

The WARRIOR JOURNAL

April 4, 2008

The Official Newsletter of Carpinteria Track & Field

Eagles Strike, Rangers Split with CHS

Oak Park sweeps the Warriors in TVL opener.
Carpinteria splits with Nordhoff in 2nd TVL meet.

The Warriors have had mixed results in the first two dual meets of the Tri-Valley League season. In the league opener against Oak Park, the mighty Eagles swept all four divisions. The Warriors split their contests versus the Nordhoff Rangers a week later as the varsity girls and frosh/soph boys took home victories from Ojai

The varsity girls had a great couple weeks with steady improvement across the board. Valerie Chamlee continues to impress in the hurled implement category with a pair of 3rd place finishes at Oak Park and a pair of 2nd place finishes at Nordhoff. Her best shot put mark for both the competitions was 26-11 1/2. Her best discus divot was 74-04. Jessika Ramirez popped out dual PR's in the shot put riding a 23-05 1/2 at Nordhoff for 3rd place. She repeated the effort in the discus to finish third at Nordhoff in addition to chalking up two discus PRs in two meets. Her new best is 46-04. Gina Targoni had a great meet in Ojai with a 1st place discus twirl of 80-1. She also set new personal bests in the shot put. First against Oak Park then at Nordhoff, currently her greatest heave is 21-04. Catie Clemency also PR'd at Nordhoff with a round metal ball launch of 17-04. The amazing story has been sprinter Marissa Carrillo, who finished 1st at Nordhoff with a shot put heave of 29-06 3/4, setting a new PR and moving into the Red Book for the first time at #20.

The vertical jumping duo of Lucy Musson in the high jump and Tesa Coleman in the pole vault also had a field day. Lucy was first at 4-10 versus the Eagles and 2nd versus Nordhoff at 4-08. Tesa



Grant Coleman carries the baton at the Santa Barbara Easter Relays.

See OAK PARK, NORDHOFF, page 2

This Week in Warrior Track

SATURDAY, APRIL 5

Carpinteria will wrap up its spring break with a trip to Malibu. It's not just for the sun and fun however. The Warriors have serious business to attend to at the Malibu Invitational. The action begins at 9:00 AM at Malbu High School.

Warriors find some eggs at the Easter Relays

March 22, 2008 - SBCC

The Easter Relays saw the Warriors earn several medals and set numerous records. Alfredo Cornejo, Alex Cuevas, Freddy Maldonado, and Steven Lozier combined in the 4x200 meter relay to earn 3rd place and run the 3rd best performance in CHS history with a 1:33.61. Freddy and Lozier had respective PR splits of 22.8 and 23.0. Erick Esqueda, Steven, Javier Perez, and Freddy ran the 4x400 meters to finish 4th. Alex Cuevas was 3rd in the 100 meters with an 11.70 clocking. Justin Alvarado ran a 25.5 PR split for the 200 meter portion of the sprint medley. The 4x200 meter girls team of Lucy Musson, Marissa Carrillo, Carina Celio, and Kacey Nomura combined for a 1:51.57 to become the 3rd best team in the Red Book as well. Marissa ran a 27.2 PR while Carina and Kacey ran 28.4 and 26.3 PR splits. The distance crew had their say as Tesa Coleman, Hilary Ribbens, Nicole Spaeth and Brianna Stout combined in running two laps each to become the 5th best Warrior 4x800 relay team at 10:54.24.

See EASTER RELAYS, page 3

finished in 3rd place against the Eagles and Rangers, both at 6-06. Shelby Dunlap also made her impact on the high jump pad with a 1st place, 4-08 clearance at Nordhoff. She earned a tie for #18 all time in the Red Book as well.

The horizontal jumpers faired well also. Carina Celio, Amanda Burch and Lucy Musson continued to have excellent performances. At home versus Oak Park, Carina placed 2nd in the long jump and 1st in the triple jump. Her best triple this year was at Nordhoff

with a 32-10 3/4. A new PR of 15-07 1/2 came at Nordhoff in the long jump where she tied for #13 in the Red Book. Lucy was 2nd in the triple jump at both events and tied for the 20th performer slot with a 32-00 leap against Oak Park. She also finished 3rd versus Nordhoff

with a personal best long jump of 14-08 1/2. Amanda finished 3rd in both meets for the triple jump with two PR's as well. Her current triple jump PR is 30-11.

Marissa Carrillo has been dominate on the track as well as in the field, winning the 100 meter races in both dual meets and placing 3rd versus Oak Park and 2nd at Nordhoff in the 200 meters. Kacey Nomura was a place higher at 2nd and 1st respectively. Kacey continued her success in the 400 meters sprinting to the 23rd fastest time in Warrior history at 60.84 to finish 2nd against the Eagles. She also won the 400 meter race in Ojai. Brianna Stout and Tesa Coleman combined forces in the 800 meters. Brianna was 3rd against the Oak Park girls and 1st versus the Nordhoff girls. Tesa Coleman had a matching set of PR's and was third against the Rangers in 2:38.07. The 1600 meters in Ojai also saw Brianna earn 3rd place. Nicole Spaeth had a PR and Red Book performance in the metric mile at 5:54.30 to become the 18th fastest girl in school history. The metric two mile saw Hilary Ribbens earn a pair of PR's in the two dual meets with a best of 14:30.14. She also placed 2nd

in both. Maricela Hurtado took 3rd versus Nordhoff.

