

TRACK MAGAZINE

Volume VI, Number 2 -- October 6, 2000

The best in local prep cross country coverage

What's inside...

The latest local rankings have Vista and Mt. Carmel at the top of the charts. Page 2.

Poway's boys raced most of the best cross country teams in the nation in the Great American Festival in North Carolina. Page 3.

Desiree Davila and Jenna Timinsky look good against quality opposition at Stanford. Page 3.

Vista's boys and Mt. Carmel's girls have the fastest teams at the fast Dana Hills Invite. Page 3.

Torrey Pines' girls edged West Hills, and Sweetwater's boys won at the South Bay Invitational. La Jolla's boys and girls teams won both small schools titles. Page 5.

There was a lot to like at the Sundevil. Best race was Loretta Kilmer's win over Desiree Davila and Jasmine Marquez in the small schools senior race. Page 6.

Jenna Timinsky and Abadir Barre had the fastest races at the Bronco Invite. Page 9.

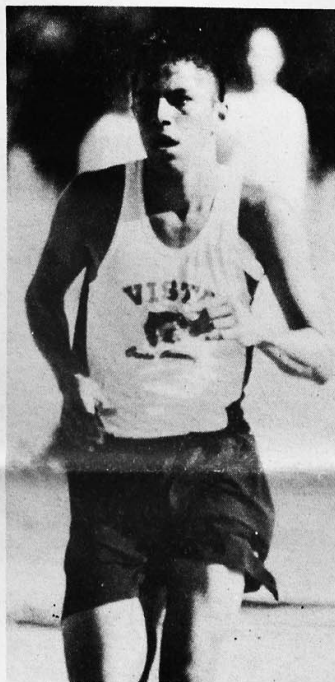
Granite Hills boys, Helix girls and both La Jolla teams win at the Baron Invite. Page 10.

Vista and Poway match up in the boys race, and the UC teams looked good at the Vaquero Stampedo. Page 11.

Ben Aragon and Desiree Davila come out of the blocks in strong fashion at the Wolfpack Invitational. Page 12.



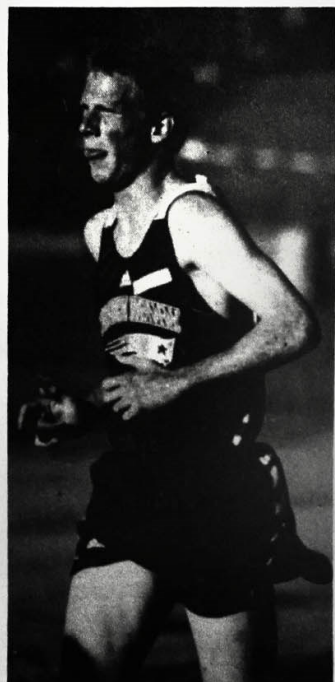
Scott Davis
La Jolla



Ramon German
Vista



Rachel Farrior
Helix



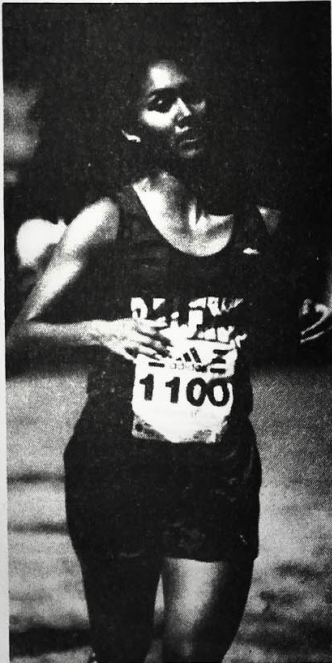
Shea Rollin
Patrick Henry



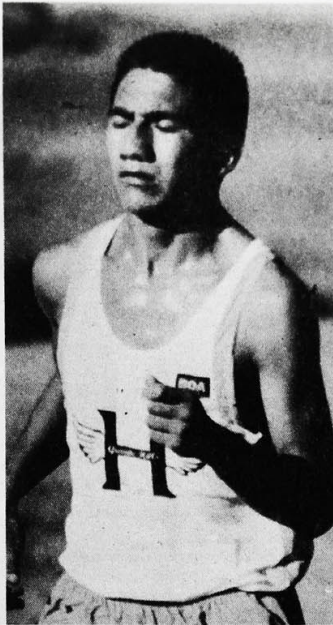
Darin Conner
Calvin Christian



Drew Bouchard
St. Augustine



Alicia Torres
Calexico



Efrain Carrillo
Granite Hills

TRACK MAGAZINE

EDITOR: BUZZ THOM
PHONE: 760-765-1914
FAX: 760-765-3185
MAIL: P.O. BOX 2276, JULIAN, CA 92036

TRACK MAGAZINE
is a Movin' Shoes Enterprise

Reproduction of any part of Track Magazine without permission from the publisher is prohibited. All rights reserved.

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

ADVERTISING:
Please address all advertising inquiries to
Dave Yarbrough at Movin' Shoes, in La Mesa:
619-466-1656

Printed at
POMERADO PUBLISHING,
POWAY, CA

Rankings:

- BOYS:
1. Vista
 2. Poway
 3. Valley Center
 4. West Hills
 5. Ramona
 6. Mt. Carmel
 7. Sweetwater
 8. Fallbrook
 9. Granite Hills
 10. Rancho Buena Vista

- Others:
- Escondido
 - La Jolla
 - Carlsbad
 - St. Augustine
 - Chula Vista
 - San Diego

- GIRLS:
1. Mt. Carmel
 2. West Hills
 3. Torrey Pines
 4. Rancho Bernardo
 5. Helix
 6. University City
 7. Poway
 8. Chula Vista
 9. Fallbrook
 10. Rancho Buena Vista
- Others:
- Carlsbad
 - La Jolla
 - San Pasqual
 - Ramona
 - Valley Center
 - La Costa Canyon

SECRETS?
There are no secrets.
Train hard. Race hard.
And every once in a while,
a new pair of shoes.

MOVIN' SHOES

La Mesa
6105 Lake Murray Blvd.
619-466-1656.
Pacific Beach
1892 Garnet Ave. (Pacific Plaza)
858-373-2310.
Encinitas
897 So. Coast Hwy 101 (The Lumberyard)
760-634-2353.

Out of town wrap-up: Poway in North Carolina; UC in Oregon...

Poway's boys had a once-in-a-lifetime experience last month, when they finished 17th in the Great American Festival in Charlotte, North Carolina.

The festival, which was begun last year, is an attempt to stage an unofficial national team championship in cross country, and invites what they consider to be the top 25 teams in the nation, in both boys and girls.

The Titans, who were third in the Division I race at the state cross country championships last year, competed well at the top of the pack.

"Our first three (Devin Lyons-Quirk, Aaron Powell and Luke McGinnis) can run with anybody else's first three," Poway coach Dan Schaitel said. "Then, there's a gap."

Poway's fourth and fifth runners were 1:33 and 1:43 behind their first finisher. "I think we can close that up quite a bit by the end of the year," Schaitel said.

Another local team, University City, also went far afield that weekend, running in the most unusual Three-Course Challenge in Oregon.

That meet featured three widely different courses, ranging from easy and long to difficult.

The results:

Great American Festival

At Charlotte, North Carolina, Saturday, Sept. 23. Conditions: heavy rain before race; some course accommodations had to be made.

Team: Poway boys finished 17th, out of 23 teams.

Individual:

16:10 Devin Lyons-Quirk (27th)
16:27 Aaron Powell (40th)
16:39 Luke McGinnis (58th)
17:43 Pat Maloney (131st)



Chessa Adsit-Morris
University City



Andrew Garratt
University City

17:53 Gavin Coleman (140th)
17:59 Chris Ryan (143rd)
18:39 Pat McCarthy (157th)

3-Course Challenge

At Seaside, Oregon, Saturday, Sept. 23. Conditions: Definitely unusual, with runners drawing lots to run on three separate and widely varying courses of indeterminate length. Team scoring was decided on adding up places in different races. Meaning of times is unknown.

BOYS:

Team: University City won large school division, with 169, ahead of Tahoma, Washington (186) and Oregon City (210).

Red course (difficult): 15.

Andrew Garratt (UC), 17:02.

Blue course (moderate): 10.

Sixto Aspeitia (UC) 15:51, 15. Brad Liber (UC) 16:09.

GIRLS:

Team: University City was second

(91 points), behind Mountain View, Bend, Oregon (84).

Red course (difficult): 18. Lidia de Carvalho (UC), 20:40.

Blue course (moderate): 1. Chessa Adsit-Morris (UC) 18:08; 7. Ooms (UC) 18:46.

White course (easy, but long): 5. Lauren Jerd (UC) 23:59; 12. Karissa Teitsch (UC) 24:43; 16. Carolyn Crew (UC) 25:08.

Woodbridge

At Woodbridge High School, Irvine, on Saturday, Sept. 16. Conditions: Fast.

BOYS (3.0 miles):

San Diego Section runners (not all area runners included):

15:29 Taylor Williams, Helix
15:30 Babey Wagnew, Hx
15:58 Andrew Garratt, UniCity
16:13 Jon Cordes, Escondido
16:19 Kern Huerta, UC
16:20 Sixto Aspeitia, UC
16:26 Troy McAdams, RBV
16:26 Artemio Mateo, RBV
17:17 Ryan Mason, Mission Bay

GIRLS (3.0 miles):

San Diego Section runners (not all area runners included):

18:27 Chessa Adsit-Morris, UC
18:31 Kaleena Yee, RanchoBrdo
18:41 Stephanie Baird, Hx
19:20 Allison Hall, RB
19:51 Rebecca Bostwick, UC
19:54 Lidia de Carvalho, UC
19:56 Jessica Ooms, UC
20:15 Melissa Moore, RBV
20:20 Bree Justus, RBV

Stanford: Desi, Jenna race well in tough fields

Hilltop's Desiree Davila and San Dieguito Academy's Jenna Timinsky both more than held their own against some of the best competition in the country when they competed in last week's Stanford Invitational.

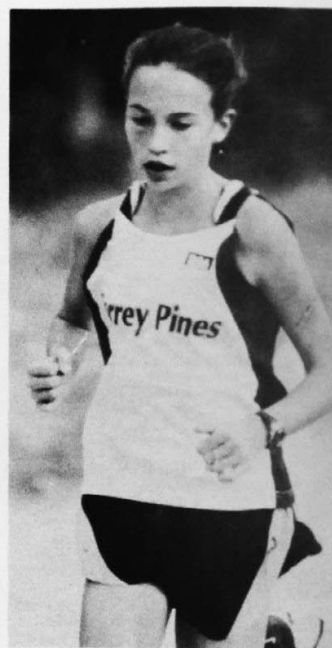
Davila was second in the Division I race, running 18:49 for the 5K course, which was among the fastest times of the day. Winner of the race was Glendale Hoover's Anita Siraki, in 18:12. Siraki is the defending state champ in the 3200 in track, and in Division I in cross country.

Timinsky was second in the Division III race, and ran 19:03. In so doing, she trailed Carrillo's Jenny Aldridge (18:52), but was ahead of San Lorenzo Valley's Alejandra Barrientos.

Best local team in the meet was the Torrey Pines girls, who had mixed results in the Division I race. The Falcons' Julie Komosinski (4th in 19:24) and frosh Dani Schuster (5th in 19:37) looked good, but there was a 2:08 gap back to their next runner. Torrey was sixth in team scoring.

A Carlsbad girls team that was missing a number of key performers was 14th in the Division I race. They were led by soph Jessie Ansari, 37th in 20:52.

For one reason or another, few



Dani Schuster
Torrey Pines

local schools ventured to Stanford this season. Usual participants such as West Hills and Scripps Ranch, among others, chose other options.

Partial results (not including all local teams):

At Palo Alto, Saturday, September 30. Conditions: grassy, hilly course; hot weather.

GIRLS (3.1):

Division I:

1. Anita Siraki, Hoover, Glendale, 18:12; 2. Desiree Davila, Hilltop, 18:49; 4. Julie Komosinski, Torrey Pines, 19:24; 5. Dani Schuster, Torrey Pines, 19:37.

Other San Diego Section runners:

20:52 Jessie Ansari, Carlsbad
21:20 Katie O'Connell, Carls
21:45 Krista Romley, TP
22:02 Brenna Williams, TP
22:18 Alysha Schor, TP
22:23 Melinda Christinson, Carls
22:23 Kelly Platko, Carls
22:27 Meredith Riley, Carls
22:40 Haley Moore, TP
23:10 Kristin Woodward, Carls
23:22 Ashley Orr, TP

Division III:

1. Jenny Aldridge, Maria Carrillo, 18:52; 2. Jenna Timinsky, San Dieguito Academy, 19:03.

Dana Hills: Vista boys, Mt. Carmel girls tough

If you want fast times, go to Dana Hills.

The times there are so quick that meet organizers are on the defensive about the length of the course.

This year, they measured it three (!) times, and advertised that it was a bit longer than three miles.

San Diego-area teams made their

Please see page 4.

Next Issue:
October 20
Look for it at the Kit Carson Invite or to be delivered to your school.

Dana Hills:

From page 3.

mark there, with the Vista boys and the Mt. Carmel girls both coming away with the fastest team times of the day for all divisions.

The five fastest Mt. Carmel girls totaled 94:27 to edge highly-regarded Woodbridge of Irvine (95:01). The Sundevils were paced by great efforts by Janet Mulvey (18:30) and Deanna Sick (18:34). Ashlee Dere (18:48), Manal Yamout (18:54) and Audrey Harrer (19:41) rounded out their five. Alison Hilton did not run.

