, SPasq
140-10	Buehler, Val, 11
140-7	Fear, UCity
139-10	Peet, WHills, 12
139-4	Thompson, Fall
138-2	Bernstein, ElCam
137-8	Conerty, MtC
137-2	Perkins, Scripps, 12
136-3	Comer, Poway
134-7	Ellison, Gross
133-8	Owens, OGlen
133-3	Holder, La Jolla CD, 12
133-2	Shaw, Sant
133-2	Collins, Fall
133-2	Allen, Fall

*Is a mark missing?*  
**LET US KNOW!**



# Best '95 Marks: GIRLS

(Marks received by April 25)

## 100 meters

Automatic timing:

11.99w	McKinney, MontV, 10
12.31	McKinney, MontV, 10
12.41w	Freow, Morse, 9
12.69w	DeFord, Hill, 12
12.73	Fopiano, Fall, 11
12.78w	Green, UCity, 11
12.79	Garner, Morse, 11
12.84	Ross, Val
12.89	Loveland, GrHills, 9
12.89	Romans, Esc, 11
12.90w	Silva, Uni
12.92	Green, UCity, 11
13.01	Lee, Poway, 9
13.04w	Teagle, ChulaV, 12

Hand timing:

12.0	Garner, Morse, 11
12.1	Green, UCity, 11
12.2	Loveland, GrHills, 9
12.3	Freow, Morse, 9
12.3	McKinney, MontV, 10
12.4	Littleton, Morse, 11
12.4	Wood, MtC
12.4	Fopiano, Fall, 11
12.5	Smith, BonitaV, 11
12.6	Miller, Morse, 12
12.6	DeFord, Hill, 12
12.6	Ross, Val
12.6	Spittgerber, MtC
12.6	A. Booker, ElCam, 9
12.6	T. Shelton, Montg, 10
12.7	Silva, Uni
12.7	Johnson, Sweet, 12
12.7	Edge, RBV
12.8	Romans, Esc, 11
12.8	Shannon, SDiego, 9
12.8	Wilson, Poway, 12
12.8	Perkins, Bish, 11
12.8	Barrett, Oside
12.8	A. Booker, ElCam, 9
12.8	Frazier, PtL, 10
12.8	T. Teagle, ChulaV, 12
12.8	Dunn, LincolnP, 11

## 200 meters

Automatic timing:

25.14	McKinney, MontV, 10
25.62	Garner, Morse, 11
26.72	Cole, Lincoln, 9
26.74	Fopiano, Fall, 11
26.91	Green, UCity, 11
26.94	Ross, Val
27.23	Lee, Poway, 9

Hand timing:

25.0	Garner, Morse, 11
25.6	Edge, RBV
25.7	Miller, Morse, 12
26.2	Loveland, GrHills, 9
26.2	Fopiano, Fall, 11
26.3	Lee, Poway, 9
26.6	Freow, Morse, 9
26.6	DeFord, Hill, 12
26.6	Shannon, SDiego, 9
26.7	Booker, ElCam, 9
26.7	Gibbs, SPsq, 12
26.7yc	Smith, BVista, 11
26.8	Wilson, Poway, 12
26.9	Green, UCity, 11
26.9	Silva, Uni
27.0	Perkins, Bish, 11
27.0yc	T. Shelton, Montg, 10
27.1	Romans, Esc, 11
27.3	Kindreich, ElCap, 10
27.5	Perry, TPines, 11

## 400 meters

Automatic timing:

55.93	Garner, Morse, 11
58.89	Gibbs, SPsq, 12
60.43	Lee, Poway, 9
60.74	Dr. Carey, Uni, 10
61.27	Holford, WHills, 10
62.01	Eichhorst, Val
62.06	Dunn, Lincoln, 11
62.70	M. Ciciarelli, MtC
62.64	Carter, SMarc, 12
62.91	Johnson, Sweet, 12
63.44	Nolan, TPines, 9

Hand timing:

