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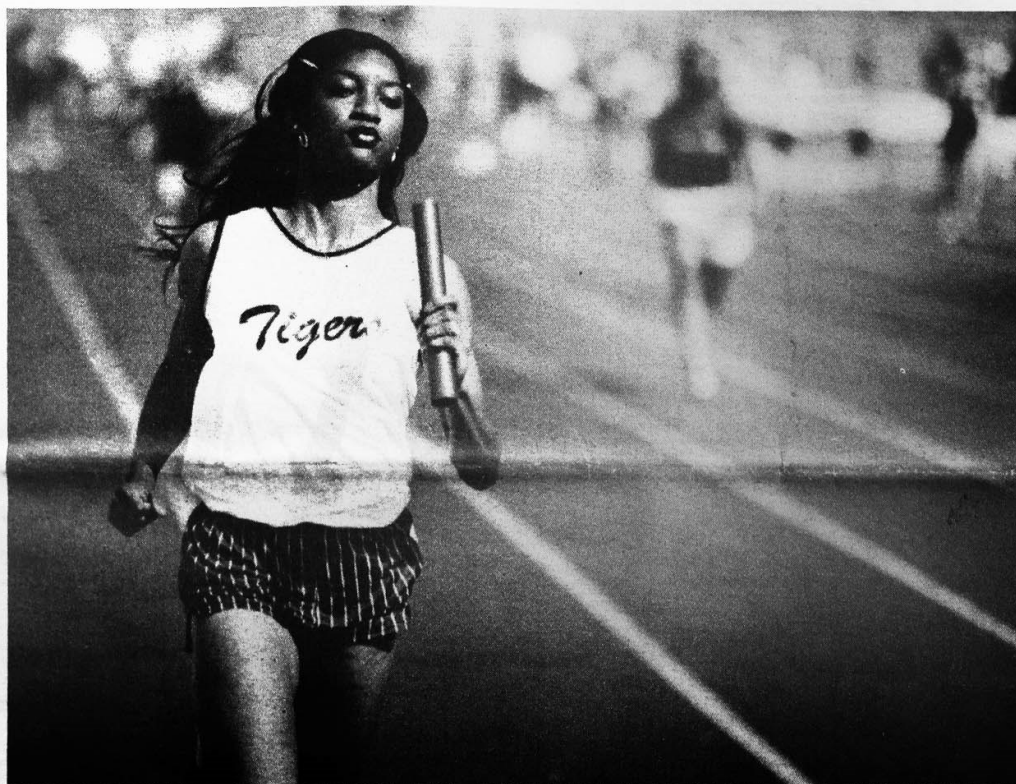
TRACK MAGAZINE



*What's
inside...*

Volume VI, Number 6 -- March 30, 2001

The Annual Track & Field Preview Issue



Scorching Tiger, Hidden Opponents

It's a familiar scene: Smooth-running Monique Henderson glides to the tape, far ahead of the others. The Morse sprinter is back for her senior year.

Track, 2001: A clouded start

The 2001 track & field season for San Diego area high schoolers is not off to a fast start, and that's putting it mildly.

The Santana High and Granite Hills High tragedies have definitely cast a cloud across the season. For those most affected, those scars will never completely heal.

Also, the rotten late winter weather kept most teams from getting in the needed technique or track work in the important early training phase of the season.

The renovation of Balboa

Stadium led to the cancellation of the Tiger Relays, an important early season meet. Also, there will be no Balboa Relays, and the city leagues are scrambling to find suitable venues for league finals.

The Granite Hills shootings led to the cancellation of a full slate of Grossmont League meets, just when the season was starting to gain momentum. Many Grossmont teams are behind schedule, and spring break is almost upon us.

At every turn, there seemed to be discouraging news.

But things have a way of balancing out. The weather is warming up, and the athletes are now ready to amaze us.

That promise is what keeps the sport vital, and essential.

Track & Field celebrates human achievement, and high school competition is very nearly its purest form. In every meet I have ever seen, something unexpectedly good happens.

It may be subtle, it may be glorious, but it always leaves me feeling enriched.

-- from Buzz Thom

Our 2001 Track & Field preview issue gives you a scouting report on almost every school in the San Diego Section.

(We were not able to make contact with Palo Verde Valley, and we apologize.)

Our preview begins on page 2.

Teams are in alphabetical order within their own leagues.

The Palomar League begins on page 2.

The Avocado League begins on page 4.

The Valley League begins on page 5.

The Grossmont South League begins on page 7.

The Grossmont North League begins on page 8.

The Mesa League begins on page 10.

The South Bay League begins on page 12.

The Eastern League begins on page 13.

The Western League begins on page 14.

The Harbor League begins on page 16.

The Southern League begins on page 17.

The Imperial Valley League begins on page 18.

To see the year's first list of best boys and girls marks, please turn to pages 18-19-20.

The 2001 Track & Field Preview:

From the editor: We hope you enjoy our 2001 Track & Field preview issue. It truly was a labor of love. Each school's coach had to be contacted, often several times, and some schools had two or more coaches to talk to. Then the information had to be assembled, written, edited, proofed and pasted up. We only missed one school this year, which was Palo Verde Valley in Blythe. We apologize for the omission.

Incidentally, since it took weeks to assemble all of this information, some facts have become dated, and not all of the PRs mentioned are current.

Each school is presented in alphabetical order within their own league.

Enjoy.

Palomar:

The teams: Mt. Carmel

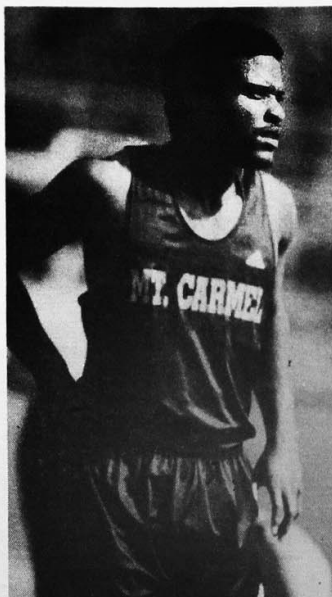
Coaches: Nathan Boyer, boys; A. J. Osborn, girls.

BOYS:

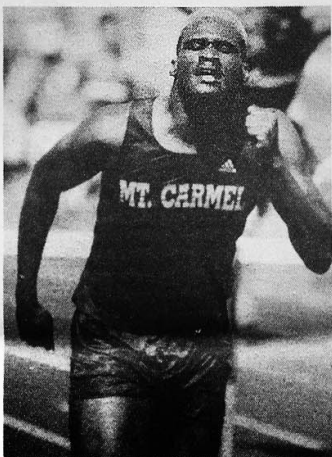
Track: The runners are talented in every area.

In the sprints, soph Michael Matison looked impressive at Bronco, when he dusted off an elite field that contained most of the county's best sprinters (one notable absentee was Patrick Henry's Michael Roberts). Matison showed some flashes last year, but was injured most of the season. He's for real. There's enough depth behind him to field two very quick relay squads. David Himchak (11.1), Pat Mahoney (22.7, 51.9), and Gabe Uribe (52.0) provide the sprint depth.

Himchak, hurdler Darnell Talbert, Mahoney and Matison will make up the 4x100 team; and the top cand-



Michael Matison
Mt. Carmel



Darnell Talbert
Mt. Carmel

idates for the 4x400 squad are Talbert, Mahoney, Uribe and maybe Sean McCann, a 200/400/800 runner. If Matison works his way onto the longer relay team, they're even better.

Talbert (14.93, 38.29) ranks high among the best hurdlers in the county, but there are just youngsters behind him at this point.

The distances are de-eep. Abadir Barre (4:34, 9:32) is one of the area's best, and Alan Aradanas (2:02, 4:25, 9:48) is not far back. The depth



Devin Lyons-Quirk
Poway



Allison Hall
Rancho Bernardo

comes from Zack Neilson, plus three sophs that probably will improve quickly: Doug Marsh, McCann, and Adam Goldberg. Those three are being counted on in the 800.

Field: This team has almost a split personality. Many of last year's top field event stars have graduated, and the Sundevils are developing youngsters in almost every event.

One exception is the long jump, where Alex Fromer (21-0.5) and sprinter Mahoney (20-11.75) return. Neither of them triple jump, and the team is still auditioning athletes there.

The vaulters are mostly new, with the best being Aaron Noltan (11-6). Best of the high jumpers is probably

frsh Darnell Prude.

The throwers, too, are a new group, but they are not far off breaking onto the lists. The best are Josh Taylor (43+ in the shot) and Keith Nason (126 in the disc).

GIRLS:

Track: The strongest group are the distance kids, most of them coming from an excellent cross country team. Ashlee Dere (2:28, 11:36), Deanna Sick (2:25, 5:18, 11:19), Monal Yamout (2:25, 5:17, 11:34), Janet Mulvey (5:28, 11:47), Allison Hilton (5:28, 12:07), Audrey Harrer (5:33, 11:47), and Amy Vasko (12:12) are all quality runners. There's more. Brittany Pierce, from XC, and three frosh (Halah Barre, Brittany Bledsoe and Emily Smith) all have promise. Bledsoe is quick enough to compete for a spot on the 4x400 team.

The sprints are also strong. Frosh Kristan Matison has looked very quick in early meets. She's backed up by Daniela Fromer (12.6), and Tanera Jones (25.67, 62.0). All of them can range from 100 to 400. In the short relay, the team is looking for a fourth speedster.

The hurdles are fine, with Jones (15.5) in the 100s, although there is a dropoff behind her. The 300s have Kristin Woodard (48.68), Jackie Johnson (50.26) and Fritzie Dizon. Jill Alsop has dropped those events to concentrate on jumps.

Field: The vault is good, with Megan Sage (9-6) and Jillian Debaros (9-0). Alsop and Theresa Mello (4-8) are the high jumpers.

Candace Doung, a basketball standout, is an excellent thrower (35-10). She's backed by Ashley Seilhan (105-4) and Jane Fajardo (32-1) in both events.

The horizontal jumps are OK. Alsop (33-4) is the triple jumper, and she's backed by Kim Longworth and Sheryl Villalobos, both at 32+. The long jumpers are Fromer (15-6), Longworth and Villalobos.

Poway

Coach: Dan Schaitel.

BOYS:

Track: The core of last year's excellent cross country team is the strength of this team. When firing on all cylinders, Poway has the ability to rack up big points in the distances against virtually any opponent. In the best shape in early season is Devin Lyons-Quirk (12), who looked good in winning the Bronco 1600 in 4:20. His best race is probably still the 3200, where he runs 9:36. Aaron Powell (12), who began the season nursing some Achilles problems, is the most talented of the Titan stable, with 1:52.59 and 4:22.2 PRs, and sub-50 speed in the 400. If he regains full health, he'll be a factor at the state level in the 800. Luke McGinnis (11) is a 9:36, 4:34 runner who really looked improved in cross country. He could make a big move up in the 3200. Adding depth to those three are James McCarthy (12), who ran 4:36 last year; Pat McCarthy (9) and Gavin Coleman.

Best of the sprinters is Paul Rosales, who has a 52.10 in the 400 to date. Best hurdler is Pat Lockwood, who should be in the low 16s or faster in the highs, and who has run 42.68 in the 300s. The 4x400 relay team could be respectable.

Field: The pole vault is the lone bright spot for the Titans in the field. Brian Heimburge seems promising after clearing 13 feet last year, and the team has a couple of good transfers from league schools. Allen Beck and Zach Salazar both bring 13 foot PRs from RBV and Rancho Bernardo, respectively. Schaitel is still sorting through candidates in the other jumps and in the throws.

Please see page 3.

TRACK MAGAZINE

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Next Issue:
April 13
Look for it at the
Jaguar Invitational.

Palomar:

From previous page.

GIRLS:

Track: Strongest events are the hurdles, where Audrey Pound (12) returns, although the girls team is better balanced than the boys team, at least on the track.

Pound ran 15.54 and 44.05 last year, qualifying for the state meet in the 300s. She should be one of the county's best in the short hurdles this year as well. She has 58.02 speed in the 400, and she'll be a key component on the 4x400 team.

Best of the sprinters is Alexis Rampaul, who returns with 26.80 and 59.98 bests. Jill Young, a 27.25 runner, is battling back problems. Carly Bohnsack is being counted on to contribute here. The 4x400 team could be very fast, if another sprinter or two develops.

Cross country standouts Rachel Good and Kristina Maletz will lead the distance group. Good, a frosh, has already run 5:29 and 12:07, while Maletz has run 5:34. The 800 features Tara Whitty (2:28), Emily Melendez (2:31) and Caitlyn Plummer (2:32). Whitty may also give the 300 hurdles a try.

Field: A considerably more sketchy area than Schaitel is used to. Best candidate in the pole vault, usually a strong area, is frosh Paige Kuzmanick. The other jump events are holding open auditions, although there do seem to be some reasonable candidates. Brittany Moon-Battung will anchor the throws, with PRs of 34-5 and 112, but there is a drop after that.

Rancho Bernardo

Coach: Don Jones.

BOYS:

Track: Some of last year's stars (Bobby Salimi, Sean Ricketts) are gone, but there is still some top talent, and incredible depth.

Strongest area is the sprints, where soph Deun White (22.1, 49.24) has just barely scratched the surface of his potential. He'll be one of the best long sprinters in the county, at the least. There is depth behind him that includes Dustin Graham (11.1, 22.81 and 52.46). Both relay teams will be strong.

The distances will be respectable, with Dan Tanks running the 1600 and 3200 (where he should be well under 10:00), and Chris Tanks handling the 800 (with potential to run 2:00-flat or better). Joe Ruiz de Chavez adds depth.

Jumper/hurdler Rashard Holmes returns after a year off (he had knee surgery), and will help in the 110 highs, where he ran 15.9 as a soph. Depth is provided by Zack Miller and Trace Talbert, a pair of sophs. Talbert, younger brother of Mt. Carmel's Darnell, began his year with a 15.9 clocking.

Field: The vault is the strongest area, but all of the jumps should be excellent.

Vault coach Tom Martin has an embarrassment of riches in his event, where he returns Mike Hill, 14-1; Chris Spehar, 13-8; and Ryan Spitz, 13-0. Behind that group are jumpers such as Kenny James (12-6), Steve Hong (12-0), Zack Miller (12-6) and Billy Mathison. Hill has the potential to challenge 15 feet, and he should rank among the county's best all year.

Holmes return will be a boost to the horizontal jumps. Holmes had PRs of 23-0.5w and 45-7 as a soph, and he'll get a challenge from teammate Keno White (12), who has 22-7.5w and 44-7 talent. Keno is Deun's older brother. There is depth, too, with Mike Sullivan (41-11.5) and Ralph Haynes (42-5).



Dani Schuster
Torrey Pines



Lauren Jones
Torrey Pines

Keno White is the team's best high jumper, with a 6-6 best, and he'll be backed by Zack Miller (10), who jumped 5-10 as a frosh.

The throws are rebuilding, but Tyler Ellis (134-7) has looked OK early in the discus. Among the other prospects are Andy Huang, Nick Allotta and Benito Kare. Huang threw the shot 43 feet as a frosh. Allotta a huge, raw soph, recently broke out with 47-2 and 144-5 throws, so he's a real talent.

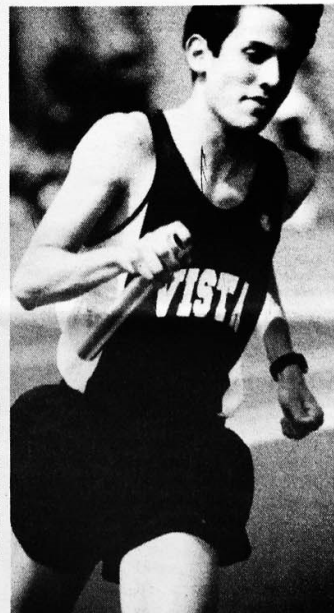
GIRLS:

Track: There is good talent, depth and balance in the flat events, but the hurdles are rebuilding.

In the sprints, Anne James returns after a year off with an injury. She's a 12.58, 25.88 swift, so she'll anchor the short sprints. Laura Landry (12.6, 25.60 and 57.80), will concentrate on sprints and jumps this year. Other good talents are Kristine Schroeder (26.88 and 58.78), Kyle Lederer (12.72 and 26.86), and Kristina de la Rosa (12.7h). Melodie Tao (62.12) and Taniya Kissane (63.00) add depth in the long sprints. Alexis Tate, a 58.28 and 26.88 runner, is coming back from knee surgery, and it's too early to say how much she'll contribute. The relays will be strong, and a number of different lineups could develop.



Nastassja Hall
Rancho Buena Vista



Ryan Montez
Vista

Allison Hall (11) seems nearly fully recovered from last year's bout with spinal meningitis, and she could approach her frosh times of 2:19 and 5:05. Kaleena Yee (12) is in great shape, and has 2:25, 5:13 and 11:16 PRs. Depth comes from Jessica Huepper (5:31 and 11:48), Katie Boyd (11:52), and others. In the 800, look for frosh Chelsey Armacost, who reportedly ran 2:28 in middle school. You probably won't see Landry, who ran 2:25 in this event last year.

The hurdles have some prospects. Best in the short race is frosh Brianna White, who ran 16.7 in her first try at the event. She injured a shoulder recently, and will several weeks. Best returnee in the 300s is Katie Murphy, a 49.77 runner.

Field: Vaulters Molly Pascarella (11-7) seems a threat to push her PR above 12 feet at any time, and she should be the best in the county. There are some decent young prospects behind her, including Ama Navidi (9-6 as a frosh), Liz Leyvas (9-2), and Melissa Earle (8-6).

Tate, who is not yet in shape to sprint, is trying the high jump. She cleared 5-2 recently, so she will help.

Also look for Shelene Gutierrez (5-0) and hurdler White in this event.

Landry is being counted on to strengthen the long jump, where she spanned 16-9w as a frosh. Jennifer Greene (35-1) is the team's best in the triple jump. Depth comes from Rachel Dulin (15-6w) and Lindsey Orton (33-1.25w).

The throwers are all new frosh, with Ashley Foreman and Ashley Peters the best candidates. Expect distances in the low 30s and around 100 feet in early season.

Rancho Buena Vista

Coaches: Tom Lux, boys; Liz DeLap, girls.

BOYS:

Track: The runners are young, but should develop during the season.

In the sprints, another wave of talent steps up, led by Matt Picture, Mike Marshall and David Chung. They were the team's best JVs last year, and should be running around 11.0. Ferris Gaylon might be the team's best in the 400.

There seems to be enough depth for a decent short relay team.

The distances will feature senior Aaron Trunnell (10:07) and sophs Artemio Mateo (4:34 and 10:05), and Troy McAdams (10:22). Brian Perez (11), and Jason Miller (10) will provide depth. Mateo is probably the team's best at 800 meters.

The hurdles are assigned to soph Brandon Bornes who is at 15.8 already, and can the 300s in the 41-second range.

Field: RBV has the strongest boys throws team in the county this year, led by Eric Holzhauser (55-7), and Anthony DeBoer (53-10 and 160-8). Josh Halsey (48-7) is a good third, and Jesse English (51-6, 156-7) will provide even more quality depth when he can get away from his duties on the baseball team.

The jumpers are young, but have potential. Jeremy Cross (6-4) and Darrell Johnson (6-0) will handle the high jump, and Bornes (21-1.1.5w and 42-7) is the best in the horizontal jumps. Matt Lesenyie (41-2) gives the team another triple jumper that can score. The vaulters are a pair of juniors: Justin Sandling (12-0) and Shaun Ferris (11-6).

GIRLS:

Track: The flat events are very solid. Nastassja Hall has great range, with bests of 12.13, 24.46, 57.45 and 2:19. Courtney Allen can run quality races from 400 to 3200, and is best in the 800, at 2:17.

Sprint depth will be provided by jumper Renee McKinney (13.1), and 400 runner Nicole Reyes (61.42). Reyes can combine with Hall, Allen and jumper Megan Bornes for a top-quality 4x400 team.

Depth in the longer races will come from Melissa Moore (12:35) and Brenda Perkins in the 3200, and from frosh Bree Justus in the 800 and 1600.

The hurdles are rebuilding, with soph Trista Turner the team's best in both races in early season. She should be near 50 seconds in the 300s.

Field: The horizontal jumpers will pile up the points. Hall (18-9w) and Bornes (17-7 and 37-4) will be right at the top of the county lists all year. McKinney (34-1) is a solid second triple jumper.

The vault is solid with Jenna Mavity (9-2) and Laura Betts (8-6), and the high jump features Bornes (5-4) and McKinney (4-10).

The throwers are rebuilding somewhat, but there is plenty of depth. Danielle Mitchell is at 34 feet and 106 in the disc, with help from soph Kelley Burick, frosh Whitney

Please see page 4.

Palomar:

From previous page.

DeWeese (101-1) and junior Elisa Valenzuela.

Torrey Pines

Coaches: Brent Thorne, girls; Mike Stevens, boys.

BOYS:
Track: The hurdles are the team's strong point on the track, but there is decent balance elsewhere. In the highs, John Dudek (15.06) and Tray Muehlback (15.7h) are running well. Neither runs the 300s however, so Stevens is auditioning sprinters Scott LaCaz and John Brubaker there, as well as Matt Engler (11) and Bo Hueng (10).

The sprints have decent depth, with LaCaz (11.1) being the best short sprinter. Look for Jeff Kobayashi, Justin Weiss and Hunter Combs to join him on the 4x100. Brubaker is the team's best returner in the 400, but LaCaz could pop up there as well.

Kevin Nolan (4:33) is the top man in the 1600, with Yuh-Kun Kawakami and frosh Ryan Graddy behind him. Navid Hassanzadeh (10:09) has good 3200 credentials, although he missed cross country season with injuries. Kawakami and soph Tye Lidman will also help there. The Falcons are still looking for an 800 runner to emerge. In a pinch, Nolan could drop down and run that event.

Field: The vault looks good with Josh Malmuth at 13 feet already, backed up by Adam Ruben. The high jumpers are developing, with Jimmy Gauntt and Pat Hargrave both aiming for six feet.

The throwers have some experience and credentials. Greg Pulaski (140-2) could develop into one of the county's best in his event, and Matt Grolnek (46-1) could push his shot mark to the 50 foot level. Matt McCue provides depth in the disc.

The horizontal jumps are rebuilding, but there are some decent prospects. Alex Foster is at 41-3 in the triple jump, and he'll have help from Jason Joseph and Ruben Herbias. Joseph might be the team's best in the long jump.

GIRLS:

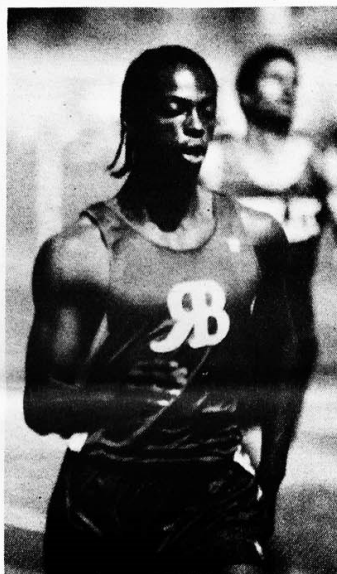
Track: As usual, the Torrey strength is in the distances, although the sprinters, hurdlers and relay teams will all be very good.

Senior Julie Komosinski and frosh Dani Schuster top a deep and talented distance corps. Both are versatile, and both are among the county's best athletes. Komosinski has PRs of 2:16, 4:56 and 11:04. She could turn up in any of those events, although she seems more comfortable in the 800 and 1600. Schuster's range is not yet determined, although she seems to have decent speed and great endurance. She dusted off a good field at the Bronco 1600, running 5:12, so she seems to have sub-5:00 potential in that event. There is great depth in every event. In the 800 there is Komosinski, Schuster (2:25), Haley Moore (2:24), Tessa Connor (2:24), Krista Romley (2:27) and Taylor Penrod, a freshman. In the 1600, there is Komosinski, Schuster, Romley (5:24), Dorothy Troglor (5:31), Moore (5:32), Brenna Williams and Carly Mecklenburg. The 3200 has Komosinski, Schuster, Romley (11:53) and Ashley Orr (12:10).

