

## □ Prep Notes

### Mt. SAC/Walnut High School Invitational

October 23-24, Mt. SAC.

On Friday and Saturday, Mt. San Antonio College survived some unseasonably wet weather to get in the 39th Annual Mt. SAC Invitational. The nation's biggest (300 High Schools-7300 athletes) and best Prep Invite once again showcased the best in the Western United States. Co-Sponsorship of the best in the Western United States. Co-Sponsorship of the weekend with Reebok included a Friday evening dinner for athletes and clinic featuring some of the best prep Coaches in the West. With the first ever State High School Cross Country meet to be held in late November, competitions such as this take on more significance, with some very interesting inter-sectional clashes sorting out some of the State rankings. Once again Friday was competition for the Division I smaller schools, with the larger schools split into two groups (II & III) on Saturday. Team and Individual Sweepstakes races on Saturday featured the best athletes from all divisions.

Interest in Friday's competition centered around a State Division III (800 and under enrollment) clash between the top-ranked Men's squad at any level in the Central Section, McFarland, and the best Southern

Section 1A teams. This year it was not really any contest, as McFarland shellacked the field, scoring 34 points (83:10 team time), led by Thomas Valles's 16:03 win. Southern Section 1A teams are down a bit this year, but McFarland's margin of victory of over 3 minutes in team time makes them the big favorite for the State Division III title in Fresno. The bad news for others is that four of McFarland's top five return next year. Alex Zamora (Coachella Valley) had Friday's quickest Men's time at 15:44 in his race win. Women's action Friday was headlined by Karen Hecox of South Hills (Covina), who was very impressive in cruising to an 18:06 win in leading her team to a 79 point (102:33) win in that day's top race. Coronado (San Diego Section) showed its strength as a Division III school statewide with its 3rd place 106:08 team performance.

Action Saturday centered around Team and Individual Sweepstakes races. The Women's Individual Sweeps would match up undefeated newcomer, frosh Deena Drossin (Agoura), and the young lady many feel is the best prep distance runner in the nation, Kira Jorgensen (Rancho Buena Vista, Vista). Others such as Brigid Freyne (Riverside Poly), 6th in last year's Kinney Championships for preps, Tracey Williams (Mt. View, El Monte), 9th there, and a flock of other flyers spiced up the field. Williams and strong newcomer, frosh Martha Pinto (Katella, Anaheim) took the race out quickly, with Jorgensen moving to the front after a half-mile on the two relatively flat first loops that make up the first mile. Drossin moved up to Jorgensen's shoulder

photo by Burt Davis



Kira Jorgensen leads Deena Drossin

by the mile at 5:22, with Jorgensen pulling away to a very slight lead during the tough switch-back portion, having about 12 yards as the field came onto the flat off that hill portion that makes up most of the second mile. Freyne led the rest of the race some 40 yards back. The 10-12 yard margin was never quite enough for Jorgensen to break contact with Drossin, and the distance between the two stayed the same as the duo charged over the very steep "poop-out" grade just prior to two miles, and up "Reservoir" hill to the two and a half mile point. Even as the duo came down onto the airstrip that finishes the course with a quarter mile on the flat, once sensed that the final verdict had not been decided upon. It was during this final quarter mile that Jorgensen finally edged away, winning at 17:27 over Drossin's 17:42. Kira's time is a new junior course record (#4 All-Time), with Drossin setting a new frosh CR (and #11 All-Time). Drossin is very much for real and a threat nationally in the Kinney series after the season. Drossin's frosh teammate, Tiffany York, was 5th at 18:19 in assisting their squad to a big win here with a fine 97:42 team time, marking the young Charger squad as among the State's best Division I teams. The Women's Team Sweepstakes race was another big Palos Verdes performance, with the Sea-Kings scoring a miniscule 24 points (95:10), led by the 1-3 of Ashley Black (18:36) and Tracy Leichter (18:55).

