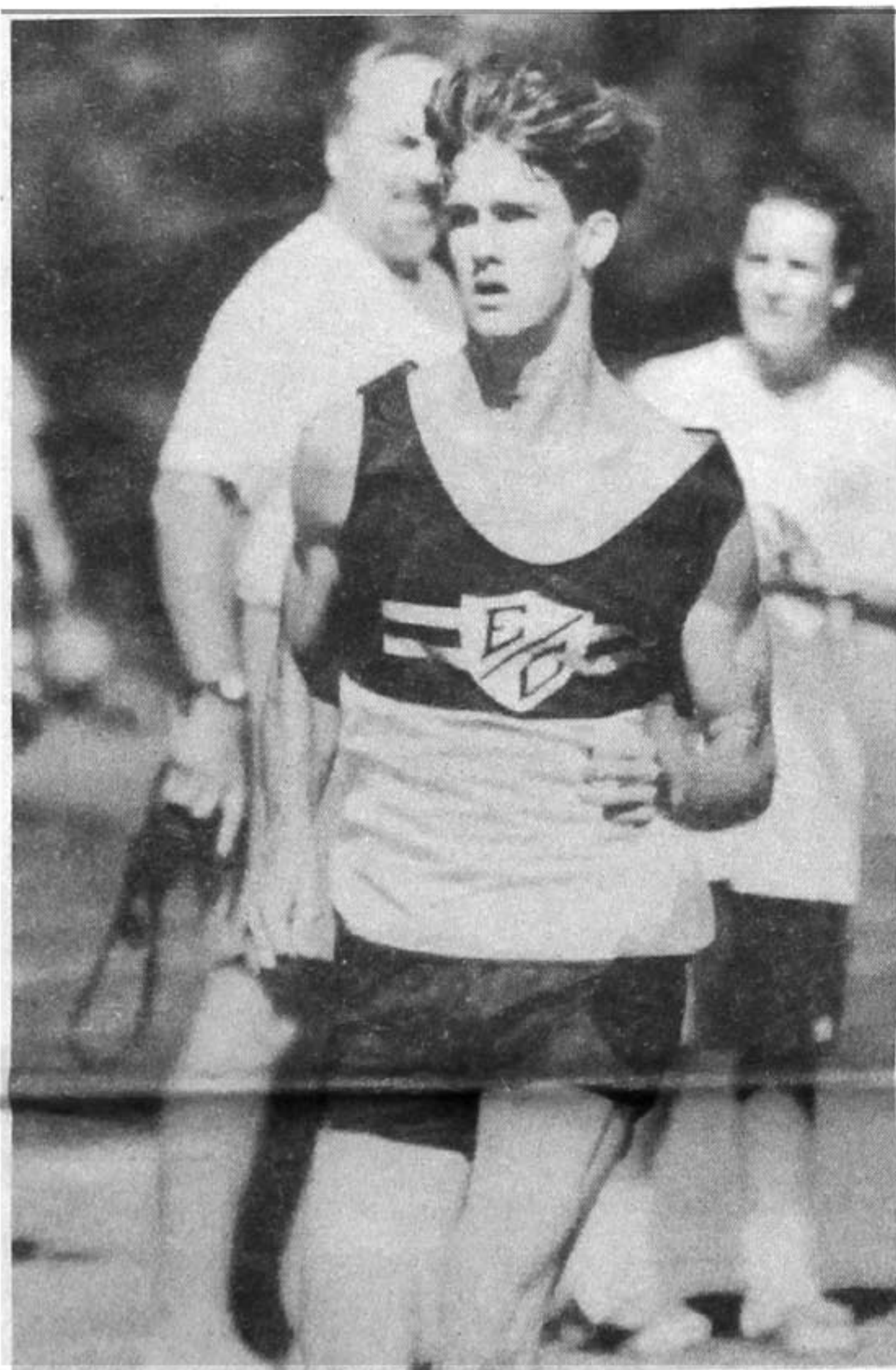


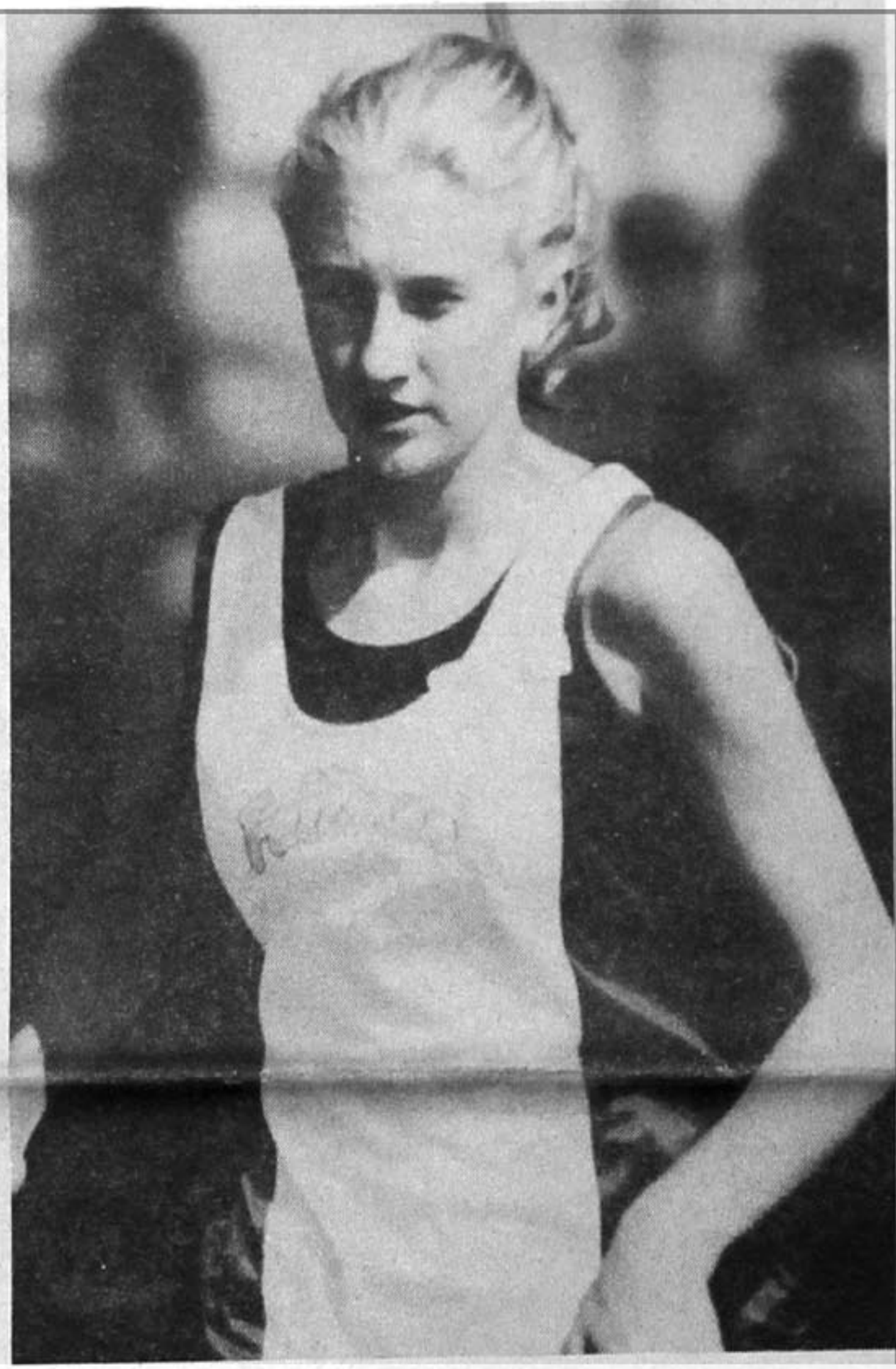
T R A C K M A G A Z I N E

Covering San Diego Section Cross Country and Track & Field

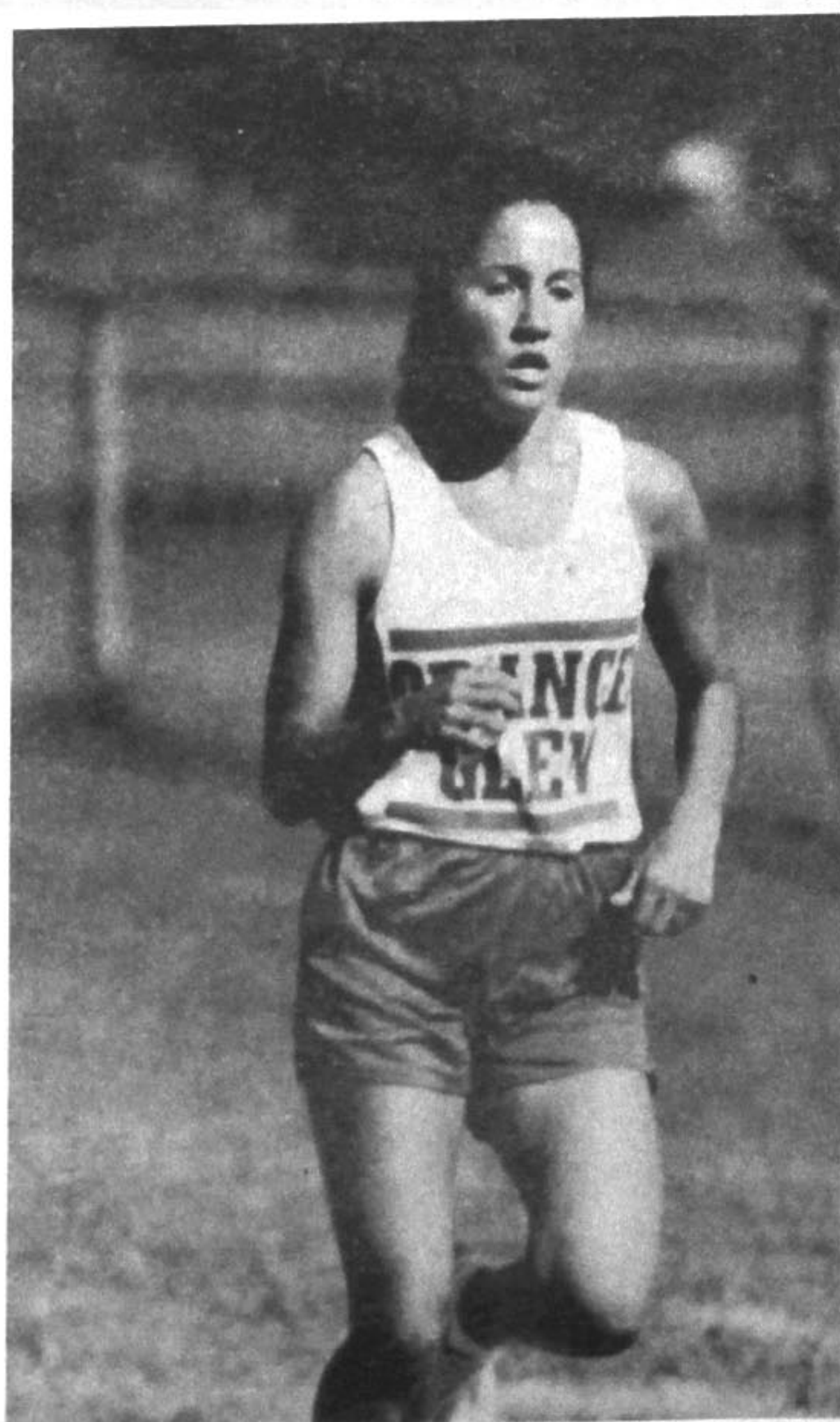
VOLUME III, NUMBER 2: OCTOBER 11, 1996



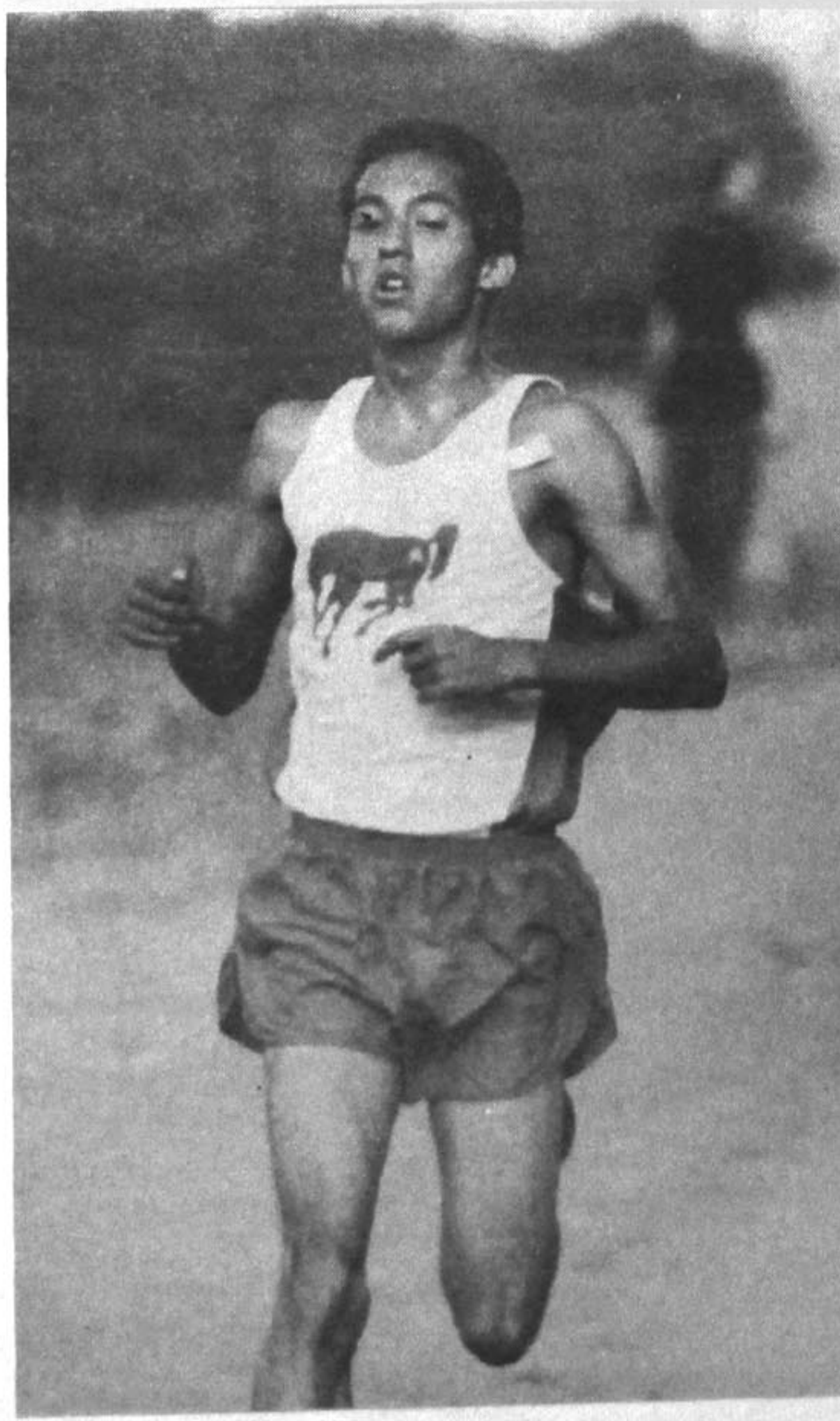
Steve Daynes, El Capitan



Tricia Mattson, Fallbrook



Cara Rumble, Orange Glen



Matt Galaviz, Rancho Bernardo

What's inside:
*The latest on
duals, invites,
rankings...
and more*

HOW TO TELL if you are really a cross country runner. See page 2.

LOCAL TEAM RANKINGS, and the reasons why. Also, the best of the unranked teams. See page 3.

WHO'S HURT, WHO'S HOT, and who is exceeding expectations. See page 3.

FALLBROOK'S GIRLS beat top-ranked Orange Glen's team at South Bay. All the results are on pages 4-5-6.

TORREY PINES' and Mt. Carmel's powerful boys teams strut their stuff at Dana Hills, and Vista has a million good girls. The results are on pages 6-7.

AT STANFORD, local teams dominate one division, where Valhalla's girls and West Hills' Heather Shurtleff shine. See pages 8-9.

SURPRISES were in order as local dual action began in earnest. RBV's boys edged Vista, Escondido's girls gave Torrey Pines a rare loss, and San Pasqual's boys, Mar Vista's boys and University's girls all look better than expected. See pages 10-11-12.

From the editor:

You know you're a cross country runner if...

(NOTE: The following material was compiled at the 1995 Washington state high school cross country championships, by contributions from various runners. The theme is a takeoff on Jeff Foxworthy's "You might be a redneck, if..." routine.

Your faithful editor has added a few new ways to tell. Local runners are also invited to send in their own ways to tell that "You might be a cross country runner if...")

You might be a cross country runner, if...

- ...your toenails are black.
- ...your shoes have more miles on them than your car does.
- ...you need a magnifying glass to see your name in the paper.
- ...you have chafing in strange places.
- ...your team nickname is "Run for Fun."
- ...people say, "You run three miles...all at once?"
- ...all your socks are either stained or torn.
- ...your underwear covers more than your uniform shorts.
- ...you run further in a week than your bus travels for meets.
- ...the dogs have to hurry to keep up.
- ...your mom tells you to run to the store because it takes too long to drive.
- ...you find yourself running between classes, just because.
- ...the most enjoyable time you've had all month is a day off from practice.
- ...your coach won't give you a ride home.
- ...you can spit while running.
- ...you go to a golf course to run.
- ...your friends go on the elevator and you beat them on the stairs.
- ...you finish the race looking like you wrestled a bear and you don't care.
- ...your temper is shorter than the distance that you ran.
- ...you'd rather run to school than drive.
- ...you combine phrases like "10 mile run" and "easy run" in the same breath.
- ...you can eat your weight in spaghetti.
- ...your highest heels are your training shoes.
- ...you debate the advantages of anti-perspirant vs. deoderant.
- ...you wake up with cotton mouth.
- ...you can sharpen an axe blade on your calves.
- ...you can maintain a 5:30-mile pace while throwing up.
- ...you think track is "off-season cross country."
- ...you consider school as "just a break between runs."
- ...you always stretch while waiting in the lunch line.
- ...your room smells like Icy-Hot and New-Skin.
- ...you're bankrolling your physical therapist's next vacation.
- ...your girlfriend can bench press more than you can.

- ...you own spandex in more than one color.
- ...you can see your ribs through your shirt.
- ...you foam at the mouth every time you see a big hill.
- ..."Chariots of Fire" is actually entertaining to you.
- ...your four food groups are pizza, pasta, pizza, and pasta.
- ...your watch is more expensive and complicated than your car.
- ...Steve Prefontaine's birthday is more important than your own.
- ...you know as many kinds of pain as eskimos have words for snow.
- ...you think Fresno is a cool town.
- ...you find yourself saying, "It's not really a hill..."
- ...your feet are comparable to rawhide.
- ...a meal involves more than three servings!
- ...you schedule dates around meets.
- ...you spend more on training clothes than on school clothes.
- ...you take more pride in making signs for the car to go to state than in your homework.
- ...your Christmas list includes more than one pair of running shoes.
- ...your entire family goes to cross country meets because they have been or will be on the team.
- ...the mile in P.E. class becomes your warm-up.
- ...you start to crave Power Bars.
- ...the local all-you-can-eat restaurants put out the "Closed" sign when they see you pull in to the parking lot.
- ...you think Thanksgiving originated as a carbo-loading feast on the eve of the State Meet.
- ...you enjoy the ride to Fresno!
- ...you see the clerk at your local running shoe store more than you see some family members.
- ...you know your PRs on all of Morley Field's different courses.
- ...you have running withdrawal if you don't run every day.
- ...you watch the World Series and wonder why baseball players don't run more miles.
- ...you think the loser of the World Series ran fewer off-season miles than the winner.
- ...you have completely forgotten the concept of "off-season."
- ...you keep cups of ice in your freezer.
- ...you are running in your dreams.

