

TRACK MAGAZINE



Inside...

Volume VII, Number 4 -- November 2, 2001

The best coverage of local prep cross country



El Cajon Valley and West Hills boys teams, 100 meters into their dual meet.

There's still time for quality workouts

The name of the game now is running well at the right time.

Or, simply, peaking.

Coaches all over the section are dusting off their favorite end-of-the-season workouts.

It's not an exact science, however, as even the coaches most noted for having their teams "ready to race" know that there are factors not entirely under their control.

It's an art, combining coaching and training knowledge, forming a season-long structure of training, and fine-tuning it with an eye to weather, personalities, individual ability, quality of the competition, course difficulty, health, and realistic goals.

The team's ability comes into play, too. Do you aim your peak for the league finals? Or, for CIF? Or, if you are likely to be there, for the state meet?

There was one coach in recent years who was so convinced of his team's ability that he was

considering peaking his athletes for the Footlocker regionals, but that's another story.

Actually, a large number of athletes have already finished their season (by the time you are likely reading this).

The north county leagues, which usually, as a group, have the largest teams, do not offer junior varsity competition at their league finals. That means a sizable number of pretty good runners end their seasons this week, in the final dual meets.

After next week's league finals, all of the teams will be slimmed down to seven athletes apiece, at the most.

Things are getting interesting.

Next week, league championships will be held, and there will be team and/or individual champions crowned in 13 different leagues.

Competition starts Tuesday, at Morley Field, where the Harbor League has a final meet that

determines all-league teams. The team champs in that league were decided by dual meets.

On Wednesday, the action shifts to El Centro, where the Imperial Valley League meets.

On Thursday, the spotlight goes back to Morley, where the Western League final will finally determine the team champions.

On Friday, you can take your pick among three meets.

At Rohr Park, in Bonita, the Mesa and South Bay leagues hold combined races to determine separate championships.

At Morley Field, the Eastern League final is scheduled, with everything at stake, especially in the girls team competition.

At Kit Carson Park, in Escondido, the Coastal and Southern Leagues hold combined races, with the results separated later.

Our News Briefs column gives the latest info on exact times for the CIF and State Meet races. See page two.

The latest edition of the local rankings are on page three. A few teams have made some significant moves in recent weeks. A few teams have faded. Until the final meets, it's all just opinion.

We take a first look at the California state rankings, which offer the top ten in each of five divisions. There are some discrepancies with the local rankings. See page four.

Our final dual meet roundup begins on page five. In some leagues, the hot duals have already taken place. In a few, things were still unsettled at press time.

San Pasqual's girls team and Valley Center's boys team were the big winners at this year's Kit Carson Invitational. The girls race, especially, was a real showdown. Coverage starts on page eight.

The times at Mt. SAC seem to keep getting faster. Is the course shrinking? Is it global warming? Or, is it just plain good competition in an inspired setting? Decide for yourself. Coverage begins on page ten.

Please see page 2.

News briefs

CIF schedule announced

The time schedule for the CIF Finals has been announced. The meet is Friday, November 16.

The unusual Friday scheduling, due to a scheduling conflict at Morley Field, caused the time schedule to be more condensed than usual.

The order of races will follow

Next Issue:
November 16
Look for it
at the CIF
Championships.

the same order as in the state meet.

The schedule, as announced by the CIF office and meet directors:

10:00 am Division IV Girls
10:35 am Division V Girls
11:10 am Division IV Boys
11:45 am Division V Boys
12:20 pm Division I Girls
12:55 pm Division II Boys
1:30 pm Division III Girls
2:05 pm Division I Boys
2:40 pm Division II Girls
3:15 pm Division III Boys

The awards ceremonies will be held in a timely manner after the conclusion of races. One scheduling quirk could slow down results and awards late in the day. The largest three sections will alternate racing in the final six races, and the resulting crunch could back up results processing if there are any problems.

State meet schedule set

The times for the California State Cross Country Champ-

ionships has been announced. The meet will be held on Saturday, November 24, at Woodward Park, in Fresno.

The schedule:

8:30 am Division IV Girls
9:05 am Division V Girls
9:40 am Division IV Boys
10:10 am Division V Boys
10:40 am Division I Girls
11:15 am Division II Boys
11:45 am Division III Girls
12:20 pm Division I Boys
12:50 pm Division II Girls
1:25 pm Division III Boys

The awards schedule. The awards are subject to delay if there are any problems with races.

10:00 am Division IV Girls
10:20 am Division IV Boys
10:40 am Division V Girls
11:00 am Division V Boys
11:20 am Division I Girls
11:50 am Division II Boys
12:25 pm Division III Girls
12:55 pm Division I Boys
1:30 pm Division II Girls
1:50 pm Division III Boys

There's still time...

From page one.

The action heats up even more on Saturday morning, at two separate sites.

At Kit Carson Park, the Palomar, Avocado and Valley Leagues will all hold separate league championships in a series of quality races.

And, at Harry Griffen Park in La Mesa, the Grossmont South and Grossmont North Leagues combine races and separate results.

Corrections

It is inevitable that we misspell a few names in our reporting.

We make mistakes, like anyone else, and we deal with hundreds of names, often copied with great haste from blurred and incomplete finish tags.

To set the record straight, here are a few we want to acknowledge.

The Point Loma girl pictured recently is Camille Hall-Berry.

Rancho Bernardo's swift frosh girl is Lindsay delaMontaigne.

RB's number three girl is senior Belinda Oberem.

A number of other corrections have been made in meet results. We apologize for the errors.

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And every once in a while,
a new pair of shoes.

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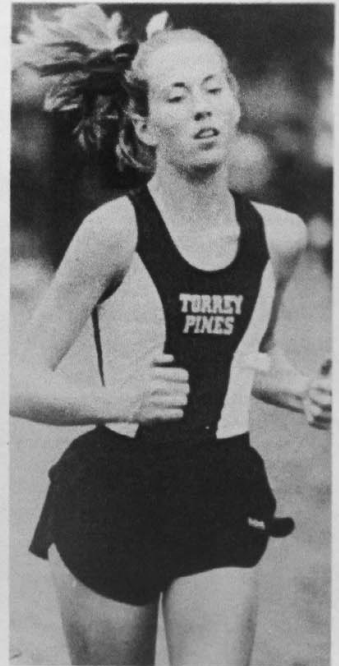
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Brett Bayles
Escondido is seventh.



Anna Hough, Brooke Kerby
Valley Center is eighth; San Pasqual is first.



Taylor Penrod
Torrey Pines is fifth.



Scott Perry
Scripps is rated fifth.

The Rankings

Week of November 2.

BOYS:

1. Mt. Carmel
2. Vista
3. Valley Center
4. Rancho Buena Vista
5. Scripps Ranch
6. Hoover
7. Escondido
8. University City
9. Bonita Vista
10. West Hills

OTHERS:

Chula Vista
Torrey Pines
San Marcos
San Diego
La Jolla

Division IV:

Coronado

Division V:

Calvin Christian

GIRLS:

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

OTHERS:

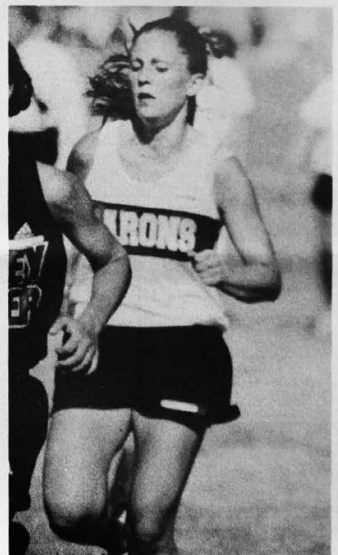
El Camino
Carlsbad
Rancho Buena Vista
Poway
Vista

Division IV:

La Jolla Country Day

Division V:

Julian



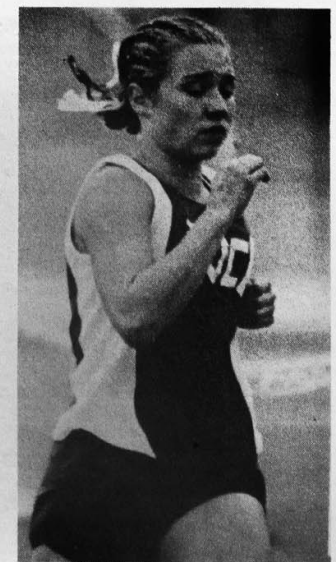
Tiffany Caddell
Bonita Vista is fourth.



Yilkal Assefa
Hoover is sixth.



Kiley Green, Kelly McCann
La Costa Canyon ranks ninth.



Jocelyn Jenks
La Jolla Country Day is
top ranked in Division IV.

California Rankings:

BOYS:

Division I:

1. Canyon, Canyon Country
2. Long Beach Poly
3. Rubidoux, Riverside
4. Jesuit, Sacramento
5. Dana Hills, Dana Point
6. Temecula Valley
7. Royal, Simi Valley
8. El Toro
9. Madera
10. Clovis West, Fresno

Division II:

1. Katella, Anaheim
2. Bosco Tech, Rosemead
3. Eureka
4. Norwalk
5. Valencia, Placentia
6. St. John Bosco, Bellflower
7. Helix, La Mesa
8. Woodcreek, Roseville
9. Orange
10. Sonora, La Habra

Division III:

1. Barstow
2. Nordhoff, Ojai
3. Estancia, Costa Mesa
4. San Luis Obispo
5. Valley Center
6. Campolindo, Moraga
7. Rim of the World, Lake Arrowhead
8. University City, San Diego
9. Redwood, Visalia
10. Miramonte, Orinda

Division IV:

1. McFarland
2. Oak Park
3. Fillmore
4. Laguna Beach
5. St. Paul, Santa Fe Springs
6. Salesian, LA
7. Carmel
8. Taft
9. Bishop O'Dowd, Oakland
10. Riverbank

Division V:

1. University, San Francisco
2. Woodcrest Christian, Riverside
3. Flintridge Prep, La Canada
4. College Prep, Oakland
5. Lick-Wilmerding
6. York, Monterey
7. Head Royce, Oakland
8. Yeshiva, LA
9. Webb School, Claremont
10. Thacher, Ojai

GIRLS:

Division I:

1. Esperanza, Anaheim
2. Ayala, Chino Hills
3. Murrieta Valley
4. Peninsula, Rolling Hills
5. Canyon, Canyon Country
6. Yucaipa
7. Buchanan, Clovis
8. Rancho Bernardo
9. Milpitas
10. Dana Hills, Dana Point

Division II:

1. Maria Carrillo, Santa Rosa
2. Montgomery, Santa Rosa
3. Woodbridge, Irvine
4. Centennial, Bakersfield
5. San Pasqual, Escondido
6. San Ramon Valley, Danville
7. Brea-Olinda, Brea
8. Foothill, Santa Ana
9. Torrance
10. Granite Bay

Division III:

1. Campolindo, Moraga
2. University City, San Diego
3. Clovis East, Clovis
4. San Lorenzo Valley, Felton
5. La Canada
6. Corona del Mar, Newport Beach



Gus Polito
Valley Center

7. Enterprise, Redding
8. Nordhoff, Ojai
9. South Hills, West Covina
10. Sacred Heart Cathedral, SF

Division IV:

1. Bret Harte, Altaville
2. Lutheran, Orange
3. Bishop O'Dowd, Oakland
4. McFarland
5. Piedmont
6. Maranatha, Sierra Madre
7. La Reina, Thousand Oaks
8. Laguna Beach
9. Oak Park
10. Yreka

Division V:

1. University, San Francisco
2. Desert Christian, Lancaster
3. Chadwick, Palos Verdes
4. Flintridge Prep, La Canada
5. Thacher, Ojai
6. Poly, Pasadena
7. Castilleja
8. College Prep, Oakland
9. Calvin Christian, Escondido
10. Woodcrest Christian, Riverside

Updating the teams...