58.6	Carpenter, RBV, 11
59.1	Vickery, El Cap, 12



**Laura Carpenter, RBV**  
Has run 58.6, 2:20.32.

59.3	Miller, Morse, 12
59.4	Edge, RBV
59.8yc	Loveland, GrHills, 9
60.6	Roth, TPines, 10
60.8	Hanley, Uni, 12
60.9yc	Holford, WHills, 10
61.2	Shea, Vista, 12
61.2	Plaxico, MissBay, 9
61.5	Dunn, Lincoln, 11
61.7	Branson, TPines, 10
61.8yc	S. Murphy, GHills, 10
61.9	M. Ciciarelli, MtC, 11
61.9	Scaglione, RB, 12
61.9	Nolan, TPines, 9
62.2	Carter, SMarc, 12
62.5	Ortiz, Helix
62.7	Loeschner, Fall, 10
62.8	Bogart, TPines, 9
63.3	Northam, PtL
63.4	Rankin, Morse
63.4	Jenkins, El Cap, 11
63.4	Roek, TPines, 9
63.5	Holmes, GrHills

## 800 meters

2:20.02	Hanley, Uni, 12
2:20.2	Lunt, Coro, 11
2:20.32a	Carpenter, RBV, 11
2:22.65a	S. Murphy, GrHills, 10
2:23.2	Carter, SMarc, 12
2:24.07	Gray, MiraM, 12
2:24.9	Branson, TPines, 10
2:25.5	Roth, TPines, 10
2:25.7	Straitiff, TPines, 11
2:25.89a	Hannaman, Scripps, 12
2:25.9	M. O'Connor, OLP, 11
2:26.89a	Bogart, TPines, 9
2:27.0	Beckman, MtC, 12
2:27.1	Coad, TPines, 9
2:27.30a	Mallory, Poway, 10
2:27.9	Benedict, WHills, 10
2:27.9	Gregerson, El Cap, 11
2:28.0	Roysdon, Val, 9
2:28.27a	El Farrah, Vista
2:28.8	Caster, GrHills, 9
2:29.42a	Morales, ElCam
2:29.60a	K. Wisniew, OLP
2:30.74a	Madsen, MiraM, 11
2:30.9	Parker, Sweet, 11
2:30.9	Ott, Uni, 10
2:30.9	Shea, Vista, 12

2:31.1	Nolan, TPines, 9
2:31.38a	Rafferty, La Jolla, 11
2:31.8	Pound, Poway, 10
2:33.0	Killian, Esc, 11
2:33.0	Saylor, Mad, 12

## 880 yards

2:25.3	Jenkins, El Cap, 11
2:27.2	Garner, Morse, 11
2:27.7	Beckman, MtC, 12

## 1500 meters

4:51.5	J. Rohde, Fall, 11
4:52.07a	Roysdon, Val, 9
4:55.44a	Straitiff, TPines, 11
5:01.17a	Peterson, Fall, 12
5:01.64a	Reed, ElCam, 10
5:01.79a	Lasiter-Thurber, Vis, 10
5:02.9	Clark, Ram, 10
5:03.3	Mattson, Fall, 10

## 1600 meters

5:14.49a	Lunt, Coro, 11
5:15.26a	Harper, Sant, 10
5:18.16a	Beckman, MtC, 12
5:19.0	Peterson, Esc, 12
5:19.0	Schmidt, Scripps, 11
5:19.30a	Straitiff, TPines, 11
5:20.60a	Stasko, Scripps, 9
5:20.69a	Hanley, Uni, 12
5:22.1	J. Rohde, Fall, 11
5:22.34a	Card, El Cap, 12
5:22.4	Gregerson, El Cap, 11
5:22.59a	W. Murphy, GrHills, 12
5:25.4	O'Connor, La Jolla, 10
5:26.6	Ott, Uni, 10
5:27.4	Rafferty, La Jolla, 11
5:27.9	Roysdon, Val, 9
5:27.95a	Beltran, Hill, 11
5:28.2	Clark, Ram, 10
5:28.8	Vasek, Poway, 10
5:30.0	Rumble, OGlen, 9
5:30.0	Rafferty, La Jolla, 11
5:30.0	Killian, Esc, 11
5:32.4	Koscki, Poway, 10
5:32.5	Roane, Ramona, 9
5:33.0	Pound, Poway, 10
5:33.8	Hawker, Gross, 10
5:34.4	Rendina, WHills, 9

