

1994

## ARCADIA/FOOT LOCKER INVITATIONAL TRACK & FIELD MEET RESULTS

Arcadia High School (Calif) - Saturday April 9th - Invitational Meet Time 4:00 p.m. - 10:00 p.m. - Wind readings below judged by three gauges at Meet Site.

open meet - Saturday 11:00 a.m -4:00 p.m.

### BOYS

**100 m- (Seeded)** (wind -0.35 meters per second) Jesus Reyes (Chino) 10.83, Jamaal Carr (Muir, Pasadena) 10.85, Leo Settle (Dorsey, L.A.) 10.88, Antwoine Anderson (Franklin, Rochester, NY) 10.91, Jim McElroy (Washington, L.A.) 10.94, Gabriel Baldwin (Muir, Pasadena) 10.99, LaJuan Gibbons (Jordan, Long Beach) 11.00, Adrian Logan (Upland) 11.07. **(Invitational)** (wind -0.43 mps) Jermaine Stafford (Franklin, Rochester, NY) 10.46 (#2 MARK NATION), Bryan Howard (Canyon Springs, Moreno Valley) 10.55 (HOWARD HAS #2 MARK NATION), Pat Johnson (Redlands) 10.57 (JOHNSON IS NATIONAL LEADER 10.42), Ali Evans (Vallejo) 10.65 (#5 MARK NATION), Marques Holiwell (West, Bakersfield) 10.66 (HOLIWELL HAS #4 MARK NATION), Gary Young (Woodbridge, Irvine) 10.91, Akinyela Taylor (Dominguez, Compton) 10.96, Chris McAlister (Pasadena) 11.12. **Open:** Jacob Glickman (Pasadena) 10.88.

**200 m (Seeded)** (wind +0.39 mps) Ali Evans (Vallejo) 21.69, Adrian Logan (Upland) 21.84, Leo Settle (Dorsey, L.A.) 21.85, Gary Young (Woodbridge, Irvine) 21.99, Gabe Barrett (River Ridge, Olympia, Wa) 22.14, Damian Murphy (Poly, Long Beach) 22.30, Ryan Kareer (Lewis & Clark, Spokane, Wa) 22.37. **(Invitational)** (-0.53 mps) Pat Johnson (Redlands) 21.18 (JOHNSON IS NATIONAL LEADER), Jim McElroy (Washington, L.A.) 21.71, Desmond Johnson (St. Augustine, New Orleans, La) 21.75, Mike Russell (Rowland, Rowland Heights) 21.89, Rodney Sermons (Bishop Amat, La Puente) 22.04, Jere Miller (Patrick Henry, San Diego) 22.15.

**400 m - (Seeded)** Ramsey Jay (Ventura) 48.36, Lydell Burston (Morse, San Diego) 48.46, Tyree Washington (La Sierra, Riverside) 48.74, Ryan Karrer (Lewis & Clark, Spokane, Wa) 49.54, Antwan Taylor (Scripps Ranch, San Diego) 49.77, Marlon Monroe (St. Mary's, Berkeley) 49.80, Wayne Armour (Bakersfield) 50.03, Jason Boyer (San Pasqual, Escondido) 50.25. **(Invitational)** Desmond Johnson (St. Augustine, New Orleans, La) 47.20 (NATIONAL LEADER), James Davis (Wood, Vacaville) 47.71 (#9 TIME NATION), Andre DeSaussure (Taft, Woodland Hills) 48.37, Steve Campbell (Alta Loma) 48.42, Gabe Garrett (River Ridge, Olympia, Wa) 48.65, Jere Miller (Patrick Henry, San Diego) 48.81, Ethan Taub (Foothill, Santa Ana) 49.40, Antwoine Anderson (Franklin, Rochester, NY) 50.11. **Open:** Jerome Davis (Burroughs, Ridgecrest) 48.72.

**800 m- Michael Granville** (Bell Gardena) 1:51.90 (NATIONAL OUTDOOR LEADER), Milton Campbell (Douglass, Atlanta, Ga) 1:52.56 (#2 TIME NATION), Obea Moore (Muir, Pasadena) 1:54.26 (#4 TIME NATION), Mike Wenz (Canyon, Canyon Country) 1:54.46 (#5 TIME NATION), Vondre Armour (Bakersfield) 1:54.67 (#6 TIME NATION), Brian Peterson (Rowland, Rowland Heights) 1:54.69 (#7 TIME NATION), Matt Silva (San Pasqual, Escondido) 1:55.09, Erik Mickelson (Newport, Bellevue, Wa) 1:55.15, Victor Madison (Douglass, Atlanta, Ga) 1:55.36, John Anguiano (Richland, Wa) 1:55.78

**1600 m - Mebrahtom Keflezighi** (San Diego) 4:08.32 (NATIONAL LEADER) (3:52.1 1500m), Mark Hauser (St. Augustine, San Diego) 4:09.46 (#2 TIME NATION) (3:53.8), Brett Strahan (Hart, Newhall) 4:09.71 (#3 TIME NATION) (3:54.8), Eric Dunn (Arroyo Grande) 4:11.78 (#4 TIME NATION) (3:55.0), Jason Stember (Jesuit, Sacramento) 4:12.97 (#5 TIME NATION) (3:54.5), Greg James (Mead, Spokane, Wa) 4:14.39 (#6 TIME NATION) (3:59.1), Jaime Martinez (Orange) 4:14.47 (#8 MARK NATION), Alex Teakel (Bishop O'Dowd, Oakland) 4:17.00, Rob Aubrey (Mead, Spokane, Wa) 4:17.64, Micheil Jones (Livermore) 4:21.64, Chadd Aldrich (Thousand Oaks) 4:22.05, Jon Wilson (Central Valley, Verdale, Wa) 4:22.4, Scott Kelly (Newport, Bellevue, Wa) 4:23.1, Dan Sikiric (Gunderson, San Jose) 4:24.8. **Open:** Angel Romero (Colton) 4:20.80.

**3200 m - Nathan Nutter** (Corona del Sol, Tempe, Az) 8:54.23 (NATIONAL LEADER) (8:22.0 3000m), Mebrahtom Keflezighi (San Diego) 8:59.99 (#2 TIME NATION) (8:25.6), Devin Elizondo (Mission Bay, San Diego) 9:06.35 (#3 TIME NATION) (8:34.4), Jason Balkman (Lynbrook, San Jose) 9:07.97 (#4 TIME NATION) (8:34.9), Jeff Fischer (Thousand Oaks) 9:10.42 (#7 TIME NATION) (8:37.8), Micah Davis (Mead, Spokane, Wa) 9:11.63 (#8 TIME NATION) (8:36.5), Matt Creason (Eureka) 9:11.76 (#9 TIME NATION) (8:38.6), Eleazar Hernandez (Camarillo) 9:17.08 (8:40.2), Steve Brown (Piedmont) 9:17.86 (8:45.2), Rondie Gibbs (Rubidoux, Riverside) 9:19.30 (8:43.5), Konrad Knutsen (Del Campo, Fair Oaks) 9:19.44 (8:43.0), John Green (Agoura) 9:20.1 (ht) (8:43.9), Steve Immel (Livermore) 9:21.9 (8:49.7), Ned Presnall (Jesuit, Sacramento) 9:22.1 (8:46.9), Skiy DeTray (Mead, Spokane, Wa) 9:25.1 (8:53.9), Pat Garrity (Arroyo Grande) 9:25.9 (8:48.1), Warren Wolf (San Marino) 9:27.2 (8:54.2), Francisco Sandoval (Channel Islands, Oxnard) 9:33.2 (8:58.5). **Open:** Antonio Arce (Palmdale) 9:25.68, Humberto Sanchez (South Gate) 9:26.27, Jon Bishop (Canyon, Canyon Country) 9:29.71, Brendan Mahon (La Habra) 9:32.23, Phil Gonzales (Crescenta Valley, La Crescenta) 9:33.06, James Liu (Temple City) 9:33.73.

**110 m HH (Seeded)** (wind -0.02 meters per second) DeLewis Johnson (Nogales, La Puente) 14.57, Mike Delaney (Alhambra) 14.58, Coke Edmon (Bellarmine Prep, San Jose) 14.81, Danny Haag (Granada Hills) 14.84, Tony Garcia (Foothill, Santa Ana) 14.99, Nam Doung (Silver Creek, San Jose) 15.01, Martin Haynes (Bishop Montgomery, Torrance) 15.02. **(Invitational)** (wind -0.85 meters per second) Ken Haslip (Muir, Pasadena) 13.98 (HASLIP IS NATIONAL LEADER), Charles Reid (Salem, Virginia Beach, Va) 14.05 (#3 MARK NATION), Jason Medearis (Hart, Newhall) 14.12 (#4 MARK NATION), Bryan Jones (Arroyo Grande) 14.22 (#5 MARK NATION), Gerimi Burleigh (Upland) 14.66, Larry Parker

(Bakersfield) 14.76, Anthony Montgomery (St. Mary's, Berkeley) 15.00, Eric Patterson (Poly, Long Beach) 15.10, Tyson Murphy (Santa Monica) 15.11. Open: Ignacio Barrios (Mountain View, El Monte) 14.67.

**300 m IH** - Ken Haslip (Muir, Pasadena) 36.94 (#2 MARK NATION), Jason Medearis (Hart, Newhall) 37.42 (#3 TIME NATION), Coke Edmon (Bellarmine Prep, San Jose) 38.05 (#6 TIME NATION), Bryan Jones (Arroyo Grande) 38.34, Anthony Montgomery (St. Mary's, Berkeley) 38.36, Jason Brownlee (Hamilton, L.A.) 38.72, Danny Haag (Granada Hills) 39.26. Open: Martin Haynes (Bishop Montgomery, Torrance) 39.17, Ignacio Barrios (Mountain View, El Monte) 39.34, Omar Anderson (Warren, Downey) 39.39, Chey Walker (West Covina) 39.40.

