

TRACK MAGAZINE



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Trend: Great girls everywhere

With the season now cranking at full steam, the most obvious trend is that this is a year where the girls will hold the spotlight.

This is certainly one of the very best groups of girl athletes in local track history, although final comparisons will have to wait until the season is over.

It starts with Morse's Monique Henderson, who, after a tentative early season, is now approaching great form after back-to-back impressive invitationals, at Arcadia and at Mt. SAC. At those meets, she disposed of great fields of top state athletes, and added another section all-time best to her list of credentials.

There is some top sprint talent behind her, including RBV's Nastassja Hall, Helix transfer Shannan Hawes (from Oklahoma), Mt. Carmel frosh Kristan Matison, USD's Zikarra Beverly and Francis Parker's Stephanie Blake.

It's an excellent year in the distances as well, with Hilltop's Desiree Davila (10:40, 4:58) and San Dieguito's Jenna Timinsky (2:12) both on track to impact their state meet races. There's great depth in those events, with runners such as Torrey Pines' Julie Komosinski and Dani Schuster, El Capitan's Jasmine Marquez, Ramona's Loretta Kilmer, Rancho Bernardo's Allison Hall and some interesting darkhorse athletes.

It's also one of the best years ever in the throws, with Sweetwater's Aiga Marie Taumua, Fallbrook's Carrie Johnson, Morse's Amber Hood, and San Marcos twins Racanna and Brianna Makihele. Four girls are past 41 feet in the shot, and two are already in the 140s in the disc.

In the jumps, there are six girls at 5-4 or higher in the high jump, led by Torrey Pines' Lauren Jones, and seven girls ranging from 17 to 18 feet in the long jump, led by El Camino's Jessica Thomas. RB's Molly Pascarella leads the vault list at 12 feet, with two others at 11-0, and seven others at 10 feet or higher.

The hurdles are well stocked with athletes such as Helix's Bryanna Barmer, Poway's Audrey Pound, Escondido's Meggi Afenir, El Camino's Jessica Eggleston, San Pasqual's Morgan Albini and Lincoln's Unika Smith.

At the CIF championships, at least four schools have a legitimate shot at the girls team title. Morse is a favorite, but Rancho Bernardo, defending champion Rancho Buena Vista, and Helix will all strongly contend for the crown.

The best in local prep track & field coverage

What's inside...

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

The season enters its final dual-meet phase. Some league races are basically decided, but in others, it's not over. See page three.

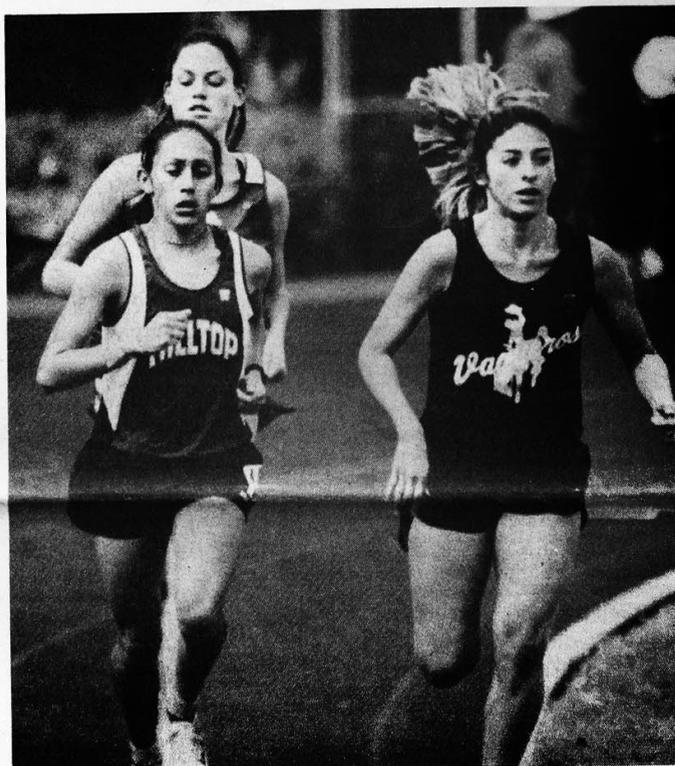
Monique Henderson takes down another area all-time best at Mt. SAC. See page two.

Sundevil had great performances by Desiree Davila, Jeff Hunter, Jenna Timinsky, and others. See page three.

Monique looked back to form at Arcadia. See page five.

Pascarella's 12-foot vault was the best effort at the Jaguar double invite. See page six.

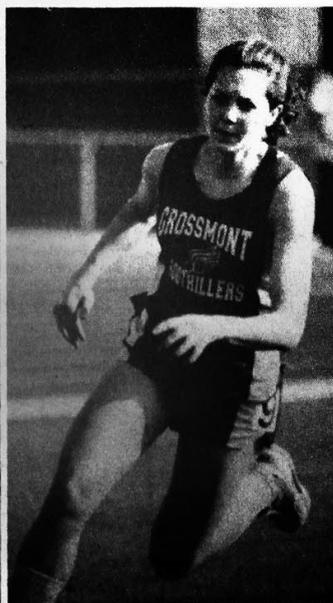
The best marks begin on page seven.



Hilltop's Desiree Davila impressed everybody with her 10:40 for 3200 at Sundevil, besting Ramona's Loretta Kilmer and El Cap's Jasmine Marquez.



Carrie Johnson
Fallbrook



Eva Tanner
Grossmont

Next Issue:

May 11

Look for it at your
League Finals.

Duals: Some great meets left

As the season approaches its final week of league dual meets, a number of league titles are still up for grabs.

Grossmont North: West Hills and Grossmont are both unbeaten in both boys and girls duals at press time and will meet next week. The Wolfpack will be a favorite in the boys meet, but the girls meet dopes out very closely between West Hills and an improved Grossmont squad.

Palomar: There is no relief in this league, where the county's best group of teams slug it out week after week.

In boys competition, Rancho Bernardo just edged RBV last week, 69-67, while Mt. Carmel and Vista remained unbeaten. At press time, Vista had yet to meet Mt. Carmel or RBV.

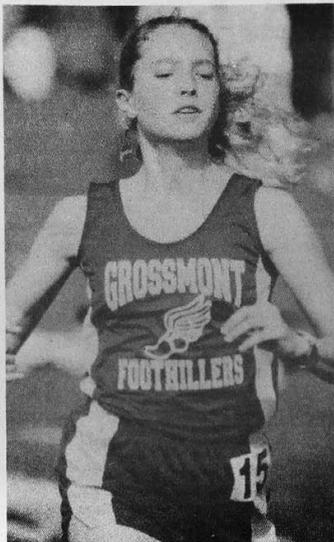
In girls meets, RBV and Rancho Bernardo fought to a 68-68 tie, in a meet filled with drama. Points swung back and forth in the triple jump, for instance. RB's Jennifer Greene was jumping well in second place, but she was surpassed by RBV's Renee McKinney, who hit a big PR. RBV sacrificed their relay teams, but used those athletes spread out over a number of individual events to rack up points.

Still to come, at press time: RBV vs. Mt. Carmel, and Rancho Bernardo vs. Torrey Pines.

Western: La Jolla's boys used depth to put an end to Mission Bay's unbeaten record last week. The Bucs were without sprinters Shaun Harper and JaJa Riley, which didn't help. The Vikings swept the 100 on their way to an 81-55 win.

In girls meets, the title is still up for grabs, with La Jolla and University of San Diego both still unbeaten at press time.

Avocado: Fallbrook and El Ca-



Julie Pitts
Grossmont

mino were both still unbeaten in both boys and girls duals at press time, and those duals should decide those league titles.

The San Marcos boys team is 0-2, but both of their losses have come in close meets with the main contenders.

Mesa: In boys action, Sweetwater and Bonita Vista are both unbeaten at press time, and will meet in the last week. The Devils also still must face a good Chula Vista team. Bonita edged Chula, 70-66, last week.

In girls meets, Chula Vista may have taken the upper hand by just beating Bonita Vista, 71-65, last week. At press time, both teams still had to face a good Sweetwater squad.

Valley: In boys meets, Valley Center is firmly in control of the league after wins over Escondido, Ramona and San Pasqual. Their closest meet was with Escondido (74-62). The Jaguars finish with Orange Glen and Oceanside.

On the girls side, San Pasqual is unbeaten, and has beaten Valley Center. They still have to get by Escondido, as of press time.

Eastern: University City and Serra were both unbeaten in boys meets, as of press time, so their showdown will decide the league



Lateef Azziz
Mission Bay

crown. UC, with possibly their best all-around team yet, will be the favorite.

In girls meets, Morse is 5-0, and has wins over both of their closest challengers, which are Serra and UC. The Serra/UC dual will decide the second spot.

Grossmont South: In boys competition, the Granite Hills vs. Helix dual was THE meet. The Eagles have also beaten Monte Vista and Mount Miguel, and have Valhalla left on their schedule.



Emily Melendrez
Poway

In girls racing, Helix and Monte Vista both remain unbeaten at press time. Both teams won over a decent Granite Hills squad by similar scores, so that showdown could be interesting.

South Bay: In boys meets, Eastlake and Castle Park were both unbeaten at press time, so that meet will decide all.

Actually, the same situation is true in girls standings as well. Eastlake, with great depth, will be favored in both meets, but Castle Park can be tough.

Harbor: Unbeaten Hoover boys and girls teams are cruising through this league, with wins over all of their top opponents.

Dual Meet Rankings

Week of April 27:

BOYS:

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

Others:

West Hills
Fallbrook
El Camino
Escondido

GIRLS:

1. Morse
2. (tie) Rancho Bernardo
2. Rancho Buena Vista
4. Helix
5. Fallbrook
6. Mt. Carmel
7. El Camino
8. Torrey Pines
9. San Pasqual
10. Chula Vista

Others:

West Hills
Bonita Vista
Eastlake
Grossmont

Mt. SAC:

*Monique's
23.16 is a
record*

Monique Henderson won a sprint double at Mt. SAC last week, in cool conditions, that included a section all-time best in the 200 meters.

Henderson ran 23.16 to beat a good field of top prep sprinters, including Allyson Felix and Sierra Hauser-Price.

In so doing, she also edged ahead of the all-time county best in that event, which was 23.18, set by Lincoln's Jackie Thompson.

That mark, made in 1972, actually predated official girls prep track competition in California.

Thompson was a Lincoln senior who competed in club track, and who made the Olympic team that summer. Her mark came in open competition, and it has remained atop the all-time lists until now. It took another Olympic athlete to

Please see page 3.

TRACK MAGAZINE

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Mt. SAC:

From previous page.

better it.

Henderson, who annually uses the Mt. SAC meet as a speed test, also won the 100 over another top field that included Angel Perkins and Felix. She ran 11.68, into a headwind.

West Hills' Ben Aragon, for the second week in a row, had a good double. He won the 800 in 1:53.45 and was second in the 1500 in 3:54, about the equivalent of 4:11 for 1600.

Granite Hills' Jeff Hunter had an interesting day. He was off to a good lead in the 110 hurdles until he hit the eighth hurdle and fell at the ninth. The race was won in 14.12, so Hunter might have been running at 14.00 pace or faster.

He came back later to take the 300s in 37.62, and, much later, traveled to Poway to run a great anchor (48.1) in the 4x400 at the Sundevil meet.

The results:

At Mt. San Antonio College, Saturday, April 21.

BOYS:

San Diego Section performers:
800 (Inv.): 1. Aragon (West Hills) 1:53.45.
1500 (Inv.): 1. Barrios (Mexico) 3:47.66, 2. Aragon (West Hills) 3:54.63.
110 HH (Inv.): 1. Johnson (Arlington) 14.12. DNF: Hunter (Granite Hills), fell at ninth hurdle.
300 IH (Inv.): 1. Hunter (Granite Hills) 37.62.
4x100 (Inv.): University City 42.31.
Race 1: 2. Lincoln 43.07.
4x200 (Inv.): 5. University City 1:29.23.
High Jump (Inv.): 5. McDonough (La Costa Canyon) 6-6.

GIRLS:

San Diego Section performers:
100 (Inv.): 1. Henderson (Morse) 11.68 (wind: -1.1), 2. Perkins (Gahr) 11.78, 3. Felix (LA Baptist) 11.87.
200 (Inv.): 1. Henderson (Morse) 23.16 (wind +1.0), 2. Felix (LA Baptist) 23.31, 3. Hauser-Price (Sherman Oaks Notre Dame) 24.57.
400 (Inv.): 5. Blake (Francis Parker) 57.25.
300 LH (Inv.): 4. Pound (Poway) 46.56.
4x400: Race 5: La Costa Canyon 4:04.57.
4x1600: 4. West Hills 22:08.22.

Sundevil:

Speedsters blow the rain away

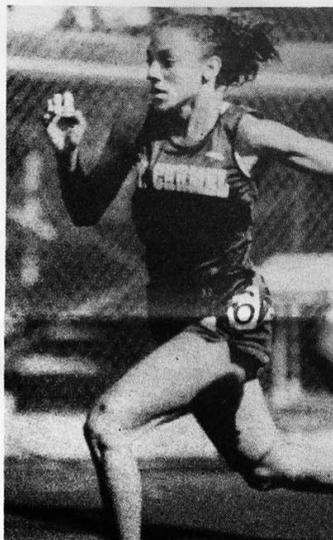
The beginning of this year's Sundevil Invitational was less than auspicious.

A storm that arrived Friday night and continued well into Saturday threatened to cancel the meet.

But, all's well that ends well. Meet officials moved the venue to Poway's all-weather surface and began the competition an hour later



Eddie Thomas
Monte Vista



Kristan Matison
Mt. Carmel

than planned.

It worked. The track proved fast, and a number of section seasonal bests were recorded.

One of the most impressive efforts was Jeff Hunter's 48.1 anchor leg in the day's last event, the boys 4x400, which gave Granite Hills a section-leading 3:19.1. It provided an emphatic punctuation to a great meet that began with dubious athletes and coaches huddled under umbrellas.

Hilltop's Desiree Davila showed that she might be a factor in the state 3200 final, as she unreeled an impressive 10:40.2 in the 3200. To this point, she has rarely made a serious effort in the 3200, but that could all change now. Left in her wake in this race were Ramona's Loretta Kilmer and El Capitan's Jasmine Marquez.

Another star was Helix sprinter Shannan Hawes, who won the the 100 (12.0) and 200 (24.9), and who anchored two swift relay teams. She came from far back to overtake Morse's 4x100 team, as the



Bernard Lam
The Bishop's School



Cynthia Concha
Sweetwater

Highlanders ran 48.9. Later, she almost pulled out the 4x400 with another strong anchor run, but RB's Laura Landry held her off. Both teams ran 4:02.3.

San Dieguito's Jenna Timinsky was alone in her 2:12.0 800 effort, winning by more than six seconds in racking up another section leading mark.

Best quality girls event was the shot, where Sweetwater's Aiga Marie Taumua tossed 44-2.5 to take this particular summit meeting of top throwers. Morse's Amber Hood (41-5.75), Fallbrook's Carrie Johnson (41-3.75) and San Marcos' Racanna Makihele (38-6.75) showed why this is a great year in the girls' throws.

Morse's girls team showed why they are the CIF favorites and top-

ranked dual meet team.

Their relay teams ran 49.2 and 4:05.6, both without assistance from Monique Henderson: Hood hung tough in that great shot competition; LaSheena Rice won the long jump on her last effort (17-5.25), and Amonica Phipps moved up to the 1600 to get a PR (5:22).

The boys were overshadowed by comparison, but Monte Vista's Eddie Thomas ran 49.0 in the 400 for a section leader. Mount Miguel's Brady Douglas is rounding into shape fast, as he ran 49.7.

Granite's Vince Clarke won the shot with a PR of 56-6.5, and also won the disc.

In separate heats, Helix's Reggie Bush and Monte Vista's Richard Del Rincon both put up matching sets of 10.8s and 21.7s.

The day's best boys race was the 3200, where El Capitan soph Benny Gandolfo held off several late rushes by Army Navy junior Will Kraemer, with both running in the 9:33s.

Another good boys duel was in the 800, where La Jolla's Chris Ferrier (1:57.1) overtook San Pasqual's Matt Johnson (1:57.9).

The results:

At Poway High, Saturday, April 21. Conditions: Heavy rain showers before competition, an occasional sprinkle later. Track and runways all dried quickly, and dampness was not a real factor. Occasionally gusty wind was usually a cross wind, and was almost never a major factor. Temperatures were mostly cool.

BOYS:

100:

1 Heat: Bush (Hx) 10.8, Martin (Vis) 11.0, O'Neal (GH) 11.1, Johnson (Monrovia) 11.2, Macklin (Vis) 11.2.

2 Heat: Hutsona (Hx) 10.9, Thompson (Swe) 11.0, Flowers (SP) 11.2, Cunningham (SR) 11.2, Mahoney (MIC) 11.2, Green (Craw) 11.4.

