

The San Diego Union AND SAN DIEGO TRIBUNE

1991 SAN DIEGO PREP TRACK & FIELD GUIDE



Fallbrook's Brent Noon, 1990 Boys Athlete of the Year and Mt. Carmel's Allison Dring, 1990 Girls Athlete of the Year.

ALL PROCEEDS FROM THE SALE OF THIS BOOK WILL GO TO THE SAN DIEGO COUNTY TRACK AND FIELD COACH'S ASSOCIATION FOR THE PURPOSE OF PURCHASING EQUIPMENT THAT CAN BE USED FOR ALL HIGH SCHOOL INVITATIONAL AND SECTION CHAMPIONSHIP MEETS.

The San Diego Union

SAN DIEGO TRIBUNE

1991 SAN DIEGO PREP TRACK & FIELD GUIDE

When the 1990 Prep Track and Field Guide was produced last year for the first time since 1971, it was obvious some marks would be missing from the all-time list.

Even though we used Rick Smith's definitive record book published by the San Diego Tribune in 1971, we knew some marks would be absent.

So did veteran statistician, official and fellow writer Bob Gilmore. 'Sarge' filled in numerous gaps of performances accomplished during the summer The Athletics Congress (TAC) and American Athletic Union (AAU) meets.

As a result of Gilmore's diligent record-keeping, the 53.53-seconds for 400 meters run by La Jolla's Janice Wisner during the summer of 1974 jumps to the top of the list compiled by Steve Brand of The San Diego Union.

Likewise, Mission Bay's Kathy Devine easily assumes the top spot in the girls shot put when her 49-6 between her junior and senior years was factored in. Although high school girls were throwing an 8-pound implement at that time, the AAU was using the current 4-kilo shot. Her 49-6 in that summer meet was with a 4-kilo shot, making it eligible for the list.

Then there was the sensational 200-meter time of 23.08 run by Lincoln's Jackie Thompson in Munich the summer of 1973. High school girls track wasn't sanctioned until the following year but Thompson was a high school student that summer as much as a Tim Danielson or Bob Hose.

Another change in the book is reflected in the records where an automatic time -- 14.33 by San Dieguito's Travis Knox -- has replaced the 14.1 hand time clocked by five runners. The 14.33 is intrinsically faster than the 14.1. Although Serra's Jeff Smith is credited with a 14.24, that mark has been determined to be wind-aided.

Naturally, the 1990 list compiled by Tom Shanahan of the San Diego Tribune is all new, reflecting the top individual performances of last season. Is it possible for anyone to be as dominant as Fallbrook's Brent Noon was in the shot put?

A special thanks to the Union-Tribune Community Relations Department for its cooperation in producing this book.

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 high school invitational and section championship meets.

1990's Top Performances

Boys

100 meters

(fully automatic times only)

Mark	Name, School	Date, Meet
10.53	Riley Washington, Southwest	5-26, CIF finals
10.66	Washington	6-1, State prelims
10.69	Darnay Scott, Kearny	5-26, CIF finals
10.70	Scott Hammond, Lincoln Prep	5-26, CIF finals
10.70	Teddy Lawrence, Morse	5-26, CIF finals
10.72	Washington	5-19, CIF prelims
10.76	Hammond	5-19, CIF prelims
10.77	Washington	6-2, State finals
10.87	Charlie Brown, Lincoln Prep	5-26, CIF finals
10.87	Scott	5-19, CIF prelims
10.88	Lawrence	6-1, State prelims
10.98	Brown	5-19, CIF prelims
11.00	Jerome Price, University City	5-26, CIF finals
11.03	Hammond	4-7, Titan Track Festival
11.03	Price	5-19, CIF prelims
11.04	Scott	4-7, Titan Track Festival

wind-aided

10.84	Hammond	4-14, Sundevil Invitational
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200 meters

21.49	Darnay Scott, Kearny	5-26, CIF finals
21.55	Scott	5-19, CIF prelims
21.57	Riley Washington	5-26, CIF finals
21.63	Jerome Price, University City	5-19, CIF prelims
21.65	Scott Hammond, Lincoln Prep	5-26, CIF finals
21.67	Vernon Shaver, Crawford	5-26, CIF finals
21.74	Washington	5-19, CIF prelims
21.75	Hammond	5-19, CIF prelims
21.84	Price	5-26, CIF finals
21.84	Hammond	6-1, State finals
21.6c	Washington	5-11, Metro Conference finals
21.88	Hammond	6-2, State prelims
21.92	Washington	6-1, State prelims
21.98	Teddy Lawrence, Morse	5-19, CIF prelims
22.00	Marshall Evans, Mira Mesa	5-26, CIF finals
21.8	Hammond	4-27, Orange Glen Invit.
21.8	Price	5-12, Western League finals

22.08	Evans	5-19, CIF prelims
22.09	Steve Pomiak, Poway	5-19, CIF prelims

400 meters

48.89	Sean Cahill, Mira Mesa	5-26, CIF finals
48.98	David Gregory, Patrick Henry	5-26, CIF finals
49.00	Art Hernandez, Montgomery	5-26, CIF finals
49.10	Patrick Carter, Santana	5-26, CIF finals
49.24	Hernandez	4-7, Titan Track Festival
49.2	George Denny, Morse	5-9, Eastern League prelims
49.37	Denny	5-26, CIF finals
49.3	Denny	5-26, Eastern League finals
49.46	Cahill	5-19, CIF prelims
49.60	Carter	5-19, CIF prelims
49.61	Hernandez	6-1, State prelims
49.64	Denny	5-19, CIF prelims
49.64	John Price, Helix	5-26, CIF finals
49.5	Gregory	5-9, Eastern League prelims
49.5	Gregory	5-12, Eastern League finals
49.77	Hernandez	4-14, Sundevil Invitational
49.7	Cahill	5-12, Eastern League finals
49.92	Gregory	4-14, Sundevil Invitational
49.99	Gregory	5-19, CIF prelims
49.9	Capreece Pressley, Mission Bay	5-12, Western League finals

800 meters

1:53.89	Greg Robeson, Mt. Carmel	6-2, State finals
1:54.49	Robeson	5-26, CIF finals
1:54.59	Robeson	6-1, State prelims
1:54.80	Jesus Luna, Poway	5-26, CIF finals
1:56.07	Luna	3-24, Pasadena Games
1:56.2	Robeson	5-10, Palomar League finals
1:56.3	Luna	5-10, Palomar League finals
1:56.49	Isaac Sanchez, Castle Park	5-26, CIF finals
1:56.7	Brad Grady, Castle Park	4-27, Orange Glen Invit.
1:56.92	Robeson	5-19, CIF prelims
1:56.96	Luna	6-1, State prelims
1:57.1	Luna	4-27, Orange Glen Invit.
1:57.64	Sam Gates, Hoover	5-26, CIF finals
1:57.78	Gates	5-19, CIF prelims
1:57.9	Francisco Alvarez, La Jolla	5-12, Western League finals
1:58.0	Jeff Lannen, USDHS	5-12, Western League finals
1:58.1	Brian Richmond, La Jolla	5-12, Western League finals
1:58.2	Luna	3-22, dual meet
1:58.2	Robeson	3-31, Bishop Amat Invit.
1:58.24	Darren Malloy, Poway	5-26, CIF finals

1600 meters

4:12.95	Hector Hernandez, Mar Vista	6-1, State prelims
4:14.05	Robert Walker, San Pasqual	6-1, State prelims
4:14.47	Hernandez	6-2, State finals
4:17.15	Clay Biddle, Mt. Carmel	6-1, State prelims
4:17.26	Hernandez	5-26, CIF finals
4:18.78	Walker	6-2, State finals
4:19.32	Hernandez	5-19, CIF prelims
4:19.41	Walker	5-26, CIF finals
4:19.3c	Hernandez	4-27, Orange Glen Invit.
4:20.03	Biddle	5-19, CIF prelims
4:20.23	Biddle	5-26, CIF finals
4:21.1	T.J. Wilhelm, La Jolla	5-12, Western League finals
4:21.4	Wilhelm	5-19, CIF prelims
4:22.0	Russell Reid, Santana	5-19, CIF prelims
4:22.8	Lorenzo Urizar, Orange Glen	5-19, CIF prelims
4:22.95	Walker	5-19, CIF prelims
4:22.9c	Walker	4-27, Orange Glen Invit.
4:23.3c	Brad Grady, Castle Park	4-25, dual meet
4:23.46	Wilhelm	5-26, CIF finals
4:24.05	Javier Lozano, Helix	4-21, Mt. SAC

3200 meters

9:25.78	Tom Bache, USDHS	5-26, CIF finals
9:29.60	Javier Lozano, Helix	5-26, CIF finals
9:32.17	Lozano	6-2, State finals
9:33.4c	Hector Hernandez, Mar Vista	4-27, Orange Glen Invit.
9:33.5c	Lozano	4-27, Orange Glen Invit.
9:35.8	Hernandez	6-2, State finals
9:36.0c	Lorenzo Urizar, Orange Glen	4-27, Orange Glen Invit.
9:37.7	Bache	5-8, Western League finals
9:38.41	Hernandez	5-26, CIF finals
9:38.3	Clay Biddle, Mt. Carmel	5-10, Palomar League finals
9:38.59	Javier Ramirez, Orange Glen	4-14, Sundevil Invitational
9:40.3	T.J. Wilhelm, La Jolla	5-8, Western League finals
9:40.5c	Lozano	5-11, Grossmont 3-A League finals
9:41.6	Ben Valdez, Vista	5-10, Palomar League finals
9:41.9c	Ramirez	4-27, Orange Glen Invit.
9:42.63	David Virgil, Santana	5-26, CIF finals
9:43.3c	Ramirez	5-11, Grossmont 3-A League finals
9:44.7	Spence Shewmake, Poway	5-10, Palomar League finals
9:45.15	Larry Johnson, Oceanside	5-26, CIF finals
9:46.93	Bache	6-2, State finals