**400 m Re (Seeded)** Bishop Amat (La Puente) 41.97, Morningside (Inglewood) 42.22, San Diego 42.23, Fairfax (L.A.) 42.43, Jordan (Long Beach) 42.49, Dominguez (Compton) 42.60, Upland 42.86. (**Invitational**) Muir (Pasadena) 41.09 (NATIONAL LEADER), Dorsey (L.A.) 41.80, Poly (Long Beach) 41.88, Pasadena 42.04, Eisenhower (Rialto) 42.07, Washington (L.A.) 42.41, Douglass (Atlanta, Ga) 42.81. Open: Wood (Vacaville) 42.95.

**1600 m Re (Seeded)** Morningside (Inglewood) 3:17.63, Poly (Long Beach) 3:21.67, Fairfax (L.A.) 3:22.00, San Pasqual (Escondido) 3:22.98, San Diego 3:23.50, Alta Loma 3:25.64, Dominguez (Compton) 3:26.79. (**Invitational**) Muir (Pasadena) 3:13.38 (#2 TIME NATION), Douglass (Atlanta, Ga) 3:19.01, Dorsey (L.A.) 3:19.70, Bakersfield 3:20.61, St. Mary's, Berkeley 3:21.27, Rowland (Rowland Heights) 3:24.97, Tolleson (Az) 3:25.52, Washington (L.A.) 3:28.35. Open: Stockdale (Bakersfield) 3:24.85.

**Distance Medley Re** - Loyola (L.A.) 10:16.15 (NATIONAL LEADER), Palisades (Pacific Palisades) 10:25.05 (#2 TIME NATION), Bellarmine Prep (San Jose) 10:25.20 (#3 TIME NATION), Morro Bay 10:26.59 (#4 TIME NATION), Hart (Newhall) 10:28.82 (#5 TIME NATION), Arroyo (El Monte) 10:30.36 (#7 TIME NATION), Arroyo Grande 10:32.28, Thousand Oaks 10:32.7 (ht), Centerville (Oh) 10:33.3, Scripps Ranch (San Diego) 10:36.0, St. Augustine (San Diego) 10:38.2, Newport Harbor (Newport Beach) 10:41.7, Silver Creek (San Jose) 10:43.7, St. Francis (La Canada) 10:44.6, Birmingham (Van Nuys) 10:48.7, Mission Viejo 10:50.0. Open: Nordhoff (Ojai) 10:36.95.

**High Jump** - Jeremy Fischer (Camarillo) 7-0 (FISCHER IS NATIONAL LEADER), Art Lloyd (Eisenhower, Rialto) 6-10, James Lincoln (Birmingham, Van Nuys) 6-8, Richard Pitchford (Charter Oak, Covina) 6-6, Calvin Bates (Valley, Sacramento) 6-6, Marty Fonseca (Murrta Valley, Murrta) 6-4, (tie) Jeff Bond (Piedmont), Brendan Zeideler (Bellarmine Prep, San Jose), Jon Roby (Corcoran), and Cory Johnson (Los Alamitos) 6-4, (tie) Casey Turner (Monte Vista, Danville), Dave Larson (Stockdale, Bakersfield), & Jim Romero (L.A. Baptist, North Hills) 6-4. Open: James Nieto (Valley, Sacramento) 6-6.

**Pole Vault** - Esa Sallinen (Burroughs, Burbank)/Finland 15-6 (= #8 MARK NATION), Dominic Johnson (Amphitheater, Tucson, Az) 15-6, Paul Kokorowski (El Camino Real, Woodland Hills) 15-6, Borys Orloff (St. John Bosco, Bellflower) 15-0, Dason Phelps (Mountain View, Mesa, Az) 15-0, Daniel Shimooka (San Pasqual, Escondido) 14-6, Sean Taylor (Fallbrook) 14-6, John Bain (Foothill, Santa Ana) 14-0. Open: Lorenzo Rodriguez (Mt. Pleasant, San Jose) 14-0.

**Long Jump** - Jamaal Chase (Quartz Hill) 24-2 1/4 (wind +1.03 meters per second) (#3 MARK NATION), Jesus Reyes (Chino) 24-1 1/2 (+2.00 mps) (#4 MARK NATION), Lurea Frazier (Pomona) 23-6 (+1.28 mps), Tyree Washington (La Sierra, Riverside) 23-4 (+0.83 mps), Patrick Kooba (Glendora) 23-0 1/4 (+1.31 mps), Chris McAlister (Pasadena) 22-8 3/4 (+1.25 mps), Doug Brown (Gunderson, San Jose) 22-5 1/4 (+1.45 mps), Gerald Williams (Lynwood) 22-2 3/4 (+1.61), Corri Moore (Monte Vista, Spring Valley) 22-2 3/4 (+1.52). (Open) Juan Hastings (Gahr, Cerritos) 22-6 (wind legal).

**Triple Jump** - Von Ware (Rancho Buena Vista, Vista) 48-5 1/4 (wind -1.04 meters per second) (#4 MARK NATION), Chuck Bishop (Taft) 48-2 (-1.02 mps) (BISHOP HAS #2 MARK NATION), Jamaal Chase (Quartz Hill) 47-8 3/4 (-0.01), Reggie Mitchell (Sweetwater, National City) 47-5 3/4 (-0.73), Nord (Los Altos) 46-7 3/4 (-0.73 mps), Carl Hampton (Poly, Long Beach) 46-6 1/2 (-0.01 mps), Leroy Parham (Muir, Pasadena) 45-6 (+0.01). Open: Jay White (Upland) 45-1 1/4.

**Shot Put** - Wade Tift (Newport Harbor, Newport Beach) 59-6 (TIFT HAS #2 OUTDOOR MARK NATION), Phil Fonua (Mira Costa, Manhattan Beach) 57-6 1/2, Jeremy Lingenfelter (Claremont) 56-9 3/4, Ihsan Warren (St. Mary's, Berkeley) 56-0 1/2, Brad Hisey (Fallbrook) 54-9 1/4, James Parker (Northridge, Layton, Ut) 54-6 1/2, Brian Tade (El Camino Real, Woodland Hills) 54-0, Jeremy Staat (Bakersfield) 53-7 1/2, Chuck Boswell (West, Bakersfield) 53-0 1/2, Hosea Nelson (St. Ignatius, San Francisco) 52-3 1/2, Chris DeMartini (St. Ignatius, San Francisco) 53-2 1/4, Josh Lowe (Mountain View, Mesa, Az) 51-11 1/2, Travis Coddington (Renton, Wa) 51-9 1/2, Ben Lindsey (Lynnwood, Wa) 51-5, Andy Sverchek (San Luis Obispo) 51-4 3/4, Aaron Lewis (St. Ignatius, San Francisco) 51-3 3/4, Luke Sullivan (Verona, Wi) 51-3 1/2. Open: Josh Kobdich (North, Bakersfield) 55-5 1/4 (OPEN MEET RECORD).

**Discus** - Luke Sullivan (Verona, Wi) 192-0 (NATIONAL LEADER), Kevin Moore (Richland, Wa) 185-2 (EQUAL #3 THROW NATION), Josh Lowe (Mountain View, Mesa, Az) 181-7 (#7 MARK NATION), Travis Coddington (Renton, Wa) 179-4 (#8 MARK NATION), Chris DeMartini (St. Ignatius, San Francisco) 178-7 (DEMARTINI IS NATIONAL LEADER), James Parker (Northridge, Layton, Ut) 175-11, Solomon Kailihiwa (Jesuit, Sacramento) 174-0, Adam Stout (Alta Loma) 171-11, Denton Kelley (Jesuit, Sacramento) 166-1, Steve Gonzales (Newport Harbor, Newport Beach) 163-10, Jason Bader (Edison, Huntington Beach) 162-8, Jeremy Staat (Bakersfield) 161-11, Josh Liberty (San Diego) 161-6. Open: Thomas Schmidt (Chino) 163-11.

**ATHLETE OF THE MEET** - KEN HASLIP (MUIR, PASADENA) WON HURDLES AT 13.98 AND 36.94, RAN ON WINNING 41.09 AND 3:13.38 RELAY TEAMS

## GIRLS

**100m (Seeded)** (wind -0.59 meters per second) Felisha Williams (Morningside, Inglewood) 12.06 (#10 TIME NATION), Joney David (Charter Oak, Covina) 12.20, Michelle Perry (Quartz Hill) 12.37, Krystal Walden (West Covina) 12.58, Allison Parks (Pius X, Downey) 12.63, Latanya O'Bryant (Lompoc) 12.72, Jill Degan (Arroyo Grande) 12.76, Tanya Jackson (Skyline, Oakland) 12.81, Wendy Deford (Hilltop, Chula Vista) 12.82. (Invitational) (-0.01 mps) Andrea Anderson (Poly, Long Beach) 11.57 (NATIONAL LEADER), Latasha Gilliam (Pittsburg) 11.74 (#3 TIME NATION), Lakeisha Backus (Wilson, Long Beach) 11.78 (BACKUS HAS #2 TIME NATION), Aminah Haddad (Poly, Long Beach) 11.88 (#5 TIME NATION), Monique Hennagan (Spring Valley, Columbia, SC) 12.03 (#8 TIME NATION) Heather Sumpter (Muir, Pasadena) 12.10, Jaime Sims (Etiwanda) 12.11. Open: Torri Edwards (Pomona) 12.33.

