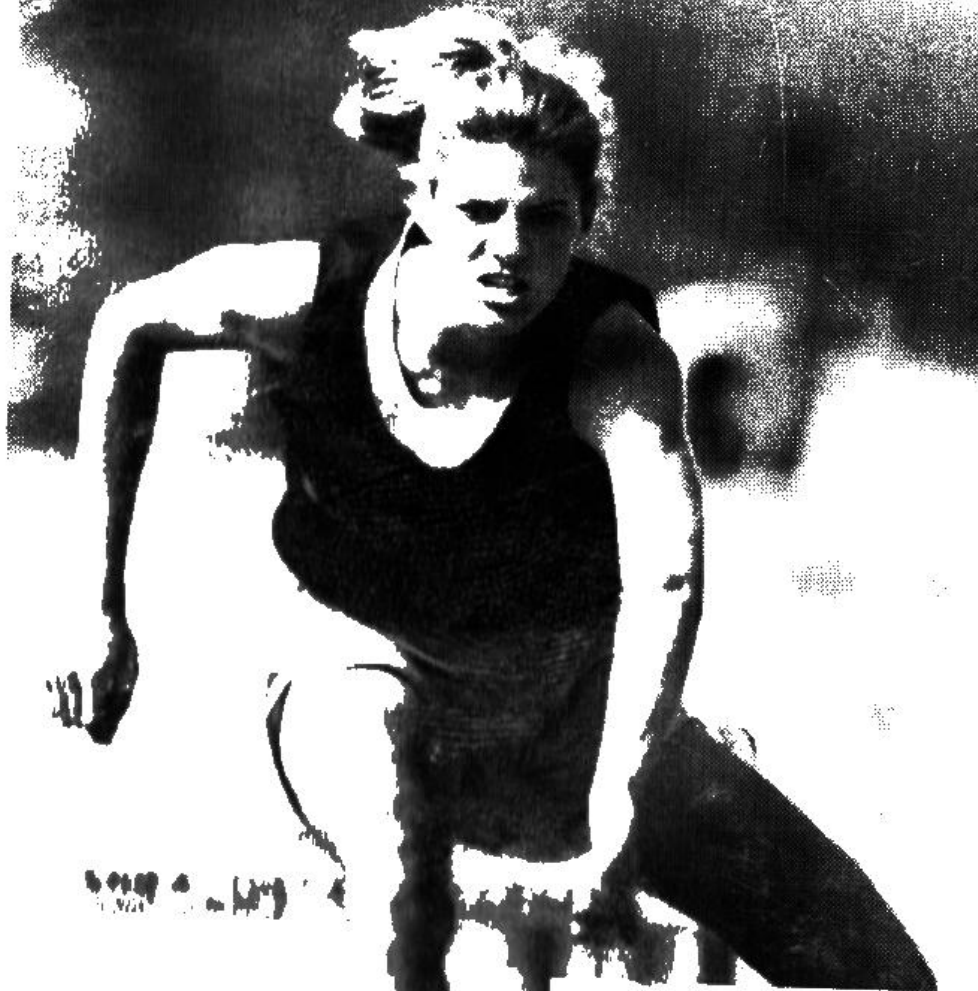


The San Diego  
Union-Tribune's

# 1992 San Diego Prep Track & Field Guide

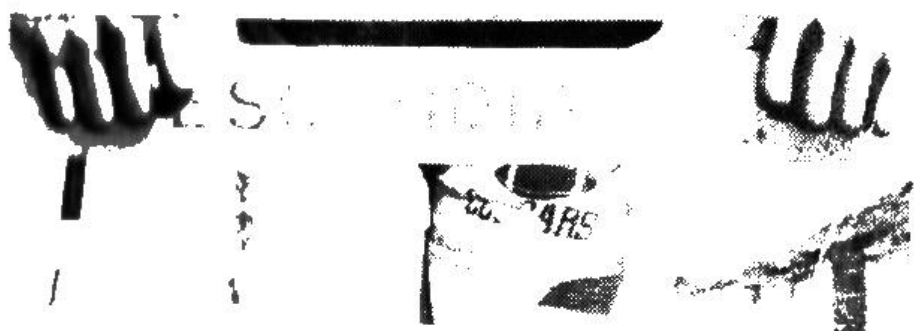


MIRACDO: + C



San Pasqual's Erin Blunt, 1991 Girls Athlete of the Year, and Escondido's Keith Williams, 1991 Boys Athlete of the Year. They both became San Diego's first state champions in the 300 hurdles.

ESCONDIDO



The San Diego  
Union-Tribune.

# UNION-TRIB 10



## SAN DIEGO'S RUN FOR LITERACY

Coming this summer,  
the road race of the year!

June 14, 1992

10K Run/Walk

5K Run/Walk

Look for entry forms and information in  
The San Diego Union-Tribune or call 275 5440

The San Diego  
**Union-Tribune.**

**1992 San Diego  
Prep Track & Field Guide**

Expanded lists, new photos and updated records—they're all a part of the 1992 San Diego Prep Track and Field Guide.

For each of the past three years, numerous sources from interested fans to coaches to athletes themselves have helped fill in the many gaps that normally occur in a record book.

Tom Shanahan's 1991 list is deeper and more comprehensive than last year. Steve Brand's all-time list not only includes last year's performers, but another dozen from years past whose marks slipped through the cracks of time.

San Diego's unprecedented success at last year's state meet is chronicled.

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.

**1991's Top Performances**  
**Boys**  
**100 meters**  
(fully automatic times only)

<b>Mark</b>	<b>Name, School</b>	<b>Date, Meet</b>
10.59	Darnay Scott, Kearny	5-25, CIF finals
10.59	Riley Washington, Southwest	4-6, Titan
10.61	Washington	5-25, CIF finals
10.66	Scott Hammond, Lincoln Prep	4-6, Titan
10.79	Hammond	3-30, Sundevil
10.79	Washington	5-18, CIF prelims
10.81	Teddy Lawrence, Morse	3-30, Sundevil
10.84	Washington	3-30, Sundevil
10.84	Washington	4-13, Arcadia
10.89	David Dunlap, West Hills	5-25, CIF finals
<b>Wind-aided marks</b>		
10.43w	Washington	5-31, State prelims
10.53w	Scott	5-31, State prelims
10.72w	Dunlap	5-31, State prelims
<b>Other marks</b>		
10.92	Rashaan Salaam, LJ Country Day	5-25, CIF finals
11.02	Shaunta Baker, Point Loma	3-30, Sundevil
11.02	Arvis Henderson, Helix	5-25, CIF finals
11.04	Jaime Blake, Hoover	5-25, CIF finals
11.12	Damian Richey, Poway	5-25, CIF finals
11.15	Michael Driver, Point Loma	3-30, Sundevil
11.19	Anthony Davis, Castle Park	4-20, Dual
<b>200 meters</b>		
21.23	Darnay Scott, Kearny	5-18, CIF prelims
21.27	Scott	5-25, CIF finals
21.43	Riley Washington, Southwest	5-31, State prelims
21.60	Washington	5-25, CIF finals
21.4	Scott	5-10, Western finals
21.5	Scott	5-8, Western prelims
21.82	Washington	5-18, CIF prelims
21.99	Frank Garrett, Poway	5-18, CIF prelims
22.12	Rashaan Salaam, LJ Country Day	5-25, CIF finals
21.9	Teddy Lawrence, Morse	5-6, Eastern prelims
<b>Wind-aided marks</b>		
20.98	Scott	6-1, State finals
21.20	Scott	5-31, State prelims
<b>Other marks</b>		
22.22	David Dunlap, West Hills	5-25, CIF finals
22.40	Jaime Blake, Hoover	5-18, CIF prelims
22.2	Marshall Evans, Mira Mesa	4-17, dual meet
22.51	Arvis Henderson, Helix	5-25, CIF finals
22.53	Damian Richey, Poway	5-18, CIF prelims
22.3	Roque Balina, Mt. Carmel	4-11, dual meet
22.3	David Newell, Crawford	4-18, dual meet
22.3	Troy Barker, San Dieguito	5-10, Palomar finals
22.3	Ron Turner, Poway	5-10, Palomar finals

22.3	Shaunta Baker, Point Loma	5-10, Eastern finals
22.4	Nigel Chaissons, Patrick Henry	5-7, Eastern prelims
22.56	Abdul McCullough, El Camino	5-18, CIF prelims

#### 400 meters

48.35	Marshall Evans, Mira Mesa	5-31, State prelims
48.81	Evans	5-25, CIF finals
48.88	Evans	6-1, State finals
48.8	Akiem Brown, Serra	5-6, Eastern prelims
49.04	Evans	5-18, CIF prelims
49.36	Sean Cahill, Mira Mesa	4-6, Titan
49.0	Brown	5-10, Eastern finals
49.0	Brown	5-18, CIF prelims
49.3	Evans	5-10, Eastern finals
49.3	Evans	5-6, Eastern prelims
49.3	Cahill	5-10, Eastern finals

#### Other marks

49.50	Phil Hepp, El Capitan	5-25, CIF finals
49.54	Abdul McCullough, El Camino	5-18, CIF prelims
49.57	Bobby Jones, Lincoln Prep	5-25, CIF finals
49.7	Ron Turner, Poway	5-10, Palomar finals
49.8	Elliott Alexander, University City	5-10, Western finals
50.34	Mark Silva, San Pasqual	5-25, CIF finals
50.1	Mark Nunn, San Dieguito	5-10, Palomar finals
50.3	Josh Gestring, Escondido	5-8, Avocado prelims
50.5	John Price, Helix	4-26, Orange Glen
50.9	Stephan McQueen, Morse	5-10, Eastern finals
50.9	Alberto Espinoza, Bishops	5-9, Southern finals
51.0	Raphael Chavez, Carlsbad	5-8, Avocado prelims
51.0	Donnie Nash, Morse	5-10, Eastern finals
51.0	Ron Alley, Army-Navy	5-9, Southern finals
51.1	James Parker, Orange Glen	5-10, Palomar finals
51.3	Colin Darden, Mt. Carmel	5-10, Palomar finals
51.3	Bret Reznichuk, San Pasqual	4-17, Dual
51.5	Scott Morgan, Fallbrook	5-10, Palomar finals

#### 800 meters

1:54.34	Isaac Sanchez, Castle Park	5-25, CIF finals
1:54.6	Raphael Chavez, Carlsbad	5-10, Avocado finals
1:54.88	Sanchez	6-1, State finals
1:55.11	Travis Jackowski, Mira Mesa	5-25, CIF finals
1:55.31	Greg Robeson, Mt. Carmel	5-25, CIF finals
1:55.42	Garth Christenson, San Pasqual	5-25, CIF finals
1:55.6	Robert Walker, San Pasqual	5-10, Avocado finals
1:56.04	Sanchez	5-31, State prelims
1:56.4	Robeson	4-13, Arcadia
1:56.5	Christenson	5-10, Avocado finals
1:56.6	Sanchez	4-26, Orange Glen

