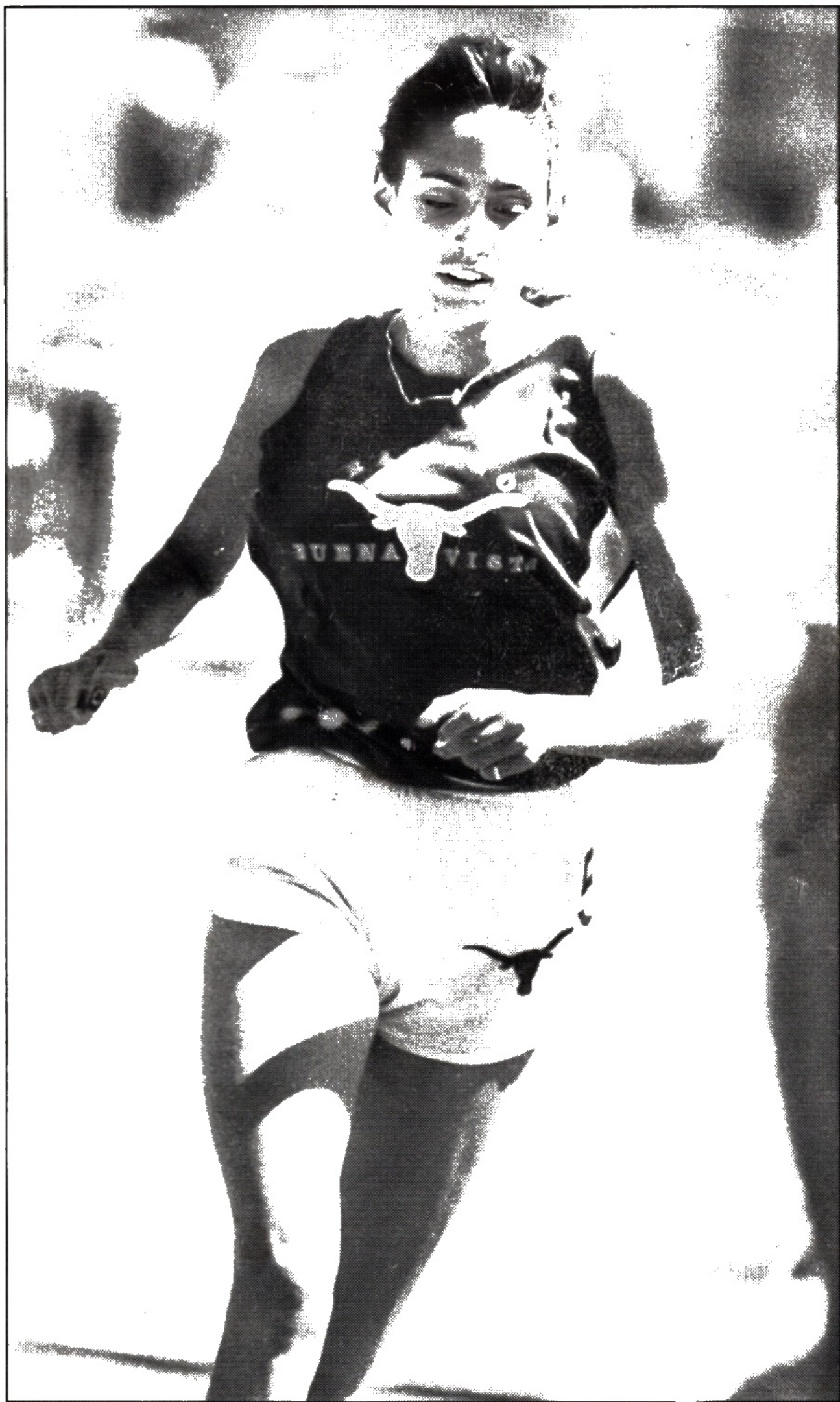


'HIGH SCHOOL TRACK '90



RBV'S KIRA JORGENSEN
1989 Girls' Athlete of the Year

The San Diego Union
SAN DIEGO TRIBUNE

1990 San Diego Prep Track & Field Guide

Almost 20 years have passed since the last San Diego Track and Field record book was published in 1971.

Consider the changes:

- _ Athletes competed in yards, not meters.
- _ There were no coed meets, only boys.
- _ All-weather tracks were rare.
- _ Only four records (Bob Hose in the 880, Tim Danielson in the mile, Doyle Steele in the long jump and Billy Joe Winchester in the discus) have withstood the test of time.

This book is split into two sections, with Tom Shanahan of the San Diego Tribune detailing 1989's top competitors and Steve Brand of The San Diego Union listing the all-time leaders.

The yearly list cites the top performances, which in many instances are recorded by the same individual. Fallbrook's Brent Noon, for example, had all but one of the top performances in the shot put last spring.

The all-time list shows the top-10 competitors by their best performance. Both yard and meter events are listed separately. Care has been taken to assure authenticity, whenever possible, as relates to wind conditions. Questionable or verified wind-aided marks are not included as records.

With the backing of the Union-Tribune Community Relations Department, high school track and field fans in San Diego again have a point of reference. A special thanks to Rick Smith, then a sports writer with the Evening Tribune, upon whose book the foundation of all performances prior to 1971 was built.

All proceeds from the sale of this book will go to the San Diego County Track and Field Coaches' Association for the purpose of purchasing equipment that can be used for all invitational meets.

1989's Top Performances

Boys

100 meters

(fully-automatic times only)

Mark	Name, School	Date, Meet
10.71	Glen Reyes, Orange Glen	6-2, State Prelims
10.75	Kiyoshi Moody, Castle Park	6-3, State Finals
10.76	Reyes	6-3, State Finals
10.79	Reyes	5-27, CIF Finals
10.81	Moody	5-27, CIF Finals
10.90	Reyes	4-15, Sundevil Invitational
10.91	Moody	5-20, CIF Prelims
10.93	Doug Boyd, Lincoln Prep	5-20, CIF Prelims
10.95	Moody	4-1, Titan Track Fest
10.96	Moody	4-15, Sundevil Invitational
10.96	Boyd	5-27, CIF Finals
10.99	Bobby Nelson, Mira Mesa	4-1, Titan Track Fest
10.99	Nelson	4-15, Sundevil Invitational
10.99	Reyes	4-22, Mt. SAC
10.99	Jeff Jordan, University City	5-27, CIF Finals
11.02	Reyes	5-20, CIF Prelims
11.08	Nelson	5-27, CIF Finals
11.09	Jerome Price, University City	5-20, CIF Prelims
11.09	Riley Washington, Southwest	5-20, CIF Prelims
11.09	Price	5-27, CIF Finals
10.70w	Moody	6-2, State Finals

200 meters

21.47	Glen Reyes, Orange Glen	5-27, CIF Finals
21.73	Reyes	5-20, CIF Prelims
21.75	Reyes	6-2, State Prelims
21.88	Kiyoshi Moody, Castle Park	5-20, CIF Prelims
21.93	Moody	5-27, CIF Finals
21.98	Jerome Gross, Hoover	4-15, Sundevil Invitational
22.03	Jeff Jordan, University City	5-27, CIF Finals
21.8	Gross	3-16, dual meet
21.8	Bobby Nelson, Mira Mesa	3-22, dual meet
21.8c	Gross	3-30, dual meet
21.8c	Gross	4-20, dual meet
21.8	Reyes	5-9, Palomar League prelims
21.8c	Nelson	4-19, dual meet
21.9	Nelson	4-5, dual meet
22.18	Nelson	5-20, CIF Prelims

22.16	Jordan	5-20, CIF Prelims
22.0c	Gross	4-12, dual meet
22.0	Jerry Ashworth, Poway	4-12, dual meet
22.0c	Moody	4-20, dual meet
22.0c	Nelson	5-3, dual meet

400 meters

48.14	Jerome Gross, Hoover	5-20, CIF Prelims
48.20	Gross	4-15, Sundevil Invitational
48.56	Gross	5-27, CIF Finals
48.59	Tom Brown, Castle Park	5-27, CIF Finals
48.7	Gross	5-9, Central League Prelims
48.90	Art Hernandez, Montgomery	5-27, CIF Finals
48.92	Gross	6-2, State Prelims
48.8	Gross	5-12, Central League Finals
48.8	Jerry Ashworth, Poway	5-12, Palomar League Finals
48.95	Ashworth	5-20, CIF Prelims
48.97	Gross	4-1, Titan Track Fest
49.05	Ashworth	5-27, CIF Finals
49.15	Hernandez	5-20, CIF Prelims
49.17	Patrick Carter, Santana	5-27, CIF Finals
49.27	Gross	6-3, State Finals
49.2c	Brown	5-12, Metro League Finals
49.2c	Hernandez	5-12, Metro League Finals
49.3	Gross	4-28, Orange Glen Invitational
49.3	Gross	5-2, dual meet
49.6	Ashworth	5-4, dual meet
49.6	Ashworth	5-9, Palomar League Prelims