Mary Gonzales also had dual PRs in the high hurdles culminating with a 3rd place, 22.53, finish at Nordhoff. She was 2nd in the low hurdles at Nordhoff as well. Shelby Dunlap was first in both hurdle races at Nordhoff, PRing in the 100 meters hurdles with a 19.35. The girls 4x100 meter relay team of Amanda Burch, Kacey Nomura, Marissa Carrillo, and Carina Celio beat Nordhoff's relay team with a seasonal best clocking of 52.72.



Lucy Musson clears the bar in the high jump.

Alex Cuevas continues his success in the sprints by winning the 100 and the 200 meter races in both dual meets. He moved to #14 in the Red Book in the 200 meters at Nordhoff with a PR of 22.8. Freddy Maldonado became the 16th best Warrior

half-lapper and finished 2nd at the same meet with a 23.03 PR performance. Alfredo Cornejo was 3rd in the 100 meters. In the 400 meters, Freddy was 2nd against the Eagles and 1st against the Rangers. Steven Lozier also finished 3rd versus Nordhoff. Erick Esqueda had a PR run of 2:08.99 in the 800 meters against Oak Park. He placed 3rd versus the Rangers in both the 800 and 1600 meters. Freshman Briggs Deardorff was 1st with a PR run of 10:36.96 in the 3200 meters in Ojai. Gabe Flores was 3rd. Javier Perez and Justin Alvarado dominated the hurdles as Justin finished 2nd in the high hurdles and 3rd in the intermediate hurdles versus Oak Park. Javier was 1st in the 110 high hurdles and 2nd in the 300 meter intermediate hurdles versus Nordhoff. Justin also finished 3rd in the intermediate hurdles at Nordhoff. Justin ran a PR of 19.21 in the highs and 45.86 in the intermediates while Javier set a new PR of 16.65 in the highs. The relay team of Alfredo Cornejo, Steven Lozier, Freddy Maldonado and Alex Cuevas also dominated the 4x100 relay with victories in both dual meets. Javier Perez replaced Alfredo in the 4x400 relay to help bring home

the victory against Nordhoff.

Steven Lozier placed 1st and 2nd in the long jump versus Oak Park and Nordhoff respectively. Emmanuel Casillas was 3rd in the same event against both schools. The triple jump had a rare 3rd place tie between Evan Schoenberg and Emmanuel while Evan Stanford had a new personal best of 31-05. Emmanuel also accomplished a 2nd place finish against Oak Park and a 3rd place finish against Nordhoff in the high jump. He cleared 5-04 for a new personal best. The Evan twins of Schoenberg and Stanford set new PR's in the vault against Oak Park at 8-06 and 10-00 respectively. Stanford was second versus Nordhoff as well. Javier Flores PR'd in the shot put in each meet with an overall best of 32-10 3/4. He was also 2nd in the discus against Nordhoff.

The girls junior varsity had success as well. In the sprints against Nordhoff, Ally Winn won the 200 meters with a 29.01 PR. Summer Alvarado was 3rd in the 400 meters setting herself up for future success in the event. Kristin VanDerKar made her metric mile debut to finish 2nd with a 6:30.43. Anett Hurtado was 3rd in the 3200 meters at 16:49.84. Shelby Dunlap set a meet record in the 300 meter hurdles with a 52.10 against Oak Park. Amelia Ribbens was 3rd versus Oak Park and 2nd at Nordhoff, PRing both times with a new best of 56.77. She also had a PR of 22.07 against Oak Park in the high hurdles. Katie Buchmiller was 1st versus the Eagles in the highs with a 20.05 PR and 3rd against Nordhoff. She set a new PR of 59.49 in the 300 hurdles against Nordhoff. Kristin VanDerKar was 2nd in the highs at Oak Park and had a 61.30 PR in the lows. The relay team of Nikki Graham, Erika Delk, Jennifer Leonard, and Ally Win beat the Nordhoff girls in the 4x100 meters. Amelia Ribbens, Nikki, Natalie Hipple and Jennifer all obtained PR 400 meters relay splits against Oak Park with Ami running a 68.9, Nikki a 72.8, Natalie a 71.5 and Jen a 68.7. Erika stepped in for Jennifer to help the girls earn first place in the 4x400 meters at Nordhoff, with Ami running another PR of 68.3.



Javier Flores launches the shot.

