

San Diego Section High School

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Track & Field Guide



FOREWORD

In 1965, Rick Smith, then a sports writer with the San Diego Evening Tribune, gathered together all of the records he could find and produced the first San Diego/Imperial Valley Track Record Book. All of the events on the track were in yards. There were no girls' marks because there was no girls' high school track. There were events like 180-yard low hurdles, 220-yard dash on the straight-away and a one-turn 440.

He produced the book again in 1971 and not until Steve Brand of the San Diego Union in 1993 published a completely updated book, listing both yards and meters, a complete girls list and a complete list of San Diego Section state champions, was it even attempted. Local track fans got yearly updates with not only all-time marks, but a list of the top 25 competitors from the year before through 2012. And, it was distributed through the schools without any cost.

When funding in the form of advertising dried up, it resulted in the Track Book ceasing to be published but each year the marks were compiled in hopes the next year it would reappear. With no one stepping forth with the approximate \$7,500 needed to defray those costs, and with the internet such a handy resource, it was agreed that this year the 2016 Track Guide (because it contains the top marks from 2015 as well as the all-time list) would go modern, appearing in the popular Track Magazine run by George Green.

The marks are as accurate as possible, relying on coaches, invitational results, Athletic.net, PrepCalTrack and Track&Field News. Any mark that was recorded as wind-aided (above 2.0 meters per second) is not listed because they are not eligible for record consideration. Non-winning marks are included.

When Rick Smith started the record book, there were fewer than 40 schools offering only boys track. Now there are more than 120 schools offering boys and girls track, making it the most popular high school sport as far as competitors are concerned.

We hope you enjoy on-line San Diego Section Track Guide.

CIF-San Diego Section Track and Field Records

Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
1998	200	Ike Okenwa, Morse	20.97
1996	400	Lydell Burston, Morse	46.85 (n)
2011	800	Shyan Vaziri, Scripps Ranch	1:50.15 (n)
1972	1600	Terry Cotton, El Cajon	4:04.04*(n)
1976	3200	Thom Hunt, Patrick Henry	8:41.8*
1997	110HH	Reggie DePass, Montgomery	13.86
2001	300IH	Jeff Hunter, Granite Hills	36.25
1998	4x100 Relay	University City (Lamont Long, Devon Ward, Stephen Hayes, Deandre Douglas)	40.65
1996	4x400 Relay	Morse (Tawaiin Jones, Ray Carter, Kendall Pinson, Lydell Burston)	3:10.80
1979	High Jump	Frank Schiefer, Madison	7-2
2005	Pole Vault	Derek Scott, El Camino	16-8
1966	Long Jump	Doyle Steel, San Diego	25-5 ¼
1994	Triple Jump	Von Ware, RBV	52-0
1990	Shot Put	Brent Noon, Fallbrook	76-2
2006	Discus	Darius Savage, Morse	212-1

Girls

Year	Event	Name, School	Mark
2012	100 Meters	Jasmine Gibbs, El Camino	11.43
2001	200	Monique Henderson, Morse	23.16
2000	400	Monique Henderson, Morse	50.74
1985	800	Lesley Noll, Mt. Carmel	2:08.00
2011	1600	Alli Billmeyer, Torrey Pines	4:41.71 (n)
2011	3200	Alli Billmeyer, Torrey Pines	10:18.92
1984	100H (30')	Gail Devers, Sweetwater	13.41
2015	100H (33')	Dani Johnson, Cathedral Catholic	13.86
2015	300H	Dani Johnson, Cathedral Catholic	41.30
1977	4x100 Relay	Crawford (Danita Young, Judy Reed, Katie Gaston, Jewell Lovelady)	45.94*
2015	4x400 Relay	Cathedral Catholic (Olivia Firsching, Claire Hobrock, Hannah Labrie-Smith, Dani Johnson)	3:47.63
2007	High Jump	Whitney Sisler, La Costa Canyon	5-11
2010	Pole Vault	Kortney Ross, Westview	13-6
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mount Miguel	41-8 ¼
2015	Shot Put	Laulauga Tausaga, Mount Miguel	48-3 ½
1986	Discus	Lori Parker, Ramona	162-0

(n) Non-winning mark. (h) hand time converted

(*) Converted to metric time from yard time

NOTE: All section records must meet National Federation guidelines

GIRLS GO ON RECORD RAMPAGE; LENFORD WINS STATE

Girls have only officially been a part of high school track and field since 1974, so you'd expect the records comparatively to be a little softer than the boys.

But 2015 could only be called an onslaught after four standards, were surpassed.

Cathedral Catholic junior Dani Johnson had a hand in three of them, giving hope that 2016 could also be a very special year.

After dipping under the 14-second barrier in the 100-meter hurdles three times, only to be denied a spot in the record book, Johnson used almost perfect conditions in the state preliminaries in Clovis to record an official 13.86—the fastest time she'd run under any conditions. That erased the previous section best of 14.13 by Vista's Danielle Littleton in 2009.

Coming back a few hours later in the 300-meter low hurdles, Johnson scorched the final straight-away to clock the fastest time of the preliminaries, 41.34, which moved teammate Hannah Labrie-Smith to No. 2 all-time, eclipsing her one-year-old record of 41.67. In the finals, Johnson improved her record to 41.30, finishing third.

Johnson was also a key member of the Dons' 4x400 relay team, splitting a 57.5 leg as Cathedral clocked a 3:47.63 in the state prelims, surpassing the 10-year-old record of Morse which ran 3:49.12. The Dons team included junior Claire Hobrock, freshman Olivia Firsching, Labrie-Smith and Johnson.

All of the record-setting wasn't left on the track as Mount Miguel junior Laulauga Tausaga uncorked a monster 48-foot, 3 ½-inch mark in the shot put on her final toss of the section championships en route to finishing third in the state. Sweetwater's Aiga Maria Taumua held the old mark at 46-10 ¾. It should be noted that Tausaga still trails Mission Bay's Kathy Devine who hit 49-6 in an AAU meet on the all-time list.

Staying with the girls, Mission Hills, Suzie Acolatse wrapped up a fine high school career as she missed the section record by just a tenth of a second in the 100-meter dash at 11.53 and moved to No. 4 all-time on the 200-meter list with a personal best 23.69.

Lenford was the star for the boys as he improved dramatically from his sophomore season when she reached 49-feet, 7 ½-inches in the shot and 166-4 in the discus.

Compare those marks to his state-winning 195-4 in the discus and his 61-8 in the shot and there is every reason to believe he'll take aim at the section record in the discus (212-1 by Morse's Darius Savage in 2006) and attempt to move up the all-time list in the shot come 2016.

Looking ahead a little, the girls 800 should be an event to watch. The top five marks were recorded by returning runners with Kiley McCarthy of Carlsbad (2:08.85), Nia Akins of Rancho Bernardo (2:08.91) and La Jolla's Sakura Roberson leading the way. The record of 2:08.00 by Mt. Carmel's Lesley Noll has lasted since 1985.

Steve Brand
Editor

Thanks, Thanks, Thanks

These lists would not be possible without the help of track and field supporters like Don Jones, Rick Smith, Buzz Thom, George Green and dozens of others. Rather than mention everyone, let's just say this is a labor of love by a lot of people who still find high school track the most exciting of all sports. No part of these lists can be duplicated without the expressed written consent of the editor.

2015 Boys Leaders

(* Junior, ** Sophomore, ***Freshman)

100 (Fully Electronic)

10.77	*Nate Stinson, Helix	Dual
10.80	Jordan Miller, Oceanside	Section Finals
10.82	John Kendrick III, Morse	State Finals
10.82	Christian Sourapas, Parker	Section Prelims
10.85	*Darrell Broussard, St. Augustine	State Prelims
10.88	*Jaylen Griffin, Point Loma	Western Prelims
10.92	*Mason Vineyard, Helix	Section Finals
10.96	Alex Beck, Tri-City Christian	Ontario
10.97	Cameron Hill, Cathedral	Section Prelims
10.97	Ty'Shaun Whiting, Henry	Runge
11.00	Jared Turnage, Poway	Dual
11.03	**Benjamin Goodwin, Christian	Section Finals
11.07	*Ny Johnson, Steele Canyon	Dual
11.07	Trey Rosen, Mt. Miguel	Dual
11.07	Malik Riddle, Point Loma	Section Prelims
11.09	*Rashid Shaheed, Mt. Carmel	Dual
11.10	*Ryan Morgan, Poway	Dual
11.10	Matthew Shearin, El Cajon Valley	Jaguar
11.10	Aren Clements, La Costa Canyon	Dual
11.12	Zach Gallina, RBV	Avo West Finals
11.13	*Mekhi Stevenson, Helix	Sundevil
11.13	Nigel Rabb, EC Southwest	Dual
11.14	Ajamu Shaw, Grossmont	Dual
11.14	*Kameron Canteen, Mission Hills	Dual
11.15	Devin Goodloe, Rancho Bernardo	Jaguar
11.15	Anfernee Hamilton, Kearny	Section Prelims

200

21.49	Christian Sourapas, Parker	Section Finals
21.49	John Kendrick III, Morse	Section Finals
21.79	Edward Galloway, Olympian	Section Prelims
21.78	Cameron Hill, Cathedral Catholic	Section Finals
21.95	*Rashid Shaheed, Mt. Carmel	Section Finals
22.02	Tyreke Singleton, Morse	Section Finals
22.02	Alex Beck, Tri-City Christian	Ontario
22.10	Ajamu Shaw, Grossmont	Grossmont Prelims
22.11	Malik Hayes, Grossmont	Dual
22.14	Tyrele Antoine, RBV	Section Finals
22.16	*Nate Stinson, Helix	Dual
22.27	Julio Rodriguez, Central	Dual
22.28	Nigel Rabb, EC Southwest	Dual
22.29	Jaylen Griffen, Point Loma	Escondido
22.33	*Nick Sexton, Christian	Section Prelims
22.37	*Terrell Burgess, San Marcos	Section Finals
22.44	Chris Spierling, Carlsbad	Section Finals
22.44	Isaiah Capocciha, El Capitan	Dual
22.47	*Thomas Rintoul, Henry	Eastern Prelims

22.52	Christopher Perez, Hilltop	Dual
22.55	**Benjamin Goodwin, Christian	Section Finals
22.57	Ty'Shaun Whiting, Lincoln	Runge
22.60	Max McCloskey, El Camino	Avo West Finals
22.63	*Lucas Johnson, Mt. Carmel	Dual
22.65	Devin Goodloe, Rancho Bernardo	Section Prelims
400		
48.54	*Rashid Shaheed, Mt. Carmel	State Prelims
48.97	Edward Galloway, Olympian	Escondido
49.36	*Thomas Rintoul, Henry	Section Prelims
49.37	*Kameron Jones, Bishop's	Section Finals
49.47	**Noah Tynes, Helix	Frosh-Soph
49.46	Isaiah Capoochia, El Capitan	Grossmont Prelims
49.48	**D'Angelo Gunter, Del Norte	Frosh-soph
49.69	Terrick Singleton, Morse	Section Finals
50.27	Matt Doyle, RBV	Orange County
50.31	*Malcolm Anders, Steele Canyon	Dual
50.32	Julio Rodriguez, Central	Jaguar
50.43	Dwight Brandon, Eastlake	Dual
50.45	Erik Armes, Coronado	Central Finals
50.47	*Lucas Johnson, Mt. Carmel	Palomar Finals
50.53	*Curtis Smith, Valhalla	Section Finals
50.61	Jason Bell, Mira Mesa	Dual
50.63	***Jordan Comma, Tri-City Christian	Section Finals
50.66	Nick Hernandez, CV High Tech	Section Prelims
50.72	Thomas Reaney, West Hills	Grossmont Finals
50.74	*John Price, Otay Ranch	Section Finals
50.80	*Thomas Mackey, Del Norte	Section Prelims
50.92	**Austin Ortiz, Central	Tiger Relays
50.94	**Francisco Castillo, Calexico	Jaguar
50.96	Jeff Ouk, Mira Mesa	Eastern Prelims
800		
1:54.17	Paul Holbel, Del Norte	Section Finals
1:54.48	**Jarett Chinn, Poway	Section Finals
1:54.90	Connor Crowe, Carlsbad	Avo West Finals
1:55.22	Erik Armes, Coronado	Bronco
1:55.70	Alex Merder, La Costa Canyon	Dual
1:55.74	*Allen Siegler, University City	UCSD
1:55.84	Trelani Waters, Mission Hills	Section Finals
1:55.88	Garrett DeLong, Mt. Carmel	Section Finals
1:56.22	***Donovan Price, CV High Tech	Section Finals
1:56.46	*Tomas Miralles, LJC	Section Finals
1:55.90	Isaiah Thomas, Otay Ranch	Section Finals
1:56.36	Sydney Leverett, Olympian	Section Prelims
1:56.80	*Niko Chapman, University City	Section Finals
1:56.89	Robert Jones, Helix	Bronco
1:56.90	Evan Misuraca, Westview	Dual
1:57.37	**Alex Barr, Scripps Ranch	Dual
1:57.44	*Josh Minnie, El Camino	Escondido
1:57.7	Trevor Siniscalchi, Westview	Dual
1:57.92	*Jacob Miles, RBV	Section Prelims
1:58.03	Frank Dejong, Escondido	Escondido

1:58.18	*Thomas Rintoul, Henry	Sundevil
1:58.38	*Tanner Layton, Carlsbad	Section Prelims
1:58.50	*Alex Hernandez, Valhalla	Dual
1:58.95	*Rod Rodriguez, Valley Center	Bronco
1:58.97	***Noah Monroy, Torrey Pines	Section Prelims
1:59.00	*Anthony Versaci, RBV	Section Prelims

1600

4:10.09	Erik Armes, Coronado	State Finals
4:11.92	Alex Merder, La Costa Canyon	Section Finals
4:12.10	*Allen Siegler, University City	Section Finals
4:15.49	Trevor Siniscalchi, Westview	Sundevil
4:14.47	Evan Misuraca, Westview	Section Finals
4:17.14	***Joaquin Martinez de Pinillos, Cathedral	Section Finals
4:18.00	Alex Tucker, Westview	Dual
4:18.09	*Cameron Tomlinson, Del Norte	Section Finals
4:19.22	*Jared Dias, Vista	Dual
4:19.56	Raymond Boffman, Cathedral Catholic	Escondido
4:19.71	*Rod Rodriguez, Valley Center	Escondido
4:20.49	*Cory Vaughn, El Camino	Section Prelims
4:20.92	**Alex Barr, Scripps Ranch	Section Prelims
4:20.93	Julius Diehr, LJCD	Coastal Finals
4:21.06	*Alex Hernandez, Valhalla	Section Prelims
4:21.20	Connor Crowe, Carlsbad	Dual
4:21.55	*Bryan Johnson, La Costa Canyon	Escondido
4:21.70	*Awal Hussen, Hoover	Section Prelims
4:22.26	*Jake Thompson, San Pasqual	Section Prelims
4:22.38	Nathan Williams, Carlsbad	Dual
4:22.74	Josh Paradise, Steele Canyon	Grossmont Finals
4:22.97	Garrett DeLong, Mt. Carmel	Jaguar
4:23.00	Aren Johnson, Army-Navy Academy	Section Finals
4:23.40	**Jarett Chinn, Poway	Palomar Finals
4:23.60	*Tanner Layton, Carlsbad	Dual
4:24.01	Arman Irani, Canyon Crest	Section Finals
4:24.07	Daniel Boemer, Scripps Ranch	Section Prelims
4:24.26	Elijah Roque, Fallbrook	Section Prelims
4:24.30	*Colin Jensen, Poway	Dual

3200

9:06.63	Nathan Williams, Carlsbad	State Finals
9:06.90	Trevor Siniscalchi, Westview	State Finals
9:11.69	Raymond Boffman, Cathedral	Arcadia
9:11.26	Evan Jameson, Del Norte	Section Finals
9:12.85	Julius Diehr, LJCD	Section Finals
9:12.24	Evan Misuraca, Westview	Escondido
9:14.13	Alex Tucker, Westview	Escondido
9:14.48	*Allen Siegler, University City	Escondido
9:15.72	Erik Armes, Coronado	Escondido
9:16.57	Josh Paradise, Steele Canyon	Escondido
9:17.02	Brenner Ryan, Westview	Escondido
9:17.67	Trent Rule, Valhalla	Section Finals
9:22.37	Paul Aste, Canyon Crest	Escondido
9:22.74	Arman Irani, Canyon Crest	Escondido
9:22.97	Wyatt Hill, Rancho Bernardo	Arcadia