**200 m (Seeded)** (wind +3.00 meters per second) Madinah Ali (Canyon Springs, Moreno Valley) 24.89w, Jaime Sims (Etiwanda) 24.90w, Veronica Woods (Independence, San Jose) 25.05w, Tara Oettinger (Foothill, Santa Ana) 25.17w, Heather Miller (Westridge, Pasadena) 25.23w, Jaime Brown (Canyon Springs, Moreno Valley) 25.25w, Joney David (Charter Oak, Covina) 25.34w, Jill Degan (Arroyo Grande) 26.07w. (Invitational) (wind +5.01 meters per second) Andrea Anderson (Poly, Long Beach) 23.48w (FASTEST TIME NATION, BUT WIND-AIDED PERFORMANCE), Latasha Colander (Wilson, Portsmouth, Va) 23.58w, Aminah Haddad (Poly, Long Beach) 23.90w, Bisa Grant (Bishop O'Dowd, Oakland) 24.20w, Kinchassa Davis (Wilson, Long Beach) 24.80w, Michelle Perry (Quartz Hill) 25.35w, Zakiyah Salim (Lompoc) 25.78w. Open: Joney David (Charter Oak, Covina) & Torri Edwards (Pomona) both 25.05 (different races)

**400 m** - Monique Hennagan (Spring Valley, Columbia, SC) 52.87 (NATIONAL LEADER AND MEET RECORD - OLD RECORD 52.90 DENEAN HOWARD (KENNEDY, GRANADA HILLS) 1982), Lana Garner (Morse, San Diego) 55.22 (#4 TIME NATION), Malika Edmonson (St. Bernard, Playa del Rey) 55.65 (#5 TIME NATION), Latasha Gilliam (Pittsburg) 56.71 (GILLIAM HAS #2 TIME NATION), Myesha Williams (Poly, Long Beach) 56.81, Veronica Woods (Independence, San Jose) 57.21, Aisha Washington (Poly, Long Beach) 58.54. Open: Turshica Bennett (Bishop O'Dowd, Oakland) 57.29, Heather Miller (Westridge, Pasadena) 57.55, Vicky Ansuri (Bishop Montgomery, Torrance) 57.57.

**800 m** - Kristi Johnston (Central, Fresno) 2:12.46 (NATIONAL OUTDOOR LEADER), Tiffany Boykin (Laguna Hills) 2:16.30 (#3 TIME NATION), Sherron Rhetta (Poly, Long Beach) 2:16.49 (#4 TIME NATION), Ryan Sartwell (Arcadia) 2:16.94 (#6 TIME NATION), Sara Moore (Richland, Wa) 2:17.21, Kristy Forman (Reed, Sparks, Nv) 2:17.23, Candace Threat-Miles (Bishop O'Dowd, Oakland) 2:17.28, Stacey Kerr (Fallbrook) 2:17.37, Shalynn Carr (Bonita, La Verne) 2:17.61, Anjellica Randall (Bishop O'Dowd, Oakland) 2:19.40, Melissa McVey (Redlands) 2:20.98. Open: Julie Kaudelka (Edison, Huntington Beach) 2:16.95, Betty Butler (Dorsey, L.A.) 2:18.31.

**1600 m** - Rosanna Gardner (East, Salt Lake City, Ut) 4:53.11 (NATIONAL OUTDOOR LEADER) (4:34.2 1500m NATIONAL OUTDOOR LEADER), Sarna Renfro (Bellarmine Prep, Tacoma, Wa) 4:55.24 (#2 TIME NATION) (4:38.1), Marie Davis (Lincoln, Portland, Or) 4:55.55 (#3 TIME NATION) (4:38.3), Mary Cobb (Santa Barbara) 4:58.75 (#4 TIME NATION) (4:38.4), Sherrie Donovan (Madera) 5:00.97 (#5 TIME NATION) (4:40.7), Elissa Riedy (Mission San Jose, Fremont) 5:01.60 (#6 TIME NATION) (4:41.9), Emily Allison (Leland, San Jose) 5:03.19 (4:43.4), Joanna Cerri (Downey, Modesto) 5:03.68, Ann Baldelli (St. Ignatius, San Francisco) 5:03.84, Christine Stovolone (Presentation, San Jose) 5:04.66, Lori Riedy (Mission San Jose, Fremont) 5:05.82, Tracy Cohn (Stockdale, Bakersfield) 5:05.83, Nicole Silva (Aptos) 5:06.0, Katie McGregor (Willoughby South, Willoughby, Oh) 5:07.7, Erin O'Keefe (Poly, Long Beach) 5:14.2, Deborah Bleisch (Silver Creek, San Jose) 5:15.4. Open: Jessica De la Cerda (Hart, Newhall) 5:05.76.

**3200 m** - Carrie Garritson (Buena Park) 10:39.33 (NATIONAL OUTDOOR LEADER) (10:02.2 3000m), Emily Nay (Capital, Helena, Mt) 10:40.99 (#3 TIME NATION) (10:04.1), Molly Mehlberg (Peninsula, Rolling Hills) 10:45.40 (#4 TIME NATION) (10:07.0), Sarah Dickerman (Del Campo, Fair Oaks) 10:54.70 (#6 TIME NATION) (10:14.8), Kim Mortensen (Thousand Oaks) 10:56.32 (#8 TIME NATION) (10:22.6), Kim Nelson (Canyon, Anaheim) 10:56.67 (10:22.8), Katie McGregor (Willoughby South, Willoughby, Oh) 11:09.43 (10:29.8), Sarah Brandy (Ashland, Or) 11:18.43 (10:31.5), Laura Sanodval (St. Ignatius, San Francisco) 11:20.93 (10:41.1), Nandy Dollar (San Clemente) 11:22.2 (ht) (10:44.7), Lyad Gozal (Beverly Hills) 11:22.5 (10:43.3), Kay Nekota (Agoura) 11:27.5 (10:49.1), Rachel Krause (South Hills, West Covina) 11:35.8 (10:52.1) Open: Rhaina Echols (Glendale) 11:24.65, Allison Twist (San Marino) 11:26.83, Jinna Rhode (Fallbrook) 11:27.17.

**100m Hurdles (33") (Seeded)** (wind -0.01 meters per second) Andrea Wasden (Rio Mesa, Oxnard) 14.40 (#5 MARK NATION), Miesha McKelvy (Gahr, Cerritos) 14.61 (#7 TIME NATION), Jenny Berrien (Berkeley) 15.09, Keisha Griffis (Washington, L.A.) 15.15, Amber Roberts (Muir, Pasadena) 15.35, Loren Parker (Bakersfield) 15.60, Cathy Prater (Agoura) 15.66, Nicole Dodd (South Pasadena) 15.60. (Invitational) (wind +0.01 meters per second) Latasha Colander (Wilson, Portsmouth, Va) 13.95 (#2 TIME NATION), Bisa Grant (Bishop O'Dowd, Oakland) 14.15 (#3 MARK NATION), Jennifer Odom (Independence, San Jose) 14.63 (#8 TIME NATION), Chidera Madu (Valley, Sacramento) 14.82, Ayana Grant (Bishop O'Dowd, Oakland) 14.91, Adria Robertson (Memorial, Houston, Tx) 15.22, Kelly Moten (Muir, Pasadena) 15.26, Dixie Williams (Churchill County, Fallon, Nv) 15.39.

**300 m LH** - Angela Harris (Skyline, Oakland) 42.33 (EQUALS NATIONAL LEADER), Erin Rinear (River Ridge, Olympia, Wa) 44.40 (#8 TIME NATION), Cathy Prater (Agoura) 44.48 (#9 TIME NATION), Adria Robertson (Memorial, Houston, Tx) 44.55, Kim Veeder (Los Gatos) 45.14, Amanda Helberg (Centerville, Oh) 45.25, Keisha Griffis (Washington, L.A.) 45.26, Jennifer Odom (Independence, San Jose) 45.59, Stacy Hebert (Buena, Ventura) 46.00. Open: Dixie Williams (Churchill County, Fallon, Nv) 44.17 (#4 TIME NATION), Colleen Rhemm (Muir, Pasadena) 45.11, Andrea Wasden (Rio Mesa, Oxnard)

45.18, Susyn Heidenrich (Rio Mesa, Oxnard) 45.61, Tasha Walker (El Dorado, Placentia) 45.64, Ayana Grant (Bishop O'Dowd, Oakland) 45.92, Sakai Metcalf (Skyline, Oakland) 46.08.

**400 m Re (Seeded)** St. Bernard (Playa del Rey) 47.42 (#10 TIME NATION), Skyline (Oakland) "B" 48.47, Independence (San Jose) 48.48, Pius X (Downey) 48.52, Etiwanda 49.39, Valley (Sacramento) 49.72, Eisenhower (Rialto) 50.51, Lompoc 50.84. **(Invitational)** Poly (Long Beach) 45.90 (NATIONAL LEADER = #16 PREP TEAM EVER), Skyline (Oakland) 46.48 (#2 MARK NATION), Wilson (Long Beach) 46.78 (#4 MARK NATION), Morningside (Inglewood) 46.79 (MORNINGSIDE HAS #3 TIME NATION), Muir (Pasadena) 47.78, Pomona 48.34, Canyon Springs (Moreno Valley) 48.74, El Capitan (Lakeside) 50.78. Open: Reed (Sparks, Nv) 50.05.

