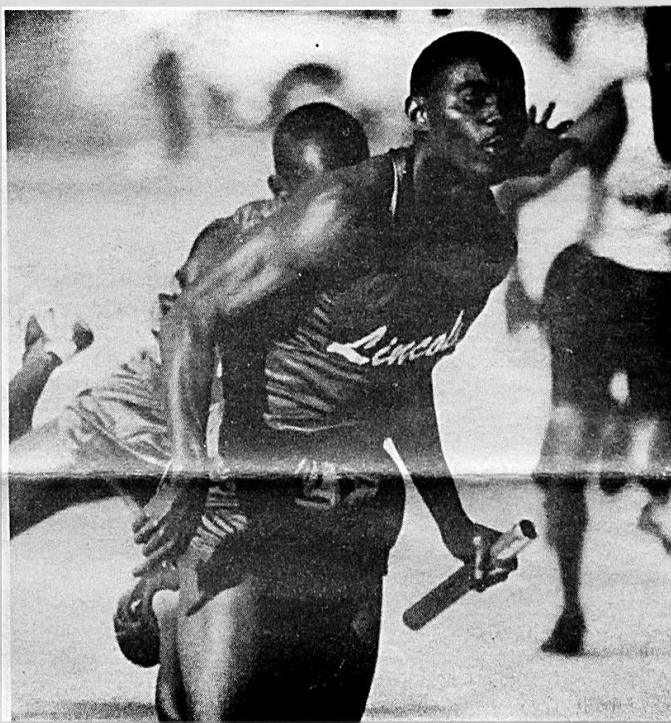


TRACK MAGAZINE



Volume V, Number 9 -- May 12, 2000

The best in local prep track & field coverage



**Larry Miles
Crawford**

**Boris McDaniel
Lincoln**

Harbor pair should produce some sparks in finals.

League showdowns are tonight

Today's (and tonight's) league championship meets are the first stage in what promises to be a significant series of final meets.

All of the larger leagues are competing today (Friday), to determine individual league titles, and to qualify individuals for later competition.

In alphabetical order:

The Avocado League convenes at Mira Costa College, where the track is excellent, but where there are no lights or amenities for the spectators. The boys pole vault and both discus events have already been held. The girls pole vault is the first event, at noon.

The Eastern, Harbor and Western Leagues all will share the Balboa Stadium track today, with the

first field events scheduled at 2:30 p.m. All three leagues have already conducted finals in the discus, the triple jump, the pole vault and the 3200, all of which keep this meet streamlined and manageable.

Both Grossmont Leagues run a combined finals, at West Hills High's ten-lane track. Events get under way at about 4 p.m., but could be delayed by transportation problems. The North and South teams, which ran separate prelims at separate sites Tuesday, combine their races and then separate the results. There are also JV events in the mix.

The Metro League will meet at Eastlake, with field events beginning at 4 p.m. That league also conducts JV championships.

The Palomar League finals are at Poway, with field events at 3 p.m., and the first running event at 5 p.m.

The Valley League will be held at Valley Center, with field events beginning at 3 p.m., and running events at 4 p.m.

One group, the Southern League, held their finals yesterday.

Among the most eagerly anticipated showdowns are these:

The Palomar boys 800 meters, which could include Sean Ricketts, Nick Thornton, Jared Emmons and Aaron Powell. If the early pace is quick, the times will be unbelievable.

The Eastern League boys

Please turn to page 2.

What's News...

Why isn't University City's boys team ranked number one? Gosh, they could score probably a few zillion points in the sprints, right? What's that you say? There are sixteen events? Well, that hardly seems fair...

Why Rancho Bernardo's boys and girls teams are tops in the county, for those of you who haven't been paying attention. See page three.

Our meet coverage begins on page four. We include results of the early Eastern and Western League championship events, plus results of the Frosh/Soph Championships and the Orange Glen Invitational.

Our non-standard relay lists are on page six. Find out how your distance medley or 4x800 relay teams stack up.

As usual, our event lists are deep, and getting deeper. Where do you rank? It starts on page seven.

Next Issue:

May 26

*Look for it at the
CIF Finals Meet.
With coverage of all
the league finals, and
CIF prelims.*

League Showdowns

From page 1.

sprints, which will have deep fields and many CIF qualifiers.

The East 200 could have a field that includes Lamont Long, Eric Thomas, Mike Roberts, Mike Johnson, Chauncey Smith, Antwane Collier and, maybe, Steve Hayes.

The 400 field could feature Jamah Briggs, Fiat Johnson, and the possibility of Hayes returning to action. The 100 should also be loaded.

All of the above principals will also see baton action, in the 4x100 and the 4x400. The times will be quick.

The Grossmont boys distance events will feature talented West Hills runners Evan Fox and Ben Aragon running on their home track. If the backstretch wind isn't too persistent, they could light it up.

The Harbor League will have their moments, such as when Crawford's Larry Miles is matched up with Lincoln's sprinters, or when Hoover's Candace Hill is throwing the shot.

The Palomar boys 3200 could be a great race with San Marcos' Travis Laird and Vista's Justin Neuroth matching up.

Also at the Palomar, the girls 300 hurdles features a matchup between RB's Catie Coin and Poway's Audrey Pound.

Another good girls long hurdle race should be at the Metro meet, where Eastlake's Tanisha Johnson meets up with Hilltop's Abril Jimenez.

A good girls short hurdle race could be in the Valley meet, where Escondido's Meggi Afenir meets San Pasqual's Morgan Albini.

Of course, anything that Morse's Monique Henderson runs will be of interest in the Eastern girls meet. That will include the 100, 200, 400 and the 4x400. The Tigers will field an all-frosh 4x100 relay team.

Another Eastern highlight should be in the boys jumping events.

In the long jump, contenders include UC's Jon Reynolds and Dean Wu, Patrick Henry's Chris Staton, Mike Roberts and Jordan Adams, Serra's Adam Herrod, and Morse's Eric Rogers, Marcus Wooden, Brandon Roberson and Bob Okenwa.

The high jump could be even better, with Staton (6-10), Okenwa (6-6), UC's Isaac Simms (6-6) and Serra's James Profit (6-4) in the lineup.

Also of interest in the Grossmont League are some potentially good boys throwing events, with Helix's Travis Watkins and El Capitan's Travis Asch among the leading contenders, and the boys vault, with Grossmont's Jonathan Takahashi.

The Palomar boys vault should also be excellent, with Mt. Carmel's Travis Offner showing consistency, and a number of 14-footers in the running. The girls vault field there will also feature many of the county's best.

The Palomar girls distance races should have top quality, with RB's

Julie Manson and Kaleena Yee, San Marcos' Nicole Mier and a deep group of runners from Mt. Carmel contending.

The Palomar girls 4x400 could be dramatic, with Poway, Rancho Bernardo and Rancho Buena Vista all threatening to dip under four minutes.

TRACK MAGAZINE

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Dual Meet Rankings: Broncos are atop both lists

Rancho Bernardo's great dual meet teams were mostly unchallenged this season, breezing to a series of one-sided wins.

The boys team scored 105.5 points on Rancho Buena Vista, 95 points on San Marcos, 113 points against Mt. Carmel and 97 versus Poway.

The Bronco girls also cruised, scoring 91, 100, 122, 102 and 99 points against their league rivals.

And, don't forget, that's against Palomar League opponents, where most of the teams have large rosters and great tradition.

Last year's RB girls were arguably the greatest dual or championship meet team in local history, but this year's squad is not far behind.

Among the team's greatest strengths are Julie Manson (5:06, 10:36) in the distance events, a great hurdle team led by Catie Coin



Sean Ricketts
Rancho Bernardo had many quality athletes.

(14.98 and 45.21), a great all-around athlete in Mikaelyn Austin (5-3 in the high jump, and 38-0.25 and 131-11 in the throws), and another great crop of vaulters, led by Molly Pascarella (11-7) and Julie Hudlow (11-6).

The common perception is that RB drops off a bit in the speed events, but they have seven different girls that make the Track Magazine lists in the sprint events, and both relay teams are currently ranked number two in the county.

In fact, the sprint roster is so deep that coach Don Jones rotates a complete group in and out of successive dual meets.

Looking for a weak spot? The horizontal jumps *only* had three long jumpers and four triple jumpers on the Track Mag lists, and the high jump only had Austin on the list, although two others on the roster had 5-0 jumps last year.

But RBV, with a team full of great jumpers, could only score 31 total points against the Broncos.

RB's girls weren't playing with a full deck this year, either. Last year's best sprinter, Anne James, who ran 12.58 and 25.88, has missed the season with an injury, and soph Allison Hall, a 2:19 and 5:05 runner, has been held back by an illness.

On the boys side, the team featured a great crew of long sprinters, Sean Ricketts and others in the distances, one of the state's best hurdlers in Bobby Salimi, good throwers, a typical "Sky Ranch" vault team, and a great jump crew led by Eric Williams.

The team was missing injured jumper Rashard Holmes (22-8 and 45-7 last season as a soph), who would have also been Salimi's



Nikki Dulin
Rancho Bernardo had many quality athletes.

backup in the high hurdles, and, for most of the season, talented frosh sprinter Deon White.

Few noticed the difference in the jumps as senior Eric Williams put up bests of 6-6, 23-11 and 45-11, and Keno White was right behind at 6-4.25, 22-7.5w and 44-0.5.

Coach Tom Martin's vaulters are conducting business as usual, with Chris Dorminy at 14-7, Mike Hill at 14-0, three other jumpers at 13 feet and three more ranging from 12-0 to 12-6.

Senior Jason Tuerk leads the throws team, with tosses of 51-8 and 158-7. Jeremy Read has a shot mark of 50-11 to back him up.

It would not surprise anyone if Salimi threatened either or both section records in the hurdle events, after posting mid-season marks of 14.28 and 37.3. He has also put himself into contention at the state meet, providing he is at full strength.

Ricketts has put together some good performances in the distances, running 9:32 in the 3200, dipping under 4:20 in the 1600, and running a dual meet 1:53.82 in the 800 meters last week, but his work is not yet finished. He's had some able backup, with junior Mike Shannon already down to 4:27 in the 1600, and others such as Mike Albo and Jake Fulton contributing good efforts.

The team doesn't have a real burner in the sprints, but has a wealth of depth, especially in the long sprints.

In Tuesday's Palomar prelims, RB had the fastest five qualifiers in the league's 200 meter prelims, led by Matt Beckstead and transfer Jeff Berman. Beckstead was a state meet qualifier in the 400 last

season.

The 4x100 relay team has run 42.86, currently number two in the county, and the 4x400 crew should be a strong contender at CIF, with potential to dip well under 3:20.

There was one reasonable challenge to RB in a boys meet, as number two-ranked West Hills made it close before losing 77-59. That was the meet where the Pack's Evan Fox unfurled a 1:53.2 800 meter blazer.

In league meets, Palomar coaches seemed to accept the inevitable.

The RBV meet, for example, seemed to pencil out to a close score on the dope sheet.

But the tide went against the 'Horns early and often, to the extent that RBV coach Tom Lux began pulling athletes out of events to keep them fresh for the Arcadia Invitational a few days later.

The scenario was repeated again and again throughout the season. Veteran observer Mike Muirhead, who began coaching at Helix High in the early 1960s, couldn't remember the last time a Mt. Carmel team was outpointed by 113-23.

There were a number of other top programs going.

The Morse girls team, led by Monique Henderson, also came up with a good young hurdler, and some strength in the throws and distance events to finish as number two.

The West Hills boys, led by a great distance team, ended up at the number two spot on that list.

Metro champ Eastlake has made a big level jump in both boys and girls, finishing up as number three in both lists.

Helix and Granite Hills, a pair of all-around Grossmont South teams were four-five on the boys list, while traditional North County powers Rancho Buena Vista and Torrey Pines rounded out the top five on the girls list.

Despite considerable internet speculation and boosterism, University City ended up as number ten on the boys list. The Centurions had a split personality, with some of the county's top athletes in half of the events, and mostly average performances in the other half.

They ruled the Eastern League, where almost all of the other teams had a similar profile.

Final Dual Meet Rankings:

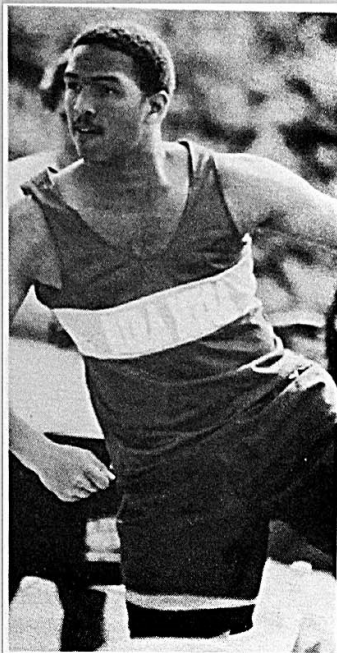
BOYS:

1. Rancho Bernardo
 2. West Hills
 3. Eastlake
 4. Helix
 5. Granite Hills
 6. Fallbrook
 7. Rancho Buena Vista
 8. Monte Vista
 9. Valley Center
 10. University City
- Others: Bonita Vista, Escondido, San Pasqual, St. Augustine.

GIRLS:

1. Rancho Bernardo
 2. Morse
 3. Eastlake
 4. Rancho Buena Vista
 5. Torrey Pines
 6. Bonita Vista
 7. West Hills
 8. Carlsbad
 9. Monte Vista
 10. Poway
- Others: Fallbrook, Mt. Carmel, Serra, San Pasqual.
(Coaches' rankings of May 9)

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Travis Jones
Mira Mesa
Eastern disc champ.

East Finals: Marauders take three titles early

Mira Mesa's boys and girls teams did not finish high in dual meet standings, but Marauder athletes made off with three individual East titles at Tuesday's Eastern prelims.

As is usually the case, the city leagues use their individual prelims to also decide four individual boys and girls championships. The city schools combine all three leagues into one finals meet, necessitating the holding of some events early.

In boys finals, UC's Jon Reynolds triple-jumped a good 45-11 to win over a deep field.

Mira Mesa soph Brandon Zelones led the 3200 runners, in 9:52.4, finishing ahead of San Diego soph Solomon Kumbi.

Mira Mesa's Travis Jones continued his fine season in the discus, spinning 171-11 to win his event by more than 40 feet.

Point Loma soph Adrian Ruark topped the field in the boys vault, at 12-6.

UC's Chessa Adsit-Morris won the girls 3200 by a comfortable margin, in 11:49.

Morse's Amber Hood threw the disc 112-8 to win her event by more than 16 feet, and Mira Mesa's Marie Nowinski cleared 10-6 to take the girls vault, over a good field.

The results:

At Balboa Stadium, Tuesday, May 9.

BOYS:

3200: Zelones (MM) 9:52.4, Kumbi (SD) 9:54.0, Garratt (UC) 10:07.2.

PV: Ruark (PIL) 12-6, Earhardt (MM) 12-0, Williams (Ser) 11-6.
TJ: Reynolds (UC) 45-11, Simms (UC) 43-11, Rogers (Mor) 43-7, Wooden (Mor) 43-4.5, Warren (Ser) 42-8, Roberson (Mor) 42-4.5, Goins (Ser) 41-1.

DT: Jones (MM) 171-11, Girtan (PIL) 128-5, Schuh (Ser) 124-4.

