

# C.I.F. Section Results

## San Diego Section

By DENNIS McCLANAHAN

**May 23. San Diego State University.** While other sections in the state were probably brushing up on last minute techniques or practicing those last couple of handoffs, the San Diego Section joined the modern era of State Meet qualifying by holding their section finals on the all-weather facility of San Diego State. Held for the last 7 years on the brick track at Mt. Carmel, the SDCIF was finally able to reach an agreement with SDSU that would place both prelims and finals on the University's track. With a Thursday afternoon schedule arrived at (to work around school graduation and lack of lights on the facility) area coaches and university officials were rewarded for their persistence and patience by one of the finest finals in section history. Fast times on the track and good marks in the field were the pattern of the day as local preps shattered 6 all-time section records and set 8 meet records.

Shining the brightest on this day of achievement were Lesley Noll of Mt. Carmel for the girls and David Gayden of Morse for the boys. For Gayden, he was

counting his luck on being there and making it through each race. At the end of his leg on the 1600 relay on Saturday's prelims, Gayden took a fall which caused severe swelling to the knee which had been operated on last track season. Still showing signs of the swelling Thursday, David ran the 3rd legs on both of the winning Morse relays (42.34 and 3:15.77) in addition to coming from off the pace to win the 400 in 48.00.

For Mt. Carmel's Noll, the CIF Championships marked a total return to a form that had made her the section 400 champion as a sophomore. In a classic race with junior Darcy Arreola of Grossmont, Laura Chapel of University City, Robin Eager of Vista; Noll powered off the last turn to win in a State leading and section record of 2:08.00. Arreola was 2nd in 2:09.06, Chapel 3rd in 2:09.17, and Eager (who did not qualify for Sacramento) 4th in 2:12.03. Not finished yet, Noll came back 50 minutes later to win the 400 in another section record of 55.82, and then returned again to come from 10 meters off and anchor Mt. Carmel's 1600 relay to a meet record 3:54.31.

As is often the case in meets such as this, solid media favorites are joined by new young faces on the victory stand. One of the brightest new faces belonged to that of Lincoln sophomore Michelle Outlaw. Outlaw grabbed the spotlight ear-

ly with an easy victory in the 100LH (14.43 into a 2.2 mps wind), picked up points with a 4th in the long jump (17.3%), anchored a 5th place 400 relay (49.66), and came back to capture the 300LH in 45.16.

Based off of last year's number two spot in the State Meet in the 200 (21.45), El Camino's Darron Norris seemed destined to be one of the best sprinters in California behind Henry Thomas of Hawthorne. But it hasn't quite turned out that way. Norris gained some weight for football (he's headed for Texas) and, coupled with a late season case of chicken pox, he is not quite the 200 sprinter he was last year. While he won his 3rd straight section 100 crown at 10.89, he lost his 200 title to Mt. Miguel junior Ron Young. Young, who was 3rd in the long jump (22.2%), and 2nd in the 100 (10.93), proved that the 3rd time is a charm in the 200 as he bested Norris 21.72 to 22.05.

Another Miguel athlete who is picking up attention is sophomore Jackie Anderson in the jumps. Her 39-11 1/4 in the TJ was a meet and section record and put her in a prime spot for Sacramento honors. She shared the jumping spotlight with junior Kim Huey of Santa Fe Christian. Huey won the LJ in 18-10 1/4 and finished in the runner-up spot in the TJ with a 37-3 1/4.

San Dieguito's Travis Knox and St. Augustine's Jay Taylor have been trading off hurdle wins all of 1985 and the finals were no exception as Knox won the 110 HH in 14.40 to Taylor's 14.47. Taylor then came back to run a meet and section record of 37.20 as he bested Oceanside's Terry Herron (38.05) and Knox (38.20).

The girl's sprints were all Morse Tigers. Senior April Freow was the winner in the 100 (12.24), and was edged by fellow Tiger Kim Mathews in the 200 (25.57 for

Mathews, 25.67 for Freow). These two teamed up with Sharon Lacy and Yolanda Fitch, who both scored in either the 100 or 400, and dominated the field with a quick 47.87 in the 400 relay.

