

# C.I.F. Section Results

## Southern Section T&F Finals

By Doug Speck

### San Diego Section T&F Finals

By Tom Shanahan

The 28th San Diego CIF track and field finals began with San Diego High's Marc Davis winning the 1600 meters on a sprained right ankle. It ended with the National Kinney cross country champion watching from the stands as his state title chances in the 3200 disappeared.

Davis sprained his ankle just before the 1600 in the warmup area adjacent to the track. No one knew it at the time, even as he was running a very un-Davis like race. Davis charged to the lead as he usually does on the first lap, but eventually fell to fifth on the first turn of the gun lap.

"When I fell behind, I thought for a second that it's not worth it," Davis said. "But then I said to myself, 'Yes it is.'"

With that, Davis kicked by his faster opponents to win in a slow 4:14.90. Fallbrook's Jason Martin was second in 4:16.06, Patrick Henry's Andy Davis third in 4:17.12, and Ramona's Jorge Castro fourth in the same time as Davis.

"I amazed myself," said Davis, who is bound for Arizona. "I wasn't trying to prove anything by coming from behind for a change. I was hurting. I was surprised I won."

It turned out to be his high school last race. With the order of events changed this year, the 1600 was the second race and the 3200 - Davis' speciality and an event he would have been favored to win at the state meet was the second to last event.

Davis was fifth in the 1986 state meet with 8:59.92. At the prestigious Arcadia Invitational April 11, Davis lost to Sacramento Jesuit's Paul Thomas. But it was his first loss to Thomas and he blamed it on being tired from just returning from Poland and Italy where he represented a U.S. Junior team in the World Cross Country championships.

"At first I thought I could run, but when I tried to warmup, I could only run about five or 10 yards and I had to quit," Davis said.

David had planned to drop the 1600 at the state meet anyway. But now he was forced to consider running on a bad ankle in an event he didn't think he could win at state or dropping out so a close friend of his, Castro, could go as an alternate.

"What do I do?" Davis said. "Jorge is a good friend. He's had a tough year."

Castro was the 1986 San Diego Section champion and placed seventh at the state meet with a 4:13.51 as a junior, but bronchitis kept him from regaining last year's form.

Thus, Davis decided to drop out of the state meet and give Castro one more race.

There were two meet records set in the finals and one in the trials.

Ramona senior Pat Alduenda cleared 15-6 1/2 in the Pole Vault to add to his section record of 16-0. He also cleared 16-1 in a dual meet that stands as San Diego County's all-time best mark.

Mount Miguel senior Jackie Anderson, the national girls triple jump leader most of the year when she established a section record of 41-8 on May 12 at the Grossmont League trials, improved her section meet record to 39-11 on a sprained right ankle. The injury forced her to withdraw from the long jump.

The third meet record came in the 100 meters trials, where Crawford senior Raymond Ethridge ran 10.56 on Mt. Carmel's dirt track. Lincoln senior Patrick Rowe ran a 10.47 in another heat of the trials, but it was wind-aided.

Rowe then came back to beat Ethridge in the finals of both sprints. Rowe, bound for San Diego State after being one of the nation's most highly recruited wide receivers, ran 10.66 to Ethridge's 10.67. In the 200, Ethridge took the lead on the turn, but Rowe came from behind again to win with a wind-aided mark of 21.12 to Ethridge's 21.18.

The athlete of the meet honors went to Monte Vista senior Matt Farmer and Lincoln senior Michelle Outlaw.

Farmer won the boys award by winning the long jump with a wind-aided 23-10, the high jump at 6-8 and placing second in the triple jump with a 47-11.

Only one girl could win the award, but a case could have been made for Outlaw or Morse senior Kim Matthews.

Outlaw won three events, the 100 low hurdles in a section best 14.40, the 300 hurdles in 46.35 and the long jump at 18-0 1/4.

Outlaw, bound for Colorado, finished her San Diego career with seven section championships. She won the 100 hurdles twice ('85 and '87), the last three 300 hurdles titles and twice took the long jump ('86 and '87).

Matthews won the 100 in a wind-aided 12.05, the 200 in a wind-aided 24.51 and came from behind to anchor the Tigers' 400-meter relay team to the school's ninth straight win in the event.

Matthews finished her San Diego career with four section championships as well as being the only Tiger who ran on the last four 400-meter relay teams. She won the 100 and the last three 200 titles.

Vista sophomore Kira Jorgensen had an easy time in the girls distances, winning the 1600 in 5:00.90 and defending her 3200 title in 10:49.90. She says she hopes to win the 3200 title four straight years.

Freshman Brent Noon withstood the pressure of his first section finals by improving one foot to take the shot put title with a 57-6 1/2.

