



2017 BRONCO INVITATIONAL

- Date: Saturday; March 11, 2017
Site: Rancho Bernardo High School
Time: 9:00 AM – 4:00 PM
- Events:
- | <u>Running</u> | <u>Field</u> | <u>Relays</u> |
|-------------------------------------|-------------------------|-------------------|
| 100 Meters | Long Jump | 4 x 100 Meters |
| 400 Meters | Triple Jump | 4 x 400 Meters |
| 800 Meters | Shot Put | 4 x 800 Meters |
| 1600 Meters | Discus | Distance Medley |
| 3200 Meters | High Jump | Pole Vault |
| 100M.Hurdles(G) | 110 M. High Hurdles (B) | |
| 300 M. Low Hurdles (G) | | Frosh 1600 Meters |
| 300 M. Intermediate Hurdles (B) | | |
| F/S Sprint Medley (100-100-200-400) | | |
- Timing: Fully Automatic Timing (FAT) – Finish Lynx System
Track Surface: All Weather Polyurethane
Spikes: 3/16” Needles Only
Medals: Relays: 1st – 3rd; Invitational/Field: 1st – 6th
Results: Results will be posted at the meet as they are received.
Complete results will be posted on Athletic net and Prep Cal Track ASAP.
- Entry Fee: \$150.00 per team / \$300.00 (Boys & Girls): Make checks out to: RBHS Foundation
- Canopies: Please put up canopies only at the top of the bleachers.
Warm Ups: All warm ups will be on the outer fields.
Concessions: There will be a full service concession stand with food, drinks and snacks.
- RSVP: **ALL COACHES SHOULD RSVP TO: djones@powayusd.com**
WE WILL ACCEPT THE FIRST 32 TEAMS THAT RESPOND.

2017 BRONCO INVITATIONAL TIME SCHEDULE

RUNNING EVENTS

#	TIME	EVENT	#	TIME	EVENT
1	9:00 AM	GIRLS INVITATIONAL 3200 METERS	26	11:53 AM	BOYS INVITATIONAL 800 METERS
2	9:15 AM	GIRLS 4 X 100 METER RELAY #1	27	12:02 PM	GIRLS F/S SPRINT MEDLEY RELAY #1
3	9:19 AM	GIRLS 4 X 100 METER RELAY #2	28	12:06 PM	GIRLS F/S SPRINT MEDLEY RELAY #2
4	9:23 AM	GIRLS 4 X 100 METER RELAY #3	29	12:20 PM	BOYS F/S SPRINT MEDLEY RELAY #1
5	9:27 AM	GIRLS INVITATIONAL 4 X 100 METER RELAY	30	12:24 PM	BOYS F/S SPRINT MEDLEY RELAY #2
6	9:31 AM	BOYS 4 X 100 METER RELAY #1	31	12:28 PM	GIRLS INVITATIONAL 1600 METERS
7	9:35 AM	BOYS 4 X 100 METER RELAY #2	32	12:38 PM	BOYS INVITATIONAL 1600 METERS
8	9:39 AM	BOYS 4 X 100 METER RELAY #3	33	12:48 PM	GIRLS 300 METER LOW HURDLES #1
9	9:43 AM	BOYS INVITATIONAL 4 X 100 METER RELAY	34	12:52 PM	GIRLS INV. 300 METER LOW HURDLES
10	9:47 AM	BOYS INVITATIONAL 3200 METERS	35	1:00 PM	BOYS 300 METER INTERMEDIATE HURDLES #1
11	10:10 AM	GIRLS 100 METER HURDLES #1	36	1:04 PM	BOYS INV. 300 METER INTERMEDIATE HURDLES
12	10:14 AM	GIRLS 100 METER HURDLES #2	37	1:12 PM	GIRLS INVITATIONAL 400 METERS
13	10:18 AM	GIRLS INV. 100 METER HURDLES	38	1:16 PM	BOYS INVITATIONAL 400 METERS
14	10:27 AM	BOYS 110 METER HIGH HURDLES #1	39	1:21 PM	GIRLS FROSH 1600 METERS
15	10:31 AM	BOYS 110 METER HIGH HURDLES #2	40	1:33 PM	BOYS FROSH 1600 METERS
16	10:35 AM	BOYS INV. 110 METER HIGH HURDLES	41	1:41 PM	GIRLS DISTANCE MEDLEY
17	10:45 AM	GIRLS 4 X 800 METER RELAY	42	1:58 PM	BOYS DISTANCE MEDLEY
18	11:04 AM	BOYS 4 X 800 METER RELAY	43	2:12 PM	GIRLS FROSH 100 METERS
19	11:22 AM	GIRLS 100 METERS #1	44	2:16 PM	BOYS FROSH 100 METERS
20	11:26 AM	GIRLS 100 METERS #2	45	2:22 PM	GIRLS 4 X 400 METER RELAY #1
21	11:30 AM	GIRLS 100 METERS #3	46	2:29 PM	GIRLS 4 X 400 METER RELAY #2
22	11:34 AM	BOYS 100 METERS #1	47	2:36 PM	GIRLS INVITATIONAL 4 X 400 METER RELAY
23	11:38 AM	BOYS 100 METERS #2	48	2:43 PM	BOYS 4 X 400 METER RELAY #1
24	11:42 AM	BOYS 100 METERS #3	49	2:50 PM	BOYS 4 X 400 METER RELAY #2
25	11:44 AM	GIRLS INVITATIONAL 800 METERS	50	2:57 PM	BOYS INVITATIONAL 4 X 400 METER RELAY