GIRLS:

3200: Adsit-Morris (UC) 11:49.0, McGuire (MM) 12:00.9, McKeown (UC) 12:14.0.

PV: Nowinski (MM) 10-6, Vieira (PIL) 10-0, Orlando (MM) 9-6, Turner (Ser) 9-0.

TJ: Hewlitt (PH) 32-7, Brown (PH) 31-3, Goodman (UC) 31-0.

DT: Hood (Mor) 112-8, Turner (Ser) 96-5, French (PIL) 96-1.

West Finals: Saints off to fast start

St. Augustine's boys showed why they were the team dual meet champ of the Western League, winning three of the four individual league titles at stake on Monday.

While the rest of the league's athletes concentrated on preliminary qualifying, four boys and four girls championships were decided, as is the usual custom with the city leagues.

Saints Chase Hanson, Carl Evans and Drew Bouchard all won their events and set personal records.

Hanson threw 164-10 to win the disc, with a 16-foot-plus margin.

Bouchard ran 9:58.6 to take the 3200 meters.

Evans bounded 44-0.5 to win the triple jump, in an upset performance.

The fourth final went to Scripps Ranch pole vaulter Jason Gabriel, at 11-6.

In girls finals, there was no such trend as championships were won by competitors from four different schools.

La Jolla's Jane Givens had probably the best mark, triple-jumping 34-8.5 to win, more than three feet of her rivals.

OLP's Claire Beck won the 3200 meters in 11:53; Scripps Ranch's Shemika Morris was the discus winner at 111-3, and USD's Clune was the top vaulter, at 8-3.

The Results:

At Balboa Stadium, Monday, May 8. Overcast and relatively cool.

BOYS:

3200: Bouchard (StA) 9:58.6, Richey (MB) 10:03.0, Comstock (SR) 10:03.4, Thielen (USD) 10:08.0.

PV: Gabriel (SR) 11-6, Giolzetti (SR) 11-6, Granger (LJ) 11-0.

TJ: Evans (StA) 44-0.5, Nowden (MB) 43-6, Iafe (StA) 42-2.

DT: Hanson (StA) 164-10, Williams (MB) 147-9, Cruz (MB) 145-1, Pendleton (StA) 141-3, Learn (LJ) 137-6, Bray (MB) 137-1, James (K) 134-10.

GIRLS:

3200: Beck (OLP) 11:53.4, McGowan (LJ) 12:09.1, Byrne (USD) 12:18.4.

PV: Clune (USD) 8-3, Walkush (SR) 8-0, Reese (LJ) 7-6.

TJ: Givens (LJ) 34-8.5, Kelly-Cochrane (USD) 31-5.5, Kuhn (USD) 31-4.5.

DT: Morris (SR) 111-3, Minette (LJ) 105-9, Kondrick (LJ) 103-9.

Frosh/Soph: RBV's Hall wins four

Rancho Buena Vista's talented Nastasssaja Hall put on a show at this year's edition of the Frosh/Soph Championship, held at West Hills' recently upgraded stadium.

Hall, competing in the soph girls division, won the 100 in 12.36w, the 200 in 25.3w, the 400 in 58.3 and flew to 18-9w in the long jump. She was the most obvious choice for meet-end honors.

The notorious West Hills aiding breezes were kicking up early, and were at their peak when the long jumps were held.

Hall rode the breeze to a three-foot margin of victory in her event.

When the boys began jumping immediately afterward, the wind was possibly even stronger.

UC soph Dean Wu put a mark out at 23-1.5 in the first round, more than a foot better than he's done under any other conditions. The other competitors all had similar results.

No wind gauge was in use, not that it was actually necessary. Just add plenty of "w's" to all the affected events.

Among the other highlights, San Dieguito soph Jenna Timinsky went back to her quick first lap style, and won the 800 easily, in good time (2:15.9).

The results:

At West Hills High, Saturday, April 29. Conditions: Warm, and very breezy (aiding sprints, hurdles and especially jumps), until sundown, when wind and temperatures dropped.

BOYS:

100:

Soph: J. McNeal (Mont) 11.05, Jones (Linc) 11.19, Contreras (VC) 11.22, Harper (MB) 11.22, Macklin (Vis) 11.62. Smith (UC) DQd.

Frosh: Bush (Hx) 11.11, Anthony (ElCam) 11.48, Broomfield (UC) 11.58, Whaley (EL) 11.64, McCoy (Ser) 11.84, Horning (StA) 11.98.

200:

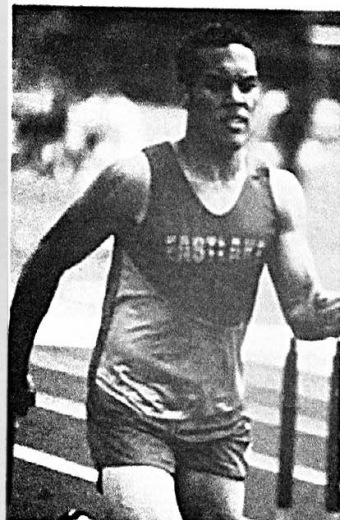
Soph: Smith (UC) 22.30, J. McNeal (Mont) 22.47, Contreras (VC) 22.57, Harper (MB) 23.17, F. Johnson (Ser) 23.24. Jones (Linc) DQd.

Frosh: Bush (Hx) 22.60, Broomfield (UC) 23.87, Stoker (CP) 24.17, Ferguson (GH) 24.18, Davies (CV) 25.04, Clark (WH) 25.07.

400:

Soph: F. Johnson (Ser) 51.6, Reddick (Mor) 52.2, Maldonado (Vis) 52.4, Cannon (Linc) 52.6, Davies (UC) 52.7, Jorgenson (Vis) 52.8.

Frosh: Evans (GH) 52.0, Marquez



Ryan Bartsch
Eastlake

(Esc) 55.6, Picon (MIM) 55.9, McClurg (CP) 57.5, Ano (PH) 58.3, Ramirez (Craw) 58.3.

800:

Soph: Schible (WH) 2:02.9, Fierro (USD) 2:04.6, Ramsey (WH) 2:06.1, Rainey (Val) 2:07.1, C. Tanks (RB) 2:07.6, Ng (EL) 2:07.9.

Frosh: Mateo (RBV) 2:06.2, Ditzler (GH) 2:07.9, Fogelstrom (Carls) 2:08.8, Gribbin (ECV) 2:09.9, S. Barrett (StA) 2:11.9, Ramirez (Carls) 2:13.0.

1600:

Soph: Schible (WH) 4:33.2, Bachman (VC) 4:34.1, Williams (Hx) 4:40.6, Mondragon (Esc) 4:44.4, Carini (USD) 4:46.4, Pepin (GH) 4:50.8.

Frosh: Gandolfo (ElCap) 4:40.2, Mateo (RBV) 4:40.5, Polito (VC) 4:41.5, Osman (Craw) 4:45.4, S. Barrett (StA) 4:45.8, Halleland (WH) 4:47.0.

3200:

Soph: Zelones (MirM) 10:02, Hassanzadeh (TP) 10:10, Skerl (VC) 10:14, Ef. Carrillo (GH) 10:20, Padilla (CV) 10:24, Ruiz de Chavez (RB) 10:26.

Frosh: Polito (VC) 10:26, Osman (Craw) 10:28, A. Casarez (Fall) 10:28.8, Halleland (WH) 10:31, Maden (Val) 10:32, Villareal (Vis) 10:32.

110 HH:

Soph: Tre. Stroh (VC) 15.5, Bartsch (EL) 15.5, Enriquez (StA) 15.6, Owens (Hx) 15.6, Bailey (UC) 16.0, Frazier (UC) 16.1.

Frosh (Intermediates): Jones (UC) 16.2, Symons (Claire) 16.2, Bornes (RBV) 16.7, Hernandez (Swe) 16.8, Sanderson (Sant) 17.1.

300 IH:

Soph: Bartsch (EL) 41.58, Enriquez (StA) 42.45, McLeod (Fall) 42.85, Frinell (Fall) 42.95, M. Cunningham (WH) 43.69, Owens (Hx) 44.10.

Frosh (Lows): Bornes (RBV) 42.76, Hernandez (Swe) 43.93, Symons (Claire) 43.96, Smith (GH) 44.30, Jones (UC) 45.00, Samuels (CP) 45.50.

4x100 Relay:

Soph: University City 44.1, Mission Bay 44.3, Lincoln 44.4, Morse 44.4, Vista 45.5, Castle Park 45.9.

Frosh: University City 47.5, Eastlake 47.7, Castle Park 48.0, El Camino 48.0, Crawford 48.2, Rancho Bernardo 48.5.

4x400 Relay:

Soph: Vista 3:32.8, University City 3:32.9, West Hills 3:37.0, Rancho Buena Vista 3:38.0, Helix 3:39.6, Castle Park 3:43.5.

Frosh: Granite Hills 3:42.1, Helix 3:44.1, Castle Park 3:48.6, Rancho

Please turn to page 5.

Frosh/Soph Champs: From page 4.

Bernardo 3:50.1, Sweetwater 3:51.5
Vista 3:52.2.

High Jump:

Soph: K. White (RB) 6-2, Leyva (GH) 6-0, N. Nahiawawa (WH) 5-10, T. Nahiawawa (WH) 5-10, Tre. Stroh (VC) 5-10.

Frosh: Cross (RBV) 5-8, Foster (Mont) 5-6, Simental (Swe) 5-6, Harris (RBV) 5-6, Matthis (RB) 5-4, Miller (RB) 5-4.

Pole Vault:

Soph: Warner (Carls) 13-1, Salazar (RB) 12-7, Spitz (RB) 12-7, Mal-muth (TP) 12-7, Ruark (PH) 12-1, M. Cunningham (WH) 12-1.

Frosh: Matthis (RB) 11-7, Romero (Swe) 11-1, Terrell (WH) and Masterson (Vis) 10-7, Cordes (Esc) 10-7, Steinbacher (RBV) 10-7.

Long Jump:

Soph: Wu (UC) 23-1.5, K. White (RB) 22-7.5, Miller (ElCam) 21-10.5, Barard (Vis) 21-6.5, Ware (Ser) 20-10, Agurs (Gro) 20-9. (NOTE: strong winds.)

Frosh: Bornes (RBV) 21-1.25, Anthony (ElCam) 20-5.75, Bush (Hx) 20-4, Oxendine (USD) 19-7.75, Doroski (Val) 19-2.25, Simental (Swe) 18-8.75. (NOTE: windy.)

Triple Jump:

Soph: K. White (RB) 42-9.25, Agurs (Gro) 42-6.5, Poche (SP) 42-0.5, Iafe (StA) 41-10.75, Barard (Vis) 41-7.25, Bailey (UC) 40-9. (NOTE: windy.)

Frosh: Bornes (RBV) 41-4.75, Hauser (Vis) 40-10.25, Kerri (SP) 39-5, Williams (Swe) 38-7, Smith (Val) 38-3, Cordes (Esc) 38-0. (NOTE: windy.)

Shot Put:

Soph: English (RBV) 48-4, Arosemena (Vis) 45-8.75, Learn (LJ) 45-7, Brainerd (SR) 45-6, McClean (Vis) 45-2.5, Halsey (RBV) 43-10.5.

Frosh (10-lb.): Ellis (RB) 44-10.5, Fluahury (SP) 43-8.5, Strong (RB) 43-7.75, Bray (MB) 41-7, Weaver (VC) 40-2.5, Lara (LJ) 39-6.5.

Discus Throw:

Soph: English (RBV) 143-1, Learn (LJ) 137-2, Watson (ElCam) 133-2, Pulaski (TP) 126-4, Zapata (CV) 120-4, Girtan (PH) 117-8.

Frosh: Ellis (RB) 132-11, Bray (MB) 124-2, Weaver (VC) 108-6, Baer (EL) 106-8, Gocke (ELCap) 105-0, Weaver (LJ) 104-7.

Fresh/Soph Distance Medley:

El Capitan 11:20 (Gandolfo 4:39), Escondido 11:21, Sweetwater 11:37, Chula Vista 11:42, Grossmont 11:51, Valhalla 12:01.

GIRLS:

100:

Soph: Hall (RBV) 12.36, N. Herron (ECV) 12.82, Manley (Linc) 12.99, Willis (OLP) 13.16, French (GH) 13.36, Harvey (CP) 13.83.

Frosh: Hackett (Mor) 12.66, Red-dick (Mor) 12.93, Anderson (Ser) 12.94, Mason (CV) 13.13, Davis (ElCam) 13.43, Kegler (Hill) 14.10.

200:

Soph: Hall (RBV) 25.3, Landry (RB) 26.1, Willis (OLP) 27.8, Mitchell (Swe) 27.8, Fagan (Linc) 27.9, Hinton (Linc).

Frosh: Hackett (Mor) 25.9, Anderson (Ser) 27.1, Rothert (Fall) 27.3, Davis (ElCam) 27.3, Mason (CV) 27.5, Cardinal (RB) 28.0.

400:

Soph: Hall (RBV) 58.3, Landry (RB) 59.9, Schmucker (LJ) 60.1, Dres-sel (Carls) 60.5, Thomas (PH) 61.7, Avery (GH) 62.7.

Frosh: Rothert (Fall) 61.4, Holiday (WH) 61.6, Tao (RB) 64.8.

800:

Soph: Timinsky (SDgo) 2:15.9, Allen (RBV) 2:24.6, McGaffigan (CP) 2:26.4, Hudek (Hill) 2:28.5, Sam-pietro (TP) 2:29.1, Casler (Val) 2:30.1.

Frosh: Rideout (SP) 2:30.2, Ansari (Carls) 2:30.9, De Carvalho (UC) 2:34.1, Reid (PH) 2:34.7, Winters (Fall) 2:35.5, Bombaci (PH) 2:36.7.

1600:

Soph: Baird (Hx) 5:19.6, Matlack (Fall) 5:30.9, Nugent (WH) 5:33, Casler (Val) 5:37, Romley (TP) 5:41.3, Hough (VC) 5:41.3.

Frosh: Huepper (RB) 5:37.7, Jerd (UC) 5:37.8, Ansari (Carls) 5:41.9, Farrier (Hx) 5:44.6, Chalfont (SP) 5:46.9, Feori (USD) 5:47.3.

3200:

Soph: Baird (Hx) 11:41, Rohde (Fall) 12:06, Southard (WH) 12:07, Farnham (WH) 12:12, Nugent (WH) 12:21, Romero (EL) 12:22.

Frosh: Stolis (GH) 12:18, Huepper (RB) 12:24, Johnson (CP) 12:30, Swi-gart (LJCD) 12:48, Ruebel (PH) 12:58, Johnson (SP) 13:00.

100 H:

Soph: Cole (VC) 17.1, other results unreadable.

Frosh: Afenir (Esc) 15.0, Eg-leston (ElCam) 16.0, Tanner (Gro) 16.7, other results unreadable.

300 LH:

Soph: Avery (GH) 48.71, Maurer (Fall) 49.71, Diaz (Fall) 49.85, Flom (EL) 51.18, Beckman (TP) 51.85, Cole (VC) 54.12.

Frosh: Hawkins (Mor) 48.99, Eg-leston (ElCam) 49.15, Afenir (Esc) 50.16, Alvord (VC) 50.69, Turner (RBV) 51.19, Winfield (Vis) 51.26.

4x100 Relay:

Soph: Lincoln 50.8, West Hills 52.4, El Cajon Valley 52.8, Chula Vista 53.8, Valhalla 53.8, Castle Park 54.0.