800 meters

1:52.11	Francis O'Neill, San Pasqual	6-3, State Finals
1:52.16	O'Neill	5-20, CIF Prelims
1:52.40	O'Neill	5-27, CIF Finals
1:52.6	O'Neill	5-12, Avocado League Finals
1:52.87	Jorge Rodriguez, Fallbrook	4-22, Mt. SAC
1:53.82	O'Neill	6-2, State Prelims
1:54.1	O'Neill	4-15, Sundevil Invitational
1:54.65	Jason Jackowski, Mira Mesa	5-27, CIF Finals
1:55.30	Art Martin, El Capitan	6-2, State Prelims
1:55.38	Rodriguez	5-27, CIF Finals
1:55.43	Martin	5-27, CIF Finals
1:55.3	Phil Smith, Henry	4-15, Sundevil Invitational
1:55.6	Rodriguez	4-15, Sundevil Invitational
1:55.8	O'Neill	5-9, Avocado League Prelims
1:56.17	Jesus Luna, Poway	5-27, CIF Finals

1:56.1	Rodriguez	5-12, Palomar League Finals
1:56.41	Rodriguez	5-20, CIF Prelims
1:56.3	Jackowski	4-15, Sundevil Invitational
1:56.3	O'Neill	4-28, Orange Glen Invitational
1:56.6	Jackowski	3-22, dual meet

1,600 meters

4:07.6c	Francis O'Neill, San Pasqual	6-10, Golden West (Sacramento)
4:08.67	O'Neill	6-3, State Finals
4:11.0c	O'Neill	6-17, Keebler (Chicago)
4:12.57	Jorge Rodriguez, Fallbrook	6-3, State Finals
4:12.89	O'Neill	4-8, Arcadia Invitational
4:14.09	O'Neill	5-27, CIF Finals
4:14.1	Rodriguez	5-9, Palomar League Prelims
4:14.46	Rodriguez	5-27, CIF Finals
4:14.82	O'Neill	6-2, State Prelims
4:14.96	Rodriguez	4-8, Arcadia Invitational
4:15.1	Rodriguez	5-12, Palomar League Finals
4:16.15	Rodriguez	6-2, State Prelims
4:18.07	Clay Biddle, Mt. Carmel	6-2, State Prelims
4:18.68	Biddle	5-27, CIF Finals
4:19.00	Biddle	4-15, Sundevil Invitational
4:19.5	Biddle	5-12, Palomar League Finals
4:20.73	O'Neill	5-20, CIF Prelims
4:20.80	Biddle	5-27, CIF Finals
4:21.07	Russell Reid, Santana	5-20, CIF Prelims
4:21.1	O'Neill	5-12, Avocado League Finals
4:21.1	Lorenzo Urizar, Orange Glen	5-12, Palomar League Finals

3,200 meters

9:14.36	Jeff Hughey, Santana	6-3, State Finals
9:19.72	Francis O'Neill, San Pasqual	5-27, CIF Finals
9:23.65	Hughey	4-15, Sundevil Invitational
9:24.69	Hughey	5-27, CIF Finals
9:25.4c	O'Neill	4-28, Orange Glen Invitational
9:27.2	O'Neill	5-12, Avocado League Finals
9:28.6c	Hughey	5-12, Grossmont 2-A Finals
9:29.0	Clay Biddle, Mt. Carmel	5-12, Palomar League Finals
9:29.33	Bill Aronson, Poway	4-8, Arcadia Invitational
9:32.5	John Schurer, Poway	5-12, Palomar League Finals
9:33.2	Aronson	5-12, Palomar League Finals
9:34.0c	Aronson	4-28, Orange Glen Invitational
9:36.5c	Jorge Rodriguez, Fallbrook	4-28, Orange Glen Invitational
9:36.80	Aronson	4-15, Sundevil Invitational
9:38.09	Kole Handy, Fallbrook	5-27, CIF Finals

9:38.1c	Andre Villa, San Pasqual	4-28, Orange Glen Invitational
9:38.3	Aronson	3-30, dual meet
9:38.18	Lorenzo Urizar, Orange Glen	5-27, CIF Finals
9:40.3	Aronson	5-4, dual meet
9:42.52	Biddle	5-27, CIF Finals

110-meter high hurdles

14.55	Eric Bell, Castle Park	5-27, CIF Finals
14.62	Mario O'Conner, Escondido	5-27, CIF Finals
14.65	Bell	6-2, State Prelims
14.71	O'Conner	6-2, State Prelims
14.73	Jeff Haines, Poway	5-27, CIF Finals
14.74	Haines	5-20, CIF Prelims
14.74	Joey DeGuzman, Southwest	5-27, CIF Finals
14.5	Bell	5-2, dual meet
14.5	Bell	5-12, Metro League Finals
14.79	Jon Arrington, Southwest	5-27, CIF Finals
14.84	Bell	6-3, State Finals
14.7	O'Conner	4-22, Mt. SAC
14.7	O'Conner	4-28, Orange Glen Invitational
14.7	Haines	4-28, Orange Glen Invitational
14.7	Haines	5-9, Palomar League Prelims
14.7	DeGuzman	5-12, Metro League Finals
14.95	O'Conner	4-15, Sundevil Invitational
14.95	Robert Montoy, Fallbrook	5-27, CIF Finals
14.96	O'Conner	6-3, State Finals
15.00	Arrington	5-20, CIF Prelims
15.00	Shennel Brunson, San Diego	5-20, CIF Prelims

300-meter intermediate hurdles

37.9	Dexter Monroe, Henry	5-27, CIF Finals
38.2	Mario O'Conner, Escondido	5-27, CIF Finals
38.64	O'Conner	5-20, CIF Prelims
38.73	Monroe	5-20, CIF Prelims
38.5	O'Conner	5-12, Avocado League Finals
38.5	Fred Dunn, Oceanside	5-12, Avocado League Finals
38.7	Keith Williams, Escondido	5-12, Avocado League Finals
38.7	Benny Lewis, Mira Mesa	5-27, CIF Finals
38.7	Jeff Haines, Poway	5-27, CIF Finals
38.95	Gene Metcalf, Mira Mesa	5-20, CIF Prelims
38.8	Monroe	4-28, Orange Glen Invitational
39.11	Monroe	6-2, State Prelims
38.9	Dunn	4-28, Orange Glen Invitational
39.14	Haines	5-20, CIF Prelims
39.24	Monroe	4-15, Sundevil Invitational

39.0	Monroe	5-12, Eastern League Finals
39.2	Dunn	3-16, dual meet
39.2	Dunn	5-4, dual meet
39.2	Haines	5-12, Palomar League Finals
39.2	Williams	5-27, CIF Finals

400-meter relay

42.20	Poway	5-20, CIF Prelims
42.26	Poway	5-27, CIF Finals
42.28	Morse	5-27, CIF Finals
42.30	Lincoln Prep	5-27, CIF Finals
42.31	University City	5-27, CIF Finals
42.39	Morse	6-2, State Prelims
42.48	Lincoln Prep	6-2, State Prelims
42.56	Mira Mesa	4-15, Sundevil Invitational
42.56	Morse	5-20, CIF Prelims
42.64	Lincoln Prep	5-20, CIF Prelims
42.5	Poway	5-12, Palomar League Finals
42.72	Poway	4-8, Arcadia Invitational
42.73	University City	5-20, CIF Prelims
42.76	Mira Mesa	5-27, CIF Finals
42.78	Poway	4-15, Sundevil Invitational
42.90	Henry	5-20, CIF Prelims
42.8	Lincoln Prep	5-12, Central League Finals
42.98	Mira Mesa	4-1, Titan Track Fest
43.06	Poway	6-2, State Prelims
43.08	Henry	4-15, Sundevil Invitational

1,600-meter relay

3:18.63	Henry	5-27, CIF Finals
3:18.89	Henry	5-20, CIF Prelims
3:18.90	Henry	6-2, State Prelims
3:19.00	Henry	6-3, State Finals
3:19.04	Morse	5-27, CIF Finals
3:20.2	Henry	5-12, Eastern League Finals
3:20.51	Henry	4-15, Sundevil Invitational
3:20.9	Poway	5-12, Palomar League Finals
3:21.71	Morse	4-15, Sundevil Invitational
3:22.29	Morse	6-2, State Prelims
3:22.81	Mira Mesa	5-27, CIF Finals
3:22.88	Morse	5-20, CIF Prelims
3:23.26	Santana	5-27, CIF Finals
3:23.37	Morse	4-1, Titan Track Fest
3:23.40	Poway	5-20, CIF Prelims
3:23.54	Poway	4-22, Mt. SAC

3:23.5	Hoover	5-12, Central League Finals
3:23.73	Escondido	5-27, CIF Finals
3:23.82	Poway	4-1, Titan Track Fest
3:24.02	Castle Park	5-20, CIF Prelims

High Jump

6-8 1/2	Joe Buchanon, San Marcos	5-12, Avocado League Finals
6-8 1/4	Buchanon	3-11, Mustang Relays
6-8	Mike Herman, Mt. Carmel	5-12, Palomar League Finals
6-8	Herman	5-27, CIF Finals
6-8	Buchanon	6-2, State Prelims
6-8	Buchanon	6-3, State Finals
6-7	Herman	5-4, dual meet
6-7	Herman	6-2, State Prelims
6-6 1/4	Kurt Klaser, Hilltop	3-11, Mustang Relays
6-6	Terrence Hamilton, Henry	4-1, Titan Track Fest
6-6	Buchanon	4-6, dual meet
6-6	Buchanon	4-28, Orange Glen Invitational
6-6	Bill Wootton, Mt. Carmel	5-4, dual meet
6-6	Hamilton	5-12, Eastern League Finals
6-6	Herman	5-20, CIF Prelims
6-6	Buchanon	5-27, CIF Finals
6-5 1/2	Klaser	5-12, Metro League Finals
6-5	Jerome Price, University City	4-11, dual meet
6-5	Joe Temple, Lincoln Prep	4-13, dual meet
6-5	Dion Cheeks, Lincoln Prep	4-13, dual meet

Pole Vault

15-5	Brian Chase, Granite Hills	5-27, CIF Finals
15-4	Chase	5-12, Grossmont 3-A Finals
15-2	Wes Stephens, Orange Glen	6-3, State Finals
14-6	Chase	4-6, dual meet
14-6	Derrick Roth, Mt. Carmel	4-15, Sundevil Invitational
14-6	Stephens	4-28, Orange Glen Invitational
14-6	Jessie Hafen, Castle Park	5-12, Metro League Finals
14-4	Stephens	5-27, CIF Finals
14-4	Stephens	6-2, State Prelims
14-3	Jeff Bigham, Carlsbad	4-26, dual meet
14-1	Chase	4-15, Sundevil Invitational
14-1	Jeff Bowles, Escondido	4-15, Sundevil Invitational

Eleven marks at 14-0, including Ed Degan (San Marcos) and Dale Nicholson (Granite Hills).