FIELD EVENTS

51	9:00 AM	GIRLS OPEN LONG JUMP	63	12:30 PM	GIRLS OPEN TRIPLE JUMP
52	9:00 AM	BOYS OPEN LONG JUMP	64	12:30 PM	BOYS OPEN TRIPLE JUMP
53	9:00 AM	GIRLS OPEN SHOT PUT	65	1:00 PM	GIRLS OPEN DISCUS
54	9:00 AM	BOYS OPEN SHOT PUT	66	1:00 PM	BOY OPEN DISCUS
55	10:00 AM	GIRLS OPEN HIGH JUMP	67	1:00 PM	GIRLS INVITATIONAL HIGH JUMP
56	10:00 AM	BOYS OPEN HIGH JUMP	68	1:00 PM	BOYS INVITATIONAL HIGH JUMP
57	10:00 AM	GIRLS OPEN POLE VAULT	69	1:00 PM	GIRLS INVITATIONAL POLE VAULT
58	10:00 AM	BOYS OPEN POLE VAULT	70	1:00 PM	BOYS INVITATIONAL POLE VAULT
59	10:30 AM	GIRLS INVITATIONAL LONG JUMP	71	2:00 PM	GIRLS INVITATIONAL TRIPLE JUMP
60	10:30 AM	BOYS INVITATIONAL LONG JUMP	72	2:00 PM	BOYS INVITATIONAL TRIPLE JUMP
61	11:00 AM	GIRLS INVITATIONAL SHOT PUT	73	3:00 PM	GIRLS INVITATIONAL DISCUS
62	11:00 AM	BOYS INVITATIONAL SHOT PUT	74	3:00 PM	BOYS INVITATIONAL DISCUS

Bronco Invitational – Boys All Time List

100 Meters

1.	10.75	Jared Pickering	Rancho Bernardo	2011
2.	10.76	Bassim El-Sabawi	Torrey Pines	2010
3.	10.79	Craig Sheppard	San Pasqual	2003
4.	10.86	Reggie Bush	Helix	2002
5.	10.87	Mason Vineyard	Helix	2016
6.	10.89	Jonathan Essien	Martin Luther King	2016
7.	10.90	Bryce Yeaton	Ramona	2001
	10.90	Michael Matison	Mt. Carmel	2001
9.	10.91	Shamone Fletcher	Mira Mesa	2010
	10.91	Bassim El Sabawi	Torrey Pines	2009
	10.91	Brandon Lucas	Poway	2014
	10.91	James Nool	Great Oak	2014