The Vista boys totaled 78:24 for the course, ahead of host Dana Hills (78:47). The Panthers had five runners ranging from 15:11 (Ryan Montez) to 15:56 (Nick Danza and Joe Aguilar). Sandwiched in between were Mark Baddas (15:33) and Ramon German (15:48).

In boys racing, San Diego Section runners put up four of the six fastest clockings of the day.

That included fast races from Helix junior Taylor Williams (15:09), Vista senior Montez (15:11), and Mt. Carmel juniors Abadir Barre (15:17) and Alan Aradanas (15:20). Helix frosh Babey Wagnew (15:33) set a meet record in winning his race.

Best balanced local boys team (after Vista) was probably Rancho Buena Vista, whose top five ranged from 15:57 (Aaron Trunnell) to 16:32.

A good looking small school boys team was Calvin Christian, led by Darin Conner, Jesse Shipley and Josh Vermaire.

After the Mt. Carmel girls, good team efforts came from Helix (97:52, without Stephanie Baird), and Poway (98:29).

RBV had three girls under 20:00 despite missing team leader Nastassja Hall, and Carlsbad also had three under 20:00 with a handful of runners missing, including Jessie Ansari, Deanna Lynn and Kelly Platko.

The results:

At Dana Hills High School, in Dana Point, Saturday, Sept. 23. Course was measured at 25 yards more than 3 miles, and is considered among the quickest in the state.

BOYS (3.0 miles):

Ten fastest local runners of the day:

- 15:09 Taylor Williams, Helix
- 15:11 Ryan Montez, Vista
- 15:17 Abadir Barre, Mt Carmel
- 15:20 Alan Aradanas, MtC
- 15:33 Mark Baddas, Vis
- 15:33 Babey Wagnew, Hx
- 15:48 Ramon German, Vis
- 15:49 Will Kraemer, Army Navy
- 15:56 Nick Danza, Vis
- 15:56 Joe Aguilar, Vis

Fastest team times of the day, all divisions:

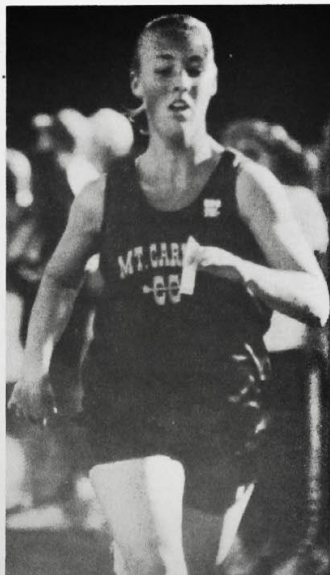
- 78:24 Vista
- 78:47 Dana Hills
- 79:08 Santa Ana
- 79:14 Murrieta Valley
- 79:35 El Toro

Division I Seniors:

First three:



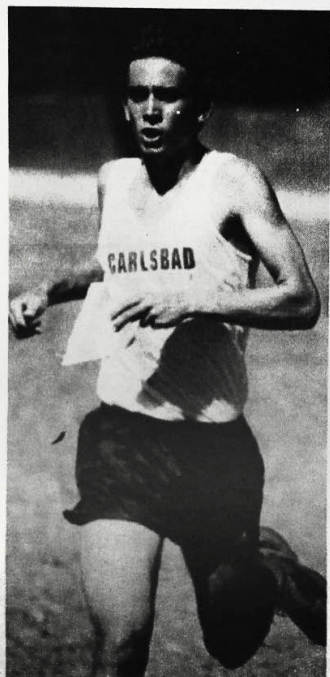
Deanna Sick
Mt. Carmel



Janet Mulvey
Mt. Carmel



Amanda Cummings, Lindsey Giolzetti
Scripps Ranch



Ben Miedema
Carlsbad

- 15:02 Kevin Arnold, MurrVal
- 15:11 Ryan Montez, Vis
- 15:24 Devin Segal, Dana Hills
- Other San Diego Section runners:
- 15:33 Mark Baddas, Vis
- 15:48 Ramon German, Vis
- 15:56 Nick Danza, Vis
- 15:57 Aaron Trunnell, RBV
- 16:34 Eric Hernandez, Vis
- 16:34 Derek Urban, Vis

Div I Juniors:

Winner:

- 15:09 Taylor Williams, Hx
- Other San Diego Section runners:
- 15:17 Abadir Barre, MtC
- 15:20 Alan Aradanas, MtC
- 15:56 Joe Aguilar, Vis
- 15:58 Andres Padilla, CV
- 16:19 Mike Rentz, MtC
- 16:24 Eduardo Mariscal, CV
- 16:25 Apolinar Mariscal, CV
- 16:31 Bryan Perez, RBV
- 16:32 Shaun Ferris, RBV
- 16:36 Matt Shull, Vis

Div I Sophs:

- San Diego Section runners:
- 16:25 Artemio Mateo, RBV
- 16:26 Troy McAdams, RBV
- 16:39 Jose Banuelos, Vis
- 16:40 Jason Miller, RBV
- 16:55 Elliott Davey, MtC

Div I Frosh:

Winner:

- 15:33 Babey Wagnew, Hx
(new frosh record for meet)
- Other San Diego Section runners:

- 17:02 Danny Medrano, CV
- 17:07 Ryan Richter, Vis
- 17:16 Aaron Gonzalez, Vis

Div II Seniors:

San Diego runners:

- 16:49 Chris Burnham, Carls
- 17:00 Ben Miedema, Carls

Div II Juniors:

San Diego Section runners:

- 16:49 Justin Zelones, ScrippsRch
- 16:50 Russell Edwards, SR
- 16:53 Scott Perry, SR

Div II Sophs:

San Diego Section runners:

- 16:50 Rey Ramirez, Carls
- 16:58 Trevor Mulvey, Carls
- 17:00 Marco Venancio, Mission Bay
- 17:05 Simon Kiflu, MB
- 17:09 Chris Lancaster, SR
- 17:20 Anthony Fogelstrom, Carls

Div II Frosh:

San Diego Section runners:

- 17:24 Ryan Mason, MB
- 17:42 Anthony Seng, MB
- NOTE: Mission Bay won team title.

Div III Seniors:

San Diego Section runners:

- 16:27 Pedro Caro, Central
- 16:56 Erik Thompson, S'west (EC)
- 17:44 Jesse Shipley, CalC
- 17:47 Josh Vermaire, CalC

Div III Juniors:

Winner:

- 15:49 Will Kraemer, Army Navy
- Other San Diego Section runners:
- 16:25 Luis Zepeda, Calexico
- 16:43 Sal Acevedo, SW
- 16:49 Jose Sanchez, Oceanside
- 17:11 Mike Padilla, Calx
- 17:17 Bishop Garnett, SW
- 17:19 Darin Conner, CalC
- 17:27 Alfredo Contreras, Calx

Div III Sophs:

San Diego Section runners:

- 17:23 Ernie Castellanos, Cent
- 17:25 Doug Fulp, SW
- 17:25 Dale Showers, Oc

Div III Frosh:

Winner:

- 17:40 Hipolito Valdez, Cent
- San Diego Section runners:
- 18:18 Chris Laura, SW

GIRLS (3.0 miles):

Ten fastest local runners of the day:

- 18:30 Janet Mulvey, Mt Carmel
- 18:34 Deanna Sick, MtC
- 18:41 Rachel Farrior, Helix
- 18:44 Sophie Marquez, Chula Vista
- 18:48 Ashlee Dere, MtC
- 18:54 Manal Yamout, MtC
- 19:01 Rachel Good, Poway
- 19:05 Kristina Maletz, Pwy
- 19:18 Amy Johnson-Westlie, Hx
- 19:22 Mythili Duvvuri, CV
- 19:22 Katie O'Connell, Carlsbad

Fastest team times of the day, all divisions:

- 94:27 Mt. Carmel
- 95:01 Woodbridge
- 95:28 Murrieta Valley
- 95:40 Santa Margarita
- 96:12 Dana Hills

Div I Seniors:

First five:

- 18:22 Kelly Vanessa, Marina
- 18:30 Janet Mulvey, MtC
- 18:48 Ashlee Dere, MtC
- 18:54 Manal Yamout, MtC
- 19:05 Kristina Maletz, Pwy

Other San Diego Section runners:

- 19:22 Mythili Duvvuri, CV
- 19:31 Elizabeth Harns, Hx
- 19:41 Audrey Harrer, MtC
- 20:04 Meredith Harns, Hx
- 20:13 Audrey Pound, Pwy
- 20:20 Lauren Simon, Pwy
- 20:22 Camille Robinson, CV
- 20:34 Tara Whitty, Pwy
- 20:41 Danielle Holden, Pwy
- 20:55 Holly Shisler, Vis
- 20:58 Lillian Chen, MtC

Div I Juniors:

First three:

- 17:10 Julie Allen, Fountain Valley
- 18:34 Deanna Sick, MtC
- 18:44 Sophie Marquez, CV
- Other San Diego Section runners:
- 19:38 Courtney Allen, RBV
- 20:42 Darla Reader, CV
- 20:51 Amy Vasko, MtC

Please see page 5.

Dana Hills:

From page 4.

20:54 Olympia Olguin, Vis

20:55 Jessica Kelleher, Vis

Div I Sophs:

Winner:

18:10 Hazel Vargas, Bell Gardens

San Diego Section runners:

18:41 Rachel Farrior, Hx

19:18 Amy Johnson-Westlie, Hx

19:44 Melissa Moore, RBV

19:53 Aurora Ramirez, Vis

19:59 Melanie Monroe, Pwy

20:11 Jessica Schenk, Pwy

20:18 Olga Gorobets, Hx

20:21 unk., Vis

20:51 Kara Urban, Vis

20:55 Leah Brucker, Hx

20:57 Megan Doroba, Pwy

20:58 Johanna Suasa, CV

21:00 Michelle Jensen, Hx

Div I Frosh:

Winner:

18:37 Brianna Powell, LB Poly

San Diego Section runners:

19:01 Rachel Good, Pwy

19:49 Bree Justus, RBV

21:09 Siobhan Warren, Hx

21:09 Whitney Cleveland, Hx

Div II Jr/Srs:

Winner:

17:46 Lori Mann, Santa Margarita

San Diego Section runners:

19:22 Katie O'Connell, Carlsbad

19:34 Rose Serna, Mission Bay

19:40 Erin Soto, Carls

Div II Sophs:

San Diego Section runners:

19:54 Natalie Gattrell, ScrippsRnch

19:55 Sara Cates, Carls

20:08 Lindsey Gialzetti, SR

20:18 Amanda Cummings, SR

Div III Jr/Srs:

San Diego Section runners:

20:41 Aina Torres, Calxico

21:00 Alicia Torres, Clxco

21:18 Elana Huff, CalvinChrtn

Div III Frosh/Sophs:

San Diego Section:

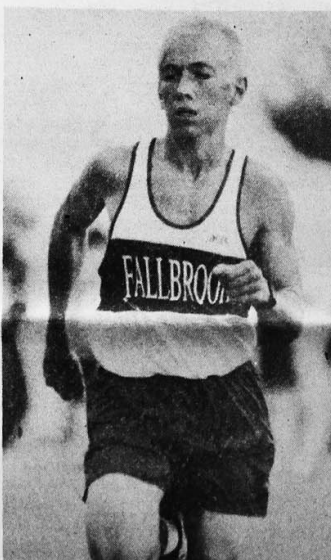
21:29 Nancy Enriquez, Oceanside



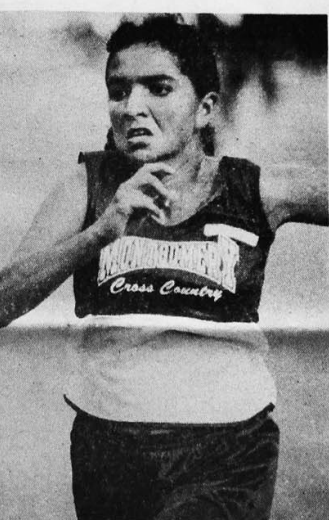
Allison Hall
Rancho Bernardo



Abdirizak Abdi
Sweetwater



Alex Casarez
Fallbrook



Yenissa Kaeg
Montgomery

South Bay:

Torrey, Vike girls; VC, Sweetie boys win

The South Bay Invite is always a good early-season yardstick.

Teams race in a varsity team-scored format over a full-length course, and the season is far enough along to be able to give some weight to the results.

Among the significant developments:

Torrey Pines girls team edged West Hills in the large school race, fueled by an excellent run by their first three. Senior Julie Komosinski won the race, frosh Dani Schuster was 4th, and junior Krista Romley was 6th.

The West Hills squad was slowed by illness, with a few runners off their best form.

Rancho Bernardo's girls were well back in third, but they were running without number one Kaleena Yee and another scorer, Leah Romero.

In the small schools girls race,

La Jolla won a close three-team competition over Valley Center and San Pasqual.

The Vikes had three runners in the top ten, but were missing some key performers. San Pasqual's girls included freshmen in the top four spots, and they are continuing to improve at a rapid rate.

In boys action, Sweetwater used strong pack running to edge a quickly-improving West Hills team in the large schools race. The Wolfpack's Ben Aragon and Kevin Schible were 1-3, and Sweetwater's Mark Dionela and Abdirizak Abdi finished 4-5. Fallbrook, Granite Hills and Escondido were all close behind those two teams.

Valley Center used great up-front strength to win the small school boys race.

