

OCTOBER / NOVEMBER 1993

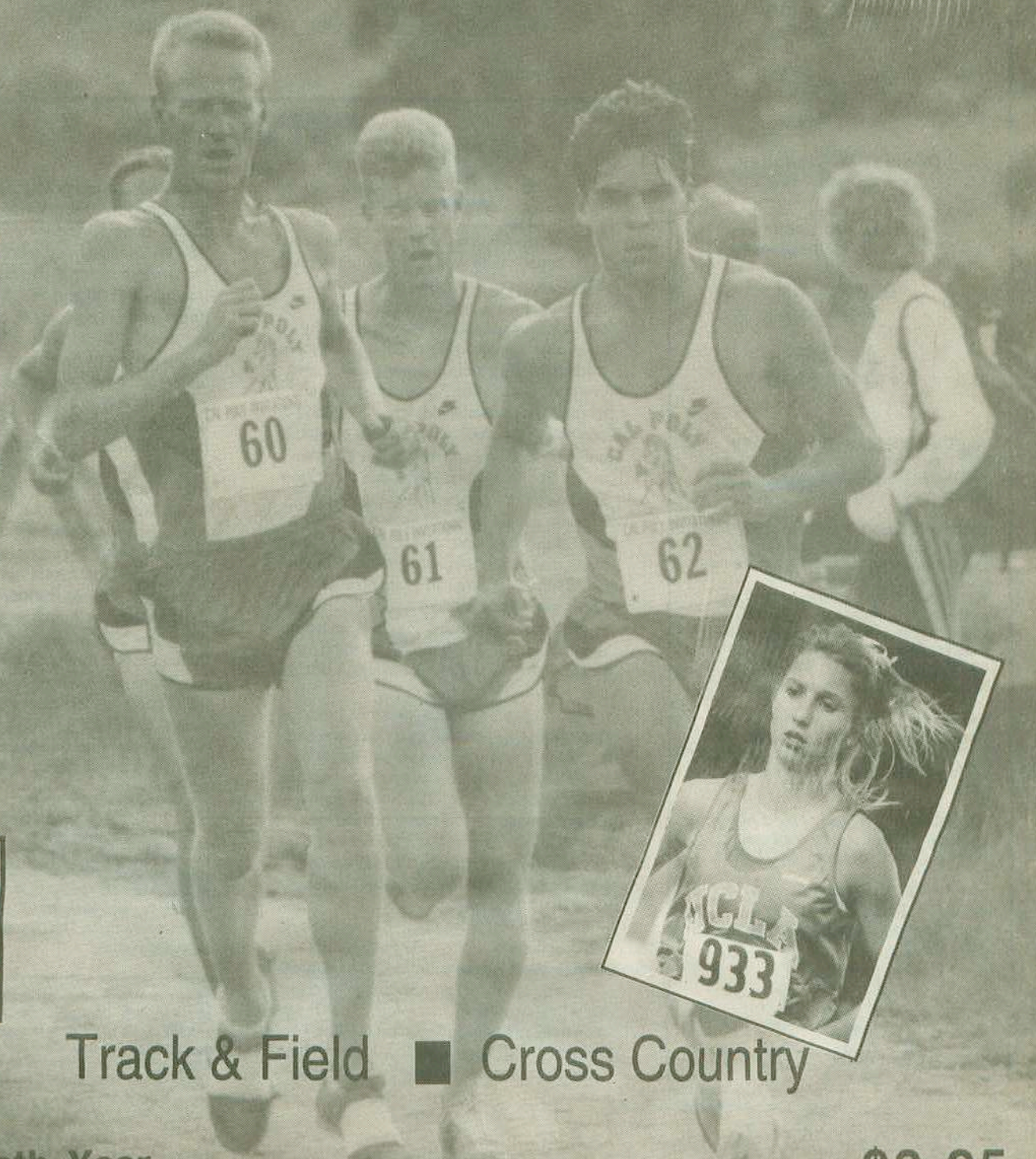
# CALIFORNIA

## Track News

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# CALIFORNIA Track News

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## EDITORIAL

### Forging Ahead

Track has fallen on hard times in this country. It doesn't take a genius to note the dwindling number of programs, participants, sponsors, meets, and media coverage. The problems with track and the reasons why have been bantered around many circles, including the pages of *California Track News*. We don't want to dwell on the negative any longer than to point it out, figure it out and do something positive to help. We've pointed it out in past issues and writers like Bob Womack, Bob Fraley and Red Estes have tried to figure it out. Now, what's being done?

Some people have not settled for the lowered status quo, and have tried to implement ideas that could "bring track back." People like Dennis McClanahan's forging out the California Coaches Alliance, or Al Hernandez forming the USA Track & Field HS Coaches Association. Or Don Strametz pushing for a California/Nevada Track Coaches Association.

Since it seems college track has been hit the hardest, the college coaches have had to come up with new ideas fast. The California/Nevada Track Coaches Association has already hosted a Cal/Nev. Cross Country Championship this fall (you'll have to wait for next issue for results) and they will be doing the same in track. Coming up in December look for the USATF West Regional Cross Country Championships.

Scheduled for November 13 at Mt. San Antonio College in Walnut, the First Annual USATF West Regional Cross Country Championships show real promise. According to Skip Stolley of Nike Track West, "The Championships are being conducted by Nike Track West in cooperation with Mount San Antonio College to promote the great sport of colle-

giate and club cross country to hundreds of high school teams and thousands of high school runners." The men's and women's USATF Championship races will be centerpiece attractions in the midst of the 1993 CIF Prelims at 11:30 and 11:45 respectively. Both races will be contested on the challenging Mt. SAC 3-mile course that so many collegiate and open runners competed on during their high school careers.

According to Stolley, "This is an opportunity for cross country teams to compete in front of thousands of spectators and for runners to return to the infamous 'Breakneck Hill,' 'The Switchbacks,' 'Reservoir Hill,' and 'Poop-Out Hill' to improve on their best high school performances on the Mt. SAC course ... while 2600 high school athletes representing 384 high school teams from across Southern California compare times."

This should be the largest assemblage of high school, collegiate and club cross country teams ever brought together in the Western States. We hope coaches and athletes will support this landmark collaboration between USA Track & Field, the CIF and the NCAA to promote collegiate/club cross country. Check the schedule in this issue for more information.

*Bel*

P.S. The cover date represents a slight change in the usual format. You are holding the "double" issue we usually name November/December - this time, October/November. The December 1993 issue will be available soon.

**ON THE COVER:** Cal Poly SLO's dynamic trio (left to right) SCOTT HEMPEL, DAN BERKELAND and COLEY CANDALE - 1 - 2 - 3 at the Mustang Invitational (see results on page 47). And, what a season for UCLA's KAREN HECOX! (inset) Highlights already include a second at Aztec and firsts at the Stanford and Mustang Invitionals. Results in this issue. Photos by Elaine Rosenfield



# SCHEDULE

Please send cross country and track information to CTN, 4957 E. Heaton Ave., Fresno, CA 93727.

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

## High School

### Cross Country

October 22 (Fri)

Placer Invitational. Contact Ron Hyatt at Placer HS.

October 23 (Sat)

Coalinga. Elks Lodge Invitational. Coalinga HS.

Fair Oaks. Cougar Relays. Contact Bob King at Del Campo (916) 971-5670.

Soquel. Soquel Invitational. Soquel HS.

Lodi. Lodi Lake Invitational. Contact Womble at Lincoln HS and Anton at Lodi HS.

Reedley. Reedley Invitational. Contact Aggie Contreras at Reedley HS.

October 22-23 (Fri-Sat)

Walnut. Mt. SAC X-C Invitational. Contact Don Ruh or Dan Schrum at Mt. SAC.

October 28 (Thurs)

Kingsburg. John Seaman Invitational. Contact Rey Garza at Kingsburg HS.

October 29 (Fri)

Fresno. Fresno City Championships. Contact Steve Kelley at Fresno HS (209) 441-3835.

October 30 (Sat)

Bakersfield. Kern Invitational. South HS.

November 13 (Sat)

CIF Prelims.

November 20 (Sat)

CIF Finals.

November 27 (Sat)

Fresno. CIF State X-C Meet. Woodward Park. Contact Steve Kelley at Fresno HS (209) 441-3835.

December 4 (Sat)

Fresno. Foot Locker Cross Country Championships Western Regional Qualifier (Formerly Kinney X-C). Woodward Park. 5000 Meters. Contact Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 11 (Sat)

San Diego. Foot Locker Cross Country Championships. Balboa Park.

### Track & Field

November 24 (Wed)

Azusa. Azusa Pacific Twilight Distance Carnival. 3 p.m. All divisions. Races include 800, 1 mile, 2 mile, 5000 meters, distance medley, 2 man 20x400 Contact Iv Ray at (818) 969-3434 ext 3294.

November 27 (Sat)

Stanford. Throws Series #22. Angel Field, Stanford. All Divisions. 35# Wt., Hammer, Shot, Discus, Javelin. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

December 18 (Sat)

Stanford. Throws Series #23. Angel Field, Stanford. All Divisions. 35# Wt., Hammer, Shot, Discus, Javelin. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

### 1994

January 29 (Sat)

Reno, NV. Silver State Invitational. (Indoor Meet). 6 p.m. Contact Roger Bowen (702) 784-6081.

February 5 (Sat)

Reno, NV. University of Nevada Bill Cosby Invitational. (Indoors). Contact Roger Bowen (702) 784-6081.

February 12 (Sat)

Reno, NV. University of Nevada Holiday Inn Classic. (Indoors). Contact Roger Bowen (702) 784-6081.

February 19 (Sat)

Los Angeles. 35th Sunkist Invitational. Los Angeles Sports Arena. 12 noon. Ticket information (213) 741-2164. Special team group sales discounts (310) 278-2030.

March 5 (Sat)

Long Beach. Long Beach Poly Track & Field Invitational. Veteran's Stadium. CIF sanctioned. Info: (310) 591-0581. Meet Director: Charles Clinton.

April 8 (Fri)

Davis. UC Davis High School Invitational. Contact Jon or Deanne Vochatzer at (916) 752-1111.

## College & Open

### Cross Country

October 16 (Sat)

Newport Beach. GSAC Championships.

San Diego. The Balboa Classic Invitational. West side of Balboa Park. Men 8k/8 a.m. Women 5K/8:45 a.m. Ted Van Arsdale, UCSD, Cross Country, ICA 0905, 9500 Gilman Drive, La Jolla 92093-0905, FAX Attn: Van Arsdale, Cross Country (619) 534-8172.

San Luis Obispo. Cal Poly SLO Invitational.

October 23 (Sat)

San Diego. Power Bar San Diego Challenge. 9 a.m. 5000 meters. Morley Field. Contact Manny Bautista (619) 627-2739.

Pomona. Cal Poly Pomona Invitational.

Fresno. California-Nevada Track & Field Association Cross Country Championships. Woodward Park. Women's 2 Mile/10 a.m. Men's 4 Mile/10:30 a.m. Contact Red Estes, Athletic Department, Fresno State University, Fresno 93740-0027 (209) 278-4097.

October 30 (Sat)

Fullerton. Big West Conference Meet. Contact Cal State Fullerton.

November 6 (Sat)

La Mirada. NAIA District III Championships.

San Diego. USA T&F XC Championship. 8 a.m. 8K. Morley Field. Contact Ken Bernard (619) 281-5585.

November 13 (Sat)

Kenosha, WI. NAIA National Championships.

Salt Lake City, UT. WAC/NCAA Region 7.



# SCHEDULE

**Walnut:** USA T&F West Regional Cross Country Championship. Mt. SAC. Men 11:30 a.m./3 miles. Women 11:45 a.m./3 miles. Open to club teams, college teams and individuals. Contact Skip Stolley, Nike Track West, 825 16th Street, Suite B, Santa Monica 90403. (213) 730-9617.

**November 22 (Mon)**

**Bethlehem, PA.** NCAA Championships. Lehigh University. Contact Karen Adams, Athletic Dept., Taylor Gym #38, Bethlehem, PA 18015 (215) 758-4318.

**November 27 (Sat)**

**Missoula, MT.** 1993 USA Track & Field Cross Country Championships. Contact Mountain West Track Club, PO Box 8081, Missoula, MT 59807 (406) 543-4908.

## Track & Field

**October 31 (Sun)**

**San Sebastian, Spain.** 5th IAAF World Cup Marathon.

**November 18 (Thurs)**

**Fresno.** Turkey Trials. Warmerdam Field at Fresno State University. Contact Red Estes (209) 278-4097.

**November 24 (Wed)**

**Azusa:** Azusa Pacific Twilight Distance Carnival. 3 p.m. Azusa Pacific. Raceday registration only. Open to high school, college and open. Events include: 800, 2 mile, 5K, DMR, mile, 2 person 20 x 400. Contact Irv Ray (818) 969-3434 ext 3294.

**November 27 (Sat)**

**Stanford:** Stanford Throws Series #22. Angel Field, Stanford. All divisions -- 35# Wt., HT, SP, DT, JT. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

**December 18 (Sat)**

**Stanford:** Stanford Throws Series #23. Angel Field, Stanford. All divisions -- 35# Wt., HT, SP, DT, JT. Contact Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

1994

**January 15 (Sat)**

**Fresno.** FSU Track Clinic. FSU Campus. Contact Red Estes (209) 278-4097.

**January 22 (Sat)**

**Fresno.** FSU Weight Pentathlon. Warmer-

dam Field at FSU. Contact Red Estes (209) 278-4097.

**Walnut. Mt. SAC All-Comers.**

**Reno, NV:** Silver State Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

**January 29 (Sat)**

**Reno, NV.** Wolf Pack Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

**Walnut. Mt. SAC All-Comers.**

**February 5 (Sat)**

**Bakersfield.** Cal State Bakersfield Invitational.

**Fresno.** Fresno City College All-Comers. Ratcliffe Stadium.

**Azusa.** McDonald's Cougar Classic.

**Reno, NV:** Univ. of Nevada/Bill Cosby Invitational. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

**February 12 (Sat)**

**Reno, NV:** Univ. of Nevada/Holiday Inn Classic. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

**February 19 (Sat)**

**Long Beach.** Long Beach Relays.

**Los Angeles:** 35th Sunkist Invitational. Los Angeles Sports Arena. 12 noon. Ticket Information (213) 741-2164.

**Reno, NV:** Nevada Classic. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

**February 25-26 (Fri-Sat)**

**Colorado Springs, CO.** WAC Indoor Championships.

**February 26 (Sat)**

**Davis:** John Pappa Relays. Contact Jon/Deanne Vochatzer at UC Davis (916) 752-1111.

**Reno, NV:** Mountain Pacific Sports Federation Championships. (Indoors) Contact Roger Bowen, Track Coach, University of Nevada, Old Gym/264, Reno, NV 89557-0041 (702) 784-6154.

**March 4-5 (Fri-Sat)**

**Kansas City, MO.** NAIA Indoor Championships.

**March 5 (Sat)**

**Fresno.** FSU All-Comers. Warmerdam Field

at FSU. 10 a.m. Contact Red Estes (209) 278-4097.

**March 11-12 (Fri-Sat)**

**Indianapolis, IN.** NCAA Indoor Championships.

**March 19 (Sat)**

**San Luis Obispo.** Cal Poly Invitational.

**Santa Barbara.** Easter Relays.

**March 26 (Sat)**

**Stanford.** Stanford Relays.

**Northridge.** Cal State Northridge Invitational.

**March 28-29 (Mon-Tues)**

**Fresno.** FSU Decathlon/Heptathlon. Warmerdam Field at FSU. Contact Red Estes (209) 278-4097.

**April 8-9 (Fri-Sat)**

**Fresno.** Bob Mathias Fresno Relays. Ratcliffe Stadium. Contact Red Estes (209) 278-4097.

**April 9 (Sat)**

**Azusa.** GSAC Championships.

**Davis:** 39th Woody Wilson Track Invitational. Contact Jon Vochatzer at UC Davis (916) 752-1111.

**April 14-15 (Thu-Fri)**

**Walnut.** Mt. SAC & California Invitational Decathlon/Heptathlon.

**April 14-16**

**Walnut.** Mt. SAC Relays.

**April 15 (Fri)**

**Pomona.** Pomona-Pitzer Invitational.

**April 23 (Sat)**

**Azusa.** BFI Meet of Champions.

**April 30 (Sat)**

**San Diego.** UC San Diego Invitational.

**April 30-May 1 (Sat-Sun)**

**Westwood.** Cal/Nevada State Meet. at UCLA.

**May 7 (Sat)**

**Modesto.** S&W Modesto Relays.

**Santa Barbara.** Nick Carter Invitational. UCSB.

**May 14 (Sat)**

**Long Beach.** Long Beach Twilight.

**May 18-21 (Wed-Sat)**

**Fresno.** WAC Championships. Warmerdam Field at FSU.

**May 21 (Sat)**

**Davis:** Davis Invitational (NCAA/USA T&F) Qualifying Meet. Contact Jon Vochatzer at UC Davis (916) 752-1111.



# SCHEDULE

May 25 (Wed)

**Fresno.** FSU Last Chance. Warnerdam Field at FSU. Contact Red Estes (209) 278-4097.

May 28 (Sat)

**San Jose.** Bruce Jenner Classic.

June 1-4 (Wed-Sat)

**Boise, ID.** NCAA Championships.

## Masters

### Cross Country/ Road Racing

October 31 (Sun)

**Louisville, KY.** USATF National Masters 10K X-C Championships. Tom Sawyer State Park. Bill Nault, 203 Brown Ave., Louisville, KY 40207-5003 (502) 897-4773 or Bob Ullrich (502) 459-6820.

November 7 (Sun)

**Schenectady, NY.** USATF National Masters 15K Championships. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180 (518) 274-7444.

November 13 (Sat)

**Anaheim.** Time of Your Life Masters 5K. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

November 20 (Sat)

**Boston, MA.** USATF National Masters 8K X-C Championships. Franklin Park. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167 (617) 964-7802.

**San Diego.** USATF National Masters 25K Championships. Joni Shirley, 11212 Via Carroza, San Diego 92124 (619) 292-6132.

### Track & Field

October 20-22 (Wed-Fri)

**St. George, UT.** Huntsman Chemical's Senior Games. 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770 (801) 628-1442.

November 13 (Sat)

**Long Beach.** Senior Olympics. 55+. Windi Snellen (310) 421-9431.

1994

March 25-27

**Columbia, MO.** USATF National Masters Indoor Championships.

August 11-14

**Eugene, OR.** 27th USATF National Masters Championships.

September 26-October 8

**Brisbane, Australia:** World Masters Games. Info: Crowd Pleasers, Inc. Suite 333, 11777 S.E. Zion Hill Drive, Gresham, OR 97080 (503) 658-6011. FAX (503) 658-6011. Toll Free: (800) 424-8735.

## Camps & Clinics

November 27 & 28 (Sat-Sun)

**Las Vegas, NV:** Speed Dynamics Elite Sprint Seminar. Featuring Loren Seagrave. Contact: Speed Dynamics, PO Box 11169, Atlanta, GA 30310 (404) 320-0380 telephone & FAX. Registration deadline: postmarked by November 18, 1993.

December 19 (Sun)

**Alameda:** Pacific Assoc. Indoor Pole Vault Development Grand Prix/Clinic. At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

1994

January 2 (Sun)

**Alameda:** Pacific Assoc. Indoor Pole Vault Development Grand Prix/Clinic. At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

February 13 (Sun)

**Alameda:** Pacific Assoc. Indoor Pole Vault Development Grand Prix/Clinic. At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

March 5 & 6

**Alameda:** Pacific Assoc. Indoor Pole Vault Development Grand Prix Final and Awards (3/6) & Clinic (3/5). At Horace Crow Indoor Pole Vault Development Center, 2317 Central Ave., Alameda. All ages. Need 1994 USA T&F card. Contact: Eddie Seese, 1144 Holly St., Alameda 94502-7061 (510) 523-5618.

July 31-August 5

**Prescott, AZ:** Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

July 31-August 5 & August 7-12

**Lake Tahoe:** Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

August 23-28

**Catalina Island:** Runner's Workshop 10th Annual Cross Country Running Camps. (Coed, ages 12 & older, novice to State Champ). Coaches include: Bob Messina, Larry Knuth, Vince O'Boyle, Eric Peterson, Jack Farrell & Kyle Sawyer. Contact Mark & Rene Celestin (310) 493-7545 or write: Runner's Workshop Inc., PO Box 5028, Los Alamitos, CA 90720.

# SUBSCRIBE TO CALIFORNIA TRACK NEWS TODAY!!



# There's No "J" in Cross Country

By Chuck Moran, Jr., Coach

Men's and Women's Cross Country, Central Pennsylvania Business School

It's hard to describe to non-runners what cross country is all about. For some people, it's not even worth trying.

At least once a month, I find myself in this situation. That's when all of the coaches in our athletic department get together to hold monthly meetings of the school's "coaching committee." These meetings are designed to bring together all of the coaches at Central Pennsylvania Business School to discuss fund-raising, coaching philosophies, conference matters and other various topics related to our department. As head coach for the men's and women's cross country teams, I attend to keep myself up-to-date on all issues concerning our two-year, intercollegiate, athletic program.

Unfortunately, there's always that one person in the meeting who says "What's there to coach a cross country runner?" or "How's cross country a team sport?". Sometimes it's the basketball coach or his assistant who blurts this out. Other times the golf coach spits it out, and occasionally the softball or volleyball coach.

Jokingly, or not, they, like many non-runners, tend to look at cross country as a "non-team" sport that unskilled people participate in.

Sure, cross country coaches across the country do not need to teach an athlete to hit the open "J" or to dish out for an assist like a basketball coach does. And, cross country does not prepare harriers to serve, slide or putt. We don't even train athletes to work with round objects designed to be propelled through the air in some fashion.

I can understand why some people make such ridiculous statements that tend to degrade the sport of cross country...after all, it is a sport and not just a game. These people who make uneducated statements about how to train runners obviously don't see the big picture. They only see a group of athletes running through a field, or in the

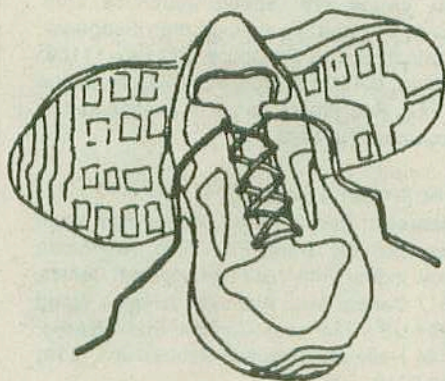
woods or down the street.

Mechanically, runners need to know how to properly run up and down hills, into turns, and across straight paths. Runners have to understand when to open up a stride and when to shorten it. They need to learn how to run forward and not up-and-down. And let's not forget about pace. There's even an art in passing an opponent.

Coaching gets even more involved than what's seen be spectators watching a race.

When preparing a workout schedule, cross country coaches have to know when to run LSD and when it's time for speed. Stretching, weight training, pool workouts, and even rest and diet habits have to be comprehended.

Quite possibly, the single-most important part of



Quite possibly, the single-most important part of coaching runners is understanding what makes that person tick.

coaching runners is understanding what makes that person tick.

Cross Country runners do not catch the winning touchdown pass on national television. Cross country runners do not hit the game-winning homerun which will be in the

front page of every sports section in newspapers across the country. And cross country runners rarely get paid to endorse sodas or fast food restaurants. I've never seen a television advertisement of a distance runner saying "I'm going to Disneyland" after winning the big race. There's really not a solid professional athletic career for runners like there is for baseball, football, and basketball players.

In a sport where there are no multi-million dollar contracts and very little publicity, all coaches need to know is how to keep an athlete motivated. It's essential for coaches to coach the mind as much as, if not more than, the body.

Over the long and lonely roads that distance runners run, mental preparation is very important. Runners should get that self-satisfaction that comes with running. In addition, cross country coaches have to train athletes to enjoy running in all types of reasonable weather conditions and over all types of courses. We don't have the luxury of training and competing at indoor facilities that are often quite similar, no matter where you go.

But, there is one other thing that cross country coaches need to do and it's one of the toughest part of the job (possibly it's the key for a coach to have a successful season) -- to get runners to run as a team.

It's one of those things that good coaches understand and, amongst ourselves, we talk about it. But, it is quite difficult to explain to non-runners--almost like a secret formula.

Today, when another coach in our department asks me one of those stupid questions, I tell them it's a secret formula that only runners and cross country coaches would understand. Then I give them a shot at feeling what a runner feels like by asking them if they'd like to go out for a nice 5-miler after the meeting. So far, no other coach as joined me. ♦



# SoCAL DIARY

By Bill Minarik

## September 13

Before beginning this year's cross country season, it would be appropriate to make a few closing comments on last track season. While the State High School Track Championships did take place after all, it's delay did cause some major casualties. Jason Madearis of Hart, who was one of the top qualifiers in the high hurdles, had to scratch from the finals because he was injured in a summer football passing league. Also, Isaac Turner of Burbank, who was considered one of the top 3 in the 800, had to withdraw in favor of a class graduation activity in Hawaii, for which his family had committed a large non-refundable sum of money. For these two athletes, and a number of others of whom I am not aware, justice delayed turned out to be justice denied.

Southern California has long been referred to as the track and field capital of the world. And, the results of the recent World Track & Field Championships give ample statistical validity to that reference. As it turned out, no less than 5 individual gold medals were won by UCLA alumni. This was more than any country in the world other than the U.S. and equaled the individual total of the rest of the U.S. team.

Getting back to cross country, the Cal State Fullerton Invitational officially opened cross country season in SoCal with the Utah State men serving notice to the rest of the Big West that they are the team to beat. The Aggies showed some impressive front line strength enroute to a 1-3-4 finish and a 31-67 margin over runner-up UCSB. The Cal State Los Angeles women also served notice that they will challenge CPSLO for the CCAA title with a 55-69 win ahead of a good Fresno State team.

Elsewhere, at the Whittier Invitational, the Azusa Pacific men and the Claremont-Mudd women gave notice that they are the teams to beat in their respective conferences with comfortable victories.

The community colleges got their season off to a start at the San Diego Mesa Invitational which, for some reason, has declared a non-scoring format. In any case, both the men and women's teams from Glendale looked surprisingly strong, although most of the schools there were without their best team.

For those prep fans who are trying to figure out who will be the State team champion, your answer may have been at the Buena Invitational where Thousand Oaks High posted a

comfortable 1 minute-15 second victory over powerhouse Hart High in the boy's competition. That time spread was about the same in the girl's race with Peninsula High outdistancing a good Hart team.

At the Cal Poly Pomona Invitational, boys' teams from Diamond Bar, Katella, LA Puente and Servite were divisional winners as were girls' representing Chino, Corona, St. Lucy's and Temescal Canyon.

## September 20

The Aztec Invitational took the spotlight in SoCal cross country last week with the Stanford men edging the Marathon Club Team and UCLA 62-70-71 in a 5-mile race. On the distaff side, the Arkansas Razorbacks defeated the entire rest of the field put together with a 27 point total. Stanford with 69 points was second. A big individual surprise here was UCLA's Karen Hecox, who came in second ahead of such big names as Deena Drossin, who was 4th.

In the lower Aztec divisional race, the Pt. Loma men defeated the rest of the field with 27 points. Grand Canyon College with 82 was second. In the women's race, UC San Diego with 102 points edged out Westmont with 107.

At the Midwest Invitational at Kenosha,

Wisconsin, the Azusa Pacific men took 4th with an 85 point total versus 50 for first place Ohio U.

At the community college level, the men and women from Mt. SAC scored easy victories at the Santa Monica Invitational by scores of 16-107 and 24-43 over Canyons and Santa Monica respectively.

Down at the Orange Empire Conference, the Rancho Santiago men pulled a major upset at the conference invitational by shocking state favorite Riverside 43-44. In the women's race, Irvine Valley looked like they may be a contender again as they eased by Orange Coast 46-53.

Further south at the Mira Costa Invitational, a good El Camino men's team just did manage to outrun an up-and-coming Cuyamaca seven by a 57-62 count. The San Diego Mesa women continue to look tough as they breezed past runner-up Long Beach 51-83.

A limited high school menu saw the Rosemead Invitational as the only show in town. At that one, the boys and girls from San Marino High scored lopsided victories over runner-ups San Gabriel and South Pasadena by margins of 4:08 and 3:14 respectively.



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# BOOK REVIEW

By Barbara T. Erskine, CAVU Company/Books for Runners

## Queen of the Track: The Liz McColgan Story

By Adrienne Blue (H.F. & G. Witherby Ltd., 1992, \$30)

One of the most interesting new discoveries this fall is British sports writer Adrienne Blue's *Queen of the Track: The Liz McColgan Story*. While it is unusual to write a biography of a star while she is still setting records, Blue provides a creditable explanation of this enigmatic athletic.

To depict the champion's surroundings and training, the author effectively uses Scottish phrasing and cadence. She describes a hill session after school with Harry Bennett, McColgan's first coach and prime impetus behind her early career. "Dundee having quite long steep braes, ... Liz would run a circuit where Harry had somehow arranged it so that every hill went upwards. When Liz felt herself beginning to flag, Harry, perched on top of the hill, would shout down to her, 'Come on lassie. You can do it. Rely on your superior strength.'"

Liz Lynch knew she was strong and from an early age realized the importance of running in her life. "That's been my life since I was 11. I've always needed to run and other things must not interfere. I'm very headstrong and if I want to do something, I go out and do it." She

has, setting world records and winning races—but also losing a fair share. Two coaches have been pivotal: Harry Bennett and John Anderson. Although she spent some time at college track in Idaho and Alabama, only these two influenced her training. Bennett recognized her talent and Anderson introduced her to speed work. Since 1990, her husband Peter has been her coach, and the future will judge that arrangement. In the 10,000 meters, she won the 1991 World Championships but lost in the Barcelona Olympics.

In any story of a sports personality, the right mix of race times and dates versus personal glimpses can be hard to achieve. Blue shares many insider stories and feelings, but oddly as told to her by friends other than Liz. While she quotes her a few times, this definitely is not Liz telling her own story, but the writer's view of McColgan. Still, you finish the book feeling more comfortable with this provocative star, and pleased another title about a female athlete will be added to that small section of sports literature.

For more information about this book, or a free catalog, contact Barbara T. Erskine, BOOKS FOR RUNNERS, 386 Portlock Road, Dept. CA, Honolulu, HI 96825-2027.

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# PREP NOTES

By KEITH CONNING

## ■ FAX (510) 849-3342

Please fax Northern California high school cross country results to me. Or send them to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823.

## ■ Letters to the Prep Editor

August 16  
Mr Conning,

Your argument that Chandra Cheeseborough could be the greatest high school sprinter all time is certainly open to question. (See *California Track News*, July 1993.)

Marion Jones has 6 of the fastest 11 one-hundred meter marks in high school history. Chandra Cheeseborough checks in with 3 of the top 11. At 200 meters there is a great disparity. Marion takes the top 5 times and 8 of the best nine at this distance. Cheeseborough enjoyed a great junior year. Jones enjoyed a phenomenal high school career.

Marion is the age-group record holder at 14, 15, and 16 for 100 meters. If Marion had turned 18 by June 4, she would be the record holder off her 10.28 in the qualifying round.

The 200 features Marion as the record-holder for ages 14, 15, & 16. In fact, her 22.76 as a 10th grader is faster than Chandra's 22.77 at altitude. Our next step is the category of class records. Jones holds the 10th & 12th grade 100-meter records. Of course, Cheeseborough is the 12th grade record holder. A true test of a



MARION JONES

Fine Flicks by Don Gosney



CHANDRA CHEESEBOROUGH

Photo by  
Richard Lee Slotkin

sprinter is the ability to carry speed over a distance. Marion ran 52.91 as a 10th grader. Chandra is not on the all-time 400-meter list.

In all fairness, a 200-meter all-time list should be in your publication to balance your 100 list. Even then, Marion proves to be the more consistent performer at the shorter distance.

To compare the Olympic Trials of 1976 & 1992 is a reach. Our women's program has improved immeasurably in the interim. Marion faced battle-hardened veterans in the '92 trials. Chandra was great in '76 but she wasn't facing the same kind of cat.

It is not a matter of seeing the forest for the trees but seeing talent and consistency for four years as compared to one year.

Next time I'll have to remember to add her long jump exploits to solidify my opinion.

Thanks for all the great articles out of Northern California.

Dave Hurlburt, Costa Mesa

(Prep Editor: Dave Hurlburt is the announcer for the California State Track & Field Meet. Thanks for your letter and the fine job you do as the California State Meet track and field announcer.)

I think you have made a very convincing case for Jones. Your point about the level of competition facing Cheeseborough in the 1976 Olympic Trials was very significant.)

Dear Keith,

I thought the "State Meet" issue of CTN was about the best-ever issue. I'm glad you dealt with the cancellation of the meet so thoroughly. Some of the letters brought tears to my eyes.

Donn Kirk, Pleasant Hill, Oregon

(Prep Editor: Donn Kirk is the author of *Highlights of the State Track Meet*.)

## ■ Darrell Elder

Richmond, July 24--Darrell Elder (Redwood High School, Larkspur 1974), 37, died after being shot in a robbery attempt. A three-time NCAA discus finalist at USC, Elder placed 6th in both '75 and '76. His 195-2 PR came in '77.

In high school he had a best of 194-2. He still leads the North Coast Section all-time list.

## ■ Ann Trason Wins Western States 100 Mile Endurance Run

Ann Trason (Pacific Grove High School 1978), who ranks seventh all-time in the U.S. and second in California in the high school 10,000 meters at 35:11.2, won the Western States 100 mile run in 19:05:22. Trason, who is 32-years-old and lives in Kensington, placed third overall in a field of 56 finishers. Kathy D'Onofrio-Wood, 28, finished second in 21:02:41.

The Western States 100 is considered the Boston Marathon of Ultrarunning according to Kees Tuinzing writing in *The Schedule* for August.

The race begins in Squaw Valley and finishes in Auburn. There are 18,000 vertical feet up and 23,000 feet down.



ANN TRASON

Photo by Mark Winitz

## ■ How did Katy McCandless make the World Championship Team?

Katy McCandless (Castilleja High School, Palo Alto 1988), who graduated from Princeton and now works in London, England, finished only tenth in the national championship 3,000 meters in 9:10.11, yet she ended up representing the U.S. at Stuttgart.

Every nation can enter one athlete if she has made the "B" standard. To enter two or three, all must make the tougher "A" mark.

The qualifying standards (must be made outdoors between January 1, 1992 and August 4, 1993):

A=8:56.0, B=9:10.0.

Annette Peters (Nike W) won the USAT&F in 8:48.59. Shelly Steely (Mizuno)

continued next page...



# PREP NOTES

placed second in 8:52.99, Sheila Carrozza (R TX) was third in 8:55.03, and Gina Procaccio (SM) was fourth in 8:56.80. The top three finishers made the "A" standard. Procaccio had a best of 8:54.45 as of June 11, so she also had made the "A" standard.

McCandless placed fifth in 8:56.00 in the Weltklasse Meet at Cologne, Germany on August 1, just three days before the deadline. Her time just equaled the "A" standard.

When Steely injured her leg the U.S. looked for a replacement. Only Procaccio and McCandless had made the "A" standard. But Procaccio had also qualified in the 1,500 meters. Thus, McCandless was added to the team.

## ■ 20 Former California Preps on U.S. World Championship Team

### Men

#### MARK CREAR

110 Meter Hurdles -- PB: 13.26 Lille 1993  
Personal Information: Height: 6'1". Weight: 180lbs.  
Birthdate: 02 Oct 68. Place of Birth: San Francisco.  
Hometown: Woodland Hills. High School: Rowland, Rowland Heights 1987. Colleges: Mount SAC CC 1989, Southern California 1992. Club: Nike International.

#### Major Honors:

- 1993 3rd, USA Championships
- 1993 1st, New York Games
- 1992 Ranked 6th in USA
- 1992 1st, NCAA Championships
- 1992 1st, Pac 10 Conference
- 1990 3rd, NCAA Championships
- 1987 4th, State Meet

#### MARC DAVIS

3,000 Meter Steeplechase -- PB: 8:14.26 1993  
Personal Information: Height: 6'1/2". Weight: 142lbs.  
Birthdate: 17 Dec 69. Place of Birth: Oceanside.  
Hometown: Mountain View. High School: San Diego 1987. College: Arizona 1992. Club: Nike International.

#### Major Honors:

- 1993 1st, USA Championships
- 1992 1st, NCAA Championships
- 1992 1st, Pac 10 Steeple and 5,000m



KATY  
McCANDLESS

Photo by Bill Cockerham

1991 10th, NCAA Championships 5,000m  
1989 Ranked 7th in USA 5,000m  
1989 1st, NCAA Championships 5,000m  
1986 5th, State Meet 3,200m

#### MATT GIUSTO

5,000 Meters -- PB: 13:23.60 Eugene 1993  
Personal Information: Height: 5'10". Weight: 138lbs.  
Birthdate: 25 Oct 66. Place of Birth: San Francisco.  
Hometown: Portola Valley. High School: San Mateo 1984. College: Arizona 1988. Club: Foot Locker AC

#### Major Honors:

- 1993 1st, USA Championships
- 1989 6th, USA Championships
- 1989 Member, World University Team
- 1988 Ranked 10th in USA
- 1988 1st, NCAA Championships
- 1984 3rd, State Meet 3,200m

#### MIKE GRAVELLE

Discus -- PB: 214'0" Modesto 1991  
Personal Information: Height: 6'5". Weight: 255lbs.  
Birthdate: 13 Apr 65. Place of Birth: San Francisco.  
Hometown: San Francisco. High School: St. Ignatius, San Francisco 1983. Colleges: Skyline CC 1986, San Jose State 1988. Club: Unattached.

#### Major Honors:

- 1993 3rd, USA Championships
- 1992 12th, Olympic Trials
- 1991 27th, World Championships
- 1991 Ranked 4th in USA
- 1991 4th, Pan Am Games
- 1991 3rd, USA Championships
- 1989 Ranked 10th in USA
- 1989 8th, USA Championships

#### JOHNNY GRAY

800 Meters -- PB: 1:42.60 Koblenz 1985  
Personal Information: Height: 6'3". Weight: 168lbs.  
Birthdate: 19 Jun 60. Place of Birth: Los Angeles.  
Hometown: Los Angeles. High School: Crenshaw, Los Angeles 1978. Colleges: Southwest Los Angeles CC 1979, Santa Monica CC 1980. Club: Santa Monica TC.

#### Major Honors:

- 1993 2nd, USA Championships
- 1991 Ranked 4th in World, 1st in USA
- 1992 3rd, Olympic Games
- 1992 1st, Olympic Trials
- 1991 Ranked 9th in World, 3rd in USA
- 1991 6th, World Championships
- 1991 3rd, USA Championships
- 1990 Ranked 7th in World, 3rd in USA
- 1990 3rd, USA Championships
- 1989 Ranked 6th in World, 1st in USA
- 1989 1st, USA Championships
- 1988 Ranked 2nd in World, 1st in USA
- 1988 5th, Olympic Games
- 1988 1st, Olympic Trials
- 1987 Ranked 1st in USA
- 1987 1st, Pan Am Games
- 1987 1st, USA Championships
- 1986 Ranked 3rd in World, 1st in USA

1986 1st, USA Championships  
1985 Ranked 2nd in World, 1st in USA  
1985 1st, Olympic Festival  
1985 1st, USA Championships  
1984 Ranked 5th in World, 2nd in USA  
1984 7th, Olympic Games  
1984 2nd, Olympic Trials  
1983 Ranked 7th in USA  
1982 Ranked 3rd in USA  
1982 2nd, USA Championships  
1980 Ranked 10th in USA  
1980 8th, Olympic Trials  
1979 4th, TAC Junior

#### MICHAEL MARSH

200 Meters -- PB: 200m 19.73 Barcelona 1992  
Personal Information: Height: 5'10". Weight: 150lbs.  
Birthdate: 04 Aug 67. Place of Birth: Los Angeles.  
Hometown: Houston, Texas. High School: Hawthorne 1985. College: UCLA 1989. Club: Santa Monica TC.

#### Major Honors:

- 1993 1st, USA Championships
- 1992 Ranked 1st in world
- 1992 1st, Olympic Games
- 1992 Gold, Olympic 4x100m relay
- 1992 2nd, Olympic Trials
- 1991 Ranked 6th in USA
- 1991 5th, USA Championships
- 1989 7th, NCAA
- 1986 3rd, TAC Junior
- 1985 1st, State Meet

#### JONATHAN MATTHEWS

Walks -- PB: 20km 1:25:40 Dearborn 1992  
50km 4:01:36 Palo Alto 1993  
Personal Information:  
Height: 6'1". Weight: 170lbs. Birthdate: 02 Jul 56.  
Place of Birth: New York. Hometown: Palo Alto.  
High School: North Hollywood 1974. College: UCLA 1980. Club: Golden Gate Race Walkers.

#### Major Honors:

- 1993 1st, USA Championships 50km; 2nd, 20km
- 1992 Ranked 2nd in USA, 20km
- 1992 Ranked 5th in USA, 50km
- 1992 3rd, Olympic Trials, 20km
- 1992 5th, Olympic Trials, 50km
- 1991 Ranked 7th in USA, 20km
- 1991 Ranked 10th in USA, 50km
- 1991 7th, WCT, 20km
- 1991 5th, USA Championships, 20km
- 1991 7th, Olympic Festival, 20km

#### KEVIN MCMAHON

Hammer -- PB: 228'10" Fairfax 1993  
Personal Information: Height: 6'0". Weight: 213lbs.  
Birthdate: 26 May 72. Place of Birth: San Jose.  
Hometown: San Jose. High School: Bellarmine Prep, San Jose 1990. College: Georgetown 1994. Club: Unattached.

#### Major Honors:

- 1993 3rd, USA Championships
- 1992 Ranked 6th in USA
- 1992 8th, Olympic Trials

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# PREP NOTES

1992 2nd, NCAA Championships  
1991 3rd, Pan Am Junior Championships  
1991 1st, USA Junior Championships  
1990 7th, USA Junior Championships  
1989 10th, USA Junior Championships

## MIKE POWELL

Long Jump -- PB: 29'4 1/2" Tokyo 1991  
Personal Information: Height: 6'2". Weight: 170lbs.  
Birthdate: 10 Nov 63. Place of Birth: Philadelphia.  
Hometown: Rancho Cucamonga. High School: Edgewood, West Covina 1981. College: UC Irvine 1984, UCLA 1986 Club: Foot Locker TC

### Major Honors:

1993 1st, USA Championships  
1992 Ranked 2nd in World and USA  
1992 2nd, Olympic Games  
1992 1st, Olympic Trials  
1991 Ranked 1st in World  
1991 1st, World Champ. setting world record  
1991 1st, Olympic Festival  
1991 2nd, USA Championships  
1990 Ranked 1st in World  
1990 1st, USA Championships  
1989 Ranked 3rd in World and USA  
1989 2nd, USA Championships  
1988 Ranked 3rd in World and USA  
1988 2nd, Olympic Games  
1988 3rd, Olympic Trials  
1988 4th, USA Championships  
1987 Ranked 6th in World and 3rd in USA  
1987 1st, World University Games  
1987 7th, USA Championships  
1985 Ranked 10th in World, 5th in USA  
1985 4th, Olympic Festival  
1985 3rd, USA Championships  
1984 Ranked 8th in USA  
1984 6th, Olympic Trials  
1984 2nd, USA Championships  
1981 2nd, State Meet High Jump

## DEAN STARKEY

Pole Vault -- PB: 19'4 1/4" Modesto 1992  
Personal Information: Height: 6'1". Weight: 175lbs.  
Birthdate: 27 Mar 67. Place of Birth: Parkridge, Illinois. Hometown: Paso Robles. High School: Logan, Union City, CA 1984; Maine, West, Des Plaines, IL 1985. College: Illinois 1989. Club: Reebok RC.

### Major Honors:

1993 2nd, USA Championships  
1992 Ranked 8th in World and 2nd in USA  
1992 4th, Olympic Trials  
1991 Ranked 6th in USA  
1990 Ranked 7th in USA  
1990 3rd, USA Championships  
1989 Ranked 8th in USA  
1989 2nd, World University Games  
1989 4th, USA Championships  
1989 7th, NCAA Championships  
1988 7th, USA Championships  
1988 3rd, NCAA Championships  
1986 3rd, USA Junior  
1985 11th, USA Junior

## QUINCY WATTS

400 Meters -- PB: 43.50 Barcelona 1992  
Personal Information: Height: 6'2". Weight: 185lbs.  
Birthdate: 19 Jun 70. Place of Birth: Detroit, Michigan. Hometown: Woodland Hills. High School: Taft, Woodland Hills 1988. College: USC 1992. Club: Nike International.

### Major Honors:

1993 3rd, USA Championships  
1992 Ranked 1st in World  
1992 Gold, Olympic 4x400m relay  
1992 1st, Olympic Games  
1992 3rd, Olympic Trials  
1992 1st, NCAA Championships  
1991 Ranked 10th in World and 6th in USA  
1991 Silver, World Championships 4x400m relay  
1991 4th, Pan Am Games  
1991 2nd, Olympic Festival  
1991 3rd, USA Championship  
1991 2nd, NCAA Championships  
1991 4th, Pan Am Games  
1988 2nd, State Meet 200m  
1987 1st, State Meet 100m, 200m  
1986 2nd, State Meet 100m, 200m

## KEVIN YOUNG

400 Meter Hurdles -- PB: 46.78 Barcelona 1992  
Personal Information: Height: 6'4". Weight: 176lbs.  
Birthdate: 16 Sep 66. Place of Birth: Los Angeles. Hometown: Woodland Hills. High School: Jordan, Los Angeles 1984. College: UCLA 1988. Club: Nike International.

### Major Honors:

1993 1st, USA Championships  
1992 "Track & Field News" male Athlete of the Year  
1992 Ranked 1st in World  
1992 1st, World Cup  
1992 1st, Olympic Games, setting world record  
1992 1st, Olympic Trials  
1991 Ranked 5th in World and 2nd in USA  
1991 4th, World Championships  
1991 1st, Olympic Festival  
1991 2nd, USA Championships  
1990 Ranked 6th in World and 3rd in USA  
1990 2nd, USA Championships  
1989 Ranked 1st in World  
1988 Ranked 3rd in World and 3rd in USA  
1988 4th, Olympic Games  
1988 3rd, Olympic Trials  
1988 1st, NCAA Championships  
1987 Ranked 5th in World and 3rd in USA  
1987 2nd, Pan Am Games  
1987 4th, USA Championships  
1987 1st, NCAA Championships  
1986 Ranked 10th in World and 5th in USA  
1986 3rd, Olympic Festival  
1986 3rd, USA Championships  
1986 2nd, NCAA Championships  
1987 2nd, Pan Am Games  
1984 3rd, State Meet 110m High Hurdles

## WOMEN

### SHEILA CARROZZA

3,000 Meters -- PB: 8:55.03 Eugene 1993  
Personal Information: Height: 5'4". Weight: 100lbs.  
Birthdate: 05 Feb 63. Place of Birth: Willows, CA. Hometown: Austin, Texas. High School: Durham (near Chico) 1981. College: Brigham Young 1983, Abilene Christian 1985. Club: Run Tex TC.

### Major Honors:

1993 3rd, USA Championships 3,000m  
1991 3rd, Olympic Festival 1,500m  
1991 9th, USA Championships 1,500m  
1990 Ranked 9th in USA 1,500m  
1990 1st, Olympic Festival 1,500m  
1990 8th, USA Championship 1,500m

### GAIL DEVERS

100 Meters, 100 Meter Hurdles --  
PB: 100m 10.82 Barcelona 1992, Lausanne 1993  
100m Hurdles 12.48 Berlin 1991  
Personal Information: Height: 5'3". Weight: 113lbs.  
Birthdate: 19 Nov 66. Hometown: Canoga Park. High School: Sweetwater, National City 1984. College: UCLA 1988. Club: Nike International.

### Major Honors:

1993 1st, USA Champ. 100m; 2nd, 100m hurdles  
1993 1st, World Indoor 60m  
1992 Ranked 1st in World, 100m Hurdles  
1992 Ranked 3rd in World and 2nd in USA 100m  
1992 1st, Olympic Games 100m  
1992 5th, Olympic Games 100m Hurdles  
1992 1st, Olympic Trials 100mH & 2nd 100m  
1991 Ranked 2nd in World and 1st in USA 100mH  
1991 Ranked 9th in USA 100m  
1991 2nd, World Championships 100m Hurdles  
1991 1st, USA Championships 100m Hurdles  
1988 Ranked 6th in USA 100m & 2nd 100mH  
1988 2nd, Olympic Trials 100m Hurdles  
1988 1st, NCAA Champs. 100m & 3rd 100m H  
1987 Ranked 7th in World and 2nd in USA 100m  
1987 1st, Pan Am Games 100m  
1987 1st, Olympic Festival 100m  
1987 4th, USA Championships 100m  
1987 2nd, NCAA Championships 100m  
1986 Ranked 7th in USA 100m and 100m Hurdles  
1986 5th, USA Championships  
1986 4th, NCAA Championships 100m Hurdles  
1985 6th, NCAA Champ. 100m and 100m Hurdles  
1984 3rd, Pan Am Games 100m  
1984 2nd, USA Junior 100m  
1984 1st, State Meet 100m  
1984 2nd, State Meet Long Jump  
1983 3rd, State Meet 100m  
1983 1st, State Meet Long Jump

### SHEILA HUDSON

Triple Jump -- PB: 46'8 1/4" New Orleans 1992  
Personal Information: Height: 5'5". Weight: 115lbs.  
Birthdate: 30 Jun 67. Place of Birth: Warzburg, Germany. Hometown: Oakland. High School: Rio Linda 1985. College: California 1990. Club: Mizuno TC.

### Major Honors:

continued next page...



# PREP NOTES

1993 2nd, USA Championships  
 1992 Ranked 5th in World and 1st in USA  
 1992 4th, World Cup  
 1992 1st, Olympic Trials  
 1991 Ranked 1st in USA  
 1991 2nd, USA Championships  
 1990 Ranked 1st in USA  
 1990 1st, USA Championship  
 1990 1st, NCAA Championships  
 1989 Ranked 1st in USA  
 1989 1st, USA Championship  
 1988 Ranked 1st in USA  
 1988 1st, NCAA Championships  
 1987 Ranked 1st in USA  
 1987 1st, USA Championships  
 1987 1st, NCAA Championships  
 1986 Ranked 4th in USA  
 1986 2nd, USA Championship  
 1986 5th, NCAA Championships  
 1985 7th, USA Championship  
 1985 1st, State Meet  
 1985 5th, State Meet Long Jump  
 1984 3rd, State Meet

## DONNA MAYHEW

Javelin -- PB: 208'10" Indianapolis 1988  
 Personal Information: Height: 5'3". Weight: 160lbs.  
 Birthdate: 20 Jun 60. Place of Birth: Taylor, PA.  
 Hometown: Glendale. High School: Crescenta Valley, La Crescenta 1978. Colleges: Glendale CC 1980, Arizona 1983. Club: Nike Coast.  
 Major Honors:  
 1993 1st, USA Championships  
 1992 Ranked 1st in USA  
 1992 5th, World Cup  
 1992 12th, Olympic Games  
 1992 1st, Olympic Trials  
 1991 Ranked 3rd in USA  
 1991 20th, World Championships  
 1991 2nd, Pan Am Games  
 1991 1st, Olympic Festival  
 1991 3rd, USA Championships  
 1990 Ranked 2nd in USA  
 1990 3rd, USA Championships  
 1989 Ranked 1st in USA  
 1989 6th, World Cup  
 1989 1st, Olympic Festival  
 1989 2nd, USA Championships  
 1988 Ranked 1st in USA  
 1988 7th, Olympic Games  
 1988 1st, Olympic Trials  
 1988 1st, USA Championships  
 1987 Ranked 4th in USA  
 1987 1st, Olympic Festival  
 1987 4th, USA Championships  
 1986 Ranked 1st in USA  
 1986 6th, Olympic Festival  
 1986 2nd, USA Championships  
 1983 3rd, NCAA Championships  
 1981 9th, AIAW  
 1980 Ranked 10th in USA  
 1980 9th, Olympic Trials  
 1980 3rd, USA Championships  
 1979 8th, USA Championships  
 1978 5th, USA Junior

## KATY McCANDLESS

3,000 Meters -- PB: 8:56.00 1993  
 Personal Information: Height: 5'8". Weight: 115lbs.  
 Birthdate: 22 Jun 70. Place of Birth: Palo Alto. Hometown: London, England. High School: Castilleja, Palo Alto 1988. College: Princeton 1992.  
 Major Honors:  
 1993 10th, USA Championships 3,000m  
 1992 7th, Olympic Trials 5,000m  
 1992 4th, NCAA Championships 5,000m  
 1988 6th, USA Junior 3,000m  
 1988 3rd, State Meet 3,200m  
 1987 5th, State Meet 3,200m

## RAMONA (EBERT) PAGEL

Shot Put -- PB: 66'2 1/2" San Diego 1988  
 Personal Information: Height: 6'0". Weight: 185lbs.  
 Birthdate: 10 Nov 61. Place of Birth: Los Angeles.  
 Hometown: San Diego. High School: Schurr, Montebello 1979. Colleges: Cal State Long Beach 1982, San Diego State 1984. Club: Unattached.

