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# TRACK MAGAZINE

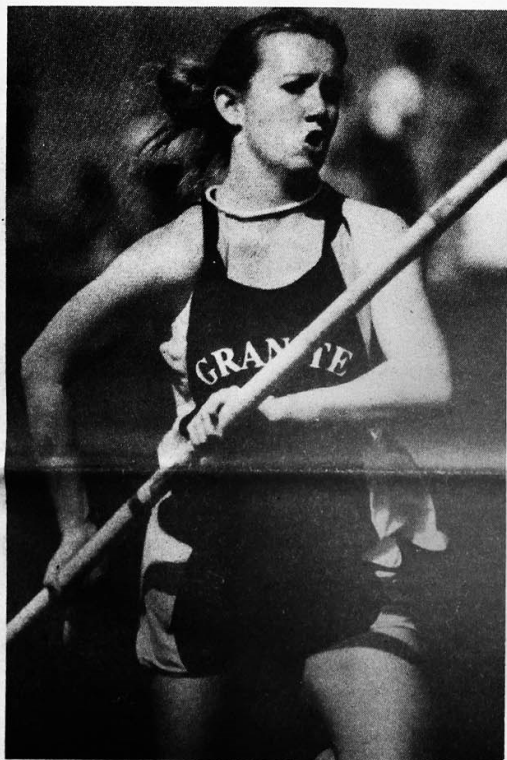


*What's  
inside...*

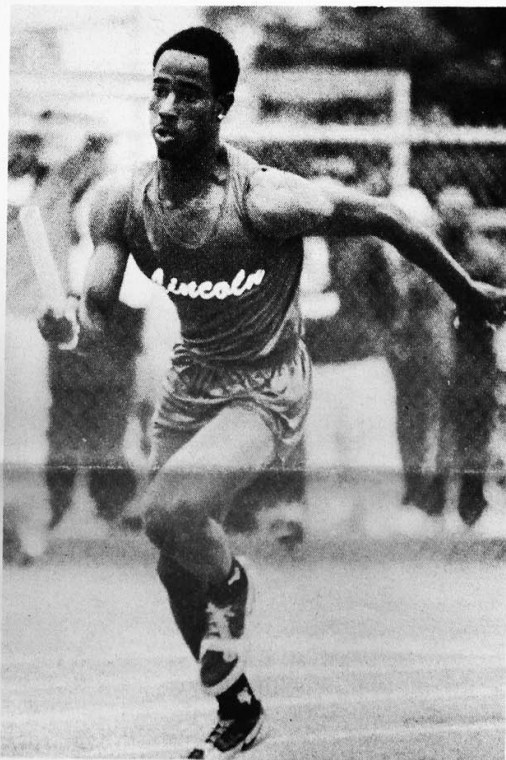
Dual meet team rankings are on page two. Granite Hills' boys and Morse's girls are at the top of the charts.

Volume VI, Number 7 -- April 14, 2001

*The best in local prep track & field coverage*



**Janea Russ**  
Granite Hills



**Alton Gilbert**  
Lincoln Academy

## *Season has yet to hit full stride*

This could be the weekend when the 2001 prep track & field season really gets into high gear.

If the weather cooperates, which it definitely did not do last week, this weekend could be the start of some great competition.

The prestigious Arcadia Invitational is scheduled Saturday at Arcadia High School (after one year at Citrus College), and some of the top local athletes will be there, including Morse's Monique Henderson.

Many local teams will stick

closer to home, at the Jaguar Invitational at Valley Center, where as many as 36 teams are expected to compete and put up some numbers.

In the last issue, the editor was lamenting that the season was starting slow.

There are still some hitches. A strong storm kept down the performances at the Titan Trackfest last week, where there was the promise of some great competition.

Also, many teams are feeling the effects of no meets at Balboa

Stadium. The loss of the Tiger Relays was felt in early season, and now many teams are missing the Balboa Relays, another meet on indefinite hiatus.

There are a lot of positives, however. It is still only mid-April, and there are still some great meets ahead, such as Mt. SAC and the Sundevil Invites. Also, the dual meet action is expected to heat up.

By next issue, the final invites will be on tap, and teams will be sharpening up for the league and CIF finals. More on that next time.

Updates on teams and athletes are on page two.

Dual meet highlights are on page three. There's already been some great early season meets.

Rain! Coverage of Poway's Titan Trackfest begins on page three. The weather ruined a potentially great meet.

Taumua has three great throws. Coverage of the Eastlake Relays begins on page five.

Henderson, Morse rewrite meet records. Coverage of the Falcon Invitational begins on page six.

Taumua has an early meet record. Coverage of the Sweetwater Relays begins on page seven.

All of the ingredients were in place, and the stars were aligned. Coverage of the Bronco Invitational begins on page eight.

Our season's best boys and girls marks lists begins on page nine.

Our non-standard relays list, five deep, is on page twelve.

# Updates...

Significant developments, changes and updates since the season's start.

No team has undergone more changes since the beginning of the season than **Rancho Bernardo**.

The boys team has lost, for various reasons, vaulter Chris Dorminy (14-8 last year), 300 hurdler Said Nelson (42.6), jumper Andrew Fischer (6-2), and sprinters J. T. Triplett (10.9, 22.61) and Jeff Berman (11.0, 22.07, 50.93).

## Dual Meet Rankings

Week of April 9:

BOYS:

1. Granite Hills
2. University City
3. Vista
4. Mt. Carmel
5. Rancho Bernardo
6. Helix
7. Valley Center
8. Rancho Buena Vista
9. Sweetwater
10. Eastlake

Others:

Fallbrook  
Mission Bay  
West Hills

Serra  
GIRLS:

1. Morse
2. Rancho Bernardo
3. Rancho Buena Vista
4. Helix
5. Fallbrook
6. Mt. Carmel
7. El Camino
8. Torrey Pines
9. San Pasqual
10. West Hills

Others:

Bonita Vista  
Eastlake  
Chula Vista  
Granite Hills

But since the season's start, they have added Rashard Holmes (22-8, 45-7, 15.9, all done as a soph), and Trace Talbert (15.6, 41.4) and have seen dramatic improvement from soph Nick Allotta in the throws. Allotta, just beginning to develop technique, is already at 47-2 in the shot, and at 144-5 in the disc.

The RB girls team has lost sprinter Kyle Lederer (12.72, 26.86), and probably will not be able to utilize Alexis Tate (58.28) in the sprints. But Tate's switch to the high jump, where she has already gone 5-4 with still developing technique, has added a dimension. Also, Kristine Schroeder's tries at the 300 hurdles, with an early time of 49.2, show promise. Frosh Brianna White is back running well in both hurdles after missing some time with an injury.

**San Pasqual's** Kristie Ernaux is a promising frosh who was not mentioned in our preview issue. She has a soccer background, and is sprinting and jumping for the Golden Eagles. She has reached 15-9 in the long jump, and also leads off the short relay team.

**Rancho Buena Vista's** Courtney Allen ran an unexpected 5:13 in the 1600 in a dual with Torrey Pines recently. Coach Tom Lux had her entered in the event as a meet strategy, but Allen won the event in good time. Lux said that she'll get a few more looks at the event during the season. Allen usually runs the 800 and long relay.

**Fallbrook's** Laura Maurer made a statement in a recent dual, running 48.3 (yards) to beat La Costa Canyon's Erica Schim. Soph distance runner Melissa Ramos has looked good in early season races, with 5:35 and 12:00 bests. She was injured in cross country, but is now healthy. Top 800 runner Jimmy Ungricht missed the Poway invite because he was performing at Carnegie Hall with a school singing group.

**Sweetwater's** shot throwers were in good form at the Eastlake

meet. Aiga Marie Taumua had three great throws to dominate the competition, but the other throwers had good days, also. Jeremy Driggs PR'd at 50-9.5, and, on his last throw, fouled on a 52-6 effort. Teammate Patrick Fejaran also notched a season best with a 45-3 toss. Cynthia Concha, a spinner, fouled on a 34-foot throw, which would have been her best.

**Patrick Henry's** Aiesha Singleton could be a force in the girls triple jump. A soph, she was a solid spinter last year, with bests of 12.7 and 26.7. She first tried the triple at the Sweetwater Relays, where she was in the 31-foot range. Now, she's improved to 34-8. "She may have found her event," coach Thom Hunt understated.

Some young distance runners have made some waves.

**University City** frosh Rebecca Bostwick has, almost unnoticed, run bests of 5:21 and 11:37. In her 3200 effort, run at the Titan distance carnival, she was ahead of some other good frosh runners. Finishing in a clump at 11:46 were **Poway's** Rachel Good, **San Pasqual's** Claire Rethmeier, and **Ramona's** Mishon Stalnaker. **Torrey Pines'** Dani Schuster, after running 5:12.0 early to beat a quality field at the Bronco Invitational, is now beginning to regain form after an illness.

Two good frosh boys prospects are **Helix's** Babe Wagnew and **Mar Vista's** Troy Swier. Both were outstanding frosh cross country runners, and have started to show some flash on the track. Wagnew ran 4:34.9 for 1600 at Bronco, and Swier ran 4:37.6 to come from behind and win at the Eastlake meet.

**Grossmont's** Avante Agurs has been triple jumping well in Los Angeles area meets. His season best of 44-3.75 came at the Trabuco Hills Invite of March 31. He also jumped 43-9.5 at the Long Beach Relays.

At the Pasadena Games, **University City's** Chauncey Smith ran his season best of 22.42 in the 200, and the UC short relay team recorded a 43.10. Other good marks came from DeAngelo Davies (50.58 for 400), and Blake Frazier (15.06 for 110 highs). The girls distance medley team ran 13:11.

Also at Pasadena, **Army Navy Academy's** Will Kraemer, a junior, had a breakthrough in the 1600, running 4:24.14.

The small schools/large schools



**Anthony DeBoer**  
Rancho Buena Vista

dividing line is slightly different this year, which will affect certain teams and events at the CIF finals.

For instance, Hilltop, Castle Park, Eastlake and Monte Vista are all in the large school division this year.

This year's best marks from athletes in the small school division:

BOYS:

100: 10.99, Chauncey Smith, UC  
200: 22.42, Smith, UC  
400: 49.50, D. J. Contreras, VC  
800: 1:57.14, Cooper Bachman, ANA  
1600: 4:24.14, Kraemer, ANA  
3200: 9:48.3, Brad Liber, UC  
110 HH: 15.06, Blake Frazier, UC  
300 IH: 40.7, Nathan Enriquez, StA  
4x100: 42.69, Lincoln  
4x400: 3:28.0, Lincoln  
HJ: 6-4, Isaac Simms, UC  
PV: 12-6, Bart Valle, UC; Chris Hori, OG; Terrell Beanum, VC.  
LJ: 21-11, Chris Greene, Ram  
TJ: 44-5.75, Simms, UC  
SP: 49-9, Marco Gonzalez, VC  
DT: 154-0, Gonzalez, VC

GIRLS:

100: 12.61, Zikarra Beverly, USD  
200: 26.22, Beverly, USD  
400: 58.67, Stephanie Blake, FP  
800: 2:17.18, Jenna Timinsky, SDgtO  
1600: 5:19.7, Loretta Kilmer, Ram  
3200: 11:12.1, Kilmer, Ram  
100 H: 16.2, Kieanna Shannon, Hoov  
330 LH: 47.7, Unika Smith, Linc  
4x100: 50.5, Hoover  
4x400: 4:13.0, USD  
HJ: 5-2, Kristen Carlson, SFC  
PV: 9-0, Christina Sloyer, LJ  
LJ: 16-0, Carrie Kaemerle, USD  
TJ: 34-3, Sparkle Anderson, Serra  
SP: 34-6, Marquita Travis, Brawley  
DT: 109-3, Mandy Schatzinger, Ram

## TRACK MAGAZINE

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## Dual Meets: Great early season action

There has been some significant early season dual meet action.

In the **Palomar League**, Vista's boys team is on top after a win over Rancho Bernardo. Rancho Bernardo and Mt. Carmel later ran to a 68-68 tie, and that left the Panthers alone in first.

The Vista/RB dual was originally scheduled for mid-season but was changed to March 20 to avoid the Easter break. Things began to go wrong from the start for RB, when they messed up the first handoff on the 4x100 relay, and Vista's team won the race. The Panthers used their distance strength to sweep the long races, 27-0, and the meet was decided before the 4x400.

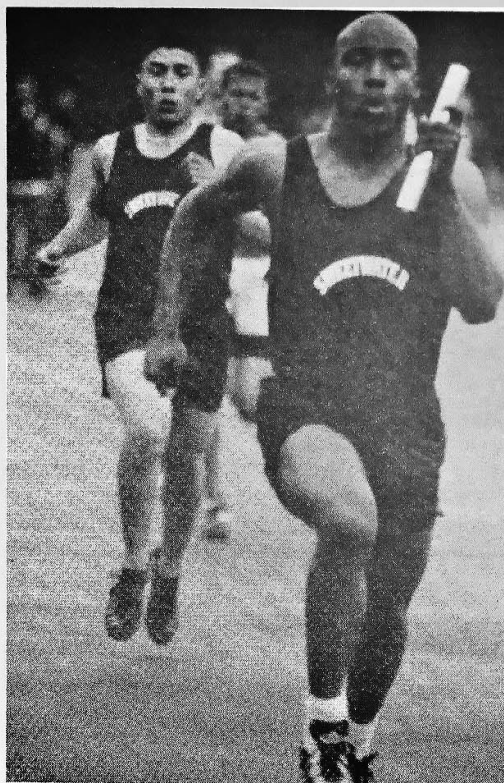
The RB/Mt. Carmel boys meet on March 29 was expected to be very close, with RB coach Don Jones actually doping it in advance at 68-68.

Throughout the meet, a few points swung back and forth, but the score stayed basically on course. With Mt. Carmel expected to win the 4x400 (RB had "used up" some key athletes), the meet went down to the 3200. The Sundevils needed a sweep there to win. And they did sweep the race, but winner Abadir Barre was later DQ'd by the starter for unsportsmanlike behavior. This cost Mt. Carmel a point, and left the meet in a tie.

