

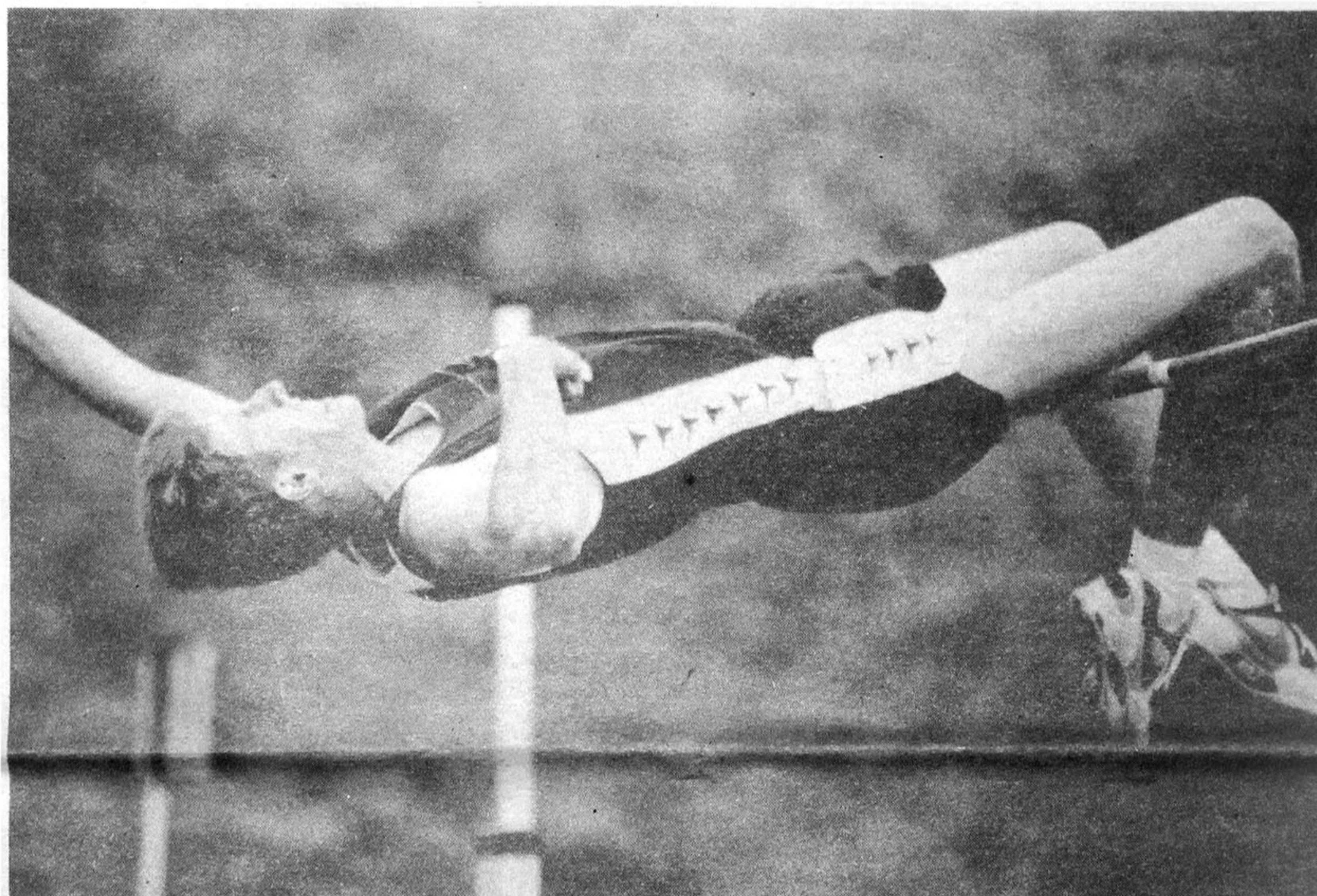
TRACK MAGAZINE

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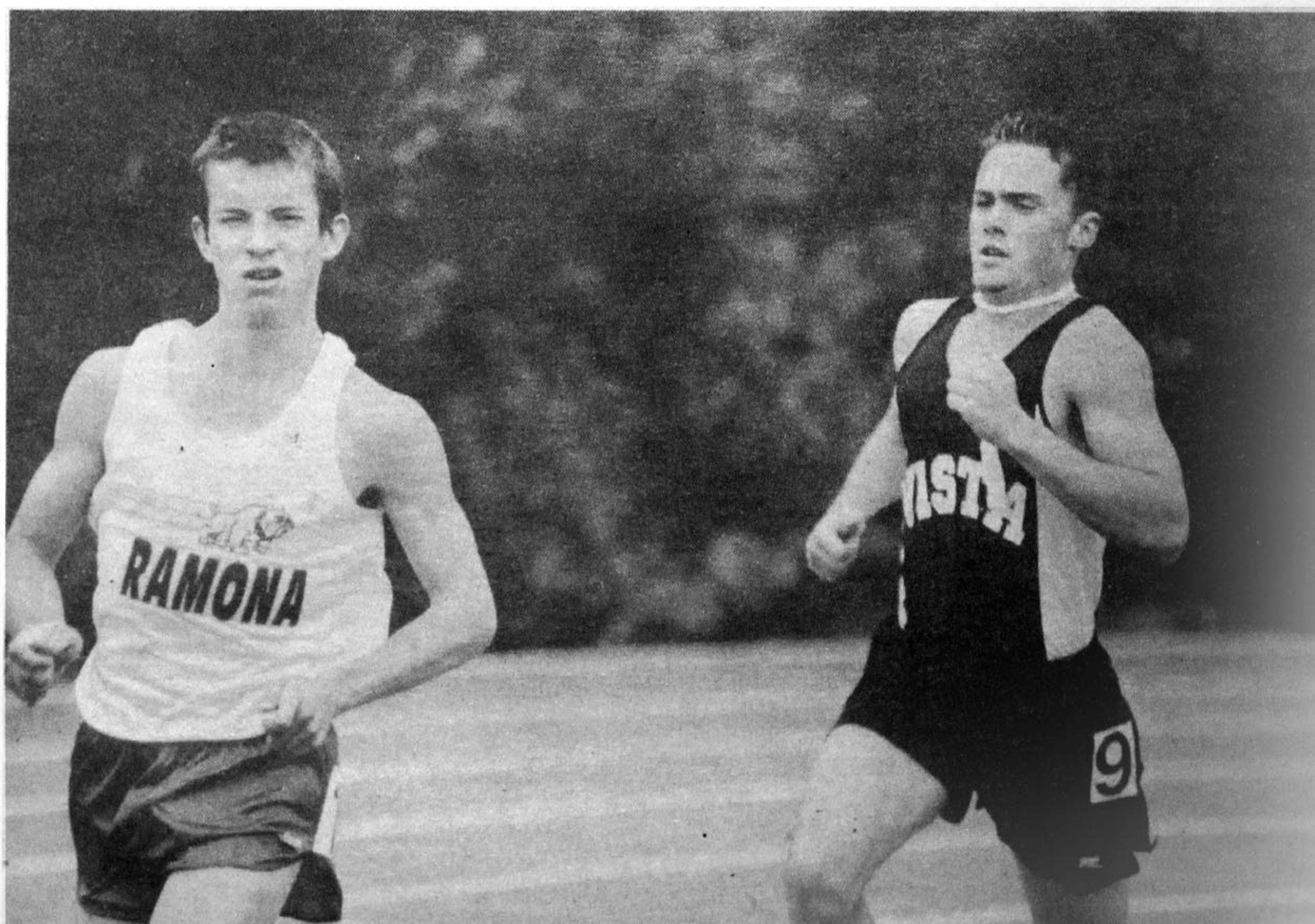
Volume IV, Number 7 -- April 7, 1999

San Diego's best prep track & field coverage



Jason Gatewood

Rancho Buena Vista jumper leads county at 6-7, which he cleared at the Bronco Invitational. He was state runnerup last year at 6-8.



Matt McInvale leads **Justin Neuroth** in Bronco 3200. The Ramona runner won race in season's best time of 9:21.45.

What's inside...

It's part two of our league previews. We take a look at the Metro, Eastern and Harbor Leagues and catch up with some of the other teams that we missed last week. It begins on page 3.

Relay and Invitational action got hot and heavy, although the weather continued to play a part. We cover the Bronco Invitational, the Sweetwater Relays, the Falcon Relays, the San Diego Invitational and highlights from the out of town action, with in-depth results and photos. It all begins on page 10.

Our best marks list is up to date including last weekend's action. Where do you and your teammates rank? Check it out, it starts on page 14.

from the editor: *Rain, rain, go away...*

The weather has been one of the biggest stories of the 1999 track season, as least to this point.

After a mild, dry winter, an unusual fluctuation of the jet stream has brought unseasonal winter storms all the way down the coast, playing havoc with local track athletes.

The season began with bright promise as the Tiger Relays were held in near perfect conditions in early March.

We got a small taste of what we might see again later, as some of this area's best athletes looked to be in great shape.

Since then, the weather has turned sour.

First, one Thursday slate of meets was rained out (except one), but most of those were later rescheduled.

The Bronco Invitational escaped the brunt of a predicted storm, but a cold, damp front rolled through in mid-meet, and a number of featured events all but became get-it-over-with excercises.

A full slate of meets was scheduled days later, with virtually every school in the county scheduled to compete. It stormed, and every meet was postponed.

The Sweetwater Relays and Falcon Relays were both held in reasonable weather, but both sites



Vaulting in the rain didn't slow down Vista's Sean Daley, who cleared a PR 15-feet at the Bronco Invitational.

had dirt tracks that are not at all fast after being rained upon.

The San Diego Invitational was the topper. Some good athletes gathered to compete on a fast track, but the weather again was uncooperative. At best, it was too cool, and swirling headwinds bothered most events. The worst came when a cold, hard rain broke loose. Athletes scattered and most significant competition was effectively over. The fact that Steve Hayes, Larry Miles and Maurice Douglas managed to later

run a quality 200 meters was nothing short of remarkable.

It makes one wonder. What kind of marks are in store when things finally get into gear around here. What happens when the area's best athletes get together on a fast track under warm skies? I hope we get to find out.

"It's been kind of a weird season," San Pasqual coach Pat King observed. "But the marks are going to come."

"It's been a funny season," West Hills distance coach Bill Cleves agreed. "But I think it's going to be ok."

La Jolla's girls have had limited action, like almost everybody else, but they're not down.

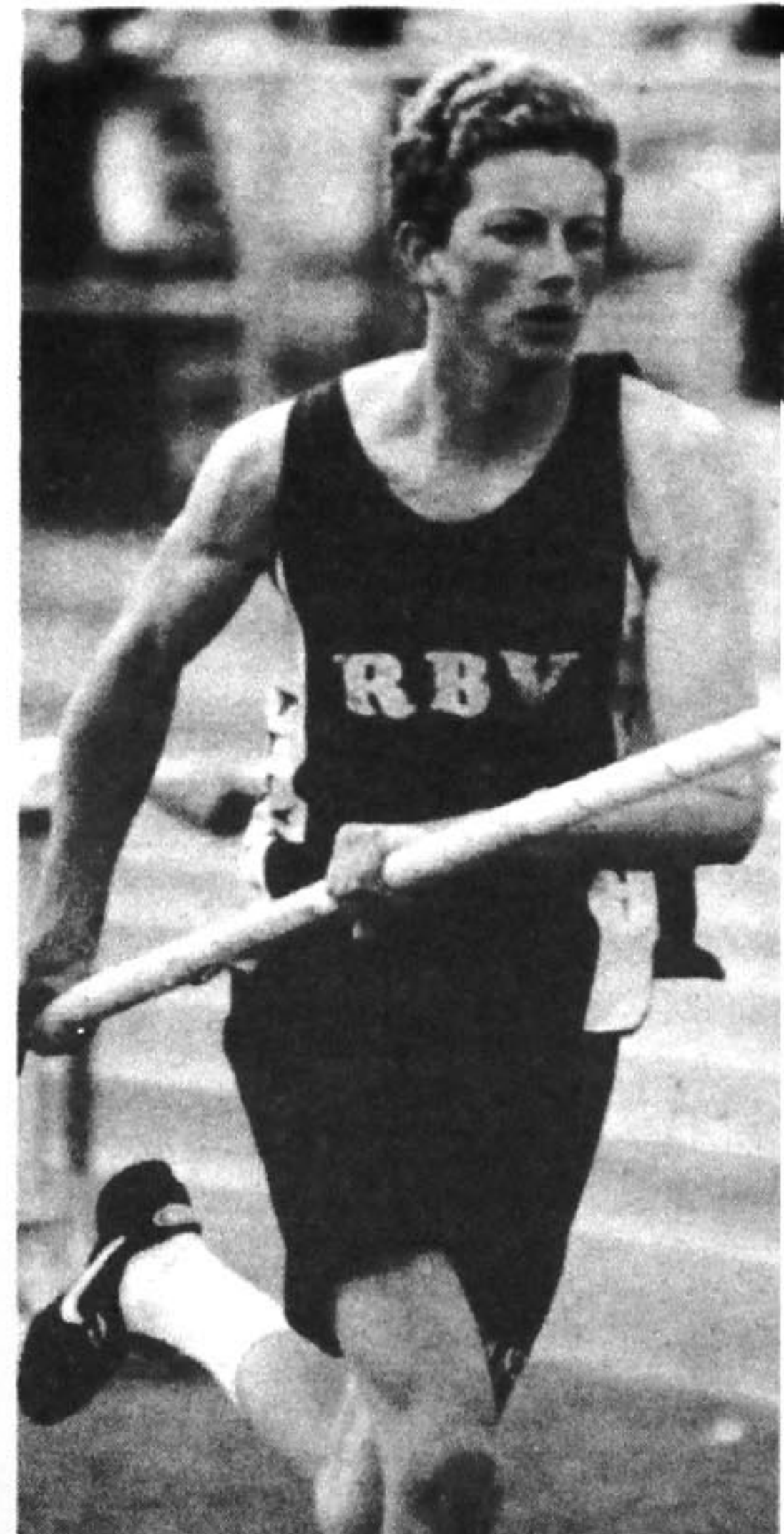
"I think they're excited to prove themselves," Viking coach Tom Dorman said. "They got a little taste of it in our dual meet."

For all the disruption of meets, there hasn't been the steady stream of storms that we saw last year, and most teams have missed few practices. Still, the backlog of missed meets is worrisome.

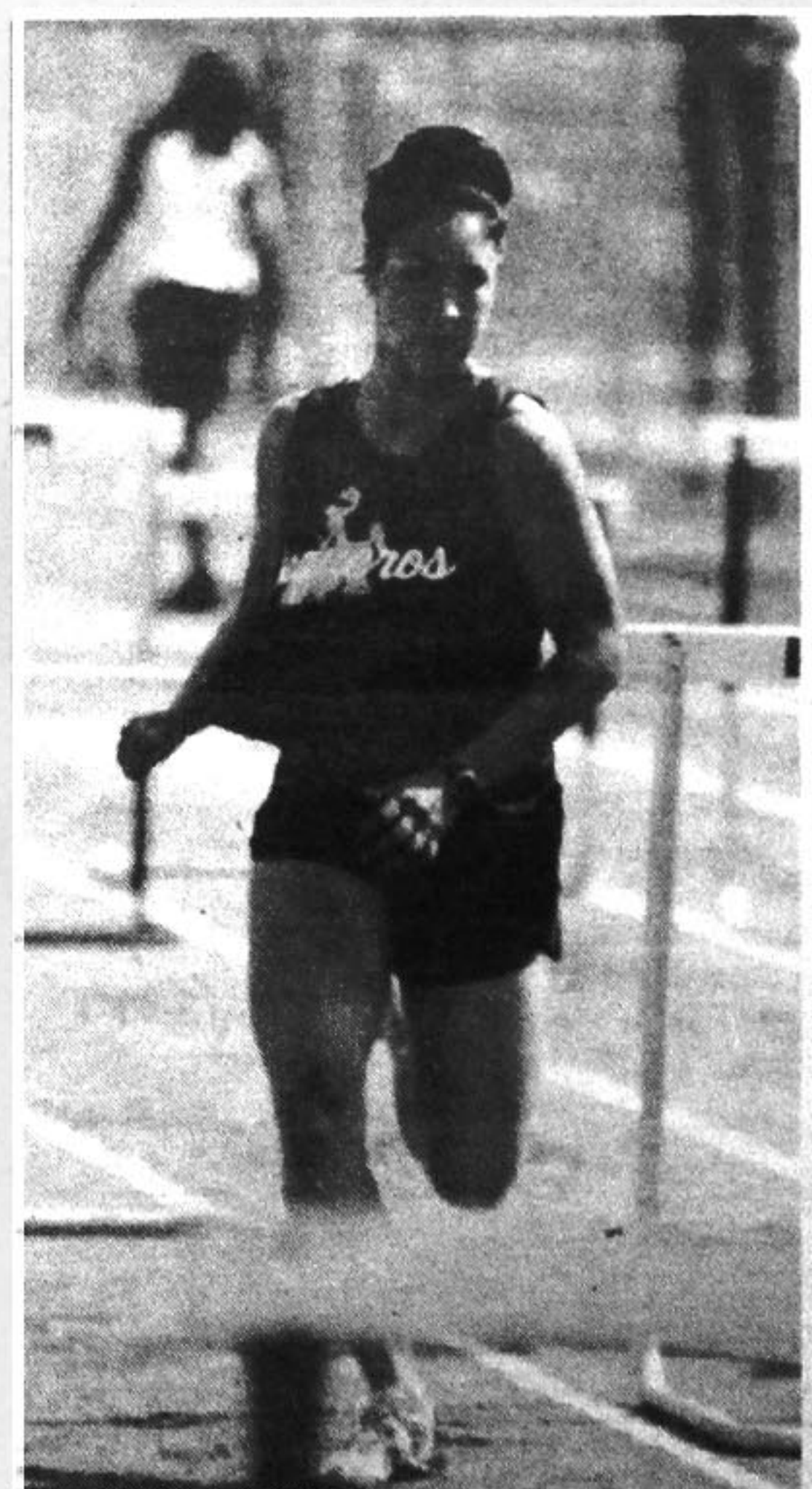
Last year, there was a concentration of meets in the last weeks (partly caused by the new, two-tier CIF finals system), and a number of top athletes broke down under the strain.

Speaking of making it up as you go along, readers may wonder about the timing of this issue.

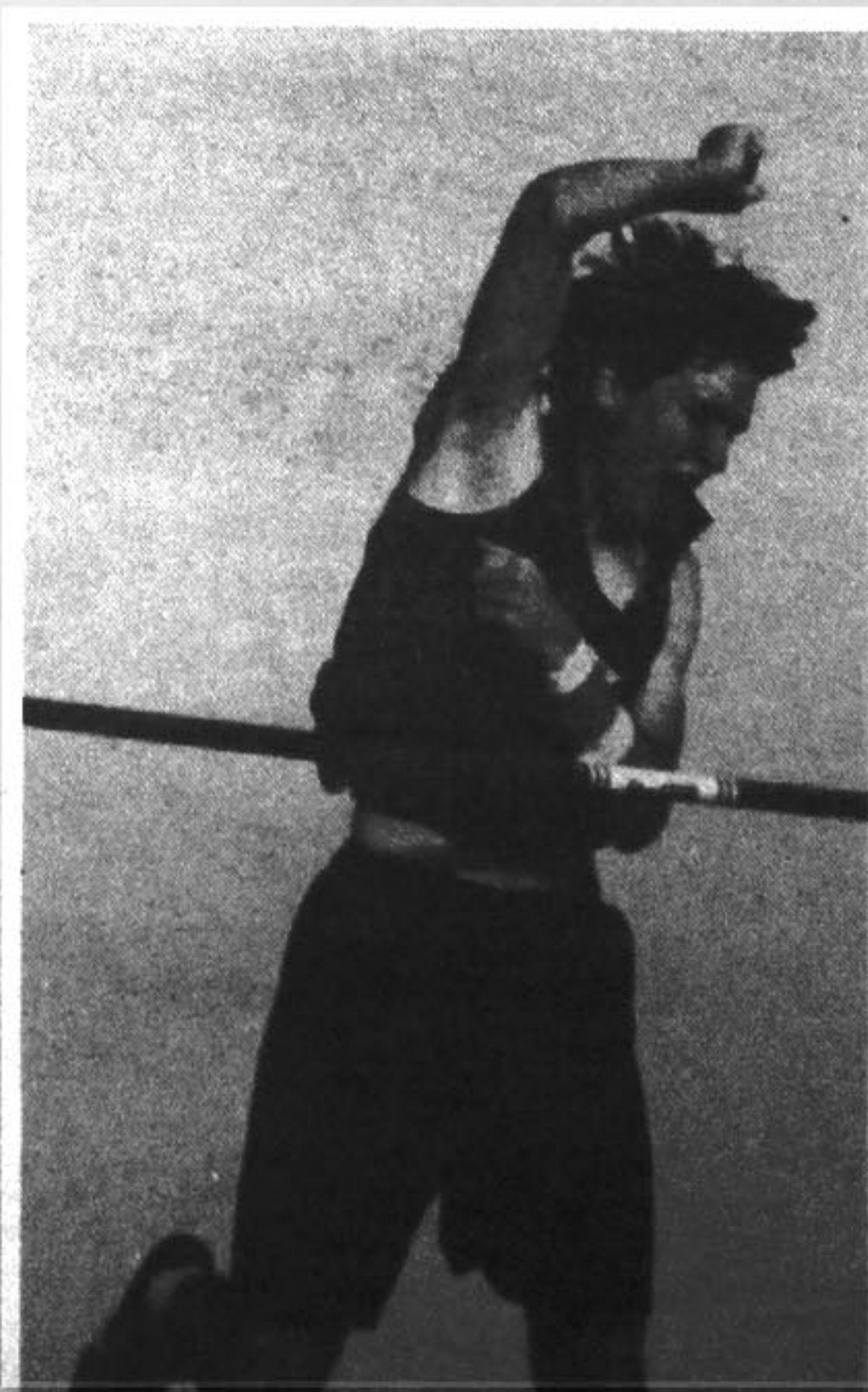
When we originally made up our publication schedule, we failed to take the Easter holiday into account. We were going to publish on Friday, April 2, a day when it would have been impossible to distribute. We decided to delay this issue until after the weekend, and add late news. We apologise for any confusion.



Austin Priest
Rancho Buena Vista



Maggie Escudero
El Capitan



Phil Ball
El Capitan

TRACK MAGAZINE

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Track Magazine is published in two-week intervals during the high school track & field and cross country seasons, including five issues in the fall, and six issues in the spring. Mailed subscriptions are available, via first class mail.

WEB SITE:

The Track Magazine web site is at:
<http://www.crowncity.com/sdtrackmag>
The web site editor is George Green
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Printed at
POMERADO PUBLISHING,
POWAY, CA

Metro Preview:

The top athletes...

(Most marks are from last year, but some marks from this year and 1997 are included)

BOYS:

100:	
10.93	Wardell McNeal, Mont
Hand-timed:	
10.8	Larvelle Anderson, Eastlake
11.1	Marlon Dorn, Sweet
11.1	Napoleon McNeal, Mont
11.1	David Hannibal, BV
11.1	Adam Smith, BV
11.1	Allen Thompson, Sweet
Injured:	
11.1	Danny Espinoza, Hilltop
200:	
22.11	Wardell McNeal, Mont
22.45	Larvelle Anderson, Eastlake
400:	
52.3	Marlon Dorn, Sweet
800:	
2:00.23	Daniel Flores, CP
2:00.47	Dale Houser, BV
2:01.37	Ken Nwadike, CV
2:02.44	Brian Paff, BV (1997)
2:03.11	Paul Franco, Sweet
1600:	
4:22.88	Brian Paff, BV (1997)
4:25.0	Ken Nwadike, CV
3200:	
9:50.93	Adrian Garcia, Sweet
9:53.4	Brian Paff, BV
9:57.4	Michael Manzano, CV
10:04.35	Ruben Vences, Sweet
110 High Hurdles:	
14.74	Joe Gutierrez, Sweet
15.96w	Raul Alvarez, Sweet
300 Intermediate Hurdles:	
38.98	Joe Gutierrez, Sweet
42.1	Marquis Davis, CP
42.46	Raul Alvarez, Sweet
High Jump:	
6-3	Wade Curry, Eastlake
6-0	Brian Guthrie, Sweet
6-0	Felix DeSeracho, BV
6-0	Smith, Southwest

Pole Vault:	
12-6	Tristan Jankowski, BV
12-6	Javier Munoz, CP
12-0	Alex Doria, Eastlake
12-0	Chris Fernando, Sweet
Long Jump:	
21-10	David Hannibal, BV
20-10	Marlon Dorn, Sweet
20-10	Trandon Harvey, Sweet
20-9	Joe Griffin, Southwest
20-6	Brian Guthrie, Sweet
Injured:	
21-10.25	Danny Espinoza, Hilltop
Triple Jump:	
43-5.5	Trandon Harvey, Sweet
43-2.75	Brian Guthrie, Sweet
41-1.75	Kareem Holmes, Mont
Shot Put:	
48-8	Kendrick Brunson, CV
47-11.5	Rafiq Randall, CP
47-8	Jahdai Pickett, Sweet
47-4	Mike Schardin, Eastlake
46-3	Charles Tyson, BV
46-2	Onofre Gascon, Sweet
45-7.5	Chris Kroner, BV
45-5	Jason Treter, Hilltop
45-0.5	Steven Myers, BV
Discus Throw:	
169-2	Jahdai Pickett, Sweet
163-4	Will Hunt, Hilltop
156-2	Charles Tyson, BV

GIRLS:

100:	
12.45	Keisha Mierez, CP
13.12w	Shuree Halton, CP
Hand-timed:	
12.4	Nadia Sanders, CV
200:	
Hand-timed:	
26.2	Abril Jimenez, Hilltop
26.2	Nadia Sanders, Eastlake
26.3	Keisha Mierez, CP
27.0	Tashina Dears, CP
400:	
59.1	Nadia Sanders, CV
59.4	Erin DeHahn, Hilltop (1997)
62.95	Tyriola Major, Sweet
800:	
2:15.66	Erin DeHahn, Hilltop (1997)
2:19.80	Desiree Davila, Hilltop
2:27.7	Abril Jimenez, Hilltop
2:28.34	Trinity Amalfitano, BV
1600:	
4:59.59	Desiree Davila, Hilltop
5:26.95	Angela Rivas, Mont
5:29.21	Gloria Martinez, CP
5:32.5	Dawna Marshall, BV

3200:	
11:16.0	Desiree Davila, Hilltop
11:53.0	Candice Osuna, BV
12:11.3	Dawna Marshall, BV
12:13.0	Bree Ann Alfstad, BV
100 Hurdles:	
Hand-timed:	
15.7	Jennifer Fuller, Hilltop (1997)
17.0	Jackie Macias, CP
300 Low Hurdles:	
45.16	Jennifer Fuller, Hilltop (1997)
46.39	Erin DeHahn, Hilltop
49.2	Jackie Macias, CP
49.51	Carmela Hodgers, CV
High Jump:	
5-6	Erin DeHahn, Hilltop (1997)
Pole Vault:	
None better than 8-1 return.	
Long Jump:	
17-0.5	Laleisha Peterson, Hilltop
16-11	Keisha Mierez, CP
Triple Jump:	
None better than 33-6 return.	
Shot Put:	
37-1.5	Kelly O'Laughlin, BV
34-8.5	Jenesa Turner, BV
33-5.5	Darlene Martinez, CV
33-3	Aiyanna Coleman, Mont
32-5.5	Hilaria Matteo, CP
Discus Throw:	
117-1	Sara Cobb, Hilltop (1997)
116-9	Kelly O'Laughlin, BV
105-8	Darlene Martinez, CV

The teams: Bonita Vista

Head coach: Ian Cumming.