Major Honors:  
 1993 2nd, USA Championships  
 1992 Ranked 2nd in USA  
 1992 11th, Olympic Games  
 1992 2nd, Olympic Trials  
 1991 Ranked 2nd in USA  
 1991 13th, World Championships  
 1991 3rd, Pan Am Games  
 1991 1st, Olympic Festival  
 1991 1st, USA Championships  
 1990 Ranked 2nd in USA  
 1990 2nd, USA Championships  
 1989 Ranked 1st in USA  
 1989 6th, World Cup  
 1989 1st, USA Championships  
 1988 Ranked 1st in USA  
 1988 15th, Olympic Games  
 1988 1st, Olympic Trials  
 1987 Ranked 1st in USA  
 1987 16th, World Championships  
 1987 1st, Pan Am Games  
 1987 1st, USA Championships  
 1986 Ranked 1st in USA  
 1986 1st, USA Championships  
 1985 Ranked 1st in USA  
 1985 6th, World Cup  
 1985 3rd, World University Games  
 1985 1st, USA Championships  
 1984 Ranked 3rd in USA  
 1984 11th, Olympic Games  
 1984 3rd, Olympic Trials  
 1984 1st, NCAA Championships  
 1983 Ranked 6th in USA  
 1983 5th, USA Championships  
 1982 Ranked 6th in USA  
 1982 7th, USA Championships  
 1982 9th, NCAA Championships  
 1981 Ranked 7th in USA  
 1981 2nd, Olympic Festival  
 1981 7th, USA Championships  
 1981 5th, AIAW  
 1980 11th, USA Championships  
 1979 9th, USA Junior  
 1979 3rd, State Meet

## SUE (MCNEAL) REMBAO

High Jump -- PB: 6'5" San Jose 1991  
 Personal Information: Height: 5'10". Weight: 120lbs.  
 Birthdate: 15 May 62. Place of Birth: Minneapolis, MN. Hometown: San Luis Obispo. High School: Carlsbad 1980. College: Cal Poly SLO 1984. Club: Reebok RC.

Major Honors:  
 1993 1st, USA Championships  
 1992 Ranked 2nd in USA  
 1992 17th, Olympic Games  
 1992 3rd, Olympic Trials  
 1991 Ranked 2nd in USA  
 1991 16th, World Cup  
 1991 1st, Olympic Festival  
 1991 2nd, USA Championships  
 1987 16th, USA Championships  
 1986 8th, USA Championships  
 1985 Ranked 10th in USA  
 1985 8th, USA Championships  
 1984 11th, Olympic Trials  
 1984 7th, USA Championships  
 1983 15th, USA Championships  
 1982 Ranked 6th in USA  
 1982 9th, USA Championships  
 1982 7th, NCAA Championships  
 1981 Ranked 10th in USA  
 1981 9th, USA Championships  
 1980 8th, Olympic Trials  
 1980 3rd, USA Junior  
 1980 3rd, State Meet  
 1979 3rd, USA Junior  
 1979 2nd, State Meet  
 1978 4th, USA Junior  
 1978 1st, State Meet  
 1977 6th, State Meet

## SARA STANDLEY

10 Kilometer Walk -- PB: 47:03 Dearborn 1992  
 Personal Information: Height: 5'8". Weight: 130lbs.  
 Birthdate: 16 Jan 67. Place of Birth: Orange. Hometown: Norco. High School: Norco Senior, Norco 1985. College: Mount San Antonio 1987. Club: Unattached.

Major Honors:  
 1993 3rd, USA Championships  
 1992 Ranked 4th in USA  
 1992 DQ, Olympic Trials  
 1991 14th, World University Games  
 1991 11th, USA Championships  
 1990 Ranked 4th in USA  
 1990 2nd, Olympic Festival  
 1990 3rd, USA Championships  
 1989 Ranked 8th in USA  
 1989 12th, World University Games 5k  
 1989 5th, Olympic Festival  
 1989 6th, USA Championships  
 1988 Ranked 5th in USA  
 1988 3rd, Olympic Trials  
 1988 7th, USA Championships  
 1987 Ranked 5th in USA  
 1987 4th, Olympic Festival  
 1987 5th, USA Championships

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# PREP NOTES

## ■ Former California Preps Make Up Disproportionate Share of U.S. World Championship Team

17.4% of the U.S. men's team (12 of 69) for the World Championships attended California high schools.

15.1% of the U.S. women's team (8 of 53) came from California high schools.

16.4% of the U.S. team (20 of 122) attended California high schools.

In 1990 California had 12% of the U.S. population (29,760,021 out of 248,709,873).

## ■ Former California Preps Compete in World Championships

Gottlieb-Daimler Stadium, Stuttgart, Germany August 14-23, 1993

### Men

**100:** Ato Boldon (Trinidad and Tobago, Piedmont Hills High School, San Jose 1991) placed third in heat 1 in 10.51 (wind -0.6) on August 14. Boldon placed a non-qualifying seventh in quarter final four in 10.48 (-0.1) on August 14.

**200:** Mike Marsh (Hawthorne High School 1985), the 1992 Olympic champion, won heat nine on August 17 in 20.77 (-1.2). Marsh won quarter final four on August 19 in 20.40 (-1.0), the fifth fastest time.

Marsh won semifinal one on August 19 in 20.10 (0.6), the leading time and placed fourth in the final in 20.18 (0.3) on August 20.

**400:** Quincy Watts (Taft High School, Woodland Hills 1988), the 1992 Olympic champion, placed second in heat four in 45.94 on August 14. Watts won quarter final one on August 15 in 45.07, the sixth best time. Watts won semifinal one in 44.63 (21.8/22.8) on August 16. He posted the fourth best time.

Watts placed fourth in the final in 45.05 (11.45, 10.40 [21.85], 10.97 [32.82], 12.23) (21.85/23.20) on August 17. After the race, Watts took off his shoes and stalked off.

"What happened?" he was asked. He held up his shoe.

"That's the answer," he said, and kept walking. The heel of Watt's shoe had come loose. Watts wears a shoe made by Nike.

**800:** Johnny Gray (Crenshaw High School, Los Angeles 1978), the 1992 Olympic bronze medalist, placed second in heat one on August 14 in 1:46.28, the third fastest time. Gray finished eighth and last in semi-

final two (1:50.89) on August 15, then claimed he was cut off and pushed by Britain's Curtis Robb.

"I was cut off deliberately, I feel," said Gray on television. "I was deliberately cut off. My whole race was just messed up. I'm not trying to make excuses, but I don't like the way it happened. I had position. They shouldn't have a right to cut over on me like that."

"Did you lose your composure after that?" asked the TV interviewer.

"Everything," said Gray. "They cut me right off; you're supposed to have a stride."

"Who cut you off?" asked the interviewer.

"I didn't look at the names," said Gray. "I'm in a race I can't look only at such and such. I was cut off by a number of runners."

Afterward, the angry Gray confronted Robb in the mixed zone area and screamed at him, "If you cut in front of me, don't slow down." Later Gray was heard to shout, "This guy should have been disqualified."

After his race, Gray stormed off the track, screaming that if he had done what someone had done to him, he would have been disqualified.

The United States filed a protest. U.S. coaches claimed that Gray, the six-time national champion, and Mark Everett, this year's U.S. champion, were both interfered with during their races.

**3,000 Steeplechase:** Marc Davis (San Diego High School 1987) tumbled in the semifinals on August 19 after another runner bumped him while they were going over a hurdle. He leaped to his feet, resumed the race and finished fifth in 8:26.49. That was remarkable, but not good enough to qualify for the final.

Fortunately for Davis, the U.S. coaches did complain. After they had protested, the jury of appeals made room for Davis in the final. Davis placed 11th in the final in 8:28.74 on August 21.

**5,000:** Greg Whiteley (University High School, Irvine 1985) placed 11th in heat three on August 14 in 14:11.48.

Matt Giusto (San Mateo High School 1984) suffered an Achilles' tendon problem and decided not to compete.

"I picked it up right after the nationals," Giusto said to Keith Peters of the *Palo Alto Weekly*. "It put me out for a week. Then it took me three weeks just to get back to track workouts."

**50KM Walk:** Jonathan Matthews (North Hollywood High School 1974) placed 19th in

4:02:52 on August 21.

**100 Hurdles:** Mark Crear (Rowland High School, Rowland Heights 1987) placed second in heat four in 13.47 (0.4) on August 19, the fourth best time. Crear placed fourth in semifinal one in 13.38 (0.0) on August 19. He was the fastest non-qualifier ever. The first two finishers in each of the three semifinals plus two fastest times qualified for the final.

**400 Hurdles:** Kevin Young, the Olympic champion and world record-holder (46.78), won his first-round heat six easily in 49.15 on August 16. Defending world champion Samuel Matete of Zambia posted the best first-round time of 48.49. Young won semifinal three in 47.99 on August 17.

Young won the final in 47.18 on August 19. It was his second straight world title. It was the fastest time in the world this year. He had lost three of his four previous races. But here, he beat Samuel Matete of Zambia, the defender, by 3 meters, equaling the seventh fastest time ever. Then Young took off his shoes, and on a victory lap kept waving them to the crowd to make sure everyone saw the logo.

"I'm the big daddy in this house," said Young. "I took charge over the seventh (of 10) hurdle. I ran disciplined today, something I didn't do in my previous three races."

**4 X 400:** The U.S. team of Andrew Valmon 44.5, Quincy Watts (Taft High School, Woodland Hills 1988) 43.6, Butch Reynolds 43.23, and Michael Johnson 42.94 (the fastest split ever) set a world record of 2:54.29 in the final on August 22.

**Pole Vault:** Dean Starkey (Logan High School, Union City 1984) was a non-qualifier at 18-2 1/2 on August 17.

**Long Jump:** Mike Powell (Edgewood High School, West Covina 1981) said to Frank Litsky (*The New York Times*) on August 18: "I don't want to say what I hope to do because I don't want to give anybody pin-up material."

"I can't neglect some of the young jumpers," and he mentioned Ivan Pedroso of Cuba and Kareem Streete-Thompson of the Cayman Islands. "But if I jump well, I think it will be pretty difficult to beat me."

At 29, Powell is the world record-holder and Olympic champion. Since Carl Lewis beat him in the 1991 world championships, Powell has won 22 consecutive competitions.

"I miss jumping against Carl," Powell said. "Without him, some motivation is gone. There's not as much of a show as there could be. But a world championship is a world

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# PREP NOTES

championship. I really hope he comes back to the long jump. The last time we competed, he beat me. I want to get back."

Powell qualified at 26-9 on August 19, the third best jump. Powell won his second consecutive world long jump title at 28 feet, 2 1/4 inches on August 20. After fouling on his first attempt, Powell produced the five longest jumps in the competition, capped by his winning effort on his final attempt. Powell's series: foul, 26-9 1/4, 27-2, 26-11 3/4, 27-8, 28-2 1/4.

**Discus:** Mike Gravelle (St. Ignatius, San Francisco 1983) placed 24th in the qualifying at 185-1 on August 16.

## Women

**100:** Gail Devers (Sweetwater High School, National City 1984), the 1992 Olympic champion, won heat three in 11.16 (-0.2) on August 15, which was the best time in round one. Devers won quarter final four in 11.04 (0.7) on August 15, the third best time in the second round. Devers won semifinal two in 11.03 (-0.3) on August 16, the third best time in the semifinals.

"Devers is the favorite," said Jamaica's Marlene Ottey, the two-time World Championships bronze medalist who also advanced. Devers beat Ottey at the finish line in the final on August 16. The Jamaican team immediately filed a protest, claiming Ottey was the winner, but after reviewing the photo finish, officials upheld the result.

The decision left Ottey yet again without a gold medal in a major championship meet after more than a decade of top international competition.

"I thought I won the race," Ottey said. "I caught her in the last five meters."

Devers was timed in a championship record 10.81 seconds, fastest in the world this year and her best ever. Ottey was timed in 10.82, with Gwen Torrence third in 10.89.

While IAAF spokeswoman Jayne Pearce said the result would stand, she added the times would be reviewed. Ottey believes she won because Devers patted her on the back after the race in an apparent victory gesture.

"What amazes me is how long it took to decide the result," Ottey said. "It took forever."

The race was so close that it took several minutes before the result was announced. When Devers was finally declared the winner, she embraced Ottey, hugged her coach Bob Kersee and ran a victory lap.

Kersee said it was obvious Devers won. "She got her head down at the finish line. It isn't surprising they're filing a protest. There is a millimeter of difference at the finish line. If the head goes in," he said, "the torso rolls forward. Ottey kept her head up and forced her torso across the line."

The rules say that the runner whose torso reaches the finish line first is the winner. The torso is defined as the trunk of the body--everything except head, arms and legs.

The finish was similar to the 100 at last year's Barcelona Games when Devers was declared the winner--also by one-hundredth of a second--over Juliet Cuthbert, another Jamaican.

Devers and Ottey said the dispute was not personal. And they said it had nothing to do with the new \$28,000 Mercedes-Benz automobile that goes to each winner of an individual event here.

"I won," Ottey said. "Everyone knows I won. I don't care about the Mercedes. If they don't want to give away two Mercedes, they can give two gold medals."

Kersee sympathized with Ottey.

"If anybody in this sport deserves a gold medal, she does," he said.

Devers, who is from Palmdale, said she had no idea if she had won.

"I never know where I am in a race," she said. "When I cross the finish line, I wait for someone to say, 'Gail Devers, you won' or 'Gail Devers, you lost.'"

Devers, 26, struggled for two years with the effects of Graves' disease before re-emerging on the international scene in 1991, when she set the American record in the 100-meter high hurdles and finished second in that event in the World Championships in Tokyo. Officials reviewed the times of the final and listed both Devers and Ottey at 10.82 seconds. Originally, Devers was clocked at 10.81 and Ottey at 10.82. Devers became the first non-German ever to win a sprint title at the World Championships, now in its fourth edition.

**3,000:** Sheila Carrozza (Durham High School 1981), which is located near Chico, placed a non-qualifying eighth in heat three in 9:01.41 on August 14. Katharine McCandless (Castilleja High School, Palo Alto 1988) placed a non-qualifying 12th in heat one in 9:10.13 on August 14.

**100 Hurdles:** Gail Devers (Sweetwater High School, National City 1984) won heat five in 12.74 (-0.1) on August 19, the fastest time in the heats. Devers won semifinal one

in 12.67 (-0.3) on August 19. Devers scaled the biggest hurdle of her career.

Devers, who missed a sprint-hurdles double at last year's Olympics when she stumbled over the final barrier while leading the 100 hurdles, had no mishaps this time and won in 12.46 (0.2) on August 20, breaking her American record of 12.48.

Devers, who only three years ago was hobbled by Graves' disease, a life-threatening thyroid condition, won the 100 Monday night in 10.82, matching the championship record.

Only one other woman has won a sprint-hurdles combination in a major championship--Fanny Blankers-Koen of the Netherlands won the 100 and 80 hurdles at the 1948 Olympics.

**10-Kilometer Walk, Final:** Sara Standlee (Norco Senior High School, Norco 1985) placed 43rd in 51:01 on August 14.

**400 Relay:** The United States team of Michelle Finn, Sheila Echols, Wendy Vereen, and Gail Devers (Sweetwater High School, National City 1984) won heat one in 42.34 on August 21, the fastest heat time.

The U.S. team of Finn, Gwen Torrence, Vereen, and Devers placed second in the final on August 22 in a new American record of 41.49. The old American record of 41.55 was set by the National Team of Alice Brown (Muir High School, Pasadena 1978), Diane Williams (Cal State Los Angeles 1983), Florence Griffith (Jordan High School, Los Angeles 1978), and Pam Marshall (Jordan High School, Long Beach 1978) at the ISTAF in Berlin on August 21, 1987.

**High Jump:** Sue (McNeal) Rembao (Carlsbad High School 1980) was a non-qualifier at 6-1 1/2.

**Triple Jump:** Sheila Hudson (Rio Linda High School 1985) of Elverta, the U.S. record holder and the dominant American female in the sport for the last six years, failed to reach the final round in the event.

Hudson placed 17th in the qualifying at 43-7 1/4 on August 20. It took a jump of 44-0 3/4 to qualify for the final. Thirteen qualified for the final.

**Shot Put:** Ramona (Ebert) Pagel (Schurr, Montebello 1979) was the twelfth and last qualifier for the final at 60-10 on August 14. Pagel placed 12th in the final at 58-3 3/4 on August 15. Her series: 58-3 3/4, 57-5, 57-0 1/4.

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# PREP NOTES

## ■ Paraguay's Civilian-Elected Leader Sworn In

Asuncion, Paraguay, August 15--Juan Carlos Wasmosy was sworn in as president yesterday, and he promised to live up to the challenge of being the first elected civilian leader to govern Paraguay in 39 years.

Wasmosy, 54, received the red, white, and blue presidential sash from the outgoing president, General Andres Rodriguez. The new president, a construction engineer and the grandson of a Hungarian immigrant, promised to improve the economy, education, health care and transportation.

A member of the Colorado Party, which has been in power since 1947, he won a narrow victory May 9 in elections that were hailed as the most dramatic in Paraguay's 183-year history, marked by long periods of dictatorship and military-backed authoritarian rule.

Wasmosy, who is beginning a five-year term, is the first elected civilian to govern Paraguay since President Federico Chaves, who was ousted by General Alfredo Stroessner in 1954.

*(Prep Editor: What does this have to do with California track? Wasmosy's nephew is Ramon Jimenez-Gaona, who took second place in the NCAA discus for California in 1992 and 1993. When he was 17-years-old he placed eighth in the Pan-American Games Junior meet. He was a non-qualifying 15th in the World Championships at 198-7 on August 16.)*

## ■ No sports fan can hope to fill this empty seat

By Loretta Green, San Jose Mercury News

August 17--An athlete needs to know there is someone in the bleachers who knows that in the last calm before the starter's gun, his heart is raging against his jersey. I know that as a parent of one All-America son and one Olympian son.

Like much of the nation, I was filled with sadness seeing the casket of Michael Jordan's favorite fan--his father--being carried out of the church in a draped coffin last weekend. On grief's scale, the loss of a father is enormous. The loss of a father who also was an honest-to-goodness fan adds a dimension that those who have "lived" in bleachers through their children's athletic victories and defeats understand.

I cannot imagine what it is like at the level of Michael Jordan. I do know that he and the Chicago Bulls will pack stadiums next season

and that one seat can never be filled.

Parents who become true fans have few limits to their loyalty. I remember the time my husband, suffering lower back spasms so bad he could barely walk, got in the van and drove to Texas because our son was competing there alone in a national high school meet.

I say "alone," though the stadium was lined with people. But crowds are there to see performance and winners--not to view an athlete as a son or daughter. They have no reason to be concerned, as a parent might, that the sturdy-appearing athlete--down on the track, on the basketball court or on the tennis court--might have palms that are sweating, a stomach that has tightened into a painful knot or legs that have become rubbery with fear. And the star athlete always walks a balance beam, ever in danger of falling from favor should he or she perform poorly.

When the masses of fans are screaming for faster times, higher scores and new records, an athlete needs what my sons had in their father and what I suspect Michael Jordan had in his.

They need to know there is someone in the stands whose allegiance will never stray. They need someone who will never jump to the winner's camp when the trophy has departed. They need someone who always will believe that if the performance was sub-par, the blame surely belonged on the weather, or the travel, or the pulled hamstring, or the missed training, but never on any chance that the athlete had no promise.

For someone of Jordan's extraordinary talent and popularity, it must have been important to have his father as a buddy--someone he could trust and someone who wouldn't ask him to autograph a dinner napkin. Maybe it was just nice to be around someone who remembered him as an imperfect, runny-nosed kid. Most of us need validation once in a while. Masses of fans can do it for athletes for a time.

But the king of hurdlers, Edwin Moses, gave way to the youth and speed of youngsters such as Danny Harris. Aging sprinter Carl Lewis is pulling on his spikes and looking over his shoulder at talented young sprinters such as Andre Cason. That is when you need a fan that is your very own. That is when you need someone who will cheer you in third place and someone who will go into the dark corner behind the bleachers when your lights begin to dim and weep with you.

Because they loved you before you were a star.

*(Prep Editor: The preceding column appeared in the San Jose Mercury News on August 17, 1993. I would like to thank Burt Davis of Los Altos for sending it to me.)*

Loretta Green's son Bill Green (Cubberley High School, Palo Alto) won the 1978 California State Meet 400 meters in 46.77. He is the third fastest California high schooler of all-time at 45.51. Calvin Harrison (North Salinas High School, Salinas) ran 45.07 this year, and Henry Thomas (Hawthorne High School) ran 45.09 in 1985.

Green qualified for the 1980 Olympic team in the 400 meters and the 4 x 400 relay.)

## ■ Beno Bryant suspended

Millbrae, August 23--Three Washington football players--running back Beno Bryant, the former Dorsey High School star; defensive lineman D'Marco Farr (Kennedy High School, Richmond) and wide receiver Joe Kralik--were declared ineligible for their involvement in rules violations.

Bryant won the State Meet 400 meters in 1989.

## ■ What We're Watching

August 25--Audience measurements for last weekend's sports events of local television (non-cable). Each rating point represents 1 percent of the Bay Area's 2.25 million homes, or 22,500 households:

Preseason football:			
49ers-Seahawks	15.5	5	SA 7-10pm
Preseason football:			
Dolphins-Broncos	6.5	4	FR 5-8:30pm
Preseason football:			
Cowboys-Oilers	5.7	5	SA 9:30am-12:30p
Baseball:			
A's-Tigers	4.0	4	SU 11:30am-2:30p
Golf:			
The International	4.0	5	SU Noon-2:30pm
Wide World of Sports (World Track Champ)			
	3.5	7	SA 4:30-6pm
Tennis: U.S. Men's Hardcourts			
	3.2	4	SU 2:30-4:30pm
Baseball: A's-Tigers	3.1	4	SA 10am-1pm
Tennis: U.S. Men's Hardcourts			
	3.1	4	SA 1-3pm
Tae kwon do: World Championships			
	2.7	7	SA 3:30-4:30pm
Golf: The International	2.7	5	SA 12:30-3pm
Track & Field: World Championships	2.4	7	SU 2:30-5pm

*(Prep Editor: The preceding appeared in the San Francisco Examiner on August 25.)*

More San Francisco Bay Area viewers watched football, baseball and golf than the World Track and Field Championships. And

continued next page...



# PREP NOTES

this is the home of Track and Field News, the bible of the sport.

## ■ IAAF Gugi

Linz, Austria, August 25--Jeff Williams (Washington High School, Los Angeles 1982) placed seventh in the 200 meters in 21.02.

James Doebling (San Clemente High School 1980) placed third in the shot put at 68-10. Mike Powell (Edgewood High School, West Covina 1981) won the long jump at 26-7 3/4. Sheila Hudson (Rio Linda High School 1985) placed sixth in the triple jump at 43-4 1/4.

## ■ Everybody's getting wild about Buckey at Stanford

Sophomore guard is only one not talking about his athletic skills at 6-5, 280

By Jerry McDonald

Oakland Tribune Staff Writer

Stanford -- People are talking about Jeff Buckey, and they aren't holding back.

"He's going to be great," Stanford coach Bill Walsh said of his sophomore guard. "He's a marvelous athlete." Cardinal offensive line coach Monte Clark, who put together one of the finest lines in NFL history with the Miami Dolphins in the 1970s, looks at Buckey and sees a 6-foot-5, 280-pound package of skill.

Clark said he expects Buckey to be an early first-round NFL draft choice by his senior year.

"I don't see anything that he hasn't got," Clark said.

Count Chris Dalman, a rookie guard with the 49ers and a Stanford starter last season, among the believers.

"He has all the tools. He's explosive, he's big and strong, he has a good head on his shoulders, and he really moves well," Dalman said. "As long as he believes in himself, he'll reach the status everyone expects of him."

The only person uncomfortable talking about Buckey is Buckey.

"I try and do my talking on the field," he said. "I don't like to talk, basically."

Actually, Buckey is polite and friendly, even if he's no Bob Whitfield. Whitfield, a first-round draft choice of the Atlanta Falcons, held nothing back. Before the first game of his junior year, Whitfield said Stanford would beat defending Pac-10 champ Washington by 50 points in the season opener. Washington won, 42-7.

Stanford opens the season against

Washington Sept. 4.

"I don't have a prediction," Buckey said.

Whitfield talked tough to put more pressure on himself to perform. Buckey uses quiet but harsh self-analysis. Whitfield and Buckey missed each other at Stanford, but they appeared on the cover of an issue of *Cal-Hi Sports* when the former was at Stanford and the latter a senior at Bakersfield High.

"He was one of the first guys I ever talked to about Stanford," Buckey said. "He's a great player, a real talented guy."

The only man to have coached both players said he thinks Buckey may be better.

"You're talking percentages with players of that caliber, but I think Buckey is a better athlete than Bob," said Scott Schuhmann, Stanford's offensive line coach (1989-92) before becoming recruiting coordinator this season. Schuhmann said Buckey's track and field background gives him an advantage. As a shot put and discus thrower, Buckey was named the *Track and Field News* Athlete of the Year as a senior. He won the high school national championship in the shot (64-8 3/4) and discus (208-11).

Buckey will compete for Stanford's track team this season, and he hasn't ruled out trying out for the Olympics in 1996 or 2000.

Buckey joined his first track club in the fourth grade, but he didn't get serious until the eighth grade, winning an age-group national championship in the discus.

"I had a lot of success with it and kept at it. It really helped me with my footwork and explosiveness in football," Buckey said. "Getting off the ball in football, getting off the end of a throw, getting your hips through, it's similar."

In football, Schuhmann said, Buckey is "his own worst critic. He experiences frustration because he tries to be an expert."

Walsh, who is an expert, began talking up Buckey last season and hasn't let up.

"The first time I read some of the things he said, it blew me away," Buckey said. "It's good he has confidence in me, but it puts a lot of pressure on me to do better."

So there's no time for talking.

(Prep Editor: The preceding article appeared in the Oakland Tribune.)

Buckey (Bakersfield High School 1992) won the State Meet discus in 1991 and 1992. He also placed second in the State Meet shot put in 1992. He won the Golden West Invitational and Keebler International Prep Invitational discus in 1992.)

## ■ International Stadium Fest

Berlin, August 27--Quincy Watts (Taft High School, Woodland Hills 1988) placed third in the 400 meters in 44.82. Johnny Gray (Crenshaw High School, Los Angeles) placed third in the 800 meters in 1:44.74.

Mike Powell (Edgewood High School, West Covina 1981) won the long jump at 26-8 1/4. Jim Doebling (San Clemente High School 1980) placed second in the shot put at 69-4 3/4.

## ■ Alpenrosen

Innsbruck, Austria, August 28--Amy Acuff (Calallen High School, Corpus Christi, Texas) set a new high school record of 6-4. The old record of 6-3 was set by Acuff on April 11, 1992 in Corpus Christi.

## ■ Sheffield International

Sheffield, England, August 29--Jeff Williams (Washington High School, Los Angeles 1982) won the 200 meters in 20.47. Bryan Bridgewater (Washington High School, Los Angeles 1988) was fifth in 20.64.

Tim Bright (Soquel High School 1976) placed fifth in the pole vault at 18-4 1/2.

Mike Powell (Edgewood High School, West Covina 1981) won the long jump at 27-3 1/4. Powell had three fouls before his winning jump.

Gail Devers (Sweetwater High School, National City 1984) won the 100 hurdles in 12.62. Amy Acuff (Calallen High School, Corpus Christi, Texas) placed second in the high jump at 6-0 3/4.

## ■ Alex Darnes Discus Champion

September 3--Funeral services will be held Wednesday for Alex Darnes, 51, a former state high school discus champion and later a maintenance supervisor with Pan American Airways, who died of heart failure Monday at his San Francisco home.

Mr. Darnes, inducted into the San Francisco Prep Hall of Fame three years ago, earned All-City honors in both football and track at Poly High. He later attended City College of San Francisco.

The highlight of his prep career came when he finished first in the discus throw at 178 feet, 8 inches, in the California Interscholastic Federation championships in 1960.

Mr. Darnes is survived by his parents, a son and four sisters.

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# PREP NOTES

(Prep Editor: The preceding obituary appeared in the San Francisco Examiner on September 3, 1993.

Alex Darnes (Polytechnic, San Francisco) set a new state meet record of 178-8 on June 4, 1960 at Stanford Stadium. The old state meet record of 176-1 was set by Ron Snidow (San Rafael) on May 29, 1959 in Memorial Stadium, Bakersfield. Darnes also placed fourth in the 1959 state meet discus with a throw of 159-10.

I attended Lincoln High School of San Francisco from February 1956 to January 1959. In those days San Francisco was noted for their high school discus throwers. Mike Lewis (Lincoln) won the state meet college weight discus exhibition in 1957.

## Ivo Van Damme Memorial Golden Four

Heysel Stadium, Brussels, Belgium, September 3--Bryan Bridgewater (Washington, Los Angeles 1988) placed seventh in the 100 meters in 10.36. Steve Lewis (American High School, Fremont 1987) placed second in the 400 meters in 44.85. Quincy Watts (Taft High School, Woodland Hills 1988) was third in 44.89.

Johnny Gray (Crenshaw High School, Los Angeles 1978) placed fifth in the 800 meters in 1:46.24. Mike Powell (Edgewood High School, West Covina 1981) won the long jump at 27-9 1/2. Jim Doehring (San Clemente High School 1980) placed fourth in the shot put at 67-6.

Ramona (Ebert) Pagel (Schurr High School, Montebello 1979) placed seventh in the shot put at 60-3 3/4.

## World Records

September 3--Five former California preps hold world records.

### Men

400 Hurdles--Kevin Young (Jordan High School, Los Angeles 1984) 46.78, Olympic Games, Barcelona, August 6, 1992.

400 Relay--United States Olympic Team (Mike Marsh, Hawthorne High School 1985, Leroy Burrell, Dennis Mitchell, Carl Lewis) 37.40, Olympic Games, Barcelona, August 8, 1992.

800 Relay--Santa Monica Track Club (Mike Marsh, Hawthorne High School 1985, Leroy Burrell, Floyd Heard, Carl Lewis), 1:19.11, Penn Relays, Philadelphia, April 25, 1992.

Long Jump--Mike Powell (Edgewood High

School, West Covina 1981) 29-4 1/2, World Championships, Tokyo, August 30, 1991.

Triple Jump--Willie Banks (Oceanside High School 1974) 58-11 1/2, Indianapolis, June 16, 1985.

### Women

100--Florence Griffith-Joyner (Jordan High School, Los Angeles 1978) 10.49, Olympic Trials, Indianapolis, July 16, 1988.

200--Florence Griffith-Joyner (Jordan High School, Los Angeles 1978) 21.34, Olympic Games, Seoul, September 29, 1988.

## Mile Record

Rieti, Italy, September 6--When Nouredine Morceli broke the world record in the mile by 1.93 seconds Sunday, it was the biggest reduction in the event's time since the USA's Jim Ryun lowered the 3:53.6 of France's Michel Jazy by 2.3 seconds in 1966. Morceli ran 3:44.39. The old record of 3:46.32 was set by Steve Cram at Oslo, Norway on July 27, 1985.

Ryun (East High School, Wichita, Kansas) set the national high school mile record of 3:55.3 in the AAU Championships on June 27, 1965 in San Diego.

I witnessed both of Ryun's records in 1965 and 1966. The world record by Ryun in 1966 at Edwards Stadium in Berkeley is the track highlight of my life, which has included three Olympic Games (1972, 1976, and 1984).

Only three U.S. high schoolers have broken four minutes for the mile. Tim Danielson (Chula Vista High School) placed fourth in the San Diego Invitational in 3:59.4 on June 11, 1966. Marty Liquori (Essex Catholic High School, Roselle, New Jersey) ran 3:59.8 in 1967. Danielson set two California State Meet mile records in 1965 (4:08.0) and 1966 (4:07.0).

The fastest 1,600 meters this year in the U.S. was 4:07.47 by Nick Middleton (Lawrence Central High School, Indianapolis, Indiana). He won the mile in 4:13.72 at the Golden West Invitational in Sacramento on June 12. The fastest Californian was Brian Wilkinson (Merced) in 4:08.13 (1,600m).

## Richmond High Drops Varsity Football

Not enough qualified, interested players this year

By Yumi L. Wilson

Chronicle East Bay Bureau  
September 8--Of 1,300 students at Rich-

mond High School--once a football powerhouse that went undefeated in 1971--only five young men were ready and willing to suit up for this fall's varsity team. That dismal turnout prompted the school to drop varsity football for the first time in its 66-year history.

The move gives Richmond High the distinction of becoming one of the first schools in the state to ax its varsity football programs for lack of interest. Salesian High, a Catholic school also in Richmond, dropped its varsity team this year, but reportedly that was mainly because several good players left this summer after a popular coach's contract was not renewed.

"With all the budget crunches, I know a lot of teams have looked first to cutting junior varsity," said Jim Duel, spokesman for the California Interscholastic Federation, which governs high school athletics. "But I haven't heard of any varsity teams being dropped in football."

As the Class of 1994 tries to imagine a year without a homecoming and a chance to turn the school's sagging standings around, the few athletes who had counted on making varsity have not quite come to terms with the loss.

"I'm still upset," said senior class president Euldrago Johnson, who was one of only two seniors eligible for the varsity team. "I had gotten stronger and faster. I was ready. It's a big letdown."

Second-year coach Darrin Zaragoza said he is just as disappointed as the seniors. Many in the senior class made an unsuccessful last-minute attempt to gather at least 25 people--the minimum needed for a varsity team. The coach, administrators and some students in Richmond, an industrial city with nearly 88,000 people, say that after more than a decade of losing games, Richmond High lost its varsity team because of a lack of interest and poor grades.

Sixty-three percent of the students are of Latino and Asian descent, said Principal Al Acuna, and they bring with them interest in other sports such as soccer and badminton. In fact, the school's soccer team, made up mainly of first-generation Latinos, has reigned as the district champion for several years, and many Asian students are turning out for badminton.

"Soccer is great now," said Paul Gaddini, North Coast Section commissioner for the California Interscholastic Federation. "It could very well be that the sports of the world will become the sports of this nation."

continued next page...



## PREP NOTES

According to Zaragoza, black students, who make up 27 percent of Richmond's student body, continue to show interest in football—which remains the most popular sport in California, according to a statewide survey. Buy many of the players on the varsity team have not been able to maintain the state requirement of a 2.0 GPA or better and have been deemed ineligible for the program.

Kevin Zaragoza, the coach's younger brother who helped coach last year's team, said it is disappointing that a school of Richmond's size cannot get even 30 players together for varsity football. He proudly showed a reporter last season's football photographs, in which 32 players formed the varsity team, then sadly counted the number of players who had left for one reason or another.

"We should have had 14 guys out of the 32 varsity players return," the younger Zaragoza said.

This summer, only two seniors, Johnny Irwin and Johnson, showed the commitment to play varsity football and met the 2.0 grade-point average requirement, the coach said. Three other eligible students attended pre-season practice.

A few other players who had missed spring and summer workouts had expected to walk in on the first day of school—but by that time, the decision had been made to drop the team.

Zaragoza has tried to improve grades by tutoring many of his players after school. Last year, he was voted coach of the year by the Alameda-Contra Costa Athletic League for his efforts, although his team won only one game last season.

But trying to help students who may be struggling to overcome gang pressure, drugs, poverty and crime has been an uphill battle, he said, and this year he felt he had lost his fight to convince young people that athletics can make a difference in their lives.

"There are a lot of distractions in the course of the years," the coach said. "Nobody keeps them on the right track. That's what school is all about. In the football sense, they just don't see how important it is in life to be involved in athletics."

In a sad testament to the modern urban life, one of the star players from last year, Lee Phelps, was killed this summer in a street shooting. Johnson had hoped to dedicate the season to his fallen teammate but will now have to remember Phelps in other ways, he says, because "the brothers let me down by

not keeping their grades up."

Tamera Amey, a promising basketball and volleyball player, said the students' apathy about doing well in school has hurt other programs as well.

"A lot of people I know who can play well don't want to keep up the grades because they don't want to participate," Amey said. "They want to go home, or they have something better to do. I know it's not jobs."

As Zaragoza strolled through the campus on Friday, looking for more junior varsity recruits, the challenge that apathy presents was illustrated when the youthful coach spotted a 15-year-old sophomore he has actively wooed for the team. Zaragoza tried one more time: "Hey Troy, why don't you come play for us?"

"I might," said the young man, who looks as if he could play some serious defense—they looked down and kept walking. Although Troy has expressed some interest in football, Zaragoza said, he had not shown up regularly for practice.

But the coach, who grew up in Richmond, is not giving up. He hopes to use the junior varsity and freshman teams to instill discipline and motivation in the players and bring varsity back to Richmond High—bigger and better.

Bob Roberts, commissioner of the Alameda-Contra Costa Athletic League, wholeheartedly backs the coach's approach.

"Not playing at varsity level is going to divert the kids into junior varsity and freshman programs, which will strengthen those skills and allow them to experience success," Roberts said.

"If the programs are successful, then kids will return," he said. "It's something they want to be associated with. For teenagers, that's very important."

Some nearby residents also worry about possible repercussions in the community. Ted Pendleton, 68, says he prays that varsity football will return and other after-school programs will stick around because without such activities, young people may turn to "doing no good."

"I hate to see football go," he said, "because it's just one less activity for young people, and it will give them more time to be out of the streets."

*(Prep Editor: The preceding article appeared on the front page of the main section of the San Francisco Chronicle on September 8.*

*Could track be next?)*

### ■ IAAF Grand Prix Final

Crystal Palace Stadium, London, England, September 10—Jeff Williams (Washington High School, Los Angeles 1982) placed fourth in the 100 meters in 10.47, and fifth in the 200 meters in 20.76.

Quincy Watts (Taft High School, Woodland Hills 1988) placed third in the 400 meters in 45.06. Steve Lewis (American High School, Fremont 1987) was fifth in 45.21. Mark Crear (Rowland High School, Rowland Heights 1987) placed fourth in the 110 hurdles in 13.42. Mike Powell (Edgewood High School, West Covina 1981) won the long jump at 28-0 1/4.

Ramona Pagel (Schurr, Montebello 1979) placed eighth in the shot put at 57-8 1/2.

### ■ ITC International Athletic Meet

New Delhi, India, September 13—Mike Powell (Edgewood High School, West Covina 1981) won the long jump at 27-2. He fouled on four of his six attempts.

### ■ Chinese women set marks, raise eyebrows

By Phil Hersh, *Chicago Tribune*

September 14—In less than a week, Chinese women runners have made a shambles of track and field's established standards by setting four world records. Some would say they have also made a mockery of the sport.

"If they ratify these records, it will set women's middle-distance and distance running back 25 years," said Mary (Decker) Slaney (Orange High School 1976) of Eugene, OR, the greatest middle-distance runner in U.S. history. "It will ruin the sport."

The most recent record came Monday, when Wang Junxia ran the 3,000 meters in 8 minutes, 6.11 seconds in the 7th National Games at Beijing's Workers Stadium. That was six seconds faster than the record of 8:12.19 Wang set in Sunday's preliminaries, when she took 10 seconds off the 9-year-old record of 8:22.62 set by Tatiana Kazankina of the Soviet Union.

Last Wednesday, Wang, 20, broke the 7-year-old world record in the 10,000 meters by 42 seconds. In Saturday's 1,500, both Wang, the runner-up, and Qu Yunxia, the winner, broke the oldest record in women's track and field, which had stood 13 years.

"I would love to jump up and down and say, 'Fabulous!' but to smash those records by that much, it needs investigation," said

*continued next page...*



# PREP NOTES

Patti Sue Plumer of Menlo Park, a lawyer and the top-ranked U.S. runner in the 3,000 meters from 1989 to 1992.

The International Amateur Athletic Federation, the governing body of world track and field, will review the performances when it receives record applications from the Chinese. Each application must include a doping-test result from a urine sample provided by the athlete immediately after setting the record.

(Prep Editor: The preceding article appeared in the San Francisco Examiner on September 14, 1993.

Mary Decker (Orange High School 1976) set the California high school 800 meter record of 2:02.29 at Durham, North Carolina in the dual meet against the Soviet Union on July 6, 1974. It was between her sophomore and junior year in high school.)

## ■ Mobil Outdoor

New York, September 15--Mike Powell (Edgewood High School, West Covina 1981) placed fourth overall in the 1993 Mobil Outdoor Grand Prix. He won \$20,000.

Jeff Williams (Washington High School, Los Angeles 1982) placed fifth in the 200 meters. Quincy Watts (Taft High School, Woodland Hills 1988) placed third in the 400 meters. Steve Lewis (American, Fremont 1987) was fifth.

Mark Crerar (Rowland High School, Rowland Heights 1987) placed fourth in the 110 hurdles. Mike Powell was first in the long jump.

## ■ 15th Annual Sanger Invitational

Avocado Lake, September 17--Dave Dodson, the coach of Sanger, writes: "We had our biggest meet ever with 22 schools and 410 finishers. The weather was great at 74 degrees--down from a week earlier 102 degrees. We divided at 1,100 students between large and small.

"McFarland looks very good. David Naranjo's course record of 14:38.1 held up."

McFarland won the small school boys' team title with 25 points. Yosemite placed second with 144, and Coalinga was third with 150. Sanger won the large school boys' title with 42. Mt. Whitney placed second with 173, and Buchanan was 3rd with 177. McFarland also won the small school girls' team title with 85 points. Exeter placed second with 99, and Yosemite was third with 139.

Reedley won the large school girls' team

title with 27 points. Clovis placed second with 86, and Mt. Whitney was third with 107.

Pamenos Ballantyne (Sanger) set a new meet record of 14:40.0. The old meet record of 16:08.4 was set by Adrian Garcia (Roosevelt) last year. Galvin Gonzalez (McFarland) placed second in 15:15.4, and his teammate Ben Galvan was third in 15:23.3.

Angela Ruiz (Reedley) set a new meet record of 18:23.6. The old meet record of 19:38.7 was set by Sarah Dawson (Hoover) last year. Kami Schofield (Mt. Whitney) placed second in 18:43.9, and Annabel Ortiz (Reedley) was third in 19:05.5.

Kenny Rhoan (Sierra) set a new sophomore boys' meet record of 10:33.0. The old record of 11:16.9 was set by Joaquin Aviles (Tranquillity) last year.

Corrine Atkins (Buchanan) set a new freshman girls' meet record of 12:58.2. The old meet record of 13:01.9 was set by P.J. Carman last year.

## ■ Toto International Super

Fukuoka, Japan, September 18--Quincy Watts (Taft High School, Woodland Hills 1988) placed second in the 400 meters in 45.75.

Mike Powell (Edgewood High School, West Covina 1981) won the long jump at 27-3 1/4.

## ■ Olympic Track and Field Trials to be in Atlanta

Chicago, September 18--The 1996 Olympic trials for track and field will be held in Atlanta, with a formal contract between the organizing committee and USA Track & Field expected to be signed soon.

Both parties said Saturday at meetings in Chicago that the trials would precede the Olympics in Atlanta. The USATF's 45-member International Competition Committee, chaired by Washington State coach John Chaplin, approved Atlanta in a teleconference vote on Sept. 1.

Three sites were selected as finalists for the 1996 women's marathon Olympic trials--Charlotte, N.C., Columbia, S.C., and San Diego. Philadelphia also submitted a bid, but did not make the final field.

Philadelphia and Charlotte are bidding for the men's site.

## ■ Oakland Athletic League Cross Country Invitational

Mills College, Oakland, September 18--

Livermore, ranked ninth in California Division III by Doug Speck, won the boys team title with 48 points. De La Salle (Concord), ranked tenth in California Division II, placed second with 59, and Amador Valley (Pleasanton) was third with 72.

Steve Immel (Livermore), a junior, won the boys varsity race in 16:43 over the 3.1 mile course. Micheil Jones (Livermore), a sophomore, placed second in 16:47, and John Kelly (De La Salle), a senior, was third in 17:07.

Clayton Valley (Concord) upset Carondelet (Concord), ranked fifth in California Division III, by one point for the girls team title--34-35. Silver Creek (San Jose) was third with 77. Clayton Valley had four finishers in the top ten.

Heather Wallace (Clayton Valley), a sophomore, won the girls varsity race in 20:36. Kristen Gordon (Carondelet), a freshman, placed second in 20:44, and Deborah Bleisch (Silver Creek), sophomore, was third in 20:51.

The Mills College course will be used for the North Coast Section championship meet in November.

## ■ Tommy Prindiville (De La Salle): A New Kid on the Block

Freshman Tommy Prindiville placed fifth in the Oakland Invitational in 17:42. His brother Mike, who is now attending Stanford University, placed fourth in the 1993 State Meet 1,600 meters in 4:11.88. Some observers are saying that Tommy is going to be better than his brother was in high school!

## ■ Ed Sias Invitational

Hidden Valley Park, Martinez, September 18--Wood (Vacaville) won the boys team title with 63 points. Antioch placed second with 85, and Alhambra (Martinez) was third with 106.

Joe Menchaca (Pittsburg) won the boys varsity race in 10:50 over the two mile course. Adrian Gutierrez (Mt. Diablo) placed second in 10:55, and John Dishong (Antioch) was third in 11:07.

Jeremy Seven (De La Salle) set the meet record of 9:58 in 1989. The cutoff for the top 25 times at the meet is 10:46.

St. Francis (Sacramento) won the girls team title with 70 points. Wood (Vacaville) placed second with 77, and Northgate (Walnut Creek) was third with 80.

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# PREP NOTES

Kristen Schreiber (Miramonte, Orinda) won the girls varsity race in 12:46, the 11th best time in meet history. Alison Lambert (Northgate) placed second in 12:50, the 12th best time ever. Tina Bowen (San Ramon Valley, Danville) was third in 13:06, the 18th best.

Nika Horn (Santa Rosa) set the meet record of 12:13 in 1990.

## ■ Lowell Invitational

Lindley Meadow, Golden Gate Park, San Francisco, September 18--St. Ignatius (San Francisco) won the boys' team title with 57 points. Fremont (Sunnyvale) placed second with 63, and Sacred Heart Cathedral (San Francisco) was third with 93.

Rich Erkkila (St. Ignatius) won the boys' 2.8 mile race in 15:08.8. Jesse Robinette (El Camino) placed second in 15:24.0, and Jose Gutierrez (Fremont) was third in 15:36.1.

St. Ignatius also won the girls' team title with 19 points. Lowell (San Francisco) placed second with 88, and Albany was third with 119.

Ann Baldelli led a 1-2-3 sweep by St. Ignatius in 17:56.3. Laura Sandoval placed second in 18:05.8, and Stephanie Libien was third in 18:16.1.



ANN BALDELLI  
Photo by Keith Conning

## ■ Quincy Watts

September 21--Nike took the blame for Quincy Watts' (Taft High School, Woodland Hills 1988) shoe falling apart during the 400-meter final at last month's World Championships. "We really don't have any excuses," Tom Clarke, general manager for the shoe company, told shareholders Monday. "We simply didn't get the cements activated properly." Watts, 1992 Olympic gold medalist, finished fourth at the Worlds Aug. 17 after the sole fell off his shoe midway through the race.

## ■ Gloomy outlook kicks down Nike

September 21--Nike is showing a lot of wear. Stock in the world's largest athletic shoe company was off 4 points Monday before rebounding to close down 1 3/4 at \$46 1/4.

4. The drop came after Nike said net income for its fiscal first quarter, ended Aug. 31, was \$114.1 million--7% below net income of \$122.6 million a year ago. Quarterly earnings per share fell 7% to \$1.49. Analysts expected Nike to earn \$1.65 a share, Zacks Investment Research reports.

The company's outlook for the rest of 1994 isn't much better. "We now believe earnings for fiscal year 1994 will not match the record sales and income reported in fiscal 1993," Nike Chairman Philip Knight said in a statement.

Monday was just the latest piece of bad news for Nike investors, who have seen the stock lose almost half its value since peaking last November. "They is not a one-day event," says Gary Jacobson, analyst at Kidder Peabody. "Nike has been missing expectations for the past year."

Nike and other shoe companies have been hurt by the shift of fashion tastes away from high-price athletic shoes. "It's not company specific, it's industry specific," Jacobson says.

During the latest quarter, Nike said a big reason for its soft business was weak economies in Europe dragging down international sales. Knight told shareholders at the company's annual meeting Monday that Nike will counter earnings troubles by laying off 3%-4% of its 9,700 workers.

But prospects of lower costs from layoffs didn't allay concerns about the maker of the Air Jordan. Jacobson on Monday lowered his estimates for Nike's 1994 earnings again. He now expects Nike to earn \$4.40 a share this year; his previous estimate was \$4.60. In 1993, Nike earned \$4.74 a share. He rates the shares a weak hold: "It's going to be a long while before we see a \$90 price on that stock again."

(Prep Editor: The preceding article appeared in USA Today on September 21, 1993.)

## ■ Mike Stulce

September 22--American Olympic shot put champion Mike Stulce faced a life ban Tuesday after failing a drug test at last month's World Championships in Stuttgart, Germany. Stulce, winner of the gold medal at the Barcelona Olympics last year and the bronze in Stuttgart, tested positive for the second time in his career.

Michael Duane Stulce was born in Killeen, Texas on July 21, 1969. He is 6-3 and 270. He competed for St. Pius X High School in

Houston, Texas until 1987 and Texas A & M until 1991.

In 1987 as a high school senior he was the tenth longest thrower in the country and third best in Texas at 65-0 1/2 with the 12 pound shot. He threw the 16 pound shot 53-7, which made him the 5th best in the U.S. Only one Californian, Dave Bultman (Royal High School, Simi), had a better throw with the 12 pounder at 67-0.

## ■ North Coast Section Cross Country Rankings

by Peter Brewer (Castro Valley)

Volume 4, number 2

September 24--The season is now full upon us. NCS teams were involved in no less than five invitationals this last weekend (some were in two!) to give us a real good initial perspective on the '93 season. Most teams are engaged in pre-season matches, with league competition a week or three away down the line.

NCS deadline for submitting entries is October 15. This gets names (there's room for more than just your top 7) into the computer early. Remember, all teams and individuals may enter NCS competition, so don't be shy about getting your lists mailed in.

And speaking of shy, I won't be as I toot my own horn for my invitational coming up Saturday, October 9th. This is the inaugural Castro Valley Invitational on the soon-to-be-world-famous Canyon Middle School course. On a S.A.T. weekend, bring your teams to a meet with a full array of age-group races, including a coaches' race. Medals galore. Give me a buzz.

And here we go:

### DIVISION I (1516+)

Girls: 1. Rancho Cotate, 2. Santa Rosa, 3. Piner, 4. Antioch, 5. James Logan.

The Rancho girls seem to be making the most of their move up to Division I. They finished only behind the Ursuline horde at the Viking Invite. Sarah Gibson leads their squadron. Santa Rosa, behind front-runner Michelle McConico, was a strong contender also at the Viking Invite. Piner was a large surprise also at Viking, finishing only seconds behind Santa Rosa in team time with Leslie Huber at the front for them. Antioch's Angela Iriarte is a top runner, as evidenced by her 7th place individually at Ed Sias. She also led Antioch to a win over James Logan in a preseason match. Logan's Michelle Kiyono

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# PREP NOTES

is a strong individual, but a team has yet to coalesce behind her.