3 Heat: Del Rincon (MontV) 10.8, Walker (ECam) 11.1, Shuster (WH) 11.3, Graham (RB) 11.4, Jackson (Paraclete) 11.4.

200:

1 Heat: Bush (Hx) 21.7, Evans (GH) 22.2, O'Neal (GH) 22.3, Martin (Vis) 22.5, Johnson (Monr) 23.0.

2 Heat: Del Rincon (MontV) 21.7, D. J. Contreras (VC) 21.9, Thompson (Swe) 22.2, Lam (Bish) 22.4, Cunningham (SR) 22.6, Green (Craw) 22.8.

400:

1 Heat: Thomas (MontV) 49.0, Douglas (MIM) 49.7, Evans (GH) 50.1, Maldonado (Vis) 50.6, Reddick (Mor) 50.6, Lam (Bish) 50.8, Tooks (ECV) 51.9, Azziz (MB) 52.7.

2 Heat: Mendoza (MB) 50.2, Mahoney (MIC) 50.7, Andre (SP) 51.0, Anderson (Val) 51.5, Ramsey (WH) 52.2, Westbrook (Mar) 52.3, Taylor (Vis) 52.9, Picou (MIM) 53.2.

800:

1 Heat: Ferrier (LJ) 1:57.2, Johnson (SP) 1:57.9, Kraemer (ANA) 2:00.8, Fonville (Hesperia) 2:01.1, Baddas (Vis) 2:01.5, Bono (GH) 2:01.9, Kelleher (Vis) 2:03.1.

2 Heat: Savage (WH) 2:02.1, C. Tanks (RB) 2:02.6, Davey (MIC) 2:03.9, Driscoll (MontV) 2:04.8, D'Angelo (Sant) 2:05.1.

1600:

1 Heat: Barre (MIC) 4:21.7, Kraemer (ANA) 4:24.5, Ungrecht (Fall) 4:25.7, Montez (Vis) 4:26.8, Bachman (VC) 4:27.4, Gausepohl (VC) 4:31.6, Reid (Glandora) 4:31.9, Schible (WH) 4:32.7, Halleland (WH) 4:33.7, Retherford (SM) 4:33.8, Larios (Vis) 4:35.7, Aradanas (MIC) 4:36.1.

2 Heat: Fonville (Hesp) 4:32.6, Gold-

Please see page 4.

Sundevil:

From previous page.

berg (MIC) 4:32.9, Driscoll (MontV) 4:33.3, Brock (MB) 4:35.2, Roudaskoski (SR) 4:35.7, Sanchez (Ram) 4:37.2, Madden (Val) 4:37.6, Nolan (TP) 4:38.1, Bickham (ECam) 4:38.6.

3200:
Gandolfo (ECp) 9:33.5, Kraemer (ANA) 9:33.7, Hernandez (Vis) 9:38.5, Polito (VC) 9:40.9, DiFillipo (Glen) 9:41.9, Garratt (UC) 9:45.3, Skerl (VC) 9:52.9, Lawrence (Ram) 9:53.4, Carrillo (GH) 9:54.5, German (Vis) 9:58.7, Ignacio (SM) 10:01.9, Neilsen (MIC) 10:04.6, Gibson (Glen) 10:09.4, D. Tanks (RB) 10:10.3, Shellhammer (Ram) 10:14.1, Hassanzadeh (TP) 10:16.5.

110 HH:
1 Heat: Talbert (MIC) 14.5, Chambless (South Hills) 14.9, Harvey (Swe) 15.2, Stroh (VC) 15.2, Dudek (TP) 15.4.
2 Heat: Lewis (MontV) 14.8, Muehlback (TP) 15.0, Frinell (Fall) 15.1, Everette (SP) 15.1, Webb (Diamond Bar) 15.1, Cunningham (WH) 15.4, Taylor (GH) 15.7, Vargas (BV) 15.9, Sanderson (Sant) 16.3.

3 Heat: Barnhill (SM) 15.3, Bailey (UC) 15.5, McChristian (SR) 15.6, Simental (Swe) 15.6, McLeod (Fall) 15.6, Hargis (Vis) 15.8, Young (Val) 16.1, Williams (Swe) 16.4.

300 IH:
1 Heat: Chambless (SH) 38.0, Talbert (MIC) 38.6, Vargas (BV) 39.3, Cunningham (SR) 39.5, Stroh (VC) 40.4, Hayward (ECam) 41.1.

2 Heat: Barnhill (SM) 39.6, LaCaze (TP) 40.1, Hunt (Vis) 40.4, Ungricht (Fall) 40.8, Welter (GH) 41.2, McLeod (Fall) 42.0, Fuslier (SP) 42.4, Simental (Swe) 43.1.

3 Heat: Frinell (Fall) 40.8, Gruber (ECp) 41.0, Taylor (GH) 42.0, Brubaker (TP) 42.3, McChristian (SR) 42.6, Everette (SP) 42.9, Reeder (WH) 43.1.

4x100:
1 Heat: Helix 42.4, Monte Vista 42.7, Mount Miguel 43.0, Sweetwater 43.1, Granite Hills 43.3, Morse 43.5.
2 Heat: Paraclete 45.1, Valhalla 45.7.

3 Heat: San Pasqual 44.38, Bishop's 44.83, West Hills 44.84, Fallbrook 45.17, South Hills 45.27.

4x400:
1 Heat: Granite Hills 3:19.1, Mt. Carmel 3:23.7, Vista 3:24.4, Helix 3:26.7, Glendora 3:30.1, San Pasqual 3:30.3, West Hills 3:32.3, Morse 3:32.6.

2 Heat: Monte Vista 3:27.3, South Hills 3:27.8, Fallbrook 3:28.3, Valley Center 3:30.3, Torrey Pines 3:31.4, University of San Diego 3:36.7.

4x800:
Glendora 8:28.00, El Cajon Valley 8:32.58, Sweetwater 8:33.52, University of San Diego 8:37.28, Scripps Ranch 8:40.98, Poway 8:42.71, University City 8:42.99, Rancho Bernardo 8:51.49.

Distance Medley:
Poway 10:53.2, Rancho Bernardo 11:02.9, Granite Hills 11:08.0, USD 11:09.2, El Capitan 11:11.0, Sweetwater 11:15.9, Glendora 11:18.7, Poway B 11:30.9, El Cajon Valley 11:32.1, Army Navy Academy 11:34.1, Mt. Carmel 11:34.5.

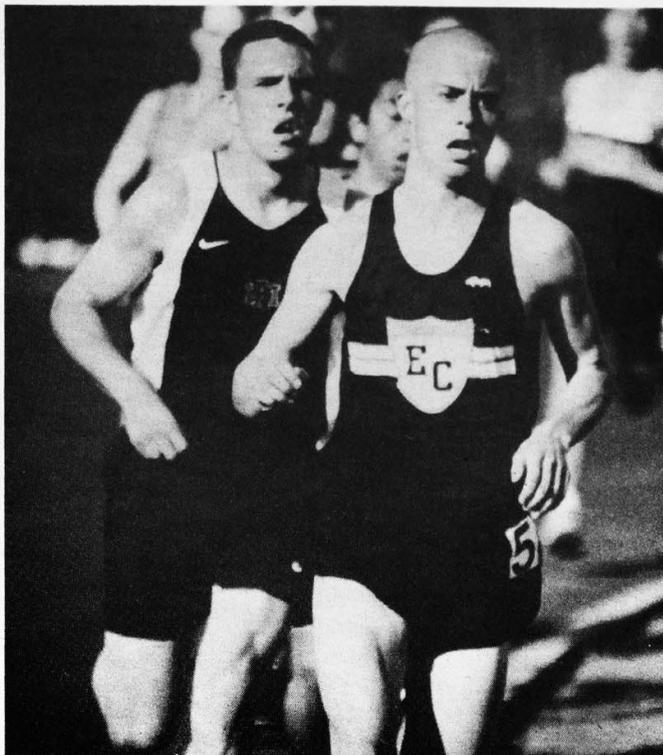
High Jump:
1 Flight: Okenwa (Mor) 6-6, Curry (East) 6-2, K. White (RB) 6-0, Pykles (Hx) 6-0.

2 Flight: Menke (Vis) 5-10.

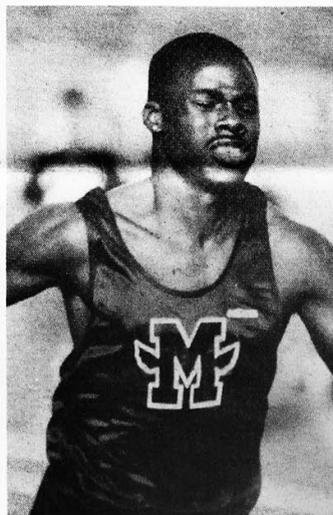
Pole Vault:
1 Flight: Marshall (WH) 14-0, Figueroa (GH) 14-0, Spitz (RB) 13-6, Leavitt (Hx) 13-6, Sun (DB) 13-6, Daley (Vis) 13-6, Garcia (WH) 13-6, Malmuth (TP) 13-6, Spehar (RB) 13-6, Jeppson (SH) 13-6, Salazar (Pow) 13-0, Cunningham (WH) 13-0, Schott (ECp) 13-0, Kaeser (Fall) 13-0, Heimburge (Pow) 12-6, Reeder (WH) 12-6, Matthias (RB) 12-6.

2 Flight: Beanum (VC) 12-6, Earhart (MiraM) 12-6.

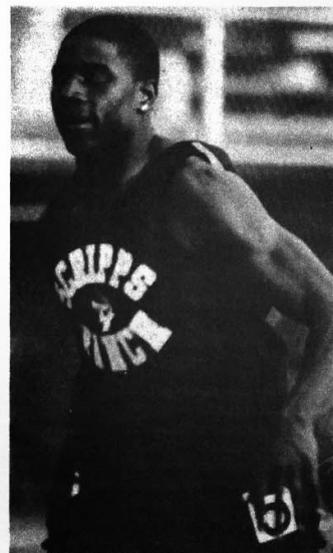
Long Jump:
1 Flight: Monroe (Glen) 23-2, Hutsona (Hx) 21-11.75, Harvey (Swe) 21-5.5, Westbrooks (Mor) 21-3.5, Skrzypczak (VC) 21-3, Mootry (Mor) 21-1.5, Picou (MIM) 20-9.5, K. White (RB) 20-8.
2 Flight: Fromer (MIC) 20-9, Carroll (Hx) 20-6.5, Brown (Para) 20-5.5.



Will Kraemer, Benny Gandolfo
Army Navy Academy, El Capitan



Brady Douglas
Mount Miguel



Clarence Cunningham
Scripps Ranch



Rose Serna
Mission Bay



Al Took
El Cajon Valley

Triple Jump:
1 Flight: Harvey (Swe) 46-0.5, K. White (RB) 44-3, Carroll (Hx) 43-1.5, Haynes, (RB) 42-9.75, Bailey (UC) 42-0.5, Torres (MIC) 42-0.5.
2 Flight: Williams (Swe) 42-2, Gill-espie (ECV) 41-1.1.

Shot Put:
1 Flight: Clarke (GH) 56-6.5, Driggs (Swe) 51-2.5, Foster (BV) 50-9.5, Arosemena (Vis) 50-6, Gonzalez (VC) 49-8.5, Bray (MB) 47-8.75, Abbott (MB) 46-3.5, Payne (Sant) 45-8.75, Palmer (Glen) 45-7.

2 Flight: Charles (Swe) 46-9.75, Ludwig (Val) 45-1, Latscha (SH) 45-0, Carr (VC) 44-11.75.

Discus Throw:
1 Flight: Clarke (GH) 167-4, Smith (GH) 160-10, Abbott (MB) 153-7, Lazano (ECp) 153-3, Thompson (Fall) 150-5, Watson (ECam) 147-1, Cayas (BV) 141-4, Arosemena (Vis) 141-2, Palmer (Glen) 140-9, Orozco (Glen) 138-7, Payne (Sant) 136-11.
2 Flight: Moran (Fall) 137-6, Driggs (Swe) 134-2, Learn (LJ) 133-7, Gocke (ECp) 131-5.

GIRLS:

100:
1 Heat: Hawes (Hx) 12.0, Malison (MIC) 12.0, Garbutt (Monr) 12.1, Beverly (USD) 12.3, Arnold (DB) 12.4, Summerville (SR) 12.6, Hackett (Mor) 12.9.

2 Heat: James (RB) 12.7, Beck (Glen) 12.8, Snare (SR) 13.0, Chacon (Glen) 13.0.

3 Heat: Lowery (Mor) 12.6, Brown (Val) 12.8, Shen (DB) 13.0.

200:
1 Heat: Hawes (Hx) 24.9, Garbutt (Monr) 25.2, McClendon (Alemany) 25.5, Rice (Mor) 25.7, Brown (Val) 26.1, Beverly (USD) 26.9, Hicks-Chapman (Val) 27.7.

2 Heat: Landry (RB) 25.8, Bryant (MIM) 26.2, Perkins (MontV) 26.5, French (GH) 26.8, Beck (Glen) 27.1, Galea (ECp) 27.4.

400:
1 Heat: Mattos (Fall) 57.1, Roth-ert (Fall) 58.9, McClendon (Ale) 59.3, McLean (Vis) 59.8, Kelly-Cochrane (USD) 60.6, Wiltry (Coro) 61.7, Emmons (SH) 62.4, Pinley (Para) 62.8.

2 Heat: Willingham (Hx) 59.5, Perkins (MontV) 60.4, Wedi (La Mirada) 61.4, Mays (Mor) 61.7, Connor (TP) 62.4, Kaemerle (USD) 62.6.

800:
1 Heat: Timinsky (SDgtoA) 2:12.0, Hall (RB) 2:18.2, Gabriel (UC) 2:20.0, Komosinski (TP) 2:25.0, Mier (SM) 2:26.6, Raffray (SDgtoA) 2:27.2, Moore (TP) 2:27.5, Thomas (MIC) 2:29.8, Yamout (MIC) 2:30.4.

2 Heat: Alvarado (Hesp) 2:23.8, Stolis (GH) 2:25.6, Paras (East) 2:25.8, Wedi (LM) 2:26.0, Johnson (ECam) 2:29.1, Harr (school?) 2:29.8, Turpin (Sant) 2:30.1.

1600:
1 Heat: Schuster (TP) 5:09.4, Komosinski (TP) 5:12.9, Leek (LJ) 5:13.4, Farris (Hx) 5:14.3, Yee (RB) 5:18.9, Bostwick (UC) 5:21.9, Phipps (Mor) 5:22.5, St. Laurent (ECam) 5:22.8, Mier (SM) 5:25.1, Jerd (UC) 5:25.8, Straight (Val) 5:26.6, Ooms (UC) 5:34.0.

2 Heat: A. Hough (VC) 5:21.2, D. Hough (VC) 5:21.9, Worden (Para) 5:34.2, Pierce (MIC) 5:35.1.

3200:
Davila (Hill) 10:40.2, Kilmer (Ram) 11:03.0, Marquez (ECp) 11:17.2, Matlack (Fall) 11:20.9, Adsit-Morris (UC) 11:23.6, Serna (MB) 11:28.7, Maletz (Pow) 11:46.2, Barre (MIC) 11:57.6, Mecklenburg (TP) 12:04.3, P. Romero (East) 12:06.1, Branson (BV) 12:11.9, Williams (TP) 12:12.8, Ramos (Fall) 12:17.5, Byrne (USD) 12:25.0.

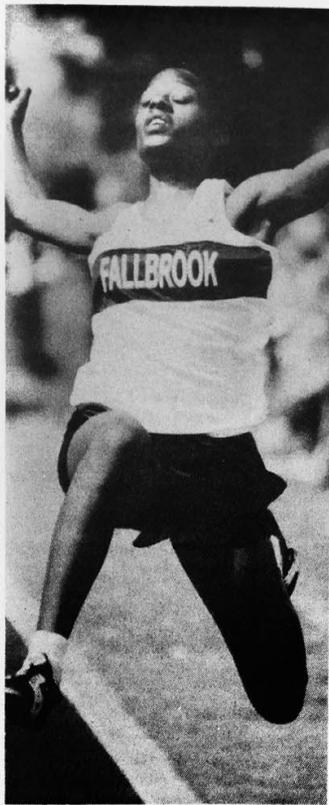
100 H:
1 Heat: Albini (SP) 15.8, Asay (Swe) 16.2, White (RB) 16.4, Ribner (TP) 16.5, L. Kuhlow (Cor) 16.5, A. Penrod (TP) 16.9, Maurer (Fall) 17.1, Burton (Mor) 17.3, Demel (Fall) 17.4.

2 Heat: Unavailable.
3 Heat: Forno (SH) NT, Lugo (MB) NT, Walter (Glen) NT, Renshaw (Fall) NT.

300 LH:
1 Heat: Albini (SP) 46.6, Schroeder (RB) 47.3, Maurer (Fall) 48.5, Burton (Mor) 48.8, Teigen (ECp) 49.1, Knudson (BV) 49.4.