9:25.00	Luke Grover, University City	Escondido
9:27.49	Joe Gonzalez, Mt. Carmel	Escondido
9:30.27	Eric Lawver, La Costa Canyon	Section Prelims
9:32.20	*Jarod Diaz, Vista	Jaguar
9:34.04	Jack Conklin, Carlsbad	Section Finals
9:34.35	*Awal Hussien, Hoover	Escondido
9:34.86	*Cory Vaughn, El Camino	Avo West Finals
9:34.98	Joshua Williams, Eastlake	Sundevil
9:35.02	**Alex Egan, San Pasqual	Section Prelims
9:35.19	Connor Cavassa, San Pasqual	Dual
9:35.84	Robert Stegman, San Dieguito	Escondido
9:36.82	**Hank Tadeusiak, Cathedral	Sundevil
9:37.72	***Joaquin Martinez de Pinillos, Cathedral	Western Finals
9:38.27	Jeffery Stewart, Rancho Bernardo	Section Prelims

110HH

14.37	*Devon Alvarado, RBV	Dual
14.80	*D'Anthony Walcott, Morse	Section finals
14.82	*Mason Vineyard, Helix	Dual
14.84	John Grumbling, Oceanside	Section Prelims
14.96	*Romeo Corona, EC Southwest	Dual
14.97	Bryce Johnson, Steele Canyon	Section Finals
15.10	*Zach Kleppe, RBV	Section Finals
15.15	Joshua Alvarez, RBV	Avo West Finals
15.26	Nick Langston, Rancho Bernardo	Section Prelims
15.29	*Jacob Cesear, La Costa Canyon	Dual
15.35	*Kion Gould, La Costa Canyon	Jaguar
15.38	Bryson Parker, Vista	Jaguar
15.47	***Jeremy Clay, Valley Center	Section Prelims
15.51	Daniel Abrams, Cathedral Catholic	Western Prelims
15.54	*Deshawn Kinistion, Valhalla	Bronco
15.54	Aaron Mickelson, Morse	Eastern Prelims
15.59	*Nathan Soriano, Mt. Carmel	Section Prelims
15.65	***Tyler Saikhon, EC Southwest	IVL Finals
15.78	**Nelson Mendez, Vista	Avo West Finals
15.80	Justyn Beckham, West Hills	Section Prelims
15.86	**Drew Clark, El Camino	Dual
15.86	Deon Sanders, Scripps Ranch	Eastern Finals
15.91	***Brandon Torres., Valley Center	Dual
15.92	*Zach Podraza, Scripps Ranch	Eastern Finals
15.94	Charlie Jones, Mt. Miguel	Grossmont Prelims
15.94	*Ethan Carter, Torrey Pines	Dual
15.97	*Justin Oetting, Carlsbad	Avo West Finals
15.97	*Wyatt Adams, Granite Hills	Grossmont Prelims

300IH

38.69	John Grumbling, Oceanside	Section Finals
39.16	Brian Marcus, Calvin	Section Prelims
39.37	*Romero Corona, EC Southwest	Section Finals
39.47	*D'Anthony Walcott, Morse	Section Finals
39.53	**Tyler Saikhon, EC Southwest	IVL Finals
39.64	*Zach Kleppe, RBV	Escondido
39.94	*Ethan Carater, Torrey Pines	Section Prelims
40.15	*Cooper Bibbs, Oceanside	Section Prelims

40.26	Raymond Deng, Del Norte	Avo East Finals
40.37	*Deshawn Kiniston, Valhalla	Otay Ranch
40.37	Nick Langston, Rancho Bernardo	Dual
40.42	*Cole Ukrainetz, Escondido	Avo East Finals
40.44	*Wyatt Adams, Granite Hills	Grossmont Finals
40.46	Nathan Marin, Del Norte	Avo East Finals
40.53	**Josh Godfrey, Bonita Vista	Otay Ranch
40.58	Bryce Johnson, Steele Canyon	Escondido
40.67	Devin Goodloe, Rancho Bernardo	Escondido
40.70	Bryson Parker, Vista	Section Prelims
40.75	**Nelson Mendes, Vista	Dual
41.16	Joshua Alvarez, RBV	Escondido
41.0	Sergio Lopz, El Camino	Dual
41.20	*Jacob Ceseare, La Costa Canyon	Falcon
41.33	*Noah Boek, Henry	Eastern Prelims
41.38	*Ahmad Xallen, Coronado	Section Finals
41.41	*Rhett Reilly, Valley Center	Sundevil
41.43	**Cody Slawson, Poway	Dual
41.47	Roberto Ramirez, Fallbrook	Dual

400 Relay

42.02	Helix	Section Finals
42.13	Oceanside	Section Prelims
42.45	Rancho Bernardo	State Prelims
42.56	Mt. Carmel	Palomar Finals
42.88	Morse	Section Finals
42.96	Rancho Buena Vista	Escondido
43.05	Steele Canyon	Escondido
43.06	Point Loma	Section Finals
43.16	Del Norte	Section Finals
43.17	Christian	Section Finals
43.26	La Costa Canyon	Escondido
43.27	El Camino	Section Finals
43.27	Grossmont	Dual
43.50	Mission Hills	Dual
43.61	Carlsbad	Dual
43.62	El Capitan	Section Prelims
43.77	Vista	Avo West Finals
43.81	San Marcos	Dual
43.82	Mount Miguel	Dual
43.85	Westview	Palomar Finals
43.84	Tri-City Christian	Ontario
43.94	Bonita Vista	Dual
43.94	Otay Ranch	Dual

1600 Relay

3:19.30	Rancho Buena Vista	State Prelims
3:20.43	Del Norte	Section Finals
3:21.16	Mt. Carmel	Section Finals
3:22.55	Poway	Section Finals
3:23.53	Olympian	Section Prelims
3:25.11	Calvin Christian	Section Finals
3:25.43	Steele Canyon	Section Prelims
3:25.52	Mira Mesa	Section Finals

3:25.54	Eastlake	Section Finals
3:25.99	Carlsbad	Avo West Finals
3:26.26	Granite Hills	Section Prelims
3:26.29	El Camino	Avo West Finals
3:26.05	El Capitan	Section Prelims
3:26.30	Helix	Dual
3:27.04	Central Union	Sundevil
3:27.11	Morse	Section Prelims
3:27.33	Rancho Bernardo	Escondido
3:28.10	Mission Hills	Dual
3:29.20	Valhalla	Dual
3:29.39	La Costa Canyon	Avo West Finals
3:29.86	Scripps Ranch	Eastern Finals
3:29.93	Point Loma	Eastern Finals
3:30.43	Escondido	Escondido
3:30.49	Valley Center	Dual

High Jump

6-9	Cedell Morris, Steele Canyon	Section Finals
6-7	*Yaniv Rokach, Rancho Bernardo	Section Finals
6-7	Tom Bennett, La Costa Canyon	Section Finals
6-6	*Jacob Cesear, La Costa Canyon	Dual
6-5	*Nick Heid, St. Augustine	Section Finals
6-5	*Ryan Thompson, Calvin Christian	Section Finals
6-5	*Cameron Hepworth, Del Norte	Dual
6-4	*Alex Hain, Poway	Section Prelims
6-4	*Isaac Smith, Ramona	Sundevil
6-4	*Michael Chatman, El Camino	Dual
6-4	Davin Lemon-Rodriguez, Vista	Dual
6-3	Daniel Abrahms, Cathedral Catholic	Section Finals
6-3	*Mikey Sykes, Fallbrook	Section Finals
6-3	***Josh Bornes, San Marcos	Section Finals
6-3	**Leo Wagner, Rancho Bernardo	Dual
6-3	*Saad Awan, Central Union	Dual
6-2	Brad Cagle, El Capitan	Section Prelims
6-2	Kyle Douglas, Steele Canyon	Bronco
6-2	Christopher Barry, Orange Glen	Willie Banks
6-2	*Zach Podraza, Scripps Ranch	Dual
6-2	**Micah Wierena, Valley Center	Dual
6-2	*Will Kenney, San Marcos	Dual
6-2	Isaiah Webb, Steele Canyon	Dual
6-2	**Terry Daniels, Palo Verde	Dual
6-1	*Daniel Culley, Westview	Palomar Finals
6-1	*Ian Kennedy, Poway	Palomar Finals
6-1	Garrison Walters, Rancho Bernardo	Dual

Pole Vault

15-7	Tristan Zawadzki, Patrick Henry	Dual
15-0	*Kyle Brown, La Costa Canyon	Section Prelims
15-0	*Skyler Ng, Rancho Bernardo	Section Prelims
15-0	Colin Reynolds, Rancho Bernardo	Dual
14-9	Nathan Martinez, Steele Canyon	Section Finals
14-3	Joseph Rice, Rancho Bernardo	Section Finals
14-3	Sandris Eglitis, Torrey Pines	Dual

14-2	*Eli Hamson, Poway	Sundevil
14-0	Youngwoo Son, Del Norte	Section Prelims
14-0	Grady Watkins, University City	Escondido
14-0	Kienan Bui, Cathedral	Escondido
14-0	*Anthony LaScala, Mt. Carmel	Escondido
14-0	David Akagi, Rancho Bernardo	Dual
13-9	*Ryan Thomsen, Calvin	Section Finals
13-9	Patrick Malone, Poway	Section Finals
13-6	*Zach Podraza, Scripps Ranch	Escondido
13-6	Alex Kelley, El Camino	Avo West Finals
13-6	Brendan Cox, Vista	Dual
13-6	Micah Karahadian, Point Loma	Dual
13-6	*Peter Temprendola, Cathedral Catholic	Dual
13-6	Landon Beutler, Poway	Dual
13-2	Brannon Smudz, Poway	Sundevil
13-1	*Zack Cagle, El Capitan	Dual
13-1	*Trevor Martin, Carlsbad	Dual
13-0	Derek Tyler, Steele Canyon	Dual
13-0	Alejandro Ulloa, Bonita Vista	Dual

Long Jump

24-2	*Tanner Battikha, St. Augustine	Section Finals
24-0 ½	Jordan Miller, Oceanside	State Prelims
22-7 ¾	**Matthew DeRoos, Tri-City	Small Schools
22-6 ¾	Joshrey Estelle, RBV	Avo West Finals
22-2 ½	*Ryan Thomsen, Calvin	Section Finals
22-2	**Evan Perkins, Helix	Grossmont Finals
22-0	Cedell Morris, Steele Canyon	Grossmont Finals
22-0	*Michael Chatman, El Camino	Dual
21-11 ½	**Brennan Goring, LJCD	Section Prelims
21-11 ½	Roman Roberson, Oceanside	Dual
21-11	*Nick Sexton, Christian	Dual
21-9 ½	**Tahjai Sullivan, Mt. Carmel	Section Prelims
21-8 ¼	*Derrick Atkins, Helix	Grossmont Finals
21-8	*Jason Baker, Point Loma	Eastern Finals
21-6	Cameron Santos, Madison	Central Finals
21-6	*Caleb Ishall, Health Science	Section Prelims
21-6	**Michael Diaz, Orange Glen	Dual
21-10 ¾	*John Armentrout, El Camino	Jaguar
21-5 ½	John Grumbling, Oceanside	Cal Indoor
21-5 ¼	Christopher Perez, Hilltop	Dual
21-5	**Dominique Guevara, Grossmont	Section Finals
21-4 ½	***Isaac Taylor, St. Augustine	Dual
21-4 ¼	Cameron Hill, Cathedral	Escondido
21-4	**Brandon Lewis, Madison	Dual

Triple Jump

48-4	Jordan Miller, Oceanside	Section Finals
46-6 ¼	**Matthew DeRoos, Tri-City	Section Finals
46-3	*Tanner Battikha, St. Augustine	Dual
45-8	Roosevelt Johnson, Steele Canyon	Section Finals
45-6	Roman Roberson, Oceanside	Section Finals
45-1	Brendan Roderick, Santana	Section Finals
44-11	*Isaiah Harris, Serra	Section Finals

44-9 ¼	Will Christmas, Oceanside	Section Prelims
44-8	Tyler Nelson, Westview	Dual
44-8	*Sean Atkins, Helix	Grossmont Finals
44-7 ½	Tom Bennett, La Costa Canyon	Section Finals
44-1 ½	Nevin Sarao, Mira Mesa	Section Prelims
44-0 ½	*Antonio Riggins, Olympian	Willie Banks
43-11 ¾	Nick Brunetto, Scripps Ranch	Section Prelims
43-11	Lucky Khounchanh, Otay Ranch	Dual
43-8	*Jason Baker, Point Loma	Dual
43-6 ½	*Ryan Thomsen, Calvin	Small Schools
43-6 ½	Issa Ghandour, West Hills	Mt. Carmel Distance
43-5	*Ryan Peacock, El Camino	Escondido
43-4	*Michael Chatman, El Camino	Dual
43-2	Chris Klugh, Eastlake	Sundevil
43-1 ½	*Nick Heid, St. Augustine	Section Prelims
42-11 ½	*Terrell Burgess, San Marcos	Dual
42-11	Alejandro Ulloa, Bonita Vista	Dual
42-10	*Jonathan Babayev, Patrick Henry	Escondido

Shot Put

61-8	*Charles Lenford, Oceanside	Valley Finals
55-0	Joey DeMarco, Torrey Pines	Dual
53-9 ½	*Colton Clark, Poway	Dual
53-9	*Tanner Miller, El Camino	Section Finals
53-2 ¼	*Devin Lecakes-Jones, Rancho Bernardo	Section Prelims
52-7 ½	*Ryan Peacock, El Camino	Section Prelims
51-5 ½	Edward Jones, Mira Mesa	Dual
51-2 ½	Mau Ena, Vista	Dual
50-9	*Connor Anderson, Ramona	Valley Finals
50-3 ¼	Dom Hose, Poway	Palomar Finals
49-11 ¼	Daniel O'Beirne, Point Loma	Section Prelims
49-2 ½	Connor Kish, El Camino	Escondido
49-1	*Mike Alves, St. Augustine	Dual
48-10 ¼	Ivan Duran, Mater Dei Catholic	Section Finals
48-10	Joseph Kaletta, Mission Hills	Dual
48-8	Jose Rosales, RBV	Escondido
48-4	Jeremiah Quichocho, El Capitan	Dual
48-2 ½	Brian Wahl, Torrey Pines	Dual
47-8 ½	**Cole Hardan, San Pasqual	Sundevil
47-6 ¼	Thomas Fadden, Kearny	Section Finals
46-11 ¼	Garrison Young, Carlsbad	Avo West Finals
46-11	**Chase Lane, Rancho Bernardo	Frosh-Soph
46-7 ½	**Kyree Woods, Steele Canyon	Frosh Soph
46-6	**Kirkland Kinsey, El Camino	Frosh-Soph

Discus

195-4	*Charles Lenford, Oceanside	State Finals
170-10	*Connor Anderson, Ramona	Valley Finals
164-1	*Mike Alves, St. Augustine	Dual
163-11	Mau Ena, Vista	Dual
162-6	*Tanner Miller, El Camino	Dual
159-4	*Jacob Lopez, Otay Ranch	Section Finals
158-8	Myles Hundley, Torrey Pines	Section Finals
156-4	*Ryan Peacock, El Camino	Avo West Finals

154-5	*Colton Clark, Poway	Dual
150-6	*Henry Ragsdale III, Lincoln	Section Finals
150-6	Tanner Althaus, West Hills	Dual
149-11	*Anthony Sommers, San Dieguito	Dual
148-5	Edwards Jones, Mira Mesa	Eastern Finals
148-4	Jeremyah Quichocho, El Capitan	Dual
148-3	Connor Holsapple, Scripps Ranch	Bronco
146-8	*Devin Lecakes-Jones, Rancho Bernardo	Section Prelims
145-2	Jake Michaels, Poway	Section Finals
143-2	David Faatuiese, Vista	Dual
140-9	*David Culliton, Poway	Section Prelims
140-3	**Trevor Haumschilt, Poway	Section Prelims

2015 Girls Leaders

(* Junior, ** Sophomore, ***Freshman)

