

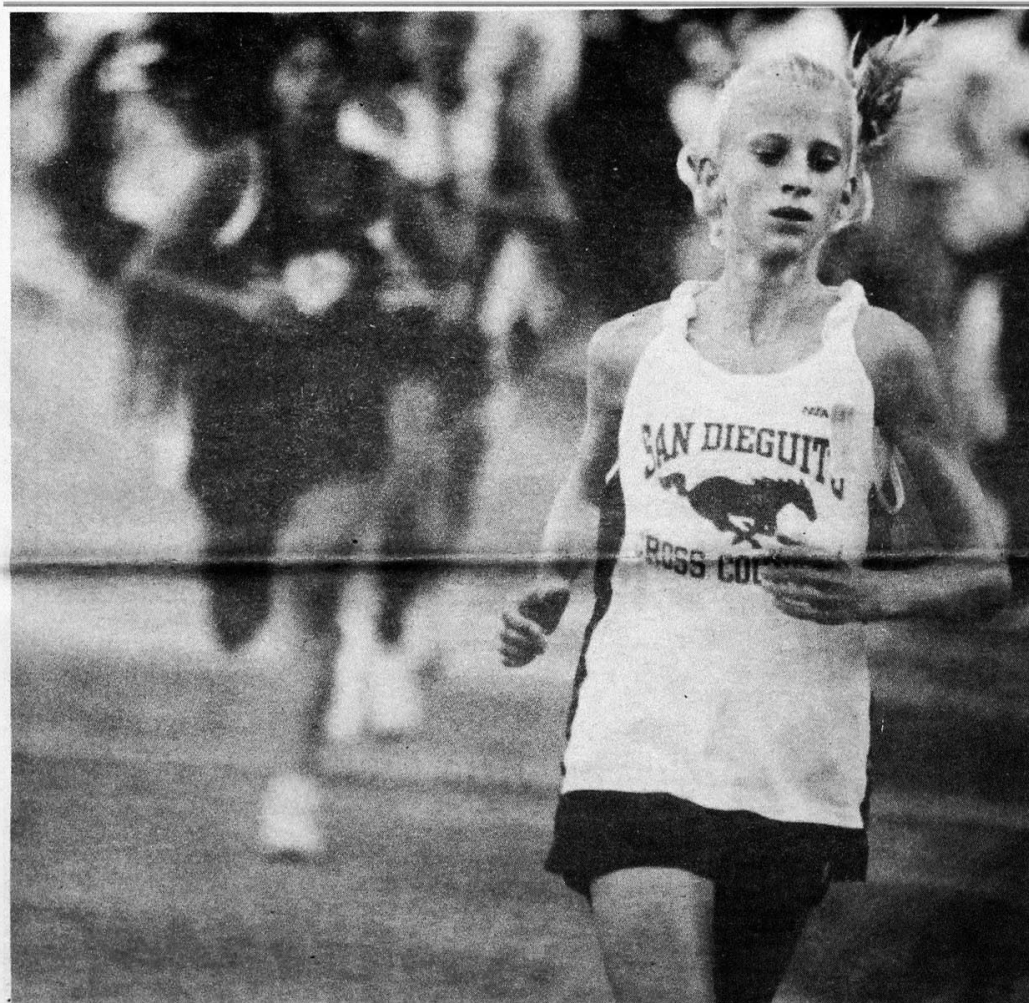
TRACK MAGAZINE

A Movin' Shoes Enterprise



Volume IV, Number 4 -- November 6, 1998

San Diego's best prep cross country coverage



What's inside...

Monte Vista's boys of 1966 were one of the most dominant groups ever. See page 3.

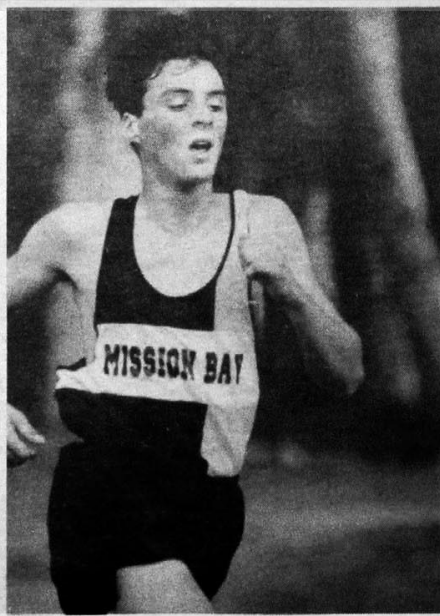
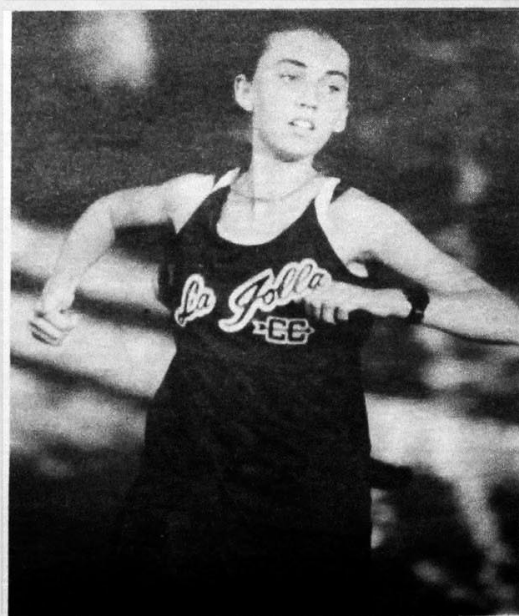
Who's who in the top ten? See page 4.

League finals week is near. The details are on page 5.

We sum up the dual meet action. See pages 6-7.

RB's girls, Scripps Ranch's boys are the toast of the coast at Kit Carson. See pages 8-9.

West Hills' boys impress everybody at Mt. SAC. See pages 11-12.



Good young runners made news in late-season invitationals. San Dieguito Academy frosh **Jenna Timinsky** won the small schools girls race at the Kit Carson Invitational, while La Jolla soph **Desiree Leek** and Mission Bay soph **Justin Graves** had the fastest times of the day at the Frosh/Soph meet at Morley Field last week.

From the editor...

It is the peak of autumn here at the offices of **TRACK MAGAZINE**.

The mornings are crisp, but not freezing. We have fires at night, but not every night. The leaves on the local trees are at their peak of color. It is perfect running weather.

We are now at my favorite part of the season. A full week of league championship meets await, and they are spread out enough to enable me to attend most of them.

I should be able to see the finals of the Harbor League on Monday, the Eastern League on

Wednesday morning, the Western League on Thursday, the Metro League on Friday and the three North County Leagues on Saturday morning. I regret not being able to see the Coastal/Southern meet on Friday or the Grossmont finals on Saturday, but I can't be in two places at once.

It's a hectic week, but enjoyable. And it's just an appetizer for the succeeding meets -- the CIF finals and the state meet in Fresno.

A lot of good racing is at hand. I am looking forward to watching the great action to come.

Our next issue, the last of the season, will offer complete coverage of the league finals week. It will be distributed at the CIF finals. Hope you enjoy it.

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All-time teams: Monte Vista's boys of 1966 -- 3-time champs

As local legends go, the Monte Vista boys cross country teams of the mid-1960s rank right at the top.

They had a great, young coach in Bob Larsen (now the head track coach at UCLA). They had a great group of talented, hard-working athletes. And they had a mystique that was born out of great success and a few quirks.

The 1966 edition was, on the record (and you can look it up), the most dominant team to ever compete in large schools CIF competition. They scored 19 points to win the county title that year, and this was at a time when the area was producing many of its best runners ever.

The 19 points secured the title by a ridiculous margin. Second place Point Loma scored 84. The field included talents such as Clairemont's Thornton Bigley (a 4:10 mile runner), and Kearny's Steve Becker (a 4:13 miler).

It was the third straight CIF title for Larsen and the team, the core of which was basically an intact unit throughout the streak.

The 1966 team featured seniors Don Olsen, Dave Matheny, Rodney Stephens and Danny Ungricht, and sophomore Dave Carter.

The four seniors were the heart of a team that won the CIF small schools title in 1964, when they were sophomores.

As juniors, they won the large schools crown in 1965, scoring 35 points.

As maturing seniors, and with Carter developing into a great young runner, they were unchallenged.

In most league meets, they rolled up 15-50 scores. In one meet, they ran as a unit, finished in a seven-way tie, and still broke a course record that was set by El Cajon's Armando Valencia.

They had a dual meet winning streak that stretched back to early season of 1964.

The group's track feats tell some, but not all, of the story.

Olsen, the team leader and large schools cross country individual champ, was a 9:03.6 two-mile runner. He ran that in finishing second to Lincoln's Otis Martin in the 1967 CIF two-mile.

Soph Carter was third in that CIF two-mile, running 9:21.2.

Matheny was fourth in the same race, clocking 9:23.5.

In the same meet, Ungricht ran the 880 in 1:53.0 to win the CIF title. It was a magical night for the Monarchs.

The fifth member of the cross country team's scoring pack was Stephens, who had 4:25 track credentials.

The group ran one distance medley race, in early season, and broke the county record, clocking 10:23.4. Ungricht ran the 880, Carter ran the 1320 and Olsen anchored the mile leg.

In those days, Track & Field News used to sponsor a postal competition, to sort out the best distance running groups in the country.

To enter, five members of a team had to run a two-mile race on a track, record the times, and notify Track & Field News of the results. It was a popular way to gauge talent across the country.

The Monarchs ran their race at Mesa College after the cross country season was over, and ran a collective time that was sixth in the nation as a team.

The developer of the talent was Larsen, who was just starting out in coaching.

"When I first started running as a freshman, it was his (Larsen's) first year as a coach," Olsen remembered. "He looked so young, I thought he was the team captain. It was a while before I realized he was the coach."

Larsen and the Monte Vista runners developed quickly, each contributing to their collective reputation.

"He was able to motivate people," Olsen explained. "He spent a lot of time talking to us about how it should feel while you're racing."

"He was quiet and shy," Olsen said. "He had been a good runner, but he never really talked about it. He had everybody's respect."

And, the ultimate compliment for a mentor: "He made a difference in my life," Olsen said.

Of course, a lot of hard work was involved in the equation.

There was a 500-mile club in the summer. Runners reaching that total were rewarded with a training trip to Yosemite.

There was a pizza run at the end of summer. Any runner that could beat Larsen would earn a pizza. But, "We had two or three beat him that last year, but I never saw the pizza," Olsen said.

And there were the PTA workouts. Pain, torture and agony.

Olsen remembers a run from the La Jolla shores to Del Mar and back, a workout that was more like a 10-mile race. "It got competitive," he said.

There were the 2-man, 10-mile relays, with a pair of runners alternating racing quarters against other teams, with each runner totaling 20 quarters. The rest period was the partner's quarter-mile time.

It all paid off.

"We had a reputation for running strong in the second half of a race," Olsen said.

The team developed a certain mystique. Many team members ran races in their bare feet. The

"We had a reputation for running strong in the second half of a race."

-- Don Olsen

Matheny brothers were proponents of shoeless racing, and Olsen did it on occasion.

"Some of the kids lived in Jamul and went barefoot all the time," Olsen said. "They had very tough feet."

"Larsen was against it," Olsen said. "In cross country, you have to take care of your feet."

But the style added to the team's reputation, with some believing that it was one of the team's "secrets."

The legacy:

Larsen soon went on to coach at Grossmont College, and won a string of state titles before moving to UCLA.

Olsen lives in Lakeside, where one of his sons, David, runs for El Capitan.

Ungricht coached at Mission Bay High and won a state cross country title there. He has a nephew running at Fallbrook.

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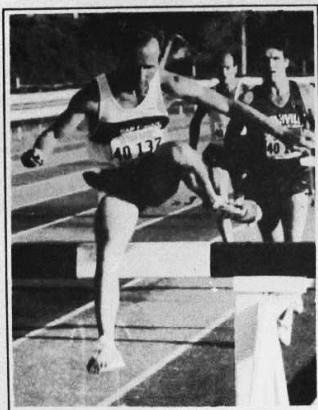


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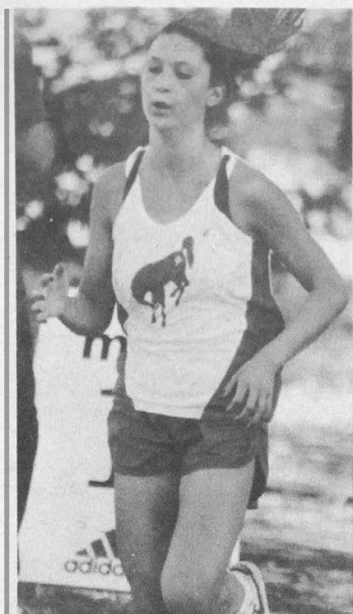
— Steve Scott, American Mile Record 3:47:69

"I have relied on and trusted Dr. Keith Jeffers for my sports injuries."