Valhalla's David Santos posted the fastest time of the day, and was followed to the finish by the Jaguars' Gus Polito, Ryan Skerl and Cooper Bachman. La Jolla fell

out of serious contention when team ace Chris Ferrier had to drop out. St. Augustine, missing its second runner, was second, ahead of Valhalla.

The results:

At Southwestern College, Saturday, September 23. Conditions: Relatively cool, mostly overcast.

BOYS (3.1 miles):

Fastest ten of the day, all races:

16:20 David Santos, Valhalla
16:28 Gus Polito, Valley Center
16:37 Ben Aragon, West Hills
16:44 Ryan Skerl, Valley Center
16:56 Cooper Bachman, Valley Ctr
16:56 Troy Swier, Mar Vista
16:59 Dustin Whitson, Bonita Vista
17:05 Kevin Schible, West Hills
17:05 Drew Bouchard, St. Augustine
17:08 Mark Dionela, Sweetwater

Varsity, Division I:

Teams: Sweetwater 64, West Hills 71, Fallbrook 78, Granite Hills 83, Escondido 88, Bonita Vista 175, Rancho Bernardo 176, Torrey Pines 220, Eastlake 261, Patrick Henry and Southwest, no score.

Individuals:

16:37 Ben Aragon, WH
16:59 Dustin Whitson, BV
17:05 Kevin Schible, WH
17:08 Mark Dionela, Swe

17:09 Abdirizak Abdi, Swe
17:16 Johnny Cordes, Escondido.
17:20 Chris Gausepohl, Fallbrook
17:27 Efrain Carrillo, Granite Hills
17:29 Alex Casarez, Fall
17:30 David Marshall, Patrick Henry
17:32 Josh Rivera, GH
17:32 Jimmy Ungricht, Fall
17:35 Jose Guardado, Swe
17:36 Nico Cueva, Esc
17:37 Eddie Sanchez, Swe
17:40 Ross Halleland, WH
17:40 Sean Savage, WH
17:45 Joe Voshell, Esc
17:49 Luke Pepin, GH
17:50 Dan Tanks, Rancho Bernardo
17:54 Josh Wieberg, Esc
17:57 Sean Bartonicek, GH
17:58 Eladio Carrillo, GH
18:00 Tim Irwin, Fall
18:01 Eric Delgadillo, PH
18:02 Keith Lowell, Fall
18:03 Hector Arreola, Swe
18:10 Kevin Nolan, Torrey Pines
18:14 James Barlow, Esc
18:14 Cesar Torres, Swe
18:15 Kenyon Ralph, RB
18:27 Mukhtar Abdul, Swe
18:28 Aneirin Nunn, TP
18:31 Michael Bell, WH
18:33 unid., RB

18:34 Joe Ruiz de Chavez, RB
18:35 Jeff Spate, PH
18:36 Ty Lidman, TP
18:36 James Pilley, GH
18:38 Kyle O'Connor, Esc
18:38 Nick Raue, BV
18:40 Sal Vasquez, Eastlake
18:40 unid., BV
18:44 Nick Amalfitano, BV
18:45 unid., BV
18:47 William Melo, WH
18:50 Andrew Fowers, BV
18:52 Vernon Ng, EL
18:54 Daniel Valdez, BV
18:56 Sal Bono, GH

Varsity, Division II

Team Scores: Valley Center 68, St. Augustine 85, Valhalla 93, La Jolla 116, Mar Vista 139, San Pasqual 180, Hilltop 231, Christian 284, Santana 294, Coronado 318, Mountain Empire 357, Tri City Christian 369, Lutheran 455. Julian, Hoover, Ballarat, no score.

Individuals:

16:20 David Santos, Val
16:28 Gus Polito, VC
16:44 Ryan Skerl, VC
16:56 Cooper Bachman, VC
16:56 Troy Swier, MarV
17:05 Drew Bouchard, StA
17:27 Scott Davis, La Jolla
17:29 Matt Johnson, San Pasqual
17:33 Nathan Aginiga, Hilltop
17:34 John Wai, Christian
17:39 Stender, StA
17:40 Filiberto Martinez, ElCajonV
17:45 Craig Nowakowski, Val
17:45 Tony Illig, VC
17:51 Jesus Perez, MarV
17:56 Ryan Abelowitz, LJ
17:57 John Israel, StA
17:58 Thomas Ferguson, Clairemont
18:09 Jaime Mondragon, Pt Loma
18:16 Colin Haydu, LJ
18:16 Elliott Rethmeier, SP
18:19 Bryan Voyles, Val
18:20 Francisco Venegas, MtnEmp
18:21 Richard McRoskey, StA
18:26 Robert Raney, Val
18:29 Steven Loforti, Claire
18:31 Dan Tapia, StA
18:32 Mukhtar Abdulle, Hoover
18:32 Erick Castro, PTL
18:34 Roberto Alvarez, SP
18:41 Darren McTaggart, Claire
18:46 Nick Sanetra, Val
18:50 Christian Flores, MarV
18:51 Matt Saldivar, Chv
18:53 Nicola D'Angelo, Santana
18:56 Chad Valderrama, LJ
18:56 Binder, LJ
18:57 Garrett Metcalf, TriCityChr
18:57 Sal Cota, MarV
18:58 Justin Harms, Hill

Division I Frosh/Soph:

Team Scores: Patrick Henry 45, Granite Hills 77, Rancho Bernardo 82.

Individuals:

17:54 Shea Rollin, PH

Please see page 6.

South Bay:

From page 5.

17:58 Steve Prinz, PH
17:59 David Lynn, ElCap
18:58 Kyle Tabler, PH
18:51 Robert Fine, GH
18:55 Chris Allison, RB
18:55 Robert Hernandez, WH
18:59 Alex Fontaine, Fall
19:01 Hector Gutierrez, ElCap
19:10 Marcel Martinez, PH

Division II Fresh/Soph:

Team Scores: San Pasqual 30, St. Augustine 107, Valhalla 114.

Individuals:

18:12 Yikal Assefa, Hoov
18:15 Yafet Abraha, Hoov
18:20 Fernando Alvarez, SP
18:35 Eric Konzen, SP
18:41 Josh Andre, SP
18:45 Mike Healy, StA
18:45 Brent Varga, SP
18:50 Carmelo Martinez, ECV
18:51 Jarrod White, Australia
18:53 James Sullivan, StA

GIRLS (2.47 miles):

Fastest ten of the day: (all races)

14:45 Desiree Davila, Hilltop
15:01 Julie Komosinski, Torrey Pines
15:13 Jasmine Marquez, El Capitan
15:27 Allison Hall, Rancho Bernardo
15:38 Dani Schuster, Torrey Pines
15:45 Katie Matlack, Fallbrook
15:46 Krista Romley, Torrey Pines
15:51 Shawna Winfrey, West Hills
16:00 Kristina Nugent, West Hills
16:06 Chandra Farnham, West Hills

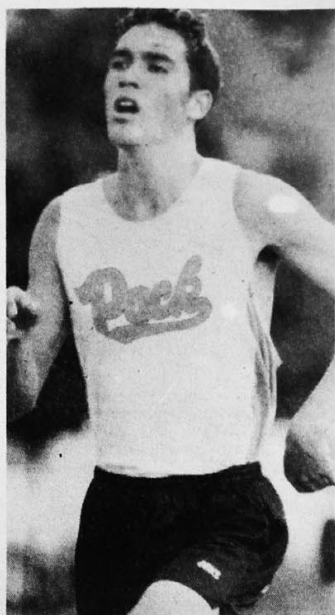
Division I Varsity:

Team Scores: Torrey Pines 52, West Hills 55, Rancho Bernardo 102, Fallbrook 104, Bonita Vista 107, El Capitan 224, Escondido 236, Grossmont 271, Eastlake 274, Sweetwater 290, Castle Park 291, Patrick Henry 296, Granite Hills 338, Morse 349, Montgomery 350.

Individuals:

15:01 Julie Komosinski, TP
15:13 Jasmine Marquez, ECP
15:27 Allison Hall, RB
15:38 Dani Schuster, TP
15:45 Katie Matlack, Fall
15:46 Krista Romley, TP
15:51 Shawna Winfrey, WH
16:00 Kristina Nugent, WH
16:06 Chandra Farnham, WH
16:15 Kate Branson, BY
16:21 Maija Rohde, Fall
16:23 Cindy Walker, GH
16:27 Ashley Handy, WH
16:28 Jamie Carmichael, Fall
16:31 Laura Guzman, Esc
16:34 Haley Moore, TP
16:36 Kiersten Dolby, BV
16:38 Jackie Dale, WH
16:39 Cassie Kuske, WH
16:40 Belinda Oberum, RB
16:42 Jessica Huepper, RB
16:44 Christina Burke, PH
16:47 Trinity Amalfitano, BV
16:50 Monica Hubbard, ECP
16:52 Alison Schor, TP
16:53 Katie Boyd, RB
16:56 Brenna Williams, TP
16:58 Kristen Thompson, BV
17:02 Dulce Alvarez, BV
17:08 Pati Romero, El
17:08 Yanissa Kaeg, Montgomery
17:09 Laura Landry, RB
17:15 Rachel Golick, TP
17:21 Kerri Wheeler, RB
17:23 Laura Gunther, Fall
17:24 Casey Root, Grossmont
17:25 Silvia Romero, El
17:30 Joanna Gallarzo, Swe
17:32 Christina Eades, Fall
17:37 Maria McGaffigan, CP
17:38 Marissa Lopez, BV
17:40 Katie Thompson, RB
17:43 Naomi Mattos, Fall
17:46 Joanne Southard, WH
17:54 Katie McCoy, Gro
17:56 unid., CP
18:00 Jackie Paras, EL
18:02 Bree Ann Alfstad, BV
18:04 Christine Metzler, Fall
18:04 Molly Kelly, Esc

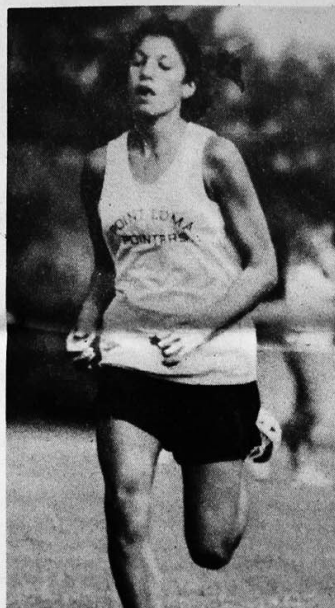
Division II Varsity:



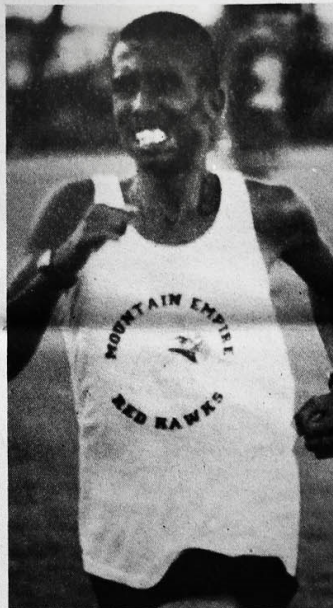
Kevin Schible
West Hills



Katie Matlack
Fallbrook



Rachel Bombaci
Point Loma



Francisco Venegas
Mountain Empire

Division II Varsity:

Teams: La Jolla 60, Valley Center 69, San Pasqual 75, Point Loma 130, Valhalla 175, Hilltop 185, Our Lady of Peace 186, Santana 204, San Diego 279. Coronado, Marian Catholic, Hoover, El Cajon Valley, Tri City Christian, Serra, Julian no score.

Individuals:

14:45 Desiree Davila, Hill
16:09 Anna Hough, VC
16:16 Amy Montgomery, Ser
16:18 Desiree Leek, LJ
16:23 Sara Reid, Ptl
16:26 Rachel Bombaci, Ptl
16:31 Clare Rethmeier, SP
16:35 Leslie Borenstein, LJ
16:46 Lorin Scott, SP
16:50 Liz Edwards, LJ
16:58 Julie Kermott, Val
17:02 Allie Willis, SP
17:03 Alejandra Montiel, VC
17:03 Kristin Wehrle, LJ
17:04 Melissa Preston, VC
17:06 Rebecca Sale, VC
17:11 Kirstin Wilson, OLP
17:11 Samantha From, MtnE
17:14 Allison Harden, Ptl
17:18 Janelle Luna, SD
17:20 Ali Baker, MtnE
17:24 Lauren Lynaugh, Ser
17:25 Danae Hough, VC

17:26 Maggie Sass, LJ
17:27 Katie Grim, LJ
17:29 Lisha Burdick, VC
17:32 Lupe Lopez, Hill
17:35 Odette Rodriguez, OLP
17:38 Joy Johnson, SP
17:41 Emily Trepasso, Coro
17:41 Roxanne Romo, SD
17:43 Keira DeVigne, Sant
17:44 Jennifer Dowthitt, SP
17:46 Amy Lang, Ser
17:49 Amber Straight, Val
17:50 Brenda Mendez, ECV
17:56 Tanya Chapman, Sant
17:58 Maureen Rodriguez, Val
18:05 Arlene Amador, Ser
18:13 Sarah Smith, LJ
18:14 Maureen McClellan, OLP
18:15 Amanda Paulson, Sant
18:17 Carlee Ihm, Sant
18:17 Dora Sanders, Val
18:25 Megan Lopez, OLP
18:25 Elizabeth Smith, Julian
18:28 Jessica Street, Hill
18:35 Anne Vieira, Ptl
18:37 Laura Sanders, Val
18:44 Jackie Turpin, Sant
Junior Varsity, Division I
Team Scores: West Hills 47, Torrey Pines 54, Bonita Vista 56.
Individuals:
16:58 Ashley Orr, TP

17:02 Dorothy Trogler, TP
17:17 Monica Lane, RB
17:21 Joanna Barnes, Mont
17:39 Darcy Fox, WH
17:40 Heather Romero, BV
17:41 Knudson, BV
17:43 Rebecca McDonald, TP
17:46 Jessica Hoffman, WH
17:53 unid., WH

Junior Varsity, Division II

Team Scores: La Jolla 25, Valley Center 92, San Pasqual 140.

