

TRACK MAGAZINE



Inside...

The editor travels to all points of the compass in search of great cross country. His diary of the week that begins on page two.

Coronado's teams dominated the Harbor competitions. See page four.

The IVL doesn't yet know what to do about their league meet. See page five.

The Western meet was FAAAAAST! Lots of good running. See page six.

San Diego's boys and Patrick Henry's girls won team titles at the Eastern meet. See page seven.

Bonita Vista's girls look better all the time. Chula Vista's boys team and both Eastlake squads won the team races at the Metro. See page eight.

Jenna Timinsky is going great. Country Day, Calvin, Mountain Empire, and Julian take races at the Coastal/Citrus. See page nine.

Fallbrooks girls, Carlsbad's boys win at the Avo. See page eleven.

San Pasqual's girls and Valley Center's boys live up to expectations at the Valley meet. See page twelve.

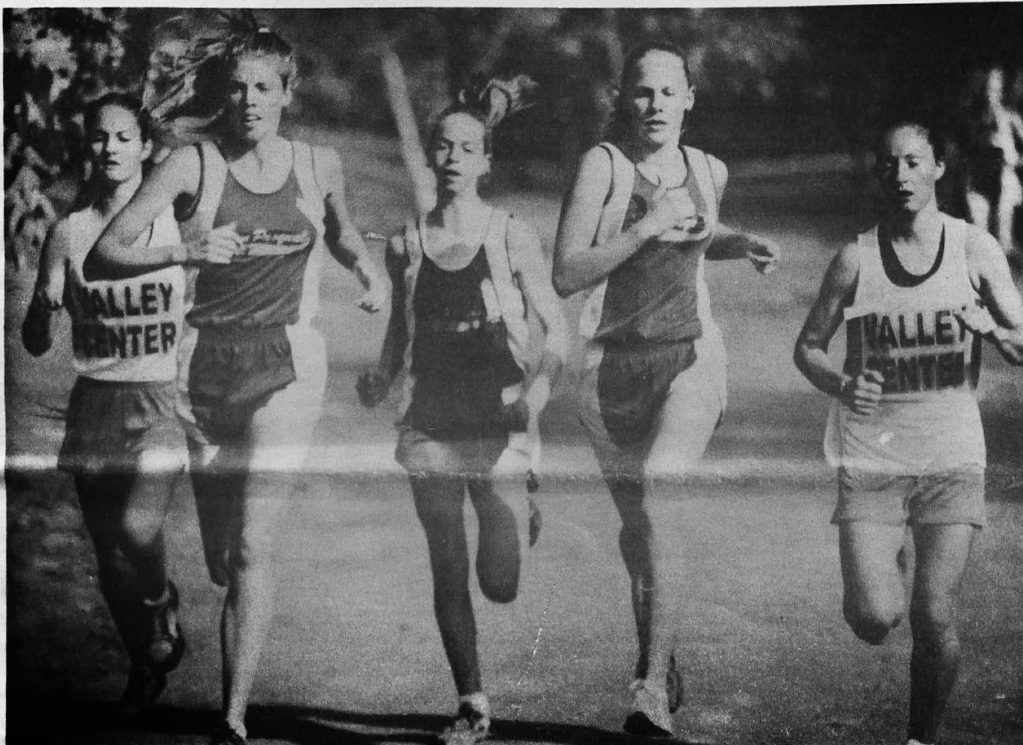
Mt. Carmel's boys and Torrey's girls uphold form at the Palomar. See page thirteen.

Helix and West Hills dominate both sides at the combined Grossmont meet. See page fourteen.

Latest local and state rankings are on page sixteen.

Volume VII, Number 5 -- November 16, 2001

The best coverage of local prep cross country



The Golden Eagles are flying.

Danae Hough (left) and Anna Hough (right), of Valley Center, flank San Pasqual's trio of (left to right) Lorin Scott, Brooke Kerby and Claire Rethmeier. Rethmeier won the Valley final, with Scott second and Kerby third, as the Golden Eagles won the team title and now aim for the CIF championship.

Runners, there are two commands...

But, first, I want everybody to take a big step back from the line. Now, relax.

If someone falls in the first 100 meters, you will hear a recall.

If someone falls after the first 100 meters, that's cross country..

When you finish, please jog through the chute, but do not pass anybody. Please pay attention to, and cooperate with, the meet officials.

You will have the right to remain tired.

Do not talk immediately after the race. Anything you say can

and will be used against you at the team banquet.

Now, remember, I want you to take all the energy that you have stored in the last six months of comprehensive, intelligent training and find a way to release it all in the next 15 minutes.

Please be sure to listen to all the good advice coaches, parents and teammates will give you as you pass them on the course.

Some examples you will undoubtedly hear:

"Think ahead."
"Stay together."

"Think together."

"Stay ahead."

"Stay thinking."

"There are five in that pack ahead: go get 'em."

"There's just a half mile to go: sprint!"

"You need to pass the people in blue (red, whatever)."

"Every point counts."

"Run faster."

"Stay focused."

And, my personal favorite, from a CIF meet ten years ago:

"Use your lungs!"

Finals week: not a good time to remodel the local coffee house

League Finals week is always a crazy time of year.

The schedule makers of the various leagues spread out the meets throughout the week, making it possible for a motivated (demented?) prep cross country fan to see as many as eight different league finals spread out over a five-day span.

So, I hit the road, in search of great racing.

My journeys took me to Morley Field on Tuesday, November 6, for the Harbor League finals. I was just finishing up the deliveries for the fourth issue of this publication, and I felt a rain drop or two on my rounds. So, the week started with a taste of fall weather -- cross country weather.

On Wednesday, I traveled to Sunbeam Lake, near El Centro, to see the Imperial Valley League. In contrast to the previous day, it was warm, but not killer heat.

Thursday brought me back to Morley, for the Western League finals, and the fog rolled in.

Friday took me to Rohr Park in Bonita, where the sun broke through on occasion, to watch the

Mesa and South Bay Leagues.

Saturday, the venue was Kit Carson Park in Escondido, where the Palomar, Avocado and Valley Leagues gathered.

Because of conflicts, I was not able to see the Eastern Finals and the Coastal/Citrus combined meet, both held on Friday. And, I missed the Grossmont South and North combined meet on Saturday.

Total miles traveled: 832 (remember, I'm starting from Julian each day). The longest trip was Wednesday's to El Centro.

Total number of photos taken: 468.

This is some of what I observed, sometimes first-hand, and sometimes from a distance.

The best races (individuals):

BOYS: The Western League final had some great talent, and St. Augustine's Sean Barrett outlasted Hoover's Solomon Kumbi in a scorching on the Morley 3.0-mile layout. Barrett ran 15:14 to finish three seconds ahead of Kumbi. Five others dipped under 16:00 in that meet.

GIRLS: The Palomar final saw Rancho Bernardo frosh

Lindsay deLaMontaigne run 15:06 for 2.5 miles, to pull away from Torrey Pines soph Dani Schuster. It was the fastest race of the three north county leagues, all held on the same course.

The Avocado League had the deepest quality, with seven girls under 16:00 minutes on the Kit Carson course. Total runners under 16 minutes from the Palomar and Valley Leagues put together was six.

San Dieguito Academy senior Jenna Timinsky may deserve to have her own category. Her 18:17 on the hilly, 3.1-mile Kit Carson Park course, was the most impressive effort of the week by any runner, male or female. You couldn't really call it a race, since she won by nearly two minutes

The best races (teams):

BOYS: Chula Vista overcame some adversity to beat Bonita Vista, 37-41. Apolinar Mariscal, usually a Chula scorer, went down at one point, and finished out of the scoring. His teammates picked up the slack, and gave the Spartans the win, which reversed the dual meet result between the teams and

from the editor



left them tied as co-champs in the Mesa League.

GIRLS: Julian needed every bit of their depth this year to edge Mountain Empire for the Citrus League title. The teams dualled twice, and split, with the Julian win coming via a tie-breaker. The league meet was to break the tie, and the score there was 29-29. Julian had the fastest sixth runner, and was named champ.

The best three-team race was in the Eastern League, where Patrick Henry won their first ever girls cross country league title. They scored 48, to Point Loma's 50, and Serra's 55.

Lowest scores:

BOYS: Valley Center is rolling into high gear, and they scored 25 points against quality Valley League opposition.

Mt. Carmel is another top team hitting its peak, and they scored 26 points against tough Palomar League rivals.

Please see page 3.

An open letter...

From: the staff at Movin' Shoes

To: Coaches, athletes, parents...

Coaches, athletes, parents,

Congratulations on all the hard work you've done to arrive at this year's CIF meet. As it is in any sport, your successful season is the result of a real team effort. Without the support of family, friends, coaches and teammates none of this would be possible. Behind every successful athlete you will find an impressive staff of caregivers. They are the champions who don't always get an award. Take a minute to thank Mom, Dad and uncle Bob for the essential role they played in your running. We've enjoyed sharing the exhilaration that your cross-country competition has provided. It has been our pleasure to serve you this season.

At the end of the fall running season, we all look forward to Track & Field in the spring. As always, we will be there to provide you with all you'll need to do your best. As most of you know, finding the right shoes for training and racing can be challenging. Though we provide good prices on shoes, most of you know our real value comes from the experience and expertise we have in this sport. Our dedication over the years comes from the same passion that you feel for running sports.

Since we believe that the selling aspect of this sport represents only the smallest portion of what's important in running, we would like to provide you with information on critical aspects of selecting the best equipment for track & field. Contact us and we will present to your team a free 30-minute clinic on making intelligent choices for track & field. Using this information, your athletes can understand how to find footwear that will improve their chances of success.

See you in the spring.

Movin Shoes
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Pacific Beach (858)373-2310,
Encinitas(760)634-2353

TRACK MAGAZINE

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The Finals:

A crazy week...

From page two.

GIRLS: West Hills, with 19 points, just dominated the Grossmont North, and they had runners finish 1-3-4-5-6. Some of their scorers were ailing, so it could have been worse.

Helix, with 20 points, went 1-3-4-5-7 in the Grossmont South half of the same race.

San Pasqual, the best girls team in the section, scored 21 points, despite running against a talented and aggressive Valley Center team. The Golden Eagles ended up with a 1-2-3-5-7 finish for their scorers.

Bonita Vista, the best girls team that nobody really knows about, went 1-2-4-7-10, to score 24 points in the Mesa League final.

Highest winning score:

BOYS: Hoover scored 58 points to win the West.

GIRLS: Torrey Pines scored 51 points to win the Palomar.

In both cases, the high scores were the result of tough and deep competitions, not from particular weakness on the winning squads.

Closest race:

BOYS: Barrett's win over Kumbi was 0:03 seconds.

That margin, three seconds, was matched in the Mesa League, where Chula Vista's Andres Padilla beat Bonita Vista's Ryan Becijos.

GIRLS: San Pasqual's Claire Rethmeier beat teammate Lorin Scott by 0:01 seconds in the Valley final, but both seemed to be in cruise mode.

Biggest blowouts:

BOYS: Mar Vista's Troy Swier won the South Bay race by 0:57 seconds.

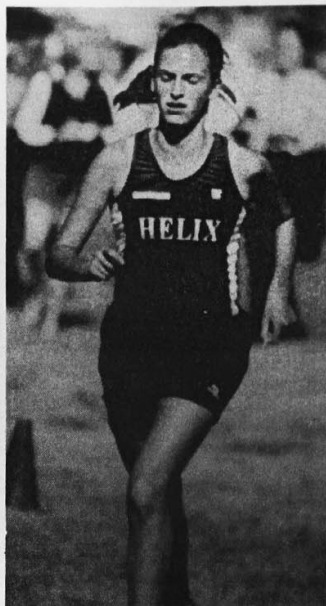
GIRLS: San Dieguito's Jenna Timinsky had an ugly 1:59 margin over a quality runner, La Jolla County Day's Lauren Swigart.

Glitches:

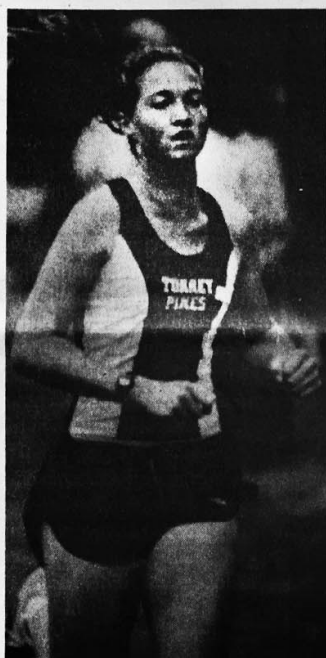
The Eastern League girls meet turned on a disqualification. A Point Loma runner went off course near the end of the race. She was later (correctly) disqualified, and it swung the meet. Although the decision was justifiable, it still left a bad aftertaste.

Near glitches:

The North County meet was, in most respects, a model of organization. In fact, a backup finish line system saved the day, when a timer accidentally erased the times of the Valley League girls race. Thanks to a video-camera and a large clock at the finish line, race officials were able to view the



Leah Brucker
Helix



Krista Romley
Torrey Pines

tape and reconstruct the finish.

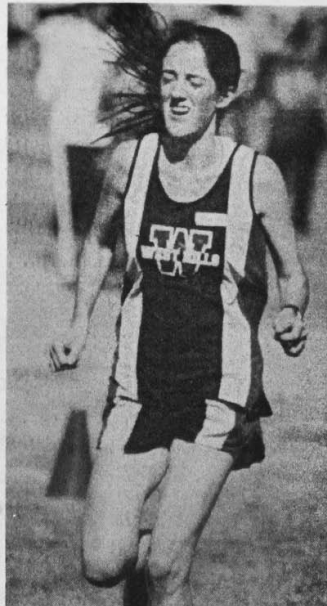
Biggest cause for panic:

I had a careful routine all set up. To stay current with photo processing, I planned to stop by Ritz Camera in Grossmont Center on a regular basis, dropping off a few rolls and picking up the previous day's shoot. Of course, Ritz is just around the corner from my favorite Starbucks outlet. Ah, the best laid plans! It turns out that the first day I dropped by, Starbucks was closed and scheduled for remodeling all week. Curses!

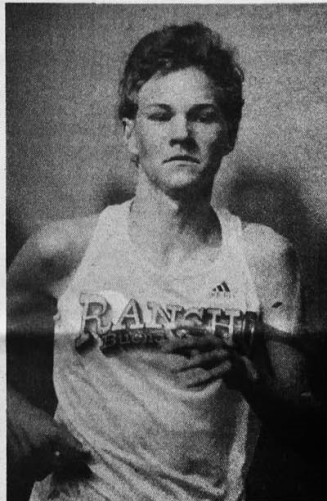
Fashion notes:

University City's teams debuted new uniforms for both teams. The unis are all white.

Chula Vista also showed up in new threads. The tops look white from the front, and blue from the



Joanne Southard
West Hills



Troy McAdams
Rancho Buena Vista

back, possibly to confuse opponents.

There was the usual batch of runners with new haircuts (Abadir Barre, Michael Bell), and girls with school-color ribbons in their hair.

Bonita Vista's girls wore knee socks, some in blue, and some in gold (the school colors).

Best spectator courses:

Kit Carson Park. The runners loop around at various times, and, from a number of vantage points, you can see most of what happens on the hill sections.

Sunbeam Lake. It's an out-and-back course, but a spectator, without straying far from the start/finish area, can see most of the first and last mile. An ambitious spectator can see more, as a road parallels most of the course, making it easy to drive along and watch the race.

The old one-two:

Teammates that finished first and second in league finals included:

Coronado's Katherine Wingert

and Ashley Walsh in the Harbor girls.

Patrick Henry's Kristen Buono and Christine Burke in the Eastern girls.