110-meter High Hurdles

14.38	Chris Jones, Morse	5-26, CIF finals
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14.43	Eric Bell, Castle Park	5-26, CIF finals
14.46	Bell	5-19, CIF prelims
14.3	Bell	5-8, Metro Conference prelims
14.56	Bell	4-14, Sundevil Invitational
14.4	Bell	3-29, dual meet
14.67	Jones	5-19, CIF prelims
14.5	Bell	4-25, dual meet
14.78	Alan Meadows, Poway	5-19, CIF prelims
14.80	Bell	4-7, Titan Track Festival
14.6	Bell	3-15, dual meet
14.6	Bell	4-5, dual meet
14.6	Chris Ruff, El Capitan	5-3, Grossmont 3-A League prelims
14.82	Jones	6-1, State prelims
14.87	Bell	6-1, State prelims
14.90	Jones	6-2, State finals
14.92	Meadows	4-7, Titan Track Festival
14.93	Devon Bosch, Torrey Pines	5-26, CIF finals
14.94	Bell	3-31, Oakland Invitational
14.7	Jones	4-25, dual meet
14.7	Jones	5-3, dual meet
14.7	Jones	5-12, Eastern League finals

Others

15.02	Wes Stephens, Orange Glen	5-19, CIF prelims
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300-meter Intermediate Hurdles

37.87	Chris Jones, Morse	5-26, CIF finals
38.26	Keith Williams, Escondido	6-1, State prelims
38.29	Williams	6-2, State finals
38.39	Benny Lewis, Mira Mesa	5-26, CIF finals
38.71	Williams	5-26, CIF finals
38.4c	Williams	4-25, dual meet
38.71	Williams	3-24, Pasadena Games
38.85	Williams	4-7, Arcadia Invitational
38.88	Lewis	5-19, CIF prelims
38.8	Williams	4-27, Orange Glen Invit.
38.93	Chris Ruff, El Capitan	5-26, CIF finals
38.94	Lewis	6-1, State prelims
38.95	Jones	5-19, CIF prelims
39.1	Lewis	5-9, Eastern League prelims
39.40	Williams	5-19, CIF prelims
39.45	Ruff	5-19, CIF prelims
39.49	Ahmed Dents, Mira Mesa	5-26, CIF finals
39.4	Dents	4-11, dual meet
39.5c	Williams	3-22, dual meet
39.5	Lewis	5-12, Eastern League finals

400-meter relay

41.69	Lincoln Prep	5-26, CIF finals
41.84	Morse	5-26, CIF finals
41.92	University City	5-26, CIF finals
41.98	Lincoln Prep	6-1, State prelims
42.02	Lincoln Prep	5-19, CIF prelims
42.10	Mira Mesa	5-26, CIF finals
42.1	Morse	5-9, Eastern League prelims
42.28	Morse	6-1, State prelims
42.34	Lincoln Prep	6-2, State finals
42.38	Morse	6-2, State finals
42.40	Southwest	5-26, CIF finals
42.3	Mira Mesa	4-11, dual meet
42.4	Lincoln Prep	4-27, Orange Glen Invit.
42.5	Lincoln Prep	5-12, Central League finals
42.55	Poway	5-26, CIF finals
42.60	University City	5-19, CIF prelims
42.60	University City	6-1, State prelims
42.66	Morse	5-19, CIF prelims
42.67	Lincoln Prep	4-20, Mt. SAC Invitational
42.6	Morse	4-11, dual meet
42.6	Morse	4-27, Orange Glen Invit.

1600-meter relay

3:17.07	Mira Mesa	6-1, State prelims
3:17.66	Mira Mesa	6-2, State finals
3:18.7	Morse	5-26, CIF finals
3:19.1	Mira Mesa	5-26, CIF finals
3:20.6	Poway	5-26, CIF finals
3:20.83	Morse	6-1, State prelims
3:21.6	Escondido	5-26, CIF finals
3:21.7	Mt. Carmel	5-26, CIF finals
3:21.92	Morse	5-19, CIF prelims
3:22.10	Poway	6-1, State prelims
3:23.10	Poway	5-19, CIF prelims
3:23.25	Mt. Carmel	5-19, CIF prelims
3:23.68	Mira Mesa	5-19, CIF prelims
3:23.8	Morse	5-12, Eastern League finals
3:24.0c	Morse	4-27, Orange Glen Invit.
3:24.5	Fallbrook	5-26, CIF finals
3:25.16	Morse	4-21, Mt. SAC Invitational
3:25.5c	Poway	4-27, Orange Glen Invit.
3:25.84	Morse	4-7, Titan Track Festival
3:26.08	Mira Mesa	4-7, Titan Track Festival

High jump

6-6 1/4	Bill Wootton, Mt. Carmel	4-5, dual meet
6-6	Chris Long, Poway	4-14, Sundevil Invitational
6-6	Wootton	4-21, Mt. SAC Invitational
6-6	J.J. Stokes, Point Loma	5-26, CIF finals
6-6	Dion Cheeks, Lincoln Prep	3-29, dual meet
6-5	Ian Krebs, University City	4-25, dual meet
6-4	Chris Jones, Morse	4-18, dual meet
6-4	Wes Stephens, Orange Glen	4-19, dual meet
6-4	David Duffield, Vista	5-26, CIF finals
6-4	Damian Cephas, Escondido	4-27, Orange Glen Invit.

A total of 13 other marks at 6-4.

Pole vault

15-2	Wes Stephens, Orange Glen	6-2, State finals
15-0	Stephens	3-29, dual meet
15-0	Stephens	5-26, CIF finals
14-8	Stephens	6-1, State prelims
14-6	Derrick Roth, Mt. Carmel	3-7, dual meet
14-6	Roth	3-29, dual meet
14-6	Roth	4-14, Sundevil Invitational
14-6	Roth	4-25, dual meet
14-3	Jason Truesdale, Patrick Henry	4-6, dual meet
14-2	Eddie Hendrich, Crawford	5-3, dual meet
14-2	Roth	5-26, CIF finals

A total of 17 other marks at 14-0.

Long jump

25-5	Jerome Price, University City	4-14, Sundevil Invitational
25-4 3/4	Price	4-21, Mt. SAC Invitational
25-4 1/2	Price	5-26, CIF finals
25-3 1/2	Price	6-2, State finals
25-1 1/4	Price	5-12, Western League finals
24-10	Price	4-27, Orange Glen Invit.
24-9	Price	5-1, dual meet
24-4 3/4	Price	6-1, State prelims
24-2	Scott Hammond, Lincoln Prep	5-26, CIF finals
24-1 1/2	Price	5-8, Western League prelims
24-0 3/4	Price	6-16, Keebler Invit.(Chicago)
24-0	Price	4-19, dual meet
23-11	Roque Balina, Mt. Carmel	3-31, Bishop Amat Invit.
23-10 3/4	Balina	5-26, CIF Finals
23-10	Price	4-7, Titan Track Festival
23-8	Price	3-10, Mustang Relays
23-6	Balina	3-29, dual meet
23-5 1/2	Hammond	4-21, Mt. SAC Invitational

23-5 1/2	Hammond	5-7, Central League prelims
23-4 1/2	Balina	6-1, State prelims

wind-aided

25-8 1/2	Price	4-7, Arcadia Invitational
25-8	Price	5-19, CIF prelims
25-1 1/4	Price	5-20, Jack in the Box Invit.

Others

23-2 1/4	Teddy Lawrence	5-26, CIF finals
22-10	Deshon White, University City	5-19, CIF prelims
22-7	Steve Pomiak, Poway	5-10, Palomar League finals

Triple jump

46-11 1/4	Matt Johnson, Castle Park	5-26, CIF finals
46-7	Damian Coleman, Mount Miguel	3-22, dual meet
45-9 3/4	J.T. Smith, Granite Hills	5-26, CIF finals
45-9 1/2	Smith	5-19, CIF prelims
45-9	Coleman	4-5, dual meet
45-9	Al Lundy, Morse	5-26, CIF prelims
45-7 1/2	Johnson	5-8, Metro Conference prelims
45-6 3/4	Nicholas Luco, San Dieguito	5-26, CIF finals
45-6	Charles Starks, El Cajon Valley	4-5, dual meet
45-5 3/4	Tony Spiller, Monte Vista	4-14, Sundevil Invitational
45-5 3/4	Johnson	5-19, CIF prelims
45-4 1/2	Luco	5-19, CIF prelims
45-3 1/4	T.J. Pearson, Torrey Pines	5-19, CIF prelims
45-3	Johnson	4-7, Titan Track Festival
45-2 3/4	Diado Wallace, El Camino	5-26, CIF finals
45-1 1/2	Johnson	5-11, Metro Conference finals
45-1	Johnson	4-25, dual meet
45-1	Johnson	4-25, dual meet
45-0 3/4	Wallace	5-19, CIF prelims
45-0 1/2	Coleman	3-10, Mustang Relays

wind-aided

45-8 3/4	Lundy	5-26, CIF finals
45-7 3/4	Spiller	5-26, CIF finals

Shot put

76-2	Brent Noon, Fallbrook	5-3, dual meet
75-2	Noon	5-11, Palomar League finals
74-10 1/2	Noon	5-26, CIF finals
74-4 3/4	Noon	6-2, State finals
74-4	Noon	4-27, Orange Glen Invit.
73-6	Noon	6-1, State prelims
73-5 3/4	Noon	4-5, dual meet

73-3	Noon	3-22, dual meet
72-5	Noon	3-29, dual meet
72-0	Noon	6-9, Golden West (Sacramento)
71-9 1/2	Noon	4-19, dual meet
71-4 1/4	Noon	4-7, Arcadia Invitational
71-3	Noon	5-8, Palomar League prelims
70-9 1/2	Noon	4-25, dual meet
69-11 1/2	Noon	3-15, dual meet
61-0 1/2	Noon	5-19, CIF prelims
56-2 3/4	Junior Cienga, Escondido	5-11, Avocado League finals
56-2 1/2	Troy Martz, Orange Glen	5-26, CIF finals
55-7	Martz	4-19, dual meet
55-3 1/2	Martz	4-27, Orange Glen Invit.