400 Meters

1.	48.09	Deun White	Rancho Bernardo	2002
2.	48.94c	Daniel Thomas	Cathedral Catholic	2007
3.	48.80	Brian Thomas	Scripps Ranch	2014
4.	49.08	Alex Grigoriev	Rancho Bernardo	2012
5.	49.21	Walfrido Rodriquez	Mt. Miguel	2011
6.	49.34c	Tony Hodges	Vista	2007
7.	49.35	Damion Marshall	Great Oak	2014
8.	49.46	Blake DeHaven	Granite Hills	2014
9.	49.50	D.J. Contreras	Valley Center	2001
10.	49.62	Suavea Zaczekiewicz	Serra	2012

800 Meters

1.	1:52.66	Issac Cortes	Great Oak	2015
2.	1:54.43	Alex Grigoriev	Rancho Bernardo	2013
3.	1:54.52	Shyan Vaziri	Scripps Ranch	2011
4.	1:54.54	Alexander Monsivaiz	Army and Navy Academy	2012
	1:54.54	Alex Gronette	Westview	2013
6.	1:55.22	Erik Armes	Coronado	2015
7.	1:55.84	Nic Thornton	Rancho Buena Vista	2000
	1:55.84	Garrett Grant	Del Norte	2014
9.	1:56.18	Ben Aragon	West Hills	2000
10.	1:56.44	Connor Crowe	Carlsbad	2015

1600 Meters

1.	4:11.34c	Mark Hauser	St. Augustine	1994
2.	4:12.14c	Mebraton Keflezighi	San Diego	1994
3.	4:14.02	Evan Fox	West Hills	2000
4.	4:18.36	Darren Fahy	La Costa Canyon	2012
5.	4:18.73	Troy Swier	Mar Vista	2003
6.	4:18.93	Jon Rankin	Monte Vista	2000
7.	4:19.50	Sean Ricketts	Rancho Bernardo	2000
8.	4:20.44c	Devin Lyons-Quirk	Poway	2001
9.	4:20.49	Justin Neuroth	Vista	2000
10.	4:20.54c	Larry Henderson	Mira Mesa	1995

3200 Meters

1.	8:59.68	Chris Brewer	Rancho Buena Vista	2011
2.	9:07.47	Matt Carpowich	Torrey Pines	2011
3.	9:17.00	Darren Fahy	La Costa Canyon	2011
	9:17.00	Darren Fahy	La Costa Canyon	2010
5.	9:21.14c	Mike Baskin	Mt. Carmel	1998
6.	9:21.27	Trevor Siniscalchi	Westview	2015
7.	9:21.34c	Brian Sullivan	St. Augustine	1998
8.	9:21.45	Matt McInvale	Ramona	1999
9.	9:22.57	Brad Liber	University City	2003
10.	9:25.06	Tal Braude	Torrey Pines	2014

110 Meter High Hurdles

1.	14.16	Jacob Hare	Scripps Ranch	2011
2.	14.20	Jeff Hunter	Granite Hills	2001
3.	14.28	Devin Hickey	Vista	2011
4.	14.34	Reggie DePass	Montgomery	1997
5.	14.38	Kevin Finley	Granite Hills	2010
	14.38	Devin Hickey	Vista	2010
7.	14.41	Tony Goldston	Point Loma	2000
8.	14.51	Devin Hickey	Vista	2012
	14.52	Julian Todd-Borden	La Costa Canyon	2011
10.	14.54	Julian Todd-Borden	La Costa Canyon	2012

300 Meter Intermediate Hurdles

1.	37.44c	Reggie DePass	Montgomery	1997
2.	37.63	Jeff Hunter	Granite Hills	2001
3.	37.84c	Tracy Smith	Rancho Buena Vista	1997
4.	38.02	Tony Goldston	Point Loma	2000
5.	38.74c	Brian Fell	Rancho Bernardo	1995
6.	39.09	Bobby Salimi	Rancho Bernardo	2000
7.	39.31	Julian Todd-Borden	La Costa Canyon	2012
8.	39.33	Robert Archibald	Monte Vista	2006
	39.33	Nathan Enriquez	St. Augustine	2002
10.	39.34	Lorenzo Johnson	Serra	2014