...you never look behind you.
(If you have more ways to tell "You might be a cross country runner, if...", please send to Track Magazine, P.O. Box 2276, Julian, CA 92036. Or fax them to 765-3185.)
(Special thanks to Dave and Cheryl Harper for sending this material.)

News Briefs:

What's news:
Frosh/Soph Championships are Saturday, Nov. 2

The Third Annual Frosh/Soph Championships are scheduled to be held at Morley Field on Saturday, Nov. 2. St. Augustine High sponsors the race.

Frosh girls run at 8:30 a.m., followed by the Frosh boys, Soph girls, and Soph boys.

St. Augustine coach Jerry Downey will accept entries for the top 75 runners in each class, keeping race sizes manageable. Entry deadline is Monday, Oct. 28 (postmark).

The top 75 will be determined by times posted in meets this year. Athletes "on the bubble" can be entered, and notification of acceptance will be given by phone.

Contact Downey at St. Augustine High (282-2184) for more information.

To subscribe...

Want to make sure you receive all copies of this publication? Know a friend who would be interested in keeping up with the local prep runners?

Subscriptions to *TRACK MAGAZINE* cost \$12 for one year (12 issues), or \$6 for one season (6 issues).

If you only want to subscribe for the remainder of the cross-country season (four more issues), you need only pay \$4.

If you only want to subscribe for the remainder of the school year (ten more issues), you need only pay \$10.

Subscriptions are mailed via first class mail.

Send an address (where you want it mailed) and a check, made out to Track Magazine, to P.O. Box 2276, Julian, CA, 92036.

TRACK MAGAZINE

Editor & Publisher:
Buzz Thom

Film Processing: Brad Romaine
Printed at
San Dieguito Publishers,
San Marcos, CA

TRACK MAGAZINE is published every two weeks during high school cross country and track & field seasons.

Subscriptions are available, for \$12 for one year, or \$6 for one season. Make checks payable to *TRACK MAGAZINE*.

P.O. Box 2276, Julian, CA 92036
FAX: (619) 765-3185
PHONE: (619) 765-1914

NEXT ISSUE
of
TRACK MAGAZINE:
October 25
Distribution at the
Kit Carson Invitational

TrendWatch: updates on who's hot, who's hurt...

This year's trend:

In what is a reversal of last year, there is a crop of freshman boy runners that are making an impact on some of the better local teams. Last year saw the arrival of a banner group of young girl runners.

In girls racing, freshmen often make an immediate splash, but it's rare when a boy

frosh can even make a good varsity team.

This is a year where a number of the good boys teams are building, or rebuilding, with youth, so the opportunities are there. But there also seems to be some uncommon talent.

Among the best:

Rancho Bernardo's Sean Ricketts. He's the number three runner on a good Palomar League

team. In a recent double dual, he beat every Poway and Fallbrook entry. Poway is the defending CIF champion team, with a number of returners.

Vista's Justin Neuroth. He's running number three on another good Palomar squad. His importance was underscored in a recent meet where he fell, and Vista lost. He won the Division I frosh race at Dana Hills, in 16:01.

Ramona's Matt McInvale. It's not clear where he ranks on Ramona's team yet, but he's quick. He won the Division II frosh race at Dana Hills, in 16:10. He'll be a key man for the Bulldogs down the stretch.

Carlsbad's Colin Steele. He's the younger brother of number one Lancer Reed Steele, and he's probably the number two man on the team. He won the Division III frosh race at Dana Hills, in 16:29. The Steele brothers transferred from Michigan this year.

Others that could make an impact:

Scripps Ranch's Jonathan Hester. He's a wild card on an unexpectedly strong team. He ran Dana Hills in 16:54, and, if he keeps improving, he could shore up the fifth spot on the Scripps varsity.

West Hills' Evan Fox. The Wolfpack seem to have at least one frosh join their top five every year. Fox, currently injured, has the ability to contribute to this Grossmont League contender when he gets healthy.

Sweetwater's Ruben Vences. He was eighth in one varsity division at the Baron Invitational, and he should be an asset to the Devils' bid for Metro contention.

Keep an eye on:

Hilltop's Jimmy Schroeder, already right at the top of the Lancer varsity.

Helix's Musie Meche, best of a good frosh crop, and already a top five runner for the Scots.

University City's Tony Saipé, already in the team's scoring group.

Calvin Christian's Chad Young, number two man on one of the league's best teams.

Bishops' Peter Holland, who beat Young at the Mt. Carmel invite.

Fallbrook's Efrain Casarez, Pete Coughlin and others, who are upgrading this team quickly.

The status quo report:

LA JOLLA: Top girl runner Shannon O'Connor has an undiagnosed shin condition, and may be suffering from a stress fracture. She is currently not training and is considered to be out indefinitely, possibly for the season.

SAN PASQUAL: Top returning boy runner Ismael Pena is not running because of a job conflict.

ORANGE GLEN: A key member of the girls lead pack, junior Katie Cottrell, has missed recent action with a calf strain. She is currently doing alternative training (pool, bike) and is expected back, although OG coach Mike Cummings is being cautious.

SCRIPPS RANCH: Lauren Freiser, expected to help shore up the pack on the Scripps girls team, has mononucleosis, and may miss the season.

POWAY: Matt Gailey, a good junior runner, is not currently eligible because of the transfer rule. He is running JV and grade-level competition, however.

UNIVERSITY CITY: Veronica Lollis, expected to help the front of the UC girls pack, is no longer on the team.

MT. CARMEL: Now has the services of junior runner John Zanzucchi, who is now residentially eligible.

Local Rankings & Team Times

(NOTE: Rankings are based on coaches' poll of October 8.)

BOYS:

1. Torrey Pines (78:57 @ DanaHills)
2. Mt. Carmel (79:01 @ DanaHills)
3. Valhalla (85:40 @ SoBay; 89:29 @ Stanford)
4. El Capitan (85:44 @ SoBay)
5. Rancho Buena Vista (81:04 @ DanaHills; 27-29 dual win over Vista)
6. Scripps Ranch (80:31 @ DanaHills; 88:43 @ Stanford)
7. Vista (79:44 @ DanaHills; 29-27 dual loss to RBV; 86:54 @ Stanford)
8. West Hills (86:30 @ SoBay; 91:20 @ Stanford)
9. Rancho Bernardo (22-35 dual win over Poway)
10. Point Loma (87:12 @ SoBay; 90:26 @ Stanford)

Others:

Poway (80:01 @ DanaHills; 35-22 dual loss to RB)
 San Pasqual (89:03 @ SoBay; 26-29 dual win over Ramona)
 Ramona (81:04 @ DanaHills; 29-26 dual loss to San Pasqual)
 Bonita Vista (89:01 @ SoBay)

UNRANKED:

Granite Hills (87:32 @ SoBay)
 St. Augustine (88:46 @ SoBay; 89:24 @ Stanford)

GIRLS:

1. Orange Glen (71:13 @ SoBay; 23-33 dual win over Vista)
2. Fallbrook (71:25 @ SoBay; 25-33 dual win over RB; 18-41 dual win over Poway)
3. Valhalla (73:50 @ SoBay; 102:47 @ Stanford)
4. West Hills (102:34 @ Stanford; 27-28 dual win over Santana)
5. Scripps Ranch (94:25 @ DanaHills; 104:19 @ Stanford)
6. Santana (28-27 dual loss to West Hills)
7. Vista (93:38 @ DanaHills; 33-23 dual loss to OG; 106:26 @ Stanford)
8. Escondido (97:40 @ DanaHills; 26-31 dual win over TPines)
9. Granite Hills (75:19 @ SoBay)
10. Rancho Bernardo (26-31 dual win over Poway; 33-25 dual loss to Fallbrook)

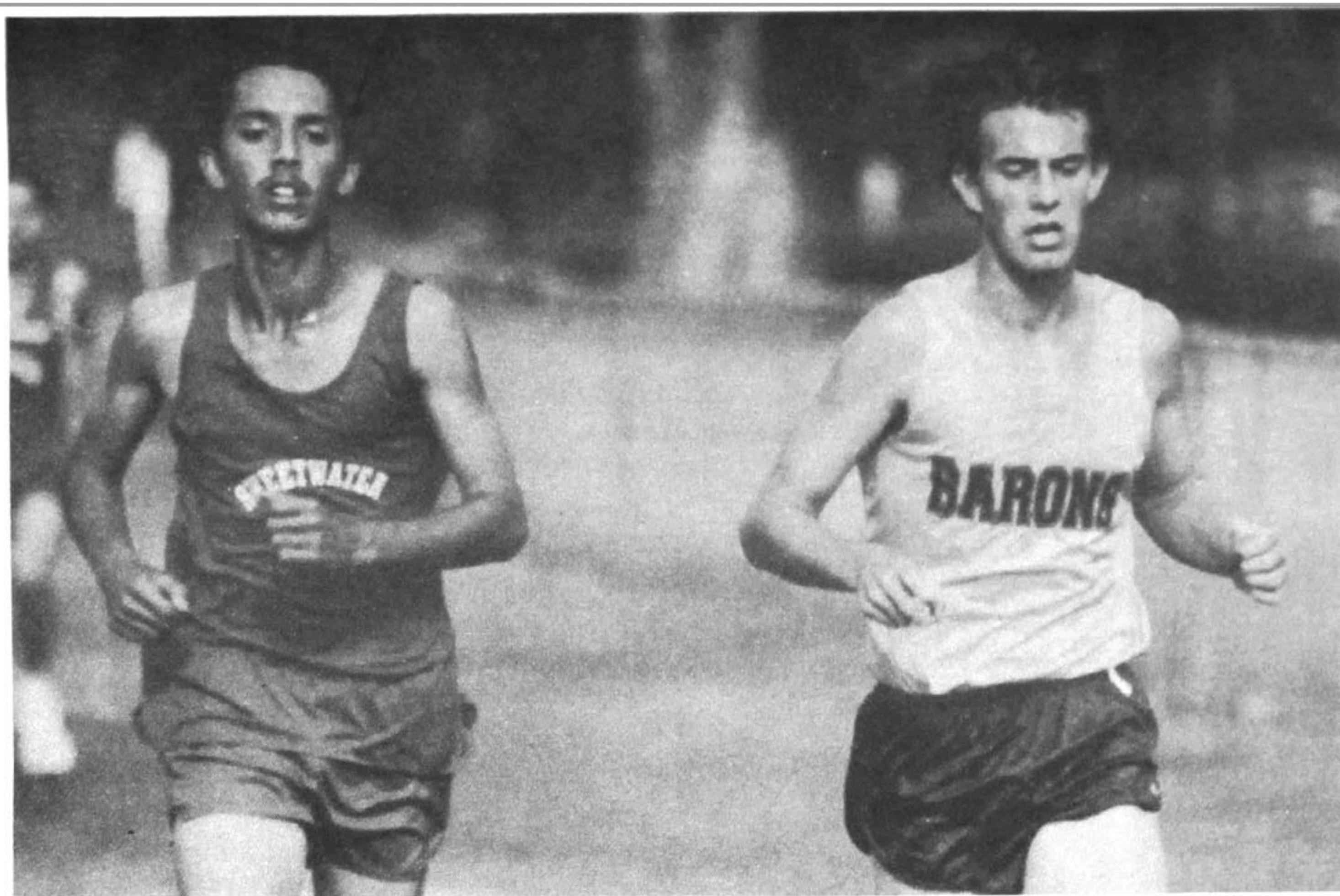
Others:

Bonita Vista (75:43 @ SoBay)
 La Jolla (77:47 @ SoBay; 31-26 dual loss to USDHS)
 Grossmont (77:02 @ SoBay)
 Poway (98:12 @ DanaHills; 41-18 dual loss to Fallbrook; 31-26 dual loss to RB)

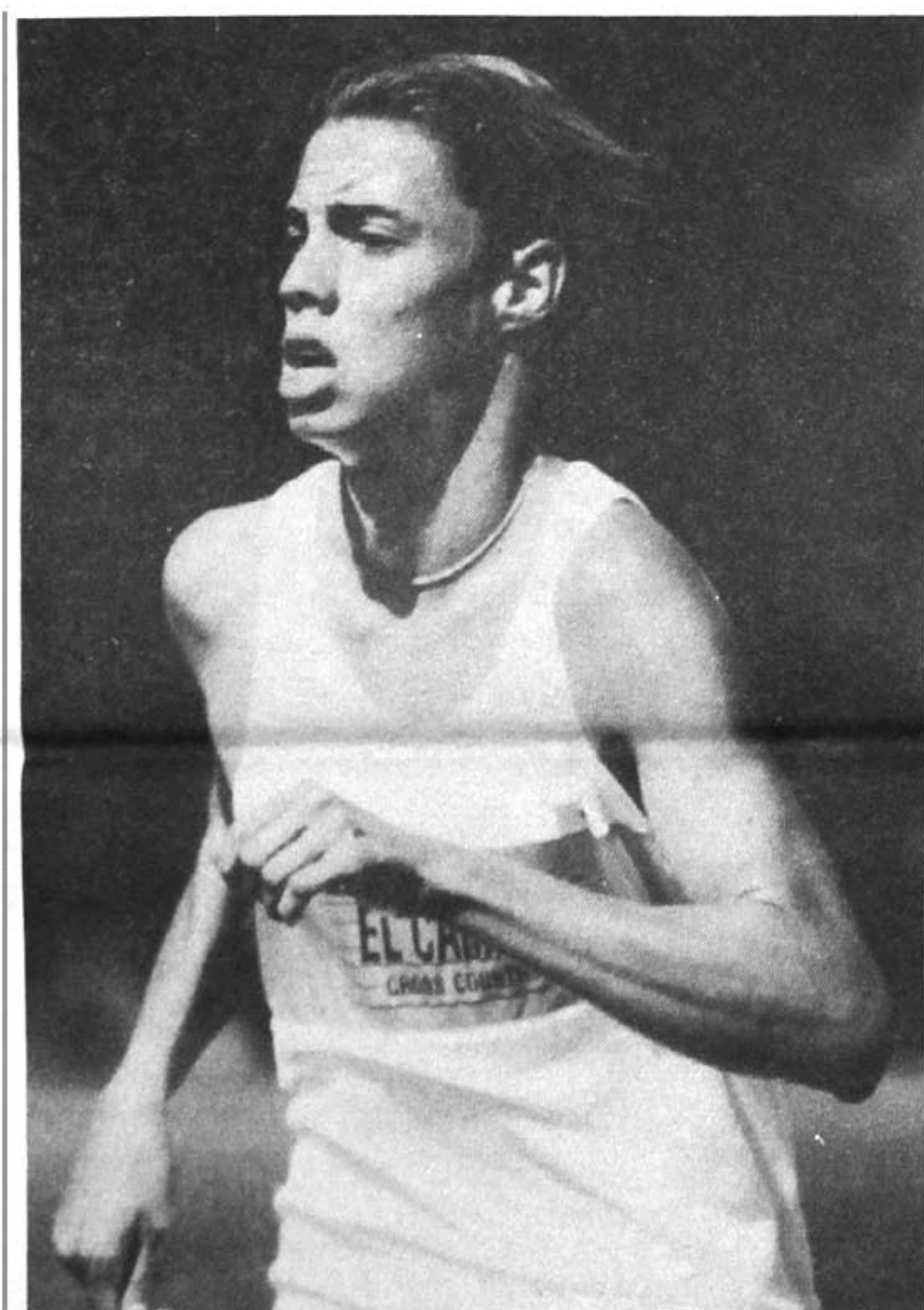
UNRANKED:

University of SD (76:23 @ SoBay; 26-31 dual win over La Jolla)
 Point Loma (76:58 @ SoBay)

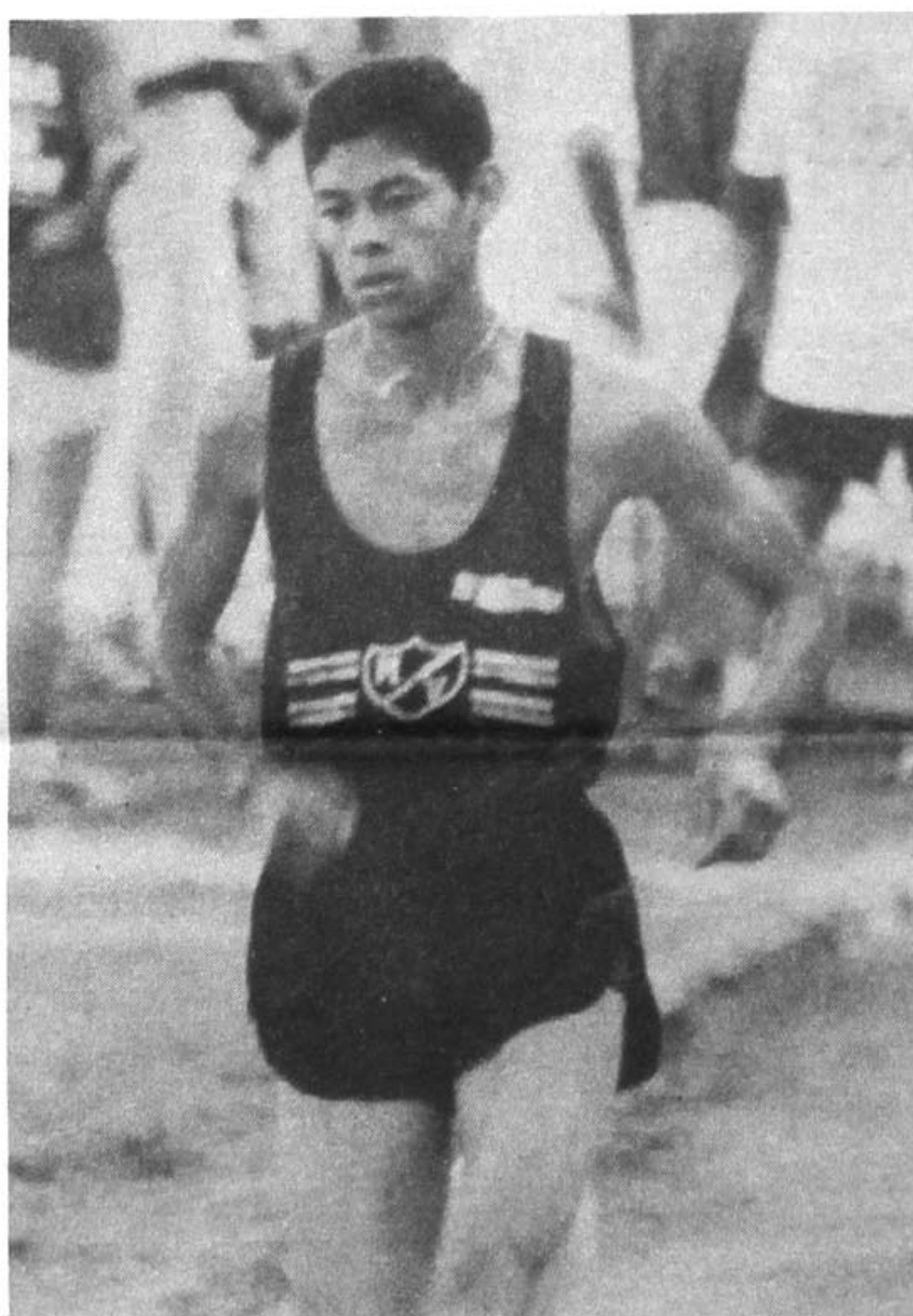
NOTE: Some South Bay boys team times include frosh/soph runners, when faster than varsity. Dana Hills team times are from combined grade-level races, using a wide variety of sources. Stanford team times are from varsity races.



Baruch Vega, Sweetwater, and Brian Paff, Bonita Vista



David Romero-Young, El Camino



Serafin Carrillo, Monte Vista



Stacey Murphy and Nicole Rodriguez, Granite Hills

South Bay Invite: *Fallbrook girls top OG; Pointer, Norse boys pack it in*

The South Bay Invitational, which annually is the first real chance to compare actual team scores for a lot of the area's powers, had some surprises in store once again this year.

