

Girls CIF-San Diego Section Track and Field Records

Updated 23 November 2021

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)
2019	3200	Kristin Fahy, La Costa Canyon	10:11.38
1984	100H (30')	Gail Devers, Sweetwater	13.41
2021	100H (33')	Aaliyah McCormick, Scripps Ranch	13.85
2015	300H	Dani Johnson, Cathedral Catholic	41.30
1977	4x100 Relay	Crawford	45.94*
		(Danita Young, Judy Reed, Katie Gaston, Jewell Lovelady)	
2015	4x400 Relay	Cathedral Catholic	3:47.63
		(Olivia Firsching, Claire Hobrock, Hannah Labrie-Smith, Dani Johnson)	
2007	High Jump	Whitney Sisler, La Costa Canyon	5-11
2021	Pole Vault	Ashley Callahan, Rancho Bernardo	14-6
1984	Long Jump	Gail Devers, Sweetwater	20-7
2021	Triple Jump	Elise Miller, San Pasqual	42-3 ½
2015	Shot Put	Laulauga Tausaga, Mount Miguel	48-3 ½
2016	Discus	Laulauga Tausaga, Mount Miguel	167-3

(n) Non-winning mark.

(*) Converted to metric time from yard time

NOTE: All section records must meet National Federation guidelines

Girls All-Time San Diego Track & Field Performances

100 Meters

Mark	Name	School	Year
11.43	Jasmine Gibbs,	El Camino	2012
11.51	Gail Devers,	Sweetwater	1984
11.53	Suzie Acolatse,	Mission Hills	2015
11.56	Jackie Thompson,	Lincoln	1973
11.61	Aysha Shaheed,	Madison	2021
11.61	Monique Henderson,	Morse	2000
11.65	Jolanda Diego,	El Camino	2004
11.69	Jenna Puterbaugh,	Santa Fe Christian	2010
11.71	Tenille Stoudenmire,	Rancho Bernardo	2009
11.75	Jackie Patterson,	Rancho Bernardo	2015
11.84	Akiba McKinney,	Monte Vista	1995
11.87	Alysah Hickey,	Coronado	2018
11.87	Alicia Lowery,	Morse	2003
11.89	Kortney Ross,	Westview	2010
11.90	Tashia McKinney,	Monte Vista	1990

11.91	Callista Fletcher, Scripps Ranch	2017
11.92	Angela Sullivan, Serra	1991
11.93	Velisa Harris, Morse	1983
11.96	DeCola Groce, Morse	1997
11.97	Ellen Jones, Mt. Miguel	1981
11.98	Hannah Labrie-Smith, Cathedral Catholic	2014
11.98	Jaymie Ruskovich, Scripps Ranch	2019
11.98	Natalia Dougan, Mt. Carmel	2019
11.98	Miche Scott, El Camino	2012
11.98	Sparkle Anderson, Serra	2003
11.99	Zakirrah Beverly, USDHS	2001
11.99	Kunessa Miller, Morse	1994
12.02	Holly Stallman, Ramona	2016
12.03	Khyla Freeman, Carlsbad	2014
12.03	Kim Matthews, Morse	1987
12.04	Amirah Shaheed, Madison	2021
12.04	Mandy Ross, Christian	2006
12.05	Summer Sargeant, Vista	2021
12.06	Chris Cooksey, Hoover	1981
12.08	Kolumbia Page, Olympian	2018
12.08	Ashley Rhodes, Mt. Miguel	1986
12.09	Kalah Bateman, Eastlake	2019
12.09	Alexis Ferebee, Mission Bay	2012
12.09	Yolanda Fitch, Morse	1987
12.09	Angela Kimmey, University City	1989
12.10	Rashauna Amos, E.C. Southwest	2004
12.10	Aja Wheeler, University City	2005

100 Yards

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

200 Meters

23.08	Jackie Thompson, Lincoln	1973
23.16	Monique Henderson, Morse	2001
23.56	Jolanda Diego, El Camino	2004
23.69	Suzie Acolatse, Mission Hills	2015
23.70	Jenna Puterbaugh, Santa Fe Christian	2010
23.88	Jasmine Gibbs, El Camino	2012
23.93	Tenille Stoudenmire, Rancho Bernardo	2009
24.06	Kim Matthews, Morse	1987
24.07	Aysha Shaheed, Madison	2021
24.11	Shakara Lott, University City	2005
24.15	Alyssa Bean, Poway	2021
24.17	Jackie Patterson, Rancho Bernardo	2016
24.21	Angela Sullivan, Serra	1991