4 x 100 Meter Relay

1.	41.87	Great Oak	2014
2.	42.04c (41.9h)	Morse	1996
3.	42.32	Rancho Bernardo	2011
4.	42.44	Morse	1997
5.	42.50	Poway	2014
6.	42.69	Lincoln Prep	2001
7.	42.72	Martin Luther King	2016
8.	42.80	Helix	2002
9.	42.84c (42.7h)	San Diego	1994
10.	42.90	Point Loma	2016

4 x 400 Meter Relay

1.	3:19.44c (3:19.3h)	Morse	1996
2.	3:22.84c (3:22.7h)	West Hills	2000
3.	3:24.19	Great Oak	2015
4.	3:24.57	Rancho Verde	2008
5.	3:24.72	Scripps Ranch	2014
6.	3:24.77	University City	2002
7.	3:25.24c (3:25.1h)	San Diego	1994
8.	3:25.34	Steele Canyon	2011
9.	3:25.35	Steele Canyon	2013
10.	3:25.45	Granite Hills	2014

Long Jump

1.	23'3 ½"	Gary Lee	Hoover	2007
2.	22'11"	Thomas Mootry	Morse	2001
3.	22'10"	Darrell Hutsona	Helix Charter	2002
4.	22'8 ½"	Lenard Finley	Westview	2012
5.	22'9"	Charles James	Morse	1996
6.	22'7"	Kyle Brown	Coronado	2007
7.	22'6"	Dean McCastle	Vista	2006
8.	22'5 ¾"	James Malone	Patrick Henry	2005
9.	22'5"	Tyler Nelson	Del Norte	2013
10.	22'4 ½"	Anthony Sanford	Lincoln Prep	1996
	22'4 ½"	Demetrius Westbrooks	Morse	2002

Triple Jump

1.	47'4 ½"	Draper Rivers	Morse	1997
2.	46'10 ½"	Stephan McClure	Vista	2011
3.	46'7"	Tony Ortiz	Helix Charter	1999
4.	46'3"	Gary Lee	Hoover	2006
5.	46'1 ½"	Joey Hauser	Vista	2002
6.	45'8"	Ben Brown	Torrey Pines	2006
7.	45'7 ¾"	Franklin Gladney	El Camino	2005
8.	45'5"	Kyle Brown	Coronado	2007
9.	45'2 ¾"	Roderick Williams	Sweetwater	2002
10.	45'2 ½"	Justin Carter	Rancho Bernardo	2005

Shot Put

1.	61'5"	Charles Lenford	Oceanside	2016
2.	60'1"	Vili Makihele	San Marcos	1998
3.	57'5"	Danny Ames	El Capitan	1998
4.	57'2"	David Spates	Monte Vista	2008
5.	56'10"	Robert Schenck	Mission Hills	2006
6.	56'8 ½"	Bernard Grady	Scripps Ranch	1999
	56'8 ½"	Bo Taylor	Newport Harbor	2006
8.	56'0"	Charles Lenford	Oceanside	2015
9.	55'4 ¼"	Jose Aviles	La Jolla	2010
10.	54'2"	Vince Clarke	Granite Hills	2001

Discus

1.	185'3"	Bo Taylor	Newport Harbor	2006
2.	184'1"	Brenden Song	West Hills	2013
3.	181'7"	Thomas Hart	St. Augustine	2010
4.	181'0"	Charles Lenford	Oceanside	2016
5.	174'2"	Charles Lenford	Oceanside	2015
6.	172'0"	Mike Tull	Fallbrook	2006
7.	166'9"	Vili Makihele	San Marcos	1998
8.	166'7"	Vince Clarke	Granite Hills	2001
9.	165'6"	Bryan Jemison	Carlsbad	2007
10.	164'0"	Travis Jones	Mira Mesa	1999

