

Fallbrook High's Milena Glusac, the 1993 Female Athlete of the Year, wrapped up an incredible high school career by sweeping the State 1,600 and 3,200 meter runs. In her career, Glusac won eight section and three state track championships.



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Special Thanks:

To the Union Tribune Photo Department for all their help.

After a one-year hiatus, the San Diego High School Track and Field Record Book returns, thanks in a major way to long-time track fan and USD cross-country coach Richard Cota.

The 1994 book includes more marks and names than the previous two editions. Readers are constantly upgrading the all-time marks, compiled by Steve Brand, and the 1993 yearly list by Tom Shanahan is deeper than ever.

Also of interest is the CIF-San Diego Section record list.

There are two changes to that list even though the only official record set last year was in a new event, the girls' 100-meter hurdles race raised from 30" to 33". After the 1992 record book was distributed at the section championships, all-time mile leader Tim Danielson called to point out a discrepancy.

He accurately noted that there are several marks listed on the all-time list that are superior to the section records. That came about because under National Federation rules, in order for a mark to be considered for a section record it must have occurred in a meet in which four or more schools were competing. It must also be a high school-only meet prior to that state's championships.

Danielson, one of only three runners in the history of high school track and field to crack the four-minute mile barrier, ran 3:59.4 in an AAU championship meet. The next fastest mark, Thom Hunt's still-standing all-time indoor mile record of 4:02.7, was recorded in a pre-season meet in 1976. The fastest mile or 1,600 recorded under National Federation rules is the 4:05.5 mile run by El Cajon High's Terry Cotton in 1972, which converts to a 4:04.04 for 1,600 meters.

Likewise, the 1:49.2 880 by Madison's Bob Hose and 1:50.4 by Hilltop's Terry Rodgers came in post-season meets. The fastest half-mile under National Federation guidelines would be the 1:50.25 run by Mount Miguel's Mark Senior en route to winning the state championship in 1988.

Danielson's honesty cost him a spot in the section record book but he remains San Diego's — and one of the nation's — all-time best milers.

CIF-San Diego Section Track and Field Records BOYS

Year	Event	Name, School	Mark
1990	100 Meters	Riley Washington, Southwest	10.30
1987	200 Meters	Raymond Ethridge, Crawford	21.00 (n)
1979	400 Meters	Tony Banks, Morse	46.98*
1988	800 Meters	Mark Senior, Mt. Miguel	1:50.25
1970	1,600 Meters	Terry Cotton, El Cajon	4:04.04* (n)
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	1,600 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	25-5¼
1974	Triple Jump	Willie Banks, Oceanside	51-3
1987	Pole Vault	Pat Alduenda, Ramona	16-0¼
1990	Shot Put	Brent Noon, Fallbrook	76-2
1990	Discus	Brent Noon, Fallbrook	200-8 (n)

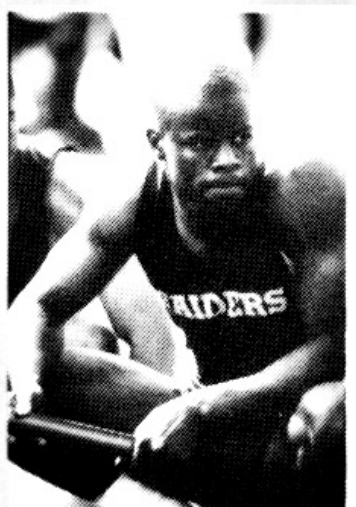
GIRLS

Year	Event	Name, School	Mark
1984	100 Meters	Gail Devers, Sweetwater	11.51
1987	200 Meters	Kim Matthews, Morse	24.06
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
1984	100 Meter H 30"	Gail Devers, Sweetwater	13.41
1993	100 Meter H 33"	Lisa Shepard, Orange Glen	15.17
1983	300 Meter H	Gail Devers, Sweetwater	42.26
1977	400 Meter Relay	Crawford (Young, Reed, Gaston, Lovelady)	45.94*
1978	1,600 Meter Relay	Crawford (Lawson, Taylor, Johnson, Scott)	3:49.27
1978	High Jump	Sue McNeal, Carlsbad	5-10¼
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mt. Miguel	41-8¼
1986	Shot Put	Tracy Crawford, Southwest	45-0¾
1986	Discus	Lori Parker, Ramona	162-0

(n) - Non-winning mark

* - Converted to metric time from yards time

NOTE: All section records must meet National Federation guidelines.



While at Southwest High in 1992, Riley Washington set the state 100-meter dash record, winning the event in 10.30 seconds. His mark also eclipsed the section record of 10.45 by El Camino's Darron Norris in 1984.

ALL-TIME SAN DIEGO TRACK AND FIELD PERFORMANCES

BOYS

100 Meters

Mark	Name	School	Year
10.30	Riley Washington	Southwest	1992
10.45	Darron Norris	El Camino	1984
10.49	Paul Turner	Uni. City	1993
10.51c (9.61y)	David Russell	Henry	1977
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
10.65	Scott Hammond	Lincoln	1992
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
10.84	Jamel Mitchell	Mt. Miguel	1993
10.84hc (9.7y)	Ralph Parson	Morse	1981
10.84hc	Necho Arnold	Kearny	1981
10.84hc	Carl Young	San Diego	1983
10.84hc	John Redding	San Diego	1983
10.84hc	Herb Duncan	Lincoln	1984
10.84hc	Jimmy Kegler	San Diego	1988

200 Meters

Mark	Name	School	Year
21.00	Ray Ethridge	Crawford	1987
21.08	Riley Washington	Southwest	1992
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

21.42	Scott Hammond	Lincoln	1992
21.43	Paul Day	Kearny	1981
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	Uni. City	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
21.92	Jamel Mitchell	Mt. Miguel	1993

400 Meters

Mark	Name	School	Year
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
48.77	Jere Miller	Henry	1993
48.89	Sean Cahill	Mira Mesa	1990
48.90	Art Hernandez	Montgomery	1989
48.94hc	Akiem Brown	Serra	1991
48.95	Jerry Ashworth	Poway	1989

800 Meters

Mark	Name	School	Year
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

1:52.04	Jesse Camp	El Capitan	1993
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
1:52.23	Matt Silva	San Pasqual	1993
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
1:54.23	Travis Jackowski	Mira Mesa	1992
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