2 Heat: Bolden (Mor) 48.1, Woolfolk (MB) 48.7, White (RB) 49.3, Shriver

Please see page 5.



Naomi Mattos
Fallbrook

Sundevil:

From previous page.

(MontV) 49.9, Woodard (MIC) 50.4, Demel (Fall) 50.7.

3 Heat: Forno (SH) 47.8, Perry (USD) 48.5, Abdullah (MIM) 48.9, Johnson (MIC) 49.3, Diaz (Fall) 50.3.

4x100:

1 Heat: Helix 48.9, Morse 49.2, Rancho Bernardo 49.9, San Pasqual 50.1, Mt. Carmel 51.0, Fallbrook 51.3.
2 Heat: University of San Diego 52.0, Diamond Bar 52.1, South Hills 52.3.

3 Heat: Monte Vista 51.44, Scripps Ranch 51.62, Valhalla 51.66, Mount Miguel 52.00, Granite Hills 52.23, El Capitan 52.69, Valley Center 52.88.

4x400:

1 Heat: Rancho Bernardo 4:02.3, Helix 4:02.3, Morse 4:05.6, San Pasqual 4:09.5, Torrey Pines 4:12.7, University of San Diego 4:15.1, Mount Miguel 4:17.0, Vista 4:21.4.

2 Heat: Monte Vista 4:07.5, South Hills 4:07.5, Mt. Carmel 4:12.2, El Capitan 4:17.1, Valley Center 4:25.4.

4x800:

Mt. Carmel 9:43.87, Helix 10:00.43, San Pasqual 10:05.08, Rancho Bernardo 10:20.35, El Capitan 10:21.16, University City 10:28.66, Bonita Vista 10:29.58.

Distance Medley:

Poway 13:03.7, University City 13:05.9, Fallbrook 13:13.1, El Capitan 13:24.3, Mt. Carmel 13:44.4, Rancho Bernardo 13:50.0, Eastlake 13:52.9.

High Jump:

1 Flight: Jones (TP) 5-4, Brewster (GH) 5-4, Brown (SM) 5-0, Bamberger (BV) 4-10, Chuang (DB) 4-10.

2 Flight: Ransom (Sant) 5-2, Chaplin (SH) 5-0, Taylor (BV) 4-8, Anderson (SR) 4-8, McCarter (ECp) 4-8.

Pole Vault:

Pascarella (RB) 11-0, Russ (GH) 10-6, Asay (Swe) 10-6, Earle (RB) 10-0, Keeler (Carritos) 10-0, Orlando (MiraM) 10-0, Sage (MIC) 9-6, Navidi (RB) 9-6, Fiehler (VC) 9-6, Debaros (MIC) 9-0, Sloyer (LU) 9-0, Gausepohl (Fall) 8-6, Pierce (VC) 8-6, Luyvas (RB) 8-6.

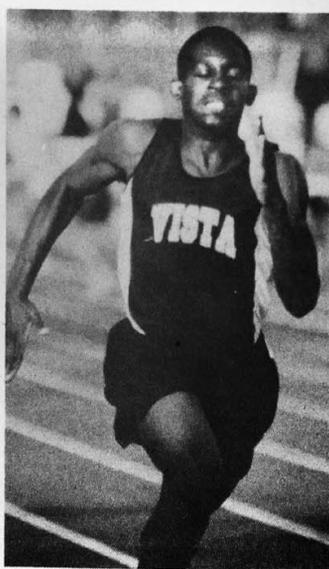
Long Jump:

1 Flight: Rice (Mor) 17-5.25, Mattos (Fall) 17-4.25, Hannibal (BV) 16-0, Abdullah (MIM) 15-9, Chuang (DB) 15-4, Crockett (MIM) 15-3, Kryger (VC) 15-0.5.

2 Flight: Mobley (MIC) 15-2.25, Filipowski (Val) 14-10, Dulin (RB) 14-9.

Triple Jump:

1 Flight: Aandahl (Glen) 34-3.5.



Nigel Martin
Vista

Greene (RB) 33-9.5, Marshall (Mor) 33-4.75, Williams (MontV) 33-4.5, Williamson (Mor) 33-3.75, Evans (SP) 32-2, Alsop (MIC) 31-9.5.

2 Flight: Hannibal (BV) 35-7.5, Taylor (BV) 33-5.5, Chuang (DB) 32-9.25, Walter (Glen) 31-9.75, Bamberger (BV) 31-2.

Shot Put:

1 Flight: Taumua (Swe) 44-2.5, Hood (Mor) 41-5.75, Johnson (Fall) 41-3.75, R. Makihele (SM) 38-6.75, B. Makihele (SM) 36-0.5, Johnson (SH) 34-7.25, Maginnis (ECp) 32-11.5, Southward (ECp) 32-11, Doung (MIC) 32-1.25, Johansen (MontV) 31-8.75.

2 Flight: Conchia (Swe) 35-7.5, Maciejewski (VC) 32-8.25, Aandahl (Glen) 30-9.25.

Discus Throw:

1 Flight: Johnson (Fall) 135-11, B. Makihele (SM) 130-8, Hood (Mor) 119-11, R. Makihele (SM) 116-6, Young (East) 112-8, Sailhan (MIC) 108-10.

2 Flight: Golk (ECV) 95-10, Maciejewski (VC) 92-6, Contreras (East) 90-8.

Arcadia: Monique triumphs

This year, Monique Henderson was ready for a challenge.

The Morse senior returned April 14 to the meet where she suffered her only high school loss in the 400 meters, at the hands of Gahr's Angel Perkins, last year.

Henderson was a lane inside of Perkins this time, and, reflecting the emphasis on short speed in her early meets, she began the race strongly. She drew even with Perkins before the halfway point of the race and finished strongly to win in 52.51.

"She ran a great race," Morse coach Gary MacDonald said. "She did what she needed to do, which is press the issue, and control the race."

Last year, Perkins ran 52.62 in beating Henderson, who ran 53.25.

MacDonald noted that Henderson had not really pointed for this meet, other than wanting to run well.

"We want to be ready in June," he said.

The San Diego presence in

Arcadia was not as strong as in previous years, although there were a number of notable performances.

Among the highlights:

Fallbrook's Jimmy Ungricht (1:53.42) and West Hills' Ben Aragon (1:53.87) taking fifth and sixth in a loaded 800 field. Aragon later ran 4:12 in anchoring the Pack to a 10:21 fourth-place in the distance medley.

Good efforts by Granite Hills hurdler Jeff Hunter, who came on strong in the 110s after a bad start to take fourth in 14.34, and later was second in the 300s at 37.48.

There were section seasonal bests by Mt. Carmel's Abadir Barre (9:17) in the 3200; University City (42.14) in the boys 4x100; San Dieguito's Jenna Timinsky (2:13.85) in the 800; Hilltop's Desiree Davila (4:58.05) in the 1600; Fallbrook's Carrie Johnson (143-8) in the disc; El Camino's Jessica Thomas (18-0) in the long jump; Rancho Bernardo (4:01.25) in the girls 4x400; RB's Deun White (21.93) in the 200; and Morse (48.21, with Henderson anchoring) in the girls 4x100.

The results:

At Arcadia High School, Saturday, April 14.

BOYS:

San Diego Section performers:

100:

Night, seeded: 5. Smith (UC) 11.16. Day races: M. Johnson (Serra) 11.16, Del Rincon (MontV) 11.18, Bush (Hx) 10.95.

200:

Night, seeded: 2. D. White (RB) 21.95, 3. Smith (UC) 22.28, 7. M. Johnson (Serra) 22.62.

Day races: Bush (Hx) 22.20 (wind: -1.9), Del Rincon (MontV) 23.00 (wind: -1.9).

400:

Night, seeded: 3. D. White (RB) 49.66.

800:

Night, invite: 5. Ungricht (Fall) 1:53.42, 6. Aragon (WH) 1:53.87, 15. Cueva (Esc) 2:02.78.

Day races: Fierro (USD) 2:03.93.

1600:

Night, seeded: 14. Kraemer (ANA) 4:20.95.

3200:

Night, seeded: Barre (MIC) 9:16.71. Day races: Montez (Vista) 9:42.60, Devin Lyons-Quirk (Pow) 9:45.28.

110 HH:

Night, invite: 4. Hunter (GH) 14.34 (wind: -1.94).

Night, seeded: 4. Frazier (UC) 15.03 (wind: -2.2).

Day races: Talbert (MIC) 14.74.

300 LH:

Night, invite: 2. Hunter (GH) 37.48. Night, seeded: 5. Talbert (MIC) 39.75.

Day races: Thomas (MontV) 40.52.

4x100:

Night, invite: 3. University City 42.14.

Night, seeded: 7. Lincoln 43.56. Day races: Serra 42.41, Helix 42.90, Mt. Carmel 45.79.

Distance Medley:

Night: 4. West Hills 10:21.02. Day races: Mt. Carmel 11:01.96, University of San Diego 11:02.99.

High Jump:

Night: 3. Okenwa (Morse) 6-4, 5. McDonough (LCC) 6-4.

Day events: Pykles (Hx) 6-4, K. White (RB) 6-4.

Pole Vault:

Night: 12. Ruark (PL) 14-0, 18. Leavitt (Hx) 13-6.

Long Jump:

Day events: Mootry (Morse) 22-4.25 (wind: -0.7), Gilbert (Linc) 21-11.75



Eric Holzhauser
Rancho Buena Vista

(wind: +0.5), K. White (RB) 20-10 (wind: +1.4).

Triple Jump:

Day events: Carroll (Hx) 43-10.75 (wind: +1.6), K. White (RB) 43-9 (wind: +0.8).

Shot Put:

Night: 11. Holzhauser (RBV) 55-7.5. Day events: Clarke (GH) 53-7, Mendoza (Hx) 47-0.

Discus Throw:

Night: 13. DeBoer (RBV) 157-3. Day events: Clarke (GH) 161-9, Smith (GH) 150-5.

GIRLS:

San Diego Section performers:

100:

Day races: Blake (FP) 12.59.

200:

Day races: Blake (FP) 25.72 (wind -1.7), Beverly (USD) 26.08 (wind -0.6).

400:

Night, invite: 1. Henderson (Morse) 52.51.

Day races: Perkins (MontV) 62.29.

800:

Night, invite: 6. Timinsky (SDgto) 2:12.85.

Day races: Kelly-Cochrane (USD) 2:23.11, Thomas (MIC) 2:25.70.

1600:

Night, invite: 9. Davila (Hill) 4:58.05. Day races: Marquez (ECp) 5:08.94.

3200:

Night, invite: 18. Kilmer (Ram) 11:04.23, 21. Dare (MIC) 11:17.46, Yee (RB) 11:51.12.

Day races: Marquez (ECp) 11:17.20, Baird (Hx) 11:24.04.

100 H:

Day races: Barmer (Hx) 15.30, Eggleston (ECam) 15.59.

300 LH:

Night, seeded: 3. Barmer (Hx) 46.23.

Day races: Smith (Linc) 45.55, Schim (LCC) 46.72.

4x100:

Night, seeded: 3. Morse 48.21.

Day races: Rancho Bernardo 4:01.25.

Distance Medley:

Night: 11. Rancho Bernardo 12:49.25 (Yee 4:01, Schroeder 59.3, Landry 2:34, Hall 5:14).

Day: Fallbrook 13:00.82, Mt. Carmel 13:27.79.

High Jump:

Day events: Jones (TP) 5-4, Brewster (GH) 5-2.

Pole Vault:

Day events: Russ (GH) 10-6, B. Vieira (PL) 9-6.

Long Jump:

Night, invite: Kuzhapillil (LCC), no fair jump.

Day events: Thomas (ECam) 18-0 (wind +0.9).

Triple Jump:

No San Diego competitors.

Shot Put:

Night, invite: 5. R. Makihele (SM) 41-0, 6. Hood (Morse) 40-9.75, 10. Johnson (Fall) 39-2.5.

Discus Throw:

Night, invite: 8. Johnson (Fall) 143-8.

Jaguar: Molly tops 12 feet

Quick trivia quiz: Who is the only San Diego-area girl athlete with a mark that could make the boys list?

Monique? Sorry, her national record 400 from last year obviously would rank high, but she isn't in that territory just yet.

The answer is Rancho Bernardo vaulter Molly Pascarella, who cleared a PR 12 feet at the Jaguar Invitational on April 14.

Pascarella, who also had good attempts at 12-3, may have put herself into state medal contention with her mark.

A combination of a slightly soft track, pesky headwinds and, later, cool temperatures, held down most track performances, but there were plenty of good marks in the field.

Helped by friendly winds, Sweetwater's Trandon Harvey had jumps of 22-9 and 47-9.5. The wind was especially gusty during the long jump, but subsided a bit during the triple.

Best boys marks on the track included a 50.66 by Oceanside's Will Buchanan, beating Mount Miguel's Brady Douglas.

Valley Center's Trent Stroh ran the highs in 15.24 into a slight headwind, beating Harvey. And the host school's D. J. Contreras ran the 200 in 22.43 from lane one in the cool night conditions.

Top girl athletes, besides Pascarella, included Santa Fe Christian's Kristen Carlson, who topped 5-4 in the high jump; La Costa Canyon's Erica Schim, Sweetwater's Aiga Marie Taumua, RBV's Nastassja Hall and Helix's Shannan Hawes.

The results:

At Valley Center High, Saturday, April 14. Conditions: good.

BOYS:

Morning/day session:

100:

D-II, Ht 2: Flowers (SP) 11.33. D II, Ht 1: Marshall (RBV) 11.71.

D I, Ht 2: Fitzpatrick (Esc) 11.21, Eaton (Ram) 11.27, Brumfield (UC) 11.32, Lewis (MontV) 11.41. D I, Ht 1: Lewis (UC) 11.56.

200:

D-II, Ht 2: Flowers (SP) 23.57. D II, Ht 1: Marshall (RBV) 23.74.

D I, Ht 2: Fitzpatrick (Esc) 22.92. D I, Ht 1: Eaton (Ram) 24.01.

400:

D II, Ht 2: Andre (SP) 51.57, Rosales (Pow) 52.41. D II, Ht 1: Galyon (RBV) 51.24.

D I, Ht 2: Anderson (Val) 52.36, Perez (MontV) 52.91, Scott (Sant) 52.96. D I, Ht 1: Davies (UC) 52.81.

800:

D II: Unavailable.

D I: Santos (Val) 2:00.36, Carnesecca (TV) 2:02.45.

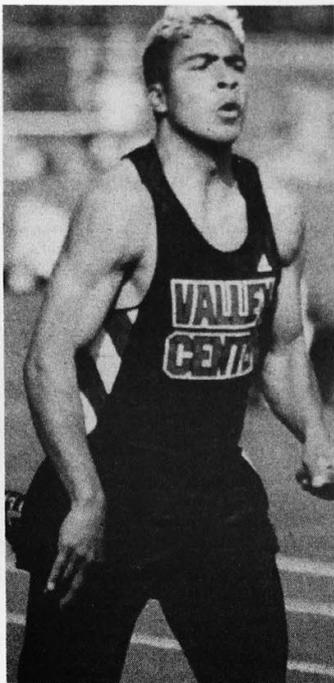
1600:

D II: Gandolfo (ECp) 4:32.13, McGinnis (Pow) 4:32.71, Adamucci (TV) 4:37.03, Retherford (SM) 4:39.08.

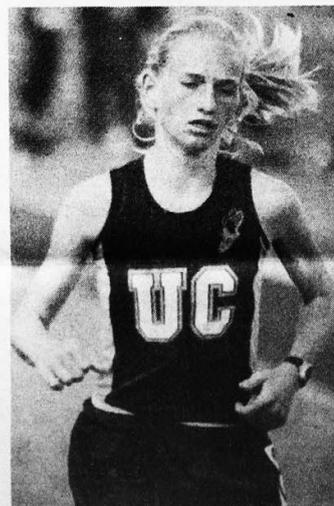
D I: Santos (Val) 4:24.99, Garratt (UC) 4:31.80, Swier (MarV) 4:36.31.

3200:

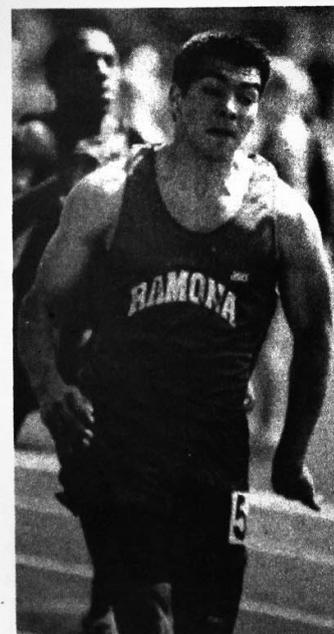
D II: Wagnew (Hx) 9:59.99, Padilla



D. J. Contreras
Valley Center



Rebecca Bostwick
University City



Chris Greene
Ramona



Erica Schim
La Costa Canyon



Joy Hannibal
Bonita Vista

(Pow) 12-0, Aleman (East) 12-6, Sandling (RBV) 12-0.