**Boys:** 1. Montgomery, 2. Santa Rosa, 3. Antioch, 4. James Logan, 5. Piner.

Montgomery played poor hosts, taking the team time lead at their own invitational. Dave Toomey leads a very tight pack. Santa Rosa, with juniors Peter Egerton and Zach Barrett up front, were actually only seconds back of Montgomery. This sets up a very interesting dual meet this next week between these two as North Bay League action starts up. Antioch boasts the dual front running of Fergal Flanagan and John Deshong, who led the team to a fine 2nd place at Ed Sias behind Wood High School out of the Sac-Joaquin Section. Logan has Aaron Richberg to carry out the front running chores for them, and were only points behind Antioch in a preseason matchup. Piner made some rumblings at the Viking Invite, finishing respectable in the middle of the pack in team time.

## **DIVISION II (1140-1515)**

**Girls:** 1. Mission San Jose, 2. Amador Valley, 3. San Ramon, 4. Castro Valley, 5. Monte Vista.

The Reidy twins, Elissa and Lori, seem to be an unstoppable duo. They and their cohorts easily turned back Amador and Castro Valley in a preseason matchup, and the pair finished 1-2 at a quick Monte Vista Invitational. There they snagged a strong second behind the Bishop O'Dowd juggernaut. They seem to richly deserve their #8 State ranking in this division. They also beat Los Gatos at Monte Vista, who is ranked #2 Statewide in Division III. Amador Valley is a strong team, with Amy Siegal leading a tough pack. San Ramon tried a tough double, running well for a 4th at Monte Vista on Friday, then coming back to droop obviously to finish 6th at Ed Sias the next morning. Tina Bowen leads their charge. Castro Valley beat out Monte Vista on the tie-breaker for 5th at Monte Vista, and took the measure of Antioch and Logan in a three-way meet. Jennifer Ewing does the up-front duty for them. Monte Vista has veteran Stephanie Kohlberg leading them.

**Boys:** 1. De La Salle, 2. Monte Vista, 3. Mission San Jose, 4. Amador Valley, 5. Castro Valley.

The first annual Oakland Invitational at Mills College saw the De La Salle boys take 2nd behind a very good Livermore team. John Kelly is their fine number 1. They may not yet be quite the caliber that their #10 State ranking would have us believe. Monte Vista nipped Livermore to finish second behind Bel-

lamine at their own invite, but Livermore went out the next day to a tough 3.1 mile course to win the Oakland Invite, and then went on to whip Monte Vista in a preseason meet. Brock Tessman leads these erratic boys. Mission has found an excellent front-runner in Pat Benzdick, and has a close pack behind him. They beat Amador Valley in a preseason matchup, and were 5th in a tight Monte Vista field. Amador has Chris Maier doing a good job up front, and some very strong support. They beat Castro Valley in a preseason matchup, and finished a strong 3rd at Oakland. Castro Valley leads off with top runner John Atwood, but has a gap from there to the pack. They beat Antioch and Logan in a tri-meet, and were 7th in a large Monte Vista field (21 teams).

## **DIVISION III (705-1139)**

**Girls:** 1. Bishop O'Dowd, 2. Clayton Valley, 3. Carondelet, 4. Northgate, 5. Washington.

The O'Dowd girls are even more impressive than last year, if that is possible. Anjelica Randall, Nicky Saleta, Candace Miles-Threat, Crystal Miles-Threat, and Rosa Terrazos are a fine talented group. Even without #2 Saleta, the Dragons put 4 in the top 9 at Monte Vista and walked away with the team win over Mission and 3rd place Los Gatos, which is ranked #2 Statewide to O'Dowd's #3. Clayton Valley leads off with the very talented Heather Wallace and has a close group of young girls right behind her. They upset State-ranked #5 Carondelet by a point at Oakland, with Wallace taking the individual win. Carondelet certainly was impressive as well, tucking 3 in the top 7 at Oakland. Carolyn Colyar leads a veteran pack. Alison Lambert is the leader of a surprising Northgate team that pulled out a strong third at the Ed Sias Invite, behind Sacramento powers St. Francis and Wood. Washington finished 4th at Oakland in a strong field.

**Boys:** 1. Livermore, 2. Bishop O'Dowd, 3. Healdsburg, 4. Irvington, 5. Casa Grande.

Once again Livermore appears at the top of the list, to practically no one's surprise. Steve Immel and Micheil Jones are the excellent front-running duo for the Cowboys, going 1-2 at the Oakland Invite. Livermore beat O'Dowd and Castro Valley early in a preseason meet, were nipped by Monte Vista for third at the Monte Vista invite on Friday, and the next day asserted themselves with finality at the Oakland Invite. O'Dowd seems to be the next in line, with Alex Tekell leading their pack. Healdsburg has Hector Delgado, as

usual, but now they also have a cluster of boys not far behind. The Viking Invite saw them post a good team time.

Jeremy Mattem is the front runner for Irvington, which managed to finish 8th at Monte Vista against larger schools. Casa Grande is only seconds behind Healdsburg in the Viking Invite team time compilations. Those two should butt heads for supremacy in the Sonoma League.

## **DIVISION IV (1-704)**

**Girls:** 1. Ursuline, 2. Arcata, 3. Miramonte, 4. Fortuna, 5. Campolindo.

Ursuline, with Brenna Nummi leading the way again this year, appears to easily justify their lofty #3 State ranking with a convincing team time first at the Viking Invite. They were ahead of the field by over a minute on a fast 2 mile course. Arcata enters the season with a #8 State ranking, but we have yet to see what they can do. Miramonte with a very young team came in a close 4th at Ed Sias, second for an NCS team. Kristen Schreiber leads them, recording a individual first at Ed Sias. Fortuna with Amy Bergenske was only seconds behind Division I powers Rancho Cotate and Santa Rosa in team time compilations at the Viking Invite. Campolindo entered the fray this season with a 5th place at the Oakland Invitational.

**Boys:** 1. Arcata, 2. Fortuna, 3. Piedmont, 4. Branson, 5. Alhambra.

As per usual, the Arcata team lays low during the early season, but it is not secret that the Thompson brothers are good. Josh Quintal leads the Fortuna bunch, who were in the middle of the field at the Viking Invite. With Steve Brown's knees in an early season hurt, Piedmont is not the same team that is ranked #5 Statewide. Watch out when he is healthy. Branson is a power from Marin, but no early season returns on them yet. Alhambra is making some noise in the bay area, beating University in an early matchup, and finishing third at Ed Sias behind Wood and Antioch.

## **OVERALL:**

**Girls:** 1. Bishop O'Dowd, 2. Mission San Jose, 3. Clayton Valley, 4. Carondelet, 5. Amador Valley, 6. Ursuline, 7. Northgate, 8. Rancho Cotate, 9. Arcata, 10. Miramonte.

**Boys:** 1. Livermore, 2. De La Salle, 3. Monte Vista, 4. Mission San Jose, 5. Amador Valley, 6. Montgomery, 7. Bishop O'Dowd, 8. Santa Rosa, 9. Healdsburg, 10. Arcata.

Any questions? Feel free to drop me a line or give me a call: Peter Brewer, c/o Castro Valley High School, 19400 Santa Maria

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# PREP NOTES

Avenue, Castro Valley, CA 94598. 1-510-945-8869 after 9:00 p.m.

(Prep Editor: Peter Brewer, the cross country coach at Castro Valley, is the author of N.C.S. --CC--> Rankings.)

If anyone else out there does a newsletter for their section please send Keith Conning a copy at 2235 Browning Street, Berkeley, CA 94702, FAX (510) 849-3342.)

## ■ Ann Trason sets another world record

62.137 miles at 6:54.6 per mile!

Amiens, France, September 25--East Bay runner Ann Trason (Pacific Grove High School 1978), already the world record-holder at 50 and 100 miles, went metric Saturday, shattering the 100 kilometer world record by more than nine minutes.

Trason, 33, of Kensington (north of Berkeley), covered 100 kilometers (62.137 miles) in 7 hours, 9 minutes and 44 seconds. That was more than 21 minutes faster than runner-up Valentina Liachova of Russia.

Trason's time bettered the previous world record, as recognized by the International Association of Ultrarunners, of 7:18:57, set by Birgit Lennartz of Germany in 1989.

The men's winner of the Amiens 100 kilometers was Konstantin Santalov, 26, of Russia, in 6:23:15.

## ■ 23rd Annual San Ramon Valley Invitational

San Ramon Valley High School, Danville, September 25--The Livermore Cowboys captured their third consecutive invitational by winning the large school team title with 60 points. Santa Rosa placed second with 80, Montgomery (Santa Rosa) was third with 86, and De La Salle (Concord), the four-time defending champion, was fourth with 93.

"When you hear De La Salle is at a meet, nobody else could show up and you know you have your hands full," said Livermore coach Ed Salazar to Mitch Stephens (*Valley Times*).

Steve Immel (Livermore) won the large school boys' flat two-mile race in 9:47. It was his third straight invitational victory in a row. His teammate Micheil Jones placed second in 9:50, and Joe Menchaca (Pittsburg) was third in 9:53.

"Even if there are schools bigger than us, we want to be known as the team to beat," said Immel to Stephens. "Even though we're only Division III (in size), we want to prove we can run, too." Immel ran more than 500

miles last summer, he said, and each of his four teammates logged 400 to 500 miles.

"Now I don't feel so bad," Rico Balatti, the De La Salle coach said to Stephens. "That explains why they're blowing everyone away. Especially on three-mile courses. They've really jumped out of the gate."

Mission San Jose (Fremont) won the large school girls' team title with 21 points. Campolindo (Moraga) placed second with 77, and the host school San Ramon Valley was third with 89.

Elissa Reidy (Mission San Jose), a junior, won the large school girls' race in 11:32. Her twin sister Lori placed second in 11:33, and Tina Bowen (San Ramon Valley) was third in 11:44.

"I couldn't go any faster," Bowen said to Stephens. "My goal was to stay with them as far and long as I could. I did that. They just have one more gear than I do. They're awesome."

Piedmont won the small school boys' team title with 59 points. Clayton Valley (Concord) placed second with 70, and St. Mary's (Berkeley) was third with 90. Steve Brown (Piedmont), the defending Division IV State Meet champion, won the small school boys' race in 9:54. Jordan Jarosz (St. Mary's) placed second in 10:16.

Carondelet (Concord) won the small school girls' team title with 33 points. Miramonte (Orinda) placed second with 68, and Acalanes (Lafayette) was third with 71.

Kristen Gordon (Carondelet) won the small school girls' race in 11:54. Marisa Daniel (Granada, Livermore) placed second at 11:55, and Kristen Schreiber (Miramonte) was third at 11:56.

## ■ Skyline Invitational

Joaquin Miller Park, Oakland, September 25--Overfelt (San Jose) won the boys' team title with 39 points. Casa Grande (Petaluma) placed second with 79, and Irvington (Fremont) was third with 90.

Jeremy Mattem (Irvington) won the boys' 2.65 mile race in 15:28.1. Juan Del Rio (Overfelt) placed second in 15:35.6, and Luis Perez (Overfelt) was third in 15:55.3.

Overfelt also won the girls' team title with 45 points. Logan (Union City) placed second with 63, and Casa Grande was third also with 63. The tie was broken by the 6th girl. Logan's 6th girl placed 29th, and Casa Grande only had five finishers.

Michelle Kiyomo (Logan) won the girls' 2.65 mile race in 19:31.8. Gina Regalia (Casa

Grande) placed second in 19:52.5, and Leslie Huber (Piner) was third in 20:06.4.

## ■ Julia Stamps (Rincon Valley Junior High School, Santa Rosa)

Aggie Invitational, Davis, September 25--Ninth grader Julia Stamps (Rincon Valley Junior High School, Santa Rosa) placed third in the women's 5,000 meter run in 17:30.0. Cece St. Geme, unattached, won in 17:00.4. Jeanne Sapienza, Impala, placed second in 17:22.1.

Stamps is off to a sensational cross country season. On September 4 she set a new meet record of 16:09 for 2.75 miles at Rancho Cotate. The old record of 16:59 was set by foreign exchange student Maggie Valterova (Rancho Cotate).

On September 11 Stamps placed 6th in the Golden Gate Park Cross Country Series running four miles in 23:48. It was the 17th all-time mark on that course. St. Geme also won that race.

On September 18 Stamps set a new meet record at the Viking Invitational of 11:07. The old meet record of 11:49 was set by Nika Horn (Santa Rosa) in 1991.

Stamps will compete in Division I at Stanford. She also plans to run at San Luis Obispo and Mt. SAC. Stamps will be entered in Division IV of the North Coast Section, since her school did not declare that they wanted to be in a large school size division.

Stamps also plans to run in the Foot Locker Championships in Fresno in December.

## ■ N.C.S. --CC--> RANKING

Volume 4, Number 3, September 28, 1993  
by Peter Brewer (Castro Valley)

### Division I (1516+):

Girls: 1. Santa Rosa, 2. Rancho Cotate, 3. Piner, 4. Antioch, 5. Montgomery.

Boys: 1. Santa Rosa, 2. Montgomery, 3. Antioch, 4. James Logan, 5. Piner.

### Division II (1140-1515):

Girls: 1. Mission San Jose, 2. Amador



JULIA STAMPS  
Photo by Bob Shor

continued next page...



# PREP NOTES

Valley, 3. Monte Vista, 4. San Ramon, 5. Castro Valley.

Boys: 1. De La Salle, 2. Monte Vista, 3. Mission San Jose, 4. Amador Valley, 5. Castro Valley.

## **Division III (705-1139):**

Girls: 1. Bishop O'Dowd, 2. Clayton Valley, 3. Carondelet, 4. Northgate, 5. Washington.

Boys: 1. Livermore, 2. Bishop O'Dowd, 3. Healdsburg, 4. Irvington, 5. Casa Grande.

## **Division IV (1-704):**

Girls: 1. Ursuline, 2. Arcata, 3. Miramonte, 4. Fortuna, 5. Acalanes.

Boys: 1. Piedmont, 2. Arcata, 3. St. Mary's, 4. Fortuna, 5. Miramonte.

## **Overall:**

Girls: 1. Bishop O'Dowd, 2. Mission San Jose, 3. Clayton Valley, 4. Carondelet, 5. Amador Valley, 6. Ursuline, 7. Santa Rosa, 8. Northgate, 9. Rancho Cotate, 10. Arcata.

Boys: 1. Livermore, 2. De La Salle, 3. Monte Vista, 4. Mission San Jose, 5. Amador Valley, 6. Santa Rosa, 7. Piedmont, 8. Montgomery, 9. Bishop O'Dowd, 10. Arcata.

## ■ **Stanford receiver has hands, heart**

By Jerry McDonald, *Oakland Tribune*  
Stanford, October 1--Recruiters began arriving with regularity when Brian Manning was a junior at Ruskin High in Kansas City, Mo. Ruskin coach Gerald Partridge had one in the office one day, and recalls telling him Manning, aside from his considerable athletic ability, "might just be the best kid in the whole school." As if on cue, another teacher walked in. Partridge asked him who the best kid in the whole school was. Without prompting came the answer: "Brian Manning."

In Manning's senior year, Stanford assistant Tom Holmoe brought Bill Walsh to Ruskin to meet Manning. While the three were walking through the school grounds, Holmoe said, a sophomore girl couldn't contain herself. She was impressed by the famous visitor, but even more so by her classmate.

"She walked right up and said, 'Brian Manning, we are so proud of you that a school like Stanford would come to visit you,'" Holmoe said.

A freshman at Stanford, Manning is drawing comparisons with the likes of James Lofton (Washington High School, Los Angeles, the 1974 State Meet long jump champion) and Gene Washington as a game-breaking talent. Walsh likens his athletic ability to the 49ers' John Taylor.

Going into the game Saturday against No. 4 Notre Dame at Stanford Stadium, Manning has seven receptions for 141 yards (a 20.1 average) and touchdown receptions of 37 and 36 yards.

People watched Manning closely in high school. A cluster of fans would show up for his 7-on-7 summer passing league duels with Leroy Pruitt of Blue Springs, Mo., a childhood friend and also a Stanford freshman.

Track meets grew quiet when Manning went to the jumping pit, as fellow athletes and fans wondered how far he'd go. He eventually went 51-4 in the triple jump to win the state title as a senior and has gone as far as 23-8 in the long jump.

What impressed Manning-watchers the most, however, had nothing to do with athletic success. In the first game of his senior year, moments after Raytown High used a two-point conversion to beat Ruskin 15-14, Manning learned that his mother had died of cancer. Marvelyn Manning was 45.

The moment Manning saw two policemen escorting his brother Loren to the sideline, he knew his life had changed forever. Earlier in that game, Manning suffered a sprained ankle that hampered him all season. He managed to rush for more than 100 yards and make 12 tackles at comeback. His season totals of 500 yards rushing and eight touchdowns, and two interceptions and 18 breakups on defense, didn't approach what could have been.

Ruskin, 8-4 when Manning was healthy as a junior, finished 1-9.

Besides the grief over his mother's death, an underlying concern was the injury. It hampered an emotional outlet for his mourning and caused Manning to wonder whether recruiters would lose interest. Manning could have put his head down, wallowed in grief and taken on a "why me" attitude--as many 17-year-olds would in the same circumstances--and few would have thought less of him.

It never happened. Marvelyn Manning wouldn't have approved.

"I'm a very spiritual person. That, plus my friends and family, is what got me through," Manning said. "I know she would want me to carry on. She wouldn't want me feeling sorry for myself."

His grades, so important to his mother, never slipped. His attitude never soured. Football coaches consider adversity to be third-and-10 at their own 10-yard-line. Manning had faced the real thing, and by his own admission, it only helped him grow up. Recruiters noticed.

Manning considered Colorado, Illinois, and Kansas but was swayed by Stanford's academic reputation and the coaching staff. Although he played at a school known for running the ball, Manning adapted to Stanford's sophisticated passing scheme quicker than any of the freshmen.

"Coach (Mike) Wilson put us through drills and I couldn't even run a slant," Manning said. "I just paid attention and picked it up as best I could."

Manning has given Stanford the capability for an instant touchdown, and his confidence has surged since catching a 37-yard touchdown pass from Steve Stenstrom against Colorado.

"I thought of my mother even as it happened," Manning said. "I think about her every time I walk into the stadium, how she has been at all my games even since Little League."

Manning's first touchdown was shown on tape to classrooms at Ruskin the following Monday. The cheering probably still hasn't stopped.

(Prep Editor: The preceding article appeared in The Oakland Tribune on October 1, 1993.

Manning had a 1993 triple jump best of 51-1 1/4. He placed sixth in the Golden West Invitational in Sacramento at 48-5 1/4, and second at the Keebler International Prep Invitational at 50-11 3/4.

The question is whether or not he will jump for the Stanford track team. We'll see in the spring.)

## ■ **Calvin Harrison (North Salinas, Salinas) on world 400 meter list**

Calvin Harrison, the State Meet 400 meter champion, was the 20th fastest 400 meter runner in the world this year at 45.07 according to the November issue of *Track & Field News*. He was also the 10th fastest in the United States.

Harrison was the only high schooler from the U.S. to make the world list. Even Marion Jones (Thousand Oaks) and Amy Acuff (Catalan, Corpus Christi, Texas), who set a new high school high jump record, didn't make the list. Acuff missed by 3/4 of an inch.

Quincy Watts (Taft High School, Woodland Hills 1988) was the third fastest in the world and the U.S. at 44.13 at altitude. Steve Lewis (American High School, Fremont 1987)

continued next page...



# PREP NOTES

was the 8th fastest in the world and sixth in the U.S. at 44.54.

## ■ Stanford Invitational

Stanford Golf Course, October 2-- Thousand Oaks, ranked first in Division One by Doug Speck (see the August / September 1993 issue of *California Track News* won the Division One boys' team title with 51 points. The team was composed of Brandon Del Campo (3rd 15:34), Kevin Marsden (6th 15:47), Jeff Fischer (7th 15:51), Chadd Aldrich (16th 16:06), and Keith O'Doherty (19th 16:09). Their total team time was 79:27. Hart (Newhall), ranked fifth, placed second with 118 (2, 13, 20, 38, 45) 80:48, and Jesuit (Sacramento), ranked eighth in Division Two, was third with 149 (1, 17, 31, 43, 57) 81:18.

Matt Farley (Jesuit), who placed tenth in the State Meet last year, won the boys' Division One 5,000 meter race in 15:04 (pace: 4:51 per mile), the fastest time of all four divisions. Brett Strahan (Hart), seventh in the State Meet, placed second in 15:06 (4:52/ mile).

Mission Bay (San Diego), ranked first in Division Two, won the Division Two boys' team title with 42 points (2, 4, 6, 9, 21) 82:04. De La Salle

(Concord), ranked tenth, placed second with 112 (5, 12, 17, 22, 56), and Claremont, ranked ninth, was third with 139 (10, 14, 27, 36, 52).

Matt Creason (Eureka), fifth in the State Meet, won the boys' Division Two race in 15:39 (5:02/mile), the fifth fastest time of the day. Devin Elizondo (Mission Bay), eighth in the State Meet, placed second in 15:56 (15:56), and Greg Phister (Davis) was third in 16:03 (16:03).

Livermore, ranked ninth, won the Division Three boys' team title with 119 points (1, 3, 33, 39, 43) 83:03. Nordhoff, ranked seventh, placed second with 129 (4, 7, 14, 48, 56), and Crescent Valley was third with 140 (10, 17, 18, 36, 59).

Steve Immel (Livermore), 20th in the State Meet, won the Division Three boys' race in 15:42 (5:03/mile), the seventh fastest time of the day. Jason Balkman (Lynbrook), the defending State Meet champion, placed sec-

ond in 15:46 (5:04/mile), and Darren Holman (Sonora), 15th in the State Meet, was third in 15:53 (5:07/mile).

McFarland, ranked second, won the Division Four boys' team title with 39 points (4, 6, 8, 9, 12) 82:31. Morro Bay, ranked first, placed second with 77 (1, 3, 7, 19, 47), and Santa Ynez, ranked tenth, was third with 115 (11, 16, 23, 32, 33).

Dave Mitchell (Morro Bay), seventh in the State Meet, won the Division Four boys' race in 15:41 (5:03/mile), the sixth fastest time of the day. Aaron Gillen (Yreka), third in the State Meet, placed second in 15:52 (5:06/ mile), and Joe Tavemer (Morro Bay), seventh in the State Meet, was third in 16:04 (5:10/ mile). Defending State Meet champion Steve Brown (Piedmont), who has been injured this fall, was fifth in 16:13 (5:13/mile).

Bend, the Oregon State Meet champion, won the Division One girls' team title with 36 points (1, 4, 6, 12, 13). Peninsula, ranked second, placed second with 94 (2, 8, 19, 32, 33), and Esperanza (Anaheim), ranked fifth, was third with 111 (9, 11, 15, 37, 39).

Freshman Julia Stamps (Rincon Valley Junior High School, Santa Rosa) won the Division One girls' 5,000 meter race in 17:40 (pace: 5:41 per mile). She won her race by 43 seconds! Her time would have placed her 12th in the college women's invitational race. Kortney Dunscombe (Bend) placed second in 18:23 (5:55/mile), and Molly Mehlberg (Peninsula) was third in 18:37 (6:00/mile).

Rich McCann (Rainier High School, Des Moines, Washington 1976), who ran the 10,000 meters in 32:02.0 as a high school senior and holds the University of California record at 29:24.44, sent me the following fax: "Stamps dominated the race. Dunscombe of Bend apparently was stunned by Stamps' performance."

But those of us who have been following Stamps since the Mizuno meet at Kezar Stadium in San Francisco last track season, were not surprised. After all she ran 4:38.35 for 1,500 meters, 5:07.39 for a mile, 10:01.7 for 3,000 meters, and 10:57.76 for two miles last spring. Last week she ran 17:30 at the Aggie Invitational 5,000 meters against open women. One bit of good news for the Division One girls is that Stamps will run in Division IV at the North Coast Section and the State Meet. However, she will meet them at Foot Locker.

Edison (Huntington Beach), ranked first in Division Two, won the Division Two girls' team title with 67 points (7, 9, 11, 16, 24).

Canyon (Anaheim), ranked sixth, placed second with 83 (1, 10, 14, 28, 30), and Bishop Amat (La Puente), ranked fifth, was third with 114 (4, 17, 18, 33, 42).

Kim Nelson (Canyon), second in the State Meet, won the Division Two girls' race in 18:40 (6:00/mile), the fourth fastest time of the day. She won by 22 seconds. Nicole Silva (Aptos) placed second in 19:02 (6:08/ mile), and Taryn Lawson (Ocean View), ninth in the State Meet, was third in 19:22 (6:14/ mile).

St. Ignatius (San Francisco), ranked only seventh in Division Three, won the Division Three girls' team title with 64 points (4, 7, 11, 14, 28) 100:07. S.I. certainly will move up in the next state rankings. Corona Del Mar (Newport Beach), ranked first, placed second with 78 (1, 3, 19, 23, 32) 100:16, and Carondelet (Concord), ranked fifth, was third with 107 (2, 12, 24, 27, 42) 101:41.

Dresden Howell (Corona Del Mar), 22nd in the State Meet, won the Division Three girls' race in 19:08 (6:10/ mile). Kristen Gordon (Carondelet), a freshman, placed second in 19:14 (6:11/mile), and Tracy Clark (Corona Del Mar), fifth in the State Meet, was third in 19:27 (6:16/mile).

Morro Bay won the Division Four girls' team title with 63 points (4, 7, 16, 17, 19). Orange Lutheran placed second with 85 (6, 9, 21, 23, 26), and Taft was third with 111 (1, 10, 15, 35, 50).

Lori Fancon (Taft), 11th in the State Meet, won the Division Four girls' race in 19:11 (6:10/mile). Christine Sanchez (McFarland) placed second in 19:27 (6:16/mile), and Kristen Schreiber (Miramonte, Orinda), a freshman, was third in 19:29 (6:16/mile).



**MATT FARLEY**

Photo by Bill Cockerham



**DRESDEN HOWELL**

Photo by Phillip Enbody

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# PREP NOTES

## RESULTS

### SUMMER AGE-GROUP TRACK AND FIELD COMPETITIONS

#### From Doug Speck

Once again there is a great crop of young athletes coming up within our state. Without summarizing things completely we'll let you glance through the following results and try to figure out the stars of the future. With the efforts of William (Obea) Moore, Ashley Bethel, Angela Williams, Aisha Margain, and others, it looks like there will be some fine athletes moving up into the prep ranks in the next couple of years.

#### 1993 Youth Athletics Nationals

University of Houston, June 29-July 4

##### Boys:

(17-18) 100m (-2.57) 2. Michael Russell (Diamond Bar HS) 11.03. 200m (-1.92) 2. Russell 22.07. Jav 5. Frank Aguirre (Napa) 147-5. TJ 2. Walter Jones (L.A.) 43-10.5. Brian Negri (Napa) 40-4 3/4. HJ 4. Brian Negri (Napa) 6-3.  
(15-16) 100m (-4.57) 2. Michael Graham (Mater Del HS, Santa Ana) 11.29. 110m Hurdles (-3.12) 5. Eric Patterson (Long Beach) 16.31. 200m (-2.12) 2. Graham 22.85. 400m 2. Damian Allen (Ontario) 50.73. 1500m 5. Peter Egerton (Santa Rosa) 4:17.87. 6. Michael Blair (Napa) 4:20.10. 200m Steeplechase 1. Peter Egerton (Santa Rosa) 6:24.36. 3000m Race Walk 2. Aaron Mendonca (Riverside) 16:26.99. Javelin 6. Nick Bonotto (Napa) 143-10. TJ 4. Tim Fitzgerald (Coto De Caza) 38-2 3/4. HJ 6. Eddie Castaneda (Coachella) 5-9. Decathlon 2. Chris Campbell 5245-6. Eric Patterson (Long Beach) 4583.  
(13-14) 100m (-2.81) 2. Larry Cooper (Hawthorne) 11.76. 5. Patrick McCall (Carson) 12.16. 6. Raheem Elliott (Long Beach) 12.62. 100m Hurdles (-4.72) 5. Michael Smith (Mission Viejo) 15.65. 200m (-1.74) 1. William Moore (South Pasadena) 22.19. 200m Hurdles 4. Richard Oates (Lake Forest) 27.65. 400m 1. Lonnie Cruel (Lynwood) 52.81. 2. Cooper 53.29. 800m 1. Moore 1:59.1.3. Donvongee Manuel (Lynwood) 2:10.18. 6. Orin Saunders (L.A.) 2:15.16. 3000m 2. Michael Murray (Mission Viejo) 10:16.50. Javelin 4. David Garriolo (Indio) 119-6. LJ 1. McCall 19-8 3/4.5. Smith 19-1 1/4. 6. Cooper 19-00. TJ 2. Smith 38-00 3/4. 4. Camillo 36-1 1/4. HJ 3. Raheem Elliott (Long Beach) 5-7 3/4. 6. Ben Bicals (Napa) 5-4. 400m Re 4. L.A. Jets 45.55. 4x800m 1. L.A. Jets 8:34.50. 2. So Cal Cheetahs 9:20.71. Triathlon 3. Seth Barrett (Santa Rosa) 2787.5. Smith 2631.  
(11-12) 80m Hurdles (-1.64) 3. Mentuhotep Daniel (Long Beach) 13.25. 4. Jovanny Hol-

loway (Culver City) 13.64. 100m (-1.63) 2. Daniel Hemphill (Lynwood) 13.03. 6. DeJuan Crockett (Long Beach) 13.37. 200m (-1.89) 2. Carl Harris (L.A.) 26.63. 3. Hemphill 26.64. 400m 4. Daniel 60.78. 5. Carlos McCall (Carson) 61.44. 6. Lawrence Mason (Long Beach) 61.49. 800m 6. Matthew Skomarovsky (L.A.) 2:22.47. 1500m 3. Niel Elam (Duarte) 4:55.75. 3000m 2. Elam 10:32.54. 3. Aaron Klaffer (Manhattan Beach) 10:46.20. 4. Jonathan Badillo (Walnut) 10:53.82. 1500m Racewalk 3. Joseph Quilltang (Stockton) 9:36.26. SP 3. Greg Beirvinne (Duarte) 38-4. LJ 5. Thomas Riley (Inglewood) 16-00 3/4. 6. Jeremy Thornburg (Thousand Palm) 16-0 3/4. HJ 3. Thornburg 4-7 1/4. 4. Jason Rives (Modesto) 4-7 1/4. 400m Re 1. West Coast Express (L.A.) 50.56. 3. South Bay Panthers (Long Beach) 51.80. 4x400m 4. L.A. Jets 4:08.96. 4x800m 5. L.A. Jets 10:20.68. Pentathlon 4. Daniel 2376.  
(10 & under) 100m (-1.86) 3. Chris Turner (Compton) 14.06. 200m (-2.66) 4. Turner 28.81. 6. Howard Darron (Sacramento) 29.76. 800m 5. Chad Kulengsky (Mission Viejo) 2:37.78. 1500m 3. Kulengsky 5:14.80. 1500m Racewalk 1. Carl Lederman (Moraga) 8:56.09. SP 4. Chris Meng (Lake Forest) 27-6 3/4. LJ 2. Meng 15-00.6. Bao Nguyen (Mission Viejo) 13-11 1/2. HJ 4. Meng 4-1 1/4. 5. Derek Brainard (West Hills) 3-11 1/4. 400m Re 5. L.A. Jets 55.68. 6. South Bay Panthers (Long Beach) 56.13. 4x400m 3. L.A. Jets 4:32.89. 5. South Bay Panthers 4:37.89. Triathlon 1. Meng 579.

##### Girls

(17-18) 100m Hurdles (-3.09) 1. Tanyita Watkins (Walnut HS) 15.41.  
(15-16) 100m (-5.05) 4. Jonquil David (Charter Oak HS, Covina) 12.88. 200m (-1.52) 4. David 25.70. 5. Erika Bowling (Etiwanda HS) 25.78. 400m 2. Bowling 57.50. 6. Tameka Rodriguez (Chino HS) 59.99. 1500m 2. Lyad Gozal (Beverly Hills HS) 4:55.42. 3. Shalquinn Fullove (Louisville HS, Woodland Hills) 4:58.16. 3000m 1. Gozal 10:35.26. 4. Fullove 11:07.80. Jav 2. Molly Hoff (Napa) 101-0. LJ 2. Rosalyn Grant (Ganesha HS, Pomona) 17-10. 3. Tracey Lawyer (Cate HS, Carpinteria) 17-9. TJ 6. Erica Dickson (Mission Viejo) 34-3 1/2. HJ 1. Lawyer 5-7. 400m Re 4. Inland Empire Sprint (Alta Loma) 48.80. Heptathlon 1. Lawyer 4331.  
(13-14) 100m (-4.87) 1. Angela Williams (Ontario, Ca) 12.42. Danielle Singleton (Carson) 12.71. 3. Malika Edmonson (Inglewood) 12.73. 4. Miehsa Withers (Long Beach) 12.96. 5. Daveeta Shepherd (Richmond) 13.06. 100m Hurdles (-4.50) 3. Shepherd 15.61. 4. Ashley Bethel (Lake Forest) 15.71. 6. Unnika Stewart (Long Beach) 16.11. 200m (-1.55) 1. Williams 25.66. 3. Kinshasa Davis (Carson) 25.56. 6. Myliek Teale (Inglewood) 25.98. 7. Roshanna Payne (Inglewood) 26.05. 200m Hurdles 2. Shepherd 28.21. 3. Bethel 28.80. 5. Stewart 29.21. 6. Janae Mitchell (Richmond) 29.66. 400m 2. Kadrina Coffee

(Palmdale) 58.16. 3. Miehsa Withers (Long Beach) 58.19. 5. Nyeshia Williams (Long Beach) 59.90. 800m 2. Regine Carothers (Inglewood) 2:20.69. 3. Coffee 2:24.31. SP 3. Chaniqua Ross (Elk Grove) 41-8 1/2. 4. Letrice Robinson (Long Beach) 36-7 1/2. DT 2. Ross 116-4. Jav 1. Kori Reid (Napa) 107-07. LJ 1. Ashley Bethel (Lake Forest) 19-7 1/4 (wind legal-National Youth Girls and Meet Record)...4. Reynda King (Hawthorne) 16-1. 6. Joy Collins (Long Beach) 15-10. TJ 1. King 35-11 1/2. HJ 2. Elizabeth Giltner (Canoga Park) 5-3. 3. A. Bethel 5-1 1/4. 5. Robinson 4-11 1/4. 400m Re 1. So Cal Sports Club (Carothers-Payne-Edmonson-Teale) 47.66. 2. South Bay Panthers 48.48. 3. Carson Unicorn TC 49.28. 4x400m 1. So Cal Sports Club (same team) 3:51.62. 2. South Bay Panthers 4:01.01. 3. So Cal Cheetahs 4:01.16. 4x800m 6. Quiet Fire (Inglewood) 10:50.99. Pentathlon 1. A. Bethel 2999. 2. Giltner 2919. 3. Bridget Hatch (Ojai) 2852. 5. Robinson 2668.  
(11-12) 100m (-5.26) 5. Charmaine Stewart (Highland) 13.97. 8. Mya Edmonson (Inglewood) 13.98. 200m (-1.83) 4. Edmonson 27.56. 6. Montoya Whitfield (Long Beach) 27.75. 1500m 6. Maribel Campos (Thermal) 5:20.70. 3000m 2. Campos 11:10.39. 1500m Racewalk 2. Katie Mendonca (Riverside) 8:33.76. 3. Andria Caruthers (Inglewood) 8:38.02. 4. Christeina Douglas (L.A.) 9:00.95. 5. Nicole Brown (Inglewood) 9:01.70. SP 3. Caruthers 30-2 3/4. 4. Rebecca Carpenter (Santa Rosa) 30-1 1/2. 6. Delanda Morris (Compton) 29-4 1/2. (DT 2. Morris 81-10. 3. Carpenter 78-9. 5. Caruthers 62-8. LJ 1. Edmonson 15-11. HJ 2. Shadrach Roberts (San Francisco) 4-11 1/4. 3. Nicole Brown (Inglewood) 4-9 1/4. 400m Re 1. Inland Empire Sprint (Alta Loma) 52.72. 3. West Coast Express (Wilmington) 53.11. 3. South Bay Panthers (Long Beach) 53.12. 4x400m 3. Inland Empire Spring 4:17.71. 4. South Bay Panthers 4:23.59. 4x800m 3. South Bay Panthers 11:08.92. Pentathlon 4. Carpenter 2245. 6. Morris 1525.  
(10 & under) 100m (-3.40) 3. Iesha Gooden (San Bernardino) 14.31...5. Katrina Keith (Richmond) 14.53. 6. Essence Kendricks (Long Beach) 14.58. 200m (-2.31) 6. Keith 29.75. 400m 6. Sherika Lazarus (L.A.) 70.01. 800m 1. Sommer Owens (Seal Beach) 2:31.64. 1500m Racewalk 1. Elizabeth Paxton (Westminster) 8:10.86. 2. Melissa Garza (Palm Desert) 9:01.56. LJ 1. Dana Bethel (Lake Forest) 12-8 3/4. HJ 4. Bethel 3-11 1/4. 6. Cherise Forno (San Dimas) 3-9 1/2. 400m Re 5. South Bay Panthers 58.48. Triathlon 2. Bethel 997.4. Forno 641. 6. Tynisa Downs (Long Beach) 672.

#### 1993 Junior Olympics

July 27-August 1. Baton Rouge, Louisiana (Louisiana State University)  
(Thanks to Howard Willman for these results)

##### Boys:

(17-18) 100m (wind -1.02 mps) 1. Bryan Howard (Canyon Springs HS, Moreno Valley) 10.62. (H-2) (-7.0) 1. Howard 10.62. (H-3)

(+83) 2. Ronnie Williams (Long Beach CC) 10.85. (H-4) (+63) 3. Raymond Flowers (Woodland Hills) 10.84...5. Jaron Turner (Mt. Pleasant HS, San Jose, Ca) 10.93. 200m (wind +65) 3. Michael Russell (Diamond Bar HS) 21.55. 4. Andre Desaussure (Taft HS, Woodland Hills) 21.64. (H-1) (wind +87) 1. Russell 21.33. (H-4) (+19) 1. Desaussure 21.52. 4. Flowers 21.88. 400m 1. Ronnie Williams (Long Beach CC) 46.85. 2. Michael Russell (Diamond Bar HS) 47.09...4. John Lockard (Logan HS, Union City) 47.77...6. James Davis (Wood HS, Vacaville) 47.9 (hand). (H-2) 1. Russell 47.96. (H-3) 1. Williams 47.42. (H-4) 1. Davis 48.24. (H-5) 2. Lockard 48.45. 800m 7. John Lockard (Logan HS, Union City) 1:57.64. (H-2) 2. Lockard 1:54.02. 110mHH (+22) 7. Drue Powell (Reseda HS) 14.65. (H-2) (+1.19) 1. Powell 14.34. (H-3) (+25) 5. Danny Haag (Granada Hills HS) 14.97. (H-5) (+1.35) 3. Coke Edmon (Bellarmine HS, San Jose) 14.80. 400mH 8. Coke Edmon (Bellarmine HS, San Jose) 56.52. (H-1) 3. Byron Casey (American HS, Fremont) 54.67. (H-4) 1. Edmon 54.45...4. Haag 56.54. 400m RE 1. West Valley Eagles (Andre Desaussure-Bryan Howard-Drue Powell-Edward Turner) 41.00...6 (tie). San Francisco Senators 41.97. (H-1) 1. Senators 41.50. (H-3) WV Eagles 40.75. 4x400m Re 1. West Valley Eagles (Andre Desaussure-Bryan Howard-Edward Turner-Raymond Reed) 3:12.01...3. San Francisco Senators 3:14.84...8. L.A. Jets 3:17.21. (H-1) 2. L.A. Jets 3:15.56. 3. Sacramento Valley TC 3:18.91. (H-2) 2. SF Senators 3:15.12. (H-4) WV Eagles 3:11.33. 3000m Walk 1. Justin Marrujo (Temecula) 13:38.65. HJ 4. Jeremy Fischer (Camarillo HS) 6-8 3/4. LJ (all jumps wind-legal) 1. Edward Turner (Morningside HS, Inglewood) 24-7 3/4. 6. Jamaal Chase (Quartz Hill HS) 22-9 1/4. TJ (wind legal) 6. J. Chase (Quartz Hill HS) 47-4 1/4...18. Josiah Larkin (San Francisco) 44-0 1/2. Decathlon 5. Danny Haag (Granada Hills HS) 11.61.6-16-11.46-1.85-51.98-15.29-35.30-3.20-43.90-4:56.35 6192.  
(15-16) 100 (-1.7) 6. Michael Graham (Mater Del HS, Santa Ana) 11.07. (H-1) (+2.10) 2. Graham 10.94w. 400m 2. Jody Charles (San Francisco) 48.27...Lydell Burston (San Diego) 49.92. (H-4) Brandon Nichols (Oakland) 50.90. 800m 7. Joneyan Horsby (Oakland) 1:56.46. (H-1) 1. Michael Granville (Bell Gardens HS) 1:54.93. 110mHH (+1.45) 5. Kenyon Rambo (Los Angeles) 15.16. (15.11 heat +60). 400mH 2. Kenyon Rambo (L.A.) 56.50. (H-3) 2. Eric Patterson (Long Beach) 57.78. 400m RE 6. Alameda CC TC (Oakland) 43.09. (43.03 heat). 4x400m 4. Alameda CC TC 3:21.10. Decathlon 2. Levar Castillo (Lynwood) 5815.  
(13-14) 100m (-8.1) 1. William Moore (L.A.) 11.09. 3. Brice Montgomery (Compton) 11.36. 200m (-29) 3. Montgomery 23.10. 4. Damien Rand (San Francisco) 23.19. (H-2) (+69) Montgomery 22.93.



# PREP NOTES

400m 1. William Moore (L.A.) 47.16 (Nat'l JO Meet Record Nat'l Age Record), 2. Brice Montgomery (Compton) 51.28. (H-1) 1. Moore 48.57. 800m 4. Lonnel Cruel (L.A.) 2:07.84. 1500m 4. Jeff Steltcher (San Diego) 4:24.17. 100mH 5. Jason Pease (Hayward) 14.79. 200mH 6. May Maycock (South Pasadena) 26.92. 400m Re 1. L.A. Jets (Cruel-Miller-McCall-Moore) 43.95. 4x400m Re 1. L.A. Jets (Cruel-Dean-McCall-Moore) 3:23.96 (JO Meet Record and National Record). 6. West Valley Eagles 3:35.19. 4x800m Re 1. L.A. Jets 8:39.40. TJ (wind legal) 6. Morgan Madruga (Merced) 39-3. SP 6. Mike Rexroth (Bakersfield) 47-6 1/4. DT 3. Rexroth 153-11. Jav 3. Jason Pease (Hayward) 147-0. Pentathlon 3. Pease 2886.

(11-12) 800 6. Thomas Love (L.A.) 2:21.87. 1500m 3. Monsour Rahim (Carson) 4:48.51. 80m Hurdles (+89) 2. Chucky Ryan (Rodeo) 12.59-4. James Perkins (Carson) 12.76-6. Mentuhotep Daniel (Long Beach) 12.84. 4x400m Re 3. L.A. Jets 4:01.62. 4x800m 1. L.A. Jets 9:45.17-6. Billy Hutton TC (San Francisco) 10:06.07. HJ 4. Perkins 5-1 1/4. LJ 3. Daniel 17-1 1/4 (wind legal). 6. Jeremy Thornburg (Palm Desert) 18-5. Pentathlon 1. Daniel 2771. 3. Perkins 2682.

(10 & under) 100m (+77) 5. Donald Cook (L.A.) 13.66. 200m (-0.01) 1. Cook 27.14-5. Trevelin Quinley (San Jose) 27.64. 6. Michael Watson (Altadena) 27.72. 400m 1. Watson 61.23. 800m 2. Oscar Mendez (Lawndale) 2:24.10. 1500m 1. Mendez 4:58.03. 400m Re 3. San Francisco Housing Authority 54.17-6. West Valley Eagles 55.75. 4x400m 4. L.A. Jets 4:24.84. HJ 3. Kenzy Davis (Pasadena) 4-5 1/4-6. Jared Rerfro (Clovis) 4-3 1/4. LJ 6. Jamil Smith (Lancaster) 14-4 1/4. Triathlon 4. Kenzy Davis (Pasadena) 758.

Girls:

(17-18) 100m (H-3) (wind +1.03) 3. Jamie Taylor (Alta Loma HS) 12.26. 200m (H-3) (-1.30) 3. Jamie Taylor 25.31. 100mH (-.41) 5. Tanyita Watkins (Walnut HS) 14.94. (H-3) (0) 2. Watkins 14.85. LJ (wind legal) 7. Latasha Lott (San Diego) 18-2 1/2. TJ (wind legal) 4. Christine Sherwood (Watsonville HS) 38-2 3/4. SP 14. Tyrenda Stamps (Mt. Pleasant HS, San Jose) 35-0 1/2. DT 6. STamps 123-9-11. Jennifer Barrett (Gonzales) 116-10.

(15-16) 100m (+78) 4. Heather Sumpter (Muir HS, Pasadena) 12.05-8. Tonia Broden (Westmoor HS, Daly City) 12.56. (H-2) (+1.52) 2. Broden 12.29. (H-3) (+7.3) 1. Sumpter 12.07. (H-4) (-1.2) 2. Kelli White (Logan HS, Union City) 12.34. 200m (+1.15) 8. Aminah Haddad (Poly HS, Long Beach) 25.01. (H-1) (+1.25) 1. Haddad 24.69-5. K. White 25.74. (H-2) (+9.6) Erika Bowling (Etwanda HS) 25.52. 400m 4. Crystal Miles-Threat (Bishop O'Dowd HS, Oakland) 57.02-7. Sylvia Pleslak (Menlo Atherton HS, Atherton) 57.64. (H-1) 3. Charon Stewart (Castro Valley) 58.48. (H-3) 2. Pleslak 57.71. (H-4) 1. Cryst. Miles-Threat 57.39. 2. Erika Bowling 58.01. 800m 5. Candice Miles-Threat

(Bishop O'Dowd HS, Oakland) 2:18.00. (H-1) 4. Zan Naar (San Rafael) 2:21.17. (H-3) 3. Cand Miles-Threat 2:18.23. 1500m 9. Shalynn Fullove (Louisville, Woodland Hills) 4:57.45. (H-1) 4. Fullove 4:54.68. 3000m 5. Fullove 10:50.2. 100mH (-21) 2. Tonia Broden (Westmoor HS, Daly City) 14.53. (H-3) (+0.4) 2. Broden 14.78. 400mH 2. Charon Stewart (Castro Valley) 62.81. 400m Re 6. West Valley Eagles 48.23. (H-1) 3. San Francisco Senators 49.31. (H-2) 2. West Valley Eagles 48.36. (H-4) 3. Billy Hutton TC 48.62. LJ (wind legal) 9. Amanda Bauer (Fremont) 17-03 1/2. TJ (wind legal) 8. Erica Dickson (Mission Viejo) 36-02 1/4. (13-14) 100m (+59) 1. Angela Williams (Ontario) 11.79-5. Miesha Withers (Long Beach) 12.24. (H-2) (+9.7) 1. Williams 11.82. 2. Daveeta Sheperd (Richmond, Ca) 12.52. (H-5) (+1.55) 3. Withers 12.36. 200m (-1.0) 1. Angela Williams 24.25-4. Michelle Perry (Palmdale) 25.11. (H-2) (+1.42) 1. Williams 24.38-4. Roshana Payne (Inglewood) 25.50. (H-4) (+1.68) 2. Sheperd 25.64. (H-5) (+9.1) 2. Perry 24.94. 400m 1. Malika Edmunson (Inglewood) 54.73-6. Myleik Teele (Inglewood) 57.41. 7. Kadrina Coffe (L.A.) 57.43. (H-2) Edmunson 56.28-3. Coffe 57.72. (H-3) 2. Teele 57.95. 3. Brandee Grant (Castro Valley) 58.99. 800m 2. Regine Caruthers (Inglewood) 2:18.29. 4. Kadrina Coffe 2:20.10. 1500m (H-2) 3. Surya Williams (Long Beach) 4:56.68. 100mH (+56) 3. Daveeta Sheperd 14.78. 4. Janae Mitchell (Richmond) 14.95. 5. Pashan Basy (Castro Valley) 14.95. (H-1) (-48) 3. Mitchell 14.92. (H-2) 3. Marisa Wright (Moreno Valley) 15.59. (H-3) 2. Ashley Bethel (Lake Forest) 15.24. 200mH 2. Daveeta Sheperd (Richmond) 27.70-5. Janae Mitchell (Richmond) 28.24. (H-1) 2. Sheperd 27.55. (H-3) 1. Mitchell 27.79. 3. Bethel 28.73. 400m RE 2. South Bay Panthers 48.31-8. Carson Unicorns 50.69. (H-1) 3. L.A. Jets 50.10. (H-3) 3. 3-M TC (Castro Valley) 50.75. (H-4) 2. Carson Unicorns 49.73. 4x400m 1. So Cal Sports Club (Inglewood) (Caruthers-Edmunson-Payne-Teele) 3:45.90-4. So Cal Cheetahs 3:55.99-7. 3M Track Club (Castro Valley) 4:09.63. (H-1) 2. West Fresno 4:07.08. HJ 3. Tayyiba Haneef (Laguna Hills) 5-1 1/4-5. Ashley Bethel (Lake Forest) 5-1 1/4. LJ (wind legal) 2. Ashley Bethel (Lake Forest) 17-10. TJ (wind legal) 2. Reynda King (Hawthorne) 35-7 3/4. SP 1. Kristin Bryeden (Anderson) 45-7 1/4. 3. Pashen Bagsby (Castro Valley) 41-9-5. Chaniqua Ross (Elk Grove) 39-8. DT 1. Ross 130-1. Javelin 1. Bagsby 122-7 (National & JO Record). 6. Angelina Sanderson (Ventura) 88-5. Pentathlon 1. Ashley Bethel 3092. 3. L. Stanley-Robinson (Orange) 2776.

(11-12) 100m (+46) 6. Charmaine Stewart (Highland) 13.19. 400m 6. Tiffany Thompson (Panorama City) 60.98. 800m 5. Kristen Kinder (Fresno) 2:26.85. 1500m 2. Kinder 4:57.41. 3000m 2. Megan McGowan (Pasadena) 10:45.89. 1500m Racewalk 5. Alicia Bleeker (Huntington Beach) 8:19.63. 80m Hurdles (-83) 1. Tere-

sa Henderson (L.A.) 12.82. 400m Re 2. Inland Empire Sprint (Alta Loma) 52.50. 4x400m 4. West Valley Eagles 4:12.79. 4x800m 2. Pasadena Running Roses 10:21.92. 3. L.A. Jets 10:24.99. HJ 1. Shadiah Roberts (San Francisco) 5-1 1/4. 3. Teresa Henderson (L.A.) 4-11 1/4. LJ (wind legal) 4. Miya Edmunson (Inglewood) 16-1. SP 2. Delanda Morris (L.A.) 33-7 3/4. DT 6. Morris 87-0. Pentathlon 1. Teresa Henderson (L.A.) 3187.

(10 & under) 100m (0) 4. Iesha Gooden (San Bernardino) 13.70. 6. Sharika Lazarus (L.A.) 13.76. 200m (0) 1. Monique Henderson (San Diego) 26.71 (National & JO Meet Record) old record 26.99 Angela Williams (Ontario 1990). 6. Lazerus 28.30. 400m 1. Henderson 59.81 (National & JO Meet Record). 4. Lashinda Demus (L.A.) 63.30. 6. Angel Perkins (L.A.) 64.77. 800m 1. Lashinda Demus (L.A.) 2:25.49. 1500m 5. Quiana Powell (L.A.) 5:27.40. 6. Nisaa Rahim (L.A.) 5:32.14. 1500m Racewalk 1. Elizabeth Paxton (Westminster) 8:07.43. 2. Melissa Garza (Palm Desert) 8:36.00. 4x400m Re 1. Fast Action TC 4:19.00 (National & JO Meet Record). 2. West Fresno 4:32.64-6. Billy Hutton TC (San Franc) 4:44.54. HJ 3. Dana Bethel (Lake Forest) 4-1 1/4-4. LJ (wind legal) 4. Sharronda Robinson (San Francisco) 13-6 1/4-6. Sheri Green (Fresno) 12-11 3/4. SP 5. Stacy Harvey (Castro Valley) 21-2 3/4. Triathlon 1. Lashinda Demus (L.A.) 1173-3. Dana Bethel 1067.