Updates and news from various teams around the section:

Point Loma boys

The Pointer boys have a new coach.

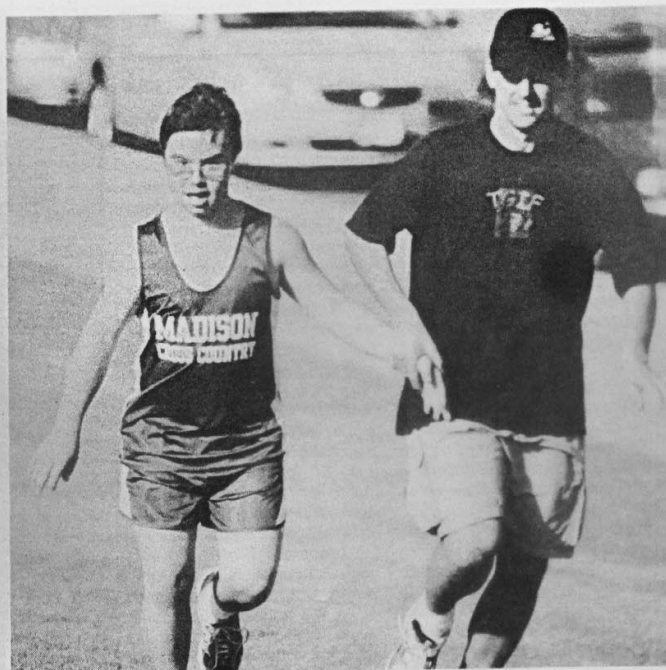
Gil Serrano, who was coaching the team, had to leave the area in October. He is a Naval officer, and his transfer had been expected.

He'll be replaced through the remainder of the season by Jason Butler, who had been working with the team. Butler, like Serrano, is a Point Loma graduate, and a former runner at the school.

Madison

The Warhawks were one team that we were unable to contact for our team previews. We have managed to catch up with them in some of their Harbor duals.

The team is coached by Bob



Daniel Smith and escort.
Madison

Bishop, and runs league dual meets at Morley Field, although they also run some non-league duals at La Jolla Shores, by tradition.

The boys squad totals at least 13 athletes, including captains Chris Sorichetti (11) and Corey Donna (11). They were the team's number two and three runners at last year's league finals. The only other returner from last year's squad is Kirk Staley (12).

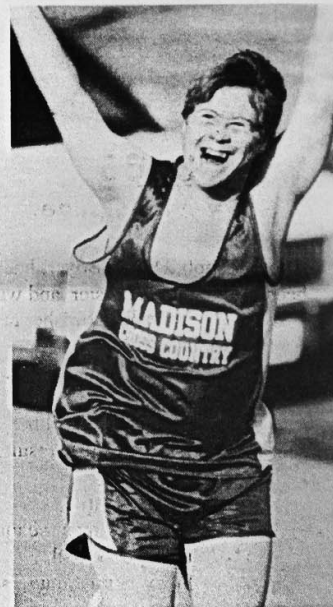
Other squad members include Gabriel Hughes (12), Garrett Hughes (12), Daniel Smith (12), Lucas Lemke (12), John Gates (11), Ryan Tervort (10), Paul Sao (10), Evan Perez (10), Kevin Sorichetti (9) and Kenneth Blackington (9).

The girls team, numbering at least 15, is led by captains Anna Westgate (12), Kimmi Ducker (12), and April Antonio (12). Westgate, promising as a frosh runner, has returned to that form, and is running well, as are some of the other girls.

Other returning team members include Rebekah Rickert (11), Rebecca Deiminger (11), and Amy Croudip (11). New runners include Danielle White (12), Sarah McCormick (12), Olga Gavriluk (12), Andrea Flores (12), Courtney Dahl (12), Lori Ruiz (9), Carrie Narveson (9), Jennifer Pangacian (9) and Laura Norton (9).

The Madison cross country program is truly inclusive. The team includes two runners with Down syndrome, Daniel White and Lucas Lemke, who run in races accompanied by escorts. Both runners usually get the biggest cheers from teammates.

The team also has four athletes that are hearing impaired, and even has an aide that provides sign language for starter's instructions.



Lucas Lemke
Madison

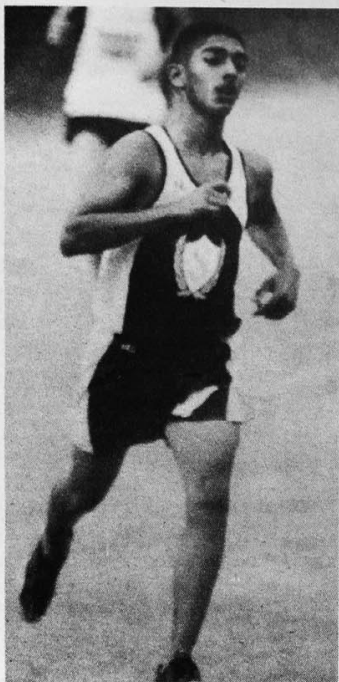
Sweetwater

Red Devil coach Tim Latham began the season with high expectations. His Sweetwater boys team returned almost the entire squad from the team that lit up the Mesa League last year.

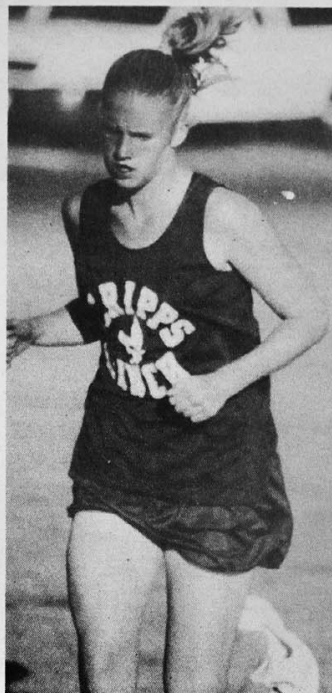
A series of injuries effectively brought the squad back to earth this season, with almost every squad member ailing at least one time or another. The team is starting to get healthy as the season winds down, and has been upgraded by the development of some of the younger talent.

Edgar Llanes (10), ran 17:41 at Baron in his first race, and was promptly sidelined by a stress fracture. He's back, with a 17:35 at the Kit Carson meet, to win the boys 9-10 large school JV race.

Please see page 5.



Cesar Torres
Sweetwater



Amanda Beatty
Scripps Ranch

Team Updates

From previous page.

Another soph, Dustin Boyer, has been moving up the roster, and was the team's third varsity finisher at Kit Carson, in 17:19.

The Devils lost to Bonita Vista and Chula Vista in dual meets by a total of three points, and will be attempting to reverse those results at the Mesa finals.

Santa Fe Christian

The Eagles are dipping a toe into the cross country pond, with a handful of athletes competing this year.

The teams compete in the Coastal League, although they don't yet have enough numbers to count in team scoring.

The team is coached by Paul Lyons, a teacher at Santa Fe Christian. He is also the school's boys soccer coach.

Best of the athletes is Jenny Stripe, who won the small school girls JV race at Kit Carson. She ran 18:17, which would have placed her in the top twenty in the small schools varsity girls race. Stripe also was first in a three-way meet among Calvin Christian and Tri City Christian.

Another girl, Madeline Kramer, was fifth in the Kit Carson JV race, at 20:00.

The team also includes four boy runners.

The Eagles will compete in CIF's Division IV this year.

Rancho Buena Vista

A sickness that went through the boys team has put the

Longhorns on a roller-coaster in the season's rankings.

The team went up to fifth in the section early in the season, after winning the South Bay Invitational. It was then that illness spread through the team, causing a dual meet loss to a good Torrey Pines team, and RBV dropped out of the top ten. Coach Tom Lux even cancelled a planned trip to the San Luis Obispo Invitational, electing instead to rest his team.

Things improved in recent weeks. At Mt. SAC, the RBV boys were among the more impressive of the local section squads in attendance, winning one of the varsity races. Now, the 'Horns are well up in the rankings again.

On the girls team, Nastassja Hall has returned to action. Hall was sidelined with Achilles problems for a few weeks, but made a quicker than expected recovery.

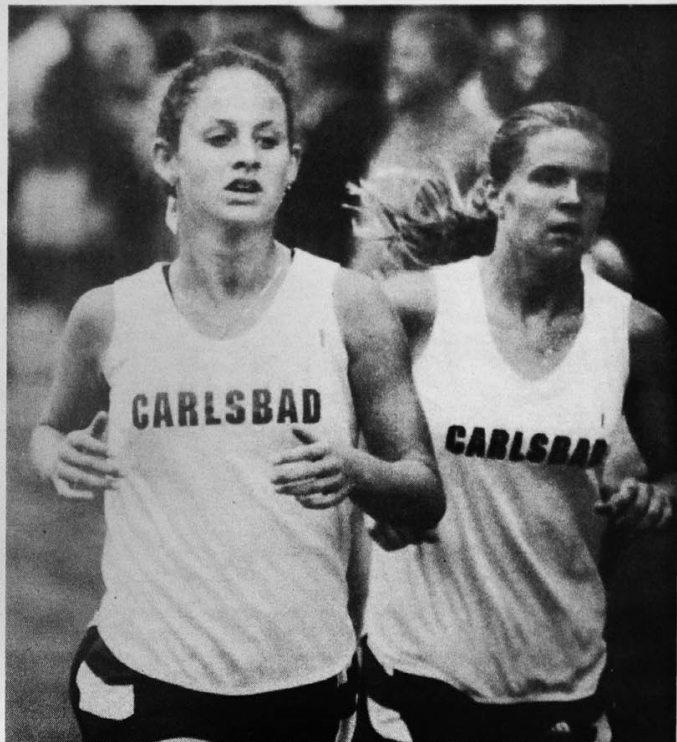
Scripps Ranch girls

The Falcon girls, who were second in the Western League dual meet season, have been led by freshmen Amanda Beatty and Katherine Robbins. Beatty has led the team in a number duals, running as fast as 19:20 for the Western dual layout of 3.0 miles. Robbins was the winner of the small schools varsity girls race at Kit Carson recently.

Both turned up with soccer injuries in the last week before league finals, however, and their status for the final meets was uncertain.

Carlsbad girls

Coach Keith Van Asdalan was hoping that his girls team had shaken the injury bug when it bit again last week.



Jessie Ansari, Sara Cates
Carlsbad

After a dual meet at San Marcos, his number one runner, Colleen O'Connell, came up with a sprained foot, and another top athlete, Jessie Ansari, also was hurting after the meet. Status for both was unclear at press time, but Van Asdalan expects them back in the lineup in the final meets, if not at this week's final dual.

Dual Meet Roundup: Some races still undecided

The last-minute action in selected leagues around the section. The leagues are presented alphabetically:

Avocado:

In a league where there are only five teams, and where the final week includes a three-way meet, there is not a lot of regular season action.

Fallbrook, Carlsbad and La Costa Canyon have all had just two dual meets to date, and those three teams will meet Friday, November 2.

BOYS: San Marcos is 3-0, and has a meet left with El Camino (1-2, but dangerous). Fallbrook (1-1) and Carlsbad (1-1) will narrow it down as to which team will be in position to challenge San Marcos in the league meet, which counts for half of the league title.

GIRLS: Fallbrook (2-0), La Costa Canyon (2-0) and a dangerous Carlsbad (1-1) team will face off in the last meet to

determine the dual meet portion of the league title. This is a tough league; a quality El Camino outfit has just one win. Whichever team comes out of this league with the title will be one of the favorites in the Division I CIF race.