**1600 m Re (Seeded)** Pius X (Downey) 4:00.41, Chino 4:01.22, Independence (San Jose) 4:01.43, Rio Mesa (Oxnard) 4:02.72, Skyline (Oakland) "B" 4:03.63, Burroughs (Burbank) 4:06.60. **(Invitational)** Morningside (Inglewood) 3:43.71 (NATIONAL LEADER & MEET RECORD, OLD MEET RECORD 3:45.41 WM PENN, PHILADELPHIA, PA 1991), Skyline (Oakland) 3:44.36 (#2 TIME NATION), Wilson (Long Beach) 3:50.79 (#4 TIME NATION), St. Bernard (Playa del Rey) 3:51.22 (#5 TIME NATION), Bishop O'Dowd (Oakland) 3:52.00 (#6 TIME NATION), Muir (Pasadena) 3:56.46, Morse (San Diego) 3:57.71, Valley (Sacramento) 4:04.88. Open: Los Gatos 4:03.72, Compton 4:03.98, Bishop Montgomery (Torrance) 4:04.10, Reed (Sparks, Nv) 4:04.85.

**Distance Medley Relay** - Mission San Jose (Fremont) 12:13.57 (MSJ IS NATIONAL LEADER), Esperanza (Anaheim) 12:15.07 (#2 TIME NATION), Madera 12:28.37, Edison (Huntington Beach) 12:30.67, Aptos 12:36.05, Buena (Ventura) 12:41.28, Poly (Long Beach) 12:41.59, St. Ignatius (San Francisco) 12:43.67, Silver Creek (San Jose) 12:46.42, El Modena (Orange) 12:46.46, San Pasqual (Escondido) 12:50.0 (ht), Fallbrook 12:50.9, Ocean View (Huntington Beach) 12:51.6, Corona 12:52.5, Peninsula (Rolling Hills) 12:53.0, Temesca Canyon (Elsinore) 12:54.0. Open: Saugus 12:43.99, Hart (Newhall) 12:52.15.

**High Jump** Tracye Lawyer (Cate, Carpinteria) 5-6, Misty May (Newport Harbor, Newport Beach) 5-6, (tie) Shania Edwards-Hambrick (Moreno Valley), Jamila Churchill (Bishop O'Dowd, Oakland), Tina Bowman (Newport Harbor, Newport Beach), and Stacy Smith (Mountain View, Mesa, Az) at 5-4. (tie) Jayme Ullrich (North Bakersfield) & Liz Giltner (Chaminade, West Hills) 5-4, Savant Williams (Long Beach Poly) 5-4. Open: Tait Holden (Wood, Vacaville) 5-4.

**Pole Vault** - Jocelyn Chase (Agoura) 10-6 (MEET RECORD #2 PREP PERFORMANCE EVER), Franci Pieth (Burroughs, Burbank) 9-0, (tie) Angie Gratt (Highland, Bakersfield), Amy O'Connor (Thousand Oaks), & Elizabeth Ewing (Castro Valley) 7-6, Allison Meechoovet (Temple City) 7-0.

**Long Jump** - La Shonda Christopher (River Ridge, Olympia, Wa) 19-6 1/2 (+0.21 meters per second wind (NATIONAL OUTDOOR LEADER), Pam Simpson (Poly, Long Beach) 19-4 1/4 (-0.65 mps) (#3 MARK NATION), Ebonie Henderson (Bakersfield) 19-4 (-0.71 mps) (#5 MARK NATION), Tara Oettinger (Foothill, Santa Ana) 18-11 3/4 (+0.42 mps) (= #8 MARK NATION), Carlene Jones (Morse, San Diego) 18-6 1/2 (-1.04 mps), Michelle Perry (Quartz Hill) 17-1 1/4 (-0.01), Rosalyn Grant (Ganessa, Pomona) 17-1 (+0.02 mps), Open: Gina Ocegura (St. Francis, Mountain View) 17-11 1/4 (wind legal), Christine Brockett (Antioch) 17-2 1/2, Dominique Hughes (Ganessa, Pomona) 17-2, Kim Smith (River Ridge, Olympia, Wa) 17-0 1/2.

**Triple Jump** - Michelle Reid (Folsom) 38-08 (+0.21 meters per second wind) (#3 MARK NATION), Tamiaka Porter (Orange Glen, Escondido) 38-04 1/4 (+1.31 mps) (PORTER HAS #2 MARK NATION), Amber Roberts (Muir, Pasadena) 38-2 3/4 (-0.06), Ebonie Henderson (Bakersfield) 37-9 1/4 (+0.46), Kathy Sorenson (Hilltop, Chula Vista) 37-0 (+1.26), Kristy Forman (Reed, Sparks, Nv) 36-6 1/4 w (+2.29 mps) (36-1 1/4 wind legal +1.07 mps), Kelly O'Connor (Esperanza, Anaheim) 36-5 1/2 (+0.71) (better second jump), Latoya LeJay (Canyon Springs, Moreno Valley) 36-5 1/2 (+1.12), Latoya Crews (Morse, San Diego) 36-3 (+.90 mps), Cindy Pettibon (Gunderson, San Jose) 36-02 1/2 w (+2.15 mps) (36-1 3/4 wind legal best +.40 mps), Open: Ebony Poe (Lynwood) 36-5 (wind legal).

**Shot Put** - Gina Heads (Newport Harbor, Newport Beach) 45-7 (#4 MARK NATION), Delores Tuilomoau (Channel Islands, Oxnard) 45-3 1/4 (TUIMULOAU HAS #3 MARK NATION), Soozie Shanley (Tulare) 43-6 1/2 (SHANLEY HAS #6 MARK NATION), Regan Leahy (Eisenhower, Yakima, Wa) 42-3 1/2, Nicole Brooks (Berkeley) 41-9, Andria Brown (South, Bakersfield) 41-3 1/2, Peka Lauulu (Nogales, La Puente) 40-11 1/2, Leslie Vidmar (Eastlake North, Eastlake, Oh) 40-2 1/2, Charlene Bower (Gunn, Palo Alto) 39-6 1/2, Aretha Hill (Renton, Wa) 39-1, Katie Suppa (Torrey Pines, Encinitas) 38-1 1/2 (better second throw), Jennifer Mercy (Eisenhower, Yakima, Wa) 38-1 1/2, Margaret Veligitone (Fallbrook) 38-1 1/2, Roberta Collins (Sandusky, Oh) 38-0 1/4. Katianne Usery (Hart, Newhall) 37-1 3/4. Open: Diane Hart (North, Bakersfield) 37-4 1/4.

**Discus** - Suzy Powell (Downey, Modesto) 178-8 (NATIONAL INTERSCHOLASTIC RECORD, BREAKING 176-10 SET BY MELISA WEIS OF BAKERSFIELD 1990) (series 178-8, 160-4, 158-8, 152-3, 159-5, 177-1 (also breaks record), Aretha Hill (Renton, Wa) 156-10 (#3 MARK NATION), Jill Laekovich (Titusville, Fl) 152-6 (#5 MARK NATION), Nadia Lopez (Arroyo Grande) 145-9 (LOPEZ HAS #7 MARK NATION), Mandy Buckey (Bakersfield) 143-2 (#11 MARK NATION), Roberta Collins (Sandusky, Oh) 139-10, Angela Burgess (Woodbridge, Irvine) 137-7, Soozie Shanley (Tulare) 136-7, Gina Heads (Newport Harbor, Newport Beach) 135-1, Diane Hart (North, Bakersfield) 130-0, Delores Tuimoloau (Channel Islands, Oxnard) 128-11 Open: Kharin Gonzalez (Hilltop, Chula Vista) 126-2.

**ATHLETE OF THE MEET** - SUZY POWELL (DOWNEY, MODESTO, CA) - 178-8 - NEW NATIONAL INTERSCHOLASTIC RECORD IN DISCUS

## Arcadia/Foot Locker Open Track & Field Meet Presented by the Arcadia Rotary

Saturday, April 9th - Meet 11:00 a.m. - 4:00 p.m. - weather ranged from cool and cloudy to sunny and blustery

### MEN

**100m** (R-1) (wind -0.37) R.J. Soward (Eisenhower, Rialto) 11.02, Kaaron Conwright (Westchester, L.A.) 11.16. (R-2) (+ 2.60) Marlon Farlow (Eisenhower, Rialto) 11.04w, Mike Searcy (Rialto) 11.12w, Kelvin Hunter (Hawthorne) 11.18w. (R-3) (+ 1.44) Jacob Glickman (Pasadena) 10.88, Vincent Boone (West Covina) 11.04, Armon Hatcher (Diamond Bar) 11.05, Thomas Washington (Central, Fresno) 11.13, Anthony Preyear (La Sierra, Riverside) 11.14.

**200m** (R-1) (wind -5.02) Demond Birks (Eisenhower, Rialto) 22.70. (R-2) (-.98) Corey Hall (Stockdale, Bakersfield) 22.46, Chris McAlister (Pasadena) 22.47, Chris Jones (Washington, L.A.) 22.71, Latavian Moore (Inglewood) 22.83. (R-3) (-1.53) Jacob Glickman (Pasadena) 22.18, Andre Hilliard (Torrance) 22.34, Vincent Boone (West Covina) 22.69, Thomas Washington (Central, Fresno) 22.83.

**400m** (R-1) Sharay Stith (Douglass, Atlanta, Ga) 50.36, Amar Brisco (Washington, L.A.) 51.17. (R-2) Jahmal Wright (Culver City) 49.55, Corey Brown (Valley, Sacramento) 50.09, Lonnie Cruel (Carson) 50.39, Donald Scott (Lynwood) 50.65, Rick Murillo (Highland, Bakersfield) 50.95. (R-3) Jerome Davis (Burroughs, Ridgecrest) 48.72, Jeff Butler (Paramount) 49.84, Damen Wheeler (Valley, Sacramento) 50.08, Chris Jones (Washington, L.A.) 51.07.

