

# The WARRIOR JOURNAL

March 4, 2008

The Official Newsletter of Carpinteria Track & Field

## Warrior Red Rips at Rincon Races

Morro Bay captures varsity boys' title at the Rincon Races. Santa Ynez takes the prize in the varsity girls.

March 1, 2008 - Carpinteria

The smell of freshly churned grass at the shot ring complemented the clang of the blocks on the track for the perennial immersion of the senses at the Rincon Races, the traditional opening meet of the season for CHS Track and Field. High quality performances abounded as the team took on Fillmore, Nordhoff, Santa Ynez, Morro Bay and Cate. Although the team didn't finish in the top three in any division, quite a few Warriors had major PR's and top finishes.

The varsity boys 4x100 meters relay team finished first with a time of 46.82. Francisco Lugo, Ivan Millholin, Alex Cuevas, and Steven Lozier comprised the team. Strong man Lugo sprinted to a personal best 13.28 in the 100 meters as well as finishing 5th in the shot put with a 36-04 heave. Ivan also competed in the 100 meters where he finished 5th at 12.57. Alex finished 1st in the 200 meters with a 23.61 second clocking. The other relay, the 4x400, saw Gabe Flores, Erick Esqueda, Steven Lozier, and Javier Perez finish 2nd in a combined time of 3:47.91. Erick and Javier both had PR splits. Javier ran a 53.6 while Esqueda ran a 54.2. Javier also had a 1st place finish in his primary event, the 110 high hurdles with a 17.90. Erick had earlier success in the 600 meters by coming to a picture posed 2nd place finish at 1:29.36, a new personal best. Gabe was the other distance stand out with a PR performance of 4:05.65 in the 1200 meters. On the field, Emmanuel Casillas made his debut performance with a 4th place finish of 18-05 1/4 in the long jump and 5-00 clearance in the high jump to garner 5th. Javier Flores was 3rd in the discus with a 118-06 toss.

The girls made their debut with several 1st place performances. The 4x400 meter relay had Tesa Coleman, Nicole Spaeth, Brianna Stout, and Kacey Nomura run a combined time of 4:28.09. Brianna had a stout performance with a 66.5 personal best, in addition to a 4:22.80 PR in the 1200 meters. Kacey ran 28.04 to finish in the lead spot in the 200 meters. Tesa was 5th in the 600 meters with a 1:58.43 personal best. Nicole matched her training partners 5th place with a 4:19.73 in the 1200 meters. On the field, Valerie Chamlee popped a 3rd place finish in shot put with a 26-09. In the same event Catie Clemency had a 16-01 PR. Carina Celio shone in the long and triple jumps with 1st place finishes in both. She leapt for a 15-02 1/2 in the

See RINCON, page 2

### ***This Week in Warrior Track***

THURSDAY, MARCH 6

The second and third meets are upon us. The Maricopa Relays return to Carpinteria Valley Memorial Stadium. The relays are an interesting twist to a dual meet, as the Warriors and Nordhoff will compete in a variety of relays on the track as well as in the field. Meet time is 3:00 PM.

SATURDAY, MARCH 8

The team will take a rare trip out of town, going to Moorpark High School for the Tri-County Invitational. The Warriors will test their mettle in this high quality, early season meet catering to the smaller schools. The first gun is at 9:00 AM and the action continues through the day.



*Tesa Coleman, Nicole Spaeth, Brianna Stout and Kacey Nomura get their game faces on for the 4x400 relay at the Rincon Races.*

RINCON, continued from page 1

long and a 32-06 1/2 in the triple. Lucy Musson finished 5th in the long jump with 13-11 1/2.

The girls junior varsity also had a winning relay with a 56.21 in the 4x100. Amanda Burch, Shelby Dunlap, Natalie Hipple, and Ally Winn comprised the team. The team was full of 1st and 2nd place finishes. Ally was 1st at 13-06 in the long jump and 2nd in the 200 meters at 29.46. Natalie was right behind her with a 13-01 1/2 2nd place long jump finish. Amanda finished 1st in the triple jump with a 29-07 3/4 leap. Shelby earned her victory in the 100 meters with 14.21 second dash. Jennifer Leonard was 5th at 15.09. Gina Targoni palced 2nd in the discus with a 71-02 heave. Katie Buchmiller turned in a personal best with a 56-02 effort. She also finished 4th in the 300 meters hurdles with a 63.45 second time.