#### Other marks

1:57.5	Hector Hernandez, Mar Vista	4-26, Orange Glen
1:58.14	George Tevelde, Calvin Christian	5-25, CIF finals
1:59.0	Josh Brown, Poway	5-10, Palomar finals
1:59.0	John Mothershed, Escondido	5-10, Avocado finals
1:59.2	Daniel Das Neves, Helix	4-12, dual meet

1:59.6	Joe Patino, Ramona	5-10, Avocado finals
1:59.6	Eric Chappins, Vista	5-10, Palomar finals
1:59.6	Andy Hadley, San Pasqual	5-10, Avocado finals
1:59.77	Jeff Higgenbotham, Poway	5-18, CIF prelims
1:59.89	Konrad Davis, Valhalla	5-18, CIF prelims
1:59.94	Paul Zastoupil, Grossmont	5-18, CIF prelims
1:59.9	Kenny Daum, San Pasqual	3-22, dual meet
1:59.9	John Rodkin, Fallbrook	5-10, Palomar finals
2:00.3	David Picha, Fallbrook	5-10, Palomar finals
2:00.83	Francisco Alcaarez, La Jolla	3-30, Sundevil
2:00.8	Benjamin Kindreich, El Capitan	5-10, Grossmont finals
2:00.9	Brian Roecek, Torrey Pines	5-10, Palomar finals
2:01.5	Jerid Meek, Escondido	3-21, dual meet
2:01.6	David Bradshaw, Point Loma	5-10, Eastern finals

#### 1600 meters

4:12.22	Daniel Das Neves, Helix	6-1, State finals
4:13.99	Hector Hernandez, Mar Vista	4-13, Arcadia
4:14.07	Robert Walker, San Pasqual	4-13, Arcadia
4:14.11	Hernandez	5-25, CIF finals
4:14.34	Das Neves	5-25, CIF finals
4:15.15	Hernandez	5-18, CIF prelims
4:16.22	Das Neves	5-18, CIF prelims
4:16.50	Walker	5-31, State prelims
4:16.5	Walker	5-10, Avocado finals
4:17.93	Das Neves	5-31, State prelims

#### Other marks

4:19.4	Brian Keim, San Pasqual	5-18, CIF prelims
4:19.70	Chad Wenger, Mira Mesa	5-25, CIF finals
4:21.10	Francisco Alcaarez, La Jolla	5-18, CIF prelims
4:22.13	Scott Kolenic, Rancho Bernardo	5-25, CIF finals
4:22.80	Ciro Melendez, Mission Bay	5-18, CIF prelims
4:24.64	Jerid Meek, Escondido	5-18, CIF prelims
4:25.0	Nazario Romero, San Pasqual	5-8, Avocado prelims
4:25.4	Gilbert Serrano, Point Loma	5-10, Eastern finals
4:25.6	Arturo Guzman, University City	5-10, Western finals
4:26.04	Fussum Keflezighi, San Diego	5-18, CIF prelims
4:26.10	Eric Ricketts, Hilltop	4-20, Balboa
4:26.36	Sean Finn, Poway	5-18, CIF prelims
4:26.4	Mebrahtom Keflezighi, San Diego	5-10, Central finals
4:26.75	Ray Levister, Vista	4-20, Mt. SAC
4:26.90	Devin Elizondo, Mission Bay	5-18, CIF prelims
4:27.0	Cesar Lopez, Escondido	4-30, dual meet
4:27.2	Kenny Daum, San Pasqual	3-22, dual meet
4:30.2	Isaac Sanchez, Castle Park	4-16, dual meet
4:30.10	Bryan Leek, La Jolla	3-30, Sundevil

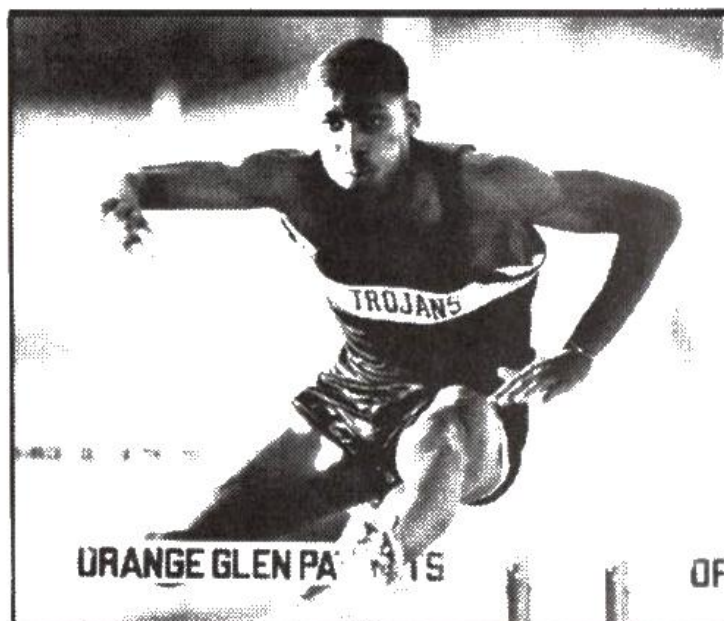
#### 3200 meters

9:09.59	Javier Lozano, Helix	6-1, State finals
9:10.55	Hector Hernandez, Mar Vista	6-1, State finals
9:21.63	Lozano	5-25, CIF finals
9:25.11	Nazario Romero, San Pasqual	6-1, State finals
9:26.54	Romero	5-25, CIF finals
9:27.0	Hernandez	4-26, Orange Glen

9:27.2	Matt Dilligan, Point Loma	4-13, Arcadia
9:28.7	Hernandez	5-10, Metro finals
9:29.83	Hernandez	5-25, CIF finals
9:30.9	Mebrahtom Keflezighi, San Diego	5-7, Central finals
<b>Other marks</b>		
9:31.0	Gilbert Serrano, Point Loma	4-26, Orange Glen
9:32.2	Eric Ricketts, Hilltop	4-26, Orange Glen
9:33.0	Brian Keim, San Pasqual	5-10, Avocado finals
9:33.37	Jason Kayne, Grossmont	5-25, CIF finals
9:34.2	Ray Levister, Vista	4-26, Orange Glen
9:38.0	Fussumbrahn Keflezighi, San Diego	5-7, Central finals
9:38.5	Devin Elizondo, Mission Bay	5-8, Western finals
9:38.90	Ciro Melendez, Mission Bay	5-25, CIF finals
9:39.95	Jeff Hernandez, Bonita Vista	5-25, CIF finals
9:40.8	Cesar Lopez, Escondido	3-23, Pasadena
9:41.7	Robert Walker, San Pasqual	4-17, dual meet
9:42.0	Tim Day, Mira Mesa	5-6, Eastern finals
9:43.2	Francisco Alcaez, La Jolla	5-8, Western finals
9:45.6	Nate Arnold, Poway	5-10, Palomar finals
9:46.2	Josh Johnson, El Camino	5-10, Avocado finals
9:46.6	Geoff Pfau, Helix	5-10, Grossmont finals
9:48.9	Arturo Guzman, University City	5-8, Western finals
9:49.7	Chad Wenger, Mira Mesa	5-6, Eastern finals
9:50.4	Saul Bolanos, Hoover	5-7, Central finals
9:53.4	Cesar Lopez, Escondido	4-4, dual meet
9:52.5	Spence Shewmake, Poway	5-10, Palomar finals
9:54.8	Reynaldo Ixta, Fallbrook	5-10, Palomar finals
9:55.9	Luis Perez, Ramona	5-10, Avocado finals
9:56.0	Scott Kolenic, Rancho Bernardo	4-30, dual meet

**110-meter high hurdles**  
(fully automatic times only)

14.31	Keith Williams, Escondido	4-6, Titan
14.34	Williams	5-31, State prelims
14.34	Williams	5-25, CIF finals
14.42	Williams	3-23, Pasadena
14.53	Eric Bell, Castle Park	3-30, Sundevil
14.68	Williams	3-16, Palm Springs



**Eric Bell**  
Castle Park's Eric Bell finished second in the 110-meter high hurdles in the CIF finals.

14.76	Williams	5-18, CIF prelims
14.70	Bell	3-23, Pasadena
14.78	Bell	4-6, Titan
14.87	Bell	5-18, CIF prelims
<b>Wind-aided marks</b>		
14.56	Bell	5-13, State prelims
<b>Other marks</b>		
15.01	Chris Morgan, Serra	5-18, CIF prelims
15.17	Tommy Bennett, Morse	5-25, CIF finals
15.28	Cameron Ricks, San Dieguito	5-18, CIF prelims
15.30	Robert Plummer, Hoover	5-25, CIF finals
15.55	Josh Bailey, Rancho BV	5-25, CIF finals
15.56	Thom Browne, Patrick Henry	5-18, CIF prelims
15.71	Haine Wolmarans, Poway	5-18, CIF prelims
<b>300-meter intermediate hurdles</b>		
36.9	Keith Williams, Escondido	5-10, Avocado finals
37.28	Williams	6-1, State finals
37.28	Williams	5-18, CIF prelims
37.5	Williams	5-8, Avocado prelims
37.5	Williams	3-21, dual meet
37.65	Williams	5-31, State prelims
37.66	Williams	5-25, CIF finals
37.93	Williams	4-13, Arcadia
38.26	Williams	4-20, Mt. SAC
38.30	Williams	3-30, Sundevil
<b>Other marks</b>		
38.53	Jason Anderson, San Diego	5-31, State prelims
39.17	Brian Elliott, Escondido	5-25, CIF finals
39.25	Ahmad Dents, Mira Mesa	5-25, CIF finals
39.3	Cameron Ricks, San Dieguito	5-10, Palomar finals
39.46	Chris Morgan, Serra	5-25, CIF finals
39.6	Steve Esselman, Poway	5-10, Palomar finals
39.82	Rudy Castillo, Castle Park	5-25, CIF finals
39.91	Randy Boozer, Orange Glen	5-18, CIF prelims
39.92	Eric Thompson, Fallbrook	5-18, CIF prelims
39.94	Chris Barton, El Capitan	5-18, CIF prelims
40.17	Eric Bell, Castle Park	3-30, Sundevil
40.37	Eddie Jabbour, Patrick Henry	4-6, Titan
40.3	Pat Shepard, Oceanside	5-10, Avocado finals
40.8	Jeremy Brue, Patrick Henry	5-6, Eastern prelims
40.8	Marc Syverson, Granite Hills	5-10, Grossmont finals
40.89	Thom Brown, Patrick Henry	5-18, CIF prelims
40.99	Michael Driver, Point Loma	3-30, Sundevil
<b>400-meter relay</b>		
42.45	Morse (Griffis, Nash, G. Taylor, C. Taylor)	5-25, CIF finals
42.47	Poway	5-25, CIF finals
42.4	Morse	5-10, Eastern finals
42.60	Poway	5-18, CIF prelims
42.64	Morse	4-6, Titan
42.78	Southwest	5-25, CIF finals
42.78	Poway	5-31, State prelims
42.80	Lincoln Prep	5-25, CIF finals



Morse  
University City

**Other marks**

Helix  
Escondido  
San Dieguito  
El Cajon Valley  
San Pasqual  
Mira Mesa  
Patrick Henry  
Point Loma  
Mt. Carmel  
El Camino  
La Jolla  
Oceanside  
Kearny  
Castle Park  
San Diego  
Torrey Pines  
Fallbrook  
Hoover

