

TRACK MAGAZINE



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The best coverage of local prep cross country



Ryan Skerl, Cooper Bachman
Valley Center



Jessie Ooms, Kristina Nugent, Lidia de Carvalho
University City, Valhalla, University City

CIF Final must be moved

A schedule conflict at Balboa Park's Morley Field will probably force CIF meet organizers to change the site or the date of this year's CIF cross country finals.

The meet was originally scheduled to be held Saturday, November 18.

A meeting on Monday, October 1, between CIF commissioner Dennis Ackerman, meet directors and Balboa Park officials failed to resolve the conflict in scheduling.

St. Augustine coach Jerry Downey, one of the co-meet directors this year, said that the cross country advisory committee will meet next week to consider options.

Among the options are these:

1. Find an alternative site.
2. Keep the site, but change the date to Friday, November 16.
3. Keep the site and date, but drastically alter the course so that it would more closely resemble the city leagues' dual-meet course. That option is only being held open as a last resort.

There is wide-spread support for the second option (changing the date), providing logistics can be worked out.

An informal poll of coaches in leagues around the county, conducted by **Track Magazine**, found that nearly all coaches contacted

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RACE RESULTS:

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CIF Meet:

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preferred to run the normal CIF course at Morley Field.

The Friday date, conflicting with regular school hours, would obviously cause some problems, but most coaches felt that the logistical difficulties could be overcome. Some of them pointed out that other CIF championships are often contested during school hours, without major problems.

A Friday meet time schedule would almost certainly be greatly compacted. One tentative plan would be for the first race to start at about 11 a.m., with successive races held every 30 minutes. In that format, the last race would be concluded before 4 p.m.

One advantage to keeping the CIF course is that the state-

mandated time standards could still be applied. Those time standards (applying to total team times) were first used last year across the state in an effort to allow a few extra quality teams into the state meet.

Under the formula, a team that meets a certain standard can qualify for the state meet even if they do not finish in this section's normal allotment of two teams per race. Last year, one local team, the Mountain Empire girls, qualified as a third team in Division V.

Any meet conducted on an alternative course (or a different Balboa course) would not be able to use the time-standard formula.

Among the alternative sites mentioned by various parties were Kit Carson Park, Guajome Park, Rohr Park and UCSD. With only six weeks left to the CIF weekend, it could already be too late to reserve any of those facilities, some of which get heavy weekend

recreational use.

Some of those sites have other significant problems as well. The Kit Carson course narrows down very quickly to sidewalk width, making it an impractical place to stage races that will have as many as 22 teams.

Guajome Park has very limited parking, is not a great spectator course, and it is located at an extreme corner of the county, increasing travel distances significantly for many schools. Too, that course also narrows very quickly to a single-lane dirt road.

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Young Guns Impacting Boys Teams

There are a lot of excellent young runners populating the rosters of the section's cross country teams this year.

A strong group of freshman runners made an impact last year, and another good group is making their presence felt this year, with a number of ninth-graders holding down positions in the scoring packs of top county teams.

If we were talking about girls teams, this would not be news. We are, however, referring to local boys teams.

It is too soon to make the case that either this year's freshmen or last year's freshmen (this year's sophs) will rival the class of 2000, which was among the best group of runners ever produced locally.

That class included Travis Laird, Evan Fox, Justin Neuroth, Matt McInvale, Jon Rankin, Josh Pope, Sean Ricketts, Ryan Moorcroft and many others of note. Among that group was a state cross country champion (Laird, who also was a Footlocker national finalist), a state track 1600 champ (Fox), and runners that formed the core of last year's Mesa College state champs (Ricketts, Moorcroft, Blake Swier).

But many of the newcomers are making an impact.

Last year's freshman group was more of a high-profile type of class, with talents such as Helix's Babey Wagnew, Mar Vista's Troy Swier, and La Jolla Country Day's Tyler Middleton. That group has continued to improve this year, and they usually win any race they enter.

Swier ran 4:25 for 1600 as a freshman, and Middleton ran 4:27. Both are excellent ninth-grade times.

There is another wave of sophs behind them that are moving well up the roster of good teams.

This year's wave of freshmen might not have the top-level firepower, but there seems to be more depth, and many good teams have a newcomer or two in a key position.

The Palomar League, especially, has a lot of young talent.

Rancho Buena Vista, the team winner at South Bay last month, has two freshman, Augustine Mateo and David Phelps, and one soph, Mark Mena, in its top four runners.

Rancho Bernardo is upgraded this year, with sophs Brett Thomason and Andre Castillo, and freshman Mike Spitz.

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Young Guns:

From previous page.

Poway's core is a trio of sophs, including Pat McCarthy, Gavin Coleman and Darin Lyons-Quirk.

Vista is a young team, with sophs Ryan Richter and Aaron Gonzalez and frosh Chris Jacobs in their scoring group.

Even top-ranked Mt. Carmel has some youngsters. Freshman Tim Cunningham is sometimes among their best five, and they are also counting on sophs Jared Secrist, Dominick Dowds and Jonathon Dunn to firm up the pack by the end of the year.

An improved Torrey Pines team has soph Ryan Graddy and

freshman C. J. Hersh in the mix.

Around the section, there are talented sophs and frosh everywhere.

Valhalla has two sophs, Vernon Harris and Ryan Dial, in their top five.

La Costa Canyon has a pair of ninth-graders, Matt Shaughnessy and Ramsey Ali, making an impact.

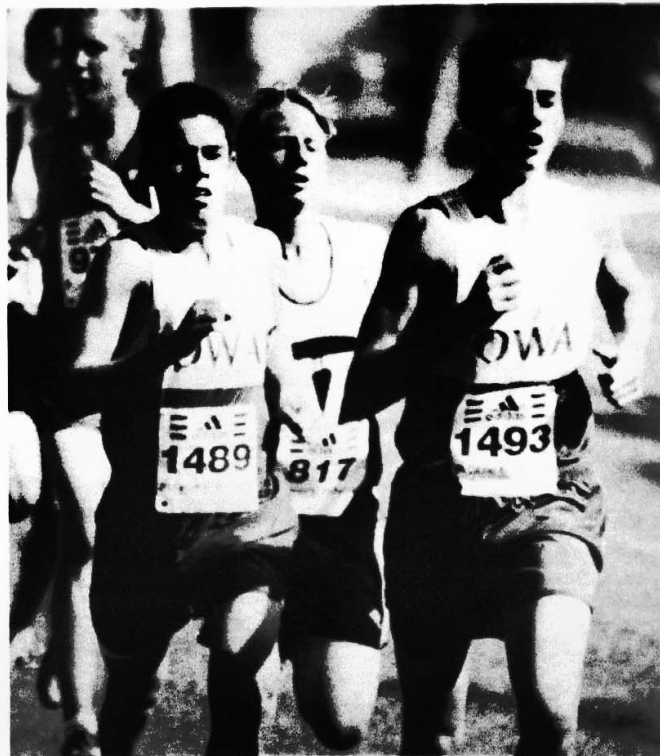
Montgomery's top runner is soph Hector Mardueno.

La Jolla's number two runner is soph Paul Coover, and soph Blaine Hallor is also high on the roster.

Patrick Henry has a freshman, Kyle Bruser, near the front of their pack.

Coronado's number one runner is freshman Jake Ruzevich.

A good San Marcos team has sophs David Bielicki and Oscar Ignacio and freshman Chris Drozd making contributions.



Pat McCarthy, Aaron Richter, Gavin Coleman
Poway, Vista, Poway

BOYS:

1. Mt. Carmel
2. University City
3. Vista
4. Poway
5. Rancho Buena Vista
6. Scripps Ranch
7. Chula Vista
8. West Hills
9. Valley Center
10. San Marcos

OTHERS:

Fallbrook
Valhalla
Helix
Hoover
Rancho Bernardo
Division IV:
Coronado
Division V:
Calvin Christian

GIRLS:

1. San Pasqual
2. University City
3. Rancho Bernardo
4. El Camino
5. Bonita Vista
6. Torrey Pines
7. La Costa Canyon
8. Fallbrook
9. West Hills
10. Rancho Buena Vista

OTHERS:

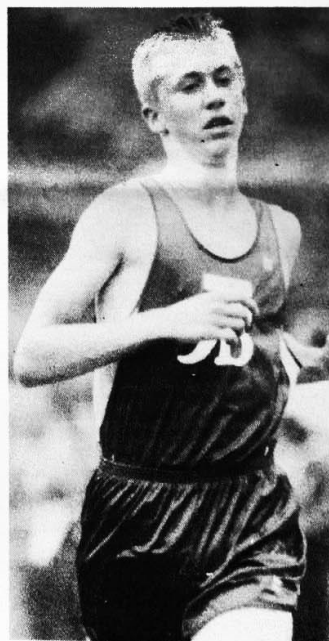
Helix
Valley Center
Poway
Chula Vista
Mt. Carmel
Division IV:
La Jolla Country Day
Division V:
Julian



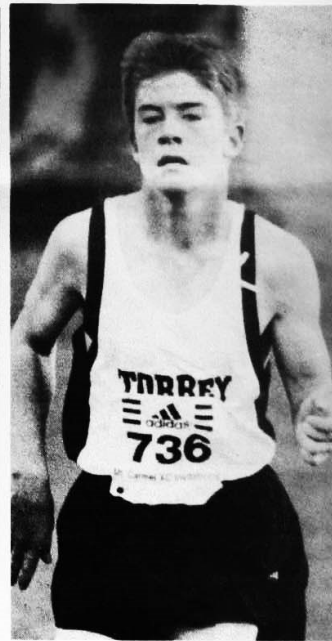
Ross Halleland
The Pack are eighth.



Belinda Oberum
RB is number three.



Brett Thomasson
Rancho Bernardo



C. J. Hersh
Torrey Pines

A much improved Lutheran team has freshman Theo Kociencki in the number one slot.

Top ten team Chula Vista has soph Daniel Medrano in its top five.

Monte Vista's number two man is soph Zack Norcross.

Orange Glen's top runner in some meets has been freshman Daniel Hernandez.

San Pasqual is rebuilding, and counting on freshman Thomas Whitcomb and sophs David Paradise and Fernando Alvarez.

Ramona's team has soph Francisco Rodriguez in its top group.

Valley Center is hoping soph John McGlynn will upgrade their pack by the end of the year.

El Capitan's number two runner is soph Hector Gutierrez.

Santana soph Josh Young is pushing his way up the roster.

Soph Robert Hernandez might make his way into the West Hills top five by November.

One of Brawley's best prospects is freshman Jesus de Dios.

More young talent will continue to rise to the top as the season continues.

Early Duals: Few easy wins as teams get going

Highlights from some of the early dual meet action:

Palomar League:

The first week of duals was, as advertised, no cakewalk for anybody. There are simply no weak teams in the league, in boys or girls.

BOYS:

Poway, on their home course, beat Rancho Bernardo, 26-29. Luke McGinnis and Pat McCarthy went 1-2 for the Titans, but RB had four of the next five finishers to keep it close.

Mt. Carmel, at home, beat Rancho Buena Vista, in a meet that RBV coach Tom Lux characterized as, "closer than it looked." The Sundevils had a strong front end, but it was counteracted by the RBV pack.

Vista, at Guajome Park, beat a good Torrey Pines team, 24-31, although the Falcons had the individual winner in Navid Hassanzadeh.

GIRLS:

Rancho Bernardo had to work hard to get past Poway, 26-29. The Broncos went 1-2-4 on the Titans, with Allison Hall, Lindsay delaMontaigne and Belinda Oberum, but Poway answered back with 3-5-6-7-8, before Dana Gersten and Jessica Huepper shut the door in 9th and 10th.

Torrey Pines used Dani Schuster and Krista Romley to go 1-2 on Vista, and their great depth kicked in after two Vista runners were third and fourth.

RBV beat Mt. Carmel in the



Erica Lopez
Vista



Chandra Farnham
West Hills



Haji Hassan
Hoover

other league action.

Avocado League:

BOYS:

San Marcos' boys edged Fallbrook, 26-29, on September 28, on the Fallbrook campus course. Knight senior David Ignacio ran 16:49 for the 3.1 miles.

Carlsbad put together a good pack to beat El Camino at Hosp Woods, despite the Wildcats having the individual winner, Tom Ostler.

GIRLS:

Fallbrook was an easy winner over San Marcos, 19-43, as Katie Matlack ran 16:36 for 2.7 at Fallbrook.

El Camino had an unexpectedly tough time edging Carlsbad, 27-29, last week. Carlsbad has a tough home course, and has been starting to return people from the injured list.

Valley League:

BOYS:

The big upset was San Pasqual's 28-31 win over Ramona at San Diego's Country Estates.

Ramona's Jon Shellhammer won the race, with teammate Carlos Sanchez right behind, but after that, "everything that could go wrong, went wrong," for Ramona, according to San Pasqual coach Pat King.

Valley Center turned a few heads when they soundly beat Escondido, 19-38 last week, at Valley Center's campus course. The Jaguars, highly rated in the pre-season, had been off to a slow start this year. In fact, Escondido had beaten them at the recent South Bay Invite. But the Jags are rounding into shape, and may be getting ready to move up in the county's top ten rankings.

GIRLS:

San Pasqual, the county's top-ranked team, won big over Ramona, 19-44.

Valley Center, starting to hit their stride, was well ahead of Escondido, 19-44.

Orange Glen beat Oceanside, 24-37, at Guajome Park, although the Pirates had the race winner in Nancy Enriquez.

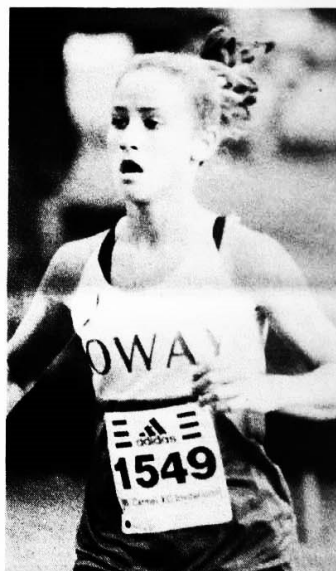
Western League:

BOYS:

Only one three-way meet by press time, but Hoover looked very good in beating good St. Augustine and University of San Diego teams. Cardinal Solomon Kumbi ran a very fast 15:48 on the 3.0-mile Morley Field Western League course. The Saints edged Uni, 26-29. So Hoover is off to a 2-0 start in this rugged league.

GIRLS:

USD beat Our Lady of Peace and Hoover in a three-way meet. Race winner was Anne-Marie Byrne, with 20:24 for 3.0 miles. The other Western teams ran later in the week, after press time.



Melanie Bried
Poway

Grossmont South League:

BOYS:

Valhalla may have caught Helix looking ahead to the Stanford meet when they beat them, 23-33, on September 26.

GIRLS:

Helix won big over Valhalla, 21-39, with Stephanie Baird winning the race.

Grossmont North League:

BOYS:

West Hills beat El Capitan, 17-47, and Santana beat Grossmont, 24-31, to kick off league action.

GIRLS:

West Hills went 1 through 5 against El Capitan at Lindo Lakes.

Grossmont's girls, behind Casey Root's win, were 17-44 winners over Santana.

Mesa League:

TRACK MAGAZINE

EDITOR: BUZZ THOM
PHONE: 760-765-1914
FAX: 760-765-3185

MAIL: P.O. BOX 2276, JULIAN, CA 92036

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Amber Straight
Valhalla

Duals:

From previous page.

BOYS:

Sweetwater and Bonita Vista are off to 1-0 starts, with a pair of 18-45 wins over Montgomery and Southwest, respectively.

GIRLS:

Bonita Vista perfect scored Southwest, 15-50, and Sweetwater was easy over Montgomery, 20-41.

South Bay League:

BOYS:

Mar Vista beat Hilltop, 24-32, on the MV beach course. Marian Catholic topped Castle Park, 26-31.

GIRLS:

Hilltop took the top five spots in beating Mar Vista, 15-46, at the beach. Castle Park was a 17-46 winner over Marian Catholic.

Harbor League:

BOYS:

Coronado topped Clairemont, 20-39, and may have already wrapped up the Harbor title. The Harbor uses duals only to decide its championship, and Clairemont seemed to be the most viable rival for the Islanders as the season began.

Southern League:

GIRLS:

Julian used its depth to beat a front-loaded Mountain Empire team on the Julian campus course. The Eagles' Nicole Bastian scored a key second in the race, and Julian used their pack to knock back the Redhawk four/five runners. The meet was decided by a tie-breaker, with Julian's Addie Villalobos being the best sixth runner.