D I: Saul (TV) 12-6, Ham (TV) 12-0, Galimba (Esc) 12-0.

Long Jump:

D II: Nuckols (SM) 21-7, Allen (CV) 21-2, Bornes (RBV) 20-4.

D I: Wu (UC) 22-4, Feehan (Esc) 21-7, Greene (Ram) 21-5, Jordan (MontV) 20-9.

Triple Jump:

D II: Allen (CV) 42-7.25, Poche (SP) 41-4.5, Bornes (RBV) 41-4, Lesenyie (RBV) 41-2.

D I: Greene (Ram) 42-8.25, Bailey (UC) 42-7.

Shot Put:

D II: Lozano (ECp) 47-1.5.

D I: Afif (TV) 46-10, Luna (Val) 45-0.5.

Discus Throw:

D II: Thompson (SM) 151-5, Lozano (ECp) 145-6, Alexander (CV) 137-3.

D I: Wilson (Sant) 142-0, Colegrove (Esc) 139-8, Payne (Sant) 133-2.

Afternoon/evening session:

100:

D II, Ht 2: Thompson (Swe) 11.08.

D II, Ht 1: Evans (GH) 11.09.

D I, Ht 2: Robinson (MIM) 11.54. D I, Ht 1: Rushing (Oc) 11.79.

200:

D II, Ht 2: D. J. Contreras (VC) 22.43, O'Neal (GH) 22.52, Thompson (Swe) 22.70. D II, Ht 1: Evans (GH) 22.76.

D I, Ht 2: Picou (MIM) 23.03. D I, Ht 1: Keetch (PH) 24.52.

400:

D II, Ht 2: Bono (GH) 51.47, Maldonado (Vis) 51.83. D II, Ht 1: Davis (MiraM) 53.44.

D I, Ht 2: Buchanan (Oc) 50.66, Douglas (MIM) 51.74. D I, Ht 1: Borja (MIM) 53.90.

800:

D II: Larson (LCC) 2:03.09.

D I: Cobian (Braw) 2:03.35.

1600:

D II: Polito (VC) 4:35.71, Whitson (BV) 4:39.60, Ladios (Vis) 4:39.64.

D I: Prinz (PH) 4:45.29.

3200:

D II: Hernandez (Vis) 9:52.1, Zelonos (MiraM) 9:52.4, Ef. Carrillo (GH) 9:59.9, Skerl (VC) 10:00.5, Abdirizak (Swe) 10:12.9.

D I: Acevedo (SW, EC) 10:13.48, Marshall (PH) 10:17.13.

110 HH:

D II, Ht 2: Stroh (VC) 15.24, Harvey (Swe) 15.42, Everette (SP) 15.56, Vargas (BV) 16.12. D II, Ht 1: Simental (Swe) 16.23.

D I, Ht 2: Encinas (Braw) 15.91, Salazar (SW, EC) 16.21, Reina (OG) 16.25. D I, Ht 1: Gray (Gro) 17.56.

300 IH:

D II, Ht 2: Vargas (BV) 40.54, Hunt (Vis) 41.18, Stroh (VC) 41.76. D II, Ht 1: Welter (GH) 41.68, Hillary (BV) 42.25.

D I, Ht 2: Reina (OG) 42.68. D I, Ht 1: Muramoto (Gro) 45.23.

4x100:

D II: Sweetwater 43.40, Valley Center 43.98.

D I: Oceanside 44.51, Mount Miguel 44.62.

4x400:

D II: Granite Hills 3:27.77, Vista 3:31.57, La Costa Canyon 3:35.48.

D I: Mount Miguel 3:36.85.

High Jump:

D II: Neudecker (BV) 6-0.

D I: Erdman (Cor) 5-9.

Pole Vault:

D II: Miller (RB) 14-0, Figueroa (GH) 14-0, Reeder (WH) 13-0, Earhart (MiraM) 13-0, Matthies (RB) 13-0, Garcia (WH) 13-0, Daley (Vis) 13-0, Beanum (VC) 12-6.

Long Jump:

D II: Harvey (Swe) 22-9, Skrzypczak (VC) 21-7.5, Neudecker (BV) 21-6.5, Barard (Vis) 21-2.75, Mullin (GH) 20-6.25, Haynes (RB) 20-4.

D I: Buchanan (Oc) 22-6.25, Picou (MIM) 21-7.25, Dixon (Oc) 20-9, Salazar (SW, EC) 20-4.75.

Triple Jump:

D II: Harvey (Swe) 47-9.5, Neudecker (BV) 45-9, Haynes (RB) 42-5, Barard (Vis) 41-2.

D I: Agurs (Gro) 44-9.

Shot Put:

D II: Foster (BV) 50-7, Gonzalez (VC) 49-1, Cayas (BV) 48-1, Driggs (Swe) 47-

(CV) 10:12.90, Ignacio (SM) 10:13.55, Trunnell (RBV) 10:17.09.

D I: Mendoza (TV) 10:05.27, Sanchez (Ram) 10:13.52.

110 HH:

D II, Ht 2: Bartsch (East) 15.62, Barnhill (SM) 16.02, Lockwood (Pow) 16.14.

D I, Ht 2: Barmer (Hx) 15.42. D I, Ht 1: Frazier (UC) 15.23, Feehan (Esc) 15.58, Enriquez (StA) 15.59, Lewis (MontV) 15.96. D I, Ht 1: Bailey (UC) 16.02.

300 IH:

D II, Ht 2: Bartsch (East) 41.49, Barnhill (SM) 41.79, Lockwood (Pow) 42.15.

D II, Ht 1: Fuslier (SP) 41.93. D I, Ht 2: Enriquez (StA) 41.70. D I, Ht 1: Sanderson (Sant) 44.17.

4x100:

D II: San Pasqual 44.38, San Marcos 44.69.

D I: Escondido 44.97.

4x400:

D II: San Pasqual 3:31.57, Rancho Buena Vista 3:31.82.

D I: Escondido 3:30.4.

High Jump:

D II: Barnhill (SM) 6-0, Cross (RBV) 6-0.

D I: Sledge (Sant) 6-0, Greene (Ram) 6-0, Feehan (Esc) 6-0.

Pole Vault:

D II: Salazar (Pow) 13-0, Heimburge

Please see page 7.

Jaguar:

From previous page.

8, Fejaran (Swe) 45-6.
 D I: Crite (Oc) 45-3.5.
Discus Throw:
 D II: Gonzalez (VC) 148-0, Cayas (BV) 146-4, Rosario (Miram) 138-10, Ellis (RB) 138-7, Charles (Swe) 138-0, Fejaran (Swe) 135-4, Welter (GH) 135-1, Oyas (GH) 133-4, Foster (BV) 133-3, Atkinson (BV) 133-2.
 D I: Crite (Oc) 148-5, Wellcome (Braw) 135-11.

GIRLS:

Morning/day session:

100:
 D II, Ht 2: Hawes (Hx) 12.71, Mason (CV) 12.79. D II, Ht 1: McKenzie (Hx) 13.37.
 D I, Ht 1: Bush (Esc) 13.44. D I, Ht 2: Brown (Val) 13.13.
200:
 D II, Ht 2: Hall (RBV) 25.90, Mason (CV) 26.93, Lowery (SP) 27.19, Evans (SP) 27.25. D II, Ht 1: Fielden (Car) 28.80.
 D I, Ht 2: Mayer (MontV) 28.34. D I, Ht 1: Brown (Val) 27.27.

400:

D II, Ht 2: Hawes (Hx) 60.28, Lowery (SP) 61.61. D II, Ht 1: Richenbacher (SP) 64.28.
 D I, Ht 2: MacIntosh (TV) 61.60, Gabriel (UC) 62.26. D I, Ht 1: Mayer (MontV) 61.84, Ransom (Sant) 63.05.

800:

D II: Allen (RBV) 2:21.92, Robinson (CV) 2:23.93, Hall (RBV) 2:25.51, Melendrez (Pow) 2:28.99.
 D I: Bostwick (UC) 2:24.71, Toland (Esc) 2:28.56.
1600:
 D II: Reithmeier (SP) 5:31.20, Mier (SM) 5:33.37.
 D I: Adsit-Morris (UC) NT.
3200:
 D II: Cates (Car) 12:12.98, Marquez (CV) 12:24.99.
 D I: Stalnaker (Ram) 11:48.77, Jerd (UC) 12:27.38.

100 H:

D II, Ht 2: Albini (SP) 16.25, Andrews (Pow) 16.92, Sims (CV) 17.16. D II, Ht 1: Suasa (CV) 17.3.
 D I, Ht 2: Afenir (Esc) 15.53, Czechowski (RV) 16.69, Teigen (ECp) 16.76. D I, Ht 1: Shriver (MontV) 17.98.

300 LH:

D II, Ht 2: Albini (SP) 48.09, Teigen (ECp) 48.76, Turner (RBV) 49.80, Sims (CV) 50.59. D II, Ht 1: Suasa (CV) 50.71.

D I, Ht 2: Afenir (Esc) 49.65. D I, Ht 1: Smith (Ram) 53.25.

4x100:

D II: San Pasqual 50.43, Helix 50.54, Chula Vista 52.17.

D I: Escondido 52.09, USD 52.73.

4x400:

D II: Helix 4:08.24, Rancho Buena Vista 4:08.31, San Pasqual 4:12.34. D I: USD 4:21.43.

High Jump:

D II: Bornes (RBV) 5-2, Bartkiewicz (CV) 5-0, Brown (SM) 5-0.
 D I: Ransom (Sant) 5-0.

Pole Vault:

D II: Wilkinson (East) 9-6, Moyer (Car) 9-0, Betts (RBV) 8-6.
 D I: Trudel (TV) 8-6.

Long Jump:

D II: Hall (RBV) 17-9, Bornes (RBV) 17-2.5, Ernau (SP) 16-1.
 D I: Bush (Esc) 14-8.5.

Triple Jump:

D II: Bornes (RBV) 36-2.5, McKinney (RBV) 33-2.5, Sims (CV) 32-8.
 D I: Giagrande (TV) 32-6, Blakely (Esc) 32-3.5.

Shot Put:

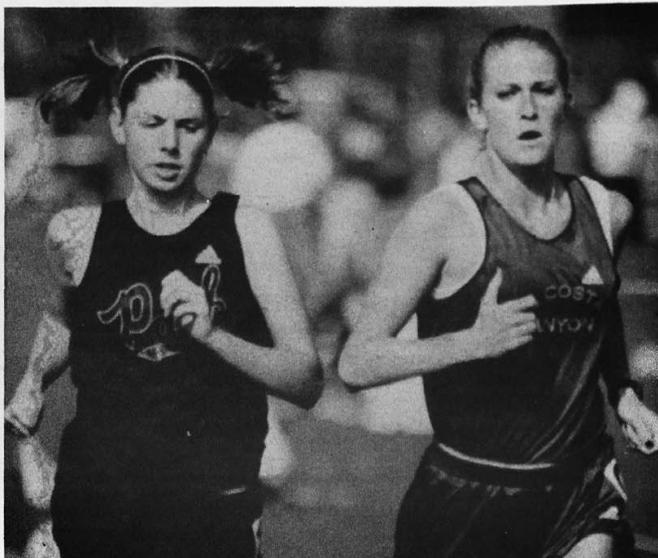
D II: Mitchell (RBV) 33-1, Maginnis (ECp) 32-8, Moon-Battung (Pow) 32-7.5, Smither (SP) 31-10.
 D I: Liptak (TV) 35-7, Johansen (MontV) 32-4.

Discus Throw:

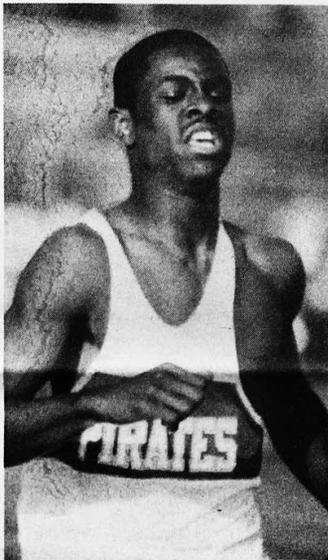
D II: Young (East) 115-4, Moon-Battung (Pow) 110-7.
 D I: Liptak (TV) 101-7.

Afternoon/evening session:

100:
 D II, Ht 2: James (RB) 13.44. D II, Ht 1: de la Rosa (RB) 13.42.
 D I, Ht 2: Winfield (Oc) 13.03, Fox (Gro) 13.15. D I, Ht 1: Carlson (SFC) 13.35.



Shawna Winfrey, Morgan Soule
 West Hills La Costa Canyon



Will Buchanon
 Oceanside

200:
 D II, Ht 2: French (GH) 27.29, McLean (Vis) 27.48. D II, Ht 1: Hankins (MIM) 27.1.

D I, Ht 2: Bryant (MIM) 26.68, Fox (Gro) 26.89, Winfield (Oc) 27.13. D I, Ht 1: Lidgins (RB) 27.x.

400:
 D II, Ht 2: Mitchell (Swe) 62.29, Muehlich (LCCO) 62.39. D II, Ht 1: McCabe (LCC) 61.54.
 D I, Ht 2: Hankins (MIM) 63.38. D I, Ht 1: Bryant (MIM) 61.40.

800:
 D II: Winfrey (WH) 2:27.72, A. Hough (VC) 2:28.31, Alvarez (BV) 2:28.68.
 D I: Winger (Cor) 2:30.64.

1600:
 D II: Winfrey (WH) 5:26.25.
 D I: Pitts (Gro) 5:34.76.

3200:
 D II: D. Hough (VC) 11:53.05, Branson (BV) 11:57.89, Farnham (WH) 12:10.53, Southard (WH) 12:13.85.
 D I: Burke (PH) 11:56.40, Mendez (Braw) 11:56.86, Pitts (Gro) 12:08.86.

100 H:
 D II, Ht 2: Asay (Swe) 16.73, White (RB) 16.89. D II, Ht 1: Fox (WH) 16.73.
 D I, Ht 2: Tanner (Gro) 16.70. D I, Ht 1: L. Kuhlow (Cor) 17.35.

300 LH:
 D II, Ht 2: Schim (LCC) 48.36, Knudsen (BV) 49.11, White (RB) 50.17. D II, Ht 1: Holmes (BV) 49.89, Asay (Swe) 50.27, Alvord (VC) 50.56.
 D I, Ht 2: Abdullah (MIM) 49.38, Tanner (Gro) 50.87. D I, Ht 1: Shamas (Gro) 52.81.



Aaron Barnhill
 San Marcos

4x100:
 D II: Rancho Bernardo 51.64, Vista 52.35, West Hills 52.37, Bonita Vista 52.47, Sweetwater 52.53, Valley Center 52.72.

D I: Mount Miguel 51.68.
4x400:
 D II: La Costa Canyon 4:14.68.
 D I: Southwest (EC) 4:19.55.

High Jump:
 D II: Tate (RB) 5-2.
 D I: Carlson (SFC) 5-4, Tanner (Gro) 5-2, Cassidy (Oc) 5-0.

Pole Vault:
 D II: Pascarella (RB) 12-0, Navidi (RB) 10-0, Asay (Swe) 10-0, Orlando (Miram) 9-6, Lopez (WH) 9-6, Fiehler (VC) 9-0, Monroy (Miram) 9-0.
 D I: Fitzpatrick (Gro) 7-6, Lee (Gro) 7-6.

Long Jump:
 D II: Hannibal (BV) 16-3, Kryger (VC) 15-4.75, Dulin (RB) 15-2.
 D I: Travis (Braw) 15-7.25, Barnes (MIM) 15-6.5, Carlson (SFC) 15-6.25, Holmes (SW, EC) 15-3.75, Brown (PH) 15-3.5.

Triple Jump:
 D II: Hannibal (BV) 35-1.5, Greene (RB) 32-5, Tauanu (Swe) 32-1.25, Kwan (BV) 32-1, Holmes (BV) 31-8.25.
 D I: Abdullah (MIM) 33-4.75, Travis (Braw) 33-1.

Shot Put:
 D II: Taumua (Swe) 44-0.5, Concha (Swe) 33-3.5, Griffen (WH) 33-3.5, Singley (WH) 32-10.5, Villareal (BV) 32-1.5, Maciejewski (VC) 31-9.
 D I: Flores (Braw) 33-6.

Discus Throw:
 D II: Singley (WH) 110-4, Concha (Swe) 107-1, Taumua (Swe) 104-9, Karnaze (RB) 103-1, Smith (VC) 101-7, Joseph (BV) 101-2.
 D I: Carpio (Braw) 95-9.

Best 2001 Marks:

NOTE: Minimum standards for marks listed are identical to San Diego Union-Tribune standards.

Converted times from yard distances are not ed (example: 52.4c), and conversions are based on the Track & Field News BIG RED BOOK.

In the 100, 200, 4x100 Relay, 100 Hurdles and 110 High Hurdles, separate lists are maintained for hand times and automatic times.