4-13, Arcadia  
5-25, CIF finals

5-25, CIF finals  
5-10, Avocado finals  
5-10, Palomar finals  
5-18, CIF prelims  
5-25, CIF finals  
4-6, Titan  
5-10, Eastern finals  
4-17, dual meet  
4-19, Mt. SAC  
5-2, dual meet  
5-10, Western finals  
5-10, Avocado finals  
4-16, dual meet  
5-10, Metro finals  
3-7, dual meet  
5-10, Palomar finals  
5-10, Palomar finals  
4-6, Titan

**1,600-meter relay**

Mira Mesa (Dents, Jackowski, Henderson, Evans)  
Escondido  
Morse  
Mira Mesa  
Mt. Carmel  
Poway  
Helix  
Escondido  
Mira Mesa  
Mira Mesa

5-25, CIF finals  
5-25, CIF finals  
5-25, CIF finals  
5-18, CIF prelims  
5-25, CIF finals  
5-25, CIF finals  
5-25, CIF finals  
5-18, CIF prelims  
5-10, Eastern finals  
4-20, Mt. SAC

**Other marks**

El Capitan  
San Dieguito  
Lincoln Prep  
San Pasqual  
San Diego  
Serra  
Fallbrook  
Patrick Henry  
University City  
Castle Park  
Torrey Pines  
Chula Vista  
USDHS  
El Camino  
Ramona  
Southwest

5-25, CIF finals  
5-10, Palomar finals  
5-18, CIF prelims  
5-18, CIF prelims  
5-10, Central finals  
5-10, Eastern finals  
5-10, Palomar finals  
5-10, Eastern finals  
5-10, Western finals  
4-26, Orange Glen  
5-10, Palomar finals  
4-20, Balboa  
5-10, Western finals  
5-10, Avocado finals  
5-10, Avocado finals  
5-10, Metro finals

**High jump**

John Hamilton, San Marcos  
Hamilton

4-6, Titan  
5-31, State prelims

6-6	David Santos, Rancho Bernardo	5-10, Avocado finals
6-6	Santos	3-22, dual meet
6-6	David Durst, San Pasqual	4-4, dual meet
6-5	Santos	3-7, dual meet

#### Other marks

6-4	Brian Beck, El Camino	5-31, State prelims
6-4	Eric Alspaugh, St. Augustine	5-25, CIF finals
6-4	Damian Cephass, Escondido	5-25, CIF finals
6-4	Jeremy Lynch, Poway	5-10, Palomar finals
6-4	David Carbaugh, Mira Mesa	4-17, dual meet
6-4	Craig Sammons, Mt. Carmel	3-6, dual meet
6-4	Vernon Warren, University City	5-8, Western finals
6-4	Josh Johnson, Castle Park	5-10, Metro finals
6-4	Gerald Rhoden, Bonita Vista	5-10, Metro finals
6-3	Chris Ott, Valhalla	4-5, dual meet
6-2	Mickey Reilly, San Pasqual	5-10, Avocado finals
6-2	Mike Hutton, West Hills	6-2, CIF prelims
6-2	Maeland Hoskins, Lincoln Prep	3-30, Sundevil
6-2	Warren Tahsheen, University City	4-20, Balboa
6-2	Colby Popplewell, Hilltop	5-10, Metro finals
6-1	Maurice Vickers, Morse	5-6, Eastern prelims

#### Pole vault

15-2	Scott Shimooka, San Pasqual	6-1, State finals
15-0	S. Shimooka	5-31, State prelims
14-6	Charles Shimooka, San Pasqual	5-25, CIF finals
14-6	S. Shimooka	4-13, Arcadia
14-4	Josh Fuller, Rancho BV	5-13, State prelims
14-5	S. Shimooka	4-6, Titan

#### Other marks

14-0	Eric Syverson, Granite Hills	5-18, CIF prelims
14-0	David Rynearson, Valhalla	5-25, CIF finals
14-0	Jason Carroll, Orange Glen	4-26, Orange Glen
13-8	Jay Donovan, Rancho BV	4-4, dual meet
13-7	Chris Buddin, Orange Glen	4-27, Vaquero
13-7	Ryan Leitzel, Vista	4-4, dual meet
13-6	Seth Bridge, La Jolla	5-18, CIF prelims
13-6	Terry McGee, San Marcos	4-4, dual meet
13-6	Eddie Heindrich, Crawford	4-25, dual meet
13-6	Fang Chang, Mt. Carmel	4-24, dual meet
13-6	Erik Rehn, El Capitan	5-3, dual meet
13-6	James Hopkinson, Helix	5-3, dual meet
13-6	Josh Bailey, Rancho BV	5-25, CIF finals
13-2	Doug Klinzing, Mira Mesa	4-10, dual meet
13-0	Jason Rice, Fallbrook	5-10, Palomar finals
13-0	Collin Gillespie, Torrey Pines	5-2, dual meet
13-0	Jeff Hargrove, Ramona	5-10, Avocado finals
13-0	Blaise Jackson, San Marcos	5-10, Avocado finals
13-0	Phil Persails, Orange Glen	3-30, Sundevil
13-0	Chris Rankin, Bonita Vista	5-10, Metro finals
13-0	Richard Brocchini, Hilltop	4-26, Orange Glen
13-0	Ryan Hunter, Vista	5-10, Palomar finals
13-0	Chau Nguyen, San Diego	5-7, Central finals

13-0	David Fipp, La Jolla	5-18, CIF prelims
13-0	Chris Rice, Carlsbad	5-10, Avocado finals

**Long jump**

23-9	Roque Balina, Mt. Carmel	5-18, CIF prelims
23-6 1/2	Balina	3-30, Sundevil
23-4 3/4	Terry Sweet, Morse	5-25, CIF finals
23-3 1/4	Cary Taylor, Morse	5-25, CIF finals
23-2 1/2	Balina	5-25, CIF finals
23-1 1/2	Scott Hammond, Lincoln Prep	3-30, Sundevil
23-0 1/2	Gary Taylor, Morse	5-18, CIF prelims
23-0	Teddy Lawrence, Morse	5-25, CIF finals
22-9	Damon Wright, Mt. Carmel	5-10, Palomar finals
22-8 3/4	Keith Rogers, Lincoln Prep	3-30, Sundevil

**Wind-aided marks**

23-8 3/4	Sweet	5-31, State prelims
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**Other marks**

22-7 1/2	Keith Harrison, Helix	5-18, CIF prelims
22-5 1/2	Marc Boykins, El Cajon Valley	5-10, Grossmont finals
22-4	Lamont Sauls, University City	5-8, Western finals
21-9 1/2	David Dunlap, West Hills	4-5, dual meet
21-8 1/2	Willie Branch, Sweetwater	5-7, Metro prelims
21-8 1/4	Nam Troung, Mira Mesa	3-30, Sundevil
21-7 3/4	David Santos, Rancho Bernardo	5/8, Avocado finals
21-6 1/2	Jason Keisel, San Pasqual	5-10, Avocado finals
21-6 1/2	Daryl Hawkins, San Pasqual	4-24, dual meet
21-6	Damian Richey, Poway	4-24, dual meet
21-6	Rick Smith, Vista	5-8, Palomar prelims
21-6	Tony Bratcher, San Diego	5-10, Central finals

**Triple jump**

48-8 1/4	Cary Taylor, Morse	5-18, CIF prelims
48-8	Terry Sweet, Morse	5-18, CIF prelims
48-6	C. Taylor	5-25, CIF finals
47-11 1/4	Sweet	5-25, CIF finals
47-10	C. Taylor	4-26, Orange Glen
47-5 1/4	Gary Taylor, Morse	5-25, CIF finals
46-8 1/4	Diablo Wallace, El Camino	5-10, Avocado finals
46-7	G. Taylor	5-6, dual meet
46-5	Sweet	5-6, Eastern finals
46-3	Sweet	4-17, dual meet

**Other marks**

45-5	Josh Johnson, Castle Park	4-13, Hilltop
45-3 1/4	Anthony Walter, Morse	5-25, CIF finals
45-3	Lorenzo Brooks, El Camino	5-23, CIF finals
44-9 3/4	Lamont Sauls, University City	5-8, Western finals
44-7 1/2	Marc Boykins, El Cajon Valley	5-10, Grossmont finals
44-5 1/2	Norman Hall, Mount Miguel	4-3, dual meet
44-2	Mike Duhaney, El Cajon Valley	5-10, Grossmont finals
44-2	Rick Smith, Vista	5-8, Palomar prelims
44-1 1/2	Reggie Ransaw, San Diego	5-7, Central finals
44-0 1/4	Damian Cephas, Escondido	5-18, CIF prelims
44-0	Troy Stephens, Mount Miguel	5-25, CIF finals
43-9 3/4	Nick Luco, San Dieguito	5-18, CIF prelims

43-9 3/4	Marc Syverson, Granite Hills	5-3, dual meet
43-4 1/2	Robbie Edwards, Mira Mesa	3-30, Eastern finals

### Shot put

56-11 1/2	Junior Cienega, Escondido	5-10, Avocado finals
56-10	Cienega	4-24, dual meet
56-3 1/2	David Loshonkohl, Granite Hills	4-23, dual meet
56-1 1/4	Cienega	5-8, Avocado prelims
55-10 1/2	Cienega	3-21, dual meet
55-6 1/2	Cienega	4-26, Orange Glen
55-4 1/2	Cienega	5-31, State prelims
55-2 1/2	Cienega	3-23, Pasadena
55-2 1/4	Cienega	4-17, dual meet
54-10 1/2	Cienega	5-25, CIF finals

### Other marks

50-10 1/2	Ritchey Koch, El Capitan	5-3, dual meet
50-7 1/2	Eric Meagher, Fallbrook	5-25, CIF finals
50-5 1/2	Jason Emmerick, Ramona	5-10, Avocado finals
50-2	Daniel Alonzo, Chula Vista	4-18, dual meet
50-0 1/2	Adam Norberg, Helix	4-23, dual meet
49-3	Lawrence Colen, Morse	5-6, Eastern prelims
49-0 3/4	David Walker, Mira Mesa	5-10, Eastern finals
49-0 3/4	Jomo Graham, Mira Mesa	4-26, Orange Glen
48-11 1/4	Jeff Scott, Mt. Carmel	5-25, CIF finals
48-1	Jim Gilliam, San Dieguito	5-10, Palomar finals
47-9	Ben Renteria, El Capitan	5-3, dual meet
47-5 1/2	Mike Ewart, Carlsbad	5-10, Avocado finals
47-2 1/2	Carlos Bando, La Jolla	4-20, Balboa
47-1 3/4	Chi Nelms, Hoover	5-10, Central finals

### Discus

166-0	Jomo Graham, Mira Mesa	5-31, State prelims
164-9	Ritchey Koch, El Capitan	5-3, dual meet
162-0	Scott Gommell, Vista	4-26, Orange Glen
160-1	Graham	4-26, Orange Glen
159-5	Graham	5-18, CIF prelims
158-7	Gommell	5-10, Palomar finals
158-5	Adam Norberg, Helix	3-30, Sundevil
156-6	Jim Gilliam, San Dieguito	5-31, State prelims
155-9	Graham	4-10, dual meet
155-8	Lawrence Colen, Morse	5-1, dual meet