Mt. Carmel's Abadir Barre and Adam Goldberg in the Palomar boys.

Helix's Babey Wagnew and Taylor Williams in the Grossmont South boys.

San Pasqual's Claire Rethmeier and Lorin Scott (with teammate Brooke Kerby in third) in the Valley girls.

Mountain Empire's Ali Baker and Dominique Walters-Espy in the Citrus girls.

In all cases except Mountain Empire, the one-two finishes helped secure a team victory.

O sister, where art thou?

A number of quality teams had quality sister acts at or near the top of their scoring packs.

Among the best were:

Sariah and Sabrina St. Laurent, El Camino.

Danae and Anna Hough, Valley Center.

Janae and Jackie Dale, West Hills.

Pati and Silvia Romero, Eastlake.

Michelle and Kelly Denham, Fallbrook.

Kristina and Alicia Nugent, Valhalla.

Molly and Megan O'Toole, University of San Diego.

Jessie and MacKenzie Ooms, University City. Jessie won the varsity Western race; freshman MacKenzie won the JV race.

El Capitan has two pair of sisters in their scoring pack: Amanda and Candis Vuletich, and Roxanne and Nicole Mather.

La Jolla Country Day also has two pair of sisters on their varsity. They are Lauren and Sarah Swigart, and Porschia and Indya Talbot.

Teams that came back from the dead:

Carlsbad's boys came on in the last weeks to snatch away an Avocado League title. They beat Fallbrook on a tie-breaker in the season's last dual, and then won the Avo final. When San Marcos, unbeaten in dual meets, finished third behind Fallbrook, Carlsbad won the championship.

The Helix boys had lost two dual meets to Grossmont South opponents, but they looked good last week in winning the league final. The Grossmont loop makes the championships count for 2/3 of

Please see page 14.

The Track Magazine Website:

www.crowncity.com/sdtrackmag

Harbor: 'Nado teams dominate

This has been a relatively non-competitive year in the Harbor League.

Coronado's teams, which are having good years, were virtually the only show in town.

In past years, a number of the other Harbor teams have had good squads, but this year most of the programs were down.

On top of that, the Harbor League decides its team champions by dual meets only.

So this year's Harbor Final wasn't the most dramatic race in town.

The Coronado girls, led by Katherine Wingert and Ashley Walsh in first and second, would have won a scored meet handily. They also had Beth Wittry in fifth, Rhett Chase in sixth and Dayna Queisser in eighth. The Coronado score would have been an impressive 22 points.

Madison's Laura Norton was the top non-Islander, taking third, and Clairemont's Judy Jimenez, who only recently returned to the sport, was fourth.

Islander freshman Jake Ruzevick won the boys race with ease, running 16:58 on the Morley, 3.0-mile layout (identical to the Eastern course).

Luis Munoz of Crawford was second, followed by Coronado's Adam Bacon and David Fink. The Islanders had three others in the top ten, including Ryan Haig, Ryan Schneider and Dmitri Virnig.

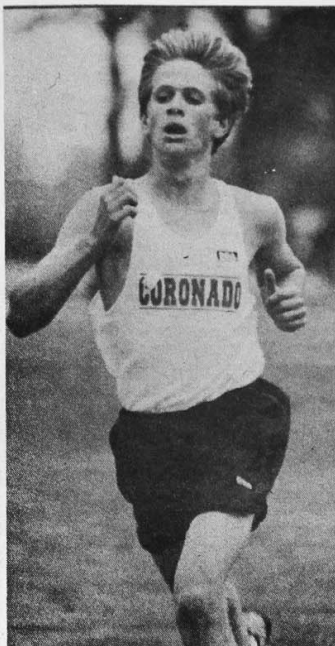
Clairemont, a powerful team last year, had Thomas Ferguson and Steve Loforti on the sidelines.

The results:

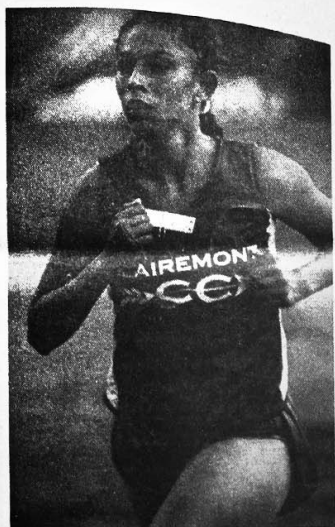
At Morley Field, Tuesday, November 6. Weather: Cool and overcast.

BOYS (3.0m):

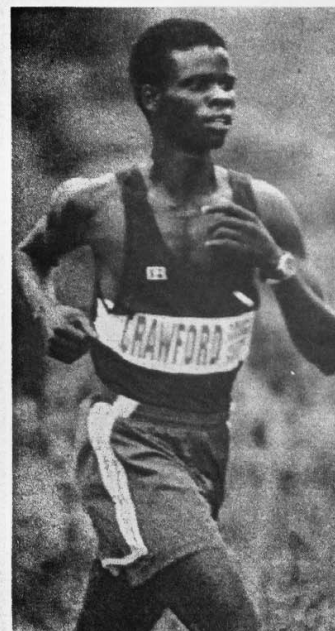
- 16:58 Jake Ruzevick, Coronado1
- 17:18 Luis Munoz, Crawford1
- 17:32 Adam Bacon, Coro2
- 17:37 David Fink, Coro3
- 17:43 Abuka Waater, Craw2
- 17:56 Ryan Haig, Coro4
- 18:03 Pedro Kabelis, Craw3
- 18:16 Chris Sorichetti, Madison1
- 18:24 Ryan Schneider, Coro5
- 18:25 Dmitri Virnig, Coro6
- 18:40 Josh Copp, Coro7
- 18:46 David Hernandez, Coro
- 18:52 Paul Breuninger, Christian1
- 18:56 Chris Henderson, Lincoln1
- 18:57 Christopher Verdich, Chr2
- 18:58 Jun Kim, Chr3
- 19:00 Jon Phillips, Coro
- 19:29 Matthew Smith, Clairemont1
- 19:36 Mike Tran, Cla2
- 19:48 Joe Yeats, Chr4
- 19:53 Abdulgordin Elmi, Craw4
- 19:58 Kevin Sorichetti, Mad2
- 20:05 John Gates, Mad3
- 20:09 Ryan Tervort, Mad4
- 20:13 Jonathan Smith, Cla3
- 20:20 Jared McGowan, Chr5
- 20:39 Evan Perez, Mad5



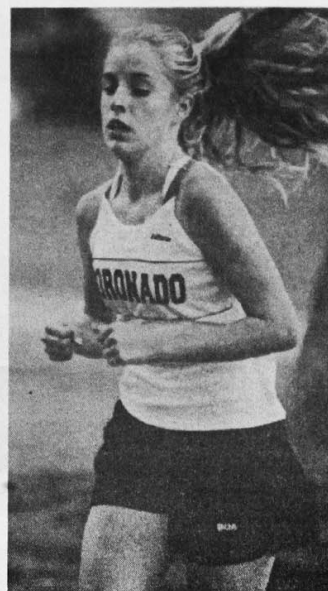
Harbor Champion:
Jake Ruzevick
Coronado



Judy Jimenez
Clairemont



Abuka Waater
Crawford



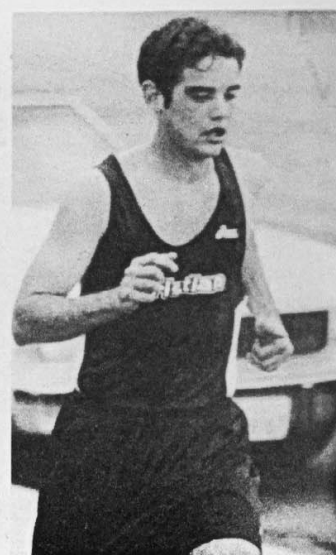
Harbor Champion:
Katherine Wingert
Coronado



Adam Bacon
Coronado



Laura Norton
Madison



Paul Breuninger
Christian

- 20:54 Daniel Pich, Craw5
- 20:54 Blake Hertel, Chr6
- 20:58 Cameron Scott, Craw6

TEAMS: Coronado wins Harbor title, based on 6-0 record in dual meets.

GIRLS (2.6m):

- 17:24 Katherine Wingert, Coro1
- 17:58 Ashley Walsh, Coro2
- 18:13 Laura Norton, Mad1
- 18:20 Judy Jimenez, Cla1
- 18:25 Beth Wittry, Coro3
- 18:26 Rhett Chase, Coro4
- 18:38 Jenny Ray, Chr1
- 18:45 Dayna Queisser, Coro5
- 18:48 Andrea Heger, Chr2
- 18:51 Lauren Bradler, Cla2
- 19:11 Allison Lewis, Craw1
- 19:24 Sharne Butts, Lincoln1
- 19:29 Andrea Flores, Mad2
- 19:32 Lori Ruiz, Mad3
- 19:36 Natasha Gray, Linc2
- 19:46 Chloe Hamann, Chr3
- 19:49 Jennifer Pangacian, Mad4
- 20:15 Anna Westgate, Mad5
- 20:45 Cristina Lopez, Craw2
- 21:07 Eva Gonzalez, Cla3
- 21:16 Kim Clark, Chr4
- 21:28 Jessica Keltz, Coro6
- 21:38 Emily Trepasso, Coro7
- 22:10 Alicia Travis, Linc3
- 22:29 Lucero Alvarado, Craw3
- 22:52 Brittany Griffin, Chr5
- 23:07 Christy McCullough, Craw4
- 23:13 Rebecca Deininger, Mad6
- 23:15 Perla Argumedo, Craw5
- 24:19 Katie Whitelaw, Chr6
- 27:18 Carrie Narveson, Mad7
- 28:07 Tasha Johnson, Linc4
- 28:43 Rebekah Rickert, Mad8

TEAMS: Coronado wins Harbor title, based on 6-0 record in dual meets.

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

**Missing
Page 5
of this
issue
for
now
I'll Add
Later**

Western: UC girls, Hoover boys fastest

Few meets last week had as much speed as the Western League championships.

True, the Western course is one of the fastest around, but they also have a deep field of talented runners in both boys and girls.

Fast runners + fast course = quick times.

St. Augustine's Sean Barrett ran a 15:14 for the 3.0-mile layout, and he had to hustle to edge Hoover's Solomon Kumbi (15:17) and Haji Hassan (15:27). Four others were under 16:00.

In the girls race, UC's Jessie Ooms ran the 3.0-miles in 18:09, and was pressed most of the way by Mission Bay's Rose Serna (18:17) and teammate Becky Bostwick (18:37).

It was a quality race, with 17 girls under 20:00, including the entire La Jolla first five. UC was a bit more spread out than usual, with their number three runner 1:16 behind number one, and with their fifth runner 1:59 behind Ooms.

Hoover won the boys race, with 58 points, ahead of some quality teams. La Jolla was second, Scripps Ranch was third and University City was fourth in the race. That swung the league title to Hoover, which came into the meet with a dual meet loss to Scripps.

The La Jolla boys are coming on strong, with soph Paul Coover leading the charge. Behind him, they have a great pack. The first four Vikes were only 0:18 seconds apart.

Third place Scripps Ranch will be a Division II CIF contender.

The results:

At Morley Field, Thursday, November 8. Normal Western League dual course was adjusted to keep from crossing newly-planted grass section, but distance is still 3.0 miles. Weather: cool, overcast.

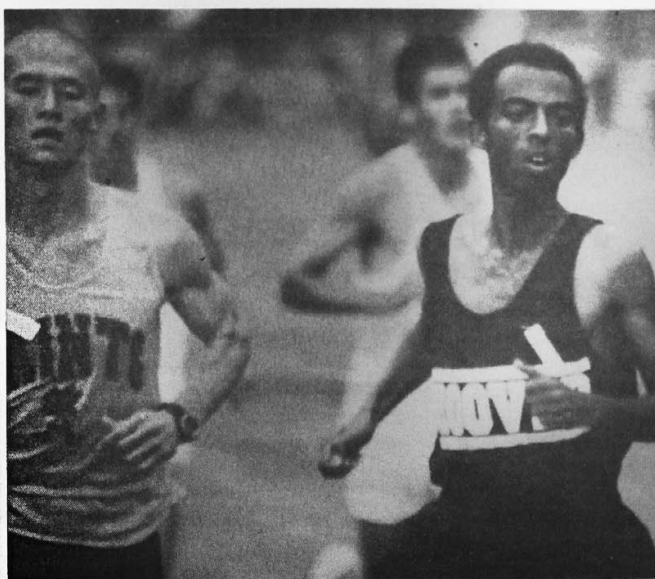
BOYS (3.0 miles):

Varsity:

TEAMS: Hoover 58, La Jolla 72, Scripps Ranch 79, University City 79 (Scripps wins tiebreaker for third place), University of San Diego 124, St. Augustine 125, Mission Bay 142. Hoover wins league title, based on duals and finals.

Individual:

15:14 Sean Barrett, StA1
15:17 Solomon Kumbi, H1
15:27 Haji Hassan, H2
15:47 Kern Huerta, UC1
15:53 Nathan Stender, StA2
15:57 Marco Venancio, MB1
15:59 Paul Coover, LJ1
16:02 Brad Liber, UC2
16:03 Dan Blomgren, SR1
16:05 Scott Perry, SR2
16:06 Caleb Garlipp, SR3
16:07 John Zimmer, USD1
16:14 Ryan Abelowitz, LJ2



Sean Barrett, Solomon Kumbi
St. Augustine runner was the **Western Champion**, edging Hoover's Kumbi in a fast race.



Kristin Wehrle
La Jolla

16:14 John Lee, LJ3
16:15 Yafet Abraha, H3
16:17 Colin Haydu, LJ4
16:21 Yikil Assefa, H4
16:23 Kurtis Flansburg, UC3
16:24 Mario Fierro, USD2
16:27 Sixto Aspetita, UC4
16:28 Daniel Assefa, H5
16:29 Blaine Hallor, LJ5
16:30 Simon Kiflu, MB2
16:33 Justin Zelones, SR4
16:34 Chris Lancaster, SR5
16:37 Derek Gould, LJ6
16:38 Brendan Cronin, USD3
16:39 Dustin Wallstedt, SR6
16:40 Travis Teitsch, UC5
16:45 Gabe Mares, LJ7
16:47 Kevin Jamil, USD4
16:48 Max Kerber, UC6
16:50 Muktar Abdulle, H6
16:53 Steve Crane, MB3
16:55 Mark Walkowicz, USD5
16:56 Brandon Griffin, MB4
16:59 Carl Burkhard, USD6
17:02 Mike Healy, StA3
17:07 Joe Brady, StA4
17:07 Juan Carrasco, UC7
17:10 Joe Pluff, UC
17:12 Ryan Felix, SR7
17:13 Jon Breed, UC
17:15 Nathan Enriquez, StA5
17:17 Greg Mason, MB5
17:18 Ryan McRoskey, StA6
17:19 Matt Laman, StA7
17:23 Jimmy Gilbreath, USD7
17:23 Daniel Coronado, SR
17:29 Ismail Kawuki, H7



Jennifer Weber
Mission Bay

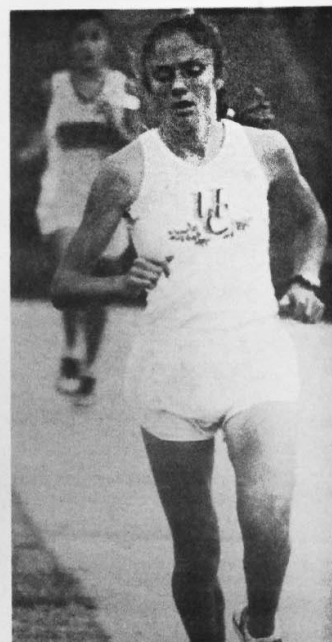
17:35 Tyson Ellenbecker, MB6
17:46 Paddy Tatusko, USD
18:00 Jeff Guido, UC
18:00 James Sullivan, StA
18:09 Evan Corbin, StA
18:43 Brent Peddecord, StA

GIRLS (3.0 miles):

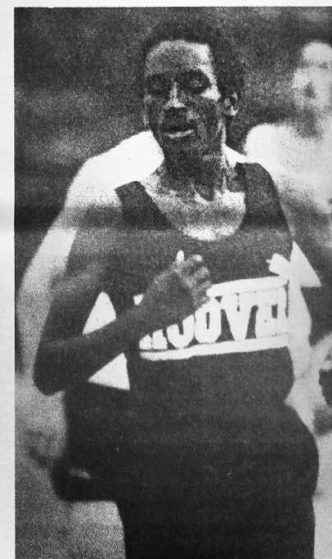
TEAMS: University City 48, La Jolla 59, Scripps Ranch 76, University of San Diego 88, Mission Bay 98, Our Lady of Peace 168, Hoover 192. UC wins league title, based on duals and finals.

