

By KEITH CONNING

□ **State Cross Country Coaches Meeting**
Cerritos, June 7—The following proposals were voted on by the fifty or more coaches in attendance and were approved overwhelmingly.

I. Date—(State Cross Country) contest to be held on the Saturday in connection with the Thanksgiving weekend.

II. Divisions—Qualifying entrants to be divided into three divisions, large (1600 plus), medium (900-1600), and small (under 900).

III. Qualification—Representation to be decided by whatever process that is found to be appropriate by each of the individual sections. Most sections will use one of the three following formulas for this solution, depending on the actual size of that section:

1. Head to head competition
 2. Total team time at the sectional meet
 3. Committee selection
- IV. Number of sectional entrants (per division):

Section	# of schools	Present	Nor-Cal	Proposed
Cent. Coast	112	3	2	2
Northern	67	2	2	2
North Coast	144	3	2	2
Oakland	6	1	1	1
Sac-Joaquin	131	3	2	2
San Fran.	13	1	1	1
Central	70	3	2	2
Los Angeles	49	0	2	2
San Diego	72	0	2	2
Southern	474	0	4	4

Coaches suggest individual entries include the top five individual finishers in each division from each section. Individuals will be deleted from team scoring.

V. Venue—Permanent site—Woodward Park, Fresno. The Fresno site is the most central in access to the entire state.

VI. Entry Fee—None. All costs to be paid for by sponsor, not including team travel and transportation.

VII. Distance—3 miles or 5,000 meters.

VIII. That a committee of coaches, at least one from each section, be selected to stand as an advisory committee to this sport.

□ **Eric Mastalir**

Athens, Greece, July 19—Eric Mastalir (Jesusit, Carmichael) set a new California high school record in the 5,000 meters of 14:01.40. The old record of 14:08.4 was set by Terry Williams (Lompoc) in 1973.

Eric became the sixth fastest performer in United States high school history. The top five are as follows: 13:44.0 Gerry Lindgren (Rogers, Spokane, WA) at Compton on June 5, 1964; 13:52.8 Steve Prefontaine (Marshfield, Coos Bay, OR) 1969; 13:55.65 John Zishka (Lancaster, OH) 1980; 13:58.2 Craig Virgin (Lebanon, IL) 1973; and 14:00.2 Rick Riley (Ferris, Spokane, WA) 1966.

It is the fastest high school 5,000 in six years.

Men's Results

(All athletes born 1967 or later)

400: (7/18) 8. Chip Rish 47.50.
5000: (7/19) 9. Eric Mastalir (Jesusit HS, Carmichael) 14:01.40 (6, 7HS) (new California high school record, old record 14:08.4 Terry Williams, Lompoc HS, 1973).

4x100: (7/20) DQ—United States (Micahel Marsh, Derrick Florence, William Reed, Stanley Kerr) 39.81. **Heats:** (7/19) II-1. United States 39.53 (9, x WJ).

4x400: (7/20) 1. United States 3:01.90 WJR, AJR (old records 3:02.46 United States 1983, Clifton Campbell 46.0, Chip Rish 45.5, Percy Waddle 45.8, William Reed 44.52).

Women's Results

(All athletes born 1968 or later)

400: (7/18) 4. Janeene Vickers (Pomona HS) 52.25 (10, x AJ) (7 CA HS).

10,000: (7/18) 12. Lisa Rizzo (Hart HS, Newhall) 38:38.1.

5K Walk: (7/20) 17. Kerry Bratton (Woodside Striders) 25:23.02, 23. Sybil Perez (Los Angeles) 26:58.13.

4x400: (7/20) 1. United States 3:30.45 AJR (old AJR 3:34.68 National Junior Team 1982) (3 WJ: 2nd-fastest country) (Gisele Harris 53.2, Kandice Pritchett 53.2, Tasha Downing 52.2, Janeene Vickers 51.9).

Shot Put: (7/17) 11. Brandi Gail (Rowland HS, Rowland Heights) 44-5¼.

□ **Pan-American Jr. Championships**
July 4-6, Winter Park, Florida.

Men's Results

100m: (+1.9 mps) 2. Michael Marsh (Santa Monica TC) 10.23.

400m: 4. Chip Rish (Pollitabs TC) 47.04.
400m Hurdles: 3. Michael Graham (Santa Monica TC) 51.99.

4x100: 1. USA 39.76 (Michael Marsh, Derrick Florence, William Reed, Stanley Kerr).

4x400: 2. USA 3:05.44 (8 WJ; 5 AJ) (Clois Carter, Chip Rish, Percy Waddle, Clifton Campbell).

Triple Jump: 7. James Williams (Fresno St) 50-5½w (49-6½).

Decathlon: 2. Collins (Los Gatos) 6213.

Women's Results

400m: 2. Janeene Vickers (SoCal Cheetahs) 52.66.

4x400: 1. USA 3:35.81 (3 AJ) (Gisele Harris 54.1, Kandice Pritchett 54.5, Tasha Downing 54.3, Janeene Vickers 53.0).

Shot Put: 1. Brandi Gail (Rowland HS, Rowland Heights) 46-3¼.

Discus: 2. Tracy Crawford (Southwest HS, San Diego) 157-9.

□ **Morro Bay Invitational**

Morro Bay, Sept. 6--1. Kevin Ochs, MCP, 17:27, 2. Brent Kimple, C, 17:40, 3. Scott Hempel, Wal, 17:47, 4. A. Huizar, Ont., 17:48, 5. D. Walker, Wal., 18:02.

Top Men's Teams: 1. Walnut High, 22, 2. Nordoff High, 73, 3. Morro Bay High, 80, 4. Santa Maria High, 105, 5. San Luis Obispo High, 110.

