

T R A C K M A G A Z I N E

Covering San Diego Section Cross Country and Track & Field

VOLUME II, NUMBER 2: OCT. 6, 1995



Valhalla's girls put on a show at the South Bay Invitational, beating quality teams like Torrey Pines and Orange Glen. Torrey's Devon Straitiff and Valhalla's Julia Roysdon and Elaine Lassen take the lead in early going. Roysdon, in her first try at cross country, won the race. Lassen is one of this year's fastest frosh girls.

Frosh girls shift balance of power

Great freshman girl runners are nothing new in area circles.

Every year, a crop of new ninth-grade talents join the mix, often pushing new teams into the top level.

Last year, it was Torrey Pines' turn to enjoy the benefits of a good frosh class. Four outstanding frosh talents keyed Torrey's rise to number one locally, and the team eventually came within four points of a state title in Division II.

And Granite Hills freshman Nicole Caster was the fastest girl at the CIF meet last year, taking the Division I race.

It's a new year, and there's a new crop, and it seems an above-

average class. Eight of the girls have finished first for their teams in at least one meet this year, and a few others have moved into key slots on already strong teams.

Among the best are Rancho Bernardo's Sarah Wilkins, Escondido's Lanelle Cox, Chula Vista's Aida Garcia and Valhalla's Elaine Lassen.

Other outstanding young runners include Alana Bochiechio of San Marcos, Helix's Natalie Sullivan, Santana's Kim Pace, Scripps Ranch's Emily McFarland, West Hills' Heather Shurtleff, and San Dieguito's Jessica Bray.

Other frosh continue to emerge as the season matures.

Freshman girls are extremely hard to judge, at least as far as predicting future success is concerned.

But the best so far this year has been Rancho Bernardo's Sarah Wilkins. She has made the transition from swimming with ease, taking over the number one spot on a Rancho Bernardo team that was good enough to beat Vista in a dual meet last week.

Wilkins was second in that meet to Sonia Rodriguez, challenged Devon Straitiff and Veronica Clark at the Bronco meet, and won the large schools' freshman girls race at the Mt. Carmel Invitational.

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NEWS ROUNDUP

Quality comes to forefront

It's not early season any more. Say it however you want: the cream is rising to the top, the talent is beginning to show, and the last two weeks have seen any number of quality races and revealing team efforts.

As advertised, the quality teams are the area's girls, with Vista, Valhalla, Orange Glen, Rancho Bernardo and Scripps Ranch all getting a chance to show their strength in key meets. Torrey Pines, one of last year's two best teams (along with Vista), is still struggling.

On the boys side, the big news is good races by a number of individuals, including Larry Henderson, David McQuitty, Ayub Abdusalam and others. Vista's boys are really running well right now, while Poway's boys have shown strength and great depth.

At the prestigious Stanford Invitational last week, Hoover's Abdusalam and the Vista and Scripps Ranch girls looked great.

Abdusalam, one of last year's top local runners, had a great race at Stanford. He took the pace in the boys Division I race from the gun, and kept gradually increasing his lead. He passed the mile mark in 4:46, and finished the hilly, 5k course in 15:50, eight seconds ahead of his nearest competitor. Jesuit's Mike Stember, the state's 1600 champ, was in the race, but has not been up to par in recent weeks, battling illness.

Vista's girls took fourth in the Division I team race, an impressive effort, coming against top quality teams. Nationally-

SEE PAGE THREE

The good, old days? Sport is better now...

From the editor ...



This publication definitely has a split personality. In the spring, we cover local high school track and field.

And, as you should know, in the fall we concentrate our efforts on local prep cross country.

The differences in the two seasons are many, not the least of which is the team atmosphere that permeates a thriving cross country program.

Sure, track has team scoring, but the points still come from individual efforts. In cross country, a team is often no better than their fifth runner.

With the emphasis on the group, or pack, a cross country team is really an extended family.

It is this spirit of family that gives the sport its special quality.

As a fan and young writer/photographer covering track and cross country, I have to confess that track was my first love.

Cross country, at that time, to me, was off-season conditioning for track and field.

Later, as I became more involved in cross country (first as a runner, and later as a coach for a few years), my feelings were completely reversed.

Now, I think of track almost as off-season speed work for cross country runners. The family atmosphere is a big reason.

TRACK MAGAZINE

Editor & Publisher:
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Film Processing: Brad Romaine
Printed at
San Dieguito Publishers,
San Marcos, CA

TRACK MAGAZINE is published every two weeks during high school cross country and track & field seasons.

Subscriptions are available, for \$12 for one year, or \$6 for one season. Make checks payable to TRACK MAGAZINE.

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There are other things to like about the sport. The time of year, the varying courses, the special excitement of a big meet, all are special. Of course, at the end of the year, all these elements come together in the CIF meet, the state meet, and the Footlocker National Championships (held right here at Morley Field).

The sport is timeless, yet it has undergone radical changes since my first exposure to it in high school.

For those of you running now, the "old days" of cross country were somewhat different.

In the era during which I competed, the early 1960s, the race distances were usually around 1.9 miles for high school runners (some courses were 1.8 miles, or even slightly shorter.).

It was designed to be just short of two miles, because the conventional wisdom of the day was that high school runners were not physically ready to run hard for two miles!

In track, the longest distance race was one mile (in most of the country).

Since the courses were so short, it was usually feasible for schools to set up home courses completely on their campus, with a few loops around the athletic fields. Needless to say, many of the courses were without personality or challenge. Any course with a significant hill on it was automatically a monster course.

Training was very different as well. A training distance of three to four miles was considered overdistance, and anything longer than five miles was definite overkill.

(This was also just before a major training revolution that would soon see high schoolers go to the other extreme in mileage.)

There was a lot of emphasis on dual meets, as invitationals were far and few between, and the championship schedule definitely was lacking, by today's standards.

The big meet for most was the league finals, followed shortly by the San Diego CIF championships. And there it ended. There was no state meet, no Footlocker regionals, no nationals to aim at.

And, of course, the biggest difference of all: there were no opportunities for females to compete. High school sports did not open up (in California) for girls until the early 1970s.

Good, old days? They're now.

News Briefs:

What's news:

Sanchez Highlights Late Season Track Marks

The highlights from summer track and field action:

University City grad Felix Sanchez ran a great race at the USATF Junior National Championships, in June at Mt. SAC.

Sanchez was third in the 400 meter hurdles, running 51.33. That time is the 14th fastest clocking for the distance in national high school history, and is also a San Diego area prep record for the event.

Sanchez also recorded a 52.39 in the event, to win the National Scholastic Championships in North Carolina.

Teammate Vince Williams also placed well in the National Scholastics, taking second in the 100 (10.72) and fourth in the 200 (21.50). In the Junior Nationals, Williams was sixth in the 200 (21.32).

Mira Mesa vaulter Kristi Draher competed in the Golden West Invitational, held in Sacramento, in June. The results were nearly identical to the state champs, with Draher getting second in both to prep record holder Melissa Price. Draher cleared 11-0 at Golden West, equal to her personal best (which is also the county record). Draher's mark was, at the time, equal to number two on the all-time U.S. high school list, and equal to the eighth best U.S. mark for any level. Sanchez also was at Golden West, and he was fourth in the 300 hurdles, running 38.1.

A number of area preps recorded personal bests in post season track meets, some of them fairly significant.

San Pasqual's Joy Gertsch high jumped 5-6 when she competed in a Heptathlon at Balboa Stadium in early June. That mark equals the county's best of the year, held by Ramona's Cathy Bell. Gertsch, who won the heptathlon competition with 3,460 points, is now a junior at San Pasqual.

Scripps Ranch's Duane Ross got a PR when he long jumped 22-11 in the Pacific Southwest AAU Championships at Balboa Stadium.

El Camino's Andrea Booker triple-jumped 37-11 for a PR at the same meet, which put her one inch behind last spring's county leader, San Pasqual's Casey Whyte. Booker is now a sophomore.

Holtville's Miguel Ramirez, coming off his freshman year, recorded a distance triple at the PSAAU meet, running 4:27.60 (1500), 9:19.20 (3,000) and 2:06.61 (800). As a freshman, Ramirez pulled an upset in the CIF cross country meet, beating defending champ Trevor Clarke of Coronado. Ramirez' time of 16:23 was the fastest frosh time in any division.

Montgomery's Reggie DePass, after just finishing his sophomore year, had a good hurdle double, with 14.60 (110 highs) and 56.30 (400 intermediates).

Grossmont to host CIF

Grossmont League coaches will officiate this year's CIF championship meet at Morley Field. A meet director has yet to be named.

The course is expected to return to the "normal" configuration. Reseeding last year caused the course to be rerouted.

The duties are rotated each year among the Grossmont, Metro, City and North County areas.

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News:

Cream rises

FROM PAGE ONE

ranked Clayton Valley won the race (they're a division III school), with Bend, Oregon second and Thousand Oaks third. Vista, led by Sonia Rodriguez and Noelle Magana, was just 19 points back of Division I rival Thousand Oaks, 158 to 139.

In Division II, Scripps Ranch finally got a chance for some recognition as they won the race over area rival Torrey Pines, 80 to 121. Scripps used a strong first four to take the race, led by Sarah Schmidt. Torrey's Devon Straitiff ran strongly to take third individually.

Locally, Valhalla's girls team finally got a chance to put all their cards on the table at the South Bay Invitational. It turns out they were holding all aces.

Valhalla, now with Julia Roysdon solidly on board, ran impressively in recording a convincing win over quality opponents like Orange Glen, Torrey Pines and El Capitan.

Meanwhile, there have been a number of interesting developments in dual meets, including a Rancho Bernardo girls team win over Vista, and a Hilltop boys team win over Chula Vista (helped by disqualifications). In a key Eastern League meet, San Diego's boys bested Point Loma.

The details:

STANFORD:

Abdusalam, as mentioned, wowed observers, including prep track expert Doug Speck, who wrote that the Hoover ace was "very impressive looking." Abdusalam's time was the second fastest of the day, with only Livermore's Micheil Jones (at 15:33) running more quickly.

Vista's girls had a week that ranged from the low of a dual-meet loss to the high of running with top state and national teams.

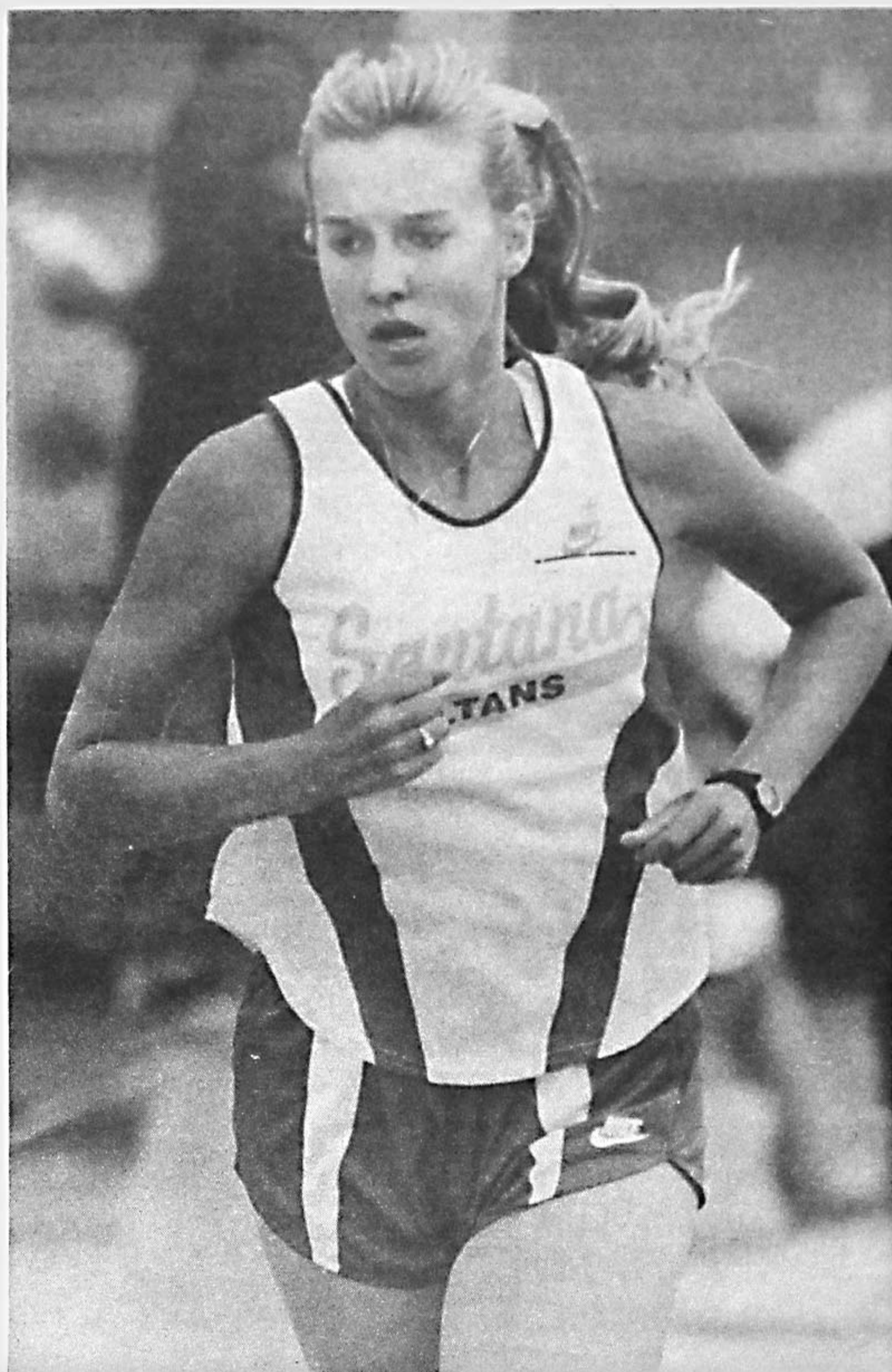
"We ran real well at Stanford," Vista coach Paul Kinder said. "In fact, we were better than last year. This team would have beaten last year's team at the same meet."

Of the dual meet loss to Rancho Bernardo, Kinder thought that, "it woke us up a little bit. We needed a little shake-up."

At Stanford, Vista raced Thousand Oaks tough. "We were dead even for the first four girls," Kinder said. "I'm real pleased with that."

His ace, Rodriguez, ran the fastest of any San Diego entry, with a 19:09 for fifth in her race.

"She's running as well as I've ever had a girl run," said Kinder.



Jaymie Harper, Santana

Ran time equal to Roysdon at South Bay.

"She was 66 seconds faster than last year. It was a great race."

The Scripps Ranch girls, meanwhile, made a statement. Schmidt, freshman Emily McFarland, Kelly Grimes and Kristina Stasko crossed within 43 seconds, all of them ahead of the number two Torrey Pines girl.

Stasko, according to Scripps coach Bob Oliver, ran with a head cold that slowed her some. Of his two surprising young runners, Oliver said that Grimes "is real solid," while newcomer McFarland "is tough as nails."

Oliver is still hoping for an upgrade at the number five spot, where there is more than a one minute gap after the number four.

Torrey Pines coach Brent Thorne is still looking for answers.

"We've got an uphill battle ahead of us," Thorne said. "We're in deep trouble in Division II," with the emergence of Valhalla and Scripps Ranch.

"The kids have trained hard, but we were not prepared for this challenge," he said.

Most successful local boys team at Stanford was the Point Loma crew, who finished fourth (out of 29 teams) in Division II. The Pointers' first five clumped up in 56 seconds.

Scripps' Brent Bolton looked

good in the same race, taking 13th in 16:43, despite taking a pine cone in the face early in the race, when he tried to duck around a tree.

DANA HILLS:

Vista's boys love this course, apparently. They ran enough quick times here to confirm their number one ranking, in direct competition with area rivals Poway, Chula Vista and Mt. Carmel.

On a slightly-changed course that Poway coach Dan Schaitel estimated that ran 30 to 40 seconds slower than in previous charges, Vista had four runners break 16 minutes, while Chula

and Poway had one each.

Fastest time by a local runner was by Grossmont's David McQuitty, who won his Division III race in a rapid 15:08.

Next fastest times were Poway's Travis Kirtley, at 15:19, and Chula Vista's Adrian Ramirez, at 15:24. Both came in wins, with Kirtley taking the Division I senior race, and Ramirez at the front of the Division I junior race.

Vista's junior duo of Steve Ketcham and Gonzalo Garcia both ran 15:35, and now take their place among this area's best underclassmen runners. Ketcham, especially, further strengthened that claim with a seven-second win over RB's Eron Tello in a dual earlier in the week.

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RANKINGS

(Coaches' poll of 10-3)

Boys:

1. Vista
2. Poway
3. Chula Vista
4. Mt. Carmel
5. Ramona
6. Fallbrook
7. Valhalla
8. San Diego
9. El Capitan
10. La Jolla

Others: Point Loma, Grossmont, Rancho Buena Vista, Rancho Bernardo.