Morse's Yolanda Fitch had to work harder than expected as she defended her 400 title. She won in a section-best 56.64, but she was pushed by 57.09 from Crawford freshman Shani Freeman.

Serra's Lynn Patrick took the girls high jump with a 5-6, while freshman Christy Kurras was second at 5-4.

Poway was a surprise winner of the boys title, using depth to edge Crawford 48 to 47. Morse easily won the girls title, scoring 61 points to Crawford's 40.

#### Boys

100—1. Rowe (SD Lincoln), 10.66 (wind 1.9 m.p.s. aiding); 2. Ethridge (SD Crawford), 10.67; 3. Moody (SD Castle Park), 10.99.

200—1. Rowe (SD Lincoln), 21.12w; 2. Ethridge (SD Crawford), 21.18w; 3. Wesley (Poway), 21.87.

400—1. Stevenson (SD Morse), 48.87; 2. Wesley (Poway), 49.58; 3. Seale (Poway), 50.00.

800—1. Forshad (SD Mt. Carmel), 1:53.25; 2. Williams (Granite Hills), 1:54.37; 3. Fraser (Spring Valley Monte Vista), 1:55.26.

1,600—1. Davis (San Diego), 4:14.90; 2. Martin (Fallbrook), 4:16.06; 3. Davis (Patrick Henry), 4:17.12; Davis (San Diego), twisted his ankle and will not run in state meet.

3,200—1. Drummond (La Mesa Hills), 9:18.62; 2. Sandknop (Escondido San Dieguito), 9:26.26; 3. Pat Higuera (SV Mount Miguel), 9:32.67.

400 RELAY—1. SD Crawford, 42.22; 2. Poway, 42.85; 3. SD Patrick Henry, 43.20.

MILE RELAY—1. SV Mount Miguel, 3:22.26; 2. SD Morse, 3:22.51; 3. Poway, 3:23.26.

110 HIGH HURDLES—1. Patterson (SD Lincoln), 14.74; 2. Saria (SD Mira Mesa), 14.87; 3. Petros (San Marcos), 14.96.

300 INTERMEDIATE HURDLES—1. Jones (SV Mount Miguel), 38.70; 2. Marugg (Carlsbad), 39.81; 3. Petros (San Marcos), 39.88.

HIGH JUMP—1. Farmer (SV Monte Vista), 6-8; 2. McGrath (Poway), 6-8; 3. Camarena (Del Mar Torrey Pines), 6-6.

POLE VAULT—1. Alduenda (Ramona), 15-8 1/2; 2. Rafael (Vista), 15-0; 3. Rapp (SD Patrick Henry), 15-0.

LONG JUMP—1. Farmer (SV Monte Vista), 23-10w; 2. Huff (La Jolla), 23-7 1/2w; 3. Ashworth (Poway), 23-4 1/2.

TRIPLE JUMP—1. Coons (SD Crawford), 47-11 1/2; 2. Farmer (SV Monte Vista), 47-4 1/4w; 3. Huff (La Jolla), 47-0w.

SHOTPUT—1. Noon (Fallbrook), 57-6 1/2; 2. Seau (Oceanside), 56-8 1/2; 3. Leoncini (Valhalla), 54-5 1/4.

DISCUS—1. Malsack (Escondido), 171-4; 2. Rowe (SD Mira Mesa), 163-9; 3. MacRenato (SD University City), 159-11.

FINAL TEAM LEADERS—1. Poway, 48; 2. SD Crawford, 47; 3. SV Monte Vista, 36.

#### Girls

100—1. Matthews (SD Morse), 12.05w; 2. Ferguson (SD Crawford), 12.22w; 3. Laural Isles (Oceanside El Camino), 12.26w.

200—1. Matthews (SD Morse), 24.51w; 2. Fitch (SD Morse), 24.74w; 3. Vaughn (SD Mira Mesa), 25.19w.

400—1. Fitch (SD Morse), 56.64; 2. Freeman (SD Crawford), 57.09; 3. Daher (SD Castle Park), 58.62.

800—1. Hand (Fallbrook), 2:13.26; 2. Bache (SD University City), 2:16.18; 3. Westby (DM Torrey Pines), 2:17.86.

1,600—1. Jorgensen (Vista), 5:00.90; 2. Karcher (Ramona), 5:11.62; 3. McFadden (SD Mira Mesa), 5:13.42.

3,200—1. Jorgensen (Vista), 10:49.90; 2. Nicole Nugent (DM Torrey Pines), 11:07.95; 3. Karcher (Ramona), 11:23.57.

400 RELAY—1. SD Morse, 48.28; 2. SD Crawford, 48.41; 3. SD Patrick Henry, 49.29.

MILE RELAY—1. SD Crawford, 4:01.17; 2. SD Morse, 4:03.16; 3. Lakeside El Capitan, 4:03.55.