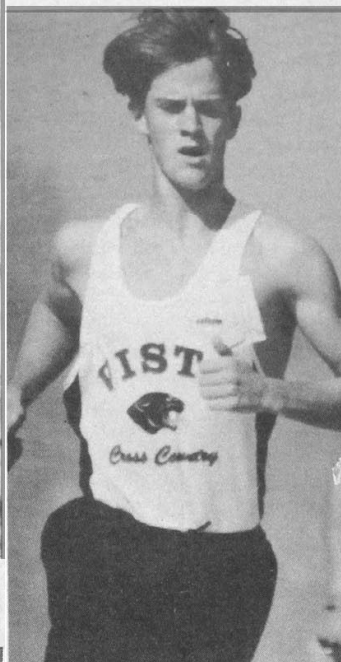
— Ron Tabb, 2:09:31 '83 Boston Marathon

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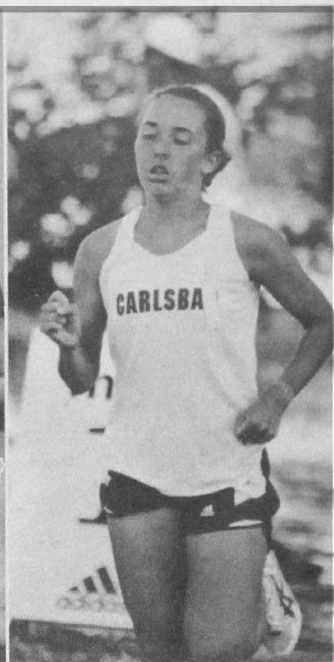
2:38 Boston Marathon
National J.C. 10K Record
1989 World Masters Gold Medal



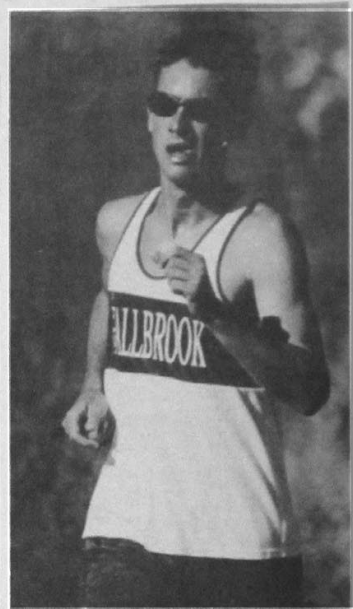
Kaleena Yee
RB's girls are top-ranked.



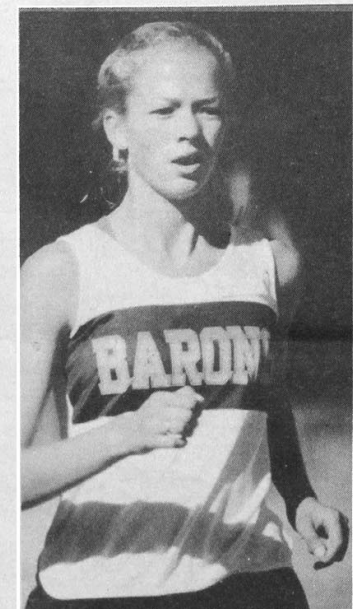
Sean Daley
Vista's boys are 2nd.



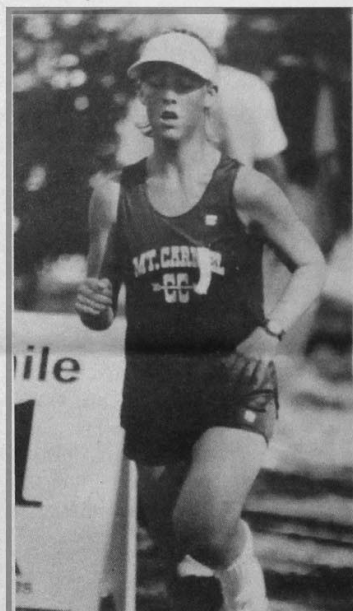
Katie O'Connell
Carlsbad's girls are 9th.



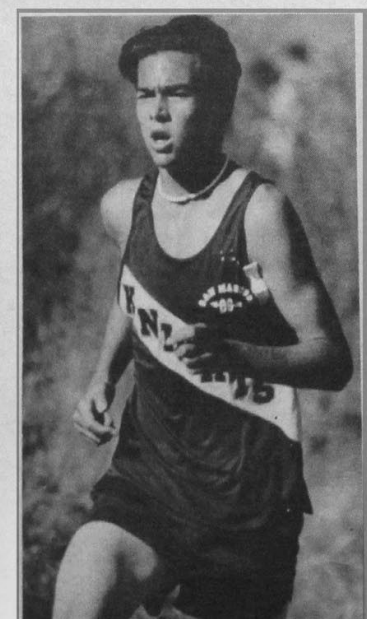
Bill Ungricht
Fallbrook's boys are 7th.



Trinity Amalfitano
Bonita's girls are 12th.



Janet Mulvey
Mt. Carmel's girls are 3rd.



Laurence Mier
San Marcos' boys are 10th.

The Top Tens:

Boys Teams:

1. West Hills
2. Vista
3. Scripps Ranch
4. Poway
5. Mt. Carmel
6. San Pasqual
7. Fallbrook
8. Granite Hills
9. La Jolla
10. San Marcos

These just missed...

Valhalla
San Diego
Sweetwater
Chula Vista

Division rankings...

- | | |
|-----|---------------------|
| I | 1. West Hills |
| | 2. Vista |
| | 3. Poway |
| II | 1. Scripps Ranch |
| | 2. San Pasqual |
| | 3. Point Loma |
| III | 1. La Jolla |
| | 2. University City |
| | 3. Mission Bay |
| IV | 1. St. Augustine |
| | 2. Coronado |
| | 3. Holtville |
| V | 1. Calvin Christian |
| | 2. Army Navy |
| | 3. Christian |

Girls Teams:

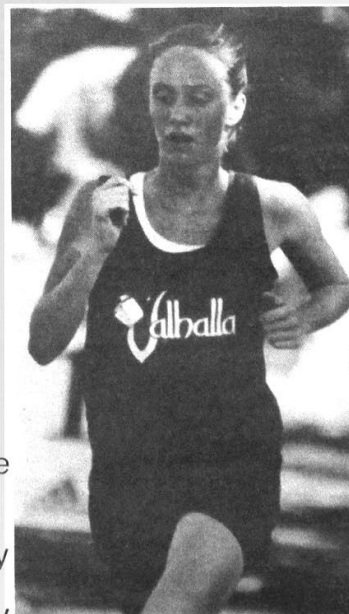
1. Rancho Bernardo
2. Torrey Pines
3. Mt. Carmel
4. University City
5. Fallbrook
6. Valhalla
7. La Jolla
8. Helix
9. Carlsbad
10. Poway

These just missed...

West Hills
Bonita Vista
Rancho Buena Vista
Point Loma

Division rankings...

- | | |
|-----|------------------------|
| I | 1. Rancho Bernardo |
| | 2. Torrey Pines |
| | 3. Mt. Carmel |
| II | 1. Point Loma |
| | 2. Scripps Ranch |
| | 3. Orange Glen (Tie) |
| | 3. Ramona |
| | 3. Escondido |
| III | 1. University City |
| | 2. La Jolla |
| | 3. Our Lady of Peace |
| IV | 1. Coronado |
| | 2. Valley Center |
| | 3. San Dieguito Acdy |
| V | 1. Bishop's (Tie) |
| | 1. La Jolla C'ntry Day |
| | 1. Francis Parker |
| | 1. Calvin Christian |



Kristi Pinnell
Valhalla's girls are 6th.

The finals schedule...

The season's final meets are literally just around the corner.

The schedule (race plans can still change, so check times and dates if planning to attend):

Monday, November 9:

HARBOR LEAGUE:

At Morley Field, with teams running the dual meet courses (3.0 for boys, 2.5 for girls). Meet director is Gompers coach Mary Beving-Morning.

Boys will run at 3 p.m., and girls will race at 3:30.

Weight: Team standings determined by dual meets only.

The boys varsity race will feature Crawford's Simon Peters and Abdi Abdi; Coronado's Paul Whitford; Clairemont's Nelson Rivas and Christian's Jared Phillips.

The girls race will be among Coronado's Barbra Chakos and Samantha Piper; Clairemont's Jen Wirkus and Madison's Breanna Ducker.

Wednesday, November 11:

EASTERN LEAGUE:

At Morley Field, with teams running the dual meet courses (3.0 for boys, 2.5 for girls). Varsity boys will race at 9 a.m.; followed by varsity girls at 9:30 and junior varsity boys at 10.

Weight: Counts 50/50 with dual meets to determine titles.

The boys team race will feature a rematch between San Diego and Point Loma, with Serra and Mira Mesa also factors. Point Loma's girls will be favored in the girls team race, with Mira Mesa and Morse also contending.

Serra's Marcus Chandler, one of the nation's best, is a big favorite for the individual title. Others that will be near the front are Kearny's Mohamed Aden, Point Loma's Tom Antl, San Diego's Alex Cocina and Mira Mesa's Thomas Jodoin.

A good girls field will include Morse's Amonica Phipps, Point Loma's Peeper Gilmore, Serra's Kijrsten Bevins, Mira Mesa's Dori McGuire, and San Diego's Roxanne Romo.

Thursday, November 12.

WESTERN LEAGUE:

At Morley Field, with teams running dual meet courses (boys and girls both run 3.0 miles).

Junior varsity girls run at 2:30 p.m., followed by varsity girls at 3, varsity boys at 3:30, and junior varsity boys at 4.

Meet directors are La Jolla's Tom Dorman and Chuck Boyer.

Weight: 50/50, duals and finals, determine titles.

The girls team race will feature Division III contenders University City, and La Jolla, with Scripps Ranch hoping to be a factor.

The boys team race will be a

rematch of the dual between La Jolla and Scripps Ranch, with St. Augustine also contending.

The boys race will probably be among UC's Jon O'Connor, La Jolla's Alejandro Mares, and Scripps' Patrick Grimes and Raphael Machado.

The girls race could be among University of San Diego's Michelle Barrack, La Jolla's Desiree Leek and Liz Edwards and UC's Katherine Ziegler, Talisha Clophus and Carly Votolato.

Friday, November 13.

METRO LEAGUE:

At Southwestern College, with teams running 3.1 miles (boys) and 2.47 miles (girls). Varsity boys start at 2 p.m., followed by varsity girls at 2:30, junior varsity boys at 3, and junior varsity girls at 3:30.

Meet director is Bonita Vista coach Ian Cumming.

Weight: 50/50, duals and finals, determine titles.

The boys team race will feature Sweetwater, Chula Vista and Bonita Vista.

The girls team race will feature a rematch of Bonita Vista and Chula Vista.

Top boys are Bonita Vista's Brian Paff and Ted Herbert, Sweetwater's Ruben Vences, Adrian Garcia and Paul Franco, Chula Vista's Michael Manzano and Ken Nwadike, Hilltop's Lorenzo Otero, Mar Vista's Blake Swier and Montgomery's Jose Simpson.

Hilltop's Desiree Davila has been the dominant Metro girl, but other quality runners include Bonita's Candice Osuna and Dawna Marshall, Castle Park's Ana Melvin, Chula's Mythili Duvvuri, and Montgomery's Angela Rivas.

COASTAL/SOUTHERN

LEAGUES:

At Morley Field, with teams running the CIF course (3.1 miles for boys; 2.5 miles for girls).

Race times are junior varsity boys at 2:30 p.m., varsity girls at 3:15, and varsity boys at 4.

Meet director is Francis Parker coach John Lown.

The newly-split leagues will run simultaneously, with the final results separated after the fact.

Weight: Unclear, although the finals will play a role in team titles.

The Coastal boys team race will see Calvin Christian heavily favored, with Army Navy and Bishop's as contenders. San Dieguito Academy is a favorite in the Coastal girls team race, with Calvin Christian, Bishop's, La Jolla CD and Francis Parker all in the mix.