Girl's Varsity: 1. Jamie Gunn, Wal, 21:21, 2. Lisa Vanderburg, Wal, 21:29, 3. Ashley, MB, 21:34, 4. Sandy Acosta, Wal, 21:52, 5. Nona Harkins, SLO, 22:14.

Top Women's Teams: 1. Morro Bay High, 39, 2. Walnut High, 42, 3. San Luis Obispo High, 86, 4. Nordoff High, 84, 5. Taft High, 91.

PREP NOTES continued on page 32

1986 Southern Section X-C Preview

By DOUG SPECK

As the summer ends the most competitive area of the nation in prep athletics, the 476 member Southern Section of California prepares for another Fall Cross Country season. With its usual number of outstanding individuals and teams the '86 season should be another good one.

No one area of the nation has three returnees from the Kinney National Cross Country Championships as the Southern Section does in its Women's division. Melissa Sutton (Newbury Park), Tracey Williams (Mountain View, El Monte), and Christy Farrell (Thousand Oaks) were qualifiers last year for the National Finals as they competed unattached after their scholastic season ended. Sutton is a terror over hill and dale, placing 5th in the Kinney National Meet (third junior in entire nation!), and having a best time of 17:32 on the hilly Mt. San Antonio College Cross Country course where Southern Section end of season action is held. Her 17:32 is the #6 time ever on the course and Melissa would have a shot at Kirsten O'Hara's 17:16 Course Record with continued improvement. The Newbury flash is a hard-worker, but relaxed enough to play for the school basketball team last winter between CC and Track. Melissa recorded a 10:29.96 3200m best during track in handling the State's best in the mid-season Arcadia Invitational. Tracey Williams (Mt. View, El Monte), still a junior, is a two time Kinney National finalist with a very realistic chance of being a four-time participant in that competition. Tracey is young, her 6/15/71 birthdate will have her graduating as a 16-year-old, her 17:37 Mt. SAC best is #7 All-Time, and she has a 10:24.70 3200m best from track. Farrell is a Maramonte League mate of Sutton, has a fine 18:02 (#19 All-Time) Mt. SAC best, and 4:58.33m-10:35.27m track bests as she heads into her senior year.

A number of very fine Women's squads grace the Section. The State's best 1985 squad, Palos Verdes, returns four scorers (their first three plus #7) off of their Sectional 4A Champion squad, and a JV team member improved to 2:20.5 for 800m in Track so they will be very tough. Good improvement for PV could have them at the end of the season among the top 3-4 teams in the history of the section since the young ladies started racing three miles (their 1985 95:44 team time best is #9 All-Time on the Mt. SAC course). Thousand Oaks, Newbury Park, and Westlake (Westlake Village) are three teams from Ventura County's Maramonte League, and they along with Buena (Ventura), will be tough enough in the 4A division to

push Palos Verdes to the hilt. Susette Basore (Pasadena) is a fine 4A individual, with an 18:11 on the Mt. SAC course and 10:43.87 3200m best. Arroyo Grande and Saugus are outstanding 3A Women's teams. AG is the defending champion, with Saugus having everyone back from a 3rd place squad last year. Heather Scoble (Saugus) was 2nd 3A last year with an 18:14 Mt. SAC best and 4:54.53m-10:44.29m track bests. Hesperia and Walnut should battle for 2A dominance, with Hesperia the defending champion and Walnut having its top 6 back from a good team at the 3A level last year. Declining school enrollment with the opening of Diamond Bar HS dropped Walnut from the 3A Sierra League to the 2A Valle Vista League. Hesperia is led by miler Robbyn Bryant, one of the country's best at 4:49.60 for 1600 meters, while Walnut counters with Sandra Acosta, the 3A winner as a frosh last year at 18:14. Tracey Williams (Mountain View) is the two-time defending champion individually at this level.

A number of outstanding teams and individuals will also grace the Men's division of this Section. Five teams stand a bit ahead of the pack. In the 4A Division Palos Verdes had a very young squad that placed 4th last year, and with Coach Joe Kelly and Rod Flager's ability to bring people around they will be tough to catch in 1986. Richard Erbes (Glendale) is the defending 4A Champion with a 15:20 Mt. SAC best and 9:05.19 3200m on the Track. The 3A Division features an outstanding trio of proven teams in Arroyo (El Monte), La Habra, and Buena Park. Arroyo, under Coach Tim O'Rourke, returns its best squad since the team destroyed the 2A division 3 years back with 30 points in the Section Finals. La Habra and Buena Park are both in the same League, and each returns outstanding and deep squads for the 1986 season. Aaron Mascorro (Rosemead) is an outstanding individual at this level, with a 15:20 best at Mt. SAC and 9:00.10 3200m on the track, with Raul Serratos (Moreno Valley) 15:32 and 4:11.15 1600m also very tough. Coach Jim Polite of Walnut had the Section's most outstanding ever soph-frosh group in 1985, and amazing soph, Scott Hempel (9:22.90 3200m as frosh), will lead Walnut as they try to add a Men's 2A title to the one within reach of their Women's group. The individual 2A titlist from 1985, Chris Lugo (Valencia, Placentia), at 15:34 at Mt. SAC is back.

continued on next page...

Prep Notes

In the following Divisional previews the Cross-Country times quoted are from the Mt. San Antonio College course, site of the season's largest Invitational meet and the Section Prelim and Final runs. The course is a very challenging three mile with three very tough hill sections. Track times quoted are bests from that spring season with obvious 800 meter, 1600 meter, and 3200 meter marks followed by an "m". 1500 meter and 3000 meter marks are noted as such, and obvious 880, mile, and 2 mile marks are noted with a "y".