### Other marks

155-0	David Loshonkohl, Granite Hills	4-13, Arcadia
154-4	Paul Wojcik, Fallbrook	4-19, dual meet
152-1	Angelo Henry, Morse	5-18, CIF prelims
151-6	Mike Waterhouse, Hilltop	5-18, CIF prelims
150-11	Andy Ordonez, San Marcos	5-25, CIF finals
150-9	Piccus, Grossmont	4-5, dual meet
147-2	David Walker, Mira Mesa	4-10, dual meet
146-9	Vaeena, Rancho BV	4-11, dual meet
146-5	Virgil Gross, Patrick Henry	5-25, CIF finals
144-8	Atti Toth, Ramona	5-10, Avocado finals

**1991's Top Performances**  
**Girls**  
**100 meters**  
(fully automatic times only)

<b>Mark</b>	<b>Name, School</b>	<b>Date, Meet</b>
11.92	Angela Sullivan, Serra	6-1, State finals
11.93	Sullivan	5-25, CIF finals
12.14	Sullivan	4-13, Arcadia
12.37	Monica Henderson, Morse	5-25, CIF finals
12.39	Nichelle Milner, Morse	5-25, CIF finals
12.39	Christina Burton, Helix	5-25, CIF finals
12.46	Allison Dring, Mt. Carmel	4-6, Titan
12.48	Milner	4-6, Titan
12.48	Sullivan	4-20, Mt. SAC
12.48	Burton	5-18, CIF prelims
<b>Wind-aided marks</b>		
11.89	Sullivan	5-31, State prelims
12.31	Henderson	5-31, State prelims
12.33	Milner	5-31, State prelims
<b>Other marks</b>		
12.52	Shalanda Fuller, Chula Vista	4-20, Balboa
12.55	Latasha McKinney, Monte Vista	4-6, Titan
12.75	Techia Patton, Rancho BV	5-25, CIF finals
12.81	Tamira Vaughn, San Diego	4-20, Balboa
12.88	Shalanda Hicks, Lincoln	4-20, Balboa
<b>200 meters</b>		
24.21	Angela Sullivan, Serra	5-25, CIF finals
24.56	Sullivan	5-31, State prelims
24.60	Allison Dring, Mt. Carmel	5-18, CIF prelims
24.5	Dring	5-10, Palomar finals
24.78	Dring	5-25, CIF finals
24.96	Nichelle Milner, Morse	5-25, CIF finals
25.04	Christina Burton, Helix	5-18, CIF prelims
24.8	Sullivan	4-13, Arcadia
25.10	Monica Henderson, Morse	5-25, CIF finals
<b>Other marks</b>		
25.3	Allie Kemp, San Dieguito	Palomar finals
25.69	Latasha McKinney, Monte Vista	4-20, Mt. SAC
25.8	Shalanda Fuller, Chula Vista	4-11, dual meet
25.9	Marsha Espinoza, Poway	4-26, Orange Glen
26.35	C.J. Hardman, Poway	5-18, CIF prelims
26.3	Erin Blunt, San Pasqual	4-17, dual meet
26.5	Ana Diamond, Patrick Henry	5-10, Eastern finals
26.5	Michelle O'Connor, Mt. Carmel	4-26, dual meet
26.6	Samantha Easton, Torrey Pines	4-17, dual meet
26.6	Jenny Butler, San Pasqual	4-27, dual meet
26.7	Dawn Birdsell, Mt. Carmel	5-10, Palomar finals
26.7	Jollery Nichols, Mt. Carmel	5-8, Palomar prelims
26.7	Sandra Castaneda, Orange Glen	5-8, Palomar prelims
26.7	Angie Bruno, Mt. Carmel	5-10, Palomar finals

### 400 meters

54.39	Allison Dring, Mt. Carmel	6-1, State finals
54.39	Dring	5-18, CIF prelims
55.2	Dring	5-10, Palomar finals
54.66	Dring	5-25, CIF finals
54.77	Dring	4-13, Arcadia
55.27	Dring	4-6, Titan
55.45	Dring	4-20, Mt. SAC
55.50	Dring	5-31, State prelims
55.6	Dring	4-11, dual meet
55.9	Dring	5-8, Palomar prelims

### Other marks

58.1	Erin Blunt, San Pasqual	5-10, Palomar finals
58.3	C.J. Hardman, Poway	5-10, Palomar finals
59.41	Ayanna Bennett, Morse	5-25, CIF finals
59.62	Amy Connole, El Capitan	5-25, CIF finals
59.5	Marsha Espinoza, Poway	4-24, dual meet
59.5	Melanie Hand, Fallbrook	4-24, dual meet
59.7	Nichelle Milner, Morse	4-17, dual meet
1:00.0	Kelly Crogan, San Dieguito	5-2, dual meet
1:00.39	Dawn Birdsell, Mt. Carmel	5-25, CIF finals
1:00.5	Paisley Close, San Pasqual	5-10, Avocado finals
1:00.68	Wanda Minor, Morse	5-25, CIF finals
1:01.00	Erin Phillips, San Marcos	5-25, CIF finals
1:01.0	Erin McDowell, Mt. Carmel	5-18, CIF prelims

### 800 meters

2:13.68	Susan Scott, Mt. Carmel	6-1, State finals
2:14.20	Scott	5-25, CIF finals
2:14.21	Scott	4-13, Arcadia
2:15.22	Scott	4-20, Mt. SAC
2:15.2	Scott	5-10, Palomar finals
2:15.42	Melanie Hand, Fallbrook	5-31, State prelims
2:15.45	Scott	5-31, State prelims
2:15.64	Hand	5-25, CIF finals
2:15.94	Hand	6-1, State finals
2:16.1	Hand	5-10, Palomar finals



**Milena Glusac**  
Fallbrook's Milena Glusac has swept CIF titles in the 1,600 and 3,200 the last two years.



**Angela Sullivan**  
Serra's Angela Sullivan is back to defend her CIF titles in the 100 and 200.

### Other marks

2:16.5	Milena Glusac, Fallbrook	4-3, dual meet
2:17.14	Karla Sanford, Monte Vista	5-25, CIF finals
2:17.33	Julie Schoene, La Jolla	5-25, CIF finals
2:17.64	Kristen Stocker, Fallbrook	5-25, CIF finals
2:19.6	Allison Dring, Mt. Carmel	4-17, dual meet
2:19.6	Monica Callan, Poway	5-10, Palomar finals
2:19.90	Kelly Young, Grossmont	5-25, CIF finals
2:20.5	Adrienne Bartletti, Rancho BV	5-10, Palomar finals
2:20.97	Alicia Pedroza, Mira Mesa	5-25, CIF finals
2:22.1	Rowena Gonzalez, Mar Vista	5-10, Metro finals
2:23.7	Deanna Hadley, San Pasqual	5-10, Avocado finals
2:23.9	Saskia Hostetler, Torrey Pines	5-10, Palomar finals
2:24.7	Laura Hampson, Mission Bay	5-10, Western finals
2:25.0	Allison Eilerts, San Pasqual	3-22, dual meet
2:25.0	Gretchen Scheibel, Orange Glen	4-26, Orange Glen
2:26.0	Marybeth Cary, San Pasqual	5-10, Avocado finals
2:26.2	Melissa Keim, San Paqual	4-11, dual meet

### 1,600 meters

4:51.29	Milena Glusac, Fallbrook	6-1, State finals
4:52.8	Glusac	5-10, Palomar finals
4:55.6	Glusac	5-8, Palomar prelims
4:56.70	Glusac	5-31, State prelims
4:56.06	Glusac	5-25, CIF finals
4:57.0	Glusac	5-18, CIF prelims
4:57.9	Glusac	4-18, dual meet
4:59.0	Glusac	4-26, Orange Glen
5:02.7	Glusac	5-2, Palomar prelims
5:03.3	Glusac	3-14, dual meet

### Other marks

5:06.28	Deanna Hadley, San Pasqual	4-13, Arcadia
5:08.02	Mailee Ferguson, La Jolla	5-18, CIF prelims
5:09.8	Alisa Nicodemus, Grossmont	5-18, CIF prelims
5:10.0	Melissa Keim, San Pasqual	5-10, Avocado finals
5:12.00	Saskia Hostetler, Torrey Pines	5-25, CIF finals
5:14.4	Susan Scott, Mt. Carmel	4-24, dual meet
5:14.7	Stephanie Rae, Rancho BV	5-10, Palomar finals
5:15.80	Sandra Rouse, Sweetwater	5-25, CIF finals
5:16.01	Gretchen Scheibel, Orange Glen	5-25, CIF finals
5:16.7	Ashleigh Armstrong, San Dieguito	5-10, Palomar finals
5:18.4	Kelly Olsen, El Capitan	5-18, CIF prelims
5:18.4	Marcia Larson, Mt. Carmel	5-10, Palomar finals
5:20.5	Beckie Levy, Madison	5-18, CIF prelims
5:20.9	Valerie Bergeron, San Pasqual	5-10, Avocado finals
5:23.0	Tamarra Tyrrell, San Pasqual	5-8, Avocado prelims
5:26.6	Melanie Hand, Fallbrook	4-24, dual meet
5:27.0	Charaighn Foss, Mt. Carmel	4-11, dual meet
5:27.5	Eleanor Chiarello, San Marcos	5-8, Avocado prelims

### 3,200 meters

10:24.61	Milena Glusac, Fallbrook	4-13, Arcadia
10:33.57	Glusac	6-1, State finals
10:39.3	Glusac	5-10, Palomar finals

10:53.5	Glusac	5-2, dual meet
10:59.99	Glusac	5-25, CIF finals
11:07.21	Deanna Hadley, San Pasqual	6-1, State finals
11:07.49	Melissa Keim, San Pasqual	6-1, State finals
11:08.0	Glusac	3-14, dual meet
11:18.4	Glusac	4-9, dual meet
11:19.0	Glusac	4-24, dual meet

#### Other marks

11:20.0	Ashleigh Armstrong, San Dieguito	4-26, Vaquero
11:23.10	Charaighn Foss, Mt. Carmel	5-25, CIF finals
11:26.2	Tamarra Tyrrell, San Pasqual	5-2, dual meet
11:30.1	Susan Scott, Mt. Carmel	4-30, dual meet
11:38.8	Tricia Callison, Poway	5-10, Palomar finals
11:45.4	Alisa Nicodemus, Grossmont	5-10, Grossmont finals
11:47.80	Valerie Bergeron, San Pasqual	5-25, CIF finals
11:47.94	Jennifer Vergith, Mt. Carmel	5-25, CIF Finals
11:49.2	Gretchen Scheibel, Orange Glen	3-16, dual meet
11:50.0	Kathleen Carl, Mt. Carmel	4-12, dual meet
11:53.5	Mailee Ferguson, La Jolla	3-14, dual meet

