

## Rubio Dominates in Three Events, Faimaile Sale Takes Field Athlete of the Meet, Team Captures Title at O.C. Championships



Story courtesy of Steve Fryer and the OC Register

MISSION VIEJO - Jose Rubio went 3 for 3 in a reserved manner.

Rubio, a senior at Los Alamitos, is nursing a sore right hamstring. He did not go all out Saturday in the Orange County Championships at Mission Viejo High. Rubio still won the 110 and 300 hurdles and the long jump, and helped the Griffins win the meet's boys team title. He won the 110 hurdles at 14:42, the 300 at 38.08 and the long jump at 22-9.

None of those marks was a meet record or a season best for Rubio, but given his physical situation and Saturday's heat, Rubio, named boys sprinter/hurdler of the meet, was satisfied. "I knew I was not going to do my greatest today," Rubio said. "I didn't go too hard because I knew I didn't want to mess up my hamstring before CIF."

CIF-Southern Section championships competition begins with prelims May 13. The CIF-SS championship meet is May 20 at Cerritos College followed by the CIF-SS Masters Meet on May 26 at Arcadia High and the CIF State Meet on June 2 and 3 at Buchanan High in Clovis. Los Alamitos won the team championship with 66 points. Servite finished second with 60.5 and Trabuco Hills was third with 54.

Faimaile Sale of Los Alamitos took the field athlete of the meet title with a double win in shotput and discus. Sale threw 45-4 in shotput and 148-2 in discus. Faimaile is a Junior and her future looks bright as she continues to break school records.