

SCCAL CHAMPIONSHIPS
AT Geiser Field, Watsonville
BOYS' VARSITY
Team scores — 1. North Monterey County 182; 2. Soquel 101; 3. Aptos 64; 4. Watsonville 54; 5. Harbor 38; 6. Marelo Prep 29; 7. Santa Cruz 27; 8. San Lorenzo Valley 1.
400M RELAY — 1. North County (Jones, McCreary, Woollem, Myles) 48.0; 2. Marelo Prep 46.2; 3. Soquel 46.2; 4. Watsonville 46.2; 5. North County (Jones, Woollem, Myles, Dean) 3:32.9; 6. Soquel 3:38.4; 7. Aptos 3:39.7; 8. 100M — 1. Butler (MP) 10.9; 2. Parrish (S) 11.4; 3. Starbird (S) 11.5; 200M — 1. Butler (MP) 22.8; 2. Myles (NMC) 23.3; 3. Parrish (S) 23.8.
400M — 1. Myles (NMC) 51.3; 2. Woollem (NMC) 51.9; 3. Honorio (S) 52.2; 800M — 1. Hilger (SC) 2:01.0; 2. De Diego (S) 2:01.2; 3. Kaminski (NMC) 2:02.0; 1600M — 1. A. Ramirez (W) 4:32.5; 2. Brenner (H) 4:34.3; 3. R. Ramirez (NMC) 4:44.6; 3200M — 1. Smith (SC) 10:04.7; 2. Gabudao (NMC) 10:13.0; 3. Collazo (W) 10:15.0; 110M HH — 1. Pennington (NMC) 15.3; 2. Jones (A) 15.7; 3. Metzner (NMC) 15.7.
300M IH — 1. Jones (A) 41.5; 2. Metzner (NMC) 41.9; 3. Gonzales (A) 43.4; 4. PV — 1. Homer (A) 12.4; 2. Gonzales (A) 12.0; 3. Wolters (NMC) 12.0; 4. HJ — 1. Metzner (NMC) 5-10; 2. Clemmer (W) 5-10; 3. Lindsay (S) 5-8; 4. Starbird (S) 21-6 1/2; 2. Choi (NMC) 19-11 1/4; 3. Harper (H) 19-10 1/2; 4. Pennington (NMC) 41-11; 2. Choi (NMC) 41-9; 3. Metzner (NMC) 41-3 1/2; 4. SP — 1. McCreary (NMC) 45-9; 2. Guzman (W) 42-5 1/4; 3. Stokkeby (S) 40-5; 4. DISCUS — 1. Borgstedt (S) 137-2 1/2; 2. Guzman (W) 132-10; 3. Hamm (H) 132-10.

GIRLS' VARSITY
Team scores — 1. North Monterey County 119; 2. Harbor 113; 3. Soquel 103; 4. Aptos 68; 5. Santa Cruz 26; 6. San Lorenzo Valley 19; 7. Watsonville 11; 8. Marelo Prep 0.
400M RELAY — 1. Harbor (Knight, Morse, Sereano, Factor) 52.8; 2. North County 53.0; 3. Soquel 53.0; 1600M RELAY — 1. Aptos (Kamian, Welch, Godley, Johnson) 4:18.4; 2. Soquel 4:26.1; 3. Harbor 4:30.2; 1000M — 1. Johnson (A) 12.6; 2. Carnero (NMC) 12.8; 3. Pifferini (S) 12.8; 200M — 1. Johnson (A) 26.2; 2. Carnero (NMC) 27.2; 3. Factor (H) 27.3.
400M — 1. Factor (H) 1:02.1; 2. Carnero (NMC) 1:02.6; 3. Liebenberg (S) 1:02.9; 800M — 1. Ilnicki (H) 2:23.6; 2. Kamian (A) 2:28.3; 3. McCutcheon (S) 2:31.6; 1600M — 1. Ilnicki (H) 5:36.0; 2. McCutcheon (S) 5:45.0; 3. Rantanen (SC) 5:45.0; 3200M — 1. Ilnicki (H) 12:13.5; 2. Keen (S) 12:41.4; 3. Rantanen (SC) 12:59.0.
100M LH — 1. Johnson (A) 14.6; 2. Schmidt (S) 15.0; 3. Pifferini (S) 15.5; 300M LH — 1. Pifferini (S) 47.5; 2. Knight (H) 49.4; 3. Schmidt (S) 50.7; 4. Phillips (SLV) 4-10; 2. Woll (H) 4-10; 3. Molnar (H) 4-6; 4. LJ — 1. Carnero (NMC) 16-6 1/4; 2. Krzyziak (NMC) 16-2; 3. Dominguez (S) 15-9; 4. Segura (W) 34-7 1/2; 5. Krzyziak (NMC) 33-5 1/2; 3. Rondez (NMC) 33-4; 4. SP — 1. Krzyziak (NMC) 35-1/2; 2. Lyman (NMC) 33-8; 3. Vigil (S) 28-6; 4. DISCUS — 1. Lyman (NMC) 114-2; 2. Krzyziak (NMC) 106-7; 3. Vargas (H) 98-11.