In all other events, hand times and automatic times are combined on the same lists. The hand times are in tenths of a second, and automatic times are in hundredths. On our lists, they are ranked in numerical order although it is recognized that automatic times are 0.24 seconds faster than hand times. Thus, a 51.23 (automatic) is superior to a 51.0 (hand), although we don't list them that way.

Please notify Track Magazine with corrections, omissions or additions.

BOYS:

Marks received by April 25.

100:

Automatic time:
 10.90 Michael Matison, MIC
 10.95 Reggie Bush, Hx
 10.99 Chancee Smith, UC
 11.08 Allen Thompson, Sweet
 11.09 David Evans, GH
 11.16 Michael Johnson, Serra
 11.18 Richard Del Rincon, MontV
 11.21 Thomas Mootry, Morse
 11.21 Darren Fitzpatrick, Esc
 11.22 Baumer Brumfield, UC
 11.27 Bryce Eaton, Ram
 11.33 Boris McDaniel, Linc
 11.33 Curtis Flowers, SP
 11.34 Galen O'Neal, GH
 11.38 Anthony Lewis, UC
 11.38 Dustin Graham, RB
 11.41 Nick Lewis, MontV
 11.41 Nigel Martin, Vista
 11.45 Cory Jones, Linc

Hand time, no wind readings:
 10.4 Blake Frazier, UC
 10.6 Reggie Bush, Hx
 10.7 Jamal Tate, Hoov
 10.7 Michael Matison, MIC
 10.7 Jason Macklin, Vista
 10.7 Nigel Martin, Vista
 10.7 Anthony Hellum, Cent, EC
 10.8 Brian McIntosh, Gross
 10.8 Marcellus Edwards, Braw
 10.8 Gerell Henderson, Cent, EC
 10.8 Cory Jones, Linc
 10.8 Richard Del Rincon, MontV
 10.8 Baumer Brumfield, UC
 10.9 Galen O'Neal, GH
 10.9 Nick Banks, Kny
 10.9 Fiat Johnson, Serra
 10.9 Will Buchanon, Oc
 10.9 Adam Gajo, Miram
 10.9 Darrell Hutson, Hx
 11.0 Clarence Cunningham, SR
 11.0 Napoleon McNeal, Mont
 11.0 Allen Thompson, Sweet
 11.0 Anthony Sabal, Cent, EC
 11.0 Curtis Flowers, SP
 11.0 DeMarcus Small, East
 11.0 Deun White, RB
 11.0 Jeff McNeal, Mont
 11.0 Mark Whaley, East
 11.0 Matt Pitcher, RBV
 11.0 Darren Fitzpatrick, Esc
 11.0 Allen Moreland, Morse
 11.0 Mike Marshall, RBV
 11.0 Alvin Debose, CV
 11.1 Richard Moss, LJ
 11.1 Michael Johnson, Serra
 11.1 Dustin Graham, RB
 11.1 Maurice Williams, CP
 11.1 Randon Jorgensen, Vista
 11.1 Kenyatta Williams, Mont
 11.1 Angelo Vargas, BV
 11.1 Billy Walker, Ecam
 11.1 Speedy Anthony, Ecam

200:

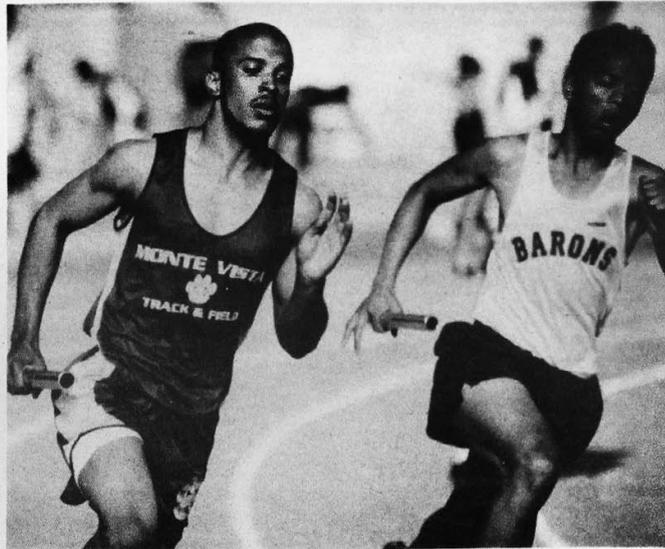
Automatic time:
 21.93 Deun White, RB
 22.20 Reggie Bush, Hx
 22.28 Chancee Smith, UC
 22.43 D. J. Contreras, VC
 22.52 Galen O'Neal, GH
 22.58 Pat Mahoney, MIC
 22.66 Michael Johnson, Serra
 22.70 Allen Thompson, Sweet
 22.76 David Evans, GH
 22.92 Darren Fitzpatrick, Esc
 23.00 Baumer Brumfield, UC
 23.00 Richard Del Rincon, MontV

Please see page 8.

Boys Marks:

From previous page.

- 23.03 Travis Picou, MIM
- 23.09 Paul Rosales, Pow
- Hand time:
- 21.7 Reggie Bush, Hx
- 21.7 Richard Del Rincon, MontV
- 21.9 Michael Matison, MIC
- 21.9 D. J. Contreras, VC
- 22.1 Deun White, RB
- 22.1 Reggie Bush, Hx
- 22.2 David Evans, GH
- 22.2 Allen Thompson, Sweet
- 22.3c Travis Picou, MtM
- 22.3 Galen O'Neal, GH
- 22.3 Nigel Martin, Vista
- 22.4 Jamal Tate, Hoov
- 22.4 Bernard Lam, Bish
- 22.5 Clarence Cunningham, SR
- 22.5c Cory Jones, Linc
- 22.5 Darren Fitzpatrick, Esc
- 22.6c John Green, Crow
- 22.6c Mike Johnson, Serra
- 22.6c Eder Mendoza, MB
- 22.7 Pat Mahoney, MIC
- 22.7 Herman Nuckols, SM
- 22.7c Eddie Thomas, MontV
- 22.8c Marcus Carroll, Hx
- 22.9 Curtis Flowers, SP
- 22.9c Quentin Anderson, Val
- 23.0 Richard Moss, LJ
- 400:**
- 49.0 Eddie Thomas, MontV
- 49.29 Deun White, RB
- 49.50 D. J. Contreras, VC
- 49.7 Brady Douglas, MtM
- 49.8 Nico Cueva, Esc
- 50.06 Hunter Reddick, Morse
- 50.1 David Evans, GH
- 50.20 Todd Watkins, Hx
- 50.2c Reggie Bush, Hx
- 50.2 Eder Mendoza, MB
- 50.40 DeAngelo Davies, UC
- 50.5c Jeff Hunter, GH
- 50.5 Steve Maldonado, Vista
- 50.58 Fiat Johnson, Serra
- 50.66 Will Buchanan, Oc
- 50.7 Pat Mahoney, MIC
- 50.8 Ben Aragon, WH
- 50.8 Bernard Lam, Bish
- 50.89 Paul Rosales, Pow
- 50.9 Scott LaCaze, TP
- 51.0 Matt Andre, SP
- 51.24 Ferris Galyon, RBV
- 51.47 Sal Bono, GH
- 51.5c Boris McDaniell, Linc
- 51.5 Quentin Anderson, Val
- 51.7 Demetrius Westbrook, Morse
- 51.7 Chris Pettit, Ram
- 51.7c Marcus Carroll, Hx
- 51.9 Jeremy Taylor, Vista
- 51.9 David Hendrick, Hrzn
- 51.9 Al Took, ECV
- 52.0 Justin McCullough, Sweet, EC
- 52.2 Ross Ramsey, WH
- 800:**
- 1:53.42 Jimmy Ungricht, Fall
- 1:53.45 Ben Aragon, WH
- 1:56.0 Nico Cueva, Esc
- 1:57.14 Cooper Bachman, VC
- 1:57.2 Chris Ferrier, LJ
- 1:57.9 Matt Johnson, SP
- 1:58.5c David Santos, Val
- 1:59.18 Mario Fierro, USD
- 1:59.3 Alan Aradanas, MIC
- 1:59.6 Mark Boddas, Vista
- 1:59.64 Devin Lyons-Quirk, Pow
- 1:59.7 Artemio Mateo, RBV
- 2:00.0 Eric Dunn, Ptl
- 2:00.0c Leigh Carter, Hx
- 2:00.3 Ricky Roane, Ram
- 2:00.6 Abadir Barra, MIC
- 2:00.8 Will Kraemer, ANA
- 2:01.05 Aaron Powell, Pow
- 2:01.2 Chris Gausepohl, Fall
- 2:01.4c Moraleja, MtM
- 2:01.9 Sal Bono, GH
- 2:02.0 Nick Kelleher, Vista
- 2:02.1 Sean Savage, WH
- 2:02.4 Ryan Montez, Vista
- 2:02.6 Chris Tanks, RB
- 2:03.09 Barrett Larson, LCC
- 2:03.1 Raul Cobian, Braw
- 1500:**
- 3:54.63 Ben Aragon, WH
- 4:07.2 Devin Lyons-Quirk, Pow
- 4:13.2 Ryan Montez, Vista
- 4:16.2 Chris Gausepohl, Fall
- 4:18.5 Jimmy Retherford, SM
- 4:19.2 Kern Huerta, UC
- 4:19.9 Michael Carini, USD
- Conversion to 1600 (according to T&F News conversion tables):
- 4:11.9 Aragon



Eddie Perez, Angelo Vargas
Monte Vista Bonita Vista



Raul Cobian
Brawley



Chris Reina
Orange Glen

- 1600:**
- 4:18.6 Ben Aragon, WH
- 4:18.76 Abadir Barra, MIC
- 4:20.3 Devin Lyons-Quirk, Pow
- 4:20.95 Will Kraemer, ANA
- 4:24.99 David Santos, Val
- 4:25.7 Jimmy Ungricht, Fall
- 4:26.8 Ryan Montez, Vista
- 4:27.4 Cooper Bachman, VC
- 4:30.1 Eric Dunn, Ptl
- 4:31.6 Chris Gausepohl, Fall
- 4:31.80 Andrew Garratt, UC
- 4:31.8 Chris Ferrier, LJ
- 4:32.13 Benny Gandolfo, ECp
- 4:32.7 Kevin Schible, WH
- 4:32.7.1 Luke McGinnis, Pow
- 4:32.9 Adam Goldberg, MIC
- 4:33.3 Ramon German, Vista
- 4:33.3 Dan Driscoll, MontV
- 4:33.4 Alan Aradanas, MIC
- 4:33.7 Ross Halleland, WH
- 4:33.8 Jimmy Retherford, SM
- 4:34.5 Taylor Williams, Hx
- 4:34.9 Babey Wagnew, Hx
- 4:35.0 Ricky Roane, Ram
- 4:35.2 Kevin Brock, MB
- 4:35.3 Sean Barrett, StA
- 4:35.4 Hiladio Larios, Vista
- 4:35.7 Matt Roudaskoski, SR
- 4:35.7.1 Gus Polito, VC
- 4:36.31 Troy Swier, MarV
- 4:37.0 Artemio Mateo, RBV
- 4:37.2 Carlos Sanchez, Ram
- 4:37.2 Eric Hernandez, Vista
- 4:37.5 Raul Cobian, Braw
- 4:37.6 Kip Madden, Val
- 4:38.0 Nathan Aginiga, Hill
- 4:38.1 Kevin Nolan, TP
- 4:38.6 Kevin Bickham, ECam
- 4:39.60 Dustin Whitson, BV
- 4:39.x Luke Haywas, ECam
- 2000 Steeplechase**
- 6:39 Luke Haywas, ECam
- 3200:**
- 9:16.71 Abadir Barra, MIC

- 9:29.9 Taylor Williams, Hx
- 9:33.5 Benny Gandolfo, ECp
- 9:33.7 Will Kraemer, ANA
- 9:38.5 Eric Hernandez, Vista
- 9:39.2 Devin Lyons-Quirk, Pow
- 9:39.3 Ryan Montez, Vista
- 9:40.9 Gus Polito, VC
- 9:43.30 Alan Aradanas, MIC
- 9:45.1 Brandon Zelones, MiraM
- 9:45.3 Andrew Garratt, UC
- 9:45.4c Luke McGinnis, Pow
- 9:47.7c David Santos, Val
- 9:48.3 Brad Liber, UC
- 9:50.8 Ross Halleland, WH
- 9:52.9 Ryan Skerl, VC
- 9:53.4 Kenny Lawrence, Ram
- 9:53.6 David Ignacio, SM
- 9:54.5 Efrain Carrillo, GH
- 9:58.7 Ramon German, Vista
- 9:59.4 Solomon Kumbi, Haov
- 9:59.99 Babey Wagnew, Hx
- 10:01.8 Haji Hassan, Hoov
- 10:03.1 Nathan Aginiga, Hill
- 10:03.6 Aaron Trunnell, RBV
- 10:04.5 Draw Bouchard, StA
- 10:04.6 Zack Neilsen, MtC
- 10:04.7 Dan Tanks, RB
- 10:06.3 Kip Madden, Val
- 10:09.1 Jon Shellhammer, Ram
- 10:09.5 Mike Bell, WH
- 10:09.6 Luke Haywas, ECam
- 10:10.0 Abdi Abdirizak, Sweet
- 10:12.4 Navid Hassanzadeh, TP
- 10:12.90 Andres Padilla, CV
- 10:13.48 Sal Acevedo, Sweet, EC
- 10:13.5 Tye Lidman, TP
- 10:13.52 Carlos Sanchez, Ram
- 10:13.55 David Ignacio, SM
- 110 High Hurdles:**
- Automatic time:
- 14.20 Jeff Hunter, GH
- 14.74 Darnell Talbert, MtC
- 15.03 Blake Frazier, UC
- 15.24 Trent Stroh, VC

- 15.36 John Dudek, TP
- 15.39 Bryon Barmer, Hx
- 15.42 Trandon Harvey, Sweet
- 15.48 Ryan Bartsch, East
- 15.56 Jon Everette, SP
- 15.58 John Feehan, Esc
- 15.59 Nathan Enriquez, StA
- 15.80 Tim Bailey, UC
- 15.88 Pat Benitez, MiraM
- 15.91 Richard Encinas, Braw
- 15.91 Pat Lockwood, Pow
- 15.96 Nick Lewis, MontV
- 16.02 Aaron Barnhill, SM
- 16.09 Brian Taylor, GH
- 16.12 Angelo Vargas, BV
- 16.17 Tim Frinell, Fall
- Hand time:
- 14.2 Jeff Hunter, GH
- 14.5 Darnell Talbert, MtC
- 14.7 Blake Frazier, UC
- 14.8 Trandon Harvey, Sweet
- 14.8 Nick Lewis, MontV
- 14.9 Ryan Bartsch, East
- 15.0 Tray Muehlback, TP
- 15.1 Mike Cunningham, WH
- 15.1 Tim Frinell, Fall
- 15.1 Jon Everette, SP
- 15.2 John Dudek, TP
- 15.2 Richard Encinas, Braw
- 15.2 Trent Stroh, VC
- 15.3 Jake Symons, Claire
- 15.3 Aaron Barnhill, SM
- 15.4 Nathan Enriquez, StA
- 15.4 Pat Benitez, MiraM
- 15.4 Osvaldo Simental, Sweet
- 15.5 Tim Bailey, UC
- 15.6 Wade Curry, East
- 15.6 Brandon Bornes, RBV
- 15.6 Trace Talbert, RB
- 15.6 Jose Luis Salazar, Sweet, EC
- 15.6 Matt McChristian, SR
- 15.6 Jeremiah McLeod, Fall
- 15.7 John Feehan, Esc
- 15.7 Reggie Grigsby, ECam
- 15.7 Angelo Vargas, BV
- 15.7 Brian Taylor, GH
- 15.8 Bryon Barmer, Hx
- 15.8 Travis Bailey, CV
- 15.8 Josh Hargis, Vista
- 15.9 Pat Lockwood, Pow
- 15.9 Chris Reina, OG
- 15.9 Hurley, Carls
- 16.0 Rashard Holmes, RB
- 16.1 Damian Young, Val
- 16.2 Julio Torres, CV
- 16.3 Arthur Mickelsen, Morse
- 16.3 Oleg Khartonov, LJ
- 16.3 Nick Sanderson, Sant
- 300 Int. Hurdles:**
- 37.48 Jeff Hunter, GH
- 38.6 Darnell Talbert, MtC
- 39.3 Angelo Vargas, BV
- 39.5 Mike Cunningham, WH
- 39.6 Aaron Barnhill, SM
- 39.7 Ryan Bartsch, East
- 40.1 Scott LaCaze, TP
- 40.4 Trent Stroh, VC
- 40.4 A. J. Hunt, Vista
- 40.52 Eddie Thomas, MontV
- 40.7 Nathan Enriquez, StA
- 40.8 Said Nelson, RB
- 40.8 Jimmy Ungricht, Fall
- 40.8 Tim Frinell, Fall
- 40.9 Pat Lockwood, Pow
- 41.0 Justin Gruber, ECp
- 41.1c Ryan Welter, GH
- 41.1 Chris Hayward, ECam
- 41.19 Alton Gilbert, Linc
- 41.3 Jake Symons, Claire
- 41.4 Trace Talbert, RB
- 41.6 Chris Hayward, ECam
- 41.7 Chris Reina, OG
- 41.8 Brandon Bornes, RBV
- 41.8 Oleg Khartonov, LJ
- 41.93 Chris Fusler, SP
- 42.0 Gabe Ibarra, Imp
- 42.0c Shannon Nowden, MB
- 42.0c Hurley, Carls
- 42.0 Jeremiah McLeod, Fall
- 42.0 Brian Taylor, GH
- 42.1 Nick Lewis, MontV
- 42.17 Dylan Dacus, VC
- 42.25 Dustin Hillary, BV
- 42.3 Marlon Lonzon, Mont
- 42.3 Travis Bailey, CV
- 42.3 John Brubaker, TP
- 42.3c Alfonso Hernandez, Sweet
- 42.4c John Dudek, TP
- 42.5 Paul Oden, CV
- 42.6 Craig Constran, Sweet, SD
- 42.6c Matt McChristian, SR
- 42.65 Bryon Barmer, Hx
- 42.7 Jeremy Adams, Ram
- 42.7 Sorido Phan, Hoov
- 42.9 Jon Everette, SP
- 42.98 Adam Contreras, VC
- 4x100 Relay:**
- Automatic time:
- 42.14 University City
- 42.41 Serra

Please see page 9.