For instance, top-ranked Orange Glen was beaten by an up-and-coming Fallbrook squad in the Division I girls race, 38 to 45. Talented teams like Granite Hills (third, 101) and Bonita Vista (fourth, 107) were left far in arrears by the two powerful outfits.

OG was missing a top runner, Katie Cottrell, who has a calf strain, and that proved to be the difference in the meet. Fallbrook's Tricia Mattson won the race (in 13:42, fastest girls time of the day) and was closely followed by three OG runners (Cara Rumble, Kendra Goffredo and Lorena Jimenez).

Fallbrook's girls also placed sixth (Katie Hauck), eighth (Cathy Picha), tenth (Mindy Green) and thirteenth (Carly Hampton) to take the team prize. OG left with the team sweepstakes trophy, given to the school with the best team time.

Valhalla's girls, which last year used this meet as a springboard to a mid-season number one ranking, raced in the Division II competition here, and had little competition as their runners took 2-3-4-5-7-8 behind Grossmont's Sophia Hawker. Hawker ran 14:00, and Grossmont ended up second in the race (65 points), and Hilltop (114) was third.

Valhalla was led by junior Andrea Clemons (2nd, 14:20), who is having an excellent year.

In Division III girls, La Jolla, running without Shannon O'Connor (possible stress fracture), edged University of SD, 57 to 61, with University City (75) in third. Uni soph Courtney Baird won in 13:57, ahead of UC frosh Katherine Ziegler.

Grossmont League schools dominated the boys competitions, with only Point Loma's squad able to place among the top five team times.

Best team race was in Division II, where Valhalla's five scorers ran a 0:19-second pack and outpointed El Capitan, 52-61. El Cap's Steve Daynes won the race in 16:15, the fastest of the boys races on the day. Valhalla's pack was led by soph Matt Theisen (17:01), junior Jon Doroski (17:01) and senior Sean Nugent (17:03). The Norsemen took the team sweepstakes trophy, with the fastest team time (just four seconds ahead of El Cap).

Point Loma, another classic pack team, had five finishers within 0:41 seconds, which enabled them to best teams such as Granite Hills, Bonita Vista and San Pasqual in the Division I race. Granite's hot soph, Jason

See page 5.

Meet Results:

From page 4.

Finch, took the race in 16:36 over Pointer senior David Hayes (16:52). Granite had two others (Mike Gilmore and Nick Rivera) in the top five, but Point Loma countered with 9th (Naithen Schirmer), 13th (John Bradshaw), 14th (Marty Conterez) and 15th (unidentified).

The Division III boys team race went to La Jolla over Mar Vista, 44 to 52, with El Camino in third. El Camino's David Romero-Young won in 17:04. La Jolla's best was David Dunbar, who was second in 17:17, while the Mariners were led by Fernando Corona (third, in 17:20).

The results:

At Southwestern College, Saturday, Sept. 28. Conditions: overcast early, clearing for varsity races, temperatures relatively mild.

BOYS (3.1 miles):

Fastest 15 team times, combined races:

85:40	Valhalla
85:44	El Capitan
86:30	West Hills
87:12	Point Loma
87:32	Granite Hills
88:46	St. Augustine (includes 2 frosh/soph)
89:01	Bonita Vista
89:03	San Pasqual
89:41	Fallbrook (includes 3 frosh/soph)
90:06	Sweetwater
90:16	La Jolla
90:28	Mar Vista
90:51	Orange Glen
91:16	Serra
92:32	El Camino

Fastest twenty boys, combined races:

16:15	Steve Daynes, El Capitan, 12
16:22	Dustin Diaz, West Hills, 11
16:36	Jason Finch, Granite Hills, 10
16:39	Marcus Chandler, Serra, 10
16:42	Marice Chandler, Serra, 10
16:48	Brian Sullivan, St. Augustine, 11
16:52	David Hayes, Point Loma, 12
16:56	Baruch Vega, Sweetwater, 11
16:57	Adam Greene, St. Augustine, 11
16:58	Mike Gilmore, Granite Hills, 12
17:01	Matt Theisen, Valhalla, 10
17:01	Jon Doroski, Valhalla, 11
17:02	John Bates, El Capitan, 12
17:03	Sean Nugent, Valhalla, 12
17:04	David Romero-Young, El Camino, 11
17:09	Nick Rivera, Granite Hills, 11
17:15	Chris Nagao, West Hills, 12
17:15	Ben Wagner, Valhalla, 10
17:16	Brian Paff, Bonita Vista, 10
17:16	Joshua Middleswart, Castle Park, 12

Division I Varsity: 70 finishers.

Team: Point Loma 53, Granite Hills 74, Bonita Vista 91, San Pasqual 94, Sweetwater 120, Orange Glen 142, Patrick Henry 187, La Costa Canyon 193, Fallbrook 227. Morse, Southwest, Australia no score.

Individual:

1-5: Jason Finch (Granite Hills) 16:36, David Hayes (Point Loma) 16:52, Baruch Vega (Sweetwater) 16:56, Mike Gilmore (GH) 16:58, Nick Rivera (GH) 17:09.

6-10: Brian Paff (Bonita Vista) 17:16, Diego Ash (San Pasqual) 17:18, Adam Van Wart (SP) 17:28, Naithen Schirmer (PL) 17:29, Kendall Richardson (SP) 17:29.

11-15: David Dennis (La Costa Canyon) 17:30, Garce (BV) 17:31, John Bradshaw (PL) 17:32, Marty Conterez (PL) 17:33, unidentified (PL) 17:33.

16-20: Tyler Bochenek (Fallbrook) 17:47, Tom Igo (Orange Glen) 17:49, C. Graham (BV) 17:49, Ali Beshir (Patrick Henry) 17:50, Tom Gibbings (PL) 17:50.

21-25: Jose Muniz (PH) 17:51, Nick Schlapfer (OG) 17:52, Cameron Jones (F) 17:56, Jesse Jasso (Sweet) 18:07, D. Lebrija (BV) 18:08.

26-30: Jaime Cabezuella (Sweet) 18:10, Gerardo San Juan (OG) 18:10, Peter Kleinsasser (PL) 18:12, Tad Crowe (SP) 18:17, Ostrus (BV) 18:17.

Division II Varsity:

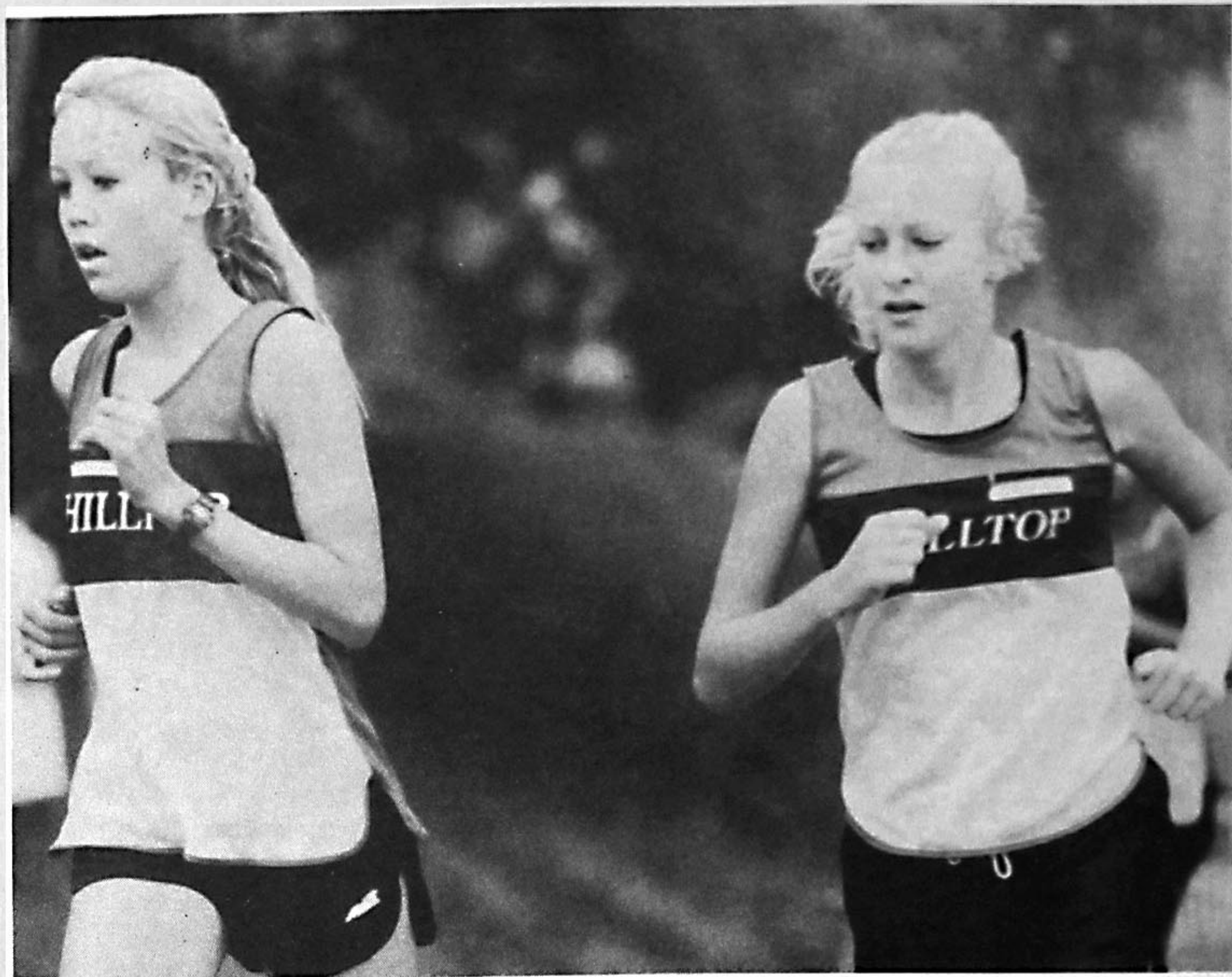
Team: Valhalla 52, El Capitan 61, West Hills 71, St. Augustine 123, Serra 140, Montgomery 189, Castle Park 200, Hilltop 203, Crawford 230, El Cajon Valley 261. Monte Vista no score.

Individual:

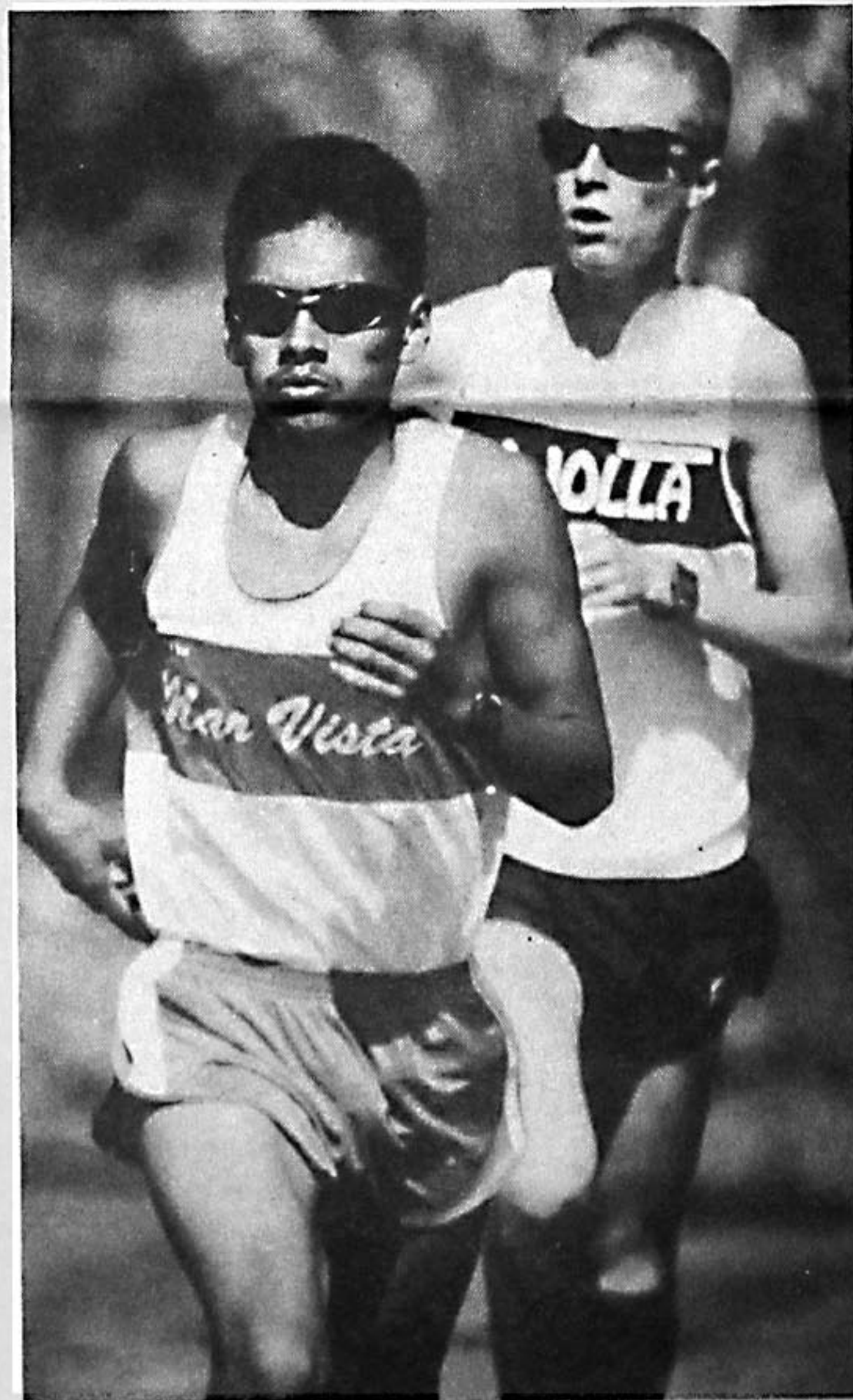
1-5: Steve Daynes (El Capitan) 16:15, Dustin Diaz (West Hills) 16:22, Marcus Chandler (Serra) 16:39, Marice Chandler (Serra) 16:42, Brian Sullivan (St. Augustine) 16:48.

6-10: Adam Greene (StA) 16:57, Matt Theisen (Valhalla) 17:01, Jon Doroski (Val) 17:01, John Bates (ECap) 17:02, Sean Nugent (Val) 17:03.

11-15: Chris Nagao (WH) 17:15, Ben Wagner (Val)



Elizabeth Kolata and Erin DeHahn, Hilltop



Fernando Corona, Mar Vista, and David Dunbar, La Jolla

17:15, Joshua Middleswart (Castle Park) 17:16, Jerrad Payne (EICap) 17:18, Aaron Jones (Val) 17:20.

16-20: Tony Principe (ECap) 17:24, Donald Overland-McKay (WH) 17:26, Serafin Carrillo (Monte Vista) 17:26, Mike Ficken (WH) 17:41, Bryon Lamorandier (Val) 17:44.

21-25: David Boland (EICap) 17:45, Chris Lahti (WH) 17:46, Tyler Ludwig (Val) 17:51, Josh Freese (EICap) 17:51, Jorge Del Hierro (CP) 17:57.

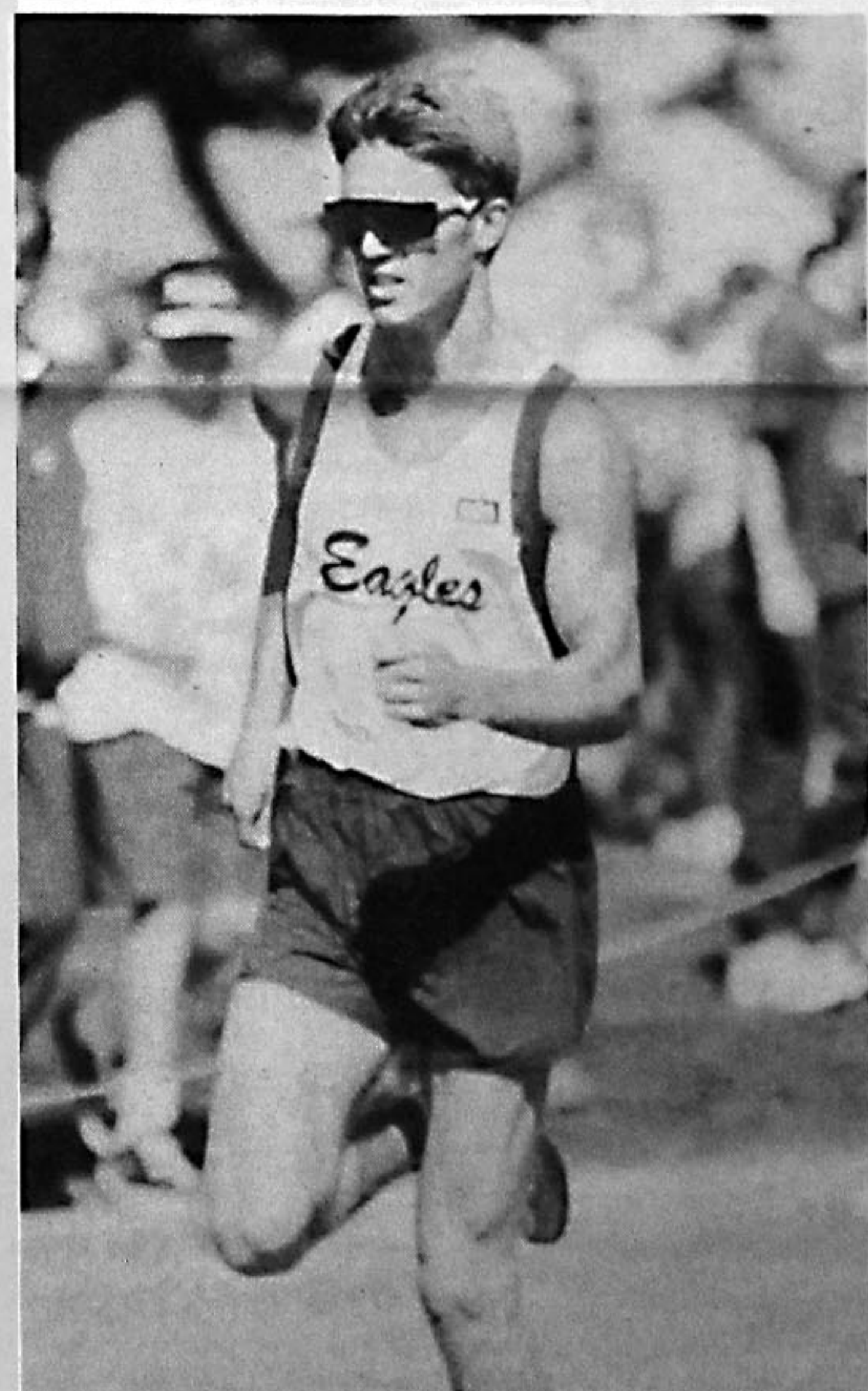
26-30: Paul Saccone (WH) 17:58, Thomas Juarez (Montgomery) 18:03, Titus Chawech (Crawford) 18:04, Reggie DePass (Mont) 18:04, Matt Rendina (WH) 18:04.

Division III Varsity: 66 finishers.

Team: La Jolla 44, Mar Vista 52, El Camino 88, Coronado 99, University of SD 147, University City 156, Francis Parker 218, Eastlake 219, Bishop's 242. Julian and Warner, no score.

Individual:

1-5: David Romero-Young (El Camino) 17:04, David Dunbar (La Jolla) 17:17, Fernando Corona (Mar Vista) 17:20, Esteban Rocha (MarV) 17:45, Mark Anderson



Mike Gilmore, Granite Hills

(LJ) 17:55.

6-10: Josh Richards (Coronado) 18:01, Juan Torres (Clairemont) 19:03, Ray Chacon (LJ) 18:04, Luis Martinez (MarV) 18:05, Marc Nierman (University City) 18:06.

