

The WARRIOR JOURNAL

March 18, 2008

The Official Newsletter of Carpinteria Track & Field

Panthers pounce on Carpinteria

Newbury Park sweeps all four divisions in dual meet action with the Warriors.

March 13, 2008 - Carpinteria

Like Paris Hilton looking for a new bff (best friend forever) the Warriors chance at ousting Newbury Park seemed hopeless. Yet a valiant effort by the team showed some impressive performances and placings despite the lopsided result.

Memorial Stadium saw the jumpers leap and bound for several PR's and points. In the triple jump, Nikki Graham and Amanda Burch placed 2nd and 3rd for for the junior varsity girls. Nikki PR'd with a 27-10 1/4 distance while Amanda was 3rd at 27-10. Natalie Hipple and Erika Delk both leapt for personal bests with respective jumps of 27-00 1/4 and 27-00. The frosh/soph boys saw Andrew McDonough leap 36-11 for a PR and a 2nd place finish. Scott Buffon jumped farther than ever before at 29-01 effort. All star jumper Carina Celio capped off the event at 31-03 1/2 winning jump for the varsity girls.

The long jump also highlighted the varsity girls' talent with Lucy Musson finishing first with a new personal best of 14-04. Carina was hot on her heels in 2nd at 14-00 3/4. There were a multitude of PRs from the other divisions as Amanda, Erika and Nikki leaped to distances of 13-02 1/4, 12-08 1/4, and 12-02 1/4. Andy Wills and Scott both had new bests of 15-10 and 14-07 in the frosh/soph division while Ivan Millhollin took home a new PR of 17-06 for the varsity.

The vertical events showcased some impressive high jumps as the girls junior varsity team took two of the top three places with Shelby Dunlap in a tie for first at 4-04. Placing next was Kristin VanDerKar with a new personal best bar clearance of 4-00. The junior varsity boys swept the event with David Maldonado clearing at 4-08, Paul Aguilar clearing a PR of 4-06 and Stevie Sarmiento flying for a 4-02 clearance to complete the 1-2-3 finish. Lucy Musson topped 4-08, her best on the year, while earning second place for the varsity girls. Emmanuel Casillas was third for the varsity boys with a leap of 5-02 to go higher than he's ever gone before.

Evan Stanford topped the bar in the jump with a pole at 9-00 to earn first for the boys varsity while teammate Tesa Coleman did the same at 7-00. She also moves into a 5th place tie for the best performer in school history with her PR. Travis Doop rounded out the first place finishes in the vault with his clearance of 9-00 for

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This Week in Warrior Track

THURSDAY, MARCH 20

Tri-Valley League action makes its debut for 2008 when the Oak Park Eagles come to town. The Eagles attempt to knock Carpinteria from their aerie while the Warriors attempt to add another feather to the headdress. The action begins at 3:00 pm on Thursday March 20th. Come check out CHS take on OP in the first step of the quest for a league title.

SATURDAY, MARCH 22

Easter is near and that means the Easter Relays must be around the corner. Follow the white rabbit down the hole as the team travels to Santa Barbara City College for this legendary and traditional event. La Playa Stadium is the place to be Saturday beginning at 9:00 am.

Trivia question of the week. How many Carpinteria T&F coaches have competed in the Easter Relays?



Catherine Hough makes her mark in the sand.

the frosh/soph boys. Michael Buchmiller had a new personal best of 6-00 as well.

The Warriors also did some things well in the 1600 and the 3200 meter races. In the metric two mile, Matt Mulroy paced a 12:43.76, Hilary Ribbens banged out a 15:07.79 and Erick Cruz completed a 12:45.42 to all finish 3rd in their respective divisions. Gabe Flores finished 3rd in the 1600 meters for the varsity boys with a finish line crossing of 5:30.21. Anett Hurtado completed the 4 lap, 1600 meter race with a new personal best mark of 7:43.62.

The middle distance crew had their time in the wind and sun as well. For the 400 meter event, Alex Cuevas and Marissa Carrillo led the charge earning firsts for the varsities. Marrison recorded a 69.98 and Alex clocked a 55.64. The Ice Princess, Jazmin Vargas came in second for the varsity girls with a 75.72. Brian Jaramillo hammered 2nd with his frosh/soph boys time of 59.43. Ivan Millhollin was 3rd for the varsity boys at 61.87. The frosh/soph boys 800 meters saw Grant Coleman run to victory with a not so mini but beastly PR time of 2:27.86. Nicole Spaeth placed 3rd for the varsity girls at 2:44.07 and Erick Esqueda did the same for the varsity boys at 2:13.92.