The boys frosh/soph team had a 1st place 4x400 meters team. Andy Wills, Brian Jaramillo, Grant Coleman, and Travis Madden ran 4 laps in 3:59.17. Grant had a 62.6 PR. This was a capitalization on earlier success in the 600 meters where he earned the first victory of his career with a 1:38.80. Travis finished 4th in the 1200 meters with a 3:45.66. Andy had a new personal best in the 100 meters with a 13.15, he also PR'd in the discus at 77-04. Andrew McDonough's 25.88 second sprint captured a 1st place in the 200 meters. He also placed 2nd in the long jump and triple jump. He soared 16-04 1/2 in the single jump and 33-02 1/2 in the 3 phase jump. Scott Buffon placed 5th at 28-00 1/2 in the same event. Erick Cruz was 4th in the 2400 meters with a 9:07.27 personal best. Travis Doop had a super day with a PR 3rd place finish in the 300 intermediate hurdles with a time of 52.52. He also was 4th place in a tie at 7-06 in the pole vault. In the throws, John Bustillos threw the solid Frisbee for a 91-01 personal best victory in the discus. He was 4th in the shot put at 35-07, another PR. Marcell Lee was 2nd in the round implement toss with a 40-07 1/2 personal best. He was 4th in the discus with an 87-00 PR. Isaiah Chavez was 5th in the discus with an 85-03 debut performance. Cameron Gonzales came in 5th at 34-02 3/4 in the shot, a new personal best as well.

# Life After Carpinteria

– *Alumni News Continuing on . . .*

Kevin Cogan of Santa Barbara City College fame ran a personal best of 17:46.62 in the 5000 meters at the Cerritos College Inviational on February 22. The Vaquero sophomore came back the following week to run a 4:41.02 PR for 1500 meters at a Western States Conference mini-meet. Way to go Lung!

The Warriors from Westmont took the weekend off. Look for updates from Montecito in the next issue of the *Warrior Journal*.

## Team Captains Announced

Tesa Coleman and Carina Celio were elected team captains for the Lady Warriors. Fellow seniors Alex Cuevas and Steven Lozier earned the honor of being elected team captains for the boys.



*Newly elected team captain Alex Cuevas prepares to take the baton from Francisco Lugo in the 4x100 meter relay.*

# THANK YOU

The Warrior Journal would like extend a big thank you to all the volunteers who helped start the season off on the right foot at the Rincon Races. These dedicated officials were in mid-season form as they conducted another smooth and efficient meet.

Three cheers to Diane Buffon, Berkeley Burch, Kristina Burch, Norma Burch, Lucy Carleton, Laurie Chamlee, Schane Craddock, Lupe Cuevas, Rocky Flores, Melissa Fowler, Bridget Jones, Randy Jones, Laurie McMahan, Steve McMahan, Jeff Moorhouse, Jeffrey Moorhouse, Marilea Ross, June Spaeth, Lorie Stout, Jon Rew, Bill Swing and numerous helpers from the CHS track team and the visting schools.

## Miscellaneous

Thanks to the No Coach Left Behind legislation John Larralde visited the Rincon Races were he successfully passed the standardized test as put out by the Carpinteria High School Track and Field team. Contact [chs\\_warrior@hotmail.com](mailto:chs_warrior@hotmail.com) to check his score sub-areas and snort with derisive laughter.