Mark	Name	School	Year
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
4:08.36c	Daniel Das Neves	Helix	1992
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
4:11.33	Mark Hauser	St. Augustine	1993
4:11.36	Marc Davis	San Diego	1987
4:11.48	Mebrahtom Keflizighi	San Diego	1993
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
4:12.24	Nazario Romero	San Pasqual	1993

3,200 Meters

Mark	Name	School	Year
8:42.94hc (8:45.2y)	Thom Hunt	Henry	1976
8:46.84hc (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 Pfeiffer	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	1967
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
9:04.02	Daniel Das Neves	Helix	1992
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
9:08.14	Nazario Romero	San Pasqual	1992
9:08.24hc (9:11.5y)	Robbie Lopes	Monte Vista	1986
9:08.34	Pat Green	La Jolla	1984
9:08.76c	Mebrahtom Keflezighi	San Diego	1993
9:09.59	Javier Lozano	Helix	1991
9:10.55	Hector Hernandez	Mar Vista	1991
9:10.70	Chris Courter	Bonita Vista	1983

110 Meter High Hurdles

Mark	Name	School	Year
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	1962

(Wind-aided Marks)

Mark	Name	School	Year
14.24w	Jeff Smith	Serra	1982
14.24hw	Bruce Mitchell	El Camino	1980

300 Meter Intermediate Hurdles

Mark	Name	School	Year
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
38.05	Terry Herron	Oceanside	1985
38.14h	Dexter Monroe	Henry	1989
38.24h	Travis Knox	San Dieguito	1985
38.39	Ahmed Dent	Mira Mesa	1990
38.44h	Marlo O'Conner	Escondido	1989
38.46h	Osmond Swanegan	Morse	1986
38.49	Bruce Stone	Uni. City	1986
38.53	Jason Anderson	San Diego	1991
38.64	Jerry Black	Uni. City	1986
38.74h	Jeff Haines	Poway	1989

400 Meter Relay

Mark	School	Year
41.44hc (41.5y)	Lincoln	1968
41.44hc (41.5y)	San Diego	1971
41.44hc (41.5y)	Crawford	1975
41.5	Morse	1983
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
41.74hc (41.8y)	Crawford	1975
41.84	Morse	1990
41.86	Uni. City	1993
41.88	Serra	1982
41.90	El Camino	1993
41.92	Uni. City	1990
42.00	Mira Mesa	1980
42.10	Lincoln	1987
42.10	Mira Mesa	1990
42.15	Lincoln	1982
42.20	Poway	1989
42.21	Mt. Miguel	1988
42.26	Morse	1989

1,600 Meter Relay

Mark	School	Year
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
3:15.74hc (3:16.8y)	Morse	1974
3:15.77	Morse	1985
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

High Jump

Mark	Name	School	Year
7-2	Frank Schiefer	Henry	1979
7-0¼	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
6-9¾	Ed Hanks	Hoover	1964
6-9¾	Phil Singleton	San Diego	1967
6-9¾	Tim Brown	Morse	1967
6-9¾	Jim Geddes	La Jolla	1973
6-9¾	Brian Negrete	El Cajon	1988

Pole Vault

Mark	Name	School	Year
16-1	Pat Alduenda	Ramona	1987
15-9	Chris Buddin	Orange Glen	1993
15-7	Matt Lehman	San Dieguito	1988
15-7	Jason Rice	Fallbrook	1993
15-6	Jay Rafail	Vista	1987
15-6	Rick Lotterer	San Pasqual	1988
15-5	Brian Chase	Granite Hills	1989
15-5	David Fipp	La Jolla	1993
15-3	Sean Hickey	Fallbrook	1985
15-2½	Jeff Mulligan	San Dieguito	1984
15-2	Wes Stephens	Orange Glen	1989, 90
15-2	Scott Shimooka	San Pasqual	1991
15-1¼	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
15-0	Justin Wilson	RBV	1993
15-0	Sean Taylor	Fallbrook	1993

Long Jump

Mark	Name	School	Year
25-5¼	Doyle Steele	San Diego	1966
25-5	Jerome Price	Uni. City	1989
25-1¼	Dokie Williams	El Camino	1978
24-11	Lewis King	Lincoln	1967
24-9	Arnold Tripp	Crawford	1959
24-6¼	Tom Brown	Castle Park	1989
24-5¾	James Kennedy	Lincoln	1962
24-5½	Pierre Frazier	Hoover	1965
24-4	Bouncy Moore	San Diego	1968
24-2¾	Willie Banks	Oceanside	1974
24-2	Scott Hammond	Lincoln	1990
24-2	Corri Moore	Monte Vista	1993
24-0¾	Willie Steele	Hoover	1941
24-0¾	Eugene Gunn	Oceanside	1981
24-0¼	Ken Tucker	Lincoln	1959
24-0	Luther Hayes	Lincoln	1956

24-0	George Williams	Kearny	1958
24-0	Arnie Robinson	Morse	1966
24-0	Tony Hamilton	Castle Park	1978
24-0	Ray Howard	Montgomery	1979
24-0	Gary Taylor	Morse	1992

Triple Jump

Mark	Name	School	Year
51-3	Willie Banks	Oceanside	1974
51-2½	Dokie Williams	El Camino	1977
51-2	Lenny McGill	Orange Glen	1989
50-5½	Damon Carson	San Diego	1988
50-3½	Charles Huff	La Jolla	1988
49-8½	Cary Taylor	Morse	1992
49-8	Von Ware	RBV	1993
48-10	Alan Osborne	El Cajon	1982
48-8¾	Craig Montgomery	El Camino	1978
48-8	Terry Sweet	Morse	1991
48-2½	Reggie Mitchell	Sweetwater	1993
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
65-11¼	Curt Hampton	El Cajon	1974
64-11	Pete Schmock	San Dieguito	1968
64-11	Billy Joe Winchester	Mt. Miguel	1970
64-3½	George Brown	Granite Hills	1967
63-4	Ken Pole	El Capitan	1978
62-7½	Matt Gauthier	Valhalla	1978
61-6¼	Ed Speed	Grossmont	1961
61-5¾	Jim Wade	Grossmont	1957
61-4	Brian Boggess	El Capitan	1986

Discus

Mark	Name	School	Year
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	Tashia 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
12.02	Monica Henderson	Morse	1992
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