Individual:

18:09 Jessie Ooms, UC1
18:17 Rose Serna, MB1
18:37 Becky Bostwick, UC2
19:01 Molly O'Toole, USD1
19:13 Jennifer Weber, MB2
19:16 Anne-Marie Byrne, USD2
19:21 Amanda Beatty, SR1
19:27 Lidia de Carvalho, UC3
19:38 Liz Edwards, LJ1
19:40 Kristin Wehrle, LJ2
19:44 Anna Anderson, LJ3
19:45 Tiffany Miller, LJ4
19:47 Vanessa Castillo, SR2
19:48 Katherine Robbins, SR3
19:49 Krystine Cuaresma, OLP1
19:55 Sarah Santos, UC4
19:59 Kaly Olson, LJ5
20:06 Yvonne Li, MB3
20:06 Amanda Cummings, SR4
20:08 Lauren Jerd, UC5



Western Champion:
Jessie Ooms
University City



Yafet Abraha
Hoover

20:11 Brooke Anderson, UC6
20:13 Chelsea Robinson, LJ6
20:15 Natalie Gattrell, SR5
20:16 Morgan Feori, USD3
20:27 Ashly Butera, SR6
20:31 Kerry Kelly-Cochrane, USD4
20:37 Carolynn Crews, UC7
20:41 Lauren Senescall, USD5
20:46 Laura Borenstein, LJ7
20:49 Kiki Kalkestein, LJ
20:55 Shayne McCoy, USD6
21:07 Hannah Reed, USD7
21:17 Lindsey Slover, SR7
21:21 Karissa Teitsch, UC
21:42 Megan O'Toole, USD
21:53 Sara Agory, H1
22:08 Maya Solomon, SR
22:22 Emily Brown, OLP2
22:25 Maureen McClellan, OLP3
22:33 Danielle Richey, MB4
22:36 Samantha Seng, MB5
22:41 Brenda Bravo, H2
23:09 Atong Arjok, H3
23:20 Kathy Thongrivorng, H4
23:34 Caitlin Kearney, USD
23:46 Christine Goforth, OLP4
24:11 Diamond Humphrey, H5
24:17 Elizabeth Bardot, OLP5
24:54 Katie Millerick, OLP6
26:27 Mirisha Idrizi, H6
26:27 Yenci Lopez, H7

Eastern: Caver boys, Henry girls take titles

San Diego's boys team returned to the Eastern Championship throne last week, winning the boys team impressively.

Mira Mesa's Brandon Zelones ran a swift 15:26 for the individual title, and Point Loma's Eric Dunn was second in 15:43.

After that, it was a San Diego parade. Cavers took third, fifth, sixth, eighth, ninth, tenth and eleventh. Their top runner was Idrise Osman, who ran 15:52.

Their five-man pack was only spread 0:38 seconds. Their seven-man grouping was just 0:49 seconds. In fact, that seventh runner ran the Morley course in 16:41.

"That's a pretty good team," Henry coach Thom Hunt said.

Coach Ed Ramos has his Cavers in the title hunt annually, but this team is better than some of his recent squads.

"I haven't been around the Eastern League that many years," Hunt said, "but this is the best San Diego team I've seen, by far."

Hunt's Henry team was second in the race, and in the league, and were led by Shea Rollin's fourth-place finish (16:01).

The Henry girls capped a great league season by finishing one-two here, and taking the league title. It was the school's first ever girls cross country league championship.

The title didn't come easy. Good teams from Point Loma and Serra battled tough. Henry won with 48 points, to the Pointers' 50, and Serra's 55, and there was some controversy. A Point Loma runner ran off the course, and was DQ'd, and it affected the final score just enough to swing the meet to Henry.

In the battle for the individual crown, frosh Kristen Buono pulled away from teammate Christine Burke to win. Burke was sick, and below par.

Point Loma, a pack team, was led by Camille Hall-Berry's third place.

The results:

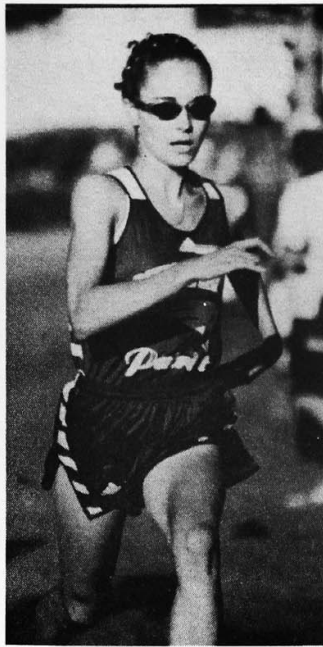
At Morley Field, San Diego, Friday, November 9. Course used was Eastern League dual meet course.

BOYS (3.0m):

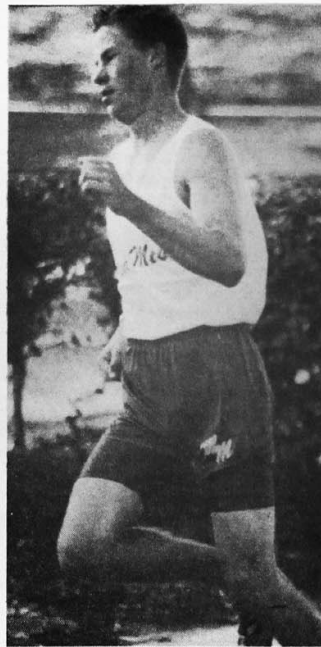
TEAMS: San Diego 31, Patrick Henry 62, Point Loma 73, Mira Mesa 118, Serra 122, Kearny 171, Morse 180. San Diego wins league title, based on duals and finals.

Individual: (First 40 only)

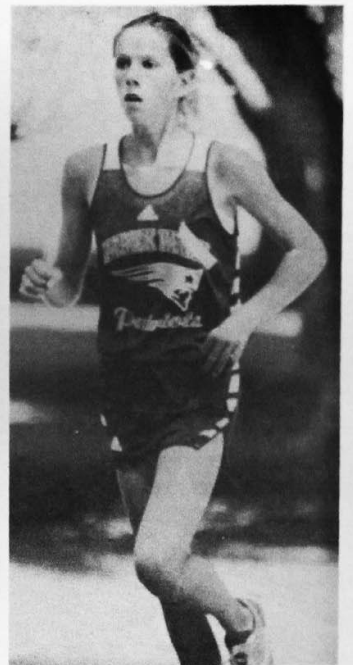
15:26 Brandon Zelones, MM1
15:43 Eric Dunn, Ptl1
15:52 Idrise Osman, SD1



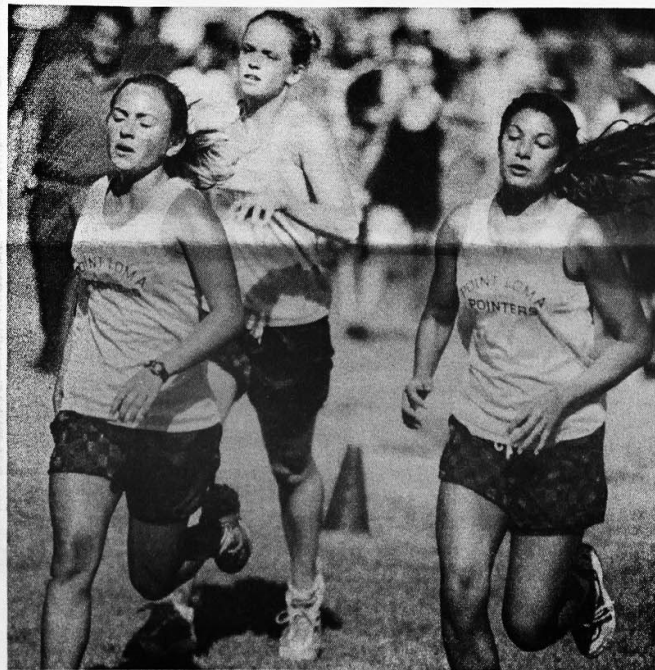
Eastern Champion:
Kristen Buono
Patrick Henry



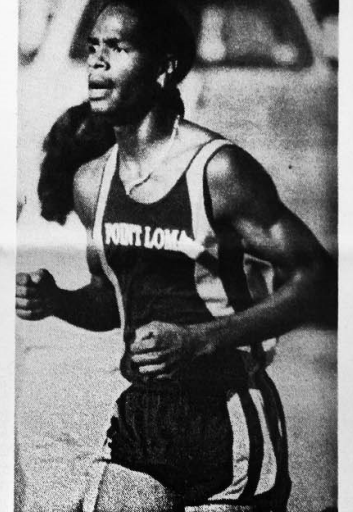
Eastern Champion:
Brandon Zelones
Mira Mesa



Christine Burke
Patrick Henry



Sara Reid, Allison Harden, Rachel Bombaci
Point Loma



Eric Dunn
Point Loma

16:01 Shea Rollin, PH1
16:03 Jose Lopez, SD2
16:21 Ayanne Aden, SD3
16:21 Eric Delgadillo, PH2
16:27 Hector Segoviano, SD4
16:30 Abdiweli Abdullahi, SD5
16:40 Edgar Garcia, SD6
16:41 Chavez, SD7
16:48 Kyle Tabler, PH3
16:51 Brian Bradshaw, Ptl2
16:54 Yoshio Cocina, SD
16:56 Justin Motika, Ser1
16:58 Joshua Ellis, Ptl3
17:01 Chris Prevost, MM2
17:03 Thomas Caswell, Ser2
17:07 Aaron Harper, Ptl4
17:15 Billy Szafranski, PH4
17:25 Linvill, PH5
17:25 Steve Prinz, PH6
17:29 Kyle Bruser, PH7
17:34 Robert Robledo, K1
17:35 Robel Addis, K2
17:39 Kevin Hughes, Ptl5
17:43 Damien Bazowsky, Ser3
17:54 Rodriguez, Ptl6
17:53 John Baker, Ser4

18:01 Marcelle Hunter, Mor1
18:05 Matt Duke, Ser5
18:14 Munez, Mor2
18:15 Jonathan Fabela, MM3
18:20 Dexter Paulite, MM4
18:45 Troy Richey, K3
19:35 Wilhelm, Ser6
19:36 Arroyo, MM5
19:37 Travis Burke, K4
19:48 Adam Torpey, Ptl7
19:48 Celeste, Mor3

GIRLS (2.5m):

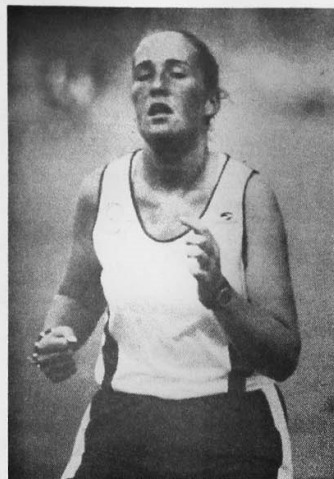
TEAMS: Patrick Henry 48, Point Loma 50, Serra 55, Mira Mesa 103, Morse 144, Kearny 161, San Diego no score. Patrick Henry wins league title, based on duals and finals.

Individual:

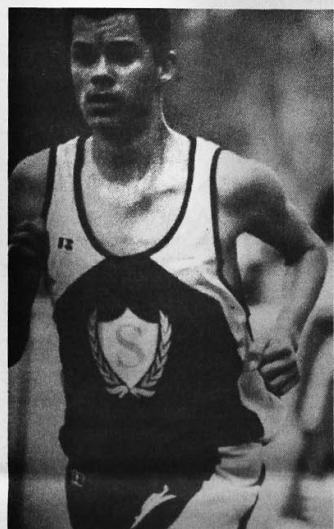
(First 40 only)

16:05 Kristen Buono, PH1
16:20 Christine Burke, PH2
16:30 Camille Hall-Berry, Ptl1
16:42 Amy Montgomery, Ser1
16:50 Laura Adona, Ser2
16:50 Lauren Lynaugh, Ser3

16:57 Rachel Bombaci, Ptl2
17:01 Lisa Dodd, MM1
17:04 Shannon Ruebel, PH3
17:12 Kristlen Oshiro, MM2
17:14 Anne Vieira, Ptl3
17:20 Sacher, PH4
17:35 Sara Reid, Ptl4
17:36 Cristina Diaz, Mor1
17:41 Coralie Bordes, SD1
17:45 Allison Spies, Ptl5
17:53 Carmen Perez, K1
17:57 Thompson, Ptl6
17:57 Katherine Keivens, Ser4
18:03 Hanna, Ptl7
18:12 Amy Lang, Ser5
18:13 Kolenovic, Ptl
18:13 Whitney Whitacker, Ptl
18:18 Justine Deloviar, MM3
18:18 Selina Brollini, PH5
18:26 Jenni Pugh, PH6
18:31 Silva, Ptl
18:34 Tiphany Hamilton, SD2
18:38 Adrienne White, Ptl
18:45 Janine Szafranski, PH7
18:53 Devlin, Ptl
18:56 Palomares, Mor2
18:58 Jenica Cruz, PH
18:58 Wynveen, PH
19:03 Sonia Villegas, MM4
19:05 Natasha Sweatte, Ptl
19:06 Ocean Christian, Mor3
19:09 Bernardette Grantling, Mor4
19:09 Paulina Torres, K2
19:11 Katy Leenerts, PH



Darla Reader
Chula Vista



Edgar Llenez
Sweetwater



Johanna Suasa
Chula Vista

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Metros: *It's Chula boys, Bonita girls, both Eastlakes*

Two boys teams reversed dual meet losses at this year's combined Metro League finals, Friday, at Bonita's Rohr Park.

The Metro Conference combines races from the Mesa and South Bay Leagues, with the results separated after the fact.

In the Mesa League, Chula Vista's boys won the championship meet, and finished in a tie for the title, with Bonita Vista. Sweetwater, which had narrowly lost to both, was third.

The Chula win was paced by Andres Padilla, the Mesa champ, who ran 16:08 on the 3.1-mile Rohr course (identical to the Baron Invite version).

Padilla was 0:03 seconds ahead of Bonita's Ryan Becijos, and teammate Ysmael Miranda was third. The Spartans also got good efforts from Eduardo Mariscal, Jesus Mariscal and Daniel Medrano, after usual scorer Apolinar Mariscal went down in the race.

The Mesa girls race saw Bonita Vista win impressively. The Baron girls, who are now ranked second in the county going into the CIF championship, looked great.