BOYS:

Sprints/Relays: Junior David Hannibal is probably the quickest Baron. Adam Smith, Brandon Blount and Felix DeSeracho are also working under sprint coach Carl Parrick.

Distance: Paff is back for his senior year and has looked good in early season. Hauser, a junior, had a good off-season. Depth will come from Dustin Whitson, Mike Milliken and Brad Fowers. Great soph talent Ted Herbert (9:56 as a frosh) has moved to

Virginia.

Hurdles: Jason Taylor runs 300s well; Richard Baker is a decent number two in highs and 300s.

Jumps: Vaulters Jankowski is developing well; his 12-6 came as a soph mark. He's backed by 11-6 jumpers Richard Bok and Shawn Hayes. Sprinter DeSeracho has already gone over 6-feet in HJ, and Hannibal is close to 22 feet in LJ. Soph Austin Neudecker is around 5-10 and 20 in the HJ and LJ. Triple jumpers need to develop.

Throws: Tyson is really coming on in the disc; also throws shot in mid-40s. Kroner and Steven Myers are also in the mid to high 40s in the shot. Throw coach Dan Helton has something to work with.

Watch for: If the sprinters come on a bit, this is a well balanced team, and a candidate for the top ten in the county. Paff could have a great senior year, and jumpers Hannibal, DeSeracho and Jankowski all have promise.

GIRLS:

Sprints/Relays: Frosh Denise French can run sub-13. Sophs Joy Hannibal and Deanne Cartwright will help.

Distance: Marshall, Osuna, Alfstad and Amalfitano were all mainstays on the league's best cross country team. Depth will come from Van Nguyen, Karen Albrecht and 800 meter runners Marissa Munoz and Soraya Mustain.

Hurdles: Twin sisters Ruth and Sally Preston, Karina Gerschler and Marlys Gonzales give Cumming lots of options.

Jumps: Amalfitano has already

Please turn to page 4.

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The advertisement for Movin Shoes Running Centers features a collage of various running shoes, including sneakers and sandals, arranged in a circular pattern. In the bottom right corner, there are three promotional cards: 'TRAINING GAMES', 'COMPETITIVE EDGE', and 'MOVIN SHOES'. Below the shoes, there is a logo for 'MOVIN SHOES' featuring a stylized sunburst design. To the right of the logo, there are three boxes listing the locations and contact information for the running centers.

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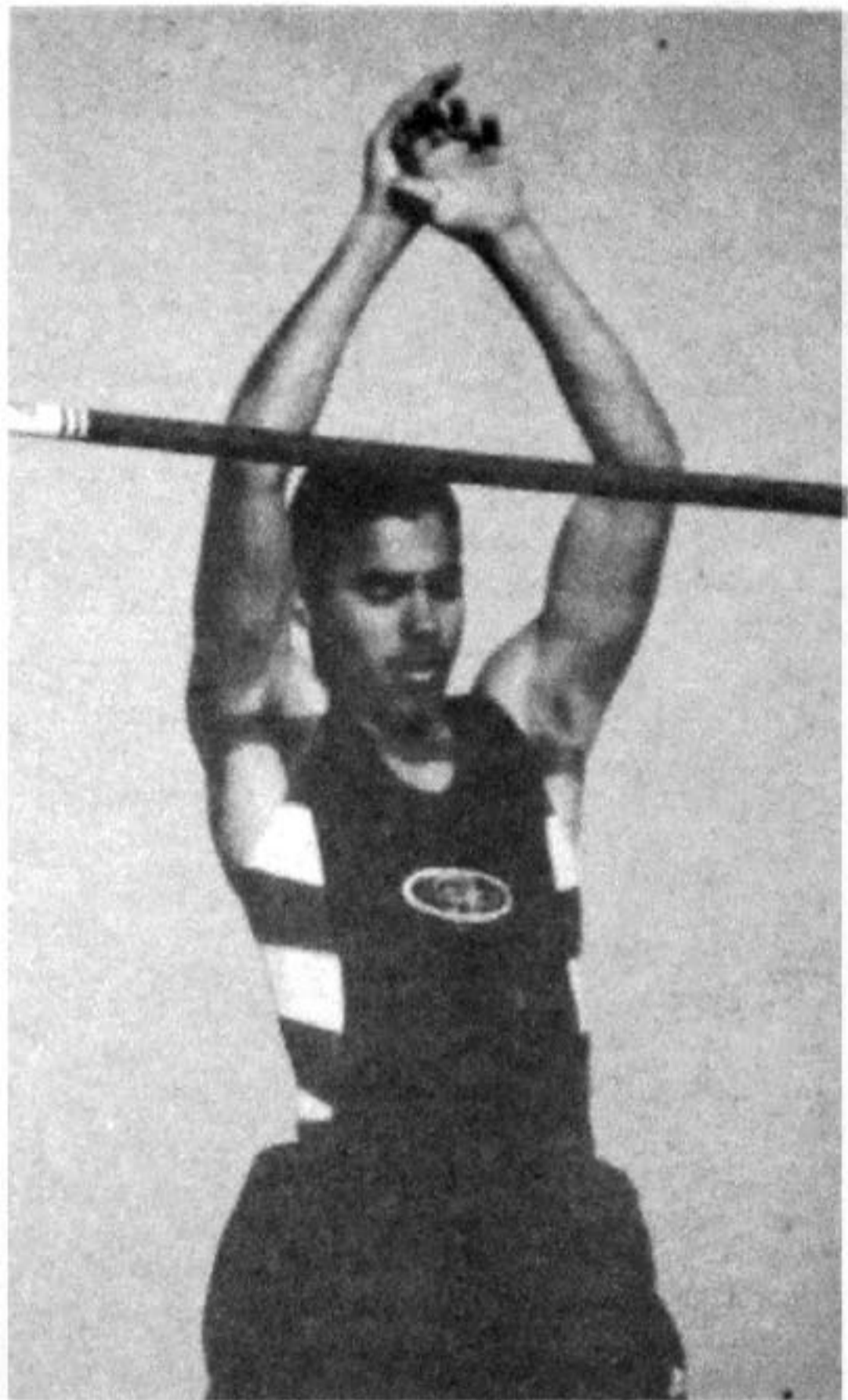
Trinity Amalfitano
Bonita Vista



Shuree Halton
Castle Park



Luis Quintana
Castle Park



Javier Munoz
Castle Park

Metro Preview

From page 3.

gone 5-0 in HJ, and is backed by Sandie Zuniga. Hannibal and Zuniga are the long jumpers, and Zuniga and Jillian Mazzarella are the triple jumpers. Mazzarella and hurdler Gonzales both vault.

Throws: O'Laughlin is league's best returner in shot and disc. Amanda Burnette is around 100 feet in the disc; Alicia Joseph throws the shot.

Watch for: Good efforts from the distance team, Amalfitano in the HJ and O'Laughlin in the throws

Castle Park

Head coach: Rick Pitts.

BOYS:

Sprints/Relays: Michael Frazier transferred from Marian, and will run the 100/200. Hurdler Davis will run sprints on occasion and also relay legs. Roberto Griffin will run 400/800 and on the long relay. Watch for frosh Ishujan Saunders to come on later in the season.

Distance: Flores was a great soph 800 man last year. Frankie Cueva

was a cross country standout. He'll be backed by Nazar Santillan and Andrew Silva in the 1600/3200.

Hurdles: Davis is capable in the 300s, also runs highs. Luis Quintana provides depth.

Jumps: Munoz is a solid vaulter. Josh Milligan has 6-+ ability in the HJ. There's lots of depth in the long and triple jumps, with Frazier, Davis, Saunders, Chris Pittman and Edgar Montalvan.

Throws: Randall is excellent in the shot. In the disc, Threat is backed by Justin Vold, a promising soph, and Reynaldo Stevens.

Watch for: Good marks to come from both the known and unknown athletes, especially in the jumps.

GIRLS:

Sprints/Relays: Mierez is one of the best in the county, but she must first become eligible. There's great depth, with Egipto, Dears, Halton, Karena Romero and Jessica Romero. The relay teams should be quick, especially if Mierez returns in good shape.

Distance: Martinez is fine in the 800/1600. Depth comes from cross country talents Ana Melvin (freshman) and Gloria Melvin (senior), and freshman Marie McGaffigan.

Hurdles: Returner Macias is backed up by Carla Valdez in both events.

Jumps: Brittany Mitchell, Carrie Blount and Laura Castellanos will all

HJ. The long jump has Mierez, Halton, Blount and Castellanos. Nancy Rubio has 8-6 ability in the vault.

Throws: Jackie Silva can throw in mid-30s in shot; Hillaria Mateo is defending league champ in shot and disc. Both are sophomores. Castellanos may try these events.

Watch for: Lots of close scores when the Trojans go up against teams like Hilltop, Bonita Vista and Chula Vista. The Metro girls team race looks like a scramble. If Mierez comes back at full strength, both she and the relay teams will make impacts at CIF.

Chula Vista

BOYS (Art Johnson)

Sprints/Relays: The Spartans don't have the speed they've had recently, but senior Cavitt Fowler (11.0) and junior Jesse Alvarez (11.4) are fine. Efrain Novelo, a transfer from RBV, is a speedy distance runner capable of running a decent 400.

Distance: The league's best cross country team adds strength to these events. Nwadike is already running fine times, and Novelo will help in the 800. Manzano has been battling an infection in early season, but look for him to come on in the 3200 later. Depth comes from Aaron Galvan (2:04 in 800) and Carlos Belloso.

Hurdles: Best athlete is Jesse Jones-Pittman, who runs both events. He goes about 43 in 300s.

Jumps: Alvarez is at about 20-feet in LJ; Jones-Pittman is close to 40-feet in TJ. Gabriel Cornejo is at 12-feet in vault. The high jumpers are sophomores, currently at about 5-6.

Throws: Brunson is ace in the shot; goes about 125 in disc. A couple of huge frosh, Isaac Zapata and Carl Payne, have potential to contribute right away.

Watch for: Best talent is in the distance group. Nwadike is on track to go sub-4:20 in the 1600, if that is his focus. Spartans have a soph flash, Steven Robinson, who has been a quality youth group sprinter. A transfer, he can't run varsity until next year.

GIRLS (James Sanders):

Sprints/Relays: Nadia Sanders, who looked so quick at Eastlake as a frosh, is now at Chula, and turning in good efforts. She's backed up by Alex Sims (a 13.0 frosh) and Angel Robinson (a 12.7 soph).

Distance: Mythili Duvvuri was the cross country ace, and she'll have help from Sophia Marquez, Camille Robinson, Bertha Ojeda and frosh Darla

Reader. Robinson and Ojeda are 800 runners; Reader has already run a 5:49 for 1600.

Hurdles: Hodgers is one of best in league at 300s, also runs 100s.

Jumps: Latoya Minniweather goes about 4-6 in HJ; Denicia Sims long jumps about 14-feet.

Throws: Darlene Martinez is a stand-out in the throws. Laura Martinez also tosses shot; Cynthia Castilion and Martha Ramirez help in the disc.

Watch for: Sanders to make an impact somewhere in the sprints - she is maybe a bit better in the 400, but that's a strong event at the county level. The team is solid enough to contend in the Metro.

Eastlake

Head coach: Jolhn McFadden.

BOYS:

Sprints/Relays: Anderson is one of the best young sprinters in the area. To now, he's been best at 100/200 but look for some good efforts at the 400, where he is starting to run in the 50/51 range on relay legs. He has an excellent start, so the 100 might be his best distance. One backup is junior Kevin Johnson (11.1). Ryan Barch is team's 400 runner.

Distance: Marco Verdugo, a junior, is a natural talent. A soccer player, he was running 4:50 and 10:30 after a week on the team.

Hurdles: High jumper Curry will try these events.

Jumps: Curry, just a soph, has the hops. He cleared 6-3 at Sweetwater and looked ready to go higher. He should also get past 40-feet in TJ. Cory Evans (5-10) is depth in the HJ. Sprinter Johnson and Jonathan Diaz both have 20-foot ability in long jump; and Diaz will help Curry in the TJ. Doria, a junior, is a 12-6 vaulter, looks ready to improve soon.

Throws: Schardin, a junior, is in mid-40s in shot, and low 130s in disc, is on track to get to 50-foot and 150 levels. He's backed by sophs Moses Randl (in 43-44 range) and transfer Tagaia Savaiinaea.

Watch for: Anderson to become one of the county's best in sprints, and Curry to continue to ascend in the high jump. The numbers are up at Eastlake under new coach McFadden, and there could be payoffs not too far down the road. There's a lot of good, young talent.

GIRLS:

Sprints/Relays: Best in early season was Rosa Durruthe, a strong

Next Issue:

Our last installment of our team previews takes a look at the area's small schools.

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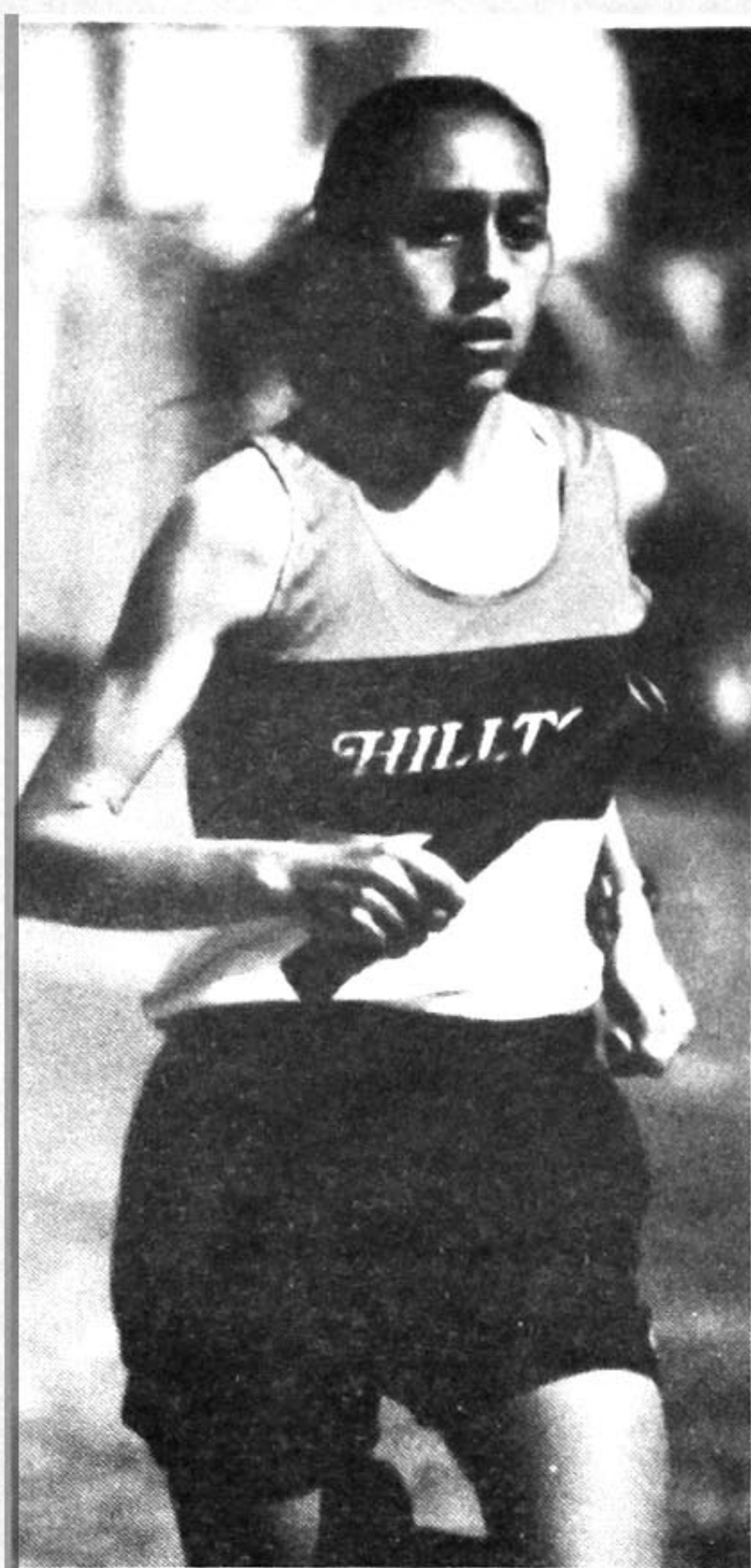
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Please turn to page 5.



Larvelle Anderson
Eastlake



Desiree Davila
Hilltop



Joe Gutierrez
Sweetwater

Metro Preview

From page 4.

soph, at 13.1.

Distance: Frosh Pati Romero showed talent in cross country, is probably the best on the team. There's some depth, with about five runners running decent 800s, including soph Erin Caldwell (2:35), Mary Rosa Manglicmot (2:44), Mary Carriedo, Laura Carriedo and Rose Markotic.

Hurdles: Junior Beatrice Guapo runs both events, also vaults.

Jumps: Laura Lafoya is at 4-6 in HJ, Veronica James is around 14-6 in LJ. Vaulters are Guapo, Lafoya and Evie Garcia. Nobody has emerged in the triple jump yet.

Throws: Best are Jessica Reese and Ashley Coulson, both in high 20s in shot in early season. Both also throw the disc.

Watch for: "It's a big-time rebuilding," McFadden said. The numbers aren't as good as on the boys side, but the talent is young and should improve. The distance group could mature into a good cross country team in the fall.

Hilltop

Head coach: Chip Holmes.

BOYS:

Sprints/Relays: Danny Espinoza had knee surgery after football, is probably out for the year. Best sprinters are Carl Brown (11.4) and David Ozaki.

Distance: Sam Stewart (2:02, 4:39) handles the 800/1600. Cross country leader Lorenzo Otero, a soph, will run the 3200 (10:18). Jimmy Schroeder (10:12) will also run the 3200.

Hurdles: Raul Tovar and Jeff Sobilo run both events. Tovar is in the low 17s in the highs, and both are in the 44s in the 300s.

Jumps: Espinoza, who was one of the best long jumpers in the county, will be missed. Sprinter Brown has 20-foot ability, as does Danny Buford. Buford and Kyle Meaux are both around 40-feet in the TJ. The vaulters are new.

Throws: The throwers are specialists. Hunt gets the disc out past 160-feet, doesn't throw the shot. Junior Jason Treter is decent in the shot,

doesn't throw the disc. Behind them are Steve Nelson (44-7) and George Aleman (124)

Watch for: Longer throws by Hunt, who improves the school record every time he gets a PR. Espinoza is not expected back, but there is an outside possibility that he'll return at the end of the year.

GIRLS:

Sprints/Relays: No burners on the roster, but DeHahn has enough speed to do a creditable job in the short sprints in a pinch. Of course, she has great 400 talent. Transfer Jimenez and jumper Nadia Salahudein also sprint. The long relay should be excellent, with DeHahn, Fuller and Davila.

Distance: DeHahn wants to try the 800 again. She ran 2:15.63 and went to state as a soph, but switched to the 300 hurdles last year. Davila has shown the ability to run quality times (relay splits of 2:18 and 5:23 already) at any of the distance events, and she has surprising speed (59 on relay legs).

Hurdles: Fuller was great as a soph, running 45.16 in 300s and taking second at CIF. But she missed last year with a knee injury (soccer). She's healthy now, but the question is: can she get back to where she was? At the very least (she's already in the 49s), her presence allows DeHahn to move back to her natural events. Soccer star Tamara Holmes does a good job in both events, running 17.1 in the 100s and 50.2 in the 300s. Expect to see Jimenez in these events as well.

Jumps: DeHahn high jumped 5-6 as a soph, and has already done 5-4 this year, so she's a CIF threat. Michelle Richardson (4-10), Elizabeth Hildebrand (4-8) and Peterson (4-8) add depth. In the long jump, Peterson had a big jump last year (17-plus), but was usually in the 15s. TJers include Peterson, Holmes and Alexis Lucas, all in the 31s. Best vaulter is Jade Dutzmer (7-0 in early season).

Throws: Cobb was injured last year, but threw 117 as a soph. Her shot marks are around 32. Backups are Muriel Rivera in the shot (30-plus) and Richardson in the disc (98-plus).

Watch for: If some of the girls can recapture their soph skills (Fuller, DeHahn and Cobb), this could be a very good championship meet team. Davila looks like she'll be a big factor

in whatever she enters at the end of the year, and DeHahn has so much talent that you know she'll make an impact somewhere. If Fuller makes it all the way back, the Lancers will be in great shape. The long relay could be very quick. As a dual meet team, they've already edged Bonita, but Castle Park and Chula Vista are also tough.

Mar Vista

Head coach: Chuck Zepf.

BOYS:

Sprints/Relays: Mario Rivas is quick, but was injured last year. The Mariners also have a transfer from Imperial that is reputed to be quick.

Distance: Blake Swier, a junior, came on in cross country last year and will be much improved. Frankie Ortega should be an able backup.

Hurdles: Should be fine, with Ben Knight looking sharp in early season. Behind him are David Diaz and Ray Brown.

Jumps: Knight has 6-foot ability on high jump. In the long jump, Nate Frederick, Manuel Scribner and frosh Walter Olden should all approach 20 feet; in the triple, Scribner, Frederick and Diaz are all near 40 feet.

Throws: Jumper Frederick is already past 40-feet. Behind him are Jacob Reed and Alex Blanco, both of whom also throw the disc.

Watch for: Swier could be one to keep an eye on. This team always seems to come up with some top athletes, often unexpectedly, so be ready.

GIRLS:

Sprints/Relays: Zepf calls Marie Ramirez his "best athlete" on the girls team. She sprints, runs either relay, and can long jump. Zepf says he could use her almost anywhere. Frosh Nicole Burt is another candidate in the short sprints and short relay.

Distance: Jessica Drury, a senior, is new to track, but has talent. She is such a good all-around athlete that is also a thrower.

Hurdles: Amelia Ramirez, a senior, is also new to track. Zepf says she is improving quickly in her hurdle events.

Jumps: Burt will do the LJ and TJ.

Throws: Seems well-stocked. Drury and junior Cecilia Gonzales might be the best, with Gonzales throwing the shot around 32-feet. The depth includes Barbie Gotingco, Model Manuel and Shaena Parra.

Watch for: The many new athletes could contain a surprise or two.

Montgomery

Head coach: Ruben Ledesma.

BOYS:

Sprints/Relays: Wardell McNeal is a terrific sprinter and now he's joined on the sprint squad by twin brothers, Napoleon McNeal and Jeff McNeal.

All will run anywhere from 100 to 400, and will probably join forces on the relay teams. Marion Magallanes will run the 400 and long relay.

Distance: Best are Jose Simpson, Jesus Carrillo and Josh Pittsley. Simpson, the team's cross country ace, is already around 10:30 in the 3200.

Hurdles: Soph Tristan Beville will run these events; distance runner Pittsley also might give them a try.

Jumps: Hurdler Beville also high jumps (5-8), and Pittsley will vault. Holmes is already looking good in the LJ and TJ.

Throws: Henry Alipusan, Dallas Pardoe and soph Donald Watkins are all around 40-feet or better and in the 115-120 range or better in the disc. Alipusan (120+) is best in the platter; Pardoe (41+) is best in the shot.

Watch for: Some good things from the sprinters, especially Wardell. The school has put out some good speedsters in recent years.

GIRLS:

Sprints/Relays: Senior Lesley Valenzuela will run the 100/200; junior Aiyanna Coleman will also run sprints as well as other events. In the 400, Melissa Burgueno and Andrea Rivas are in the low 60s.