The Men's Team Sweepstakes featured a dozen teams ranked in the Top Ten of the State in their relative divisions. Arroyo (El Monte) had traveled north to win at Stanford, with Palos Verdes leading a 1-2-3 Southern Section team sweep at Clovis, so state supremacy would be sorted out here. Palos Verdes' David Scudamore is proving the equal of anyone in the State, and he took the pace through the mile at 4:45, with Ian Alsen (Granada Hills) closest in a pack that included Derrick Powers, Jaime Ortega, and Gerardo Puentes of Arroyo, Scott Hempel (Walnut), Eddie Lavelle (Corona del Mar), Mike Rattary (Canyon, CC), and Abe Valdez (Camarillo). By the top of the switchbacks Scudamore, 15th in last year's Kinney National Championships, had pulled away to a 20 yard lead, and by the bottom of that hill section he had 50 yards over Alsen who was 30 yards ahead of the pack led by Ortega of Arroyo. By the top of the last hill Scudamore had 50 yards over the Arroyo duo of Ortega and Powers, as Alsen had fallen back a bit. The order stayed that way to the finish, Scudamore winning at 15:17, with Ortega (15:28) and Powers (15:38) leading the Arroyo charge (they had four in the top 11), as the El Monte school won with 69 points (79:05 team time--#8 All Time Team). Palos Verdes was surprisingly close with 76 points (79:28). The Sea Kings and Arroyo will not meet again until the State Finals at Fresno (being in different Southern Section divisions). Eddie Lavelle (6th-15:39) and Jim Robbins (7th-15:42) led Corona del Mar in 3rd (106:80:10). Alsen finished 5th at 15:38, with Canyon (CC) junior Mike Rattary raced a fine 15:39 for 5th. The individual men's Sweeps featured a great crew also. Agoura soph, Bryan Dameworth, 19th in the Kinney National Championships as the first ever frosh to qualify for that competition last year, assumed the pace-setting chores through the first mile at 4:48. La Habra's Terrance Mahon, a 9:10.40 3200m runner, obviously planned a strong Switchback effort, as he blasted the hill portion to have a 20 yard lead by the top. During this hilly up and down segment Goshu Tadese, and Ethiopian at Crawford of San Diego (4:18.76 for 1600m last year) moved up to the front, challenging Mahon for the lead as the race headed for the final "Poop-out" and "Reservoir" hills. Very surprisingly, frosh Luis Quintana (Arroyo Grande), was running right with the front group through the two mile mark, with Valencia's Igor

Daza also maintaining contact. By the top of the final hill Tadese had moved away to a 20 yard lead, with the amazing Quintana second at that point. The thin, prototype African distance runner body type Tadese eased away during the final quarter mile on the flat, winning in an impressive 15:15 over Quintana's new frosh course record of 15:27. Daza was 3rd at 15:29, with Dameworth suffering his first loss of the year, 4th at 15:40.