#### 100-meter low hurdles

14.26	Erin Blunt, San Pasqual	4-20, Mt. SAC
14.30	Blunt	4-6, Titan
14.1	Blunt	5-10, Avocado finals
14.38	Blunt	5-25, CIF finals
14.40	Blunt	4-13, Arcadia
14.3	Blunt	5-2, dual meet
14.4	Blunt	5-18, CIF prelims
14.5	Blunt	4-24, dual meet
14.5	Blunt	4-11, dual meet
14.6	Blunt	4-4, dual meet

#### Wind-aided marks

14.09	Blunt	5-31, State prelims
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#### Other marks

14.8	Jessica Veale, Poway	5-10, Palomar finals
15.18	Christina Stark, San Pasqual	5-25, CIF finals
15.0	Melanie Williams, Mt. Carmel	5-10, Palomar finals
15.33	Karen McAllister, Ramona	5-18, CIF prelims
15.3	Jacinta Parker, Orange Glen	5-18, CIFprelims
15.3	Anetra Trader, Mira Mesa	4-10, dual meet
15.6	Lisa Shepard, Orange Glen	4-9, dual meet
15.87	Valerie Ryan, San Pasqual	5-2, Avocado prelims
15.92	Karena Beckman, Point Loma	5-18, CIF prelims
15.92	Latrice Strahan, Lincoln Prep	5-18, CIF prelims
16.04	Dana Blackwood, Valhalla	5-18, CIF prelims
15.8	Ena Anderson, Morse	3-8, dual meet
15.8	Claire Boykin, Rancho Bernardo	4-30, dual meet
16.0	Christine Marassi, San Dieguito	5-2, Palomar prelims
16.0	Jeni Villasenor, San Pasqual	5-2, Avocado prelims

#### 300-meter low hurdles

42.69	Erin Blunt, San Pasqual	4-13, Arcadia
43.02	Blunt	6-1, State finals
43.26	Blunt	5-25, CIF finals



Blunt	4-20, Mt. SAC
Blunt	5-31, State prelims
Blunt	5-18, CIF prelims
Blunt	5-10, Avocado finals
Blunt	4-6, Titan
Blunt	5-8, Avocado prelims
Jessica Veale, Poway	5-25, CIF prelims

**Other marks**

Kristen Grebing, Mission Bay	5-28, CIF prelims
Ena Anderson, Morse	5-25, CIF finals
Michelle O'Connor, Mt. Carmel	5-18, CIF prelims
Dana Blackwood, Valhalla	5-25, CIF finals
Allison Eilerts, San Pasqual	5-10, Avocado finals
Christine Marassi, San Dieguito	5-10, Palomar finals
Melanie Williams, Mt. Carmel	5-18, CIF prelims
Valerie Ryan, San Pasqual	5-18, CIF prelims
Beth Gower, Granite Hills	5-18, CIF prelims
Jessica Brey, Poway	4-26, Orange Glen
Latrice Strahan, Lincoln Prep	5-18, CIF prelims
Kelly Sullivan, Rancho BV	4-6, Titan
Susan Scott, Mt. Carmel	3-4, dual meet
Karen McAllister, Ramona	5-10, Avocado finals
Sarah Bowman, University City	5-10, Western finals
Jeni Villasenor, San Pasqual	5-8, Avocado prelims
Tami Montalvo, Ranch BV	5-10, Palomar finals
Lisa Shepard, Orange Glen	5-18, CIF prelims
Stacey Surratt, Rancho Bernardo	5-10, Avocado finals
Anetra Trader, Mira Mesa	5-10, Eastern finals
Neysa Arthur, West Hills	5-18, CIF prelims
Claire Boykin, Rancho Bernardo	4-30, dual meet

**400-meter relay**

Morse (Anderson, Bennett, Henderson, Milner)	5-25, CIF finals
Morse	5-18, CIF prelims
Morse	5-31, State prelims
Morse	6-1, State finals
Mt. Carmel	5-25, CIF finals
Morse	5-10, Eastern finals
Mt. Carmel	5-31, State prelims
Mt. Carmel	5-10, Palomar finals
Mt. Carmel	5-18, CIF prelims
Poway	5-25, CIF finals

**Other marks**

Serra	5-10, Eastern finals
San Dieguito	5-25, CIF finals
Rancho Buena Vista	5-25, CIF finals
San Pasqual	5-25, CIF finals
Lincoln Prep	5-25, CIF finals
San Diego	5-25, CIF finals
La Jolla	5-18, CIF prelims
Torrey Pines	5-10, Palomar finals
Oceanside	5-10, Avocado finals
Ramona	5-10, Avocado finals

51.70	Monte Vista	4-6, Titan
51.70	Chula Vista	4-20, Balboa
51.8	Kearny	5-10, Western finals
51.9	USDHS	5-10, Western finals
51.9	University City	5-10, Western finals
51.9	Patrick Henry	4-26, Orange Glen
51.9	Orange Glen	4-26, Orange Glen
51.96	Mount Miguel	4-30, Sundevil

### 1,600-meter relay

3:49.75	Mt. Carmel (Birdsell, Scott, O'Connor, Dring)	6-1, State finals
3:50.99	Mt. Carmel	5-31, State prelims
3:52.20	San Pasqual	5-25, CIF finals
3:52.43	Mt. Carmel	5-25, CIF finals
3:52.67	San Pasqual	6-1, State finals
3:54.35	Morse	5-25, CIF finals
3:55.62	Mt. Carmel	5-18, CIF prelims
3:54.0	Mt. Carmel	5-10, Palomar finals
3:55.18	San Pasqual	5-31, State prelims
3:56.55	San Pasqual	5-18, CIF prelims

### Other marks

3:57.56	San Dieguito	5-25, CIF finals
3:57.9	Poway	5-10, Palomar finals
4:02.86	Fallbrook	5-25, CIF finals
4:07.05	Rancho Bernardo	5-25, CIF finals
4:08.04	Rancho Buena Vista	5-18, CIF prelims
4:11.13	Patrick Henry	5-18, CIF prelims
4:11.15	El Capitan	5-18, CIF prelims
4:13.9	La Jolla	5-10, Western finals
4:14.30	Valhalla	4-20, dual meet
4:15.9	San Marcos	5-10, Avocado finals

### High jump

Mark	Name, School	Date, Meet
5-6	Melanie Williams, Mt. Carmel	6-1, State finals
5-6	Williams	5-31, State prelims
5-5	Williams	4-6, Titan
5-4	Jill Weeks, Madison	5-25, CIF finals
5-4	Weeks	5-31, State prelims
5-4	Stacy Fordice, Fallbrook	5-18, CIF prelims
5-4	Williams	5-25, CIF finals
5-4	Weeks	5-18, CIF prelims
5-4	Williams	3-30, Sundevil
5-4	Weeks	5-10, Central finals

### Other marks

5-2	Kelly Barnes, Granite Hills	5-25, CIF finals
5-2	Jennifer Wilson, San Marcos	5-25, CIF finals
5-2	Jennifer Stadnyk, USDHS	5-25, CIF finals
5-2	Tamara Campbell, University City	4-20, Balboa
5-1 1/2	Angela Sullivan, Serra	4-10, dual meet
5-1	Amy Kraft, Carlsbad	3-19, dual meet
5-1	Kathy Sorenson, Hilltop	5-10, Metro finals
5-1	Nancy Bellinger, Mira Mesa	4-10, dual meet
5-0	Jenny Butler, San Pasqual	4-26, Orange Glen

5-0	Kristen Grebing, Mission Bay	5-0, Western finals
5-0	Christina Stark, San Pasqual	4-17, dual meet
5-0	Heather Bassett, El Capitan	4-20, Balboa
5-0	Amy Ferguson, San Dieguito	4-4, dual meet
5-0	Chanel Edwards, Lincoln Prep	4-6, Titan
5-0	Allison Eilerts, San Pasqual	4-6, Titan
5-0	Claire Boykin, Rancho Bernardo	5-10, Avocado finals
5-0	Maureen Flaherty, USDHS	4-16, dual meet
<b>Long jump</b>		
18-2 1/2	Amy Littlepage, Mount Miguel	5-3, dual meet
18-1	Littlepage	5-7, Grossmont prelims
18-1	Katina Harrison, Mount Miguel	5-3, dual meet
17-10	Littlepage	5-18, CIF prelims
17-10	Harrison	5-18, CIF prelims
17-8 3/4	Jollery Nichols, Mt. Carmel	5-10, Palomar finals
17-4 1/2	Littlepage	5-25, CIF finals
17-4	Allie Kemp, San Dieguito	3-30, Sundevil
17-2	Kemp	5-10, Palomar finals
17-1	Carol Clinger, Orange Glen	5-8, Palomar prelims
17-1	Melinda Forrest, Mount Miguel	5-25, CIF finals
<b>Wind-aided marks</b>		
17-5 3/4	Kemp	3-30, Sundevil
17-3 1/4	Clinger	5-13, State prelims
16-6 1/2	Latasha McKinney, Monte Vista	3-30, Sundevil
<b>Other marks</b>		
17-0 1/2	Trina Casey, Patrick Henry	5-18, CIF prelims
17-0 1/4	Christina Burton, Helix	5-7, Grossmont prelims
16-11	Latasha Lott, Morse	5-1, dual meet
16-10	Kathy Sorsenson, Hilltop	5-10, Metro finals
16-9 3/4	Jenny Butler, San Pasqual	5-8, Avocado prelims
16-8 3/4	Lisa Benson, San Dieguito	5-10, Palomar finals
16-7 3/4	Stacy Fordice, Fallbrook	4-13, Arcadia
16-7 1/2	Ena Anderson, Morse	5-25, CIF finals
16-7 1/4	Kim Andrews, Torrey Pines	4-17, dual meet
16-6 3/4	Latoya Crews, Morse	3-30, Sundevil
16-6	Claire Boykin, Rancho Bernardo	4-11, dual meet
16-5	Jacinta Parker, Orange Glen	5-2, dual meet
16-4	Allison Eilerts, San Pasqual	5-18, CIF prelims
16-4	Chanel Edwards, Lincoln Prep	4-11, dual meet
16-4	Reia Perkins, Bonita Vista	16-4, CIF prelims
16-3 1/2	Susan Busalacchi, USDHS	5-10, Western finals
16-3 1/4	Kelly Barnes, Granite Hills	4-26, Orange Glen
16-3	Julie Lunardi, Poway	5-10, Palomar prelims
16-3	Rachell Anderson, Escondido	5-2, dual meet
16-2 3/4	Paula McNamee, Parker	5-10, Southern finals
16-2	Shadesia Pearman, Mt. Miguel	4-27, Vaquero
16-1 3/4	Krista Anderson, San Pasqual	4-24, dual meet
<b>Triple jump</b>		
38-7	Katina Harrison, Mount Miguel	5-3, dual meet
38-3	Harrison	4-19, dual meet
38-2	Amy Littlepage, Mount Miguel	5-3, dual meet

38-1 Harrison  
 37-10 Shadesia Pearman, Mt. Miguel  
 37-8 Carol Clinger, Orange Glen  
 37-5 Harrison  
 37-3 3/4 Harrison  
 37-3 3/4 Littlepage  
 37-0 3/4 Kim Andrews, Torrey Pines  
 37-0 1/2 Littlepage  
 36-9 1/2 Clinger