Coastal:

BOYS: La Jolla Country Day is cruising at 6-0, with recent wins over Bishop's, 26-29, on October 16, and over Calvin Christian, 24-32, on October 25. Fighting it out for the next spot are Calvin Christian, Bishop's and Tri City Christian.

GIRLS: La Jolla Country Day and San Dieguito Academy were both unbeaten going into the season's final week.

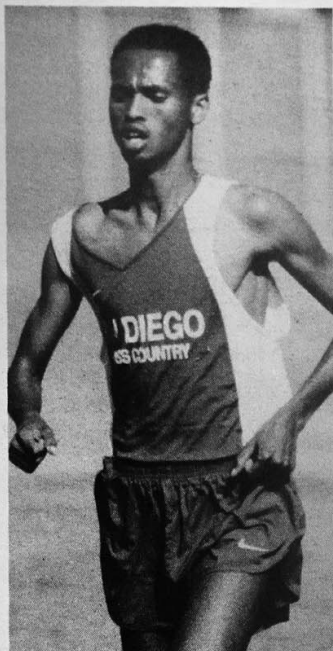
Eastern:

BOYS: San Diego's team finished up their dual season at 6-0, ending with a 15-50 win over Morse. The big showdown came on October 23, when they beat Patrick Henry, 24-35. Henry was able to go 2-3 with Shea Rollin and Kyle Bruser trailing winner Idrise Osman, but the Cavers pretty much closed it out after that. Henry, Point Loma and Serra each had one loss apiece going into the season's final week.

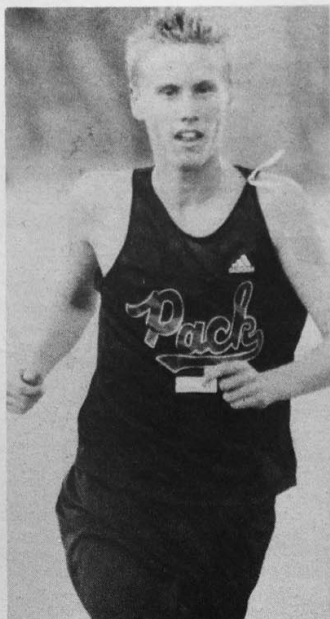
Fastest times on the Eastern League Morley layout came from Mira Mesa's Brandon Zelones, with a 15:40 on October 3. Zelones and Point Loma's Eric Dunn also posted 15:41s. San Diego's Osman has clocked a 15:47, and Dunn has also been timed in 15:51.

GIRLS: Point Loma, Patrick Henry and Serra all were unbeaten in league meets going into a final,

Please see page 6.



Idrise Osman
San Diego



Tim McKeon
West Hills



Eladio Carrillo
Granite Hills



Daniel Medrano
Chula Vista

Dual Meets

From previous page.

three-way meet.

Fastest times put up during the season included a 17:02 by Point Loma's Rachel Bombaci; a 17:06 by Henry's Christine Burke and Kristen Buono; a 17:22 by Point Loma's Sara Reid; and a 17:24 by Mira Mesa's Lisa Dodd. Look for all of those girls to run much faster when pressed.

Grossmont North:

BOYS: West Hills nailed things down last week, when they beat a tough El Cajon Valley team on October 26, by 22-35.

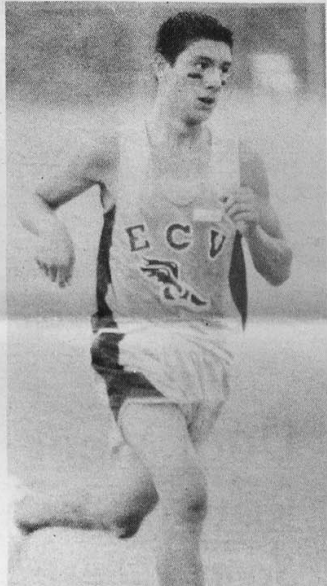
The Braves made it interesting with their talented first four runners. El Cajon had emerged as West Hills' top challenger after a 28-29 win over El Capitan on October 12.

GIRLS: The West Hills girls were at an unchallenged 3-0 going into a final meet with a Grossmont team that Wolfpack coach Bill Cleves was determined not to overlook.

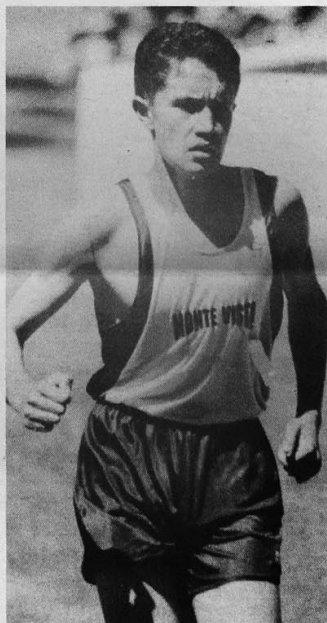
Grossmont South:

BOYS: Granite Hills closed out their dual season at 4-0, beating Valhalla, 23-35, at West Hills on October 26. It was a battle of unbeaten teams, with both squads having a dual meet win over a Helix squad that is ranked in the state's top ten in Division II.

GIRLS: Helix was in cruise mode here, with a 3-0 record and a meet left with Monte Vista (1-2). Valhalla took over second place with a 24-34 win over Granite Hills. The Norse were led by a 1-2 finish from sisters Kristina and Alicia Nugent.



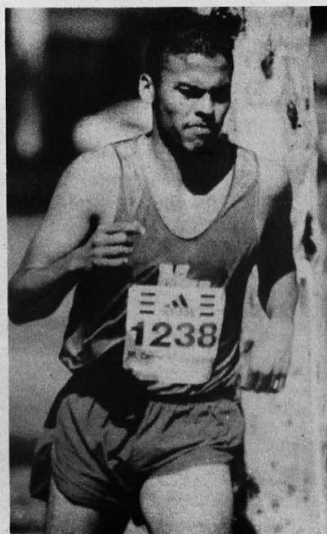
Carmelo Martinez
El Cajon Valley



Zach Norcross
Monte Vista



Alicia Nugent
Valhalla



Jesus Perez
Mar Vista

Harbor:

BOYS: Coronado finished off a 6-0 dual season after they defeated Madison on October 30. The Islanders were not pressed in any of their duals. In the Harbor, duals decide everything, so Coronado is the champ.

GIRLS: The Islanders were 6-0 in girls racing, too, wrapping up the Harbor title with a 25-30 win over Madison on October 30.

Mesa:

BOYS: A series of razor-close meets left Bonita Vista at 4-0. They beat Chula Vista on October 25, by 27-28.

The Barons made a big move as a team in the last three-fourths of a mile to just nip the Spartans. Ryan Becijos moved up to second place and Sven Meza and Nick Amalfitano finished up at fourth and fifth to offset a 1-3 by Chula's Andres Padilla and Ysmael Miranda.

Bonita had also beaten Sweetwater, 27-28, in an earlier meet. The Devils had lost to Chula Vista, 27-29, putting them into third place by a total of three points.

GIRLS: Bonita wrapped things up at 4-0, ending with a big win (19-38) over a good Chula Vista team. Chula had just returned Sophia Marquez from the injured list, but it wasn't enough to keep Bonita's top-end from going 1-2-3-5 on the Spartans.

Palomar:

BOYS: It's never over in this tough league.

Mt. Carmel's team has yet to make a misstep against local opposition this season, and they seem to be improving. They faced perhaps their toughest meet to date when they beat Vista, on October

Please see page 7.

Dual Meets

From previous page.

25. Still left on the Sundevils' schedule was a double dual with Torrey Pines and Rancho Bernardo. Torrey is coming off a 21-37 win over Poway.

Vista, Poway and Rancho Buena Vista will duke it out on the tough Lake Poway course. In no other league in the county would quality squads such as Poway and RBV both be at 1-2.

GIRLS: It goes down to the final meet, with Rancho Bernardo (3-0) hosting Torrey Pines (3-0) and Mt. Carmel (0-3) at Rancho Bernardo Community Park.

At Lake Poway, RBV, Poway and Vista all bring 1-2 records to the meet. All are quality teams, needless to say.

South Bay:

BOYS: Mar Vista was at 3-0 with wins over all of their significant opposition. Eastlake (2-1) and Hilltop (2-1) still had to settle second place in the dual standings.

GIRLS: Eastlake may have taken control of the race after beating Castle Park, 27-31, at Discovery Park, on October 25. The Trojans went 1-2, with Mandy Johnson and Ana Melvin, but the Titans had six of the next seven runners, led by Mercedes Razo, Silvia Romero and Pati Romero in third, fourth and fifth.

Eastlake still has to finish up with a good Hilltop (2-1) team.

Southern:

BOYS: It's hard to stay unbeaten in a league where each team has ten dual meets. At press time, Mountain Empire and Lutheran each had one loss apiece.

GIRLS: Mountain Empire and Julian both had one loss apiece going into the final week, and seemed destined to finish in a tie for first in a league where dual meets decide the championship.

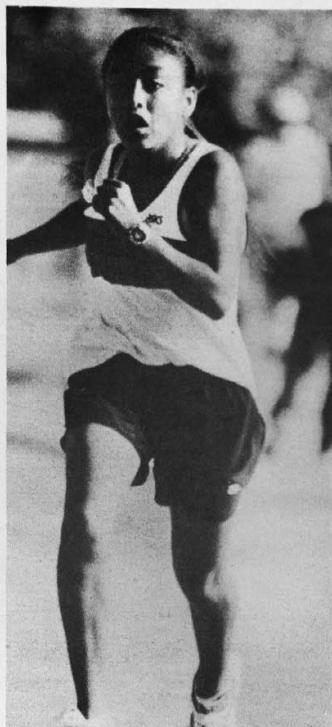
Valley:

BOYS: Valley Center went into high gear when the league meets started, and had big wins over good league rivals. At press time, they still had a double dual left with San Pasqual and Oceanside. Escondido was another team running very well, evidenced by their 16-39 win over San Pasqual on October 26.

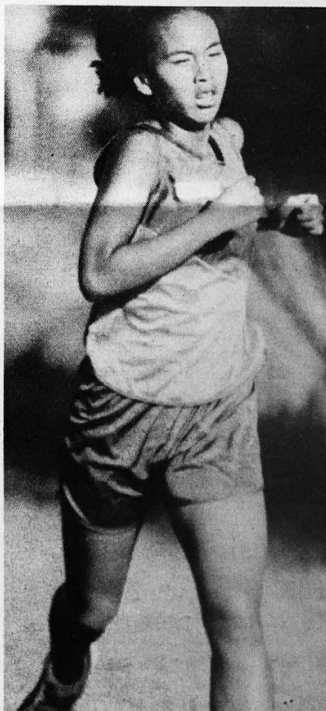
GIRLS: There could be some fireworks in the season's final meet, when a pair of 3-0 teams, San Pasqual and Valley Center meet. San Pasqual has been ranked number one in the county all season, but count on the Jaguars to give them all they can handle.