The sprinters will be OK, with soph Kaitlyn Doe (12.5, 26.9) being the best. She's backed by Gayle Tresize, Kaelin Madamba and Sandi Sundos, all sophs. In the 400, there is Chelsea Chatfield (61.5), Connor (63.0), Madamba, Sundos, Taylor Penrod and possibly Doe. In a 4x400,



Megan Bornes
Rancho Buena Vista



Deun White
Rancho Bernardo

Komosinski (61.5) can help out.

Best of the hurdlers is Alie Ribner (16.9) in the 100s, with help from Ashleigh Penrod (17.0) and possibly Tresize. The 300s will need someone to emerge. Kayla Berkman (50.2) has Achilles troubles which could slow her initially. Ashleigh Penrod and 400 runner Chatfield could also turn up in this event.

Field: The vertical jumps are strong. Lauren Jones (5-4) and Colleen Walker (5-2) are among the best high jumpers in the county, and Betsy Halliburton (10-0) ranks high in the vault.

The horizontal jumps are decent, with sprinter Doe (16-2) in the long jump, backed by Tresize. High jumper Jones (34-2) is a good triple jumper, and she has Amanda Roberts behind her, at 32-plus.

Alexandra Ray is the best thrower, with a 111-5 in the discus already. Depth comes from Jill Malloy, from Ireland, and Shanon Weiner. Ray and Courtney Peters are both in the low 30s in the shot, and are backed by Jen Kish.

Vista

Coaches: Pete and Cindy Brooks.

BOYS:

Track: The Panthers were one of the state's best cross country teams, and that core is the strength of this

team. Ryan Montez (2:02, 4:28, 9:22) can run effectively at any distance, although his best event is the 3200. Mark Baddas (1:59, 4:33) seems better at the mid-distances. Nick Kelleher (2:03) could develop into the team's best 800 runner, and Ramon German and Hiladio Larios will add depth to the 800 and 1600. In the 3200, look for Eric Hernandez (10:15 in his first try), Larios and Joe Aguilar to help Montez.

The sprints help balance the team, with Nigel Martin (11.0) and Jason Macklin (11.1) providing punch in the 100, Steve Maldonado (50.58) adding strength in the 400, and all of the above in the 200 at times. Jeremy Taylor and Randon Jorgensen add depth in the long sprints. Both relay teams should be competitive.

The hurdles are rebuilding, with the top candidates being Josh Hargis and Jorgensen.

Field: Good balance here, and no glaring holes. Ryan Daley (13-4) is a capable vaulter, back by soph Robbie Masterson (11-6). Frosh Michael Menke (5-10) shows promise in the high jump.

The throws are good, with junior Eder Arosemena at 49-0 and 141-10 in early season. There's depth, with Sean McClean at 45-2 and about 130 in the disc.

The horizontal jumps have Marcus Barard (21-6w, 41-7), backed up by Joe Hauser (41-4 and just under 20).

GIRLS:

Track: The team seems to have good speed. Frosh Cassie McLean debuted with a 62.0 in the 400, and has the ability to run any sprint well. She's backed by Jenny Hauser and Simona Sanders. Both relay teams should be good.

Best in the distances are cross country ace Aurora Ramirez in the 1600 and 3200, and Erica Lopez in the 800. Lopez can also help in the long relay.

The hurdles are rebuilding after Jasmine Winfield moved to Oceanside. Soph Carrie Broderick could threaten 50 in the 300s, and a number of freshmen are auditioning in the 100s.

Field: Sprinter McLean is an intriguing prospect in the vault, where Brooks is an excellent coach. She has excellent speed, and she's already at the 8 foot level. The high jumpers are Chanel Jefferson and sprinter Sanders, both of whom are nearing 5 feet.

Sprinter Hauser will inherit the long and triple jump duties.

The throwers are fine, with Cynthia Sorrell at 32-9 in the shot, and Crystal Barber (32-2) right behind her. Newcomer Crystal Dyer is already near 100 feet in the discus, and will greatly improve during the season. Theresa Acosta adds depth.

Avocado

The teams: Carlsbad

Coaches: Keith Van Asdalan, boys; Joy Angel, girls.

BOYS:

Track: The sprint corps features newcomers, but there does seem to be reasonable talent. Transfer Marcus Drummond, a junior, and J. C. Cooper, a soph, can go; and there is some depth behind them. Andy West, a junior, will help in the relays.

The distance team should be solid, staffed with members of last fall's good cross country group. Justin Bartels and Anthony Fogelstrom seem to be the best in the 800/1600 range, with the ability to drop down for the 4x400; while Ben Miedema and Rey Ramirez lead the team in the longer races. It's a deep group.

The hurdles, by contrast, are rebuilding.

Field: Top field athlete is junior Tim Warner, who made waves last year when he vaulted 14-4, an excellent soph mark. The high jump is solid, with soph Cole Marton already jumping at 6 feet.

The horizontal jumps have sprinter Drummond in the long jump, but no triple jumpers have emerged yet.

The throwers are new, with George Molifau and Jay Jun throwing both implements. Molifau should be in the mid-40s at least.

GIRLS:

Track: The sprinters, when they get healthy, are probably the strongest group on the track. Adrienne Jubb (12.7, 27.1), Mallane Dressel (25.96, 58.90) and Jessie Ansari (62.4) all are nursing injuries or illness in early season. When they get back to full strength, they'll rack up plenty of points, and the relay teams will fly. Other relay candidates include soph Alise Malley and frosh Megan Fielden. Hurdler Deanna Lynn will be part of the 4x4 team.

The distance squad includes a lot of talented runners, including Katie O'Connell (2:25, 5:18 and 12:07 last year), Sara Cates (12:07), Kelly Platko (11:53), and Kristen Woodward. They all seem capable at any distance. Athletes like Lynn, Dressel and Ansari can all run well in the distances, too, but they concentrate on other events.

Lynn (48.7) is a fine 300 hurdler, but the short hurdlers have graduated. Tina Stevens, a junior, will move into that event.

Field: The throws are strong, with Lena Fanene (36-2, 102-10), Anne Marie Zamazal (112-5) and Alex Tabas (104-0) all returning. Fanene was injured in basketball, and may take some time to get back to form. Jenna Bevilacqua is a good-looking frosh thrower.

Soph Alex Jackson (5-4) is a solid jumper, and she's backed up by sprinter Jubb and Courtney Clark. Soph Brenna Moyer (9-4) and Renee Antonacci (8-6) are capable vaulters.

The horizontal jumps are rebuilding, but hurdler Stevens seems a likely candidate to help out.

El Camino

Coaches: Terry Scaife, girls; Sean Helgeson, boys.

BOYS:

Track: The sprint group is young, but there's talent. Best of the group in early season are Tyree Jones and Speedy Anthony, a pair of sophs.

The distance team improved greatly during the cross country season, and should be able to contribute points for the Wildcats.

Probably the best returning athlete on the track is hurdler Chris Hayward (40.6). He also runs the highs. Tallon Sherrod provides depth in these events.

Field: Best returning field athlete is Jarel Watson, a junior, who really came on at the end of last year in the discus, throwing 157-8. He has excellent potential for improvement. He also throws the shot. Depth in the throws comes from Hula Salamasina and Ronnie McFadden.

The horizontal jumps will be solid, with sprinter Speedy Anthony the best returner. He jumped 20-5w as a frosh last year, and he'll be helped by Billy Walker and Jonathan DeHart. DeHart will also help in the triple jump, and Walker, a soph, will double back in the high jump, where he's gone 6-2.

GIRLS:

Track: The Wildcats are solid across the board in the running events.

Jessica Thomas (12.36, 26.5) leads an excellent sprint corps that also includes Ashleigh Davis (27.07), Ebony Adams (59.4), Tiffany Davis (62.7) and Jolanda Diego, a frosh.

Please see page 5.

Avocado:

From previous page.

Expect very good relay efforts from this group, as well.

The hurdle team is good, with Jessica Eggleston (16.03, 47.3) among the county's best. Tanjaray Watson, a junior, backs her up in both events, and the Wildcats have a history of developing hurdlers.

The distance group was impressive in cross country, and should continue to improve behind sisters Sabrina and Sarah St. Laurent. Megan Johnson will run the 800.

Field: Thomas is one of the county's very best jumpers, with PRs of 18-11.5 in the long jump and 35-3 in the triple jump. Hurdler Eggleston has a 33-6 mark in the triple, but may not compete in this event early on.

Hurdler Watson, a junior, might be the team's high jumper. There are no vaulters.

The throws have new athletes, but at least one of those has excellent potential. She is 6-1 Nikki Oakland, one of the school's great crop of frosh basketball stars. Expect her to put up some good marks before the end of the year. Soph Lauren Laurent is another good candidate in both events.

Fallbrook

Coach: Marty Hauck.

BOYS:

Track: The team is solid in the distances and hurdles, but the sprints are being rebuilt. Best athlete is senior Jimmy Ungricht, who runs the 800 in 1:53.97. He can also run well from 400 to 1600 (4:34). There are solid distance runners behind him, including Chris Gausepohl and soph Alex Casarez (10:11).

The hurdles have Jeremiah McLeod (15.5) and Tim Frinell (15.8) in the highs. McLeod ran 41.1 for the 300s last year. Frinell and, sometimes, Ungricht (42.0) add depth.

Hauck is still looking for viable sprint candidates.

Field: The vault could be a strong point, with returnees Kaysey Kaeser (13-0) and Joe Harlin (13-0) both ready to improve dramatically. The high jump candidates are Jon Morgan and Mike Manning, both at 5-8 in very early season.

The throws are well-staffed. Dan Thompson (46-11, 148-10) is a solid returner, and Eric Perrault, Mike Moran and Archie Nevarez will add depth in the disc event. All are on the verge of breaking into the 130-foot range.

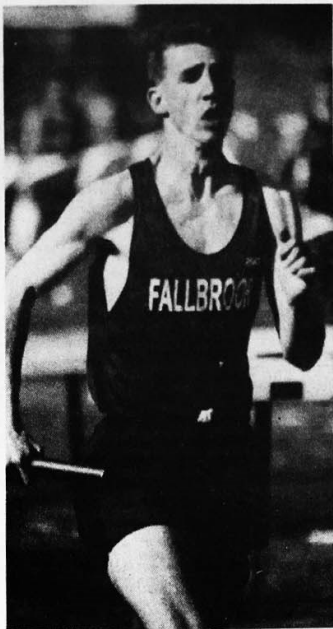
The horizontal jumps could develop. Soph Dominik Smith and Gausepohl are both potential 20-foot long jumpers, and Chris Reinke is ready to surpass 40 feet in the triple jump.

GIRLS:

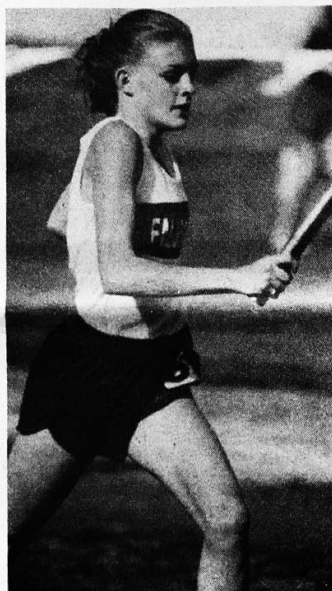
Track: The runners are solid across the board. The best group are the long sprinters, with Naomi Mattos (57.49) and Nicole Rothert (58.39) being among the county's best in the 400. Both can range down and run well in the short sprints as well, where Mattos goes 12.7 and 26.2, and Rothert clocks 12.8 and 26.5. Both relay teams will be very good.

The distances, as usual, are very solid. Katie Matlack (5:17) seems a few steps ahead of a good core group, which also includes Maija Rohde (11:42, 5:30) and Jamie Carmichael (5:23, 11:52). Matlack, who can also run well at 800 through 3200 (12:09) is the best in the 1600, and Rohde and Carmichael are better at 3200. The 800 will have Matlack, at times, and newcomer Melody Demel. In a pinch, one of the 400 runners could move up as well.

Best of the hurdlers are Laura Maurer (16.7, 49.1), and Luisa Diaz



Jimmy Ungricht
Fallbrook



Nicole Rothert
Fallbrook

(49.6), a pair of juniors. Demel will add depth in the 300s.

Field: Carrie Johnson is very near the top of the list of best all-around throwers in the county. A junior, she began her season past 40 feet in the shot, and she can throw the disc 126-7. Look for her to have a big year in both events. Crystal Harrell is another good one. She threw 34-6 as a soph two years ago, and returns with the potential to throw near 40 feet.

Sprinter Mattos is also an excellent long jumper (16-9). Hurdler Maurer is the team's best triple jumper, at about 33 feet. Hauck will be looking to develop depth in these events.

Best high jumpers are Nicole Martin (4-10) and Kim Renshaw (4-8). Both are sophs and will improve. Best vaulter is soph Becky Gausepohl, who cleared 7 feet as a frosh last year.

La Costa Canyon

Coach: Greg Simmons.

BOYS:

Track: Strongest area could be the mid-distance area. Barret Larson (2:01 last year) seems much improved in the 800, and he could range down and run strongly in the 400 as well. The 400 already has some strength,

with Patrick McDonough (51.9) and a much improved Jim Williams there. The long relay team could very good. The longer distances are solid, with Alfredo Sosa (4:32) the team's best runner, backed up by youngsters Drew Porter, Anthony Simpson and Patrick Connors.

The short sprints feature Keenan Shaw, Mark Downs and Rory O'Dell all running the 100/200/short relay.

Mark Bellisario (41.63) is a solid returner in the 300s, and he also runs the highs. Soph Scott Petty will run in both events.

Field: Most of these events are still developing, but the best of the group is high jumper McDonough (6-3), also a sprinter. Another 400 runner, Williams, will add depth here. The best vaulters are Dipul Kumar, Eric Teuscher and Mike Braman.

Ryan Guy (21-1.5), Williams and Sean Myramatsu have the long jump covered, and Myramatsu also triple jumps.

The throwers are a new group. Among the best is Philip Rauscher, a soph.

GIRLS:

Track: By far, the strongest area is the hurdles. Erica Schim, a junior, is one of the best of the county in the 300 hurdles, at 46.59. She also does a decent job in the short hurdles, at 17.53. Lauren McCabe (49.4) provides solid depth in the 300s.

Morgan Soule is coming back from ankle surgery and may again be a force in the distances. She ran 2:22 and 5:10 as a soph. Frosh Nicole Newman seems to have potential in the 800.

The sprints feature a newcomer from Switzerland, Usha Kuzhippallil, who is also an excellent long jumper. The Swiss miss will run the short sprints and long jump to start, and may phase into other events later. Soph Julie Gallegos is another 100 candidate. The 400 has Jacquelin Muhich (61.7) and Newman.

Field: Best events are the horizontal jumps. Kuzhippallil opened her season at 17-1 in the long jump, an excellent start. Dani McNeely (35-3) is one of the county's best in the triple jump. McNeely and Muhich (15-9) add depth in the long jump.

Emily Dennis (8-6) and Sara Hummel give the Mavericks a pair of experienced returners in the vault. As of early season, Simmons was still looking for high jump candidates.

The throws are another area of concern, at least as of early season.

San Marcos

Coach: Jeff Meyer.

BOYS:

Track: Best events are probably the hurdles, where Aaron Barnhill (15.96, 40.74) returns with solid marks. Junior Nick Gowdy backs him up.

The distance team was solid during cross country, and is led by Jimmy Retherford (2:03), David Ignacio and Oscar Ignacio.

The sprints are rebuilding a bit, but there are good candidates in Eric Peterson, Rhythm Harvey and Jon Canlas. Peterson will run the 100, 200 and 400; Harvey is expected to compete in the 100 and 400, while Canlas combines the 100 with throwing events. The short relay team could be respectable.

Field: The horizontal jumps are the strongest events, with Barnhill (41-7) and Herman Nuckols (41-0) returning in the triple jump, and Nuckols (21-10.5) in the long jump. Kirk Barr will help in the long and triple, and may also run the 200, relays and high jump. Best of the vaulters is Brandon Clark.

The throws seem fine, with Alex Thompson (145-0) returning in the disc and shot. Sprinter Canlas and Kellen Phillips provide depth in both events.

GIRLS:

Track: Junior Nicole Mier makes the distance events a strength. At her best, she runs 2:21, 5:11 and 11:39, but she was slowed by injuries in cross country, and she missed most of the year. She seems recovered from those injuries now, and it's just a matter of getting back to top form.

The hurdles are fine, with Mary Macera (15.6, 49.41) returning. She also runs sprints and relays at times. Frosh Brittany Kingsley will help in both hurdles.

The sprint team is new, but there are good candidates, including Kristina Kennedy, Alaina Engebrets and Lauren Mecacci. The latter two are better in the long sprints.

Field: Strongest events are the throws where junior twins Raeanna and Brianna Makihele return. Both are among the county's best in their pet events. Raeanna (38-11 as a soph) is slightly better in the shot, although Brianna (36-1) is also very good. Brianna (126-0) is the best of the two in the disc, but Raeanna is also a quality thrower.

Katie Brown (5-0) returns in the high jump, and she'll be helped by hurdler Kingsley in that event. Sandra Fisher (9-0) and Jamie Allison are returning in the vault.

The horizontal jumps are rebuilding, but viable candidates include high jumper Brown, and sprinter Mecacci.

Valley

The teams:

Escondido

Coach: Jarid Meek.

BOYS:

Track: There's a top athlete in just about every event. At full strength, the Cougars are a tough team.

In the sprints, Darren Fitzpatrick (10.8, 22.3, 51.70) is a quality runner. Soph Sal Herrera might develop into the team's best 400 runner, after running a 51-relay split early. He'll also run the 200. Best of the relay teams is potentially the 4x400 squad.

Nico Cueva is probably the team's best athlete, with his 1:53.69 800 talent. He can also put up fine times in the 400 (51.5, sub-50 in the relay) and the 1600 (4:31). Noah Vogelsang (2:02-split) is a good backup in the 800. Jon Cordes, Joe Voshell and James Barlow provide depth in the longer races.

John Feehan (15.72) is a solid high hurdler. The depth in both races will have to develop, although Meek and hurdle coach Paul Kinder like the young candidates: Chad Vargo, Nick Peters, Andrew Peters and Richard Libby.

Field: The vertical jumps are fine, with Feehan (6-4) in the high jump, and vaulter Aldrich Galimba (12-0) returning. The athletes behind them are youngsters.

Feehan is the team's only experienced horizontal jumper, with a 42-4 mark in the triple jump. Spinter Herrera will help there, as well.

Best of the throwers is Scott Colegrove (145-7). He doesn't throw the shot, so look for Clint Risovi and Lane Bryant in that event. Risovi doubles in the disc.

GIRLS:

Track: Best athlete on the track is soph Meggi Afenir (15.1, 46.0), who dominated the short hurdles at the Bronco Invite. She has 12.8 speed, and will pop up in both relays.

The distances have promise. Cross country ace Laura Guzman (12:16) will be the team's best in the longer races, backed up by Sandra Mitchell

Please see page 6

Valley:

From previous page.

and Kira Salter. There's a group of four girls that run from 2:30 to 2:34 for 800 in early season, and some of them could develop. It includes Christina Toland, Brittany Postema, Aubrey Aguilar and Jamie Belleggie. Postema is a frosh, and Belleggie is a soph.

The sprints are a bit thin, although Afenir can help out there in a pinch. Chelsi Bush, a frosh, can run around 12.8, so look for her in the 100/200. Jan Hartell has 61.5 talent in the 400. The 4x400 relay team might develop, especially if some of the 800 runners turn out to have some zip.

Field: Jolene Thomas (5-0) is a good returning high jumper, but she'll miss at least the first weeks of the season with a disc problem. Leann Self returns in the vault.

The horizontal jumpers are young, with Katie Blakely (15-2), sprinter Bush (15-6), and sprinter Hartell (32-6) all having a chance to develop.

The throwers are new, and the best candidates in early season are Vanessa Barrios and Michelle Prentice.

Oceanside

Coach: David Kalt.

BOYS:

Track: The biggest gun is William Buchanan, who was an excellent sprinter last year (11.0, 22.73). This year the plan is to extend his range up to the 400, and he ran a 51.x in a very early meet, showing potential to dip well under 50 by year's end. He'll be joined in 100/200 and relay duties by Elijah Brunson and Jovann Rushing.

The cross country team has provided some strength in the distance events. Jose Sanchez and frosh Dominic Rosales will run the 1600/3200 events. Sanchez should be in the 4:40s and 10:20s to start, while Rosales shows excellent young promise, running in the 4:50 and 10:30 ranges.

The hurdles are rebuilding this year, and the best candidates are George Williams and John Mande.

Field: The horizontal jumps are strong, with Buchanan returning with a 43-10 PR in the triple jump. Brunson is a 41-10, 20+ jumper behind him. There's some depth, with Jason Dixon having 20+ and 40+ ability in both jumps.

There's a group of throwers that are decent. Jonathan Crite and Justin Crite are both ready to crack 130 feet in the disc, and junior Shane Carr is not far back.

The high jump and pole vault are areas that are auditioning athletes.

GIRLS:

Track: Jasmine Winfield has transferred here from Vista, and she'll help in whatever she enters. A soph, she is probably the Pirates' best sprinter, with her 60.71 speed. She also ran the 300 hurdles in 49.1 last year, and could end up concentrating on that event. Best sprinter behind her is junior Taylor Cassidy, who can run the 100 and 400, where she is at about the 64 level.

The distance team seems fine, led by cross country standout Nancy Enriquez, a soph.



Ramona's Loretta Kilmer (right) beat a good field in the 3200 at Bronco, including Stephanie Baird (Helix) and Julie Komosinski (Torrey Pines).

Field: Best athlete could be thrower Latoya Rickman, who tossed the shot 32-9 as a soph, but did not compete last year. She is backed up in both throws by Lesleyann Crite, a junior.

Cassidy is the team's best high jumper after clearing 4-10 as a frosh last year.

The horizontal jumps have new athletes.

Orange Glen

Coach: Randy Boozer.

BOYS:

Track: It's mostly a young crew on the track, but the candidates seem plentiful. The sprint group features J. C. Marasigan, Colin Run, Jonathan Van Sickle and Jacob Schmautz. Run and Schmautz will run the 400, the other two are short sprinters.

The distance group features seniors Ignacio Martinez, Taylor Hewson and Martin Schmidt. The first two will handle the 800/1600 and Schmidt will usually draw the 3200 assignment.

Chris Reina is a promising hurdler, off his 42.64 time as a frosh last year. He runs both events.

Field: Spike Glavan is the team's best in the long and triple jumps, where he has a 41-4 mark.

Chris Hori will compete in the high jump and vault, and frosh Jonathan Hori shows early promise in the vault.

The throwers are Mo Rodriguez in the shot, and Felipe Bermudez in the disc.

GIRLS:

Track: Best event could be the hurdles where Aimee Rolls (17.2) returns to run both events. Lauren Schmautz adds depth in both.

There's a flock of sprinters, such as Ashley Fuller, Megan Espinoza and Stacy Lobetos in both the 100/200; Vanessa Young in the 200/400 and Alli Mayer in the 400. That depth could serve well in putting together relay teams.

Maria Cervantes, one of the team's best in cross country, will run the 800/1600, and newcomer Karen Chavero, a soph, will be tried in the 800.

Field: The vault is fine, with Rosina Garcia (8-6) and Tori Scharf (8-6) both on board. Scharf returns after a year away from the sport. Boozer is still auditioning high jumpers.

Nicole Stahnke (15-11) will handle the long and triple jump duties.

Best of the throwers in early season is Linea Rusthoven, who only throws the shot.



Meggi Afenir Escondido

Ramona

Coach: Steve Weinert.

BOYS:

Track: The distance crew will be the core of the team. Coach Dave Wilson had one of the better cross country teams in the county last year, and most of those athletes will help here. Ricky Roane (4:32, 10:10) is ready to drop his times significantly. Kenny Lawrence was on the wrestling team in the winter, and will have to make up ground in training. Depth will come from Jon Shellhammer and Matt Saldivar. Ken Wood has a shoulder injury. A new candidate is frosh Francisco Rodriguez, who is already at 10:33 in the 3200.

