

TRACK MAGAZINE

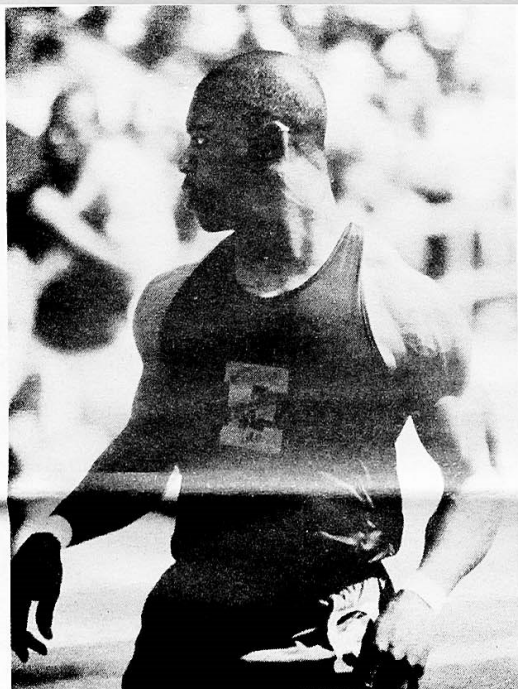


What's News...

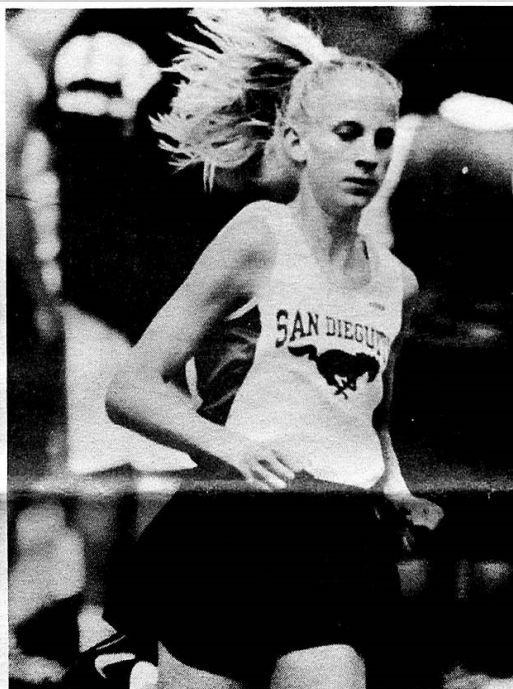
What's new? We update our previously published event previews, with some corrections, some clarifications, some new info and some restitution for previous omissions. See page two.

Volume V, Number 8 -- April 28, 2000

The best in local prep track & field coverage



R. J. Oliver
Escondido



Jenna Timinsky
San Dieguito Academy

Season moves into final phase

Reality will begin setting in over the next few weeks, as a season that began with great promise now enters the final stretch.

This weekend sees the last of the invitational/relay meets, with tonight's Orange Glen Invite, and Saturday's Frosh/Soph Championships at West Hills.

Many teams and individuals have already run their final relay meets.

What's left on the schedule are the final round of league dual meets, some of which are critical in determining league champions.

After that, it's decision time for a number of coaches and athletes, with league prelims and finals next on the schedule.

Athletes with talent in a range of events must begin to narrow their focus, although there will be some that will fudge a bit. Some will opt to double (or triple, or more) for

another meet or two.

This year's revised championship format still could hold some surprises.

Area coaches, who loathed the mid-week CIF prelims held in the last two years, elected to eliminate one step of the process and, in effect, combined the Masters and CIF Championships into one meet.

So, one week after the league finals, athletes will be seeded into two giant CIF prelim meets (with girls and boys meets held on successive days).

Although it's a prelims meet in name, the competition will actually be quite keen. The top nine athletes in each event, regardless of division, will advance to the state meet qualifying round the next week. Marks will be the sole determinant of qualification for that meet, which then determines who goes to the state meet.

The twist in the format is that the top nine advance only by marks. There will be no automatic qualification for the top finisher in Division II, for example, and heat winners are also not guaranteed advancement. In theory, all advancers could come from one super-fast race, while those that run strategically in other heats are left behind.

In practical terms, it means that an athlete is much better off taking third or fourth in a fast race than in winning a slow race.

For instance, boys 1600 runners might want to be in Ryan Moorcroft's race, and girl 800 meter runners might feel relief in seeing their names listed in Jenna Timinsky's heat.

For more on how all this plays out, stay tuned.

Our meet coverage begins on page three. We start with what was one of the best Sundevil Invitationals ever, where Monique Henderson and Lashinda Demus finally raced, and where the boy vaulters went through the roof (not literally, it was an outdoor meet).

We also include the results of the Jaguar Invitational, which might be renamed the Ernie Banks ("Let's Play Two!") Open next year, and cover the local highlights from some eventful races at Mt. SAC.

Our final round of event previews (with the exception of the 4x400, which awaits a future issue) includes a look at the 200 meters (some top runners are back), the 3200 meters (both fields are loaded with talent), the high jump (the boys are skying) and the discus throw (keep watching the skies...).

See where you stand on our super-deeeeeeep best marks list, starting on page twelve.

Next Issue:

May 12

Look for it at your
League Finals Meet.
With coverage of the
Orange Glen Invite
and Frosh/Soph
Championships.

Updating the previews

Since our event previews began appearing in our first issue of the season, there have been a number of developments, some of them dramatic and unexpected, in the various events.

Updating...

The 1600

West Hills' Ben Aragon finally got the breakthrough that was expected in this race. He had put up great 1200 times, including a sizzling 3:05.2 at this year's Arcadia distance medley, but his 1600 PR was in the mid-4:30s. Aragon completely skipped the 4:20-range, and dipped down to 4:17.42 in overtaking a hot-starting Ryan Moorcroft at Sundevil last week.

It turns out that RB's Allison Hall is healthy enough to run competitively this season, although she is not expected to return to her 5:05 form *this* season.

Hall has been making rapid progress in recent weeks, starting light jogging, moving into light training, and finally getting strong enough to race some medium-speed (for her) 800s. She began with a 2:41 in a dual meet, and then ran a mid-2:30 split on the Broncos' 4x800 at Sundevil. RB coaches are ecstatic, anticipating a fully recovered Hall

to return for cross country.

The 100

An update on some of the injured is more encouraging. Crawford's Larry Miles and Escondido's R. J. Oliver, as noted elsewhere in this issue, both ran well at Sundevil. It was Miles' first appearance since pulling up at Arcadia, while Oliver had been working his way back into shape for a few meets.

A newcomer with promise is Helix frosh Reggie Bush, who burst upon the scene with a 10.9 in a JV race. He established himself in later races, running the same time (in a different race) as Oliver at Jaguar, and then timing 11.00 at Sundevil.

Two other promising frosh, Deon White of RB, and Michael Matison of Mt. Carmel, are not back from early injuries.

The 300 Hurdles

In the boys intermediate hurdles, a few teams have moved some sprinters into the event with good success.

At Helix, coach Chris Ruff had Jason Van run the race in 42.03, and just last week moved Todd Watkins into the event, where he posted a 41.1 at Sundevil.

Poway has had even more success with Jason Davis, who clocked 39.9 for the race.

The Triple Jump

There is a new factor in this event, as El Camino's Jessica Thomas decided, in mid-season, to try this event.

Thomas, a noteworthy sprinter and long jumper, has already reached 35-3, and obviously has the talent to go much farther.

Wildcat coach Terry Scaife credits alum Andria Booker with talking Thomas into trying the event. Booker, of course, was the state champ in the event in 1998.

"She (Booker) basically told her that if she could long jump, she could triple jump," Scaife said.

The High Hurdles

Credit some young runners with putting a big charge into the girls 100 hurdles event. Currently, the 2-3-4 spots on the yearly list are occupied by freshmen, and the fifth runner is a soph, and this is all in a year in which the times have been excellent.

After RB's Catie Coin ran 14.98 at Sundevil, she was followed by ninth-graders Tanisha Johnson of Eastlake (15.13) and Morse's Cheryl Hawkins (15.40). In an earlier race, frosh Meggi Afenir of Escondido won in 15.52, ahead of Helix soph Bryeanna Barner (15.59).

In the boys highs, the big news at Sundevil was the appearance of Point Loma's Tony Golston, who ran the 400 in 51.7. Coaches had originally not expected Golston back until the end of the season.

Granite's Jeff Hunter has returned to full strength (more or less) after an injury incurred in the Granite Hills/Helix dual meet. He's hurdling at peak form again, but may be held out of the long jump

for the near future.

The Shot Put

The correct name for the promising young Sweetwater girl thrower is Marie Taumua, and she is actually a sophomore, not a freshman. Even so, she remains on pace to be a real talent. After a mid-season bout with tendinitis in the wrist of her throwing hand, she seems back to form. At Jaguar, she won in 39-9.5, her best of the year. By comparison, Hoover's Candace Hill had a best of 38-5 as a soph.

The Pole Vault

Poway's Julia Preston was inadvertently left completely out of our vault preview (we thought she had graduated). But she is jumping for the Titans, and recently cleared 11-3, which puts her at number two in the county and also makes her a threat to Kylene Nixon's school record (11-9, in 1997).

The 800

RB soph Laura Landry ran this event in 2:25.29 at Sundevil, and is reportedly becoming more interested in a serious try at this. She might have to wait another season to add background work, but her speed (she was a state meet qualifier in the 400 last year) could make her a threat this season. Stay tuned.

University City's Talisha Clophus has not closed the door on her 800 career, after all. She posted a 2:22 split in anchoring the UC 4x800 team at Sundevil, and could be a factor in this event.

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Sundevil: Monique, Demus hook up; vaulters incredible

Monique Henderson is voted athlete of the meet -- that's not news. That's dog bites man. But, Henderson racing head to head against Long Beach Wilson's Lashinda Demus -- that's man bites dog.

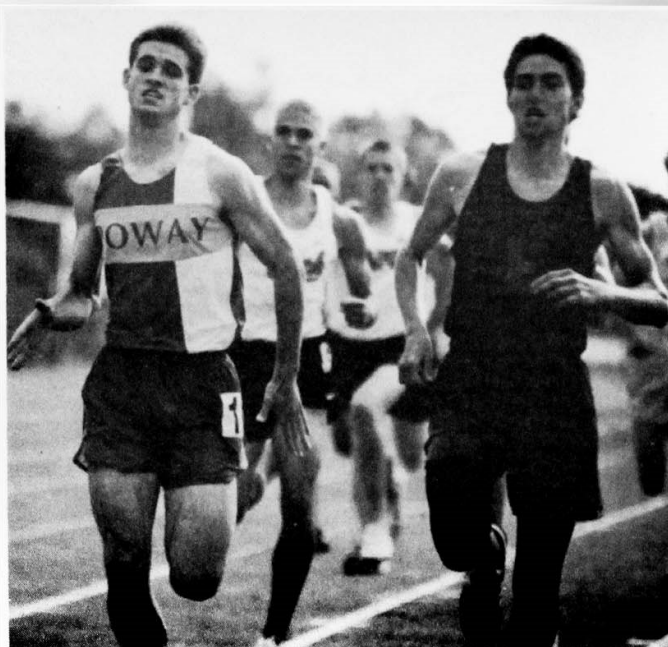
And those vaulters!

It all happened at a top quality edition of the Sundevil Invitational, annually the best local showcase.

The boys pole vault got things into the stratosphere, almost literally, from the very beginning. It was a real show.

Marina's Logan Odden and Mt. Carmel's Travis Offner left the field behind when both cleared 15-4 on their first attempts.

The bar was moved to 15-10, which represented a personal best and a school record for Offner, and which would rank as third best on the section all-time list. He cleared on the first attempt. Odden made



Aaron Powell, Nico Cueva
Poway Escondido

it on his second try.

The bar went to 16-2. Odden, now jumping first, took two attempts to clear. Offner also cleared on his second jump, setting another PR, another school record, and putting Offner into second on the section list.

At 16-7, Odden cleared cleanly on his first attempt. Offner, who had started at 13-8, had already made seven vaults, and couldn't get over still another record. Odden then missed three attempts at 17-2.

The Henderson-Demus showdown was widely anticipated. The two had not raced in years, as the former age-group rivals now specialize in different events.

Demus, who moved to the hurdles, was last year's Track & Field News high school girl athlete of the year.

And Henderson was coming off two consecutive weeks of narrow, albeit fast, losses to great runners.

Advantage: Henderson.

The Morse flash pushed the start hard, and blistered a 53.38 clocking, very fast on a DG surface. Demus ran 54.56 in second.

Henderson later came back to run 23.8 (hand time) in the 200 meters to win that race by 1.4 seconds.

Other highlights (and there were many):

West Hills' Ben Aragon made a strong stretch run in the 1600 to win in a PR 4:17.42. St. Augustine's Ryan Moorcroft set an extremely hard early pace, running about 57 for the first lap and just over 2:00 at 800.

San Marcos' Travis Laird ran an impressive 9:12.8 in the 3200, running strong in the last half of the race. He pulled West Hills' Evan Fox to a fine 9:20.2 and also beat Ramona's Matt McInvald and RB's Sean Ricketts.

191-6 to win, and Mira Mesa's Travis Jones was a solid second at 183-1.

Helix jumper Tony Ortiz first jumped to a county lead in the long jump, at 23-4.5, and then increased his county best in the triple to 47-6, which he needed to stay ahead of Sweetwater's Trandon Harvey (47-2).

RB's Catie Coin led a flock of fast 100 hurdlers, dipping under 15 seconds for the first time (14.98).

The results:

At Mt. Carmel High, Saturday, April 22. Conditions: Mostly overcast, with some sun breaking through in late events. DG track in decent shape after recent rain. Wind was a non-factor. Some events were hand-timed, as noted.

BOYS:

100:

Heat 1: Long (UC) 10.78, Oliver (Esc) 10.86, Miles (Craw) 10.87, Thomas (PIL) 11.15, Polk (Crns) 11.19, Anderson (East) 11.22.

Heat 2: McDaniel (Linc) 10.84, Davis (ECV) 10.89, N. Cunningham (WH) 10.99, Bush (Hx) 11.00, Conerly (WH) 11.16.

Heat 3: Smith (UC) 10.80, Del Rincon (MontV) 10.98, Thompson (Sweet) 11.08, Bowman (UC) 11.14, Brown (MiraM) 11.21.

200 (hand times):

Heat 1: Oliver (Esc) 21.7, Miles (Craw) 21.7, Long (UC) 21.9, Del Rincon (MontV) 22.1, Roberts (PH) 22.3.

Heat 2: McDaniel (Linc) 21.8, Smith (UC) 22.3, unknown 22.4, Hames (Cres) 22.7, Davis (ECV) 22.8.

400:

Heat 1: Briggs (UC) 50.61, F. Johnson (Ser) 50.79, Edmonds (SM) 50.93, Arrington (Crns) 50.96, Johnson (East) 51.54.

Heat 2: Smith (Monr) 50.75, Nunez (SP) 50.89, Beckstead (RB) 50.93, Thomas (MontV) 51.09, Reddick (Morse) 51.89.

Please turn to page 4.

Dual Meet Rankings:

BOYS:

1. Rancho Bernardo
2. West Hills
3. Eastlake
4. Helix
5. Granite Hills
6. Vista
7. Fallbrook
8. Valley Center
9. Poway
10. University City

Others: Monte Vista, Bonita Vista, Patrick Henry, Sweetwater.

GIRLS:

1. Rancho Bernardo
2. Morse
3. Eastlake
4. Torrey Pines
5. Fallbrook
6. Mt. Carmel
7. Poway
8. Bonita Vista
9. West Hills
10. Carlsbad

Others: Helix, Rancho Buena Vista, La Jolla, San Pasqual.
(Coaches' rankings of April 26)

TRACK MAGAZINE

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TRACK MAGAZINE

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Sundevil Invite:

From page 3.

800:
Heat 1: Powell (Pow) 1:55.80, Aragon (WH) 1:55.84, Emmons (Vis) 1:56.36, Cueva (Esc) 1:56.92, Thornton (RBV) 1:57.32, Neuroth (Vis) 1:57.60, Rankin (MontV) 1:57.69, Green (TP) 1:57.71, Schible (WH) 1:58.24, Moorcroft (StA) 1:59.93, Johnson (SP) 2:00.43, Bauerle (WH) 2:00.45.

Heat 2: Ungricht (Fall) 1:57.29, Whitford (Coro) 2:01.10, Marsical (SP) 2:02.38, Vielguth (GH) 2:02.79, Espino (Fall) 2:02.94.

1600:
Heat 1: Aragon (WH) 4:17.42, Moorcroft (StA) 4:19.81, Manzano (CV) 4:25.48, Pope (Pow) 4:26.50, Montez (Vis) 4:28.61, Gandolfo (ElCap) 4:29.32, Bachman (VC) 4:30.37, Krestyn (ThOk) 4:31.75, Aradanas (MiC) 4:33.53, Barre (MiC) 4:34.23.

Heat 2: Shannon (RB) 4:30.24, Williams (Hx) 4:30.29, Schible (WH) 4:32.25, Polito (VC) 4:33.48, Ambrose (TP) 4:35.71, Zubel (PH) 4:37.56.

3200 (hand times):
Laird (SM) 9:12.8, Fox (WH) 9:20.2, McInvale (Ram) 9:31.6, Ricketts (RB) 9:32.2, Neumuller (ThOk) 9:36.2, Lyons-Quirk (Pow) 9:44.0, Kenyon (MiC) 9:47.6, Osborne (TemV) 9:48.6, Kubler (Cres) 9:53.5, Cooke (MiC) 9:54.4, Maynard (GH) 10:02.6.

110 HH:
Heat 1: Salimi (RB) 14.58, Hunter (GH) 15.05, Gould (ThOk) 15.11, Chambless (SH) 15.13, Thomas (Gar) 15.34, Harvey (Sweet) 15.50.

Heat 2: Everette (SP) 15.04, Talbert (MiC) 15.17, Greenway (DB) 15.20, Reed (Crns) 15.56, Knight (MarV) 15.64.

Heat 3: Failla (Esc) 15.50, Williamson (Morse) 15.60, Orlando (MiraM) 15.90, Bonner (MontV) 16.01, Taylor (GH) 16.11.

300 IH:
Heat 1: Salimi (RB) 37.3, Hunter (GH) 38.1, Chambless (SH) 39.1, Gould (ThOk) 39.4, Thomas (Gar) 39.6.

Heat 2: Talbert (MiC) 39.8, Nears (Ser) 40.3, McCauley (Cres) 41.2, Cleveland (Sweet) 41.5, Conerly (WH) 42.1.

Heat 3: Nenow (GH) 40.2, Watkins (Hx) 41.1, Failla (Esc) 41.5, Chan (SR) 41.7, Ungricht (Fall) 42.0.

4x100 Relay:
Heat 1: University City 42.16, Rancho Bernardo 42.86, Morse 43.03, Helix 43.21, Lincoln 43.22, Eastlake 43.74.

Heat 2: Patrick Henry 43.60, Escondido 43.93, Sweetwater 44.33, San Marino 44.39, Serra 44.62, Poway 44.65.

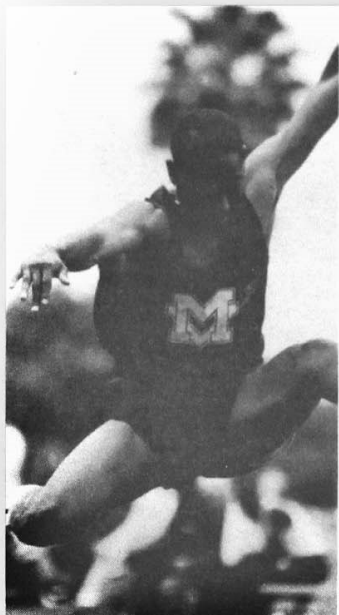
Heat 3: Gardena 43.93, Monte Vista 44.17, Glendora 44.54, Mt. Carmel 44.84, Mira Mesa 44.87, El Cajon Valley 44.95.