Distance: Cross country ace Rivas is probably best in the 1600, but can range from 800 to 3200. Rachel Pizarro (2:35) runs the 800, Monica Martinez runs the 1600, and Eva Burgueno runs the 3200.

Hurdles: Young prospects.

Jumps: Coleman high jumps 4-6; Tricia Martin is over 15 in the long jump, and Melissa Burgueno is in the 31-foot range in the triple jump.

Throws: The versatile Coleman is fine in the shot; the discus has about six candidates.

Watch for: The distance group might produce some decent marks, and some of the other athletes could also develop.

Southwest

Head coach: David Thompson.

Coach unavailable. Team preview will appear in a future issue.

Sweetwater

Head coach: Tim Latham.

BOYS:

Sprints/Relays: Dorn, soph Allen Thompson and Francisco Batiste give the Devils their usual complement of speedy sprinters. The short relay will be quality.

Distance: A good group, featuring Garcia, Vences, Paul Franco, soph Mark Dionela and Kwasi Ntiamoah. The Devils are probably a bit deeper in quality than most Metro rivals.

Hurdles: A strong event. Gutierrez is a state meet threat in the highs and 300s; Alvarez is one of the county's best number two runners. Marcel McHugh and Charles Cleveland will also run the 300s.

Jumps: Guthrie has 6-foot ability in high jump; and the Devils have a 12-foot vaulter in Fernando. As usual, their long and triple jumpers are deep and solid, with Dorn, Guthrie and soph Harvey.

Throws: Pickett and Gascon are both in the high 40s in the shot in early season, and Picketts is one of the top returning disc throwers in the county. Backup Driggs is in the 130s.

Watch for: This is one of the top

Please turn to page 6.

Metro Preview

From page 5.

teams in the county, well balanced, with no big holes, and some real top quality. Gutierrez, Pickett and maybe a triple jumper have solid chances to go to Sacramento.

GIRLS (Bob McCurdy):

Sprints/Relays: The best talents are probably soph Princess Mitchell and 400 runner Tenicia Major, a soph, who has run a relay leg of sub-61. Soph Erin Asay will run the 100 at times, but is often busy with other events.

Distance: Frosh Joanna Gallarzo might be the best Devil, and is backed up by Monica Bonilla and Kathy Medina.

Hurdles: Christina Sotelo is the best of the hurdlers.

Jumps: Best talent is soph vaulter Asay, who has 8-0 ability. Mitchell will long jump, and Asay and Major will both try the triple jump.

Throws: Suzy Brown is the best in the shot and disc. She's near 30 in the shot event.

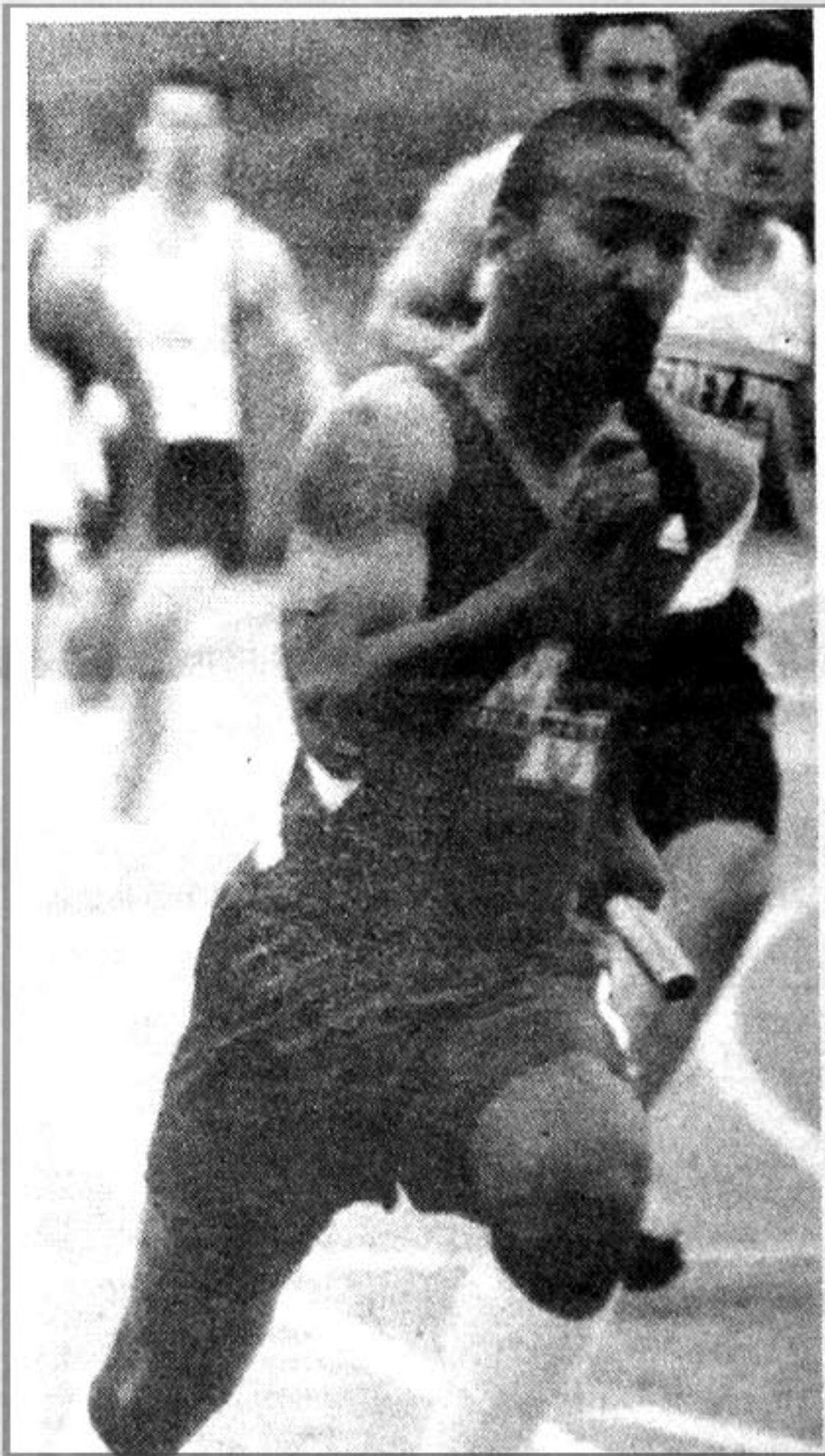
Watch for: The numbers are way up, but this is a young and very inexperienced group. By the end of the season, the coaching staff will have uncovered some nuggets. Some of the sprinter/jumpers could emerge.



DeCola Groce
Morse



Travis Jones
Mira Mesa



Ben Church
Mira Mesa

2:17.39	Katherine Ziegler, UC
2:18.66	Talisha Clophus, UC
2:26.13	Carly Votolato, UC
1600:	
5:05.27	Katherine Ziegler, UC
5:26.05	Carly Votolato, UC
5:30.79	Amonica Phipps, Morse
5:32.42	Roxanne Romo, SD
5:34.61	Chessa Adsit-Morris, UC
3200:	
11:48.62	Chessa Adsit-Morris, UC
12:11.61	Roxanne Romo, SD
12:13.0	Leslie Crews, UC
12:14.0	Rebecca McKeown, UC
100 Hurdles:	
16.92	Jasmine Schuler, PTL
16.93w	Marie Carter, MM
Hand-timed:	
16.3	Kanehsa Glover, SD
300 Low Hurdles:	
49.25	Jasmine Schuler, PTL
49.56	Roxann Belle, Morse
High Jump:	
5-2	Nicole Day, UC
5-2	Sonfre Roberson, Morse
5-0	Zita Dixon, PH
5-0	Tanisha Espy, UC
5-0	Amanda Clonts, PTL (1997)
Pole Vault:	
8-6	Elise Orlando, MM
8-0	Shani Brown, SD
Long Jump:	
16-3.75	Sonfre Roberson, Morse
16-2	Eureka Thompson, Morse
Triple Jump:	
None better than 33-6 return.	
Shot Put:	
38-3.5	Charidy Loeh, Morse
35-3.75	Amber Hood, Morse
332-3	Shante Daniel, Serra
Discus Throw:	
121-9	Charidy Loeh, Morse
116-2	Shante Daniel, Serra
110-3	Bianca Pegues, PTLoma

The teams: Patrick Henry

Head coach: Thom Hunt.

BOYS:

Sprints/Relays: Roberts, a soph, could be a gem. He's already a talent, and will be even more so as he develops. Team could put together a good long relay, with Jordan Adams, Paul Agnew, Eddie Epps and Roberts.

Distance: Top talent Mussa missed almost six months of training after a cross country injury, but could be back at end of year. Top cross country runner Mark Marshall is also coming off an injury. Young prospect Getachew Tsegaw has moved.

Hurdles: Epps, who has 52-speed in the 400, runs both events, is better in the 300s.

Jumps: Staton could be a future multi-event athlete. In a dual, he could be plugged into any of the jumps or throws, and he might be fast enough to make the short relay team. Adams is good in the long and triple jumps. Buggs will be out for the year with an injury. Marshall can vault 12-0.

Throws: The athletes are all new, and need time to develop.

Watch for: Continued improvement throughout the season by everybody. New coach Hunt, a direct link to the school's great past teams, is laying the groundwork, and some of the payoffs will come as soon as the end of the season. Roberts is a great prospect, and Staton is one of area's best in HJ.

GIRLS:

Sprints/Relays: Returner Washington is just slightly ahead of a group that is about six to eight deep, giving the Patriots great depth. Among the best are Tara Lokanc, Kelly Yearwood and Delinda Tomagni, with some other young runners right behind them.

Distance: Cassandra Liss runs the 800/1600 and Angie Fitzpatrick is the 3200 ace. Both were top runners for the team in cross country.

Hurdles: Tamagni and Yearwood can both run each event, with Tamagni better in the 300s and Yearwood having the edge in the 100s.

Jumps: Dixon is one of the top returners in the county. Cherese Brown (15-plus, 31-6) and Kelly

Please turn to page 7.

Eastern Preview:

The top athletes...

(Most marks are from last year, but marks from this season are also included)

BOYS:

100:	
10.72	Steve Hayes, UC
10.73	Lamont Long, UC
10.76	Yanta Morrow, Serra
10.86	Maurice Douglas, SD
11.03	Phillip Sanders, Morse
11.19	Chauncey Smith, UC
11.20	Mike Roberts, PH
11.34w	Roy Gaines, Morse

Hand-timed:	
10.8	Antwane Collier, SD
11.0	Ernesto Jordan, UC
11.1	Michael Johnson, Serra
11.1	Jair Brown, MM
11.1	Brandon Jones, MM

200:	
21.45	Steve Hayes, UC
21.72	Maurice Douglas, SD
21.99	Yanta Morrow, Serra
22.24	Lamont Long, UC
22.25	Phillip Sanders, Morse
22.43w	Jay Hackett, Morse

Hand-timed:	
22.7	Antwane Collier, SD
400:	
47.69	Maurice Douglas, SD
49.08	Steve Hayes, UC
49.82	Jay Hackett, Morse
50.76	Michael Thayer, PTL
51.48	Jason McKlevey, SD
51.5	Jamal Briggs, MM
52.2	Yanta Morrow, Serra
52.3	Dustin Johnson, SD

800:	
1:56.44	Marcus Chandler, Serra
1:58.06	Maurice Douglas, SD
1:59.x	Jon O'Connor, UC
2:01.17	Mohammed Mussa, PH
2:01.23	Jason McKlevey, SD
2:02.30	Jeff McKnight, PTL
2:02.73	Staley Morgan, UC

1600:	
4:15.77	Marcus Chandler, Serra
4:29.42	Jon O'Connor, UC
4:30.84	Mohammed Mussa, PH
4:32.3	Thomas Jodoin, MM
4:35.4	Alex Cocina, SD

3200:	
9:22.91	Marcus Chandler, Serra
9:52.15	Alex Cocina, SD
10:03.0	Thomas Jodoin, MM
10:07.0	Matt Patino, MM

110 High Hurdles:

14.85	Tony Golston, PTL
15.20w	Ben Church, MM

15.60w	Jarred Stites, MM
15.81	Jeff Shoate, Serra
16.14w	Josh Lipscomb, MM

300 Intermediate Hurdles:	
38.93	Tony Golston, PTL
41.2	Jeff Orlando, MM
41.60	Jeff Shoate, Serra
41.78	Jarred Stites, MM
42.8	Ben Church, MM

High Jump:	
6-4	Lenchow Griffith, MM
6-4	Tony Golston, PTL
6-2	Chris Staton, PH
6-0	Isaac Sims, UC
6-0	James Holley, UC

Pole Vault:	
12-6	Gary Williams, Serra
Long Jump:	
21-8.5	Marcus Wooden, Morse
21-6	Ben Church, MM
21-4.5	Seth Andrews, Morse
21-3.75	Thomas Mooltry, Morse
21-0	Jordan Adams, PH
20-11	Lenchow Griffith, MM
20-6	Jon Reynolds, Serra
20-4	Aaron Jones, SD
20-3.5	Michael Thayer, PTL

Triple Jump:	
44-2.75	Seth Andrews, Morse
43-8	Jon Reynolds, Serra
43-8	Thomas Mooltry, Morse
43-0	Adam Herrod, Serra
42-7.75	Josh Lipscomb, MM

41-2	Dustin Johnson, SD
41-0.5	Rashaan Green, Serra
Injured:	
42-11	Detroit Buggs, PH
Shot Put:	
52-5	Travis Jones, MM
48-3	Tyrone Brown, Morse
47-2	Chris Sadler, UC
46-7	Rashaan Durr, UC

Discus Throw:	
171-4	Travis Jones, MM
165-9	Mike Armstrong, UC
140-9	Tyrone Brown, Morse
140-1	Bernard Lofton, Serra

GIRLS:

100:	
11.95	Monique Henderson, Morse
12.20	DeCola Groce, Morse
12.90	Monica Clifton, MM
12.91	Aja Dotson, Morse
13.19w	Sonfre Roberson, Morse

Hand-timed:	
12.8	Kaneesha Washington, PH
200:	
24.15	Monique Henderson, Morse
25.69	Starla Henderson, Morse
26.30	DeCola Groce, Morse
26.61	Talisha Clophus, UC
26.76	Monica Clifton, MM

Hand-timed:	
26.7	Tamikia James, SD
400:	
52.93	Monique Henderson, Morse
56.67	Starla Henderson, Morse
60.42	Ashley Cunningham, PTL
60.90	Talisha Clophus, UC
61.56	LaSheena Rice, SD
62.0	Katherine Ziegler, UC

Eastern Preview

From page 6.

Hewitt (30-10) handle the LJ and TJ. The vaulters are new.

Throws: All new prospects, and some promise. Four are in the 27-28-foot range in the shot, and one is closing in on 100 feet in the disc.

Watch for: Hunt to get things in gear at this school. The sprint depth will eventually translate into strength in a number of events.

Mira Mesa

Head coach: Dennis Lottermoser.

BOYS:

Sprints/Relays: Jair Brown, a soph, and Brandon Jones, a senior, are 11.1 talents. Briggs, a junior, is good in the 400. The relay teams are bolstered with legs from the team's talented hurdlers. Eric Chanson adds depth; half-miler David Madsen can help in the 400.

Distance: The cross country team came on strong late in the season, and Jodoin, Matt Patino and Madsen seem to have begun the track season in great shape.

Hurdles: Very, very strong, with Church, Stites, Lipscomb and Orlando. Chanson runs 16.6 and 43.0, and can't break into the lineup.

Jumps: Griffith jumped 6-5 as a soph, will be among the county's best after Gatewood. Church, Griffith and Lipscomb all are fine in the horizontal jumps. The vaulters are new, but there isn't much depth in that event in the East.

Throws: Jones is a great young thrower. In the disc, only Brent Noon, Danny Ames and Mark Malone had better soph marks than Jones, with Noon the best-ever local soph at 177-4.

Watch for: This team might be the best in the competitive Eastern League, and they are definitely one of the top teams in the area. Look for good things from Jones, Griffith and the hurdlers, among others.

GIRLS:

Sprints/Relays: Clifton and Casinio are decent, but the talent runs very deep in this league.

Distance: Soph Dori McGuire was third in the league's cross country championships. Frosh Kelly Jodoin was also in the loop's top ten. Depth will be provided by Christin Lee, Jackie Keefe and Carale Kubow.

Hurdles: Marie Carter, Pam Dang and vaulter Orlando are all capable.

Jumps: Orlando and Nowinski handle the vault, and Nicole Cronauer and Sarah Hawkinson both do the TJ/HJ combo. Soph Beckie Monroy, a gymnast, has potential in vault, will also try hurdles and relays.

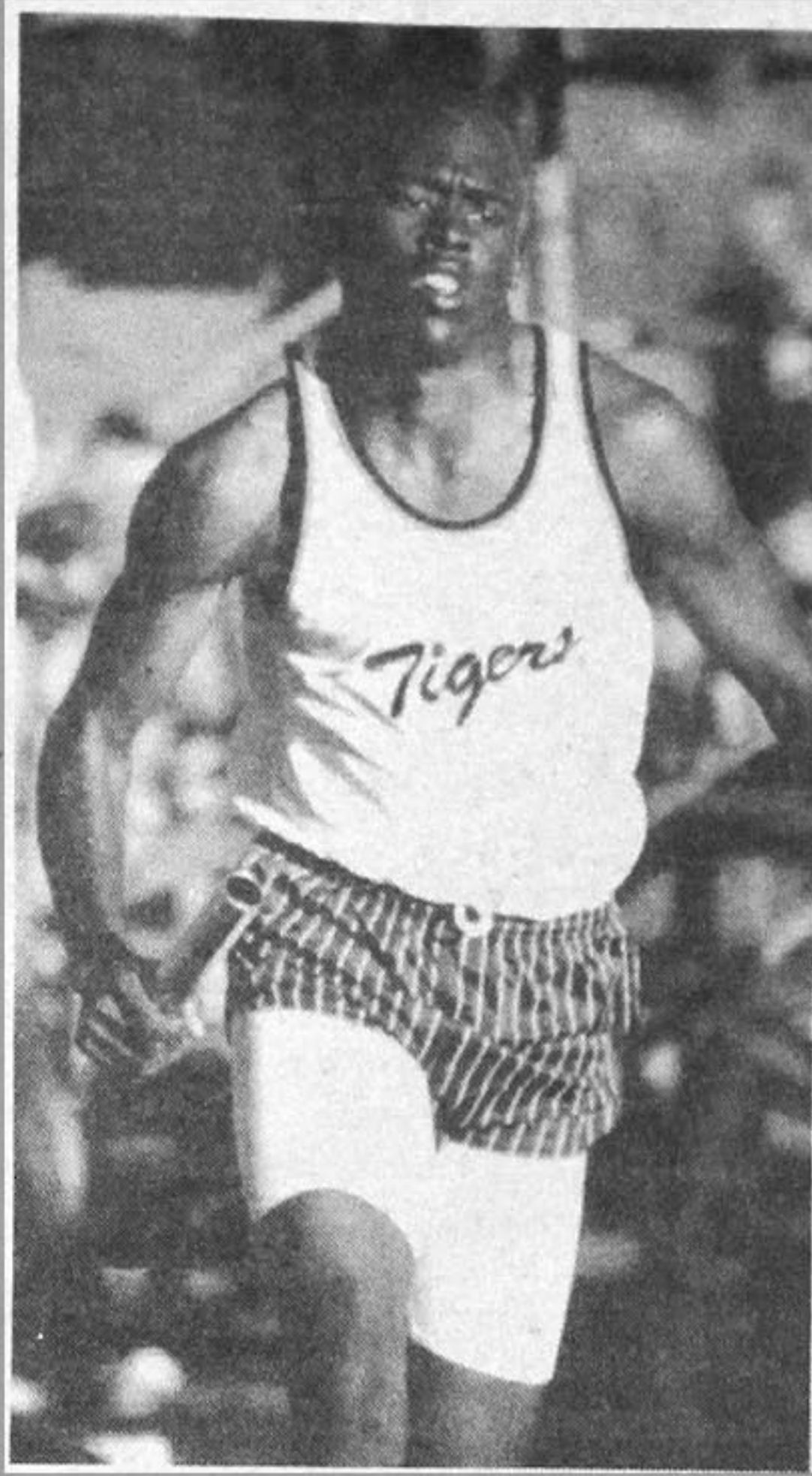
Throws: Karina Leyva, who did 37-0 and 112-9 as a soph, moved to Temecula, and backup Jackie Tate is now at Hoover. Frosh Heather Grant is the best prospect; she's in 27 and 80 range.

Watch for: It's a respectable team with no real holes. There's no standout, but one or more could emerge.

Morse

BOYS (Mike Klepper):

Sprints/Relays: Ike Okenwa (10.46 and 20.97) is gone, but talent remains. Hackett could be in 48s at the end of the year, and Sanders is developing into a fine sprinter. Senior Roy Gaines is new to track but, "will be a surprise," according to Klepper. "He can go." Junior Roger Mathis,



Jay Hackett
Morse

soph Andrews Follins and frosh Ramal Warsinger are the next wave. Relay teams will still be well up there.

Distance: Best in early season has been junior Jesus Barrueta.

Hurdles: Junior Darion Williamson is new to track, but shows promise in both hurdles.

Jumps: Mootry and Andrews are the best returners, but there is other talent, including frosh Eric Rogers and Marcus Wooden, who was close to 22-feet at Sweetwater. Marvan Clemons is a 12-0 vaulter.

Throws: Brown is improving in the disc, might be at 150 later. Backup in both throws is Ben Cruz, who is in mid-40s in shot, at 112 in disc.

Watch for: Fine marks in the sprints, jumps and relays, although many of the names may not be familiar. Rebuilding at Morse always starts at a pretty high level.

GIRLS (Gary MacDonald):

Sprints/Relays: Primo. Monique Henderson began her high school career as one of the very best in the nation, and there is some very good talent to back her up, including sister Starla, Groce, Dotson and Roberson. If everybody stays healthy, the relay teams will be the best ever from this area.

Distance: Phipps could develop into one of the best ever at the school in her events, and she can also help in the HJ (4-10) and the relay (59 split).

Hurdles: Belle and Jeneal Ricks are fine in these events.

Jumps: Roberson, Thompson, and sprinter Dotson spread their talents over the HJ, LJ and TJ. Miler Phipps is Roberson's backup in the HJ.

Throws: Loeh and Hood are among the best in the county in shot; Loeh is also up there in disc.

Watch for: Health to be the key to the relay teams. The top runners are so good that they are hard to replace. Monique will do some amazing things, and the team as a whole is one of the county's very best, with good balance.

Point Loma

Head coach: Shannon Anderson.

BOYS:

Sprints/Relays: Eric Thomas is decent (11.2, 23.6 early, on dirt) in the short races, and Thayer is a very good long sprinter. Hurdler Golston can help in relays, although he's got a full quota of other events.

Distance: Senior Tom Antl (4:31) is not competing. Junior Jeff McKnight will run the 800/1600 and soph Joe Robinett is the team's best at 3200.



Maurice Douglas
San Diego



Natalie Parks
Point Loma

Soph Aaron Markland ran 2:05 as a frosh.

Hurdles: Golston is one of county's very best in both hurdles. His soph high hurdle mark of 14.85 compares well to county record holder Reggie DePass, who ran 14.77 as a 10th-grader.

Jumps: Golston has great talent in HJ and LJ also, will be among area's best. Thayer has 20-plus ability in LJ. The Pointers have reinsituted the vault after years of inactivity. The best in that event are Adrian Ruark and Brian Ruark.

Throws: Robert Smith is the best prospect, and is around 40 feet in the shot and 110 in the disc.

Watch for: Golston to amaze, as long as he doesn't spread himself too thin. Also keep an eye on Thayer and the young distance team.

GIRLS:

Sprints/Relays: Soph Cunningham is the team's best, but there is depth that includes Nicole Forbes, Brittney Givens, Ashley Peck and Melissa Russell.

Distance: The Pointers took the league title in cross country, so there's talent here, including Sandra Wetterer, Natalie Parks, Peeper Gilmore, Stacy Antonel, Robyn McKeen and Natasha Sweatte. All can run from 800 to 3200.

Hurdles: Schuler is the best in the league in both events. Her backups are new to the sport.

Jumps: Soph Beth Vieira is a prospect in the vault, and will also try the other jumps and 300 hurdles. Amanda Clonts goes 5-0 in HJ, also LJs and TJs. Hurdler Schuler adds depth in horizontal jumps.

Throws: Pegues is fine in the disc, also does shot. Her backup is soph Jessica Thompson, who is at 29 foot in shot and around 90 in disc.

Watch for: Distance depth to be the team's strong point. Schuler, Pegues and Cunningham all will make their mark(s).

San Diego

Head coach: Paul Locher.

BOYS:

Sprints/Relays: Douglas is one of state's best in 400; can run quality races from 100 to 800. Collier will usually be the team's 100 entrant; depth will come from Randy Evans and Andres Rodriguez, both with 11.2 ability. Good depth in 400 includes Johnson, McKlevey and Kettrell Perry.

Distance: Cocina is team's latest distance ace. Soph Christian Dominguez is next in line.

Hurdles: Johnson, a junior, will put speed to use in these events, could develop well in 300s.

Jumps: Jones has 20/40 ability in LJ and TJ. Johnson will do the HJ and TJ. The vaulters are new. Randy Martin (44-11.5 in TJ last year), is at Hoover.

Throws: It's a new group, headed by Rodrekus Wright, who is in mid-40s in shot and around 120 in disc.

Watch for: Douglas could threaten Lydell Burston's area record of 46.85 in the 400. He could also be in the thick of things at the state level. Long relay team could be a CIF contender.