The sprints have Chris Pettit (50.87) returning. He'll help in both relays, and also may the 200. Best in the 100 is Brice Eaton, a soph, who ran 11.0 in an early meet. The short relay has looked decent in early action.

The hurdles are rebuilding. Jeremy Adams will compete in both events, but may be slightly better in the 300s.

Field: The horizontal jumps seem fine, with Chris Greene (21-1, 42-10) returning. There's not much depth, though, with young jumpers behind him.

The throws have a good candidate in Ryan Seargent, a basketball player who showed up and wanted to throw. Still raw, he began hitting marks in 120s in the disc and 42s in the shot. He could develop.

The vertical jumps are severely handicapped. Both jump pits were destroyed when an accidental fire ruined the track equipment shed. Brandon Perdew will vault, but will have limited training opportunities. Nobody is high jumping currently.

GIRLS:

Track: The distance squad is also the strength of the girls team. Senior Loretta Kilmer (5:19, 11:01) came on strong last year and made it to the state final in the 3200. In fact, she ran her PR of 11:01 in that meet, despite the fact that she was sick. During cross country, she took it up one or two more notches, dominating a section that had a number of good athletes. If she stays on that track, she will demolish her track PRs. Frosh Mishon Stalnaker has good potential, but she might find herself running in the long sprints and 800.

In the sprints, Megan Searsey might be the team's best in early season, and will probably start in the 100/200.

The hurdles have Stephanie Smith returning. She'll run both events, and her backups will be newcomers.

Field: Strongest field area is the throws. Sarah Byrne (33-9, 106) is solid, and Mandy Schatzinger (101) returns in the disc. June Andrews, who also runs the distances, could develop into a 100 foot thrower. Frosh Danielle Reeves is new and raw, but closing in on 100 feet quickly.

The horizontal jumps will have Ashley Clark and Lindsey Karnop in the long jump, and Karnop in the triple.

The girl high jumpers and vaulters are in the same fix as the guys: no pits. There are candidates in both events, but it will be tough for them until new pits can be obtained.

San Pasqual

Coach: Pat King.

BOYS:

Track: One strength is the mid-distance and distance areas, with Matt Johnson (1:56.60) being the team's most able runner there. Johnson will be able to contribute quality races from 400 to 1600, and be a part of a good 4x400 team. The distance depth includes Kieron Touissant, Freddy Nunez, Andre Konzen, Roberto Alvarez and two frosh; Fernando Alvarez and David Paradise.

The hurdles are another strength, with Jon Everette (14.94, 40.72) being one of the county's best in the highs. In the 300s, Chrsi Fuslier (42.6) adds depth.

The sprints, often a strong point, are rebuilding a bit. Curtis Flowers (11.0) is decent, and he'll have hurdler Fuslier and Ben Apodaca helping him in the short sprints and relay. Josh Andre (52.21) and Johnson can run well at 400.

Field: Strongest area could be the horizontal jumps, with junior Chris Poche (20-9.75, 41-11) and Everette (41-9).

Robert Ruzich (142-0) is a good discus thrower, but the shot throwers will have to develop. In very early season, Ruzich and soph Josh Kroeker were in the low 40-foot range.

The vault is the best of the vertical jumps. Juniors Brendan Hawkins (12-0) and Mark Quick (11-6) are in position to move up to solid marks. The high jump, in early season, was still auditioning likely candidates. Poche could be one.

GIRLS:

Track: Senior Tiffany Lowery (12.79, 25.91, 60.07) has been a

Please see page 7.

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Valley:

From previous page.

quality sprinter most of her career at San Pasqual. Her presence gives this team important balance. There's some depth in the 400, with Keera Touissant (62.14). The 4x400 could be good, with those two combining with Nikki Rideout, Valerie Evans and maybe Erica Trapps.

The distances feature a good crop of runners from an excellent cross country squad. Frosh Claire Rethmeier was the leader of that young group, and she looks good so far. Also, look for track debuts from frosh like Lorin Scott and Samantha From. Already established are Rideout (2:26) in the 800, and Charlotte Chalfant (5:37). There's depth, with Christina Whitcomb, Erica Bender, Joy Johnson, Christina Velasco and Jennifer Dowthit. It will take a large part of the season for King to find each girl's best role.

The hurdles feature one of the county's best in junior Morgan Albini (15.65, 46.5), who was new at these events last year. There's not much depth behind her.

Field: The throws might be one of the stronger areas, with seniors Sarah Smither (107.5, 33-1) and Rebecca Boh (32-8). Depth will come from junior Hilary Hartley and soph Bonnie Zimmerman.

The horizontal jumps have soph Bre Priest (15-9.5) in the long, and junior Trapps (32-10) in the triple.

The vault is fine, with Roz Rideout (9-0) and Emily Kinney (8-6). Evans (4-10) is the team's best high jumper.

Valley Center

Coach: Mike Cummings.

BOYS:

Track: There is balance across the board.

D. J. Contreras (10.9, 22.29, 49.32) was a surprise last year, adding needed speed to the team. Now, he's an established talent. Depth could come from younger brother Adam Contreras, who also will try the hurdles.

The distances are the real strength, with cross country aces junior Cooper Bachman (1:57, 4:30), soph Gus Polito (4:33, 9:48 as a frosh), and junior Ryan Skerl (10:00) all in position to put up some good numbers. Junior Tony Illig (4:46) will add depth. This is one of the better collections of talent in the county, and they're all still developing.

Hurdler Trent Stroh (15.61, 40.88) is a good one, and he'll be backed by Dylan Dacus, Adam Contreras and Mauricio Barber.

The relay teams should be decent, with some of the quicker distance crew dropping down to help in the 4x400.

Field: Nate Skrzypczak is a strong jumper (6-2, 22-5w, 44-8). His name is easier to pronounce (Skrp-chik) than to spell. Hurdler Stroh, a junior, will add depth in both the high jump (5-10) and triple jump. Junior Curtis Woods will back him in all three events.

The vault has some good athletes, including Terrell Beatum (12-6), Brian Bonney (12-0) and Jared Morasco. At least one of those should break through during the year.

Marco Gonzales (49-4, 146-0) seems primed for a good year in both throws. Depth comes from Kevin Carr and Thomas Nolan, both of whom should be at least in the mid-40s in the shot.

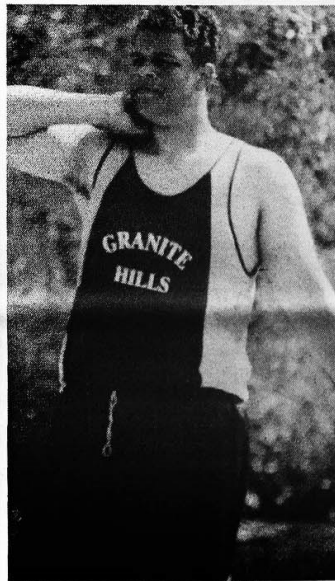
GIRLS:

Track: The distance group is decent, with junior Anna Hough (5:31), soph Alejandra Montiel (12:08) and frosh Danae Hough among the best. Look for soph Melissa Preston in the longer events,



RANCHO BERNARDO

Bryeanna Barmer Helix



Vince Clarke Granite Hills

and Rebecca Sale to range into the 400/800 events.

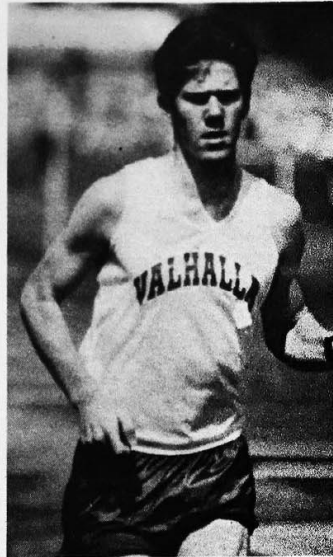
The 400 might be the strongest of the sprints, with soph Aubree Duff (62.96) and Sale. Duff is possibly the team's best in the short sprints, as well. There's depth, with Nayella Kryger, Kelly Dunn and Ana Marie Buscemi. There seems to be enough depth to field decent relay teams.

The hurdles seem well-stocked with Kim Dambkowski (16.86), Leah Cole (16.96), and Brooke Alvord (50.43).

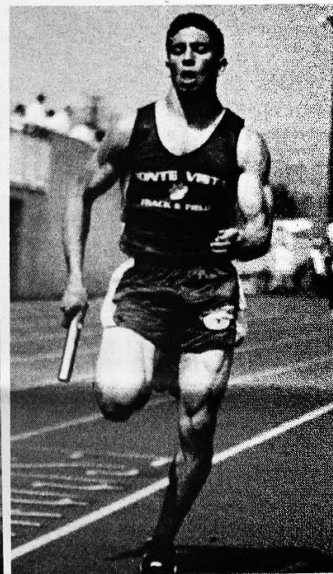
Field: Cole, a junior, is one of the county's top returners in the high jump, at 5-3. Thrower Kara Smith will back her up. The vaulters include Anastasia Fiehler (8-6), a junior, and Tabitha Pierce (8-6), a soph.

The horizontal jumps are good, with Kryger (16-1) and Melanie Mincks (15-9) in the long jump, and Dambkowski (33-11) in the triple jump. Dawn Tupper will add depth.

The throwers are young, but could break through. Soph Maggie Trogdon, and juniors Smith and Cassie Maciejewski (32-5) are all on the verge of moving onto the marks list. In fact, Maciejewski is already ranked in the shot.



David Santos Valhalla



Richard Del Rincon Monte Vista

Grossmont South The teams: Granite Hills

Coach: Jim Hunter.

BOYS:

Track: The hurdles are the strongest events. Senior Jeff Hunter (14.20, 37.29) is one of the best in the state, and is clearly the class of the section in both events. His dominating performance at the Bronco confirmed both of those facts. The Eagles also have Brian Taylor (15.7, 41.4), and will mix in soph Ryan Welter, a 53 400 runner, in the 300s.

The sprints, when at full strength, are pretty good. David Evans ran 11.1 and 51.43 as a frosh last year, and has a lot of potential. Galen O'Neal (22.37) is solid, and Hunter (51.9 open, but sub-50 relay) can run well at these distances. Hunter Ferguson adds depth. Both relay teams should be good.

The Eagles had a good pack team in cross country. In track terms, that translates into depth. Efrain Carrillo, Josh Rivera, Luke Pepin, Eladio

Carrillo, Sean Bartonicek and Sal Bono are among those who will rotate in and out of races. Bono might have the most 800 speed of the group. Hunter might show up in an 800 at some point.

Field: The throws look awesome. Vince Clarke is huge and raw, but is already throwing 54-2 and 166-7. When his technique smooths out, those numbers could go up dramatically. Richie Smith (50-6, 160-3) would be number one at most schools. Joe Oyas (45, near 130) adds more depth.

Cameron Figueroa (13-6), a junior, is developing into an excellent vaulter, with soph Chris Lloyd behind him. Mike Leyva (6-0) is the team's best high jumper.

The horizontal jumps can be strong. Hunter is a great talent (22-5, 43+) at both events, but will usually only enter these events as needed. They beat up his legs, and he's more than useful in many other events. Look for him in the long jump later on, but probably not in the triple. Lloyd jumped 41 in the triple as a frosh, and Scott Mullin (20-5, 40-6) is also capable.

GIRLS:

Track: The distances might be the best of the running events. The Eagles have Courtney Stolis (5:24) and Cindy Walker (12:11), who made big improvements in cross country.

The sprints are a bit of a question mark. Raelene Harper will run the 100/200, and Niesh French (26.76) is also back. It is not known if Morgan Avery (59.4) will return.

Avery (16.82, 46.02) is even better in the hurdles, but she may not compete. Malia McClurg (17.3), a soph, is the league's JV champ in the short hurdles. In the 300s, the Eagles will try Erica Santer, and maybe high jumper Misty Brewster.

Field: The vertical jumps are great, with Brewster (5-4) among the county's best in her event, and with Janae Russ (10-7) among the local leaders in the vault. The Eagles are trying to develop depth in both events.

The horizontal jumps will be looking to develop athletes. Best candidates in early season are hurdler McClurg, and high jumper Brewster.

The throwers are young. Frosh Jessica Harris has promise in both throws. She's about ready to break into the shot list, and will probably develop in the disc. Also, look for Sarah Finch in the disc, where she is near 100 feet.

Helix

Coach: Chris Ruff.

BOYS:

Track: There is plenty of speed. Reggie Bush (11.00, 22.07) and Todd Watkins (11.0, 22.9, 50.33) both return. Bush, a soph, is a great young prospect who experimented briefly with baseball this spring. Watkins is a senior sprinter who has looked early on like he's ready to make a big level jump. There is great depth. Look for three sophs: Derrel Hutsona (11.27), Marcus Carroll (52.9, 23.19) and Terrence Jarvis will all rotate in various sprints and relays. The short relay will be one of the very best squads in the county, and the long relay could come on late in the year.

The distances also have great talent. Junior Taylor Williams was arguably the best cross country runner in the county last fall, and brings 4:24 and 9:29 credentials to the track. Wagnew, a frosh, has already run 4:34 and 10:02 in early meets. Look for Drew Tidmore to provide some depth. Williams can run a decent 800, and Watkins may range up to that distance in a pinch.

The hurdles are intriguing. Frosh Bryon Barmer ran a 15.39 in an early

Please see page 8.

Grossmont South:

From previous page.

invite, but hasn't been seen much since. If that time is legit, he is one of the best frosh hurdlers ever in the section. The 300s have some good candidates with Barmer and Ray Benjamin. Watkins often will run the 300s as well. Keoni Owens (15.6w, 40.8) had knee surgery, and may miss the season.

Field: The vertical jumps are strong, with Greg Leavitt (14.1) returning in the vault, and Toby Pykles (6-3) in the high jump. Melvin Halliburton also has 6-3 ability in the latter event. Sprinter Smith will also high jump.

The throws are decent, with transfer Sam Mendoza (50-2.5) in the shot, backed by John Rettig (45-11). Rory Canfield is at 140-2 in the disc in early meets. Canfield and Matt Canterbury both are at about the 45 foot level in the shot, and discus depth comes from Mendoza, Canfield and Sean Holder, all whom are in the 130 to 140 range.

The horizontal jumps began as a question mark, but people have stepped up. Hutsona is at 21-5.5 in the long jump, and Carroll is at 20-6. In the triple, Halliburton is at 43-6 and Carroll is at 42-4. Halliburton will also long jump, and Bush could appear there at some point.

GIRLS:

Track: The distances are a strong point, with Stephanie Baird (5:16, 11:12, 2:28) returning. Rachel Farrior (5:29) really came on in cross country and could be a surprise. Twins Elizabeth and Meredith Harns will rotate back and forth from the 400 to 800, and Amy Johnson-Westlie will add depth in the longer races.

There is excellent speed, with transfer Shannon Hawes (11.93, 24.68) coming from Oklahoma. Frosh Evon Willingham reportedly ran in the 59 range in club competition last year. Returner LaKendra McKenzie (12.6, 26.99) is another talent, and hurdler Bryeanna Barmer is a potent weapon on both relay teams, with her 59.7 speed.

Barmer (15.40, 44.51) is terrific in her best events, where she is among the best in the county in both hurdles.

Last year's great frosh hurdler, Tanisha Johnson (14.86, 43.04), has moved into the Helix district, but at this point it is unsettled if she will join the team. If she eventually does, the Highlanders would be, in coach Ruff's words, "scary."

Field: Best area might be the horizontal jumps, where Sabrina Cavalheiro returns after a year away from the sport. She jumped 15-9 and 33-1 two years ago. Barmer, if she can find time, could go 16+ in the long jump, and Willingham is another prospect. Tanisha Johnson also has long jump talent (16-3), if she joins the team.

The vertical jumps are auditioning candidates. Best vaulter might be Mary Kissel (7-6). No high jumper has emerged yet.

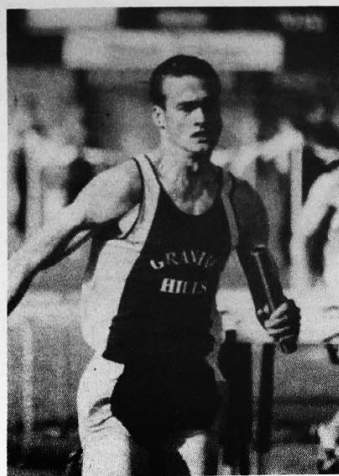
The throws also have new athletes. Julie Peterson is at about 30 feet in the shot.

Monte Vista

Coach: Renee Ross.

BOYS:

Track: Speed is the main asset here. Richard Del Rincon (10.94, 21.88) emerged as a top county sprinter last year, and returns. Marcus Campbell might be the next best sprinter, and Nick Lewis and Jimmy Recount will help in the relays. The



Jeff Hunter Granite Hills

400 is strong, with Eddie Thomas (51.09) and Mike Perez (51.9) both back. The short relay will be quick, and the long relay might also be very good.

The hurdles are the next strongest area on the oval, with Thomas (40.9) being solid in the 300s. He'll also run the highs, and Nick Lewis and Chris Jackson will add depth in both.

The distances will not have the firepower of last year with 4:10 runner Jon Rankin, but there is talent. Wes Rankin and Dan Driscoll were both very effective in cross country last fall, and will help here.

Field: The field events all seem to be rebuilding. Jackson is a good high jump candidate, but there is no returning experience in the vault.

Alex Guinto and Nick Childs will both compete in long, triple and high jumps, will but need time to develop.

The throwers are also new to this level, with the best candidates being Brandon Kenworthy, Gary Watkins and Alfred Johnson.

GIRLS:

Track: The presence of Phoebe Perkins (12.95, 25.92, 57.92) makes the sprints a strength. There's a new crop of speedsters that will help with sprint and relay depth. Look for junior Lukia Adams, and four frosh, Shalia Bohannon, Sahara Boshue, Halli Myer and Ashley Shriver, to contribute.

Both relay teams will be competitive, but it remains to be seen if they can get back to last year's level in the long relay, when they ran 3:58.

The hurdles are another solid area, with Keiona Clark (16.29) returning. She'll compete in the 300s, and frosh Shriver will also appear in these events.

The distances are fine, with cross country ace Tracee Lorenzana (12:05) back. Brianna Wallace will range from 800 to 3200, and Crystal Lewis will try the 800.

Field: One solid area are the horizontal jumps, with hurdler Clark. She triple jumps 33-1 and will also long jump as needed. Desaree Williams and Lelia Johnson will both compete in the long, triple and high jumps.

Rachel Johansen (33-8) returns in the shot, and she also throws the disc. She'll be backed up by Amanda Ricketson and Sara Fusco.

The vertical jumps need to develop. Williams, Johnson and frosh hurdler Shriver all will give the high jump a try. There is no returning vaulter.

Mount Miguel

Coach: Lloyd Edwards.

BOYS:

Track: As usual, this team has speed. Junior Brady Douglas (22.17, 49.21) didn't compete as a freshman, but didn't seem to lose a thing when he showed up last year. He improved all

year, and ended up as one of the county's top sprinters. This year's eye-catching newcomer is soph Travis Picou, who will run the 200/400 and jump for the Matadors. The relays should be very solid with those two plus Chris Sanders and Robert Robinson.

The hurdles are rebuilding a bit, but Edwards has good candidates in senior Leo Barshell, who will run the highs and 300s, and junior Bruce Buckner, who will run the 300s.

The distances will take some time to develop, but frosh Avery Cox has already shown promise.

Field: Best area is probably the horizontal jumps, where Keith Robinson (20-11w, 41-10) returns. Robert Robinson will back him up in both, and the long-striding Picou seems like another likely candidate, especially in the triple.

The high jump will have sprinter Sanders and Keith Robinson competing.

The throws have some decent candidates in brothers Vince Lauifi, a junior, and Victor Lauifi, a senior, and Willie Moore, a senior.

GIRLS:

Track: Kameelah Allen is gone, but there's still plenty of speed. Denisha Bryant (62.0), Dominique Hankins (62.7) both return, and they'll be helped by youngsters Lacey Dublin, Kia Davidson, Angela Alan and Ijuila Barnes. Also, Rasheeka Pope, a member of the Morse short relay a couple of years ago, will resume her career. The relay teams might take a bit of time to get in gear, but they could come on very fast at the end of the season.

The 300 hurdles will be solid, with Qadriyyah Abdullah (49.24) returning. She might also run the 400 in a pinch, but her jumping, hurdle and possible relay duties keep her plenty busy.

The distances are rebuilding.

Field: Abdullah is an excellent all-around jumper. Last year, she had 5-0, 16-8 and 34-7 bests. Also helping in the long jump are sprinter Barnes and Letijar Crockett.

There are no solid throw or vault candidates.

Steele Canyon

Coach: Gary Stathas.

The program: Things are really just getting off the ground at this brand new school, where there is only a freshman class from which to draw athletes.

The team will keep a low profile for at least a season or two, while athletes new to track start to grow into their roles. Like the cross country squad, the track team will compete as a third team in league duals, and basically operate as a JV team.

That doesn't mean that there aren't a few decent athletes on hand. Stathas has already noticed the potential of Donte Brooks in the sprints, and Brad Hahn in the horizontal jumps and vault. But, for this year anyway, the emphasis will be on gaining experience.

Valhalla

Coach: Richard Torge.

BOYS:

Track: The distances are very solid. David Santos (2:01, 4:29) is back, and he has moved into the county's upper level, which means that he is a factor in any race. He has soph Kip Madden helping out, and Madden has begun to mature. Craig Nowakowski (2:03) will be a decent 800 runner, and frosh Vernon Harris adds more depth.

The sprints have some talent.

Quentin Anderson (11.2) and Damian Young will handle the short sprints, and Robert Raney is the team's best at 400, although he began the season on the injured list.

The hurdles are rebuilding, and the coaches were auditioning athletes in early season.

Field: The field events all seem thin in early season, with almost all of last year's best personnel having graduated. Best events might be the throws, where Glen Ludwig (45-1 in the shot, also throws the disc) returns. Sal Luna throws both implements, but is better at the disc.

The vertical jumps and horizontal jumps are both rebuilding.

GIRLS:

Track: The distances have a number of good candidates. Amber Straight has continued her improvement from cross country, and has been running well. The depth will come from Julia Kermott, Laura Sanders and Stephanie Casler, among others. Kermott might be better in the longer runs; Straight has enough speed to range from 400 to 1600.

The best of the sprinters are Leslie Rychel, a frosh, and Allie Flowers.

The hurdles are rebuilding.

Field: The vertical jumps seem solid enough, with Carl Filipowski at 9-6 in the vault, and Sede Campbell at 4-10 in the high jump.

Filipowski (15-11w) is decent in the long jump, too. Allie Mitrovich will add depth in the long jump, and also triple jump.

The throw candidates include Sarah Porter in the shot (she also throws the disc), and Maureen Rodriguez in the disc.

Grossmont North

North

The teams:

El Cajon Valley

Coaches: Ricky Gilbert, boys; Glenn Recasner, girls.

BOYS:

Track: The sprints have lost Andre Davis and Daniel Alcaraz, but junior Al Took (22.79w, 52.00) returns. He'll be helped by Jacory Laws, a soph, and senior Jeroid Jordan, whom the team uses in a utility role. Jordan runs relays, intermediates and will appear in the sprints as needed. The relay teams seem to have potential.

The distances have some promising runners. Filiberto Martinez ran 4:51 as a soph and came on strong during cross country. Zack Gribben ran a 2:07 800 as a frosh last year, and has potential. Depth will come from Alex Cazares and Carmelo Martinez.

Gilbert has several good hurdle candidates. Juniors Nick Felure and Leialoha Laufer, and soph Michael Rokei will all compete in both events. Also look for Jordan in the 300s. Felure will also help on the relay teams.

Field: All-around jumper Jonathan Thomas (6-0, 20-9) will miss the season with a knee injury (football). That leaves the horizontal jumps to Nate Gillespie, who is at the 40-foot level in the triple. Junior Daniel Tabb will high jump. He has 6-0 ability.

The throws have soph Bronce Maxwell and Jay Agar in the shot and disc.