Mark	Name	School	Year
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
24.43	Allison Dring	Mt. Carmel	1990
24.44hc (24.3y)	Vicki Belser	Vista	1976
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
24.94hc (24.8y)	Tracy Scott	Crawford	1979
24.96	Nichelle Milner	Morse	1991
25.04	Christina Burton	Helix	1991
25.04h	Gail Devers	Sweetwater	1984
25.04h	April Freow	Morse	1985

400 Meters

Mark	Name	School	Year
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
55.94 (55.8c)	Lana Garner	Morse	1993
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
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
57.34	Allie Kemp	San Dieguito	1992
57.64hc (57.8y)	Nancy Eastern	Crawford	1977
57.74hc (57.9y)	Judy Reed	Crawford	1976
57.70	Ayanna Bennett	Morse	1990

800 Meters

Mark	Name	School	Year
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
2:12.14 (2:12.0c)	Kristina Hand	Fallbrook	1988
2:12.24hc (2:12.8y)	Beth Howell	San Dieguito	1975
2:12.24c	Melanie Hand	Fallbrook	1992
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 Meters

Mark	Name	School	Year
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
4:50.83	Milena Glusac	Fallbrook	1993
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
4:56.20	Claire Becker	Bonita Vista	1993
4:57.88	Sandy Blakeslee	Vista	1983
4:59.34	Stephanie Fedorchak	Fallbrook	1984
4:59.94	Kristina Hand	Fallbrook	1987
5:00.07	Melissa Keim	San Pasqual	1993
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 Meters

Mark	Name	School	Year
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
10:45.48	Melissa Keim	San Pasqual	1993
10:46.54hc (10:49.8y)	Teri Brown	San Pasqual	1979
10:49.44h	Suzi Tanner	Vista	1982

100 Hurdles (33-inch)

Mark	Name	School	Year
15.17	Lisa Shepard	Orange Glen	1993
15.36	Stacy Surrat	Rancho Bernardo	1993
15.39	Dana Blackwood	Valhalla	1993
15.40	Lakesha Parker	Bonita Vista	1993
15.43	Eugenia Makrogiannis	University City	1993

100 Hurdles (30-inch)

Mark	Name	School	Year
13.41	Gail Devers	Sweetwater	1984
13.94	Erin Blunt	San Pasqual	1992
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	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 Hurdles

Mark	Name	School	Year
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
44.47	Carlene Jones	Morse	1993
44.53	Wendy Edelen	Crawford	1981
44.59	Stacy Thompson	Morse	1988
44.80	Cathy Stark	San Pasqual	1989
44.82	Carrie Vickery	El Capitan	1993
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

Mark	School	Year
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
47.83	Morse	1992
47.88	Morse	1993
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

Mark	School	Year
3:49.27c (3:50.47y)	Crawford	1981
3:49.75	Mt. Carmel	1991
3:50.73c (3:51.93y)	Crawford	1978
3:50.81c (3:52.01y)	Morse	1981
3:52.20	San Pasqual	1991
3:52.31	Morse	1993
3:52.54hc (3:53.6y)	Crawford	1977
3:53.07	San Pasqual	1992
3:53.44	Mt. Carmel	1992
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

Mark	Name	School	Year
6-1¾	Sue McNeal	Carlsbad	1979
5-10	Lynn Patrick	Serra	1987,88
5-8¾	Chris Remmling	San Dieguito	1976
5-8¾	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
5-6	Jenny Stadnyk	Carlsbad	1993

Long Jump

Mark	Name	School	Year
20-7	Gail Devers	Sweetwater	1984
20-5	Amy Littlepage	Mt. Miguel	1993
19-4	Nichelle Strahan	Mt. Miguel	1986
19-4	Latanya Canada	Castle Park	1987
19-3½	Debbie Wilford	Castle Park	1977
19-1¼	Jewell Lovelady	Crawford	1977
19-1	Laura Stowe	Torrey Pines	1987
19-0½	Michelle Outlaw	Lincoln	1987
18-11¾	Melinda Forest	Mt. Miguel	1993
18-10¾	Kim Huey	Santa Fe Christian	1985
18-10¾	Nedra Dillon	Mission Bay	1989
18-10¼	Chris Mose	El Cajon	1981
18-10	Rochelle Johnson	Henry	1989

Triple Jump

Mark	Name	School	Year
41-8¼	Jackie Anderson	Mt. Miguel	1987
40-8¾	LaFrانيا West	Grossmont	1988
40-6¾	Rochelle Johnson	Henry	1989
40-6¼	Tamieka Porter	Orange Glen	1993
40-4	Amy Littlepage	Mt. Miguel	1993
39-6	Gail Devers	Sweetwater	1984
39-2¼	Shadesia Pearman	Mt. Miguel	1993
39-2	Stacy Thompson	Morse	1988
38-7	Katina Harrison	Mt. Miguel	1991
38-3¾	Angela Sims	El Camino	1990
38-2	Cherise Poole	Henry	1987
37-10½	Yvonne Griffin	El Camino	1983
37-8	Carol Clinger	Orange Glen	1991
37-6½	Margaret Warren	Mt. Miguel	1982
37-5½	Kim Loyd	Mt. Miguel	1986

Shot Put

Mark	Name	School	Year
49-6	Kathy Devine	Mission Bay	1974
45-0¾	Tracy Crawford	Southwest	1986
43-10¼	Laura Hughes	Orange Glen	1988
43-2½	Kartsi Leppaluoto	Madison	1986
43-2¼	Kristina Mataafa	Orange Glen	1992
43-2	Fernanda deOliveria	Henry	1993
43-1¾	Jennifer Viavia	Madison	1988
42-11½	Susan Compton	Marian	1980
42-8¼	Mulu Tosi	Morse	1989
42-3	Michelle Campbell	Crawford	1987
41-8¾	Liz Mueller	Vista	1980
41-8	Pam Masterson	Carlsbad	1980
41-7¾	Starla Ahu	Vista	1987

Discus

Mark	Name	School	Year
162-0	Lori Parker	Ramona	1986
156-2	Tracy Crawford	Southwest	1986

151-1	Kristina Mataafa	Orange Glen	1992
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
144-3	Scia Maumausolo	Mt. Carmel	1992
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

State Champions BOYS (Since 1915)

100 Meters

Year	Name	School	Mark
1992	Riley Washington	Southwest	10.30
1977	David Russell	Henry	9.61y
1974	Elijah Jefferson	Crawford	9.8y
1973	Elijah Jefferson	Crawford	9.7wy
1929	Jimmy Willson	San Diego	9.8y