GIRLS:

Sprints/Relays: James is fastest at short distances, but soph Rice is coming on in the 400. Depth comes from sophs Sheena Graham and Jessica Mercado.

Distance: Romo was the league's runnerup in the cross country finals, and will be the team's best in 1600/3200.

Hurdles: The versatile Glover can run both hurdles well. Sonia Fields and Qwenice Jackson add depth.

Jumps: Glover has 30-plus ability in TJ, and Jackson does HJ (4-10), LJ (14-+) and TJ (around 30). Shani Brown is already at 8-0 in the vault.

Throws: Best is Beatriz Serralde, who is at 30-foot, 90-foot level in early season.

Watch for: Sprint depth could produce some fine times and good relay outfits.

Serra

BOYS (Jim Richards):

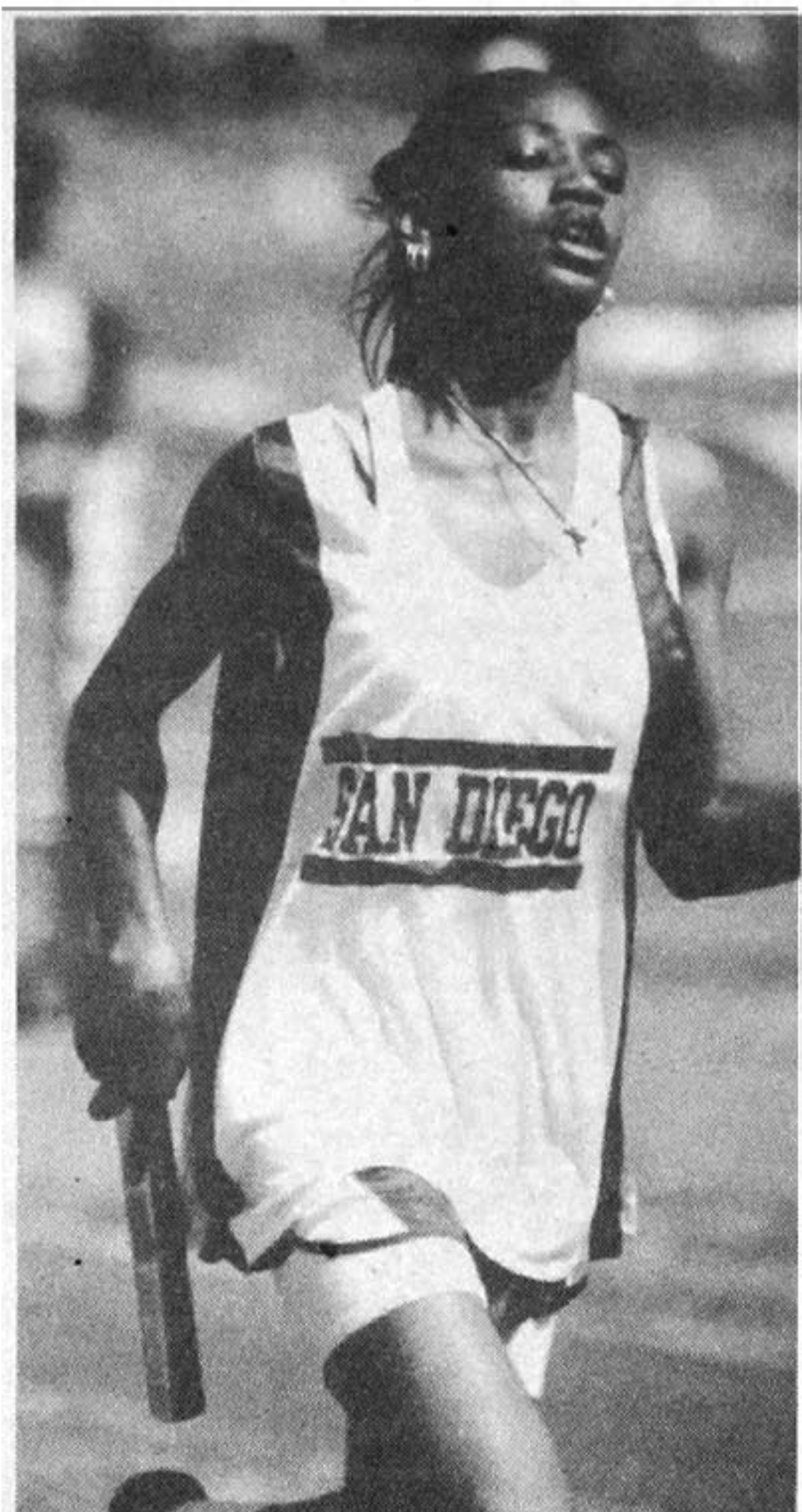
Sprints/Relays: Morrow had a quad strain at season's start, but there was plenty of depth with Michael Johnson (11.1), a junior transfer from Virginia, and frosh Fiat Johnson. Short relay should be sharp.

Distance: Chandler is one of the best in the state. He'll double locally, possibly concentrate on 1600 at state level. Cross country find Terence Hagans will add depth in 1600/3200; Nathan DePlachette returns in 800 after missing a year with a collapsed lung and could threaten 2:00. Marice Chandler is not on the team.

Hurdles: Shoate came in late after basketball team went deep into playoffs, but looked sharp in first action at Sweetwater Relays. Depth comes from John Cosca and Reggie Williams.

Jumps: Lots of potential, although there are some question marks. Triple jumper Reynolds jumped 44-10 in an

Please turn to page 8.



TaSheena Rice
San Diego



Jeff Shoate
Serra

Eastern Preview

From page 7.

off-season all comers meet but was ineligible as the season started. The event is deep, with Herrod, Rashaan Green (42 ability) and Dave Van Warren (41-42 ability). James Profit has great ability in HJ; and vaulter Williams jumped 13-7 in Indiana last year.

Throws: Lofton was a solid disc thrower last year, also threw shot around 45. Depth comes from Owen Ah Mu, who is in low 40s and 120s.

Watch for: Chandler to be a state contender in either 1600 or 3200. Shoate, Morrow and some of the jumpers all could make waves.

GIRLS (Pat Trotter):

Sprints/Relays: There's about six to eight decent talents, enough for a pair of pretty good relay teams. Starting to emerge from the pack are Brandy Brown and soph Janel King. Amy Montgomery is a frosh find in the 400.

Distance: Kijrsten Bevins was the team's best runner in cross country, and does a good job in track as well. Soph Dashea Leija has run an early-season 2:35 in the 800, and looks promising.

Hurdles: Martina Allen, a junior, is also a decent sprinter. She's backed up by Erin Gay and Julia Fornaca.

Jumps: Young prospects in many of the events. Crystal Chinn and all-around athlete Jessica Turner are the team's best in the triple jump.

Throws: Daniel is one of the county's best in the disc, also decent in the shot. The versatile Turner, who can also run relay legs, throws 32 in the shot and 110 in the disc.

Watch for: Daniel to continue her good form in the disc, and some of the other young talent to develop. Serra is one school that puts some of their more talented athletes into the hurdles, so one of those runners might bear watching.

University City

Head coach: John Hutsel.

BOYS:

Sprints/Relays: The tradition of great speed continues. Two members of last year's section record-setting 4x100 team return, and the team has already run 41.77 in early season. Hayes is on track to be one of this section's best ever in the 200; Long is the better of the two over 100 meters. And now, there's frosh Chauncey Smith, who ran in the 22s for 200 as an eighth-grader. For depth, there's Anthony Lewis, Ernesto Jordan and Jesse Smith. The short relay will be explosive.

Distance: O'Connor had a strong cross country season, and has already run some good early season times. There's decent depth, too.

Hurdles: Best are Miguel Szabo (high 16s in highs; 42-range in 300s); and Justin Noraseng (low 16s and 43s).

Jumps: Noraseng has 42-43 TJ ability; Jon Osborne and Isaac Sims are both just below 6-feet in HJ. The vaulters are at 11-foot level; the long jumpers are around 20 feet.

Throws: Armstrong is one of best in area in disc; also throws shot in mid-40s. Sadler can toss disc around 125. Rashaan Durr throws shot in mid-40s.

Watch for: Sprinters to be the standouts, and the short relay team to be one of the best in the state. Armstrong and O'Connor also bear watching.

GIRLS:

Sprints/Relays: Raimisi Randle is the best of a group of five. Most are young and new to the sport; short relay could be decent.

Distance: The strength of the girls team. Ziegler and Clophus are both under 2:20 in the 800, and Ziegler is close to 5:00 in the 1600. Both can run very decent 400s, and Clophus can even drop down to the sprints if needed. There's great depth with Voto-ato, McKeown, Crews, Cohen and Chessa Adsit-Morris. At the least, there should be some great relay combinations. They don't compete locally that often, so it can be hard to get a read on how they match up with the area's best.

Hurdles: Mhairi Whitten is the team's best. Vaulter Bernstein backs her up.

Jumps: Tia Gray jumped 15 as a frosh, didn't compete last year. Melissa Lorang is a 32+ triple jumper. Day is one of area's best in high jump; Bernstein vaults as well as anybody in league.

Throws: It's a young group, hitting 28-feet and around 80-feet in early season.

Watch for: Great things from the distance group, individually and in relays.

Harbor Preview:

The top returners...

BOYS:

	100:
11.07	Mark Tate, Hoover
11.08	Larry Miles, Crow
Hand time:	
10.7	Larry Miles, Crow
	200:
22.22	Larry Miles, Crow
22.34	Mark Tate, Hoover
Hand-timed:	
21.9	Larry Miles, Crow
	400:
51.1	Mark Tate, Hoover
51.6	Boris McDaniels, Lincoln
51.71	David Silva, Crow
52.42	Jesse Adam, Coronado
52.44	Raymond Hughes, Lincoln
	800:
2:01.96	Paul Whitford, Coronado
	1600:
None better than 4:35 return.	
	3200:
None better than 10:10 return.	
	110 High Hurdles:
15.98w	Brett Simmons, Coronado
	300 Intermediate Hurdles:
40.61	Brett Simmons, Coronado
	High Jump:
6-1	Carl LaGrone, Lincoln
	Pole Vault:
12-0	Mario Watts, Coronado
12-0	Jean-Paul Panis, Coronado
	Long Jump:
21-2.5	McKinley Jean-Gillis, Hoover
20-9	Alton Gilbert, Lincoln
20-4	Mark Tate, Hoover
	Triple Jump:
46-6	McKinley Jean-Gillis, Hoover
44-11.5	Randy Martin, Hoover
42-8.5	John Koumalassay, Claire
42-3.5	Carl LaGrone, Lincoln
	Shot Put:
None better than 45-0 return.	
	Discus Throw:
None better than 132-0 return.	

GIRLS:

	100:
12.51	Cora Estridge, Lincoln
13.20	Arnetta Williams, Lincoln
Hand-timed:	
12.4	Crystal Hinton, Lincoln
12.8	Samantha Piper, Coronado
12.9	Michelle Knight, Lincoln
	200:
26.05	Cora Estridge, Lincoln
26.13	Arnetta Williams, Lincoln
26.13	Samantha Piper, Coronado
	400:
57.55	Samantha Piper, Coronado
	800:
2:14.13	Samantha Piper, Coronado
	1600:
None better than 5:33 return.	
	3200:
None better than 12:14 return.	
	100 Hurdles:
16.56	Bethany McDowell, Lincoln
	300 Low Hurdles:
47.92	Bethany McDowell, Lincoln
	High Jump:
None better than 5-0 return.	
	Pole Vault:
None better than 8-0 return.	
	Long Jump:
None better than 15-8 return.	
	Triple Jump:
37-7.25	Arnetta Williams, Lincoln
	Shot Put:
41-8.5	Candace Hill, Hoover
33-5	Lacey Williams, Lincoln
	Discus Throw:
121-9	Lacey Williams, Lincoln
115-4	Candace Hill, Hoover

The teams: Clairemont

Head coach: Manny Diaz.

BOYS:

Sprints/Relays: The best is probably George Padilla in the 400, who runs in the low 53s. He also high jumps.

Distance: Best on the cross country team was Nelson Rivas, who was the league's runner-up in the championship meet. He's best at the 3200.

Hurdles: Tien Nguyen brings experience to both events, is slightly better in the highs.

Jumps: Koumalassay, a junior, is one of the county's best in the triple jump, also does the HJ and will probably be past 20-feet in the long jump. 400 runner Diaz high jumps 5-10.

Throws: Best is Udorn Chanthalangsy who is around 40-feet in the shot.

Watch for: Koumalassay to be one

of the county's best in the triple jump. Normal progression could put him in the hunt for a state meet berth.

GIRLS:

Sprints/Relays: Best is soph Asha Wheeler.

Distance: Cross country aces Jen Wirkus and Rebecca Garcia pace the distance team. Wirkus has more leg speed, and will run the 800/1600.

Hurdles: Young prospects.

Jumps: Best high jumper is Kristi Kuehner. Congchai Keomany triple jumps in the 30-foot range.

Throws: Young prospects.

Watch for: There's a lot of youngsters, so talent could develop.

Coronado

Head coach: George Green.

BOYS:

Sprints/Relays: Adam can run from 100 to 400, and distance runner Paul Whitford can drop to 400 at times. Other candidates are Felipe Hernandez, Neal Clements and Kerri Ferdinand.

Distance: Whitford's basic speed will make him a solid 800 runner, probably threatening 2:00 this year. He can also range up to 3200 if needed.

Hurdles: Simmons moved into the district from Granite Hills, and is solid in the highs and excellent in the 300s. He'll also help on the relay teams.

Sprinter Hernandez adds depth here.

Jumps: The Islanders have a pair of vaulters with 12+ ability - Jean-Paul Panis and Mario Watts. Tommy Plumb adds experienced depth. Other jumps will be handled by sprinters Clements and Ferdinand.

Throws: The prospects are new, but numerous.

Watch for: Whitford should be one of the league's best in the 800, and the Islander vaulters should also do well at the league level. Hurdler Simmons could do well at the county level, and will be a contender in the 300s.

GIRLS:

Sprints/Relays: Fastest girl on the team is Piper, who can run quality sprints if needed, but who will undoubtedly concentrate on the 800 at the end of the year. There's a good number of decent 400 types, including Kiley Dunlap, Kathleen Taylor, Jennifer Robbins, Jena Bower and Rachel Loerch. Add Piper, who could run sub-57, and the long relay will be very, very good.

Distance: Piper was the county's fastest at 800 last year, although it was only by a narrow margin over two rivals who both return. Last year was her first year running at that level, and the experience should be of benefit. Any improvement of her PR takes her into national rankings. In longer events, Barbra Chakos, Kelly Charboneau and Sara Morton swept the league in both the 1600 and 3200 last year. Now add frosh Kristina Nugent, a transfer from Valhalla.

Hurdles: Soph Lani Kuhlrow, a transfer from Florida, will try these events. Loerch could also compete.

Jumps: Loerch has all-around ability, could be in the high jump, pole vault and long jump at times.

Throws: Returning are Kristen Axelrod, Valerie Anson, Katy Delagrave and Jianyne Figueroa. Frosh Michele Singleton was a nationally-ranked age group discus thrower last year.

Watch for: Piper. She's been training well, and she should be able to continue last year's success in 800. The long relay could be fast, and a number of the other athletes will do well, especially at the league level.

Crawford

BOYS (Tom Staninger):

Sprints/Relays: Miles has legit speed at 100/200, and could work

Please turn to page 9.

Harbor Preview

From page 8.

nto being as good in 400 by end of year (he's a junior). Backups in the 100 are Phillip Lucas and Haimu Phillips. Silva is good in the 400. Both relays will be quick, but the 4x400 outfit probably has the most potential. The Colts always seem to come with a very good long relay at year's end (3:23 last year).

Distance: Best is soph Mohamed Elmi, who is in the 4:40s in the 1600.

Hurdles: Moeuth Heng is the team's best hurdler.

Jumps: Watch for Heng in the jumps, where is getting close to 20-feet in the long jump.

Throws: Jabara Brown, a junior, is the best thrower. He's at the 42-foot level in the shot, and just under 130 in the disc.

Watch for: It's a relatively small team, and mostly young, but Miles will continue to develop as one of the county's best sprinters, and the long relay team could be excellent.

GIRLS (Art Anderson):

Sprints/Relays: Soph Latoya Davis is the team's best athlete. A good high jumper, she also sprints 13.0 and 27.2. In the 400, Jock Nuboani can run in the 62s.

Distance: The prospects are new.

Hurdles: Young prospects at this point.

Jumps: No returning experience.

Throws: Amber Allen is at the 32-foot mark in the shot, also throws the disc.

Watch for: Continued development by a very young squad. The Colts almost always have some talent somewhere, so someone could pop up.

Hoover

BOYS (Willie Matson):

Sprints/Relays: Tate, a junior, is already one of the best in the county. He could be extending his range up to 400 meters this year. Soph Jamal Tate, his brother, will run the 100/200. Depth will come from jumper Martin in the 100, and frosh Thomas Jones in the 400. The short relay could be very decent, with legs from sophs Terrell Williams and Will Scott.

Distance: It's a young group. Best might be frosh Mukhtar Abdulle.

Hurdles: Charles Bailey has ability to run 15.9/16.0 in highs, also runs 300s.

Jumps: Jean-Gillis went to state in triple jump last year, is also decent enough in long jump. Frosh Tyree Baxter has ability to LJ/TJ in 20/40 range. Martin transferred from San Diego, where he was right at 45 in the triple, but begins the season on the ineligible list. Hudler Bailey also vaults.

Throws: There's about four athletes in the 40 range in the shot, including Arthur Taylor (at 43-feet) and Steve Franklin. The versatile Bailey can get the disc out to 130 feet.

Watch for: Tate and Jean-Gillis will do very well at the county level, although Tate will find it tougher to advance past the Masters. If Martin works out his problems, he is also a county contender.

GIRLS (Mary McCarthy):

Sprints/Relays: Angela Tate, new to the team, can sprint as well as throw. Frosh Felisha Myers will sprint and also perform jumps. Soph Arkisha Iverson will be part of the relay quartets.

Distance: Young prospects.

Hurdles: Young prospects.



Larry Miles Crawford

Jumps: Look for Iverson and Myers in both the LJ and TJ.

Throws: Hill, still just a junior, leads the county with her 41-8 (no one else is over 40 feet). She is a big meet performer, winning the shot in the Masters Meet last year against a number of favored competitors. Her event coach, Dick Wells, is one of the area's best. Tate also shows promise in both throws.

Watch for: Hill to develop into this county's best shot thrower in recent years. She has the potential to finish her career well up in the county's top ten all-time (in fact, she is less than seven inches away from cracking the top ten).

Lincoln

BOYS (Roy Reed):

Sprints/Relays: Team's best talent might be in 400, where soph McDaniels and senior Hughes look good. Best short sprinters might be freshmen Clarence Cannon and Cory Jones. The relay teams are young (the 4x100 team could have two frosh and soph), but should be decent.

Distance: Best among the distance candidates is Tommy Gorman, a senior, who's run 2:04.

Hurdles: Adrian Granderson, a frosh, and junior Michael Coney will run these events.

Jumps: The high jump looks solid with LaGrone returning. Jovan Felton also may have 6-foot potential. Soph Alton Gilbert is already threatening 21-feet in long jump, and LaGrone is capable in the triple jump. All three will get a chance to help in the sprint relays.

Throws: Reed has a crop of first year throwers, including junior Stephen Allison and senior Abe Santiago. Both are in the low 40s in the shot but could develop.

Watch for: LaGrone to have a good senior year. Some of the young talent will make an impact this year, including McDaniels, Gilbert and a few of the others.

GIRLS (Tony Jackson):

Sprints/Relays: Freshman Crystal Hinton is the latest frosh talent, already running 12.4. She'll join forces later in the season with Estridge, Williams and hurdler McDowell to form a very quick short relay team. Frosh Deitra Manley also could be part of that group.

Distance: Unika Smith, a 62 talent in the 400, may move up to 800 this year.

Hurdles: McDowell is dominant in the league and is one of the best in the county in both events. She also helps in the relays. "She's gotten better and better every year," Jackson said.



Bethany McDowell, Crystal Hinton Lincoln

Senior Patrice Thompson, part of the 4x400 relay squad, will also hurdle.

Jumps: Williams is one of the county's best in the triple jump, but the team seems thin in the other jumps in early season. One of the sprinters might move into these events.

Throws: Williams injured a knee, but is almost healthy enough to get back into action. She's already throwing the disc over 100 feet from a stand. Veronica Harper (33-4 in the shot last year) has moved to Ohio.

Watch for: Arnetta Williams to make an impact at the county level in the triple jump, and Lacey Williams to be a county contender in the disc. McDowell will be a factor at CIF in the hurdles, and the short relay team will definitely be one of the fastest quartets around town, possibly only trailing Morse's great team.

Marian Catholic

Coach unavailable. Team preview will be included in a future issue.

Palomar Preview

(The Palomar League preview is continued from the last issue.)

Mt. Carmel

Head coach: Gretchen Kaechele.

BOYS:

Sprints/Relays: Bill Diller has been the fastest in early season. He's backed by Brian Lonestar in the 100/200. Bryan Davis will run the 400.

Distance: The Sundevils cross country team was one of the county's best last year, so the candidates are plentiful and talented. Senior Greg Ryan ran 4:35 and 2:02 as a soph, might be ready to drop those times greatly. Juniors Chris Kenyon, Sergio Esquivel, Mike Klepper, Mike Zahalan, Mike Cooke and frosh Alan Aradanas all have ability. New to distance is soph John Bentley, who's shown potential.

Hurdles: Senior Brian Manley (42.1) has paced the team in early meets.

Soph Sean MacManus is right behind him in the 110s.

Jumps: John Jeter, who vaulted 13-2 as a soph last year, has opened the year at 13-6, and there's a 13-foot jumper (Travis Offner) right behind him. Offner also high jumps 6-0.

Throws: Tyler Moazed (139-7) and Mike Juco (132-5 last year) return. Both also throw the shot.

Watch for: Jeter to continue to emerge as a top vaulter. The distance group will produce at least a few standouts, and there is balanced ability in most events.

GIRLS:

Sprints/Relays: Amber Carrington, last year's Palo champ, began the year with an injury, but ran a 12.3 in a dual meet, so she's fine. Jessica Walker (12.8, 26.6 last year) is also good. New candidates are Jackie Johnson, a soph, and frosh Charissa Goodwin. Melinda Mori (26.5, 60.88) is not returning.

Distance: The cross country team was one of the best in the state. Junior Karen Vasko, the ace of that team, ran 5:12, 2:28 and 11:34 last year. Other XC standouts were sophs Janet Mulvey (11:49), Manal Yamout (12:10) and Ashlee Dere (12:12). All should continue to improve. Also, there's Audrey Harrer, a standout in cross but new to track, freshman Jill Steele (2:32), soph Danielle Birdsell (2:31), Kim Nessel and frosh Deanna Sick. Distance coach Dennis McClanahan is considering entering two teams in the 4x1600 at Mt. SAC this year.

Hurdles: Sherry Randolph was one of the county's best as a frosh (16.7 and 48.7 last year, but 45.66 in '97), but has been injured. She's started to train recently and coaches are hoping she can return to form. Behind her are young prospects.

Jumps: Sheila Greene is the best high jumper. The long and triple jumps are very thin. Vault coach McClanahan has Charissa Cabrera (9-6 last year), Maria Hilario (8-0 last year) and Amy Spear (8-6 this year) returning.

Throws: Candace Doung, a soph, is at 35-10 in the shot, also throws disc.

Watch for: Carrington is a genuine flash, and there seems to be enough depth behind her to provide for some hot relays. The distance team is extremely deep and very talented, and they'll produce some excellent results. If Randolph can get to frosh form, she'll be a factor at CIF.

Avocado Preview:

(The Avocado League preview is continued from the last issue.)

La Costa Canyon

Head Coach: Steve Scott.

BOYS:

Sprints/Relays: Best is Danny Lanz, who already has run 11.0. James Mejia is behind him.

Distance: The distance group is mostly all freshmen and sophomores, but they could develop. Scott is impressed with the natural ability of junior Kellen Gilmore, a soccer player with no running background. Watch for him in the 800.

Hurdles: Graham Orme runs the highs, and Mark Bellisario runs the 300s. Also watch for Mejia in these events.

Jumps: Eddie Miguel is the team's best vaulter in early season. Joe

Please turn to page 10.

Avocado Preview

From page 9.

Kleefisch will long jump and Yoshi Banks will triple jump.

Throws: Best throwers are Mark Florez in the shot and Zack Lavotch in the disc.

Watch for: It's a very young team. Most will need time to develop, but the school's talent pool is deep, so a few might be ready later this year.

GIRLS:

Sprints/Relays: Well stocked. All members of last year's 4:04 relay team are back, and Tsu is one of the league's best in the dashes. Skaalen and Kakadelis run the 400 well. Depth will come from Anderson in the 200, Sarah Goetz in the 100, and Sarah Precht.

Distance: Soule, a triathlete, was impressive in the 1600 last year, and should continue to develop. Her background gives her a "lot of endurance," according to Scott.

Andrea Meyers is a transfer from Reno who is reputed to be a fast 800 runner.

Hurdles: Shannon Quigley runs both events, and is developing quickly.

Jumps: Erwin returns in the vault. Erin Curry will compete in the high, long and triple jumps.

Throws: Cathy Schmitt returns to track this year. Two years ago, as a soph, she threw 36-1 and 108-4.

Watch for: The sprinters seem deep, and the long relay should be excellent. Soule could thrive under Scott's coaching, and Schmitt will be a force in the throws.

Oceanside

Head Coach: Pat Cornforth.