Girls:

1. Valhalla
2. Orange Glen
3. Rancho Bernardo
4. Vista
5. Scripps Ranch
6. Poway
7. Torrey Pines
8. Ramona
9. Santana
10. El Capitan

Others: La Jolla, Mt. Carmel, Chula Vista, Rancho Buena Vista

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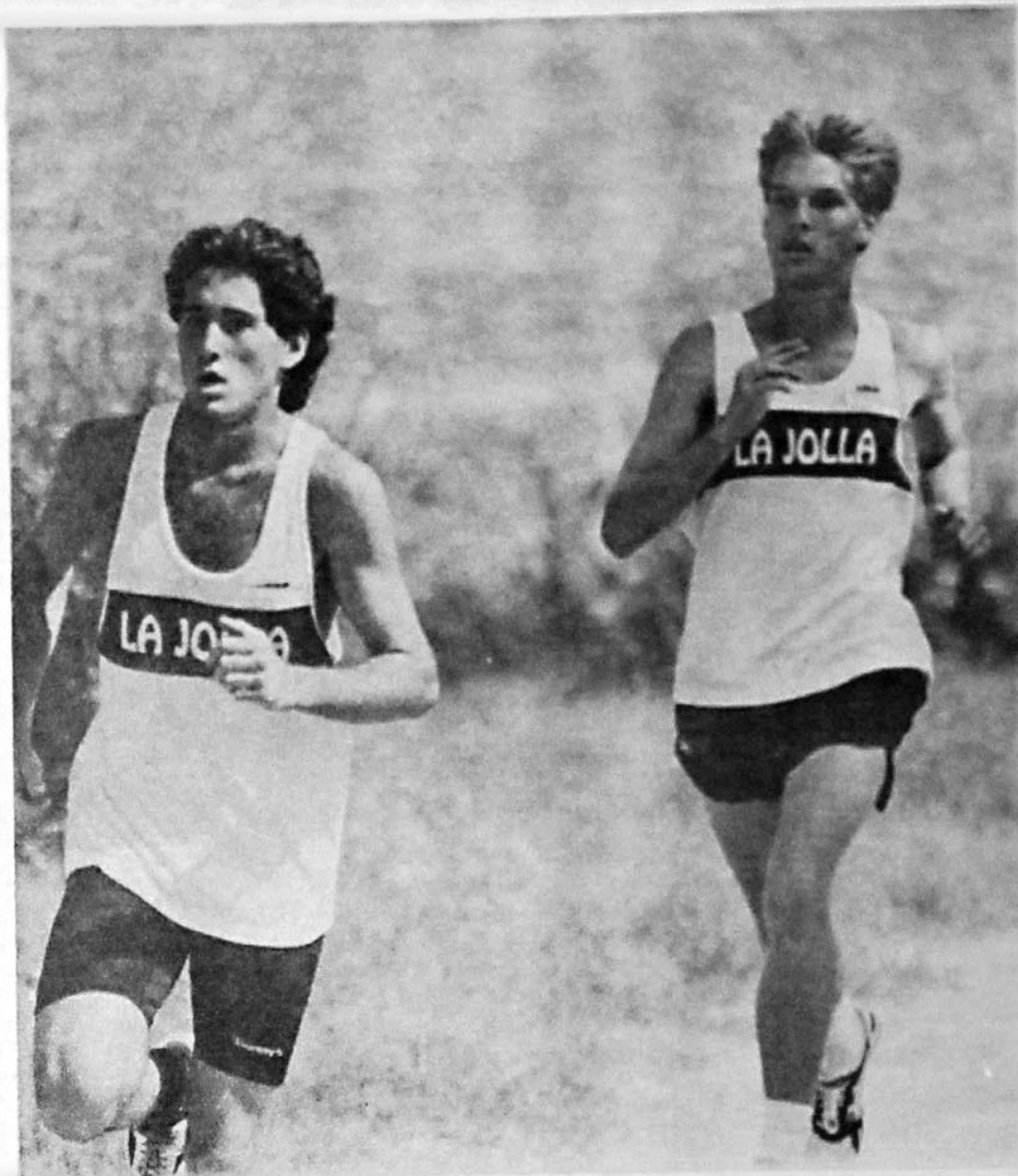
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— Ron Tabb, 2:09:31 '83 Boston Marathon

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Maria Cervantes, Eastlake



Tedd Padgitt and Josh Flesher, La Jolla

News: Quality comes to fore

FROM PAGE THREE

Poway's boys were the next best local team at Dana Hills, with four runners ranging from 16:07 to 16:14 to back up Kirtley's 15:19. Mt. Carmel and Chula Vista also had a number of good performances. Chula junior Adrian Ramirez won the Division I junior race, while Mt. Carmel's sophomores looked good.

In girls races, Escondido continued to display great strength for their first three runners, while Poway's girls had the most balance.

Fastest local was Escondido senior Shannon Kilian, in 18:23, followed by Escondido frosh Lanelle Cox, and Poway junior Ann Koscki, both in 18:53.

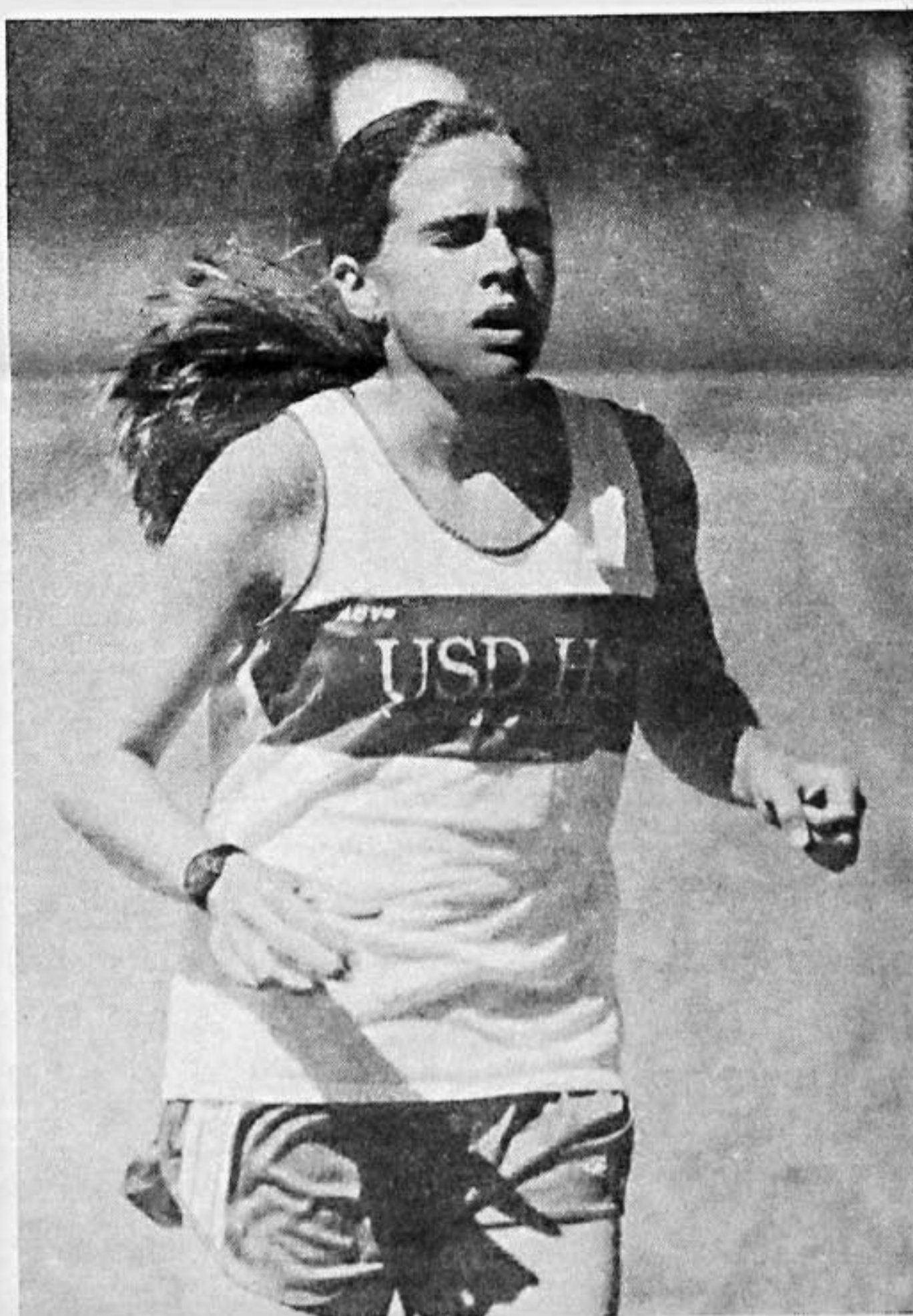
A number of local frosh girls besides Lanelle Cox made waves at Dana Hills, with Chula Vista's Aida Garcia and Helix's Natalie Sullivan winning their respective frosh races (in Divisions I and III). Cox was second in her race.

SOUTH BAY:

The big news at this meet was the emergence of the Valhalla girls as a power.

They beat a stellar Division I field that included a red-hot and deep Orange Glen team, Torrey Pines and El Capitan.

The key to Valhalla is soph Julia



Julie Ott, University

Roysdon, who exploded on the running scene in track, taking the CIF 1600 in 5:07 as a frosh.

It was questionable a few weeks ago if Roysdon was indeed going to run cross country. She didn't participate last year, and the well-known conflicts with club soccer had many doubting that Roysdon would compete.

But, according to Valhalla coach Randy Montesanto, "We've worked it out."

Roysdon, as in track, shows no fear in cross country. In this race, her first attempt at the sport, she latched onto Torrey's Devon Straitiff, one of the state's quality runners (she was fifth at Fresno last year). Roysdon hung with Straitiff until near the end of the race, when she moved five seconds ahead. Impressive.

Just as strong were her teammates. Frosh Elaine Lassen and soph Andrea Clemons were fifth and sixth in the race, and Kelley Halligan was tenth.



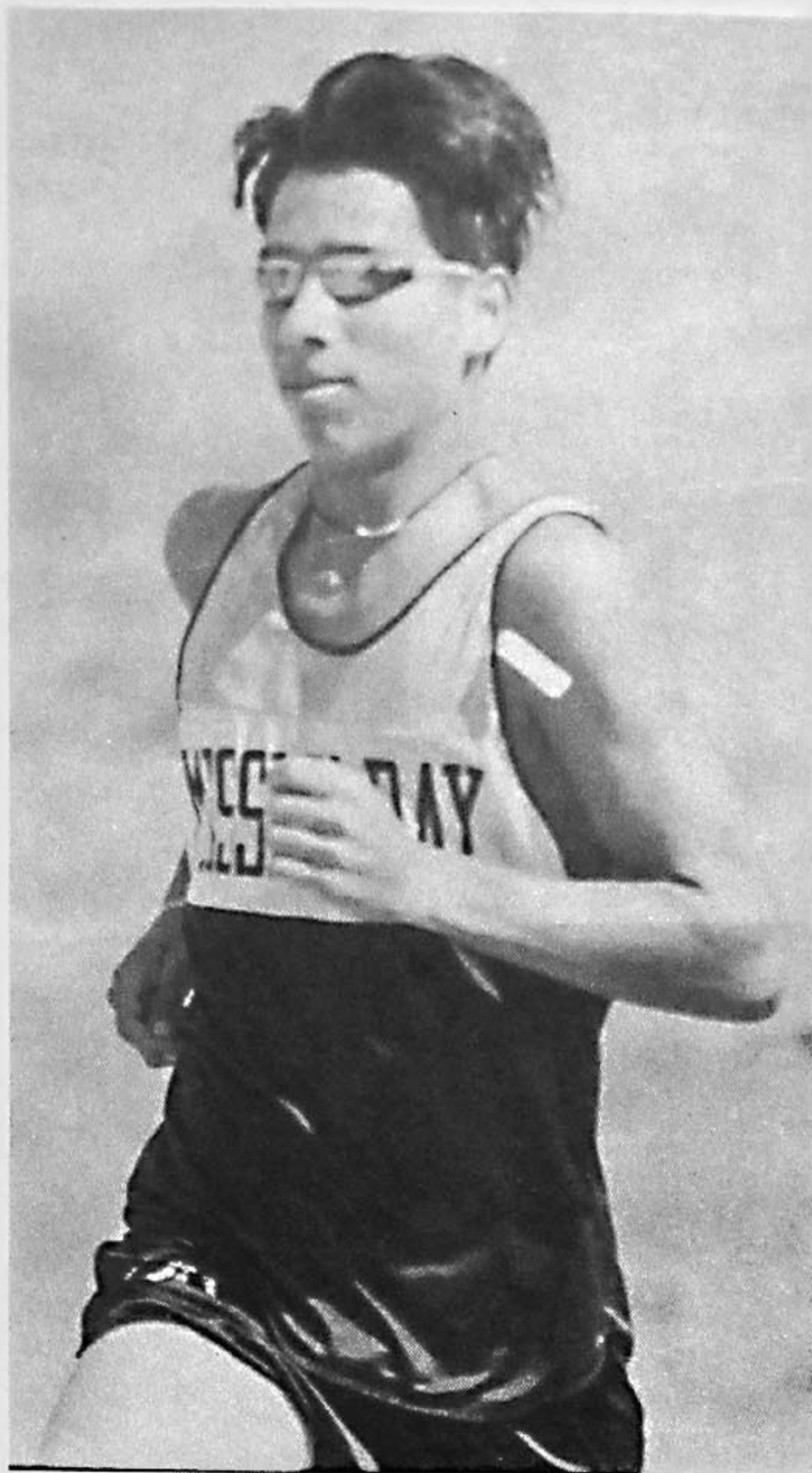
Beth Brusherd, San Pasqual

Orange Glen has been running well all year, and showed strength and great depth in this race. They placed four girls in the top 12 and all seven in the first 18.

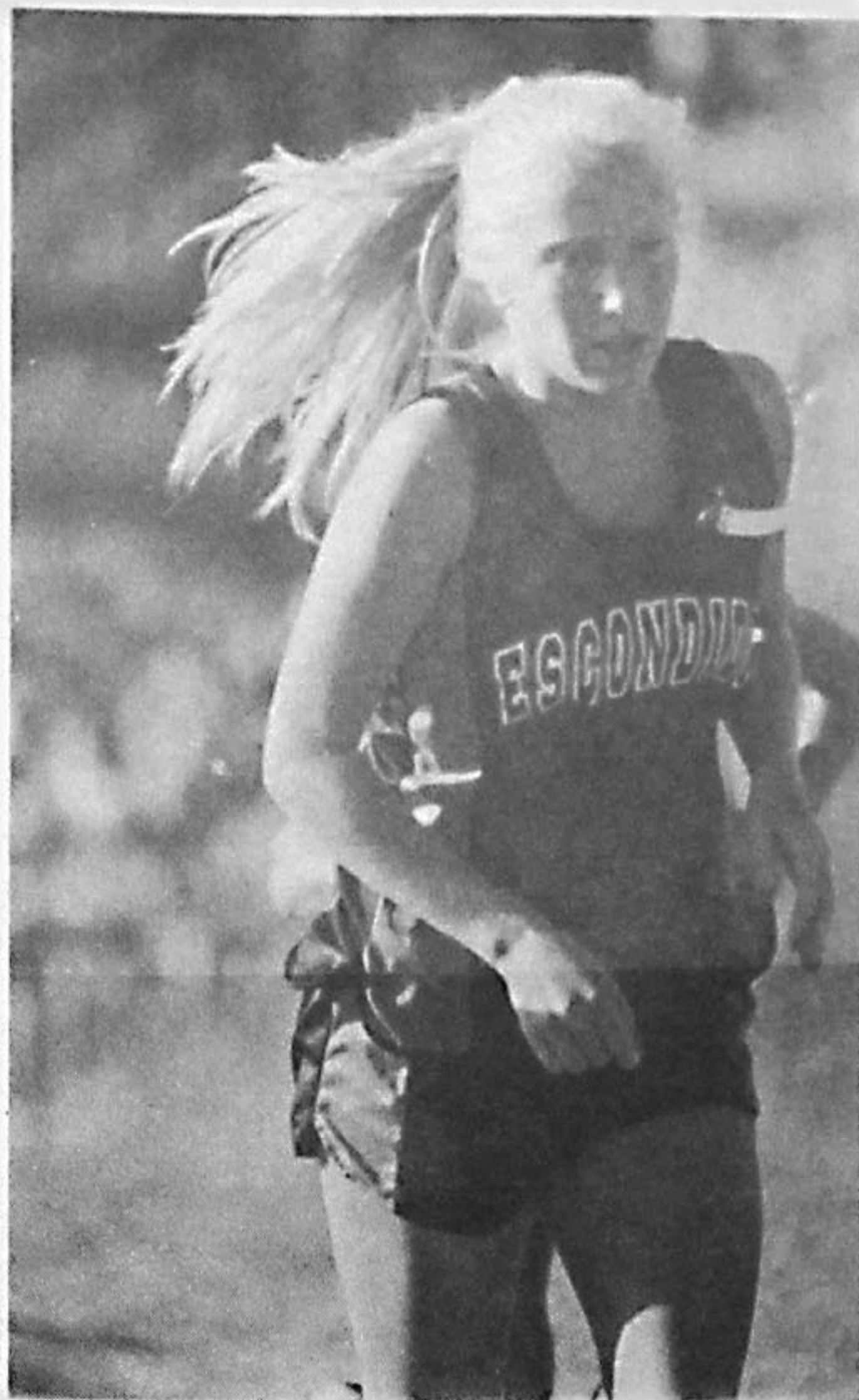
Torrey's girls finished third and El Capitan's team was fourth in the race.