GIRLS:

Track: The sprints are a decided strong point, with Nini Herron (12.57, 25.56) and Mimi Herron (12.7w, 26.90) both returning. If the Braves can fill out their relay teams with decent candidates, those units should be solid.

The hurdles are rebuilding, but Recasner may try Nini Herron in one or both of the hurdle events. If so, she could be an excellent prospect.

Please see page 9.

Grossmont North:

From previous page.

The distances feature Brenda Mendez, the team's best in cross country, junior Mirna Nuno and Anita Hafner.

Field: The horizontal jumps have Melodi Williams (15-8, 33-4) returning, with Karen Adams also in the picture.

In the vertical jumps, Adams (5-0) is an excellent high jumper. Distance runner Hafner handles the vault.

The throws have some promising candidates, including soph Grace Golk, who is already past 30 in the shot and nearing 100 feet in the disc. Dequitta Stamps and Venus Hawthorne will provide depth in both throws.

El Capitan

Coaches: Dave Hillberg, boys; Kerri Wilkins, girls.

BOYS:

Track: Best events are the distances, where soph Benny Gandolfo (4:29, 9:55) was a sensational frosh last year. He has some depth behind him, including junior Sean Tolley, and freshmen Hector Gutierrez and Sandor Sarabia. Sophs Ryle Stous and Chris White both show promise in the 800.

The hurdles have senior Justin Gruber in the 300s. He's the team captain and the best 400 runner on the squad.

"We have no speed," Hillberg insists. Gruber runs the 400, with a best in the 54s.

Field: The vault group is not bad. Chris Schott (12-0) has potential, and soph Jerren Harley is already at the 11 foot level. The high jump is rebuilding.

The throws have Mark Lozano (45, 143) returning, and there are prospects behind him. Justin Stoll is in the low 40s in the shot, and Cody Gocke, a soph, is the league's JV discus champ. He's already at about 130 feet in the disc, and at 43-5 in the shot.

The horizontal jumps are rebuilding.

GIRLS:

Track: The distances are very good, with senior Jasmine Marquez (5:19, 11:25) returning. She qualified for the state meet last year in the 3200 and will be a prime contender again. There is some depth, including freshmen Lizette Marquez and Nicole Nicastro. Nicastro is a soccer player who has already run a 4:07 for 1200 in a distance medley. Nicole Mather and Roxanne Mather will both range from 400 to 1600.

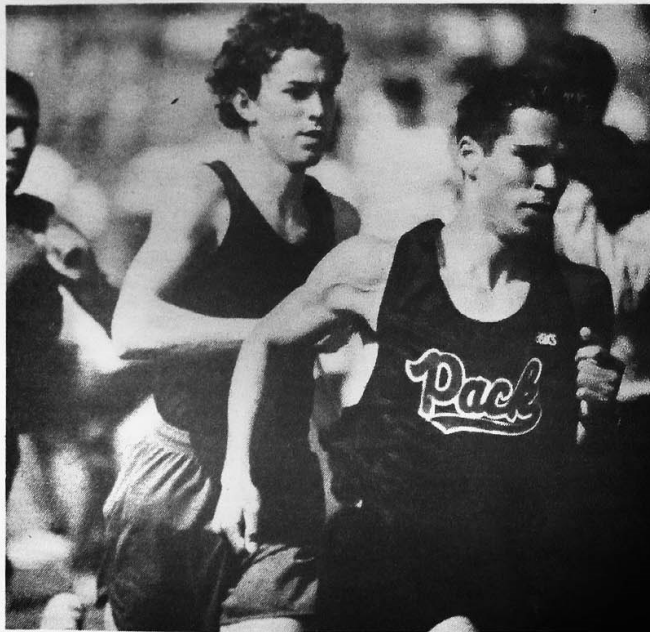
There's prospects in the sprints, where junior Becky Holley returns. Frosh Heather Galea might already be the team's fastest in the dashes. The Mather sisters will run the 400 as needed and help in the long relay.

Best in the hurdles is soph Lyric Teigen (17.3), who has potential.

Field: The jumps seem to have good candidates. Amelia Helton (15-4, 31+) can long and triple. Roxanne Mather will help in the long, and Marjorie Vildibill will add depth in the triple.

Nicole Mather might be the team's best in the high jump, at 4-10, and hurdler Teigen is also the team's vaulter.

Throws coach Hillberg was looking forward to the return of Joy Boswell (38-0, 103 as a frosh) and Katie Ames (35-0, 122), but neither athlete is competing. He still has good prospects, including Sandra Maginnis (32-11 and 100+) and junior Becky Southward, who is throwing 34-35 in the shot in early season.



West Hills' Ben Aragon (right) had to hustle to beat Escondido's Nico Cueva in the Bronco 800.



Jasmine Marquez
El Capitan

Grossmont

Coaches: Erl Cabanas, boys; Tony Agurs, girls.

BOYS:

Track: The sprints could be solid with Joey Williams (10.9, 22.7) on hand. His PRs date back to his soph year at Mount Miguel, but he had to sit out last year after transferring. Depth will come from Brian MacIntosh, soph John Principato and frosh Steven Kennedy. If the younger sprinters come along, a good relay team could be in the works.

The distances have junior Michael Thayer, Travis Berry and soph Sean Houghtby. All have promise.

Best returning hurdler is Frank Muramoto (16.0w). He'll be backed by sophs Tyson Gray and Tony Breise.

Field: The horizontal jumps seem solid, with junior Avante Agurs (20-9, 42-3 as a soph) back. He will have help from junior Marcus Johnson.

The vertical jumps are rebuilding after the graduation of Jonathan Takahashi. In the high jump, frosh Tyler Cook, soph Michael Jolly and junior Tyrone Lawrence will compete. In the vault, look for hurdler Muramoto and Charlie Montgomery.

Ace Lawrence (139-1) returns in

both throws. He'll be backed by Joe Leathers, who also throws both implements, but is better in the disc

GIRLS:

Track: Best area could be the hurdles, where soph Eva Tanner (16.88) returns. She will run both events, with backup from Yvonne Shammass and Sarah Fernandez, a pair of sophs. Tanner is a very talented all-around athlete, and she will get a try at a number of other events. Angelo Fazio ran 17.3 last year, but she will concentrate on the jumps this season.

The distances have some talent, with senior Julie Pitts (12:19 as a soph), junior Casey Root, soph Rachel Juengst and frosh Ashley Hernandez. Of that group, Hernandez might be the best at 800.

The sprints have a large number of prospects, including soph Melissa Hayes-Spencer, senior Erin Anderson, and four freshmen: Bridget Fox, Ashley Conner, Ashley Hernandez and Sarah Johnson. The depth could take some time to sort, but it could also translate into decent relay teams.

Field: Best events are the vertical jumps. Tanner (5-4), just a soph, is one of the best high jumpers in the county. She may give the vault a try at some point. In the meantime, returners Roseanna Fitzpatrick and Corinne Lee are at the 8-6 level.

The horizontal jumps are solid. Fazio (16-0, 33-8) returns, and soph Shammass (15-10) has looked good early. Other candidates include hurdler Fernandez and the ubiquitous Tanner.

The throws are rebuilding, but there are good prospects. Senior Kim Karnowski is a budding heptathlete, and other candidates include junior Adesumbo Adefioye and freshmen Ashley Parton, who is already past 30 feet in the shot. All will throw both implements.

Santana

Coach: Dale Sheehan.

BOYS:

Track: There seems to be some depth in the sprints, with candidates John Bachmann, Shean Hager, Nick Sanderson, Walter Scott and John Sturgill. The numbers will allow the Sultans to try different combinations on their relay teams.

The distance group is also sizable, with Nicola D'Angelo, Josh Laubacher,

Craig Wirick, John Behrens, Erik Wallingford, Clayton Stone, Randy Mills and Jared Ford. Behrens and Mills are freshmen. Wirick might be the team's best at 800.

Sprinter Sanderson, a soph, will run both hurdle events.

Field: Best events are the throws, where coach Kelly DeCamp is working with Kevin Wilson (45-7, 134-9) and Adam Payne (14x-x). Brian Finkel provides depth. Both Wilson and Payne are upping their discus marks regularly.

The horizontal jumps have Walter Scott (20-11) returning in the long jump. Jonathan Sledge will compete in the long, triple and high jumps.

Commentary: Probably few people can appreciate what the Santana track teams (and their school-mates) have gone through this spring. For these athletes to now continue their lives takes a huge amount of courage. It is no surprise that the season has been dedicated to the memory of distance runner Randy Gordon and pole vaulter Bryan Zucker.

GIRLS:

Track: Strongest area on the track could be the mid-distances, with Jackie Turpin (2:24.84) in the 800, and Jaime Ranson (61.13) returning in the 400. There are some new prospects, too. Frosh Erin Price ran a 2:43 relay split in her first attempt at 800, and frosh Megan Tomlin also shows promise. Price might eventually range up to 3200.

The short sprints have Lauren Lourey and Erin Reese, both new athletes.

Reese will also get a shot at both hurdle events.

Field: The jumps have some talent. Ransom (5-0) returns in the high jump, but she will probably not long jump, where she has a best of 15-11. Sprinter Lourey will try the long jump, as will Robin Appleby. Appleby will also compete in the hurdles and sprints.

The throws have Turpin, a basketball point guard who is looking to get stronger, and Amanda Krismer. Both girls throw both implements.

West Hills

Coaches: Bill Cleves, boys; Larry Pear, girls.

BOYS:

Track: Strongest area are the distances. Ben Aragon seems ready to take over where Evan Fox, last year's California 1600 champ, left off. He had a sub-par (for him) cross country season, but now he seems healthy and ready to roll. His PRs of 51.1, 1:55.84, 4:12.08, and 9:37.5 really only hint at his ability. He can go sub-50 in the 400, and obviously he can run with any of the county's best in the 800, which he demonstrated at the Bronco Invite. Behind him, there's Kevin Schible (1:57.78, 4:26), Ross Halleland, Michael Bell, Tim McKeon, and Sean Savage.

The hurdles have Mike Cunningham (15.9, 42.03) returning, with Jason Reeder backing him up in the 300s.

The sprints will have to be rebuilt. Candidates include Josh Cooper and Chris Shuster, both seniors.

Field: The vaulters are very solid, with Clayton Marshall (13-1), Tony Garcia (13-0), Reeder (12-7) and Cunningham (12-1) all returning.

The jumps return Nafalie Nahiawawa and Tashuma Nahiawawa, sophomore brothers, who are at about the 20-0, 41-0, and 6-0 levels in their events.

Best returner in the throws is Jerret Robinson, a junior, who threw about 42 and 120 as a soph. Randy Lahman, another junior, is also closing in on 120 in the disc in early season, and Tim Van Atta, a soph, is

Please see page 10.

Grossmont North:

From previous page.

a prospect in the shot. There are numerous disc candidates.

GIRLS:

Track: The distances are more than solid. Best all-around runner is probably Shawna Winfrey (2:22.61), who can run quality races from 400 to cross country. She might move up to the 1600 this year. Kristina Nugent (5:29, 11:56), Chandra Farnham (11:49), Joanne Southard (11:59), Cassie Kuske (12:04), Ashley Handy (12:02) and Jackie Dale (2:28) all have experience and ability. A youngster or two, like Lyn Simonds in the 800, or Elaine Gillespie in the 3200, also could be in the mix.

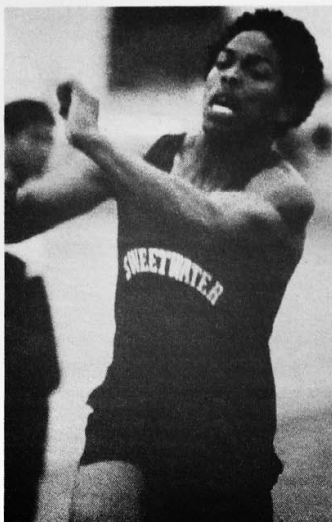
The hurdles are solid, with Katherine Dostal (16.22w), and Darcy Fox (17.2) both returning. Fox will also run the 300s.

The sprints were in disarray in early season. Elisa Holiday (12.97, 26.42) transferred to Horizon, and Ashlee Hegner (12.8w, 26.6w) may have a conflict with club gymnastics. Best prospect is frosh Brittany Howard, who reportedly ran sub-13, 60-point in club track. Katherine Sanders (62.93) returns in the 400.

Field: The throws look good, with Samantha Shingley (33-8, 110-3) and Kim Griffin (33-3) both returning. Both seem ready to break through.

The horizontal jumps have Dostal (16-0) and Fox (15-11) returning in the long jump, and Melissa Cornett (33-8) and Dostal (33-plus) in the triple.

The vertical jumps have Terri Lopez (9-9) and Julie Strick (8-7) returning in the vault, and Fox (4-10), Dostal (4-8) and Beth Tronerud (4-10) all returning in the high jump.



Trandon Harvey
Sweetwater

Mesa

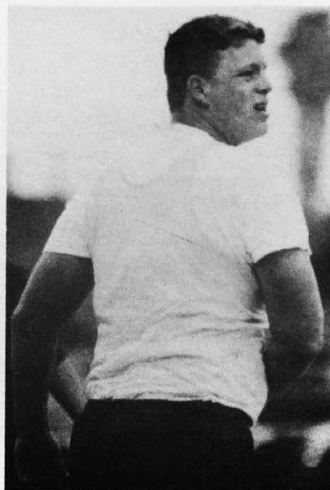
The teams: Bonita Vista

Coach: Ian Cumming.

BOYS:

Track: There's decent speed, as usual, with the sprinters led by Detron Johnson (11.0) and Alex Ghebreselassie. Cumming has no experienced 400 runners returning, but count on that event to be OK later. The short relay should be solid.

The distance group looks solid, with Dustin Whitson (4:28, 9:57) showing big improvement in cross country. He could dip under 4:20 in the 1600, his



Russell Foster
Bonita Vista

best event. Joe Grant (2:01.2) is the best at 800, with Justin Hillary and Nick Amalfitano backing him. Andrew Fowers, Mike Berdeski and Sven Meza provide depth in the longer races.

Field: Angelo Vargas (16.2, 40.23) is a good hurdler, and Hillary will also give these events a go.

Field: Austin Neudecker is a good all-around jumper. He's best in the high jump (6-2), where he has Ghebreselassie (6-0) to back him up. The vaulters are new, but Carl Pearson and Terry Montrey could develop later.

Neudecker does a solid job in the horizontal jumps (20-6, 43-6), but Cumming is looking for depth.

The throws are solid, with Jensen Cayas (47-4) and Carl Atkinson (46-4) in the shot, and Atkinson (139-1) in the disc. Depth will come from a pair

of sophs, Russell Foster and Justin Rich. Foster is already at 50-1.

GIRLS:

Track: The distance group is very deep. Kate Branson (5:20), Kristen Thompson (5:21), Kristen Gonzalez (5:27), Ducle Alvarez (2:26), and Trinity Amalfitano (2:28) all are among the best in the league. There's more, with athletes like Kiersten Dolby (2:31) and Bree Ann Alfstad, plus a newcomer always seems to emerge.

The speed is decent, with Denise French (12.8, 27.31, 62.7), Deanna Cartwright (27.0, 59.62) backed up by Joy Hannibal. There seems to enough good talent for a very good 4x400 relay team.

The hurdles are in a rebuilding phase, but things could develop there. Naomi Mustain and Kayleigh Knudson will both run the 100s, and Knudson will also run 300s. Transfer Royceleen Holmes will also get a look in this event.

Field: Best events seem to be the horizontal jumps. Hannibal (16-5, 34-2) is excellent in both, with French (16-2) and Allison Kwan (15-7, 33-3) not far back. Holmes, who won a state title in the triple jump in New Mexico, brings 33-6 talent to the mix. More depth comes from Andrea Taylor (15-5) and Brianna McCauley.

McCauley is the team's best vaulter, but she's really just starting to develop. Amalfitano is a 5-0 high jumper.

There's depth in the throws, with Alicia Joseph, Kim Villareal and Joanne Pacheco. All are right around 30 feet in the shot, with Villareal (103-6) and Pacheco being the best disc throwers. One or more of this group could emerge, as Bonita is rarely weak in this event.

Chula Vista

Coaches: Art Johnson, boys; Peter Zephler, girls.

BOYS:

Track: There seems to be some

Please see page 11.

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From previous page.

good depth in the sprints, with a number of quick candidates. James Duran (11.1) leads the pack, with Kevin Davies, Alvin Debose, Romero Crawford, Raul Islas and T. K. Klein all in contention. The depth bodes well for a couple of good relay teams, at least.

The distances are not as stellar as in recent years, but they'll still be respectable. Andy Padilla could be the team's best in the 3200. Brothers Eduardo and Apolinar Mariscal are both strong in the 1600, and Johnson has some young talents ready to shine: soph Omar Segura, and frosh Danny Medrano. Segura ran 4:53 after just a week of practice.

The hurdles are good, with Travis Bailey (16.29) running both events, backed up by Paul Oden in the 300s.

Field: The horizontal jumps seem solid, with Franklin Allen (42-1) competing in both jumps. Sprinter Davies, a soph, should get past 20 feet in the long jump.

The throws have depth, with Larry Alexander, Charlie Jones and Isaac Zapata. Alexander can go 140+ in the disc, his best event.

The vertical jumps are rebuilding, but Julian Smith has potential to help in the high jump, where the soph is already at 5-10. The vaulters are new.

GIRLS:

Track: The sprints are good, with Marla Mason (13.04, 27.2) and Jackie Mandy (27.18) being two good returners. They'll be helped by two frosh, Lani Morris in the 100/200 and Nicole Frost in the 400. Mandy could also appear in the 400, and might even be a threat in the 800. There seems to be enough talent on hand for good relay squads.

The distances are strong, with Sophia Marquez (5:25) in the 1600, Camille Robinson (2:27) in the 800, and the depth provided by members of a quality cross country program. Mythili Duvvuri can range down to 800, and Darla Reader will be solid in the 3200.

The hurdlers are not established, but Johnson has Alex Sims running the 100s, and Johanna Suasa trying the 300s.

Field: The jumpers are the strength of this team. Kate Bartkiewicz (5-2) is one of the county's best in the high jump, and Susana Rodgers (9-0) is a good vaulter.

The horizontal jumps might be even better, with Angel Robinson (16-8, 35-4) good at both events, backed up by Mandy (16-2) in the long, and Suasa in the triple.

The throwers will need to develop. Best candidates are Patty Medina in the disc, and Lori Estrada in the shot, but both girls throw both implements. Brittany Caldwell is a transfer from Serra, and she'll help.

Montgomery

Coach: Ruben Ledesma.

BOYS:

Track: There's been great sprint talent at this school for some time, and most of the better runners have come from the McNeal family. The latest to shine are the twins, juniors Jeff McNeal (10.8, 22.47w) and Napoleon McNeal (10.9, 22.15). Both can run strongly through 400, so the Aztecs have the makings of good short and long relay teams. They'll be joined by Robert Monasmith, Adrian Trujillo and Kenyatta Williams. All of those runners will return for at least another season, so this could be a squad to watch.

The distance talent is not super-deep, but Raul Garcia could put up some good times. Now a senior, he was a promising frosh runner three years ago (4:53, 10:50).



Aiga Maria Taumua Sweetwater

The hurdles are rebuilding, with Marlon Lonzon (44.9) being the team's best at the 300s.

Field: Sprinter Williams, a soph new to track, has shown some real potential in the long jump, spanning 20-9 in his first meet. Stefan Foster, another soph, is already near 20 feet and 40 feet in the long and triple jumps. A senior, Tristan Beville, had a 42-foot jump as a soph.

The vertical jumps will need to develop, although the high jumpers could be solid. Beville was at 6-0 as a soph, while soph Foster jumped 5-9 as a frosh. Robert Cornelius might be the team's best vaulter.

There seems to be adequate depth in the throws, with Rudy Duero, Donald Watkins, Jasmer Jiao and John Rante. Duero might be best in the disc, where he threw 127 as a soph. Jiao and Rante are both past 40 feet in the shot.

GIRLS:

Track: Strongest area seems to be the distances, where Yanissa Kaeg is a soph that ran 5:40 and 12:30 as a frosh last year. She continued to improve in cross country, and should drop those times considerably.

Best of the short sprinters are Carolina Lopez, who ran the hurdles as a frosh, and Chrizelle Alipusan (13.4). In the 400, look for Andrea Rivas (64) and Natalie Palacio (65.5).

Field: The Aztecs are inexperienced and/or thin in most of the field events. Sprinter Alipusan (14-10) could develop into a good long jumper, but all of the other field events are starting almost from scratch in developing athletes.

Southwest

Coaches: David Thompson, boys; Jesus Rodriguez, girls.

BOYS:

Track: The team seems to have the most depth in the speed events, with sprinters Harold Reid, Tony Crenshaw, Daniel Hicks and Louray Litan. Reid, a senior, is the best 100 man of the group, but he's starting the season recovering from an injury. The other three are all juniors.

Craig Constran (42.8) returns in the 300 hurdles, where he has sprinter Crenshaw to back him up. Constran also runs the highs.

The distances have cross country ace Robert Tiscareno, who is probably best in the 1600. He will run all three distances during the course of the year.

Field: Hurdler Constran also competes in the long jump and triple

jump. Jan Devela adds depth in those events, and also high jumps.

The throwers are young, with junior John Esparza and soph Howie Fuimaono.

GIRLS:

Track: The sprints have potential to be good, with junior Meosha Jefferson (61.8, 26.7) the best of the group. She'll get support from soph Roca Ramos, junior Lisa Moore and frosh Carla Negron. Ramos might be the best of group in the 100. If these athletes develop, both relay teams could be respectable.

Nyadak Lok has transferred from Crawford, and will help in the distance events, along with soph Yesenia Vargas, a soccer athlete. Gaby Rubio can run well at 800, and also drop to the 400 if needed.

The hurdlers are junior Jennifer Stokes, and soph Shante Sawyer. Also, look for Ramos to appear in the 300s at some point.

Field: Jefferson (5-0) is the team's best in the high jump, and she will also appear in the triple jump at times. Sprinters Ramos and Moore will also be worked into the mix in the jumping events as the season progresses.

The throwers have potential. Junior Fina Fuimaono is at 31-5 in the shot, and still learning the disc, where she is already near 100 feet. She's backed up by Sonia Contreras, who is better in the disc than the shot.

Sweetwater

Coaches: Tim Latham, boys; Bob McCurdy, girls.

BOYS:

Track: There's speed, with Allen Thompson (10.7, 22.6) returning. He'll get help from sophs Chris Lefore and Danny Isida. Soph Joe Wynn is probably the team's best 400 runner, and senior Jerome Nixon helps on the relays. Every member of last year's 43.23 short relay team returns.

The high hurdles might be the strongest event, with Trandon Harvey (14.89) among the county's very best. Also in the hurdles, there's soph Alfonso Hernandez (42.8), soph Osvaldo Simental, and soph Jamar Williams.

The distances are solid. Mark Dionela might be the team's best in the 1600; he has enough speed to run a leg on the long relay. Look for Jose Guardado, Hector Arreola and Abdi Abdirizak in the longer races, and Cesar Torres, Eddie Sanchez and Abdul Mukhtar in the 800/1600 range. Torres is promising; he ran 2:05 as a soph.

Field: The horizontal jumps are awesome. Harvey (48-3, 22-6w) is one of the best triple jumpers in the state, and he started this season almost exactly where he left off last year, which is at 48-3. Hurdler Williams (42-0) has promise in the triple, and other jump candidates include sprinter Lefore and soph Jordan Rows.

The throws are always a strength. Jeremy Driggs (47-8, 158-0) returns. There's some depth, which includes junior Patrick Fejaran, who began the season at 45 feet and 120 plus.

In the vertical jumps, keep an eye on vaulter Fernando Romero (12-6), who was a top frosh vaulter last year. There are several others at about the 12 foot level in early season. Harvey (6-0) will high jump as the need arises, and has the talent to move his mark up dramatically.

GIRLS:

Track: The best athlete is senior Erin Asay, who can hurdle, vault and help with the relays. Asay (16.1) is a very solid 100 hurdler. If Tyneha Majors (16.9, 48.0) joins the team, the hurdles will be very strong.

The sprints will have mostly new athletes, but one returner is Princess

Please see page 12.