BOYS:

Sprints/Relays: Steve Sullivan, a junior, has 11.1 and 23.5 speed. Behind him are senior Justin French, John McKinney and soph Will Buchanan. Hurdler Yoder will help in the relays.

Distance: Colin Cornforth, a junior, was all-league in cross country and heads up the distance squad.

Hurdles: Yoder had excellent soph marks (15.93, 41.57) last year in both events.

Jumps: Daryl Johnson, a senior, will high jump, and Yoder can go 11-0 in the vault. Best in the horizontal jumps is soph Elijah Brunson, who jumped 19-7 in LJ as a frosh, and who also triple jumps. Brunson may also find himself in the sprints.

Throws: Saole threw the weights in the 45-foot and 145-foot range last year.

Watch for: Yoder should do very well in this league in the hurdles. Saole is decent in the throws, and a sprinter or two could emerge from the squad.

GIRLS:

Sprints/Relays: Dominique Houston, a frosh, might be the fastest on the team. Also look for sophs Latanya Gray and Tywanda Harris.

Distance: Best in early season were frosh Rosa Barnes and Mercedes Moore.

Hurdles: Dionne Davis will compete in these events, and may also run the 400.

Jumps: Houston will high jump, and Gray and Harris will long jump.

Throws: Frosh Latoya Rickman throws both the shot and disc. An all-around athlete, she can also sprint well, and may be a future multi-event athlete.

Watch for: It's a small squad, and mostly very young, but there are some athletes with ability. One or more of the jumper/sprinters could emerge.

Western Preview:

(The Western League preview is continued from the last issue.)

Kearny

BOYS (Al Wilson):

Sprints/Relays: There seems to be potential, with seniors Damaro Wheeler and Bradon Sturkey perhaps the best. Joining them on relays will be Tyreece Kyle, soph Brian Smith, Brian Harding and a runner known as Tony V. Wilson thinks they'll crack 45 in the short relay.

Distance: Showing the most potential is Haji Hassan, who showed glimpses of talent as a freshman cross country runner last fall. He'll run the 1600/3200. Also, watch soph Carlos Zamora in the 800/1600. Mohamed Aden (1:53.61 last spring) has left the team.

Hurdles: Josh Nears (15.6 and 42.60 last year) should return to action by the end of this month. He'll be one of the best in the league.

Jumps: Many of the sprinters will double up in the jumps, including Wheeler, Harding and Tony V. At least one 20-footer should emerge.

Throws: Gerald Sykes (48-8 last year), a senior, and Curtis James (46-6), a junior, are pacing the team in early season. Both also throw the disc. Behind them are Mike Hmoud (around 45 in the shot) and Leo Cristobal (about 125 in disc).

Watch for: Nears will be a factor when he returns. The throws are deep, and a sprinter or two could pop out of the pack of candidates.

GIRLS (Stephanie Strenger):

The girls team was profiled in the last issue.

Madison

Coach unavailable.

Mission Bay

Head Coach: Emmitt Dodd.

BOYS:

Sprints/Relays: Jaja Riley, Vernon Smith and Shannon Nowden are the best on the team. There seems to be enough depth for decent relay teams.

Distance: Best of the cross country team are Eric Richey, Justin Graves and Eric Royce, all of whom will run the 1600/3200, and Miguel Elias, who will run the 800.

Hurdles: Stanley Ready, a junior, is the team's best.

Jumps: Some of the sprinters will also jump. Nowden is at 20-5 in the long jump, and Smith will try the high jump.

Throws: Andre Williams is at 45-0 in the shot. Other candidates are Sosuia Sekona, Abraham Cruz and Matt Udvarhelyi.

Watch for: Continued development of this young team. A few are already starting to break into the best marks listings.

GIRLS:

Sprints/Relays: Priscilla Parker (13.08, 26.86 last year) is the team's best talent. Dodd was considering moving her into the hurdle events.

Distance: Rose Serna was a terrific frosh runner in cross country, and has some speed. The 1600 might be her best event, but she'll range from 800 to 3200.

Hurdles: Parker might appear in these events.

Jumps: Very thin.

Throws: Very thin.

Watch for: It's an extremely small team, but Parker might make some waves. Serna could also develop.

Bronco: Weather can't hold back marks

Marginal weather couldn't hold back all the talent that was on display at the Bronco Invitational on March 20.

Among the highlights:

Vista's Sean Daley vaulted well despite a light rain at times, and cleared a PR 15-0.

Courtney Baird of Helix ran an impressive double, first running 10:51.59 by herself to take the 3200, and returning later to clock 5:08.4 in winning the 1600 over Torrey Pines' Camille Dredge and Julie Komosinski.

Ramona's Matt McInvale ran away from Vista's Justin Neuroth to a yearly best in the 3200 of 9:21.45.

The Rancho Bernardo girl vaulters put on a show despite damp and cool conditions. Kathleen Donoghue won in 12-4, and had one good vault at a PR 12-8. Natalie Dennison equaled her PR of 12-0 in second.

RBV's Jason Gatewood cleared 6-7 in the high jump.

Double winners included Granite Hills' Jeff Hunter in both invite hurdles (15.09w and 39.64), Helix's Tony Ortiz in the long and triple jumps (21-10.5 and 46-7), West Hills' Amber Martin in both invite hurdles (16.31w and 48.27), RBV's Adrienne Farrington in the long and triple jumps (17-4 and 36-10), and El Cap's Kendra Rhea in the shot and disc (38-6 and 132-2).

El Cap's Danny Ames retired after feeling pain during warmups, but the boys throws still had great quality, with Scripps Ranch's Bernard Grady throwing 56-8.5 and Mira Mesa's Travis Jones spinning 164-0.

Also significant:

Granite's Jason Finch outkicking an excellent field in a tactical, weather-slowed 1600, in 4:24.7.

Morse's DeCola Groce breezing to a 12.42 huge win in the invite 100.

Morse's boys 4x100 team running 43.20, a good time on a rain-softened track.

The Results:

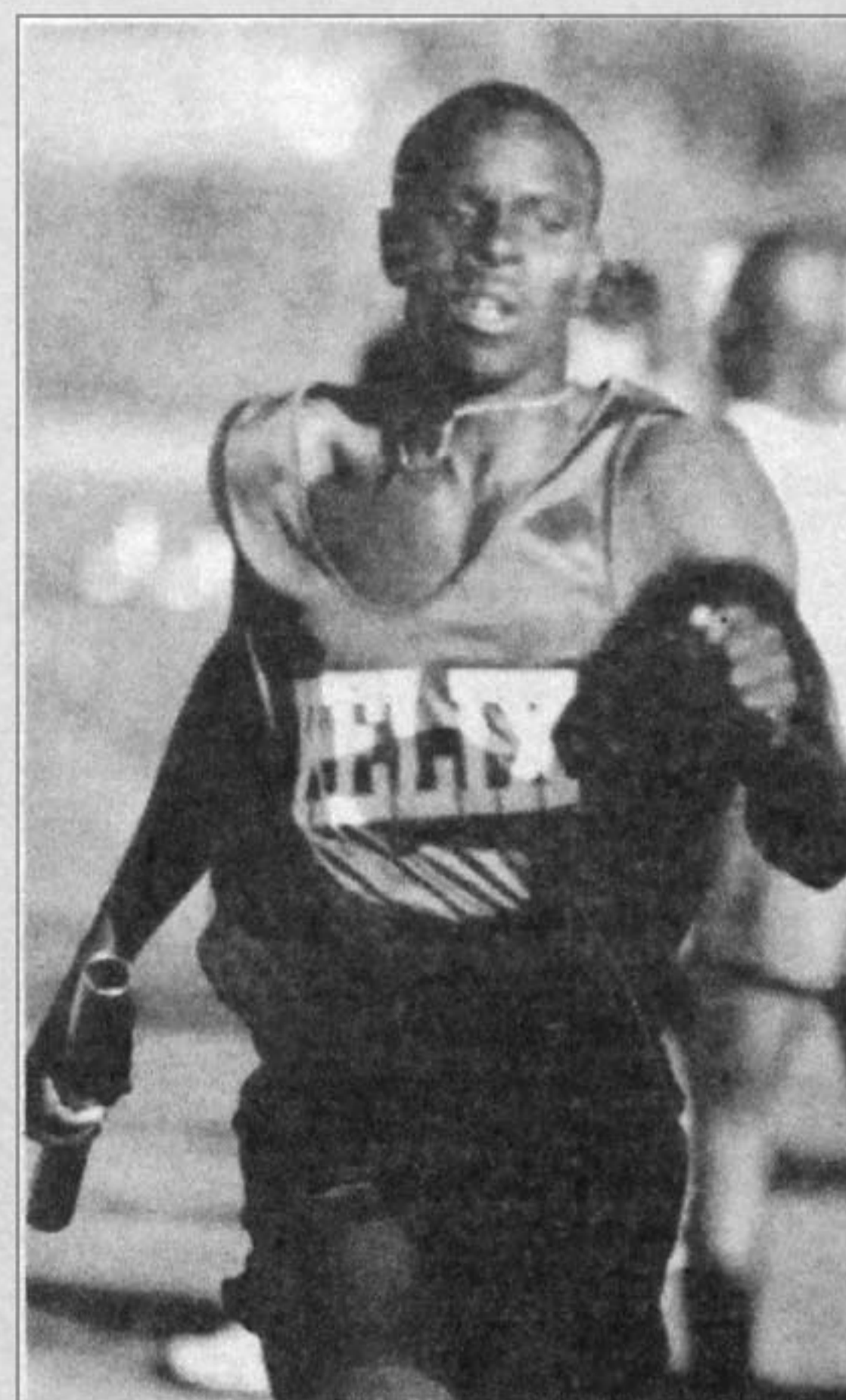
At Rancho Bernardo High, Saturday, March 20. Conditions: initially good, but steadily deteriorating during the day as a cold, damp front moved through area. It cleared up by end of meet.

BOYS:

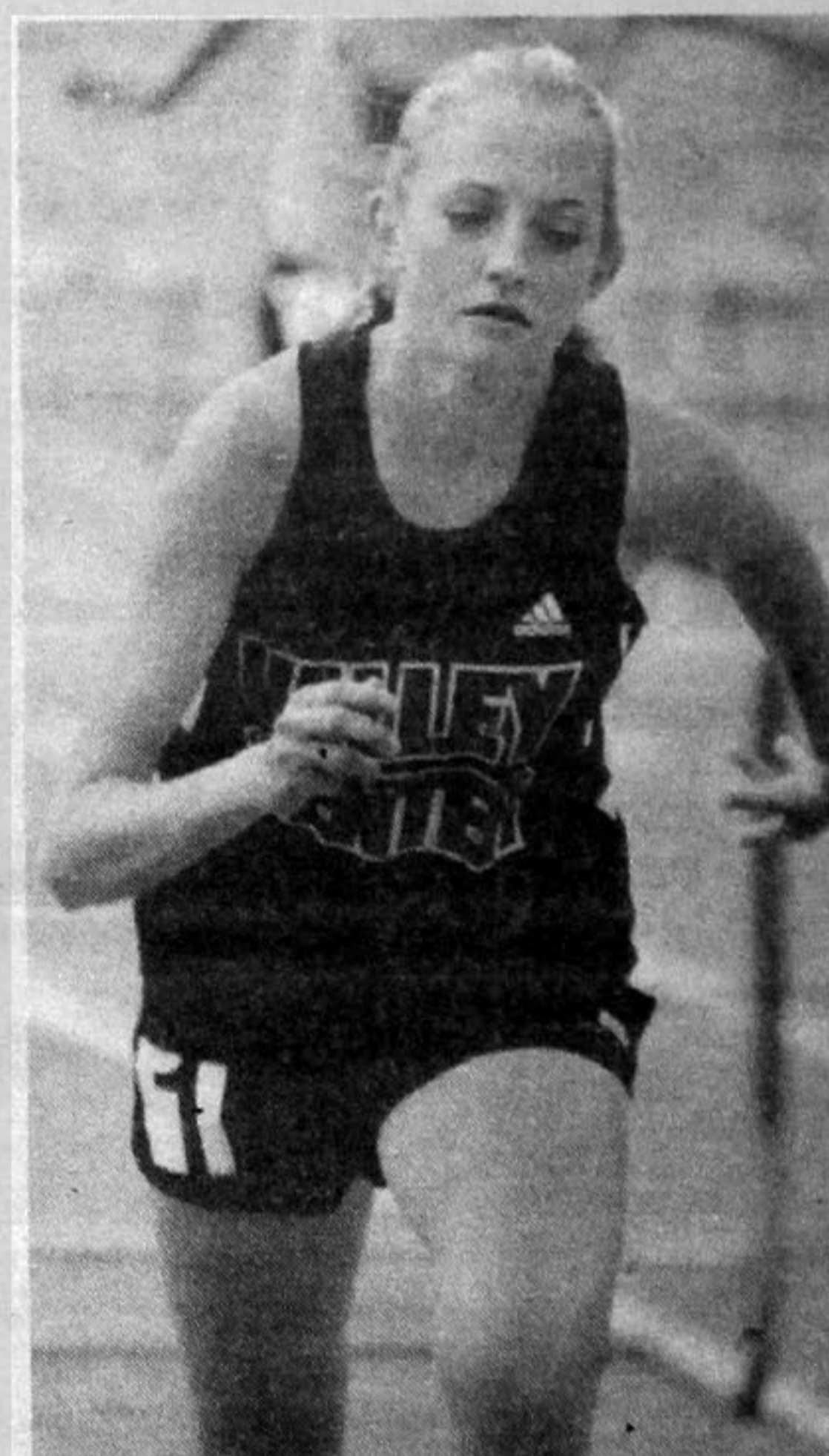
100:

Invitational: R. J. Oliver (Esc) 11.13; Mike Roberts (Henry) 11.21; Maurice Douglas (SD) 11.31; Larry Miles (Crow) 11.34; Roy Gaines (Morse) 11.34. (No gauge, but windy)

Open: Nathan Cunningham (WH) 11.38. (No gauge, but windy)



Terron Franklin
Helix



Laura-Lee Reid
Valley Center

1600:

Invitational: Jason Finch (GH) 4:24.7; Evan Fox (WH) 4:25.6; Sean Ricketts (RB) 4:25.7; Justin Neuroth (Vista) 4:27.9; Adam Van Wart (SP) 4:28.3; Matt McInvale (Ram) 4:31.8; Thomas Jodoin (MMesa) 4:35.0; Nic Thornton (RBV) 4:39.4; Devin Lyons-Quirk (Pow) 4:39.7.

Open: Lawrence Mier (SM) 4:40.3.

Frosh-Soph: Kevin Schible (WH) 4:47.0.

3200:

Invitational: Matt McInvale (Ram) 9:21.45; Justin Neuroth (Vista) 9:44.08; Pat Grimes (SR) 9:44.80; Alex Cocina (SD) 9:52.15; Efrain Casarez (Fall) 9:53.16; Ryan Montez (Vista) 10:06.00; Ian Bartonicek (GH) 10:06.02; Matt Patino (MMesa) 10:16.5; Dan Kinsella (Helix) 10:18.9; Tim Helms (Pow) 10:19.1.

110 High Hurdles:

Invitational: Jeff Hunter (GH) 15.09; Terance Johnson (Helix) 15.18; Ben Church (MMesa) 15.20; David Claggett (SP) 15.26; Matt MacLeod (WH) 15.52; Jared Stites (MMesa) 15.60; Tony Pricor (StA) 16.31. (No gauge, but windy)

Open: Bobby Salimi (RH) 15.31. (No gauge, but windy)

300 Intermediate Hurdles:

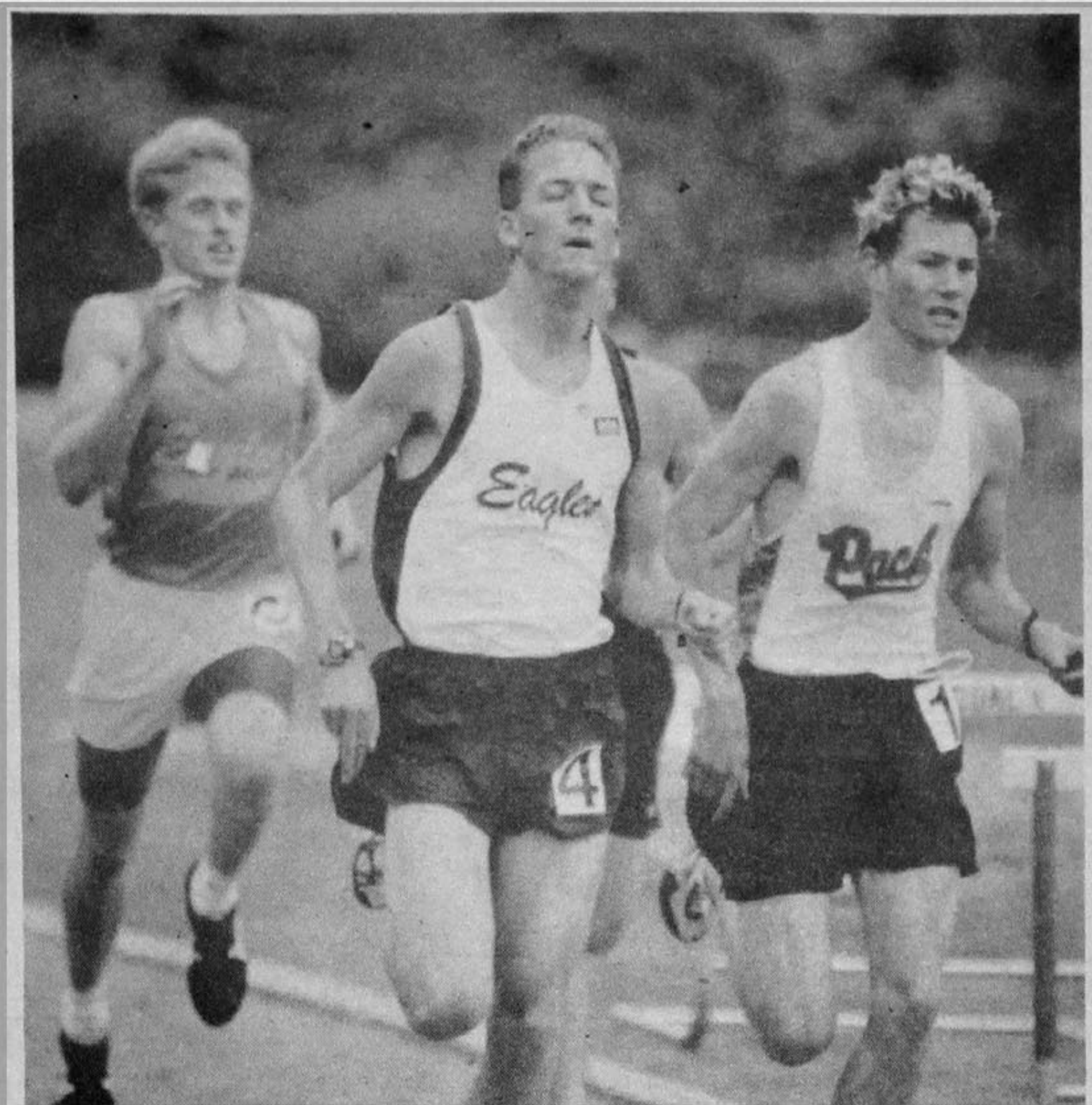
Invitational: Jeff Hunter (GH) 39.64; David Claggett (SP) 40.16; Bobby Salimi (RB) 40.26; Patrick Mueller (Pow) 43.50.

Open: Mark Daynes (ElCap) 41.38; Jared Stites (MMesa) 41.78; Kevin Correnti (StA) 42.34; Scott Miller (WH) 42.70; Terrance Johnson (Helix) 42.85; Travis Lyman (SP) 43.26; Tom Woolen (Vista) 43.90.

4x100 Relay:

Division I: Escondido 45.13.
Division II: San Diego 44.33.
Division III: Rancho Bernardo 44.36; San Pasqual 45.11; Mira Mesa 45.21; Rancho Buena Vista 45.57.

Please turn to page 11.



Adam Van Wart, Jason Finch and Evan Fox battle in the last lap of the 1600 at Bronco. Finch won it, in 4:24.7.

Bronco

From page 10.

Division IV: Morse 43.20; Helix 43.78; West Hills 44.87.

4x400 Relay:

Division I: Crawford 3:40.83.

Division II: San Diego 3:34.0; Patrick Henry 3:37.7.

Division III: Rancho Buena Vista 3:32.03; San Pasqual 3:32.04; Mira Mesa 3:33.04; Rancho Bernardo 3:34.79; Fallbrook 3:38.75; Granite Hills 3:39.88.

Division IV: Morse 3:33.4; Helix 3:33.8; Vista 3:35.0; Poway 3:35.1; Scripps Ranch 3:38.8.

Sprint Medley Relay:

(400, 200, 200, 800)

Division I: Escondido 3:40.74.

Division II: San Diego 3:45.02.

Division III: San Pasqual 3:43.64.

Division IV: West Hills 3:43.63.

Distance Medley Relay:

(1200, 400, 800, 1600)

Poway 10:53.4; Granite Hills 10:59.1; Fallbrook 11:04.0; West Hills 11:06.7; San Marcos 11:06.9.

San Pasqual 11:10.5; Helix 11:11.5; Mt. Carmel 11:24.3; San Diego 11:26.4; Escondido 11:30.1.

Vista 11:30.9; El Capitan 11:31.0; University of SD 11:37.9.

High Jump:

Jason Gatewood (RBV) 6-7 (New meet record); Chris Staton (PH) 6-0; Eric Williams (RB) 6-0; Gainey (RBV) 6-0; Ben Bresnahan (Fall) 6-0; Jeff White (ElCap) 6-0.

Pole Vault:

Sean Daley (Vista) 15-0 (New meet record); Dante Jerig (WH) 14-0; Ken Covell (WH) 13-6; Jacob Chase (OG) 13-0; Austin Priest (RBV) 13-0; David Long (GH) 13-0; Jason Charles (OG) 12-6; Eric Sommers (SM) 12-6; Javier Munoz (CP) 12-6; Phil Ball (ElCap) 12-0.

Long Jump:

Tony Ortiz (Helix) 21-10.25; Jordan Adams (Henry) 21-0; Ben Church (MMesa) 20-9; Kuba Wasowski (SM) 20-6.25; Dan Cobler (TP) 20-5.25; Kyle Conerly (WH) 20-1.

Triple Jump:

Tony Ortiz (Helix) 46-7; Josh Lipscomb (MMesa) 42-7.75; Danny Toscano (StA) 42-0.5; Nick Forston (GH) 41-4.25; Jacob Chase (OG) 40-4.25; Gonzalez (RBV) 40-3.

Shot Put:

Bernard Grady (SR) 56-8.5; Wayne Hassey (ElCap) 54-0.25; David Nowotny (Fall) 50-6.5; Travis Jones (MMesa) 48-2.5; John Stokes (ElCap) 47-5.25; Dan Ybarra (OG) 46-9; Jeremy Read (RB) 45-9.25.

Discus Throw:

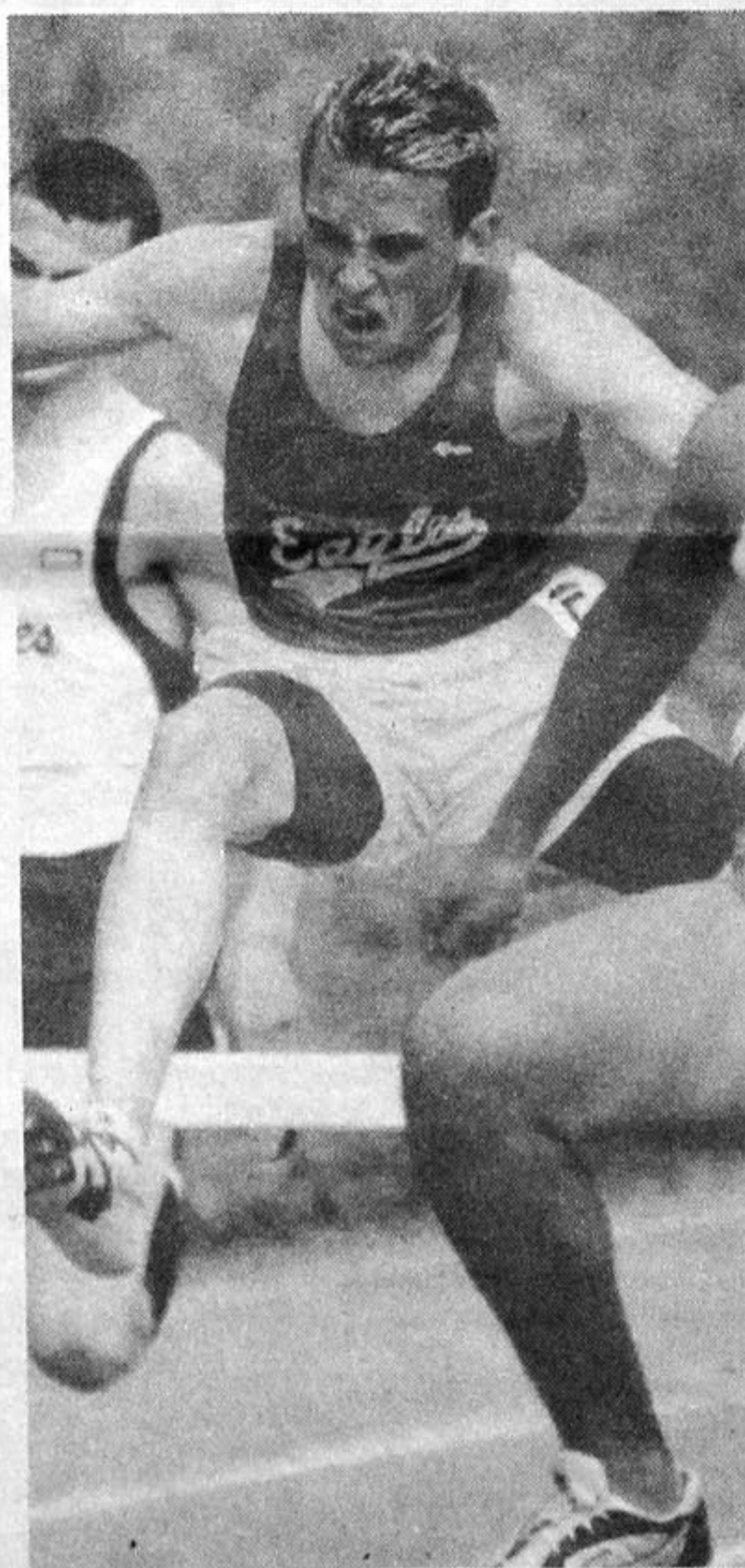
Travis Jones (MMesa) 164-0; Jason Tuerk (RB) 160-0; Travis Asch (ElCap) 156-9; Bernard Grady (SR) 142-10; Darrell Collins (SM) 138-3; Wayne Hassey (ElCap) 137-11.