*The sand flies as Andrew McDonough hits the pit in the long jump at Rincon Races and Field Meet.*

## 2008 RINCON RACES TEAM STANDINGS

### VARSITY BOYS

1. Morro Bay	137
2. Nordhoff	127
3. Santa Ynez	88
4. Carpinteria	63
5. Fillmore	37
6. Cate	0

### VARSITY GIRLS

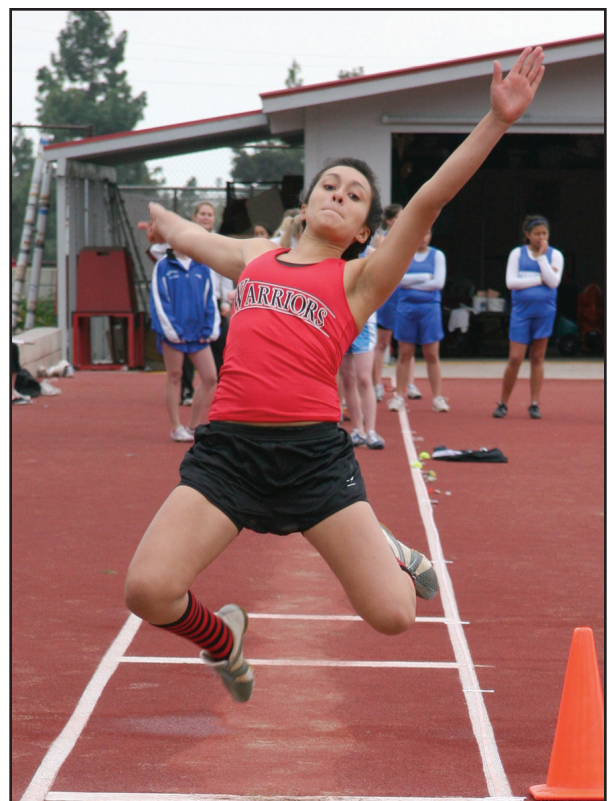
1. Santa Ynez	169
2. Morro Bay	98
3. Cate	73
4. Fillmore	54
5. Carpinteria	52
6. Nordhoff	28

### FROSH/SOPH BOYS

1. Morro Bay	125
2. Santa Ynez	124
3. Nordhoff	100
4. Carpinteria	97
5. Fillmore	25
6. Cate	22

### JV GIRLS

1. Santa Ynez	132
2. Morro Bay	126
3. Fillmore	85
4. Carpinteria	71
5. Nordhoff	54
6. Cate	6



*Carina Celio soars towards the sand in her winning effort in the long jump!*

**VARSITY BOYS**

1. Morro Bay 137
2. Nordhoff 127
3. Santa Ynez 88
4. Carpinteria 63
5. Fillmore 37
6. Cate 0

**RINCON RACES & FIELD MEET**  
**MARCH 1, 2008 at CARPINTERIA**  
**WEATHER: Overcast, Cool and Calm**

100 METERS		3:47.91	
5 Ivan Millholin	12.57	64.0	
Francisco Lugo	13.28	54.2	PR
200 METERS		55.8	
1 Alex Cuevas	23.61	53.6	PR
400 METERS			
		LONG JUMP	
		Emmanuel Casillas	18-05 1/4
		Ivan Millholin	17-05
		Steven Lozier	17-02
600 METERS			
2 Erick Esqueda	1:29.36		PR
1200 METERS			
Gabe Flores	4:05.65		PR
2400 METERS			
		5 Emmanuel Casillas	5-00
			POLE VAULT
110 HURDLES			
1 Javier Perez	17.90		
300 HURDLES			
		5 Francisco Lugo	36-04
		Javier Flores	32-08
1 4 x 100 RELAY			
Francisco Lugo	46.82		
Ivan Millholin			
Alex Cuevas			
Steven Lozier			

**VARSITY GIRLS**

1. Santa Ynez 169
2. Morro Bay 98
3. Cate 73
4. Fillmore 54
5. Carpinteria 52
6. Nordhoff 28

**RINCON RACES & FIELD MEET**  
**MARCH 1, 2008 at CARPINTERIA**  
**WEATHER: Overcast, Cool and Calm**

100 METERS		4:28.09	
1 4 x 400 RELAY		70.2	
		Tesa Coleman	
		Nicole Spaeth	68.5
		Brianna Stout	66.5
		Kacey Nomura	62.5
200 METERS			
1 Kacey Nomura	28.04		PR
400 METERS			
		LONG JUMP	
		1 Carina Celio	15-02 1/2
		5 Lucy Musson	13-11 1/2
600 METERS			
5 Tesa Coleman	1:58.43		PR
1200 METERS			
5 Nicole Spaeth	4:19.73		
Brianna Stout	4:22.80		PR
2400 METERS			
		1 Carina Celio	32-06 1/2
		POLE VAULT	
		Tesa Coleman	6-00
100 HURDLES			
		SHOT PUT	
		3 Valerie Chamlee	26-09
		Catie Clemency	16-01
			PR
300 HURDLES			
		DISCUS	
		Valerie Chamlee	68-04
		Catie Clemency	38-00
4 x 100 RELAY			