**Results: (thanks to Ray Scofield for his assistance here) Division I (Friday) (Women races combined):** 1. Hecox (South Hills, Covina) 18:06, 2. Duggar (Coronado) 18:55, 3. Dobel (Nordhoff, Ojai) 19:29, 4. Karcher (Ramona) 19:31, 5. Hosek (Noire Dame, Sherman Oaks) 19:37, 6. Talamantes (Western Christian, Covina) 19:38, 7. Moronez (Azusa) 19:41, 8. Sanderson (Northview, Covina) 19:42, 9. Martino (St. Joseph, Santa Maria) 19:44. **Team Results: (Combined Races)** 1. South Hills 102:33, 2. Nordhoff 105:26, 3. Coronado 106:08, 4. St. Joseph 106:47, 5. La Canada 108:15, 6. Paraclete (Lancaster) 109:17. **Men's Combined Races:** 1. Zamora (Coachella Valley) 15:44, 2. Jones (Brea) 15:54, 3. Stoltz (Miraleste, Palos Verdes) 15:55, 4. Reyna (Coachella Valley) 16:01, 5. Valles (McFarland) 16:03, 6. Gutierrez (Vishop Gorman, Las Vegas) 16:08, 7. Arizmendi (Azusa) 16:10, 8. Beaudet (St. Francis, La Canada) 16:17, 9. Boudreau (Village Christian, Sun Valley) 16:17. **Team Results: (combined races)** 1. McFarland 83:10, 2. Coachella Valley 84:48, 3. Trabuco Hills 85:12, 4. South Hills 86:29, 5. Bishop & St. Francis 86:54. **Saturday: (Division II & III combined) Women:** 1. Jorgensen (Rancho Buena Vista, Vista) 17:27, 2. Drossin (Agoura) 17:42, 3. Freyne (Riverside Poly) 18:13, 4. Acosta (Walnut) 18:15, 5. York (Agoura) 18:19, 6. Park (Santa Barbara) 18:22, 7. Bache (Univ., San Diego) 18:32, 8. Ashley Black (Palos Verdes) 18:35, 9. Thayer (Serrano, Phelan) 18:39, 10. Williams (Mt. View, El Monte) 18:48, 11. Haggemiller (ThousOaks) 18:49, 12. Leichter (PV) 18:51, 13. Plier (Mira Costa, Manhattan Beach) 18:56, 14. Castruita (West Covina) 19:01, 15. Craven (Camarillo) 19:02, 16. Kozlowski (Irvine) 19:09, 17. Dilibero (PV) and Bessey (Reed, Sparks, NV) 19:13, 19. Maxwell Univ., S.D.) 19:14. **Team Results: (Combined Races)** 1. Palos Verdes "A" 95:10, 2. Agoura 97:42, 3. Reed (Nv.) 100:30, 4. Arroyo Grande 100:31, 5. El Toro 101:18, 6. Irvine 102:18, 7. Wilson (L.A.) 102:49, 8. Poway 103:04, 9. Fallbrook 103:06, 10. La Jolla 103:40, 11. Palmdale 104:14, 12. Thousand Oaks 104:20, 13. Vacaville 104:22, 14. La Habra 104:30, 15. Marina (Huntington Beach) sophs 105:08, 16. Palos Verdes "B" 105:26, 17. Wilson (L.B.) 105:34. **Men's Combined Races:** 1. Tadese (Crawford, SD) 15:15, 2. Scudamore (PV) 15:17, 3. Quintana (Arroyo Grande) 15:27, 4. Ortega (Arroyo) 15:28, 5. Daza (Valencia, Placentia) 15:29, 6. Powers (Arroyo) 15:38, 7. Alsen (Granada Hills) 15:38, 8. Rattary (Canyon, CC) and Lavelle (Corona del Mar) 15:39, 10. Dameworth (Agoura) 15:40, 11. Winkelman (Marina, Hunt.Bch) Robbins (CdM), and Valdez (Camarillo) 15:42, 14. O'Neill (San Pasqual, Escondido) 15:43, 15. Smoot (Vacaville) 15:44, 16. Kashuba (Casa Roble, Orangevale) and Gilkey (Arroyo) 15:45, 17. Puentes (Arroyo) 15:46, 18. Holbrook (Vacav) 15:47. **Teams Results (Combined Races)** 1. Arroyo (El Monte) 79:05, 2. Palos Verdes 79:28, 3. Corona del Mar 80:10, 4. Camarillo 80:42, 5. Vacaville 80:49, 6. Walnut 81:43, 7. Antelope Valley (Lancaster) 82:03, 8. Canyon (CC) 82:10, 9. Granada Hills and Rubidoux (Riverside) 82:14, 11. Agoura 82:22, 12. Serra (San Diego) 82:43, 13. Upland 82:50, 14. Thousand Oaks 83:04, 15. Arroyo Grande 83:14, 16. Hemet 83:17, 17. Katella (Anaheim) 83:35, 18. San Clemente 83:54,