The Southern boys team race favorite is Holtville, with Julian and Lutheran in contention. The Southern girls race will be among Holtville and Lutheran, although Julian and Mountain Empire could be in it if they field full teams.

Top runners in the boys race, including both leagues, are Calvin's Bart Conner, Chad Young and Jon

Beutlich; Army Navy's Will Kraemer and Andrew Francis; Bishop's Peter Holland; La Jolla CD's Jared Ziman; Vincent Memorial's Darren Wisdom; and Julian's Sean McCarty.

Francis Parker's Angela Petersen is one of the best in the state, and will be a strong favorite, but there is a surprisingly strong field behind her (in both leagues) including San Dieguito's Jenna Timinsky and Jessica Bray, Bishop's Kaili Shumilak, La Jolla CD's Carly Gardner and Daniella Scarfeo, Mountain Empire's Lily Dowlathshahie and Courtney Watkins, Julian's Erin Calloway and Arielle Damron, Calvin's Marjorie Spurr, and Holtville's Liz Robinson.

Saturday, November 14.

NORTH COUNTY:

At Guajome Park, with boys running 3.2 miles and girls running 2.6 miles.

The schedule: Avocado girls at 9 a.m., followed by Valley girls at 9:30, and Palomar girls at 10.

The Avocado boys race at 10:30, followed by Valley boys at 11, and the Palomar boys at 11:30.

Weight: 50/50, duals and finals, to determine team titles.

Avocado boys team race will see Fallbrook heavily favored. The girls team race will be among Torrey Pines, Fallbrook and Carlsbad.

Best Avocado boys are Fallbrook's Efrain Casarez, Jose Escobedo and Bill Ungricht.

Top Avo girls are Torrey's Camille Dredge, Julie Komosinski, Kathy Read and Jackie Appel, Fallbrook's Cathy Picha, Kim Crosswell, Jamie Carmichael and Maija Rohde, Carlsbad's Katie O'Connell, Cindy Lopresti and Kelly Platko, La Costa Canyon's Julia Corman, and El Camino's Sabrina St. Laurent.

The Palomar boys team race features a strong Vista team and quality teams from Poway, Mt. Carmel, San Marcos and Rancho Buena Vista.

A quality boys individual race is on tap, with RB's Sean Ricketts, Vista's Justin Neuroth, Ryan Montez, Jared Emmons and Sean Daley, San Marcos' Travis Laird, Andrew Boring and Laurence Mier, Mt. Carmel's Alan Aradan and Mike Cooke, RBV's Nick Thornton, and Poway's Josh Pope, Devin Lyons-Quirk, Aaron Powell, Pat Prunty and Luke McGinnis all in the mix.

The Palomar girls team race features a great Rancho Bernardo squad, and very, very good teams from Mt. Carmel and Poway. Rancho Buena Vista and Vista are also very decent.

Top Palomar girls include RB's Julie Manson, Allison Hall, Kaleena Yee, Katie Boyd, Sarah Wilkins and Kerri Wheeler, Mt. Carmel's Amy Vasko, Ashley Dere, Janet Mulvey and Manal Yarmount, RBV's Natassja Hall and

Courtney Allen, San Marcos' Nicole Mier, Vista's Tiffany Lee, and Poway's Megan Briscoe, Brianna Hibbs, Kamaya Damwijk and Amber Smith.

San Pasqual's boys will be favored in the Valley team race, with Escondido and Orange Glen in contention.

Ramona's Matt McInvalle will be heavily favored, but look for good efforts from San Pasqual's Adam Van Wart and Erik Kerby, OG's Nick Jones and Nick Schlaffer and Escondido's Juan Mondragon and Enrique Montoya.

The Valley girls could be a wide-open race among Ramona, Valley Center, Orange Glen and Escondido.

Runners to watch are OG's Lorena Jimenez, VC's Diana Dibble, Escondido's Lanele Cox and Ramona's Loretta Kilmer.

GROSSMONT LEAGUES:

At La Mesa's Harry Griffen Park, with boys running 3.1 miles, and girls running 2.3 miles.

The Grossmont North and Grossmont South runners will run together, with league results to be separated later. Meet director is Helix coach Dave Schultz.

Junior varsity girls race at 8:30 a.m., followed by junior varsity boys at 9, varsity girls at 9:30 and varsity boys at 10.

Weight: 2/3 finals, 1/3 duals to determine team titles, usually eliminating ties in case of a split.

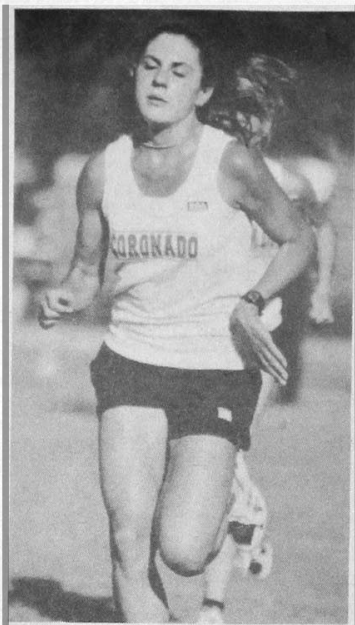
Grossmont South boys team race will be a rematch of the Valhalla and Granite Hills teams; and the girls team race will feature Valhalla and Helix.

Grossmont North teams to watch are West Hills and El Capitan in both boys and girls.

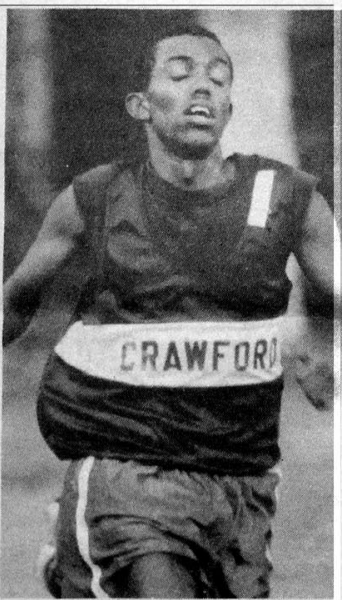
The individual boys race (combined) could be great. Granite Hills' Jason Finch, West Hills' Evan Fox and Monte Vista's Jon Rankin are among the best in the state. Other quality talents include Helix' Dan Kinsella, Granite's Ian Bartonicek, West Hills' Ben Aragon, Paul Saccone and Matt Rendina, Valhalla's Ben Wagner, Tyler Ludwig, David Santos and Matt Theisen, El Capitan's Bryan Hillberg and David Olsen, and Grossmont's Nick Redman.

The individual girls race (combined) is also among a strong field. Helix' Courtney Baird is the favorite. Other top runners are West Hills' Heather Shurtleff and Becca Bartell, Santana's Kim Pace, El Cap's Jasmine Marquez, and Valhalla's Laura Trask, Lesley Bravin, Kristi Pinnell, and Elaine Lassen.

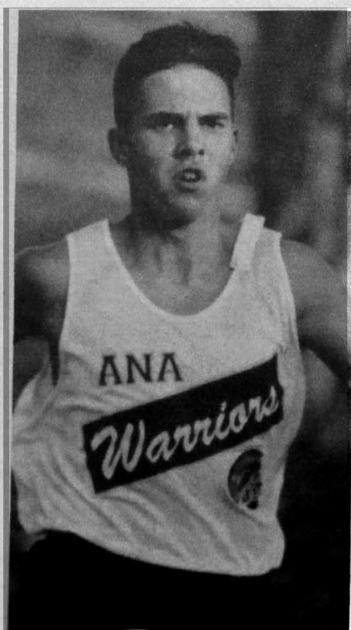
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DUALS: *The action to date...*

Dual meets are, in most leagues, just one step in the process of deciding team titles.

Most of the area's leagues use a combination of dual meet results and the results of the finals to determine the team champion.

The exception is the Harbor League, which determines the title only on dual results.

With the last week of dual meets being completed this week, **TRACK MAGAZINE** surveys where things stand at the moment. Some important duals will be conducted after press time, but before you read this issue.

League by league, in alphabetical order:

AVOCADO: Final meet pits three unbeaten girls teams

Everything was still up in the air for the Avocado League girls at press time, but the Fallbrook boys have encountered light opposition to date.

Torrey Pines and Carlsbad visit Fallbrook in a double dual on Friday, which will help decide the dual-meet portion of the Avo girls title. All three teams are unbeaten in league action.

Torrey, second-ranked in the county, actually has a loss to their credit. La Costa Canyon's girls beat the Torrey second team, 28-29, on a date that the varsity was traveling to the Stanford Invite.

This means that for Torrey to win the Avo title, they have to defeat Fallbrook in both the dual meet and in the league meet. Fallbrook can win the title with a split.

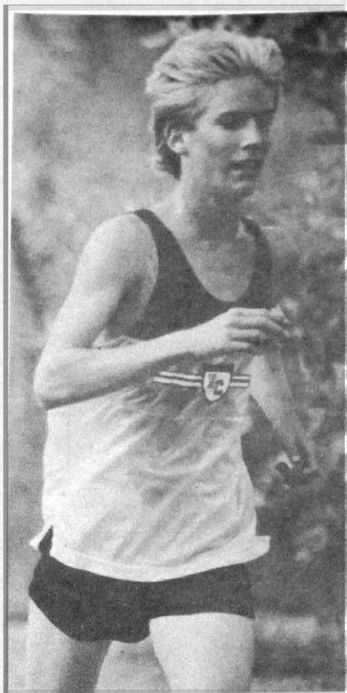
The Carlsbad girls, with little notice, have a quality team that is ranked 9th in the county, and they should not be overlooked.

There has been little opposition for the Fallbrook boys in league meets to date, which is a combination of Fallbrook having a strong team, and the other league members having down years.

COASTAL: Calvin boys unbeaten; San Dieguito leads girls standings

The dual meets to date have done two things.

First, they have established the



Bryan Hillberg
El Capitan

Calvin Christian boys as a dominant force.

And second, they have not clarified which of the league's Division V teams might be a CIF title contender, although San Dieguito Academy's girls (a D-IV team) are unbeaten to date.

The Calvin boys are cruising. The most competitive meet was a 19-44 win on October 1 over Army Navy. ANA is the league's second best team, with wins over Francis Parker and Bishop's, but was not at full strength when they raced Calvin.

San Dieguito's girls have not lost, and they have wins over all the other major contenders.

The Parker, Country Day and Calvin girls still have some double-dual business to settle this week, but no clear-cut CIF title contender has yet emerged from the loop's Division V schools.

Calvin's girls have beaten Bishop's; Bishop's has tied Parker (neither team had a sixth-runner that day to settle the tie); and Bishop's beat LJCD by one point. Country Day has one-point losses to San Dieguito and Bishop's.

EASTERN: Point Loma girls, San Diego boys on top

At season's start, San Diego's boys were not thought to be in the title mix. But the Cavers are unbeaten, and have beaten their most serious rival, Point Loma, in a close race on October 14. The Pointers are well established in second place going into the final week, with wins over Mira Mesa, Patrick Henry and Serra. The Cavers still have to deal with a Serra team that has great upfront talent.

There have been some eye-opening times on the new Morley 3.0-mile course. Serra's Marcus Chandler has run a 15:12, and Kearny's Mohamed Aden has clocked a 15:35. Point Loma's Tom Antl (15:52) and San Diego's Alex Cocina (15:57) have also dipped under 16 minutes.

The Point Loma girls are unbeaten and have faced all of the serious contenders. Their closest meet was with Morse, which was a 23-32 win. Mira Mesa's girls are in second in the standings going into the last week, with Morse in third.

GROSSMONT NORTH: West Hills, El Cap teams unbeaten

It's been all West Hills and El Capitan up to this point in the Grossmont North. The teams will meet in the season's final meet.

The top-ranked Wolfpack boys have scored 15 points in each of their three duals, and they will be a big favorite when they meet the Vaqueros.

The West Hills girls have been also cruising along, but the El Cap girls have been keeping pace. The Pack will be favored in the dual, but El Cap will be competitive, especially at the top of the roster.

Grossmont and Santana will settle third place in their boys and girls duals this week.

GROSSMONT SOUTH: Granite boys, Valhalla girls unbeaten

It's almost been a one-meet season for the Grossmont South boys teams.

Granite Hills boys beat Valhalla, 27-28, on October 16 at Cuyamaca College, in one of the best dual meets of the year in the county. It broke down into a series of individual man-to-man races, and Granite won three of the five.

In girls racing, Helix and Valhalla were unbeaten at press time, and were to meet this week. Neither team encountered much opposition among league rivals.

HARBOR: Final duals decide all

The Harbor League is the one loop that determines league championships on dual meets only.