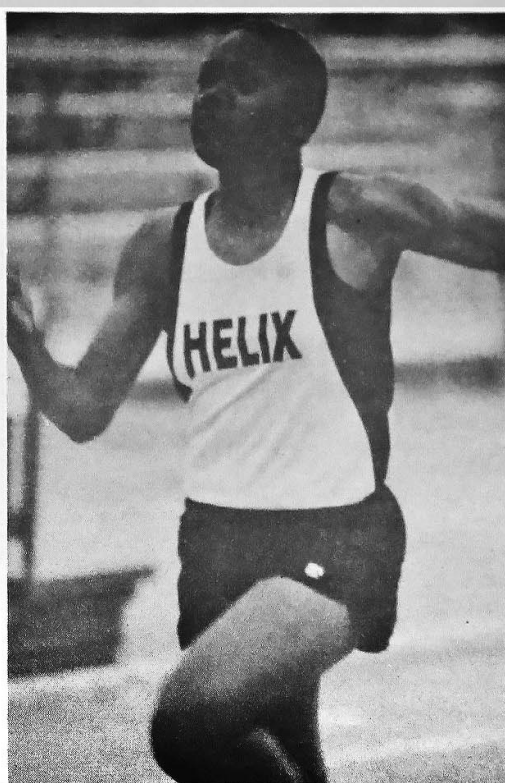
Rancho Bernardo's girls team has been rolling, with big wins over Vista (98-37) and Mt. Carmel (84-52). There were some great marks in the RB/Mt. Carmel dual. RB's Kaleena Yee ran 11:17 to beat Mt. Carmel's Ahslee Dere (11:19) in the 3200. Earlier, RB's Allison Hall ran 2:20.1 to outrace Mt. Carmel's Deanna Sick (2:22).

The **Grossmont South** had its big showdown on April 5, when the Granite Hills boys team rolled over Helix, 92-42. The meet was expected to be much closer, but Helix was missing key performers like Todd Watkins (sore foot) and Taylor Williams (sore hamstring). That was enough to swing the meet, but Helix also dropped the baton at the first exchange of the 4x100, and later pulled some athletes when the outcome was decided.

The Helix girls won their half of the meet, 82-54, against a good Granite team. There were some excellent marks in that meet, as



**Danny Isida, Allen Thompson**  
Sweetwater



**Shannan Hawes**  
Helix

Granite's Janea Russ vaulted to two PRs, at 10-9, and then 11-0. Helix frosh Evon Willingham, in her first try at the long jump this year, spanned 17-0.5, so she'll be a factor in that event later on.

There was great throwing in the **Avocado League** dual between Fallbrook and San Marcos. In the girls discus, San Marcos' Brianna Makihele spun 140-2 to beat Fallbrook's Carrie Johnson, at 139-10. In the shot, Johnson prevailed, at 41-2 to 39-7.

## Titan: Weather was the big story

What could have been?

This year's Titan Trackfest could have been one of the best ever editions of that meet.

For once, the meet was not in conflict with the Arcadia Invitational, and most of the section's top stars were slated to appear on the Poway track.

But a powerful spring storm effectively ruined the meet, with only a few, early events relatively unaffected.

By mid-meet, field events were postponed, and officials were scrambling to put race fields together, as a number of teams abandoned the contest. For an example, the invitational girls 400 meters, which should have been the meet's highlight with a field that featured Olympian Monique Henderson,

had but three starters.

Only two running events, the boys and girls invitational 100 meters, were not held at all, but the remaining events were all drastically affected. There were either light fields, cold and wet conditions, or a condensed schedule that didn't allow sufficient recovery time between events.

The field events, almost all postponed to Tuesday morning, then became almost anticlimactic, although there were some quality efforts.

Best of those events was the boys pole vault, where Rancho Bernardo's Mike Hill PR'd at 14-6, and had some good attempts at 15 feet. Point Loma's Adrian Ruark was second at 14-0, in his first meet back after injuring a wrist in a fall from a skateboard.

The Friday night distance carnival, held in cool but dry conditions, produced a promising start to the meet.

Hilltop's Desiree Davila ran 2:14.9, near her best, to win the girls 800 going away. Torrey Pines' Julie Komosinski was next, at 2:20.7. San Dieguito's Jenna Timinsky was scheduled to race, but was ill.

Escondido's Nico Cueva had to forge the pace on his way to a 1:56.0 win, ahead of San Pasqual's Matt Johnson (1:58.1).

The Friday night 3200s had solid depth. Poway's Devin Lyons-Quirk was unchallenged in running 9:39.2 and five more runners broke 10:00. Ramona's Loretta Kilmer ran 11:12.1 to win the girls race handily, and she pulled 11 other runners under 12:00.

Saturday's early events were relatively unaffected. The rain held off during the 1500s, and Davila and West Hills' Ben Aragon both looked good.

Davila doubled back from the previous night to run 4:42.13, about eight seconds ahead of second place Allison Hall of RB. The time converts to about 5:03 for 1600. Aragon pulled solidly ahead of Lyons-Quirk to take his race in 3:59.6 (about 4:17 for 1600). Both Davila and Aragon returned later to run solid 1600 anchors on distance medley teams, in rainy conditions.

The next events, the 4x100s, saw the storm worsen, and some coaches began pulling teams out.

The invitational short hurdles were next, the rain got steadily worse, and now it also started to affect meet officials and timers.

Some early field events had gotten underway, although the throws and vaults never got going.

The weather steadily worsened, at times becoming a driving rain, and it was cold.

In spite of that, there were some very decent marks.

One of the more remarkable efforts was the 5-4 high jump of Grossmont's Eva Tanner, which was accomplished during the worst of the storm.

Monte Vista's Eddie Thomas ran 50.2 in the boys invitational 400, to beat some quality opponents.

Poway's Audrey Pound clocked 46.0 to take the girls 300 hurdles, which is just a tick off of her sea-

**Please see page 4.**

# Poway:

From previous page.

son best.

University City's Blake Frazier ran 14.7 to beat a solid field in the invite 110 highs, but the times and places for the field after him were in question. Sweetwater's Trandon Harvey was given 15.0 after finishing in a near photo with Frazier, and another athlete, who was pulled out of the race by his coach, was given credit for a 15.3. In defense of the officials, they had to perform their jobs while ducking in and out of cover, and the automatic timing was not in operation.

Helix's Bryeanna Barmer ran 15.2 to win the girls 100 hurdles, another solid effort, especially given the conditions.

The 4x100s, held before the worst of the storm arrived, were good. Sweetwater had the fastest boys team time, 43.2, and Morse ran 49.7 for the fastest girls time.

It was a too-brief glimpse of Monique Henderson on her anchor leg. Morse was one of the first teams to pull its athletes, and Henderson is not scheduled to appear at any more local invitationals in her high school career, although we'll see her in league and CIF meets later.

The Tuesday morning field event session was lightly attended, although some top athletes competed.

El Camino triple jumpers Jessica Thomas (35-7.25) and Jessica Eggleston (35-2) jumped virtually without competition in their event.

San Marcos twins Racanna Makihele (39-1.5 in the shot) and Brianna Makihele (125-3) paced their events, mainly competing against each other. For Racanna, the shot mark was a PR, and a return to normalcy. She usually bests her twin in that event, although Brianna threw 39-7 against Fallbrook in a dual last week.

El Camino's Jarel Watson hit his season best of 152-0 in the boys disc, and RB's Molly Pascarella went 10-6 for the best girls vault of the meet (some vaulters jumped Friday night).

The results:

At Poway High, Friday, April 6, Saturday, April 7, and Tuesday, April 10.

Friday conditions: Very cool. Events included 800, 3200, 4x1600, girls pole vault, and shuttle hurdles.

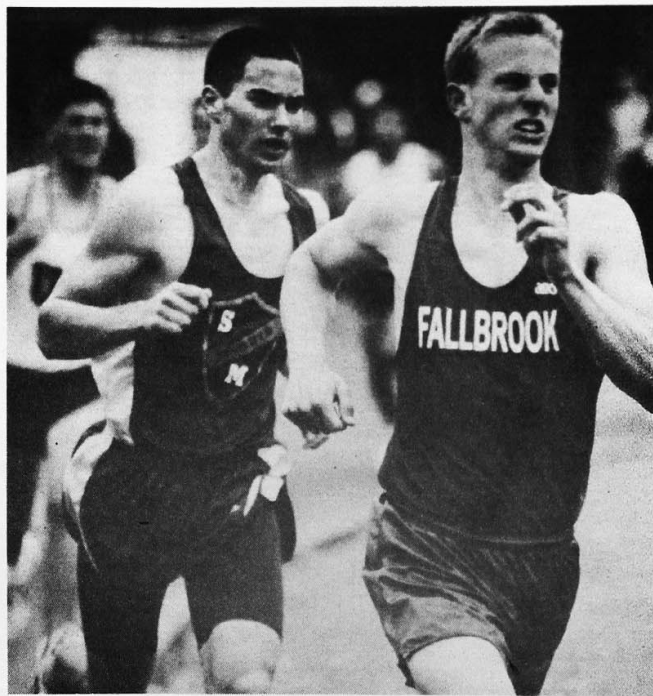
Saturday conditions: Began with a light drizzle and got progressively worse, with a driving rain at times during midday. Most field events were postponed; many running events affected by small fields.

Tuesday conditions: Lingering chill, but dry runways and throwing areas.

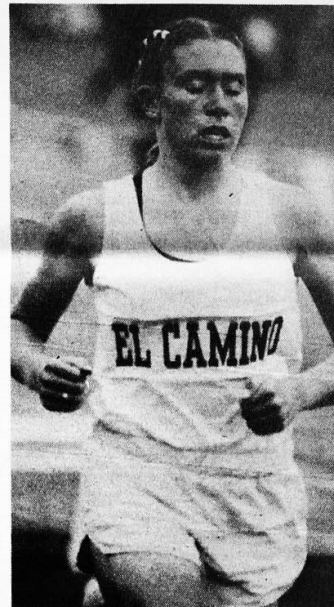
**BOYS:**

NOTE: Results have been combined from different divisions, except in individual running events.

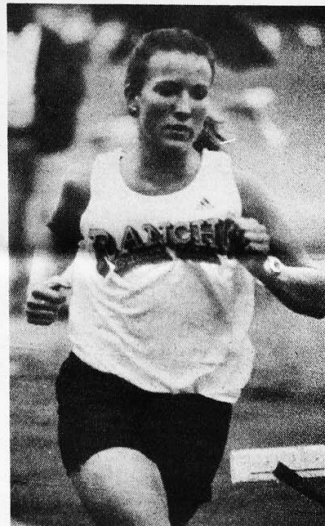
100: Not held.



Jimmy Retherford, Chris Gausepohl  
San Marcos Fallbrook



Sariah St. Laurent  
El Camino



Courtney Allen  
Rancho Buena Vista



Reggie Bush  
Helix

110 HH: Frazier (UC) 14.7, Harvey (Swe) 15.0, Cunningham (WH) 15.1, Dudek (TP) 15.2, Talbert (RB) 15.3, Bartsch (East) 15.3, Benitez (MiM) 15.4, Encinas (Braw) 15.5, Frinell (Fall) 15.7.

300 IH: Frinell (Fall) 42.8, McLeod (Fall) 43.5, Barnhill (SM) 43.8, Santana (Braw) 44.6.

4x100: Sweetwater 43.2, Monte Vista 43.4, Mt. Carmel 43.5, Helix 43.5, Morse 43.8, Ayala 44.0, Escobido 44.5, Rancho Bernardo 44.6, Valley Center 44.6, San Pasqual 44.7, San Marcos 44.8, West Hills 44.9, Poway 45.0, Fallbrook 45.1.

4x200: Monte Vista 1:32.9, Helix 1:33.2, Ayala 1:33.3, Mt. Carmel 1:34.8, San Marcos 1:35.3.

4x400: Brawley 3:48.5.

4x800: Ayala 8:25.9, Escobido 8:33.1, Mar Vista 8:46.4, Poway 8:47.8, University of San Diego 8:48.9.

4x1600: Ayala 18:54.2, Poway 18:57.1, Sweetwater 18:58.3, Ramona 19:04.7, Mt. Carmel 19:08.3, Bell Gardens 19:15.2, Rancho Buena Vista 19:24.1, Hoover 19:27.0, El Camino 19:35.5.

Distance Medley: West Hills 10:52.5, Valley Center 10:55.1, Poway 11:03.8, Mar Vista 11:18.7, University City 11:19.6, Mt. Carmel 11:20.3, University of San Diego 11:21.3, Bell Gardens 11:23.3, Fallbrook 11:26.6, Rancho Bernardo 11:29.8, San Marcos 11:30.5, Helix 11:31.4.

Shuttle Hurdles: Eastlake 59.2, Torrey Pines 59.3, El Camino 60.7, University City 61.0, Valley Center 62.0, Poway 62.1, Sweetwater 62.2, Monte Vista 62.2, Fallbrook 62.7.

High Jump: K. White (RB) 6-2, Pykles (Hx) 6-2. Held April 10.

Pole Vault: Hill (RB) 14-6, Ruark (Ptl) 14-0, Salazar (Pow) 13-0, Miller (RB) 13-0, Spitz (RB) 12-6, Earhart (MirM) 12-0, Matthies (RB) 12-0. Held April 10.

Long Jump: Fromer (MiC) 20-7.5, K. White (RB) 20-3. Held April 10.

Triple Jump: K. White (RB) 44-5. Held April 10.

Shot Put: Holzauer (RBV) 53-8.5, DeBoer (RBV) 48-0, Canlas (SM) 46-6.5. Held April 10.

Discus Throw: Watson (ECam) 152-0, DeBoer (RBV) 144-3, Canlas (SM) 136-11, Thompson (SM) 134-2, Allotta (RB) 129-2, Wellcome (Braw) 125-11. Held April 10.

## GIRLS:

NOTE: Results have been combined from different divisions, except in individual running events.

100: Not held.

400: Mattos (Fall) 59.9, Rothert (Fall) 61.7, Osilaja (Ay) 61.8.

800: Davila (Hill) 2:14.9, Komoinski (TP) 2:20.7, Winfrey (WH) 2:21.7, Gabriel (UC) 2:22.6, Mier (SM) 2:24.2, Melendrez (Pow) 2:25.0, Kelly-Cochrane (USD) 2:26.4, McGaffigan (CP) 2:28.4.