Boys Marks:

From previous page.

- 42.69 Lincoln
- 42.90 Helix
- 42.98 Mt. Carmel
- 43.40 Sweetwater
- 43.64 Morse
- 43.98 Valley Center
- 44.25 Rancho Bernardo
- 44.29 San Marcos
- 44.34 Monte Vista
- 44.38 San Pasqual
- 44.51 Oceanside
- 44.62 Mount Miguel
- 44.70 Escondido
- 44.78 Ramona
- 44.83 Bishop's
- 44.84 West Hills
- 44.97 Vista
- 45.13 La Costa Canyon
- 45.17 Fallbrook
- 45.24 Mira Mesa
- 45.26 Granite Hills
- 45.30 Rancho Buena Vista
- 45.50 Eastlake
- 45.69 Valhalla
- 45.76 Crawford
- 45.78 University of SD

Hand time:

- 42.4 Helix
- 42.7c Granite Hills
- 42.7 Monte Vista
- 42.9 Serra
- 42.9c Lincoln
- 43.0 Mt. Carmel
- 43.0 Mount Miguel
- 43.1 Sweetwater
- 43.4 Morse
- 43.8 Montgomery
- 43.8 Vista
- 44.1 Rancho Bernardo
- 44.1 El Camino
- 44.2 Ramona
- 44.2 Eastlake
- 44.2c Mission Bay
- 44.2 The Bishop's School
- 44.3 Central, El Centro
- 44.4 Oceanside
- 44.4 Kearny
- 44.5 Torrey Pines
- 44.5 Escondido
- 44.6 Castle Park
- 44.6 Valley Center
- 44.6 St. Augustine
- 44.7 Carlsbad
- 44.7 Hoover
- 44.7 San Pasqual
- 44.8 La Costa Canyon
- 44.8 San Marcos
- 44.8 Southwest, El Centro
- 44.9c San Diego
- 44.9 Chula Vista
- 44.9 West Hills
- 44.9 Army Navy Academy

4x400 Relay:

- 3:19.1 Granite Hills
- 3:20.06 Lincoln
- 3:23.7 Mt. Carmel
- 3:24.4 Vista
- 3:26.7 Helix
- 3:27.3 Monte Vista
- 3:28.27 University City
- 3:38.3 Fallbrook
- 3:38.0 San Pasqual
- 3:30.3 Valley Center
- 3:30.4 Escondido
- 3:30.64 Morse
- 3:31.4 Torrey Pines
- 3:31.55 West Hills
- 3:31.82 Rancho Buena Vista
- 3:31.92 Poway
- 3:32.9 Rancho Bernardo
- 3:33.0 La Costa Canyon
- 3:33.0 Ramona
- 3:34.5 Brawley
- 3:34.84 Serra
- 3:35.0 University of San Diego
- 3:35.7 Castle Park
- 3:35.81 Eastlake
- 3:36.1 La Jolla
- 3:36.5 Valhalla
- 3:36.78 Carlsbad
- 3:36.85 Mount Miguel
- 3:39.8 Chula Vista

High Jump:

- 6-7 Pat McDonough, LCC
- 6-7 Isaac Simms, UC
- 6-6 Bobby Okenwa, Morse
- 6-6 Austin Neudecker, BV
- 6-4 Wade Curry, East
- 6-4 John Feehan, Esc
- 6-4 Keno White, RB
- 6-4 Cameron Pykles, Hx
- 6-2 Trandon Harvey, Sweet
- 6-2 Blake Frazier, UC
- 6-2 Billy Walker, Ecam
- 6-2 Jeremy Cross, RBV



Cooper Bachman
Valley Center



Nathan Enriquez
St. Augustine

- 6-0 Naftalie Nahiawawa, WH
- 6-0 Trent Stroh, VC
- 6-0 Cole Marton, Carls
- 6-0 Michael Menke, Vista
- 6-0 Jimmy Gaunth, TP
- 6-0 Pat Hargrave, TP
- 6-0 Nate Skrzypczak, VC
- 6-0 Chris Greene, Ram
- 6-0 Jonathan Sledge, Sant
- 6-0 Aaron Barnhill, SM
- 6-0 Osvaldo Simental, Sweet

Pole Vault:

- 14-9 Adrian Ruark, Ptl
- 14-6 Mike Hill, RB
- 14-1 Chris Dorminy, RB
- 14-1 Tim Warner, Carls
- 14-0 Greg Leavitt, Hx
- 14-0 Zack Miller, RB
- 14-0 Cameron Figueroa, GH
- 14-0 Clayton Marshall, WH
- 13-9 Zach Salazar, Pow
- 13-8 Devon Aleman, East
- 13-8 Kaysey Kaeser, Fall
- 13-7 Chris Spehar, RB
- 13-7 Ryan Spitz, RB
- 13-6 Frank Vasquez, East
- 13-6 Tony Garcia, WH
- 13-6 Ryan Daley, Vista
- 13-6 Josh Malmuth, TP
- 13-1 Joe Harlin, Fall
- 13-1 Billy Mathies, RB
- 13-0 Jason Reader, WH



Adrian Ruark
Point Loma

- 13-0 Brian Heimburge, Pow
- 13-0 Chris Schott, Ecp
- 13-0 Josh Earhart, MiraM
- 13-0 Fernando Romero, Sweet
- 13-0 Scott Sabin, SP
- 13-0 Mike Cunningham, WH
- 12-6 Robbie Masterson, Vista
- 12-6 Bart Valle, UC
- 12-6 Chris Hori, OG
- 12-6 Terrel Beanum, VC
- 12-6 Mike Braman, LCC
- 12-6 Alex Ortega, CV
- 12-1 Joey Suyal, Serra
- 12-0 Justin Sandling, RBV
- 12-0 Brendan Hawkins, SP
- 12-0 Perkins, Ecp
- 12-0 Aldrich Galimba, Esc
- 12-0 DeCiero, GH

Long Jump:

- 22-11 Thomas Mootry, Morse
- 22-9 Trandon Harvey, Sweet
- 22-7 Demetrius Westbrook, Morse
- 22-6.25 Will Buchanan, Oc
- 22-4 Clarence Cunningham, SR
- 22-4 Travis Picou, MIM
- 22-4 Dean Wu, UC
- 22-3 Eric Rogers, Morse
- 21-11.75 Alton Gilbert, Linc
- 21-11.75 Darrrell Hutsona, Hx
- 21-11 Chris Greene, Ram
- 21-10.5 Nate Skrzypczak, VC
- 21-10 Jeff Hunter, GH
- 21-9 Tim Bailey, UC
- 21-7 Brandon Roberson, Morse
- 21-7 Chauncey Smith, UC
- 21-7 John Feehan, Esc
- 21-7 Herman Nuckols, SM
- 21-6.5 Austin Neudecker, BV
- 21-6 Keno White, RB
- 21-4 Alex Fromer, MIC
- 21-4 Shannon Nowden, MB
- 21-2.75 Marcus Barard, Vista
- 21-2 Franklin Allen, CV
- 21-1.5 Ryan Guy, LCC
- 21-1 Rashard Holmes, RB
- 20-10 Kenney, Hill
- 20-9 Kenyatta Williams, Mont
- 20-9 Bobby Okenwa, Morse
- 20-9 Jermaine Jordan, MontV
- 20-9 Jason Dixon, Oc
- 20-8.5 Vinnie Weathers, Serra
- 20-7 Anthony Hellum, Capt, EC
- 20-6.75 Avante Agurs, Gross
- 20-6.5 Marcus Carroll, Hx
- 20-6.25 Scott Mullin, GH
- 20-6 Nathan Armstrong, Clxco
- 20-4.75 Jose Salazar, Sweet, UC
- 20-4 John Long, UC
- 20-4 Brandon Bornes, RBV
- 20-4 Ralph Haynes, RB

Triple Jump:

- 48-3 Trandon Harvey, Sweet
- 45-9 Austin Neudecker, BV
- 45-2 Isaac Simms, UC
- 44-11 Nate Skrzypczak, VC
- 44-9 Avante Agurs, Gross
- 44-7.5 Keno White, RB
- 44-6 Tim Bailey, UC
- 44-5 Eric Rogers, Morse

- 44-4 Brandon Roberson, Morse
- 43-10.75 Marcus Carroll, Hx
- 43-6 Chris Poche, SP
- 43-3 Brandon Roberson, Morse
- 43-2.75 Thomas Mootry, Morse
- 43-1 Rashard Holmes, RB
- 43-0 Will Buchanan, Oc
- 42-10 Rony Jean-Giles, Kny
- 42-8.25 Chris Greene, Ram
- 42-7.25 Franklin Allen, CV
- 42-7 Mike Sullivan, RB
- 42-7 Jamar Williams, Sweet
- 42-6 Shannon Nowden, MB
- 42-5.5 Joe Hauser, Vista
- 42-5 Ralph Haynes, RB
- 42-3.5 Matt Lesenyie, RBV
- 42-3 John Feehan, Esc
- 42-3 Brandon Bornes, RBV
- 41-1.1 Nate Gillespie, ECV
- 41-10.5 Jose Luis Salazar, Sweet, EC
- 41-10.25 Elivin Gueston, Linc
- 41-7 Marcus Barard, Vista
- 41-6 Jamal Mayers, Ecam
- 41-3.75 Alex Foster, TP
- 41-3 John Long, UC
- 41-3 Stefan Foster, Mont
- 41-2.5 Oleg Khartanov, UJ
- 41-0 Jason Dixon, Oc

Possibly windy:

- 44-1 Torres, MIC

Shot Put:

- 57-8.5 Eric Holzhauer, RBV
- 56-6.5 Vince Clarke, GH
- 53-10 Anthony DeBoer, RBV
- 52-3 Russell Foster, BV
- 52-1.75 Eder Arosemena, Vista
- 51-7.5 Moses Rangel, East
- 51-5 Marco Gonzalez, VC
- 51-2.5 Jeremy Driggs, Sweet
- 50-2.5 Sam Mendoza, Hx
- 49-5 Richie Smith, GH
- 49-3.5 Jared Bray, MB
- 49-3 Erik Hanson, Hill
- 48-1 Greg Pulaski, TP
- 48-9 Tyler Ellis, RB
- 48-8 David Abbott, MB
- 48-5 Mark Lozano, ECP
- 48-1 Jensen Cayas, BV
- 47-8 Nick Allotta, RB
- 47-1 Dan Thompson, Fall
- 47-0 Kevin Wilson, Sant
- 46-9.75 Wesley Charles, Sweet
- 46-6.5 Jon Canlas, SM
- 46-3.5 Reynaldo Stephens, CP
- 46-0 Josh Halsey, RBV
- 45-11.5 David Brainerd, SR
- 45-11 John Rettig, Hx
- 45-8.75 Adam Payne, Sant
- 45-8.5 Michael Matison, MIC
- 45-6 Patrick Fejaran, Sweet
- 45-5 Danny Phan, UC
- 45-5 Joe Oyas, GH
- 45-4 Brandon Fisher, Craw
- 45-3.5 John Crite, Oc
- 45-1 Matt Grolnek, TP
- 45-1 Ma Rodriguez, OG
- 45-1 Mike Moran, Fall
- 45-1 Glen Ludwig, Val
- 45-0.5 Sal Luna, Val
- 45-0 Carl Atkinson, BV
- 45-0 Benito Kare, RB

Discus Throw:

- 172-9 Anthony DeBoer, RBV
- 172-4 Vince Clarke, GH
- 164-5 Richie Smith, GH
- 164-4 Dan Thompson, Fall
- 163-7 Moses Rangel, East
- 161-10 Eder Arosemena, Vista
- 160-5 Tagaii Sawaiinaea, East
- 158-1 Jarel Watson, Ecam
- 157-x Alex Thompson, SM
- 154-11 Jensen Cayas, BV
- 154-0 Marco Gonzales, VC
- 153-7 David Abbott, MB
- 153-3 Mark Lozano, ECP
- 152-3 Dion Girton, Ptl
- 148-11 Kevin Wilson, Sant
- 148-5 John Crite, Oc
- 146-10 Larry Alexander, CV
- 146-1 Jared Bray, MB
- 144-6 Reynaldo Stephens, CP
- 144-5 Nick Allotta, RB
- 144-3 Adam Payne, Sant
- 144-1 Eric Holzhauer, RBV
- 143-2 Jeremiah Schuh, Ptl
- 142-5 Greg Pulaski, TP
- 141-3 Eric Ferrault, Fall
- 140-2 Rory Canfield, Hx
- 140-2 Chris Welter, WH
- 140-0 Robert Ruzich, SP
- 139-11 Scott Colegrove, Esc
- 139-8 Brandon Fisher, Craw
- 139-3 Tyler Ellis, RB
- 138-10 Vincent Rosario, MiraM
- 138-2 Mike Moran, Fall
- 138-0 Wesley Charles, Sweet
- 136-11 Jon Canlas, SM
- 136-8 Carl Atkinson, BV
- 135-11 Brandon Wellcome, Braw

Please see page 10.

Boys Marks:

From previous page.

- 135-7 Cliff Learn, LJ
- 135-6 Cody Gocke, ECP
- 135-4 Pat Fejaran, Sweet
- 134-5 Keith Nason, MIC
- 134-2 Jeremy Driggs, Sweet
- 134-0 Cornelius Lambert, Hoov
- 133-11 Ryan Seargent, Ram
- 133-4 Jose Gutierrez, Braw
- 133-4 Joe Oyas, GH
- 133-3 Russell Foster, BV
- 132-11 Justin Vold, CP
- 132-9 Ryan Bobadilla, UC
- 132-9 Justin Rich, BV
- 132-6 Jake Blevins, GH
- 132-2 Ace Lawrence, Gross
- 132-0 Sal Carrera, MarV

GIRLS:

Marks received by April 25.