Long Jump

24-7 3/4	Jerome Price, University City	6-3, State Finals
24-6 1/2	Price	5-27, CIF Finals
24-6 1/2	Price	6-2, State Prelims
24-6 1/4	Tom Brown, Castle Park	6-3, State Finals
24-4 3/4	Price	4-8, Arcadia Invitational
24-0 1/2	Price	4-28, Orange Glen Invitational
23-10	Brown	6-2, State Prelims
23-9	Price	5-20, CIF Prelims
23-8 3/4	Price	4-15, Sundevil Invitational
23-7 1/4	Price	5-4, dual meet
23-6	Glen Reyes, Orange Glen	3-16, dual meet
23-5 3/4	Brown	5-27, CIF Finals
23-5	Brown	5-20, CIF Prelims
23-4 1/2	Reyes	4-15, Sundevil Invitational
23-4 1/2	Brown	5-12, Metro League Finals
23-3	Price	3-16, dual meet
23-1	Brown	4-1, Titan Track Fest
23-0 1/2	Price	5-8, Western League Prelims
23-0 1/4	Reyes	5-20, CIF Prelims
23-0	Price	4-13, dual meet

Triple Jump

51-2	Lenny McGill, Orange Glen	6-2, State Prelims
51-1 1/4	McGill	6-3, State Finals
50-4	McGill	5-4, dual meet
50-1 3/4	McGill	5-20, CIF Prelims
49-3	McGill	4-28, Orange Glen Invitational
49-2 1/4	McGill	4-22, Mt. SAC
49-2 1/4	McGill	5-27, CIF Finals
49-1	McGill	4-26, dual meet
48-8	McGill	3-11, Mustang Relays
48-5	McGill	3-16, dual meet
48-1 1/2	McGill	4-15, Sundevil Invitational
48-0 3/4	McGill	4-1, Titan Track Fest
47-11 1/2	McGill	3-30, dual meet
47-10 1/2	McGill	4-8, Arcadia Invitational
47-4 1/2	Ty McHenry, Henry	5-27, CIF Finals
47-4	McGill	4-13, dual meet
47-2 1/2	McGill	5-9, Palomar League Prelims
47-2 1/2	McGill	5-12, Palomar League Finals
47-2	McHenry	4-5, dual meet
46-10 1/4	McHenry	5-20, CIF Prelims

Shot Put

69-8 1/4	Brent Noon, Fallbrook	5-4, dual meet
68-9 1/2	Noon	4-28, Orange Glen Invitational
68-1 3/4	Noon	4-20, dual meet
67-8 1/2	Noon	4-15, Sundevil Invitational
66-7 1/2	Noon	6-2, State Prelims
66-7	Noon	5-27, CIF Finals
66-3 1/2	Noon	4-22, Mt. SAC
66-1 1/2	Noon	6-3, State Finals
66-0 1/4	Noon	5-12, Palomar League Finals
65-9	Noon	3-11, Mustang Relays
64-7 1/4	Noon	5-9, Palomar League Prelims
64-7	Noon	4-26, dual meet
63-11 1/4	Noon	4-6, dual meet
61-8 1/2	Noon	5-20, CIF Prelims
59-2	Noon	3-16, dual meet
58-4	Terry Sherman, Fallbrook	4-28, Orange Glen Invitational
56-10 1/2	Sherman	5-4 , dual meet
56-10	Sherman	4-20, dual meet
56-2	Sherman	3-16, dual meet
55-7 3/4	Sherman	4-26, dual meet

Discus

185-4	Brent Noon, Fallbrook	5-27, CIF Finals
181-2	Noon	6-3, State Finals
180-7	Noon	4-28, Orange Glen Invitational
178-5	Noon	6-2, State Prelims
178-0	Noon	4-26, dual meet
177-0	Noon	5-12, Palomar League Finals
176-2	Noon	5-4, dual meet
174-11	Noon	4-20, dual meet
174-10	Noon	4-15, Sundevil Invitational
172-10	Noon	3-16, dual meet
170-1	Noon	5-9, Palomar League Prelims
169-9	Noon	3-11, Mustang Relays
167-3	Dave Loshonkohl, Granite Hills	4-29, Vaquero Invitational
166-1	Noon	5-20, CIF Prelims
165-0	Troy Martz, Orange Glen	5-9, Palomar League Prelims
163-5	John Cummings, Clairemont	5-20, CIF Prelims
161-11	Alan Mojado, Fallbrook	5-4, dual meet
161-4	Mike Howe, Monte Vista	5-4, dual meet
161-4	Cummings	5-27, CIF Finals
161-3	Steve Pitts, San Pasqual	5-27, CIF Finals

1989's Top Performances

Girls

100 meters

(fully-automatic times only)

Mark	Name, School	Date, Meet
11.98	Angela Sullivan, Serra	5-27, CIF Finals
12.18	Francine Wada, Hilltop	5-27, CIF Finals
12.26	Sullivan	5-20, CIF Prelims
12.26	Angela Kimmey, Univ. City	5-20, CIF Prelims
12.28	Kimmey	5-27, CIF Finals
12.32	Nichelle Milner, Morse	5-27, CIF Finals
12.39	Mia Labovitz, San Diego	5-27, CIF Finals
12.42	Kimmey	4-1, Titan Track Fest
12.45	Kimmey	4-15, Sundevil Invitational
12.49	Katina Bugg, Henry	5-27, CIF Finals
12.59	Wada	4-15, Sundevil Invitational
12.60	Wada	5-20, CIF Prelims
12.66	Sullivan	4-15, Sundevil Invitational
12.66	Latashia McKinney, Mo. Vista	5-20, CIF Prelims
12.66	Labovitz	5-20, CIF Prelims
12.69	Milner	5-20, CIF Prelims
12.69	Bugg	5-20, CIF Prelims
12.71	Nicola Stennis, Morse	5-20, CIF Prelims
12.72	Sullivan	4-1, Titan Track Fest
12.74	Michelle Dimry, Oceanside	5-20, CIF Prelims

200 meters

24.51	Angela Sullivan, Serra	5-27, CIF Finals
25.20	Sullivan	5-20, CIF Prelims
25.20	Angela Kimmey	5-27, CIF Finals
25.30	Mia Labovitz, San Diego	5-27, CIF Finals
25.32	Nichelle Milner, Morse	5-27, CIF Finals
25.38	Kimmey	5-20, CIF Prelims
25.2	Sullivan	4-29, Vaquero Invitational
25.50	Katina Bugg, Henry	5-27, CIF Finals
25.51	Sullivan	4-15, Sundevil Invitational
25.62	Kimmey	4-15, Sundevil Invitational
25.4	Vicki deJesus, Mt. Careml	3-22, dual meet
25.4	deJesus	5-9, Palomar League Prelims
25.5	Sullivan	5-9, Eastern League Prelims
25.5	Sullivan	5-12, Eastern League Finals
25.5	Kimmey	5-12, Western League Finals
25.76	Nicola Stennis, Morse	5-20, CIF Prelims

25.77	Bugg	5-20, CIF Prelims
25.78	Labovitz	5-20, CIF Prelims
25.79	Milner	5-20, CIF Prelims
25.79	Abena Byrd, Lincoln Prep	5-27, CIF Finals

400 meters

55.19	Shani Freeman, Crawford	5-27, CIF Finals
55.77	Freeman	6-3, State Finals
56.24	Freeman	6-2, State Prelims
56.44	Allison Dring, Mt. Carmel	5-27, CIF Finals
56.75	Freeman	4-15, Sundevil Invitational
56.8	Dring	5-12, Palomar League Finals
56.96	Dring	5-20, CIF Prelims
57.15	Maisha Stevenson, Point Loma	5-27, CIF Finals
57.4	Gina Westby, Torrey Pines	5-4, Dual Meet
57.64	Dring	6-2, State Prelims
57.6	Dring	5-9, Palomar League Prelims
57.84	Angel Mason, Rancho B.V.	5-27, CIF Finals
57.93	Freeman	5-20, CIF Prelims
58.01	Dring	4-15, Sundevil Invitational
58.28	Sheila Dixon, Lincoln Prep	5-20, CIF Prelims
58.43	Mason	5-20, CIF Prelims
58.3	Freeman	5-12, Central League Finals
58.4	Freeman	5-9, Central League Prelims
58.4	Mason	5-12, Avocado League Finals
58.57	Dixon	5-27, CIF Finals