1500: Davila (Hill) 4:42.13, Hall (RB) 4:50.39, Lopez (BG) 4:53.46, Matlack (Fall) 5:54.47, Baird (Hx) 4:55.23, Allen (RBV) 4:57.15, St. Laurent (ECM) 4:59.8, Mier (SM) 5:05.8, Martinez (CP) 5:12.2.

3200: Kilmer (Ram) 11:12.1, Yee (RB) 11:27.0, Adsit-Morris (UC) 11:32.5, Sick (MiC) 11:34.8, Bostwick (UC) 11:37.9, Good 11:46.2, Rethmeier (SP) 11:46.2, Stalnaker (Ram) 11:46.5, Sab. St. Laurent (ECM) 11:48.6, Porter (Ay) 11:53.5, Vargas (BG) 11:55.4, Yamout (MiC) 11:56.0, Moore (RBV) 12:00.1, Pelton (Ay) 12:06.0, From (SP) 12:06.8, Cohen (UC) 12:08.2, Harrer (MiC) 12:10.3, Justus (RBV) 12:10.7.

100 H: Barmer (Hx) 15.2, Afenir (Esc) 15.2, Cendejos (Ay) 15.3, Eg-

Please see page 5.



## Poway:

From previous page.

gleston (ECm) 15.4, Albini (SP) 15.9, Asay (Swe) 16.4, Brown (Ay) 16.5, Ribner (TP) 16.7.

**300 LH:** Pound (Pow) 46.0, Maurer (Fall) 48.6, McCall (USD) 51.6.

**4x100:** Morse 49.7, Helix 49.7, Rancho Bernardo 50.1, Rancho Buena Vista 51.1, Fallbrook 51.2, Castle Park 51.4, USD 51.7, Escondido 52.3, Ayala 52.3, El Camino 52.3, San Pasqual 52.4, Valley Center 52.5, Torrey Pines 52.6, Monte Vista 53.0.

**4x200:** Helix 1:49.3, Mt. Carmel 1:50.5, University of San Diego 1:52.7, Ayala 1:53.3, Poway 1:54.7.

**4x400:** Helix 4:19.5, Eastlake 4:23.4.

**4x800:** Mt. Carmel 10:03.9, Torrey Pines 10:12.8, West Hills 10:26.0, Poway 10:35.5, Ayala 10:35.9, Rancho Bernardo 10:40.9.

**4x1600:** Ayala 22:17.2, Mt. Carmel 22:20.0, Valley Center 22:32.2, West Hills 22:32.6, Bell Gardens 22:37.5, University City 22:47.2, Rancho Bernardo 22:47.9, Point Loma 23:16.0, San Pasqual 23:21.6.

**Distance Medley:** Torrey Pines 12:52.8, Hilltop 13:09.7, University City 13:11.6, Fallbrook 13:21.5, El Camino 13:23.2, West Hills 13:27.1, Bell Gardens 13:29.9.

**Shuttle Hurdles:** Ayala 1:07.3, Poway 1:07.4, El Camino 1:09.2, Fallbrook 1:10.9, Torrey Pines 1:11.0, Mira Mesa 1:12.0.

**High Jump:** April 7: Tanner (Gross) 5-4. April 10: Walker (TP) 5-0.

**Pole Vault:** April 6: B. Vieira (PtL) 9-0, Lee (Gross) 8-6. April 10: Pascarella (RB) 10-6, Navidi (RB) 9-6, Leyvas (RB) 8-6.

**Long Jump:** Results unavailable at press time.

**Triple Jump:** April 7: Unidentified (Ayala) 34-5.75, McKinney (RBV) 33-8.5, Welborn (Ay) 32-9.25, Hartel (Esc) 32-1. April 10: Thomas (ECam) 35-7.25, Eggleston (ECam) 35-2.

**Shot Put:** R. Makihele (SM) 39-1.5, Flores (Braw) 33-8, B. Makihele (SM) 33-7.75, Travis (Braw) 33-4, Mitchell (RBV) 31-4, Laurent (ECam) 31-4. Held April 10.

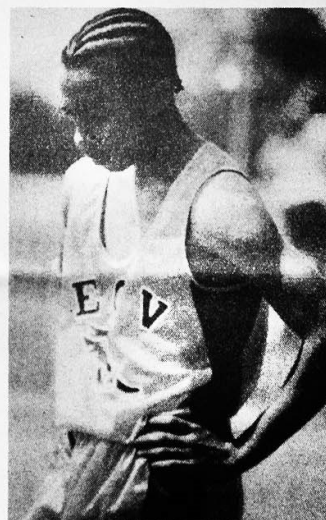
**Discus Throw:** B. Makihele (SM) 125-3, R. Makihele (SM) 113-4.



**Nathan Aginiga, Matt Raudaskoski**  
Hilltop Scripps Ranch



**Sara Reid**  
Point Loma



**Jacory Laws**  
El Cajon Valley



**Troy Swier**  
Mar Vista



**Beth Vieira**  
Point Loma

the all-time section girls shot list.

The all-time section best throw in an official high school meet remains Tracy Crawford (Southwest, San Diego), at 45-0.75, in 1986. Taumua's bettering of that mark now seems inevitable, and it will probably happen sooner rather than later.

Best mark on the track was Hilltop's Desiree Davila in the 1600, where she sped, unpressed, to a county leading 5:07.9. Her closest pursuer was more than 30 seconds back.

Elsewhere in the field, Bonita Vista's Austin Neudecker looked good, clearing 6-6 in the high jump, and bounding 44-1.25 in the triple jump. Neudecker's 6-6 jump had several inches of clearance, but the Baron athlete only had time for one attempt at 6-7 before he had to move on to other events.

Neudecker won the triple jump, besting Sweetwater's Trandon Harvey, who had trouble with the short triple jump runway. Harvey earlier had jumped 22-6 for the day's best long jump mark.

Many of the Eastlake athletes had good days on their home facilities.

Titan vaulters Frank Vasquez and Devon Aleman both PR'd at 13-6 for the best vaults of the day. Throwers Moses Rangel (51-7.5, a PR) and Tagai Savaiinaea (156-6) also led their events.

Bonita Vista athletes also looked impressive in a number of venues. There was Neudecker, and there was also 300 hurdler Angelo Vargas, who clocked 39.9 on a track that did not yield fast sprint times. And Joy Hannibal triple jumped to a county lead in her event, at 36-2. The Bonita boys distance group also had the best 4x800 (8:33) and distance medley (11:10) teams of the meet.

It was not a fast sprint day, although there were quality athletes there. The Lincoln boys relay teams were, for the third weekend in a row, the fastest group in the meet. They ran 44.3 in the 4x100 (Monte Vista also ran 44.3, in a separate race), and the Hornets came back later to clock a virtual solo 3:28.0 in the 4x400, winning their race by almost 16 seconds.

Chula Vista had the best girls short relay squad, running 51.3, and Castle Park's girls had the day's fastest girls 4x400 team, in 4:12.3.

The results:

At Eastlake High, Saturday, March 31. Conditions: good. Track is DG.

### BOYS:

NOTE: Marks listed were combined from various divisions.

**100:** Thompson (Swe) 11.2.

**1600:** Swier (MarV) 4:37.6, Aginiga (Hill) 4:38.0, Raudaskoski (SR) 4:40.4.

**300 IH:** Vargas (BV) 39.9, Symons (Claire) 41.3, Thomas

Please see page 6.

## Eastlake: Taumua, field athletes have big day

Sweetwater's Aiga Marie Taumua had a great, albeit brief, series in the girls shot at Eastlake, and the field athletes provided most of the highlights at the meet.

Taumua was ready for big things in her event. On her first two throws, the shot kicked up the chalk of the 45-foot line, which is rare territory for local girl throwers.

Her series taped out to, in order, 44-4.5, 44-0.5, and 43-5. Each of those marks was better than her PR entering the meet, and her best throw left her at number four on

## Eastlake:

From previous page.

(MontV) 41.4, Ibarra (Imp) 42.0, Bartsch (East) 42.1, Constan (Swest, SD) 42.6, Salazar (Swest EC) 43.0.

**4x100:** Lincoln 44.3, Monte Vista 44.3, Eastlake 44.5, Chula Vista 44.9.

**4x400:** Lincoln 3:28.0, Castle Park 3:35.7, Eastlake 3:36.4, Monte Vista 3:38.6, Chula Vista 3:39.8, Sweetwater 3:40.0, Bonita Vista 3:40.2.

**4x800:** Bonita Vista 8:33.5, Sweetwater 8:35.9, Chula Vista 8:39.5, Scripps Ranch 8:40.6, El Capitan 8:45.3.

**Sprint Medley:** Castle Park 1:39.9, Eastlake 1:40.5, El Cajon Valley 1:40.8, Monte Vista 1:40.8, Southwest, EC 1:41.0.

**Distance Medley:** Bonita Vista 11:10.3, Sweetwater 11:15.1, Chula Vista 11:18.6, El Capitan 11:18.7, St. Augustine 11:28.6, Scripps Ranch 11:39.1.

**4x110 H:** (alternating lanes of 30/39 inch hurdles): Eastlake 1:01.4, Sweetwater 1:02.1, Monte Vista 1:04.1, Bonita Vista 1:04.2.

**F/S 4x200:** Lincoln 1:40.4.

**F/S Progressive Relay** (100-200-3-600): Castle Park 2:47.1, Sweetwater 2:47.3, Bonita Vista 2:47.5.

**High Jump:** Neudecker (BV) 6-6, Curry (East) 6-2, Armstrong (Clx) 5-10, Wessel (Hill) 5-10.

**Pole Vault:** Vasquez (East) 13-6, Aleman (East) 13-6.

**Long Jump:** Harvey (Swe) 22-6, Neudecker (BV) 21-2, Hellum (Cent, EC) 20-7, Armstrong (Clx) 20-6, Jordan (MontV) 20-6, Gilbert (Linc) 20-6, Saunders (CP) 20-3.25, Lawson (Linc) 20-2, Woods (Linc) 20-2.

**Triple Jump:** Neudecker (BV) 4-1.25, Harvey (Swe) 42-6.75, Allen (CV) 41-4, Ibarra (Imp) 41-1, Garcia

(Cent, EC) 41-1, Curry (East) 40-11.

**Shot Put:** Rangel (East) 51-7.5, Driggs (Swe) 50-9.5, Foster (BV) 49-2.5, Stephens (CP) 46-3.5, Cayas (BV) 45-10.5, Wilson (Sant) 45-3, Fajarán (Swe) 45-3, Hanson (Hill) 44-3, Lozano (ECp) 44-3.

**Discus Throw:** Savaiinaea (East) 156-6, Wilson (Sant) 147-8, Stephens (CP) 144-6, Lozano (ECp) 143-9, Alexander (CV) 143-3, Giron (Ptl) 139-2, Charles (Swe) 134-3, Gocke (ECp) 134-2, Carrera (MarV) 132-0, Woodmansee (Hill) 131-2.

### GIRLS:

NOTE: Marks listed were combined from various divisions.

**100:** Mason (CV) 12.8, Patterson (CP) 12.8, Hinton (Linc) 12.9, Summerville (SR) 13.0.

**1600:** Davila (Hill) 5:07.9, Reid (Ptl) 5:38.6, Thompson (BV) 5:43.1, Romero (East) 5:44.2.

**300 LH:** Teigen (ECp) 49.8, Martinez (CP) 50.1, Knudson (BV) 50.3, Shriver (MontV) 51.0, Feliz (Linc) 51.0.

**4x100:** Chula Vista 51.3, Eastlake 51.9, El Cajon Valley 52.1, Castle Park 52.4, Bonita Vista 52.6, Point Loma 53.0.

**4x400:** Castle Park 4:12.3, Monte Vista 4:18.1, El Capitan 4:20.8, Bonita Vista 4:21.0, Chula Vista 4:21.6, Eastlake 4:22.9, Lincoln 4:23.5, Sweetwater 4:25.6.

**4x800:** Scripps Ranch 10:16.7, Bonita Vista 10:26.8, Chula Vista 10:34.1, Calexico 10:43.3.

**Sprint Medley:** Lincoln 1:57.2, El Cajon Valley 1:57.4, Hilltop 1:58.0, Coronado 1:58.1, Monte Vista 1:58.3, San Diego 1:58.6, Eastlake 1:58.6, Castle Park 1:59.0.

**Distance Medley:** Chula Vista 13:18.4, El Capitan 13:31.0, Hilltop 13:39.1, Bonita Vista 13:56.5, Castle Park 14:00.9.

**4x100 H:** (alternating lanes of 30/33 inch hurdles): Eastlake 1:12.5, Castle Park 1:14.4, Sweetwater 1:15.5.

**F/S 4x200:** Chula Vista 1:52.2.  
**F/S Progressive Relay** (100-

200-300-600): Coronado 3:14.1, Eastlake 3:16.2.

**High Jump:** Cato (Holt) 4-10.

**Pole Vault:** Asay (Swe) 9-6, B. Vieira (Ptl) 9-6, Rodgers (CV) 9-0, Wilkinson (East) 9-0.

**Long Jump:** Hannibal (BV) 15-6.

**Triple Jump:** Hannibal (BV) 36-2, Salahuddin (Hill) 32-2.5, Kwan (BV) 31-5.5, Williams (MontV) 31-2.75.

**Shot Put:** Taumua (Swe) 44-4.5, Southward (ECp) 33-7, Mateo (CP) 32-11, Maginnis (ECp) 31-6, Dunn (Claire) 31-1.5.

**Discus Throw:** Dessert (Swest, EC) 104-4, Maginnis (ECp) 101-8, Taumua (Swe) 101-7, Johansen (MontV) 100-0.

## Falcon:

### Henderson, Morse redo record book

Need to bring your meet records into the 21st century? Just invite Monique Henderson and her Morse pals to your next invite.

It worked at this year's Falcon Invitational, at Torrey Pines High, where Henderson and the Tigers made numerous revisions to the meet records.

Henderson ran 24.3 in the 200 on the Torrey DG surface, winning that race by 2.4 seconds, and setting a meet record. She also helped the Tiger 4x100 (49.4) and sprint medley (1:48.8) teams to meet records.