Individuals:

17:06 Teagan Southwell, Ballarat
18:07 Caddie Robertson, Bal
18:07 Tiffany Miller, LJ
18:23 Amy Wong, LJ
18:24 Heidi Lynne, LJ
18:27 Kate Bride, LJ
18:31 Carrie Johnson, LJ
18:33 Judith Jimenez, Claire
18:42 Ana Marie Buscemi, VC
18:51 Aubrey Duff, VC

Sundevil: Kilmer, hosts hot as the weather

The Sundevil meet is when the season always kicks into high gear.

Host Mt. Carmel used the occasion to post some excellent results, with their girls team continuing to show why they are ranked number one in the Section.

The meet was held in very hot conditions, with all races after mid-morning being affected by heat and humidity.

Best race of the day was in the small schools girls senior race, where Ramona's Loretta Kilmer continued her excellent early season with a win over Hilltop's Desiree Davila and El Capitan's Jasmine Marquez.

Kilmer, after opening up considerable ground on the second loop of the course, won in the day's fastest time, 15:22 for the 2.7 miles. Davila was not far back by the end, in 15:23.

Mt. Carmel's girls were well in evidence in the large school senior race, with Janet Mulvey (4th), Ashlee Dere (5th), Manal Yamout (6th) and Audrey Harrer (9th) all looking good.

Local girl winners, besides Kilmer, included Chula Vista's Sophie Marquez (large school juniors), San Dieguito Academy's Jenna Timinsky (small school juniors), Carlsbad's Jessie Ansari (large school sophs), and Ramona's Mishon Stalnaker (small school frosh). Timinsky's victory margin was 1:09.

Other local wins included West Hills' Ben Aragon (large school seniors), Mt. Carmel's Alan Aradanas (large school juniors), Valley Center's Cooper Bachman (small school juniors), VC's Gus Polito (small school sophs), Mt. Carmel's Jared Secrist (large school frosh) and Mar Vista's Troy Swier

Please see page 7.



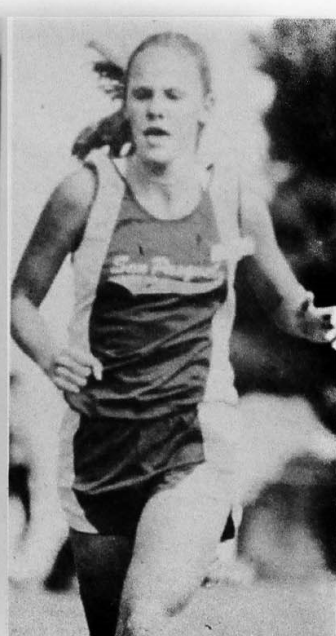
Benny Gandolfo
El Capitan



Jose Sanchez
Oceanside



Leslie Borenstein
La Jolla



Claire Rethmeier
San Pasqual

Sundevil:

From page 6.

(small school frosh). Swier's win was huge, with a 1:27 gap to second place. Aradanas had the fastest time of the day by any San Diego Section runner.

In team terms, the boys racing revealed that Poway and Mt. Carmel both had big gaps to plug in the middle of their lineups, while teams such as Granite Hills and Sweetwater displayed excellent balance. It was also a return to form for West Hills with big guns Aragon and Kevin Schible running strongly.

The results:

At Morley Field in Balboa Park, Saturday, Sept. 16. Conditions: progressively warmer throughout day; first races were held in reasonable conditions, but it was very hot by last races. Order of races is noted.

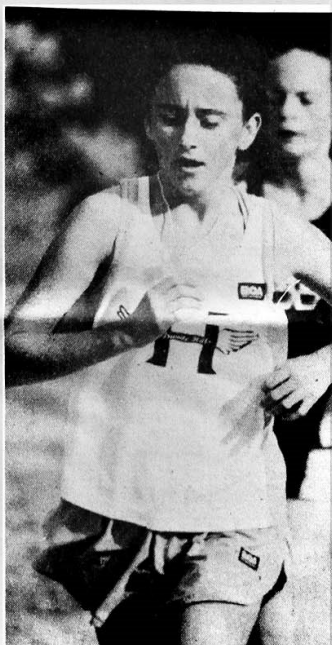
BOYS (2.95 miles):

Fastest eleven of the day (all races):

- 15:37 Robert Kubler, Crespi
- 15:38 Alan Aradanas, Mt. Carmel
- 15:40 Ben Aragon, West Hills
- 15:42 Brandon Zelones, Mira Mesa
- 15:45 Devin Lyons-Quirk, Poway
- 15:56 Scott Sheffield, Ayala
- 15:56 David Santos, Valhalla
- 16:01 Luke McGinnis, Poway
- 16:04 Aaron Powell, Poway
- 16:06 Abadir Barre, Mt. Carmel
- 16:06 Cooper Bachman, Valley Ctr

D-I Seniors (race 16)

- 15:40 Ben Aragon, West Hills
- 15:45 Devin Lyons-Quirk, Poway
- 15:56 Scott Sheffield, Ayala
- 16:04 Aaron Powell, Poway
- 16:12 Devin Segal, DHills
- 16:13 Dustin Whitson, BonVista
- 16:18 A. Hernandez, Sultana
- 16:27 B. Black, Sult
- 16:34 Brian Rivas, Ayala
- 16:45 Josh Rivera, Granite Hills
- 16:48 Daniel Yoder, DH
- 16:50 Brian Gottlieb, ThousOks
- 16:54 Andy Thompson, TO
- 16:59 Sean Bartonicek, GH
- 17:03 David Marshall, PHenry
- 17:06 Derek Horn, DH
- 17:09 Ben Miedema, Carlsbad
- 17:14 Andrew Loudon, Ay



Cindy Walker
Granite Hills

- 17:17 Chris Ryan, Pwy
- 17:19 Chris Burnham, Carls
- 17:20 Julian Astudillo, Ay
- 17:22 Sean Savage, WH
- 17:24 Torrey Hamilton, Ay
- 17:26 Josh Basham, Ay
- 17:28 David Esquivel, MtCarmel
- 17:36 Duncan Jacobson, DH
- 17:38 Robert Sims III, Eisenhower
- 17:40 Patrick Starr, DH
- 17:42 Kevin Nolan, TorPines
- 17:44 David Pettijohn, DH
- 17:45 Sal Bono, GH
- 17:46 T. J. Waltz, DH
- 17:46 Isaac Chitica, San Marcos
- 17:51 Humberto Ramos, LCostaCn
- 17:54 Brad Williams, DH

Total finishers: 75.

D II Seniors (Race 8)

- 15:37 Robert Kubler, Crespi
- 15:56 David Santos, Valhalla
- 16:24 Chris Ferrier, La Jolla
- 16:25 Mark Dionela, Sweetwater
- 16:27 Drew Bouchard, StAug
- 16:31 Kenny Lawrence, Ramona
- 16:44 Abdirizak Abdi, Swe
- 16:56 Nathan Aginiga, Hilltop
- 17:01 Brian Thielien, UniSan Diego
- 17:05 Ricky Roane, Ram
- 17:12 Alberto Suestez, FloWells

- 17:17 David del Llano, Ram
- 17:20 Matt Johnson, San Pasqual
- 17:21 Dustin Abrams, FW
- 17:27 Mukhtar Abdulle, Swe
- 17:34 Wesley Rankin, Monte Vista
- 17:35 Raul Cobian, Brawley
- 17:35 Matt Lindeman, Bishop's
- 17:36 Freddie Nunez, SP
- 17:38 John Israel, StA
- 17:40 Scott Davis, LJ
- 17:42 Roberto Alvarez, SP
- 17:44 Dave Hohman, Salpointe
- 17:46 Slater Nez, Sherman Indian
- 17:47 Robbie Ogle, Hemet
- 17:47 Paul Murray, Scripps Ranch
- 17:48 Dan Tapia, StA
- 17:51 Craig Nowakowski, Val
- 17:52 Chris Valderrama, LJ
- 17:54 Andrew Lee, Pasadena Poly
- 17:56 Matt Wango, Sabino
- 17:57 Steve Dalton, USD
- 18:02 Osvaldo Lopez, Braw
- 18:06 Sal Cota, Mar Vista
- 18:07 Rigo Garcia, Braw

Total finishers: 104.

Division I Juniors (Race 14)

- 15:38 Alan Aradanas, MtC
- 15:42 Brandon Zelones, MM
- 16:01 Luke McGinnis, Pwy
- 16:06 Abadir Barre, MtC
- 16:15 D. Lyon, Sult
- 16:22 Kevin Schible, WH
- 16:25 David Troxell, DH
- 16:27 Tommy Jordan, DH
- 16:28 David Ignacio, SM
- 16:29 Mike Krestyn, TO
- 16:37 Efrain Carrillo, GH
- 16:40 Andres Padilla, CV
- 16:46 D. Black, Sult
- 16:48 Teage O'Connor, TO
- 16:56 Michael Rentz, MtC
- 16:57 Zack Neilson, MtC
- 16:57 Luke Pepin, GH
- 17:00 Chris Deonier, TO
- 17:00 Joel Belk, Lak
- 17:02 Jacob Senn, Eis
- 17:02 Matt Ciccone, Ay
- 17:03 Damian Hall, DH
- 17:15 Jimmy Retherford, SM
- 17:16 Ryan McElrath, Lak
- 17:17 Apolinar Marsical, CV
- 17:26 Brett Cook, MtC
- 17:26 Tom Jensen, TO
- 17:27 Ymael Miranda, CV
- 17:35 Yuh-Kun Kawakami, TP
- 17:40 David Aine, Ay

Total finishers: 108.

Division II Juniors (Race 6)

- 16:06 Cooper Bachman, VC
- 16:15 Chris Tucker, Hem
- 16:24 Ryan Skerl, VC
- 16:41 David Laird, FW
- 16:42 Luis Zepeda, Calexico
- 16:44 Jose Guardado, Sw
- 16:51 Filiberto Martinez, ECV
- 16:51 Jon Shellhammer, Ram

- 16:56 Eddie Sanchez, Swe
- 17:10 Tony Illig, VC
- 17:18 Ken Wood, Ram
- 17:26 Justin Zelones, SR
- 17:29 Antonio Montes, Salp
- 17:31 Jesus Perez, MarV
- 17:32 Mike Carini, USD
- 17:34 Christian Flores, MarV
- 17:38 Cesar Torres, Swe
- 17:39 Nate Stender, StA
- 17:39 Scott Perry, SR
- 17:40 Ara Parseghian, Salp
- 17:41 Vernon Ng, East
- 17:42 Jose Sanchez, Oceanside
- 17:46 Daniel Olen, Salp
- 17:47 Jason Patterson, King
- 17:53 Mario Fierro, USD
- 17:54 Caleb Garlipp, SR
- 17:56 Richard Berrotran, Cre
- 17:57 Russell Edwards, SR
- 17:58 Arturuo Contreras, Braw
- 17:59 Brian Voyles, Val

Total finishers: 131.

Division I Sophs (Race 12)

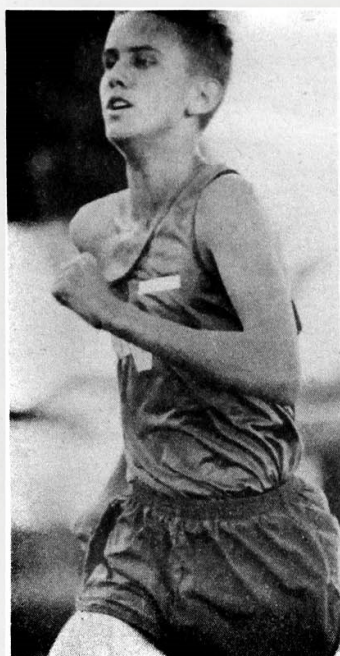
- 16:38 Ryan Ketcham, TO
- 17:01 Shea Rollin, PH
- 17:07 Eladio Carrillo, GH
- 17:10 Chris Leland, TO
- 17:11 Ross Halleland, WH
- 17:16 Matt Porter, TH
- 17:18 Anthony Fogelstrom, Carls
- 17:21 Steve Prinz, PH
- 17:31 Trevor Mulvey, Carls
- 17:44 Stevie Lore, Eis
- 17:47 Michael Bell, WH
- 17:50 Austin Bissonnette, SM
- 17:54 D. Schubert, Sult
- 17:55 Michael Jacobs, Ay
- 18:01 Fab Garcia, TC
- 18:05 D. Valdez, BV
- 18:08 Christian Lujan, Ay
- 18:09 Josh Loudon, Ay
- 18:12 Elliott Davey, MtC
- 18:13 Ben Van Aukun, TO
- 18:20 Ty Lidman, TP
- 18:21 Pat Maloney, Pwy
- 18:22 Mike Prickett, Pwy
- 18:23 Robert Fine, GH
- 18:26 James Groves, CV

Division II Sophs (Race 4)

(NOTE: All times have been corrected by adding 31 seconds to each)

- 16:23 Gus Polito, VC
- 16:28 Kip Madden, Val
- 16:52 John Wai, Chr
- 17:03 Benny Gandolfo, ECP
- 17:07 Jason Calavito, Salp
- 17:12 Dan Driscoll, MontV
- 17:18 Nick Colbrunn, Hem
- 17:24 Hector Arreola, Swe
- 17:31 Brendan Cronin, USD
- 17:33 David Lynn, ECP
- 17:33 Paddy Tatisko, USD

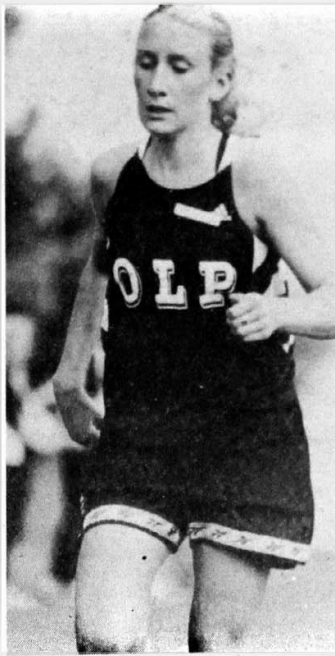
Please see page 8.



