

PREP NOTES

Mt. SAC Invitational

By DOUG SPECK

October 18, 19. Walnut.

The nation's biggest (375 schools and 7500 athletes) and highest quality Invitational, the Forty-Third Annual Mt. SAC/Walnut High School Invitational took place the weekend of October 18 and 19th. Unfortunately, the extreme heat that had plagued California since the start of the school year stuck around through this, severely slowing those schools who had to run in the afternoon. The weather was fine for the Saturday morning's races, with the Boys' Individual and Team Sweepstakes Races escaping torrid temperatures. The Girls Sweepstakes events took place as the weather started to creep up through the 80s into the mid-90's, with efforts there and on Saturday afternoon definitely affected by the heat. As a matter of fact, in a Mt. SAC first, the top County medical official in attendance, part of a paramedic crew that worked through most of the afternoon on downed runners from the heat, came to Meet management at 2:50 and expressed real concern for continued safety of runners under the conditions. No one argued with his opinion, with the last half an hour of races, including a Boys and Girls Varsity race for late entrants, was cancelled. Once again, smaller schools raced on Friday, with the Group II (Medium-sized) on Saturday morning, with the larger school on Saturday afternoon.

The enrollment grouping at Mt. SAC have Friday's Division III including State Division IV (1-938) plus the lower end of State Division III (up through about 1100). Some better races were set up for those schools. San Marino, under Coach Phil Ryan, was the winner of both the top Girls and Boys races at that level, with the Titan Boys especially impressive after graduating the majority of their 1990 State Championship Division III squad. Jason Brown (Bret Harte, Altaville) took that top Friday Boy's race at 16:06 in edging Anthony Fisher (Maranatha, Sierra Madre) 16:09, with San Marino scoring 93 points (86:22) to take Corona del Mar, which gapped 29 seconds 1-5 with 100 points (87:12). Top Division IV school statewide in the race was Bell-Jeff (Burbank) in third at 118 (86:50), with the local Small schools very, very competitive each

week, and exciting Section action at that level assured. It was said that State top-ranked Division IV power Nordhoff (Ojai) ran without one of its top runners in its 5th place finish (145-88:26). David Rojas (Moorpark) looked very good in a solo 16:22 race win on Friday.

San Marino took the Girls race with 56 points (104:55), led by the 4th place finish of Marjorie Hsu (19:40). Fillmore, led by the 1-2 finish of Marbella Aparicio (18:34 fastest of day) and Nikki Shaw (19:16) was 2nd at 72 (104:02) to lead the State's Division IV schools in attendance.

Other strong efforts on Friday were from a heat-winning Central Section Division IV school, Coalinga, which totalled 90:22 (giving the Central Section with Corcoran and McFarland already) more strong teams at that level than Section spots in the State Meet. The LaReina Girls team was a strong race winner at 112:29, with the Division IV school led by Jamie Kendig, a big individual winner at 19:44.

Saturday's action is highlighted by mid-morning Sweepstakes Races, with Team events for loaded squads and individual runs for schools with one or two stars. The Boys Team Sweepstakes, featuring #1 ranked nationally Hart (Newhall) and #3 Madera, was the first of the special events, with Hart comfortably handling the Central Section power two weeks previous at Stanford. Here it would be much closer. Margarito Casillas (Hoover, Glendale), 9:18 last year as a soph for 3200m in track, and Ryan Wilson (Agoura), another fine eleventh grader, set the early pace in the race, with Hart having two in the top group as the field came through the first half mile. Hart was running without their #3 runner this day. Casillas continued to lead through the mile at 4:53, with the team event very, very close between Madera and Hart up through that point. Peninsula (Rolling Hills Estates), with one of the first races back for very talented Goss Lindsey, was looking good also. Off the tough Switchback loop after the mile, Casillas stretched his lead to 20 yards over Ryan Wilson. As the race headed up to the steep "Poop-Out" hill Madera had three in front of Hart's #3 runner. Back behind "Poop-out" and up and