GIRLS:

100:

Invitational: DeCola Groce (Morse) 12.42; Tiffany Lowery (SP) 12.92; Stephanie Blake (FP) 13.06.

Open: Shuree Halton (CP) 13.12; Anne James (RB) 13.18; Jasmine Blakey (RB) 13.21.



David Claggett
San Pasqual

1600:

Invitational: Courtney Baird (Helix) 5:08.4; Camille Dredge (TP) 5:15.9; Julie Kominski (TP) 5:16.8; Julie Manson (RB) 5:21.2; Heather Shurtliff (WH) 5:22.2; Jasmine Marquez (ElCap) 5:24.6; Cathy Picha (Fall) 5:27.3; Diana Dibble (VCenter) 5:34.2; Lane Cox (Esc) 5:39.0; Ashlee Dere (MIC) 5:39.6.

Open: Allison Hall (RB) 5:31.2; Nicole Mier (SM) 5:33.9; Jamie Carmichael (Fall) 5:38.4; Elizabeth Harns (Helix) 5:41.1; Stephanie Casler (Val) 5:44.8; Shawna Winfrey (WH) 5:45.9; Ashley Handy (WH) 5:47.2; Manal Yamout (MIC) 5:38.2.

Fresh/Soph: Krista Romley (TP) 5:30.2; Stephanie Baird (Helix) 5:33.1; Deanna Sick (MIC) 5:38.9; Maija Rohde (Fall) 5:39.9.

3200:

Courtney Baird (Helix) 10:51.59; Michelle Barrack (USD) 11:31.76; Karen Vasiko (MIC) 12:01.53; Rebecca Bartell (WH) 12:20.56; Ashley Viens (Val) 12:21.88.

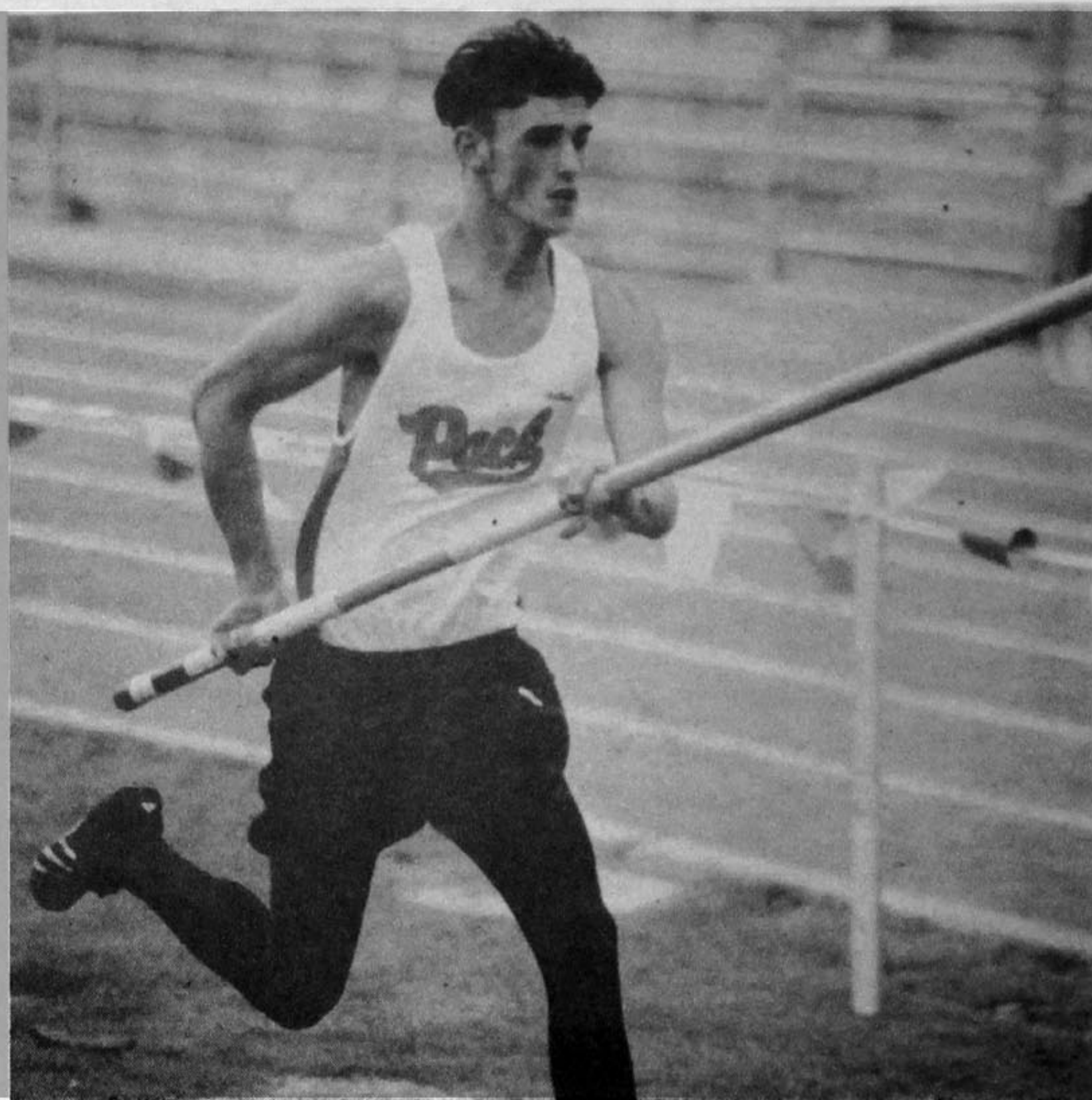
100 Hurdles:

Invitational: Amber Martin (WH) 16.31; Laura-Lee Reid (VCenter) 16.56; Kristin Murphy (RB) 16.70.

Open: Catie Coin (RB) 16.48; Ann Carter (MMesa) 16.93.

300 Low Hurdles:

Invitational: Amber Martin (WH) 48.27; Nikki Dulin (RB) 48.83; Audrey Pound (Pow)



Dante Jerig
West Hills

48.99; Laura-Lee Reid (VCenter) 50.68; Marie Carter (MMesa) 51.39.

Open: Amy Dang (MMesa) 51.59.

4x100 Relay:

Division I: Crawford 54.66.

Division II: Rancho Bernardo B 52.66; Orange Glen 53.94.

Division III: Rancho Bernardo A 50.67; Mt. Carmel 52.46; Rancho Buena Vista 52.87; Mira Mesa 53.18.

Division IV: Poway 52.10; More 53.01; Helix 53.24; Vista 53.69; Valhalla 54.54; West Hills 54.55.

4x400 Relay:

Division I: San Marcos 4:34.3.

Division II: Patrick Henry 4:33.2; El Capitan 4:38.2.

Division III: Rancho Bernardo 4:14.30; Torrey Pines 4:15.14; Rancho Buena Vista 4:23.46; Fallbrook 4:25.80; Mt. Carmel 4:30.69.

Division IV: Poway 4:16.4; Valhalla 4:21.4; Helix 4:22.9; West Hills 4:30.7.

Sprint Medley Relay:

(200, 100, 100, 400)

Division I: Crawford 2:01.86.

Division II: Orange Glen 1:59.78.

Division III: Rancho Bernardo 1:55.64.

Division IV: Poway 1:58.01.

Distance Medley Relay:

(1200, 400, 800, 1600)

Torrey Pines 13:14.0; West Hills 13:25.5; Poway 13:32.8; Helix 13:35.0; Escondido 13:40.7.

El Capitan 13:42.9; Rancho Bernardo 13:47.6; Mira Mesa 13:54.9; Mt. Carmel 13:55.4; University of SD 13:55.8.

High Jump:

Shannon Fleming (USD) 5-2; Aubrey Preston Vista 5-0; Lauren Jones (TP) 5-0; Kelsey Turner (GH) 5-0; Mikaelyn Austin (RB) 5-0; Shatoya James (RB) 5-0.

Pole Vault:

Kathleen Donoghue (RB) 12-4 (New meet record); Natalie Dennison (RB) 12-0; Julia Preston (Pow) 10-0; Nicole Robey (OG) 9-6; Molly Pascarella (RB) 9-6. Elise Orlando (MMesa) 8-6; Charity Johnson (Pow) 8-6; Julia McGurk (Pow) 8-6.

Long Jump:

Adrienne Farrington (RB) 17-4; Vicki Vidishak (OG) 16-2.5; Sonfre Roberson (Morse) 16-1.75; Angela Rochester (GH) 15-7.5; Eureka Thompson (Morse) 15-6; Laura Landry (RB) 15-5.25.

Triple Jump:

Adrienne Farrington (RB) 36-10; Kelly DeLeeuw (TP) 33-7; Vicki Vidishak (OG) 33-4.25; Barnes (RBV) 32-10.75; Silke Lorenzen (RB) 32-8.5.

Shot Put:

Kendra Rhea (ElCap) 38-6; Rhianon Henry (RBV) 36-11.25; Michelle Czapinski (Pow) 36-10; Malaika Stirrup (Helix) 36-8; Ivetta Medina (Vista) 36-4; Beth Goins (ElCap) 35-0; Shemika Morris (SR) 34-9.

Charidy Loeh (Morse) 33-10.25; Amanda Poniktera (Esc) 33-5.75; Allison Bernardino (SR) 33-3.

Discus Throw:

Kendra Rhea (ElCap) 132-3; Mikaelyn Austin (RB) 123-3; Malaika Stirrup (Helix) 110-4; Amanda Poniktera (Esc) 108-3; Charidy Loeh (Morse) 106-9; Allison Bernardino (SR) 103-5; Lisa Cannon (Esc) 100-9.

Sweetwater Times don't show talent

The Sweetwater Relays hosted most of the county's top speed teams, but the rain-softened track wouldn't yield fast times.

The meet, on March 27, was held two days after a storm wiped out an entire schedule of dual meets.

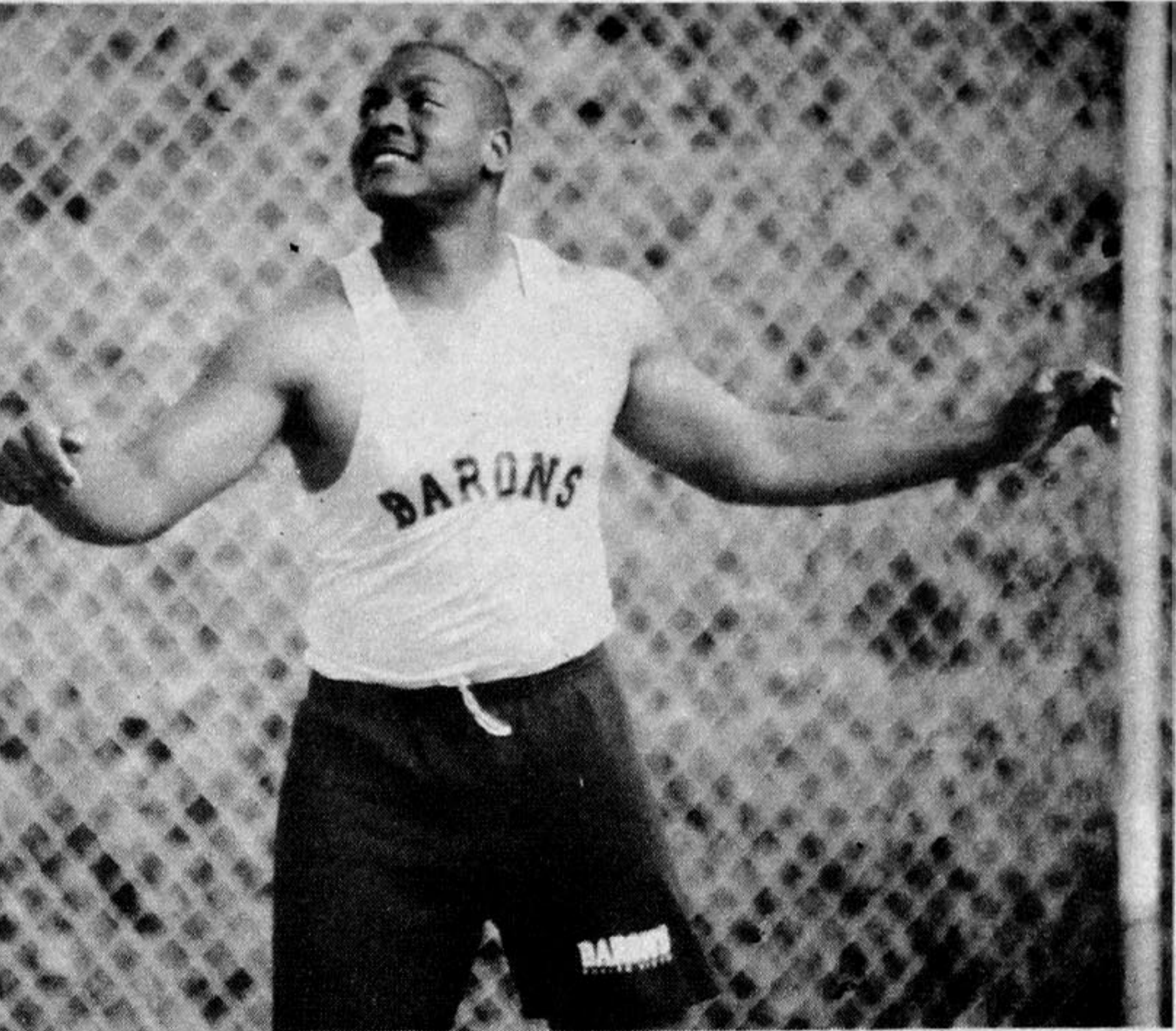
Morse's Monique Henderson returned to action after a sore calf resulted in her missing the Bronco meet. Among her efforts was a hard-charging opening 220 yards in a sprint medley relay. She was timed by coaches in 25.4, an outstanding run given the conditions.

The high jumps were the highlight of the field events, with Eastlake's Wade Curry clearing 6-3, and Hilltop's Erin DeHahn going over 5-4.

El Capitan's Phil Ball flipped over 13-6 in the vault, and teammate Danny Ames was a double winner in the throws, with a standing 53-4 in the shot and 161-7 in the disc.

Please turn to page 12.

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Charles Tyson
Bonita Vista

Sweetwater
From page 11.

The Results:

All distances in yards.

BOYS:

4x110:
Division I: Morse 44.1; Sweetwater 44.5; San Diego 44.5; Serra 44.7; Mount Miguel 45.6.
Division II: Castle Park 46.1.
Division III: Lincoln 46.0.
4x220:
Division I: Morse 1:33.3; Sweetwater 1:34.1; San Diego 1:34.2; Serra 1:34.3.
Division II: Crawford 1:36.7; Eastlake 1:36.7.
Division III: Lincoln 1:37.9.
4x440:
Division I: Morse 3:39.0; San Diego 3:43.0; Serra 3:43.5.
Division II: Crawford 3:41.9; Castle Park 3:43.2.
Division III: Lincoln 3:45.1.
4xMile:
Division I: Sweetwater 19:31; Bonita Vista 19:37.
Division II: Hilltop 20:05.
Division III: Brawley 19:55; St. Augustine 19:56.
Sprint Medley:
(220, 110, 110, 440)
Division I: Morse 1:37.3.
Division II: Eastlake 1:41.7.
Division III: Lincoln 1:44.3.
High Jump:
Division I: White (ElCap) 6-0; Lopez (ElCap) 6-0.
Division II: Curry (East) 6-3.
Division III: LaGrone (Linc) 6-0.
Pole Vault:
Division I: Ball (ElCap) 13-6; Fernando (Sweet) 12-0; Davis (ElCap) 12-0.
Division II: Munoz (CP) 12-6; Doria (East) 12-0.
Division III: Panis (Coro) 11-6.
Long Jump:
Division I: Wooden (Morse) 21-8.5; Hannibal (BV) 20-8.5; Guthrie (Sweet) 20-6.
Division II: Smith (East) 19-6.
Division III: A. Gilbert (Linc) 20-9; Nowden (MB) 20-5.5.
Triple Jump:
Division I: Harvey (Sweet) 43-5.5; Guthrie (Sweet) 41-9.5; Johnson (SD) 41-2; Green (Serra) 41-0.5.
Division II: Lucas (Craw) 39-9.5.
Division III: Toscano (StA) 41-3; Koumalasy (Claire) 40-7.
Shot Put:
Division I: Ames (ElCap) 53-4; Hassey (ElCap) 51-1; Gascon (Sweet) 46-2; Pickett (Sweet) 45-0.
Division II: James (Kny) 46-6; Sykes (Kny) 45-7.
Division III: Williams (MB) 45-0.
Discus Throw:
Division I: Ames (ElCap) 161-7; Tyson (BV) 156-0; Pickett (Sweet) 154-5; Asch (ElCap) 140-4; Carter (MtM) 138-6; Driggs (Sweet) 131-4.
Division II: Hunt (Hill) 151-5.
Division III: Williams (MB) 121-7.

GIRLS:

4x110:
Division I: Morse 50.6; San Diego 52.9; Mount Miguel 53.8; El Capitan 54.7.

Division II: El Camino 52.9; Castle Park 53.1; Hilltop 54.3; Kearny 54.9.
Division III: Lincoln 51.9.
4x220:
Division I: San Diego 1:53.3.
Division II: Castle Park 1:56.2.
Division III: Lincoln 1:53.0.

4x440:
Division I: Morse 4:23.4; Bonita Vista 4:34.7; El Capitan 4:35.1.
Division II: Hilltop 4:22.1; Castle Park 4:29.3; El Camino 4:39.4.
Division III: Lincoln 4:37.2.
Sprint Medley:
(220-110-110-440)
Division I: Morse 1:56.5.
Division II: Hilltop 2:02.8.
Division III: Lincoln 1:58.9.
Distance Medley:
(1320, 440, 880, Mile)
(combined divisions)
Bonita Vista 14:04; El Capitan 14:06; Bonita Vista B 14:16; Castle Park 14:16; Morse 14:21; Santana 14:28.
High Jump:
Division I: Roberson (Morse) 5-2; Rhea (ElCap) 5-0.
Division II: DeHahn (Hill) 5-4.
Division III: Tucker (Imp) 4-9.
Pole Vault:
Division I: Lavach (ElCap) 7-6; Mazzarella (BV) 7-6; Assan (Sweet) 7-6.
Division II: Guapo (East) 7-6.
Long Jump:
Division I: Roberson (Morse) 15-2.5.
Division II: Peterson (Hill) 15-0.25.
Division III: Mulroy (OLP) 15-0.
Triple Jump:
Division I: Jessica (Serra) 31-3; Amelia (ElCap) 31-1.
Division II: Salahudein (Hill) 32-10.25; Ava (Sant) 31-6; Tan (Craw) 31-0.5.
Division III: Mulroy (OLP) 31-5.75.
Shot Put:
Division I: Rhea (ElCap) 36-4.25; Hood (Morse) 34-5.75; Goins (ElCap) 32-9.5.
Division II: Lattin (ElCam) 31-1.
Division III: Fisch (Brawl) 33-8.
Discus Throw:
Division I: Rhea (ElCap) 125-4; Daniel (Serra) 100-9.
Division II: Richardson (Hill) 93-1.
Division III: Pisch (Brawl) 92-0.

CO-ED:
4x880:
(Alternating boy, girl, boy, girl)
Division I: Bonita Vista 9:40.3.
Division II: Hilltop 9:51.8.
Division III: Coronado 9:40.4.
4x110 Shuttle Hurdles:
(Alternating girl, boy, girl, boy. Girls leg includes 10 meters added to end of 100-meter hurdles.)
Division I: El Capitan 1:14.5.
Division II: Castle Park 1:12.3.
Division III: OLP/St. Augustine 1:15.5.

Falcon

The Results:

BOYS:

200: Dan Cobler (TP) 23.3.
1500: Adam Van Wart (SP) 4:06.1 (New meet record); Josh Pope (Pow) 4:12.5; David



Katie O'Connell
Carlsbad



Michelle Czapinski
Poway

Gilboa (TP) 4:19.0.
300 LH: David Claggett (SP) 40.8; Steven Daniels (Carls) 42.6; Brian Manley (MIC) 42.7.
4x100 Relay: Torrey Pines 44.7; Poway 45.4; Mt. Carmel 45.5.
4x200 Relay: Poway 1:35.2; San Pasqual 1:35.6; Torrey Pines 1:37.8.
4x400 Relay: San Pasqual 3:37.1; Mt. Carmel 3:37.8; Poway 3:38.8; Ramona 3:39.2.
4x800 Relay: Torrey Pines 8:28.8; Carlsbad 8:32.9; Mt. Carmel 8:33.2.
Sprint Medley Relay: Poway 1:38.0; Mt. Carmel 1:39.4; San Pasqual 1:40.7.
Distance Medley Relay: Poway 11:11.9; San Pasqual 11:18.7; Mt. Carmel 11:21.9.
4x110 HH Hurdles: Race run over incorrect distance.
High Jump: Robert Ma (Pow) 6-4; Travis Offner (MIC) 6-0.
Pole Vault: John Jeter (MIC) 13-6; Bobby Phimmason (Pow) 13-0; Nate Alder (Pow) 13-0; Jimmy Barbour (Pow) 12-6; Travis Offner (MIC) 12-0.
Long Jump: Dan Cobler (TP) 20-10.75; Bill Diller (MIC) 20-2.
Triple Jump: Robert Ma (Pow) 42-8.5; Mike Humphrey (SP) 41-4.5.
Shot Put: Viera (Carls) 45-11.
Discus Throw: John Ward (Pow) 152-7; Noah Eichen (TP) 141-3.

GIRLS:
200: Jill Young (Pow) 27.2; Elizabeth Tsu (LCC) 27.3.
1500: Julie Komosinski (TP) 4:53.7 (New meet record); Diana Dibble (VCenter) 4:59.9; Morgan Soule (LCC) 5:00.1; Katie O'Connell (Carls) 5:00.9; Krista Romley (TP) 5:10.2;

Deanna Sick (MIC) 5:13.4; Kelly Platko (Carls) 5:17.1; Cindy Lopresti (Carls) 5:25.6.
300 LH: Bridget Files (Ram) 50.8; Michaela Jobs (Carls) 51.2; Andrea Pappas (TP) 52.9.
4x100 Relay: Poway 51.9; Mt. Carmel 52.9; La Costa Canyon 53.2; Torrey Pines 53.3; Carlsbad 54.9.
4x200 Relay: La Costa Canyon 1:52.1; Poway 1:52.9; Torrey Pines 1:53.3.
4x400 Relay: La Costa Canyon 4:12.0; Torrey Pines 4:12.2; Poway 4:13.1; Ramona 4:21.8; Mt. Carmel 4:29.8.
4x800 Relay: Mt. Carmel 10:01.2; Torrey Pines 10:08.5; Carlsbad 10:10.2.
Sprint Medley Relay (200, 100, 100, 400): Mt. Carmel 1:58.5; La Costa Canyon 1:58.7; Poway 2:00.5.
Distance Medley: Poway 13:28.5; Mt. Carmel 13:35.2; La Costa Canyon 13:38.6.
4x100 Hurdles: Carlsbad 1:12.2; Torrey Pines 1:12.3; Valley Center 1:15.5.
High Jump: Bridget Files (Ram) 5-0.
Pole Vault: Janna Smith (Carls) 10-6; Jessica Shankland (Carls) 10-6; Nicole Antonacci (Carls) 9-0; Allen (Pow) 8-6.
Long Jump: Sally Shields (TP) 15-2.
Triple Jump: Dana Copeland (TP) 32-2.5.
Shot Put: Michelle Czapinski (Pow) 38-5; Candace Doung (MIC) 35-6.
Discus Throw: Michelle Czapinski (Pow) 103-1.

SD Invite:

Fast times,
then storm

UC sprinter scoots
before, after rain

UC's Steve Hayes ran an impressive 400/200 double at cold and damp Balboa Stadium last Saturday, as a storm all but short-circuited the competition about two-thirds into the meet.

Hayes was easily the most impressive athlete in the meet, which saw a number of other fine efforts despite the conditions.

First, Hayes outkicked San Diego's Maurice Douglas to a 49.08 win in the 400, which was both a big upset and a big PR drop. Hayes, probably the area's best 200 runner, is running the one-lap race more this year in an effort to get stronger. Saturday's race in ideal conditions would have certainly been in the 48-second range.

Hayes then returned near the end of the meet, after a cloudburst drenched and further chilled the evening, and blasted a 21.91 for 200, getting a push from Crawford's Larry Miles and Douglas.