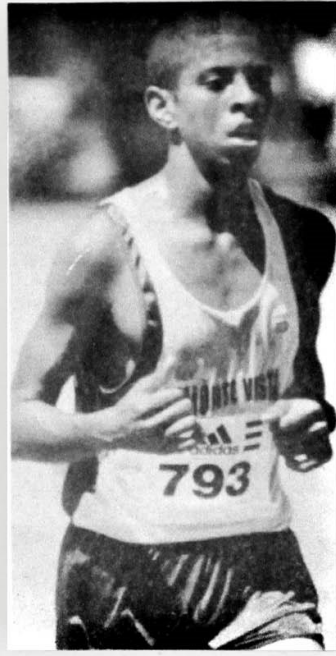
Troy Swier
Mar Vista



Kaili Shumilak
The Bishop's School



Kirstin Wilson
Our Lady of Peace



Wesley Rankin
Monte Vista

Sundevil:

From page 7.

17:40 Chris Lancaster, SR
17:41 Jon MacLaughlin, King
17:45 Phil Lacovara, Salp
17:46 Daniel Strosky, FW
17:48 Garret Allen, King
17:51 Matt Smith, Bish
17:52 Donald Hartness, King
17:53 Assier Yiklar, Hoov
17:54 **Eric Konzen, SP**
17:55 Brent Varga, SP
17:58 Lee John, LJ
18:04 Josh Andre, SP
18:05 Justin Motika, Ser
18:07 Kyle Zabinsky, VC

Division I Frosh (Race 10)
17:46 Jared Secrist, MIC
17:50 Gavin Coleman, Pwy
18:01 Oscar Ignacio, SM
18:20 Pat McCarthy, Pwy
18:24 J. D. Williams, DH
18:27 Danny Medrano, CV
18:27 Leonel Carrillo, GH
18:33 Taylor White, DH
18:34 Darin Lyons-Quirk, Pwy
18:45 **Kyle Kincaid, TP**
18:53 J. Serratos, BV
18:54 Dominick Dowds, MIC
18:54 Ryan Graddy, TP
18:55 Kazuma Taguchi, Ay
18:56 **Brian Simmons, TP**
18:57 Robert Hernandez, WH
19:00 R. Becijas, BV
19:05 David Bielicki, SM
19:08 Andrew Cotton, DH
19:09 R. Hernandez, Sult

Division II Frosh (Race 2)
16:20 Troy Swier, MarV
17:47 Fernando Alvarez, SP
18:06 Carmelo Martinez, ECv
18:14 Vernon Harris, Val
18:18 **Ramon Casillas, FW**
18:24 Chris Monaco, VC
18:25 Mitch Howell, TCC
18:35 H. Gutierrez, ECp
18:38 B. Hallor, LJ
18:47 **David Paradise, SP**
18:50 Ryan Dial, Val
18:52 Jacob Rose, Hem
18:55 Grant Carter, King
18:58 Arturo Araiza, MarV
19:01 **Shane Fitch, SR**
19:02 Curtis Tai, PasP
19:04 Kyle Sumpter, VC
19:07 Dominique Rosalez, Oc
19:10 John McGlyn, VC
19:21 Joel Williams, Ser

GIRLS (2.7 miles):
Fastest eleven of the day (all races):
15:22 Loreta Kilmer, Ramona

15:23 Desiree Davila, Hilltop
15:45 Lori Mann, Santa Margarita
15:51 Jenna Timinsky, SanDgoAc
16:00 Jasmine Marquez, El Capitan
16:12 Julie Komosinski, Torrey Pines
16:22 Whitney Patton, Ayala
16:27 Dani Schuster, Torrey Pines
16:32 Sophie Marquez, Chula Vista
16:37 M. Ziser, Sultana
16:37 Kristina Nugent, West Hills

Division I Seniors (Race 15)
15:45 Lori Mann, Santa Margarita
16:12 Julie Komosinski, TP
16:37 M. Ziser, Sult
16:46 Janet Mulvey, MIC
16:47 **Ashlee Dere, MIC**
16:55 Manal Yamout, MIC
17:03 Monica Valdez, TC
17:15 Ashley Handy, WH
17:18 Audrey Harter, MIC
17:24 **Kristina Maletz, Pwy**
17:28 Katie O'Connell, Carls
17:36 S. Delagardelle, Sult
17:37 Erin Soto, Carls
17:45 Shawna Winfrey, WH
17:49 **Mythili Duvvuri, CV**
17:51 Tracey Nicholson, DH
17:54 Lauren Simon, Pwy
17:55 Melissa Haddy, DH
17:55 Connie Galerio, TO
18:00 **Amonica Phipps, Morse**
18:01 Danielle Holden, Pwy
18:02 Rachel Golick, TP
18:04 Dulce Alvarez, BV
18:07 Morgan Soule, LCC
18:07 **Kelly Platko, Carls**
18:08 Camille Robinson, CV
18:14 Kristen Goossens, Ay
18:17 Cassie Kuske, WH
18:17 Kathy Soto, TO
18:19 **Deanna Lynn, Carls**

Total finishers: 86.
Division II Seniors (Race 7)
15:22 Loreta Kilmer, Ram
15:23 Desiree Davila, Hill
16:00 Jasmine Marquez, ECp
17:27 Jaclyn Fleck, FW
17:48 **Kaili Shumilak, Bish**
18:05 Laurel Hanscom, Val
18:15 Silvia Mendez, Braw
18:24 Kelly Perry, Val
18:54 Laura Sanders, Val
19:00 **Grace Anderson, SR**
19:01 Monica Thompson, La Reina
19:03 Amanda Meyer, Sab
19:08 Tracy Tom, SR
19:25 Justin Mammann, WV
19:37 **Marureen Rodriguez, Val**
19:44 Maribel Vega, McFarland
19:48 Crystal Lewis, MontV
19:50 Arlene Amador, Ser
19:59 Gloria Martinez, Castle Park
20:02 **Leslie Sanchez, LR**
20:16 Kalen Albe, USD
20:18 Andrea Kahn, Ser

20:28 Nicole Marsch, USD
20:31 Claudia Soto, Braw
20:52 **Sarah Evans, MontV**
Total finishers: 58.
Division I Juniors (Race 13)
16:32 Sophie Marquez, CV
16:37 Kristina Nugent, WH
16:57 M. Mainwaring, StMarg
17:03 Heidi Armstrong, TO
17:06 **Krista Romley, TP**
17:13 Erica Schim, LCC
17:16 Kate Branson, BV
17:21 Julie Johnson, DH
17:29 Jackie Dale, WH
17:36 **Chandra Farnham, WH**
17:42 Julie Hancock, TO
17:53 Jessica Chapin, DH
18:04 Melissa Haynes, Chino
18:06 Amy Vasko, MIC
18:12 **Joanne Southard, WH**
18:16 K. Pettet, Sult
18:19 Haley Moore, TP
18:20 Darla Reader, CV
18:21 Christina Russell, StaMarg
18:36 **Lynn Hernandez, CV**
18:48 Dorothy Troglar, TP
18:54 Ashley Tomeck, Chino
19:10 Ashley Patterson, TO
19:12 Nellie Hernandez, CV
19:17 **Lisa Williams, Ay**

Total finishers: 64.
Division II Juniors (Race 5)
15:51 Jenna Timinsky, SnDieguitoA
17:00 Anna Hough, VC
17:38 Amy Montgomery, Ser
17:56 Maya Patrick, Salp
18:00 **Olivia Frausto, McF**
18:02 Liz Edwards, LJ
18:06 Julia Kermott, Val
18:14 Luz Bravo, McF
18:20 Bre Goetz, Ram
18:27 **Pati Romero, East**
18:37 Alicia Torres, Clxco
18:39 Cassandra Zubia, Salp
18:40 Jackie Lannamann, WV
18:47 Tina Valle, WV
18:51 **Rachael Simmons, Ram**
18:59 Joanna Gallarzo, Swe
18:36 Celina Jaramillo, McF
18:56 Lupe Lopez, Hill
19:05 Vanessa Castillo, SR
19:07 **no information**
19:10 Joana Garcia, Clxco
19:22 Jackie Turpin, Sant
19:24 Jennifer Dowthit, SP
19:27 Brenda Mendez, Braw
19:32 **Lisha Burdick, VC**
Total finishers: 80.
Division I Sophs (Race 11)
16:48 Jessie Ansari, Carls
16:54 Ashley Curtis, Ay
17:03 Lisa Dodd, MM
17:08 Cindy Walker, GH
17:11 **Tarrah Crowley, DH**
17:20 L. Shumaker, Sult

17:27 Alison Hilton, MIC
17:29 Courtney Walberg, DH
17:35 Chelsey T aylor, Ay
17:49 **Marcia McGuire, Chino**
17:50 Jessica Coy, TO
17:53 Karen Porter, Ay
17:58 Kristen Gonzalez, BV
NT athlete DQD
17:58 **Dru Volkmer, Ay**
18:08 Melanie Monroe, Pwy
18:08 Alisha Schor, TP
18:10 Monica Su, TO
18:11 Taryn Haley, TO
18:19 **Jessie Craig, DH**
18:21 Ashleigh Hoagland, Ay
18:26 Johanna Suasa, CV
18:29 Jessica Schenck, Pwy
18:34 Kiersten Dolby, BV
18:37 **Erica Solomon, DH**
Total finishers: 99.

Division II Sophs (Race 3)
17:03 Alisha Veiss, McF
17:19 Elana Dawson, Salp
17:22 Elena Emich, Salp
17:23 Monica Hubbard, ECp
17:25 **Kristen Yoder, Sab**
17:28 Tawney Odekirk, King
17:33 Lindsay Giolzetti, SR
17:58 Cassidy O'Hair, Sab
18:04 Gricelda Montano, FW
18:07 **Katy Wohlman, Hem**
18:09 Melissa Preston, VC
18:15 Rebecca Sale, VC
18:24 Unidentified
18:31 Alejandra Montiel, VC
18:33 **Christina Loyash, FW**
18:34 Olivia Ghaussy, LR
18:37 Kristy Loizeaux, Sab
18:38 Joy Johnson, SP
18:42 Meg Allen, Braw
18:44 **Danitz Salceda, Braw**
18:45 Caitlin Kearney, USD
18:54 Elizabeth Dooley, PasP
18:54 Tanya Chapman, Sant
18:59 Amber Straight, Val
18:59 **Tracee Lorenzana, MontV**
Total finishers: 115.

Division I Frosh (Race 9)
16:22 Whitney Patton, Ay
16:27 Dani Schuster, TP
17:09 Janae Chapin, DH
17:15 Natalie Elkind, LCC
17:21 **Sarah Cradeur, TO**
17:46 Kathleen Linzmeier, StaMrgta
17:47 Kate Hirschboeck, StaMrgta
17:51 Teagan Southwell, Ballaral
18:01 K. Delagardelle, Sult
18:04 **S. Tabunea, Sult**
18:09 Rachel Good, Pwy
18:10 Nicole Newman, LCC
18:12 Alyson Fletcher, TO
18:13 Kristina Glibby, TO
18:40 **Emily Jones, Ay**
18:45 K. Camara, Sult

Please see page 9.

Sundevil:

From page 8.

19:02 Ashley Duran, Ay
19:12 Lauren Carfoglio, StaMrgta
19:16 Kassi Gafoglio, DH
19:25 Jenni Pugh, PH

Total finishers: 71.

Division II Frosh (Race 1)

17:28 Mishon Stalnaker, Ram
17:37 Claire Rethmeier, SP
17:40 Mallory Wilder, PasP
18:04 Claudia Dominguez, Braw
18:08 Katie Gose, LR
18:10 Allie Willis, SP
18:20 Marie Raffray, SDgtoA
18:35 Brooke Gerson, SDgtoA
18:46 Lorin Scott, SP
19:13 Lauren Lynaugh, Ser
19:14 Megan Fairley, King
19:17 Samantha From, SP
19:28 Shannon Silvert, WV
19:40 Laura Gomez, McF
19:50 Carlee Ihm, Sant
20:02 A. McBride, ECp
20:05 Maya Solomon, SR
20:26 Lindsay Slover, SR
20:31 Lisi Sherick, LJ
20:34 Jessica Street, Hill

Total finishers: 63.