over "Reservoir" Hill the race rolled, with Casillas having a very narrow lead over surprising Fernando Mendoza (Channel Islands, Oxnard) as the event came down on to the airstrip with a quarter of a mile to go. Keith Grossman (Hart) led the team charge behind Wilson in 4th, with Eric Kropf and Polo Duarte, both of Madera running 5-6. Dan Minami (Peninsula) led an impressive charge by his team in 7th. Casillas held off Mendoza 15:15-15:20, with the

with the foursome of T.J. Reyes (Lakewood), Jeff Wilson (Newbury Park), Todd Tressler (San Marcos, Santa Barbara), and Lucio Brito (Santa Ana Valley) at 4:45 at the mile. After the run over the steep switchback hill loop it was Reyes and Wilson battling for the lead with about 50 yards over surprising Froylen Sanchez (St. Francis, La Canada), with Tressler running in fourth. Soph Eric Dunn (Arroyo Grande) was fifth. Up



Left to right: KAY NEKOTA, LAURA HAYWARD and CHRISTY CAMP

Photo by Phillip Erboby

team struggle an interesting one to figure out. Hart ended up going 4-10-16-19-28 (77-81:13), with Madera 5-6-14-29-34 (88-81:32), and surprising Peninsula 7-9-13-20-60 (109-81:57). It was one that you could not put together in your head as the runners streamed by, but was a good show by three of the nation's best. Peninsula will have to be considered among the top ten in the nation after this performance.

The Boys Individual Sweeps was next. A large group was out quickly,

the steep 100 yard "poop-out" hill Wilson started to pull away from Reyes, with that margin out to thirty yards over the top of Reservoir Hill. Dave Hamer (Covina) led a second group at the top of the last hill. During the run-in Wilson continued to power away, racing the weekend's fastest time, a 15:08, with Reyes next at 15:26 and Tressler 15:34.

Jeff Wilson continued his magical undefeated season which has him currently considered as the top prep in the State, and in a wide open year nationally, very capable of high Kinney National Finals honors.

The Girls Individual Sweepstakes race had some super runners, led by Milena Glusac (Fairbrook--5 course

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records in 5 Invitationals this Fall), Kinney National Finalist Carrie Garrison (Sunny Hills, Fullerton), and Stacey Auer (1000 Oaks). Glusac powered the first 440 under 70 seconds, with Garrison fighting for contact through the entire first mile. Others running strong, but in a distant second pack, were Auer, Christina Blackmer (Upland), Robin Heidt (Canyon, CC), Laura Monson (Claremont), Magi Marginez (Wood, Vacaville), Veronica Barajas (Channel Islands, Oxnard), Tanja Brix (University, Irvine), and Robin Snowback (University, L.A.). Glusac continued to fly up front, rolling through the mile alone at 5:16. Auer, Heidt, Martinez, Blackmer, and Brix trailed. Milena continued to power, racing off the Switchbacks with a 60 yard lead, leaving some of the best

17:16 Course Record. Sailing on into and down the airstrip to the finish, the Fallbrook star appeared to finish very, very close to the record if she had not bettered it. Garrison continued to roll, racing 18:05 in second, with Robin Heidt 3rd, Blackmer 4th, and Brix 5th. It became a bit ugly for Stacey Auer, as she staggered up the final small hill to the finish in 6th, with Ackerman running a great second half of the course to place 7th. Glusac's official time of 17:18 was truly amazing, easily the hottest under conditions which by the time of this race were in the low 80's. The course seemed a bit slower this year than in others, with the long period of dry weather leaving the course trail dusty and anything but hardpacked.

Saturday's Girls Team Sweep-

Californians in the Sweeps event.