200 Meters

Year	Name	School	Mark
1977	David Russell	Henry	20.97y
1941	Glen Willis	San Diego	21.7y
1929	Jimmy Willson	San Diego	21.4y

400 Meters

Year	Name	School	Mark
1979	Tony Banks	Morse	47.28
1946	Norm Stocks	San Diego	49.3y
1929	Cotton Warburton	San Diego	49.6y

800 Meters

Year	Name	School	Mark
1988	Mark Senior	Mt. Miguel	1:51.37
1966	Terry Rodgers	Hilltop	1:51.5y
1964	Bob Hose	Madison	1:51.1y
1957	Jim Cerveny	Mission Bay	1:52.7y

1,600 Meters

Year	Name	School	Mark
1992	Daniel Das Neves	Helix	4:09.54
1991	Daniel Das Neves	Helix	4:12.22
1989	Francis O'Neill	San Pasqual	4:08.67
1966	Tim Danielson	Chula Vista	4:07.0y
1965	Tim Danielson	Chula Vista	4:08.4y

3,200 Meters

Year	Name	School	Mark
1971	Dale Fleet	Clairemont	8:53.8y

110 High Hurdles

Year	Name	School	Mark
1938	John Beiwaner	San Diego	15.3y

300 Intermediate Hurdles

Year	Name	School	Mark
1991	Keith Williams	Escondido	37.28

High Jump

Year	Name	School	Mark
1970	Jerry Culp	Oceanside	7-0¼
1953	Bernie Nelson	San Diego	6-4
1918	Harold Muller	San Diego	5-6

Pole Vault

Year	Name	School	Mark
1961	Mike Graves	El Cajon	14-2¼
1929	Bill Miller	San Diego	12-6
1928	Bill Miller	San Diego	12-9½
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
1922	Harry Smith	San Diego	11-11½

Long Jump

Year	Name	School	Mark
1990	Jerome Price	University City	25-3¼
1978	Dokie Williams	El Camino	25-1¼
1966	Doyle Steele	San Diego	25-3¼
1962	James Kennedy	Lincoln	24-5¾
1957	Luther Hayes	Lincoln	23-8½

Triple Jump

Year	Name	School	Mark
1989	Lenny McGill	Orange Glen	51-1¼
1978	Dokie Williams	El Camino	50-4¼
1977	Dokie Williams	El Camino	51-0½
1974	Willie Banks	Oceanside	50-9
1973	Willie Banks	Oceanside	49-7¼

Shot Put

Year	Name	School	Mark
1990	Brent Noon	Fallbrook	74-4¾
1989	Brent Noon	Fallbrook	66-1½
1986	Brian Boggess	El Capitan	61-4
1968	Pete Schmock	San Dieguito	63-11
1954	Dick Bronson	Grossmont	59-7
1950	Hal Norris	Grossmont	56-5¼

GIRLS

100 Meters

Year	Name	School	Mark
1984	Gail Devers	Sweetwater	11.51
1974	Janice Wisner	La Jolla	10.8y

200 Meters

Year	Name	School	Mark
1974	Janice Wisner	La Jolla	24.2y

800 Meters

Year	Name	School	Mark
1986	Laura Chapel	University City	2:08.66

1,600 Meters

Year	Name	School	Mark
1993	Milena Glusac	Fallbrook	4:50.83
1989	Kira Jorgensen	Rancho BV	4:49.55
1988	Kira Jorgensen	Rancho BV	4:49.54
1987	Kira Jorgensen	Vista	4:45.98
1986	Darcy Arreola	Grossmont	4:45.13

3,200 Meters

Year	Name	School	Mark
1993	Milena Glusac	Fallbrook	10:42.68
1992	Milena Glusac	Fallbrook	10:28.62

100 Hurdles (30-inch)

Year	Name	School	Mark
1984	Gail Devers	Sweetwater	13.41

300 Hurdles

Year	Name	School	Mark
1991	Erin Blunt	San Pasqual	43.02

400 Meter Relay

Year	School	Mark
1977	Crawford	46.14y

High Jump

Year	Name	School	Mark
1987	Lynn Patrick	Serra	5-10
1978	Sue McNeal	Carlsbad	5-10¼

Long Jump

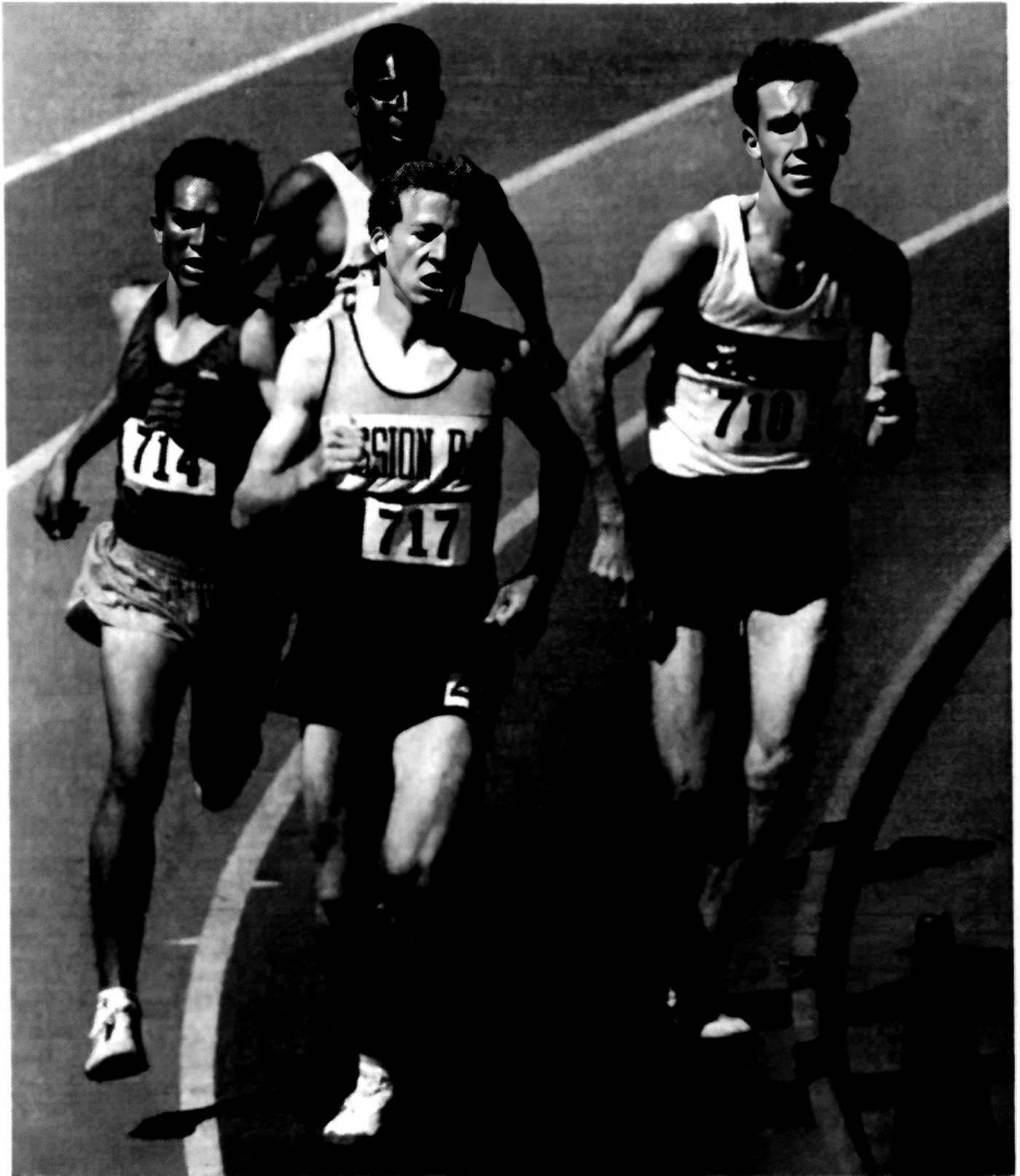
Year	Name	School	Mark
1983	Gail Devers	Sweetwater	19-6
1981	Chris Mose	El Cajon Valley	18-10¼