Morse frosh/soph relay teams also contributed another pair of



Tiffany Lowery  
San Pasqual

meet records. And, to put an exclamation point on it, two of the better field marks came from Tiger athletes. That included Amber Hood's 36-4 to win the shot, and LaSheena Rice's 16-10 to win the long jump. The display of all-

Please see page 7.

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## Falcon:

From previous page.

around talent showed why Morse's girls are ranked at the top of the dual meet teams, and why they have been established as the early favorite in the CIF championship meet.

An impressive boys group were the Mt. Carmel sprinters, with Michael Matison easily winning the 100, Darnell Talbert a decisive winner in the 300 hurdles, and the Sundevil relay teams the fastest of the meet in the 4x100 and 4x200.

The results:

At Torrey Pines High, Saturday, March 31. Conditions: good.

### BOYS:

**200:** Matison (MtC) 22.3, Martin (Vis) 22.8, Flowers (SP) 22.9.

**1500:** Montez (Vis) 4:13.2, Sanchez (Ram) 4:20.9, Miedema (Carls) 4:21.0.

**300 IH:** Talbert (MtC) 39.4, LaCaze (TP) 42.5, Adams (Ram) 43.2.

**4x100:** Mt. Carmel 43.4, Morse 43.5.

**F/S 4x100:** Morse 45.3.

**4x200:** Mt. Carmel 1:32.4, Morse 1:33.7, Vista 1:34.0, Ramona 1:35.4, Torrey Pines 1:35.9.

**4x400:** Mt. Carmel 3:29.7, San Pasqual 3:33.4, Torrey Pines 3:34.8, Morse 3:35.0.

**4x800:** Mt. Carmel 8:24.7, Poway 8:34.4, Ramona 8:39.2, San Pasqual 8:41.1, Vista 8:41.4.

**Sprint Medley:** Morse 1:36.3, Mt. Carmel 1:37.2, San Pasqual 1:37.4, Vista 1:37.5. First three teams broke meet record.

**F/S Sprint Medley:** Ramona 1:42.8.

**Distance Medley:** Poway 10:52.7, Mt. Carmel 11:00.1, Vista 11:05.0, Ramona 11:46.0.

**F/S Distance Medley:** Mt. Carmel 11:51.0.

**Shuttle Hurdles:** Torrey Pines 1:00.1, San Pasqual 1:03.9.

**High Jump:** Okenwa (Morse) 6-2, Menke (Vis) 6-0.

**Pole Vault:** Daley (Vis) 13-0, Heimburge (Pow) 13-0, Hawkins (SP) 12-0.

**Long Jump:** Mootry (Morse) 20-10.5, Rogers (Morse) 20-4.5.

**Triple Jump:** Roberson (Morse) 42-1, Greene (Ram) 42-1, Poche (SP) 41-9, Rogers (Morse) 41-3, Foster (TP) 41-0.

**Shot Put:** Arosemena (Vis) 50-8, Pulaski (TP) 47-5.

**Discus Throw:** Ruzich (SP) 138-0, Arosemena (Vis) 137-4, Pulaski (TP) 132-6.

### GIRLS:

**200:** Henderson (Morse) 24.3, Lowery (SP) 26.7, Doe (TP) 26.7.

**1500:** Timinsky (SDgtoA) 4:46.7, Kilmer (Ram) 4:51.0, Komosinski (TP) 4:53.7, Schuster (TP) 4:54.0, Sick (MtC) 4:55.2, Phipps (Morse) 5:03.2, O'Connell (Carls) 5:07.1, Scott (SP) 5:13.8, Rethmeier (SP) 5:19.6.

**300 LH:** Pound (Pow) 47.0, Albini (SP) 49.1, Burton (Morse) 49.1, Hawkins (Morse) 50.4, Ribner (TP) 51.5, A. Penrod (TP) 52.1.

**4x100:** Morse 49.4, Mt. Carmel 51.3, San Pasqual 52.1, Poway 52.8, Vista 53.4. (New meet record; old record, 50.9.)

**F/S 4x100:** Morse 52.2. (New meet record.)

**4x200:** Mt. Carmel 1:51.4, Morse 1:52.4, San Pasqual 1:53.6.

**4x400:** San Pasqual 4:14.2, Torrey Pines 4:15.7, Morse 4:17.4, Pow-



**Todd Watkins**  
Helix

ay 4:18.0, Vista 4:19.2, Mt. Carmel 4:22.6.

**4x800:** Mt. Carmel 10:03.1, Poway 10:10.0, Torrey Pines 10:13.8, San Pasqual 10:33.5.

**Sprint Medley:** Morse 1:48.8, San Pasqual 1:56.4, Mt. Carmel 1:58.4. (New meet record.)

**F/S Sprint Medley:** Morse 1:56.5. (New meet record.)

**Distance Medley:** Mt. Carmel 13:11.1, Poway 13:17.9, Mt. Carmel B 13:19.0, Torrey Pines 13:54.9, Ramona 14:01.6. (New meet record.)

**F/S Distance Medley:** San Pasqual 14:05.0.

**Shuttle Hurdles:** Poway 1:11.8, Torrey Pines 1:12.0, Morse 1:12.4.

**High Jump:** Carlson (SFC) 5-2, Jackson (Carls) 5-0, Jones (TP) 5-0.

**Pole Vault:** Halliburton (TP) 10-6, Sage (MtC) 8-6, Debarros (MtC) 8-6.

**Long Jump:** Rice (Morse) 16-10, Carlson (SFC) 15-2.

**Triple Jump:** Barbour (Pow) 31-10, Marshall (Morse) 31-9, Longworth (MtC) 31-8.5, Jones (TP) 31-4, Williamson (Morse) 31-2.

**Shot Put:** Hood (Morse) 36-4, Barber (Vis) 34-9, Udeh (Morse) 34-6, Sorrell (Vis) 33-3, Boh (SP) 32-8, Smither (SP) 31-11, Acosta (Vis) 30-8, Byrne (Ram) 30-4.

**Discus Throw:** Schatzinger (Ram) 109-3, Tabas (Carls) 106-11, Seilhan (MtC) 102-6, Udeh (Morse) 101-11, Fanene (Carls) 101-2.

## Sweetwater:

### A long one for Taumua

Sweetwater's Aiga Marie Taumua registered one of the best individual marks of the Sweetwater Relays before most spectators were settled in their seats.

With each competitor allowed only three throws, Taumua wasted little time in throwing the shot 42-11 and establishing a new meet



**Dustin Whitson**  
Bonita Vista

record. It was the day's first event.

On the track, the emphasis was on relays, with no individual running events scheduled.

Morse's Monique Henderson paced her teams to wins in the (yard marks) 4x110 in 50.9, the 4x220 in 1:49.1, and the sprint medley in 1:54.8. In that event,

she ran the leadoff 220 yards.

Lincoln's sprint relay teams continued to look good against quality opposition. In this meet, they had the day's fastest times in the 4x110 (43.5) and the 4x220 (1:32.8). Among their opponents were relay teams from Morse, Helix, Mount Miguel, Sweetwater, Serra and other schools rich with sprint talent.

Other good performances came from Eastlake's Wade Curry, who high jumped 6-4, and Serra's Sparkle Anderson, who had the day's best marks in the girls' long and triple jumps.

Sweetwater's Trandon Harvey scuffled a bit. He fell during his stint in the shuttle hurdles, and later had step problems in the long and triple jumps, although he put up decent marks in both.

The results:

At Sweetwater High, Saturday, March 24. Conditions: Slightly cool, otherwise fine. Track is DG, and 440 yards. Results are combined from three divisions.

### BOYS:

**4x110:** Lincoln Prep 43.5, Helix 44.3, Sweetwater 44.4, Serra 44.6, Morse 44.7.

**4x220:** Lincoln Prep 1:32.8, Helix 1:33.9, Serra 1:34.5, Sweetwater 1:35.5, Mount Miguel 1:35.8, La Jolla 1:35.8.

**4x440:** Helix 3:37.0, Morse 3:42.1.

**4xMile:** Helix 19:26, Bonita Vista 19:28, Sweetwater 19:34, Patrick Henry 19:48.

Please see page 8.

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# Sweetwater:

From previous page.

**Sprint Medley** (220-110-110-440): Helix 1:38.9, Mount Miguel 1:40.0, Morse 1:41.8, Sweetwater 1:42.5, Castle Park 1:42.7.

**High Jump:** Curry (East) 6-4, Neudecker (BV) 6-2, Okenwa (Morse) 6-2.

**Pole Vault:** Aleman (East) 13-0, Vasquez (East) 12-6, Leavitt (Hx) 12-0, Romero (Swe) 12-0.

**Long Jump:** Gilbert (Linc) 21-3, Harvey (Swe) 21-2, Rogers (Morse) 21-0, Carroll (Hx) 20-6, Neudecker (BV) 20-1, Hutsuna (Hx) 20-1.

**Triple Jump:** Harvey (Swe) 44-7, Neudecker (BV) 42-7, Carroll (Hx) 42-4, Rogers (Morse) 42-1.

**Shot Put:** Foster (BV) 49-10.5, Hanson (Hill) 47-11, Rangel (East) 47-3.5, Driggs (Swe) 46-11.5, Wilson (Sant) 45-7, Fisher (Craw) 45-3.

**Discus Throw:** Savainaea (East) 157-8, Payne (Sant) 144-3, Rangel (East) 144-2, Wilson (Sant) 143-1, Cayas (BV) 137-1, Canfield (Hx) 133-8, Stephens (CP) 130-2.

## GIRLS:

**4x110:** Morse 50.9, Helix 51.5, Castle Park 52.6, Serra 53.1.

**4x220:** Morse 1:49.1, Helix 1:51.2, Castle Park 1:54.1, Eastlake 1:54.1.

**4x440:** Castle Park 4:22.8, Morse 4:27.3, Bonita Vista 4:28.0, Lincoln Prep 4:29.9.

**Sprint Medley** (220-110-110-440): Morse 1:54.8, Helix 1:56.8, Castle Park 2:00.6.

**Frosh/Soph Sprint Medley** (220-110-110-440): Morse 2:00.8, Serra 2:00.8, Patrick Henry 2:02.1.

**Distance Medley:** Helix 13:08.2, La Jolla 14:03.1, Grossmont 14:03.9, Bonita Vista 14:06.0, Our Lady of Peace 14:06.9.

**High Jump:** Taylor (BV) 4-8.

**Pole Vault:** Asay (Swe) 10-0, Wilkinson (East) 8-6.

**Long Jump:** Anderson (Serra) 15-10.25, Shammas (Gross) 15-10, Rice (Morse) 15-9.75, Hannibal (BV) 15-6, Kwan (BV) 15-3.25, Brown (PH) 15-2.25.

**Triple Jump:** Anderson (Serra) 34-3, Hannibal (BV) 33-7.5, Salahuddin (Hill) 33-0.5, Holmes (BV) 31-8, Singleton (PH) 31-5.

**Shot Put:** Taumua (Swe) 42-11, Hood (Morse) 38-4, Udeh (Morse) 33-8.5, Mateo (CP) 31-6.

**Discus Throw:** Young (East) 111-11, Hood (Morse) 103-1.



Walter Scott Santana

standout performers, but there were quality performances in almost every event.

Henderson won the 100 in 11.93, the 400 in 54.83, and anchored the Tigers 4x100 team to 48.94, and each race was decisive.

She won the 100 by 0.41 seconds over RBV's Nastassja Hall, and had a 3.84 second margin over 400 runnerup Stephanie Blake of Francis Parker. The Tiger relay team won by 1.41 seconds.

Hunter was, if anything, even more dominant in his events.

His 14.20 in the 110 highs was 0.91 seconds ahead of Mt. Carmel's Darnell Talbert (nearly a full flight of hurdles), and he was 2.58 seconds ahead of Talbert in the 300s. He also anchored his Granite teammates to a 4x400 win in 3:29, but that team was missing some key performers.

Other highlights:

Mt. Carmel soph Michael Matison won the 100 in 10.90, defeating many of the county's top sprinters, including Chauncey Smith, Reggie Bush, Richard Del Rincon, Boris McDaniel and Mike Johnson.

Rancho Bernardo soph Deun White ran a fine early-season 49.29 to take the 400 over a good field. Five other runners ran 50.58 or faster on the swift Escondido oval.

Morse jumpers Bob Okenwa and Thomas Mootry put up good marks. Okenwa won the high jump in 6-6 over UC's Isaac Simms (6-4), and Mootry soared to 22-11 in the long jump. RB's Keno White won the triple jump in 44-7.5, and teammate Chris Dorminy was the top vaulter, at 14 feet.

Granite Hills' Vince Clarke was impressive in both throws, winning the shot with a 54-2 last round, come-from-behind throw, and he



Kristine Schroeder Rancho Bernardo



Amber Straight Valhalla

also took the disc at 166-7.

Lincoln's boys relay teams were quick, as they ran 42.69 in the 4x100 and 1:30.25 in the 4x200. Both were the fastest of the day in those events.

Helix junior Taylor Williams overcame a slow early pace and a dramatic mid-race move by Mt. Carmel soph Abadir Barre to take the 3200 in 9:29.9.

Poway's Devin Lyons-Quirk looked sharp in winning the 1600 in 4:20.3, and West Hills' Ben Aragon outkicked Nico Cueva and Jimmy Ungrecht to win the 800 in 1:58.89 after a very slow first lap.

Sharpest girl besides Henderson might have been Helix's Bryeanna Barmer, who ran 46.06 to win the 300 hurdles, more than a full second ahead of Audrey Pound.

Other impressive race winners were San Dieguito Academy's Jenna Timinsky, Torrey Pines frosh Dani Schuster, Ramona's Loretta Kilmer and Escondido's Meggi Afenir, who won her 100 hurdles race by nearly a full second.

Top field athletes included RBV jumpers Nastassja Hall and Megan Bornes, Torrey Pines high jumper

Lauren Jones, and RB vaulter Molly Pascarella. Morse's Amber Hood and Fallbrook's Carrie Johnson split the throws.

The results:

At Escondido High School, Saturday, March 17. Conditions: good.

## BOYS:

**100:** Matison (MtC) 10.90, Smith (UC) 10.99, Bush (Hx) 11.01, M. Johnson (Ser) 11.17, McDaniel (Linc) 11.33, Del Rincon (MontV) 11.33.