Men's Division

4A--A far out scenario could have Palos Verdes the top team in the State in both the Men's and Women's divisions. Last year their women's group was the Golden State's top team, and that group returns basically intact. While the Women were moving on to sectional and statewide glory a very young Men's squad (1 frosh, 4 sophs, and 2 juniors) was 4th in the Southern Section 4A Finals with an excellent 82:03 best team time. Coaches Joe Kelly and Rod Flager have continued the PV magic quoted under Bob Latham (now at Bend, Oregon) in getting absolutely the most from this affluent beach community school. Junior Dave Scudmore was 11th 4A 85 at 15:56 and raced a fine 8:44.3 3000m during the spring track season. Blake Bogess, Scylor Piper, Victor Furer, and Ben Cravatt return under 16:38 on the very hilly Mt. SAC course. PV has close to 2 minutes on any other 4A squad when top 5 returnees are added up. Coach Jack Farrell at Thousand Oaks really gets a lot from his runners, and his 6th place '85 group has 5 of 7 returning for '86. Doug Fairman (16:08-1:56.6m) and Dave Helsdon (16:18) lead the Lancers. Villa Park, another year in and year out power under Coach Dave White, was 2nd last year, and has 4 back, led by Aaron Hichman (16:07) and David Longyear (16:18-4:18.7m). Dana Hills was 5th in '85, and the Dolphins return 5 from that team led by Mark Fodor (16:10) and junior Fermin Segura (16:17). DH had four sophs on their '85 Sectional power. Rio Mesa (Oxnard) has been building under Coaches Rick Torres and Brian Fitzgerald, and they will arrive in 1986. The Spartans have 5 of their varsity members returning, led by proven track stars Ed Trotter (16:09-1:56.4m-9:34.2m) and Ramon Perez (16:31-4:19.49m). Huntington Beach was 12th in '85, with John Soto (16:15) and John Gallup (16:36-1:57.2m) heading a solid five off that crew. Buena (Ventura) has 5 of 7 back from its '85 8th place team, led by Jay Fayloga (16:27) and Kevin Allen (16:43). Torrance, moving up to the 4A level with a switch from the Ocean to Bay League, was 2nd at the 3A level last year. Coach Gerald Holland at Torrance does a fine job each year, with Darin Watkins (15:59) and Howard Silverman (16:31) leading a group that will keep Palos Verdes honest in the Bay League. Lakewood was 11th 4A in 1985 and return 5 from that team led by Mark Edwards (16:36) and Brian Pitts (16:39). Newport Harbor has 4 of its '85 varsity back, with junior Jim Geerlings (16:34) and Colin Bode (16:41) top runners.

South Torrance was John Fedoroff (16:01) leading 4 from its 1985 squad. Richard Wheeler (16:30) and Chris Wright (16:39) will lead a good Bishop Amat (La Puente) group, with league-mates Mater Dei (Santa Ana) led by soph Eddie LaVelle (16:36). Edison (Huntington Beach) has a

potentially good fivesome back for 1986. Mission Viejo (3rd 4A '85), led by junior Greg Lamb (16:01-1:56.01m), Crescenta Valley (La Crescenta) (7th '85 4A), led by Mike Conover (16:09), Simi Valley ('85 4A Champs), with Travis Biggs (16:10) on top, Corona Del Mar, with 4:16.98m-1:56.71m junior star Jim Robbins on top, are all teams with solid traditions that could develop. Foothill (Santa Ana), Millikan (Long Beach), and Newbury Park also have potential.

Defending individual 4A Champion, Richard Erbes (Glendale) (15:20-9:05.19m) will be looking for a big senior year. Anthony Valdez (Oxnard) was 16th 4A '85 at 15:49, Haissam Sabra (Ocean View, HB) 4:16.83 for 1600m, Kurt Deplyffer (Laguna Beach) (16:03-4:25.1m), and Serge Trujillo (Santa Ana Valley) (16:16) all showed real potential last Fall. Junior Shannon Winkelman (Marina, Huntington Beach) (9:26.56m) and Anthony Williams (Hueneme, Oxnard) (9:32.41m) both had fine spring track seasons over 3200m.

3A--The 3A Division will be a real dogfight with three super squads and a number of others with fine potential. Arroyo (El Monte), La Habra, and Buena Park (the latter duo from the Freeway League) all have the potential to be the best in the Section. Arroyo scored 30 points in the 1983 2A Division Finals, and found itself booted up to the 3A level, where it has placed 3rd for the last two seasons. The 1986 Arroyo group is much stronger than the last two teams, which means real trouble for the opposition. Junior Jeff Gilkey (8th 3A '85 15:50-9:40.0y) leads four others who have run under 16:38 at Mt. SAC for Arroyo. Ron Meade had a fine spring track season for Arroyo with a 1:56.91 best over 800m. La Habra was 6th last year with a young squad that will be very tough this go-round. Sam Williams (9th 3A '85 15:46-4:18.93m), Terrence Mahon (15:48), Moses Garcia (16:06), and Steve Myers (16:19) make a top foursome as tough as any in the Section. Buena Park, under Coach Dan Hirsch, is always tough, and will give away nothing to the above two teams. BP was 6th in 1985 3A and returns 5 off that Varsity. Phil Ramirez (15:57), Gabriel Sanchez (16:09), and Marty Baratti (16:20) are a solid up-front trio. The La Habra-Buena Park Freeway League clashes will be a seasonal highlight. Coach Gene Blankenship's Hart (Newhall) squads are always near the top, and their 4th place 3A '85 squad returns a solid group, led by Frank Flores (15:53-9:32.46m). Beverly Hills has built quickly under former Burbank Coach Howard Edelman, with John Mora (15:56-8:48.6 3000m) leading a very strong foursome into 1986. Moreno Valley has 5 back from its varsity squad, led by super Raul Serratos (3rd 3A '85 15:32-4:11.15m). Rosemead was 9th last year, and has an excellent duo leading the 1986 squad in Aaron Mascorro (4th 3A '85 15:20-9:00.10m) and Ramon Perez (15:57). Mountain View (El Monte) was 11th in 1985 and returns 6 off that team. Rafael Castaneda (16:07) and junior Randy Wilson (16:20) will lead MV in 1986. Palm Springs had an all-soph varsity in 1985 with an excellent 85:40 team time at Mt. SAC, led by the 16:25 of Josh Pauley. Upland returns 5 of its varsity runners, and junior David Hesselstine (9th 3A '85 15:54) gives Coach Bob Loney's team some real strength up front.