4x400 Relay:
Heat 1: West Hills 3:23.9, Gardena 3:24.1, San Pasqual 3:26.5, University City 3:26.6, Vista 3:26.6, Rancho Buena Vista 3:28.6.

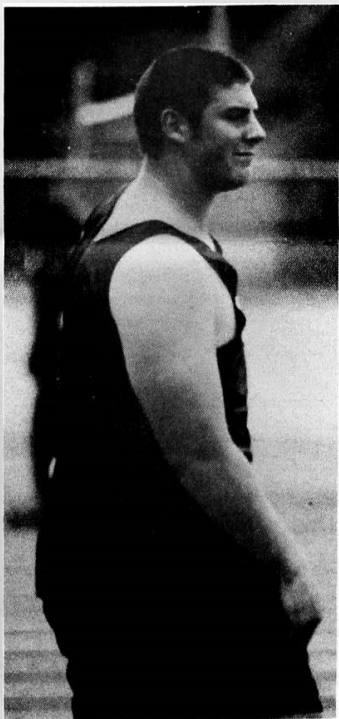
Heat 2: Lincoln 3:25.8, Granite Hills 3:27.2, Poway 3:28.8, Fallbrook 3:28.8, Mt. Carmel 3:30.6.

4x800 Relay:
South Hills 8:21.30, University of San Diego 8:32.74, Rancho Bernardo 8:33.40, Sweetwater 8:33.48.

Distance Medley Relay:
South Hills 10:49.6, Escondido 10:57.7, Monte Vista 10:58.8, University of San Diego 10:59.4,



Jamal Randall
Monte Vista



Steve Vieira
Carlsbad

Thousand Oaks 11:05.0, Helix 11:09.4, Sweetwater 11:10.8.

High Jump:
Group 1: Okenwa (Morse) 6-6, Williams (RB) 6-4, Harris (Gar) 6-4, Staton (PH) 6-2, Curry (East) 6-2.

Group 2: Volbeda (MiC) 6-0.

Pole Vault:
Group 1: Odden (Marina) 16-7, Offner (MiC) 16-2, Haleck (ThOk) 14-8, Morrison (AltLo) 14-8, Murillo (Vis) 14-2, Park (ThOk) 14-2, Walker (Hem) 13-2, Doria (East) 13-2, Dorminy (RB) 13-2, Hill (RB) 13-2, Daley (Vis) 12-8.

Group 2: Aleman (East) 12-8, Garcia (WH) 12-8, Figueroa (GH) 12-8, Kaesar (Fall) 12-8.

Long Jump:
Group 1: Ortiz (Hx) 23-4.5, Williams (RB) 22-7.25, Matthews (SH)



Alexis Tate
Rancho Bernardo

21-8.5, Monroe (Glen) 21-7.5, Roberts (PH) 21-7.25, Williams (DB) 21-6.25, Harvey (Sweet) 21-5.5, Gilbert (Lin) 21-3.75.

Group 2: Randall (MontV) 21-7.5, Rogers (Morse) 21-4, Nenow (GH) 21-0.5, Scott (Sant) 20-11.75, Mahoney (MiC) 20-11, K. White (RB) 20-9.75.

Triple Jump:
Group 1: Ortiz (Hx) 47-6, Harvey (Sweet) 47-2, Reynolds (UC) 45-3.75, Randall (MontV) 44-9.75, Skrzypczak (VC) 44-6.25, Torbron (Glen) 42-6.75, Thomas (PH) 41-10.5.

Group 2: K. White (RB) 44-0.5, Roberson (Morse) 43-4.5, Wooden (Morse) 42-8, Bornes (RBV) 42-7.25, Princetta (TP) 42-4.5, Robinson (MiM) 41-10.25.

Shot Put:
Group 1: Watkins (Hx) 55-3, Bugarin (Rose) 53-0, DeBruckey (Esp) 52-8.25, Moazed (MiC) 51-9.25, Vieira (Carls) 51-1, English (RBV) 49-8.75, Asch (ElCap) 48-10.25, Germain (Fall) 47-10.

Group 2: Gonzales (VC) 48-8.5, Arosemena (Vis) 47-7, Matthews (SH) 47-4, Jones (Val) 46-11.25, Tuerk (RB) 46-9.5, Hanson (StA) 46-5.

Discus Throw:
Group 1: Pendleton (Esp) 191-6, Jones (MiraM) 183-1, Ward (Pow) 174-3, Watkins (Hx) 163-1, Asch (El Cap) 159-5, Tuerk (RB) 156-0, Rangel (East) 153-10, Hunt (Hill) 153-1.

Group 2: Driggs (Sweet) 158-0, DeBoer (RBV) 152-11, English (RBV) 150-4, Matthews (SH) 144-1, Palmer (Glen) 143-2.

GIRLS:

100:
Heat 1: Hall (RBV) 12.16, Allen (MiM) 12.39, Johnson (East) 12.42, Bowser (Car) 12.47, Brezezinski (ThOk) 12.55, Blake (FP) 12.72.

Heat 2: Thomas (ElCap) 12.36, Beverly (USD) 12.60, N. Herron (ECV) 12.78, Anderson (Ser) 12.84, Carrington (MiC) 12.87.

Heat 3: Hackett (Morse) 12.62, Raddick (Morse) 12.88, Robinson (Coro) 13.05, Doe (TP) 13.07.

200 (hand times):
Heat 1: Henderson (Morse) 23.8, Bowser (Car) 25.2, Brezezinski (ThOk) 25.6, Blake (FP) 25.8, Tate (LB Wil) 26.0.

Heat 2: Ray (Fall) 25.9, McCuen (BO) 26.3, Lowery (SP) 26.6, Allen (MiM) 26.7, Hinton (Linc) 27.1, Durruthy (East) 27.2.

400:
Heat 1: Henderson (Morse) 53.37, Demus (LB Wil) 54.56, Jessie (Car) 57.09, Gaskins (DB) 57.81, Ross (LB Wil) 60.69.

Heat 2: Russell (LS) 58.20, Tso (LCC) 60.04, Tate (RB) 60.49, Rothert (Fall) 61.22, Williams (Hx) 61.73, Soto (Carls) 62.33.

800:
Heat 1: Timinsky (SDgtoA) 2:15.84, Freeman (LB Wil) 2:16.54, Davila (Hill) 2:16.84, Thune (BO) 2:21.19, Clayton (LS) 2:22.90, Hill (LB Wil) 2:24.28, Phipps (Morse) 2:25.04, Landry (RB) 2:25.29.

Heat 2: Hudek (Hill) 2:25.07, Guerrero (LJ) 2:26.02, O'Connell (Carls) 2:26.53, Rideout (SP) 2:27.91, Bravin (Val) 2:28.23, O'Brien (Pow) 2:29.64.

1600:
Heat 1: Komosinski (TP) 5:03.80, Manson (RB) 5:11.79, Mier (SM) 5:14.13, Yee (RB) 5:18.88, Baird (Hx) 5:19.38, Marquez (ElCap) 5:20.19, Donaldson (TemV) 5:25.99, Klause (Pac) 5:28.01, Yamout (MiC) 5:28.71.

Heat 2: Ojeda (CV) 5:25.79, Montgomery (Ser) 5:28.52, Carmichael (Fall) 5:29.57, Hilton (MiC) 5:30.47, Williams (TP) 5:31.10.

3200:
Petersen (TP) 11:26.33, Kilmer (Ram) 11:32.99, Sick (MiC) 11:43.63, Mulvey (MiC) 11:47.57, Scott (LB Wil) 11:57.03.

100 Hurdles:
Heat 1: Coin (RB) 14.98, Johnson (East) 15.13, Hawkins (Morse) 15.40, Smith (LB Wil) 15.61, Harper (LB Wil) 15.67, McGrath (RB) 16.01.

Heat 2: Afenir (Esc) 15.52, Barmer (Hx) 15.59, Harper (LB Wil) 15.93, Carter (MiraM) 15.97, Camp (MontV) 16.61.

Heat 3: Dulin (RB) 16.21, Nemore (ElCap) 16.47, Asay (Sweet) 16.79, Hobbs (ThOk) 16.93, Riley (Carls) 17.49.

300 Low Hurdles (hand times):
Heat 1: Smith (LB Wil) 44.2, Pound (Pow) 44.9, Coin (RB) 45.6, Johnson (East) 45.7, Timm (Sult) 46.0, Harper (LB Wil) 46.2, Alexander (LS) 47.9, Carter (MiraM) 48.1.

Heat 2: Dulin (RB) 46.7, Harper (LB Wil) 47.5, Avery (GH) 48.0, Hobbs (ThOk) 48.2, Schim (LCC) 48.5, Nemore (ElCap) 48.7.

Heat 3: Smith (Linc) 47.7, Major (Sweet) 48.0, Afenir (Esc) 48.1, Winfield (Vis) 49.1, Alsup (MiC) 49.2, Hawkins (Morse) 49.7.

4x100 Relay:
Heat 1: Long Beach Wilson 48.96, La Salle 49.98, Rancho Bernardo 50.02, Eastlake 50.37, Rancho Buena Vista 50.61, Fallbrook 51.09, Scripps Ranch 51.95, Morse, DQd.

Heat 2: Lincoln 49.82, Mt. Carmel 50.31, Helix 50.44, Monte Vista 50.76, Poway 51.30, La Jolla 51.30, San Pasqual 51.68.

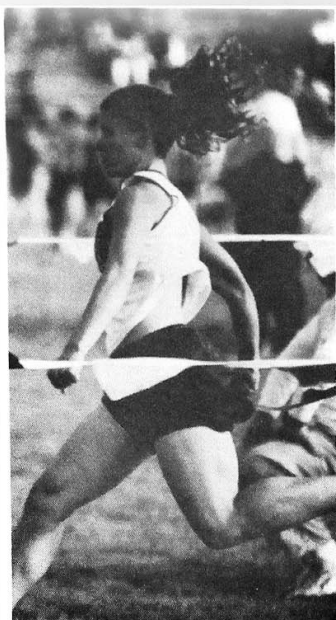
Heat 3: Serra 51.06, El Cajon Valley 51.70, Valhalla 51.91, Sweetwater 52.40, Escondido 52.46, University of San Diego 52.50.

4x400 Relay (hand times):
Heat 1: Long Beach Wilson 3:51.0, Rancho Bernardo 4:03.4, Poway 4:06.0, Carson 4:06.7, Morse 4:08.5, La Salle 4:08.7, Torrey Pines 4:14.3, University of San Diego 4:16.3.

Heat 2: La Costa Canyon 4:07.4, Monte Vista 4:07.8, Brea-Olinda 4:09.0, El Camino 4:10.2, Serra 4:11.2, Thousand Oaks 4:14.5, Mt. Carmel 4:14.8.

4x800 Relay (hand times):
Long Beach Wilson 9:31.04, University City 9:53.7, Mt. Carmel 9:56.2, Sultana 10:03.0, Chula Vista 10:05.2, South Hills 10:12.9, Pacifica 10:16.5, Rancho Bernardo 10:18.7, Monte Vista 10:20.5, Point Loma 10:21.4.

Please turn to page 5.



Nina Ropes
Fallbrook

Sundevil Invite: From page 4.

Distance Medley (hand times:
Hilltop 13:02.5, South Hills
13:03.1, University City 13:06.8, Pacifica 13:07.7, Chula Vista 13:17.7, Mt. Carmel 13:18.1, Long Beach Wilson 13:26.7, Rancho Bernardo 13:26.7.

High Jump:
Group 1: Turner (GH) 5-2, 3-way tie: Cole (VC), Bornes (RBV), Carlson (SFC), all 5-0; Fleming (USD) 5-0, Austin (RB) 5-0, Heiman (BO) 5-0.
Group 2: Westad (Glen) 5-0.

Pole Vault:
Rebello (Marina) 11-2, Hudlow (RB) 11-2, tie among Pascarella (RB) and Preston (Pow) at 10-8; Fullwood (Sult) 10-8, Hamler (TC) 10-2. At 9-8: Orlando (MiraM), Nowinski (MiraM), Guapo (East). At 9-2: Holcomb (TP), Tang (TC), Cabrera (MTC), Halliburton (TP), Robak (MTC), Russ (GH).

Long Jump:
Group 1: Thomas (ElCam) 17-6.5, Hall (RBV) 17-5, Neal (RBV) 17-2, Ropes (Fall) 17-1.5, Bornes (RBV) 17-1, Hayes (East) 16-0, Dinkle (Glen) 15-10.5, Matos (Fall) 15-10, Estridge (Linc) 15-7.

Group 2: Flom (East) 15-7.5, Gaines (MontV) 15-6.5, Williams (ECV) 15-5, Wallace (MontV) 15-5, Gooden (LBWil) 15-4.

Triple Jump:
Group 1: Smith (LM) 38-11.5, Givens (LJ) 36-11.5, Ropes (Fall) 36-2, George (Val) 36-2, Bornes (RBV) 35-11, Hayes (East) 34-8, Copeland (TP) 34-3, Wallace (MontV) 34-0, Salahuddin (Hill) 33-7.

Group 2: McNeely (LCC) 34-4.5, Dambkowski (VC) 33-5.5, Williams (ECV) 33-4.5, Chuang (DB) 33-2, Clark (MontV) 32-11.

Shot Put:
Group 1: Varner (Bakfd) 43-1, Hill (Hoov) 42-2.5, Waters (DB) 39-7.25, Henry (RBV) 37-4.75, Austin (RB) 37-4, Harper (Linc) 36-11.75, Taumua (Sweet) 36-3, Grayson (LBWil) 36-1.75, Morris (SR) 35-9.75, Vavra (Esc) 34-7.75.

Group 2: Boh (SP) 32-8.25, Tiffany (GH) 32-6.25, Espinoza (BO) 32-6, Criado (RBV) 32-5.75, Udeh (Morse) 32-0.25, Mon-Battung (Pow) 31-2.

Discus Throw:

Group 1: Hill (Hoov) 138-8, Austin (RB) 127-11, Thompson (Esp) 126-11, Brickner (Esp) 124-11, Varner (Bakfd) 124-8, Pendleton (Esp) 123-1, Henry (RBV) 120-8, Parrish (Esp) 119-5, Mahr (Sult) 116-8, Verbeck (Esp) 115-1, Morris (SR) 113-10, Ames (ElCap) 109-10, Johnson (Fall) 105-5.

Group 2: Collins (Glen) 118-11, Schary (Glen) 109-8, Young (East) 106-3, Smither (SP) 98-1.

Mt. SAC: Monique is swift; Vista runs good DM

Morse's Monique Henderson, in her first big meet after Arcadia, ran some very, very fast sprints at the Mt. SAC Invitational, on April 15.

At Arcadia, Henderson had encountered her first ever loss in the 400 meters at the high school level.

That only seemed to make her more determined, however, judging by her Mt. SAC races.

In the 100, Henderson overcame a slow start to nearly overtake Rio Mesa's Porchea Carroll. Carroll held on to win the race in a nation-leading (at the time) 11.60, with Henderson at 11.61. The wind was legal.

The 11.61 is a new best for Henderson, and puts her well within range of the section record of 11.51, set by Sweetwater's Gail Devers (who went on to win two Olympic gold medals in the 100).

In the 200, Henderson started faster than the rest of the field, but couldn't hold on in the last meters, being overtaken by Berkeley's Aisha Margain, who was the Arcadia champ in that event.

The wind was aiding at 4.0 meters per second (2.0 mps is the limit), but the times were quick. Margain ran 23.10 (compared to 23.85 at Arcadia), and Henderson ran 23.16, her fastest under any conditions.

For Henderson it was three close losses in two weeks, all to national leaders, all by narrow margins. The bottom line is that she's on track to having a monster year, the defeats notwithstanding.

In the boys distance medley, this time it was Vista's turn to win a major invitational in good time, which was 10:18.76. The Panthers overcame a baton drop for the victory, with Justin Neuroth anchoring the final 1600 in 4:13.

West Hills' boys, meanwhile, loaded up in the 4x800 against Arcadia foe Don Lugo. Don Lugo's runners pushed the pace from the

start, and won in 7:45.55, with the Wolfpack second in 7:50.57.

Other local teams placed well with Fallbrook in sixth (8:00.85) and San Pasqual in seventh (8:00.93). A quick math shortcut: 8:00-flat represents a four-man average of 2:00-flat.

Elsewhere, Grossmont's Jonathan Takahashi jumped 15-0 for fifth in a loaded vault field, and Mt. Carmel came up with good relay efforts in both the boys and girls 4x1600 races.

The results:

At Mt. San Antonio College, in Walnut, Saturday, April 15.

BOYS:

100: Race 3: 2. Boris McDaniel (Lincoln) 11.11.

800: 4. Sean Ricketts (Rancho Bernardo) 1:56.82.

4x100: Race 2: 2. Lincoln 43.03.

4x400: Race 3: 5. Poway 3:27.72. Race 5: 1. Lincoln 3:26.10, 4. Fallbrook 3:28.24.

4x800: 2. West Hills 7:50.57; 6. Fallbrook 8:00.85; 7. San Pasqual 8:00.93.

4x1600: 7. Mt. Carmel 18:18.32.

Distance Medley: 1. Vista 10:18.76 (Neuroth 4:13). Race 2: 1. Poway 10:28.4.

PV: 5. Jonathan Takahashi (Grossmont) 15-0.

LJ: Alton Gilbert (Lincoln) 21-2.75.

SP: Tyler Moazed (Mt Carmel) 50-0.

GIRLS:

100: 1. Porchea Carroll (Rio Mesa) 11.60; 2. Monique Henderson (Morse) 11.61. Wind: +0.3 mps.

200: 1. Aisha Margain (Berkeley) 23.10; 2. Henderson 23.16. Wind: +4.0.

Race 2: 4. Stephanie Blake (FP) 25.55.

800: Race 3: 3. Amonica Phipps (Morse) 2:19.63.

3,000: 1. Gorton (Phoenix, Ariz) 9:36.24; 4. Desiree Davila (Hilltop) 10:15.42; 9. Jasmine Marquez (El Capitan) 10:35.42.

300 LH: 3. Audrey Pound (Poway) 45.10.

4x100: Race 3: 8. Lincoln 50.67. Race 7: 4. University of San Diego 52.00.

4x400: Race 3: 1. Poway 4:02.88. Race 5: 2. University of San Diego 4:14.70.

4x1600: 3. Mt. Carmel 21:46.02.

SP: Amber Hood (Morse) 35-6.25; Veronica Harper (Lincoln) 35-5.5.

Jaguar Invite: Double your pleasure

Valley Center meet director Mike Cummings must idolize former Chicago Cubs great Ernie Banks.

It was Banks, a Hall of Fame slugger, who enjoyed playing



Kameelah Allen
Mount Miguel

baseball so much so that his favorite expression was, "Let's play two!"

That meant that the only thing better, as far as Banks was concerned, than playing one baseball game was to play two baseball games.

Cummings, organized and ambitious, staged two full-length, back-to-back invitationals at Valley Center on April 15.

Two divisions in each, with two heats in each division. Like Noah's ark, there was two of everything.

It (both meets) actually went pretty smoothly, in fact, better than smoothly, with super-fast and accurate results, a great setting, and good competition.

Among the highlights:

In the boys day meet, RB's Bobby Salimi had a fast double of 14.43 in the highs and 22.49 in the 200.

Southwest's Shawn Smith high jumped 6-7, which he also made earlier in the week, and had good attempts at 6-8.

Helix jumper Tony Ortiz doubled with 22-3 and 47-3 marks. The triple jump mark was a county leader at the time.

Eastlake's Alex Doria PR'd at 14-3 in the vault, and Carlsbad soph Tim Warner made waves with a 13-6 clearance for second.

Helix thrower Travis Watkins tossed the shot 53-11 after a 57-foot warmup.

Escondido's R. J. Oliver, in his second meet back after an injury layoff, equalled the fastest time of the meet, with 11.10 in the 100.

The boys night meet saw a nice return to action by Granite's Jeff Hunter, who ran hurdle times of

Please turn to page 6.

Jaguar Invite: From page 5.

15.21 and 39.52, and also ran good legs on the sprint relay teams.

