

over the years

GHS Track and Field
By Connie and Lynn Baer

93 years ago in 1921, the first Grossmont High School's Boys Track Team took the field while the Girls Track Team did not begin until 1977 as the impact of Title IX made itself felt on campus with the increasing number of girls teams.

During more than 9 decades, the Boys Track Teams have won a total of 24 League Championships. For 23 years, from 1924-1955, Jack Mashin coached the Foothillers to a 145-37 record, equivalent to an 80% win record, winning 9 league titles. From 1957-1968, for 12 seasons, Marlin Baer was the head track coach with a win loss record of 250 to 43, including 5 Varsity A championships, 9 Class B crowns, and 11 straight C titles, with a string of 66 straight C league wins.

Two outstanding boys athletes are javelin thrower Bud Held, Class of 1944, who after high school earned NCAA titles in 1948, 1949, and 1950 and competed in the 1952 Olympics; Bud became the first American to hold the world javelin record in 1953. Jim Wade, Class of 1958, while at USC became the national intercollegiate discus throw record holder. Ironically, in high school, Jim competed in only the shot put, becoming the second GHS athlete to throw over 60 feet. One of our outstanding girl athletes is Darcy Arreola, 1984 CIF 880 champion, 1986 CIF 1600 Meter Champion, and 1986 CIF Track Player of the Year; while a student at Cal State Northridge, Darcy was the Women's 1988 NCAA 1500 Meter Champion, and in 1988 and 1989 the 3000 Meters NCAA Champion.

Today's coaches are committed to improving both the competitive spirit of the athletes as well as the facilities. Second year Girls coach, Tara Egipto, shares that "I am honored to be the Girls Track & Field Head Coach at Grossmont High School. I love the enthusiasm and variety of personalities that I get to work with." Kevin Baer, sixth year coach of the shot and discus, believes, "Our team is young and has a lot of talent and is eager to learn and possibly win a championship this year!"

This year, the GHS coaches are dedicated to improving the track and field facilities. As a result of last year's fundraising efforts, Phase 1 of the Discus Field is nearly complete, which includes a new throwing pad, ring, and protective fence. Phase 2 funding efforts have begun to raise money for a new throwing field surface to replace the old surface, which dates from 1960. Also desperately needed are funds to replace the two high jump mats and to replace the non-regulation sand with regulation sand in the long jump and triple jump pits. All of these items are essential to the safety of the competitive surfaces.

We welcome donations of any amount. All donations are tax deductible since the Museum is part of the GHS Educational Foundation, a 501 c (3). Please make checks payable to GHS Educational Foundation (designate the item funded) and mail to GHS Museum, P.O. Box 1043, La Mesa, CA 91944 or pay via Pay Pal at <http://www.foothillermuseum.com>.

For more information, please contact us at the Museum at 619-668-6140 or email ghsmuseum@guhsd.net for an appointment or more information.

This program is a production of the Grossmont High School Museum. We thank all of the wonderful alumni who have donated the memorabilia which made this program possible. Thank you to David Rodriguez of Copy-It for creating the design for the program.

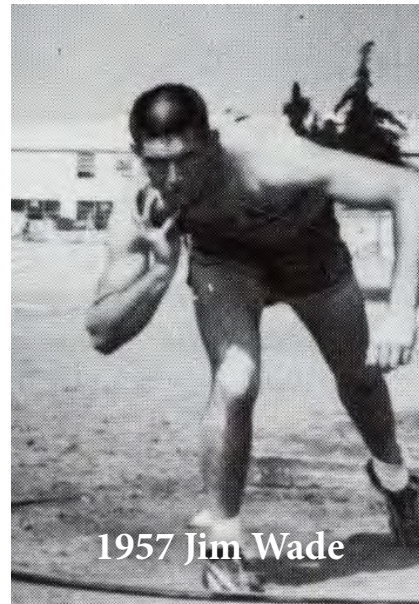
Thank you to Sharon Galvin Davis, Retired GHS English and Speech Teacher, for sponsoring this program!