In Division III, Santana's girls looked sharp in besting La Jolla, 36-41. In fact, Santana's team time was fourth fastest on the
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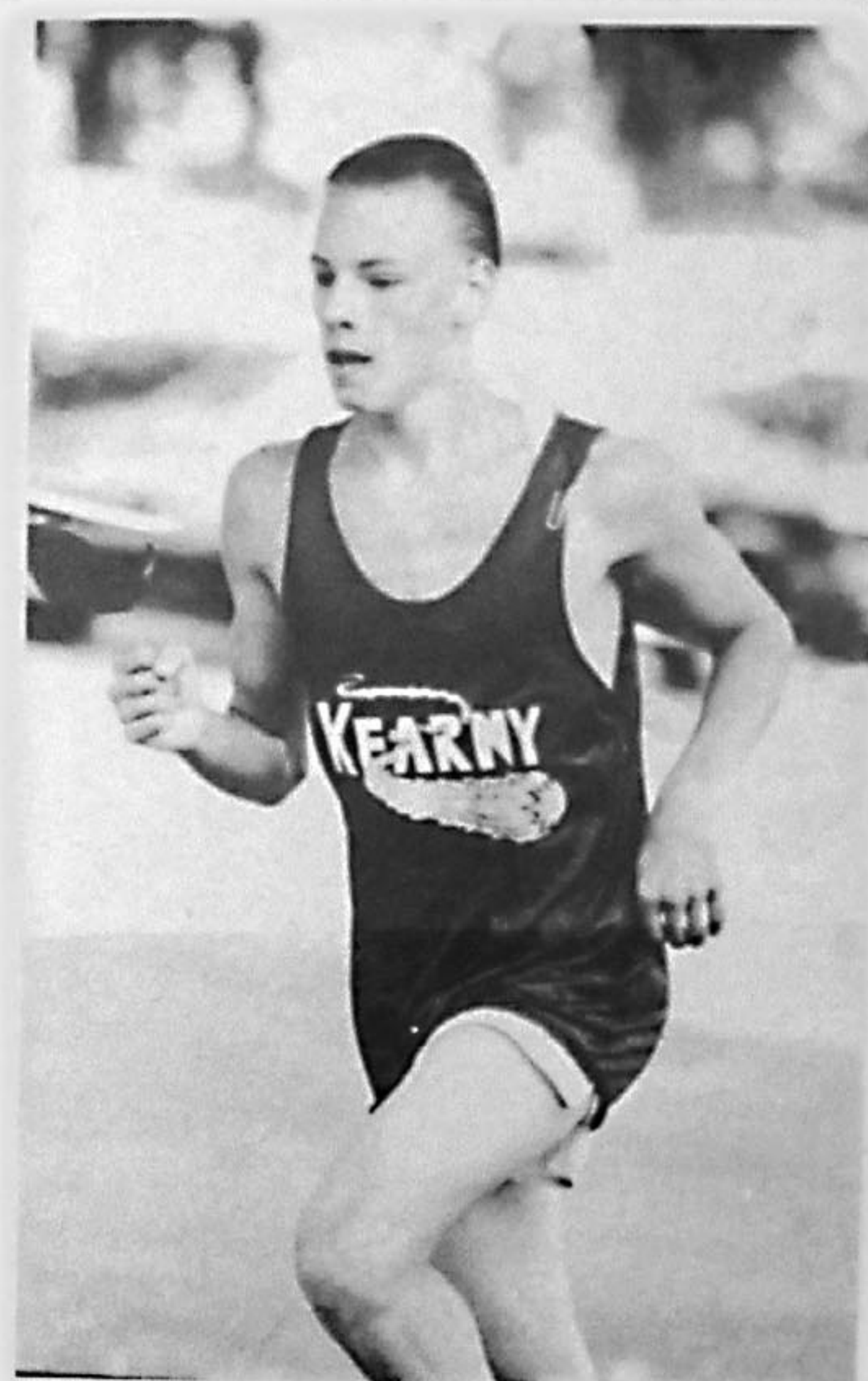
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News:

FROM PAGE FOUR

day, behind Valhalla, OG and Torrey.

Santana ace Jaymie Harper continued her fine year with a 13:45 win, equal to Roysdon's time in Division I. Frosh Kim Pace was fourth and senior Kristi O'Grady was sixth for the Sultans.

La Jolla continues to be led by Shelby Stanger. They still await the addition of seniors Leah Walkey (injured) and Michelle O'Connor (transfer awaiting an appeal).

In Division II, Helix used a strong frosh runner, Natalie Sullivan, and a good pack to take that race easily.

Sullivan won in 14:52, while a pack of five Helix girls finished 5-6-7-8-9, all crossing the finish as a group.

In boys races at South Bay, Valhalla, Point Loma and La Jolla all took championships.

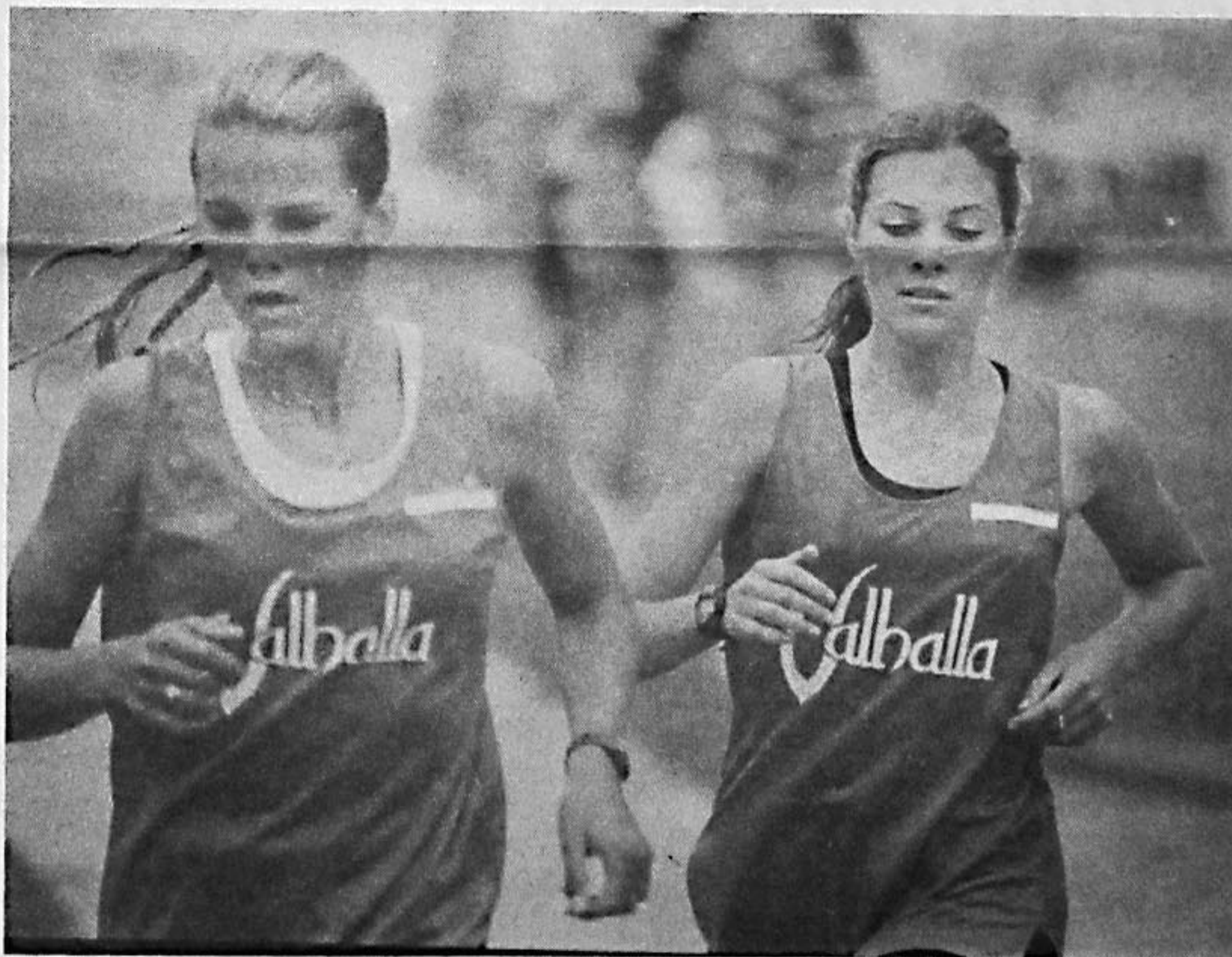
Valhalla's boys used depth to win the Division I race, putting three runners in the top seven. When senior Travis Kermott gets back to form, it will be a solid team. They beat El Capitan, Orange Glen and Torrey Pines in this race. Torrey's Charley Hulsey had his best race of the year, winning over 5Ks in 16:43.

Point Loma also used depth in taking the Division II race. The Pointers' fifth man was 13th, and 46 seconds separated one through five.

West Hills' Dustin Diaz won the race in 16:48, continuing a fine year. The Wolfpack was second, by 37-56.

La Jolla continued the pack theme in Division III, putting six runners in the top 11. Their top five ranged 53 seconds.

Mission Bay's Ivan Osuna won the race in 16:41, fastest boys time of the day. In fact, the Bucs showed signs of possibly challenging La Jolla later in the year, both in the Western League and in CIF Division III. They lost



Elaine Lassen and Andrea Clemons, Valhalla

here, by 32-41, but a few area coaches were impressed. Stay tuned.

LAGUNA HILLS:

Best effort by local runners in this meet was by Mira Mesa senior Larry Henderson, who won the Division I senior race in 15:14 for 3.0 miles.

Ramona's teams had a number of good races in Division III, including by Veronica Clark (3rd in junior/seniors in 18:58), James Adams (2nd in juniors, in 16:16), and Galen Reid (1st in seniors, in 15:56). Ramona just recently added senior Patt Beltran to their girls roster. Beltran attended Ramona as a freshman, but had been at Hilltop the last two years. She solidifies the 'Dogs first five.

DUAL MEETS:

Early dual meets this year have been full of drama and excitement.

For instance:

Mt. Carmel and Poway boys teams squared off at Lake Poway in a great dual between two of the better Division I teams.

The race developed into a series of mini-races, going back and forth. But Poway seemed to have the meet in hand after finishing 1-3-4 with good support. A mix-up in finish cards left the outcome in doubt for a few minutes, but meet officials and coaches were able to correct the results. The mix-up had given Mt. Carmel a one-point win, but the actual results put Poway five points ahead.

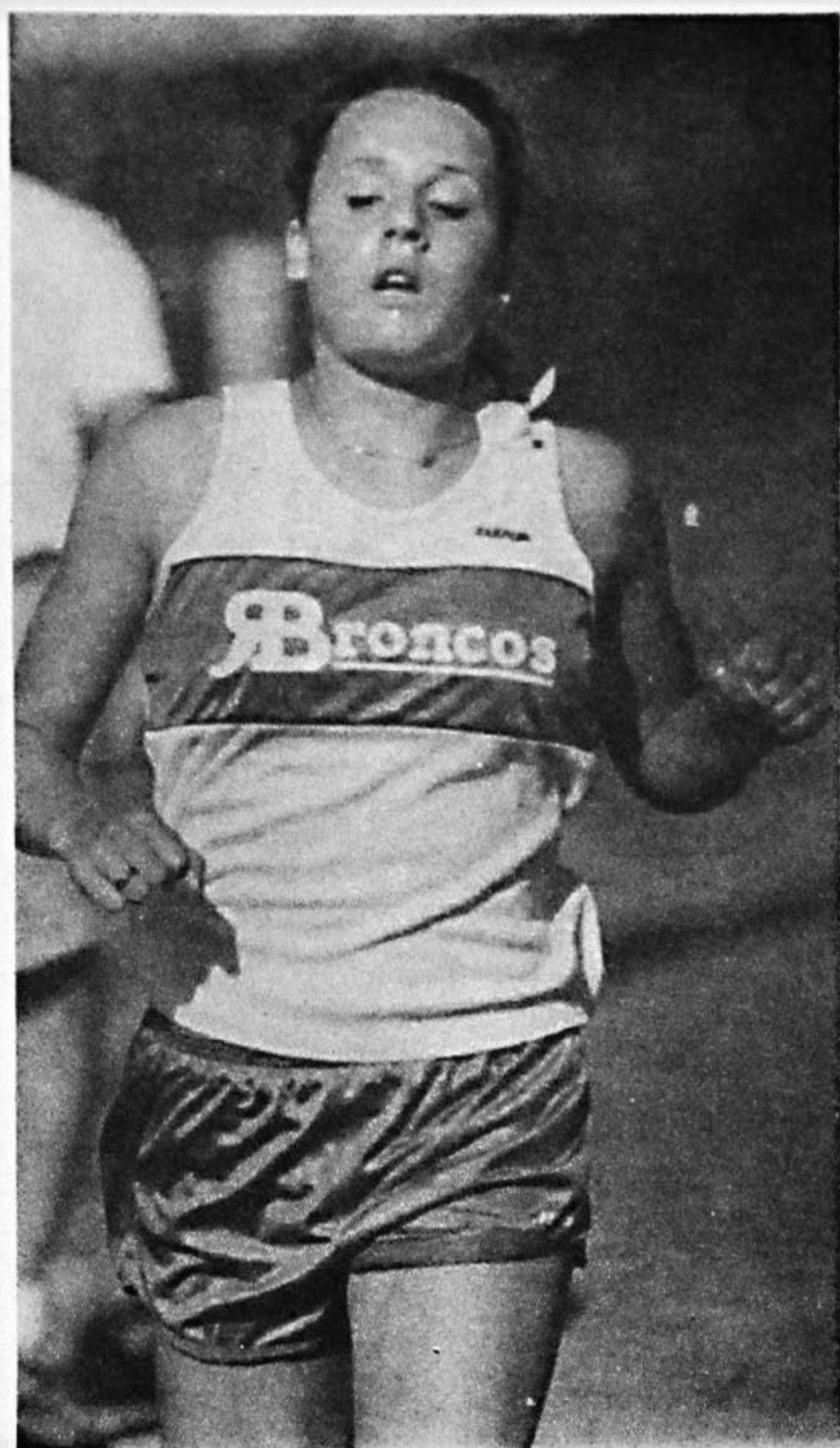
Rancho Bernardo's girls surprised Vista, and themselves, in a tri-meet with Fallbrook on RB's home course. The RB girls took 2-3-4 against a Vista team that might have been looking ahead to Stanford later that week.

"I was shocked," RB coach Don Jones said. "I mean, we didn't try to peak for this meet or anything. I just told my girls that all I wanted from them was to be competitive."

"I didn't know that they were that good," Vista coach Paul Kinder later admitted.

Chula Vista's boys took a rare Metro

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Sarah Wilkins, Rancho Bernardo



Aida Garcia, Chula Vista



Alana Bochiechio, San Marcos

Frosh: Power shift

FROM PAGE ONE

Wilkins is tough, competitive and talented, and is undaunted by the challenge of the sport, and unawed by her competition.

RB coach Don Jones is enjoying her simple approach. "Before her first race, she just had one question," he reported. "She wanted to know, 'how long is this thing?'"

Valhalla's Lassen is a key runner on the county's top-ranked team. Before Julia Roysdon joined the team for good, Lassen was

the top runner. She ran number two for Valhalla in the recent South Bay Invitational, as her team beat Orange Glen and Torrey Pines, among others. Lassen was fifth in the race.

"We knew she was going to be good," Valhalla coach Randy Montesanto said. "She was good as a seventh-grader. She backed off the running last year, which was beneficial because it kept her hungry."

The emergence of Lassen and the other young Valhalla runners such as Roysdon and Andrea Clemons have turned the team into a force.

Escondido graduated star runner Kelly Peterson from last year's team, but has hardly missed a beat, thanks to the addition of Lanelle Cox.

If the last name sounds familiar to Cougar opponents, it should. Older sister Michelle Cox won a state championship at Escondido a few years back, and another sister, Shawnelle, is Escondido's number three girl. Of the group, at least one area coach thinks that Lanelle is the best of the bunch.

"She really just ran on her own before this," Escondido coach Lonnie Morrow said. "She would just go out and run because she enjoyed it. She plays a lot of soccer, too."

Cox ran a quality 18:53 for 3.0 miles at Dana Hills last week, taking second in her frosh race. In most of her races this year, she has run first or second girl for an Escondido team that already had a classy runner, Shannon Kilian. With sister Shawnelle and Kilian, Lanelle gives the Cougars a great top three.

Chula Vista's Aida Garcia is another who seems to be in the right place at the right time. She joins a Spartan girls team that had other elements in place but needed a strong lead runner. Garcia has been mostly sensational, and clocked a 19:01 for 3.0 miles at Dana Hills last week. Chula Vista is now knocking on the door of the county's top ten, and only needs an upgrade in their depth to compete.

Natalie Sullivan has moved right into the top spot for a revitalized Helix team. She ran 19:02 at Dana Hills to win her frosh race, and

she also won the Division II race at South Bay. The Highlanders are building a good pack of girls to back her up, but must compete against tough Valhalla in the Grossmont 3A league.

Filling key slots for contending and improved teams are Emily McFarland at Scripps Ranch and Kim Pace at Santana.

McFarland is really coming on fast. She was little known before the Mt. Carmel meet, and some thought it was a fluke when she finished fourth in the large schools' frosh race there.

Last week, at the Stanford Invitational, McFarland was a key ingredient in the Scripps win over Torrey Pines for the Division II

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News:

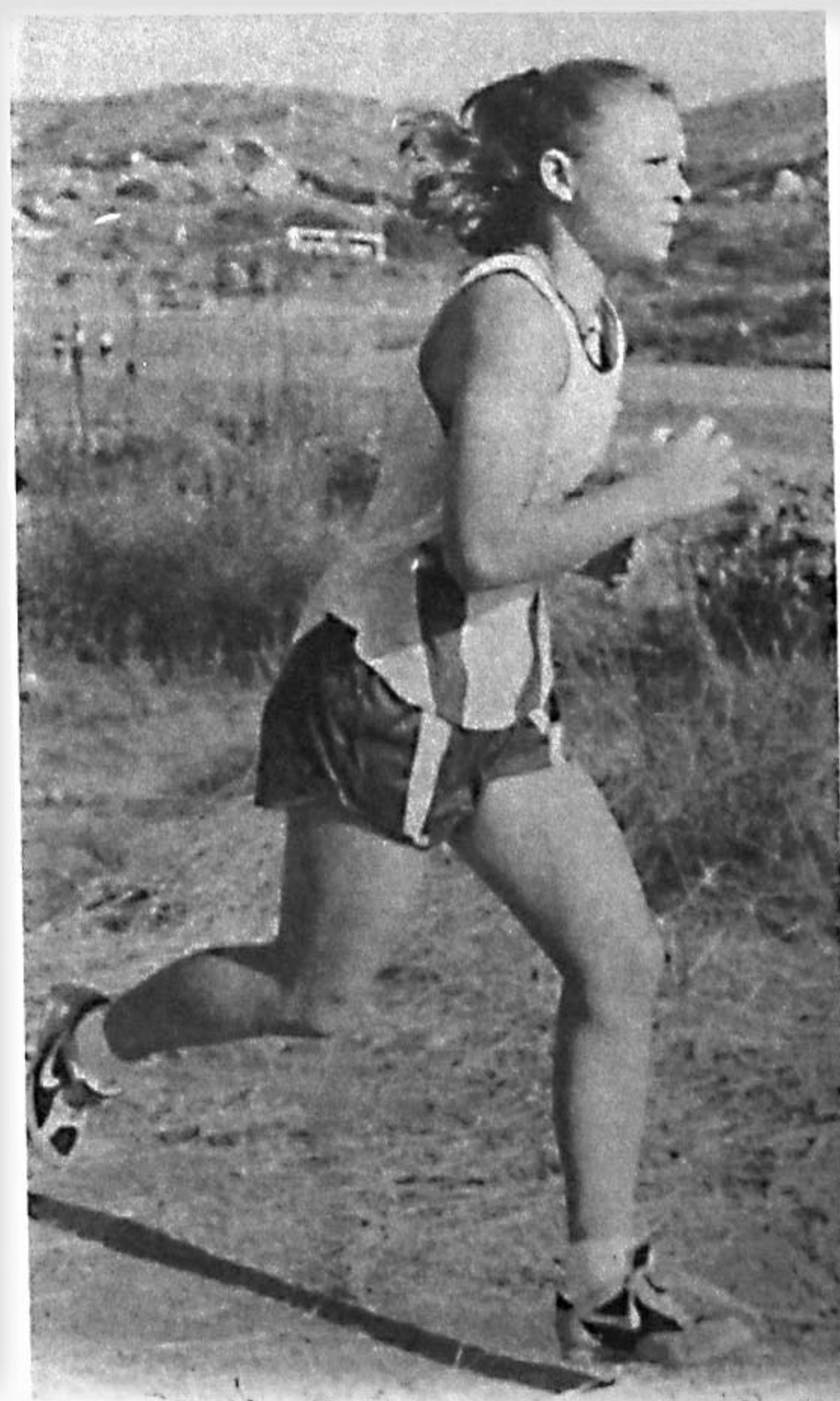
FROM PAGE FIVE

League loss against Hilltop. The Spartans' top two runners, Adrian Ramirez and Jose Ramirez, apparently agreed to tie for first, a rules violation that led to their disqualifications. Chula also had two other runners DQ'd, reportedly for unsportsmanlike conduct.