Natlaie Hipple was first against Nordhoff with a 14-02 1/2 PR leap in the long jump. Ally Winn was second with a PR jump of 13-10 1/2. Ericka Delk and Nikki Graham also PR'd at 13-07 and 12-07 1/2. Summer had a PR leap against Oak Park of 11-07. In the triple jump Ally, Natalie and Nikki took the top three in both meets with Natalie wining at Nordhoff and Ally wining at Oak Park. Nikki was 3rd at both. Natalie had a new PR of 30-03 1/4 after the competitions and Ally a 29-03. Summer PR'd against Nordhoff with a tri leap of 25-11 1/2. Shelby Dunlap set a meet record in the high jump against Oak Park with a 4-08 PR. At Nordhoff, Jennifer Leonard and Kristin VanDerKar tied for 1st with PR height clearances of 4-00.

The throws featured Emily Moorhouse earning 2nd in both shot put competitions with a new best of 22-00 1/2. Amanda Leonard was 3rd in both setting a new PR of 21-06 1/2. She tied with Jackie Perez at Nordhoff whose mark was also a PR. Michelle Carter PR'd both times coming away with a 15-09 best. In the discus, Amanda Leonard was 2nd in both achieving a new best ever heave of 66-01. Jackie Perez was 3rd at Oak Park with a new PR heave of 59-08. Michelle also PR'd in the event with a 47-07.

The boys frosh/soph throws saw premiere discus thrower John Bustillos earn a 1st place bid against Oak Park and a 2nd place bid at Nordhoff. He threw a new personal best of 99-04 against Oak Park. He also placed 1st in the shot put in Ojai with a new PR throw of 43-02 1/2. Isaiah Chavez was 3rd in the discus at both sites. Isaiah also had a 2nd place PR toss of 36-03 in the Nordhoff shot put competition. Daniel Babineaux pulled out a pair of PR's with a 23-05 effort in the shot put and a 48-09 heave in the discus against Oak Park. Jesus Vargas also had a duo of personal bests in Ojai with respective heaves of 31-00 and 68-11 in the shot put and discus. Not to be outdone, Cameron Gonzales did the same with best tosses of 35-05 3/4 and 87-04. The Craddock brothers huffed and puffed and tossed the metal Frisbee farther than ever before as well. Wyatt threw 59-03 while Gil tossed 72-01.

OAK PARK, NORDHOFF, continued from page 3

The original rascal Travis “Doop” Doop garnered two 1st places in the pole vault competition clearing a new PR of 9-06. Paul Aguilar set a new PR with a 4-10 bar clearance, 2nd place finish in the Ranger high jump competition while Emmanuel Rodriguez cleared 4-08 for 3rd. Andrew McDonough had a pair of wins in the triple jumps and teammate Scott Buffon was 3rd in the long jump at Oak Park. Scott also PR’d in the triple jump at that meet with a leap of 29-01 3/4. He went on to PR at Nordhoff with a 14-10 long jump. Jovan Saenz was 2nd in the triple jump at Nordhoff with a PR leap of 32-01. He finished 3rd in the long jump with a new personal best of 15-05. Andy Wills was second in the competition.

Both relay teams came away with victories at Nordhoff. The 4x100 meter team was comprised of Stevie Sarmiento, David Maldonado, Jovan Saenz, and Paul Aguilar. The 4x400 meters team was Andy Wills, Brian Jaramillo, Andrew McDonough, and Travis Madden. Against the Oak Park 4x4 team, Brian ran a PR split of 56.8, Travis a 55.8 and Grant Coleman ran a PR split of 60.6. Grant also 2nd at Nordhoff and 3rd versus Oak Park in the 800 meters. Against the Eagles he ran a 2:19.31 PR. Erick Cruz was 3rd in the event at Nordhoff where he ran a 2:30.99 PR. Travis Madden was first in the metric mile in Ojai where he set a new personal best of 5:04.19. Trinidad Martinez ran a PR against Oak Park in the 1600 at 7:03.97. He also placed second versus the Rangers in the 3200 meters. Briggs Deardorff won the 3200 meters against Oak Park. Travis Doop performed well in the hurdles with PR’s in both the high and intermediate hurdle races. He was 3rd in both versus Nordhoff and 1st in the 300 meters and 2nd in the 110 meters while taking on Oak Park. His new best in the high hurdles is 21.29 and in the intermediates is 51.61.

Sprinter Steve Sarmiento was 2nd in the 200 meters and 3rd in the 100 meters against Oak Park and returned to win both events against the Rangers. He set new personal bests in the events with marks of 13.00 and 26.56. Brian Jaramillo went 1st, 2nd and 3rd in the 200, 100 and 400 meters. The 400 was run at Nordhoff while the other two were against Oak Park. He set new best marks of 25.91, 12.87, and 58.62. Andrew McDonough was 2nd against Nordhoff and 3rd against Oak Park in the 400 meters. Paul Aguilar had a pair of 2nd place finishes at Nordhoff in the 100 and 200 meters races.

EASTER RELAYS, continued from page 1

best Warrior 4x800 relay team at 10:54.24. Tesa’s split was 2:39.3. Nicole 2:38.2 and Brianna 2:40.4, all new relay PRs. Tesa and Brianna also PR’d on the distance medley with Tesa running a 4:23 for 1200 meters and Brianna a 6:08.4 for 1600 meters.