100

11.53	Suzie Acolatse, Mission Hills	Section Prelims
11.75	*Jackie Patterson, Rancho Bernardo	Section Finals
12.14	Ralaina LiDrazzah, Olympian	Sundevil
12.14	Imani Blincoe, Imperial	Dual
12.18	Summer Mason, Carlsbad	Section Finals
12.20	***Jada Wilson, El Camino	Section Prelims
12.26	*Holly Stallman, Ramona	Section Prelims
12.27	Ki'arah Johnson, Point Loma	Sundevil
12.30	*Dani Johnson, Cathedral Catholic	Western Prelims
12.32	Melissa Mongiovi, West Hills	Bronco
12.32	**Giselle Dougan, Mt. Carmel	Section Prelims
12.34	Hannah Labrie-Smith, Cathedral	Western Finals
12.36	**Calista Fletcher, Scripps Ranch	Eastern Prelims
12.45	Sophia Ledbetter, Santa Fe Christian	Section Prelims
12.45	*Jaiden Phillips, San Diego	Jaguar
12.52	**Katie Preston, Vista	Dual
12.52	**Jada Hammermeister, Torrey Pines	Dual
12.64	**Inez Pires, Helix	Grossmont Prelims
12.66	**Carmen Voss, RBV	Section Prelims
12.68	**Shanique Simpson, Morse	Eastern Prelims
12.69	Keyera McBryde, Helix	Bronco
12.70	***Leia Salongo, Mira Mesa	Dual
12.71	Alyssa Campa, Steele Canyon	Section Prelims
12.73	*Camille Sotelo, Monte Vista	Section Finals
12.74	**Paige Richard, Poway	Section Prelims
12.75	Haile Santana, Valley Center	Section Prelims

200

23.69	Suzie Acolatse, Mission Hills	Section Prelims
24.20	*Jackie Patterson, Rancho Bernardo	Section Finals
24.64	Summer Mason, Carlsbad	Section Finals
24.96	Ralaina LiDrazzah, Olympian	Section Prelims
25.03	***Jada Wilson, El Camino	Section Finals
25.24	**Shanique Simpson, Morse	Section Prelims
25.29	Melissa Mongiovi, West Hills	Section Prelims
25.30	*Symone Griffith, Grossmont	Dual
25.41	*Holly Stallman, Ramona	Section Prelims
25.57	**Jolize Frank, Morse	Section Prelims
25.57	Ki'arah Johnson, Point Loma	Section Prelims
25.62	Hannah Labrie-Smith, Cathedral	Dual
25.71	**Calista Fletcher, Scripps Ranch	Eastern Prelims
25.75	Gabby Scott, Westview	Dual
25.75	*Jazleen Wharry, Olympian	Section Prelims
25.77	Sophia Ledbetter, Santa Fe Christian	Section Prelims
25.82	Hayley Leonard, Poway	Dual
25.83	**Sakura Roberson, La Jolla	Dual
25.87	**Kiley McCarthy, Carlsbad	Sundevil
25.88	***Leia Salongo, Mira Mesa	Eastern Prelims
25.91	**Gizelle Dougan, Mt. Carmel	Dual

25.94	***Madeline Fikel, La Jolla	Section Prelims
25.94	Haile Santana, Valley Center	Section Prelims
26.00	*Dani Johnson, Cathedral	Dual
26.00	***Olivia Firsching, Cathedral	Frosh-Soph
26.02	*Ann Caroline Kaseberg, Torrey Pines	Dual
400		
55.85	Melissa Mongiovi, West Hills	Section Finals
56.26	Hannah Labrie-Smith, Cathedral	Falcon
56.30	Gabby Scott, Westview	Arcadia
56.82	**Jolize Franks, Morse	Section Finals
56.96	**Kiley McCarthy, Carlsbad	Mt. SAC
57.09	Hayley Leonard, Poway	Section Finals
57.0	**Sakura Roberson, La Jolla	Dual
57.46	*Jackie Patterson, Rancho Bernardo	Dual
57.75	***Olivia Firsching, Cathedral	Section Finals
57.80	*Michelle Gould, La Costa Canyon	Section Finals
57.90	*Ann Caroline Kaseberg, Torrey Pines	Section Finals
58.24	**Shanique Simpson, Morse	Section Prelims
58.58	***Leyla McFarland, Eastlake	Dual
58.80	*Dominique Banks, Helix	Grossmont Finals
58.93	*Bailey DeHaven, Granite Hills	Grossmont Finals
59.09	Ruth Allen, San Pasqual Academy	Section Prelims
59.11	**Kayla Bierschbach, Coronado	Section Finals
59.16	*Lea Ortiz, SD High Tech	Section Finals
59.42	**Devin Hoffman, Poway	Dual
59.43	*Claire Hobrock, Cathedral	Dual
59.4	Suzie Acolatse, Mission Hills	Dual
59.68	**Kragen Metz, Canyon Crest	Dual
59.87	*Alyssa Valdez, Central Union	Jaguar
59.92	*Tajanique Bell, Steele Canyon	Dual
1:00.04	***Callie Feikert, Mt. Carmel	Jaguar
800		
2:08.85	**Kiley McCarthy, Carlsbad	State Finals
2:08.91	*Nia Akins, Rancho Bernardo	State Finals
2:11.83	**Sakura Roberson, La Jolla	State Prelims
2:13.08	*Kelly Bernd, Canyon Crest	Dual
2:15.60	*Sarah Abrahamson, La Costa Canyon	Falcon
2:15.88	Taylor Seamans, Torrey Pines	Dual
2:16.31	Ann Kelly, University City	Mt. SAC
2:16.34	**Kragen Metz, Canyon Crest	Frosh-Soph
2:17.04	Hallie Pullum, Point Loma	Escondido
2:17.80	Hayley Leonard, Poway	Dual
2:17.90	*Jourdan Wilson, El Camino	Section Prelims
2:18.28	*Claire Hobrock, Cathedral	Escondido
2:18.76	*Meaghan Donnelly, Torrey Pines	Section Finals
2:18.80	Bryanna Fuller, Rancho Bernardo	Dual
2:19.40	***Renee Laurenzana, San Pasqual	Dual
2:19.70	***Carlene Masar, Steele Canyon	Section Prelims
2:19.80	**Paige Carter, San marcos	Dual
2:20.23	*Savannah Santiago, Poway	Escondido
2:20.37	*Sarah Hawley, Mt. Carmel	Section Finals
2:20.62	**Ameya Patel, Cathedral	Section Prelims

2:20.97	Hannah Labrie-Smith, Cathedral	Mt. Carmel Distance
2:20.97	*Keely Roche, Scripps Ranch	Falcon
2:21.08	*Rachel Ereso, La Costa Canyon	Section Prelims
2:21.20	Alexandra Hernandez, Granite Hills	Arnie Robinson
2:22.60	Jacqueline Garner, Torrey Pines	Dual
2:22.64	***McKenna Brown, La Costa Canyon	Dual
2:22.95	Macenzi McGuire, Torrey Pines	Falcon

1600

4:51.39	*Kelly Bernd, Canyon Crest	State Finals
4:59.41	Bryanna Fuller, Rancho Bernardo	Dual
4:59.42	*Sarah Abrahamson, La Costa Canyon	Section Finals
5:01.21	***Leyla McFarland, Eastlake	Section Prelims
5:01.93	***Renee Laurenzana, San Pasqual	Section Prelims
5:02.99	Jacqueline Garner, Torrey Pines	Dual
5:03.61	*Nia Akins, Rancho Bernardo	Escondido
5:05.46	***McKenna Brown, La Costa Canyon	Frosh-Soph
5:07.00	***Carlene Masar, Steele Canyon	Section Finals
5:07.78	**Paige Carter, San Marcos	Avo East Finals
5:08.55	Natalie North-Cole, Carlsbad	Dual
5:08.61	Ann Kelly, University City	Western Finals
5:09.70	Kelli Stetson, San Pasqual	Dual
5:11.03	**Kira Loren, Canyon Crest	Dual
5:11.60	**Erica Barrett, Westview	Sundevil
5:12.08	Krista Kloha, Westview	Section Finals
5:12.71	**Alexandria Respes, Mira Mesa	Frosh-Soph
5:12.92	*Riley Prohaska, La Costa Canyon	Dual
5:13.11	Elena Garcia, Mt. Carmel	Jaguar
5:13.62	*Jordan Wilson, El Camino	Section Prelims
5:13.94	**Alex Calegari, Poway	Dual
5:14.12	Macenzi McGuire, Torrey Pines	Escondido
5:14.27	**Laura Moran, Mt. Carmel	Arnie Robinson
5:14.33	**Renee Phillips, Coronado	Section Finals
5:15.50	Angela Ortlieb, San Pasqual	Dual

3200

10:45.99	*Kelly Bernd, Canyon Crest	Escondido
10:53.20	Jacqueline Garner, Torrey Pines	Escondido
10:57.52	Bryanna Fuller, Rancho Bernardo	Mt. SAC
11:01.47	Kayden Carpenter, El Capitan	Section Finals
11:02.06	Ann Kelly, University City	Arcadia
11:03.68	**Erica Barrett, Westview	Section Finals
11:06.75	Elena Garcia, Mt. Carmel	Escondido
11:07.97	Angela Ortlieb, San Pasqual	Escondido
11:10.30	Kelli Stetson, San Pasqual	Dual
11:11.15	**Laura Moran, Mt. Carmel	Escondido
11:14.36	**Alex Calegari, Poway	Palomar Finals
11:16.66	*Sarah Abrahamson, La Costa Canyon	Laguna Distance
11:17.12	**Kassady Learn, Rancho Bernardo	Dual
11:18.20	**Janice Dequerio, Santana	Dual
11:19.01	Natalie North-Cole, Carlsbad	Avo West Finals
11:21.22	**Paige Carter, San Marcos	Frosh-Soph
11:21.42	*Nia Akins, Rancho Bernardo	Dual
11:22.21	Natalia LaSpada, LJC	Arcadia

11:22.40	**Jasmine Rippey, Coronado	Section Finals
11:22.70	***McKenna Brown, La Costa Canyon	Avo West Finals
11:24.77	**Sienna Santiago, SD High Tech	Jaguar
11:24.78	Toni Bronars, Scripps Ranch	Bronco
11:25.22	Macenzi McGuire, Torrey Pines	Dual
11:25.62	**Renee Phillips, Coronado	Jaguar
11:27.99	*Riley Prohaska, La Costa Canyon	Dual
11:29.80	***Ellie Misuraca, Westview	Palomar Finals
11:29.89	***Carlene Masar, Steele Canyon	Dual
11:30.08	*Kaitlyn Umstead, Poway	Escondido

100 Hurdles

13.86	*Dani Johnson, Cathedral	State Prelims
14.32	Leah Molter, Valhalla	Grossmont Prelims
14.66	*Tajanique Bell, Steele Canyon	Grossmont Prelims
14.67	Hannah Labrie-Smith, Cathedral	Section Prelims
14.72	*Hannah Nealis, Valley Center	Jaguar
15.34	***Asia Smith, Mission Hills	Section Prelims
15.34	***Adiva Joseph, San Diego	Section Prelims
15.42	**Shayla Oliver, Mira Mesa	Section Finals
15.53	*Nicole Martin, La Costa Canyon	Section Prelims
15.56	*Ruby Mandell, Del Norte	Arcadia
15.58	*Alana Sinclair, San Diego	Section Prelims
15.60	Sophia Hernandez, San Dieguito	Section Finals
15.66	*Arryanna Dean, San Diego	Section Prelims
15.83	Jordan Maggeo, Scripps Ranch	Eastern Prelims
15.87	*Rayelleah Moore, Granite Hills	Grossmont Prelims
15.89	Caroline Page, El Camino	Section Prelims
15.95	Melissa Ventura, RBV	Avo West Finals
15.97	*Karina Ehrig, Vista	Avo West Finals
16.00	Courtney Justus, Point Loma	Section Prelims
16.00	**Teigan O'Donnell, La Costa Canyon	Dual
16.08	Janeth Moya, Hilltop	Section Prelims
16.12	Aryanna Freeman, Patrick Henry	Section Prelims
16.21	Allison Detrick, Point Loma	Section Prelims
16.23	**Cambria Galloway, Cathedral	Dual
16.27	*Karli Renken, Del Norte	Section Prelims
16.31	**Akaya Thomas, Helix	Grossmont Prelims

300LH

41.30	*Dani Johnson, Cathedral	State Finals
42.32	Leah Molter, Valhalla	State Finals
42.62	Hannah Labrie-Smith, Cathedral	Arcadia
43.91	*Tajanique Bell, Steele Canyon	Escondido
44.71	Maddie Murray, Poway	Arcadia
44.96	*Hannah Nealis, Valley Center	Section Finals
45.44	*Ruby Mandell, Del Norte	Falcon
45.87	***Kate Thomas, Torrey Pines	Frosh-Soph
45.92	Janeth Moya, Hilltop	Section Prelims
45.93	*Olivia Nash, Calvin	Section Prelims
46.22	***Alia Scott, Vista	Avo West Finals
46.29	*Nicole Martin, La Costa Canyon	Escondido
46.39	*Danielle Pettit, Valley Center	Section Finals
46.48	Jordan Maggeo, Scripps Ranch	Section Finals

46.59	**Cambria Galloway, Cathedral	Frosh-Soph
46.69	*Arryanna Dean, San Diego	Jaguar
46.70	**Devin Hoffman, Poway	Frosh-Soph
46.72	**Nicole Golba, Cathedral	Section Prelims
47.21	***Adiva Joseph, San Diego	Section Prelims
47.25	*Alana Sinclair, San Diego	Section Prelims
47.44	*Allison Mojica, Mt. Carmel	Section Prelims
47.46	**Shayla Oliver, Mira Mesa	Frosh-Soph
47.48	*Karli Renken, Del Norte	Section Finals
47.67	**Teigan O'Donnell, La Costa Canyon	Dual
47.70	*Raelleah Moore, Granite Hills	Grossmont Finals
47.83	**Ashlee Watkins, University City	Section Prelims
47.84	***Megan Mattson, Sage Creek	Frosh-Soph
47.90	*Khala Clarke, Mira Mesa	Eastern Finals

400 Relay

47.37	Rancho Bernardo	Section Finals
47.54	Cathedral Catholic	Section Finals
47.99	Torrey Pines	Section Finals
48.09	Helix	Section Finals
48.34	Carlsbad	Section Finals
48.47	Poway	Section Finals
48.90	Steele Canyon	Section Finals
49.53	Mt. Carmel	Palomar Finals
49.31	Olympian	Section Finals
49.61	Morse	Section Finals
49.63	El Camino	Avo West Finals
49.64	Valhalla	Grossmont Finals
49.65	Rancho Buena Vista	Avo West Finals
49.66	EC Southwest	Dual
49.67	La Costa Canyon	Avo West Finals
49.80	San Diego	Jaguar
50.12	Mira Mesa	Dual
50.15	Vista	Avo West Finals
50.24	Valley Center	Section Prelims
50.24	Granite Hills	Grossmont Finals
50.26	West Hills	Section Prelims
50.31	Eastlake	Dual
50.35	Ramona	Section Finals
50.44	Del Norte	Avo East Finals
50.53	La Jolla	Section Finals
50.74	Sweetwater	Frosh-Soph

1600 Relay

3:47.63	Cathedral Catholic	State Prelims
3:54.04	Poway	Section Finals
3:55.69	Rancho Bernardo	Section Finals
3:59.43	Mt. Carmel	Section Finals
3:59.46	Carlsbad	Section Prelims
4:00.98	Steele Canyon	Section Finals
4:01.28	Torrey Pines	Section Finals
4:02.16	Eastlake	Section Prelims
4:02.59	Valhalla	Section Prelims
4:03.70	Valley Center	Section Finals

4:04.34	RBV	Escondido
4:04.85	Del Norte	Avo East Finals
4:05.29	El Camino	Section Prelims
4:05.65	Scripps Ranch	Section Prelims
4:05.67	San Pasqual	Avo East Finals
4:05.86	Granite Hills	Section Prelims
4:06.76	West Hills	Grossmont Finals
4:07.05	La Costa Canyon	Escondido
4:08.57	San Diego	Jaguar
4:09.67	Helix	Section Prelims
4:10.53	La Jolla	Dual
4:10.95	Ramona	Section Finals

High Jump

5-5	**Alana Snow, Carlsbad	Dual
5-5	Emily Fields, Cathedral	Arcadia
5-4	Sydney Yates, RBV	Willie Banks
5-4	*Emily Wolover, Bonita Vista	Dual
5-3	**Asia Smith, Mission Hills	Section Finals
5-3	**Brianna Kruis, Santana	Dual
5-2 ½	*Meagen Sutton, Coronado	Dual
5-2	Brenda Linares, Imperial	Willie Banks
5-2	*Wisdom Hill, Oceanside	Willie Banks
5-2	*Clara Padinske, Valley Center	Dual
5-2	*Cameron Douma, Valhalla	Dual
5-2	**Elizabeth Yocom, Valhalla	Dual
5-2	*Kirsten Kulhanek, Monte Vista	Dual
5-2	*Mikayla Kricfalusi, SD High Tech	Dual
5-1	Katrina Lusky, Calvin Christian	Section Finals
5-1	**Izzy Landis, Maranatha	Section Finals
5-1	**Jules Liebenritt, Carlsbad	Dual
5-1	***Tori Palacki, Rancho Bernardo	Dual
5-0	**Sharik Joseph, San Diego	Tiger
5-0	**Ilona Malinovska, El Camino	Mt. Carmel Distance
5-0	Jaquel Quest, Olympian	Otay Ranch
5-0	*Melissa Maize, El Capitan	Grossmont Finals
5-0	**Denicia Dixon, Morse	Eastern Finals
5-0	Natalie Knudsen, Cathedral	Dual
5-0	***Caroline Lawlet, Scripps Ranch	Dual
5-0	***Jaycee Smith, Ramona	Dual
5-0	Autumn Pearson, Otay Ranch	Dual
5-0	Christina Ellis, Torrey Pines	Dual
5-0	***Raemi DeWent, Valhalla	Dual