**800m** (R-1) Rolando DeAngelis (Buena, Ventura) 2:02.49. (R-2) Rene Paragas (Hart, Newhall) 1:57.62, Raymundo Duarte (Roosevelt, L.A.) 1:57.77, James Owens (South Pasadena) 1:57.81, Doug Frichtel (Hemet) 1:58.42, Greg O'Hair (Reed, Sparks, Nv) 1:58.61

**1600m** (R-1) Angel Romero (Colton) 4:20.80 (4:06.0 1500m), Hide Sano (Peninsula, Rolling Hills) 4:22.00 (4:06.7), Javier Ramirez (Nordhoff, Ojai) 4:22.16 (4:05.8), Francisco Martinez (Douglas, Az) 4:22.48 (4:06.4), Rey Sanchez (Delano) 4:22.73, Greg Phister (Davis) 4:23.05, Ian Enriquez (Corona) 4:24.79, Matt Harris (Mira Costa, Manhattan Beach) 4:25.26, Greg Tademey (Silver Creek, San Jose) 4:25.65, John Nehls (Upland) 4:26.3, Victor Madison (Douglass, Atlanta, Ga) 4:26.7, File Cortez (Downey) 4:27.4, Mike Wallace (Notre Dame, Sherman Oaks) 4:29.0, Cliff Roberts (Leland, San Jose) 4:30.4, Matt Olin (Apple Valley) 4:35.4. (R-2) Ricardo Valenzuela (Belmont, L.A.) 4:26.28 (4:09.5 1500m), Charlie Gatchell (La Habra) 4:27.45, Miguel Ramirez (Roosevelt, L.A.) 4:29.93, Josh Cobb (Santa Barbara) 4:30.74, Spencer Bohaty (Jesuit, Sacramento) 4:31.57, Brandon Pacheco (Brethren Christian, Cypress) 4:32.20, Saul Gallegos (St. John Bosco, Bellflower) 4:32.44, Byron Hardkie (Bishop Amat, La Puente) 4:33.53, Joel Givens (Hart, Newhall) 4:33.70, Dustin Williams (Canyon, Canyon Country) 4:33.85.

**3200m** - Antonio Arce (Palmdale) 9:25.68, Humberto Sanchez (South Gate) 9:26.27, Jon Bishop (Canyon, Canyon Country) 9:29.71, Brendan Mahon (La Habra) 9:32.23, Phillip Gonzalez (Crescenta Valley, La Crescenta) 9:33.06, James Liu (Temple City) 9:33.73, Eric Delfel (Eisenhower, Yakima, Wa) 9:37.29, Enrique Torres (Silver Creek, San Jose) 9:38.11, Pat Bendzick (Mission San Jose, Fremont) 9:39.84, Richard Chisholm (San Marino) 9:40.64, Ken Goodrich (Peninsula, Rolling Hills) 9:42.9, Scott Abbott (Jesuit, Sacramento) 9:44.6, Johann Appell (Estancia, Costa Mesa) 9:47.6, Ryan Dean (Peninsula, Rolling Hills) 9:49.8, Dennis Sweningson (Buena, Ventura) 9:51.0, Kevin Koeper (St. Francis, La Canada) 9:55.4, Keith O'Doherty (Thousand Oaks) 9:56.5, Jeremy Park (Camarillo) 9:57.2.

**110mHH** (R-1) (wind +.41 meters per second) Charles Alade (Highland, Bakersfield) 15.10, Dan Nord (Los Altos) 15.12, Terrell Bettis (Paramount) 15.30, Noah Walsh (Ventura) 15.31, Jerry Ibarra (Hawthorne) 15.43, Mark Roman (Central, Fresno) 15.46. (R-2) (+ .70) Ignacio Barrios (Mountain View, El Monte) 14.67, Chey Walker (West Covina) 14.91, Anthony Mayberry (Doresey, L.A.) 14.95. (R-3) (+ 1.0) Ryan Carr (Crespi, Encino) 15.15, Dan Foote (Foothill, Santa Ana) 15.17, Ted Rust (Rio Mesa, Oxnard) 15.19.

**300mIH** (R-1) Martin Haynes (Bishop Montgomery, Torrance) 39.17, Terrell Bettis (Paramount) 39.64, Dwight McNaughton (Stockdale, Bakersfield) 40.05, Vashon Sudds (Rubidoux, Riverside) 40.09, Noah Walsh (Ventura) 40.25, Jerry Ibarra (Hawthorne) 40.43. (R-2) Ignacio Barrios (Mountain View, El Monte) 39.34, Ted Rust (Rio Mesa, Oxnard) 39.53, Billy Wade (Eisenhower, Rialto) 40.62. (R-3) Omar Anderson (Warren, Downey) 39.39, Chey Walker (West Covina) 39.40.

**400m Re** (R-1) Wood (Vacaville) 42.95, Pomona 42.96, Monroe (Van Nuys) 43.02, West Covina 43.39, Hawthorne 43.41, Rialto 43.43, Gahr (Cerritos) 43.54. (R-2) Muir (Pasadena) "B" 43.46, Lynwood 43.55, Diamond Bar 43.69.

**1600m Re** - (R-1) Stockdale (Bakersfield) 3:24.85, Silver Creek (San Jose) 3:25.55, Hawthorne 3:26.67, Esperanza (Anaheim) 3:27.40. (R-2) Hamilton (L.A.) 3:25.23, Diamond Bar 3:25.50, Muir (Pasadena) "B" 3:26.47, Reed (Sparks, Nv) 3:29.34.

Dist Med Re - Nordhoff (Ojai) 10:36.95, Livermore 10:43.18, Belmont (L.A.) 10:50.31, La Habra 10:52.30, Channel Islands (Oxnard) 10:54.57.

**HJ** - James Nieto (Valley, Sacramento) 6-6, Ken Knox (Rancho Cuamonga) 6-4, R. Ross (Eldorado, Las Vegas, Nv) 6-4, Ben Barney (Arroyo, El Monte) 6-4, Chad Unger (Schurr, Montebello) 6-4.

**PV** - Lorenzo Rodriguez (Mt. Pleasant, San Jose) 14-0, Robert Wolfe (Damien, La Verne) 13-6, Brian Acevedo (Belmont, L.A.) 13-6, (tie) David Schaeffer (Agoura), Craig Wobig (El Camino Real, Woodland Hills) 13-0, (tie) Jason Spotts (North, Bakersfield), Rick Marquez (Reed, Sparks, Nv), Fernando Preciado (Downey), & Brian Kneebone (Hilltop, Chula Vista) 13-0. Zack Evink (Paramount) 13-0, Aaron Lugg (Arcadia) 13-0.

**LJ** - (wind legal) Juan Hastings (Gahr, Cerritos) 22-6, Steve Smith (Gahr, Cerritos) 21-9 3/4, Michael Fletcher (Paramount) 21-9 1/2, Clarence Scott (Fremont, L.A.) 21-8 3/4, Gavin Peries (South Pasadena) 21-7 1/2, Patrick McCall (Carson) 21-4 3/4

**TJ** - (wind legal) Jay White (Upland) 45-1 1/4, Archie Jackson (Nordhoff, Ojai) 45-0 1/2, Terrell Bettis (Paramount) 44-8 1/4, Gerald Williams (Lynwood) 44-4 3/4, Milan Ford (Centennial, Corona) 44-2 1/2, Mike Wygant (Camarillo) 43-5 3/4.

**SP** - Josh Kobdiah (North, Bakersfield) 55-5 1/4 (MEET RECORD OLD RECORD BRENT NOON (FALLBROOK) 53-10 1/2 1987), Damon Blechen (Agoura) 54-1 3/4, Shannon Garnett (Muir, Pasadena) 50-5 3/4, Jason Henry (Bakersfield) 49-1 1/2, Jared Naab (Santa Fe, Santa Fe Springs) 49-0 1/2.

**DT** - Thomas Schmidt (Chino) 163-11, Jeff Beadle (Highland, Bakersfield) 157-3, Andy Sverchek (San Luis Obispo) 156-7, Ihsan Warren (St. Mary's, Berkeley) 156-1, Andre Benson (Paramount) 151-1, Wykia Mitchell (Paramount) 149-2, Jacob Abney (South, Bakersfield) 148-10, Avont Grant (Lewis & Clark, Spokane, Wa) 145-10

### **WOMEN**

**100m** (R-1) (wind + 1.28) Torri Edwards (Pomona) 12.33, Kim Hay (Los Gatos) 12.50, Kathy Gross (Canyon, Anaheim) 12.72, Jocalyn Pruitt (Littlerock) 12.74. (R-2) (+.41) Jamie Terry (Trabuco Hills, Mission Viejo) 12.68, Annie Pogue (Del Mar, San Jose) 12.70, Rashrena Hardaway (Reed, Sparks, Nv) 12.73. (R-3) (-0.01) Zhauntel Holman (Valley, Sacramento) 12.45, Virginia Williams (Dominguez, Compton) 12.49, Lisa Domico (Claremont) 12.68.

**200m** (R-1) (wind -1.95) Torri Edwards (Pomona) 25.05, Tabresha Lawrence (Rialto) 25.74, Zhauntel Holman (Valley, Sacramento) 26.17. (R-2) (-1.64) Joney David (Charter Oak, Covina) 25.05, Latanya O'Bryant (Lompoc) 26.10. (R-3) (-1.48) Jerenna Bernestine (Pius X, Downey) 26.20, Nancy Ekeke (Glendale) 26.37.