1921 First Boys



1977 First Girls



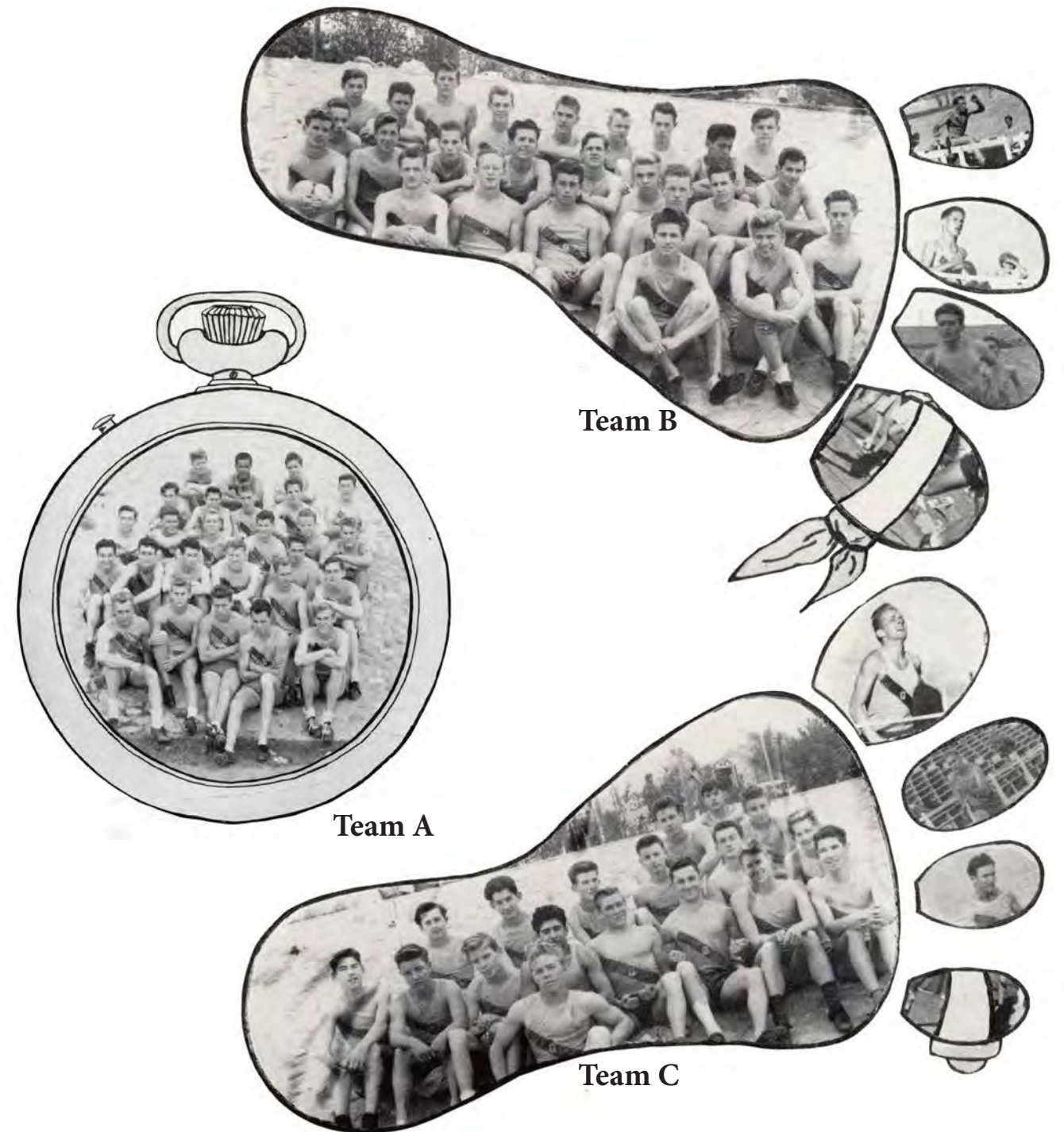
1957 Jim Wade



1985 Darcy Arreola

OFFICIAL PROGRAM

2014 Boys and Girls Track Program



Team B

Team A

Team C

Team Members



Schedule and Coaches

GROSSMONT HIGH SCHOOL BOYS AND GIRLS TRACK & FIELD 2014

Date	Opponent	Site	Time
March 13th	Mt. Miguel	Mt. Miguel H.S.	4:00pm
March 20th	El Capitan	HOME	4:00pm
March 22nd	Elmer Runge Classic	Patrick Henry H.S.	8:00am
March 27th	West Hills	West Hills H.S.	4:00pm
April 3rd	Valhalla	HOME	4:00pm
April 10th	Granite Hills	HOME	4:00pm
4/14-4/18	SPRING BREAK		
April 24th	Steele Canyon	HOME	4:00pm
April 30th	Helix	Helix H.S.	4:00pm
May 3rd	Dick Wilkens Frosh/Soph	Del Norte H.S.	8:00am
May 6th	JV Prelims	Mt. Miguel H.S.	TBA
May 9th	JV Finals	Mt. Miguel H.S.	TBA
May 13th	Varsity Prelims	Granite Hills H.S.	TBA
May 16th	Varsity Finals	Granite Hills H.S.	TBA
May 24th	CIF Prelims	Mt. Carmel H.S.	TBA
May 31st	CIF Finals	Mt. Carmel H.S.	TBA