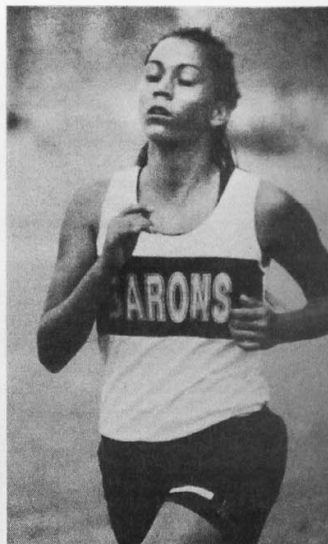
Kristen Gonzalez won in 12:52 over the 2.2-miles, and became only the second Metro girl to dip under 13 minutes at Rohr (Desiree Davila also did it). Frosh Tiffany Caddell was second in 13:02, and Morgane Sigaud was fourth in 13:11. The scoring group was rounded out by Kate Branson (seventh) and Kayleigh Knudson (10th). The Barons bracketed Chula's Sophia Maquez, who was third in 13:09.

Chula Vista's girls also ran well, but they were no match for a Bonita team that is the best Baron group since 1994, at least. That year's edition of Bonita Vista had Claire Becker, Rosie Costello and Meghan Phillips on the roster.

The Spartans got good races from Darla Reader, Nelly Hernandez, and Johanna Suasa, all of whom placed in the top ten.

The South Bay boys race was a blowout, as Mar Vista soph Troy Swier ran 15:38, near the course record to win by nearly a minute. It was the fastest time of the day for both leagues.

Hilltop freshman Claudio



Mesa Champion:
Kristen Gonzalez
Bonita Vista

Melvin was second, running 16:35, and Eastlake's Vernon Ng, in 16:54, was the only other South Bay athlete to crack 16 minutes.

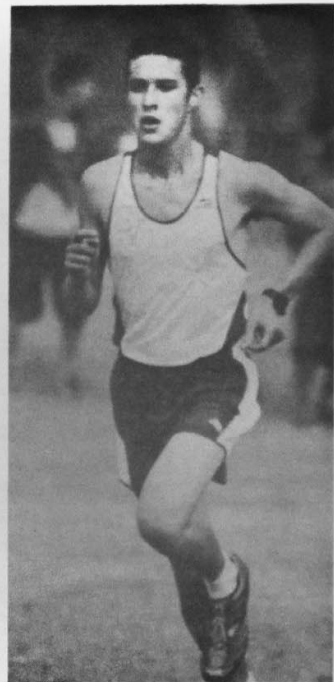
Swier and Melvin, great young talents, will match up again many times over the next two years.

Eastlake's boys won the meet, which reversed a dual meet loss to Mar Vista earlier in the year, and left the two teams in a tie for first.

The Titans were led by Ng, Zach Avallone, Jake Cadwell, John Stubbs and Manuel Celedon.

Eastlake's girls team prevailed in a rematch with Castle Park, winning by two points, and taking the league title. Castle's Mandy Johnson won the South Bay race in 13:19, well ahead of teammate Ana Melvin, who ran 13:43.

Pati Romero led the Eastlake win, taking fourth in 13:57, followed by sister Silvia Romero, Mercedes Razo, Julia Floresta, and Ashley Ronco.



Mesa Champion:
Andres Padilla
Chula Vista

Hilltop was also in the mix, with Selina Munoz and Lupe Lopez finishing well up the charts.

The results:

At Rohr Park, Bonita, Friday, November 9. Course used was same as used in Baron Invitational.

Weather: mostly overcast.

BOYS (3.1 m):

Varsity:

TEAMS:

MESA: Chula Vista 37, Bonita Vista 41, Sweetwater 61, Montgomery 106, Southwest 142. Chula Vista and Bonita Vista are co-champs.

SOUTH BAY: Eastlake 36, Mar Vista 45, Hilltop 45, Marian Catholic 115, Castle Park 136. Eastlake and Mar Vista are co-champs.

Individual (combined results):

15:38 Troy Swier, MV1
16:08 Andres Padilla, CV1
16:11 Ryan Becijos, BV1
16:18 Ysmael Miranda, CV2
16:31 Edgar Llenez, Swe1

Please see page 9.

The Top Tens:

BOYS:

Mesa:

16:08 Andres Padilla, CV
16:11 Ryan Becijos, BV
16:18 Ysmael Miranda, CV
16:31 Edgar Llenez, Swe
16:36 Hector Arreola, Swe
16:39 Eduardo Mariscal, CV
16:40 Sven Meza, BV
16:43 Hector Mardueno, Mont
16:45 Nick Amalfitano, BV
16:45 Jose Guardado, Swe

GIRLS:

Mesa:

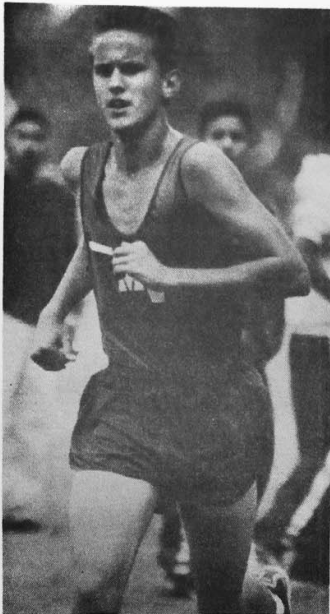
12:52 Kristen Gonzalez, BV
13:02 Tiffany Caddell, BV
13:09 Sophia Marquez, CV
13:11 Morgane Sigaud, BV
13:15 Yenissa Kaeg, Mont
13:23 Darla Reader, CV
13:30 Kate Branson, BV
13:30 Nelly Hernandez, CV
13:32 Johanna Suasa, CV
13:35 Kayleigh Knudson, BV

South Bay:

15:38 Troy Swier, MV
16:35 Claudio Melvin, Hill
16:54 Vernon Ng, EL
17:05 Zach Avallone, EL
17:14 Justin Harms, Hill
17:25 Christian Flores, MV
17:32 Jake Cadwell, EL
17:34 John Stubbs, EL
17:38 Jesus Perez, MV
17:46 Tommy Hazelwood, Hill

South Bay:

13:19 Mandy Johnson, CP
13:43 Ana Melvin, CP
13:51 Selina Munoz, Hill
13:57 Pati Romero, EL
13:58 Lupe Lopez, Hill
14:02 Silvia Romero, EL
14:02 Mercedes Razo, EL
14:25 Cristy Jimenez, MarCath
14:27 Julia Floresta, EL
14:39 Liz Gonzalez, CP



South Bay Champion:
Troy Swier
Mar Vista



South Bay Champion:
Mandy Johnson
Castle Park

Metro:

From previous page.

16:35 Claudio Melvin, H1
16:36 Hector Arreola, Swe2
16:39 Eduardo Mariscal, CV3
16:40 Sven Meza, BV2
16:43 Hector Mardueno, Mont1
16:45 Nick Amalfitano, BV3
16:45 Jose Guardado, Swe3
16:46 James Serratos, BV4
16:47 Julian Zamora, BV5
16:53 Jesus Mariscal, CV4
16:54 Vernon Ng, EL1
16:55 Daniel Medrano, CV5
16:58 Mike Berdeski, BV6
17:03 Samuel Zapata, Swe4
17:05 Zac Avallone, EL2
17:06 Cesar Torres, Swe5
17:06 athlete DQd
17:14 Apolinar Mariscal, CV6
17:14 Justin Harms, H2
17:15 Dustin Boyer, Swe6
17:18 James Groves, CV7
17:21 AC, Mont2
17:23 Roberto Tiscareno, Swst1

17:25 Christian Flores, MV2
17:27 Nick Raue, BV7
17:30 Jonathan Delgado, Mont3
17:32 Jake Cadwell, EL3
17:34 John Stubbs, EL4
17:38 Jesus Perez, MV3
17:46 Tom Hazelwood, H3
17:48 Manuel Celedon, EL5
17:48 Mahta Yemane, MV4
17:48 Ryan Agte, MV5
18:02 Daniel Cervantes, MC1
18:11 Lawrence Walker, Mont4
18:12 Abdi Abdiizak, Swe7
18:15 Brandon Meza, Mont5
18:15 Barry Bright, EL6
18:20 Victor Morales, Swst2
18:23 Jose Sanchez, MV6
18:28 Mike Garcia, MV7
18:38 Clifford Felarca, EL7
18:42 Amir Vafaee, MC2
18:44 Musui Endo, H4
18:48 Matt Saenz, MC3
18:51 Hector Lugo, Swst3
18:58 Patrick Staley, H5
19:03 Joseph Reynoso, Mont6
19:15 Steven Goodsell, CP1
19:20 Andreas Herrera, CP2
19:34 Brian Schram, CP3
19:48 John Real, H6
20:12 E. Olguin, Swst4
20:13 Eduardo Padilla, MC4
20:32 AA, CP4
20:43 David Figueiroa, Swst5
21:03 Bryan Bains, MC5
21:11 Ceasar Gamboa, MC6
21:21 Oscar Mendoza, Swst6
21:21 Victor Ortiz, CP5
21:39 HG, CP6
22:14 A. Lopez, Swst7
24:29 James Quigley, MC7

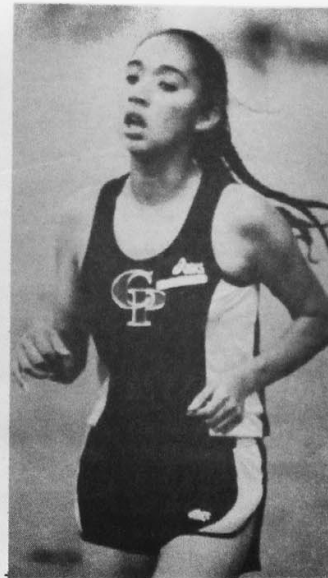
GIRLS (2.2m):

TEAMS:

MESA: Bonita Vista 24, Chula Vista 37, Montgomery 81, Sweetwater 105, Southwest no score. Bonita Vista wins league title.
SOUTH BAY: Eastlake 38, Castle Park 40, Hilltop 59, Mar Vista 115, Marian Catholic no score. Eastlake wins league title.

Individual:

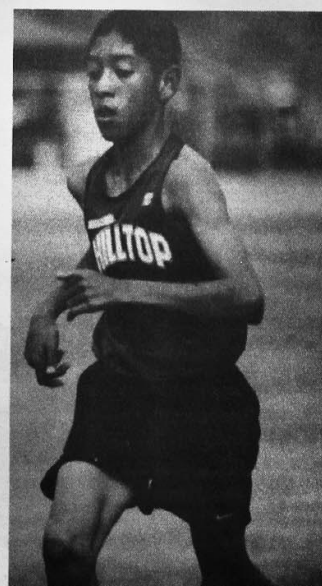
12:52 Kristen Gonzalez, BV1
13:02 Tiffany Caddell, BV2
13:09 Sophia Marquez, CV1
13:11 Morgane Sigaud, BV3
13:15 Yenissa Kaeg, Mont1
13:19 Mandy Johnson, CP1
13:23 Darla Reader, CV2
13:30 Kate Branson, BV4
13:30 Nelly Hernandez, CV3
13:32 Johanna Suasa, CV4
13:35 Kayleigh Knudson, BV5
13:43 Ana Melvin, CP2
13:51 Selina Munoz, H1
13:57 Pati Romero, EL1
13:58 Lupe Lopez, H2
14:00 Lynn Hernandez, CV5
14:00 Cynthia Garay, CV6
14:01 Lizette Villasana, Swe1
14:02 Silvia Romero, EL2
14:02 Mercedes Razo, EL3
14:03 Jackie Mandy, CV7
14:10 Kiersten Dolby, BV6
14:10 Julie Buettner, BV7
14:25 Cristy Jimenez, MC1
14:27 Julia Floresta, EL4
14:38 Priscilla Flores, Mont2
14:39 Liz Gonzalez, CP3
14:39 Kristin Renteria, CP4
14:46 Ashley Ronco, EL5
14:49 Cari Radford, H3
15:00 Ashley Ortega, MV1
15:03 Joana Gallarzo, Swe2
15:10 Jackie Paras, EL6
15:15 Kenya Caro, Swe3
15:19 Maria McGaffigan, CP5
15:24 Veronica Sanchez, Swe4
15:26 Jessica Romero, CP6
15:27 Yvonne Torres, Swe5
15:29 Jessica Street, H4
15:33 Janelle Daniels, EL7
15:38 Ethel Rios-Reyes, H5
15:42 Priscilla Garcillanosa, Swe6
15:53 Alicia Riley, H6
15:56 Alanna Zaragoza, CP7
16:01 Paola Diaz, SweZ
16:08 Arleen Ramos, MV2
16:12 Kelly Klopff, H7
16:36 Kenda Pot, Mont3
16:49 Bernice Ramos, MV3



Ana Melvin
Castle Park



Mercedes Razo
Eastlake



Claudio Melvin
Hilltop

16:56 Tabitha Coffey, Mont4
16:59 Elizabeth Flores, MV4
17:12 Katie Bleyle, MV5
17:25 Jennifer Parra, MV6
17:30 Khaty Pot, Mont5
17:44 Herlianda Sanchez, MV7

Coastal, Citrus: Jenna tramples course

Now that was a fast race.

Of course, we're talking about San Dieguito Academy senior Jenna Timinsky's effort last week.

In case you missed it, she ran 18:17 for the demanding Kit Carson 3.1-mile course. Without any competition closer than 1:59.

Timinsky is easily the class of any San Diego Section girls. She won't get a significant challenge until the state meet, at the earliest.

The Coastal and Citrus Leagues run a combined final, like the Grossmont and Metro Leagues.

La Jolla Country Day's girls, and Calvin Christian's boys, both of whom are CIF title threats, were the best in the Coastal. Julian's girls, another CIF contender, and Mountain Empire's boys were the best in the Citrus Leagues.

Individual races went to LJCD's Tyler Middleton, Lutheran's Theo Kociencki and Mountain Empire's Ali Baker.

The results:

At Kit Carson Park, Escondido, Friday, November 9. Course used was the same as used for this year's Kit Carson Invitational, including the same finish (in contrast to the North County finals the next day).

BOYS (3.1 m):

Individual (combined races):
(First 75 only)

16:58 Tyler Middleton, LJCD1
17:39 Garrett Metcalf, TCC1
17:41 Nathan Sigmund, LJCD2
17:59 Taylor Searles, Bish1
18:03 Kenny Wang, ANA1
18:03 Darin Conner, Calvn1
18:12 Mitch Howell, TCC2
18:13 Shane Fitch, Bish2
18:14 Scott McCracken, LJCD3
18:16 Aaron Faber, Calvn2
18:17 Theo Kociencki, Luth1
18:21 Matt Smith, Bish3
18:25 Scott Neth, Jul1
18:37 Logan Hood, SDA1
18:42 Shawn Sarkaria, UCD4
18:44 Josh Marcus, Calvn3
18:45 Mike Searles, Bish4
18:48 Lee Rosen, SDA2
18:51 Jeremy Beutlich, Calvn4
19:00 Lex Kieffhaber, LJCD5
19:01 Eric Mothander, LJCD6
19:05 Troy Geierman, SDA3
19:10 Kyle Cassano, ANA2
19:12 Mark Arguilez, MIE1
19:13 Neal Johnson, TCC3
19:14 Chris Nottelman, MIE2
19:17 Eastman Landry, FP1
19:20 Vince Cavallo, FP2
19:23 Andre Ferrez, MIE3
19:26 Jason Jimenez, Calvn5
19:28 Cameron Lange, LJCD7
19:31 Eric Hsieh, FP3
19:32 Gianluca Salvatori, ANA3
19:36 Alian Behrens, ANA4
19:37 Chris Zalud, SDA4
19:42 Paul Cattaneo, SFC1
19:42 Patrick Galt, ANA5
19:45 Erin O'Brien, BS1

Please see page 10.