Others

55-1 1/4	David Loshonkohl, Granite Hills	4-19, dual meet
53-4 1/2	Pulu Poumele, Oceanside	4-27, Orange Glen Invit.
52-10 1/2	Sale Isaia, Oceanside	5-26, CIF finals

National Indoor Record

74-11	Noon	5-12, Reno Indoor Open Meet
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Discus

200-8	Brent Noon, Fallbrook	6-2, State finals
199-7	Noon	5-12, Reno Open
196-6	Noon	5-3, dual meet
195-9	Noon	5-10, Palomar League finals
194-7	Noon	3-15, dual meet
193-6	Noon	6-1, State prelims
192-11	Noon	4-7, Arcadia Invitational
192-1	Noon	4-19, dual meet
191-0	Noon	4-14, Sundevil Invitational
190-6	Noon	4-25, dual meet
189-9	Noon	5-26, CIF finals
188-4	Noon	3-29, dual meet
188-2	Noon	3-22, dual meet
185-8	Noon	4-5, dual meet
179-2	Noon	5-8, Palomar League prelims
169-0	Troy Martz, Orange Glen	6-1, State prelims
168-5	Noon	5-19, CIF prelims
165-6	Dareke Fleming, Mission Bay	5-26, CIF finals
165-5	Martz	5-26, CIF finals
163-3	Jomo Graham, Mira Mesa	4-25, dual meet

Others

163-1	Sale Isaia, Oceanside	5-11, Avocado League finals
162-8	Jerry Gallardi, Carlsbad	5-19, CIF prelims

1990's Top Performances

Girls

100 meters (fully automatic times only)

Mark	Name, School	Date, Meet
11.90	Latashia McKinney, Monte Vista	5-19, CIF prelims
12.10	Angela Kimmey, University City	6-1, State prelims
12.10	Kimmey	6-2, State finals
12.12	Kimmey	5-19, CIF prelims
12.13	Kimmey	5-26, CIF finals
12.14	Monica Henderson, Morse	5-19, CIF prelims
12.20	McKinney	6-1, State prelims
12.23	Abena Byrd, Lincoln Prep	5-19, CIF prelims
12.27	Henderson	5-26, CIF finals
12.28	Henderson	6-1, State prelims
12.29	Kimmey	4-7, Titan Track Festival
12.33	McKinney	5-26, CIF finals
12.39	Angela Sullivan, Serra	4-7, Titan Track Festival
12.42	Kimmey	4-21, Mt. SAC Invitational
14.44	McKinney	4-14, Sundevil Invitational
14.49	Sullivan	4-14, Sundevil Invitational
12.49	Nichelle Milner, Morse	5-19, CIF prelims
12.52	Kimmey	4-14, Sundevil Invitational
12.57	Kateena Bugg, Patrick Henry	4-14, Sundevil Invitational
12.58	Bugg	4-7, Titan Track Festival

200 meters

24.38	Allison Dring, Mt. Carmel	5-26, CIF finals
24.43	Dring	5-19, CIF prelims
24.63	Monica Henderson, Morse	5-26, CIF finals
24.71	Angela Kimmey, University City	5-19, CIF prelims
24.75	Latashia McKinney, Monte Vista	5-19, CIF prelims
24.77	Kimmey	5-26, CIF finals
24.82	Shani Freeman, Crawford	5-26, CIF finals
24.6	Dring	4-11, Pacific Rim Invitational
24.86	Freeman	5-19, CIF prelims
24.87	Kateena Bugg, Patrick Henry	5-19, CIF prelims
24.89	Bugg	5-26, CIF finals
24.96	Henderson	5-19, CIF prelims
24.8	Angela Sullivan, Serra	5-9, Eastern League prelims
24.9	Dring	5-10, Palomar League finals
25.11	Dring	6-1, State prelims
25.16	Henderson	6-1, State prelims

25.23	Abena Byrd, Lincoln Prep	5-19, CIF prelims
25.0	Sullivan	4-28, Vaquero Frosh-Soph Meet
25.0	Dring	5-3, dual meet
25.0	Henderson	5-9, Eastern League prelims

400 meters

54.29	Allison Dring, Mt. Carmel	5-26, CIF finals
54.93	Dring	5-19, CIF prelims
55.07	Dring	6-2, State finals
55.26	Shani Freeman, Crawford	5-26, CIF finals
55.55	Dring	6-1, State prelims
55.6	Dring	5-10, Palomar League finals
55.8	Dring	5-8, Palomar League prelims
55.98	Dring	7-1, Junior Nationals (Fresno)
56.73	Kateena Bugg, Patrick Henry	5-26, CIF finals
56.85	Freeman	5-19, CIF prelims
56.8	Freeman	4-7, Arcadia Invitational
57.20	Angel Mason, Rancho BV	5-26, CIF finals
57.34	Dring	4-14, Sundevil Invitational
57.2	Dring	4-25, dual meet
57.59	Bugg	6-1, State finals
57.63	Freeman	4-21, Mt. SAC Invitational
57.70	Ayanna Bennett, Morse	5-26, CIF finals
57.73	Dring	3-31, Bishop Amat Invit.
57.89	Freeman	4-14, Sundevil Invitational
57.99	Jennifer Story, Ramona	5-26, CIF finals

800 meters

2:13.49	Charity Stowell, Mt. Carmel	5-26, CIF finals
2:13.92	Susan Scott, Mt. Carmel	5-26, CIF finals
2:14.5	Stowell	6-9, Golden West (Sacramento)
2:15.2	Scott	5-10, Palomar League finals
2:15.60	Stowell	5-19, CIF prelims
2:15.6	Stowell	5-10, Palomar League finals
2:15.77	Julie Schoene, La Jolla	5-26, CIF finals
2:16.76	Stowell	7-1, Junior National (Fresno)
2:16.78	Stowell	6-1, State prelims
2:17.1	Melanie Hand, Fallbrook	5-10, Palomar League finals
2:17.68	Schoene	5-19, CIF prelims
2:17.76	Gina Westby, Torrey Pines	5-26, CIF finals
2:18.30	Angie Cooper, Mt. Carmel	5-26, CIF finals
2:18.4	Stowell	5-8, Palomar League prelims
2:18.57	Scott	6-1, State prelims
2:18.75	Stowell	4-14, Sundevil Invitational
2:18.98	Hand	5-19, CIF prelims
2:19.40	Scott	5-19, CIF prelims

2:19.59	Kelly Olsen, El Capitan	5-19, CIF prelims
2:19.91	Kristen Stocker, Fallbrook	5-19, CIF prelims

1600 meters

5:03.6	Milena Glusac, Fallbrook	5-10, Palomar League finals
5:04.05	Glusac	5-26, CIF finals
5:05.97	Mailee Ferguson, La Jolla	5-26, CIF finals
5:06.57	Kelly Faye, San Pasqual	5-26, CIF finals
5:07.05	Gretchen Schiebel, Orange Glen	5-26, CIF finals
5:08.35	Glusac	5-19, CIF prelims
5:10.11	Monica Callan, Poway	5-26, CIF finals
5:10.36	Saskia Hostetler, Torrey Pines	5-19, CIF prelims
5:10.83	Schiebel	6-1, State prelims
5:11.50	Faye	6-1, State prelims
5:11.87	Alisa Nicodemus, Grossmont	5-19, CIF prelims
5:12.8	Callan	5-10, Palomar League finals
5:13.04	Schiebel	5-19, CIF prelims
5:13.42	Patty Villarreal, La Jolla	5-19, CIF prelims
5:13.62	Ashleigh Armstrong, San Dieguito	5-26, CIF finals
5:18.88	Nicodemus	5-26, CIF finals
5:14.10	Ferguson	6-1, State prelims
5:14.18	Armstrong	5-19, CIF prelims
5:14.1	Glusac	3-29, dual meet
5:14.22	Faye	5-19, CIF prelims