Pole Vault

1.	16'4"	Kyle Brown	La Costa Canyon	2016
2.	16'0"	Scott Finley	Granite Hills	2005
3.	15'7"	Peter Chapman	Murrieta Valley	2012
	15'7"	Charlie Bush	Poway	2014
5.	15'6"	Jeff Coover	La Jolla	2005
6.	15'1"	Matt Steverson	Rancho Bernardo	2004
	15'1"	Griffin Simmons	Vista	2007
	15'1"	Ryan Zacchilli	Rancho Bernardo	2012
	15'1"	Kyle Pater	Mt. Carmel	2013
10.	15'0"	Travis Offner	Mt. Carmel	2000
	15'0"	Sean Daley	Vista	1999

High Jump

1.	6'8"	Nate Gwozdz	La Jolla	2003
	6'8"	Cody Crampton	Canyon	2012
3.	6'7"	Jason Gatewood	Rancho Buena Vista	1998
	6'7"	Tyler Arroyo	Westview	2014
5.	6'6"	Ryan Mitchell	Sweetwater	1995
	6'6"	Lance Gonzales	Murrieta Valley	2005
	6'6"	Desi Burt	Serra	2003
	6'6"	Bob Okenwa	Morse	2001
	6'6"	Tom Bennett	La Costa Canyon	2015
10.	6'5 ¼"	Rahul Hazarika	Rancho Bernardo	1997

BRONCO INVITATIONAL GIRLS ALL TIME LIST

100 Meters

1.	11.66	Susie Acolaste	Mission Hills	2015
2.	11.93	Monique Henderson	Morse	2001
3.	11.95	Jackie Patterson	Rancho Bernardo	2015
	11.95	Loryn Nichols	Murrieta Valley	2012
5.	11.96	Jackie Patterson	Rancho Bernardo	2016
6.	12.12	Susie Acolaste	Mission Hills	2013
7.	12.14c	Lana Garner	Morse	1996
8.	12.17	Jenna Puterbaugh	Santa Fe Christian	2010
	12.17	Vanessa Houston	Hoover	2009
10.	12.28	Jonelle Smiley	Serra	2004

400 Meters

1.	54.83	Monique Henderson	Morse	2001
2.	56.89	Melissa Mongiovi	West Hills	2014
3.	57.11	Vanessa Houston	Hoover	2008
4.	57.18	Melissa Mongiovi	West Hills	2015
5.	57.20	Vanessa Houston	Hoover	2007
6.	57.21	Alycia Herring	Rancho Verde	2008
7.	57.34	Tenille Stoudenmire	Rancho Bernardo	2007
8.	57.73	Alexis Hernandez	Mt. Carmel	2011
9.	57.82	Kiley McCarthy	Carlsbad	2015
10.	57.92	Alexis Hernandez	Mt. Carmel	2013

800 Meters

1.	2:12.45	Whitney Schumucker	La Jolla	2002
2.	2:16.51	Monique Henderson	Morse	2000
3.	2:16.72	Anne Charles	Canyon Crest	2013
4.	2:16.74	Nia Akins	Rancho Bernardo	2015
5.	2:17.18	Jenna Timinsky	San Dieguito Academy	2001
6.	2:17.72	Courtney Allen	Rancho Buena Vista	2002
7.	2:17.92	Charlotte Kuminsky	Canyon Crest	2011
8.	2:17.95	Charlotte Kuminsky	Canyon Crest	2012
9.	2:18.32	Julie Komosinski	Torrey Pines	2000
10.	2:18.92	Erin Gillingham	Torrey Pines	2007

1600 Meters

1.	4:51.55	Molly Grabill	Rancho Bernardo	2011
2.	4:55.60	Molly Grabill	Rancho Bernardo	2010
3.	4:57.80	Kelly Lawson	La Costa Canyon	2011
4.	4:57.95	Megan Morgan	Torrey Pines	2010
5.	4:58.12	Claire Rethmeier	San Pasqual	2004
6.	5:00.39	Kelly Lawson	La Costa Canyon	2012
7.	5:02.26	Kelly Lawson	La Costa Canyon	2013
8.	5:02.68	McKenna Brown	La Costa Canyon	2016
9.	5:03.56	Nicollette Sorensen	Torrey Pines	2013
10.	5:04.02	Ashlyn Dadkhah	Torrey Pines	2010

