

The WARRIOR JOURNAL

March 11, 2008

The Official Newsletter of Carpinteria Track & Field

Relays rule the day for the Warriors.

The varsity girls capture first place against Nordhoff in the Maricopa Relays.

March 6, 2008 - Carpinteria

The team took on league rival Nordhoff in a relays meet at home for a change of pace on Thursday and several die hard stalwarts traveled to the open entries Tri-County Invitational in Moorpark on Saturday. Both meets showcased Warrior Red Book performances as well as a plethora of personal bests. This is in addition to the shiny pieces of new hardware gathered from Saturday meet.

The girls varsity was the only division to carry the day in the Maricopa Relays with strong performances all over the stadium. Valerie Chamlee, Lani Evans-Gonda, and Jessika Ramirez combined to form the winning shot put team with a 29-01 personal best from Val, a 24-10 heave by Lani and a 21-09 effort from Jessika. Valerie won the competition overall and teammate Catie Clemency also had a personal best at 17-02. Valerie, Lani, and Catie also spun circles around each other for the number one discus nod with Chamlee also winning individually at 80-02. Lani and Catie both tossed out personal bests at 75-11 and 40-00 respectively. Also leaving the field at the top were Lucy Musson with a 4-06 vertical leap into soft, squishy stuff and Carina Celio with a 32-06 1/4 triple hop into the sand where she was an army of one and ferociously won the event as a relay team in addition to her individual victory. In the far jump Lucy and Carina teamed to win with respective marks of 11-09 and 14-00 1/2. Carina won individually as well. Speaking of individually, Mary Gonzales and Maricela Hurtado scared off all the competition before it began and had races all to themselves as Mary went 24.88 in the high hurdles and Maricela galloped for a 8:00.32 in the metric mile.

In other news from the track, the 4x200 meter team of Marissa Carrillo, Lucy Musson, Jazmin Vargas, and Kacey Nomura carried the baton through two laps in 1:56.47. Lucy blazed a personal best 200 meters split of 28.8. Mary Gonzalez, Marissa Carrillo, Carina Celio, and Kacey Nomura combined in the sprint medley for a photo first finish of 1:59.51. The 4x800 meters team of Tesa Coleman, Hilary Ribbens, Nicole Spaeth, and Brianna Stout also finished number one with an 11:08.76 effort. Brianna also had a personal best in the distance medley where she ran a 6:11.3 metric mile split.

At the Tri-County Invitational Kacey earned a medal with her 2nd place 400 meter finish of 61.79. Nicole became the 18th fastest

This Week in Warrior Track

THURSDAY, MARCH 13

The Newbury Park Panthers invade Memorial Stadium in the last non-league dual meet of the season. The Warriors must be prepared for strong competition against this rival from the very competitive Marmonte League. Come check out the fun and excitement that only T&F can provide. Meet time is 3:00 PM.



Gina Targoni launches the shot into orbit.

performer in the Red Book with her 1600 meter run of 5:55.09. Besides earning her first entry into the Red Book, Nicole earned the distinction of knocking Coach Lucy Duncan Lombardi off the top 20 list for the 1600.

The boys also brought their game face on Thursday as numerous personal bests abounded but could only be converted to 5 victories. The boys' pole vaulters combined to win with Javier Perez, Evan Stanford and Evan Schoenberg each soaring high. Javier won the tie breaker at 9-00 to PR and edge out Stanford also at 9-00. Schoenberg had a new personal best of 8-00 as well. Finally getting passed the 18 foot line, Steven Lozier won the long jump with an 18-02 1/2 leap. He combined with Ivan Millhollin's 17-01 1/4 jump and Emmanuel Casillas' 17-06 1/4 effort to win the relay portion of the jump. The sprint crew of Alex Cuevas, Steven Lozier, Freddy Maldonado, and Ivan Millhollin combined for a pair of wins. In the 4x200 meters, they totaled a 1:36.20. Topping that achievement, they then won the sprint medley with a 3rd best ever Warrior performance of 1:38.89. There were also a host of personal records with Paul Macias heaving a beefy 25-05 in the shot put and a 63-03 in the discus. Fellow Casanova of the hurled implements Fransisco Lugo also had two new bests. In the discus he huffed and puffed for a 108-08 toss and blew the doors of the house when he ran a new best in the 100 meters at 12.99. In the distance medley Erick Esqueda and Justin Alvarado both ran personal best splits with a 3:33.8 1200 meters for Eric and a 56.2 400 meter split for Justin. Justin joined another teammate in running a PR in the 300 intermediate hurdles where he ran 45.95 and Javier Perez ran 45.74.