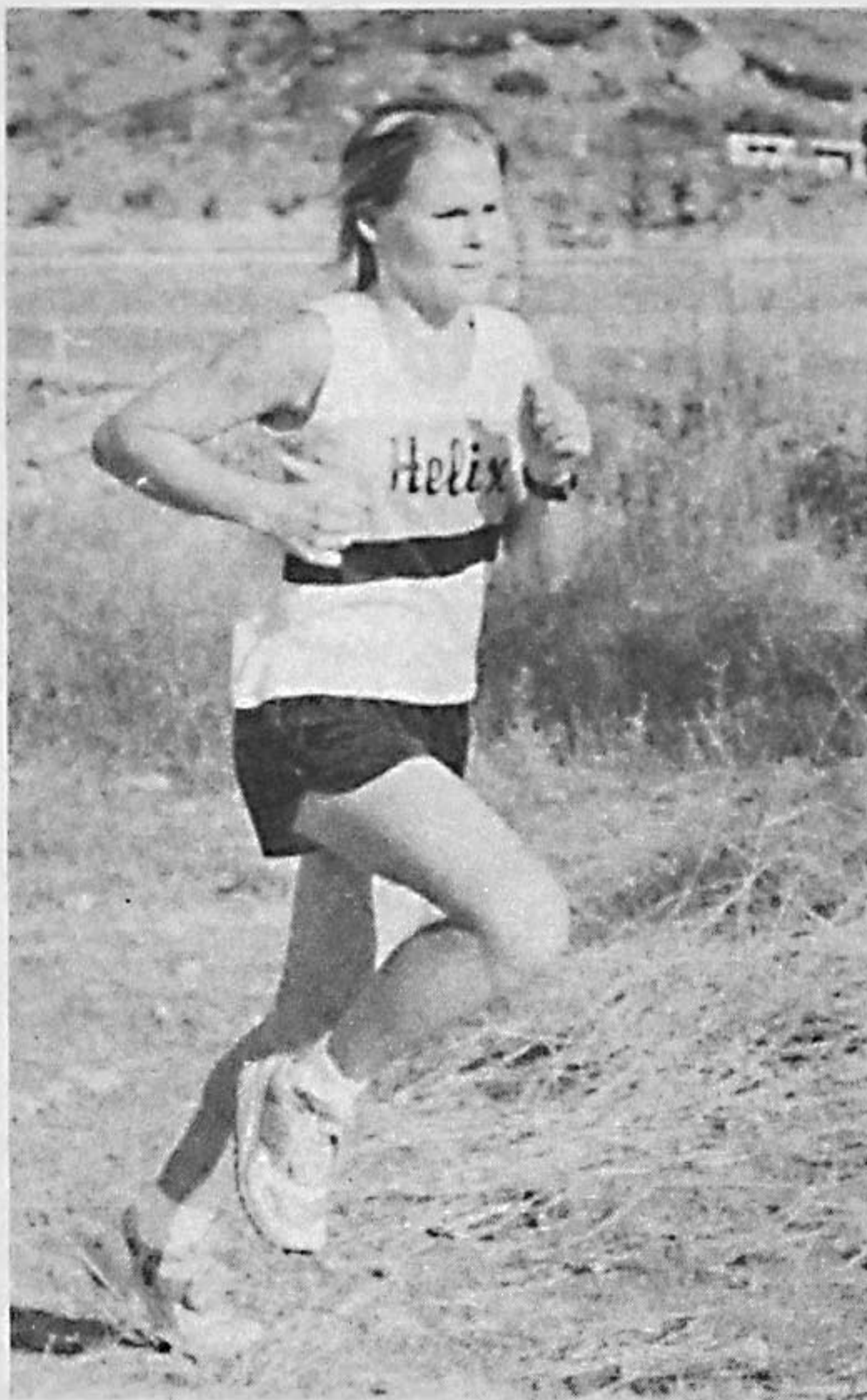
El Capitan's boys got all the competition they could want against Grossmont. The teams tied, 28-28, but El Cap had the faster sixth runner. At that, the final scorers finished in identical times, giving El Cap a razor-thin win. Grossmont was strengthened by the addition of quality runner Matt Konold, who has been sidelined with a broken toe. The Foothillers, led by David McQuitty, went 1-3-4 against El Cap, who were preseason favorites to win the league title.

San Diego's boys teams beat Point Loma in an early-season dual, by 25-33. "We hung on 'em," Pointer coach Jim McCarthy said. "At the mile mark, we were all mixed together. Our top six guys all got PRs on the course. San Diego has put together a pretty classy team."

The Pointers will lose Peter Kleinsasser, possibly for the year, with a possible herniated disc in his lower back.



Kim Pace, Santana



Natalie Sullivan, Helix

Frosh

FROM PAGE SIX

crown. She was the number two team finisher, just over ten seconds behind Sarah Schmidt and ahead of more celebrated teammates Kelly Grimes and Kristina Stasko. Her time was 20:04 for the hilly 5K course. McFarland's rapid improvement has really solidified the Scripps pack, and has helped put the Falcons into solid contention in the CIF (and possibly state) Division II race.

Santana's Pace is another swimming convert. She has steadily moved up in early meets, and at South Bay she edged ahead of quality runner Kristi O'Grady into the number two slot for the Sultans. That gives Santana a lot of strength at the top of the pack, with Jaymie Harper leading the way. The team is currently running better than Division III rivals La Jolla, University and West Hills, and might even challenge El Capitan in the Grossmont 2A race.

Other frosh who have taken the top spot for their teams in at least one race are San Marcos' Alana Bochiechio, West Hills' Heather Shurtleff and San Dieguito's Jessica Bray.

Thanks in part to Bochiechio, San Marcos has hardly felt the loss of last year's team leader, Melissa Carter.

Bochiechio has been running shoulder to shoulder with quality teammates Heather Christofk and Debbie Hughes.

West Hills has a good team of young runners, but Heather Shurtleff moved into the top spot early in the going. She won the frosh division in the West Hills Invitational, beating Sullivan and Pace, among others. She's had a few rough races since then, including the Stanford meet, where she tripped and fell on two occasions. The Pack has another fairly decent rookie in Erin Holford, the younger sister of Heather Holford.

Bray has been right around the top spot at San Dieguito in several meets. She was the team leader at the South Bay meet, running 15:22 for 2.3-mile course, and she was number two in a tri-meet with RBV and Orange Glen,



Heather Shurtleff, West Hills

where she was 11th overall.

Other frosh that have attracted at least some attention include:

Tiffany Fox at Mira Mesa, who ran 20:03 for 3.0 miles at Dana Hills. Fox is easily one of the Marauders' better runners.

Lorena Jiminez at Orange Glen, who is running well but who is a member of possibly the deepest team in the county. Still, she's cracked the top seven and is in range of her mates.

Courtney Baird at University, who might be the number two or three runner on an established team. Uni has yet to field all their runners in one race, so it's difficult to tell where Baird fits in.

Merideth Nespor at Poway, who has cracked the lineup of a tough and well-established team. In a dual against rival Mt. Carmel, Nespor was Poway's fifth girl, and was seventh overall.

Barbra Chakos at Coronado, who should help the team depth there and who might develop into a quality runner for the Islanders. One coach thinks she could develop into "the next Jessica Lunt."

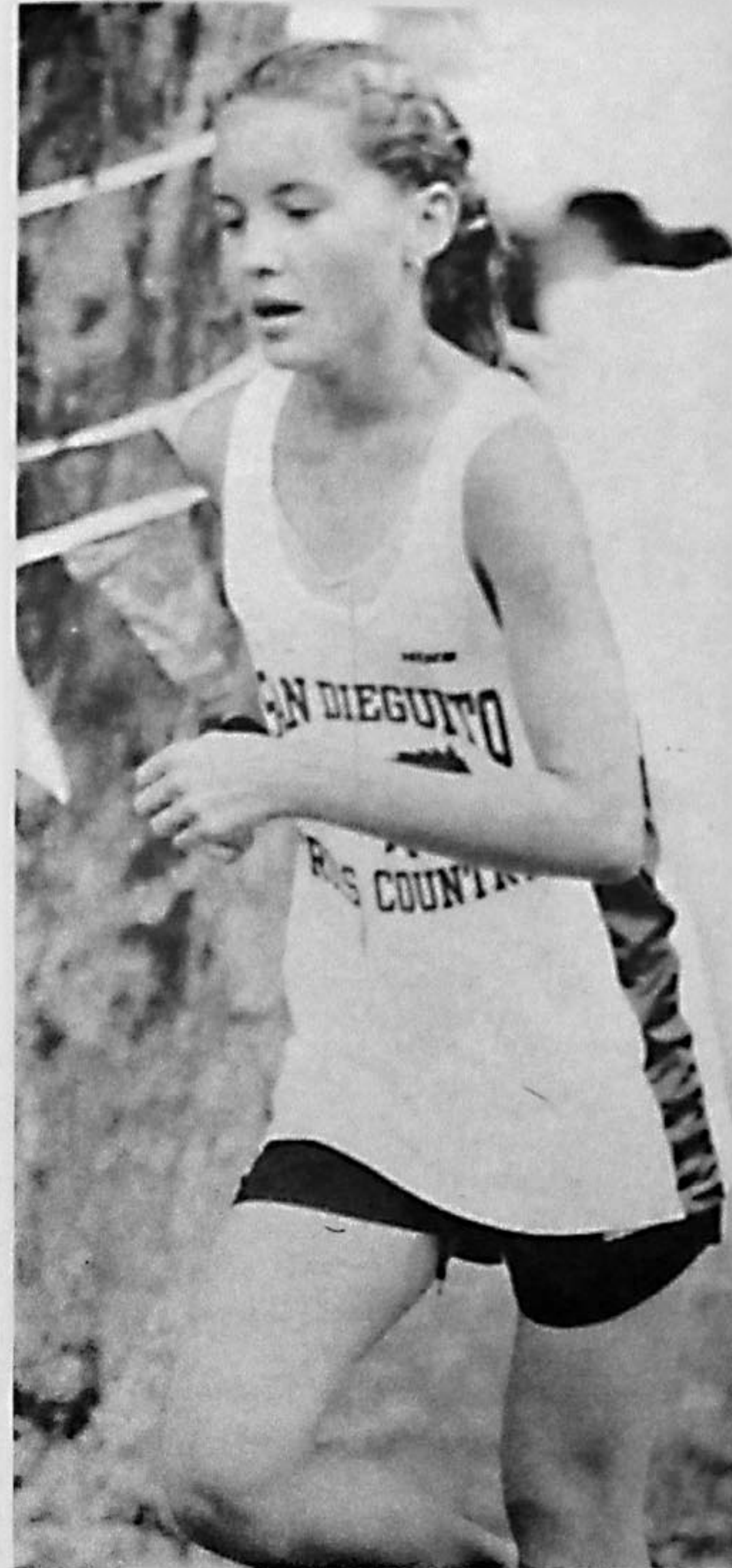
Morgan Romine at La Jolla, who ran number five for the Vikes at South Bay, and who won the small schools' frosh race at the Mt. Carmel Invitational.

Others to keep an eye on include Sweetwater's Regina Parker (sister of Geneva Parker), Mt. Carmel's Veronica Roberts, Escondido's Marissa Leivas and Bonita Vista's Dawna Marshall.

It's difficult to weigh the impact of this year's influx of new talent. Good frosh runners, as any veteran coach will tell you, do not guarantee good senior runners in three years.

Young girl runners can flame out quickly, for a variety of reasons. The great frosh who goes on to a solid four-year career is almost more the exception than the rule. The career path for the above-average young girl seldom continues in an unbroken line.

Sometimes, injuries take a toll, when a



Jessica Bray, San Dieguito

young body tries to do too much too soon. Some well established coaches make a habit of bringing along young runners relatively slowly. A number of girls won't make an impact until their sophomore year, or later.

Often, other interests will compete with running over the long haul. Wendy Murphy was a great frosh runner for Granite Hills a few years ago, but, by her senior year, she was almost too immersed in various school activities to even run. Last year's great frosh runner at Granite, Nicole Caster, decided to concentrate on soccer this year and has given up what seemed to be a promising running career.

Other young talents stall out because of normal physical development or they lose interest due to burnout.

Last year, there was another pretty good group of new faces, running in a number of key slots at good schools. A significant number of them are now going through tough times. Some are battling injuries, some are feeling unaccustomed pressure and a few are just burned out.