Coronado's girls team romped through the league, never scoring more than 19 points in any dual (most were shutouts), and claimed the title.

On the boys side, Coronado, Crawford and Christian all entered

Please see page 7.

Duals Roundup

From page 6.

the final week unbeaten, and they faced off at Morley Field on Tuesday. In a mild upset, the Crawford boys came away with a pair of wins, using newly-found up-front runners. The Colts beat Coronado, 28-29, and Christian, 26-29, behind a one-two finish. The Islanders, who ran with a less-than-well number one man, beat Christian to take second in the league

METRO: Chula boys, Bonita girls lead pack

The Metro League titles will go down to the wire. Dual meets to date have only determined that a number of teams are nearly even.

In boys racing, Chula Vista has narrow wins over Sweetwater (26-27) and Bonita Vista (26-33), both recorded relatively early, when Chula was in top form.

Bonita and Sweetwater meet in the last week, and the loser of that meet will have a tough time making up ground in the league finals. But the teams are so even that almost any order is possible at the finals.

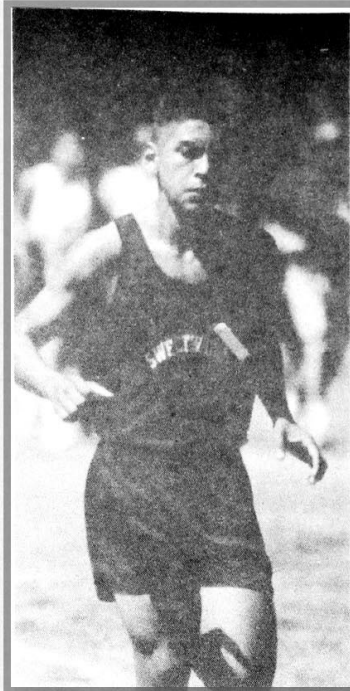
The girls race has narrowed down to Bonita and Chula, with the Barons taking the first round, with a 27-28 win. Neither of the teams had a close meet otherwise.

PALOMAR: RB girls, Vista boys are leaders

The Palomar dual schedule was in the past a constant trial. Things have lightened up a bit with the reduction in teams, but the quality is still there.

Vista's boys are the number two team in the county, and have proven out with big wins against some good teams.

They beat San Marcos, a top ten team, 22-38, last week. Even



Paul Franco
Sweetwater

more impressive, they cooked Poway, 22-34, on the Lake Poway course in early October. Poway is also having a good year. In fact, every boys team except Rancho Bernardo has been ranked at one time or another.

RB's girls are top-ranked in the county and are second in the state, but that doesn't help them in league meets. Mt. Carmel came close to defeating the Broncos last week, with RB pulling out a 25-30 win on the Mt. Carmel course. The Sundevils used a hard early pace to almost pull off a win.

The quality across the board is reflected in the fact that five of the six teams have been mentioned in the local rankings at some point.

SOUTHERN:

Julian boys, Lutheran girls lead; Holtville awaits

This is the first year that the Southern League has gotten up and running, and the league's coaches deserve credit.

Some of the programs are brand new (Vincent Memorial and Mountain Empire) and most of the schools are small, even by small school standards.

That means that the most basic ingredient of most competitions has been numbers. Most of the teams have fielding full boys teams consistently (but narrowly), but only Lutheran and Holtville have full girls teams at the moment, and Holtville has not been participating in the league dual meets.

The Julian boys, just five strong, were 6-0 at press time, and none of their wins were close. Holtville, however, has a decent team which will be at the finals.

In girls racing, Lutheran has been the only team to field at least five runners in dual meets, and have won every meet by default. Holtville has a full team that has talent, and they'll be the favorite in the finals. Julian and Mountain Empire could beef up their teams at the end of the year and be in the mix.

VALLEY: San Pasqual boys ahead; girls title up for grabs

Dual meets have been far and few between in the five-team Valley League. San Pasqual, for instance, had just one dual before last week.

The San Pasqual boys team has been cruising in league action up to this point, but they'll meet pretty good teams from Orange Glen and Escondido in the final meet. The Golden Eagles will be favored.

Four of the five girls teams are still in the running for the girls team championship. Orange Glen, Valley Center, Ramona and Escondido have all taken turns beating each other in a series of close meets, and nothing has been decided to date. This week's meets have Valley Center and Ramona, both 2-1, racing each other; while Escondido and Orange Glen, both 1-1, are in a three-way meet with San Pasqual. Nobody will be truly out of contention until the league meet has been raced.

WESTERN: La Jolla, Scripps clash for top spot

The final dual of the season, scheduled yesterday (Thursday, November 5), was an attractive matchup between La Jolla and Scripps Ranch.

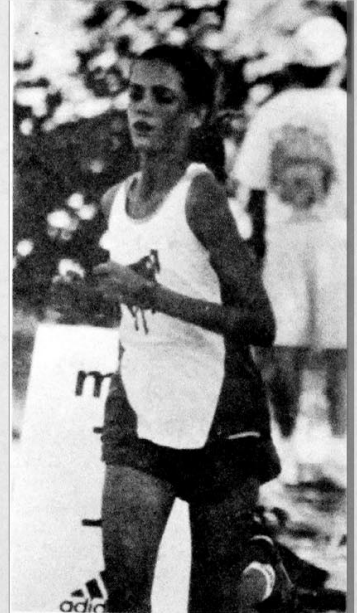
The La Jolla and Scripps boys meet could be a season highlight. Both squads are ranked well up in the state in their divisions, which means they are talented, motivated and racing well. And, they are keen rivals meeting on a neutral course. At stake are the bragging rights that accrue to the best boys team in the city leagues.

Next best boys team is St. Augustine, which has close wins over Mission Bay and University City.

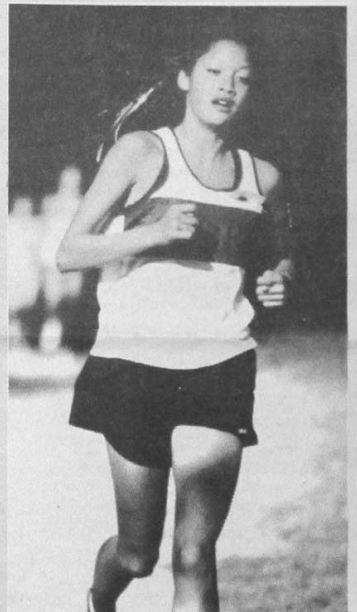
The University City girls are unbeaten, although La Jolla was competitive in their dual (a 24-31 win for UC in early October).

The La Jolla and Scripps girls each have one loss going into this week's match.

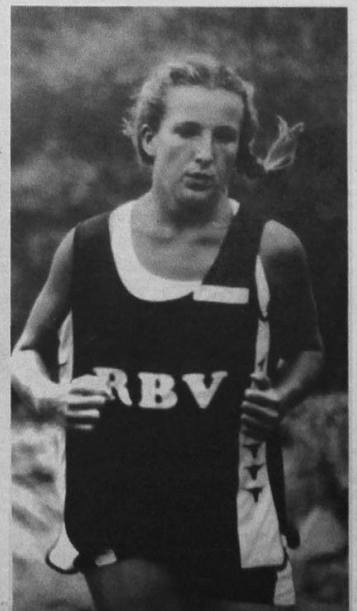
Best times on the new Morley 3.0-mile course are by UC's Jon O'Connor (15:58) and Uni's Michelle Barrack (18:46).



Katie Boyd
Rancho Bernardo



Tiffany Lee
Vista



Courtney Allen
Rancho Buena Vista

*In Our
Next Issue:
Complete
coverage of league
championships.
Friday,
November 20.
Watch for it at the
CIF Finals, Saturday,
November 21.*

Kit Carson:

RB girls win battle of best

Komosinski outkicks Dredge, Manson; Scripps boys fastest

Rancho Bernardo's girls won the large school race at the Kit Carson Invitational, stamping them as one of the best teams in the state.

Five of the six fastest local girls teams were in attendance, including Torrey Pines, which came in ranked second in the state after impressive runs at San Luis Obispo and Stanford.

An up-and-coming Mt. Carmel team, strong Division III team University City and defending CIF D-I champ Valhalla also were in the field.

RB won it with their depth. Torrey's Julie Komosinski and Camille Dredge went one-two ahead of RB's Julie Manson (who took a wrong turn in the final stages of the race), but RB countered with four runners in the top ten.

Katie Boyd (5th), Kaleena Yee (9th), Allison Hall (10th) and Kerri Wheeler (19th) were key for the Broncos.

Torrey supported their top two with Kathy Read (8th) and Dorothy Trogler (21st), but fell off after that. They were missing key runner Jackie Appel, who usually runs a strong fourth. With Appel running her usual race, Torrey would have been close to RB.

Another team with key missing runners was Mt. Carmel, who ran without Amy Vasko (their ace), and Manal Yamount (their fourth). The Sundevils, who are probably a top ten state team in Division I, were fourth. They were led by Ashley Dere (4th) and Janet Mulvey (6th).

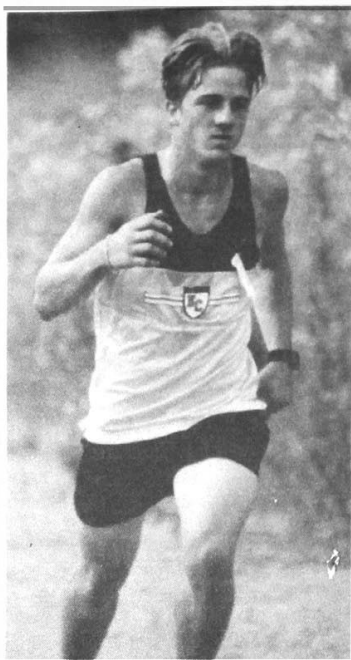
A full-strength University City team was third in the race, behind big efforts by Katherine Ziegler (11th), Talisha Crophus (12th), and Carly Votolato (13th).

Fifth-place Valhalla was also under normal strength. Lesley Bravin was out with an injury, and Laura Trask was below par.

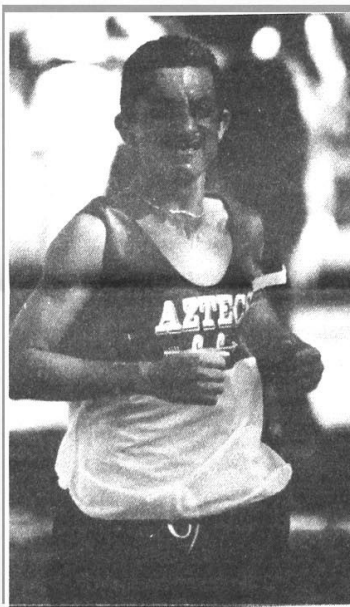
The Scripps Ranch boys dominated the small schools race, and had the fastest team of the day in any race. Patrick Grimes won the race, and the Falcons also took third, sixth and seventh, despite missing number two man Raphael Machado.

Mt. Carmel's boys won the large schools race, ahead of a good San Pasqual pack. Ramona's Matt McInvale beat a good field to win that race in 15:46 on the hilly, 3.1-mile course. Many of the section's best boys teams were at Mt. SAC, or taking the day off. Granite Hills ace Jason Finch rested an achilles problem.

San Dieguito frosh Jenna Timinsky made her prime-time debut and looked good, winning the small schools girls race in 16:09, which was the fourth fastest time of the day. Teammate Jessica Bray was second, in 16:17.



David Olsen
El Capitan



Jose Simpson
Montgomery

The Results:

At Kit Carson Park, Saturday, October 24. Conditions: Cool in morning, slightly warming by mid-day.