Pole Vault

12-1	Claire Chandler, Cathedral	Western Finals
12-0	*Sara Wagenveld, Calvin Christian	Coastal Finals
11-6	*Bianca Becker, Canyon Crest	Escondido
11-0	Katy Lynch, Steele Canyon	Otay Ranch
11-0	***McKenna Brown, La Costa Canyon	Dual
10-10	**Kayla Myers, Poway	Section Finals
10-7	*Ariana Soriano, Poway	Section Finals
10-7	*Amy Tuey, Del Norte	Section Finals
10-6	*Danielle Pettit, Valley Center	Escondido

10-6	Hyewon Jung, Rancho Bernardo	Dual
10-1	*Rowan Griffiths, Point Loma	Section Finals
10-1	*Megan Standifer, Rancho Bernardo	Section Finals
10-0	Courtney Ransom, Rancho Bernardo	Dual
10-0	*Jordyn Fox, El Capitan	Dual
10-0	*Samantha Coon, Point Loma	Dual
10-0	Kim Klarer, Ramona	Dual
9-11	McKenna Kepple, Granite Hills	Grossmont Finals
9-6	***Gina Stone, Poway	Dual
9-6	*Miliena Chakraverti-Wuerthwein, TP	Dual
9-6	**Catherine Groenke, Cathedral	Dual
9-6	**Lotta Vesala, Rancho Bernardo	Dual
9-5	*Bliss Montemayor, Steele Canyon	Grossmont Finals
9-2	**Victoria Hilke, Santana	Dual
9-1	***Madeline Mosser-Frye, University City	Dual

Long Jump

18-8	Deajanae Harvey, Granite Hills	Section Finals
18-3 ¼	***Cierra Steward, Helix	Section Finals
18-0	*Imani Williams, Escondido	Dual
17-10	*Kaitlyn Iwanowicz, Torrey Pines	Escondido
17-9	*Alesha Bond, El Camino	Avo West Finals
17-8 ¼	Johanna Noiseaux, Eastlake	Section Finals
17-7 ½	***Vanessa Spivewski, RBV	Section Finals
17-6 ½	**Asia Smith, Mission Hills	Dual
17-6 ½	Jaia Piland, Mission Bay	Runge
17-6	**Shamar Davis, Helix	Section Prelims
17-5 ½	*Hannah Nealis, Valley Center	Dual
17-5	**Mercedes Beckham, Oceanside	Dual
17-4 ½	*Holly Stallman, Ramona	Dual
17-4 ½	*Katelyn Butler, Cathedral	Western Prelims
17-3 ¾	Courtney Justus, Point Loma	Dual
17-3	**Teigen O'Donnell, La Costa Canyon	Avo West Finals
17-1	Sarah Phillips, Cathedral	Western Prelims
16-11 ½	*Sydney Barnes, Olympian	Section Prelims
16-11 ¼	***Dejanae Thompson, Morse	Section Prelims
16-11	Wi Chen, Eastlake	Jaguar
16-10 ½	Dona Stephens, Otay Ranch	Escondido
16-10	**Elizabeth Yocom, Valhalla	Grossmont Finals
16-10	*Kaylene Schuler, Julian	Arnie Robinson
16-9	*Brittany Barnes, Mission Bay	Dual
16-8 ½	*Katelyn Heffler, OLP	Western Finals
16-8 ½	**Lachelle Autry, Granite Hills	Grossmont Finals
16-8	*Emily Wolover, Bonita Vista	Dual

Triple Jump

39-0 ¾	Deajanae Harvey, Granite Hills	Section Finals
38-1 ½	**Cambria Galloway, Cathedral	Section Finals
38-1 ¼	Johanna Noiseux, Eastlake	Section Finals
37-11 ½	Olivia Nash, Calvin Christian	Section Finals
37-4 ¾	*Sydney Barnes, Olympian	Section Prelims
37-1	Isabel Lopez, Imperial	IVL Prelims
36-7 ¾	Courtney Justus, Point Loma	Section Finals
36-7 ¾	**Totyana Simien, Scripps Ranch	Section Prelims

36-6	Andria Hsieh, Torrey Pines	Section Finals
36-2 ½	**Nicole Golba, Cathedral	Section Prelims
36-0	Anna Wardell, Steele Canyon	Grossmont Finals
35-10	*Alesha Bond, El Camino	Section Prelims
35-9 ½	**Zaynah Daley, El Camino	Section Prelims
35-7 ¼	***Jade Cany, Torrey Pines	Section Prelims
35-6 ½	**Sharik Joseph, San Diego	Frosh-Soph
35-6	*Tatyana Hamlett, San Diego	Section Prelims
35-5 ½	Melissa Ventura, RBV	Orange County
35-2 ½	Katrina Lusky, Calvin Christian	Section Prelims
35-2	Allison Detrick, Point Loma	Dual
35-1	*Isabella Hoang, Torrey Pines	Dual
35-0	*Ilona Malinovska, El Camino	Avo West Finals
34-10 ½	*Amber Chau, Scripps Ranch	Section Prelims
34-9 ½	**Mercedes Beckham, Oceanside	Frosh-Soph
34-9	**Jenna Killian, West Hills	Frosh-Soph
34-8	**Cydney Gilbert, West Hills	Grossmont Finals

Shot Put

48-3 ½	*Laulauga Tausaga, Mt. Miguel	Section Finals
42-0	*Michelle Altice, Del Norte	Dual
40-2	*Khiya Mohamed, Imperial	Section Finals
39-11	Teairah Jackson, Castle Park	Section Finals
39-1 ¼	**Jasmyn Gordon, Del Norte	Section Finals
39-0 ½	Sabrina Dozier, Steele Canyon	Section Finals
38-11	Tierrah Lewis, Health Science	Runge
38-3 ¾	Sarah Reich, Westview	Section Finals
38-3	Erykah McNairy, San Diego	Jaguar
38-2	*Bertha Sola, Morse	Dual
37-11	*Devean Moon, Del Norte	Mt. SAC
37-10 ½	Larisa Cabarle, Escondido	Dual
37-3	*Kaydence Drummond, San Marcos	Dual
36-5	Caroline Slatten, Steele Canyon	Grossmont Finals
36-4 ½	Sarah Montion, Castle Park	Section Prelims
36-2	*Chelsea Huggins, Julian	Runge
35-9	**Emily Donovan, El Camino	Dual
35-3	**Bianca Wilson, Mt. Carmel	Sundevil
35-1	***Jonan Salaam, Chula Vista	Runge
34-11	**Eva Matautia, Poway	Frosh-Soph
34-8 ¾	Tiffany Johnson, San Diego	Dual
34-5 ¾	*Hiwalani Sierra, Point Loma	Dual
34-5	Patricia Benrey, Torrey Pines	Dual
34-4	*Shaylee Bowman, El Capitan	Dual
34-3 ½	**Taylor Devore, West Hills	Dual
34-2 ¾	Esther Nofodji, Hoover	Section Prelims

Discus

156-7	*Laulauga Tausaga, Mt. Miguel	Grossmont Finals
139-6	*Kaydence Drummond, San Marcos	Section Finals
139-0	Bertha Sola, Morse	Section Finals
136-4	Ester Nofodji, Hoover	State Prelims
134-11	*Michelle Altice, Del Norte	Avo East Finals
128-7	*Devean Moon, Del Norte	Section Prelims
126-7	*Khiya Mohamed, Imperial	Dual
126-2	Sabrina Dozier, Steele Canyon	Section Finals

125-7	*Sara Wagenfeld, Calvin Christian	Dual
124-3	Lorisha Cabarle, Escondido	Dual
119-6	*Hiwalani Sierra, Point Loma	Dual
118-4	Ashley Washburn, Mission Hills	Dual
117-9	Sarah Reich, Westview	Dual
116-8	Haley Halsey, RBV	Escondido
114-9	Sarah Montion, Castle Park	Section Finals
114-6	*Gaby Davila, Westview	Dual
114-3	**Taylor Devore, West Hills	Grossmont Finals
113-10	*Tiffany Johnson, San Diego	Dual
113-4	*Julie Hume, Poway	Dual
113-2	**Carmen Castronovo, Del Norte	Dual
112-10	Teairah Jackson, Castle Park	Jaguar
112-4	*Alexis Williams, Morse	Sundevil
111-10	*Chelsea Huggins, Julian	Section Prelims
111-8	Morgan Rogers, RBV	Avo West Finals
110-2	*Shaylee Bowman, El Capitan	Section Finals

All-Time San Diego Track & Field Performances

Boys

100 Meters (Fully Electronic)

Mark	Name School	Year
10.30	Riley Washington, Southwest	1992
10.42	Reggie Bush, Helix	2002
10.45	Vince Williams, University City	1996
10.45	Darron Norris, El Camino	1984
10.46	Ike Okenwa, Morse	1998
10.49	Paul Turner, University City	1993
10.53	Kevin Shields, San Diego	1981
10.55	Joe Cooks, Mission Hills	2009
10.55	Bryant Eubanks, El Camino	1995
10.56	Maurice Patterson, Oceanside	2007
10.59	Lamont Long, University City	2000
10.59	Stephen Hayes, University City	1999
10.59	Darnay Scott, Kearny	1991
10.60	Jared Pickering, Rancho Bernardo	2011
10.60	Dax Danns, Helix	2005
10.63	Brandon Lucas, Poway	2014
10.63	Justin Freeman, Carlsbad	2010
10.63	Dylan McCloskey, El Camino	2012
10.64	Jamal Alston, Rancho Buena Vista	2008
10.64h	Patrick Rowe, Lincoln	1987
10.65	Scott Hammond, Lincoln	1992
10.65	Devon Ward, University City	1998
10.65	Derrell Hutsona, Helix	2003
10.66	R.J. Oliver, Escondido	1999
10.66	Evan Gray, Poway	2012
10.67	Blake Frazier, University City	2001
10.67	Mike Roberts, Henry	2000
10.67	Troy Kuretich, San Pasqual	1981
10.67	Raymond Ethridge, Crawford	1987
10.68	Bassim El-Sabawi, Torrey Pines	2010
10.69	John Kendricks III, Morse	2014
10.70	Kiyoshi Moody, Castle Park	1989
10.70	Teddy Lawrence, Morse	1990
10.71	Glen Reyes, Orange Glen	1989
10.73	Shamone Fletcher, Mira Mesa	2010
10.73	Fiat Johnson, Serra	2002
10.73	Larry Miles, Crawford	1999

100 yards (Fully Electronic)

9.61 David Russell, Henry 1977

100 Yards (Hand)

9.4 Elijah Jefferson, Crawford 1974
9.4 Paul Day, Kearny 1982
9.5 Ed Buchanan, Kearny 1958
9.5 James Milton, Morse 1972
9.5 Kipperr Bell, Henry 1979
9.6 Arnold Tripp, Crawford 1959
9.6 Vernus Ragsdale, Lincoln 1962
9.6 Charles Sanford, San Diego 1963
9.6 Lanard Morris, Lincoln 1972
9.6 Bruce Girasole, Madison 1972
9.6 Ron Edmerson, Lincoln 1975
9.6 Michael Patrick, Lincoln 1976

200 Meters

20.97 Ike Okenwa, Morse 1998
20.99 Vince Williams, University City 1996
21.00 Ray Ethridge, Crawford 1987
21.06 Reggie Bush, Helix 2002
21.07 Devon Ward, University City 1998
21.08 Riley Washington, Southwest 1992
21.09 Darron Norris, El Camino 1984
21.13 Jared Pickering, Rancho Bernardo 2011
21.16 Deun White, Rancho Bernardo 2002
21.18 Brandon Lucas, Poway 2014
21.23 Darnay Scott, Kearny 1991
21.26 Dax Danns, Helix 2005
21.26 Fiat Johnson, Serra 2002
21.27 Joe Cooks, Mission Hills 2009
21.31 Michael Stevenson, Morse 1988
21.34 Lydell Burston, Morse 1996
21.35 Antony Ardis, Mission Hills 2013
21.41 Arthur Orange, RBV 1998
21.42 Scott Hammond, Lincoln 1992
21.43 Maurice Patterson, Oceanside 2007
21.43 Paul Day, Kearny 1981
21.44 Maurice Strickland, Mira Mesa 2009
21.44 Larry Miles, Crawford 1999
21.45 Dylan McCloskey, El Camino 2012
21.45 R.J. Oliver, Escondido 1999
21.45 Steve Hayes, University City 1998
21.46 Jere Miller, Henry 1994
21.47 Lamont Long, University City 2000
21.47 Maurice Douglas, San Diego 1999
21.47 Glen Reyes, Orange Glen 1989
21.49 Christian Sourapas, Francis Parker 2015
21.49 John Kendrick III, Morse 2015
21.51 Gerald Johnson, Sweetwater 1982
21.52 Patrick Rowe, Lincoln 1987

220 Yards (Hand)

21.0	Kipperr Bell, Henry	1978
21.0	Roscoe Cook, San Diego	1956
21.0	Dave Blunt, Escondido	1961
21.0	David Russell, Henry	1976
21.1	Arnold Tripp, Crawford	1959
21.1	Vernus Ragsdale, Lincoln	1962
21.1	Russ Eckhardt, Granite Hills	1963
21.1	Bill Massey, Chula Vista	1964
21.1	Elijah Jefferson, Crawford	1975
21.2	Bill Walters, Sweetwater	1956
21.2	Ed Buchanan, Kearny	1958
21.2	Stan Morgan, Mission Bay	1964
21.2	Johnny Mack Ellis, Lincoln	1966
21.2	Milton Weaver, Pt. Loma	1978
21.3	Gary Hafner, Helix	1963
21.4	Jimmy Willson, San Diego	1929
21.4	Mushy Pollock, San Diego	1933
21.4	Darnes Johnson, San Diego	1950
21.4	Bobby Staten, San Diego	1957
21.4	Larry Fisher, Hoover	1958
21.4	Byron Olander, Helix	1964
21.4	Bruce Girasole, Madison	1972
21.4	Danny Miller, Morse	1973

400 Meters

46.85	Lydell Burston, Morse	1996
47.07	Clinton Lane, Henry	1995
47.16	Vince Williams, University City	1996
47.19	Da'Sean Cunningham, University City	2003
47.20	Nico Reaves, Lincoln	2008
47.22	Michael Stevenson, Morse	1988
47.23	Ray Carter, Morse	1995
47.36	Deun White, Rancho Bernardo	2001
47.40	Walfrido Rodriguez, Mt. Miguel	2011
47.41	Jere Miller, Henry	1994
47.59c	Mike Adkins, Bonita Vista	1979
47.61	Keegan Ryan, Carlsbad	2009
47.71	Maurice Douglas, San Diego	1999
47.77	Arthur Orange, RBV	1998
47.79	Brady Douglas, Mt. Miguel	2001
47.82	Brian Thomas, Scripps Ranch	2013
47.88	Joe Cooks, Mission Hills	2008
47.88	Scott Sims, La Costa Canyon	1997
47.99	Jose Prieto, Palo Verde	2012
48.00	David Gayden, Morse	1985
48.08	James Rhoades, Ramona	2004
48.09	Bryan Bartling, Grossmont	1997
48.10	Eric Robinson, Fallbrook	1985
48.10	Marvel Wynne, Poway	2004
48.11	Tobe Ezeokoli, Mt. Carmel	2014
48.12	Roy Carls, Pt. Loma	1982
48.14	Terran Franklin, Helix	1999
48.14	Jerome Gross, Hoover	1989

48.15	Chancise Watkins, Palo Verde	2010
48.16	Ryan Morgan, Ramona	2008
48.17	D.J. Contreras, Valley Center	2001
48.18	Patrick Rowe, Lincoln	1987
48.27	Hosea Tate, Mt. Miguel	2009
48.30	Marcus Sumpter, Fallbrook	2008
48.31	Marcus Pierce, Sweetwater	2009
48.34	Aaron Rogers, Carlsbad	2012
48.34	Ben Maypole, Granite Hills	2006
48.34h	Devon Ward, University City	1998
48.35	John Denny, Morse	1985
48.35	Marshall Evans, Mira Mesa	1991
48.39	Brandon Lucas, Poway	2014
48.40	Jay Hackett, Morse	1999
48.44	Ricky Sharpe, Mt. Carmel	1998
48.44	Dax Danns, Helix	2005
48.45	Brandon Howard, Steele Canyon	2013
48.47	Charles Jock, Mission Bay	2008
48.51	Elliott Sanders, Hoover	2009
48.58	Boris McDaniel, Lincoln	2000