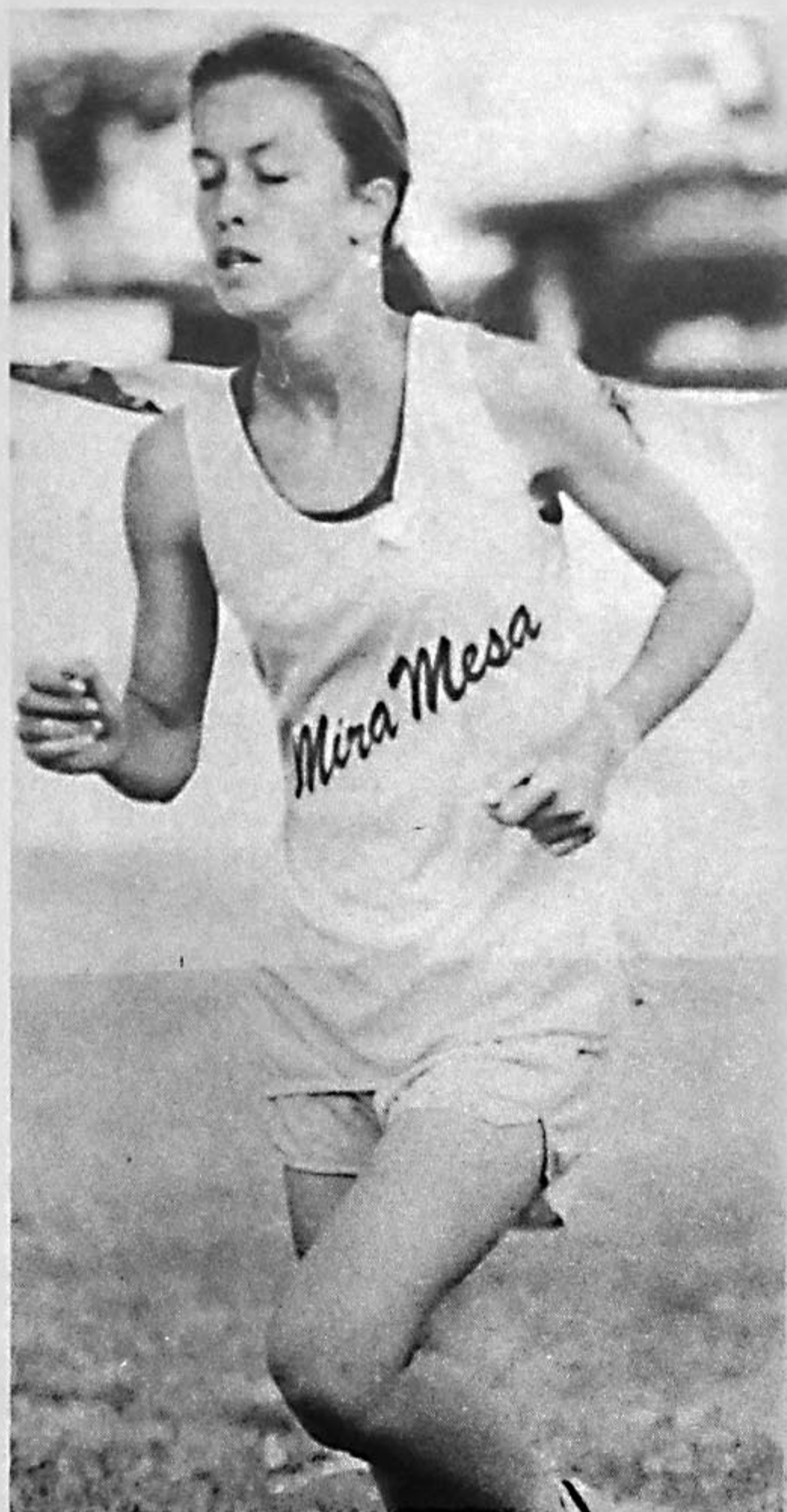
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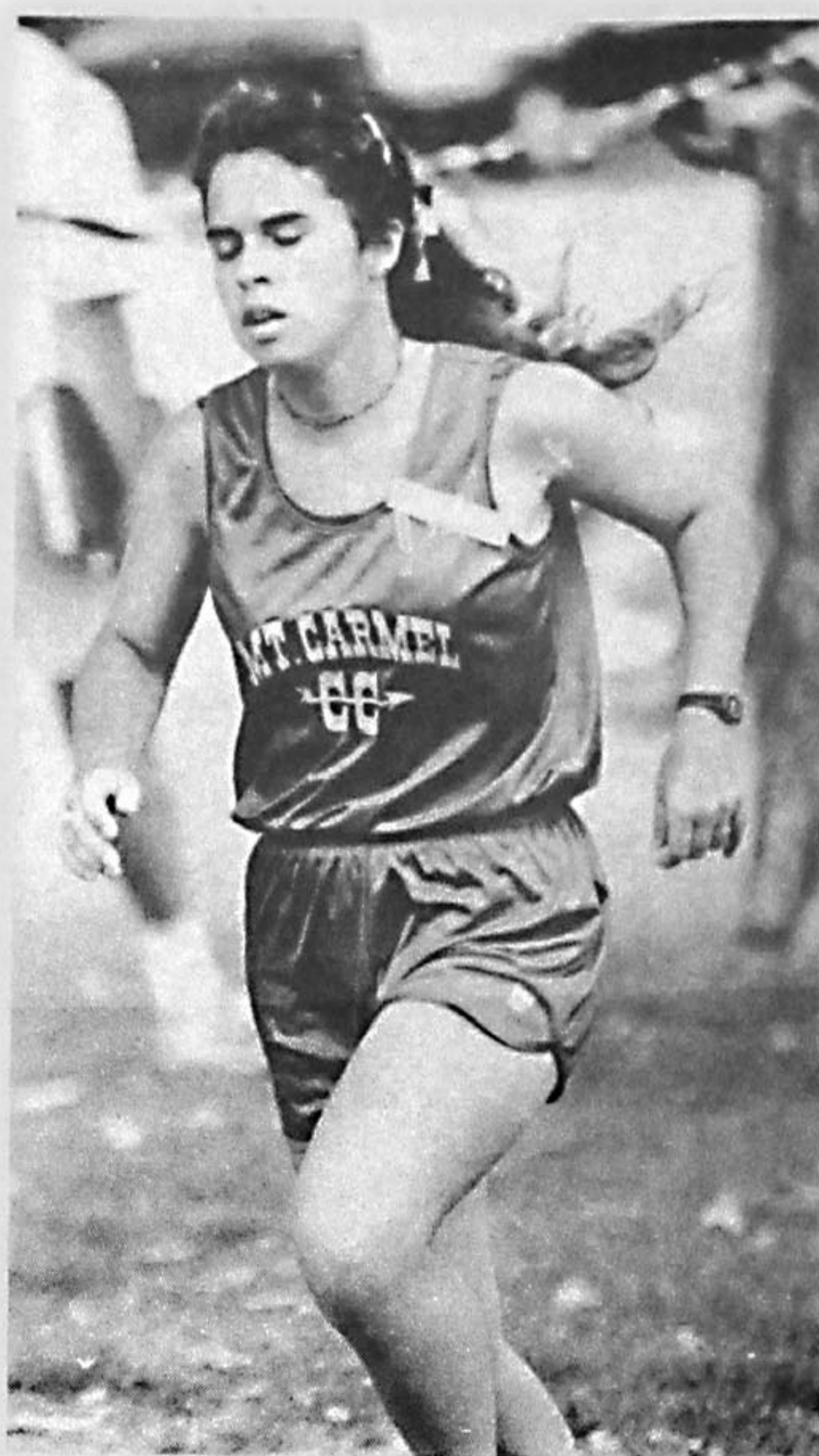
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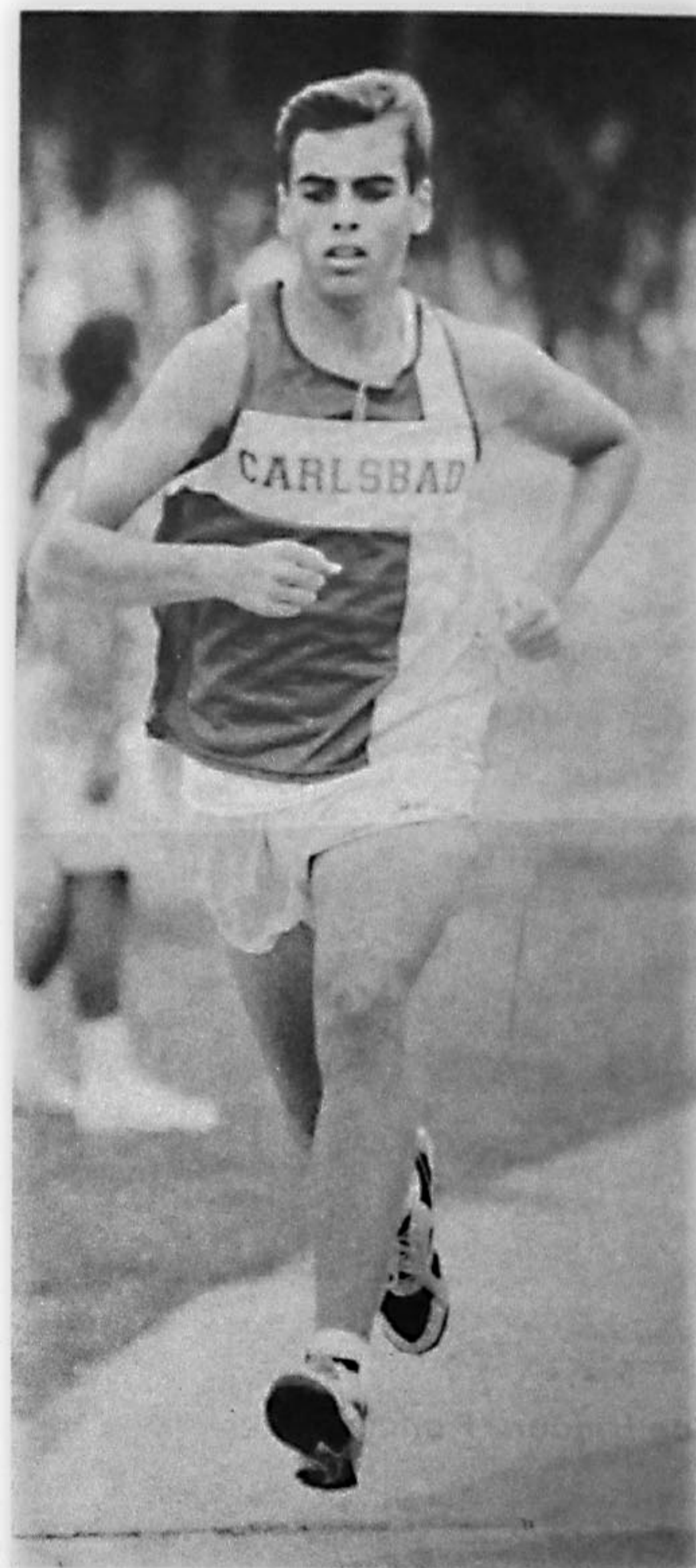
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Jennifer Grooms, Mira Mesa
Timed in 19:48 at Dana Hills.



Maggie Johnson, Mt Carmel
Clocked 19:34 at Dana Hills.



Jason Lopresti, Carlsbad

Laguna Hills Invitational:

Saturday, Sept. 23.

BOYS (3.0 miles):

El Camino (Division 3):

Junior: 23. Dullanni Waterman 18:06.
Soph: 1. David Young 16:30; 11. Paul Wilcox 17:39;
20. Ramon Morales 18:34.
Frosh: 13. Tobin Hughes 18:48; 14. Miguel Yanez 18:56.

Novice: 4. Eduardo Serrano 19:43.

Ramona (Division 3):

Senior: 1. Galen Reid 15:56; 24. Paul Qualin 17:48;
42. Jose Munoz 20:01.
Junior: 2. James Adams 16:16; 11. David Shofstall 17:04; 20. Tim Miller 17:44; 18. Bobby Denny 17:39; 29. George Escobar 18:36; 40. Nick Hudson 19:38.

Soph: 5. Alvaro Reyes 16:55; 14. Josh Stein 18:11.
Frosh: 2. Fernando Gonzalez 17:27; 5. Sean Staley 18:05; 11. Jaime Ramos 18:35; 21. Armando Saldivar 19:59; 22. Kyle Phillips 20:01.

Mira Mesa (Division 1):

Senior: 1. Larry Henderson 15:14; 55. Eric Shefstad 18:06.
Junior: 30. Pablo Cantil 17:38; 34. Brandon Dean 17:49.

Soph: 22. Hong Castejon 17:25; 41. Allan Rosales 18:11; 55. B. J. Comin 18:42; 63. Aaron Snead 19:03.

Frosh: 16. Archie Candelaria 18:19; 19. Tom Jodoin 18:37; 22. Don Murphie 18:40; 48. John Kellar 19:48;
49. Francisco Jones 19:49; 54. Matt Patino 19:59.

Coronado (Division 3):

Senior: 3. Trevor Clarke 16:24; 6. Jason Talbott 16:51; 22. Ryan Boney 17:45; 28. Eric Bauer 18:23.
Junior: 9. Cheyenne Jones 17:01.

GIRLS (3.0 miles):

El Camino (Division 3):

Junior: 35. Heather Baldwin 22:55.
Soph: 6. Erin Glazer 21:02.
Frosh: 11. Kenya Pickett 22:07.

Ramona (Division 3):

Junior/Senior: 3. Veronica Clark 18:58; 14. Erin Kilian 20:36; 20. Nicole Tarbel 21:24; 26. Jessie Anderson 21:59; 43. Nicole Olsen 23:33.

Soph: 4. Jenny Roane 20:38; 8. Melissa Mitchell 21:27; 12. Audrey Harrison 21:51; 18. Melinda Weich 23:06; 22. Dana McDougall 23:25; 23. Michelle Weich 23:44.

Frosh: 19. Holly Houchin 23:10; 26. Brooke Landmark 24:04.

Mira Mesa (Division 1):

Junior/Senior: 22. Jennifer Grooms 19:54; 36. Jessica Grooms 20:39; 59. Heather Madsen 21:59; 80. Melinda Gray 23:26; 88. Huong Huynh 24:00.

Soph: 87. Laura Matulich 24:00.
Frosh: 18. Tiffany Fox 21:42; 27. Marissa Stark 22:32.

Coronado (Division 3):

Junior/Senior: 9. Jessica Lunt 19:50; 38. Beth Cole 23:05; 45. Brigid Ryan 23:56; 45. Marta Kardak 23:58.
Soph: 25. Toni Barraza 23:55.

Frosh: 7. Barbra Chakos 21:40; 20. Christine Hansen 23:16.

Escondido (Division 3):

Frosh: 1. Lanelle Cox 19:15.

South Bay Invitational:

At Southwestern College, Saturday, Sept. 23. Conditions: Overcast, cool in early races; continually warming to hot in later races.

BOYS (3.1 miles):

Top Twenty Times, All Races:

16:41 Ivan Osuna, Mission Bay
16:43 Charley Hulsey, Torrey Pines
16:48 Dustin Diaz, West Hills
16:59 Danny Sanchez, El Capitan
17:04 Daniel Luecht, Valhalla
17:07 Sean Nugent, Valhalla
17:11 Ajani Brown, Crawford
17:12 Gabe White, Bonita Vista
17:13 Roberto Orozco, El Capitan
17:15 Jon Doroski, Valhalla
17:16 Mike Gilmore, Granite Hills
17:17 Chris Kennedy, Orange Glen
17:17 Mark Savel, Point Loma
17:19 Eric Rosales, Orange Glen
17:21 Abduljalil Adam, Torrey Pines
17:22 David Hayes, Point Loma
17:27 Tedd Padgett, La Jolla
17:28 Chris Nagao, West Hills
17:29 Erik Lassen, Valhalla
17:30 Serafin Carrillo, Monte Vista
17:30 Jorge Del Hierro, Castle Park

Best Team Times, all races:

86:38 Valhalla
87:32 El Capitan
87:43 West Hills
88:08 Orange Glen
88:10 Point Loma
89:09 Torrey Pines
89:31 La Jolla
89:51 Mission Bay
90:01 Bonita Vista
90:49 Granite Hills

(Team times based on fastest five runners from all races.)

Div. 1 Varsity:

Scoring:
Valhalla 43; El Capitan 61; Orange Glen 75; Torrey Pines 94; Bonita Vista 112; Monte Vista 158; Granite Hills 172; San Dieguito no score.

Individuals:

Hulsey (Torrey Pines) 16:43; Sanchez (El Capitan)

16:59; Luecht (Valhalla) 17:04; Nugent (V) 17:07; White (Bonita Vista) 17:12.

Orozco (EC) 17:13; Doroski (V) 17:15; Gilmore (Granite Hills) 17:16; Kennedy (Orange Glen) 17:17; Rosales (OG) 17:19.

Adam (TP) 17:21; Lassen (V) 17:29; Carrillo (Monte Vista) 17:30; Jiminez (OG) 17:36; Corcoran (BV) 17:42.

Boland (ECp) 17:43; Wagner (V) 17:43; Payne (ECp) 17:48; Principe (ECp) 17:49; Lopez (OG) 17:55.

Lamorandier (V) 17:58; Lanting (OG) 18:01; Freese (ECp) 18:06; Kermott (V) 18:06; Gardiner (TP) 18:14.

Burton (GH) 18:15; Altfest (TP) 18:16; Jo. Bridges (MonV) 18:18; Stone (BV) 18:22; Austin (TP) 18:35.

DeGuzman (BV) 18:37; Paff (BV) 18:44; Rios (San Dieguito) 18:49; Barrera (BV) 18:53; Ottinger (BV) 18:54.

Ly (OG) 18:55; Weipert (MonV) 18:56; Torres (Mon V) 18:56; Gregerson (ECp) 18:58; Giese (TP) 19:14.

51 finishers.

Division II Varsity:

Scoring:

Point Loma 37, West Hills 56, Hilltop 95, Montgomery 103, Sweetwater 134, Castle Park 137, Patrick Henry 172, Serra 176, Southwest 243.

Individuals:

Diaz (West Hills) 16:48; Savel (Point Loma), 17:17; Hayes (PL) 17:22; Nagao (WH) 17:28; Del Hierro (Castle Park) 17:30.

Middleswart (CP) 17:31; Rodriguez (Montgomery) 17:32; Fernandez (PL) 17:36; Stuart (WH) 17:40; Guzman (Hilltop) 17:55.

McKnight (PL) 17:58; Read (Hill) 17:59; Kleinsasser (PL) 18:03; DePass (Mont) 18:19; Corbin (WH) 18:21.

Betancourt (PL) 18:23; Alaniz (Mont) 18:23; Juarez (Mont) 18:28; Short (Hill) 18:30; Nunez (Sweetwater) 18:37.

Baraza (Sweet) 18:37; Stanczak (Hill) 18:41; Bradshaw (PL) 18:43; Gonzalez (Sweet) 18:43; Hilton (Patrick Henry) 18:46.

McNurlan (Serra) 18:50; Musbach (WH) 18:57; Williams (Southwest) 19:16; Tindrell (WH) 19:19; Lott (Ser) 19:27.

Gomez (Sweet) 19:35; Schroeder (Hill) 19:40; Clifton (CP) 19:40; Spence (Ser) 19:51; Schirmer (PH) 19:55.

Clark (PH) 19:57; Muniz (PH) 20:05; Reyes (Sweet) 20:07; Laphisky (PH) 20:09; Mendoza (PH) 20:10.

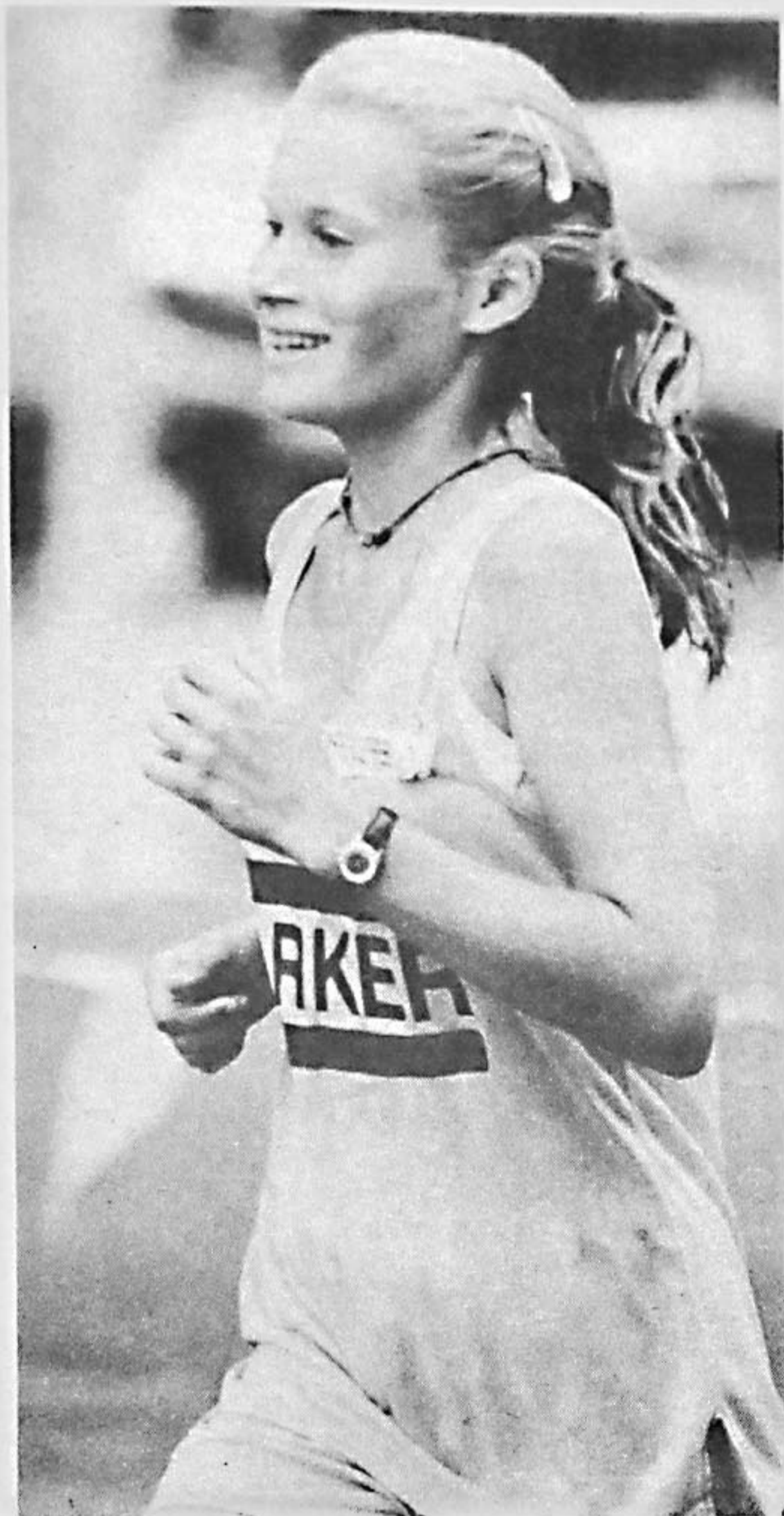
59 finishers.