Frosh: Morse 50.7, Valhalla 53.9, Valley Center 54.1, Escondido 54.8, Mount Miguel 54.8.

4x400 Relay:

Soph: San Pasqual 4:21.2, Castle Park 4:21.8, Torrey Pines 4:22.6, West Hills 4:27.0, Valhalla 4:33.4, Rancho Bernardo 4:35.2.

Frosh: Morse 4:20.7, Serra 4:24.6, Fallbrook 4:28.8, San Pas-qual 4:31.5, Mount Miguel 4:32.2, Valley Center 4:36.4.

High Jump:

Soph: Brewster (GH) 5-0, Walker (TP) 5-0, Cole (VC) 4-10, Shields (TP) 4-10, Thomas (Esc) 4-8, Smith (TP) 4-8.

Frosh: Tanner (Gro) 5-0, Ransom (Sant) 4-10, Jackson (Carls) 4-10, Morton (Fall) 4-8, Taylor (GH) 4-8, Campbell (Val) 4-6.

Pole Vault:

Soph: Mavity (RBV) 9-2, Lopez (WH) 8-7, Russ (GH) 8-1, Fitzpatrick (Gro) 7-7, Betts (RBV) 7-7, Sato (RB) 7-7.

Frosh: Moyer (Carls) 9-1, Wilkinson (EL) 8-1, Moore (EL) 8-1, Strick (WH) 7-7, unknown (Carls) 7-7, Walkush (SR) 7-7.

Long Jump:

Soph: Hall (RBV) 18-9, Flom (EL) 15-9, Helton (ElCap) 15-4.5, Orton (RB) 15-4.25, Johnson (LJ) 14-5, Farfan (CP) 13-9. (NOTE: very windy.)

Frosh: Filipowski (Val) 15-11.25, Mandy (CV) 15-8.75, Kryger (VC) 15-8.25, Ransom (Sant) 15-6.75, R. Dulin (RB) 15-6, McClurg (GH) 15-1.25. (NOTE: windy.)

Triple Jump:

Soph: Orton (RB) 33-1.25, Maurer (Fall) 32-6, Evans 9SP) 32-0.25, Helton (ElCap) 31-3.75, Turner (RB) 31-3, Cornett (WH) 30-9. (NOTE: windy.)

Frosh: Eggleston (ElCam) 33-3, Taunua (Swe) 33-2.5, Anderson (RB) 32-8.5, Goodman (ZC) 31-10, Prochaska (VC) 31-1.5, Zaragoza (CP) 30-10.5. (NOTE: windy.)

Shot Put:

Soph: Boswell (ElCap) 38-0.5, Taunua (Swe) 36-8.5, Johnson (Fall)

35-9, Akinfosile (LJCD) 32-6.5, Eth-ridge (SP) 28-3, Barrios (Esc) 28-0.

Frosh: Griffin (WH) 32-2.5, Singley (WH) 31-5.5, Golembieski (WH) 30-5, Kondrick (LJ) 30-0, Dunn (Claire) 29-9, Galk (ECV) 29-8.5.

Discus Throw:

Soph: Johnson (Fall) 112-1, Akinfosile (LJCD) 97-10, Taunua (Swe) 97-7, Singleton (Craw) 97-3, Tabas (Carls) 93-2, Valenzuela (RBV) 93-0.

Frosh: Singley (WH) 101-8, Young (EL) 101-7, Kondrick (LJ) 92-2, Dunn (Claire) 95-7, Contreras (EL) 90-10, Griffin (WH) 87-9.

Fresh/Soph Distance Medley:

Chula Vista 13:49, Point Loma 14:00, Hilltop 14:10, Granite Hills 14:18, University City 14:30, Escondido 14:33.

Fresh/Soph Sprint Medley:

Lincoln 1:55.6, West Hills 1:55.9, University of San Diego 2:00.4, Chula Vista 2:00.8, El Capitan 2:03.8, University City 2:06.9.

OG Invite: Offner, Hunter are standouts

Mt. Carmel's Travis Offner and Granite Hills' Jeff Hunter were named as athletes of the meet at the most recent edition of the Orange Glen Invitational.

For Hunter, it meant that he was one step closer to being all the way back after a mid-season injury.

Although the Granite Hills junior was upset in the high hurdles (by San Pasqual's Jon Everett, in 14.9), he ran a strong 300 hurdles race, winning in 38.4, and added a 22-5 long jump effort. Offner, after nearing the county record with a 16-2 mark at Sun-devil, was beginning a transition to bigger poles.

At this meet, he used his old equipment up to 15 feet, clearing that height on his second attempt. After that, he moved to his new poles, but struggled.

Among the other highlights: Escondido's R. J. Oliver won both invite sprints, although the finish of the 200 was disputed.

Ramona's Matt McInvalle set a hot pace early in the 3200, running 4:36 for the first 1600, but settled down to run 9:40.

Lincoln's sprinters impressed, running the 4x100 in 43.2 on a dirt track, and finishing two-three in the 200, with Boris McDaniel and Cory Jones.

Southwest's Shawn Smith leaped 6-6 in the high jump, and had some good attempts at a meet record 6-8.

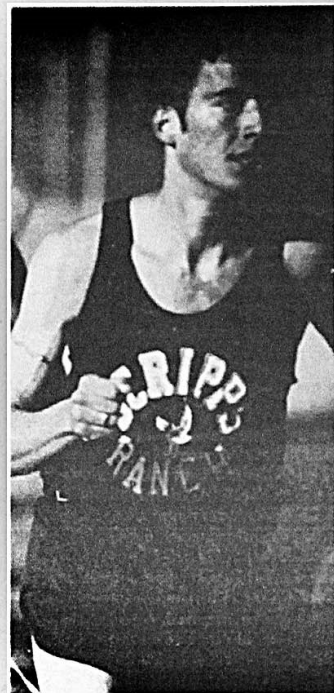
The results:

At Orange Glen High, Friday, April 28. Conditions: mild temperatures for afternoon events, slight cooling in evening.

BOYS:

100:

Invite: Oliver (Esc) 10.9, Del Rin-con (MontV) 10.9, M. Johnson (Ser)



Raphael Machado
Scripps Ranch

11.1, Thomas (PH) 11.2, Buchanan (Oc) 11.5.

DI: Anderson (Linc) 11.3. II: Mar-cigan (OG) 11.2. DIII: Stoll (SP) 11.4. DIV: O'Neal (GH) 11.4.

200:

Invite: Oliver (Esc) 22.1, McDan-iel (Linc) 22.2, Jones (Linc) 22.3, Thomas (PH) 22.8, Del Rincon (MontV) 23.2.

DI: Gooden (Cor) NT. DII: Byrd (EL) 24.1. DIV: O'Neal (GH) 23.3.

400:

Invite: Nunez (SP) 50.2, Smith (BV) 50.5, Quintana (CP) 51.8, Pettit (Ram) 52.1.

DI: Gooden (Cor) 51.5, Blair (USD) 52.2, McRoskey (StA) 52.6. DII: Hood (Mad) 52.5. DIII: Brady (MiM) 52.2, Alvarez (CV) 52.7, Mar-tinez (SP) 52.9. DIV: Daniels (Carls) 51.0, Imhoof (LCC) 52.9.

800:

Invite: Cueva (Esc) 1:57.6, John-son (SP) 1:58.3, Houser (BV) 1:58.9, McKnight (PH) 1:59.9, Machado (SR) 2:01.3, Mattos (Fall) 2:02.0, Mariscal (SP) 2:02.4, Tro. Stroh (VC) 1:02.8.

DI: Moorcroft (StA) 1:58.0, Whit-ford (Cor) 2:02.3. DII: Pastrana (EL) 2:05.6. DIII: Vogelsang (Esc) 2:05.8. DIV: Grant (BV) 2:01.2, Espi-no (Fall) 2:02.6, Vielguth (GH) 2:03.3, Larson (LCC) 2:03.9.

1600:

Invite: Moorcroft (StA) 4:19.9, Cueva (Esc) 4:31.6, Whitson (BV) 4:35.3, Young (CalC) 4:38.9, Roane (Ram) 4:39.5, Verdugo (EL) 4:41.1, Baddas (Vis) 4:42.0.

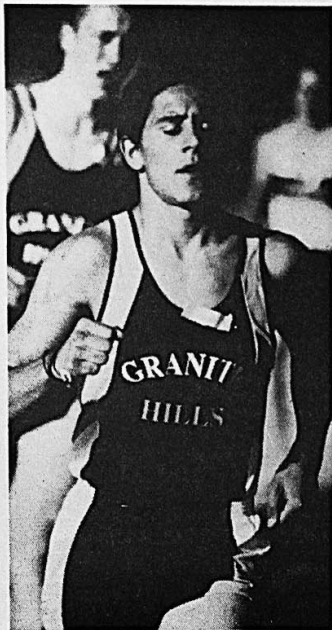
DI: Israel (StA) 4:52.9. DII: Ng (EL) 4:52.2. DIII: Machado (SR) 4:35.1, Hester (SR) 4:37.8, Barlow (Esc) 4:41.5, Sotelo (Swe) 4:42.7. DIV: Maynard (GH) 4:37.2, Sosa (LCC) 4:42.2.

3200:

Invite: McInvalle (Ram) 9:40.36, Casarez (Fall) 9:45.6, Manzano (CV) 9:49.4, Sutton-Kane (WH) 9:52.4, Vences (Swe) 10:01.1, Maynard (GH) 10:05.2, W. Rankin (MontV) 10:15.9.

DI & II: Bouchard (StA) 10:16.1, Thielen (USD) 10:17.3, Pfizenmayer (USD) 10:19.4, P. Barrett (StA) 10:19.9. DIII & IV: Comstock (SR) 10:08.4, Whitson (BV) 10:12.2, Abdi (Swe) 10:17.3, Lawrence (Ram) 10:17.7, Wexler (SR) 10:19.6.

Please turn to page 6.



Ryan Maynard
Granite Hills

OG Invite:

From page 5.

110 HH:

Invite: Everette (SP) 14.9, Hill (StA) 15.1, Hunter (GH) 15.2, Perdue (BV) 15.7, Failla (Esc) 15.8, Cleveland (Swe) 16.1, Nears (Ser) 16.9.

DI: Hernandez (Cor) 16.6, Briggs (Cor) 17.1. DII: Bartsch (EL) 15.6, Owens (CP) 16.1, Tovar (Hill) 16.6. DIII: Feehan (Esc) 16.6, Chan (SR) 16.9, Lyman (SP) 17.1, Weinman (MtM) 17.2. DIV: Taylor (GH) 16.0, Lue (Vis) 17.1.

300 IH:

Invite: Hunter (GH) 38.4, Lyman (SP) 40.2, Vargas (BV) 41.0, Cleveland (Swe) 41.1, Nenow (GH) 41.6, Owens (CP) 41.6.

DII: Quintana (CP) 42.1, Soheili (Hill) 42.7. DIII: Thomas (MontV) 41.1, Everette (SP) 42.2, Chan (SR) 43.4. DIV: Perdue (BV) 40.4, Taylor (GH) 41.4, Bellisario (LCC) 41.9, Daniels (Carls) 42.2, Hicks (SW) 42.3.

4x100 Relay:

Invite: Lincoln 43.7, Granite Hills 43.6, Bonita Vista 43.7, Serra 44.1.

DI: Coronado 44.4, Lincoln B 45.6. DII: Castle Park 44.9, Eastlake B 45.9. DIII: San Pasqual 44.5, Mount Miguel 44.6, Scripps Ranch 44.8, Chula Vista 45.3. DIV: Ramona 45.2, Fallbrook 45.7.

4x400 Relay:

Invite: San Pasqual 3:27.4, Bonita Vista 3:27.5, Fallbrook 3:28.2, Granite Hills 3:30.5, Lincoln 3:30.5.

DI: Lincoln B 3:44.3, La Jolla Country Day 3:45.2, Calvin Christian 3:45.7. DII: Point Loma 3:33.9, Castle Park 3:36.4. DIII: Mount Miguel 3:35.0, Escondido 3:38.1. DIV: Bonita Vista B 3:37.8.

High Jump:

Invite: Smith (SW) 6-6, Evans (EL) 6-3, Skrzypczak (VC) 6-2, Neudecker (BV) 6-0, Seaman (LCCD) 6-0. At 5-10: Traner (Fall), Vaughn (SR), Feehan (Esc).

DI: Hargeshimer (VC) 5-2. DII: Bean (EL) 5-4. DIII: Phillips (Swe) 6-0. DIV: Ghebreselassi (BV) 5-10.

Pole Vault:

Invite: Offner (MtC) 15-0, Doria (EL) 13-6, Murillo (Vis) 13-0, Munoz (CP) 13-0, Kaesar (Fall) 13-0, Ruark (PIL) 12-6, Aleman (EL) 12-6, Daley (Vis) 12-0, Gabriel (SR) 12-0, Figueroa (GH) 12-0, Jankowski (BV) 12-0.

11-6 plus: Erwin (Mad) 12-2, Harlin (Fall) 12-0, Montoya (Esc) 12-0, Williams (Ser) 12-0, Hough (VC) 12-0.

To 11-0: Bonney (VC) 12-0, Hawkings (SP) 12-0.

Long Jump:

Invite: Hunter (GH) 22-5, Skrzypczak (VC) 21-4, Gilbert (Linc) 20-9, Nenow (GH) 20-8, Neudecker (BV) 19-10.

DI: Prior (Linc) 19-3. DII: Glavan (OG) 18-10.25. DIII: Robinson (MtM) 20-4, Dixon (Oc) 20-1, Phelps (SR) 19-11.5. DIV: Ferdinand (Cor) 19-8.

Triple Jump:

Invite: Skrzypczak (VC) 43-0.5, Weinman (MtM) 42-4.5, Neudecker (BV) 42-1, Warren (Ser) 41-4, Robinson (MtM) 41-3.

DI: Gueston (Linc) 38-9. DII: Bean (EL) 39-10, Goins (Ser) 39-3.5. DIII: Feehan (Esc) 41-0.5, Allen (CV) 39-3. DIV: Rice (GH) 41-0, Smith (SW) 40-11, Greene (Ram) 40-7.25, Imhoof (LCC) 39-9.5, McNeill (BV) 39-4.

Shot Put:

Invite: Germain (Fall) 51-10, Stephens (CP) 50-7, Moazed (MtC) 50-1, Gascon (Swe) 49-6, Le (OG) 48-8, Vieira (Carls) 47-9, Faumina (Carls) 46-11, Wilson (OG) 46-10, Gonzalez (VC) 46-3, Driggs (Swe) 45-10, Tavale (Carls) 45-8.

DI: Hanson (StA) 47-0, O'Malley (USD) 46-2, Pluth (VC) 44-11. DII: Hansen (Hill) 45-5.5, Wilson (Sant) 42-0. DIII: Fejaran (Swe) 44-9, Risovi (Esc) 42-9. DIV: Colgan (Fall) 44-5, Thompson (BV) 43-6.

Discus Throw:

Invite: Hunt (Hill) 159-6, Smith (GH) 151-6, Rangel (EL) 148-5, Vieira (Carls) 146-1, Le (OG) 144-0, Gonzales (VC) 143-2, Stephens (CP) 143-2, Driggs (Swe) 136-10, Padilla (Swe) 138-6.