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Mesa:

From previous page.

Mitchell (62.5) in the 400.

The distances have some depth. Joanna Gallarzo will probably run the 1600/3200 events, and Lizette Villasana, a soph, might be the team's best in the 800. Kenya Caro is another returner.

Field: The throws are terrific. Junior Aiga Marie Taumua is getting very consistent in the shot, where she reached 42-11 last week. She's still learning the disc, where she's improved to 109 feet. This is only her second year in the sport; expect her to keep improving. Behind her, Cynthia Concha (32-3, 112-4) is a more than solid backup.

The horizontal jumps have Beatrice Tauanuu (33-10) returning in the triple. Tauanuu and all-around athlete Asay will both enter the long jump, although Asay will need to keep her focus on other events.

For instance, Asay (10-3) is one of the county's leaders in the vault, which is her best event. The high jump has no proven returners.



Ryan Bartsch
Eastlake

of Sweetwater's Trandon Harvey. She'll high jump, along with Woo and Natalie Quintana. Quintana, a soph, will vault, along with distance runner Melvin. Harvey will also be one of the team's sprinters.

The horizontal jumps feature Zaragoza (15-8) in the long and triple.

Hillaria Mateo returns from a year's absence and adds her talent to the throws team. She has bests of 32-10 and 104, and is already near those marks.

Eastlake

Coach: John McFadden.

BOYS:

Track: Strongest running area is the hurdles, with junior Ryan Bartsch (15.35, 40.5) looking sharp early. He has Wade Curry (16.26) as a good number two in the highs, and Freddy Arcaina behind him in the 300s.

The sprints are well stocked. DeMarcus Small and Mark Whaley look ready to roll, and soph D'undre Boyd and Brandon McNally also have promise. The short relay, at least, should be very solid.

The distances are oriented to the 800, where Isaac Pastrana (1:59) and Vernon Ng (2:01) both return. Ng, one of the team's best in cross country, also will run the 1600.

Field: The vertical jumps are one major area of talent. Curry (6-4) will be among the county's best in the high jump. The vault is fairly deep, with Frank Vasquez (13-0) and Devon Aleman (13-0) both back. Aleman seems ready to pop a big one at some point. Just behind are Azuma Franklin and Mason Nash, both of whom should be in the 12 foot range.

The throws are even stronger, with Moses Rangel (47-7, 161-1) and Tagai Savaiinaea (47-4, 160-5) among the county's best. There's also Brian Graves in the shot, who has ability to hit in the upper 40s, and soph Kevin Baer in the disc. He may be a year away, but he has promise.

The horizontal jumps are good, with Curry (43-9) very solid in the triple, and junior Leonard Caple in the long jump, where he should be past 20 feet.

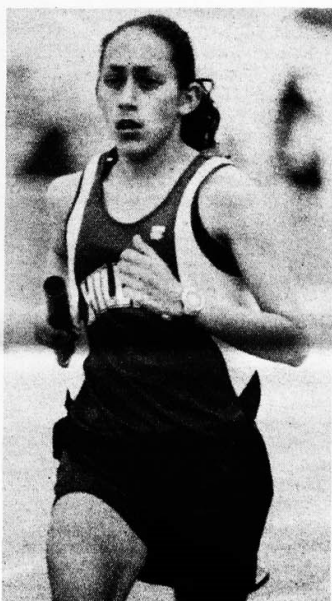
GIRLS:

Track: Tanisha Johnson's move to Helix changed the look of this team, but almost all of the rest of the athletes have returned.

In the sprints, the returnees include



Maria McGaffigan
Castle Park



Desiree Davila
Hilltop

Rosa Durruthy (12.3, 26.3), Ashley Coulson (26.8) and Latoya Brewer (60.5). Frosh Tiara Ray shows promise. The short relay, at least, should be solid.

Best returning hurdler is B. J. Hayes (16.51), who only runs the short hurdles. Beret Flom (17.30, 49.5) will probably miss the season with an injured knee (soccer). Frosh Brittany Lejia will run the 300s, and it would be no surprise to see another athlete or two rotate into the event.

The distance squad returns everybody, and is led by Pati Romero (5:30, 12:10). Frosh Silvia Romero, her sister, was up to Pati's level in cross country, and will help. Jackie Paras might be the best in the 800.

Field: The horizontal jumps have Hayes (16-6, 34-10) returning. Ashley Ball will add depth. Flom (16-1 last year) will be missed.

The vertical jumps are solid. Ball can go 5-0 in the high jump, and Megan Wilkinson (9-0) is still developing in the vault. Jessica Moore (8-1) is also back, but is injured. After that, the vaulters are new, although some already show promise.

The throws are also solid. Shannon Young, a soph, is a 113-foot discus thrower, and she's backed up by

Stacy Martinovich and Priscilla Contreras. Trethell Shields (32-11) returns in the shot. Frosh Soledad Gonzales is already past 30 feet in the shot, which shows promise.

Hilltop

Coach: Mark Hedderson.

BOYS:

Track: In the sprints, Brent Ayala and David Cooper show the most promise in early season. Both will run the 100/200 and Cooper might range up the 400. Soph Robert Araiza will also help in the 400.

The distance events could be solid. Nathan Aginiga (4:44) returns. He'll run the 1600/800, with Tommy Hazelwood as backup. Justin Harms, a soph, might be the team's best at 3200.

The hurdles are rebuilding, but long sprinter Araiza might give the 300s a try.

Field: Best area is probably the throws, where Erik Hansen (46-8) returns in the shot. He's been a specialist up to now, but he may give the disc a try this season. Jason Woodmansee, a junior, is another disc candidate.

The jumpers could develop. Jay Wessell has promise in the high and long jumps. Aaron Peterson will also compete in those events, and also run the sprints on occasion. The vaulters are all new.

GIRLS:

Track: Desiree Davila (2:14, 4:54, 10:52) returns for her senior year. Her career to date has been outstanding, and Davila has demonstrated great range, running state meet quality times from 800 to 3200, and also competing well in the 4x400. Her best event might be the 1600, where she ran well in the state final last year. She is good enough to make it to that level in either the 800 or 3200. Backing her up in the distances are Lupe Lopez in the 3200, and Elizabeth Carlos in the 800.

The sprints will be good at the top level, with Nadia Sanders on hand. She's a 12.4, 26.2, 59.1 talent, but she's been away from the sport for a year. There is a dropoff after her, although Carlos could help by dropping down to the 400 at times.

The hurdles are rebuilding. Ashley Bobb will run the 100s. Soph Jenelle Miller and junior Farecia Fields will also hurdle.

Field: Best of the field events are the horizontal jumps, with Nadiyah Salahuddin (35-2) returning in the triple jump, and Shannon Kegler (15-5) returning in the long.

The vertical jumps are rebuilding. Hurdler Miller will be in the high jump, and Marika Mendez is the best of the vaulters in early season. The other vaulters are new.

The throwers have promise.

Margaret Hansen will throw the shot (she's Erik's sister) and soph Ashley Hudek will throw the shot and disc.

Marian Catholic

Coaches: Michael LeBold, assisted by Willie White.

BOYS:

The program: LeBold, also the cross country coach, is trying to upgrade the track program, now that the school has moved into the Metro League. He has 20 boys out, almost all of them in their first try at the sport.

Best prospects in the sprints are Marquez Seldon, Joseph Gains and Weinel Seldon. The distance team includes Amir Vafaei, Daniel Cervantes and Brian Baynes. Stanley Daniels will throw the shot, and show promise in that event.

LeBold and White have a lot of teaching ahead of them this season. But this school is more than competitive in other sports, so there is no

Please see page 13.

South Bay

The teams: Castle Park

Coach: Carvin Stone.

BOYS:

Track: Not a lot of returners, but this school always provides talented athletes. Among the best sprint candidates are juniors Maurice Williams (11.0) and Jessie Macias, and frosh DeMarco Sampson. The relay teams should be strong.

The distance squad features Jon Hernandez (10:07) and junior Evan Betton.

Last year's hurdlers have graduated, but senior Jeff Beaster looks ready to emerge.

Field: Best events are the throws, where Reynaldo Stephens (52-5, 163-5) is back, and he's backed up by Justin Vold in both. Vold is at 132-11 in the disc in early season.

The horizontal jumps should be solid, with Ishajuwan Sanders (42-5) in the triple and long jumps, backed up by junior Chris Riggs in the long.

Beaster and Sampson will both compete in the high jump, and junior Chris Sanchez might be the team's best vaulter.

GIRLS:

Track: The sprints are a strong area, with Cassandra Patterson (12.88, 26.28) back, and with Shuree Halton returning to track. Halton was a promising sprinter a few years ago, but has been out of the sport until now. There is depth, with quick frosh Laquisha Rodgers, and junior Jessica Romero. Look for the relay teams to get the baton around quickly.

The distances have quality and depth, with Maria McGaffigan (2:20.5, 5:37) being among the county's best at 800 meters, and Mandy Johnson (12:14) and Gloria Martinez (5:24) also on hand. There's also Liz Gonzales, Maria Melvin and Alanna Zaragoza for depth. In fact, there is so much depth that some pretty good distance runners will actually be channeled into other events as needed.

In the hurdles, for instance, Martinez will compete, along with sprinter Romero. Sarah Woo is another candidate.

Field: The vertical jumps have some interesting candidates. Danielle Harvey, a junior, is the younger sister

South Bay:

From previous page.

reason to think that there are not a fair share of good athletes there.

GIRLS:

The program: The Crusaders have only six girls on the team, so will not be a factor at all in dual meets. LeBold and White will concentrate on developing their best prospects, which include Natalie Hickman in the sprints, Cristy Jimenez in the distances, and Emerald Colon in the 400 meters.

Mar Vista

Coach: Jim Coates.

BOYS:

Track: The distance squad will feature one of the best freshmen cross country runners in the county, Troy Swier. He's got great talent, but he still needs to grow into his role a bit. He has run a 1600 relay split in the mid 4:40s, and he has 54 second 400 speed, so he will probably develop quickly. In addition, look for Pedro Rivas (2:02), and Kevin Knox, a soph, in the 800.

The team is still auditioning sprinters. Best in early season might be Arturo Araiza, a frosh. He's a distance runner, who also has decent speed, and he can range down to 200 meters.

The hurdles are rebuilding a bit. Best candidate in early season was senior Trey Loftus, who will run both events.

Field: Best in the field is vaulter Mike Vinoya (12-6), who is a senior. He seems ready to improve his marks. Among the high jump prospects are Mahta Yemaue, and sprinter/distance runner Araiza. Yemaue will also run the 800 meters at times.

Best candidate in the throws is probably Sal Carrera, who is near 130 feet in the disc, and at about 40 feet in the shot. Behind him in the disc, look for frosh Eric Woodward.

The horizontal jumps are rebuilding.

GIRLS:

Track: This is a very young outfit, with mostly freshman candidates.

In the sprints and relays, prospects include frosh Charissa Jones, frosh Carol Henderson, junior Roneisha Ferguson, and sophs Amanda Smith and Larissa Gonzales.

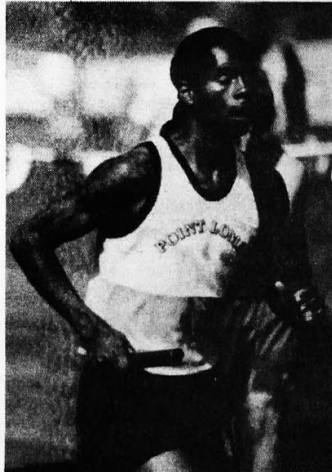
Gonzales is also the team's best hurdler.

The distance team includes frosh Valeria Mora and senior Nicole Albanese, both of whom show talent in the 800, and Arlene Ramos and Jessica Robles in the longer races.

Field: Look for Nicole Burt in the long and triple jumps, and Emerald Pena in the throwing events. The vertical jumps are rebuilding.



Bobby Okenwa
Morse



Eric Dunn
Point Loma

Michael Gonzales and Ryan Finstad are in their second year hurdling. Gonzales runs both events, and Finstad runs the 300s.

In the sprints, state meet finalist Michael Roberts (10.67, 21.70) is not on the team. Best candidates are Alberto Lopez and Robert Keetch, a pair of seniors.

Field: The jumps have to be rebuilt. Wells jumped 5-10 as a soph last year, so he'll be a decent high jumper. The vaulters are all new athletes.

In the horizontal jumps, Roberts (22-2) will be missed. No other candidates have stepped up yet.

The throwers are new and inexperienced, too. Frosh Jeff Tickle has already shown promise in the disc.

GIRLS:

Track: The sprints are a solid



Michael Johnson
Serra



Isaac Simms
University City

area. Soph Aiesha Singleton (12.7, 26.7) is legit, and she'll help make both relay teams competitive. She'll have help from Taryn Lococo, Olga Dolgonos (62), and three frosh: Jocelyn Harnett, Jessica Harris and Marisol Lindsteadt. Most of those candidates seem to have ability in the longer sprints.

The hurdles have soph Laura Martinez in both events, although she is a bit better in the 300s.

The distance group is young, but promising. Christine Burke, a frosh, was last year's cross country ace, and has already shown flashes on the track, with a 12:20 debut in the 3200. Shannon Ruebel, a soph, is getting a late start in training, but also has promise.

Field: The horizontal jumps look

solid. Senior Cherese Brown (16-6, 32-6) returns, and she'll have help. Sprinter Singleton tried the triple for the first time last week, and went past 31 feet, so she'll get more tries at that event. Sprinter Lococo also long jumps.

The throws are young. Jessica Liss, a soph, is starting to develop, with her discus mark closing in on 100 feet and her shot best getting near 30.

The high jump and pole vault are in the developmental stage, with new athletes.

Mira Mesa

Coach: Eric Miller.

BOYS:

Track: Strongest area could be the distances, where junior Brandon Zelones (9:37, tough in cross country) is continuing a fine career. There's some depth, with Kyle O'Donahoe and Steve Patino behind him. Gabe Velario might be the team's best in the 800. He ran 2:05 as a soph, so he has potential.

The hurdles also look solid, with Pat Benitez (15.58) running both events. Oliver Asis provides depth. Both are seniors.

There is usually sprint talent here. Senior Jair Brown (10.9) began the season on the injured list, but should be back at some point. Also look for junior Adam Gajo (11.2) in the 100, Raymond Alcasaras in the 200 and junior Matt Davis (52) in the 400. The relay teams should be respectable.

Field: The vault is fine, with Josh Earhart (12-0) returning. The other vaulters are new to track, as are the high jump candidates.

Sprinter Davis has 20-foot ability in the long jump, but the team is still auditioning triple jumpers.

The throwers are also new to this level. Soph Vincent Rosario is nearing 130 feet in the disc, and senior Steve Miller is in the low-40s in the shot in early season.

GIRLS:

Track: The distances are well covered, with Dori McGuire (2:27, 5:27, 11:53) returning for her senior year. Kelli Jodoin will help in the longer races, and there are a number of prospects in the 800, including Justine DeLoviar, Jackie Keefe and Johanna Gabriel.

The sprints have Becky Monroy returning in the 100/200, and Lisa Madsen might be the team's best in the 400.

Elise Orlando (16.9) returns in the 100 hurdles, and she'll have help from Pam Dang and Rachel Thompson. Dang and Thompson also run the 300s.

Field: Strongest event is the vault, with Marie Nowinski (10-6), Elise Orlando (10-0) and sprinter Monroy (9-0) all returning. Soph Jennifer Nowinski shows some promise, as well. Best of the high jumpers are Kara Kubow and Amareo Bautista, who both started the year in the 4-6 range.

The horizontal jumps and the throws are rebuilding with new athletes.

Morse

Coaches:

BOYS:

Track: There's been a turnover of sprinters, and this group has some promise. Hunter Reddick (51.71) is the main returner, but now he's surrounded by talent. Senior Andrew Follins is solid, and newcomers like Marcus Smith, Ian Moreland, Paxton Savathay and Demetrius Westbrooks all look good. The depth will definitely translate into at least a good short relay squad, and maybe a good long relay unit.

Best returning hurdler is Adrian Afan (16.2), and he's backed up by

Please see page 14.

Eastern

The teams:

Patrick Henry

Coach: Thom Hunt.

BOYS:

Track: Henry's cross country team was the CIF runnerup in Division II, so the distance runners will be respectable. It was a young, hard-working pack team, which translates on the track into depth, but with the athletes still developing. Senior David Marshall has the most experience. Behind him, look for sophs Steve Prinz, Shea Rollin and Kyle Tabler, and senior Eric Delgadillo.

The hurdles are rebuilding. Daniel Christian is a transfer from Francis Parker who has some speed, and who will work in these events. High jumper David Wells, a junior, will also compete here. Two other juniors,

Eastern:

From previous page.

Arthur Mickelsen and Stephen Ricks.

The distances are a little thin, but freshmen Samuel Woldeyesus and Charles Celeste both have ability.

Field: The horizontal jumps are packed with athletes. In the long jump, in early season, Morse had the 1-2-3-4 ranked jumpers in the section. That group includes Thomas Mootry (22-11), soph Westbrooks (22-0), Eric Rogers (21-9.5) and Brandon Roberson (21-7). In addition, there's Bobby Okenwa (20-9). In the triple, there is Roberson (44-2), Rogers (43-7) and Mootry (43-2.75).

Best athlete in the vertical jumps is Okenwa in the high jump, at 6-8. It seems like only a matter of time until he hits a big one. Junior Daniel Moore is next in line.

The throwers are a very young group. Junior Tim Newbern is the best of the bunch in early season, with marks of just past 40 feet and a disc mark of 112-7. Behind him, there's sophs Donald Hough and Morgan Zastrow, and frosh Brandon McCall. Expect these athletes to develop.

GIRLS:

Track: There's never been anything locally to match senior Monique Henderson. Her high school record 400 meter run of 50.74 last spring was a breathtaking moment, and it put Henderson into a special category. She has bests also of 11.61, 23.19 and 2:16.51, although it is doubtful that you'll see her in any 800s this year. There is sprint depth behind her, with Shauna Hackett (12.45, 25.41), Alicia Lowery (12.69), Phylcia Reddick (12.86), transfer LaSheena Rice (25.2, 60.14), and Bernadette Grantling (62.73). Both relay teams are a threat to get to the state meet.

The distances are fairly solid, although most of the talent is concentrated in the 800. Amonica Phipps (2:17) and Candace Flake (2:24) are talents there, and Phipps (5:30) can also be effective in the 1600, if needed.

The hurdles look very strong. Cheryl Hawkins ran 15.40 and 48.28 as a frosh last year. Now she's joined by frosh Natasha Burton (16.5, 49.3 in early meets) and senior Erica Bolden (48.03 as a soph).

Field: The throws are strong, with Amber Hood (39-2, 121-8) throwing well early. Ruby Udeh (34-9) is a capable shot thrower as well.

The horizontal jumps are in good hands, with Rice (16-7), and Reddick (16-2) in the long jump. Devon Williamson, a junior, will be the team's triple jumper. She'll also long jump and run hurdles.

The vertical jumps are a bit thin, although Phipps can high jump around 5 feet as the need arises.

Point Loma

Coaches: Dave Schuler, boys; Shannon Anderson, girls.

BOYS:

Track: The distances look better than anticipated with the arrival of Eric Dunn, a junior transfer from Clairemont. He ran 4:30 in an early meet, and looks like he can run up with the best in the county in most events. There's some depth, with Jaime Mondragon, and Eric Castro in the 3200, and Josh Ellis, Aaron Harper and Brian Bradshaw in the 1600. Aaron Markland (2:03) is a 400/800 runner.

The sprints are rebuilding, and the team is auditioning potential athletes.

The hurdles also have to rebuild, but there the team has some prospects identified. Frosh Aaron Smith might

already be the team's best hurdler. Jason Amborn will run the 300s and the long sprints. Daylon Smith (42.50) is involved with a theatrical production and may not be available.

Field: The big new here is the emergence of vaulter Adrian Ruark, a junior, who's already moved his PR up from 13 feet to 14-9. He leads the county in early season.

The throws are solid, with junior Dion Girton (46-7, 137-6) returning. He's backed up by junior Jeremiah Schuh, who is already in the high 40s and 140s in the disc in early workouts.

The horizontal jumps are a question mark, but juniors Rance Thurston and hurdler Amborn could develop.

GIRLS:

Track: Strongest area could be the distances, where sophs Rachel Bombaci (2:24, 5:30) and Sara Reid (5:26) return. They are both coming off solid cross country seasons. Behind them, there's Anne Vieira, a frosh, and Evelyn Ruiz.

The sprints have to rebuild. Best candidates in early season were junior Ashley Peck and senior Melissa Russell. Also look for Adriana Delina and Gaby Feldman, a pair of frosh.

Best returning hurdler is senior Priscilla Gomez.

Field: Vaulter Beth Vieira (10-6) is the team's best field athlete. She is one of the best vaulters in the county. She'll also appear in the hurdles and jumps. Chineye Ekweozor, a junior, jumped 4-10 in the high jump as a soph.

The horizontal jumps have new athletes. Sprinters Peck and Feldman will give the long jump a try, and vaulter Vieira may show up in the long and triple jumps.

Best of the throwers is Kwelisha Jackson, who has 35 foot ability in the shot. She also throws the disc.

San Diego

Coach: Jim Markham.

BOYS:

Track: The distance group has some talent. Christian Dominguez (4:32, 9:50) looked in cross country like he was ready to break into the top level locally. There's some depth behind him.

The sprints are rebuilding. Best candidate in early season was John Davis, who should approach 11.0 in the 100 and the 22-range in the 200. Also look for Steve Shelton in the 200 and relays.

Best of the hurdlers is senior John Baxter, who is new to the sport. He's already running well in the 300s, and may try the highs.

Field: In the high jump, Baxter has 6 foot ability, and Quentin Potter is behind him. Potter also may do some sprinting. There are no vaulters.

The horizontal jumps have some candidates in Quentin Womack in the long and triple, and Baxter and Kenny Simmons in the long.

Best of the throwers is Tony Pray, who is closing in on 130 feet in the disc, and also throws the shot.

GIRLS:

Track: Best runner is Tamekia James (12.6, 26.4, 62.0). The other sprinters are new. Rachel Steele and Maylonda Lewis will both run short sprints and long jump.

The distances and hurdles are rebuilding.

Field: Best field athlete is Nancy Obradovic, who can high jump and throw the shot and disc. Behind her in the throws is Shannon Barnes in both events.

Serra

Coach: Ross Godfrey.

BOYS:

Track: The speed is there. Mike Johnson (10.7, 21.94) is one of the



Elise Orlando
Mira Mesa

county's best, and he's backed by Fiat Johnson (22.70, 49.67) and frosh Vinnie Weathers, who ran 11.1 as an 8th grader. Helping them in the relay are Antonio Pipkins and Latrell Witcher. The short relay might be the best baton unit. Last year's 4x400 relay team ran 3:17 but they need to replace a couple of key legs.

Best of the distance runners is soph Justin Motika, whose best event might be the 1600. The hurdles are rebuilding with new athletes.

Field: The horizontal jumps seem fine, with Kyle Ware (20-10w) returning in the long jump, and frosh Weathers already at 20-8.5 in early action.

The vault has Joey Suyat (12-0) returning, but the high jump is rebuilding. The weights are another area of concern, with young athletes in those events.

GIRLS:

Track: The sprints look decent, with Sparkle Anderson (12.84, 26.96) returning in the dashes. Janell King (60.27) was not on the team in early season, but she may rejoin the squad at some point. Jonelle Smiley will help in the 100, and Elizabeth Barreras will compete in the relays.

The distances are good, with Amy Montgomery (2:26.48, 5:27) back. Junior Amy Lang might be the team's best in the 3200, and Godfrey reports that there is a good crop of young 800 runners.

The best hurdler is Antoinette Hill, with Chelsea Prout just behind her.

Field: Best of the throwers is Courtney Vasquez, who throws about 33 feet in the shot, and about 104 in the disc.

Frosh Renee Fulton might be the team's best long jumper. The triple jump, high jump and vault all had no leading candidates in early season.

University City

Coach: John Hutsel.