Div. 3 Varsity:

Scoring:

La Jolla 32, Mission Bay 41, University City 141, Mar Vista 163, Bishop's 170, University 174, Francis Parker 180, Santana 197, Eastlake 214, Crawford, Warner and Julian no score.

Individuals:



Zoe Landers, Francis Parker

South Bay Invitational

FROM PAGE EIGHT

Osuna (Mission Bay) 16:41; Brown (Crawford) 17:11; Padgett (La Jolla) 17:27; Oropeza (MB) 17:39; Flesher (LJ) 17:50.

Dunbar (LJ) 17:52; Mulder (MB) 17:58; Perlin (LJ) 18:09; Chawech (Cr) 18:19; Anderson (LJ) 18:20.

Davis (LJ) 18:25; Rocha (Mar Vista) 18:26; Hussein (Craw) 18:44; Herrera (MB) 18:46; Betancourt (MB) 18:47.

Singer (Santana) 18:51; Padilla (MB) 18:59; Lovell (Francis Parker) 19:04; Ople (Bishop's) 19:08; Sinn (MB) 19:09.

Powell (MarV) 19:11; Nierman (University City) 19:18; Kverno (University) 19:18; Nakahata (Eastlake) 19:21; Baird (UC) 19:21.

Malcolm (Uni) 19:41; Scher (FP) 19:54; Griffin (Bish) 19:55; Barba (UC) 19:59; Yee (Uni) 20:09. Brown (Sant) 20:13; Smal (UC) 20:15; Douglas (UC) 20:22; Freiburg (FP) 20:31; Padilla (MarV) 20:34.

Martinez (E'lake) 20:35; Nonaka (Bish) 20:37; Muliken (FP) 20:38; Camacho (E'lake) 20:41; Cannuli (Sant) 20:51.

66 finishers.

Div. 1 Frosh/Soph:

Scoring:

Point Loma 51, Valhalla 75, Bonita Vista 86, West Hills 95, Granite Hills 122, Orange Glen 187, El Capitan 196, Torrey Pines 264, Morse, Sweetwater, Monte Vista, Australia no score.

Individuals:

Rivera (Granite Hills) 17:42; Saccone (West Hills) 17:52; Overland-McKay (WH) 17:55; Antl (Point Loma) 17:57; Theisen (Valhalla) 18:00.

Markland (PL) 18:02; Finch (GH) 18:03; Rendina (WH) 18:04; Arce (Bonita Vista) 18:09; Gibbings (PL) 18:21.

Burer (V) 18:30; Watkins (Monte Vista) 18:34; Fowers (BV) 18:37; Branson (TP) 18:39; Aitkenhead (PL) 18:42.

Betancourt (PL) 18:49; DiMasi (V) 18:50; Meza (BV) 18:50; Quon (BV) 18:55; Yamauchi (V) 19:01.

84 finishers

Div. 2 Frosh/Soph:

Scoring:

La Jolla 88, University City 90, University 98, Santana 102, Mission Bay 128, Patrick Henry 142, Serra 166, Mar Vista 178, Bishop's 301, Francis Parker 302, Crawford, St. Augustine and Montgomery no score.

Individuals:

Corona (Mar Vista) 17:46; Landau (University City) 18:05; O'Connor (UC) 18:16; Chacon (La Jolla) 18:18; Igo (University) 18:25.

Snodgrass (Santana) 18:35; Sullivan (St. Augus-

tine) 18:47; Bitterlin (Uni) 18:49; Kaforey (Sant) 18:53; Doane (La Jolla) 18:53.

Donnelly (StA) 18:56; Lery (PH) 18:59; Granger (LJ) 19:01; Marshall (PH) 19:11; Beltran (MarV) 19:25.

Mobini (UC) 19:30; Eternod (Serra) 19:35; Petix (Uni) 19:51; Florez (Ser) 19:51; Mock (Mission Bay) 20:01.

74 finishers.

JV, Div. 1:

Scoring:

El Capitan 52, Bonita Vista 121, Torrey Pines 136, Hilltop 137, Valhalla 143, West Hills 203.

Individuals:

Greg Canham (Australia) 18:21; Bates (El Capitan) 18:36; Jones (Valhalla) 18:55; Conterez (Point Loma) 19:03; McClure (Orange Glen) 19:15.

Randall (Aus) 19:19; Neeb (PL) 19:20; Bond (ECp) 19:21; Graham (Bonita Vista) 19:22; Astreck (TP) 19:30.

57 finishers.

JV, Div. 2:

Scoring:

La Jolla 20, Bishop's 84.

Individuals:

McNulty (La Jolla) 19:37; Rivas (Castle Park) 19:46; Lloyd (LJ) 20:08; Dibble (LJ) 20:18; Sieckman (LJ) 20:20.

21 finishers.

GIRLS:

Top Twenty Times, All Races:

13:45 Jaymie Harper, Santana
13:45 Julia Roysdon, Valhalla
13:50 Devon Straitiff, Torrey Pines
14:07 Larissa Gregerson, El Capitan
14:15 Shelby Stanger, La Jolla
14:15 Cara Rumble, Orange Glen
14:20 Marissa Hurwitz, Bishop's
14:21 Elaine Lassen, Valhalla
14:22 Andrea Clemons, Valhalla
14:30 Gina Rennix, Orange Glen
14:30 Meghann Phillips, Bonita Vista
14:39 Jaclyn Nolan, Torrey Pines
14:40 Kim Pace, Santana
14:42 Kelley Halligan, Valhalla
14:45 Laura Lawrence, Orange Glen
14:46 Shannon O'Connor, La Jolla
14:48 Kendra Goffredo, Orange Glen
14:51 Kristi Jenkins, El Capitan
14:52 Natalie Sullivan, Helix
14:52 Kristi O'Grady, Santana

Top Team Times, all races:

72:18 Valhalla
73:16 Orange Glen
73:51 Torrey Pines
74:37 Santana
75:18 El Capitan
75:30 La Jolla
77:57 Helix
78:23 Bonita Vista
79:23 Granite Hills
79:50 University

(Team times based on fastest five runners, from all races.)

Div. I Varsity:

Scoring:

Valhalla 41, Orange Glen 49, Torrey Pines 68, El Capitan 91, Bonita Vista 141, San Dieguito 197, Monte Vista 242, Granite Hills 264, Morse no score.

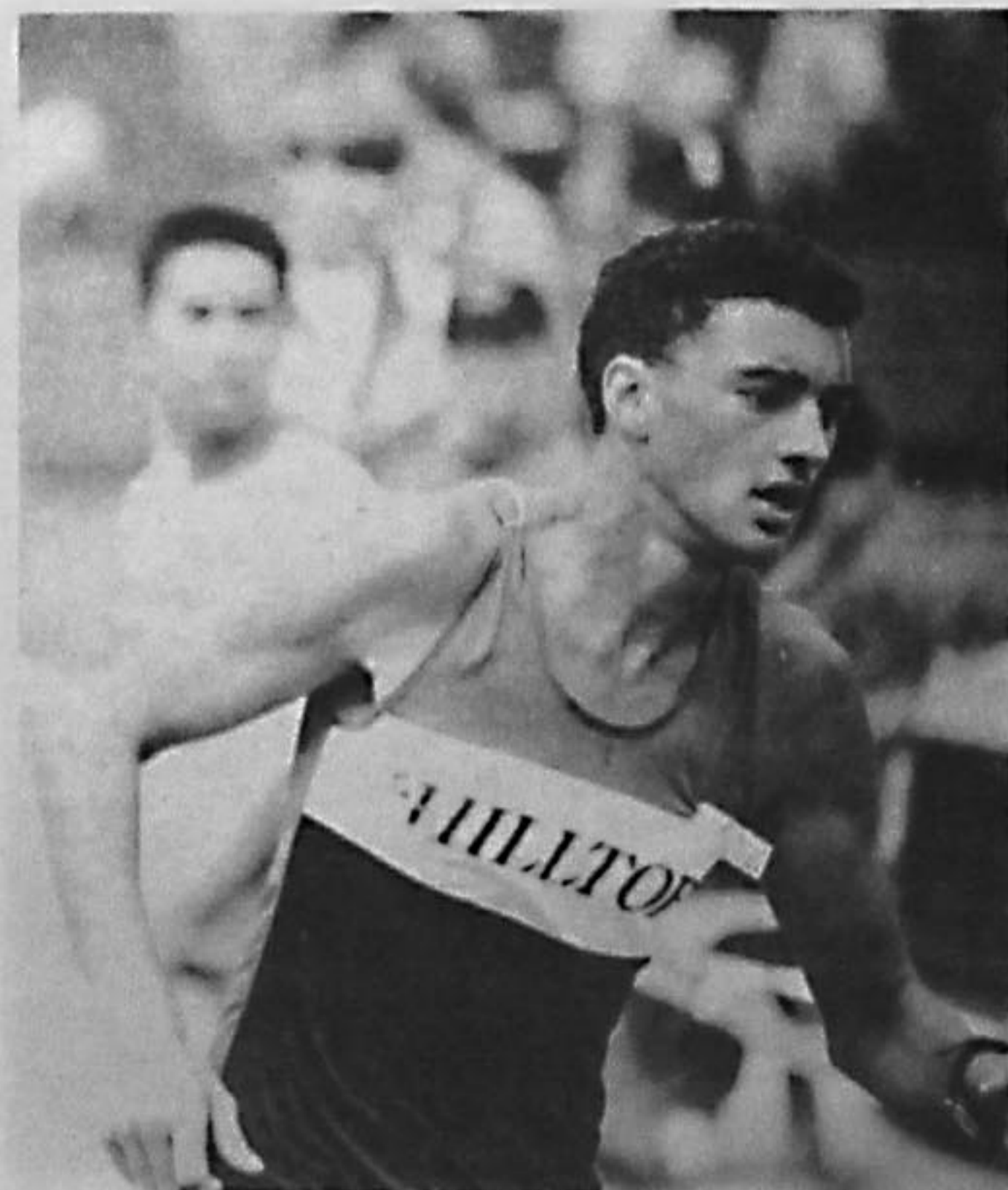
Individuals:

Roysdon (Valhalla) 13:45; Straitiff (Torrey Pines) 13:50; Gregerson (El Capitan) 14:07; Rumble (Orange Glen) 14:15; Lassen (V) 14:21.

Clemons (V) 14:22; Rennix (OG) 14:30; Phillips (Bonita Vista) 14:30; Nolan (TP) 14:39; Halligan (V) 14:42.

Lawrence (OG) 14:45; Goffredo (OG) 14:48; Jenkins (ECp) 14:51; Burke (TP) 14:56; Cottrell (OG) 14:58; Hieb (OG) 15:00; Coad (TP) 15:01; Jiminez (OG) 15:01; Broselle (V) 15:08; Smock (ECp) 15:08.

Chionis (V) 15:12; Panfili (Granite Hills) 15:20; Kin-



Zac Read, Hilltop



Fernando Corona, Mar Vista

Won his Frosh/Soph race at South Bay.

dreich (ECp) 15:20; Bray (San Dieguito) 15:22; Costello (BV) 15:25.

Bogart (TP) 15:25; Mercado (SD) 15:29; Garner (Morse) 15:33; Marshall (BV) 15:38; Instone (TP) 15:40.

Weaver (SD) 15:44; Bishop (ECp) 15:52; Jones (GH) 15:53; Stolis (GH) 15:53; Gilmore (GH) 15:53.

Branson (TP) 15:54; Martinez (BV) 16:00; Torge (Monte Vista) 16:09; Hoeptner (V) 16:12; Holmes (GH) 16:24.

Jenkins (ECp) 16:38; Zuniga (BV) 16:50; Withgem (BV) 16:50; Stalnaren (GH) 16:58; Braden (GH) 17:00.

Schaefer (SD) 17:15; Manlapaz (Mor) 17:19; Banks (MonV) 17:29; Peterson (SD) 17:29; La. Olsen (MonV) 17:32.

Stopani (BV) 17:40; Lo. Olsen (MonV) 17:52; Wheeler (ECp) 18:04; Sohn (MonV) 18:10; Wittington (SD) 18:12.

59 Finishers.

Div. 2 Varsity:

Scoring:

Helix 27, Sweetwater 58, Patrick Henry 77, Montgomery 138, Hilltop 141, Southwest, Serra and Castle Park no score.

Individuals:

Sullivan (Helix) 14:52; McDade (Patrick Henry) 15:24; Sanchez (Sweetwater) 15:43; G. Parker (Sweet) 15:43; Coffelt (Hx) 15:45.

Mosteller (Hx) 15:46; Aufdengarten (Hx) 15:46; Severson (Hx) 15:48; Martin (Hx) 15:49; Betancourt (PH) 15:52.

Tewolde (Hx) 16:16; Hafen (Hilltop) 16:59; Magante (Serra) 17:04; Volper (Montgomery) 17:11; Ortiz (Sweet) 17:23.

R. Parker (Sweet) 17:38; Adams (Ser) 17:45; Ornelas (PH) 17:49; Rosales (Castle Park) 17:50; Sotelo (Sweet) 17:57.

Chapin (Southwest) 18:07; Fionda (PH) 18:09; Ramos (Sweet) 18:17; Stevens (Ser) 18:38; Goodwin (PH) 18:39.

Mendez (S'west) 18:45; Garcia (Mont) 18:51; Nava (Hill) 18:58; Aviles (Mont) 19:08; Mendez (S'west) 19:20.

40 Finishers.

Div. 3 Varsity:

Scoring:

Santana 36, La Jolla 41, University 105, Bishop's 126, University City 132, Mission Bay 163, Crawford 186, Eastlake 205, Our Lady of Peace 247, Julian 278, Francis Parker, Warner and Mar Vista no score.

Individuals:

Harper (Santana) 13:45; Stanger (La Jolla) 14:15; Hurwitz (Bishop's) 14:20; Pace (Sant) 14:40; S. O'Connor (LJ) 14:46.

Kr. O'Grady (Sant) 14:52; Bergen (University City) 15:03; Rafferty (LJ) 15:08; Cervantes (Eastlake) 15:15; Romine (LJ) 15:30.

Moss (Sant) 15:39; Bustos (Mission Bay) 15:39; Shatila (University) 15:40; Ke. O'Grady (Sant) 15:41; Wisniew (Our Lady of Peace) 15:50.

Li (LJ) 15:51; Kremsdorf (LJ) 15:51; Morrison (Uni) 15:56; Landers (Francis Parker) 15:57; Oseroff (UC) 16:00.

Muchmore (Bish) 16:00; Turecek (Uni) 16:02; Fischer (Uni) 16:03; Dose (LJ) 16:08; Gistaro (Uni) 16:09.

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South Bay Invitational

FROM PAGE NINE

Shea (Uni) 16:10; McHugh (Sant) 16:15; Moreno (Crawford) 16:16; Guzman (Uni) 16:17; Tru. Phan (Craw) 16:29.

Tri. Phan (Craw) 16:31; Johnson (UC) 16:33; Pettigrew (Bish) 16:46; Gordon (Bish) 16:47; Ray (Bish) 16:50.

Douglas (UC) 16:52; Caldwell (UC) 16:53; Dorth (FP) 16:55; Crews (UC) 16:58; Rossmiller (Julian) 17:00; Hollenbeck (Jul) 17:05; Duvall (Uni) 17:07; Milam (E'lake) 17:13; Landa (OLP) 17:15; Monyelle (Craw) 17:17.

Alioto (Bish) 17:39; Damron (Warner) 17:40; Dayao (E'lake) 17:49; Garcia (Uni) 18:02; Saveco (E'lake) 18:19.

Hernandez (Uni) 18:21; Davidson (Craw) 18:24; Shaw (Craw) 18:25; Theriauly (Craw) 18:38; Eisenberg (E'lake) 18:39.

D'Agostino (FP) 18:40; Diaz (Mar Vista) 18:48; Woolfolk (MarV) 18:50; Green (Uni) 19:19; Polakoff (Bish) 19:24.

67 finishers.

Div. 1 JV:

Scoring:

Australia 17, Torrey Pines 55, El Capitan 94, Orange Glen 152, Granite Hills 159, El Cajon Valley 344, Monte Vista, Valhalla, Hilltop, Morse, and Bonita Vista no score.

Individuals:

Hickey (Australia) 15:23; Isbister (Aus) 15:30; Church (Aus) 15:44; McKenzia (Aus) 15:49; Pearcy (Torrey Pines) 16:00.

Roth (TP) 16:01; Yates (Aus) 16:08; Hepler (El Capitan) 16:22; Dominguez (ECp) 16:36; Thomas (Aus) 16:41.