Coastal/ Citrus:

From previous page.

19:45 Steve Sluyter, Calvn6
19:45 Nate Brown, TCC4
19:47 Josh Dunn, TCC5
19:53 Reid Fritz, Bish5
19:54 Dennis Bailey, BS2
20:02 Artem Journist, ANA6
20:08 Matt Mitchell, SDA5
20:09 Ben Savage, SDA6
20:15 Andrew Lunney, Bish6
20:18 Chad Martin, Calvn7
20:20 Jonathan Smith, Jul2
20:20 David Torres, ANAZ
20:21 Shawn Napora, Luth2
20:24 Chris Moraga, Luth3
20:24 Adam Bakken, Jul3
20:40 Julian Ogle, MIE4
20:47 Ben Durwood, Bish7
20:55 Michael Boling, BS3
20:59 Buck Plevyak, SFC2
21:03 Brandon Buckalew, Luth4
21:09 Derek Griede, Luth5
21:12 Seth Edman, Jul4
21:15 Eic Pederson, SDA7
21:24 Levi Gonzalez, Hrn1
21:26 Andy Olson, SFC3
21:26 Sam Groenewold, GPA1
21:33 Kent Dover, Jul5
21:34 George Brusich, GPA2
21:39 Victor Haro, GPA3
21:39 JP Pechar, FP4
21:46 Alex Captain, Calvry1
21:53 Ryan Morison, GPA4
21:57 Cody Hunter, TCC6
22:00 Travis Palovchik, MIE5
22:09 Matt Lindsay, SFC4
22:11 Paul Mendoza, TCC7
22:19 Daniel DeLuca, Jul6
99 Finishers.

GIRLS (3.1m):

Individual (combined races):
(First 50 only)
18:17 Jenna Timinsky, SDA1
20:16 Lauren Swigart, LCD1
20:46 Latoya Cunningham, LCD2
20:54 Ali Baker, MIE1
21:21 D'niqwe Walters-Espy, MIE2
21:24 Robin Kuntz, Bish1
21:30 Marie Raffray, SDA2
21:32 Jenny Stripe, SFC1
21:36 Nicole Bastian, Jul1
21:38 Sarah Swigart, LCD3
22:10 Jocelyn Jenks, LCD4
22:26 Stella Hernandez, FP1
22:31 Christina Durrett, TCC1
22:38 Adriana Durlinger, MIE3
22:53 Clare Hutchinson, Jul2
22:55 Madeline Kramer, SFC2
23:05 Porschia Talbot, LCD5
23:18 Heather Sample, Jul3
23:23 Jenny Kirkman, TCC2

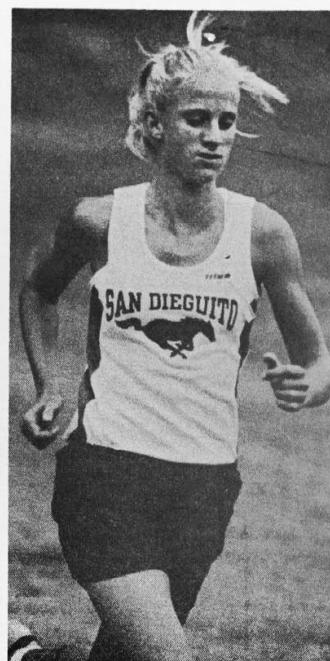
The Top Tens:

BOYS (3.1m):

Coastal:
16:58 Tyler Middleton, LCD
17:39 Garrett Metcalf, TCC
17:41 Nathan Sigmund, LCD
17:59 Taylor Searles, Bish
18:03 Kenny Wang, ANA
18:03 Darin Conner, CalvnC
18:12 Mitch Howell, TCC
18:13 Shane Fitch, Bish
18:14 Scott McCracken, LCD
18:16 Aaon Faber, CalvnC

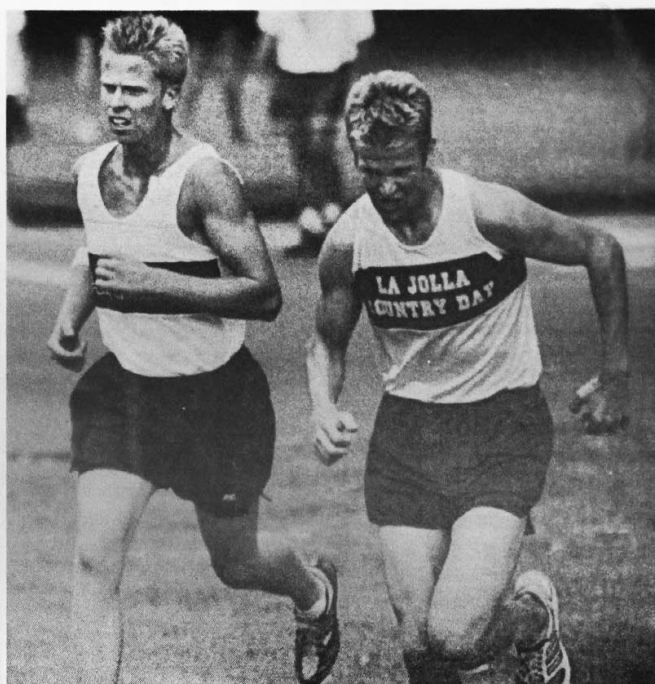
GIRLS (3.1m):

Coastal:
18:17 Jenna Timinsky, SDA
20:16 Lauren Swigart, LCD
20:46 Latoya Cunningham, LCD
21:24 Robin Kuntz, Bish
21:30 Marie Raffray, SDA
21:32 Jenny Stripe, SFC
21:38 Sarah Swigart, LCD
22:10 Jocelyn Jenks, LCD
22:26 Stella Hernandez, FP
22:31 Christina Durrett, TCC

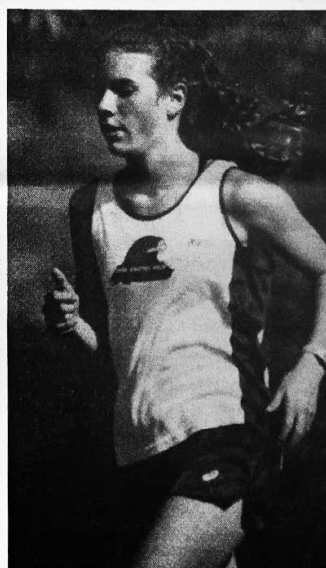


Coastal Champion:
Jenna Timinsky
San Dieguito Academy

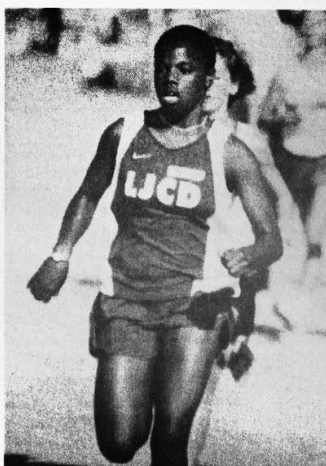
23:32 Jill Spevacek, Jul4
23:41 Hannah Thom, Jul5
23:42 Tessa Ridgway, Jul6
23:45 Natalie Thompson, SDA3
23:49 Mary Ostrander, FP2
24:07 Courtney Watkins, MIE4
24:15 Jessica Aliaga, GPA1
24:18 Marisa Marquina, Bish2
24:23 Jenny Bromley, Bish3
24:28 Sara Cuevas, MIE5
24:29 Heidi Baker, Calvn1
24:29 Indya Talbot, LCD6
24:30 Jolene Guerrieri, Calvn2
24:32 Stephanie Davee, Calvn3
24:39 Amy Howerzyl, Calvn4
25:18 Porsche Hitchens, GPA2
25:20 Penina Maluia, GPA3
25:40 Natalie Johnson, SDA4
25:48 Gigi Reed, Bish4
26:07 Tychia Mills, TCC3
26:10 Lurisha Finger, Hrn1
26:17 Katie Santohigashi, LCD7
26:30 Alex Wright, Bish5
26:32 Alison Tebo, LCD
26:42 Jennifer Carroll, MIE6
26:55 Jacqueline Barkett, Bish6
27:03 Kelle Callahan, TCC4
27:10 Rachel McClain, GPA4
27:16 Anna Childson, Bish7
27:17 Christina Lara, Bish
27:43 Rachelle Andrus, TCC5
73 Finishers.



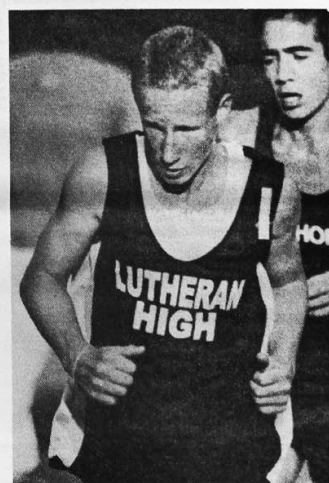
Garrett Metcalf, Tyler Middleton
Tri City Christian runner was runner-up to **Coastal Champion** La Jolla Country Day athlete.



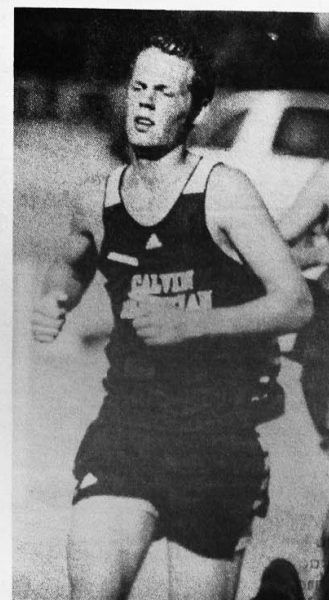
Citrus Champion:
Ali Baker
Mountain Empire



Latoya Cunningham
La Jolla Country Day



Citrus Champion:
Theo Kociencki
Lutheran



Aaron Faber
Calvin Christian

Avocado: Fallbrook girls; C'bad boys titlists

Fallbrook's girls team put themselves squarely into the CIF title picture with a big performance at the Avocado League finals.

Led by individual champ Katie Matlack, who ran 15:30 over the 2.5-mile course, the Warriors were the second-best girls team on the course.

Since the fastest team, San Pasqual, is a Division II school, Fallbrook has emerged as a prime contender for the CIF Division I crown after Saturday's performance.

They might be the best balanced squad of the major contenders, with a terrific ace in Matlack, and a solid pack. Most of the other serious D-I contenders have top individuals, or a great pack, but not both.

Fallbrook's team time at Kit Carson was 81:07, well behind San Pasqual's 79:37, but ahead of Torrey Pines (81:54) and Rancho Bernardo (81:58).

The boys team race winner was a bit unexpected. An aggressive Carlsbad team won the race, behind three/four finishes by Rey Ramirez and Anthony Fogelstrom. Fallbrook's Alex Casarez won the race, and his team was second in team scoring, which pushed San Marcos to third. Which gave the team title to Carlsbad.

The Lancers won it as a team, also putting two others (Trevor Mulvey, eighth; Ryan Johnson, tenth) into the top ten.

"The boys had a meeting," one parent said. "They decided they really wanted this." For most of the season, the team had run below their potential, but that's all forgotten now.

The Carlsbad girls team also was in the mood to rumble. They stepped to the starting line, sang "We will, we will, rock you," and then they proceeded to mix it up with Fallbrook. Sara Cates was just four seconds behind Matlack in second, and the rest of the scoring pack ran well.

The results:

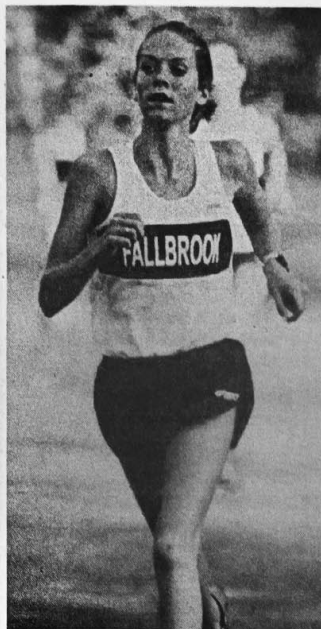
At Kit Carson Park, Escondido, Saturday, November 10. Course used was basically the same as used at Kit Carson Invitational, with the finish line changed to grass area.

BOYS (3.1m):

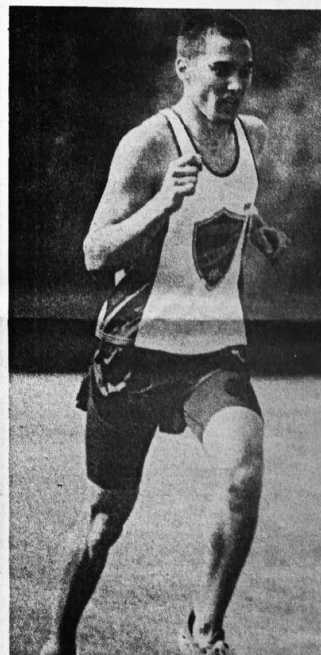
TEAMS: Carlsbad 43, Fallbrook 49, San Marcos 52, El Camino 89, La Costa Canyon 127. Carlsbad wins Avocado title, based on dual meets and finals.

Individual:

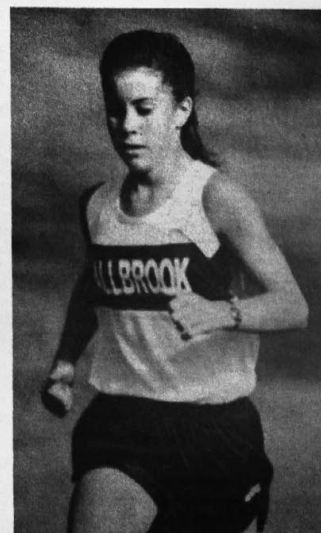
16:32 Alex Casarez, F1
16:57 David Ignacio, SM1
17:04 Rey Ramirez, C1



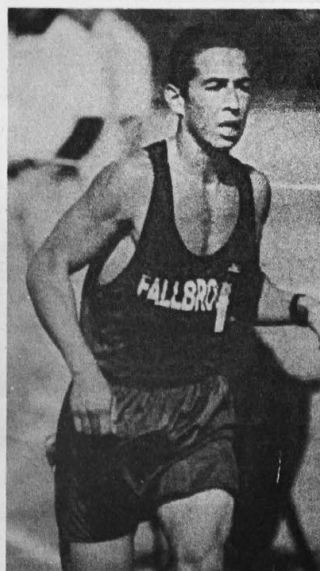
Avocado Champion:
Katie Matlack
Fallbrook