Shot Put

Year	Name	School	Mark
1975	Kathy Devine	Mission Bay	42-3 $\frac{3}{4}$
1974	Kathy Devine	Mission Bay	47-4 $\frac{1}{2}$

Discus

Year	Name	School	Mark
1986	Tracy Crawford	Southwest	156-2
1976	Kathy Middleton	Poway	134-5



One of the most exciting finishes in section history came in the 1993 boys 1,600 meter run. Four runners came off the final turn, led by Mission Bay's David Levy (717). But, St Augustine's Mark Hauser (710) found an opening on the inside and went on to win in 4:11.33. San Pasqual's Nazario Romero (714) and San Diego's Mebrahtom Keflezighi also qualified for the state meet.

1993 TOP PERFORMANCES

BOYS

100 Meters

Mark	Name, School	Event
10.49	Paul Turner, University City	6-19, State finals
10.62	Turner	4-10, Arcadia
10.84	Jamel Mitchell, Mount Miguel	5-14, Gross 3A finals
10.85	Turner	5-29, section finals
10.92	Leó Zent, West Hills	5-14, Gross 2A finals
10.93	Mitchell	5-29, section finals
10.97	Mitchell	5-22, section prelims
11.01	Jason Hayes, Mira Mesa	5-29, section finals
11.02	Marlon McWilson, San Diego	4-24, Sundevil
11.04	Mitchell	4-24, Sundevil
11.05	Marlin Carey, Mt. Carmel	5-29, section finals
11.09	Hayes	4-24, Sundevil
11.19	Greg Russell, University City	4-24, Sundevil
11.19	Leon Hawes, Rancho Buena Vista	4-3, Titan
11.27	Jaime Blake, La Jolla	5-22, section prelims
11.28	Darrius George, San Diego	4-3, Titan
11.28	Julius Jones, El Cajon Valley	4-24, Sundevil
11.28	Bryant Eubanks, El Camino	5-22, section prelims
11.29	Johnny Robinson, Chula Vista	4-3, Titan
11.31	Leon Toney, Morse	4-24, Sundevil

(Hand-times)

Mark	Name, School	Event
10.6	George Sutton, Vista	4-28, dual meet
10.7	Renal Robinson, El Camino	3-25, dual meet
10.8	Samaji Akili, Helix	5-6, dual meet
10.8	Maurice White, Helix	5-14, Gross 3A finals

200 Meters

Mark	Name, School	Event
21.92	Jamel Mitchell, Mount Miguel	5-29, section finals
21.8	Leo Zent, West Hills	5-14, Gross 2A finals
21.8	Greg Russell, University City	5-11, Western prelims
22.09	Paul Turner, University City	5-29, section finals
21.9	Jere Miller, Patrick Henry	5-14, Eastern finals
22.0	Etroy Nelson, San Diego	3-11, dual meet
22.1	Marlin Carey, Mt. Carmel	5-6, dual meet
22.1	Bryant Eubanks, El Camino	4-28, dual meet
22.32	Jason Hayes, Mira Mesa	5-29, section finals
22.3	Frans Thomassen, Orange Glen	5-14, Palomar finals
22.35	Marlon McWilson, San Diego	4-24, Sundevil
22.51	Leo Zent, West Hills	5-29, section finals
22.54	Ron Allen, Army-Navy	5-22, section prelims
22.4	Julius Jones, El Cajon Valley	5-14, Gross 2A finals
22.5	David George, Rancho Buena Vista	5-11, Palomar prelims
22.5	Michael Bell, Crawford	4-1, dual meet
22.5	Darrius George, San Diego	4-28, dual meet
22.84	Leon Hawes, Rancho Buena Vista	5-29, section finals
22.6	Leon Toney, Morse	5-14, Eastern finals
22.7	Gary Ginter, Mira Mesa	4-16, dual meet
22.7	Adam Miller, Poway	4-14, Pacific Rim