Their were a multitude of PRs on the lower levels as Andrew McDonough PR’d in the 4x200 by running a 24.5 split. Grant Coleman and Travis Madden had personal bests on the distance medley with Grant running 2:23.0 in the 800 meters and Travis running 5:05.4 in the 1600 meters. John Bustillos threw the discus a whopping 104-08 for a new PR. Travis Doop placed 2nd in the pole vault with PR equaling 9-06 clearance. Amanda Burch and Ericka Delk had two PR’s apiece with Amanda sprinting to a 29.3 200 in the 4x200 to Ericka’s 30.3. In the sand pits, Ericka leapt 13-04 1/2 in the long jump and Amanda triple jumped 30-01 1/2. Nikki Graham also triple leapt for a new PR of 28-00 3/4. Amanda Leonard threw the discus farther than ever before with 64-08 toss.

THANK YOU

The Warrior Journal would like extend a big thank you to all the volunteers who kept tabs on the Oak Park hordes at the TVL opener.

Three cheers for Ann Nomura, Weldon Nomura, Aninha Brill, Diane Buffon, Jim Buffon, Berkeley Burch, Lucy Carleton, Laurie Chamlee, Rocky Flores, Melissa Fowler, Bridget Jones, Jeff Moorhouse, Marilea Ross, Lorie Stout, Maggie Targoni, Chris Targoni, Dan Mercer, John Hazelton, Casey Roberts and Bill Swing for his great photographs.

Life After Carpinteria

– *Alumni News* Continuing on . . .

The college kids were also competing at the Easter Relays. Chris Targoni ventured down from the hills of Montecito to win the shot put competition for Westmont with a heave of 42' 6 1/2". He was also second in the discus with a 120' 10" toss.

Varsity Boys
OAK PARK — 100
Carpinteria — 35

OAK PARK DUAL MEET
MARCH 20, 2008 at CARPINTERIA
Weather: Clear and Calm
Overall Record (0 - 2), TVL Record (0 - 1)

100 METERS	4 x 400 RELAY	3:37.59	
1 Alex Cuevas	Erick Esqueda	55.0	
Alfredo Cornejo	Steven Lozier	53.6	
Ivan Millhollin	Emmanuel Casillas	55.4	'08 Best
Matthew Ross	Freddy Maldonado	53.4	
Francisco Lugo			
Brendan Collins	13.58	PR	
200 METERS	LONG JUMP		
1 Alex Cuevas	1 Steven Lozier	17-11 1/4	
Alfredo Cornejo	3 Emmanuel Casillas	17-06	
Ivan Millhollin	Ivan Millhollin	16-11 1/2	
Brendan Collins	Matthew Ross	14-07 1/2	
400 METERS	TRIPLE JUMP		
2 Freddy Maldonado	Emmanuel Casillas	34-10 1/2	
	Evan Schoenberg	NM	
	Evan Stamford	NM	
800 METERS	HIGH JUMP		
Erick Esqueda	2 Emmanuel Casillas	5-04	PR
	Justin Alvarado	5-00	=PR
1600 METERS	POLE VAULT		
Gabe Flores	Evan Stamford	10-00	PR
	Evan Schoenberg	8-06	PR
3200 METERS	SHOT PUT		
Gabe Flores	Marcell Lee	36-06 3/4	
	Francisco Lugo	35-05	
110 HURDLES	Javier Flores	32-10 3/4	PR
2 Justin Alvarado	Mike Ramirez	31-07 1/4	
	Paul Macias	29-03 1/2	
300 HURDLES			
3 Justin Alvarado	48.15		
4 x 100 RELAY	DISCUS		
1	Javier Flores	103-05	'08 Best
	Francisco Lugo	99-20	
	Marcell Lee	92-08	
	Mike Ramirez	79-10	
	Paul Macias	56-00	
Alfredo Cornejo			
Steven Lozier			
Freddy Maldonado			
Alex Cuevas			

Varsity Girls
OAK PARK — 99
Carpinteria — 36

OAK PARK DUAL MEET
MARCH 20, 2008 at CARPINTERIA
Weather: Clear and Calm
Overall Record (0 - 2), TVL Record (0 - 1)

