

South subsection

At Soquel

Boys

Top nine qualify for Saturday's CCS semifinals at San Jose City College (in running events, heat winners and fastest times). Top 11 advance in 1,600 and 3,200.

4X100 relay — North Salinas 42.95, Seaside 43.91, Mt. Pleasant 43.99, Silver Creek 43.51; North Monterey County 44.42, Palma 44.43, Monterey 44.92, Yerba Buena 45.02, Overfelt 45.37.

4x400 relay — Silver Creek 3:24.25, Gunderson 3:26.28, Seaside 3:28.12, Del Mar 3:25.93, North Monterey County 3:27.02, 6, Gilroy 3:28.50, 7, Leigh 3:30.30, 8, Independence 3:31.08, Monterey 3:33.02.

1,600 (top 13 qualify) — Gary Passanisi (Aptos) 4:19.63, Eddie Alaniz (Mt. Pleasant) 4:21.54, Joma DeWald (Soquel) 4:20.12; Cucco Chaves (Hollister) 4:23.30, Brian Harrington (Del Mar) 4:25.41, D.J. Oran (Del Mar) 4:26.53, Leo Balderas (Silver Creek) 4:27.00, Jules Villanueva-Cast (Soquel) 4:29.29, Jose Acosta (Piedmont Hills) 4:30.07, Josh Campbell (North Monterey County) 4:32.61, J.C. Calzetta (York) 4:33.94, Clay Adams (Santa Teresa) 4:35.06, Matt Fears (Hollister) 4:35.85.

110 HH — Guy McGowan (Leigh) 13.96, Thomas Hocker (Silver Creek) 14.85, Brandon Orlando (Gilroy) 15.02, C.J. Powell (Live Oak) 15.06, Jason Appala (Yerba Buena) 15.21, Gauge Magadia (Overfelt) 15.39, Joseph Agustin (Independence) 15.54, Ron Rant (Mt. Pleasant), Tyrol Mullins (Soquel) 15.90.

400 — Wes Morgan (Gunderson) 49.71, Arthur Crockett (Del Mar) 50.22, Ernesto Salinas (Gilroy) 50.52, Devon Dwyer (Independence) 49.87, Paul Simonsen (Stevenson) 50.04, Terance Robinson (N. Salinas), Tyrol Springs (N. Salinas) 50.96, Stuart Morris (Monta Vista Christian), Marcus Alcantara (Silver Creek) and Jerry Mathews (Piedmont Hills) 51.49.

100 — Donie Mack (Del Mar) 11.05, Mike Rodriguez (N. Salinas) 11.14, Nate Ellis (Gunderson) 11.27, Rico Paredes (Yerba Buena) 11.13, Willie Jones (N. Monterey) 11.37, Gabe Cabrera (Silver Creek), 7, Marcus Glass (Mt. Pleasant) 11.52, Stephan Barragan (Palma) 11.53, Ceresetes Cagape (Yerba Buena) 11.57.

800 — D.J. Oran (Del Mar) 1:57.54, Terry Trujillo (N. Monterey) 1:58.61, Erlend Solberg (King City) 1:59.26, Mark Mitchell (Salinas) 1:59.77, Chris Fuge (Salinas) 2:01.39, Pedro Maldonado (Seaside) 2:01.66, Chris Watkins (Willow Glen) 2:01.92, Robert Rivas (Hollister) 2:02.71, Johnathan Hubs (Silver Creek) 2:02.38.

300 HH — Thomas Hocker (Silver Creek) 39.33, Brandon Orlando (Gilroy) 40.84, Guy McGowan (Leigh) 40.09, Ron Grant (Mt. Pleasant) 41.16, Joseph Agustin (Independence) 41.41, Rico Paredes (Yerba Buena) (Overfelt) 41.91, Tony Balbas (Hollister) 41.60, Gauge Magadia 41.57, Anthony Al. Adrian Abdullah (San Jose) 41.97, Brian Sonico (N. Monterey) 41.99.

200 (hand-timed) — Tyrol Springs (N. Salinas) 21.9, Laurent Harris (Gunderson) 22.3, Arthur Crockett (Del Mar) 22.4, Donie Mack (Del Mar) 22.4, Wes Morgan (Gunderson) 22.4, Isaac Gardner (Seaside) 22.6, Gabe Cabrera (Silver Creek) 22.7, Paul Simonsen (Stevenson) 22.7, Marcus Glass (Mt. Pleasant) 22.7.

