



The San Diego
Union-Tribune.

'08 Track & Field Guide

La Costa Canyon's Whitney Sisler,
female athlete of the year

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) |
| 1988 | 800 | Mark Senior, Mt. Miguel | 1:50.25 |
| 1972 | 1,600 | Terry Cotton, El Cajon | 4:04.04*(n) |
| 1976 | 3,200 | 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 (Long, Ward, Hayes, Douglas) | 40.66 |
| 1996 | 4x400 Relay | Morse (Jones, Carter, Pinson, Burston) | 3:10.80(n) |
| 1979 | High Jump | Frank Schiefer, Madison | 7-2 |
| 2005 | Pole Vault | Derek Scott, El Camino | 16-8 |
| 1966 | Long Jump | Doyle Steele, San Diego | 25-5 1/4 |
| 1994 | Triple Jump | Von Ware, RBV | 52-0 |
| 1990 | Shot Put | Brent Noon, Fallbrook | 76-2 |
| 2006 | Discus | Darius Savage | 212-1 |

Girls

| Year | Event | Name, School | Mark |
|------|-------------|---|-----------|
| 1984 | 100 Meters | Gail Devers, Sweetwater | 11.51 |
| 2001 | 200 | Monique Henderson, Morse | 23.16 |
| 2000 | 400 | Monique Henderson, Morse | 50.74 |
| 1985 | 800 | Lesley Noll, Mt. Carmel | 2:08.00 |
| 1986 | 1,600 | Darcy Arreola, Grossmont | 4:42.77 |
| 1987 | 3,200 | Kira Jorgensen, Vista | 10:24.23 |
| 1984 | 100H (30') | Gail Devers, Sweetwater | 13.41 |
| 2003 | 100H (33') | Jessica Eggleston, El Camino | 14.28 |
| 1983 | 300H | Gail Devers, Sweetwater | 42.26 |
| 1977 | 4x100 Relay | Crawford (Young, Reed, Gaston, Lovelady) | 45.94* |
| 1996 | 4x400 Relay | Morse (Rankin, Henderson, Groce, Garner) | 3:49.12h |
| 2007 | High Jump | Whitney Sisler, La Costa Cyn | 5-11 |
| 2005 | Pole Vault | Kate Mattoon, RB | 12-9 |
| 1984 | Long Jump | Gail Devers, Sweetwater | 20-7 |
| 1987 | Triple Jump | Jackie Anderson, Mt. Miguel | 41-8 1/4 |
| 2001 | Shot Put | Aiga Marie Taumua, Sweet. | 46-10 1/4 |
| 1986 | Discus | Lori Parker, Ramona | 162-0 |

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

* - Converted to metric time from yards time

NOTE: All section records must meet National Federation guidelines.

U-T Prep Sports Writers



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Rosario will keep things jumping in 2008

El Camino High's Nelson Rosario swears his No. 1 passion is football but he has a quiet fire for track and field as well.

Asked if he was looking for a triple that would make him a front-runner for national athlete of the year -- 7-foot in the high jump, 25-feet in the long jump and 50-feet in the triple jump -- the 6-foot-6 senior smiled and said, "at least the 25."

That means current section long jump record-holder, Doyle Steele, will be attending a lot of meets this year. Steele, who set the record of 25-5 1/2 in 1966, promised that if anyone approached his legendary mark, he wanted to be there.

Rosario's best is 24-2 1/4 but on his final jump at the section championships, he hit 25-feet with a foul of less than two inches.

With section-leading marks of 6-9 in the high jump and a wind-aided 48-5 1/4 in the triple jump, Rosario can start to think about the rarest of all accomplishments -- winning three individual events in a state championship. How rare? Never been done.

On the track, University City junior Mac Fleet seeks to continue his record-setting ways. For starters, his 4:08.09 for 1,600 meters is the fastest 1600 ever run by a sophomore, according to Track and Field News statistician Jack Shepherd. Seven others have run faster miles which produced faster converted 1,600 meters. Fleet's 1,500 meter time of 3:50.48 is No. 4 all-time.

Nico Reaves, who placed seventh in the state at 400 last year for Mount Miguel, will now run for Kipperr Bell at Lincoln, and his best of 48.01 positions him for a big year.

Two other state finalists on a mission will be Joe Cooks of Mission Hills (21.16 wind-aided 200) and Charles Jock of Mission Bay (1:53.84 for 800).

For the girls, cross-country/track standout Katy Andrews of La Costa Canyon will return after finishing sixth in the state at 3,200 meters, clocking a 10:36.58 -- No. 8 on the all-time list.

Rancho Bernardo junior Emily Mattoon cleared 13-feet in the pole vault in a dual meet, a mark superior to her sister Kate's section record 12-10 1/4, but unacceptable for record purposes (four or more schools must compete).

Vista weight event double champ Brandy Dyer bids to move up on the all-time list after bests of 41-11 in the shot and 143-5 in the discus in 2006.

Thanks, Thanks, Thanks.

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Although dozens of individuals helped compile this book, special thanks go to Rick Smith, the UT Marketing Dept., UT Photo Dept., Anthony Tarantino, Hans Ruegamer and long-time supporter Richard Cota.

-- Steve Brand, Editor

Captions

Front page: Whitney Sisler, female track athlete of the year

Back page: Nelson Rosario, male track athlete of the year

2007 Boys Leaders

* Junior, ** Sophomore, *** Freshman

100 (fully Electronic)

| | | |
|-------|------------------------------------|-------------------|
| 10.56 | Maurice Patterson, Oceanside | Avocado finals |
| 10.69 | *Jamal Alston, RBV | Section finals |
| 10.77 | **Joe Cooks, Mission Hills | State prelims |
| 10.93 | Chris Daniels, Serra | Eastern prelims |
| 10.94 | **Christian Johnson, Horizon | Dual |
| 10.95 | Malik Jones, Helix | Grossmont finals |
| 10.99 | Gary Lee, Hoover | Central finals |
| 11.03 | *DeAndrae Woods, Steele Canyon | Grossmont finals |
| 11.04 | Joe Branch, Carlsbad | Palomar finals |
| 11.04 | **Ashton Barbour, Carlsbad | Section finals |
| 11.09 | **Darren Clark, Brawley | IVL Finals |
| 11.10 | Jelani Burton, Mira Mesa | Eastern prelims |
| 11.13 | *Jon Darby, West Hills | Dual |
| 11.15 | Michael Craig, Escondido | Section finals |
| 11.15 | Kenny Vaughn, Mt. Miguel | Grossmont finals |
| 11.16 | *Bradley Carter, Granite Hills | Grossmont finals |
| 11.18 | ***Kenny Stills, La Costa Canyon | Palomar finals |
| 11.18 | *Kyle Brown, Coronado | Central finals |
| 11.19 | *Daniel Thomas, Cathedral Catholic | Dual |
| 11.19 | Don Danns, Helix | Grossmont prelims |
| 11.21 | Alex Thompson, University City | CIF prelims |
| 11.23 | Eric Fisher, El Capitan | Dual |
| 11.23 | *Joseph DeMartino, Mt. Carmel | Palomar prelims |
| 11.26 | **Josh Phillips, Helix | Grossmont finals |
| 11.26 | *Wesley Merlin, Otay Ranch | Mesa finals |
| 11.26 | *Octavio Davila, West Hills | Grossmont finals |
| 11.27 | ***Ricky Seale, Escondido | Section finals |
| 11.28 | Luis Villavicencio, Point Loma | Sundevil |
| 11.28 | *Daniel Minamide, San Pasqual | Dual |
| 11.28 | *Carlton Billinslea, Madison | Central finals |
| 11.29 | Nick Cahill, Carlsbad | Escondido Inv. |
| 11.30 | Keith Turner, Hoover | Runge |
| 11.30 | **Brock Ringo, Torrey Pines | Palomar prelims |

200

| | | |
|-------|------------------------------------|-----------------|
| 21.34 | **Joe Cooks, Mission Hills | Section finals |
| 21.43 | Maurice Patterson, Oceanside | State prelims |
| 21.85 | *Nico Reaves, Mount Miguel | Section prelims |
| 21.97 | Chris Daniels, Serra | Eastern prelims |
| 22.02 | *Jamal Alston, RBV | Avocado finals |
| 22.08 | **Christian Johnson, Horizon | Dual |
| 22.13 | *Paul Villagran, Brawley | Dual |
| 21.9 | Luis Villavicencio, Point Loma | Dual |
| 22.21 | *Daniel Thomas, Cathedral Catholic | Arcadia |

| | | |
|-------|-------------------------------------|------------------|
| 22.0 | Josh Wade, Point Loma | Dual |
| 22.0 | **Matt Moynihan, Cathedral Catholic | Frosh-soph |
| 22.0 | Keith Turner, Hoover | Dual |
| 22.26 | Tony Hodges, Vista | Avocado finals |
| 22.28 | *DeAndre Woods, Steele Canyon | Dual |
| 22.35 | Jelani Burton, Mira Mesa | Eastern prelims |
| 22.42 | Steven Singh, Central Union | IVL fnals |
| 22.2 | **Ashton Barbour, Carlsbad | Dual |
| 22.48 | Pedro Campos, University City | Eastern prelims |
| 22.53 | **Marquis Sumpter, Fallbrook | Section prelims |
| 22.53 | ***Leslie Rogers, Point Loma | Eastern prelims |
| 22.3 | **Marcus Pierce, Sweetwater | Dual |
| 22.58 | Aaron Holt, Fallbrook | Avocado finals |
| 22.60 | Michael Craig, Escondido | Escondido Inv. |
| 22.62 | ***Kenny Stills, La Costa Canyon | Palomar finals |
| 22.62 | *Jonah Christian, Henry | Eastern prelims |
| 22.62 | Malik Jones, Helix | Section prelims |
| 22.4 | ***Ryan Morgan, Ramona | Dual |
| 22.4 | *Josh Howard, Serra | Dual |
| 22.4 | Nick Cahill, Carlsbad | Dual |
| 22.65 | *Octavio Davila, West Hills | Grossmont finals |
| 22.66 | Troy Lauduski, Carlsbad | Avocado prelims |
| 22.67 | **Marquis Sumpter, Fallbrook | Avocado finals |
| 22.68 | **Darren Clark, Brawley | IVL prelims |
| 22.71 | Gary Lee, Hoover | Runge |
| 22.76 | Devin Harris, University City | Eastern prelims |

400

| | | |
|-------|------------------------------------|------------------|
| 48.01 | *Nico Reaves, Mt. Miguel | Section finals |
| 48.64 | Darrell Catchings, Escondido | Escondido Inv. |
| 48.74 | *Daniel Thomas, Cathedral Catholic | Arcadia |
| 49.10 | Tony Hodges, Vista | Avocado finals |
| 49.21 | *Isaac Cannon, Serra | Western finals |
| 49.58 | Norman Cox, SD Southwest | Section finals |
| 49.66 | ***Ryan Morgan, Ramona | Section prelims |
| 49.72 | Luis Villavicencio, Point Loma | Escondido Inv. |
| 49.7 | **Joe Cooks, Mission Hills | Dual |
| 49.89 | **Elliott Sanders, Hoover | Frosh-soph |
| 50.06 | *Chris Phillips, Helix | Grossmont finals |
| 50.10 | **Alfred Haselrig, Otay Ranch | Mesa finals |
| 50.30 | ***Nick Grigoriev, Rancho Bernardo | Dual |
| 50.31 | Phil Ost, Clairemont | Central finals |
| 50.33 | Bobby Workman, Mira Mesa | Eastern prelims |
| 50.3 | Keith Turner, Hoover | Dual |
| 50.56 | Ricky Daniels, Otay Ranch | Dual |
| 50.59 | *Paul Villagran, Brawley | IVL prelims |
| 50.60 | **Keegan Ryan, Carlsbad | Avocado finals |
| 50.60 | Conor O'Brien, Torrey Pines | Dual |
| 50.68 | Estevan Galindo, Otay Ranch | Mesa finals |

| | | |
|-------|-----------------------------------|---------------|
| 50.76 | Louis Ward, Mission Bay | Runge |
| 50.77 | Luis Magana, Calexico | IVL finals |
| 50.83 | Pedro Campos, University City | UCSD |
| 50.7 | *Zack Brown, Mira Mesa | Dual |
| 50.7 | Sean Lynum-Young, Escondido | Dual |
| 50.89 | **David Klarer, Steele Canyon | Frosh-soph |
| 50.8 | Michael Wessendorf, El Camino | Dual |
| 50.96 | **Sean Adams, Mission Hills | Valley finals |
| 50.96 | **Colton Erskine, Rancho Bernardo | Falcon |
| 51.07 | Brent Boone, Eastlake | Dual |
| 51.12 | **Christian Johnson, Horizon | Dual |
| 51.0 | *Octavio Davila, West Hills | Dual |
| 51.0 | Steven Bolden, San Diego | Dual |

800

| | | |
|---------|-----------------------------------|-----------------|
| 1:53.84 | *Charles Jock, Mission Bay | State prelims |
| 1:54.02 | Austin Jett, Eastlake | Section finals |
| 1:54.44 | Sean Lynam-Young, Escondido | Section finals |
| 1:54.56 | Jaime Carrillo, Mission Hills | Section finals |
| 1:55.29 | Mark Thomas, Poway | Section finals |
| 1:56.12 | Ivan Dallet, Otay Ranch | Mesa finals |
| 1:56.13 | **Mac Fleet, University City | UCSD |
| 1:56.92 | Will Acuavera, Escondido | Escondido Inv. |
| 1:57.08 | Craig Love, Mt. Carmel | Palomar finals |
| 1:57.26 | *Brett Hasvold, Fallbrook | Escondido Inv. |
| 1:58.42 | *Deon Manley, Ramona | Escondido Inv. |
| 1:58.49 | **Dexter Wood, El Camino | Section finals |
| 1:58.75 | *Gregor Lloyd-Smith, Torrey Pines | Palomar finals |
| 1:58.83 | Trevor Sattles, Mission Hills | Valley finals |
| 1:59.03 | Jake Wertner, Rancho Bernardo | Dual |
| 1:59.10 | Isaac Custer, Vista | Avocado finals |
| 1:59.16 | Zack Harrell, RBV | Avocado finals |
| 1:59.20 | Ralph Till, Mission Bay | Section prelims |
| 1:59.22 | Miguel Vega, Orange Glen | Valley prelims |
| 1:59.28 | *Derek Groom, Bonita Vista | Mesa finals |
| 1:59.39 | *Zack Brown, Mira Mesa | Las Vegas |
| 1:59.71 | Keith Turner, Hoover | Central finals |
| 1:59.95 | Nick Lake, Mt. Carmel | Section prelims |

1,600

| | | |
|---------|-----------------------------------|-----------------|
| 4:08.09 | **Mac Fleet, University City | State finals |
| 4:11.69 | Austin Jett, Eastlake | State prelims |
| 4:14.54 | **Collin Jarvis, RBV | Avocado finals |
| 4:14.9 | Eric Avila, Bonita Vista | Trabuco Hills |
| 4:20.48 | Alex Guaderrama, Granite Hills | Section prelims |
| 4:22.39 | Travis Kuhlman, Westview | Mt. SAC |
| 4:22.77 | Ralph Till, Mission Bay | Section finals |
| 4:23.36 | *Gregor Lloyd Smith, Torrey Pines | Section finals |

| | | |
|---------|---------------------------------|-----------------|
| 4:25.19 | *Thomas Estrada, RBV | Escondido Inv. |
| 4:25.63 | Bernardo Bahena, Clairemont | Section finals |
| 4:25.68 | **Ken Raedel, San Pasqual | Section finals |
| 4:25.85 | *Brian Randlette, Valhalla | Section prelims |
| 4:25.91 | Mike Fenman, Otay Ranch | Section prelims |
| 4:25.99 | Kyle Fox, Steele Canyon | Section prelims |
| 4:26.30 | Alex Scherling, University City | Section prelims |
| 4:26.92 | Matt Van Dyke, RBV | Section prelims |
| 4:27.03 | *Drew Flood, Rancho Bernardo | Section prelims |
| 4:27.23 | ***Jacob Rauch, Otay Ranch | Section prelims |
| 4:27.35 | Luke Binder, La Jolla | Section prelims |
| 4:27.42 | Jaime Carrillo, Mission Hills | Valley finals |
| 4:27.70 | Pat Sheehan, San Pasqual | Section prelims |
| 4:28.30 | **Uriel Aguirre, Fallbrook | Frosh-soph |
| 4:28.36 | **Diego Vega, Orange Glen | Valley finals |
| 4:28.48 | Jeff Welch, Eastlake | Section prelims |
| 4:28.49 | Joe Binder, La Jolla | Section prelims |
| 4:28.73 | Mark Thomas, Poway | Bronco |
| 4:29.04 | Alex Avila, Valley Center | Valley finals |
| 4:29.20 | Miguel Vega, Orange Glen | Bronco |
| 4:29.49 | **Adrian Rafiee, Henry | Frosh-soph |

3200

| | | |
|---------|------------------------------------|------------------|
| 9:01.77 | Eric Avila, Bonita Vista | State finals |
| 9:25.63 | **Collin Jarvis, RBV | Section finals |
| 9:26.20 | Travis Kuhlman, Westview | Sundevil |
| 9:33.38 | *Tony Baren, Valhalla | Grossmont finals |
| 9:33.55 | **Mac Fleet, University City | Sundevil |
| 9:33.75 | Miguel Albarren, RBV | Escondido Inv. |
| 9:34.05 | ***Parker Stinson, Rancho Bernardo | Section prelims |
| 9:35.53 | *Adrian Sherrod, Steele Canyon | Section finals |
| 9:36.78 | Matthew Seat, Bonita Vista | Section prelims |
| 9:36.99 | *Brandon Velasquez, Otay Ranch | Escondido Inv. |
| 9:37.91 | Alex Avila, Valley Center | Escondido Inv. |
| 9:39.50 | **Diego Vega, Orange Glen | Section prelims |
| 9:40.45 | *Thomas Estrada, RBV | Sundevil |
| 9:43.60 | Vinny Granata, Fallbrook | Avocado finals |
| 9:44.08 | Alex Guaderrama, Granite Hills | Escondido Inv. |
| 9:46.17 | *Eric Fujikawa, Eastlake | Mesa finals |
| 9:46.49 | Miguel Vega, Orange Glen | Valley finals |
| 9:46.66 | *Russ Munda, San Pasqual | Escondido Inv. |
| 9:47.86 | Alex Scherling, University City | Section finals |
| 9:48.03 | *Andrew Hunter, RBV | Escondido Inv. |
| 9:49.19 | *Jared Threw, Vista | Section prelims |
| 9:50.28 | *Sean Proehl, Rancho Bernardo | Section prelims |
| 9:51.01 | Mike Poffenbarger, El Capitan | Section finals |

110HH

| | | |
|-------|----------------------------------|------------------|
| 14.13 | Ronald Brookins, Helix | State prelims |
| 14.62 | RaNee Woods, Otay Ranch | Mesa finals |
| 14.77 | *Marcus Vasquez, Otay Ranch | Mesa prelims |
| 14.91 | Max Bruner, Torrey Pines | Dual |
| 15.08 | Ernest Walker, Carlsbad | Avocado prelims |
| 15.16 | Ahmed Abdi, Scripps Ranch | Jaguar |
| 15.16 | *Lavelle Caitlan, Brawley | IVL finals |
| 15.21 | Ivory Herd, RBV | Avocado prelims |
| 15.26 | **Brandon Chambers, Mira Mesa | Eastern prelims |
| 15.27 | Edel Portelo, Escondido | Valley finals |
| 15.27 | Patrick Brown, Serra | Escondido Inv. |
| 15.27 | Mark Novilla, Eastlake | Section prelims |
| 15.29 | Ashton Gamat, Mt. Carmel | Palomar prelims |
| 15.29 | Royce Pollard, University City | Section finals |
| 15.31 | Anthony Jereza, Mira Mira | Dual |
| 15.37 | **Dominik Jones, Helix | Grossmont finals |
| 15.37 | Hunter Hackett, Torrey Pines | Palomar prelims |
| 15.43 | Steven Ayers, Ramona | Valley finals |
| 15.53 | Kevin Jercinovich, Fallbrook | Avocado prelims |
| 15.56 | Abraham Alem, Sweetwater | Mesa prelims |
| 15.59 | **David Hernandez, Central | Jaguar |
| 15.64 | Edgar Michel, Vista | Section prelims |
| 15.66 | *Julian Blaseio, Torrey Pines | Palomar finals |
| 15.67 | Soaha Jafarzade, Rancho Bernardo | Sundevil |
| 15.74 | **Leon Kadoun, Oceanside | Frosh-soph |
| 15.76 | *Maurice Strickland, Chula Vista | Section prelims |
| 15.77 | *Zach Parks, Eastlake | Mesa prelims |
| 15.78 | **Tyler Creswell, Ramona | Section finals |
| 15.80 | ***Marquel Specks, Point Loma | Eastern finals |
| 15.83 | *Sean Rush, Otay Ranch | Mesa prelims |
| 15.86 | **James Johnson, Valley Center | Valley finals |
| 15.89 | Michael Eaton, Henry | Runge |
| 15.90 | Michael Love, Poway | Palomar prelims |
| 15.90 | Sam Ledezma, Castle Park | Section prelims |
| 15.93 | Karlos Santiago, Otay Ranch | Dual |
| 15.93 | ***Kevin Finley, Granite Hills | Frosh-soph |
| 15.94 | Reid Collins, Valley Center | Valley Finals |
| 15.97 | *Justin Johnson, Steele Canyon | Grossmont prelim |
| 16.00 | *Greg Casey, Monte Vista | Bronco |

300IH

| | | |
|-------|-------------------------------|-----------------|
| 38.4 | Bobby Workman, Mira Mesa | Dual |
| 38.68 | Patrick Brown, Serra | Escondido Inv. |
| 39.01 | RaNee Woods, Otay Ranch | Mesa finals |
| 39.58 | Ivory Herd, RBV | Section finals |
| 39.63 | Max Bruner, Torrey Pines | Section prelims |
| 39.66 | **Brandon Chambers, Mira Mesa | Frosh-soph |

| | | |
|-------|----------------------------------|------------------|
| 39.82 | Brent Boone, Eastlake | Mesa finals |
| 39.96 | *Niko Salazar, Otay Ranch | Section prelims |
| 39.97 | Ahmed Abdi, Scripps Ranch | Section finals |
| 40.28 | Soaha Jafarzade, Rancho Bernardo | Falcon |
| 40.36 | *Carlos Ruiz, SD Southwest | Escondido Inv. |
| 40.40 | **David Klarer, Steele Canyon | Grossmont finals |
| 40.45 | *Chris Leidigh, El Camino | Avocado finals |
| 40.65 | Edel Portela, Escondido | Section prelims |
| 40.72 | Bryant Stefan, Hilltop | Section prelims |
| 40.6 | Roger Earl, Poway | Dual |
| 40.7 | Edgar Michel, Vista | Dual |
| 40.89 | Sam Ledezma, Castle Park | Escondido Inv. |
| 40.95 | Robert Navarro, University City | Section prelims |
| 40.96 | Hunter Hackett, Torrey Pines | Dual |
| 41.0 | *Vince Walters, Vista | Dual |
| 41.1 | Michael Love, Mt. Carmel | Dual |
| 41.24 | **Michael Prizzi, Mission Hills | Escondido Inv. |
| 41.2 | **Leon Kadoun, Oceanside | Dual |
| 41.40 | *Maurice Strickland, Chula Vista | Mesa finals |
| 41.40 | Taylor Anderson, El Capitan | Grossmont finals |
| 41.41 | Anthony Jereza, Mira Mesa | Eastern prelims |

4x100 Relay

| | | |
|-------|--------------------|------------------|
| 41.90 | Escondido | Section finals |
| 42.41 | Oceanside | Section finals |
| 42.43 | Carlsbad | Avocado finals |
| 42.74 | Rancho Buena Vista | Section finals |
| 42.8 | Helix | Dual |
| 43.01 | Hoover | Central finals |
| 43.10 | El Camino | Section finals |
| 43.11 | Horizon | Coastal finals |
| 43.0 | Point Loma | Dual |
| 43.31 | Steele Canyon | Grossmont finals |
| 43.32 | Sweetwater | Mesa finals |
| 43.2 | Serra | Dual |
| 43.37 | Otay Ranch | Mesa finals |
| 43.3 | Mira Mesa | Dual |
| 43.3 | Vista | Dual |
| 43.47 | Central | IVL finals |
| 43.49 | University City | Section prelims |
| 43.51 | Granite Hills | Grossmont finals |
| 43.55 | Morse | Eastern finals |
| 43.56 | Mt. Carmel | Section prelims |
| 43.59 | St. Augustine | Section finals |
| 43.67 | Mission Hills | Valley finals |
| 43.76 | Mount Miguel | Grossmont finals |
| 43.84 | Mission Bay | Section finals |
| 43.94 | Cathedral Catholic | Sundevil |

| | | |
|-------|-----------------|------------------|
| 44.11 | Fallbrook | Section prelims |
| 44.13 | Rancho Bernardo | Section prelims |
| 44.19 | West Hills | Grossmont finals |
| 44.21 | Clairemont | Central finals |
| 44.23 | San Diego | Eastern finals |
| 44.25 | Westview | Palomar finals |

4x400 Relay

| | | |
|---------|-----------------|------------------|
| 3:21.36 | Mission Hills | Section finals |
| 3:21.72 | Escondido | Section finals |
| 3:22.90 | Serra | Section finals |
| 3:23.17 | Vista | Section finals |
| 3:24.38 | Scripps Ranch | Section finals |
| 3:25.40 | Otay Ranch | Section prelims |
| 3:25.41 | University City | Section finals |
| 3:25.92 | Fallbrook | Section prelims |
| 3:25.9 | Mira Mesa | Dual |
| 3:26.69 | Rancho Bernardo | Section prelims |
| 3:26.77 | Mission Bay | Section finals |
| 3:26.90 | Oceanside | Avocado finals |
| 3:27.41 | Hoover | Central finals |
| 3:27.75 | El Capitan | Section finals |
| 3:28.08 | Ramona | Section finals |
| 3:28.69 | Torrey Pines | Palomar finals |
| 3:28.99 | El Cajon Valley | Section finals |
| 3:29.59 | Castle Park | Escondido Inv. |
| 3:29.63 | Mount Miguel | Grossmont finals |
| 3:29.65 | Helix | Grossmont finals |

High Jump

| | | |
|---------|--------------------------------|-----------------|
| 6-9 | *Nelson Rosario, El Camino | Dual |
| 6-8 | Richard LaFleur, Escondido | Dual |
| 6-7 1/4 | Andrius Mikutis, Christian | Central finals |
| 6-7 | *Marcus Vasquez, Otay Ranch | Otay Ranch |
| 6-6 | Daniel Scherer, Ramona | Valley finals |
| 6-6 | Rob Perry, Otay Ranch | Dual |
| 6-4 | Raysean Sharpe, Morse | Otay Ranch |
| 6-3 1/2 | Robert Fukushima, Hoover | Dual |
| 6-3 | Patrick Brown, Serra | Dual |
| 6-3 | RaNee Woods, Otay Ranch | Mesa finals |
| 6-3 | Paul Bryant, Otay Ranch | Section prelims |
| 6-3 | Kyle Smith, San Pasqual | Dual |
| 6-3 | Royce Pollard, University City | Dual |
| 6-2 | **Axel Anderson, Point Loma | Section finals |
| 6-2 | **Ramsey Hopkins, Torrey Pines | Dual |
| 6-2 | *Lee Gill, St. Augustine | Dual |
| 6-2 | Ronald Brookins, Helix | Dual |
| 6-2 | Kevin Jenkins, Granite Hills | Dual |

Pole Vault

| | | |
|------|----------------------------------|-----------------|
| 15-4 | Griffin Simmons, Vista | State final |
| 15-1 | Nate Will, Rancho Bernardo | Dual |
| 14-4 | Brett Letourneau, Vista | Section finals |
| 14-0 | *Thranh Ly, Granite Hills | Section prelims |
| 14-0 | Will Sommervill, Rancho Bernardo | Dual |
| 14-0 | Peter Haproff, RBV | Avocado finals |
| 14-0 | Mike Gaarde, La Costa Canyon | Dual |
| 14-0 | Caleb Monticalvo, Escondido | Valley finals |
| 13-8 | Danny Hogan, Universty City | Section prelims |
| 13-7 | **Gerald Golden, Rancho Bernardo | Dual |
| 13-7 | Aaron Aquinaldo, Vista | Bronco |
| 13-6 | **Anthony Quintero, Eastlake | Dual |
| 13-6 | Tony Gross, Vista | Avocado finals |
| 13-6 | John Gibson, La Jolla | Dual |
| 13-6 | **Nick Hanoian, La Jolla | Dual |
| 13-6 | Charles Navarro, Sweetwater | Dual |
| 13-4 | Steven McLennen, San Pasqual | Section prelims |
| 13-3 | Miles Millen, Ramona | Dual |
| 13-2 | Roshan Sadr, Mt. Carmel | Sundevil |

Long Jump

| | | |
|-----------|------------------------------------|------------------|
| 24-2 1/2 | Gary Lee, Hoover | Arcadia |
| 24-2 1/4 | *Nelson Rosario, El Camino | Section finals |
| 23-8 | Darrell Catchings, Escondido | Section finals |
| 22-10 1/2 | *Kyle Brown, Coronado | Jaguar |
| 22-9 | Pedro Campos, University City | Eastern finals |
| 22-7 1/2 | Dale Thomas, Monte Vista | Grossmont prelim |
| 22-5 3/4 | Darryl Williams, Escondido | Section finals |
| 22-5 1/2 | *Daniel Thomas, Cathedral Catholic | Escondido Inv. |
| 22-5 | *Jamie Dale, Steele Canyon | Escondido Inv. |
| 22-4 | Ronald Brookins, Helix | Dual |
| 22-0 | Chris Daniels, Serra | Dual |
| 21-11 | LaSalle Mitchell, Morse | Eastern Prelims |
| 21-10 1/2 | Devon Akpom, Mt. Carmel | Jaguar |
| 21-9 1/2 | Chris Chism, Oceanside | Section finals |
| 21-8 1/4 | **Zach McMaster, Mission Hills | Valley finals |
| 21-7 | *Alante Womack, San Diego | Section finals |
| 21-5 1/2 | *Marcus Vasquez, Otay Ranch | Jaguar |
| 21-5 1/4 | Derrick Perrault, Helix | Dual |
| 21-5 | Tracey Thompson, Morse | Eastern prelims |
| 21-3 1/2 | *Daniel Minamide, San Pasqual | Dual |
| 21-3 | **Brock Ringo, Torrey Pines | Palomar prelims |
| 21-3 | Bobby Workman, Mira Mesa | Dual |
| 21-3 | **Leon Kadoun, Oceanside | Fresh-soph |
| 21-2 | *Tommy Alexander, Vincent | Dual |
| 21-2 | Daunte Rogers, Morse | Eastern prelims |
| 21-1 3/4 | *Cory Johnson, El Cajon Valley | Grossmont finals |

Triple Jump

| | | |
|-----------|------------------------------------|------------------|
| 48-2 | *Nelson Rpsario, El Camino | Avocado finals |
| 46-3 | Gary Lee, Hoover | Central finals |
| 46-0 | Darryl Williams, Escondido | Valley prelims |
| 45-9 | Pedro Campos, University City | Eastern finals |
| 45-8 1/4 | Igor Seriba, La Jolla | Section finals |
| 45-6 | *Alante Womack, San Diego | Eastern finals |
| 45-5 | *Kyle Brown, Coronado | Bronco |
| 45-1 | *Daniel Thomas, Cathedral Catholic | Section prelims |
| 44-11 3/4 | Michael Lakis, Grossmont | Section finals |
| 44-2 1/2 | Devon Akpom, Mt. Carmel | Bronco |
| 44-1 1/2 | **Deontry Johnson, Hoover | Section prelims |
| 43-9 1/2 | Ivory Herd, RBV | Avocado finals |
| 43-9 | *Tynan Murray, Poway | Section prelims |
| 43-8 1/2 | Josh Vasquez, Central | Sundevil |
| 43-8 | **Ramsey Hopkins, Torrey Pines | Falcon |
| 43-7 | Nick Pew, San Pasqual | Valley finals |
| 43-5 1/2 | **Zach McMaster, Mission Hills | Section prelims |
| 43-4 | Alex Thompson, University City | Section prelims |
| 43-4 | **Kyle Jasperse, Calvin | Section finals |
| 43-3 3/4 | Ashton Gamat, Mt. Carmel | Dual |
| 43-2 | *Harold Harris, Granite Hills | Grossmont finals |
| 43-0 | Andrew Liao, Westview | Dual |
| 43-0 | *Brian Upchurch, Rancho Bernardo | Palomar finals |

Shot Put

| | | |
|-----------|------------------------------------|-----------------|
| 58-9 1/2 | Mark Weber, El Camino | Dual |
| 56-11 | Winston Wilkinson, Rancho Bernardo | Falcon |
| 56-1 | Chris Boniwell, Rancho Bernardo | Section prelims |
| 55-8 3/4 | *David Spates, Monte Vista | Section finals |
| 54-10 | Tommie Draheim, El Capitan | Dual |
| 53-4 | Byron Jemison, Carlsbad | Avocado finals |
| 52-10 | *Jason Klingerman, Valley Center | Valley prelims |
| 52-6 1/2 | *Riley Shoen, Carlsbad | Dual |
| 51-10 1/4 | *Jacob Loeh, Westview | Palomar prelims |
| 51-9 | John Baez, Eastlake | Dual |
| 51-8 1/4 | **Blake Asbill, Carlsbad | Avocado finals |
| 51-0 | *Julian Samson, Otay Ranch | Otay Ranch |
| 50-11 | Marcus Perry, Eastlake | Dual |
| 50-8 | *Derek Harreboomee, St. Augustine | Dual |
| 50-6 | Nate Chandler, Mira Mesa | Eastern prelims |
| 50-5 1/2 | *Nick Mohadger, El Camino | Section finals |
| 49-1 | Josh Wells, Holtville | Section prelims |
| 48-10 | *London Turley, Granite Hills | Dual |
| 48-8 | Michael Bell, Mt. Miguel | Dual |
| 48-7 1/4 | Ian Resor, La Costa Canyon | Section finals |
| 48-4 | Jason Jackson, Granite Hills | Dual |
| 48-3 | **Ali McTar, Otay Ranch, | Section prelims |
| 48-1 | Luis Guerra, Steele Canyon | Section finals |

Discus

| | | |
|--------|------------------------------------|-----------------|
| 188-10 | Mark Weber, El Camino | Dual |
| 177-7 | Chris Boniwell, Rancho Bernardo | Section finals |
| 177-0 | Byron Jemison, Carlsbad | Dual |
| 175-9 | *David Spates, Monte Vista | Dual |
| 164-10 | Winston Wilkinson, Rancho Bernardo | Section finals |
| 164-8 | *Julian Samson, Otay Ranch | Dual |
| 164-2 | *Nick Mohadjer, El Camino | Dual |
| 163-7 | Kellon Dion, Steele Canyon | Section finals |
| 162-4 | Richard LaFleur, Escondido | Section prelims |
| 159-10 | Lane Thompson, Helix | Section prelims |
| 158-4 | Ryan Pearl, Steele Canyon | Section finals |
| 157-11 | Nate Chandler, Mira Mesa | Section prelims |
| 157-9 | *Ray Lian, Fallbrook | Dual |
| 155-3 | Ian Resor, La Costa Canyon | Palomar finals |
| 154-2 | Pat Colonelli, La Costa Canyon | Dual |
| 154-1 | Weston Titus, Valley Center | Valley finals |
| 154-0 | Jose Baez, Eastlake | Dual |
| 152=5 | *Derek Harrebomee, St. Augustine | Section prelims |
| 151-4 | Ray Valdez, Fallbrook | Avocado finals |
| 151-0 | Jason Jackson, Granite Hills | Dual |
| 149-3 | Tommie Draheim, El Capitan | Dual |
| 149-2 | Luis Guerra, Steele Canyon | Sundevil |
| 149-0 | Ryan Foucher, Henry | Dual |

2007 State Meet Finalists (Top 9)

Boys

| | | | |
|-------------|----------------------|---------------|-----------|
| 100 | 5. Maurice Patterson | Oceanside | 10.64w |
| 200 | 8. *Joe Cooks | Mission Hills | 21.56 |
| | 9. Maurice Patterson | Oceanside | 21.84 |
| 400 | 7. *Nico Reaves | Mt. Miguel | 48.57 |
| 800 | 8. *Charles Jock | Mission Bay | 1:57.96 |
| 1600 | 2. **Mac Fleet | Uni. City | 4:08.07 |
| | 5. Austin Jett | Eastlake | 4:12.09 |
| 3200 | 1. Eric Avila | Bonita Vista | 9:01.77 |
| 110HH | 9. Ronald Brookins | Helix | 14.29 |
| High Jump | 5. *Nelson Rosario | El Camino | 6-8 |
| Pole Vault | 6. Griffin Simmons | Vista | 15-4 |
| Long Jump | 2. *Nelson Rosario | El Camino | 23-8 1/4 |
| | 3. Gary Lee | Hoover | 23-7 1/2 |
| | 6. Darrell Catchings | Escondido | 22-10 3/4 |
| Triple Jump | 8. *Nelson Rosario | El Camino | 45-5 |

Girls

| | | | |
|------------|--------------------|--------------|----------|
| 3200 | 6. *Katy Andrews | La Costa Cyn | 10:36.58 |
| High Jump | 1. Whitney Sisler | La Costa Cyn | 5-10 |
| Pole Vault | 6. **Emily Mattoon | Rancho Bern. | 11-10 |
| Shot Put | 9. *Brandy Dyer | Vista | 39-4 1/2 |

2007 Girls Leaders

100

| | | |
|-------|---|------------------|
| 12.06 | Mandy Ross, Christian | State prelims |
| 12.20 | ***Tenille Stoudenmire, Rancho Bernardo | Section prelims |
| 12.30 | ***Jenna Puterbaugh, Santa Fe Christian | Section prelims |
| 12.30 | *Britnee Gillespie, Tri-City Christian | Section finals |
| 12.35 | ***Corina Hecker, Carlsbad | Section prelims |
| 12.37 | Sarah Player, Coronado | Section prelims |
| 12.39 | ***Cherokee Bowens, University City | Eastern prelims |
| 12.39 | *Crystal Spears, Scripps Ranch | Western finals |
| 12.40 | **Wisdom Hodges, Oceanside | Avocado finals |
| 12.43 | ***Ilesha Iwobe, Oceanside | Avocado finals |
| 12.44 | **Vanessa Houston, Hoover | Frosh-soph |
| 12.47 | *Alissa Sanchez, Cathedral Catholic | Western finals |
| 12.48 | Chalores Dudley, Orange Glen | Valley finals |
| 12.51 | Britney Bennett, Otay Ranch | Section prelims |
| 12.52 | **Tori Taijeron, Granite Hills | Grossmont finals |
| 12.53 | *Shantel Clark, Poway | Section prelims |
| 12.58 | **Elena Jefferson, Vista | Section prelims |
| 12.61 | **Brooke Gamble, Poway | Palomar prelims |
| 12.61 | *Hannah Pearl, Christian | Central finals |
| 12.67 | Sidney King, Point Loma | Eastern prelims |
| 12.74 | ***Melissa Barnum, Rancho Bernardo | Palomar prelims |
| 12.75 | ***Carolina Padilla, Calexico | IVL finals |
| 12.79 | *Tayler Williams, Escondido | Valley finals |
| 12.79 | Ann-Marie Harris, Mira Mesa | Eastern finals |
| 12.80 | Taija Sankar, Mira Mesa | Eastern finals |
| 12.84 | **Rachel Lofton, Westview | Palomar prelims |
| 12.85 | *Kaylyn Parrish, Scripps Ranch | Western finals |
| 12.88 | ***Kiani Williams, Mar Vista | South Bay finals |
| 12.88 | ***Marilyn Naderhoff, West Hills | Grossmont finals |
| 12.92 | ***Brianna Ellis, Torrey Pines | Palomar prelims |
| 12.93 | *Lauren Rickman, University City | Dual |
| 12.95 | Caryn Owens, El Camino | Avocado prelims |

200

| | | |
|-------|---|-----------------|
| 24.70 | **Vanessa Houston, Hoover | Sundevil |
| 24.79 | ***Tenille Stoudenmire, Rancho Bernardo | State prelims |
| 25.05 | ***Jenna Puterbaugh, Santa Fe Christian | State prelims |
| 25.49 | ***Cherokee Bowens, University City | Section finals |
| 25.55 | Sarah Player, Coronado | Runge |
| 25.63 | **Brooke Gamble, Poway | Palomar prelims |
| 25.63 | *Shantel Clark, Poway | Palomar finals |
| 25.69 | **Elena Jefferson, Vista | Avocado prelims |
| 25.69 | Rhonnisha Simpson, Serra | Eastern prelims |
| 25.70 | **Wisdom Hodges, Oceanside | Avocado finals |

| | | |
|-------|-------------------------------------|------------------|
| 25.74 | Chalores Dudley, Orange Glen | Valley finals |
| 25.74 | **Ceclia Beauchamp, Carlsbad | Palomar finals |
| 25.75 | *Alissa Sanchez, Cathedral Catholic | Sundevil |
| 25.78 | *Crystal Spears, Scripps Ranch | Western finals |
| 25.79 | Mandy Ross, Christian | Central finals |
| 25.79 | **Jamila Jordan, University City | Eastern prelims |
| 25.90 | Sidney King, Point Loma | Eastern prelims |
| 25.7 | **Rachel Lofton, Westview | Dual |
| 25.96 | **Tori Tajjeron, Granite Hills | Section finals |
| 25.99 | *Alex Webber, Poway | Palomar prelims |
| 26.03 | ***Iesha Iwobe, Oceanside | Avocado prelims |
| 25.8 | ***Kortney Ross, Westview | Dual |
| 26.19 | *Breena Wilburn-Blake, Mission Bay | Section prelims |
| 26.20 | Britney Bennett, Otay Ranch | Mesa prelims |
| 26.24 | *Ciara Short, Madison | Section prelims |
| 26.24 | Ann-Marie Harris, Mira Mesa | Eastern prelims |
| 26.26 | ***Carolina Padilla, Calexico | Runge |
| 26.29 | *Yazmine Modeste, Scripps Ranch | Dual |
| 26.40 | Jennifer Monohan, RBV | Big Dual |
| 26.40 | *Kelsea Ramsey, El Capitan | Grossmont finals |
| 26.45 | ***Deni Lucero, Escondido | Valley finals |
| 26.47 | Melissa Neri, Valley Center | Valley finals |

400

| | | |
|-------|--|-----------------|
| 56.95 | **Vanessa Houston, Hoover | Section finals |
| 57.30 | Mandy Ross, Christian | Central finals |
| 57.41 | *Ashlin Yahr, Torrey Pines | Section prelims |
| 57.42 | Rhonnisha Simpson, Serra | Section finals |
| 57.74 | **Tenille Stoudenmire, Rancho Bernardo | Bronco |
| 57.9 | *Nicole Aurigemma, Carlsbad | Dual |
| 58.32 | Melissa Neri, Valley Center | Valley finals |
| 58.44 | Dayna Roberson, Kearny | Western finals |
| 58.60 | **Jamilla Jordan, University City | Eastern finals |
| 58.65 | *Alex Webber, Poway | Section finals |
| 58.70 | *Nya Boland, Cathedral Catholic | Western finals |
| 58.7 | *Sarah Vitug, University City | Dual |
| 58.83 | ***Cherokee Bowens, University City | Frosh-soph |
| 59.10 | *Romaine Desclos, University City | Eastern finals |
| 59.18 | ***Lauren Krassny, La Costa Canyon | Frosh-soph |
| 59.24 | *Ciara Short, Madison | Section finals |
| 59.37 | **Ashlee Clatterburg, Cathedral Catholic | Western finals |
| 59.2 | Andrea Jacobs, Vista | Dual |
| 59.52 | ***Camille Alvarado, Marian Catholic | Section finals |
| 59.55 | Brittany Upshaw, Otay Ranch | Section prelims |
| 59.57 | *Bonnie Ayala, Otay Ranch | Mesa prelims |
| 59.59 | **Drew Pitcairn, Eastlake | Mesa prelims |
| 59.61 | **Alyssa Zafuta, Torrey Pines | Frosh-soph |
| 59.64 | Amanda Moore, Torrey Pines | Dual |
| 59.77 | **Brooke Gamble, Poway | Runge |
| 59.90 | *Kaylan Parrish, Scripps Ranch | Dual |

800

| | | |
|---------|---|-----------------|
| 2:13.90 | Amanda Moore, Torrey Pines | Arcadia |
| 2:14.56 | ***Michelle Cruz, Vista | Section finals |
| 2:14.89 | *Sarah Vitug, University City | Section finals |
| 2:16.3 | *Nicole Aurigemma, Carlsbad | Dual |
| 2:16.48 | **Erin Gillingham, Torrey Pines | Dual |
| 2:17.73 | Andrea Jacobs, Vista | UCSD |
| 2:17.78 | **Tess Plant-Thomas, La Jolla | Section finals |
| 2:17.80 | Stephanie Consiglio, El Camino | Section finals |
| 2:18.06 | **Elizabeth Apgar, CV Calvary Christian | Section prelims |
| 2:19.99 | *Krista Egense, Rancho Bernardo | Dual |
| 2:20.47 | *Amber Throop, Valley Center | Section prelims |
| 2:20.53 | ***Savanna Vasquez, Mission Hills | Valley finals |
| 2:20.8 | Bre Schofield, Carlsbad | Dual |
| 2:21.51 | ***Maila Luch, Sweetwater | Mesa finals |
| 2:21.95 | Heather Mayer, Monte Vista | Section finals |
| 2:22.08 | *Erin Murphy, Valley Center | Section finals |
| 2:22.19 | **Emily Osga, Henry | Mission Hills |
| 2:22.34 | *Emily Mecke, San Dieguito Academy | Section prelims |
| 2:22.96 | **Brittany Balcom, Ramona | Section finals |
| 2:22.96 | Deyna Roberson, Kearny | Dual |
| 2:22.99 | *Lindsay Drake, Cathedral Catholic | Section prelims |
| 2:23.0 | *Katy Andrews, La Costa Canyon | Dual |
| 2:23.01 | Heather Alcorn, La Costa Canyon | Palomar prelims |
| 2:23.16 | Katie Rentz, Mt. Carmel | Dual |
| 2:23.44 | **Nihal Kayali, La Jolla | Dual |

1,600

| | | |
|----------|------------------------------------|-----------------|
| 4:56.42 | *Katy Andrews, La Costa Canyon | State prelims |
| 4:58.64c | **Erin Gillingham, Torrey Pines | Arcadia |
| 5:00.51 | Bre Schofield, Carlsbad | Section prelims |
| 5:06.49 | **Sammy Silva, OLP | Section prelims |
| 5:06.94 | **Nihal Kayali, La Jolla | Section finals |
| 5:08.10 | ***Savanna Vasquez, Mission Hills | Section finals |
| 5:08.27c | **Emily Osga, Henry | Runge |
| 5:08.75 | **Sheree Shea, University City | Section prelims |
| 5:09.02 | **Heather Zytkevicz, RBV | Section prelims |
| 5:09.98 | ***Michelle Cruz, Vista | Avocado finals |
| 5:10.74 | *Alicia Barajas, Vista | State prelims |
| 5:10.94 | *Sarah Vitug, University City | Sundevil |
| 5:11.29 | *Paige Rackley, La Costa Canyon | Palomar finals |
| 5:11.8 | Andrea Jacobs, Vista | Dual |
| 5:12.33 | **Laura Wyatt, Bishop's | Section prelims |
| 5:12.81 | **Courtney Avvampato, La Jolla | Section prelims |
| 5:13.03 | **Caroline Draper, Rancho Bernardo | Frosh-soph |
| 5:12.9 | *Nicole Aurigemma, Carlsbad | Dual |
| 5:13.87 | ***Sallie Privett, Coronado | Section prelims |
| 5:13.94 | **Deidra Spinler, El Cajon Valley | Section prelims |

| | | |
|---------|--------------------------------------|-----------------|
| 5:14.00 | Amy Hansen, Fallbrook | Section prelims |
| 5:14.28 | Amanda Moore, Torrey Pines | Bronco |
| 5:14.47 | Stepanie Consiglio, El Camino | Avocado prelim |
| 5:14.72 | ***Megan Morgan, Torrey Pines | Palomar finals |
| 5:16.05 | Lauren Pischel, La Jolla Country Day | Coastal finals |
| 5:16.22 | Katie Rentz, Mt. Carmel | Dual |
| 5:17.07 | *Courtney Clark, La Costa Canyon | Palomar finals |
| 5:17.15 | Stephanie Cook, El Capitan | Section prelims |

3,200

| | | |
|----------|---|-----------------|
| 10:36.58 | *Katy Andrews, La Costa Canyon | State finals |
| 11:00.47 | **Heather Zytkevicz, RBV | State finals |
| 11:08.37 | **Caroline Draper, Rancho Bernardo | Palomar finals |
| 11:10.33 | ***Megan Morgan, Torrey Pines | Section finals |
| 11:11.8 | Lauren Pischel, La Jolla Country Day | Dual |
| 11:15.44 | *Courtney Clark, La Costa Canyon | Section finals |
| 11:16.45 | **Sammy Silva, OLP | Dual |
| 11:18.46 | *Ellie Keene, RBV | Dual |
| 11:20.01 | Jessica Sandoval, Oceanside | Section finals |
| 11:23.09 | *Alicia Barajas, Vista | Avocado finals |
| 11:27.0 | **Erin Gillingham, Torrey Pines | Dual |
| 11:30.62 | Dayna Anderson, University City | Sundevil |
| 11:30.80 | *Ana Prim, Torrey Pines | Palomar finals |
| 11:31.0 | *Kirsten Moore, Carlsbad | Dual |
| 11:33.28 | Stephanie Cook, El Capitan | Section finals |
| 11:33.84 | **Alicia Trujillo, Westview | Sundevil |
| 11:36.37 | **Emily Osga, Henry | Sundevil |
| 11:38.0 | Andrea Jacobs, Vista | Big Dual |
| 11:38.50 | **Aisha Coons, Mission Hills | Dual |
| 11:42.15 | Jessie Bodenhamer, Torrey Pines | Dual |
| 11:44.03 | **Elizabeth Apgar, CV Calvary Christian | Jaguar |
| 11:44.98 | *Adrienne Graham, Kearny | Section prelims |
| 11:45.01 | *Paige Rackley, La Costa Canyon | Dual |
| 11:45.18 | **Katie Sanger, Valley Center | Valley finals |
| 11:47.53 | *Julia Hernandez, Castle Park | Jaguar |
| 11:47.98 | ***Sallie Privett, Coronado | Frosh-soph |
| 11:48.81 | *Joanna Wheaton, Poway | Bronco |
| 11:49.19 | *Stacy Portillo, Escondido | Valley finals |
| 11:49.87 | ***Kathleen MacGregor, Poway | Palomar finals |
| 11:49.88 | Catherine Leavitt, Poway | Bronco |

100H

| | | |
|-------|--------------------------------|-----------------|
| 15.38 | Cori Franklin, Morse | State prelims |
| 15.63 | Sabrina Nealy, Rancho Bernardo | Palomar finals |
| 15.65 | Marquel Kidd, El Camino | Avocado finals |
| 15.80 | Brittney Allen, RBV | Section finals |
| 15.90 | **Danielle Littleton, Vista | Bronco |
| 15.96 | Tara Cooper, Helix | Section finals |
| 16.00 | Tori Anderson, Point Loma | Section prelims |

| | | |
|-------|--------------------------------------|-----------------|
| 16.11 | **Kiswana Williams, Otay Ranch | Mesa finals |
| 16.12 | *Margaret Powell, Henry | Section finals |
| 16.14 | **Shacoyia Payne, Eastlake | Section prelims |
| 16.15 | Sarah Player, Coronado | Runge |
| 16.18 | *Roshan Guillory, Kearny | Section finals |
| 16.25 | **Lauren Kennedy, Cathedral Catholic | Section prelims |
| 16.26 | *Catelin Meagher, San Pasqual | Section prelims |
| 16.32 | Kelly Matthews, Valley Center | Section finals |
| 16.39 | *Kelsee Ramsey, El Capitan | Section finals |
| 16.39 | *Susanna Marshall, Canyon Crest | Coastal finals |
| 16.51 | *Ashley Nichols, Torrey Pines | Palomar prelims |
| 16.56 | *Deborah Black, Oceanside | Avocado prelims |
| 16.57 | Brittany Idrizaj, Scripps Ranch | Western finals |
| 16.60 | **Susi Blaseio, Torrey Pines | Palomar finals |
| 16.68 | *Sara Macey, Vista | Sundevil |
| 16.70 | *Adrianna Paz, Valley Center | Section prelims |
| 16.77 | Erica Schott, La Costa Canyon | Palomar prelims |
| 16.78 | ***Melody Criswell, Christian | Section prelims |

300LH

| | | |
|-------|-------------------------------------|-----------------|
| 45.41 | Sabrina Nealy, Rancho Bernardo | Palomar finals |
| 45.3 | Cori Franklin, Morse | Dual |
| 45.43 | Sarah Player, Coronado | Arcadia |
| 45.52 | Tara Cooper, Helix | Section finals |
| 45.90 | *Catelin Meagher, San Pasqual | Section prelims |
| 46.24 | *Deborah Black, Oceanside | Avocado finals |
| 46.36 | *Annette DeLaRosa, Eastlake | Section prelims |
| 46.3 | Tori Anderson, Point Loma | Dual |
| 46.45 | **Susi Blaseio, Torrey Pines | Palomar finals |
| 46.53 | *Romaine Desclos, University City | Eastern finals |
| 46.73 | Brittany Idrizaj, Scripps Ranch | Section finals |
| 46.92 | *Kelsee Ramsey, El Capitan | Dual |
| 47.05 | *Ashley Nichols, Torrey Pines | Mt. SAC |
| 47.13 | ***Kim Gossmeier, Steele Canyon | Section finals |
| 47.13 | *Jamie Simmons, Carlsbad | Avocado finals |
| 47.23 | **Kiswana Williams, Otay Ranch | Mesa finals |
| 47.2 | **Jamie Ta, Rancho Bernardo | Dual |
| 47.34 | Kelly Matthews, Valley Center | Section prelims |
| 47.52 | *Jayna Thomas, Poway | Palomar finals |
| 47.60 | *Hannah Pearl, Christian | Section prelims |
| 47.5 | ***Danielle Littleton, Vista | Dual |
| 47.69 | *Adrianna Paz, Valley Center | Valley finals |
| 47.78 | *Lauren Kennedy, Cathedral Catholic | Western finals |
| 47.83 | *Roshan Guillory, Kearny | Mission Hills |
| 48.0 | *Sara Macey, Vista | Dual |
| 48.20 | Amanda Olah, Granite Hills | Sundevil |
| 48.21 | **Devon Senneseth, Hilltop | Frosh-soph |
| 48.1 | Stephanie Rodriguez, Vista | Dual |
| 48.39 | *Jamiesha Washington, Mission Bay | Section finals |
| 48.89 | *Eileen Seffron, RBV | Avocado finals |

4x100 Relay

| | | |
|-------|--------------------|-----------------|
| 47.93 | Poway | Section finals |
| 48.86 | Carlsbad | Section finals |
| 48.87 | Scripps Ranch | Section finals |
| 48.96 | Rancho Bernardo | Palomar finals |
| 48.97 | Oceanside | Section prelims |
| 49.11 | Christian | Section finals |
| 49.13 | University City | Trabuco Hills |
| 49.33 | Escondido | Valley finals |
| 49.36 | Cathedral Catholic | Section finals |
| 49.80 | Mira Mesa | Section finals |
| 49.82 | Rancho Buena Vista | Section finals |
| 50.01 | Otay Ranch | Mesa finals |
| 50.19 | Torrey Pines | Palomar finals |
| 50.3 | Westview | Dual |
| 50.43 | Morse | Section prelims |
| 50.46 | Eastlake | Mesa finals |
| 50.61 | Steele Canyon | Section finals |
| 50.64 | San Pasqual | Valley finals |
| 50.75 | Vista | Section prelims |
| 50.85 | Point Loma | Estern finals |
| 50.85 | El Camino | Avocado finals |
| 50.94 | Kearny | Section finals |
| 50.95 | Granite Hills | Section prelims |
| 51.13 | Madison | Central finals |

4x400 Relay

| | | |
|---------|--------------------|-----------------|
| 3:55.54 | University City | Section finals |
| 3:57.61 | Scripps Ranch | Section finals |
| 5:57.67 | Torrey Pines | Section finals |
| 3:57.95 | Vista | Section finals |
| 3:59.53 | Christian | Section finals |
| 3:59.61 | Carlsbad | Section finals |
| 4:02.69 | La Jolla | Section finals |
| 4:02.80 | Rancho Buena Vista | Section finals |
| 4:04.74 | Kearny | Section finals |
| 4:04.74 | Valley Center | Valley finals |
| 4:05.78 | Rancho Bernardo | Section finals |
| 4:06.91 | Eastlake | Section finals |
| 4:07.06 | Steele Canyon | Section finals |
| 4:07.24 | San Pasqual | Valley finals |
| 4:07.69 | Poway | Section finals |
| 4:08.26 | Bishop's | Section finals |
| 4:08.2 | Cathedral Catholic | Dual |
| 4:09.14 | Mission Hills | Valley finals |
| 4:09.74 | Escondido | Valley finals |
| 4:10.30 | La Costa Canyon | Palomar finals |
| 4:10.46 | Westview | Section prelims |
| 4:10.76 | Patrick Henry | Eastern finals |

High Jump

| | | |
|------|-----------------------------------|-----------------|
| 5-11 | Whitney Sisler, La Costa Canyon | Section finals |
| 5-7 | *Sara Macey, Vista | Dual |
| 5-6 | *Angela Dixon, OLP | Dual |
| 5-5 | Tori Anderson, Point Loma | Dual |
| 5-5 | *Ashlin Yahr, Torrey Pines | Palomar finals |
| 5-5 | ***Melody Criswell, Christian | Section finals |
| 5-4 | *Ariel Toomey, La Costa Canyon | Dual |
| 5-4 | Sara Player, Coronado | Bronco |
| 5-4 | *Aleksz Reyes, Calvin | Coastal finals |
| 5-3 | *Erin Lupfer, Westview | Dual |
| 5-3 | ***Kelsie Dickerson, Poway | Dual |
| 5-3 | **Jackie Thornton, Granite Hills | Section finals |
| 5-2 | **Sherie Key, Morse | Tiger |
| 5-2 | **Brittany Adam, Rancho Bernardo | Dual |
| 5-2 | *Adrianna Covington, Carlsbad | Dual |
| 5-2 | JuleeAnn Moberly, Rancho Bernardo | Dual |
| 5-2 | Aubrey Doede, Bishop's | Section prelims |
| 5-2 | Trecia Owens, Eastlake | Dual |
| 5-2 | *Marissa Daly, San Pasqual | Falcon |
| 5-2 | Ciara Burton, Otay Ranch | Otay Ranch |
| 5-1 | Liza Hight, Ramona | Valley finals |
| 5-1 | *Jennifer Vaupel, Granite Hills | Dual |

Pole Vault

| | | |
|------|-----------------------------------|------------------|
| 13-0 | **Emily Mattoon, Rancho Bernardo | Dual |
| 11-3 | Danielle Eckert, Coronado | Central finals |
| 11-3 | Dana Hoolko, La Jolla | Western finals |
| 10-9 | ***Kourtney Ross, Westview | Palomar finals |
| 10-9 | **Mary Koneshiro, Rancho Bernardo | Palomar finals |
| 10-6 | *Malia Plotkin, La Jolla | Dual |
| 10-6 | Lauren Christenson, La Jolla | Western prelims |
| 10-6 | Kaila Anderson, La Costa Canyon | Falcon |
| 10-4 | **Kim Stamos, Escondido | Section finals |
| 10-4 | *Breanne Evans, Poway | Section prelims |
| 10-3 | Nancy Ngo, Poway | Runge |
| 10-0 | Lexi Tammer, Valley Center | Section prelims |
| 10-0 | Brittany Hamilton, Granite Hills | Section finals |
| 9-8 | *Jennifer Nguyen, Poway | Section prelims |
| 9-6 | Braeolynn Ochs, West Hills | Section finals |
| 9-6 | Lori Wygal, Fallbrook | Dual |
| 9-6 | *Brandi Hines, El Capitan | Section finals |
| 9-4 | *Kate Anderson, Torrey Pines | Section prelims |
| 9-3 | Kim Baumgartner, Otay Ranch | Dual |
| 9-3 | ***Nicole Spann, Rancho Bernardo | Palomar prelims |
| 9-3 | Jessica Urban, West Hills | Grossmont finals |
| 9-2 | Keely Hafer, Rancho Bernardo | Dual |
| 9-1 | Miranda Hann, Carlsbad | Dual |

Long Jump

| | | |
|-----------|-----------------------------------|------------------|
| 18-2 1/2 | *Thoraya Maronesy, Helix | Section finals |
| 18-1 1/4 | Britney Bennett, Otay Ranch | Section finals |
| 17-9 | **Wisdom Hodges, Oceanside | Avocado finals |
| 17-8 | *Tayler Williams, Escondido | Dual |
| 17-6 3/4 | Erin Langford, Carlsbad | State prelims |
| 17-5 | Amber Browner, San Diego | Eastern finals |
| 17-5 | ***Rachel Kirchoffer, Monte Vista | Frosh-soph |
| 17-3 | **Alex Pankey, Mission Hills | Section finals |
| 17-2 1/2 | *Ashley Fu, La Jolla | Section finals |
| 17-1 1/2 | **Elena Jefferson, Vista | Dual |
| 17-0 1/4 | *Nicole Cardon, Madison | Central finals |
| 17-0 1/2 | Kelsie Brooks, Rancho Bernardo | Bronco |
| 16-11 1/4 | Jazmin Brooks, University City | Section finals |
| 16-10 1/2 | **Jackae Bridges, Marian | Frosh-soph |
| 16-9 1/2 | **Tyne McClure, Vista | Frosh-soph |
| 16-9 | Colleen Lopez, RBV | Dual |
| 16-8 3/4 | **Marjorie Lacombe, Bishop's | Section finals |
| 16-7 1/4 | ***Kaitlin Mohr, Torrey Pines | Section finals |
| 16-7 | Kourtney Jones, Rancho Bernardo | Dual |
| 16-6 1/2 | *Alyssia Viego, Sweetwater | Section finals |
| 16-6 1/2 | *Megan Jennings, Steele Canyon | Section finals |
| 16-6 1/4 | *Jamie Ferguson, El Capitan | Falcon |
| 16-6 | *Molly Hillenbrand, Granite Hills | Grossmont finals |

Triple Jump

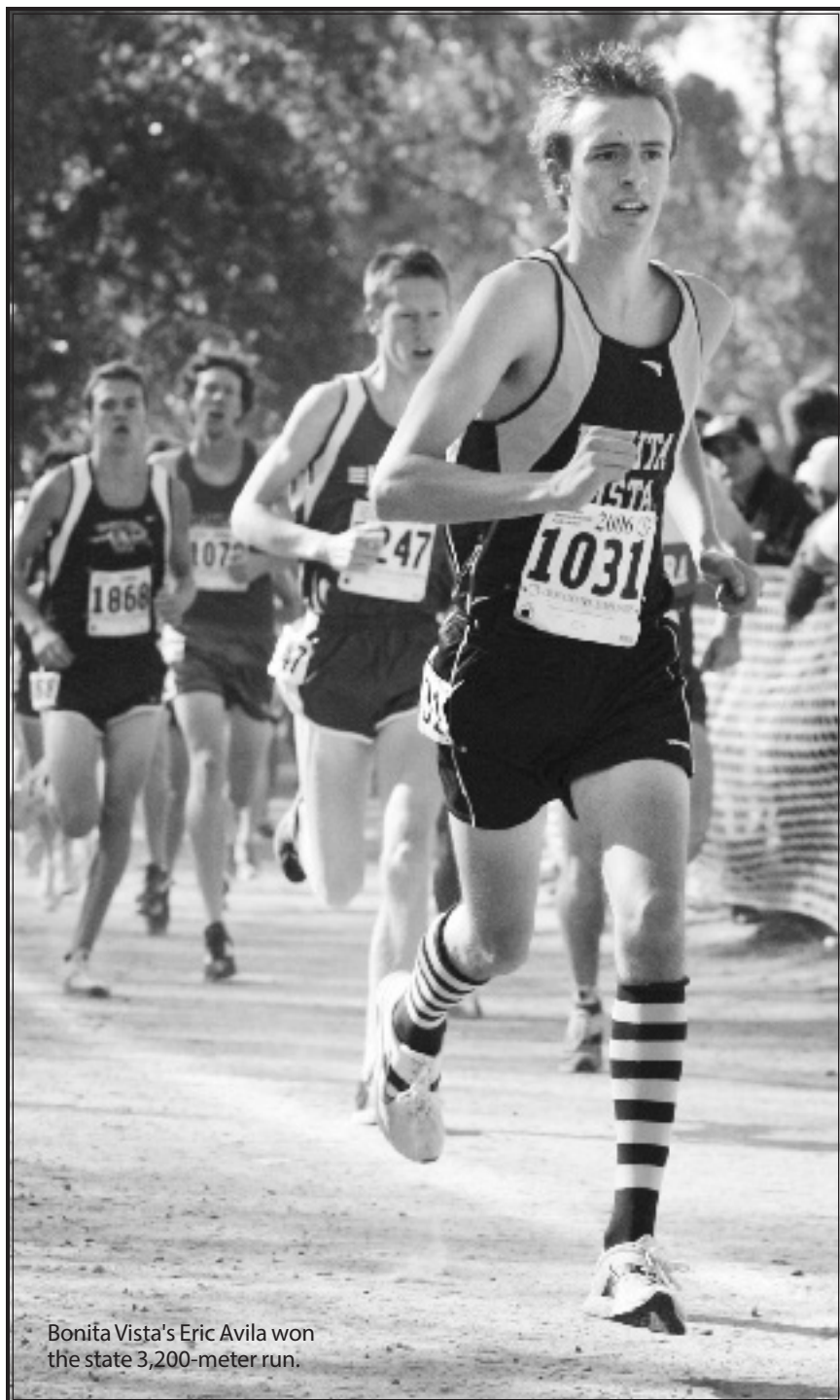
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|-----------|--------------------------------------|------------------|
| 37-10 1/2 | *Tayler Williams, Escondido | Section finals |
| 37-10 1/2 | *Thoraya Maronesy, Helix | Section prelims |
| 37-6 1/2 | Amber Browner, San Diego | Section prelims |
| 37-4 1/4 | Erin Langford, Carlsbad | Falcon |
| 37-2 | *Emily Nash, Christian Life | Southern finals |
| 36-0 | Kathleen Roehrkasse, Bishop's | Section finals |
| 35-11 | *Nicole Cardon, Madison | Dual |
| 35-8 | Kelsie Brooks, Rancho Bernardo | Dual |
| 35-6 3/4 | **Nikki Reddick, Oceanside | Section finals |
| 35-5 | Kourtney Jones, Rancho Bernardo | Dual |
| 35-4 | Rejuanette Adley, Scripps Ranch | Section prelims |
| 35-1 | ***Chantel Gary, Oceanside | Section prelims |
| 35-0 1/2 | ***Sherie Key, Morse | Section prelims |
| 34-11 1/2 | Brittney Allen, RBV | Trabuco Hills |
| 34-10 | **Alex Pankey, Mission Hills | Valley prelims |
| 34-10 | ***Kaitlin Mohr, Torrey Pines | Dual |
| 34-9 1/2 | *Allyn Meyer, La Jolla | Section prelims |
| 34-7 | *Sunny Bruns, West Hills | Grossmont finals |
| 34-6 1/2 | **Elena Jefferson, Vista | Dual |
| 34-6 1/2 | **Katarina Payne, Cathedral Catholic | Western finals |
| 34-5 | **Tyne McClure, Vista | Frosh-soph |
| 34-4 3/4 | *Emily Petros, RBV | Section prelims |

Shot Put

| | | |
|-----------|--------------------------------------|-----------------|
| 41-11 | *Brandy Dyer, Vista | Dual |
| 40-6 | *Amanda Phelps, El Camino | Dual |
| 40-1 | Suzie Herrera, El Capitan | Dual |
| 40-0 1/2 | Taasi Fesuiiai, Vista | Dual |
| 39-8 3/4 | *Brook Edney, Central | Section finals |
| 39-3 1/4 | Kiara Sherman, Escondido | Section finals |
| 39-1 1/2 | **Emily Aragon, Escondido | Dual |
| 38-7 | Paula Saavedra, Granite Hills | Dual |
| 38-7 | Valerie Logel, El Capitan | Flying Tiger |
| 37-7 | Te'ahnalin Harris, Kearny | Section finals |
| 36-5 | *Larissa Hernandez, Crawford | Dual |
| 36-3 | *Brandi Draheim, El Capitan | Dual |
| 35-9 | *Brittany Powell, Otay Ranch | Section finals |
| 35-8 1/2 | **Chanelle Walsh, Rancho Bernardo | Dual |
| 35-8 | Vanessa Schiermeyer, Rancho Bernardo | Dual |
| 35-3 | Liz Caldwell, Helix | Dual |
| 35-2 1/2 | **Solia Faapouli, El Camino | Dual |
| 35-0 | Lidia Chiles, Eastlake | Dual |
| 34-11 1/2 | Emily Bass, Helix | Section prelims |
| 34-9 1/2 | Nicole VanderWoude, Calvin Christian | Coastal finals |
| 34-8 1/2 | *Kaitlyn Brown, Fallbrook | Dual |
| 34-5 1/2 | Ashley Rogers, Kearny | Sweetwater |
| 34-4 1/2 | Emily Reed, Christian | Central finals |
| 34-4 | **Amber Chin, Rancho Bernardo | Dual |
| 34-3 1/2 | ***Abrigail Leaupetetele, Morse | Section prelims |

Discus

| | | |
|--------|---------------------------------------|-----------------|
| 143-5 | *Brandy Dyer, Vista | Dual |
| 127-8 | Valerie Logel, El Capitan | Dual |
| 122-8 | *Jessica Soltysiak, Otay Ranch | Sundevil |
| 122-4 | ***Alofa Laie, Oceanside | Section finals |
| 122-3 | Suzie Hererra, El Capitan | Dual |
| 121-10 | Te'ahnalin Harris, Kearny | Western finals |
| 120-8 | *Gina Nawab, Mt. Carmel | Palomar finals |
| 119-7 | **Chanelle Walsh, Rancho Bernardo | Section finals |
| 119-5 | *Courtney Goodson, Cathedral Catholic | Section finals |
| 119-4 | *Amanda Phelps, El Camino | Dual |
| 119-0 | Kiara Sherman, Escondido | Dual |
| 116-7 | Paula Saavedra, Granite Hills | Section finals |
| 116-3 | Ashley Rogers, Kearny | Section finals |
| 113-6 | Alyx Earl, Rancho Bernardo | Dual |
| 110-8 | *Courtney Goodson, Cathedral Catholic | Section prelims |
| 110-7 | **Solia Fa'apouli, El Camino | Dual |
| 110-4 | Taasi Fesuiiai, Vista | Jaguar |
| 109-7 | Christi Tripoli, Ramona | Dual |
| 108-8 | Amanda Young, Julian | Section prelims |
| 108-6 | *Whitney Boykin, Bonita Vista | Dual |



Bonita Vista's Eric Avila won the state 3,200-meter run.

Note... The original paper versions of this guide included All-Time Lists and State Champions by year.

Since these lists are added to from year-to-year they are not included in this recreated digital version.

To see the current list go to sdtrackmag.com where you'll find all the guides we have available, as well as the complete lists of All-Time marks and State Winners.

The San Diego
Union-Tribune.



El Camino's Nelson Rosario,
male track athlete of the year

For Updates, call Steve Brand at (619) 293-1854