24.30	Jaymie Ruskovich, Scripps Ranch	2019
24.33	Lana Garner, Morse	1996
24.43	Allison Dring, Mt. Carmel	1990
24.44	Katrina Wright, University City	2019
24.44	Melissa Mongiovi, West Hills	2013
24.46	Nastassja Hall, RBV	2000
24.48	Summer Sergeant, Vista	2021
24.49	Kuneshia Miller, Morse	1994
24.49	Alexis Hernandez, Mt. Carmel	2012
24.49	Callista Fletcher, Scripps Ranch	2017
24.51	Akiba McKinney, Monte Vista	1995
24.52	Vanessa Houston, Hoover	2009
24.54	Jada Wilson, El Camino	2016
24.54	Vanessa Bobo, Morse	2005
24.60c	Ellen Jones, Mt. Miguel	1981
24.61	Dani Johnson, Cathedral	2013
24.62	DeCola Groce, Morse	1997
24.63	Leia Solango, Mira Mesa	2018
24.63	Monica Henderson, Morse	1990
24.64	Zikarrah Beverly, USDHS	2001
24.64	Summer Mason, Carlsbad	2015
24.66	Mandy Ross, Christian	2006
24.66	Karly Zlatic, La Jolla	2012
24.69	Jonette Smiley, Serra	2001
24.69	Velisa Harris, Morse	1983
24.71	Angela Kimmey, University City	1990
24.72	Casey Loveland, Granite Hills	1996
24.74	Elizabeth Hatton, Sage Creek	2019
24.75	Taylor Larch-Miller, Torrey Pines	2012
24.75	Tashia McKinney, Monte Vista	1990
24.76	Kolumbia Page, Olympian	2018
24.77	Shanique Simpson, Morse	2016
24.77	Janie James, Helix	2005
24.78	Natalia Dougan, Mt. Carmel	2019
24.78	Rashauna Amos, E.C. Southwest	2004
24.82	Shani Freeman, Crawford	1990
24.83	Viviana Gonzalez, Mater Dei	2013
24.83	Ciera Ray, Fallbrook	2000
24.87	Estelle Jackson, Morse	1981
24.87	Katina Bugg, Henry	1990
24.87	Alexis Ferebee, Mission Bay	2012
24.88	Kalah Bateman, Eastlake	2019

220 Yards

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

400 Meters

50.74	Monique Henderson, Morse	2000
53.53	Janice Wiser, La Jolla	1974
53.93	Katriina Wright, University City	2019
54.05	Shakara Lott, University City	2005
54.09	Lana Garner, Morse	1996
54.29	Allison Dring, Mt. Carmel	1990
54.37	Janie James, Helix	2005
54.70	Melissa Mongiovi, West Hills	2013
54.79	Charlotte Zepherin, Morse	1980
55.13	Alyssa Bean, Poway	2021
55.19	Shani Freeman, Crawford	1989
55.42	Alexis Hernandez, Mt. Carmel	2012
55.50	Madeline Cramer, Bishop's	2019
55.58	Betsy Armitage, Clairemont	2013
55.63	Vanessa Houston, Hoover	2009
55.74	Olivia Firsching, Cathedral Catholic	2017
55.75	Whitney Schmucker, La Jolla	2001
55.82	Lesley Noll, Mt. Carmel	1985
55.95	Dakota Stanly, Mission Hills	2018
55.98	Lauren Lopez, Carlsbad	2013
56.04	Kelly McCann, La Costa Canyon	2002
56.14h	Amy Jones, Henry	1981
56.16	Karly Zlatic, La Jolla	2012
56.17	Adaeze Noble, Olympian	2018
56.17	Yolanda Fitch, Morse	1986
56.21	Tanna Schornstein, Torrey Pines	2021
56.22	Corryn Barney, Henry	2011
56.25	Hannah Labrie-Smith, Cathedral	2015
56.26	Sierra Roberson, La Jolla	2019
56.27	Gail Devers, Sweetwater	1982
56.28	Brianna Sproles, Scripps Ranch	2019
56.30	Gabby Scott, Westview	2015
56.34	Ann Caroline Kaseberg, Torrey Pines	2016
56.43	Mandy Ross, Christian	2006
56.46	Nia Akins, Rancho Bernardo	2016
56.46	Miriam White, Southwest	1985
56.49	Michelle Gould, La Costa Canyon	2014
56.53	Betsabe Ornelas, Olympian	2016
56.53	Paige Richard, Poway	2017
56.54h	Karen Nielsen, Valhalla	1984
56.54	Leyla McFarland, Eastlake	2017
56.58	Erin Murray, San Pasqual	2019
56.59	Sabrina Edge, RBV	1996
56.64	Amy Taylor, Rancho Bernardo	1998
56.65	Jasmine Winfield, Oceanside	2002
56.67	Tracy Baker, Monte Vista	1985
56.67	Starla Henderson, Morse	1998
56.72	Tenille Stoudenmire, Rancho Bernardo	2008
56.73	Katina Bugg, Henry	1990
56.74	Nastassja Hall, RBV	2001

56.78	Saniyah Starks, Crawford	2021
56.82	Jolize Frank, Morse	2015
56.84	Jasmine Askew, Scripps Ranch	2010
56.87	Jasmine Chukwueke, Scripps Ranch	2006
56.90	Sophia Aragon, Cathedral Catholic	2018
56.92	Kolumbia Page, Olympian	2018
56.94	Kiley McCarthy, Carlsbad	2014
56.94	Lakenya Simon-West, Grossmont	2005
56.95	Aroline Neal, RBV	1998
56.99	Naomi Mattos, Fallbrook	2001
56.99	Sakura Roberson, La Jolla	2017