BOYS:

Track: The speed is always there, although there is not as much of it as last year. Chancee Smith (10.80, 21.91) looks ready to assume the role of a top county sprinter, and he has some depth behind him. Blake Frazier (11.14) will probably concentrate on other events, but he will show up in the relay. Other depth comes from Reyshawn Madden, Anthony Lewis, John Long, and Dasean Cunningham. The 400 looks strong with DeAngelo

Davies (50.01), Madden (50.63) and Maeland James (51.47). Cunningham is also strong in the 400.

The distances will more than hold up their end of things, with Andrew Garratt (4:33, 10:07) and Brad Liber (10:11) already well up on the local lists. There's another group of young runners right behind them.

The hurdles could be a strong point, with Frazier (15.38), Tim Bailey (15.90), and Jonathan Anderson (42.88) all returning. Frazier will also run the 300s.

All in all, it's a much more balanced team than last year, when the Centurions were top heavy with sprinters.

Field: The vertical jumps are very good. Isaac Simms (6-7) is one of the very best high jumpers in the section, and Frazier can go 6-2 if need be. In the vault, wrestler Bart Balle has already cleared 12-6.

The horizontal jumps have Simms 43-11 in the triple jump, where he is well up on the county list, and junior Dean Wu (23-1w) returning in the long jump. Wu's big jump came at the West Hills wind tunnel; he was normally in the 21s.

The throwers could develop. Danny Phan (46-3) returns in the shot, and he'll be backed by Adam Holsapple, who is approaching the mid-40s. Phan and Ryan Bobadilla will both throw the disc, and both are at or near the 130 foot range.

GIRLS:

Track: There is great strength in the distances and not a lot else on the oval. Chessa Adsit-Morris (5:16, 11:30) didn't miss a state meet berth by much last year in the Masters 3200. There's some very good young runners on the team, including frosh Rebecca Bostwick (5:31 in a relay carry already), Jessie Ooms (2:23.78 last year), Lauren Jerd (5:31 last year) and Lidia de Carvalho (2:25.93 last year). Add senior Laura Cohen (5:30, 12:09) to the mix, and there's great depth.

The sprints are rebuilding. Best candidates are LeSheale Dawson, who also does a number of other events, and basketball star Brigayle Iglehart. Frosh Molly Gabriel is an excellent long sprinter who might find herself moving up to the 800 at some point.

Best candidate in the hurdles is senior Karrie Segars, who will also jump.

Field: There seems to be a large number of versatile athletes, so many of the field events have numerous candidates. In the high jump, look for Sierra Segars, basketball talent Sierra Iglehart, Tiffany Hearn and Liz Pallas-Jacobs. Segars will also try the vault.

In the long jump, look for Dawson, Hearn and Tesaj Goodman (15-9). Goodman and Hearn will triple jump.

Dawson and returner Ashlee Thompson will throw the shot. Sierra Iglehart, Dawson and Thompson (103-10) will also throw the disc.

Western

The teams:

Kearny

Coach: Al Wilson.

BOYS:

Track: Nick Banks (10.85, 22.41) had a great season last year in his first try at high school track. He began the year nursing a bad ankle, which was injured in football, but should be up to speed soon. Plans are for Banks to extend his range up to 400 this year. He has good backups in Trumain

Please see page 15.

Western:

From previous page.

Wilson, Wremaine Wilson, Leo Lee and Daniel White. The combination of their talents should make for a quick short relay squad.

Best of the distance group is soph Addis Robero (4:49), who will run the 800 and 1600.

The hurdles are rebuilding.

Field: The horizontal jumps should be OK, with Rony Jean-Giles. His marks are 20-1 and 41-8. He also high jumps (6-0).

The throws have some good prospects in Melvin Frederick (43, near 120 in the disc), and Tulio Gonzales (42 in the shot, about 110 in the disc). Look for those two to develop.

GIRLS:

Track: The sprints are solid, with Jackie Jenkins (13.15, 26.97) returning. She'll have help from Marian Dance.

Best of the hurdlers is Sheryl Jones, who was second in the league last year in the 100s.

The distance events are rebuilding.

Field: The jumps could be good. Jocelyn Jean-Giles handles the long, triple and high jump for the Komets. Basketball star Elena Washington is trying track for the first time, and could pop up in the long jump, or high jump. She will also give the sprints and relays a try.

The throws have young athletes, but Corinne Cooms shows some promise in both the shot and disc.

La Jolla

Coaches: Chuck Boyer, boys; Geri Minet, girls.

BOYS:

Track: Soph Richard Moss (11.1) has some zip. He's an all-around athlete that will start in the 100/200 and may move into jumps later. There is some depth, with Jose Rodriguez on hand and Jeff Enumerables returning to the sport. Ethan Benner ran in the 53s two years ago, and has returned. He'll help. The relay teams could be respectable.

The distance squad, coming off of a good cross country season, is strong. Chris Ferrier (4:31) is the leader, and there is depth with Ryan Abelowitz, Scott Davis, Chad Valderrama and freshman Paul Coover.

The hurdles need rebuilding, but Oleg Khartonov, a frosh, might be a decent prospect.

Field: The throws look solid, with Cliff Learn (47-1, 145-6) returning. He'll be backed by Ryan Ross, who is closing in on 130 feet in the disc.

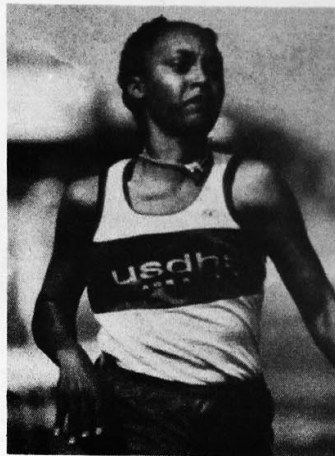
The horizontal jumps are auditioning athletes. One good prospect is senior Chris Villareal, a basketball player new to track. Sprinter Moss might also give the jumps a try at some point.

The vertical jumps are also in a rebuilding stage. Best of the vaulters might be Ryan Granger (11-6), and a couple of other experienced vaulters have returned after a year away from the sport. The high jump, in early season, was still looking for candidates. Villareal could turn up in that event.

GIRLS:

Track: The distance squad is always strong. Senior Desiree Leek (5:18, 11:30) has been a mainstay since she arrived, and she anchors the longer runs. Michelle Guerrero (2:26, 5:24) has enough speed to run in the 400 and long relay, and handles the shorter distances. Liz Edwards (11:57) adds depth in the 3200, and frosh Tiffany Miller is a prospect.

The sprints are decent. Faith Lin (12.4, 25.6) has battled injuries in the



Zikarra Beverly
University of San Diego

past, but seems healthy now. Whitney Schmucker (58.2) is an excellent 400 runner, and may experiment in the 800 at times. The long relay could be good.

The hurdles are rebuilding, with Chelsea Chen being the team's best in early season.

Field: There's promise in the vertical jumps. Jessica Kondrick cleared 5-0 in the high jump as a frosh last year, so she's solid. Her backups are new to the event. The vault has Loren Behr and Heather Reese, a pair of sophs, competing. They should develop.

The throws return Kondrick, who threw the disc 103-9 as a frosh, but the rest of the prospects are new.

In the horizontal jumps, the coaches may want to keep Lin (16-5) out of the long jump to keep her healthy. If so, both jumps have unproven athletes.

Mission Bay

Coach: Emmitt Dodd.

BOYS:

Track: The sprinters are the heart of the team. Shaun Harper (10.99, 22.43) returns, as does Eder Mendoza (22.32, 49.07). Jaja Riley ran well as a soph, was injured last year, and is back. Jumper Shannon Nowden will help on the relays, and Lateef Azziz, a 400 runner, adds some depth. It's an excellent group of athletes. Needless to say, the relays will be strong, and the short relay team should be one of the county's best quartets.

In the distances, the best is Kevin Brock, who ran 10:20 as a soph. He'll run everything from 800 to 3200. The runners behind him are young, but have some promise.

The hurdles are rebuilding, but Dodd has Nowden running the 300s this year, so that event should be covered. The team is still auditioning high hurdlers.

Field: Strongest events are the horizontal jumps, with athletes like Nowden (22-8, 43-6) and Harper (20-9 as a soph). DeAndre Little, a junior, will also long jump.

The throws program is a strong one at this school. David Abbott (49-0, 137-5) and Jared Bray (137-1) both return in both the shot and disc. They'll get help from Robert Wasserman and Adrian Bredell in both events.

The vertical jumps don't have proven returners, but they could develop. Little shows promise in the high jump, and the vault has Matt Reeder and Bill Vail competing. Vail began the season on the injured list.

GIRLS:

Track: Strongest area could be the distances, where Rose Serna



Desiree Leek
La Jolla

(5:24, 12:00) is already running well after time on the injury list.

The sprints have junior Topacio Arellano, who can run from 100 up to 800. Alexandria Craig is a 400 runner, and hurdler Nicole Woolfolk could enter these events on occasion. Woolfolk and jumper Lisa Rodriguez will both be part of the relay teams.

Woolfolk, a soph, is the returning league champ in the 300 hurdles, and she'll add the 100 hurdles to her repertoire this year. Look for jumper Marianna Lugo in the hurdles, too.

Field: The horizontal jumps have good candidates with Lugo and Rodriguez both trying the long jump. The team is still auditioning triple jumpers.

The high jumpers are also unproven, and Woolfolk may get a shot at this event in a future meet.

The throws are rebuilding, but Jessica Cruz is one candidate in the shot and disc.

Our Lady of Peace

Coach: Dan Keays.

GIRLS:

Track: The teams seems to have plenty of sprint candidates. Erin Willis (26.69) returns in the 100/200, and she'll have prospects like sophs Tiffany Holmes and Kathy Williams, and frosh Erin Reed and Kelly Gleeson to provide depth. That depth could translate into good relay teams, too.

The distances return soph Amy Barnes (2:28) in the 800. There's depth, with Jill Correnti, frosh Christina Cuaresma, Patricia Venereo and Emily Brown. Cuaresma was a good-looking frosh runner in cross country.

The hurdles have some returning experience, with Creslyn Harnish and Jessica Bendrick back. Bendrick was injured last year, but seems OK now.

Field: The field events are slim, and Keays was able to identify few candidates in the jumping events, which were off to a slow start this season. Best of the throws prospects was Taryn Haymes, a soph discus thrower.

St. Augustine

Coach: Jerry Downey.

BOYS:

Track: The distance crew is always strong. Soph Sean Barrett (4:36) and Drew Bouchard (9:58) are the best of the returners. Depth will come from John Israel and Pat Barrett. Sean Barrett splits time with the baseball team, and may be unavailable at some meets.

The hurdles are definitely solid, with

Nathan Enriquez (15.4, 41.82) back.

The sprints have some good prospects in soph Alex Horning, junior Tim Lane, and seniors Anthony Navarra and Brian McCroskey. There seems to be enough depth for a good relay crew.

Field: Best events are the jumps, where Mike Iafe (20-7, 42-2) returns. He also high jumps. There are no vaulters.

The throws are rebuilding with young candidates.

Scripps Ranch

Coach: Bob Oliver.

BOYS:

Track: Best group could be the distance runners. The cross country team was not the force it often is in the league, but there is still some talent. Justin Zelones, twin brother of Mira Mesa's Brandon Zelones, has been working hard and should be much improved. The best candidates behind him are soph Dan Blomgren, who ran 4:55 as a frosh, and Matt Raudaskoski, one of the cross country leaders.

The hurdles are solid, with Matt McChristian (16.2, 43.0) returning. In the sprints, Clarence Cunningham (11.0, 22.5) is back after a year away from the sport, so he'll help.

Field: The throws are in good shape with David Brainerd (45-6) returning. He also throws the disc.

The vertical jumps will miss Matt Vaughn (6-2) who is skipping the season to prepare for his college basketball career. Oliver has Chas Keaton and Alan Johnson in the event; Keaton has 6-3 ability. There are no outstanding vaulters.

The horizontal jumps, in early season, was still auditioning athletes. One prospect could be Robert Smith in the long jump.

GIRLS:

Track: Scripps started out as a great distance school, but now it seems to be evolving into more of a sprint school. The sprints are probably the best group on this team, with Latoya Summerville (12.66, 26.52) and Rachel Snare (12.7, 27.2) both returning. If Oliver can fill out the relay team, that quartet could be very effective.

The best distance girl could be Natalie Gattrell, but even she started out the season doing the 400 (63.0). With that speed, she could break through this year. Vanessa Castillo and Tracy Tom are 2:35 800 runners that should drop into the 2:20s range. Amanda Cummings began the season at 12:54 in the 3200 and will continue to improve.

The hurdles are rebuilding. Junior Shannon Donahue and Joanna Murray will run the 300s. Oliver was still looking for candidates for the 100 hurdles.

Field: Best events are the throws, where Shemika Morris (38-5, 113-10) returns. If she's on her game, she's one of the best in the county in the shot, but she's been nursing a bad back and it's unclear if she'll be able to battle her way through that.

The vertical jumps are OK. Grace Anderson and hurdler Donahue are both at 4-10 in the high jump. In the vault, there's Anne Walkush and Desiree Dresser, both at 8 feet.

The horizontal jumps need some rebuilding. Best candidate might be Antwanique Leviatt, a senior.

University of San Diego

Coach: Dan Geiger.

BOYS:

Track: The distance team is the core, and there's a quality runner in

Please see page 16.

Western:

From previous page.

every event. Junior Mario Fierro (2:00.50) runs the 800, junior Michael Carini (4:33) is the team's best at 1600, and senior Brian Thielen (10:04) is good in the 3200. Those times are all from last year; with the normal rate of improvement, these boys will be quality runners. Depth comes from Jonathan Benet and Jon Zimmer, who both bring 10:20 3200 times to the mix. There is even more depth, with 15 runners ranging from 4:45 to 5:00.

The sprints are still looking for quality speedsters. The strongest area is the 400, where Steve Dalton (52.25) returns.

The hurdles are another area of concern. Dalton will run the 300s, along with Kyle Sutherland (44 range), but the high hurdles were still a question mark in early season.

Field: The jumps were looking for talent in early season. One candidate was Jordan Oxendine, who has 20 foot ability in the long jump. The vaulters are all new.

Best of the throwers is Vince Enriquez, who puts the shot 45-plus.

GIRLS:

Track: There is some serious speed on this squad. Zikarra Beverly made a big splash last year when she ran 12.27 and 24.79, which put her among the county's elite sprinters. There's no reason to think she's going to go backwards anytime soon, and she could also be a part of some good relay teams. There's depth in the 400, with Kerry Kelly-Cochrane (62.3), Cheyenne Webster (63.21) and Amy Hogan (63.22) all returning. Carrie Kaermerle, a soph, adds depth in that event.

The distance team looks solid, with decent runners in each event. Kelly-Cochrane (2:21.22) is one of the county's best returners in the 800, Morgan Feori (5:35) is fine in the 1600, and Caitlyn Kearney (12:10) does a good job in the 3200. Mix in Anne-Marie Byrne (5:37 and 12:12), and there's depth, too.

The hurdles may need to develop a bit, with no short hurdlers identified in early season. In the 300s, Kerry McColl (52), Amanda Perry (who can run a 400 in 62) and Kaermerle are all candidates.

Field: The horizontal jumps will get help from 400 runners Hogan (31-plus in the triple, will also long jump) and Webster (15-plus in the long, will also triple jump). Kelly-Cochrane might also appear in the triple jump as needed.

The throws seem thin, but transfer Natalie Maurer is at 30-plus in the shot, so she'll help.

In the vertical jumps, look for Athena Clune and Shannon Kuhn in the high jump (both are at 4-10), and Clune (8-3) in the vault.

Harbor

The teams: Christian

Coach: Tammy Kniffing.

BOYS:

Track: Best events on the track are the distances with cross country ace John Wai figuring strongly. Wai looks like he can range from 800 to 3200. Also look for Glendon Bute in the 1600.

The hurdles have Terry Bowdler, who made it to CIF in those events, and soph Luke Munson.

Field: Benaia Dowell, a frosh, will high jump and long jump. Bowdler will also compete in the long jump.

The throwers have promise, with Colby Shigley and Matt Jones both working with Dave Hillberg. Both are raw, but have potential. Both reportedly can reach 32-plus and 80-plus from a stand, so look for development there.

GIRLS:

Track: The distances have depth. Samantha Hire can range from 400 to 1600, and Chloe Hamann and Andrea Hager are 1600/3200 runners.

Miya Krytek, from Russia, has potential in the sprints. In her first race, she ran 13.5 for the 100.

The hurdle team includes Lynsey Lasswel, Mary Willis and Rachel Edelen.

Field: Maggie McGill, a soph, is a good all-around talent. Her best event might be the high jump, where she is already at 5-2. She also long jumps.

Two throwers show promise. Jamey Johnson and Rachel Kenaga are shot putters, and, like the boy throwers, they are also working with throw coach Hillberg.

Clairemont

Coach: Manny Diaz.

BOYS:

Track: Jake Symons (10) is an excellent young hurdler (42.48 for 300s as a frosh, also runs well in the highs), who could be the team's star. Cameron Siskowic (11) could be the school's best all-around athlete, with talents in a number of events. It'll take some time to determine his best events. He'll run the 100, along with Thomas Hurd (10). Ricky Barboza (10) can range from long sprints on up, and cross country talents Thomas Ferguson and Steven Loforti will be the team's aces in the longer races.

Field: Siskowic looks like a talent in the shot put and high jump, and he could develop some other talents as the year progresses. The throws are already ably manned by Mike Maldonado and Luis Diaz, both of whom could be over 40-feet in the shot.

GIRLS:

Track: Erica Julien (9) will run the 100 and 200 for the Chiefs, and Liz Garcia (12) will range from the 400 to 800. Longer races could be handled by league cross country champ Judy Jimenez (9). Melissa Diaz is the team's best hurdler.

Field: Kendra Dunn (10) will throw both the shot, her best event, and the discus. Sarah Rodriguez, who also hurdles, will handle the horizontal jumps, and Marla Rector is the team's best high jumper.

Coronado

Coach: George Green.

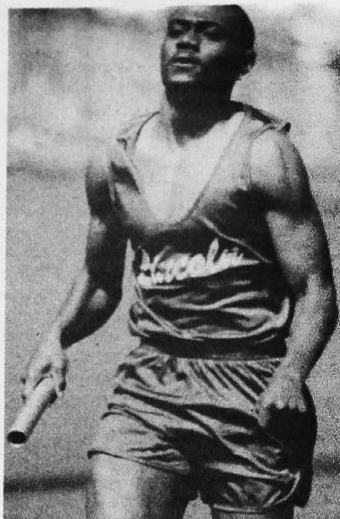
BOYS:

Track: The distances have some prospects. Mike Dunn, an all-around athlete, ran 2:10 in the 800 after a week of conditioning, and has potential there. In the longer races, look for Ryan Schneider, James Wingert and David Hernandez.

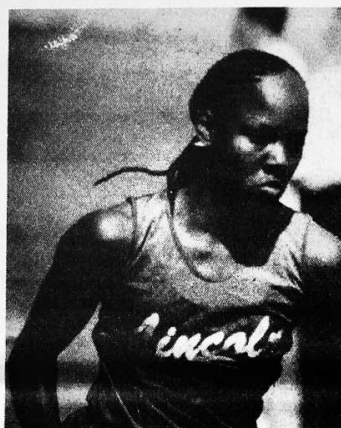
The sprints are rebuilding a bit. Greg Morgan (52.9) and Wesley Bowman, a frosh, might be the best in the 400. Senior Marvin Dingle will approach 11.0 in the 100.

Morgan will also run the 300 hurdles, and he could approach the 42 second range there. Soph Josh Copp will also try mixing the 400 and hurdles.

Field: The vault has some depth. Errin Samuelcz and Lee Fitzgerald are the best candidates there, with Steve O'Keefe, Buddy Marshall and Jeff Hayden behind them. Marcus Erdmann is the team's best in the high jump, and should be close to 6 feet.



Boris McDaniel
Lincoln Prep



Unika Smith
Lincoln Prep

In the horizontal jumps, frosh Jason Meyer has 20 foot ability, and Bryan Eckert is not far back. Sprinter Dingle should be past 40 feet in the triple jump.

Throwers include Dingle in the shot, where he is in the low 40s, and Andy Simmons.

GIRLS:

Track: The sprints have some depth. Lani Kuhlrow (13.09) is the best returner, and she'll be joined by a couple of frosh, including sister Janel Kuhlrow. Another frosh, Nila Heurtelou, reportedly had sprint times of 12.3 and 27.0 in middle school. Depth will come from Ivy Whitford in the 200/400, and Beth Wittry could also dip down to the long sprints as needed. Lisa Robbins is another long sprint candidate.

In the distances, look for Katherine Wingert, Wittry and frosh Caitlin Alley. Both Kuhlrow sisters will try the hurdle events, along with Megan Fancy and Mallory Needleman.

Field: Basketball player Kara Solem, a junior, is a good prospect in the shot. In early season, she was throwing 27 feet from a stand. She'll develop. Deborah Weisbarth is the team's best in the disc.

There are a lot of all-around athletes, so there are multiple jumpers. Look for Alisa Millette and Needleman in the vault; and Robbins, Millette and Heurtelou in the high jump.

Millette will also compete in the long and triple jumps.

Crawford

Coaches: Ivory Randle, boys; Art Anderson, girls.

BOYS:

Track: There's always speed at Crawford. This year, the best is John Green (11.1, 22.9). Other candidates will include junior Tim Henley in the short races, and soph Chris Jones in the 400. There might be enough depth for a good short relay team.

The distances and hurdles are both in the rebuilding stage.

Field: Best events are probably the throws, where junior Brandon Fisher (45-11, 139-8) is already starting to break through. He's backed up by Dominique Wicker in both throws.

Junior Franklin Egypt is an all-around jumper, and he'll compete in the high, long and triple jumps.

GIRLS:

Track: The sprinters have potential. It's a young group, but soph Brittany Lewis, junior Cassandra Lewis and soph Allison Lewis all have promise. Despite the names, none of them are related. Cassandra might be the best in the 100; Brittany is best at the 200; and Allison can run the 400. With help from the hurdlers, the short relay could be solid.

The hurdles have new faces, with Megan Holiday and Tina King both running the short hurdles and relays.

Best of the distance group is Linda Bou, who will run the 1600/3200. The 800 runners are young.

Field: The horizontal jumps are excellent, with Tan Chang (34-11 in the triple jump) returning. She also long jumps. Thanh Diep will provide depth in both events.

The throws have Michelle Singleton (103-9 in the disc) returning. She also throws the shot.

Hoover

Coaches: Willie Matson, boys; Mary McCarthy, girls.

BOYS:

Track: There is good speed, with Jamal Tate (10.7), Will Scott (11.1) and Terrell Williams all on hand. Scott is returning after a year away from the sport. A young prospect is frosh Fernando Ford. The 400 has three juniors competing: Tyrell Spain, Anthony Casey and Jerome Green. With that depth, the short relay should be very fast, and the long relay could also be solid.

The distances have talent and depth as well, with last fall's cross country team qualifying for the state meet in Division III. The best of that group is Solomon Kumbi (4:32, 9:39), but there is also Haji Hassan (4:36, 9:58), Skukri Hassan (2:03), Daniel Assefa (2:03) and Mukhtar Abdulle. That's a deep group, and all of the runners are young.

Best of the hurdlers are Thomas Carr and Cory Brownlee in the highs and Sorida Phan (42.8) in the 300s.

Field: The throws could be good, with Andre Hicks (134-5) returning in the disc, and some decent candidates behind him. Cornelius Lambert (45), Steve Franklin and Alan Reyes all show promise in the shot, and Franklin is already near 130 in the disc.

The horizontal jumps have Phan (41-3) in the triple, and Williams will also try these events.

GIRLS:

Track: This is a young group. Best of the sprinters are Shaneka Williams and Taryn Jones (12.8, 27.1). Both are frosh, but have ability.

Kianna Shannon is the team's best hurdler. She just arrived on campus this year, and reportedly has run well at her previous school.

Best of the distance team is Atong Arjak, who will range from 800 to 3200.

Field: The field events are almost completely being rebuilt. Candace Hill

Please see page 17.