800 meters

2:14.0	Kira Jorgensen, Rancho B.V.	5-9, Avocado League Prelims
2:15.52	Gina Westby, Torrey Pines	5-27, CIF Finals
2:15.6	Jorgensen	5-4, dual meet
2:16.30	Westby	4-8, Arcadia Invitational
2:16.44	Westby	6-2, State Prelims
2:16.71	Laura Manglicmot, Hoover	4:15, Sundevil Invitational
2:16.76	Charity Stowell, Mt. Carmel	5-27, CIF Finals
2:17.11	Gretchen Scheibel, O. Glen	5-27, CIF Finals
2:17.39	Stephanie Zampardo, Hilltop	5-27, CIF Finals
2:19.03	Westby	4-15, Sundevil Invitational
2:19.0	Westby	5-9, Palomar League Prelims
2:19.6	Stowell	5-9, Palomar League Prelims
2:20.09	Westby	6-3, State Finals
2:20.3c	Manglicmot	4-20, dual meet
2:20.8	Stowell	5-12, Palomar League Finals
2:20.9c	Zampardo	5-12, Metro League Finals
2:21.20	Michelle Ishio, Mira Mesa	5-27, CIF Finals

2:21.1	Jennie Villasenor, San Pasqual	5-12, Avocado League Finals
2:21.1	Taren Cobb, Orange Glen	5-9, Avocado League Finals
2:21.35	Manglicmot	5-27, CIF Finals
2:21.4	Westby	5-12, Palomar League Finals

1,600 meters

4:49.55	Kira Jorgensen, Rancho B.V.	6-3, State Finals
4:53.66	Jorgensen	5-20, CIF Prelims
4:55.44	Jorgensen	6-2, State Prelims
4:57.1	Jorgensen	5-12, Avocado League Finals
4:59.52	Jorgensen	4-8, Arcadia Invitational
4:59.76	Jorgensen	5-27, CIF Finals
5:01.24	Jorgensen	4-15, Sundevil Invitational
5:03.04	Mira Hornbacher, Rancho B.V.	5-27, CIF Finals
5:03.1c	Jorgensen	4-28, Orange Glen Invitational
5:06.41	Michelle Keim, San Pasqual	5-27, CIF Finals
5:07.0	Hornbacher	5-12, Avocado League Finals
5:07.50	Hornbacher	6-2, State Prelims
5:08.1	Jorgensen	5-4, dual meet
5:09.43	Mailee Ferguson, La Jolla	5-20, CIF Prelims
5:09.44	Keim	5-20, CIF Prelims
5:09.63	Hornbacher	5-20, CIF Prelims
5:09.83	Deanna Hadley, San Pasqual	5-20, CIF Prelims
5:12.54	Gwen Becker, Monte Vista	5-27, CIF Finals
5:13.06	Hadley	5-27, CIF Finals
5:15.2	Angie Cooper, Mt. Carmel	5-12, Palomar League Finals

3,200 meters

10:34.7	Kira Jorgensen, Rancho B.V.	5-12, Avocado League Finals
10:42.34	Jorgensen	6-3, State Finals
10:43.18	Mira Hornbacher, Rancho B.V.	6-3, State Finals
10:55.9	Jorgensen	5-27, CIF Finals
10:59.1c	Jorgensen	4-28, Orange Glen Invitational
11:13.89	Mailee Ferguson, La Jolla	6-3, State Finals
11:14.06	Hornbacher	5-27, CIF Finals
11:22.2	Jaime Butler, San Dieguito	3-18, Pasadena Games
11:23.7	Michelle Keim, San Pasqual	5-12, Avocado League Finals
11:23.8	Keim	3-18, Pasadena Games
11:27.47	Ferguson	5-27, CIF Finals
11:28.5	Ferguson	5-8, Western League Finals
11:31.4	Tara Barnhart, Poway	4-8, Arcadia Invitational
11:32.52	Patty Villarreal, La Jolla	5-27, CIF Finals
11:34.70	Barnhart	5-27, CIF Finals
11:34.8	Barnhart	3-18, Pasadena Games
11:35.0	Barnhart	3-30, dual meet

11:35.9	Angie Cooper, Mt. Carmel	4-15, Sundevil Invitational
11:36.9	Villarreal	5-8, Western League Finals
11:36.9	Barnhart	5-12, Palomar League Finals

100-meter low hurdles

14.29	Kim Dill, Poway	5-27, CIF Finals
14.31	Dill	6-3, State Finals
14.36	Dill	6-2, State Prelims
14.55	Dill	5-20, CIF Prelims
14.4	Dill	5-9, Palomar League Prelims
14.5	Dill	5-4, dual meet
14.77	Erin Blunt, San Pasqual	6-2, State Prelims
14.84	Dill	4-8, Arcadia Invitational
14.98	Cathy Stark, San Pasqual	6-2, State Prelims
15.00	Stark	4-22, Mt. SAC
15.06	Dill	4-15, Sundevil Invitational
14.8	Dill	3-30, dual meet
15.22	Dill	4-1, Titan Track Fest
15.0	Dill	3-22, dual meet
15.0	Dill	4-20, dual meet
15.0	Stark	5-9, Avocado League Prelims
15.25	Blunt	5-20, CIF Prelims
15.28	Stark	4-15, Sundevil Invitational
15.30	Stark	4-8, Arcadia Invitational
15.31	Stark	5-27, CIF Finals
14.0w	Dill	5-12, Palomar League Finals

300-meter low hurdles

44.44	Kim Dill, Poway	5-27, CIF Finals
44.3	Cassandra Tyson, Mt. Carmel	5-12, Palomar League Finals
44.5	Dill	5-12, Palomar League Finals
44.65	Erin Blunt, San Pasqual	5-27, CIF Finals
44.80	Cathy Stark, San Pasqual	5-27, CIF Finals
45.14	Dill	4-22, Mt. SAC
45.0	Blunt	5-12, Avocado League Finals
45.1	Stark	5-12, Avocado League Finals
45.30	Tyson	5-20, CIF Prelims
45.50	Stark	5-20, CIF Prelims
45.59	Dill	4-15, Sundevil Invitational
45.59	Stark	6-2, State Prelims
45.64	Tyson	4-22, Mt. SAC
45.67	Tyson	4-15, Sundevil Invitational
45.80	Blunt	5-20, CIF Prelims
45.93	Dill	5-20, CIF Prelims

45.8	Tyson	5-9, Palomar League Prelims
45.9	Dill	5-4, dual meet
46.3	Valerie Ryan, San Pasqual	5-27, CIF Finals
46.3	Tyson	4-1, Bishop Amat Invitational
46.4	Allison Eilerts, San Pasqual	5-12, Avocado League Finals
46.4	Tyson	3-22, dual meet
46.4	Blunt	5-9, Avocado League Finals

400-meter relay

47.12	Morse	5-27, CIF Finals
47.87	Mt. Carmel	5-27, CIF Finals
47.99	Morse	5-20, CIF Prelims
48.26	Henry	5-27, CIF Finals
48.37	Lincoln Prep	5-27, CIF Finals
48.4	Mt. Carmel	5-12, Palomar League Finals
48.57	Morse	6-2, State Prelims
48.65	Mt. Carmel	5-20, CIF Prelims
48.77	Henry	6-2, State Prelims
48.81	Mt. Carmel	6-2, State Prelims
48.92	Poway	5-27, CIF Finals
48.99	Mt. Carmel	4-15, Sundevil Invitational
48.9	Morse	5-12, Eastern League Finals
49.07	University City	5-27, CIF Finals
49.09	Serra	5-20, CIF Prelims
49.1	Morse	3-22, dual meet
49.26	Morse	4-15, Sundevil Invitational
49.28	University City	4-15, Sundevil Invitational
49.28	Henry	5-20, CIF Prelims
49.28	Lincoln Prep	5-20, CIF Prelims

1,600-meter relay

3:53.95	Mt. Carmel	5-27, CIF Finals
3:55.28	Mt. Carmel	6-2, State Prelims
3:55.73	San Pasqual	5-27, CIF Finals
3:56.05	Mt. Carmel	6-3, State Finals
3:56.44	San Pasqual	6-2, State Prelims
3:57.02	Mt. Carmel	5-20, CIF Prelims
3:57.63	Hoover	5-27, CIF Finals
3:57.8	Mt. Carmel	5-12, Palomar League Finals
3:57.98	San Pasqual	5-20, CIF Prelims
3:58.9	Rancho Buena Vista	5-12, Avocado League Finals
3:59.07	Mt. Carmel	4-15, Sundevil Invitational
3:59.08	Rancho Buena Vista	5-27, CIF Finals
3:59.77	Mt. Carmel	4-22, Mt. SAC
3:59.8	San Pasqual	5-12, Avocado League Finals

3:59.97	San Pasqual	4-22, Mt. SAC
4:00.15	Rancho Buena Vista	5-20, CIF Prelims
4:00.83	Poway	5-27, CIF Finals
4:01.83	Hoover	5-20, CIF Prelims
4:01.7	Mt. Carmel	3-22, dual meet
4:02.13	San Pasqual	4-15, Sundevil Invitational

High Jump

5-8 1/4	Karyn Armstrong, Torrey Pines	3-11, Mustang Relays
5-6 1/4	Armstrong	4-1, Titan Track Fest
5-6	Armstrong	3-30, dual meet
5-5	Christy Kurras, Poway	6-2, State Prelims
5-5	Melanie Williams, Mt. Carmel	6-2, State Prelims
5-4	Kurras	3-16, dual meet
5-4	Armstrong	3-18, Pasadena Games
5-4	Kurras	4-1, Titan Track Fest
5-4	Kurras	4-13, dual meet
5-4	Armstrong	4-22, Mt. SAC
5-4	Kurras	4-22, Mt. SAC
5-4	Kurras	5-4, dual meet
5-4	Kurras	5-12, Palomar League Finals
5-4	Kurras	5-27, CIF Finals
5-4	Williams	5-27, CIF Finals
5-3	Williams	4-29, Vaquero Invitational
5-2 1/4	Tara Carlson, Torrey Pines	4-13, dual meet
5-2 1/4	Brooke Risner, Rancho B.V.	5-20, CIF Prelims
	Nineteen more marks at 5-2.	