Fallbrook's Sean Hickey and Mt. Carmel's Scott Johnston again renewed their pole vault competition that in recent weeks had shown both of them top 15'. This time it was Hickey who came out on top with a new section and meet record of 15-3. Johnston was second at 15'. Only two weeks before in their league finals, they had broken the section record when both cleared 15-1.

Mt. Carmel also had another good athlete exhibiting his talent in senior long jumper Jim Chapon. Chapon went over 23-5 for the 13th time this season as his 23-6 was an easy winner. The boy's triple jump was tighter as Oceanside senior Dwayne Jeffers (45-5 1/4) bested Crawford junior Paul Franklin (45-5) and Hoover's Kevin Williams (45-4).

Southwest's Tracy Crawford (5:01.29) of the best in the State in the girl's discus and she continued to improve with a PR of 141-11 in her victory over fellow junior Katsi Leppaluoto of Madison (137-1). Leppaluoto however, came back to best Crawford in the shot (42-1 1/4 to 42-1) with a new section and meet record. With both these athletes being back next year, these young ladies should continue to push each other to better marks.

Another area that looks promising in the future for the section is the girls' distances. Grossmont's Darcy Arreola came back to set a meet record in the 1600 with a fine 4:59.82. She was followed again by fellow juniors Chapel (5:01.29) and Eager (5:01.85). In the 3200 San Pas-

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### Results:

#### May 23 at San Diego State

Top three advance to state meet May 31-June 1 at Sacramento; top six earn medals and team points; metric events; all times fully automatic.

#### Boys Division

100 — Darron Norris (El Camino), 10.89; Ron Young (Mount Miguel), 10.93; Tony Johns (San Diego), 11.07; Mike Robinson (Fallbrook), 11.10; Terry Rodgers (Sweetwater), 11.18; Charles Hampton (La Jolla), 11.27.

200 — Ron Young (Mount Miguel), 21.72; Darron Norris (El Camino), 22.05; Terry Rodgers (Sweetwater), 22.36; Mike Conway (Patrick Henry), 22.44; Rex Edwards (La Jolla), 22.56; David Herndon (Kearny), 22.94.

400 — David Gayden (Morse), 48.00; Mike Robinson (Fallbrook), 48.10; John Denny (Morse), 48.35; Ed Thomas (Serra), 50.33; Larry Williams (Morse), 50.34; Deron Winthrop (El Capitan), 50.66.

800 — Jeff Haux (Serra), 1:55.07; George Puryear (Patrick Henry), 1:55.71; David Camu (Chula Vista), 1:56.02; Joe Besand (Point Loma), 1:56.39; Hollis Jones (El Camino), 1:56.68; David Ledwith (Ramona), 1:56.92.

1,600 — Mark Dani (Valhalla), 4:16.98; Dean Bale (Crawford), 4:18.46; Mario Coy (San Pasqual), 4:21.37; Ellis del Sol (Hilltop), 4:21.96; Richard Nolder (Ramona), 4:23.64; Paul Boudreaux (Mt. Carmel), 4:24.38.

3,200 — Ellis del Sol (Hilltop), 9:13.50; David Rees (Point Loma), 9:17.74; Marc Davis (San Diego), 9:20.89; Dale Wilson (Valhalla), 9:22.29; Francis Grisez (Castle Park), 9:22.38; Shawn Sandoval (Southwest), 9:29.43.

110 HH — Travis Knox (San Dieguito), 14.40; Jay Taylor (St. Augustine), 14.47; Bryan Davis (Sweetwater), 14.67; Terry Herron (Oceanside), 14.73; Tom Noonan (San Pasqual), 14.77; Tim Cross (Serra), 14.98.

300 LH — Jay Taylor (St. Augustine), 37.20 (SDCIF section and meet record, old section record 38.00, Travis Knox, San Dieguito, 1985; old meet record 38.59, Knox, San Dieguito, 1984); Terry Herron (Oceanside), 38.05; Travis Knox (San Dieguito), 38.20; Andrew Jackson (San Diego), 39.54; Mike Anderson (Helix), 39.54; Tom Noonan (San Pasqual), 39.68.