BOYS' FROSH-SOPH
Team scores — 1. North Monterey County 146; 2. Watsonville 125; 3. San Lorenzo Valley 70; 4. Harbor 68; 5. Soquel 59; 6. Aptos 17; 7. Marelo Prep 6; 8. Santa Cruz 1.
400M RELAY — 1. North County (Medrano, Gutierrez, Morgan, Taylor) 46.9; 1600M RELAY — 1. North County (Fowler, Gabudao, Medrano, Morgan) 3:47.0; 100M — 1. Taylan (NMC) 11.8; 200M — 1. Sandoval (W) 24.5; 400M — 1. Sandoval (W) 54.1; 800M — 1. Sandoval (W) 2:05.7; 1600M — 1. Brandon (NMC) 4:40.0; 3200M — 1. Perez (W) 10:17.0; 65M HH — 1. Hoeller (SLV) 9.7; 300M LH — 1. Hoeller (SLV) 43.1; 4. PV — 1. Bond (NMC) 10-4; 1/2 HJ — 1. Keith (H) 5-8; 1/2 LJ — 1. Taylan (NMC) 20-1/2; 2. TJ — 1. Yamashita (W) 39-11; 3. SP — 1. Fowler (NMC) 46-4 1/2; 4. DISCUS — 1. Fowler (NMC) 128-7 1/2.
GIRLS' FROSH-SOPH
Team scores — 1. Watsonville 150; 2. North Monterey County 108; 3. Soquel 60; 4. Aptos 50; 5. San Lorenzo Valley 46; 6. Santa Cruz 6; 7. Harbor 0; 8. Marelo Prep 0.
400M RELAY — 1. Watsonville 57.7; 1600M RELAY — 1. San Lorenzo Valley (Dalmao, Hicks, Keane, Bohman) 4:41.7; 100M — 1. Johnson (S) 13.8; 200M — 1. Armstrong (A) 29.8; 400M — 1. Moreno (W) 1:07.0; 800M — 1. Moreno (W) 2:37.2; 1600M — 1. Quintero (NMC) 6:07.0; 3200M — 1. Garcia (W) 13:41.0; 100M LH — 1. Pugmire (NMC) 18.1; 300M LH — 1. Pugmire (NMC) 55.0; 4. HJ — 1. Dirienzo (A) 3-11; 1/2 LJ — 1. Johnson (S) 15-1/2; 2. TJ — 1. Kraus (W) 29-1; 3. SP — 1. Neims (NMC) 27-1 1/2; 4. DISCUS — 1. Bullion (A) 75.3.

The Condor dominates, as expected

Top girl athletes shine, too, at SCCAL track championships

By KENN WOODWARD
 Sentinel Staff Writer

WATSONVILLE — The rich got richer Saturday at the Santa Cruz Coast Athletic League Track and Field Championships, where the North Monterey County High Condors dominated all comers from the first event to the last.

"It was the day of the Condor," said North County Coach John Simpson. "This was a tremendous success for us."

North County, which ran away from the boys' varsity competition to win its fourth straight title, won its first-ever SCCAL girls' varsity crown as well.

The Condors swept the top three places in the boys' varsity long jump to open the meet at Watsonville's Geiser Field, then moved their day six hours later with a victory in the boys' varsity mile relay, shattering the previous county-best time in the event by more than seven seconds for good measure.

While the Condor boys' varsity won going away — topping runner-up Soquel by a whopping 71-point margin in the team scoring — Simpson was happy with the showing of the North County girls' varsity, which squeaked past defending champion Harbor by six points.

"That was the most exciting thing for us," said Simpson of the performance turned in by his girls' team, which finished about last in the team scoring at the league meet two years ago.

Individually, the meet was dominated by Aptos' jumper Jessica Johnson and Harbor sophomore distance runner Kelly Ilnicki, who were both making somewhat of a comeback themselves.

Johnson, who missed most of last season due to illness and injury after a stellar freshman year, was the high-point athlete of the meet, winning three individual events and anchoring the Matadors' winning 800-meter relay team.

Last year Johnson battled mononucleosis and a handful of nagging injuries, not returning to competition until the last league dual meet.

"This year, a healthy Johnson went into the league meet buoyed by the fact that she was favored to win the 100-meter low hurdles as well as the 100- and 200-meter dashes.

"Being favored adds a little bit more pressure," Johnson said, "but that helps me go."

In her first event, the 100-meter low hurdles, Johnson was going, going and gone — holding off Soquel's Barbara Schmidt to win in 14.6 seconds on a slow track.

"I was really pumped," said Johnson of her time, only one-tenth of a second off her season best. "At the start Rue Ann (Pfeiffer), of Soquel, got off to a great start and I kept seeing her in the corner of my eye. That was great, it got me going."