Sweetwater's Trandon Harvey was a close second to Hunter in the highs, in 15.25, and added some long, although wind-aided jumps. He rode the breeze to a 22-6 and had a foul of about 23-3.

Another impressive effort, given the conditions that slightly slowed many races, was Bonita Vista's David Hannibal racing 50.18 in the 400 meters.

In the girls day meet, RB's Catie Coin had a nice hurdle double of 15.24 and 45.85, although she lost the 300s to Helix soph Bryeanna Barmer, who was all the way across the track. Barmer ran 45.41.

Another hot race was the girls 800, where San Dieguito Academy's Jenna Timinsky raced to a 61-second opening lap on her way to a 2:14.41 win.

Torrey Pines' Julie Komosinski was not far back of Timinsky in any part of the race, but, with both tired from the hot early pace, couldn't close ground in the stretch. She ran 2:16.87.

San Marcos' Nicole Mier outkicked Helix's Stephanie Baird in the 1600, with both girls under 5:20 (Mier, 5:17.11).

Best mark of the girls night meet was by Sweetwater soph thrower Marie Taumua, who put a personal best of 39-9.5.

The Results:
At Valley Center High, Saturday, April 15. Conditions: Morning mostly overcast, with warm sun breaking through, wind mostly not a factor. Afternoon saw bright sunshine, with wind picking up. By sundown, temperatures dropped, and wind was relatively calm.

BOYS:

Morning/day session:

100: D I, Heat 2: Oliver (Esc) 11.10, M. Johnson (Serra) 11.23. D II, Heat 2: Bush (Hx) 11.10.

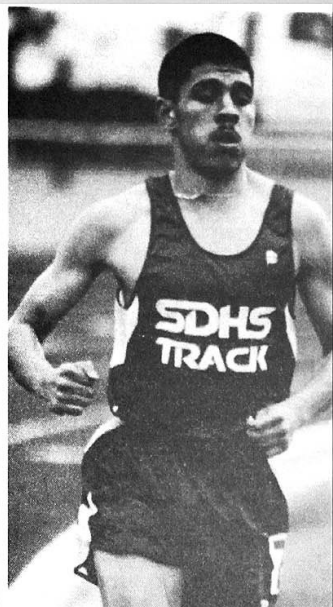
200: D I, Heat 1: Johnson (East) 23.00, F. Johnson (Serra) 23.10. Heat 2: Contreras (VC) 22.69, M. Johnson (Serra) 22.74. D II, Heat 1: Bush (Hx) 22.96, Beckstead (RB) 23.18. Heat 2: Salimi (RB) 22.49.

400: D I, Heat 1: Johnson (East) 50.67, Andre (SP) 52.21. Heat 2: F. Johnson (Serra) 50.44, Fitzpatrick (Esc) 51.70. D II, Heat 1: Miller (RBV) 51.30, Graham (RB) 52.46. Heat 2: Watkins (Hx) 51.37, Alvarez (CV) 52.00, Daniels (Carls) 52.56.

800: D Heat 2: Machado (SR) 1:59.88, Tro. Stroh (VC) 2:02.52. D II, Heat 2: Thornton (RBV) 1:58.59, Ambrose (TP) 2:00.12, Manzano (CV) 2:01.83, Laird (SM) 2:02.27.

1600: D I: Bachman (VC) 4:34.89, Polito (VC) 4:37.31. D II: Manzano (CV) 4:21.93, Laird (SM) 4:23.11, Williams (Hx) 4:35.60, Dominguez (SD) 4:36.01.

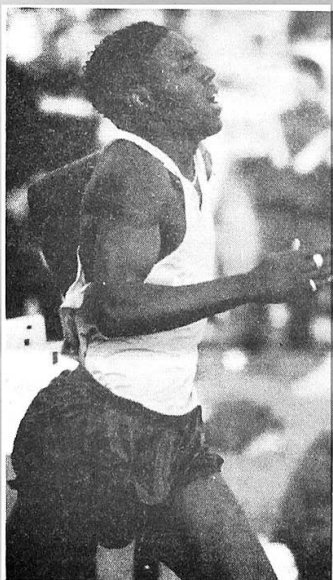
3200: Dominguez (SD) 9:54.63, Polito (VC) 9:59.27, Mondragon (Esc) 9:59.96, Roane (Ram)



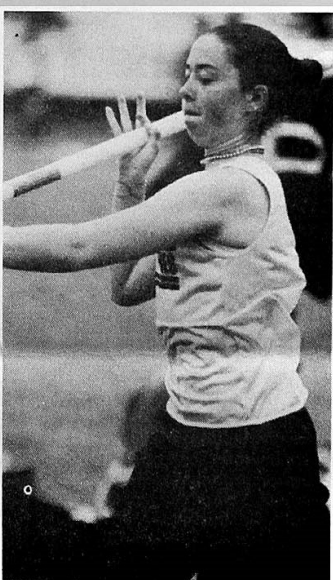
Christian Dominguez
San Diego



Mallane Dressel
Carlsbad



Jamah Briggs
University City



Nicole Holcomb
Torrey Pines



Beatrice Guapo
Eastlake



Qadriyyah Abdullah
Mount Miguel

10:10.59.

110 HH: D I, Heat 1: Everette (SP) 15.18, Nears (Serra) 15.40, Failla (Esc) 15.58, Tre. Stroh (VC) 16.24. Heat 2: Curry (East) 16.26. D II, Heat 2: Salimi (RB) 14.43, Barnhill (SM) 16.32.

300 IH: D I, Heat 1: Bartsch (East) 42.44. Heat 2: Tre. Stroh (VC) 41.48, Nears (Serra) 41.55, Chan (SR) 42.68, Everette (SP) 42.71. D II, Heat 1: Van (Hx) 42.03. Heat 2: Barnhill (SM) 41.07, Daniels (Carls) 42.45.

4x100: D I: Esc 44.06, Serra 44.18, EL 45.01, SP 45.05, Coro 45.08. D II: RB 43.22, Hx 43.67, RBV 43.97.

4x400: D I: Serra 3:29.54, SP 3:31.62, Esc 3:32.06, SR 3:37.56, EL 3:37.58. D II: RB 3:27.89, RBV 3:28.92, Hx 3:32.99.

HJ: D I: Curry (East) 6-4. D II: Smith (S'west) 6-7, Ortiz (Hx) 6-2.

PV: Doria (East) 14-3, Warner (Carls) 13-6, Hill (RB) 13-0, Ngo (Pow) 13-0, Leavitt (Hx) 12-6, Aleman (East) 12-6, Spehar (RB) 12-0.

LJ: D I: Skrzypczak (VC) 20-9.5, Goins (Serra) 20-1.25. D II: Ortiz (Hx) 22-3, Bornes (RBV) 20-7.5.

TJ: D I: Skrzypczak (VC) 44-8, Curry (East) 41-11. D II: Ortiz (Hx) 47-3.

SP: D I: Pluth (VC) 45-2.5. D II: Watkins (Hx) 53-11, Vieira (Carls) 53-4, Read (RB) 47-11.5, Murdock (Hx) 47-4, English (RBV) 47-2, Tuerk (RB) 45-4, Tavale (Carls) 45-2.

DT: D I: Savaiinaea (East) 144-4, Pluth (VC) 138-6. D II: Vieira (Carls) 161-3, English (RBV) 156-7, Watkins (Hx) 153-10, DeBoer (RBV) 149-3, Tuerk (RB) 137-3.

Day/evening session:

100 (headwind): D I, Heat 1: Bowman (UC) 11.31, Smith (UC) 11.31. Heat 2: Long (UC) 11.30. D II, Heat 2: Davis (ECV) 11.23, Thompson (Sweet) 11.24.

200: D I, Heat 2: Briggs (UC) 23.21. D II, Heat 2: Hannibal (BV) 22.72, Davis (ECV) 22.75.

400: D I, Heat 1: Briggs (UC) 51.37. Heat 2: Ibarra (Imp) 52.46. D II, Heat 1: Smith (BV) 51.75, Evans (GH) 51.81, Fields (Art) 52.59. Heat 2: Hannibal (BV) 50.18, Riley (Art) 50.51, N. Cunningham (WH) 50.83, McDonough (LCC) 52.23.

800: D II, Heat 1: Bauerle (WH) 2:02.58. Heat 2: Schible (WH) 2:01.02.

1600: D II: Whitson (BV) 4:35.19, Heibel (Gross) 4:36.43.

3200: Sutton-Kane (WH) 9:59.49, Vences (Sweet) 10:05.11, Maynard (GH) 10:06.12.

110 HH (strong headwind): D I, Heat 2: Tovar (Hill) 16.86. D II, Heat 1: Taylor (GH) 16.40, Cleveland (Sweet) 16.81. Heat 2: Hunter (GH) 15.21, Harvey (Sweet) 15.25, Talbert (MIC) 15.41, Perdue (BV) 15.92.

300 IH: D II, Heat 1: Nenow (GH) 41.00. Heat 2: Hunter (GH) 39.52, Talbert (MIC) 40.51, Conerly (WH) 40.70, Vargas (BV) 41.67, Bellisario (LCCO) 42.23, Calderon (ECV) 42.36, Taylor (GH) 42.46.

4x100: D I: UC 42.67, MtMig 44.97. D II: ECV 43.58, GH 43.79, Artesia 43.83, Sweet 43.85, BV 44.55, MIC 44.67.

4x400: D II: WH 3:27.32, Artesia 3:27.81, GH 3:29.85, BV 3:32.32, MIC 3:33.25, ECV 3:34.50.

HJ: D II: McDonough (LCC) 6-0, Roberts (Art) 6-0.

PV: Baker (BV) 13-0, Figueroa (GH) 12-0.

LJ: D II (aiding wind): Harvey (Sweet) 22-6, Nenow (GH) 22-2, Mahoney (MIC) 20-7.75, Thomas (ECV) 20-5.25.

TJ: D I: Ibarra (Imp) 41-6.5,

Please turn to page 7.

Jaguar Invite: From page 6.

Weinman (MIM) 41-3.25. D II:
Harvey (Sweet) 46-2.
SP: D I: Le (OG) 47-4.5, Hansen
(Hill) 46-2.5, Wilson (OG) 46-2. D II:
Miller (Art) 49-11.5, Moazed (MIC)
48-4.5, Gascon (Sweet) 47-8.
DT: D I: Le (OG) 135-11. D II:
Driggs (Sweet) 149-0, Padilla (Sweet)
139-10, Berg (Art) 137-10.

GIRLS:

Morning/day session:

100: D I, Heat 2: McMerrville
(SR) 12.95. D II, Heat 2: Hall (RBV)
12.45.

200: D I, Heat 1: Durruthy (East)
26.91. Heat 2: Lowery (SP) 26.77.
D II, Heat 1: Soto (Carls) 26.95,
McKenzie (Hx) 26.99.

400: D I, Heat 1: Tate (RB)
61.06. Heat 2: Lowery (SP) 61.03.
D II, Heat 1: Dressel (Carls) 60.84,
Kissane (RB) 63.00. Heat 2: Reyes
(RBV) 61.42.

800: D II, Heat 2: Timinsky
(SDgtoA) 2:14.41, Komosinski (TP)
2:16.87, Allen (RBV) 2:21.30, Mier
(SM) 2:26.13, C. Robinson (CV)
2:27.43.

1600: D I: Montgomery (Serra)
5:27.15, Kilmer (Ram) 4:29.94. D II:
Mier (SM) 5:17.11, Baird (Hx)
5:19.45, O'Connell (Carls) 5:32.92.

3200: Ojeda (CV) 12:07.14.

100 H: D I, Heat 1: Johnson
(East) 15.77, Afenir (Esc) 16.05,
Dulin (RB) 16.70. Heat 2: Albini (SP)
16.38, Murphy (RB) 16.54, Hayes
(East) 16.74. D II, Heat 1: Coin (RB)
15.24, Barmer (Hx) 16.85. Heat 2:
McGrath (RB) 15.75.

300 LH: D I, Heat 1 (hand):
Johnson (East) 47.0, Afenir (Esc)
49.0. Heat 2: Albini (SP) 49.06. D
II, Heat 1: Dulin (RB) 48.22. Heat 2:
Barmer (Hx) 45.41, Coin (RB) 45.85.

4x100: D I: San Pasqual 50.69,
Eastlake 50.81, Serra 51.25, Scripps
Ranch 51.65. D II: Helix 50.68,
Rancho Bernardo 50.77, Rancho
Buena Vista 50.78, Carlsbad 51.93.

4x400: D I: San Pasqual
4:11.79, Serra 4:19.52. D II:
Rancho Buena Vista 4:06.92, Helix
4:12.69, Rancho Bernardo 4:13.90,
Torrey Pines 4:20.39.

HJ: D I: Cole (VC) 5-0. D II:
Jackson (Carls) 5-0, Austin (RB) 5-0.

PV: Pascarella (RB) 11-0, Hudlow
(RB) 10-6, Preston (Pow) 10-6, Hal-
comb (TP) 9-6, N. Antonacci (Carls)
9-0, Lafoya (East) 8-6, Moyer (Carls)
8-6.

LJ: D I: Hayes (East) 15-7.5. D
II: Hall (RBV) 17-4.5, Neal (RBV) 17-
2.75, McWhirter (SM) 17-2, Bornes
(RBV) 16-10.75, Soto (Carls) 15-10,
Louveire (Hx) 15-8.

TJ: D I: Hayes (East) 34-10.25,
LeVine (Ram) 33-9, Turner (Serra) 32-
4. D II: Bornes (RBV) 36-10.25,
McWhirter (SM) 32-8, Rose (RB) 32-
7, Louviere (Hx) 32-6.5.

SP: D I: Vavra (Esc) 36-2.5,
Morris (SR) 35-0. D II: Austin (RB)
35-4, Henry (RBV) 34-5.5.

DT: D I: Morris (SR) 113-3,
Smither (SP) 101-7. D II: Austin (RB)
122-10, Henry (RBV) 121-10, Gissen-
tanna (RBV) 115-5, Criado (RBV)
112-8, Fanene (Carls) 102-10.

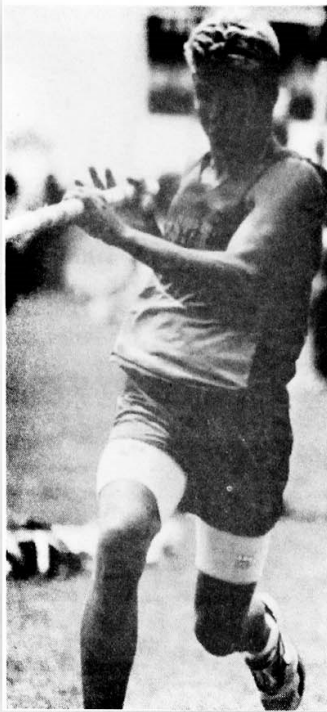
Day/evening session:

100 (headwind): D I, Heat 2:
Allen (MIM) 12.77.

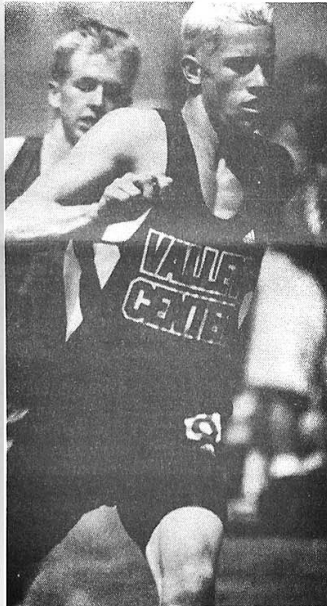
200: D I, Heat 1: Allen (MIM)
26.76. D II, Heat 2: Jones (MIC)
26.99.

400: D II, Heat 2: Tsu (LCC)
60.85.

800: D I, Heat 2: Ziegler (UC)
2:22.49, Winfrey (WH) 2:27.57.



Alex Doria
Eastlake



Troy Stroh
Valley Center



Stephanie Baird
Helix

1600: D I: Garza (PD) 5:29.71,
Mendez (Braw) 5:34.84, Stolis (GH)
5:35.45. D II: Branson (BV)
5:23.15, Thompson (BV) 5:25.82,
Gonzalez (BV) 5:32.10.

3200: Adsit-Morris (UC)
11:37.28, Garza (PD) 12:01.68,
Bartell (WH) 12:05.57, Hilton (MIC)
12:09.37.

100 H (strong headwind): D II,
Heat 2: Asay (Sweet) 16.94.

300 LH: D I, Heat 2: Jimenez
(Hill) 46.78, Abdullah (MIM) 49.26.
D II, Heat 2: Martin (WH) 48.25,
Schim (LCC) 48.50, Major (Sweet)
49.49.

4x100: D I: Mt. Miguel 50.89.
D II: WH 50.69, MIC 51.37,
Sweetwater 52.02, BV 52.08, GH
52.52.

4x400: D I (hand): UC 4:12.4,
Henry 4:17.5. D II: LCC 4:12.05, BV
4:15.21, Mt.C 4:17.40.

HJ: D I: Carlson (SFC) 5-2,
Abdullah (MIM) 5-0.

PV: Russ (GH) 9-6, Cabrera
(MIC) 9-0, Robak (MIC) 8-6.

LJ: D I: Gray (UC) 16-6, Brown
(PH) 15-10, Abdullah (MIM) 15-7.5.
D II: Hannibal (BV) 16-5.75, French
(BV) 16-2.75, Rochester (GH) 16-
0.25, Fox (WH) 15-11, Fazio (Gross)
15-6.

TJ: D I: Salahuddin (Hill) 34-2,
Abdullah (MIM) 33-3. D II: McNeely
(LCC) 34-3.5, Hannibal (BV) 34-2.75,
Cornet (WH) 32-10, Fazio (Gross)
32-3.75.

SP: D I: Ingoldt (OG) 32-8. D II:
Taumua (Sweet) 39-9.5, Tiffany (GH)
33-5.5.

DT: D I: Thompson (UC) 103-10.
D II: Clifton (GH) 106-5, Concha
(Sweet) 102-11, Villareal (BV) 100-2.

The 2000 Preview:

In this issue, we look at the
200, the 3200, the high jump, and
the discus throw.

We include the best marks
from local boy and girl athletes in
each event, including PRs from
1997 to 2000.

In addition to a top ten marks
list overall, we also break it down
by individual leagues, providing
marks in depth.

In a future issue, we'll preview
the 4x400 relay.

The 200:

BOYS:

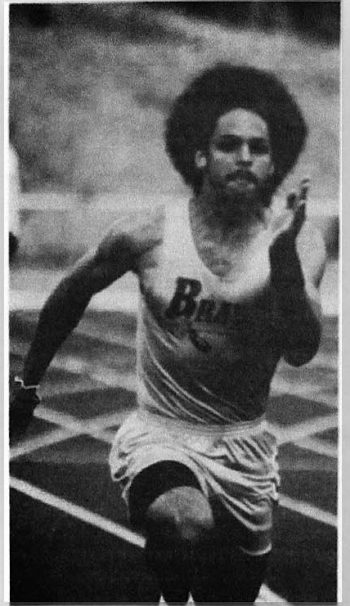
The ten fastest runners (all automatic
times):

21.45 Steve Hayes, UC (in 98)
21.74 Larry Miles, Craw (in 99)
21.81 R. J. Oliver, Esc (in 99)
22.04 Lamont Long, University City
22.07 Chaunce Smith, UC (in 99)
22.21 Phil Saunders, Morse (in 99)
22.28 Antwane Collier, SD (in 99)
22.31 Boris McDaniel, Linc (in 99)
22.32 Andre Davis, ECV (in 99)
22.32 Mike Roberts, PHenry (in 99)
NOTE: Marks are each athlete's
personal record (PR) by April 25. All
marks are from current season, unless
otherwise noted.

Breaking it down by league:

Avocado:
No mark meeting standard.