Coaches:

- Tara Egipto**- Long Jump/Triple Jump (Girls Head Coach)
- Erick Peterman**- 400m/Hurdles (Boys Head Coach)
- D'Angelo Davies**- Sprints/Relays
- Ross Bartell**- Distance
- Trinity Hoeben**- Asst. Distance
- Kevin Baer**- Shot Put/Discus
- Guy Strickland**- Asst. Shot Put/Discus
- Norm Lewis**- Pole Vault
- Dwight Mighty**- High Jump



Graphic Courtesy of Retro Sports



1992 Girls Track Team

- | | | | | |
|-----------------------|--------------------------|---------------------|-------------------------|------------------|
| Adams, Luke | Dugger, Kayana | Jiminez, Filiberto | Papps, Silas | Tan, Bernadette |
| Allotey, Ayanna | Dunning, Darrian | Jones, Ka'Shay | Pennoyer, Hailey | Tank, Mit |
| Altuzar, Valeria | Dunning, Raleigh | King, Kenneth | Perrault, Raymond | Thompson, Kaeli |
| Anderson, Luke | Edwards, Aryanna | Knight, Aron | Perrine, Nathan | Thong, Kalvin |
| Arce, Jose | Escobar, Tiffany | Knight, Jonathan | Poet, Kelcey | Tinajero, Jose |
| Bacting, Sophia | Estrada, Carmen | Le, Tommy | Powell, Kiana | Torres, Jennifer |
| Barajas, Luis | Fa'Atiliga, Torrie | Lett, Tela | Redfield, Jared | Valdez, Ricky |
| Barba, John | Fenick, Joseph | Leyva, Hector | Robinson, Dejon | Villa, Julio |
| Beach, Brandon | Flores, Leslie | Loaiza, Gustavo | Robinson-Williams, Kyla | Walsh, Gordon |
| Beau, Herry | Fohring, Scott | Lopez, Jake | Rodriguez, Juan | Waters, Calvin |
| Belfonte, Tyrese | Geisinger, Hope | Lopez, Brenda | Romero, Joseph | Welsch, Danika |
| Boots, Jonathan | Gonzales, Benjamin | Lopez Medina, Marco | Said, Mahmoud | Williams, Megan |
| Brown, Audry | Gonzales, Brandon | Mackey, Marcus | Salazar, Iris | |
| Brown, Claire | Graf, Jonah | Manzano, Daniel | Saloufakos, Dimitrois | |
| Brown, Jessica | Griffith, Symone | Mapp, Theresa, | Santangelo, Briana | |
| Cadwalader, Charles | Grothen, Austin | Mata, Adrian | Schauer, Gabriel | |
| Caragiannides, George | Grothen, Tyler | Matel, C | Schauer, Matthew | |
| Carney, Hannah | Guevara, Domonique | McMahon, Arturo | Scott, Sonia | |
| Carter, Jewel | Gunzi, Samantha | McDonald, Robert | Shaw, Ajamu | |
| Castillo, Cassandra | Guo, Benjamin | Mesa, Marquis | Sherrod, Perry | |
| Castillo, Nicolas | Hayes, Malik | Morgan, Glen | Shirley, Ryan | |
| Chandler, Amanda | Hernandez, Jonathan | Morgan, Marcus | Sirleaf, Tennema | |
| Cheek, Caleb | Hill, Dominique | Morgan, Nathan | Smith, Basilio | |
| Cilifford, Courtney | Huff, Brittany | Motta, Haley | Smith, Justin | |
| Cuadal, Raffaella | Hyatt, Nick | Munsey, Alisha | Speller, Kamyron | |
| Davis, Khaleed | Ibana, Kalani | Okura, Kou | Starr, Tyriec | |
| Dawson, Jillian | Ibana, Waheli | Omusi, Victor | Strukel, Delilah | |
| Dement, Anthony | Jackson-Reneau, Dayzhaun | Overton, Maria | Surber, Joshua | |