Brooke Gerson San Dieguito Academy

and Janet Mulvey all looking good.

Fastest boy on the day was Sundevil junior Abadir Barre, who won the large schools race. Mira Mesa junior Brandon Zelones was unpressed in winning the small schools race.

Poway had the best punch at the top of their roster, with Devin Lyons-Quirk, Aaron Powell and Luke McGinnis all running well.

The results:

At Kit Carson Park, Saturday, Sept. 9. Conditions: Mild temps for early races (Div. I), but warming for later races. Hilly course.

BOYS (2.0 miles):

Fastest ten of the day:
(all races)

10:05 Abadir Barre, MtCarmel
10:07 Devin Lyons-Quirk, Poway
10:10 David Santos, Valhalla
10:14 Aaron Powell, Poway
10:16 Luke McGinnis, Poway
10:18 Alan Aradanas, MtCarmel
10:25 Brandon Zelones, MiraMesa
10:32 Richard Clingman, Ramona
10:34 Aaron Trunnell, RBV
10:43 Artemio Mateo, RBV

Division I varsity:

10:05 Abadir Barre, MtC
10:09 Devin Lyons-Quirk, Pwy
10:10 David Santos, Val
10:14 Aaron Powell, Pwy
10:16 Luke McGinnis, Pwy
10:18 Alan Aradanas, MtC
10:32 Richard Clingman, Ram
10:34 Aaron Trunnell, RBV
10:43 Artemio Mateo, RBV
10:45 Kenny Lawrence, Ram
10:45 Jon Cordes, Esc
10:46 Nico Cueva, Esc
10:46 Matt Johnson, SP
10:47 Kip Madden, Val
10:48 Zack Neilson, MtC
10:49 Mike Rentz, MtC
10:51 Ricky Roane, Ram
10:52 Jon Shellhammer, Ram
10:53 Joe Voshell, Esc
10:53 Troy McAdams, RBV
10:56 Kevin Nolan, TP
10:57 Carlos Sanchez, Ram
10:58 David del Llano, Ram
10:59 Jason Miller, RBV
11:00 Tim McKeon, WH
11:00 Ken Wood, Ram
11:01 James Barlow, Esc
11:02 David Esquivel, MtC
11:04 Pat Maloney, Pwy
11:05 James McCarthy, Pwy
11:05 Sean Savage, WH
11:06 Gavin Coleman, Pwy
11:08 Chris Ryan, Pwy

Kady Oliver Southwest, El Centro

11:09 Bryan Perez, RBV
11:10 Josh Wieberg, Esc
11:11 Shaun Ferris, RBV
11:15 Freddy Nunez, SP
11:18 John Carpenter, Pwy
11:20 Yuh-Kun Kawakami, TP
11:21 Robert Raney, Val
62 finishers.

Division I Frosh/Soph:

11:07 Ross Halleland, WH
11:08 Pat McCarthy, Pwy
11:25 Elliott Davey, MtC
11:31 Mike Bell, WH
11:38 Jared Secrist, MtC

Division II varsity:

10:25 Brandon Zelones, MiraM
10:58 Alfredo Sosa, LCC
11:01 Erik Thompson, SW
11:06 Dan Tanks, RB
11:06 Sal Acevedo, SW
11:07 David Lynn, ECp
11:09 Chris Burnham, Carls
11:09 A. Fogelstrom, Carls
11:11 Rey Ramirez, Carls
11:13 Ben Miedema, Carls
11:25 Barrett Larson, LCC
11:27 Kenyon Ralph, RB
11:29 Garrett Bishop, SW
11:31 Doug Falp, SW
11:44 Sean Talley, ECp
11:45 Joe Ruiz de Chavez, RB
11:46 Jeff Gustafson, RB
11:50 Steve Christenson, LCC
11:50 Anthony Simpson, LCC
11:50 Greg Horn, Carls
11:56 Kyle O'Donohoe, MM
12:00 Isaiah Obeso, SW
12:03 Ryan Castillo, RB
12:03 Ben Littman, LCC
12:07 Jared Hines, ECp
12:14 Steve Patino, MM
12:16 Nicola D'Angelo, Sant
12:19 Brian Valente, RB
12:21 Troy Geirman, SDA
12:24 Chris White, ECp
49 finishers.

GIRLS (2.0 miles):

Fastest ten of the day:
(all races)

11:46 Jenna Timinsky, SnDgtoAcad
11:49 Loretta Kilmer, Ramona
12:01 Julie Komosinski, Torrey Pines
12:01 Jasmine Marquez, El Capitan
12:07 Kaleena Yee, RanchBernardo
12:22 Nastassja Hall, RBV
12:26 Allison Hall, RanchoBernardo
12:30 Deanna Sick, Mt Carmel
12:32 Rachel Good, Poway
12:39 Dani Schuster, Torrey Pines

Division I varsity:

11:49 Loretta Kilmer, Ram
12:01 Julie Komosinski, TP
12:07 Kaleena Yee, RB
12:22 Nastassja Hall, RBV
12:26 Allison Hall, RB

Lisa Dodd Mira Mesa

12:30 Deanna Sick, MtC
12:32 Rachel Good, Pwy
12:40 Ashlee Dere, MtC
12:44 Manal Yamout, MtC
12:46 Janet Mulvey, MtC
12:50 Courtney Allen, RBV
12:51 Krista Romley, TP
12:54 Kristina Maletz, Pwy
12:56 Mishon Stalnaker, Ram
12:57 Audrey Pound, Pwy
12:58 Audrey Harrer, MtC
13:06 Claire Rethmeier, SP
13:12 Bree Justus, RBV
13:13 Danielle Holden, Pwy
13:13 Brenna Williams, TP
13:14 Dorothy Trogler, TP
13:16 Amy Vasko, MtC
13:18 Kelly Perry, Val
13:19 Jessica Huepper, RB
13:22 Alisha Schur, TP
13:24 Allie Willis, SP
13:25 Lorin Scott, SP
13:26 Lauren Simoni, Pwy
13:27 Ashley Orr, TP
13:28 Leah Romero, RB
13:33 Christina Velasco, SP
13:33 Emily Melendez, Pwy
13:34 Bre Goetz, Ram
13:35 Julia Kermott, Val
13:37 Melissa Moore, RBV
13:38 Jessica Schenk, Pwy
13:40 Haley Moore, TP
13:43 Laurel Hanscom, Val
13:45 Katie Boyd, RB
13:45 Rachel Golick, TP
13:48 Tara Whitty, Pwy
13:49 Rachel Simmons, Ram
13:55 Joy Johnson, SP
13:58 Jessica Murray, RBV
14:00 Megan Kruse, Ram
60 finishers.

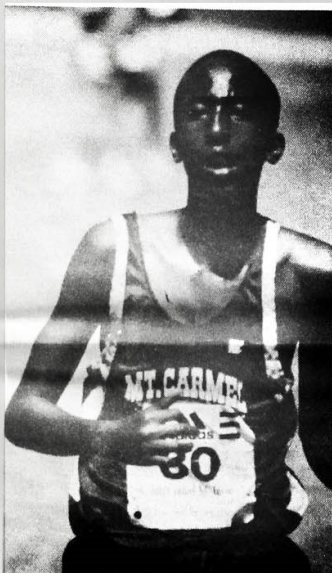
Division I JV:

12:39 Dani Schuster, TP
13:20 Alison Hilton, MtC
13:45 Laura Landry, RB
13:48 Samantha Crane, Pwy
13:54 Katie Thompson, RB
13:55 Monica Lane, RB
14:01 Brittany Pierce, MtC
14:06 Carly Mecklenberg, TP
14:06 Rebecca McDonald, TP

Division II varsity:

11:46 Jenna Timinsky, SDA
12:01 Jasmine Marquez, ECp
12:45 Jessie Ansari, Carls
12:50 Erica Schim, LCC
12:55 Lisa Dodd, MM
12:55 Laura Guzman, Esc
12:59 Katie O'Connell, Carls
13:13 Deanna Lynn, Carls
13:21 Monica Hubbard, ECp
13:21 Meredith Riley, Carls
13:25 Nicole Newman, LCC
13:30 Julie Pitts, Gross

Please see page 10.



Abadir Barre
Mt. Carmel

Bronco: Timinsky, Kilmer, Barre debut

The wraps came off teams such as Ramona, Torrey Pines and Mt. Carmel in this meet, and there were some impressive early-season statements.

Biggest news came in the girls large-school race, where Ramona senior Loretta Kilmer moved away to a 0:12-second win over Torrey's Julie Komosinski. In the small-school race later, San Dieguito's Jenna Timinsky ran an even faster time in beating El Cap's Jasmine Marquez.

Best girls team was decidedly Mt. Carmel, with big guns Deanna Sick, Ashlee Dere, Manal Yamout

Bronco:

From page 9.

- 13:34 Casey Root, Gross
- 13:38 Kelly Platko, Carls
- 13:45 Natalie Elkind, LCC
- 13:56 Brooke Gerson, SDA
- 13:57 Marie Raffray, SDA
- 14:08 Sara Hammel, LCC
- 14:09 Justine Deloviar, MM
- 14:10 Tanya Chapman, Sant
- 14:12 Mahlia Christianson, Carls
- 14:14 Jackie Turpin, Sant
- 14:18 Kady Oliver, SW
- 14:22 Kristin Woodward, Carls
- 14:23 Megan Ruiz-Mehan, LCC
- 14:23 Marice Serrano, Carls
- 14:24 Molly Kelly, Esc
- 14:28 Jhoanna Gabriel, MM
- 14:34 Aubrey Aguilar, Esc
- 14:40 Amanda Paulson, Sant
- 14:46 Joanna Funke, LCC
- 14:51 Corinne Lee, Gro
- 14:53 Kiwi DeVigne, Sant
- 14:53 Monique DiCecco, LCC
- 14:53 Roxanne Mather, Ecp
- 14:57 Carlee Ihm, Sant
- 15:02 Silja Lund, Carls
- 15:04 Monica Gamboa, SW
- 15:04 Diane Tolley, Ecp
- 15:06 Shawna Kelly, Esc

Baron:

Granite boys, Helix girls, both Vikes win

The emphasis switches to team scoring at the early-season Baron Invite, where teams race in a scored varsity format over full-length courses.

Granite Hills' boys fielded a strong pack to win the team title in the Blue race, and the Helix girls team showed some depth in winning their Blue race.

La Jolla's boys and girls teams both won team titles in the Gold Division.

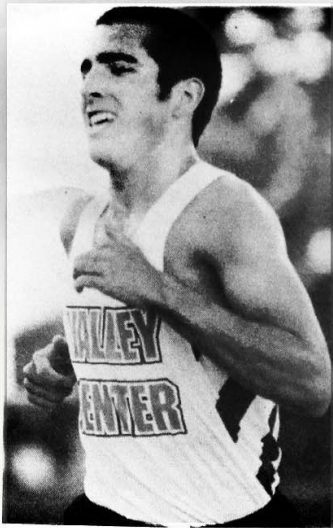
Helix had the two fastest boys, with Taylor Williams leading frosh Babey Wagnew under 16-minutes on the 5K course, but the Highlanders couldn't close the deal.

Granite put across five runners in 0:36 seconds to win the race

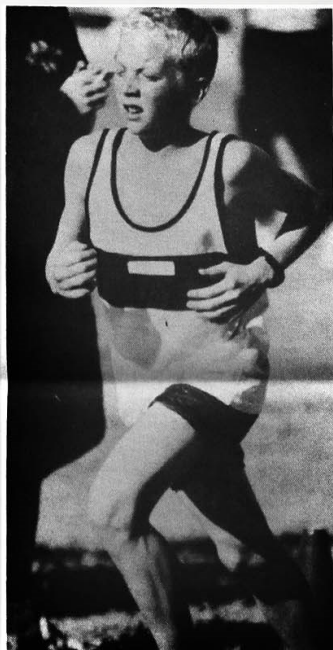
The Helix girls survived a fall by Stephanie Baird, who was leading her race until there were about 800 meters to run. The Highlanders had Rachel Farrior and Amy Johnson-Westlie lead the team to a one-point win over West Hills.

Hilltop's Desiree Davila ran away with her race, winning by more than a minute in posting the fastest run of the day in girls racing.