Western:

BOYS: Nothing came easy in this league. Scripps has already wrapped up a 6-0 season that included tough wins over La Jolla, Hoover and University City. The



Aurora Ramirez
Vista

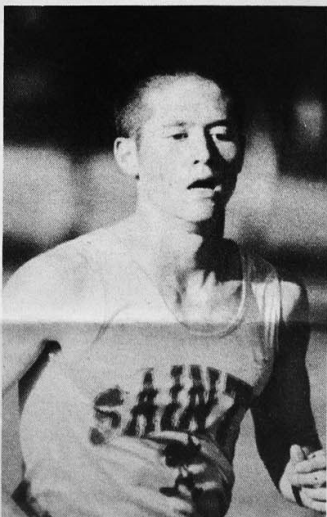


Jackie Paras
Eastlake

La Jolla and Hoover meets had both gone down to tie-breakers. By comparison, the win over UC, by 26-31, on October 25, was a breather. UC went one-two, but Scripps used superior depth to outrun an excellent Centurion squad. A final double dual will include Hoover (3-1), La Jolla (3-1) and UC (2-2). Scripps, Mission Bay, University of San Diego and St. Augustine had all completed their league meets going into the final week. This league had quality everywhere, with decent teams like USD and the Saints each having just one win apiece. UC, a solid



Rose Serna
Mission Bay



Sean Barrett
St. Augustine



Marco Venancio
Mission Bay

top ten team all year, might finish in fourth.

The teams run the same course all year, which makes possible a listing of best times.

Hoover's Solomon Kumbi clocked 15:41 twice on the relatively quick 3.0-mile Western layout, and he also rang up a 15:48. St. Augustine's Sean Barrett strode to a 15:50 on October 25, pulling La Jolla soph Paul Coover to a 15:57. The Western finals will have some fast times.

GIRLS: Scripps Ranch (5-1), USD (3-3), Mission Bay (2-4) and OLP (1-5) were all done by the last week. But University City's tough girls team, at 4-0, still had a meet left with La Jolla (3-1).

Fastest time had been posted by Mission Bay's Rose Serna, with an 18:38 on October 25. UC's Jessie Ooms was another runner with a sub-19:00 to her credit, with an 18:54, also on October 25.

Frosh/Soph Invitational:

The results:

At Morley Field, Friday, October 26.

BOYS (3.1 m):

Sophomores:

17:59 Joe Brady, St. Augustine
18:09 Dmitri Virnig, Coronado
18:11 Haig, Coro
18:24 Greg McRoskey, StA
19:52 David Baranowski, Serra
19:59 Tran, Clairemont
20:22 Holleran, StA
20:44 Ryan Tervort, Madison
20:59 Evan Perez, Mad
21:07 Vasquez, StA

Freshmen:

17:23 Jake Ruzevick, Coro
18:26 McIlhonn, StA
19:57 Bretney, StA
20:15 Ortiz, Ser
20:16 Atkinson, Ser
20:17 Harvey, Ser
20:43 Quinn, StA
20:43 Hawley, Ser
20:53 Kevin Sorichetti, Mad
21:20 Johnson, StA

GIRLS (2.3 m):

Sophomores:

14:56 Krystine Cuaresma, OLP
15:18 Kristin Wehrle, La Jolla
15:42 Tiffany Miller, LJ
16:02 Lauren Lynaugh, Ser
16:03 Katherine Wingert, Coro
16:13 Lisl Esherrick, LJ
16:45 Beth Wittry, Coro
16:45 Rhett Chase, Coro
16:53 Alicia Biggs, Ser
16:54 Queisser, Coro

Freshmen:

15:05 Laura Adona, Ser
15:11 Ashley Walsh, Coro
15:24 Anna Anderson, LJ
15:36 Robin Kuntz, Bishop's
15:45 Chelsea Robinson, LJ
16:26 Kiki Kalkstein, LJ
16:44 Katherine Keivens, Ser
16:48 Laura Norton, Mad
17:28 Jennifer Pangacian, Mad
17:53 Corbatta, LJ
18:18 Lori Ruiz, Mad

The Track Magazine Website:

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Kit Carson: Pasqual girls, VC boys win

The San Pasqual girls team and the Valley Center boys team are ready to rumble.

This year's Kit Carson Invitational was used by a number of the county's best teams as a measurement of how they stacked up.

A number of teams, such as San Pasqual, Valley Center, University City, Hoover and some others made a point of being ready to race.

A few top teams, such as the Scripps Ranch boys, who are hammering away each week in quality Western League dual meets, were laying low. The Rancho Bernardo girls team, missing a number of key runners due to testing conflicts, did not enter.

Most eyes were on the girls team race, where San Pasqual's girls showed why they have been ranked number one in the section all year.

The Golden Eagles, led by Claire Rethmeier's third place finish, scored 47 points to outrace University City, Torrey Pines, Valley Center, La Costa Canyon and Mt. Carmel.

UC was pointing for the meet, which was to be their only head-to-head competition with San Pasqual. The Centurions were led by Jessie Ooms and Rebecca Bostwick, in second and fourth.

Torrey's Dani Schuster won the race, but she had a lot of company. At the mile mark, there were maybe 20 or more runners within range. With just about 100 meters to go, Schuster was in a group with Ooms, Rethmeier and Bostwick.

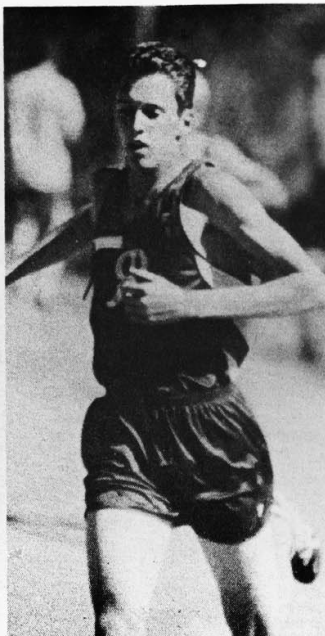
Valley Center's boys looked very good in winning the large school team race, with 50 points, ahead of UC, Hoover and Escondido.

The Jags' Ryan Skerl won the race, outkicking Hoover's Solomon Kumbi and Haji Hassan.

The real keys to VC's effort were a now-healthy Gus Polito starting to round into form (he was tenth) and good efforts from the team's four-five combo of Tony Illig (13th in 17:00) and John McGlynn (17th in 17:06).

In small schools races, the first-place Scripps Ranch girls were paced by the first and second place finishes by freshmen Katherine Robbins and Amanda Beatty.

In the boys race, El Capitan's Benny Gandolfo won easily and



Andre Castillo
Rancho Bernardo

led his team to an upset win over a Scripps team that was missing a few individuals.

The results:

BOYS (3.1 m):

Fastest Ten: (from all races)

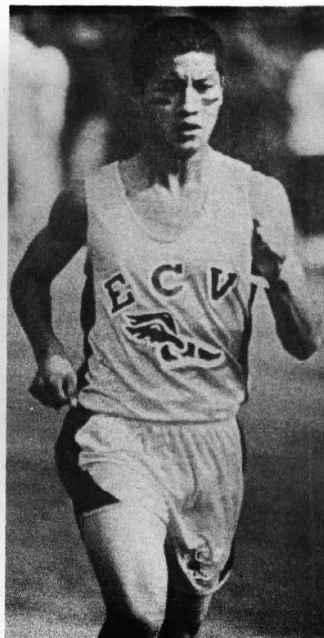
- 16:05 Ryan Skerl, CV
- 16:08 Solomon Kumbi, Hoov
- 16:13 Haji Hassan, Hoov
- 16:16 Benny Gandolfo, ElCap
- 16:28 Kern Huerta, UC
- 16:29 Jon Cordes, Esc
- 16:33 Brad Liber, UC
- 16:42 Rey Ramirez, Carls
- 16:45 Filiberto Martinez, ECV
- 16:47 Abdi Abdirizak, Sweet

Division I Varsity:

TEAMS: Valley Center 50, University City 67, Hoover 77, Escondido 93, Carlsbad 127, Sweetwater 146, Rancho Bernardo 149, Torrey Pines 154, San Pasqual 198, Mt. Carmel B 281, La Costa Canyon 329.

Individual:

- 16:05 Ryan Skerl, CV
- 16:08 Solomon Kumbi, Hoov
- 16:13 Haji Hassan, Hoov
- 16:28 Kern Huerta, UC
- 16:29 Johnny Cordes, Esc
- 16:33 Brad Liber, UC
- 16:42 Rey Ramirez, Carls
- 16:47 Abdi Abdirizak, Sweet
- 16:47 Cooper Bachman, VC
- 16:49 Gus Polito, VC
- 16:51 Brett Thomason, RB
- 16:55 Navid Hassanzadeh, TP
- 17:00 Tony Illig, VC
- 17:01 Kurtis Flansburg, UC
- 17:02 Yilkal Assefa, Hoov
- 17:05 Brett Bayles, Esc
- 17:06 John McGlynn, VC
- 17:08 Shane O'Connor, Esc
- 17:08 Dan Tanks, RB
- 17:10 Yafet Abreha, Hoov
- 17:11 Sixto Aspeitia, UC
- 17:12 Travis Teitsch, UC
- 17:15 Trevor Mulvey, Carls
- 17:16 Anthony Fogelstrom, Carls
- 17:18 Cesar Torres, Sweet
- 17:18 Tyler Williams, Esc
- 17:19 Dustin Bayer, Sweet
- 17:23 Josh Wieberg, Esc
- 17:24 Eric Konzen, SP
- 17:25 Mark Lonac, TP
- 17:26 Hector Arreola, Sweet
- 17:28 D. J. Martin, TP
- 17:31 Ryan Johnson, Carls
- 17:32 Thomas Whitcomb, SP
- 17:34 Max Kerber, UC
- 17:37 Ryan Castillo, RB
- 17:37 Daniel Assefa, Hoov



Filiberto Martinez
El Cajon Valley

- 17:39 Justin Dredge, TP
- 17:41 Andre Castillo, RB
- 17:41 Justin Bartels, Carls
- 17:42 Mike Chalfant, SP
- 17:42 Brian Simmonds, TP
- 17:42 Kyle Kincaid, TP
- 17:44 Matt Leetch, RB
- 17:45 Dominick Dowds, MTC
- 17:47 Fernando Alvarez, SP
- 17:47 Luke Gilbert, Esc
- 17:49 Brent Varga, SP
- 17:51 Chris Tanks, RB
- 17:55 Stephen Servis, Esc
- 17:59 Josh Andre, Esc
- 18:00 Bobby Pitrone, MTC
- 18:04 Joe Pluff, VC
- 18:09 Kyle Zabinsky, VC
- 18:10 Jose Guardado, Sweet
- 18:10 Jonathan Dunn, MTC
- 18:14 Mukhtar Abdulle, Hoov
- 18:15 Wade Sherman, MTC
- 18:17 Matt Shaughnessy, LCC
- 18:25 Dylan Seaton, Carls
- 18:30 Kyle Sutherland, RB
- 18:36 Greg Bonin, VC
- 18:39 John Cleveland, Sweet
- 18:47 Jim Williams, LCC
- 18:57 Ismail Kawuki, Hoov
- 18:59 Steve Christensen, LCC
- 18:59 David Paradise, SP
- 19:00 Jake Sammons, Carls
- 19:07 Ramsey Ali, LCC
- 19:42 David Martin, MTC
- 19:50 Eric Rinehart, LCC
- 20:34 Sanchez, Sweet
- 20:53 Gabe Uribe, MTC

Division II Varsity:

TEAMS: El Capitan 54, Scripps Ranch 56, El Cajon Valley 63, Eastlake 119, Montgomery 129, Orange Glen 143, Monte Vista 180, Julian 274, Lutheran 285.