3200 meters

10:51.52	Milena Glusac, Fallbrook	4-7, Arcadia Invitational
11:00.10	Glusac	6-2, State finals
11:10.69	Ashleigh Armstrong, San Dieguito	6-2, State finals
11:10.79	Glusac	5-26, CIF finals
11:11.9	Glusac	5-10, Palomar League finals
11:13.73	Patty Villarreal, La Jolla	6-2, State finals
11:15.46	Villarreal	5-26, CIF finals
11:23.54	Armstrong	5-26, CIF finals
11:24.2	Armstrong	5-10, Palomar League finals
11:25.20	Kathleen Carl, Mt. Carmel	5-26, CIF finals
11:25.5	Carl	5-10, Palomar League finals
11:26.6	Stephanie Bache, La Jolla	5-8, Western League finals
11:28.9c	Glusac	4-19, dual meet
11:29.9	Jennie Kemp, San Dieguito	5-10, Palomar League finals
11:31.6c	Villarreal	4-30, dual meet
11:32.4	Janet Hanna, El Cajon Valley	4-7, Arcadia Invitational
11:33.05	Bache	5-26, CIF finals
11:34.7c	Glusac	3-22, dual meet
11:36.8c	Glusac	3-10, Mustang Relays
11:37.87	Michelle Ishio, Mira Mesa	5-26, CIF finals

100-meter low hurdles

14.17	Kim Dill, Poway	6-1, State prelims
14.19	Dill	5-26, CIF finals
14.19	Dill	6-2, State finals
14.26	Erin Blunt, San Pasqual	5-26, CIF finals
14.2	Blunt	5-11, Avocado League finals
14.47	Dill	4-14, Sundevil Invitational
14.3	Dill	5-3, dual meet
14.3	Dill	5-19, CIF prelims
14.60	Blunt	6-1, State prelims
14.4	Dill	5-10, Palomar League finals
14.68	Dill	3-24, Pasadena Games
14.5	Dill	4-19, dual meet
14.5	Blunt	4-28, Vaquero Frosh-Soph Meet
14.80	Shannon Proffer, Santana	5-26, CIF finals
14.6	Dill	3-29, dual meet
14.6	Dill	4-5, dual meet
14.6	Dill	4-25, dual meet
14.6	Blunt	5-19, CIF prelims
14.93	Dill	6-9, Golden West (Sacramento)
14.94	Dill	4-7, Titan Track Festival

Others

15.00	Jennie Crisell, Fallbrook	5-26, CIF finals
15.20	Julie Hopkins, San Pasqual	5-26, CIF finals
15.46	Valerie Ryan, San Pasqual	5-26, CIF finals

300-intermediate low hurdles

43.10	Erin Blunt, San Pasqual	5-26, CIF finals
43.94	Shannon Proffer, Santana	5-27, CIF finals
44.05	Blunt	6-1, State prelims
44.5	Blunt	5-11, Avocado League finals
44.71	Kim Dill, Poway	4-21, Mt. SAC Invitational
44.71	Proffer	5-19, CIF prelims
44.87	Blunt	4-7, Titan Track Festival
44.92	Blunt	5-19, CIF prelims
45.08	Blunt	4-21, Mt. SAC Invitational
45.0	Blunt	4-28, Vaquero Frosh-Soph Meet
45.1	Blunt	3-22, dual meet
45.27	Dill	5-26, CIF finals
45.28	Dill	5-19, CIF prelims
45.51	Valerie Ryan, San Pasqual	5-26, CIF finals
45.62	Proffer	6-1, State prelims
45.79	Jennie Crisell, Fallbrook	5-26, CIF finals
46.13	Allison Eilerts, San Pasqual	5-19, CIF prelims
45.9	Blunt	5-9, Avocado League prelims

45.9	Dill	5-10, Palomar League finals
46.0c	Proffer	5-11, Grossmont 2-A League finals

400-meter relay

47.92	Mt. Carmel	5-26, CIF finals
48.03	Mt. Carmel	5-19, CIF prelims
48.06	Lincoln Prep	5-26, CIF finals
48.09	Morse	5-26, CIF finals
48.21	Morse	5-19, CIF prelims
48.37	Morse	6-1, State prelims
48.86	Lincoln Prep	5-19, CIF prelims
48.87	Mt. Carmel	6-1, State prelims
48.95	Lincoln Prep	6-1, State prelims
49.09	Poway	5-19, CIF prelims
49.0	Mt. Carmel	4-11, Pacific Rim Invitational
49.17	Mt. Carmel	4-20, Mt. SAC Invitational
49.32	Lincoln Prep	4-20, Mt. SAC Invitational
49.39	Poway	5-26, CIF finals
49.43	University City	5-26, CIF finals
49.45	Patrick Henry	5-26, CIF finals
49.59	San Pasqual	5-26, CIF finals
49.70	Hoover	5-19, CIF prelims
49.78	Poway	4-21, Mt. SAC Invitational
49.6	Lincoln Prep	5-12, Central League finals

1600-meter relay

3:53.7	Mt. Carmel	5-26, CIF finals
3:56.27	Mt. Carmel	6-1, State prelims
3:56.39	San Pasqual	6-1, State prelims
3:57.85	San Pasqual	5-19, CIF prelims
3:58.1	San Pasqual	5-26, CIF finals
3:58.38	Mt. Carmel	5-19, CIF prelims
3:58.5	Mt. Carmel	5-10, Palomar League finals
3:59.78	Mt. Carmel	4-7, Arcadia Invitational
4:00.78	Mt. Carmel	4-21, Mt. SAC Invitational
4:01.05	Lincoln Prep	6-1, State prelims
4:01.1	Lincoln Prep	5-26, CIF finals
4:02.62	Morse	5-26, CIF finals
4:03.55	Poway	5-19, CIF prelims
4:03.59	Mt. Carmel	3-31, Bishop Amat Invit.
4:04.0	Poway	5-10, Palomar League finals
4:04.37	Rancho Buena Vista	5-19, CIF prelims
4:04.6c	Mt. Carmel	5-3, dual meet
4:05.0	Fallbrook	5-10, Palomar League finals
4:05.0	Rancho Buena Vista	5-26, CIF finals
4:05.75	Lincoln Prep	5-19, CIF prelims

High jump

5-7 1/4	Karyn Armstrong, Torrey Pines	4-5, dual meet
5-6	Armstrong	5-3, dual meet
5-6	Jill Weeks, Madison	5-19, CIF prelims
5-6	Weeks	5-26, CIF finals
5-6	Armstrong	6-2, State finals
5-5 1/2	Christy Kurras, Poway	4-25, dual meet
5-5	Kelley Barnes, Granite Hills	3-1, dual meet
5-4 1/2	Armstrong	3-24, Pasadena Games
5-4	Kurras	3-22, dual meet
5-4	Kurras	4-5, dual meet
5-4	Weeks	4-26, dual meet
5-4	Barnes	5-3, dual meet
5-4	Barnes	5-3, dual meet
5-4	Armstrong	5-10, Palomar League finals
5-4	Kurras	5-10, Palomar League finals
5-4	Weeks	5-26, CIF finals
5-4	Barnes	5-26, CIF finals
5-4	Armstrong	5-26, CIF finals
5-4	Kurras	5-26, CIF finals
5-4	Armstrong	6-1, State prelims
5-4	Weeks	6-1, State prelims
5-3	Lisa Jhung, Torrey Pines	3-29, dual meet

Long jump

18-1	Angela Sims, Oceanside	5-26, CIF finals
17-9 1/2	Allison Gang, San Pasqual	5-26, CIF finals
17-8	Sims	4-5, dual meet
17-7 3/4	Sims	5-11, Avocado League finals
17-6	Sims	6-9, Golden West (Sacramento)
17-3 1/2	Katina Harrison, Mount Miguel	5-8, Grossmont 3-A League prelims
17-2 1/2	Gang	4-7, Titan Track Festival
17-2 1/4	Trina Casey, Patrick Henry	5-19, CIF prelims
17-2	Harrison	4-19, dual meet
17-1 1/2	Mildred Conston, Oceanside	5-26, CIF finals
17-1 1/2	Jennie Crisell, Fallbrook	5-19, CIF prelims
17-1 1/4	Allie Kemp, San Dieguito	5-10, Palomar League finals
17-1 1/4	Crisell	4-25, dual meet
17-1	Mildred Conston, Oceanside	5-19, CIF prelims
17-0 3/4	Karyn Armstrong, Torrey Pines	4-14, Sundevil Invitational
17-0	Armstrong	5-3, dual meet
17-0 1/4	Kemp	5-26, CIF finals
16-11	Kemp	5-8, Palomar League prelims
16-10 3/4	Sims	4-14, Sundevil Invitational
16-10 3/4	Gang	5-11, Avocado League finals

Triple jump

38-8 3/4	Angela Sims, Oceanside	5-11, Avocado League finals
38-8 3/4	Sims	5-26, CIF finals
38-3 1/4	Sims	6-9, Golden West (Sacramento)
38-2 1/4	Sims	6-2, State finals
38-0 3/4	Sims	6-1, State prelims
37-11	Sims	4-7, Arcadia Invitational
37-7 1/2	Katina Harrison, Mount Miguel	4-19, dual meet
37-6 3/4	Sims	5-19, CIF prelims
37-5 1/2	Sims	3-17, Tiger Relays
37-3 3/4	Kim Andrews, Torrey Pines	5-26, CIF finals
37-3 1/4	Harrison	6-1, State prelims
37-3	Sims	4-14, Sundevil Invitational
37-0 3/4	Andrews	5-19, CIF prelims
37-0 1/4	Andrews	5-10, Palomar League finals
36-11 1/2	Andrews	5-3, dual meet
36-11 1/4	Harrison	5-26, CIF finals
36-9	Sims	3-29, dual meet
36-8 3/4	Sims	4-7, Titan Track Festival
36-7 1/2	Trina Casey, Patrick Henry	5-26, CIF finals
36-6 1/4	Mildred Conston, Oceanside	5-26, CIF finals

wind-aided

39-6	Sims	4-7, Arcadia Invitational
37-5	Casey	5-19, CIF prelims

Others

36-2 3/4	Allison Gang, San Pasqual	5-11, Avocado League finals
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Shot put