Stanford:

Jenna second fastest

The local story at this year's Stanford Invitational was Jenna Timinsky.

The San Dieguito Academy senior was the second fastest girl in any race at the prestigious invitational, which often attracts top talent.

Corona Del Mar's Julie Allen ran 18:06 on the slowish, 3.1-mile golf course to beat Timinsky, who ran 18:17.

Mission Bay's Rose Serna was third in the race, at 19:16.

Best effort by a local boy was Helix soph Babey Wagnew's second place finish in the Division II race, at 16:12.

The results:

At Palo Alto, Saturday, September 29.

BOYS:

Best of local entrants:

16:12 Babey Wagnew, Helix
16:36 Taylor Williams, Hx
16:46 William Kraemer, Saratoga
17:02 Kip Madden, Valhalla
17:47 Vernon Harris, Val
18:03 Garrick Frew, Hx
18:13 Corey Barefield, Val
18:15 Drew Tidmore, Hx
18:16 Asmara Ogbai, Hx
18:20 Robert Raney, Val
NOTE: Kraemer of Saratoga formerly attended Army Navy Academy of Carlsbad.

Teams:

Division I: Valhalla, 19th, out of 40 teams.
Division II: Helix, 6th, out of 33 teams.

GIRLS:

Best of local entrants:

18:17 Jenna Timinsky, SanDiegoA
19:05 Stephanie Baird, Hx
19:16 Rose Serna, Mission Bay
19:57 Kristina Nugent, Val
20:41 Rachel Farrior, Hx
20:54 Olga Gorobets, Hx
20:56 Amy Johnson-Westlie, Hx
21:08 Amber Straight, Val
21:38 Leah Brucker, Hx
21:53 Alicia Nugent, Val
22:47 Carrie Pinnell, Val
NOTE: Timinsky was second in her race to Julie Allen, Corona del Mar, who ran 18:06. Timinsky's time was second fastest of day in all races.

Teams:

Division I: Valhalla, 18th, out of 38 teams.
Division II: Helix, 8th place.

Dana Hills: Abadir, Allison Hall blast course

San Diego Section runners, led by Mt. Carmel's Abadir Barre, Helix's Babey Wagnew and Rancho



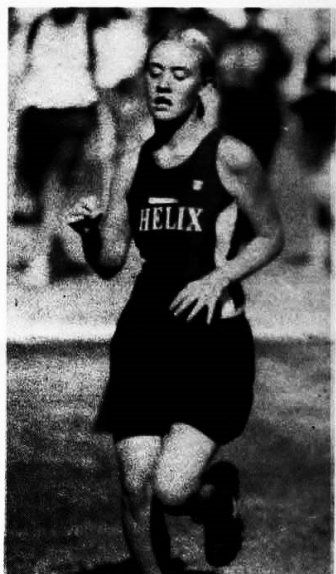
Taylor Williams
Helix



Tim Cunningham
Mt. Carmel



Chris Jacobs
Vista



Amy Johnson-Westlie
Helix

Bernardo's Allison Hall, looked great at Dana Hills last month.

Everybody runs fast at Dana, but the locals were among the fastest of the fast.

Barre, who is continuing an impressive string of races, was the fastest boy in any race, in any division. He ran 14:44 to win the Division I senior race, and teammate Alan Aradanas was second, at 14:59.

Hall, who has run up against outstanding fields in one race after another, upped her level by winning the Division I senior girls in a quick 17:28. She beat Mt. Carmel's Deanna Sick, who was second in 17:59, and Chula Vista's Sophia Marquez, who stumbled and did not finish the race. RB teammate Belinda Oberum was fifth in that race, at 18:30.

Other race winners:

Helix's Babey Wagnew won the Division I boys soph race in a

quick 14:52, more than a minute ahead of the runner-up. Poway's Pat McCarthy was third in that race, in 16:02, and Vista's Aaron Gonzalez was fifth, in 16:06.

RB's Lindsay delaMontaigne won the Division I frosh girls race in 18:13. Poway's Melanie Bried was fourth in that race, at around 19 minutes, but a timing malfunction lost many of the results.

Mt. Carmel's Halah Barre, rounding into form, won the Division I girls soph race, in 18:09. Poway's Rachel Good was third, in 18:20.

Mt. Carmel's Tim Cunningham won the Division I frosh boys race in 16:05, and Vista's Chris Jacobs was 4th in 16:20. Jacobs beat Cunningham in a grade level race at Mt. Carmel's invite a week earlier.

La Jolla's runners had some success in Division III. Ryan Abelowitz won the D-III senior

Please see page 6.

Dana Hills

From previous page.

race in 16:00, and teammate Paul Coover won the D-III soph race, clocking 16:16. La Jolla's Liz Edwards was second in the D-III junior/senior race, running 19:54.

Hilltop's Claudio Melvin was impressive in winning the Division II frosh boys race in 16:48. Teammate Selina Munoz was fifth in the Division II frosh girls race, running 19:46.

In total team times, Mt. Carmel's boys team had the second fastest group in the meet, totaling 77:30. El Toro was the fastest team, at 77:14.

Rancho Bernardo's girls had the fifth fastest team, at 93:25, behind Peninsula, Woodbridge, Dana Hills and Yucaipa.

The results:

At Dana Hills High School, Saturday, September 22. Course is flat and very fast.

Best results from San Diego

Section entries:

(Results collated from grade level races in three divisions.)

(NOTE: Timing malfunction in Division I frosh girls race; some times recovered.)

BOYS:

14:44 Abadir Barre, MtC, 12
14:52 Babey Wagnew, Hx, 10
14:59 Alan Aradanas, MtC, 12
15:23 Luke McGinnis, Pow, 12
15:36 Andres Padilla, CV, 12
15:40 Taylor Williams, Hx, 12
15:44 Miguel Villareal, Vista, 11
15:45 Adam Goldberg, MtC, 11
15:49 Ysmael Miranda, CV, 12
15:53 Dan Tanks, RB, 12
15:55 Nick Salomone, Vista, 11
15:56 Justin Zelones, ScRch, 12
15:57 Scott Perry, ScRch, 12
15:57 Elliott Davey, MtC, 11
16:00 Ryan Abelowitz, LJ, 12
16:02 Pat McCarthy, Pow, 10
16:03 Dan Blomgren, ScRch, 11
16:05 Joe Aguilar, Vista, 12
16:05 Tim Cunningham, MtC, 9
16:06 Aaron Gonzales, Vista, 10
16:09 Patrick Maloney, Pow, 11
16:16 Paul Coover, LJ, 10
16:19 Andrew Friend, Vista, 12
16:20 Chris Jacobs, Vista, 9
16:22 Mike Rentz, MtC, 12
16:23 Garrett Bishop, Swest, EC, 12
16:24 Luis Zepeda, Clxco, 12
16:24 unid., Poway, 10
16:25 unid., Poway, 10
16:26 Daniel Medrano, CV, 10
16:27 Brett Thomason, RB, 10
16:28 Asmara Ogbai, Hx, 12
16:29 Justin Harms, Hill, 11
16:31 Sal Acevedo, Swest, EC, 12
16:32 Mike Baddas, Vista, 11
16:33 Chris Lancaster, ScRch, 11
16:34 Matt McAlexander, Pow, 12
16:35 Dan Coronado, ScRch, 11
16:36 Apolinar Mariscal, CV, 12
16:37 Josh Berg, Vista, 11
16:38 Jared Secrist, MtC, 10
16:39 Ryan Richter, Vista, 10
16:39 Junior Ortega, Vista, 11
16:39 Dustin Wallstedt, ScRch, 12
16:41 Mike Padilla, Clxco, 12
16:42 Jesus Mariscal, CV, 12
16:44 Matt Shull, Vista, 12
16:44 Garrick Frew, Hx, 10
16:44 Gabe Mares, LJ, 12
16:45 Doug Fulp, Swest, EC, 11
16:46 Mike Maheu, MtC, 12
16:47 Chris Allison, RB, 11
16:48 Drew Tidmore, Hx, 11
16:48 Claudio Melvin, Hill, 9
16:51 Dominick Dowds, MtC, 10
16:52 Dennis Higgins, CV, 12

16:52 Tommy Hazelwood, Hill, 11
16:53 Tyler Campbell, Vista, 11
16:54 Andre Castillo, RB, 10
16:54 Matt Leetch, RB, 11

TEAM TIMES:

Times of fastest five runners in all races, top local teams.

77:30 Mt. Carmel
80:09 Vista
80:23 Poway
80:32 Helix
81:04 Scripps Ranch
81:09 Chula Vista

GIRLS:

17:28 Allison Hall, RB, 12
17:59 Deanna Sick, MtC, 12
18:09 Halah Barre, MtC, 10
18:13 Lindsay deMontaigne, RB, 9
18:20 Rachel Good, Pow, 10
18:30 Belinda Oberum, RB, 12
18:41 Rachel Farrior, Hx, 11
18:53 Tracie Wooster, Pow, 10
18:59 Amy Westlie-Johnson, Hx, 11
19:08 Olga Gorobets, Hx, 11
19:08 Leah Brucker, Hx, 11
19:17 Janet Ramirez, Vista, 11
19:20 Erica Lopez, Vista, 12
19:20 Alison Hilton, MtC, 11
19:26 Emily Melendrez, Pow, 11
19:27 Lynn Hernandez, CV, 12
19:27 Monica Lane, RB, 11
19:30 Nelly Hernandez, 12
19:43 Vanessa Castillo, ScRch, 11
19:43 Kristina Velasco, ScRch, 11
19:45 Jackie Mandy, CV, 11
19:46 Selina Munoz, Hill, 9
19:47 Whitney Kuptz, RB, 11
19:49 Mary Pena, Hx, 11
19:49 Kristin Wherle, LJ, 10
19:51 Jessica Huepper, RB, 11
19:54 Liz Edwards, LJ, 12
19:56 Darla Reader, CV, 12
19:57 Jessica Schenk, Pow, 11
20:01 Whitney Cleveland, Hx, 10
20:03 Amy Vasko, MtC, 12
20:04 Brittany Pierce, MtC, 11
20:06 Amanda Cummings, SR, 11
20:10 Johanna Suasa, CV, 11
20:11 Cassie McLean, Vista, 10
20:11 Ahnie Draper, RB, 9
20:13 Michelle Jensen, Hx, 11
20:13 Manda Beatty, SR, 9
20:15 Siobhan Warren, Hx, 10
20:19 Lupe Lopez, Hill, 12
20:24 Kalyon Olson, LJ, 11
20:24 Anna Anderson, LJ, 9
20:26 Joana Garcia, Clxco, 12
20:26 Natalie Gattrell, ScRch, 11
20:27 Mandy Brown, Pow, 12

TEAM TIMES:

(Total of five fastest times, all races; top local teams.)

93:25 Rancho Bernardo
95:35 Mt. Carmel
95:45 Helix
97:03 Poway
98:48 Chula Vista

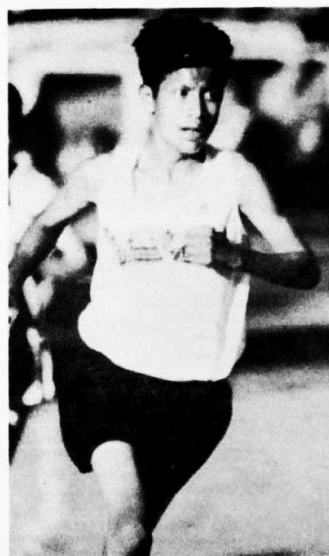
South Bay: Troy, Dani, Pasqual, RBV win

The South Bay Invitational is usually an early season transition point, when teams begin to turn the corner from early season to mid-season racing form.

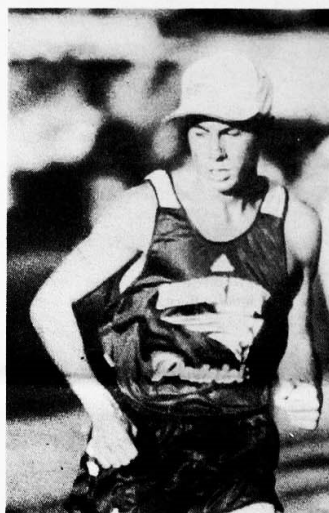
The sharpest looking teams were San Pasqual's girls and Rancho Buena Vista's boys.

Best looking individuals were Mar Vista soph Troy Swier and Torrey Pines soph Dani Schuster.

Swier beat Point Loma's Eric Dunn, among others, running 16:10 on the relatively slow course. Rohr Park was reconfigured to



Augustine Mateo
Rancho Buena Vista



Kyle Bruser
Patrick Henry

include an extra hill, and it's not a fast course in any case.

Schuster battled with Fallbrook's Katie Matlack, San Pasqual's Claire Rethmeier and RBV's Courtney Allen for most of the race before pulling away just before the finish.

San Pasqual beat a strong field in the girls varsity, scoring 52 points. Six of the section's top ten teams were in the field.

RBV's young boys team was a bit of a surprise winner in the boys race, besting quality teams like West Hills, Escondido, Valley Center, Fallbrook and Torrey Pines.

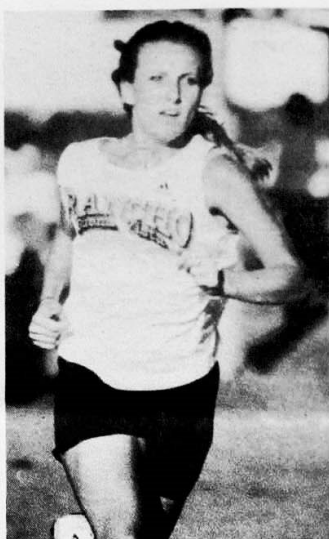
There really was not a lot of deadwood in either field, partly because of the adjustments made by meet director Tim Latham.

Latham lost the use of the normal South Bay site, Southwestern College, for at least this year. It forced him to rethink the meet, which usually features about 30 teams in two divisions.

The alternative site, Rohr Park, was only available on Friday, so Latham had to reduce the field to one division of 16 teams. Because he wanted to fill out all the races,



Kate Branson
Bonita Vista



Courtney Allen
Rancho Buena Vista

he extended invitations to schools with large teams, which usually also happen to be quality programs. The result: plenty of good teams.

In fact, the depth of quality probably caught a number of teams and athletes by surprise. Teams

Please see page 7.

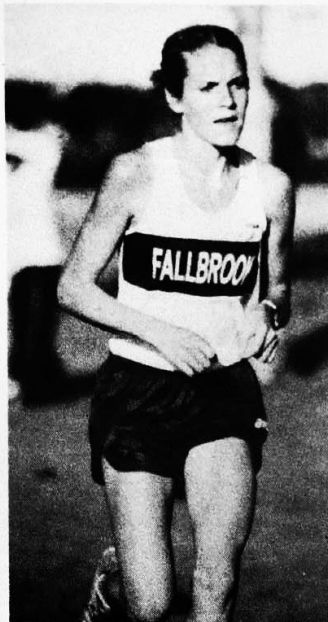
The Track Mag website

For deeper results of these meets, and for timely results of meets still to come, please check the **Track Magazine** website.

The website has in-depth meet results, archives of results from previous years, and links to sites such as CalTrack, which have meet results from around the state.

The website also includes a bulletin board where runners, coaches, parents and fans exchange ideas and information.

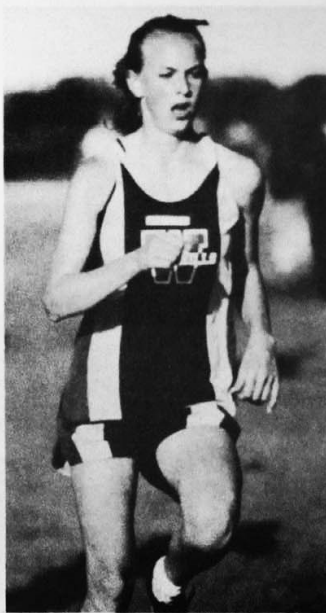
The website:
www.crowncity.com/sdtrackmag



Katie Matlack
Fallbrook



Luke Pepin
Granite Hills



Elaine Gillespie
West Hills

South Bay

From previous page.

that habitually start slow were caught far back in the pack, and nobody was slowing down.

RBV's boys had by far the best pack, ranging 0:47 seconds from one to five. Freshman Augustine Mateo (9th), junior Troy McAdams (10th), soph Mark Mena (14th), frosh David Phelps (15th), and junior Artemio Mateo (29th) were the scorers.