22.7
22.8
22.8

Jason Boyer, San Pasqual
Clay Ost, San Pasqual
Johnny Robinson, Chula Vista

4-14, Pacific Rim
4-22, dual meet
5-6, dual meet

400 Meters

Mark	Name, School	Event
48.77	Jere Miller, Patrick Henry	5-29, section finals
48.8	Miller	5-14, Eastern finals
49.07	Miller	5-22, section prelims
49.19	Antwan Taylor, Crawford	5-29, section finals
49.1	Taylor	5-14, Central finals
49.2	Jason Payne, Mt. Carmel	5-14, Palomar finals
49.32	Miller	4-3, Titan
49.56	Miller	6-4, state prelims
49.57	Ron Allen, Army-Navy	5-22, section prelims
49.61	Payne	5-29, section finals
49.6	Elijah Stevenson, Morse	5-14, Eastern finals
49.6	Jesse Camp, El Capitan	4-6, dual meet
49.88	Jason Boyer, San Pasqual	5-29, section finals
49.8	Etroy Nelson, San Diego	5-14, Central finals
49.9	Brent Wingrath, Mt. Carmel	4-28, dual meet
49.9	Quentin Robinson, Morse	5-14, Eastern finals
50.02	Damoon Hanley, Kearny	5-22, section prelims
50.12	Arnold Sears, Chula Vista	4-3, Titan
50.1	Jerry Harris, Morse	5-12, Eastern prelims
50.1	Matt Silva, San Pasqual	5-6, dual meet
50.5	Brian Scott, Rancho Bernardo	5-14, Palomar finals
50.5	Mike Gotschell, Orange Glen	5-14, Palomar finals
50.6	Kevin Barnard, Rancho BV	5-14, Palomar finals
50.7	Billy McNeil, Escondido	5-14, Avocado finals
50.7	Rick Braden, San Pasqual	5-14, Avocado finals
50.8	Michael Wakefield, Lincoln	5-10, Central prelims
50.9	Adam Miller, Poway	5-14, Palomar finals
51.35	Tony Lazarro, Serra	4-3, Titan
51.3	Brett McDonough, Granite Hills	4-30, Orange Glen
51.3	Maurice Taylor, University City	5-14, Western finals
51.4	John Grover, Lincoln	4-30, Orange Glen
51.4	James Jones, San Diego	4-28, dual meet
51.64	Adrian Thrift, West Hills	5-22, section prelims
51.64	Terry Ruh, Mount Miguel	5-22, section prelims
51.5	Frans Thomesson, Orange Glen	5-11, Palomar prelims
51.5	Charles Bradshaw, Rancho BV	5-11, Palomar prelims
51.5	Clay Ost, San Pasqual	4-28, dual meet
51.7	Ernest Freund, Poway	4-14, Pacific Rim
51.7	Ernie Robinson, Patrick Henry	4-30, Orange Glen
51.7	Shane Melrose, St. Augustine	5-7, Harbor finals
51.8	Courtney Crouch, Poway	4-14, Pacific Rim
51.8	Jason Stone, Patrick Henry	5-12, Eastern prelims
51.8	George Salter, Escondido	3-25, dual meet
51.9	Nate Williams, San Dieguito	4-1, dual meet
51.9	Demetrius Ligon, San Diego	4-22, dual meet
52.0	Jon Clark, ElCapitan	5-6, dual meet
52.1	Jay Mendoza, El Capitan	5-14, Gross 2A finals
52.1	R.C. Stolpe, University City	3-11, dual meet
52.1	Scott Kolenic, Rancho Bernardo	3-25, dual meet
52.48	Eddie Stopani, Bonita Vista	5-22, section prelims

800 Meters

Mark	Name, School	Event
1:52.04	Jesse Camp, El Capitan	5-29, section finals
1:52.23	Matt Silva, San Pasqual	5-29, section finals
1:52.97	Camp	6-19, state finals
1:54.40	Silva	6-19, state finals
1:54.46	Isaac Sanchez, Castle Park	6-12, National Scholastic
1:54.76	Scott Kolenic, Rancho Bernardo	5-29, section finals
1:54.87	Silva	6-4, state prelims
1:55.01	James Jones, San Diego	5-29, section finals
1:55.12	Camp	6-4, state prelims
1:55.0	Camp	5-14, Gross 2A finals
1:55.62	Nathan Heggenberger, Helix	5-29, section finals
1:55.74	Mebrahtom Keflezighi, San Diego	5-22, section prelims
1:56.45	Aklilu Keflezighi, San Diego	5-22, section prelims
1:56.49	Tony Lazzaro, Serra	5-22, section prelims
1:57.2	Bobby Picha, Fallbrook	5-14, Palomar finals
1:57.32	David Levy, Mission Bay	4-10, Arcadia
1:57.53	Jason White, Chula Vista	5-29, section finals
1:58.8c	Chad Wenger, Mira Mesa	4-28, dual meet
1:59.0	Pat Fear, University City	5-11, Western prelims
1:59.46	Mark Hauser, St. Augustine	5-22, section prelims
1:59.56	Kevin Bernard, Rancho BV	4-10, Arcadia
1:59.5	Ernest Freund, Poway	4-30, Orange Glen
1:59.6	Nazario Romero, San Pasqual	5-6, dual meet
1:59.79	Caleb Danley, Mount Miguel	5-29, section finals
2:00.58	David Romero, Mira Mesa	5-22, section prelims
2:00.8	Brett Lindstrom, Orange Glen	5-14, Palomar finals
2:00.9	David Adamlee, Vista	5-14, Palomar finals
2:01.0	Raul Galindo, Southwest	5-14, Metro finals
2:01.2	Albert Flores, Castle Park	5-14, Metro finals
2:01.55	Phil Drogosh, RBV	5-22, section prelims
2:01.70	Ryan Newstrum, West Hills	5-22, section prelims
2:01.8	Brian Picard, Valhalla	5-14, Gross 2A finals
2:02.3	Brian Nett, Mt. Carmel	3-25, dual meet
2:02.3	Devin Elizondo, Mission Bay	4-1, dual meet
2:02.40	Matt Karl, Torrey Pines	5-22, section prelims
2:02.4	Ben McClelland, Mt. Carmel	5-14, Palomar finals
2:02.8	Stuart Blaine, West Hills	5-6, dual meet

1,600 Meters

Mark	Name, School	Event
4:11.33	Mark Hauser, St. Augustine	5-29, section finals
4:11.48	Mebrahtom Keflezighi, San Diego	6-19, state finals
4:11.82	M. Keflezighi	5-29, section finals
4:12.24	Nazario Romero, San Pasqual	5-29, section finals
4:12.86	David Levy, Mission Bay	5-29, section finals
4:13.07	M. Keflezighi	6-4, state prelims
4:15.07	Romero	6-4, state prelims
4:15.58	Romero	4-10, Arcadia
4:16.1	Chad Wenger, Mira Mesa	4-10, Arcadia
4:16.53	Romero	6-19, state finals
4:18.55	Devin Elizondo, Mission Bay	5-22, section prelims
4:21.43	Keith Hensley, El Cajon Valley	5-29, section finals
4:21.47	Roger Romero, Mission Bay	5-29, section finals
4:22.60	Brian Nett, Mt. Carmel	5-22, section prelims