440 Yards

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

800 Meters

2:08.00	Lesley Noll, Mt. Carmel	1985
2:08.46	Laura Chapel, University City	1986
2:08.74	Jenna Timinsky, San Dieguito	2002
2:08.85	Kiley McCarthy, Carlsbad	2015
2:08.91	Nia Akins, Rancho Bernardo	2015
2:09.06	Darcy Arreola, Grossmont	1985
2:09.11	Charlotte Kuzminsky, Canyon Crest	2011
2:09.38	Sakura Roberson, La Jolla	2017
2:09.42	Whitney Schmucker, La Jolla	2002
2:09.94	Alli Billmeyer, Torrey Pines	2010
2:10.15	Denise Upsher, Torrey Pines	1986
2:10.45	Kelly McCann, La Costa Canyon	2003
2:10.70	Carina Gillespie, Otay Ranch	2013
2:11.07	Gail Devers, Sweetwater	1982
2:11.27	Jessica Riedman, La Costa Canyon	2019
2:11.61	Tessa Buswell, Poway	2021
2:11.79	Camille Dredge, Torrey Pines	1999
2:11.97	Madeline Cramer, Bishop's	2021
2:12.03	Robin Eager, Vista	1985
2:12.12	Ashlyn Dadkhah, Torrey Pines	2012
2:12.16	Elizabeth Apgar, Lincoln	2009
2:12.24c	Melanie Hand, Fallbrook	1992
2:12.28	Katie Sammer, Rancho Bernardo	2013
2:12.34	Nihal Kayali, La Jolla	2009
2:12.44	Allison Hall, Rancho Bernardo	2002
2:12.48	Amonica Phipps, Morse	2001
2:12.61	Holly Neshat, Scripps Ranch	2012
2:12.62	Sammy Silva, Our Lady of Peace	2009
2:12.69	Cassie Atkinson, El Capitan	2004
2:12.77	Natalie Neshat, Scripps Ranch	2012
2:12.80	Tracy Baker, Monte Vista	1983
2:12.92	Julia Morales, Scripps Ranch	2018
2:12.99	Dani Schuster, Torrey Pines	2003

2:13.08	Kelly Bernd, Canyon Crest	2015
2:13.15	Jacey Farmer, Rancho Bernardo	2019
2:13.26	Kristi Bache, USDHS	1988
2:13.31	Sierra Roberson, La Jolla	2017
2:13.38	Teresa Perez, Coronado	2017
2:13.41	Amanda Post, Cathedral Catholic	2010
2:13.48	Charity Stowell, Mt. Carmel	1990
2:13.52	Jessica Riedman, La Costa Canyon	2018
2:13.53	Amanda Moore, Torrey Pines	2006
2:13.54	Hannah Riggins, Del Norte	2021
2:13.68	Susan Scott, Mt. Carmel	1991
2:13.85	Kaelyn Harbison, Westview	2013
2:13.98	April Montgomery, Helix	2003
2:13.99	Hallie Pullum, Point Loma	2014

880 Yards

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

1,600 Meters

4:41.71	Alli Billmeyer, Torrey Pines	2011
4:42.77	Darcy Arreola, Grossmont	1986
4:45.46	McKenna Brown, La Costa Canyon	2018
4:45.46	Tina Allen, Santana	1982
4:45.98	Kira Jorgensen, Vista	1987
4:47.67	Sammy Silva, Our Lady of Peace	2009
4:48.20	Kelly Lawson, La Costa Canyon	2011
4:48.34	Kristin Fahy, La Costa Canyon	2019
4:49.50	Erin Menefee, Mt. Carmel	2010
4:49.53	Laura Chapel, University City	1986
4:49.64	Molly Grabill, Rancho Bernardo	2010
4:51.39	Kelly Bernd, Canyon Crest	2015
4:50.02	Emma Abrahamson, La Costa Canyon	2014
4:50.74	Jessica Riedman, La Costa Canyon	2018
4:50.83	Milena Glusac, Fallbrook	1993
4:52.30	Erin Gillingham, Torrey Pines	2009
4:52.42	Claire Rethmeier, San Pasqual	2004
4:53.36	Megan Morgan, Torrey Pines	2010
4:53.75	Jacey Farmer, Rancho Bernardo	2019
4:54.23	Desiree Davila, Hilltop	2000
4:54.23	Dani Schuster, Torrey Pines	2002
4:55.08	Julie Ott, USDHS	1997
4:55.72	Anne Charles, Canyon Crest	2012
4:55.72	Jenna Timinsky, San Dieguito	2002
4:55.94	Bella Longo, Mission Vista	2019
4:56.04h	Julie Bates, Mira Mesa	1984
4:56.16	Jennifer Sheflo, Poway	1984
4:56.18	Caitlin Krol, Cathedral Catholic	2012
4:56.20	Claire Becker, Bonita Vista	1993
4:56.25	Katy Andrews, La Costa Canyon	2006