West Hills' boys looked to be rounding into shape, taking second in the team race, led by Ross Halleland (3rd) and Kevin Schible (5th). Escondido surprised some by taking third, ahead of league rival Valley Center.

San Pasqual's girls were led by soph Rethmeier in 3rd. She was supported by soph Lorin Scott (9th), soph Samantha From (10th), freshman Brooke Kerby (14th) and soph Erica Bender (16th).

Bonita Vista's girls were second in the strong field, just ahead of Torrey Pines.

The results:

At Rohr Park, Friday, September 21. Course was different than Rohr courses used in other meets. One important difference was the inclusion of the hill on the second loop, which slowed times noticeably. Weather: sunny, but temperatures moderate.

BOYS (3.1 miles):

Varsity:

Teams: Rancho Buena Vista 78, West Hills 126, Escondido 134, Valley Center 139, Fallbrook 164, Torrey Pines 174, Bonita Vista 185, Point Loma 202, Sweetwater 220, Granite Hills 241.

TEAM TIMES:

(Total time of fastest five runners)
85:46 Rancho Buena Vista
86:35 West Hills
87:20 Escondido
87:21 Valley Center
88:03 Fallbrook

88:07 Torrey Pines
88:43 Bonita Vista

Individuals:

16:10 Troy Swier, MarV
16:23 Eric Dunn, Ptl
16:36 Ross Halleland, WH
16:41 Jon Cordes, Esc
16:41 Kevin Schible, WH
16:45 Alex Casarez, Fall
16:48 Navid Hassanzadeh, TP
16:52 Brian Bradshaw, Ptl
16:53 Augustine Mateo, RBV
16:56 Troy McAdams, RBV
16:58 Luke Pepin, GH
17:06 Cooper Bachman, VC
17:06 Ryan Skerl, VC
17:09 Mark Mena, RBV
17:11 David Phelps, RBV
17:12 Jose Guardado, SWE
17:14 Shea Rollin, PH
17:14 Eladio Carrillo, GH
17:16 Kyle Bruser, PH
17:17 Tony Illig, VC
17:17 Ryan Graddy, TP
17:21 Bonita Vista
17:24 Rey Ramirez, Carls
17:25 Tim McKeon, WH
17:26 Stephen Servis, Esc
17:32 Ben Lupercio, Fall
17:32 Bonita Vista
17:35 Shane O'Connor, Esc
17:37 Artemio Mateo, RBV
17:38 Tim Irwin, Fall
17:38 Escondido
17:39 Michael Bell, WH
17:41 Dustin Boyer, Sweet
17:44 Alex Fontaine, Fall
17:45 Michael Valdez, BV
17:46 Vernon Ng, EL
17:46 Zach Avallone, EL
17:46 Adam Torpey, Ptl
17:47 Jared Morasco, VC
17:47 Rancho Buena Vista
17:49 Torrey Pines
17:51 Trevor Mulvey, Carls
17:52 Thomas Whitcomb, SP
17:56 Jesus Perez, MarV
17:56 Samuel Zapata, Sweet
18:00 Josh Wieberg, Esc
18:00 Torrey Pines
18:01 Bryan Perez, RBV
18:02 James Serratos, BV
18:02 Brent Yarga, SP
18:02 Sweetwater
18:03 Bonita Vista
18:03 Luke Gilbert, Esc
18:05 Fernando Alvarez, SP
18:05 John McGlynn, VC
18:08 Brett Bayles, Esc
18:10 Eric Konzen, SP
18:13 Robert Nachtsheim, TP
18:14 Ryan Johnson, Carls
18:16 Justin Dredge, TP
18:16 David Paradise, SP
18:18 Mike Cunningham, WH
18:18 Kyle Tabler, PH
18:19 Josh Ellis, Ptl
18:22 Josh Andre, SP
114 Finishers.

Frosh/Soph:

18:18 Robert Hernandez, WH
18:32 Eric Miller, RBV
18:33 Alec Petros, RBV
18:34 Kyle Kincaid, TP
18:48 Steve Mathis, WH

Junior Varsity:

18:02 Mark Lonac, TP
18:14 Yuh-Kun Kawakami, TP
18:18 John Cleveland, Sweet
18:21 Phillip Zubkis, BV
18:23 Bonita Vista

GIRLS (2.5 miles):

VARSITY:

Teams: San Pasqual 52, Bonita Vista 82, Torrey Pines 88, Fallbrook 112, West Hills 133, Rancho Buena Vista 167, Valley Center 194, Eastlake 218, Patrick Henry 262, Carlsbad 277.

TEAM TIMES:

(Total time of fastest five runners)

81:33 San Pasqual
82:42 Bonita Vista
82:42 Torrey Pines
83:36 Fallbrook
85:08 West Hills
85:25 Rancho Buena Vista

Individuals:

15:28 Dani Schuster, TP
15:37 Katie Matlack, Fall
15:41 Claire Rethmeier, SP
15:46 Courtney Allen, RBV
15:59 Christine Burke, PH
16:07 Kate Branson, BV
16:09 Kristen Gonzalez, BV
16:14 Elaine Gillespie, WH
16:15 Lorin Scott, SP
16:22 Samantha From, SP
16:24 Tiffany Caddell, BV
16:30 Maija Rohde, Fall
16:33 Chandra Farnham, WH
16:37 Brooke Kerby, SP
16:37 Carly Mecklenburg, TP
16:38 Erica Bender, SP
16:39 Allie Willis, SP
16:41 Brenna Williams, TP
16:41 Anna Hough, VC
16:44 Laura Guzman, Esc
16:45 Morgane Sigaud, BV
16:49 Pati Romero, EL
16:54 Jennifer Dowthit, SP
16:56 Melissa Ramos, Fall
16:56 Danae Hough, VC
16:57 Taylor Penrod, TP
16:58 Kristen Buono, PH
16:59 Krista Romley, TP
17:01 Ashley Orr, TP
17:05 Cindy Walker, GH
17:08 Brenda Perkins, RBV
17:10 Rebecca Sale, VC
17:11 Silvia Romero, EL
17:12 Nastassja Hall, RBV
17:14 Christina Metzler, Fall
17:16 Bree Justus, RBV

17:17 Kayleigh Knudson, BV
17:18 Brittany Postema, Esc
17:19 Christina Eads, Fall
17:20 Lynette Simonds, WH
17:26 Alisha Schor, TP
17:30 Joanne Southard, WH
17:31 Janae Dale, WH
17:33 Camille Hall-Barry, Ptl
17:34 Sarah Schertzer, Carls
17:34 Kiersten Dolby, BV
17:35 Mercedes Razo, EL
17:38 Nettie Holt, Fall
17:40 Megan Harpold, Carls
17:41 Lizette Villasana, Sweet
17:44 Jackie Dale, WH
17:45 Michelle Wilkinson, VC
17:46 Kristin Woodward, Carls
17:48 Jackie Paras, EL
17:49 Mallane Dressel, Carls
17:50 Rachel Bombaci, Ptl
17:50 Alicia Moore, GH
17:53 Jane Sanchez, Esc
17:53 Krystine Cuaresma, OLP
17:56 Julia Floresta, EL
18:02 Sara Reid, Ptl
18:03 Danielle Kramer, RBV
18:06 Kristen Milliken, BV
18:17 Janelle Daniel, EL
18:18 Allison Harden, Ptl
103 Finishers

Junior Varsity:

17:06 Hailey Moore, TP
17:26 Amy McCaslin, TP
17:28 Michelle Denham, Fall
17:48 Tessa Conner, TP
17:51 Kaelin Madamba, TP
17:54 Jazel Caraballo, RBV
17:56 Sarah Clark, TP
18:04 Nicky Galloway, SP
18:05 Holly Kincaid, TP
18:14 Julie Coy, TP

Mt. Carmel

Jenna now right behind Mortensen

San Dieguito Academy's Jenna Timinsky made a serious run at the fastest time ever at the Mt. Carmel/Movin' Shoes Invitational last month.

Timinsky, competing at mid-afternoon in the small school senior girls race, was alone from the opening gun, er, siren. She moved purposefully and smoothly over the Morley Field course, and won in 14:58 for the approximately 2.6 mile distance.

She just missed matching the fastest time ever on the Mt. Carmel/Morley Field course, which is 14:55, set in 1995 by Kim Mortensen of Thousand Oaks.

Mortensen is one of the all-time great preps, with a national cross county championship and a national record in the 3200 meters to her credit.

That's pretty fast company for Timinsky, who now has to be regarded seriously as a potential Footlocker cross county finalist.

In late summer, word began to circulate that Timinsky was, "fitter than I've ever seen her," in the words of one coach. Indeed.

Other highlights included:

Host school Mt. Carmel's Abadir Barre (15:09) and Alan

Please see page 8.

Mt. Carmel

From previous page.

Aradanas (15:22) going one-two in the large school senior race.

Hoover's Solomon Kumbi easily winning the small school senior race in 15:41, with a 0:36 second margin of victory.

Mar Vista's Troy Swier won the small school soph race in 15:44, with a 1:05 cushion.

Rancho Bernardo's Brett Thomason won the large school soph race in 16:29, ahead of a flood of good Palomar League sophs.

Palomar boys also dominated the large school frosh race, with Vista's Chris Jacobs outdueling Mt. Carmel's Tim Cunningham in 16:24. Both athletes were among their teams' five fastest of the day.

In a Grossmont showdown, Valhalla's Kip Madden beat El Cap's Benny Gandolfo in the small school junior race, running 16:09.

Patrick Henry's Kyle Bruser took the small school frosh race, as locals won seven of the eight grade level boys races.

Best girls races included the large school seniors, where Chula Vista's Sophia Marquez (15:53) outran Mt. Carmel's Deanna Sick, RB's Allison Hall and El Camino's Sabrina St. Laurent.

The large school soph race was also top quality, with Torrey's Dani Schuster running 15:48 to beat El Camino's Sariah St. Laurent.

RB's Lindsay delaMontaigne was impressive in a one-sided win, taking the large school frosh race in 16:05.

San Pasqual, with a strong soph core, put on a show in the small school soph girls, with Claire Rethmeier winning in 16:08. The Golden Eagles also took second, fourth and fifth in the race.

The results:

At Morley Field, Balboa Park, Saturday, September 15. Course is similar to CIF courses in both boys and girls. Main difference is in final approach to finish. Weather: overcast for early races, warming by mid-morning. Slight relief by last races.

BOYS:

THE ELEVEN FASTEST:

(from all races combined)

- 15:09 Abadir Barre, MtCarmel
- 15:22 Alan Aradanas, MtCarmel
- 15:30 Chris Britton, Madera
- 15:32 Brandon Zelones, MiraMesa
- 15:34 Alan Walker, Greenway
- 15:36 Matt Hellier, Modesto
- 15:41 Ryan Ketcham, ThousandOks
- 15:41 Solomon Kumbi, Hoover
- 15:44 Tyler Kastorff, Dana Hills
- 15:44 Carlos Sanchez, Ramona
- 15:44 Troy Swier, Mar Vista

LARGE SCHOOLS:

Seniors:

- 15:09 Abadir Barre, MtC
- 15:22 Alan Aradanas, MtC
- 15:30 Chris Britton, Mad
- 15:32 Brandon Zelones, MiraM
- 15:34 Alan Walker, Gnwv
- 15:36 Matt Hellier, Mdsto
- 15:44 Carlos Sanchez, Ram
- 15:45 Michael Barrera, Mad



Michael Thayer, Jesus Gomez
Grossmont, El Cajon Valley



Molly O'Toole
University of San Diego



Anthony Fogelstrom
Carlsbad



Sabrina St. Laurent
El Camino



Daniel Hernandez
Orange Glen

- 15:48 Ryan Skerl, VC
- 15:55 Luke McGinnis, Pow
- 15:57 Jon Shellhammer, Ram
- 15:59 Cooper Bachman, VC
- 15:59 Andres Padilla, CV
- 16:02 David Hassanzadeh, TP
- 16:04 David Ignacio, SM
- 16:08 Jimmy Retherford, SM
- 16:11 Abdi Abdirizak, Sweet
- 16:17 Trage O'Connor, TO
- 16:22 Kevin Schible, WH
- 16:23 Peter Edwards, Gnwv

- 16:24 Dan Tanks, RB
- 16:25 Tim McKeon, WH
- 16:25 T. Jordan, DH
- 16:26 Ysmael Miranda, CV
- 16:27 Danny Johns, Mad
- 16:30 Kevin Lindsey, TO
- 16:33 Mike Ostler, ECam
- 16:34 Mike Krestyn, TO
- 16:34 Matt Saldivar, Ram
- 16:35 D. Hall, DH
- 16:37 Tony Illig, VC
- 16:43 Joe Aguilar, Vis
- 16:44 Jose Guardado, Sweet
- 16:47 Tim Irwin, Fall
- 16:47 Robert Lee, Mad

Juniors:

- 15:41 Ryan Ketcham, TO
- 15:44 Tyler Kastorff, DH
- 16:07 Alex Casarez, Fall
- 16:13 Ross Halleland, WH
- 16:20 C. MacDonald, DH
- 16:21 Miguel Villareal, Vis
- 16:23 Nick Colbrun, Hemt
- 16:25 Adam Goldberg, MtC
- 16:25 Anthony Fogelstrom, Carls
- 16:26 Fernando Valdivia, Mad
- 16:33 Elliott Davey, MtC
- 16:33 Adam Alidra, WV
- 16:34 Nicholas Salomone, Vis
- 16:37 Sergio Santos, Mad
- 16:43 Stevie Lore, Eis
- 16:47 P. Porter, DH
- 16:48 Rey Ramirez, Carls
- 16:51 Tye Lidman, TP
- 16:52 Patrick Maloney, Pow
- 16:58 Andrew Hsieh, TO
- 17:03 Ben Van Auken, TO
- 17:05 Markos Rodriguez, Hemt
- 17:06 Eladio Carrillo, GH
- 17:07 Stephen Walls, Mad
- 17:09 Z. Salazar, DH

Sophs:

- 16:29 Brett Thomason, RB
- 16:31 Ryan Richter, Vis
- 16:32 Ryan Graddy, TP
- 16:34 Patrick McCarthy, Pow
- 16:37 Aaron Gonzalez, Vis
- 16:38 Gavin Coleman, Pow
- 16:38 Arturo Kenyon, ECam
- 16:43 Andre Castillo, RB
- 16:44 Oscar Ignacio, SM
- 16:53 Daniel Medrano, CV
- 16:57 David Bielicki, SM
- 16:58 Van Nielson, Hemt
- 17:02 T. White, DH
- 17:06 F. Valencia, DH
- 17:11 Hector Mardueno, Mont
- 17:12 Francisco Rodriguez, Ram
- 17:13 Dustin Boyer, Sweet
- 17:13 Jeff Wilson, ECam
- 17:18 Robert Hernandez, WH
- 17:23 Darin Lyons-Quirk, Pow
- 17:25 R. Horn, DH
- 17:25 Jared Secrist, MtC
- 17:26 Dominick Dowds, MtC
- 17:28 Alex Fontaine, Fall
- 17:29 Rogelio Gonzalez, Sweet

Freshmen:

- 16:24 Christopher Jacobs, Vis
- 16:33 Tim Cunningham, MtC
- 17:01 S. Smith, DH
- 17:04 C. J. Hersh, TP
- 17:19 Michael Fabrega, TO
- 17:35 Matt Shaughnessy, LCC
- 17:36 Tom Radnoti, TO
- 17:40 L. Garcia, DH
- 17:41 Eric Nicholson, TO
- 17:42 Jesse Perez, Mad
- 17:48 M. Campbell, DH
- 17:52 Matt Garai, TO
- 17:56 Victor Mariscal, CV
- 17:57 Mike Spitz, RB
- 17:58 Jeff Slavik, Hemt
- 18:00 Grant Baker, Pow
- 18:02 Chris Drozd, SM
- 18:07 Nathan Meleen, GH
- 18:09 Axel Abreiz, TO
- 18:15 J. Campbell, DH

SMALL SCHOOLS:

Seniors:

- 15:41 Solomon Kumbi, Hoov
- 16:17 Devin Laird, FW
- 16:25 Filiberto Martinez, ECV
- 16:29 Haji Hassan, Hoov
- 16:34 Eric Delgadillo, PH
- 16:41 Ara Parseghian, Salp
- 16:43 Ryan Abelowitz, LJ
- 16:48 Jose Sanchez, Oc

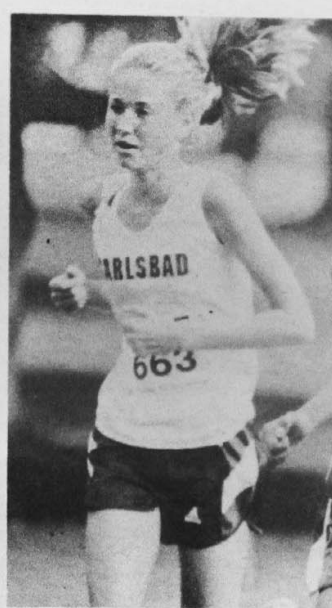
Please see page 9.