39-8 1/2	Tera Bailey, Ramona	5-11, Avocado League finals
39-7	Kristina Mataafa, Orange Glen	4-19, dual meet
39-2	Bailey	5-19, CIF prelims
39-2 1/2	Shalanda Houston, Montgomery	6-1, State prelims
39-1	Safona Harris, Morse	5-12, Eastern League finals
39-1	Cindy Beers, Poway	5-26, CIF finals
39-0 1/2	Mataafa	4-25, dual meet
38-11	Houston	5-11, Metro Conference finals
38-9 1/4	Houston	5-26, CIF finals
38-9	Yolanda Morales, Mar Vista	5-11, Metro Conference finals
38-6 1/2	Bailey	5-26, CIF finals
38-5	Mataafa	5-3, dual meet
38-4	Yesenia Quintos, Mira Mesa	5-12, Eastern League finals
38-2 1/2	Quintos	5-26, CIF finals
38-2	Quintos	4-18, dual meet
38-0 1/2	Angela Sims, Oceanside	5-11, Avocado League finals

38-0 1/2	Harris	5-19, CIF prelims
38-0	Debbie Earman, Mount Miguel	5-8, Grossmont 3-A League prelims
37-11	Beers	5-10, Palomar League finals
37-10 1/2	Mataafa	4-28, Vaquero Frosh-Soph Meet

Discus

139-6	Kathleen Bihis, Mt. Carmel	6-1, State prelims
133-9	Angie Allen, El Capitan	5-19, CIF prelims
133-6	Bihis	6-2, State finals
131-9	Bihis	5-26, CIF finals
131-6	Allen	5-26, CIF finals
129-11	Bihis	5-3, dual meet
129-0	Carrie Wadlington, Granite Hills	5-19, CIF prelims
127-3	Wadlington	5-26, CIF finals
126-11	Bihis	5-10, Palomar League finals
126-8	Allen	4-25, dual meet
126-7	Bihis	5-19, CIF prelims
126-5	Bihis	4-19, dual meet
126-4	Debbie Earman, Mount Miguel	3-29, dual meet
126-4	Wadlington	4-14, Sundevil Invitational
126-2	Wadlington	5-11, Grossmont 3-A League finals
125-5	Kristina Mataafa, Orange Glen	4-25, dual meet
125-4	Tracy Vickers, Rancho BV	5-10, Palomar League finals
125-3	Amy Wood, Monte Vista	5-26, CIF finals
125-1	Earman	5-19, CIF prelims
124-10	Bihis	4-25, dual meet



Oceanside's Angela Sims (left), with teammate Mildred Conston, was the section champion in the long jump and triple jump and placed second in the state triple jump. She also was the section's eighth best performer in the shot put.

1990 State Meet Finalists

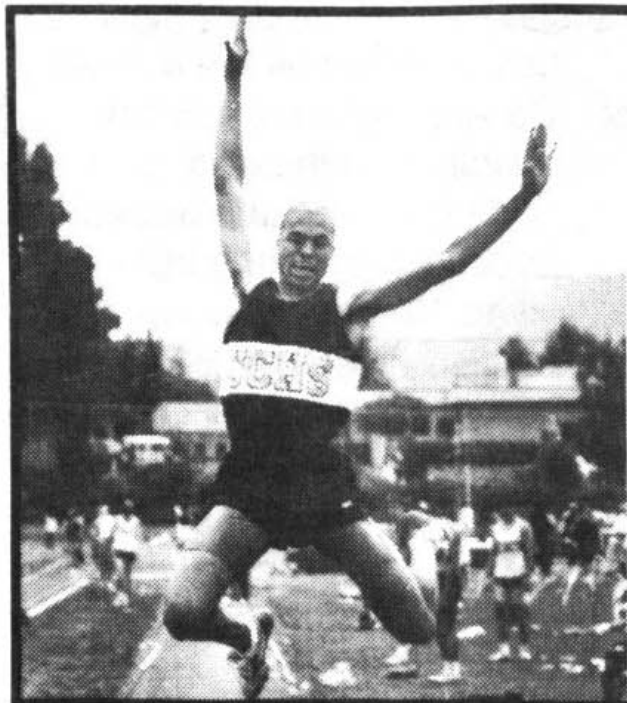
Boys

100	Riley Washington (Southwest sophomore)	10.70	Third
200	Scott Hammond (Lincoln Prep sophomore)	21.84	Eighth
800	Greg Robeson (Mt. Carmel sophomore)	1:53.89	Sixth
1600	Hector Hernandez (Mar Vista junior)	4:14.47	Fifth
.....	Robert Walker (San Pasqual junior)	4:18.78	Seventh
110HH ...	Chris Jones (Morse senior)	14.90	Seventh
300IH	Keith Williams (Escondido junior)	38.29	Sixth
400R	Lincoln Prep	42.34	Seventh
.....	Morse	42.38	Eighth
1600R	Mira Mesa	3:17.66	Seventh
PV	Wes Stephens (Orange Glen senior)	15-2	Fifth
LJ	Jerome Price (University City senior)	25-3 1/4	First
.....	Roque Balina (Mt. Carmel junior)	23-1	Fifth
SP	Brent Noon (Fallbrook senior)	74-4 3/4	First
DT	Brent Noon (Fallbrook senior)	200-8	Second

Team: Fallbrook tied for third place with 18 points.

Girls

100	Angela Kimmey (University City senior)	12.10	Fifth
400	Allison Dring (Mt. Carmel sophomore)	55.07	Third
.....	Kateena Bugg (Patrick Henry senior)		Scratched
3200	Milena Glusac (Fallbrook freshman)	11:00.10	Seventh
100LH	Kim Dill (Poway senior)	14.19	Fifth
300LH	Erin Blunt (San Pasqual sophomore)	43.95	Seventh
HJ	Karyn Armstrong (Torrey Pines junior)	5-6	Seventh
TJ	Angela Sims (Oceanside senior)	38-2 1/4	Second
DT	Kathleen Bihis (Mt. Carmel senior)	133-6	Seventh



University City's Jerome Price was the state champion in the long jump and had the nation's No. 1 mark with a leap of 25-5.

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*
1985	110 Meter HH	Travis Knox, San Dieguito	14.33
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
1990	Shot Put	Brent Noon, Fallbrook	75-2
1990	Discus	Brent Noon, Fallbrook	200-8 (n)

Girls

Year	Event	Name, School	Mark
1984	100 Meters	Gail Devers, Sweetwater	11.51
1978	200 Meters	Judy Reed, Crawford	23.5*
1990	400 Meters	Allison Dring, Mt. Carmel	54.29
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
1983	100 Low Hurdles	Gail Devers, Sweetwater	13.42
1983	300 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 time

All-Time San Diego Track and Field Performances

Boys

100 Meters

Mark	Name, School	Year
10.45	Darron Norris, El Camino	1984
10.53	Riley Washington, Southwest	1990
10.54h	Paul Day, Kearny	1982
10.54hc (9.4y)	Elijah Jefferson, Crawford	1974,75
10.64h	Patrick Rowe, Lincoln	1987
10.64hc (9.5y)	Ed Buchanan, Kearny	1958
10.64h	James Milton, Morse	1972
10.64h	Kipperr Bell, Henry	1979
10.64c	Kevin Shields, San Diego	1980
10.67	Troy Kuretich, San Pasqual	1981
10.67	Raymond Ethridge, Crawford	1987
10.69	Darnay Scott, Kearny	1990
10.70	Kiyoshi Moody, Castle Park	1989
10.70	Scott Hammond, Lincoln	1990
10.70	Teddy Lawrence, Morse	1990
10.71	Glen Reyes, Orange Glen	1989
10.74hc (9.6y)	Arnold Tripp, Crawford	1959
10.74hc	Vernus Ragsdale, Lincoln	1962
10.74hc	Charles Sanford, San Diego	1963
10.74hc	Lanard Morris, Lincoln	1972
10.74hc	Bruce Girasole, Madison	1972
10.74hc	Ron Edmerson, Lincoln	1975
10.74hc	Michael Patrick, Lincoln	1976
10.76	Darrell Rosette, Morse	1983
10.78	Terry Rodgers, Sweetwater	1986
10.78	Charles Brown, Lincoln	1990
10.84h	Ralph Parson, Morse	1981
10.84h	Necho Arnold, Kearny	1981
10.84h	Carl Young, San Diego	1983
10.84h	John Redding, San Diego	1983
10.84h	Herb Duncan, Lincoln	1984
10.84h	Jimmy Kegler, San Diego	1988

200 Meters

21.00	Ray Ethridge, Crawford	1987
21.09	Darron Norris, El Camino	1984
21.14hc (21.0y)	Kipper Bell, Henry	1978
21.14hcs	Roscoe Cook, San Diego	1956
21.14hcs	Dave Blunt, Escondido	1961