11-15: Jose Padilla (Claire) 18:10, Jason Verostek (EICam) 18:12, Christian Valderrama (MarV) 18:21, Nathan Lloyd (LJ) 18:24, Steve Doane (LJ) 18:24.

16-20: Jesse Powell (Warner) 18:40, Ramon Morales (EICam) 18:42, Matt Borunda (Coro) 18:43, Dullani Waterman (EICam) 18:48, Andrew Koorey (Coro) 18:49.

21-25: C. J. Malcolm (University of SD) 18:49, Simon Baird (UC) 18:54, Felix Padilla (MarV) 18:57, Daniel Fornow (LJ) 18:57, Pat Higby (Uni) 19:04.

26-30: Huw Lewis (Francis Parker) 19:07, Paul Whitford (Coro) 19:08, Jesse Adam (Coro) 19:17, Ivan Nunez (UC) 19:19, Kevin Bartlet (Eastlake) 19:23.

Division I Frosh/Soph: 124 finishers.

Team: Fallbrook 23, San Pasqual 90, Orange Glen 110, Point Loma 123, Sweetwater 203.

Individual:

See page 6.

Meet Results:

From page 5.

1-5: Will Nelson (Fall) 17:49, William Burer (Val) 17:49, Roy Quinn (Fall) 17:50, Jeff McKnight (PL) 18:11, Efrain (Fall) 18:19.

6-10: Jose (Fall) 18:30, Ian Bartonicek (GH) 18:38, Pete Coughlin (Fall) 18:39, Milliken (BV) 18:41, Carlos Sotelo (Sweet) 19:02.

11-15: Nick Wheeler (OG) 19:05, J. C. Martinez (SP) 19:06, D. Houser (BV) 19:06, Joe DePee (SP) 19:07, Douthit (SP) 19:08.

Division II Frosh/Soph: 109 finishers.

Team: El Capitan 47, University City 77, Calvin Christian 80, La Jolla 107, West Hills 110.

Individual:

1-5: Jon O'Connor (UC) 18:05, Nelson Rivas (Claire) 18:11, Matt Granger (LJ) 18:13, Colin Donnelly (StA) 18:15, Bryan Hillberg (EICap) 18:20.

6-10: Alfonso Espinoza (StA) 18:23, Vestal (EICap) 18:23, Bart Conner (Calvin Christian) 18:24, Jarod Hersh (UC) 18:24, Rice (EICap) 18:30.

11-15: Chad Young (CalC) 18:30, David Olsen (EICap) 18:30, Jagers (EICap) 18:31, Matt Harriman (StA) 18:39, Joe Beutlich (CalC) 18:52.

GIRLS (2.3 miles):

Fastest 15 team times:

71:13 Orange Glen
71:25 Fallbrook
73:50 Valhalla
75:19 Granite Hills
75:43 Bonita Vista
76:23 University of SD
76:58 Point Loma
77:02 Grossmont
77:47 La Jolla
78:28 University City
80:00 Sweetwater
80:02 San Pasqual
80:37 La Costa Canyon
81:33 Hilltop
81:38 Mission Bay

Fastest twenty-one girls, combined races:

13:42 Tricia Mattson, Fallbrook, 12
13:45 Cara Rumble, Orange Glen, 11
13:47 Kendra Goffredo, Orange Glen, 11
13:48 Lorena Jimenez, Orange Glen, 10
13:57 Courtney Baird, University, 10
14:00 Sophia Hawker, Grossmont, 12
14:07 Stacey Murphy, Granite Hills, 12
14:09 Katie Hauck, Fallbrook, 10
14:16 Katherine Ziegler, University City, 9
14:17 Jackie Ott, University, 10
14:20 Meghann Phillips, Bonita Vista, 12
14:20 Andrea Clemons, Valhalla, 11
14:23 Cathy Picha, Fallbrook, 10
14:26 Nicole Rodriguez, Granite Hills, 12
14:31 Mindy Green, Fallbrook, 11
14:32 Jessica Cabrera, Sweetwater, 12
14:37 Laura Lawrence, Orange Glen, 12
14:40 Carly Hampton, Fallbrook, 10
14:45 Rosie Costello, Bonita Vista, 12
14:46 Kristen Brown, Fallbrook, 11
14:46 Dawna Marshall, Bonita Vista, 10

Division I Varsity: 57 finishers.

Team: Fallbrook 38, Orange Glen 45, Granite Hills 101, Bonita Vista 107, Point Loma 129, Australia 170, San Pasqual 184, Sweetwater 187, La Costa Canyon 192, Patrick Henry 299, Morse 304. Southwest, no score.

Individual:

1-5: Tricia Mattson (Fallbrook) 13:42, Cara Rumble (Orange Glen) 13:45, Kendra Goffredo (OG) 13:47, Lorena Jimenez (OG) 13:48, Stacey Murphy (Granite Hills) 14:07.

6-10: Katie Hauck (F) 14:09, Meghann Phillips (Bonita Vista) 14:20, Cathy Picha (F) 14:23, Nicole Rodriguez (GH) 14:26, Mindy Green (F) 14:31.

11-15: Jessica Cabrera (Sweetwater) 14:32, Laura Lawrence (OG) 14:37, Carly Hampton (F) 14:40, Rosie Costello (BV) 14:45, Kristen Brown (F) 14:46.

16-20: Dawna Marshall (BV) 14:46, Kristi Jones (GH) 14:55, Lisa Lowe (Australia) 15:02, Nohelia Ramos (Sweet) 15:04, Erin Berhman (San Pasqual) 15:06.

21-25: Lea Hitt (Point Loma) 15:08, Olivia Tellez (PL) 15:08, Allyson Brown (Aus) 15:15, Gina Rennix (OG) 15:16, Melissa Hieb (OG) 15:20.

26-30: Noelle Rideout (F) 15:23, Belinda Olvera (PL) 15:28, Jessica Bray (La Costa Canyon) 15:28, Elizabeth Gonzales (PL) 15:33, Julie Bradshaw (PL) 15:51.

Division II Varsity:

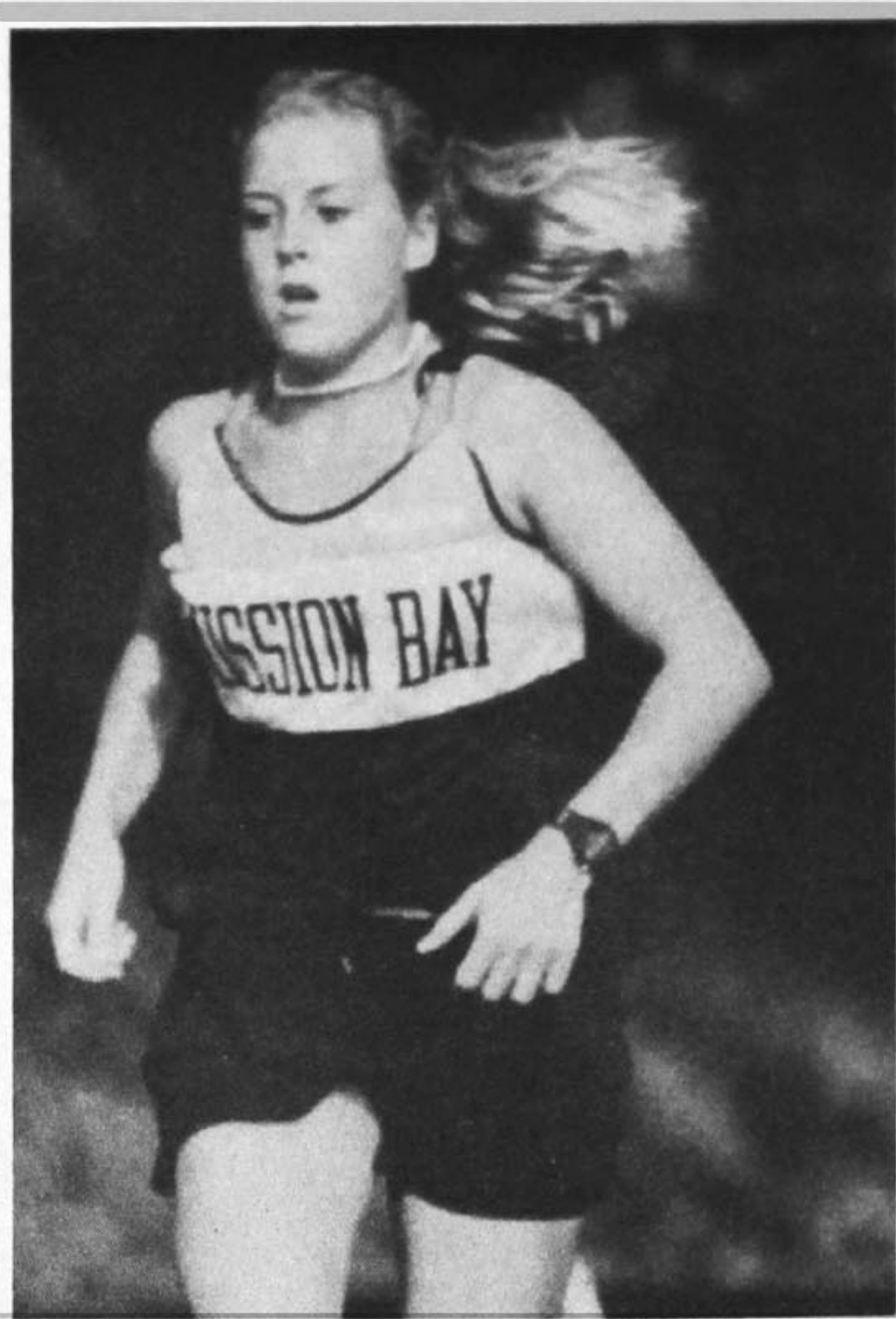
Team:

Valhalla 21, Grossmont 65, Hilltop 114, Our Lady of Peace 130, El Capitan 132, Serra 154, Monte Vista 201, Crawford, Castle Park, no score.

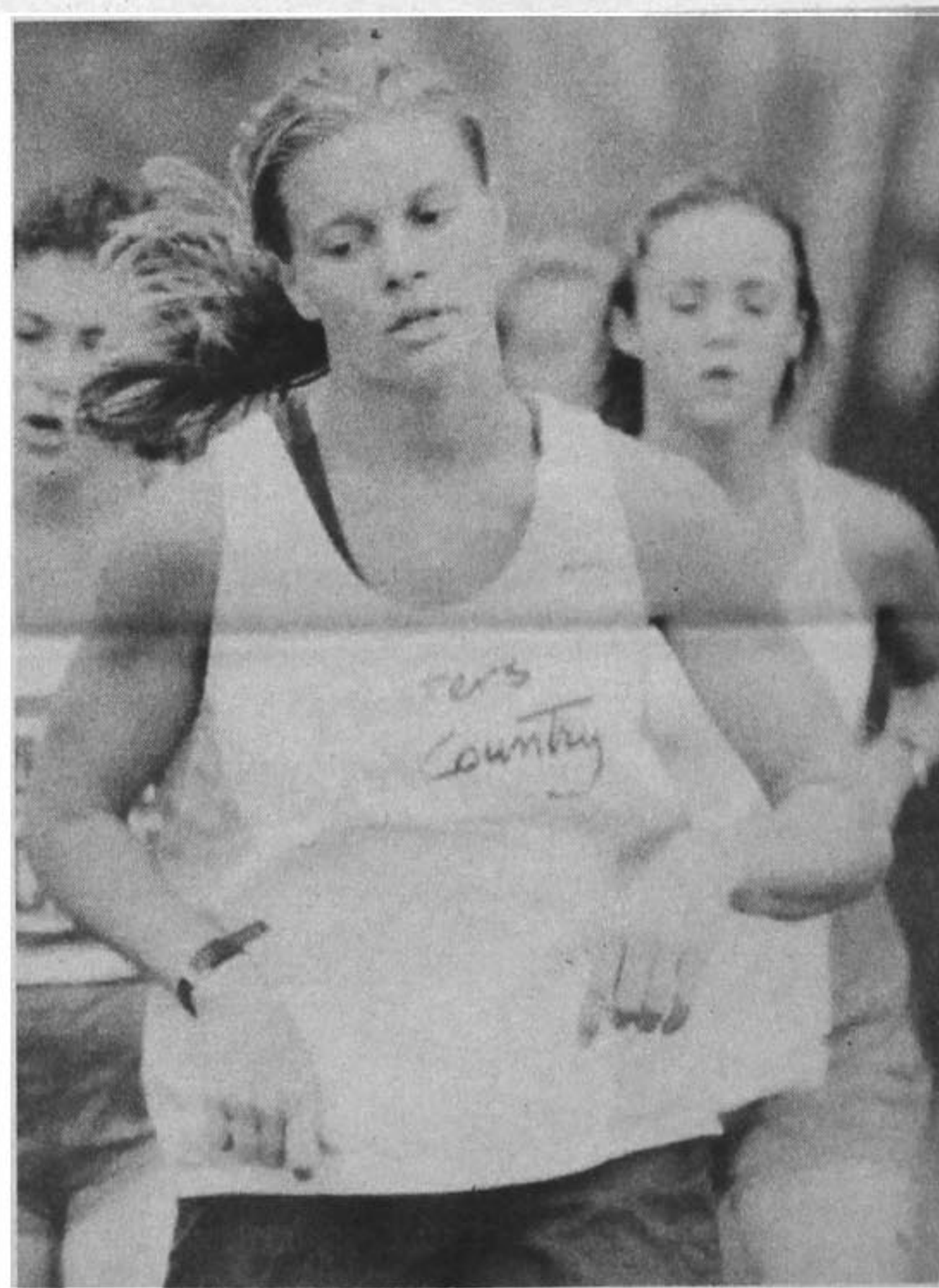
Individual:

1-5: Sophia Hawker (Grossmont) 14:00, Andrea Clemons (Valhalla) 14:20, Carrie Leto (V) 14:48, Amy Kermott (V) 14:49, Elaine Lassen (V) 14:54.

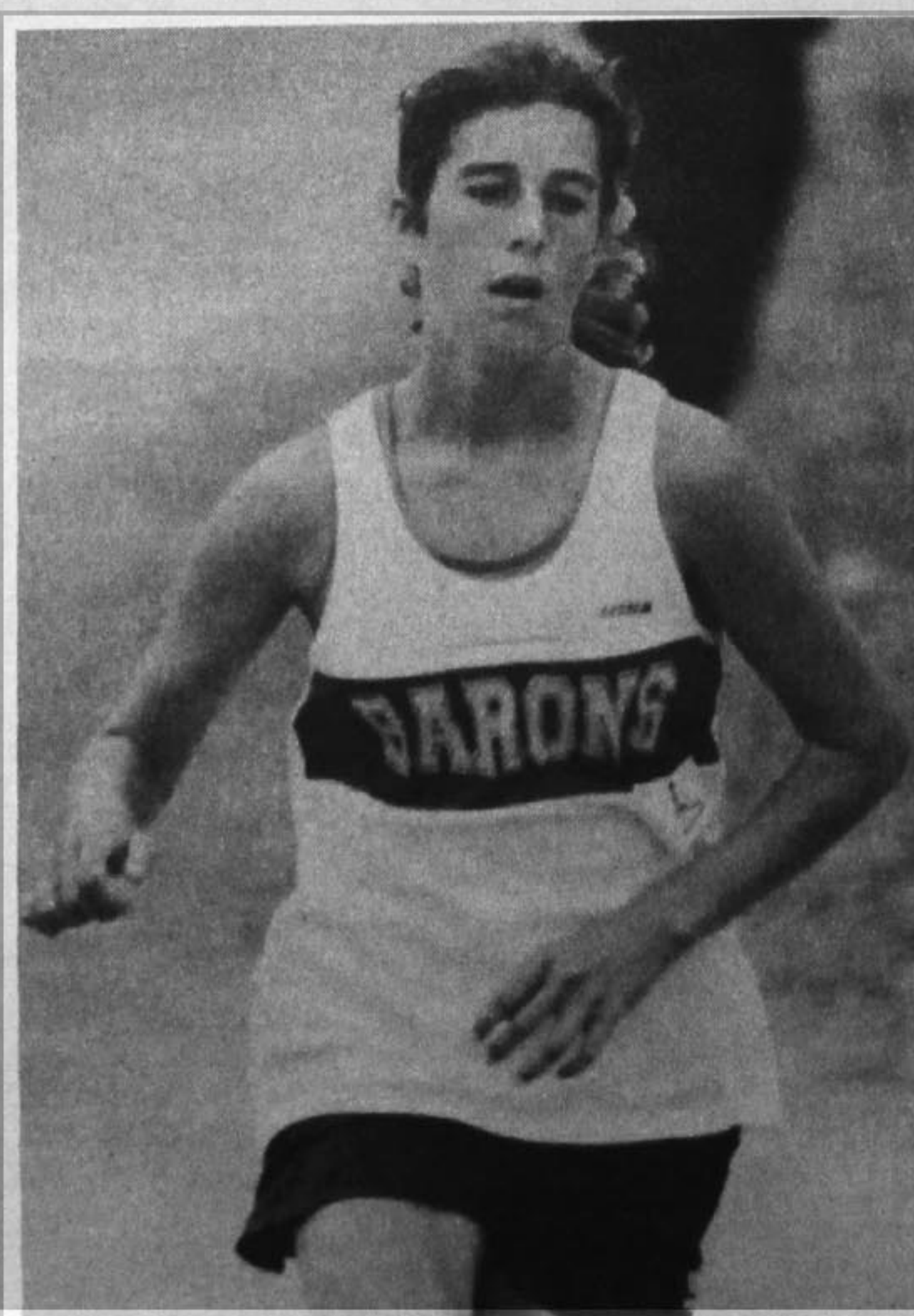
6-10: Lisa Peklar (G) 14:56, Margie Broselle (V) 14:49, Kelley Halligan (V) 15:06, Renee de la Torre (G) 15:32, Maria Moreno (Crawford) 15:33.



Amanda Powers, Mission Bay



Lea Hitt, Point Loma



Dawna Marshall, Bonita Vista

11-15: Rebecca Spagnolo (Monte Vista) 15:34, Casey Cleveland (V) 15:42, Kelli Wilson (Our Lady of Peace) 15:50, Theresa Heppner (El Capitan) 15:54, Erin DeHahn (Hilltop) 15:57.

16-20: Theresa Escobedo (Hill) 16:01, Elizabeth Kolata (Hill) 16:02, Behrens (Craw) 16:06, Abril Jimenez (Montgomery) 16:07, KJristen Bevins (Serra) 16:09.

21-25: Sandi Jenkins (ECap) 16:14, Rebecca Venegas (G) 16:14, Claire Beck (OLP) 16:15, Tiffany Fay (ECap) 16:16, Danielle Magante (Serra) 16:17.

26-30: Christine Keays (OLP) 16:17, Kelsey Bollinger (G) 16:20, Erin Beck (Serra) 16:25, Jessica Fay (ECap) 16:28, Sara Meza (Hill) 16:32.

Division III Varsity: 64 finishers.

Team: La Jolla 57, University of SD 61, University City 75, Mission Bay 119, Coronado 142, Francis Parker 179, Bishop's 186, Eastlake 193. El Camino, Mar Vista, Calvin Christian, Julian, no score.

Individual:

1-5: Courtney Baird (University of SD) 13:57, Katherine Ziegler (University City) 14:16, Jackie Ott (Uni) 14:17, Amanda Powers (Mission Bay) 14:53, Kara Dose (La Jolla) 15:07.

6-10: Morgan Romine (LJ) 15:11, Stephanie St. Laurent (El Camino) 15:14, Maria Cervantes (Eastlake) 15:17, Barbra Chakos (Coronado) 15:19, Jenny Bergen (UC) 15:25.

11-15: Julia Otis (LJ) 15:27, Ana Lillia Bustos (MB) 15:29, Siouxee Gistaro (Uni) 15:39, Kristen Epperson (Uni) 15:45, Maria Guzman (MB) 15:47.