Eastern:
21.45 Hayes, UC (in 98)
22.04 Long, UC
22.07 Smith, UC (in 99)



Andre Davis
El Cajon Valley

22.21 Saunders, Morse (in 99)
22.28 Collier, SD (in 99)
22.32 Roberts, PH (in 99)
22.34 Eric Thomas, Point Loma
22.38 Mike Johnson, Serra (in 99)
22.77 Roger Mathis, Morse (in 99)
22.82 Jamah Briggs, University City
23.10 Fiat Johnson, Serra

Hand:

21.7 Thomas, Ptl
21.9 Roberts, PH
21.9 Long, UC
22.3 M. Johnson, Serra
22.7 D. Benson, San Diego
22.8 F. Johnson, Serra

Grossmont (combined):

22.32 Davis, ECV (in 99)
22.61 N. Cunningham, WH (in 99)
22.84 Joey Williams, Gross (in 99)
22.96 Reggie Bush, Helix

Hand:

22.1 Richard Del Rincon, MonteV
22.6c Lorenzo Nathan, Helix
22.8 Chris Shuster, West Hills
22.8c Rey Braithwaite, MonteVista
22.9 Pete Battaglia, West Hills

Harbor:

21.74 Miles, Craw (in 99)
22.31 McDaniel, Linc (in 99)
22.34 Mark Tate, Hoov (in 98)
22.53 Claude Sanders, Mad (in 99)

Hand:

21.7 Miles, Craw
21.8 McDaniel, Linc
22.3 Cory Jones, Lincoln
22.9 John Green, Crawford

Metro:

22.45 Lavell Anderson, East (in 98)
22.72 David Hannibal, Bonita Vista
22.89 A. Thompson, Sweet (in 99)
23.00 Kevin Johnson, Eastlake

Please turn to page 8.

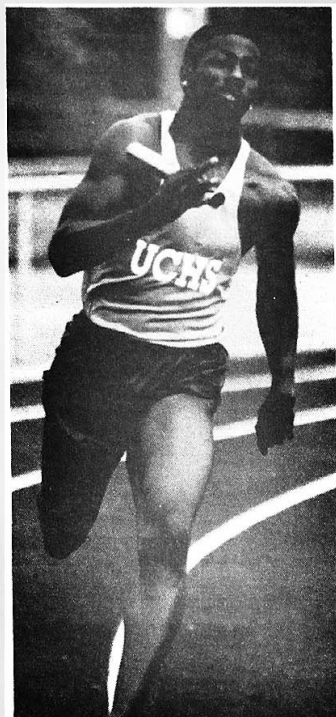
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opinions. If you know your
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but truth rules!

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"go to the board"

Preview:

From page 7.



Chauncey Smith
University City

- 23.02 Jeff McNeal, Mont (in 99)
Hand:
21.9 Anderson, East
22.4c J. McNeal, Mont
22.5 Hannibal, BV
22.5 Johnson, East
22.7 Thompson, Sweet
Palomar:
22.49 Bobby Salimi, RnchBernardo
22.68 Matt Beckstead, RB (in 99)
22.70 Joe Collins, RB (in 99)
22.93 Jeff Berman, RB (in 99)
23.05 Derrick Waddell, RBV (in 99)
Hand:
22.3 Beckstead, RB
22.3 Berman, RB
22.7 Waddell, RBV
22.8 Steve Maldonado, Vista
22.8 J. T. Triplett, RanchoBernardo
22.9 Billy Grillo, Poway
22.9 Nick Thornton, RBV
22.9 Pat Mahoney, Mt Carmel
Southern:
No mark meeting standard.
Valley:
21.81 Oliver, Esc (in 99)
22.69 D. J. Contreras, ValleyCtr
22.79 J. C. Martinez, SP (in 98)
Hand:
21.7 Oliver, Esc
22.3 Contreras, VC
22.9 Darren Fitzpatrick, Escondido
Western:
22.9c Mendoza, Mission Bay

What to look for:

What injuries?

At last week's Sundevil Invite, Escondido's R. J. Oliver and Crawford's Larry Miles both looked better than expected, after missing much of the season with injuries.

Oliver and Miles both moved strongly past UC's Lamont Long in the invitational 200, and both recorded 21.7s, which is fairly quick time on the Mt. Carmel DG surface.

Another sprinter that has looked impressive in recent weeks is Lincoln's Boris McDaniel, who

was clocked in 21.8 in winning his race at Sundevil.

There is good depth, with UC's Chauncey Smith, El Cajon's Andre Davis, Patrick Henry's Mike Roberts, UC's Long, Point Loma's Eric Thomas and others.

Still on the shelf, at least as of last week, is UC great Steve Hayes. He ran 21.45 as a soph in 1998, the fastest soph 200 ever run by a local runner, and he was a state medalist last year. He's been out of action since the Pasadena Games.

GIRLS:

The ten fastest runners:

- 23.30 M. Henderson, Morse (in 99)
25.07 Kameelah Allen, MTM (in 97)
25.09 Aroline Neal, RBV (in 98)
25.54 Nastassaja Hall, RBV (in 99)
25.55 Stephanie Blake, FranParker
25.57 Cieara Ray, Fallbrook (in 98)
25.60 Laura Landry, RB (in 99)
25.72 Jane Givens, La Jolla (in 98)
25.91 Priscilla Parker, MB (in 99)
25.91 Tiffany Lowery, SP (in 99)
NOTE: Marks are each athlete's personal record (PR) by April 25. All marks are from current season, unless otherwise noted.

Breaking it down by league:

Avocado:

- 25.57 Ray, Fall (in 98)
26.36 Natalie Soto, Carls (in 98)
26.74 Elizabeth Tsu, LCC (in 97)
27.11 Naomi Mattos, Fall (in 99)
27.26 Mallane Dressel, Carlsbad
Hand:
26.2 Mattos, Fall
26.3 Dressel, Carls
26.5 Jessica Thomas, El Camino
26.9 Kaitlyn Doe, Torrey Pines
27.1 Judd, Carlsbad

Eastern:

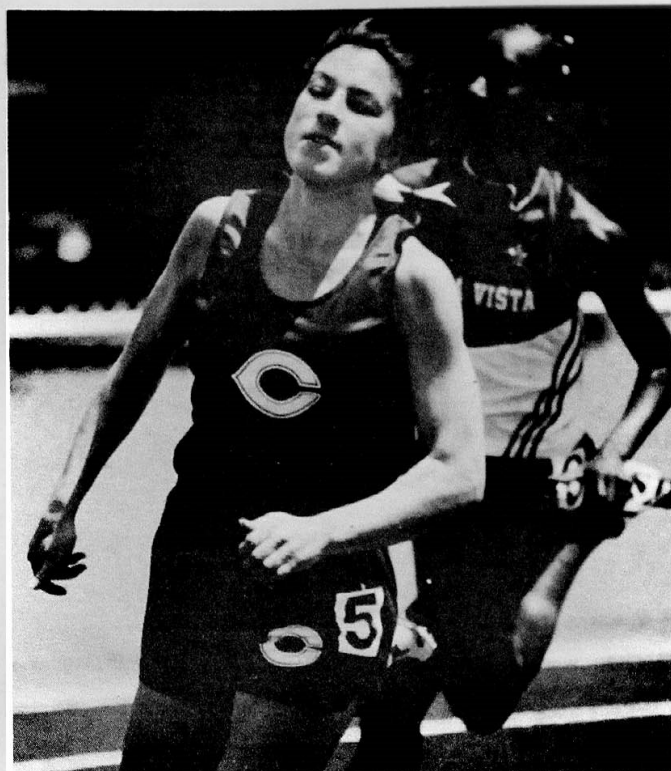
- 23.30 Henderson, Morse (in 99)
26.09 A. Cunningham, Ptl (in 99)
26.61 Talisha Crophus, UC (in 98)
27.05 Sparkle Anderson, Serra
27.10 Latrice Dickens, PH (in 99)
27.10 LaSheena Rice, SD (in 99)
27.28 Martina Allen, Serra
27.50 Tameka James, SD (in 99)
Hand:
25.2 Rice, SD
25.7 Allen, Serra
26.1 Anderson, Serra
26.6 Dickens, PH
26.7 Aiesha Singleton, PHenry
26.8 Robinson, San Diego
27.0c Shauna Hackett, Morse
27.1 James, SD

Grossmont (combined):

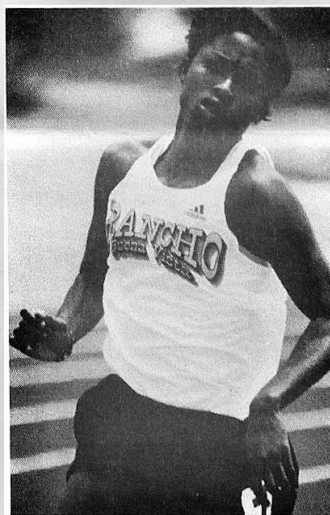
- 25.07 Allen, MTM (in 97)
26.19 Ashley Rioja, MtM (in 98)
26.63 Nini Herron, ECV (in 99)
26.99 LaKendra McKenzie, Helix
27.32 Niesch French, Granite Hills
Hand:
26.6c Luketta Williams, Helix
26.7c Phoebe Perkins, Monte Vista
26.8c Loni Silver, ECV (in 98)
26.9 Erin Martin, WH (in 98)
27.2 Ashley Fowler, Valhalla
27.3 Ashlee Hegner, West Hills
Harbor:
26.05 Cora Estridge, Lincoln (in 98)
26.34 Crystal Hinton, Lincoln (in 99)
26.71 Unika Smith, Lincoln (in 99)

Metro:

- 26.91 Rosa Durruthy, Eastlake
27.31 Denise French, Bonita Vista
27.33 Jackie Mandy, Chula Vista
27.58 Marla Mason, Chula Vista
Hand:
26.2 Abril Jimenez, Hilltop (in 98)
26.4 Durruthy, East
26.7 M. Jefferson, S'west (in 99)
26.9c Cassandra Patterson, CPark
27.2 Mason, CV
Palomar:
25.09 Neal, RBV (in 98)
25.54 Hall, RBV (in 99)
25.60 Landry, RB (in 99)
26.86 Kyle Lederer, RB (in 99)
26.89 Francine Cepeda, RB (in 97)
26.99 Tanera Jones, Mt Carmel



Natalie Soto, Jackie Mandy
Carlsbad Chula Vista



Aroline Neal
Rancho Buena Vista

- Hand:
25.0 Hall, RBV
26.2 Audrey Pound, Poway
26.2 Jones, MTC
26.5 A. Carrington, MTC (in 99)
26.7 Alexis Rampual, Pow (in 99)
26.8 Alexis Tate, Rancho Bernardo
27.0 Nicole Reyes, RBV (in 99)
27.1 Kristine Schroeder, RcnBerdo

Southern:

- 25.55 Blake, FP
Hand:
25.0 Blake, RP
Valley:
25.91 Lowery, SP (in 99)

Western:

- 25.72 Givens, LJ (in 98)
25.91 Parker, MB (in 99)
26.52 L. Summerville, SR (in 99)
27.57 Rachel Snare, Scripps Ranch
Hand:
25.6 Faith Lin, La Jolla (in 98)
26.7 Erin Willis, Our Lady of Peace

What to look for:

Monique Henderson will, at some point, become the fastest ever local girl in this event.

She ran 23.30 in last year's state meet, and that ranks her number two on the all-time local list, behind Jackie Thompson (Lincoln High, 1973), who ran 23.08.

At Mt. SAC, she showed off her speed, running a wind-aided 23.16 to finish a close runnerup to Arcadia champ Aisha Margain of Berkeley (23.10).

That leaves two tickets for Cerritos.

RBV's Nastassaja Hall is probably the best bet to crack 25 seconds among the remaining group. She is an effective runner from 100 meters to 5,000 meters, but she has narrowed her focus this season to the sprints.

On the top ten list above, Mount Miguel's Allen is still excellent in the 100, but hasn't reached her freshman level in the longer sprint.

Similarly, RBV's Aroline Neal's PR dates back to 1998, before her knee injury. She is running well this season, however.

Francis Parker's Stephanie Blake has looked good in a number of meets this year, and could be contemplating a 400/200 double at CIF.

RB soph Laura Landry has been dabbling in the 800 meters this season, but may stay in the shorter races (400/200) for at least one more season.

Other viable contenders are Mission Bay's Priscilla Parker and San Pasqual's Tiffany Lowery. La Jolla's Jane Givens is more of a 400 runner now, and Fallbrook's Cieara Ray has battled injuries since her PR in 1998.

Please turn to page 9.

Preview:

From page 8.

The 3200:

BOYS:

The fastest ten runners:

9:05.09	M. McInvale, Ram (in 99)
9:10.36	Justin Neuroth, Vista
9:11.40	Travis Laird, San Marcos
9:20.2	Evan Fox, West Hills
9:22.62	Ryan Montez, Vista
9:25.49	Ryan Maynard, GH (in 99)
9:32.2	Sean Ricketts, RnchBrdo
9:37.5c	Ben Aragon, West Hills
9:44.0	Devin Lyons-Quirk, Poway
9:45.18	Brandon Zelones, MiraM

NOTE: Times used for these lists are each athlete's personal record (PR), as of April 25. Marks are for current season, unless otherwise noted.

Breaking it down by league:

Avocado:

9:46.1	Efrain Casarez, Fall (in 99)
10:06.7	Jose Escobedo, Fall (in 99)
10:09.90	Navid Hassanzadeh, TPines

Eastern:

9:45.18	Zelones, MiraM
9:50.58	C. Dominguez, SD (in 99)
9:56.63	Charles McKeown, UniCity
10:05.17	C. Sanchez, SD (in 99)

Grossmont (combined):

9:20.2	Fox, WH
9:25.49	Maynard, GH (in 99)
9:37.5c	Aragon, WH
9:53.0	Jon Rankin, Monte Vista
9:55.4	Dan Sutton-Kane, WestHills
10:12.3	Jonathan Buckley, MontV

Harbor:

No mark meeting standard.

Metro:

9:50.70	Ruben Vences, Sweetwater
9:51.9	M. Manzano, CV (in 99)

Palomar:

9:10.36	Neuroth, Vista
9:11.40	Laird, SM
9:22.62	Montez, Vista
9:32.2	Ricketts, RB
9:46.82	Chris Kenyon, MtC (in 99)
9:44.0	Lyons-Quirk, Pow
9:46.90	Tim Helms, Poway

9:49.25	Mike Cooke, Mt Carmel
9:56.01	Luke McGinnis, Pow (in 99)
10:02.81	S. Esquivel, MtC (in 99)
10:04.6	Alan Aradanas, Mt Carmel
10:05.80	Jake Fulton, RB (in 99)
10:08.70	Aaron Trunnell, RBV
10:09.4	Abadir Barre, Mt Carmel

Southern:

9:51.66	Will Kraemer, ANA (in 99)
---------	---------------------------

Western:

10:03.63	Matt Herriman, StA (in 99)
10:07.0	Drew Bouchard, St Aug
10:07.80	Eric Koster, LJ (in 99)

Valley:

9:05.09	McInvale, Ram (n 99)
9:47.65	J. Mondragon, Esc (in 99)
9:59.27	Gus Polito, Valley Center
10:10.59	Ricky Roane, Ramona
10:12.98	Ryan Skerl, Valley Center

What to look for:

This could be one of the all-time 3200 finals, among three proven athletes with great credentials.

Last year's list leader, Ramona's Matt McInvale, was a state meet medalist last season, running 9:05.09 in Sacramento. His 9:10.53 at Arcadia two weeks ago showed that he's on schedule.

But he was overshadowed late in the cross country season by San Marcos' Travis Laird, who improved greatly to become a Footlocker Nationals finalist. He's continued his fine running this season, running 9:11.50 at Arcadia in early April. He backed that up with a 9:12.8 at Sundevil, pulling away from athletes like McInvale, Evan Fox and Sean Ricketts.

The new guy is Vista's Justin Neuroth, who finished ahead of both McInvale and Laird at Arcadia, clocking 9:10.36. Until this season, Neuroth had focused tightly on the 1600, and his PR in this race was 9:44.

He ran a 9:18 at the Meet of Champions, and followed that up with his big Arcadia race, where he was fourth overall but the first Californian to finish. At Mt. SAC, he ran a 4:13 split in the distance



Jasmine Marquez, Chessa Adsit-Morris
El Capitan University City



Brandon Zelones
Mira Mesa



Kaleena Yee
Rancho Bernardo

medley, showing off the speed that will serve him well in 3200 show-downs to come.

If any in that top group falter, the best of the next group should be Vista's Ryan Montez, already at 9:22, and Granite's Ryan Maynard, who ran 9:25 last season.

Maynard, usually a late starter, missed some key training time with an early season injury, but is starting to round into shape.

Of the other athletes in the top ten above, Fox, Ricketts and Aragon are all expected to run shorter

events. All of them are also key elements on their teams' 4x400, which would probably preclude any doubling in this event.

GIRLS:

The fastest ten runners:

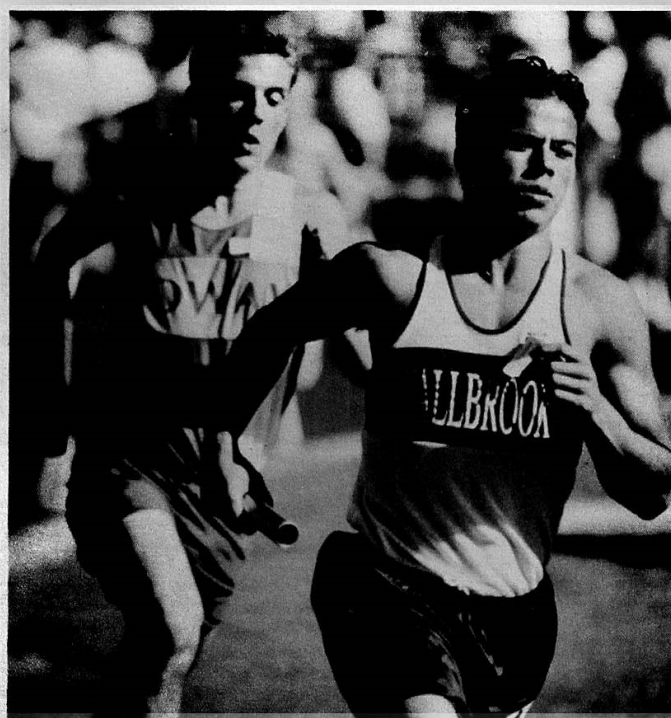
10:36.83	Julie Manson, RnchBrdo
10:58.67	Angele Petersen, TP (in 99)
11:00.8c	Desigee Davila, Hilltop
11:04.0	J. Timinsky, SDA (in 99)
11:04.7	Julie Komosinski, TPines
11:16.8	Kaleena Yee, RB (in 98)
11:19.83	Deanna Sick, MtC (in 99)
11:22.2	Ashley Viens, Val (in 98)
11:24.48	Stephanie Baird, Helix
11:25.98	C. Adsit-Morris, UC (in 99)

NOTE: Times used on these lists are each athlete's personal record (PR) by April 10. Marks are from current season, unless otherwise noted.

Breaking it down by league:

Avocado:

10:58.67	Petersen, TP (in 98)
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Devin Lyons-Quirk, Efrain Casarez
Poway Fallbrook

Please turn to page 10.

Preview:

From page 9.

11:04.7 Komosinski, TP
11:27.91 K. O'Connell, Carls (in 99)
11:48.0 Maija Rohde, Fall (in 99)
11:52.0 J. Carmichael, Fall (in 99)
11:53.4 Kelly Platko, Carls (in 99)
12:05.8 Morgan Soule, LCC (in 99)
12:10.47 Ashley Orr, TP
12:13.9 Katie Matlack, Fallbrook

Eastern:
11:25.98 Adsit-Morris, UC (in 99)
11:45.0 Katherine Ziegler, UniCity
11:56.25 Natalie Parks, PTL (in 99)
11:57.05 Dori McGuire, Mira Mesa
12:09.25 Laura Cohen, UC (in 99)
12:09.59 Rebecca McKeown, UC
12:11.61 Roxanne Romo, SD (in 98)

Grossmont (combined):
11:22.2 Viens, Val (in 98)
11:24.48 Baird, Hx
11:32.47 J. Marquez, ElCap (in 99)
11:42.73 Becca Bartell, WH (in 99)
12:02.56 Ashley Handy, WH (in 99)

Harbor:
No mark meeting standard.