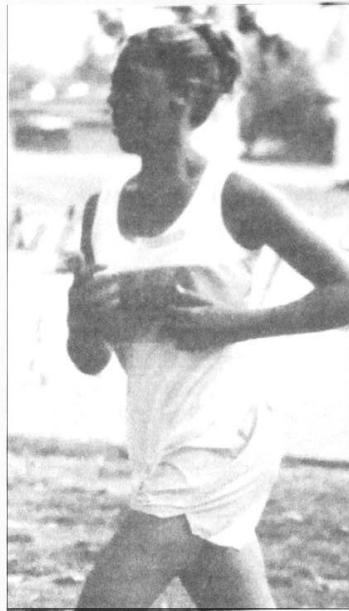
BOYS (3.1 miles):

FASTEST TWENTY-ONE: (Varsity races)

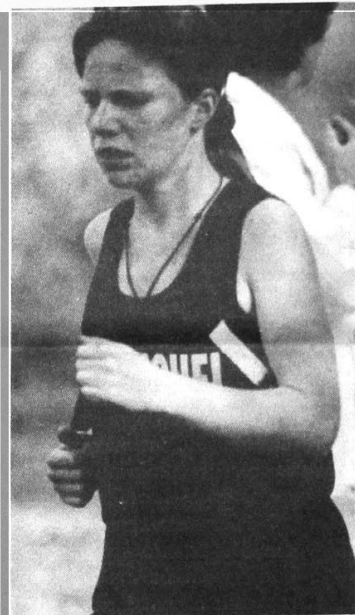
- 15:46 Matt McInvale, Ramona
- 15:52 Sean Ricketts, Rancho Bernardo
- 15:54 Jon Rankin, Monte Vista
- 16:19 Patrick Grimes, Scripps Ranch
- 16:30 Adam Van Wart, San Pasqual
- 16:31 Ruben Vences, Sweetwater
- 16:35 Alan Aradanas, Mt. Carmel
- 16:40 Jose Simpson, Montgomery
- 16:44 Tom Antl, Point Loma
- 16:52 Mike Cooke, Mt. Carmel
- 16:52 Brendan Riordan, Scripps Ranch
- 16:52 Terence Hagans, Serra
- 16:57 David Santos, Valhalla
- 16:59 Thomas Jodoin, Mira Mesa
- 17:00 Erik Kerby, San Pasqual
- 17:02 Andy Delery, Scripps Ranch
- 17:04 Mike Comstock, Scripps Ranch
- 17:06 Bryan Hillberg, El Capitan
- 17:09 Nick Jones, Orange Glen
- 17:09 Paul Franco, Sweetwater
- 17:09 Matt Theisen, Valhalla

DIVISION I VARSITY:

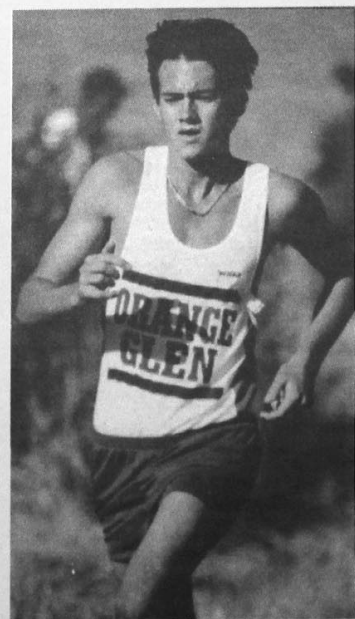
- 15:46 Matt McInvale, Ramona
- 15:52 Sean Ricketts, Rancho Bernardo



Sabrina St. Laurent
El Camino



Morgen Rounkles
Mount Miguel



Nick Schlapfer
Orange Glen

- 15:54 Jon Rankin, Monte Vista
- 16:30 Adam Van Wart, San Pasqual
- 16:31 Ruben Vences, Sweetwater
- 16:35 Alan Aradanas, Mt. Carmel
- 16:40 Jose Simpson, Montgomery
- 16:52 Mike Cooke, MtC2
- 16:57 David Santos, Valhalla
- 17:00 Erik Kerby, SP2
- 17:09 Paul Franco, Sweet2
- 17:09 Matt Theisen, Val2
- 17:10 Sergio Esquivel, MtC3
- 17:11 Ben Wagner, Val3
- 17:13 Ian Bartonicek, Granite Hills
- 17:15 Michael Manzana, Chula Vista
- 17:20 Matt Dowthit, SP3
- 17:22 Ryan Maynard, GH2
- 17:25 Jonathan Buckley, MontV2
- 17:28 Kyle Combe, SP4
- 17:29 Mike Zahalan, MtC4
- 17:30 Gabriel Cornejo, CV2
- 17:31 Mike Klepper, MtC5
- 17:32 Jon O'Connor, University City
- 17:35 Tyler Ludwig, Val4
- 17:36 Joe Dupee, SP5
- 17:37 Jason Zamora, SP6
- 17:38 Edgar Hernandez, UC2
- 17:39 David Rivera, GH3
- 17:41 Ricky Roane, Ram2
- 17:42 Mark Dionela, Sweet3
- 17:43 Mike Shannon, RB2
- 17:43 Charles McCowan, UC3
- 17:44 Ben Miedema, Carlsbad
- 17:45 Jesus Carrillo, MontV3
- 17:46 Arnel Aradanas, MtC6
- 17:48 David Del Llano, Ram3
- 17:49 Joey Sheffer, Carls2
- 17:51 Stephen Daniels, Carls3
- 17:51 William Burer, Val5
- 17:51 Ben Bruce, MtC7
- 17:58 Alex Serrano, GH4
- 18:00 Josh Rivera, GH5
- 18:01 Cameron Sanders, RB3
- 18:01 Chris Burnham, Carls4
- 18:02 Craig Nowakowski, Val6
- 18:06 Mike Breining, Torrey Pines
- 18:07 Jake Fulton, RB4
- 18:08 Jason Brown, Val7
- 18:13 Ryan Crim, RB5
- 18:15 Geronimo Arredondo, CV3
- 18:17 Will Wisehart, SP7
- 18:17 Brandon Cline, Carls5
- 18:17 Tatum, Sweet4
- 18:18 Joel Nierman, UC4
- 18:24 Raul Gallarzo, Sweet5
- 18:25 Matt Saldivar, Ram4
- 18:25 Aaron Galvan, CV4
- 18:28 Geoff Berlin, La Costa Canyon
- 18:28 Jon Shellhammer, Ram5

SCORING: Mt. Carmel 71, San Pasqual 77, Valhalla 100, Granite Hills 147, Sweetwater 157, Ramona 158, Carlsbad 209, Chula Vista 214, University City 231, La Costa Canyon 385, Southwest 455.

DIVISION II VARSITY:

- 16:19 Patrick Grimes, Scripps Ranch
- 16:44 Tom Antl, Point Loma
- 16:52 Brendan Riordan, SR2
- 16:52 Terence Hagans, Serra
- 16:59 Thomas Jodoin, Mira Mesa
- 17:02 Andy Delery, SR3
- 17:04 Mike Comstock, SR4
- 17:06 Bryan Hillberg, El Capitan
- 17:09 Nick Jones, Orange Glen
- 17:12 Nick Schlapfer, OG2
- 17:26 David Olsen, EC2
- 17:33 David Madsen, MiraM2
- 17:36 Alex Hawk, Ptl2
- 17:42 Matt Patino, MiraM3
- 17:42 Jose Carrillo, OG3
- 17:49 Kirk Gurganious, Ptl3
- 17:53 Jonathan Hester, SR5
- 17:55 Blake Swier, Mar Vista
- 17:58 Joe Robinett, Ptl4
- 17:59 Eren Cataloglu, Coronado
- 17:59 Hector Jimenez, OG4
- 18:01 Jason Vestal, EC3
- 18:04 Frankie Ortega, MarV2
- 18:08 Jeff McKnight, Ptl5
- 18:11 Ryan Rice, EC4
- 18:13 Chris Sandoval, SR6
- 18:14 Lyle Driscoll, EC5
- 18:21 Andrew Piroutek, OG5
- 18:23 Mike Hunter, Santana
- 18:24 Matt Burks, EC6
- 18:29 Brian Culleton, SR7
- 18:35 Rashaan Allen, La Jolla CD
- 18:39 Billy Quinn, Sant2
- 18:39 Joe Kavanagh, Mount Miguel
- 18:42 Noe Castro, Ptl6
- 18:50 Ivan Gutierrez, MiraM4
- 18:51 Jeff Orlando, MiraM5
- 18:56 Alex Ooi, Ptl7
- 18:59 Bret D'Vincent, San DieguitoAcad
- 19:04 Cory Kubicki, MtM2
- 19:04 Ryan Termath, OG6
- 19:07 Joey Suyat, Serra2
- 19:10 Michael Scully, Sant3

Please see page 9.

Kit Carson

From page 8.

19:11 Nicholas Paluso, MiraM6
19:19 Abel Suarez, Serra3
19:24 Charles Marquand, Santa4
19:30 Anthony Garcia, EC7
19:33 Mike Lyons, Coro2
19:34 Tan Clements, Sant5
19:34 Shane MacElravy, Francis Parker

SCORING: Scripps Ranch 34, Point Loma 74, Orange Glen 83, El Capitan 83, Mira Mesa 104, Santana 200, Coronado 241, Bishop's 323, San Diegoito Academy 330, La Jolla Country Day 345.

TEAM TIMES: Scripps Ranch (85:10)

16:19 Grimes
16:52 Riordan
17:02 Delery
17:04 Comstock
17:53 Hester

Mt. Carmel (85:37)

16:35 Alan Aradanas
16:52 Cooke
17:10 Esquivel
17:29 Zahalan
17:31 Klepper

San Pasqual (85:54)

16:30 Van Wart
17:00 Kerby
17:20 Dowhit
17:28 Combe
17:36 Dupee

Valhalla (86:43)

16:57 Santos
17:09 Theisen
17:11 Wagner
17:35 Ludwig
17:51 Burer

Rancho Bernardo (87:56)

15:52 Ricketts
17:43 Shannon
18:01 Sanders
18:07 Fulton
18:13 Crim

Sweetwater (88:03)

16:31 Vences
17:09 Franco
17:42 Dionela
18:17 Tatum
18:24 Gallarzo

Ramona (88:08)

15:46 McInvale
17:41 Roane
17:47 Del Llano
18:25 Saldivar
18:28 Shellhammer

Granite Hills (88:12)

17:13 Bartonicek
17:22 Maynard
17:39 D. Rivera
17:58 Serrano
18:00 J. Rivera

Point Loma (88:15)

16:44 Antl
17:36 Hawk
17:49 Gurganious
17:58 Robinett
18:08 McKnight

Orange Glen (88:23)

17:09 Jones
17:12 Schlapfer
17:42 Carrillo
17:59 Jimenez
18:21 Piroutek

El Capitan (88:58)

17:06 Hillberg
17:26 Olsen
18:01 Vestal
18:11 Rice
18:14 Driscoll

Carlsbad (89:42)

17:44 Miedema
17:49 Sheffer
17:51 Daniels
18:01 Burnham
18:17 Cline

Mira Mesa (90:55)

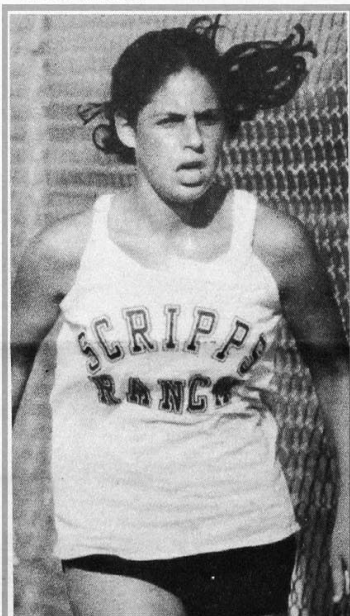
16:59 Jodoin
17:33 Madsen
17:42 Palino
18:50 Gutierrez
18:51 Orlando

Santana (95:10)

18:23 Hunter
18:39 Quinn
19:10 Scully
19:24 Marquand
19:34 Clements



Thomas Jodoin
Mira Mesa



Shanna Cohen
Scripps Ranch



Terence Hagans
Serra

GIRLS:

FASTEST TWENTY:

(Varsity races)

15:45 Julie Komosinski, Torrey Pines
15:46 Camille Dredge, Torrey Pines
15:49 Julie Manson, Rancho Bernardo
16:09 Jenna Timinsky, SanDieguitoAcad
16:15 Ashley Dere, Mt. Carmel
16:17 Jessica Bray, SanDieguitoAcad
16:19 Jasmine Marquez, El Capitan
16:19 Katie Boyd, Rancho Bernardo
16:19 Janet Mulvey, Mt. Carmel
16:24 Katie O'Connell, Carlsbad
16:28 Kathy Read, Torrey Pines
16:34 Kaleena Yee, Rancho Bernardo
16:34 Allison Hall, Rancho Bernardo
16:35 Lorena Jimenez, Orange Glen
16:43 Katherine Ziegler, University City
16:46 Talisha Clophus, University City
16:47 Carly Votolato, University City
16:48 Mythili Duvvuri, Chula Vista
16:49 Elaine Lassen, Valhalla
16:53 Kaili Shumilak, Bishop's

DIVISION I VARSITY:

15:45 Julie Komosinski, Torrey Pines
15:46 Camille Dredge, TP2
15:49 Julie Manson, Rancho Bernardo
16:15 Ashley Dere, Mt. Carmel
16:19 Katie Boyd, RB2
16:19 Janet Mulvey, MIC2
16:24 Katie O'Connell, Carlsbad
16:28 Kathy Read, TP3
16:34 Kaleena Yee, RB3
16:34 Allison Hall, RB4
16:43 Katherine Ziegler, University City
16:46 Talisha Clophus, UC2
16:47 Carly Votolato, UC3
16:48 Mythili Duvvuri, Chula Vista
16:49 Elaine Lassen, Valhalla
16:59 Cindy Lopresti, Carls2
17:08 Kristi Pinnell, Val2
17:11 Amy Kermott, Val3
17:15 Kerri Wheeler, RB5
17:18 Kelly Platko, Carls3
17:20 Dorothy Trogler, TP4
17:21 Ashley Viens, Val4
17:22 Loretta Kilmer, Ramona
17:23 Chessa Adsit-Morris, UC4
17:24 Audrey Harter, MIC3
17:30 Laura Trask, Val5
17:31 Angela Rivas, Montgomery
17:38 Leslie Crews, UC5
17:45 Sophia Marquez, CV2
17:46 Kennie Kwok, Ram2
17:50 Kelly Perry, Val6
17:51 Laurel Hanscom, Val7
17:52 Kristin Woodward, Carls4
17:56 Veronica Roberts, MIC4
18:01 Meghan Lyons, MIC5

18:01 Hillary Soule, La Costa Canyon
18:02 Lisa Lyons, RB6
18:07 Michelle Dos Santos, MIC6
18:08 Monique Henderson, Morse
18:10 Belinda Oberum, RB7
18:12 Krista Romley, TP5
18:12 Jenny Cruz, San Pasqual
18:16 Rebecca McKeown, UC6
18:17 Nadia Sanders, CV3
18:22 Sarah McMahon, Carls5
18:28 Laura Cohen, UC7
18:37 Laura Alessio, TP6
18:39 Jenny Wilcoxson, Ram3
18:47 Eva Burgueno, Mont2
18:52 Bertha Ojeda, CV4

19:00 Deanna Lynn, Carls6
19:04 Joanna Gallarzo, Sweetwater
19:05 Kristen Spivey, Ram4
19:16 Courtney McConnell, MIC7
19:21 Meghan Wilson, Granite Hills

19:21 Camille Robinson, CV5
19:22 Camille Lucio, Ram5
19:25 Erin Lee, LCC2
19:32 Deanna Hitchcock,
19:34 Christina Cisneros, CV6

SCORING: Rancho Bernardo 46, Torrey Pines 73, University City 88, Valhalla 98, Mt. Carmel 104, Carlsbad 1xx, Chula Vista 193, Ramona 211, San Pasqual 312, Granite Hills 337, Sweetwater 341, Monte Vista 353.

DIVISION II VARSITY:

16:09 Jenna Timinsky, SanDieguitoAcad
16:17 Jessica Bray, SDA2
16:19 Jasmine Marquez, El Capitan
16:35 Lorena Jimenez, Orange Glen
16:53 Kaili Shumilak, Bishop's
17:04 Kim Pace, Santana
17:11 Claire Beck, Our Lady of Peace
17:15 Shanna Cohen, Scripps Ranch
17:22 Dori McGuire, Mira Mesa
17:22 Barbra Chakos, Coronado
17:31 Grace Anderson, SR2
17:33 Theresa Hepler, EC2
17:37 Samantha Piper, Coro2
17:41 Maria Cervantes, Valley Center
18:02 Laurie Labrado, SR3
18:03 Lily Dowlatshahie, MtnnEmpire
18:03 Emily Greene, OLP2
18:12 Jamie Morasco, VC2

18:15 Morgan Rounkles, Mount Miguel
18:19 Sandi Jenkins, EC3
18:25 Lluvia De Luna, OG2
18:30 Paige Sessions, Sant2
18:31 Judy Timchen, SR4
18:34 Aimee Rolls, OG3
18:35 Laura-Lee Reid, YC3
18:38 Daniella Scarleo, La Jolla CD
18:39 Maria Magno, Hoover
18:44 Emily Trepasso, Coro3
18:45 Amanda Thaete, Coro4
18:46 Samantha Thomas, EC4
18:46 Arielle Damron, Julian
18:47 Anna Hough, VC4
18:48 Luci Downey, OG4
18:50 Anne Bader, Sant3
18:53 Tracy Tom, SR5

19:01 Becki Chaney, Sant4
19:04 Theo Bachmann, Sant5
19:06 Sara Morton, Coro5
19:08 Elizabeth Jones, Sant6
19:11 Jessica Hogue, Hoov2
19:11 Lilia Castillo, SR6
19:15 Emily Ogata, SDA3
19:15 Tracy Perkins, Coro6
19:16 Sarah Haddow, SR7
19:20 Marjorie Spurr, Calvin Christian
19:21 Sonia McKeon, EC5
19:22 Tammy Phillips, CC2
19:27 Elisa Benitez, Sant7
19:30 Nancy Galarza, MtMig2
19:32 Jenny Tarvin, CC3

SCORING: Scripps Ranch 92, El Capitan 111, Coronado 118, Santana 135, Orange Glen 136, San Diegoito Academy 172, Our Lady of Peace 190, Hoover 251.

TEAM TIMES:

Rancho Bernardo (82:31)

15:49 Manson
16:19 Boyd
16:34 Yee
16:34 Hall
17:15 Wheeler

Torrey Pines (83:31)

15:45 Komosinski
15:46 Dredge
16:28 Read
17:20 Trogler
18:12 Romley

University City (85:31)

16:43 Ziegler
16:46 Clophus
16:47 Votolato
17:23 Adsit-Morris
17:38 Crews

Mt. Carmel (85:55)

16:15 Dere
16:19 Mulvey
17:24 Harter
17:56 Roberts
18:01 Lyons

Valhalla (85:59)

16:49 Lassen
17:08 K. Pinnell
17:11 A. Kermott
17:21 Viens
17:30 Trask

Carlsbad (86:55)

16:24 O'Connell
16:59 Lopresti
17:18 Platko
17:52 Woodward
18:22 McMahon

Scripps Ranch (90:12)

17:15 Cohen
17:31 Anderson
18:02 Labrado
18:31 Timchen
18:53 Tom

El Capitan (90:18)

16:19 Marquez
17:33 Hepler
18:19 Jenkins
18:46 Thomas
19:21 McKeon

Chula Vista (91:03)

16:48 Duvvuri
17:45 Marquez
18:17 Sanders
18:52 Ojeda
19:21 Robinson

Coronado (91:34)

17:22 Chakos
17:37 Piper
18:44 Trepasso
18:45 Thaete
19:06 Morton

Ramona (92:14)

17:22 Kilmer
17:46 Kwok
18:39 Wilcoxson
19:05 Spivey
19:22 Lucio

Santana (92:29)

17:04 Pace
18:30 Sessions
18:50 Bader
19:01 Chaney
19:04 Bachmann

Frosh/Soph: Leek leads LJ girls

Edwards, Graves,
Kraemer also win

The annual Frosh/Soph meet is a good chance for young runners to strut their stuff on the established CIF courses at Morley Field.

Judging by this year's results, many of the city's good young runners are in the Western League.

La Jolla's girls were well represented. Soph Desiree Leek had the fastest girls time of the day, 15:53 on the 2.5-mile CIF course.

The Vikings' number two runner, Liz Edwards, won by a huge margin in the frosh race, clocking 16:11, which was 0:48 seconds of second place.

La Jolla also had two other girls in the ten fastest of the day.

Mission Bay's boys showed well, with Justin Graves winning the soph race in 17:02 on the CIF course. Bucs also took second and fourth in the frosh race.

Army Navy's Will Kraemer won the frosh race in a good 17:21, with a 0:34 second margin.

The girls soph race had the best quality field in the meet. Second place Kaili Shumilak of Bishop's ran 16:01, and Morse soph Amonica Phipps ran 16:06 in third. Tenth place in the race was 16:45.

The Results:

At Morley Field, Friday, October 30. Conditions: Excellent running temperature. Both races were run on the established CIF courses.

BOYS (3.1 miles):

Fastest ten, both races combined:

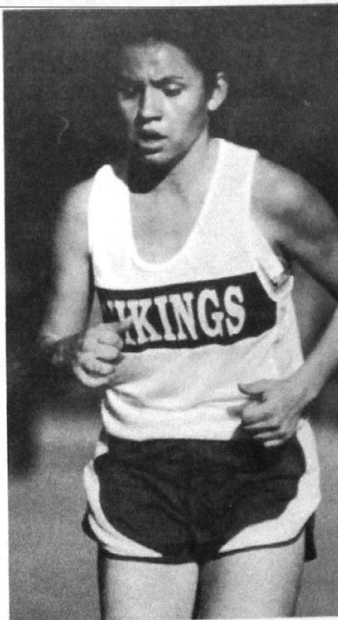
- 17:02 Justin Graves, Mission Bay
- 17:10 Chris Ferrier, La Jolla
- 17:12 Getachew Tsegaw, Patrick Henry
- 17:21 Will Kraemer, Army Navy
- 17:23 Gary Young, University City
- 17:23 Abdizurak Abdi, Crawford
- 17:42 Jesse Davis, Mira Mesa
- 17:42 Brian Thielen, University of SD
- 17:46 Pat Barrett, St. Augustine
- 17:55 Josh Jones, Mission Bay

Sophomores:

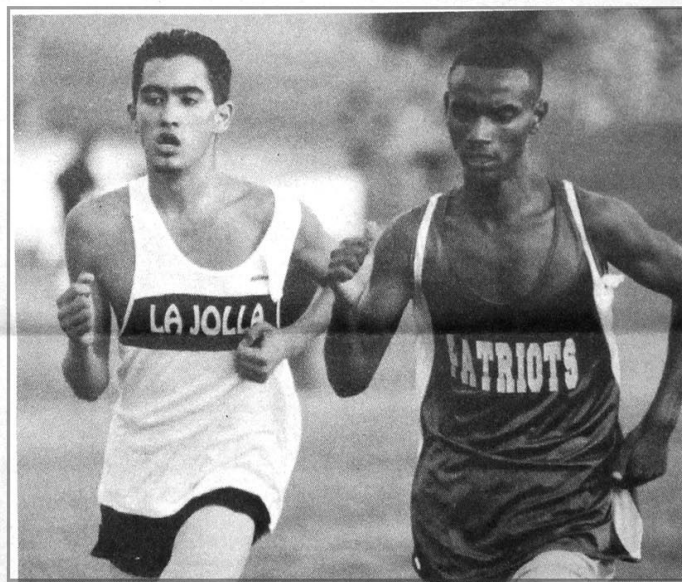
- 17:02 Justin Graves, Mission Bay
- 17:10 Chris Ferrier, La Jolla
- 17:12 Getachew Tsegaw, Patrick Henry
- 17:23 Gary Young, University City
- 17:23 Abdizurak Abdi, Crawford
- 17:42 Jesse Davis, Mira Mesa
- 17:42 Brian Thielen, University of SD
- 17:46 Pat Barrett, St. Augustine
- 17:58 Drew Bouchard, SIA
- 18:02 Steve Dalton, USD
- 18:19 Rashawn Allen, La Jolla CD
- 18:21 David Marshall, PH
- 18:24 Saul Ramirez, Holtville
- 18:33 Mike Schettor, Serra
- 18:38 Keith Goodman, PH
- 18:39 Dustin Piper, Army Navy
- 18:42 Mike Lyons, Coronado
- 18:46 Kyle ?, school?
- 18:50 John Israel, SIA
- 18:52 Joseph Adams, Kearny
- 18:52 Eddie Castaneda, Holt
- 18:54 Katsuki Shimasaki, UC
- 18:59 Joey Suyat, Serra
- 18:59 Kevin Norton, MM
- 19:06 Joe Tenenbaum, UC
- 19:09 Adam Fleischman, SIA