Canyon (Canyon Country) was 8th in '85 3A, and return a good foursome from that squad, led by fine soph Mike Rattary (16:32) and Mike Medina (16:46). Hemet was 10th in '85 3A, with Tim Walsh (16:31) and Nick Prestwich (16:37) leading four returning from that 7 for this season. Rubidoux (Riverside) has 5 of its Varsity back, led by super soph Marco Ocegura

(4:30m and 16:10). Bell Gardens has a good squad returning, led by Eddie Flores (16:46). Warren (Downey) had the first three on its 1985 Varsity frosh athletes, with Oscar Salamone (16:50 as 9th grader) leading what can be a strong 1986 squad.

There are some other very strong individuals in the 3A division. Javier Primera (Burrroughs, Burbank) was 15th 3A '85 at 15:48 and had a 4:19.20m spring best. Nich Lugo (Schurr, Montebello) has run 16:15 and 1:56.4m.

2A--Some very fine teams grace this division. Walnut High, under Coach Jim Polite, has a very good chance of sweeping both the Men's and Women's titles at this level. A school that was split up when Diamond Bar HS opened, Walnut was halved in enrollment and dropped in 1986 to the 2A Valle Vista League from the 3A Sierra League. Walnut had an extraordinary young group of soph-frosh runners who placed 7th in '85 at the 3A level and tallied an amazing 82:11 for their best times added up at Mt. SAC (easily the best in the Section's history for athletes of those grades). The Walnut group returns with over a minute and a half on any other 2A team, and with the improvement that would be expected from athletes so young, should take the title should they be able to stay healthy. Amazing sophomores Scott (15:56-9:22.90m) and Matt (16:12) Hempel lead Walnut. A number of other teams appear ready to immediately step in should Walnut falter. Valencia (Placentia) was the runner-up in this division last year, and Coach Mike Cummins welcomes back a solid five from that group, led by individual division champion Chris Lugo (15:34 1st 2A-9:29.8m). Covina was 7th in 1985 and returns its top 6, led by juniors Kevin Berko (16:44-4:24.7m) and Tim Kearns (16:46). Alemany (Mission Hills) was 6th last year, and also returns all but one from its 1985 Varsity, led by Jose Haro (16:17 11th 2A) and Greg Jones (16:30). Atascadero, last year's 1A team Champion and a part of the Los Padres League move up to 2A will also be very tough here. A very solid trio, and 5 overall return from the championship squad, led by Sam Richards (16:24), Mark Alexander (16:45), and Matt Huckaby (16:46). Laguna Hills is now a part of the 2A Pacific Coast League, and the former 4A school will be very tough at this level. Five of the top 7 for LH return, with Eric Schrader (16:53) leading a trio at around 17:00 at Mt. SAC. Lompoc, 4th in 1985, has 4 back from that team, led by Tom Campbell (15:36 2nd 2A-4:21.23m). Cabrillo (Lompoc) was 4th 1A in 1985 with a varsity made up of 5 sophomores. Dan McGahey (12th 1A 16:46) and four others within a minute will be a fine 2A group in 1986. Indio was 10th last year at the 2A level, and junior Alex Navidad (16:44) leads a good group of 5 from that squad. Magnolia (Anaheim), 8th last year, has 5 back this season, with four within 34 seconds of Carlos Morani (17:05) on Mt. SAC course. Arroyo Grande, 5th in 1985, has a solid trio back to lead the 1986 squad, led by Pat Reed (16:39) and Eric Sanders (16:51). Coachella Valley, 9th last year 2A has 5 back from that team, with Ramero Ruiz (16:26) the team leader.

Agoura will be led by a super duo up-front. Matthew Thomson (8:44.2 3000m) and amazing frosh Bryan Daneworth, who recorded an 8:49.0 for 3000m last summer as an eighth grader (worth about 9:30 for two miles), will lead what could develop into a fine team for Coach Bill Duley. Ontario had Melecio (16:52) and soph brother, Armando (16:57), Huizar leading a respectable foursome from its 1985 Varsity who are returning. Anaheim returns 4 of its top 6, led by Rod Marsh (17:13). Elinore (Lake Elinore) has 4 back from a

good 1985 team. Trabuco Hills, a new school nestled in the athletically potent Mission Viejo-El Toro area, was 10th in the 1A division last year, and with its first senior class could be a 2A threat. Nordhoff, 3rd last year as a team, has Tom Wooff (16:37) and Mario Molina (17:11) leading a trio that returns from that group. Santiago (Garden Grove), 11th in 1985 has 3 returning, led by Peter Avila (16:22).

Individually, John Docker (Morro Bay) was 7th 1A in 1985 with a 16:32 best, then improved to 4:21.73m in track.

