

# Boys CIF-San Diego Section Track and Field Records

Updated 26 January 2021

## Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
2019		Kenan Christon, Madison	10.30
2019	200	Kenan Christon, Madison	20.55
1996	400	Lydell Burston, Morse	46.85 (n)
2011	800	Shyan Vaziri, Scripps Ranch	1:50.15 (n)
1972	1600	Terry Cotton, El Cajon	4:04.04*(n)
1976	3200	Thom Hunt, Patrick Henry	8:41.8*
1997	110HH	Reggie DePass, Montgomery	13.86
2001	300IH	Jeff Hunter, Granite Hills	36.25
1998	4x100 Relay	University City	40.65
		(Lamont Long, Devon Ward, Stephen Hayes, Deandre Douglas)	
1996	4x400 Relay	Morse	3:10.80
		(Tawaiin Jones, Ray Carter, Kendall Pinson, Lydell Burston)	
1979	High Jump	Frank Schiefer, Madison	7-2
2020	Pole Vault	Garrett Brown, La Costa Canyon	16-10 <sup>3</sup> / <sub>4</sub>
1966	Long Jump	Doyle Steel, San Diego	25-5 <sup>1</sup> / <sub>4</sub>
1994	Triple Jump	Von Ware, RBV	52-0
1990	Shot Put	Brent Noon, Fallbrook	76-2
2006	Discus	Darius Savage, Morse	212-1

(n) Non-winning mark.

(\*) Converted to metric time from yard time

NOTE: All section records must meet National Federation guidelines

## Boys All-Time San Diego Track & Field Performances

### 100 Meters (Fully Electronic)

Mark	Name	School	Year
10.30	Kenan Christon,	Madison	2019
10.30	Riley Washington,	Southwest	1992
10.42	Reggie Bush,	Helix	2002
10.45	Vince Williams,	University City	1996
10.45	Darron Norris,	El Camino	1984
10.46	Ike Okenwa,	Morse	1998
10.49	Paul Turner,	University City	1993
10.53	Kevin Shields,	San Diego	1981
10.54	Moray Steward,	Orange Glen	2019
10.55	Joe Cooks,	Mission Hills	2009
10.55	Bryant Eubanks,	El Camino	1995
10.56	Maurice Patterson,	Oceanside	2007
10.59	Lamont Long,	University City	2000
10.59	Stephen Hayes,	University City	1999

10.59	Darnay Scott, Kearny	1991
10.60	Jared Pickering, Rancho Bernardo	2011
10.60	Dax Danns, Helix	2005
10.63	Brandon Lucas	2014
10.63	Justin Freeman, Carlsbad	2010
10.63	Dylan McCloskey, El Camino	2012
10.64	Jamal Alston, Rancho Buena Vista	2008
10.64h	Patrick Rowe, Lincoln	1987
10.64	Benjamin Goodwin, Christian	2017
10.65	Scott Hammond, Lincoln	1992
10.65	Devon Ward, University City	1998
10.65	Derrell Hutsona, Helix	2003
10.66	R.J. Oliver, Escondido	1999
10.66	Evan Gray, Poway	2012
10.66	Quoi Ellis, Mt. Carmel	2017
10.67	Blake Frazier, University City	2001
10.67	Mike Roberts, Henry	2000
10.67	Troy Kuretich, San Pasqual	1981
10.67	Raymond Ethridge, Crawford	1987
10.68	Bassim El-Sabawi, Torrey Pines	2010
10.68	Shamar Martin, Morse	2017
10.69	John Kendricks III, Morse	2014
10.70	Kiyoshi Moody, Castle Park	1989
10.70	Teddy Lawrence, Morse	1990
10.70	Phillip McElroy, Morse	2017

#### 100 yards (Fully Electronic)

9.61	David Russell, Henry	1977
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#### 100 Yards (Hand)

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

#### Wind-aided

10.26	Kenan Christon, Madison	2019
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#### 200 Meters

20.55	Kenan Christon, Madison	2019
20.97	Ike Okenwa, Morse	1998
20.99	Vince Williams, University City	1996
21.00	Ray Ethridge, Crawford	1987