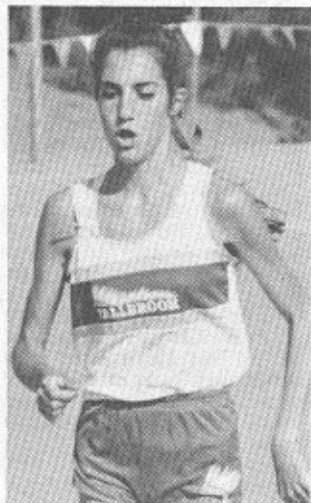
Edison's Shelley Taylor, one of the nation's finest, led the Team Sweeps event individually through the first quarter mile, with Agoura making its presence known solidly, with three in the top five early, and six in the top twenty through the first mile. The first mile was relaxed, just over 5:30, with Agoura still strong, running 2-3-4 with Kay Nekota, Laura Hayward, and Kristie Camp. Edison, Peninsula, and Mt. Carmel looked to be factors in the team contest through the mile. As the event approached two miles Agoura was firmly in control of the team race, with Peninsula and Edison looking strong. Taylor continued to roll on the warm morning, maintaining a 50 yard margin over Nekota through to the finish in winning 18:13-18:22. Agoura, without frosh star Amy Skieresz finishing, still went 2-5-9-23-31 for (70-96:51), with Peninsula 4-8-13-35-40 (100-98:36), Edison 1-17-18-34-39 (109-99:06), and Mt. Carmel 22-24-28-36-49 (159-101:46 without #1 runner Susan Scott who is nursing a slight knee injury). Continuing on back, in 5th was Irvine (162-102:02), 6th Arroyo Grande (164-101:30), 7th Hart (181-102:30), and 8th Monument Valley (159-103:28). Remember, Monument Valley was ranked #17 in the entire nation prior to the start of the race!!

Last year San Pasqual (Escondido) worked their way up through the rankings on the way to State Titles on the Boys and Girls side. This year they had just too much talent coming back, were rated big pre-season favorites on both the Boys and Girls side statewide, and were given #5 (Boys) and #4 (Girls) rankings nationally by *Harrier Magazine* recently. Coach Will Wester decided to opt out of the Sweepstakes events, with the Boys racing the quickest team time of the day in going 1-4-6-8-38 (57-81:05) in a morning race. The Golden Eagle Girls were just as dominating, going 1-2-7-15-21 (46-98:34) for the day's #2 team time.

A number of other teams and individuals were impressive during the day. El Modena (Orange), a Girls group that had laid pretty low thus far this season, showed its Division II statewide power with a second behind San Pasqual in their race at 1:03:00. La Jolla Girls continued to steadily improve, here 104:16, to move into the State Division III rankings (a division they dominated statewide last Fall). The Newbury Park Girls team is very young and showed themselves as a State Division III threat off a nearly 10 minute team time victory in their race at 106:58. The Madera Girls edged El Capitan 56 (102:24)-73 (103:59) in a strong effort by both teams. Frosh Liz Robles (Baldwin Park) was an impressive af-

ternoon winner in the heat over Erica Sumi (Wilson, Long Beach) 19:56-20:13.

On the Boys side Jesuit of Sacramento showed strength in an 83:45 race winning effort. Scott Carvelli (Santa Teresa, 1:55.40 last spring over 800m as just a ninth grader,