1A--The booting up to the 2A level of the Los Padres League will probably leave Sherman Indian (Riverside) alone to wrack havoc on this division for at least the next couple of years. Atascadero peaked nicely in 1985 to nip SI for the title, but it appears in 1986 there will be no one around to really press Sherman depth-wise, as the Indians return a team through four runners that is at least a minute faster than anyone else. With as rich a sports tradition as any school in the nation, the Sherman team has a solid foursome back from its '85 squad, led by Lucion Koinva (16:13 3rd 1A) and Coach Ken Taylor will develop whatever else is necessary. Fillmore was 8th in 1985, and the Flashes return their top 5 from that team, headed by Ray Viamontes (16:58). Azusa has a respectable 5 back from its 1985 varsity, with 4 of those frosh or soph athletes last Fall--Lili Arizmendi improved to 4:25.86m in the spring during track. Cathedral was 3rd last year, and returns a fine duo on top in John Trefecanty (1st 1A 15:48-9:30.32m) and George Reyes (16:39). Webb (Claremont), 9th in 1985, has 6 back from that group, led by David Louis (17:35). Maranatha (Sierra Madre) was 5th in 1985, and despite losing four seniors Coach Ken Cronquist returns a good trio, led by junior David Wester (17:21). Paraclete (Lancaster) returns all but one of its 12th place 1985 group, with junior Justin Christensen (17:48) the quickest back. Carpinteria was 11th last season, and will be led by individual runner-up Bret Kimple (16:00-9:27.58m). Sierra Vista (Baldwin Park) returns 5 from its '85 Varsity, led by fine junior Mario Varela (8th 1A '85 16:32). Bell-Jeff (Burbank) was 8th 1A last Fall and Coach Jim Couch returns five with Sectional experience. Steve Pappard (17:25) will lead B-J. Gladstone (Covina) has 4 back from its 6th place group, led by Victor Hernandez (16:43).

Sophomore Kevin Ochs (Mission College Prep, San Luis Obispo) was Sectional finalist with an excellent 16:34 and 9th place 1A frosh best.

Women's Division

4A--Palos Verdes, under Coaches Rod Flager and Joe Kelly peaked superbly last year to pull a bit of an upset in winning this division. This year PV returns 4 of the 7 from that team and should end the year as the top Prep female team in the state of California. Traci Goodrich (18:56-11:05.77m-8th 4A), Tracy Leichter (18:57-5:04.8 1500m-9th 4A), Ashley Black (19:11-11:01.10m-16th 4A), and 2:20.5 800m star Andrea Black headline a very potent group. There are enough teams pressing PV to force them to be honest in their efforts. Thousand Oaks, 4th ranked statewide in 1985 returns a super group. Christy Farrell, a Kinney National Finalist last year, 3rd 4A at 18:12 and

continued on next page...

Prep Notes

Fine Flicks by Don Gosney



Melissa Sutton

4:58.33m-10:35.27m Track credentials leads a good team. Jena Haggenmiller (7th 4A-11:15.63m), Mandy Kosaris (19:10), and Angie Lovell (19:19.5:22.3y) give the Lancers real power. TO's Maramonte League rivals Newbury Park and Westlake (Westlake Village) are also very tough. Newbury is led by Melissa Sutton, the Western U.S.'s top returning Kinney placer at 5th in the National Meet (and the 3rd returnee in the entire nation). Sutton is the defending Section 4A Champion at 17:32 (#6 All-Time Mt. SAC) and has 10:29.56m track credentials. Amy (14th 4A 19:06-2:17.7m) and Lara (23rd 4A 19:28) Nesbitt will back up Sutton nicely. Westlake (WV) was 5th 4A last year, and return 7 of the top 8 off that group. Jennifer Feller (11th 4A-19:01-5:12.81m) and Jaime Butler (19:24) lead a fivesome for Westlake that have all clocked under 20:00 on the difficult Mt. SAC course. Another Ventura County school that returns a powerful squad is Buena of Ventura. Sixth last year, Coach Steve Blum's Buena squad is led by Michelle Lewis (6th 4A 18:29-4:57.67m) and Mary Dietz (19:06). Coach Mike Sayward's Canyon (Anaheim) group was 7th last year and returns 6 of the top 7 from that team. Shelly Everett (19:53) and Erin Case (20:08) lead a squad that should pack nicely. Mission Viejo returns everyone from its 1985 Varsity, led by Elizabeth Kubis (19:18) and Dawn Africano (19:24) up front. It is hoped that super 800m star Kathy Grayson, a 2:10.97m performer in her first season of running last spring, will give the fall harrier sport a try for MV. Riverside Poly has some real power up front, with Kat Prince (18:57-11:15.78m) and Brigid Freyne (10th 4A 18:59-11:27.27m) and two others off a squad that was 10th 4A in 1985. Fountain Valley, 11th in 1985, lost only one runner from that group, and should be led by juniors Tonya Petrina (19:20) and Nicole Mills (19:44). Hawthorne, with Track Coach Kye Courtney taking over the Fall Women's Cross Country group, will be a strong squad, led by Christina Ross

(19:34-5:05.0 1500m). Edison (Huntington Beach) and Newport Harbor (the state's #5 ranked 1985 squad) have great recent traditions and have always shown frightening depth at the lower levels to rate mention with the top group in this division, even though they graduated a majority of their 1985 Varsities. Mitch Nadon (19:37) should lead Edison, while Sandra Ruffini (19:26) and Tiffany Anderson (19:36 11:23.6m) are the top Newport returnees.