## AAU Age Group National Championships

Knoxville 8/6-7

### Boys:

(17-18) Young Men -- PV 1. Ben Stark (Porterville HS) 14-11. LJ 3 (tie) Jamal Chase (Quartz Hill) 23-3 1/2. TJ 5. Chase 47-7 3/4.

(15-16) Intermediate -- 400m 4. Lydell Burston (San Diego) 49.36. Decathlon 4. Steve Cates (Visalia) 5287.

(13-14) Youth -- 200m 1. Obea Moore (South Pasadena/Muir HS, Pasadena 93) 22.85-3. Brice Montgomery (Compton) 23.49. 400m 1. Moore 48.26. 2. Lonnie Cruel (Lynwood) 52.81. 3. Aaron Dean (L.A.) 53.04. 4. Jose Orlena (Del Gray) 53.40. 1500m 2. Steve Barrus (Clovis) 4:21.19. 3. Ben Maldonado (Avenal) 4:22.47. 200m Hurdles 6. Aaron Dean (L.A.) 27.45. 400m Re 3. Cal Express (Tulare) 46.32-5. Mustangs (San Diego) 47.51. 4x400m Re 1. Jets (L.A.) 3:28.68 (National Record, old record 3:32.75). LJ 2. Anthony Colson (Sacramento) 21-0. 3. Leonard Starks (Santee) 19-4 3/4. TJ 3. Colson 39-0 1/2.

(11-12) Midget--200m 6. Herb Johnson (Atwater) 26.58. 800m 1. Thomas Love (Long Beach) 2:19.01-5. Mansour Abdul-Rahim (Long Beach) 2:20.30. 1500m 2. Hector Acosta (Avenal) 4:51.44. 3. Mansour Abdul-Rahim (Long Beach) 4:51.52. 4x400m Re 3. Valley Striders (Northridge) 4:03.63. 4x800m 2. San Joaquin Valley 9:58.10. DT 2. Matt Crisp (Visalia) 104-1-4. Brad Kessler (Atwater) 95-9.

(10 & under) Bantam-- 200m 2. Michael Roberts (San Diego) 28.29. 400m 1. Christopher Berrian (Winton) 61.44-3. Reginald Butler (Long Beach) 62.81. 800m 2. Oscar Mendez (Lawndale) 2:23.96-5. Jason Garcia (Atwater) 2:29.99. 1500m 1. Oscar Mendez (Lawndale) 5:04.15-6. (tie) Timothy Ramirez (Simi Valley) 5:17.22. 400m Re 1. Mik Blasters (San Diego) 54.35. 4x400m Re 4. Fast Action TC (L.A.) 4:34.61. HJ 1. Aonzo Beljer (Castaic) 4-5.3. (tie) Michael Sutton (Merced) 4-1 1/4. 5. Adam Goldberg (Winnetka) 3-11. SP 2. Justin Muszalaski (Saugus) 29-7 1/4.

Girls:

(17-18) --200m 3. Lana Garner (Morse HS, San Diego) 25.80. 400m 5. Africa Williams (Sacramento) 58.53.

(15-16) -- 400m 3. Lana Smith (San Diego) 56.64. 800m 3. Irene Hobbs (Atwater) 2:18.59-6-5. Trish Palmquist (Panorama City) 2:21.79. 400m Hurd 6. Kerry O'Brice (Edison HS, Huntington Beach) 68.44. HJ 2. Heather Flanagan (Chowchilla) 5-3-4. Marie Philman (Huntington Beach) 5-3. TJ 4. O'Brice 35-6 3/4. Heptathlon 1. Marie Philman 4170. 2. Kerry O'Brice 4132.

(13-14) -- 100m 1. Michelle Perry (Palmdale) 12.22. 200m Perry 25.11. 400m 3. Kadrina Coffe (Palmdale) 57.45. 1500m 4. Angela Ruiz (Reedley) 4:57.75. 400m Re 4. Mik Blasters (San Diego) 50.11. 4x400m Re 4. Mik Blasters (San Diego) 4:09.10. 5. Valley Striders (Northridge) 4:12.35. SP 1. Kimberly Washington (Pixley) 42-10 3/4.

(11-12) -- 200m 2. Tammya Brown (Oakland) 27.12. 400m 1. Aisha Margain (Oakland) 56.54. 800m 5. Laurie Ramirez (Simi Valley) 2:27.22. 1500m Megan McGowan (Wrightwood) 5:06.35. 3. Laurie Ramirez (Huron) 5:07.96. 400m Re 1. Acorn TC (Oakland) 51.17. 4x400m Re 4. Acorn TC (Ca) 4:14.21. 4x800m 2. San Joaquin Valley 10:01.38. LJ 5 (tie) Michelle Mahike (El Segundo) 14-8 3/4. SP 1. Robin Schwamb (Selma) 38-04 1/4-5. Jessica Cosby (Mission Hills) 31-9 1/4. DT 1. Karina Powell (Visalia) 104-4 1/4. 2. Robin Schwamb (Visalia) 103-7. 3. Kristin Scheler (Big Crk) 77-1

(10 & under) -- 100m 1. Monique Henderson (San Diego) 13.58. 200m 1. Henderson 27.71-6. Shanice Winters (Sacramento) 30.21. 400m 1. Monique Henderson (San Diego) 61.13. 2. Lashinda Demus (L.A.) 63.11. 800m 4. Nisaa Abdul-Rohmin (Long Beach) 2:33.13. 5. Whitney Phillips (Valencia) 2:33.55. 1500m 2. Phillips 5:24.22. 4x400m Re Fast Action TC (L.A.) 4:23.24 (National Record). HJ 2. Toni Muratore (Merced) 4-2. 3 (tie) Bianca Ziemann (Costa Mesa) 4-0. 5. Rachel Ziemann (Costa Mesa) 4-0.

## Esperanza Weight Pentathlon

July 30. Anaheim. High School athletes.

### BOYS

1. Caraba (Glendora) 3036. 2. Snell (Esperanza) 2972. 3. Bader (Edison) 2785. 4. Tiff (Newport Harbor) 2637. 5. Kircher (Esperanza) 2374.

Best Throw-- Hammer: 1. Caraba 137-



# PREP NOTES

10. Shot: 1. Tift 51-4. Javelin: 1. Snell 153-4. Discus: 1. Bader 147-9. 25# Wt.: 1. Caraba 46-9.

Frosh: 1. Wayne Griffin (Esp) 2533, 2. M. Lopez (Arroyo) 2343, 3. Jake Franco (Esp) 2342, 4. Sean Jarne (Esp) 2237, 5. Brian Benefield (Esp) 2049.

## GIRLS

1. G. Heads (Newport Harbor) 2625, 2. C. Heads (Newport Harbor) 1894.

## YOUTH

1. T. Pendleton (12) 1524.

## SoCAL CROSS COUNTRY

### Seaside Invitational

San Buenaventura State Beach, Ventura (Ca) Sat 9/11 (sponsored by Buena High School) - course 3 miles flat concrete bike trails-

Thirty Three schools and over 1050 athletes came to the beach at Ventura for this very high quality meet. In each of the "by-grade" races athletes "60 deep" are given trophies, making it a very popular one, with the beach weather a relief with the early September heat most years.

The Thousand Oaks Boys team and strong individual efforts from Jessica De la Cerda (Hart, Newhall) and Mebratom Keflizighi (San Diego) highlighted this quick course on a perfect overcast morning for racing. Ranked sixth nationally at the end of last season off its runner-up effort statewide to Hart (Div I), Coach Jack Farrell's team had a very special group returning, with some fine summer improvement giving the Lancers surprising and impressive depth.

Brandon del Campo led the TO squad with his 14:53 effort in the senior race, but it was the performances of Keith Doherty (15:27) and sophs Todd Disney (15:45) and Billy Paules (15:57) who will help the team challenge for high national honors down the road this season. Palmdale, the Southern Section's top soph/frosh program has had that crew mature nicely, with a 77:59 team time to move themselves to among the State's elite.

Individually, Etrian native Mebratom Keflizighi (San Diego), 4:11.48 and 9:08.79c this past spring in track, put in a good summer and came out charging here, leaving behind a good pack after 660 yards and rocketing to a 14:15 clocking, one second behind Louie Quintana's Course Record. Jessica De la Cerda (Hart, Newhall) indicated that some good late season training with her brother up at the altitude of Adams State has made her stronger, with a cranking 17:23 win over Peninsula's Molly Mehberg (17:27). Peninsula led the girls "team time" contest at 94:37, with a number of other Southern Section teams showing some real potential for the Fall.

(Girls) (9th) 1. Monica Preile (Hart, Newhall) 18:47, 2. Ann Koscki (Canyon, Canyon Country) 18:56, 3. Sara Moreno (Ri-

ghetti, Santa Maria) 19:10, 4. Alison McIntosh (Buena, Ventura) 19:14, (10th) 1. Kim Mortensen (Thousand Oaks) 18:19, 2.



**BRANDON DEL CAMPO**

Photo by Phillip L. Enbody

Tara Marsden (Thousand Oaks) 18:38, 3. Jenny Hanson (Royal, Simi Valley) 18:39, 4. Kelly Stigile (Canyon, CC) 19:07, 5. Jamie Thomas (Saugus) 19:12, 6. Angela Gundry (Saugus) 19:15, 7. Jessie Thomas (Saugus) 19:19, 8. Kristen Hawking (Simi Valley) 19:42, (11th/12th) 1. Jessica de la Cerda (Hart, Newhall) 17:23, 2. Molly Mehberg (Peninsula, Rolling Hills) 17:27, 3. Gabriela Rodriguez (Oxnard) 17:57, 4. Lynn Snyder (Peninsula, RH) 18:33, 5. Molly Lawrence

(Righetti, Santa Maria) 18:33, 6. Amy Van Atta (Buena, Ventura) 18:47, 7. Jamie Artzner (Peninsula, RH) 18:50, 8. Teriann Boggio (Canyon, CC) 18:55, 9. Sabrina Hambei (Saugus) 18:59, 10. Michele Zaya (Crescenta Valley, La Crescenta) 19:01, 11. Shelly Burkert (Saugus) 19:04, 12. Anarisa Hernandez (Buena, Vent) 19:10, 13. Krissy Schranz (Hart, Newh) 19:13, 14. Aki-na Vela (Channel Islands, Oxnard) 19:15, 16. April Herrity (Simi Valley) 19:18, 17. Maggie Dwire (Ventura) 19:22, 18. Marta Torres (Fillmore) 19:23, 19. Tara Homes (Claremont) 19:27, 20. Theresa Decaer (Buena, Vent) 19:27.

**Team Times** (5 fastest from all divisions added up): 1. Peninsula (Rolling Hills) 94:37, 2. Hart (Newhall) 95:48, 3. Saugus 95:51, 4. Buena (Ventura) 96:45, 5. Canyon (Canyon Country) 97:24, 6. Righetti (Santa Maria) 98:26, 7. Thousand Oaks 98:53, 8. Simi Valley 99:56, 9. Fillmore 101:47, 10. Claremont 102:11, 11. Channel Islands (Oxnard) 102:12, 12. Westlake (Westlake Village) 102:43.

(Boys) (9th) Jeff Stewart (Hart, Newhall) 16:22, 2. David Markel (San Diego) 16:27, (10th) 1. Marcus Castro (Palmdale) 15:04, 2. Todd Disney (Thousand Oaks) 15:45, 3. Billy Paules (Thousand Oaks) 15:57, 4. Sean Phillips (Dos Pueblos, Goleta) 16:03, 5. Mario Arce (Palmdale) 16:14, (11th) 1. Brett Strahan (Hart, Newhall) 14:42, 2. Antonio Arce (Palmdale) 14:48, 3. Kevin Marsden (Thousand Oaks) 15:06, 4. Jeff Fischer (Thousand Oaks) 15:07, 5. Ken Goodrich (Peninsula, Rolling Hills) 15:08, 6. Joel Givens (Hart, Newhall) 15:21, 7. Francisco Sandoval (Channel Islands, Oxnard) 15:22, 8. John Neese (Peninsula, RH) 15:23, 9. Keith Doherty (Thousand Oaks) 15:27, 10. Miguel Ibarra (Righetti, Santa Maria) 15:31, 11. Brandon Creason (Oak Park) 15:38, 12. Mike Stewart (Hart, Newh) 15:40, (12th) 1. Mebratom Keflizighi (San Diego) 14:15, 2. Jose Melcor (San Diego) 14:45, 3. Jon Bischof (Canyon, CC) 14:47, 4. Brandon Del Campo (Thousand Oaks) 14:53, 5. Chadd Aldrich (Thousand Oaks) 15:04, 6. Jose Eraso (Hart, Newhall) 15:07, 7. Steve Schulz (Peninsula, RH) 15:18, 8. Mike Wenz (Canyon, CC) 15:20, 9. Nick Rattray (Oak Park) 15:21, 10. Dennis Swenningson (Buena, Ventura) 15:21, 11. Oswaldo Servin (Fillmore) 15:25, 12. Jeff Loomis (Dos Pueblos, Goleta) 15:28, 13. Trent Bryson (Newport Harbor, Newp Bch) 15:31, 14. Gary Wilson (Newbury Park) 15:36, 15. Hide Sano (Peninsula, RH) 15:38, 16. David Nutting (Buena, Vent) 15:40.

**Team Times:** (top five times from all grades) 1. Thousand Oaks 75:37, 2. Hart (Newhall) 78:52, 3. Peninsula (Rolling Hills) 77:32, 4. San Diego 77:48, 5. Palmdale 77:59, 6. Canyon (Canyon Country) 78:37, 7. Claremont 79:35, 8. Buena (Ventura) 79:53, 9. Dos Pueblos (Goleta) 80:19, 10. Oak Park 80:51, 11. Newport Harbor (Newport Beach) 80:57, 12. Fillmore 81:21, 13. Newbury Park 82:41.

## Morro Bay Invitational

Saturday, September 11th

Some tough running in the sand is featured in this course. Talented junior (4:23.77 last year as soph) Dave Mitchell of the hosts ripped 4:14.21 1600m star Eric Dunn of Arroyo Grande 17:26 (Course Record)- 17:35 on the Boys' side, with Cen-



**MINDY HAGSTROM**

Photo by Elaine Rosenfield

tral Section star, Lori Fancon (Taft) taking the Girls race at 22:31.

Interestingly, Atascadero took the Girls team event over some very fine squads.

(Girls) 1. Lori Fancon (Taft) 22:31, 2. Mindy Hagstrom (Arroyo Grande) 22:39, 3. Kate Roy (Atascadero) 23:32, 4. Monica Berlin (Nordhoff, Ojai) 24:08, 5. Tracy Bowling (Taft) 24:25, 6. Ann Salcido (Taft) 24:32, **Team:** 1. Atascadero 43, 2. Taft 58, 3. Arroyo Grande 60, 4. Nordhoff (Ojai) 68, 5. Paso Robles 143.

(Boys) 1. Dave Mitchell (Morro Bay) 17:26, 2. Eric Dunn (Arroyo Grande) 17:35, 3. Joey Taverner (Morro Bay) 18:05, 4. Patrick Garrity (Arroyo Grande) 18:15, 5. J. Ramirez (Nordhoff, Ojai) 18:21, 6. D. Vega (Nordhoff, Oj) 18:31, 7. W. Bernaldo (Nordhoff, Oj) 18:52, 8. Micah Robles (Nordhoff, Oj) 18:56, **Team:** 1. Arroyo Grande 46 (on 6th runner), 2. Nordhoff (Ojai) 46, 3. Morro Bay 50, 4. Santa Ynez 103, 5. Paso Robles 104.

## Bronco Invitational

Cal Poly Pomona, Sat., September 11th, 3 mile course - cement roads and grass fields. All divisions combined in one race

**RESULTS BY RICHARD GONZALEZ**

In an interesting "mass format," where all divisions run together, top dozen ranked nationally Katella (Anaheim) boys looked "sharp" blasting the top overall team time by almost three minutes, with the team's



# PREP NOTES

Mike Moreno individual winner at 15:56. Chino, led by individual titlist Tania Nunez (19:32) took the girls event with a 103:34 team time on a course that seemed to run about right on with Mt. SAC or Woodward Park.

**Girls:** 1. Tania Nunez (Chino) 19:32, 2. Katy Clark (Millikan, Long Beach) 19:51, 3. Julia Ornelas (Chino) 20:10, 4. Lisa Greenberg (Poly, Riverside) 20:13, 5. September Cortes (Alta Loma) 20:15, 6. Anne Ebner (St. Lucy's, Glendora) 20:22, 7. Lupe Vega (Lakewood) 20:31, 8. Jinny Ruiterman (Chino) 20:32, 9. Maile Kellar (Poly, Riverside) 20:33, 10. Tiffany Rasmussen (Corona) 20:33, 11. Beth Caster (Temescal Canyon, Elsinore) 20:40, 12. Blanca Gamdarillo (Lakewood) 20:43, 13. Jennifer Flores (Corona) 20:47, 14. Jessica Chavez (Millikan, LB) 21:00, 15. Ellen Muench (Temescal Canyon, Elsinore) 21:10, 16. Beth Hake (Arroyo, El Monte) 21:11, 17. Abby Papenfus (Diamond Bar) 21:15, 18. Celest Olynyk (Nogales, La Puente) 21:16, 19. Elly Mann (La Puente) 21:23, 20. Marissa Sanders (Villa Park) 21:25.

**Team Scores:** (All Divisions combined in following totals-team times consist of top five from Varsity and Soph/Fresh levels) Div I 1. Chino 66 (103:34), 2. Upland 181 (110:03), 3. Millikan (Long Beach) 196 (109:28), 4. Alta Loma 215 (110:24), 5. Lakewood 233 (111:40), 6. Ayala (Chino) 267 (111:17), 7. Diamond Bar 295 (113:23), Div II 1. Corona 153 (106:20), 2. Villa Park 183 (110:08), Div III 1. St. Lucy's (Glendora) 167 (108:59), 2. La Puente 331, Div IV 1. Temescal Canyon (Elsinore) 204 (110:13).

**Boys:** 1. Mike Moreno (Katella, Anaheim) 15:56, 2. Vince Coll (Diamond Bar) 16:08, 3. Dellino Resendiz (Katella, Ana) 16:09, 4. Jeremy Mordoch (Villa Park) 16:09, 5. Simon Mudd (Poly, Riverside) 16:16, 6. Edgar Benitez (Katella, Anaheim) 16:17, 7. Pedro Ramirez (Millikan, Long Beach) 16:17, 8. Blake Schumacher (Villa Park) 16:19, 9. Phil Sitner (Villa Park) 16:20, 10. Juan Rios (La Puente) 16:20, 11. Gabriel Disneros (Diamond Bar) 16:21, 12. Mario Reyes (Nogales, La Puente) 16:33, 13. Leo Medina (Lakewood) 16:34, 14. Albert Cruz (Katella, Ana) 16:34, 15. Hector Diaz (Lakewood) 16:40, 16. Erick Miramontez (Katella, Ana) 16:41, 17. Bob Saraz (Chino) 16:43, 18. Josh Slater (Alta Loma) 16:44, 19. Camilo Romero (Rowland, Rowland Heights) 16:51, 20. Jose Alvarado (Nogales, LP) 16:52.

**Team Scores:** all divisions combined in following results: Div I 1. Diamond Bar 154 (84:45), 2. Nogales (La Puente) 168 (85:43), 3. Arroyo (El Monte) 202 (86:10), 4. Chino 224 (86:41), 5. Alta Loma 234 (87:03), 6. Lakewood 236 (86:42), 7. Rowland (Rowl Hts) 267 (87:42), Div II 1. Katella (Ana) 40 (81:37), 2. Villa Park 152 (84:17), 3. Poly (Riverside) 315 (86:47), 4. Etiwanda 380 (89:06), Div III 1. La Puente 333 (88:13), 2. Brea Olinda (Brea) 355 (89:11), Div IV 1. Servite (Anaheim) 376

(89:55), 2. Temescal Canyon (Elsinore) 571 (93:58).

## Las Vegas Invitational

UNLV, Saturday September 11th  
Boys 3.0 miles flat campus, Girls 2.3 miles.

Southern California teams once again pretty well dominated this Nevada Meet, with Vista handling nationally ranked Chinle (Az) in the Large School Boys race. Kim Nelson (Canyon, Anaheim) had the Girls fastest of the day on the 2.3 mile course at 13:28, with Rondie Gibbs (Rubidoux, Riverside) 15:28 for the boys' top time.

### Girls:

**(Large Schools):** 1. Lyad Gozal (Beverly Hills) 13:41, 2. Danica Buckley (Valhalla, El Cajon) 13:45, 3. Rebecca Villegas (Rialto) 13:53, 4. Armour (Fountain Valley) 14:00, 5. Magana (Vista) 14:01, 6. Michelle Dale (Moreno Valley) 14:03. **Teams:** 1. Vista 61, 2. Chinle (Az) 87... 4. Valhalla (El Cajon) 99, 5. Fountain Valley 116. **(Small)** 1. Kim Nelson (Canyon, Anaheim) 13:28, 2. Tara Whitfield (El Modena, Orange), 3. Laura Flatauer (Canyon, Ana) 13:51, 4. Liz Robles (Baldwin Park) 14:01, 5. Kennedy (El Modena, Orange) 14:08, 6. Allison Bunton (Canyon, Ana) 14:09. **Teams:** 1. Canyon (El Modena) 37, 2. El Modena (Orange) 52, 3. Trabuco Hills (Mission Viejo) Huntington Beach 90, 4. Mission Viejo 92, 5. Valhalla (El Cajon) 158.

### Boys:

**(Large)** 1. Rondie Gibbs (Rubidoux, Riverside) 15:28, 2. Trevor Sybert (Vista) 15:50, 3. Mario Argueta (Jurupa Valley) 15:54, 4. Begay (Chinle, Az) 15:58, 5. James (Chinle) 16:04, 6. Holiday (Chinle) 16:14. **Team Scores:** 1. Vista 65, 2. Chinle (Az) 69, 3. Huntington Beach 90, 4. Mission Viejo 92, 5. Valhalla (El Cajon) 158. **(Small)** 1. Lomayestewa (Hopi, Az) 16:16, 2. Ryan Emeaker (El Modena, Orange) 16:29, 3. Wallace (Notre Dame, Sherman Oaks) 16:40, 4. Don Kennedy (El Modena, Orj) 16:49, 5. Woodhull (Trabuco Hills, Miss Viejo) 16:56.

## Laguna Hills

Laguna Hills H.S. Saturday, September 11th.

A big showdown between the girls teams from Edison (Huntington Beach) and cross-town rival Ocean View turned out to be dominated by Edison, with the team looking very strong despite not having junior Elyse Homberger, 10:54:58 last spring for 3200 meters. Carrie Garrition (Buena Park) is eligible this Fall for varsity competition, racing 17:48 for the day's fastest girls time, with Joel Orosco, Coach George Payan's latest find at Santa Ana Valley quickest boy at 15:24.

### Div I - Girls:

**(9th)** 1. McMullen (Irvine) 19:25, 2. Leonard (Dana Hills) 20:02, 3. Mathis (Centennial, Corona) 20:07, 4. Aronson (Hemet) 20:12. **Team:** Dana Hills 75. **(10th)** 1. Maribec Delgado (Santa Ana Valley) 18:51, 2. Jinna Rohde (SK) 19:13, 3. Jessica Corbin (Irvine) 19:22, 4. Debbie Hughes (SM) 19:29, 5.

Erin Livemore (Irvine) 19:34, 6. Yolanda Montalvo (Chula Vista) 20:03, 7. Sarah Devereaux (HM) 20:03. **(11th/12th)** 1. Carrie Caulkins (Esperanza, Anaheim) 18:47, 2. Courtney Pugmire (Esperanza, Ana) 18:54, 3. Eliaser Estrada (Santa Ana Valley) 19:00, 4. Vanessa Ringgold (Capistrano Valley, Miss Viejo) 19:00, 5. Jenny Titus (Esperanza, Ana) 19:40, 6. Kristine More (Dana Hills) 19:50, 7. Kasey Mathis (Centennial, Corona) 19:55, 8. Allison Livemore (Irvine) 19:57, 9. Jeannie Schickler (El Toro) 20:01, 10. Jennifer Gillis (Irvine) 20:02.

**Team:** 1. Esperanza 52.

### Boys:

**(9th)** 1. Mejia (El Toro) 16:55, 2. Jacques (Hemet) 17:28. **Team:** El Toro 54. **(10th)** 1. Jesse Barragan (Wilson, Long Beach) 16:16, 2. Scott Batluk (Fallbrook) 16:18, 3. Edward Pollick (El Toro) 16:34, 4. Todd Diamond (Wilson, Long Beach) 16:40, 5. Jose Ramirez (Chula Vista) 16:41. **Team:** Fallbrook 63. **(11th)** 1. Joel Orosco (Santa Ana Valley) 15:24, 2. Ruben Carrillo (Chula Vista) 15:42, 3. Jason White (Capistrano Valley, Mission Viejo) 16:00, 4. Jorge Martinez (Capistrano Valley, MV) 16:11, 5. Chris Chakos (El Toro) 16:12, 6. Martin Pennell (El Toro) 16:16, 7. Steven Walsh (Esperanza, Anaheim) 16:46. **Team:** El Toro 72. **(12th)** 1. Donny Thongdy (Wilson, Long Beach) 16:01, 2. Jason Largey (Hemet) 16:04, 3. Xavier Franco (Centennial, Corona) 16:11, 4. Clint Allen (Dana Hills, Dana Point) 16:26, 5. Juan Escobedo (Fallbrook) 16:35. **Team:** Dana Hills 58. Div II

### Girls:

**(9th)** 1. Duque (Tustin) 19:20, 2. Nuanes (Santa Margarita, Rancho SM) 19:35, 3. Wilson (University, Irvine) 19:40. **(10th)** 1. Kerry O'Bric (Edison, Hunt Bch) 19:24, 2. Ashley Olivieri (Laguna Hills) 20:19, 3. Lisa Wallace (Mission Viejo) 20:28, 4. Beth Brusherp (San Pasqual, Escondido) 20:35, 5. Amy Steinfeld (University, Irvine) 20:47. **Team:** Mission Viejo 73. **(11-12th)** 1. Carrie Garrition (Buena Park) 17:47, 2. Carrie Quinn (Edison, Hunt Bch) 18:48, 3. Heather McGlone (Laguna Hills) 18:52, 4. Amy Gomez (Santa Margarita, Rancho SM) 19:02, 5. Danielle Eldridge (Edison, HB) 19:08, 6. Janndee Evans (Edison, HB) 19:19, 7. Anny Serrano (Pl. Loma, San Diego) 19:26, 8. Taryn Lawson (Ocean View, Huntington Beach) 19:37, 9. Jennifer Stuart (West Hills, San-tee) 19:50, 10. Aree Khodai (University, Irvine) 20:06. **Team:** Edison 47.

### Boys:

**(9th)** 1. Coffey (Tustin) 16:59, 2. Schirmer (Point Loma, San Deigo) 17:27. **Team:** Callexico 57. **(10th)** 1. Mike Gaver (Tustin) 15:58, 2. Ross Venook (Woodbridge, Irvine) 16:43, 3. Kevin Conley (Santa Margarita, RSM) 16:57, 4. Ivan Osuna (Mission Bay) 17:06. **Team:** Edison (Huntington Beach) 78. **(11th)** 1. Ryan Wilkinson (Santa Margarita, RSM) 16:04, 2. Chris Werdenberg (Point Loma, SD) 16:11, 3. Manuel Romero (San Pasqual, Esc) 16:13, 4. Steve Sherman (Woodbridge, Irv) 16:15, 5. Pat Brauer (University, Irvine) 16:31, 6. Eric Wershing

(Ocean View, Hunt Bch) 16:47. **Team:** Callexico 78. **(12th)** 1. Mario Marquez (Mission Bay, San Diego) 15:39, 2. Roger Romero (Mission Bay, SD) 15:40, 3. Matt Huss (Santa Margarita, Rancho SM) 16:02, 4. Andy Pearson (University, Irvine) 16:18, 5. Chris Barrozo (Tustin) 16:22, 6. Chris Ruhe (San Pasqual, Escondido) 16:25, 7. Ben Mejia (Santiago, Garden Grove) 16:28, 8. Franky Herandez (Santiago, GG) 16:38, 9. Jose Rangel (Santiago, GG) 16:41, 10. Andreas Imhof (Santa Margarita, Rancho SM) 16:42. **Team:** San Pasqual 69.

### Div III

#### Girls:

**(9th)** 1. Groncy (Orange Lutheran) 21:54, 2. Freiser (Scripps Ranch) 22:05. **Team:** Yucaipa 54. **(10th)** 1. Christy Cumins (Corona del Mar, Newp Bch) 20:32, 2. Jessica Luwt (Corona del Mar, NB) 20:34. **(11/12)** 1. Dresden Howell (Corona del Mar, NB) 18:56, 2. Tracy Clark (Cdm, NB) 19:02, 3. Brooke Meek (Cdm, NB) 19:41, 4. Heather Taketa (Cdm, NB) 19:53, 5. Arriana Hawley (Serrano, Phelan) 20:23, Laurie Juraneik (Orange Lutheran) 20:29. **Team:** Corona del Mar 18.

#### Boys:

**(9th)** 1. Edson (Yucaipa) 17:22, 2. Beardslee (Corona del Mar, Newp Bch) 17:26. **Team:** Corona del Mar (Newport Beach) 37. **(10th)** 1. Trevor Clark (CR) 16:22, 2. Dan Minx (Laguna Hills) 16:22, 3. Sean Clandaniel (Yucaipa) 16:54, 4. Cret Bolton (Scripps Ranch) 17:07. **(11th)** 1. Kevin Bowes (Scripps Ranch) 15:45, 2. Brian Slingsby (Corona del Mar, Newp Bch) 16:03, 3. David Romero (Scripps Ranch) 16:18, 4. Hamed Aryafar (Yucaipa) 16:35, 5. Ryan Miller (Laguna Hills) 16:39. **Team:** Scripps Ranch 35. **(12th)** 1. Pat Conlin (Corona del Mar, Newp Bch) 16:14, 2. Wayne Chen (Laguna Hills) 16:16, 3. Tim Timmons (Corona del Mar, NB) 16:19, 4. Jay Meyers (Sonora, La Habra) 16:28, 5. Jason Monter (Yucaipa) 16:35. **Team:** Corona del Mar 35.

**Team Times:** Overall top five athletes combined:

**Girls:** 1. Edison (Huntington Beach) 96:48, 2. Esperanza (Anaheim) 97:51, 3. Corona del Mar (Newport Beach) 98:04, 4. Irvine 98:20, 5. Santa Margarita (Rancho SM) 99:36, 6. El Toro 100:42, 7. Dana Hills (Dana Point) 101:11, 8. Laguna Hills 102:13, 9. Chula Vista 102:24, 10. Tustin 102:41, 11. Santa Ana Valley 103:07, 12. Pt. Loma (San Diego) 103:59, 13. Fallbrook 105:30, 14. University (Irvine) 105:53, 15. Yucaipa 106:03.

**Boys:** 1. Chula Vista 81:34, 2. Mission Bay (San Diego) 82:08, 3. Santa Margarita (Rancho SM) 82:34, 4. Corona del Mar (Newp Beach) 82:48, 5. Laguna Hills 82:57, 6. El Toro 82:58, 7. Scripps Ranch 83:17, 8. Wilson (Long Beach) 83:39, 9. Fallbrook 84:11, 10. Santiago (Garden Grove) 84:38, 11. Tustin 84:43, 12. Yucaipa 84:44, 13. Dana Hills (Dana Point) 84:52 & San Pasqual (Escondido) 84:52, 15. Centennial (Corona) 84:54.



# PREP NOTES

## Rosemead Invitational

Sat., September 11th - Rosemead HS - 3.0 mile campus course  
RESULTS BY RICHARD GONZALEZ

Coach Phil Ryan has his San Marino crew cranked up once again, with the Titans out charging on this very flat and fast San Gabriel Valley Invitational. Allison Twist (18:46) and Warren Wolf (15:14) were "fastest" for the day for San Marino, which appears to have a Boys team that can challenge for very high state honors in a wide open division. Girls: (Fr/So) 1. Alicia Medina (South Pasadena) 19:24, 2. Gabriela Hernandez (West Covina) 19:36, 3. Linda Quintana (Maranatha, Sierra Madre) 20:23, 4. Tracy Maxwell (Maranatha, SM) 20:35, 5. Shannon Sabrina (Whittier) 20:51. (Jr/Sr) 1. Allison Twist (San Marino) 18:46, 2. Liz Robles (Baldwin Park) 19:26, 3. Stephanie Norberg (San Marino) 19:32, 4. Joy Vandenburg (San Gabriel) 19:38, 5. Claudia Murillo (Bell Gardens) 19:47, 6. Anna Maria Munoz (San Marino) 20:03, 7. Kendra Hermann (Glendora) 20:03, 8. Ely Mann (La Puente) 20:21, 9. Lynette Alfaro (South Pasadena) 20:27, 10. Kim Gardner (San Marino) 20:28.

Team Times (Divisions combined): San Marino 99:58, South Pasadena 103:12, San Gabriel 105:07, Bell Gardens 106:21, Glendora 106:48, Maranatha (Sierra Madre) 106:59, Norwalk 109:25, La Puente 109:54, Schurr (Montebello) 111:13, Desert Christian (Lancaster) 111:45, Arroyo (El Monte) 113:15, Montebello 114:19.

Boys: (9th) 1. Tom Hartman (California, Whittier) 16:53, 2. Peter Christian (South Pasadena) 17:03, 3. Luis Cervantes (Bosco Tech, Rosemead) 17:43. (10th) 1. Ryan Gentry (San Marino) 16:34, 2. Luisino Lara (Sierra Vista) 16:52. (11th) 1. Richard Chisholm (San Marino) 15:47, 2. Carlos Diaz (Bell Gardens) 16:03, 3. Art Ramirez (Covina) 16:07, 4. Ryan O'Hara (GW) 16:17, 5. Casper Garcia (Maranatha, Sierra Madre) 16:33, 6. Gilbert Hernandez (Schurr, Montebello) 16:51. (12th) 1. Warren Wolf (San Marino) 15:14, 2. Lee Zuckerman (San Marino) 15:25, 3. Oscar Estrada (San Gabriel) 15:40, 4. Edgardo Diaz (Bell Gardens) 15:50, 5. Juan Rios (La Puente) 15:51, 6. Jose Garcia (Bassett) 16:02, 7. Mike Ramirez (Covina) 16:13, 8. Christian Flores (San Gabriel) 16:16, 9. Matt Heverly (Bosco Tech, Rosemead) 16:18, 10. Mayy Novotny (Desert Christian, Lancaster) 16:19.

Team Times (Divisions combined): San Marino 79:51, San Gabriel 83:09, Covina 89:09, Bell Gardens 84:51, South Pasadena 85:15, La Puente 86:05, Bassett 86:42, Glendora 86:59, Desert Christian (Lancaster) 87:10, Arroyo (El Monte) 87:58, Rosemead 88:37, California (Whittier) 88:45, Schurr (Montebello) 88:47, Maranatha (Sierra Madre) 89:06, Baldwin Park 89:12, Montebello 89:48.

## Chaffey District Invitational

Saturday, September. Red Hill Park, Alta Loma.

Tania Nunez (19:15) led her Chino team

to an easy win here, with Upland's junior, John Nehls (15:40) and the host Alta Loma team taking the Boys events.

(Girls Var) 1. Nunez (Chino) 19:15, 2. September Cortes (Alta Loma) 19:25, 3. Ormales (Chino) 19:47, 4. Nilsson (Ayala, Chino) 20:09, 5. Ruiterman (Chino) 20:20, 6. Allison (Ayala, Chino) 20:32, 7. Nerher (Upland) 20:39, 8. Kreutner (Etiwanda) 20:44. Teams: 1. Chino 28, 2. Ayala (Chino) 67, 3. Alta Loma 69, 4. Etiwanda 98, 5. Upland 111.

(Boys Var) 1. Nehls (Upland) 15:40, 2. Slater (Alta Loma) 15:48, 3. Wallace (Etiwanda) 16:00, 4. Saenz (Chino) 16:11, 5. Felix (Etiwanda) 16:13, 6. J. McLarty (Ayala, Chino) 16:20, 7. Larsen (Alta Loma) 16:22, 8. Nehmens (Ayala, Chino) 16:25. Teams: 1. Alta Loma 59, 2. Ayala (Chino) 62, 3. Etiwanda 70, 4. Chino 82, 5. Upland 92. (Fr/So) 1. Salas (Ayala, Chino) 17:16. Team: 1. Ayala (Chino) 30.

## Woodbridge Invitational

Woodbridge H.S. (Irvine) - 3.0 miles campus course - Saturday, September 18th

Weather sunny and mild. Div I-II ran in morning. Div III-IV late afternoon  
RESULTS BY ROGER DEAN

The "mother of all early season Invitationals," Coach George Varvas's Woodbridge Invitational featured its usual scorching action on what turned out to be a beautiful day for running. Fifty-seven hundred entries (that's 5700!!!) from one hundred and twenty-four schools took part in the day's action. Coach Varvas always indicates that it would not be possible without the assistance of the Newport/Irvine Rotary.

Amy Skiersz (Agoura), held back with mono at the end of track season, came out charging, with the third placer from the Foot Locker National Cross Country Championships leading comebacking teammate Kay Nekota 17:22-17:30 for the day's two quickest times. Agoura was a comfortable divisional girls winner with a team time of 93:00, but a vastly improved Irvine team took national power Peninsula (Rolling Hills) 54 (93:17)-69 (93:57) in another race, with Agoura also behind Coach Randy Ross's Irvine crew when times from the two races were combined for placings. Katella (Anaheim) (77:28) and Santa Ana (77:40) were the top two Boys teams, with Mebrahtom Keflezighi (San Diego) rolling again with a 14:30 win, with John Greene (Agoura) 14:51 and Jaime Martinez (Orange) 14:52 under 15:00 individually.

(Div I)

Girls: (Fr/So) 1. Gabby Martinez (Saddleback, Santa Ana) 19:51, 2. Judith Wambui (Rowland, Rowland Heights) 20:14. Team: Peninsula (Rolling Hills) 61 (105:41) (Varsity) 1. Molly Mehberg (Peninsula, RH) 17:40, 2. Carrie Caulkins (Esperanza, Anah) 18:07, 3. Jessica Corbin (Irvine) 18:11, 4. Sarah Dickerman (Del Campo, Fair Oaks) 18:12, 5. Courtney Pugmire (Esperanza, Anah) 18:24, 6. Jamie Artzner



JOE GREENE

Photo by Phillip L. Enbody

(Peninsula, RH) 18:25, 7. Tania Nunez (Chino) 18:34, 8. Meghan Mayes (Capistrano Valley, Mission Viejo) 18:35, 9. Karen Richter (Rancho Bernardo, San Diego) 18:40, 10. Stacey McMullen (Irvine) 18:41, 11. Jenny Titus (Esperanza, Anah) 18:42, 12. Erin Livermore (Irvine) 18:43, 13. Alison Livermore (Irvine) 18:44, 14. Rhaina Nichols (Glendale) 18:45, 15. Lynn Snyder (Peninsula, RH) 18:46, 16. Jennifer Gillis (Irvine) 18:58, 17. Kendra Smith (Newport Harbor, Newport Beach) 19:00. Teams: 1. Irvine 54 (93:17), 2. Peninsula (Rolling Hills) 69 (93:57), 3. Esperanza (Anaheim) 93 (95:15), 4. Chino 131 (97:36), 5. Capistrano Valley (Mission Viejo) 201 (99:39), 6. Newport Harbor (Newport Beach) 218 (100:34), 7. Rancho Bernardo (San Diego) 241 (100:51), 8. Upland 272 (102:17), 9. Poly, Long Beach 277 (102:38), 10. Ayala (Chino) 325 (103:45), 11. Orange Lutheran 340 (104:37). (JV Div VII Combined) 1. Vickie Greene (Agoura) 19:38, 2. Rina Kato (Peninsula, RH) 20:03. Team: Peninsula 39 (102:51).

Boys: (9th) 1. Ryan Deane (Peninsula, RH) 16:25, 2. Rudy Padilla (Chino) 16:47. Team: Peninsula (Rolling Hills) 108 (90:34). (10th) 1.

Jessie Barragan (Wilson, Long Beach) 15:40, 2. Desmond Todd (Wilson, LB) 15:42, 3. Wenceslad Morales (Santa Ana) 15:58, 4. Omar Cordero (Saddleback, Santa Ana) 16:05, 5. Andre Yancey (Rowland, Rowland Heights) 16:07. Team: 1. Peninsula 81 (84:20). (11th) 1. Tedros Berhane (Redlands) 15:22, 2. Kenny Goodrich (Peninsula, RH) 15:25, 3. Adalberto Sanchez (Capistrano Valley, Mission Viejo) 15:26, 4. Shahrar Dezaad (Newport Harbor, Newport Beach) 15:38, 5. Jason Neese (Peninsula, RH) 15:41, 6. Travis Fisher (Huntington Beach) 15:42, 7. James Lindeman (Capistrano Valley, MV) 15:53, 8. Miguel Castillo (Nogales, La Puente) 15:56, 9. Ryan Sanders (Rancho Bernardo, San Diego) 15:57, 10. Jaime Herrera (Wilson, Long Beach) 15:58. Team: Peninsula 62 (79:24). (12th) 1. Jaime Martinez (Orange) 14:52, 2. Konrad Knutson (Del Campo, Fair Oaks) 15:02, 3. Federico Duran (Santa Ana) 15:19, 4. Juan Zaragoza (Santa Ana) 15:19, 5. Juan Medrano (Santa Ana) 15:23, 6. Donny Thongdy (Wilson, Long Beach) 15:26, 7. Andy Christopherson (Redlands) 15:32, 8. Juan Madrigal (South Gate) 15:33, 9. David Lendo (South Gate) 15:38, 10. Mario Reyes (Nogales, La Puente) 15:39, 11. Trent Bryson (Newport Harbor, Newport Beach) 15:40, 12. Hide Sano (Peninsula, RH) 15:45, 13. Luis Ortiz (Santa Ana) 15:49, 14. Federico Morales (Santa Ana) 15:50. Teams: 1. Santa Ana 39 (77:40), 2. South Gate 122 (80:24).

(Div II)

Girls: (Fr/So) 1. Maribel Delgado (Santa Ana Valley) 18:32, 2. Tricia Tressler (Rubidoux, Riverside) 19:07, 3. Misha Wilson (University, Irvine) 19:22, 4. Lezlee Tamo (Los Alamitos) 19:31, 5. Nagwa Ibrahim (Los Alamitos) 19:52. Team: Los Alamitos 39 (100:36). (Varsity) 1. Amy Skiersz (Agoura) 17:22, 2. Kay Nekota (Agoura) 17:30, 3. Lynd Gosal (Beverly Hills) 18:06, 4. Amy Gomez (Santa Margarita, Rancho SM) 18:08, 5. Claris Fernandez (Corona) 18:13, 6. Eliaser Estrada (Santa Ana Valley) 18:17, 7. Nancy Dollard (San Clemente) 18:28, 8. Kate Clark (Millikan, Long Beach) 18:44, 9. Lisa Greenberg (Poly, Riverside) 19:01, 10. Amber Bunch (Temecula Valley, Temecula) 19:03. Teams: 1. Agoura 65 (93:00), 2. Santa Margarita (Rancho SM) 95:44, 3. Corona 111 (96:35), 4. El Toro 124 (97:45), 5. Mater Dei (Santa Ana) 202 (100:37), 6. Point Loma 223 (100:52), 7. Simi Valley 241 (101:40), 8. Millikan (Long Beach) 244 (101:35), 9. San Clemente 310 (102:13), 10. Los Alamitos 265 (104:03).

Boys: (9th) 1. Thomas Mejia (El Toro) 16:04, 2. Pete Peterson (Rubidoux, Riverside) 16:10, 3. Nathan Schirmer (Pt. Loma, San Diego) 16:13. Team: Point Loma (San Diego) 106 (87:20). (10th) 1. Edgar Benitez (Katella, Anaheim) 15:28, 2. Mario Argueta (Jurupa Valley, Mira Loma) 15:37, 3. Erick Miramontes (Katella, Ana) 15:38, 4. Daryl Baltz (Torrance) 15:43, 5. Jose Argueta (Rubidoux, Riverside) 16:00. Team: Katella 49. (80:43). (11th) 1. John Greene (Agoura)



# PREP NOTES

14:51, 2. Joel Orozco (Santa Ana Valley) 15:06, 3. Ryan Wilkinson (Santa Margarita, Rancho SM) 15:24, 4. Martin Pennell (El Toro) 15:26, 5. Jesse Kimball (Temecula Valley, Temecula) 15:35, 6. Brian Mitzel (Mater Dei, Santa Ana) 15:35, 7. Daniel Gonzalez (Mater Dei, SA) 15:36, 8. Gabriel Cisneros (Diamond Bar) 15:42, 9. Chris Werdenberg (Pl. Loma, San Diego) 15:45, 10. Dan Kozak (Mater Dei, SA) 15:47.

**Team:** Mater Dei (Santa Ana) 83 (79:53). **(12th)** 1. Rondie Gibbs (Rubidoux, Riverside) 14:58, 2. Vince Cof (Diamond Bar) 15:04, 3. Mike Moreno (Katella, Anaheim) 15:05, 4. Jason Barreda (Loyola, L.A.) 15:12, 5. Pedro Ramirez (Millikan, Long Beach) 15:16, 6. Simon Mudd (Poly, Riverside) 15:17, 7. Delfino Resendiz (Katella, Anaheim) 15:23, 8. Matt Huss (Santa Margarita, Rancho SM) 15:26, 9. Ryan Cook (Temecula Valley, Temecula) 15:38, 10. Joel Herrera (Hoover, Glendale) 15:38, 11. Bryan Benell (Temecula Valley, Tem) 15:46, 12. Gabriel Gaspar (Simi Valley) 15:47, 13. David Gomez (Burbank) 15:49, 14. Miguel Antonio (Corona) 15:50. **Team:** Katella 119 (79:58).

**(Div III)**  
**Girls: (Fr/So)** 1. Patricia Gibby (Westlake, Westlake Village) 19:46, 2. Serena Meyer (Yucaipa) 20:06, 3. Lisa Wallace (Mission Viejo) 20:17. **Team:** Westlake (Westlake Village) 69 (104:24). **(Varsity)** 1. Carrie Garritson (Buena Park) 18:02, 2. Heather McGlone (Laguna Hills) 18:23, 3. Kelly Peterson (Escondido) 18:37, 4. Jamie Bascom (Elsinore) 18:55, 5. Allison Bunton (Canyon, Anaheim) 18:58, 6. Tiffany Boykin (Laguna Hills) 19:01, 7. Dani Coleman (Mission Bay, San Diego) 19:05, 8. Caren Anderson (Mission Viejo) 19:19, 9. Annie Ebner (St. Lucy's, Glendora) 19:25, 10. Peggy Hall (Trabuco Hills, Mission Viejo) 19:36, 11. Tara Holmes (Claremont) 19:46, 12. Crystal Harris (San Geronio, San Bernardino) 19:48, 14. Shannon Kilian (Escondido) 19:53, 15. Stephanie Patton (San Geronio, San Bern) 19:53. **Teams:** 1. Laguna Hills 101 (99:22), 2. Canyon (Anaheim) 138 (102:19), 3. Trabuco Hills (Mission Viejo) 148 (102:59), 4. St. Lucy's (Glendora) 155 (103:14), 5. Claremont 174 (104:06), 6. Sonora (La Habra) 188 (105:02), 7. Yucaipa 191 (104:56). **(JV Div III/IV combined)** 1. Charisse Tice (Corona del Mar, Newport Beach) 20:43. **Team:** Corona del Mar 21 (106:39).

**Boys: (9th)** 1. Gabriel Carbajal (Rancho Alamitos, Garden Grove) 16:44, 2. Remigio Garcia (Sonora, La Habra) 16:45, 3. Nick Paloukos (Mission Viejo) 17:20. **Team:** Trabuco Hills 78 (90:15). **(10th)** 1. Danny Minx (Laguna Hills) 16:09, 2. Ross Venook (Woodbridge, Irvine) 16:13, 3. Casey Robles (Woodbridge, Irv) 16:28, 3. James Garritson (Buena Park) 16:36, 5. Johan Cisneros (Hawthorne) 16:41, 6. Ivan Osuna (Mission Bay, San Diego) 16:42. **Team:** San Diego 104 (87:51). **(11th)** 1. James Liu (Temple City) 15:21, 2. Charles Gatchell (La Habra) 15:40, 3. Johann Appell (Estancia, Costa Mesa) 15:51, 4. Andy Morgan (Mission Viejo)

15:54, 5. Stephen Sherman (Woodbridge, Irvine) 16:00, 6. Ryan Miller (Laguna Hills) 16:06, 7. Brent Youngren (Laguna Hills) 16:08, 8. Hamed Aryafar (Yucaipa) 16:11. **Team:** Laguna Hills 71 (82:48). **(12th)** 1. Mebrahtom Keflezighi (San Diego) 14:30, 2. Jose Melgar (San Diego) 15:11, 3. Mario Marquez (Mission Bay, San Diego) 15:17, 4. Martin Reyes (Escondido) 15:25, 5. Roger Romero (Mission Bay, SD) 15:26, 6. Brendon Mahon (La Habra) 15:30, 7. Jeff Domis (La Habra) 15:38, 8. David Levy (Mission Bay, SD) 15:39, 9. Tom Beckum (Warren, Downey) 15:39, 10. Wayne Chen (Laguna Hills) 15:44, 11. Jose Jimenez (Escondido) 15:46. **Team:** Mission Bay 110 (81:36).

**(Div IV)**  
**Girls: (Fr/So)** 1. Sarah Van (Ramona) 20:16, 2. Mara Caples (El Dorado, Placentia) 20:25. **Team:** West Torrance 32 (105:56). **(Varsity)** 1. Dresden Howell (Corona del Mar, Newp Bch) 18:29, 2. Tracy Clark (Corona del Mar, NB) 18:48, 3. Mary Higgins (Chaminade, Canoga Park) 18:52, 4. Heather Taketa (Corona del Mar, Newp Bch) 19:16, 5. Jackie Guesno (St. Anthony's, Long Beach) 19:19, 6. Rachel Krause (South Hills, W. Covina) 19:19, 7. Brooke Meek (Corona del Mar, NB) 19:23, 8. Sedina Banks (Rim of World, Lake Arrowhead) 19:32, 9. Jennifer Stuart (West Hills, Santee) 19:34, 10. Ashley Caro (Chaminade, CP) 19:36, 11. Christine Cummins (Corona del Mar, NB) 19:40, 12. Sarah Dien (La Canada) 19:45, 13. Sharon Mars (La Canada) 19:48. **Team:** 1. Corona del Mar (Newport Beach) 25 (95:36), 2. Chaminade (Canoga Park) 74 (99:24), 3. La Canada 136 (103:19), 4. South Hills (West Covina) 149 (104:06), 5. West Hills (Santee) 151 (103:38), 6. Laguna Beach 194 (106:18), 7. Mira Costa 206 (107:48), 8. Fillmore 207 (107:25).

**Boys: (9th)** 1. Tyler Beardslee (Corona del Mar, Newp Bch) 16:49, 2. Steve MacEachern (Laguna Beach) 17:35. **Team:** Corona del Mar (Newport Beach) 41 (90:29). **(10th)** 1. Brent Bolton (Scripps Ranch) 16:35, 2. Scott Mumaw (Ramona) 16:50, 3. Terry Nelson (Servite, Anaheim) 16:52, 4. Andrew Gwin (Corona del Mar) 16:53. **Team:** South Hills 84 (89:14). **(11th)** 1. Kevin Bowes (Scripps Ranch) 15:27, 2. Richard Villalobos (Ramona) 15:33, 3. David Romero (Scripps Ranch) 15:48, 4. Miguel Ibarra (Fillmore) 16:06, 5. Jonathan Lee (Bishop Montgomery, Torrance) 16:17, 6. O.C. Franck (Servite, Anaheim) 16:25, 7. Marcos Suarez (Fillmore) 16:38. **Team:** Scripps Ranch 44 (82:25). **(12th)** 1. Matt Harris (Mira Costa, Manhattan Beach) 15:32, 2. Mike Wallace (Notre Dame, Sherman Oaks) 15:36, 2. Oswaldo Servin (Fillmore) 15:39, 4. Timothy Timmons (Corona del Mar, Newp Bch) 15:47, 5. Patrick Conlin (Corona del Mar, NB) 15:49, 6. Nate Wilcox (Mira Costa, MB) 15:55, 7. Robert Hurtado (Mira Costa, MB) 15:58, 8. Omar Marroquin (Hamilton, Anza) 16:00, 9. David Gundlach (Corona del Mar, NB) 16:27, 10. Mike Johnson (Scripps Ranch) 16:37. **Team:** Mira Co-

sta 48 (81:08), 2. Corona del Mar (Newport Beach) 65 (82:20).