Metro:
11:00.8c Davila, Hill
11:45.62 Angela Rivas, Montgomery
12:07.14 Bertha Ojeda, Chula Vista
12:13.0 Bree Allstad, BonV (in 98)

Palomar:
10:36.83 Manson, RB
11:16.8 Yee, RB (in 98)
11:19.83 Sick, MIC (in 99)
11:31.76 K. Vasko, MIC (in 99)
11:39.22 Ashlee Dere, Mt Carmel
11:40.43 M. Yamout, MIC (in 99)
11:47.57 Janet Mulvey, Mt Carmel
11:52.19 Katie Boyd, RB (in 99)
12:02.62 Nicole Mier, SM (in 99)
12:05.9 Allison Hall, RB (in 99)
12:07.9 Allison Hilton, Mt Carmel
12:08.4 Audrey Harrer, Mt Carmel
12:18.23 C. McPherson, Vis (in 99)

Southern:
11:04.0 Timinsky, SDA (in 99)
12:10.72 K. Shumilak, Bish (in 98)

Western:
11:30.30 Desiree Leek, LJ (in 98)
11:52.42 Claire Beck, OLP (in 98)
11:57.96 Liz Edwards, LJ (in 99)
12:12.60 A. Byrne, USD (in 99)
12:15.49 Tara McGowan, LJ (in 99)

Valley:
11:32.99 Loretta Kilmer, Ramona
11:59.94 Bre Goetz, Ram (in 99)

What to look for:

Manson has just been flat-out the best in the section since she broke away from the pack at the Tiger Relays in early March.

In that race, she dominated a field that included Komosinski, Petersen and Davila, among others.

She stepped it up another notch at Arcadia, running 10:36, after a 5:16 first 1600. In that race, she was fourth overall, and the third California girl to finish.

Petersen is returning to form.

In 1998, she was a freshman at Francis Parker, and was the fastest in the section at 10:58.

She missed all of last track season with a bad ankle, but now seems up to speed, running 10:59 at Arcadia.

Of the others on the top ten list, Davila, Timinsky and Komosinski are all expected to concentrate on other races at year's end. If any of them do turn up in this race, however, they could make some waves.

Of the other runners most likely to enter this event, the top contenders are Yee, Sick, Baird, Adsit-



Shawn Smith
Southwest

Morris and Marquez, and there is another group that is just behind them.

Yee ran 11:16 as a frosh two years ago, and now is almost back to that level, with an 11:19 best for this season. Best "milers" of the group could be Yee and Baird, although Adsit-Morris ran a 5:14 relay split in the Arcadia distance medley.

There is always the possibility that a runner such as San Marcos' Nicole Mier could decide to move up in distance.

The High Jump:

BOYS:

The twelve highest jumpers:

6-10 Chris Staton, Patrick Henry
6-7 Shawn Smith, Southwest
6-6 Eric Williams, RnchBerdo
6-6 Bobby Okenwa, Morse
6-5 Vernon Smith, Mission Bay
6-5 Isaac Simms, University City
6-4.25 Keno White, RnchBerdo
6-4 Jeremy Cross, RBV
6-4 Ben Knight, Mar Vista
6-4 Wade Curry, Eastlake
6-4 Jamal Randall, Monte Vista
6-4 Tony Ortiz, Helix

NOTE: Marks above are all from current season. Marks below are also from 2000, unless otherwise noted.

Breaking it down by leagues:

Avocado:

6-2 Patrick McDonough, LCC
6-2 Ben Bresnahan, Fall (in 99)
6-0 Nik Traner, Fallbrook

Eastern:

6-10 Staton, PH
6-6 Okenwa, Morse
6-5 Simms, UC
6-5 Tony Golston, PTL (in 99)
6-3 James Profit, Serra
6-2 Jordan Adams, PH
6-0 Blake Frazier, UC (in 99)

Grossmont (combined):

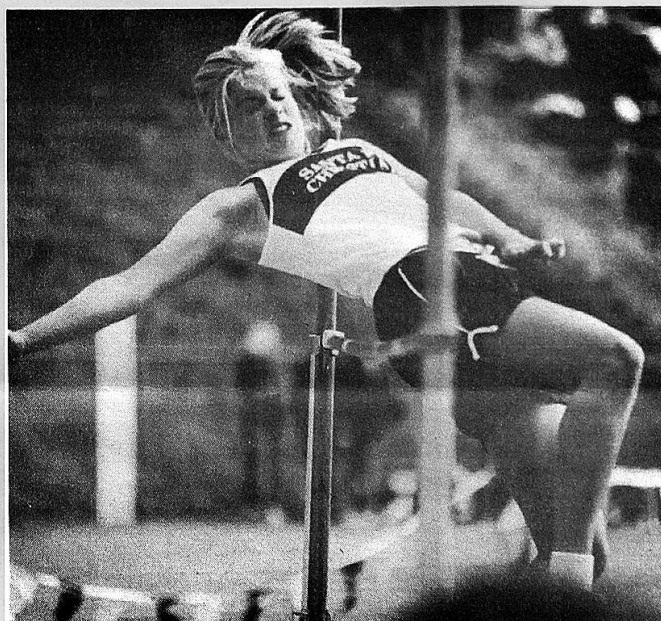
6-4 Randall, MonIV
6-4 Ortiz, Hx
6-3 Jon Takahashi, Gross (in 99)
6-2 Brandon Munding, Valhalla
6-2 Rafferty, El Capitan
6-0 David Lee, Granite Hills
6-0 Danny Nenow, GHills
6-0 Mike Leyva, Granite Hills

Harbor:

No mark meeting standard.

Metro:

6-7 Smith, S'west



Kristen Carlson
Santa Fe Christian

6-4 Knight, MarV
6-4 Curry, East
6-2 Austin Neudecker, BVista
6-2 Corey Evans, Eastlake

Palomar:

6-6 Williams, RB
6-4.25 K. White, RB
6-4 Cross, RBV
6-2 Andrew Fischer, RB
6-2 Ahnizo Gaine, RBV
6-0 Slater Traeen, MIC
6-0 Sean Valbeda, MIC
6-0 Travis Offner, MIC (in 99)

Valley:

6-2 John Feehan, Escondido
6-2 Nate Skrzypczak, VC
6-2 Trent Stroh, VC (in 99)

Western:

6-5 Smith, MB
6-2 Matt Vaughn, Scripps Ranch
6-0 Robert Jahelka, La Jolla
6-0 Washington, Kearny

What to look for:

Chris Staton's 6-10 clearance at the Balboa Relays put him into a tie for fourth on the all-time local high jump list, but a number of other jumpers are not far back.

Southwest's Shawn Smith cleared 6-7 twice in one week, including at the Jaguar Invitational, where he had some very good attempts at 6-8.

Morse junior Bob Okenwa jumped 6-6 at both the Titan Trackfest and at the Sundevil Invite, and on both occasions made good attempts at 6-8. At Sundevil, he finished ahead of an all-star field that included Staton, Eric Williams and Eastlake's Wade Curry.

RB's Williams just explodes off the ground in his jumps, and has been consistent at 6-6, with some good efforts at 6-8.

The two jumpers at 6-5, Mission Bay's Vernon Smith and UC's Isaac Simms, haven't competed in many of the local invites.

Of the group at 6-4, two that seem most likely to improve are Curry, and Helix's Tony Ortiz.

Curry has been at the 6-4 level a few times. Ortiz, who leads the county in the long and triple

jumps, is still exploring his potential in this event.

GIRLS:

The twelve highest jumpers:

5-4 Lauren Jones, Torrey Pines
5-4 Shannon Fleming, USD
5-3 Mikaelyn Austin, RnchBrdo
5-3 Kelsey Turner, Granite Hills
5-2 Kristen Carlson, SantaFeChr
5-2 Alex Jackson, Carlsbad
5-2 Eva Tanner, Grossmont
5-2 Misty Brewster, Granite Hills
5-2 Bridget Files, Ramona
5-2 Colleen Walker, Torrey Pines
5-2 Kate Bartkiewicz, Chula Vista
5-2 Abril Jimenez, Hilltop

NOTE: Marks above are all from current season. Marks below are also from 2000, unless otherwise noted.

Breaking it down by league:

Avocado:

5-4 Jones, TP
5-2 Jackson, Carls
5-2 Walker, TP
5-0 Tara Shields, Torrey Pines

Eastern:

5-2 S. Roberson, Morse (in 99)
5-0 Tanisha Espy, UC (in 99)

Grossmont (combined):

5-3 Turner, GH
5-2 Tanner, Gross
5-2 Brewster, GH
5-0 Sraeya George, Valhalla
5-0 Karen Adams, El Cajon Valley

Please turn to page 11.

Preview:

From page 10.

- 5-0 Qadriyyah Abdullah, MtMig
Harbor:
 5-4 Katie Wilkins, Christian (in 98)
Metro:
 5-2 Bartkiewicz, CV
 5-2 Jimenez, Hilltop
 5-0 Meosha Jefferson, Southwest
 5-0 Trinity Amalfitano, BV (in 99)
Palomar:
 5-3 Austin, RB
 5-0 Liz McNamara, Poway
 5-0 Megan Bornes, RBV
 5-0 Amber Powell, San Marcos
Southern:
 5-2 Carlson, SFC
Valley:
 5-4 Files, Ramona (in 99)
 5-1 Kaylene Ivan, Esc
 5-0 Leah Cole, Valley Center
Western:
 5-4 Fleming, USD

What to look for:

Competition in this event is about as wide open as it gets.

Probably anybody on the above lists could be a viable contender for a state meet berth, if they are jumping well on the right day.

Granite's Turner looked good at Sundevil, winning the event, and then moving the bar up to 5-5 before going out.

Jones and Fleming, both tall jumpers, looked good in early season, and remain at the top of the yearly list (at press time).

Freshmen in the top group include Carlsbad's Jackson, another tall jumper, and Grossmont's Tanner, who is an all-around athlete.

Santa Fe's Carlson always seems to finish near the top in her invitational efforts, as does Valley Center's Cole, a sophomore with good speed.

A number of the athletes on the list are in multiple events, and

usually have to duck in and out of the competitions as needed.

Austin is also a top thrower, while Cole, Jimenez and Tanner all run hurdles and relays. A number of others on the list double or triple in the other jumping events.

The Disc:

BOYS:

The ten longest throwers:

- 188-10 Travis Jones, MiraMesa
 186-9 Jon Ward, Poway
 169-2 Travis Asch, El Capitan
 163-5 Reynaldo Stephens, CP
 163-1 Travis Watkins, Helix
 161-3 Steve Vieira, Carlsbad
 160-3 Richie Smith, Granite Hills
 158-7 Jason Tuerk, RnchBrdo
 158-0 Jeremy Driggs, Sweetwater
 157-8 Able Arambura, ECV

NOTE: Marks above are all from current season. Marks below are also from 2000, unless otherwise noted.

Breaking it down by league:

Avocado:

- 161-3 Vieira, Carls
 144-6 Dan Thompson, Fallbrook
 144-0 Brad Brittain, Torrey Pines
 139-7 Nate Tavale, Carlsbad

Eastern:

- 188-10 Jones, MiraM
 144-0 Chris Staton, Patrick Henry

Grossmont (combined):

- 169-2 Asch, ElCap
 163-1 Watkins, Hx
 160-3 Smith, GH
 157-8 Arambura, ECV
 143-2 Mark Lozano, El Capitan
 142-0 Vince Clarke, Granite Hills
 134-9 Wilson, Santana

Harbor:

- 136-10 John McRaven, Coronado
 132-5 Louis Wright, Lincoln

Metro:

- 163-5 Stephens, CP
 158-0 Driggs, Sweet
 154-7 Will Hunt, Hilltop
 154-0 Moses Rangel, Eastlake
 151-9 Tagaia Savaiinaea, Eastlake
 144-9 Greg Padilla, Sweetwater
 138-8 Mike Schardin, Eastlake
 135-9 Onofre Gascon, Sweetwater
 132-7 M. Blake, Hilltop

Palomar:

- 186-9 Ward, Pow
 158-7 Tuerk, RB
 156-8 Anthony DeBoer, RBV
 156-7 Jesse English, RBV
 140-1 Tyler Moazed, Mt Carmel
 133-6 Bobby Seilhan, Mt Carmel

Valley:

- 150-7 John Pluth, Valley Center
 144-2 Luke Holderby, Ramona
 143-6 Marco Gonzalez, ValleyCtr
 140-8 Kha Le, Orange Glen
 137-2 Scott Colegrove, Escondido
 134-4 Robert Ruzich, San Pasqual

Western:

- 152-4 Andre Williams, Mission Bay
 145-6 Clint Learn, La Jolla
 143-7 Chase Hanson, St Augustine
 141-11 Anthony Pendleton, StAug
 137-5 Abbott, Mission Bay
 135-8 Abraham Cruz, Mission Bay
 132-11 Bray, Mission Bay

What to look for:

Does anyone remember those old 1950s-era science fiction movies about flying saucers?

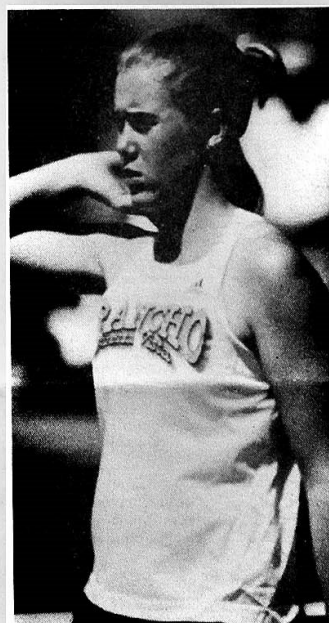
Worried scientists always advised the audience to, "keep watching the skies. The flying saucers are real."

Well, maybe they just wandered by the local discus rings, where there is no downturn in sight.

Last year, El Cap's Danny Ames won the state title and just missed 200 feet, at 199-9. Two other throwers were past 180-feet, for an unprecedented depth of



Travis Watkins
Helix



Rhiannon Henry
Rancho Buena Vista

quality at the local level.

This season, Mira Mesa's Travis Jones and Poway's Jon Ward are both well past 180 feet.

Jones has been especially consistent. He had a PR of 180-plus before Arcadia, threw a number in that range at that meet, followed that up with his 188-10 bomb in a dual meet, and was again past 180 feet at Sundevil.

Ward threw over 180 feet last season, and has improved on that, reaching 186-9 in a dual meet.

Those two are big favorites in an event that often lacks consistency.

The third state meet slot could go to any of the throwers in the top fifteen or so on the yearly list.

Possibly the best technician in that group is El Cap's Asch, who continues a long line of Vaquero excellence.

GIRLS:

The ten longest throwers:

- 149-6 Candace Hill, Hoover
 131-11 Mikaelyn Austin, RnchBrdo

- 127-5 Rhiannon Henry, RBV
 126-11 Lisa Cannon, Escondido
 126-0 Brianna Makihele, SnMarcos
 124-3 Angela Milazzo, Escondido
 120-7 Carrie Johnson, Fallbrook
 118-0 Katie Ames, El Capitan
 117-4 Alicia Criado, RBV
 115-5 T. J. Gissentanna, RBV

NOTE: Marks above marks are all from current season. Marks below are also from 2000 unless otherwise noted.

Breaking it down by league:

Avocado:

- 120-7 Johnson, Fall
 105-2 Alexandra Ray, Torrey Pines
 103-9 Dabas, Carlsbad
 102-10 Lina Fanene, Carlsbad

Eastern:

- 107-4 Jessica Turner, Serra
 107-3 Amber Hood, Morse
 103-10 Ashlee Thompson, UniCity

Grossmont (combined):

- 118-0 Ames, ElCap
 109-2 Amber Tiffany, Granite Hills
 107-1 Samantha Singley, West Hills
 106-5 Jillian Clifton, Granite Hills

Harbor:

- 149-6 Hill, Hoover
 101-0 Michelle Singleton, Crawford

Metro:

- 106-3 Shannon Young, Eastlake
 103-1 Cynthia Concha, Sweetwater

Palomar:

- 131-11 Austin, RB
 127-5 Henry, RBV
 126-0 B. Makihele, SM
 117-4 Criado, RBV
 115-5 Gissentanna, RBV
 114-5 Stacy Mickelson, RnchBrdo
 111-5 Annie Roberts, Poway
 102-8 Mitchell, RBV

Valley:

- 126-11 Cannon, Esc
 124-3 Milazzo, Esc
 103-0 Michelle Vavra, Escondido
 101-7 Sarah Smither, San Pasqual
 101-0 Mandy Schatzinger, Ramona

Western:

- 113-10 Shemika Morris, ScrRanch
 104-11 Alicia Minette, LaJolla (in 99)

What to look for:

Hoover's Candace Hill made her breakthrough at last year's Masters meet, when she zinged one 140-9 to effectively end the competition.

She's continued at that level this season, with a big 149-6 effort in a dual meet, and a 138-8 to win at Sundevil. She'll be a factor in Cerritos, and could come up with a medal there in what, until now, was considered her second-best event.

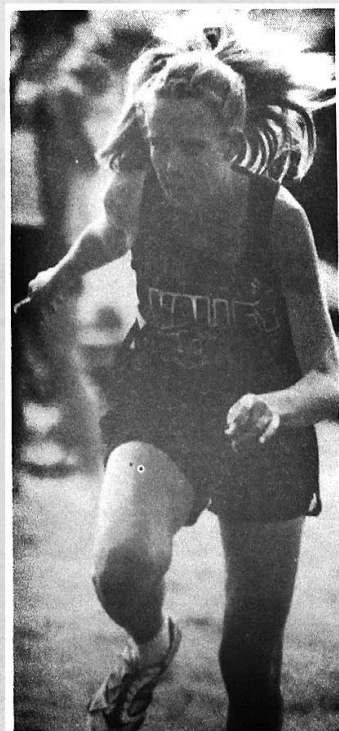
RB's Mikaelyn Austin had a best last year of 134-10, and is at 131-11 this year. She was the runner-up to Hill at Sundevil last week.

Lisa Cannon, from the Escondido throwing factory of Liz Mueller, threw 129-6 last year, and is near that this season.

RBV's Rhiannon Henry, a state meet qualifier in the shot last year, has improved from 111-9 last year to 127-5 to put her into contention.

A youngster to watch could be San Marcos' Brianna Makihele, a soph who is already at 126-0. She is part of a twin-sister throwing combo (Raeanna has a 38-11 shot mark).

The nature of this event, however, is one of unpredictability. In many years, a top thrower will underachieve, and a thrower from the pack will emerge.



Leah Cole
Valley Center

Best 2000 Marks:

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 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.

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 in 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 24.