4:56.43	Julie Komosinski, Torrey Pines	1999
4:56.77	Jessie Ooms, University City	2003
4:56.90	Tessa Buswell, Poway	2021
4:57.12	Luz Mercado, Eastlake	2019
4:57.48	Annika Salz, Torrey Pines	2021
4:57.51	Brianna Miller, Carlsbad	2012
4:57.63	Lorin Scott, San Pasqual	2004
4:57.69	Lindsay delaMontaigne, Rancho Bernardo	2005
4:57.84	Bre Schofield, Carlsbad	2007
4:57.88	Sandy Blakeslee, Vista	1983
4:57.90	Sabrina Seay, Mt. Carmel	2013
4:58.01	Carlie Dorostkar, Canyon Crest	2019
4:58.11	Julia Yang, Westview	2012
4:58.27	Savannah Vasquez, Mission Hills	2010
4:58.87	Shanna St. Laurent, Rancho Buena Vista	2008
4:58.91	Sariah St. Laurent, El Camino	2004
4:58.96	Lexi Watkins, LJCD	2018
4:59.00	Kiley McCarthy, Carlsbad	2017
4:59.21	Tricia Mattson, Fallbrook	1997
4:59.22	Hannah Riggins, Del Norte	2021
4:59.27	Marie Raffray, San Dieguito	2003
4:59.33	Mallory Asis, Mira Mesa	2021
4:59.34	Stephanie Fedorchak, Fallbrook	1984
4:59.38	Savannah Vasquez, Mission Hills	2009
4:59.39	Angela Ortlieb, San Pasqual	2014
4:59.41	Bryanna Fuller, Rancho Bernardo	2015
4:59.42	Sarah Abrahamson, La Costa Canyon	2015
4:59.43	Nia Akins, Rancho Bernardo	2016
4:59.44	Ellie Abrahamson, La Costa Canyon	2013
4:59.39	Rebecca Bostwick, University City	2005
4:59.50	Shanoah Souza, La Costa Canyon	2011
4:59.62	Jessy Hansen, University City	2012

Mile

4:47.01	McKenna Brown, La Costa Canyon	2018
4:49.98	Kristin Fahy, La Costa Canyon	2019
4:55.26	Kristi Bache, USDHS	1988
4:55.7	Cheryl Flowers, Valhalla	1977
4:56.00	Jessica Riedman, La Costa Canyon	2018
4:58.34	Nicolette Sorensen, Torrey Pines	2013
4:59.14	Nihal Kayali, La Jolla	2009

3,200 Meters

10:11.38	Kristin Fahy, La Costa Canyon	2019
10:15.97	McKenna Brown, La Costa Canyon	2018
10:18.92	Alli Billmeyer, Torrey Pines	2011
10:19.17	Molly Grabill, Rancho Bernardo	2011
10:23.50	Emma Abrahamson, La Costa Canyon	2014
10:24.23	Kira Jorgensen, Vista	1987
10:24.61	Milena Glusac, Fallbrook	1991
10:26.15	Carlie Dorostkar, Canyon Crest	2019

10:27.73	Shanoah Souza, La Costa Canyon	2011
10:29.65	Aimee Trujillo, Poway	2011
10:29.70	Megan Morgan, Torrey Pines	2010
10:31.07	Betsy Chadwick, Mira Mesa	1981
10:31.65	Stormy Wallace, Sage Creek	2021
10:32.62	Sandy Blakeslee, Vista	1983
10:33.10	Skyler Wallace, Sage Creek	2019
10:35.93	Annika Salz, Torrey Pines	2021
10:36.05	Darcy Arreola, Grossmont	1986
10:36.34	Courtney Baird, Helix	1999
10:36.58	Katy Andrews, La Costa Canyon	2007
10:36.83	Julie Manson, Rancho Bernardo	2000
10:37.05	Kelly Bernd, Canyon Crest	2016
10:37.70	Mallory Asis, Mira Mesa	2021
10:38.0	Nicole Nugent, Torrey Pines	1987
10:38.23	Sammy Silva, Our Lady of Peace	2009
10:38.63	Mackenzie Rogers, Poway	2021
10:40.12	Maureen Winner, Torrey Pines	1984
10:40.34	Desiree Davila, Hilltop	2001
10:40.84	Kelly Lawson, La Costa Canyon	2012
10:41.44	Tina Allen, Santana	1982
10:41.65	Shelly Lachel, Monte Vista	1981
10:42.7	Julie Ott, USDHS	1997
10:43.18	Mira Hornbacher, RBV	1989
10:43.8	Lori Giacinti, USDHS	1997
10:44.24	Kelsey O'Connell, Torrey Pines	2013
10:44.34	Erica Barrett, Westview	2016
10:45.41	Ashlyn Dadkhah, Torrey Pines	2012
10:45.48	Melissa Keim, San Pasqual	1993
10:45.48	Nicolette Sorensen, Torrey Pines	2013
10:45.65	Patricia Miessner, Eastlake	2018
10:45.91	Sabrina Seay, Mt. Carmel	2013
10:46.01	Laura Moran, Mt. Carmel	2016
10:46.04	Kira Loren, Canyon Crest	2016
10:46.46	Angela Ortlieb, San Pasqual	2014
10:46.63	Ellie Abrahamson, La Costa Canyon	2012
10:46.84	Sheree Shea, University City	2009
10:47.26	Loretta Kilmer, Ramona	2001

2-Mile

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

100 Hurdles (33')

13.85	Aaliyah McCormick, Scripps Ranch	2021
13.86	Dani Johnson, Cathedral Catholic	2015
14.10	Charlize James, San Diego	2021
14.13	Danielle Littleton, Vista	2009
14.15	Elise Miller, San Pasqual	2021