4:22.6	Scott Kolenic, Rancho Bernardo	5-14, Palomar finals
4:22.6	Pat Fear, University City	5-14, Western finals
4:22.9	Jose Melgar, San Diego	3-25, dual meet
4:23.71	Josh Cox, Christian	4-24, Sundevil
4:24.16	Gilbert Serrano, Point Loma	5-22, section prelims
4:24.2	Jeff Higgenbotham, Poway	5-14, Palomar finals
4:24.9	Juan Alva, Ramona	4-30, Orange Glen
4:26.0	Ayub Abdusalam, Hoover	5-14, Central finals
4:26.0	Jesse Camp, El Capitan	5-14, Gross 2A finals
4:26.50	Larry Henderson, Mira Mesa	5-22, section prelims
4:26.5	Matt Silva, San Pasqual	5-11, Avocado prelims
4:27.0	Nathan Heggenberger, Helix	5-14, Gross 3A finals
4:27.7	John Cottrell, Orange Glen	4-10, Hilltop
4:28.07	David Higgs, Patrick Henry	5-22, section prelims
4:28.0	Tim Roosevelt, Rancho BV	5-14, Palomar finals
4:28.64	Kevin Bowes, Mira Mesa	5-22, section prelims
4:30.37	Larry Henderson, Mira Mesa	5-29, section finals
4:31.9	Williams Sellers, Morse	5-14, Eastern finals
4:33.82	Greg Nett, Mt. Carmel	5-29, section finals

3,200 Meters

Mark	Name, School	Event
9:08.76c	Mebrahtom Keflezighi, San Diego	6-12, National Scholastic
9:09.26	M. Keflezighi	6-19, state finals
9:11.76	M. Keflezighi	5-29, section finals
9:14.4	M. Keflezighi	5-10, Central finals
9:20.29	Gilbert Serrano, Point Loma	4-3, Trabuco Hills
9:20.52	Chad Wenger, Mira Mesa	5-29, section finals
9:21.37	Devin Elizondo, Mission Bay	5-29, section finals
9:22.3	Wenger	5-12, Eastern finals
9:23.11	M. Keflezighi	4-24, Sundevil
9:23.90	Nazario Romero, San Pasqual	4-24, Sundevil
9:26.64	Juan Alva, Ramona	5-29, section finals
9:31.2	Jose Melgar, San Diego	4-28, dual meet
9:35.1	Josh Cox, Christian	4-30, Orange Glen
9:36.7	Kevin Bowes, Mira Mesa	5-12, Eastern finals
9:37.8	Roger Romero, Mission Bay	5-14, Palomar finals
9:38.87	David Higgs, Patrick Henry	5-29, section finals
9:39.4	Larry Henderson, Mira Mesa	5-12, Eastern finals
9:43.12	Ayub Abdusalam, Hoover	5-29, section finals
9:43.5	Mario Marquez, Mission Bay	4-10, Arcadia
9:46.3	Robert Callahan, Mt. Carmel	5-14, Palomar finals
9:46.56	Trevor Sybert, Vista	5-29, section finals
9:47.45	Martin Reyes, St. Augustine	5-29, section finals
9:48.37	Ryan Bartell, West Hills	5-29, section finals
9:49.46	Mike Lang, West Hills	5-29, section finals
9:50.22	Richard Vogt, 5-29, section finals	
9:50.7	Manuel Romero, San Pasqual	5-14, Avocado finals
9:50.9	Ruben Carillo, Hilltop	4-30, Arcadia
9:52.9	Josh Johnson, El Camino	4-30, Orange Glen
9:54.2	Tim Roosevelt, Rancho BV	5-14, Palomar finals
9:57.1	Daniel O'Connor, St. Augustine	5-7, Harbor finals
9:59.6c	John Cottrell, Orange Glen	3-20, Mustang

110 High Hurdles

Mark	Name, School	Event
14.84	Thomas Perry, Mira Mesa	5-29, section finals

14.89	Andy Blunt, San Pasqual	4-10, Arcadia
15.04	Chris Buddin, Orange Glen	5-29, section finals
15.04	Perry	4-24, Sundevil
15.08	Perry	4-3, Titan
15.20	Marcus Thomas, Rancho Bernardo	5-29, section finals
15.28	Eddie Bautista, San Pasqual	5-29, section finals
15.28	Matt Moore, El Capitan	4-3, Titan
15.31	Blunt	4-3, Titan
15.36	Brian Barton, Granite Hills	5-29, section finals
15.58	Eric Rockhold, El Capitan	4-3, Titan

(Hand-times)

Mark	Name, School	Event
14.9	Kelly Pettigrew, Escondido	4-28, dual meet
15.0	Peter Thomsen, Mt. Carmel	4-22, dual meet
15.1	Karl Stevens, Bonita Vista	4-22, dual meet
15.1	Brian Fell, Rancho Bernardo	4-28, dual meet
15.2	Rafid Butrus, Valhalla	4-28, dual meet
15.2	Kenard Cook, Montgomery	4-22, dual meet
15.2	Frank Orona, Hoover	5-6, dual meet
15.3	David Clark, Bonita Vista	5-14, Metro finals
15.4	Ryan Hill, San Pasqual	5-14, Avocado finals
15.4	Cory Graves, San Diego	5-14, Central finals
15.4	Michael Williams, Lincoln	5-14, Central finals
15.4	Brian Togubat, West Hills	5-11, Gross 2A prelims
15.4	John Navarre, Orange Glen	5-14, Palomar finals
15.5	Ricky Barton, Granite Hills	5-14, Gross 3A finals
15.5	Wesley Neely, Montgomery	5-14, Metro finals
15.5	Kevin Fenn, Poway	5-14, Palomar finals
15.5	Jacque Young, Crawford	5-10, Central prelims
15.6	Lebron Butts, Morse	5-6, dual meet
15.6	Von Ware, Rancho Buena Vista	4-22, dual meet
15.7	Jose Gomez, USDHS	5-14, Western finals
15.7	John Bernard, Morse	4-6, dual meet
15.8	Phil Rothlisberger, Ramona	4-22, dual meet
15.8	Karlot Canto, Sweetwater	4-22, dual meet
15.8	Tedrick Rogers, Monte Vista	5-6, dual meet
15.9	Mike Aref, Torrey Pines	5-6, dual meet
15.9	Devin Smith, Helix	5-14, Gross 3A finals