**Team Times:** (all Divisions combined top five times from all grades) **Girls:** Agoura 93:00, Irvine 93:17, Peninsula (Rolling Hills) 93:57, Esperanza (Anaheim) 95:15, Corona del Mar (Newport Beach) 95:36, Santa Margarita (Rancho SM) 95:44, Corona 96:35, Chino 97:36, El Toro 97:45, Santa Ana Valley 99:11, Laguna Hills 99:22, Chaminade (Canoga Park) 99:24, Newport Harbor (Newport Beach) 99:25, Capistrano Valley (Mission Viejo) 99:39, Los Alamitos 99:50, Point Loma (San Diego) 100:22, Mater Dei (Santa Ana) 100:37, Rancho Bernardo (San Diego) 100:51, Simi Valley 101:25, Millikan (Long Beach) 101:35, Canyon (Anaheim) 101:53, University (Irvine) 101:53, San Clemente 102:13, Upland 102:17, Mission Viejo 102:20, Yucaipa 102:29, Poly (Long Beach) 102:38, Rubidoux (Riverside) 102:38, Trabuco Hills (Mission Viejo) 102:44, Ayala (Chino) 102:50.

**Boys:** Katella (Anaheim) 77:28, Santa Ana 77:40, Wilson (Long Beach) 78:50, Peninsula (Rolling Hills) 78:58, Redlands 79:34, La Habra 79:34, Diamond Bar 79:38, El Toro 79:42, Mater Dei 79:42, Mission Bay (San Diego) 79:51, San Diego 79:53, Agoura 80:00, Santa Margarita (Rancho SM) 80:00, Temecula Valley (Temecula) 80:15, South Gate 80:24, Del Campo (Fair Oaks) 80:34, Saddleback (Santa Ana) 80:34, Laguna Hills 80:43, Loyola (L.A.) 80:45, Orange 80:45, Nogales (La Puente) 80:48, Rubidoux (Riverside) 80:50, Corona 80:52, Newport Harbor (Newport Beach) 80:54, Mira Costa (Manhattan Beach) 81:00, Scripps Ranch 81:10, Point Loma (San Diego) 81:18, Escondido 81:18, Poly (Riverside) 81:23, Rancho Bernardo (San Diego) 81:25, Rowland (Rowland Heights) 81:28, Corona del Mar (Newport Beach) 81:37, Claremont 81:45, Huntington Beach 82:02, Capistrano Valley (Mission Viejo) 82:28.

## Mt. Carmel Invitational

Balboa Park - Boys 3.0 miles/Girls 2.6 miles

The Thousand Oaks Boys team once again "trucked in style," racing over the slightly altered Kinney National Finals course (only one time up the big hill in this meet) in the quickest ever team time of 78:22 from this affair. With Hart (Newhall) dropping in during recent seasons, an all-time team best puts the Lancers in some pretty elite company. Brandon del Campo (15:15) in his senior race win once again led the Lancers who can challenge as "best in the country." Another quick time during the day went to Brett Strahan (Hart, Newhall), who took the eleventh Grade Div I race at 15:15.

The Girls team time contest was taken by Hart (Newhall) at 90:13 over the host school's 90:45. Jessica De la Cerda continues to roll, here with a quite significant 34 second win at 16:40 over the state's top returning 3200m runner, Kim Nelson (Canyon, Anaheim). The Hart Girls totaled 90:13, nipping the host Mt. Carmel crew (90:45), both fine team totals on this course. Claire Beck-

er (Bonita Vista, Chula Vista), a native of Scotland and 4:56.20 1600m runner last spring, had the day's fastest time for the Girls, a 16:27 in her junior race victory, the second fastest ever on the course behind a couple of athletes you may have heard of—Kira Jorgensen and Milena Glusac. **Div I Girls: (Frosh)** 1. Noelle Magana (Vista) 17:46, 2. Melissa Aronson (Hemet) 17:54, 3. Ann Koscki (Canyon, Canyon Country) 18:57, 4. Stacey Murphy (Granite Hills, El Cajon) 18:04, 5. Lisa Vasek (Poway) 18:06, 6. Monica Priele (Hart, Newhall) 18:09, 7. Devon Lasiter-Thurber (Vista) 18:16, (Soph) 1. Kim Mortensen (1000 Oaks) 17:03, 2. Emma Ashley (Vista) 17:27, 3. Jilra Colnde (Fairbrook) 17:47, 4. Tara Marsden (1000 Oaks) 17:58, 5. Debbie Hughes (San Marcos) 18:04, 6. Christy Bradshaw (Ocean View, Huntington Beach) 18:14, 7. Kelly Stigile (Canyon, CC) 18:17, (Jr) 1. Claire Becker (Bonita Vista, Chula Vista) 16:27, 2. Melanie Pickett (Mt. Carmel, San Diego) 17:14, 3. Taryn Lawson (Ocean View, HB) 17:23, 4. Danica Buckley (Valhalla, El Cajon) 17:28, 5. Kena Masuda (Ocean View, HB) 17:57, 6. M. Murphy (Granite Hills, El Cajon) 18:07, 7. Downing (Cheyenne, No. Las Vegas) 18:11, 8. Jenny Card (El Capitan, Lakeside) 18:14, 9. Lisa Callan (Poway) 18:18, (Sr) 1. Jessica De la Cerda (Hart, Newh) 16:40, 2. Kim Nelson (Canyon, Anaheim) 17:04, 3. Laura Fla-tauer (Canyon, Ana) 17:30, 4. Erika Boone (Mt. Carmel, SD) 18:15, 5. Laura Dockery (Mt. Carmel, SD) 18:19, 6. Katie Hille (Po-way) 18:30.

**Boys: (Frosh)** 1. Steve Ketcham (Vista) 17:05, 2. Jake McNeilly (Poway) 17:07, 3. Nick Jacques (Hemet) 17:09, 4. Charles Wilson (San Marcos) 17:38, 5. Gonzalo Garcia (Vista) 17:41. **(Soph)** 1. Abdusaiad (Hoover, San Diego) 15:42, 2. Jeremy Lyon (Hesperia) 15:55, 3. Larry Henderson (Mira Mesa, SD) 16:14, 4. Billy Pauls (1000 Oaks) 16:27, 6. Scott Baulick (Fairbrook) 17:30, 7. Jose Ramirez (Chula Vista) 17:36, 8. Steve Riggs (1000 Oaks) 17:43, 9. Jason Lund (Vista) 17:52, 10. Roar Loughlin (Fairbrook) 17:56, (Jr) 1. Brett Strahan (Hart, Newh) 15:17, 2. Jeff Fischer (1000 Oaks) 15:28, 3. Ruben Carrillo (Chula Vista) 15:57, 4. Greg Nett (Mt. Carmel, SD) 15:59, 5. Keith O'Doherty (1000 Oaks) 16:01, 6. Kevin Marsden (1000 Oaks) 16:09, 7. Manuel Romero (San Pasqual, Esco) 16:13, 8. Trevor Sybert (Vista) 16:16, 9. Joel Givens (Hart, New) 16:19, 10. Jorge Martinez (Chula Vista) 16:19, (Sr) 1. Brandon del Campo (1000 Oaks) 15:15, 2. Chad Aldrich (1000 Oaks) 15:39, 3. Jose Erzo (Hart, Newh) 15:49, 4. John Bishop (Canyon, CC) 15:53, 5. Travis Moore (Hesperia) 16:00, 6. Jimmy Lyon (Hesperia) 16:01, 7. Jason Largey (Hemet) 16:02, 8. Jesse Camp (El Capitan, Lakeside) 16:04, 9. Ahmed Hussein (Hoover, SD) 16:04, 10. Mike Wenz (Canyon, CC) 16:13, 11. Juan Escobedo (Fairbrook) 16:16, 12. Chris Ruhe (San Pasqual, Esco) 16:26.

**Div II (Girls) (frosh)** 1. Shannon O'Connor (Our Lady of Peace, San Diego)



# PREP NOTES

17:53, 2. Kristin Roth (Torrey Pines, Encinitas) 18:42, 3. Jessica Cabrera (Sweetwater, Nat'l City) 18:45, 4. Sophia Harker (Grossmont, La Mesa) 18:57, 5. Christine Keays (Our Lady Peace, SD) 19:09.

(Soph) 1. Marissa Hurwitz (Bishops, SD) 17:29, 2. Jessica Anderson (Carlsbad) 18:19, 3. Patt Beltran (Hilltop, Chula Vista) 18:20, 4. Michelle O'Connor (Our Lady Peace, SD) 18:44, 5. Erin Kilian (Ramona) 18:48, 6. Beth Brusherd (San Pasqual, Esc) 18:53, 7. Leah Walkey (La Jolla) 19:03.

(Junior) 1. Sarah Janes (Our Lady Peace, SD) 18:02, 2. Sandi Robe (Torrey Pines, Esc) 18:23, 3. Kergan Hanes (Torrey Pines, Esc) 18:43, 4. Marcy Marcus (San Pasqual, Esc) 18:47, 5. Felice Gomez (Salpointe, Tucson) 19:00, 6. Vanessa Hanley (University, San Diego) 19:09, 7. Sylvia Castellanos (Sweetwater, Nat'l City) 19:15, 8. Francis Lozano (Sweetwater, NC) 19:22, 9. Tisha Davis (Salpointe, Tucs) 19:22, 10. Nara Hawker (Grossmont, La Mesa) 18:13, 2. Ema Juhasz (Torrey Pines, Esc) 18:47, 3. Nikki Lasler (Mountain View, Tucson) 19:05, 4. Theresa Beck (Murieta Valley, Murieta) 19:12, 5. Lillia G (El Cajon Valley) 19:17, 6. Kendra Case (La Jolla) 19:18, 7. Julie Jones (Helix, La Mesa) 19:24, 8. Brenda Kindie (Mt. Miguel, Spring Valley) 19:35, 9. Brocke Danielson (Grossmont, La Mesa) 19:37, 10. Erin DeGraff (San Pasqual, Esc) 19:43.

(Boys: (Fresh) 1. Matt Kondra (Grossmont, La Mesa) 17:31, 2. Matt Borunda (St. Augustine, San Diego) 17:36, 3. Steve Daynes (Grossmont, LM) 17:56, 4. Tim Miller (Ramona) 18:00, 5. Jesse Jasso (Sweetwater, Nat'l City) 18:04, (Soph) 1. David McQuitty (Grossmont, La Mesa) 16:13, 2. Jose Barajas (Sweetwater, NC) 16:34, 3. Michael Aguilar (Coronado) 16:52, 4. Trevor Clarke (Coronado) 16:53, 5. Sere-sini Kidane (Crawford, SD) 16:59, 6. Ricardo Lopez (Sweetwater, NC) 17:05, 7. Juan Nunez (Sweetwater, NC) 17:18, 8. Kevin Gay (Monte Vista, Spr Valley) 17:20, 9. Conlen Reid (Ramona) 17:27, 10. Doug Connell (Norco) 17:27, (Jr) 1. Ross Dam-mann (University, SD) 16:24, 2. Tom Kloos (El Camino, Oceanside) 16:32, 3. David Magnuson (Torrey Pines, Enc) 16:36, 4. Mike Troxell (Norco) 16:39, 5. Martin Reyes (St. Augustine, SD) 16:42, 6. Larry Young (El Camino, Oceanside) 16:44, 7. Steward (La Jolla Country Day, LJ) 16:58, 8. Stewart Blain (West Hills, Santee) 17:01, 9. Aaron Smith (Hilltop, Chula Vista) 17:05, 10. Jer-od Hatch (Murieta Valley, Murieta) 17:05.

(Sr) 1. Mark Hauser (St. Augustine, SD) 15:40, 2. Ryan Bartel (West Hills, Santee) 15:56, 3. Mike Long (West Hills, S) 16:01, 4. Dan O'Connor (St. Augustine, SD) 16:09, 5. Frank Kincaid (Mountain View, Tucson) 16:13, 6. Eric Edmonds (Carlsbad) 16:25, 7. Armando Barajas (Sweetwater, NC) 16:40, 8. Brian Bennett (Mt. Miguel, Spr Vall) 16:48, 9. Brian Ferenson (Santa-na, Santee) 16:48, 10. Mulu Gidey (Crawford, SD) 16:55.

## Team Times:

(Girls) 1. Hart (Newhall) 90:13, 2. Mt.

Carmel (San Diego) 90:45, 3. Vista 91:23, 4. Poway 92:01, 5. Thousand Oaks 92:37, 6. Our Lady of Peace (San Diego) 93:04, 7. Canyon (Anaheim) 93:06, 8. Canyon (Canyon Country) 93:46, 9. Valhalla (El Cajon) 94:04, 10. El Capitan (Lakeside) 94:16, 11. Fallbrook 94:18, 12. Torrey Pines (Encinitas) 94:26, 13. Ocean View (Huntington Beach) 94:27, 14. Bonita Vista (Chula Vista) 95:53, 15. Grossmont (La Mesa) 96:12.

## 1993 Rotary West Ojai Valley Invitational

**Lake Casitas. Saturday, September 18**  
This Meet, on the popular facility at Lake Casitas, continues to expand, spreading to two divisions. Some really wicked individual running highlighted the Small Schools Boys event, with Nordhoff's Javier Ramirez (15:30) taking Morro Bay's Dave Mitchell (15:39). Morro Bay (81:50) and Nordhoff (82:32) are a couple of very, very tough Smaller School Boys' squads.

### (Large Schools)

(Girls) 1. Rodriguez (Oxnard) 18:55, 2. Van Atta (Buena, Ventura) 19:41, 3. Burkert (Saugus) 19:41, 4. Hagstrom (Arroyo Grande) 19:57, 5. Thomas (Saugus) 20:13, 6. Wilkinson (Santa Barbara) 20:29, 7. Decaein (Buena, Ventura) 20:29, 8. Thomas (Saugus) 20:44, 9. Vela (Channel Islands, Oxnard) 20:50, 10. Rivera (Saugus) 20:57, 11. McIntosh (Buena, Ventura) 21:05, 12. Hernandez (Buena, Vent) 21:10, 13. Dwire (Ventura) 21:13, 14. Robinson (Buena, Vent) 21:25, 15. Sanders (Arroyo Grande) 21:25. **Team Times:** 1. Saugus 103:13, 2. Buena (Ventura) 103:50, 3. Arroyo Grande 108:05, 4. Santa Barbara 109:08.

(Boys) 1. Sweningson (Buena, V) 16:00, 2. Sandoval (Channel Isl, Oxn) 16:02, 3. Loomis (Dos Pueblos, Goleta) 16:12, 4. Cobb (Santa Barbara) 16:19, 5. Garrity (Arroyo Grande) 16:27, 6. Butolph (Buena, Ventura) 16:29, 7. Phillips (Dos Pueblos, Goleta) 16:30, 8. Nutting (Buena, Ventura) 16:36, 9. Shelton (Dos Pueblos, Goleta) 16:45, 10. Deangelus (Buena, Ventura) 16:47, 11. Cu-riel (Ventura) 16:47, 12. Hutcheson (Arroyo Grande) 16:55, 13. Reynolds (Rio Mesa, Oxnard) 16:56, 14. Salgado (Arroyo Grande) 16:59, 15. Locke (Dos Pueblos, Go) 17:07.

**Team Times:** 1. Buena (Ventura) 83:36, 2. Dos Pueblos (Goleta) 84:03, 3. Arroyo Grande 86:46, 4. Channel Islands (Oxnard) 89:14.

### Small Schools

(Girls) 1. Kathleen Denson (Cabrillo, Lom-

poc) 19:55, 2. Colleen Lavery (Louisville, Woodland Hills) 19:56, 3. Vanessa Lund (San Luis Obispo) 19:59, 4. Siobhan Elster (Morro Bay) 20:01, 5. Susan Hayes (Cabrillo, Lompoc) 20:15, 6. Monica Berlin (Nordhoff, Ojai) 20:29, 7. Kerri Moran (Moorpark) 20:34, 8. Faye Roundy (Morro Bay) 20:37, 9. Melinda Goad (Oak Park) 20:57, 10. Melissa Roberts (San Luis Obispo) 21:04, 11. Birdie Hatch (Nordhoff, Oj) 21:05, 12. Shavona Chamberlain (Morro Bay) 21:11, 13. Aubree Swart (SLO) 21:17, 14. Julie Ortaleza (Santa Ynez) 21:19, 15. Anne Clay (La Reina, 1000 Oaks) 21:24. **Team Times** (no scores kept): 1. San Luis Obispo 105:46, 2. Morro Bay 106:06, 3. Nordhoff (Ojai) 107:06, 4. Oak Park 112:55, 5. Louisville (Woodland Hills) 113:25, 6. Thatcher (Ojai) 114:20, 7. Moorpark 114:48, 8. Cabrillo (Lompoc) 114:57, 9. La Reina (1000 Oaks) 1106:09, 10. Santa Ynez 116:49.

(Boys) 1. Ramirez (Nordhoff, Ojai) 15:30, 2. Mitchell (Morro Bay) 15:39, 3. Tavener (Morro Bay) 15:59, 4. Strohmman (Morro Bay) 16:05, 5. Rattray (Oak Park) 16:20, 6. Vega (Nordhoff, Oj) 16:26, 7. Myers (Santa Ynez) 16:30, 8. Bernarido (Nordhoff, Oj) 16:31, 9. Creason (Oak Park) 16:42, 10. Robles (Nordhoff, Oj) 16:43, 11. Iniguez (Santa Ynez) 16:51, 12. Gomez (Morro Bay) 16:54, 13. Schaeffer (Santa Paula), 14. Estrada (Bell-Jeff, Burbank) 17:03, 15. Dustun (St. Bonaventura, Ventura) 17:12. **Team Times** (no scores): 1. Morro Bay 81:50, 2. Nordhoff (Ojai) 82:32, 3. Oak Park 86:01, 4. Santa Ynez 86:11, 5. Moorpark 90:05, 6. Cabrillo (Lompoc) 90:47, 7. San Luis Obispo 92:51.

## San Marino Invitational

**Lacy Park (San Marino) - 3.0 miles cement roads and grass**

The host's Warren Wolf continues to roll, with a 15:05 school course record, with Allison Twist adding a Girls victory (18:31) for the victorious hosts.

(Girls) (Var) 1. Allison Twist (San Marino) 18:31, 2. Stephanie Norberg (SM) 19:28, 3. Joy Vandenberg (San Gabriel) 19:53. **Scores:** 1. San Marino 24, 2. San Gabriel 33.

(Boys) (Var) 1. Warren Wolf (San Marino) 15:05 (Course Record), 2. Oscar Estrada (San Gabriel) 15:34, 3. Lea Zuckerman (SM) 15:40, 4. Richard Chisholm (SM) 15:53, 5. Christian Flores (SG) 16:21. **Scores:** 1. San Marino 28, 2. San Gabriel 30.

## La Mirada Roadrunner Classic (sponsored by Bishop Amat HS) - Saturday, September 25th - La Mirada County Park - RESULTS BY RICHARD GONZALEZ (818) 803-2264

This first year Meet featured some good competition, with a tight team contest on the Girls side taken by Bishop Amat (La Puente). As pointed out by computer scorer, Richard Gonzalez, bringing up Mater Dei's first two JV scorers would have placed the improving MD crew the winners 59-Bishop Amat 66-St. Lucy's 66. Coach Jack Mal-

loy's improved Diamond Bar crew took the Boys' contest, led by individual winner Vince Coff.

(Girls) 1. Malinalli Martinez (Bishop Amat, La Puente) 19:00, 2. Annie Ebner (St. Lucy's, Glendora) 19:11, 3. Jackie Guesno (St. Anthony, Long Beach) 19:45, 4. Megan Stewart (Bishop Amat, LP) 20:02, 5. Lena Varela (St. Lucy's, Glend) 20:12, 6. Tara Alvarez (Mater Dei, Santa Ana) 20:12, 7. Abby Pappert (Diamond Bar) 20:13, 8. Trian Perez (Mater Dei, SA) 20:16, 9. Emily Maldonado (La Mirada) 20:23, 10. Sofia Moreno (St. Lucy's, Gl) 20:24. **Teams** (team times all divisions combined): 1. Bishop Amat (La Puente) 63 (102:03), 2. St. Lucy's (Glendora) 65 (102:15), 3. Mater Dei (Santa Ana) 66 (102:49), 4. Flintridge/Sacred Heart (La Canada) 109 (106:55), 5. Diamond Bar 125 (107:51).

(Boys) 1. Vince Coff (Diamond Bar) 15:28, 2. Jason Barreda (Loyola, LA) 15:34, 3. Gabriel Cisneros (Diamond Bar) 15:56, 4. Byron Hardie (Bishop Amat, La Puente) 16:05, 5. Carl Daucher (Brea-Olinda, Brea) 16:05, 6. Will Cota (Bishop Amat, LP) 16:13, 7. Daniel Gonzales (Mater Dei, SA) 16:16, 8. Hugo Rodriguez (Loyola, LA) 16:17, 9. Saul Gallegos (St. John Bosco, Bellflower) 16:19, 10. Dan Kozak (Mater Dei, SA) 16:19. **Team Times:** 1. Diamond Bar 62 (81:08), 2. Mater Dei (Santa Ana) 68 (82:05), 3. Bishop Amat (La Puente) 77 (82:20), 4. Loyola (LA) 100 (82:42), 5. Brea-Olinda (Brea) 136 (84:13), 6. St. Francis (La Canada) 158 (85:32).

## Bell-Jeff Invitational

**Griffith Park. September 25th**

Another "monster" affair, this meet featured one of the most impressive invitational efforts ever by a California prep squad. Always a favorite of Smaller Schools, with a "seeded" Div IV contest, as well as regular race for those size schools, the Smaller School rankings are "settled on the course" here. McFarland perfect-scored the Division IV Seeded event with a 15 point total, gap-ping 1-5 within 30 seconds of team leader Gavin Gonzalez (15:27). The state really has two of its better Small Schools ever, with Morro Bay requesting a move to the Div I race so that Dave Mitchell (race winner there at 14:59) and Joey Tavener (2nd 15:13) could find some competition. Morro Bay whipped all the Large Schools with its 55 point total and 79:17 team time, 2nd fastest of the day behind McFarland's 78:23.

John Muir of Pasadena has picked up another female star, with Nigerian native, eleventh grader Mary Nwaogakor racing an excellent 18:29 in taking the Div I race. The smooth-striding African will be a factor in the Fall harrier sport and help give the Mustangs one of the nation's fine dual meet teams in the spring in track. The much-improved Saugus team had the day's quickest female team time at 101:18, with McFarland a fine 103:10 for the day's quickest Small Schools (Div IV) time.



# PREP NOTES

## Boys:

(Div I) 1. Dave Mitchell (Morro Bay) 14:59, 2. Joey Tavenor (Morro Bay) 15:13, 3. Ricardo Valenzuela (Belmont, L.A.) 15:17, 4. Miguel Ramirez (Roosevelt, L.A.) 15:26, 5. Jon Bischoff (Canyon, CC) 15:31, 6. Mike Wenz (Canyon, CC) 15:47, 7. Gabriel Gasper (Simi Valley) 15:48, 8. Francisco Camacho (Bell) 15:54, 9. Amando Munoz (Belmont, L.A.) 15:58, 10. Bryan Ramos (Glendale) 16:00, 11. Joel Herrera (Hoover, Glendale) 16:04, 12. Matt Sherman (Canyon, CC) 16:05, 13. Juan Olivos (Belmont, L.A.) 16:07, 14. Marco Vidrio (Belmont, L.A.) 16:07, 15. Vondre Armour (Bakersfield) 16:14. **Teams:** 1. Morro Bay 55 (79:17), 2. Belmont (L.A.) 57 (79:55), 3. Canyon (Canyon Country) 77 (81:06), 4. Bell 131 (83:39), 5. Roosevelt (L.A.) 165 (84:40), 6. Simi Valley 168 (85:04), 7. Glendale 206 (86:32), 8. Bakersfield 211 (86:49). (Div II) 1. Peter Gilmore (Palisades, Pacific Palisades) 15:58, 2. Andy Lane (Crescenta Valley, La Cresc) 15:59, 3. David Gomez (Burbank) 16:00, 4. Chad Schmidt (North, Bakersfield) 16:06, 5. Raul Solis (Righetti, Santa Maria) 16:10, 6. Brian Baker (Burbank) 16:15, 7. Moises Guzman (Torrance) 16:17. **Teams:** 1. Crescenta Valley (La Crescenta) 50 (82:02), 2. El Modena (Orange) 122 (85:11), 3. North Bakersfield 124 (85:09), 4. Palisades (Pacific Palisades) 157 (86:43), 5. Torrance 160 (86:45), 6. Righetti (Santa Maria) 178 (87:50). (Div III) 1. Brian Wallace (Cabrillo, Lompoc) 16:09, 2. Douglas Novoa (Bravo Medical, L.A.) 16:10, 3. Leo Sanders (St. Paul, Whittier) 17:00. **Teams:** 1. Cabrillo (Lompoc) 53 (87:57), 2. St. Paul (Whittier) 90:36. (Div IV-Seeded) 1. Galvin Gorizalez (McFarland) 15:27, 2. Benjamin Galvan (McFarland) 15:35, 3. Gabriel Diaz (McFarland) 15:40, 4. Luis Sanchez (McFarland) 15:45, 5. Gerardo Soto (McFarland) 15:58, 6. Matthew Novotny (Desert Christian, Lancaster) 15:58, 7. Joseph Garcia (Maranatha, Sierra Madre) 16:09, 8. Jose Galvan (McFarland) 16:24, 9. Doug Henning (Woodcrest Christian, Riverside) 16:32, 10. Eduardo Santillan (Salesian, L.A.) 16:35. **Teams:** 1. McFarland 15 (78:23), 2. Salesian (L.A.) 82 (85:08), 3. Desert Christian 147 (87:38), 4. Woodcrest Christian (Riverside) 147 (88:15), 5. Flintridge Prep (La Canada) 154 (88:40), 6. Bell-Jeff (Burbank) 169 (89:21), 7. Rim of World (Lake Arrowhead) 189 (89:59), 8. Laguna Beach 198 (90:48), 9. La Salle (Pasadena) 201 (90:46), 10. Maranatha (Sierra Madre) 211 (90:49), 11. Paraclete (Lancaster) 217 (91:43), 12. Whittier Christian (La Habra) 253 (93:06).

(Div IV) 1. Kevin Purcell (Crossroads, Santa Monica) 15:46, 2. Nate Bowen (Crossroads, SM) 16:06, 3. Brandon Pacheco (Brethren Christian, Paramount) 16:59. **Teams:** 1. Cathedral 72 (88:39), 2. Brentwood (L.A.) 81 (88:58), 3. Hesperia Christian 108 (90:28), 4. Webb (Claremont) 127 (91:49), 5. Crossroads (Santa Monica) 148 (90:24), 6. St. Joseph (Santa Maria) 162

(93:46), 7. Oakwood (North Hollywood) 189 (94:37).

## Women:

(Div I) 1. Mary Nwaoguakor (Muir, Pasadena) 18:29, 2. Rhaina Echols (Glendale) 18:51, 3. Kristen Hawkins (Simi Valley) 19:08, 4. Ann Koscki (Canyon, Canyon Country) 19:28, 5. Jamie Thomas (Saugus) 19:40, 6. Siobhan Elster (Morro Bay) 19:51, 7. Shelly Burkert (Saugus) 20:04, 8. Natalie Shaw (Simi Valley) 20:13, 9. Sabrina Hambel (Saugus) 20:17, 10. Faye Roundy (Morro Bay) 20:19, 11. Judy Quick (Simi Valley) 20:20, 12. Flor Sanchez (Huntington Park) 20:28, 13. Malybu Rivera (Saugus) 20:31, 14. Tatiana Schlaudne (Glendale) 20:41, 15. Delfina Martinez (Belmont, L.A.) 20:44.



**MOLLY MEHLBERG**

*Photo by Jo Scudamore*

**Teams:** 1. Saugus 50 (101:18), 2. Simi Valley 74 (102:37), 3. Canyon (Canyon Country) 97 (104:31), 4. Morro Bay 112 (105:20), 5. Belmont (L.A.) 146 (107:51), 6. Glendale 149 (106:23), 7. Huntington Park 166 (108:21), 8. Roosevelt (L.A.) 290 (114:55).

(Div II) 1. Molly Lawrence (Righetti, Santa Maria) 19:47, 2. Priscilla Munoz (Coachella

Valley, Thermal) 19:47, 3. Michelle Zayas (Crescenta Valley, La Crescenta) 20:02. **Teams:** 1. Righetti (Santa Maria) 40 (104:56), 2. Burroughs (Ridgecrest) 76 (109:21), 3. Crescenta Valley (La Crescenta) 98 (111:05), 4. Coachella Valley 104 (111:26).

(Div III) 1. Kerri Moran (Moorpark) 20:02, 2. Sarah Dien (La Canada) 20:24, 3. Kim McMillan (St. Paul, Whittier) 20:35, 4. Monica Falcon (St. Paul, Whittier) 20:36, 5. Kathleen Denson (Cabrillo, Lompoc) 20:38, 6. Sharon Mars (La Canada) 20:43, 7. Susan Hayes (Cabrillo, Lompoc) 20:48.

**Teams:** 1. St. Paul (Whittier) 107:42, 2. La Canada 67 (109:01), 3. West Torrance 118 (115:35).

(Div IV-Seeded) 1. Christina Sanchez (McFarland) 19:00, 2. Sedina Banks (Rim of World, Lake Arrowhead) 19:21, 3. Lucia Sanchez (McFarland) 19:29, 4. Cheri Carter (McFarland) 20:11, 5. Jenny Erhsen (Mariborough, LA) 20:22, 6. Tracy Maxwell (Maranatha, Sierra Madre) 20:23, 7. Lindsay Bualdo (Laguna Beach) 20:27, 8. Sabrina Shannon (Whittier Christian, La Habra) 20:39, 9. Linda Quintana (Maranatha, SM) 20:42, 10. Megan Ericson (Whittier Christian, LH) 20:49, 11. Kara Barnard (Marymount, L.A.) 20:59. **Teams:** 1. McFarland 69 (103:10), 2. Laguna Beach 80 (107:15), 3. Rim of World (Lake Arrowhead) 103 (108:06), 4. Maranatha (Sierra Madre) 117 (109:48), 5. La Salle (Pasadena) 137 (111:22), 6. Whittier Christian (La Habra) 195 (118:52).

(Div IV) 1. Julie Bryson (Poly, Pasadena) 20:16, 2. Julie Fromm (Poly, Pasadena) 21:11, 3. Yasmine Hidayatallah (Brentwood, L.A.) 21:18. **Teams:** 1. Brentwood (LA) 47 (110:44), 2. Poly (Pasadena) 93 (112:04), 3. Alverno (Pasadena) 110 (115:09), 4. LA Baptist (Sepulveda) 116 (115:48), 5. St. Joseph (Santa Maria) 159 (119:12), 6. Bell-Jeff (Burbank) 161 (119:23), 7. Providence (Burbank) 186 (120:48).

## Royal Invitational

**Moorpark College, Saturday, September 25th**

National powers Thousand Oaks (Boys) and Peninsula (Rolling Hills-Girls) showed their strength against some fine squads in this meet. Thousand Oaks, led by individual winner, Brandon del Campo (15:38) tallied a quite low total of 28 with the best team time by almost four minutes in their win! Peninsula had 35, with Molly Mehlberg of the champs the individual titlist by over a minute, and her team having almost the same margin of victory on the watch.

## Girls:

1. Molly Mehlberg (Peninsula, Rolling Hills) 18:40, 2. Kim Mortensen (Thousand Oaks) 20:00, 3. Amy Van Atta (Buena, Ventura) 20:14, 4. Mindy Hagstrom (Arroyo Grande) 20:28, 5. Jenny Hansen (Royal, Simi Valley) 20:32, 6. Theresa Bergen (Buena, Ventura) 20:54, 7. Jamie Artzner (Peninsula, RH) 20:58, 9. Claiborne (Peninsula, RH) 20:59, 9. Mary Blake (Peninsula, RH) 21:08, 10. R. Kato (Peninsula, RH) 21:17. **Teams:** 1. Peninsula 35,

2. Buena (Ventura) 66, Thousand Oaks 119, 4. Fillmore 128, 5. Arroyo Grande 132, 6. Channel Islands (Oxnard) 188, 7. Camarillo 196. (F/S) 1. Steevson (Westlake, Westlake Vill) 20:16. **Team:** 1. Peninsula 48.

**Team Times** (all divisions combined): 1. Peninsula (Rolling Hills) 103:02, 2. Buena (Ventura) 106:34, 3. Thousand Oaks 109:37, 4. Westlake (Westlake Village) 109:59, 5. Rio Mesa (Oxnard) 112:24, 6. Fillmore 113:02.

## Boys:

1. Brandon del Campo (Thousand Oaks) 15:38, 2. Hernandez (Camarillo) 15:49, 3. Eric Dunn (Arroyo Grande) 15:51, 4. F. Sandoval (Channel Islands, Oxnard) 15:58, 5. Jeff Fischer (1000 Oaks) 16:01, 6. Chadd Aldrich (1000 Oaks) 16:15, 7. Kevin Marsden (1000 Oaks) 16:23, 8. Ben Hill (Camarillo) 16:24, 9. Keith O'Doherty (1000 Oaks) 16:26, 10. Dennis Sweningson (Buena, Ventura) 16:30. **Teams:** 1. Thousand Oaks 28, 2. Arroyo Grande 94, 3. Peninsula (Rolling Hills) 99, 4. Camarillo 114, 5. Buena (Ventura) 142, 6. Fillmore 169, 7. Notre Dame (Sherman Oaks) 179, 8. Newbury Park 194. (F/S) 1. Deane (Peninsula, Rolling Hills) 16:53. **Team:** 1. Peninsula 23.

**Team Times** (all divisions combined): 1. Thousand Oaks 80:43, 2. Arroyo Grande 84:32, 3. Peninsula (RH) 84:49, 4. Camarillo 85:11, 5. Buena (Ventura) 86:43, 6. Newbury Park 88:06.

## Dana Hills Invitational

**Saturday, September 25th. Dana Hills HS**

Another of the big early season affairs had athletes racing under near perfect conditions, with the beach area overcast and foggy on this day while inland temperatures were up into the eighties and nineties early on. A lot of great running, as usual, took place on one of prepdom's faster courses. Kim Nelson (Canyon, Anaheim) emerged with the day's quickest Girls time off her 17:33 win, with Rondie Gibbs (Rudiboux, Riverside) continuing his fine season with a 14:52 race victory. Some very fine Girls teams, a number of whom are ranked nationally battled. Irvine emerged with a team time of 93:14, with Mt. Carmel (San Delgo) 94:15, and Corona del Mar (Newport Beach) 95:08 without Brooke Meek. Santa Ana, ranked among the top twenty nationally, emerged with the top Boys time of 77:17 (under 15:30 per runner in scoring top five).

## Div I

(Girls) (Jr/Sr) 1. Dresden Howell (Corona del Mar, Newport Beach) 18:01, 2. Melanie Pickett (Mt. Carmel, San Diego) 18:06, 3. Taryn Lawson (Ocean View, Huntington Beach) 18:07, 4. Meghan Mayes (Capistrano Valley, Mission Viejo) 18:13, 5. Tracy Clark (Corona del Mar, Newport Beach) 18:30, 6. Kenna Masuda (Ocean View, HB) 18:38, 7. Laura Dockery (Mt. Carmel, SD) 18:39, 8. Angela Nelson (El Toro) 18:45, 9. Allison Livermore (Irvine) 18:45, 10. Heather Taketa (Corona del Mar, NB) 18:46, 11.



# PREP NOTES

Erin O'Keefe (Poly, Long Beach) 18:49, 12. Kristin Moore (Dana Hills) 18:49, 13. Jennifer Gillis (Irvine) 18:57, 14. Lisa Greenberg (Poly, Riverside) 18:59, 15. Tina August (Rancho Buena Vista, Vista) 19:03. **Team:** Mt. Carmel 81. (So) 1. Jessica Corbin (Irvine) 18:13, 2. Erin Livermore (Irvine) 18:38, 3. Kim Ricks (Mt. Carmel, SD) 18:57, 4. Amber Bunch (Temecula Valley, Temecula) 19:00, 5. Shanwa Kinney (Capistrano Valley, Mission Viejo) 19:11, 6. Gaby Martinez (Saddleback, Santa Ana) 19:17, 7. Stefani Lefevre (El Toro) 19:36. **Team:** Capistrano Valley (Mission Viejo) 115. (Fr) 1. Katherine Duque (Tustin) 18:30, 2. Becca Armour (Fountain Valley) 18:31, 3. Stacey McMullen (Irvine) 18:41, 4. Lisa Vasek (Poway) 19:20. **Team:** Poway 56.

**Team Times:** (all divisions combined) 1. Irvine 93:14, 2. Mt. Carmel (San Diego) 94:15, 3. Corona del Mar (Newport Beach) 95:08, 4. El Toro 96:19, 5. Poway 96:52, 6. Dana Hills 97:27, 7. Tustin 97:40, 8. Ocean View (Huntington Beach) 98:14, 9. Capistrano Valley (Mission Viejo) 98:21, 10. Fountain Valley 99:45.

**(Boys) (Sr) 1.** Pedro Ramirez (Millikan, Long Beach) 15:09, 2. Juan Zaragoza (Santa Ana) 15:10, 3. Federico Duran (Santa Ana) 15:18, 4. Simon Mudd (Poly, Riverside) 15:22, 5. Cook (Temecula Valley, Temecula) 15:29, 6. Federico Morales (Santa Ana) 15:32, 7. Dominy Thongdy (Wilson, Long Beach) 15:33, 8. Bryon Benell (Temecula Val, Tem) 15:34, 9. Edgardo Diaz (Bell Gardens) 15:35. **Team:** 1. Santa Ana 47. (Jr) Tedros Berhane (Redlands) 15:00, 2. Adalberto Sanchez (Capistrano Valley, Miss Viej) 15:05, 3. Greg Nett (Mt. Carmel, SD) 15:12, 4. Slingsby (Corona del Mar, Newport Bch) 15:24, 5. Mike Almuqit (Wilson, LB) 15:34, 6. Eric Wersching (Ocean View, Hunt Bch) 15:35, 7. Jesse Kimball (Temecula Valley, Temecula) 15:39. **Team:** 1. Mt. Carmel (San Diego) 134. (So) 1. Mike Gavar (Tustin) 15:24, 2. Jesse Barragan (Wilson, LB) 15:34, 3. Wenceslao Morales (Santa Ana) 15:37, 4. Diamond Todd (Wilson, LB) 15:37, 5. Ed Pollick (El Toro) 15:54, 6. Omar Cordero (Saddleback, SA) 15:57. **Team:** 1. Wilson (LB) 105. (Fr) 1. Tom Coffey (Tustin) 16:20, 2. Thomas Mejia (El Toro) 16:21, 3. McNeely (Poway) 16:29. **Team:** Saddleback (Santa Ana) 103.

**Team Times:** (all divisions combined) 1. Santa Ana 77:17, 2. Wilson (Long Beach) 78:32, 3. Redlands 79:25, 4. Temecula Valley (Temecula) 79:39, 5. El Toro 79:45, 6. Corona del Mar (Newport Beach) 79:49, 7. Bell Gardens 80:26, 8. Saddleback (Santa Ana) 80:22, 9. Tustin 80:38, 10. Huntington Beach 80:58.

**Div II**  
**(Girls) (Jr/Sr) 1.** Kim Nelson (Canyon, Anaheim) 17:33, 2. Heather McGlone (Laguna Hills) 18:02, 3. Jandee Evans (Edison, Hunt Bch) 18:35, 4. Kelly Peterson (Escondido) 18:42, 5. Kyndra Smith (Newport Harbor, Newport Bch) 18:45, 6. Laura Flatauer (Canyon, Anaheim) 18:46, 7. Tammy Hall (Rubidoux, Riverside) 18:48, 8. Danielle Eldridge (Edison, Hunt Bch) 18:57, 9. Carrie Gwinn

(Edison, Hunt Bch) 19:13, 10. Gwen Twist (Newport Harbor, Newport Bch) 19:16. **Team:** 1. Edison (Huntington Beach) 69. (So) 1. Alison Bunton (Canyon, Anah) 18:51, 2. Kerry O'Bric (Edison, Hunt Bch) 18:54, 3. Emma Ashley (Vista) 19:10, 4. Kiulin (Escondido) 19:12, 5. Lezlee Tamo (Los Alamitos) 19:22, 6. Marisa Sanders (Villa Park) 19:33, 7. Fatima El Farrah (Vista) 19:41. **Team:** 1. Vista 76. (Fr) 1. Trisia Tressler (Rubidoux, Riverside) 19:02, 2. Noelle Magana (Vista) 19:16, 3. Kristia Rash (Torrey Pines, Encinitas) 19:24, 4. Erika Batiz (Vista) 19:41, 5. Melissa Luque (Canyon, Ana) 19:48. **Team:** 1. Vista 57.

**Team Times:** (all divisions combined) 1. Canyon (Anaheim) 94:32, 2. Edison (Huntington Beach) 95:24, 3. Vista 97:41, 4. Newport Harbor (Newport Beach) 97:57, 5. Laguna Hills 98:44, 6. Los Alamitos 98:59, 7. Torrey Pines (Encinitas) 100:39, 8. Mission Viejo 100:45.

**(Boys) (Sr) 1.** Rondie Gibbs (Rubidoux, Rivers) 14:52, 2. Matt Huss (Santa Margarita, Rancho SM) 15:17, 3. Phil Siltner (Villa Park) 15:23, 4. Jose Jimenez (Escondido) 15:26, 5. Thomas Beckum (Warren, Downey) 15:27, 6. Trent Bryson (Newport Harbor, Newport Bch) 15:29, 7. Blake Schumacher (Villa Park) 15:32, 8. Martin Reyes (Escondido) 15:42, 9. Andy Pearson (University, Irvine) 15:43. **Team:** 1. San Pasqual (Escondido) 92. (Jr) 1. Trevor Sybert (Vista) 15:18, 2. Ryan Wilkinson (Santa Margarita, Rancho SM) 15:26, 3. Manuel Romero (San Pasqual, Esc) 15:36, 4. Andy Morgan (Mission Viejo) 15:40, 5. Jeremy Mordock (Villa Park) 15:41, 6. Shahram Dezard (Newport Harbor, Newport Bch) 15:52. **Team:** 1. Newport Harbor (Newport Beach) 95. (So) 1. Jose Argueta (Rubidoux, Riverside) 16:03, 2. Jason Land (Vista) 16:12, 3. Danny Milne (Laguna Hills) 16:22, 4. Alejandro Villa (Vista) 16:24, 5. Matt Dawson (Rancho Bernardo, San Diego) 16:25. **Team:** 1. Vista 78. (Fr) 1. Pete Peterson (Rubidoux, Riverside) 16:16, 2. Steve Ketcham (Vista) 16:18, 3. Mike Murray (Santa Margarita, Rancho SM) 16:36. **Team:** 1. Rubidoux (Riverside) 45.

**Team Times:** (all divisions combined) 1. Villa Park 80:02, 2. Santa Margarita (Rancho SM) 80:05, 3. Vista 80:22, 4. San Pasqual (Escondido) 80:25, 5. Newport Harbor (Newport Beach) 80:37, 6. Laguna Hills 80:37, 7. Laguna Hills 81:09, 8. Rubidoux (Riverside) 81:11, 9. Escondido 81:49, 10. Rancho Bernardo (San Diego) 82:00, 11. Edison (Huntington Beach) 82:26.

## Div III

**(Girls) (Jr/Sr) 1.** Allison Twist (San Marino) 18:07, 2. Kelly Daucher (Brea-Clinda, Brea) 19:29, 3. Stacy Edwards (Gahr, Cerritos) 19:34, 4. Lynette Alfaro (South Pasadena) 19:39, 5. Laurie Juranke (Orange Lutheran, Or) 19:51, 6. Christina Neal (Gahr, Cerr) 19:53, 7. Emily McFarland (South Pasadena) 19:56, 8. Melissa Keenan (Trabuco Hills, Mission Viejo) 20:04, 9. Sabrina Capps (Foothill, Santa Ana) 20:11, 10. Christy Miller (Yucaipa) 20:13. **Team:** Yucaipa 81. (So) 1. Debbie Hughes (San Marino) 18:35,

2. Peggy Hall (Trabuco Hills, Miss Viejo) 18:51, 3. Erin Killian (Ramona) 19:12, 4. Meyer (Yucaipa) 20:25. **Team:** Ramona 67. (Fr) 1. Stacey Brandon (Foothill, Santa Ana) 20:08, 2. Angel Reed (El Camino, Ocean-side) 20:23, 3. Kristin Groncy (Orange Lutheran, Or) 20:26, 4. Greta Martinez (Foothill, SA) 20:48. Foothill (Santa Ana) 85.

**Team Times:** 1. Trabuco Hills (Mission Viejo) 101:31, 2. South Pasadena 102:22, 3. Foothill (Santa Ana) 103:16, 4. Yucaipa 103:34, 5. Ramona 103:47, 6. Brea 105:33, 7. San Marino 105:48.

**(Boys) (Sr) 1.** Warren Wolf (San Marino) 14:54, 2. Lee Zuckerman (San Marino) 15:08, 3. Todd Woodchill (Trabuco Hills, Miss Viejo) 16:01, 4. Raul Magana (Norte Vista, Riverside) 16:07, 5. Curtis Canett (Trabuco Hills, MV) 16:11, 6. Jason Montez (Yucaipa) 16:14, 7. James Uwins (South Pasadena) 16:23, 8. Ojeta (San Marcos) 16:26, 9. Nick Favre (Foothill, SA) 16:30, 10. Simon Sanchez (Gahr, Cerr) 16:32. **Team:** South Pasadena 104. (Jr) 1. Richard Chisholm (San Marino) 15:30, 2. Tom Kloos (El Camino, Oceanside) 16:13, 3. Gerardo Guevara (San Marcos) 16:18, 4. Larry Young (El Camino) 16:27, 5. Hamed Aryafar (Yucaipa) 16:30. **Team:** 1. Century (Santa Ana) 79. (So) 1. Mario Argueta (Jurupa Valley, Mira Loma) 15:34, 2. Miguel Lara (Century, SA) 16:17, 3. Ryan Gentry (San Marino) 16:21, 4. Galen Reid (Ramona) 16:34, 5. Sean Clendaneil (Yucaipa) 16:40, 6. Mike Rabus (Trabuco Hills, MV) 16:43. **Team:** 1. Yucaipa 78. (Fr) 1. Peter Christian (South Pasadena) 16:54, 2. Brent Edson (Yucaipa) 17:03, 3. Charles Wilson (San Marcos) 17:04, 4. Gabriel Cervantes (Central, El Centro) 17:23. **Team:** 1. Ramona 68.

**Team Times:** 1. San Marino 78:31, 2. Yucaipa 83:18, 3. Trabuco Hills (Miss Viejo) 83:30, 4. South Pasadena 83:50, 5. San Marcos 84:37, 6. Century (Santa Ana) 85:23, 7. Foothill (Santa Ana) 85:29, 8. Norte Vista (Riverside) 85:56.

## Nogales Invitational

Citrus College - 3.0 miles flat concrete course.

**(Girls) (overall times) 1.** Liz Robles (Baldwin Park) 18:27, 2. Hartz (Hesperia) 18:52, 3. Vandenburg (San Gabriel) 19:00, 4. Beth Hake (Arroyo, El Monte) 19:09, 5. Meza (San Gabriel) 19:26. **Team:** (Sr) Hesperia 33. (Jr) San Gabriel 89. (Soph) Claremont 105 (Fr) Claremont 58.

**Boys: (overall times) 1.** Estrada (San Gabriel) 14:45, 2. Moore (Hesperia) 15:08, 3. Reyes (Nogales, La Puente) 15:13, 4. Rios (La Puente) 15:14, 5. Lyon (Hesperia) 15:15. **Team:** (Sr) Hesperia 57. (Jr) Nogales 32. (So) Arroyo 44 (Fr) Claremont 96.

## Warren Invitational

Saturday, October 2nd - Holydale Park (South Gate) 3.0 miles

**(Girls) (12th) 1.** Danise Morales (South Gate) 20:09, 2. Celina Cacao (Lynwood) 20:31, 3. Angie Arriaga (St. Joseph, Lake-wood) 20:34, 4. Maria Quintero (South Gate) 20:45, 5. Lisa Finegan (St. Jose, La-

kew) 20:48. (11th) 1. Erin O'Keefe (Poly, Long Beach) 19:20, 2. Monica Falcon (St. Paul, Whittier) 19:39, 3. Simone Ferrara (South Torrance) 20:04, 4. Amanda Hendrickson (Poly, Long Beach) 20:09, 5. Monica Villegas (St. Paul, Whitt) 20:23. (10th) 1. Josei Sepulveda (Poly, LB) 19:56, 2. Joy Dilday (Poly, LB) 20:44, 3. Elena Rosales (South Gate) 21:32. (9th) 1. Natalie Franklin (North Torrance) 20:51, 2. Lisa Elisa (St. Paul, Whittier) 22:34, 3. Chika Kawastima (North Torrance) 22:38.

**(Boys) (12th) 1.** Thomas Beckum (Warren, Downey) 15:31, 2. Humberto Sanchez (South Gate) 15:37, 3. Eric Corona (South Gate) 15:56, 4. David Lendo (South Gate) 15:57, 5. Ricardo Chavez (Lynwood) 15:59, 6. Paul Ekk (Downey) 16:20, 7. Juan Pineda (Lynwood) 16:20, 8. Albert Anguiano (Lynwood) 16:25. (11th) 1. Jayson Woodruff (Warren, Downey) 16:16, 2. Fill Cortez (Downey) 16:16, 3. Brandon Pacheco (Brethren, Paramount) 16:31, 4. Leo Sanders (St. Paul, Whittier) 16:31, 5. Garrett Jensen (Sunny Hills, Fullerton) 16:38. (10th) 1. Saul Gallegos (St. John Bosco, Belli) 16:25, 2. Johan Cisneros (Hawthorne) 16:46, 3. Ranane Bhattacharya (Sunny Hills, Fullerton) 17:09, 4. Waldo Sarria (Lynwood) 17:29. (9th) 1. Eddie Bermudez (South Gate) 17:00, 2. Saul Meza (Lynwood) 17:07, 3. Ruben Albizar (Lynwood) 17:37, 4. Nate Bershtel (Poly, LB) 17:39.

## Yucaipa Invitational

Saturday, October 2nd - Yucaipa High School

Challenging campus course with weather very hot for small school races  
(Div III - Small Schools)

**(Girls) 1.** Rachel Krause (South Hills, W. Covina) 20:41, 2. Malena Loves (Yuca Valley) 21:05, 3. Rebecca Howard (Yuca Valley) 21:18, 4. Ellen Muench (Temescal Canyon, Elsinore) 21:23, 5. Ariona Hawley (Serrano, Phelan) 21:34. **Team:** 1. Temescal Canyon (Elsinore) 64, 2. Yuca Valley 68, 3. South Hills (W. Covina) 100, 4. Serrano (Phelan) 116, 5. Murietta Valley 130, 6. Beaumont 146.

**(Boys) 1.** Doug Henning (Woodcrest Christian, Riverside) 17:28, 2. Brook Pentson (South Hills, W. Covina) 17:31, 3. Shawn Patterson (Yuca Valley) 17:37, 4. Aaron Carlsson (Cathedral City) 17:44, 5. J. Hatch (Murietta Valley, Murietta) 17:51, 6. Peter Ureste (Serrano, Phelan) 17:53, 7. Ed Ziemann (Whittier Christian, La Habra) 17:58. **Team:** 1. Yuca Valley 83, 2. Woodcrest Christian (Riverside) 127, 3. South Hills (W. Covina) 129, 4. Cathedral City 137, 5. Palo Verde Valley (Blythe) 162, 6. San Jacinto 182.