Alex Cuevas led the way for the Warriors in Moorpark by finishing second in the 100 meters with an 11.26 clocking, the 26th best performance by a Warrior. He also placed 3rd in the 200 with a 23.16 personal best



Amanda Burch settles in the sand with the winning jump in the triple jump at the Maricopa Relays.

to become the 17th best Warrior in the history of the event. Steven Lozier placed 4th in the long jump with an 18-03 divot and finished the 100 meters in 11.86 seconds which is a new personal best for him. Freddy Maldonado completed both the 200 meters and the 400 meters in 4th place with respective clockings of 23.36, a new PR and 54.19. Alfredo Cornejo joined the three for a third place 4x100 meter finish of 44.76. Paul Macias PR'd again in the shot with a 29-06 effort.

On relay Thursday, the girls junior varsity jumpers took it to Nordhoff by sweeping the three jumps. The long jump crew of Natalie Hipple, Amanda Burch, and Erika Delk were first with Natalie winning overall with a leap of 12-08 1/4. Burch and Delk were inches from each other at 12-06 for Burch and 12-05 for Delk. Erika and Burch teamed with Nikki Graham to win the triple jump as well. Amanda pulled in the overall win with a tri-phasic mark of 27-03 1/4. Graham was 26-10 1/2, while Delk was 26-01. Kristin VanDerKar went up for a 3-10 clearance tie breaker first place finish in the high jump. Jennifer Leonard was the other end of the tie break also at 3-10. In the sprint medley the long jumping trio of Natalie Hipple, Amanda Burch, and Erika Delk

teamed with Carmen Gutierrez to win in 2:09.29. Erika and Amanda PR'd with a 30.5 200 meters split for Delk followed by a 66.9 400 meters split for Burch. Carmen also clocked a 15.70 to cross third in the 100 meters. Leti Ramirez was 2nd at 15.16 and Sam Hudson had a PR of 16.31 in the event. Gina Targoni pitched a personal best first place in the discus when the platter hit the grass at 80-06. In the shot put, Jackie Perez launched a 21-06 personal best. For individual performances over the hurdles Katie Buchmiller pounded the track with dual placings. She strove for 2nd in the 100 meters high hurdles at 21.13 and 63.29 for 3rd in the 300 meters intermediate hurdles. Amelia Ribbens popped over the

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MARICOPA, continued from page 2

hurdles for 1st in the intermediate hurdles in 62.75 and Kristin VanDerKar was 3rd in the 100 meter hurdle race at 22.82.

Amanda Burch and Sam Hudson both turned in new personal bests on Saturday with Amanda's 12-09 3/4 long jump and Hudson speeding to a 33.84 finish in the 200 meters.

The frosh/soph boys dominated the throws with Marcell Lee, John Bustillos, and Isaiah Chavez twirling the discus to earn first in the relay. Lee tossed an 89-06 personal best while best friend Bus cleared 88-10. Isaiah had a personal best at 88-01. Gil Craddock tossed his best of 59-07 in the event. A similar occurrence cleared the way for first in the shot put as well. Marcell Lee and John Bustillos teamed with Cameron Gonzales to win the relay with Marcell tossing a 38-10 1/2 mark. Bus came in at 36-01, a new personal best while Cameron also PR'd with a 34-11 3/4 toss. Wyatt Craddock, Jesus Vargas, and Daniel Babineaux also had new bests with Wyatt heaving 29-09, Vargas 27-08 and Daniel 21-01 1/2. The jumpers had a high flying day with Andrew McDonough, Andy Wills, and Jovan Saenz combining to win the long jump. Andrew was 1st overall with a 16-02 1/2 leap. Andy pushed up sand at 15-06 3/4 as Jovan made his mark at 14-02 3/4. Andrew and Jovan also teamed up with Scott Buffon to win the triple jump. Andrew was again first overall with a hop, skip and a jump of 34-03 3/4. Jovan bounded to 30-07 while Scott launched a 28-09. The pole vault also saw success with Travis Doop clearing a new personal best of 9-00 to win individually and Michael Buchmiller clearing 5-06 for a personal best to help seal the victory for the relay. Travis also PR'd in the 300 meters hurdles in 51.97. Andrew McDonough, Andy Wills, and Jovan Saenz teamed with Brian Jaramillo to win the 4x200 meters relay in 1:44.93. For the distance crew Michael Solano and Grant Coleman both ran personal bests on the distance medley team. Solano ran a 62.8 400 meter split and Coleman ran a 2:25.6 800 meter split.