Jose Guardado
Sweetwater



Nancy Enriquez
Oceanside



Colleen O'Connell
Carlsbad



Ashley Ortega
Mar Vista

Mt. Carmel

From previous page.

16:51 Antonio Montes, Salp
16:52 Daniel Barley, Sab
16:57 Zack Gribben, ECV
16:58 Carmelo Martinez, ECV
17:04 Luis Zepeda, Calx
17:11 Keethan Kitt, Salp
17:11 Michael Thayer, Gro
17:12 Jesus Gomez, ECV
17:19 Daniel Olea, Salp
17:19 Colin Haydu, UJ
17:23 Jesus Perez, MarV
17:28 Jovanie Rivas, CO
17:29 Robert Raney, Val
17:30 Gabe Mares, UJ
17:30 Vernon Ng, EL
17:32 Miles Nash, PPoly
17:35 Jarrod Hines, ECP
17:36 Kevin Jamil, USD
17:39 Manuel Celedon, EL
17:42 Alan Chin, CO
17:45 Adam Bacon, Coro
17:54 Abdulde Mukhtar, Hoov

Juniors:

16:09 Kip Madden, Val
16:22 Benny Gandolfo, ECP
16:29 Shea Rollin, PH
16:49 Garrett Metcalf, TCC
16:56 Brendan Cronin, USD
16:58 John Zimmer, USD
17:05 Yafet Abrahama, Hoov
17:10 Dan Driscoll, MontV
17:12 Zach Avallone, EL
17:14 Thomas Caswell, Serra
17:15 Evan Stone, PPoly
17:17 Justin Harms, Hill
17:18 Jason Calavito, Salp
17:19 Derek Gould, UJ
17:19 Patrick Tatusko, USD
17:22 Erik Wallingford, Sant
17:28 Justin Motika, Serra
17:29 Jon Calavito, Salp
17:30 Eric Konzen, SP
17:32 Brent Varga, SP
17:35 Ylkal Assefa, Hoov
17:36 Josh Andre, SP
17:44 Tommy Hazelwood, Hill
17:44 Carl Burkhard, USD
17:46 Lee, UJ
17:49 Kyle Tabler, PH
17:51 David Lynn, ECP
17:51 Clifford Felarca, EL
17:55 Chris Brown, ECP
18:05 Corey Barefield, Val

Sophomores:

15:44 Troy Swier, MarV
16:49 Paul Coover, UJ
16:56 Vernon Harris, Val
17:17 Mike Padilla, Calx
17:17 Zack Norcross, MontV
17:18 Hector Gutierrez, ECP

17:25 Josh Young, Sant
17:38 Blaine Hallor, UJ
17:46 Ryan Dial, Val
17:48 Dmitri Yirrig, Coro
17:50 Mitch Howell, TCC
17:51 John Stubbs, EL
18:06 Shane Fitch, Bish
18:08 Sabino Arvizu, Salp
18:10 Luis Cardenas, Calx
18:12 Mark Walkowicz, USD
18:21 Arturo Avina, EL
18:25 Alexis Brevick, Sab
18:27 David Paradise, SP
18:28 Fernando Alvarez, SP

Freshmen:

16:39 Kyle Bruser, PH
17:15 Gerardo Sanchez, Oc
17:23 Jake Ruzevich, Coro
17:37 Thomas Whitcomb, SP
18:29 Chris Sproul, Salp
18:51 Daniel Hernandez, OG
18:54 Eastman Landry, FP
18:54 Logan Hood, SDA
18:58 Jimmy Kerr, PH
18:59 Aaron DeLeon, SC
19:02 Mark Walker, SC
19:05 Jason Matthews, USD
19:09 John Raney, Val
19:10 M. Linn, UJ
19:20 Zack Buchwitz, PH

GIRLS:

THE TEN FASTEST

(from all races combined)

14:58 Jenna Timinsky, SanDiegoA
15:48 Dani Schuster, Torrey Pines
15:53 Sariah St. Laurent, El Camino
15:53 Sophia Marquez, ChulaVista
15:58 Deanna Sick, MtCarmel
16:03 Allison Hall, Rancho Bernardo
16:05 Lindsay delaMontaigne, RBdo
16:05 Sabrina St. Laurent, ElCamino
16:08 Claire Rethmeier, SanPasqual
16:26 Heather Hansen, Madera

LARGE SCHOOLS:

Seniors:

15:53 Sophia Marquez, CV
15:58 Deanna Sick, MIC
16:03 Allison Hall, RB
16:05 Sabrina St. Laurent, Ecm
16:26 Heather Hansen, Mad
16:29 Nicole Mier, SM
16:41 Belinda Oberum, RB
16:45 Erica Schim, LCC
16:48 Anna Hough, VC
17:05 Majja Rohde, Fall
17:06 Chandra Farnham, WH
17:15 Erica Lopez, Vis
17:20 Heidi Armstrong, TO
17:27 Jessica Chapin, DH
17:32 Krista Romley, TP
17:38 Sarah Page, Ecm
17:42 Jackie Dale, WH
17:48 Lynn Hernandez, CV
17:50 Olympia Olguin, Vis
17:53 Ashley Pattenon, TO
17:54 Joanne Southard, WH

17:59 Caitlin Price, Mdsto
18:00 Nelly Hernandez, CV
18:04 Jenny Henderson, Orlut
18:16 Ashley Orr, TP
18:18 Mallane Dressel, Carls
18:28 Mandy Brown, Pow
18:29 Tina Valley, WV
18:33 Jessica Kelleher, Vis
18:34 Hailey Moore, TP

Juniors:

17:02 Stephanie Eckl, DH
17:03 Emilie Branham, DH
17:10 Cindy Walker, GH
17:17 Jessica Cox, TO
17:25 Mandy Johnson, CP
17:28 Alison Hilton, MIC
17:30 Brenna Williams, TP
17:31 Aurora Ramirez, Vis
17:32 Melissa Ramos, Fall
17:34 Rebecca Sale, VC
17:36 Emily Melendrez, Pow
17:37 Rachel Osborne, Ecm
17:38 Janet Ramirez, Vis
17:38 Patty DeMello, Orlut
17:41 Johanna Svasa, CV
17:42 Teresa Frichtel, Hemt
17:43 Monica Su, TO
17:45 Whitney McDonald, TO
17:53 Whitney Kuptz, RB
17:54 Yonissa Kaeg, Mont
17:57 Christina Eads, Fall
17:58 Jessica Schenk, Pow
17:59 Alisha Schor, TP
18:01 Melissa Preston, VC
18:04 Courtney Walberg, DH
18:04 Jessica Huepper, RB
18:06 Erica Solomon, DH
18:08 Megan Harpold, Carls
18:12 Nettie Holt, Fall
18:13 Lisa Dodd, MiraM

Sophomores:

15:48 Dani Schuster, TP
15:53 Sariah St. Laurent, Ecm
16:35 Alyson Fletcher, TO
16:35 Danae Hough, VC
16:37 Mishon Stalnaker, Ram
16:40 Halah Barre, MIC
16:43 Monika Rothenburger, DH
16:54 Rachel Good, Pow
16:57 Kelly Rendon, Orlut
17:02 Kari Andrew, Orlut
17:05 Carly Mecklenburg, TP
17:07 Taylor Penrod, TP
17:07 Elaine Gillespie, WH
17:12 Janae Chapin, DH
17:19 Nicole Newman, LCC
17:20 Alison Mooney, DH
17:32 Natalie Elkind, LCC
17:34 Lynn Simonds, WH
17:36 Monica Felix, Mad
17:36 Kristina Macias, Orlut
17:40 Sarah Cradeur, TO
17:40 Janae Dale, WH
17:43 Cassie McLean, Vis
17:49 Megan Johnson, Ecm
18:02 Christina Metzler, Fall
18:15 Dana Gersten, RB

18:17 Jessica White, LCC
18:19 Jackie Arding, Ecm
18:31 Breanna Vanoy, Ram
18:37 Kristen Greider, LCC

Freshmen:

16:05 Lindsay delaMontaigne, RB
16:32 Kathleen Vance, TO
16:53 Colleen O'Connell, Carls
16:57 Kiley Green, LCC
16:59 Vanessa Rodriguez, Mad
17:04 Melanie Bried, Pow
17:09 Corina James, Mad
17:34 Bryn Sowa, TO
17:40 Michelle Denham, Fall
17:45 Kelly Denham, Fall
17:49 Marijke Van Pelt, DH
18:03 Allison Waltman, TO
18:08 Kim Buckley, TO
18:20 Alicia Moore, GH
18:25 Ahnie Draper, RB
18:31 Trisha Allred, VC
18:33 Evelyn Roberts, VC
18:33 Amy McCaslin, TP
18:40 Julie Rice, DH
18:47 Julie Coy, TP

SMALL SCHOOLS:

Seniors:

14:58 Jenna Timinsky, SDA
16:36 Kristina Nugent, Val
17:25 Casey Root, Gro
17:30 Pati Romero, EL
17:37 Bridget Heron, Salp
17:42 Liz Edwards, UJ
17:44 Jennifer Dowditch, SP
17:48 Brenda Mendez, ECV
17:54 Anne-Marie Byrne, USD
18:00 Lupe Lopez, Hill
18:11 Maya Patrick, Salp
18:18 Ruby Moreno, CO
18:18 Danny Cantu, CO
18:20 Kristi Rodriguez, CO
18:30 Holly Timpf, Sab
18:31 Julia Floresta, EL
18:42 Joana Garcia, Calx
18:47 Joana Garcia, Calx
NOTE: Same name for 17 and 18.
18:52 Kerry Kelly-Cochrane, USD
18:59 Amy Montgomery, Serra

Juniors:

16:53 Olivia Ghaussy, LR
17:01 Elena Emich, Salp
17:15 Kristen Yoder, Sab
17:56 Amber Straight, Val
18:01 Griselinda Montano, FVJ
18:02 Monica Hubbard, ECP
18:15 Cristina Velasco, SP
18:16 Cassidy O'Hair, Sab
18:19 Elizabeth Dooley, PPoly
18:22 Mercedes Razo, EL
18:23 Kaylin Olson, UJ
18:31 Roxanne Mather, ECP
18:41 Renna Magsafili, PPoly
18:43 Michelle Ludwig, PH
18:59 Lauren Senesca, USD
19:01 Carmen Cubero, PD

Please see page 10.

Mt. Carmel

From previous page.

- 19:03 Nancy Enriquez, Oc
- 19:04 Shayne McCoy, USD
- 19:10 Collette Gallegos, Salp
- 19:12 Nicole Mather, ECp
- 19:20 Kristen Jamerson, LR
- 19:23 Dora Sanders, Val
- 19:36 Briana Wallace, MontV
- 19:30 Shannon Drew, LR
- 19:34 Caitlin Kearney, USD

Sophomores:

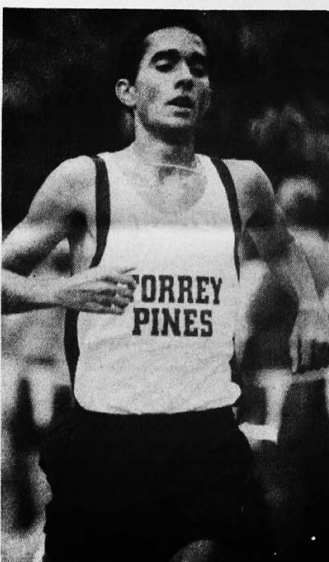
- 16:08 Claire Rethmeier, SP
- 16:43 Lorin Scott, SP
- 16:57 Christine Burke, PH
- 17:18 Erica Bender, SP
- 17:21 Allie Willis, SP
- 17:41 Kristin Werhle, LJ
- 17:59 Janie Gibbs, PD
- 18:00 Silvia Romero, EL
- 18:09 Julie Ruffolo, CO
- 18:13 Jackie Paras, EL
- 18:26 Holli Mayer, MontV
- 18:35 Brooke Gerson, SDA
- 18:39 Marie Raffray, SDA
- 18:40 Allysa Tamase, CO
- 18:50 Erin Price, Sant
- 19:07 Erin Dumbauld, Sab
- 19:27 Megan O'Toole, USD
- 19:37 Christina Durrett, TCC
- 19:38 Madeline Martello, PD
- 19:40 Candis Vuleitch, ECp

Freshmen:

- 17:19 Ellen Mork, FW
- 17:36 Selina Munoz, Hill
- 17:39 Laura Adona, Serra
- 17:41 Brooke Kerby, SP
- 17:52 Alicia Nugent, Val
- 18:17 Jessica Dongle, LR
- 18:22 Molly O'Toole, USD
- 18:24 Nicky Galloway, SP
- 18:37 Amanda Vuleitch, ECp
- 18:44 Jessica Ward, ECp
- 18:45 Christian Bujanda, FW
- 18:50 Kristen Buono, PH
- 19:07 Loren Borenstein, LJ
- 19:13 Kiki Kalkenstein, LJ
- 19:16 Sylvia Sale, Oc
- 19:27 Ashley Hansen, SP
- 19:32 Ashley Ronco, EL
- 19:33 Adrienne Bordes, Sab
- 19:38 Julia Mazza, Salp
- 19:48 Cara Ellison, Val



Allison Hall, Dani Schuster
Rancho Bernardo, Torrey Pines



Navid Hassanzadeh
Torrey Pines

12:30.

In the small school boys varsity race, El Cap's Benny Gandolfo beat Mira Mesa's Brandon Zelones, 10:22 to 10:27, in what was a rerun of the Vaquero Invite.

The results:

At Kit Carson Park, Saturday, September 8. Conditions: cool and overcast all morning. Course: Mostly dirt road, with portions of pavement and grass; one long hilly section.