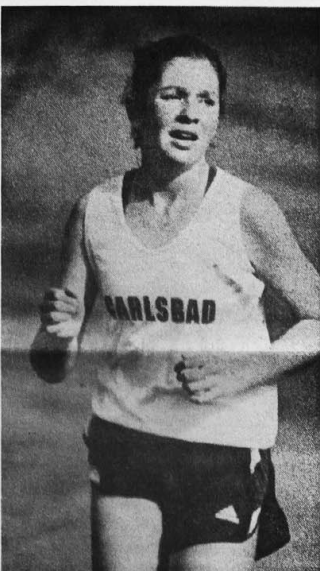
Jimmy Retherford
San Marcos



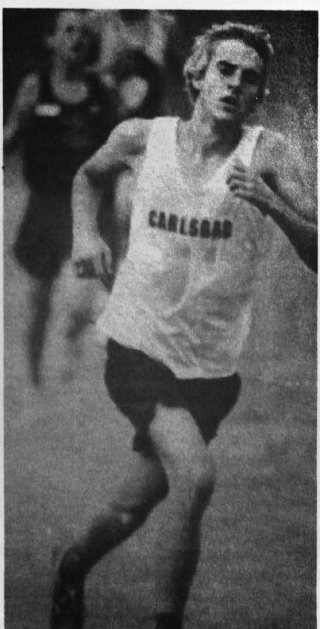
Michelle Denham
Fallbrook



Avocado Champion:
Alex Casarez
Fallbrook



Megan Harpold
Carlsbad



Trevor Mulvey
Carlsbad

17:06 Anthony Fogelstrom, C2
17:13 Jimmy Retherford, SM2
17:16 Kevin Bickham, EC1
17:23 Tim Irwin, F2
17:24 Trevor Mulvey, C3
17:25 Oscar Ignacio, SM3
17:32 Ryan Johnson, C4
17:36 Joe Harlin, F3
17:58 Arturo Kenyon, EC2
17:59 Alex Fontaine, F4
17:59 Jeffrey Wilson, EC3
17:59 Matt Shaughnessy, LCC1
18:03 David Bielicki, SM4
18:05 Ben Lupercio, F5
18:06 Sam Nicolas, C5
18:15 Mark Wilson, F6
18:17 Austin Bissonnette, SM5
18:23 Ben Krause, C6
18:24 Jordan More, SM6
18:25 Jim Williams, LCC2
18:26 Matt Barry, LCC3
18:30 Felipe Lopez, F7
18:32 Christian, SM7
18:35 Aaron Lieber, F
18:47 Manuel Gomez, F
18:51 Jake Simmons, C7
18:52 Alastair Mulholland, LCC4
18:53 Andy Gausepohl, F
18:59 Chris Howard, EC4
19:01 Justin Borque, F
19:03 Justin Bartels, C
19:05 Shane Fournier, EC5
19:06 Shalendra Maharaj, EC6
19:07 Steve Christensen, LCC5
19:08 Anthony Simpson, LCC6
19:15 Greg Scott, EC7
19:16 Chris Drozd, SM
19:20 Marcus Amezcua, EC
19:23 Ali Ramsey, LCC7
19:25 Phil Hanson, SM
19:34 Jordan Ahle, C
19:36 Eric Rinehart, LCC
19:45 Brian Oreo, C
19:47 Tristan Sharp, LCC
19:49 Chris Hazlett, EC
20:03 Eric, C
20:26 Brent Craig, F
20:27 First Doyle, SM
21:02 Victor Morta, SM
21:36 Mike Pruitt, EC

GIRLS (2.5m):

TEAMS: Fallbrook 40, Carlsbad 53, La Costa Canyon 69, El Camino 76, San Marcos 142. Fallbrook wins Avocado title, based on dual meets and finals.

Individual:

15:30 Katie Matlack, F1
15:34 Sara Cates, C1
15:46 Sarah St. Laurent, EC1
15:49 Sabrina St. Laurent, EC2
15:56 Melissa Ramos, F2
15:59 Nicole Mier, SM1
16:00 Coleen O'Connell, C2
16:19 Kelly McCann, LCC1
16:22 Maija Rohde, F3
16:27 Kiley Green, LCC2
16:29 Michelle Denham, F4
16:32 Erica Schim, LCC3
16:34 Megan Harpold, C3
16:50 Kelly Denham, F5
17:10 Mallane Dressel, C4
17:14 Sarah Schertzer, C5
17:15 Christina Eads, F6
17:15 Nettie Holt, F7
17:20 Jessica White, LCC4
17:22 Natalie Elkind, LCC5
17:23 Rachel Osborne, EC3
17:27 Nicole Newman, LCC6
17:27 Slava Haywas, EC4
17:33 Sara Hummel, LCC7
17:35 Megan Johnson, EC5
17:37 Andrea Zeppilli, EC6
17:40 Jackie Arding, EC7
17:47 Kristin Greider, LCC
17:58 Kristin Woodward, C6
18:02 Becca Sharpless, LCC
18:04 Racquel Dudzinski, EC
18:17 Ali St. Clair, EC
18:23 Christina Metzler, F
18:34 Sarah Page, EC
18:35 Alicia Demos, F
18:38 Allison Standforth, F
18:45 Leslie Clawson, EC
19:04 Michelle Retherford, SM2
19:15 Meghan Murphy, F
19:35 Kathleen Escham, C7
20:09 Krystal Tavares, SM3
20:15 Rachel Scoma, F
20:25 Christy DeJesus, SM4
22:55 Ashley Stevens, SM5

Valley: Pasqual girls are very, very; VC boys are rolling

San Pasqual's girls team and Valley Center's boys team both looked impressive last week in winning Valley League titles.

For the Golden Eagle girls, it was really nothing new. They have been the top-ranked team in the section all year, and there have been few missteps.

Bottom line, they just have a lot of talent. Sophs Claire Rethmeier and Lorin Scott went one-two, in 15:24 and 15:25, respectively.

If anything, San Pasqual has upgraded since last year, when they won the CIF Division II title. Freshman Brooke Kerby (third in this meet) and soph Erica Bender (seventh in this meet) have been added to the mix this season. In the pack, a new girl or two rises to the occasion every week. This time, it was Jennifer Dowthit in fifth.

Valley Center's girls actually went after Pasqual aggressively, getting a quick start, and pushing the early pace. In the end, it probably helped the Eagles. Still, VC's Danae Hough (4th) and Anna Hough (6th) ran well, and the Jags were second, as the two schools dominated the race.

The Jaguar boys did not start fast in early season. The team trained through early meets, and Gus Polito, one of the leaders, was rehabbing an injury.

The team has gone through the roof in just the last few weeks, as Cooper Bachman won the league title in 16:11.

The results:

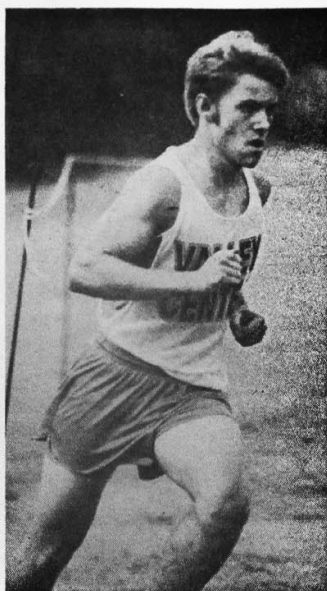
At Kit Carson Park, Escondido, Saturday, November 10. Course used was basically the same as used at Kit Carson Invitational, with the finish line changed to grass area.

BOYS (3.1m):

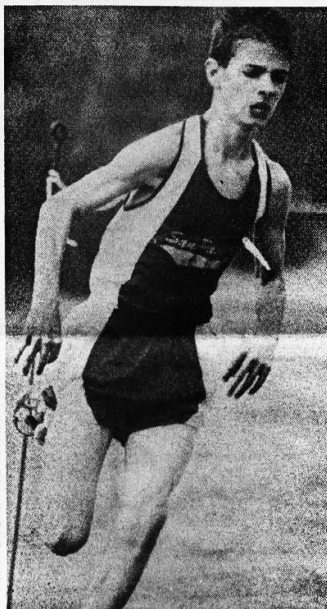
TEAMS: Valley Center 25, Escondido 54, Ramona 62, San Pasqual 96, Oceanside 129, Orange Glen 159. Valley Center wins Valley title, based on dual meets and finals.

Individual:

- 16:11 Cooper Bachman, VC1
- 16:16 Christian Sanchez, R1
- 16:43 Gus Polito, VC2
- 16:55 Ryan Skerl, VC3
- 16:55 Tony Illig, VC4
- 17:00 Jon Cordes, E1
- 17:01 Jon Shellhammer, R2
- 17:09 Brett Bayles, E2
- 17:08 Matt Saldivar, R3
- 17:12 Jose Sanchez, O1
- 17:16 Tyler Williams, E3
- 17:19 John McGlynn, VC5
- 17:21 Thomas Whitcomb, SP1
- 17:29 Shane O'Connor, E4



Valley Champion:
Cooper Bachman
Valley Center



Thomas Whitcomb
San Pasqual



Bre Goetz
Ramona

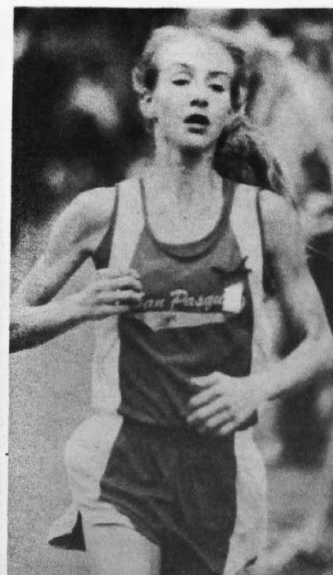
- 17:31 Stephen Servis, E5
- 17:32 Josh Wieberg, E6
- 17:32 Eric Konzen, SP2
- 17:53 Dominique Rosalez, O2
- 17:56 Luke Gilbert, E7
- 17:57 Brent Yarga, SP3
- 17:58 Francisco Rodriguez, R4
- 18:05 Fernando Alvarez, SP4
- 18:06 Ken Wood, R5
- 18:07 Mike Chalfant, SP5
- 18:13 Jared Morasco, VC6
- 18:17 Daniel Hernandez, OG1
- 18:21 Ryan Kerby, SP6
- 18:22 Alex Serio, VC7
- 18:22 Josh Andre, SP7
- 18:24 Gerardo Sanchez, O3
- 18:27 Ignacio Martinez, OG2
- 18:30 Miguel Santiago, SP
- 18:36 Jason Richter, E
- 18:36 Mark Garcia, SP
- 18:40 Elvis Ramirez, OG3
- 18:45 Corey Cacananta, VC
- 18:56 Andres Castillo, OG4
- 19:04 Rory Luepton, SP
- 19:12 Jonathan Ramirez, R6
- 19:12 Victor Sanchez, O4
- 19:14 Russell Johnson, O5
- 19:15 unid., OG5
- 19:17 Billy Trejo, O6
- 19:24 Cooper Lanting, VC
- 19:30 Brandon Perdew, R7
- 19:33 Louis Barrios, R
- 19:35 Greg Bonin, VC
- 19:36 David Paradise, SP
- 19:42 Brian Cassidy, OG6
- 19:46 Ruben Quintanar, O7
- 19:49 David Martin, OG7
- 20:14 Shashank Parikh, SP
- 20:22 Tyler Buck, VC
- 20:37 Drew Freeborn, OG
- 20:38 Grant Thoren, OG
- 20:39 Nick Bion, OG
- 22:44 Justin Payan, O
- 23:42 Jonathan Garcia, O

GIRLS (2.5m):

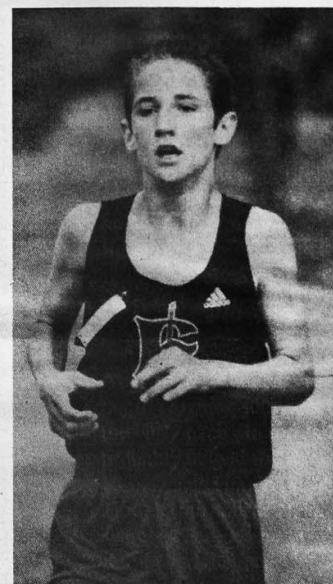
TEAMS: San Pasqual 21, Valley Center 48, Escondido 100, Ramona 104, Orange Glen 146, Oceanside, no score. San Pasqual wins Valley title, based on dual meets and finals.

Individual:

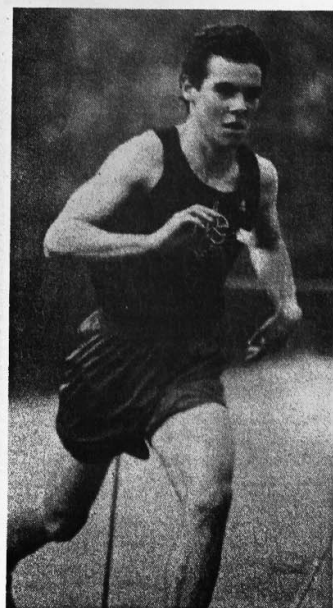
- 15:24 Claire Rethmeier, SP1
- 15:25 Lorin Scott, SP2
- 16:01 Brooke Kerby, SP3
- 16:13 Danae Hough, VC1
- 16:19 Jennifer Dowthit, SP4
- 16:25 Anna Hough, VC2
- 16:28 Erica Bender, SP5
- 16:33 Samantha From, SP6
- 16:42 Rebecca Sale, VC3
- 16:45 Allie Willis, SP7
- 16:50 Laura Guzman, E1
- 17:12 Brittany Postema, E2
- 17:25 Melissa Preston, VC4
- 17:26 Ashley Hansen, SP
- 17:29 Bre Goetz, R1
- 17:38 Michelle Wilkinson, VC5
- 17:39 Tisha Allred, VC6
- 17:42 Nancy Enriquez, O1
- 17:46 Polina Osipova, R2
- 17:53 Alejandra Montiel, VC7
- 17:55 Alanna Bennett, R3
- 18:00 Amy Williams, E3
- 18:03 Christina Velasco, SP
- 18:06 Claudia Mercado, OG1
- 18:06 June Andrews, R4
- 18:07 Anusia Murray, R5
- 18:10 Jane Sanchez, E4
- 18:11 Heidi Watson, OG2
- 18:15 Evelyn Roberts, VC
- 18:28 Aubree Duff, VC
- 18:41 Creta del Llano, R6
- 19:10 Katie Blakely, E5
- 19:14 Janey Sellers, VC
- 19:20 Erica Peterson, SP
- 19:25 Stephanie Sollars, E6
- 19:29 Sharon Matsuoka, SP
- 19:37 Nicky Conway, SP
- 19:38 Lisa Tang, OG3
- 19:51 Lisa Cassidy, OG4
- 20:01 Jessica Babcock, VC
- 20:02 Katy Veliz, OG5
- 20:06 Karen Chavero, OG6
- 20:11 Isabel Sanchez, O2
- 20:26 Emily Atkins, VC
- 20:47 Stacia Stalnaker, R7
- NT Nicole Johnson, O3
- 22:33 Cindy Ko, R
- NT Bethany Pietrenko, OG7
- NT Allison Lange, OG



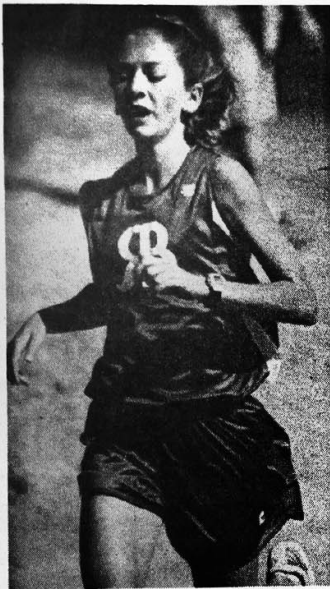
Erica Bender
San Pasqual



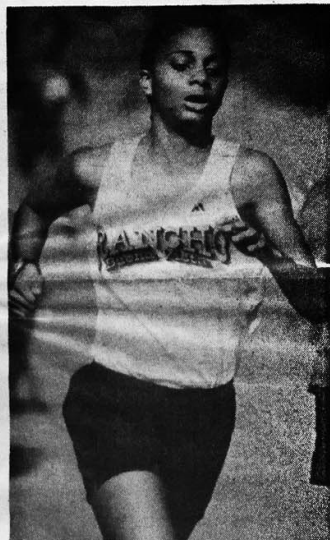
Tyler Williams
Escondido



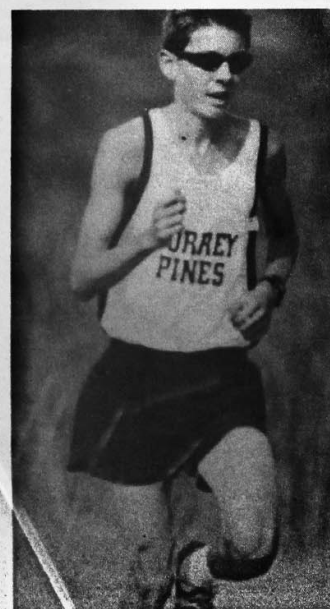
Shane O'Connor
Escondido



Palomar Champion:
Lindsay delaMontaigne
Rancho Bernardo



Nastassja Hall
Rancho Buena Vista



Ryan Graddy
Torrey Pines

Palomar: 'devil boys; Torrey girls are winners

Mt. Carmel's boys team is running well at the right time. They handled, seemingly with ease, a talented Palomar field.