21.06	Reggie Bush, Helix	2002
21.07	Devon Ward, University City	1998
21.08	Riley Washington, Southwest	1992
21.09	Darron Norris, El Camino	1984
21.13	Jared Pickering, Rancho Bernardo	2011
21.16	Deun White, Rancho Bernardo	2002
21.18	Brandon Lucas, Poway	2014
21.23	Darnay Scott, Kearny	1991
21.26	Dax Danns, Helix	2005
21.26	Fiat Johnson, Serra	2002
21.27	Joe Cooks, Mission Hills	2009
21.30	Quoi Ellis, Mt. Carmel	2017
21.31	Michael Stevenson, Morse	1988
21.34	Lydell Burston, Morse	1996
21.35	Antony Ardis, Mission Hills	2013
21.41	Arthur Orange, RBV	1998
21.42	Scott Hammond, Lincoln	1992
21.43	Maurice Patterson, Oceanside	2007
21.43	Paul Day, Kearny	1981
21.44	Maurice Strickland, Mira Mesa	2009
21.44	Larry Miles, Crawford	1999
21.45	Moray Steward, Orange Glen	2019
21.45	Dylan McCloskey, El Camino	2012
21.45	R.J. Oliver, Escondido	1999
21.45	Steve Hayes, University City	1998
21.46	Jere Miller, Henry	1994
21.47	Lamont Long, University City	2000
21.47	Maurice Douglas, San Diego	1999
21.47	Glen Reyes, Orange Glen	1989
21.49	Christian Sourapas, Francis Parker	2015
21.49	John Kendrick III, Morse	2015
21.51	Gerald Johnson, Sweetwater	1982
21.52	Patrick Rowe, Lincoln	1987

#### 220 Yards (Hand)

21.0	Kipperr Bell, Henry	1978
21.0	Roscoe Cook, San Diego	1956
21.0	Dave Blunt, Escondido	1961
21.0	David Russell, Henry	1976
21.1	Arnold Tripp, Crawford	1959
21.1	Vernus Ragsdale, Lincoln	1962
21.1	Russ Eckhardt, Granite Hills	1963
21.1	Bill Massey, Chula Vista	1964
21.1	Elijah Jefferson, Crawford	1975
21.2	Bill Walters, Sweetwater	1956
21.2	Ed Buchanan, Kearny	1958
21.2	Stan Morgan, Mission Bay	1964
21.2	Johnny Mack Ellis, Lincoln	1966
21.2	Milton Weaver, Pt. Loma	1978
21.3	Gary Hafner, Helix	1963
21.4	Jimmy Wilson, San Diego	1929

21.4	Mushy Pollock, San Diego	1933
21.4	Darnes Johnson, San Diego	1950
21.4	Bobby Staten, San Diego	1957
21.4	Larry Fisher, Hoover	1958
21.4	Byron Olander, Helix	1964
21.4	Bruce Girasole, Madison	1972
21.4	Danny Miller, Morse	1973

#### 400 Meters

46.85	Lydell Burston, Morse	1996
46.91	Karson Lippert, La Costa Canyon	2017
47.07	Clinton Lane, Henry	1995
47.16	Vince Williams, University City	1996
47.19	Da'Sean Cunningham, University City	2003
47.20	Nico Reaves, Lincoln	2008
47.22	Michael Stevenson, Morse	1988
47.23	Ray Carter, Morse	1995
47.36	Deun White, Rancho Bernardo	2001
47.40	Walfrido Rodriguez, Mt. Miguel	2011
47.41	Jere Miller, Henry	1994
47.59c	Mike Adkins, Bonita Vista	1979
47.61	Keegan Ryan, Carlsbad	2009
47.71	Maurice Douglas, San Diego	1999
47.77	Arthur Orange, RBV	1998
47.79	Brady Douglas, Mt. Miguel	2001
47.82	Brian Thomas, Scripps Ranch	2013
47.88	Joe Cooks, Mission Hills	2008
47.88	Scott Sims, La Costa Canyon	1997
47.91	Eric Parker, Helix	2019
47.99	Jose Prieto, Palo Verde	2012
48.00	David Gayden, Morse	1985
48.08	James Rhoades, Ramona	2004
48.09	Bryan Bartling, Grossmont	1997
48.10	Eric Robinson, Fallbrook	1985
48.10	Marvel Wynne, Poway	2004
48.11	Tobe Ezeokoli, Mt. Carmel	2014
48.12	Roy Carls, Pt. Loma	1982
48.14	Terran Franklin, Helix	1999
48.14	Jerome Gross, Hoover	1989
48.15	Chancise Watkins, Palo Verde	2010
48.16	Ryan Morgan, Ramona	2008
48.17	D.J. Contreras, Valley Center	2001
48.18	Patrick Rowe, Lincoln	1987
48.18	D'Angelo Gunter, Del Norte	2017
48.25	Wesley Salzman, Calvin	2019
48.25	Ryan Morgan, Ramona	2009
48.27	Hosea Tate, Mt. Miguel	2009
48.30	Marcus Sumpter, Fallbrook	2008
48.31	Aiden Lippert, La Costa Canyon	2019
48.31	Marcus Pierce, Sweetwater	2009
48.34	Aaron Rogers, Carlsbad	2012

48.34	Ben Maypole, Granite Hills	2006
48.34h	Devon Ward, University City	1998
48.35	John Denny, Morse	1985
48.35	Marshall Evans, Mira Mesa	1991
48.37	Marcus Dean, Mira Mesa	2018
48.39	Brandon Lucas, Poway	2014
48.40	Jay Hackett, Morse	1999
48.44	Ricky Sharpe, Mt. Carmel	1998
48.44	Dax Danns, Helix	2005
48.45	Brandon Howard, Steele Canyon	2013
48.47	Charles Jock, Mission Bay	2008
48.51	Elliott Sanders, Hoover	2009
48.52	Ryan Morgan, Ramona	2010
48.52	Richard Benson, Morse	2017
48.54	Rashid Shaheed, Mt. Carmel	2016
48.58	Boris McDaniel, Lincoln	2000