BOYS (2.0m):

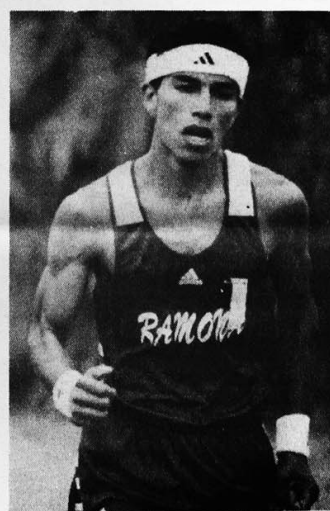
The Ten Fastest:

(from all races combined)

- 10:00 Abadir Barre, MfC
- 10:09 Alan Aradanas, MfC
- 10:18 Jon Cordes, Esc
- 10:20 Luke McGinnis, Pow
- 10:22 Benny Gandolfo, ECp
- 10:23 Carlos Sanchez, Ram
- 10:27 Kevin Schible, WH
- 10:27 Brandon Zelones, MiraM
- 10:28 Adam Goldberg, MfC
- 10:30 Ross Halleland, WH

Division I Varsity:

- 10:00 Abadir Barre, MfC
- 10:09 Alan Aradanas, MfC



Carlos Sanchez
Ramona

- 10:18 Jon Cordes, Esc
- 10:20 Luke McGinnis, Pow
- 10:23 Carlos Sanchez, Ram
- 10:27 Kevin Schible, WH
- 10:28 Adam Goldberg, MfC
- 10:30 Ross Halleland, WH
- 10:31 Jon Shellhammer, Ram
- 10:32 Pat McCarthy, Pow
- 10:32 Dan Tanks, RB
- 10:36 Navid Hassanzadeh, TP
- 10:43 Tim McKeon, WH
- 10:45 Patrick Maloney, Pow
- 10:47 Matt Saldivar, Ram
- 10:49 Shane O'Connor, Esc
- 10:52 Mike Rentz, MfC
- 10:53 Andre Castillo, RB
- 10:54 Tye Lidman, TP
- 10:54 Ryan Graddy, TP
- 10:54 Stephen Servis, Esc
- 10:58 Brett Cook, MfC
- 10:58 Matt McAlexander, Pow
- 11:01 Elliott Davey, MfC
- 11:02 Brett Thomason, RB
- 11:06 Joe Ruiz de Chavez, RB
- 11:07 Josh Wieberg, Esc
- 11:08 Karthik Damoor, WH
- 11:09 Gavin Coleman, Pow
- 11:10 Mike Cunningham, WH

76 Finishers.

Division I Fresh/Soph:

- 10:52 Tim Cunningham, MfC

- 11:00 Vernon Harris, Val
- 11:09 Mike Spitz, RB
- 11:09 Robert Hernandez, WH
- 11:12 Ryan Dial, Val

94 Finishers.

Division II Varsity:

- 10:22 Benny Gandolfo, ECp
- 10:27 Brandon Zelones, MiraM
- 10:43 Michael Thayer, Gro
- 10:48 Maria Fierro, USD
- 10:51 Sal Acevedo, SW
- 10:51 Rey Ramirez, Carls
- 10:52 Justin Bartels, Carls
- 11:00 Anthony Fogelstrom, Carls
- 11:01 Doug Fulp, SW
- 11:07 Garrett Bishop, SW
- 11:07 Brendan Cronin, USD
- 11:09 Ernesto Siquieros, ECm
- 11:10 Trevor Mulvey, Carls
- 11:14 Hector Gutierrez, ECp
- 11:14 Alistair Mulholland, ECm
- 11:14 Erik Wallingford, Sant
- 11:16 Ryan Johnson, Carls
- 11:21 Dylan Seaton, Carls
- 11:21 Jeff Wilson, ECm
- 11:29 Kevin Jamil, USD

49 Finishers.

GIRLS (2.0m):

The Eleven Fastest:

(From all races combined)

- 11:53 Dani Schuster, TP
- 11:58 Allison Hall, RB
- 12:03 Claire Rethmeier, SP
- 12:04 Deanna Sick, MfC
- 12:12 Lindsay delaMontaigne, RB
- 12:21 Lorin Scott, SP
- 12:23 Taylor Penrod, TP
- 12:24 Rachel Good, Pow
- 12:27 Belinda Oberum, RB
- 12:30 Kristina Nugent, Val
- 12:30 Sariah St. Laurent, ECm

Division I Varsity:

(No team scoring)

- 11:53 Dani Schuster, TP
- 11:58 Allison Hall, RB
- 12:03 Claire Rethmeier, SP
- 12:04 Deanna Sick, MfC
- 12:21 Lorin Scott, SP
- 12:23 Taylor Penrod, TP
- 12:24 Rachel Good, Pow
- 12:27 Belinda Oberum, RB
- 12:30 Kristina Nugent, Val
- 12:33 Erica Schim, LCC
- 12:41 Mishon Stalnaker, Ram
- 12:42 Krista Romley, TP
- 12:44 Tracie Wooster, Pow
- 12:47 Alison Hilton, MfC
- 12:47 Brenna Williams, TP
- 12:49 Samantha From, SP
- 12:54 Kiley Green, LCC
- 12:56 Laura Guzman, Esc
- 12:56 Carly Mecklenburg, TP
- 12:57 Nicole Newman, LCC
- 13:01 Melanie Bried, Pow
- 13:04 Emily Melendrez, Pow
- 13:06 Allie Willis, SP
- 13:12 Erica Bender, SP
- 13:14 Hailey Moore, TP
- 13:16 Ashley Orr, TP
- 13:18 Jessica White, LCC
- 13:20 Monica Lane, RB
- 13:21 Alisha Schor, TP
- 13:24 Amy Vasko, MfC

64 Finishers.

Division I JV:

- 12:12 Lindsay delaMontaigne, RB
- 12:51 Halah Barre, MfC
- 13:20 Brooke Kerby, SP
- 13:33 Jennifer Dowhitt, SP
- 13:37 Alicia Nugent, Val
- 13:46 Kaelin Madomba, TP
- 13:53 Nicky Galloway, SP
- 13:56 Amy McCaslin, TP
- 13:57 Olga Obraztsova, TP
- 14:00 Sarah Clark, TP

Division II Combined Varsity & Junior Varsity:

- 12:30 Sariah St. Laurent, ECm
- 12:51 Molly O'Toole, USD
- 12:52 Casey Root, Gro
- 13:10 Megan Johnson, ECm
- 13:12 Colleen O'Connell, Carls
- 13:32 Anne-Marie Byrne, USD
- 13:34 Monica Hubbard, ECp
- 13:38 Kristin Woodward, Carls
- 13:43 Lisa Dodd, MiraM
- 13:43 Sarah Schertzer, Carls
- 13:45 Megan Harpold, Carls
- 13:45 Kerry Kelly-Cochrane, USD

Please see page 11.

Bronco:

Abadir, Dani fastest

The Bronco Invite was the coming out party for Mt. Carmel's boys and Torrey Pines' girls.

The meet uses a varsity team format for two divisions, although there is no team scoring. All races are run over a 2.0 mile course.

The Sundevil boys looked like the pre-season favorites that they are, with big guns Abadir Barre (10:00) and Alan Aradanas (10:09) running the two fastest times of the day in the large school race. Third man Adam Goldberg was seventh in the race.

Torrey's Dani Schuster outran RB's Allison Hall and San Pasqual's Claire Rethmeier in the large school race, timing 11:53 to Hall's 11:58.

Other race winners included RB's Lindsay delaMontaigne, who won the large school JV race in 12:12; and El Camino's Sariah St. Laurent, who easily won the small schools combined girls race in

Bronco

From previous page.

13:46 Mallane Dressel, Carls
13:57 Lauren Senescal, USD
14:03 Roxanne Mather, ECp
14:05 Megan Fielden, Carls
14:06 Jackie Arding, ECm
14:09 Amanda Vulelich, ECp
14:10 Brooke Gerson, SDgto
14:11 Erin Price, Sant
106 Finishers.

Baron:

UC teams, Wagnew, Baird zippy

University City's teams, fresh from impressive performances at Vaquero, continued to look good at the Baron Invitational.

There were some standout individual races as well, led by Helix's Babey Wagnew and Stephanie Baird.

The Baron annually is the first local invite to score varsity races over full-length courses.

UC's girls won the large school race, beating a strong field that included Bonita Vista, Helix, West Hills, Valley Center and Eastlake, among others. Bonita's girls were impressive in taking second in that group.

The UC boys won the large schools race as well, numbering among their victims teams such as Valley Center, Granite Hills, Sweetwater and Helix.

Scripps Ranch's boys and La Jolla Country Day's girls were the small school varsity race winners.

The large school boys race was impressive at the front end. Point Loma senior Eric Dunn set a strong early pace, but Helix's soph Wagnew and Mar Vista's soph Troy Swier both made big moves in the last mile to eventually finish 1-2. Wagnew's 15:34 and Swier's 15:46 were impressive times on a 3.1-mile course where few runners dip under 16 minutes.

Baird was really moving in the girls large school race. She won in 12:28 for the 2.2-miles, 0:26 seconds ahead of UC's Jessie Ooms.

Other race winners included a pair from La Jolla Country Day.

Soph Tyler Middleton took the boys small school race in 16:29, and junior Lauren Swigart was the fastest in the small school race in 13:44.

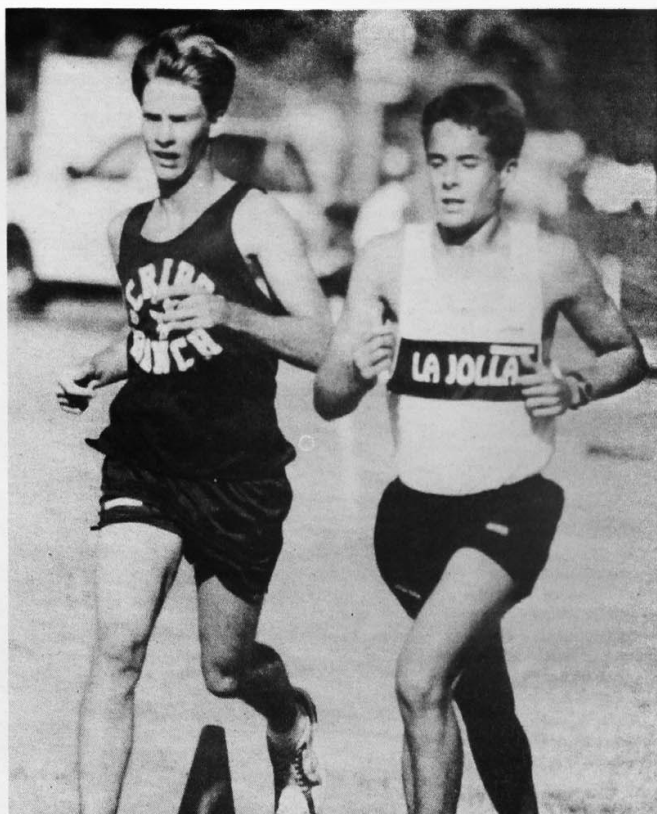
The results:

At Rohr Park in Bonita, Friday, September 7. Conditions: Sunny, but comfortable. Course: Mostly flat, mostly springy grass, with one short hill.

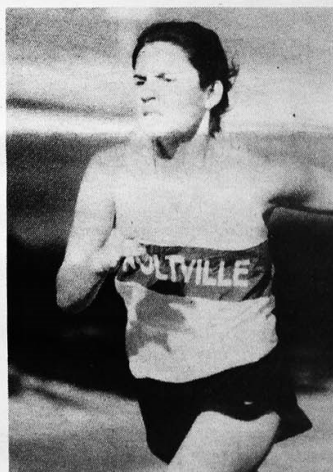
BOYS (3.1):

The Ten Fastest:

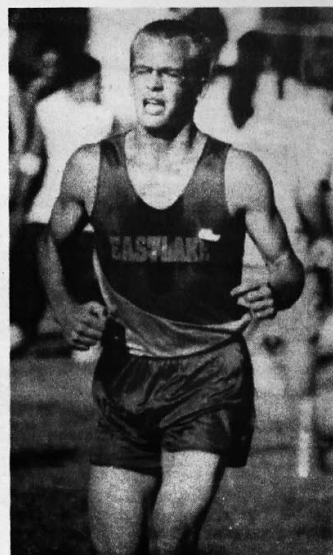
Varsity, Blue Division:



Justin Zelones, Paul Coover
Scripps Ranch, La Jolla



Liz Robinson
Holtville



Zach Avallone
Eastlake

16:57 Brian Bradshaw, Ptl
17:03 Tony Illig, VC
17:05 Miguel Valencia, Ind
17:06 Ryan Becijos, BV
17:06 Mancillas, Ind
17:07 Juan Munillo, Ind
17:13 Eladio Carrillo, GH
17:16 Max Kerber, UC
17:18 Vernon Ng, East
17:18 Zac Avallone, East
17:21 Jonny Harrington, GH
17:22 David Ochoa, Ind
17:22 Kevin Hughes, Ptl

Varsity, Gold Division:

Teams: Scripps Ranch 35, La Jolla 64, Coronado 111, St. Augustine 138, Brawley 141, La Jolla Country Day 151.

Individuals:

16:29 Tyler Middleton, LCD
16:37 Ryan Abelowitz, U
16:50 Paul Coover, U
16:54 Scott Perry, SR
16:56 Nathan Stender, StA
17:00 Daniel Blomgren, SR
17:11 Justin Zelones, SR
17:17 Caleb Garlipp, SR
17:22 Jake Ruzevich, Cor
17:24 Chris Lancaster, SR
17:27 Hector Mardueno, Mont
17:32 Adam Bacon, Cor
17:33 Colin Haydu, U
17:35 Dmitri Virnig, Cor
17:37 Alfredo Campos, Braw
17:39 Dan Coronado, SR
17:40 Mike Healy, StA
17:42 Ed Lopez, Holt
17:43 Darin Conner, CalC
17:44 Gabe Mares, U

GIRLS (2.2):

The Ten Fastest:

Varsity, Blue Division:

Teams: University City 42, Bonita Vista 61, Helix 79, West Hills 90, Valley Center 105, Eastlake 127.

Individuals:

12:28 Stephanie Baird, Hx
12:54 Jessie Ooms, UC
13:20 Kristen Gonzalez, BV
13:26 Rebecca Bostwick, UC
13:30 Lidia de Carvalho, UC
13:37 Kate Branson, BV
13:41 Anna Hough, VC
13:42 Danae Hough, VC
13:49 Rachel Farrior, Hx
13:52 Pati Romero, East
13:54 Tiffany Caddell, BV
13:54 Lauren Jerd, UC
13:56 Elaine Gillespie, WH
14:02 Morgane Sigaud, BV
14:04 Leah Brucker, Hx
14:06 Joanne Southard, WH
14:07 Chandra Farnham, WH
14:09 Jackie Dale, WH
14:10 Carolynn Crews, UC
14:11 Jackie Paras, East
14:13 Denise Vega, Indio
14:15 Silvia Romero, East
14:15 Ashley Juniper, UC
14:16 Olga Gorobets, Hx
14:18 Melissa Preston, VC
14:19 Lynette Simonds, WH
14:21 Kiersten Dolby, BV
14:21 Janae Dale, WH
14:23 Rebecca Sale, VC
14:23 Amy Johnson-Westlie, Hx
63 Finishers.

Varsity, Gold Division:

Teams: La Jolla Country Day 73, La Jolla 82, Scripps Ranch 97, Brawley 126, Hilltop 127.

Individuals:

13:44 Lauren Swigart, LCD
13:49 Selina Munoz, Hill
13:50 Yanissa Kaeg, Mont
13:51 Latoya Cunningham, LCD
13:59 Claudia Dominguez, Braw
14:03 Mandy Johnson, CP
14:13 Ashley Walsh, Cor
14:17 Liz Edwards, U
14:21 Lupe Lopez, Hill
14:23 Ali Baker, MIE
14:23 Jocelyn Jenks, LCD
14:30 Liz Robinson, Holt
14:32 Natalie Gattrell, SR
14:34 Tiffany Miller, U
14:36 Krystine Cuaresma, OLP
14:37 Vanessa Castillo, SR
14:38 Kristin Wierle, U

Please see page 12.



Selina Munoz
Hilltop

Teams: University City 67, Indio 84, Valley Center 107, Granite Hills 114, Sweetwater 125, Helix 137.

Individuals:

15:34 Babey Wagnew, Hx
15:46 Troy Swier, MarV
16:07 Eric Dunn, Ptl
16:12 Kern Huerta, UC
16:14 Joel Cota, Indio
16:14 Brad Liber, UC
16:24 Ryan Skerl, VC
16:25 Abdi Abdirizak, Sweet
16:31 Taylor Williams, Hx
16:33 Cooper Bachman, VC
16:36 Efrain Carrillo, GH
16:45 Luke Pepin, GH
16:48 Jose Guardado, Sweet
16:50 Avilla, Ind
16:51 Kurtis Flansburg, UC
16:51 Hector Arreola, Sweet
16:56 Sixto Aspeitia, UC

Baron

From previous page.

14:39 Anna Anderson, LJ
14:40 Amanda Cummings, SR
14:44 Mandy Beatty, SR
83 Finishers.

Vaquero: UC boys, girls are hot

University City's boys and girls teams made a big impression at the Vaquero Invitational at Lindo Lakes.

The UC boys put three runners into the fastest seven of the day, and their girls team had three of the fastest four times.

Among their opponents (on the clock, if not in the same race or division) were teams such as San Pasqual, Valley Center, Poway, Vista and Scripps Ranch.

Other highlights included:
El Cap's Benny Gandolfo outraced Mira Mesa's Brandon Zelones, UC's Kern Huerta and Brad Liber and Poway's Luke McGinnis in the large school junior/senior race. Gandolfo ran 10:21 on the flat and fast 2.1-mile Lindo course, just ahead of Zelones' 10:22.

In the small school junior/senior boys race, Valley Center's Cooper Bachman eased to an 11:00 win.

Poway and Vista runners dominated the large school frosh/soph race, with Poway's Pat McCarthy running 8:22 for 1.65 miles.

Fastest girls race of the day was the large school frosh/soph race, where UC's Becky Bostwick edged San Pasqual's Claire Rethmeier, 9:29 to 9:31.

UC's Jessie Ooms and Lidia de Carvalho went 1-2 in the large school girls junior/senior race, running 9:32 and 9:34.

Other race winners included Valley Center soph John McGlynn in the small school frosh/soph race in 9:03; Scripps' Natalie Gattrell in the small school junior/seniors in 10:24; and Serra's Laura Adona in the small school frosh/soph race in 10:23.