440 Yards

47.28	Tony Banks, Morse	1979
47.3	Milton Mitchell, Lincoln	1970
47.3	Donald Tyler, Lincoln	1971
47.6	Mike Singletary, San Diego	1965
48.1	Therlee Murphy, Lincoln	1968
48.2	Donald Moore, Morse	1974
48.4	Danny Stewart, San Diego	1977
48.5	Tom Agsten, Hoover	1963
48.6	Donn Renwick, Grossmont	1964
48.6	Bruce Ruff, El Cajon	1967
48.6	Seneca Godwin, Kearny	1968
48.6	John Willson, Pt. Loma	1972

800 Meters

1:50.21	Shyan Vaziri, Scripps Ranch	2011
1:50.25	Mark Senior, Mt. Miguel	1988
1:50.31	Mac Fleet, University City	2009
1:50.47	Alex Monsivaiz, Army-Navy	2012
1:50.66	Charles Jock, Mission Bay	2008
1:51.61	Alex Grigoriev, Rancho Bernardo	2013
1:51.96	Jesse Camp, El Capitan	1994
1:51.99	Matt Carpowich, Torrey Pines	2011
1:52.05	Jesse O'Brien, San Pasqual	2006
1:52.11	Francis O'Neill, San Pasqual	1989
1:52.23	Matt Silva, San Pasqual	1993
1:52.33	Adrian Mangoba, Vista	2014
1:52.36	Tom Ellsworth, Pt. Loma	1983
1:52.40	Alejandro Vargas, Vista	2006
1:52.44	Carlos Bojorquez, Kearny	2011
1:52.51	Randy Pensinger, El Camino	2005
1:52.59	Aaron Powell, Poway	2000
1:52.69	Sean Ricketts, Rancho Bernardo	2000

1:52.73	Shawn O'Neal, Oceanside	1980
1:52.77	Ajani Brown, Crawford	1996
1:52.84	Jimmy Ungricht, Fallbrook	2001
1:52.87	Jorge Rodriguez, Fallbrook	1989
1:52.91	Dustin Diaz, West Hills	1998
1:52.96	Bannon Greer, Valley Center	2014
1:53.03	Shan Forehand, Mt. Carmel	1987
1:53.04	Chris Brewer, RBV	2011
1:53.05	Trent Newquist, Torrey Pines	2011
1:53.05	Mark Hauser, St. Augustine	1994
1:53.13	Jared Emmons, Vista	2000
1:53.13	Alex Gronette, Westview	2013
1:53.27	A.J. Acosta, El Camino	2004
1:53.38	Alfred Haselrig, Otay Ranch	2009
1:53.43	Oscar Soto, El Cajon Valley	2014
1:53.44	Jack Kuzminsky, Torrey Pines	2014
1:53.45	Ben Aragon, West Hills	2001
1:53.48	Jeree Henry, El Camino	2006

880 Yards

1:49.2	Bob Hose, Madison	1964
1:50.4	Terry Rodgers, Hilltop	1966
1:51.6	Jim Brennan, El Camino	1979
1:52.3	Paul Becklund , Henry	1975
1:52.6	Dave Brown, Poway	1978
1:52.7	Jim Cerveny, Mission Bay	1957
1:52.7	John Garrison, Hoover	1962
1:53.0	Dan Ungricht, Monte Vista	1967
1:53.2	Tim Danielson, Chula Vista	1966
1:53.3	Tom Ecklund, St. Augustine	1966
1:53.3	Armando Valencia, El Cajon	1966

1600 Meters

4:04.95	A.J. Acosta, El Camino	2006
4:05.33	Mac Fleet, University City	2009
4:06.15	Meb Keflezighi, San Diego	1994
4:06.52	Shawn O'Neal, Oceanside	1980
4:07.21	Matt Carpowich, Torrey Pines	2011
4:08.97	Mark Hauser, St. Augustine	1994
4:08.15	Darren Fahy, La Costa Canyon	2012
4:09.44	Evan Fox, West Hills	2000
4:09.58	Larry Henderson, Mira Mesa	1995
4:10.08	Jon Rankin, Monte Vista	2000
4:10.09	John Seeman, Helix	1981
4:10.09	Erik Armes, Coronado	2015
4:10.27	Joe Manuel, Kearny	1982
4:10.44	Marcus Chandler, Serra	1999
4:10.75	Paul Greer, St. Augustine	1982
4:10.78	Robert Fithen, Serra	1984
4:11.11	Derek Morton, Mt. Carmel	2014
4:11.12	Chris Brewer, Rancho Buena Vista	2010
4:11.36	Marc Davis, San Diego	1987
4:11.52	Mark Dani, Valhalla	1986
4:11.59	Troy Swier, Mar Vista	2003

4:11.64	Andy Davis, Henry	1987
4:11.64	Christian Freeman, Carlsbad	2013
4:11.69	Austin Jett, Eastlake	2007
4:11.75	Jason Martin, Fallbrook	1987

Mile

3:59.4	Tim Danielson, Chula Vista	1966
4:02.7i	Thom Hunt, Henry	1976
4:02.90	Mac Fleet, University City	2009
4:03.96	A.J. Acosta, El Camino	2006
4:05.5	Terry Cotton, El Cajon	1972
4:05.58	Meb Keflezighi, San Diego	1994
4:08.6	Steve Whitcomb, Helix	1979
4:08.8	Armando Valencia, El Cajon	1967
4:09.0	Francis O'Neill, San Pasqual	1989
4:09.1	Tom Davidson, El Cajon	1968
4:09.91	Daniel Das Neves, Helix	1992
4:10.0	Ron Roberts, Morse	1979
4:10.6	Tom Smith, Granite Hills	1974
4:10.8	Thorn Bigley, Clairemont	1967
4:10.8	Jay Woods, Vista	1974
4:11.33i	Mark Hauser, St. Augustine	1994
4:11.8	Lloyd Apgar, Lincoln	1967

3,200 Meters

8:51.94h	Meb Keflezighi, San Diego	1994
8:52.65	Christian Freeman, Carlsbad	2013
8:53.95	Steven Fahy, La Costa Canyon	2014
8:53.78	Collin Jarvis, RBV	2009
8:54.21	Darren Fahy, La Costa Canyon	2012
8:56.38	Marc Davis, San Diego	1987
8:59.68	Chris Brewer, RBV	2011
8:59.96	Matt Carpowich, Torrey Pines	2011
9:00.07	Sean Evans, Henry	1980
9:00.92	Tal Braude, Torrey Pines	2014
9:01.12	Jose Vega, Chula Vista	1982
9:01.77	Eric Avila, Bonita Vista	2007
9:02.22	Marcus Chandler, Serra	1999
9:03.14	Bill Cleves, Helix	1979
9:03.2	Rich Brownsberger, Valhalla	1988
9:03.79	Mac Fleet, University City	2009
9:03.95	Ellis Del Sol, Hilltop	1985
9:04.02	Daniel Das Neves, Helix	1992
9:05.09	Matt McInvale, Ramona	1999
9:06.32	Larry Henderson, Mira Mesa	1996
9:06.35	Devin Elizondo, Mission Bay	1994
9:06.63	Nathan Williams, Carlsbad	2015
9:06.90	Trevor Siniscalchi, Westview	2015
9:07.99	Eric Causey, La Costa Canyon	2012
9:08.14	Nazario Romero, San Pasqual	1992
9:08.29	Babey Wagnew, Helix	2004
9:08.34	Pat Green, La Jolla	1984
9:08.56	Travis Laird, San Marcos	2000

2-Mile

8:45.2	Thom Hunt, Henry	1976
8:46.32	A.J. Acosta, El Camino	2006
8:49.1i	Mark Dani, Valhalla	1986
8:53.8	Dale Fleet, Clairemont	1971
8:54.8	Terry Cotton, El Cajon	1972
8:55.24	Steven Fahy, La Costa Canyon	2014
8:55.4	Tim Danielson, Chula Vista	1966
8:59.6	Kirk Pfeffer, Crawford	1974
9:00.8	Ed Mendoza, Helix	1971
9:01.0	Otis Martin, Lincoln	1967
9:01.4	Armando Valencia, El Cajon	1967
9:02.2	Tom Davidson, El Cajon	1968
9:03.6	Don Olson, Monte Vista	1967
9:03.6	Jeff Woodland, La Jolla	1979
9:05.0	Rick Rose Helix	1979

110 Meter High Hurdles

13.86	Reggie DePass, Montgomery	1997
13.92	Jacob Hare, Scripps Ranch	2011
13.96	Kevin Finley, Granite Hills	2010
13.98	Jeff Hunter, Granite Hills	2001
14.03	Bryon Barner, Helix	2004
14.08	Bobby Salimi, Rancho Bernardo	2000
14.09	Julian Todd-Borden, La Costa Canyon	2012
14.13	Ronald Brookins, Helix	2007
14.14	Elijah Muhammad, Morse	2009
14.16	Devin Hickey, Vista	2011
14.19	Jake Kuritz, Torrey Pines	1995
14.21	Devin Saunders, Rancho Bernardo	2011
14.22	Isiah Jackson, El Camino	2012
14.25	Steve Forte, El Camino	1995
14.28	Blake Frazier, University City	2002
14.30	Ramsey Hopkins, Torrey Pines	2009
14.31	Tony Golston, Pt. Loma	1999
14.31	Keith Williams, Escondido	1991
14.33	Travis Knox, San Dieguito	1984
14.37	Jacob James, Granite Hills	2012
14.37	Devon Alvarado, RBV	2015
14.38	Chris Jones, Morse	1990
14.38	DarNell Talbert, Mt. Carmel	2001
14.39	Ben Hartinger, San Pasqual	2013
14.41	Shane Martin, Eastlake	2014
14.42	Grant Zebold, Cathedral Catholic	2012
14.43	David Klarer, Steele Canyon	2009
14.43	Eric Bell, Castle Park	1991

110 Yard High Hurdles

14.0	Bruce Mitchell, El Camino	1981
14.0	Jeff Smith, Serra	1982
14.1	Ted Scales, Lincoln	1966
14.1	David Edwards, Lincoln	1966
14.1	Marion Franklin, Lincoln	1969

14.1	Mike Person, Kearny	1972
14.1	Robert Mosley, Oceanside	1973
14.1	Willie Banks, Oceanside	1974
14.2	Ed Johnson, Oceanside	1968
14.2	Doug Jones, Lincoln	1968

300 Meter Intermediate Hurdles

36.25	Jeff Hunter, Granite Hills	2001
36.44	Kevin Jones, Mt. Miguel	1988
36.82	Felix Sanchez, University City	1995
36.98	Tony Golston, Pt. Loma	1999
37.00	Tracy Smith, RBV	1997
37.04hc	Keith Williams, Escondido	1991
37.18	Kevin Finley, Granite Hills	2010
37.20	Jay Taylor, St. Augustine	1985
37.22	Reggie DePass, Montgomery	1996
37.27	Bobby Salimi, Rancho Bernardo	2000
37.34	Brandon Bornes, RBV	2003
37.38	Jake Hare, Scripps Ranch	2011
37.45	Grant Zebold, Cathedral Catholic	2012
37.47	Brian Fell, Rancho Bernardo	1995
37.61	Alex Allen, Mt. Carmel	2011
37.65	Brandon Howard, Steele Canyon	2013
37.89	Chris Jones, Morse	1990
37.92	Jake Kuritz, Torrey Pines	1995
37.95	Julian Todd-Borden, La Costa Canyon	2012
37.98	Steve Forte, El Camino	1994
37.98	Roberto Archibold, Monte Vista	2006
38.03	Marcus Vasquez, Otay Ranch	2008
38.05	Terry Herron, Oceanside	1985
38.06	Devin Saunders, Rancho Bernardo	2011
38.12	Chase Peterson, Canyon Crest	2012
38.14h	Dexter Monroe, Henry	1989
38.21	Tyrae Jones, El Camino	2002
38.24h	Travis Knox, San Dieguito	1985
38.24h	Jarrel Davis, El Camino	2005
38.26	Mike Cunningham, West Hills	2002
38.27	Bryon Barmer, Helix	2003
38.29	DarNell Talbert, Mt. Carmel	2000
38.30	Cory Dart, Granite Hills	2003
38.34	Isiah Jackson, El Camino	2012
38.36	Kurt Hurley, Carlsbad	2003
38.37	David Klarer, Steele Canyon	2009
38.39	Ahmed Dent, Mira Mesa	1990
38.40	Sadat Piggee, Castle Park	1994
38.40	Tyler Nelson, Del Norte	2014
38.44	Ben Hartinger, San Pasqual	2013
38.44h	Mario O'Conner, Escondido	1989
38.44h	Osmond Swanegan, Morse	1986
38.47	Devin Hickey, Vista	2010
38.47	James Travis, Orange Glen	1998
38.49	Bruce Stone, University City	1986

400 Meter Relay

40.65	University City	1998
41.00	Helix	2002
41.00	Helix	2003
41.00	El Camino	1994
41.05	University City	2000
41.06	Morse	1997
41.16	Granite Hills	2001
41.17	Helix	2001
41.22	Morse	1995
41.23	University City	2001
41.24	University City	1999
41.25	San Diego	1999
41.30	El Camino	1995
41.34	University City	1997
41.40	University City	1996
41.41	Morse	1998
41.45	Poway	2014
41.46	Morse	2001
41.46	Morse	1996
41.51	University City	2002
41.52	University City	1994
41.59	University City	1995
41.60	San Diego	1994
41.62	Morse	1988
41.67	Rancho Bernardo	2011
41.69	Crawford	1987
41.69	Lincoln	1990
41.84	Morse	1990
41.86	Helix	2003
41.86	University City	1993
41.87	Granite Hills	2014
41.88	Serra	1982
41.88	Rancho Bernardo	1995
41.90	Escondido	2007
41.90	Lincoln	2000
41.90	El Camino	1993

440 Yard Relay

41.5	Lincoln	1968
41.5	San Diego	1971
41.5	Crawford	1975

1,600 Meter Relay

3:10.80	Morse	1996
3:14.54	Morse	1987
3:14.69	Henry	1994
3:15.08	Morse	1998
3:15.46	Steele Canyon	2009
3:15.48	University City	1995
3:15.54	Morse	1987

3:15.66	Lincoln	2008
3:15.77	Morse	1985
3:15.78	Poway	2013
3:16.11	Mt. Miguel	1988
3:16.23	Helix	2003
3:16.34	University City	2003
3:16.56	Granite Hills	2001
3:16.60	Mt. Miguel	2011
3:16.73	University City	2002
3:16.77	Morse	1995
3:17.07	Mira Mesa	1990
3:17.09	Ramona	2010
3:17.17	Morse	1999
3:17.30	Serra	2000
3:17.35	Scripps Ranch	2011
3:17.54	Steele Canyon	2012
3:17.63	Lincoln	1994
3:17.96	Helix	2001
3:18.00	West Hills	2000
3:18.45	Rancho Bernardo	2000
3:18.59	Mira Mesa	1991
3:18.63	Patrick Henry	1989
3:18.71	Granite Hills	2014
3:18.86	San Diego	1994
3:19.04	Morse	1989
3:19.04	Mt. Carmel	2014

Mile Relay

3:14.8	Morse	1979
3:15.5	Lincoln	1968
3:16.4	Morse	1977
3:16.8	Morse	1974
3:18.6	Helix	1968
3:18.7	Helix	1978

High Jump

7-2	Frank Schiefer, Madison	1979
7-1	Tynan Murray, Poway	2008
7-0 $\frac{1}{4}$	Jerry Culp, Oceanside	1970
7-0	Brandon Ford, Mt. Carmel	2011
7-0	Tyler Jordan, Ramona	2010
7-0	Keno White, Rancho Bernardo	2002
7-0	Eric Hollins, Escondido	1998
6-10 $\frac{1}{4}$	Nathan Gwozdz, La Jolla	2005
6-10	Deante Kemper, Serra	2011
6-10	Greg LaCoste, Henry	1976
6-10	Alex Williams, El Camino	1978
6-10	Kelly Watkins, San Diego	1982
6-10	Matt Farmer, Monte Vista	1987
6-10	Chris Staton, Henry	2000
6-9 $\frac{3}{4}$	Ed Hanks, Hoover	1964
6-9 $\frac{3}{4}$	Brett Edmondson, Santana	1983
6-9 $\frac{1}{4}$	Phil Singleton, San Diego	1967
6-9 $\frac{1}{4}$	Tim Brown, Morse	1967