And the Torrey Pines girls team emerged as the survivor of a real dogfight of a team battle in the girls race.

The Sundevil boys, the top-ranked local team all year, has yet to make a mistake against local opposition. Saturday was more of the same.

Abadir Barre won the race, with an emerging Adam Goldberg in second, ahead of Poway's Luke McGinnis and Mt. Carmel's Alan Aradanas in third and fourth.

Sundevil team scoing was closed out with good performances from Elliott Davey (7th) and Tim Cunningham (12th).

Coach Dennis McClanahan's team made it look easy against the best quality field of the entire North County meet. Eleven Palomar runners were under 17 minutes on the course; the Valley League had five and the Avocado League had just two.

An up-and-down Rancho Buena Vista squad was up, and beat a good Vista team for second in the meet. The Longhorns got a few unexpected comethroughs from their pack performers.

The girls race was tough. All of the major contenders had a runner or two run "off," and Torrey was the team left standing at the end.

At the front, an excellent pack eventually dwindled down to RB frosh Lindsay delaMontaigne and Torrey soph Dani Schuster. With just over a half mile to go, Schuster made an effort to get away, but delaMontaigne hung on and then pulled away to a win, running 15:06 to Schuster's 15:16.

RBV's Courtney Allen had an excellent race, taking third in 15:21.

The results:

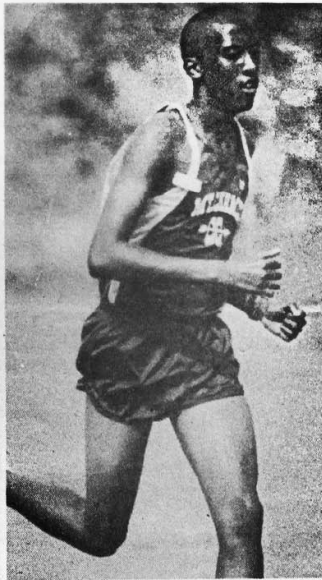
At Kit Carson Park, Escondido, Saturday, November 10. Course used was basically the same as used at Kit Carson Invitational, with the finish line changed to grass area.

BOYS (3.1m):

TEAMS: Mt. Carmel 26, Rancho Buena Vista 65, Vista 71, Torrey Pines 93, Poway 105, Rancho Bernardo 139. Mt. Carmel wins Palomar title, based on duals and finals.

Individual:

16:17 Abadir Barre, M1C1
16:26 Adam Goldberg, M1C2
16:33 Luke McGinnis, P1
16:35 Alan Aradanas, M1C3
16:40 Joe Aguilar, V1
16:43 Troy McAdams, RBV1
16:46 Elliott Davey, M1C4
16:47 Nicholas Salomone, V2
16:49 Augustine Mateo, RBV2



Palomar Champion:
Abadir Barre
Mt. Carmel



Olympia Olguin
Vista

16:51 Ryan Graddy, TP1
16:56 Dan Tanks, RB1
17:00 Tim Cunningham, M1C5
17:06 Bryan Perez, RBV3
17:08 Ryan Richter, V3
17:09 Tye Lidman, TP2
17:12 Brett Thomason, RB2
17:14 Mark Mena, RBV4
17:17 Pat McCarthy, P2
17:21 Miguel Villareal, V4
17:21 Jason Miller, RBV5
17:26 Justin Dredge, TP3
17:30 Steve Jurf, P3
17:31 Yuh-Kun Kawakami, TP4
17:32 D. J. Martin, TP5
17:33 Tyler Campbell, V5
17:33 Mike Rentz, M1C6
17:34 Andrew Friend, TP6
17:35 Brian Simmonds, TP7
17:35 Chris Jacobs, V6
17:35 Gavin Coleman, P4
17:35 Dominick Dowds, M1C7
17:39 Mark Schwab, P5
17:42 Jared Secrist, M1C
17:43 Mike Baddas, V7
17:44 Mark Lonac, TP
17:44 Aaron Gonzales, V
17:45 Matt Leetch, RB3
17:46 Junior Ortega, V
17:46 Sean Stuart, V
17:47 Steve Kroft, P6
17:48 Patrick Maloney, P7
17:56 Artemio Mateo, RBV6
17:56 Joe Ruiz de Chavez, RB4
17:56 David Phelps, RBV7
17:56 Andrew Thomson, P

17:57 Kyle Kincaid, TP
17:57 Matt McAlexander, P
17:58 Bobby Pitrone, M1C
17:58 Bryan DeGroot, P
18:01 Chris Tanks, RB5
18:03 Ryan Castillo, RB6
18:04 Jon Jacoby, RB7
18:05 Alex Petros, RBV
18:08 Chris Allison, RB
18:09 Andre Castillo, RB
18:11 Robert Nachtsheim, TP
18:16 Brian Schell, M1C
18:24 Ben Schuster, TP
18:26 Eric Miller, RBV
18:30 Mike Spitz, RB
18:30 Jon Dunn, M1C
18:32 Darin Lyons-Quirk, P
18:35 Grant Baker, P
18:37 Matt Wood, P
18:38 Kyle Sutherland, RB
18:44 Mike Maheu, M1C
18:44 Shaun Haynie, RBV
19:41 Jason Augustine, RBV
20:03 A. J. Fenlason, RB
20:05 Sean Taylor, RBV

GIRLS (2.5m):

TEAMS: Torrey Pines 51, Rancho Bernardo 62, Poway 80, Rancho Buena Vista 89, Vista 101, Mt. Carmel 116. Torrey Pines wins Palomar title, based on dual meets and finals.

Individual:

15:06 Lindsay delaMontaigne, RB1
15:16 Dani Schuster, TP1
15:21 Courtney Allen, RBV1
15:53 Allison Hall, RB2
16:03 Nastassja Hall, RBV2
16:09 Halah Barre, M1C1
16:21 Tracie Wooster, P1
16:24 Taylor Penrod, TP2
16:25 Olympia Olguin, V1
16:26 Krista Romley, TP3
16:30 Erica Lopez, V2
16:32 Melanie Bried, P2
16:46 Rachel Good, P3
16:48 Brenna Williams, TP4
16:55 Aurora Ramirez, V3
16:59 Monica Lane, RB3
17:00 Carley Mecklenburg, TP5
17:00 Bree Justus, RBV3
17:01 Amy Sonnenburg, RB4
17:01 Alison Hilton, M1C2
17:04 Mandy Brown, P4
17:05 Belinda Oberem, RB5
17:08 Whitney Kuptz, RB6
17:09 Deanna Sick, M1C3
17:10 Melissa Moore, RBV4
17:12 Ahnie Draper, RB7
17:15 Caitlin Bliss, P5
17:22 Amy McCaslin, TP6
17:26 Janet Ramirez, V4
17:27 Alisha Schor, TP7
17:29 Holly Kincaid, TP
17:31 Kiri Gelhard, RB
17:32 Emily Melendrez, P6
17:36 Marinella Camillon, M1C4
17:40 Jessica Schenk, P7
17:42 Kaelin Madamba, TP
17:43 Jessica Butler, M1C5
17:43 Julie Coy, TP
17:44 Carolina Hall, P
17:46 Hailey Moore, TP
17:48 Dana Gerstem, RB
17:50 Amy Vasko, M1C6
17:53 Brittny Pierce, M1C7
17:55 Jessica Kelleher, V5
17:55 Sarah Clark, TP
17:56 Jessica Barbee, P
17:57 Elisa Arico, M1C
17:57 Wendy Dorenbusch, M1C
17:58 Casey Farrington, M1C
17:58 Lizzie Vance, M1C
17:59 Alicia Sassano, RB
18:00 Jazel Caraballo, RBV5
18:02 Ally Paur, P
18:03 Cassie McLean, V6
18:04 Jessica Huepper, RB
18:08 Tara Figueroa, V7
18:14 Megan Doroba, P
18:18 Becca Moale, V
18:20 Estela Carrasco, RBV6
18:23 Maura O'Connell, RBV7
18:32 Danielle Kramer, RBV
18:48 Ellen Lee, M1C
18:54 Meredith Cherry, V
18:55 Morgan Da Costa, M1C
18:58 Monica Olguin, V
19:24 Jessica Monroe, RBV
19:49 Melodie Tao, RB

CIF Preview: *It could be formful* From page one.

the season, which moved Helix from third to a tie for first with Granite Hills.

Hoover's boys had only lost one meet, on a tie-breaker to Scripps Ranch. But, they won the West Final, and Scripps was third to La Jolla. Hoover moved from second to first.

Chula Vista's boys and Eastlake's boys both won league finals meets and moved from second to a share of first place in their respective leagues.

Biggest upsets:

Some were surprised that RB freshman Lindsay delaMontaigne won the Palomar race, but she had shown more than a few flashes of her potential over the course of the season.

Few would have picked Henry frosh Kristén Buono to win the East, but more highly regarded teammate Christine Burke was ailing, leaving the door open.

In team racing, Carlsbad's boys took charge of the Avocado final while most were expecting San Marcos and Fallbrook to battle for the team title.

Best news of the week:

The Grossmont Center Starbucks remodel was done a day or two early!

You say, hey, get a grip, there is a Starbucks on every block? It seems that way, but on some of the routes I drive, I don't pass many.

For instance, last Wednesday, I drove from Julian to El Centro, driving through the Cuyamacas on the way down, and though the Lagunas on the way back up.

No Starbucks, but the fall scenery, near its peak, was nourishment enough that day.

Biggest regret:

That I couldn't see every meet.

The Eastern League meet is always fun, and it would have been nice to get a few more snaps of those quality San Diego boys.

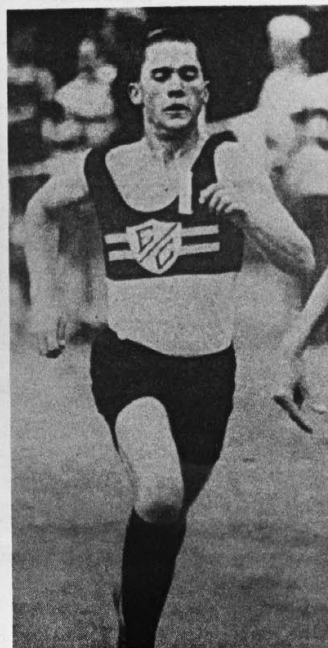
I miss the Grossmont meet, too. Helix soph Babey Wagnew has been the boys runner of the year up to this point, in my opinion. And I never got a good photo of him!

And, I missed the combined Coastal/Citrus meet, where my daughter was running.

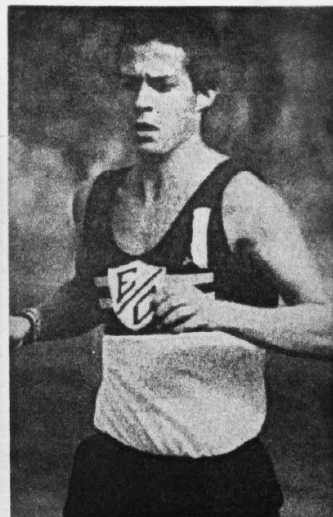
To everyone at CIF today, with a special wish for Hannah: good luck!



**Grossmont North
Champion:
Chandra Farnham**
West Hills



Corey Driscoll
El Capitan



**Grossmont North
Champion:
Benny Gandolfo**
El Capitan

Grossmonts: *It's Helix and 'Pack*

Both Helix and both West Hills teams won league titles at this year's combined Grossmont League championships, held Saturday at Harry Griffen Park in La Mesa.

The Grossmont North and South Leagues run combined races, with the results separated later.

The West Hills domination was expected. The Wolfpack has ruled the Grossmont North for years.

The West Hills girls team scored just 19 points, despite a number of its members being sick on the day.

Senior Chandra Farnham ran a solid 14:10 on the 2.45-mile layout to win the North race by 0:30 seconds. Santana soph Erin Price, with a breakthrough effort, was second.

After that, it was a Wolfpack blitz, with Lynette Simonds, Joanne Southard, Elaine Gillespie, and Janae Dale in the 3-4-5-6 positions.

In the North boys race, El Cap's Benny Gandolfo ran 16:25 to win, well ahead of West Hills' Ross Halleland and Kevin Schible, who were second and third. The 'Pack also got top ten finishes from Tim McKeon and Karthik Damoor.

El Cajon Valley put four runners in the top ten, and placed third, behind El Capitan.

The Helix boys team used this meet to vault from third to a tie for

first. They came into the meet with dual meet losses to both Valhalla and Granite Hills. Granite had beaten Valhalla, and was in first.

But, on this day, the Highlanders put it together. Soph Babey Wagnew ran a fine 15:58 to win, and senior Taylor Williams was second in 16:22. Three more Helix runners made it into the top ten: Asmara Ogbai (7th), Garrick Frew (8th) and Drew Tidmore (10th).

Since the Grossmont League uses the finals as counting for 2/3 of the season, it moved Helix to a tie for first with Granite.

The Helix girls looked very good in dominating the South competition. Valhalla sisters Kristina and Alicia Nugent were the only non-Helixites to break into the first eight (Granite's Cindy Walker was sick, and didn't run).

Stephanie Baird ran an excellent 13:57 on the 2.45-mile course, the fastest time of the day, to win. Behind her were Leah Brucker (third), Olga Gorobets (fourth), Amy Johnson-Westlie (fifth), Rachel Farrior (seventh), and Michelle Jensen (eighth).

The results:

At Harry Griffen Park, La Mesa, Saturday, November 10. Weather: Sunny, mild for varsity girls; cool, overcast for varsity boys.

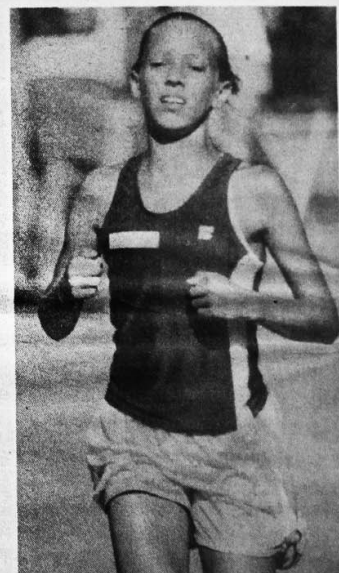
BOYS (3.1 m):

South Varsity:

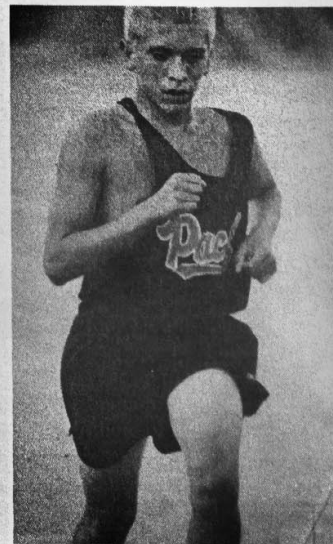
TEAMS: Helix 28, Granite Hills 49, Valhalla 65, Monte Vista 82, Mount Miguel 154. Helix and Granite Hills tied for league championship, based on finals and dual meets.