DI: Hanson (StA) 147-10, Pendleton (StA) 142-5, McRaven (Cor) 133-8. DII: Wilson (Sant) 132-2. DIII: Colegrove (Esc) 137-9, Gascon (Swe) 131-1, Ruzich (SP) 129-4. DIV: Holderby (Ram) 133-9, Atkinson (BV) 133-3, Thompson (BV) 129-6, Germain (Fall) 128-8.

Non-Standard Relays:

NOTE: Some results are missing, including some of the girls shuttle hurdles from the Titan Trackfest. Also missing are all non-standard relays from Balboa Relays.

BOYS:

(Marks reported by May 9)

4x200 Relay:

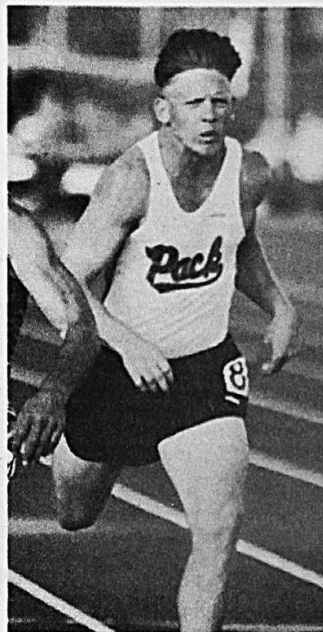
1:27.28 University City (EagleRock)
1:31.14 Montgomery (Titan)
1:31.4 Helix (Bronco)
1:31.86 Monte Vista (Titan)
1:32.0 San Diego (Bronco)
1:32.1 Serra (Bronco)
1:32.37 Poway (Titan)
1:32.61 El Camino (Titan)
1:32.7 Mt. Carmel (Bronco)
1:32.86 Mount Miguel (Titan)

4x800 Relay:

7:50.57 West Hills (Mt SAC)
8:00.85 Fallbrook (Mt SAC)
8:00.93 San Pasqual (Mt SAC)
8:13.2 Poway (Falcon)
8:15.02 Torrey Pines (Titan)
8:21.39 Eastlake (Titan)
8:26.39 San Diego (Bronco)
8:30.46 Vista (Bronco)
8:32.6 Mt. Carmel (Falcon)
8:32.74 University of SD (Sundevill)

4x1600 Relay:

18:18.32 Mt. Carmel (Mt SAC)
18:31.0 St. Augustine (Titan)
18:51.0 Sweetwater (Titan)
18:57.0 Poway (Titan)



Kyle Conerly
West Hills
Pack's Arcadia distance medley led the nation.

19:01.0 Helix (Titan)
19:10.0 University City (Titan)
19:2x Vista FS (Bronco)
19:23.0y Chula Vista (Sweet)
19:27.0y San Diego (Sweet)
19:32.0 University of SD (Titan)
y - unconverted yard time

Sprint Medley

(100-100-200-400):

1:37.9 West Hills (Eastlake)
1:39.0 Vista FS (Bronco)
1:39.3 Granite Hills FS (Bronco)
1:39.8 Mt. Carmel FS (Bronco)
1:40.2 Mount Miguel (Eastlake)
1:40.6 Carlsbad (Falcon)
1:41.0 Mira Mesa FS (Bronco)
1:41.0 Torrey Pines (Falcon)
1:41.1 Coronado (Eastlake)
1:42.1 Valley Center FS (Bronco)

Sprint Medley

(200-200-400-800):

3:50.48 University City (EagleRock)
3:51.2 Valhalla F/S (Frosh/Soph)
3:54.1 Eastlake F/S (Frosh/Soph)

Distance Medley

(1200-400-800-1600):

10:04.12 West Hills (Arcadia)
10:18.76 Vista (Mt SAC)
10:28.4 Poway (Mt SAC)
10:39.34 Fallbrook (Arcadia)
10:57.7 Escondido (Sundevill)
10:58.8 Monte Vista (Sundevill)
10:59.4 University of SD (Sundevill)
11:02.36 Helix (Titan)
11:02.5 St. Augustine (Bronco)
11:05.26 Mt. Carmel (Titan)

Shuttle Hurdles:

4x110 meters, all highs
1:08.7 Fallbrook (Mt SAC)
(4x110 meters, alternating highs, lows)
1:01.83 San Pasqual (Titan)
1:02.39 Bonita Vista (Titan)
1:02.49 Eastlake (Titan)
1:02.70 Mira Mesa (Titan)
1:03.57 Torrey Pines (Titan)
1:03.61 St. Augustine (Titan)
1:04.9 West Hills (Eastlake)
1:06.05 Poway (Titan)
1:06.1 Castle Park (Eastlake)
1:07.18 Monte Vista (Titan)
1:07.53 Sweetwater (Titan)

GIRLS:

(Marks reported by May 9)

4x200:

1:46.56 El Camino (Titan)
1:46.9 Fallbrook (Bronco)
1:47.0 Morse (Bronco)
1:47.63 Eastlake (Titan)
1:47.73 Castle Park (Titan)
1:48.02 Mount Miguel (Titan)
1:48.03 Monte Vista (Titan)



Natalie Parks
Point Loma
The Pointers rank in the girls 4x800, 4x1600.

1:48.3 Rancho Bernardo (Bronco)
1:48.65 Poway (Titan)
1:48.98 Mt. Carmel (Titan)

4x800:

9:40.46 Mt. Carmel (Titan)
9:53.7 University City (Sundevill)
9:59.30 Torrey Pines (Titan)
10:03.6 Carlsbad (Falcon)
10:05.2 Chula Vista (Sundevill)
10:12.7 Helix (Tiger)
10:14.21 Point Loma (Claremont)
10:15.7 West Hills (Eastlake)
10:16.0 Bonita Vista (Titan)
10:18.7 Rancho Bernardo (Sund'vl)

4x1600:

21:46.02 Mt. Carmel (Mt SAC)
22:12.12 University City (EagleRock)
22:58.0 Helix (Titan)
22:58.0 Point Loma (Titan)
23:06.0 Rancho Bernardo (Titan)
23:21.0 Montgomery (Titan)
23:33.0 Poway (Titan)
23:33.0 University of SD (Titan)

Sprint Medley

(100-100-200-400):

1:47.7 Morse (Tiger)
1:50.1 Rancho Buena Vista (Tiger)
1:52.2 Rancho Bernardo (Tiger)
1:55.0 La Costa Canyon (Tiger)
1:55.4 San Pasqual FS (Bronco)
1:55.6 Lincoln FS (Frosh/Soph)
1:55.9 West Hills FS (Frosh/Soph)
1:56.1 Hilltop (Tiger)
1:57.1 Carlsbad (Falcon)
1:57.2 Helix (Tiger)
1:57.2 Mt. Carmel FS (Bronco)

Sprint Medley

(200-200-400-800):

4:19.57 Hilltop (EagleRock)

Distance Medley

(1200-400-800-1600):

12:23.40 Torrey Pines (Arcadia)
12:36.66 University City (Arcadia)
12:56.76 Hilltop (Arcadia)
13:06.86 Valhalla (Arcadia)
13:07.2 Fallbrook (Mt. SAC)
13:11.8 Helix (Tiger)
13:16.5 Mt. Carmel (Falcon)
13:17.7 Chula Vista (Sundevill)
13:19.1 Rancho Bernardo (Tiger)
13:20.6 Bonita Vista (Tiger)

4x100 Hurdles:

1:04.48 Rancho Bernardo (Titan)
1:08.42 Poway (Titan)
1:08.8 Eastlake (Eastlake)
1:10.32 Monte Vista (Titan)
1:10.55 West Hills (Eastlake)
1:11.5 Mira Mesa (Tiger)
1:11.9 Torrey Pines (Falcon)
1:14.3 Carlsbad (Falcon)
1:14.5 Fallbrook (Tiger)
1:14.7 San Pasqual (Falcon)
1:15.6 Escondido (Tiger)

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 May 10.

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
11.10	Jesse Bowman, UC
11.13	Kevin Johnson, East
11.13	Eric Williams, RB
11.13	Mike Johnson, Serra
11.14	Blake Frazier, UC
11.14	David Hannibal, BV
11.15	J. T. Triplett, RB
11.16	Kyle Conerly, WH
11.19	Jeff McNeal, Mont
11.19	Michael Matison, MIC
11.21	Jair Brown, MiraM
11.22	Lavell Anderson, East
11.24	Jamal Tate, Hoover

Windy:

11.05	Jeff McNeal, Mont
11.14	Cory Jones, Linc
11.22	D. J. Contreras, VC
11.22	Shaun Harper, MB

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
10.7	Richard Del Rincon, MontV
10.7	Allen Thompson, Sweet
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
10.8	Darren Fitzpatrick, Esc
10.8	Rey Braithwaite, MontV
10.8	Reggie Bush, Hx
10.8	Lamont Long, UC
10.8	Peter Stoll, SP
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	Derrick Waddell, RBV
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
10.9	Cory Jones, Linc
10.9	Antoine Woods, MtMig
10.9	Napoleon McNeal, Mont
11.0	David Hannibal, BV
11.0	Marcus Wooden, Morse

11.0	Jeff Berman, RB
11.0	Will Buchanan, Oside
11.0	Jason Van, Hx
11.0	R'MonAnderson, Linc
11.0	Jesse Bowman, UC
11.0	Todd Watkins, Hx
11.1	Matt Beckstead, RB
11.1	Dean White, RB
11.1	John Green, Craw
11.1	Jason Macklin, Vista
11.1	Scott LaCaz, TP
11.1	Mark Whaley, East
11.1	David Himchak, MIC
11.1	Marco Ibarra, MarV
11.1	Billy Grillo, Pow
11.1	Ben Bresnahan, Fall
11.1	Joe Collins, RB
11.1	Chauncey Smith, UC
11.1	Daniel Alcaraz, ECV
11.1	David Evans, GH
11.1	James Duran, CV

Windy:

10.4	Lamont Long, UC
10.6	Nathan Cunningham, WH
10.8	David Hannibal, BV
10.8	Jesse Bowman, UC
11.1	Phillip Saunders, Morse

200:

Automatic time:

21.82	Mike Roberts, PH
21.96	R. J. Oliver, Esc
22.04	Lamont Long, UC
22.23	Mike Johnson, Serra
22.28	Eric Thomas, PHL
22.38	Chauncey Smith, UC
22.44	Jeff Berman, RB
22.45	Matt Beckstead, RB
22.49	Bobby Salimi, RB
22.59	Deon White, RB
22.60	Jesse Bowman, UC
22.64	Nick Banks, Kny
22.69	D. J. Contreras, VC
22.70	Fiat Johnson, Serra
22.72	David Hannibal, BV
22.72	Billy Grillo, Pow
22.75	Andre Davis, ECV
22.80	Paul Agnew, PH
22.81	Dustin Graham, RB
22.82	Jamah Briggs, UC
22.89	Eder Mendoza, MB
22.89	J. T. Triplett, RB
22.91	Jason Davis, Pow
22.96	Reggie Bush, Hx
23.00	Kevin Johnson, East
23.10	Escrige, RBV

Windy:

22.30	Chauncey Smith, UC
22.47	Jeff McNeal, Mont
22.57	D. J. Contreras, VC
22.60	Reggie Bush, Hx

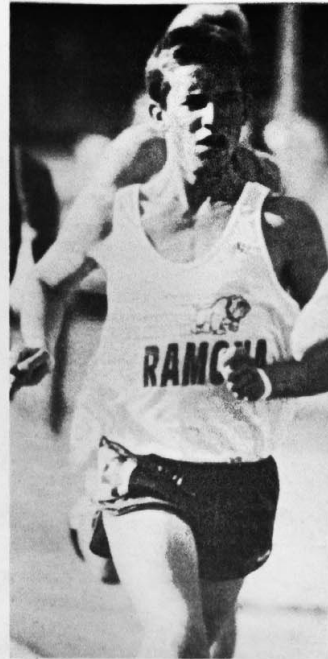
Hand time:

21.4	Lamont Long, UC
21.6	R. J. Oliver, Esc
21.7	Eric Thomas, PHL
21.7	Larry Miles, Craw
21.8	Boris McDaniel, Linc
21.9	Lavell Anderson, East
21.9	Michael Roberts, PH
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
22.3	Darren Fitzpatrick, Esc
22.3	Kevin Johnson, East
22.3	David Hannibal, BV
22.3	Reggie Bush, Hx
22.4	Antwane Collier, SD
22.4c	Jeff McNeal, Mont
22.4	Napoleon McNeal, Mont
22.5c	Phillip Saunders, Morse
22.5	Peter Stoll, SP
22.5c	Rey Braithwaite, MontV
22.6c	Lorenzo Nathan, Hx
22.6	Jesse Bowman, UC
22.7	D. Benson, SD
22.7	Allen Thompson, Sweet
22.7	Nathan Cunningham, WH
22.7c	Derrick Waddell, RBV
22.7	Fiat Johnson, Serra
22.7	Nick Thornton, RBV
22.8	Chris Shuster, WH
22.8	Steve Maldonado, Vista
22.8	J. T. Triplett, RB
22.8	Andre Davis, ECV
22.8c	Galen O'Neal, GH
22.9	Pete Battaglia, WH
22.9	John Green, Craw
22.9	Billy Grillo, Pow
22.9c	Eder Mendoza, MB
22.9	Pat Mahoney, MIC
22.9	Dustin Graham, RB
22.9c	Mike Perez, MontV
22.9	Keith Dunn, East
22.9d	Todd Watkins, Hx

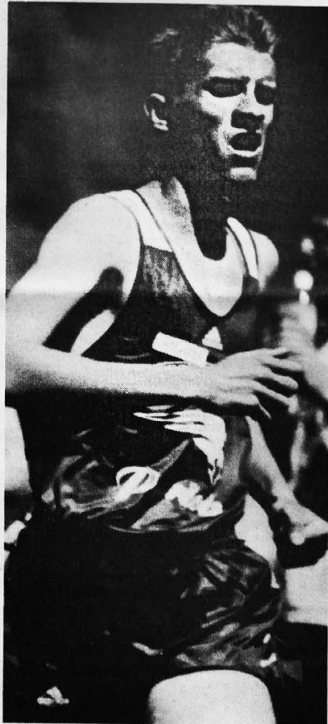
Windy:

21.9	Nathan Cunningham, WH
22.8	Daniel Alcaraz, ECV
20.3	Larry Miles, Craw

Mismeasured track:



Matt McInvale
Ramona



Nick Zubel
Patrick Henry

400:

48.5	Jamah Briggs, UC
48.6	R. J. Oliver, Esc
49.73	Aaron Powell, Pow
49.8	Kevin Johnson, East
49.8	Nick Thornton, RBV
49.98	Lorenzo Nathan, Hx (49.9h)
50.1c	Evan Fox, WH
50.1c	Boris McDaniel, Linc
50.14	Fiat Johnson, Serra
50.18	David Hannibal, BV
50.18	Matt Beckstead, RB
50.2	Jesus Nunez, SP
50.2c	Todd Watkins, Hx
50.28	D. J. Contreras, VC
50.36	Eder Mendoza, MB
50.5	Adam Smith, BV
50.83	Nathan Cunningham, WH
50.9c	Clarence Cannon, Linc
50.9c	Mark Tate, Hoover
50.93	Jeff Berman, RB (50.9h)
50.95	Michael Thayer, PHL
51.0	Stephen Daniels, Carls
51.09	Eddie Thomas, MontV
51.1c	Ben Aragon, WH
51.2c	Brady Douglas, MtMig
51.29	Chris Petit, Ram (51.2h)