100 METERS	4 x 400 RELAY	4:28.40	
1 Marissa Carrillo	Amanda Burch	67.9	
	Brianna Stout	68.9	
200 METERS	Nicole Spaeth	68.9	
2 Kacey Nomura	Kacey Nomura	62.6	
3 Marissa Carrillo			
400 METERS	LONG JUMP		
2 Kacey Nomura	2 Carina Celio	15-00	
	Lucy Musson	14-01	
800 METERS	TRIPLE JUMP		
3 Brianna Stout	1 Carina Celio	32-05 3/4	
Tesa Coleman	2 Lucy Musson	32-00	
Jazmin Vargas		=#20 Performer	
	3 Amanda Burch	29-08	PR
1600 METERS	HIGH JUMP		
Nicole Spaeth	1 Lucy Musson	4-10	'08 Best
Maricela Hurtado	Marith Parton	3-04	
3200 METERS	POLE VAULT		
2 Hilary Ribbens	3 Tesa Coleman	6-06	
100 HURDLES	SHOT PUT		
Mary Gonzalez	3 Valerie Chamlee	26-07 1/2	
	Marissa Carrillo	26-07	
	Jessika Ramirez	23-02 1/2	PR
300 HURDLES	Gina Targoni	21-00 1/2	PR
Mary Gonzalez	Catie Clemency	16-11 1/2	
4 x 100 RELAY	DISCUS		
Amanda Burch	3 Valerie Chamlee	74-04	
Kacey Nomura	Gina Targoni	73-04	
Carina Celio	Jessika Ramirez	38-01	PR
Marissa Carrillo	Catie Clemency	37-08	

FROSH/SOPH BOYS
OAK PARK — 88
CARPINTERIA — 45

OAK PARK DUAL MEET
MARCH 20, 2008 at CARPINTERIA
WEATHER: Clear and Calm
Overall Record (0 - 2), TVL Record (0 - 1)

100 METERS		4 x 400 RELAY	3:50.08	'08 Best
2 Brian Jaramillo	12.87	Brian Jaramillo	56.8	PR
3 Stevie Sarmiento	13.15	Grant Coleman	60.6	PR
200 METERS		Andrew McDonough	56.7	'08 Best
1 Brian Jaramillo	25.91	Travis Madden	55.8	PR
2 Stevie Sarmiento	26.87	LONG JUMP		
David Maldonado	27.97	3 Scott Buffon	13-11	
		Jovan Saenz	13-10	
400 METERS		TRIPLE JUMP		
3 Andrew McDonough	60.67	1 Andrew McDonough	35-01 1/4	
David Maldonado	62.92	Jovan Saenz	29-07	
800 METERS		Scott Buffon	29-01 3/4	PR
3 Grant Coleman	2:19.31	HIGH JUMP		
1600 METERS		Paul Aguilar	4-06	=PR
Travis Madden	5:08.15	Stevie Sarmiento	NH	
Erick Cruz	5:37.71	POLE VAULT		
Trinidad Martinez	7:03.97	1 Travis Doop	9-06	PR
3200 METERS		Michael Buchmiller	NH	
1 Briggs Deardorff	11:01.07	Scott Buffon	NH	
Erick Cruz	12:33.27	SHOT PUT		
		John Bustillos	34-02 3/4	
110 HURDLES		Isaiah Chavez	33-10 1/2	
2 Travis Doop	22.04	Cameron Gonzales	33-10 1/2	
300 HURDLES		Daniel Babineaux	21-06 1/2	
1 Travis Doop	52.29	DISCUS		
Michael Buchmiller	DQ	1 John Bustillos	99-04	PR
4 x 100 RELAY		3 Isaiah Chavez	89-00	
Stevie Sarmiento	DQ	Cameron Gonzales	75-03	
David Maldonado		Daniel Babineaux	48-09	PR
Jovan Saenz				
Paul Aguilar				

JR. VARSITY GIRLS
OAK PARK — 96
CARPINTERIA — 40

OAK PARK DUAL MEET
MARCH 20, 2008 at CARPINTERIA
WEATHER: Clear and Calm
Overall Record (0 - 2), TVL Record (0 - 1)

100 METERS		4 x 400 RELAY	4:42.14	'08 Best
Jennifer Leonard	15.01	Amelia Ribbens	68.9	PR
Carmen Gutierrez	15.87	Nikki Graham	72.8	PR
Samantha Hudson	16.48	Natalie Hipple	71.5	PR
		Jennifer Leonard	68.7	PR
200 METERS		LONG JUMP		
Carmen Gutierrez	33.34	Ally Winn	12-09	
Samantha Hudson	35.01	Erika Delk	12-07 3/4	
400 METERS		Natalie Hipple	12-06	
Ally Winn	65.93	Nikki Graham	12-02 1/4	=PR
800 METERS		Summer Alvarado	11-07	PR
1600 METERS		TRIPLE JUMP		
3200 METERS		1 Ally Winn	27-05	
		2 Natalie Hipple	26-09	
		3 Nikki Graham	26-09	
		Erika Delk	26-01 1/2	
		Summer Alvarado	NM	
100 HURDLES		HIGH JUMP		
1 Katie Buchmiller	20.05	1 Shelby Dunlap	4-08	PR
2 Kristin VanDerKar	22.05	=#18 Performer		
3 Amelia Ribbens	22.07	Meet Record		
300 HURDLES		Kristin VanDerKar	4-00	=PR
1 Shelby Dunlap	52.10	Jennifer Leonard	4-00	PR
		POLE VAULT		
3 Amelia Ribbens	59.18	SHOT PUT		
Katie Buchmiller	61.00	2 Emily Moorhouse	21-07 1/4	PR
Kristin VanDerKar	61.30	3 Amanda Leonard	20-05 1/2	PR
4 x 100 RELAY		Jackie Perez	20-05 1/4	
Catherine Hough	DQ	Michelle Carter	15-07 1/2	PR
Carmen Gutierrez		Cynthia Gutierrez	13-10 1/2	
Erika Delk		DISCUS		
Shelby Dunlap		2 Amanda Leonard	62-00	PR
		3 Jackie Perez	59-08	PR
		Katie Buchmiller	56-10	
		Michelle Carter	47-07	PR
		Emily Moorhouse	36-10	
		Cynthia Gutierrez	34-04	