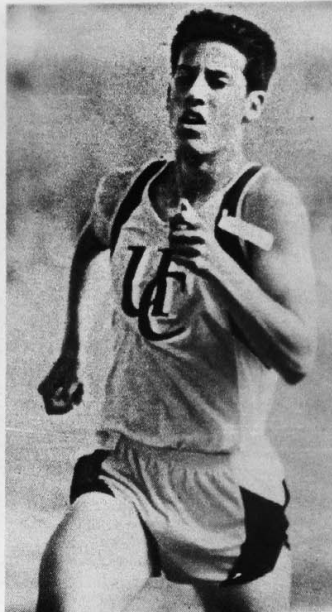
The results:

At Lindo Lakes, Saturday, September 1. Course: Flat and fast, with much of course on pavement. Weather: Moderate in early races (Division I), warming in later races.

BOYS:

The Ten Fastest Junior/Seniors:
(From combined results.)

10:21 Benny Gandolfo, ECP
10:22 Brandon Zelones, MiraM
10:28 Kern Huerta, UC
10:36 Brad Liber, UC
10:41 Luke McGinnis, Pow
10:48 Miguel Villareal, Vis
10:59 Kurtis Flansburg, UC
11:00 Efrain Carrillo, GH
11:00 Cooper Bachman, VC
11:01 Nicholas Salomone, Vis



Brad Liber
University City

Junior/Senior, D-I (2.1m):

10:21 Benny Gandolfo, ECP
10:22 Brandon Zelones, MiraM
10:28 Kern Huerta, UC
10:36 Brad Liber, UC
10:41 Luke McGinnis, Pow
10:48 Miguel Villareal, Vis
10:59 Kurtis Flansburg, UC
11:00 Efrain Carrillo, GH
11:01 Nicholas Salomone, Vis
11:02 Patrick Maloney, Pow
11:04 Sixto Aspeitia, UC
11:09 Matt McAlexander, Pow
11:11 Joe Aguilar, Vis
11:14 Luke Pepin, GH
11:15 Andrew Friend, Vis
11:18 Josh Berg, Vis
11:18 Corey Barefield, Val
11:20 Mark Schwab, Pow
11:21 Juan Carrasco, UC
11:22 Robert Raney, Val
84 Finishers.

Junior/Senior, D-II (2.1m):

11:00 Cooper Bachman, VC
11:02 Filiberto Martinez, ECV
11:04 Justin Zelones, SR
11:12 Scott Perry, SR
11:20 Tony Illig, VC
11:24 Dan Blomgren, SR
11:31 Jesus Gomez, ECV
11:34 Chris Lancaster, SR
11:35 Carmelo Martinez, ECV
11:38 Erik Wallingford, Sant
39 Finishers.

Frosh/Soph, D-I (1.65m):

8:22 Pat McCarthy, Pow
8:26 Ryan Richter, Vis
8:26 Aaron Gonzalez, Vis
8:30 Vernon Harris, Val
8:34 Gavin Coleman, Pow
8:36 Ryan Dial, Val
8:47 Chris Jacobs, Vis
8:48 Darin Lyons-Quirk, Pow
8:50 Travis Teitsch, UC
8:50 Joshua Teitsch, UC
83 Finishers.

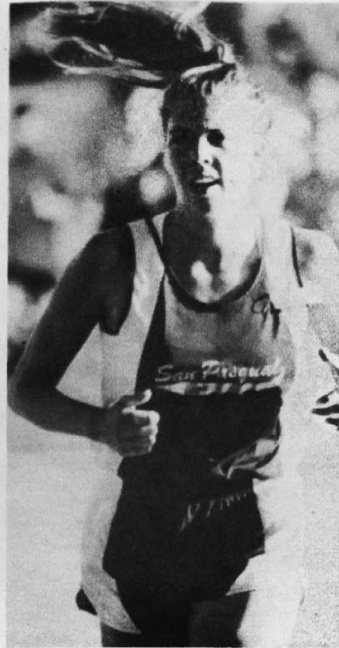
Frosh/Soph, D-II (1.65m):

9:03 John McGlynn, VC
9:11 Ryan Felix, SR
9:22 Alex Serio, VC
9:42 Kyle Robell, VC
9:50 Jun Kim, Chrsn
34 Finishers.

GIRLS (1.65m):

The Ten Fastest Girls:
(From combined results.)

9:29 Rebecca Bostwick, UC
9:31 Claire Rethmeier, SP
9:32 Jessie Ooms, UC
9:34 Lidia de Carvalho, UC
9:48 Kristina Nugent, Val
9:57 Cindy Walker, GH
9:57 Rachel Good, Pow
9:59 Lauren Jerd, UC
10:03 Amber Straight, Val
10:04 Lorin Scott, SP



Lorin Scott
San Pasqual

Junior/Senior, D-1:

9:32 Jessie Ooms, UC
9:34 Lidia de Carvalho, UC
9:48 Kristina Nugent, Val
9:57 Cindy Walker, GH
9:59 Lauren Jerd, UC
10:03 Amber Straight, Val
10:14 Aurora Ramirez, Vis
10:18 Karissa Teitsch, UC
10:20 Emily Melendrez, Pow
10:21 Janet Ramirez, Vis
10:33 Christina Velasco, SP
10:34 Olympia Olguin, Vis
10:37 Jessica Schenk, Pow
10:43 Carolyn Crews, UC
10:54 Justine Delovier, MiraM
10:55 Julia Kermott, Val
10:57 Jessica Kelleher, Vis
10:58 Monica Hubbard, ECP
10:59 Megan Doroba, Pow
11:02 Nicole Mather, ECP
45 Finishers.

Junior/Senior, D-II:

10:24 Natalie Gattrell, SR
10:25 Lupe Lopez, Hill
10:40 Vanessa Castillo, SR
10:49 Melissa Preston, VC
10:55 Rebecca Sale, VC
11:09 Amy Lang, Ser
11:10 Michelle Wilkinson, VC
11:13 Jenny Ray, Chrsn
11:19 Aubree Duff, VC
11:21 Ethel Rios-Reyes, Hill
18 Finishers.

Frosh/Soph D-I:

9:29 Rebecca Bostwick, UC
9:31 Claire Rethmeier, SP
9:57 Rachel Good, Pow
10:04 Lorin Scott, SP
10:17 Samantha From, SP
10:18 Melanie Bried, Pow
10:22 Ashley Juniper, UC
10:24 Erica Bender, SP
10:29 Allie Willis, SP
10:31 Brooke Kerby, SP
10:34 Jaime McAlexander, Pow
10:37 Cassie McLean, Vis
10:41 Alicia Moore, GH
10:46 Sarah Santos, UC
10:48 Christa Cascolan, UC
86 Finishers.

Frosh/Soph, D-II:

10:23 Laura Adona, Ser
10:25 Mandy Beatty, SR
10:28 Selina Munoz, Hill
10:29 Erin Price, Sant
10:33 Lauren Lynaugh, Ser
10:54 Katherine Keivens, Ser
10:57 Janey Sellers, VC
10:58 Trish Allred, VC
11:02 Evelyn Roberts, VC
11:11 Lindsey Slover, SR
29 Finishers.

Wolfpack: Kumbi, Mier are quickest

The Wolfpack Invitational, being the first meet out of the chute, usually is a forum for teams or runners to make statements.

Highlights included:

Hoover's Solomon Kumbi won a good senior boys race, in 10:53 on the 2.2-mile West Hills layout.

Kumbi beat a pair of San Marcos runners, including David Ignacio, Eric Dunn of Point Loma, the top runners from Chula Vista and Kevin Schible of the host school.

San Marcos senior Nicole Mier won her grade-level race in the day's fastest time of 8:56 for the 1.5-mile girls course. She beat a good field that included RB's Allison Hall, RBV's Courtney Allen and Chula Vista's Sophia Marquez. Mier used a big move on the hill section to overtake the leaders and pull ahead.

RB freshman Lindsay delaMontaigne was the fastest non-senior on the girls side, winning her race in 9:21.

Mar Vista's Troy Swier dominated a good field in the boys soph race, winning in 11:05, ahead of RBV's Mark Mena and La Jolla Country Day's Tyler Middleton.

Rancho Buena Vista freshmen Augustine Mateo and David Phelps went 1-2 in the frosh boys race, a precursor of things to come.

Other race winners included West Hills' Ross Halleland (junior boys), in 11:13; La Jolla Country Day's Lauren Swigart (junior girls), in 9:34; and Patrick Henry's Christine Burke (soph girls), in 9:36.

There was no team scoring.

The results:

At West Hills High School, Friday, August 31. Course: on-campus course, with some hills, dirt surface. Weather: Sunny and warm to start, slightly cooling by later races.

BOYS:

The Ten Fastest Boys:

(from combined races of boys senior, junior and soph races).

10:51 Solomon Kumbi, Hoov
10:54 David Ignacio, SM
11:03 Jimmy Retherford, SM
11:05 Troy Swier, MarV
11:08 Eric Dunn, PIL
11:13 Ross Halleland, WH
11:15 Andres Padilla, CV
11:17 Ysmael Miranda, CV
11:18 Brian Bradshaw, PIL
11:20 Mark Mena, RBV

Seniors (2.2m):

10:53 Solomon Kumbi, Hoov
10:54 David Ignacio, SM
11:03 Jimmy Retherford, SM
11:08 Eric Dunn, PIL
11:15 Andres Padilla, CV
11:17 Ysmael Miranda, CV
11:22 Kevin Schible, WH

Please see page 13.

Wolfpack

From previous page.

11:23 Dan Tanks, RB
11:30 Tim McKeon, WH
11:33 Haji Hassan, Hoov
11:36 Apolinar Mariscal, CV
11:40 Jesus Mariscal, CV
11:44 Jesus Perez, MarV
11:51 Eric Delgadillo, PH
11:52 Joe Ruiz de Chavez, RB
74 Finishers.

Juniors (2.2m):

11:13 Ross Halleland, WH
11:18 Brian Bradshaw, PH
11:33 Artemio Mateo, RBV
11:33 Shea Rollin, PH
11:39 Troy McAdams, RBV
11:46 Yilkal Assefa, Hoov
11:56 Jason Miller, RBV
12:00 Michael Bell, WH
12:02 Yafet Abraha, Hoov
12:14 Adam Torpey, PH
62 Finishers.

Sophomores (2.2m):

11:05 Troy Swier, MarV
11:20 Mark Mena, RBV
11:22 Tyler Middleton, LCD
11:45 Oscar Ignacio, SM
11:50 Daniel Medrano, CV
11:51 Brett Thomason, RB
12:03 Andre Castillo, RB
12:05 David Bielicki, SM
12:10 Zack Norcross, MontV
12:21 Robert Hernandez, WH
75 Finishers.

Freshmen (1.5m):

8:04 Augustine Mateo, RBV
8:09 David Phelps, RBV
8:17 Kyle Bruser, PH
8:25 Jake Ruzevich, Coro
8:35 Victor Mariscal, CV
8:38 Jesus de Dios, Brwly
8:40 Mike Spitz, RB
9:15 Sam Taylor, RBV
9:16 Lex Hieffhuber, LCD
9:17 Eric Mothunder, LCD
87 Finishers.

GIRLS (1.5):

The Ten Fastest Girls:
(From combined results of all races)

8:56 Nicole Mier, SM
9:00 Allison Hall, RB
9:01 Courtney Allen, RBV
9:03 Sophia Marquez, CV
9:13 Nastassja Hall, RBV
9:21 Lindsay delaMontaigne, RB
9:25 Belinda Oberum, RB
9:34 Lauren Swigart, LCD
9:34 Casey Root, Gro
9:36 Christine Burke, PH

Seniors:

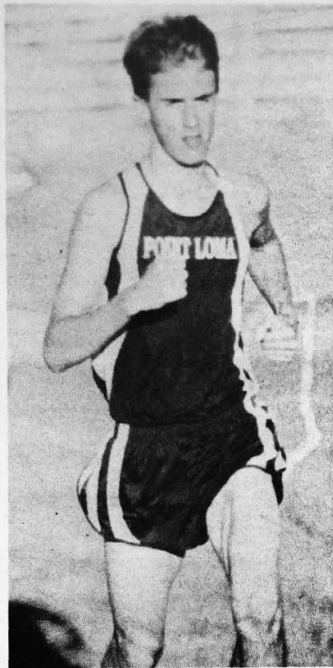
8:56 Nicole Mier, SM
9:00 Allison Hall, RB
9:01 Courtney Allen, RBV
9:03 Sophia Marquez, CV
9:13 Nastassja Hall, RBV
9:25 Belinda Oberum, RB
9:34 Casey Root, Gro
9:39 Chandra Farnham, WH
9:52 Pati Romero, EL
10:01 Darla Reader, CV
10:05 Lynn Hernandez, CV
10:07 Jackie Dale, WH
10:15 Joanne Southard, WH
10:20 Julia Floresta, EL
10:34 Danielle Goldman, WH
36 Finishers.

Juniors:

9:34 Lauren Swigart, LCD
9:47 Melissa Moore, RBV
10:04 Ali Baker, MmE
10:07 Sara Reid, PH
10:08 Rachel Bombaci, PH
10:12 Whitney Kuptz, RB
10:13 Johanna Suasa, CV
10:18 Mercedes Razo, EL
10:22 Meg Allen, Brwly
10:23 Janelle Demchak, WH
10:25 Monica Lane, RB
10:30 Jennifer Cardenas, Brwly
10:35 Xiomara Fabela, Brwly
10:36 Alicia Sassano, RB
10:37 Michelle Ludwig, PH
54 Finishers.

Sophomores:

9:36 Christine Burke, PH



Brian Bradshaw
Point Loma



Meg Allen
Brawley

9:46 Elaine Gillespie, WH
9:51 Jackie Paras, EL
9:55 Lynette Simonds, WH
9:57 Silvia Romero, EL
10:08 Janae Dale, WH
10:08 Jocelyn Jenks, LCD
10:09 Bree Justus, RBV
10:14 Claudia Dominguez, Brwly
10:22 Tiffany Chappell, RB
10:23 Brenda Perkins, RBV
10:23 Sarah Swigart, LCD
10:29 Dana Gersten, RB
10:33 Bryna Niel, Gro
10:37 Cynthia Garay, CV
48 Finishers.

Freshmen:

9:21 Lindsay delaMontaigne, RB
9:50 Latoya Cunningham, LCD
10:05 Kristen Buono, PH
10:11 Ashley Walsh, Coro
10:16 Brittney Niel, Gro
10:19 Randee Meek, Gro
10:32 Ashley Ronco, EL
10:32 Ahnie Draper, RB
10:43 Allison Spies, PH
10:45 Kelly Foltz, LCD
54 Finishers.

The 2001 team previews...

This is second installment of the 2001 edition of the annual San Diego Section cross country preview.

In this issue, we include coverage of the Harbor, Coastal and Southern Leagues.

Teams are arranged alphabetically within their own league.

Coastal:

The fastest returning runners

The fastest returning runners from last year's league championship race, at Kit Carson Park:

BOYS (3.1m):

4. 17:50 Tyler Middleton, LCD
5. 17:56 Darin Conner, CC
7. 18:15 Aaron Faber, CC
11. 18:42 Garrett Metcalf, TCC
13. 18:57 Shawn Sarkaria, LCD
14. 19:00 Mike Searles, Bish
15. 19:04 Mitch Howell, TCC
16. 19:05 Matt Smith, Bish
17. 19:10 Taylor Searles, Bish
18. 19:15 Wm Haddock, ANA

GIRLS (3.1m):

1. 18:49 Jenna Timinsky, SDA
3. 20:50 Lauren Swigart, LCD
6. 22:25 Marie Raffray, SDA
7. 22:45 Linsey Bradshaw, CC
8. 22:46 Jocelyn Jenks, LCD
9. 22:54 Lisa Arias, FP
11. 23:22 Marisa Marquina, Bish
12. 23:33 Amy Howerzyl, CC
13. 23:40 Jenny Bromley, Bish

The teams: Army-Navy Academy

Division: Four. **Coach:** Linda Humphreville.

BOYS:

Numbers: 23. **Leaders:** Kenny Wang (12), Kyle Cassano (12), William Haddock (12). Wang has been the team's first finisher in invitational so far, running 18:04 at Sundevil, and 18:23 at Baron. At Sundevil, Cassano was at 18:42, and Haddock ran 19:03. Cassano and Haddock finished up last season near the top of the lineup, trailing just William Kraemer, who is running for Saratoga, his hometown school, in his senior year. This front three has the makings of a decent lead group. **The pack:** Jon Salvatore (12), Leonardo Ruiz (10), Artem Journist (12). This group all returns with varsity experience, so the team is very solid through six. **Depth:** Alain Behrens (10), Patrick Galp (11), Johnny Wollet (11), Cabe Sasuga (9), Ryohe Mirakami (9). All of these runners show some promise, and a few of them could move up in ranks.