400 relay — Morse (Williams, Jackson, Gayden Denny), 42.34; Patrick Henry, 42.45; Fallbrook, 42.52; Southwest, 42.59; La Jolla, 42.68; Vista, 42.89.

1,600 relay — Morse (Williams, Cato, Denny, Gayden), 3:15.77; San Pasqual, 3:19.27; Serra, 3:21.30; Fallbrook, 3:21.31; La Jolla, 3:23.35; San Dieguito, 3:23.92.

PV — Sean Hickey (Fallbrook), 15-3 (SDCIF section and meet record, old section record 15-1, shared by Hickey and Scott Johnston, Mt. Carmel, 1985; old meet record 14-9 1/4, Jay Vavra, Valhalla, 1983); Scott Johnston (Mt. Carmel), 15-0; Pat Aluendo (Ramona), 14-3; Curt Brown (San Pasqual), 14-0; Phillip Wright (Kearny), 13-6; Eric Bean (Mt. Carmel), 13-0.

HJ — Erik Peterson (Monte Vista), 6-7; Phil College (San Pasqual), 6-6; Greg Goodman (Oceanside), 6-6; Russell Olson (Granite Hills), 6-5; (four-way tie for fifth at 6-2) Matt Farmer (Monte Vista), Marc Jones (Mt. Carmel), Guy Smith (Vista), Brad Millhaan (Kearny).

LJ — Jim Chapon (Mt. Carmel), 23-6 1/4; Guy Smith (Vista), 22-4 1/4; Ron Young (Mount Miguel), 22-2 1/4; Dwayne Jeffers (Oceanside), 21-11 1/4; Larry Todd (Helix), 21-10; Junior Young (Patrick Henry), 21-9 1/4.

TJ — Dwayne Jeffers (Oceanside), 45-5 1/4; Paul Franklin (Crawford), 45-5; Kevin Williams (Hoover), 45-0 1/4; Charles Cannon (Morse), 44-9 1/4; Sonny Sison (Serra), 43-7 1/4; Marc Jones (Mt. Carmel), 44-5.

SP — Joe Bowser (Serra), 56-6 1/4; Brian Bogges (El Capitan), 53-8 1/4; Raymond Muldrew (Vista), 52-11; Mike George (Fallbrook), 51-9 1/4; (tie for fifth) Scott Conrad (Montgomery) and Ben Last (Escondido), 50-3 1/2.

Discus — Brian Bogges (El Capitan), 167-3; Preston Call (El Camino), 157-0; Dan Davis (Point Loma), 156-10; Ben Last (Escondido), 155-0; Joe Bowser (Serra), 149-8; Bryan Fisher (Valhalla), 142-11.

TEAM POINTS — Morse 42, Fallbrook 36, Serra 34, Oceanside 32, El Camino 28.

#### Girls Division

100 — April Freow (Morse), 12.24; Victoria Williams (Southwest), 12.33; Yolanda Fitch (Morse), 12.36; Ashley Rhodes (Serra), 12.39; Adriane Slater (Mira Mesa), 12.57; Elaine Nelson (La Jolla), 12.84.

200 — Kim Mathews (Morse), 25.57; April Freow (Morse), 25.67; Victoria Williams (Southwest), 25.91; Adriane Slater (Mira Mesa), 26.42; Kim Washington (Santana), 26.45; Chrissy Ferguson (Crawford), 26.49.

400 — Lesley Noll (Mt. Carmel), 55.82 (SDCIF section and meet record, old records 56.27, Yolanda Gail Devers, Sweetwater, 1982); Miriam White (Southwest), 56.46; Traci Baker (Monte Vista), 56.67; Yolanda Fitch (Morse), 56.82; Sharon Lacy (Morse), 58.78; Charlotte Verdin (Crawford), 58.97.

800 — Lesley Noll (Mt. Carmel), 2:08.00 (state leader) (SDCIF section and meet record, old records 2:09.59, Darcy Arreola, Grossmont, 1985); Darcy Arreola (Grossmont), 2:09.06; Laura Chapel (University City), 2:09.17; Robin Eager (Vista), 2:12.03; Miriam White (Southwest), 2:16.05; Kristin Boche (University), 2:18.65.