Long Jump

18-10 3/4	Nedra Dillon, Mission Bay	6-2, State Prelims
18-10	Rachelle Johnson, Henry	6-2, State Prelims
18-8 1/2	Dillon	4-28, Orange Glen Invitational
18-7 1/2	Dillon	5-20, CIF Prelims
18-7	Dillon	5-8, Western League Prelims
18-5	Johnson	4-19, dual meet
18-4 1/2	Johnson	5-20, CIF Prelims
18-2 1/4	Johnson	6-3, State Finals
18-1	Dillon	5-27, CIF Finals
17-11 3/4	Johnson	4-26, dual meet
17-11 3/4	Francine Wada, Hilltop	5-27, CIF Finals
17-11	Johnson	4-5, dual meet
17-10 1/4	Johnson	4-15, Sundevil Invitational
17-10 1/4	Johnson	5-27, CIF Finals
17-9 3/4	Johnson	4-8, Arcadia Invitational
17-8	Dillon	4-20, dual meet
17-8	Dillon	5-12, Western League Finals

17-6 1/2	Johnson	5-12, Eastern League Finals
17-5 3/4	Dillon	6-3, State Finals
17-4 1/2	Wada	5-27, CIF Finals

Triple Jump

40-6 3/4	Rachelle Johnson, Henry	4-28, Orange Glen Invitational
40-2	Johnson	4-19, dual meet
39-8 1/4	Johnson	5-27, CIF Finals
39-4	Johnson	4-15, Sundevil Invitational
39-3	Johnson	4-1, Titan Track Fest
38-10 1/2	Johnson	4-8, Arcadia Invitational
38-9 3/4	Johnson	5-20, CIF Prelims
38-7 1/2	Johnson	6-3, State Finals
38-4	LaFrancia West, Grossmont	5-20, CIF Prelims
38-3 3/4	Johnson	6-2, State Prelims
38-0 1/2	Johnson	5-9, Eastern League Prelims
37-8	Angela Sims, Oceanside	5-27, CIF Finals
37-5	Johnson	4-12, dual meet
37-3	Sims	6-2, State Prelims
37-2 1/2	West	5-27, CIF Finals
37-1 1/4	Sims	4-15, Sundevil Invitational
36-11 1/2	Sims	4-6, dual meet
36-9 1/4	Christy Kurras, Poway	5-20, CIF Prelims
36-6 1/2	West	6-2, State Prelims
36-6	West	5-4, dual meet

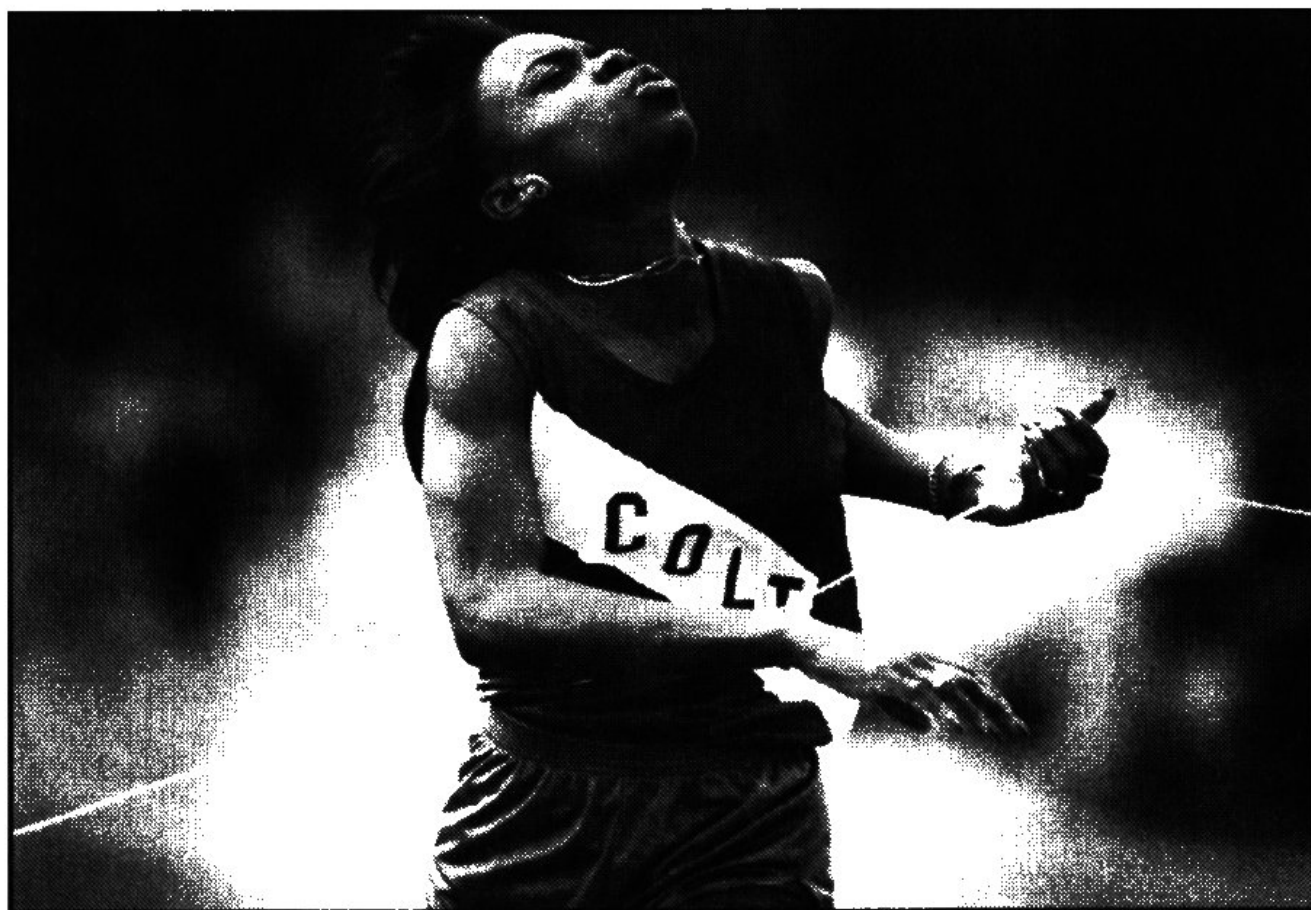
Shot Put

42-8 1/2	Jennifer Viavia, Madison	5-27, CIF Finals
42-7 1/2	Mulu Tosi, Morse	5-12, Eastern League Finals
42-2	Tosi	4-28, Orange Glen Invitational
41-6 1/2	Viavia	6-3, State Finals
41-3 1/4	Viavia	4-28, Orange Glen Invitational
40-10	Tosi	4-26, dual meet
40-10	Viavia	5-3, dual meet
40-10	Viavia	5-12, Eastern League Finals
40-9 1/2	Viavia	6-2, State Prelims
40-8	Viavia	4-12, dual meet
40-5	Tosi	3-16, dual meet
40-4	Viavia	4-5, dual meet
40-1 3/4	Viavia	5-20, CIF Prelims
39-10 3/4	Tosi	6-2, State Prelims
39-10	Tosi	4-5, dual meet
39-9	Tosi	4-19, dual meet
39-8 1/2	Jerri Misa, Madison	5-27, CIF Finals

39-7	Tosi	5-3, dual meet
39-6 1/2	Tosi	5-9, Eastern League Prelims
39-6	Viavia	5-9, Eastern League Prelims

Discus

144-4	Christine Oleksow, Monte Vista	6-2, State Prelims
141-7	Oleksow	4-27, dual meet
140-8	Oleksow	6-3, State Finals
140-1	Mulu Tosi, Morse	4-5, dual meet
138-11	Oleksow	5-12, Grossmont 3-A Finals
137-6	Tiffany Anderson, Kearny	5-27, CIF Finals
136-7	Oleksow	5-9, Grossmont 3-A Prelims
135-8	Kecha Folkes, Oceanside	5-27, CIF Finals
135-7	Oleksow	5-4, dual meet
135-0	Oleksow	5-27, CIF Finals
134-9	Folkes	6-2, State Prelims
134-3	Jennifer Viavia, Madison	5-27, CIF Finals
131-5	Oleksow	5-20, CIF Prelims
129-7	Folkes	5-20, CIF Prelims
128-9	Viavia	5-20, CIF Prelims
128-8	Carrie Wadlington, G. Hills	5-20, CIF Prelims
127-9	Michelle Heinchman, Mt. Car.	5-27, CIF Finals
127-0	Oleksow	3-30, dual meet
126-11	Oleksow	4-15, Sundevil Invitational
126-0	Oleksow	4-20, dual meet



Crawford's Shani Freeman won the 1989 section 400.