14.17	Hannah Nealis, Valley Center	2016
14.26	Asia Smith, Mission Vista	2017
14.27	Taylor Larch-Miller, Torrey Pines	2012
14.28	Sonia Redon, San Diego	2019
14.28	Jessica Eggleston, El Camino	2003
14.32	Gail Devers, Sweetwater	1984
14.32	Leah Molter, Valhalla	2015
14.33	Laiiah Blue, Granite Hills	2004
14.35	Erin Blunt, San Pasqual	1992
14.36	Hannah Labrie-Smith, Cathedral	2014
14.38	Devin Collins, Granite Hills	2011
14.41	Tajanique Bell, Scripps Ranch	2016
14.49	Andria Booker, El Camino	1998
14.47	Kapiolani Coleman, Cathedral Catholic	2021
14.50	Joniece Ervin, Oceanside	2012
14.52	Shakira Thompson, Helix	2005
14.54	Sydney Magdalena, Olympian	2014
14.54	Kim Dill, Poway	1990
14.62	Melissa Barnum, Rancho Bernardo	2009
14.62	Tamika Brazzel, El Camino	2011
14.64	Kelli Hancock, La Jolla	2013
14.69	Alishia Carter, Rancho Bernardo	1998
14.73	Iesha Iwobe, Oceanside	2010
14.76	Alyssa Chang, Otay Ranch	2012
14.78	Tanisha Johnson, Helix	2002
14.78	Morgan Rehm, San Pasqual	2013
14.80	Susanna Marshall, Canyon Crest	2008
14.80	Janaysha Lyons-Walker, Morse	2013
14.82	Latanya Agurs, Grossmont	1998
14.84	Kate Thomas, Torrey Pines	2018
14.86	Katie Coin, Rancho Bernardo	2000
14.87	Tyra Jones, San Marcos	2014
14.93	Meggie Afenir, Escondido	2003
14.93	Tia Knight, Steele Canyon	2011
14.96	Morgan Rehm, San Pasqual	2011
14.97	Emelliah Vaught, Steele Canyon	2019
14.99	Bahed Hernandez, Mt. Carmel	1996
15.02	Hayley O'Brien, Valhalla	2009
15.03	Kiesha Porter, Mira Mesa	1994
15.05	Carli Lloyd, Fallbrook	2005
15.06	Jasmine Young, Serra	2014
15.09	Larissa Johnson, Poway	2013
15.09	Charay Savage, Otay Ranch	2006
15.09	Teigen O'Donnell, La Costa Canyon	2017

300 Low Hurdles

41.30	Dani Johnson, Cathedral	2015
41.67	Hannah Labrie-Smith, Cathedral Catholic	2014
41.99	Tajanique Bell, Steele Canyon	2016
42.26	Gail Devers, Sweetwater	1983
42.32	Leah Molter, Valhalla	2015

42.59	Kelli Hancock, La Jolla	2013
42.62	Joniece Ervin, Oceanside	2012
42.69	Erin Blunt, San Pasqual	1991
42.71	Alia Scott, Vista	2018
42.75	Taylor Larch-Miller, Torrey Pines	2012
42.77	Aaliyah McCormick, Scripps Ranch	2021
43.04	Tanisha Johnson, Eastlake	2000
43.24	Kapiolani Coleman, Cathedral Catholic	2021
43.53	Kate Thomas, Torrey Pines	2018
43.61	Megan Mattson, Sage Creek	2018
43.63	Tamika Brazzel, El Camino	2012
43.67	Maya Occiano, Mission Hills	2018
43.67	Madilyn Mayo, Grossmont	2018
43.67	Devin Collins, Granite Hills	2011
43.75	Charlize James, San Diego	2021
43.80	Janaysha Lyons-Walker, Morse	2013
43.82	Laijah Blue, Granite Hills	2004
43.82	Catie Coin, Rancho Bernardo	2000
43.86	Audrey Pound, Poway	2001
43.91	Jessica Garcia, Rancho Bernardo	2013
43.94	Shannon Proffer, Santana	1990
43.95	Makell Edwards, San Pasqual	2019
43.96	Michelle Outlaw, Lincoln	1986
43.97	Karina Janik, Torrey Pines	2021
43.99	Morgan Rehm, San Pasqual	2013
44.00	Janet Duffy, Mt. Carmel	1984
44.03	Hannah Nealis, Valley Center	2016
44.10	Rudy Mandell, Del Norte	2016
44.18	Lauren Medley, Del Norte	2021
44.30	Danielle Littleton, Vista	2009
44.30	Jessica Eggleston, El Camino	2003
44.30	Nastassja Hall, RBV	2002
44.44	Kim Dill, Poway	1989
44.44	Cassandra Tyson, Mt. Carmel	1989
44.46	Carrie Vickery, El Capitan	1995
44.47	Carlene Jones, Morse	1993
44.51	Bryeanna Barmer, Helix	2000
44.56	Sharita Thompson, Helix	2006
44.53	Wendy Edelen, Crawford	1981
44.59	Stacy Thompson, Morse	1988
44.60	Kiesha Porter, Mira Mesa	1994
44.60	Tisha Matthews, El Camino	1998
44.64	Jennifer Pedroza, Escondido	2018
44.64	Unika Smith, Lincoln	2000
44.66	Monique Van, Steele Canyon	2013
44.66	Sonia Redon, San Diego	2019
44.67	Alexi Allen, San Marcos	2019
44.69	Marline Estell, Mission Hills	2011
44.71	Simone James, Christian	2019
44.71	Maddie Murray, Poway	2015
44.80	Cathy Stark, San Pasqual	1989