51.30	Joseph Miller, RBV (51.2h)
51.30	Chris Mead, SR
51.3	Roger Mathis, Morse
51.4	Steve Maldonado, Vista
51.49	Ryan Blair, USD
51.5	Derrick Waddell, RBV
51.5	Nico Cueva, Esc
51.5	Steven Gooden, Coro
51.5c	David Evans, GH
51.56	Profit, Serra
51.56	Johnson, PH
51.60	Reyshawn Madden, UC
51.6	Troy Stroh, VC
51.6	Eric Thomas, PHL
51.70	Darren Fitzpatrick, Esc
51.7	Dustin Westergom, WH
51.7	Sean Ricketts, RB
51.7	Luis Quintana, CP
51.71	Hunter Reddick, Morse
51.80	Deon White, RB
51.8c	Jason Imhoff, LCC
51.8	Jason Davis, Pow
51.84	Dwight Maxwell, MB
51.9	Pete Battaglia, WH
51.9	Jeff Hunter, GH
51.9	Pat Mahoney, MIC
51.9c	Mike Perez, MontV
52.00	Jesse Alvarez, CV
52.00	Al Tooks, ECV
52.0	Gabe Uribe, MIC
52.0c	Paul Whitford, Coro
52.0	Ben Bresnahan, Fall
52.1	Justin Neuroth, Vista
52.1c	Dale Houser, BV
52.18	James, UC
52.2	Hunter Reddick, Morse
52.2c	Jimmy Ungricht, Fall
52.21	Matt Andre, SP
52.23	Patrick McDonough, LCC
52.25	Steve Dalton, USD
52.3	Phillip Saunders, Morse
52.3	Jason Imhoff, LCC
52.46	Dustin Graham, RB
52.5	Andre Hood, Mad

800:

1:53.2	Evan Fox, WH
1:53.82	Sean Ricketts, RB
1:54.04	Nick Thornton, RBV
1:55.21	Aaron Powell, Pow
1:55.8	Jared Emmons, Vista
1:55.84	Ben Aragon, WH
1:56.00	Ryan Moorcroft, StA
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
1:58.29	Matt Johnson, SP
1:58.9	Dale Houser, BV
1:59.1	Josh Pope, Pow
1:59.15	Jeff McKnight, PHL
1:59.6	Blake Swier, MarV
1:59.88	Raphael Machado, SR
1:59.9	Mark Baddas, Vista
2:00.01	Luke McGinnis, Pow
2:00.1	Eric Engler, TP
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 Mattos, Fall
2:01.10	Paul Whitford, Coro
2:01.2	Freddy Espino, Fall
2:01.2	Joe Grant, BV
2:01.3	Barrett Larson, LCC
2:01.67	Luis Mariscal, SP
2:01.83	Michael Manzano, CV
2:01.96	Troy Stroh, VC
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
2:02.44	Tim Helms, Pow
2:02.79	Brandon Vielguth, GH
2:02.9	Adam Pastrana, East
2:03.00	Taylor Williams, Hx
2:03.0	Nick Zubel, PH
2:03.4	Chris Kenyon, MIC
2:03.68	Jimmy Retherford, SM
2:03.81	Manuel Ainza, 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	Isaac 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)

Please turn to page 8.

Best Marks:

From page 7.

1600:

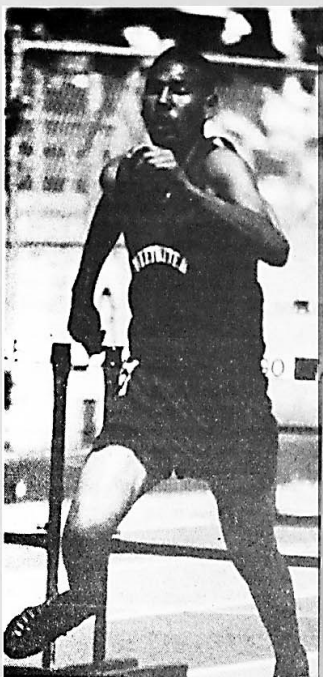
4:10.08	Jon Rankin, MontV
4:14.02	Evan Fox, WH
4:17.42	Ben Aragon, WH
4:18.15	Ryan Moorcroft, StA
4:19.50	Sean Ricketts, RB
4:20.49	Justin Neuroth, Vista
4:21.93	Michael Manzano, CV
4:22.2	Aaron Powell, Pow
4:22.86	Josh Pope, Pow
4:23.11	Travis Laird, SM
4:24.02	Devin Lyons-Quirk, Pow
4:25.06	Blake Swier, MarV
4:27.16	Mike Shannon, RB
4:28.61	Ryan Montez, Vista
4:29.32	Benny Gandolfo, ElCap
4:29.98	Matt McInvale, Ram
4:30.0	Nick Thornton, RBV
4:30.29	Taylor Williams, Hx
4:30.37	Cooper Bachman, VC
4:31.6	Nico Cueva, Esc
4:31.64	Mohammed Mussa, PH
4:31.9	Efrain Casarez, Fall
4:32.0	Ricky Roane, Ram
4:32.25	Kevin Schible, WH
4:32.3	Alfredo Sosa, LCC
4:32.5	Christian Dominguez, SD
4:32.79	Mike Cooke, MIC
4:32.8	Solomon Kumbi, SD
4:32.9	Chris Kenyon, MIC
4:33.04	Will Kraemer, ANA
4:33.2	Mark Baddas, Vista
4:33.2	Alan Aradanas, MIC
4:33.3c	Dustin Whitson, BV
4:33.48	Gus Polito, VC
4:33.5	Juan Mondragon, Esc
4:34.1c	Ryan Maynard, GH
4:34.19	Luke McGinnis, Pow
4:34.23	Abadir Barre, MIC
4:34.44	Manuel Ainza, Gross
4:34.50	Chris Ferrier, LJ
4:34.6c	Jimmy Ungricht, Fall
4:35.1	Raphael Machado, SR
4:35.71	Mike Ambrose, TP
4:36.2c	Brian Bauerle, WH
4:36.43	Matt Heibel, Gross
4:36.49	James McCarthy, Pow
4:36.5	Tim Helms, Pow
4:37.0	Nick Zubel, PH
4:37.18	Jared Emmons, Vista
4:38.0	Jon Hester, SR
4:38.56	David Santos, Val
4:38.9	Chad Young, CalC

3200:

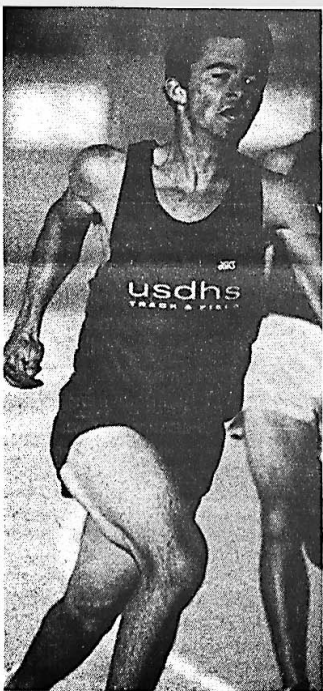
9:10.36	Justin Neuroth, Vista
9:10.53	Matt McInvale, Ram
9:11.40	Travis Laird, SM
9:20.2	Evan Fox, WH
9:22.62	Ryan Montez, Vista
9:32.2	Sean Ricketts, RB
9:37.5c	Ben Aragon, WH
9:44.0	Devin Lyons-Quirk, Pow
9:45.18	Brandon Zelones, MiraM
9:45.6	Efrain Casarez, Fall
9:46.90	Tim Helms, Pow
9:47.6	Chris Kenyon, MIC
9:49.25	Mike Cooke, MIC
9:49.4	Michael Manzano, CV
9:50.70	Ruben Vences, Sweet
9:51.23	Josh Pope, Pow
9:52.4	Dan Sutton-Kane, WH
9:53.0	Jon Rankin, MontV
9:54.63	Christian Dominguez, SD
9:56.44	Ryan Moorcroft, StA
9:56.63	Charles McKeown, UC
9:58.6	Drew Bouchard, StA
9:59.27	Gus Polito, VC
9:59.96	Juan Mondragon, Esc
10:00.1	Chris Harris, SM
10:01.0	Eric Richey, MB
10:01.12	Luke McGinnis, Pow
10:02.28	Will Kraemer, ANA
10:02.6	Ryan Maynard, GH
10:02.9	Benny Gandolfo, ElCap
10:03.14	Jake Fulton, RB
10:03.4	Mike Comstock, SR
10:04.6	Alan Aradanas, MIC
10:06.0	Nick Zubel, PH
10:07	Taylor Williams, Hx
10:08.0	Brian Thielens, USD
10:08.70	Aaron Trunnell, RBV
10:09.4	Abadir Barre, MIC
10:09.90	Navid Hassanzadeh, TP
10:10.59	Ricky Roane, Ram
10:12.2	Dustin Whitson, BV
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, PTL
14.83	Jeff Hunter, GH



Charles Cleveland
Sweetwater



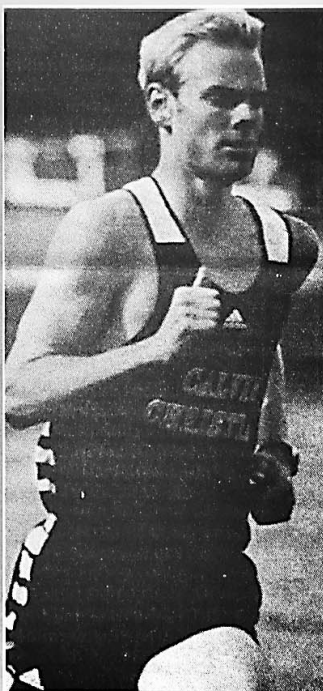
Ryan Blair
University of San Diego

15.00	Darion Williamson, Morse
15.04	Jon Everette, SP
15.05	Baran Hill, StA
15.06	Trandon Harvey, Sweet
15.17	Darnell Talbert, MIC
15.29	John Dudek, TP
15.31	Josh Nears, Serra
15.48	Jonathan Takahashi, Gross
15.50	Jeff Failla, Esc
15.61	Trent Stroh, VC
15.64	Ben Knight, MarV
15.72	Blake Frazier, UC
15.72	John Feehan, Esc
15.90	Jeff Orlando, MiraM
15.92	Brian Perdue, BV
15.94	Pat Benitez, MiraM
15.96	Travis Lyman, SP
16.01	Nick Bonner, MontV
16.02	Charles Cleveland, Sweet
16.05	Nathan Enriquez, StA
16.11	Brian Taylor, GH
16.13	Jeremiah McLeod, Fall
16.23	Chris Geddis, RBV
16.26	Wade Curry, East

Hand time:	
14.1	Tony Golston, PTL
14.2	Bobby Salimi, RB
14.7	Darnell Talbert, MIC



Mike Johnson
Serra



Chad Young
Calvin Christian

14.7	Jon Everette, SP
14.9	Josh Nears, Serra
14.9	Trandon Harvey, Sweet
14.9	Jeff Hunter, GH
15.0	Baran Hill, StA
15.0	Jonathan Takahashi, Gross
15.0	Darion Williamson, Morse
15.0	Jeff Failla, Esc
15.1	Brian Perdue, BV
15.2	Ben Knight, MarV
15.3	Jeff Orlando, MiraM
15.4	Jake Symons, Claire
15.5	John Dudek, TP
15.5	Scott Miller, WH
15.5	John Feehan, Esc
15.5	Charles Cleveland, Sweet
15.5	Ryan Bartsch, East
15.6	Greg Podresov, PH
15.6	Trent Stroh, VC
15.7	Brian Taylor, GH
15.8	Jeremiah McLeod, Fall
15.8	Travis Lyman, SP
15.8	Nick Bonner, MontV
15.9	Pat Benitez, MiraM
15.9	Jeffery Briggs, Linc
15.9	Chris Geddis, RBV
16.0	Tony Owens, CP
16.0	Chris Staton, PH

16.0	Keeni Owens, Hx
16.0	Tim Finell, Fall
16.0	Raul Tovar, Hill
16.1	Felipe Hernandez, Coro
16.1	Paul Yoder, Oside
16.1	Nate Enriquez, StA
16.1	Regisford, BV
16.1	Tray Meulbach, TP
16.2	Adrian Afan, Morse
16.2	Chris Chan, SR
16.2	Wade Curry, East
16.2	Tim Bailey, UC

Windy:

15.5	Trent Stroh, VC
15.6	Nate Enriquez, StA
15.6	Keeni Owens, Hx
16.0	Tim Bailey, UC
16.0	Frank Muramoto, Gross
16.1	Blake Frazier, UC

300 Int. Hurdles:

37.3	Bobby Salimi, RB
38.02	Tony Golston, PTL
38.1	Jeff Hunter, GH
39.38	Jason Davis, Pow
39.4	Darnell Talbert, MIC
40.1	Ben Knight, MarV
40.1	Kyle Conerly, WH
40.2	Danny Nenow, GH
40.2	Travis Lyman, SP
40.3	Josh Nears, Serra
40.4	Brian Perdue, BV
40.5	Ryan Bartsch, East
40.54	Jeff Orlando, MiraM (40.4h)
40.6	Luis Quintana, CP
40.75	Darion Williamson, Morse
40.8	Aaron Barnhill, SM
40.8	Chris Chan, SR
40.8c	Jason Van, Hx
40.9c	Eddie Thomas, MontV
41.0	Angelo Vargas, BV
41.0c	Alton Gilbert, Linc
41.1	Todd Watkins, Hx
41.1	Charles Cleveland, Sweet
41.2	Sean Sweat, ElCam
41.29	Jon Everette, SP
41.3	Jeff Failla, Esc
41.4	Brian Taylor, GH
41.48	Trent Stroh, VC
41.5	Chris Hayward, ElCam
41.5	Tony Owens, CP
41.64	Chris Geddis, RBV
41.7	Mark Bellisario, LCC
41.7	Robert Calderon, ECV
41.8	Tom Wooten, Vista
41.82	Nathan Enriquez, StA
41.9	Stephen Daniels, Carls
41.99	Baran Hill, StA (41.9h)
42.0	Jimmy Ungricht, Fall
42.03	Mike Cunningham, WH
42.1	Jeremiah McLeod, Fall
42.2c	Jeffery Briggs, Linc
42.22	Raimo, MB
42.3	Terrence Hicks, S'west
42.3	Price, Sant
42.33	Greg Podresov, PH (42.2h)
42.34	Joe Collins, RB
42.6	Chris Fuslier, SP
42.7	Arian Soheili, Hill
42.8c	Scott Miller, WH
42.8c	Sorida Phan, Hoover

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
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
44.39	St. Augustine
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
42.7c	Helix
42.7c	Monte Vista
42.9c	Morse
43.1c	Lincoln
43.1	Eastlake
43.4	Rancho Bernardo
43.5	Hoover
43.5c	El Cajon Valley
43.5	Escondido

Please turn to page 9.

Best Marks:

From page 8.