**400:** D. White (RB) 49.29, D. J. Contreras (VC) 49.50, Reddick (Mor) 50.06, Watkins (Hx) 50.20, Davies (UC) 50.40, F. Johnson (Ser) 50.58, Maldonado (Vis) 51.14.

**800:** Aragon (WH) 1:58.89, Cueva (Esc) 1:58.97, Ungrecht (Fall) 1:59.02, Roane (Ram) 2:03.48, Kell-eher (Vis) 2:03.95.

**1600:** Lyons-Quirk (Pow) 4:20.3, Santos (Val) 4:25.4, Dunn (Ptl) 4:03.1, Garratt (UC) 4:33.1, Aradanas (MtC) 4:33.4, Gausepohl (Fall) 4:34.7, Wagnaw (Hx) 4:34.9, S. Barrett (StA) 4:35.3, Mateo (RBV) 4:37.0, Gandolfo (ECp) 4:39.7.

**3200:** Williams (Hx) 9:29.9, Barre (MtC) 9:33.5, Zelones (MirM) 9:45.1, Madden (Val) 10:06.3, D. Tanks (RB) 10:08.1, Ef. Carrillo (GH) 10:10.7, Liber (UC) 10:11.5, Hassan-zadeh (TP) 10:12.4.

**110 HH:** Hunter (GH) 14.20, Talbert (MtC) 15.11, Dudek (TP) 15.36, Bartsch (East) 15.48, Everette (SP) 15.85, Benitez (MirM) 15.88, Feehan (Esc) 15.98, Taylor (GH) 16.09.

**300 IH:** Hunter (GH) 37.63, Talbert (MtC) 40.21, Cunningham (WH) 40.52, Stroh (VC) 41.05, Gilbert (Linc) 41.19, Bartsch (East) 41.81.

**4x100:** D-IV: Serra 43.47, Helix 44.03, Rancho Bernardo 44.25, Vista 44.97. D-III: Lincoln 42.69, Mt. Carmel 42.98, Morse 43.64, Monte Visa 44.34, Valley Center 44.99.

**4x200:** D-IV: Helix 1:30.7, Vista 1:33.2, RBV 1:35.1, Eastlake 1:35.5, West Hills 1:35.6. D-III: Lincoln 1:30.25, Mt. Carmel 1:31.18, Monte Vista 1:33.08, Morse 1:34.75, San Pasqual 1:35.21.

**4x400:** D-IV: University City 3:28.27, West Hills 3:31.55, Serra 3:34.84, Eastlake 3:35.81, Rancho Buena Vista 3:36.92. D-III: Morse 3:30.64, Mt. Carmel 3:31.47, Torrey Pines 3:37.31, Monte Vista 3:37.84. D-II: Granite Hills 3:29.07, Fallbrook 3:32.57, Escondido 3:32.68, Poway 3:36.92, Carlsbad 3:36.78.

**4x800:** D-III/IV: Vista 8:28.9. D-II/I: Carlsbad 8:36.55.

**Distance Medley:** D-III/IV: Valley Center 10:53.53, Vista 10:54.42, Mt. Carmel 10:55, Valhalla 11:15.71, University City 11:21.87, RBV 11:27.87. D-I/II: Point Loma 11:17.7, El Capitan 11:24.6, USD 11:28.6, Poway 11:29.2.

**High Jump:** Okenwa (Morse) 6-6, Simms (UC) 6-4, K. White (RB) 6-0, Curry (East) 6-0.

**Pole Vault:** Dorminy (RB) 14-0, Hill (RB) 13-6, Leavitt (Hx) 13-6, Figueroa (GH) 13-6, Marshall (WH) 13-0, Malmuth (TP) 13-0, Garcia (WH) 13-0, Spehar (RB) 13-0, Reeder (WH) 12-6, Kaeser (Fall) 12-0, Miller (RB) 12-0, Cunningham (WH) 12-0, Spitz (RB) 12-0.

**Long Jump:** Mootry (Mor) 22-11, Westbrooks (Mor) 21-9.5, Hutsuna (Hx) 21-5.5, Barad (Vis) 20-9.5, Okenwa (Mor) 20-9, Rogers (Mor) 20-8, Roberson (Mor) 20-1.

**Triple Jump:** K. White (RB) 44-7.5, Simms (UC) 44-5.75, Carroll (Hx) 43-6, Mootry (Mor) 43-2.75, Sullivan (RB) 41-11.5, Gueston (Linc) 41-10.25.

**Shot Put:** Clarke (GH) 54-2, Holzhauser (RBV) 53-1, DeBoer (RBV)

Please see page 9.

# Bronco:

## Henderson, Hunter Star

The Bronco Invitational produced a slew of great early-season marks.

Even now, approaching mid-season, many of the standards established at Bronco still hold up.

The reasons, in hindsight, are obvious. Most of the county's best athletes gathered in near perfect conditions on a fast track, and they put up great marks.

No other local meet, at press time, has had the same combination of ingredients.

Morse senior sprinter Monique Henderson and Granite Hills senior hurdler Jeff Hunter were the



# Bronco:

From previous page.

51-4, Mendoza (Hx) 50-2.5, Arosemena (Vis) 49-0, Smith (GH) 48-4.5, Gonzalez (VC) 47-0.

**Discus Throw:** Clarke (GH) 166-7, Smith (GH) 159-7, DeBoer (RBV) 158-10, Savaiinaea (East) 158-7, Thompson (Fall) 147-6, Arosemena (Vis) 141-10, Wilson (Sant) 138-4.

## GIRLS:

**100:** Henderson (Mor) 11.93, Hall (RBV) 12.34, Beverly (USD) 12.61, Hawes (Hx) 12.64, Matison (MIC) 12.67, Hackett (Mor) 12.70, Anderson (Ser) 13.13, Lowery (Mor) 13.20, Hinton (Linc) 13.30.

**400:** Henderson (Mor) 54.83, Blake (FP) 58.67, Rothert (Fall) 59.96, Lowery (SP) 61.27, Mattos (Fall) 61.61, Landry (RB) 62.8, Willingham (Hx) 63.05.

**800:** Timinsky (SDgt) 2:17.18, Davila (Hill) 2:20.28, Phipps (Mor) 2:21.04, Allen (RBV) 2:24.27, Moore (TP) 2:27.73, Kelly-Cochrane (USD) 2:28.63, Winfrey (WH) 2:29.70.

**1600:** Schuster (TP) 5:12.0, Marquez (ECp) 5:17.0, Kilmer (Ram) 5:19.7, Matlack (Fall) 5:21.1, Hall (RB) 5:22.8, Farrior (Hx) 5:25.5, Straight (Val) 5:27.0, O'Connell (Carls) 5:31.8.

**3200:** Kilmer (Ram) 11:25.9, Yee (RB) 11:34.5, Komosinski (TP) 11:35.9, Dere (MIC) 11:41.5, Baird (Hx) 11:50.0, Sick (MIC) 11:54.0, Farnham (WH) 12:10.8, Walker (GH) 12:13.1, Rohde (Fall) 12:14.5, Cohen (UC) 12:16.1, Huepper (RB) 12:19.5.

**100 H:** Afenir (Esc) 16.25, Pound (Pow) 17.14, Ribner (TP) 17.19, Dostal (WH) 17.33, Hayes (East) 17.45.

**300 LH:** Barmer (Hx) 46.06, Pound (Pow) 47.13, Smith (Linc) 49.02, Maurer (Fall) 49.65, Afenir (Esc) 50.97.

**4x100:** D-IV: Helix 51.36, RBV 51.45, Serra 52.04, Vista 52.66. D-III: Morse 48.94, Mt. Carmel 50.35, San Pasqual 52.0, Lincoln 52.31. D-II: Fallbrook 51.05, Escondido 51.56, Granite Hills 52.75. D-I: USD 51.75.

**4x200:** D-IV: Vista 1:51.94, Eastlake 1:52.82, West Hills 1:53.44. D-III: Mt. Carmel 1:47.94, Lincoln 1:50.57, San Pasqual 1:51.71, Monte Vista 1:52.46, Morse 1:52.97, Torrey Pines 1:53.70. D-II: El Capitan 1:52.63. D-I: USD 1:52.83.

**4x400:** D-IV: Rancho Bernardo 4:07.74, Helix 4:10.12, RBV 4:15.19, Vista 4:21.37, West Hills 4:25.36, University City 4:26.57, Eastlake 4:27.76. D-III: San Pasqual 4:16.57, Torrey Pines 4:18.63, Morse 4:24.78. D-II: Fallbrook 4:17.85, Poway 4:26.11, Escondido 4:27.64, El Capitan 4:28.20. D-I: USD 4:22.23.

**4x800:** D-III/IV: Mt. Carmel 10:06.1, West Hills 10:11.7, University City 10:13.0, San Pasqual 10:17.1, Morse 10:21.1, Torrey Pines 10:31.0. D-I/II: Poway 10:18.5.

**Distance Medley:** D-III/IV: El Capitan 13:16.5, Poway 13:26.7. D-I/II: University City 13:30.07.

**High Jump:** Jones (TP) 5-4, Brewster (GH) 5-2, Carlson (SFC) 5-0, Barnes (RBV) 5-0, Tate (RB) 5-0.

**Pole Vault:** Pascarella (RB) 11-6, Nowinski (MirM) 10-0, Russ (GH) 10-0, Orlando (MirM) 10-0, Sage (MIC) 9-0, Lopez (WH) 8-6, Earle (GH) 8-6, Betts (RBV) 8-6, Navidi (RB) 9-0.

**Long Jump:** Hall (RBV) 17-5.75, Barnes (RBV) 16-9.25, Mattos (Fall) 16-0, Rice (Mor) 16-0, Fox (WH) 15-8, Hayes (East) 15-7.75, Goodman (UC) 15-7, Dulin (RB) 15-5.75.

**Triple Jump:** Barnes (RBV) 36-0, Greene (RB) 33-6.75, McKinney (RBV) 32-9.75, Orion (RB) 31-11.

Hauser (Vis) 31-10.25.

**Shot Put:** Hood (Mor) 39-2.5, Johnson (Fall) 38-4.5, Griffin (WH) 35-7.5, Moon-Battung (Pow) 34-5.75, Udeh (Mor) 34-3.5, Mitchell (RBV) 34-0.5.

**Discus Throw:** Johnson (Fall) 131-4, Hood (Mor) 120-8, Young (East) 116-2, Ray (TP) 111-5, Byrne (Ram) 103-4, Moon-Battung (Pow) 101-3.

# 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 April 11.

### 100:

Automatic time:

10.90 Michael Matison, MIC  
10.99 Chauncey Smith, UC  
11.01 Reggie Bush, Hx  
11.17 Michael Johnson, Serra  
11.21 Thomas Moolry, Morse  
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  
10.7 Michael Matison, MIC  
10.7 Reggie Bush, Hx  
10.7 Jason Macklin, Vista  
10.7 Nigel Martin, Vista  
10.8 Brian McIntosh, Gross  
10.9 Anthony Hellum, Cent, EC  
10.9 Galen O'Neal, GH  
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  
11.0 Matt Pitcher, RBV  
11.0 Darren Fitzpatrick, Esc  
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 Cory Jones, Linc  
11.1 Randon Jorgensen, Vista  
11.1 Nick Banks, Kny  
11.1 Darrell Hutsona, Hx  
11.1 Kenyatta Williams, Mont

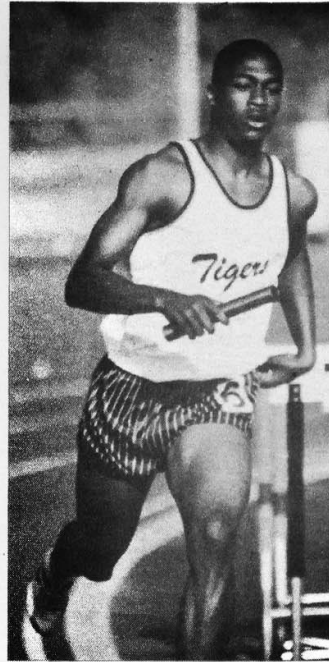
### 200:

Automatic time:

22.42 Chauncey Smith, UC  
22.87 D. J. Contreras, VC  
23.00 Baumer Brumfield, UC

Hand time:

21.9 Michael Matison, MIC  
22.1 Deun White, RB  
22.1 Reggie Bush, Hx  
22.4 Jamal Tate, Hoov  
22.4c Galen O'Neal, GH  
22.5 Clarence Cunningham, SR  
22.5c Cory Jones, Linc  
22.5c Allen Thompson, Sweet  
22.5 Nigel Martin, Vista  
22.5c Travis Picou, MIM  
22.6c John Green, Craw  
22.6 Mike Johnson, Serra  
22.6 Richard Del Rincon, MontV  
22.7 Pat Mahoney, MIC  
22.8c Marcus Carroll, Hx  
22.8 Darren Fitzpatrick, Esc  
22.9 Curtis Flowers, SP



Hunter Reddick  
Morse

22.9c Quentin Anderson, Val  
22.9c David Evans, GH  
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  
50.2c Reggie Bush, Hx  
50.2 Eddie Thomas, MontV  
50.3c David Evans, GH  
50.40 DeAngelo Davies, UC  
50.5c Jeff Hunter, GH  
50.58 Fiat Johnson, Serra  
51.14 Steve Maldonado, Vista  
51.3 Pat Mahoney, MIC  
51.5 Ferris Gaylon, RBV  
51.5c Boris McDaniel, Linc  
51.6 Will Buchanan, Oc  
51.6 Paul Rosales, Pow  
51.7 Demetrius Westbrooks, Morse  
51.7 Chris Pettit, Ram  
51.9 Brady Douglas, MIM  
51.9 Jeremy Taylor, Vista  
51.9 David Hendrick, Hrn