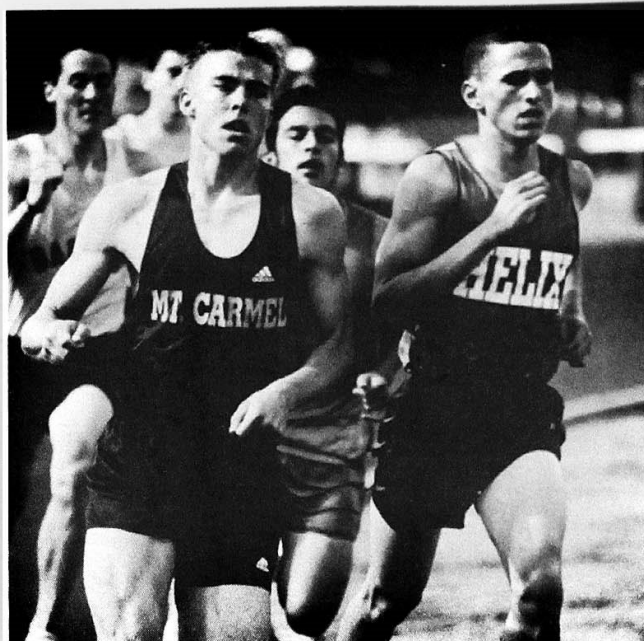
100:

Automatic time:

10.60	Lamont Long, UC
10.74	Steve Hayes, UC
10.80	Mike Roberts, PH
10.80	Chauncey Smith, UC
10.84	Boris McDaniel, Linc
10.86	R. J. Oliver, Esc
10.87	Larry Miles, Craw
10.89	Andre Davis, ECV
10.94	Nick Banks, Kny
10.98	Richard Del Rincon, MontV
10.99	Nathan Cunningham, WH
11.00	Reggie Bush, Hx
11.05	Eric Thomas, PHL
11.08	Allen Thompson, Sweet
11.13	Kevin Johnson, East
11.14	Blake Frazier, UC
11.14	David Hannibal, BV
11.14	Jesse Bowman, UC
11.16	Kyle Conerly, WH
11.19	Jeff McNeal, Mont
11.21	Jair Brown, MiraM
11.22	Mike Johnson, Serra
11.22	Lavell Anderson, East
11.24	Jamal Tate, Hoover
11.28	J. T. Triplett, RB

Hand time:

10.6	Larry Miles, Craw
10.6	Lavell Anderson, East
10.6	Eric Thomas, PHL
10.7	Kevin Johnson, East
10.7	Jamal Tate, Hoover
10.7	Mike Johnson, Serra
10.7	R. J. Oliver, Esc
10.8	Michael Matison, MIC
10.8	Steve Hayes, UC
10.8	Antwane Collier, SD
10.8	Mike Roberts, PH
10.8	Andre Davis, ECV
10.8	Jeff McNeal, Mont
10.9	Lamont Long, UC
10.9	Allen Thompson, Sweet
10.9	Jair Brown, MiraM
10.9	Kyle Conerly, WH
10.9	Nathan Cunningham, WH
10.9	Boris McDaniel, Linc
10.9	Keith Dunn, East
10.9	Reggie Bush, Hx
10.9	Derrick Waddell, RBV
10.9	Richard Del Rincon, MontV
10.9	Nick Banks, Kny
10.9	J. T. Triplett, RB
10.9	D. J. Contreras, VC
10.9	Phillip Saunders, Morse
10.9	Eric Williams, RB
11.0	David Hannibal, BV



Chris Kenyon, Taylor Williams
Mt. Carmel Helix

11.0	Peter Stoll, SP
11.0	Marcus Wooden, Morse
11.0	Rey Braithwaite, MontV
11.0	Jeff Berman, RB
11.0	Darren Fitzpatrick, Esc
11.0	Barnes, Kny
11.1	Matt Beckstead, RB
11.1	Dean White, RB
11.1	John Green, Craw
11.1	Cory Jones, Linc
11.1	Jason Macklin, Vista
11.1	Scott LaCaz, TP
11.1	Will Buchanan, Oside
11.1	Jason Van, Hx
11.1	Mark Whaley, East
11.1	David Himchak, MIC
11.1	Marco Ibarra, MarV
11.1	Billy Grillo, Pow

Wind:

10.4	Lamont Long, UC
10.8	David Hannibal, BV
10.8	Jesse Bowman, UC
11.1	Phillip Saunders, Morse

200:

Automatic time:

22.04	Lamont Long, UC
22.34	Eric Thomas, PHL
22.49	Bobby Salimi, RB
22.69	D. J. Contreras, VC
22.72	David Hannibal, BV
22.74	Mike Johnson, Serra
22.75	Andre Davis, ECV
22.76	Chauncey Smith, UC
22.82	Jamah Briggs, UC
22.86	Reggie Bush, Hx
23.00	Kevin Johnson, East
23.10	Fiat Johnson, Serra
23.18	Matt Beckstead, RB

Hand time:

21.7	Eric Thomas, PHL
21.7	R. J. Oliver, Esc
21.7	Larry Miles, Craw
21.8	Boris McDaniel, Linc
21.9	Lavell Anderson, East
21.9	Michael Roberts, PH
21.9	Lamont Long, UC
22.1	Richard Del Rincon, MontV
22.3	Steve Hayes, UC
22.3	Cory Jones, Linc
22.3	D. J. Contreras, VC

22.3	Mike Johnson, Serra
22.3	Matt Beckstead, RB
22.3	Jeff Berman, RB
22.3	Chauncey Smith, UC
22.4	Antwane Collier, SD
22.4c	Jeff McNeal, Mont
22.5	David Hannibal, BV
22.5	Kevin Johnson, East
22.5c	Phillip Saunders, Morse
22.6c	Lorenzo Nathan, Hx
22.7	D. Benson, SD
22.7	Allen Thompson, Sweet
22.7	Nathan Cunningham, WH
22.7c	Derrick Waddell, RBV
22.8	Chris Shuster, WH
22.8c	Rey Braithwaite, MontV
22.8	Fiat Johnson, Serra
22.8	Steve Maldonado, Vista
22.8	J. T. Triplett, RB
22.8	Andre Davis, ECV
22.9	Pete Battaglia, WH
22.9	John Green, Craw
22.9	Billy Grillo, Pow
22.9c	Mendoza, MB
22.9	Darren Fitzpatrick, Esc
22.9	Nick Thornton, RBV
22.9	Pat Mahoney, MIC

Mismeasured track:

20.3	Larry Miles, Craw
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400:

49.8	Jamah Briggs, UC
49.98	Lorenzo Nathan, Hx
50.1c	Evan Fox, WH
50.14	Fiat Johnson, Serra
50.18	David Hannibal, BV
50.23	Matt Beckstead, RB
50.3	Nick Thornton, RBV
50.67	Kevin Johnson, East
50.76	Jesus Nunez, SP
50.83	Nathan Cunningham, WH
50.9c	Boris McDaniel, Linc
50.93	Jeff Berman, RB (50.9h)
51.09	Eddie Thomas, MontV
51.1c	Ben Aragon, WH
51.2c	Mendoza, MB
51.2	Chris Pettit, Ram
51.2	Aaron Powell, Pow
51.30	Joseph Miller, RBV (51.2h)
51.3	Roger Mathis, Morse
51.37	Todd Watkins, Hx
51.5	Derrick Waddell, RBV
51.5	Nico Cueva, Esc
51.6	Steve Maldonado, Vista
51.70	Darren Fitzpatrick, Esc
51.7	Dustin Westergom, WH
51.7	Sean Ricketts, RB
51.7	Troy Stroh, VC
51.75	Adam Smith, BV
51.81	David Evans, GH (51.6h)
51.89	Hunter Reddick, Morse
51.9	Pete Battaglia, WH
51.9	Jeff Hunter, GH
51.9c	Ryan Blair, USD
52.00	Jesse Alvarez, CV
52.00	Al Took, ECV
52.0	Gabe Uribe, MIC
52.0c	Paul Whitford, Coro
52.1	Justin Neuroth, Vista
52.1	Jason Davis, Pow
52.1c	Dale Houser, BV
52.21	Matt Andre, SP

52.23	Patrick McDonough, LCC
52.3	Phillip Saunders, Morse
52.46	Dustin Graham, RB
52.5c	Andre Hood, Mod
52.56	Stephen Daniels, Carls

800:

1:53.2	Evan Fox, WH
1:54.04	Nick Thornton, RBV
1:55.21	Aaron Powell, Pow
1:55.50	Sean Ricketts, RB
1:55.8	Jared Emmons, Vista
1:55.84	Ben Aragon, WH
1:56.1	Nico Cueva, Esc
1:56.12	Justin Neuroth, Vista
1:57.29	Jimmy Ungricht, Fall
1:57.69	Jon Rankin, MontV
1:57.71	John Green, TP
1:58.24	Kevin Schible, WH
1:58.9	Ryan Moorcroft, StA
1:59.3	Matt Johnson, SP
1:59.6	Blake Swier, MarV
1:59.88	Raphael Machado, SR
1:59.9	Mark Baddas, Vista
1:59.9	Josh Pope, Pow
1:59.96	Dale Houser, BV
2:00.12	Mike Ambrose, TP
2:00.45	Bryan Bauerle, WH (2:00.3h)
2:00.7	Devin Lyons-Quirk, Pow
2:00.73	Chad Young, CalC
2:00.9	Justin Matto, Fall
2:01.10	Paul Whitford, Coro
2:01.2	Freddy Espino, Fall
2:01.29	Eric Engler, TP
2:01.83	Michael Manzano, CV
2:02.0	Mohammed Mussa, PH
2:02.1	Matt McInvale, Ram
2:02.1	Ryan Montez, Vista
2:02.1	Alan Aradanas, MIC
2:02.27	Travis Laird, SM
2:02.37	Jason Davis, Pow
2:02.38	Luis Mariscal, SP
2:02.52	Troy Stroh, VC
2:02.74	Jeff McKnight, PHL
2:02.79	Brandon Vielguth, GH
2:03.00	Taylor Williams, Hx
2:03.0	Nick Zube, PH
2:03.4	Chris Kenyon, MIC
2:03.67	Luke McGinnis, Pow
2:03.68	Jimmy Retherford, SM
2:03.81	Manuel Aizna, Gross
2:03.84	Sal Plesencia, OG

1500:

4:07.78	Josh Pope, Pow
4:09.82	Dustin Whitson, BV
4:10.75	Chris Kenyon, MIC
4:11.82	Marco Verdugo, East
4:14.08	Taylor Williams, Hx
4:15.98	Chad Young, CalC
4:18.2	Matt Johnson, SP
4:18.2	Matt McInvale, Ram
4:20.26	Michael Ambrose, TP
4:20.7	Luis Mariscal, SP
4:23.0	Tim Helms, Pow

(NOTE: T&F News converts 4:07.78 to 4:26.1 for 1600)

1600:

4:10.08	Jon Rankin, MontV
4:14.02	Evan Fox, WH
4:17.42	Ben Aragon, WH
4:18.15	Ryan Moorcroft, StA
4:19.50	Sean Ricketts, RB
4:20.49	Justin Neuroth, Vista
4:21.93	Michael Manzano, CV
4:22.2	Aaron Powell, Pow
4:22.86	Josh Pope, Pow
4:23.11	Travis Laird, SM
4:25.06	Blake Swier, MarV
4:28.61	Ryan Montez, Vista
4:29.32	Benny Gandolfo, ElCap
4:30.0	Nick Thornton, RBV
4:30.24	Mike Shannon, RB
4:30.29	Taylor Williams, Hx
4:30.37	Cooper Bachman, VC
4:31.64	Mohammed Mussa, PH
4:31.9	Matt McInvale, Ram
4:32.25	Kevin Schible, WH
4:32.5	Christian Dominguez, SD
4:32.8	Solomon Kumbi, SD
4:32.9	Chris Kenyon, MIC
4:33.04	Will Kraemer, ANA
4:33.1	Efrain Casarez, Fall
4:33.2	Mark Baddas, Vista
4:33.3c	Dustin Whitson, BV
4:33.48	Gus Polito, VC
4:33.5	Juan Mondragon, Esc
4:33.53	Alan Aradanas, MIC
4:34.19	Luke McGinnis, Pow
4:34.23	Abadir Barre, MIC
4:34.4c	Ryan Maynard, GH
4:34.44	Manuel Aizna, Gross
4:35.71	Mike Ambrose, TP
4:36.2c	Brian Bauerle, WH
4:36.43	Matt Heibel, Gross
4:36.5	Tim Helms, Pow
4:37.0	Nico Cueva, Esc
4:37.0	Nick Zube, PH
4:37.18	Jared Emmons, Vista
4:38.56	David Santos, Val

3200:

9:10.36	Justin Neuroth, Vista
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Want more lists?

For more up-to-date lists of the season's best marks, keep checking the Track Mag web site. Also on the site: a list of the non-standard relay events (4x800, shuttle hurdles, distance medley, etc.).

TRACK MAGAZINE web site:
<http://www.crowncity.com/sdtrackmag>

Best Marks:

From page 12.

9:10.53	Matt McInvale, Ram
9:11.40	Travis Laird, SM
9:20.2	Evan Fox, WH
9:22.62	Ryan Montez, Vista
9:32.2	Sean Ricketts, RB
9:37.5c	Ben Aragon, WH
9:44.0	Devin Lyons-Quirk, Pow
9:45.18	Brandon Zelones, MiraM
9:46.90	Tim Helms, Pow
9:47.6	Chris Kenyon, MiC
9:49.25	Mike Cooke, MiC
9:50.70	Ruben Vences, Sweet
9:53.0	Jon Rankin, MontV
9:53.0	Efrain Casarez, Fall
9:54.63	Christian Dominguez, SD
9:55.4	Dan Sutton-Kane, WH
9:56.63	Charles McKeown, UC
9:59.27	Gus Polito, VC
9:59.96	Juan Mondragon, Esc
10:01	Michael Manzano, CV
10:01.12	Luke McGinnis, Pow
10:02.28	Will Kraemer, ANA
10:02.6	Ryan Maynard, GH
10:04.6	Alan Aradanas, MiC
10:07	Drew Bouchard, StA
10:08.3	Jake Fulton, RB
10:08.70	Aaron Trunnell, RBV
10:09.4	Abadir Barre, MiC
10:09.90	Navid Hassanzadeh, TP
10:10.59	Ricky Roane, Ram
10:12.3	Jonathan Buckley, MontV
10:12.98	Ryan Skerl, VC

110 High Hurdles:

Automatic time:

14.28	Bobby Salimi, RB
14.42	Tony Golston, PIL
14.83	Jeff Hunter, GH
15.04	Jon Everette, SP
15.06	Trandon Harvey, Sweet
15.17	Darnell Talbert, MiC
15.29	John Dudek, TP
15.33	Josh Nears, Serra
15.48	Jonathan Takahashi, Gross
15.50	Jeff Failla, Esc
15.60	Darion Williamson, Morse
15.64	Ben Knight, MarV
15.90	Jeff Orlando, MiraM
15.92	Brian Perdue, BV
15.96	Travis Lyman, SP
16.01	Nick Bonner, MontV
16.02	Charles Cleveland, Sweet
16.11	Brian Taylor, GH
16.13	Jeremiah McLeod, Fall
16.24	Trent Stroh, VC
16.26	Wade Curry, East

Hand time:

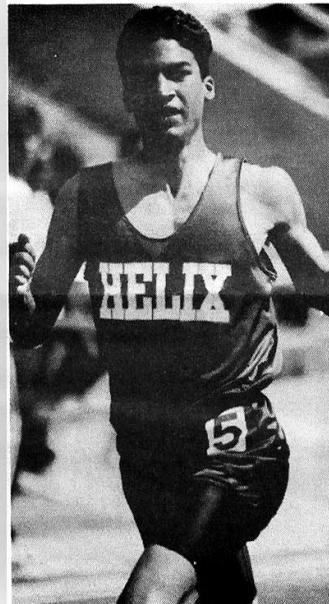
14.1	Tony Golston, PIL
14.2	Bobby Salimi, RB
15.0	Josh Nears, Serra
15.0	Trandon Harvey, Sweet
15.0	Baran Hill, StA
15.1	Darnell Talbert, MiC
15.1	Jon Everette, SP
15.1	Brian Perdue, BV
15.2	Darion Williamson, Morse
15.3	Ben Knight, MarV
15.3	Jeff Hunter, GH
15.3	Jeff Orlando, MiraM
15.4	Jonathan Takahashi, Gross
15.4	Jeff Failla, Esc
15.5	John Dudek, TP
15.5	Scott Miller, WH
15.7	Brian Taylor, GH
15.8	Jeremiah McLeod, Fall
15.8	Travis Lyman, SP
15.9	Charles Cleveland, Sweet
15.9	Trent Stroh, VC
16.0	Chris Staton, PH
16.0	Nick Bonner, MontV
16.1	Felipe Hernandez, Coro
16.1	Paul Yoder, Oside
16.1	Brian Bartsch, East
16.2	Pat Benitez, MiraM
16.2	Tim Frinell, Fall
16.2	Afan, Morse

300 Int. Hurdles:

37.3	Bobby Salimi, RB
38.02	Tony Golston, PIL
38.1	Jeff Hunter, GH
39.4	Darnell Talbert, MiC
39.9	Jason Davis, Pow
40.2	Danny Nenow, GH
40.3	Josh Nears, Serra
40.4	Jeff Orlando, MiraM
40.70	Kyle Conerly, WH
40.8	Aaron Barnhill, SM
41.1	Brian Bartsch, East
41.1	Todd Watkins, Hx
41.2	Sean Sweat, ElCam
41.48	Angelo Vargas, BV
41.48	Trent Stroh, VC
41.5	Charles Cleveland, Sweet
41.5	Jeff Failla, Esc
41.6	Ben Knight, MarV



Trent Stroh, Josh Nears
Valley Center, Serra



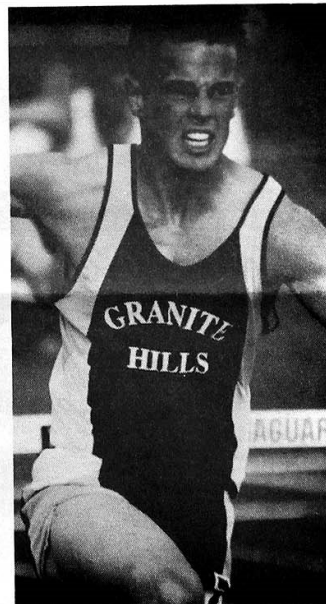
Todd Watkins
Helix

41.6c	Alton Gilbert, Linc
41.7	Chris Chan, SR
41.73	Travis Lyman, SP (41.7h)
41.79	Owens, CP
41.8	Tom Wooten, Vista
41.9	Baran Hill, StA
42.0	Mark Bellisario, LCC
42.0c	Robert Calderon, ECV
42.0	Jimmy Ungrecht, Fall
42.03	Mike Cunningham, WH
42.03	Jason Van, Hx
42.1	Steve Daniels, Carls
42.1c	Brian Taylor, GH
42.1c	Darion Williamson, Morse
42.2	Luis Quintana, CP
42.2	Chris Hayward, ElCam
42.2	Greg Podresov, PH
42.3	Nate Enriquez, StA
42.4	Jon Everette, SP
42.4	Joe Collins, RB
42.6	Jeremiah McLeod, Fall
42.6	Chris Fuslier, SP
42.8c	Scott Miller, WH

4x100 Relay:

Automatic time:

41.55	University City
42.86	Rancho Bernardo
43.03	Lincoln
43.03	Morse
43.08	Patrick Henry
43.21	Helix
43.42	Hoover
43.45	Eastlake
43.53	Sweetwater



Brian Taylor
Granite Hills

43.58	El Cajon Valley
43.79	Granite Hills
43.91	Bonita Vista
43.93	Escondido
43.97	Rancho Buena Vista
44.15	Poway
44.17	Monte Vista
44.18	Serra
44.47	San Diego
44.56	Mira Mesa
44.57	Castle Park
44.58	San Marcos
44.60	Mt. Carmel
44.78	St. Augustine
44.81	Vista
44.84	Mount Miguel
45.05	San Pasqual
45.08	Coronado

Hand time:

42.6	University City
42.9c	Morse
43.1c	Lincoln
43.4	Rancho Bernardo
43.4	Eastlake
43.5	Hoover
43.5c	El Cajon Valley
43.6	Patrick Henry
43.7	San Diego
43.7c	Sweetwater
43.8	Mira Mesa
43.8	Mt. Carmel
43.9	West Hills
43.9	Valley Center

44.0	Serra
44.0	Escondido
44.0	Kearny
44.1	Poway
44.3	Bonita Vista
44.3c	Granite Hills
44.3c	Mission Bay
44.4	Crawford
44.4	San Marcos
44.4	San Pasqual
44.4	Rancho Buena Vista
44.4c	Mount Miguel
44.6	Vista
44.7	Monte Vista
45.0	Ramona
45.0	El Camino

4x400 Relay:

3:22.7	West Hills
3:23.89	University City
3:25.8	Lincoln
3:26.4	Rancho Bernardo
3:26.5	San Pasqual
3:26.6	Helix
3:26.6	Vista
3:27.05	Patrick Henry
3:27.2	Rancho Buena Vista
3:27.2	Granite Hills
3:27.7	Serra
3:27.72	Poway
3:27.79	Bonita Vista
3:28.24	Fallbrook
3:28.52	Mt. Carmel
3:30.81	Castle Park
3:31.2	Monte Vista
3:32.06	Escondido
3:33.03	Eastlake
3:33.05	Morse
3:33.4c	El Cajon Valley
3:34.02	Torrey Pines
3:34.8	Valley Center
3:34.81	Mount Miguel
3:35.2	Mar Vista
3:35.49	La Costa Canyon
3:36.5	Carlsbad
3:37.05	Grossmont
3:37.56	Scripps Ranch

High Jump:

6-10	Chris Staton, PH
6-7	Shawn Smith, S'west
6-6	Eric Williams, RB
6-6	Bobby Okenwa, Morse
6-5	Vernon Smith, MB
6-5	Isaac Simms, UC
6-4.25	Keno White, RB
6-4	Jeremy Cross, RBV
6-4	Ben Knight, MarV
6-4	Wade Curry, East
6-4	Jamal Randall, MontV
6-4	Tony Ortiz, Hx
6-3	James Profit, Serra
6-2	Austin Neudecker, BV
6-2	John Feehan, Esc
6-2	Brandon Munding, Val
6-2	Andrew Fischer, RB
6-2	Rafferty, ElCap
6-2	Jordan Adams, PH
6-2	Corey Evans, East
6-2	Ahnizo Gainey, RBV
6-2	Matt Vaughn, SR
6-2	Patrick McDonough, LCC
6-2	Nate Skrzypczak, VC
6-0	Slater Traeen, MiC
6-0	David Lee, GH
6-0	Danny Nenow, GH
6-0	Mike Leyva, GH
6-0	Jonathan Takahashi, Gross
6-0	Nik Traner, Fall
6-0	Sean Volbeda, MiC
6-0	Robert Jahelka, LJ
6-0	Washington, Kny

Pole Vault:

16-2	Travis Offner, MiC
15-6	Jonathan Takahashi, Gross
14-3	Alex Doria, East
14-2	Ricardo Murillo, Vista
14-1	Javier Munoz, CP
14-1	Chris Dorminy, RB
13-6	Austin Priest, RBV
13-6	Richard Baker, BV
13-6	Tim Warner, Carls
13-2	Mike Hill, RB
13-0	John Jeter, MiC
13-0	Brian Heimburge, Pow
13-0	Kaysey Kaeser, Fall
13-0	Terrel Beaman, VC
13-0	Ryan Spitz, RB
13-0	Tim Ngo, Pow
12-8	Ryan Daley, Vista
12-8	Cameron Figueroa, GH
12-8	Devon Aleman, East
12-8	Tony Garcia, WH
12-6	Tristan Jankowski, BV
12-6	Gary Williams, Serra
12-6	Ruark, PIL
12-6	Kevin Rynearson, Val
12-6	Chris Spehar, RB
12-6	Keith Hamon, RBV
12-6	Kenny James, RB
12-6	Erwin, Mad

Please turn to page 14.

Best Marks:

From page 13.

- 12-6 Greg Leavitt, Hx
- 12-2 Stephen Todd, Val
- 12-0 Casey Lang, Val
- 12-0 Clayton Marshall, WH
- 12-0 Fraenzl, GH
- 12-0 Zach Salazar, RB
- 12-0 Jeswin Montoya, Esc
- 12-0 Steve Hong, RB
- 12-0 Huy Pham, MontV
- 12-0 Josh Malmuth, TP

Long Jump:

- 23-4.5 Tony Ortiz, Hx
- 22-7.25 Eric Williams, RB
- 22-7 Jon Reynolds, UC
- 22-4 Phillip Holley, CP
- 22-2.5 Mike Roberts, PH
- 22-1 Nate Skrzypczak, VC
- 22-1 Jeff Hunter, GH
- 21-11.5 Chris Staton, PH
- 21-11 Dean Wu, UC
- 21-10.5 Herman Nuckols, SM
- 21-10 Thomas Mootry, Morse
- 21-8 Brandon Roberson, Morse
- 21-7.5 Trandon Harvey, Sweet
- 21-7.5 Jamal Randall, MontV
- 21-6.5 D. Benson, SD
- 21-6.5 Alton Gilbert, Linc
- 21-6 Jordan Adams, PH
- 21-4 Eric Rogers, Morse
- 21-2.25 Jonathan Takahashi, Gross
- 21-1.5 Tony Golston, PIL
- 21-1.5 David Hannibal, BV
- 21-1 Adam Herrod, Serra
- 21-0.5 Danny Nenow, GH
- 20-11.75 Walter Scott, Sant
- 20-11.25 Pat Mahoney, MIC
- 20-11 Keno White, RB
- 20-11 Marcus Wooden, Morse
- 20-9.5 Jonathan Thomas, ECV
- 20-9 Avante Agurs, Gro
- 20-9 Kevin Johnson, East
- 20-9 Alex Fromer, MIC
- 20-8 Ahnizo Gainey, RBV
- 20-8 Keith Robinson, MIM
- 20-7.5 Kyle Conerly, WH
- 20-7.5 Brandon Bornes, RBV
- 20-7 Marquez Miller, ElCam
- 20-7 Shannon Nowden, MB
- 20-6 Chris Poche, SP
- 20-6 Austin Neudecker, BV
- 20-6 Danny Prior, Linc
- 20-5 Holiday, Crow
- 20-5 Jason Davis, Pow
- 20-5 Marcus Barard, Vista

Windy:

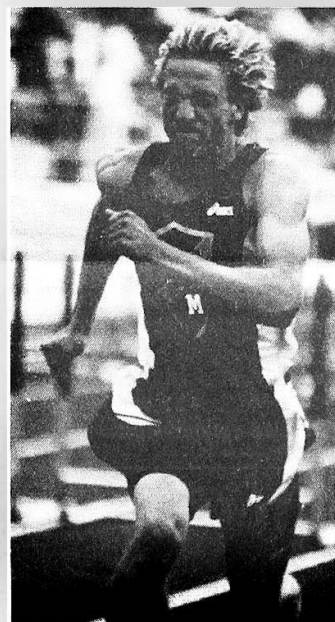
- 22-6 Trandon Harvey, Sweet
- 22-2 Danny Nenow, GH
- 21-0 Kyle Conerly, WH

Triple Jump:

- 47-6 Tony Ortiz, Hx
- 47-2 Trandon Harvey, Sweet
- 46-2 Jon Reynolds, UC
- 44-10 Jamal Randall, MontV
- 44-8 Nate Skrzypczak, VC
- 44-6 Vernon Smith, MB
- 44-0.5 Keno White, RB
- 43-11 Eric Williams, RB
- 43-9 Wade Curry, East
- 43-7 Jason Thomas, PH
- 43-4.25 Brandon Roberson, Morse
- 43-4 Phillip Halley, CP
- 43-4 Austin Neudecker, BV
- 43-0.5 Okumu, Crow (Hoov?)
- 43-0 Isaac Simms, UC
- 42-11.5 Marcus Wooden, Morse
- 42-8 Kyle Conerly, WH
- 42-8 Eric Rogers, Morse
- 42-7.25 Brandon Bornes, RBV
- 42-6 Corey Evans, East
- 42-5 Will Buchanan, Oside
- 42-5 Ralph Haynes, RB
- 42-4.5 Matt Princetta, TP
- 42-3.5 Damon Warren, Serra
- 42-1 Thomas Mootry, Morse
- 42-0 Walter Weinman, MIM
- 41-10.25 Keith Robinson, MIM
- 41-10 Adam Herrod, Serra
- 41-9 Jon Everette, SP
- 41-9 Sanders, CP
- 41-7.25 Chris Greene, Ram
- 41-7 Marcus Barard, Vista
- 41-7 Ahnizo Gainey, RBV
- 41-7 Aaron Barnhill, SM
- 41-6 John Koumalaszy, Claire
- 41-5.75 Chris Veasy, MontV
- 41-5.5 Brandon Chillar, Carls
- 41-4 Thomas Hoover
- 41-4 Charles Bean, East
- 41-3.75 Marvin McNeill, BV
- 41-3.25 Chan, Hoover
- 41-2 Matt Lesenyia, RBV
- 41-1 Mike Iafe, SIA
- 41-0 Shawn Smith, S'west



Tim Warner
Carlsbad



Aaron Barnhill
San Marcos

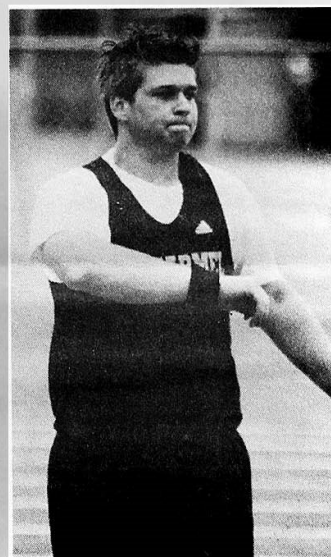
- 41-0 Herman Nuckols, SM

Shot Put:

- 55-3 Travis Jones, MiraM
- 53-11 Steve Vieira, Carls
- 53-11 Travis Watkins, Hx
- 52-5.5 Reynaldo Stephens, CP
- 52-4 Tyler Moazed, MIC
- 51-6 Jesse English, RBV
- 51-2 Andre Williams, MB
- 50-9 Pana Faumuina, Carls
- 50-8.5 Travis Asch, ElCap
- 50-6 Richie Smith, GH
- 49-11.5 Jason Tuerk, RB
- 49-8 Mike Schardin, East
- 49-5 Brad Brittain, TP
- 49-1 Jeremy Read, RB
- 48-11 Eder Arosemena, Vista
- 48-9 Jeff Wilson, OG
- 48-8.5 Marco Gonzalez, VC
- 48-8 Derrick Germain, Fall
- 48-8 Onofre Gascon, Sweet
- 48-4 Travis Jones, Val
- 48-2 Jon Ward, Pow
- 48-0.25 Curtis James, Kny
- 48-0 Chase Hanson, SIA
- 47-8 Jeremy Driggs, Sweet
- 47-4.5 Moses Rangel, East
- 47-4.5 Tagaia Savaiinaea, East
- 47-4.5 Kha Le, OG
- 47-4 Eddie Murdock, Hx
- 47-1 Clint Learn, LJ



Walter Scott
Santana



Tyler Moazed
Mt. Carmel

- 46-11.25 Jensen Cayas, BV
- 46-10 Matt Carr, SIA
- 46-8.75 Erik Hansen, Hill
- 46-7 Rashaan Durr, UC
- 46-4.25 Abraham Cruz, MB
- 46-4 Anthony DeBoer, RBV
- 46-4 Nate Tavale, Carls
- 46-2 Erik Holzhauser, RBV
- 46-1 Vince Clarke, GH
- 46-0 Frederick, MarV
- 45-9 John Pluth, VC
- 45-8.25 Mike Colgan, Fall
- 45-8 Mark Tate, Hoover

Discus Throw:

- 188-10 Travis Jones, MiraM
- 186-9 Jon Ward, Pow
- 169-2 Travis Asch, ElCap
- 163-5 Reynaldo Stephens, CP
- 163-1 Travis Watkins, Hx
- 161-3 Steve Vieira, Carls
- 160-3 Richie Smith, GH
- 158-7 Jason Tuerk, RB
- 158-0 Jeremy Driggs, Sweet
- 157-8 Able Arambura, ECV
- 156-8 Anthony DeBoer, RBV
- 156-7 Jesse English, RBV
- 154-7 Will Hunt, Hill
- 154-0 Moses Rangel, East
- 152-4 Andre Williams, MB
- 151-9 Tagaia Savaiinaea, East
- 150-7 John Pluth, VC
- 145-6 Clint Learn, LJ
- 144-9 Greg Padilla, Sweet
- 144-6 Dan Thompson, Fall

- 144-2 Luke Holderby, Ram
- 144-0 Chris Staton, PH
- 144-0 Brad Brittain, TP
- 143-7 Chase Hanson, SIA
- 143-6 Marco Gonzalez, VC
- 143-2 Mark Lozano, ElCap
- 142-0 Vince Clarke, GH
- 141-1.1 Anthony Pendleton, SIA
- 140-8 Kha Le, OG
- 140-1 Tyler Moazed, MIC
- 139-7 Nate Tavale, Carls
- 138-8 Mike Schardin, East
- 137-5 Abbott, MB
- 137-2 Scott Colegrove, Esc
- 136-1.0 John McRaven, Coro
- 135-9 Onofre Gascon, Sweet
- 135-8 Abraham Cruz, MB
- 134-9 Wilson, Sant
- 134-0 Robert Kuzich, SP
- 133-6 Bobby Seilhan, MIC
- 132-11 Bray, MB
- 132-7 M. Blake, Hill
- 132-5 Louis Wright, Lin

GIRLS:

Marks received by April 24.
100:

Automatic time:

- 11.61 Monique Henderson, Morse
- 12.16 Nastassaja Hall, RBV
- 12.32 Priscilla Parker, MB
- 12.36 Jessica Thomas, ElCam
- 12.39 Kameelah Allen, MIM
- 12.42 Tanisha Johnson, East
- 12.53 Amber Carrington, MIC
- 12.60 Zikarra Beverley, USD
- 12.62 Stephanie Blake, FP
- 12.62 Shauna Hackett, Morse
- 12.78 Nini Herron, ECV
- 12.84 Sparkle Anderson, Serra
- 12.87 Phylcia Reddick, Morse
- 12.95 Phoebe Perkins, MontV
- 12.95 Latoya Summerville, SR
- 13.00 Tiffany Lowery, SP
- 13.04 Marla Mason, CV
- 13.04 Rosa Durruthy, East
- 13.05 Dinisha Robinson, Coro
- 13.06 Faith Lin, LJ
- 13.07 Kaitlyn Doe, TP
- 13.09 Lani Kuhlrow, Coro
- 13.15 Jackie Jenkins, Kny
- 13.15 Cora Estridge, Linc
- 13.18 Kyle Lederer, RB

Hand time:

- 12.1 Nastassaja Hall, RBV
- 12.2 Tanisha Johnson, East
- 12.3 Priscilla Parker, MB
- 12.3 Kameelah Allen, MIM
- 12.3 Jessica Thomas, ElCam
- 12.4 Zikarra Beverley, USD
- 12.4 Amber Carrington, MIC
- 12.5 Ciera Ray, Fall
- 12.5 Kaitlyn Doe, TP
- 12.6 Rosa Durruthy, East
- 12.6 Faith Lin, LJ
- 12.6 Phoebe Perkins, MontV
- 12.6 Shauna Hackett, Morse
- 12.6 Latoya Summerville, SR
- 12.6 Daniela Fromer, MIC
- 12.6 Kyle Lederer, RB
- 12.7 Dinisha Robinson, Coro
- 12.7 Stephanie Blake, FP
- 12.7 Naomi Mattos, Fall
- 12.7 Phylcia Reddick, Morse
- 12.7 Aiesha Singleton, PH
- 12.7 Latrice Dickens, PH
- 12.7 Kristina de la Rosa, RB
- 12.8 Nini Herron, ECV
- 12.8 Cassandra Patterson, CP
- 12.8 Rachel Snare, SR
- 12.8 Meggi Afenir, Esc
- 12.8 Marla Mason, CV
- 12.8 Sparkle Anderson, Serra
- 12.8 Tiffany Lowery, SP
- 12.8 Natalie Soto, Carls
- 12.8 Francine Cepeda, RB

Windy:

- 12.6 Phylcia Reddick, Morse

200:

Automatic time:

- 25.55 Stephanie Blake, FP
- 26.76 Kameelah Allen, MIM
- 26.77 Tiffany Lowery, SP
- 26.91 Rosa Durruthy, East
- 26.95 Natalie Soto, Carls
- 26.99 LaKendra McKenzie, Hx
- 26.99 Tanera Jones, MIC
- 27.05 Sparkle Anderson, Serra
- 27.21 Aroline Neal, RBV
- 27.26 Mallane Dressell, Carls
- 27.28 Martina Allen, Serra
- 27.31 Denise French, BV
- 27.32 Niesch French, GH
- 27.33 Jackie Mandy, CV
- 27.57 Rachel Snare, SR
- 27.57 Latoya Summerville, SR
- 27.58 Marla Mason, CV

Windy:

- 23.16 M. Henderson, Morse (+4.0)

Please turn to page 15.

Best Marks:

From page 14.

Hand time:

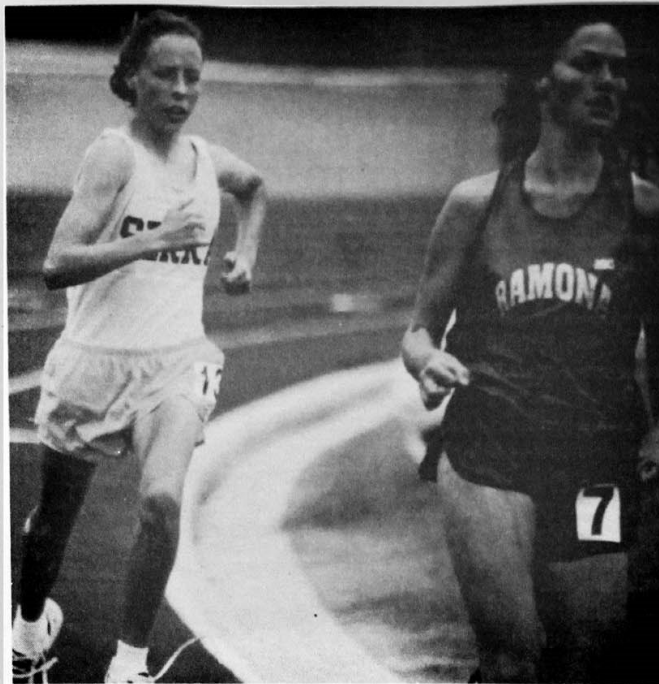
23.8	Monique Henderson, Morse
25.0	Nastassaja Hall, RBV
25.1	Stephanie Blake, FP
25.2	LaSheena Rice, SD
25.7	Martina Allen, Serra
25.8	Cieara Ray, Fall
25.9	Aroline Neal, RBV
25.9	Laura Landry, RB
26.1	Sparkle Anderson, Serra
26.2	Tiffany Lowery, SP
26.2c	Naomi Mattos, Fall
26.2	Audrey Pound, Pow
26.2	Tanera Jones, MiC
26.3	Mallane Dressel, Carls
26.4	Rosa Durruthy, East
26.5	Jessica Thomas, ElCam
26.5	Kameelah Allen, MiM
26.6c	Luketta Williams, Hx
26.6	Priscilla Parker, MB
26.6	Latrice Dickens, PH
26.6	Natalie Soto, Carls
26.7	Jane Givens, LJ
26.7c	Phoebe Perkins, MontV
26.7	Erin Willis, OLP
26.7	Aiesha Singleton, PH
26.8	Alexis Tate, RB
26.8	Robinson, SD
26.9	Kaitlyn Doe, TP
26.9c	Cassandra Patterson, CP
27.0c	LaKendra McKenzie, Hx
27.0c	Nini Herron, ECV
27.0c	Shauna Hackett, Morse
27.0	Francine Cepeda, RB
27.1	Tameka James, SD
27.1	Ashley Rioja, MiM
27.1	Judd, Carls
27.1	Kristine Schroeder, RB
27.1	Crystal Hinton, Linc
27.2	Marla Mason, CV
27.2	Ashley Fowler, Val
27.3	Ashlee Hegner, WH

400:

53.25	Monique Henderson, Morse
57.45	Nastassaja Hall, RBV
58.0	Stephanie Blake, FP
59.1	Mallane Dressel, Carls
59.16	Aroline Neal, RBV
59.7	Jenna Timinsky, SDgtoA
59.98	Laura Landry, RB
60.04	Elizabeth Tsu, LCC
60.1	Audrey Pound, Pow
60.31	Naomi Mattos, Fall (60.2h)
60.49	Alexis Tate, RB
60.5	Nicole Rothert, Fall
60.54	Phoebe Perkins, MontV
60.8	Tiffany Lowery, SP
60.8	Morgan Avery, GH
60.90	Bryeanna Barmer, Hx
60.9c	Luketta Williams, Hx
61.0	LaSheena Rice, SD
61.20	Liz McNamara, Pow
61.3	Kristine Schroeder, RB
61.3c	Jane Givens, LJ
61.42	Nicole Reyes, RBV
61.5	Julie Komosinski, TP
61.5	Lesley Bravin, Val
61.8	Adams, ElCam
61.88	Alexis Rampaul, Pow
62.0	Tameka James, SD
62.0	Tanera Jones, MiC
62.1	Katie Collins, Vista
62.2	Elisa Holiday, WH
62.3	Kerry Kelly-Cochrane, USD
62.3c	Whitney Schmucker, LJ
62.33	Natalie Soto, Carls
62.35	Chelsea Chatfield, TP
62.4	Jessie Ansari, Carls
62.4	Jaime Ransom, Sant
62.7	Martina Allen, Serra
63.00	Taniya Kissane, RB
63.0	Jill Steele, MiC
63.0	Meosha Jefferson, S'west
63.0	Gorman, Sant
63.0	Bernadette Grantling, Morse

800:

2:13.42	Jenna Timinsky, SDgtoA
2:16.51	Monique Henderson, Morse
2:16.84	Desiree Davila, Hill
2:16.87	Julie Komosinski, TP
2:19.63	Amonica Phipps, Morse
2:20.7	Jill Steele, MiC
2:21.1	Nicole Mier, SM
2:21.30	Courtney Allen, RBV
2:22.49	Katherine Ziegler, UC
2:24.92	Tessa Connor, TP
2:25.0	Manal Yamout, MiC
2:25.07	Olivia Hudek, Hill
2:25.25	Alexis Sampietro, TP
2:25.29	Laura Landry, RB
2:26.02	Michelle Guerrero, LJ
2:26.2	Hailey Moore, TP
2:26.53	Katie O'Connell, Carls
2:27.0	Angela Petersen, TP
2:27.43	Camille Robinson, CV



Amy Montgomery, Loretta Kilmer
Serra Ramona



Meggi Afenir
Escondido

2:27.5	Deanna Sick, MiC
2:27.5	Kamaya Damwijk, Pow
2:27.57	Shawna Winfrey, WH
2:27.76	Kelly Larson, RB
2:27.91	Nikki Rideout, SP
2:28.09	Stephanie O'Brien, Pow
2:28.23	Lesley Bravin, Val
2:28.3	Krista Romley, TP
2:28.35	Rachel Pizarro, Mont
2:28.8	Maria McGaffigan, CP
2:28.9	Ashlee Dere, MiC

1500:

4:45.5	Julie Komosinski, TP
4:46.5	Angela Petersen, TP
5:00.65	Deanna Sick, MiC
5:01.61	Krista Romley, TP
5:02.17	Kristen Thompson, BV
5:04.21	Angela Rivas, Mont
5:05.4	Katie O'Connell, Carls
5:09.1	Janet Mulvey, MiC
5:12.1	Loretta Kilmer, Ram
5:13.64	Kate Branson, BV
5:19.07	Dorothy Trogler, TP

(NOTE: T&F News converts 4:45.5 to 5:06.5 for 1600.)

1600:

4:59.41	Desiree Davila, Hill
5:03.80	Julie Komosinski, TP
5:04.89	Angela Petersen, TP
5:06.11	Julie Manson, RB
5:11.99	Nicole Mier, SP
5:12.13	Katherine Ziegler, UC
5:16.7c	Stephanie Baird, Hx
5:18.88	Kaleena Yee, RB
5:20.19	Jasmine Marquez, ElCap
5:20.3	Deanna Sick, MiC
5:21.0	Nicole Mier, SM
5:23.15	Kate Branson, BV
5:24.0	Katie Baker, Pow
5:25.1	Katie O'Connell, Carls
5:25.79	Bertha Ojeda, CV



Melissa McGrath
Rancho Bernardo

5:25.82	Kristen Thompson, BV
5:25.99	Chessa Adsit-Morris, UC
5:27.15	Amy Montgomery, Serra
5:28.4	Manal Yamout, MiC
5:28.7	Jill Steele, MiC
5:29.1	Katie Matlack, Fall
5:29.57	Jamie Carmichael, Fall
5:29.94	Loretta Kilmer, Ram
5:30.0	Maija Rohde, Fall
5:30.47	Allison Hilton, MiC
5:30.58	Janet Mulvey, MiC
5:31.10	Brenna Williams, TP
5:31.12	Anna Hough, VC
5:31.65	Angela Rivas, Mont
5:32.10	Courtney Stolis, GH
5:32.10	Kristen Gonzalez, BV
5:33.16	Audrey Harrer, MiC
5:33.62	Kristina Nugent, WH
5:33.89	Amonica Phipps, Morse
5:34.50	Krista Romley, TP
5:36.45	Sophia Marquez, CV
5:36.88	Karen Vasko, MiC
5:37.3	Maria McGaffigan, CP
5:37.46	Elizabeth Harris, Hx

3000:

10:15.42	Desiree Davila, Hill
10:35.42	Jasmine Marquez, ElCap

(NOTE: T&F News converts 10:15.42 to 11:00.8 for 3200)

3200:

10:36.83	Julie Manson, RB
10:59.57	Angela Petersen, TP
11:04.7	Julie Komosinski, TP
11:12.3	Desiree Davila, Hill
11:19.9	Kaleena Yee, RB
11:24.48	Stephanie Baird, Hx
11:30.1	Chessa Adsit-Morris, UC
11:32.99	Loretta Kilmer, Ram
11:39.22	Ashlee Dere, MiC
11:39.4	Jasmine Marquez, ElCap
11:43.6	Manal Yamout, MiC
11:43.63	Deanna Sick, MiC
11:45.0	Katherine Ziegler, UC
11:45.62	Angela Rivas, Mont
11:47.57	Janet Mulvey, MiC
11:57.05	Dori McGuire, MiraM
12:00.1	Maija Rohde, Fall
12:01.1	Claire Beck, OLP
12:03.8	Desiree Leek, LJ
12:05.0	Natalie Parks, PiL
12:05.57	Becca Bartell, WH
12:07.0	Katie O'Connell, Carls
12:07.14	Bertha Ojeda, CV
12:07.9	Allison Hilton, MiC
12:08.4	Audrey Harrer, MiC
12:09.59	Rebecca McKeown, UC
12:10.47	Ashley Orr, TP
12:11.9	Laura Cohen, UC
12:13.9	Katie Matlack, Fall
12:15.2	Ashley Viens, Val
12:15.3	Jamie Carmichael, Fall
12:16.8	Katie Boyd, RB

100 Hurdles:

Automatic time:

14.98	Catie Coin, RB
15.13	Tanisha Johnson, East
15.40	Cheryl Hawkins, Morse
15.52	Meggi Afenir, Esc
15.59	Bryeanna Barmer, Hx
15.70	Melissa McGrath, RB
15.89	Marie Carter, MiraM
16.04	Audrey Pound, Pow
16.21	Nikki Dulin, RB
16.29	Keiona Clark, MontV
16.38	Morgan Albini, SP
16.47	Chantal Nemore, ElCam
16.54	Kristen Murphy, RB
16.61	Katy Camp, MontV
16.74	B. J. Hayes, East
16.79	Erin Asay, Sweet
16.82	Morgan Avery, GH
16.90	Jessica Eggleston, ElCam
17.09	Katherine Dostal, WH
17.10	Eva Tanner, Gross
17.35	Meredith Riley, Carls
17.40	Elise Orlando, MiraM

Hand time:

14.9	Catie Coin, RB
15.3	Melissa McGrath, RB
15.7	Cheryl Hawkins, Morse
15.9	Tanisha Johnson, East
16.0	Bryeanna Barmer, Hx
16.2	Keiona Clark, MontV
16.2	Morgan Albini, SP
16.3	Audrey Pound, Pow
16.4	Nikki Dulin, RB
16.5	Marie Carter, MiraM
16.5	Katherine Dostal, WH
16.5	Jessica Eggleston, ElCam
16.6	Katy Camp, MontV
16.6	Chantal Nemore, ElCam
16.8	Meggi Afenir, Esc
16.8	Leah Cole, VC
16.9	Kasy McGee, Carls
16.9	Kristen Murphy, RB
16.9	B. J. Hayes, East
17.0	Erin Asay, Sweet
17.1	Laura Maurer, Fall
17.2	Abril Jimenez, Hill

Please turn to page 16.

Best Marks:

From page 15.

17.2	Liz McNamara, Pow
17.2	Beret Flom, East
17.2	Darcy Fox, WH
17.2	Aimee Rolls, OG
17.3	Eva Tanner, Gro
17.3	Angela Fazio, Gro
17.3	Malia McClurg, GH
17.3	Elise Orlando, MiraM

300 Low Hurdles:

44.18	Audrey Pound, Pow
45.40	Catie Coin, RB (45.3h)
45.41	Bryanna Barmer, Hx
45.68	Tanisha Johnson, East (45.6h)
46.7	Nikki Dulin, RB
46.78	Abril Jimenez, Hill
46.95	Marie Carter, MiraM
47.70	Morgan Avery, GH
47.7	Unika Smith, Linc
48.0	Tynisha Major, Sweet
48.1	Meggi Afenir, SP
48.24	Morgan Albini, SP
48.25	Erin Martin, WH
48.3	Chantal Nemore, ElCam
48.4c	Cheryl Hawkins, Morse
48.50	Erica Schim, LCC (48.4h)
49.0	Jessica Eggleston, ElCam
49.1c	Sara White, OG
49.1	Jasmine Winfield, Vista
49.2	Jill Alsop, MiC
49.26	Qadriyyah Abdullah, MtMig
49.5	Beret Flom, East
49.7	Cheryl Hawkins, Morse
49.79	Liz McNamara, Pow
50.2	Olivia Hudek, Hill

4x100 Relay:

Automatic time:	
48.66	Morse
49.73	Lincoln
49.91	Rancho Bernardo
49.95	Mount Miguel
49.97	El Camino
50.24	Eastlake
50.31	Mt. Carmel
50.44	Helix
50.57	San Pasqual
50.61	Rancho Buena Vista
50.69	West Hills
50.76	Monte Vista
51.01	Poway
51.06	Serra
51.09	Fallbrook
51.27	Castle Park
51.30	La Jolla
51.65	Scripps Ranch
51.70	El Cajon Valley
51.73	San Diego
51.91	Valhalla
51.93	Carlsbad
52.00	University of San Diego
52.02	Sweetwater
52.08	Bonita Vista
52.39	Granite Hills
52.46	Escondido
52.60	Point Loma
52.62	Mission Bay

Hand time:	
49.8	Eastlake
49.9c	Morse
49.9	Mt. Carmel
50.0	Rancho Bernardo
50.0	Fallbrook
50.0	El Camino
50.1	Rancho Buena Vista
50.5	Carlsbad
50.7	Poway
50.8	West Hills
50.8	Helix
50.8	San Pasqual
50.9	La Jolla
51.0c	Lincoln
51.0	Serra
51.3	Patrick Henry
51.4c	Monte Vista
51.6	Scripps Ranch
51.7	Mount Miguel
51.7	El Cajon Valley
51.7	Castle Park
52.0	Valhalla
52.2	Mira Mesa
52.2	Escondido
52.2	Vista
52.4	Chula Vista
52.4	San Diego
52.4	La Costa Canyon
52.4	University of San Diego
52.5	Coronado
52.5	Bonita Vista
52.9	Valley Center

4x400 Relay:

4:02.88	Poway
4:03.03	Rancho Bernardo
4:05.62	Morse
4:06.92	Rancho Buena Vista



Julia Preston
Poway

4:07.4	La Costa Canyon
4:07.8	Monte Vista
4:08.6	Torrey Pines
4:08.80	San Pasqual
4:09.6	Carlsbad
4:10.0	Helix
4:10.2	El Camino
4:11.2	Serra
4:12.4	University City
4:13.6	Mt. Carmel
4:14.70	University of San Diego
4:14.9c	West Hills
4:15.21	Bonita Vista
4:15.34	Castle Park
4:16.3	Valley Center
4:16.4	Escondido
4:16.8c	La Jolla
4:17.1c	Granite Hills
4:17.2	San Pasqual
4:17.5	Patrick Henry
4:18.62	Eastlake
4:18.7	Vista
4:18.9c	El Cajon Valley
4:19.86	Mount Miguel
4:20.0	Valhalla
4:21.9	Hilltop

High Jump:

5-4	Lauren Jones, TP
5-4	Shannon Fleming, USD
5-3	Mikaelyn Austin, RB
5-3	Kelsey Turner, GH
5-2	Kristen Carlson, SFC
5-2	Alex Jackson, Carls
5-2	Eva Tanner, Gross
5-2	Misty Brewster, GH
5-2	Bridget Files, Ram
5-2	Colleen Walker, TP
5-2	Kate Bartkiewicz, CV
5-2	Abril Jimenez, Hill
5-1	Kaylene Ivan, Esc
5-0	Liz McNamara, Pow
5-0	Megan Bornes, RBV
5-0	Meosha Jefferson, S'west
5-0	Amber Powell, SM
5-0	Leah Cole, VC
5-0	Sraeya George, Val
5-0	Karen Adams, ECV
5-0	Tara Shields, TP
5-0	Qadriyyah Abdullah, MtMig

Pole Vault:

11-7	Molly Pascarella, RB
11-3	Julia Preston, Pow
11-2	Julie Hudlow, RB
10-3	Beth Vieira, Ptl
10-3	Marie Nowinski, MiraM
10-3	Beatrice Guapo, East
10-0	Elise Orlando, MiraM
10-0	Nicole Holcomb, TP
9-9	Terri Lopez, WH
9-7	Teri Vertullo, WH
9-6	Laura Lafoya, East
9-6	Nicole Antonacci, Carls
9-6	Katie Collins, Vista
9-6	Charissa Cabrera, MiC
9-6	Gretchen Allen, Pow
9-6	Janea Russ, GH
9-6	Bev Robak, MiC
9-2	Betsy Halliburton, TP
9-0	Amy Speer, MiC
9-0	Jillian Mazarella, BV
9-0	Erin Asay, Sweet
8-6	Lisa Przybylski, Gro



Sraeya George
Valhalla

8-6	R. Antonacci, Carls
8-6	Becky Monroy, MiraM
8-6	Megan Sage, MiC
8-6	Emily Dennis, LCC
8-6	Brenna Moyer, Carls
8-6	Carmela Rodgers, CV
8-4	Turner, Serra
8-3	Theresa Acosta, Vista

Long Jump:

18-11	Jessica Thomas, ElCam
18-2.5	Nastassaja Hall, RBV
17-6	Aroline Neal, RBV
17-2.5	Megan Bornes, RBV
17-2	Nina Ropes, Fall
17-2	Tiah Gray, UC
17-2	Carrie McWhirter, SM
17-0.5	Simone Louviere, Hx
16-9.5	Sonfre Roberson, Morse
16-8	Qadriyyah Abdullah, MtMig
16-7	Kathy Farfan, CP
16-6.5	B. J. Hayes, East
16-6	Naomi Matos, Fall
16-5.75	Joy Hannibal, BV
16-5	LaSheena Rice, SD
16-5	Tywana Harris, ElCam
16-3	Tanisha Johnson, East
16-2.75	Denise French, BV
16-2	Phylicia Reddick, Morse
16-2	Jackie Mandy, CV
16-1	Beret Flom, East
16-0.25	Angela Rochester, GH
16-0	Angela Fazio, Gross
15-11.75	Cherese Brown, PH
15-11	Jaime Ransom, Sant
15-11	Mariko Gaines, MontV
15-11	Darcy Fox, WH
15-10	Sally Shields, TP
15-10	Natalie Soto, Carls
15-9.5	Cora Estridge, Linc
15-6.5	Benitez, S'west
15-8	Trisha Martin, Mont
15-8	Melodi Williams, ECV
15-8	Devon Hanke, Horizon
15-8	Sraeya George, Val
15-7.5	Katherine Dostal, WH
15-5.25	Shannon Kegler, Hill
15-5	Danielle Rose, RB
15-5	Tanicia Wallace, MontV
15-4.5	Rachel Thurber, RB

Triple Jump:

37-1	Nina Ropes, Fall
36-11.5	Jane Givens, LJ
36-10.25	Megan Bornes, RBV
36-9	Jenny Fairchild, Vista
36-4	Sraeya George, Val
35-3	Jessica Thomas, ElCam
34-11	Chang Tan, Crow
34-10.25	Tanicia Wallace, MontV
34-10.25	B. J. Hayes, East
34-5	Tywana Harris, ElCam
34-5	Amy Taylor, GH
34-4.5	Dani McNeely, LCC
34-3	Mariko Gaines, MontV
34-3	Dana Copeland, TP
34-2.75	Joy Hannibal, BV
34-2	Lauren Jones, TP
34-2	Nadiyah Salihuddin, Hill
34-0	Qadriyyah Abdullah, MtM
33-9	Kiley Weaver, RB
33-9	Lauren LaVine, Ram
33-7	Danielle Rose, RB
33-6	Jessica Eggleston, ElCam
33-5.5	Kim Dambkowski, VC



Molly Pascarella
Rancho Bernardo

33-4.5	Melodi Williams, ECV
33-4	Carrie McWhirter, SM
33-2	Melissa Cornett, WH
33-1	Keiona Clark, MontV
33-0	Simone Louviere, Hx

Windy:
36-8.25 Sraeya George, Val (+2.3)

Shot Put:

43-7.25	Candace Hill, Hoover
39-9.5	Marie Taumua, Sweet
39-2	Amber Hood, Morse
38-11	Raeanna Makihela, SM
38-6.5	Rhiannon Henry, RBV
38-0.25	Mikaelyn Austin, RB
37-9	Veronica Harper, Linc
37-2.5	Shemika Morris, SR
36-11	Carrie Johnson, Fall
36-9	Angela Milazzo, Esc
36-5	Michelle Vavra, Esc
36-1	Brianna Makihela, SM
35-8.25	Laura Castellanos, CP
35-0	Katie Ames, ElCap
34-9	Brown, Serra
34-1.5	Ashley Ingoldt, OG
33-9	Sarah Byrne, Ram
33-8	Candace Doung, MiC
33-7	Rachel Johansen, MontV
33-5.5	Amber Tiffany, GH
33-4.5	Martinique Akinfosile, UCD
33-3	Brittany Mon-Battung, Pow
33-2	Samantha Singley, WH
33-0	Alicia Criado, RBV
32-11	Lina Fanene, Carls
32-9	Jackie Silva, CP
32-9	Mauga, Oside
32-9	Ruby Udeh, Morse
32-8.25	Rebecca Boh, SP
32-7	Cynthia Sorrell, Vista
32-5	Talaga, MiC
32-3.5	Annie Roberts, Pow
32-2.5	Rachel Thurber, RB
32-2	Alicia Minette, LJ

Discus Throw:

149-6	Candace Hill, Hoover
131-11	Mikaelyn Austin, RB
127-5	Rhiannon Henry, RBV
126-11	Lisa Cannon, Esc
126-0	Brianna Makihela, SM
124-3	Angela Milazzo, Esc
120-7	Carrie Johnson, Fall
118-0	Katie Ames, ElCap
117-4	Alicia Criado, RBV
115-5	T. J. Gissentanna, RBV
114-5	Stacy Mickelson, RB
113-10	Shemika Morris, SR
111-5	Annie Roberts, Pow
109-2	Amber Tiffany, GH
107-4	Jessica Turner, Serra
107-3	Amber Hood, Morse
107-1	Samantha Singley, WH
106-5	Jillian Clifton, GH
106-3	Shannon Young, East
105-2	Alexandra Ray, TP
103-10	Ashlee Thompson, UC
103-9	Dabas, Carls
103-1	Cynthia Concha, Sweet
103-0	Michelle Vavra, Esc
102-10	Lina Fanene, Carls
102-8	Mitchell, RBV
101-7	Sarah Smither, SP
101-0	Michelle Singleton, Crow
101-0	Mandy Schatzinger, Ram