Young (Orange Glen) 16:46; Meza (Hilltop) 16:50; Connor (TP) 16:50; Burbank (ECp) 16:51; Greer (TP) 16:52.

Flaim (TP) 17:04; Boys (Aus) 17:08; Stahl (Aus) 17:09; Kermott (Valhalla) 17:12; Dudak (TP) 17:13.

Wilde (Aus) 17:15; Streit (OG) 17:15; Castle (Granite Hills) 17:19; Newquist (Bonita Vista) 17:20; Hodue (Hilltop) 17:25.

Henning (BV) 17:28; Yable (V) 17:28; McGill (GH) 17:34; Anderson (GH) 17:41; Dredge (TP) 17:42.

Day (ECp) 17:43; Fay (ECp) 17:47; DeLeeun (TP) 17:47; Gilpen (TP) 17:48; Handley (TP) 17:50.

Bowen (GH) 17:52; Ghiotto (OG) 17:52; Radice (V) 17:58; Jenson (ECp) 18:02; Koch (OG) 18:09.

Wickes (Aus) 18:09; Fluegge (OG) 18:11; Benkosky (GH) 18:11; Hill (GH) 18:30; Fletcher (TP) 18:34.

98 finishers.

Div. 2 JV:

Scoring:

La Jolla 25, Santana 102, Mission Bay 150, Helix 151, Our Lady of Peace (158), University City 337.

Individuals:

Watkins (Our Lady of Peace) 16:17; Otis (La Jolla) 16:30; Je. Fischer (University) 16:41; Solvesson (LJ) 16:43; Nordmarken (LJ) 17:03.

Sadler (LJ) 17:05; Rodriguez (Helix) 17:09; Harrison (LJ) 17:11; Segall (LJ) 17:11; Dodge (LJ) 17:12.

Mote (LJ) 17:23; Clayton (OLP) 17:34; Hoeksema (LJ) 17:36; Kan (LJ) 17:39; Broding (Santana) 17:45.

Baza (Sant) 17:47; Hoeksema (LJ) 17:48; Demelo (LJ) 17:48; Weber (Sant) 17:49; Powell (Mission Bay) 17:54.

Otjens (MB) 17:59; Kostrubala (LJ) 18:07; Chu (Uni) 18:07; Fullerton (LJ) 18:08; Samson (Sant) 18:11.

Conner (MB) 18:13; Wilson (Sant) 18:15; H. McHugh (Sant) 18:15; Whitney (LJ) 18:25; Dowe (LJ) 18:31.

Dana Hills Invitational:

At Dana Hills, Saturday, Sept. 30. Course: Flat and fast, although a change in the layout resulted in slower times than in previous years.

BOYS (3.0 miles):

Fastest 20 San Diego runners:

15:08 David McQuitty, Grossmont
15:19 Travis Kirtley, Poway
15:24 Adrian Ramirez, Chula Vista
15:35 Steve Ketcham, Vista
15:35 Gonzalo Garcia, Vista
15:37 Jason Land, Vista
15:59 Joe Briceno, Vista
16:01 Jose Ramirez, Chula Vista
16:03 Matt Dos Santos, Mt Carmel
16:07 Sean Zanderson, Poway
16:08 Jake McNeely, Poway
16:09 Rusty Dalrymple, Poway



James Adams, Ramona

16:14 Jesse Davis, Poway
16:15 Bert Romero, Mt Carmel
16:16 Mike Baskin, Mt Carmel
16:16 Steven Meek, Escondido
16:16 Ricardo Lopez, Chula Vista
16:21 Chuck Wyckoff, Chula Vista
16:22 Mike Compean, Mt Carmel
16:24 Jeff Sleichter, Mt Carmel

Race Winners:

David McQuitty, in Div. III seniors; Travis Kirtley, in Div. I seniors; Adrian Ramirez, in Div. I juniors.

Placing in top ten (in respective race):

Steve Ketcham (2); Gonzalo Garcia (3), Jason Land (5), Sean Zanderson (7), Bert Romero (6), Mike Baskin (8), Steven Meek (5), Steve Daynes (5), Sean Daley (3), Matt Konold (6), Colin Larson (8).

San Diego team times:

79:12 Vista
79:57 Poway
80:31 Chula Vista
81:20 Mt Carmel
83:32 Grossmont

(Team times based on five fastest runners from all races.)

Fastest San Diego seniors:

15:08 McQuitty, G
15:19 Kirtley, P
15:37 Land, V
15:59 Briceno, V
16:01 Jose Ramirez, CV
16:03 Dos Santos, MC
16:09 Dalrymple, P
16:14 Davis, P
16:16 Lopez, CV
16:21 Wyckoff, CV
16:22 Compean, MC
16:29 Victor Jackson, Chula Vista
16:35 Jose Barajas, Chula Vista
16:41 Marty Cook, Mt Carmel
16:56 Carlos Galvan, Chula Vista
17:04 Peter Sorensen, Poway
17:37 Octavio Martinez, Vista
17:46 John Bello, Grossmont

Fastest San Diego juniors:

15:24 A. Ramirez, CV
15:35 Ketcham, V
15:35 G. Garcia, V
16:07 Zanderson, P
16:08 McNeely, P
16:16 Meek, Esc
16:26 Cesar Rodriguez, Vista

16:35 Steve Daynes, Grossmont
16:43 Matt Konold, Grossmont
17:18 Francisco Solano, Vista
17:39 Ijiran Bambao, Vista
17:43 Michael Miller, Escondido
18:09 Robert Jackson, Chula Vista
18:26 James Tutrow, Poway

Fastest San Diego sophomores:

16:15 Romero, MC
16:16 Baskin, MC
16:24 Sleichter, MC
16:51 Andrew Gharst, Poway
16:52 Scott Strachan, Poway
16:55 Andrew Smith, Vista
17:05 Rosario Martinez, Chula Vista
17:08 Tony Paz, Poway
17:08 Mike Helms, Poway
17:10 Jose Zurita, Chula Vista
17:20 Kiflom Abraha, Grossmont
17:39 Ben Schwab, Poway
18:06 Fernando Ramirez, Chula Vista
18:08 Colter Bollinger, Grossmont

Fastest San Diego frosh:

16:37 Sean Daley, Vista
17:19 Colin Larson, Mt Carmel
17:22 Archie Candelaria, Mira Mesa
17:26 R. Metcalfe, Mt Carmel
17:32 Thomas Jodoin, Mira Mesa
17:59 Juan Sanchez, Vista
18:00 Michael Figueroa, Vista
18:01 Randall Leyking, Poway
18:05 Joel Armola, Chula Vista
18:36 Danny Cantrell, Vista
18:39 Ryan Miller, Vista
18:46 Dave Moedano, Vista
18:47 Miguel Chavez, Vista
18:49 Dennis Bollman, Grossmont

GIRLS (3.0 miles):

Fastest 20 San Diego runners:

18:23 Erin Kilian, Escondido
18:53 Lanelle Cox, Escondido
18:53 Ann Koscki, Poway
19:01 Aida Garcia, Chula Vista
19:02 Natalie Sullivan, Helix
19:13 Jessica Pound, Poway
19:31 Shawnelle Cox, Escondido
19:34 Maggie Johnson, Mt Carmel
19:42 Elizabeth Gonzales, Chula Vista
19:48 Jennifer Grooms, Mira Mesa
19:53 Lisa Vasek, Poway
19:54 Holly Babonie, Poway
19:59 Crystal Cobb, Mt Carmel
20:03 Tiffany Fox, Mira Mesa
20:03 Yolonda Montalvo, Chula Vista
20:14 Amy Slansky, Mt Carmel
20:25 Natisse Martin, Helix
20:29 Merideth Nespor, Poway
20:29 Hillery McDade, Patrick Henry
20:44 Megan Graves, Mt Carmel

Race Winners:

Aida Garcia, Chula Vista, in Div. I frosh; Natalie Sullivan, Helix, in Div. II frosh.

Placing in top ten (in respective race):

Erin Kilian, Escondido (4); Lanelle Cox, Escondido (2); Ann Koscki, Poway (7); Holly Babonie, Poway (7); Yolonda Montalvo, Chula Vista (7); Natisse Martin, Helix (8); Merideth Nespor, Poway (7); Hillery McDade, Patrick Henry (4); Becky Mosteller, Helix (10); Chastity Flow, Helix (8).

San Diego team times:

97:22 Poway
99:28 Escondido
101:16 Mt Carmel
102:12 Chula Vista
102:36 Helix

(Team times based on fastest five runners from all races.)

Fastest San Diego junior/seniors:

18:23 Kilian, E
18:53 Koscki, P
19:13 Pound, P
19:31 S. Cox, E
19:34 Johnson, MC
19:42 Gonzales, CV
19:48 Jen. Grooms, MM
19:53 Vasek, P
19:59 Cobb, MC
20:03 Montalvo, CV
20:14 Slansky, MC
20:29 McDade, PH
20:44 Graves, MC
20:45 Christine Alford, Mt Carmel
20:50 Becky Mosteller, Helix
21:01 Lea Ann Aufdengarten, Helix
21:02 Renee De La Torre, Grossmont
21:16 Laura Rankin, Poway
21:18 Anne Severtson, Helix
21:32 Brikiti Tewolde, Helix

Fastest San Diego sophomores:

19:54 Babonie, P
20:25 Natisse Martin, Helix
21:24 Kasey Shemwell, Poway
21:54 Vanessa Cuadra, Chula Vista
22:02 Abby McConnell, Chula Vista
22:35 Becca Chiment, Poway
22:35 Cara Foote, Poway
22:35 Katie Sharp, Poway

Dana Hills Invitational

FROM PAGE TEN

Fastest San Diego frosh:

18:53	L. Cox, E
19:01	Garcia, CV
19:02	Sullivan, Hx
20:03	Fox, MM
20:29	Nespor, P
21:12	Marissa Leivas, Escondido
21:23	Veronica Roberts, Mt Carmel
21:29	Sarah Marshall, Escondido
21:32	Maria Melvin, Chula Vista
21:33	Chastity Flow, Helix

Stanford Invitational:

At Palo Alto, Saturday, Sept. 30. Course: Grassy, hilly.

BOYS (3.1 miles):

Fastest ten San Diego runners, all divisions:

15:50	Ayub Abdusalam, Hoover
16:43	Brent Bolton, Scripps Ranch
16:55	Dustin Diaz, West Hills
16:56	Tyler Mack, Torrey Pines
16:56	Ron Anderson, Scripps Ranch
17:03	David Hayes, Point Loma
17:11	Adam Greene, St. Augustine
17:17	Celso Fernandez, Point Loma
17:18	Mark Savel, Point Loma
17:25	Charley Hulsey, Torrey Pines
17:25	Chris Nagao, West Hills

Team times, San Diego teams:

87:28	West Hills
87:31	Point Loma
89:19	Torrey Pines
90:17	St. Augustine
95:41	Helix

Scripps Ranch and Hoover, individuals only.

Division 1:

Teams: Jesuit, Sacramento 110; De La Salle, Concord 137.

Individuals:

1. Ayub Abdusalam (Hoover) 15:50; 2. John Hake (Arroyo, El Monte) 15:58; 3. Randy Maestretti (De La Salle, Concord) 16:01.

Division 2:

Teams: Edison, Huntington Beach 127, Mission San Jose, Fremont 137, Reedley 139, Point Loma 227. Also, 14. Torrey Pines 338; 26. Helix 614. Scripps Ranch incomplete team.

Individuals: 1. Jon Stevens (Mission San Jose, Fremont) 15:54; 2. Jim Nelson (Napa) 15:58; 3. Ronnie Buchanan (Righetti, Santa Maria) 16:04.

San Diego runners:

13. Brent Bolton (Scripps Ranch) 16:43; 22. Tyler Mack (Torrey Pines) 16:56; 23. Ron Anderson (SR) 16:56; 28. David Hayes (Point Loma) 17:03; 34. Celso Fernandez (PL) 17:17.

37. Mark Savel (PL) 17:18; 42. Charley Hulsey (TP) 17:25; 51. Billy McKee (TP) 17:34; 65. Justin Markland (PL) 17:54; 73. Tom Gibbings (PL) 17:59.

77. Amanuel Gebru (Helix) 18:04; 80. Jason McKnight (PL) 18:05; 94. Mike Saracino (TP) 18:18; 99. Oscar Betancourt (PL) 18:23; 101. Solomon Riskie (Hx) 18:25.

137. Lee Lim (Hx) 18:57; 143. Scott McLaughlin (Hx) 19:05; 144. Scott Giese (TP) 19:06; 170. Mike Altfest (TP) 20:03; 183. Victor Danh (Hx) 21:10.

Division 3:

Teams: Nordhoff, Ojai 60; Livermore 142; Corona Del Mar, Newport Beach 185. Also, 7. West Hills 279; 16. St. Augustine 475.

Individuals: 1. Micheil Jones (Livermore) 15:33; 2. Mike Wojciechowski (Clayton Valley, Concord) 15:59; 3. Will Bernarldo (Nordhoff, Ojai) 16:12.

San Diego runners:

24. Dustin Diaz (West Hills) 16:55; 34. Adam Greene (St. Augustine) 17:11; 48. Chris Nagao (WH) 17:25; 54. Matt Stuart (WH) 17:31; 58. Greg Rodriguez (StA) 17:32.

60. Saccone (WH) 17:33; 93. Matt Rendina (WH) 18:04; 96. Brian Janes (StA) 18:05; 133. Donnelly (StA) 18:36; 154. Tompkins (StA) 18:53; 163. Don Overland McKay (WH) 19:00; 236. Tom Corbin (WH) 20:24.

Division 4:

Team: Morro Bay 39.

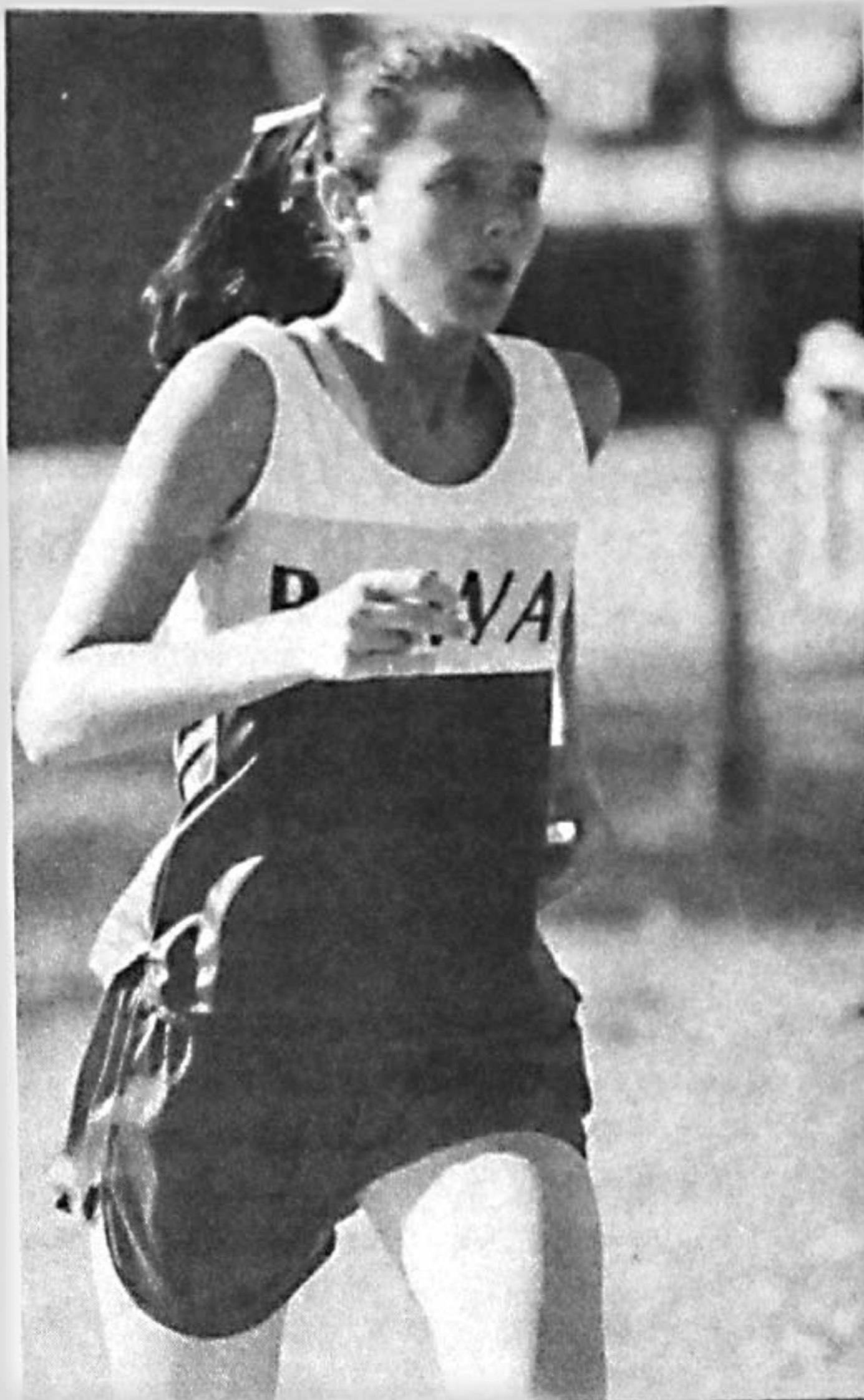
Individual: 1. Isaiah Festa (Morro Bay) 15:56.

No San Diego area entries.

GIRLS (3.1 miles):

Fastest ten San Diego runners, all divisions:

19:09	Sonia Rodriguez, Vista
19:21	Devon Straitiff, Torrey Pines
19:53	Sarah Schmidt, Scripps Ranch
19:55	Noelle Magana, Vista
20:04	Emily McFarland, Scripps Ranch



Jessica Pound, Poway
Led team in Mt Carmel dual.