21.24hc (21.1y)	Elijah Jefferson, Crawford	1975
21.24hc	David Russell, Henry	1976
21.31	Michael Stevenson, Morse	1988
21.34hc (21.2y)	Milton Weaver, Pt. Loma	1978
21.43	Paul Day, Kearny	1981
21.47	Glen Reyes, Orange Glen	1989
21.49	Darnay Scott, Kearny	1990
21.52	Patrick Rowe, Lincoln	1987
21.54hc (21.4y)	Jimmy Wilson, San Diego	1929
21.54hc	Johnny Mack Ellis, Lincoln	1966
21.54hc	Bruce Girasole, Madison	1972
21.54hc	Danny Miller, Morse	1973
21.57	Riley Washington, Southwest	1990
21.63	Jerome Price, University City	1990
21.65	Scott Hammond, Lincoln	1990
21.67	Vernon Shaver, Crawford	1990
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

400 Meters

46.97hc (47.1y)	Milton Mitchell, Lincoln	1970
46.98	Tony Banks, Morse	1979
47.16hc (47.3y)	Donald Tyler, Lincoln	1971
47.22	Michael Stevenson, Morse	1988
47.46hc (47.6)	Mike Singletary, San Diego	1965
47.59c	Mike Adkins, Bonita Vista	1979
47.96hc (48.1y)	Therlee Murphy, Lincoln	1968
48.00	David Gayden, Morse	1985
48.06hc (48.2y)	Donald Moore, Morse	1974
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
48.26hc (48.4y)	Danny Stewart, San Diego	1979
48.35	John Denny, Morse	1985
48.36hc (48.5y)	Tom Agsten, Hoover	1963
48.46hc(48.6y)	Donn Renwick, Grossmont	1964
48.46hc	Bruce Ruff, El Cajon	1967
48.46hc	Seneca Godwin, Kearny	1968
48.46hc	John Willson, Pt. Loma	1972
48.59	Tom Brown, Castle Park	1989
48.66	Larry Brooks, Helix	1980

48.89	Sean Cahill, Mira Mesa	1990
48.90	Art Hernandez, Montgomery	1989
48.95	Jerry Ashworth, Poway	1989

800 Meters

1:48.71hc (1:49.2)	Bob Hose, Madison	1964
1:49.90hc (1:50.4)	Terry Rodgers, Hilltop	1966
1:50.25	Mark Senior, Mt. Miguel	1988
1:51.09hc (1:51.6)	Jim Brennan, El Camino	1979
1:51.79hc (1:52.3)	Paul Becklund, Henry	1975
1:52.09hc (1:52.6)	Dave Brown, Poway	1978
1:52.11	Francis O'Neill, San Pasqual	1989
1:52.19hc (1:52.7)	Jim Cerveny, Mission Bay	1957
1:52.19hc	John Garrison, Hoover	1962
1:52.36	Tom Ellsworth, Pt. Loma	1983
1:52.48hc (1:53.0)	Dan Ungricht, Monte Vista	1967
1:52.68hc (1:53.2)	Tim Danielson, Chula Vista	1966
1:52.73	Shawn O'Neal, Oceanside	1980
1:52.77hc (1:53.3)	Tom Ecklund, St. Augustine	1966
1:52.77	Armando Valencia, El Cajon	1966
1:52.87	Jorge Rodriguez, Fallbrook	1989
1:53.25	Shan Forehand, Mt. Carmel	1987
1:53.80	Rich Farmer, Mt. Miguel	1982
1:53.89	Greg Robeson, Mt. Carmel	1990
1:54.25	Phil Smith, Henry	1988
1:54.33	James Fraser, Monte Vista	1987
1:54.37	Tom Williams, Granite Hills	1987

1,600 Meters

3:58.15hc (3:59.4)	Tim Danielson, Chula Vista	1966
4:01.46hc (4:02.7)	Thom Hunt, Henry	1976
4:04.21hc (4:05.5)	Terry Cotton, El Cajon	1972
4:06.52	Shawn O'Neal, Oceanside	1980
4:07.30hc (4:08.6)	Steve Whitcomb, Helix	1979
4:07.50hc (4:08.8)	Armando Valencia, El Cajon	1967
4:07.69hc (4:09.0)	Francis O'Neill, San Pasqual	1989
4:07.79hc (4:09.1)	Tom Davidson, El Cajon	1968
4:08.69hc (4:10.0)	Ron Roberts, Morse	1979
4:09.29hc (4:10.6)	Tom Smith, Granite Hills	1974
4:09.49hc (4:10.8)	Thorn Bigley, Clairemont	1967
4:09.49hc	Jay Woods, Vista	1974
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
4:12.95	Hector Hernandez, Mar Vista	1990

3,200 Meters

8:42.29hc (8:45.2y)	Thom Hunt, Henry	1976
8:46.17hc (8:49.1)	Mark Dani, Valhalla	1986
8:50.84hc (8:53.8)	Dale Fleet, Clairemont	1971
8:51.84hc (8:54.8)	Terry Cotton, El Cajon	1972
8:52.43hc (8:55.4)	Tim Danielson, Chula Vista	1966
8:56.38	Marc Davis, San Diego	1987
8:56.61hc (8:59.6)	Kirk Pfeffer, Crawford	1974
8:57.80hc (9:00.8)	Ed Mendoza, Helix	1971
8:58.00hc	Otis Martin, Lincoln	1967
8:58.40hc (9:01.4)	Armando Valencia, El Cajon	1980
9:00.07	Sean Evans, Henry	1980
9:01.12	Jose Vega, Chula Vista	1982
9:03.95	Ellis Del Sol, Hilltop	1985
9:08.30h (9:11.5)	Robbie Lopes, Monte Vista	1986
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

110 Meter High Hurdles

14.24w	Jeff Smith, Serra	1982
14.24h (14.0)	Bruce Mitchell, El Camino	1980
14.33	Travis Knox, San Dieguito	1984
14.34h (14.1)	Ted Scales, Lincoln	1966
14.34h	David Edwards, Lincoln	1966
14.34h	Marion Franklin, Lincoln	1969
14.34h	Mike Person, Kearny	1972
14.34h	Robert Mosley, Oceanside	1973
14.34h	Willie Banks, Oceanside	1974
14.38	Michael Jones, Morse	1990
14.39	Dave Brown, Poway	1982

300 Meter Intermediate Hurdles

36.44	Kevin Jones, Mt. Miguel	1988
37.20	Jay Taylor, St. Augustine	1985
37.89	Michael Jones, Morse	1990
38.14h	Dexter Monroe, Henry	1989
38.05	Terry Herron, Oceanside	1985

38.24h	Travis Knox, San Dieguito	1985
38.26	Keith Williams, Escondido	1990
38.39	Ahmed Dent, Mira Mesa	1990
38.44h	Mario O'Conner, Escondido	1989
38.46h	Osmond Swanegan, Morse	1986
38.49	Bruce Stone, University City	1986
38.64	Jerry Black, University City	1986
38.74h	Jeff Haines, Poway	1989
38.75h	Fred Dunn, Oceanside	1989

300 Meter Low Hurdles

36.39	Bruce Mitchell, El Camino	1981
37.09	Ken Brajevich, Poway	1981
37.22hc (37.2y)	Pat Nash, Escondido	1978
37.62hc (37.6y)	Don Brown, Clairemont	1975

400 Meter Relay

41.40hc (41.5y)	Lincoln	1968
41.40hc	San Diego	1971
41.40hc	Crawford	1975
41.45	Morse	1983
41.50hc (41.6y)	Lincoln	1969
41.50hc	Lincoln	1972
41.50hc	Lincoln	1973
41.50hc	Lincoln	1976
41.62	Morse	1988
41.69	Crawford	1987
41.69	Lincoln	1990
41.70hc (41.8)	Kearny	1975
41.70hc	Crawford	1975
41.84	Morse	1990
41.88	Serra	1982
41.92	University City	1990
42.00	Mira Mesa	1980
42.10	Lincoln	1987
42.10	Mira Mesa	1990
42.20	Poway	1989
42.21	Mt. Miguel	1988
42.26	Morse	1989

1,600 Meter Relay

3:13.81hc (3:14.8y)	Morse	1978
3:14.50hc (3:15.5)	Lincoln	1968
3:15.40hc (3:16.4)	Morse	1977
3:15.54	Morse	1987
3:15.77	Morse	1985

3:15.80hc (3:16.8)	Morse	1974
3:16.11	Mt. Miguel	1988
3:17.07	Mira Mesa	1990
3:17.59hc (3:18.6)	Helix	1968
3:17.63hc (3:18.7)	Helix	1978
3:17.89hc (3:18.9)	Henry	1975
3:17.98hc (3:19.0)	Henry	1969
3:17.98hc	Lincoln	1971
3:18.63	Henry	1989
3:18.84hc	Morse	1990
3:18.93	Morse	1988
3:19.04	Morse	1989
3:19.17	Morse	1986
3:19.27	San Pasqual	1985
3:19.37	Point Loma	1982
3:19.80	Henry	1986

High Jump

7-2	Frank Schiefer, Henry	1979
7-0 1/4	Jerry Culp, Oceanside	1970
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
6-9 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	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, 90
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	Matt Lehman, Torrey Pines	1987
15-0	Jeff Cranney, San Marcos	1988