### 800:

1:56.0 Nico Cueva, Esc  
1:56.96 Jimmy Ungrecht, Fall  
1:57.14 Cooper Bachman, VC  
1:58.1 Matt Johnson, SP  
1:58.5c David Santos, Val  
1:58.8 Ben Aragon, WH  
1:59.18 Mario Fierro, USD  
1:59.3 Alan Aradanas, MIC  
1:59.6 Mark Baddas, Vista  
1:59.64 Devin Lyons-Quirk, Pow  
1:59.7 Artemio Mateo, RBV  
2:00.0 Eric Dunn, PIL  
2:00.3 Ricky Roane, Ram  
2:00.6 Abadir Barre, MIC  
2:00.7 Chris Ferrier, LJ  
2:01.2 Chris Gausepohl, Fall  
2:02.0 Nick Kelleher, Vista  
2:02.4 Ryan Montez, Vista  
2:02.7 Chris Tanks, RB  
2:03.1 Raul Cobian, Braw

### 1500:

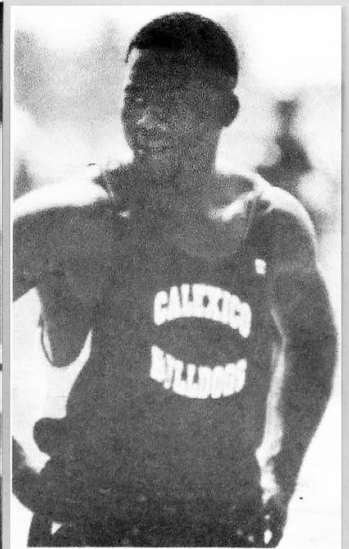
3:59.6 Ben Aragon, WH  
4:07.2 Devin Lyons-Quirk, Pow  
4:13.2 Ryan Montez, Vista  
4:15.2 Chris Gausepohl, Fall  
4:18.5 Jimmy Retherford, SM  
4:19.2 Kern Huerta, UC  
4:19.9 Michael Carini, USD

Conversions to 1600 (according to T&F News conversion tables):

4:17.3 Aragon  
4:25.5 Lyons-Quirk  
4:31.8 Montez  
4:34.0 Gausepohl  
4:37.6 Retherford  
4:38.3 Huerta  
4:39.1 Carini

### 1600:

4:18.6 Ben Aragon, WH  
4:20.3 Devin Lyons-Quirk, Pow  
4:24.14 Will Kraemer, ANA  
4:25.4 David Santos, Val  
4:30.1 Eric Dunn, PIL



Nathan Armstrong  
Calexico

4:30.5 Abadir Barre, MIC  
4:31.8 Chris Ferrier, LJ  
4:33.1 Andrew Garratt, UC  
4:33.3 Ramon German, Vista  
4:33.4 Alan Aradanas, MIC  
4:34.5 Taylor Williams, Hx  
4:34.7 Chris Gausepohl, Fall  
4:34.7 Ryan Montez, Vista  
4:34.9 Babey Wagnew, Hx  
4:35.3 Sean Barrett, StA  
4:35.4 Hiladio Larios, Vista  
4:36.1 Jimmy Ungrecht, Fall  
4:37.0 Artemio Mateo, RBV  
4:37.6 Troy Swier, MarV  
4:37.7 Luke McGinnis, Pow  
4:38.0 Nathan Aginiga, Hill  
4:39.x Luke Haywas, ECom  
4:39.7 Benny Gandolfo, ECP

### 2000 Steeplechase

Luke Haywas, ECom

### 3200:

9:29.9 Taylor Williams, Hx  
9:33.5 Abadir Barre, MIC  
9:39.2 Devin Lyons-Quirk, Pow  
9:39.3 Ryan Montez, Vista  
9:45.1 Brandon Zelones, MiraM  
9:47.7c David Santos, Val  
9:48.3 Brad Liber, UC  
9:50.0 Andrew Garratt, UC  
9:50.8 Ross Halleland, WH  
9:53.6 David Ignacio, SM  
9:51.4 Eric Hernandez, Vista  
9:59.4 Solomon Kumbi, Hx  
9:59.8 Luke McGinnis, Pow  
10:01.4 Babey Wagnew, Hx  
10:01.8 Benny Gandolfo, ECP  
10:01.8 Haji Hassan, Hoov  
10:03.1 Nathan Aginiga, Hill  
10:03.6 Aaron Trunnell, RBV  
10:04.5 Drew Bouchard, StA  
10:04.7 Dan Tanks, RB  
10:06.3 Kip Madden, Val  
10:09.1 Jon Shellhammer, Ram  
10:09.5 Mike Bell, WH  
10:09.6 Luke Haywas, ECom  
10:10.0 Abdi Abdirizak, Sweet  
10:10.7 Efrain Carrillo, GH  
10:11.5 Zack Neilson, MIC  
10:11.8 Kenny Lawrence, Ram  
10:12.4 Navid Hassanzadeh, TP  
10:13.5 Tye Lidman, TP

### 110 High Hurdles:

Automatic time:

14.20 Jeff Hunter, GH  
15.06 Blake Frazier, UC  
15.11 Darnell Talbert, MIC  
15.34 Trent Stroh, VC  
15.36 John Dudek, TP  
15.39 Bryon Barmer, Hx  
15.48 Ryan Bartsch, East  
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  
16.16 Tim Bailey, UC  
16.17 Tim Friell, Fall

Hand time:

14.2 Jeff Hunter, GH  
14.7 Blake Frazier, UC  
14.9 Ryan Bartsch, East  
14.9 Darnell Talbert, MIC

Please see page 10.

# Best Marks:

From previous page.

- 15.0 Trandon Harvey, Sweet
- 15.1 Mike Cunningham, WH
- 15.2 Jon Everette, SP
- 15.2 John Dudek, TP
- 15.2 Richard Encinas, Braw
- 15.4 Nathan Enriquez, StA
- 15.4 Jake Symons, Claire
- 15.4 Pat Benitez, MiraM
- 15.6 Tim Frinell, Fall
- 15.6 Wade Curry, East
- 15.6 Brandon Bornes, RBV
- 15.6 Tray Muehlback, TP
- 15.6 Trace Talbert, RB
- 15.7 John Feehan, Esc
- 15.7 Matt McChristian, SR
- 15.8 Bryon Barmer, Hx
- 15.8 Angelo Vargas, BV
- 15.9 Brian Taylor, GH
- 15.9 Pat Lockwood, Pow
- 15.9 Chris Reina, OG
- 16.0 Rashard Holmes, RB
- 16.1 Jeremiah McLeod, Fall
- 16.1 Aaron Barnhill, SM
- 16.3 Arthur Mickelsen, Morse
- 16.3 Oleg Khartonov, LJ

## 300 Int. Hurdles:

- 37.63 Jeff Hunter, GH
- 39.4 Darnell Talbert, MIC
- 39.7 Ryan Bartsch, East
- 39.9 Angelo Vargas, BV
- 40.52 M. Cunningham, WH (40.5h)
- 40.7 Nathan Enriquez, StA
- 40.8 Said Nelson, RB
- 40.9 Pat Lockwood, Pow
- 41.0 Eddie Thomas, MontV
- 41.04 Trent Stroh, VC
- 41.1c Ryan Welter, GH
- 41.19 Alton Gilbert, Linc
- 41.3 Jake Symons, Claire
- 41.4 Trace Talbert, RB
- 41.6 Chris Hayward, ECam
- 41.7 A. J. Hunt, Vista
- 41.8 Brandon Bornes, RBV
- 41.8 Oleg Khartonov, LJ
- 41.9 Tim Frinell, Fall
- 42.0 Gabe Ibarra, Imp
- 42.04 Aaron Barnhill, SM
- 42.1 Nick Lewis, MontV
- 42.17 Dylan Dacus, VC
- 42.3 Scott LaCaze, TP
- 42.3 Chris Reina, OG
- 42.3 Marlon Lonzan, Mont
- 42.3 Travis Bailey, CV
- 42.4c Alfonso Hernandez, Sweet
- 42.5 John Dudek, TP
- 42.6 Craig Constan, Swest, SD
- 42.7 Jimmy Ungricht, Fall
- 42.7 Jeremy Adams, Ram
- 42.7 Sorida Phan, Hoov

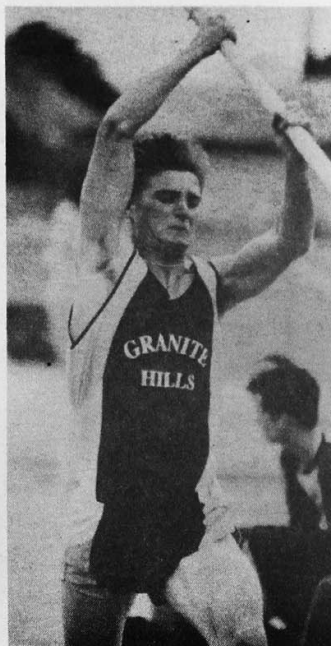
## 4x100 Relay:

Automatic time:

- 42.69 Lincoln
- 42.98 Mt. Carmel
- 43.10 University City
- 43.47 Serra
- 43.64 Morse
- 44.03 Helix
- 44.25 Rancho Bernardo
- 44.29 San Marcos
- 44.34 Monte Vista
- 44.70 Escondido
- 44.73 Valley Center
- 44.78 Ramona
- 44.97 Vista
- 45.50 Eastlake
- 45.61 West Hills
- 45.69 Valhalla
- 45.78 University of SD

Hand time:

- 42.7c Granite Hills
- 42.9 Serra
- 42.9c Lincoln
- 43.0 Mt. Carmel
- 43.2 Sweetwater
- 43.4 Helix
- 43.4 Morse
- 43.4 Monte Vista
- 43.6c Mount Miguel
- 43.8 Montgomery
- 43.8 Vista
- 44.1 Rancho Bernardo
- 44.1 El Camino
- 44.2 Ramona
- 44.2 Eastlake
- 44.3 Central, El Centro
- 44.4 Oceanside
- 44.4 Kearny
- 44.5 Torrey Pines
- 44.5 Escondido
- 44.6 Castle Park
- 44.6 Valley Center
- 44.7 Sweetwater



**Cameron Figueroa**  
Granite Hills

- 44.7 Carlsbad
- 44.7 Hoover
- 44.7 San Pasqual
- 44.8 La Costa Canyon
- 44.8 San Marcos
- 44.9c San Diego
- 44.9 Chula Vista
- 44.9 West Hills

## 4x400 Relay:

- 3:24.4c Granite Hills
- 3:27.2 Vista
- 3:28.0 Lincoln
- 3:28.27 University City
- 3:28.4 Mt. Carmel
- 3:30.0 San Pasqual
- 3:30.64 Morse
- 3:30.9 Escondido
- 3:31.55 West Hills
- 3:32.57 Fallbrook
- 3:32.64 Poway
- 3:32.8 Torrey Pines
- 3:32.9 Rancho Bernardo
- 3:33.0 La Costa Canyon
- 3:33.0 Ramona
- 3:34.28 Valley Center
- 3:34.5 Brawley
- 3:34.84 Serra
- 3:35.0 Monte Vista
- 3:35.7 Castle Park
- 3:35.8 Rancho Buena Vista
- 3:35.81 Eastlake
- 3:35.9c Helix
- 3:36.1 La Jolla
- 3:36.78 Carlsbad
- 3:39.8 Chula Vista

## High Jump:

- 6-7 Pat McDonough, LCC
- 6-6 Bobby Okenwa, Morse
- 6-6 Austin Neudecker, BV
- 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 Blake Frazier, UC
- 6-2 Billy Walker, ECam
- 6-2 Toby Pykles, Hx
- 6-0 Nathalia Nahiawawa, WH
- 6-0 Trent Stroh, VC
- 6-0 Cole Marton, Carls
- 6-0 Jeremy Cross, RBV
- 6-0 Michael Menke, Vista
- 6-0 Jimmy Gauntt, TP
- 6-0 Pat Hargrave, TP
- 6-0 Nate Skrzypczak, VC

## Pole Vault:

- 14-9 Adrian Ruark, Ptl
- 14-6 Mike Hill, RB
- 14-1 Chris Dorminy, RB
- 14-1 Tim Warner, Carls
- 14-0 Greg Leavitt, Hx
- 13-8 Devon Aleman, East
- 13-8 Kaysey Kaesar, Fall
- 13-7 Chris Spehar, RB
- 13-7 Ryan Spitz, RB
- 13-6 Cameron Figueroa, GH
- 13-6 Frank Vasquez, East
- 13-1 Joe Harlin, Fall
- 13-1 Billy Matthews, RB
- 13-0 Tony Garcia, WH



**Rashard Holmes**  
Rancho Bernardo

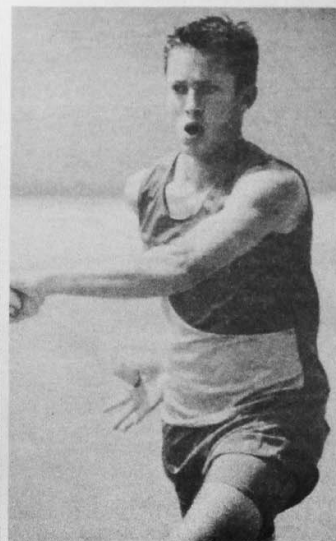
- 13-0 Josh Malmuth, TP
- 13-0 Clayton Marshall, WH
- 13-0 Zack Miller, RB
- 13-0 Ryan Daley, Vista
- 13-0 Jason Reeder, WH
- 13-0 Brian Heimburge, Pow
- 13-0 Chris Schott, ECp
- 13-0 Zach Salazar, Pow
- 12-6 Fernando Romero, Sweet
- 12-6 Robbie Masterson, Vista
- 12-6 Josh Earhart, MiraM
- 12-6 Bart Valle, UC
- 12-6 Chris Hori, OG
- 12-6 Terrel Beanum, VC
- 12-6 Mike Braman, LCC
- 12-0 Justin Sandling, RBV
- 12-0 Mike Cunningham, WH
- 12-0 Joey Suyat, Serra
- 12-0 Brendan Hawkins, SP
- 12-0 Perkins, ECp