Rio Mesa (Oxnard) returns its top 6 from last year, led by Anna Howald (20:18). Dos Pueblos (Goleta) was 8th 4A 1985, and returns five off that team, led by Nancy Terstal (20:08-5:16.8m) and Cindy Terstal (2:20.0m). Dana Hills is potentially a very strong team, with Kirsten Quigley (19:55) and Kelli Lewis (5:07.70m) leaders for DH. Corona Del Mar has all of its Varsity back, with Leslie Cashion (20:17) and Darcy McGrath (2:18.6m) leading a squad capable of a high ranking off continued improvement. Ocean View (Huntington Beach) returns its entire Varsity, with Shannen Karpel (2:16.41m) having a fine spring track season. El Toro has four back from its Varsity, led by Kristin O'Brien (19:52). Rolling Hills (Palos Verdes) returns its entire Varsity, and Santa Ana returns 6 off of a fine 1985 team.

Suzette Basore (Pasadena) raced a fine 18:11 at Mt. SAC last year and improved to 10:43.37m on the track, so she should be ready for a big senior CC season.

3A--Arroyo Grande, under Coach Greg DeNike, continued the Northern League dominance in the harrier sport, in whichever division that conference has been placed, with a 3A team win last fall. AG returns 6 of 7 from that championship group, but should be strongly challenged by a Saugus team that was 3rd in 1985, but returns everyone from its Varsity. Sharon Plante (18:36 3rd 3A-5:10.4y) and Barbara Barcelona (19:00 7th 3A-2:18.21m) lead AG, while Saugus counters with Heather Scobie (18:14 2nd 3A-4:54.53m-10:44.29m) and Amy Reiter (18:58 6th 3A 4:50.3 1500m). How well the two squads back up their front duos should decide the 1986 title race. Lompoc will keep league-mate Arroyo Grande honest, as the 1985 4th place 3A squad returns 5, led by Karlie Graham (19:34-2:21.32m) and Maureen Hammons (19:54). Wilson (Hacienda Heights) was 7th in 1985, and has 6 back from that squad, led by Charmis McIntyre (18:47 4th 3A-11:29.35m) and Darlene Flores (19:19 13th 3A). La Habra, 12th last Fall, has everyone back, led by Sita Jones (19:14 9th 3A). El Rancho (Pico Rivera) is a perennial division power, with Lupe Casillas (10th 3A 19:14-11:07.1m) leading 5 back from a 1985 6th place team. Canyon (Canyon Country) was 10th in 1985, and Lauree Spears (19:33 16th 3A) leads 6 of last year's Varsity that are back.

Mater Dei (Santa Ana) was 8th last go-round, with super soph Laura Doering (19:02 12th 3A-11:15.6m) leading the Orange County parochial power. Esperanza (Anaheim) was 2nd in 1985, and Coach Al Britt has four athletes back with Sectional experience, led by Jennifer Cook (20:10). Hart (Newhall) finally graduated Lisa Rizzo, with Coach Gene Blankenship having a respectable foursome off an 11th place 1985 squad back to build for this season.

Los Altos (Hacienda Heights) has a good trio, led by Elsa Molina (20:04) returning for 1986. Bishop Montgomery (Torrance) has four back from a good 1985 team. Montebello, led by Rayna Cervantes (19:53-11:07.1m), and El Dorado (Placentia), with talented Beth Rospajala and Julie Cooper, could develop into fine groups. Upland could be very tough if Heather Watson (5:16.30m) and Glenda Smith (2:13.63m) would take the fall sport in a really serious manner.

2A--Coach Joe Gomez's Hesperia squad came out of the woodwork last fall to race away with the title here, and while the Scorpions return 6 of the 7 from that championship team, 1986 will be no cakewalk. Hesperia's Robbyn Bryant (18:41-3rd 2A 4:49.60m) really came into her own last spring, and returns as one of the top milers in the entire nation this year. Nicole Houle (18:40-2nd 2A 11:21.89m) gives Gomez a very tough duo on top. The big challenge should come from Walnut, the former Sierra League power dropped down to 2A status with entry into the Valle Vista League. Walnut was 6th at the 3A level last fall, and returns its top 6. Coach Jim Polite has stars Sandra Acosta (18:14 1st 3A-10:26.5 3000m) and Jamie Gunn (19:04 8th 3A-5:08.0m) on top, with all-arounder Lisa Vanderbug (20:07-2:16.40m) leading the rest of the team. The battle for the first spot here should again boil down to how well numbers 3 and the rest back up the very capable first couple of runners for Hesperia and Walnut. Mountain View (El Monte) was 5th 2A last year, and is led by two time defending divisional champion Tracey Williams. Tracey was 23rd in the Kinney National CC Championships, has run 17:37 on the Mt. SAC course (#7 All-Time), and raced a fine 10:24.70m on the track. Sister Lisa (19:21) gives MV up-front strength. The Los Padres League has been dominating the 1A division for a couple of years and has found itself kicked upstairs to the 2A level. The defending 1A team champions, Morro Bay, from that conference, returns enough to do some damage at the 2A level. A tight fivesome returns from that championship team, led by Ashley Orton (20:40) and Stephanie Krouse (20:42). South Hills (Covina) returns 6 of 7 from a 3rd place squad, with Kami Howden (20:22 13th 2A-5:16.16m) leading what will be a strong group. Chino, a perennial finalist, was 7th in 1985, with 6 returning, led by Shelly Vanderveen (20:43). Nordhoff (Ojai) was the divisional runner-up last year, with Tami Dobel (19:48) heading 5 off of that high placing squad. Miraleste (Palos Verdes) has 6 of 7 back from its 11th place team, with Martina Lanchengco (20:24) the top runner. Apple Valley, 9th 2A 1985, has Tonya Trick (20:33) leading 6 who return from that Varsity. Laguna Beach, dropped from 4A status into the new 2A level Pacific Coast League, has potential that could put them right near the top of this division, returning 5 of 7 led by Wendy Peterson (20:13).