(Div II - Medium Schools)

**(Girls Var) 1.** Rebecca Villegas (Rialto) 19:20, 2. Annie Ebner (St. Lucy's, Glendora) 19:40, 3. Katherine Duque (Tustin) 20:08, 4. Jamie Bascom (Elsinore) 20:13, 5. Sedina Banks (Rim of World, Arrowhead) 20:14, 6. Janelle Whiteman (Tustin) 20:23, 7. Peggy Hall (Trabuco Hills, Mission Viejo) 20:27, 8. Tammy Hall (Rubidoux, Riverside) 20:30, 9. Seneca Aeuer (Yucaipa) 20:33.



# PREP NOTES

10. Van Orst Klansen (Arlington, Riverside) 20:34. **Team:** 1. Tustin 75, 2. Trabuco Hills (Mission Viejo) 100, 3. Elsinore 110, 4. St. Lucy's (Glendora) 116, 5. San Geronio (San Bernardino) 146, 6. Yucaipa 158.

**(Boys Var)** 1. Rondie Gibbs (Rubidoux, Riverside) 16:11, 2. Paul Cryder (La Sierra, Riverside) 16:12, 3. Todd Woodbull (Trabuco Hills, Mission Viejo) 16:43, 3. Named Anyphar (Yucaipa) 16:44, 5. Ross Verool (Woodbridge, Irvine) 16:44, 6. Jason Morte (Yucaipa) 16:46, 7. Chris Garrozo (Tustin) 16:48. **Teams:** 1. Yucaipa 62, 2. Trabuco Hills (Mission Viejo) 108, 3. Barstow 152, 4. Don Lugo (Chino) 190, 5. Rubidoux (Riverside) 196, 6. Rim of World (Arrowhead) 205.

**(F/S)** 1. Mike Gavar (Tustin) 16:11, 2. Alfonso Ibarra (Arlington, Riverside) 16:32, 3. Pete Petersen (Rubidoux, Riverside) 16:47. **Team:** 1. Tustin 52.

**(Div I - Large Schools)**

**(Girls Var)** 1. Melissa Aronson (Hemet) 20:03, 2. Kacey Mathis (Centennial, Corona) 20:08, 3. Kathleen Castruita (Victor Valley, Victorville) 20:49, 4. Munoz (Coachella Valley, Thermal) 21:20, 5. Crystal Smith (Victor Valley, Victor) 21:24, 6. Roda Aragon (Canyon Spring, Moreno Valley) 21:34, 7. Carrie Hertz (Hesperia) 21:37. **Team:** 1. Hemet 98, 2. Centennial (Corona) 118, 3. Ayala (Chino) 128, 4. Canyon Springs (Moreno Valley) 143, 5. Etowanda 145, 6. Victor Valley (Victorville) 173.

**(Boys Var)** 1. Jaime Martinez (Orange) 15:37, 2. Mike Moreno (Katella, Anaheim) 15:48, 3. Delphino Resendiz (Katella, Anaheim) 16:06, 4. Juan Medrano (Santa Ana) 16:26, 5. Juan Zaragalia (Santa Ana) 16:27, 6. Federico Duran (Santa Ana) 16:27, 7. Jason Largay (Hemet) 16:34, 8. Jeremy Lyon (Hesperia) 16:33, 9. Edgar Venter (Katella, Anaheim) 16:35, 10. David Nelson (Victor Valley, Victorville) 16:35.

**Team:** 1. Katella (Anaheim) 39, 2. Santa Ana 43, 3. Hesperia 132, 4. Orange 166, 5. Victor Valley (Victorville) 189, 6. Ayala (Chino) 194, 7. Palm Springs 211. **(F/S)** 1. Mario Argueta (Jurupa Valley, Mira Loma) 16:26. **Team:** Hemet 41.

## NORCAL RESULTS

From Keith Conning

### 15th Annual Sanger Invitational

Avocado Lake, September 17, 1993.  
Temperature: 74 degrees  
from Dave Dodson

#### Boys

##### Large Teams

1. Sanger 42, 2. Mt. Whitney 173, 3. Buchanan 177, 4. Reedley 208, 5. Clovis 268

##### Small Teams

1. McFarland 25, 2. Yosemite 144, 3. Coalinga 150, 4. Exeter 163, 5. Washington Un-

on 202, 6. San Joaquin Memorial 256, 7. Fowler 300.

#### Individuals

1. Pamenos Ballantyne (Sanger) 14:40.0  
2. Galvin Gonzalez (McFarland) 15:15.4  
3. Ben Galvan (McFarland) 15:23.3  
4. Tim Henry (Sanger) 15:45.6  
5. Gabriel Diaz (McFarland) 15:46.4  
6. Juan Zamora (Sanger) 15:48.7  
7. Gerardo Soto (McFarland) 15:50.8  
8. Luis Sanchez (McFarland) 16:00.3  
9. Esteban Hernandez (Exeter) 16:09.0  
10. Paul Temmerman (Mt. Whitney) 16:09.3  
11. Sammy Morales (WasUnion) 16:14.1  
12. Jose Galvan (McFarland) 16:20.3  
13. Andrew Lovejoy (Buchanan) 16:27.5  
14. George Navarro (Coalinga) 16:32.3  
15. Carlos Harrison (Sanger) 16:35.0  
16. Jose Miranda (Roosevelt) 16:35.7  
17. Sergio Ruiz (Sanger) 16:36.5  
18. Matt Leedy (Clovis) 16:37.2  
19. Tim Padilla (Yosemite) 16:44.0  
20. Kevin Luke (Buchanan) 16:44.6

#### Girls

##### Large Teams

1. Reedley 27, 2. Clovis 86, 3. Mt. Whitney 107, 4. Sanger 195

##### Small Teams

1. McFarland 85, 2. Exeter 99, 3. Yosemite 139

#### Individuals

1. Angela Ruiz (Reedley) 18:23.6  
2. Kami Schofield (Mt. Whitney) 18:43.9  
3. Annabel Ortiz (Reedley) 19:05.5  
4. Christina Sanchez (McFarland) 19:21.9  
5. Gelina Hall (Reedley) 19:41.2  
6. Sibne Hurley (Exeter) 19:41.9  
7. Irene Wright (Reedley) 19:57.7  
8. Lucia Sanchez (McFarland) 20:02.4  
9. Tyeressa Castro (Exeter) 20:09.6  
10. Kym Pilger (Clovis) 20:11.1  
11. Bea Trevino (Reedley) 20:24.9  
12. Sybverstsen (Buchanan) 20:33.6  
13. Yebel Rodriguez (Reedley) 20:49.5  
14. Regina Kinsman (Sierra) 20:50.1  
15. Lizette Jenness (Clovis) 20:50.6  
16. Y. Franco (Mt. Whitney) 20:53.5  
17. V. Lawrence (Yosemite) 21:02.3  
18. T. Martinez (Reedley) 21:09.7  
19. A. Bowers (Mt. Whitney) 21:12.8  
20. K. Padilla (Yosemite) 21:18.1

## Oakland Athletic League Invitational

Millis College, Oakland, September 18, 1993. Distance: 3.1 miles

#### Boys Teams

1. Livermore 48 (1, 2, 13, 15, 17), 2. De La Salle (Concord) 59 (3, 5, 9, 12, 30), 3. Amador Valley (Pleasanton) 72 (4, 6, 18, 20, 24), 4. Silver Creek (San Jose) 116 (7, 8, 21, 35, 45), 5. Clayton Valley (Concord) 119 (11, 16, 25, 27, 40), 6. University (San Francisco) 143 (10, 26, 32, 37, 38), 7. Campolindo (Moraga) 156 (14, 23, 31, 39, 49), 8. Yerba Buena (San Jose) 204 (33, 36, 41, 42, 52), 9. Moreau Catholic (Hayward) 228 (29, 43, 47, 54, 55).

#### Boys Individuals

1. Steve Immel (Livermore 11) 16:43.5  
2. Mitchell Jones (Livermore 10) 16:47.7

3. John Kelly (De La Salle 12) 17:07.0  
4. Chris Maier (Amador Valley 12) 17:21.8  
5. Tommy Prindiville (DeLaSalle 9) 17:42.7  
6. Mat Hunnicutt (AmadoVly 10) 17:44.7  
7. Jordan Jarosz (St. Mary's 12) 17:47.9  
8. Greg Tadey (Silver Creek 12) 17:53.3  
9. Enrique Torres (Silver Creek 10) 17:58.2  
10. Printias Fitzpatrick (Salle 12) 18:01.0

#### Girls Teams

1. Clayton Valley (Concord) 34 (1, 5, 8, 9, 11), 2. Carondelet (Concord) 35 (2, 4, 7, 10, 12), 3. Silver Creek (San Jose) 77 (3, 6, 13, 14, 23), 4. Washington (Fremont) 122 (18, 21, 24, 29, 30), 5. Campolindo (Moraga) 143 (16, 22, 27, 35, 41), 6. Moreau Catholic (Hayward) 145 (19, 26, 34, 36, 39), 7. Berkeley 192 (25, 31, 43, 46, 47), 8. Yerba Buena (San Jose) 210 (33, 40, 54, 55, 58).

#### Girls Individuals

1. Heather Wallace (ClayVly 10) 20:36.0  
2. Kristen Gordon (Carondelet 9) 20:44.6  
3. Deborah Belisch (Silver Crk 10) 20:51.7  
4. Carolyn Colyar (Carondelet 12) 20:55.0  
5. Gretchen Vanderlip (ClVly 9) 20:58.5  
6. Sheryl Medina (Silver Crk 11) 21:01.8  
7. Katie Owen (Carondelet 11) 21:26.7  
8. Jennifer Osteen (ClayVly 10) 21:36.2  
9. Amy Siegel (Amador Valley 11) 21:39.3  
10. Kelly Howlsey (Clayton Vly 9) 21:40.1

## Ed Sias Invitational

Hidden Valley Park, Martinez, September 18, 1993. Distance: 2 miles

#### Boys Teams

1. Wood 63, 2. Antioch 85, 3. Alhambra 106, 4. Miramonte 120, 5. Acalanes 132, 6. Northgate 151, 7. Fairfield 152, 8. Vacaville 159, 9. San Ramon Valley 216, 10. College Park 231, 11. Las Lomas 265, 12. Ygnacio Valley 315.

#### Boys Individuals

1. Joe Menchaca (Pittsburg) 10:50  
2. Adrian Gutierrez (Mt. Diablo) 10:55  
3. John Dishong (Antioch) 11:07  
4. Fergal Fianagan (Antioch) 11:12  
5. Mark Hoffman (Fairfield) 11:13  
6. Matt McGraw (Wood) 11:18  
7. Todd McFauls (Fairfield) 11:22  
8. Adam Henderson (Vacaville) 11:22  
9. Jeff Mellin (Northgate) 11:24  
10. Tony Kauke (Alhambra) 11:28  
11. Carl MacDonald (Miramonte) 11:30  
12. John Mullen (Acalanes) 11:31  
13. Ryan Henderson (Wood) 11:32  
14. Rolf Kualuk (Northgate) 11:36  
15. Gusty Maat (Alhambra) 11:37

#### Girls Teams

1. St. Francis (Sacramento) 70, 2. Wood 77, 3. Northgate 80, 4. Miramonte 96, 5. Acalanes 105, 6. San Ramon Valley 128, 7. Las Lomas 181, 8. Vacaville 210, 9. Antioch 224, 10. College Park 256.

#### Girls Individuals

1. Kristen Schreiber (Miramonte) 12:46  
2. Alison Lambert (Northgate) 12:50  
3. Tina Bowen (San Ramon Valley) 13:06  
4. Robin Sol (Las Lomas) 13:24  
5. Ally Wolfe (Northgate) 13:27  
6. Magi Martinez (Wood) 13:29  
7. Angela Iriarte (Antioch) 13:31  
8. Katie Kassis (St. Francis) 13:42

9. Liz Cobb (St. Francis) 13:42  
10. Lisa Kow (Northgate) 13:48  
11. Kristen Seaverance (St. Fran) 13:48  
12. Tanika Neil (Wood) 13:50  
13. Elisabeth Porto (Acalanes) 13:50  
14. Shannon Nohr (Miramonte) 13:55  
15. Susanola Ochoa (Fairfield) 13:57

#### Coaches' Race

1. David Goodridge (San Lor)open 10:15  
2. Brian McGuire (Alhambra)35 10:32  
3. Brian White (Antioch)open 10:39  
4. Gerry Geraghty (San Ramon)36 10:51  
5. Darrin Neutz (Acalanes)28 11:26  
6. Bob McDane (Benicia)open 11:28  
7. Eric Rippling (Antioch)open 11:35  
8. Jeff Verhoer (Mt. Diablo)28 11:38  
9. Scott Smoot (Wood)24 11:44  
10. Tom Torlakson (Antioch)44 11:45  
11. Kevin Cubillas (Pittsburg)28 12:16  
12. Jennifer Cubillas (Pittsburg) 24 12:35  
13. Jon Cutting (San Ramon)29 12:51  
14. Wes Hurburt (College Park)53 13:10  
15. Tim Bruder (Alhambra)open 14:39  
16. Brian Dolan (Vacaville)30 14:39  
17. Manny Myers (Acalanes)41 14:58  
18. Gus Pacheco (Ygn)50-59 15:10  
19. Pete Blades (St. Fran)50-59 15:40  
20. Patty Hurc (Miramonte)open 15:55  
21. Ackerman (Antioch)53 17:35  
22. Beth Graham (Wood)34 21:08  
23. D.Konstantinopoulou (Vac)29 21:08

## Lowell Invitational

Lindley Meadow, Golden Gate Park, San Francisco, September 18, 1993.  
from Andy Leong (Lowell)  
Distance: 2.8 miles

#### Boys Teams

1. St. Ignatius 57, 2. Fremont (Sunnyvale) 63, 3. Sacred Heart Cathedral 93, 4. Half Moon Bay 119, 5. Lick Wilmerding 129, 6. Lowell 170, 7. Oak Ridge 204, 8. Albany 240, 9. South City 296.

#### Boys Individuals

1. Rich Erkkila (St. Ignatius) 15:08.8  
2. Jesse Robinette (El Camino) 15:24.0  
3. Jose Gutierrez (Fremont) 15:36.1  
4. Justin Stern (Half Moon Bay) 15:37.1  
5. Mark Stauffer (Fremont) 15:58.0  
6. Joe Kerbleski (St. Ignatius) 15:59.3  
7. Serafin Fierro (Fremont) 16:00.0  
8. Jesse Miller (Albany) 16:01.6  
9. Ryan Schneider (St. Ignatius) 16:08.6  
10. Brooke Patterson (Lick Wilm) 16:10.0

#### Girls Teams

1. St. Ignatius 19, 2. Lowell 88, 3. Albany 119, 4. Westmoor 131, 5. Oak Ridge 163, 6. Sacred Heart Cathedral 172.

#### Girls Individuals

1. Ann Baldelli (St. Ignatius) 17:56.3  
2. Laura Sandoval (St. Ignatius) 18:05.8  
3. Stephanie Libien (St. Ignatius) 18:16.1  
4. Cypress Williams (El Molino) 18:21.1  
5. Danielle Dekker (St. Ignatius) 18:44.9  
6. Stephanie Artis (Oak Ridge) 18:47.9  
7. Tina Kefalas (Sac Heart Cathl) 19:02.9  
8. Eliza Gaener (St. Ignatius) 19:05.1  
9. Amy Fonda (El Camino) 19:26.9  
10. Amy Rhein (St. Ignatius) 19:40.2

## San Ramon Valley Invitational

San Ramon Valley High School, Sep-



# PREP NOTES

tember 25, 1993. Distance: 2 miles

## Large Schools

### Boys Teams

1. Livermore 60, 2. Santa Rosa 80, 3. Montgomery 86, 4. De La Salle 93, 5. Mission San Jose 107, 6. Antioch 158, 7. Rancho Cotate 188, 8. Campolindo 201, 9. San Ramon Valley 208, 10. College Park 267.

### Boys Individuals

1. Steve Immel (Livermore) 9:47
2. Michel Jones (Livermore) 9:50
3. Joe Menchaca (Pittsburg) 9:53
4. Peter Egerton (Santa Rosa) 9:54
5. John Kelly (De La Salle) 9:56
6. Zach Barnett (Santa Rosa) 9:59
7. David Tooney (Montgomery) 10:01
8. Pat Bendzick (Mission S Jose) 10:05
9. Porinsias Fitzpatrick (DeLaSal) 10:07
10. Kennedy (San Leandro) 10:09

### Girls Teams

1. Mission San Jose 21, 2. Campolindo 77, 3. San Ramon Valley 89.

### Girls Individuals

1. Elissa Reidy (Mission San Jose) 11:32
2. Lori Reidy (Mission San Jose) 11:33
3. Tina Bowen (San Ramon Vly) 11:44
4. Pamela Richardson (Montgom) 11:49
5. Melani McLara (College Park) 12:19
6. Rachel Mosher (San Leandro) 12:23
7. Amanda Bridley (Miss S Jose) 12:36
8. Michelle McConico (S Rosa) 12:37
9. Lisa De Fries (Campolindo) 13:02
10. Angela Ilnrite (Antioch) 13:02

## Small Schools

### Boys Teams

1. Piedmont 59, 2. Clayton Valley 70, 3. St. Mary's 90, 4. Miramonte 95, 5. Acalanes 115, 6. Alhambra 120, 7. Alameda 147, 8. Las Lomas 194.

### Boys Individuals

1. Steve Brown (Piedmont) 9:54
2. Jordan Jarosz (St. Mary's) 10:16
3. Chris Wong (Piedmont) 10:18
4. Brian Parodi (Alameda) 10:18
5. Jonevan Hornsby (St. Mary's) 10:25
6. Tony Kauke (Alhambra) 10:29
7. Eric Davis (Clayton Valley) 10:31
8. Steve Kunkel (Piedmont) 10:47
9. Geoff Brigham (Clayton Valley) 10:49
10. Cisco Schaff (St. Mary's) 10:50

### Girls Teams

1. Carondelet 33, 2. Miramonte 68, 3. Acalanes 71, 4. Las Lomas 103, 5. Alameda 120, 6. Piedmont 127.

### Girls Individuals

1. Kristen Gordon (Carondelet) 11:54
2. Marisa Daniel (Granada) 11:55
3. Kirsten Schreiber (Miramonte) 11:56
4. Carolyn Colyar (Carondelet) 12:14
5. Amber Robinson (Las Lomas) 12:20
6. Megan Goodard (Carondelet) 12:35
7. Eve Phillips (Miramonte) 12:52
8. Colleen Fitzpatrick (Carondelet) 12:52
9. Elisabeth Porto (Acalanes) 12:57
10. Andrea Wilcock (Alameda) 13:07

## Skyline Invitational

Joaquin Miller Park, Oakland.

September 25, 1993. Distance: 2.65 miles. From Jeff Dewitt (Skyline)

### Boys Teams

1. Overfelt 39, 2. Casa Grande 79, 3. Ir-

- ington 90, 4. Logan 121, 5. Piner 122, 6. Liberty 129, 7. Skyline 149, 8. Yerba Buena 174, 9. 231, 10. Berkeley 253.

### Boys Individuals

1. Jeremy Mattern (Irvington) 15:28.1
2. Juan Del Rio (Overfelt) 15:35.6
3. Luis Perez (Overfelt) 15:55.3
4. Senai Kidane (Skyline) 15:58.7
5. Jose Guerrero (Overfelt) 16:02.0
6. Aaron Richberg (Logan) 16:10.0
7. David Bonugli (Piner) 16:11.2
8. Joe Janakes (Casa Grande) 16:19.3
9. Mike Caine (Irvington) 16:19.9
10. Thomas Glaz (Yerba Buena) 16:20.7

### Girls Teams

1. Overfelt 45, 2. Logan 63 (6th runner placed 29th), 3. Casa Grande 63 (no 6th runner), 4. Piner 64, 5. Yerba Buena 105.

### Girls Individuals

1. Michele Kiyomo (Logan) 19:31.8
2. Gina Regalia (Casa Grande) 19:52.5
3. Leslie Huber (Piner) 20:06.4
4. Tami Simpson (Overfelt) 20:23.9
5. Senhit Dirar (Logan) 20:33.4
6. Garlela Moreno (Overfelt) 20:47.2
7. Jill Westfall (Irvington) 20:57.1
8. Lisa Hopkins (Casa Grande) 21:17.3
9. Sara Blackerby (Piner) 21:42.5
10. Kimmy Pang (Yerba Buena) 21:42.8

### Girls Junior Varsity Individual

1. Monique Dale (Logan) 21:36

## Stanford Invitational

Stanford Golf Course. October 3, 1993.

Distance: 5,000 meters.

### Boys

#### Division One Teams

1. Thousand Oaks 51, 2. Hart 118, 3. Jesu- it 149, 4. Bellamine 157, 5. Peninsula 169,

6. Madera 181, 7. Arroyo Grande 198, 8. Palmdale 201, 9. Bell Gardens 234, 10. Bend (Oregon) 253, 11. Buena 340, 12. Santa Rosa 346, 13. Mater Dei 348, 14. Atwater 353, 15. Beyer 425, 16. Merced 429, 17. Channel Islands 440, 18. Bullard 483, 19. Stagg 493, 20. Clovis West 497, 21. Antioch 562, 22. Rancho Cotate 646
23. Piner 651, 24. Grace Davis 725, 25. Turlock 748, 26. Florin 833.

#### Division One Individuals

1. Matt Farley (Jesuit) 15:04
2. Brett Strahan (Hart) 15:06
3. Brandon Del Campo (ThouOaks) 15:34
4. Antonio Arce (Palmdale) 15:36
5. Alejandro Ramirez (Stagg) 15:45
6. Kevin Marsden (Thous Oaks) 15:47
7. Jeff Fischer (Thousand Oaks) 15:51
8. Eric Kropf (Madera) 15:52
9. Eric Dunn (Arroyo Grande) 16:01
10. Francisco Sandoval (Charist) 16:01
11. Ryan Douglas (Bend) 16:03
12. Patrick Garrity (Arroyo Gr) 16:03
13. Jose Enaio (Hart) 16:05
14. Zach Barrett (Santa Rosa) 16:05
15. Tom Becker (Bellamine) 16:06
16. Chadd Aldrich (Thous Oaks) 16:06
17. Ned Presnall (Jesuit) 16:08
18. Ken Goodrich (Peninsula) 16:09
19. Keith O'Doherty (Thous Oaks) 16:09
20. Gavin Klingner (Hart) 16:13

21. Ricky Chavez (Madera) 16:15
22. Marcus Castro (Palmdale) 16:16
23. Todd Dando (Bellamine) 16:16
24. Hide Sano (Peninsula) 16:17
25. Arnold Song (Bellamine) 16:17
26. Mark Jenkins (Atwater) 16:20
27. Dennis Sweningson (Buena) 16:20
28. Eddie Evangelista (Madera) 16:24
29. Brian O'Clair (Clovis West) 16:25
30. Steve Schultz (Peninsula) 16:26

### Division Two Teams

1. Mission Bay 42, 2. De La Salle 112, 3. Claremont 139, 4. Bishop Amat 141, 5. Point Loma 150, 6. Davis 157, 7. Mission Viejo 166, 8. Amador Valley 190, 9. North (Bakersfield) 197, 10. Monte Vista 237, 11. Eureka 251, 12. Edison 262, 13. Righetti 332, 14. Napa 356, 15. San Ramon 390, 16. Aptos 408.

### Division Two Individuals

(116 finishers)

1. Matt Creason (Eureka) 15:39
2. Devin Elizondo (Mission Bay) 15:56
3. Greg Phister (Davis) 16:03
4. Mario Marquez (Mission Bay) 16:08
5. John Kelly (De La Salle) 16:08
6. David Levy (Mission Bay) 16:26
7. Chris Maier (Amador Valley) 16:30
8. Byron Hardie (Bishop Amat) 16:31
9. Roger Romero (Mission Bay) 16:31
10. Eric Wersching (Ocean View) 16:36
11. David Constantine (Claremont) 16:38
12. Will Cuta (Bishop Amat) 16:39
13. Proinsias Fitzpatrick (DeLaSal) 16:43
14. Andy Morgan (Mission Viejo) 16:45
15. Peter Kelly (Claremont) 16:46
16. Aaron Lynn (Mission Viejo) 16:50
17. Rashad Pouncey (Point Loma) 16:52
18. Tommy Prindville (De La Salle) 16:56
19. Raul Solis (Righetti) 16:59
20. Chad Klase (North, Bkld) 17:00

### Division Three Teams

1. Livermore 119, 2. Nordhoff 129, 3. Crescent Valley 140, 4. Sonora 152, 5. Corona Del Mar 152, 6. St. Francis 207, 7. Del Oro 237, 8. Burlingame 292, 9. St. Francis (Mt View) 302, 10. West Hills 310, 11. Bishop O'Dowd 311, 12. Placer 329, 13. Casa Grande 387, 14. Gunn 403, 15. Yosemite 404, 16. Irvington 407, 17. St. Ignatius 438, 18. Pleasant Valley 477, 19. Santa Cruz 481, 20. Lompoc 509, 21. Atascadero 525, 22. San Luis Obispo 547, 23. Palo Alto 582, 24. La Canada 628, 25. Petaluma 714, 26. Foothill 734, 27. Menlo-Atherton 740, 28. Bosco Tech 749, 29. Las Lomas 811, 30. Los Altos 812, 31. Concord 859.

### Division Three Individuals

(215 finishers)

1. Steve Immel (Livermore) 15:42
2. Jason Balkman (Lynbrook) 15:46
3. Darren Holman (Sonora) 15:53
4. Michel Jones (Livermore) 15:54
5. Javier Ramirez (Nordhoff) 15:59
6. Ryan Bartell (West Hills) 16:06
7. Keith Kennedy (San Leandro) 16:10
8. Gabe Szody (Foothill) 16:12
9. Micah Robles (Nordhoff) 16:17
10. Kevin Koeper (St. Francis) 16:23
11. Alex Teekell (Bishop O'Dowd) 16:23
12. Chris Graham (Crescent Valley) 16:24
13. Brian Slingsby (Cor Del Mar) 16:24



DAVE MITCHELL

Photo by Bill Cockerham

14. Ryan Lee (Del Oro) 16:25
15. Jeremy Mattern (Irvington) 16:27
16. Omar Vega (Nordhoff) 16:32
17. Pat Conlin (Corona Del Mar) 16:35
18. Caleb Casey (Placer) 16:38
19. Bobby Gomez (Crescent Valley) 16:38
20. Craig Swinyard (Crescent Vly) 16:39
21. Brad Hansen (St. Ignatius) 16:41
22. Neal Harder (Gunn) 16:42
23. Dan Dottavio (Placer) 16:46
24. Ryan Newstrum (West Hills) 16:48
25. Paul Woodward (Sonora) 16:48
26. Mike Caine (Irvington) 16:50
27. Jeremiah Moody (Pleasant Valley) 16:51
28. Mike Orellana (Sonora) 16:51
29. Stephen Boshart (Gunn) 16:53
30. Kohel Tsujimoto (Cor Del Mar) 16:55
31. Stewart Blain (West Hills) 16:56
32. Chris Coats (Del Oro) 16:58
33. Tim Padilla (Yosemite) 16:59
34. Tim Timmons (CorDel Mar) 17:01
35. Joseph Smith (Livermore) 17:04

### Division Four Teams

1. McFarland 39, 2. Morro Bay 77, 3. Santa Ynez 115, 4. Salesian 116, 5. Oak Park 130, 6. Yreka 164, 7. Piedmont 174, 8. Taft 181, 9. St. Mary's (Berkeley) 212, 10. Miramonte 254, 11. Calaveras 305, 12. Carpinteria 311, 13. Summerville 317, 14.



# PREP NOTES

## Bret Harte 326, 15. Crespi 377. Division Four Individuals (107 finishers)

1. Dave Mitchell (Morro Bay)	15:41
2. Aaron Gillen (Yreka)	15:52
3. Joe Taverner (Morro Bay)	16:04
4. Benjamin Galuan (McFarland)	16:09
5. Steve Brown (Piedmont)	16:13
6. Galvin Gonzalez (McFarland)	16:18
7. Trevor Strohmen (Morro Bay)	16:37
8. Luis Sanchez (McFarland)	16:39
9. Jose Galuan (McFarland)	16:40
10. David Bracket (Calaveras)	16:41
11. Ryan Myers (Santa Ynez)	16:43
12. Gabriel Diaz (McFarland)	16:45
13. Gerardo Soto (McFarland)	16:47
14. Nick Ratray (Oak Park)	16:47
15. Brandon Creason (Oak Park)	16:47
16. Rafael Iniguez (Santa Ynez)	16:52
17. Eduardo Santillan (Salesian)	16:55
18. Jon Evan Homsby (St. Mary's)	16:59
19. Rico Gomez (Morro Bay)	17:04
20. Jordan Jarosz (St. Mary's)	17:05

## Boys JV (269 finishers)

1. Scott Abbott (Jesuit)	16:45
2. Joe Rooks (Peninsula)	17:05

## Girls

## Division One Teams

1. Bend (Oregon) 36, 2. Peninsula 94, 3. Esperanza 111, 4. Irvine 149, 5. Hart 167, 6. Clovis West 170, 7. Madera 192, 8. Thousand Oaks 195, 9. Buena 210, 10. Mater Dei 287, 11. Atwater 30712. Bell Gardens 332, 13. Arroyo Grande 341, 14. Turlock 350, 15. Channel Islands 368, 16. Santa Rosa 382, 17. Rancho Coate 392, 18. Florin 540, 19. Grace Davis 602.
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## Division One Individuals (140 finishers)

1. Julia Stamps (Rincon Vly Junior)	17:40
2. Kortney Dunscombe (Bend)	18:23
3. Molly Mehberg (Peninsula)	18:37
4. Kim Mortensen (Thous Oaks)	18:42
5. Brynn Abby (Bend)	18:45
6. Jessica De La Cerdia (Hart)	18:47
7. Dana Ergenbright (Bend)	18:55
8. Jessica Corbin (Irvine)	19:13
9. Jaime Artzner (Peninsula)	19:16
10. Courtney Pugmire (Esperanza)	19:23
11. Amy Van Alta (Buena)	19:25
12. Carrie Caulkins (Esperanza)	19:27
13. Rhianon Glenn (Bend)	19:37
14. Allison Cowart (Bend)	19:38
15. Tara Marsden (Thous Oaks)	19:40
16. Jenny Titus (Esperanza)	19:41
17. Emilie Lawson (Clovis West)	19:45
18. Val Cornwall (Turlock)	19:48
19. Tangi Gallaway (Atwater)	19:52
20. Janille Clabome (Peninsula)	19:54

## Division Two Teams

1. Edison 67, 2. Canyon 83, 3. Bishop Amat 114, 4. Ocean View 131, 5. Aptos 133, 6. Righetti 148, 7. Napa 199, 8. Davis 206, 9. Claremont 233, 10. San Ramon 282, 11. Monte Vista 291, 12. Gahr 292, 13. Valley 307, 14. North (Bakersfield) 312.
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## Division Two Individuals (93 finishers)

1. Kim Nelson (Canyon)	18:40
2. Nicole Silva (Aptos)	19:02
3. Taryn Lawson (Ocean View)	19:22
4. Malinalli Martinez (Bish Amat)	19:23

5. Jamie Whitmore (Valley)	19:28
6. Kenna Masuda (Ocean View)	19:31
7. Kerry O'Bric (Edison)	19:38
8. Liz Verutti (Davis)	19:40
9. Carrie Quinn (Edison)	19:42
10. Amy Carling (Wooster)	19:44
11. Laura Flatauer (Canyon)	19:51
12. Janndee Evans (Edison)	19:51
13. Tina Bowen (San Ramon)	19:58
14. Molly Lawrence (Righetti)	19:59
15. Kristen Thompson (Canyon)	20:03

## Division Three Teams

1. St. Ignatius 64, 2. Corona Del Mar 78, 3. Carondelet 107, 4. Bishop O'Dowd 139, 5. Del Oro 222, 6. San Luis Obispo 229, 7. Chaminade 256, 8. Sonora 257, 9. Atascadero 260, 10. Crescent Valley 264, 11. Nordhoff 272, 12. La Canada 300, 13. St. Francis 359, 14. Palo Alto 360, 15. Santa Cruz 373, 16. Petaluma 429, 17. Las Lomas 450, 18. Yosemite 476, 19. Pleasant Valley 509, 20. Livermore 548, 21. Menlo-Atherton 565, 22. Burlingame 567, 23. Lompoc 618.
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## Division Three Individuals (168 finishers)

1. Dresden Howell (Cor Del Mar)	19:08
2. Kristen Gordon (Carondelet)	19:14
3. Tracy Clark (Corona Del Mar)	19:27
4. Ann Baldelli (St. Ignatius)	19:28
5. Marisa Daniel (Granada)	19:31
6. Anjelica Randall (O'Dowd)	19:32
7. Sally Cheda (Petaluma)	19:42
8. Laura Sandoval (St. Ignatius)	19:50
9. Maggie Hurst (Sonora)	19:52
10. Sara Pope (Del Oro)	19:53
11. Janice Kim (Palo Alto)	19:56
12. Stephanie Hovanick (Lynbrook)	19:58
13. Stephanie Libien (St. Ignatius)	19:59
14. Rachel Mosher (San Leandro)	20:01
15. Carolyn Colyar (Carondelet)	20:02
16. Amber Robinson (Las Lomas)	20:03
17. Danielle Dekker (St. Ignatius)	20:04
18. Mary Higgins (Chaminade)	20:05
19. Sarah Dien (La Canada)	20:17
20. Kate Roy (Atascadero)	20:18
21. Kylee Huggins (Crescent Valley)	20:19
22. Heather Taketa (Cor Del Mar)	20:19
23. Ashley Caro (Chaminade)	20:25
24. Candace Miles-Threatt (O'Dowd)	20:26
25. Vanessa Lund (San Luis Ob)	20:26

## Division Four Teams

1. Morro Bay 63, 2. Orange Lutheran 85, 3. Taft 111, 4. McFarland 112, 5. Yreka 140, 6. Miramonte 141, 7. Oak Park 151, 8. Louisville 183, 9. Bret Harte 208, 10. Piedmont 260, 11. Santa Ynez 268, 12. Carpinteria 290, 13. Calaveras 309.
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## Division Four Individuals (90 finishers)

1. Lori Fancon (Taft)	19:11
2. Christine Sanchez (McFarland)	19:27
3. Kristen Schreiber (Miramonte)	19:29
4. Siobhan Elster (Morro Bay)	20:08
5. Lucia Sanchez (McFarland)	20:25
6. Laurie Juranek (Orange Luth)	20:31
7. Faye Roundy (Morro Bay)	20:31
8. Jamie Herbst (Yreka)	20:37
9. Kristin Groncy (Orange Luth)	20:40
10. Tracy Bowling (Taft)	20:42
11. Julie Ortaleza (Santa Ynez)	20:49
12. Sue Phillips (Miramonte)	21:03
13. Danielle Wall (Carmel)	21:16



JAMIE WHITMORE

Photo by Bill Cockerham

15. Colleen Lavery (Louisville)	21:19
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## Girls JV (119 finishers)

1. Ashley Conover (Co Del Mar)	20:54
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## Artichoke Invitational

Half Moon Bay High School, October 3, 1993. Distance: 2.33 miles.

## Large Schools

## Boys Teams

1. Los Gatos 80, 2. Reed (Sparks, NV) 135, 3. Mission San Jose 152, 4. Del Campo 154, 5. Castro Valley 193, 6. Overfelt 201, 7. Douglas (Minden, NV) 221, 8. Mountain View 240, 9. Montgomery 284, 10. Manteca 285.
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## Boys Individuals

1. Knutsen (Del Campo)	11:30
2. Atwood (Castro Valley)	11:39
3. Bendzick (Mission San Jose)	11:44
4. Rutledge (Los Gatos)	11:47
5. Leija (Manteca)	11:57
6. Bentley (Douglas)	11:57
7. Del Rio (Overfelt)	11:59
8. Pitts (Mountain View)	12:06
9. Toomey (Montgomery)	12:07
10. Abein (Los Gatos)	12:08

## Girls Teams

1. Mission San Jose 63, 2. Reed (Sparks, NV) 75, 3. Silver Creek 107, 4. Los Gatos 141, 5. Douglas (Minden, NV) 149, 6. Castro Valley 171, 7. Del Campo 225, 8. East Union 382, 9. Lowell 388, 10. College Park 393.
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## Girls Individuals

1. Elissa Reidy (Mission San Jose)	13:44
2. Sara Dickman (Del Campo)	13:53

3. Lori Reidy (Mission San Jose)	14:01
4. Debra Blesch (Silver Creek)	14:09
5. Pamela Richardson (Montg)	14:11
6. Cheryl Medina (Silver Creek)	14:18

## Pebble Beach Invitational

Pebble Beach, October 2, 1993. Distance: 2.7 miles.

## Girls Teams

1. Santa Teresa 27, 2. Clovis 34, 3. North Monterey County 68, 4. Gilroy 81, 5. Hollister 96.
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## Girls Individuals

1. Maria Pleyete (Hollister)	17:3
(course record)	
2. Carrie Burman (Santa Teresa)	18:26
3. Vi Tran (Santa Teresa)	19:00
4. Kim Pilger (Clovis)	19:26
5. Lizette Jenness (Clovis)	19:46

## Nevada Union Invitational

October 2, 1993. Distance: 3 miles. from Rich McCann (Sacramento).

## Boys Teams

1. Nevada Union 58, 2. Franklin 86, 3. Enterprise 117, 4. Wood 167, 5. San Juan 186, 6. Fairfield 191, 7. Tokay 206, 8. Oakmont 254, 9. Rio Americano 262, 10. Folsom 301, 11. El Dorado 304, 12. Dixon 332, 13. McQueen (Reno) 37214. Ponderosa 431, 15. Elk Grove 480, 16. Mt. Shasta 486, 17. Bear River 493.
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## Boys Individuals

1. Carlson (Enterprise)	16:42
2. Bond (Nevada Union)	16:53
3. Meyer (Rio Americano)	16:55
4. Alexis (Fairfield)	17:01
5. Podol (Elk Grove)	17:06
6. Dearing (Oakmont)	17:08
7. Carter (Enterprise)	17:15
8. Moscorro (Franklin)	17:22
9. Kelley (South Tahoe)	17:25
10. Pimental (Franklin)	17:28
11. Hartman (Nevada Union)	17:35
12. Gonzalez (E. Nicolaus)	17:38
13. Alcaraz (Franklin)	17:42
14. Benson (Nevada Union)	17:45
15. Rodriguez (Marysville)	17:52

## Girls Teams

1. Elk Grove 71, 2. Nevada Union 79, 3. Central Valley 104, 4. Wood 118, 5. Dixon 152, 6. Ponderosa 171.
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## Girls Individuals

1. Shindler (Ponderosa)	19:14
2. Maschmeir (Elk Grove)	19:19
3. Nelson (Nevada Union)	19:57
4. Hassen (Nevada Union)	20:10
5. Martinez (Wood)	20:11
6. Schweitzer (Marysville)	20:40
7. Bersbach (Elk Grove)	20:48
8. Irwin (Central Valley)	21:05
9. Cowan (Central Valley)	21:08
10. Finn (South Tahoe)	21:09
11. Spurlock (Dixon)	21:10
12. Allen (Mira Loma)	21:11
13. Hunter (Central Valley)	21:14
14. Hardenbrugh (Casa Roble)	21:17
15. Bingoli (Nevada Union)	21:18



# California Track and Cross Country **COACHES ALLIANCE**

## NOTES FROM DOUG SPECK

### ✓ ASHLEY BETHEL

Ashleys Bethel, who will be in the eighth grade this Fall in El Toro, shocked with a 19-7 1/4 Long Jump in the Age 13-14 division of the USA Track & Field Youth Nationals at the University of Houston in early July. The mark for the obviously very advanced junior high star would have been the third best California high school mark (behind Marion Jones' 22-0 1/2 and Amy Littlepage's 20-5) this past season, and amazingly would have been the equal #10 performance by a high schooler this past outdoor season. Along with fellow seventh grader, ANGELA WILLIAMS (Ontario), whose sprint career continues in fine style, with an 11.79 100m best this past summer (equal #15 high school auto-timed mark of the year), there should be some great viewing and action for track fans over the next five years before these stars leave the prep ranks!

### ✓ MEBRAHTOM KEFLEZIGHI throws out national challenge

Coach Ed Ramos of San Diego H.S. may be blessed with another star of the ability level of his school's Marc Davis, 1986 Foot Locker National Cross Country Champion, with current charge, soft-spoken twelfth grader, Mebrahtom Keflezighi, indicating a seasonal goal of doing a good job at the Foot Locker National Championships. Keflezighi, a native of Etria, an area that recently broke away from Ethiopia, has steadily improved during his running career at San Diego High School, with a sterling effort in his first 1993 Invitational competition at San Buenaventura State Beach in the Seaside Invitational on September 11th. Breaking away from a good pack of runners after 660 yards, Mebrahtom charged through the flat and fast cement trail course, passing two miles in 9:26 on the way to a 14:15 finish. The course record here is 14:14 by former Foot Locker National Champion Louis Quintana (Arroyo Grande HS) 1990, with Bryan Dameworth (Agoura), another Foot Locker national titlest, 14:24 here in 1989. Obviously our current star is in very select company.

Last spring in track Keflezighi was 4:11.48 for 1600m (nation's #4 returnee this year in that event) and 9:09.26 for 3200m (#8 returnee nationally). A steady summer of running had him put in a minimum of five miles per day, "taking a day off every couple of weeks," with a long effort of ten miles.



**MEHBRATOM KEFLIZIGHI**

*Photo by Doug Speck*

Tenth in last year's Western Regional in the Foot Locker Championship series, Keflezighi's eyes lit up when questioned on the possibility of showdowns with fellow African, Kenya's Robert Keino, a twelfth grade student at Ridgewood HS in New Jersey, the top

returnee from the Foot Locker National Championships, at third, and last year's Arcadia/Foot Locker Invitational 3200m champion over a top field at 9:02.73.

The Foot Locker National Finals race at San Diego seems to always have a local favorite, with the successes of area stars Mark Dani, Kira Jorgensen, Marc Davis, and Milena Glusac adding to the Championship weekend crowd support. If all goes well this Fall, it seems as if another local, one who can daily jog past the Morley Field course, will help to make the early December weekend a big one for locals.

### ✓ PASSING OF THE GUARD-- The New Young Ladies on the Block

Some pretty spectacular running took place during the weekend of October 2nd, with two female ninth grade stars, neither new to the running game, but relatively unknown nationally at the prep harrier level, exploding to the fore-front with amazing races.

At the Magic City Invitational in Birmingham, Alabama, Erin Davis, frosh leader of the #2 ranked nationally Saratoga Springs, NY team, individually handled third place finisher from last year's Foot Locker National Championships, Amy Skieresz (Agoura, Ca), with a 16:38.5-17:19.2 margin of victory. Davis, latest star out of the annually very strong Saratoga Springs program of Art and Linda Kranick, has some "pre-high school" credentials, racing the fastest 3000m by an 8th-12th grader in the nation last year at 9:43.47 (worth under 10:30 for 3200m) while winning the New York State High School outdoor title (7th graders and up can compete in New York during the high school season).

"Out West" some of the same quality action was taking place that 10/2 weekend at the Stanford Invitational, with ninth grader from Rincon JHS in Santa Rosa, Julia Stamps, taking apart a pretty good group, led by Bend (Or), the nation's top ranked female team, with Kortney Dunscombe (22nd in last year's Foot Locker title run), that squad's leader. Blasting a 5:15 first mile on the rolling Stanford golf course, Stamps raced away to a 200 meter triumph over Dunscombe and the pack, shocking with her 17:40 effort to the Bend star's 18:23 in second. While not listed

*continued next page...*



## California Track and Cross Country COACHES ALLIANCE

in official meet results, it is believed that Stamps' 17:40 is a course record for preps (and would have placed twelfth in a good quality Women's Collegiate Invitational race the same day there). Julia has done some fine running previous to her effort here also, racing 4:38.35 for 1500 meters and 10:01.7 for 3000m on the track during her eighth grade year. Not yet fifteen, Stamps showed a special competitiveness during a fifth place performance in the U.S. Junior Nationals last June over 3000m against girls as much as five years older than her.

Dan Aldridge, fastest prep 880 yard runner in the nation at 1:49.7 in 1975 for nearby Petaluma HS and two-time NCAA Division II 1500m champ at Cal Poly, SLO, has assisted Stamps the last couple of years, and we caught up with him the day after her great run at Stanford. When asked if her performance at Stanford was a surprise, he replied, "When she broke a good local two mile course record by 40 seconds a couple of weeks back we figured she was ready for something big." Stamps has competed in track and cross-country since age nine, with Aldridge indicating that she averages 30-40 miles per week year-round in her training, with an eye to undertraining at this stage in her career. Aldridge notes a special intensity in the weight room by our young star, leaving her quite a bit stronger than girls her age. Santa Rosa, the high school Julia will attend next year is a three year (grade 10-12) school, with her junior high, Rincon, having the sport at the frosh level, so she is restricted to competing there this season. Her junior high is placed at the Div IV "Small Schools" level, meaning she can probably waltz through competitions all the way up through the state finals. With California preps going through a four weekend consecutive cycle in November and December of Section Finals--State Meet--Foot Locker Regional--Foot Locker Nationals, the perceptive Aldridge figures her comfortable domination of competition at her level up through the state meet will leave her fresh for the Foot Locker series.

Ah, yes (!), Julia has the same goals as every teenager in America who straps on her running shoes, to do a good job in her Foot Locker Regional and qualify on to the National Finals in San Diego in December. The Coach did wonder where Julia fit in against the other top girls in the nation. Interestingly, the Stanford course does not run too tremendously different timewise for most from the Foot Locker Regional course at Woodward Park in

Fresno or the National Finals course in San Diego, with a comparison in recent years showing that our star should be a "front pack favorite" in both affairs. Stamps will travel to the Mt. SAC Invitational the weekend of October 23rd to do battle with Amy Skiersz, Carrie Garritson, and the rest of the Golden State's best.

### ✓ CALIFORNIA ATHLETES AROUND THE NATION

FOLLOWING INFORMATION WAS PICKED OUT OF 'X-COUNTRY X-PRESS' the most complete coverage of the fall harrier sport nationwide. great job by Walt Murphy with added sponsorship by Reebok lately. publication available for \$25.00 first year from: X-Country X-Press, PO Box 994 - Forest Hills, NY 11375. (718) 291-0489.

**Dual Meet - Ithaca, NY - 9/10 - 5.16 mi.**

3. Mike Bernstein (Military Academy/Garden Grove HS) 26:12 (#2 on team, Army 23-Cornell 32).

**Tri- East Lansing, Mi - 9/11 - 8k**

3. Margarito Casillas (Arizona/Hoover HS, Glendale) 25:19. (#1 runner Arizona 3rd Tri-Michigan 37-E. Mich 41-Ariz 42).

**Adams State Inv - Alamosa, Co - 9/11 - 8k (7600' altitude)**

(Men) 18. Paul De la Cerda (Unat/Granada Hills HS) 27:35.

(Wom) 7. Karen Talamantes (Adams St) 19:39...12. Monique Smith (Adams State/Diamond Bar HS/Mt. SAC) 20:13 (#5 & #7 on team, team 1st out of three scoring).

**Montana State Inv - Missoula, Mt 9/11 - 5k**

2. Alisa Nicodemus (Utah State/Grossmont HS, La Mesa) 17:51, 3. Christy Olivera (Idaho State/West Valley HS, Cottonwood) 17:56 (both #1 runners for teams, Idaho State 3rd and Utah State 6th out of seven scoring teams).

**Tri-Leesburg, Va - 9/11 - 5k**

3. Sarah Riley (Notre Dame/Campolindo HS, Moraga) 18:12...5. Miesha Marzell (Georgetown/Bishop O'Dowd HS, Oakland) 18:29. (Riley #1 Notre Dame, Marzell #3 Georgetown - Georgetown 21 point winners, Notre Dame 40 points for second of three scoring teams).

**Jayhawk Inv - Lawrence, Ks - 9/11 - 5k**

2. Shelley Taylor (Arkansas/Edison HS, Hunt Bch) 18:29. (#2 runner team, Arkansas 16 point winners of 8 scoring teams).

**Abilene Christian Inv - Abilene, Tx 9/11 - 9K**

6. Derek Kite (Lubbock Christian) 25:45 (#3 runner on Lubbock 29 point winners out of seven scoring teams).

**Fordham Inv - Van Cortlandt Park, NY 9/11 - 5k**

(Women) 2. Becky Spies (Villanova/Livermore HS) 17:46. (#2 runner Villanova team 17 points - 4 team competition)

(Men) 5.0 mi 4. Dave Hartman (Villanova/Canyon HS, Canyon) 25:27...13. Todd Tressler (Villanova/San Marcos HS, Santa Barb) 26:07. (#1 and #5 on Villanova team, Quintana did not run) (Team first with 41 points out of eight scoring teams).

**Whitman Inv - Walla Walla, Wa 9/11 - 5k**

8. Tanya Thayer (Boise State Univ/Serrano HS) 19:27. (#3 on team, team 2nd of 8 in race)

**Baylor Inv - Waco, Tx - 9/17 - 4.0 miles (88 degrees)**

2. Brian Keim (Baylor/San Pasqual HS, Escondido) 20:00...Monk (Baylor/Fairfield HS) 20:20 (#1 and #3 runners on winning Baylor team (33 points 7 scoring teams).

**Midwest Inv - Kenosha, Wi - 9/18 - 8k rolling**

17. Kyle Dando (Purdue/Bellarmind HS, San Jose) 25:34 (#2 Purdue man - team 5th out of 31 teams).

**Wayland Baptist Inv - Plainview, Tx - 9/18 - 5.0 miles**

4. Derek Kite (Lubbock Christian) 25:26. (#4 team nonscoreing meet)

**Hawaii Inv - Honolulu, Hi - 9/18 - 5k**

7. Maribella Aparicio (BYU/Fillmore HS) 17:56 (#5 on team - team

1st with 20 points 7 scoring teams)

**Wake Forest Classic - Winston-Salem, NC 9/18 - 5k**

6. Steve Guernini (Wake Forest) 16:12 (6th man - team 15 point total - 5 teams).

**Woody Greno/Nebraska Inv - Lincoln, Ne - 9/18 - 5k - steady rain, wet and muddy.**

12. Christina Blackmer (Univ Ne/Lincoln-Upland HS) 18:57 (#4 on winning Nebraska team--28 points out of eleven scoring teams).

**Tri-way - Iowa City, Ia - 9/18 - 8k**

4. James Menon (Wisconsin/San Luis Obispo HS) 25:18, 5. Bryan Dameworth (Wisconsin/Agoura HS) 25:24. (#2 and #3 on winning Wisconsin team (28 points in tri).

**National Catholic Meet - Notre Dame, In - 9/24 - 5k**

2. Sarah Riley (Notre Dame/Campolindo HS) 18:06. (#2 runner on winning Notre Dame team (29 points) 23 scoring teams).

*continued next page...*



# 1993 STATE HIGH SCHOOL TRACK & FIELD TEAM RATINGS

By Ray Scofield and Doug Speck

Once again we have tried to take a slightly different way of looking at rating the state's prep track & field programs, with the scoring in the following system based on a "50-deep" basis, with the top time or mark in an event from the season past through July 1st being awarded fifty points, second best forty-nine, all the way down to one point for the fiftieth best mark statewide. In events up through 200 meters only Accutrack marks were considered with wind-aided or "no wind info" marks not considered. As always, this is a compilation done in the spirit of fun, with obvi-

ously many more teams able to score than the June State Track competition.

## WOMEN

Given a little bit of time you could have probably come up with the main "team actors" on this Women's side, with the Long Beach Poly 1993 team one of prep track history's greatest squads ever. Coach Don Norford's Jackrabbits scored in eleven spots in the flat events up through the 800 meters, led the state in both relays, and had fine field eventers Savant Williams and Pam Simpson add to

the school's monster 629.5 total. A new visitor to the top ranks is Skyline (Oakland), dropping in at fifth place, with Coach Darrel Hampton showing the difference that one person can make with a concentrated effort with what he figures is a special group of teenagers. The Skyline crew traveled far and wide to face the best, with more coming forth from this talented young Bay Area crew.