**400m** - (R-1) Turshica Bennett (Bishop O'Dowd, Oakland) 57.29, Heather Miller (Westridge, Pasadena) 57.55, Vicky Anwuri (Bishop Montgomery, Torrance) 57.57, Tabresha Lawrence (Rialto) 58.27, Mariq Enriquez (Corona) 58.67, Tameka Rodriguez (Chino) 59.15. (R-2) Africa Williams (Valley, Sacramento) 56.91, Kathi Aagard (Sonora, La Habra) 60.15. (R-3) Natalie Shaw (Simi Valley) 58.70, Nadine Donaldson (Valley, Sacramento) 58.87, Tisha Ponder (Del Mar, San Jose) 59.48.

**800m** (R-1) Julie Kaudelka (Edison, Huntington Beach) 2:16.95 (#7 TIME NATION), Betty Butler (Dorsey, L.A.) 2:18.31, Sheryl Medina (Silver Creek, San Jose) 2:20.94, Sharon Mars (La Canada) 2:22.46, Aubrey Mescher (Rio Mesa, Oxnard) 2:22.96, Meghan Randall (Aptos) 2:23.83, Anne-Marie Franco (Skyline, Oakland) 2:24.80. (R-2) Christina Soria (Mayfield, Pasadena) 2:20.02, Jennifer Gunn (Upland) 2:20.78, Regine Caruthers (St. Bernard, Playa del Rey) 2:22.94, Laneshia McPherson (Silver Creek, San Jose) 2:23.66, Liz Keegan (Redlands) 2:23.69.

**1600m** (R-1) Jessica de la Cerda (Hart, Newhall) 5:05.76, Audrey Downsell (Reed, Sparks, Nv) 5:11.66, Jenny Hansen (Royal, Simi Valley) 5:11.85, Carrie Quinn (Edison, Huntington Beach) 5:12.34, Andrea Bruins (Rancho Cucamonga) 5:13.86, Simone Ferrara (South Torrance) 5:16.90, Ellen Muench (Temescal Canyon, Elsinore) 5:17.00, Keri Wright (Edison, Huntington Beach) 5:18.77. (R-2) Kellie Stigle (Canyon, Canyon Country) 5:16.40, Patricia Gibby (Westlake, Westlake Village) 5:16.95, Saekia Cornes (Davis) 5:19.62, Jamile Caliburne (Peninsula, Rolling Hills) 5:20.47, Shelby Horgan (Temescal Canyon, Elsinore) 5:21.15, Annikan Iverson (St. Francis, Mountain View) 5:21.98, Genevieve DeBose (Hamilton, L.A.) 5:23.16.

**3200m** - Rhaina Echols (Glendale) 11:24.65, Allison Twist (San Marino) 11:26.83, Jinna Rhode (Fallbrook) 11:27.17, Magi Martinez (Wood, Vacaville) 11:34.60, Sharon Rhode (Fallbrook) 11:35.56, Gretchen Grindle (Lincoln, Portland, Or) 11:38.29, Catherine Litchfield (South Pasadena) 11:39.83, Sarah Schmidt (Scripps Ranch, San Diego) 11:43.48, Celina Cacao (Lynwood) 11:46.09, Amarisa Hernandez (Buena, Ventura) 11:47.44, Ellen Muench (Temescal Canyon, Elsinore) 11:51.0, Michelle Zayas (Crescenta Valley, La Crescenta) 11:55.1, Danielle Eldridge (Edison, Huntington Beach) 11:57.0, Jamie Bascom (Lake Elsinore, Elsinore) 11:57.6.

**100mHH** (R-1) (wind + 0.03 meters per second) Monique Woods (Pius X, Downey) 15.23, Deaweh Totimeh (Valley, Sacramento) 15.29, Liz Giltner (Chaminade, Canoga Park) 15.39, Kristy Williams (Reed, Sparks, Nv) 15.56, Katie Mook (Foothill, Santa Ana) 15.57. (R-2) + 1.21) Gina Ocegura (St. Francis, Mountain View) 15.38, Inshirah Jones (Esperanza, Anaheim) 15.77, Monique Dale (Skyline, Oakland) 15.92. (R-3) (-0.12) Carrie Hoagland (Canyon, Anaheim) 16.27.

**300mLH** (R-1) Dixie Williams (Churchill County, Fallon, Nv) 44.17 (#4 MARK NATION), Colleen Rhemm (Muir, Pasadena) 45.11 (#11 MARK NATION), Andrea Wasden (Rio Mesa, Oxnard) 45.18 (#13 MARK NATION), Ayana Grant (Bishop O'Dowd, Oakland) 45.92, Sakai Metcalf (Skyline, Oakland) 46.08, Chidera Madu (Valley, Sacramento) 46.82. (R-2) Suyen Heidenrich (Rio Mesa, Oxnard) 45.61, Tasha Walker (El Dorado, Placentia) 45.64, Monique Dale (Skyline, Oakland) 46.83, Inshirah Jones (Esperanza, Anaheim) 47.07. (R-3) Julia Domansky (Wood, Vacaville) 46.75, Natasha Harris (Chino) 46.87, Lisa Key (Lynwood) 47.02, Katie Mook (Foothill, Santa Ana) 47.47.

**400m Re** (R-1) Los Gatos 50.44, Burroughs (Burbank) 50.47, Diamond Bar 50.62, Chino 50.66, Trabuco Hills (Mission Viejo) 50.80, Del Mar (San Jose) 50.93, Charter Oak (Covina) 51.19. (R-2) Reed (Sparks, Nv) 50.05, South (Bakersfield) 50.45, Eldorado (Las Vegas), Nv 50.57, Dominguez (Compton) 50.73.

**1600m Re** (R-1) Los Gatos 4:03.72, Bishop Montgomery (Torrance) 4:04.10, Reed (Sparks, Nv) 4:04.85, Edison (Huntington Beach) 4:07.43, Trabuco Hills (Mission Viejo) 4:10.63. (R-2) Compton 4:03.98, Pomona 4:04.73, Diamond Bar 4:09.57. Dist Med Re - Saugus 12:43.99, Hart (Newhall) 12:52.15, South Torrance 13:09.13, Morro Bay 13:11.24, San Marino 13:14.38, Thousand Oaks 13:14.78, North (Bakersfield) 13:22.94.

**HJ** - Tait Holden (Valley, Sacramento) 5-4, Trish Eldridge (Foothill, Santa Ana) 5-4, Carrie Hoagland (Canyon, Anaheim) 5-2, Sarah Phelps (Palmdale) 5-2.

**LJ** - (wind legal) Gina Ocegura (St. Francis, Mountain View) 17-11 1/4, Christine Brockett (Antioch) 17-2 1/2, Dominique Hughes (Ganessa, Pomona) 17-2, Kim Smith (River Ridge, Olympia, Wa) 17-0 1/2, Lee Kuhn (Arroyo, El Monte) 16-9.

**TJ** - (wind legal) Debony Poe (Lynwood) 36-5, Stephanie Jones (Walnut) 35-10, Jeananta Jackson (Central, Fresno) 35-8 1/2, Christine Brockett (Antioch) 35-8, Gina Ocegura (St. Francis, Mountain View) 35-7 1/2, Nicolette Birdsong (Paramount) 34-9 1/2, Trashawn Sanford (Sonora, La Habra) 34-8 (better 2nd jump), Jessica Burnham (Los Altos) 34-8, Deweh Totimeh (Valley, Sacramento) 34-6 3/4, Sakai Metcalf (Skyline, Oakland) 34-6 1/4, Kerry O'Bric (Edison, Huntington Beach) 34-6.

**SP** - Diane Hart (North, Bakersfield) 37-4 1/4, Angela Burgess (Woodbridge, Irvine) 37-1 1/2, Cheree Hicks (Littlerock) 37-0 3/4, Monica Dapson (Palmdale) 36-10 1/2, Crystal Howard (Thousand Oaks) 34-4 3/4.

**DT** - Kahrin Gonzalez (Hilltop, Chula Vista) 126-2, Kristy Rose (Palmdale) 120-6, Belinda Ae (Royal, Simi Valley) 118-4, Kim Righetti (Ventura) 116-2, Karianne Usrey (Hart, Newhall) 113-6, Jennifer Mercy (Eisenhower, Yakima, Wa) 109-7, Rosemarie Ballesteros (Arroyo, El Monte) 109-5, Kai Burton (Inglewood) 106-3.

# NOT JUST ANOTHER MEET

Arcadia Invitational once again produces a national record and a big-time effort from Muir's Haslip

To the non-enthusiasts, the Footlocker/Arcadia Track and Field Invitational is just another meet that prepares the individual athletes for the CIF section, masters and state meets in May and early June.

The enthusiasts know better, and several of the competitors who made the excursion to Arcadia on April 9 would attest to that feeling.

"CIF and State is what you're shooting for, but this is special because of the competition," said 1993 100 meter state champion Bryan Howard of Canyon Springs in reference to the event that includes several state champions from places outside California.

Besides Howard, who finished second in the 100, the event was highlighted by performances from Top Male Athlete Kenny Haslip of Pasadena Muir and Top Female Athlete Suzy Powell of Modesto Downey.

Haslip, who won state titles in the 300 intermediate hurdles last season, had the finest night ever by a Muir athlete at Arcadia as he became the first in school history to

By Steve Ramirez

win four events. Besides being a member of Muir's winning relay teams in the 400 and 1600, he also took the top prize in the 110 high hurdles and 300 intermediate hurdles.