**Other marks**

36-4 Krista Anderson, San Pasqual  
 36-1 Ena Anderson, Morse  
 35-6 3/4 Trina Casey, Patrick Henry  
 35-4 1/2 Amy Connole, El Capitan  
 35-4 Jollery Nichols, Mt. Carmel  
 35-1 1/2 Kyong Kwak, San Marcos  
 35-0 Christina Stark, San Pasqual  
 34-9 1/2 Chanel Edwards, Lincoln Prep  
 34-7 Kori Joiner, Rancho Bernardo  
 34-5 1/2 Kindra Johnson, Patrick Henry  
 34-5 1/2 Amy Myers, Granite Hills  
 34-5 Mesha Stallings, San Diego

**Shot put**

41-3 1/2 Kristina Mataafa, Orange Glen  
 41-3 1/2 Erica Ockert, Castle Park  
 40-10 Nikki Holt, Monte Vista  
 40-6 1/2 Safona Harris, Morse  
 40-5 3/4 Mataafa  
 40-3 1/2 Ockert  
 40-1 1/2 Mataafa  
 40-1 Shalanda Houston, Montgomery  
 40-1 Mataafa  
 40-1 Houston

**Other marks**

39-6 1/2 Scia Maumausolo, Mt. Carmel  
 38-8 Leslie Coons, Serra  
 38-0 1/4 Melissa Wickman, Mira Mesa

4-13, Arcadia  
 5-3, dual meet  
 5-18, CIF prelims  
 3-30, Sundevil  
 4-6, Titan  
 4-26, Orange Glen  
 4-13, Arcadia  
 5-7, Grossmont prelims  
 5-25, CIF finals

5-25, CIF finals  
 5-25, CIF finals  
 3-30, Sundevil  
 5-10, Grossmont finals  
 5-2, dual meet  
 5-18, CIF prelims  
 5-25, CIF finals  
 5-18, CIF prelims  
 4-9, dual meet  
 5-6, Eastern finals  
 5-10, Grossmont finals  
 5-7, Central finals

5-18, CIF prelims  
 4-24, dual meet  
 5-10, Grossmont finals  
 5-25, CIF finals  
 4-26, Orange Glen  
 4-16, dual meet  
 4-24, dual meet  
 5-10, Metro finals  
 5-25, CIF finals  
 5-10, Metro finals

4-13, Arcadia  
 5-6, Eastern prelims  
 5-25, CIF finals



**Kristina Mataafa**  
 Orange Glen's  
 Kristina Mataafa led  
 the county in both  
 weight events.

37-5 1/4	Ericka Sephus, Mission Bay	4-12, dual meet
37-3 1/4	Seeta Brown, Madison	3-16, Tiger
37-1	Margie Klein, Valhalla	5-10, Grossmont finals
36-11 1/4	Debbie Earman, Mount Miguel	4-26, Orange Glen
36-10	Sheree Walton, Helix	4-23, dual meet
36-4 1/2	Cari Zavala, Rancho BV	5-18, CIF prelims
36-1	Carol Clinger, Orange Glen	5-10, Palomar finals
35-3 1/2	Kelly Smith, Patrick Henry	3-16, Tiger
34-11	Lani Alo, Rancho BV	3-14 dual meet
34-9	Julie Manley, Fallbrook	4-24, dual meet
34-8	Lisa Malmgren, Mira Mesa	5-1, dual meet
34-7	Christina Dawson, Madison	5-7, Central prelims
34-6	Amelia Farnback, Mira Mesa	5-1, dual meet

#### Discus

150-10	Kristina Mataafa, Orange Glen	4-11, dual meet
140-1	Mataafa	5-25, CIF finals
139-4	Mataafa	4-9, dual meet
139-1	Mataafa	4-18, dual meet
137-7	Angie Allen, El Capitan	5-3, dual meet
137-3	Mataafa	5-31, State prelims
136-10	Mataafa	4-24, dual meet
136-4	Carrie Wadlington, Granite Hills	5-10, Grossmont finals
135-0	Mataafa	5-2, dual meet

#### Other marks

134-10	Scia Maumausolo, Mt. Carmel	4-13, Arcadia
132-1	Erika Sephus, Mission Bay	4-26, Orange Glen
124-0	Debbie Earman, Mount Miguel	4-19, dual meet
122-5	Leslie Coons, Serra	5-25, CIF finals
122-1	Safona Harris, Morse,	4-24, dual meet
121-10	Louise Croteau, San Dieguito	5-2, dual meet
117-5	Melissa Wickman, Mira Mesa	5-6, Eastern finals
115-5	Kristen Danielson, Grossmont	4-26, Orange Glen
114-8	Shauna Stevens, Orange Glen	3-30, Sundevil
114-4	Kim Jolly, Fallbrook	5-2, Palomar prelims
112-7	Jill Twombly, Partrick Henry	4-6, Titan
110-8	Seeta Brown, Madison	4-11, dual meet
110-2	Lisa Malmgren, Mira Mesa	3-28, dual meet

**Monica Henderson**  
**Angela Sullivan**  
Morse's Monica  
Henderson (L) and  
Serra's Angela  
Sullivan are rivals in  
the Eastern League.



**CIF San Diego Section  
Track and Field Records  
Boys**

<b>Year</b>	<b>Event</b>	<b>Name, School</b>	<b>Mark</b>
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*
1991	110 Meter HH	Keith Williams, Escondido	14.31
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	76-2
1990	Discus	Brent Noon, Fallbrook	200-8 (n)

**Girls**

<b>Year</b>	<b>Event</b>	<b>Name, School</b>	<b>Mark</b>
1984	100 Meters	Gail Devers, Sweetwater	11.51
1978	200 Meters	Judy Reed, Crawford	23.9*
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



(L to R)  
**Gail Devers**  
Sweetwater

**Pat Alduenda**  
Ramona

**Kira Jorgensen**  
Rancho BV

# All Time Track and Field Performances

## Boys

### 100 Meters

<b>Mark</b>	<b>Name, School</b>	<b>Year</b>
10.45	Darron Norris, El Camino	1984
10.51c (9.61y)	David Russell, Henry	1977
10.53	Riley Washington, Southwest	1990
10.54h	Paul Day, Kearny	1982
10.54hc (9.4y)	Elijah Jefferson, Crawford	1974,75
10.59	Darnay Scott, Kearny	1991
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
10.66	Scott Hammond, Lincoln	1991
10.67	Troy Kuretich, San Pasqual	1981
10.67	Raymond Ethridge, Crawford	1987
10.70	Kiyoshi Moody, Castle Park	1989
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 (9.7y)	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)	Kipperr Bell, Henry	1978
21.14hc (21.0y)	Roscoe Cook, San Diego	1956
21.14hc (21.0y)	Dave Blunt, Escondido	1961
21.23	Darnay Scott, Kearny	1991
21.24hc (21.1y)	Elijah Jefferson, Crawford	1975
21.24hc (21.1y)	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
21.43	Riley Washington, Southwest	1991
21.47	Glen Reyes, Orange Glen	1989
21.52	Patrick Rowe, Lincoln	1987

21.54hc (21.4y)	Jimmy Wilson, San Diego	1929
21.54hc (21.4y)	Johnny Mack Ellis, Lincoln	1966
21.54hc (21.4y)	Bruce Girasole, Madison	1972
21.54hc (21.4y)	Danny Miller, Morse	1973
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

46.94hc (47.1y)	Milton Mitchell, Lincoln	1970
46.98	Tony Banks, Morse	1979
47.14hc (47.3y)	Donald Tyler, Lincoln	1971
47.22	Michael Stevenson, Morse	1988
47.44hc (47.6)	Mike Singletary, San Diego	1965
47.59c	Mike Adkins, Bonita Vista	1979
47.94hc (48.1y)	Therlee Murphy, Lincoln	1968
48.00	David Gayden, Morse	1985
48.04hc (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
48.24hc (48.4y)	Danny Stewart, San Diego	1979
48.35	John Denny, Morse	1985
48.35	Marshall Evans, Mira Mesa	1991
48.34hc (48.5y)	Tom Agsten, Hoover	1963
48.44hc (48.6y)	Donn Renwick, Grossmont	1964
48.44hc (48.6y)	Bruce Ruff, El Cajon	1967
48.44hc (48.6y)	Seneca Godwin, Kearny	1968
48.44hc (48.6y)	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
48.8	Akiem Brown, Serra	1991
48.95	Jerry Ashworth, Poway	1989

#### 800 Meters

1:48.64hc (1:49.2y)	Bob Hose, Madison	1964
1:49.84hc (1:50.4y)	Terry Rodgers, Hilltop	1966
1:50.25	Mark Senior, Mt. Miguel	1988
1:51.04hc (1:51.6y)	Jim Brennan, El Camino	1979
1:51.74hc (1:52.3y)	Paul Becklund, Henry	1975
1:52.04hc (1:52.6y)	Dave Brown, Poway	1978
1:52.11	Francis O'Neill, San Pasqual	1989
1:52.14hc (1:52.7y)	Jim Cerveny, Mission Bay	1957
1:52.14hc (1:52.7y)	John Garrison, Hoover	1962
1:52.36	Tom Ellsworth, Pt. Loma	1983
1:52.44hc (1:53.0y)	Dan Ungricht, Monte Vista	1967



1:52.64hc (1:53.2y)	Tim Danielson, Chula Vista	1966
1:52.73	Shawn O'Neal, Oceanside	1980
1:52.74hc (1:53.3y)	Tom Ecklund, St. Augustine	1966
1:52.74hc (1:53.3y)	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
1:54.34	Isaac Sanchez, Castle Park	1991
1:54.37	Tom Williams, Granite Hills	1987

### 1,600 Meters

3:57.94hc (3:59.4y)	Tim Danielson, Chula Vista	1966
4:01.24hc (4:02.7yi)	Thom Hunt, Henry	1976
4:04.04hc (4:05.5y)	Terry Cotton, El Cajon	1972
4:06.52	Shawn O'Neal, Oceanside	1980
4:07.14hc (4:08.6y)	Steve Whitcomb, Helix	1979
4:07.34hc (4:08.8y)	Armando Valencia, El Cajon	1967
4:07.54hc (4:09.0y)	Francis O'Neill, San Pasqual	1989
4:07.64hc (4:09.1y)	Tom Davidson, El Cajon	1968
4:08.54hc (4:10.0y)	Ron Roberts, Morse	1979
4:09.14hc (4:10.6y)	Tom Smith, Granite Hills	1974
4:09.34hc (4:10.8y)	Thorn Bigley, Clairemont	1967
4:09.34hc (4:10.8y)	Jay Woods, Vista	1974
4:10.09	John Seeman, Helix	1981
4:10.27	Joe Manuel, Kearny	1982
4:10.34hc (4:11.8y)	Lloyd Apgar, Lincoln	1967
4:10.75	Paul Greer, St. Augustine	1982
4:10.78	Robert Fithen, Serra	1984
4:11.04hc (4:12.5)	Dave Harper, Clairemont	1970
4:11.36	Marc Davis, San Diego	1987
4:11.52	Mark Dani, Valhalla	1986
4:11.54hc (4:13.0)	Steve Beck, Kearny	1970
4:11.64	Andy Davis, Henry	1987
4:11.75	Jason Martin, Fallbrook	1987
4:12.22	Daniel Das Neves, Helix	1991
4:12.57	Jorge Rodriguez, Fallbrook	1989
4:12.95	Hector Hernandez, Mar Vista	1990