Harbor:

From previous page.

is at San Diego State, and all of the throws and jumps are populated with new athletes.

Lincoln

Coach: Tony Jackson.

BOYS:

Track: This is probably the best collection of sprint talent in the section. All of the runners from a 41.90 short relay team are back, although one is injured. Returning are Boris McDaniel (10.84, 21.80, 48.58), one of the best all-around sprinters in the county. There's also Cory Jones (11.06, 21.94), R'mon Anderson (11.16, 22.82) and Alton Gilbert. Clarence Cannon (50.37) had shoulder surgery, and will miss the season. The team will still be very quick. Another mid-distance/long sprint candidate is soph Lester Cole.

There's not great depth in the distances, but junior Ronald White will hold his own in the 800.

The hurdles have Gilbert (40.14) in the 300s, and Jerel Woods in the highs.

Field: Woods will also be the team's high jumper.

Gilbert (22-5), junior Arquus Lawson (20-7 as a frosh) and maybe Nykolas Tyler (20-8) will be the long jump team. Elvin Gueston (42-5) will score points in the triple.

The throwers include a pair of juniors, Brandon Eckles and Richard Thomas. Eckles throws both the shot and disc; Thomas only throws the shot.

GIRLS:

Track: The sprint talent is very good. Returning are Crystal Hinton (12.71, 26.26) and Deitra Manley (12.83, 26.56) in the 100/200/relay events, and Unika Smith (59.09) in the 400. Those girls, combined with possibly Josephine Tucker, should form excellent relay teams.

Smith (44.64) doubles back as the team's 300 hurdler. She'll have help from soph Yakira Feliza, who looked good last year.

Field: Shunnae Buckner jumped 5-0 as a soph two years ago, and will help in that event.

Sprinter Manley is at 15-6.5 in the long jump, and Aqueelah Brown (103-6) returns in the discus.

Madison

Coaches: Rick Jackson, boys; Greg Lyons, girls.

BOYS:

Track: It's a young group. Soph Mark Whaley and frosh Godfrey Sirona might be the team's best sprinters, and frosh Garvin Gause will run the 200/400.

Frosh Jared Hamilton and soph 800 runner Brad Emmons might be the best of the distance squad.

The hurdlers are seniors: Sean Conroy and Steve Silvas. Soph Daniel Rios will also try those events.

Field: The high jump has Brian Wice (5-9) and Rios; and senior Marty Herrick is the team's best vaulter.

The long jump has some experience, with Joe Pittman, Korye Blackman and Rios. Pittman and Blackman also triple jump.

The best throwers are juniors Va'a Kirisimasi and Gonzalo Lopez.

GIRLS:

Tracks: Look for Erika Roshell, a senior, and frosh Cherie Payton in the sprints. Best in the distance group is soph Amy Croudip in the 800/1600 and senior Diana Flores in the 3200. All-around athlete Erica Silvas will run both hurdle events as well as jump.

Field: There's some all-around athletes helping fill out the field cards. Hurdler Silvas and all-around jumper Penina Payne, a frosh, will long jump.

Payne will also triple jump.

In the high jump, look for Payne and thrower Luna Falo, a junior. Sheena Sessions, who also sprints, will vault.

Falo is the team's best in the throws, where she is closing in on 30 feet in the shot and is past 90 feet in the disc.

Southern

The teams:

Army Navy Academy

Coach: Linda Humphreville.

BOYS:

Best athlete is Will Kraemer, a junior. As a soph, he ran 2:00, 4:30 and 10:00. He ran the 3200 in 9:51 as a frosh, but last year he concentrated more on the shorter races. There is depth behind him, with Kenny Wang, Kyle Cassano and Billy Haddock.

The sprints have Charlie Sun, Joe Markham, Kent Tokunaga, and Tiago Alkana. Alkana runs the 200/400; the others are short sprinters. Phillip McDougal is the team's best hurdler.

The jumps seem well-stocked. The long jump will have Markham, McDougal and Thomas Keegan. All three, plus Kenny Mieth, will compete in the triple jump. Mieth is the team's high jumper, and Peter King is the team's best vaulter. The throwers are Joe Lyons and Richard Parise. Parise is new, but shows promise.

The Bishop's School

Coach: Wendy Svatek.

BOYS:

Best athlete is junior Bernard Lam, who looked great last year, when he ran 51.65 as a soph, and helped the long relay team to 3:32. The rest of that relay team returns. Steve Jensen, one of the school's best athletes, will run the 100/200 and also may long jump. Eddie Zavala can run the 400 on down. Distance runner Matt Lindeman is decent in the 800/1600 range.

Taylor Searles, a frosh, adds some depth in the distance, where his best event could be the 1600. Mark Hermes, a soph, will handle the long and triple jumps, and also run relays. Daniel Schaefer, a frosh, will throw the shot and his best event, the disc. Soph Julian Arthur is the team's best shotputter, and he can also enter the sprints and jumps.

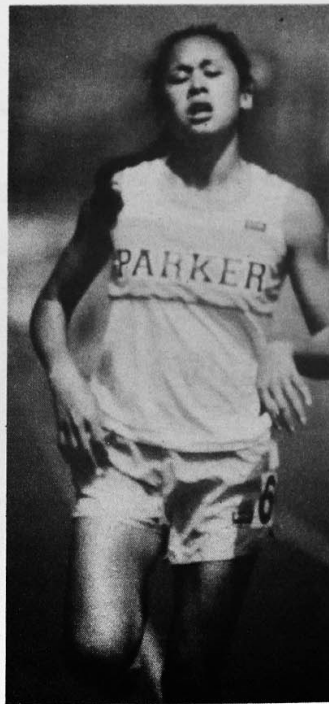
GIRLS: Best athlete on this team is Kaili Shumilak, who has PRs of 5:22 and 12:10. She's battled injuries since she was a freshman, but she seems healthier now than she has been in years. Another decent distance runner is Marisa Marquina, who is battling shin splints. Julia Carnevale is an excellent long jumper (15-8) and she also high jumps and runs the 400.

Calvin Christian

Coach: Jon Beutlich.

BOYS: The strength of the team is in its distance squad. Jesse Shipley (12) and Darin Conner (11) are the two best, and will handle the events from 800 to 3200. Josh Marcus is the team's best 400 runner. The hurdles, jumps and throws are all staffed with new athletes, and will take time to get up to strength.

GIRLS: The best athletes are in the sprints and hurdles, with some strength in the distances. Katie Schultz (12) will run the 100 highs, where she has clocked 17.32, and high jump (best of 4-10). Kara Zuidema (11) is one of the league's best in the 100 and 200, and she'll also compete in the triple jump. Lindsey Bradshaw ran 2:35 for



Stephanie Blake
Francis Parker

800 in an early scrimmage, so she's solid. Cross-country standout Elana Huff is the team's best in the 1600 and 3200. The vault is handled by sophs Jessica Ruter and Kristan Kroon. The throws, usually a strong spot, are not strong this year.

Horizon Christian

Coach: Frank Henry.

BOYS:

This program is growing fast. If it ever gets to the level of some of the school's other sports, look out.

Among the best athletes is junior Marcus Turner. He runs the dashes and relays and has long jumped 21-10 in a practice meet. Another good one is David Hendrick, a senior, who can run the 400 in the low 50s. B. J. Adams, a junior, has 11.0 ability in the 100. The team can put together a decent short relay with those three plus Robert Ortiz and Nathan Hughes. Jason Crespo is the team's best thrower. He's at about 40 feet in the shot; he also throws the disc.

GIRLS: The girls team is not as loaded with talent, but there are some nuggets. Elisa Holiday transferred here from West Hills, where she ran 12.97, 26.42 and 61.6 last year. Rexi Dayes, a senior, will also run the sprints and relays.

La Jolla Country Day

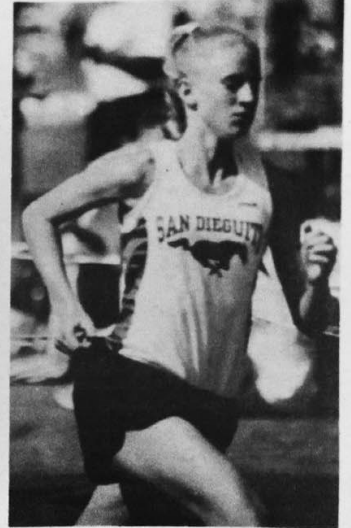
Coach: Kevin Reaume.

BOYS: Best athlete would be Rashawn Allen (52.55), who may not compete this year. Allen can be effective at nearly all distances, if he runs.

Look for Kyle Trammell and Ben Shifftan in the sprints, and Mike Giansaracusa in both hurdles.

Kenny Duncan is at about 5-6 in the high jump, and junior Mike Wadlington is the school's best thrower.

GIRLS: Best returning athletes would be Lauren Swigart (12:06 in the 3200), and thrower Martinique Askifosile (35-6 in the shot, 100-plus in the disc). The best new athlete would have to be Candice Wiggins, who was the county's Player of the Year in basketball as a freshman. Wiggins has great athleticism, very good speed, great leaping ability and good size (she's 5-9). Her only problem in



Jenna Timinsky
San Dieguito Academy

translating that talent to the track is narrowing down which events on which to focus.

Others to watch are Daniela Scarfeo in the distances, Nichelle Wentz in the sprints and jumps, and Katherine Kwoh in the sprints.

Francis Parker

Coach: Bob Perrone.

BOYS:

There are few returners, but some of the new candidates show promise. In the sprints, watch for Terrell Hinton and Scott Hartman in the 100, and Alex Goldstein in the 200. John Witte could also help in those events, and those four could form the relay team. Hartman will also high jump, and the vaulter is Chris Bedford, who jumped two years ago. The shotputters are Dave Schonenberg and Seth Laton.

GIRLS: Stephanie Blake (12.62, 25.42, 57.23) is one of the top sprinters in the section, and she has looked good in early meets this season. Liz Mannino will also help in the 400, but Kara Koehn (60.96) is probably not going to compete.

Angela Petersen, at her best, is one of the county's best distance runners, with PRs of 5:02, 10:58 and 2:22. She missed most of the cross country season with an injury, although she made great progress once she returned. It is unknown at this point exactly what kind of shape she is in to start the season.

Another decent athlete is Monica Robbins, who vaults 9-0, and also competes in throws and hurdles.

San Dieguito Academy

Coach: Gary Timinsky.

BOYS: Best athletes are mostly holdovers from the cross country team. Look for Nick Teach, a junior, and Chris Chatfield, a soph, in the distances. Chatfield is more an 800 runner; Teach runs all distances.

There's some sprint and jump talent. James Stewart, Theo Puma, and Yoshi Banks all will compete in sprints and relays. Banks will double back in the triple and long jumps.

GIRLS: Jenna Timinsky, a junior, is the best two-lapper in the section. She put up bests of 58.86 and 2:13.38 in the 400 and 800 last season and made it to the state meet in the 800. She continued her great running in cross country, and could be effective at 1600 (best of 5:11) and the 3200, where she could probably dip under

Please see page 18.

Southern:

From previous page.

11 minutes.

Next best athletes are Marie Raffray, a frosh who ran youth track, who will run from 200 to 800, and senior Emily Ogata, who has some speed. She'll run the 200 and 400. If the Mustangs can find a fourth one-lapper, they could put together a decent long relay team.

Santa Fe Christian

Coach: Ken Hansen.

GIRLS: It's almost a one-person team. Kristen Carlson (5-2) has been one of the county's better high jumpers in the last couple of years. She has all around talent, and could also do other events, but will probably specialize.

Tri City Christian

Coach: G. W. Dameron.

BOYS: The program is evolving from a club team to an interscholastic sports team. Best of the boy athletes is Garrett Metcalf, a cross country standout as a soph last fall. He'll run the 800/1600.

GIRLS: Best athlete could be frosh Christina Durrett, who has some speed, and will probably run the 400.

Imperial

Coach: Wolfgang Horner.

BOYS: Best athlete is Gabriel Ibarra, a senior. He has all-around talent, but his best event is the triple jump. His 43-11 there puts him well up in the section. He also runs the 110 highs in 15.4, and the 300s in the 43 range. His best 400 time is 51.9.

Also watch Mike Rodriguez, who was at 2:10 in the 800 in early season. He anchors the 4x400 team and can run the 1600 and 3200.

GIRLS: Jackie Stallings competes in the triple jump (30-9). There are a pair of 400 runners in the mid-60s; Melissa Garcia (66.4) and Melissa Gaston (68.2). Gaston also doubles as the team's best 100 hurdler (18.7).

NOTE: Imperial is operating as an independent team, but will compete in the Southern League finals.

Julian

Coach: Bill Porter.

BOYS: It's a distance team; Porter is running the program as an off-season boost for his cross country program. The top runners are Scott Neth (10) and David Reis (12). Behind them, there's Salvador Alicata (12), Jonathan Smith (9) and Chris Long (9).

GIRLS: Like the boys, it's the core of the cross country team. That includes Elizabeth Smith (12) and Clare Hutchinson (9). Nicole Bastian, a state qualifier in cross, is playing softball, but may pop up in a meet here and there.

Mountain Empire

Coach: Bill LeBlanc.

BOYS: Francisco Venegas, a standout in cross country, is one of the best athletes. He'll run the 1600 and 3200. Travis Palovchik and Julian Ogle will add depth in the 3200.

Richard Schuh can run from 200 to 800, and will be part of the 4x400 team. Also look for Darrel Shubrick and Thomas Stojanowski in the 100/200, and Noland Priester in the 200/400.

In the shot, seniors Steven Orman and Ryan Sullivan are looking to develop.

GIRLS: Ali Baker was the team's best cross country runner, and will run the 1600 and 3200, if she is fully

recovered from a broken arm she suffered in basketball. Also in both events is foreign student Eugania D'Angelo.

There seems to be good sprint depth. Senior Mandi Johnson can range from 100 to 400, and there are four sophomores that are trying the 100/200 relays: Megan Knowles, Jessica Williams, Laura Kitchell, and Jennifer Carrol.

Imperial Valley

The teams:

Brawley

Coach: Don Biagi.

BOYS: There seems to be good speed. Marcellus Edwards (10.9, 23.8) is the best sprinter. Daniel Hernandez (11.6, 24.1, 53.8) helps on the relay teams, and soph Jon Sabater also runs sprints and relays.

Best of the distance group is Raul Cobian, who can range from 400 to 3200, with bests of 51.4, 2:03, 4:46 and 10:20. Paul Vallejo (10:38) provides depth in the longer runs.

The hurdles also seem solid with junior Richard Encinas (15.2) in the highs and 300s. Richard Santana runs the 300s (43.4) and the 400. Look for Encinas and Sabater in the long jump, and Sabater in the triple.

The throws seem deep, with Brandon Wellcome (41-7, 121-10), Ivan Paredes, Gilbert Carpio and Jose Gutierrez all doubling. Gutierrez has a disc mark of 133-4, and Michael Phillips, who was injured in early season, has a 42-5 shot mark.

GIRLS: Senior Marquita Travis is probably one of the best all-around track girls in the section. She can sprint (13.1, 28.8), run the highs (17.0), do the long and triple jumps (14-10, 32-7) and throw the shot (34-6). That gives Brawley a lot of flexibility.

Lizette Acevedo, a junior, ranges from the 200 to the 800 (29.2, 65.4, 2:38), and senior Sylvia Mendez goes from 400 to 3200 (65.5, 2:35, 5:45, 12:25). Meg Allen also can stretch from 400 to 3200 (69.5, 2:38, 5:55, 13:00).

Also in that mid-distance range are Danitza Salceda (2:31) and Claudia Dominguez. Xiomara Favela runs from 400 to 3200 and also long jumps.

By comparison, Trish Martin and Adrienne Duran are almost specialists. They run just sprints and relays.

Calexico

Coach: Cal Armstrong.

BOYS: Best athlete is Nathan Armstrong, a senior. He runs the 100 (11.3), long jumps (20-9), high jumps (6-1) and runs the relays. Sprint depth comes from Jose Chavez (11.4), Ralph Galvan in the 400, and Luis Zepeda, who runs the 400 or 800 and the long relay.

Albert Padilla, a frosh, might be the best of the team in the longer races.

David Paco runs the high hurdles and also jumps.

The high jump has Armstrong (6-1), Paco (5-10) and soph Chris Ramsey (5-8). Chavez competes in the long jump, and Paco and Ramsey handle the triple jump.

Best thrower is Alex Maeta, who throws the shot 43-plus, and the disc 120-plus.

GIRLS: Sprint duties are shared by Carla Chavez and Lily Lee, and Lisa Little handles both hurdle events.

Alicia Torres is the team's best

distance runner, but can also run 62.5 in the 400. Her sister, Aina Torres, runs the 800 and Alma Olvano and Joanna Garcia run the longer races.

The horizontal jumps have Donna Garnica in the long (15-plus) and triple jumps. Marisa Williams throws the shot (35-plus) and disc (80-plus).

Central (El Centro)

Coach: Ron Shane.

BOYS: They have speed, with Anthony Hellum (10.9) and Anthony Sabal (11.0). Their short relay team is at 44.3 in early meets. Alfredo Gonzalez is the team's best in the 400.

The distances have Robert Guibe (2:05) running the 800/1600. He was a surprise in the cross country season. Pedro Caro (11:00) helps in the 3200.

J. D. Gaddis runs the highs (16.4), and Gonzalez and Mike Garcia add depth.

Gerell Henderson does the high jump (5-9) and long jump.

GIRLS: The best athlete is Christina Diaz, who runs the 400 (68) and long jumps.

Holtville

Coach: David Strong.

BOYS: Alex Perez and Eric Sanchez are the team's sprinters, and Santos Guzman handles the hurdles. Look for Michael Strong in the distance events.

Strong also doubles back in the high jump, while Steven Hardin is the long jumper. Eric Cueto throws the shot, and Jon Singh tosses the disc.

GIRLS: Courtney Watson runs the sprints for the Vikings, and all-around Christina Ruiz competes in the hurdles and both throwing events.

Look for Liz Robinson and Rachel Hernandez in the distance runs. Lindsay Cato is the team's high jumper.

NOTE: Holtville is a member of the IVL in track only.

Palo Verde Valley (Blythe)

Coach: Unavailable at press time.

Southwest (El Centro)

Coach: Mike Becker.

BOYS: There's speed here. Terrence Johnson, the league's 100 champ, has 10.8 ability, and also runs the 200. He's a junior. Justin McCullough, a senior, has run the 400 in 51.8, and anchors both relay teams. Jose Luis Salazar is the top returning league hurdler, and runs 15.1 and 44.3. He also jumps (40-9 in the triple, 5-8 in the high).

The distance group includes Sal Acevedo (10:11), Garrett Bishop (10:25), Doug Fulp (4:49), Eric Thompson (10:50) and Devon Hood (2:11).

Best throwers are soph Brandon Pipkin in the disc, where he is approaching 120 feet, and Ernie Gradillas in the shot; where he is at about 40 feet.

GIRLS: There's speed here, too. Erika Holmes is the defending league in the 100, and she has run 12.4 this year. Her 200 best is 27.4.

There's good depth for the short relay team, which runs in the 53s. Look for Holmes there, and Becker can choose from among Jackie Gomez, Steph Conant, Monica Gamboa and Gamalia Shelton for the other three spots.

Conant, Gamboa and Tasha Ernest (63.4) all figure in the long relay.

The distances have Judith Kaye, Erica Talley and Denisse Moreno, all of whom are around 2:40 and 6:00.

Monica Hernandez (13:43) runs the 3200.

The hurdlers are frosh Jennifer Black, Monett de la Torre and Gloria Conner, all in the 19s for the short hurdles. Conner also runs the 300s.

Holmes (16-1) is the IVL long jump champ. Conant will provide depth. Frosh Krystal Rodriguez (4-8) is the high jumper, but is currently injured.

The throwers are Caroline Dessert (27-plus) in the shot, and Jessie Fedorka (nearing 90 feet) in the disc. Fedorka is brand new.

Best 2001 Marks:

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 March 25.

100:

Automatic time:

10.90	Michael Matison, MIC
10.99	Chancee Smith, UC
11.01	Reggie Bush, Hx
11.17	Michael Johnson, Serra
11.33	Boris McDaniel, Linc
11.33	Richard Del Rincon, MontV
11.38	Anthony Lewis, UC
11.38	Dustin Graham, RB
11.45	Cory Jones, Linc

Hand time:

10.7	Jamal Tate, Hoov
10.8	Michael Matison, MIC
10.9	Nigel Martin, Vista
10.9	Anthony Hellum, Cent, EC
11.0	Clarence Cunningham, SR
11.0	Napoleon McNeal, Mont
11.0	Allen Thompson, Sweet
11.0	Richard Del Rincon, MontV
11.0	Anthony Sabal, Cent, EC
11.0	Curtis Flowers, SP
11.0	DeMarcus Small, East
11.0	Deun White, RB
11.0	Jeff McNeal, Mont
11.0	Mark Whaley, East
11.1	Matt Picture, RBV
11.1	Richard Moss, LJ
11.1	Michael Johnson, Serra
11.1	Dustin Graham, RB
11.1	Maurice Williams, CP
11.1	Mike Marshall, RBV
11.1	Jason Macklin, Vista
11.1	Cory Jones, Linc

200:

Automatic time:

No marks reported.

Hand time:

22.1	Deun White, RB
22.1	Reggie Bush, Hx
22.5	Clarence Cunningham, SR
22.5c	Cory Jones, Linc
22.5c	Allen Thompson, Sweet
22.5	Jamal Tate, Hoov
22.6	Michael Matison, MIC
22.6c	John Green, Craw
22.7	Pat Mahoney, MIC
22.8	Nigel Martin, Vista
23.0	Richard Moss, LJ

400:

49.29	Deun White, RB
49.50	D. J. Contreras, VC
50.06	Hunter Reddick, Morse
50.20	Todd Watkins, Hx
50.40	DeAngelo Davies, UC
50.5c	Jeff Hunter, GH
50.58	Fiat Johnson, Serra
51.14	Steve Maldonado, Vista
51.6	Will Buchanan, Oc
51.7	Demetrius Westbrooks, Morse

Please see page 19.

Best Marks:

From previous page.