Coleman had another personal record on Saturday, this time in the 1600 meters running 5:29.56. The freshman and sophomore boy throwers also had a good day Saturday with the trio of Marcell Lee, Isaiah Chavez and John Bustillos turning in dual PR's. Marcell launched the shot 42-11 and spun the discus 94-08. Isaiah threw 35-01 3/4 in the shot and 96-03 in the discus. The Bus tossed a 39-09 1/4 in the put and flung a 94-06 in the discus. Also PRing in the shot put was Gil Craddock at 25-09.

THANK YOU

The Warrior Journal would like extend a big thank you to all the volunteers who kept the Maricopa Relays running like a well oiled machine.

A round of applause for Jim Buffon, Laurie Chamlee, Schane Craddock, Rocky Flores, Melissa Fowler, Bridget Jones, Karen Madden, Jeff Moorhouse, Kamie Mulroy, Marilea Ross, Clay Stanford, Lorie Stout, Bill Swing, Rick Olmstead, Harry Engstrom, Dan Mercer, John Hazelton and Jay Kalisek

Life After Carpinteria

— *Alumni News Continuing on . . .*

Kevin Cogan was back in action at a Western States Conference mini-meet at West L.A. The Vaquero sophomore turned in a time of 2:15.07 for 800 meters and doubled back with a seasonal best of 4:40.32 in the 1500 meters. Kevin is the subject of our trivia question of the week. How many years has he been a sophomore at SBCC? Send your answers to jlxl@excite.com to see if you win the grand prize.

Westmont was back in action at the Soka Peace Invitational. Chris Targoni made his own personal peace with the discus, throwing it 123 feet. He also tossed the hammer 121' 3". Running mate Chachi Hernandez tried his luck with the 16 lb. shot and the hammer. He threw 25' 4 3/4" in shot and 44' 7" in the hammer.

Miscellaneous

Do you have an old computer that sits collecting dust just waiting to be pawned off on some unsuspecting relative or long overdue for e-recycling? We'd like to be that poor relative or dump! The team currently needs at least one working Windows based machine and several printers! We don't care if it's older than Coach Mean, we'll take it anyways! We also accept slide rules and any other computer related product you think might help. Alas technology has not advanced far enough to allow coach Mac Mahon artificial intelligence; of course anything would be an upgrade...

VARSAITY BOYS
Northhoff - 62
Carpinteria - 29

MARICOPA RELAYS
MARCH 6, 2008 at Carpinteria
WEATHER: Overcast & Calm

VARSAITY GIRLS
Carpinteria - 40
Northhoff - 29

MARICOPA RELAYS
MARCH 6, 2008 at Carpinteria
WEATHER: Overcast & Calm

1	4 x 200 RELAY	1:36.20	1	4 x 200 RELAY	1:56.47	1	LONG JUMP	25-09 1/2
	200 Alex Cuevas	23.7		200 Marissa Carrillo	28.1		Carina Celio	14-00 1/2
	200 Steven Lozier	23.7		200 Lucy Musson	28.8	PR	Lucy Musson	11-09
	200 Freddy Maldonado	23.3		200 Jazmin Vargas	31.2		Marith Parton	NM
	200 Ivan Millholin	25.3		200 Kacey Nomura	28.2			
	TRIPLE JUMP						TRIPLE JUMP	32-06 1/4
	4 x 800 RELAY	DNF	1	4 x 800 RELAY	11:08.76	1	Carina Celio	32-06 1/4
	800 Erick Esqueda	2:15.0		800 Tesa Coleman	2:47.0			
	800 Andy Ramirez	2:22.0	PR	800 Hilary Ribbens	2:51.2		HIGH JUMP	7-06
	800 Matt Mulroy	2:16.4		800 Nicole Spaeth	2:40.7	1	Lucy Musson	4-06
	800			800 Brianna Stout	2:49.6		Marith Parton	3-00
1	SPRINT MEDLEY	1:38.89	1	SPRINT MEDLEY	1:59.51		POLE VAULT	6-06
	3rd Performance			100 Mary Gonzalez			Tesa Coleman	6-06 =PR
	100 Steven Lozier			100 Marissa Carrillo	29.1			=9th Performance
	100 Ivan Millholin			200 Carina Celio	29.1			
	200 Alex Cuevas	23.1		400 Kacey Nomura	61.7	'08 Best	SHOT PUT	75-08
	400 Freddy Maldonado	51.6					Valerie Chamlee	29-01 PR
	DISTANCE MEDLEY			DISTANCE MEDLEY	14:23.28		Lani Evans-Gonda	24-10
	1200 Erick Esqueda	3:33.8	PR	1200 Nicole Spaeth	4:17.9		Jessika Ramirez	21-09
	400 Justin Alvarado	56.2	PR	400 Jazmin Vargas	71.6		Catie Clemency	17-02 PR
	800 Andy Ramirez	2:26.4		800 Tesa Coleman	2:42.2			
	1600 Matt Mulroy	5:39.7		1600 Brianna Stout	6:11.3	PR	DISCUS	196-01
	100 METERS	1156.1					Valerie Chamlee	80-02 '08 Best
	Matthew Ross	12.83		100 METERS			Lani Evans-Gonda	75-11 PR
	Francisco Lugo	12.99	PR				Catie Clemency	40-00 PR
	Brendan Collins	13.97		400 METERS			Jessika Ramirez	34-03
	400 METERS							
1	110 HURDLES	17.45	'08 Best	100 HURDLES	24.88			
	Javier Perez			Mary Gonzalez				
2	300 HURDLES	45.74	PR	300 HURDLES	8:00.32			
3	Javier Perez	45.95	PR	1600 METERS				
	Justin Alvarado			Maricela Hurtado				
	1600 METERS							