Outlook: This is a respectably solid group. One or more of the leaders is poised to break into higher territory, and the mid-pack group is not far behind. That means that this team will be very competitive against league rivals.

The Bishop's School

Division: Four. **Coach:** Luke Gilbert. **Course:** UCSD.

BOYS:

Numbers: 22. **Leaders:** Shane Fitch (10), Taylor Searles (10), Matt Smith (11), Mike Searles (12). Fitch, a transfer from Scripps Ranch, has fit right in with this group. The others all return from the



Kenny Wang
Army Navy Academy

2-3-4 spots on last year's varsity. At Sundevil, Fitch ran 18:06, with Smith at 18:21, Taylor Searles at 18:36 and Mike Searles at 18:44. That's a nice grouping. **Next:** Andrew Lunney (11), Ben Durwood (10), Kalen O'Donnell (12), Reid Fritz (9). All in this group show good potential. Fritz is a promising frosh who has yet to race.

Outlook: With a strong sophomore core, this team is a year away from its peak. However, the team is already making some waves, with an early dual meet win over Army-Navy Academy. That front group could shape up to be a potent force. They are already running in about a 0:30-second pack, and they are moving along at a good rate. Also, keep in mind that young runners can have a steeper improvement curve.

GIRLS:

Numbers: 9. **Leaders:** Jenny Bromley (11), Marisa Marquina (11), Robin Kuntz (9). After four years of having Kaili Shumilak in the number one slot, one or more of this group will have the opportunity to step up. Marquina and Bromley were the team's two-three runners at league finals and CIF finals last year as sophs, so they have some ability. Kuntz is a strong-looking frosh runner who has yet to make her racing debut. **The pack:** Christina Lara (12), Nicky Enberg (12), Danielle Thomas (11), Mariana Fernandez (11), Emily Enberg (10). Lara and Emily Enberg traded off at the four/five spots at the end of last season. The others all have experience, as well.

Outlook: This is, minus Shumilak, the same group that formed last year's fourth place team in Division V last year. It remains to be seen where Kuntz will fit in, but the others all could be in a position to make improvements, and the depth seems OK. If things jell, the Knights could be a competitive outfit again.

Calvin Christian

Division: Five. **Coach:** Bill Stout. **Course:** Jesmond Dene Park.

BOYS:

Numbers: 25. **Leaders:** Darin Conner (12), Aaron Faber (12). This pair finished up last year as the team's number two and four runners, respectively, at CIF, running 17:56 and 18:23. At Baron, in early season, Conner ran 17:43, and Faber did 18:16 on the 3.1-mile Rohr Park course. It's a very solid one-two at this level. **The pack:** Josh Marcus (12), Jeremy Beutlich (12), Jason Jimenez (11). Marcus and Beutlich were in the varsity pack last year, but Jimenez has improved the most on the team. A JV runner last year, he worked hard in the off-season, and is challenging for the three spot. **Depth:** Phillip Boonstra (12), Danny Akers (10), Mike Kron (10). They have the best chance of rounding out the varsity group. Most of the other

Please see page 14.



Darin Conner
Calvin Christian

Coastal:

From previous page.

prospects are new to the sport.

Outlook: As always, Calvin has a very able group, although they may not have as much depth as some past Crusader teams have had. Conner and Faber set the tone, and the mid-pack area is experienced and improving. Add to the mix the ability of Stout to get his teams to rise to the occasion. Even with all that, Calvin will face some good challenges at league and in CIF's Division V from some sharply improved rivals.

GIRLS:

Numbers: 6, may add. **Leader:** Lindsey Bradshaw (12). She was last year's team number two at CIF, and has trained hard over the summer. "She is doing terrific," Stout enthused. In the AFC half-marathon, she ran 1:53. **The pack:** Jolene Guerrieri (11) and Amy Howerzyl (10) were scorers for a team that finished as CIF runner-up, and make this group solid. **New:** The rest of the roster is new. The prospects include Lauren Kelly (12), Sarah Hamilton (10) and Heidi Baker (10).

Outlook: The Crusaders always seem to be more than a sum of their parts, but there is more rebuilding to be done than usual, and Stout is still hoping to add some depth. Bradshaw is off to a slow start, with an injury, which doesn't help. They will still be one of the better Coastal teams and a threat in CIF's Division 5. None of their rivals is overlooking them.

Horizon Christian

Division: Four. **Coach:** Gene Read.

BOYS:

Numbers: 6. **Leaders:** Levi Gonzalez (10), Paul Flores (9). This pair shows the most potential of the team's prospects.

Outlook: Horizon is just getting this program off the ground, so expect a period of growth. All but one are freshmen.

GIRLS:

Numbers: 3. **Leaders:** Lucricia Finger (9), Malinda O'Hagan (9). Read said that Finger has, "pretty good potential," and that O'Hagan's strong point is "determination. She's tough."

Outlook: Just like the boys, the girls team is just at the beginning stages. They'll be off to a bit of a slow start, but girls can contribute at a higher level faster than boys, so they could develop a bit more quickly.



Lauren Swigart
La Jolla Country Day

La Jolla Country Day

Division: Four. **Coach:** Sarah Bakheit. **Course:** UCSD.

BOYS:

Numbers: 25. **Leader:** Tyler Middleton (10). With a bit of added maturity, and the departure of Will Kraemer, he is now the best runner in the league. He came on strong late last season as a frosh, running 17:50 at CIF in the team's number two spot. In track, he continued to blossom, and ran a 4:27 for 1600, an excellent ninth-grade time. He is one of the county's best sophs, and soon will be one of the county's best, period. At Baron, he won the small school boys race, in 16:29. **The pack:** Nathan Sigmund (10), Scott McCracken (10), Lex Kieffhaber (9). This group will make up the head of the pack following Middleton. Sigmund is a surprise addition. With no experience, he ran a strong 17:52 at Baron. McCracken was on the varsity last year, as a soph. **Next:** Shawn Sarkaria (12). He probably could be mentioned with the group just ahead of him. He finished up last year as the team's number three runner at CIF, running 18:42. That's a pretty decent number five runner at this level. **Depth:** Eric Mothander (9), Sergio Martinez (9).

Outlook: There is no doubt that this is a coming power in both the league and in CIF's Division IV. The core of the team is sophs and frosh, and there is already some well-established talent on hand. Middleton is still developing, but is already very fast. The pack is very young, but has potential. They are among the favorites in the league, and they could be a factor at CIF, in Division IV. The team will not begin to hit its peak until next year, and the year after.

GIRLS:

Numbers: 13. **Leader:** Lauren Swigart (11). She was third in the league last year as a soph, and has continued to improve. In track, she ran 11:54 for 3200, and she backed that up with a solid summer of training. At Baron, she won the small schools race in 13:44 for the 2.2-mile course. **Next:** Latoya Cunningham (9). She started fast; looking good at Wolfpack, and running fourth at Baron, just 0:07 seconds behind Swigart. One of the best freshmen in the county. **The pack:** Jocelyn Jenks (10), Sarah Swigart (10), Kelly Foltz (9). They are all running well in early season. Jenks is a 2:34 800 runner, who ran 14:23 at Baron. Sarah Swigart and Foltz are very capable four-five runners. **Depth:** Indya Talbot (10), Porschia Talbot (11), Alison Tebo (9). They round out the varsity group nicely, although an ill Porschia Talbot may be out of the picture.



Marie Raffray
San Dieguito Academy

Outlook: This team won the CIF Division V last year, with most of this lineup intact. Since then, they've upgraded the talent, with leader Swigart continuing to improve, and with the addition of some excellent frosh prospects. They move up to Division IV this year, but that won't impact the Torres as much as it will impact Division IV, where Country Day will be a strong favorite at CIF.

Francis Parker

Division: Four. **Coach:** Christina Buchanan.

BOYS:

Numbers: 9. **Leaders:** Hardy Ehlers (11), Johnny Pierce (12). They both return from last year's varsity. Ehlers was the team's number three runner at CIF last fall, clocking 20:21. **The pack:** Vince Cavallo (10), Eric Hsieh (11), Eastman Landry (9), Kyle Landry (11), Rabi Singh (9), Jefferay Sullivan (9). Cavallo and Hsieh also bring varsity experience. In fact, Cavallo was last year's number two runner at CIF (20:12), and Hsieh was the team's fourth (20:42). The other runners are either new prospects or have just arrived in the area.

Outlook: Buchanan is a new, and apparently well-qualified, coach. It may take her a bit of time to get this program fired up again. She does have a core of experience on hand, so the team should be reasonably competitive.

GIRLS:

Numbers: 7. **Leader:** Lisa Arias (12). She was the team's number two runner at league and at CIF, where she ran 19:57. **The pack:** Stella Hernandez (12), Susan Rosenfeld (12), Mary Ostrander (10), Taylor Fleming (11), Lauren Gerber (9), Emily Ziering (9). All of these prospects are new to the team, but some of them have endurance backgrounds. Rosenfeld ran the AFC half-marathon during the summer; Ostrander is a rower; and Hernandez is a soccer player. Of this group, Ostrander looked the best at Sundevil, running 20:57.

Outlook: Buchanan will have to build here, too. The core pack, with Arias and some of the athletic newcomers, could develop, but there is not enough depth for this team to match up with the league's best.

San Dieguito Academy

Division: Three. **Coach:** Michelle Anderson.

BOYS:

Numbers: 18. **Leaders:** Ben Savage (11), Troy Geierman (12), Logan Hood (9), Lee Rose (11). Savage and Geierman bring experience. Geierman was the team's top finisher at league last year, and Savage was the team's number



Garrett Metcalf
Tri City Christian

two at CIF. Best runners in early meets, were Rose and Hood, who ran 18:53 and 18:54 at Sundevil, respectively. **The pack:** Tom Stary (10), Nick Teach (12), Eric Pederson (9), Chris Zalud (9), Matt Mitchell (11), Brian Carroll (12), Chris Crutchfield (11), Patrick Galt (11), Robbie Redman (9), Joey Serrin (9). In early season, Anderson had not yet sorted out the prospects in this group. Stary and Teach return with experience. Galt (19:34) and Zalud (20:33) both looked good at Sundevil.

Outlook: The numbers are good, but it might take a few weeks for members of this team to find their roles. It is a young group, and it is hard, at this point, to project which athletes could emerge from the pack. If things settle, they should be able to compete in the league, but they will have a tough time in CIF's Division III, which is very difficult.

GIRLS:

Numbers: 8. **Leader:** Jenna Timinsky (12). Simply, she is the county's best runner this year, at any level. Her performance at Sundevil was stunning, a solo 14:58 run that was the second fastest ever recorded on the course, and a margin of victory of 1:38. The course record is 14:55 by Kim Mortensen, of Thousand Oaks, who went to win the national cross country championship, and later set a national record at 3200. Timinsky can also entertain some high goals. She could well be a Footlocker finalist herself, and her track career is already at a very high level. Last spring, she ran 2:09 for 800 and, in a rare attempt at 1600, a 4:59. She looks much stronger this year, and had a great effort at Stanford last week, where she had the second fastest time of the meet. **Next:** Brooke Gerson (10), Marie Raffray (10). They were good frosh cross country runners last year, and finished as the team's two and three. Raffray went on to record an excellent 2:17 for 800 in track. This fall, they are still close together. At Sundevil, Gerson ran 18:35, and Raffray was at 18:39. **Depth:** Elizabeth Rice (11), Natalie Johnson (12), Charlotte Ericson (10), Rachel Meyers (9), Arina Lumetta (10). Rice and Johnson return; the others are new prospects.

Outlook: Nobody has a stronger number one; and Gerson and Raffray have the potential to develop. But the numbers are small, which affects the depth. Even in this league, that will impact the team, at least against a team such as Country Day. In Division III, the Mustangs will be in a tough group. Timinsky will sail through at the local level, and should be a force at state and at the Footlocker regionals.

Tri City Christian

Division: Five. **Coach:** G. W. Dameron.

BOYS:

Numbers: 8 to 10. **Leader:** Garrett Metcalf (11). He is developing into a top runner in this league. He ran 17:57 at

Please see page 15.

Coastal:

From previous page.

CIF last year, as a soph, and has gone upwards since then. After a summer of quality training, he's looked good in early meets. At Sundevil, he was fourth in the small school junior race, in 16:49. After Middleton, Metcalf can match up with anyone in the league. **Next:** Mitch Howell (10). He ran CIF in 18:58 last year as a frosh, and has advanced. At Sundevil, he ran 17:50. A quality number two. **The pack:** Josh Dunn (12), Neil Johnson (12), Cody Hunter (9), Sean Maisano (12), Paul Mendoza (11), Ryan Fellows (12). Hunter is a good-looking frosh prospect; Mendoza also has good potential. Dunn and Johnson are returners from last year's varsity, where they ran 20:08 and 20:54 at CIF.

Outlook: This team, and this program, has been quickly developing in the last year. Metcalf and Howell are a quality one-two who still have plenty of improvement ahead. The key to the team, and the key to this year's success, is the pack. They'll need to be able to match up with a team such as Calvin Christian right through the lineup. The teams have yet to run head-to-head. Tri City definitely has a shot at the league and division titles.

GIRLS:

Numbers: 6. **Leaders:** Christina Durrett (10), Jenny Kirkman (9). Durrett, who is new, looked very good at Sundevil, running 19:37. Kirkman was at 21:05 in the frosh race there. Both will develop. **The pack:** Rachelle Andrus (11), Mashell Alpers (10), Amanda Meza (9), Tychia Mills (10). Andrus returns from last year's team; Alpers moved here from Michigan.

Outlook: The numbers still need to improve, but there are some good prospects on the roster. Durrett and Kirkman could be among the best in the division by season's end.

Harbor

The fastest returners

The fastest returning runners from last year's league championship finals, at Morley Field:

BOYS (3.0m):

3. 16:49 Thomas Ferguson, Cla
4. 17:16 Steven Loforti, Cla
8. 17:45 Ryan Schneider, Coro
11. 18:03 Jon Phillips, Coro
14. 18:31 David Fink, Coro
15. 18:34 Greg Hammett, Coro
16. 18:39 Paul Breuninger, Chr

GIRLS (2.55m):

1. 17:36 Judy Jimenez, Cla
2. 17:41 Rhett Chase, Coro
4. 18:10 Emily Trapasso, Coro
6. 18:19 Katherine Wingert, Chr
7. 18:32 Jenny Ray, Chr
8. 18:33 Beth Wittry, Coro
9. 19:00 Andrea Heger, Chr
10. 19:03 Chloe Haman, Chr
12. 19:33 Lisa Robbins, Coro
13. 19:45 Allison Lewis, Craw

The teams:

NOTE: All teams run on the Morley Field dual meet course. Madison runs some non-league meets on a beach course at La Jolla.

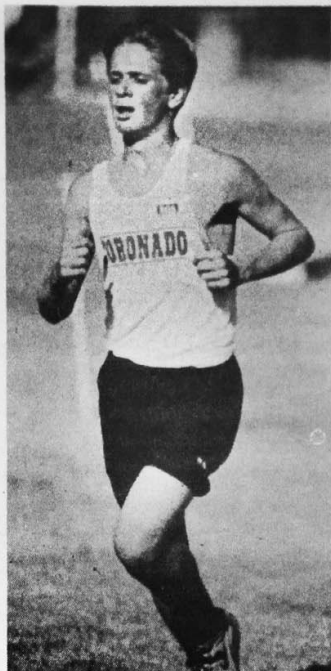
Christian

Division: Four. **Coach:** Mark Crofton.

BOYS:

Numbers: 8. **Leader:** Paul Breuninger (12). He is the top returning runner from last year's squad, when he ran 19:53 at CIF, and was 16th in the league finals. **The pack:** Joe Yeats (10), Jun Kim (10), Blake Hertel (10), Jared McGowan (12). Kim and Yeats also return. Kim ran 19:39 at league last year; Yeats ran 20:58. Hertel and McGowan are the best of the new prospects.

Outlook: It's a thin team, although the basic core seems OK. Crofton will need to keep this group healthy to stay



Jake Ruzevich
Coronado

competitive.