Long Jump

Mark	Name, School	Year
25-5 1/4	Doyle Steele, San Diego	1966
25-5	Jerome Price, University City	1990
25-1 1/4	Dokie Williams, El Camino	1978
24-11	Lewis King, Lincoln	1967
24-9	Arnold Tripp, Crawford	1959
24-6 1/4	Tom Brown, Castle Park	1989
24-5 3/4	James Kennedy, Lincoln	1962
24-5 1/2	Pierre Frazier, Hoover	1965
24-4	Bouncy Moore, San Diego	1968
24-2 3/4	Willie Banks, Oceanside	1974
24-2	Scott Hammond, Lincoln	1990
24-0 3/4	Willie Steele, Hoover	1941
24-0 3/4	Eugene Gunn, Oceanside	1981
24-0 1/2	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

Triple Jump

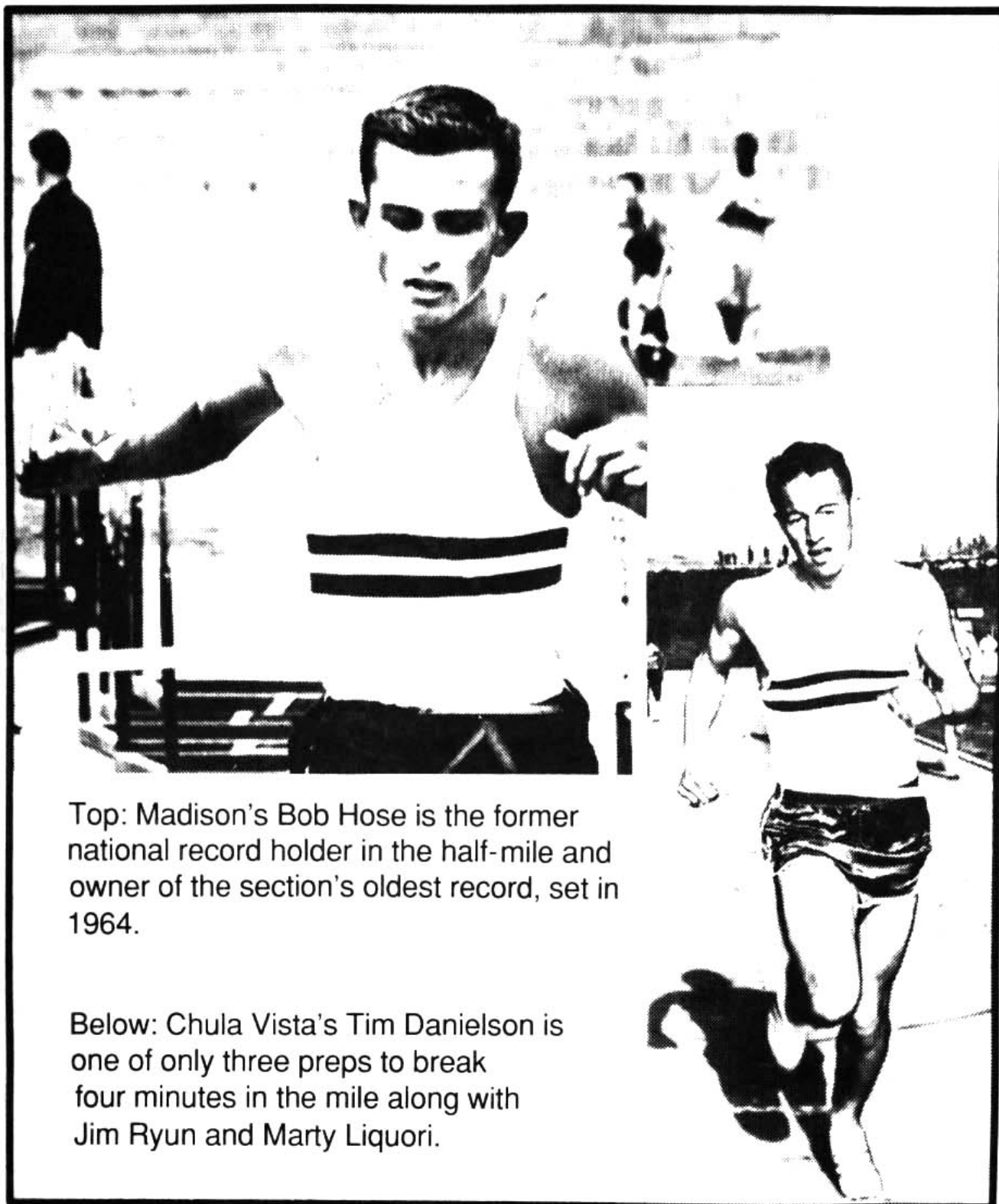
Mark	Name, School	Year
51-3	Willie Banks, Oceanside	1974
51-2 1/2	Dokie Williams, El Camino	1977
51-2	Lenny McGill, Orange Glen	1989
50-5 1/2	Damon Carson, San Diego	1988
50-3 1/2	Charles Huff, La Jolla	1988
48-10	Alan Osborne, El Cajon	1982
48-8 3/4	Craig Montgomery, El Camino	1978
48-1	Willie Williams,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

Shot Put

Mark	Name, School	Year
76-2	Brent Noon, Fallbrook	1990
65-11 1/4	Curt Hampton, El Cajon	1974
64-11	Pete Schmock, San Dieguito	1968
64-11	Billy 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

200-8.....	Brent Noon, Fallbrook	1990
195-8.....	Billy Joe Winchester, Mt. Miguel	1970
192-6.....	Mark Malone, El Cajon	1976
191-3.....	Brian Boggess, El Capitan	1986
191-2.....	Matt Gauthier, Valhalla	1977
185-7.....	Mark Bailey, Helix	1979
183-10.....	Phil Cookson, Grossmont	1980
182-9.....	Kris Lettow, Helix	1976
181-9.....	Bill Harvey, Vista	1973
177-10.....	Paul Holborn, Valhalla	1980



Top: Madison's Bob Hose is the former national record holder in the half-mile and owner of the section's oldest record, set in 1964.

Below: Chula Vista's Tim Danielson is one of only three preps to break four minutes in the mile along with Jim Ryun and Marty Liquori.

Girls

100 Meters

Mark	Name, School	Year
10.88hc (10.7y)	Judy Reed, Crawford	1978
10.98hc (10.8y)	Vicki Belser, Vista	1977
10.98hc	Chris Herring, Morse	1978
10.98hc	Janice Wiser, La Jolla	1978
11.17hc	Tracy Scott, Crawford	1979
11.17hc	Karen Lambert, El Camino	1979
11.51	Gail Devers, Sweetwater	1984
11.56	Jackie Thompson, Lincoln Prep	1973
11.90	Latashia McKinney, Monte Vista	1990
11.93	Velisa Harris, Morse	1983
11.97	Ellen Jones, Mt. Miguel	1981
11.97h	Angela Sullivan, Serra	1990
12.03	Kim Matthews, Morse	1987
12.04h	April Freow, Morse	1985
12.04h	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

200 Meters

23.08	Jackie Thompson, Lincoln	1973
24.06	Kim Matthews, Morse	1987
24.10hc (24.0y)	Judy Reed, Crawford	1978
24.30hc (24.2y)	Janice Wiser, La Jolla	1974
24.40hc (24.3y)	Vicki Belser, Vista	1976
24.43	Allison Dring, Mt. Carmel	1990
24.50hc (24.4y)	Danita Young, Crawford	1978
24.51	Angela Sullivan, Serra	1989
24.60c	Ellen Jones, Mt. Miguel	1981
24.63	Monica Henderson, Morse	1990
24.69	Velisa Harris, Morse	1983
24.71	Angela Kimmey, University City	1990
24.74h	Lauren Russell, Mt. Carmel	1982
24.75	Latashia McKinney, Monte Vista	1990
24.82	Shani Freeman, Crawford	1990
24.84h	Diana Turner, Fallbrook	1981
24.87	Estelle Jackson, Morse	1981
24.87	Kateena Bugg, Henry	1990
24.89hc (24.8y)	Tracy Scott, Crawford	1979
25.04h	Gail Devers, Sweetwater	1984
25.04h	April Freow, Morse	1985

25.14h	Yolanda Fitch, Morse	1986
25.14h	Sorii Epps, Henry	1988

400 Meters

53.53	Janice Wiser, La Jolla	1974
54.29	Allison Dring, Mt. Carmel	1990
54.79	Charlotte Zepherin, Morse	1980
55.19	Shani Freeman, Crawford	1989
55.81hc (56.2y)	Tracy Baker, Monte Vista	1982
55.82	Lesley Noll, Mt. Carmel	1985
56.14h	Amy Jones, Henry	1981
56.17	Yolanda Fitch, Morse	1986
56.27	Gail Devers, Sweetwater	1982
56.46	Miriam White, Southwest	1985
56.54h	Karen Nielsen, Valhalla	1984
56.67	Tracy Baker, Monte Vista	1985
56.73	Kateena Bugg, Henry	1990
56.91hc (57.1y)	Helen Fulton, Bonita Vista	1977
57.01hc (57.2y)	Vanessa Thompson, San Diego	1976
57.20	Angel Mason, Rancho BV	1990
57.60hc (57.8y)	Nancy Eastern, Crawford	1977
57.70hc (57.9y)	Judy Reed, Crawford	1976
57.70	Ayanna Bennett, Morse	1990