## Mile

5:23.7	W. Murphy, GrHills, 12
5:24.6	Caster, GrHills, 9
5:34.0	Phillips, BonitaV, 11

## 3000 meters

11:01.9	S. Rohde, Fall, 12
11:03.99a	Richter, RB, 11
11:18.64a	Pickett, MtC, 12

## 3200 meters

11:15.1	Schmidt, Scripps, 11
11:15.9	Harper, Santana, 10
11:19.3	J. Rohde, Fall, 11
11:23.4	Rodriguez, Vista, 11
11:24.6	Card, El Cap, 12
11:27.0	Stasko, Scripps, 9
11:27.6	Pound, Poway, 10
11:35.8	Gregerson, El Cap, 11
11:37.44a	Straitiff, TPines, 11
11:38.54a	Clark, Ram, 10
11:39.0	Giacinti, Uni, 10
11:39.6	Hurwitz, Bish, 11
11:43.4	S. Rohde, Fall, 12
11:46.2	Pickett, MtC, 12
11:52.4	Peterson, Esc, 12
11:55.6	Mattson, Fall, 10
11:59.4	Lasiter-Thurber, Vis, 10
12:01.97a	Rennix, OGlen, 10
12:03.9	Rumble, OGlen, 9
12:04.0	Richter, RB, 11
12:06.0	W. Murphy, GrHills, 12
12:08.6	Keays, OLP, 10
12:10.8	Vasek, Poway, 10
12:13.9	Rogers, La Jolla, 11
12:14.0	Killian, Esc, 11
12:15.0	Beckman, MtC, 12

## Two Mile

11:56.1	Caster, GrHills, 9
12:00.0	Rafferty, La Jolla, 11

## 100-meter Hurdles

Automatic timing:

15.46w	Vickery, El Cap, 12
16.05	Eberhardt, MiraM, 11
16.05w	Romel, Serra, 12
16.07w	Barrett, Oside, 11
16.22	Bright, Poway, 12
16.49w	Manson, MiraM
16.70w	Hernandez, MtC
16.75	Romel, Serra, 12
16.83	Frisch, BonitaV, 10
16.93w	Scott, Crawford

Hand timing:

15.8	Vickery, El Cap, 12
15.9	Eberhardt, MiraM, 11
16.0	Bright, Poway, 12

16.0	Romel, Serra, 12
16.2	Barrett, Oside, 11
16.2	Gwin, ElCam, 12
16.2	Medley, Vista, 12
16.3	Sanford, Lincoln, 11
16.3	Manson, MiraM
16.4	Doolittle, TPines, 11
16.6	Hernandez, MtC
16.6	Bryant, GrHills
16.6	Scott, Crawford
16.8	Frisch, BonitaV, 10
16.8	Kim, Uni, 12
16.9	Greene, Poway, 12
16.9	Bell, Ram, 12
16.9	Carter, RB
16.9	McCallam, E'lake
16.9	Kucharski, RBV
16.9	Pennock, WHills
16.9	Ray, Ram
16.9	Morgan, Serra
16.9	Mora, Uni, 10

## 300-meter Low Hurdles

Automatic timing:

45.11	Vickery, El Cap, 12
47.55	Aide Acero, Hill, 11
48.29	Stone, RB, 12
48.94	Medley, Vista, 12
49.37	Ottow, La Jolla
49.52	Hernandez, MtC
49.89	Halfaker, RB
49.98	Smith, OGlen
50.07	Ray, Ram
50.31	Scott, Crawford
50.57	Mallory, Poway, 10
51.13	Kim, Uni, 12
51.40	Spear, MtC

Hand timing:

48.5	Manson, MiraM
48.8	Adriana Acero, Hill, 11
48.8	Medley, Vista, 12
48.8	Ray, Ram
49.0	Rodriguez, GrHills
49.0	Hernandez, MtC
49.5yc	Scott, Crawford
49.6	Mallory, Poway, 10
49.6	Ricks, MiraM
49.6yc	Plaxico, MissBay, 9
49.7yc	Garner, Morse, 11
49.9	Romel, Serra, 12
49.9	Wisnosky, Poway, 11
49.9yc	Bryant, GrHills
49.9	Wilson, SDiego
50.8	Frisch, BonitaV, 10
51.7	Burties, MtMig
52.0	Doolittle, TPines, 11
52.1	Connor, TPines, 9
52.4	Sandler, TPines, 9
52.6	Bright, Poway, 12
52.6	DeStigter, CalvChr, 12
52.8	Stuart, Ram
52.9yc	Eberhardt, MiraM, 11
53.0	Turner, Esc, 10
53.0	Minor, UCity

## 4x100 meters Relay

Automatic timing:

49.19	Morse
50.50	Lincoln Prep
50.51	Poway
50.54	Fallbrook
50.59	Rancho Buena Vista
50.89	Hilltop
50.91	University City
51.01	El Camino
51.13	University
51.19	Mt. Carmel
51.51	Sweetwater
51.83	Granite Hills
51.94	El Capitan
52.25	Valhalla
52.47	San Diego
52.57	Castle Park
52.61	West Hills
52.94	Escondido

Hand timing:

48.3	Morse
50.2	Poway
50.3	Rancho Buena Vista
51.0	El Camino
51.1	Sweetwater
51.5	Point Loma
51.7yc	Valhalla
51.8	Granite Hills
51.8	El Capitan
52.2	San Diego
52.2	Bonita Vista
52.3	Orange Glen
52.3	Torrey Pines
52.3	Mira Mesa





**Angela Romel, Serra**  
Has 16.0 and 49.9 hurdle times.



**Jayme Ray, Ramona**  
Has hurdle times of 16.9 and 48.8.

## Best '95 Marks:

FROM PAGE 14

52.5	Oceanside
52.5	Scripps Ranch
52.6	Monte Vista
52.9	Escondido
53.0	Rancho Bernardo

### 4x400 meters Relay

4:00.6	Morse
4:06.41a	El Capitan
4:07.74a	Hilltop
4:08.94a	Torrey Pines
4:09.74a	Mt Carmel
4:09.8	Rancho Buena Vista
4:10.1	University
4:11.99a	Rancho Bernardo
4:12.52a	Castle Park
4:12.78a	Granite Hills
4:13.29a	San Pasqual
4:13.39a	El Camino
4:13.7	Poway
4:13.88a	West Hills
4:14.25a	Mira Mesa
4:14.5	Sweetwater
4:15.0	Lincoln Prep
4:15.38a	Vista
4:16.5	Bishop's
4:17.7	Our Lady of Peace
4:17.9	Helix
4:19.1	Chula Vista
4:19.36a	Valhalla
4:20.78a	Patrick Henry
4:21.6	La Jolla
4:22.5	Ramona
4:22.7	Scripps Ranch

### Splits:

Morse: Rankin 60.4, Garner 56.7,  
Payne 62.0, Miller 61.3.

### High Jump

5-6	Bell, Ram, 12
5-5	Eberhardt, MiraM, 11
5-4	Gertsch, SPsq
5-4	Barnett, Poway, 10
5-4	Hunter, Morse, 12
5-4	Sanford, Lincoln, 11
5-3	Underhill, RBV, 10
5-3	Sobers, UCity
5-2	Ezell, Morse, 11
5-2	Chaney, Ram, 12

5-2	G. English, Oside, 10
5-2	Dr. Carey, Uni, 10
5-2	Potter, TPines, 11
5-2	Allyn, Vista, 12
5-2	Nolte, OLP, 11
5-2	Miramontes, SMarc
5-1	McClain, Fall, 11
5-0	Keays, OLP, 10
5-0	Manson, MiraM
5-0	Jines, Sant
5-0	McClelland, E'lake
5-0	Curtis, WHills
5-0	Williams, Serra
5-0	Steadman, Uni
5-0	Prior, Uni
5-0	Wheaton, OGlen
5-0	Mueller, RB
5-0	White, RB
5-0	Teigen, El Cap, 12
5-0	Steffler, Fall
5-0	Ayele, SMarc
5-0	Trout, Esc, 9

### Pole Vault

9-10	Ewing, Fall, 12
9-2	Draher, MiraM, 12
9-0	Hemmingway, TP, 10
9-0	Barnes, Ram
8-6	Shipp, ChulaV, 12
8-2	Serrano, SMarc, 12
8-2	Nixon, Poway
8-0	Murdock, Helix, 11
8-0	Taft, RBV
8-0	Homer, MiraM
8-0	Ebeling, El Cap
7-8	McGurk, Poway, 9
7-8	Espinoza, Hill, 9
7-8	Delmont, Poway
7-6	Redman, Poway, 11
7-6	Hawkins, El Cap
7-6	Boettenbach, El Cap
7-6	Davis, OGlen
7-6	McClain, Fall, 11
7-6	Ward, OGlen
7-6	Pratt, Fall, 10
7-6	Nakata, BonitaV, 12
7-6	Benge, RBV
7-6	Flugge, OGlen
7-6	McFarlane, RBV

### Long Jump

18-8 1/2w	McKinney, MontV, 10
17-9	McKinney, MontV, 10
17-7 1/2	Loveland, GrHills, 9
17-6 1/2w	Wilson, Poway, 12
17-6w	Sanford, Lincoln, 11
17-2	Perkins, Bish, 11
17-2	Wilson, Poway, 12
17-0 1/4	Gwin, ElCam, 12

17-0	Sanford, Lincoln, 11
16-11	McGehee, Uni, 9
16-7 1/2	McClain, Fall, 11
16-7	Jackson, Serra
16-5 1/2	Harrell, La Jolla, 12
16-4	Prior, Uni
16-3	Underhill, RBV, 10
16-2	Medley, Vista, 12
16-2	Serrano, SMarc, 12
16-1 1/4	Kindreich, El Cap, 10
16-1	Hunter, Morse, 12
16-1	Nolan, TPines, 9
16-1	Taylor, ElCam, 11
16-0 1/2	Curran, GrHills
16-0	Bryant, GrHills
15-10	Sobers, UCity
15-10	Trout, Esc, 9
15-9 1/4	Ciborowski, GrHills, 9
15-8	Blair, Uni
15-7 1/2	Barrett, Oside, 11
15-7 1/4	Whyte, SPasq, 11

### Triple Jump

38-0	Whyte, SPasq, 11
37-5	Adria Booker, ElCam, 9
36-5	McAlister, GrHills
36-4	Perkins, Bish, 11
36-2 1/2	Harrell, La Jolla, 12
36-0	Blair, Uni
35-9 3/4	Johnson, CPark, 10
35-9	Hunter, Morse, 12
35-3	Evans, BonitaV
35-2	Ciborowski, GrHills, 9
35-2	And. Booker, ElCam, 9
35-1 1/2	Sanford, Lincoln, 11
34-9 1/2w	Taylor, ElCam, 11
34-9	Taylor, ElCam, 11
34-6	McGehee, Uni, 9
34-5 1/2	McClain, Fall, 11
34-5	Curran, GrHills
34-4 1/4	Davis-Jones, ElCam
34-4	Hermansen, RBV, 12
34-2 1/4	Dennison, OGlen
34-1 1/2	Bowen, GrHills
33-10	Sobers, UCity
33-8 1/4	Benjamin, RBV
33-7 1/2	Hernandez, MtC
33-4	Parson, CPark
33-2 1/4	Mahone, LincolnP, 11
33-1 3/4	Frazier, PtL, 10
33-1 1/2	Gwin, ElCam, 12
33-1	Rafferty, El Cap, 9
33-0	Medley, Vista, 12
32-11 3/4	Drake, MiraM, 12

### Shot Put

41-3	Suppa, TPines, 12
38-8 1/4	Matheny, Sant, 12
38-0	Holmes, Henry, 11

37-9	Richmond, MontV, 12
37-8	Smith, MiraM, 12
37-2	Tagaleo'o, ElCam, 11
36-0	T. English, Oside, 11
35-10	Hernandez, Esc, 11
35-8 1/2	Sanders, OGlen
35-6	Van Der Pers, ECV, 12
34-8 1/4	Crouch, El Cap, 10
34-6 1/2	Logan, OGlen
34-5	C. Ciciarelli, MtC, 12
34-5	McInish, Ram
33-8	Thompson, Esc, 12
33-7	Clarke, RB, 10
33-4	Murray, Ram, 12
33-2	Tucker, GrHills, 12
33-2 1/2	Magana, Fall, 11
33-2	Kaiwi, RB, 11
33-2	Robbins, SanteFeC
32-11	Millan, Sweet, 10
32-10	Homer, MiraM
32-10	Lear, Scripps
32-9	Broadus, El Cap
32-7	Cole, RBV
32-7	Hutchinson, OGlen
32-6 1/2	Rutherford, MiraM

### Discus Throw

132-3	Richmond, MontV, 12
129-6	Magana, Fall, 11
126-10	Crouch, El Cap, 10
122-3	E. McGrath, PtL, 10
121-2	Matheny, Sant, 12
119-1	Smith, MiraM, 12
118-10	S. McGrath, PtL, 11
117-2	Logan, OGlen
116-10	Breisacher, El Cap, 12
110-9	Tucker, GrHills, 12
110-0	Fikse, Esc, 12
109-3	Hernandez, Esc, 11
109-0	Suppa, TPines, 12
108-6	Van Der Pers, ECV, 12
107-6	Sanders, OGlen
105-6	Shatzer, RB
104-4	C. Ciciarelli, MtC, 12
104-2	Tupola, RBV
104-2	Dacunos, Vista
103-10	Clarke, RB, 10
103-8	Murray, Ram, 12
102-7	Quinn, MiraM
102-3	Thompson, OGlen
102-1	Andersen, Val
101-2	Setzer, Sant
101-1	McInish, Ram
99-9	Edwards, MissBay, 11
99-8	Phillips, MiraM
99-6	Jenkins, SMarc



ALL-TIME TEAMS:*Chula Vista, '66: Tim Danielson was second prep under 4-minutes*

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

**H**e is still a legend, after almost thirty years. He, in this case, is Chula Vista's Tim Danielson.

In 1966, Danielson became only the second high-school runner to break four minutes in the mile, running 3:59.4 in an invitational against open competition at Balboa Stadium.

Kansas great Jim Ryun, who still holds the prep mile record, was the first high schooler to break four minutes, in 1964.

Only one other prep accomplished the feat: New Jersey's Marty Liquori, who ran 3:59.8 in 1967, a year after Danielson. All three runners needed a push from international-class athletes for their breakthrough races.

Since that time, no other U.S. high-schooler has run faster than 4:02.4 for the distance, under any conditions.

But, back to Danielson. What was unusual about him is that he ran so fast with such little background.

He didn't even run track until he was a sophomore, and then he ran the half-mile and shorter distances. At the end of the year, he dropped down to the Class B 660 yards, where he was second at CIF, in 1:22.4.

As a junior he played on the Spartan football team in the fall, but started running right after the season ended. By the time the track season started, he was able to run the mile in 4:25. He lowered that time in almost every meet, and broke the section record with a 4:12 in the Metro prelims (!).

At CIF, he ran the prelims in another area record, 4:08.7. After winning the section

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championship, he moved on to the state meet, held in oven-like conditions at Bakersfield.

He beat a pair of sub-4:10 milers there, including defending state champ Mike Ryan, in 4:08.0.

He clearly was in a position to improve enough to threaten four minutes in his senior year.

He did run cross-country for the first time, as a senior, and he won the individual section championship in the small school division.

He suffered a back injury in the winter, however, fracturing a vertebra in a sledding accident. He missed some training time, but was already down to 4:11 by mid-March.

Danielson was basically unchallenged as a senior. Only Hilltop's Terry Rogers was in his class, and Rogers ran the 880 yards in the finals (distance runners couldn't double then).

Danielson won both the section and state meets in the mile without a serious push from anyone, although he did get his time down to 4:06.2.

After the end of the high school season, he was entered in the open mile in the San Diego Invitational, held June 11 at Balboa. He stayed in the pack and was towed at a sub-four-minute clip, cheered on by thousands of local track fans.

When he crossed the finish line, veteran announcer Augie Escamilla, who had been exhorting the crowd, dropped his voice almost to a whisper.

"Ladies and gentlemen," he said softly to a hushed crowd. "You have just seen something very special."

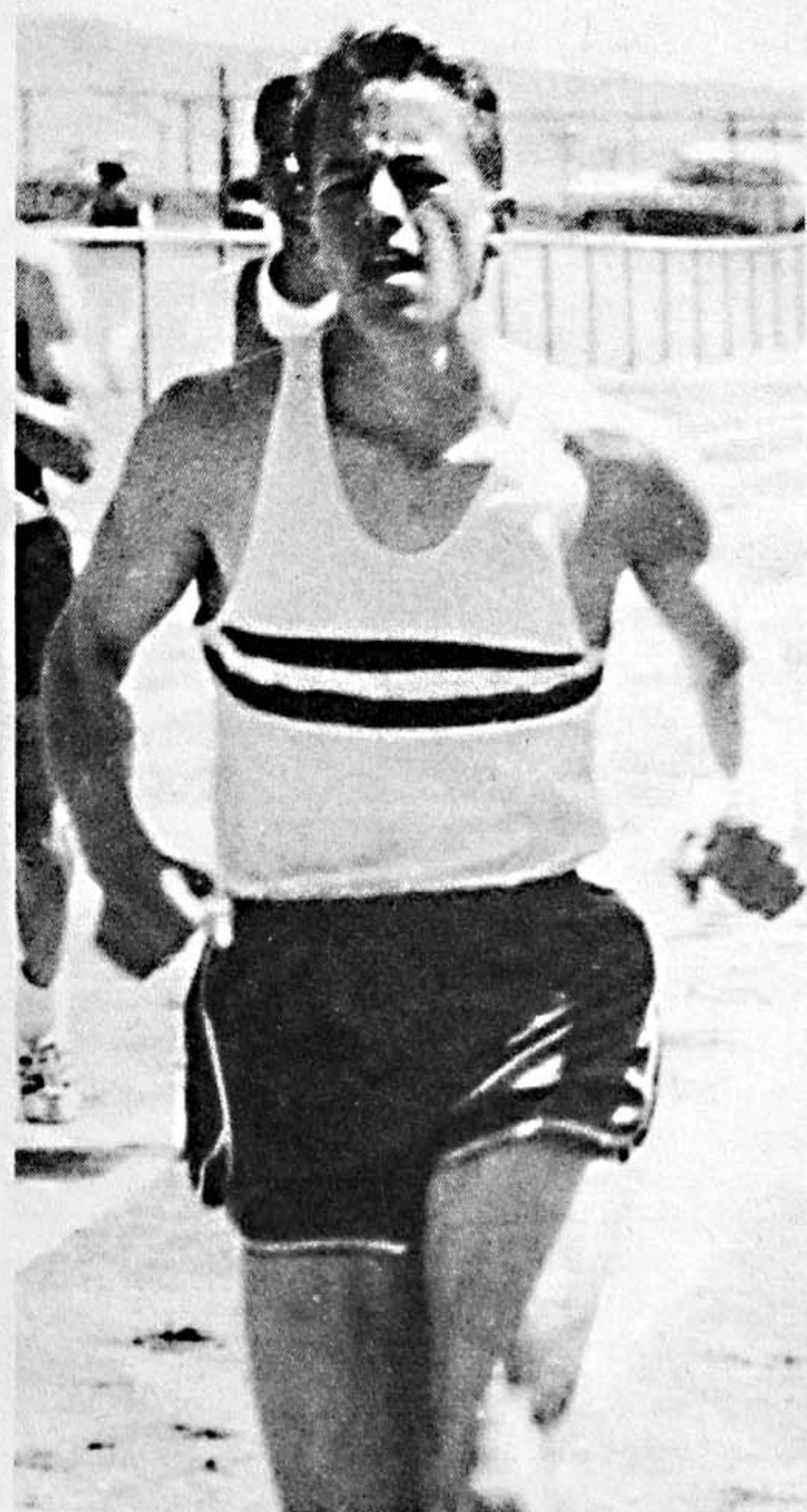
It took a few minutes before the official announcement was made, and it set off another roar from the crowd.