6-9 ¼	Jim Geddes, La Jolla	1973
6-9 ¼	Brian Negrete, El Cajon	1988
6-9	Cedell Morris, Steele Canyon	2015
6-9	Tyler Arroyo, Westview	2014
6-9	Brandon Green, Bonita Vista	2012
6-9	Alex Templeton, Poway	2009
6-9	Aaron McCalmont, Granite Hills	2008
6-9	Nelson Rosario, El Camino	2007
6-9	Desi Burt, Serra	2004
6-9	Jason Gatewood, RBV	1999
6-9	Johnny Green, Lincoln	1979
6-9	Dean Owens, El Cajon	1970

Pole Vault

16-8	Derek Scott, El Camino	2005
16-6	Jeff Coover, La Jolla	2005
16-6	Scott Finley, Granite Hills	2005
16-6	Kyle Pater, Mt. Carmel	2013
16-4	Mike Brown, Torrey Pines	1995
16-4	Kevin Jones, University City	2006
16-3	Connor Rouse, Vista	2012
16-2	Travis Offner, Mt. Carmel	2000
16-1	Billy Matthies, Rancho Bernardo	2003
16-1	Pat Alduenda, Ramona	1987
16-0	Xander Law, Otay Ranch	2013
16-0	Ryan Zacchelli, Rancho Bernardo	2012
16-0	Matt Steverson, Rancho Bernardo	2004
15-9	Charlie Bush, Poway	2014
15-9	Dillon Fox, La Costa Canyon	2010
15-9	Jonathon Hori, Escondido	2004
15-9	Chris Buddin, Orange Glen	1993
15-9	Dan Shimooka, San Pasqual	1995
15-9	Matt Poirier, Mt. Carmel	1995
15-8	Ryan McClain, Escondido	2003
15-8	Adrian Ruark, Point Loma	2002
15-8	Jonathon Takahashi, Grossmont	2000
15-8	Andy Sullivan, Rancho Bernardo	2006
15-7	Tristan Zawadzki, Patrick Henry	2015
15-7	Zack Miller, Rancho Bernardo	2003
15-7	Matt Lehman, San Dieguito	1988
15-7	Jason Rice, Fallbrook	1993
15-6	Jay Rafail, Vista	1987
15-6	Rick Lotterer, San Pasqual	1988
15-6	Sean Daley, Vista	1999
15-6	Sejoon Park, Rancho Bernardo	2005
15-6	Cory Phallen, Rancho Bernardo	2006
15-6	Nate Will, Rancho Bernardo	2008
15-6	Zack Logan, Rancho Bernardo	2011

Long Jump

25-5 ¼	Doyle Steel, San Diego	1966
25-5	Jerome Price, University City	1989
25-1 ¼	Dokie Williams, El Camino	1978
24-11	Lewis King, Lincoln	1967

24-9	Derrell Hutsona, Helix	2003
24-9	Arnold Tripp, Crawford	1959
24-8 ½	Jaecob Snow, El Camino	2011
24-8 ½	Nelson Rosario, El Camino	2008
24-6 ¼	Tom Brown, Castle Park	1989
24-6	Chevy King, Castle Park	2012
24-6	Demetrious Westbrooks, Morse	2003
24-5 ¾	James Kennedy, Lincoln	1962
24-5 ½	Pierre Frazier, Hoover	1965
24-4	Bouncy Moore, San Diego	1968
24-3 ¾	Dan Herman, Granite Hills	1998
24-3 ½	Sydney Rush-Dunigan, Point Loma	2013
24-2 ¾	Willie Banks, Oceanside	1974
24-2 ½	Gary Lee, Hoover	2007
24-2	Scott Hammond, Lincoln	1990
24-2	Corri Moore, Monte Vista	1993
24-2	Charles James, Morse	1997
24-2	Hansell Wilson, Valhalla	2011
24-2	Tanner Battikha, St. Augustine	2015
24-0 ¾	Willie Steele, Hoover	1941
24-0 ¾	Eugene Gunn, Oceanside	1981
24-0 ½	Jordan Miller, Oceanside	2015
24-0 ¼	Ken Tucker, Lincoln	1959
24-0	Luther Hayes, Lincoln	1956
24-0	George Williams, Kearny	1958
24-0	Arnie Robinson, Morse	1966
24-0	Tony Hamilton, Castle Park	1978
24-0	Ray Howard , Montgomery	1979
24-0	Gary Taylor, Morse	1992

Triple Jump

52-0	Von Ware, RBV	1994
51-3	Willie Banks, Oceanside	1974
51-2 ½	Dokie Williams, El Camino	1977
51-2	Lenny McGill, Orange Glen	1989
50-5 ½	Damon Carson, San Diego	1988
50-5 ½	Draper Rivers, Morse	1997
50-3 ½	Charles Huff, La Jolla	1988
49-9 ¾	Tyrone Pope, El Camino	1983
49-8 ¾	Keno White, Rancho Bernardo	2002
49-8 ½	Cary Taylor, Morse	1992
49-7 ½	Tyriff Rudder, Mt. Miguel	1997
49-6 ½	Marquis Roberts, Otay Ranch	2011
49-4 ¾	Karlin Stewart, Mt. Miguel	2006
48-9	Stefan McClure, Vista	2010
49-3 ½	Tony Ortiz, Helix	2000
48-11 ¼	Reggie Mitchell, Sweetwater	1994
48-10	Alan Osborne, El Cajon	1982
48-9 ½	Jordan Hines, Eastlake	2011
48-8 ¾	Craig Montgomery, El Camino	1978
48-8	Kevin Dodds, Oceanside	2013
48-8	Terry Sweet, Morse	1991
48-6 ½	Travis Johnson, Morse	2010
48-4	Joey Hauser, Vista	2003

48-4	Jordan Miller, Oceanside	2015
48-3	Trandon Harvey, Sweetwater	2001
48-3	Nelson Rosario, El Camino	2006
48-2	Anthony Sanford, Lincoln	1996
48-2	Franklin Gladney, El Camino	2005
48-2	Justin Malishan, Mission Hills	2010

Shot Put

76-2	Brent Noon, Fallbrook	1990
66-3 ½	Darius Savage, Morse	2006
65-11 ¼	Curt Hampton, El Cajon	1974
65-5 ½	Dotun Ogundeji, Madison	2014
64-11	Pete Schmock, San Dieguito	1968
64-11	Billy Joe Winchester, Mt. Miguel	1970
64-8	Dan Ames, El Capitan	1998
64-3 ½	George Brown, Granite Hills	1967
63-10 ¾	Bernard Grady, Scripps Ranch	1999
63-4	Ken Pole, El Capitan	1978
63-3	Jared Bray, Mission Bay	2003
62-11 ½	Boldizar Kocsor, University City	2004
62-7 ½	Tony Sotelo, Ramona	1996
62-7 ½	Matt Gauthier, Valhalla	1978
61-10 ½	Vili Makihele, San Marcos	1998
61-8	Charles Lenford, Oceanside	2015
61-6 ¼	Ed Speed, Grossmont	1961
61-5 ¾	Jim Wade, Grossmont	1957
61-4	Brian Boggess, El Capitan	1986
61-2 ¼	David Spates, Monte Vista	2008
60-10 ½	Greg Baer, Grossmont	1973
60-10	Dick Verdon, Hoover	1957
60-9	Doug Nelson, Helix	1964
60-8	Mark Malone, El Cajon	1976
60-5	Taras Rhode, Fallbrook	1998
60-4 ½	Dick Bronson, Grossmont	1954
60-3 ¼	Steve Dougherty, Mt. Miguel	1969
60-2 ½	Mark Bailey, Helix	1979
60-1 ¼	John Pottinger, Helix	1961
60-0 ½	Blake Asbill, Carlsbad	2009

Discus

212-1	Darius Savage, Morse	2006
206-5	Daniel Schaerer, Bishop's	2004
200-8	Brent Noon, Fallbrook	1990
199-9	Dan Ames, El Capitan	1999
195-8	Billy Joe Winchester, Mt. Miguel	1970
195-4	Charles Lenford, Oceanside	2015
194-5	Dotun Ogundeji, Madison	2014
194-4	Brenden Song, West Hills	2013
194-1	Thomas Hart, St. Augustine	2010
192-6	Mark Malone, El Cajon	1976
191-3	Brian Boggess, El Capitan	1986
191-2	Matt Gauthier, Valhalla	1977
189-8	George Liebe, Granite Hills	1995
188-10	Mark Weber, El Camino	2007

188-10	Travis Jones, Mira Mesa	2000
186-9	Jonathon Ward, Poway	2000
185-7	Mark Bailey, Helix	1979
183-10	Phil Cookson, Grossmont	1980
183-4	David Spates, Monte Vista	2008
183-3	Mike Tull, Fallbrook	2006
183-0	Nick Allotta, Rancho Bernardo	2003
182-11	Mike Armstrong, University City	1999
182-9	Kris Lettow, Helix	1976
181-9	Bill Harvey, Vista	1973
180-3	Tooran Gilliam, San Diego	1997
180-2	Tyler Ellis, Rancho Bernardo	2003
179-7	Logan Peterson, Ramona	2010
178-3	Tony Sotelo, Ramona	1996
178-2	Jamal Newman, El Camino	2013
177-10	Paul Holborn, Valhalla	1980
177-7	Chris Bonwell, Rancho Bernardo	2007
176-2	Boldizsar Kocsor, University City	2004
172-2	Mark Weber, El Camino	2006

All-Time San Diego

Track & Field Performances

Girls

100 Meters

Mark	Name	School	Year
11.43	Jasmine Gibbs,	El Camino	2012
11.51	Gail Devers,	Sweetwater	1984
11.53	Suzie Acolatse,	Mission Hills	2015
11.56	Jackie Thompson,	Lincoln	1973
11.61	Monique Henderson,	Morse	2000
11.65	Jolanda Diego,	El Camino	2004
11.69	Jenna Puterbaugh,	Santa Fe Christian	2010
11.71	Tenille Stoudenmire,	Rancho Bernardo	2009
11.75	Jackie Patterson,	Rancho Bernardo	2015
11.84	Akiba McKinney,	Monte Vista	1995
11.87	Alicia Lowery,	Morse	2003
11.89	Kortney Ross,	Westview	2010
11.90	Tashia McKinney,	Monte Vista	1990
11.92	Angela Sullivan,	Serra	1991
11.93	Velisa Harris,	Morse	1983
11.96	DeCola Groce,	Morse	1997
11.97	Ellen Jones,	Mt. Miguel	1981
11.98	Hannah Labrie-Smith,	Cathedral Catholic	2014
11.98	Miche Scott,	El Camino	2012
11.98	Sparkle Anderson,	Serra	2003
11.99	Zakirrah Beverly,	USDHS	2001
11.99	Kunsha Miller,	Morse	1994
12.03	Khyla Freeman,	Carlsbad	2014
12.03	Kim Matthews,	Morse	1987
12.04	Mandy Ross,	Christian	2006
12.06	Chris Cooksey,	Hoover	1981
12.08	Ashley Rhodes,	Mt. Miguel	1986
12.09	Alexis Ferebee,	Mission Bay	2012
12.09	Yolanda Fitch,	Morse	1987
12.09	Angela Kimmey,	University City	1989
12.10	Rashauna Amos,	E.C. Southwest	2004
12.10	Aja Wheeler,	University City	2005

100 Yards

11.7	Judy Reed,	Crawford	1978
11.8	Vicki Belser,	Vista	1977
11.8	Janice Wiser,	La Jolla	1978
11.8	Chris Herring,	Morse	1978
11.9	April Freow,	Morse	1985
11.9	Charlotte Zepherin,	Morse	1980

200 Meters

23.08	Jackie Thompson, Lincoln	1973
23.16	Monique Henderson, Morse	2001
23.56	Jolanda Diego, El Camino	2004
23.69	Suzie Alcolatse, Mission Hills	2015
23.70	Jenna Puterbaugh, Santa Fe Christian	2010
23.88	Jasmine Gibbs, El Camino	2012
23.93	Tenille Stoudenmire, Rancho Bernardo	2009
24.06	Kim Matthews, Morse	1987
24.11	Shakara Lott, University City	2005
24.20	Jackie Patterson, Rancho Bernardo	2015
24.21	Angela Sullivan, Serra	1991
24.33	Lana Garner, Morse	1996
24.43	Allison Dring, Mt. Carmel	1990
24.44	Melissa Mongiovi, West Hills	2013
24.46	Nastassja Hall, RBV	2000
24.49	Kuneshia Miller, Morse	1994
24.49	Alexis Hernandez, Mt. Carmel	2012
24.51	Akiba McKinney, Monte Vista	1995
24.52	Vanessa Houston, Hoover	2009
24.54	Vanessa Bobo, Morse	2005
24.60c	Ellen Jones, Mt. Miguel	1981
24.61	Dani Johnson, Cathedral	2013
24.62	DeCola Groce, Morse	1997
24.63	Monica Henderson, Morse	1990
24.64	Zikarrah Beverly, USDHS	2001
24.64	Summer Mason, Carlsbad	2015
24.66	Mandy Ross, Christian	2006
24.66	Karly Zlatic, La Jolla	2012
24.69	Jonette Smiley, Serra	2001
24.69	Velisa Harris, Morse	1983
24.71	Angela Kimmey, University City	1990
24.72	Casey Loveland, Granite Hills	1996
24.75	Taylor Larch-Miller, Torrey Pines	2012
24.75	Tashia McKinney, Monte Vista	1990
24.77	Janie James, Helix	2005
24.78	Rashauna Amos, E.C. Southwest	2004
24.82	Shani Freeman, Crawford	1990
24.83	Viviana Gonzalez, Mater Dei	2013
24.83	Ciera Ray, Fallbrook	2000
24.87	Estelle Jackson, Morse	1981
24.87	Katina Bugg, Henry	1990
24.87	Alexis Ferebee, Mission Bay	2012
24.92h	Atiba Green, University City	1996
24.93	Aja Wheeler, University City	2005
24.94	Lauren Kodama, Westview	2006

220 Yards

24.0	Judy Reed, Crawford	1978
24.2	Janice Wiser, La Jolla	1974
24.3	Vicki Belser, Vista	1976
24.4	Danita Young, Crawford	1978
24.6	Lauren Russell, Mt. Carmel	1982
24.6	Nikki Majsterski, Serra	2009

400 Meters

50.74	Monique Henderson, Morse	2000
53.53	Janice Wiser, La Jolla	1974
54.05	Shakara Lott, University City	2005
54.09	Lana Garner, Morse	1996
54.29	Allison Dring, Mt. Carmel	1990
54.37	Janie James, Helix	2005
54.70	Melissa Mongiovi, West Hills	2013
54.79	Charlotte Zepherin, Morse	1980
55.19	Shani Freeman, Crawford	1989
55.42	Alexis Hernandez, Mt. Carmel	2012
55.58	Betsy Armitage, Clairemont	2013
55.63	Vanessa Houston, Hoover	2009
55.75	Whitney Schmucker, La Jolla	2001
55.82	Lesley Noll, Mt. Carmel	1985
55.98	Lauren Lopez, Carlsbad	2013
56.04	Kelly McCann, La Costa Canyon	2002
56.14h	Amy Jones, Henry	1981
56.16	Karly Zlatic, La Jolla	2012
56.17	Yolanda Fitch, Morse	1986
56.22	Corryn Barney, Henry	2011
56.25	Hannah Labrie-Smith, Cathedral	2015
56.27	Gail Devers, Sweetwater	1982
56.30	Gabby Scott, Westview	2015
56.43	Mandy Ross, Christian	2006
56.46	Miriam White, Southwest	1985
56.49	Michelle Gould, La Costa Canyon	2014
56.54h	Karen Nielsen, Valhalla	1984
56.59	Sabrina Edge, RBV	1996
56.64	Amy Taylor, Rancho Bernardo	1998
56.65	Jasmine Winfield, Oceanside	2002
56.67	Tracy Baker, Monte Vista	1985
56.67	Starla Henderson, Morse	1998
56.72	Tenille Stoudenmire, Rancho Bernardo	2008
56.73	Katina Bugg, Henry	1990
56.74	Nastassja Hall, RBV	2001
56.82	Jolize Frank, Morse	2015
56.84	Jasmine Askew, Scripps Ranch	2010
56.87	Jasmine Chukwueke, Scripps Ranch	2006
56.94	***Kiley McCarthy, Carlsbad	2014
56.94	Lakenya Simon-West, Grossmont	2005
56.95	Aroline Neal, RBV	1998
56.96	Kylie McCarthy, Carlsbad	2015
56.99	Naomi Mattos, Fallbrook	2001