3,200 — Gary Passanisi (Aptos) 9:24.87; Eddie Alaniz (Mt. Pleasant) 9:25.02, Leo Balderas (Silver Creek) 9:35.67, Ben Morales (Hollister) 9:42.13, Eric Jones (N. Monterey) 9:44.63, David Monico (Piedmont Hills) 9:46.28, Brian Harrington (Del Mar) 9:47.30, Ryan Stroup (Gunderson) 9:54.29, Henry Bleisch (Silver Creek) 9:55.37, Steve Garza (Piedmont Hills) 9:58.99, David Leon (N. Monterey) 10:02.08, Grant Guenther (Soquel) 10:02.51, Joey Kaufman (Hollister) 10:05.57.

Long jump — Willie Jones (N. Monterey) 21-11¼, Vincent Ibia (Silver Creek) 21-10¼, Mike Cordoba (N. Salinas) 21-7, Ceresetes Cagape (Yerba Buena) 21-3¾, Jerry Mathews (Piedmont Hills) 21-3, John Seol (Salinas) 21-2½, Brandon Williams (Mt. Pleasant) 21-5, Danny Rendon (Gilroy) 21-1, Tyrone Ward (Alisal) 20-7.

Triple jump — Mike Cordoba (N. Salinas) 47-1½, Vincent Ibia (Silver Creek) 45-9¾, Kassim Osgood (N. Salinas) 45-5, Ron Grant (Mt. Pleasant) 42-3¾, John Seol (Salinas) 45-1, Roshod Higgs (Independence) 44-6¼, Marc Vernon (San Jose) 44-6, Mike Sanders (Aptos) 44-4, Joel Ordillo (Overfelt) 43-4¾.

Shot — Brandon Goldstein (Piedmont Hills) 54-2½, Brett Nichols (King City) 52-3, Ryan Finney (Piedmont Hills) 50-9¼, Minh Nguyen (Silver Creek) 50-8, Chris Moore (Palma) 49-2, Brian Calas (Aptos) 48-2, Aaron Cabana (N. Monterey) 45-11¼, Jon Frederico (Gilroy) 45-7¼, T.J. Aimonetti (Westmont) 45-5¾.

Discus — Brett Nichols (King City) 167-9½, Brandon Goldstein (Piedmont Hills) 163-10, Chris Schwacoter (Gilroy) 160-4, Ryan Finney (Piedmont Hills) 141-5½, Knut Solberg (King City) 140-9, Marcus Glass (Mt. Pleasant) 138-3½, Nate Tucker (Salinas) 134-11, Eric Cortez (Watsonville) 134-4½, Devin Conroy (Santa Teresa) 132-9.

High jump — John McKea (Piedmont Hills) 6-4, Knut Solberg (King City) 6-4, Cisco Nawrowski (King City) 6-4, Larry Irving (Seaside) 6-2, Ty Edwards (Hollister) 6-0, Mike Cordoba (N. Salinas) 6-0, Bryan McQueen (Harbor) 6-0, Matt Pflifer (Leigh) 6-0, Dustin Evanger (N. Monterey) 6-0.

Pole vault — Robert Carbajal (Mt. Pleasant) 14-0, Forrest Wells (King City) 14-0, Jermy Dydahl (Soquel) 13-6, Adrian Carbajal (Mt. Pleasant) 13-6, Garrett Jones (Del Mar) 13-0, Dustin Evanger (N. Monterey) 13-0, Clarence Salvaje (N. Salinas) 12-6, Jared Craig (Gilroy) 12-6, Gabriel Barro (Overfelt) 12-6.

Girls

Top nine qualify for Friday's CCS semifinals at San Jose City College (in running events, heat winners and fastest times). Top 13 advance in 1,600 and 3,200.

400 relay — Independence 49.85; North Mont. City, 49.97; Mitty 50.31; Oak Grove 50.35; Mt. Pleasant 50.60; Leland 50.66; Leigh 50.69; Salinas 51.00; Monterey 51.02.

1,600 relay — Silver Creek, 4:01.93; Mitty 4:04.49; Leigh 4:09.85; Leland 4:10.07; Gilroy 4:10.51; Harbor 4:11.42; SLV 4:14.78; NMC 4:15.35; Salinas 4:15.01.

100 — Sani Roseby, Monterey, 12.00; Tamara Gulley, Oak Grove, 12.58; Binta White, Hollister, 12.62; Oriaku Kas-Osaka, Independence, 12.65; Cinty McGowan, Leigh, 12.81; Amber Taylor, NMC, 12.89; Shante Smith, Gilroy, 13.00; Charlene Deardorf, Mt. Pleasant, 13.07; Lapree Lockhart, Silver Creek, 13.08.

200 — unavailable.