Individual:

- 16:17 Benny Gandolfo, ECP
- 16:45 Filiberto Martinez, ECV
- 16:56 Scott Perry, SR
- 16:58 Justin Zelones, SR
- 17:00 Dan Driscoll, MntV
- 17:01 Hector Gutierrez, ECP
- 17:03 Jesus Gomez, ECV
- 17:12 Carmelo Martinez, ECV
- 17:18 Jose Sanchez, Oc
- 17:24 Caleb Garlipp, SR
- 17:20 Vernon Ng, El
- 17:32 Zach Gribben, ECV
- 17:53 Corey Driscoll, ECP
- 18:00 Dustin Wallstedt, SR
- 18:03 Manuel Caledon, EL
- 18:08 Chris Brown, ECP
- 18:15 Hector Mardueno, Mont
- 18:15 Jarrod Hines, ECP
- 18:16 Alex Cerda, Mont
- 18:20 Elvis Ramirez, OG



Caleb Garlipp
Scripps Ranch

- 18:24 Baker, Serra
- 18:25 Daniel Hernandez, OG
- 18:27 Tim Martin, ECP
- 18:28 Scott Neth, Jul
- 18:28 Russell Edwards, SR
- 18:32 Jonathan Delgado, Mont
- 18:33 Carlos Livingston, MntV
- 18:37 Andres Carrillo, OG
- 18:40 Jake Cadwell, EL
- 18:44 Laurence Walker, Mont
- 18:45 John Stubbs, EL
- 18:46 Ryle Stous, ECP
- 18:48 Barry Bright, EL
- 18:58 Federico Carreone, ECV
- 19:17 Chris Reina, OG
- 19:25 Chris Notterman, MTC
- 19:27 Brandon Meza, Mont
- 19:28 Brian Cassidy, OG
- 19:29 David Martin, OG
- 19:46 Drew Freeborn, OG
- 19:49 Louis Barrios, Ram
- 19:55 Miguel Lopez, EL
- 19:58 Matt Smith, Claire
- 20:00 Andy Prades, MntV
- 20:00 Donald Skelton, MntV
- 20:01 Diego Robles, SR
- 20:14 Michael Tran, Claire
- 20:19 Jordan Brown, EL
- 20:29 Theo Kociencki, Luth
- 20:30 Chris Moraga, Luth
- 20:31 Sheikh Ronal, ECV
- 20:48 Julian Ogle, MTC
- 20:49 Dexter Paulite, MiraM
- 20:49 Juan Leone, ECV
- 21:09 Brandon Buckalew, Luth
- 21:14 David Martinez, Mont
- 21:14 Jonathan Smith, Claire
- 21:28 Troy Dixon, ECV
- 21:28 Roddy Taylor, MntV
- 22:20 Daniel DeLuca, Jul
- 22:21 Seth Edman, Jul
- 22:21 Adam Bakken, Jul
- 22:39 Shaun Napora, Luth
- 23:09 Colby, SR
- 23:12 Eugene Grant, Mont
- 70 finishers.

Division I JV (11-12):

TEAMS: University City 35, San Pasqual 72, Torrey Pines 81, Rancho Bernardo 111.

Individual:

- 18:00 Sam Nicolas, Carls
- 18:02 Jon Jacoby, RB
- 18:05 Jonathan Breed, UC
- 18:16 Robert Nachtsheim, TP
- 18:17 Jeff Guido, UC
- 18:19 Dan Esko, TP
- 18:19 Juan Carrasco, UC
- 18:20 Travis Penta, UC
- 18:23 Miguel Santiago, SP
- 18:26 Ryan Kerby, SP

Division I JV (9-10):

TEAMS: Sweetwater 38, Torrey Pines 70, University City 80, Mt. Carmel

Kit Carson

From previous page.

117, Rancho Bernardo 119.

Individual:

17:35 Edgar Llanes, Sweet
17:52 Josh Teitsch, UC
18:00 Gonzalez, Sweet
18:02 Isaías, Sweet
18:11 Schuster, TP
18:13 Mike Spitz, RB
18:18 A. J. Fenlason, RB
18:31 Salvador Suarez, Sweet
18:32 Alex Serio, VC
18:34 Jesse Farmer, UC

Division II JV:

18:10 Gerardo Sanchez, Oc
18:15 Ryan Felix, SR
18:46 David Blomgren, SR
19:03 David Meyer, SR
19:08 David Rehatter, MntV
19:21 Jesus Nunez, Morse
19:24 Woldeyesus, Morse
19:34 Treho, Oc
19:36 Sean Tolley, ECp
19:37 Victor Sanchez, Oc

GIRLS (2.6m):

Fastest Ten:

(from all races)

Same order as first ten in Division I Varsity race.

Division I Varsity:

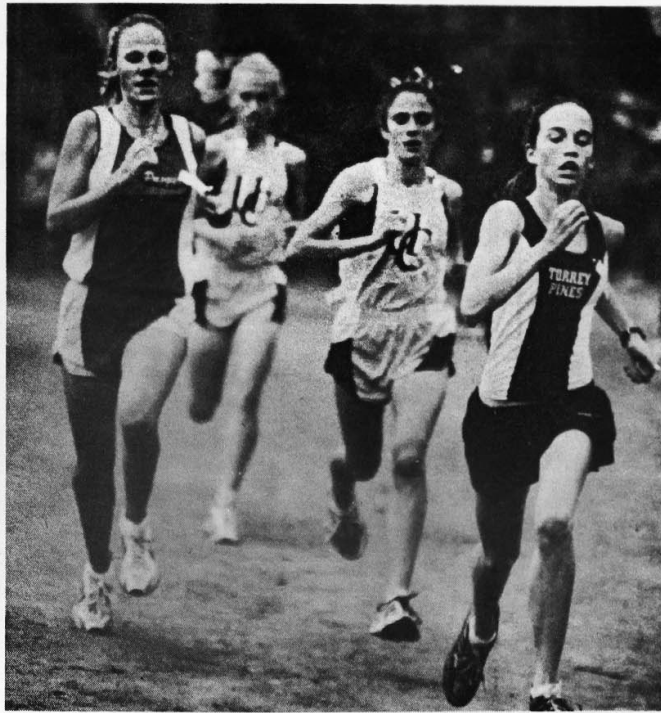
TEAMS: San Pasqual 47, University City 81, Torrey Pines 99, Valley Center 102, La Costa Canyon 114, Mt. Carmel 119, Carlsbad 136, Escondido 213, Sweetwater 261.

Individual:

15:36 Dani Schuster, TP
15:39 Jessie Ooms, UC
15:42 Claire Rethmeier, SP
15:45 Rebecca Bostwick, UC
15:51 Lorin Scott, SP
16:05 Deanna Sick, MiC
16:07 Danae Hough, VC
16:12 Halah Barre, MiC
16:14 Brooke Kerby, SP
16:20 Anna Hough, VC
16:21 Kelly McCann, LCC
16:21 Erica Bender, SP
16:24 Rebecca Sale, VC
16:24 Lidia de Carvalho, UC
16:27 Kiley Green, LCC
16:30 Laura Guzman, Esc
16:34 Krista Romley, TP
16:37 Jennifer Dowhit, SP
16:42 Sara Cates, Carls
16:43 Colleen O'Connell, Carls
16:43 Jessie Ansari, Carls
16:47 Taylor Penrod, TP
16:48 Erica Schim, LCC
16:53 Allie Willis, SP
16:53 Megan Harpold, Carls
16:47 Samantha For, SP
16:57 Brenna Williams, TP
17:02 Alison Hilton, MiC
17:15 Natalie Elkind, LCC
17:17 Brooke Anderson, UC
17:23 Carolyn Crews, UC
17:30 Amy McCaslin, TP
17:31 Michelle Wilkinson, VC
17:34 Kaelin Madamba, TP
17:38 Jessica Butler, MiC
17:42 Nicole Newman, LCC
17:42 Lauren Jerd, UC
17:43 Hailey Moore, TP
17:45 Janey Sellers, VC
17:45 Trisha Allred, VC
17:48 Melissa Preston, VC
17:54 Marinelle Camilon, MiC
17:55 Amy Vasko, MiC
18:02 Brittany Postema, Esc
18:04 Lizette Villalana, Sweet
18:07 Karissa Teitsch, UC
18:18 Sara Hummel, LCC
18:24 Katie Blakely, Esc
18:26 Becca Sharpless, LCC
18:42 Amy Williams, Esc
18:45 Kathleen Eschman, Carls
18:57 Kenya Caro, Sweet
18:58 Priscilla Garcillanosa, Sweet
19:25 Joana Gallarzo, Sweet
19:40 Jennifer Hartel, Esc
19:50 Stephanie Sollars, Esc
20:28 Princess Mitchell, Sweet

Division II Varsity:

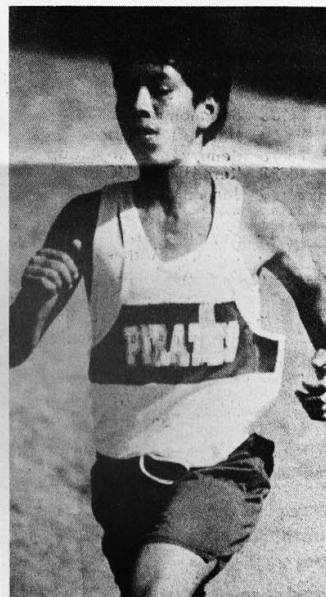
TEAMS: Scripps Ranch 58, El Capitan 88, Julian 118, Eastlake 137, Monte Vista 143, Montgomery 158.



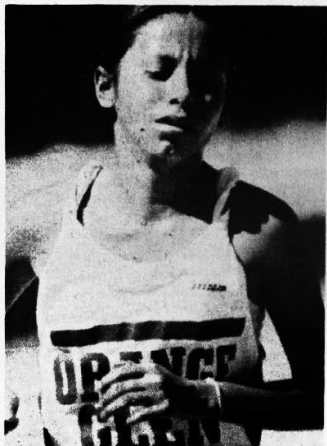
The lead pack gets into position for the final drive at the Kit Carson Invite. From left, **Claire Rethmeier**, San Pasqual; **Rebecca Bostwick** and **Jessie Ooms**, University City; and **Dani Schuster**, Torrey Pines.



Amanda Vuletich
El Capitan



Gerardo Sanchez
Oceanside



Claudia Mercado
Orange Glen



Halah Barre
Mt. Carmel

Individual:

17:02 Katherine Robbins, SR
17:09 Amanda Beatty, SR
17:11 Yenissa Kaeg, Mont
17:17 Laura Adona, Serra
17:22 Vanessa Castillo, SR
17:39 Ali Baker, MiE
17:42 Holli Mayer, MntV
17:44 Amanda Vuletich, ECp
17:58 Nancy Enriquez, Oc
18:00 Nicole Bashin, Jul
18:04 Clare Hutchinson, Jul
18:06 Dominique Walter-Espy, MiE
18:07 Pati Romero, El
18:07 Amy Lang, Ser
18:14 Roxanne Mather, ECp
18:24 Julia Floresta, El
18:24 Jaclyn Hester, SR
18:27 Priscilla Flores, Mont
18:28 Candis Vuletich, ECp
18:35 Nicole Mather, ECp
18:40 Adriana Durlinger, MiE
18:47 Ashley Ronco, El
19:02 Tracee Lorenzana, MntV
19:03 Heather Sample, Jul
19:04 Christina Diaz, Morse
19:07 Amanda Ruiz, ECp
19:11 Lauren Bradley, Claire
19:14 Alicia Biggs, Serra
19:14 Alison Swing, MntV
19:24 Claudia Mercado, OG
19:35 Jill Spevacek, Jul
19:39 Creta Del Llano, Ram
19:46 Heather Wood, SR
19:51 Becky Holly, ECp
19:54 Lauren Dadds, El
20:00 Lauren Wood, S
20:51 Aly Galarpe, MntV
20:57 Ling Tang, OG
21:00 Alexis Noravsky, Morse
21:03 Kenda Pot, Mont
21:09 Whitney Norton, Serra
21:16 Hannah Thom, Jul
21:16 Lisa Cassidy, OG
21:19 Eva Gonzalez, Claire
21:19 Linda Perry, SR
21:25 Isabel Sanchez, Oc
21:28 Dyanne Lorenzana, MntV
21:29 Tabitha Coffey, Mont
21:41 Khaty Pot, Mont
22:34 Nicole Johnson, Oc
55 finishers.