44.80	Breanna Curry, University City	2014
44.81	Sydney Magdalena, Olympian	2012
44.83	T'Shara Hicks, University City	2004
44.83	Jeyla Spencer, San Diego	2013
44.90	Julie Cartere, Southwest	1982
44.90	Erin DeHahn, Hilltop	1999
44.91	Annie King, La Jolla	1981

400 Meter relay

45.94c (46.14y)	Crawford	1977
46.35	Morse	2001
46.41	Scripps Ranch	2019
46.42	El Camino	2003
46.44	Morse	2000
46.44	Morse	1996
46.68	Morse	1998
46.78	Morse	1994
46.82	El Camino	2004
46.89	Morse	1987
46.99	Morse	1995
47.00c (47.20y)	Crawford	1978
47.03	El Camino	2002
47.06	Poway	2008
47.12	Morse	1989
47.28	Olympian	2018
47.29	Morse	2005
47.31	Torrey Pines	2012
47.33	Morse	1991
47.37	Rancho Bernardo	2015
47.38	Morse	2003
47.41	Morse	1982
47.45	Morse	1985
47.46	San Marcos	2018
47.48	Morse	1997
47.54	Cathedral Catholic	2015
47.54	Morse	1999
47.59	University City	2005
47.60	Helix	2002
47.62	El Camino	2000
47.65	Lincoln	1998

1,600 Meter Relay

3:47.63	Cathedral Catholic	2015
3:49.12h	Morse	1996
3:49.75	Mt. Carmel	1991
3:50.63	Scripps Ranch	2019
3:50.66	Torrey Pines	2012
3:51.38	Morse	1999
3:51.54	Poway	2021
3:51.75	La Jolla	2012
3:52.20	San Pasqual	1991

3:52.28	Carlsbad	2012
3:52.31	Morse	1993
3:52.35	Olympian	2018
3:52.61	Torrey Pines	2018
3:52.72	Morse	2001
3:53.03	La Jolla	2016
3:53.07	San Pasqual	1992
3:53.07	La Costa Canyon	2005
3:53.32	La Jolla	2017
3:53.43	Morse	1997
3:53.44	Mt. Carmel	1992
3:53.59	University City	2004
3:53.84h	Mt. Carmel	1990
3:53.95	Mt. Carmel	1989
3:53.98	La Jolla	2013
3:53.99	Mission Hills	2018
3:54.12	La Costa Canyon	2016
3:54.12	Mt. Carmel	2009
3:54.31	Mt. Carmel	1985
3:54.35	Morse	1991
3:54.78	Rancho Bernardo	2014
3:54.86	Olympian	2017
3:54.90	Cathedral Catholic	2016

Mile Relay

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

High Jump

6-1 $\frac{3}{4}$	Sue McNeal, Carlsbad	1979
5-11	Whitney Sisler, La Costa Canyon	2007
5-10 $\frac{1}{2}$	Alysa Hickey, Coronado	2019
5-10 $\frac{1}{4}$	Jamie Klages, Coronado	2005
5-10	Lynn Patrick, Serra	1988
5-9	Cheyenne Roberts, Westview	2020
5-9	Breanna Curry, University City	2013
5-9	Danielle Bryan, El Camino	2012
5-9	Lisa Underhill, RBV	1997
5-8 $\frac{1}{2}$	Lindsay Whetstine, Mt. Carmel	2005
5-8 $\frac{1}{4}$	Chris Remmling, San Dieguito	1976
5-8 $\frac{1}{4}$	Karyn Armstrong, Torrey Pines	1988
5-8 $\frac{1}{4}$	Sara Macey, Vista	2008
5-8	Jackie Anderson, Mt. Miguel	1986
5-8	Christy Kurras, Poway	1988
5-7 $\frac{1}{2}$	Cindy Gilbert, Oceanside	1974
5-7	Denise Parker, Hoover	1964
5-7	Gabby LeClaire, Monte Vista	1981
5-7	Kim Reed, Valhalla	1984
5-7	Bonnie Zabinsky, Valley Center	2004

5-7 Julianna Holm, Maranatha 2021

Pole Vault

14-6 Ashley Callahan, Rancho Bernardo 2021
14-0 Allison Leigh, Del Norte 2021
13-6 Kortney Ross, Westview 2010
13-3 Tracy O'Hara, Rancho Bernardo 1998
13-3 Camryn Thompson, Poway 2019
13-3 Maya Grudman, Sage Creek 2021
13-2 McKenzie Johnson, Clairemont 2012
13-1 Mimi Lian, Rancho Bernardo 2012
13-0 Avery Hilliard, Poway 2021
13-0 Nicole Loy, Del Norte 2021
13-0 Lexi Evans, Scripps Ranch 2021
13-0 Mia Cervantes, Poway 2019
13-0 Katerina Adamiec, Poway 2019
13-0 Emily Mattoon, Rancho Bernardo 2007
12-9 Kate Mattoon, Rancho Bernardo 2005
12-8 $\frac{1}{4}$ Kathleen Donoghue, Rancho Bernardo 1999
12-7 Augusta Thomason, Rancho Bernardo 2014
12-6 Kayla Myers, Poway 2017
12-6 Melodie Quiroz, Rancho Bernardo 2021
12-6 Evangeline Thomsom, Poway 2021
12-6 Charlotte O'Connor, Rancho Bernardo 2021
12-4 Sara Wagenfeld, Calvin Christian 2016
12-3 Emily Mendoza, Poway 2012
12-3 Janea Russ, Granite Hills 2002
12-3 Molly Pascarella, Rancho Bernardo 2001
12-3 Joanna Burkhart, Oceanside 2006
12-2 $\frac{1}{2}$ Natalie Dennison, Rancho Bernardo 1999
12-2 Rose Wagner, Fallbrook 2021
12-2 Kaitlin McCallum, LJCDC 2012
12-1 Claire Chandler, Cathedral Catholic 2015
12-1 Ama Navidi, Rancho Bernardo 2003
12-0 Madison Rauch, San Pasqual 2021
12-0 Kelly DeJong, Maranatha 2021
12-0 Mikayla Ray, Rancho Bernardo 2019
12-0 Bianca Becker, Canyon Crest 2016
12-0 Jady Tolda, Cathedral 2013
12-0 Erin Asay, Sweetwater 2001