#### 440 Yards

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

#### 800 Meters

1:50.21	Shyan Vaziri, Scripps Ranch	2011
1:50.25	Mark Senior, Mt. Miguel	1988
1:50.31	Mac Fleet, University City	2009
1:50.47	Alex Monsivaiz, Army-Navy	2012
1:50.66	Charles Jock, Mission Bay	2008
1:51.61	Alex Grigoriev, Rancho Bernardo	2013
1:51.96	Jesse Camp, El Capitan	1994
1:51.99	Matt Carpowich, Torrey Pines	2011
1:52.05	Jesse O'Brien, San Pasqual	2006
1:52.11	Francis O'Neill, San Pasqual	1989
1:52.23	Matt Silva, San Pasqual	1993
1:52.33	Adrian Mangoba, Vista	2014
1:52.36	Tom Ellsworth, Pt. Loma	1983
1:52.40	Alejandro Vargas, Vista	2006
1:52.44	Carlos Bojorquez, Kearny	2011
1:52.51	Randy Pensinger, El Camino	2005
1:52.52	Noah Tellez-Velazquez, San Pasqual	2019
1:52.59	Aaron Powell, Poway	2000
1:52.69	Sean Ricketts, Rancho Bernardo	2000

1:52.73	Shawn O'Neal, Oceanside	1980
1:52.77	Ajani Brown, Crawford	1996
1:52.84	Jimmy Ungricht, Fallbrook	2001
1:52.87	Jorge Rodriguez, Fallbrook	1989
1:52.91	Dustin Diaz, West Hills	1998
1:52.96	Bannon Greer, Valley Center	2014
1:53.03	Shan Forehand, Mt. Carmel	1987
1:53.04	Chris Brewer, RBV	2011
1:53.05	Trent Newquist, Torrey Pines	2011
1:53.05	Mark Hauser, St. Augustine	1994
1:53.13	Jared Emmons, Vista	2000
1:53.13	Alex Gronette, Westview	2013
1:53.21	Jarret Chinn, Poway	2017
1:53.22	Drake Prince, CV High Tech	2019
1:53.27	A.J. Acosta, El Camino	2004
1:53.38	Alfred Haselrig, Otay Ranch	2009
1:53.43	Oscar Soto, El Cajon Valley	2014
1:53.44	Jack Kuzminsky, Torrey Pines	2014
1:53.45	Ben Aragon, West Hills	2001
1:53.48	Jeree Henry, El Camino	2006

#### 880 Yards

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

#### 1600 Meters

4:04.95	A.J. Acosta, El Camino	2006
4:05.33	Mac Fleet, University City	2009
4:06.15	Meb Keflezighi, San Diego	1994
4:06.52	Shawn O'Neal, Oceanside	1980
4:07.21	Matt Carpowich, Torrey Pines	2011
4:08.97	Mark Hauser, St. Augustine	1994
4:08.15	Darren Fahy, La Costa Canyon	2012
4:09.26	Allen Siegler, University City	2016
4:09.44	Evan Fox, West Hills	2000
4:09.58	Larry Henderson, Mira Mesa	1995
4:09.63	Jaden Rosenthal, SD High Tech	2018
4:10.08	Jon Rankin, Monte Vista	2000
4:10.09	John Seeman, Helix	1981
4:10.09	Erik Armes, Coronado	2015
4:10.27	Joe Manuel, Kearny	1982
4:10.44	Marcus Chandler, Serra	1999

4:10.75	Paul Greer, St. Augustine	1982
4:10.78	Robert Fithen, Serra	1984
4:11.11	Derek Morton, Mt. Carmel	2014
4:11.36	Marc Davis, San Diego	1987
4:11.52	Mark Dani, Valhalla	1986
4:11.59	Troy Swier, Mar Vista	2003
4:11.64	Andy Davis, Henry	1987
4:11.64	Christian Freeman, Carlsbad	2013
4:11.69	Austin Jett, Eastlake	2007
4:11.75	Jason Martin, Fallbrook	1987