Division I JV:

TEAMS: Torrey Pines 37, San Pasqual 72, University City 85, Mt. Carmel 107.

Individual:

17:20 Sarah Schertzer, Carls
17:23 Christina Velasco, SP
17:31 Mallane Dressel, Carls
17:37 MacKenzie Ooms, UC
17:38 Olga Obraztsova, TP
17:46 Julie Coy, TP
17:57 Tessa Conner, TP
18:02 Alisha Schor, TP
18:05 Christa Cascolan, UC
18:06 Ashley Hanson, SP
18:08 Holly Kincaid, TP
18:26 Katie Lockwood, SP
18:31 Cristina Betry, TP
18:35 Jessica Babcock, SP
18:37 Lizzie Vance, MiC

Division II JV:

TEAM: El Capitan.

Individual

18:17 Jenny Stripe, SFC
19:20 Cassie Canaris, ECp
19:23 Jenna Ternason, ECp
19:34 Kapri Stevens, ECp
20:06 Madeline Kramer, SFC

Teams at Kit Carson

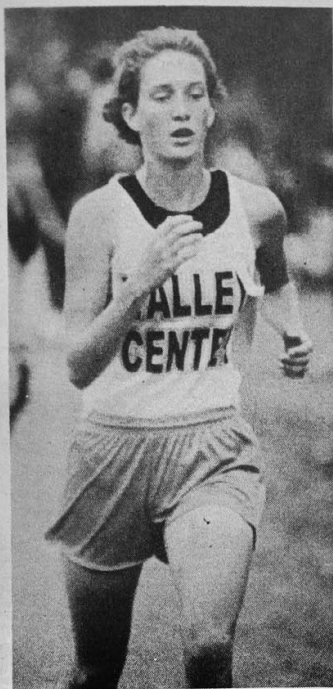
The breakdown on the top teams at this year's Kit Carson Invitational:

BOYS:

Valley Center: 83:47

16:05 Ryan Skerl
16:47 Cooper Bachman
16:49 Gus Polito

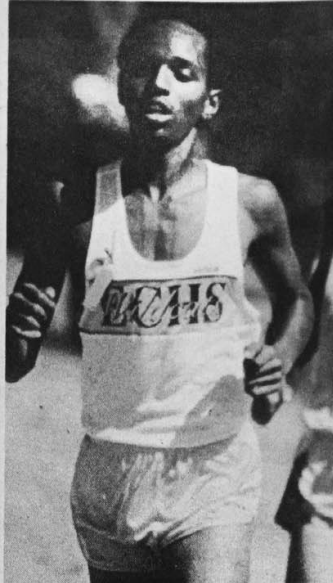
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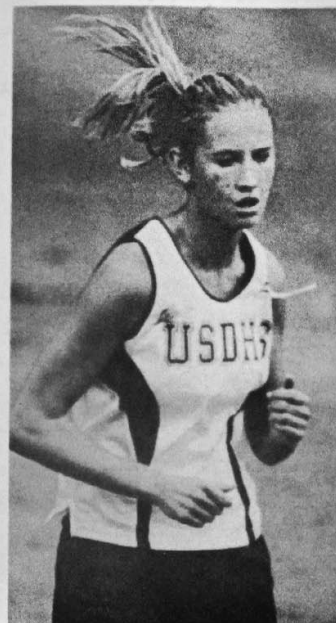
Rebecca Sale
Valley Center



Lauren Bradley
Clairemont



Kevin Bickham
El Camino



Kerry Kelly-Cochrane
University of San Diego

Kit Carson

From previous page.

17:00 Tony Illig
17:06 John McGlynn

Hoover: 84:10

16:08 Solomon Kumbi
16:13 Haji Hassan
17:02 Yikael Assefa
17:10 Yafet Abraha
17:37 Daniel Assefa

University City: 84:25

16:28 Kern Huerta
16:33 Brad Liber
17:01 Kurtis Flansburg
17:11 Sixto Aspeitia
17:12 Travis Teitsch

Escondido: 85:23

16:29 Johnny Cordes
17:05 Brett Bayles
17:08 Shane O'Connor
17:18 Tyler Williams
17:23 Josh Wieberg

Carlsbad: 86:25

16:42 Rey Ramirez
17:15 Trevor Mulvey
17:16 Anthony Fogelstrom
17:31 Ryan Johnson
17:41 Justin Bartels

Sweetwater: 87:00

16:47 Abdi Abdirizak
17:18 Cesar Torres
17:19 Dustin Boyer
17:26 Hector Arreola
18:10 Jose Guardado
17:35 Edgar Llanes (JV)

Rancho Bernardo: 87:01

16:51 Bret Thomason
17:08 Dan Tanks
17:37 Ryan Castillo
17:41 Andre Castillo
17:44 Matt Leetch

Torrey Pines: 87:09

16:55 Navid Hassanzadeh
17:25 Mark Lonac
17:28 D. J. Martin

17:39 Justin Dredge
17:42 Brian Simmonds

El Cajon Valley: 87:30

16:45 Filiberto Martinez
17:03 Jesus Gomez
17:12 Carmelo Martinez
17:32 Zach Gribben
18:58 Federico Carreone

El Capitan: 87:34

16:17 Benny Gandolfo
17:01 Hector Gutierrez
17:53 Corey Driscoll
18:08 Chris Brown
18:15 Jarrod Hines

GIRLS:

San Pasqual: 80:45

15:42 Claire Rethmeier
15:51 Lorin Scott
16:14 Brooke Kerby
16:21 Erica Bender
16:37 Jennifer Dowthit

University City: 82:28

15:39 Jessie Ooms
15:45 Rebecca Bostwick
16:24 Lidia de Carvalho
17:17 Brooke Anderson
17:23 Carolynn Crews

Torrey Pines: 83:24

15:36 Dani Schuster
16:34 Krista Romley
16:47 Taylor Penrod
16:57 Brenna Williams
17:30 Amy McCaslin
Missing: Carly Mecklenburg, Ashley Orr.

Valley Center: 84:07

16:07 Danae Hough
16:20 Anna Hough
16:24 Rebecca Sale
17:31 Michelle Wilkinson
17:45 Janey Sellers

La Costa Canyon: 84:33

16:21 Kelly McCann
16:27 Kiley Green
16:48 Erica Schim
17:15 Natalie Elkind
17:42 Nicole Newman

Mt. Carmel: 84:51

16:05 Deanna Sick
16:12 Halah Barre
17:02 Alison Hilton
17:38 Jessica Butler
17:54 Marinelle Camilon

Missing: Brittany Pierce.

Carlsbad: 85:46

16:42 Sara Cates
16:43 Colleen O'Connell
16:43 Jessie Ansari
16:53 Megan Harpold
18:45 Kathleen Escham
17:20 Sarah Schertzer (JV)
17:31 Mallane Dressel (JV)

Mt. SAC:

Course gives up fast times

When did Mt. SAC turn into Dana Hills?

The venerated course yielded a number of very fast times last month during the annual two-day cross country meet.

None of the times was as scorching as Ukiah's Amber Trotter's meet record of 16:16 in the girls individual sweeps race on Saturday, October 20. Trotter swept away the old course record of 16:38 in a sensational effort.

One day earlier, San Dieguito Academy's Jenna Timinsky made a breakthrough when she beat Corona del Mar's Julie Allen and Sacred Heart's Shannon Rowbury in winning the girls sweeps race in 17:16. It was an outstanding effort that was, at the time, the tenth fastest ever recorded in the meet.

Why all the speed?

Bonita Vista coach Ian Cumming observed that this year's weather was cooler than in most years.

West Hills girls coach Bill Cleves figures that the course is just plain running faster now, as the historic layout has been fine-tuned in recent years.

At last report, the course now tapes out to 2.91 miles, which helps make up for some of the fabled course difficulty.

Other local highlights included: Fallbrook's Katie Matlack ran 18:03 to take second in the same sweeps race where Trotter ran 16:16.

Good efforts by the Helix top two of Baëy Wagnew (15:16) and Taylor Williams (15:31), which

were the best times by locals.

A good team race by the Mt. Carmel boys, who were the second team in the large school individual sweeps race. Abadir Barre was just a bit off, at 15:42, but the other team members included Alan Aradanas (15:38), Adam Goldberg (16:04), Mike Rentz (16:40) and Elliott Davey (16:41).

Store this away for future reference: Rancho Buena Vista, a pack team, had four runners in front of Mt. Carmel's number four runner, although not in head-to-head racing.

Another team to watch is the the Bonita Vista girls. They had four runners (on time) ahead of Helix's number two, or RBV's number two, or Poway's number one. Their first three were ahead of West Hills' number one.

The results:

The Fastest Locals at Mt. SAC

BOYS (2.91 m):

Fastest 93 locals:
(not all schools reported results)
15:16 Babey Wagnew, Helix
15:31 Taylor Williams, Hx
15:32 Luke McGinnis, Poway
15:38 Alan Aradanas, Mt. Carmel
15:40 Brandon Zelones, Mira Mesa
15:42 Abadir Barre, MtC
15:54 Troy Swier, Mar Vista
15:57 Mike Ostler, ElCamino
16:03 Carlos Sanchez, Ramona
16:04 Adam Goldberg, MtC
16:08 Troy McAdams, RBV
16:12 Ross Halleland, West Hills
16:14 Paul Coover, La Jolla
16:15 David Ignacio, San Marcos
16:19 David Phelps, RBV
16:20 Jimmy Retherford, SM
16:20 Augustine Mateo, RBV
16:25 Kevin Bickham, ElCm

Please see page 11.

TRACK MAGAZINE
is now available
at your local
Movin' Shoes store.
(Back issues, too.)

Mt. SAC

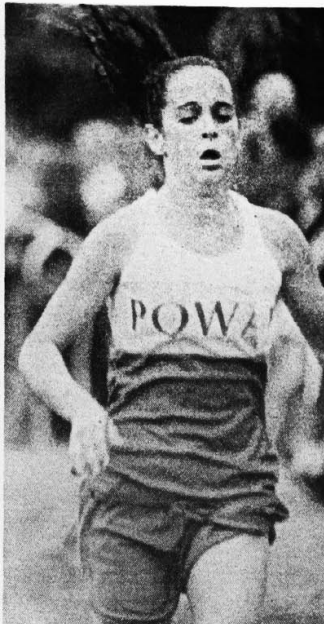
From previous page.