## Long Jump:

- 22-11 Thomas Mooltry, Morse
- 22-6 Trandon Harvey, Sweet
- 22-4 Clarence Cunningham, SR
- 22-4 Travis Picou, MtM
- 22-0 Demetrius Westbrook, Morse
- 21-11 Chris Greene, Ram
- 21-10 Jeff Hunter, GH
- 21-10 Nate Skrzypczak, VC
- 21-9.5 Eric Rogers, Morse
- 21-7 Brandon Roberson, Morse
- 21-7 Chauncey Smith, UC
- 21-6 Keno White, RB
- 21-5.5 Darrell Hutsona, Hx
- 21-4 Dean Wu, UC
- 21-4 Alex Fromer, MIC
- 21-4 John Feehan, Esc
- 21-3 Alton Gilbert, Linc
- 21-2 Will Buchanan, Oc
- 21-2 Austin Neudecker, BV
- 21-2 Herman Nuckols, SM
- 21-1.5 Ryan Guy, LCC
- 21-1 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
- 20-7 Anthony Hellum, Cent, EC
- 20-7 Tim Bailey, UC
- 20-6.75 Avante Agurs, Gross
- 20-6 Marcus Carroll, Hx
- 20-6 Jordan, MontV
- 20-6 Nathan Armstrong, Cixco
- 20-4 John Long, UC

## Triple Jump:

- 48-3 Trandon Harvey, Sweet
- 44-10 Austin Neudecker, BV
- 44-7.5 Keno White, RB
- 44-5.75 Isaac Simms, UC
- 44-5 Eric Rogers, Morse
- 44-3.75 Avante Agurs, Gross



**Devon Aleman**  
Eastlake

- 43-11 Nate Skrzypczak, VC
- 43-6 Marcus Carroll, Hx
- 43-3 Brandon Roberson, Morse
- 43-2.75 Thomas Mooltry, Morse
- 43-1 Rashard Holmes, RB
- 43-0 Tim Bailey, UC
- 43-0 Will Buchanan, Oc
- 42-7 Mike Sullivan, RB
- 42-6 Chris Greene, Ram
- 42-5.5 Joe Hauser, Vista
- 42-5 Ralph Haynes, RB
- 42-3 John Feehan, Esc
- 42-3 Brandon Bornes, RBV
- 42-1 Rony Jean-Giles, Kny
- 42-0 Jamar Williams, Sweet
- 41-10.25 Elvin Gueston, Linc
- 41-10 Chris Poche, SP
- 41-7.5 Franklin Allen, CV
- 41-6 Matt Lesenyie, RBV
- 41-3.75 Alex Foster, TP
- 41-3 John Long, UC
- 41-2.5 Oleg Khartonov, LJ

## Shot Put:

- 57-8.5 Eric Holzhauser, RBV
- 54-2 Vince Clarke, GH
- 53-10 Anthony DeBoer, RBV
- 52-3 Russell Foster, BV
- 51-7.5 Moses Rangel, East
- 50-9.5 Jeremy Driggs, Sweet
- 50-8 Eder Arosemena, Vista
- 50-2.5 Sam Mandoza, Hx
- 49-9 Marco Gonzalez, VC
- 49-5 Richie Smith, GH
- 49-3 Erik Hanson, Hill
- 48-11 Greg Pulaski, TP
- 48-5 Mark Lozano, ECp
- 47-2 Nick Allotta, RB
- 47-4 Jensen Cayas, BV
- 47-1 Dan Thompson, Fall
- 47-0 Kevin Wilson, Sant
- 46-6.5 Jon Canlas, SM
- 46-3.5 Reynaldo Stephens, CP
- 46-0 Josh Halsey, RBV
- 45-11.5 David Brainerd, SR
- 45-11 John Rettig, Hx
- 45-8.5 Michael Matison, MIC
- 45-5 Danny Phan, UC
- 45-3 Brandon Fisher, Crow
- 45-3 Patrick Fejaran, Sweet
- 45-1 Matt Grolnak, TP
- 45-1 Tyler Ellis, RB
- 45-1 Mo Rodriguez, OG
- 45-0 Carl Atkinson, BV
- 45-0 Mike Moran, Fall

## Discus Throw:

- 169-8 Anthony DeBoer, RBV
- 166-7 Vince Clarke, GH
- 163-7 Moses Rangel, East
- 161-10 Dan Thompson, Fall
- 160-5 Tagai Savaiinaeo, East
- 159-7 Richie Smith, GH
- 157-x Alex Thompson, SM
- 154-0 Marco Gonzales, VC

Please see page 11.



# Best Marks:

From previous page.

152-3	Dion Gilton, Ptl
152-0	Jarel Watson, Ecam
150-1	Jensen Cayas, BV
148-11	Kevin Wilson, Sant
146-10	Larry Alexander, CV
144-6	Reynaldo Stephens, CP
144-5	Nick Allotta, RB
144-3	Adam Payne, Sant
143-9	Mark Lozano, ECp
143-2	Jeremiah Schuh, Ptl
141-10	Eder Arosemena, Vista
140-2	Rory Canfield, Hx
140-2	Chris Welter, WH
140-0	Robert Ruzich, SP
139-8	Brandon Fisher, Crow
139-3	Tyler Ellis, RB
138-8	Greg Pulaski, TP
138-2	Mike Moran, Fall
136-11	Jon Canlas, SM
136-7	Carl Atkinson, BV
136-2	Scott Colegrove, Esc
135-7	Cliff Learn, LJ
135-6	Cody Gocke, ECp
135-0	Eric Perrault, Fall
134-5	Keith Nason, MIC
134-3	Wesley Charles, Sweet
134-0	Cornelius Lambert, Hoov
133-11	Ryan Seargent, Ram
133-4	Jose Gutierrez, Braw
132-11	Justin Vold, CP
132-9	Ryan Bobadilla, UC
132-9	Justin Rich, BV
132-8	Jeremy Driggs, Sweet
132-2	Ace Lawrence, Gross
132-0	Sal Carrera, MarV

## GIRLS:

Marks received by April 11.

### 100:

Automatic time:

11.93	Monique Henderson, Morse
12.34	Nastassja Hall, RBV
12.61	Zikarra Beverly, USD
12.64	Shannan Hawes, Hx
12.67	Kristan Matison, MIC
12.70	Shauna Hackett, Morse
12.90	Aiesha Singleton, PH
13.00	Kristen Carlson, SP
13.13	Sparkle Anderson, Serra
13.20	Alicia Lowery, Morse
13.30	Crystal Hinton, Linc

Hand time:

12.1	Nastassja Hall, RBV
12.2	Zikarra Beverly, USD
12.2	Bridget Fox, Gross
12.3	Jessica Thomas, Ecam
12.4	Shannan Hawes, Hx
12.5	Kristan Matison, MIC
12.5	Latoya Summerville, SR
12.6	Cassandra Patterson, CP
12.6	Daniela Fromer, MIC
12.7	Marla Mason, CV
12.8	Taryn Jones, Hoov
12.8	Tiffany Lowery, SP
12.8	Faith Lin, LJ
12.8	Naomi Mattos, Fall

### 200:

Automatic time:

25.02	Monique Henderson, Morse
26.22	Zikarra Beverly, USD
26.88	Naomi Mattos, Fall
26.99	LaSheena Rice, Morse
27.32	Shauna Hackett, Morse

Hand time:

24.3	Monique Henderson, Morse
25.9c	Shannan Hawes, Hx
26.0	Kristan Matison, MIC
26.0	Jalanda Diego, Ecam
26.0	Nastassja Hall, RBV
26.3	Tiffany Lowery, SP
26.4	Cassandra Patterson, CP
26.4	Laura Landry, RB
26.5	Zikarra Beverly, USD
26.6	Erin Willis, OLP
26.6c	Denisha Bryant, MtM
26.6	Naomi Mattos, Fall
26.7	Tiffany Davis, Ecam
26.7	Kaitlyn Doe, TP
26.8	Faith Lin, LJ
27.0	Jackie Jenkins, Kny
27.0	Latoya Summerville, SR
27.0c	Evon Willingham, Hx
27.1	Taryn Jones, Hoov
27.1	Neal, Ptl
27.2	Cassie McLean, Vista
27.2c	Niesh French, GH
27.2c	Eva Tanner, Gross
27.2	Jenna Timinsky, SDgtoA
27.2	Phoebe Perkins, MontV
27.3	Sparkle Anderson, Serra

### 400:

54.83	M. Henderson, Mor (54.6h)
58.67	Stephanie Blake, FP



Latoya Summerville  
Scripps Ranch

59.5	Whitney Schmucker, LJ
59.96	Nicole Rothert, Fall
59.9	Kristan Matison, MIC
59.9	Naomi Mattos, Fall
60.0	Molly Gabriel, UC
60.2c	Shannan Hawes, Hx
60.3	Kristine Schroeder, RB
60.6	Laura Landry, RB
60.9	Cassie McLean, Vista
61.1	Julie Komosinski, TP
61.2c	Denisha Bryant, MtM
61.27	Tiffany Lowery, SP
62.0	Alaina Engebrits, SM
62.0	Jalanda Diego, Ecam
62.1	Kerry Kelly-Cochrane, USD
62.13	Jenna Timinsky, SDgtoA
62.2c	Evon Willingham, Hx
62.3	Nicole Reyes, RBV
62.3c	Nadia Sanders, Hill
62.5c	Dominique Hankins, MtM
62.77	Aubree Duff, VC
63.0	Natalie Gattrell, SR
63.0	Easterling, Serra
63.0	Jasmine Winfield, Oc

### 800:

2:14.9	Desiree Davila, Hill
2:17.18	Jenna Timinsky, SDgtoA
2:20.0	Julie Komosinski, TP
2:20.1	Allison Hall, RB
2:21.04	Amonica Phipps, Morse
2:21.1	Courtney Allen, RBV
2:21.35	Kerry Kelly-Cochrane, USD
2:21.7	Shawna Winfrey, WH
2:22.6	Molly Gabriel, UC
2:22.9	Deanna Sick, MIC
2:24.0	Whitney Schmucker, LJ
2:24.2	Nicole Mier, SM
2:24.5	Emily Melendrez, Pow
2:25.1	Dani Schuster, TP
2:25.9	Haley Moore, TP
2:26.8c	Stephanie Baird, Hx
2:27.0	Natalie Gattrell, SR
2:27.30	Lidia de Carvalho, UC
2:28.0	Desiree Leek, LJ
2:28.4	Maria McGaffigan, CP
2:28.5	Loretta Kilmer, Ram

### 1500:

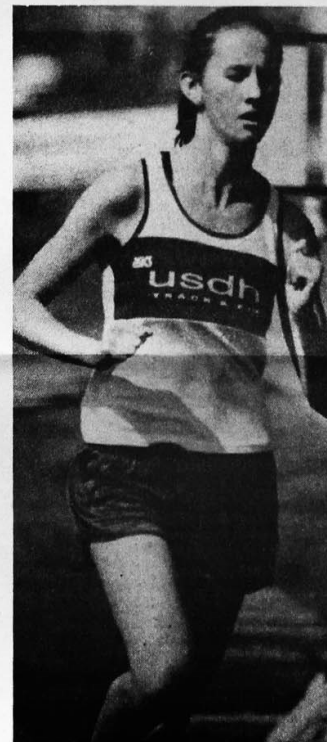
4:42.13	Desiree Davila, Hill
4:46.7	Jenna Timinsky, SDgtoA
4:50.39	Allison Hall, RB
4:51.0	Loretta Kilmer, Ram
4:53.7	Julie Komosinski, TP
4:54.0	Dani Schuster, TP
4:54.47	Katie Matlack, Fall
4:55.2	Deanna Sick, MIC
4:55.23	Stephanie Baird, Hx
4:57.15	Courtney Allen, RBV
4:59.8	Sariah St. Laurent, Ecam
5:03.2	Amonica Phipps, Morse
5:05.8	Nicole Mier, SM
5:07.1	Katie O'Connell, Carls
5:12.2	Gloria Martinez, CP

Conversions to 1600 (according to T&F News conversion tables):

5:03.0	Davila
5:07.7	Timinsky
5:12.2	Hall
5:12.5	Kilmer
5:15.4	Komosinski
5:15.7	Schuster



Deanna Sick  
Mt. Carmel



Kerry Kelly-Cochrane  
University of San Diego

5:16.3	Matlack
5:17.0	Sick
5:17.1	Baird
5:18.8	Allen

### 1600:

5:07.9	Desiree Davila, Hill
5:12.0	Dani Schuster, TP
5:13.8	Courtney Allen, RBV
5:16.2c	Stephanie Baird, Hx
5:17.0	Jasmine Marquez, ECp
5:19.7	Loretta Kilmer, Ram
5:19.x	Jenna Timinsky, SDgto
5:21.1	Katie Matlack, Fall
5:21.50	Rebecca Bostwick, UC
5:21.x	Julie Komosinski, TP
5:22.8	Allison Hall, RB
5:23.5c	Rachel Farrior, Hx
5:24.2	Deanna Sick, MIC
5:25.0	Rachel Good, Pow
5:25.1	Ashlee Dere, MIC
5:25.5	Courtney Allen, RBV
5:27.0	Amber Straight, Val
5:27.x	Haley Moore, LJ
5:28.0	Desiree Leek, TP
5:28.10	Nicole Mier, SM
5:28.3	Krista Romley, TP
5:28.7	Kaleena Yee, RB
5:28.x	Sabrina St. Laurent, Ecam

5:31.8	Katie O'Connell, Carls
5:32.2	Shawna Winfrey, WH
5:32.91	Danae Hough, VC
5:32.x	Rose Serna, MB
5:32.x	Brenna Williams, TP
5:33.5	Lorin Scott, SP
5:33.7	Melissa Ramos, Fall
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:

11:12.1	Loretta Kilmer, Ram
11:17.5	Kaleena Yee, RB
11:19.2	Ashlee Dere, MIC
11:27.6	Allison Hall, RB
11:32.5	Chessa Adsit-Morris, UC
11:34.8	Deanna Sick, MIC
11:35.9	Julie Komosinski, TP
11:37.9	Rebecca Bostwick, UC
11:44.1c	Stephanie Baird, Hx
11:46.2	Rachel Good, Pow
11:46.2	Claire Rehmeier, SP
11:46.5	Mishon Stalnaker, Ram
11:47.4	Jasmine Marquez, ECp
11:48.6	Sabrina St. Laurent, Ecam
11:53.1c	Rachel Farrior, Hx
11:56.0	Manal Yamout, MIC
11:57.5	Desiree Leek, LJ
12:00.1	Melissa Moore, RBV
12:00.7	Rose Serna, MB
12:00.9	Melissa Ramos, Fall
12:04.0	Sariah St. Laurent, Ecam
12:06.0	Carly Mecklenburg, TP
12:06.8	Samantha From, SP
12:07.55	Nicole Mier, SM
12:08.2	Laura Cohen, UC
12:09.x	Brenna Williams, TP
12:10.3	Audrey Harrer, MIC
12:10.7	Kristina Maletz, Pow
12:10.7	Bree Justus, RBV
12:10.8	Chandra Farnham, WH
12:13.1	Cindy Walker, GH
12:14.2c	Laura Sanders, Val
12:14.5	Maija Rohde, Fall
12:15.3	Halal Barre, MIC
12:18.0	Mandy Johnson, CP
12:19.5	Jessica Huepper, RB
12:20.0	Pati Romero, East
12:20.7	Dori McGuire, MiraM
12:23.0	Haley Moore, TP