The results:
At Rohr Park, Friday, Sept. 8.
Conditions: Reasonable temps.
Course mostly flat, mostly on grass.
BOYS (3.1 miles):
Fastest ten of the day:
(all varsity races)
15:54 Taylor Williams, Helix
15:59 Babey Wagnew, Helix
16:06 Gus Polito, Valley Center



Gus Polito
Valley Center



Clayton Garner
Julian

- 16:12 Ryan Skerl, Valley Center
 - 16:16 Chris Ferrier, La Jolla
 - 16:16 Cooper Bachman, ValleyCtr
 - 16:23 Drew Bouchard, St. Augustine
 - 16:26 unid., Indio
 - 16:35 Dustin Whitson, Bonita Vista
 - 16:44 Mark Dionela, Sweetwater
- Blue division:**
Teams: Granite Hills 70, Valley Center 75, Sweetwater 77, Indio 79, Helix 107.
Individuals:
15:54 Taylor Williams, Hx
15:59 Babey Wagnew, Hx
16:06 Gus Polito, VC
16:12 Ryan Skerl, VC
16:16 Cooper Bachman, VC
16:26 Alex Lara, Ind
16:35 Dustin Whitson, BV
16:44 Mark Dionela, Sweet
16:47 Josh Rivera, GH
16:53 Efrain Carrillo, GH
16:57 Luke Pepin, GH
16:59 unid., Indio
16:59 Jeremy Morales, Ind
17:01 Eddie Sanchez, Swe
17:06 Abdirizak Abdi, Swe
17:09 Sammy Avila, Ind
17:10 Tony Illig, VC
17:11 Eladio Carrillo, GH
17:11 Mukhtar Abdulla, Swe
17:18 Caleb Garlipp, ScrRch
17:20 Jose Guardado, Swe
17:23 Sean Bartonicek, GH
17:27 Cesar Torres, Swe



Rhett Chase, Emily Trepasso
Coronado

- 17:30 Hector Arreola, Swe
 - 17:31 Justin Zelones, SR
- 63 finishers.
Gold division:
Teams: La Jolla 53, University of San Diego 78, Brawley 92, St. Augustine 98, Coronado 104.
Individuals:
16:16 Chris Ferrier, LJ
16:23 Drew Bouchard, StA
17:01 Will Kraemer, Army Navy
17:02 Raul Cobian, Brawley
17:03 Nathan Aginiga, Hill
17:08 Brian Thielen, USD
17:12 Michael Carini, USD
17:16 Ryan Abelowitz, LJ
17:18 Scott Davis, LJ
17:36 Brendan Cronin, USD
17:41 Colin Haydu, LJ
17:42 unid., Brawley
17:43 unid., CalC
17:45 Taylor Hewson, OG
17:47 Ricky McRoskey, StA
17:49 Paddy Tatusko, USD
17:52 Rashawn Allen, LJCD
17:53 Steve Dalton, USD
18:02 Mario Fiero, USD
18:03 Nathan Stendar, StA
18:17 Osvaldo Lopez, Br
18:18 unid., Brawley
18:20 Roberto Bravo, StA
18:25 Chad Valderrama, LJ
18:34 Gabe Mares, LJ

GIRLS (2.2 miles):

Fastest eleven of the day:
(all races)

- 12:45 Desiree Davila, Hilltop
- 13:21 Kristina Nugent, West Hills
- 13:30 Marie Huerta, Indio
- 13:35 Anna Hough, Valley Center
- 13:41 Rachel Farrior, Helix
- 13:44 Amy Johnson-Westlie, Helix
- 13:51 Kate Branson, Bonita Vista
- 13:53 Desiree Leek, La Jolla
- 13:57 Shawna Winfrey, West Hills
- 13:59 Sara Reid, Point Loma
- 13:59 Rachel Bombaci, Point Loma

Blue division:

Teams: Helix 49, West Hills 50, Bonita Vista 91, Indio 117, Valley Center 133.

- Individuals:**
13:21 Kristina Nugent, WH
13:30 Marie Huerta, Indio
13:35 Anna Hough, VC
13:41 Rachel Farrior, Hx
13:44 Amy Johnson-Westlie, Hx
13:51 Kate Branson, BV
13:57 Shawna Winfrey, WH
13:59 Sara Reid, PtLoma
13:59 Rachel Bombaci, PtL
14:00 Stephanie Baird, Hx
14:01 Ashley Handy, WH
14:01 Joanna Ramos, Ind
14:02 Chandra Farnham, WH
14:04 Meredith Harns, Hx
14:07 Dulce Alvarez, BV
14:09 Elizabeth Harns, Hx
14:12 Kristen Gonzalez, BV
14:15 Cassie Kuske, WH

- 14:21 Trinity Amalfitano, BV
- 14:27 Jackie Dale, WH
- 14:29 Joanne Southard, WH
- 14:32 Amonica Phipps, Morse
- 14:34 Natalie Gattrell, SR
- 14:36 Lanser Ruiz, Ind
- 14:39 Michelle Jaeger, Hx

71 finishers.

Gold division:

Teams: La Jolla 44, Our Lady of Peace 75, University of San Diego 92, Brawley 102, Coronado 159.

- Individuals:**
12:45 Desiree Davila, Hilltop
13:53 Desiree Leek, LJ
14:17 Leslie Borenstein, LJ
14:22 Silvia Mendez, Brawley
14:24 Liz Edwards, LJ
14:25 Michelle Guerrero, LJ
14:26 Morgan Feori, USD
14:26 Kirstin Wilson, OLP
14:42 Odette Rodriguez, OLP
14:43 Anne-Marie Byrne, USD
14:44 Claudia Dominguez, Br
14:44 Ali Baker, MtnEmpire
14:45 Lily Dowlatshahie, MtE
14:46 Megan Lopez, OLP
14:48 Patricia Venereo, OLP
14:49 Johanna Barnes, Montgomery
14:50 Yenissa Kaeg, Mont
14:52 Danitza Salcedo, Br
14:54 Katie Grim, LJ
14:55 Lauren Senescal, USD
14:55 Caitlin Kearney, USD
14:59 Elana Huff, CalC
15:02 Rhett Chase, Coronado
15:06 Jenny Tarvin, CalC
15:06 Lupe Lopez, Hill

79 finishers.

Vaquero:

Poway,
Vista hook
up; UC
girls reload

It didn't take long for the Vista and Poway boys teams to find each other.

Just a few days into the season, the two Palomar League rivals toed the starting line at the Vaquero Stampede at Lindo Lakes.

There was no team scoring, but the two squads dominated the boys racing, with runners from

Please see page 11.

Vaquero:

From page 10.

those teams putting up eight of the ten fastest times of the day.

In a reversal of roles from last year, Poway had a strong front three, and Vista had a stronger pack, but both looked like they will be prime team threats in the CIF Division I race.

In girls racing, University City had impressive results, and there were some good-looking impact frosh runners.

For the UC girls, it didn't seem that there would be much of a problem filling in the gaps left by graduation. They had one good frosh, Rebecca Bostwick, and a group of good-looking sophs that included Lidia de Carvalho and Lauren Jerd.

Poway looked like a sharply upgraded team, with an impact frosh, Rachel Good, another impressive newcomer, Kristina Maletz, and an improved Audrey Pound leading the squad.

Fastest runs of the day came from host school El Cap's Jasmine Marquez and Poway's Devin Lyons-Quirk. A good-looking boys frosh debut was made by Mar Vista's Troy Swier.

The results:

At Lindo Lakes, Saturday, September 2. Conditions: Comfortable temps, flat course.

BOYS:

Fastest eleven of the day: (Junior/Senior races only)

- 10:15 Devin Lyons-Quirk, Poway
- 10:15 Aaron Powell, Pwy
- 10:27 Ryan Montez, Vista
- 10:30 Luke McGinnis, Pwy
- 10:31 Brandon Zelones, Mira Mesa
- 10:37 Ramon German, Vis
- 10:38 Mark Baddas, Vis
- 10:45 Andrew Garratt, UniCity
- 10:52 Nick Danza, Vis
- 10:57 Joe Aguilar, Vis
- 10:57 Josh Rivera, Granite Hills

Fastest five of the day: (Frosh/Soph races only)

- 8:08 Gus Polito, Valley Center
- 8:19 Troy Swier, Mar Vista
- 8:25 Kern Huerta, UC
- 8:30 Jose Banuelos, Vis
- 8:32 Brad Liber, UC

Jrs/Srs, DI (2.1 miles):

- 10:15 Devin Lyons-Quirk, Pwy
- 10:16 Aaron Powell, Pwy
- 10:27 Ryan Montez, Vis
- 10:30 Luke McGinnis, Pwy
- 10:31 Brandon Zelones, MiraM
- 10:37 Ramon German, Vis
- 10:38 Mark Baddas, Vis
- 10:45 Andrew Garratt, UC
- 10:52 Nick Danza, Vis
- 10:57 Joe Aguilar, Vis
- 10:57 Josh Rivera, GH
- 10:58 Luke Pepin, GH
- 11:02 Andy Padilla, CV
- 11:09 Efrain Carrillo, GH
- 11:11 Apolinar Mariscal, CV
- 11:16 James McCarthy, Pwy
- 11:19 Jesus Mariscal, CV
- 11:24 Pat Lockwood, Pwy
- 11:25 Derek Urban, Vis
- 11:28 Eduardo Mariscal, CV
- 11:31 Matt Johnson, SP
- 11:34 Taylor Hewson, OG
- 11:35 Matt Shull, Vis
- 11:40 Carpenter, Pwy
- 11:46 Paul Oden, CV

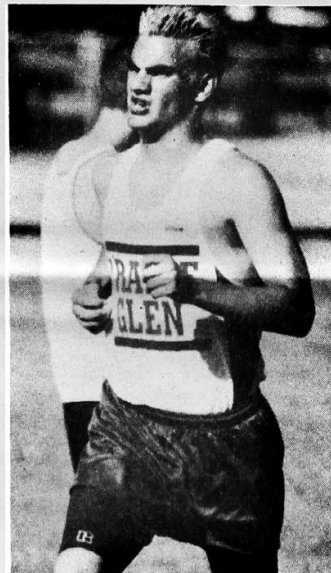
69 finishers.

Jrs/Srs, D II (2.1 miles):

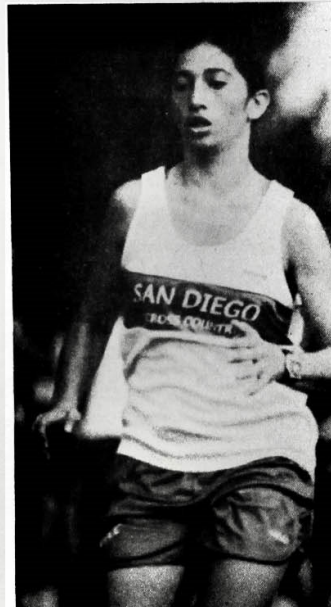
- 11:11 Ryan Skerl, VC
- 11:11 Cooper Bachman, VC
- 11:23 Justin Zelones, SR



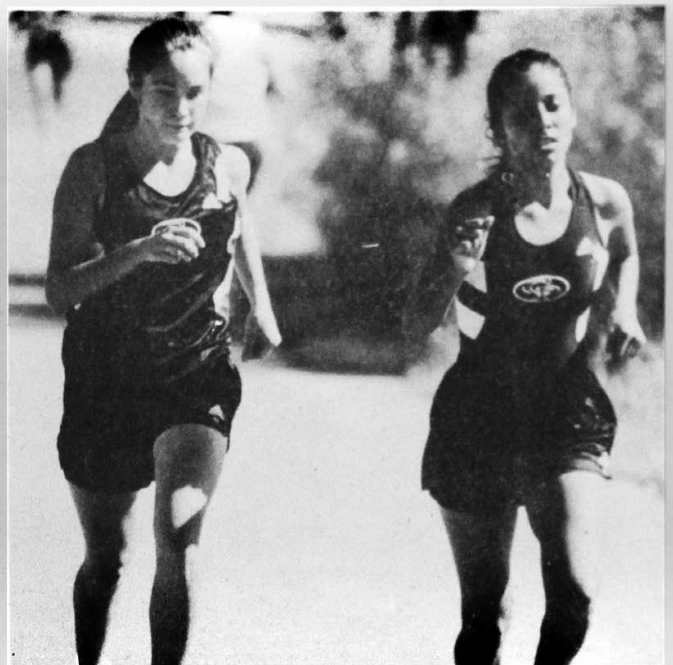
Rachel Good
Poway



Taylor Hewson
Orange Glen



Janelle Luna
San Diego



Maria McGaffigan, Gloria Martinez
Castle Park

- 11:25 Jesus Perez, MarV
- 11:30 Caleb Garlipp, SR
- 11:32 Tony Illig, VC
- 11:39 Matt Raudaskoski, SR
- 11:39 Scott Perry, SR
- 11:40 Christian Flores, MarV
- 11:54 Russell Edwards, SR
- 11:58 Dustin Wallstedt, SR
- 12:01 Paul Murray, SR
- 12:05 Ryan Kompanik, SR
- 12:06 Salvador Cota, MarV
- 12:08 Andrew Long, SR
- 12:10 Jason Thompson, VC
- 12:19 Jon Heuss, SR
- 12:39 Jared Morasco, VC
- 12:42 Sean Tolley, ECP
- 12:43 Chris Faith, ECP

39 finishers.

Frosh/Soph, DI (1.6 miles):

- 8:25 Kern Huerta, UC
- 8:30 Jose Banuelos, Vis
- 8:32 Brad Liber, UC
- 8:33 Sixto Aspeitia, UC
- 8:41 Gavin Coleman, Pwy
- 8:44 Kustis Flansburg, UC
- 8:47 David Aldrich, UC
- 8:48 Mike Prickett, Pwy
- 8:49 Daniel Medrano, CV
- 8:51 Ryan Richter, Vis
- 8:53 Mark Schwab, Pwy
- 8:54 Pat McCarthy, Pwy
- 8:54 Brandon Maze, Vis
- 8:54 Josh Andre, SP
- 8:56 Josh Berg, Vis
- 8:57 Nick Salomone, Vis
- 8:57 Travis Teitsch, UC
- 8:59 Fernandez Alvarez, SP
- 9:02 Baddas, Vis
- 9:03 Aaron Gonzalez, Vis

111 finishers.

Frosh/Soph, D II (1.6 miles):

- 8:08 Gus Polito, VC
- 8:19 Troy Swier, MarV
- 8:52 Chris Lancaster, SR
- 8:53 David Lynn, ECP
- 9:16 Dan Coronado, SR
- 9:17 Daniel Ott-Wright, SR
- 9:27 Kyle Zabinsky, VC
- 9:30 Arturo Araiza, MarV
- 9:32 Dan Blomgren, SR
- 9:39 Kyle Sumpter, VC
- 9:40 John McGlyn, VC
- 9:43 Chris Monaco, VC
- 9:45 Shane Fitch, SR
- 9:46 Allen, SR
- 9:46 Kevin Dillon, ECP
- 9:49 William Higdon, ECP
- 9:50 Hector Gutierrez, ECP
- 9:50 Dustin Bourgeois, VC
- 10:02 Erik Wallingford, Sant
- 10:09 Kevin Knox, MarV

43 finishers.