One week later, at the Golden West Invitational, Danielson was finally allowed to double. He won the mile in 4:07.0, a tactical race, and came back later to win the two mile in 8:55.4, another tactical effort. In the two, Danielson finished fast after running the first mile in 4:32.

In retrospect, Danielson is most remembered for his sub-four mile and his Golden West double.

But almost as significant was his entry into the national AAU meet, which in those days was the national championship. No, not the high school nationals (there actually is no such meet), the real nationals.

He not only qualified for the meet, he actually gained the final field of eight. In that final, he was actually a factor, assuming the lead just after the mid-point, and eventually taking sixth, in 4:03.3. All of the athletes ahead of Tim in that race were world-class or national-class runners.



**Tim Danielson**, Chula Vista  
Ran a 3:59.4 mile, 8:55.4 two-mile.

On July 5 of that year, just weeks after his graduation from Chula Vista, Danielson's time was ranked tenth in the world by Track & Field News. For runners of all ages.

Because of the rules of the day forbidding distance doubles, Danielson really never got many opportunities to run the 880 or the two-mile. He tried the half a few times in dual meets, running as fast as 1:53.2, but he never approached his potential in that event.

He obviously could have run the two mile much faster also, with more opportunities.

Part of what set him apart was his foot speed. Because he couldn't double back in a distance race, he ran both the mile and 440 in the Metro finals. There, he won the quarter in 50.2. Thus, he was a rare combination: about as fast as Felix Sanchez in the one-lap race, and the equal or better of Mebrahtom Keflezighi in the two mile. In between, there are no local comparisons, from present day or any other time.

Although he was the unquestioned star of the Chula Vista team, there was some other good talent on Coach Harry Taylor's squad.

They had a hurdler, Don French, who ran the high school highs in 14.4, and the international highs in 14.9. He was third at CIF that year (and fifth in the low hurdles). They had a 55-6 shotputter, Jim Baldwin, who also placed third in CIF. They had an 880 runner, Richard Johnston, who ran 1:57.0.

(NOTE: The 14.9 by French for the 42-inch hurdles was an area record at the time.)

There were some decent jumpers (including a 6-2 straddle-style high jumper), good vaulters (their best, Fred Ferguson, cleared 13-feet and was a CIF finalist), and they even had a group of decent sprinters.

As a dual meet team, they had no real weak areas, especially if Danielson had been allowed to run more than one distance race, as is common now.

He was a rare talent. The legend, in this instance, was true.

*THE MARKS:*

(All distances are in yards. All races were hand-timed. Rules of the time prohibited distance doubles. It was then common for 180 yard and 220 yard races to be raced on straightaways.

The long hurdle race at that time was contested at a distance of 180 yards over 30-inch hurdles. The triple jump was not contested at the time, and the discus throw was not a dual meet event. Only the 4x220 yard relay was contested in duals and championship meets.)

**Chula Vista boys, 1966**

**Coach:** Harry Taylor.

**100:** Mike Miller (10.2), Don French (10.2), Ron Matela (10.2).

**220:** Miller (22.2), Matela (22.3), McNabb (22.9).

**440:** Tim Danielson (50.2), McNabb (50.9).

**880:** Danielson (1:53.2), Richard Johnston (1:57.0), Roberts (2:02.4).

**Mile:** Danielson (3:59.4).

**Two Mile:** Danielson (8:55.4).

**120 HH:** French (14.4), Lang (15.3).

**180 LH:** French (20.0w, 20.2t), Lang (20.5).

**HJ:** Young (6-2).

**PV:** Fred Ferguson (13-0), Doug Taylor (12-2 1/2).

**LJ:** Matela (21-1), French (20-11), Lang (20-6).

**SP:** Jim Baldwin (55-6).

**880 Relay:** 1:32.0.

**Other notable marks:**

**120 HH (42-inch height):** French (14.9).