UC's Lamont Long won the 100 in a decent 10.99, despite the chill and swirling headwinds, and the University City short relay team ran to a 42.45 clocking in winning easily.

Another highlight was Sweetwater's Jahdai Pickett throwing the disc 164-1 to beat UC's Mike Armstrong.

Best effort among the girls was Coronado's Samantha Piper, who ran 2:18.63 in the 800 despite being boxed in the first 200 (the race was run from a waterfall start). It was Piper's first open 800 of the year.

Elsewhere, UC's Katherine Ziegler ran to a 5:29.07 in the

Please turn to page 13.

SD Invite

From page 12.

1600, after a slow first lap.

Meet conditions were fair at the start of the meet, but the temperature began dropping almost immediately. It began to get progressively damper when the 800s were run, and the meet was effectively over when the light rain turned into a cloudburst during the boys 3,000 meters.

The downpour caused all field events to halt immediately, and athletes and officials scurried in all directions, often nearly colliding with the athletes on the track.

Even the timers had to scramble to protect the automatic timing equipment. When the 3,000 runners finished their race, they found no timers of any kind in evidence (times in results are from coaches).

The swirling winds were almost constantly in the face of sprinters, hurdlers and jumpers.

The Results:

Held Saturday, April 3, at Balboa Stadium. Conditions: cool and overcast to start, deteriorating to cold and driving rain about 2/3 into meet.

BOYS:

The following results include San Diego area high school athletes only.

100: Lamont Long (University City) 10.99, Larry Miles (Crawford) 11.10, Ernesto Jordan (UC) 11.41, Allen Thompson (Sweetwater) 11.50, B. J. Hardy (St. Augustine) 11.74.

Second heat: Chauncey Smith (UC) 11.36, Jesse Bowman (UC) 11.61, Francisco Batiste (Sw) 11.70.

200: Steve Hayes (UC) 21.91, Larry Miles (Cr) 22.27, Maurice Douglas (San Diego) 22.92.

400: Steve Hayes (UC) 49.08, Maurice Douglas (SD) 49.42, Jason McKlevey (SD) 51.48, David Silva (Cr) 52.71, Marlon Dorn (Sw) 55.75.

Second heat: Dustin Johnson (SD) 53.24, Charles Vann (Cr) 53.85.

800: Jason McKlevey (SD) 2:01.23, Paul Whitford (Coronado) 2:01.96, Jeff McKnight (Point Loma) 2:02.30, Morgan Staley (UC) 2:02.96, Paul Franco (Sw) 2:03.11.

1600: Ryan Moorcroft (StA) 4:37.48, Matt Herriman (StA) 4:40.40, Alfonso Espinosa (StA) 4:40.84, Paul Franco (Sw) 4:45.55, Mark Dionela (Sw) 4:48.15, Brian Thielen (University of San Diego) 4:48.69.

3000: Ruben Vences (Sw) 9:33, Adrian Garcia (Sw) 9:50, Colin Donnelly (StA) 9:59.

5000: Joe Robinett (PIL) 16:53.3, Jaime Mondragon (PIL) 17:48.0.

110 HH: Tony Golston (PIL) 16.37, Tony Pricor (StA) 16.67, Joe Gutierrez (Sw) 17.29, Justin Noraseng (UC) 17.36.

Second heat: Baran Hill (StA) 16.10, Kevin Correnti (StA) 16.45.

4x100 Relay: University City 42.45, Sweetwater 44.15, Crawford 45.24, St. Augustine 45.77, University City B team 45.87.

HJ: NOTE: Competition interrupted by storm after several competitors cleared 6-0: Raymond Arellano (Sw) 6-0, Trandon Harvey (Sw) 6-0, Kevin Correnti (StA) 6-0, Tim Bailey (UC) 6-0, Dustin Johnson (SD) 6-0.

PV: Chris Fernando (SW) 12-0.

LJ: Jordan Adams (Patrick Henry) 20-10, Trandon Harvey (Sw) 19-11.25, Aaron Jones (SD) 19-4, Moueth Heng (Cr) 19-0.75.

DT: Jahdai Pickett (Sw) 164-1, Mike Armstrong (UC) 158-2, Jeremy Driggs (Sw) 127-4.

GIRLS:

The following results include San Diego area high school athletes only.

100: Tamikia James (SD) 13.61, Catherine Kinsell (USD) 13.97.

Second heat: Katie Wischmeyer (USD) 13.54, Jackie Jenkins (Kearny) 13.66, Amy Hogan (USD) 14.08.

200: Tamikia James (SD) 27.55, Jessica Mercado (SD) 28.84, Melissa Russell (PIL) 28.84.

400: LaSheena Rice (SD) 61.56, Colleen Fogarty (USD) 64.93.

Second heat: Tenicia Major (Sw) 62.95, Jessica Mercado (SD) 63.83.

800: Samantha Piper (Coro) 2:18.63, Talisha Clophus (UC) 2:23.97, Amanda Perry (USD) 2:39.53.



Paul Whitford
Coronado

1600: Katherine Ziegler (UC) 5:29.07, Roxanne Romo (SD) 5:32.42, Chessa Adsit-Morris (UC) 5:34.61, Carly Votolato (UC) 5:41.50, Laura Cohen (UC) 5:41.71.

100 H: Kanesha Glover (SD) 17.97, Sonia Fields (SD) 17.98, Jasmine Schuler (PIL) 18.05.

4x100 Relay: San Diego 52.47, Sweetwater 53.64, University of San Diego 53.73.

HJ: Shannon Fleming (USD) 5-2.

LJ: Qwenice Jackson (SD) 15-0.25, Princess Mitchell (Sw) 13-9.25.

SP: Suzy Brown (Sw) 28-7.

Out of town highlights: UC sprinters rip Pasadena

University City's speedsters looked quick at the Pasadena Games on March 27.

The Centurions' boys 4x100 relay team ran 41.77, the best of the season by a local foursome, and a quality March clocking.

Lamont Long won the 100 meters at the same meet, in 10.77, with teammate Steve Hayes taking second, in 10.88.

Hayes returned later in the meet to run the 200 in 22.04, with Long running 22.24. Both the 100 and 200 times were the best of the season by local athletes at the time of the meet.

Rancho Bernardo took its teams to Trabuco Hills last weekend, and its powerhouse girls squad looked especially good against out of town competition.

Although marks were held down by weather, vaulter Kathleen Donoghue, triple jumper Adrienne Farrington, a girls distance medley relay team with Julie Manson anchoring, 800 runner Sean Ricketts, and high jumper Eric Williams all took first place in invitational events for the Broncos.

A number of area teams have

ranged far afield in search of good competition, and/or fast all-weather surfaces in the last two weekends. Recent storms have left many teams and athletes under-raced.

Highlights: Pasadena Games:

Held Saturday, March 27, at Pasadena.

BOYS:

100: Lamont Long (University City) 10.77; Steve Hayes (UC) 10.88.

Frosh/Soph 100: Chauncey Smith (UC) 11.19; Mike Roberts (Patrick Henry) 11.20.

200: Steve Hayes (UC) 22.04; Lamont Long (UC) 22.24.

800: Staley Morgan (UC) 2:02.73; 1600: Jon O'Connor (UC) 4:29.58; Erik Hanley (University of San Diego), 4:49.

4x100 Relay: University City, 41.77.

Frosh/Soph 4x100 Relay: University City, 45.30.

4x200 Relay: University City, 1:28.x.

Frosh/Soph 4x200 Relay: University City, 1:32.x.

DT: Mike Armstrong (UC) 150-5.

GIRLS:

800: Julie Babonis (USD), 2:34.33.

1600: Katherine Ziegler (UC) 5:23.20;

Carly Votolato (UC) 5:40.44.

3200: Chessa Adsit-Morris (UC) 11:48.62;

Laura Cohen (UC) 12:32.

HJ: Shannon Fleming (USD) 5-0.

Stanford Invite:

Held Saturday, March 27, at Stanford University.

GIRLS:

Distance Medley: West Hills, 12:41.33 (fastest to date by local team). Rebecca Bartell, 3:58.4; Erin Martin, 61.8; Shawna Winfrey, 2:27.0; Heather Shurtleff, 5:14.2.

4x400: West Hills, 4:19.55 (Amber Martin, Alicia DeMoe, Erin Holford, Erin Martin).

400 Meter Low Hurdles: Amber Martin (WH) 68.51.

Azusa-Pacific Meet of Champs:

Distance carnival, held Saturday, March 27, at Azusa-Pacific.

BOYS:

800: Jarred Emmons (Vista) 1:58.0.

1600: Justin Neuroth (Vista) 4:20.0; Ryan Montez (Vista) 4:30.0.

3200: Ryan Montez (Vista) 9:43.5.

Bishop Amat Relays:

Held Saturday, March 27, at Mt. SAC.

BOYS:

800: Bill Ungricht (Fallbrook) 1:57.6.

1600: Ken Nwadike (Chula Vista) 4:25.0.

3200: Efrain Casarez (Fall) 9:46.1.

4x400 Relay: Fallbrook, 3:32.8.

SP: David Nowotny (Fall) 51-3.5.

DT: Nowotny (Fall) 140-2.

GIRLS:

100: Ciera Ray (Fall) 12.8.

200: Naomi Mattos (Fall) 26.5.

800: Cathy Picha (Fall) 2:22.2.

3200: Maija Rohde (Fall) 11:55.7.

300 LH: Carmela Rodgers (CV) 49.78.

4x100 Relay: Fallbrook, 51.8.

4x400 Relay: 4:19.4.

PV: Freemel (Fall) 8-0.

TJ: Nina Ropes (Fall) 34-8.

UCSD Open:

Held Saturday, March 27, at UCSD.

GIRLS:

Open 800: Camille Dredge (Torrey Pines, unattached), 2:14.7, for third.

Trabuco Hills Relays:

Held Saturday, April 3, at Trabuco Hills High School.

BOYS:

800: Sean Ricketts (RB) 1:57.28.

4x100 Relay: Rancho Bernardo (Collins, Salimi, Beckstead, Roberts) 43.30.

4x200 Relay: Rancho Bernardo (Collins, Graham, Beckstead 22.2, Ricketts 22.1), 1:32.01.

4x400 Relay: Rancho Bernardo, 3:39.8.

4x1600 Relay: Rancho Bernardo, 19:43.95.

110 HH: Bobby Salimi (RB) 15.40.

300 H: Bobby Salimi (RB) 40.66.

HJ: Eric Williams (RB) 6-2.

LJ: Rashard Holmes (RB) 21-2.5.

SP: Jeremy Read (RB) 47-10.75.

GIRLS:

100: Anne James (RB) 12.82, Jasmine Blakey (RB) 12.91, Kristina de la Rosa (RB) 12.98, Francine Cepeda (RB) 13.07 (NOTE: James and de la Rosa in race 3; Blakey and Cepeda in race 2).

200: Anne James (RB) 27.27.

400: Amy Taylor (RB) 59.7, Laura Landry (RB) 60.8.

800: Lisa Lyons (RB) 2:31.69, Kelly Larsen (RB) 2:32.7.

3200: Katie Boyd (RB) 12:17.

100 H: Kristin Murphy (RB) 17.64, Mikaelyn Austin (RB) 17.94.

300 LH: Catie Coin (RB) 51.27.

4x100 Relay: Rancho Bernardo A (Farrington, Cepeda, Reardon, James) 49.10, Rancho Bernardo B (Blakey, Tate, Landry, de la Rosa) 50.30.

4x200 Relay: Rancho Bernardo (Reardon, James, Cepeda, de la Rosa) 1:48.91.

4x400 Relay: Rancho Bernardo (Landry, Reardon, Schroeder, Taylor) 4:12.

4x1600 Relay: Rancho Bernardo (Yee, Doyle, Hall, Manson) 22:28.20.

Distance Medley Relay: Rancho Bernardo (Yee 4:02.1, Schoeder 62.8, Hall 2:25.7, Manson 5:30.0) 13:00.55.

HJ: Shalene Gutierrez (RB) 5-0, Mikaelyn Austin (RB) 4-10, Breanna Begay (RB) 4-10.

PV: Kathleen Donoghue (RB) 11-6, Natalie Dennison (RB) 11-0, Molly Pascarella (RB) 9-6.

LJ: Adrienne Farrington (RB) 16-7, Silke Lorenzen (RB) 15-0.

TJ: Adrienne Farrington (RB) 35-11, Silke Lorenzen (RB) 33-0, Danielle Rose (RB) 32-10.

DT: Mikaelyn Austin (RB) 106-0.



MIZUNO WAVE

Best 1999 Marks:

The best marks of the season, as reported by April 5.

For updates on this list between issues of Track Magazine, please consult our web site at:

www.crowncity.com/sdtrackmag

NOTE: Minimum standards for marks listed are basically identical to San Diego Union-Tribune standards.

Converted times from yard distances are noted (example: 52.4c), and conversions are based on the Track & Field News BIG RED BOOK.

Unconverted times for yard distances, in events where no standard conversion tables are available, are also noted (example: 12:09y).

In the 100, 200, 4x100 Relay, 100 Hurdles and 110 High Hurdles, separate lists are maintained for hand times and automatic times.

In all other events, hand times and automatic times are combined on the same lists. The hand times are to tenths of a second, and automatic times are in hundredths. On our lists, they are ranked in numerical order although it is recognized that automatic times are 0.24 seconds faster than hand times. Thus, a 51.23 (automatic) is superior to a 51.0 (hand), although we don't list them that way.

Please notify Track Magazine with corrections, omissions or additions.

BOYS:

(marks received by April 4.)

100:

Automatic time:

10.77 Lamont Long, UC
10.88 Steve Hayes, UC
11.10 Larry Miles, Craw
11.19 Chauncey Smith, UC
11.20 Mike Roberts, PH

Windy:

11.13 R. J. Oliver, Esc
11.31 Maurice Douglas, SD
11.34 Larry Miles, Craw
11.34 Roy Gaines, Morse

Hand time:

10.7 Larry Miles, Craw
10.7 Lamont Long, UC
10.8 Antwane Collier, SD
10.9 Larvelle Anderson, East
11.0 Wardell McNeal, Mont
11.0 Ernesto Jordan, UC
11.0 Danny Lanz, LCC
11.1 Michael Johnson, Serra
11.1 Napoleon McNeal, Mont
11.1 Jair Brown, MMesa
11.1 Brandon Jones, MMesa
11.1 David Hannibal, BV
11.1 Adam Smith, BV
11.1 Allen Thompson, Sweet

200:

Automatic time:

21.91 Steve Hayes, UC
22.24 Lamont Long, UC
22.27 Larry Miles, Craw
22.92 Maurice Douglas, SD

Hand time:

21.7 Maurice Douglas, SD
21.9 Larry Miles, Craw
22.1c Terron Franklin, Helix
22.2 Larvelle Anderson, East
22.6 Mark Tate, Hoover
22.7 Steve Hayes, UC
22.7 Antwane Collier, SD
22.8c Wardell McNeal, Mont
22.9 Lamont Long, UC
22.9c Andre Davis, ECV
22.9c Cunningham, SR

400:

48.9 Maurice Douglas, SD
49.08 Steve Hayes, UC
50.5c Terron Franklin, Helix
51.1c Mark Tate, Hoover



Jeff Hunter
Granite Hills
Has run 15.1, 39.64.

51.48 Jason McKlevey, SD
51.5 Jamal Briggs, MMesa
51.6 Boris McDaniels, Lincoln
51.90 Randall Leyking, Poway
52.1c Alex Maurer, U
52.2 Yanta Morrow, Serra
52.3 Dustin Johnson, SD
52.3 Luis Mariscal, SP
52.5 Mike Ficken, WH
52.5 Michael Thayer, PTL
52.5c Hane Peterman, Helix
52.71 David Silva, Craw

800:

1:57.28 Sean Ricketts, RB
1:57.6 Bill Ungricht, Fall
1:57.8 Evan Fox, WH
1:58.0 Jarred Emmons, Vista
1:59.3 Jason Finch, GH
2:00.6 Matt McInvalle, Ramona
2:01.1 Ben Aragon, WH
2:01.1 Josh Pope, Poway
2:01.23 Jason McKlevey, SD
2:01.9 Steve Branson, TP
2:01.96 Paul Whitford, Coro
2:02.30 Jeff McKnight, PTL
2:02.3 Justin Neuroth, Vista
2:02.4 Jon Rankin, MonteV
2:02.4 Matt Johnson, SP
2:02.73 Staley Morgan, UC
2:02.8 Matt Theisen, Valhalla
2:03.0 Justin Mattos, Fall
2:03.0 Ryan Moorcroft, StA
2:03.11 Paul Franco, Sweet
2:03.2 Marcus Chandler, Serra
2:03.2c Alejandro Mares, U
2:03.5 William Burer, Valhalla

1500:

4:06.1 Adam Van Wart, SP
4:12.5 Josh Pope, Poway
4:19.0 David Gilboa, TP

1600:

4:20.0 Justin Neuroth, Vista
4:24.7 Jason Finch, GH
4:25.0 Ken Nwadike, CV
4:25.6 Evan Fox, WH
4:25.7 Sean Ricketts, RB
4:28.5 Adam Van Wart, SP
4:29.58 Jon O'Connor, UC
4:30.0 Brian Paff, BV
4:30.0 Ryan Montez, Vista
4:31.8 Matt McInvalle, Ramona
4:32.0 Josh Pope, Poway
4:32.2 Thomas Jodoin, MMesa
4:32.5 Marcus Chandler, Serra
4:33.0 Pat Grimes, SR
4:36.0 Alex Cocina, SD
4:36.5 Jon Rankin, MonteV
4:37.48 Ryan Moorcroft, StA
4:39.0 Matt Herriman, StA
4:39.4 Nic Thornton, RBV
4:39.7 Devin Lyons-Quirk, Poway

3000:

9:33 Ruben Vances, Sweet
9:50 Adrian Garcia, Sweet
9:59 Colin Donnelly, StA

3200:

9:21.45 Matt McInvalle, Ramona
9:43.5 Ryan Montez, Vista
9:44.08 Justin Neuroth, Vista
9:44.80 Patrick Grimes, SR
9:46.1 Efrain Casarez, Fall
9:52.15 Alex Cocina, SD
9:59.0 Devin Lyons-Quirk, Poway
10:04.0 Tim Helms, Poway
10:06.02 Ian Bartonicek, GH
10:06.2 Colin Donnelly, StA
10:07.0 Matt Patino, MMesa



Tony Ortiz
Helix
Has jumped 21-10, 46-7.

5000:

16:53.3 Joe Robinett, PTL

110 High Hurdles

Automatic time:

15.31 Justin Hunt, MonteV
16.10 Baran Hill, StA

Windy:

15.09 Jeff Hunter, GH
15.18 Terance Johnson, Helix
15.20 Ben Church, MMesa
15.26 David Claggett, SP
15.31 Bobby Salimi, RB
15.52 Matt MacLeod, WH
15.60 Jared Stites, MMesa

Hand time:

14.9 Ben Church, MMesa
15.0 David Claggett, SP
15.1 Jeff Hunter, GH
15.1 Terance Johnson, Helix
15.2 Bobby Salimi, RB
15.3 Joe Gutierrez, Sweet
15.3 Justin Hunt, MonteV
15.4 Paul Yoder, Oside
15.5 Jarred Stites, MMesa
15.5 Tony Golston, PTL
15.6 Matt MacLeod, WH
15.6 Jason Gatewood, RBV
15.9 Mark Daynes, ElCap
15.9 Ron Takahashi, Gross
15.9 Tony Pricor, StA

300 Intermediates:

39.4 David Claggett, SP
39.64 Jeff Hunter, GH
40.26 Bobby Salimi, RB
41.2 Jeff Orlando, MMesa
41.38 Mark Daynes, ElCap
41.39 Kevin Correnti, StA
41.78 Jarred Stites, MMesa
41.9 Paul Yoder, Oside
42.3 Travis Lyman, SP
42.4 Jason Gatewood, RBV
42.6 Steven Daniels, Carls
42.70 Scott Miller, WH
42.7 Terance Johnson, Helix (42.85a)
42.7 Brian Manley, MTC

400 Relay:

Automatic time:

41.77 University City
43.20 Morse
43.30 Rancho Bernardo
43.78 Helix
43.91 Sweetwater
44.33 San Diego
44.87 West Hills
45.11 San Pasqual
45.13 Escondido
45.21 Mira Mesa
45.24 Crawford

Hand time:

42.8 University City
43.1 San Diego
43.8 Mira Mesa
43.9 West Hills
43.9c Helix
44.1 Scripps Ranch
44.2 Rancho Bernardo
44.2 Serra
44.5c Hoover
44.7 Sweetwater
44.7 Bonita Vista
44.7 Torrey Pines
44.8 San Pasqual
44.9 Eastlake

1600 Relay:

3:32.03 Rancho Buena Vista
3:32.04 San Pasqual
3:32.8 Fallbrook



Bernard Grady
Scripps Ranch
Has thrown 56-8.5.

3:33.04

3:33.1

3:33.4

3:33.8

3:34.0

3:34.67

3:34.79

3:35.0

3:37.7

3:37.8

3:38.75

3:38.8

3:39.2

3:39.88

3:33.04

3:33.1

3:33.4

3:33.8

3:34.0

3:34.67

3:34.79

3:35.0

3:37.7

3:37.8

3:38.75

3:38.8

3:39.2

3:39.88

3:33.04

3:33.1

3:33.4

3:33.8

3:34.0

3:34.67

3:34.79

3:35.0

3:37.7

3:37.8

3:38.75

3:38.8

3:39.2

3:39.88

3:33.04

3:33.1

3:33.4

3:33.8

3:34.0

3:34.67

3:34.79

3:35.0

3:37.7

3:37.8

3:38.75

3:38.8

3:39.2

3:39.88

3:33.04

3:33.1

3:33.4

3:33.8

3:34.0

3:34.67

3:34.79

3:35.0

3:37.7

3:37.8

3:38.75

3:38.8

3:39.2

3:39.88

High Jump:

6-7 Jason Gatewood, RBV
6-4 Robert Ma, Poway
6-3 Wade Curry, East
6-2 Lenchow Griffith, MMesa
6-2 Nate Skrzypczak, VCenter
6-2 Eric Williams, RB
6-0 Smith, S'west
6-0 Felix DeSeracho, BV
6-0 Brandon Mundinger, Valhalla
6-0 Brian Guthrie, Sweet
6-0 Ben Bresnahan, Fall
6-0 Daryl Johnson, Oside
6-0 Isaac Sims, UC
6-0 James Holley, UC
6-0 Mike McCall, U
6-0 Randall, MonteV
6-0 Travis Blankenship, U
6-0 David Lee, GH
6-0 Anzio Gainey, RBV
6-0 Chris Staton, PH
6-0 Jeff White, ElCap
6-0 Jason Walker, Carls
6-0 Tony Pricor, StA
6-0 Travis Offner, MTC
6-0 Ernie Lopez, ElCap
6-0 Carl LaGrone, Linc
6-0 Raymond Arellano, Sweet
6-0 Trandon Harvey, Sweet
6-0 Kevin Correnti, StA
6-0 Tim Bailey, UC
6-0 Dustin Johnson, SD

Pole Vault

15-0 Sean Daley, Vista
14-0 Ron Takahashi, Gross
14-0 Dante Jerig, WH
13-6 Ken Covell, WH
13-6 John Jeter, MTC
13-6 Phil Ball, ElCap
13-0 Jamie Zolnierak, RBV
13-0 Austin Priest, RBV
13-0 Nate Alder, Poway
13-0 David Long, GH
13-0 Jacob Chase, OG
13-0 Austin Priest, RBV
13-0 Bobby Phimmason, Poway
13-0 Travis Offner, MTC
12-6 Andy Weiss, Valhalla
12-6 Chase Shellburne, LJ
12-6 Gary Williams, Serra
12-6 Javier Munoz, CP
12-6 Eric Sommers, SM
12-6 Jason Charles, OG
12-6 Jimmy Barbour, Poway
12-0 Andy Bechi, WH
12-0 Johnny Castillo, MonteV
12-0 Gabriel Cornejo, CV
12-0 Alex Doria, East
12-0 Gavin, SR
12-0 Mario Watts, Coro
12-0 Jean-Paul Panis, Coro
12-0 Matt Davis, ElCap
12-0 Chris Fernando, Sweet

Please turn to page 15.



Natalie Dennison
 Rancho Bernardo
 Has vaulted 12-0.

*Best
 Marks*
 From page 14.