MILENA GLUSAC

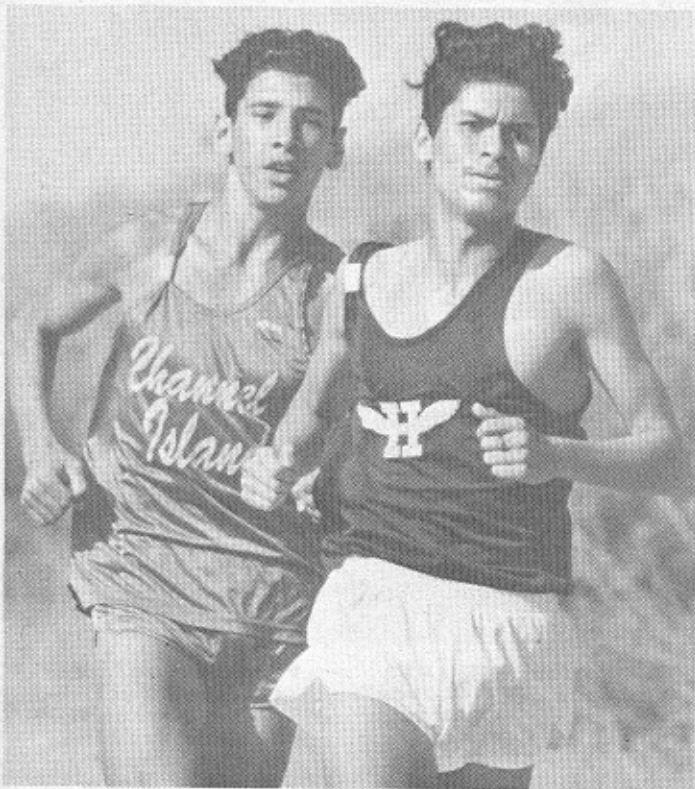
Photo by Philip Enbody

looked very strong in a very hot Saturday afternoon 16:27 winning race effort. David Irias (Belmont, L.A.) was 16:18 in winning a race in 95 degrees, 71% humidity, and extreme smog late Saturday afternoon.

* In following results (frosh or soph athlete from other races were added in to team times to timewise get absolute comparisons).

Results: (Girls) (Friday) - Division III (Small Schools) (#15-Var) 1. Heather Slate (Capistrano Valley Christian, San Juan Cap) 22:01. Team: 1. Bishop Union 106 (126:24). (#16-Var) 1. Karen Molinder (Western Christian, Covina) 20:56. Team: 1. Hopi (Az) 40 (116:27). (#17-Var) 1. Aparicio (Fillmore) 18:34. 2. Shaw (Fillmore) 19:16. 3. Dien (La Canada) 19:22. 4. Hsu (San Marino) 19:40. 5. Pengra (La Canada) 19:47. 6. Parkinson (Orange Lutheran) 19:48. 7. Bendz (Costa Mesa) 20:02. 8. Castellanos (L.A. Baptist, Sepulveda) 20:05. 9. Davidson (Bret Harte, Altaville) 20:18. Teams: 1. San Marino 56 (104:55). 2. Fillmore 72 (104:02). 3. Lutheran (Orange) 106 (108:54). 4. La Canada 115 (108:35). 5. Nordhoff (Ojai) 126 (111:00). 6. Laguna Beach 160 (114:58). (#18-Var) 1. Jamie Kendig (La Reina, 1000 Oaks) 19:44. Team: 1. La Reina 52 (112:29). (#19-Var): 1. Amy Snider (Taft) 20:33. Team: 1. McFarland 64 (112:42).

Saturday Division II (Medium Size



FERNANDO MENDOZA (left) and MARGARITO CASILLAS

Photo by Kirby Lee

runners in the country staggering in her wake. Melissa Ackerman (Castro Valley) crept towards the top half dozen towards the two mile point. At the top of the last Reservoir Hill, with a half a mile to go, Glusac was right around 14:30, giving her a shot at the

stakes event featured the top group of Varsity teams ever gathered for a U.S. High School race. Featured in the event (from *Harrier Magazine* rankings) were #1 nationally, Agoura, #7 Mt. Carmel (San Diego), #8 Edison (Huntington Beach), #11 Arroyo Grande, #15 Peninsula (Rolling Hills Estates), and #17 Monument Valley (Kayenta, Az). A feature article in the *Harrier Magazine* discussed the Arizona school coming in and handling the