Long Jump

20-7 Gail Devers, Sweetwater 1984
20-6 $\frac{1}{2}$ Akiba McKinney, Monte Vista 1997
20-5 Amy Littlepage, Mt. Miguel 1993
20-2 Alysah Hickey, Coronado 2019
19-11 $\frac{3}{4}$ Jasmine Gibbs, El Camino 2012
19-9 $\frac{1}{2}$ Miche Scott, El Camino 2012
19-7 Jessica Eggleston, El Camino 2003
19-6 $\frac{1}{2}$ Andria Booker, El Camino 1998
19-4 $\frac{1}{4}$ Elise Miller, San Pasqual 2021

19-4	Nichelle Strahan, Mt. Miguel	1986
19-4	Latanya Canada, Castle Park	1987
19-3 ½	Debbie Wilford, Castle Park	1977
19-2 ½	Talisha Dozier, Mt. Miguel	2014
19-2	Tamika Brazzel, El Camino	2012
19-1 ½	Mya Cross, Steele Canyon	2017
19-1 ¼	Jewell Lovelady, Crawford	1977
19-1	Laura Stowe, Torrey Pines	1987
19-1	LaRonda Hite, Lincoln	1997
19-1	Jazmine Scott, Gompers	2017
19-0 ¾	Kalani Hardyway, Oceanside	2019
19-0 ¾	Karly Zlatic, La Jolla	2013
19-0 ½	Kapiolani Coleman, Cathedral Catholic	2021
19-0 ½	Michelle Outlaw, Lincoln	1987
19-0 ¼	Jackae Bridges, Mater Dei Catholic	2009
19-0	Sparkle Anderson, Serra	2003
19-0	Nastassja Hall, RBV	2002
18-11 ¾	Melinda Forest, Mt. Miguel	1993
18-11 ½	Jessica Thomas, El Camino	2000
18-11	Asia Smith, Mission Hills	2016
18-11	Katriina Wright, University City	2021
18-10 ¾	Kim Huey, Santa Fe Christian	1985
18-10 ¾	Nedra Dillon, Mission Bay	1989
18-10 ½	Vanessa Spizewski, RBV	2017
18-10 ¼	Holly Stallman, Ramona	2016
18-10 ¼	Chris Mose, El Cajon	1981
18-10	Rochelle Johnson, Henry	1989
18-10	Carlene Jones, Morse	1994
18-10	Kasey Kearin, Rancho Bernardo	2006

No Wind Information

20-11	Jasmine Gibbs, El Camino	2012
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Wind-aided

20-9	Alysah Hickey, Coronado	2019
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Triple Jump

42-3 ½	Elise Miller, San Pasqual	2021
41-8 ¼	Jackie Anderson, Mt. Miguel	1987
41-1	Tamika Brazzel, El Camino	2012
40-11 ½	Andria Booker, El Camino	1998
40-8 ¾	LaFrancia West, Grossmont	1988
40-6 ¾	Rochelle Johnson, Henry	1989
40-6 ¼	Tamieka Porter, Orange Glen	1993
40-4	Amy Littlepage, Mt. Miguel	1993
40-4	Sparkle Anderson, Serra	2003
39-9 ¼	Jessica Eggleston, El Camino	2002
39-9	Olivia Nash, Calvin Christian	2016
39-7	Tamara Espinoza, Hilltop	1997
39-6	Gail Devers, Sweetwater	1984