ALL-TIME SAN DIEGO TRACK AND FIELD PERFORMANCES BOYS

100 Meters

10.45	Darron Norris, El Camino	1984
10.64	Kevin Shields, San Diego	1980
10.67	Raymond Ethridge, Crawford	1987
10.71	Glen Reyes, Orange Glen	1989
10.76	Darrell Rosette, Morse	1983
10.78	Terry Rodgers, Sweetwater	1986
10.3	Paul Day, Kearny	1982
10.4	Patrick Rowe, Lincoln	1987
10.6	Ralph Parson, Morse	1981
10.6	Necho Arnold, Kearny	1981
10.6	Carl Young, San Diego	1983
10.6	John Redding, San Diego	1983
10.6	Herb Duncan, Lincoln	1984
10.6	Jimmy Kegler, San Diego	1988

100 Yards

9.55	Kevin Shields, San Diego	1981
9.61	David Russell, Henry	1977
9.4	Elijah Jefferson, Crawford	1974
9.5	Ed Buchanan, Kearny	1958
9.5	James Milton, Morse	1972
9.6	Arnold Tripp, Crawford	1959
9.6	Vernus Ragsdale, Lincoln	1962
9.6	Charles Sanford, San Diego	1963
9.6	Lamard Morris, Lincoln	1972
9.6	Bruce Girasole, Madison	1972
9.6	Ron Edmerson, Lincoln	1975
9.6	Kipperr Bell, Henry	1979

200 Meters

21.00	Raymond Ethridge, Crawford	1987
21.09	Darron Norris, El Camino	1984
21.31	Michael Stevenson, Morse	1988
21.43	Paul Day, Kearny	1981
21.47	Glen Reyes, Orange Glen	1989
21.52	Patrick Rowe, Lincoln	1987
21.71	Ron Young, Mt. Miguel	1986
21.72	Joel Davis, Mt. Miguel	1982
21.81	Terry Rodgers, Sweetwater	1986
21.88	Kiyoshi Moody, Castle Park	1989
21.92	Mike Conway, Henry	1985

220 Yards

21.0	Kipperr Bell, Henry	1978
21.1	Elijah Jefferson, Crawford	1975
21.1	David Russell, Henry	1976
21.2	Milton Weaver, Pt. Loma	1978
21.4	Johnny Mack Ellis, Lincoln	1966
21.4	Bruce Girasole, Madison	1972
21.4	Danny Miller, Morse	1973

Straight-away

21.0	Roscoe Cook, San Diego	1956
21.0	Dave Blunt, Escondido	1961

400 Meters

47.22	Michael Stevenson, Morse	1988
48.00	David Gayden, Morse	1985
48.10	Eric Robinson, Fallbrook	1985
48.12	Roy Carls, Pt. Loma	1982
48.14	Jerome Gross, Hoover	1989
48.18	Patrick Rowe, Lincoln	1987
48.35	John Denny, Morse	1985
48.59	Tom Brown, Castle Park	1989
48.66	Larry Brooks, Helix	1980
48.90	Art Hernandez, Montgomery	1989
48.95	Jerry Ashworth, Poway	1989

440 Yards

47.28	Tony Banks, Morse	1978
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	1968
48.4	Danny Stewart, San Diego	1979
48.5	Tom Agsten, Hoover	1963
48.6	Donn Renwick, Grossmont	1964
48.6	Bruce Ruff, El Cajon Valley	1967
48.6	Seneca Godwin, Kearny	1968
48.6	John Willson, Pt. Loma	1972

800 Meters

1:50.25	Mark Senior, Mt. Miguel	1988
1:52.11	Francis O'Neill, San Pasqual	1989
1:52.36	Tom Ellsworth, Pt. Loma	1983
1:52.73	Shawn O'Neal, Oceanside	1980
1:52.87	Jorge Rodriguez, Fallbrook	1989

1:53.25	Shan Forehand, Mt. Carmel	1987
1:53.80	Rich Farmer, Mt. Miguel	1982
1:54.25	Phil Smith, Henry	1988
1:54.33	James Fraser, Monte Vista	1987
1:54.37	Tom Williams, Granite Hills	1987

880 Yards

1:49.2	Bob Hose, Madison	1964
1:50.4	Terry Rodgers, Hilltop	1966
1:52.25	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 Valley	1966

1,600 Meters

4:06.52	Shawn O'Neal, Oceanside	1980
4:08.67	Francis O'Neill, San Pasqual	1989
4:10.09	John Seeman, Helix	1981
4:10.27	Joe Manuel, Kearny	1982
4:10.75	Paul Greer, St. Augustine	1982
4:10.78	Robert Fithen, Serra	1984
4:11.36	Marc Davis, San Diego	1987
4:11.52	Mark Dani, Valhalla	1986
4:11.64	Andy Davis, Henry	1987
4:11.75	Jason Martin, Fallbrook	1987
4:12.57	Jorge Rodriguez, Fallbrook	1989

Mile

3:59.4	Tim Danielson, Chula Vista	1966
4:02.71	Thom Hunt, Henry	1976
4:05.5	Terry Cotton, El Cajon Valley	1972
4:08.6	Steve Whitcomb, Helix	1979
4:08.8	Armando Valencia, El Cajon Valley	1967
4:09.0	Francis O'Neill, San Pasqual	1989
4:09.1	Tom Davidson, El Cajon Valley	1968
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

3,200 Meters

8:51.64	Mark Dani, Valhalla	1986
8:56.38	Marc Davis, San Diego	1987

9:00.07	Sean Evans, Henry	1980
9:01.12	Jose Vega, Chula Vista	1982
9:03.95	Ellis Del Sol, Hilltop	1985
9:08.34	Pat Green, La Jolla	1984
9:10.70	Chris Courter, Bonita Vista	1983
9:13.56	Robert Fithen, Serra	1984
9:13.74	Jason Salber, University City	1988
9:14.33	Ari Schauder, Monte Vista	1984

2 Mile

8:45.2	Thom Hunt, Henry	1976
8:49.1(i)	Mark Dani, Valhalla	1986
8:53.8	Dale Fleet, Clairemont	1971
8:54.8	Terry Cotton, El Cajon Valley	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
9:01.0	Marc Davis, San Diego	1987
9:01.4	Armando Valencia, El Cajon Valley	1968

110-Meter/120-yard High Hurdles

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
14.33	Travis Knox, San Dieguito	1984
14.39	Dave Brown, Poway	1982
14.24w	Jeff Smith, Serra	1982
14.0w	Bruce Mitchell, El Camino	1980

300-Meter Intermediate Hurdles

36.44	Kevin Jones, Mt. Miguel	1988
37.20	Jay Taylor, St. Augustine	1985
37.9	Dexter Monroe, Henry	1989
38.05	Terry Herron, Oceanside	1985
38.0	Travis Knox, San Dieguito	1985
38.2	Mario O'Conner, Escondido	1989
38.42	Osmond Swanegan, Morse	1986
38.49	Bruce Stone, University City	1986
38.64	Jerry Black, University City	1986
38.5	Jeff Haines, Poway	1989
38.5	Fred Dunn, Oceanside	1989

300-Meter Low Hurdles

36.39	Bruce Mitchell, El Camino	1981
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37.09 Ken Brajevich, Poway 1981

330-Yard Low Hurdles

37.2 Pat Nash, Escondido 1978

37.6 Don Brown, Clairemont 1975

400-Meter Relay

41.45 Morse 1983

41.62 Morse 1988

41.69 Crawford 1987

41.88 Serra 1982

42.00 Mira Mesa 1980

42.10 Lincoln 1987

42.20 Poway 1989

42.21 Mt. Miguel 1988

42.26 Morse 1989

42.2 Kearny 1982

440 Yard Relay

41.5 Lincoln 1968

41.5 San Diego 1971

41.5 Crawford 1975

41.6 Lincoln 1969

41.6 Lincoln 1972

41.6 Lincoln 1973

41.6 Lincoln 1976

41.8 Kearny 1978

1,600-Meter Relay

3:14.54 Morse 1987

3:15.77 Morse 1985

3:16.11 Mt. Miguel 1988

3:18.63 Henry 1989

3:18.93 Morse 1988

3:19.04 Morse 1989

3:19.17 Morse 1986

3:19.27 San Pasqual 1985

3:19.37 Pt. Loma 1982

3:19.80 Henry 1986

Mile Relay

3:14.8 Morse 1978

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

3:18.9	Henry	1975
3:19.0	Lincoln	1969
3:19.0	Lincoln	1971

High Jump

7-2	Frank Schiefer, Madison	1979
7-0 1/4	Jerry Culp, Oceanside	1970
6-10	Alex Williams, El Camino	1978
6-10	Kelly Watkins, San Diego	1982
6-10	Matt Farmer, Monte Vista	1987
6-9 3/4	Ed Hanks Hoover	1964
6-9 1/4	Phil Singleton, San Diego	1967
6-9 1/4	Tim Brown Morse	1967
6-9 1/4	Jim Geddes, La Jolla	1973
6-9 1/4	Brian Negrete, El Cajon Valley	1988