Schools (#28-Var) 1. Melissa Keim (San Pasqual, Escondido) 18:36, 2. Deanna Hadley (San Pasq) 18:55, 3. C. McFadden (St. Francis, Sacto) 19:30, 4. Kristina Dahlberg (El Modena, Orange) 19:33, 4. Natalie Austin (El Modena, Or) 19:33, 6. Dawn Cabitac (Florin, Sacto) 19:36, 7. Erin Blunt (San Pasq) 19:45, 8. M. Muehling (Amador Valley) 19:56. **Teams:** 1. San Pasqual 46 (98:34), 2. El Modena 98 (103:00*), 3. La Jolla 119 (104:16), 4. Santa Margarita (Rancho, SM) 131 (104:44), 5. Laguna Hills 142 (105:20*), 6. South Hills (W. Covina) 150 (106:05). **(#29-Var)** 1. Kristi Tribble (Los Altos, Hacienda Heights) 20:04. **Team:** 1. South Pasadena 52 (105:29). **(#30-Var)** 1. Sarah McDougall (Crescenta Valley, La Crescenta) 20:12. **Teams:** 1. Newbury Park 40 (106:58). **(#31-Var)** 1. L. Degaron (Bishop Montgomery, Torrance) 20:31. **Team:** 1. University City (San Diego) 110:20. **(#32-Var)** 1. Sherie Donovan (Madera) 19:41, 2. Tina Schroyer (Rio Mesa, Oxnard) 19:59. **Teams:** 1. Madera 56 (102:24), 2. El Capitan (Lakeside) 73 (103:59).

Division III (Large Schools-Saturday afternoon) (#52-Var) 1. Gabriela Rodriguez (Oxnard) 19:57, 2. T. Reader (Camarillo) 20:18. **Teams:** 1. Buena 69 (108:59). **(#53-Var)** 1. J. Sanchez (Hueneme, Oxnard) 20:06. **Teams:** 1. Temecula 51 (113:13). **(#54-Var)** 1. L. Robles (Baldwin Park frosh) 19:56, 2. Erica Sumi (Wilson, Long Beach) 20:13. **Teams:** 1. Wilson (Long Beach) 36 (108:43). **(#55-Var)** 1. Kelly Dearborn (Alta Loma) 19:58. **Teams:** 1. Redlands 68 (117:20). **(#56-Var)** 1. Christie Ayuso (Burbank) 20:18. **Teams:** 1. Burbank 89 (121:50).

Sweepstakes Races (Divisions Saturday combined) (Individual Sweeps) 1. Milena Glusac (Fallbrook) 17:18, 2. Carrie Garrison (Sunny Hills, Fullerton) 18:05, 3. Robin Heidt (Canyon, Canyon Country) 18:45, 4. Christina Blackmer (Upland) 18:55, 5. Tanja Brix (University, Irvine) 19:13, 6. Stacy Auer (1000 Oaks) 19:18, 7. Melissa Ackerman (Castro Valley) 19:20, 8. Magi Martinez (Wood, Vacaville) 19:30, 9. Erin Aten (Bonanza, Las Vegas) 19:37, 10. Jessica Graham (Westlake, West VI) 19:49, 11. Melanie Hand (Fallbrook) 19:49, 12. Kellie Perkins (Upland) 19:52, 13. Taryn Lawson (Ocean View, Huntington Beach) 19:58, 14. Nicole Silva (Aptos) 20:02. **Teams:** 1. Upland 127 (102:57), 2. Ocean View (Huntington Beach) 146 (104:31), 3. Aptos 159 (104:56), 4. Claremont 168 (105:50), 5. Fallbrook 193 (104:31), 6. Canyon (CC) 194 (105:35). **(Team Sweepstakes)** 1. Shelley Taylor (Edison, Huntington Beach) 18:13, 2. Kay Nekota (Agoura) 18:22, 3. Kim Nelson (Canyon, Anaheim) 18:45, 4. Yoko Senga (Peninsula, RHE) 18:49, 5. Laura Hayward (Agoura) 18:54, 6. Angela Orefice (Arroyo Grande) 18:57, 7. Danielle Bornfield (Monument Valley, Az) 18:59, 8. Maya Muneno (Peninsula, RHE) 19:06, 9. Kristie Camp (Agoura) 19:12, 10. Kelly Roda (Irvine) 19:30. **Teams:** 1. Agoura 70 (96:51), 2. Peninsula (RHE) 100 (98:36), 3. Edison (Huntington Beach) 109 (99:06), 4. Mt. Carmel

(San Diego) 159 (101:46), 5. Irvine 162 (102:02), 6. Arroyo Grande 164 (101:30), 7. Hart (Newhall) 181 (102:30*), 8. Monument Valley (Az) 214 (103:28), 9. El Toro 237 (104:50), 10. Canyon (Anaheim) 255 (105:53), 11. Belmont (L.A.) 261 (105:51), 12. Mills (Milbrae) 271 (106:25), 13. Dana Hills 290 (106:59).