Gabe White, Bonita Vista

20:14	Kelly Grimes, Scripps Ranch
20:36	Kristina Stasko, Scripps Ranch
20:36	Brooke Schroeder, Vista
20:37	Fatima El Farrah, Vista
20:51	Jaclyn Nolan, Torrey Pines

Team times, San Diego teams:

101:34	Vista
102:34	Scripps Ranch
104:37	Torrey Pines
112:26	West Hills

Division 1:

Teams: Clayton Valley, Concord 49; Bend, Oregon 136; Thousand Oaks 139; Vista 158.

Individuals: 1. Julia Stamps (Santa Rosa) 17:19; 2. Kim Mortensen (Thousand Oaks) 17:41; 3. Jennifer Burris (Ayala, Chico Hills) 19:03.

San Diego runners:

5. Sonia Rodriguez (Vista) 19:09; 14. Noelle Magana (V) 19:55; 36. Brooke Schroeder (V) 20:36; 38. Fatima El Farrah (V) 20:37; 68. Natalie Forsyth (V) 21:17; 75. Mary Blasius (V) 21:34; 76. Julie Davidson (V) 21:38.

Division 2:

Teams: Scripps Ranch 80; Torrey Pines 121; Trabuco Hills (Mission Viejo) 131.

Individuals: 1. Jin Schindler (Ponderosa, Shingle Springs) 18:40; 2. Marla Gardner (Ashland, Oregon) 19:14; 3. Devon Straitiff (Torrey Pines) 19:21.

Other San Diego runners:

8. Sarah Schmidt (Scripps Ranch) 19:53; 11. Emily McFarland (SR) 20:04; 13. Kelly Grimes (SR) 20:14; 20. Kristina Stasko (SR) 20:36; 22. Jaclyn Nolan (TP) 20:51.

23. Erin Burke (TP) 20:53; 42. Bethany Bogart (TP) 21:41; 45. Kim Rogoff (SR) 21:47; 51. Jill Coad (TP) 21:51; 76. Becka Instone (TP) 22:15; 117. Kristin Branson (TP) 23:41.

Division 3:

Teams: El Modena, Orange 81; Nordhoff, Ojai 98; Del Oro, Loomis 128. Also, 16. West Hills (34 teams).

Individuals: 1. Kristen Gordon (Carondolet, Concord) 18:22; 2. Elaine Canchola (Nordhoff, Ojai) 18:22; 3. Shalynn Fullove (Louisville, Woodland Hills) 19:09.

San Diego runners: 50. Shelley Van Winkle (West Hills) 21:22; 76. Jenny Holdzkorn (WH) 21:55; 105. Sarah Garcia (WH) 22:36; 106. Heather Holford (WH) 22:37; 160. Alexis Rendia (WH) 23:56; 200. Sarah Benedict (WH) 25:59; 201. Heather Shurtleff (WH) 26:00.

Division 4:

Team: Pearl River, New York 59.

Individual: 1. Kristin Groncy (Lutheran, Orange) 19:31.

No San Diego area entries.

DUALS:

San Diego/Scripps Ranch

At Morley Field, Sept. 20.

BOYS (2.95 miles):

San Diego 24, Scripps Ranch 37.

Bolton (SR) 16:08.

GIRLS (2.55 miles):

Scripps Ranch 15, San Diego 47.

Schmidt (SR) 16:17.

Pt Loma/University/Crawford

At Morley Field, Sept. 20.

BOYS (2.95 miles):

Point Loma 15, University 50.

Point Loma 22, Crawford 39.

University 27, Crawford 28.

Brown (Cr) 16:22.

Mission Bay/Madison

At Hilton Course, Mission Bay, Sept. 20.

GIRLS (2.1 miles):

Mission Bay 15, Madison 50.

Bustos (MB) 12:56.

Clairemont/University City/Serra

At Morley Field, Sept. 21.

BOYS:

Clairemont 22, Serra 33.

Clairemont 28, University City 29.

University City 22, Serra 33.

Davis (C) 16:45; Garcia (C) 17:24; Landau (UC) 17:42; O'Connor (UC) 17:46; Padilla (C) 18:12.

Smith (UC) 18:15; McNurlan (S) 18:16; unid. (S) 18:16; Niernan (UC) 18:26; Roberts (C) 18:32.

San Diego/Point Loma/Henry

At Morley Field, Sept. 22.

BOYS (2.95 miles):

Murillo (SD) 16:04; Savel (PL) 16:13; Cruz (SD) 16:14; Fernandez (PL) 16:26; Hayes (PL) 16:30.

Jimenez (SD) 16:38; Staton (PH) 16:48; Marche (SD) 16:50; Kocina (SD) 16:52; Montano (SD) 17:08.

GIRLS (2.55 miles):

Point Loma 18, Patrick Henry 42.

Point Loma 15, San Diego 45.

Patrick Henry 27, San Diego 28.

Tellez (PL) 17:23; McDade (PH) 17:25.

Poway/Mt Carmel

At Lake Poway, Sept. 22.

BOYS:

Poway 25, Mt Carmel 30.

Kirtley (P) 16:48; Compean (MC) 16:56; McNeely (P) 17:05; Davis (P) 17:32; Dos Santos (MC) 17:35.

Romero (MC) 17:39; Zanderson (P) 17:44; Baskin (MC) 17:44; Sleichter (MC) 17:44; Dalrymple (P) 17:53.

GIRLS:

Poway 19, Mt Carmel 36.

Pound (P) 16:16; Vasek (P) 16:25; Johnson (MC) 16:42; Koscki (P) 16:46; Babonie (P) 16:52.

Slansky (MC) 17:14; Nespor (P) 17:24; Aguilar (MC) 17:26; Cobb (MC) 17:43; Sundquist (MC) 17:44.

West Hills/El Cajon Valley

At West Hills, Sept. 27.

BOYS (2.9 miles):

West Hills 15, El Cajon Valley 50.

Diaz (WH) 16:57.

GIRLS:

West Hills 15, El Cajon Valley 50.

Shurtleff (WH) 16:19.

El Capitan/Grossmont

At Lindo Lakes, Sept. 27.

BOYS (3.2 miles):

El Capitan 28, Grossmont 28; El Cap wins on tie-breaker (fastest sixth man).

McQuitty (G) 16:15; Sanchez (EC) 16:54; Konold (G) 17:18; Daynes (G) 17:18; Boland (EC) 17:34.

DUALS:

FROM PAGE ELEVEN

Payne (EC) 17:37; Orozco (EC) 17:49; Principe (EC) 17:49; Abraha (G) 18:05; Freese (EC) 18:08.

NOTABLE: How close was this meet? In tenth place, El Cap's Freese edged out Grossmont's Bello, both credited with 18:08.

GIRLS (2.15 miles):

El Capitan 15, Grossmont 43.

Gregerson (EC) 12:53; Jenkins (EC) 12:54; Kindreich (EC) 13:41; Smock (EC) 14:04; Dominguez (EC) 14:09.

De La Torre (G) 14:12; Lintvedt (G) 14:26; Lindsey (G) 14:38; Bishop (EC) 14:52; Lieberman (G) 14:56.

Torrey Pines/Carlsbad/Escondido

At Calavera Hills, Carlsbad, Sept. 27.

BOYS (3.25 miles):

Torrey Pines 18, Escondido 41.

Torrey Pines 19, Carlsbad 36.

Carlsbad 25, Escondido 33.

Hulsey (TP) 18:39; Mack (TP) 18:45; Adam (TP) 18:55; Lopresti (C) 18:56; Meek (E) 19:16.

McKee (TP) 19:31; Miller (E) 19:53; Jacobs (C) 20:11; Garcia (C) 20:23; Austin (TP) 20:33.

GIRLS (2.5 miles):

Torrey Pines 25, Escondido 32.

Torrey Pines 16, Carlsbad 47.

Escondido 17, Carlsbad 38.

Straitiff (TP) 15:34; L. Cox (E) 15:56; Nolan (TP) 16:19; Kilian (E) 16:37; S. Cox (E) 16:47.

Burke (TP) 17:03; Bogart (TP) 17:18; Van Dyke (C) 17:25; Instone (TP) 17:30; Coad (TP) 17:35.

Rancho Bernardo/Fallbrook/Vista

At Rancho Bernardo Park, Sept. 27.

BOYS:

Vista 21, RB 37.

Vista 18, Fallbrook 39.

Fallbrook 26, RB 33.

Ketcham (V) 15:54; Tello (RB) 16:01; Land (V) 16:12; Briceno (V) 16:18; Galaviz (RB) 16:33.

Garcia (V) 16:54; Coughlin (F) 16:58; Batiuk (F) 17:00; Weaver (F) 17:05; Rodriguez (V) 17:08.

NOTABLE: Steve Ketcham's 15:54 was a new course record. The old record was 16:14 by Mt. Carmel's Greg Nett in 1994. Eron Tello and Jason Land also broke the old mark.

GIRLS:

RB 27, Vista 29.

RB 19, Fallbrook 38.

Vista 21, Fallbrook 39.

Rodriguez (V) 15:38; Wilkins (RB) 16:04; A. Kitchen (RB) 16:16; C. Kitchen (RB) 16:19; Mattson (F) 16:22.

El Farrah (V) 16:36; Magana (V) 16:40; Rohde (F) 16:45; Hancock (RB) 16:51; Schroeder (V) 17:01.

NOTABLE: Sonia Rodriguez, and the next three runners, all broke the old course record of 16:20, run by RB's Karen Richter in 1993.

Borrego Springs/Warner

At Borrego Springs, Sept. 28:

BOYS (3.1 miles):

Borrego Springs 24, Warner 31.

Noyes (BS) 20:41, new course record.

Hoover/Kearny

At Morley Field, Sept. 28.

BOYS (3.0 miles):

Hoover 20, Kearny 41.

Abdusalam (H) 18:03.

Clairemont/Parker

At Tecolote Canyon, Sept. 28.

BOYS (3.0 miles):

Clairemont 19, Parker 36.

Davis (CI) 18:17.

Sweetwater/Bonita Vista/Eastlake

At Rohr Park, Sept. 29.

BOYS (3.1 miles):

Bonita Vista 24, Sweetwater 35.

Bonita Vista 15, Eastlake 50.

Sweetwater 15, Eastlake 50.

White (BV) 17:05; Vega (S) 17:09.

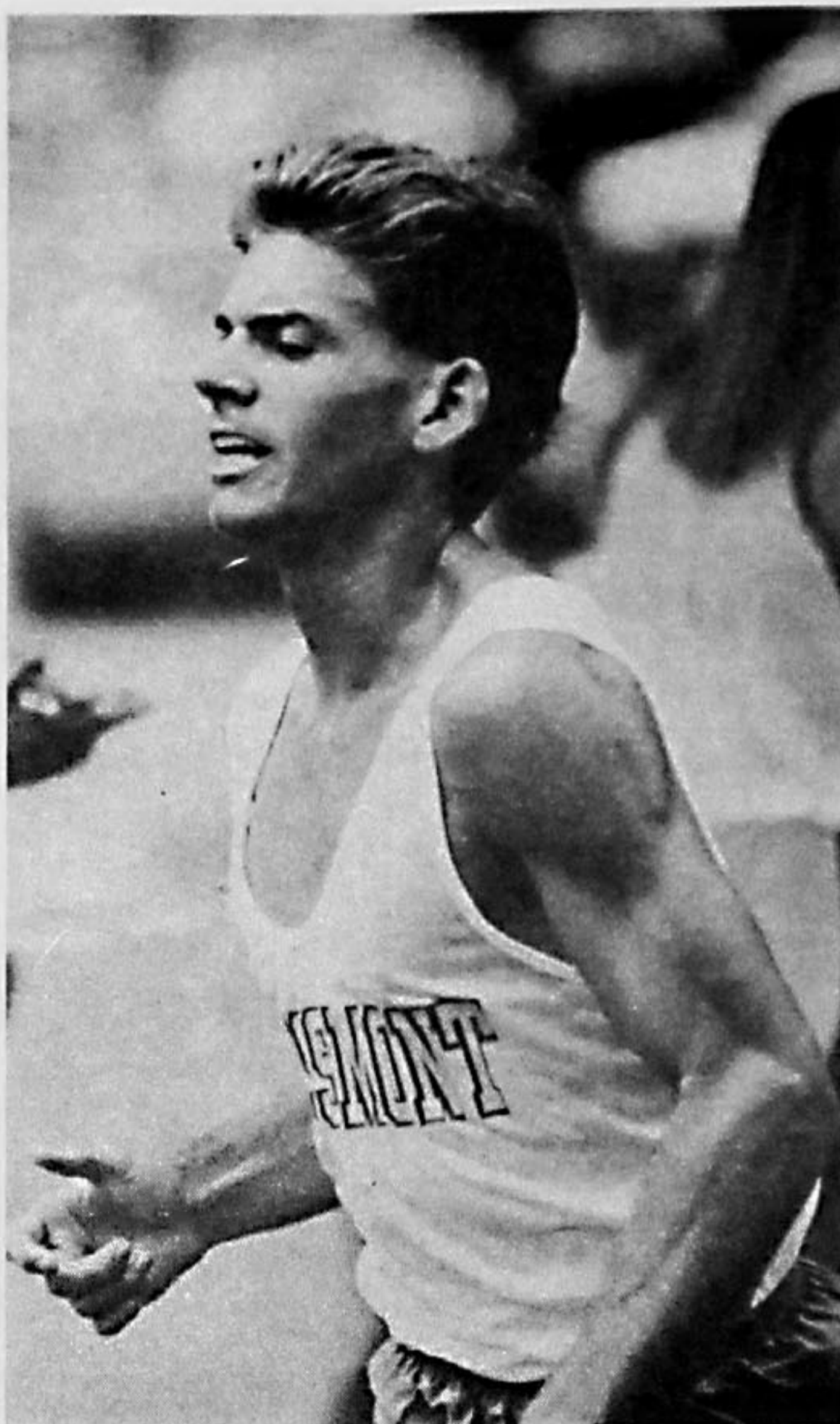
GIRLS (2.3 miles):

Bonita Vista 21, Sweetwater 38.

Bonita Vista 23, Eastlake 43.

Sweetwater 22, Eastlake 35.

Phillips (BV) 13:22.



David McQuitty, Grossmont

Won at Dana Hills, in 15:08.



Sonia Rodriguez, Vista

Fifth at Stanford, in 19:09.

Montgomery/S'west/Mar Vista

At Montgomery High, Sept. 29.

BOYS (3.01 miles):

Montgomery 15, Southwest 45.

Montgomery 21, Mar Vista 35.

Mar Vista 19, Southwest 40.

A. Rodriguez (Mont) 16:49; Corona (MV) 16:58.

GIRLS (2.3 miles):

Montgomery 17, Southwest 42.

Montgomery 21, Mar Vista 35.

Mar Vista 23, Southwest 34.

Arellano (Mont) 17:00.

Hilltop/Chula Vista/Castle Park

At Hilltop, Sept. 29.

BOYS (3.0 miles):

Hilltop 27, Chula Vista 29.

Hilltop 24, Castle Park 34.

Chula Vista 18, Castle Park 43.

Read (H) 17:42; Lopez (CV) 17:48.

NOTABLE: Chula Vista runners Jose Ramirez and Adrian Ramirez were disqualified for unsportsmanlike conduct after finishing in a tie for first.

GIRLS (2.3 miles):

Chula Vista 16, Hilltop 47.

Chula Vista 15, Castle Park 50 (forfeit).

Hilltop 15, Castle Park 50 (forfeit).

Dunn (CV) 16:21.

Valhalla/Granite Hills

at Griffen Park, Sept. 29.

BOYS (3.1 miles):

Valhalla 19, Granite Hills 42.

Nugent (V) 17:20.

GIRLS (2.3 miles):

Valhalla 15, Granite Hills 47.

Royndon (V) 14:21.

San Pasqual/El Camino/Ramona

At Ramona Oaks, Sept. 29.

BOYS (3.1 miles):

Ramona 18, El Camino 44.

Ramona 21, San Pasqual 34.

San Pasqual 20, El Camino 37.

Reid (R) 17:56; Adams (R) 18:08; Young (EC); Miller (R) 18:38; Pena (SP).

Brown (SP); Holt (SP); Shofstall (R) 18:52; Reyes (R) 19:09; Crowe (SP).

GIRLS (2.4 miles):

Ramona 19, San Pasqual 40.

Ramona 15, El Camino 50.

San Pasqual 22, El Camino 39.

Clark (R) 16:14; Brusherd (SP); Kilian (R) 16:50; Shephard (R) 17:11; Beltran (R) 17:21.

Roane (R) 17:32; Reed (EC); Berhman (SP); Brian (SP); Glazer (EC).

San Dieguito/Orange Glen/RBV

At San Dieguito Park, Sept. 29.

BOYS:

RBV 15, San Dieguito 48.

RBV 27, Orange Glen 28.

OG 15, San Dieguito 40.

Blanco (RBV) 18:17; E. Rosales (OG) 18:33; Hornbacher (RBV) 18:54; Jiminez (OG) 19:07; Kennedy (OG) 19:11.

Dupuis (RBV) 19:16; Lanting (OG) 19:20; Ortega (RBV) 19:22; Garcia (RBV) 19:30; Lopez (OG) 19:31.

GIRLS:

OG 15, San Dieguito 50.

OG 18, RBV 45.

RBV 27, San Dieguito 29.

Rumble (OG) 14:27; Rennix (OG) 14:39; Carpenter (RBV) 14:48; Goffredo (OG) 14:49; Lawrence (OG) 14:53.

Cottrell (OG) 14:53; Hieb (OG) 15:03; Jiminez (OG) 15:04; Trayer (RBV) 15:36; Mercado (SD) 15:38.

Mira Mesa/Morse

At Morley Field, Oct. 3.

BOYS (3.0 miles):

Mira Mesa 17, Morse 40.

Henderson (MM) 15:53.

GIRLS (2.55 miles):

Mira Mesa 21, Morse 38.

Jen. Grooms (MM) 17:22.

Serra/Kearny

At Morley Field, Oct. 3.

BOYS (3.0 miles):

Serra 18, Kearny 45.

Lott (S) 17:45.

GIRLS (2.55 miles):

Serra 20, Kearny 43.

Magante (S) 18:07.

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