"I like it when people don't think I can do something," said Haslip, who has signed a football letter of intent with USC. "I used to think I could do it with speed alone. But it's more than that. You gotta have technique and concentration. All the work paid off."

It also worked for Powell, who set a new national interscholastic mark with a throw of 178 feet, 8 inches in the discus.

"I was real pleased with it," said a calm Powell, who is headed to UCLA. "It was great to get the national record, but I'm really shooting for a 185. I feel I can do that by the time state rolls around."

Powell is not the only one who feels that way. Most of the competing athletes believe Arcadia is a primer for a state title, but with one exception.

"You want to win," said Howard, who

was expected to duel with Redlands' Pat Johnson in a much anticipated showdown in the 100 meters.

That showdown did occur, but both were overshadowed when Jermaine Stafford of Rochester, New York, breezed past them at the finish line to take first place with a time of 10.46 seconds. Howard was second at 10.55 with Johnson third at 10.57.

"I was happy with (the run) at this time of year," Howard said. "Me and Pat were right there, then (Stafford) just blew by us. It was a real surprise, but we'll be ready by CIF."

Both Howard and Johnson broke from the starting blocks first and were neck and neck for the first 50 meters. Stafford, though, recovered with a sudden burst and nipped the duo at the finish line.

"We were right out in front, then he came out of nowhere," said Johnson, who was hampered by injuries last year before turning in the top mark in the state so far this year. "But that's Arcadia."

Not to be outdone was state high jump leader Jeremy Fischer. The senior from Camarillo won the event with a mark of 7-0, but not before fighting off a challenge from Eisenhower's Art Lloyd, who took home the second-place medal with a mark of 6-8.

"I was hoping to make the meet mark of 7-2," said Fischer, who would clear 7-3 one week later at the Mt. San Antonio College Relays. "But I'll take this. Now I have a first, second and third in three seasons at

Arcadia. It's a little disappointing, but I'm real happy with the 7-0.

Another top performance was turned in by Muir's 1600 relay team, which outdueled Fredrick Douglass High of Atlanta, Georgia to take the top prize.

It wasn't the first time the two teams met and that's what pleased Muir's runners the most.

"When Atlanta said they were coming out here, we said they better bring their dogs," said Haslip, who helped Muir to its second victory over Douglass in the 1600 with a time of 3:13.38 compared to Douglass' 3:19.01. "We told them that because we were going to get them. This is our house. They tried to break in without a key...we weren't going to let it happen."

**Ken Haslip of Muir (left) overtakes Charles Reid of Virginia Beach, VA to win the invitational 110 high hurdles at the Arcadia Invitational.**



Muir also took the national lead in the 400 relay with a time of 41.09. They defeated Los Angeles Dorsey (41.80) and Long Beach Poly (41.88).

There were other new national lead marks set as well.

Cross country state champion Mebrahtom Keflezighi of San Diego took over the national lead in the 1600 with a time of 4:08.32. He also placed second in the 3200. In the 1600, Keflezighi bested San Diego Section rival Mark Hauser of St. Augustine, who won a similar stride-to-stride showdown over Keflezighi the week before. Hauser's time at Arcadia was 4:09.46.

Also sizzling was Long Beach Poly's Andrea Anderson, who turned in a nice double with victories in the 100 (11.57) and 200 (23.48 wind-aided) and showed that the preseason talk of her taking over the mantle of nine-time state champion Marion Jones was right on the money.

Bell Gardens super sophomore Michael Granville won the 800 for the second year in a row and had a quick time of 1:51.90. He was even faster, though, on the indoor oval at the Sunkist meet in February (1:51.11), which was the leading time in the nation as of April 22.

In the girls 300 hurdles, the equivalent of Haslip was Oakland Skyline standout Angela Harris. She took home first-place honors with a national-best 42.33 time, which is far superior to the 42.76 mark she turned in while winning at last year's state meet. Harris also was part of Skyline's 1600 relay team, but the Titans got nipped in a thrilling race by Morningside. The Monarchs clocked 3:43.71. Skyline hit the line in 3:44.36. The times were ranked No. 1 and No. 2 in the nation at the time.

National bests, records and memories. Another year at Arcadia is in the books.

## ARCADIA WINNERS

### BOYS EVENTS

100 — Jermaine Stafford (Franklin, Rochester, N.Y.) 10.46; 200 — Pat Johnson (Redlands) 21.18; 400 — Desmond Johnson (St. Augustine, New Orleans, La.) 47.20; 800 — Michael Granville (Bell Gardens) 1:51.90; 1600 — Mebrahtom Keflezighi (San Diego) 4:08.32; 3200 — Nathan Nutter (Corona del Sol, Az.) 8:54.23; 110 HH — Kenny Haslip (Muir) 13.98; 300 IH — Kenny Haslip (Muir) 36.94; 400 Relay — Pasadena Muir 41.09; 1600 Relay — Pasadena Muir 3:13.38; Distance Medley Relay — Los Angeles Loyola 10:16.15; PV — Esa Sallinen (Burrroughs, Burbank) 15-6; HJ — Jeremy Fischer (Camarillo) 7-0; LJ — Jamal Chase (Quartz Hill) 24-2 1/4; TJ — Von Ware (Rancho Buena Vista) 48-5 1/4; SP — Wade Tift (Newport Harbor) 59-6; DT — Luke Sullivan (Verona, Wisc.) 192-0.

### GIRLS EVENTS

100 — Andrea Anderson (Poly, Long Beach) 11.57; 200 — Andrea Anderson

(Poly, Long Beach) 23.48w; 400 — Monique Hennagan (Spring Valley, Columbia, S.C.) 52.87; 800 — Kristie Johnston (Central, Fresno) 2:12.46; 1600 — Rosanna Garner (East, Salt Lake City, Utah) 4:53.11; 3200 — Carrie Garritson (Buena Park) 10:39.33; 100 LH — Latasha Colander (Wilson, Portsmouth, Va.) 13.95; 300 LH — Angela Harris (Skyline, Oakland) 42.33; 400 Relay — Long Beach Poly 45.90; 1600 Relay — Inglewood Morningside 3:43.36; Distance Medley Relay — Mission San Jose (Fremont) 12:13.57; HJ — Tracye Lawyer (Cate) 5-6; LJ — La Shonda Christopher (River Ridge, Olympia, Wash.) 19-6 1/2; TJ — Michele Reid (Folsom) 38-8; SP — Gina Heads (Newport Harbor) 45-7; DT

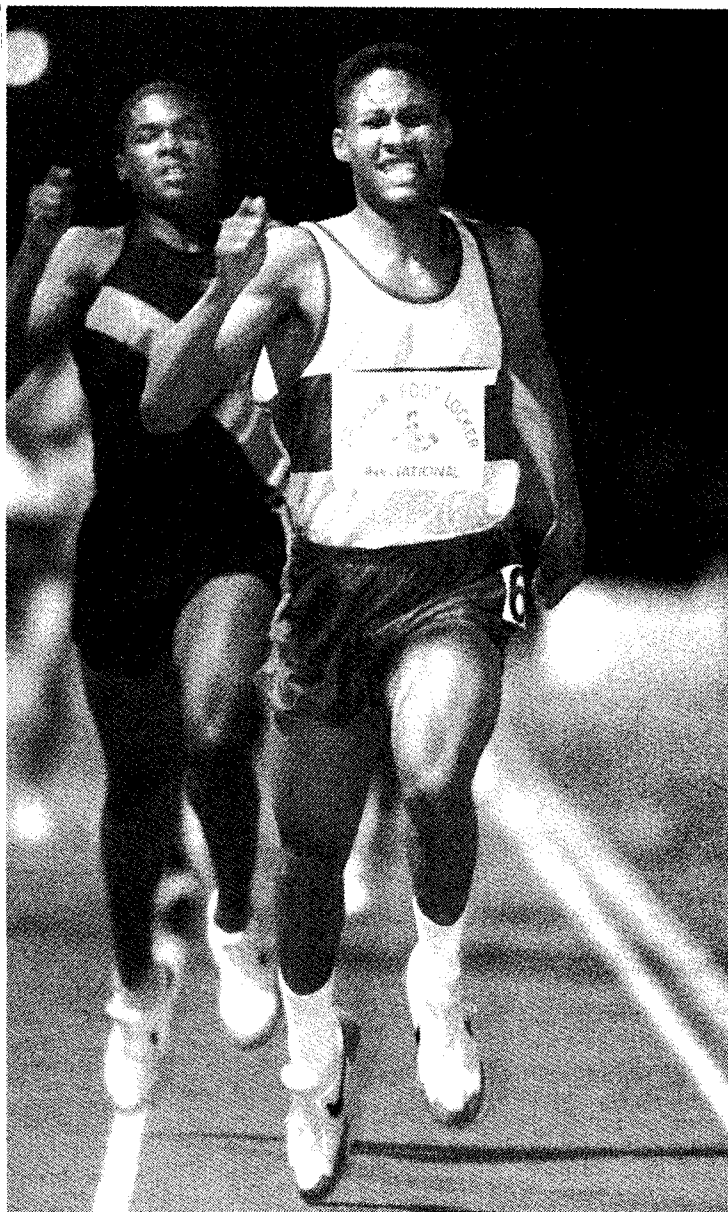
— Suzy Powell (Downey, Modesto) 178-8.