(Boys) (Friday) - Division III (Small Schools) (#7-Soph) 1. Mark Hauser (St. Augustine, San Diego) 17:16. **(#9-Var)** 1. Mel Konian (Mammoth) 17:47. **Team:** 1. Woodcrest Christian (Riverside) 57 (95:05). **(#10-Var)** 1. Jeremie Perry (Bonanza, Las Vegas) 17:15. **Team:** 1. North Tahoe, Tahoe 74 (99:13). **(#11-Var)** 1. Auguy (Coalinga) 17:06, 2. Ericson (Whitier Christian, La Habra) 17:14. **Team:** 1. Coalinga 37 (90:22). **(#12-Var)** 1. L. Malcantos (Sherman Indian, Riverside) 16:55, 2. J. Malcantos (Sherm Ind, Riv) 17:10. **Team:** 1. La Salle (Pasadena) 44 (90:22), 2. 29 Palms 55 (91:22). **(#13-Var)** 1. Davis Rojas (Moorpark) 16:22, 2. Ramon Serratos (Duarte) 17:10, 3. Jed Saueressig (Yosemite, Oakhurst) 17:10. **Team:** 1. Yosemite (Oakhurst) 68 (92:02), 2. Moorpark 77 (91:46). **(#14-Var)** 1. Brown (Bret Harte, Altaville) 16:06, 2. Fisher (Maranatha, Sierra Madre) 16:09, 3. Castner (Oak Park) 16:26, 4. Hillman (San Marino) 16:27, 5. Fartin (Crossroads, Santa Monica) 16:30, 6. L. Diaz (Bell-Jeff, Burbank) 16:40, 7. Orasco (Talt) 16:44, 8. Ripley (Laguna Beach) 16:47, 9. J. Diaz (Bell-Jeff, Burbank) 16:49. **Teams:** 1. San Marino 93 (86:22), 2. Corona del Mar 100 (87:12), 3. Bell-Jeff (Burbank) 118 (86:50), 4. Oak Park 129 (87:32), 5. Nordhoff (Oja) 145 (88:26), 6. Talt 165 (88:39), 7. McFarland 200 (90:09), 8. Salesian (L.A.) 207 (90:23), 9. Maranatha (Sierra Madre) 230 (90:16).

Saturday Division II (Medium Size Schools) (#33-Var) 1. Brian Keim (San Pasqual, Esc) 15:25, 2. Eric Ricketts (HighTop, Chula Vista) 15:27, 3. Chris Lynch (Laguna Hills) 15:47, 4. Nazario Romero (San Pasq) 15:57, 5. Gary Mitchell (South Hills, W. Covina) 15:57, 6. D. O'Neill (San Pasq) 16:11. **Teams:** 1. San Pasqual 57 (81:05), 2. La Habra 110 (84:05), 3. Laguna Hills 127 (83:52), 4. Santa Margarita (Rancho SM) 147 (85:11). **(#34-Var)** 1. Terry Ghiselli (Crescenta Valley, La Crescenta) 16:34. **Team:** 1. El Capitan (Lakeside) 85:48. **(#35-Var)** 1. Vic Carter (Rim of World, Lake Arrowhead) 16:19. **Team:** 1. La Jolla 84 (86:47). **(#36-Var)** 1. J. Delhany (West Torrance) 16:27. **Team:** 1. Jesuit (Sacramento) 28 (83:45). **(#37-Var)** 1. Jason Kayne (Grossmont, La Mesa) 16:05. **Team:** 1. Yucipa 88 (87:08).