#### Mile

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

#### 3,200 Meters

8:51.94h	Meb Keflezighi, San Diego	1994
8:52.65	Christian Freeman, Carlsbad	2013
8:53.95	Steven Fahy, La Costa Canyon	2014
8:53.78	Collin Jarvis, RBV	2009
8:54.21	Darren Fahy, La Costa Canyon	2012
8:56.38	Marc Davis, San Diego	1987
8:59.68	Chris Brewer, RBV	2011
8:59.96	Matt Carpowich, Torrey Pines	2011
9:00.07	Sean Evans, Henry	1980
9:00.92	Tal Braude, Torrey Pines	2014
9:01.12	Jose Vega, Chula Vista	1982
9:01.76	Caleb Niednagel, La Costa Canyon	2019
9:01.77	Eric Avila, Bonita Vista	2007
9:02.22	Marcus Chandler, Serra	1999
9:03.14	Bill Cleves, Helix	1979
9:03.2	Rich Brownsberger, Valhalla	1988
9:03.79	Mac Fleet, University City	2009
9:03.95	Ellis Del Sol, Hilltop	1985
9:04.02	Daniel Das Neves, Helix	1992

9:05.09	Matt McInvale, Ramona	1999
9:06.32	Larry Henderson, Mira Mesa	1996
9:06.35	Devin Elizondo, Mission Bay	1994
9:06.63	Nathan Williams, Carlsbad	2015
9:06.90	Trevor Siniscalchi, Westview	2015
9:07.27	Jonathan Velasco, Mission Hills	2019
9:07.99	Eric Causey, La Costa Canyon	2012
9:08.14	Nazario Romero, San Pasqual	1992
9:08.29	Babey Wagne, Helix	2004
9:08.34	Pat Green, La Jolla	1984
9:08.56	Travis Laird, San Marcos	2000

#### 2-Mile

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

#### 110 Meter High Hurdles

13.86	Reggie DePass, Montgomery	1997
13.92	Jacob Hare, Scripps Ranch	2011
13.96	Kevin Finley, Granite Hills	2010
13.98	Jeff Hunter, Granite Hills	2001
14.03	Bryon Barmer, Helix	2004
14.06	Devon Alvarado, RBV	2016
14.08	Bobby Salimi, Rancho Bernardo	2000
14.09	Julian Todd-Borden, La Costa Canyon	2012
14.13	Ronald Brookins, Helix	2007
14.14	Elijah Muhammad, Morse	2009
14.16	Devin Hickey, Vista	2011
14.19	Jake Kuritz, Torrey Pines	1995
14.21	Devin Saunders, Rancho Bernardo	2011
14.22	Isiah Jackson, El Camino	2012
14.25	Steve Forte, El Camino	1995
14.28	Blake Frazier, University City	2002
14.30	Ramsey Hopkins, Torrey Pines	2009
14.31	Tony Golston, Pt. Loma	1999
14.31	Keith Williams, Escondido	1991
14.33	Travis Knox, San Dieguito	1984
14.37	Jacob James, Granite Hills	2012
14.38	Chris Jones, Morse	1990



14.38	DarNell Talbert, Mt. Carmel	2001
14.39	Ben Hartinger, San Pasqual	2013
14.41	Shane Martin, Eastlake	2014
14.42	Grant Zebold, Cathedral Catholic	2012
14.43	Tyler Saikhon, EC Southwest	2018
14.43	David Klarer, Steele Canyon	2009
14.43	Eric Bell, Castle Park	1991

#### 110 Yard High Hurdles

14.0	Bruce Mitchell, El Camino	1981
14.0	Jeff Smith, Serra	1982
14.1	Ted Scales, Lincoln	1966
14.1	David Edwards, Lincoln	1966
14.1	Marion Franklin, Lincoln	1969
14.1	Mike Person, Kearny	1972
14.1	Robert Mosley, Oceanside	1973
14.1	Willie Banks, Oceanside	1974
14.2	Ed Johnson, Oceanside	1968
14.2	Doug Jones, Lincoln	1968

#### 300 Meter Intermediate Hurdles

36.25	Jeff Hunter, Granite Hills	2001
36.44	Kevin Jones, Mt. Miguel	1988
36.82	Felix Sanchez, University City	1995
36.98	Tony Golston, Pt. Loma	1999
37.00	Tracy Smith, RBV	1997
37.04hc	Keith Williams, Escondido	1991
37.18	Kevin Finley, Granite Hills	2010
37.20	Jay Taylor, St. Augustine	1985
37.22	Reggie DePass, Montgomery	1996
37.27	Bobby Salimi, Rancho Bernardo	2000
37.34	Brandon Bornes, RBV	2003
37.38	Jake Hare, Scripps Ranch	2011
37.45	Devon Alvarado, RBV	2016
37.45	Grant Zebold, Cathedral Catholic	2012
37.47	Brian Fell, Rancho Bernardo	1995
37.61	Alex Allen, Mt. Carmel	2011
37.65	Brandon Howard, Steele Canyon	2013
37.81	Josh Farmer, Rancho Bernardo	2018
37.88	Leyikun Solomon, Grossmont	2019
37.89	Chris Jones, Morse	1990
37.92	Jake Kuritz, Torrey Pines	1995
37.95	Julian Todd-Borden, La Costa Canyon	2012
37.98	Steve Forte, El Camino	1994
37.98	Roberto Archibold, Monte Vista	2006
38.03	Marcus Vasquez, Otay Ranch	2008
38.05	Terry Herron, Oceanside	1985
38.06	Devin Saunders, Rancho Bernardo	2011
38.12	Chase Peterson, Canyon Crest	2012
38.14	Cooper Bibbs, Oceanside	2016
38.14h	Dexter Monroe, Henry	1989