## 1993 WOMEN'S TEAM TOTALS

1. Poly, Long Beach	629.5
2. Bishop O'Dowd, Oakland	561.5
3. Wilson, Long Beach	544.5
4. Logan, Union City	507.0
5. Skyline, Oakland	497.0
6. Morningside, Inglewood	441.5
7. Morse, San Diego	325.0
8. Muir, Pasadena	320.0
9. Bakersfield	289.5
10. Fallbrook	239.5
11. Hoover, Fresno	238.5
12. Thousand Oaks	233.0
13. Quartz Hill	220.5
14. Newport Harbor, Newport Bch	216.5
15. Mt. Miguel, Spring Valley	212.0
16. Downey, Modesto	206.5
17. Independence, San Jose	204.5
18. Agoura	199.0
19. Etiwanda	193.0
20. San Pasqual, Escondido	181.0
21. Los Gatos	177.5
22. Esperanza, Anaheim	164.5
23. Orange Glen, Escondido	163.0
24. Canyon Springs, Moreno Valley	158.5
25. Pius X, Downey	155.0
26. St. Francis, Mountain View	153.5
27. Arcadia	149.5
28. Franklin, Stockton	148.0
29. Laguna Hills	146.0
30. Corona del Mar, Newport Beach	140.0
31. Amador Valley, Pleasanton	139.0
32. Channel Islands, Oxnard	136.5
Los Alamitos	136.5
34. Lynwood	132.5
35. St. Ignatius, San Francisco	127.0
Torrance	127.0
37. Del Mar, San Jose	125.5

## SPECK NOTES, continued

### Morven Park Inv - Leesburg, Va - 9/25 - 5K

(Women) 4. Becky Spies (Villanova/Livermore HS) 17:14...10. Miesha Marzell (Georgetown/Bishop O'Dowd HS, Oakland) 17:44. (Spies #3 runner winning Villanova team 43 points (17 scoring teams). Marzell #2 runner Georgetown team 2nd 71 points).

(Men) 8K 4. Louie Quintana (Villanova/Arroyo Grande HS) 25:24. 5. David Hartman (Villanova/Canyon HS, CC) 25:27...25. Quinonez (Georgetown/Santa Ana HS) 26:01...30. Todd Tressler (Villanova/San Marcos HS, SB) 26:10. (Villanova Californians #1, #2, and 6 for winning team with 47 points (14 scoring squads). Quinonez #7 for 2nd place Georgetown (52 points).

### SMU Inv - Dallas, Tx 9/25 - 8K

5. Derek Kite (Lubbock Christian) 24:54...8. Ben Mesfen (SMU/Venice HS) 25:07...19. Jordan (SMU/Venice HS) 26:20. (Kite #4 for winning Lubbock team (17 points). Mesfen #1 and Jordan #3 for SMU (3rd 115 points).

### Mountain West Classic - Missoula, Mt - 9/25

(Women) 6k 4. Milena Glusac (Oregon/Fallbrook HS) 20:50...10. Niamh Zwagerman (Oregon) 21:19...23. Suzanne Castruita (Arizona/West Covina HS) 21:55...39. Maribella

Aparicio (BYU/Fillmore HS) 22:23. (16 scoring teams--Glusac #1-Zwagerman #3 (!) Oregon team 3rd 78, Castruita #2 Arizona (team 5th 136), Aparicio #6th BYU (team 2nd 62). Melody Fairchild back at Oregon 30th place 22:09. (Men) 8K 31. Margarito Casillas (Arizona/Hoover HS, Glend) 25:19...36. Peter Oviatt (TesseraCTC/Agoura HS) 25:26. (Casillas #1 Arizona).

## ✓ 9/27 NCAA Polls: (rankings nationally with prominent Californians)

### Div I -- (Men)

- #3 Villanova (Louie Quintana-Dave Hartman-Todd Tressler)
- #4 Wisconsin (James Menon-Bryan Dameworth)
- #5 Georgetown (Francisco Quinonez)
- #18 Wake Forest (Steve Guerini)

### Div I -- (Women)

- #1 Arkansas (Shelley Taylor-Deena Drossin-Jamie Park)
- #2 Villanova (Becky Spies)
- #4 Georgetown (Miesha Marzell-Michelle Muething)
- #6 BYU (Maribella Aparicio)
- #8 Oregon (Milena Glusac-Niamh Zwagerman)
- #15 Nebraska (Christina Blackmer)
- #18 Arizona (Suzanne Castruita)

continued next page...



# California Track and Cross Country COACHES ALLIANCE

38. Moreno Valley	122.5
39. Hawthorne	122.0
40. North, Bakersfield	118.5
41. Edison, Fresno	112.5
42. Edison, Huntington Beach	112.0
43. Valley, Sacramento	110.5
44. Hogan, Vallejo	109.5
45. San Marino	106.0
46. Upland	105.0
47. Rio Mesa, Oxnard	103.0
48. American, Fremont	100.5
49. University, Irvine	99.5
50. Ygnacio Valley, Concord	99.0
51. Atwater	98.0
Redwood, Visalia	98.0
53. Canyon, Anaheim	97.0
Pomona	97.0
55. Gahr, Cerritos	96.5
Rancho Bernardo	96.5
57. University, Los Angeles	94.0
58. Folsom	93.5
59. Leigh, San Jose	92.0
Tulare	92.0
61. Aptos	91.0
South, Bakersfield	91.0
63. Nordhoff, Ojai	89.0
64. Patrick Henry, San Diego	88.5
65. Dana Hills, Dana Point	88.0
66. Bonita Vista, Chula Vista	86.0
67. Fillmore	85.0
Temecula Valley, Temecula	85.0
69. Warren, Downey	84.5
70. Oak Park	84.0
71. Pittsburg	82.83
72. Mt. Pleasant, San Jose	82.5
73. Fortuna	80.5
74. Berkeley	80.0
75. Cate, Carpinteria	79.0
Westlake, Westlake Village	79.0
77. Bullard, Fresno	78.5
78. Clovis West	77.0
79. Central, Fresno	76.0
North, Riverside	76.0
81. Watsonville	75.5
82. Presentation, San Jose	75.0
83. Arlington, Riverside	73.5
84. Mission San Jose, Fremont	72.5
85. St. Joseph, Santa Maria	71.5
86. Rincon J.H., Santa Rosa	70.0
87. Walnut	69.5
88. Arroyo Grande	67.0
89. Mira Costa, Manhattan Beach	66.33
90. Nogales, La Puente	66.0
91. Ocean View, Huntington Beach	65.0
92. Downey	64.0
93. Carondolet, Concord	63.0
94. Charter Oak, Covina	61.5
San Dimas	61.5

96. St. Bernard, Playa del Rey	61.0
San Marcos, Santa Barbara	61.0
Silver Creek, San Jose	61.0
Wasco	61.0
100. Paramount	60.5
Washington, San Francisco	60.5

## TOP FIVE TEAMS/INDIVIDUAL SCORERS

### 1. POLY, LONG BEACH (629.5)

100- Andrea Anderson 11.54, 100- Aminah Haddad 11.66, 100- Channelle Anderson 12.41. 200- Andrea Anderson 23.60, 200- Aminah Haddad 23.67, 200- Latasha Prothro 24.99, 200- Channelle Anderson 25.38. 400- Latasha Prothro 55.35, 400- Andrea Anderson 56.6, 400- Jalauna Gilford 57.09. 800- Sherron Rhett 2:11.68. HJ- Savant Williams 5-8. LJ- Pam Simpson 18-10 1/2, Channelle Anderson 18-0 1/4. 4 x 100 45.59. 4 x 400 3:42.75.

### 2. BISHOP O'DOWD (561.5)

100- \*Bisa Grant 11.93. 200- \*Bisa Grant 24.40. 400-\*\*\*Crystal Miles-Threath 55.78, 400-\*\*\*Candace Miles-Threath 57.8. 800- Miesha Marzell 2:09.13, 800-\*\*\*Candace Miles-Threath 2:13.71. 1600- \*Anjelica Randall 5:06.27, 1600- Miesha Marzell 5:07.9. 100H- \*Bisa Grant 14.11, 100H-\*\*\*Anaya Grant 14.78. 300H-\*\*\*Anaya Grant 44.94. HJ- \*\*Janella Churchill 5-8. TJ-Kendra Johnson 37-4 3/4. 4 x 100 47.71. 4 x 400 3:44.96.

### 3. WILSON, LONG BEACH (544.5)

100- \*\*Lakeisha Backus 11.65, 100-Karen Vigilant 12.25. 200- \*\*Lakeisha Backus 24.28, 400- \*Michelle Nelson 56.50. 800- Erica Sumi 2:14.47. 1600- Erica Sumi 4:58.46, 1600-Christine Lewis 5:07.55. 3200- Erica Sumi 11:00.56. 100H-Karen Vigilant 15.02. 300H-Karen Vigilant 43.31. LJ-Sandra Robertson 18-2 1/2. LJ-\*Michelle Nelson 17-7 1/2. TJ-Karen Vigilant 37-0 1/4, TJ-Sandra Robertson 36-2 1/4. 4 x 100 46.94. 4 x 400 3:54.00.

### 4. LOGAN (507.0)

100- \*\*Kelli White 12.08, 100-\*\*\*Jemae Wright 12.24, 100-\*Noquilla Goods-Guidry 12.30. 200- \*\*Kelli White 24.68, 200-\*\*\*Jemae Wright 25.60. 400-Charlene Baldwin 57.28. 100H-\*Sunshine Peterson 14.61, 100H- \*\*Monique Dale 15.32. 300H- \*\*Monique Dale 44.64, \*Sunshine Peterson 45.14. HJ- \*\*Alicyn Chappelle 5-6. LJ- \*Hadiya Green 17-6, LJ-\*\*\*Jemae Wright 19-

3 1/2. TJ-\*Hadiya Green 37-3, TJ- \*\*Alicyn Chappelle 36-2 1/2. 4 x 100 46.47. 4 x 400 3:44.96.

### 5. SKYLINE (497.0)

100- \*\*Aisha Wallace 12.01, 100-Malika Freeman 12.10. 200-\*Angela Harris 24.85, 200- \*\*Aisha Wallace 25.18, 200-Malika Freeman 25.33, 200-\*Reyna Goodwin 25.70. 400- Malika Freeman 55.88, 400- \*\*Kaselah Crockett 57.84, 400-\*Reyna Goodwin 58.09. 100H- \*\*Sakai Metcalf 15.44. 300H-\*Angela Harris 42.4. LJ- \*\*Jodi Bailey 18-1, LJ- \*\*Jaime Bailey 17-5 1/2. TJ- \*\*Sakai Metcalf 37-11 1/2. 4 x 100 46.05. 4 x 400 3:43.0, 4 x 400 (B Team) 3:59.94

## TOP TEN INDIVIDUALS (TOTAL SCORES ADDED UP)

1. Marion Jones (Thousand Oaks)	150
2. Ebonie Henderson (Bakersfield)	142.5
3. Cheeza Figueroa (Quartz Hill)	141.5
4. Bisa Grant (Bishop O'Dowd)	138.5
5. Andrea Anderson (Poly, Long Bch)	134
6. Karen Vigilant (Wilson, Long Bch)	132
7. Cavetra Mitchell (Los Alamitos)	124.5
8. Erica Sumi (Wilson, Long Beach)	123.5
9. Keisha Doby (Lynwood)	109
10. Amy Skiersz (Agoura)	103

## MEN

Probably historically the State's best all-around sports school, Bakersfield, had an extremely talented group in 1993 that won this "depth" competition with 406.5 points. Scoring in seven different individual events and high in both Relays, Coach Mark Perry's team was young, with a super group back, led by State 800m champ Vondre Armour. Coach Bob Loney of Upland had a super group of athletes arrive as seniors in 1993 and finished with the Highlander's highest placing ever in second. Coach Ed Barber had the Harrison brothers and some fine athletes in other areas of the program to score third. San Diego was another pleasant surprise in filling out the top ten

## 1993 MEN'S TEAM TOTALS

1. Bakersfield	406.5
2. Upland	400.5
3. North, Salinas	398.5
4. Merced	385.0

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# California Track and Cross Country COACHES ALLIANCE

5. Muir, Pasadena	357.5
6. Hart, Newhall	336.0
7. Esperanza, Anaheim	312.0
8. Morningside, Inglewood	309.0
9. St. Mary's, Berkeley	308.0
10. San Diego	231.5
11. Dorsey, Los Angeles	230.45
12. Clovis West, Fresno	221.0
13. Highland, Bakersfield	220.0
14. Lemoore	202.0
15. Mt. Pleasant, San Jose	190.5
16. Fremont, Los Angeles	189.0
17. Nogales, La Puente	188.0
18. Diamond Bar	183.5
19. St. Francis, Mountain View	181.75
20. American, Fremont	180.0
21. San Pasqual, Escondido	176.5
22. Arroyo Grande	173.5
23. Vallejo	171.0
24. University City, San Diego	168.5
25. Helix, La Mesa	166.5
26. Highlands, North Highlands	165.5
27. Logan, Union City	164.0
28. Poly, Long Beach	161.7
29. Foothill, Santa Ana	160.0
30. Bellamine, San Jose	159.0
31. Canyon Springs, Moreno Valley	157.0
32. Wilcox, Santa Clara	157.0
33. Birmingham, Van Nuys	155.5
34. Inglewood	155.0
35. Madera	153.5
36. Los Gatos	151.5
37. Mira Mesa, San Diego	150.0
38. Bella Vista, Fair Oaks	147.5
39. Silver Creek, San Jose	147.5
40. Amador Valley, Pleasanton	144.5
41. Gardena	138.75
42. Hawthorne	136.5
43. El Capitan, Lakeside	133.0
44. Rancho Buena Vista, Vista	128.5
45. St. Ignatius, San Francisco	126.5
46. Jesuit, Sacramento	126.0
47. Newport Harbor, Newport Bch	122.5
48. Agoura	122.0
49. Roosevelt, Fresno	120.0
50. Hoover, Fresno	119.5
51. North, Riverside	116.0
52. Downey	115.0
53. Nevada Union, Grass Valley	108.0
54. Katella, Anaheim	106.0
55. Canyon, Canyon Country	105.5
56. Eisenhower, Rialto	105.5
57. Mission Bay, San Diego	103.0
58. Taft, Woodland Hills	100.0
59. Yreka	100.0
60. Oak Grove, San Jose	99.0
61. Trabuco Hills, Mission Viejo	99.0
62. Mt. Eden, Hayward	98.0

63. Mt. Carmel, San Diego	97.5
64. Duarte	97.0
65. Del Mar, San Jose	95.5
66. Bell Gardens	95.0
67. De La Salle, Concord	95.0
68. Menlo-Atherton, Atherton	93.5
69. Loyola, Los Angeles	91.5
70. Burbank	91.0
71. Patrick Henry, San Diego	89.5
72. Piedmont Hills, San Jose	89.5
73. Orange	89.0
74. Woodbridge, Irvine	88.5
75. Alta Loma	88.0
76. Taft	87.5
77. Hoover, Glendale	87.0
78. Washington, Los Angeles	87.0
79. Brea-Olinda, Brea	86.0
80. Poly, Riverside	85.0
81. St. Bernard, Playa Del Rey	83.75
82. Redlands	83.25
83. Quartz Hill	82.0
84. West, Bakersfield	79.5
85. Indio	78.5
86. Atwater	77.0
87. Dominguez	77.0
88. Mt. Miguel, Spring Valley	76.5
89. King City	76.0
90. Fallbrook	73.0
91. Lynwood	73.0
92. Monroe, Sepulveda	72.5
93. Rowland, Rowland Heights	72.5
94. River City, West Sacramento	72.0
95. Saddleback, Santa Ana	71.5
96. Yerba Buena, San Jose	71.0
97. Centennial, Corona	69.0
98. Livermore	69.0
99. Rancho Bernardo, San Diego	69.0
100. Orange Glen, Escondido	68.5

## TOP FIVE TEAMS/ INDIVIDUALS

### 1. BAKERSFIELD (406.5)

100-Steve Wofford 10.93. 200-Atlas Kendrick 22.17. 400-Vondre Armour 48.0. 400-Atlas Kendrick 48.16. 400-Wayne Armour 49.41. 800-Vondre Armour 1:50.13. 110H-Larry Parker 14.48. SP-Jeremy Staat 54-2, SP-Jaime Jalving 53-6 1/2. Disc-Jeremy Staat 177-7. Disc Jaime Jalving 162-9. 4 x 100 41.7. 4 x 400 3:14.48.

### 2. UPLAND (400.5)

1600-Jim Cera 4:15.89. 3200-Jim Cera 9:14.80. 110H-Gerimi Burleigh 14.26. 110H-Lucas Haan 14.64. 300H-Andrew Werhane 38.13. PV-Jeremy Parker 15-9. TJ-Gerimi

Burleigh 47-3 1/2. SP-Tyson Lingenfelter 63-11. Disc-Tyson Lingenfelter 181-6. 4 x 100 42.46. 4 x 400 3:23.33.

### 3. NORTH, SALINAS (398.5)

100-Alvin Harrison 10.73. 200-Calvin Harrison 20.57. 400-Calvin Harrison 45.07. 400-Alvin Harrison 46.25. HJ-Donnell Harris 6-7. TJ-Eric Knight 46-6 3/4. SP-Daniel Greer 53-10 3/4. 4 x 100 41.63. 4 x 400 3:14.19.

### 4. MERCED (385.0)

100-Anthony Volsan 10.52. 100-Lindsey McDonald 10.64. 200-Anthony Volsan 21.47. 200-Lindsey McDonald 21.50. 800-Brian Wilkinson 1:49.50. 800-Eric Caldwell 1:55.7. 1600-Brian Wilkinson 4:08.13. 4 x 100 41.42. 4 x 400 3:18.70.

### 5. MUIR, PASADENA (357.5)

100- Gabriel Baldwin 10.80. 400-Ken Haslip 48.22. 110H-Gerald Stamps 14.23. 110H-Andy Colbert 14.49. 300H-Ken Haslip 37.09. 300H-Gerald Stamps 38.5. LJ-Joaquin Clay 22-8 1/2. TJ-Joaquin Clay 45-7 1/4. 4 x 100 41.43. 4 x 400 3:16.23.

## TOP TEN INDIVIDUALS

1. Edward Turner (Morning., Inglwd)	189.0
2. Alvin Harrison (North Salinas)	139.0
3. Kory Jones (Fremont, LA)	107.0
4. Paul De La Cerda (Hart, Newhall)	104.0
5. Mebrahtom Keflezighi (San Diego)	104.0
6. Calvin Harrison (North Salinas)	100.0
7. Brian Wilkinson (Merced)	100.0
8. Tyson Lingenfelter (Upland)	99.0
9. Chad Peare (Trab Hills, Miss Viejo)	99.0
10. **Bryan Howard (Cyn Spr, MVly)	98.0

## TOP TEN TEAMS COMBINED

	Men	Women	Total
1. Poly, Long Beach	161.7	629.5	791.2
2. Morningside, Inglewood	309.0	441.5	750.5
3. Bakersfield	406.5	289.5	696.0
4. Muir, Pasadena	357.5	320.0	677.5
5. Logan, Union City	164.0	507.0	671.0
6. O'Dowd, Oakland	43.0	561.5	604.5
7. Wilson, Long Beach	0.0	544.5	544.5
8. Upland	400.5	105.0	505.5
9. Skyline, Oakland	0.0	497.0	497.0
10. Esperanza, Anaheim	312.0	164.5	476.5



# RESULTS

Please send track & field / cross country results directly to: CTN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

## TRACK & FIELD

### Throws Series #17

June 26, Stanford University.

35# Weight Throw--M70-74: 1. Bob Stone 26-8. M40-44: 1. Gary Kelmenson 40-9. M35-39: 1. Eric Hodgdon 40-6 1/2. Open: 1. Shane Jackson 46-1.

Hammer--M70-74: 1. Bob Stone 78-9. M40-44: 1. Dave McKenzie 208-0. M35-39: 1. Eric Hodgdon 123-1. M30-34: 1. Torre Gustafsson 225-2. M/Open: 1. Shane Jackson 158-1. W/Open: 1. Debbie Tempelton 139-1.

Shot--M40-44: 1. Dave McKenzie 50-2 1/2. M40-44: 1. Gary Kelmenson 37-8 1/2. M35-39: 1. Eric Hodgdon 43-1 1/4. M/Open: 1. Ron Beach 42-2 1/2.

Discus--M55-59: 1. Joe Keshmiri 164-2. M40-44: 1. Gary Kelmenson 112-6.

Javelin--M40-44: 1. Tony Grant 167-4. M40-44: 1. Gary Kelmenson 124-2.

### SCA/USAT&F Masters District Championships

June 27, Cerritos College.

5K Racewalk--M70-74: 1. Jorge Newberry 35:36.4. M60-64: 1. Mel Schultz 29:33.0. M50-54: 1. Don DeNoon 22:02.3. 2K Steeplechase--M65-69: 1. Avery Bryant 8:51.2. 3K Steeplechase--M55-59: 1. Jim Bevins 12:42.2. M50-54: 1. Luigi Schiavo 14:45.7. M35-39: 1. Neal Bojko 11:21.5.

3000 Meter--M60-64: 1. Ray Archibald 14:00.7. M45-49: 1. Otto Petersen 12:22.2. M40-44: 1. Steve Kellmyer 10:15.0. M35-39: 1. Joe Steinman 11:27.0. 80m Hurdles--W40-44: 1. Debby Sweezy 12:20. M70-74: 1. Burl Gist 15.94. 100m Hurdles--M60-64: 1. Will Robinson 18.12. M55-59: 1. Alvin Henry 15.94. M45-49: 1. Sheridan Groves 18.50. 110m H--M30-34: 1. Lavell Davenport 15.98.

4x100 Relay--M45-49: 1. Monsoon TC 51.51. 800--W55-59: 1. Jeanne Hoagland 2:49.29. W30-34: 1. Joan Case 2:33.3. M65-69: 1. Louis Beadle 2:47.45. M60-64: 1. Ross Dunton 2:31.8. M55-59: 1. Jesse Carrington 2:29.13. M50-54: 1. George Cohen 2:09.63. M45-49: 1. Rob Russell 2:07.01. M40-44: 1. Jonathan Kilroy 2:04.77. M35-39: 1. William Harry 2:00.29. M30-34: 1. Joe Gilboy 2:05.55.

100m--W60-64: 1. Magdalena Kuehne 16.5. W55-59: 1. Julie Lopp 17.9. W35-39:

1. Wendy Jacob 13.8. W30-34: 1. April Thomas 16.1. M70-74: 1. Thomas Pico 16.41. M65-69: 1. Jock Jocy 14.53. M60-64: 1. Frank Kishi 14.36. M55-59: 1. Milton Newton 12.71. M50-54: 1. Stephen Robbins 11.60. M45-49: 1. Frank Little 12.14. M40-44: 1. Eugene Driver 11.69. M30-34: 1. Michael Streeter 14.00. 1500 Meter--W45-49: 1. Bonnie Frankel 5:54.53. W30-34: 1. Carolyn Beck 5:06.04. M65-69: 1. Harold Willis 6:15.68. M60-64: 1. Ray Archibald 6:44.75. M55-59: 1. Jim Bevins 4:59.29. M50-54: 1. Richard Jones 5:00.54. M45-49: 1. Otto Petersen 5:44.5. M40-44: 1. Rick Garrison 4:38.6. M35-39: 1. Neil Bojko 4:35.9.

300m Hurdles--M60-64: 1. Will Robinson 51.54. M60-64: 1. Dave Douglass 55.15. 400m Hurdles--M50-54: 1. Bill Knocke 46.03. M45-49: 1. Sheridan Groves 46.85. M35-39: 1. Andrew Hecker 66.99. M30-34: 1. Michael Streeter 79.61. 400 Meter--W65-69: 1. Sumiyee Onodera 85.75. W50-54: 1. Jeanne Carter dnf. W45-49: 1. Suzanne Schweitzer 95.89. W40-44: 1. Tina Stough 65.65. W30-34: 1. Joan Case 68.45. M65-69: 1. Louis Beadle 67.18. M60-64: 1. Ross Dunton 66.37. M55-59: 1. Jesse Carrington 64.41. M50-54: 1. Don Parker 52.7. M45-49: 1. Rob Russell 56.20. M40-49: 1. Eugene Driver 53.07. M35-39: 1. Pete Mogg 53.56. M30-34: 1. Aaron Gray 55.95.

5000 Meter--W40-44: 1. Marina Jones 18:55.12. M65-69: 1. Avery Bryant 21:35.16. M60-64: 1. Mel Schultz 22:06.11. M50-54: 1. Richard Jones 18:55.10. M45-49: 1. Tony Quintero 25:22.30. M40-44: 1. Irwin Merlein 18:34.00. M35-39: 1. Joe Steinman 19:42.61. M30-34: 1. Gil Guzman 16:19.61. 200 Meter--W55-59: 1. Julie Lopp 38.41. W50-54: 1. Jeanne Carter 32.81. W45-49: 1. Suzanne Schweitzer 40.65. W40-44: 1. Tina Stough 29.21. W35-39: 1. Wendy Jacob 29.04. M70-74: 1. Thomas Pico 35.60. M65-69: 1. Jock Jocy 30.67. M60-64: 1. Frank Kishi 30.28. M55-59: 1. Milton Newton 26.42. M50-54: 1. Charley Loftis 26.88. M45-49: 1. Frank Little 25.08. M40-44: 1. Eugene Driver 23.33. M35-39: 1. William Harry 24.73.

Hammer--M70-74: 1. Mike Logan 68-5. M65-69: 1. Bill Bangert 105-1. M60-64: 1. Dave Douglass 108-4. M55-59: 1. Bob Humphreys 130-10. M50-54: 1. Abe Sheinker 85-11. M40-44: 1. Ed Arcaro 145-6. M35-39: 1. Scott West 115-1. Javelin--W65-69: 1. Shirley Dietrich 18.20. W55-59: 1. Christel Miller 30.10. W40-44: 1. Tina Stough 24.20. M70-74: 1. Mike Logan 18.24. M65-69: 1. Del Pickarts 48.82. M60-64: 1. Dave Douglass 32.48. M55-59: 1. Hal Smith 37.94. M50-54: 1. Dave Nuttall 36.08. M45-49: 1. Thomas Starbuck

41.46. M40-44: 1. Ron Rook 40.30. M30-34: 1. Michael Streeter 34.68.

Pole Vault--W60-64: 1. Shirley Kinsey 4-0. M80-84: 1. Carol Johnston 6-6. M75-79: 1. Jim Vernon 8-6. M55-59: 1. Hal Smith 7-6. M45-49: 1. Gregg Miguel 13-6. M40-44: 1. William Stamper 13-0. Shot Put--M70-74: 1. Wilbur Thompson 37-5. M65-69: 1. Bill Bangert 38-11. M60-64: 1. Dave Douglass 32-9 1/2. M55-59: 1. Hal Smith 43-10. M50-54: 1. Art Atshiller 32-5 1/2. M45-49: 1. Doug Wells 45-1/2. M40-44: 1. William Pendleton 47-3. M35-39: 1. Val Oloa 45-7 1/2. Long Jump--W60-64: 1. Magdalena Kuehne 10-9 1/2. W55-59: 1. Christel Miller 10-11 3/4. W45-49: 1. Annelies Steekelenburg 13-3 1/2. W40-44: 1. Deby Sweezy 15-4 1/2. M55-59: 1. Roger Tsuda 15-11 1/2. M45-49: 1. Jorge Birnbaum 15-7. M40-44: 1. Don Perkins 14-2 3/4. M30-34: 1. Rudy Huber 21-4 1/4.

Triple Jump--W60-64: 1. Magdalena Kuehne 24-6 1/4. M70-74: 1. Chas Mercurio 25-6. M35-39: 1. Tom Stuthard 38-4 3/4. M30-34: 1. Levell Davenport 46-10 3/4. High Jump--W55-59: 1. Christel Miller 3-11 1/4. W45-49: 1. Annelies Steekelenburg 4-9. M80-84: 1. Carol Johnston 3-1 1/4. M75-79: 1. Jim Vernon 3-5 1/4. M70-74: 1. Burl Gist 4-1 1/4. M60-64: 1. Dave Douglass 4-5. M55-59: 1. Milton Newton 5-5. M45-49: 1. Charlie Rader 6-0 3/4. M35-39: 1. Melvyn Embree 5-10 3/4. Discus--W55-59: 1. Christel Miller 74-4. W40-44: 1. Janet Wilson 141-0. M70-74: 1. Wilbur Thompson 128-6. M65-69: 1. Bill Bangert 113-11. M60-64: 1. Dave Douglass 111-9. M55-59: 1. Edward Martin 102-4. M50-54: 1. Dave Nuttall 104-6. M45-49: 1. Doug Wells 135-7. M40-44: 1. Russ Reabold 132-2. M35-39: 1. Val Oloa 130-7. M30-34: 1. Michael Streeter.

### SCA/USA Summer All-Comers

July 1, At Long Beach State University. WOMEN

100m: 1. Tiff Smith (un) 11.9. 2. Tiffany (un) 12.4. 3. Bunmi Ogunlaya 12.9. 200m: 1. Sharon Moss (u) 27.2. 2. Akira Kennett (un) 27.5. 3. S. Moshiri (Mako) 27.8. 400m: 1. Tiffany (un) 58.3. 2. Joan Roehrig (un) 1:00.0. 3. Akira Kennett (un) 1:04.7. 800m: 1. Joan Roehrig (un) 2:30.4. 2. Megan Crawford (un) 2:36.2. 3. Debbie Jamieson (un) 2:38.5. 1500m: 1. Jennifer Briggs (Los Feliz) 4:54.9. 2. Wendy Carrillo (Aztlán) 5:50.3. 3. Maoria Ison (Mako) 6:32.3.

100mH: 1. Tiff Smith (un) 13.2. 2. Allison Rhodes (un) 15.5. 3. Sharon Moss (un) 17.5. 4x100 Relay: 1. Mako High School 53.9. LJ: 1. Bunmi Ogunlaya (RDV) 16-0 1/2. 2. Amie Morck (SCRR) 10-8 3/4. 3. Choeun Pech (un) 10-2. HJ: 1. Mary Herse (un) 3-4.

### MEN

100m (Youth): 1. Phalla Chey (un) 14.5. 2. Visal Nip (un) 15.9. 3. Andrew Peterson (SCRR) 16.0. 100m (Open): 1. Robert Reading (Accusplit) 10.4. 2. Derrick Davis (IntElite) 10.8. 3. Larry Billoups (IntElite) 10.8. 200m (Youth): 1. Sovannaro (un) 31.0. 2. Phalla Chey (un) 31.6. 3. Visal Nip (un) 35.0. 200m (Open): 1. Larry Billoups (IntElite) 21.6. 2. Reno Bellary (Mako) 23.1. 3. Danny Smith (Mako) 23.8. 400m (HS): 1. Mike Meadows (Mako) 55.5. 2. Justin Morinaka (Mako) 1:00.3. 3. Juan Cortez (Azt) 1:02.9. 400m (Open): 1. Jim Mshar (Aerospace) 54.3. 2. Peter Elias (un) 57.1. 3. Sean Cummings (SCG) 58.6.

800m (Youth/HS): 1. Alberto Lopez (un) 2:13.2. 2. Juan Pineda (un) 2:14.5. 3. Juan Cortez (un) 2:23.8. 800m (Open): 1. Ward (Navy) 1:52.1. 2. Mike Graham (SMTC) 1:54.1. 3. Kendall (un) 2:04.4. 1500m: 1. Juan Pineda (un) 4:36.7. 2. Juan Escalera (Lynwood) 4:43.0. 3. Juan Cortez (un) 4:59.8. 100mH: 1. Fred Niedermeyer (un/50+) 15.3. 110mH: 1. Robert Reading (Accu) 13.5. 2. Tony House (un) 13.7. 3. Rich Benoy (un) 14.5. 2000m Steeple: 1. Jeff Sneed (un) 6:42.8. 4x100m Relay: 1. Mako HS 45.8.

LJ (Youth): 1. Samnang Pech (un) 10-1/2. LJ (HS): 1. Mike Meadows (Mako) 18-10 3/4. 2. Ken Hardnen (ElToro) 18-2. TJ: 1. Ken Hardnen (ElToro) 38-2 1/4. 2. Mike Meadows (Mako) 37-0 1/4. 3. Danny Smith (Mako) 36-0 1/4. HJ: 1. Matt Farmer (un) 6-0.

### Throws Series #18

July 17, Stanford.

35# Weight--M40-44: 1. Gary Kelmenson 40-4. M35-39: 1. Eric Hodgdon 41-9. Hammer-- M40-44: 1. Gary Kelmenson 130-9. M35-39: 1. Eric Hodgdon 126-3. M30-34: 1. Dave Debus 197-10. M/Open: 1. Jim Sporano 154-3. Shot-- M40-44: 1. 36-7. M35-39: 1. Eric Hodgdon 41-5. M30-34: 1. 56-4 1/2. W/Open: 1. Pam Dukes 48-7 1/2. Discus-- M40-44: 1. Gary Kelmenson 114-4. M30-34: 1. John Garvey 147-8.

### USAT&F Masters Western Regional

July 31 & August 1, Cerritos College.

10,000mMen--M70-74: 1. Stanley Neufeld 50:22. M65-69: 1. Larry Banuelos 44:52. M60-64: 1. Patrick Devine 41:31. M55-59: 1. Sonno Monioz 40:45. M35-39: 1. Roger Swartz 44:05. 5000m Racewalk/ Women-- W70-74: 1. Jean Cotner 37:48. W65-69: 1. JoAnn Beers 34:11. W60-64: 1. Ria Marsh 33:02. W55-59: 1. Shirley Capps 31:44. W50-54: 1. Lynne Marsh 32:54.



# RESULTS

W45-49: 1. Barbara Rodarte 33:37. W40-44: 1. Helen Hoover 31:22. W35-39: 1. Cindy Paffumi 26:38. **5000m Racewalk/Men**— M70-74: 1. Donald Cotner 35:04. M60-64: 1. Mel Schultz 29:01. M55-59: 1. Arvid Rolle 31:04. M50-54: 1. Stuart Ray 31:16. M45-49: 1. Bill Penner 25:59. M40-44: 1. Steve Wathen 30:11. **2K Steeplechase**— M64-69: 1. Avery Bryant 9:01.9. M60-64: 1. Robert Culling 8:28.7. **3K Steeplechase**— M55-59: 1. Jim Bevins 12:16.6. M50-54: 1. Luigi Schiavo 14:58. M45-49: 1. Don Chadez 11:58. M40-44: 1. Ian Cumming 9:57.

**5000 Meter Run**— W45-49: 1. Linda Mantynen 19:05. M70-74: 1. Stanley Neufeld 29:15. M65-69: 1. Gunnar Linde 20:20. M60-64: 1. Ray Archibald 29:45. M55-59: 1. David Pitkethly 18:13. M45-49: 1. Arthur Martinez 22:44. M35-39: 1. Rodger Schwartz 22:38. M30-34: 1. Ken Velasquez 14:57. **10K Racewalk**— M45-49: 1. Edwin Boudin 1:09:41. **Hammer**— M80-84: 1. Stan Thompson 22-3. M70-74: 1. Armando Ricciardi 98-5. M60-64: 1. Stewart Thomson 155-10. M55-59: 1. Jim Hanley 118-0. M50-54: 1. Abe Sheinker 94-3. M45-49: 1. Ed Arcaro 154-5. M35-39: 1. Scott West 114-11. M30-34: 1. Jeff Crothers 72-3. **Javelin**— W65-69: 1. Shirley Dietrich 59-8 1/2. W60-64: 1. Magdalena Kuehne 59-9 1/2. W55-59: 1. Christel Miller 104-1. W50-54: 1. Fran Conley 91-8. M80-84: 1. Stan Thompson 38-5 1/2. M75-79: 1. Jerry Siefert 101-7. M70-74: 1. Armando Ricciardi 81-1 1/4. M65-69: 1. Del Pickarts 164-6. M60-64: 1. Ed Martin 128-8. M55-59: 1. Phil Conley 149-9. M50-54: 1. John Burns 154-1. M45-49: 1. John Tobin 164-9. M35-39: 1. Fouts Williams 110-4. M30-34: 1. Steve Barbara 163-3.

**Shot Put**— W40-44: 1. Janet Wilson 32-11 1/2. W55-59: 1. Mary Henie 23-3 1/4. M85-89: 1. Burt DeGroot 23-1 1/4. M80-84: 1. Stan Thompson 12-5 1/2. M75-79: 1. Jerry Siefert 31-8. M70-74: 1. Thomas Pico 33-8. M65-69: 1. Bill Bangert 36-9 3/4. M60-64: 1. Stewart Thomson 41-4 1/4. M55-59: 1. Hal Smith 42-4. M50-54: 1. Luigi Schiavo 23-7 1/2. M45-49: 1. Doug Wells 43-7. M40-44: 1. Michael Schroeder 42-2 1/4. M35-39: 1. Scott West 43-3. M30-34: 1. Steve Barba 40-4. **Discus**— W65-69: 1. Shirley Dietrich 60-7 3/4. W60-64: 1. Magdalena Kuehne 52-6 3/4. W40-44: 1. Janet Wilson 142-10. M85-89: 1. Burt DeGroot 72-9 1/4. M80-84: 1. Stan Thompson 40-2. M70-74: 1. Wilbur Thompson 132-2. M65-69: 1. Dewey Vroom 115-10. M60-64: 1. Stewart Thomson 174-9. M55-59: 1. Bob Humphreys 145-5. M50-54: 1. Jack Karbens 112-3. M45-49: 1. Ladislav Pataki 143-2. M40-44: 1. Karl Harz 105-6. M30-34: 1. Steve Barba 122-7. **Long Jump**— W65-69: 1. Johnny Vallen 9-10. W60-64: 1. Magdalena Kuehne 10-8 3/4. W55-59: 1. Christel Miller 11-6 1/2. W45-49: 1. Barbara Stratton 10-11 1/2. W40-44: 1. Tina Stough 14-2 1/2. M80-84: 1. Stan Thompson 7-3 3/4. M75-79: 1. Harry Yu 6-6 3/4. M70-74: 1. Tom Patsalis

15- 3/4. M65-69: 1. Dewey Vroom 13-7 3/4. M60-64: 1. Ed Martin 13-3 1/2. M55-59: 1. Alvin Henry 17-11. M50-54: 1. Terry Rowan 14-6. M45-49: 1. Carl Flowers 19-11. M40-44: 1. Roger Trujillo 19-4 3/4.

**Triple Jump**— W60-64: 1. Magdalen Kuehne 25-6 1/4. W45-49: 1. Barbara Stratton 23-4 1/2. M80-84: 1. Stan Thompson 15-4 1/4. M75-79: 1. John Damski 24-5 3/4. M70-74: 1. Tom Patsalis 30-8 1/2. M65-69: 1. Dewey Vroom 29-1/2. M55-59: 1. Alvin Henry 37-5 3/4. M50-54: 1. John Lawson 33-6 1/2. M45-49: 1. Fred Johnson 36-7. M40-44: 1. Roger Trujillo 39-11 1/4. M35-39: 1. Tom Stuthard 40-1 1/4. M30-34: 1. Lavelle Davenport 42-5 1/4. **High Jump**— W65-69: 1. Johnny Vallen (1.07) 3-6. W55-59: 1. Christel Miller (1.22) 4-2. W45-49: 1. Annelies Steekelenburg 1.47. W40-44: 1. Tina Stough 1.22. M80-84: 1. Carol Johnston 1.02. M75-79: 1. Jim Vernon 1.02. M70-74: 1. Vic Jones 1.07. M65-69: 1. John Cleveland 1.22. M60-64: 1. Herm Wyatt 1.57. M55-59: 1. Phil Fehlen 1.62. M50-54: 1. Larry Sallinger 1.62. M45-49: 1. Charlie Rader 1.92 (new American record). M30-34: 1. Doug Nordquist 2.15. **Pole Vault**— W60-64: 1. Shirley Kinsey 4-0. M80-84: 1. Carol Johnston 7-6. M75-79: 1. Jim Vernon 8-0. M70-74: 1. Armando Ricciardi 7-6. M65-69: 1. John Cleveland 8-6. M55-59: 1. Ray Fitzhugh 8-6. M50-54: 1. Duane Holmes 8-6. M45-49: 1. Greg Miguel 14-6. M40-44: 1. Steve Morris 13-6. M35-39: 1. Mike Hogan.

**80m Hurdles**— W40-44: 1. Deby Swezey 11:81. M70-74: 1. Tom Patsalis 14:65. M60-64: 1. Marlon Sanchez 16:89. M55-59: 1. Alvin Henry 15:34. M50-54: 1. Larry Sallinger 15:53. M45-49: 1. Fred Johnson 17:23. M40-44: 1. Karl Harz 20:33. **110 High Hurdles**— M30-34: 1. Peter Grimes 14:58. **4x100 M Relay**— M40-49: 1. Monsoon TC 52:35. **1500m Run**— W45-49: 1. Joni Shirley 5:09.92. M65-69: 1. Gunnar Linde 5:22.43. M60-64: 1. Robert Culling 5:26.42. M55-59: 1. Jim Bevins 5:08.90. M50-54: 1. Willie Clarke 4:55.69. M45-49: 1. Juan Cabeza 4:33.71. M40-44: 1. Rick Garrison 4:46.37. M30-34: 1. Stephen Flynn 4:21.24.

**100 Meters**— W65-69: 1. Johnny Vallen 17.15. W55-59: 1. Julie Lopp 17.25. W40-44: 1. Deby Swezey 13.34. W35-39: 1. Wendy Jacob 13.66. W30-34: 1. Robyne Moore 14.05. M80-84: 1. Stan Thompson 25.23. M75-79: 1. Al Guidet 25.64. M70-74: 1. Frank Toner 15.39. M65-69: 1. Louis Beadle 14.72. M60-64: 1. Clifford McPherson 12.95. M55-59: 1. Roger Tsuda 13.24. M50-54: 1. Alan Olson 12.79. M45-49: 1. Frank Little 12.00. M40-44: 1. Glenn Johnson 11.99. M35-39: 1. Gregg Holmes 11.57. M30-34: 1. Eddie Hall 12.19. **800 Meters**— W65-69: 1. Sumi Onodera-Leonard 3:18.80. W45-49: 1. Linda Mantynen 2:29.69. M35-39: 1. Donna Nelson 2:28.37. W30-34: 1. JoAnn Roehrig 2:25.12. M80-84: 1. Stan Thompson 7:37.82. M65-69: 1. Gunnar Linde 2:36.09. M60-64: 1. Sid Wing 2:20.71. M55-59: 1.

Jim Bevins 2:23.43. M50-54: 1. George Cohen 2:11.07. M45-49: 1. Juan Cabeza 2:15.23. M40-44: 1. David Salazar 2:05.8. M35-39: 1. Pete Mogg 1:58.54. M30-34: 1. Tyrone Bennett 2:03.15.

**300m Hurdles**— M70-74: 1. Robert Hunt 67.85. M60-64: 1. Marlon Sanchez 46.22. **400m Hurdles**— M50-54: 1. Fred Niedermeyer 67.76. M45-49: 1. Sheridan Groves 64.39. M35-39: 1. Andrew Hecker 65.66. M30-34: 1. Peter Grimes 52.89. **400 Meters**— W65-69: 1. Sumi Onodera-Leonard 86.34. W55-59: 1. Patricia Willis 1:55.21. W50-54: 1. Jeanne Carter 72.91. W45-49: 1. Suzanne Scheitzer 88.22. W40-44: 1. Tina Stough 66.56. W35-39: 1. Donna Nielsen 64.06. W30-34: 1. KJ Specchio 66.06. M80-84: 1. Stan Thompson 3:09.50. M65-69: 1. Larry Banuelos 75.20. M60-64: 1. Sid Wing 62.68. M55-59: 1. Charles Kirby 62.14. M50-54: 1. Alan Olson 57.79. M45-49: 1. Stan Whitley 52.11. M40-44: 1. Frederick Sowerby 49.99. M35-39: 1. Steve Wulf 54.08. M30-34: 1. Tobias Sarrell 54.91. **200 Meters**— W65-69: 1. Johnny Vallen 36.31. W55-59: 1. Julie Lopp 36.45. W50-54: 1. Jeanne Carter 31.88. W45-49: 1. Suzanne Scheitzer 38.23. M40-44: 1. Tina Stough 29.64. M35-39: 1. Donna Nielsen 28.43. W30-34: 1. Robyne Moore 29.00. M80-84: 1. Stan Thompson 63.24. M70-74: 1. Frank Toner 32.31. M65-69: 1. Al Escobosa 30.59. M60-64: 1. Marlon Sanchez 26.28. M55-59: 1. Roger Tsuda 26.98. M50-54: 1. Charley Loftis 27.17. M45-49: 1. Raymond Yeck 25.67. M40-44: 1. Frederick Sowerby 23.40. M35-39: 1. Gregg Holmes 24.16. M30-34: 1. Peter Grimes 22.92.

## Orwin White Invitational

August 7. Cal Poly, San Luis Obispo.  
Men's Mile

...1. Chris Schille 4:22. 2. Dan Berkeland 4:23. 3. Ivan Huff 4:24. 4. Rich Raya 4:25. 5. Brent Griffiths 4:28. 6. Armando Siqueros 4:29.

### Good Old Boys Mile

1. Louis Quintana, Sr. 5:09.

### Men's Two Mile

1. Ivan Huff 9:08. 2. Carmelo Rios 9:09. 3. Chris Schille 9:10. 4. Rich Raya 9:12. 5. Brent Griffiths 9:16. 6. Joe Rubio.

## Throws Series #19

August 7. Stanford University.

**35# Wt. Throw**— M40-44: 1. Gary Kelmenson 38-5 1/2. M35-39: 1. Mike Venning 33-8. M30-34: 1. Dave Swan 56-6. W-Open: 1. Chris Swan 38-8. M-Open: 1. Jeff Carpenter 46-9. **Hammer**— M40-44: 1. Gary Kelmenson 130-10. M35-39: 1. Mike Venning 108-0. M30-34: 1. Marty Martinez 123-0. M-Open: 1. John Thomas 210-9. HS: 1. Jim Marheineke 114-4. W-Open: 1. Debbie Tempelton 141-6. Age 11: 1. John Moretti 58-10. **Shot**— M40-44: 1. Gary Kelmenson 36-11 1/4. M30-34: 1. Dave Swan 41-8 1/2.

**Discus**— M40-44: 1. Gary Kelmenson 111-7. M30-34: 1. John Garvey 141-9. M-Open: 1. John Thomas 149-6. HS: 1. Jim Marheineke 124-2. **Javelin**— M40-44: 1. Gary Kelmenson 120-1. M30-34: 1. Lou Vasu 122-7. HS: 1. John Marheineke 124-4. Age 13.W: 1. Whitney Vasu 38-8.

## San Francisco Bay Area Pole Vault Championships

August 22. Soquel H.S., Soquel.

...High School Women: 1. Melissa Price (Kingsburg HS) 9-1/4. 2. Hause Erica (PRTC) 7-1/2. 3. Jenn Beyer (PRTC) 7-1/2. Jr. High Boys: 1. Mark Unzueta (un) 9-1/4. High School Boys: 1. Renee Loraine (PRTC) 13-3 1/2. 2. Keith Vong (Mt. Pleasant) 13-3 1/2. 3. Lorenzo Rodriguez (Mt. Pleasant) 13-3 1/2. Junior College: 1. Paul Snyder (West Valley) 15-6 1/4. 2. Aron Matthes (West Vly) 14-7 1/4. University: 1. Paul Frienderbach (Fresno State) 14-0. Open: 1. Brent Burns (un) 17-8 1/2. 2. John Besmer (un) 16-6. Masters M75-79: 1. Jim Vernon (Trojan Masters) 8-6 1/4. Masters M45-49: 1. Greg Miguel (un) 15-0. 2. Bruce Hotaling (PRTC) 12-9 1/2. Masters M40-44: 1. Jim Williams (WVTC) 14-6. 2. Eddie Seese (PRTC) 13-3 1/2.

## Throws Series #19A

August 28. Stanford.

...Hammer (16#)— M55-59: 1. Gary Dawson 112-3. M40-44: 1. Dave McKenzie 206-5. M35-39: 1. Eric Hodgdon 126-6. HS: 1. Adam Connolly 188-7. Shot (16#)— M55-59: 1. Gary Dawson 28-7. M40-44: 1. Dave McKenzie 48-4 1/2. M35-39: 1. Eric Hodgdon 41-1. Open: 1. Jim Palmisano 36-3 3/4. HS: Adam Connolly.

## Throws Series #20

September 4. Stanford.

...35#25# Weight Throw— M55-59: 1. Gary Dawson 22-1. M40-44: 1. Gary Kelmenson 38-7 1/2. M35-39: 1. Eric Hodgdon 40-7 3/4. M30-34: 1. 57-11. W-Open: 1. Chris Swan 38-8 3/4. HS: 1. Dave Charlesworth. Hammer— M60-64: 1. Stu Thomson 166-4. M55-59: 1. Gary Dawson 104-5. M40-44: 1. Gary Kelmenson 126-4. M35-39: 1. Eric Hodgdon 129-1. M-Open: 1. John Thomas 221-9. HS: 1. Dan Debus 126-8. W-Open: 1. Debbie Tempelton 150-10. Shot— M55-59: 1. Joe Keshmiri 48-1. M40-44: 1. Gary Kelmenson 34-9 1/2. M35-39: 1. Eric Hodgdon 42-2 3/4. HS: 1. John Cook 48-8. Discus— M60-64: 1. Stu Thomson 160-3. M55-59: 1. Joe Keshmiri 165-2. M40-44: 1. Gary Kelmenson 107-9. M-Open: 1. John Thomas 160-7. HS: 1. John Cook 136-7. Javelin— M55-59: 1. Gary Dawson 86-2. M40-44: 1. Gary Kelmenson 118-3. M35-39: 1. Eric Hodgdon 109-3. HS: 1. John Cook 125-1.



# RESULTS

## Cross Country

### Estancia High Summer X-C Fun Runs

#### Costa Mesa

July 8: 1. Rick Waterman 16:03, 2. Dan Zelinski 17:03, 3. Dave Smith 17:41.

July 15: 1. Rick Waterman 15:46, 2. Bryan Wilkins 16:10, 3. Tim Hardin 16:31, 4. Dan Zelinski 16:44, 5. Johann Appell 16:51.

July 22: 1. Greg Mislick 16:09, 2. Larry Holland 16:20, 3. Aaron McLendon 16:56, 4. Mike Bradford 17:09, 5. Neal parson 17:52.

July 29: 1. Rick Waterman 15:59, 2. Dan Zelinski 16:46, 3. Aaron McLendon 16:59, 4. Jeff Domas 17:22, 5. Chris Zepeda 17:30.

August 5: 1. Bryan Wilkins 15:43, 2. Robert Ho 15:57, 3. Larry Holland 16:13, 4. Dan Zelinski 16:56, 5. Tim Timmons 17:07.

August 12: 1. 16:07, 2. Jason Johannes 16:39, 3. Tim Filipe 16:47, 4. Aaron McLendon 17:03, 5. Joan Cockstoin 17:05.

August 19: 1. Greg Mislick 16:12, 2. Rick Waterman 17:21, 3. Dave Smith 17:34, 4. Bob Whyte 18:03, 5. Joe Baez 18:20.