GIRLS:

Numbers: 5. **Leader:** Jenny Ray (12). She was the team's top runner at CIF last year, with 19:48, and was seventh in the league finals. She was running well early this season, but is currently on the shelf until maybe mid-October. **The pack:** Andrea Heger (11), Chloe Haman (10), Kim Clark (12), Ashley Dunton (10). Heger and Haman were ninth and 10th in the league finals last year, and should be solid.

Outlook: Five runners is as thin as you can get: one injury away from being a non-scoring team. The returning runners all had a measure of success last year. If they can build on that, and stay healthy, they can be a factor in the league.

Clairemont

Division: Three. **Coach:** Sean Stevenson.

BOYS:

Numbers: 8. **Leaders:** Thomas Ferguson (12), Steve Loforti (12). On paper, they are two of the top returners in the county, after running 17:06 and 17:17 at CIF last year. But Loforti, after a solid summer of training, has been out of action with a pinched nerve in his back, and may not be up to full speed until late in the season. Ferguson, still rounding into shape, is running as well as anybody in the league. **The pack:** Matthew Smith (11), Jonathan Smith (11). Jonathan Smith ran for the Chiefs as a frosh two years ago, but missed last season. The team will miss Darren McTaggart (12), last year's third man, who is concentrating on golf this year.

Outlook: The Chiefs had a strong top five last year, and finished second in CIF's division IV. But the squad has taken some big hits, with only Ferguson and an injured Loforti still on the roster. And, they've been bumped up to Division III in CIF, which is as tough as it gets. Their depth will work against them, but Ferguson should have a good year. If Loforti can return to form, he'll also be among the very best in the league.

GIRLS:

Numbers: 4. **Leader:** Judy Jimenez (10). As a freshman last year, she won the league title, and the Division IV CIF title. She is currently on the shelf until mid-October. **The pack:** Rebecca Garcia (12), Lauren Bradley (11), Eva Gonzalez (10). Garcia was second in the league as a soph, but didn't run last year. Bradley is a basketball player who seems to have good ability. Gonzalez returns from last year's squad.

Outlook: The numbers are the bottom line. At full strength, the Chiefs have four, which is one short of a scoring team. Individually, Jimenez and some of the others will at least be competitive in



Ashley Walsh
Coronado

league meets.

Coronado

Division: Four. **Coaches:** Mel Bechtel and George Green.

BOYS:

Numbers: 16. **Leader:** Jake Ruzevich (9). He's not an ordinary freshman, but an outstanding all-around athlete. He's been excellent to date, running 17:23 at Sundevil, good for third in the small schools frosh race. **Next:** Adam Bacon (12), Dmitre Virnig (10). They're both new to the program, as well. Bacon, who moved here from Fresno, ran 17:45 at Sundevil. Virnig, from South Carolina, ran 17:48 at Sundevil. It's a very solid two-three. **Next:** Ryan Schneider (12), David Fink (12), Greg Hammett (12). Schneider and Fink traded off at the number one spot at the end of last year, but the team is so improved that they will be in the middle of the scoring pack. At Sundevil, Schneider ran 18:12, and Fink was at 18:17. Hammett was on the fringe of the varsity last year, but is much improved. **Depth:** Jon Phillips (12), David Hernandez (11), Josh Copp (11). They all return with varsity experience, and will round out a solid squad.

Outlook: They are one of the most improved teams in the section. They return last year's squad, basically intact, and add a strong top three to the mix. That elevates them to strong league favorites and also to the favorite's role in CIF's Division IV.

GIRLS:

Numbers: 10. **Leaders:** Ashley Walsh (9), Katherine Wingert (10). Walsh was very strong out of the gate, with a good race at Wolfpack. She also plays soccer, so will miss some meets. Wingert was held back last fall with a broken arm, but came on strong during track, eventually posting 2:21 for 800 meters. It's a good one-two, with potential to become very good. **The pack:** Beth Wittry (10), Rhett Chase (10), Emily Trapasso (12), Lisa Robbins (10), Jessica Keliz (11). On paper, this is an experienced and talented group. But, there are problems. Wittry, who has excellent speed, is still healing from a broken arm, and still wearing a cast. Chase has a knee injury and was still not back training in early October. Robbins is a top tennis player, and will only be at selected meets.

Outlook: Until the mid-pack area can get back on track, it will be a very thin team. Walsh and Wingert are strong at the top, but it will drop precipitously after that until people can get back. At full strength, it could be a pretty good team. Even with some talent missing, they are the top team in the league.

Crawford

Division: Three. **Coaches:** Min-Soo Smith, boys; Dwight McDonald Sr., girls.

BOYS:

Numbers: 10. **Leaders:** Luis Munoz

(11), Pedro Kubleif (10). This pair has been leading the team in workouts and early races to this point. **Next:** Hoang Tran (11). He's the team captain, and is in his third year with the program. He ran 20:38 at CIF last year.

Outlook: The team has been almost completely restructured since last year. The top two runners transferred to San Diego under the magnet program, and Smith has taken over as coach. There will be a transition period while he gets things back on track.

GIRLS:

Numbers: 8. **Leader:** Allison Lewis (11). She was last year's best girl, taking 13th in the league finals, with 19:45. She attends the San Diego School of Creative and Performing Arts. **Next:** Nyalok Bangout (11). She was last year's number two runner on the team. **The pack:** Christy McCullough (9), Christina Lopez (9). Both have shown some potential in early action.

Outlook: Like most Harbor teams, the Colts are fighting a numbers battle. The top two have some experience and ability. If some of the prospects develop, the team will be competitive with most teams in the league.

Gompers

Division: Four. **Coach:** Jose Pena.

BOYS:

Numbers: 2. **Best prospect:** Francisco Aguirre (10). He's new to the program. **Outlook:** No full team, so Pena will concentrate on developing his individuals.

GIRLS:

Numbers: 2. **Best prospect:** Doris Contreras (12). She's also new.

Outlook: Same as above, although Pena is still actively looking to find some runners to add to the mix.

Lincoln Academy

Division: Four. **Coach:** Mike Paredes.

BOYS:

Numbers: 6. **Leaders:** Omar Amba (12), Chris Henderson (11), Isaac Ramirez (9). Amba, who missed the first meet, returns from last year. Henderson is in his first year of running, but looks good. Ramirez is the best of the young prospects.

Outlook: Paredes is just getting the program rolling after being involved on the fringes last year. "Next year we'll be able to do a lot more," he said.

GIRLS:

Numbers: 7. **Leaders:** Sharne Butts (9), Natasha Gray (10). Butts, a track talent, also has potential in this sport. Gray is in her first try at this sport, but ran 5:49 for 1600 last spring.

Outlook: If Paredes can keep this group together, it will be the first full girls team the Hornets have had in years, so that in itself is a very positive sign. There also seems to be some good young talent on hand. At full strength, they should hold their own with most league teams.

Madison

Coach unavailable at press time.

Southern:

The fastest returners

The fastest returning runners from last year's league championship race, at Kit Carson Park:

BOYS (3.1m):

3. 18:32 Scott Neth, Jul
13. 19:51 Jesus Quesada, YM
15. 20:09 Val Estrada, GP
17. 21:00 Sam Groenwold, GP
18. 21:11 Jonathan Smith, Jul
19. 21:45 Erin O'Brien, BS
20. 21:49 Dennis Bailey, BS

GIRLS (3.1m):

2. 21:49 Ali Baker, MIE
6. 23:27 Nicole Bastian, Jul
7. 23:50 Clare Hutchinson, Jul
9. 24:25 Courtney Watkins, MIE

The teams:

Please see page 16.

Southern:

From previous page.

Borrego Springs

Division: Five. **Coach:** Rachel Wann.

BOYS:
Numbers: 4. **Leaders:** Dennis Bailey (12), Erin O'Brien (12). Both return from last year's team. At CIF, Bailey was the team's number two finisher, with 22:00. In a recent meet at Julian (not a fast course) Bailey ran 22:17, and O'Brien was at 22:43. **The pack:** Trevor Jones (12), Luis Enrique Zuniga (10). They also return from last year's team.

Outlook: The Rams fielded just three runners in a recent meet, and will probably not have a full team at any point. Still, the runners on hand seem to be improving. As individuals, they'll be representative.

Calvary Christian

Division: Five. **Coach:** Pete Plotnik.

BOYS:
Numbers: 3. **Best prospects:** Alex Captain (10), David Lopez (9), Jimmy Lopez (10).

GIRLS:
Numbers: 3. **Best prospects:** Ashley Hammel (9), Nicole Hoskins (9), Emily Montassero (9).

Outlook for both teams: Calvary Christian is brand new on the cross country scene, and just getting things off the ground. Only Lutheran, among schools that compete, is smaller among the section's schools. But programs like this can get some momentum. Guajome Park was like this a year or two ago, and Tri City Christian is another school that had a handful of new prospects a couple of years back.

Guajome Park Academy

Division: Five. **Coach:** Patrick Duffy.

BOYS:
Numbers: 9. **Leaders:** Val Estrada (12), Matt Whaley (10), George Brusch (11), Victor Hara (12). On paper, Estrada is the team's clear leader. At CIF last year, he ran 20:29 to lead the team by plenty. He ran 20:09 at league, to take 15th. In an early meet, Whaley, Brusch and Hara finished within one second of each other. **The pack:** Sam Groenwold (10), Mason Dick (10), Ian Dick (9), Ryan Morrison (9). The first three all return from last year's team; Morrison seems the best of the freshman class.

Outlook: The numbers are building, and there is a good amount of experience on the team now. It is still a young group, which means that they could be sharply improved in another year. The program is gaining momentum.

GIRLS:
Numbers: 11. **Leaders:** Jessica Allaga (9), Porsche Hitchens (9), Penina Maluavia (9). The frosh crop has upgraded the team's talent level. These three have some potential, and are running fairly closely at present. **The pack:** Rachel McClain (12), Tiffany Myers (12), Sara Hauman (10), Jane Crozier (11), Amy Holton (11), Vanessa Duester (10). Crozier and Hauman are returners; McClain ran as a soph two years ago.

Outlook: The program is going in a positive direction. The numbers look good, and the talent level is rising. They are not on a footing with the league's best teams yet, but they are not that far away.

Julian

Division: Five. **Coach:** Bill Porter.

Course: On campus.
BOYS:
Numbers: 9. **Leader:** Scott Neth (11). Neth is the only returner from a very solid group that finished third at CIF last year. He is still developing; he was an individual state qualifier as a soph, and he put in a 500-mile summer. At some point, he'll move up to another level. **Next:** Jonathan Smith (10). He was a decent frosh runner last year, and has prepared well. **Depth:** Adam Bakken (12), Chris Long (10), Daniel Deluca (9),



Theo Kociencki
Lutheran

Kent Dover (9), Seth Edman (9), Chris Stamets (9), Tyler Weiss (9). Bakken ran two years ago; Long returns from last year. At least one or two of the frosh runners could make big moves up the roster as the season progresses. Stamets looked good early, but has missed some time with an injury.

Outlook: This team is a year away from contending, depending on how quickly some of the young talent develops. Neth is a solid front man, but it will take a little time before the main pack jells. It's a building year; there is only one senior, and there is some good raw material.

GIRLS:
Numbers: 9. **Leaders:** Nicole Bastian (12), Clare Hutchinson (10). Bastian, who has improved all four years, ran 21:06 at state last year; Hutchinson was all-league as a frosh. Both put in solid summers of training and look like they are ready to make breakthroughs. **New:** Hanni Horner (10), Addie Villalobos (10), Suzan Faller (9), Tessa Ridgway (9), Heather Sample (9), Jill Spevacek (9), Hannah Thom (9). A good number of the new runners have some potential. The freshman group, especially, has the talent to impact and upgrade the team. How well the newcomers work into the mix is the key to the Eagles' potential success.

Outlook: Only two returners? No problem. There is enough talent among the newcomers for this team to end the season with decent quality down to at least five or six runners. It is up to the individual runners to make it work, however. If the pack can jell, they will be co-favorites with Mountain Empire in the league. At CIF, they have the potential to give Calvin Christian a challenge for the title.

Lutheran

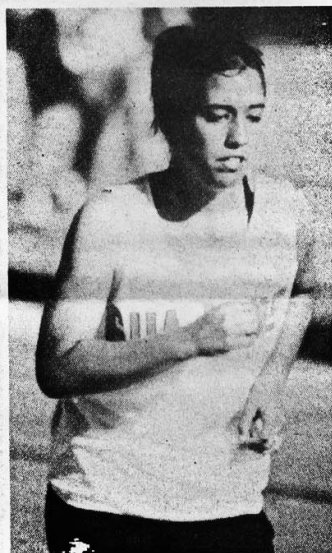
Division: Five. **Coach:** Thomas Newman. **Course:** Chollas Lake.

BOYS:
Numbers: 11. **Leader:** Theo Kociencki (9). He's made an impact on the league already, beating Julian's Scott Neth on his home course last week. Neth is the leading returner in the league, so what does that make Kociencki? **Next:** Brandon Buckalew (10). Newman thinks he has similar potential to Kociencki, although a cramping problem has held him back in recent meets. **The pack:** Shawn Napora (12), Chris Moraga (10), Derek Griede (12), Greg Gredvig (10). In a recent meet, this group ran in a 0:40-second pack. Napora, Griede and Gredvig ran last year. **Depth:** James Stevens (12), Lowell Ross (9), David Anton (9), Seth Heidbrink (10). Stevens and Heidbrink are two more veterans from last year's team.

Outlook: This team hasn't seen much competition yet, so it's hard to tell where they are. They are a contender in this league, and they could be a darkhorse in the CIF Division V race. We'll know a lot



Ali Baker
Mountain Empire



Jessica Allaga
Guajome Park Academy

more after the St. Augustine Invitational, where many of the top contenders get to see each other.

GIRLS:
Numbers: 1. **She is:** Lauren Brounley (12).

Outlook: Lutheran is the smallest school in the section that fields a competitive cross country program. There is no other fall sport for the boys except cross country, but Lutheran does field a girls volleyball program.

Mountain Empire

Division: Four. **Coach:** Bill LeBlanc.

BOYS:
Numbers: 6. **Leaders:** Chris Notterman (10), Julian Ogle (11), Travis Palovchik (12), David Laff. Each has had his moments in early season. Notterman led the team at Baron (19:37 for the Rohr Park 5k). Ogle and Palovchik have been running closely in support (20:47 and 20:57, respectively, at Baon). Laff is a late addition to the team who has upgraded the pack. In recent duals, he has been running second to Notterman. **Depth:** Mark Aguiluz, Nathan Watkins (9), Chris Reed. They round out the team. **Outlook:** LeBlanc does an excellent job of getting the available material into competition. In early season, it looked as if the Redhawks would be short of a full team. Now, they are a full team, and



Scott Neth
Julian

they are running well. It's between the Redhawks and Lutheran for the boys team title.

GIRLS:
Numbers: 8. **Leader:** Ali Baker (11). She was new to the sport last year, but was a big part of the team qualifying for an at-large state meet berth out of Division V. She ran 18:48 at CIF, to lead the team. In track, she continued to improve, and ran 5:25 for 1600 to make the CIF D-II final. She has continued to improve this fall, with a 14:23 for 2.2-miles at Baron, good for tenth in the small schools race. **Next:** Dominique Espy-Walter (9), Adrianna Durlfing (9). The arrival of this pair has sharply upgraded the team. At Baron, Espy-Walter ran 14:49, and Durlfing was at 14:55. **The pack:** Sara Cuevas (11), Courtney Watkins (12), Jennifer Carroll (11), Andrea Notterman (12). Watkins has been a solid runner in the program for years; the others are all new. In early meets, Cuevas had taken over the fourth spot.

Outlook: The Redhawks are upgraded at the top end of their team, but will need to get their pack to close up the gap just a bit. In one early dual, Julian beat them on depth, but the two teams have a rematch coming up. At CIF, the team is now in Division IV, which should be dominated by La Jolla Country Day. Mountain Empire will be hoping to make a run for the second qualifying spot.

Vincent Memorial (Calexico)

Division: Five. **Coach:** Jesus Gonzalez.

BOYS:
Numbers: At least 7. **The pack:** Abraham Garcia, Victor Saenz, Alfonso Wong, Ivan Mendez, Michael Shalby, Andres Mendez, Jose Soto. Many, if not all, of these runners seem to be new. Garcia was the team's leader in one recent meet.

GIRLS:
Numbers: At least 4. **The pack:** Mariela Valenzuela, Blanca Padilla, Christian Soto, Sofia Mateos. Valenzuela was the team's best in an eight-team meet last week.

Next Issue:
October 19
Look for it at the
Kit Carson
Invitational
or at your school.