Sprint city sped for the finish too, as Kacey Nomura and Freddy Maldonado placed in 200 meters. Kacey was 3rd at 27.2 seconds while Freddy's 2nd place time of 23.1 was a new best. Kacey also tied for the 28th best performance in the 100 meters at 13.24. The junior varsity ladies continued in that vein with Catherine Hough, Jennifer Leonard and Samantha Hudson all running personal bests in the 100 meters. Cat blazed a 14.55, Jen leaned for a 14.58 and Sam pushed for a 15.91. The boys frosh/soph earned points with Andrew McDonough speeding to a new best of 12.24 to finish 2nd while Paul Aguilar came in 3rd with a 12.47

clocking.

For the hurdlers it was team leader Javier Perez who led the charge as he placed first in the 300 meters intermediate hurdles for the varsity boys at 45.38 and 2nd place in the 110 high hurdles at 17.01. Both marks were personal bests for him. The Doopster, Travis Doop also ran the fastest he's ever run the 10 barriers in the high hurdles, clearing them in 21.45 for 2nd place. Amelia Ribbens completed the eight barriers of the

300 meters low hurdle race for JV girls in 62.05 for 3rd place and a new personal best. She had an earlier personal best in the 100 hurdles with a 22.48, as did Kristin VanDerKar with a 21.82. Shelby Dunlap won her first ever hurdle race with a time of 20.13. Katie Buchmiller was 2nd at 20.45.

Rounding out the track events were the relays with the boys varsity winning the 4x400 meters in 3:33.97. Javier Perez and Steven Lozier both ran personal best splits at 53.2 and 53.5 respectively. Freddy Maldonado and Erick Esqueda completed the team. The JV girls 4x100 team of Amanda Burch, Erika Delk, Catherine Hough and Shelby Dunlap also won with a clocking of 57.09.

The implement events had grunts and heaves aplenty as John Bustillos had the solitary throwers first place with a PR shot toss of 42-09 3/4. The Bus was backed up by fellow frosh/soph thrower Isaiah Chavez who also threw a personal best effort of 35-08 1/2 to finish 3rd. Cameron Gonzales and Daniel Babineaux completed the division's best efforts with respective pushes of 35-01 and 23-05. John returned in the discus to finish 2nd at 97-03, another personal best. Daniel also had another PR in the discus along with Jesus Vargas. Daniel threw 46-07 and Jesus had a heavenly toss of 60-04. Not to be outdone, the girls junior varsity saw Jackie Perez finish 2nd in the shot at 21-00 1/4 and 3rd in the discus at 58-00. Teammate Katie B was 2nd



Cameron Gonzales puts the muscle behind the discus in the Newbury Park dual meet.

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in the discus at 60-09. Both ladies had personal bests in the discus. Michelle Carter also PR'd in the throws with a 14-11 in the shot and a 45-09 in the discus. Marcell Lee came in with a bang in his debut with the varsity. He threw a 12 pound sphere to a PR of 39-01 to finish 2nd in the shot put. Javier Flores spun a 115-00 for 2nd in the discus while Francisco Lugo arced a new best of 113-10. Marcell twirled a new personal best of 95-10 in the event as well. The girls varsity throwers had brand new aunt, Valerie Chamlee place third and second under the watchful gaze of Stacey's daughter. She tossed the shot 28-01 1/4 to finish 2nd and heaved the discus 78-02 for a 3rd. Sprinter Marissa Carrillo was 3rd in the shot with a throw of 28-01. Jessika Ramirez and Catie Clemency both set new best marks in both events as Ramirez tossed the metal ball 22-05 and the aerodynamic disc 35-05. Catie was contemplating the divots at 17-02 1/2 and 43-07.

Life After Carpinteria

— *Alumni News Continuing on . . .*

Kevin Cogan took in the sights of downtown Bakersfield as he and his Vaquero teammates ventured to the Bakersfield Relays. Kevin ran 18:22.21 for 5000 meters.

The staff at the Warrior Journal, considered by many to be anti-social in the extreme, had a rare social outing that was pleasant. They caught up with former cross country and track star Jill Marie Snelling at a live performance where she impressed even the critical and curmudgeon staff of this publication. T&F enthusiasts might also remember Jill as the singer of the national anthem at several Russell Cups where she awed the crowd with her voice. It has only grown better with time. Check out Jill Marie on iTunes, on the web at <http://www.jillmariemusic.com> or on MySpace at <http://www.myspace.com/jillmarie>. She also has several shows in the Santa Barbara and Ventura area coming up soon, including the Santa Barbara Fair & Expo.

THANK YOU

The Warrior Journal would like to thank the crew of officials who braved the wind and cold at the Newbury Park meet..