3200 Meters

1.	10:46.54c	Claire Rethmeier	San Pasqual	2003
2.	10:47.43	Natalie LaSpada	La Jolla Country Day	2014
3.	10:51.89	Courtney Baird	Helix	1999
4.	10:54.27	Ashlyn Dadkhah	Torrey Pines	2012
5.	10:54.76	Emma Abrahamson	La Costa Canyon	2013
6.	10:54.80	Angela Ortlieb	San Pasqual	2014
7.	10:57.18	Emma Abrahamson	La Costa Canyon	2012
8.	10:57.57	Alli Billmeyer	Torrey Pines	2011
9.	10:58.04c	Rebecca Bostwick	University City	2003
10.	11:00.46	Kiyena Beatty	Greak Oak	2015

100 Meter Hurdles

1.	15.06	Laiah Blue	Granite Hills	2004
2.	15.07	Tajanique Bell	Steele Canyon	2016
3.	15.22	Devon Collins	Granite Hills	2011
4.	15.24	Devon Collins	Granite Hills	2012
5.	15.25	Taylor Larch-Miller	Torrey Pines	2011
6.	15.44c	Kori Joiner	Rancho Bernardo	1994
7.	15.49	Meggie Afenir	Escondido	2003
8.	15.54c	Lauren Collins	Santa Margarita	2006
9.	15.56	Tia Knight	Steele Canyon	2009
10.	15.65	Melissa Barnum	Rancho Bernardo	2010

300 Meter Low Hurdles

1.	45.09	Jessica Garcia	Rancho Bernardo	2013
2.	45.70	Laiah Blue	Granite Hills	2004
	45.70	Maddie Murray	Poway	2015
4.	45.71	Tajanique Bell	Steele Canyon	2016
4.	45.72	Audrey Pound	Poway	2000
5.	45.81	Mallory Mainquist	Torrey Pines	2006
	45.94c	Keisha Porter	Mira Mesa	1994
7.	45.94	Jessica Garcia	Rancho Bernardo	2012
8.	46.06	Bryeanna Barmer	Helix	2001
9.	46.16	Devon Collins	Granite Hills	2012
10.	46.16	Nicole Yeager	Santa Margarita	2005

400 Meter Relay

1.	48.41	Great Oak	2014
2.	48.91	Rancho Verde	2008
3.	48.94	Morse	2001
4.	49.23	Rancho Bernardo	2015
5.	49.24	Martin Luther King	2015
6.	49.44c	Morse	1996
7.	49.62	Poway	2008
8.	49.64c	Morse	1995
9.	49.73	Torrey Pines	2012
	49.73	Rancho Bernardo	2014

1600 Meter Relay

1.	4:01.24c	Morse	1996
2.	4:03.23	Cathedral Catholic	2010
3.	4:04.56	Rancho Bernardo	2015
4.	4:05.88	Rancho Bernardo	2014
5.	4:06.22	Torrey Pines	2002
6.	4:06.44c	El Capitan	1994
7.	4:06.57	Rancho Bernardo	2013
8.	4:06.77	Rancho Verde	2008
9.	4:07.24c	Rancho Buena Vista	2001
10.	4:07.64c	Rancho Buena Vista	1995

Long Jump

1.	19'5"	Alycia Herring	Rancho Verde	2008
2.	18'8 ½"	Brittany Bozeman	Rancho Verde	2008
3.	18'6 ½"	Amber Sanford	Martin Luther King	2010
4.	18'1"	Hadiyah Muhammad	La Jolla Country Day	2014
5.	17'11 ¼"	Shannon Meyer	Sultana	2002
6.	17'6 ½"	Joy Gertsch	San Pasqual	1997
7.	17'7 ½"	Vanora Guerad	La Jolla	2012
8.	17'5 ¾"	Natassja Hall	Rancho Buena Vista	2001
	17'5 ¾"	Jessica Thomas	El Camino	2002
10.	17'5"	Markita Berry	El Camino	2005