Pole vault

16-1	Pat Alduenda, Ramona	1987
15-7	Matt Lehman, San Dieguito	1988
15-6	Jay Rafail, Vista	1987
15-6	Rick Lotterer, San Pasqual	1988
15-5	Brian Chase, Granite Hills	1989
15-3	Sean Hickey, Fallbrook	1985
15-2 1/2	Jeff Mulligan, San Dieguito	1984
15-2	Wes Stephens, Orange Glen	1989
15-1 1/4	Bill Jorgensen, Orange Glen	1973
15-1	Scott Johnston, Mt. Carmel	1985
15-0	Rob Avant, Valhalla	1981
15-0	Curt Brown, San Pasqual	1986
15-0	Sean Rapp, Henry	1987
15-0	Jeff Cranney, San Marcos	1987

Long Jump

25-5 1/4	Doyle Steele, San Diego	1966
25-1 1/4	Dokie Williams, El Camino	1978
24-11	Lewis King, Lincoln	1967
24-9	Arnold Tripp, Crawford	1959
24-7 3/4	Jerome Price, University City	1989
24-6 1/4	Tom Brown, Castle Park	1989
24-5 3/4	James Kennedy, Lincoln	1967
24-5 1/2	Pierre Frazier, Hoover	1965
24-4	James (Bouncy) Moore, San Diego	1968
24-2 3/4	Willie Banks, Oceanside	1974
24-0	Ray Howard, Montgomery	1979
24-0	Arnie Robinson, Morse	1966

Triple Jump

51-3	Willie Banks, Oceanside	1974
51-2 1/2	Dokie Williams, El Camino	1977
51-2	Lenny McGill, Orange Glen	1989
50-5 1/2	Damon Carson, San Diego	1988
50-3 1/2	Charles Huff, La Jolla	1988
48-10	Alan Osborne, El Cajon Valley	1982
48-8 3/4	Craig Montgomery, El Camino	1978
48-1	Willie Williams, Helix	1980
48-1	Lester Brown, San Diego	1984

Shot Put

69-8 1/4	Brent Noon, Fallbrook	1989
65-11 1/4	Curt Hampton, El Cajon Valley	1974
64-11	Pete Schmock, San Dieguito	1968
64-11	Billie Joe Winchester, Mt. Miguel	1970
64-3 1/2	George Brown, Granite Hills	1967
63-4	Ken Pole, El Capitan	1978
62-7 1/2	Matt Gauthier, Valhalla	1978
61-6 1/4	Ed Speed, Grossmont	1961
61-5 3/4	Jim Wade, Grossmont	1957
61-4	Brian Boggess, El Capitan	1986

Discus

195-8	Billie Joe Winchester, Mt. Miguel	1970
192-6	Mark Malone, El Cajon Valley	1976
191-3	Brian Boggess, El Capitan	1986
191-2	Matt Gauthier, Valhalla	1977
185-7	Mark Bailey, Helix	1979
185-4	Brent Noon, Fallbrook	1989
183-10	Phil Cookson, Grossmont	1980
182-9	Kris Lettow, Helix	1976
181-9	Bill Harvey, Vista	1973
177-10	Paul Holborn, Valhalla	1980

GIRLS

100 Meters

11.51	Gail Devers, Sweetwater	1984
11.93	Velisa Harris, Morse	1983
11.97	Ellen Jones, Mt. Miguel	1981
11.98	Angela Sullivan, Serra	1989
12.03	Kim Matthews, Morse	19.87
11.8	April Freow, Morse	1985
11.8	Charlotte Zepherin, Morse	1980
12.06	Chris Cooksey, Hoover	1981

12.08	Ashley Rhodes, Mt. Miguel	1986
12.09	Yolanda Fitch, Morse	1987
12.09	Angela Kimmey, University City	1989
12.0	Vicki Williams, Southwest	1984

100 Yards

10.7	Judy Reed, Crawford	1978
10.8	Vicki Belser, Vista	1977
10.8	Chris Herring, Morse	1978
10.8	Janice Wiser, La Jolla	1978
11.0	Tracy Scott, Crawford	1979
11.0	Karen Lambert, El Camino	1979

200 Meters

24.06	Kim Matthews, Morse	1987
24.51	Angela Sullivan, Serra	1989
24.64	Ellen Jones, Mt. Miguel	1981
24.69	Velisa Harris, Morse	1983
24.5	Lauren Russell, Mt. Carmel	1982
24.6	Diana Turner, Fallbrook	1981
24.87	Estelle Jackson, Morse	1981
24.8	Gail Devers, Sweetwater	1984
24.8	April Freow, Morse	1985
24.98	Tracy Scott, Crawford	1981
24.91	Yolanda Fitch, Morse	1986
24.9	Sorii Epps, Henry	1988

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
24.74	Ellen Jones, Mt. Miguel	1980
24.8	Tracy Scott, Crawford	1979

400 Meters

54.79	Charlotte Zepherin, Morse	1980
55.19	Shani Freeman, Crawford	1989
55.82	Lesley Noll, Mt. Carmel	1985
56.0	Amy Jones, Henry	1981
56.17	Yolanda Fitch, Morse	1986
56.27	Gail Devers, Sweetwater	1982
56.44	Allison Dring, Mt. Carmel	1989
56.46	Miriam White, Southwest	1985
56.4	Karen Nielsen, Valhalla	1984
56.67	Tracy Baker, Monte Vista	1985

440 Yards

56.2	Tracy Baker, Monte Vista	1982
57.1	Helen Fulton, Bonita Vista	1977
57.2	Vanessa Thompson, San Diego	1976
57.8	Nancy Eastern, Crawford	1977
57.9	Judy Reed, Crawford	1976

800 Meters

2:08.00	Lesley Noll, Mt. Carmel	1985
2:08.46	Laura Chapel, University City	1986
2:09.06	Darcy Arreola, Grossmont	1985
2:10.15	Denise Upsher, Torrey Pines	1986
2:11.07	Gail Devers, Sweetwater	1982
2:12.03	Robin Eager, Vista	1985
2:12.61	Kristina Hand, Fallbrook	1987
2:12.80	Tracy Baker, Monte Vista	1983
2:13.26	Kristi Bache, University	1988
2:14.44	Gina Westby, Torrey Pines	1988

880 Yards

2:12.8	Beth Howell, San Dieguito	1975
2:14.0	Nel Griffith, Henry	1980
2:14.7i	Lesley Noll, Mt. Carmel	1985

1600 Meters

4:42.77	Darcy Arreola, Grossmont	1976
4:45.46	Tina Allen, Santana	1982
4:45.98	Kira Jorgensen, Vista	1987
4:49.53	Laura Chapel, University City	1986
4:55.9	Julie Bates, Mira Mesa	1984
4:56.16	Jennifer Sheflo, Poway	1984
4:57.88	Sandy Blakeslee, Vista	1983
4:59.2	Stephanie Fedorchak, Fallbrook	1984
4:59.8	Kristina Hand, Fallbrook	1987
5:01.60	Robin Eager, Vista	1985

Mile

4:53.9i	Darcy Arreola, Grossmont	1986
4:55.7	Cheryl Flowers, Valhalla	1977
4:55.56	Kristi Bache, University	1988
4:58.7i	Laura Chapel, University City	1986

3200 Meters

10:24.23	Kira Jorgensen, Vista	1987
10:31.07	Betsy Chadwick, Mira Mesa	1981
10:32.62	Sandy Blakeslee, Vista	1983
10:36.05	Darcy Arreola, Grossmont	1986

10:40.12	Mo Winner, Torrey Pines	1984
10:40.66	Nicole Nugent, Torrey Pines	1987
10:41.44	Tina Allen, Santana	1982
10:41.65	Shelly Lachel, Monte Vista	1981
10:43.18	Mira Hornbacher, Rancho Buena Vista	1989
10:49.3	Suzi Tanner, Vista	1982

2 Mile

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

100-Low Hurdles

13.41	Gail Devers, Sweetwater	1984
14.04	Michelle Collum, Pt. Loma	1986
14.17	Michelle Outlaw, Lincoln	1986
14.19	Darla Vaughn, Mira Mesa	1986
14.29	Kim Dill, Poway	1989
14.44	Tracy Scott, Crawford	1981
14.65	Annie King, La Jolla	1981
14.2	Kari Alexander, Crawford	1979
14.5	Liz Pew, San Marcos	1981
14.5	Stephanie Williams, University City	1987
14.6	Laurie Perkins, Helix	1978

300-Low Hurdles

42.26	Gail Devers, Sweetwater	1983
43.96	Michelle Outlaw, Lincoln	1986
44.00	Janet Duffy, Mt. Carmel	1984
44.44	Kim Dill, Poway	1989
44.3	Cassandra Tyson, Mt. Carmel	1989
44.53	Wendy Edelen, Crawford	1981
44.59	Stacey Thompson, Morse	1988
44.65	Erin Blunt, San Pasqual	1989
44.80	Cathy Stark, San Pasqual	1989
44.90	Julie Cartere, Southwest	1982
44.91	Annie King, la Jolla	1981
44.98	Darla Vaughn, Mira Mesa	1986
44.99	Erica Prodanovich, Mission Bay	1988

400-meter relay

46.89	Morse	1987
47.12	Morse	1989
47.41	Morse	1982
47.45	Morse	1985
47.89	Mt. Carmel	1989
47.91	Morse	1986
47.93	Morse	1983