43.5	Mt. Carmel
43.6	Patrick Henry
43.6	Granite Hills
43.6	Sweetwater
43.7	San Diego
43.7	Kearny
43.7	Bonita Vista
43.8	Mira Mesa
43.9	West Hills
43.9	Valley Center
43.9	Rancho Buena Vista
43.9c	Mission Bay
44.0	Serra
44.1	Poway
44.1	Mount Miguel
44.3	El Camino
44.4	Crawford
44.4	San Marcos
44.4	San Pasqual
44.4	Ramona
44.4	Coronado
44.6	Vista
44.8	St. Augustine
44.8	Scripps Ranch
44.8c	Chula Vista
44.8c	Montgomery
44.9	Castle Park
45.0	Torrey Pines

4x400 Relay:

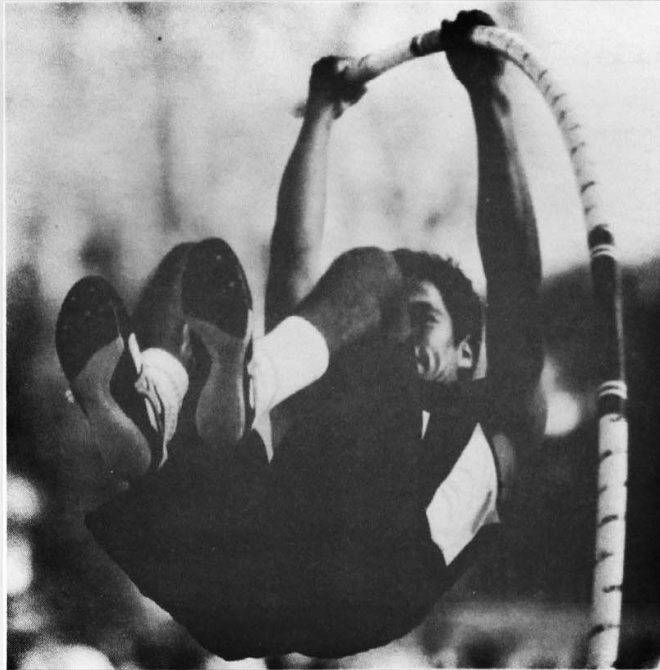
3:22.7	West Hills
3:23.89	University City
3:25.8	Lincoln
3:26.4	Rancho Bernardo
3:26.5	San Pasqual
3:26.6	Helix
3:26.6	Vista
3:27.05	Patrick Henry
3:27.2	Rancho Buena Vista
3:27.2	Granite Hills
3:27.5	Bonita Vista
3:27.7	Serra
3:27.71	Poway
3:28.24	Fallbrook (3:28.2h)
3:28.52	Mt. Carmel
3:30.0	Escondido
3:30.81	Castle Park
3:31.2	Monte Vista
3:33.0	Torrey Pines
3:33.03	Eastlake
3:33.05	Morse
3:33.4c	El Cajon Valley
3:33.9	Point Loma
3:34.24	Scripps Ranch
3:34.54	St. Augustine
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

High Jump:

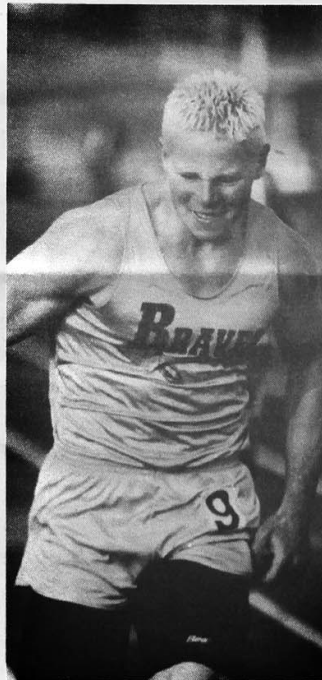
6-10	Chris Staton, PH
6-7	Shawn Smith, S'west
6-6	Eric Williams, RB
6-6	Bobby Okenwa, Morse
6-6	Isaac Simms, UC
6-5	Vernon Smith, MB
6-4.25	Keno White, RB
6-4	Jeremy Cross, RBV
6-4	Ben Knight, MarV
6-4	Wade Curry, East
6-4	Jamal Randall, MontV
6-4	Tony Ortiz, Hx
6-4	James Profit, Serra
6-3	Corey Evans, East
6-2	Austin Neudecker, BV
6-2	John Feehan, Esc
6-2	Brandon Mundinger, Val
6-2	Andrew Fischer, RB
6-2	Trevor Rafferty, ElCap
6-2	Jordan Adams, PH
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	J. J. Washington, Kny
6-0	Donte Phillips, Sweet
6-0	Brad Seaman, LCD
6-0	Ian Winhoven, StA
6-0	Trandon Harvey, Sweet

Pole Vault:

16-2	Travis Offner, MIC
15-6	Jonathan Takahashi, Gross
14-7	Chris Dorminy, RB
14-6	Alex Doria, East
14-2	Ricardo Murillo, Vista



Ricardo Murillo
Vista



Daniel Alcaraz
El Cajon Valley

14-1	Javier Munoz, CP
14-0	John Jeter, MIC
14-0	Mike Hill, RB
14-0	Austin Priest, RBV
14-0	Tim Warner, Carls
13-6	Richard Baker, BV
13-6	Greg Leavitt, Hx
13-0	Brian Heimburge, Pow
13-0	Kaysey Kaeser, Fall
13-0	Ryan Spitz, RB
13-0	Tim Ngo, Pow
13-0	Zach Salazar, RB
13-0	Tony Garcia, WH
13-0	Frank Vasquez, East
13-0	Chris Spehar, RB
13-0	Beck, RBV
13-0	Ryan Daley, Vista
12-8	Cameron Figueroa, GH
12-8	Devon Aleman, East
12-7	Josh Malmuth, TP
12-6	Tristan Jankowski, BV
12-6	Gary Williams, Serra
12-6	Adrian Ruark, PH
12-6	Kevin Ryneanson, Val
12-6	Keith Hamon, RBV
12-6	Kenny James, RB
12-6	Jeff Erwin, Mad
12-6	Terrel Beaman, VC
12-6	Clayton Marshall, WH



David Hannibal
Bonita Vista

12-2	Stephen Todd, Val
12-1	Mike Cunningham, WH
12-0	Casey Lang, Val
12-0	Barret Fraenzl, GH
12-0	Jeswin Montoya, Esc
12-0	Steve Hong, RB
12-0	Huy Pham, MontV
12-0	Alan Tse, RB
12-0	Josh Earhardt, MiraM
12-0	Brian Bonney, VC
12-0	Brendan Hawkings, SP
12-0	Joe Harlin, Fall
12-0	Todd Hough, VC
12-0	Jason Gabriel, SR
12-0	Angelo Gialzetti, SR
12-0	Jason Reeder, WH

Long Jump:

23-11	Eric Williams, RB
22-8	Tony Ortiz, Hx
22-7	Jon Reynolds, UC
22-5	Alton Gilbert, Linc
22-5	Jeff Hunter, GH
22-4	Phillip Holley, CP
22-2.5	Mike Roberts, PH
22-1	Nate Skrzypczak, VC
21-11.5	Chris Staton, PH
21-11	Dean Wu, UC
21-11	Jamal Randall, MontV
21-10.5	Herman Nuckols, SM
21-10	Thomas Mooltry, Morse
21-8	Brandon Roberson, Morse
21-7.5	Trandon Harvey, Sweet
21-6.5	D. Benson, SD
21-6	Jordan Adams, PH

21-6	Bobby Okenwa, Morse
21-4	Eric Rogers, Morse
21-4	Keno White, RB
21-3	Marcus Wooden, Morse
21-2.25	Jonathan Takahashi, Gross
21-1.5	Tony Galston, PH
21-1.5	David Hannibal, BV
21-1.25	Danny Nenow, GH
21-1	Adam Herrod, Serra
21-1	Andrew Gains, Serra
20-11.75	Walter Scott, Sant
20-11.25	Pat Mahoney, MIC
20-9.5	Jonathan Thomas, ECV
20-9.5	Alex Fromer, MIC
20-9	Avante Agurs, Gross
20-9	Kevin Johnson, East
20-8	Ahnizo Gainey, RBV
20-8	Keith Robinson, MM
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	Micah Holiday, Craw
20-5	Jason Davis, Pow
20-5	Marcus Barard, Vista
20-5	Jesse Alvarez, CV

Windy:

23-4.5	Tony Ortiz, Hx
23-1.5	Dean Wu, UC
22-7.5	Keno White, RB
22-6	Trandon Harvey, Sweet
22-2	Danny Nenow, GH
21-10.5	Marquez Miller, ElCam
21-10	Jonathan Takahashi, Gross
21-6.5	Marcus Barard, Vista
21-1.5	Brandon Bornes, RBV
21-0	Kyle Conerly, WH
20-11	Hawkins, ElCap
20-10	Kyle Ware, Serra
20-5.75	Brandon Anthony, ElCam

Triple Jump:

47-3	Tony Ortiz, Hx
47-2	Trandon Harvey, Sweet
46-5	Jon Reynolds, UC
45-11	Eric Williams, RB
44-10	Jamal Randall, MontV
44-8	Nate Skrzypczak, VC
44-6	Vernon Smith, MB
44-2	Brandon Roberson, Morse
44-0.5	Keno White, RB
44-0.5	Carl Evans, StA
43-11	Isaac Simms, UC
43-9	Wade Curry, East
43-8	Marcus Wooden, Morse
43-7	Jason Thomas, PH
43-7	Eric Rogers, Morse
43-6	Shannon Nowden, MB
43-4	Phillip Holley, CP
43-4	Austin Neudecker, BV
43-0.5	Thomas Okumu, Hoov
42-8	Kyle Conerly, WH
42-8	Adam Herrod, Serra
42-8	Damon Warren, Serra
42-7.25	Brandon Bornes, RBV
42-6	Corey Evans, East
42-5	Will Buchanan, Oside
42-5	Ralph Haynes, RB
42-5	Ishajuwana Sanders, CP
42-4.5	Matt Princetta, TP
42-4.5	Walter Weinman, MtM
42-4	Ahnizo Gainey, RBV
42-2.5	Chris Greene, Ram
42-2	Mike Iafe, StA
42-1	Thomas Mooltry, Morse
42-1	Franklin Allen, CV
42-0	Harlon Edison, MontV
41-11	Chris Poche, SP
41-10.5	Michael Sullivan, RB
41-10.25	Keith Robinson, MM
41-9	Jon Everette, SP
41-7	Jon Everette, SP
41-7	Aaron Barnhill, SM
41-6.75	Dominic Sharmitaro, Ram
41-6	John Koummalasy, Claire
41-5.75	Chris Veasy, MontV
41-5.5	Brandon Chiller, Carls
41-5	Shawn Smith, S'west
41-5	Andrew Gains, Serra
41-4	Charles Beon, East
41-3.75	Marvin McNeill, BV
41-3.25	Sophea Chan, Hoover
41-2	Matt Lesenyie, RBV
41-0.5	John Feehan, Esc
41-0	Herman Nuckols, SM
41-0	Dan Rice, GH

Windy:

47-6	Tony Ortiz, Hx
43-8	Kyle Conerly, WH
42-6.5	Avante Agurs, Gross
41-10.75	Mike Iafe, StA
41-7.25	Marcus Barard, Vista
41-6	Edwards, ElCap
41-0	Hawkins, ElCap

Shot Put:

58-6	Steve Vieira, Carls
56-3	Travis Watkins, Hx

Please turn to page 10.

Best Marks:

From page 9.

55-3	Travis Jones, MiraM
52-5.5	Reynaldo Stephens, CP
52-4	Tyler Moazed, MIC
51-10	Derrick Germain, Fall
51-8	Jason Tuerk, RB
51-6	Jesse English, RBV
51-2	Andre Williams, MB
51-2	Erick Holzhauser, RBV
50-11	Jeremy Read, RB
50-9	Pana Faumina, Carls
50-9	Anthony DeBoer, RBV
50-8.5	Travis Asch, ElCap
50-6	Richie Smith, GH
50-6	Mike Schardin, East
49-7.5	Jon Ward, Pow
49-7	Vince Clarke, GH
49-6	Onofre Gascon, Sweet
49-5	Brad Brittain, TP
49-1.5	Nate Tavale, Carls
48-11	Eder Arosemena, Vista
48-9	Jeff Wilson, OG
48-9	Marco Gonzalez, VC
48-8	Kha Le, OG
48-7	Josh Halsey, RBV
48-4	Travis Jones, Val
48-2.4	Mike O'Malley, USD
48-2	Abraham Cruz, MB
48-0.25	Curtis James, Kny
48-0	Chase Hanson, StA
47-8.5	Eddie Murdock, Hx
47-8	Jeremy Driggs, Sweet
47-7	Moses Rangel, East
47-4.5	Tagaia Savaiinaea, East
47-1	Cliff Learn, LJ
47-0.25	David Abbott, MB
46-11.25	Jensen Cayas, BV
46-10	Matt Carr, StA
46-8.75	Erik Hansen, Hill
46-7.25	Mike Colgan, Fall
46-7	Rashaan Durr, UC
46-1	Matt Grollnek, TP
46-0	Frederick, MarV
45-9	John Pluth, VC
45-9	Rettig, Hx
45-8	Mark Tate, Hoover
45-6	David Brainerd, SR
45-2.5	Sean McClean, Vista
45-1	Ludwig, Val

Discus Throw:

188-10	Travis Jones, MiraM
186-9	Jon Ward, Pow
169-2	Travis Asch, ElCap
168-0	Travis Watkins, Hx
164-10	Chase Hanson, StA
163-5	Reynaldo Stephens, CP
161-3	Steve Viera, Carls
160-9	Moses Rangel, East
160-3	Richie Smith, GH
160-3	Will Hunt, Hill
158-7	Jason Tuerk, RB
158-4	Anthony DeBoer, RBV
158-0	Jeremy Driggs, Sweet
157-8	Able Aramburo, ECV
156-7	Jesse English, RBV
152-4	Andre Williams, MB
151-9	Tagaia Savaiinaea, East
150-7	John Pluth, VC
148-9	Luke Holderby, Ram
148-6	Anthony Pendleton, StA
147-8	Vince Clarke, GH
146-0	Marco Gonzalez, VC
145-6	Cliff Learn, LJ
145-6	Dan Thompson, Fall
145-1	Abraham Cruz, MB
144-9	Greg Padilla, Sweet
144-0	Chris Staton, PH
144-0	Brad Brittain, TP
144-0	Kha Le, OG
143-7	Thompson, SM
143-2	Mark Lozano, ElCap
143-0	Tyler Moazed, MIC
142-0	Dan Thompson, BV
141-1	Robert Ruzich, SP
139-7	Nate Tavale, Carls
139-1	Carl Atkinson, BV
139-1	Ace Lawrence, Gross
138-8	Mike Schardin, East
138-2	Jarel Watson, ElCam
138-2	Bobby Seilhan, MIC
137-9	Scott Colegrove, Esc
137-5	David Abbott, MB
137-1	Jared Bray, MB
136-11	Matt Blake, Hill
136-10	John McRaven, Coro
136-2	Jabari Brown, Crow
135-9	Onofre Gascon, Sweet
134-11	Curtis James, Kny
134-9	Kevin Wilson, Sant
134-5	Andre Hicks, Hoov
133-2	Jarel Watson, ElCam
132-11	Tyler Ellis, RB
132-5	Louis Wright, Lin
132-0	Dion Gilton, Pil

GIRLS:

Marks received by May 10.
100:

Automatic time:

11.61	Monique Henderson, Morse
12.16	Nastassaja Hall, RBV
12.29	Zikarra Beverley, USD
12.32	Priscilla Parker, MB
12.36	Jessica Thomas, ElCam
12.36	Aroline Neal, RBV
12.39	Kameelah Allen, MIM
12.42	Tanisha Johnson, East
12.47	Shauna Hackett, Morse
12.53	Amber Carrington, MIC
12.62	Stephanie Blake, FP
12.63	Martina Allen, Serra
12.69	Alicia Lowery, Morse
12.77	Kyle Lederer, RB
12.78	Nini Herron, ECV
12.84	Sparkle Anderson, Serra
12.84	Daniela Fromer, MIC
12.87	Phylicia 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 Kuhlow, Coro
13.15	Jackie Jenkins, Kny
13.15	Cora Estridge, Linc

Windy:

12.93	Phylicia Reddick, Morse
12.99	Deitra Manley, Linc
13.16	Erin Willis, OLP

Hand time:

11.9	Monique Henderson, Morse
12.0	Nastassaja Hall, RBV
12.1	Cieara Ray, Fall
12.2	Tanisha Johnson, East
12.2	Autumn Wright, ElCam
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
12.4	Martina Allen, Serra
12.4	Aroline Neal, RBV
12.5	Kaitlyn Doe, TP
12.5	Luketta Williams, Hx
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
12.6	LaKendra McKenzie, Hx
12.6	Alicia Lowery, Morse
12.7	Dinisha Robinson, Coro
12.7	Stephanie Blake, FP
12.7	Naomi Mattos, Fall
12.7	Phylicia Reddick, Morse
12.7	Aiesha Singleton, PH
12.7	Latrice Dickens, PH
12.7	Kristina de la Rosa, RB
12.7	Rachel Snare, SR
12.7	Sparkle Anderson, Serra
12.7	Crystal Hinton, Linc
12.7	Adrienne Jubb, Carls
12.7	Ashley Fowler, Val
12.7	Cassandra Patterson, CP
12.8	Tiffany Lowery, SP
12.8	Nini Herron, ECV
12.8	Meggi Afenir, Esc
12.8	Marla Mason, CV
12.8	Natalie Soto, Carls
12.8	Francine Cepeda, RB
12.8	Nicole Rothert, Fall
12.8	Deitra Manley, Linc

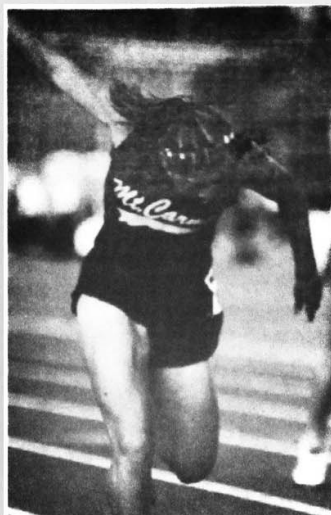
Windy:

12.5	Nini Herron, ECV
12.6	Phylicia Reddick, Morse
12.6	Elisa Holiday, WH
12.7	Mimi Herron, ECV
12.8	Ashlee Hegner, WH

200:

Automatic time:

24.36	Monique Henderson, Morse
25.18	Nastassaja Hall, RBV
25.55	Stephanie Blake, FP
25.84	Aroline Neal, RBV
25.89	Shauna Hackett, Morse
26.13	Laura Landry, RB
26.19	Alexis Tate, RB
26.27	Tanera Jones, MIC
26.43	Martina Allen, Serra
26.76	Kameelah Allen, MIMig
26.77	Tiffany Lowery, SP
26.80	Alexis Rampaul, Pow
26.88	Kristine Schroeder, RB
26.91	Rosa Durruthy, East
26.95	Natalie Soto, Carls
26.99	LaKendra McKenzie, Hx
27.02	Tara Ricasa, MIC
27.05	Sparkle Anderson, Serra
27.05	Tamekia James, SD



Daniela Fromer
Mt. Carmel

27.09	Aiesha Singleton, PH
27.26	Mallane Dressel, Carls
27.29	Liz McNamara, Pow
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:

M. Henderson, Morse (+4.0)

Hand time:

23.16	Monique Henderson, Morse
23.8	Nastassaja Hall, RBV
25.0	Stephanie Blake, FP
25.1	LaSheena Rice, SD
25.2	Cieara Ray, Fall
25.4	Martina Allen, Serra
25.7	Aroline Neal, RBV
25.9	Rachel Snare, SR
25.9	Latoya Summerville, SR
25.9	Marla Mason, CV
25.9	Autumn Wright, ElCam
26.1	Sparkle Anderson, Serra
26.2	Tiffany Lowery, SP
26.2c	Naomi Mattos, Fall
26.2	Audrey Pound, Pow
26.3	Mallane Dressel, Carls
26.3	Rosa Durruthy, East
26.4c	Phoebe Perkins, MontV
26.4	Cassandra Patterson, CP
26.4	Natalie Soto, Carls
26.5	Jessica Thomas, ElCam
26.5	Kameelah Allen, MIM
26.5c	Luketta Williams, Hx
26.5	Nicole Rothert, Fall
26.6	Priscilla Parker, MB
26.6	Latrice Dickens, PH
26.7	Jane Givens, LJ
26.7	Erin Willis, OLP
26.7	Aiesha Singleton, PH
26.7	Alexis Tate, RB
26.8	Christy Robinson, SD
26.8	Faith Lin, LJ
26.8	Ashley Coulson, East
26.8	Ashleigh Davis, ElCam
26.9	Kaitlyn Doe, TP
26.9	Kristine Schroeder, RB
26.9	Elizabeth Tsu, LCC
27.0c	LaKendra McKenzie, Hx
27.0c	Nini Herron, ECV
27.0	Shauna Hackett, Morse
27.0	Francine Cepeda, RB
27.1	Tamekia James, SD
27.1	Ashley Rioja, MIM
27.1	Adrienne Jubb, Carls
27.1	Crystal Hinton, Linc
27.1c	Alexis Rampaul, Pow
27.1c	Deanna Cartwright, BV
27.2	Niesch French, GH
27.2	Marla Mason, CV
27.2	Ashley Fowler, Val
27.2c	Rachel Snare, SR
27.3	Denise French, BV
27.3	Ashlee Hegner, WH

Windy:

25.9	Shauna Hackett, Morse
26.0	Nini Herron, ECV
26.4	Elisa Holiday, WH
26.6	Ashlee Hegner, WH
26.7	Mimi Herron, ECV
27.0	Loni Silver, ECV

400:

53.25	Monique Henderson, Morse
57.45	Nastassaja Hall, RBV
58.0	Stephanie Blake, FP
58.02	Audrey Pound, Pow
58.61	Whitney Schmucker, LJ

58.8	Naomi Mattos, Fall
58.9c	Phoebe Perkins, MontV
59.1	Mallane Dressel, Carls
59.16	Aroline Neal, RBV
59.3	Laura Landry, RB
59.3c	Tina Rosas, MontV
59.4	Ebony Adams, ElCam
59.4c	Morgan Avery, GH
59.5	Alexis Tate, RB
59.5	Nicole Rothert, Fall
59.61	Alexis Rampaul, Pow
59.7	Jenna Timinsky, SDgtoA
59.7c	Bryeanna Barmer, Hx
59.82	Kristine Schroeder, RB
60.04	Elizabeth Tsu, LCC (60.0h)
60.5	Latoya Brewer, East
60.7	Katherine Ziegler, UC
60.8	Tiffany Lowery, SP
60.9c	Luketta Williams, Hx
61.0	LaSheena Rice, SD
61.0	Jane Givens, LJ
61.03	Janell King, Serra
61.06	Nicole Thomas, PH
61.20	Liz McNamara, Pow
61.3	Deanna Cartwright, BV
61.4	Unika Smith, Linc
61.4	Katie Collins, Vista
61.42	Nicole Reyes, RBV
61.5	Julie Komosinski, TP
61.5	Lesley Bravin, Val
61.5	Chelsea Chatfield, TP
61.6	Elisa Holiday, WH
61.7	Tina Rosas, MontV
61.91	Jasmine Winfield, Vista
61.98	Colleen Fogarty, USD
62.0	Tamekia James, SD
62.0	Tanera Jones, MIC
62.0	Denisha Bryant, MIM
62.17	Keera Toussaint, SP
62.3	Kerry Kelly-Cochrane, USD
62.33	Natalie Soto, Carls
62.4	Jessie Ansari, Carls
62.4	Jaime Ransom, Sant
62.4	Kiley Dunlap, Coro
62.5c	Keia Snowden, ECV
62.5	Princess Mitchell, Sweet
62.7	Martina Allen, Serra
62.7c	Dominique Hankins, MIM
62.7	Denise French, BV
62.73	Bernadette Grantling, Morse
62.78	Ashley Cunningham, Pil
62.96	Aubree Duff, VC
62.97	Tara Ricasa, MIC
63.00	Taniya Kissane, RB
63.0	Jill Steele, MIC
63.0	Meosha Jefferson, S'west
63.0	Tanya Gorman, Sant

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
2:21.47	Katherine Ziegler, UC
2:22.8	Nastassaja Hall, RBV
2:24.19	Kerry Kelly-Cochrane, USD
2:24.3	Haley Moore, TP
2:24.92	Tessa Connor, TP
2:25.0	Manal Yamout, MIC
2:25.07	Olivia Hudek, Hill
2:25.18	Kaleena Yee, RB
2:25.25	Alexis Sampietro, TP
2:25.29	Laura Landry, RB
2:25.3	Deanna Sick, MIC
2:25.5	Katie O'Connell, Carls
2:25.55	Julie Manson, RB
2:25.6	Angela Petersen, TP
2:25.9	Angela Rivas, Mont
2:25.91	Kamaya Damwijk, Pow
2:26.02	Michelle Guerrero, LJ
2:26.1c	Lesley Bravin, Val
2:26.22	Stephanie O'Brien, Pow
2:26.23	Rachelle Bombaci, Pil
2:26.4	Maria McGaffigan, CP
2:26.48	Amy Montgomery, Serra
2:26.57	Candace Flake, Morse
2:26.8c	Dulce Alvarez, BV
2:27.3	Krista Romley, TP
2:27.41	Lidia de Carvalho, UC
2:27.43	Camille Robinson, CV
2:27.57	Shawna Winfrey, WH
2:27.76	Kelly Larson, RB
2:27.91	Nikki Rideout, SP
2:28.2c	Tina Rosas, MontV
2:28.34	Tara Whitty, Pow
2:28.35	Rachelle Pizarro, Mont
2:28.5	Stephanie Baird, Hx
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

Please turn to page 11.

Best Marks:

From page 10.

5:13.64 Kate Branson, BV
5:19.07 Dorothy Trögler, 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
5:18.02 Katie Baker, Pow
5:18.88 Kaleena Yee, RB
5:19.18 Loretta Kilmer, Ram
5:20.19 Jasmine Marquez, ElCap
5:20.3 Deanna Sick, MIC
5:23.15 Kate Branson, BV
5:24.1 Katie Matlack, Fall
5:24.3 Krista Romley, TP
5:24.6 Chessa Adsit-Morris, UC
5:24.66 Manal Yamout, MIC
5:25.1 Katie O'Connell, Carls
5:25.79 Bertha Ojeda, CV
5:25.82 Kristen Thompson, BV
5:26.85 Michelle Guerrero, LJ
5:27.15 Amy Montgomery, Serra
5:27.74 Claire Beck, OLP
5:27.9 Angela Rivas, Mont
5:28.4 Janet Mulvey, MIC
5:28.7 Jill Steele, MIC
5:28.7 Jamie Carmichael, Fal
5:29.0 Rebecca McKeown, UC
5:30.0 Maija Rohde, Fall
5:30.2c Courtney Stolis, GH
5:30.25 Karen Vasko, MIC
5:30.47 Allison Hilton, MIC
5:30.5 Laura Cohen, UC
5:30.5c Ashley Viens, Val
5:31.0 Courtney Allen, RBV
5:31.10 Dorothy Trögler, TP
5:31.12 Anna Hough, VC
5:32.10 Kristen Gonzalez, BV
5:33.0 Kristina Nugent, WH
5:33.16 Audrey Harrer, MIC
5:33.23 Jessica Huepper, RB
5:33.89 Amonica Phipps, Morse
5:33.9 Sara Schertzer, Carls
5:34.7c Rachel Farrior, Hx
5:35.0 Sara Cates, Carls
5:36.45 Sophia Marquez, CV
5:37.0 Stephanie Casler, Val
5:37.3 Maria McGaffigan, CP
5:37.46 Elizabeth Harns, 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)

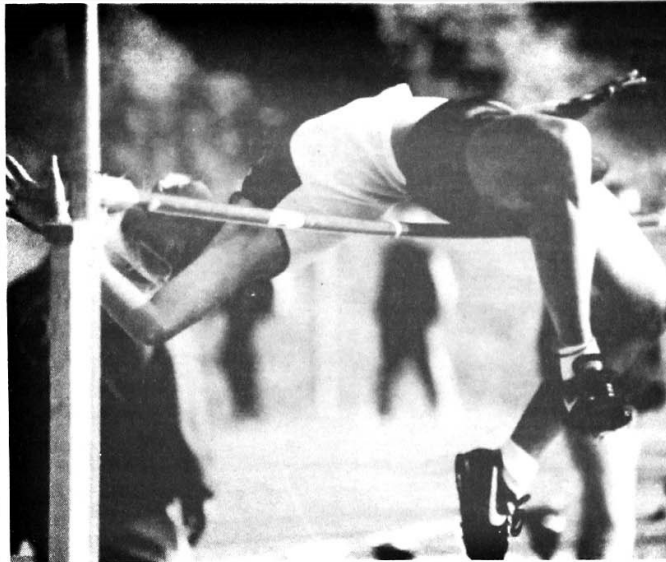
3200:

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
11:39.0 Nicole Mier, SM
11:39.22 Ashlee Dare, 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
11:53.4 Claire Beck, OLP
11:57.05 Dori McGuire, MiraM
12:00.1 Maija Rohde, Fall
12:03.8 Desiree Leek, LJ
12:05.0 Natalie Parks, Ptl
12:05.57 Becca Bartell, WH
12:07.0 Katie O'Connell, Carls
12:07.0 Joanne Southard, WH
12:07.1 Sara Cates, Carls
12:07.14 Bertha Ojeda, CV
12:07.9 Allison Hilton, MIC
12:08.4 Audrey Harrer, MIC
12:09.1 Tara McGowan, LJ
12:09.59 Rebecca McKeown, UC
12:10.47 Ashley Orr, TP
12:11.9 Laura Cohen, UC
12:12.0 Chandra Farnham, WH
12:13.6 Katie Matlack, Fall
12:15.2 Ashley Viens, Val
12:15.3 Jamie Carmichael, Fall
12:16.8 Katie Boyd, RB