Individual:

15:58 Babey Wagnew, H1

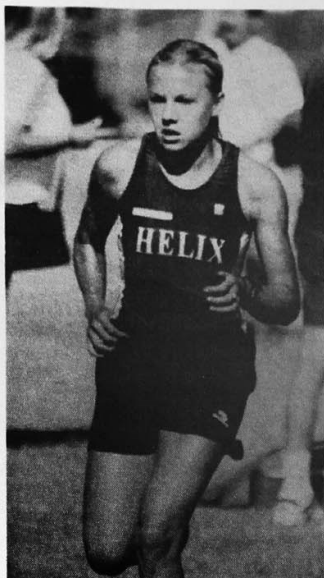


Randee Meek
Grossmont

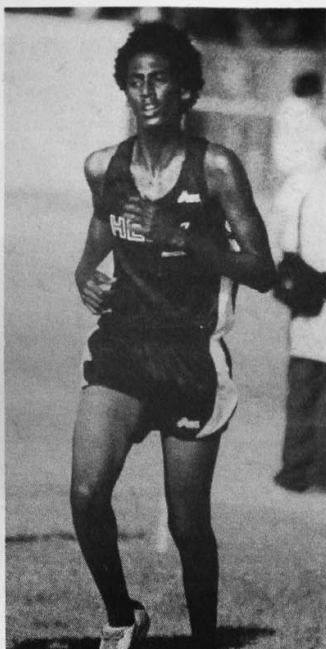


Robert Hernandez
West Hills

Please see page 15.



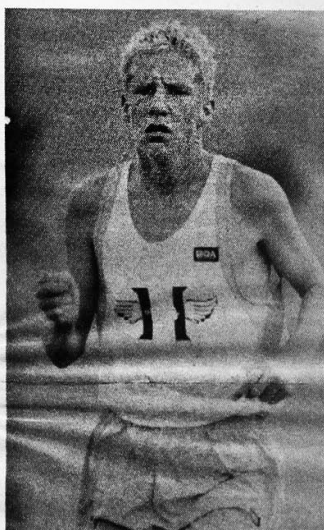
Olga Gorobets
Helix



Asmara Ogbai
Helix



Alicia Moore
Granite Hills



Nathan Meleen
Granite Hills



Roxanne Mather
El Capitan

Grossmont:

From previous page.

16:22 Taylor Williams, H2
16:58 Efrain Carrillo, GH1
17:16 Dan Driscoll, MV1
17:18 Kip Madden, V1
17:20 Eladio Carrillo, GH2
17:30 Asmara Ogbai, H3
17:35 Garrick Frew, H4
17:36 Zach Norcross, MV2
17:37 Drew Tidmore, H5
17:45 Vernon Harris, V2
17:50 Nathan Meleen, GH3
17:58 Luke Pepin, GH4
18:12 Chris Dalton, V3
18:13 Robert Fine, GH5
18:24 Leonei Carrillo, GH6
18:28 Robert Raney, V4
18:30 Mike Kielbasa, V5
18:42 Juan Torres, H6
18:43 Cory Barefield, V6
18:53 Brian Voyles, V7
19:00 Carlos Livingston, MV3
19:02 David Frehofer, MV4

19:10 Kerry Tilaro, MtM1
19:11 Jonny Harrington, GHZ
19:14 Mike Parisi, GH
19:29 Robbie McGrorty, MV5
20:12 Chris Moffatt, H7
20:43 Michael Wallace, MV6
20:51 Andy Prades, MVZ
20:51 Chris Campbell, MtM2
21:31 Edward Carrillo, MtM3
21:50 Doug Suppe, GH
21:58 Mario Seaton, MtM4
22:10 Jawn Thompson, MtM5
22:38 Joseph Street, MtM6
24:46 Jesse Guerrero, MtM7

North Varsity:
TEAMS: West Hills 29, El Capitan 47, El Cajon Valley 52, Santana 112, Grossmont 145. West Hills wins league title, based on finals and dual meets.
Individual:
16:25 Benny Gandolfo, ECP1
16:52 Ross Halleland, WH1
16:54 Kevin Schible, WH2
17:02 Hector Gutierrez, ECP2
17:07 Tim McKeon, WH3
17:11 Filiberto Martinez, ECV1
17:19 Zach Gribben, ECV2
17:22 Karthik Damoor, WH4
17:27 Carmelo Martinez, ECV3
17:29 Jesus Gomez, ECV4
17:38 Robert Hernandez, WH5
17:40 Corey Driscoll, ECP3
17:59 Ryle Stous, ECP4

18:00 Erik Wallingford, S1
18:02 Michael Bell, WH6
18:11 Mike Cunningham, WH7
18:21 Jarrod Hines, ECP5
18:32 Chris Brown, ECP6
18:38 Zach Ninteman, WH
18:38 Tim Martin, ECP7
18:42 Federico Carreon, ECV5
18:54 Travis Carter, ECP
18:56 Timothy Parr, G1
18:56 Mike Thayer, G2
18:58 T. J. Sheets, WH
18:58 John Behrens, S2
19:02 Colin Merrin, WH
19:12 Clayton Stone, S3
19:30 Randy Mills, S4
19:34 Daniel Hayden, S5
19:49 Sean Tolley, ECP
19:59 Jonathon Sledge, S6
20:03 Sheikh Ronal, ECV6
20:30 Adan Spahn, G3
20:31 Jared Ford, S7
20:35 Matthew Parr, G4
20:36 Anthony Stevenson, G5
20:40 Juan Leone, ECV7
21:14 Tony Dixon, ECV
22:12 Tim Bollman, G6

GIRLS (2.45m):

South Varsity:
TEAMS: Helix 20, Valhalla 51, Granite Hills 77, Monte Vista 91, Mount Miguel, no score. Helix wins league title, based on finals and dual meets.

Individual:
13:57 Stephanie Baird, H1
14:31 Kristina Nugent, V1
14:44 Leah Brucker, H2
14:48 Olga Gorobets, H3
14:55 Amy Johnson-Westlie, H4
14:58 Alicia Nugent, V2
15:29 Rachel Farrior, H5
15:33 Michelle Jensen, H6
15:35 Dora Sanders, V3
15:36 Alicia Moore, GH1
15:44 Whitney Cleveland, H7
15:47 Naz Zangana, GH2
15:51 Mary Pena, H
15:54 Holli Mayer, MV1
16:05 Dominique Hankins, MtM1
16:13 Ashley Locke, GH3
16:18 Carrie Pinnell, V4
16:21 Tracee Lorenzana, MV2
16:29 Briana Wallace, MV3
16:31 Jessica Woods, GH4
16:37 Ali Mitrovich, V5
16:39 Alison Swing, MV4
16:43 Kara Ellison, V6
16:59 Kendahl Morabe, V7
17:04 Jessica Hopkins, GH5
17:07 Kim McGrath, GH6
17:37 Alyson Galarpe, MV5
18:08 Lisa Froistad, MV6
18:21 Julie Corley, GH7

18:32 Denisha Bryant, MtM2
19:06 Dyanne Lorenzana, MV7
19:28 Jessica Davis, MtM3

North Varsity:

TEAMS: West Hills 19, El Capitan 68, Grossmont 75, Santana 98, El Cajon Valley, no score. West Hills wins league title, based on finals and dual meets.

Individuals:

14:10 Chandra Farnham, WH1
14:40 Erin Price, S1
14:56 Lynette Simonds, WH2
14:57 Joanne Southard, WH3
14:59 Elaine Gillespie, WH4
15:06 Janae Dale, WH5
15:10 Casey Root, G1
15:19 Jackie Dale, WH6
15:21 Randee Meek, G2
15:27 Amanda Yuletich, ECP1
15:28 Brenda Mendez, ECV1
15:37 Roxanne Mather, ECP2
15:54 Candis Yuletich, ECP3
15:57 Jordan Arnold, G3
16:00 Traci Wetzel, WHZ
16:03 Nicole Mather, ECP4
16:06 Monica Hubbard, ECP5
16:13 Jessica Ward, ECP6
16:16 Amanda Ruiz, ECP7
16:22 Cassie Canaris, ECP
16:49 Julia Kruger, G4
17:00 Jessica Goldthorpe, ECV2
17:06 Becky Holly, ECP
17:16 Elisa Benitez, S2
17:37 Melissa Hosford, S3
17:43 Amanda Paulson, S4
18:06 Cassie Widay, G5
18:25 Berenice Sotelo, ECV3
18:28 Rachel Perkins, S5
20:05 Aja Morse, G6
20:07 Elizabeth Chavez, ECV4

Rating the packs...

One measure of a cross country team's worth is the time span between each team's number one runner and number five runner.

Here's the breakdown on this year's league championship winning teams. NOTE: The girls teams ran a variety of distances, which, along with course difficulty, greatly affect the elapsed time.

BOYS:

3.0 mile course:

0:38 San Diego (Eastern)
1:12 Hoover (Western)
1:26 Coronado (Harbor)

3.1 mile course:

0:43 Mt. Carmel (Palomar)
0:46 West Hills (Grossmont No)
0:48 Chula Vista (Mesa)
0:54 Eastlake (South Bay)
1:02 Carlsbad (Avocado)
1:08 Valley Center (Valley)
1:39 Helix (Grossmont South)
2:02 La Jolla CD (Coastal)
2:48 Mountain Empire (Citrus)

GIRLS:

2.2 mile course:

0:43 Bonita Vista (Mesa)
0:49 Eastlake (South Bay)

2.45 mile course:

0:56 West Hills (Grossmont No)
1:32 Helix (Grossmont South)

2.5 mile course:

1:04 San Pasqual (Valley)
1:20 Fallbrook (Avocado)
1:44 Torrey Pines (Palomar)

2.6 mile course:

1:23 Coronado (Harbor)
2:13 Patrick Henry (Eastern)

3.0 mile flat course:

1:59 University City (Western)

3.1 mile hilly course:

2:05 Julian (Citrus)
2:49 La Jolla CD (Coastal)

The Track Magazine
Website:

www.crowncity.com/sdtrackmag

Local Rankings:

Week of November 16.

BOYS:

1. Mt. Carmel
2. Valley Center
3. Rancho Buena Vista
4. Vista
5. Hoover
6. La Jolla
7. Helix
8. Escondido
9. Torrey Pines
10. Chula Vista

OTHERS:

Bonita Vista
West Hills
Scripps Ranch
Ramona
San Diego

Division IV:

Coronado

Division V:

Calvin Christian

GIRLS:

1. San Pasqual
2. Bonita Vista
3. University City
4. Fallbrook
5. Torrey Pines
6. Rancho Bernardo
7. Helix
8. Carlsbad
9. West Hills
10. Poway

OTHERS:

Rancho Buena Vista
Valley Center

La Costa Canyon

Chula Vista

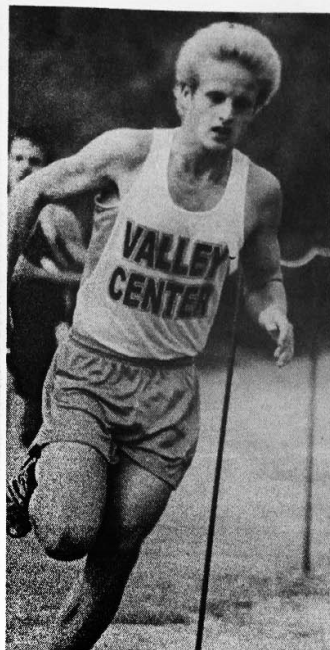
El Camino

Division IV:

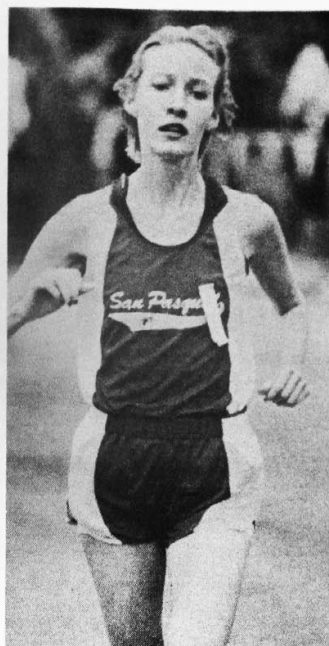
La Jolla Country Day

Division V:

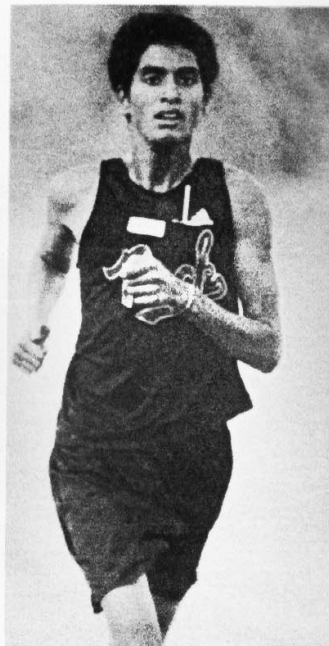
Julian



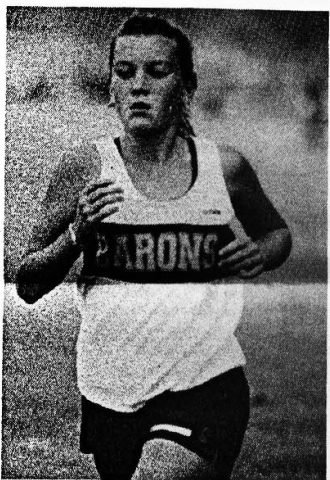
John McGlynn
Valley Center is second.



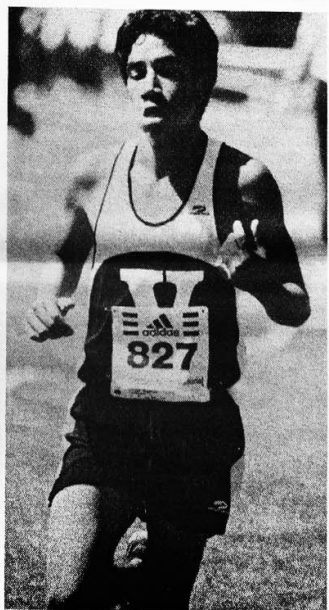
Jennifer Dowthit
San Pasqual ranks first.



Karthik Damoor
West Hills is twelfth.



Morgane Sigaud
Bonita Vista is second.



Joe Aguilar
Vista is fourth.



Bree Justus
RBV is eleventh.

California Rankings:

BOYS:

Division I:

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

Division II:

1. Rubidoux, Riverside
2. Katella, Anaheim
3. Bosco Tech, Rosemead
4. Eureka
5. Norwalk
6. Valencia, Placentia
7. Orange
8. St. John Bosco, Bellflower
9. Helix, La Mesa
10. Granite Bay

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 Arrow'h'd
8. University City, San Diego
9. Redwood, Larkspur
10. Miramonte, Orinda

Division IV:

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

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. Webb School, Claremont
9. Berean Christian
10. Oakwood

GIRLS:

Division I:

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

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. Torrance
9. Granite Bay
10. Helix, La Mesa

Division III:

1. Campolindo, Moraga
2. University City, San Diego
3. Clovis East, Clovis
4. Harbor, Santa Cruz
5. San Lorenzo Valley, Felton

Division I:

6. Nordhoff, Ojai
7. La Canada
8. Corona del Mar, Newport Beach
9. Enterprise, Redding
10. South Hills, West Covina

Division IV:

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

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, Palo Alto
8. College Prep, Oakland
9. Calvin Christian, Escondido
10. Woodcrest Christian, Riverside