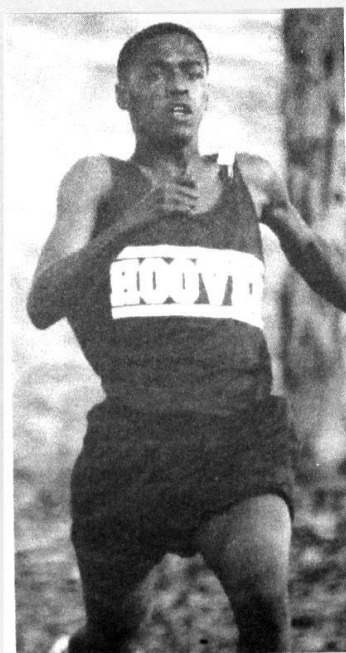
Breanna Ducker
Madison



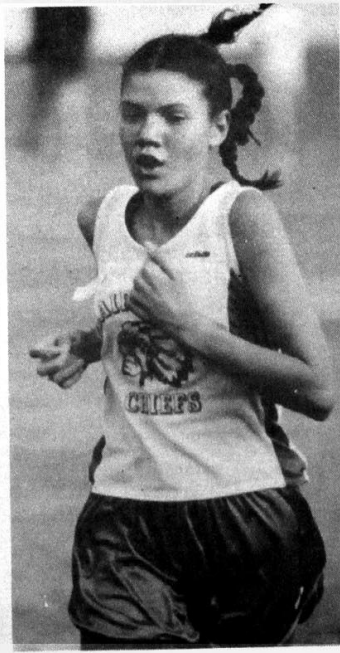
Liz Robinson
Holtville



Chris Ferrier and Getachew Tsegaw
La Jolla Patrick Henry



Mukhtar Abdulle
Hoover



Rebecca Garcia
Clairemont

- 19:22 Matt Reeder, MB
- 19:26 Richard Schuh, Mtn Empire
- 19:27 Kevin Weinberg, UCD
- 19:32 Matt Lindeman, Bishop's
- 19:33 Charles Cox, UC
- 19:50 Tomo Takahashi, Serra
- 19:50 Dan Tapia, SIA
- 19:55 Tontz, UC
- 19:55 Sean O'Rourke, SIA

Freshmen:

- 17:21 Will Kraemer, ANA
- 17:55 Josh Jones, MB
- 18:01 Brandon Zelones, MM
- 18:02 Jameson Hester, MB
- 18:38 Abdul Mukhtar, Hoover
- 18:42 Tyler Crain, MB
- 18:51 Ryan Davis, Clairemont
- 18:52 Steven Loforti, Claire
- 19:01 Patrick Marsch, USD
- 19:08 M. Kerber, UC
- 19:08 Brian Lass, MM
- 19:09 Josh Paddock, Julian
- 19:12 J. Carrasco, UC
- 19:15 J. Guido, UC
- 19:20 John Yonker, SIA
- 19:21 Eric Delgadillo, PH
- 19:27 Ryan Schneider, Coro
- 19:31 Darren McTaggart, Claire
- 19:34 Smoogen, USD
- 19:35 Saviz Sepah, MM
- 19:43 Luis Martinez, PH
- 19:45 Roberto Brand, SIA
- 19:49 Michael Knudsen, MM
- 19:55 Joe Baty, PH
- 19:58 Sam Willard, Coro
- 20:09 Abdi Mohamed, Kny
- 20:16 David Barraza, Coro
- 20:18 Evan Lentz, USD
- 20:28 Anthony Soto, PH
- 20:30 Johnny Pierce, Francis Parker

GIRLS (2.5 miles):

Fastest Ten, both races combined:

- 15:53 Desiree Leek, La Jolla
- 16:01 Kaili Shumilak, Bishop's
- 16:06 Amonica Phipps, Morse
- 16:11 Liz Edwards, La Jolla
- 16:16 Chessa Adsit-Morris, Univ'ty City
- 16:21 Dori McGuire, Mira Mesa
- 16:26 Talisha Clophus, University City
- 16:34 Katie Grim, La Jolla
- 16:38 Lily Dowlatsahie, Mtn Empire
- 16:41 Leslie Borenstein, La Jolla

Sophomores:

- 15:53 Desiree Leek, La Jolla
- 16:01 Kaili Shumilak, Bishop's
- 16:06 Amonica Phipps, Morse
- 16:16 Chessa Adsit-Morris, Univ'ty City
- 16:21 Dori McGuire, Mira Mesa
- 16:26 Talisha Clophus, UC
- 16:34 Katie Grim, U
- 16:38 Lily Dowlatsahie, Mtn Empire
- 16:41 Leslie Borenstein, U
- 16:45 Laura Cohen, UC
- 17:09 Emily Greene, Our Lady Peace
- 17:25 Andrea Kahn, Serra
- 17:27 Lauren Severs, UC
- 17:34 Patricia Venereo, OLP
- 17:47 M. Whitton, UC
- 17:54 Thao Le, MM
- 18:06 Bree Ducker, Madison
- 18:18 Angie Hanchett, Mission Bay
- 18:21 A. Steindorf, UC
- 18:27 Daniella Scarfe, La Jolla CD
- 19:11 Megan Pangacion, Mad
- 19:17 Jessica Hogue, Hoover
- 20:17 Maralin Mejia, Serra
- 20:22 Alyson Walker, MB
- 20:24 C. Parham, UC

Freshmen:

- 16:11 Liz Edwards, U
- 16:59 Carly Gardner, UCD
- 17:07 Karissa Teitsch, UC
- 17:22 Kelli Jodoin, MM
- 17:23 Ashley Cooper, MM
- 17:34 Rebecca Garcia, Clairemont
- 17:42 Erin Calloway, Julian
- 17:43 Amy Lang, Serra
- 17:50 Courtney Watkins, MtnE
- 17:52 Sheila Sukramule, Patrick Henry
- 17:55 Maura Stack-Oden, U
- 17:59 Jenni Cwikla, MB
- 18:03 Anna Westgate, Mad
- 18:06 Liz Robinson, Holtville
- 18:17 Rubi Hernandez, Holt
- 18:26 Tracy Perkins, Coronado
- 18:26 Jessi Woods, PH
- 18:29 Cara Campo, U
- 18:35 Alex Gage, Bish
- 18:37 Emily Trepasso, Coro
- 18:38 Nina Rivas, Holt
- 18:40 Justin Deloviar, MM
- 18:41 Mary Rose Mangliemot, MM
- 18:41 Sarah Smith, U
- 18:42 Sheina Dao, U
- 18:51 C. Crews, UC
- 18:54 Tiffany Tse, U
- 19:10 Amy Edwards, U
- 19:23 N. Lee, UC
- 19:37 Heather Mullins, Serra

Mt. SAC: West Hills boys 2nd in sweeps

Chandler, Baird are fastest locals; Fox, Petersen run quick

West Hills boys team came into the Mt. SAC Invitational unranked in the state, but knowing that they were much better than most experts knew.

Then they went out and proved it, running a strong second in the Division I team sweepstakes race.

Long Beach Poly won the race in impressive fashion, totaling a 78:48 team time, which is a performance that ranks among the best ever in this race with the rich history.

West Hills' top five runners totaled 79:58, which averages out to less than 16 minutes for each runner on the storied course of three miles of dusty hills. Less than 30 teams in the history of the meet have dipped below 80 minutes in team time.

The Wolfpack came out of the meet with a well-deserved number two rank in the state.

Junior Evan Fox led the effort, with a 15:23 in the race, good for second in the field.

Other Wolfpack scorers were soph Ben Aragon (15:55), and seniors Paul Saccone (16:04), Matt Rendina (16:11) and Tim Rodman (16:24).

It was a level jump for a team that was already excellent. Poway coach Dan Schaitel said, "It was the best I've seen a San Diego team run there."

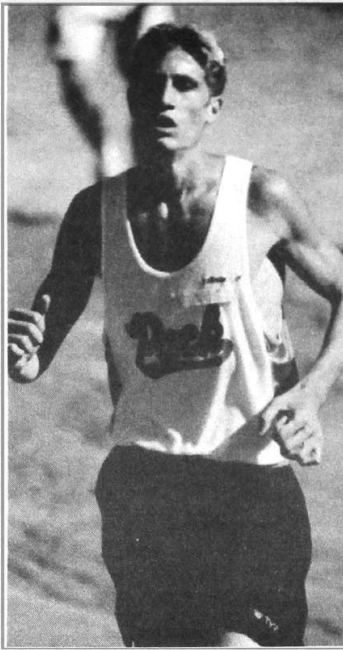
"It was a breakthrough," West Hills girls coach Bill Cleves observed.

"We got out right from the start," West Hills boys coach Pat Connolly said. "After the first mile, our guys were all in the top twenty. I thought, 'Great. I just hope they can hang on a little bit.'"

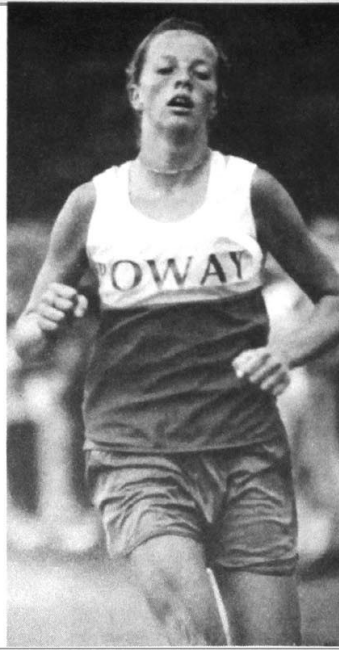
There were other significant efforts by San Diego Section runners.

Serra's Marcus Chandler won the individual sweeps race in 15:09, which was the second fastest time of the meet.

It was the latest in a series of fine efforts by the Serra senior, who has established himself as one of the very best runners in the



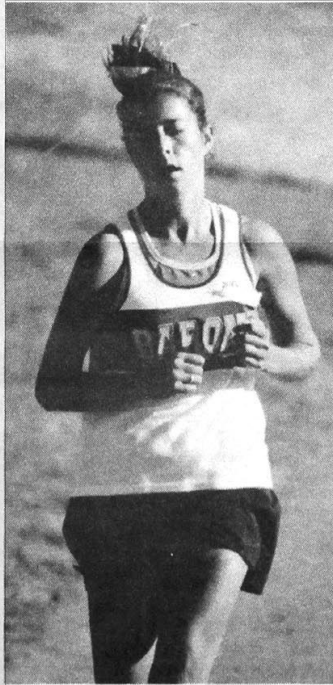
Matt Rendina
West Hills



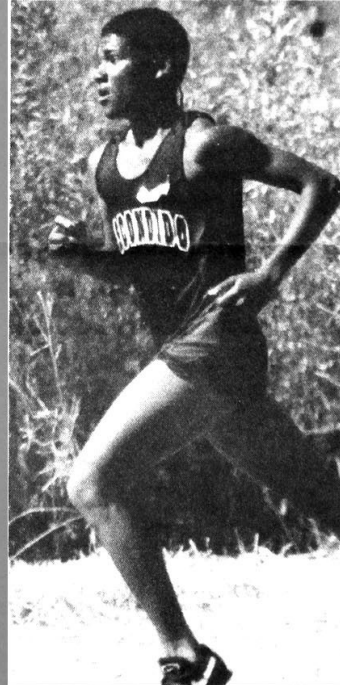
Megan Briscoe
Poway



Andrew Boring
San Marcos



Dawna Marshall
Bonita Vista



Enrique Montoya
Escondido

state and nation. He is unbeaten in any meet, and he has faced plenty of good competition.

Helix senior Courtney Baird was fourth in the individual girls sweeps, running 18:16. She led the first half of the race, but then lost ground to a strong top three.

Francis Parker's Angela Petersen was unchallenged in winning the Division V individual sweeps race on Friday, running 18:38.

The Fallbrook and San Marcos boys teams ran good races in D-I competition. La Jolla's boys were

fifth in the D-III sweeps, and Calvin's boys were ninth in the D-V sweeps race. The Helix and La Jolla girls also raced well.

The Results:

At Mt. San Antonio College, in Walnut, Friday and Saturday, October 23 and 24.

The course is considered one of the classic high school courses in the state. It is exactly 3.0 miles for girls and boys; and has three major hills, after a flat and fast first mile. The course is mostly dirt.

Weather conditions vary during the competition, with temperatures warming at mid-day. Dust is also a factor, with large fields of runners.