16-20: Gwyn Leachman (Francis Parker) 15:52, Vanessa Li (LJ) 16:01, Meghan Mayer (LJ) 16:01, Paige Caldwell (UC) 16:09, Alison Gordon (Bishop's) 16:13.

21-25: Cynthia Johnson (UC) 16:17, Lydia Boonstra (Calvin Christian) 16:20, Rebecca McKeown (UC) 16:21, Kiley Dunlap (Coro) 16:24, Karen Memmelaar (CC) 16:26.

Dana Hills Invite: Torrey, Mt. Carmel boys look good; Vista girls impressive

Torrey Pines' and Mt. Carmel's strong boys teams both looked good at the recent Dana Hills Invitational, and Vista's girls team showed great depth.

The meet served as a good test and basis for comparison for many of the area's Division I powers, which also included Poway, Rancho Buena Vista and Chula Vista.

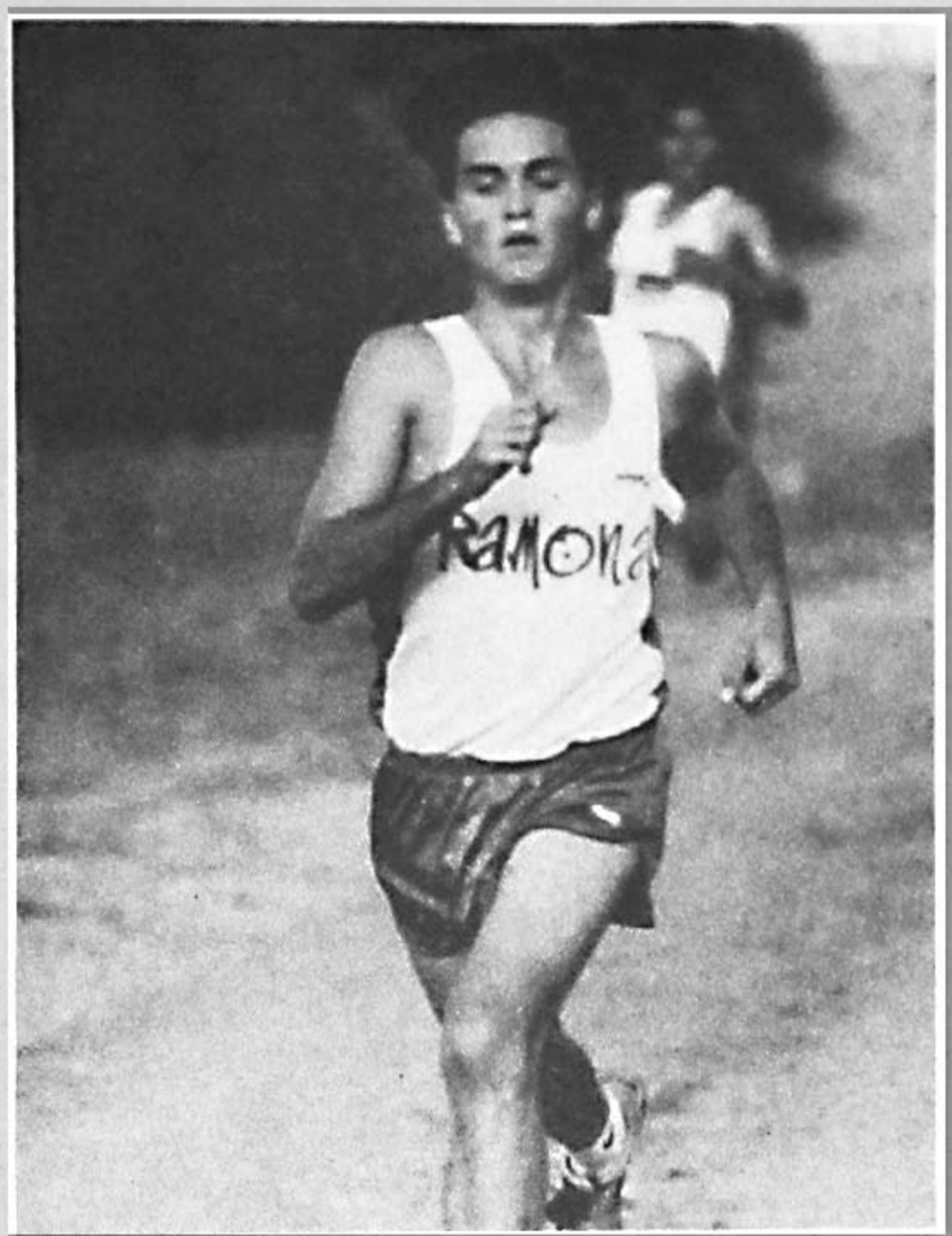
The meet was split into divisions, and each division was broken up into grade-level races. The 3.0-mile course was considered by most to be very fast.

The Torrey boys had their best success in the Division I senior race, with Jason Lopresti (8th, 15:08), David Burke (9th, 15:11) and Charley Hulsey (16th, 15:36) placing well.

Mt. Carmel's boys looked good in the Division I junior race, with Mike Baskin (1st, 15:12), Jeff Sleichter (3rd, 15:31), and Bert Romero (5th, 15:39) all running well. It was a near-repeat of their performance at the Mt. Carmel meet a week earlier. The team also got a boost from now-eligible John Zanzucchi, who was 19th in 16:13 in the same race.

The Torrey Pines and Mt. Carmel boys teams are ranked 1-2 in the section, and seem, at this point of the season, to be the top contenders for the Division I CIF title, although Vista, Poway, Rancho Buena Vista and Rancho Bernardo all will be factors in the finals. Mt. Carmel will be able to test themselves in the Palomar League against most of

See page 7.



James Adams, Ramona

Meet Results:

From page 6.

their rivals, but the showdown with Torrey will have to wait until the CIF meet (although the schools may also meet at the Kit Carson Invitational).

Other boys race winners from the San Diego Section included Carlsbad's Reed Steele, who won the Division III junior race in 15:11; Vista's Justin Neuroth, who won the Division I frosh race in 16:01; Ramona's Matt McInvale, who won the Division II frosh race in 16:10; and Carlsbad's Colin Steele, who won the Division III frosh race in 16:29.

Other outstanding efforts were turned in by Vista's Gonzalo Garcia, who was third in Division I Senior boys race, in 14:45, and by Rancho Buena Vista's Fernando Blanco, who was second in a senior boys race, in 15:17. Garcia's time was the best of the day by a local.

Best finishes by area girls include Scripps Ranch's Emily McFarland (2nd, Div. II Soph girls, in 17:52, best time of the day by a local), and by Vista's Natalie Forsyth (2nd, Div. I Jr/Sr girls, in 18:12).

Vista's girls looked dee-eeep. After Forsyth, Noelle Magana ran 18:17, Brooke Schroeder ran 18:37 and six other girls ranged from 19:10 to 19:56. That group included Devon Lasiter-Thurber, Erika Batiz, Anna Colwell, Darlene Lee, Julie Davidson and Brianna Boeche.

The Scripps Ranch girls also had a good outing, with their top five ranging from 17:52 to 19:46.

The results:

At Dana Hills High School, Saturday, Sept. 28. Course was considered flat and fast.

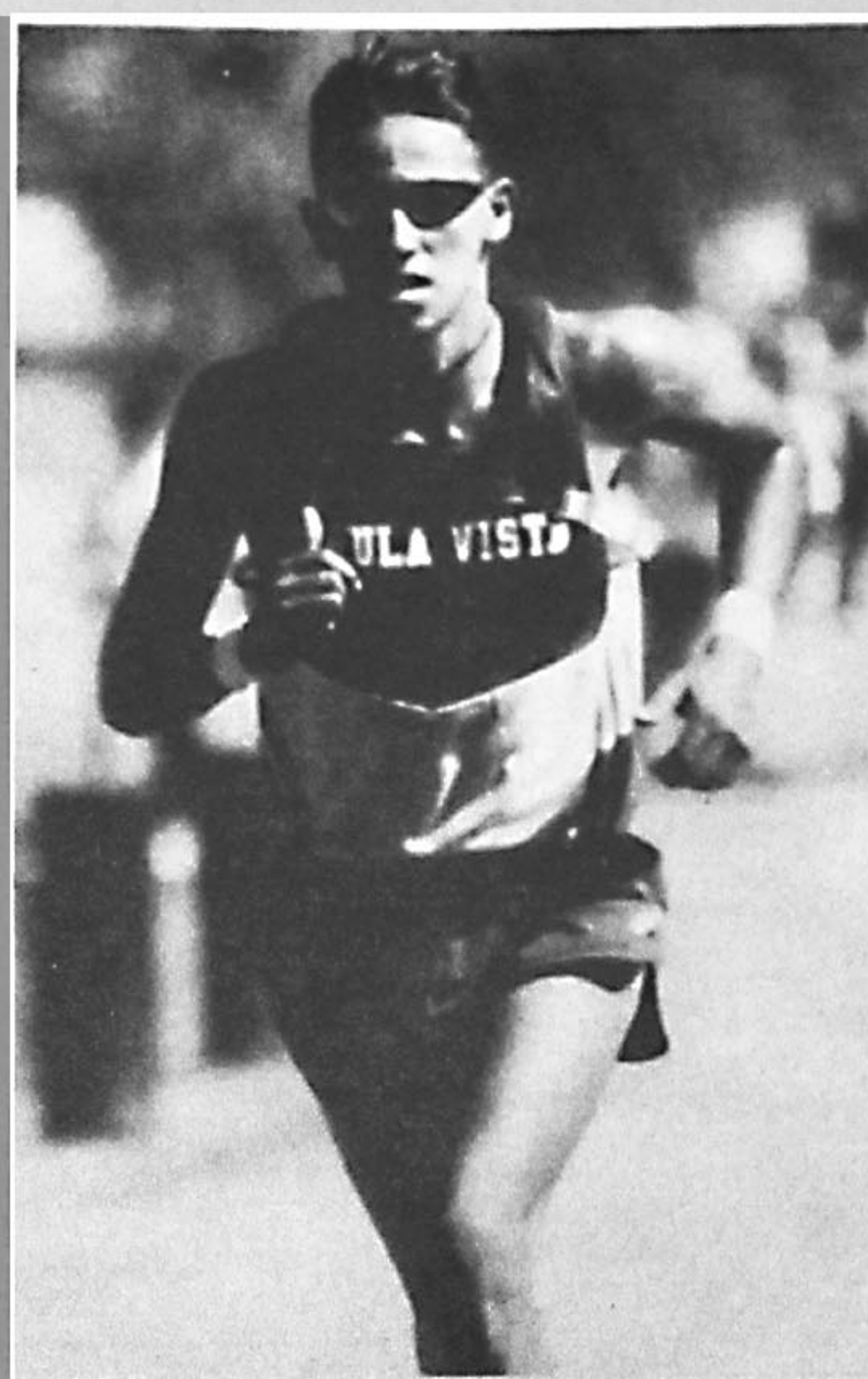
BOYS (3.0 miles):

Fastest team times from San Diego area entries:

78:57	Torrey Pines
79:01	Mt. Carmel
79:34	Vista
80:01	Poway
80:31	Scripps Ranch
81:04	Rancho Buena Vista
81:04	Ramona
81:53	Chula Vista

Fastest twenty boys from San Diego area:

14:45	Gonzalo Garcia, Vista, 12
15:08	Jason Lopresti, Torrey Pines, 12
15:11	David Burke, Torrey Pines, 12
15:11	Reed Steele, Carlsbad, 11
15:12	Mike Baskin, Mt. Carmel, 11



Adrian Ramirez, Chula Vista

15:12	Adrian Ramirez, Chula Vista, 12
15:17	Fernando Blanco, Rancho Buena Vista, 12
15:27	Steve Rider, Scripps Ranch, 12
15:31	Jeff Sleichter, Mt. Carmel, 11
15:36	James Adams, Ramona, 12
15:36	Charley Hulsey, Torrey Pines, 12
15:39	Bert Romero, Mt. Carmel, 11
15:42	Sean Zanderson, Poway, 12
15:45	Steve Ketcham, Vista, 12
15:52	Mike Helms, Poway, 11
15:53	Ron Anderson, Scripps Ranch, 12
16:01	Justin Neuroth, Vista, 9
16:01	Mike Stokes, Scripps Ranch, 11
16:02	unidentified, Mira Mesa, 11
16:03	Matt Gailey, Poway, 11

TEAMS:

Torrey Pines (Div. I): Jason Lopresti, 15:08 (8th, Sr.), David Burke, 15:11 (9th, Sr.), Charley Hulsey, 15:36 (16th, Sr.), Noah Lidman, 16:19 (23rd, Jr.), Wes Austin, 16:43 (43rd, Jr.).

Mt. Carmel (Div. I): Mike Baskin, 15:12 (1st, Jr.), Jeff Sleichter, 15:31 (3rd, Jr.), Bert Romero, 15:39 (5th, Jr.), John Zanzucchi, 16:13 (19th, Jr.), unid., 16:26 (27th, Jr.).

Vista (Div. I): Gonzalo Garcia, 14:45 (3rd, Sr.), Steve Ketcham, 15:45 (21st, Sr.), Justin Neuroth, 16:01 (1st, Frosh), Caesar Rodriguez, 16:23 (40th, Sr.), Josh Moore, 16:40 (43rd, Sr.).

Poway (Div. I): Sean Zanderson, 15:42 (20th, Sr.), Mike Helms, 15:52 (8th, Jr.), Matt Gailey, 16:03 (15th, Jr.), Scott Strachan, 16:05 (17th, Jr.), Jake McNeely, 16:19 (37th, Sr.), Ben Schwab, 16:21 (24th, Jr.), Justin Lucas, 16:31 (31st, Jr.).

Scripps Ranch (Div. II): Steve Rider, 15:27 (5th, Sr.), Ron Anderson, 15:53 (13th, Sr.), Mike Stokes, 16:01 (9th, Jr.), Pat Grimes, 16:16 (8th, Soph), Jonathan Hester, 16:54 (8th, Frosh), Roberto Gonzalez, 17:05 (30th, Soph).

Rancho Buena Vista (Div. I): Fernando Blanco, 15:17 (2nd, Sr.), Jaimal Hornbacher, 16:07 (9th, Sr.), Eladio Garcia, 16:13 (10th, Sr.), Hever Chavez, 16:32 (16th, Sr.), Carmelino Ortiz, 16:55 (Jr.), Indy Ortiz, 17:05 (34th, Sr.).

Ramona (Div. II): James Adams, 15:36 (6th, Sr.), Matt McInvale, 16:10 (1st, Fr.), Juan Rubalcava, 16:20 (27th, Sr.), Alvaro Reyes, 16:26 (19th, Jr.), David Shofstall, 16:32 (37th, Sr.), Tim Miller, 16:34 (38th, Sr.), Fernando Gonzales, 16:40 (16th, Soph.).

Chula Vista (Div. I): Adrian Ramirez, 15:12 (10th, Sr.), Jose Zurita, 16:09 (18th, Jr.), Rosario Martinez, 16:36 (35th, Jr.), Branni Zuniga, 16:41 (40th, Jr.), unidentified, 17:15 (56th, Jr.), Cesar Medina, 17:47 (19th, Frosh), Michael Manzano, 17:47 (20th, Frosh).

Carlsbad: Reed Steele, 15:11 (1st, Jr.), Colin Steele, 16:29 (1st, Frosh), Oscar Gonzales, 17:13 (Jr.), Gerardo Ibanez, 17:51 (Sr.), Chris McCann, 17:59 (Sr.).

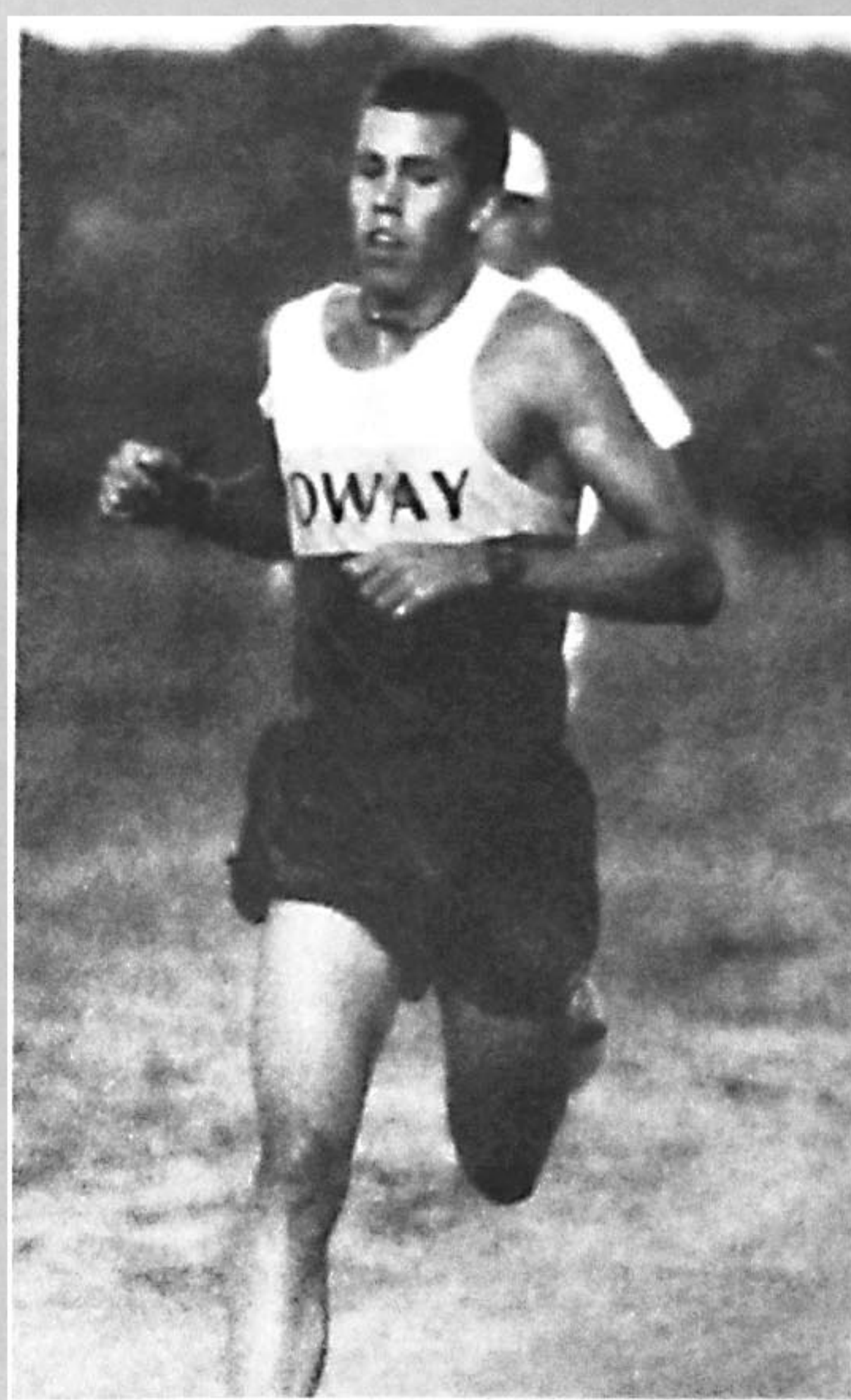
GIRLS (3.0 miles):

Fastest team times from San Diego area entries:

93:38	Vista
94:25	Scripps Ranch
97:40	Escondido
98:08	Torrey Pines
98:12	Poway
99:20	Ramona

Fastest twenty girls from San Diego area:

17:52	Emily McFarland, Scripps Ranch, 10
18:12	Natalie Forsyth, Vista, 11



Sean Zanderson, Poway

18:15	Kelly Grimes, Scripps Ranch, 11
18:17	Noelle Magana, Vista, 12
18:37	Brooke Schroeder, Vista, 11
18:41	Lanele Cox, Escondido, 10
18:53	Kristina Stasko, Scripps Ranch, 11
18:54	Jaclyn Nolan, Torrey Pines, 11
19:03	Heather Christofk, San Marcos, 11
19:09	Shawnele Cox, Escondido, 12
19:05	Kinnie Kwok, Ramona, 10
19:10	Devon Lasiter-Thurber, Vista, 12
19:11	Sarah Shepherd, Ramona, 11
19:18	Graciela Minor, Chula Vista, 12
19:22	Erika Batiz, Vista, 12
19:26	Alana Bochiechio, San Marcos, 10
19:29	Michelle Flores, Poway, 12
19:30	Erin Spooner, Poway, 11
19:36	Laura Rankin, Poway, 12
19:39	Angeline Spain, Scripps Ranch, 10

TEAMS:

Vista (Div. I): Natalie Forsyth, 18:12 (2nd, Jr/Sr), Noelle Magana, 18:17 (3rd, Jr/Sr), Brooke Schroeder, 18:37 (9th, Jr/Sr), Devon Lasiter-Thurber, 19:10 (18th, Jr/Sr), Erika Batiz, 19:22 (22nd, Jr/Sr), Anna Colwell, 19:50 (Jr/Sr), Darlene Lee (19:51), Julie Davidson, 19:55, Briana Boeche, 19:56 (Frosh), Baldwin, 20:32 (Frosh).