FROSH/SOPH BOYS

1. Morro Bay 125
2. Santa Ynez 124
3. Nordhoff 100
4. Carpinteria 97
5. Fillmore 25
6. Cate 22

RINCON RACES & FIELD MEET  
MARCH 1, 2008 at CARPINTERIA  
WEATHER: Overcast, Cool and Calm

100 METERS	1	4 x 400 RELAY	3:59.17	
Brian Jaramillo		Andy Wills	59.3	
Andy Wills	13.15	Brian Jaramillo	59.4	
		Grant Coleman	62.6	PR
200 METERS		Travis Madden	57.4	
1 Andrew McDonough	25.88			
Michael Buchmiller	36.31	LONG JUMP		
400 METERS		2 Andrew McDonough	16-04 1/2	
		Scott Buffon	13-09	
600 METERS		TRIPLE JUMP		
1 Grant Coleman	1:38.80	2 Andrew McDonough	33-02 1/2	
	PR	5 Scott Buffon	28-00 1/2	
1200 METERS		HIGH JUMP		
4 Travis Madden	3:45.66			
2400 METERS		POLE VAULT		
4 Erick Cruz	9:07.27	4t Travis Doop	7-06	=PR
	PR	Michael Buchmiller	NH	
110 HURDLES		SHOT PUT		
		2 Marcell Lee	40-07 1/2	PR
300 HURDLES		4 John Bustillos	35-07	PR
3 Travis Doop	52:52	5 Cameron Gonzales	34-02 3/4	PR
	PR	Isaiah Chavez	34-02 1/4	
4 x 100 RELAY		Wyatt Craddock	25-11	
		Gil Craddock	25-07 3/4	
		Jesus Vargas	24-01 1/4	
		Daniel Babineaux	20-00	
		DISCUS		
		1 John Bustillos	91-01	PR
		4 Marcell Lee	87-00	PR
		5 Isaiah Chavez	85-03	
		Cameron Gonzales	79-03	
		Andy Wills	77-04	PR
		Jesus Vargas	57-08	
		Wyatt Craddock	53-10	
		Gil Craddock	49-01	
		Daniel Babineaux	43-02	

JR. VARSITY GIRLS

1. Santa Ynez 132
2. Morro Bay 126
3. Fillmore 85
4. Carpinteria 71
5. Nordhoff 54
6. Cate 6

RINCON RACES & FIELD MEET  
MARCH 1, 2008 at CARPINTERIA  
WEATHER: Overcast, Cool and Calm

100 METERS		4 x 400 RELAY		
1 Shelby Dunlap	14.21			
5 Jennifer Leonard	15.09	LONG JUMP		
Samantha Hudson	16.37	1 Ally Winn	13-06	
		2 Natalie Hipple	13-01 1/2	
200 METERS		TRIPLE JUMP		
2 Ally Winn	29.46	1 Amanda Burch	29-07 3/4	
Jennifer Leonard	32.10			
Samantha Hudson	34.39	HIGH JUMP		
400 METERS				
600 METERS		POLE VAULT		
1200 METERS		SHOT PUT		
		Natalie Hipple	21-00	
		Gina Targoni	20-04	
2400 METERS		DISCUS		
		2 Gina Targoni	71-02	
		Katie Buchmiller	56-02	PR
100 HURDLES				
300 HURDLES				
4 Katie Buchmiller	63.45			
4 x 100 RELAY				
Amanda Burch	56.21			
Shelby Dunlap				
Natalie Hipple				
Ally Winn				