38.21	Tyrae Jones, El Camino	2002
38.24h	Travis Knox, San Dieguito	1985
38.24h	Jarrel Davis, El Camino	2005
38.26	Mike Cunningham, West Hills	2002
38.27	Bryon Barmer, Helix	2003
38.29	DarNell Talbert, Mt. Carmel	2000
38.30	Cory Dart, Granite Hills	2003
38.34	Isiah Jackson, El Camino	2012
38.36	Tyler Saikhon, EC Southwest	2018
38.36	Kurt Hurley, Carlsbad	2003
38.37	David Klarer, Steele Canyon	2009
38.39	Ahmed Dent, Mira Mesa	1990
38.40	Sadat Piggee, Castle Park	1994
38.40	Tyler Nelson, Del Norte	2014
38.44	Ben Hartinger, San Pasqual	2013
38.44h	Mario O'Conner, Escondido	1989
38.44h	Osmond Swanegan, Morse	1986
38.47	Devin Hickey, Vista	2010
38.47	James Travis, Orange Glen	1998
38.49	Bruce Stone, University City	1986

#### 400 Meter Relay

40.65	University City	1998
41.00	Helix	2002
41.00	Helix	2003
41.00	El Camino	1994
41.05	University City	2000
41.06	Morse	1997
41.16	Granite Hills	2001
41.17	Helix	2001
41.22	Morse	1995
41.23	University City	2001
41.24	University City	1999
41.25	San Diego	1999
41.30	El Camino	1995
41.34	University City	1997
41.40	University City	1996
41.41	Morse	1998
41.45	Poway	2014
41.46	Morse	2001
41.46	Morse	1996
41.51	University City	2002
41.52	University City	1994
41.59	University City	1995
41.59	Rancho Buena Vista	1995
41.60	San Diego	1994
41.62	Morse	1988
41.65	Mt. Carmel	2016
41.67	Rancho Bernardo	2011
41.69	Crawford	1987

41.69	Lincoln	1990
41.72	Steele Canyon	2008
41.82	Morse	2017
41.84	Morse	1990
41.86	Helix	2003
41.86	University City	1993
41.87	Granite Hills	2014
41.88	Madison	2019
41.88	Serra	1982
41.88	Rancho Bernardo	1995
41.90	St. Augustine	2018
41.90	Escondido	2007
41.90	Lincoln	2000
41.90	El Camino	1993

#### 440 Yard Relay

41.5	Lincoln	1968
41.5	San Diego	1971
41.5	Crawford	1975

#### 1,600 Meter Relay

3:10.80	Morse	1996
3:14.54	Morse	1987
3:14.69	Henry	1994
3:15.08	Morse	1998
3:15.46	Steele Canyon	2009
3:15.48	University City	1995
3:15.54	Morse	1987
3:15.66	Lincoln	2008
3:15.77	Morse	1985
3:15.78	Poway	2013
3:16.11	Mt. Miguel	1988
3:16.23	Helix	2003
3:16.34	University City	2003
3:16.56	Granite Hills	2001
3:16.60	Mt. Miguel	2011
3:16.73	University City	2002
3:16.77	Morse	1995
3:17.07	Mira Mesa	1990
3:17.09	Ramona	2010
3:17.17	Morse	1999
3:17.30	Serra	2000
3:17.35	Scripps Ranch	2011
3:17.54	Steele Canyon	2012
3:17.63	Lincoln	1994
3:17.96	Helix	2001
3:18.00	West Hills	2000
3:18.45	Rancho Bernardo	2000
3:18.59	Mira Mesa	1991
3:18.63	Patrick Henry	1989

3:18.86	San Diego	1994
3:19.04	Morse	1989

#### Mile Relay

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

#### High Jump

7-2	Frank Schiefer, Madison	1979
7-1	Tynan Murray, Poway	2008
7-0 ¼	Jerry Culp, Oceanside	1970
7-0	Brandon Ford, Mt. Carmel	2011
7-0	Tyler Jordan, Ramona	2010
7-0	Keno White, Rancho Bernardo	2002
7-0	Eric Hollins, Escondido	1998
6-10 ¼	Nathan Gwozdz, La Jolla	2005
6-10	Deante Kemper, Serra	2011
6-10	Greg LaCoste, Henry	1976
6-10	Alex Williams, El Camino	1978
6-10	Kelly Watkins, San Diego	1982
6-10	Matt Farmer, Monte Vista	1987
6-10	Chris Staton, Henry	2000
6-9 ¾	Ed Hanks, Hoover	1964
6-9 ¾	Brett Edmondson, Santana	1983
6-9 ¼	Phil Singleton, San Diego	1967
6-9 ¼	Tim Brown, Morse	1967
6-9 ¼	Jim Geddes, La Jolla	1973
6-9 ¼	Brian Negrete, El Cajon	1988
6-9	Cedell Morris, Steele Canyon	2015
6-9	Tyler Arroyo, Westview	2014
6-9	Brandon Green, Bonita Vista	2012
6-9	Alex Templeton, Poway	2009
6-9	Aaron McCalmont, Granite Hills	2008
6-9	Nelson Rosario, El Camino	2007
6-9	Desi Burt, Serra	2004
6-9	Jason Gatewood, RBV	1999
6-9	Johnny Green, Lincoln	1979
6-9	Dean Owens, El Cajon	1970