### 3,200 Meters

8:42.94hc (8:45.2y)	Thom Hunt, Henry	1976
8:45.54hc (8:49.1yi)	Mark Dani, Valhalla	1986
8:50.54hc (8:53.8y)	Dale Fleet, Clairemont	1971
8:51.54hc (8:54.8y)	Terry Cotton, El Cajon	1972
8:52.14hc (8:55.4y)	Tim Danielson, Chula Vista	1966
8:56.38	Marc Davis, San Diego	1987
8:56.34hc (8:59.6y)	Kirk Pfeffer, Crawford	1974
8:57.54hc (9:00.8y)	Ed Mendoza, Helix	1971
8:57.74hc (9:01.0y)	Otis Martin, Lincoln	1967
8:58.14hc (9:01.4y)	Armando Valencia, El Cajon	1980
8:58.94hc (9:02.2y)	Tom Davidson, El Cajon	1968
9:00.07	Sean Evans, Henry	1980

9:00.34hc (9:03.6y)	Don Olson, Monte Vista	1967
9:01.12	Jose Vega, Chula Vista	1982
9:03.95	Ellis Del Sol, Hilltop	1985
9:05.94hc (9:09.2y)	Ricky Perez, Kearny	1977
9:06.24hc (9:09.5y)	Marc Keller, Helix	1977
9:07.14hc (9:10.4y)	Dave Carter, Monte Vista	1969
9:08.24hc (9:11.5y)	Robbie Lopes, Monte Vista	1986
9:08.34	Pat Green, La Jolla	1984
9:09.59	Javier Lozano, Helix	1991
9:10.55	Hector Hernandez, Mar Vista	1991
9:10.70	Chris Courter, Bonita Vista	1983
	<b>110 Meter High Hurdles</b>	
14.31	Keith Williams, Escondido	1991
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
	<b>Wind-aided Marks</b>	
14.24w	Jeff Smith, Serra	1982
14.24hw	Bruce Mitchell, El Camino	1980
	<b>300 Meter Intermediate Hurdles</b>	
36.44	Kevin Jones, Mt. Miguel	1988
37.04 (36.9)	Keith Williams, Escondido	1991
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
38.39	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
38.53	Jason Anderson, San Diego	1991
38.64	Jerry Black, University City	1986
38.74h	Jeff Haines, Poway	1989
38.75h	Fred Dunn, Oceanside	1989
	<b>400 Meter Relay</b>	
41.44hc (41.5y)	Lincoln	1968
41.44hc (41.5y)	San Diego	1971
41.44hc (41.5y)	Crawford	1975
41.45	Morse	1983
41.54hc (41.6y)	Lincoln	1969
41.54hc (41.6y)	Lincoln	1972
41.54hc (41.6y)	Lincoln	1973
41.54hc (41.6y)	Lincoln	1976
41.62	Morse	1988
41.69	Crawford	1987

41.69	Lincoln	1990
41.74hc (41.8y)	Kearny	1975
41.70hc (41.8y)	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

3:13.74hc (3:14.8y)	Morse	1978
3:14.44hc (3:15.5y)	Lincoln	1968
3:15.34hc (3:16.4y)	Morse	1977
3:15.54	Morse	1987
3:15.77	Morse	1985
3:15.74hc (3:16.8y)	Morse	1974
3:16.11	Mt. Miguel	1988
3:17.07	Mira Mesa	1990
3:17.54hc (3:18.6y)	Helix	1968
3:17.64hc (3:18.7y)	Helix	1978
3:17.84hc (3:18.9y)	Henry	1975
3:17.94hc (3:19.0y)	Henry	1969
3:17.94hc (3:19.0y)	Lincoln	1971
3:18.59	Mira Mesa	1991
3:18.63	Henry	1989
3:18.84hc (3:19.9y)	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

**Jay Taylor**  
**Travis Knox**  
 Jay Taylor (L)  
 once held the  
 300 hurdles  
 record and  
 Travis Knox  
 once held the  
 110 record.



### 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 3/4	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
15-2	Scott Shimooka, Orange Glen	1991
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

25-5 1/4	Doyle Steele, San Diego	1966
25-5	Jerome Price, University City	1989
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 1/4	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

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
48-8 1/4	Cary Taylor, Morse	1991
48-8	Terry Sweet, Morse	1991
48-1	Willie Williams, Helix	1980
48-1	Lester Brown, San Diego	1984

#### Shot Put

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

#### Girls

##### 100 Meters

Mark	Name, School	Year
11.51	Gail Devers, Sweetwater	1984
11.56	Jackie Thompson, Lincoln Prep	1973
11.84hc (11.7y)	Judy Reed, Crawford	1978
11.90	Latashia McKinney, Monte Vista	1990
11.92	Angela Sullivan, Serra	1991
11.93	Velisa Harris, Morse	1983
11.94hc (11.8y)	Vicki Belser, Vista	1977
11.94hc	Chris Herring, Morse	1978
11.94hc	Janice Wiser, La Jolla	1978
11.97	Ellen Jones, Mt. Miguel	1981
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
24.14hc (24.0y)	Judy Reed, Crawford	1978
24.21	Angela Sullivan, Serra	1991
24.34hc (24.2y)	Janice Wiser, La Jolla	1974
24.44hc (24.3y)	Vicki Belser, Vista	1976
24.43	Allison Dring, Mt. Carmel	1990
24.54hc (24.4y)	Danita Young, Crawford	1978
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	Tashia McKinney, Monte Vista	1990
24.82	Shani Freeman, Crawford	1990
24.84h	Diana Turner, Fallbrook	1981
24.87	Estelle Jackson, Morse	1981
24.87	Katina Bugg, Henry	1990
24.96	Nichelle Milner, Morse	1991
24.94hc (24.8y)	Tracy Scott, Crawford	1979
25.04	Christina Burton, Helix	1991
25.04h	Gail Devers, Sweetwater	1984
25.04h	April Freow, Morse	1985

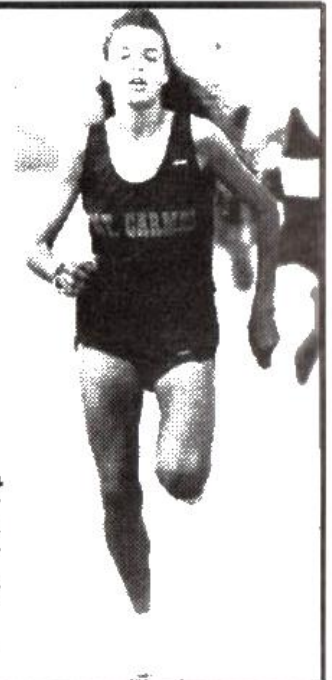
### 400 Meters

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
55.82	Lesley Noll, Mt. Carmel	1985
56.04hc (56.2y)	Tracy Baker, Monte Vista	1982
56.14h	Amy Jones, Henry	1981
56.17	Yolanda Fitch, Morse	1986
56.27	Gail Devers, Sweetwater	1982
56.46	Miriam White, Southwest	1985



#### **Darcy Arreola**

Grossmont's Darcy Arreola won the NCAA 1,500 title last year. She won the 1986 state title in the 1,600.



#### **Susan Scott**

Mt. Carmel's Susan Scott will try to move up on the all-time 800 list.

56.54h	Karen Nielsen, Valhalla	1984
56.67	Tracy Baker, Monte Vista	1985
56.73	Katina Bugg, Henry	1990
56.94hc (57.1y)	Helen Fulton, Bonita Vista	1977
57.04hc (57.2y)	Vanessa Thompson, San Diego	1976
57.20	Angel Mason, Rancho BV	1990
57.64hc (57.8y)	Nancy Eastern, Crawford	1977
57.74hc (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
2:12.24hc (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
2:13.44hc (2:14.0y)	Nel Griffith, Henry	1980
2:13.48	Charity Stowell, Mt. Carmel	1990
2:13.68	Susan Scott, Mt. Carmel	1991
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
4:51.29	Milena Glusac, Fallbrook	1991
4:54.24c (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
5:03.74hc (5:05.2y)	Bridget Bohan, Madison	1977
5:04.64hc (5:06.1y)	Carol Keller, Helix	1977

#### 3,200 Meter

10:24.23	Kira Jorgensen, Vista	1987
10:24.61	Milena Glusac, Fallbrook	1991
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
10:41.34 (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
10:44.44hc (10:47.7y)	Cheryl Flowers, Valhalla	1979
10:46.54hc (10:49.8y)	Teri Brown, San Pasqual	1979
10:49.44h	Suzi Tanner, Vista	1982
<b>100 Low Hurdles</b>		
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
14.26	Erin Blunt, San Pasqual	1991
14.44	Tracy Scott, Crawford	1981
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
<b>300 Low Hurdles</b>		
42.26	Gail Devers, Sweetwater	1983
42.69	Erin Blunt, San Pasqual	1991
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
44.80	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
<b>400 Meter relay</b>		
45.94c (46.14y)	Crawford	1977
46.89	Morse	1987
47.00c (47.20y)	Crawford	1978
47.12	Morse	1989
47.33	Morse	1991
47.41	Morse	1982
47.45	Morse	1985
47.68c (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
48.20c (48.40y)	Point Loma	1976
48.24hc (48.3y)	Morse	1979



### 1,600 Meter Relay

3:49.27c (3:50.47y)	Crawford	1981
3:49.27	Crawford	1981
3:49.75	Mt. Carmel	1991
3:50.73c (3:51.93y)	1978	
3:50.81c (3:52.01y)	Morse	1981
3:52.20	San Pasqual	1991
3:52.54hc (3:53.6y)	Crawford	1977
3:53.84h	Mt. Carmel	1990
3:53.95	Mt. Carmel	1989
3:54.31	Mt. Carmel	1985
3:54.35	Morse	1991
3:54.48	Morse	1987
3:54.56hc (3:55.6y)	Bonita Vista	1977
3:54.69	Henry	1980
3:54.80	Fallbrook	1981
3:55.73	San Pasqual	1989
3:55.85	Morse	1986

### 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 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	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
5-6	Melanie Williams, Mt. Carmel	1991

### 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
38-7	Katina Harrison, Mt. Miguel	1991
38-3 3/4	Angela Sims, El Camino	1990
38-2	Cherise Poole, Henry	1987
38-2	Amy Littlepage, Mt. Miguel	1991
37-10 1/2	Yvonne Griffin, El Camino	1983
37-10	Shadesia Pearman, Mt. Miguel	1991
37-8	Carol Clinger, Orange Glen	1991
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
150-10	Kristina Mataafa, Orange Glen	1991
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