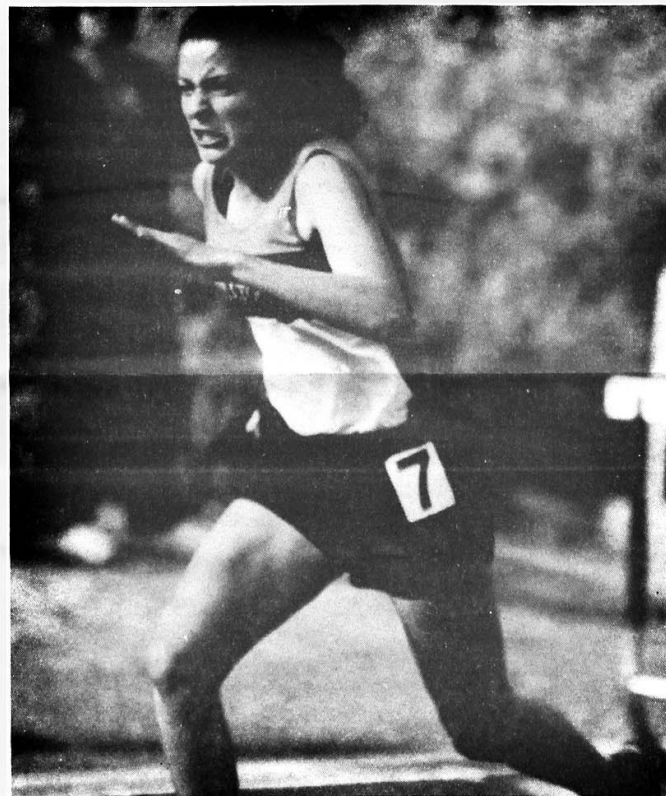
100 Hurdles:

Automatic time:

14.98 Catie Coin, RB
15.13 Tanisha Johnson, East
15.40 Cheryl Hawkins, Morse
15.52 Meggi Afenir, Esc



Shannon Fleming
University of San Diego



Abril Jimenez
Hilltop

15.54 Audrey Pound, Pow
15.59 Bryeanna Barmer, Hx
15.66 Melissa McGrath, RB
15.89 Marie Carter, MiraM
16.18 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
15.1 Meggi Afenir, Esc
15.1 Tanisha Johnson, East
15.2 Bryeanna Barmer, Hx
15.3 Melissa McGrath, RB
15.4 Morgan Albini, SP
15.5 Tanera Jones, MIC
15.6 Mary Macera, SM
15.7 Cheryl Hawkins, Morse

15.7 Marie Carter, MiraM
16.1 Jessica Eggleston, ElCam
16.1 Erin Asay, Sweet
16.2 Keiona Clark, MontV
16.2 Jill Alsop, MIC
16.2 Abril Jimenez, Hill
16.3 Audrey Pound, Pow
16.3 Katherine Dostal, WH
16.3 B. J. Hayes, East
16.4 Nikki Dulin, RB
16.4 Katy Camp, MontV
16.6 Chantal Nemore, ElCam
16.7 Liz McNamara, Pow
16.8 Leah Cole, VC
16.8 Eva Tanner, Gross
16.9 Kasy McGee, Carls
16.9 Kristen Murphy, RB
16.9 Kim Dambkowski, VC
16.9 Tynisha Major, Sweet
17.0 Laura Maurer, Fall
17.0 Ali Ribner, TP
17.1 Beret Flom, East
17.1 Ashleigh Penrod, TP
17.2 Darcy Fox, WH
17.2 Aimee Rolls, OG
17.2 Aurora Luis, ECV
17.2 Elise Orlando, MiraM
17.2 Dana Copeland, TP

17.3 Angela Fazio, Gro
17.3 Malia McClurg, GH
17.3 Erica Schim, LCC

Windy:

15.0 Meggi Afenir, Esc
16.0 Jessica Eggleston, ElCam
16.2 Katherine Dostal, WH
16.7 Eva Tanner, Gross
17.0 Erin Martin, WH

300 Low Hurdles:

44.1 Tanisha Johnson, East
44.18 Audrey Pound, Pow
45.21 Catie Coin, RB
45.41 Bryeanna Barmer, Hx
45.6 Abril Jimenez, Hill
46.0 Meggi Afenir, Esc
46.5 Morgan Albini, SP
46.7 Nikki Dulin, RB
46.95 Marie Carter, MiraM
47.1 Erica Schim, LCC
47.4c Unika Smith, Linc
47.70 Morgan Avery, GH
47.9 Chantal Nemore, ElCam
48.0 Tynisha Major, Sweet
48.25 Erin Martin, WH
48.4c Cheryl Hawkins, Morse
48.7 Jessica Eggleston, ElCam
49.1c Sara White, OG
49.1 Jasmine Winfield, Vista
49.1 Kelly Platko, Carls
49.1 Laura Maurer, Fall
49.2 Jill Alsop, MIC
49.26 Qadriyah Abdullah, MtMig
49.4 Lauren McCabe, LCC
49.5 Beret Flom, East
49.7 Cheryl Hawkins, Morse
49.85 Luisa Diaz, Fall
49.79 Liz McNamara, Pow
50.2 Olivia Hudek, Hill
50.2 Kayla Berkman, TP

4x100 Relay:

Automatic time:

48.66 Morse
49.23 Rancho Bernardo
49.73 Lincoln
49.95 Mount Miguel
49.97 El Camino
50.24 Eastlake
50.28 Poway
50.31 Mt. Carmel
50.44 Helix
50.57 San Pasqual
50.61 Rancho Buena Vista
50.69 West Hills
50.76 Monte Vista
51.06 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:

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

4x400 Relay:

4:02.88 Poway

Please turn to page 12.

Best Marks:

From page 11.

- 4:03.03 Rancho Bernardo
- 4:05.62 Morse
- 4:06.92 Rancho Buena Vista
- 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
- 4:12.0 University City
- 4:13.6 Mt. Carmel
- 4:14.70 University of San Diego
- 4:14.9c West Hills
- 4:15.1 San Pasqual
- 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
- 4:17.5 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 Barkiewicz, CV
- 5-2 Abril Jimenez, Hill
- 5-1 Kaylene Ivan, Esc
- 5-1 Leah Cole, VC
- 5-0 Liz McNamara, Pow
- 5-0 Megan Bornes, RBV
- 5-0 Measha Jefferson, S'west
- 5-0 Amber Powell, SM
- 5-0 Sraeya George, Val
- 5-0 Karen Adams, ECV
- 5-0 Tara Shields, TP
- 5-0 Qadriyyah Abdullah, MIMig
- 5-0 Jaime Ransom, Sant
- 5-0 Jolene Thomas, Esc

Pole Vault:

- 11-7 Molly Pascarella, RB
- 11-6 Julie Hudlow, RB
- 11-3 Julia Preston, Pow
- 10-6 Janea Russ, GH
- 10-6 Beth Vieira, PIL
- 10-6 Marie Nowinski, MiraM
- 10-6 Gretchen Allen, Pow
- 10-3 Beatrice Guapo, East
- 10-2 Nicole Antonacci, Carls
- 10-0 Elise Orlando, MiraM
- 10-0 Nicole Halcomb, TP
- 10-0 Charissa Cabrera, MIC
- 9-9 Terri Lopez, WH
- 9-7 Teri Vertullo, WH
- 9-6 Laura Lafoya, East
- 9-6 Katie Collins, Vista
- 9-6 Bev Robak, MIC
- 9-6 Erin Asay, Sweet
- 9-6 Betsy Halliburton, TP
- 9-6 Megan Sage, MIC
- 9-2 Jenna Mavity, RBV
- 9-1 Breanna Moyer, Carls
- 9-0 Amy Spear, MIC
- 9-0 Jillian Mazarella, BV
- 9-0 Becky Monroy, MiraM
- 9-0 Roz Rideout, SP
- 9-0 Jessica Turner, Serra
- 9-0 Lisa Przybylski, Gross
- 8-6 Renee Antonacci, Carls
- 8-6 Emily Dennis, LCC
- 8-6 Carmela Rodgers, CV
- 8-6 Rachael Rosales, Pow
- 8-6 Julie Strick, WH
- 8-6 Garcia, OG
- 8-6 Kristen Harris, RBV
- 8-6 Ama Navidi, RB
- 8-6 Debaros, MIC
- 8-3 Theresa Acosta, Vista
- 8-3 Clune, USD
- 8-1 Megan Wilkinson, East
- 8-1 Jessica Moore, East

Long Jump:

- 18-11 Jessica Thomas, ElCam
- 18-2.5 Nastassaja Hall, RBV
- 18-0 Aroline Neal, RBV
- 17-7 Megan Bornes, RBV
- 17-2 Nina Ropes, Fall
- 17-2 Tiah Gray, UC



Janea Russ
Granite Hills



Laura Lafoya
Eastlake

- 17-2 Carrie McWhirter, SM
- 17-0.5 Simone Louviere, Hx
- 16-9.5 Sonfre Roberson, Morse
- 16-8 Qadriyyah Abdullah, MIMig
- 16-8 Robinson, CV
- 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 Tywanda Harris, ElCam
- 16-5 Sraeya George, Val
- 16-3.75 Mariko Gaines, MontV
- 16-3 Tanisha Johnson, East
- 16-2.75 Denise French, BV
- 16-2 Phylcia Reddick, Morse
- 16-2 Jackie Mandy, CV
- 16-2 Kaitlyn Doe, TP
- 16-1 Beret Flom, East
- 16-1 Nayelle Kryger, VC
- 16-1 Danielle Rose, RB
- 16-0.25 Angela Rochester, GH
- 16-0 Angela Fazio, Gross
- 16-0 Katherine Dostal, WH
- 16-0 Natalie Soto, Carls
- 15-11.75 Cherese Brown, PH
- 15-11 Jaime Ransom, Sant
- 15-11 Darcy Fox, WH
- 15-10 Sally Shields, TP
- 15-9.75 Kara Filipowski, Val
- 15-9.5 Cora Estridge, GH
- 15-9.5 Nichole Stahnke, OG
- 15-9.25 Lesley Bravin, Val
- 15-9 Tesoj Goodman, UC
- 15-9 Melanie Mincks, VC
- 15-9 Muhich, LCC
- 15-9 Jenny Benitez, S'west
- 15-9 Rachel Thurber, RB
- 15-8 Trisha Martin, Mont
- 15-8 Melodi Williams, ECV
- 15-8 Devon Hanks, Horizon
- 15-8 Nara Zaragoza, CP
- 15-5.25 Shannon Kegler, Hill



Veronica Harper
Lincoln

- 15-5 Tanicia Wallace, MontV
- Windy:
- 18-9 Nastassaja Hall, RBV
- 15-11.25 Kara Filipowski, Val
- 15-8.25 Nayelle Kryger, VC
- 15-6.75 Jaime Ransom, Sant
- 15-6 Rachel Dulin, RB
- 15-4.5 Amelia Helton, ElCap
- Triple Jump:**
- 37-1 Nina Ropes, Fall
- 37-0.75 Sraeya George, Val
- 36-11.5 Jane Givens, LJ
- 36-10.25 Megan Bornes, RBV
- 36-9 Jenny Fairchild, Vista
- 35-8.75 Tanicia Wallace, MontV
- 35-4.75 Dana Copeland, TP
- 35-3 Jessica Thomas, ElCam
- 35-0 Carrie McWhirter, SM
- 34-11 Cheng Tan, Craw
- 34-11 Robinson, CV
- 34-10.25 B. J. Hayes, East
- 34-7.25 Nadiyah Salihuddin, Hill
- 34-5 Tywanda Harris, ElCam
- 34-5 Amy Taylor, GH
- 34-4.75 Dani McNeely, LCC
- 34-3 Mariko Gaines, MontV

- 34-2.75 Joy Hannibal, BV
- 34-2 Lauren Jones, TP
- 34-2 Danielle Rose, RB
- 34-0 Qadriyyah Abdullah, MIM
- 33-11 Kim Dambkowski, VC
- 33-10 Renee McKinney, RBV
- 33-9.75 Simone Louviere, Hx
- 33-9 Kiley Weaver, RB
- 33-9 Lauren LaVine, Ram
- 33-7 Rachel Thurber, RB
- 33-6 Jessica Eggleston, ElCam
- 33-4.5 Melodi Williams, ECV
- 33-4 Jill Alsop, MIC
- 33-2 Melissa Cornett, WH
- 33-1 Keiona Clark, MontV

Windy:

- 36-8.25 Sraeya George, Val (+2.3)
- 33-2.5 Beatrice Tavanua, Sweet
- 33-1.25 Lindsey Orton, RB

Shot Put:

- 43-7.25 Candace Hill, Hoover
- 39-9.5 Marie Taumua, Sweet
- 39-2 Amber Hood, Morse
- 38-11 Raeanna Makihale, SM
- 38-6.5 Rhiannon Henry, RBV
- 38-0.5 Joy Boswell, ElCap
- 38-0.25 Mikaelyn Austin, RB
- 37-11.5 Shemika Morris, SR
- 37-9 Veronica Harper, Linc
- 37-5 Angela Milazzo, Esc
- 36-11 Carrie Johnson, Fall
- 36-5.25 Michelle Vavra, Esc
- 36-1 Brianna Makihale, SM
- 35-10.5 Ashley Ingoldt, OG
- 35-8.25 Laura Castellanos, CP
- 35-0 Katie Ames, ElCap
- 34-9 Brown, Serra
- 34-9 Amber Tiffany, GH
- 34-9 Ruby Udeh, Morse
- 34-6 Talaga, MIM
- 34-5 Lina Fanene, Carls
- 33-10 Alicia Criado, RBV
- 33-9.5 Alicia Minette, LJ
- 33-9 Sarah Byrne, Ram
- 33-9 Lisa Cannon, Esc
- 33-8.25 Rachel Johansen, MontV
- 33-8 Candace Doung, MIC
- 33-8 Samantha Singley, WH
- 33-4.5 Martinique Akinfosile, UCD
- 33-4 Sarah Teller, GH
- 33-3 Brittany Mon-Battung, Pow
- 33-1 Mauga, Oside
- 32-11 Julie Sanchez, Serra
- 32-9 Jackie Silva, CP
- 32-8.25 Rebecca Boh, SP
- 32-7 Cynthia Sorrell, Vista
- 32-3.5 Annie Roberts, Pow
- 32-2.5 Rachel Thurber, RB
- 32-2.5 Kim Griffin, WH
- 32-1 Tari Coon, Gross

Discus Throw:

- 149-6 Candace Hill, Hoover
- 136-4 Rhiannon Henry, RBV
- 132-2 Angela Milazzo, Esc
- 131-11 Mikaelyn Austin, RB
- 126-11 Lisa Cannon, Esc
- 126-0 Brianna Makihale, SM
- 125-10 Carrie Johnson, Fall
- 122-11 Katie Ames, ElCap
- 117-4 Alicia Criado, RBV
- 116-1 Michelle Vavra, Esc
- 115-5 T. J. Gissentanna, RBV
- 114-5 Stacy Mickelson, RB
- 113-10 Shemika Morris, SR
- 112-4 Cynthia Concha, Sweet
- 111-9 Rachel Thurber, RB
- 111-5 Annie Roberts, Pow
- 109-9 Alexandra Ray, TP
- 109-8 Shannon Young, East
- 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
- 105-9 Alicia Minette, LJ
- 104-2 Marie Taumua, Sweet
- 103-10 Ashlee Thompson, UC
- 103-9 Alex Dabas, Carls
- 103-9 Jessica Kondrick, LJ
- 103-4 Lauren French, PIL
- 102-10 Lina Fanene, Carls
- 102-8 Mitchell, RBV
- 101-7 Sarah Smither, SP
- 101-0 Michelle Singleton, Craw
- 101-0 Mandy Schatzinger, Ram

Want more lists?

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TRACK MAGAZINE web site:

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