#### Pole Vault

16-10 ¾	Garrett Brown, La Costa Canyon	2020
16-8	Derek Scott, El Camino	2005
16-6	Jeff Coover, La Jolla	2005
16-6	Scott Finley, Granite Hills	2005
16-6	Kyle Pater, Mt. Carmel	2013
16-5	Jacob Rice, Rancho Bernardo	2019
16-5	Kevin Ward, San Dieguito	2018

16-5	Kyle Brown, La Costa Canyon	2016
16-4	Mike Brown, Torrey Pines	1995
16-3	Connor Rouse, Vista	2012
16-2	Travis Offner, Mt. Carmel	2000
16-1	Billy Matthies, Rancho Bernardo	2003
16-1	Pat Alduenda, Ramona	1987
16-0	Eli Hamson, Poway	2016
16-0	Xander Law, Otay Ranch	2013
16-0	Ryan Zacchelli, Rancho Bernardo	2012
16-0	Matt Steverson, Rancho Bernardo	2004
15-9	Zach Volpe, San Marcos	2019
15-9	Charlie Bush, Poway	2014
15-9	Dillon Fox, La Costa Canyon	2010
15-9	Jonathon Hori, Escondido	2004
15-9	Chris Buddin, Orange Glen	1993
15-9	Dan Shimooka, San Pasqual	1995
15-9	Matt Poirier, Mt. Carmel	1995
15-8	Ryan McClain, Escondido	2003
15-8	Adrian Ruark, Point Loma	2002
15-8	Jonathon Takahashi, Grossmont	2000
15-8	Andy Sullivan, Rancho Bernardo	2006
15-7	Tristan Zawadzki, Patrick Henry	2015
15-7	Zack Miller, Rancho Bernardo	2003
15-7	Matt Lehman, San Dieguito	1988
15-7	Jason Rice, Fallbrook	1993
15-7	Trevor Sheldon, Mission Hills	2017
15-6	Anthony LaScala, Mt. Carmel	2016
15-6	Ryan Thomsen, Calvin Christian	2016
15-6	Jay Rafail, Vista	1987
15-6	Rick Lotterer, San Pasqual	1988
15-6	Sean Daley, Vista	1999
15-6	Sejoon Park, Rancho Bernardo	2005
15-6	Cory Phallen, Rancho Bernardo	2006
15-6	Nate Will, Rancho Bernardo	2008
15-6	Zack Logan, Rancho Bernardo	2011
15-6	Evan Dudley, Poway	2020

#### Long Jump

25-5 ¼	Doyle Steel, San Diego	1966
25-5	Jerome Price, University City	1989
25-1 ¼	Dokie Williams, El Camino	1978
24-11	Lewis King, Lincoln	1967
24-9	Derrell Hutsona, Helix	2003
24-9	Arnold Tripp, Crawford	1959
24-8 ½	Jaecob Snow, El Camino	2011
24-8 ½	Nelson Rosario, El Camino	2008
24-6 ¼	Tom Brown, Castle Park	1989
24-6	Chevy King, Castle Park	2012
24-6	Demetrious Westbrooks, Morse	2003
24-5 ¾	James Kennedy, Lincoln	1962
24-5 ½	Jalyn Jackson, Eastlake	2018

24-5 ½	Pierre Frazier, Hoover	1965
24-5 ½	Matthew DeRoos, Tri-City Christian	2017
24-5	Tanner Battikha, St. Augustine	2016
24-4	Bouncy Moore, San Diego	1968
24-4	Markel Noble, Palo Verde	2016
24-3 ¾	Dan Herman, Granite Hills	1998
24-3 ½	Sydney Rush-Dunigan, Point Loma	2013
24-2 ¾	Willie Banks, Oceanside	1974
24-2 ½	Gary Lee, Hoover	2007
24-2	Scott Hammond, Lincoln	1990
24-2	Corri Moore, Monte Vista	1993
24-2	Charles James, Morse	1997
24-2	Hansell Wilson, Valhalla	2011
24-0 ¾	Willie Steele, Hoover	1941
24-0 ¾	Eugene Gunn, Oceanside	1981
24-0 ½	Jordan Miller, Oceanside	2015
24-0 ¼	Ken Tucker, Lincoln	1959
24-0	Luther Hayes, Lincoln	1956
24-0	George Williams, Kearny	1958
24-0	Arnie Robinson, Morse	1966
24-0	Tony Hamilton, Castle Park	1978
24-0	Ray Howard, Montgomery	1979
24-0	Gary Taylor, Morse	1992
24-0	Kenan Christon, Madison	2019