Scripps Ranch (Div. II): Emily McFarland, 17:52 (2nd, Soph), Kelly Grimes, 18:15 (7th, Jr/Sr), Kristina Stasko, 18:53 (13th, Jr/Sr), Angeline Spain, 19:39 (24th, Jr/Sr), Kim Rogoff, 19:46 (26th, Jr/Sr), Lisa Nguyen, 21:33 (44th, Soph), Hassett, 21:37 (46th, Soph). Junior/Senior girls team was third (141 points), behind Yucaipa (67), and Dana Hills (78).

Escondido (Div. II): Lanele Cox, 18:41; Shawnele Cox, 19:09; unidentified, 19:42; unidentified, 19:54, unidentified, 20:14.

Torrey Pines (Div. I): Jaclyn Nolan, 18:54 (6th, Jr/Sr), Kristin Roth, 19:45 (38th, Jr/Sr), Brenna Mullen, 19:48 (6th, Frosh), Laura Hilton, 19:50 (40th, Jr/Sr), Torey Conner, 19:51 (42nd, Jr/Sr), Camille Dredge, 20:11 (22nd, Soph), Samantha Lankford, 20:19 (10th, Frosh), Jen Morris, 20:22 (11th, Frosh), Cindy Lopresti, 20:29 (27th, Soph).

Poway (Div. I): Michelle Flores, 19:29 (28th, Jr/Sr), Erin Spooner, 19:30 (29th, Jr/Sr), Laura Rankin, 19:36 (34th, Jr/Sr), Melissa Hibbs, 19:43 (Frosh), Monica Hite, 19:54 (45th, Jr/Sr), Hollie Babione, 20:04 (48th, Jr/Sr), Mande Clark, 20:09 (21st, Soph), Meridith Nespor, 20:18 (24th, Soph).

Ramona (Div. II): Kinnie Kwok, 19:05 (8th, Soph.), Sarah Shepherd, 19:11 (20th, Jr.), Leslie Mitchell, 20:17 (16th, Fr.), Jenny Roane, 20:22 (43rd, Jr.), Jessie Anderson, 20:25 (46th, Sr.), Kristin Spivey, 20:42 (26th, Fr.), Danielle Hennessey, 21:03 (37th, Soph.), Lauren Berestford, 21:13 (40th, Soph.).

Rancho Buena Vista (Div. I): Stacy Sims, 19:53 (26th, Jr/Sr), Tiffany Trayer, 20:21 (50th, Jr/Sr), Kristina Smith, 20:49 (55th, Jr/Sr), Karina Kloos, 20:59 (32nd, Soph), Josefina Garcia, 21:46 (43rd, Soph).

San Marcos: Heather Christofk, 19:03 (16th, Jr/Sr), Alana Bochiechio, 19:26 (8th, Soph), Aniko Felsen, 19:46 (11th, Soph), Kelly Kodadek, 20:19 (25th, Soph).

Chula Vista: Graciela Minor, 19:18 (20th, Jr/Sr), Maria Melvin, 19:49 (13th, Soph).

Mt. Carmel (Div. I): Samantha Stevens, 20:21.

Carlsbad: Eva Lund, 20:26.

Stanford Invite: Valhalla, West Hills, Scripps go 1-2-4 in Division II girls; Shurtleff wins big

San Diego area girls dominated the Division II race at the high-powered Stanford Invitational last week.

Valhalla's girls team won the team race, with West Hills in second, and Scripps Ranch in fourth.

West Hills sophomore Heather Shurtleff ran off to an individual win, by a big margin, over runner-up Emily McFarland of Scripps. Shurtleff ran 18:51 for the 3.1-mile course, ahead of McFarland's 19:18. The course is not considered to be fast, and the weather was unseasonably warm, ranging from the mid-80s, and higher, during the course of the racing.

Fifteen of the first 36 runners in the race (which had 160 finishers) were from San Diego Section schools.

Valhalla was led by junior Andrea Clemons, who was seventh in 19:49. The Norse girls had six finishers in the top thirty, overall, including Carrie Leto (17th), Elaine Lassen (22nd), Margie Broselle (24th), Amy Kermott (29th) and Kelley Halligan (30th).

"As a group they ran well," Valhalla coach Randy Montesanto said. "It's not a very fast course, but the girls ran very competitive. The middle-pack girls really stepped up. And Clemons continues to race better and better. She's getting tougher and tougher. It's exciting."

West Hills actually had a faster team time than Valhalla (partly because of Shurtleff's outstanding effort), and bunched all of their top five within the race's top 36. That group included Jenny Holdzkom (16th), Sara Garcia (27th), Rebecca Bartell (28th), and Shelley Van Winkle (36th). Holdzkom continues her fine running this year, as she has made a big jump in ability.

"We're pretty pleased with the way everybody ran," Wolfpack girls coach Larry Pear said. "Shurtleff had a disaster on this course last year. She fell, got hurt, and it just about finished her year."

This year was different. "She was by herself for most of the last half of the race," Pear said. "She had a big lead, and she was even talking to the guy on the motorcycle."

The Scripps girls had great running by McFarland, Kelly Grimes (13th) and Kristina Stasko (18th), in taking fourth in the team race. Stasko continues to improve after missing the track season with an injury. Last year, she was the first Scripps finisher in the state meet as the Falcon girls were second in Division II at Fresno.

Helix' girls were 12th in the team race, and were led by Natalie Sullivan (13th).

The Division II boys race was another story, as quality teams like Valhalla, Point



Valhalla packs it in: Andrea Clemons, Margie Broselle and Elaine Lassen are among the leaders early in the South Bay Division II race.

Loma and West Hills all underachieved. Scripps Ranch, however, ran well, and took third in the team competition. They were led by Steve Rider's eighth-place finish, in 16:48.

Valhalla coach Montesanto, whose girls team ran so well, thought he had some answers about his team's performance.

"We're a pack team," he said. "We really feed off each other. Off the starting line, we just got blown apart (there were over 200 finishers in the race), and we couldn't recover."

Point Loma and West Hills boys teams had similar problems.

"It was kind of disappointing," West Hills boys coach Pat Connolly said. "We just weren't ready to race, for whatever reason. But, we'll regroup."

"This is a state-level competition," Montesanto said. "Our girls team had been in that position before (when they competed at Fresno last year). They responded well."

St. Augustine's boys, racing in Division IV, ran well, especially at the top of the pack, where Brian Sullivan (16:44) and Adam Greene (16:53) were among the faster local boys in the meet.

"I was real pleased with Sullivan and Greene," Saints coach Jerry Downey said. "I think this is a good rock-solid preview of the state meet."

Vista's boys, competing in Division I, had good efforts by Steve Ketcham (16:41) and frosh Justin Neuroth (16:52), but Gonzalo Garcia was slowed by a cramping calf muscle. For Neuroth, it was a great race to compensate for his fall in a dual earlier that week.

"He ran the race of his life," Vista boys coach Pete Brooks said.

The Vista girls were a bit flat, coming off a dual loss to Orange Glen just two days before. Noelle Magana (19:58) and Natalie Forsyth (20:41) were the fastest Panthers.

"It was about 95 when we ran," Vista girls coach Paul Kinder reported. "Forsyth finished completely dehydrated. It took her over an hour to recover. Brooke Schroeder couldn't even finish. It was the first time she's ever dropped out of a race, and that kind of sank our team hopes. It was a tough day."

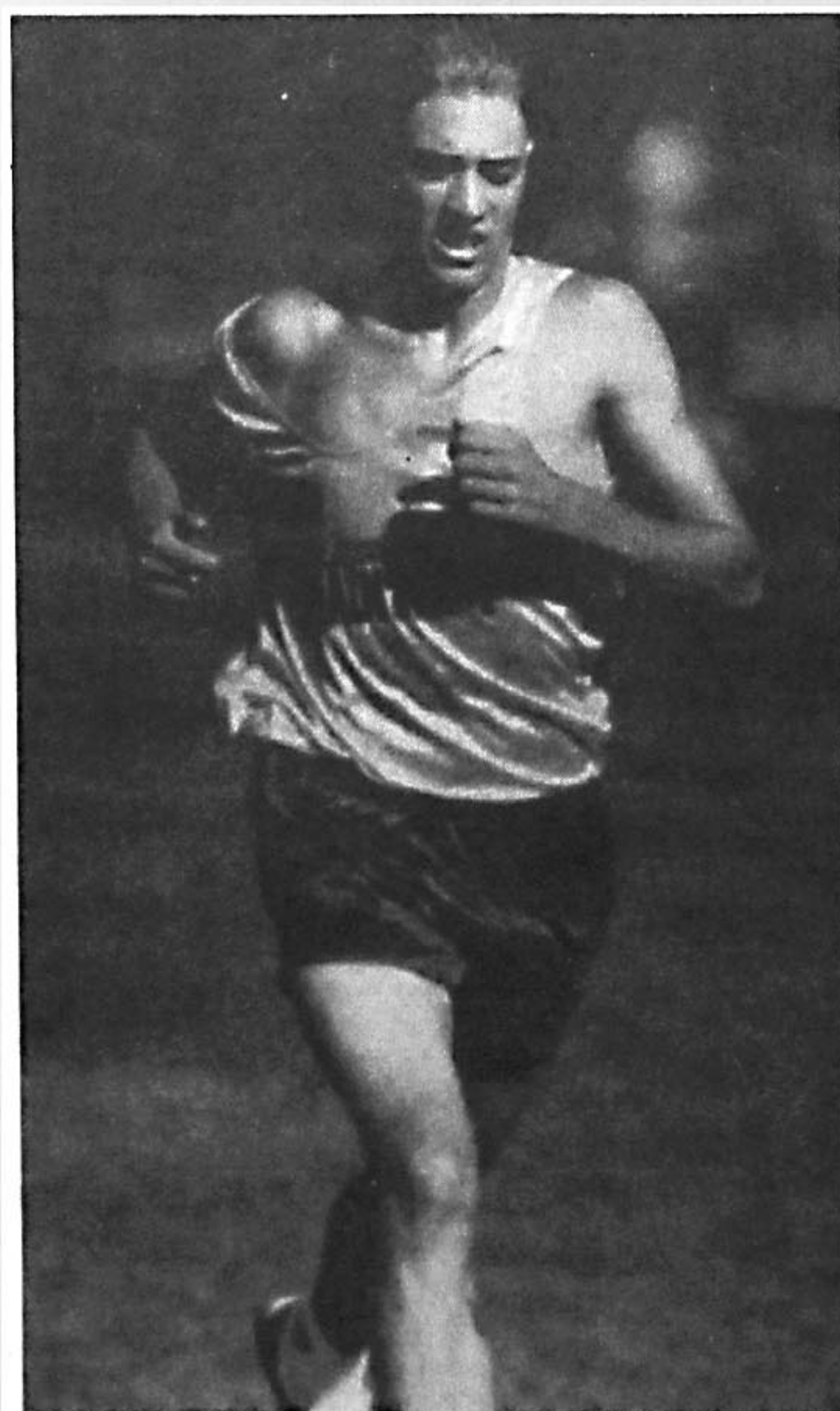
The results:

At Palo Alto, Saturday, Oct. 5. Course was run over 5,000 meters on a golf course with hills, considered relatively slow. Weather was unseasonably hot, ranging from low 80's and up as day progressed.

BOYS (3.1 miles):

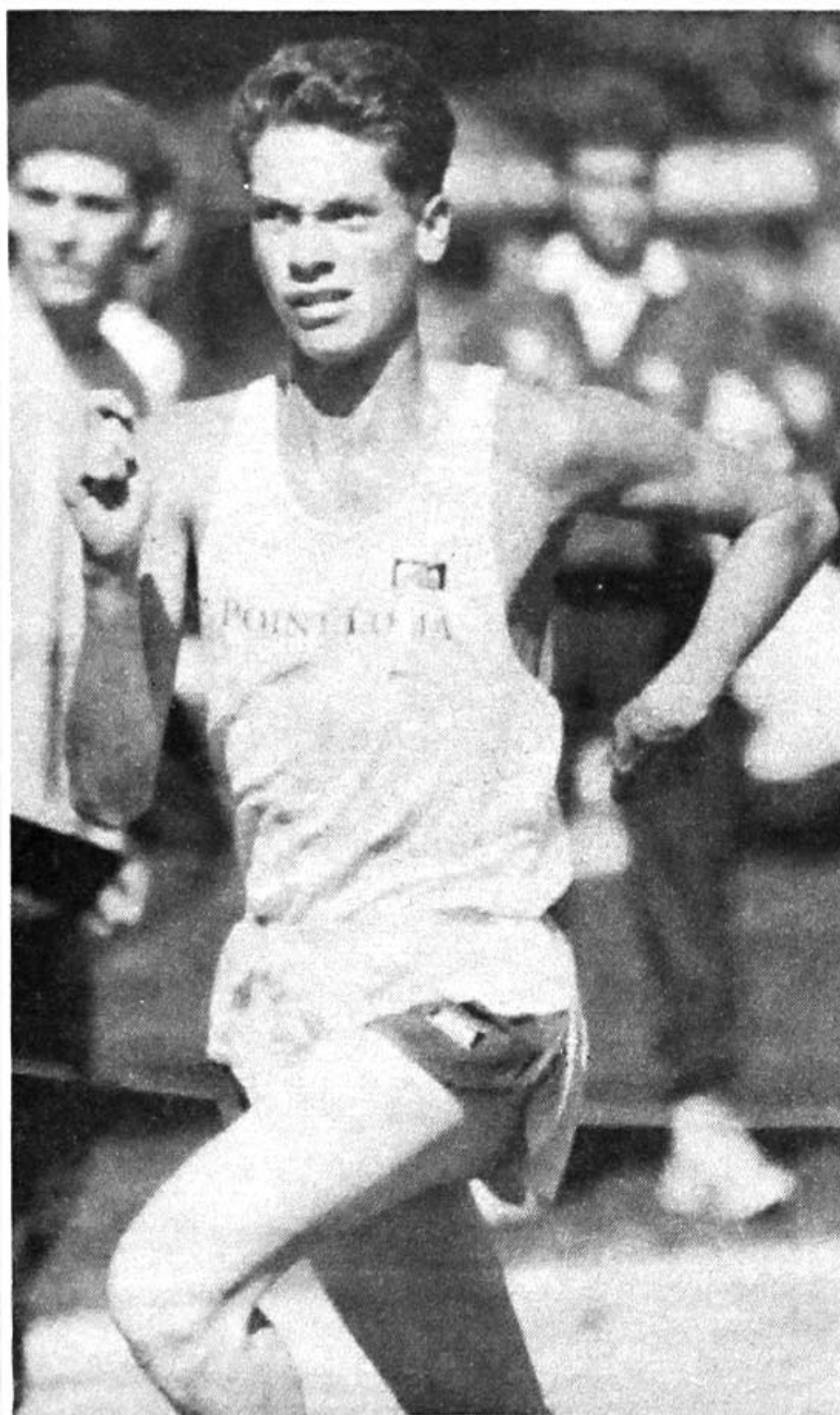
Top team times from San Diego area entries:

86:54 Vista
88:43 Scripps Ranch



Brian Sullivan, St. Augustine

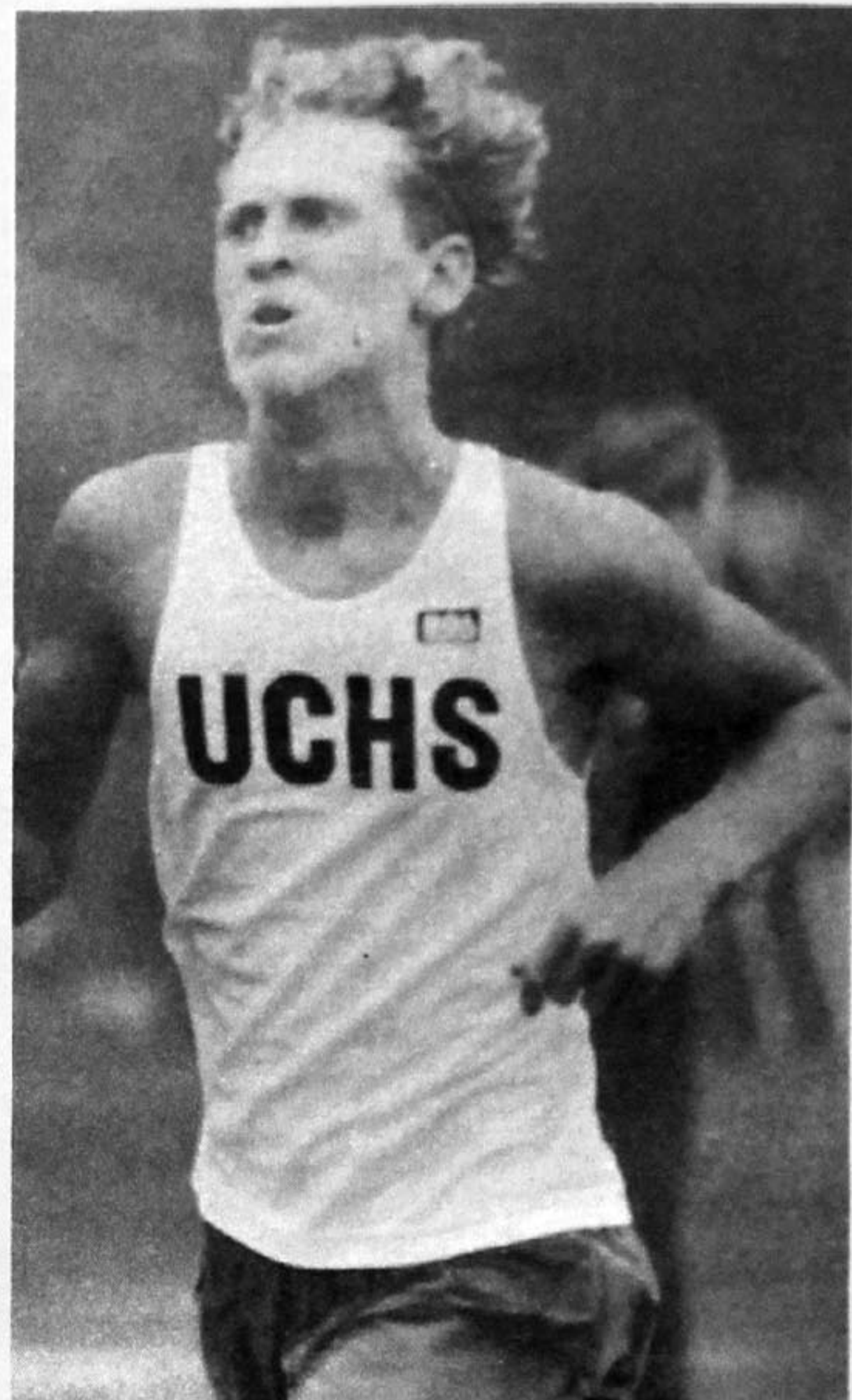
See page 9.