100:

Automatic time:

- 11.68 M. Henderson, Mor (w: -1.1)
- 12.34 Nastassja Hall, RBV
- 12.59 Stephanie Blake, FP
- 12.61 Zikarra Beverly, USD
- 12.64 Shannan Hawes, Hx
- 12.67 Kristan Matison, MIC
- 12.70 Shauna Hackett, Morse
- 12.79 Marla Mason, CV
- 12.90 Aiesha Singleton, PH
- 12.95 Tamora Neal, Ptl
- 13.00 Kristen Carlson, SFC
- 13.03 Jasmine Winfield, Oc
- 13.13 Sparkle Anderson, Serra
- 13.13 Megan Brown, Val
- 13.15 Bridget Fox, Gross
- 13.20 Alicia Lowery, Morse
- 13.30 Crystal Hinton, Linc

Hand time, no wind readings:

- 11.9 Monique Henderson, Morse
- 12.0 Shannan Hawes, Hx
- 12.0 Kristan Matison, MIC
- 12.1 Nastassja Hall, RBV
- 12.2 Zikarra Beverly, USD
- 12.2 Bridget Fox, Gross
- 12.2 Taryn Jones, Hoov
- 12.3 Jessica Thomas, Ecam
- 12.4 Latoya Summerville, SR
- 12.5 Shauna Hackett, Morse
- 12.6 Cassandra Patterson, CP
- 12.6 Daniela Fromer, MIC
- 12.6 Marla Mason, CV
- 12.6 Alicia Lowery, Morse
- 12.7 Chelsi Bush, Esc
- 12.7 Anne James, RB
- 12.7 Kaitlyn Doe, TP
- 12.7 Erika Roshell, Mad
- 12.8 Taryn Jones, Hoov
- 12.8 Tiffany Lowery, SP
- 12.8 Faith Lin, LJ
- 12.8 Naomi Mattos, Fall
- 12.8 Nicole Rothert, Fall
- 12.8 Phoebe Perkins, MontV
- 12.8 Megan Brown, Val

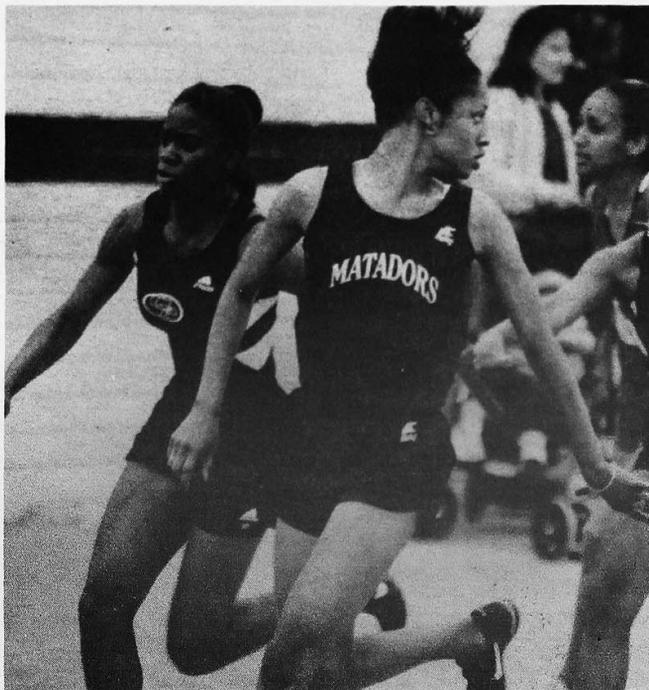
200:

Automatic time:

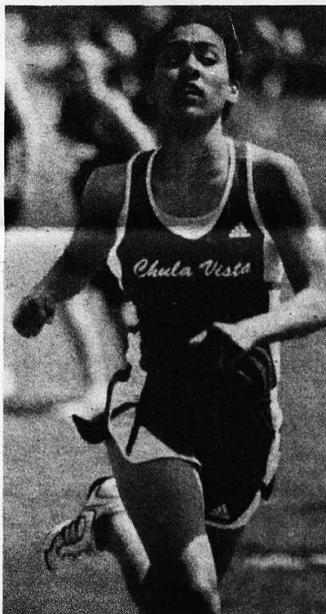
- 23.16 M. Henderson, Mor (w: +1.0)
- 25.40 Stephanie Blake, FP
- 25.47 Kristan Matison, MIC
- 25.90 Nastassja Hall, RBV
- 26.08 Zikarra Beverly, USD
- 26.68 Denisha Bryant, MtM
- 26.88 Naomi Mattos, Fall
- 26.89 Bridget Fox, Gross
- 26.93 Marla Mason, CV
- 26.99 LaSheena Rice, Morse
- 27.13 Jasmine Winfield, Oc
- 27.15 Alexis Rampaul, Pow
- 27.16 Valerie Evans, SP
- 27.19 Tiffany Lowery, SP
- 27.19 Jessie Ooms, UC
- 27.27 Megan Brown, Val
- 27.29 Niesh French, GH
- 27.32 Shauna Hackett, Morse

Hand time, no wind readings:

- 24.3 Monique Henderson, Morse
- 24.9 Shannan Hawes, Hx
- 25.6 Stephanie Blake, FP
- 25.6 Taryn Jones, Hoov
- 25.7 Zikarra Beverly, USD
- 25.7 LaSheena Rice, Morse
- 25.8 Laura Landry, RB
- 25.9 Nastassja Hall, RBV
- 26.0 Kristan Matison, MIC
- 26.0 Jolanda Diego, Ecam
- 26.1 Megan Brown, Val
- 26.2 Denisha Bryant, MtM
- 26.3 Tiffany Lowery, SP
- 26.4 Cassandra Patterson, CP
- 26.5 Jenna Timinsky, SDgtoA
- 26.5 Phoebe Perkins, MontV
- 26.6 Erin Willis, OLP
- 26.6 Naomi Mattos, Fall
- 26.7 Tiffany Davis, Ecam

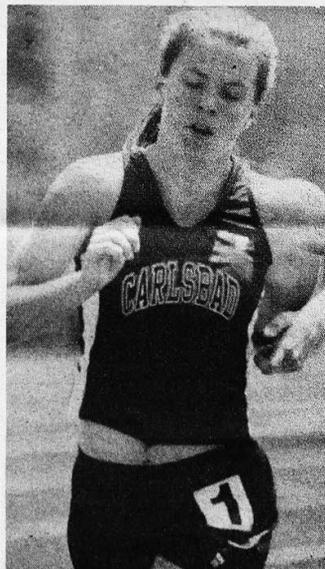


Cassandra Patterson, Denisha Bryant
Castle Park Mount Miguel



Camille Robinson
Chula Vista

- 26.7 Kaitlyn Doe, TP
 - 26.7c Nicole Rothert, Fall
 - 26.8 Faith Lin, LJ
 - 26.8 Erika Holmes, Swest, EC
 - 26.8 Niesh French, GH
 - 27.0 Jackie Jenkins, Kny
 - 27.0 Latoya Summerville, SR
 - 27.0c Evon Willingham, Hx
 - 27.0 Ashley Lidggers, RB
 - 27.1 Taryn Jones, Hoov
 - 27.1 Tamora Neal, Ptl
 - 27.2 Cassie McLean, Vista
 - 27.2c Eva Tanner, Gross
 - 27.2c Heather Galea, ECP
 - 27.3 Sparkle Anderson, Serra
 - 27.3 Dominique Hankins, MtM
- 400:**
- 52.51 Monique Henderson, Morse
 - 57.1 Naomi Mattos, Fall
 - 57.25 Stephanie Blake, FP
 - 58.9 Nicole Rothert, Fall
 - 59.0c Denisha Bryant, MtM
 - 59.4 Nastassja Hall, RBV
 - 59.5 Whitney Schmucker, LJ
 - 59.5 Evon Willingham, Hx
 - 59.8 Cassie McLean, Vista
 - 59.9 Kristan Matison, MIC
 - 60.0 Molly Gabriel, UC
 - 60.0 Jasmine Winfield, Oc
 - 60.28 Shannan Hawes, Hx (60.2h)
 - 60.3 Kristine Schroeder, RB



Sara Cates
Carlsbad

- 60.4 Phoebe Perkins, MontV
 - 60.52 Audrey Pound, Pow
 - 60.6 Laura Landry, RB
 - 60.6 Kerry Kelly-Cochrane, USD
 - 60.7 Jenna Timinsky, SDgtoA
 - 61.1 Julie Komosinski, TP
 - 61.2c Bernadette Grantling, Morse
 - 61.27 Tiffany Lowery, SP
 - 61.54 Lauren McCabe, LCC
 - 61.7 Beth Wittry, Coro
 - 61.7 Autumn Mays, Morse
 - 61.84 Holli Mayer, MontV
 - 62.0 Alaina Engebrits, SM
 - 62.0 Jolanda Diego, Ecam
 - 62.29 Princess Mitchell, Sweet
 - 62.3 Nicole Reyes, RBV
 - 62.3c Nadia Sanders, Hill
 - 62.3c Harns, Hx
 - 62.39 Jackie Muhich, LCC
 - 62.4 Tessa Conner, TP
 - 62.5c Dominique Hankins, MtM
 - 62.6c Ocean Christian, Morse
 - 62.6 Carrie Kaemerle, USD
 - 62.77 Aubree Duff, VC
 - 63.0 Natalie Gattrell, SR
 - 63.0 Easterling, Serra
 - 63.05 Jaime Ransom, Sant
- 800:**
- 2:12.0 Jenna Timinsky, SDgtoA
 - 2:14.9 Desiree Davila, Hill
 - 2:18.2 Allison Hall, RB
 - 2:20.0 Julie Komosinski, TP
 - 2:20.0 Molly Gabriel, UC

- 2:21.04 Amonica Phipps, Morse
- 2:21.1 Courtney Allen, RBV
- 2:21.35 Kerry Kelly-Cochrane, USD
- 2:21.7 Shawna Winfrey, WH
- 2:22.16 Emily Melendrez, Pow
- 2:22.9 Deanna Sick, MIC
- 2:23.93 Camille Robinson, CV
- 2:24.0 Whitney Schmucker, LJ
- 2:24.10 Ashlee Dere, MIC
- 2:24.2 Nicole Mier, SM
- 2:24.71 Rebecca Bostwick, UC
- 2:25.1 Dani Schuster, TP
- 2:25.51 Nastassja Hall, RBV
- 2:25.6 Courtney Stalis, GH
- 2:25.70 Emily Thomas, MIC
- 2:25.8 Jackie Paras, East
- 2:25.9 Haley Moore, TP
- 2:26.8c Stephanie Baird, Hx
- 2:27.0 Natalie Gattrell, SR
- 2:27.2 Marie Raffray, SDgtoA
- 2:27.30 Lidia de Carvalho, UC
- 2:28.0 Desiree Leek, LJ
- 2:28.31 Anna Hough, VC
- 2:28.4 Maria McGaffigan, CP
- 2:28.5 Loretta Kilmer, Ram
- 2:28.56 Cristina Toland, Esc
- 2:28.68 Dulce Alvarez, BV

1500:

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

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

- 5:03.0 Davila
- 5:07.7 Timinsky
- 5:12.2 Hall
- 5:12.5 Kilmer

1600:

- 4:58.05 Desiree Davila, Hill
- 5:08.94 Jasmine Marquez, ECP
- 5:09.4 Dani Schuster, TP
- 5:12.9 Julie Komosinski, TP
- 5:13.4 Desiree Leek, LJ
- 5:13.8 Courtney Allen, RBV
- 5:14.3 Rachel Farrior, Hx
- 5:16.2c Stephanie Baird, Hx
- 5:17.0 Allison Hall, RB
- 5:18.9 Kaleena Yee, RB
- 5:19.7 Loretta Kilmer, Ram
- 5:19.x Jenna Timinsky, SDgto
- 5:21.1 Katie Matlack, Fall
- 5:21.50 Rebecca Bostwick, UC
- 5:21.9 Anna Hough, VC
- 5:22.5 Amonica Phipps, Morse
- 5:22.8 St. Laurent, Ecam
- 5:24.2 Deanna Sick, MIC
- 5:25.0 Rachel Good, Pow
- 5:25.1 Ashlee Dere, MtC
- 5:25.1 Nicole Mier, SM
- 5:25.5 Courtney Allen, RBV
- 5:25.8 Lauren Jerd, UC
- 5:26.0 Sariah St. Laurent, Ecam
- 5:26.16 Lorin Scott, SP
- 5:26.26 Shawna Winfrey, WH
- 5:26.6 Amber Straight, Val
- 5:26.67 Danae Hough, VC
- 5:27.x Haley Moore, TP
- 5:28.3 Krista Romley, TP
- 5:28.x Sabrina St. Laurent, Ecam
- 5:29.24 Halah Barre, MIC
- 5:31.20 Claire Rethmeier, SP
- 5:31.8 Katie O'Connell, Carls
- 5:32.x Rose Serna, MB
- 5:32.x Brenna Williams, TP
- 5:33.7 Melissa Ramos, Fall
- 5:33.x Carly Mecklenburg, TP
- 5:34.0 Jessie Ooms, UC
- 5:34.2 Chessa Adsit-Morris, UC
- 5:34.64 Kristina Maletz, Pow
- 5:34.76 Julie Pitts, Gross
- 5:35.1 Brittany Pierce, MIC
- 5:35.16 Darla Reader, CV
- 5:35.6 Courtney Stalis, GH
- 5:36.62 Morgan Soule, LCC
- 5:36.72 Melissa Moore, RBV
- 5:37.9 Manal Yamout, MIC

3200:

- 10:40.2 Desiree Davila, Hill
- 11:03.0 Loretta Kilmer, Ram
- 11:17.10 Jasmine Marquez, ECP
- 11:17.2 Jenna Timinsky, SDgtoA
- 11:17.46 Ashlee Dere, MIC
- 11:17.5 Kaleena Yee, RB
- 11:20.9 Katie Matlack, Fall
- 11:23.6 Chessa Adsit-Morris, UC
- 11:24.04 Stephanie Baird, Hx
- 11:27.6 Allison Hall, RB

Please see page 11.

Girls Marks:

From previous page.

- 11:28.7 Rose Serna, MB
- 11:34.8 Deanna Sick, MIC
- 11:35.9 Julie Komosinski, TP
- 11:37.9 Rebecca Boshwick, UC
- 11:46.2 Rachel Good, Pow
- 11:46.2 Claire Rethmeier, SP
- 11:46.2 Kristina Maletz, Pow
- 11:46.5 Mishon Stalaker, Ram
- 11:48.6 Sabrina St. Laurent, ECam
- 11:53.05 Danae Hough, VC
- 11:53.1c Rachel Fariior, Hx
- 11:56.0 Manal Yamout, MIC
- 11:56.40 Christine Burke, PH
- 11:56.86 Sylvia Mendez, Braw
- 11:57.5 Desiree Leek, LJ
- 11:57.6 Halah Barre, MIC
- 11:57.89 Kate Branson, BV
- 11:58.4c Cindy Walker, GH
- 12:00.1 Melissa Moore, RBV
- 12:00.9 Melissa Ramos, Fall
- 12:04.0 Sariyah St. Laurent, ECam
- 12:04.3 Carly Mecklenburg, TP
- 12:06.1 Pafi Romero, East
- 12:06.8 Samantha From, SP
- 12:07.55 Nicole Mier, SM
- 12:08.2 Laura Cohen, UC
- 12:08.86 Julie Pitts, Gross
- 12:09.x Brenna Williams, TP
- 12:10.3 Audrey Harrer, MIC
- 12:10.53 Chandra Farnham, WH
- 12:10.7 Bree Justus, RBV
- 12:12.98 Sara Cates, Carls
- 12:13.85 Joanne Southard, WH
- 12:14.2c Laura Sanders, Val
- 12:14.5 Maija Rohde, Fall
- 12:18.0 Mandy Johnson, CP
- 12:19.5 Jessica Huepper, RB

100 Hurdles:

- Automatic time:
- 15.30 Bryeanna Barmer, Hx
 - 15.53 Meggi Afenir, Esc
 - 15.59 Jessica Eggleston, ECam
 - 16.08 Audrey Pound, Pow
 - 16.25 Morgan Albini, SP
 - 16.70 Eva Tanner, Gross
 - 16.73 Darcy Fox, WH
 - 16.73 Erin Asay, Sweet
 - 16.76 Lyric Teigen, ECP
 - 16.89 Breanna White, RB
 - 16.92 Kristina Andrews, Pow
 - 17.16 Alex Sims, CV
 - 17.19 Alie Ribner, TP
 - 17.33 Katherine Dostal, WH
 - 17.35 Lani Kuhlrow, Coro
 - 17.45 B. J. Hayes, East
 - 17.66 Pam Dang, MiraM

Hand time:

- 15.2 Bryeanna Barmer, Hx
- 15.2 Meggi Afenir, Esc
- 15.4 Jessica Eggleston, ECam
- 15.8 Audrey Pound, Pow
- 15.8 Morgan Albini, SP
- 16.2 Kieanna Shannon, Hoov
- 16.2 Erin Asay, Sweet
- 16.3 Marquita Travis, Braw
- 16.4 Breanna White, RB
- 16.5 Natasha Burton, Morse
- 16.5 Alie Ribner, TP
- 16.5 Lani Kuhlrow, Coro
- 16.6 Cheryl Hawkins, Morse
- 16.6 Alex Sims, CV
- 16.7 Katherine Dostal, WH
- 16.7 Erica Schim, LCC
- 16.8 Lyric Teigen, ECP
- 16.9 Eva Tanner, Gross
- 16.9 Laura Maurer, Fall
- 16.9 Ashleigh Penrod, TP
- 17.0 Kristina Andrews, Pow
- 17.0 B. J. Hayes, East
- 17.1 Devon Williamson, Morse
- 17.1 Kayleigh Knudson, BV
- 17.2 Beatrice Tavanuu, Sweet
- 17.3 Darcy Fox, WH
- 17.3 Johanna Suasa, CV
- 17.4 Aimee Rolls, OG
- 17.4 Melody Demel, Fall
- 17.5 Nini Herron, ECV
- 17.5 Tiffany Davis, ECam

300 Low Hurdles:

- 45.55 Unika Smith, Linc
- 45.7 Audrey Pound, Pow
- 46.06 Bryeanna Barmer, Hx
- 46.6 Morgan Albini, SP
- 46.72 Erica Schim, LCC
- 47.1 Jessica Eggleston, ECam
- 47.3 Kristine Schroeder, RB
- 48.1c Laura Maurer, Fall
- 48.1 Erika Bolden, Morse
- 48.42 Meggi Afenir, Esc
- 48.5 Amanda Perry, USD
- 48.7 Nicole Woolfolk, MB
- 48.76 Lyric Teigen, ECP
- 48.8 Natasha Burton, Morse
- 48.9 Trista Turner, RBV
- 48.9 Qadriyyah Abdullah, MIM
- 49.11 Kayleigh Knudson, BV