400 — Dominique Haley, Leland, 57.52; Deanna Slaton, Silver Creek, 59.13; Sara Hess, Lincoln, 59.23; Simone Ducker, Harbor, 59.61; Jioni Lewis, Silver Creek, 1:00.24; Starr Rogers, Salinas, 1:01.37; Jasmine Green, Gilroy, 1:00.48; Ashley Toews, Mitty, 1:00.66; Jazzmin Tucker, Monterey, 1:01.53.

800 (hand-timed) — Maegen Surbridge, Noto Dame, 2:23.4; Melanie Hahn, Live Oak, 2:24.7; Alicia Cados,

Leigh, 2:24.7; Roseanne Rianda, Salinas, 2:25.5; Emily Retner, Leland, 2:25.7; Vanessa Sanchez, Piedmont Hills, 2:25.9; Kym Schmidt, Mitty, 2:26.0; Leveth Ramos, Mt. Pleasant, 2:26.3; Lucy Sanchez, Watsonville, 2:27.5.

1,600 — Ana Lilia Martinez, King City, 5:10.16; Anne-Elyse Smith, Aptos, 5:17.38; Stephanie Stuart, RLS, 5:20.66; Anna Connelly, Salinas, 5:24.65; Monique Silva, Aptos, 5:25.50; Melanie Hahn, Live Oak, 5:26.80; Shiloh Whiting, San Lorenzo Valley, 5:31.79; Amy Briley, NMC, 5:32.34; Molly Allen, Carmel, 5:32.40; Rosa Rojas, Live Oak, 5:34.38; Veronica Garcia, Independence, 5:35.11; Erin Kupka, Leigh, 5:40.70; Rebecca Goodwin, Piedmont Hills, 5:43.59.

3,200 — Anne-Elyse Smith, Aptos, 11:14.03; Ana Lilia Martinez, King City, 11:27.52; Sara Strand, Alvarez, 11:28.92; Stephanie Stuart, RLS, 11:50.72; Rebecca Harmer, Mitty, 11:58.27; Hollie Babione, Salinas, 12:00.83; Amy Briley, NMC, 12:07.85; Yuli Ortega, Harbor, 12:10.42; Monica Maldonado, Oak Grove, 12:16.54; Veronica Garcia, Independence, 12:17.18; Nevidia Astorga, Overfelt, 12:18.32; Beverly Hanner, Del Mar, 12:20.52; Elisha Kildunne, Oak Grove, 12:21.53.

100 LH — Tamara Gulley, Oak Grove, 15.09; Nikki Gilloft, NMC, 15.57; Arteny Nelson, Silver Creek, 15.57; Elizabeth Lamb, Hollister, 15.58; Undine Becker, Mt. Pleasant, 15.59; Layona Phillips, Mitty, 15.66; Jennifer Towsley, Hollister, 15.90; Leann Slater, Leland, 15.97; Uju Mba, S. Catalina, 17.28.

300 LH — Undine Becker, Mt. Pleasant, 46.09; Arteny Nelson, Silver Creek, 46.60; Nikki Gilloft, NMC, 47.10; Leann Slater, Leland, 47.35; Starr Rogers, Salinas, 47.48; Tamara Gulley, Oak Grove, 47.80; Kai Sompie, Harbor, 48.30; Sarah Sawyer, Notre Dame, 49.09; Lindsay Anderson, Gilroy, 49.24.

Shot — Shawna Adkins, Piedmont Hills, 36-2½; Melissa Taylor, Westmont, 34-5½; Jonelle Guillon, N. Salinas, 33-7½; Laura Sauao, Overfelt, 33-5; Samantha Williams, Gunderson, 33-2½; Jaleth Donaldson, Presentation, 33-1½; Kacey Romano, Mitty, 33-1; Anna Marie Owens, Prospect, 32-10¼; Dezzarra Haley, Leland, 32-9¾.

Pole vault — Iran Serrano (Gonzales) 9-6, Kimberly Fox (Notre Dame) 9-6, Buffie Fryn (Soquel) 9-6, Lynda Tran (Mt. Pleasant) 9-0, Lindsay Ramaekers (Aptos) 9-0, Vanessa Yeira (Gonzales) 9-0, Aimee Gryzb (Mitty) 8-6, Lina Sar (Mt. Pleasant) 8-6, Lindsay Sarr (Mitty) 8-6.

Discus — Caitie Firth (Notre Dame) 119-2, Rose Fa'vens (Monterey) 113-7, Stephanie Mestaz (Piedmont Hills) 109-7, Rosie Figueroa (Salinas) 107-6, Marie Walbeck (Notre Dame) 104-10, Sandra Maldonado (North Monterey County) 103-10, Nancy Rosales (Gilroy) 103-8, Melissa Beringhausen (Independence) 101-6, Sarah Byers (San Lorenzo Valley) 99-7½.