David Hayes, Point Loma



Natalie Sullivan, Helix



Jon O'Connor, University City

Meet Results:

From page 8.

89:24 St. Augustine
89:29 Valhalla
90:26 Point Loma
91:20 West Hills
92:32 Helix
95:40 University City

Fastest twenty boys from San Diego area:

16:31 Steve Ketcham, Vista, 12
16:44 Brian Sullivan, St. Augustine, 11
16:48 Steve Rider, Scripps Ranch, 12
16:52 Justin Neuroth, Vista, 9
16:53 Adam Greene, St. Augustine, 11
17:04 Dustin Diaz, West Hills, 11
17:05 Gonzalo Garcia, Vista, 12
17:17 Jon Doroski, Valhalla, 11
17:24 Mike Stokes, Scripps Ranch, 11
17:26 Jack Favilukis, Helix, 11
17:32 Pat Grimes, Scripps Ranch, 10
17:35 David Hayes, Point Loma, 12
17:40 Dan Kinsella, Helix, 10
17:42 Matt Theisen, Valhalla, 10
17:44 Amanuel Gebru, Helix, 11
17:46 Naithen Schirmer, Point Loma, 12
17:46 Aaron Jones, Valhalla, 12
17:52 Chris Nagao, West Hills, 12
17:55 Ron Anderson, Scripps Ranch, 12
17:59 Don Overland-McKay, West Hills, 11

Division I:

Vista: Steve Ketcham (8th, 16:31), Justin Neuroth (16th, 16:52), Gonzalo Garcia (17:05), Caesar Rodriguez (18:12), Sean Daley (18:14).

Division II:

1. Huntington Beach (163 points).
2. Reedley (202 points).
3. Scripps Ranch (207 points): Steve Rider (8th, 16:48), Mike Stokes (21st, 17:24), Pat Grimes (28th, 17:32), Ron Anderson (44th, 17:55), Ricky Treglio (119th, 19:04), Kevin Carter (148th, 19:36), Roberto Gonzalez (150th, 19:39).
6. Valhalla (227 points): Jon Doroski (18th,

17:17), Matt Theisen (35th, 17:42), Aaron Jones (39th, 17:46), Sean Nugent (64th, 18:13), Bryon Lamorandier (87th, 18:31), William Burer (102nd, 18:49). Did not finish: Ben Wagner.

7. Point Loma (276 points): David Hayes (30th, 17:35), Naithen Schirmer (38th, 17:46), John Bradshaw (66th, 18:15), Marty Conterez (79th, 18:24), Tom Gibbings (82nd, 18:26), Tom Antl (100th, 18:43), Peter Kleinsasser (116th, 19:02).

13. West Hills (323 points): Dustin Diaz (12th, 17:04), Chris Nagao (42nd, 127:52), Don Overland-McKay (48th, 17:59), Matt Rendina (121st, 19:11), Chris Lahti (126th, 19:14), Paul Saccone (155th, 19:43), Mike Ficken (199th, 21:22).

18. Helix (399 points): Jack Favilukis (23rd, 17:26), Dan Kinsella (34th, 17:40), Amanuel Gebru (37th, 17:44), Musie Meche (162nd, 19:48), Brad Leavitt (164th, 19:54), Rodger O'Keefe (185th, 20:34).

31 teams entered.

Division III:

University City: Marc Nierman (68th, 18:22), Jon Landau (79th, 18:30), Tony Saipe (117th, 19:12), Simon Baird (144th, 19:43), Jon O'Connor (151st, 19:53), Jarod Hersh (201st, 21:30).

Division IV:

5. St. Augustine (210 points): Brian Sullivan (3rd, 16:44), Adam Greene (7th, 16:53), Jerry Samaniego (47th, 18:17), Greg Rodriguez (71st, 18:37), Brian Janes (86th, 18:53), Barry Bryant (148th, 20:04).

GIRLS (3.1 miles):

Top team times from San Diego entries:

102:34 West Hills
102:47 Valhalla
104:19 Scripps Ranch
106:26 Vista
111:40 Helix
120:34 University City

Top twenty girls from San Diego area:

18:51 Heather Shurtleff, West Hills, 10
19:18 Emily McFarland, Scripps Ranch, 10
19:49 Andrea Clemons, Valhalla, 11
19:58 Noelle Magana, Vista, 12
20:08 Natalie Sullivan, Helix, 10
20:11 Kelly Grimes, Scripps Ranch, 11
20:19 Jenny Holdzkom, West Hills, 12
20:22 Carrie Leto, Valhalla, 9

20:23 Kristina Stasko, Scripps Ranch, 11
20:41 Elaine Lassen, Valhalla, 10
20:41 Natalie Forsyth, Vista, 11
20:48 Margie Broselle, Valhalla, 12
20:59 Sara Garcia, West Hills, 11
21:02 Rebecca Bartell, West Hills, 9
21:07 Amy Kermott, Valhalla, 10
21:11 Kelley Halligan, Valhalla, 12
21:16 Katherine Ziegler, University City, 9
21:23 Shelley Van Winkle, West Hills, 11
21:27 Lauren Aposhian, Vista, 10
21:47 Casey Cleveland, Valhalla, 9

Teams:

Division I:

9. (tie) Vista (220 points): Noelle Magana (15th, 19:58), Natalie Forsyth (25th, 20:41), Lauren Aposhian (42nd, 21:27), Erika Batiz (59th, 21:55), Devon Lasiter-Thurber (72nd, 22:25), Anna Colwell (81st, 22:43). Did not finish: Brooke Schroeder.

Division II:

1. Valhalla (84 points): Andrea Clemons (7th, 19:49), Carrie Leto (17th, 20:22), Elaine Lassen (22nd, 20:41), Margie Broselle (24th, 20:48), Amy Kermott (29th, 21:07), Kelley Halligan (30th, 21:11), Casey Cleveland (49th, 21:47).

2. West Hills (95 points): Heather Shurtleff (1st, 18:51), Jenny Holdzkom (16th, 20:19), Sara Garcia (27th, 20:59), Rebecca Bartell (28th, 21:02), Shelley Van Winkle (36th, 21:23), Heather Holford (75th, 22:45), Lanae Hawker (86th, 23:19).

3. Marina, Huntington Beach (124 points).

4. Scripps Ranch (140 points): Emily McFarland (2nd, 19:18), Kelly Grimes (14th, 20:11), Kristina Stasko (18th, 20:23), Kim Rogoff (52nd, 21:48), Angeline Spain (72nd, 22:39), Lisa Nguyen (85th, 23:16), Shannon Winkel (127th, 25:12).

12. Helix (294 points): Natalie Sullivan (13th, 20:08), Anne Severtson (73rd, 22:40), Sabrina Pykles (76th, 22:46), Natisse Martin (82nd, 23:02), Corinne Coe (83rd, 23:04), Becky Mosteller (95th, 23:36), Cathy Danh (117th, 24:28).

21 teams entered.

Division III:

University City: Katherine Ziegler (31st, 21:16), Rebecca McKeown (97th, 23:53), Cynthia Johnson (115th, 24:28), Leslie Crews (133rd, 25:28), Kim Saam (1234th, 25:29), Alyson Fischer (143rd, 26:20). Did not finish: Vanessa Oseroff.

Dual Highlights:

From the editor: Dual meet highlights will feature in-depth results from selected dual meets of importance.

Although we don't have the space to cover all duals, we will cover as many as possible, time and space permitting.

Best way to send in dual meet results is via FAX: 765-3185.

Non-league: Scripps over Cavers twice

Scripps Ranch's boys team showed a hint of things to come in this early-season, non-league meet, when they beat a good San Diego team.

Scripps has unexpectedly come up with a strong front-running group, including cross country newcomer Steve Rider. He is a converted swimmer, and he took this race in 16:08, and later ran impressively at Dana Hills and Stanford.

Scripps has also built up their team with big improvements by junior Mike Stokes and soph Pat Grimes, who join senior Ron Anderson in giving Bob Oliver's team a strong front four. San Diego, still a prime contender in the East, showed good pack running, with a 0:53-second spread from 1-to-5.

At Morley Field, Thursday, Sept. 26.

BOYS (3.05 miles):

Scripps Ranch 25, San Diego 31.

1-5: Steve Rider (SR) 16:08, Ascary Kocina (SD) 16:15, Mike Stokes (SR) 16:15, Ron Anderson (SR) 16:22, Edgar Jimenez (SD) 16:25.

6-10: Pat Grimes (SR) 16:38, Osvaldo Cruz (SD) 16:39, Justin Marche (SD) 16:56, Elliott King (SD) 17:08, Alex Kocina (SD) 17:26.

GIRLS (2.6 miles):

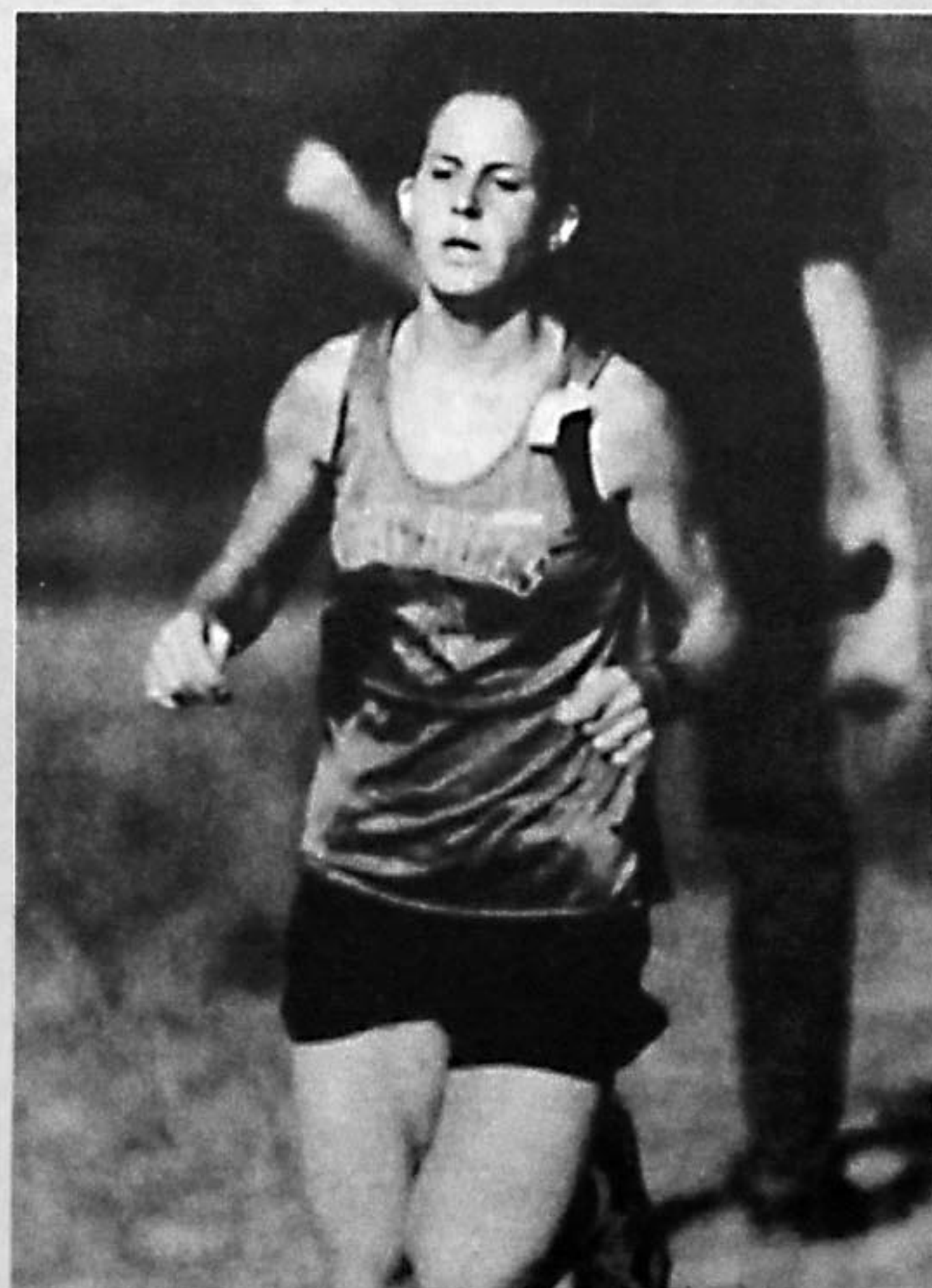
Scripps Ranch wins by forfeit, San Diego only had four runners.

1-5: Emily McFarland (SR) 16:05, Kelly Grimes (SR) 16:15, Kristina Stasko (SR) 17:11, Angeline Spain (SR) 17:56, Shannon Winkel (SR) 18:49.

West Hills girls edge Santana; boys cruise

The West Hills/Santana girls dual, much anticipated, actually lost a bit of luster before the racing took place.

Santana's Jaymie Harper and Kim Pace were both at less than 100%, and the West Hills girls were said by their coach to be



Heather Shurtleff, West Hills



Kendra Goffredo, Orange Glen, and Brooke Schroeder, Vista

pointing for a big race at Stanford later that same week (where they were second in the Division II race).

The anticipated showdown between Harper and West Hills' Heather Shurtleff, who are both having stellar seasons, never really materialized. Shurtleff didn't really mount a serious challenge and seemed content to place second in the race, 0:14 seconds behind Harper.

Pace, who was sick, gutted it out for a key third place finish, but the West Hills girls had just enough on this day. If the plan was for the West Hills team to win and save energy for Stanford, it worked, although a one-point win was cutting it a bit close.

Shurtleff's later success at Stanford underscored her accomplishments this season, which have included a win at West Hills (over Henry's Lisa Bengston and Uni's Courtney Baird); and a win at Bronco (over RB's Sarah Wilkins and a number of other good area runners).

At Lindo Lakes, Wednesday, Oct. 2.

BOYS (3.1 miles):

West Hills 19, Santana 39.

1-5: Dustin Diaz (WH) 16:40, Chris Nagao (WH) 17:05, Doug Singer (S) 17:18, Don Overland-McKay (WH) 17:25, Paul Saccone (WH) 17:30.

6-10: Nathan Snodgrass (S) 17:42, Mike Ficken (WH) 17:49, Chris Lahti (WH) 17:53, Jake Bishop (S) 17:59, Mark Pettifils (S) 18:02.

GIRLS (2.15 miles):

West Hills 27, Santana 28.

1-5: Jaymie Harper (S) 12:05, Heather Shurtleff (WH) 12:19, Kim Pace (S) 12:39, Jenny Holdzkorn (WH) 12:47, Sara Garcia (WH) 12:50.

6-10: Ava Benitez (S) 12:55, Rebecca Bartell (WH) 12:58, Milinda Benitez (S) 13:07, Shelley Van Winkle (WH) 13:15, Kerie O'Grady (S) 13:25.

OG girls, RBV boys beat Vista teams

The Orange Glen girls just had too much front line strength for Vista to overcome, and they came away with a ten-point win in an early Palomar showdown. The OG team was coming off an invitational loss to Fallbrook, and was still without standout Katie Cottrell, who is nursing a calf strain.

In the boys race, Rancho Buena Vista ran well and edged Vista, 27-29. The Panthers were hurt when freshmen Justin Neuroth fell during the race and was unable to continue. He was running well up in the pack before that, and would have made the difference in the scoring.

OG's girls made a big move coming down telephone-pole hill at Kit Carson, and finished 1-2-3, an automatic dual win. Kendra Goffredo won in 15:48, ahead of mates Cara Rumble and Lorena Jimenez.

"Both teams knew what had to happen," OG coach Mike Cumming said. "They (Vista) tried to break up our top three, but they couldn't do it." Vista, led by Natalie Forsyth, took the next four spots in the race, followed by three more OG runners.

RBV's Fernando Blanco, who races the Kit Carson course well, won the boys race in 16:17, ahead of the Vista duo of Steve Ketcham and Gonzalo Garcia. Neuroth, one of the county's best boy frosh, fell and twisted a knee when crossing a creek. Panther boys coach Pete Brooks later reported that the young runner had completely recovered from the incident.

At Kit Carson Park, Thursday, Oct. 3.

BOYS (3.0 miles):

Rancho Buena Vista 27, Vista 29.

Rancho Buena Vista 19, Orange Glen 40. Vista 19, Orange Glen 38.

1-5: Fernando Blanco (RBV) 16:17, Steve Ketcham (V) 16:31, Gonzalo Garcia (V) 16:36, Jaimal Hornbacher (RBV) 17:16, Eladio Garcia (RBV) 17:32.

6-10: Josh Moore (V) 17:34, Nick Schlapfer (OG) 17:35, Sean Daley (V) 17:36, Tom Igo (OG) 17:38, Hever Chavez (RBV) 17:52.

GIRLS (2.5 miles):

Orange Glen 23, Vista 33.

Orange Glen 15, Rancho Buena Vista 44. Vista 16, Rancho Buena Vista 45.

1-5: Kendra Goffredo (OG) 15:48, Cara Rumble (OG) 15:59, Lorena Jimenez (OG) 16:13, Natalie Forsyth (V) 16:21, Noelle Magana (V) 16:29.

6-10: Lauren Aposhian (V) 16:51, Brooke Schroeder (V) 16:53, Laura Lawrence (OG) 16:56, Melissa Hieb (OG) 17:09, Stacy Sims (RBV) 17:17.

11-15: Gina Rennix (OG) 17:27, Erika Batiz (V) 17:42, Devon Lasiter-Thurber (V) 17:50, Tiffany Trayer (RBV) 17:56, Anna Colwell (V) 18:03.

Meet Results:

From page 10.

El Cap wins pair against ECV

El Cap's girls and boys teams won by big scores in a dual with El Cajon Valley at Lindo Lakes, on Oct. 4. The Vaquero boys went 1-7 on the Braves, led by Steve Daynes, who ran 17:09. Stephanie Kindreich won the girls race by almost a full minute, and the El Cap runners went 1-6.

At Lindo Lakes, Friday, Oct. 4.

BOYS (3.1 miles):

El Capitan 15, El Cajon Valley 50.

1-5: Steve Daynes (ECap) 17:09, John Bates (ECap) 17:43, Tony Principe (ECap) 17:54, David Boand (ECap) 18:02, Bryan Hillberg (ECap) 18:24.

6-10: Nick Mathis (ECap) 18:30, Vestal (ECap) 18:33, Luis Agundez (ECV) 18:46, Cesar Patricio (ECV) 18:48, Edmundo Trejo (ECV) 22:02.

GIRLS (2.15 miles):

El Capitan 15, El Cajon Valley 49.

1-5: Stephanie Kindreich (ECap) 13:27, Sandi Jenkins (ECap) 14:26, Theresa Hepler (ECap) 14:59, Melanie Ball (ECap) 15:10, Tiffany Fay (ECap) 15:14.

6-10: Bree Hunter (ECap) 15:22, Tabitha Carrasco (ECV) 15:24, Becky Day (ECap) 15:29, Elizabeth Carrasco (ECV) 16:04, Angela Perry (ECV) 16:13.

Torrey boys win big; Cougar girls over TP

Escondido's girls made a statement that they are a force in the Avocado League, with a win over the Torrey Pines girls team, 26-31, at Guajome Park. It was the first league loss for the Torrey girls in four years. The Cougars were led by a one-two finish by Lanele Cox and Shawnele Cox, and a third by Marissa Leivas.

The Torrey boys, meanwhile, had big wins over Oceanside and Escondido. The Falcons were led by Charley Hulsey, who showed signs of returning to top form with a 16:28 win. Mates David Burke and Jason Lopresti were second and third. Oceanside's boys, a good Division III team, beat Escondido.