BOYS (3.0 miles):

The fastest entries from the San Diego Section (some schools did not report results):

15:09 Marcus Chandler, Serra
15:23 Evan Fox, West Hills
15:53 Efrain Casarez, Fallbrook

15:55 Ben Aragon, WH
16:01 Brian Paff, Bonita Vista
16:03 Travis Laird, San Marcos
16:04 Paul Saccone, WH
16:11 Matt Rendina, WH
16:19 Andrew Boring, SM
16:22 Josh Pope, Poway (10)
16:24 Tim Rodman, WH
16:24 Dan Kinsella, Helix
16:26 Ted Herbert, BV
16:28 Alejandro Mares, La Jolla
16:33 Pat Prunty, Pwy
16:43 Bart Conner, Calvin Christian
16:46 Nate Lopez, LJ
16:53 Bill Ungricht, Fall
16:54 Laurence Mier, SM
16:57 Devin Lyons-Quirk, Pwy (20)
16:59 Luke McGinnis, Pwy
17:02 Brian Bauerle, WH
17:02 Aaron Powell, Pwy
17:03 Jon Aguilar, WH
17:03 James Myers, Rancho Buena Vista
17:06 Eric Koster, LJ
17:07 Brandon Behr, LJ
17:07 Juan Mondragon, Escondido
17:08 Pete Coughlin, Fall
17:10 Jonathan Dunbar, LJ (30)
17:11 Tres Steffler, Fall
17:14 Kevin Schible, WH
17:14 Chad Young, CalvC
17:15 Chris Ferrier, LJ
17:18 Justin Mattos, Fall
17:21 Tim Helms, Pwy
17:23 Dustin Whitson, BV
17:23 Nick Redman, Grossmont
17:26 Josh Wilson, Fall
17:32 John Tew, Hx (40)
17:36 Kevin Swain, Fall
17:36 Reis Paluso, Pwy
17:39 Isaac Chitica, SM
17:39 Ryan Skerl, SM
17:42 Chris Gausepohl, Fall
17:44 Chris Harris, SM
17:48 Tim McKeon, WH
17:49 Josh Long, Pwy
17:49 Arturo Molano, SM
17:50 Aaron Trunnell, RBV (50)
17:51 Basil Hernandez, Pwy
17:52 Shaun Ferris, RBV
17:54 Chris Ryan, Pwy
17:56 Joe Voshell, Esc
17:56 Enrique Montoya, Esc
17:57 Josh Nagao, WH
17:57 Brian Hill, RBV
17:57 Jeff Lucas, Pwy
17:59 Mike Ficken, WH
18:03 Brian Thielen, University SD (60)
18:04 David Van Dyne, Gross
18:07 Matt Heibel, Gross
18:11 unid., Helix
18:12 Josh Clark, Pwy
18:13 Seth Dallman, Pwy
18:14 Josh Cimenski, BV
18:15 Randall Leiking, Pwy
18:15 Brandon DeYoung, CalvC
18:17 Aaron Hernandez, BV
18:20 Jason Smith, Pwy (70)
18:21 Kenny Baker, Pwy

Please see page 12.

Don't forget to visit the

TRACK MAGAZINE web site:

<http://www.crowncity.com/sdtrackmag>

Mt. SAC:

From page 11.

- 18:21 Jesse Shipley, CalvC
- 18:24 Chris Romero, Gross
- 18:24 Erik Hanley, USD
- 18:26 unid., Helix
- 18:27 Seth Hill, Gross
- 18:27 Dennis Bollman, Gross
- 18:28 Brad Fowers, BV
- 18:28 Craig Barclift, BV
- 18:28 Jon Cordes, Esc (80)
- 18:31 Darin Conner, CalvC
- 18:33 Apolinar Reyes, Esc
- 18:35 unid., Helix
- 18:35 Steve Dalton, USD
- 18:43 unid., Holtville (85)

TEAM TIMES:

(Times are aggregate of fastest five runners in a varsity race. Some schools, such as Poway, entered varsity runners in other races, and they were not included in the team time.)

- 1:19:58 West Hills
- 1:24:26 Fallbrook
- 1:24:35 San Marcos
- 1:24:38 La Jolla
- 1:25:06 Poway
- 1:26:15 Bonita Vista
- 1:29:04 Calvin Christian
- 1:29:10 Helix
- 1:30:26 Grossmont
- 1:34:55 University of San Diego
- 1:37:29 Holtville

GIRLS (3.0 miles):

The fastest entries from the San Diego Section (some schools did not report results):

- 18:16 Courtney Baird, Helix
- 18:38 Angela Petersen, Francis Parker
- 19:18 Lanele Cox, Escondido
- 19:23 Nicole Mier, San Marcos
- 19:38 Desiree Leek, La Jolla
- 19:39 Heather Shurtliff, West Hills
- 19:40 Michelle Barrack, University SD
- 20:06 Natassja Hall, Rancho Buena Vista
- 20:06 Megan Briscoe, Poway
- 20:14 Cathy Picha, Fallbrook (10)
- 20:16 Maija Rohde, Fall
- 20:16 Liz Edwards, LJ
- 20:22 Kijrsten Bevins, Serra
- 20:22 Dawna Marshall, Bonita Vista
- 20:31 Candice Osuna, BV
- 20:40 Jamie Carmichael, Fall
- 20:40 Katie Grim, LJ
- 20:42 Stephanie Baird, Hx
- 20:43 Van Nguyen, BV
- 20:49 Elizabeth Harns, Hx (20)
- 20:52 Kamaya Damwijk, Pwy
- 20:52 Amber Smith, Pwy
- 20:54 Leslie Borenstein, LJ
- 20:56 Courtney Allen, RBV
- 20:56 Julia McGurk, Pwy
- 20:56 Becca Bartell, WH
- 21:01 Angela Garcia, RBV
- 21:02 Peeper Gilmore, Point Loma
- 21:05 Natalie Sullivan, Hx
- 21:08 Katie Crosswell, Fall (30)
- 21:10 Merideth Harns, Hx
- 21:12 Jenny Promack, Fall
- 21:16 Mande Clark, Pwy
- 21:20 Bree Alfstad, BV
- 21:25 Kirstin Wilson, Grossmont
- 21:33 Morgan Romine, LJ
- 21:34 Merideth Nespor, Pwy
- 21:35 Michelle Guerrero, LJ
- 21:35 Tara McGowan, LJ
- 21:35 Shawna Winfrey, WH (40)
- 21:38 Jessica Romag, Pwy
- 21:40 Nicole Kenley, Pwy
- 21:40 Brianna Suzuki, Pwy
- 21:41 Brianna Hibbs, Pwy
- 21:43 Belinda Olvera, PTL
- 21:44 Cassie Kuske, WH
- 21:45 Darcy Fox, WH
- 21:46 Trinity Amalfitano, BV
- 21:46 Natalie Parks, PTL
- 21:52 Cheryl Madsen, WH (50)
- 21:54 Danielle Holden, Pwy
- 22:02 Maribel Gonzalez, RBV
- 22:03 Janae Tegberg, Pwy
- 22:04 Andrea Danielson, Gross
- 22:18 Natasha Sweatle, PTL
- 22:23 Karen Albrecht, BV
- 22:23 Kristen Thompson, BV
- 22:25 Sandra Mitchell, Esc
- 22:29 Dana Kerby, Esc
- 22:35 Katy Baker, Pwy (60)
- 22:35 Thea Rusthoven, Esc
- 22:39 Allison Rybar, Pwy
- 22:43 Ann Rendina, WH
- 22:44 Britt Jennings, Pwy
- 22:45 Stephanie O'Brien, Pwy
- 22:47 Emily Seymour, LJ
- 22:48 Sarah Spooner, Pwy

- 22:49 Camille Wilborn, RBV
- 22:55 unid., Castle Park
- 22:57 Molly Kelly, Esc (70)
- 22:58 Robin McKeen, PTL
- 23:00 Kelly Kodadek, SM
- 23:01 Meghan Boring, SM
- 23:01 Julia Otis, LJ
- 23:04 Cara Campo, LJ
- 23:05 Nicole Marsch, University of SD
- 23:07 Melanie Collier, Pwy
- 23:09 Angela Mares, Pwy
- 23:10 Camacho, WH
- 23:10 Alyce Ozarski, Pwy (80)

- 23:14 Alicie Demoe, WH
- 23:16 Cindy Barbee, Pwy
- 23:18 Elizabeth Van Dyne, Gross
- 23:24 Courtney Hibbard, LJ
- 23:24 Karen Albe, USD
- 23:37 Jennifer Peterson, SM
- 23:41 Shawna Kelly, Esc
- 23:42 Robin Ellsworth, Gross
- 23:44 Kim Karnowski, Gross
- 23:48 unid., Castle Park (90)

TEAM TIMES:

(Times are aggregate of fastest five runners in a varsity race. Some

schools entered runners in other races, and they were not included in the team time.)

- 1:42:05 Helix
- 1:43:02 La Jolla
- 1:43:09 Fallbrook
- 1:44:49 Poway
- 1:45:00 Bonita Vista
- 1:45:41 West Hills
- 1:46:57 Rancho Buena Vista
- 1:52:38 San Marcos
- 1:54:10 University of San Diego
- 2:01:02 Grossmont
- 2:07:00 Castle Park

Doug Speck's California Rankings

BOYS:

DIVISION I:

1. Long Beach Poly
2. West Hills
3. Don Lugo, Chino
4. Belmont, LA
5. Saugus
6. Santa Ana
7. Murietta Valley
8. Bellarmine Prep
9. Yucaipa
10. Clovis

DIVISION II:

1. Katella, Anaheim
2. Newport Harbor
3. Scripps Ranch
4. San Pasqual
5. Los Gatos
6. Jesuit, Sac'to
7. De La Salle
8. Eureka
9. Villa Park
10. Sultana

DIVISION III:

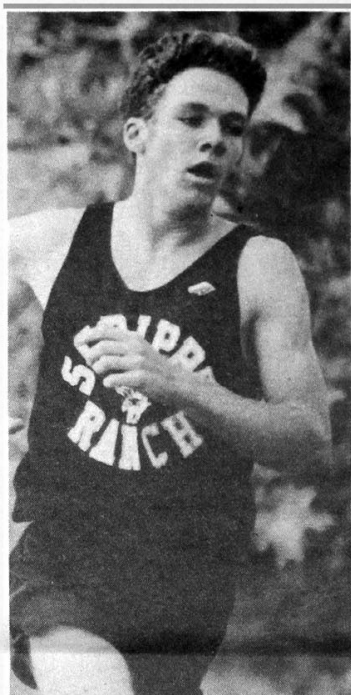
1. Don Bosco Tech
2. St. Francis, MV
3. South Hills
4. Redwood
5. La Jolla
6. South El Monte
7. Barstow
8. El Modena
9. La Canada
10. San Luis Obispo

DIVISION IV:

1. Nordhoff
2. Estancia
3. Notre Dame, SO
4. McFarland
5. Central Valley
6. Riverbank
7. Costa Mesa
8. Yreka
9. Morro Bay
10. Bassett

DIVISION V:

1. St. Joseph/ND
2. Flintridge Prep
3. Tranquility
4. Maranatha
5. University, SF
6. Crossroads
7. L.A. Baptist
8. Desert Chrstn, L
9. Santa Clara, Ox'd
10. Calvin Christian



Brendan Riordan

Scripps Ranch's boys are ranked 3rd in Division II.



Liz Edwards

La Jolla's girls are ranked 10th in Division III.

GIRLS:

DIVISION I:

1. Esperanza
2. Rancho Bernardo
3. Torrey Pines
4. Peninsula
5. Yucaipa
6. Thousand Oaks
7. Irvine
8. Nevada Union
9. Santa Rosa
10. Ayala, Chino Hills

DIVISION II:

1. Sultana
2. Newport Harbor
3. Santa Margarita
4. Woodbridge
5. Clayton Valley
6. Brea-Olinda
7. Mater Dei
8. Atascadero
9. Pacifica, GG
10. St. Joseph, L'wd

DIVISION III:

1. La Canada
2. Foothill, Redding
3. Lompoc
4. El Modena
5. University City
6. Palo Alto
7. St. Francis, MV
8. Carondelet
9. Montgomery, SR
10. La Jolla

DIVISION IV:

1. Corona del Mar
2. Sacred Heart, SF
3. St. Joseph, SM
4. Nordhoff
5. Louisville
6. McFarland
7. Notre Dame, SJ
8. Costa Mesa
9. Morro Bay
10. Malibu

DIVISION V:

1. University, SF
2. Chadwick, PV
3. Flintridge Prep
4. Santa Clara
5. Poly, Pasadena
6. L. A. Baptist
7. Webb, Claremont
8. Desert Chrstn, L
9. Desert Chrstn, BD
10. Maranatha

October 26th California state team rankings by Doug Speck, with a team of Richard Gonzalez, Ray Scofield, Buzz Thom, Dennis McClanahan, Dennis DeWitt, Ernest Lee, Hal Daner, Steve Fagundes and Jim Eckman.