FROSH/SOPH BOYS

Northhoff – 42
Carpinteria – 33

MARICOPA RELAYS
MARCH 6, 2008 at Carpinteria
WEATHER: Overcast & Calm

1	4 x 200 RELAY	1:44.93	1	LONG JUMP	46-00		
200	Brian Jaramillo	26.8	1	Andrew McDonough	16-02 1/2		
200	Andrew McDonough	24.9		Andy Wills	15-06 3/4		
200	Jovan Saenz	27.6		Jovan Saenz	14-02 3/4		
200	Andy Wills	25.4		Scott Buffon	13-03		
	4 x 800 RELAY		1	TRIPLE JUMP	93-07 3/4		
800	Grant Coleman		1	Andrew McDonough	34-03 3/4 '08 Best		
800	Erick Cruz			Jovan Saenz	30-07		
800	Travis Madden			Scott Buffon	28-09		
800	Michael Solano						
	SPRINT MEDLEY	1:48.86		HIGH JUMP	4-04		
100	Travis Doop			Paul Aguilar	4-04		
100	Paul Aguilar						
200	Brian Jaramillo	25.6	1	POLE VAULT	14-06		
400	Andy Wills	57.1	1	Travis Doop	9-00	PR	
				Michael Buchmiller	5-06	PR	
	DISTANCE MEDLEY	1:28.04		SHOT PUT	109-11 3/4		
1200	Erick Cruz	4:11.1	1	Marcell Lee	38-10 1/2		
400	Michael Solano	62.8	1	John Bustillos	36-01	PR	
800	Grant Coleman	2:25.6		Cameron Gonzales	34-11 3/4	PR	
1600	Travis Madden	5:18.5		Isaiah Chavez	33-08 1/2		
				Wyatt Craddock	29-09	PR	
	100 METERS			Jesus Vargas	27-08	PR	
				Gil Craddock	25-01		
				Daniel Babineaux	21-01 1/2	PR	
	400 METERS		1	DISCUS	266-05		
				Marcell Lee	89-06	PR	
	110 HURDLES			John Bustillos	88-10		
				Isaiah Chavez	88-01	PR	
	300 HURDLES			Cameron Gonzales	72-01		
	Travis Doop	51.97		Gil Craddock	59-07	PR	
				Jesus Vargas	53-11		
	1600 METERS			Wyatt Craddock	50-09		
	Trinidad Martinez	7:05.69		Daniel Babineaux	42-02		