Long jump — unavailable.

Triple jump — Shawna Adkins, Piedmont Hills, 38-10; Tinishia Johnson, Mitty, 38-0; Jasmine Tolbert, Silver Creek, 35-5¼; Arryn Murray, Live Oak, 35-5; Nikki Gilloft, NMC, 35-4; Jessica Stafford, Aptos, 35-4; Taylor Todd, Hollister, 35-2; Alison Prehn, Prospect, 34-4¾; Yvette Soliven, NMC, 34-½.

High jump — Kim Stone (York) 5-8. Sandra Butler (Gunderson) 5-4, Jessica Stafford (Aptos) 5-4, Laurel Edwards (Carmel) 5-0, Lizzy Johnson (Harbor) 5-0, Jennifer Towsley (Hollister) 5-0, Danielle Ticoulat-Bowers (York) 5-0, Amanda Sears (Mt. Pleasant) 5-0, Cherise Adkins (Piedmont Hills) 5-0.

McGowan shrugs off injury

Leigh star qualifies in 110, 300 hurdles despite hamstring strain

BY DAVE REDDY

Special to the Mercury News

So far this season, Leigh hurdler Guy McGowan has beaten almost every challenger who has lined up against him. His latest challenge, a slight left hamstring strain, fared no better on Saturday.

CCS SOUTH SUBSECTION

McGowan, who said he suffered the injury roughly two weeks ago, still qualified easily in both the 110- and 300-meter hurdles at the Central Coast Section South subsection meet at Soquel. The senior was one of several athletes to post high qualifying times in multiple events at the meet, a preliminary for next weekend's CCS semifinal round.

Aside from the 1,600 and 3,200, in which the top 13 finishers moved on, the top nine finishers in each event qualified for the semifinal round next Saturday at San Jose City College.

With so many moving on, the meet offered little more than an extra round of practice for most top athletes. But for McGowan, it was a chance to test his ailing leg. While he acknowledged the injury hampered his starts, it did little to affect his times. McGowan finished his 110 heat in 13.96 seconds.

"I have a hard time moving my legs forward at the start," said McGowan, arguably the section's

best hope for a state title in any event. "Once I get going, it's OK."

McGowan has not consulted a physician regarding the injury, which he suffered in practice. But he said the leg was bothering him after the 110. It was the first time he had noticed the pain during a meet.

But it couldn't have bothered him too much by the time the 300 was run later in the afternoon. McGowan posted the second-fastest time of any qualifier by winning his heat in 40.09 seconds. Thomas Hocker of Silver Creek ran 39.33.

"I've never had a major injury during track season," McGowan said. "I won't have one this season either. . . . It's going to nag me for a couple weeks."

In the sprints, Del Mar's Donte Mack continued to run like a favorite in both the 100 and 200. Mack, the CCS leader in both events now that McGowan has dropped them to concentrate on hurdles, ran 11.05 in the 100 to qualify first and a hand-timed 22.4 in the 200 to qualify fourth.

"I know I can probably win (the section) in the 100," said Mack, a junior. "But I'm not sure about the 200."

The reasons for his uncertainty are Tyrol Springs, a North Salinas senior who won his 200 heat in 21.9, and Mack's teammate Arthur Crockett, who also ran 22.4.

On the girls side, Aptos senior Anne-Elyse Smith, the CCS leader in

the 1,600, won her heat by more than seven seconds in 5:17.38, the second-best time of the day. King City's Ana Lilia Martinez, who won the faster-paced second heat in 5:10.16, was the top qualifier.

But Smith wasn't concerned with finishing second, especially after she ran the top qualifying time in the 3,200 in 11:14.03. Martinez finished 13.49 seconds behind to place second.

"I don't know if it's (the extra training)," said Smith, who is running 10 miles a week more this season than last, "or if it's just that I'm getting older and better."

In the boys distance races, Smith's teammate Gary Passanisi won the most closely contested heats of the day. Passanisi, running third in the final lap of his 1,600 heat, sprinted past leader Joma DeWald of Soquel in the back stretch and posted the top qualifying time in 4:19.3. Later, he held off Eddie Alaniz of Mt. Pleasant to win the 3,200 by 0.15 seconds in 9:24.87.

In the sprints, Monterey's Sani Roseby qualified first in both the girls 100 and 200. Roseby, a state qualifier in both events as a freshman last season, ran 12.00 in the 100 and 25.02 in the 200.

In field events, Shawna Adkins of Piedmont Hills qualified first in both the shot put (36-2½) and the triple jump (38-10). Her triple jump mark was the best in the section this season.