47.99	Morse	1981
48.02	Morse	1980

1,600-meter relay

3:49.27	Crawford	1981
3:53.95	Mt. Carmel	1989
3:54.31	Mt. Carmel	1985
3:54.48	Morse	1987
3:54.69	Henry	1980
3:54.80	Fallbrook	1981
3:55.73	San Pasqual	1989
3:55.85	Morse	1986
3:56.3	Crawford	1987
3:56.65	Morse	1988

Mile relay

3:50.47	Crawford	1981
3:51.93	Crawford	1978
3:52.01	Morse	1981
3:52.6	Crawford	1977
3:55.6	Bonita Vista	1977

High Jump

6-1 3/4	Sue McNeal, Carlsbad	1979
5-10	Lynn Patrick, Serra	1987
5-8 1/4	Chris Remmling, San Dieguito	1976
5-8 1/4	Karyn Armstrong, Torrey Pines	1988
5-8	Jackie Anderson, Mt. Miguel	1986
5-8	Christy Kurras, Poway	1988
5-7	Gabby LeClaire, Monte Vista	1981
5-7	Kim Reed, Valhalla	1984
5-6	Cindy Gilbert, San Luis Rey	1974
5-6	Parri Stafford, Clairemont	1976
5-6	Sue Teague, Torrey Pines	1980
5-6	LeAnne Lapp, San Pasqual	1980
5-6	Corlet Jeter, Morse	1981
5-6	Carrie Thomas, Mission Bay	1981
5-6	Tiffany Irish, El Capitan	1982
5-6	Heidi Ivie, Vista	1986

Long Jump

20-7	Gail Devers, Sweetwater	1984
19-4	Nichelle Strahan, Mt. Miguel	1986
19-4	Latanya Canada, Castle Park	1987
19-3 1/2	Debbie Wilford, Castle Park	1977
19-1 1/4	Jewell Lovelady, Crawford	1977
19-1	Laura Stowe, Torrey Pines	1987
19-0 1/2	Michelle Outlaw, Lincoln	1987

18-10 3/4	Kim Huey, Santa Fe Christian	1985
18-10 3/4	Nedra Dillon, Mission Bay	1989
18-10 1/4	Chris Mose, El Cajon Valley	1981
18-10	Rachelle Johnson, Henry	1989

Triple Jump

41-8 1/4	Jackie Anderson, Mt. Miguel	1987
40-8 3/4	LaFrانيا West, Grossmont	1988
40-6 3/4	Rachelle Johnson, Henry	1989
39-6	Gail Devers, Sweetwater	1984
39-2	Stacey Thompson, Morse	1988
38-2	Cherise Poole, Henry	1987
37-10 1/2	Yvonne Griffin, El Camino	1983
37-8	Angela Sims, Oceanside	1989
37-6 1/2	Margaret Warren, Mt. Miguel	1982
37-5 1/2	Kim Loyd, Mt. Miguel	1986

Shot Put

45-0 3/4	Tracy Crawford, Southwest	1986
43-10 1/4	Laura Hughes, Orange Glen	1988
43-2 1/2	Kartsi Leppaluoto, Madison	1986
43-1 3/4	Jennifer Viavia, Madison	1988
42-11 1/2	Sue Compton, Marian	1980
42-8 1/4	Mulu Tosi, Morse	1989
42-3	Michelle Campbell, Crawford	1987
41-8 3/4	Liz Mueller, Vista	1980
41-8	Pam Masterson, Carlsbad	1980
41-7 3/4	Starla Ahu, Vista	1987

Discus

162-0	Lori Parker, Ramona	1986
156-2	Tracy Crawford, Southwest	1986
147-9	Susan Compton, Marian	1980
146-8	Cissy Laughlin, Torrey Pines	1981
146-7	Terri Mann, Pt. Loma	1986
144-4	Christine Oleksow, Monte Vista	1989
142-7	Liz Mueller, Vista	1980
140-1	Mulu Tosi, Morse	1989
139-5	Cheryl Moses, Mt. Miguel	1982
138-8	Robin Longwell, Grossmont	1987

CIF San Diego Section Track and Field Records BOYS

Year	Event	Name, School	Mark
1984	100 Meters	Darron Norris, El Camino	10.45
1987	200 Meters	Raymond Ethridge, Crawford	21.00 (n)
1979	400 Meters	Tony Banks, Morse	46.98*
1964	800 Meters	Bob Hose, Madison	1:49.2* (n)
1966	1,600 Meters	Tim Danielson, Chula Vista	4:04.6*
1976	3,200 Meters	Thom Hunt, Patrick Henry	8:41.8*
1966	110 Meter HH	Ted Scales, Lincoln	14.1
1966	110 Meter HH	David Edwards, Lincoln	
1972	110 Meter HH	Barney Person, Kearny	
1973	300 Meter IH	Robert Mosley, Oceanside	
1974	300 Meter IH	Willie Banks, Oceanside	
1988	300 Meter IH	Kevin Jones, Mt. Miguel	36.44
1983	400 Meter Relay	Morse (Porter, Thomas, Taylor, Rosette)	41.45(n)
1979	1600 Meter Relay	Morse (W. Ervin, Hawkins, Goodin, Banks)	3:13.7(n)
1979	High Jump	Frank Schiefer, Madison	7-2
1966	Long Jump	Doyle Steele, San Diego	25-5 1/4
1974	Triple Jump	Willie Banks, Oceanside	51-3
1987	Pole Vault	Pat Alduenda, Ramona	16-0 1/4
1989	Shot Put	Brent Noon, Fallbrook	68-9 1/2
1970	Discus	Billy Joe Winchester, Mt. Miguel	195-8



University City's Jerome Price won the 1989 section long jump.

GIRLS

Year	Event	Name, School	Mark
1984	100 Meters	Gail Devers, Sweetwater	11.51
1978	200 Meters	Judy Reed, Crawford	23.5*
1980	400 Meters	Charlotte Zepherin, Morse	54.79(n)
1985	800 Meters	Lesley Noll, Mt. Carmel	2:08.00
1986	1,600 Meters	Darcy Arreola, Grossmont	4:42.77
1987	3,200 Meters	Kira Jorgensen, Vista	10:24.23
1984	100 Meter Low Hurdles	Gail Devers, Sweetwater	13.42
1983	300 Meter Low Hurdles	Gail Devers, Sweetwater	42.46
1977	400 Meter Relay	Crawford (Young, Reed, Gaston, Lovelady)	45.94*
1978	1600 Meter Relay	Crawford (Lawson, Taylor, Johnson, Scott)	3:49.27
1978	High Jump	Sue McNeal, Carlsbad	5-10 1/4
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mt. Miguel	41-8 1/4
1986	Shot Put	Tracy Crawford, Southwest	45-0 3/4
1986	Discus	Lori Parker, Ramona	162-0

(n) _ Non-winning mark

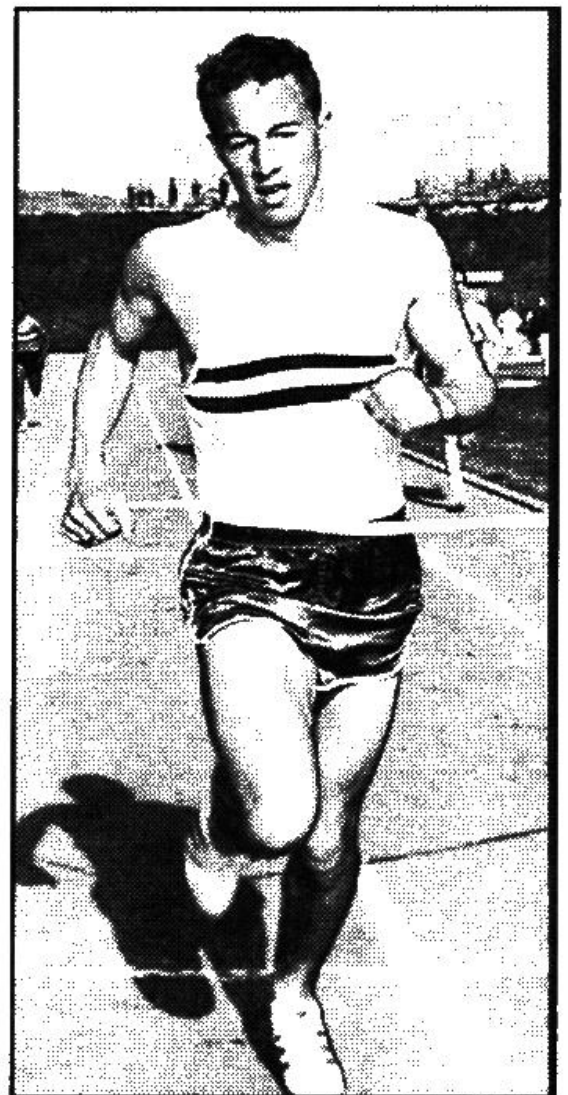
* _ Converted to metric time from yards distance.

Poway's Kim Dill won 1989 section titles in the 100 hurdles and 300 hurdles.





Madison's Bob Hose (top) is the former national record-holder in the half-mile and owner of the section's oldest record. Chula Vista's Tim Danielson (right) is one of three preps to break four minutes in the mile along with Jim Ryan and Marty Liquori.





**FALLBROOK'S BRENT NOON
1989 Boys' Athlete of the Year**