100 LOW HURDLES—1. Outlaw (SD Lincoln), 14.40; 2. Vaughn (SD Mira Mesa), 14.44; 3. Brockman (Bishop's), 14.84.

300 LOW HURDLES—1. Outlaw (SD Lincoln), 46.35; 2. Williams (SD University City), 46.80; 3. Gray (SV Mount Miguel), 47.05.

HIGH JUMP—1. Patrick (SD Serra), 5-6; 2. Kurras (Poway), 5-4; 3. Anastas (Poway), 5-2.

LONG JUMP—1. Outlaw (SD Lincoln), 18-0 1/2; 2. Canada (SD Castle Park), 17-11 1/4; 3. Stowe (DM Torrey Pines), 17-8 1/4.

TRIPLE JUMP—1. Anderson (SV Mount Miguel), 39-11 1/2; 2. Poole (SD Patrick Henry), 37-2 1/4; 3. West (La Mesa Grossmont), 36-10 1/4.

SHOTPUT—1. Ahu (Vista), 40-5 1/4; 2. Longwell (LM Grossmont), 38-10 1/4; 3. Holly (SD Patrick Henry), 37-11 1/2.

DISCUS—1. Longwell (LM Grossmont), 138-8; 2. Mann (SD Point Loma), 134-1; 3. Ahu (Vista), 128-9.

FINAL TEAM LEADERS—1. SD Morse, 61 points; 2. SD Crawford, 40; 3. Vista, 37.

On the last three weekends in May the massive Southern Section gathered for Divisional (1A, 2A, 3A, 4A) basically on League size) competitions and the Masters (State Qualifying) affair. With all the thrills and spills that come from the best of 476 schools there was no shortage of action over the month. There were the usual heartbreaks, such as the National Leading Hawthorne Women's 400 meter relay dropping the baton during Prelims action, and the bad days that are just a part of life, but overall this area of the state will once again be sending by far the strongest contingent to the State Meet in Sacramento.

Speedsters Janeene Vickers (Pomona) and Corey Ealy (Muir) were the individual stars of the month of action. Vickers, coming back in an amazing way from over a month of serious injury in April, showed she is equal to any prep female athlete in the nation. Ealy joined the upper echelon of Calif. sprinters ever with super individual and short relay leg action.

Vickers picked for her four events during the final part of the season the 100 meters, 100 and 300 meter hurdles, and anchoring her school's 400m relay squad. After the Hawthorne disaster in the 4A Prelims, the Pomona relay group somewhat surprisingly emerged from the Divisional Finals with the best time of 47.74. The fine young group handed the baton to Janeene ahead of the crowd in the Masters competition, and the Red Devil flash sailed 10.8 with a flying start for the final 100m in that affair to lead her team to a 47.32 win over Long Beach Poly's 48.00. It was during Divisional action in this event that last year's defending State 100m champion, Angela Burnham (Rio Mesa, Oxnard), pulled a hamstring and had to bow out of individual action for the remainder of the season. Over 100m Vickers was kept honest by LaShawn Simmons (El Monte) and Maddette Smith (Quartz Hill). In the 3A Divisional Simmons crept ahead of the quick starting Vickers at 60 meters, before Vickers closed well to ride a 2.99 meter per second breeze to a 11.49w win over LaShawn's 11.62w. Smith was the 4A Champion with an 11.53w aided by 4.78 mps. In the Finals it was a classic duel, with the country's best hurdler (Vickers) and one of the country's top Long Jumpers (Smith) meeting in common 100m sprint ground. Smith is a short-striding, quick sprinter, with Vickers having a much longer gait that she can maintain amazing momentum off of. In the Masters affair the field was out even, with Smith edging away to a one meter lead by the 70 meter point. Over the final 15 meters Vickers dug down and showed her amazing strength at top speed, easing by to an 11.89-11.93 win (wind #0.99 mps). Smith was the star of the area over 200m and in the Long Jump. With 200 competition Burnham and Kee-Sha Adams (Hawthorne-chicken pox) out of things Maddette cruised a 23.97w (#2.83) 4A Divisional win, then raced a comfortable 24.25 (-2.16) Masters win. In the Long Jump Smith jumped a fine 19-10 1/4 (#1.0) in the State Qualifying affair in a tricky "off to the north side" pit the Women are forced to jump in here. Simmons (19- 1/2 #1.5) and Serina Strange (Indio) 18-11 (#0.5) kept the Quartz Hill star honest. It was in the Hurdles that Vickers really shined. The Section has real flyers over the 100m distance. LaShawn Simmons (El Monte) had two meters on Vickers halfway through a 3A divisional run, with Vickers edging up and past from there on in a 13.62-13.79 (#1.36) win. LaShawn