Division III (Large Schools-Saturday afternoon) (#57-Var) 1. Guenther (Buena, Ventura) 16:45. **Teams:** 1. Buena 35 (86:36). **(#58-Var)** 1. Scott Carvelli (Santa Teresa, San Jose soph) 16:27. **Teams:** 1. Santa Teresa (San Jose) 50 (87:39). **(#59-Var)** 1. Jaime Bastidas (Eisenhower, Rialto) 16:26, 2. Jose Villegas (Hoover, San Diego) 16:31. **Teams:** 1. Wilson (Long Beach) 80 (87:03), 2. Coachella Valley (Thermal) 100

(87:41), 3. Hoover (San Diego) 112 (87:29). **(#60-Var)** 1. J. Burbowski (Helix, La Mesa) 16:32. **Teams:** 1. Saugus 56 (87:31), 2. Helix (La Mesa) 69 (87:16). **(#61-Var)** 1. David Irias (Belmont, L.A.) 16:18, 2. Chadd Aldrich (1000 Oaks) 16:25. **Teams:** 1. Thousand Oaks 61 (85:19), 2. Belmont (L.A.) 84 (86:52).

Sweepstakes Races (Divisions Saturday combined) (#38-Varsity Team Sweeps) 1. Margarito Casillas (Hoover, Glendale) 15:15, 2. Fernando Mendoza (Channel Islands, Oxnard) 15:20, 3. Ryan Wilson (Agoura) 15:43, 4. Keith Grossman (Hart, Newhall) 15:53, 5. Eric Kropf (Madera) 15:59, 6. Polo Duarte (Madera) 16:01, 7. Dan Minami (Peninsula, RHE) 15:03, 8. Shawn Frack (Esperanza, Anaheim) 16:04, 9. Goss Lindsey (Peninsula, RHE) 16:05, 10. Paul DeLaCorda (Hart, N) 16:06, 11. James Roldan (Bishop Amat, La Puente) 16:07, 12. Mike Prindville (DeLaSalle, Concord) 16:09, 13. Brian Steip (Peninsula, RHE) 16:12, 14. Sean Rios (Madera) 16:12, 15. Chad Wenger (Mira Mesa, San Diego) 16:15. **Teams:** 1. Hart (Newhall) 77 (81:13), 2. Madera 88 (81:32), 3. Peninsula (RHE) 109 (81:57), 4. De La Salle (Concord)

186 (83:17), 5. Esperanza (Anaheim) 208 (84:02), 6. Camarillo 226 (84:36), 7. Agoura 227 (84:30), 8. Amador Valley (Pleasanton) 235 (84:44), 9. Bishop Amat (La Puente) 236 (84:23), 10. Claremont 257 (84:59), 11. Channel Islands (Oxnard) 267 (84:20), 12. Saddleback (Santa Ana) 272 (85:17), 13. Hoover (Glendale) 319 (84:36).

Individual Sweepstakes: 1. Jeff Wilson (Newbury Park) 15:08, 2. T.J. Reyes (Lake-wood) 15:26, 3. Todd Tressler (San Marcos, Santa Barbara) 15:34, 4. Eric Dunn (Arroyo Grande soph) 15:37, 5. Mark Hamer (Covina) 15:38, 6. Froylen Sanchez (St. Francis, La Canada) 15:44, 7. Jim Cera (Upland) 15:50, 8. Mike Moreno (Katella, Anaheim) 15:59, 9. David Mork (Fairfield) 16:03, 10. Mike Love (Katella, Anaheim) 16:05, 11. Jeff Arnold (York, Monterey) 15:07, 12. Chris Ray (Bonita, La Verne) 16:12, 13. Darren Holman (Sonora frosh) 16:17, 14. James O'Connor (Chino) 16:19. **Teams:** 1. Arroyo Grande 140 (83:33), 2. Katella (Anaheim) 173 (84:13), 3. Newbury Park 189 (84:26), 4. San Gabriel 191 (85:21), 5. Upland 203 (85:19), 6. Covina 220 (85:30).



KEITH GROSSMAN

Photo by Kirby Lee



RYAN WILSON

Photo by Philip Erbody