A gold star is in order for Diane Buffon, Jim Buffon, Laurie Chamlee, Schane Craddock, Sherry Dunlap, Melissa Fowler, Bridget Jones, Kamie Mulroy, Marilea Ross, Clay Stanford, Bill Swing, Lorie Stout, Rick Olmstead, Harry Engstrom, John Hazelton, Dan Mercer, Casey Roberts and Kate Guede. And last but not least, Sarita Guede for not only keeping Coach Hallock's stress level down but for also keeping an eye on the troublesome Grailing MacMahon boy as well



Evan Stanford clears the pole vault crossbar with plenty of room to spare.

Varsity Boys

NEWBURY PARK — 98
CARPINTERIA — 38

NEWBURY PARK DUAL MEET
MARCH 13, 2008 at CARPINTERIA
WEATHER: Clear and Windy

Overall Record (0 - 1), TVL Record (0 - 0)

100 METERS	1	4 x 400 RELAY	3:33.97	
Emmanuel Casillas	12.13	Erick Esqueda	54.5	
Matthew Ross	13.04	Steven Lozier	53.5	PR
Francisco Lugo	13.17	Freddy Maldonado	52.6	
		Javier Perez	53.2	PR
200 METERS				
Freddy Maldonado	23.1	LONG JUMP	18-08 1/2	'08 Best
Matthew Ross	26.8	Steven Lozier	17-06	PR
Ivan Millhollin				
400 METERS		TRIPLE JUMP		
Alex Cuevas	55.64	Emmanuel Casillas	35-04	
Ivan Millhollin	61.87	Evan Schoenberg	34-08 1/4	'08 Best
		Evan Stanford	29-04	
800 METERS		HIGH JUMP		
Erick Esqueda	2:13.92	Emmanuel Casillas	5-02	PR
Gabe Flores	2:35.55			
1600 METERS		POLE VAULT		
Gabe Flores	5:30.21	Evan Stanford	9-00	=PR
Matt Mulroy	5:44.77	Evan Schoenberg	8-00	=PR
3200 METERS		SHOT PUT		
Matt Mulroy	12:43.76	Marcell Lee	39-01	PR
		Francisco Lugo	35-10	
110 HURDLES		Javier Flores	30-02	
Javier Perez	17.01	Mike Ramirez	29-10 3/4	
		Paul Macias	29-03 1/2	
300 HURDLES		DISCUS		
Javier Perez	45.38	Javier Flores	115-00	
		Francisco Lugo	113-10	PR
4 x 100 RELAY	47.91	Marcell Lee	95-10	PR
Ivan Millhollin		Mike Ramirez	80-09	
Steven Lozier		Paul Macias	57-06	
Freddy Maldonado				
Alex Cuevas				

Varsity Girls

NEWBURY PARK — 97
CARPINTERIA — 37

NEWBURY PARK DUAL MEET
MARCH 13, 2008 at CARPINTERIA
WEATHER: Clear and Windy

Overall Record (0 - 1), TVL Record (0 - 0)

100 METERS		4 x 400 RELAY	4:28.08	'08 Best
Kacey Nomura	13.24	Tesa Coleman	70.3	
		Nicole Spaeth	68.7	
Lauren Colomy	13.92	Brianna Stout	67.9	
		Kacey Nomura	61.0	'08 Best
200 METERS				
Kacey Nomura	27.2	LONG JUMP		
		Lucy Musson	14-04	PR
400 METERS		Carina Celio	14-00 3/4	
1 Marissa Carrillo	69.98	TRIPLE JUMP		
2 Jazmin Vargas	75.72	Carina Celio	31-03 1/2	
800 METERS				
Nicole Spaeth	2:44.07	HIGH JUMP		
Tesa Coleman	2:48.53	Lucy Musson	4-08	'08 Best
		Marith Parton	NH	
1600 METERS		POLE VAULT		
Brianna Stout	6:08.32	Tesa Coleman	7-00	PR
Hilary Ribbens	6:46.93		=#5 Performer	
Maricela Hurtado	8:03.17			
3200 METERS		SHOT PUT		
Hilary Ribbens	15:07.79	Valerie Chamlee	28-01 1/4	
		Marissa Carrillo	28-01	
100 HURDLES		Jessika Ramirez	22-05	PR
Loren Horton	18.86	Gina Targoni	19-10 1/2	
		Tanisha Camacho	17-05 1/4	
300 HURDLES		Catie Clemency	17-02 1/2	PR
Loren Horton	62.13	DISCUS		
4 x 100 RELAY	55.10	Valerie Chamlee	78-02	
Lucy Musson		Gina Targoni	70-00	
Carina Celio		Tanisha Camacho	48-00	
Lauren Colomy		Catie Clemency	43-07	PR
Marissa Carrillo		Jessika Ramirez	35-05	PR