Raeanna and Brianna Makihele
San Marcos



LaSheena Rice
Morse

- 49.3 Breanna White, RB
- 49.3 Jackie Johnson, MIC
- 49.89 Royceleen Holmes, BV
- 49.9 Ashley Shriver, MonV
- 50.0 Zikarra Beverly, USD
- 50.0 Kerry McCall, USD
- 50.1 Melodie Tao, RB
- 50.1 Gloria Martinez, CP
- 50.13 Brooke Alvord, VC
- 50.17 Lauren McCabe, LCC
- 50.18 Kristina Andrews, Pow
- 50.27 Erin Asay, Sweet

4x100:

- Automatic time:
- 48.21 Morse
 - 49.90 Mt. Carmel
 - 50.43 San Pasqual
 - 50.54 Helix
 - 51.05 Fallbrook
 - 51.44 Monte Vista
 - 51.45 Rancho Buena Vista
 - 51.45 Chula Vista
 - 51.56 Escondido
 - 51.62 Scripps Ranch
 - 51.64 Rancho Bernardo
 - 51.66 Valhalla
 - 51.68 Mount Miguel
 - 51.75 University of San Diego
 - 52.04 Serra
 - 52.23 Granite Hills
 - 52.28 Valley Center
 - 52.31 Lincoln
 - 52.35 Vista
 - 52.37 West Hills
 - 52.40 Poway



Morgan Albini
San Pasqual

- 52.47 Bonita Vista
 - 52.53 Sweetwater
- Hand time:
- 48.9 Helix
 - 49.2 Morse
 - 49.5 El Camino
 - 49.9 Rancho Bernardo
 - 50.1 San Pasqual
 - 50.4c Mount Miguel
 - 50.5 Hoover
 - 50.6 Mt. Carmel
 - 51.1 Rancho Buena Vista
 - 51.2 Fallbrook
 - 51.3 Chula Vista
 - 51.3 Eastlake
 - 51.3 Serra
 - 51.4 Castle Park
 - 51.6 University of San Diego
 - 51.7 Scripps Ranch
 - 51.7 Escondido
 - 51.8c Monte Vista
 - 52.1 El Cajon Valley
 - 52.1 Poway
 - 52.2 Vista
 - 52.2 Torrey Pines
 - 52.5 La Costa Canyon
 - 52.5 Valley Center
 - 52.5 Bonita Vista

4x400:

- 4:01.25 Rancho Bernardo
- 4:02.3 Helix
- 4:04.57 La Costa Canyon
- 4:05.6 Morse
- 4:07.5 Monte Vista
- 4:08.31 Rancho Buena Vista
- 4:08.7 Torrey Pines
- 4:09.5 San Pasqual
- 4:10.01 Mt. Carmel
- 4:11.1 Poway
- 4:12.3 Castle Park
- 4:13.0 University of San Diego
- 4:13.4 Vista

- 4:16.0c Fallbrook
- 4:17.0 Mount Miguel
- 4:17.1 El Capitan
- 4:17.2 Southwest, EC
- 4:19.4 El Camino
- 4:19.52 Valley Center
- 4:20.1 Hilltop
- 4:21.0 Bonita Vista
- 4:21.43 Grossmont
- 4:21.6 Chula Vista
- 4:21.6 La Jolla
- 4:22.13 Escondido
- 4:22.65 Sweetwater
- 4:22.9 Eastlake
- 4:23.0 University City
- 4:23.2 West Hills
- 4:23.3 San Pasqual
- 4:23.5 Lincoln
- 4:23.6 Valley Center

High Jump:

- 5-6 Lauren Jones, TP
- 5-4 Alex Jackson, Carls
- 5-4 Alexis Tate, RB
- 5-4 Eva Tanner, Gross
- 5-4 Kristen Carlson, SFC
- 5-4 Misty Brewster, GH
- 5-2 Megan Bornes, RBV
- 5-2 Kate Barkkiewicz, CV
- 5-2 Jaime Ransom, Sant
- 5-0 Leah Cole, VC
- 5-0 Katie Brown, SM
- 5-0 Shelene Gutierrez, RB
- 5-0 Colleen Walker, TP
- 5-0 Amonica Phipps, Morse
- 5-0 Andrea Taylor, BV
- 5-0 Becky Bamberger, BV
- 5-0 Athena Clune, USD
- 5-0 Taylor Cassidy, Oc
- 5-0 Shunnae Buckner, Linc
- 5-0 Ashley Shriver, MonV

Pole Vault:

- 12-0 Molly Pascarella, RB
- 11-0 Janea Russ, GH
- 11-0 Betsy Halliburton, TP
- 10-6 Erin Asay, Sweet
- 10-1 Brenna Moyer, Carls
- 10-0 Marie Nowinski, MiraM
- 10-0 Elise Orlando, MiraM
- 10-0 Beth Vieira, Ptl
- 10-0 Ama Navidi, RB
- 10-0 Marissa Earle, RB
- 9-6 Megan Sage, MIC
- 9-6 Terri Lopez, WH
- 9-6 Megan Wilkinson, East
- 9-6 Anastasia Fiehler, VC
- 9-3 Anne Walkush, SR
- 9-2 Liz Leyvas, RB
- 9-0 Sandra Fisher, SM
- 9-0 Megan Sage, MIC
- 9-0 Corinne Lee, Gross
- 9-0 Susana Hodgers, CV
- 9-0 Jillian Debaros, MIC
- 9-0 Christina Sloyer, LJ
- 9-0 Cara Filipowski, Val
- 9-0 Theresa Acosta, Vista
- 8-7 Nichol Kim, RB
- 8-6 Emily Dennis, LCC
- 8-6 Laura Betts, RBV
- 8-6 Julie Strick, WH
- 8-6 Becky Gausepohl, Fall
- 8-6 Desiree Dreszer, SR
- 8-6 Becky Monroy, MiraM
- 8-6 Athena Clune, USD
- 8-6 Chandra Zeman, SP
- 8-6 Rosina Garcia, OG
- 8-6 Tabitha Pierce, VC
- 8-2 Renee Antonacci, Carls

Long Jump:

- 18-0 Jessica Thomas, ECam
- 17-10.75 Nastassja Hall, RBV
- 17-7.25 Naomi Mattos, Fall
- 17-5.25 LaSheena Rice, Morse
- 17-3 Usha Kuzhippallil, LCC
- 17-2.5 Megan Bornes, RBV
- 17-0.5 Evon Willingham, Hx
- 16-7 Angela Fazio, Gross
- 16-6 Cheesee Brown, PH
- 16-3 Joy Hannibal, BV
- 16-2 Bre Priest, SP
- 16-1 Laura Landry, RB
- 16-1 Kristie Ernau, SP
- 16-0 Carrie Kaemerle, USD
- 15-11 Qadriyyah Abdullah, MIM
- 15-10.25 Sparkle Anderson, Serra
- 15-10 Yvonne Shammam, Gross
- 15-9.5 Tesaj Goodman, UC
- 15-9.5 Jackie Mandy, CV
- 15-9.25 Melanie Mincks, VC
- 15-9 Chelsi Bush, Esc
- 15-9 Misty Brewster, GH
- 15-9 Rachel Dulin, RB
- 15-8.5 Erika Holmes, Swest, EC
- 15-8.25 Darcy Fox, WH
- 15-8 Letijar Cracketh, MIM
- 15-8 Katie Blakely, Esc
- 15-7.75 B. J. Hayes, East
- 15-7.75 Nayelli Kryger, VC
- 15-7.25 Marquita Travis, Braw

Please see page 12.

Girls Marks:

From previous page.

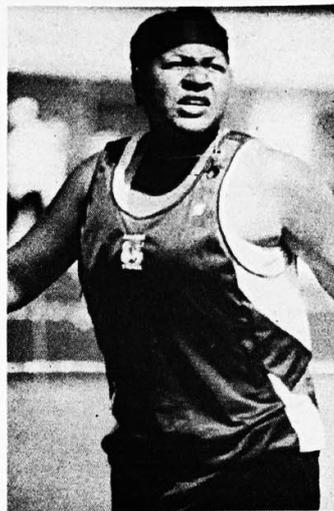
- 15-7 Allison Kwan, BV
- 15-6.5 Deitra Manley, Linc
- 15-6.5 I. Barnes, MtM
- 15-6.25 Kristen Carlson, SFC
- 15-5 Andrea Taylor, BV
- 15-2.5 Kaitlyn Doe, TP
- 15-2.5 Jasmine Winfield, Oc

Triple Jump:

- 36-2.5 Megan Barnes, RBV
- 36-2 Joy Hannibal, BV
- 35-7.25 Jessica Thomas, ECam
- 35-2 Jessica Eggleston, ECam
- 35-1.5 Renee McKinney, RBV
- 34-8 Aiesha Singleton, PH
- 34-7.5 Jennifer Greene, RB
- 34-3 Sparkle Anderson, Serra
- 33-11 Marquita Travis, Brow
- 33-9 Melissa Cornett, WH
- 33-7 Dani McNeely, LCC
- 33-7 Devon Williamson, Morse
- 33-5.5 Andrea Taylor, BV
- 33-4.75 Qadriyyah Abdullah, MtM
- 33-4.75 Kyra Marshall, Morse
- 33-4.5 Desiree Williams, MontV
- 33-0.5 Nadia Salahuddin, Hill
- 32-9 Laura Maurer, Fall
- 32-8 Alex Sims, CV
- 32-7 Jenny Hauser, Vista

Shot Put:

- 44-4.5 Aiga Marie Taumua, Sweet
- 42-2 Amber Hood, Morse
- 41-3.75 Carrie Johnson, Fall
- 41-0 Raeanna Makihale, SM
- 39-7 Brianna Makihale, SM
- 36-9 Shemika Morris, SR
- 36-8 Becky Southward, ECP
- 35-7.5 Kim Griffen, WH
- 35-7.5 Cynthia Concha, Sweet
- 35-5 Latoya Rickman, Oc
- 35-1 Crystal Harrell, Fall
- 34-11 Candace Doung, MtC
- 34-9 Crystal Barber, Vista
- 34-7 Sandra Maginnis, ECP
- 34-6 Marquita Travis, Brow
- 34-6 Ruby Udeh, Morse
- 34-5.75 Brittany Moon-Battung, Pow
- 34-0.5 Danielle Mitchell, RBV
- 33-10 Cynthia Sorrell, Vista
- 33-8 Cynthia Flores, Brow
- 33-7 Jessica Harris, GH
- 33-6 Monica Dereld, WH
- 33-1 Sarah Smitter, SP
- 33-1 Rachel Johansen, MontV



Amber Hood Morse

- 33-0 Linea Rusthoven, OG
- 32-11 Hillaria Mateo, CP
- 32-10.5 Samantha Singley, WH
- 32-9 Grace Golk, ECV
- 32-8.25 Cassi Maciejewski, VC
- 32-8 Rebecca Boh, SP
- 32-8 Whitney DeWeese, RBV
- 32-7 Kim Villareal, BV
- 32-1 Jane Fajardo, MtC
- 32-0 Grace Hancock, RB

Discus Throw:

- 143-8 Carrie Johnson, Fall
- 140-3 Brianna Makihale, SM
- 131-0 Amber Hood, Morse
- 117-4 Shannon Young, East
- 116-6 Raeanna Makihale, SM
- 114-8 Alexandra Ray, TP
- 113-11 Samantha Singley, WH
- 113-1 Latoya Rickman, Oc
- 110-7 Brittany Moon-Battung, Pow
- 109-10 Ashley Seilhan, MtC
- 109-3 Mandy Schatzinger, Ram
- 109-2 Aiga Marie Taumua, Sweet
- 108-10 Whitney DeWeese, RBV
- 108-5 Danielle Mitchell, RBV
- 108-3 Lena Fanene, Carls
- 107-5 Sarah Smitter, SP
- 107-1 Cynthia Concha, Sweet

- 106-11 Alex Tabas, Carls
- 106-3 Jackie Turpin, Sant
- 105-10 Hillaria Mateo, CP
- 105-5 Kelley Burick, RBV
- 104-10 Shemika Morris, SR
- 104-7 Sandra Maginnis, ECP
- 104-4 Caroline Dessert, Swest, EC
- 104-2 Michelle Prentice, Esc
- 103-11 Heather Bolles, BV
- 103-9 Michelle Singleton, Crow
- 103-7 Jessica Kondrick, LJ
- 103-6 Kim Villareal, BV
- 103-5 Cassie Maciejewski, VC
- 103-4 Sarah Byrne, Ram
- 103-1 Melissa Karnaze, RB
- 102-10 Kim Griffen, WH
- 102-8 Crystal Harrell, Fall
- 101-11 Ruby Udeh, Morse
- 101-10 Alicia Joseph, BV
- 101-8 Stacy Martinovich, East
- 101-7 Kara Smith, VC
- 101-5 Sullivan, Hoov
- 101-0 Becky Southward, ECP

Sprint Medley

- (200-200-400-800):
- 3:47.2 Bonita Vista (LaVerne)
- Distance Medley:**
- 10:21.02 West Hills (Arcadia)
- 10:52.7 Poway (Falcon)
- 10:53.53 Valley Center (Bronco)
- 10:54.42 Vista (Bronco)
- 10:58.0 Mt. Carmel (Bronco)
- Shuttle Hurdles**
- (alternating highs, lows):
- 59.2 Eastlake (Titan)
- 59.3 Torrey Pines (Titan)
- 1:00.7 El Camino (Titan)
- 1:01.0 University City (Titan)
- 1:02.0 Valley Center (Titan)

GIRLS:

Marks reported by April 25.

- 4x200:**
- 1:46.04 Helix (Eagle Rock)
- 1:47.94 Mt. Carmel (Bronco)
- 1:49.1y Morse (Sweetwater)
- 1:50.57 Lincoln (Bronco)
- 1:51.71 San Pasqual (Bronco)

- 4x800:**
- 9:43.87 Mt. Carmel (Sundevil)
- 10:00.43 Helix (Sundevil)
- 10:05.08 San Pasqual (Sundevil)
- 10:10.0 Poway (Falcon)
- 10:11.7 West Hills (Bronco)

- 4x1600:**
- 22:08.22 West Hills (Mt SAC)
- 22:20.0 Mt. Carmel (Titan)
- 22:32.2 Valley Center (Titan)
- 22:33 University City (Eagle Rock)
- 22:47.9 Rancho Bernardo (Titan)

Sprint Medley

- (100-100-200-400):
- 1:48.8 Morse (Falcon)
- 1:54.69 Mt. Carmel FS (Bronco)
- 1:56.4 San Pasqual (Falcon)
- 1:56.8y Helix (Sweetwater)
- 1:57.2 Lincoln (Eastlake)
- 1:57.23 Fallbrook FS (Bronco)
- y - unconverted yard mark.

- Distance Medley:**
- 12:49.25 Rancho Bernardo (Arcadia)
- 12:52.8 Torrey Pines (Titan)
- 13:00.82 Fallbrook (Arcadia)
- 13:03.7 Poway (Sundevil)
- 13:05.9 University City (Sundevil)

Shuttle Hurdles

- (4x100 hurdles):
- (all hurdles 33-inches)
- 1:07.4 Poway (Titan)
- 1:09.2 El Camino (Titan)
- 1:10.9 Fallbrook (Titan)
- 1:11.0 Torrey Pines (Titan)
- 1:12.0 Mira Mesa (Titan)

Non-standard Relays:

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

BOYS:

Marks reported by April 25.

- 4x200:**
- 1:29.23 University City (Mt SAC)
- 1:30.25 Lincoln (Bronco)
- 1:30.7 Helix (Bronco)
- 1:31.18 Mt. Carmel (Bronco)
- 1:32.9 Monte Vista (Titan)

- 4x800:**
- 8:24.7 Mt. Carmel (Falcon)
- 8:28.9 Vista (Bronco)
- 8:32.57 El Cajon Valley (Sundevil)
- 8:33.1 Escondido (Titan)
- 8:33.5 Bonita Vista (Eastlake)

- 4x1600:**
- 18:57 Sweetwater (LaVerne)
- 18:57.1 Poway (Titan)
- 19:04.7 Ramona (Titan)
- 19:08.3 Mt. Carmel (Titan)
- 19:24.1 Rancho Buena Vista (Titan)

Sprint Medley

- (100-100-200-400):
- 1:36.3 Morse (Falcon)
- 1:37.2 Mt. Carmel (Falcon)
- 1:37.4 San Pasqual (Falcon)
- 1:37.5 Vista (Falcon)
- 1:38.9y Helix
- y - unconverted yard mark.

MOVIN SHOES

San Diego's

FIELD and TRACK

CENTERS

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SINCE 1977

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