440 Yards

56.2	Tracy Baker, Monte Vista	1982
57.1	Helen Fulton, Bonita Vista	1977
57.2	Vanessa Thompson, San Diego	1976

800 Meters

2:08.00	Lesley Noll, Mt. Carmel	1985
2:08.46	Laura Chapel, University City	1986
2:08.74	Jenna Timinsky, San Dieguito	2002
2:08.85	Kylie McCarthy, Carlsbad	2015
2:08.91	Nia Akins, Rancho Bernardo	2015
2:09.06	Darcy Arreola, Grossmont	1985
2:09.11	Charlotte Kuzminsky, Canyon Crest	2011
2:09.42	Whitney Schmucker, La Jolla	2002
2:09.94	Alli Billmeyer, Torrey Pines	2010
2:10.15	Denise Upsher, Torrey Pines	1986
2:10.45	Kelly McCann, La Costa Canyon	2003
2:10.70	Carina Gillespie, Otay Ranch	2013
2:11.07	Gail Devers, Sweetwater	1982
2:11.79	Camille Dredge, Torrey Pines	1999
2:11.83	Sakura Roberson, La Jolla	2015
2:12.03	Robin Eager, Vista	1985
2:12.12	Ashlyn Dadkhah, Torrey Pines	2012
2:12.16	Elizabeth Apgar, Lincoln	2009
2:12.24c	Melanie Hand, Fallbrook	1992
2:12.28	Katie Sammer, Rancho Bernardo	2013
2:12.34	Nihal Kayali, La Jolla	2009
2:12.44	Allison Hall, Rancho Bernardo	2002
2:12.48	Amonica Phipps, Morse	2001
2:12.61	Holly Neshat, Scripps Ranch	2012
2:12.62	Sammy Silva, Our Lady of Peace	2009
2:12.69	Cassie Atkinson, El Capitan	2004
2:12.77	Natalie Neshat, Scripps Ranch	2012
2:12.80	Tracy Baker, Monte Vista	1983
2:12.99	Dani Schuster, Torrey Pines	2003
2:13.08	Kelly Bernd, Canyon Crest	2015
2:13.26	Kristi Bache, USDHS	1988
2:13.41	Amanda Post, Cathedral	2010
2:13.48	Charity Stowell, Mt. Carmel	1990
2:13.53	Amanda Moore, Torrey Pines	2006
2:13.68	Susan Scott, Mt. Carmel	1991
2:13.85	Kaelyn Harbison, Westview	2013
2:13.98	April Montgomery, Helix	2003
2:13.99	Hallie Pullum, Point Loma	2014

880 Yards

2:12.0	Kristina Hand, Fallbrook	1988
2:12.8	Beth Howell, San Dieguito	1975
2:14.0	Nel Griffith, Henry	1980

1,600 Meters

4:41.71	Alli Billmeyer, Torrey Pines	2011
4:42.77	Darcy Arreola, Grossmont	1986
4:45.46	Tina Allen, Santana	1982
4:45.98	Kira Jorgensen, Vista	1987
4:47.67	Sammy Silva, Our Lady of Peace	2009
4:48.20	Kelly Lawson, La Costa Canyon	2011
4:49.50	Erin Menefee, Mt. Carmel	2010

4:49.53	Laura Chapel, University City	1986
4:49.64	Molly Grabill, Rancho Bernardo	2010
4:50.02	Emma Abrahamson, La Costa Canyon	2014
4:50.83	Milena Glusac, Fallbrook	1993
4:52.30	Erin Gillingham, Torrey Pines	2009
4:52.42	Claire Rethmeier, San Pasqual	2004
4:53.05	Kelly Bernd, Canyon Crest	2014
4:53.36	Megan Morgan, Torrey Pines	2010
4:54.23	Desiree Davila, Hilltop	2000
4:54.23	Dani Schuster, Torrey Pines	2002
4:55.08	Julie Ott, USDHS	1997
4:55.72	Anne Charles, Canyon Crest	2012
4:55.72	Jenna Timinsky, San Dieguito	2002
4:56.04h	Julie Bates, Mira Mesa	1984
4:56.16	Jennifer Sheflo, Poway	1984
4:56.18	Caitlin Krol, Cathedral Catholic	2012
4:56.20	Claire Becker, Bonita Vista	1993
4:56.25	Katy Andrews, La Costa Canyon	2006
4:56.43	Julie Komosinski, Torrey Pines	1999
4:56.77	Jessie Ooms, University City	2003
4:57.51	Brianna Miller, Carlsbad	2012
4:57.63	Lorin Scott, San Pasqual	2004
4:57.69	Lindsay delaMontaigne, Rancho Bernardo	2005
4:57.84	Bre Schofield, Carlsbad	2007
4:57.88	Sandy Blakeslee, Vista	1983
4:57.90	Sabrina Seay, Mt. Carmel	2013
4:58.11	Julia Yang, Westview	2012
4:58.27	Savannah Vasquez, Mission Hills	2010
4:58.87	Shanna St. Laurent, Rancho Buena Vista	2008
4:58.91	Sariah St. Laurent, El Camino	2004
4:59.21	Tricia Mattson, Fallbrook	1997
4:59.27	Marie Raffray, San Dieguito	2003
4:59.34	Stephanie Fedorchak, Fallbrook	1984
4:59.38	Savannah Vasquez, Mission Hills	2009
4:59.39	Rebecca Bostwick, University City	2004
4:59.39	Angela Ortlieb, San Pasqual	2014
4:59.41	Bryanna Fuller, Rancho Bernardo	2015
4:59.42	Sarah Abrahamson, La Costa Canyon	2015
4:59.44	Ellie Abrahamson, La Costa Canyon	2013
4:59.50	Shanoah Souza, La Costa Canyon	2011
4:59.62	Jessy Hansen, University City	2012

Mile

4:47.39	Emma Abrahamson, La Costa Canyon	2014
4:55.26	Kristi Bache, USDHS	1988
4:55.7	Cheryl Flowers, Valhalla	1977
4:58.34	Nicolette Sorensen, Torrey Pines	2013
4:59.14	Nihal Kayali, La Jolla	2009

3,200 Meters

10:18.92	Alli Billmeyer, Torrey Pines	2011
10:19.17	Molly Grabill, Rancho Bernardo	2011
10:23.50	Emma Abrahamson, La Costa Canyon	2014

10:24.23	Kira Jorgensen, Vista	1987
10:24.61	Milena Glusac, Fallbrook	1991
10:27.73	Shanoah Souza, La Costa Canyon	2011
10:29.65	Aimee Trujillo, Poway	2011
10:29.70	Megan Morgan, Torrey Pines	2010
10:31.07	Betsy Chadwick, Mira Mesa	1981
10:32.62	Sandy Blakeslee, Vista	1983
10:36.05	Darcy Arreola, Grossmont	1986
10:36.34	Courtney Baird, Helix	1999
10:36.58	Katy Andrews, La Costa Canyon	2007
10:36.83	Julie Manson, Rancho Bernardo	2000
10:38.0	Nicole Nugent, Torrey Pines	1987
10:38.23	Sammy Silva, Our Lady of Peace	2009
10:40.12	Maureen Winner, Torrey Pines	1984
10:40.34	Desiree Davila, Hilltop	2001
10:40.84	Kelly Lawson, La Costa Canyon	2012
10:41.44	Tina Allen, Santana	1982
10:41.65	Shelly Lachel, Monte Vista	1981
10:42.7	Julie Ott, USDHS	1997
10:43.18	Mira Hornbacher, RBV	1989
10:43.8	Lori Giacinti, USDHS	1997
10:44.24	Kelsey O'Connell, Torrey Pines	2013
10:45.41	Ashlyn Dadkhah, Torrey Pines	2012
10:45.48	Melissa Keim, San Pasqual	1993
10:45.48	Nicolette Sorensen, Torrey Pines	2013
10:45.91	Sabrina Seay, Mt. Carmel	2013
10:45.99	Kelly Bernd, Canyon Crest	2015
10:46.46	Angela Ortlieb, San Pasqual	2014
10:46.63	Ellie Abrahamson, La Costa Canyon	2012
10:46.84	Sheree Shea, University City	2009
10:47.26	Loretta Kilmer, Ramona	2001

2-Mile

10:29.07	Claire Rethmeier, San Pasqual	2004
10:44.6	Carol Keller, Helix	1977
10:47.7	Cheryl Flowers, Valhalla	1979
10:49.8	Teri Brown, San Pasqual	1979

100 Hurdles (33')

13.86	Dani Johnson, Cathedral Catholic	2015
14.13	Danielle Littleton, Vista	2009
14.27	Taylor Larch-Miller, Torrey Pines	2012
14.28	Jessica Eggleston, El Camino	2003
14.32	Gail Devers, Sweetwater	1984
14.32	Leah Molter, Valhalla	2015
14.33	Laiah Blue, Granite Hills	2004
14.35	Erin Blunt, San Pasqual	1992
14.36	Hannah Labrie-Smith, Cathedral	2014
14.38	Devin Collins, Granite Hills	2011
14.49	Andria Booker, El Camino	1998
14.50	Joniece Ervin, Oceanside	2012
14.52	Shakira Thompson, Helix	2005
14.54	Sydney Magdalena, Olympian	2014

14.54	Kim Dill, Poway	1990
14.62	Melissa Barnum, Rancho Bernardo	2009
14.62	Tamika Brazzel, El Camino	2011
14.64	Kelli Hancock, La Jolla	2013
14.66	Tajanique Bell, Scripps Ranch	2015
14.69	Alishia Carter, Rancho Bernardo	1998
14.72	Hannah Nealis, Valley Center	2015
14.73	Iesha Iwobe, Oceanside	2010
14.76	Alyssa Chang, Otay Ranch	2012
14.78	Tanisha Johnson, Helix	2002
14.78	Morgan Rehm, San Pasqual	2013
14.80	Susanna Marshall, Canyon Crest	2008
14.80	Janaysha Lyons-Walker, Morse	2013
14.82	Latanya Agurs, Grossmont	1998
14.86	Katie Coin, Rancho Bernardo	2000
14.87	Tyra Jones, San Marcos	2014
14.93	Meggie Afenir, Escondido	2003
14.93	Tia Knight, Steele Canyon	2011
14.96	Morgan Rehm, San Pasqual	2011
14.99	Bahed Hernandez, Mt. Carmel	1996
15.02	Hayley O'Brien, Valhalla	2009
15.03	Kiesha Porter, Mira Mesa	1994
15.05	Carli Lloyd, Fallbrook	2005
15.06	Jasmine Young, Serra	2014
15.09	Larissa Johnson, Poway	2013
15.09	Charay Savage, Otay Ranch	2006

300 Low Hurdles

41.30	Dani Johnson, Cathedral	2015
41.67	Hannah Labrie-Smith, Cathedral Catholic	2014
42.26	Gail Devers, Sweetwater	1983
42.32	Leah Molter, Valhalla	2015
42.59	Kelli Hancock, La Jolla	2013
42.62	Joniece Ervin, Oceanside	2012
42.69	Erin Blunt, San Pasqual	1991
42.75	Taylor Larch-Miller, Torrey Pines	2012
43.04	Tanisha Johnson, Eastlake	2000
43.44	Kelli Hancock, La Jolla	2012
43.63	Tamika Brazzel, El Camino	2012
43.67	Devin Collins, Granite Hills	2011
43.80	Janaysha Lyons-Walker, Morse	2013
43.82	Laiah Blue, Granite Hills	2004
43.82	Catie Coin, Rancho Bernardo	2000
43.84	Tajanique Bell, Steele Canyon	2014
43.86	Audrey Pound, Poway	2001
43.91	Jessica Garcia, Rancho Bernardo	2013
43.94	Shannon Proffer, Santana	1990
43.96	Michelle Outlaw, Lincoln	1986
43.99	Morgan Rehm, San Pasqual	2013
44.00	Janet Duffy, Mt. Carmel	1984
44.30	Danielle Littleton, Vista	2009
44.30	Jessica Eggleston, El Camino	2003
44.30	Nastassja Hall, RBV	2002
44.44	Kim Dill, Poway	1989

44.44	Cassandra Tyson, Mt. Carmel	1989
44.46	Carrie Vickery, El Capitan	1995
44.47	Carlene Jones, Morse	1993
44.51	Bryeanna Barmer, Helix	2000
44.56	Sharita Thompson, Helix	2006
44.53	Wendy Edelen, Crawford	1981
44.59	Stacy Thompson, Morse	1988
44.60	Kiesha Porter, Mira Mesa	1994
44.60	Tisha Matthews, El Camino	1998
44.64	Unika Smith, Lincoln	2000
44.66	Monique Van, Steele Canyon	2013
44.69	Marline Estell, Mission Hills	2011
44.71	Maddie Murray, Poway	2015
44.80	Cathy Stark, San Pasqual	1989
44.80	Breanna Curry, University City	2014
44.81	Sydney Magdalena, Olympian	2012
44.83	T'Shara Hicks, University City	2004
44.83	Jeyla Spencer, San Diego	2013
44.90	Julie Cartere, Southwest	1982
44.90	Erin DeHahn, Hilltop	1999
44.91	Annie King, La Jolla	1981

400 Meter relay

45.94c (46.14y)	Crawford	1977
46.35	Morse	2001
46.42	El Camino	2003
46.44	Morse	2000
46.44	Morse	1996
46.68	Morse	1998
46.78	Morse	1994
46.82	El Camino	2004
46.89	Morse	1987
46.99	Morse	1995
47.00c (47.20y)	Crawford	1978
47.03	El Camino	2002
47.06	Poway	2008
47.12	Morse	1989
47.29	Morse	2005
47.31	Torrey Pines	2012
47.33	Morse	1991
47.37	Rancho Bernardo	2015
47.38	Morse	2003
47.41	Morse	1982
47.45	Morse	1985
47.48	Morse	1997
47.54	Cathedral Catholic	2015
47.54	Morse	1999
47.59	University City	2005
47.60	Helix	2002
47.62	El Camino	2000
47.65	Lincoln	1998

1,600 Meter Relay

3:47.63	Cathedral Catholic	2015
3:49.12h	Morse	1996
3:49.75	Mt. Carmel	1991
3:50.66	Torrey Pines	2012
3:51.38	Morse	1999
3:51.75	La Jolla	2012
3:52.20	San Pasqual	1991
3:52.28	Carlsbad	2012
3:52.31	Morse	1993
3:52.72	Morse	2001
3:53.07	San Pasqual	1992
3:53.07	La Costa Canyon	2005
3:53.43	Morse	1997
3:53.44	Mt. Carmel	1992
3:53.59	University City	2004
3:53.84h	Mt. Carmel	1990
3:53.95	Mt. Carmel	1989
3:53.98	La Jolla	2013
3:54.05	Poway	2015
3:54.12	Mt. Carmel	2009
3:54.31	Mt. Carmel	1985
3:54.35	Morse	1991
3:54.78	Rancho Bernardo	2014
3:54.91	Carlsbad	2013

Mile Relay

3:50.47	Crawford	1981
3:51.93	Crawford	1978
3:52.01	Morse	1981
3:53.6	Crawford	1977

High Jump

6-1 $\frac{3}{4}$	Sue McNeal, Carlsbad	1979
5-11	Whitney Sisler, La Costa Canyon	2007
5-10 $\frac{1}{4}$	Jamie Klages, Coronado	2005
5-10	Lynn Patrick, Serra	1988
5-9	Breanna Curry, University City	2013
5-9	Danielle Bryan, El Camino	2012
5-9	Lisa Underhill, RBV	1997
5-8 $\frac{1}{2}$	Lindsay Whetstine, Mt. Carmel	2005
5-8 $\frac{1}{4}$	Chris Remmling, San Dieguito	1976
5-8 $\frac{1}{4}$	Karyn Armstrong, Torrey Pines	1988
5-8 $\frac{1}{4}$	Sara Macey, Vista	2008
5-8	Jackie Anderson, Mt. Miguel	1986
5-8	Christy Kurras, Poway	1988
5-7 $\frac{1}{2}$	Cindy Gilbert, Oceanside	1974
5-7	Denise Parker, Hoover	1964
5-7	Gabby LeClaire, Monte Vista	1981
5-7	Kim Reed, Valhalla	1984
5-7	Bonnie Zabinsky, Valley Center	2004