Varsity Boys

Easter Relays
March 22, 2008 at SBCC
Weather: Clear & Warm

4 x 100 Relay	46.53	100 Meters	
100 Justin Alvarado		3 Alex Cuevas	11.70
100 Alfredo Cornejo		110 Hurdles	
100 Emmanuel Casillas		Javier Perez	16.99 PR
100 Javier Perez		1500 Meters	
3 4 x 200 Relay	1:33.61 '08 Best	3000 Meters	
	<i>3rd Performance</i>		
200 Alfredo Cornejo	25.0		
200 Alex Cuevas	22.6		
200 Freddy Maldonado	22.8 PR		
200 Steven Lozier	23.0 PR		
4 4 x 400 Relay	3:35.60	LONG JUMP	
400 Erick Esqueda	55.2	Steven Lozier	17-04
400 Steven Lozier	55.0	TRIPLE JUMP	
400 Javier Perez	53.5	Evan Schoenberg	NM
400 Freddy Maldonado	51.8	HIGH JUMP	
4 x 800 Relay		POLE VAULT	
		Evan Staniford	NH
SPRINT MEDLEY	4:03.94	SHOT PUT	
200 Alfredo Cornejo	24.7		
200 Justin Alvarado	25.5 PR	DISCUS	
400 Emmanuel Casillas	56.6	Javier Flores	113-02
800 Erick Esqueda	2:16.9		
DISTANCE MEDLEY			

Varsity Girls

Easter Relays
March 22, 2008 at SBCC
Weather: Clear & Warm

4 x 100 Relay		100 Meters	
4 x 200 Relay	1:51.57	100 Hurdles	
	<i>3rd Performance</i>		
200 Lucy Musson	29.5		
200 Marissa Carrillo	27.2 PR	1500 Meters	
200 Carina Celio	28.4 PR		
200 Kacey Nomura	26.3 PR	3000 Meters	
4 x 400 Relay	4:22.95		
	'08 Best		
400 Marissa Carrillo	65.0		
400 Nicole Spaeth	68.8	LONG JUMP	
400 Carina Celio	66.9	Carina Celio	15-07 1/2 PR
400 Kacey Nomura	62.0		<i>#13 Performer</i>
4 x 800 Relay	10:54.24	TRIPLE JUMP	
	'08 Best	Carina Celio	32-09 '08 Best
	<i>5th Performance</i>		
800 Tessa Coleman	2:39.3 PR	HIGH JUMP	
800 Hilary Ribbens	2:56.1	Lucy Musson	4-08
800 Nicole Spaeth	2:38.2 PR	POLE VAULT	
800 Brianna Stout	2:40.4 PR	Tessa Coleman	NH
SPRINT MEDLEY	2:14.11	SHOT PUT	
100 Katie Buchmiller		Valerie Chamlee	NM
100 Mary Gonzalez		DISCUS	
200 Catherine Hough	31.4	Valerie Chamlee	NM
400 Jazmin Vargas	72.0		
DISTANCE MEDLEY	14:39.43		
1200 Tessa Coleman	4:23.0 PR		
400 Jazmin Vargas	73.3		
800 Hilary Ribbens	2:54.1		
1600 Brianna Stout	6:08.4 PR		

FROSH/SOPH BOYS

EASTER RELAYS
MARCH 22, 2008 at SBCC
WEATHER: Clear & Warm

4 x 100 RELAY	50.34	LONG JUMP	
100 Travis Doop			
100 Stevie Sarmiento		TRIPLE JUMP	
100 Brian Jaramillo		Andrew McDonough	35-03 3/4
100 Jovan Saenz		HIGH JUMP	
4 x 200 RELAY	1:45.11		
200 Brian Jaramillo	25.8	POLE VAULT	
200 Jovan Saenz	27.7	2 Travis Doop	9-06 =PR
200 Stevie Sarmiento	27.0	SHOT PUT	
200 Andrew McDonough	24.5 PR	Marcell Lee	42-04 1/2
4 x 400 RELAY		John Bustillos	39-07
800 Briggs Deardorff	10:06.73	DISCUS	
800 Travis Madden	2:20.3	John Bustillos	104-08 PR
800 Grant Coleman	2:23.4	Isaiah Chavez	76-11
800 Trinidad Martinez	2:23.5		
	2:59.3		

SPRINT MEDLEY

DISTANCE MEDLEY	12:12.74	'08 Best
1200 Briggs Deardorff	3:44.1	
400 Andrew McDonough	60.1	
800 Grant Coleman	2:23.0 PR	
1600 Travis Madden	5:05.4 PR	



Travis Doop finished second in the pole vault at the Easter Relays.