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
2:12.17hc (2:12.8y)	Beth Howell, San Dieguito	1975
2:12.61	Kristina Hand, Fallbrook	1987
2:12.80	Tracy Baker, Monte Vista	1983
2:13.26	Kristi Bache, University	1988
2:13.26hc (2:14.0y)	Nel Griffith, Henry	1980
2:13.48	Charity Stowell, Mt. Carmel	1990
2:13.92	Susan Scott, Mt. Carmel	1990
2:14.10	Dorit Fehrensens, La Jolla	1982
2:14.44	Gina Westby, Torrey Pines	1988

1,600 Meter

4:42.77	Darcy Arreola, Grossmont	1986
4:45.46	Tina Allen, Santana	1982
4:45.98	Kira Jorgensen, Vista	1987
4:49.53	Laura Chapel, University City	1986

4:54.12c (4:55.7y)	Cheryl Flowers, Valhalla	1977
4:55.70c	Kristi Bache, University	1988
4:56.04h	Julie Bates, Mira Mesa	1984
4:56.16	Jennifer Sheflo, Poway	1984
4:57.88	Sandy Blakeslee, Vista	1983
4:59.34	Stephanie Fedorchak, Fallbrook	1984
4:59.94	Kristina Hand, Fallbrook	1987
5:01.60	Robin Eager, Vista	1985
5:03.74	Milena Glusac, Fallbrook	1990
5:03.92hc (4:05.2y)	Bridget Bohan, Madison	1977
5:04.81hc (4:06.1y)	Carol Keller, Helix	1977

3,200 Meter

Mark	Name, School	Year
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	Maureen Winner, Torrey Pines	1984
10:40.66	Nicole Nugent, Torrey Pines	1987
10:41.00 (10:44.6y)	Carol Keller, Helix	1977
10:41.44	Tina Allen, Santana	1982
10:41.65	Shelly Lachel, Monte Vista	1981
10:43.18	Mira Hornbacher, Rancho BV	1989
10:44.08hc (10:47.7y)	Cheryl Flowers, Valhalla	1979
10:46.17hc (10:49.8y)	Teri Brown, San Pasqual	1979
10:49.44h	Suzi Tanner, Vista	1982

100 Low Hurdles

13.41	Gail Devers, Sweetwater	1984
14.04	Michelle Collum, Pt. Loma	1986
14.17	Michelle Outlaw, Lincoln	1986
14.17	Kim Dill, Poway	1990
14.19	Darla Vaughn, Mira Mesa	1986
14.44	Tracy Scott, Crawford	1981
14.44h	Erin Blunt, San Pasqual	1990
14.44h	Kari Alexander, Crawford	1979
14.65	Annie King, La Jolla	1981
14.74h	Liz Pew, San Marcos	1981
14.74h	Stephanie Williams, University City	1987
14.80	Shannon Proffer, Santana	1990
14.84h	Laurie Perkins, Helix	1978

300 Low Hurdles

42.26	Gail Devers, Sweetwater	1983
43.10	Erin Blunt, San Pasqual	1990

43.94	Shannon Proffer, Santana	1990
43.96	Michelle Outlaw, Lincoln	1986
44.00	Janet Duffy, Mt. Carmel	1989
44.44	Kim Dill, Poway	1989
44.44h	Cassandra Tyson, Mt. Carmel	1989
44.53	Wendy Edelen, Crawford	1981
44.59	Stacy 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

45.87c (46.14y)	Crawford	1977
46.89	Morse	1987
46.93c (47.20y)	Crawford	1978
47.12	Morse	1989
47.41	Morse	1982
47.45	Morse	1985
47.60c (47.88y)	Morse	1977
47.89	Mt. Carmel	1989
47.91	Morse	1986
47.92	Mt. Carmel	1990
47.93	Morse	1983
47.99	Morse	1981
48.02	Morse	1980
48.06	Lincoln	1990
48.09	Morse	1990
48.12c (48.40y)	Point Loma	1976
48.18hc (48.3y)	Morse	1979

1,600 Meter Relay

3:49.13c (3:50.47y)	Crawford	1981
3:49.27	Crawford	1981
3:50.58c (3:51.93y)	Crawford	1978
3:50.66c (3:52.01y)	Morse	1981
3:51.80hc (3:53.6y)	Crawford	1977
3:53.84h	Mt. Carmel	1990
3:53.95	Mt. Carmel	1989
3:54.31	Mt. Carmel	1985
3:54.37hc (3:55.6y)	Bonita Vista	1977
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
3:56.39	San Pasqual	1990
3:56.44h	Crawford	1987
3:56.65	Morse	1988

High Jump

6-1 3/4	Sue McNeal, Carlsbad	1979
5-10	Lynn Patrick, Serra	1987,88
5-8 1/4	Chris Remmling, San Dieguito	1976
5-8 1/4	Karyn Armstrong, Torrey Pines	1988
5-8	Jackie Armstrong, 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	Patti 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
5-6	Jill Weeks, Madison	1990

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	1981
18-10	Rachelle Johnson, Henry	1989

Triple Jump

41-8 1/2	Jackie Anderson, Mt. Miguel	1987
40-8 3/4	LaFrancia West, Grossmont	1988
40-6 3/4	Rachelle Johnson, Henry	1989
39-6	Gail Devers, Sweetwater	1984
39-2	Stacy Thompson, Morse	1988
38-3 3/4	Angela Sims, El Camino	1990
38-2	Cherise Poole, Henry	1987

37-10 1/2	Yvonne Griffin, El Camino	1983
37-7 1/2	Katina Harrison, Mt. Miguel	1990
37-6 1/2	Margaret Warren, Mt. Miguel	1982
37-5 1/2	Kim Lloyd, Mt. Miguel	1986
37-3 3/4	Kim Andrews, Torrey Pines	1990

Shot Put

49-6	Kathy Devine, Mission Bay	1974
45-0	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	Susan 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
139-6	Kathleen Bihis, Mt. Carmel	1990
139-5	Cheryl Moses, Mt. Miguel	1982
138-8	Robin Longwell, Grossmont	1987

c - Converted from yards

y - Yards

h - Hand time

Sweetwater's Gail Devers appears on the list of all-time performances in eight of 15 girls events. She has the No. 1 mark in three events and the section record in four.



State Champions (Since 1915)

Boys

100 Meters

Year	Name, School	Mark
1977	David Russell, Henry	9.8y
1974	Elijah Jefferson, Crawford	9.8y
1973	Elijah Jefferson, Crawford	9.7wy
1929	Jimmy Wilson, San Diego	9.8y

200 Meters

1977	David Russell, Henry	20.97y
1941	Glen Willis, San Diego	21.7y
1929	Jimmy Wilson, 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

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

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

1971	Dale Fleet, Clairemont	8:53.8y
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High Jump

1970	Jerry Culp, Oceanside	7-0 1/4
1953	Bernie Nelson, San Diego	6-4
1918	Harold Muller, San Diego	5-6

Pole Vault

1961	Mike Graves, El Cajon	14-2 1/4
1929	Bill Miller, San Diego	12-6
1928	Bill Miller, San Diego	12-9 1/2
1927	Bill Miller, San Diego	12-0
1926	(4 Way tie) Bill Hubbard, San Diego	12-4
1923	(Co) Harry Smith, San Diego	12-3 1/2
1922	Harry Smith, San Diego	11-11 1/2

Long Jump

1990	Jerome Price, University City	25-3 1/4
1978	Dokie Williams, El Camino	25-11/4
1966	Doyle Steele, San Diego	25-3 1/4
1962	James Kennedy, Lincoln	24-5 3/4
1957	Luther Hayes, Lincoln	23-8 1/2

Triple Jump

1989	Lenny McGill, Orange Glen	51-1 1/4
1978	Dokie Williams, El Camino	50-4 1/4
1977	Dokie Williams, El Camino	51-0 1/2
1974	Willie Banks, Oceanside	50-9
1973	Willie Banks, Oceanside	49-7 1/4

Shot Put

1990	Brent Noon, Fallbrook	74-4 3/4
1989	Brent Noon, Fallbrook	66-1 1/2
1986	Brian Boggess, El Capitan	61-4
1968	Pete Schmock, San Dieguito	63-11
1954	Dick Bronson, Grossmont	59-7 1/4
1950	Hal Norris, Grossmont	56-5 1/4

Girls

100 Meters

1984	Gail Devers, Sweetwater	11.51
1974	Janice Wiser, La Jolla	10.8y

200 Meters

1974	Janice Wiser, La Jolla	24.2y
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800 Meters

1986	Laura Chapel, University City	2:08.66
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1,600 Meters

1989	Kira Jorgensen, Rancho Buena Vista	4:49.55
1988	Kira Jorgensen, Rancho Buena Vista	4:49.54
1987	Kira Jorgensen, Vista	4:45.98
1986	Darcy Arreola, Grossmont	4:45.13

100 Low Hurdles

1984	Gail Devers, Sweetwater	13.41
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400 Meter Relay

1977	Crawford	46.14y
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High Jump

1987	Lynn Patrick, Serra	5-10
1978	Sue McNeal, Carlsbad	5-10 1/4

Long Jump

1983	Gail Devers, Sweetwater	19-6
1981	Chris Mose, El Cajon	18-10 1/4

Shot Put

1975	Kathy Devine, Mission Bay	42-3 3/4
1974	Kathy Devine, Mission Bay	47-4 1/2

Discus

1986	Tracy Crawford, Southwest	156-2
1974	Kathy Middleton, Poway	134-5



COMING THIS SUMMER,
THE ROAD RACE OF THE YEAR!

JUNE 9, 1991

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