GIRLS (1.6 miles):

Fastest eleven of the day:

(All races combined):

- 9:26 Jasmine Marquez, ElCapitan
- 9:29 Chessa Adsit-Morris, UniCity
- 9:43 Sophia Marquez, Chula Vista
- 9:50 Rachel Good, Poway
- 9:55 Rebecca Bostwick, UC
- 10:00 Kristina Maletz, Pwy
- 10:04 Lidia de Carvalho, UC
- 10:04 Lauren Jerd, UC
- 10:08 Audrey Pound, Pwy
- 10:09 Mythili Duvvuri, CV
- 10:09 Anna Hough, Valley Center
- Junior/Seniors, DI:
- 9:29 Chessa Adsit-Morris, UC
- 9:43 Sophia Marquez, CV
- 10:00 Kristina Maletz, Pwy
- 10:08 Audrey Pound, Pwy
- 10:09 Mythili Duvvuri, CV
- 10:15 Erica Lopez, Vista
- 10:19 Camille Robinson, CV
- 10:19 Laura Cohen, UC
- 10:22 Karissa Teitsch, UC
- 10:28 Darla Reader, CV
- 10:29 Danielle Holden, Pwy
- 10:39 Lynn Hernandez, CV
- 10:47 Tara Whitty, Pwy
- 10:52 Lauren Severs, UC
- 10:53 Carolyn Crews, UC
- 10:53 Holly Shisler, Vis
- 10:54 Stephanie O'Brien, Pwy
- 10:54 Jessica Kelleher, Vis
- 10:55 Kim Vinzant, Vis
- 10:58 Kelly Hernandez, CV
- 11:02 Kelly Edelbrock, Pwy
- 11:05 Carly Ness, Pwy
- 11:07 Lindsey Mancuso, Pwy
- 11:08 Marla Alvarado, school?
- 11:10 Liliana Acevedo, CV

Finishers: 49.

Juniors/Seniors, DI:

- 9:26 Jasmine Marquez, ECP
- 10:09 Anna Hough, VC
- 11:03 Gloria Martinez, CastlePark
- 11:03 Maria McGaffigan, CP
- 11:12 Jackie Turpin, Santana
- 11:14 Lisha Burdick, VC
- 11:16 Grace Anderson, SR
- 11:17 Vanessa Castillo, SR
- 11:26 Amanda Paulson, Sant
- 11:31 Rachel Nathman, ECP
- 11:35 Tracy Tom, SR
- 12:05 Jenny Sears, SR
- 12:20 Debbie Lynn, ECP
- 12:52 Kathy Sanchez, ECP
- 12:53 Christina Patrick, SR

Finishers: 17.

Frosh/Soph, DI:

- 9:50 Rachel Good, Pwy
- 9:55 Rebecca Bostwick, UC
- 10:04 Lidia de Carvalho, UC
- 10:04 Lauren Jerd, UC
- 10:12 Cindy Walker, Granite Hills
- 10:13 Aurora Ramirez, Vis

Please see page 12.

Vaquero:

From page 11.

10:14 Melanie Monroe, Pwy
10:19 Jessica Schenk, Pwy
10:24 Kara Urban, Vis
10:24 Emily Melendrez, Pwy
10:24 Claire Rethmeier, SanPasqual
10:27 Janet Ramirez, Vis
10:28 Allie Willis, SP
10:29 Johanna Suasa, CV
10:31 Cassie McLean, Vis
10:37 Joy Johnson, SP
10:43 Lorin Scott, SP
10:47 Megan Doroba, Pwy
10:54 Britany Marker, Vis
10:55 Jhoanna Gabriel, MiraMesa
10:56 Elizabeth White, UC
10:58 Jackie Mandy, CV
10:59 Caroline Carver, Vis
11:06 Mollie Gabriel, UC
11:09 Samantha From, SP
Finishers: 73.

Frosh/Soph, D II:

10:17 Monica Hubbard, ECp
10:43 Tanya Chapman, Sant
10:46 Amanda Cummings, SR
10:58 Natalie Gattrell, SR
10:59 Danae Hough, VC
10:59 Lindsey Giolzetti, SR
11:04 Alejandra Montiel, VC
11:07 Jaime Ransom, Sant
11:11 Alanna Zaragosa, CP
11:20 Rebecca Sale, VC
11:22 Roxanne Mather, ECp
11:23 Sonya Haushalter, SR
11:35 Elizabeth Dindial, SR
11:39 Carlee Ihm, Sant
11:47 Diana Tolley, ECp
11:56 Lisette Marquez, ECp
11:57 Stephanie McLaughlin, ECp
11:57 Ashley Butera, SR
11:58 Nicole Mather, ECp
13:07 Elizabeth Lam, SR
Finishers: 30.



Aaron Trunnell
Rancho Buena Vista

At West Hills High School, Friday, September 1. Conditions: Relatively cool for time of year.

BOYS (2.1 miles):

Fastest ten of the day:

(Not including frosh boys, who ran 1.5 miles.)

10:58 Ben Aragon, West Hills
11:06 Taylor Williams, Helix
11:09 David Santos, Valhalla
11:27 Aaron Trunnell, RBV
11:47 Nathan Aginiga, Hilltop
11:48 Will Kraemer, Army Navy
11:49 Filiberto Martinez, ElCajonVal
11:51 Artemio Mateo, RBV
11:53 Tim McKeon, WH
11:54 Kip Madden, Val

Seniors:

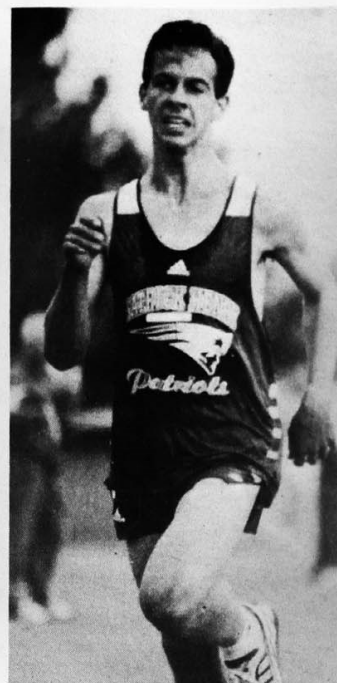
10:58 Ben Aragon, WH
11:09 David Santos, Val
11:27 Aaron Trunnell, RBV
11:47 Nathan Aginiga, Hill
11:58 David Marshall, PatHenry
12:08 Sean Savage, WH
12:19 Jaime Mondragon, Pt Loma
12:22 Gabriel Cornejo, RBV
12:24 Kenyon Ralph, RanchoBrdo
12:45 Craig Nowakowski, Val
12:46 Eric Castro, PTL
12:50 Jeff Spate, PH
12:51 Jeff Gustafson, RB
12:52 Adam Earnhart, WH
12:58 Mike Schetter, Serra
Finishers: 28.

Juniors:

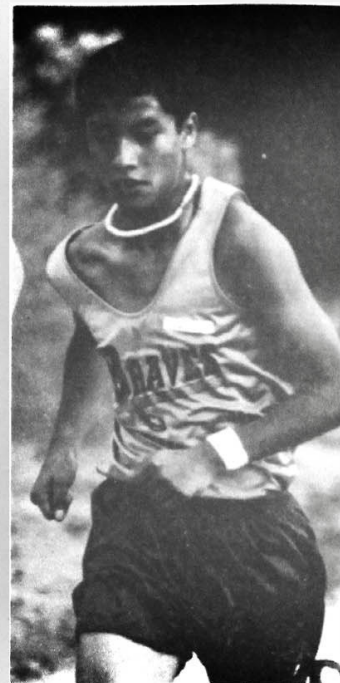
11:06 Taylor Williams, Hx
11:48 Will Kraemer, ANA
11:49 Filiberto Martinez, ECV
11:53 Tim McKeon, WH
12:03 Dan Tanks, RB
12:07 Shaun Ferris, RBV
12:08 Brian Perez, RBV
12:18 Leigh Carter, Hx
12:20 Eric Delgadillo, PH
12:26 Vernon Ng, EL
12:33 Robert Raney, Val
12:46 Bryan Voyles, Val
12:49 Joshua Ellis, PTL
12:50 Aaron Harper, PTL
12:51 Manuel Celedon, EL
Finishers: 54.

Sophomores:

11:51 Artemio Mateo, RBV
11:54 Kip Madden, Val
11:56 Troy McAdams, RBV
11:59 Jason Miller, RBV
12:29 Mike Bell, WH
12:31 Brian Bradshaw, PTL
12:33 Steve Prinz, PH
12:41 Shea Rollin, PH
12:46 Dan Driscoll, MonteVista
12:49 Drew Tidmore, Hx
Finishers: 58.



David Marshall
Patrick Henry



Filiberto Martinez
El Cajon Valley



Nathan Aginiga
Hilltop

Freshmen (1.5 miles):

8:09 Babey Wagnew, Hx
9:00 Tyler Middleton, LUCD
9:04 Mark Mena, RBV
9:05 Carmelo Martinez, ECV
9:06 Vernon Harris, Val
9:09 Ryan Dial, Val
9:14 Brett Thomason, RB
9:19 Robert Hernandez, WH
9:22 Andrew Castillo, RB
9:34 Brad Doty, RB
Finishers: 56.

GIRLS (1.5 miles):

Fastest ten of the day:

8:48 Desiree Davila, Hilltop
9:08 Kaleena Yee, Rancho Berdo
9:18 Kristina Nugent, West Hills
9:22 Nastassaja Hall, RBV
9:30 Stephanie Baird, Helix
9:38 Allison Hall, RB
9:40 Elizabeth Harns, Hx
9:44 Rachel Farrior, Hx
9:47 Shawna Winfrey, WH
9:47 Courtney Allen, RBV

Seniors:

8:48 Desiree Davila, Hill
9:08 Kaleena Yee, RB
9:40 Elizabeth Harns, Hx

9:47 Shawna Winfrey, WH
9:52 Ashley Handy, WH
9:54 Meredith Harns, Hx
10:16 Julie Pitts, Grossmont
10:20 Cassie Kuske, WH
10:21 Leah Romero, RB
10:26 Katie Boyd, RB
10:27 Laurel Hanscom, Valhalla
10:30 Jessica Murray, RBV
10:33 Kerri Wheeler, RB
10:41 Darcy Fox, WH
10:44 Brenda Hernandez, Gro
Finishers: 30.

Juniors:

9:18 Kristina Nugent, WH
9:22 Nastassaja Hall, RBV
9:30 Stephanie Baird, Hx
9:38 Allison Hall, RB
9:47 Courtney Allen, RBV
9:53 Chandra Farnham, WH
9:59 Jackie Dale, WH
10:07 Belinda Oberum, RB
10:14 Amy Montgomery, Ser
10:20 Pati Romero, Eastlake
10:23 Joanne Southard, WH
10:26 Laura Landry, WH
10:28 Jessica Hoffman, WH
10:32 Amy Lang, Ser
10:35 Casey Root, Gro
Finishers: 34.

Sophomores:

9:44 Rachel Farrior, Hx
9:59 Sara Reid, PTL
10:00 Rachel Bombaci, PTL
10:07 Amy Johnson-Westlie, Hx
10:22 Melissa Moore, RBV
10:26 Jessica Huepper, RB
10:33 Katie Thompson, RB
10:44 Monica Lane, RB
10:45 Olga Garabets, Hx
10:52 Whitney Kuptz, RB
11:05 Melodie Tao, RB
11:10 Shannon Ruebel, PatHenry
11:12 Leah Brucker, Hx
11:16 Adrienne White, PTL
11:19 Amber Douglas, WH
Finishers: 45.

Freshmen:

10:20 Bree Justus, RBV
10:26 Janae Dale, WH
10:27 Silvia Romero, EL
10:36 Jackie Pamos, EL
10:48 Whitney Cleveland, Hx
10:48 Erin Bala, Hx
10:52 Katie McCoy, Gro
10:52 Anne Vieira, PTL
10:54 Siobhan Warren, Hx
10:57 Jocelyn Jenks, LUCD
11:01 Christine Burke, PH
11:05 Ashley Banks, Hx
11:06 Jessica Street, Hill
11:19 Brenda Perkins, RBV
11:20 Lindsey Troy, Gro
Finishers: 48.

Wolfpack: Desi, Ben are quick; Helix impresses

The 2000 cross country season kicked off on a cooler than usual September afternoon at West Hills, with some established stars and some exciting newcomers.

Fastest individual runs of the day, predictably, came from West Hills' Ben Aragon and Hilltop's Desiree Davila, both of whom medaled in the 1600 at last year's state track championships.

Best looking teams at the non-scoring meet were the West Hills and Helix girls squads. The boys results were mostly scattered, with the host Wolfpack missing some key performers, but there were some sharply-improved athletes and one exciting debut.

Looking in great form were RB's Kaleena Yee and West Hills' Kristina Nugent in girls racing, and Valhalla's David Santos and Helix's Taylor Williams on the boys side. The Highlanders also had the debut of the day, when frosh Babey Wagnew easily won his grade-level race.

The results: