

San Diego Section High School

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Track & Field Guide



**West Hills' Brenden Song ... Field Athlete of the Year
State Champion Discus Throw**

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 Burstson, 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	40.66
	(Long, Ward, Hayes, Douglas)		
1996	4x400 Relay	Morse	3:10.80
	(Jones, Carter, Pinson, Burstson)		
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
2009	100H (33')	Danielle Littleton, Vista	14.13
1983	300H	Gail Devers, Sweetwater	42.26
1977	4x100 Relay	Crawford	45.94*
	(Young, Reed, Gaston, Lovelady)		
1996	4x400 Relay	Morse	3:49.12h
	(Rankin, Henderson, Groce, Garner)		
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
2001	Shot Put	Aiga Marie Taumua, Sweetwater	46-10 ¼
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

SING A SONG; GIRLS IN SPOTLIGHT FOR 2014

A quick look back and then it's time to look ahead.

There are those teams and people who you know if they get into a championship situation, just seem to have the "it" factor. That would be West Hills' Brenden Song. Song became the fourth individual to win a state boys title from the San Diego Section, joining El Capitan's Dan Ames (1999), Bishops' Daniel Schaerer (2004) and Morse's Darius Savage (2005 and 2006) when he reached 188-8 in Clovis.

The second-most impressive performer at the state, Cathedral Catholic's Hannah Labrie-Smith, meet moves us right into looking ahead to 2014.

Just a sophomore, Labrie-Smith came within a 100th of a second of equaling the section 300-meter hurdle record set by three-time Olympic gold medalist Gail Devers (Sweetwater, 1984), running 42.27 in the prelims despite twice stutter-stepping before the hurdle.

In the finals, Labrie-Smith had the record in hand and maybe more as she led at the sixth hurdle coming off the turn when she clipped the barrier. Despite temporarily losing her balance, she recovered and rallied from fifth to finish third.

With teammate Dani Johnson there to provide the push every day at workout, look for Labrie-Smith to take down that record and set her sights on the 100-meter barrier mark as well.

West Hills' Melissa Mongiovi shows all the ability in the world to become the state's best 400-meter runner once she gains the confidence that she can run the first 200 like she runs the second. There is no better finisher than Mongiovi but with just a solid first half, she could be approaching 53-seconds.

With the top three performers returning in the 100 and 200, the spotlight could fall on the sprints where just two years ago El Camino's Jasmine Gibbs took down the section 11-meter dash record.

On the boys' front, the section's impressive showing in the distance races (Christian Freeman clocked the 2nd fastest 3200-meter in section history at 8:52.65) figures to continue as La Costa Canyon's Steven Fahy (9:02.61) and Torrey Pines' Tal Braude (9:05.26) will be the No. 2 and No. 3 returners in the state in the metric 2-mile.

If Madison's Dotun Ogundeji continues his improvement in the weight events, the section could have its fourth 200-foot discus thrower and another 60-footer in the shot. His bests were 58-11 $\frac{3}{4}$ and 179-10.

So sit back and enjoy what should be another exciting season.

Thanks, Thanks, Thanks

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Although dozens of individuals helped compile this book, special thanks go out to the UT Marketing and Photo departments and Anthony Tarantino. – Steve Brand, Editor.

Captions

Front page: West Hills Brenden Song, state discus champion

Back page: Melissa Mongiovi, West Hills, Section Champion 200 and 400 meters

Both photos by Gabriel Santana.

2013 Boys Leaders

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

100 (Fully Electronic)

10.76	Nehemiah Brown, Valhalla	Sundevil
10.80	***Alexander Smith, Mt. Miguel	Elite
10.81	Antony Ardis, Mission Hills	Section Prelims
10.83	Scott Pater, Mt. Carmel	Dual
10.84	Donald Molton, Hilltop	Mt. SAC
10.85	*Brandon Lucas, Poway	Palomar Prelims
10.88	Kyle Lewis, San Marcos	Dual
10.90	*Paul Doan, St. Augustine	State Prelims
10.93	Michael Le, Scripps Ranch	Section Prelims
10.94	Tracy McNair, Morse	Eastern Prelims
10.94	*Ayman Mayberry, Francis Parker	Coastal Prelims
10.96	Nehemiah Gross, Poway	Section Prelims
10.96	*Thai Cottrell, Oceanside	Section Prelims
10.98	*Tobe Ezeokoli, Mt. Carmel	Dual
10.99	*Lance Mudd, Poway	Dual
11.01	*D.J. Dozier, Monte Vista	Section Prelims
11.05	*Lawrence Dickens, Steele Canyon	Dual
11.06	Tessie Edwards, Serra	Section Prelims
11.06	**TyShaun Whiting, Lincoln	Section Prelims
11.09	*Anthony Ricks, Valley Center	Valley Finals
11.10	Nathan Medrano, Tri-City Christian	Calvin
11.10	**Tyree Range, Henry	Section Prelims
11.10	***Markel Noble, Palos Verdes	Imperial Valley
11.13	Darren Paraiso, Otay Ranch	Dual
11.13	Marquis Powell, Helix	Elite
11.15	***Kameron Canteen, Mission Hills	Avocado East
11.16	Devan Plyler, Oceanside	Avocado West Pre
11.17	Alexander Simpson, University City	Dual
11.18	Luke Lawison, Maranatha	Calvin
11.19	*Alijah Holder, Oceanside	CIF Prelims
11.19	Jalen Mondane, Eastlake	Section Prelims
11.20	Chris Martin, Otay Ranch	Dual

200		
21.35	Antony Ardis, Mission Hills	Section Finals
21.55	*Brandon Lucas, Poway	Section Finals
21.95	Kyle Lewis, San Marcos	Section Finals
21.96	Donald Molton, Hilltop	Mt. SAC
22.03	Scott Pater, Mt. Carmel	Palomar Finals
22.05	Nehemiah Gross, Poway	Section Finals
22.09	Nehemiah Brown, Valhalla	Section Prelims
21.9	Dominic Morgan, St. Augustine	Dual
22.18	*Paul Doan, St. Augustine	West Prelims
22.20	Isaiah Gibson, Olympian	Section Finals
22.20	*Anthony Ricks, Valley Center	Valley Finals
22.21	*Tobe Ezeokoli, Mt. Carmel	Dual
22.30	*D.J. Dozier, Monte Vista	Section Finals
22.34	**Alex Beck, Tri-City Christian	Section Finals
22.1	Alex Grigoriev, Rancho Bernardo	Dual
22.1	Scottie Warren, Helix	Dual
22.35	*Lance Mudd, Poway	Dual
22.35	Devan Plyler, Oceanside	Valley Finals
22.2	Michael Le, Scripps Ranch	Dual
22.45	Jalen Mondane, Eastlake	Section Finals
22.49	*Brian Thomas, Scripps Ranch	Eastern Finals
22.54	*Jemeil Jackson, Monte Vista	Dual
22.58	Virnel Moon, El Cajon Valley	Valley Center
400		
47.82	*Brian Thomas, Scripps Ranch	Section Prelims
48.45	Brandon Howard, Steele Canyon	Grossmont Finals
49.54	Alex Grigoriev, Rancho Bernardo	Dual
49.54	Alex Gronette, Westview	Valley Center
49.67	*Blake Dehaven, Granite Hills	Grossmont Finals
49.88	Jeramie Smith, Eastlake	Metro Finals
49.89	Sam Ozenbaugh, Poway	Section Prelims
49.91	Erroll Johnson, Helix	Grossmont Finals
49.96	James Woods, Olympian	Mesa Finals
49.97	Scott Pater, Mt. Carmel	Dual
49.99	Scottie Warren, Helix	Grossmont Finals
50.03	Michael McInerney, Valley Center	Valley Finals
50.09	Virnel Moon, El Cajon Valley	Grossmont Prelims
50.13	Derrick Babiash, Poway	Palomar Finals
50.13	Darren Paraiso, Otay Ranch	Section Prelims
50.17	Isaiah Gibson, Olympian	Arnie Robinson
50.22	Andrew Luna, San Pasqual	Section Finals
50.31	*Jemiel Jackson, Monte Vista	Grossmont Finals
50.31	Jerome Lucido, Del Norte	Section Prelims
50.42	*Lucas Lawson, Cathedral Catholic	Dual

50.46	*Jack Kuzminsky, Torrey Pines	Palomar Finals
50.49	**Jordan Miller, Oceanside	Valley Finals
50.51	*Alex Jones, Francis Parker	Section Finals
800		
1:51.61	Alex Grigoriev, Ranch Bernardo	State Finals
1:53.13	Alex Gronette, Westview	Palomar Finals
1:53.67	Jared Senese, Mt. Carmel	Sundevil
1:53.98	Shelby Hernandez, Helix	Section Finals
1:54.23	Lucas Lawson, Cathedral Catholic	Sundevil
1:55.35	*Bryan Alvarado, Sweetwater	Metro Finals
1:55.76	*Oscar Soto, El Cajon Valley	Section Finals
1:56.06	Christian Freeman, Carlsbad	Escondido
1:56.07	Scott Snow, Carlsbad	Avo West Finals
1:56.23	*Bannon Grier, Valley Center	Escondido
1:56.72	*Garrett Grant, Del Norte	Valley Finals
1:56.52	Nick Bieraugel, Mission Hills	Section Prelims
1:56.92	*Cody Rhodes, Steele Canyon	Escondido
1:57.26	*Chris Barr, St. Augustine	Western Finals
1:57.40	Victor Tamayo, El Camino	Avo West Finals
1:57.42	**Joshuah Bell, Mira Mesa	Las Vegas
1:57.50	*Dominic Mattoni, San Pasqual	Avo East Finals
1:57.80	*Derek Morton, Mt. Carmel	Avo East Finals
1:57.92	*Sean Unger, Carlsbad	Avo West Finals
1:57.98	Cristian Rodriguez, Helix	Grossmont Finals
1:57.99	*Nick Falomaro, West Hills	Section Finals
1:58.20	**Irvin Rojas, San Marcos	Valley Center
1:58.37	Ben Jafek, Torrey Pines	Escondido
1:58.47	**Paul Holbel, Del Norte	Section Finals
1:58.62	Fernando Romero, Chula Vista	South Bay Finals
1:58.76	*Darin Wong, LJCD	Section Finals
1:58.77	Jesus Ortiz, Castle Park	Section Prelims
1:58.96	*Anthony Masayesva, Serra	Arnie Robinson
1:59.00	Garrett Ryan, Westview	Dual
1600		
4:11.64	Christian Freeman, Carlsbad	Escondido
4:13.88	*Steven Fahy, La Costa Canyon	Escondido
4:15.12	*Tal Braude, Torrey Pines	Section Prelims
4:15.89	Garrett Ryan, Westview	Escondido
4:16.30	Eric Sindel, Mt. Carmel	Section Finals
4:17.02	Ricky Sweet, Henry	Section Finals
4:18.16	*Derek Morton, Mt. Carmel	Palomar Finals
4:18.40	*Anthony Masayesva, Serra	Section Prelims
4:18.53	Ben Jafek, Torrey Pines	Section Prelims
4:19.01	Jeff Schaefer, Carlsbad	Avo West Finals
4:20.32	Matt McEachern, Mt. Carmel	Escondido

4:20.84	Ryan Carroll, San Dieguito	Section Prelims
4:21.15	Patrick Bourke, Cathedral Catholic	Section Finals
4:21.35	Daniel Gomez, El Capitan	Dual
4:21.48	Steven Lepe, Monte Vista	Grossmont Finals
4:21.55	Daniel Vazquez, Castle Park	Section Finals
4:21.61	*Tyler Hansen, San Marcos	Avo East Finals
4:22.17	*Josh Bernd, Canyon Crest	Section Finals
4:22.20	Brenden Gee, Rancho Bernardo	Dual
4:23.19	Forrest Riley, Ramona	Valley Center
4:23.39	**Irvin Rojas, San Marcos	Grizzly
4:23.50	Spencer Hoffman, Del Norte	Section Prelims
4:23.80	Tristan Stidham, Ramona	Section Prelims
4:23.96	**Alex Tucker, Westview	Section Prelims
4:24.27	Jesus Ortiz, Castle Park	South Bay Finals
4:24.43	*Mark Quiroz, Del Norte	Section Prelims
4:24.57	Tritan Bunch, Carlsbad	Avo West Finals
4:24.74	Johnathon Tu, Canyon Crest	Section Prelims
4:25.03	Jorge Matt-Navarro, Henry	Escondido
4:25.17	*Andrew Tellames, Orange Glen	Section Prelims
4:25.22	Dane Rinehart, La Costa Canyon	Avo West Finals
4:25.56	Thomas King, Bishop's	Sundevil

3200

8:52.65	Christian Freeman, Carlsbad	Arcadia
9:02.61	*Steven Fahy, La Costa Canyon	Arcadia
9:05.26	*Tal Braude, Torrey Pines	Section Finals
9:11.09	Jeff Schaefer, Carlsbad	Escondido
9:11.55	Shay Martin, Carlsbad	Section Finals
9:17.31	Forrest Riley, Ramona	Sundevil
9:20.16	Daniel Gomez, El Capitan	Arcadia
9:21.44	Patrick Bourke, Cathedral Catholic	Arcadia
9:21.99	*Anthony Masayeva, Serra	Escondido
9:21.99	Steven Lepe, Monte Vista	Escondido
9:22.44	Garrett Ryan, Westview	Mt. SAC
9:25.42	*Derek Morton, Mt. Carmel	Escondido
9:25.93	*Andrew Tellames, Orange Glen	Section Prelims
9:26.31	Brandon Gee, Rancho Bernardo	Arcadia
9:28.26	Tristan Stidman, Ramona	Escondido
9:27.92	**Steven Terris, La Costa Canyon	Avo West Finals
9:29.49	*Tyler Hansen, San Marcos	Section Prelims
9:29.66	*Brian Masayeva, Serra	Escondido
9:30.89	Eric Cota, Point Loma	Sundevil
9:31.56	Eric Sindel, Mt. Carmel	Bronco
9:31.97	Ricky Sweet, Henry	Mt. SAC
9:32.61	Matt Barge, Torrey Pines	Palomar Finals
9:33.66	George Martinez, Sweetwater	Section Prelims
9:34.43	Jacob Sherman, Bonita Vista	Section Prelims
9:35.73	**Josh Paradise, Steele Canyon	Sundevil

9:37.49	*Alex Kilman, Bishop's	Coastal Finals
9:39.38	*Victor Bennett, University City	Escondido
9:39.77	**Julius Diehr, LJC	Coastal Finals
9:39.84	*Trey Wilder, RBV	Escondido
110HH		
14.39	Ben Hartinger, San Pasqual	Section Finals
14.60	Jacob James, Granite Hills	Arcadia
14.63	Brandon Washington, El Camino	Valley Center
14.70	Grant Zebold, Cathedral Catholic	Falcon
14.78	*Tyler Nelson, Del Norte	Section Finals
14.80	Matthew Kenney, Carlsbad	Section Finals
14.92	*Tairi Battig, Mira Mesa	Dual
15.01	Brandon Trieu, Mira Mesa	Dual
15.20	*Syaarig Lachica, Mt. Carmel	Palomar Finals
15.23	Chris French, Poway	Dual
15.24	*Lorenzo Johnson, Serra	Western Finals
15.24	Daniel Hernandez, Castle Park	Escondido
15.38	*Cole Crandall, Poway	Palomar Finals
15.40	Carlos Cervantes, Brawley	Section Finals
15.41	Mark Bjornsson, Otay Ranch	Mesa Finals
15.46	***D'Anthony Walcott, Morse	Eastern Finals
15.50	*Shane Martin, Eastlake	Section Prelims
15.51	*Xavier Goodloe, Steele Canyon	Dual
15.52	Nick Guzman, Mt. Carmel	Dual
15.53	Hammed Adelekan, University City	Escondido
15.55	Bevon Wilson, Orange Glen	Valley Prelims
15.61	*Brandon Gill, San Pasqual	Section Prelims
15.69	David Equiza, Eastlake	Valley Center
15.76	*Jerry Harper, Santa Fe Christian	Section Finals
15.80	Danny Pedroza, Scripps Ranch	Section Prelims
15.81	Zach Peterson, Westview	Palomar Finals
15.81	***Stevie Alexander, Otay Ranch	Mesa Finals
300IH		
37.65	Brandon Howard, Steele Canyon	State Finals
38.0	Brandon Washington, El Camino	Dual
38.44	Ben Hartinger, San Pasqual	Section Finals
38.61	*Tyler Nelson, Del Norte	Section Finals
38.6	Jacob James, Granite Hills	Dual
38.93	Grant Zebold, Cathedral Catholic	Torrey Pines
39.01	Chris French, Poway	Section Finals
39.19	Danny Hernandez, Castle Park	South Bay Finals
39.36	Bevon Wilson, Orange Glen	Valley Finals
39.47	Brian Riley, Rancho Bernardo	Section Finals
39.72	*Syaarig Lachica, Mt. Carmel	Dual
39.74	Daniel Hernandez, Steele Canyon	Section Finals

39.76	Carlos Cervantes, Brawley	IVL Finals
39.78	Mark Bjornsson, Otay Ranch	Mesa Finals
40.08	*Lorenzo Johnson, Serra	Eastern Finals
40.22	*Tairi Battig, Mira Mesa	Section Prelims
40.32	Matthew Kenney, Carlsbad	Avo West Finals
40.37	Johnathon Gauthier, Steele Canyon	Grossmont Finals
40.63	Danny Pedroza, Scripps Ranch	Section Finals
40.69	*Ryan Ramos, Granite Hills	Grossmont Finals
40.71	*Quinn Skillin, Mt. Carmel	Section Finals
40.73	Zachary Peterson, Westview	Palomar Finals
40.76	Nick Weikel, Poway	Palomar Finals
41.01	*Jose Martinez, Sweetwater	Valley Center
41.09	Hammed Adelekan, University City	Dual

400 Relay

42.05	Poway	Palomar Finals
42.15	Steele Canyon	Grossmont Finals
42.38	Mt. Carmel	Section Prelims
42.39	Helix	Grossmont Finals
42.73	Granite Hills	Grossmont Finals
42.82	Oceanside	Avo West Finals
42.85	Olympian	Mesa Finals
43.05	Eastlake	Section Prelims
43.07	Monte Vista	Section Finals
43.12	University City	Section Prelims
43.24	Monte Vista	Grossmont Finals
43.25	Del Norte	Valley Finals
43.31	Madison	Sundevil
43.32	Otay Ranch	Mesa Finals
43.2	Morse	Dual
43.35	St. Augustine	Section Finals
43.44	Brawley	IVL Finals
43.51	Francis Parker	Section Finals
43.54	San Marcos	Avo East Finals
43.62	Valley Center	Section Prelims
43.72	La Costa Canyon	Section Prelims
43.6	Serra	Dual
43.74	Rancho Buena Vista	Section Prelims
43.80	Valhalla	Grossmont Finals
43.80	Cathedral Catholic	Torrey Pines

1600 Relay

3:15.78	Poway	State Finals
3:19.27	Mt. Carmel	Section Finals
3:20.44	Steele Canyon	Section Finals
3:22.11	Rancho Bernardo	Palomar Finals
3:22.04	Westview	Section Finals

3:22.37	Granite Hills	Section Finals
3:22.40	Helix	Grossmont Finals
3:24.32	Valley Center	Valley Finals
3:24.42	Olympian	Section Prelims
3:24.93	San Pasqual	Section Finals
3:25.38	Carlsbad	Section Finals
3:25.57	Del Norte	Mt. SAC
3:25.65	Mira Mesa	Mt. SAC
3:26.22	Cathedral Catholic	Section Prelims
3:27.23	San Marcos	Avo East Finals
3:27.90	El Camino	Dual
3:28.00	Central Union	Section Finals
3:28.42	El Capitan	Section Finals
3:29.02	Eastlake	Mesa Finals
3:29.0	Scripps Ranch	Dual
3:29.53	Brawley	IVL Finals
3:29.54	Chula Vista	Valley Center
3:29.59	El Cajon Valley	Grossmont Finals
3:29.75	Castle Park	South Bay Finals
3:29.84	University City	Mt. SAC
3:29.88	Francis Parker	Section Prelims

High Jump

6-7	*Charlie Bush, Poway	Palomar Finals
6-6	Sydney Rush-Dunigan, Point Loma	Arnie Robinson
6-6	Devonte Prichett, University City	Dual
6-5 ¼	Jake Pavlovics, Rancho Bernardo	Dual
6-5	Jean-Christian Williams, Mission Hills	Section Finals
6-5	*DeAndre Benson, Point Loma	Section Finals
6-5	Donnie Hilliard, Rancho Buena Vista	Section Finals
6-5	***Dezmon Patmon, Patrick Henry	Eastern Finals
6-3	*John Probe, Serra	Dual
6-3	Dejuan Owen, Bonita Vista	Section Prelims
6-3	Bryce Eulitt, Steele Canyon	Grossmont Finals
6-3	Cameron Lancour, Otay Ranch	Dual
6-3	**D'yronn Heartfield, Mt. Miguel	Section Prelims
6-2	*Chris Carter, Imperial	Dual
6-2	*Isiah Olave, Eastlake	Dual
6-2	Carlos Cervantes, Brawley	Dual
6-2	Keith Rogers, Valhalla	Dual
6-2	Remario Wilson, Helix	Dual
6-2	Harrison Webster, Mira Mesa	Dual
6-2	*Mikah Holder, Oceanside	Avo West Finals
6-1	**Davin Lemon-Rodriguez, Vista	Avo East Finals
6-1	*Dillon Rettig, El Capitan	Grossmont Finals
6-1	Noah Ward, Granite Hills	Grossmont Finals
6-1	Ivy Adair, Rancho Bernardo	Dual
6-1	Scott Snow, Carlsbad	Sundevil

6-1	*Tyler Arroyo, Westview	Palomar Finals
Pole Vault		
16-6	Kyle Pater, Mt. Carmel	Dual
16-0	Xander Law, Otay Ranch	Mesa Finals
15-4	*Charlie Bush, Poway	Section Finals
15-3	*James Elder, Escondido	Escondido
14-4	*Michael Wagenfeld, Calvin	Section Prelims
14-4	Nick Drammissi, El Capitan	Grossmont Finals
14-4	Sean Poole, Poway	Palomar Finals
14-2	Corbin Miller, Patrick Henry	Sundevil
14-2	Patrick Holstrom, Rancho Bernardo	Dual
13-10	*Eric Sones, Vista	Avo East Finals
13-10	*Kannon Johnson, Oceanside	Section Prelims
13-9	Gerald Mora, Granite Hills	Escondido
13-6	*Scott Winters, Rancho Bernardo	Dual
13-6	Erich Mourey, Poway	Dual
13-6	**Tristan Zawadzki, Patrick Henry	Dual
13-4	*Cody Sutherland, Westview	Section Prelims
13-4	*Austin Clark, Oceanside	Section Prelims
13-4	*Garrett Janetzky, San Pasqual	Section Prelims
13-3	Eduardo Arellano, Steele Canyon	Escondido
13-3	Kyle Norris, Granite Hills	Escondido
13-3	Matt Finlay, Valley Center	Dual
13-2	Austin Ash, Valhalla	Sundevil
13-0	*David Rothweil, Rancho Bernardo	Dual
Long Jump		
24-3 ½	Sydney Rush-Dunigan, Point Loma	Section Finals
23-6 ½	Alexander Simpson, University City	Western Finals
23-2 ½	Saladin Nasser, Sweetwater	Sundevil
23-1	*Kyle LeBlanc, University City	Dual
22-9 ½	Jalen Walker, Mt. Miguel	Grossmont Finals
22-8 ¼	Mike Green, Kearny	City Finals
22-7	Ivy Adair, Rancho Bernardo	Section Finals
22-7	Rashawn Carter, Serra	Western Finals
22-6	*Tyler Nelson, Del Norte	Valley Finals
22-6	*Alijah Holder, Oceanside	Dual
22-3 ½	**Jordan Miller, Oceanside	Avo West Finals
22-3	Chris Martin, Otay Ranch	Dual
22-2 ¾	Scott Pater, Mt. Carmel	Palomar Finals
22-2	Joseph Coleman, El Camino	Avo West Finals
22-1 ¾	*Chris Carter, Imperial	Section Prelims
22-0 ½	Kyle Norris, Granite Hills	Grossmont Finals
21-11 ¼	Jacob Clayton, Escondido	Sundevil
21-7 ¼	*Zack Fernandez, La Costa Canyon	Dual
21-6 ½	*Kevin Dodds, Oceanside	Willie Banks

21-6 ¼	Deven Lattier, Steele Canyon	Section Finals
21-6	*Dominique Able, Mt. Miguel	Section Prelims
21-6	Jean-Christian Williams, Mission Hills	Section Prelims
21-5 ½	Andre Trunell, RBV	Dual
21-5 ¼	**Cameron Hills, Cathedral	Section Prelims
21-5	Harrison Webster, Mira Mesa	Eastern Prelims
Triple Jump		
48-8	*TK Kevin Dodds, Oceanside	Dual
46-4 ¾	Sean Esteban, Otay Ranch	Dual
46-3	Alexander Simpson, University City	Dual
45-10	Sydney Rush-Dunigan, Point Loma	Escondido
45-7 ¾	James Boulware, Eastlake	Mesa Finals
45-5 ¼	DeShawn Wilson, Granite Hills	Arcadia
45-3 ½	Lonnie Tuff, Steele Canyon	Section Finals
45-3	*Micah Holder, Oceanside	Dual
45-2 ¾	Devon Jackson, Mt. Miguel	State Prelims
45-2	Rashawn Carter, Serra	Escondido
44-10	**Jordan Miller, Oceanside	Section Finals
44-6	*Jesse Bisbal, Granite Hills	Grossmont Finals
44-5 ½	Arthur Nguyen, Mt. Carmel	Sundevil
44-5 ½	*Alex Wiley, Steele Canyon	Section Finals
44-2	*DeAndre Benson, Point Loma	Dual
44-1 ½	Minsung Kim, Olympian	Section Prelims
43-11	*Jermaine Peacock, Eastlake	Valley Center
43-10	Taszabza Bealer-West, Grossmont	Tiger
43-8 ½	*Chris Carter, Imperial	Section Finals
43-5	Harrison Webster, Mira Mesa	Cuyamaca
43-5	Danny Hernandez, Castle Park	Mustang
43-4	Ivy Adair, Rancho Bernardo	Cuyamaca
43-3 ½	James Woods, Olympian	Mustang
43-1 ¼	Jean-Christian Williams, Mission Hills	Dual
43-0	**Jesiah Stamp, Helix	Dual
Shot Put		
58-11 ¾	*Dotun Ogundeji, Madison	State Finals
55-2 ½	**Jose Higuera, Sweetwater	Valley Center
53-9 ½	*Wes Braddock, Eastlake	Section Finals
52-11	*Kyle Hendrickson, San Pasqual	Dual
52-8 ¼	Andrew Maneval, Torrey Pines	Escondido
52-4	*Jalen Wyatt, Helix	Section Finals
51-20	Scott Quessenberry, La Costa Canyon	Avo West Finals
51-9	Cody Barker, Rancho Bernardo	Dual
51-8	Jamal Newman, El Camino	Avo West Finals
51-1 ½	Gavin Quigley, St. Augustine	Section Prelims
50-9	Robert Phillips, Helix	Dual
50-4	*Francisco Saavedra, Granita Hills	Dual
50-2 ½	Laronn Hill, El Camino	Dual

49-10	Jack Vanderbilt, Christian	Central Final
49-10	William Milo, Helix	Dual
49-7	Jorge Bonilla, Sweetwater	Section Finals
49-7	*Alex Olendorf, Bonita Vista	Mesa Finals
49-5	Eric Rudeen, Poway	Palomar Finals
49-4	**Edward Purifoy, Cathedral	Western Finals
49-2	*Darrion Savage, Morse	Eastern Prelims
49-0	*Daniel Vantol, Ramona	Dual
48-11	Joseph Naotola, Army-Navy	Section Prelims
48-8	*Jawan Joseph, Health Science	Patrick Henry
48-5 ½	*Tyler Basinger, El Camino	Dual
48-2	*Kardell Hampton, Helix	Dual
48-1 ½	*Jonathan Stoefell, Rancho Bernardo	Torrey Pines
48-1	Brenden Song, West Hills	Dual
Discus		
194-4	Brenden Song, West Hills	Escondido
178-2	Jamal Newman, El Camino	Avo West Finals
171-6	*Dotun Ogundeji, Madison	Section Finals
166-4	Josh Maffei, Escondido	Escondido
160-9	Oscar Navarrette, University City	Irvine
159-8	*Darrion Savage, Morse	Section Finals
155-1	*Kordell Hampton, Helix	Section Finals
154-7	*Wes Braddock, Eastlake	Valley Center
152-4	Cody Barker, Rancho Bernardo	Dual
152-0	*Jalen Wyatt, Helix	Section Finals
151-7	Charlie Long, Poway	Irvine
151-0	Steven Todd, Kearny	Dual
150-9	*William Hofer, Steele Canyon	Dual
149-10	*Alex Ohlendorf, Bonita Vista	Dual
149-9	**Jose Higuera, Sweetwater	Valley Center
149-3	*Ryan Sullivan, West Hills	Grossmont Finals
147-9	Kevin Jaynes, West Hills	Dual
146-1	Terrance Tarbert, San Pasqual Aca.	Willie Banks
145-1	**Mau Ena, Vista	Section Prelims
144-3	*Norman Black, High Tech	Section Prelims
143-9	Gavin Quigley, St. Augustine	Section Finals
142-11	Andrew Maneval, Torrey Pines	Palomar Finals
142-11	Paul Padilla, Olympian	Section Prelims
142-6	John Duya, Steele Canyon	Dual
141-10	Austin Pace, Poway	Section Finals
141-8	*Brandon Mayo, Carlsbad	Avo West Finals
141-5	Scott Quessenberry, La Costa Canyon	Dual
140-2	*Tyler Basinger, El Camino	Avo West Finals

2012 State Meet Finalists (Top 12)

Boys		
200	8. Antony Ardis, La Costa Canyon	22.01
800	3. Alex Grigoriev, Rancho Bernardo	1:51.61
3200	5. *Tal Braude, Torrey Pines	9:06.91
	6. Christian Freeman, Carlsbad	9:07.13
	8. *Steven Fahy, La Costa Canyon	9:09.45
300IH	3. Brandon Howard, Steele Canyon	37.65
4x400 Relay	3. Poway	3:15.78
PV	5. Xander Law, Otay Ranch	15-10
SP	6. *Dotun Ogundeji, Madison	58-11 $\frac{3}{4}$
DT	1. Brenden Song, West Hills	188-8
	7. *Dotun Ogundeji, Madison	175-2
Girls		
400	5. **Melissa Mongiovi, West Hills	54.70
800	5. Carina Gillespie, Otay Ranch	2:10.70
	12. *Katie Sammer, Mt. Carmel	2:13.80
300LH	3. **Hannah Labrie-Smith, Cathedral	42.58
	7. Kelli Hancock, La Jolla	43.60
LJ	9. Karly Zlatic, La Jolla	18-4
TJ	11. *Caitlin Cole, Del Norte	36-10 $\frac{3}{4}$
SP	7. Grace Ward, Hoover	43-2 $\frac{1}{2}$
	10. Brandi Walker, Rancho Bernardo	39-10 $\frac{1}{4}$
DT	11. Joshell Smith, Helix	112-9

2013 Girls Leaders

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

100

11.85	**Suzie Acolatse, Mission Hills	Avo East Finals
12.14	***Dani Jackson, Cathedral Catholic	Section Prelims
12.15	**Hannah Labrie-Smith, Cathedral	Section Finals
12.23	Morgan Rehm, San Pasqual	Section Prelims
12.30	Karly Zlatic, La Jolla	Sundevil
12.36	Tiahna Gillon, Hilltop	Section Prelims
12.40	Alexis Hernandez, Mt. Carmel	Dual
12.41	Kayla Lawson, Eastlake	Dual
12.43	*Kassidy Harper, Morse	Section Finals
12.43	***Jackie Patterson, Rancho Bernardo	Frosh-Soph
12.44	***Holly Stalman, Ramona	Section Finals
12.44	Viviana Gonzalez, Mater Dei	Dual
12.47	***Salma Headley, Oceanside	Section Prelims
12.50	*Nicole Johnson, Olympian	Section Prelims
12.51	**Bree Harmel, Valhalla	Section Prelims

12.53	***Tajanique Bell, Morse	Frosh-Soph
12.57	**Sasha Stephens, Francis Parker	Dual
12.58	**Tatyana Hamlett, San Diego	City Prelims
12.58	Deozjane Jones, University City	Dual
12.61	Dana Conlin, Cathedral	Section Finals
12.64	Victoria Stewart, Oceanside	Valley Finals
12.65	Jasmine Oliver, Mt. Carmel	Section Finals
12.67	**Nicholle Gonzalez, Eastlake	Mesa Finals
12.69	*Gabby Meraz, Mission Hills	Section Prelims
12.73	*Talisha Dozier, Mt. Miguel	Sundevil
12.74	Niia Dimry, San Pasqual	Dual
12.76	**Jaia Piland, Mission Bay	City Finals
12.80	**Kaitlyn Finney, Mt. Miguel	Elite
12.80	Chante Butler, Henry	Eastern Finals

200

24.30	**Suzie Acolatse, Mission Hills	Section Prelims
24.44	**Melissa Mongiovi, West Hills	Section Finals
24.61	***Dani Johnson, Cathedral Catholic	Section Finals
24.78	Karly Zlatic, La Jolla	Section Finals
24.80	Alexis Hernandez, Mt. Carmel	Section Finals
24.83	Viviana Gonzalez, Mater Dei	Section Finals
25.23	**Ralaina Lidrazzah, Olympian	Section Finals
25.24	*Daniesha Burrell, Chula Vista	Section Finals
25.26	Kayla Lawson, Eastlake	Section Prelims
25.1	Angelique Carrillo, Steele Canyon	Dual
25.40	**Hannah Labrie-Smith, Cathedral	Arcadia
25.43	**Sasha Stephens, Francis Parker	Frosh-Soph
25.3	Shanise Clark, Scripps Ranch	Dual
25.58	***Tajanique Bell, Morse	Frosh-Soph
25.58	*Talisha Dozier, Mt. Miguel	Section Prelims
25.60	Tiahna Gillon, Hilltop	Section Finals
25.63	Betsy Armitage, Clairemont	Central Finals
25.63	***Jackie Patterson, Rancho Bernardo	Frosh-Soph
25.65	*Kassidy Harper, Morse	Section Prelims
25.71	***Holly Stalman, Ramona	Section Finals
25.83	Jasmine Oliver, Morse	Section Finals
25.6	**Jaia Piland, Mission Bay	Dual
25.93	*Nicole Johnson, Olympian	Section Prelims
25.93	*Victoria Arredondo, RBV	Avo West Finals
25.7	Niia Dimry, San Pasqual	Dual
26.03	**Haile Santana, Valley Center	Section Finals
26.04	**Bree Harmel, Valhalla	Section Prelims
26.05	*Brianna Curry, University City	Western Finals
26.05	***Michelle Gould, La Costa Canyon	Section Prelims
26.09	Jazmine Taylor, La Costa Canyon	Section Prelims
26.10	***Riley Dixon, Rancho Bernardo	Section Prelims

400		
54.70	**Melissa Mongiovi, West Hills	State Finals
55.58	Betsy Armitage, Clairemont	Escondido
55.98	Lauren Lopez, Carlsbad	Avo West Finals
56.28	Alexis Hernandez, Mt. Carmel	Escondido
56.55	Karly Zlatic, La Jolla	Section Prelims
57.47	**Holly Leonard, San Pasqual	Escondido
57.77	***Tajanique Bell, Morse	Sundevil
57.77	***Carol Schroeder, Bonita Vista	Mesa Finals
57.85	Sarah Garces, Eastlake	Mesa Finals
58.17	*Breanna Curry, University City	Arnie Robinson
58.23	*Katie Sammer, Rancho Bernardo	Dual
58.25	Kiera Williams, Otay Ranch	Mesa Finals
58.42	*Lateefah Birks, Mira Mesa	Section Finals
58.46	Kaitlin Large, Carlsbad	Section Prelims
58.55	**Anita Chadwick, La Costa Canyon	Section Finals
58.64	**Karissa Lynbaugh, Carlsbad	Avo West Finals
58.68	***Michelle Gould, La Costa Canyon	Section Prelims
58.86	**Jenna Harmeyer, La Jolla	Section Finals
59.05	Alyssabeth DeJerez, Bonita Vista	Valley Center
59.11	Angelique Carrillo, Steele Canyon	Sundevil
59.19	**Suzie Acolatse, Mission Hills	Dual
59.26	*Elyssa Schall, Mt. Carmel	Palomar Finals
59.2	***Nia Akins, Rancho Bernardo	Dual
59.41	***Sydney Best, Del Norte	Valley Finals
59.48	Katy McCurdy, Del Norte	Section Finals
59.57	Vanessa Heredia, Valley Center	Valley Center
59.82	*Julia Skyhar, Torrey Pines	Palomar Finals
59.96	***Bailey DeHaven, Granite Hills	Grossmont Finals

800		
2:10.70	Carina Gillespie, Otay Ranch	State Finals
2:12.28	*Katie Sammer, Rancho Bernardo	State Prelims
2:13.85	Kaelyn Harbison, Westview	Palomar Finals
2:15.14	*Delaney Miller, Pacific Ridge	Mt. SAC
2:15.28	**Taylor Seamans, Torrey Pines	Palomar Finals
2:16.13	*Sylvie Debrosse, El Camino	Avo West Finals
2:16.25	*Anne Charles, Canyon Crest	Palomar Finals
2:16.26	***Kelly Bernd, Canyon Crest	Frosh-Soph
2:16.32	Alex Shade, Henry	Section Prelims
2:16.39	*Samantha Fierro, San Dieguito	Avo East Finals
2:17.27	Emily Oetting, Carlsbad	Section Finals
2:17.28	***Mayra Amador, Oceanside	Dual
2:17.62	Cindy Flores, Kearny	Section Finals
2:17.81	Ella Verheehs, Point Loma	Section Prelims
2:18.22	***Nia Akins, Rancho Bernardo	Palomar Prelims

2:18.49	Kaylee Hudson, Valley Center	Escondido
2:18.82	Erin Green, Mt. Carmel	Palomar Finals
2:19.35	**Makaela Rietman, El Camino	Avo West Finals
2:19.43	***Jourdan Wilson, El Camino	Section Prelims
2:19.46	Sabrina Seay, Mt. Carmel	Dual
2:19.52	***Laurel Sparks, Escondido	Avo East Finals
2:19.55	**Ellissya Andino, Rancho Bernardo	Palomar Finals
2:19.70	*Jessica Wu, Westview	Palomar Finals
2:20.62	**Haley Leonard, San Pasqual	Torrey Pines
2:20.69	Emily Lopez, Monte Vista	Escondido
2:20.71	*Kristin Semancsin, Valhalla	Grossmont Finals

1600

4:51.33	*Emma Abrahamson, La Costa Canyon	Avo West Finals
4:54.19	***Kelly Bernd, Canyon Crest	Section Finals
4:56.74c	Nicolette Sorensen, Torrey Pines	Arcadia
4:57.70	*Anne Charles, Canyon Crest	Sundevil
4:57.90	Sabrina Seay, Mt. Carmel	Section Finals
4:58.68	Kelly Lawson, La Costa Canyon	Section Finals
4:59.44	Ellie Abrahamson, La Costa Canyon	Section Finals
5:00.88	Hannah Kay, Henry	Section Finals
5:01.07	Kelsey O'Connell, Torrey Pines	Palomar Finals
5:02.56	Ella Verhees, Point Loma	Eastern Finals
5:03.07	Kaylee Hudson, Valley Center	Section Finals
5:04.00	***Carly Josephson, Henry	Section Prelims
5:04.30	*Ashley Cope, Vista	Section Prelims
5:04.31	***Nia Akins, Rancho Bernardo	Section Prelims
5:04.45	*Bryn Rohner, RBV	Sundevil
5:04.49	Emily Erlenbach, Scripps Ranch	Eastern Finals
5:05.22	Elaine Ribeiro, Helix	Section Finals
5:05.40c	*Delaney Miller, Pacific Ridge	Arcadia
5:05.65	Carina Gillespie, Otay Ranch	Sundevil
5:05.9	*Katie Sammer, Rancho Bernardo	Dual
5:06.40	Emily Lopez, Monte Vista	Escondido
5:06.53	***Jourdan Wilson, El Camino	Section Finals
5:07.33	Jessica Sanborn, Cathedral Catholic	Western Finals
5:07.87	*Lisa Flores, Escondido	Section Prelims
5:07.97	Brianna Miller, Carlsbad	Avo West Finals
5:08.71	Kaelyn Harbison, Westview	Palomar Finals
5:09.09	**Ann Kelly, University City	Trabuco Hills
5:10.07	Andrea Hughes, Valhalla	Sundevil
5:11.10	***Sarah Abrahamson, La Costa Canyon	Avo West Finals
5:11.24	**Angela Ortlieb, San Pasqual	Avo East Finals
5:11.70	**Lauren Roberts, La Jolla	Western Finals
5:12.62	*Sophia Volk, University City	Western Finals
5:13.58	**Bryanna Fuller, Rancho Bernardo	Frosh-Soph

3200

10:36.01	*Emma Abrahamson, La Costa Canyon	Arcadia
10:44.00	Kelly Lawson, La Costa Canyon	Escondido
10:44.24	Kelsey O'Connell, Torrey Pines	Escondido
10:45.48	Nicolette Sorensen, Torrey Pines	Escondido
10:45.91	Sabrina Seay, Mt. Carmel	Escondido
10:54.75	Brianna Miller, Carlsbad	Section Finals
10:57.94	Ellie Abrahamson, La Costa Canyon	Great Oak
10:59.08	*Rebecca Bosler, La Costa Canyon	Section Finals
10:59.85	Jessica Sanborn, Cathedral	Section Finals
11:06.59	**Angela Ortlieb, San Pasqual	Escondido
11:10.66	Hannah Kay, Henry	Eastern Finals
11:10.80	Bryn Rohner, RBV	Dual
11:12.2	*Sara Bagnell, Point Loma	Dual
11:14.0	*Ashley Cope, Vista	Dual
11:15.77	Andrea Hughes, Valhalla	Section Finals
11:17.99	***Sarah Abrahamson, La Costa Canyon	Section Prelims
11:18.14	Ashley Mitchell, Del Norte	Section Finals
11:19.86	*Anne Charles, Canyon Crest	Dual
11:20.79	**Toni Bronars, Scripps Ranch	Section Prelims
11:22.33	*Roselyn Cantu, San Pasqual	Section Prelims
11:22.33	*Celina Lepe, Monte Vista	Bronco
11:22.95	Monica Doyle, Del Norte	Section Finals
11:23.09	**Elena Garcia, Mt. Carmel	Section Prelims
11:23.45	***Carly Josephson, Henry	Frosh-Soph
11:23.90	Catie LeDesma, Otay Ranch	Sundevil
11:24.21	**Kaygen Carpenter, El Capitan	Section Finals
11:24.23	Clarissa Hernandez, Bonita Vista	Mesa Finals
11:24.4	*Danielle Voyles, Rancho Bernardo	Dual
11:25.74	Sophia Volk, University City	Section Prelims
11:26.27	*Sophie Smith, Poway	Escondido
11:27.91	***Elizabeth Mang, RBV	Avo West Finals
11:28.85	***Celiese Zasueta, Eastlake	Mesa Finals
11:29.35	*Riley Chapman, Vista	Avo East Finals

100 Hurdles

14.39	**Hannah Labrie-Smith, Cathedral	Section Finals
14.64	Kelli Hancock, La Jolla	Section Finals
14.64	***Dani Johnson, Cathedral Catholic	Section Finals
14.78	Morgan Rehm, San Pasqual	Avo East Finals
14.80	Janaysha Lyons-Walker, Morse	Section Finals
14.92	Alyssa Chang, Otay Ranch	Dual
15.09	*Larissa Johnson, Poway	Section Finals
15.20	*Sydney Magdalena, Olympian	Sundevil
15.21	**Maddie Murray, Poway	Palomar Finals
15.29	*Jasmine Young, Serra	Section Prelims
15.31	Monique Van, Steele Canyon	Sundevil
15.41	Jayla Spencer, San Diego	Section Prelims

15.43	*Jessica Garcia, Rancho Bernardo	Palomar Finals
15.45	Charmayne Judkins, Olympian	Section Prelims
15.61	*Tyra Jones, San Marcos	Section Prelims
15.72	Maria Garcia, Sweetwater	Valley Center
15.77	***Nicole Martin, La Costa Canyon	Avo West Finals
15.93	Maria Slack, Vista	Avo East Finals
16.13	Camille Wilson, Coronado	Central Finals
16.21	***Karly Ironside, Granite Hills	Grossmont Finals
16.22	**Jordan Mageo, Scripps Ranch	Eastern Prelims
16.25	Savanna Canister, Carlsbad	Dual
16.37	Serena Fileccia, Mt. Carmel	Dual
16.41	**Zoe Elliott, Rancho Bernardo	Palomar Finals
16.43	**Jill Godfrey, Poway	Palomar Finals
16.57	**Leah Molter, Valhalla	Sundevil
300LH		
42.27	**Hannah Labrie-Smith, Cathedral	State Prelims
42.59	Kelli Hancock, La Jolla	Section Finals
43.80	Janaysha Lyons-Walker, Morse	Section Finals
43.91	*Jessica Garcia, Rancho Bernardo	Palomar Finals
43.99	Morgan Rehm, San Pasqual	Escondido
44.08	***Dani Johnson, Cathedral	Frosh-Soph
44.66	Monique Van, Steele Canyon	Elite
44.83	Jayla Spencer, San Digo	Mt. SAC
45.57	*Jasmine Young, Serra	Section Prelims
45.5	***Tajanique Bell, Morse	Mustang
45.8	*Sydney Magdalena, Olympian	Mustang
45.90	*Karissa Cuhna, West Hills	Grossmont Finals
46.14	Ayssabeth DeJerez, Bonita Vista	Section Prelims
46.15	**Maddie Murray, Poway	Frosh-Soph
46.29	Larissa Johnson, Poway	Palomar Finals
46.35	*Tamiyah Thomas, Oceanside	Valley Finals
46.87	*Kendall Krawl, Scripps Ranch	Dual
46.89	*Tyra Jones, San Marcos	Avo East Finals
46.90	**Sarah Sheets, Carlsbad	Avo West Finals
46.97	Allyssa Chang, Otay Ranch	Arcadia
46.98	*Catherine Cuthrell, La Jolla	Western Finals
47.01	Mercedes DeLaRosa, Mt. Miguel	Section Finals
47.02	***Ruby Mandell, Del Norte	Section Finals
47.05	Ana Velarde, Del Norte	Dual
47.10	Mariah Slack, Vista	Avo East Finals
47.11	**Leah Molter, Valhalla	Grossmont Finals
47.24	**Sophia Hernandez, San Dieguito	Avo East Finals
47.32	Charmayne Judkins, Olympian	Section Prelims
47.36	***Hannah Nealis, Valley Center	Frosh-Soph
47.38	*Taraja Nyofu, University City	Escondido
47.53	Rosario Huerta, Sweetwater	Section Prelims
47.57	***Nicole Martin, La Costa Canyon	Section Prelims

47.59	*Valerie Bednarski, Mt. Carmel	Escondido
47.69	**Mariah White, Rancho Bernardo	Palomar Finals
47.6	**Jordan Maggeo, Scripps Ranch	Dual
47.71	*Christine Burke, Scripps Ranch	Dual
47.75	**Janeth Mays, Hilltop	Section Prelims
47.95	**Jill Godfrey, Poway	Frosh-Soph

400 Relay

47.77	Cathedral Catholic	Section Finals
48.34	Mission Hills	Section Finals
48.45	Morse	Section Finals
48.56	Eastlake	Section Finals
48.64	Rancho Bernardo	Palomar Finals
48.73	University City	Western Finals
48.81	La Costa Canyon	Section Finals
48.84	Poway	Palomar Finals
49.01	Oceanside	Section Finals
49.07	La Jolla	Dual
49.13	San Pasqual	Sundevil
49.16	Olympian	Section Finals
49.60	Otay Ranch	Section Prelims
49.78	Del Norte	Section Finals
49.90	West Hills	Grossmont Finals
49.91	Patrick Henry	Section Prelims
50.02	Valley Center	Dual
50.16	Scripps Ranch	Section Prelims
50.16	Carlsbad	Dual
50.20	Chula Vista	Valley Center
50.21	Mt. Miguel	Section Finals
50.24	Escondido	Avo East Finals
50.40	Westview	Section Prelims
50.40	San Diego	Arnie Robinson
50.49	Torrey Pines	Palomar Finals

1600 Relay

3:53.98	La Jolla	Section Finals
3:54.91	Carlsbad	Section Finals
3:55.40	Bonita Vista	Section Finals
3:56.23	Rancho Bernardo	Palomar Finals
3:58.81	Del Norte	Section Finals
3:59.10	Mt. Carmel	Section Prelims
3:59.57	Cathedral Catholic	Mt. SAC
4:00.57	West Hills	Section Finals
4:00.70	University City	Section Finals
4:01.26	Eastlake	Section Prelims
4:01.31	Torrey Pines	Section Finals

4:01.51	Otay Ranch	Section Prelims
4:02.58	La Costa Canyon	Escondido
4:03.56	San Diego	Sundevil
4:04.05	Westview	Section Prelims
4:04.34	Olympian	Arnie Robinson
4:04.89	Vista	Section Prelims
4:05.0	Rancho Buena Vista	Dual
4:05.31	San Pasqual	Sundevil
4:07.32	Monte Vista	Section Finals
4:08.66	Morse	Elite
4:09.38	Escondido	Section Prelims
4:09.64	Mission Hills	Avo East Finals
4:09.97	Valley Center	Valley Center
4:10.48	Central Union	Section Prelims
4:10.50	Poway	Section Prelims

High Jump

5-9	*Breanna Curry, University City	Section Finals
5-6 ½	*Abigail Callahan, Coronado	Dual
5-6	Mariah Slack, Vista	Dual
5-5	*Ravyn Rowlett, Carlsbad	Section Finals
5-4	***Sydney Yates, RBV	Escondido
5-3	*Sierra Smith, Coronado	Section Prelims
5-3	Jennifer Gorman, Rancho Bernardo	Dual
5-3	Sarah Vanderhoff, Valhalla	Dual
5-2	**Katrina Lusky, Calvin	Frosh-Soph
5-2	Caitlin Nordi, Valhalla	Dual
5-2	**Desi Martin, Westview	Dual
5-2	**Natalie Knudsen, Cathedral	Torrey Pines
5-2	Brenna Culliton, Poway	Valley Center
5-2	Hannah Elliot, Julian	Escondido
5-2	Kayla Kulhanek, Monte Vista	Escondido
5-1	**Alyjah, Kennedy, Serra	Sundevil
5-1	*Angela Steel, Kearny	Dual
5-1	Tiarra Snowden, EC Southwest	Section Prelims
5-1	*Arela Williams, LJCD	Section Prelims

Pole Vault

12-0	Jady Tolda, Cathedral Catholic	Sundevil
11-9	*Hayley Farr, Henry	Section Prelims
11-6	Mimi Lian, Rancho Bernardo	Dual
11-5	*Lauren Bartsch, Coronado	Sundevil
11-3	*Courtney Jackson, Ramona	Valley Finals
11-0	*Morgan Madigan, Scripps Ranch	Dual
10-6	Destiny Girley, Carlsbad	Avo West Finals
10-6	*Hannah Moss, Otay Ranch	Dual
10-3	Tenaya Kothari, Torrey Pines	Palomar Finals

10-3	Kristine Paik, Torrey Pines	Palomar Finals
10-3	Rosemarie Chute, La Jolla	Section Finals
10-3	**Katy Lynch, Steele Canyon	Section Prelims
10-3	Lauren Im, Canyon Crest	Section Finals
10-3	Sierra Pruitt, Escondido	Section Prelims
10-3	**Claire Chandler, Cathedral Catholic	Western Finals
10-0	***Jordyn Fox, Valhalla	Runge
10-0	**Haley Fletcher, Henry	Mt. SAC
10-0	Kelsey Geckeler, Del Norte	Dual
9-9	*Augusta Thomason, RBV	Avo West Finals
9-9	*Roxy King, Poway	Palomar Finals
9-9	*Madison Agnew, University City	Section Finals
9-9	Jazmine Taylor, La Costa Canyon	Section Finals
9-6	*Sierra O'Neill, Granite Hills	Dual