FROSH/SOPH GIRLS

EASTER RELAYS
MARCH 22, 2008 at SBCC
WEATHER: Clear & Warm

4 x 100 RELAY	58.31	LONG JUMP	
100 Nikki Graham		Erika Delk	13-04 1/2 PR
100 Natalie Hipple		Natalie Hipple	13-00
100 Jennifer Leonard		TRIPLE JUMP	
100 Kristin VanDerKar		Amanda Burch	30-01 1/2 PR
4 x 200 RELAY	1:58.04	Nikki Graham	28-00 3/4 PR
200 Amanda Burch	29.3 PR	HIGH JUMP	
200 Erika Delk	30.3 PR	Shelby Dunlap	NH
200 Amelia Ribbens	30.0	POLE VAULT	
200 Ally Winn	28.3		
4 x 400 RELAY	4:32.36	SHOT PUT	
400 Amanda Burch	70.1		
400 Jennifer Leonard	70.2	DISCUS	
400 Shelby Dunlap	65.4	Gina Targoni	67-04
400 Ally Winn	66.5	Amanda Leonard	64-08 PR
4 x 800 RELAY			

SPRINT MEDLEY 2:09.27 '08 Best

100 Kristin VanDerKar	
100 Erika Delk	
200 Natalie Hipple	30.7
400 Amelia Ribbens	68.5

DISTANCE MEDLEY



Amanda Burch drives out of the blocks to start the 4x400 relay at the Easter Relays.

Varsity Boys
NORDHOFF — 77
Carpinteria — 59

Nordhoff Dual Meet
March 27, 2008 at Nordhoff
Weather: Clear and Calm
Overall Record (0 - 3), TVL Record (0 - 2)

100 METERS	1	4 x 400 RELAY	3:36.46
1 Alex Cuevas	11.72	Alex Cuevas	54.6
3 Alfredo Cornejo	12.13	Steven Lozier	54.9
Ivan Millholin	12.31	Freddy Maldonado	52.9
Brendan Collins	13.79	Javier Perez	53.8
200 METERS		LONG JUMP	
1 Alex Cuevas	22.87	2 Steven Lozier	18-01
	<i>#14 Performer</i>	3 Emmanuel Casillas	18-00 1/2
2 Freddy Maldonado	23.03	Ivan Millholin	16-09
	<i>#16 Performer</i>	TRIPLE JUMP	
Ivan Millholin	25.27	3t Emmanuel Casillas	34-05
Brendan Collins	28.22	3t Evan Schoenberg	34-05
400 METERS		Evan Stanford	31-05 PR
1 Freddy Maldonado	52.62	HIGH JUMP	
3 Steven Lozier	53.69	3 Emmanuel Casillas	5-02
800 METERS		Justin Alvarado	5-00 = '08 Best
3 Erick Esqueda	2:13.22	POLE VAULT	
Matt Mulroy	2:22.12	2 Evan Stanford	9-06
1600 METERS		Evan Schoenberg	NH
3 Erick Esqueda	5:03.34	SHOT PUT	
Gabe Flores	5:23.55	Marcell Lee	36-02
Matt Mulroy	5:33.35	Francisco Lugo	35-03 1/2
3200 METERS		Javier Flores	34-05 PR
1 Briggs Deardorff	10:36.96	Paul Macias	29-05
3 Gabe Flores	12:06.27	DISCUS	
110 HURDLES		2 Javier Flores	112-00
1 Javier Perez	16.65	Francisco Lugo	100-11
Justin Alvarado	21.62	Marcell Lee	96-06 PR
300 HURDLES		Paul Macias	69-04 PR
2 Javier Perez	45.50		
3 Justin Alvarado	45.86		
4 x 100 RELAY	45.10		
Alfredo Cornejo			
Steven Lozier			
Freddy Maldonado			
Alex Cuevas			

Varsity Girls
Carpinteria — 92
Nordhoff — 42

Nordhoff Dual Meet
March 27, 2008 at Nordhoff
Weather: Clear and Calm
Overall Record (1 - 2), TVL Record (1 - 1)