#### Triple Jump

52-0	Von Ware, RBV	1994
51-3	Willie Banks, Oceanside	1974
51-2 ½	Dokie Williams, El Camino	1977
51-2	Lenny McGill, Orange Glen	1989
50-5 ½	Damon Carson, San Diego	1988
50-5 ½	Draper Rivers, Morse	1997
50-3 ½	Charles Huff, La Jolla	1988
49-10 ¼	Jalyn Jackson, Eastlake	2018
49-9 ¾	Tyrone Pope, El Camino	1983
49-8 ¾	Keno White, Rancho Bernardo	2002
49-8 ½	Cary Taylor, Morse	1992
49-7 ½	Tyriff Rudder, Mt. Miguel	1997
49-6 ½	Marquis Roberts, Otay Ranch	2011
49-4 ¾	Karlin Stewart, Mt. Miguel	2006
48-9	Stefan McClure, Vista	2010
49-3 ½	Tony Ortiz, Helix	2000
48-11 ¼	Reggie Mitchell, Sweetwater	1994
48-10	Alan Osborne, El Cajon	1982
48-9 ½	Jordan Hines, Eastlake	2011
48-8 ¾	Craig Montgomery, El Camino	1978
48-8	Kevin Dodds, Oceanside	2013
48-8	Terry Sweet, Morse	1991
48-6 ½	Travis Johnson, Morse	2010
48-6	Altan Mitchell, Point Loma	2019
48-4	Joey Hauser, Vista	2003

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

#### Shot Put

76-2	Brent Noon, Fallbrook	1990
66-3 ½	Darius Savage, Morse	2006
65-11 ¼	Curt Hampton, El Cajon	1974
65-5 ½	Dotun Ogundeji, Madison	2014
64-11	Pete Schmock, San Dieguito	1968
64-11	Billy Joe Winchester, Mt. Miguel	1970
64-8	Dan Ames, El Capitan	1998
64-3 ½	George Brown, Granite Hills	1967
63-10 ¾	Bernard Grady, Scripps Ranch	1999
63-4	Ken Pole, El Capitan	1978
63-3	Jared Bray, Mission Bay	2003
62-11 ½	Boldizsar Kocsor, University City	2004
62-7 ½	Tony Sotelo, Ramona	1996
62-7 ½	Matt Gauthier, Valhalla	1978
61-11 ½	Charles Lenford, Oceanside	2016
61-10 ½	Vili Makihele, San Marcos	1998
61-6 ¼	Ed Speed, Grossmont	1961
61-5 ¾	Jim Wade, Grossmont	1957
61-4	Brian Boggess, El Capitan	1986
61-2 ¼	David Spates, Monte Vista	2008
60-10 ½	Greg Baer, Grossmont	1973
60-10	Dick Verdon, Hoover	1957
60-9	Doug Nelson, Helix	1964
60-8	Mark Malone, El Cajon	1976
60-5	Taras Rhode, Fallbrook	1998
60-4 ½	Dick Bronson, Grossmont	1954
60-3 ¼	Steve Dougherty, Mt. Miguel	1969
60-2 ½	Mark Bailey, Helix	1979
60-1 ¼	John Pottinger, Helix	1961
60-0 ½	Blake Asbill, Carlsbad	2009

#### Discus

212-1	Darius Savage, Morse	2006
206-5	Daniel Schaerer, Bishop's	2004
200-8	Brent Noon, Fallbrook	1990
199-9	Dan Ames, El Capitan	1999
195-8	Billy Joe Winchester, Mt. Miguel	1970
195-4	Charles Lenford, Oceanside	2015
194-5	Dotun Ogundeji, Madison	2014
194-4	Brenden Song, West Hills	2013
194-1	Thomas Hart, St. Augustine	2010

192-6	Mark Malone, El Cajon	1976
191-3	Brian Boggess, El Capitan	1986
191-2	Matt Gauthier, Valhalla	1977
189-8	George Liebe, Granite Hills	1995
188-10	Mark Weber, El Camino	2007
188-10	Travis Jones, Mira Mesa	2000
186-9	Jonathon Ward, Poway	2000
185-7	Mark Bailey, Helix	1979
183-10	Phil Cookson, Grossmont	1980
183-4	David Spates, Monte Vista	2008
183-3	Mike Tull, Fallbrook	2006
183-0	Nick Allotta, Rancho Bernardo	2003
182-11	Mike Armstrong, University City	1999
182-9	Kris Lettow, Helix	1976
181-9	Bill Harvey, Vista	1973
180-7	Connor Anderson, Ramona	2016
180-3	Tooran Gilliam, San Diego	1997
180-2	Tyler Ellis, Rancho Bernardo	2003
179-7	Logan Peterson, Ramona	2010
178-3	Tony Sotelo, Ramona	1996
178-2	Jamal Newman, El Camino	2013
177-10	Paul Holborn, Valhalla	1980
176-2	Boldizar Kocsor, University City	2004
172-2	Mark Weber, El Camino	2006