## STATE LEADERS

(From reported meets thru April 16)

### BOYS EVENTS

100 — Pat Johnson (Redlands) 10.42; 200 — Pat Johnson (Redlands) 20.7; 400 — Michael Granville (Bell Gardens) 46.67; 800 — Michael Granville (Bell Gardens) 1:51.11; 1600 — Mebrahtom Keflezighi (San Diego) 4:08.32; 3200 — Mebrahtom Keflezighi (San Diego) 8:59.99; 110 HH — Kenny Haslip (Muir) 13.94; 300 IH — Kenny Haslip (Muir) 36.94; 400 Relay — Pasadena Muir 41.09; 1600 Relay — Pasadena Muir 3:13.38; PV — Scott Slover (Leland) 17-0i; HJ — Jeremy Fischer (Camarillo) 7-4; LJ — Steve Amundson (Tulare) 24-6; TJ — Chuck Bishop (Taft) 49-10; SP — Chris DeMartini (St. Ignatius) 61-0 1/2; SP — Chris DeMartini (St. Ignatius) 192-5.

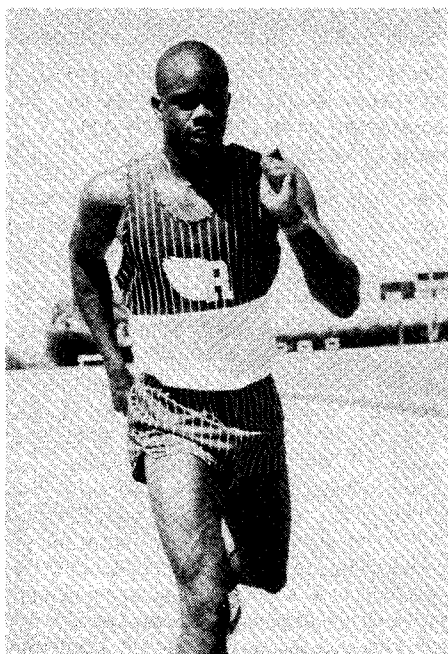


Michael Granville of Bell Gardens holds off Milton Campbell of Atlanta, GA to win the 800.

### GIRLS EVENTS

100 — Andrea Anderson (Poly, Long Beach) 11.57; 200 — Andrea Anderson (Poly, Long Beach) 23.48w; 400 — Latasha Gilliam (Pittsburg) 54.28; 800 — Kristie Johnston (Central, Fresno) 2:12.46; 1600 — Mary Cobb (Santa Barbara) 4:58.75; 3200 — Julia Stamps (Rincon Valley Jr. High, Santa Rosa) 10:30.2i; 100 LH — Bisa Grant (Bishop O'Dowd) 14.15; 300 LH — Angela Harris (Skyline, Oakland) 42.33; 400 Relay — Long Beach Poly 45.90; 1600 Relay — Inglewood Morningside 3:43.71; HJ — Kristy Kierulff (Esperanza) 5-10; LJ — Jernae Wright (Logan) 19-8 1/4; TJ — Michele Reid (Folsom) 38-8; SP — Delores Tiumoloau (Channel Islands) 47-0 1/4; DT — Suzy Powell (Downey, Modesto) 178-8.





**Johnson zipped to a 10.42 time and beat defending state champion Bryan Howard in the 100 meters at the Inland Empire meet on March 26.**

I've never seen a guy do that."

Johnson said: "I was just like a bench warmer. I practiced hard like everybody else. And when we ran, I always tried to be first."

Johnson went on to miss one practice all season, and at the same time pulled his grades up. When the first quarter report cards came out, Johnson's grades had improved enough that he was eligible. But by that time, Redlands had advanced to the CIF Southern Section Division I quarterfinals and Johnson saw action for only a few plays.

Perhaps a more significant development coming out of the season was Johnson's budding friendship with teammate Sean Walker. It was Walker (no relation to Jim Walker) who began to encourage Johnson to think about running track in the spring.

"We were at football practice and he was telling me what a good runner he was," Sean Walker said. "We would run 100s (conditioning sprints) in practice and he was always out in front. I could just tell by his body shape and his speed that he would be good in track."

Sean Walker had to use every salesmanship trick to close this deal, though. Never having been exposed to track before, Johnson was a reluctant convert.

"Sean was the first one to bug me about track," Johnson said. "And he bugged me and bugged me. I was like, 'I don't want to. I don't want to. Leave me alone.' But after a while, I went, I guess I'm doing all right."

There were other travails that first year, the biggest was the hip injury. Johnson felt a twinge near his left hip in the first meet of the season. He figured it was a hip pointer, he had hose before, and didn't feel it was bad enough to keep him from participating in the Bronco

Invitational at Cal Poly Pomona the following week.

"I was running the 4x100 and I pulled in like five people, but all (the muscles in the hip) just popped," Johnson said. "I tried to push it down, and work it out, but it would just creep up again."

The torn hip flexor kept Johnson out of action for most of the track season his junior year. After therapy, which included a lot of pool work that Johnson has kept up even now that he is healthy, he was able to get back on the track again at the end of the season. But he wasn't anywhere near 100 percent.

Still, Johnson served notice of what he was capable of with a fourth place finish in the 200 at the state meet. The three finishers in front of him were Calvin Harrison of North Salinas, Howard and Anthony Volsan of Merced. Johnson almost qualified for the finals in the 100, too. His time of 10.65 was .07 too slow.

Those accomplishments were tremendous considering Johnson was limited to a total of 16 races all season.

And during the month or so Johnson rehabilitated the injury, Sean Walker came through again with some valuable support.

"I almost quit, but the person who most influenced me to keep running was Sean," Johnson said. "It sucked, getting hurt. I don't

like to watch somebody else run. I don't like to watch a race thinking, 'I could have won that.'"

The one thing that coaches and teammates alike comment on is Johnson's work ethic. That's a big reason he was able to recover so quickly from his injury last year. That's also a big reason he has enjoyed such success this year.

"He practices real hard," Sean Walker said. "There are times we'll come out for practice and say we won't work hard, but he ends up giving 150 percent."

The year that Johnson put in on the scout teams paid off when football rolled around again last fall. He had spent part of the offseason learning the wing-T offense that Walker runs, and ended up claiming a starting halfback position. He gained over 700 yards rushing and picked up nearly 200 receiving,

attracting the interest of Oregon, UNLV, San Diego State and others.

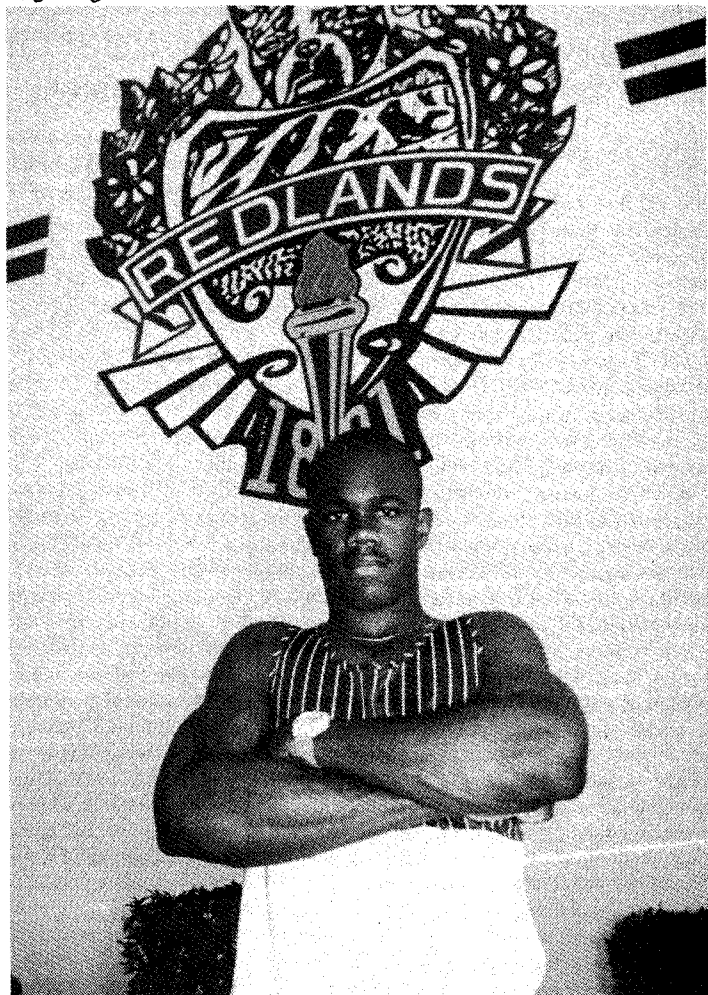
"If I had him for one more year he would really be incredible," Jim Walker said. "We might have played him out of position at halfback. He might have been a wide receiver. But he did everything for us, he returned punts and kickoffs, ran the ball and caught it out of the backfield."

A recruiting trip to Eugene, Oregon, in January settled Johnson's college choice. "The recruiters tell you that you'll get a feeling that a school is where you want to go," Johnson said. "I went up there and that was it."

Johnson, who plans to play wide receiver in college, regretted telling the other schools about the decision, especially San Diego State since the new receivers coach at San Diego State, Dino Babers, is related to Johnson through marriage.

The future looks quite bright for Johnson. His grades have improved, the weight of choosing a college has been lifted from his shoulders, he's running free of injury. It appears Pat Johnson has found the fast track.

Said Jim Walker: "This has nothing to do with athletic ability, but I have a son due August 11, and I hope that he is as sincere as Pat is. I hope he has Pat's heart and I hope he has Pat's class."



**You have to go back a long time to find another Redlands track athlete who has made as much of an impact as Johnson has.**