**Kim Mathews,  
Yolanda Fitch,  
Nicola Stennis and  
Shawnette Sapp**  
Morse's 1987 400-meter  
relay team (L to R).

**State Champions  
Boys (Since 1915)**

	<b>100 Meters</b>	
1977	David Russell, Henry	9.61y
1974	Elijah Jefferson, Crawford	9.8y
1973	Elijah Jefferson, Crawford	9.7wy
1929	Jimmy Wilson, San Diego	9.8y
	<b>200 Meters</b>	
1977	David Russell, Henry	20.97y
1941	Glen Willis, San Diego	21.7y
1929	Jimmy Wilson, San Diego	21.4y
	<b>400 Meters</b>	
1979	Tony Banks, Morse	47.28
1946	Norm Stocks, San Diego	49.3y
1929	Cotton Warburton, San Diego	49.6y
	<b>800 Meters</b>	
1988	Mark Senior, Mt. Miguel	1:51.37
1966	Terry Rodgers, Hilltop	1:51.5y
1964	Bob Hose, Madison	1:51.1y
1957	Jim Cerveny, Mission Bay	1:52.7y
	<b>1,600 Meters</b>	
1991	Daniel Das Neves, Helix	4:12.22
1989	Francis O'Neill, San Pasqual	4:08.67
1966	Tim Danielson, Chula Vista	4:07.0y
1965	Tim Danielson, Chula Vista	4:08.4y
	<b>3,200 Meters</b>	
1971	Dale Fleet, Clairemont	8:53.8y
	<b>300 Intermediate Hurdles</b>	
1991	Keith Williams, Escondido	37.28
	<b>High Jump</b>	
1970	Jerry Culp, Oceanside	7-0 1/4
1953	Bernie Nelson, San Diego	6-4
1918	Harold Muller, San Diego	5-6
	<b>Pole Vault</b>	
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
	<b>Long Jump</b>	
1990	Jerome Price, University City	25-3 1/4
1978	Dokie Williams, El Camino	25-1 1/4
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
	<b>Triple Jump</b>	
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
	<b>Shot Put</b>	
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 1/8
1950	Hal Norris, Grossmont	56-5 1/4
	<b>Girls</b>	
	<b>100 Meters</b>	
1984	Gail Devers, Sweetwater	11.51
1974	Janice Wiser, La Jolla	10.8y
	<b>200 Meters</b>	
1974	Janice Wiser, La Jolla	24.2y
	<b>800 Meters</b>	
1986	Laura Chapel, University City	2:08.66
	<b>1,600 Meters</b>	
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
	<b>100 Low Hurdles</b>	
1984	Gail Devers, Sweetwater	13.41
	<b>300 Low Hurdles</b>	
1991	Erin Blunt, San Pasqual	43.02
	<b>400 Meter Relay</b>	
1977	Crawford	46.14y
	<b>High Jump</b>	
1987	Lynn Patrick, Serra	5-10
1978	Sue McNeal, Carlsbad	5-10/2
	<b>Long Jump</b>	
1983	Gail Devers, Sweetwater	19-6
1981	Chris Mose, El Cajon Valley	18-10 1/4
	<b>Shot Put</b>	
1975	Kathy Devine, Mission Bay	42-3 3/4
1974	Kathy Devine, Mission Bay	47-4 1/2
	<b>Discus</b>	
1986	Tracy Crawford, Southwest	156-2
1974	Kathy Middleton, Poway	134-5



### **Tracy Crawford**

Southwest's Tracy Crawford won the 1986 state title in the discus.



### **Laura Chapel**

University City's Laura Chapel won the 1986 state title in the 800.

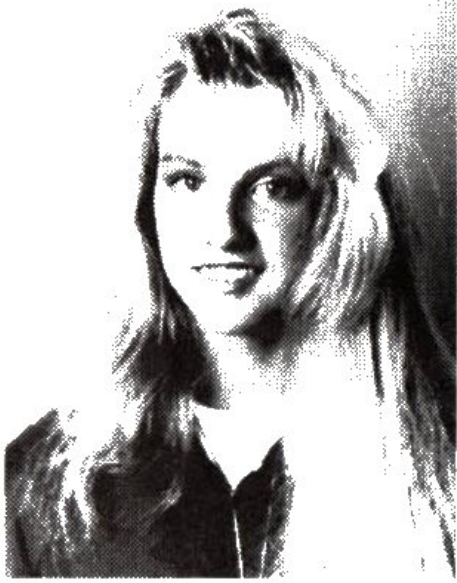
**1991 State Meet Finalists****Boys**

100	Riley Washington (Southwest junior)	10.50	Fourth
100	Darnay Scott (Kearny senior)	10.59	Sixth
200	Darnay Scott (Kearny senior)	20.98	Second
200	Riley Washington (Southwest junior)	21.67	Eighth
400	Marshall Evans (Mira Mesa senior)	48.88	Sixth
800	Isaac Sanchez (Castle Park junior)	1:54.88	Fifth
1600	Daniel Das Neves (Helix soph)	4:12.22	First
1600	Hector Hernandez (Mar Vista senior)	4:20.33	Seventh
1600	Robert Walker (San Pasqual senior)	4:20.87	Ninth
3200	Javier Lozano (Helix senior)	9:09.59	Fifth
3200	Hector Hernandez (Mar Vista senior)	9:10.55	Seventh
3200	Nazario Romero (San Pasqual soph)	9:25.22	14th
100HH	Eric Bell (Castle Park senior)	14.86	Eighth
100HH	Keith Williams (Escondido senior)	14.97	Ninth
300IH	Keith Williams (Escondido senior)	37.28	First
300IH	Jason Anderson (San Diego senior)	39.02	Fifth
High Jump	John Hamilton (San Marcos junior)	No Ht.	Ninth
Pole Vault	Scott Shimooka (San Pasqual senior)	15-2	Fourth
Long Jump	Terry Sweet (Morse senior)	21-5	Ninth
Triple Jump	Cary Taylor (Morse junior)	No mark	Ninth
Team	Helix sixth place with 12 points.		

**1991 State Meet Finalists****Girls**

100	Angela Sullivan (Serra junior)	11.92	Third
200	Angela Sullivan (Serra junior)	24.30	Third
200	Allison Dring (Mt. Carmel junior)	24.88	Ninth
400	Allison Dring (Mt. Carmel junior)	54.39	Second
800	Susan Scott (Mt. Carmel junior)	2:13.68	Seventh
800	Melanie Hand (Fallbrook soph)	2:15.94	Ninth
1600	Milena Glusac (Fallbrook soph)	4:51.29	Third
3200	Milena Glusac (Fallbrook soph)	10:33.57	Second
3200	Deanna Hadley (San Pasqual junior)	11:07.21	12th
3200	Melissa Keim (San Pasqual soph)	11:07.49	13th
100LH	Erin Blunt (San Pasqual junior)	14.81	Eighth
300LH	Erin Blunt (San Pasqual junior)	43.02	First
400 Relay	Morse	48.32	Fifth
1600 Relay	Mt. Carmel	3:49.75	Third
1600 Relay	San Pasqual	3:52.67	Fifth
High Jump	Melanie Williams (Mt. Carmel junior)	5-6	Eighth
Discus	Kristina Mataafa (Orange Glen junior)	129-10	Ninth
Team	Fallbrook and Mt. Carmel tied for ninth place with 14 points.		

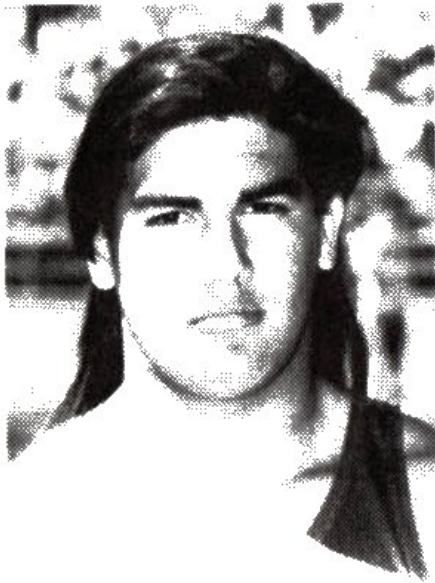
# Athletes to watch in 1992



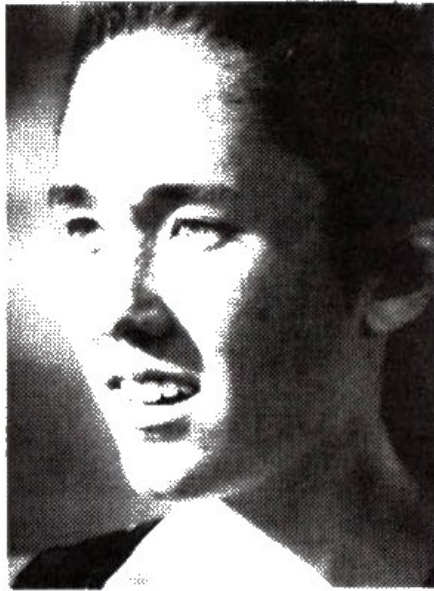
**Allison Dring**  
Mt. Carmel



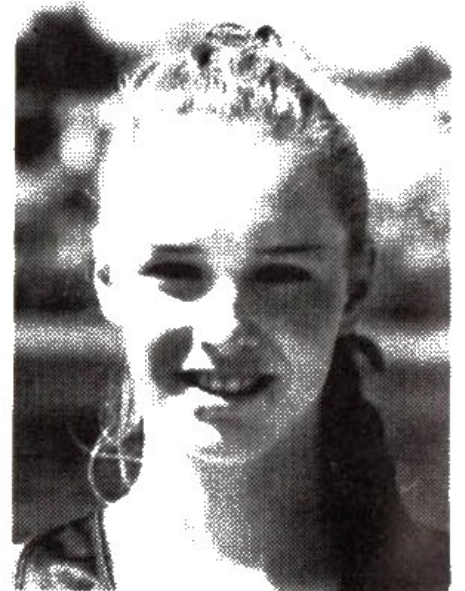
**Angela Sullivan**  
Serra



**Junior Cienega**  
Escondido



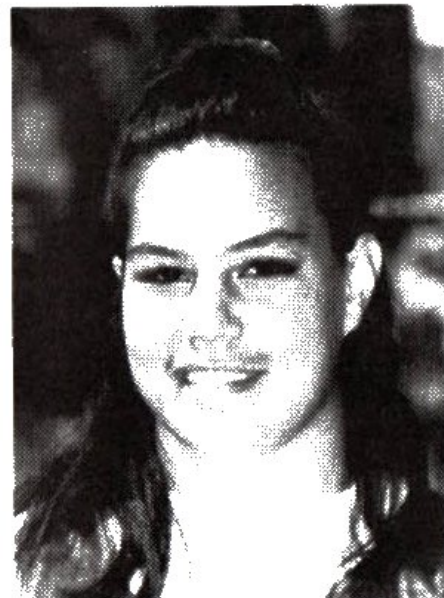
**Mailee Ferguson**  
La Jolla



**Melanie Williams**  
Mt. Carmel



**Riley Washington**  
Southwest



**Scia Maumausolo**  
Mt. Carmel

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