Long Jump

19-0 $\frac{3}{4}$	Karly Zlatic, La Jolla	Section Finals
18-7	*Talisha Dozier, Mt. Miguel	Grossmont Finals
18-2	*Christina Cromer, University City	Dual
18-0	**Samantha Staab, Scripps Ranch	MC Distance
17-9	*Caitlin Cole, Del Norte	Dual
17-8	*Madeline Hopson, Coronado	Dual
17-7 $\frac{1}{4}$	**Alijah Kennedy, Serra	Eastern Finals
17-6 $\frac{3}{4}$	Monique Van, Steele Canyon	Torrey Pines
17-6 $\frac{1}{4}$	*Racquel Rackley, La Costa Canyon	Avo West Finals
17-6 $\frac{1}{4}$	**Isabella Polese, Point Loma	Section Finals
17-6	*Hadiyah Muhammad, LJCD	Coastal Finals
17-6	Sherri Samson, Morse	Eastern Finals
17-5 $\frac{1}{2}$	Mariah Slack, Vista	Avo West Finals
17-5	***Kylena Shuler, Julian	Citrus Finals
17-4	***Hannah Pettersen, Henry	Dual
17-3 $\frac{1}{2}$	**Johanna Noiseaux, Eastlake	Section Finals
17-2 $\frac{1}{2}$	*Julia Haselhuhn, Carlsbad	Dual
17-0 $\frac{1}{2}$	**Sarah Phillips, Cathedral Catholic	Western Finals
17-0	Maria Garcia, Sweetwater	Valley Center
17-0	*Shatesha Morris, San Diego	Dual
16-11 $\frac{1}{2}$	Deanna Dunn, Rancho Bernardo	Palomar Finals
16-11	*Alyssa McClintock, Mt. Carmel	Palomar Finals
16-10 $\frac{1}{2}$	**Jordyn Allen, San Diego	Eastern Finals
16-10	**Jaia Piland, Mission Bay	Section Finals
16-10	**Nicholle Gonzalez, Eastlake	Dual

Triple Jump

38-1 $\frac{3}{4}$	*Caitlin Cole, Del Norte	Section Finals
38-0	Monique Van, Steele Canyon	Elite
37-6 $\frac{1}{2}$	**Alijah Kennedy, Serra	Section Prelims
37-4	*Hadiyah Muhammad, LJCD	Valley Center

37-3 ½	**Logan Madsen, Carlsbad	Dual
37-2	**Johnna Noiseaux, Eastlake	Dual
36-8 ¼	*Julia Haselhuhn, Carlsbad	Avo West Finals
36-7 ¾	***Olivia Nash, Calvin	Dual
36-2 ½	Avyon Mathis, Scripps Ranch	Sundevil
36-0 ½	Maria Garcia, Sweetwater	Valley Center
35-9 ½	*Daniesha Burrell, Chula Vista	South Bay Finals
35-9	*Racquel Rackley, La Costa Canyon	Avo West Finals
35-9	Sheree Collins, Lincoln	City Finals
35-6 ½	Alexis Ramos, Steele Canyon	Dual
35-4	*Shatesha Morris, San Diego	Section Prelims
35-2 ¾	**Katrina Lusky, Calvin	Frosh-Soph
35-2 ¾	Leighann Shields, Mt. Carmel	Escondido
35-2 ¼	*Alyssa McClintick, Mt. Carmel	Section Prelims
35-2	*Madeline Hopson, Coronado	Central Finals
35-1	Sherri Sampson, Morse	Eastern Finals
35-0 ½	**Andrea Hsieh, Torrey Pines	Frosh-Soph
34-11	**Alexandra Carter, Torrey Pines	Dual
34-10 ½	**Sarah Phillips, Cathedral Catholic	Western Finals
34-5	*Miracl Hickman, Classical Aca.	Section Prelims
34-4 ¾	*Ashley Chen, Canyon Crest	Dual
34-4	Victoria Stewart, Oceanside	Willie Banks
34-4	*Rachel Dotterweich, San Pasqual	Avo East Finals
Shot Put		
43-2 ½	Grace Ward, Hoover	State Finals
42-3	Vanessa Sierra, El Capitan	Grossmont Finals
41-6 ½	Brandi Walker, Rancho Bernardo	State Prelims
40-2	***Laulauga Tausaga, Mt. Miguel	Section Finals
39-8	Jessica Cheadle, Escondido	Section Finals
38-9	***Khiya Muhammad, Imperial	Dual
38-5	*Kiely Osby, Escondido	Section Finals
38-4	*Kayleigh Helgesen, El Camino	Section Prelims
38-2 ¼	Erica Ellis, Westview	Section Prelims
38-2	**Sabrina Dozier, Steele Canyon	Section Finals
37-7 ½	Maya Jackson, Francis Parker	Calvin
36-11	**Teairah Jackson, Castle Park	South Bay Finals
36-5 ¼	Helen Panebianco, Helix	Section Prelims
36-3 ¼	Jashell Smith, Helix	Section Prelims
36-1	Angelique Wilson, Morse	Mustang
35-7	Billie Driver, Mater Dei	Mesa Finals
35-5 ½	***Bertha Sola, Morse	Frosh-Soph
35-5 ¼	*Savanna Reilly, Valley Center	Valley Finals
35-0	*Karah Banegas, Ramona	Dual
34-10	*Amanda Williams, Fallbrook	Section Finals
34-8 ¼	Ashley Ross, Eastlake	Mesa Finals
34-6 ½	**Sarah Reich, Westview	Dual
34-6	Annabelle Lopez, Oceanside	Dual

34-4	Zaybree Haury, Scripps Ranch	Dual
34-4	Sydney Williams-Kee, Eastlake	Mesa Finals
34-3	*Crystal Lore, Torrey Pines	Palomar Finals
Discus		
136-10	Jashell Smith, Helix	State Prelims
129-11	*Kiely Osby, Escondido	Section Finals
128-4	**Sabrina Dozier, Steele Canyon	Grossmont Finals
128-4	Zaybree Haury, Scripps Ranch	City Finals
125-1	Maya Jackson, Parker	Section Finals
122-3	Vanessa Sierra, El Capitan	Dual
122-3	Brooke Anderson, RBV	Avo West Finals
121-0	Helen Panebianco, Helix	Section Finals
120-0	*Kayleigh Helgesen, El Camino	Avo West Finals
118-3	**Ester Nofadgi, Hoover	Section Finals
117-9	Brooke Bell, Calvin	Dual
117-5	Ashley Ross, Eastlake	Section Prelims
115-3	*Savanna Reilly, Valley Center	Valley Finals
114-6	Jessica Cheadle, Escondido	Escondido
113-1	**Teairah Jackson, Castle Park	Section Prelims
112-9	Brandi Walker, Rancho Bernardo	Sundevil
110-5	Anessa Wolfblack, Chula Vista	Section Finals
110-4	*Cynthia Jones, Helix	Dual
110-2	*Crystal Lore, Torrey Pines	Escondido
109-11	*Kylee Quick, Orange Glen	Valley Finals
109-10	**Haley Halsey, RBV	Avo West Finals
108-1	***Maegen Pugal, Del Norte	Dual
107-5	*Lynnzy Troxell, Escondido	Aztec
107-4	*Camille Verhostadt, Rancho Bernardo	Dual
107-3	**Sarah Montion, Castle Park	Section Prelims

State Champions

Boys (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		
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		
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

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

1991	Erin Blunt, San Pasqual	43.02
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400 Meter Relay

1977	Crawford	46.14y
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High Jump

2007	Whitney Sisler, La Costa Canyon	5-10
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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	Tamioka 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

Note... The original paper versions of these guide books included all-time San Diego Section marks. Since these lists are added to from year-to-year they are not included in the 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.



**Melissa Mongiovi, West Hills
Section Champion 200 and 400 meters**