Long Jump:

- 21-10.25 Tony Ortiz, Helix
- 21-10 David Hannibal, BV
- 21-8.5 Marcus Wooden, Morse
- 21-4.5 Seth Andrews, Morse
- 21-2.5 Rashard Holmes, RB
- 21-2.25 Ben Church, MMesa
- 21-1 Justin Hunt, MonteV
- 21-0 McKinley Jean-Gillis, Hoover
- 21-0 Jordan Adams, PH
- 20-10.75 Dan Coblér, TP
- 20-10 Trandon Harvey, Sweet
- 20-9.5 Thomas Mootry, Morse
- 20-9 Alton Gilbert, Linc
- 20-6.25 Kuba Wasowski, SM
- 20-6 Jon Reynolds, Serra
- 20-6 Agurs, Gross
- 20-6 Brian Guthrie, Sweet
- 20-5.5 Shannon Nowden, MB
- 20-4 Mark Tate, Hoover
- 20-4 Aaron Jones, SD
- 20-3.5 Michael Thayer, PTL
- 20-3 Danny Ames, ElCap
- 20-2 Bill Diller, MTC

Triple Jump:

- 46-7 Tony Ortiz, Helix
- 45-4 McKinley Jean-Gillis, Hoover
- 43-8 Thomas Mootry, Morse
- 43-5.5 Trandon Harvey, Sweet
- 43-0 Jon Reynolds, Serra
- 42-8.5 Robert Ma, Poway
- 42-7.75 Josh Lipscomb, MMesa
- 42-6.5 Jim Barbour, Gross
- 42-0.5 Danny Toscano, StA
- 41-11 Nick Forston, GH
- 41-10 Mike McCall, LJ
- 41-9.5 Brian Guthrie, Sweet
- 41-9.5 Ron Takahashi, Gross
- 41-8.5 Cordell Williams, ECV
- 41-4.5 Mike Humphrey, SP
- 41-3.5 Chris Lundgren, GH
- 41-3.5 Randall, MonteV
- 41-2 Dustin Johnson, SD
- 41-1.75 Kareem Holmes, Mont
- 41-0.5 Rashaan Green, Serra

Shot Put:

- 60-6 Danny Ames, ElCap
- 56-8.5 Bernard Grady, SR
- 54-4 Travis Watkins, Helix
- 54-0.25 Wayne Hassey, ElCap
- 52-7 Wade Green, LJ
- 52-5 Travis Jones, MMesa
- 51-5 David Nowotny, Fall
- 48-1.5 Viera, Carls
- 47-10.75 Jeremy Read, RB
- 47-5.25 John Stokes, ElCap
- 47-4 Mike Schardin, East
- 46-11 Jake Dubinetsky, StA
- 46-9 Dan Ybarra, OG
- 46-7 Rashaan Durr, UC
- 46-6 Curtis James, Kearny
- 46-5.75 Travis Asch, ElCap
- 46-4 Jason Tuerk, RB
- 46-3 Charles Tyson, BV
- 46-2 Onefre Gascon, Sweet
- 46-0 Travis Proctor, ElCap
- 45-11.5 Jahdai Pickett, Sweet
- 45-9.5 Kendrick Brunson, CV
- 45-8.5 Tyrone Brown, Morse
- 45-7 Gerald Sykes, Kearny
- 45-5 Jason Treter, Hilltop
- 45-0.5 Steven Myers, BV
- 45-0 Andre Williams, MB

Discus Throw:

- 169-11 Travis Jones, MMesa
- 165-9 Mike Armstrong, UCity
- 164-1 Jadai Pickett, Sweet
- 163-4 Will Hunt, Hilltop
- 161-7 Danny Ames, ElCap
- 160-0 Jason Tuerk, RB
- 158-6 Travis Asch, ElCap
- 156-2 Charles Tyson, BV
- 155-9 Travis Watkins, Helix
- 153-4 Ronnie Stewart, Carls
- 152-7 John Ward, Poway
- 149-7 Bernard Grady, SR
- 147-10 Wade Green, LJ
- 141-3 Noah Eichen, TP
- 140-2 David Nowotny, Fall
- 139-7 Tyler Moazed, MTC
- 138-6 Zeph Carter, MtMig
- 138-3 Darrell Collins, SM
- 137-0 Wayne Hassey, ElCap

GIRLS:

(Marks received by April 4.)

100:

- Automatic time:
- 12.71 Kristen Tucker, MonteV
- 12.82 Anne James, RB

- 12.91 Jasmine Blakey, RB
- 12.98 Kristina de la Rosa, RB
- 13.07 Francine Cepeda, RB
- Windy:
- 12.42 DeCola Groce, Morse
- 12.92 Tiffany Lowery, SP
- 13.06 Stephanie Blake, FP
- 13.12 Shuree Halton, CP
- 13.18 Anne James, RB
- 13.21 Jasmine Blakey, RB

Hand time:

- 12.3 Amber Carrington, MTC
- 12.4 Crystal Hinton, Lincoln
- 12.4 Nadia Sanders, CV
- 12.7 Jill Young, Poway
- 12.8 Monica Clifton, MMesa
- 12.8 Michelle Kennedy, SP
- 12.8 Ciera Ray, Fall

200:

Automatic time:

- 27.27 Anne James, RB
- 27.55 Tamikia James, SD

Hand time:

- 26.1 Nadia Sanders, CV
- 26.5 Naomi Mattos, Fall
- 26.7 Tamikia James, SD
- 26.7 Monica Clifton, MMesa
- 26.7 Laura Landry, RB
- 26.8 Amy Taylor, RB
- 26.9 Katie Reardon, RB
- 27.0 Anne James, RB
- 27.0 Kristen Tucker, MonteV
- 27.0 Tashina Dears, CP
- 27.1 Francine Cepeda, RB
- 27.1 Elizabeth Tsu, LCC
- 27.2 Alexis Tate, RB
- 27.2 Kelsey Bollinger, Gross
- 27.2 Jill Young, Poway

400:

- 56.20 Monique Henderson, Morse
- 59.7 Amy Taylor, RB
- 60.8 Laura Landry, RB
- 61.56 LaSheena Rice, SD
- 61.7 Talisha Clophus, UC
- 61.7 Samantha Piper, Coro
- 62.95 Tenicia Major, Sweet
- 63.0 Nadia Sanders, CV
- 63.5 Erin Martin, WH
- 63.6c Jill Sonne, WH
- 63.8 Kristen Tucker, MonteV
- 63.83 Jessica Mercado, SD
- 63.9 Erin Skaalen, LCC

800:

- 2:14.81 Camille Dredge, TP
- 2:18.63 Samantha Piper, Coro
- 2:21.4 Julie Komosinski, TP
- 2:22.2 Cathy Picha, Fall
- 2:23.1 Kamaya Damwijk, Poway
- 2:23.97 Talisha Clophus, UC
- 2:26.0c Courtney Baird, Helix
- 2:27.5 Desiree Davila, Hilltop

1500:

- 4:53.7 Julie Komosinski, TP
- 4:59.9 Diana Dibble, VCenter
- 5:00.1 Morgan Soule, LCC
- 5:00.9 Katie O'Connell, Carls
- 5:10.2 Krista Romley, TP
- 5:13.4 Deanna Sick, MTC
- 5:17.1 Kelly Platko, Carls

1600:

- 5:08.4 Courtney Baird, Helix
- 5:15.1 Michelle Barrack, USD
- 5:15.9 Camille Dredge, TP
- 5:16.8 Julie Komosinski, TP
- 5:21.0 Heather Shurtleff, WH
- 5:21.2 Julie Manson, RB
- 5:23.20 Katherine Ziegler, UC
- 5:24.6 Jasmine Marquez, ElCap
- 5:27.3 Cathy Picha, Fall
- 5:30.0 Desiree Davila, Hilltop
- 5:30.2 Krista Romley, TP
- 5:31.2 Allison Hall, RB
- 5:32.42 Roxanne Romo, SD
- 5:33.1 Megan Briscoe, Poway
- 5:33.1 Stephanie Baird, Helix
- 5:33.9 Nicole Mier, SM
- 5:33.9 Kaleena Yee, RB
- 5:34.2 Diana Dibble, VCenter
- 5:34.61 Chessa Adsit-Morris, UC
- 5:35.0 Jamie Carmichael, Fall
- 5:38.9 Deanna Sick, MTC
- 5:39.0 Lanele Cox, Esc
- 5:39.6 Ashlee Dere, MTC
- 5:39.9 Maija Rohde, Fall

3200:

- 10:51.59 Courtney Baird, Helix
- 11:13.1 Julie Komosinski, TP
- 11:19.2 Michelle Barrack, USD
- 11:23.7 Julie Manson, RB
- 11:35.3 Kaleena Yee, RB
- 11:40.9 Jasmine Marquez, ElCap
- 11:47.5 Kathy Read, TP

Please turn to page 16.

Next Issue:

Featuring

coverage of Titan

and Arcadia meets

Coming April 16

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Best Marks

From page 15.

- 11:48.62 Chessa Adsit-Morris, UC
11:54.2 Maija Rohde, Fall
11:54.3 Heather Shurtleff, WH
12:01.53 Karen Vasko, MIC
12:05.8 Morgan Soule, LCC
12:15.0 Desiree Leek, U
12:15.3 Cathy Picha, Fall
12:20.56 Rebecca Bartell, WH
12:21.88 Ashley Viens, Valhalla
12:25.2 Candice Osuna, BV
12:27.7 Katie Grim, U
12:27.9 Katie Boyd, RB
12:30.4 Mande Clark, Poway
12:32.0 Laura Cohen, UC
12:33.0 Cindy Lopresti, Carls
12:37.49 Genny Cruz, SP
12:38.2 Morgen Rounkles, MtMig

100 Hurdles:

Automatic time:

- 16.99 Kiona Clark, MonteV
17.01 Katy Camp, MonteV
17.64 Kristin Murphy, RB
17.94 Mikaelyn Austin, RB
17.97 Kanesha Glover, SD
17.98 Sonia Fields, SD

Windy:

- 16.31 Amber Martin, WH
16.48 Catie Coin, RB
16.56 Laura-Lee Reid, VCenter
16.70 Kristin Murphy, RB
16.93 Marie Carter, MMesa

Hand time:

- 15.9 Maggie Escudero, ElCap
16.5 Catie Coin, RB
16.6 Amber Martin, WH
16.7 Audrey Pound, Poway
16.8 Mikaelyn Austin, RB
16.9 Kristin Murphy, RB
17.0 Katie Camp, MonteV
17.1 Jasmine Schuler, Ptl
17.2 Marie Carter, MMesa

300 Low Hurdles:

- 48.27 Amber Martin, WH
48.83 Nikki Dulin, RB
48.99 Audrey Pound, Poway
49.0c Bryeanna Barmer, Helix
49.1 Audrey Pound, Poway
49.78 Carmela Rodgers, CV
50.2 Maggie Escudero, ElCap
50.68 Laura-Lee Reid, VCenter

400 Low Hurdles:

- 68.51 Amber Martin, WH

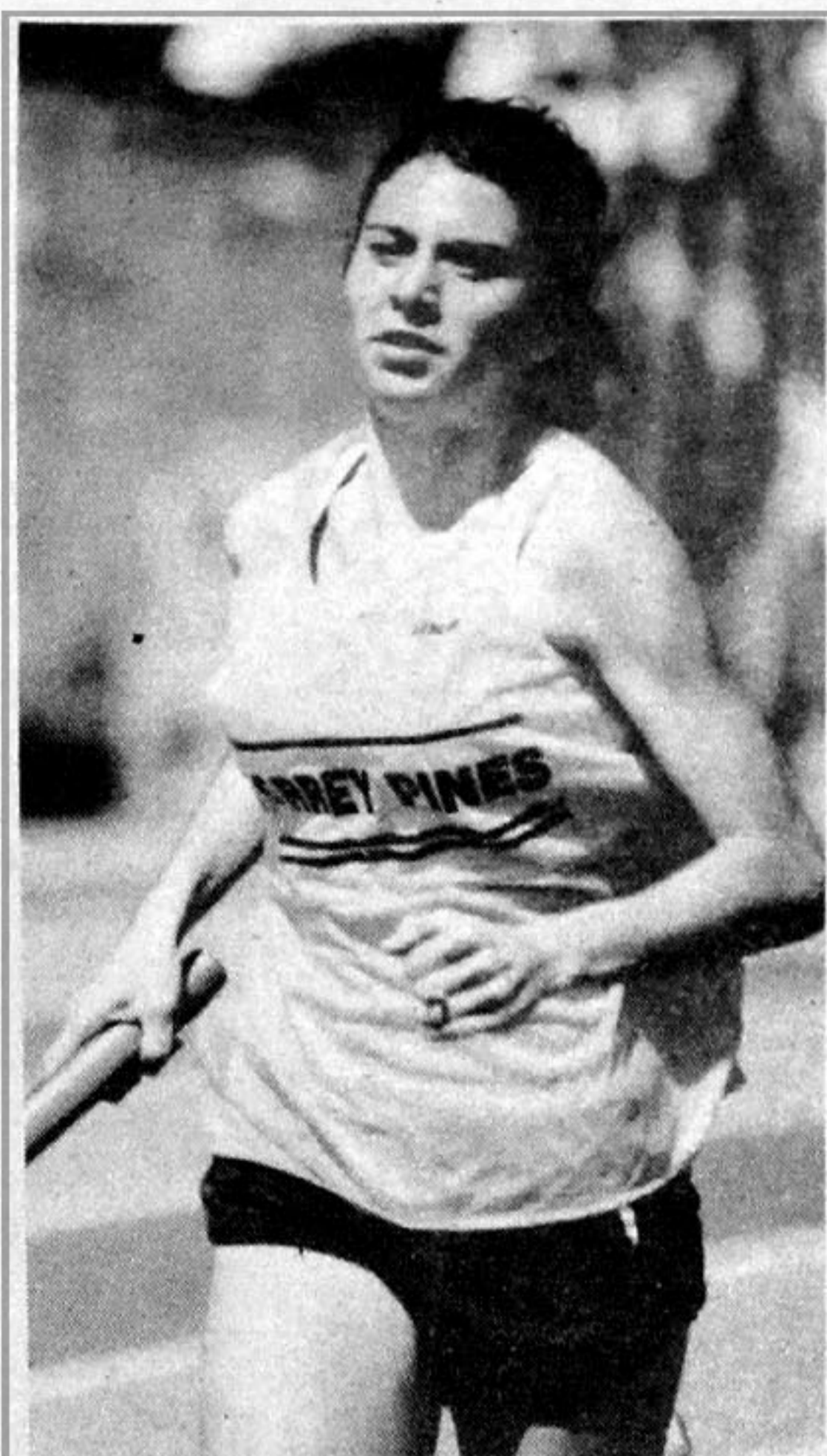
400 Relay:

Automatic-time:

- 49.10 Rancho Bernardo A
50.30 Rancho Bernardo B
51.71 Monte Vista
52.10 Poway
52.46 Mt. Carmel
52.47 San Diego
52.87 Rancho Buena Vista
53.01 Morse
53.18 Mira Mesa
53.24 Helix
53.58 Helix Frosh/Soph
53.64 Sweetwater
53.69 Vista
53.73 University of San Diego
53.94 Orange Glen
54.31 Rancho Bernardo Frosh/Soph
54.31 West Hills Frosh/Soph
54.54 Valhalla
54.55 West Hills
54.66 Crawford
54.75 Fallbrook Frosh/Soph

Hand time:

- 47.7 Morse
49.6 Rancho Bernardo
51.0 Lincoln
51.2 Monte Vista
51.2 Mt. Carmel
51.6 Scripps Ranch
51.6 La Costa Canyon
51.7 Rancho Bernardo B
51.8 Poway
51.8 Mira Mesa
51.8 San Diego
51.8 Fallbrook
52.0 Valhalla
52.0 San Pasqual
52.1 Helix
52.3 West Hills
52.3 Rancho Bernardo B
52.4 Castle Park
52.6 La Jolla
53.0 Chula Vista
53.1 Mount Miguel
53.8 Francis Parker
53.9 Hilltop
54.0 La Jolla B
54.2 Torrey Pines



Camille Dredge
Torrey Pines
Has run 2:14.81.

1600 Relay:

- 3:57.4 Morse
4:12.0 La Costa Canyon
4:12.0 Rancho Bernardo
4:12.2 Torrey Pines
4:13.1 Poway
4:14.8 Rancho Buena Vista
4:15.7 Ramona
4:16.2 Lincoln
4:16.4 Helix
4:16.4 Hilltop
4:17.0 Monte Vista
4:17.8 Valhalla
4:19.4 Fallbrook
4:19.55 West Hills
4:21.2 San Diego
4:22.0 Grossmont
4:24.7 University of SD
4:27.8 Serra
4:28.0 Patrick Henry
4:29.8 Mt. Carmel
4:30.3 Valley Center
4:31.7 Bonita Vista

High Jump:

- 5-4 Shannon Fleming, USD
5-4 Aubrey Preston, Vista
5-4 Erin DeHahn, Hilltop
5-2 Lauren Jones, TP
5-2 Mikaelyn Austin, RB
5-2 Nicole Day, UC
5-2 Shatoya James, RB
5-2 Sonfre Roberson, Morse
5-0 Trinity Amalfitano, BV
5-0 Bridget Files, Ramona
5-0 Zita Dixon, PH
5-0 Jill Sonne, WH
5-0 Kendra Rhea, ElCap
5-0 Kelsey Turner, GH
5-0 Shalene Gutierrez, RB
5-0 Tanisha Espy, UC

Pole Vault:

- 12-6 Kathleen Donoghue, RB
12-0 Natalie Dennison, RB
10-6 Jessica Shankland, Carls
10-6 Janna Smith, Carls
10-0 Julia Preston, Poway
9-6 Molly Pascarella, RB
9-6 Nicole Robey, OG
9-0 Kelly Hobbs, GH
9-0 Nicole Antonacci, Carls
8-6 Elise Orlando, MMesa
8-6 Abby Huchel, Vista
8-6 Angeline Lavach, ElCap
8-6 Troy Lempere, WH
8-6 Charity Johnson, Poway
8-6 Julia McGurk, Poway
8-6 Allen, Poway
8-6 Amy Spear, MIC

Long Jump:

- 17-4 Adrienne Farrington, RB
16-5 Mariko Gaines, MonteV
16-3.25 Vickie Vidishak, OG
16-1.75 Sonfre Roberson, Morse
15-9 Kiley Weaver, RB
15-8.5 Tanicia Wallace, MonteV
15-8.25 Mariko Gaines, MonteV
15-8 Kristen Tucker, MonteV
15-8 Adrienne Marshall, SP
15-7.5 Angela Rochester, GH
15-7 Naomi Mattos, Fall



Courtney Baird
Helix
Has run 5:08, 10:51.

- 15-6 Nina Ropes, Fall
15-6 Eureka Thompson, Morse
15-5.25 Laura Landry, RB
15-5.25 Danielle Rose, RB

Triple Jump:

- 36-10 Adrienne Farrington, RB
34-8 Jane Givens, U
34-8 Nina Ropes, Fall
34-1.5 Mariko Gaines, MonteV
34-1 Sraeya George, Valhalla
34-1 Tanicia Wallace, MonteV
33-11 Kiley Weaver, RB
33-9.5 Kelly DeLeeuw, TP
33-4.5 Vickie Vidishak, OG
33-3.5 Silke Lorenzen, RB

Shot Put:

- 41-8.5 Candace Hill, Hoover
39-11 Kendra Rhea, ElCap
38-6.75 Malaika Stirrup, Helix
38-5 Michelle Czapsinski, Poway
37-1.5 Kelly O'Laughlin, BV
36-11.5 Rhannon Henry, RBV
36-5 Mikaelyn Austin, RB
36-4 Ivette Medina, Vista
36-2 Anna Pacheco, Carls
35-10.5 Candace Doung, MIC
35-6.5 Shemika Morris, SR
35-5 Amanda Poniktera, Esc
35-3.75 Amber Hood, Morse
35-0 Beth Goins, ElCap
33-10.25 Charidy Loeh, Morse
33-8 Allison Bernardino, SR
33-5.5 Darlene Martinez, CV
33-5 Jenesa Turner, BV
33-3 Crystal Harrell, Fall
33-3 Aiyanna Coleman, Mont
32-11 Kristen Tucker, MonteV
32-10.5 Cathy Schmitt, LCC
32-9.5 Latoya Rickman, Oside
32-9 Amber Tiffany, GH
32-5.5 Hillaria Matteo-Silva, CP
32-3 Shante Daniel, Serra
32-1 Erica Orsa, USD

Discus Throw:

- 132-3 Kendra Rhea, ElCap
123-3 Mikaelyn Austin, RB
116-2 Shante Daniel, Serra
115-4 Candace Hill, Hoover
112-5 Kelly O'Laughlin, BV
111-7 Malaika Stirrup, Helix
108-3 Amanda Poniktera, Esc
108-0 Alicia Criado, RBV
107-7 Bianca Pegues, PH
107-2 Charidy Loeh, Morse
105-7 Stacy Mickleson, RB
105-3 Cassie Keller, ElCap
104-10 Darlene Martinez, CV
104-8 Beth Goins, ElCap
104-5 Sara Cobb, Hilltop
104-4 Annie Roberts, Poway
103-5 Allison Bernardino, SR
103-1 Michelle Czapsinski, Poway
102-6 Ivette Medina, Vista
101-10 Shemika Morris, SR
100-0 Lisa Cannon, Esc

Relays:

BOYS:

(Marks received by April 4.)

4x200 Relay:

- 1:28.x University City (Pasadena)
1:32.01 Rancho Bernardo (Trabuco Hills)
1:32.8c Morse (Sweetwater)
1:32.x University City F/S (Pasadena)
1:33.6c Sweetwater (Sweetwater)
1:33.7c San Diego (Sweetwater)

- 1:33.8c Serra (Sweetwater)
1:35.2 Poway (Falcon)
1:35.6 San Pasqual (Falcon)
1:36.2c Crawford (Sweetwater)
1:36.2c Eastlake (Sweetwater)

4x800 Relay:

- 8:28.8 Torrey Pines (Falcon)
8:32.9 Carlsbad (Falcon)
8:33.2 Mt. Carmel (Falcon)
8:34.4 Poway (Falcon)
8:37.7 Ramona (Falcon)
8:43 University City (Eagle Rock)

4x1600 Relay:

- 19:18 Sweetwater (Eagle Rock)
19:26 University City (Eagle Rock)
19:31.5c Bonita Vista (Sweetwater)
19:43.95 Rancho Bernardo (Trabuco Hills)
19:50.5c St. Augustine (Sweetwater)

800 Medley Relay:

(200, 100, 100, 400)

- 1:37.3y Morse (Sweetwater)
1:38.0 Poway (Falcon)
1:39.3y San Diego (Sweetwater)
1:39.4 Mt. Carmel (Falcon)
1:40.7 San Pasqual (Falcon)
1:40.9y Serra (Sweetwater)
1:41.0 Carlsbad (Falcon)
1:41.7y Eastlake (Sweetwater)
1:42.2y San Diego FS (Sweetwater)
1:42.6 Torrey Pines (Falcon)

Sprint Medley:

(400, 200, 200, 800):

- 3:40.74 Escondido (Bronco)
3:43.63 West Hills (Bronco)
3:43.64 San Pasqual (Bronco)
3:45.02 San Diego (Bronco)
3:45.22 Mira Mesa (Bronco)
3:46.62 Fallbrook (Bronco)
3:48.68 Poway (Bronco)
3:48.72 Morse (Bronco)
3:49.60 University of SD (Bronco)
3:49.74 Torrey Pines (Bronco)

Distance Medley:

(1200, 400, 800, 1600):

- 10:53.4 Poway (Bronco)
10:54.38 Bonita Vista (Long Beach)
10:59.1 Granite Hills (Bronco)
11:04.0 Fallbrook (Bronco)
11:06.7 West Hills (Bronco)
11:06.9 San Marcos (Bronco)
11:10.5 San Pasqual (Bronco)
11:11.5 Helix (Bronco)
11:21.9 Mt. Carmel (Falcon)
11:26.4 San Diego (Bronco)

GIRLS:

(Marks received by April 4.)

4x200 Relay:

- 1:47.2 Rancho Bernardo (Tiger)
1:49.1 San Diego (Tiger)
1:50.3 Monte Vista (Tiger)
1:52.1 La Costa Canyon (Falcon)
1:52.3 Morse (Tiger)
1:52.5c Lincoln (Sweetwater)
1:52.7 Helix (Tiger)
1:52.9 Mira Mesa (Tiger)
1:52.9 Point Loma (Tiger)
1:52.9 Poway (Falcon)

4x800 Relay:

- 9:54 University City (Eagle Rock)
9:59.2 Torrey Pines (Tiger)
10:01.2 Mt. Carmel (Falcon)
10:10.2 Carlsbad (Falcon)
10:10.6 West Hills (Tiger)
10:21.5 Poway (Falcon)
10:24.4 Helix (Tiger)
10:27.20 Bonita Vista (Long Beach)
10:29.8 Rancho Bernardo (Tiger)
10:35.5 University of SD (Tiger)

4x1600 Relay:

- 22:28.20 Rancho Bernardo (Trabuco Hills)
22:55 University City (Eagle Rock)

800 Medley Relay:

(100, 100, 200, 400)

- 1:46.4 Morse (Tiger)
1:52.9 Lincoln (Tiger)
1:54.3 Rancho Bernardo (Tiger)
1:54.82 Rancho BV Frosh/Soph (Bronco)
1:55.0 Point Loma (Tiger)
1:55.3 San Diego (Tiger)
1:55.6 La Costa Canyon (Tiger)
1:56.8 Orange Glen (Tiger)
1:56.9 Mira Mesa (Tiger)
1:57.1 Chula Vista (Tiger)

Distance Medley:

(1200, 400, 800, 1600)

- 12:41.53 West Hills (Stanford)
13:00.55 Rancho Bernardo (Trabuco Hills)
13:04.3 Helix (Tiger)
13:13.0 Torrey Pines (Tiger)
13:18.3 Valhalla (Tiger)
13:19.1 Carlsbad (Tiger)
13:19.7 Fallbrook (Tiger)
13:23.2 Escondido (Tiger)
13:26.2 Point Loma (Tiger)
13:28.5 Poway (Falcon)

Shuttle Hurdles:

(4x100 hurdles)

- 1:12.2 Carlsbad (Falcon)
1:12.3 Torrey Pines (Falcon)
1:12.8 Mira Mesa (Tiger)
1:13.2 Valley Center (Tiger)
1:13.5 Monte Vista (Tiger)
1:14.5 Rancho Bernardo (Tiger)
1:14.8 West Hills (Tiger)
1:16.1 San Diego (Tiger)
1:17.3 Fallbrook (Tiger)
1:17.3 La Costa Canyon (Falcon)

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