### FCC Invitational

September 11. Woodward Park, Fresno. Men-4.0 MILES

1.	MT SAN ANTONIO	53
2.	RANCHO SANTIAGO	101
3.	WEST VALLEY	116
4.	TAFT	131
5.	AMERICAN RIVER	156
6.	ANTELOPE VALLEY	180
7.	PASADENA	218
8.	CITRUS	238
9.	BAKERSFIELD	242
10.	SEQUOIAS	261
11.	CERRITOS	271
12.	FRESNO	321
13.	DELTA	358
14.	LA CITY	415
15.	CUESTA	420
16.	SKYLINE	424
17.	GOLDEN WEST	438
18.	LA VALLEY	461
19.	SANTA BARBARA	462
1	ROBERT MALSEED, COS	20:21
2	FIDEL ZAVALA, RSC	20:37
3	KIPP ORTENBURGER, Cue	20:38
4	COLIN JOHNSTON, Taft	20:42
5	BRIAN CONTRERAS, SAC	20:43
6	BOB ESCAY, ARC	20:44
7	NACHO FLORES, Hart	20:54
8	JAMES OCONNOR, SAC	20:59
9	DYLAN KENNEDY, Taft	20:59
10	SAM YOHANNES, SJCC	21:02
11	Francisco Vasquez, RSC	21:03
12	JOHN OROSCO, Taft	21:04
13	JORGE RIVERA, BC	21:04

14	GARY MITCHELL, SAC	21:07
15	DAVID CHAVEZ, SJCC	21:10
16	JEFF HONGO, WV	21:13
17	GLENN LOMENICK, SAC	21:16
18	LUIS BACA, SAC	21:18
19	JAMES GARRITSON, SAC	21:18
20	BRIAN BLAHELEY, Sie	21:24
21	JOHN SIMPSON, SAC	21:25
22	TRINIDAD ROBLES, SAC	21:26
23	MARK SINDERSON, AVC	21:29
24	JAVIER TAFOLLA, SAC	21:30
25	GEOFF SKARR, SAC	21:31
26	Jorge FRANCISCO, RSC	21:33
27	JEFF BRUIN, ARC	21:33
28	JOE GARCIA, CII	21:36
29	BILL RICE, WV	21:43
30	VIC CARTER, SAC	21:46

#### WOMEN- 5000 METERS

1.	MT SAN ANTONIO	50
2.	AMERICAN RIVER	93
3.	GOLDEN WEST	98
4.	CUESTA	104
5.	RANCHO SANTIAGO	120
6.	ANTELOPE VALLEY	138
7.	LONG BEACH	149
8.	SANTA BARBARA	223
9.	CERRITOS	236
10.	FRESNO	250
11.	SEQUOIAS	262
12.	PASADENA	330

1	KIM FOSTER, GW	19:30
2	LISA MOTE, GW	19:38
3	TERESA SANTANA, AVC	19:41
4	HOLLY ROHNE, ARC	19:59
5	STACEY MOSELEY, DeA	20:14
6	ROSA SANCHEZ, SAC	20:16
7	Francine GONZALES, SAC	20:27
8	AMI HAMILTON, Cue	20:28
9	NICOLE MUNROE, SAC	20:30
10	LORENA SANCHEZ, SAC	20:32
11	TAMARA DEGROOT, COS	20:38
12	THANIA CRUZ, RSC	20:39
13	RENE AZEVEDO, AVC	20:42
14	LAURA BERMUDEZ, CII	20:45
15	CARMEN PAYAN, RSC	20:48
16	LAUREN JEFFERSON, Cue	20:49
17	TERA TINSLEY, Sier	20:57
18	TIFFANY TRUDEAU, ARC	20:57
19	LANA ATCHLEY, GW	20:58
20	KATIE DONAHUE, LBCC	21:00
21	SARAH ILEY, ARC	21:01
22	NANCY LEE, Hart	21:11
23	SANDRA VACCARO, LBCC	21:12
24	LISA PAPPANASTOS, WV	21:19
25	KRISTIN WHITEHEA, AVC	21:24
26	ELIZABETH DUARTE, Cer	21:36
27	IRENE OROZCO, Hart	21:37
28	DAWN RATAY, SAC	21:41
29	LORI WALKER, WV	21:44
30	RACHAEL DYER, Taft	21:46

### CS Fullerton / Jammin Invitational

September 11. Carbon Canyon, Brea.

#### MEN

...Team: 1. Utah State 31, 2. UC Santa Barbara 67, 3. CS Fullerton 76, 4. Fresno State 81, 5. Pt. Loma Nazarene 112, 6. CS Los Angeles 196, 7. USC 233, 8. CS

Northridge 291, 9. CS Long Beach 313, 10. San Diego State 330.

Individuals: 1. Muchapiwa Mazano (US) 24:13, 2. Mike Tansley (CSF) 24:26, 3. Grey Mauhera (US) 14:39, 4. Mike Davidson (US) 25:12, 5. Matt Haugen (UCSB) 25:27, 6. Brian Johnson (CSF) 25:30, 7. Ricardo Brewer (FSU) 25:31, 8. Fernando Mendoza (FSU) 25:42, 9. Dave Cullum (UCSB) 25:43, 10. Jason Kayne (US) 25:43, 11. Dan Zoidak (FSU) 25:45, 12. Andrew Tansley (CSF) 25:47, 13. Eric Roberts (US) 25:48, 14. Paul Goodrich (UCSB) 25:50, 15. Jose Padilla (CSLA) 25:50, 16. Tomas Anderson (PLNC) 25:51, 17. Dennis Bourland (PLNC) 25:53, 18. J'Dee Wilson (US) 25:55, 19. Brad Glosser (UCSB) 25:56, 20. Bus Harper (UCSB) 25:59.

Open: 1. Frisone (un) 24:07, 2. Schumacher (Beach) 24:13, 3. Deminter (Reebok) 25:10, 4. LaPlant (NTW) 25:13, 5. Walbank (Jamul Toads) 25:13.

#### WOMEN

Team: 1. CS Los Angeles 55, 2. Fresno State 69, 3. UC Santa Barbara 80, 4. Cs Long Beach 99, 5. CS Fullerton 146, 6. Nevada Las Vegas 185, 7. Cs Northridge 220, 8. Pt. Loma Nazarene 226, 9. USC 242, 10. Azusa Pacific 289, 11. San Diego State 291.

Individuals: 1. Heather Killeen (CSF) 17:43, 2. Marisol Cossio (CSLA) 18:10, 3. Stacy Pando (CSLB) 18:14, 4. Lori Miller (CSN) 18:21, 5. Guadalupe Ambriz (PLN) 18:44, 6. Ann Burris (FSU) 18:48, 7. Danielle Nelson (FSU) 18:51, 8. Maria Lopez (CSLA) 18:53, 9. marisol Pedraza (CSLA) 18:58, 10. Kristin Von Teuber (UCSB) 18:59, 11. Julie Crooks (UNLV) 19:06, 12. Marisa Avendano (CSLA) 19:08, 13. Julie Oehlschlaeger (FSU) 19:10, 14. Eliza Alexander (UCSB) 19:11, 15. Sonya Swann (LBSU) 19:12, 16. Kara Bradbury (UCSB) 19:13, 17. Jean Fletcher (UNLV) 19:18, 18. Malena Rosen (PLNC) 19:18, 19. Laura Hodnett (UCSB) 19:21, 20. Kelly Jacobson (FSU) 19:26.

Open: 1. Morgan (NTW) 18:11, 2. Ojeda (NTW) 18:30, 3. Mabe (un) 18:46, 4. Buchicchio (NTW) 18:54.

### Whittier Invitational

September 11.

#### WOMEN

...Team Scores: 1. Claremont MS 62, 2. UC San Diego 83, 3. Irvine Valley 92, 4. Pomona-Pitzer 145, 5. CMS 'B' 177, 6. So Calif. College 195, 7. UCSD 'B' 209, 8. Biola 221, 9. College of Canyons 236, 10. Cal Lutheran 240, 11. Concordia 291, 12. Rio Hondo 302, 13. Mills 329, 14. Redlands 359, Fresno Pacific 381, 16. Chapman 471.

Individuals: 1. Elizabeth Oryambu (Biola) 18:20.83 (new course record), 2. Genevieve Ermeling (Conc) 19:08, 3. Heather Garrington (un) 19:46, 4. Donna Proia (Irvine Vly) 19:56, 5. Gretchen Sauer (CMS) 20:02, 6. Nikee Pool (SCC) 20:07, 7. Katie Burco (PP) 20:13, 8. Mayra Medina (Irvine Vly) 20:23, 9. Sonya Patton (PP) 20:33, 10. Karen Hinkle (UCSD) 20:33, 11. Charlie

Stoddard (CMS) 20:44, 12. Chandra Boyd-stun (UCSD) 20:47, 13. Amy Ward (CMS) 20:51, 14. Debra Deming (SCC) 20:52, 15. Hilary Ferreria (UCSD) 20:56, 16. Heidi Rivkin (CMS) 20:56, 17. Sarah Gerard (CMS) 21:03, 18. Louise Tench (CMS) 21:10, 19. Summer Gingrich (Irvine Vly) 21:12, 20. Heidi Tisovic (Canyons) 21:16.

#### MEN

Team Scores: 1. Azusa Pacific/Black 22, 2. Azusa Pacific/Orange 89, 3. UC San Diego 90, 4. Claremont MS 184, 5. West LA College 214, 6. Pomona-Pitzer 215, 7. Irvine Valley 222, 8. College of the Canyons 231, 9. UC San Diego 'B' 252, 10. Azusa Pacific/White 280, 11. Rio Hondo 289, 12. Redlands 343, 13. Claremont 'B' 344, 14. So. Calif. College 359, 15. UC San Diego 'C' 399, 16. Biola 469, 17. College of Canyons 'B' 469, 18. Cal Lutheran 506, 19. St. Mary's 552, 20. Masters College 576, 21. Fresno Pacific 614, 22. LIFE Bible 686, 23. Chapman 767.

Individuals: 1. J.J. Castner (UCSD) 21:26, 2. John Gachau (APU) 21:53, 3. Jeff Burns (APU)

21:53, 4. Tony Bergman (APU) 21:54, 5. Anthony Fisher (APU) 21:54, 6. Kevin Berko (un) 21:54, 7. Heron Echeveste (Rio Hondo) 21:58, 8. Erik Starkey (APU) 22:04, 9. Jason Carney (APU) 22:04, 10. Matt Newman (CMS) 22:05, 11. Amara Awestagen (West LA) 22:05, 12. Jason Schaefer (SCC) 22:05, 13. Larry Holland (Irvine Vly) 22:08, 14. Bryan Leek (UCSD) 22:11, 15. John Walsh (UCSD) 22:13, 16. Scott Rehnstrom (APU) 22:14, 17. Jaime Guerro (APU) 22:15, 18. Brian Cullum (Irvine Vly) 22:16, 19. Dax Baca (Irvine Vly) 22:17, 20. Brad Aagard (CMS) 22:18.

Sweepstakes: 1. UC San Diego 173, 2. CMS 246, 3. Irvine Valley 314, 4. Pomona-Pitzer 360, 5. College of the Canyons 467.

### Aztec Invitational

September 18. Morley Field, Balboa Park, San Diego.

#### MEN-OPEN

Team Scores: 1. Pt. Loma 27, 2. Grand Canyon 82, 3. Pomona 89, 4. Westmont 92, 5. UC San Diego 106, 6. CS Los Angeles 122, 7. Azusa Pacific Univ 248 (6th man scores), 8. Whittier 'B' 248, 9. UCSD 'B' 269, 10. Redlands 272, 11. LaVeme 340, 12. Biola 359.

Individuals: 1. Fran Walsh (GrCyn) 27:02.49, 2. Eric Engel (PL) 27:07.04, 3. Dennis Bourland (PL) 27:09, 4. Tomas Andersson (PL) 27:11, 5. Gil Serrano (Stanford) 27:13, 6. Kevin Berco (Cougar TC) 27:15, 7. Matt Nealon (Westmont) 27:19, 8. Chuck Foote (Pomona) 27:31, 9. George



J. J. CASTNER

Photo by Bill Cookerham



# RESULTS

Velarde (PL) 27:34, 10. Michael Prindiville (Stanford) 27:44.

11. Jon-Eric Thalman (Pomona) 27:47, 12. Lester Madison (GrCyn) 27:48, 13. Phil Livingood (Westmont) 27:50, 14. Bruce Foley (PL) 27:54, 15. Jassen Strokosch (Westmont) 27:57, 16. Rob Barrios (GrCyn) 27:58, 17. Armondo Gonzales (CSLA) 27:58, 18. Cliff Curtis (Pomona) 28:00, 19. Angel Ibarra (GrCyn) 28:04, 20. Tom Graber (Pomona) 28:09.

## MEN--INVITATIONAL

**Team Scores:** 1. Stanford 62, 2. Marathon 70, 3. UCLA 71, 4. Northern Arizona 123, 5. Arizona 135, 6. Utah 145, 7. Irvine 226, 8. Southern Utah 257, 9. USC 340, 11. Northridge 375, 11. Long Beach State 381, 12. San Diego State University 416.

**Individuals:** 1. Gary Stolz (Stanford) 25:33, 2. Dave Schumacher (Beach TC) 25:33, 3. Creighton Harris (UCLA) 25:45, 4. David Scudamore (Marathon) 25:49, 5. Brett Bonenberger (un) 25:55, 6. Steven Sumison (Utah) 25:58, 7. Matt Ebner (Marathon) 26:09, 8. Theo Martin (NAU) 26:10, 9. Eliazar Herrera (UCLA) 26:10, 10. Dan Niednagel (UCLA) 26:11, 11. Andrew Cowgill (Stanford) 26:13, 12. George Castro (Nike Track West) 26:16, 13. Jeremy White (Stanford) 26:26, 14. Gregory Jimmerson (Stanford) 26:32, 15. Ari Rodriguez (ASU) 26:33.

16. Vujic Sasha (un) 26:34, 17. Israel Pose (Marathon) 26:35, 18. Todd Lewis (Stanford) 26:44, 19. Troy Rowtham (UCLA) 26:47, 20. Daniel Galindo (UC Irvine) 26:48, 21. Travis Anderson (So Utah) 26:50, 22. Erin Scoggins (ASU) 26:52, 23. Roberto Popfiro (Marathon) 26:53, 24. Tom Weber (ASU) 26:55, 25. Rick Jarman (NAU) 26:57, 26. Karl Polivka (UCLA) 27:02, 27. Clint Gearheart (Utah) 27:04, 28. Jerry Hernandez (Marathon) 27:04, 29. Robert Reeder (Stanford) 27:11, 30. Jim Cera (NAU) 27:13.

## WOMEN--OPEN

**Team Scores:** 1. UC San Diego "A" 102, 2. Westmont 107, 3. Pt. Loma 114, 4. Pomona 117, 5. Azusa Pacific Univ. 154, 6. Long Beach State 167, 7. Grand Canyon 227, 8. Concordia 271, 9. Cal Lutheran 279, 10. UCSD "B" 285, 11. LaVerne 308, 12. Redlands 339.

**Individuals:** 1. Genevieve Graft (Concordia) 18:30, 2. Guadalupe Ambriz (Pt. Loma) 18:42, 3. Donna Rutherford (Arkansas) 18:45, 4. Margaret Robinson (Arkansas) 18:48, 5. Ann Sheehy (Stanford) 19:09, 6. Misty Allen (Westmont) 19:17, 7. Jill Sienicki (un) 19:25, 8. Rosie Aguilar (Arkansas) 19:26, 9. Malena Rosen (Pt. Loma) 19:37, 10. Rosetta Hunter (Pomona) 19:49.

11. Karin Hinkle (UCSD-A) 19:55, 12. Brandy Pierce (Westmont) 20:08, 13. Kelly Melly (GrCyn) 20:11, 14. America Rivas (Pomona) 20:12, 15. Suzanne Haas (un) 20:14, 16. Nicole DeVries (Azusa) 20:17, 17. Viviana Reza (UCSD-A) 20:17, 18. Hilary Ferreira (UCSD-A) 20:18, 19. Jeannine Davis (Pt. Loma) 20:21, 20. Anna Helsabeck (Westmont) 20:31.

## WOMEN--INVITATIONAL

**Team Scores:** 1. Arkansas 26, 2. Stanford 69, 3. UCLA 127, 4. Cal State LA 131, 5. NAU 173, 6. Utah 174, 7. Arizona State 221, 8. Long Beach State 263, 9. UNLV 291, 10. Irvine 306, 11. Cal State Northridge 309, 12. Texas Tech 311, 13. Southern Utah 321, 14. USC 390.

**Individuals:** 1. Megan Flowers (Arkansas) 17:22, 2. Karen Hecox (UCLA) 17:26, 3. Elizabeth Onyambu (Biola) 17:28, 4. Deena Drossin (Ark) 17:36, 5. Shelley Taylor (Ark) 17:37, 6. Sarah Schwald (Ark) 17:41, 7. Louise Watson (Stanford) 17:57, 8. Beth Bartholomew (UCLA) 18:02, 9. Laura Hayward (Stanford) 18:04, 10. Staci Snider (Ark) 18:05, 11. Christy Michaels (NAU) 18:09, 12. Marisol Cossio (CSLA) 18:10, 13. Amy McKinley (Ark) 18:10, 14. Jeni Cushman (NAU) 18:14, 15. Dayna Smith (Utah) 18:16.

16. Traci Goodrich (Irvine) 18:16, 17. Maria Avendino (CSLA) 18:22, 18. Sarah Truitt (Stanford) 18:25, 19. Maria Lopez (CSLA) 18:25, 20. Stefanie Jensen (Stanford) 18:28, 21. Leila Burr (Stanford) 18:29, 22. Monal Chokshi (Stanford) 18:31, 23. Stacy Pando (Long Bch St) 18:32, 24. Kim Mount (Ark) 18:32, 25. Calley Nelson (NAU) 18:34, 26. Michelle Cox (USD) 18:35, 27. Maya Muneno (UCLA) 18:37, 28. Lori Miller (Northridge) 18:38, 29. Kay Luu (Stanford) 18:48, 30. Anna Pett (So Utah) 18:49.

## Fresno Invitational

September 18. Woodward Park, Fresno.

### MEN

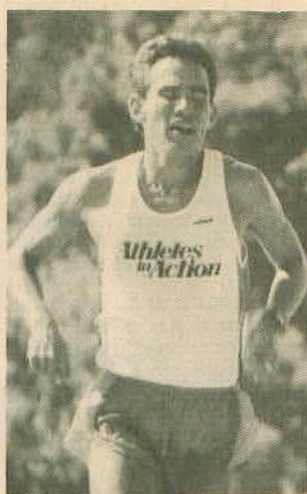
**Team Scores:** 1. Cal Poly SLO 17, 2. Cal Berkeley 64, 3. Fresno State 70, 4. U of Nevada/Reno 92, 5. UC Riverside 136, 6. Occidental 146.

**Individuals:** 1. Robert Twala (un) 24:58, 2. Scott Hempel (CPSLO) 24:58, 3. Jason Lienau (FSTC) 25:11, 4. Coley Candaele (CPSLO) 25:14, 5. Dan Held (CPSLO) 25:18, 6. Jamie Harris (FSTC) 25:23, 7. Dan Berkeland (CPSLO) 25:25, 8. Dan Zoldak (FSU) 25:30, 9. Mark Douglas (Cal) 25:30, 10. Ryan Winn (CPSLO) 25:39, 11. Andy Boudreau (Cal) 25:48, 12. Andy Bupp (Cal) 25:53, 13. Ahmik Jones (CPSLO) 26:01, 14. Fernando Mendoza (FSU) 26:04, 15. Ricardo Brewer (FSU) 26:08.

### WOMEN

**Team Scores:** 1. Cal Poly SLO 28, 2. Cal Berkeley 49, 3. Fresno State 57, 4. Occidental 110, 5. U of Nevada/Reno 137, 6. St. Mary's 166, 7. UC Riverside 197.

**Individuals:** 1. Tenaya Soderman (Cal) 17:32, 2. Shannon Lieder (FSTC) 17:43, 3. Jennifer Lacovara (CPSLO) 17:45, 4. Angela Orefice (CPSLO) 17:51, 5. Lisa Lopez (Cal) 17:52, 6. Rebecca Kopchik (Occid) 17:56, 7. Nika Horn (CPSLO) 18:17, 8. Melanie Hand (CPSLO) 18:29, 9. Ann Burris (FSU) 18:32, 10. Danielle Nelson (FSU) 18:35, 11. Kelly Flathers (CPSLO) 18:46, 12. Saskia Hostetter (Cal) 18:58, 13. Noelle Righter (FSU) 19:00, 14. Kelly Jacobson (FSU) 19:01, 15. Jennifer Wong (Cal) 19:08.



GUS HERMES

Photo by Elaine Rosenfield



JANET NOREM

Photo by Elaine Rosenfield

## Mira Costa Invitational

September 18. Vista.

### MEN

**Team Scores:** 1. El Camino 57, 2. Cuyamaca 62, 3. Long Beach 70, 4. SD Mesa 126, 5. Pasadena 185.

**Individuals:** 1. Rodriguez (Trade Tech) 20:24, 2. Delahanty (El Cam) 21:08, 3. Romero (SD Mesa) 21:14, 4. Page (El Cam) 21:18.

### WOMEN

**Team Scores:** 1. SD Mesa 51, 2. Long Beach 83, 3. El Camino 84, 4. Cuyamaca 105, 5. MiraCosta 116.

**Individuals:** 1. Meister (Mira) 20:11, 2. Lewy (Long Bch) 20:17, 3. Nakamura (El Cam) 20:39.

## Orange Empire Conference

September 18.

### MEN

**Team Scores:** 1. Rancho Santiago 43, 2. Riverside 44, 3. Irvine Valley 82, 4. Fullerton 95, 5. Orange Coast 97, 6. Golden West 163.

**Individuals:** 1. Rabb (OCC) 19:43, 2. Zavala (RS) 19:59, 3. Abderazak (Riv) 20:12.

### WOMEN

**Team Scores:** 1. Irvine Valley 46, 2. Orange Coast 53, 3. Golden West 62, 4. Rancho Santiago 83, 5. Riverside 135, 6. Fullerton 141.

**Individuals:** 1. Foster (GW) 17:53, 2. Mote (GW) 17:54, 3. Proia (Irv Vly) 18:02.

## Santa Monica Invitational

September 18.

### MEN

**Team Scores:** 1. Mt. SAC 16, 2. Canyons 107, 3. West LA 107, 4. Rio Hondo 152.

**Individuals:** 1. Contreras (Mt. SAC) 20:44, 2. O'Connor (Mt. SAC) 20:52, 3. Lomenica (Mt. SAC) 20:53.

### WOMEN

**Team Scores:** 1. Mt. SAC 24, 2. Santa Monica 43, 3. Canyons 69, 4. Rio Hondo 91.

**Individuals:** 1. Hampson (SM) 19:19, 2. Sanchez (Mt. SAC) 20:36, 3. Tisovil (Cyn) 20:56.

## Westmont Invitational

September 18. Santa Barbara.

### MEN

**Team Scores:** 1. San Luis Distance Club 46, 2. Cal Tech 49, 3. Santa Barbara Athletic Assoc. 61, 4. Westmont 91, 5. Masters College 97.

**Individuals:** 1. Gus Hermes (SBAA) 21:01, 2. Sean McCormick (SLDC) 21:32, 3. Steve Kong (SBAA) 22:05, 4. Andy Zug (Cal Tech) 22:06, 5. Jesse Shue (Cal Tech) 22:26, 6. Matt Thomson (Westmont) 22:50, 7. Don Faith (SBAA) 22:56, 8. Jon Root (SLDC) 23:04, 9. Sky Cullen (Cal Tech) 23:13, 10. Kyle Luman (Masters) 23:29.

### WOMEN

**Team Scores:** 1. Whittier 31, 2. Cal Tech 58, 3. San Luis Distance Club 62, 4. Westmont 67.

**Individuals:** 1. Janet Norem (SLDC) 19:59, 2. Miriam Niednagel (Westmont)



# RESULTS

20:47, 3. Caillin Henderson (Cal Tech) 21:35, 4. Heather Backer (Whittier) 21:39, 5. Helen Garcia (Whittier) 21:40, 6. Tara Barnhardt (Whittier) 22:21, 7. Carrie Haas (Whittier) 22:23, 8. Diane Dixon (SLDC) 22:39, 9. Sarah Stockman (Whittier) 23:04, 10. Ginger Garcia (Cal Tech) 23:20.

## Hancock Invitational

Sept. 25. Waller Park, Santa Maria.

### MEN

...Team Scores: 1. San Luis Distance Club 31, 2. College of Sequoias 31, 3. Allan Hancock 64.

Individuals: 1. Robert Malseed (COS) 20:24, 2. Steve Boaz (SLDC) 21:12, 3. Jose Sanchez (COS) 21:43, 4. Sean McCormick (SLDC) 21:59, 5. Raul Gonzalez (AHC) 22:00, 6. Frank Hutchinson (SLDC) 22:26, 7. Victor Heredia (COS) 23:02, 8. Craig Stanley (COS) 23:10, 9. Henry Hernandez (SLDC) 23:24, 10. Brian Waterbury (SLDC) 23:25.

### WOMEN

Team Scores: 1. SLDC 18.  
Individuals: 1. Janet Norem (SLDC) 19:44, 2. Laurie Kirkpatrick (SLDC) 19:44, 3. Elaine Triplett (un) 19:56, 4. Diane Dixon (SLDC) 22:13, 5. Marian Florentino (SLDC) 22:55.

## Biola Invitational

October 2. La Mirada Regional Park, La Mirada.

### WOMEN-5000 Meters

1. Elizabeth Onyambu (Biola) 17:38, 2. Heather Killen (CS Fullerton) 17:44, 3. Chris Morgan (Nike West) 18:11, 4. Carrie Garriston (Bogie Runners) 18:23, 5. Michele Buchicchio (Nike West) 18:42, 6. Tina Colebrook (Nike West) 18:50, 7. Michelle Cox (U San Diego) 18:52, 8. Brooke Mabe (un) 18:53, 9. Julie Crooks (UNLV) 18:55, 10. Gretchen Lohr (Nike West) 19:06.

11. Jennifer Andrews (CS Northridge) 19:19, 12. Jessica Youngkin (Pepperdine) 19:23, 13. Heather Garriston (Bogie Runners) 19:36, 14. Shannon Rogers (Pepperdine) 19:46, 15. Brenda Terry (CS Fullerton) 19:47, 16. Donna Nettleship (Nike West) 19:50, 17. Michelle Marsh (SDSU) 19:53, 18. Shelley Wall (Nike West) 20:05, 19. Brooke Bartholomew (Nike West) 20:05, 20. Karla Sanford (CS Northridge) 20:15.

Team Scores- NCAA Div. I only: 1. Cal State Fullerton 50, 2. Pepperdine 56, 3. Cal State Northridge 60, 4. Univ. of San Diego 62, 5. UNLV 112. Division I: 1. Nike West 32, 2. Cal State Fullerton 73, 3. Pepperdine 83, 4. Cal State Northridge 90, 5. Univ. of San Diego 93, 6. UNLV 143. Division II: 1. Azusa Pacific 45, 2. Biola 62, 3. Claremont Mudd Scripps 92, 4. Cal Lutheran 102, 5. Cal Tech 121, 6. Westmont 169, 7. U of LaVerne 173, 8. Redlands 178, 9. Whittier 184.

### MEN-5 MILES

1. Dave Schumacher (un) 25:02, 2. Brian Johnson (CS Fullerton) 25:59, 3. Dave Olds (Nike West) 26:03, 4. Mark Laplant (Nike West) 26:13, 5. Andrew Tansley (CS Fuller-

ton) 26:19, 6. Daniel Galindo (UC Irvine) 26:34, 7. Tom Castro (un) 26:40, 8. Matts Aamen (USD) 26:42, 9. Todd Coulston (UCI) 26:44, 10. Heron Echeveate (Rio Hondo) 26:47.

11. Jason Kits (Pepperdine) 26:49, 12. Ryan Cause (UCI) 26:52, 13. Lucio Brito (CS Fullerton) 26:54, 14. SDSU runner 27:07, 15. Phil Sanderson (Nike West) 27:08, 16. Armando Cerna (CS Northridge) 27:10, 17. Jaime Bastidas (UC Riverside) 27:13, 18. Andy Zug (Cal Tech) 27:18, 19. Mike Gottardi (un) 27:20, 20. Dean Cortez (UCSD) 27:21.

Team Scores- NCAA Div. I only: 1. Cal State Fullerton 38, 2. UC Irvine 45, 3. U of San Diego 79, 4. Pepperdine 113, 5. San Diego State Univ. 117, 6. CS Northridge 125. Division I: 1. CS Fullerton 51, 2. Nike West 61, 3. UC Irvine 66, 4. UC Riverside 110, 5. U of San Diego 117, 6. Pepperdine 169, 7. San Diego State Univ. 169, 7. CS Northridge 180. Division II: 1. Claremont Mudd Scripps 76, 2. College of the Desert 84, 3. Rio Hondo College 86.

## Stanford Invitational

October 2. Stanford Golf Course. Stanford.

### MEN-INVITATIONAL

...Team Scores: 1. Brigham Young Univ. 35, 2. Stanford 101, 3. Cal Poly SLO 108, 4. Utah State 113, 5. UCLA 123, 6. California 165, 7. Michigan State 184, 8. UC Santa Barbara 212, 9. Azusa Pacific "A" 223, 10. Nevada Reno 230, 11. Fresno State 239, 12. Southern Utah 346, 13. Long Beach State 419.

Individuals: 1. Richie Boulet (Cal) 23:56, 2. Gary Stolz (Stan) 23:59, 3. Creighton Harris (UCLA) 24:25, 4. David Spence (BYU) 24:26, 5. Muchapwa Mazano (Utah) 24:27, 6. Emily Freed (Santa Rosa) 24:27, 7. Mark Johanson (BYU) 24:28, 8. Brandon Rhoads (BYU) 24:35, 9. Jason Pyra (BYU) 24:38, 10. Coley Candaele (CPSLO) 24:49.

11. Craig Lawson (BYU) 24:52, 12. Scott Hempel (CPSLO) 24:53, 13. Gray Mavhera (Utah) 24:58, 14. Eliazar Herrera (UCLA) 25:00, 15. Mike Davidson (Utah) 25:01, 16. J. J. White (Stan) 25:02, 17. Dan Zoldak (Fresno St) 25:10, 18. Matt Haugen (UCSB) 25:11, 19. Dan Berkeland (CPSLO) 25:11, 20. Randon Richards (BYU) 25:15.

21. Mark Douglas (Cal) 25:17, 22. Harvey Franco (BYU) 25:18, 23. Toby Lefere (Mich St) 25:18, 24. Chris Lett (Mich St) 25:19, 25. Daniel Niednagel (UCLA) 25:19, 26. Andrew Cowgill (Stan) 25:20, 27. Ricardo Brewer (Fresno St) 25:20, 28. Ryan Winn (CPSLO) 25:22, 29. Erik Spayde (Stan) 25:24, 30. Andy Bupp (Cal) 25:27.

31. Bill Cosby (Mich St) 25:30, 32. Todd Lewis (Stan) 25:30, 33. Tony Bergman (Azusa/A) 25:31, 34. Greg Jimmerson (Stan) 25:32, 35. Robert Reeder (Stan) 25:33, 36. Troy Rowtham (UCLA) 25:37, 37. Jon Howell (Nev-Reno) 25:39, 38. Jason Kayne (Utah St) 25:42, 39. Jef Burns (Azusa/A) 25:45, 40. Dave Cullum (UCSB) 25:46.

41. Bob Ryser (Nev-Reno) 25:46, 42. Anthony Fisher (Azusa/A) 25:47, 43. Brad Glosser (UCSB) 25:47, 44. Jason Tackett (CS Sacto) 25:51, 45. Dan Herd (CPSLO) 25:52, 46. Ed Wolf (Nev-Reno) 25:54, 47. Eric Roberts (Utah St) 25:58, 48. Joe Reinisch (Nev-Reno) 25:59, 49. Travis Anderson (So Utah) 26:03, 50. Keith Grossman (UCLA) 26:04.

51. Matt Hempel (CPSLO) 26:07, 52. Pat Hoard (Mich St) 26:11, 53. Fernando Mendoza (Fresno St) 26:12, 54. Andy Boudreau (Cal) 26:13, 55. Charles Wallace (Utah St) 26:14, 56. Paul Goodrich (UCSB) 26:15, 57. John Gachau (Azusa/A) 26:20, 58. J'Dee Wilson (Utah St) 26:21, 59. Jason Carney (Azusa/B) 26:23, 60. Brian Gastelum (UCLA) 26:24.

### MEN-OPEN

Team Scores: 1. Stanford 41, 2. Pl. Loma Nazarene 100, 3. UC San Diego & Cal Poly Pomona 139, 5. UC Santa Barbara 141, 6. Cal State LA 147, 7. Westmont 186, 8. Cal State Stanislaus 208, 9. Pomona-Pitzer 226, 10. Claremont-Mudd 281, 11. Azusa Pacific B 298, 12. Occidental 301, 13. USC 355, 14. Whittier 374, 15. Ventura College 378, 16. Santa Clara 435, 17. Hawaii Hilo 438, 18. Loyola Marymount 561.

Individuals: 1. J. J. Castner (UCSD) 25:36, 2. Ammondo Gonzalez (CSLA) 25:41, 3. Chuck Foote (CP Pomona) 25:47, 4. Jose Padilla (CSLA) 25:49, 5. Gil Serrano (Stan) 25:56, 6. Donnie Bourland (Pt. Loma) 26:00, 7. Bryan Zajewski (Stan) 26:04, 8. Michael Prindiville (Stan) 26:05, 9. Jason Perscheid (Stan) 26:10, 10. Oscar Eyzar (CSLA) 26:13.

11. Eric Engel (Pt. Loma) 26:15, 12. Brian McCaffery (Stan) 26:18, 13. Dave Rivera (CS Stanislaus) 26:21, 14. David Dyer (Stan) 26:22, 15. Tomas Anderson (Pt. Loma) 26:22, 16. Avo Artinyan (Pom-Pitzer) 26:23, 17. Matt Nealon (Westmont) 26:24, 18. Cliff Curtis (CP Pomona) 26:27, 19. Art Martin (Chico St) 26:29, 20. Nathan Jobe (UCSB) 26:33.

21. John Cline (Stan) 26:33, 22. Dave Blum (UCSB) 26:39, 23. Roman Morales (CS Stanislaus) 26:41, 24. Joe Valla (Pom-Pitz) 26:41, 25. Terence Flynn (Occidental) 26:42, 26. Jeff Lynn (UCSB) 26:43, 27. Fred Bailon (Occidental) 26:44, 28. John Walsh (UCSD) 26:44, 29. Steve Pye (Azusa B) 26:45, 30. Phil Livingood (Westmont) 26:46.

31. Jon-Eric Thalman (CP Pomona) 26:46, 32. Matt Newman (Claremont-Mudd) 26:47, 33. Matt Ringer (UCSD) 26:48, 34. George Velarde (Pt. Loma) 26:49, 35. Greg Copeland (Pom-Pitz) 26:50, 36. Brian Postlewait (Pt. Loma) 26:54, 37. Dean Whittaker (UCSB) 26:55, 38. Erick Goldman (UCSD) 26:55, 39. Tom Graber (CP Pom) 26:57, 40. Jaime Guerro (Azusa B) 26:59.

### WOMEN-INVITATIONAL

Team Scores: 1. Brigham Young University 72, 2. Stanford 84, 3. UCLA 107, 4. Cal Poly SLO 110, 5. Cal State LA 146, 6. Adams State 156, 7. UC Santa Barbara 195, 8. Michigan State 213, 9. California

240, 10. UC Davis 243, 11. Fresno State 256, 12. Long Beach State 307, 13. Utah State 316, 14. Southern Utah 340.

Individuals: 1. Karen Hecox (UCLA) 16:57, 2. Heather Wimey (BYU) 17:19, 3. Kristin Schwartz (Adams) 17:22, 4. Beth Bartholomew (UCLA) 17:28, 5. Aliza Nicodemus (Utah St) 17:29, 6. Marisol Cosio (CSLA) 17:31, 7. Tonya Todd (BYU) 17:34, 8. Marisa Avendano (CSLA) 17:37, 9. Angela Orifice (CPSLO) 17:38, 10. Laura Bell (Mich St) 17:39.

11. Tenaya Soderman (Cal) 17:39, 12. Suzy Jones (UCD) 17:41, 13. Leila Burr (Stan) 17:45, 14. Kim Stossel (BYU) 17:49, 15. Rebecca Kopchik (Occid) 17:49, 16. Ronda Leyba (Adams) 17:50, 17. Stefanie Jensen (Stan) 17:51, 18. Sarah Trullitt (Stan) 17:51, 19. Monal Chokshi (Stan) 17:51, 20. Jennifer Lacovara (CPSLO) 17:52.

21. Louise Watson (Stan) 17:53, 22. Marty Aparicio (BYU) 18:00, 23. Kelly Flathers (CPSLO) 18:03, 24. Stacy Pando (Long Bch St) 18:05, 25. Melanie Hand (CPSLO) 18:07, 26. Andrea Gamber (Stan) 18:11, 27. Susannah Thrasher (UCLA) 18:11, 28. Chris Lindstrom (UCD) 18:12, 29. Angela Lee (BYU) 18:14, 30. Ann Burris (Fresno St) 18:15.

31. Maria Lopez (CSLA) 18:15, 32. Anna Pett (So Utah) 18:16, 33. Danielle Nelson (Fresno St) 18:17, 34. Anna Delgado (UCLA) 18:18, 35. Melissa Freeberg (Stan) 18:20, 36. Kristen Von Teuber (UCSB) 18:21, 37. Nika Horn (CPSLO) 18:22, 38. Kay Luo (Stan) 18:25, 39. Eliza Alexander (UCSB) 18:25, 40. Tiffani Morrell (Mich St) 18:27.

41. Karen Talamantes (Adams) 18:29, 42. Julie Thomas (UCSB) 18:31, 43. Laura Hodnett (UCSB) 18:32, 44. Kara Bradbury (UCSB) 18:33, 45. Maya Muneno (UCLA) 18:34, 46. Erica Sumi (UCLA) 18:36, 47. Saskia Hostetler (Cal) 18:37, 48. Lisa Lopez (Cal) 18:38, 49. Anikah Webb (So Utah) 18:39, 50. Heather Gilbert (Adams) 18:41.

51. Marisol Pedraza (CSLA) 18:43, 52. Jenny Peters (Mich St) 18:44, 53. Nikole Sterling (Adams) 18:48, 54. Carolyn Oviatt (Utah St) 18:49, 55. Mary Ann Martinez (CSLA) 18:50, 56. Katy McGarry (CPSLO) 18:51, 57. Monique Smith (Adams) 18:52, 58. Julie Justmann (Mich St) 18:52, 59. Jenney Wong (Cal) 18:53, 60. Kim Nemanic (CS Sacto) 18:54.

### WOMEN-OPEN

Team Scores: 1. Stanford 33, 2. U Hawaii 56, 3. Westmont 170, 4. UC San Diego 177, 5. CS Stanislaus 183, 6. Claremont Mudd 209, 7. Pt. Loma Nazarene 211, 8. Nevada Reno 230, 9. Occidental 235, 10. Cal Poly Pomona 253, 11. Phoenix College 279, 12. USC 280, 13. Pomona-Pitzer 318, 14. St. Mary's 325, 15. Hawaii Hilo 345, 16. Whittier College 361, 17. Ventura College 413, 18. Loyola Marymount 577.

Individuals: 1. Guadalupe Ambriz (Pt. Loma) 18:03, 2. Amanda White (Stan) 18:14, 3. Jeannine Davis (Pt. Loma) 18:18, 4. Ann Sheehy (Stan) 18:22, 5. Christine Dehlendorf (Stan) 18:23, 6. Rykka Wiesert



# RESULTS

(U Hawaii) 18:29, 7. Debby Wells (Stan) 18:32, 8. Juliet Stone (U Hawaii) 18:38, 9. Rachael Visser (U Hawaii) 18:43, 10. Misty Allen (Westmont) 18:50.

11. Gretchen Hyder (Phoenix) 18:52, 12. DeeDee Cervantes (U Hawaii) 18:56, 13. Erica Greene (CS Stanislaus) 18:57, 14. Staci Brunton (CS Stanislaus) 19:02, 15. Amy MacArthur (Stan) 19:05, 16. Hilary Ferreira (UCSD) 19:07, 17. Jessica Beeler (Occid) 19:08, 18. Katie Burco (Pom-Pitt) 19:08, 19. Marjorie Hsu (Stan) 19:13, 20. Genevieve Farnady (Nev-Reno) 19:13.

21. Christine Grove (U Hawaii) 19:17, 22. Treasure Schultz (USC) 19:17, 23. Kelley Hupp (U Hawaii) 19:19, 24. Malena Rosen (PL Loma) 19:19, 25. Gretchen Sauer (Clare-Mudd) 19:20, 26. Alexis Kays (Occid) 19:20, 27. Rosetta Hunter (CP Pomona) 19:21, 28. Brandy Pierce (Westmont) 19:21, 29. Miriam Niednagel (Westmont) 19:22, 30. Julie Markley (Stan) 19:25.

## Cal Poly Pomona Invitational

October 9. Pomona.

### WOMEN

Team Scores: 1. UC Davis 34, 2. CS Stanislaus 68, 3. Cal Poly San Luis Obispo 79, 4. Cal Poly Pomona 115, 5. Biola University 141.

Individuals: 1. Elizabeth Onyambu (Biola) 17:45, 2. Suzy Jones (UCD) 18:03, 3. Cathy Kershaw (So Illinois/Carbondale) 18:39, 4. Karen Gardner (So. Ill) 18:41, 5. Kawa Bradbury (UCSB) 18:42, 6. Staci Brunton (CS Stanislaus) 18:45, 7. Diana Harlick (UCD) 18:49, 8. Christine Lindstrom (UCD) 18:54, 9. Kim Koerner (So. Ill) 18:55, 10. Jennie Horner (So. Ill) 18:55.

### MEN

Team Scores: Unavailable.

Individuals: 1. Sasha Vujich (un) 32:17, 2. Cliff Curtis (CP Pomona) 32:25, 3. Ahmik Jones (CPSLO) 32:38, 4. Matt Hempel (CPSLO) 32:43, 5. Paul Kilbridge (UCD) 32:47, 6. Linh Le (UC Riverside) 32:51, 7. Tom Casto (Ranch Santiago JC) 32:53, 8. Paul Rocheleau (UCD) 32:54, 9. Sean Nathan (un) 32:56, 10. Sean Fitzpatrick (CPSLO) 32:58.

## SCC Invitational

October 9. Back Bay, Newport Beach.

### MEN-8K

Team Scores: 1. Southern Cal 43, 2. Whittier 50, 3. LaVerne 73, 4. Masters College 81, 5. Cal Tech 85, 6. Chapman 165, Cal Lutheran, Concordia, LIFE Bible NS.

Individuals: 1. Jason Schaefer (SCC) 27:07, 2. Dan Palmer (SCC) 27:32, 3. Tim Hardin (SDD) 27:36, 4. Edward Yuh (Whit) 27:39, 5. Frank Nudge (Lav) 28:00, 6. Jesus Luna (Lav) 28:10, 7. Juikka Siltanen (CJLU) 28:29, 8. Jed Colvin (CLU) 28:37, 9. Kele Perkins (Whit) 28:38, 10. Mark Perkins (Whit) 28:39.

### WOMEN-5K

Team Scores: 1. Whittier 30, 2. Southern Cal 52, 3. Concordia 87, 4. LaVerne 90, 5.

Cal Tech 100, 6. Chapman 149, Mt. Saint Marys NS.

Individuals: 1. Genevieve Graff-Ermeling (conc) 18:17 meet record, 2. Nikee Pool (SCC) 19:17, 3. Helen Garcia (Whit) 20:08, 4. Heather Backer (Whit) 20:12, 5. Carrie Haas (Whit) 20:33, 6. Heather Salisbury (SCC) 20:34, 7. Debra Deming (SCC) 20:36, 8. Marianne Chavez (Whit) 20:48, 9. Caitlin Henderson (Cal Tech) 20:50, 10. Tara Barnhart (Whit) 20:54.

## Bronco Invitational

October 16. Santa Clara University campus, Santa Clara.

### WOMEN-5000 Meters

The first appearance of Stanford at the Bronco Invitational saw the Cardinal take top honors. The official times of the race were lost due to a power failure in the timing system, but unofficially, Kay Luo of Stanford set a new course record of 18:15. She broke the previous record of 18:46 set by Donna McKenna of Menlo in 1990.

Team Scores: 1. Stanford 19, 2. St. Mary's 63, 3. Sacramento State 80, 4. Santa Clara Univ. 127, 5. U. of San Francisco 139, 6. University of Pacific 149, 7. College of Notre Dame 187, 8. Menlo College, Dominican College-incomplete.

Individuals: 1. Kay Luo (Stan) 18:15, 2. Kim Nemanic (Sac St) NT, 3. Christine Dehlendorf (Stan) NT, 4. Debby Wells (Stan) NT, 5. Amy MacArthur (Stan) NT, 6. Julie Markley (Stan) NT, 7. Sarah Pond (Stan) NT, 8. Marj Hsu (Stan) NT, 9. Arpen Melwani (SF) NT, 10. Esperanza Zuniga (St. Marys) 20:18.

### MEN-8000 Meters

Stanford impressively took team honors by easily outdistancing all other teams. Mike Prindville led the Cardinal in establishing a new frosh and collegiate course record in a time of 25:36. Dan Fisher of Santa Clara (1990) held the previous collegiate record of 25:51 and Menlo's John Mumm (1990) held the previous frosh record of 26:16.

Team Scores: 1. Stanford 17, 2. Santa Clara Univ. 52, 3. Sacramento State Univ. 91, 4. St. Mary's 100, 5. Univ. of San Francisco 103, Dominican College & College of Notre Dame - incomplete.

Individuals: 1. Mike Prindville (Stan) 25:36, 2. David Dyer (Stan) 25:41, 3. Tim Katron (Sac St Alumni) 25:49, 4. Yuji Higaki (Stan) 26:20, 5. Tommy Abdal (Santa Clara) 26:25, 6. Brian McCaffery (Stan) 26:31, 7. Raj Sandhu (Stan) 26:46, 8. Justen Whittall (Santa Clara) 26:51, 9. Scott McGinniss (Stan) 26:56, 10. Ryan Nugent (Sac State) 27:00.

## Golden Mustang/ San Luis Obispo H.S. Invitational

October 16. Cal Poly San Luis Obispo

### MEN-Open

Team Scores: 1. Fresno Track Club 27, 2. Nike Track West 39, 3. Santa Barbara AA 54, 4. San Luis Distance Club 110, 5. SF

State Univ. 148, 6. The Master's College 150.

Individuals: 1. Jamey Harris (Fresno TC) 30:54, 2. David Schmacher (Long Beach TC) 31:00, 3. Jason Lienau (FTC) 31:23, 4. Ernie Freer (FTC) 31:26, 5. Israel Pose (Marathon's) 31:28, 6. Jorge Castro (Nike Track West) 31:38, 7. Dave Olds (NTW) 31:45, 8. Mark Lapiant (NTW) 31:50, 9. Jeff Jacobs (Santa Barbara AA) 31:52, 10. Rick Herr (un) 32:45, 11. Gus Hermes (SBAA) 32:50, 12. Jerry Hernandez (Mara) 32:54, 13. Sal Rodriguez (FTC) 32:57, 14. Dean Lofgren (Mara) 33:01, 15. Mike Smith (SBAA) 33:03.

16. Eddie Gonzales (NTW) 33:08, 17. Rod Heskett (FTC) 33:19, 18. Phil Sanderson (NTW) 33:28, 19. Ramon Tello 9SBAA) 33:35, 20. Peter Hopkins (SBAA) 33:37, 21. Sean McCormick (SLDC) 33:54, 22. Terry Howell (SBAA) 34:06, 23. Tran (NTW) 34:13, 24. Steve Boaz (SLDC) 34:18, 25. Scott Urner (NTW) 34:19.

### MEN-UNIVERSITY

Team Scores: 1. Cal Poly SLO 20, 2. UCLA 51, 3. Fresno State 89, 4. Cal State LA 122, 5. Humboldt State 130, 6. UC Santa Barbara 136, 7. Southern Utah 176, 8. California 182, 9. San Diego State 272.

Individuals: 1. Scott Hempel (CPSLO) 31:00, 2. Coley Candaele (CPSLO) 31:20, 3. Dan Berkeland (CPSLO) 31:26, 4. Ryan Winn (CPSLO) 31:33, 5. Ricardo Brewer (Fresno St.) 31:46, 6. Dan Zoldak (Fresno St.) 31:50, 7. Creighton Harris (UCLA) 32:00, 8. Troy Rowthan (UCLA) 32:01, 9. Jose Padilla (CSLA) 32:09, 10. Dan Held

(CPSLO) 32:09, 11. Karl Polivaka (UCLA) 32:13, 12. Brian Gastelum (UCLA) 32:15, 13. Eliazar Herrera (UCLA) 32:16, 14. Armando Gonzalez (CSLA) 32:26, 15. Fernando Mendoza (Fresno St.) 32:28.

16. Dan Niednagel (UCLA) 32:31, 17. Oscar Urizar (CSLA) 32:36, 18. Dave Wasserman (Humboldt) 32:36, 19. Martin Smith (Humboldt) 32:42, 20. Sean Fitzpatrick (CPSLO/B) 32:45, 21. Chris Merkle (So Utah) 32:46, 22. Ian Blair (Humboldt) 32:47, 23. Paul Goodrich (UCSB) 32:48, 24. Travis Anderson (So Utah) 32:49, 25. Brad Glosser (UCSB) 32:55.

### WOMEN-OPEN

Team Scores: 1. Nike Track West 25, 2. Santa Monica TC 35, 3. CSU Stanislaus 78, 4. San Luis Distance Club 104, 5. SF State Univ. 122.

Individuals: 1. Shannon Lieder (Fresno TC) 17:33, 2. Tania Fischer (Santa Monica TC) 17:50, 3. Chris Morgan (Nike Track West) 17:56, 4. Dina Farage (FTC) 18:10, 5. Ann Grande (Tacoma Dodge) 18:11, 6. Jennifer Briggs (SMT) 18:13, 7. Karen Wilbur (Tacoma) 18:13, 8. Michele Buchicchio (NTW) 18:15, 9. Teena Colebrook (NTW) 18:22, 10. Annie Seawright (NTW) 18:33, 11. Gladees Prieur (SMT) 18:35, 12. Kim Ojeda (NTW) 18:44, 13. Michelle Herman (Tacoma) 18:48, 14. Brooke Mabe (un) 18:50, 15. Katie Dunsmuir (SMT) 18:51.

16. Staci Brunton (CSU Stanislaus) 18:54, 17. Gretchen Lohr (NTW) 18:59, 18. Erica Greene (CSUS) 19:00, 19. Sandra Rodriguez (un) 19:05, 20. Megan Riker (un) 19:06, 21. Irene McLoughlin (SF State Univ.) 19:13, 22. Janet Norem (SLDC) 19:23, 23. Gail Wehrli (SMT) 19:27, 24. Brooke Bartholomew (NTW) 19:33, 25. Shawna Hodges (CSUS) 19:36.

### WOMEN-UNIVERSITY

Team Scores: 1. UCLA and Cal Poly SLO 64, 3. UC Santa Barbara 88, 4. California 102, 5. U. of Puget Sound 103, 6. Fresno State 134, 7. Humboldt State 136, 8. Southern Utah 197, 9. San Diego State 262.

Individuals: 1. Karen Hecox (UCLA) 17:07, 2. Tenaya Soderman (Cal) 17:31, 3. Beth Bartholomew (UCLA) 17:33, 4. Daniela Parkhurst (U of Puget Sound) 17:54, 5. Denise Walker (Humboldt) 17:55, 6. Lisa Lopez (Cal) 18:01, 7. Angela Orifice (CPSLO) 18:04, 8. Emily Keilman (U of Puget) 18:05, 9. Nike Horn (CPSLO) 18:28, 10. Kelly Flathers (CPSLO) 18:28, 11. Wanda Howlett (U of Puget) 18:30, 12. Karin Merritt (Humboldt) 18:31, 13. Kara Bradbury (UCSB) 18:32, 14. Julie Thomas (UCSB) 18:32, 15. Melanie Hand (CPSLO) 18:36.

16. Cathy Lee (UCLA) 18:37, 17. Erica Sumi (UCLA) 18:38, 18. Kristen Von Teuber (UCSB) 18:39, 19. Eliza Alexander (UCSB) 18:41, 20. Ann Burns (Fresno St.) 18:42, 21. Danielle Nelson (Fresno St.) 18:45, 22. Anna Pett (So Utah) 18:47, 23. Amy Davidson (CPSLO/B) 18:50, 24. Laura Hodnett (UCSB) 18:51, 25. Anika Webb (So Utah) 18:58.



SHANNON LIEDER (left) & TANIA FISCHER

Photo by Elaine Rosenfield





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