16:25 John Zimmer, USD
 16:28 Jon Shellhammer, Ram
 16:29 Kevin Schible, WH
 16:30 Mark Mena, RBV
 16:31 Sven Meza, Bonita Vista
 16:31 Ryan Abelowitz, LJ
 16:32 Tim Irwin, Fallbrook
 16:37 Oscar Ignacio, SM
 16:40 Mike Rentz, MtC
 16:41 Elliott Davey, MtC
 16:41 Ryan Becijos, BV
 16:43 Garrett Metcalf, TriCityC
 16:49 Pat McCarthy, Pow
 16:51 Colin Haydu, LJ
 16:52 Michael Bell, WH
 16:52 Oswaldo Alvarez, Hx
 16:54 Asmara Ogbai, Hx
 16:57 Karthik Damoor, WH
 16:57 Garrick Frew, Hx
 16:58 Brendan Cronin, USD
 16:59 John Lee, LJ
 17:00 Daniel Valdez, BV
 17:01 Jason Miller, RBV
 17:02 Jake Ruzevick, Coronado
 17:04 Julian Zamora, BV
 17:05 Artemio Mateo, RBV
 17:06 Drew Tidmore, Hx
 17:08 Claudio Melvin, Hilltop
 17:08 Robert Hernandez, WH
 17:09 Mario Fierro, USD
 17:10 Ben Lupercio, Fall
 17:13 Matt McAlexander, Pow
 17:13 Matt Saldivar, Ram
 17:17 Patrick Maloney, Pow
 17:18 Nick Amalfitano, BV
 17:24 Roberto Tiscareno, S'west, SD
 17:24 Gavin Coleman, Pow
 17:25 Justin Harms, Hilltop
 17:28 Jeff Wilson, ElCam
 17:29 Tyler Middleton, LJCD
 17:30 Mark Schwab, Pow
 17:31 Steve Kroft, Pow
 17:31 Darin Lyons-Quirk, Pow
 17:32 Austin Bissonnette, SM
 17:32 Brian Voyles, Valhalla
 17:33 Blaine Hallor, LJ
 17:34 David Bielicki, SM
 17:35 Christian Zepeda, SM
 17:35 Matt Noble, WH
 17:36 Steve Jurf, Pow
 17:37 Gabe Mares, LJ
 17:38 Christian Flores, MarV
 17:39 Billy Scott, WH
 17:39 Corey Barefield, Val
 17:40 Michael Kielbasa, Val
 17:40 Juan Torres, Hx
 17:41 Robert Raney, Val
 17:41 Jesus Perez, MarV
 17:42 Jordan More, SM
 17:43 Joe Harlin, Fall
 17:43 Andy Gausepohl, Fall
 17:44 Mike Cunningham, WH
 17:45 Zach Ninteman, WH
 17:45 Mark Walkowicz, USD
 17:47 Carl Burkhard, USD
 17:47 Ken Wood, Ram
 17:51 James Serratos, BV
 17:52 Patrick Tatusko, USD
 17:54 Jonathan Dunn, MtC
 17:55 Felipe Lopez, Fall
 17:56 Tommy Hazelwood, Hill
 17:56 Joe Lynn, LJ
 17:56 Chris Dalton, Val
 17:57 Arturo Kenyon, ElCam
 17:59 Adam Bacon, Coro

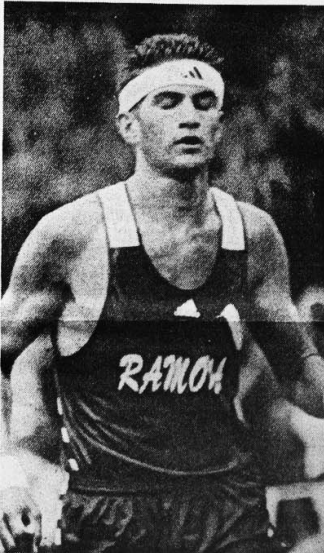
GIRLS (2.91m):

Fastest 80 locals:

(not all schools reported results)
 17:16 Jenna Timinsky, SanDieguitoA
 18:03 Katie Matlack, Fall
 18:20 Stephanie Baird, Hx
 18:35 Sabrina St. Laurent, ElCam
 18:40 Courtney Allen, RBV
 18:58 Kristina Nugent, Val
 19:01 Mishon Stalnaker, Ram
 19:02 Tiffany Caddell, BV
 19:13 Nicole Mier, SM
 19:20 Kate Branson, BV
 19:20 Sariah St. Laurent, ElCam
 19:27 Kristen Gonzalez, BV
 19:30 Maija Rohde, Fall
 19:31 Chandra Farnham, WH
 19:31 Melissa Ramos, Fall
 19:36 Elaine Gillespie, WH
 19:36 Morgane Sigaud, BV
 19:42 Melissa Moore, RBV
 19:45 Rachel Farrior, Hx



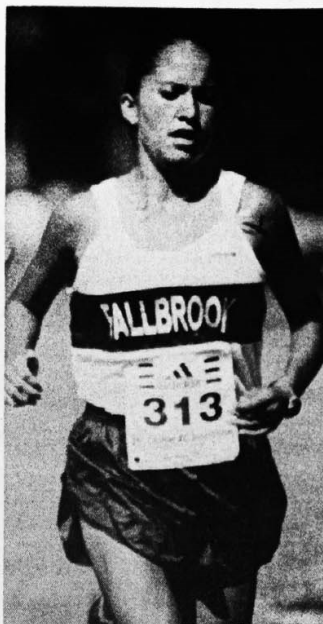
Emily Melendrez
Poway



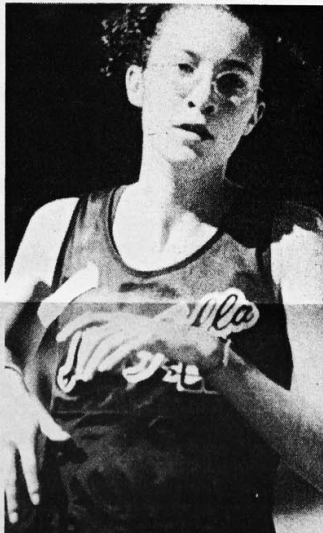
Matt Saldivar
Ramona



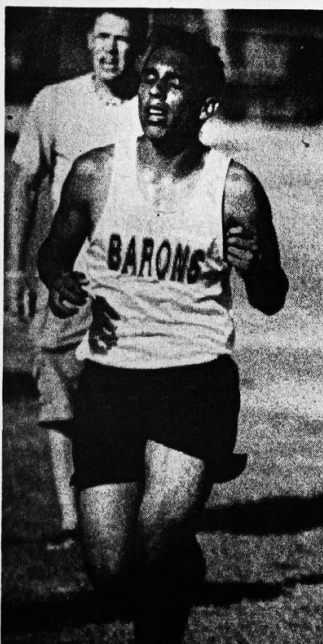
Melissa Moore
Rancho Buena Vista



Melissa Ramos
Fallbrook



Liz Edwards
La Jolla



Sven Meza
Bonita Vista

19:49 Tracie Wooster, Pow
 19:53 Lynette Simonds, WH
 19:55 Bree Justus, RBV
 19:55 Janae Dale, WH
 20:00 Olga Gorabets, Hx
 20:04 Lauren Swigart, LJCD
 20:10 Rachel Osborne, ElCam
 20:13 Rachel Good, Pow
 20:14 Molly O'Toole, USD
 20:17 Emily Melendrez, Pow
 20:19 Marie Raffray, SDA
 20:25 Randi Meek, Grossmont
 20:28 Kristin Wehrle, LJ
 20:29 Liz Edwards, LJ
 20:30 Joanne Southard, WH
 20:34 Leah Brucker, Hx
 20:34 Anne-Marie Byrne, USD
 20:39 Jocelyn Jenks, LJCD
 20:44 Kayln Olson, LJ
 20:48 Megan Johnson, ElCam
 20:49 Alicia Nugent, Valhalla
 20:49 Jenny Schenk, Pow
 20:53 Caitlin Bliss, Pow
 20:54 June Andrews, Ram
 20:54 Amy Johnson-Westlie, Hx
 20:57 unidentified, Palo Verde
 20:58 Mary Pena, Hx
 20:59 Brenda Perkins, RBV
 21:01 Casey Root, Gro
 21:03 Anna Anderson, LJ
 21:04 Slava Haywas, ElCam
 21:05 Jackie Dale, WH
 21:05 Lupe Lopez, Hill
 21:10 Tiffany Miller, LJ
 21:11 Whitney Cleveland, Hx
 21:12 Ashley Walsh, Coro
 21:13 Evan Willingham, Hx
 21:14 Latoya Cunningham, LJCD
 21:17 Jamie Marliere, Hx
 21:24 Allyce Johanson, RBV
 21:24 Bre Goetz, Ram
 21:29 Jackie Arding, ElCam
 21:29 Meg Allen, Brawley
 21:31 Erin Price, Santana
 21:34 Kerry Kelly-Cochrane, USD
 21:36 Erin Bala, Hx
 21:38 Chelsea Robinson, LJ
 21:39 Lauren Senescall, USD
 21:39 Jennifer Cardenas, Brwly
 21:41 Polina Osipova, Ram
 21:41 Kiki Kalkenstein, LJ
 21:43 Shayne McCoy, USD
 21:46 Kelly Foltz, LJCD
 21:47 Kristen Milliken, BV
 21:48 Allison Standish, Fall
 21:48 Megan Doroba, Pow
 21:48 Siobhan Warren, Hx
 21:56 Jessica Barbee, Pow
 21:58 Christina Metzler, Fall
 21:58 Kiersten Dolby, BV
 21:58 Racquel Dudzinski, ElCam

Mt. SAC:

The races:

BOYS:

Race 47, Individual Sweeps:

TEAMS: 1. Madera, 130; 2. Mt. Carmel, 148; 8. Helix, 222; 13. West Hills, 308, 18. Poway, 398.

Individual:

8. Babey Wagnew, Helix, 15:16
 17. Taylor Williams, Hx, 15:31
 18. Luke McGinnis, Poway, 15:32
 21. Alan Aradanas, MtCar, 15:38
 23. Brandon Zelones, MirM, 15:40
 24. Abadir Barre, MtC, 15:42
 32. Adam Goldberg, MtC, 16:04
 38. Ross Halleland, WestHills, 16:12
 49. Kevin Schible, WH, 16:29
 56. Mike Rentz, MtC, 16:40
 59. Elliott Davey, MtC, 16:41
 74. Michael Bell, WH, 16:52
 75. Oswaldo Alvarez, Hx, 16:52
 79. Asmara Ogbai, Hx, 16:54
 83. Karthik Damoor, WH, 16:57
 95. Drew Tidmore, Hx, 17:06
 103. Matt McAlexander, Pow, 17:13
 108. Patrick Maloney, Pow, 17:17
 118. Mark Schwab, Pow, 17:30
 119. Steve Kroft, Pow, 17:31
 129. Mike Cunningham, WH, 17:44
 130. Zach Ninteman, WH, 17:45

Race 46, Team Sweeps:

TEAMS: 20. Ramona, 449.

Please see page 12.

Mt. SAC

From previous page.

Individual:

32. Carlos Sanchez, Ram, 16:03
63. Jon Shellhammer, Ram, 16:28
108. Matt Saldivar, Ram, 17:13
120. Ken Wood, Ram, 17:47
129. Francisco Rodriguez, R, 18:29

Race 38, Varsity:

13. Tim Irwin, Fall, 16:32
41. Ben Lupercio, Fall, 17:10
69. Joe Harlin, Fall, 17:43
76. Felipe Lopez, Fall, 17:55
96. Justin Bourque, Fall, 18:20

Race 40, Varsity:

5. Troy McAdams, RBV, 16:08
9. David Ignacio, SM, 16:15
12. David Phelps, RBV, 16:19
13. Jimmy Retherford, SM, 16:20
16. Augustine Mateo, RBV, 16:20
18. Mark Mena, RBV, 16:30
22. Oscar Ignacio, SM, 16:37
31. Jason Miller, RBV, 17:01
33. Artemio Mateo, RBV, 17:05
48. Austin Bissonnette, SM, 17:32
50. David Bielicki, SM, 17:34
53. Christian Zepeda, SM, 17:35
96. Chris Drozd, SM, 18:44

Race 41, Varsity:

1. Mike Osler, ElCamino, 15:57
3. Kevin Bickham, EC, 16:25
5. Sven Meza, BonitaVista, 16:31
11. Ryan Becijos, BV, 16:41
22. Daniel Valdez, BV, 17:00
25. Julian Zamora, BV, 17:04
31. Nick Amalfitano, BV, 17:18
34. Roberto Tiscareno, SW, SD, 17:24
45. James Serratos, BV, 17:51
53. Michael Valdez, BV, 18:04
54. Alastair Mulholland, EC, 18:10
62. Shane Fournier, EC, 18:27

Race 62, Varsity:

9. Troy Swier, MarVista, 15:54
70. Christian Flores, MV, 17:38
73. Jesus Perez, MV, 17:41
97. Jose Sanchez, MV, 18:17
100. Kevin Knox, MV, 18:27

Race 65, Varsity:

- TEAMS: 2. Valhalla, 102; 9. Hilltop, 203.