39-5 ½	Jazmine Scott, Gompers	2018
39-4 ½	Heather Leidle, RBV	2005
39-2 ¼	Shadesia Pearman, Mt. Miguel	1993
39-2	Stacy Thompson, Morse	1988
39-1 ¼	Sherita Williams, El Camino	1997
39-1	Kasey Kearin, Rancho Bernardo	2006
39-0 ¾	Deajanae Harvey, Granite Hills	2015
39-0 ¾	Iesha Iwobe, Oceanside	2010
39-0 ½	Kalani Hardyway, Oceanside	2019
39-0 ½	Latanya Agurs, Grossmont	1998
38-11	Brianna Gibson, NC High Tech	2021
38-11	Kathy Sorenson, Hilltop	1994
38-9	Johnna Noiseaux, Eastlake	2014
38-8 ¾	Adrienne Farrington, Rancho Bernardo	1998
38-8 ½	Alexandria Young, Mater Dei	2011
38-8	Taylor Williams, Escondido	2008
38-7	Katina Harrison, Mt. Miguel	1991
38-6 ¼	Shirley Anku, RBV	1997
38-6	Mercedes Beckham, Oceanside	2017
38-5	Shaniqua Reddick, Oceanside	2009
38-3 ¾	Angela Sims, El Camino	1990
38-3 ½	Casey Whyte, San Pasqual	1996
38-3	Sydney Barnes, Olympian	2016
38-2 ¾	Jade Cany, Torrey Pines	2017
38-1 ¾	Caitlin Cole, Del Norte	2013
38-1 ½	Monique Van, Steele Canyon	2012
38-1 ½	Cambria Galloway, Cathedral	2015
38-1 ¼	Charay Savage, Otay Ranch	2006

Shot Put

49-6	Kathy Devine, Mission Bay	1974
48-3 ½	Laulauga Tausaga, Mt. Miguel	2015
47-0	Michelle Alice, Del Norte	2016
46-10 ½	Aiga Marie Taumua, Sweetwater	2001
45-10 ¼	Breanna Jemison, Carlsbad	2011
45-1 ½	Brandy Atuatasi, Steele Canyon	2019
45-0 ¾	Tracy Crawford, Southwest	1986
44-9	Carrie Johnson, Fallbrook	2002
44-5	Nu'u Tuilefano, El Camino	2018
44-0	Raeanna Makihele, San Marcos	2002
43-10 ¾	Laura Hughes, Orange Glen	1988
43-10	Noelle Elkinton, Del Norte	2021
43-10	Jakayla Daniels, El Camino	2012
43-8 ½	Kiely Osby, Escondido	2014
43-8 ½	Candace Hill, Hoover	1999
43-7	Brandy Dyer, Vista	2008
43-6	Jennifer Bingham, Steele Canyon	2009
43-2 ½	Grace Ward, Hoover	2013
43-2 ½	Kartsi Leppaluoto, Madison	1986
43-2 ¼	Kristina Mataafa, Orange Glen	1992
43-2	Fernanda deOliveria, Henry	1993

43-1 ¾	Jennifer Viavia, Madison	1988
43-1 ¼	Uia Tupuolo, Vista	2004
42-11 ½	Susan Compton, Marian	1980
42-10 ½	Dereka Winters, El Camino	2005
42-8 ¼	Mulu Tosi, Morse	1989
42-7	Nneka Anyanwu, Westview	2011
42-5 ½	Mariah Counts, Poway	2011
42-3	Vanessa Sierra, El Capitan	2013
42-3	Michelle Campbell, Crawford	1987
42-2 ¼	Amanda Phelps, El Camino	2008
42-2	Amber Hood, Morse	2001
42-1 ¼	Rachel Alesi, Christian	2012
42-0	Lily Lagoy, Rancho Bernardo	2019
42-0	Michelle Altice, Del Norte	2015
41-11 ¾	Kaylah McNairy, San Diego	2021
41-10	Emily Aragon, Escondido	2009
41-9	Whitney DeWeese, RBV	2004
41-8 ¾	Liz Mueller, Vista	1980
41-8 ¼	Fran Hunkin, Vista	2004

Discus

167-3	Laulauga Tausaga, Mt. Miguel	2016
162-3	Brandy Atuatasi, West Hills	2021
162-0	Lori Parker, Ramona	1986
158-3	Alexa Evans, West Hills	2011
156-2	Tracy Crawford, Southwest	1986
152-8	Candace Hill, Hoover	2000
151-2	Nu'u Tuilefano, El Camino	2018
151-1	Kristina Mataafa, Orange Glen	1992
149-2	Rachel Alesi, Christian	2012
148-11	Breanna Jemison, Carlsbad	2012
148-8	Noelle Elkinton, Del Norte	2021
147-9	Susan Compton, Marian	1980
146-8	Michelle Altice, Del Norte	2016
146-8	Cissy Laughlin, Torrey Pines	1981
146-8	Jessica Byrne, Ramona	1998
146-7	Terri Mann, Pt. Loma	1986
146-0	Dereka Winters, El Camino	2005
145-9	Jakayla Daniels, El Camino	2012
145-5	Bertha Sola, Morse	2016
145-1	Daniella Thu, Monte Vista	2005
144-5	Whitney DeWeese, RBV	2003
144-4	Christine Oleksow, Monte Vista	1989
144-3	Scia Maumausolo, Mt. Carmel	1992
143-8	Carrie Johnson, Fallbrook	2001
143-5	Brandy Dyer, Vista	2007
143-4	Nneka Anyanwu, Westview	2010
142-7	Liz Mueller, Vista	1980
142-6	Jameena Hunt, Morse	2006
142-4	Jackie Turpin, Santana	2002
142-4	Christina Magana, Fallbrook	1996

142-1	Katrina Crouch, El Capitan	1997
141-9	Whitney DeWeese, RBV	2002
141-8	Erin McGrath, Eastlake	1997
140-11	Breanna Makihele, San Marcos	2002

Girls State Champions

(no State Meet in 2020 or 2021 because of COVID-19)

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
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	Tamieka 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