#### Decathlon

6963	Josh Farmer, Rancho Bernardo	2018
6750	Tyler Nelson, Del Norte	2014
6412	Ryan Thomsen, Calvin	2016
6343	Connor Luck, Mission Vista	2018
6314	Zach Pedroza, Scripps Ranch	2016
6248	Kevin Gatewood, RBV	1999
6215	Matt Farmer, Monte Vista	1987
6211	Grant Zebold, Cathedral Catholic	2012
6129	Ivy Adair, Rancho Bernardo	2013
6017	Charlie Bush, Poway	2014

## State Champions

(no State Meet in 2020 because of COVID-19)

### Boys (Since 1915)

#### 100 Meters

2019	Kenan Christon, Madison	10.30
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

2019	Kenan Christon, Madison	20.69w
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
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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 ¼
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 ¼
1956 (Co)	Bill Logan, El Cajon Valley	13-6
1929	Bill Miller, San Diego	12-6
1928	Bill Miller, San Diego	12-9 ½
1927	Bill Miller, San Diego	12-0
1926(4-way)	Bill Hubbard, San Diego	12-4
1923(Co)	Harry Smith, San Diego	11-11 ½
Long Jump		
2003	Derrell Hutsona, Helix	25-5 ¾ w
1990	Jerome Price, University City	25-3 ¼
1978	Dokie Williams, El Camino	25-1 ¼
1966	Doyle Steele, San Diego	25-3 ¼
1962	James Kennedy, Lincoln	24-5 ¾
1957	Luther Hayes, Lincoln	23-8 ½
Triple Jump		
2011	Marques Roberts, Otay Ranch	49-6 ½
1994	Von Ware, RBV	50-6
1989	Lenny McGill, Orange Glen	51-1 ¼
1978	Dokie Williams, El Camino	50-4 ¼
1977	Dokie Williams, El Camino	51-0 ½
1974	Willie Banks, Oceanside	50-9
1973	Willie Banks, Oceanside	49-7 ¼
Shot Put		
2014	Dotun Ogundeji, Madison	65-5 ½
2006	Darius Savage, Morse	66-3 ½
2003	Jared Bray, Mission Bay	63-3 ¼
1990	Brent Noon, Fallbrook	74-4 ¾
1989	Brent Noon, Fallbrook	66-1 ½
1986	Brian Boggess, El Capitan	61-4
1968	Pete Schmock, San Dieguito	63-11
1954	Dick Bronson, Grossmont	59-7 1/8
1950	Hal Norris, Grossmont	56-5 ¼

## Discus

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

## Girls

### 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

2019	Katriina Wright, University City	53.93
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

2019	Kristin Fahy, La Costa Canyon	10:22.38
2010	Molly Grabill, Rancho Bernardo	10:20.25
2003	Claire Rethmeier, San Pasqual	10:27.32
1993	Milena Glusac, Fallbrook	10:42.68
1992	Milena Glusac, Fallbrook	10:28.62

### 100 Hurdles

1984	Gail Devers, Sweetwater	13.41
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### 300 Hurdles

2014	Hannah-Labrie Smith, Cathedral	41.67
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1991	Erin Blunt, San Pasqual	43.02
400 Meter Relay		
2019	Scripps Ranch	46.51
1977	Crawford	46.14y
High Jump		
2019	Alysah Hickey, Coronado	5-8
2007	Whitney Sisler, La Costa Canyon	5-10
1987	Lynn Patrick, Serra	5-10
1978	Sue McNeal, Carlsbad	5-10 ¼
Pole Vault		
2019	Ashley Callahan, Rancho Bernardo	13-4
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 ¼
1998	Tracy O'Hara, Rancho Bernardo	12-8
Long Jump		
2018	Alysah Hickey, Coronado	19-9 ¾
1983	Gail Devers, Sweetwater	19-6
1981	Chris Mose, El Cajon Valley	18-10 ¼
Triple Jump		
1994	Tamiaka Porter, Orange Glen	38-11 ½
1998	Andria Booker, El Camino	40-0 ¼
1997	Andria Booker, El Camino	40-0
Shot Put		
2011	Breana Jemison, Carlsbad	45-10 ¼
1975	Kathy Devine, Mission Bay	42-3 ¾
1974	Kathy Devine, Mission Bay	47-4 ½
Discus		
1986	Tracy Crawford, Southwest	156-2
1976	Kathy Middleton, Poway	134-5