Individual:

13. Justin Harms, Hilltop, 17:25
14. Brian Voyles, Valhalla, 17:32
17. Corey Barefield, Val, 17:39
18. Michael Kielbasa, Val, 17:40
20. Robert Raney, Val, 17:41
25. Tommy Hazelwood, Hill, 17:56

Race 7, Varsity:

- TEAMS: 2. La Jolla, 52; 9. Coronado.

Individual:

3. Paul Coover, La Jolla, 16:14
5. Ryan Abelowitz, LJ, 16:31
10. Colin Haydu, LJ, 16:51
13. John Lee, LJ, 16:59
15. Jake Ruzevick, Coro, 17:02
28. Blaine Hallor, LJ, 17:33
29. Gabe Mares, LJ, 17:37
37. Adam Bacon, Coro, 17:59
42. Derek Gould, LJ, 18:11
51. Ryan Schneider, Coro, 18:37
56. Dmitri Virnig, Coro, 18:45
60. Ryan Haig, Coro, 18:50

Race 20, Varsity:

13. Tyler Middleton, LCD, 17:29
62. Scott McCracken, LCD, 18:52

Race 25, Team Sweeps, D-IV, V

7. Garrett Metcalf, TriCC, 16:43
51. Mitch Howell, TCC, 18:20

Race 30, Team Sweeps, D-III

- TEAMS: 9. University of San Diego, 242.

Individual:

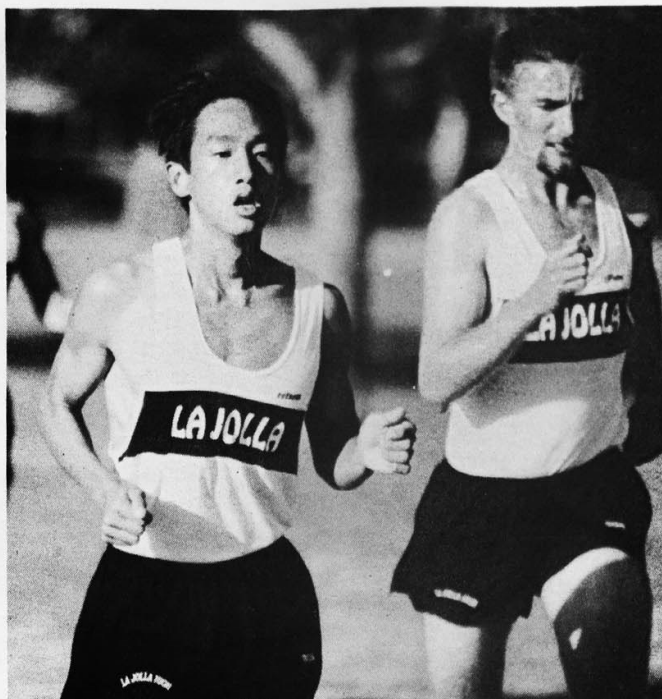
18. John Zimmer, USD, 16:25
38. Brendan Cronin, USD, 16:58
46. Mario Fierro, USD, 17:09
71. Mark Walkowicz, USD, 17:45
64. Carl Burkhard, USD, 17:47
77. Patrick Tatusko, USD, 17:52

Race 56, Sophomores:

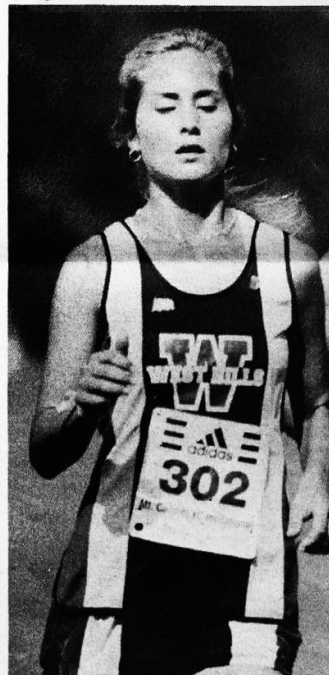
- TEAMS: 1. Poway, 57; 6. El Camino, 173.

Individual:

2. Pat McCarthy, Pow, 16:49



John Lee, Colin Haydu
La Jolla



Janae Dale
West Hills

7. Gavin Coleman, Pow, 17:24
8. Jeff Wilson, ElCam, 17:28
9. Darin Lyons-Quirk, Pow, 17:31
11. Steve Jurf, Pow, 17:36
24. Arturo Kenyon, ElCam, 17:57
43. Matt Williams, EC, 18:36

Race 58, Sophomores:

4. Robert Hernandez, WHills, 17:08
8. Matt Noble, WH, 17:35
9. Billy Scott, WH, 17:39
17. Mark Wilson, Fall, 18:02
28. Steve Mathis, WH, 18:32

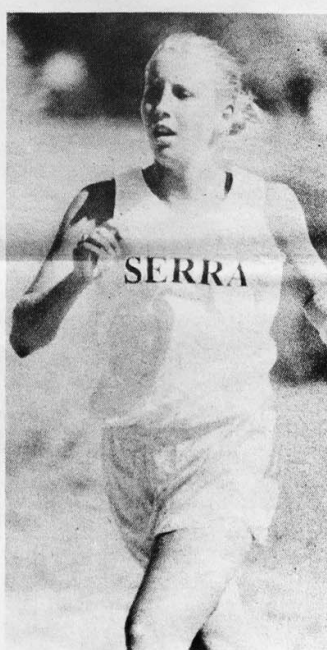
GIRLS:

Race 27, Sweeps, D-III

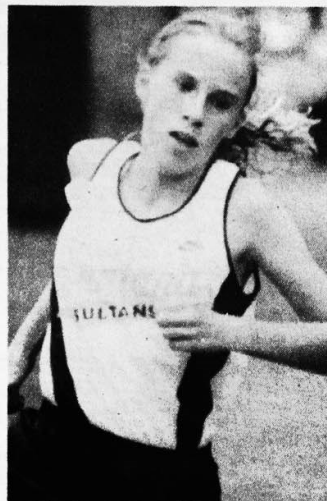
1. Jenna Timinsky, SDgtoA, 17:16
2. Julie Allen, CoronaDM, 17:39
3. Shannon Rowbury, SacHrt, 18:01
38. Marie Raffray, SDA, 20:19

Race 49, Individual Sweeps

1. Amber Trotter, Ukiah, 16:16
2. Katie Matlack, Fallbrook, 18:03
8. Sabrina St. Laurent, ECam, 18:35
16. Tiffany Caddell, BV, 19:02
20. Nicole Mier, SM, 19:13



Amy Lang
Serra



Erin Price
Santana

22. Kate Branson, BV, 19:20
23. Sariah St. Laurent, ECam, 19:20
27. Kristen Gonzalez, BV, 19:27
30. Maija Rohde, Fall, 19:30
32. Melissa Ramos, Fall, 19:31
33. Morgane Sigaud, BV, 19:36
46. Rachel Osborne, ECam, 20:10
66. Megan Johnson, ECam, 20:48
74. Slava Haywas, ECam, 21:04
87. Jackie Arding, ECam, 21:29
94. Kirsten Milliken, BV, 21:47
95. Allison Standish, Fall, 21:48
100. Christina Metzler, Fall, 21:58
101. Kiersten Dolby, BV, 21:58
113. Alicia Demoe, Fall, 22:52

Race 48, Team Sweeps

- TEAMS: 12. Ramona, 312.

Individual:

16. Mishon Stalnaker, Ram, 19:01
68. June Andrews, Ram, 20:54
73. Bre Goetz, Ram, 21:24
57. Polina Osipova, Ram, 21:41

Race 43, Varsity:

1. Courtney Allen, RBV, 18:40
12. Melissa Moore, RBV, 19:42
14. Bree Justus, RBV, 19:55
37. Brenda Perkins, RBV, 20:59
51. Allyce Johanson, RBV, 21:24
67. Danielle Kramer, RBV, 22:03

Race 44, Varsity:

- TEAMS: 1. West Hills, 43; 2. Poway, 79.

Individual:

3. Chandra Farnham, WH, 19:31
4. Elaine Gillespie, WH, 19:36
6. Tracie Wooster, Pow, 19:49
8. Lynette Simonds, WH, 19:53
9. Janae Dale, WH, 19:55
10. Rachel Good, Pow, 20:13
12. Emily Melendrez, Pow, 20:17
19. Joanne Southard, WH, 20:30
25. Jennifer Schenk, Pow, 20:49
26. Caitlin Bliss, Pow, 20:53
29. Jackie Dale, WH, 21:05
43. Megan Doroba, Pow, 21:48
48. Danielle Goldman, WH, 22:04

Race 67, Varsity:

- TEAMS: 1. Helix, 47; 9. Grossmont, 249.

Individual:

1. Stephanie Baird, Hx, 18:20
6. Rachel Farrior, Hx, 19:45
10. Olga Gorobets, Hx, 20:00
12. Randi Meek, Gross, 20:25
14. Leah Brucker, Hx, 20:34
20. Amy Johnson-Westlie, Hx, 20:54
24. Mary Pena, Hx, 20:58
27. Casey Root, Gross, 21:01
29. Whitney Cleveland, Hx, 21:11

Race 69, Varsity:

1. Kristina Nugent, Valhalla, 18:58
10. Lupe Lopez, Hilltop, 21:06
31. Cari Radford, Hill, 22:39

Race 10, Varsity:

- TEAMS: 1. La Jolla, 63; 2. University of San Diego, 94.

Individual:

4. Molly O'Toole, USD, 20:14
6. Kristin Wehrle, LJ, 20:28
7. Liz Edwards, LJ, 20:29
10. Anne-Marie Byrne, USD, 20:34
13. Kalya Olson, LJ, 20:44
17. Anna Anderson, LJ, 21:03
20. Tiffany Miller, LJ, 21:10
23. Kerry Kelly-Cochrane, USD, 21:34
25. Chelsea Robinson, LJ, 21:38
27. Lauren Senescall, USD, 21:39
29. Kiki Kalkstein, LJ, 21:41
31. Shayne McCoy, USD, 21:43
46. Megan O'Toole, USD, 22:41
49. Morgan Feori, USD, 22:58

Race 11, Varsity:

- TEAMS: 4. Brawley, 164; 7. Coronado, 190.

Individual:

10. Ashley Walsh, Coro, 21:12
13. Meg Allen, Brwly, 21:29
14. Jennifer Cardenas, Brwly, 21:39
19. Katherine Wingert, Coro, 22:11
40. Xiomera Fabela, Brwly, 23:13
45. Beth Wittry, Coro, 23:25

Race 28, Team Sweeps, D-IV, V

- TEAMS: 6. La Jolla Country Day, 132.

Individual:

14. Lauren Swigart, LCD, 20:04
21. Jocelyn Jenks, LCD, 20:39
30. Latoya Cunningham, LCD, 21:14
38. Kelly Foltz, LCD, 21:46
41. Sarah Swigart, LCD, 22:08