Pfeiffer, eventually lapped to finish third up 15 1/2 behind Schmidt in 15.0.

Johnson followed with a victory in the 100 meters, holding off rival Mona Carnero of North County to win in 12.4. Carnero and Pifferini finished second and third, respectively, both in 12.8. In the 200 meters, Johnson ran away at the end from Carnero to win by a half second in 28.2.

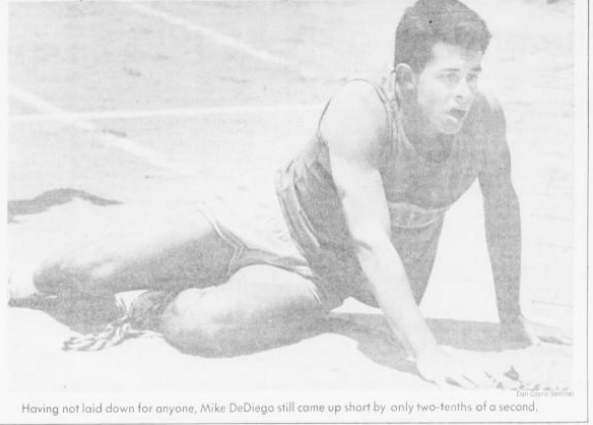
After winning the 800 meters in 2:23.8, Ilnicki revealed that she had nearly quit competition this spring after some personal setbacks of her own.

"It was the sophomore slump or something," said Ilnicki. "I was very close to quitting. Right now I feel great though, knowing that I've come back from where I was."

Which, said Ilnicki, was pretty low. Following cross-country season last fall, Ilnicki began the winter months training for spring track. Then came a three-week illness, followed by a



At the finish of 800 meters, Santa Cruz' Eric Hilger holds off a desperate effort by Soquel's Mike DeDiego.



Having not laid down for anyone, Mike DeDiego still came up short by only two-tenths of a second.

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Johnson, Ilnicki star in league track championships



Randy Starbird flies to the best jump of his life.

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 strained arm ligament suffered during weight training that put her in a cast for three more weeks. Soon after she was ill again.
 Ilnicki talked over her problems with her parents and her distance coach, Gary McConnell, then decided not to hang it up. "I have a more goal I want to reach before I get out of high school," she said. "Running is like breathing. I could never give it up and I realized that once I started really thinking about it seriously."
 With a new attitude and a renewed hunger for victory, Ilnicki was in a class by herself in the 800, 1600 and 3200 meters.
 The girls' varsity 800 was the race that Ilnicki was pointing to in the league meet and going into it she set a goal of running a time of 2:20. While she was eventually disappointed with her time, it was the best in the county this season and good enough to top second-place Danielle Kamian of Aptos by 4 1/2 seconds.
 In the 1600, Ilnicki ran the first two laps with Soquel's Crista McCutcheon on her right shoulder. Eventually, McCutcheon fell out of the picture, finishing second nine seconds behind Ilnicki's winning 5:36.0. In the 3200, Ilnicki ran to a 12:13.5 to win by 20 seconds over the rest of the field.
 "It was nice for a day's work," said Ilnicki. "I was tired going into the mile, but once I got started I felt really good."
 Ilnicki, who qualified in four events —



Kelly Ilnicki, triple-winner.

North County's Jerome Pennington, who each won two events.
 Butler led the season best time of 10.9 to win the 100 meters and finished first in the 200 to 22.8, while Pennington captured the 10-meter high hurdles in 13.3 and the triple jump in 41 feet, 11 inches.
 One of the best boys' races of the day was the 800 meters, where Santa Cruz' Eric Hilger slashed five seconds off his previous season best to nip at the wire a driving Mike DeDiego of Soquel, in 2:01.0. DeDiego finished in 2:01.2.
 They were followed by North County's Dan Karamanakis — who ran a 2:02.0 despite a painful stress fracture.
 In an exciting boys' 1600 meters, Armando Ramirez held off Harbor's Marty Brenner to win in a season best of 5:23.8. Brandon Smith of Santa Cruz set a new season best in the 3200 with his winning time of 10:06.7.
 Also, 36-foot, 3-inch Hilger Metzner of North County won the high jump with a 5-10 effort, while Soquel's Randy Starbird beat his previous personal best by 10 inches to win the long jump in 21-6 1/2.
 North County also won the boys' frosh-soph 400-meter, individual. Victorieny Watsonville's Miguel Sandoval in the 200 (28.5), 400 (1:41.1) and 800 (2:05.7) meters.
 Watsonville kept North County from sweeping the meet by winning the girls' frosh-soph crown. Lee Ann Moreno led the Wildcats with wins in the 400 (1:07.0) and 800 (2:25.7) meters.



Things were looking up for Jessica Johnson all day, as she won the 100, 200, 100 low hurdles and anchored Aptos' winning 1600-meter relay team.

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