Triple Jump

1.	38'8"	Ciynamon Stevenson	Greak Oak	2015
2.	37'6 ½"	Vanora Guerard	La Jolla	2010
3.	37'3 ¼"	Vanora Guerard	La Jolla	2011
4.	37'1"	Nina Ropes	Fallbrook	2000
5.	36' 10 ¾"	Vanora Guerard	La Jolla	2012
6.	36'10"	Adrienne Farrington	Rancho Bernardo	1999
7.	36' 9 ¾"	Hadiyah Muhammad	La Jolla Country Day	2014
	36'9"	Kasey Kearin	Rancho Bernardo	2004
9.	36'9"	Taylor Williams	Escondido	2008
10.	36'8"	Jenny Fairchild	Patrick Henry	2000

Shot Put

1.	42'6 ½"	Nneka Anvanu	Westview	2011
2.	40'4 ¾"	Brandy Dyer	Vista	2008
3.	40'4"	Kiely Osby	Escondido	2014
4.	40'2"	Michelle Altice	Del Norte	2015
5.	40' ½"	Emily Aragon	Escondido	2009
6.	39' 11 ½"	Michele Altice	Del Norte	2016
7.	39'9"	Carrie Johnson	Fallbrook	2002
8.	39'8"	Jessica Bonner	Chapparal	2007
9.	39'5 ¾"	Emily Aragon	Escondido	2008
10.	39'4"	Fran Hunkin	Vista	2004

Discus

1.	142'6"	Jessica Bonner	Chapparal	2007
2.	141'5"	Brandy Dyer	Vista	2007
3.	138'8"	Alexa Evans	West Hills	2012
4.	136'0"	Jessica Byrne	Ramona	1998
5.	132'5"	Danielle Thu	Monte Vista	2005
6.	132'3"	Kendra Rhea	El Capitan	1999
7.	131'9"	Breanna Makihele	San Marcos	2002
8.	125'9"	Valerie Logel	El Capitan	2007
9.	125'7"	Christina Magana	Fallbrook	1996
10.	125'0"	Alexa Evans	West Hills	2010

Pole Vault

1.	12'7"	Emily Mattoon	Rancho Bernardo	2008
2.	12'4"	Kathleen Donoghue	Rancho Bernardo	1999
3.	12'0"	Natalie Dennison	Rancho Bernardo	1999
	12'0"	Kate Mattoon	Rancho Bernardo	2005
5.	11'9"	Janea Russ	Granite Hills	2002
6.	11'7"	Emily Mattoon	Rancho Bernardo	2007
	11'7"	Kaitlin McCallum	La Jolla Country Day	2012
	11'7"	Mimi Lian	Rancho Bernardo	2012
	11'7"	Hannah Chang	Martin Luther King	2015
10.	11'6"	Molly Pascarella	Rancho Bernardo	2001

High Jump

1.	5'6"	Lisa Underhill	Rancho Buena Vista	1997
	5'6"	Lauren Collins	Santa Margarita	2005
	5'6"	Lindsey Whetstine	Mt. Carmel	2002
	5'6"	Jamie Klaggs	Coronado	2005
5.	5'5"	Aiysah Hickey	Coronado	2016
	5'5"	Asia Smith	Mission Hills	2016
7.	5'4"	Lauren Jones	Torrey Pines	2000
	5'4"	Danielle Edmonson	West Hills	2004
	5'4"	Kelsey Rubeor	Murrieta Valley	2006
	5'4"	Sarah Player	Coronado	2007
	5'4"	Allison Tedrow	St. Joseph's	2009
	5'4"	Samantha Pedroza	Scripps Ranch	2010
	5'4"	Julia Wildenthaler	Torrey Pines	2012
	5'4"	Alana Snow	Carlsbad	2015