52.0 Ferris Gaylon, RBV
52.10 Paul Rosales, Pow

800:

1:56.96 Jimmy Ungricht, Fall
1:57.14 Cooper Bachman, VC
1:58.89 Ben Aragon, WH
1:58.97 Nico Cueva, Esc
1:59.6 Mark Baddas, Vista
1:59.64 Devin Lyons-Quirk, Pow
2:00.0 Eric Dunn, Ptl
2:01.2 Chris Gausepohl, Fall
2:01.9 Ricky Roane, Ram
2:02.0 Nick Kelleher, Vista
2:02.4 Ryan Montez, Vista
2:03.1 Raul Cobian, Braw
2:04.53 Craig Nowakowski, Val

1600:

4:20.3 Devin Lyons-Quirk, Pow
4:25.4 David Santos, Val
4:26.4 Ben Aragon, WH
4:30.1 Eric Dunn, Ptl
4:30.5 Abadir Barre, MIC
4:33.1 Andrew Garratt, UC
4:33.3 Ramon German, Vista
4:33.4 Alan Aradanas, MIC
4:34.7 Chris Gausepohl, Fall
4:34.9 Babey Wagnew, Hx
4:35.3 Sean Barrett, StA
4:35.4 Hiladio Larios, Vista
4:36.1 Jimmy Ungricht, Fall
4:36.5 Ryan Montez, Vista
4:37.0 Artemio Mateo, RBV
4:39.x Luke Haywas, ECam
4:39.7 Benny Gandolfo, ECp

2000 Steeplechase

6:39 Luke Haywas, ECam

3200:

9:29.9 Taylor Williams, Hx
9:33.5 Abadir Barre, MIC
9:39.3 Ryan Montez, Vista
9:45.1 Brandon Zelones, MiraM
9:51.4 Eric Hernandez, Vista
10:01.8 Benny Gandolfo, ECp
10:02.0 Devin Lyons-Quirk, Pow
10:02.3 Babey Wagnew, Hx
10:06.3 Kip Madden, Val
10:08.1 Dan Tanks, RB
10:10.7 Efrain Carrillo, GH
10:11.5 Brad Liber, UC
10:12.4 Navid Hassanzadeh, TP
10:18.9 Alex Casarez, Fall
10:21.4 Jon Cordes, Esc

110 High Hurdles:

Automatic time:

14.20 Jeff Hunter, GH
15.11 Darnell Talbert, MIC
15.34 Trent Stroh, VC
15.36 John Dudek, TP
15.39 Bryon Barner, Hx
15.48 Ryan Bartsch, East
15.48 Blake Frazier, UC
15.85 Jon Everette, SP
15.88 Pat Benitez, MiraM
15.98 John Feehan, Esc
16.09 Brian Taylor, GH
16.10 Aaron Barnhill, SM
16.17 Tim Frinell, Fall

Hand time:

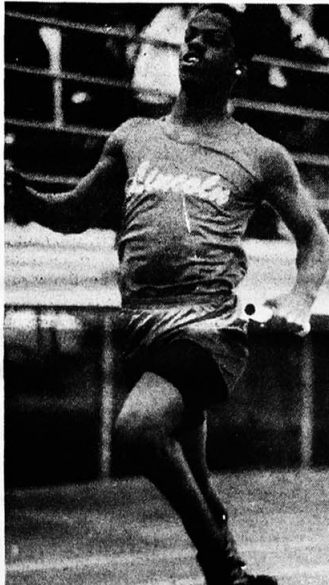
14.5 Jeff Hunter, GH
14.9 Ryan Bartsch, East
15.2 Trandon Harvey, Sweet
15.2 Jon Everette, SP
15.3 Darnell Talbert, MIC
15.3 John Dudek, TP
15.4 Mike Cunningham, WH
15.4 Nathan Enriquez, StA
15.6 Tim Frinell, Fall
15.6 Pat Benitez, MiraM
15.6 Wade Curry, East
15.7 Tray Muehlback, TP
15.7 John Feehan, Esc
15.8 Bryon Barner, Hx
15.8 Brandon Barnes, RBV
15.9 Trace Talbert, RB
15.9 Jake Symons, Claire
16.0 Rashard Holmes, RB
16.1 Jeremiah McLeod, Fall
16.1 Aaron Barnhill, SM
16.1 Richard Encinas, Braw
16.2 Matt McChristian, SR
16.2 Angelo Vargas, BV
16.3 Arthur Mickelsen, Morse

300 Int. Hurdles:

37.63 Jeff Hunter, GH
40.21 Darnell Talbert, MIC (40.0h)
40.52 M. Cunningham, WH (40.5h)
40.7 Ryan Bartsch, East
40.8 Said Nelson, RB
41.05 Trent Stroh, VC
41.19 Alton Gilbert, Linc
41.6 Chris Hayward, ECam
41.8 Eddie Thomas, MontV
41.8 Brandon Barnes, RBV
42.04 Aaron Barnhill, SM



Wade Curry
Eastlake



Cory Jones
Lincoln Prep

42.2 Trace Talbert, RB
42.3 A. J. Hunt, Vista
42.4 Jake Symons, Claire
42.6 Chris Reina, OG
42.6 Scott LaCaz, TP
42.68 Pat Lockwood, Pow
42.7 Jimmy Ungricht, Fall
42.7 Angelo Vargas, BV
42.75 Tim Frinell, Fall

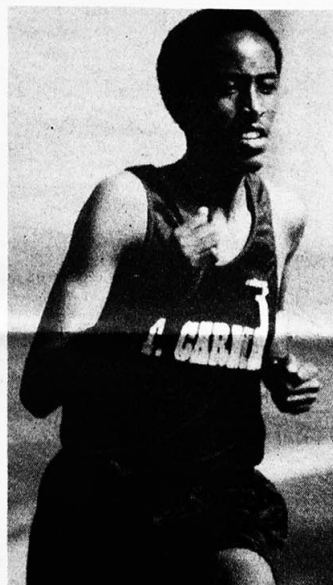
4x100 Relay:

Automatic time:

42.69 Lincoln Prep
42.98 Mt. Carmel
43.47 Serra
43.64 Morse
44.03 Helix
44.25 Rancho Bernardo
44.29 San Marcos
44.34 Monte Vista
44.97 Vista
44.99 Valley Center
45.31 Ramona
45.50 Eastlake
45.61 West Hills
45.69 Valhalla
45.78 University of SD

Hand time:

43.3 Mt. Carmel
43.3c Lincoln
43.4 Helix
43.5 Sweetwater
43.8 Morse
43.8 Montgomery
43.8 Vista
44.1 Rancho Bernardo
44.1 El Camino



Abadir Barre
Mt. Carmel

44.3 Central, El Centro
44.3c Serra
44.4 Oceanside
44.6 Castle Park
44.6 Ramona
44.7 Sweetwater
44.8 San Pasqual

4x400 Relay:

3:27.2 Vista
3:28.27 University City
3:29.07 Granite Hills
3:30.64 Morse
3:30.9 Escondido
3:31.47 Mt. Carmel
3:31.55 West Hills
3:32.57 Fallbrook
3:32.64 Poway
3:33.0 La Costa Canyon
3:34.28 Valley Center
3:34.5 Brawley
3:34.84 Serra
3:35.81 Eastlake
3:35.9c Helix
3:36.78 Carlsbad
3:36.92 Rancho Buena Vista
3:37.0 Torrey Pines
3:37.84 Monte Vista

High Jump:

6-6 Bobby Okenwa, Morse
6-4 Isaac Simms, UC
6-4 Wade Curry, East
6-4 John Feehan, Esc
6-2 Keno White, RB
6-2 Trandon Harvey, Sweet
6-2 Pat McDonough, LCC
6-2 Austin Neudecker, BV

6-2 Blake Frazier, UC
6-2 Billy Walker, ECam
6-0 Naftalie Nahiawawa, WH
6-0 Trent Stroh, VC
6-0 Cole Marton, Carls
6-0 Jeremy Cross, RBV

Pole Vault:

14-9 Adrian Ruark, Ptl
14-2 Mike Hill, RB
14-1 Chris Dorminy, RB
13-7 Tim Warner, Carls
13-7 Chris Spehar, RB
13-6 Greg Leavitt, Hx
13-6 Cameron Figueroa, GH
13-0 Tony Garcia, WH
13-0 Josh Malmuth, TP
13-0 Clayton Marshall, WH
13-0 Ryan Spitz, RB
13-0 Zack Miller, RB
13-0 Devon Aleman, East
13-0 Kaysey Kaesar, Fall
13-0 Joe Harlin, Fall
12-6 Fernando Romero, Sweet
12-6 Jason Reeder, WH
12-6 Robbie Masterson, Vista
12-6 Billy Mathison, RB
12-6 Josh Earhart, MiraM
12-6 Ryan Daley, Vista
12-6 Bart Balle, UC
12-6 Frank Vasquez, East
12-1 Brian Heimborge, Pow
12-0 Justin Sandling, RBV
12-0 Chris Schott, ECp
12-0 Mike Cunningham, WH
12-0 Terrel Beanum, VC

Long Jump:

22-11 Thomas Mootry, Morse
22-0 Demetrius Westbrook, Morse
21-9.5 Eric Rogers, Morse
21-7 Brandon Robertson, Morse
21-6 Keno White, RB
21-5.5 Darrell Hutsona, Hx
21-4 Dean Wu, UC
21-3.5 Trandon Harvey, Sweet
21-3 Alex Fromer, MIC
21-3 Alton Gilbert, Linc
21-1.5 Ryan Guy, LCC
21-1 Chris Greene, Ram
21-0 Herman Nuckols, SM
20-10.5 Rashard Holmes, RB
20-9.5 Marcus Barard, Vista
20-9 Kenyatta Williams, Mont
20-9 Bobby Okenwa, Morse
20-8.5 Vinnie Weathers, Serra
20-6 Marcus Carroll, Hx
20-4 John Long, UC

Triple Jump:

48-3 Trandon Harvey, Sweet
44-7.5 Keno White, RB
44-5.75 Isaac Simms, UC
43-6 Melvin Halliburton, Hx
43-3 Brandon Roberson, Morse
43-2.75 Thomas Mootry, Morse
43-0 Tim Bailey, UC
42-10.75 Rashard Holmes, RB
42-7 Mike Sullivan, RB
42-7 Austin Neudecker, BV
42-6 Chris Greene, Ram
42-5.5 Joe Hauser, Vista
42-5 Ralph Haynes, RB
42-5 Eric Rogers, Morse
42-4 Marcus Carroll, Hx
42-0 Jamar Williams, Sweet
42-0 Brandon Barnes, RBV
41-10.25 Elivin Gueston, Linc
41-10 Chris Poche, SP
41-6 Matt Lesenyie, RBV
41-3.75 Alex Foster, TP

Shot Put:

55-7 Eric Holzhauer, RBV
54-2 Vince Clarke, GH
53-10 Anthony DeBoer, RBV
50-2.5 Sam Mendoza, Hx
50-2 Eder Arosemena, Vista
50-1 Russell Foster, BV
49-4 Marco Gonzalez, VC
48-11 Greg Pulaski, TP
48-4.5 Richie Smith, GH
47-11 Erik Hansen, Hill
47-3.5 Moses Rangel, East
47-2 Nick Allotta, RB
47-4 Jensen Cayas, BV
47-1 Dan Thompson, Fall
46-11.5 Jeremy Driggs, Sweet
46-4 Kevin Wilson, Sant
46-0 Josh Halsey, RBV
45-11.5 David Brainerd, SR
45-11 John Reittig, Hx
45-10 Mark Lozano, ECp
45-7 Reynaldo Stephens, CP
45-5 Danny Phan, UC
45-3 Brandon Fisher, Craw
45-1 Matt Grolnek, TP

Discus Throw:

166-7 Vince Clarke, GH
165-6 Anthony DeBoer, RBV
160-5 Tagai Savaiinaea, East

Please see page 20.

Best Marks:

From previous page.

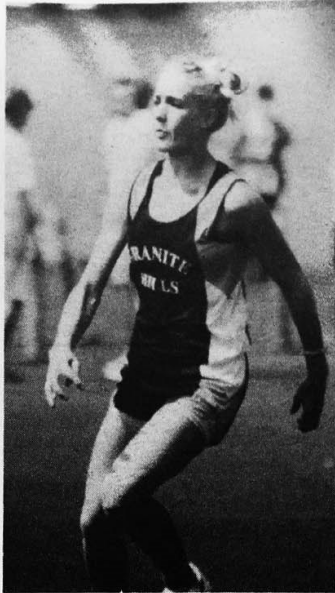
159.7	Richie Smith, GH
159.0	Moses Rangel, East
153.11	Alex Thompson, SM
152.9	Dan Thompson, Fall
147.8	Marco Gonzales, VC
144.5	Nick Allotta, RB
144.3	Adam Payne, Sant
143.3	Kevin Wilson, Sant
141.10	Eder Arosemena, Vista
141.9	Jensen Cayas, BV
141.0	Larry Alexander, CV
141.0	Reynaldo Stephens, CP
140.2	Rory Canfield, Hx
140.0	Robert Ruzich, SP
139.9	Mark Lozano, ECp
139.8	Brandon Fisher, Craw
138.8	Greg Pulaski, TP
136.2	Scott Colegrove, Esc
135.0	Cliff Learn, LJ
134.9	Jarel Watson, ECam
134.7	Tyler Ellis, RB
134.1	Mark Lozano, ECp
134.0	Cornelius Lambert, Hoov
133.4	Jose Gutierrez, Braw
132.11	Justin Vold, CP
132.8	Jeremy Driggs, Sweet
132.2	Ace Lawrence, Gross
132.0	Carl Atkinson, BV

GIRLS:

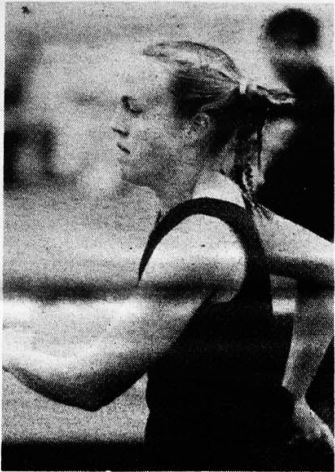
Marks received by March 25.

100:	Automatic time:
11.93	Monique Henderson, Morse
12.34	Nastassja Hall, RBV
12.61	Zikarra Beverly, USD
12.64	Shannon Hawes, Hx
12.67	Kristan Matison, MIC
12.70	Shauna Hackett, Morse
12.90	Aiesha Singleton, PH
13.13	Sparkle Anderson, Serra
13.20	Alicia Lowery, Morse
13.30	Crystal Hinton, Linc
Hand time:	
12.1	Nastassja Hall, RBV
12.3	Jessica Thomas, ECam
12.5	Kristan Matison, MIC
12.5	Latoya Summerville, SR
12.5	Shannon Hawes, Hx
12.6	Cassandra Patterson, CP
12.6	Daniela Fromer, MIC
12.8	Taryn Jones, Hoov
200:	Automatic time:
26.88	Naomi Mattos, Fall
Hand time:	
24.7	Monique Henderson, Morse
26.0	Kristan Matison, MIC
26.0	Jolanda Diego, ECam
26.4	Cassandra Patterson, CP
26.4	Shannon Hawes, Hx
26.6	Erin Willis, OLP
26.8	Laura Landry, RB
26.8	Tiffany Davis, ECam
27.0	Tiffany Lowery, SP
27.0	Kaitlyn Doe, TP
27.1	Taryn Jones, Hoov
27.1	Neal, PTL
27.2	Cassie McLean, Vista
27.3	Sparkle Anderson, Serra
400:	
54.83	M. Henderson, Mor (54.6h)
58.67	Stephanie Blake, FP
59.5	Whitney Schmucker, LJ
59.96	Nicole Rothert, Fall
60.0	Molly Gabriel, UC
60.23	Naomi Mattos, Fall
60.6	Laura Landry, RB
60.7	Kristine Schroeder, RB
60.9	Cassie McLean, Vista
61.1	Julie Komosinski, TP
61.27	Tiffany Lowery, SP
62.0	Alaina Engebrits, SM
62.77	Aubree Duff, VC
62.9	Kristan Matison, MIC
63.0	Natalie Gattrell, SR
63.05	Evon Willingham, Hx
800:	
2:17.18	Jenna Timinsky, SDgtoA
2:20.28	Desiree Davila, Hill
2:21.04	Amonica Phipps, Morse
2:22.4	Allison Hall, RB
2:24.2	Julie Komosinski, TP
2:24.27	Courtney Allen, RBV
2:25.1	Dani Schuster, TP
2:27.73	Haley Moore, TP
2:28.68	Kerry Kelly-Cochrane, USD
2:29.x	Saria St. Laurent, ECam
2:29.x	Megan Johnson, ECam
2:29.70	Shauna Winfrey, WH
1600:	
5:12.0	Dani Schuster, TP

5:17.0	Jasmine Marquez, ECp
5:19.7	Loretta Kilmer, Ram
5:19.x	Jenna Timinsky, SDgto
5:21.1	Katie Matlack, Fall
5:21.x	Julie Komosinski, TP
5:22.8	Allison Hall, RB
5:24.2	Deanna Sick, MIC
5:25.1	Ashlee Dere, MIC
5:25.5	Rachel Farrior, Hx
5:25.5	Courtney Allen, RBV
5:27.0	Amber Straight, Val
5:27.x	Haley Moore, TP
5:28.10	Nicole Mier, SM
5:28.x	Sabrina St. Laurent, ECam
5:29.42	Rachel Good, Pow
5:30.4	Kaleena Yee, RB
5:31.8	Katie O'Connell, Carls
5:32.x	Rose Serna, MB
5:32.x	Brenna Williams, TP
5:33.3	Stephanie Baird, Hx
5:33.5	Lorin Scott, SP
5:33.x	Carly Mecklenburg, TP
5:34.2	Chessa Adsit-Morris, UC
5:34.64	Kristina Maletz, Pow
5:35.6	Courtney Stolis, GH
5:37.9	Manal Yamout, MIC
3200:	
11:25.9	Loretta Kilmer, Ram
11:27.6	Allison Hall, RB
11:34.5	Kaleena Yee, RB
11:35.9	Julie Komosinski, TP
11:41.5	Ashlee Dere, MIC
11:50.0	Stephanie Baird, Hx
11:54.0	Deanna Sick, MIC
12:00.7	Rose Serna, MB
12:00.9	Melissa Ramos, Fall
12:04.0	Sabrina St. Laurent, ECam
12:04.0	Sariah St. Laurent, ECam
12:07.53	Rachel Good, Pow
12:07.55	Nicole Mier, SM
12:10.8	Chandra Farnham, WH
12:13.1	Cindy Walker, GH
12:14.5	Maija Rohde, Fall
12:15.7	Claire Rethmeier, SP
12:16.1	Laura Cohen, UC
12:19.5	Jessica Huepper, RB
12:23.0	Haley Moore, TP
12:23.8	Pati Romero, East
100 Hurdles:	Automatic time:
16.25	Meggi Afenir, Esc
17.14	Audrey Pound, Pow
17.19	Alie Ribner, TP
17.33	Katherine Dostal, WH
17.45	B. J. Hayes, East
Hand time:	
15.6	Meggi Afenir, Esc
15.6	Jessica Eggleston, ECam
16.1	Bryanna Barmer, Hx
16.5	Natasha Burton, Morse
16.5	Alie Ribner, TP
16.6	Cheryl Hawkins, Morse
16.7	Brianna White, RB
16.9	Eva Tanner, Gross
16.9	Erica Schim, LCC
17.0	Marquita Travis, Braw
17.1	Erin Asay, Sweet
17.1	Morgan Albini, SP
17.2	Audrey Pound, Pow
17.3	Lyric Teigen, ECp
17.5	Laura Maurer, Fall
17.5	Nini Herron, ECV
300 Low Hurdles:	
46.06	Bryanna Barmer, Hx
47.13	Audrey Pound, Pow
47.7	Unika Smith, Linc
48.81	Erica Schim, LCC
49.1	Jessica Eggleston, ECam
49.18	Laura Maurer, Fall
49.3	Natasha Burton, Morse
49.4	Morgan Albini, SP
50.1	Kristine Schroeder, RB
50.17	Lauren McCabe, LCC
50.2	Kayleigh Knudson, BV
50.43	Brooke Alvord, VC
50.97	Meggi Afenir, Esc
4x100:	Automatic time:
48.94	Morse
50.35	Mt. Carmel
50.81	Helix
51.05	Fallbrook
51.45	Rancho Buena Vista
51.56	Escondido
51.75	University of SD
52.00	San Pasqual
52.04	Serra
52.31	Lincoln Prep
52.66	Vista
52.75	Granite Hills
Hand time:	
49.5	El Camino
49.9	Morse
50.6	Mt. Carmel
51.2c	Helix
51.4	Rancho Bernardo
51.8	Rancho Buena Vista
51.8	Fallbrook
51.8c	Castle Park



Misty Brewster
Granite Hills



Erin Asay
Sweetwater

51.9	Escondido
52.0	San Pasqual
52.0	Eastlake
52.5	La Costa Canyon
52.7	Bonita Vista

4x400:	
4:07.74	Rancho Bernardo
4:10.12	Helix
4:15.19	Rancho Buena Vista
4:16.57	San Pasqual
4:17.0	La Costa Canyon
4:17.24	Fallbrook
4:18.5	Torrey Pines
4:19.4	El Camino
4:19.52	Valley Center
4:19.6	Mt. Carmel
4:20.0	Castle Park
4:21.37	Vista
4:21.4	Morse
4:22.23	University of SD
4:22.3	Poway
4:23.0	University City
4:23.2	Bonita Vista
4:23.6	Valley Center

High Jump:	
5-4	Alex Jackson, Carls
5-4	Lauren Jones, TP
5-2	Misty Brewster, GH
5-2	Alexis Tate, RB
5-0	Leah Cole, VC
5-0	Eva Tanner, Gross
5-0	Megan Bornes, RBV
5-0	Kristen Carlson, SFC
5-0	Kate Bartkiewicz, CV
5-0	Katie Brown, SM
5-0	Shelene Gutierrez, RB

Pole Vault:	
11-6	Molly Pascarella, RB
10-6	Janea Russ, GH
10-3	Erin Asay, Sweet

10-0	Marie Nowinski, MiraM
10-0	Elise Orlando, MiraM
10-0	Beth Vieira, PTL
9-8	Brenna Moyer, Carls
9-6	Megan Sage, MIC
9-2	Liz Leyvas, RB
9-0	Terri Lopez, WH
9-0	Sandra Fisher, SM
9-0	Megan Sage, MIC
9-0	Corinne Lee, Gross
9-0	Susana Hodgers, CV
9-0	Marissa Earle, RB
9-0	Ama Navidi, RB
9-0	Jillian Debaros, MIC
8-6	Betsy Halliburton, TP
8-6	Emily Dennis, LCC
8-6	Laura Betts, RBV
8-6	Megan Wilkinson, East

Long Jump:

17-10.75	Nastassja Hall, RBV
17-1.5	Usha Kuzhippallil, LCC
16-10	Megan Bornes, RBV
16-9.5	Naomi Mattos, Fall
16-7.25	Jessica Thomas, ECam
16-7	Angela Fazio, Gross
16-6	Cherese Brown, PH
16-1	Laura Landry, RB
16-1	LaSheena Rice, Morse
15-10.25	Sparkle Anderson, Serra
15-10	Yvonne Shammass, Gross
15-9.5	Tesaj Goodman, UC
15-9	Erna, SP
15-8.25	Darcy Fox, WH
15-7.75	B. J. Hayes, East
15-7.75	Nayella Kryger, VC
15-7	Allison Kwan, BV
15-6.5	Deitra Manley, Linc
15-6	Joy Hannibal, BV
15-5.75	Rachel Dulin, RB
15-5	Andrea Taylor, BV
15-2.5	Kaitlyn Doe, TP
15-1.5	Bre Priest, SP

Triple Jump:

36-0	Megan Bornes, RBV
34-4	Jessica Thomas, ECam
34-3	Sparkle Anderson, Serra
33-9.25	Jennifer Greene, RB
33-7.5	Joy Hannibal, BV
33-7	Dani McNeely, LCC
33-4	Renee McKinney, RBV
33-0.5	Nadia Salahuddin, Hill
32-9	Laura Maurer, Fall
32-8	Marquita Travis, Braw

Shot Put:

42-11	Aiga Marie Taumua, Sweet
40-10	Carrie Johnson, Fall
39-2.5	Amber Hood, Morse
37-6	Raeanna Makihele, SM
36-9	Shemika Morris, SR
35-7.5	Kim Griffin, WH
35-1	Crystal Harrell, Fall
34-11	Candace Doung, MIC
34-6	Marquita Travis, Braw
34-5.75	Brittany Moon-Battung, Pow
34-5	Brianna Makihele, SM
34-4	Latoya Rickman, Oc
34-3.5	Ruby Udeh, Morse
34-0.5	Danielle Mitchell, RBV
33-1	Sarah Smither, SP
32-11	Sandra Maginnis, ECp
32-9.5	Cynthia Sorrell, Vista
32-5	Cassi Maciejewski, VC
32-4	Whitney DeWeese, RBV
32-3	Cynthia Concha, Sweet
32-2.25	Flores, Braw
32-1	Jane Fajardo, MIC

Discus Throw:

131-4	Carrie Johnson, Fall
125-6	Brianna Makihele, SM
121-8	Amber Hood, Morse
116-2	Shannon Young, East
113-11	Samantha Singley, WH
112-0	Alexandra Roy, TP
109-4	Latoya Rickman, Oc
109-2	Aiga Marie Taumua, Sweet
108-10	Whitney DeWeese, RBV
108-5	Danielle Mitchell, RBV
107-5	Sarah Smither, SP
105-8	Raeanna Makihele, SM
105-4	Ashley Seilhan, MIC
104-10	Shemika Morris, SR
103-10	Hilaria Mateo, CP
103-9	Michelle Singleton, Craw
103-6	Kim Villareal, BV
103-4	Sarah Byrne, Ram
102-9	Brittany Moon-Battung, Pow

Next Issue:
April 13
Look for it at the
Jaguar Invitational.