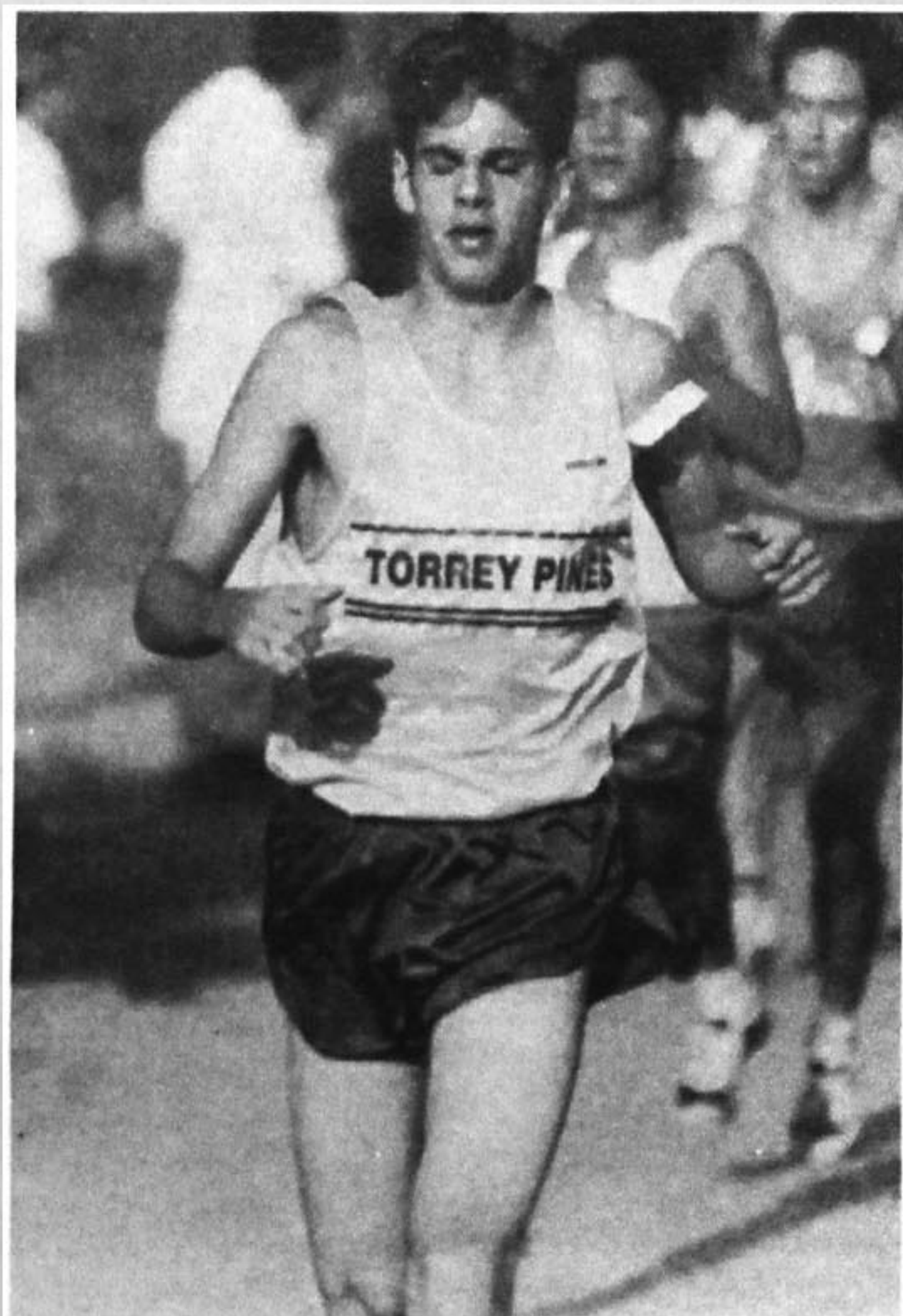
At Guajome Park, Friday, Oct. 4.

BOYS (3.1 miles):

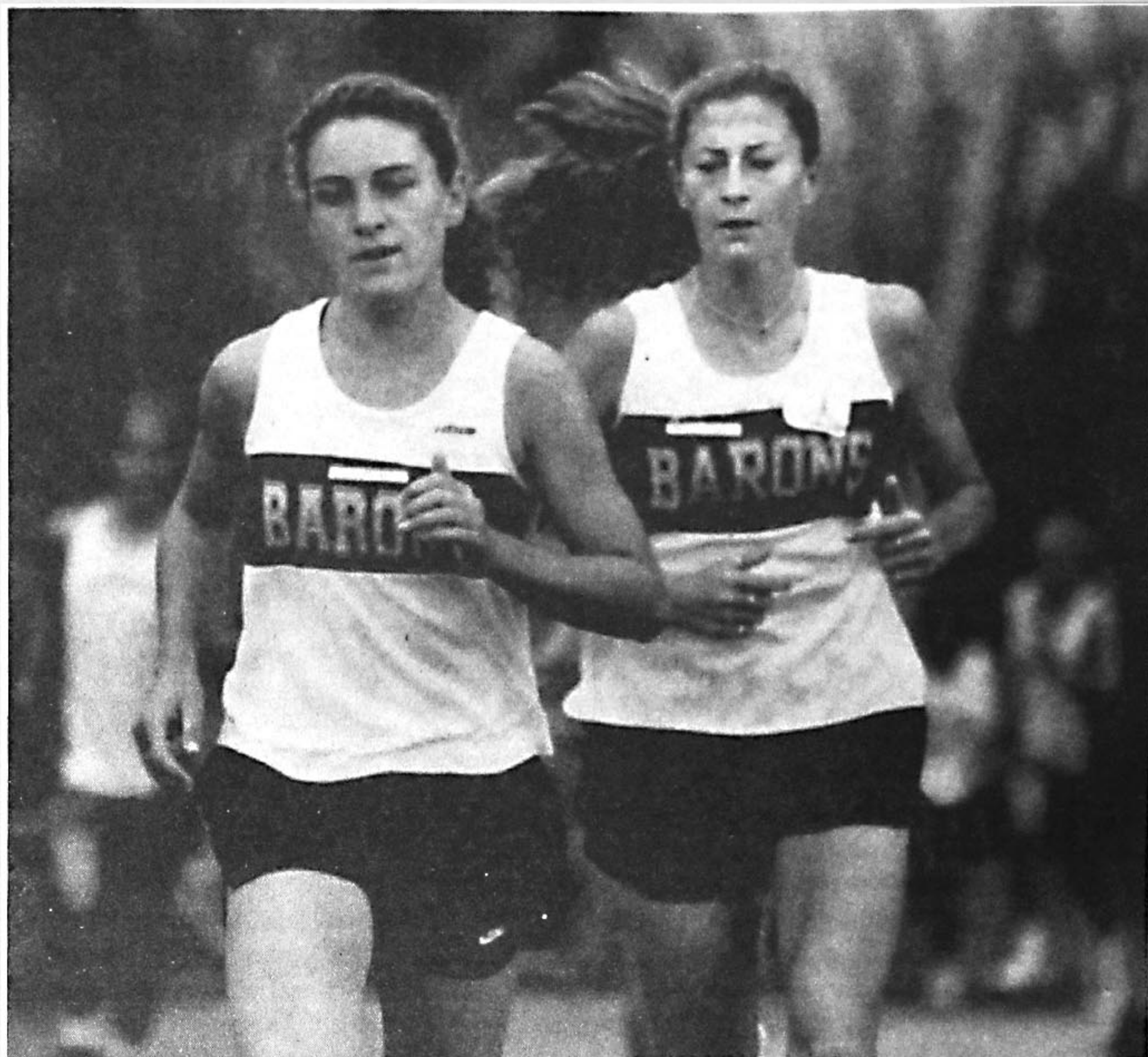
Torrey Pines 19, Oceanside 39.

Torrey Pines 16, Escondido 45.

Oceanside 24, Escondido 31.



David Burke, Torrey Pines



Rosie Costello and Meghann Phillips, Bonita Vista

1-5: Charley Hulsey (TP) 16:28, David Burke (TP) 16:31, Jason Lopresti (TP) 16:38, Sherwin Arce (O) 16:59, Noah Lidman (TP) 17:19.

6-10: Steven Meek (E) 17:36, Alvaro Quintanar (O) 17:46, Delfino Romero (O) 17:51, Wes Austin (TP) 17:55, Michael Breining (TP) 18:05.

GIRLS (2.5 miles):

1-5: Lanele Cox (E) 15:31, Shawnele Cox (E) 15:36, Jaclyn Nolan (TP) 15:58, Marissa Leivas (E) 16:03, Kristin Branson (TP) 16:06.

6-10: Laura Hilton (TP) 16:09, Loraine Martinez (E) 16:28, Kristin Roth (TP) 16:39, Kathy Read (TP) 16:48, Samantha Lankford (TP) 16:51.

Fallbrook girls top RB, Poway; RB boys go 1-2-3, beat Titans

Rancho Bernardo's great up-front strength on its girls team was no match for Fallbrook's great depth, and the Warriors won a key dual on their home course last week. Both teams were too much for Poway.

In boys racing, RB used a surprising 1-2-3 finish by Eron Tello, Matt Galaviz and frosh Sean Ricketts to clinch the dual over Poway and Fallbrook.

"Ricketts is better than people think he is," RB coach Don Jones said. His third place was a key to the dual, as the frosh outraced Sean Zanderson for the spot. The Broncos also showed better-than-expected depth in the four-five slots, with Sean McElroy taking seventh and Todd Benjamin nabbing ninth against the defending CIF Division I champs.

In the girls race, RB's Sarah Wilkins and frosh Julie Manson were first and third, sandwiching Fallbrook leader Tricia Mattson. Wilkins' time of 15:44 was a "quality time" on the course, according to Fallbrook coach Marty Hauck.

The Warriors have a number of girls running well, including Katie Hauck (4th), Mindy Green (6th), Kristen Brown (7th), Carly Hampton (9th) and Cathy Picha (10th). The team had four placers ahead of RB's number three, and placed six ahead of Poway's number two.

At Fallbrook High School, Friday, Oct. 4.

BOYS (3.1 miles):

Rancho Bernardo 22, Poway 35.

Rancho Bernardo 15, Fallbrook 46.

Poway 18, Fallbrook 41.

1-5: Eron Tello (RB) 16:26, Matt Galaviz (RB) 16:31, Sean Ricketts (RB) 16:32, Sean Zanderson (P) 16:35, Mike Helms (P) 17:04.

6-10: Jake McNeely (P) 17:09, Sean McElroy (RB) 17:10, Ben Schwab (P) 17:11, Todd Benjamin (RB) 17:20, Cameron Jones (F) 17:25.

GIRLS (2.6 miles):

Fallbrook 25, Rancho Bernardo 33.

Fallbrook 18, Poway 41.

Rancho Bernardo 26, Poway 31.

1-5: Sarah Wilkins (RB) 15:44, Tricia Mattson (F) 16:07, Julie Manson (RB) 16:18, Katie Hauck (F) 16:36, Brianna Hibbs (P) 16:42.

6-10: Mindy Green (F) 16:42, Kristen Brown (F) 16:48, Christine Kitchen (RB) 16:58, Carly Hampton (F) 17:02, Cathy Picha (F) 17:07.

11-15: Lisa Vasek (P) 17:22, Paluso (P) 17:26, Lyons (RB) 17:30, Hollie Babione (P) 17:34, Mande Clark (P) 17:35.

Bonita off to good start in league duals

Bonita Vista dominated a double dual opening up Metro action last week.

The Bonita girls, even without Meghann Phillips, took the first six places against both Eastlake and Montgomery. Bonita's boys took the top three spots and four of the top five against a good Montgomery team.

At Luckie Waller Park, Friday, Oct. 4.

BOYS:

Bonita Vista 20, Montgomery 37.

Bonita Vista forfeit over Eastlake.

Montgomery forfeit over Eastlake.

1-5: Brian Paff (BV) 18:01, Jason Stone (BV) 18:05, Giovanni Arce (BV) 18:09, Thomas Juarez (M) 18:15, Daniel Lebrija (BV) 18:19.

6-10: Reggie DePass (M) 18:20, Carlos Zapata (M) 18:36, Xavier Alaniz (M) 18:42, Ben Walthall (BV) 18:57, Brad Fowers (BV) 19:00.

GIRLS:

Bonita Vista 15, Montgomery.

Bonita Vista 15, Eastlake 49.

Montgomery 27, Eastlake 30.

1-5: Rosie Costello (BV) 15:34, Dawna Marshall (BV) 15:44, Sandie Zuniga (BV) 16:27, Candice Osuna (BV) 16:29, Van Nguyen (BV) 16:42.

6-10: Tami Withem (BV) 16:52, Laura Carriedo (EL) 16:52, Jenniger Martinez (BV) 16:59, Erica Taylor (BV) 17:04, Esther Volper (M) 17:07.

Meet Results:

From page 11.

Metro: Chula teams, Mar Vista boys, Sweetwater girls win

Chula Vista's boys and girls teams got the league dual season off to a good start with double-dual wins over Castle Park and Southwest, on Friday, Oct. 4. The races were held at Rohr Park.

The Spartan boys beat Castle Park, 23-38, and Southwest, 15-50. Chula's girls took forfeit wins over both squads.

Chula senior Adrian Ramirez ran the 3.1-mile Rohr course in 16:26, and teammate Maria Melvin won the 2.3-mile girls race in 14:55.

Castle Park's boys beat Southwest in the meet, 19-40.

In other Metro double dual action, Mar Vista's boys team edged Sweetwater's boys and also beat Hilltop in a meet at Hilltop. The Mariners were regarded as a pre-season dark-horse, but may have moved into contender status. Sweetwater's girls team took wins over both Hilltop and Mar Vista.

After the first week of Metro double duals, Bonita Vista, Chula Vista and Mar Vista boys teams all have 2-0 records. In girls action, Bonita Vista, Chula Vista and Sweetwater are all 2-0.

Avo: San Pasqual, Ramona teams split

San Pasqual's boys team, in a bit of an upset, beat Ramona, 26-29, and La Costa Canyon, 17-38, in a meet held at Kit Carson Park, on Oct. 4. Ramona beat LCC, 17-37.

Ramona's girls team won the double dual over San Pasqual, 28-30, and La Costa Canyon, 15-44. San Pasqual beat LCC, 19-36.

Ramona's James Adams won the boys



Joshua Middleswart, Castle Park

race, running the 3.1-mile Kit Carson race in 16:23. San Pasqual's Erin Berhman took the girls competition (over 2.5 miles) in 16:43.

After the first week of Avo meets, Torrey Pines and San Pasqual's boys are both 2-0, and Carlsbad is 1-0. Oceanside and Ramona have 1-1 records. In girls, Escondido and Ramona both have 2-0 records.

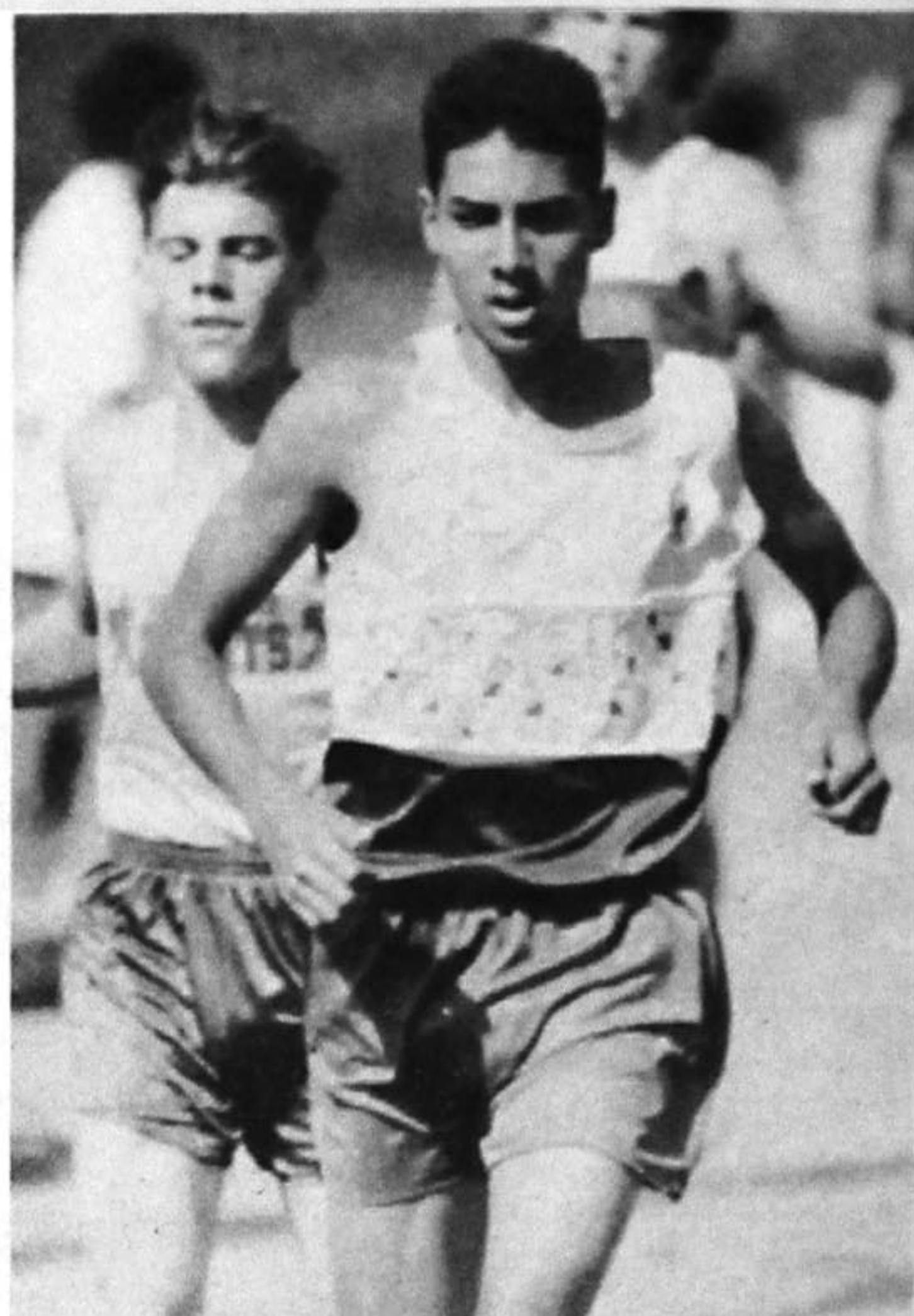
Eastern: Mira Mesa teams win pair

Mira Mesa's boys and girls teams took big wins in Eastern League action at Morley Field on Oct. 3.

The Marauder boys beat Patrick Henry, 18-41, and also beat Kearny, 15-42. Henry's boys beat Kearny, 17-42.

Mira Mesa's girls won over Henry, 20-53, and over Kearny, 16-47. Henry's girls beat Kearny, 19-46.

Mira Mesa's Hong Castejon won the 3.05-mile boys race in 16:53. Henry soph Lisa Bengston, who is still learning the sport, won



Ezra Ash, San Pasqual

the girls 2.5-mile race in a swift 15:46.

Western: Uni girls best La Jolla

University of SD's girls team continues to look better than expected, most recently with a 26-31 win over La Jolla at Morley Field on Monday. Uni's Courtney Baird won the race in 19:25 over the 3-mile course.

La Jolla's girls, who are without leader Shannon O'Connor for an undetermined time, were led by Morgan Romine, who ran 19:58. Both teams beat Our Lady of Peace.

O'Connor has an undiagnosed shin injury, feared to be a stress fracture. Viking coach Tom Dorman is pessimistic. "She could be gone until track season," he said. "It still really hurts too much to run, and she's a tough kid."

In boys racing, St. Augustine topped La Jolla, 23-32, with Brian Sullivan running 16:13. Both teams beat University's boys in the double dual.

DON'T JUST RUN, FLY!



6105 Lake Murray Blvd
La Mesa CA 91942
619-466-1656



3838 Mission Blvd
San Diego CA 92109
619-488-2310

765 First St #103
Encinitas CA 92024
619-634-2353