### 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:

15.2	Bryanna Barmer, Hx
15.2	Meggi Afenir, Esc
15.4	Jessica Eggleston, Ecam
15.8	Audrey Pound, Pow
15.9	Morgan Albini, SP
16.2	Kieanna Shannon, Hoov
16.4	Erin Asay, Sweetwater
16.5	Natasha Burton, Morse
16.5	Alie Ribner, TP
16.6	Cheryl Hawkins, Morse
16.7	Brianna White, RB
16.7	Katherine Dostal, WH
16.7	Erica Schim, LCC
16.9	Eva Tanner, Gross
16.9	Laura Maurer, Fall
17.0	Marquita Travis, Braw
17.0	Andrews, Pow
17.0	B. J. Hayes, East
17.1	Lytic Teigen, ECp
17.3	Darcy Fox, WH
17.3	Kuhlow, Coro
17.5	Nini Herron, ECV
17.5	Tiffany Davis, Ecam
17.5	Alex Sims, CV

### 300 Low Hurdles:

45.7	Audrey Pound, Pow
46.06	Bryanna Barmer, Hx
47.1	Jessica Eggleston, Ecam
47.7	Unika Smith, Linc
48.1c	Laura Maurer, Fall
48.2c	Erica Schim, LCC
48.2c	Meggi Afenir, Esc
49.1	Morgan Albini, SP
49.1	Natasha Burton, Morse
49.2	Kristine Schroeder, RB
49.8	Lytic Teigen, ECp
50.1	Melodie Tao, RB
50.1	Gloria Martinez, CP
50.13	Brooke Alvord, VC
50.17	Lauren McCabe, LCC
50.2	Kayleigh Knudson, BV

### 4x100:

Automatic time:

48.94	Morse
50.35	Mt. Carmel
50.81	Helix
51.05	Fallbrook

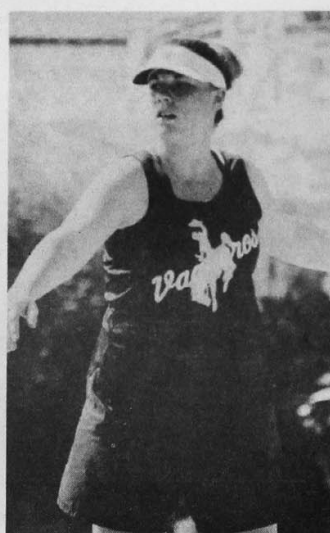
Please see page 12.



Evon Willingham  
Helix



Susana Hodgers  
Chula Vista



Becky Southward  
El Capitan

## Best Marks:

From previous page.

51.45	Rancho Buena Vista
51.45	Chula Vista
51.56	Escondido
51.75	University of San Diego
52.00	San Pasqual
52.04	Serra
52.31	Lincoln Prep
52.66	Vista
52.75	Granite Hills
Hand time:	
49.4	Morse
49.5	El Camino
49.7	Helix
50.1	Rancho Bernardo
50.5	Hoover
50.6	Mt. Carmel
51.1	Rancho Buena Vista
51.2	Fallbrook
51.3	San Pasqual
51.3	Chula Vista
51.3	Eastlake
51.4	Castle Park
51.7	Scripps Ranch
51.7	University of San Diego
51.9	Escondido
52.1	El Cajon Valley
52.1	Poway
52.2	Vista
52.2c	Mount Miguel
52.2	Torrey Pines
52.5	La Costa Canyon
52.5	Valley Center
52.6	Bonita Vista

### 4x400:

4:07.74	Rancho Bernardo
4:08.7	Torrey Pines
4:10.12	Helix
4:11.0	Morse
4:11.1	Poway
4:12.3	Castle Park
4:13.0	University of San Diego
4:13.4	Vista
4:14.2	San Pasqual
4:15.19	Rancho Buena Vista
4:16.0c	Fallbrook
4:17.0	La Costa Canyon
4:18.1	Monte Vista
4:19.4	El Camino
4:19.52	Valley Center
4:19.6	Mt. Carmel
4:20.1	Hilltop
4:20.8	El Capitan
4:21.0	Bonita Vista
4:21.6	Chula Vista
4:21.6	La Jolla
4:22.5c	Mount Miguel
4:22.9	Eastlake
4:23.0	University City
4:23.2	West Hills
4:23.3	San Pasqual
4:23.5	Lincoln

4:23.6 Valley Center

### High Jump:

5-6	Lauren Jones, TP
5-4	Alex Jackson, Carls
5-4	Alexis Tate, RB
5-4	Eva Tanner, Gross
5-3	Misty Brewster, GH
5-2	Megan Bornes, RBV
5-2	Kristen Carlson, SFC
5-0	Leah Cole, VC
5-0	Kate Bartkiewicz, CV
5-0	Kate Brown, SM
5-0	Shelene Gutierrez, RB
5-0	Colleen Walker, TP
5-0	Amonica Phipps, Morse
5-0	Andrea Taylor, BV
5-0	Bamberger, BV

### Pole Vault:

11-6	Molly Pascarella, RB
11-0	Janea Russ, GH
10-6	Betsy Halliburton, TP
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
9-6	Terri Lopez, WH
9-6	Ama Navidi, RB
9-3	Anne Walkush, SR
9-2	Liz Leyvas, RB
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	Jillian Debaros, MiC
9-0	Christina Sloyer, LJ
9-0	Cara Filipowski, Val
9-0	Theresa Acosta, Vista
9-0	Megan Wilkinson, East
8-7	Nichol Kim, RB
8-6	Emily Dennis, LCC
8-6	Laura Betts, RBV
8-6	Julie Strick, WH
8-6	Becky Gausepohl, Fall
8-6	Anasotsia Feihler, VC
8-6	Desiree Dreszer, RB
8-2	Renee Antonacci, Carls

### Long Jump:

17-10.75	Nastassja Hall, RBV
17-1.5	Usha Kuzhippallil, LCC
17-0	Evon Willingham, Hx
16-10	Megan Bornes, RBV
16-10	LaSheena Rice, Morse
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
16-0	Carrie Kaemerle, USD
15-11	Qadriyyah Abdullah, MtM
15-10.25	Sparkle Anderson, Serra
15-10	Yvonne Shammass, Gross
15-9.5	Tesaj Goodman, UC
15-9	Kristie Erna, SP
15-9	Chelsi Bush, Esc
15-9	Misty Brewster, GH
15-8.25	Darcy Fox, WH
15-8	Jackie Manday, CV
15-8	Letijar Crockett, MtM
15-8	Katie Blakely, Esc
15-8	Bre Priest, SP
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
15-2	Kristen Carlson, SFC

### Triple Jump:

36-2	Joy Hannibal, BV
36-0	Megan Bornes, RBV
35-7.25	Jessica Thomas, ECam
35-2	Jessica Eggleston, ECam
34-8	Aiesha Singleton, PH
34-3	Sparkle Anderson, Serra
33-9.25	Jennifer Greene, RB
33-9	Melissa Cornett, WH
33-8.5	Renee McKinney, RBV
33-7	Dani McNeely, LCC
33-0.5	Nadia Salahuddin, Hill
32-9	Laura Maurer, Fall
32-8	Marquita Travis, Braw

### Shot Put:

44-4.5	Aiga Marie Taumua, Sweet
41-2	Carrie Johnson, Fall
39-8	Amber Hood, Morse
39-7	Brianna Makihele, SM
39-1.5	Raeanna Makihele, SM
36-9	Shemika Morris, SR
36-8	Becky Southward, ECP
35-7.5	Kim Griffen, WH
35-1	Crystal Harrell, Fall
34-11	Candace Daung, MiC
34-9	Crystal Barber, Vista
34-6	Marquita Travis, Braw
34-6	Ruby Udeh, Morse
34-5.75	Brittany Moon-Battung, Pow
34-4	Latoya Rickman, Oc
34-0.5	Danielle Mitchell, RBV
33-8	Cynthia Flores, Braw
33-7	Jessica Harris, GH
33-6	Dereld, WH
33-5	Sandra Maginnis, ECP
33-3	Cynthia Sorrell, Vista
33-1	Sarah Smither, SP
33-0	Linea Ruthoven, OG
32-11	Hillaria Mateo, CP
32-11	Rachel Johansen, MontV
32-8	Rebecca Boh, SP
32-5	Cassi Maciejewski, VC
32-5	Kim Villareal, BV
32-4	Whitney DeWeese, RBV
32-3	Cynthia Concha, Sweet
32-1	Jane Fajardo, MiC

### Discus Throw:

140-2	Brianna Makihele, SM
139-10	Carrie Johnson, Fall
121-8	Amber Hood, Morse
117-0	Shannon Young, East
114-4	Alexandra Roy, TP
113-11	Samantha Singley, WH
113-4	Raeanna Makihele, SM
113-1	Latoya Rickman, Oc
109-3	Mandy Schatzinger, Ram
109-2	Aiga Marie Taumua, Sweet
108-10	Whitney DeWeese, RBV
108-5	Danielle Mitchell, RBV
108-3	Lena Fanene, Carls
107-5	Sarah Smither, SP
107-1	Ashley Seilhan, MiC
106-11	Alex Tabas, Carls
105-0	Brittany Moon-Battung, Pow
104-10	Shemika Morris, SR
104-7	Sandra Maginnis, ECP
104-4	Caroline Dessert, Sweet, EC
104-2	Michelle Prentice, Esc
103-10	Hillaria Mateo, CP
103-9	Michelle Singleton, Craw

103-7	Jessica Kondrick, LJ
103-6	Kim Villareal, BV
103-4	Sarah Byrne, Ram
102-10	Kim Griffen, WH
102-8	Crystal Harrell, Fall
101-11	Ruby Udeh, Morse
101-9	Bolles, BV
101-7	Cynthia Concha, Sweet
101-5	Sullivan, Hoov
101-0	Becky Southward, ECP

## Non-standard Relays:

Best Section marks in relays that are not part of dual meet schedule. Only one team per school is listed.

### BOYS:

Marks reported by April 11.

#### 4x200:

1:30.25	Lincoln (Bronco)
1:30.7	Helix (Bronco)
1:31.18	Mt. Carmel (Bronco)
1:32.9	Monte Vista (Titan)
1:33.2	Vista (Bronco)

#### 4x800:

8:24.7	Mt. Carmel (Falcon)
8:28.9	Vista (Bronco)
8:33.1	Escondido (Titan)
8:33.5	Bonita Vista (Eastlake)
8:34.4	Poway (Falcon)

#### 4x1600:

18:57	Sweetwater (LaVerne)
18:57.1	Poway (Titan)
19:04.7	Ramona (Titan)
19:08.3	Mt. Carmel (Titan)
19:24.1	Rancho Buena Vista (Titan)

#### Sprint Medley

(100-100-200-400):

1:36.3	Morse (Falcon)
1:37.2	Mt. Carmel (Falcon)
1:37.4	San Pasqual (Falcon)
1:37.5	Vista (Falcon)
1:38.9y	Helix

y - unconverted yard mark.

#### Sprint Medley

(200-200-400-800):

3:47.2	Bonita Vista (LaVerne)
10:52.5	West Hills (Titan)
10:52.7	Poway (Falcon)
10:53.53	Valley Center (Bronco)
10:54.42	Vista (Bronco)
10:58.0	Mt. Carmel (Bronco)

#### Distance Medley:

10:52.5	West Hills (Titan)
10:52.7	Poway (Falcon)
10:53.53	Valley Center (Bronco)
10:54.42	Vista (Bronco)
10:58.0	Mt. Carmel (Bronco)

#### Shuttle Hurdles

(alternating highs, lows):

59.2	Eastlake (Titan)
59.3	Torrey Pines (Titan)
1:00.7	El Camino (Titan)
1:01.0	University City (Titan)
1:02.0	Valley Center (Titan)

### GIRLS:

Marks reported by April 11.

#### 4x200:

1:46.04	Helix (Eagle Rock)
1:47.94	Mt. Carmel (Bronco)
1:49.1y	Morse (Sweetwater)
1:50.57	Lincoln (Bronco)
1:51.71	San Pasqual (Bronco)

y - unconverted yard mark.

#### 4x800:

10:03.1	Mt. Carmel (Falcon)
10:10.0	Poway (Falcon)
10:11.7	West Hills (Bronco)
10:12.8	Torrey Pines (Titan)
10:13.0	University City (Bronco)

#### 4x1600:

22:20.0	Mt. Carmel (Titan)
22:32.2	Valley Center (Titan)
22:32.6	West Hills (Titan)
22:33	University City (Eagle Rock)
22:47.9	Rancho Bernardo (Titan)

#### Sprint Medley

(100-100-200-400):

1:48.8	Morse (Falcon)
1:54.69	Mt. Carmel FS (Bronco)
1:56.4	San Pasqual (Falcon)
1:56.8y	Helix (Sweetwater)
1:57.2	Lincoln Prep (Eastlake)

y - unconverted yard mark.

#### Distance Medley:

12:52.8	Torrey Pines (Titan)
13:08.2y	Helix (Sweetwater)
13:09.7	Hilltop (Titan)
13:11.1	Mt. Carmel (Falcon)
13:11.58	University City (Pasadena)

y - unconverted yard mark.

#### Shuttle Hurdles

(4x100 hurdles):

(all hurdles 33-inches)

1:07.4	Poway (Titan)
1:09.2	El Camino (Titan)
1:10.9	Fallbrook (Titan)
1:11.0	Torrey Pines (Titan)
1:12.0	Mira Mesa (Titan)