100 METERS	1	4 x 400 RELAY	
1 Marissa Carrillo	13.39	Amanda Burch	67.0
Amanda Burch	14.51	Tesa Coleman	68.6
200 METERS		Marith Parton	76.5
1 Kacey Nomura	27.59	Mary Gonzalez	74.8
2 Marissa Carrillo	28.20	LONG JUMP	
400 METERS		1 Carina Celio	15-07 1/2 =PR
1 Kacey Nomura	61.86	3 Lucy Musson	14-08 1/2 PR
800 METERS		TRIPLE JUMP	
1 Brianna Stout	2:35.61	1 Carina Celio	32-10 3/4 '08 Best
3 Tesa Coleman	2:38.07	2 Lucy Musson	31-07
1600 METERS		3 Amanda Burch	30-11 PR
3 Brianna Stout	5:55.65	HIGH JUMP	
Nicole Spaeth	5:58.02	1 Shelby Dunlap	4-08 =PR
3200 METERS		2 Lucy Musson	4-08 =#18 Performer
2 Hilary Ribbens	14:30.14	Marith Parton	3-08 PR
3 Maricela Hurtado	17:10.91	POLE VAULT	
100 HURDLES		2 Tesa Coleman	6-06
1 Shelby Dunlap	19.35	SHOT PUT	
3 Mary Gonzalez	22.53	1 Marissa Carrillo	29-06 3/4 PR
300 HURDLES		#20 Performer	
1 Shelby Dunlap	52.64	2 Valerie Chamlee	26-11 1/2
2 Mary Gonzalez	65.73	3 Jessika Ramirez	23-05 1/2 PR
4 x 100 RELAY		Gina Targoni	21-04 PR
1 Amanda Burch	52.72	Catie Clemency	17-04 PR
Kacey Nomura		DISCUS	
Marissa Carrillo		1 Gina Targoni	80-11 PR
Carina Celio		2 Valerie Chamlee	71-01
		3 Jessika Ramirez	46-04 PR
		Catie Clemency	39-01

FROSH/SOPH BOYS
CARPINTERIA — 78
NORDHOFF — 57

NORDHOFF DUAL MEET
MARCH 27, 2008 at NORDHOFF
WEATHER: Clear and Calm
Overall Record (1 - 2), TVL Record (1 - 1)

100 METERS	1	4 x 400 RELAY	3:50.95
1	Stevie Sarmiento	Andy Wills	58.7
2	Paul Aguilar	Brian Jaramillo	57.9
	David Maldonado	Andrew McDonough	57.7
		Travis Madden	56.4
200 METERS			
1	Stevie Sarmiento	LONG JUMP	
2	Paul Aguilar	2 Andy Wills	15-08
	David Maldonado	3 Jovan Saenz	15-05 PR
		Scott Buffon	14-10 PR
400 METERS			
2	Andrew McDonough	'08 Best	
3	Brian Jaramillo	1 Andrew McDonough	35-04 PR
		2 Jovan Saenz	32-01 PR
		Scott Buffon	27-05 1/2
800 METERS			
2	Grant Coleman	2:26.35	
3	Erick Cruz	2:30.99 PR	
1600 METERS			
1	Travis Madden	5:04.19 PR	
	Erick Cruz	5:30.98 '08 Best	=PR
	Grant Coleman	5:35.03	
3200 METERS			
2	Trinidad Martinez	15:16.76	
110 HURDLES			
3	Travis Doop	21.29 PR	
300 HURDLES			
3	Travis Doop	51.61 PR	
	Michael Buchmiller	69.18	
4 x 100 RELAY			
1	Andy Wills	49.58	
	Jovan Saenz		
	Stevie Sarmiento		
	Andrew McDonough		

JR. VARSITY GIRLS
NORDHOFF — 78
CARPINTERIA — 56

NORDHOFF DUAL MEET
MARCH 27, 2008 at NORDHOFF
WEATHER: Clear and Calm
Overall Record (0 - 3), TVL Record (0 - 2)

100 METERS	1	4 x 400 RELAY	4:45.98
		Amelia Ribbens	68.3 PR
		Nikki Graham	74.1
200 METERS			
1	Ally Winn	29.01 PR	=PR
		Natalie Hipple	71.5
		Erika Delk	71.8
400 METERS			
3	Summer Alvarado	73.94	14-02 1/2 PR
	Samantha Hudson	83.82	13-10 1/2 PR
800 METERS			
	Anett Hurtado	3:18.67	13-07 PR
		Nikki Graham	12-07 1/2 PR
		Summer Alvarado	11-04 1/2
1600 METERS			
2	Kristin VanDerKar	6:30.43	TRIPLE JUMP
			1 Natalie Hipple
			2 Ally Winn
			3 Nikki Graham
3200 METERS			
3	Anett Hurtado	16:49.84	28-00 1/2 PR
100 HURDLES			
3	Katie Buchmiller	20.41	HIGH JUMP
	Amelia Ribbens	22.89	1t Jennifer Leonard
			1t Kristin VanDerKar
300 HURDLES			
2	Amelia Ribbens	56.77 PR	POLE VAULT
	Katie Buchmiller	59.49 PR	
	Kristin VanDerKar	62.69	
4 x 100 RELAY			
1	Nikki Graham	57.74	
	Erika Delk		
	Jennifer Leonard		
	Ally Winn		
SHOT PUT			
2	Emily Moorhouse	22-00 1/2 PR	
3t	Amanda Leonard	21-06 1/2 PR	
3t	Jackie Perez	21-06 1/2 PR	
	Michelle Carter	15-09 PR	
DISCUS			
2	Amanda Leonard	66-01 PR	
	Jackie Perez	58-10	
	Katie Buchmiller	53-11	
	Michelle Carter	42-10	
	Emily Moorhouse	34-06	