FROSH/SOPH GIRLS

Northhoff – 47
Carpinteria – 34

MARICOPA RELAYS
MARCH 6, 2008 at Carpinteria
WEATHER: Overcast & Calm

	4 x 200 RELAY	2:13.65	1	LONG JUMP	37-07 3/4		
200	Nikki Graham	33.9	1	Natalie Hipple	12-08 3/4		
200	Carmen Gutierrez	33.4		Amanda Burch	12-06		
200	Samantha Hudson	34.1		Erika Delk	12-05		
200	Jennifer Leonard	32.0		Catherine Hough	12-04 3/4		
				Nikki Graham	11-05 3/4		
	4 x 800 RELAY			TRIPLE JUMP	80-02 1/4		
			1	Amanda Burch	27-02 3/4		
	SPRINT MEDLEY	2:09.29		Nikki Graham	26-10 1/2		
100	Carmen Gutierrez			Erika Delk	26-01		
100	Natalie Hipple			Natalie Hipple	25-04		
200	Erika Delk	30.5		HIGH JUMP	7-08		
400	Amanda Burch	66.9	1	Kristin VanDerKar	3-10		
	DISTANCE MEDLEY		1	Jennifer Leonard	3-10		
	100 METERS			POLE VAULT			
	Leti Ramirez	15.16	2	SHOT PUT	61-08		
	Carmen Gutierrez	15.70	3	Jackie Perez	21-06	PR	
	Samantha Hudson	16.31		Emily Moorhouse	20-02		
	400 METERS			Gina Targoni	20-00		
				Amanda Leonard	19-10		
				Michelle Carter	13-06 1/2		
	100 HURDLES		2	DISCUS	184-10		
	Katie Buchmiller	21.13	3	Gina Targoni	80-06	PR	
	Kristin VanDerKar	22.82		Jackie Perez	53-08		
	Amelia Ribbens	23.20		Amanda Leonard	50-08		
	300 HURDLES			Katie Buchmiller	48-09		
	Amelia Ribbens	62.75	1	Emily Moorhouse	47-11		
	Katie Buchmiller	63.29	3	Michelle Carter	39-07		
	1600 METERS						
	Brenda Gonzalez	6:55.74					
	Anett Hurtado	7:44.86					

JUNIOR/SENIOR BOYS

TRI-COUNTY INVITATIONAL
MARCH 8, 2008 at MOORPARK
WEATHER: Clear, Warm & Calm

100 METERS		LONG JUMP	
2 Alex Cuevas	11.26	4 Steven Lozier	18-03
	26th Performance	SHOT PUT	
Steven Lozier	11.86	Paul Macias	29-06
Alfredo Cornejo	12.11		PR
200 METERS		DISCUS	
3 Alex Cuevas	23.16	Paul Macias	62-05
	#17 Performer		
4 Freddy Maldonado	23.36		PR
400 METERS			
4 Freddy Maldonado	54.19		
3 4 x 100 RELAY	44.76		'08 Best

Alfredo Cornejo
Steven Lozier
Freddy Maldonado
Alex Cuevas

JUNIOR/SENIOR GIRLS

TRI-COUNTY INVITATIONAL
MARCH 8, 2008 at MOORPARK
WEATHER: Clear, Warm & Calm

100 METERS		LONG JUMP	
8 Marissa Carrillo	13.41	Lucy Musson	12-03
200 METERS		HIGH JUMP	
6 Kacey Nomura	27.0	Lucy Musson	4-06
	'08 Best		'08 Best
400 METERS		POLE VAULT	
2 Kacey Nomura	61.79	Tesa Coleman	NH
Nicole Spaeth	68.22		
800 METERS		SHOT PUT	
Tesa Coleman	2:42.24	6 Marissa Carrillo	28-11
			3/4
1600 METERS			
Nicole Spaeth	5:55.09		
	#18 Performer		

FROSH/SOPH BOYS

TRI-COUNTY INVITATIONAL
MARCH 8, 2008 at MOORPARK
WEATHER: Clear, Warm & Calm

1600 METERS		SHOT PUT	
Grant Coleman	5:29.56	6 Marcell Lee	42-11
Michael Solano	5:47.10	John Bustillos	39-09
Erick Cruz	5:47.25	Isaiah Chavez	35-01
		Wyatt Craddock	27-06
		Gil Craddock	25-09
			PR
		DISCUS	
		6 Isaiah Chavez	96-03
		Marcell Lee	94-08
		John Bustillos	94-06
		Gil Craddock	49-10
		Wyatt Craddock	46-06

FROSH/SOPH GIRLS

TRI-COUNTY INVITATIONAL
MARCH 8, 2008 at MOORPARK
WEATHER: Clear, Warm & Calm

100 METERS		LONG JUMP	
Samantha Hudson	16.34	8 Amanda Burch	12-09
			3/4
200 METERS		TRIPLE JUMP	
Samantha Hudson	33.84	5 Amanda Burch	27-04
	PR		1/4



Justin Alvarado soars into the sunset.