Northview (Covina) was 8th in 1985, and return a solid foursome, led by Stacey Sanderson (20:32). South Pasadena (4th in 1985) has four back also, led by soph Jill Turner (20:47). Rosemead returns its entire 1985 Varsity, with Wendy Guerrero (21:25) heading a fivesome within a minute at the finish. Monrovia, 10th in 1985, has five back from that group, led by Jill Cross (21:20). Yucaipa was 12th last Fall, with Bobbi-Jean Hayes (21:20) leading 5 returning from that team. Savanna (Anaheim) has 6 back from its 1985 Varsity, led by fine half-miler, Erika Lovett (20:43-2:20.80m). Cabrillo (Lompoc), 3rd at the 1A level for the Los Padres League, has 4 back from that team, with Karen Zeltman (21:02) the conquistadore's best. El Monte has Rene Moreno (21:11) leading its top 6 back for 1986. Calexico has Minerva Valdez (21:53) leading a good trio that returns. Atascadero, another fine squad from the Los Padres League, will be led by the duo of Carrie Barber (19:15 3rd 1A) and Nancy McKrell. San Marino, with the super twosome of Diane Pettit (2:15.2-5:12.85m) and Diane Pettit (5:11.69m-11:06.47m) could be really tough with some backup help.

A number of fine individuals grace this division. Jennifer Rigney (Cajon, San Bernardino) was 5th 2A 1985 with an 18:44 best, Andrea Dellamonica (Calabasas) (19:34-2:13.31m), Evelyn Martino (St.

Joseph, Santa Maria) (19:08 2nd 1A 85-11:06.75m), Kirsten Harkins (La Quinta, Garden Grove) (20:22-2:15.53m), and Sherri Taylor (Palo Verde, Blythe) could all place high individually.

1A--Freed from the dominance of the Los Padres League with its move to the 2A division, this 1A Women's level should feature glory from a new cast in 1986. Maranatha (Sierra Madre) would appear to be the big favorite to win its first ever Sectional title. Coach Ken Cronquist peaked the Minutemen nicely for a 2nd place teamwise in 1985, and with a solid foursome back from that group, moving into the number one spot should not be too difficult. Miriam Cordero (20:37), Shannon Cation (20:54), and Monica Smith (21:27) should lead Maranatha to glory. Alemany (Mission Hills) was dropped down to the 1A level from 2A along with its San Fernando Valley League. Siobhain O'Reilly (12th 2A 20:13) leads the entire Alemany varsity that returns from 1985. Azusa, led by Roberta Moronez (18:55 5th 1A) and Gia Crimi (20:13), was 6th last year and should move higher in 1986. 29 Palms was 4th in 1985, and Kiela Snider (20:26) leads 4 that return from that Varsity. Bishop placed 8th in 1985 and with 5 back, led by Jan Christensen (21:34), Coach Dick Arnold's Broncos should move up higher. Paraclete (Lancaster) returns 4 from a 5th place squad last year, with Yvonne Brunet (22:13) the top Spirits' runner. Whittier Christian was 11th in 1985, with junior Sharise Rivera (12th 1A 20:40) heading 4 back off that team. Aquinas (San Bernardino) returns its top 5, led by Margo Chavez (22:43). Moorpark has its entire Varsity back, led by Lori and Jenny Shottliff and Pam Beaver. St. Bernard (Playa Del Rey) has its top 4 back, with Brenna Talamantes (21:25) leading the team. San Dimas has its entire Varsity back, led by 16th place 1A individual placer Kristin Peters (20:13).

Divisional powers San Gabriel Mission (10th 1A 85) and Sherman Indian (Riverside) (7th 1A 85) should round up enough to be competitive by season's end. Bell-Jeff (Burbank), a part of the usually tough San Fernando Valley League and its drop from 2A status, should have a good squad led by Patti Cutler. Flintridge Prep (La Canada) returns its entire Varsity, led by Laura Pearson (20:34).

photo by Maurice Wilson



Michelle Lewis

continued on next page...

Prep Notes

Pre-Season Southern Section Top Ten X-C Rankings

By DOUG SPECK

4A Women

- Palos Verdes
- Thousand Oaks
- Newbury Park
- Westlake (WV)
- Buena (Ventura)
- Canyon (Anaheim)
- Riverside Poly
- Mission Viejo
- Fountain Valley
- Hawthorne

3A Women

- Arroyo Grande
- Saugus
- Lompoc
- Wilson (HH)
- La Habra
- El Rancho (Pico Rivera)
- Canyon (Canyon Country)
- Mater Dei (Santa Ana)
- Esperanza (Anaheim)
- Hart (Newhall)

2A Women

- Hesperia
- Walnut
- Mountain View (El Monte)
- Mono Bay
- South Hills (Covina)
- Chino
- Nordhoff (Ojai)
- Miraleste (Palos Verdes)
- Apple Valley
- Laguna Beach

1A Women

- Maranatha (Sierra Madre)
- Aleman (Mission Hills)
- Azusa
- 29 Palms
- Bishop
- Paraclete (Lancaster)
- Whittier Christian
- Moorpark
- Aquinas (San Bernardino)
- St. Bernard (Playa Del Rey)

Overall Women's Top 10

- Palos Verdes
- Thousand Oaks
- Newbury Park
- Westlake (Westlake Village)
- Buena (Ventura)
- Arroyo Grande
- Hesperia
- Walnut
- Saugus
- Lompoc

4A Men

- Palos Verdes
- Thousand Oaks
- Villa Park
- Dana Hills
- Rio Mesa (Oxnard)
- Huntington Beach
- Buena (Ventura)
- Torrance
- Lakewood
- Newport Harbor