1,600 — Darcy Arreola (Grossmont), 4:59.82 (SDCIF meet record, old 5:01.1 for a mile, Cheryl Flowers, Valhalla, 1977); Laura Chapel (University City), 5:01.29; Robin Eager (Vista), 5:01.85; Kerry Panno (San Pasqual), 5:07.68; Jennifer Sheffo (Poway), 5:08.58; Nicole Nugent (Torrey Pines), 5:09.05.

3,200 — Kerry Panno (San Pasqual), 11:07.7; Lisa Lechner (Valhalla), 11:08.7; Julie Price (Vista), 11:08.8; Geraldine Mann (Mt. Miguel), 11:18.9; Amy Halsey (El Camino), 11:19.0; Tammy Kniffing (El Capitan), 11:19.5.

100 LH — Michelle Outlaw (Lincoln), 14.43; Dana Copeland (Grossmont), 14.78; Darla Vaughn (Mira Mesa), 14.78; Arnie Haas (Ramona), 15.20; Stephanie Williams (University City), 15.27; Michelle Callum (Point Loma), 15.27.

300 LH — Michelle Outlaw (Lincoln), 45.16; Teresa Byram (Southwest), 46.50; Dana Copeland (Grossmont), 46.81; Yvette Niles (Chula Vista), 47.22; Jenny Lawrence (Vista), 47.36; Joey Dooley (San Pasqual), 47.38.

400 relay — Morse (Fitch, Mathews, Lacy, Freow), 47.87; Mira Mesa, 48.59; Crawford, 49.12; Serra, 49.63; Lincoln, 49.66; El Capitan, 49.85.

1,600 relay — Mt. Carmel (Williams, Jackson, Denny, 42.34) 3:54.31 (SDCIF meet record, old 3:55.8, Bonita Vista, 1977); Southwest, 4:09.87; Grossmont, 4:31.82; Poway, 4:33.00; Valhalla, 4:35.38; San Pasqual, 4:41.22. NOTE: Morse ran 3:55.87 but was disqualified for exchange zone violation.

HJ — Michele Wilkes (Bonita Vista), 5-4; Jennifer Clinger (El Capitan), 5-4; Kim Reed (Valhalla), 5-3; Carrie Luffio (San Pasqual), 5-3; Cindy Johnson (Lincoln), 5-3; Lora Stowe (Torrey Pines), 5-2.

LJ — Kim Huey (Santa Fe Christian), 18-10 1/4; Lauren Miller (Torrey Pines), 18-1 1/4; Phyllis Ruffin (Crawford), 17-11 1/4; Michelle Outlaw (Lincoln), 17-3 1/4; Tracy O'Rourke (San Marcos), 16-10 1/4; Ashley Rhodes (Serra), 16-9 1/4.

TJ — Jackie Anderson (Mount. Miguel), 39-11 1/4 (SDCIF section and meet record, old section record 39-6, Yolanda Gail Devers, Sweetwater, 1984; old meet record 38-5, Anderson, Mount Miguel, 1985); Kim Huey (Santa Fe Christian), 37-3 1/4; Tonya Coleman (Morse), 36-9; Lora Stowe (Torrey Pines), 36-1 1/4; Cindy Johnson (Lincoln), 35-9; Katsi Leppaluoto (Madison), 35-4.

SP — Katsi Leppaluoto (Madison), 42-1 1/4 (SDCIF section and meet record, old records 41-8 1/4, Liz Mueller (Vista), 1980); Tracy Crawford (Southwest), 42-1; Starla Ahu (Vista), 39-3 1/4; Eleanor Kouhi (Kearny), 38-4 1/4; Tami Richardson (Vista), 37-10 1/4; Christy Gurode (Granite Hills), 35-1 1/4.

Discus — Tracy Crawford (Southwest), 141-11; Katsi Leppaluoto (Madison), 137-1; Lori Parker (Ramona), 129-11; Angela Jones (Mount Miguel), 129-9; Linda Standing (El Capitan), 114-4; Sandy Stevens (Fallbrook), 114-4.

TEAM POINTS — Southwest 58, Morse 56, Grossmont 35, Mt. Carmel 30, Lincoln 30.