Pole Vault

13-6	Kortney Ross, Westview	2010
13-3	Tracy O'Hara, Rancho Bernardo	1998
13-2	McKenzie Johnson, Clairemont	2012
13-1	Mimi Lian, Rancho Bernardo	2012
13-0	Emily Mattoon, Rancho Bernardo	2007
12-9	Kate Mattoon, Rancho Bernardo	2005
12-8 ¼	Kathleen Donoghue, Rancho Bernardo	1999
12-7	Augusta Thomason, Rancho Bernardo	2014
12-3	Emily Mendoza, Poway	2012
12-3	Janea Russ, Granite Hills	2002
12-3	Molly Pascarella, Rancho Bernardo	2001
12-3	Joanna Burkhart, Oceanside	2006
12-2 ½	Natalie Dennison, Rancho Bernardo	1999
12-2	Kaitlin McCallum, LJC	2012
12-1	Claire Chandler, Cathedral Catholic	2015
12-1	Ama Navidi, Rancho Bernardo	2003
12-0	Jady Tolda, Cathedral	2013
12-0	Erin Asay, Sweetwater	2001
12-0	Sara Wagenfeld, Calvin	2015
11-9	Hayley Farr, Henry	2013
11-9	Eva Tanner, Grossmont	2002
11-9	Kylene Nixon, Poway	1997
11-9	Dana Hoolko, La Jolla	2005
11-8	Julie Stuart, Grossmont	1998
11-8	Riley Hasche, Point Loma	2011
11-8	Michelle Negrete, Steele Canyon	2012
11-7	Courtney Jackson, Ramona	2014
11-7	Lauren Bartsch, Coronado	2014
11-7	Brittany Hamilton, Granite Hills	2008
11-7	Jenny Liu, Rancho Bernardo	2004
11-7	Rebecca Adams, Rancho Bernardo	2003
11-7	Becky Gausepohl, Fallbrook	2003
11-7	Kara Filopowski, Valhalla	2003

Long Jump

20-7	Gail Devers, Sweetwater	1984
20-6 ½	Akiba McKinney, Monte Vista	1997
20-5	Amy Littlepage, Mt. Miguel	1993
19-11 ¾	Jasmine Gbbs, El Camino	2012
19-9 ½	Miche Scott, El Camino	2012
19-7	Jessica Eggleston, El Camino	2003
19-6 ½	Andria Booker, El Camino	1998
19-4	Nichelle Strahan, Mt. Miguel	1986
19-4	Latanya Canada, Castle Park	1987
19-3 ½	Debbie Wilford, Castle Park	1977
19-2 ½	Talisha Dozier, Mt. Miguel	2014
19-2	Tamika Brazzel, El Camino	2012
19-1 ¼	Jewell Lovelady, Crawford	1977
19-1	Laura Stowe, Torrey Pines	1987
19-1	LaRonda Hite, Lincoln	1997
19-0 ¾	Karly Zlatic, La Jolla	2013
19-0 ½	Michelle Outlaw, Lincoln	1987
19-0 ¼	Jackae Bridges, Mater Dei Catholic	2009

19-0	Sparkle Anderson, Serra	2003
19-0	Nastassja Hall, RBV	2002
18-11 ¾	Melinda Forest, Mt. Miguel	1993
18-11 ½	Jessica Thomas, El Camino	2000
18-10 ¾	Kim Huey, Santa Fe Christian	1985
18-10 ¾	Nedra Dillon, Mission Bay	1989
18-10 ¼	Chris Mose, El Cajon	1981
18-10	Rochelle Johnson, Henry	1989
18-10	Carlene Jones, Morse	1994
18-10	Kasey Kearin, Rancho Bernardo	2006

No Wind Information

20-11	Jasmine Gibbs, El Camino	2012
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Triple Jump

41-8 ¼	Jackie Anderson, Mt. Miguel	1987
41-1	Tamika Brazzel, El Camino	2012
40-11 ½	Andria Booker, El Camino	1998
40-8 ¾	LaFrancia West, Grossmont	1988
40-6 ¾	Rochelle Johnson, Henry	1989
40-6 ¼	Tamieka Porter, Orange Glen	1993
40-4	Amy Littlepage, Mt. Miguel	1993
40-4	Sparkle Anderson, Serra	2003
39-9 ¼	Jessica Eggleston, El Camino	2002
39-7	Tamara Espinoza, Hilltop	1997
39-6	Gail Devers, Sweetwater	1984
39-2 ¼	Shadesia Pearman, Mt. Miguel	1993
39-2	Stacy Thompson, Morse	1988
39-1 ¼	Sherita Williams, El Camino	1997
39-1	Kasey Kearin, Rancho Bernardo	2006
39-0 ¾	Deajanae Harvey, Granite Hills	2015
39-0 ¾	Heather Leidle, RBV	2005
39-0 ¾	Iesha Iwobe, Oceanside	2010
39-0 ½	Latanya Agurs, Grossmont	1998
38-11	Kathy Sorenson, Hilltop	1994
38-9	Johnna Noiseaux, Eastlake	2014
38-8 ¾	Adrienne Farrington, Rancho Bernardo	1998
38-8 ½	Alexandria Young, Mater Dei	2011
38-8	Taylor Williams, Escondido	2008
38-7	Katina Harrison, Mt. Miguel	1991
38-6 ¼	Shirley Anku, RBV	1997
38-5	Shaniqua Reddick, Oceanside	2009
38-3 ¾	Angela Sims, El Camino	1990
38-3 ½	Casey Whyte, San Pasqual	1996
38-1 ¾	Caitlin Cole, Del Norte	2013
38-1 ½	Monique Van, Steele Canyon	2012
38-1 ½	Cambria Galloway, Cathedral	2015
38-1 ¼	Charay Savage, Otay Ranch	2006

Shot Put

49-6	Kathy Devine, Mission Bay	1974
48-3 ½	Laulauga Tausaga, Mt. Miguel	2015
46-10 ½	Aiga Marie Taumua, Sweetwater	2001
45-10 ¼	Breanna Jemison, Carlsbad	2011

45-0 ¾	Tracy Crawford, Southwest	1986
44-9	Carrie Johnson, Fallbrook	2002
44-0	Raeanna Makihele, San Marcos	2002
43-10 ¼	Laura Hughes, Orange Glen	1988
43-10	Jakayla Daniels, El Camino	2012
43-8 ½	Kiely Osby, Escondido	2014
43-8 ½	Candace Hill, Hoover	1999
43-7	Brandy Dyer, Vista	2008
43-6	Jennifer Bingham, Steele Canyon	2009
43-2 ½	Grace Ward, Hoover	2013
43-2 ½	Kartsi Leppaluoto, Madison	1986
43-2 ¼	Kristina Mataafa, Orange Glen	1992
43-2	Fernanda deOliveria, Henry	1993
43-1 ¾	Jennifer Viavia, Madison	1988
43-1 ¼	Uia Tupuolo, Vista	2004
42-11 ½	Susan Compton, Marian	1980
42-10 ½	Dereka Winters, El Camino	2005
42-8 ¼	Mulu Tosi, Morse	1989
42-7	Nneka Anyanwu, Westview	2011
42-5 ½	Mariah Counts, Poway	2011
42-3	Vanessa Sierra, El Capitan	2013
42-3	Michelle Campbell, Crawford	1987
42-2 ¼	Amanda Phelps, El Camino	2008
42-2	Amber Hood, Morse	2001
42-1 ¼	Rachel Alesi, Christian	2012
42-0	Michelle Altice, Del Norte	2015
41-10	Emily Aragon, Escondido	2009
41-9	Whitney DeWeese, RBV	2004
41-8 ¾	Liz Mueller, Vista	1980
41-8 ¼	Fran Hunkin, Vista	2004

Discus

162-0	Lori Parker, Ramona	1986
158-3	Alexa Evans, West Hills	2011
156-7	Laulauga Tausaga, Mt. Miguel	2015
156-2	Tracy Crawford, Southwest	1986
152-8	Candace Hill, Hoover	2000
151-1	Kristina Mataafa, Orange Glen	1992
149-2	Rachel Alesi, Christian	2012
148-11	Breanna Jemison, Carlsbad	2012
147-9	Susan Compton, Marian	1980
146-8	Cissy Laughlin, Torrey Pines	1981
146-8	Jessica Byrne, Ramona	1998
146-7	Terri Mann, Pt. Loma	1986
146-0	Dereka Winters, El Camino	2005
145-9	Jakayla Daniels, El Camino	2012
145-1	Daniella Thu, Monte Vista	2005
144-5	Whitney DeWeese, RBV	2003
144-4	Christine Oleksow, Monte Vista	1989
144-3	Scia Maumausolo, Mt. Carmel	1992
143-8	Carrie Johnson, Fallbrook	2001
143-5	Brandy Dyer, Vista	2007
143-4	Nneka Anyanwu, Westview	2010
142-7	Liz Mueller, Vista	1980

142-6	Jameena Hunt, Morse	2006
142-4	Jackie Turpin, Santana	2002
142-4	Christina Magana, Fallbrook	1996
142-1	Katrina Crouch, El Capitan	1997
141-9	Whitney DeWeese, RBV	2002
141-8	Erin McGrath, Eastlake	1997
140-11	Breanna Makihele, San Marcos	2002

State Champions



**Charles Lenford, Oceanside HS - CIF 2015 Champion in Both Discus and Shot
2015 State Champion in Discus
Photo by Gabriel Santana**

Boys State Champions (Since 1915)

100 Meters

1992	Riley Washington, Southwest	10.30
1977	David Russell, Henry	9.61y
1974	Elijah Jefferson, Crawford	9.8y
1973	Elijah Jefferson, Crawford	9.6wy
1929	Jimmy Willson, San Diego	9.8y

200 Meters

1977	David Russell, Henry	20.97y
1941	Glen Willis, San Diego	21.7
1929	Jimmy Willson, San Diego	21.4y

400 Meters

1979	Tony Banks, Morse	47.28
1946	Norm Stocks, San Diego	49.3y
1929	Cotton Warburton, San Diego	49.6y

800 Meters

2012	Alex Monsivaiz, Army-Navy	1:51.34
2008	Charles Jock, Mission Bay	1:51.64
2005	Jesse O'Brien, San Pasqual	1:53.71
1988	Mark Senior, Mt. Miguel	1:51.37
1966	Terry Rodgers, Hilltop	1:51.5y
1964	Bob Hose, Madison	1:51.1y
1957	Jim Cerveny, Mission Bay	1:52.7y

1,600 Meters

2012	Darren Fahy, La Costa Canyon	4:08.78
2009	Mac Fleet, University City	4:05.33
2006	A.J. Acosta, El Camino	4:04.94
2000	Evan Fox, West Hills	4:09.44
1999	Marcus Chandler, Serra	4:10.44
1994	Meb Keflezighi, San Diego	4:07.67
1992	Daniel Das Neves, Helix	4:09.54
1991	Daniel Das Neves, Helix	4:12.22
1989	Francis O'Neill, San Pasqual	4:08.67
1966	Tim Danielson, Chula Vista	4:07.0y
1965	Tim Danielson, Chula Vista	4:08.4y

3,200 Meters

2012	Darren Fahy, La Costa Canyon	9:03.29
2007	Eric Avila, Bonita Vista	9:01.77
1994	Meb Keflezighi, San Diego	8:58.11
1971	Dale Fleet, Clairemont	8:53.8y

110 High Hurdles

1938	John Beiwaner, San Diego	15.3y
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300 Intermediate Hurdles

2003	Brandon Bornes, RBV	37.34
2001	Jeff Hunter, Granite Hills	36.25
1991	Keith Williams, Escondido	37.28

400 Relay

1994	El Camino	41.16
2001	Helix	41.17

High Jump

2010	Tyler Jordan, Ramona	6-11
1970	Jerry Culp, Oceanside	7-0 $\frac{1}{4}$
1953	Bernie Nelson, San Diego	6-4
1918	Harold Muller, San Diego	5-6

Pole Vault

1995	Mike Brown, Torrey Pines	16-4
1961	Mike Graves, El Cajon Valley	14-2 $\frac{1}{4}$
1956 (Co)	Bill Logan, El Cajon Valley	13-6
1929	Bill Miller, San Diego	12-6
1928	Bill Miller, San Diego	12-9 $\frac{1}{2}$
1927	Bill Miller, San Diego	12-0
1926(4-way)	Bill Hubbard, San Diego	12-4
1923(Co)	Harry Smith, San Diego	11-11 $\frac{1}{2}$

Long Jump

2003	Derrell Hutsona, Helix	25-5 $\frac{3}{4}$ w
1990	Jerome Price, University City	25-3 $\frac{1}{4}$
1978	Dokie Williams, El Camino	25-1 $\frac{1}{4}$
1966	Doyle Steele, San Diego	25-3 $\frac{1}{4}$
1962	James Kennedy, Lincoln	24-5 $\frac{3}{4}$
1957	Luther Hayes, Lincoln	23-8 $\frac{1}{2}$

Triple Jump

2011	Marques Roberts, Otay Ranch	49-6 $\frac{1}{2}$
1994	Von Ware, RBV	50-6
1989	Lenny McGill, Orange Glen	51-1 $\frac{1}{4}$
1978	Dokie Williams, El Camino	50-4 $\frac{1}{4}$
1977	Dokie Williams, El Camino	51-0 $\frac{1}{2}$
1974	Willie Banks, Oceanside	50-9
1973	Willie Banks, Oceanside	49-7 $\frac{1}{4}$

Shot Put

2014	Dotun Ogundeji, Madison	65-5 $\frac{1}{2}$
2006	Darius Savage, Morse	66-3 $\frac{1}{2}$
2003	Jared Bray, Mission Bay	63-3 $\frac{1}{4}$
1990	Brent Noon, Fallbrook	74-4 $\frac{3}{4}$
1989	Brent Noon, Fallbrook	66-1 $\frac{1}{2}$
1986	Brian Boggess, El Capitan	61-4
1968	Pete Schmock, San Dieguito	63-11
1954	Dick Bronson, Grossmont	59-7 $\frac{1}{8}$
1950	Hal Norris, Grossmont	56-5 $\frac{1}{4}$

Discus		
2015	Charles Lenford, Oceanside	195-4
2013	Brenden Song, West Hills	188-8
2006	Darius Savage, Morse	205-6
2005	Darius Savage, Morse	194-8
2004	Daniel Schaerer, Bishop's	206-5
1999	Dan Ames, El Capitan	199-9

Girls State Champions

100 Meters

1984	Gail Devers, Sweetwater	11.51
1974	Janice Wiser, La Jolla	10.8y

200 Meters

2000	Monique Henderson, Morse	23.19
1974	Janice Wiser, La Jolla	24.2y

400 Meters

2001	Monique Henderson, Morse	51.34
2000	Monique Henderson, Morse	50.74
1999	Monique Henderson, Morse	52.87
1998	Monique Henderson, Morse	53.41

800 Meters

1986	Laura Chapel, University City	2:08.66
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1,600 Meters

2009	Sammy Silva, Our Lady of Peace	4:47.67
1993	Milena Glusac, Fallbrook	4:50.83
1989	Kira Jorgensen, RBV	4:49.55
1988	Kira Jorgensen, RBV	4:49.54
1987	Kira Jorgensen, Vista	4:45.98
1986	Darcy Arreola, Grossmont	4:45.13

3,200 Meters

2010	Molly Grabill, Rancho Bernardo	10:20.25
2003	Claire Rethmeier, San Pasqual	10:27.32
1993	Milena Glusac, Fallbrook	10:42.68
1992	Milena Glusac, Fallbrook	10:28.62

100 Hurdles

1984	Gail Devers, Sweetwater	13.41
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300 Hurdles

2014	Hannah-Labrie Smith, Cathedral	41.67
1991	Erin Blunt, San Pasqual	43.02

400 Meter Relay

1977	Crawford	46.14y
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High Jump

2007	Whitney Sisler, La Costa Canyon	5-10
1987	Lynn Patrick, Serra	5-10
1978	Sue McNeal, Carlsbad	5-10 $\frac{1}{4}$

Pole Vault

2010	Kortney Ross, Westview	13-6
2009	Kortney Ross, Westview	13-4
2008	Emily Mattoon, Rancho Bernardo	12-6
1999	Kathleen Donoghue, Rancho Bernardo	12-8 $\frac{1}{4}$
1998	Tracy O'Hara, Rancho Bernardo	12-8

Long Jump

1983	Gail Devers, Sweetwater	19-6
1981	Chris Mose, El Cajon Valley	18-10 $\frac{1}{4}$

Triple Jump

1994	Tamieka Porter, Orange Glen	38-11 $\frac{1}{2}$
1998	Andria Booker, El Camino	40-0 $\frac{1}{4}$
1997	Andria Booker, El Camino	40-0

Shot Put

2011	Breana Jemison, Carlsbad	45-10 $\frac{1}{4}$
1975	Kathy Devine, Mission Bay	42-3 $\frac{3}{4}$
1974	Kathy Devine, Mission Bay	47-4 $\frac{1}{2}$

Discus

1986	Tracy Crawford, Southwest	156-2
1976	Kathy Middleton, Poway	134-5