3A Men

- Arroyo (El Monte)
- La Habra
- Buena Park
- Hart (Newhall)
- Beverly Hills
- Moreno Valley
- Rosemead
- Mountain View (El Monte)
- Palm Springs
- Upland

2A Men

- Walnut
- Valencia (Placentia)
- Covina
- Aleman (Mission Hills)
- Atascadero
- Laguna Hills
- Lompoc
- Cabrillo (Lompoc)
- Indio
- Magnolia (Anaheim)

1A Men

- Sherman Indian (Riverside)
- Fillmore
- Azusa
- Cathedral (L.A.)
- Webb (Claremont)
- Maranatha (Sierra Madre)
- Paraclete (Lancaster)
- Carpinteria
- Sierra Vista (Baldwin Park)
- Bell-Jeff (Burbank)

Overall Men's Top Ten

- Palos Verdes
- Arroyo (El Monte)
- La Habra
- Buena Park
- Walnut
- Thousand Oaks
- Valencia
- Hart (Newhall)
- Villa Park
- Dana Hills

Cross Country "Where They're Going" Preview

Men

Athlete/From	To
Kevin Stonerock/Saugus	Boise State
Darin Stonerock/Saugus HS	No. Arizona
Mark Mastilar/Jesuit HS	Stanford
Eric Mastilar/Jesuit HS	Stanford
Mike Fretz/Saugus HS	Fresno State
Mike McLean/Saugus HS	C/S Long Beach
John Diesenbacher/Saugus HS	Stanford
Dan Rattary/Canyon HS	UC Irvine
Pat Mitchell/Glendale HS	USC
Steve Imlay/Temple City HS	CP Pomona
Jeff Zimmer/Simi Vly HS	Fresno State
Neff McGhie/Simi Vly HS	Fresno State
Steve Pressman/Simi Vly HS	Moorpark CC
Craig Ingram/Moorpark CC	C/S Northridge
Derrick Vett/Buena HS	C/S Northridge
David Walsh/Ventura CC	C/S Northridge
Manuel Gomez/Belmont HS	UC Riverside
Eugene Cruz/Retired	C/S Los Angeles
Lane Olson/L.A. Valley HS	Retired
Jeff McCarty/Hoover HS	Glendale CC
Mike McCracken/Loyola HS	Georgetown
Alex Carmona/USIU	UCLA
Beat Amman/Switzerland	UCLA
Paul Jaspars/Netherlands	UCLA
Paul Meyer/Villa Park HS	UCLA

Women

Darcy Arreola/Grossmont HS	C/S Ntrthridg
Teresa Poy/El Cerrito HS	C/S Northridge
Lisa Ash/Moorpark CC	C/S Northridge
Heather Houston/Burroughs HS	HSC/S Ntrtrdge
Laura Chapel/University HS	UCLA
Laurie Chapman/Gunderson HS	UCLA
Saralyn Dixon/Burroughs HS	C/S Long Bch
Sylvia Mosqueda/East LA CC	C/S L.A.

Results

U.S. Jr. Track & Field Championships

from Keith Conning

June 28-29. Towson St. Univ., Maryland.

Men

(All athletes born 1967 or later)

100 Meters

Heats (6/28 - 2 heats; top 3 from each plus next 2 fastest to final).
1st Heat: (wind: +1.98 mps) 4. Stanley Davis (Long Beach State) 10.65.

2nd Heat: (+2.28 mps) 2. Michael Marsh (Santa Monica TC) 10.27w, 5. Anthony Ford (Long Beach State) 10.57.
Finals: (+1.89 mps) 2. Derrick Florence (unat., Galveston, TX/Ball HS) 10.13 high school record (old HS record 10.16, Houston McTear, Baker HS, Florida, Olympic Trials, Eugene, OR, June 20, 1976), 3. Marsh 10.22, 7. Ford 10.61.

200 Meters

(Heats: (6/29 - 2 heats; top 3 from each plus next 2 fastest to final).
2nd Heat: (+4.88 mps) 2. Michael Marsh (Santa Monica TC) 20.84w, 7. Anthony Ford (Long Beach State) 21.71.
Final: (6/29 - +0.88 mps) 3. Marsh 21.01.

400 Meters

Heats: (6/28 - 3 heats; top 4 from each plus next 4 fastest to semifinals)
2nd Heat: 1. Chip Rish (Pollitabs TC) 47.06.
Semifinals: (6/28 - 2 semis; top 3 from each plus next 2 fastest to final)
2nd Heat: 2. Rish 46.91.
Final: (6/29) 2. Rish 46.43.

800 Meters

Heats: (6/28 - 3 heats; top 4 from each plus next 4 fastest to semifinals).
1st Heat: 2. Vincent Thompson (SoCal Cheetahs) 1:53.42, 4. Travis Akins (SoCal Cheetahs) 1:53.82.
3rd Heat: 2. Neil Fitzgerald (St.Gnignus

HS, S.F.) 1:53.31, 5. Sean Kelly (Unat., Austin, TX/Hawthorne HS 1985) 1:53.94.
Semifinals: (6/28 - semis; top 3 from each plus next 2 fastest to final)
1st Semifinal: 2. Kelly 1:52.07, 3. Thompson 1:52.07, 4. Fitzgerald 1:52.24, 8. Akins 2:01.81.
Finals (6/29) 6. Fitzgerald 1:56.24, 7. Thompson 2:07.36, Kelly did not finish.

5000 Meters

Final: (6/29) 1. Eric Mastalir (Team Adidas/Jesuit HS, Sacto) 14:16.40, 3. Mark Mastalir (Team Adidas/Jesuit HS, Sacto)

continued on next page...