300 Intermediate Hurdles

Mark	Name, School	Event
39.24	Devin Smith, Helix	5-29, section finals
39.56	Karl Stevens, Bonita Vista	5-29, section finals
39.5	Stevens	5-6, dual meet
39.5	Smith	5-14, Gross 3A finals
39.6	Andy Blunt, San Pasqual	4-30, Orange Glen
39.6	John Bernard, Morse	4-30, Orange Glen
39.6	Matt Moore, El Capitan	
39.6	Brian Fell, Rancho Bernardo	5-14, Palomar finals
39.7	Eddie Bautista, San Pasqual	5-14, Avocado finals
39.8	Kenard Cook, Montgomery	5-14, Metro finals
40.0	Eric Rockhold, El Capitan	5-14, Gross 2A finals
40.2	Brett Hauser, Orange Glen	5-14, Palomar finals
40.4	Jay Bartletti, Ranch BV	5-14, Palomar finals
40.4	Kelly Pettigrew, Escondido	5-6, dual meet
40.7	Courtney Crouch, Poway	5-14, Palomar finals

40.7	Rafid Butrus, Valhalla	5-14, Gross 2A finals
40.8	Ryan Hill, San Pasqual	5-14, Avocado finals
40.9	Peter Thomessan, Mt. Carmel	5-14, Palomar finals
41.44	Duane Hill, El Camino	4-24, Sundevil
41.3	Frank Orona, Hoover	5-10, Central prelims
41.3	Kevin Fenn, Poway	5-11, Palomar prelims
41.3	Lebron Butts, Morse	5-6, dual meet
41.4c	David Clark, Bonita Vista	5-14, Metro finals
41.5	Jeff Arcio, Mira Mesa	5-6, dual meet
41.6	Jesse Zaldiver, Valhalla	5-14, Gross 2A finals
41.6	Robbi Wilson, Mira Mesa	5-12, Eastern prelims
41.7	John Navarre, Orange Glen	4-22, dual meet
41.7	Harold Carlisle, Ramona	4-22, dual meet
41.8	Brian Barton, Granite Hills	5-14, Gross 3A finals
41.8	Creston Davis, Lincoln	5-14, Central finals
41.8	Manuel Alcaarez, La Jolla	5-22, section prelims
41.9	Brennon, Vista	5-6, dual meet
42.3	Jose Gomez, USDHS	5-22, section prelims
42.40	John Cacho, Southwest	4-24, Sundevil
42.4	Ryan Baxter, Helix	5-11, Gross 3A prelims
42.6	Marcus Thomas, Rancho Bernardo	4-22, dual meet
42.6	Ryan Newstrom, West Hills	4-16, dual meet
42.6	Jahmal Pereria, Carlsbad	4-30, Orange Glen
42.9	Stewart Smothers, Army-Navy	5-13, 1A finals
42.9	Chris Buddin, Orange Glen	4-1, dual meet

400 Meter Relay

Mark	School	Event
41.86	University City	6-19, state finals
41.90	El Camino	5-29, section finals
42.03	University City	6-4, state prelims
42.13	University City	4-10, Arcadia
42.28	San Diego	5-29, section finals
42.3	El Camino	5-14, Avocado finals
42.44	San Diego	6-4, state prelims
42.63	Patrick Henry	5-29, section finals
42.5	San Diego	4-16, dual meet
42.6	Rancho Buena Vista	5-14, Palomar finals
42.8	Morse	4-30, Orange Glen
43.0	Mt. Carmel	5-14, Palomar finals
43.26	Lincoln Prep	5-22, section prelims
43.2	Mira Mesa	5-14, Eastern finals
43.39	Helix	4-3, Titan
43.3	Orange Glen	5-14, Palomar finals
43.4	Sweetwater	5-14, Metro finals
43.6	San Pasqual	5-14, Avocado finals
43.7	Oceanside	5-14, Avocado finals
43.87	Rancho Bernardo	5-22, section prelims
43.8	Monte Vista	5-14, Gross 3A finals
43.8	Crawford	4-1, dual meet
43.9	Kearny	5-14, Western finals
44.0	Fallbrook	5-14, Avocado finals
44.1	Torrey Pines	5-14, Avocado finals
44.1	Serra	4-30, Orange Glen
44.1c	Hoover	4-1, dual meet
44.2	St. Augustine	4-30, Orange Glen
44.57	La Jolla	5-22, section prelims

44.5	Poway	5-14, Palomar finals
44.5	Chula Vista	3-18, dual meet
44.5	West Hills	5-14, Gross 2A finals
44.6	El Capitan	5-14, Gross 2A finals
44.8	Santa Fe Christian	5-13, 1A finals
44.9	El Cajon Valley	4-28, dual meet

1,600 Meter Relay

Mark	School	Event
3:20.61	Patrick Henry	5-29, section finals
3:21.59	San Pasqual	5-29, section finals
3:21.5	Morse	5-14, Eastern finals
3:21.5	Mt. Carmel	5-14, Palomar finals
3:21.7	Rancho Bernardo	5-14, Palomar finals
3:22.01	San Diego	5-22, section prelims
3:22.85	Crawford	5-29, section finals
3:23.0	San Diego	5-14, Central finals
3:23.39	Patrick Henry	5-22, section prelims
3:23.4	Rancho Buena Vista	5-14, Palomar finals
3:24.5	Lincoln Prep	5-14, Central finals
3:25.0	El Capitan	5-14, Gross 2A finals
3:26.21	Helix	5-29, section finals
3:26.9	Poway	5-14, Palomar finals
3:26.9	El Camino	5-14, Avocado finals
3:28.0	West Hills	5-14, Gross 2A finals
3:29.92	University City	5-22, section prelims
3:30.4	Escondido	5-14, Avocado finals
3:30.92	Orange Glen	4-3, Titan
3:31.04	St. Augustine	5-22, section prelims
3:31.19	Sweetwater	4-3, Titan
3:32.0	Clairemont	5-7, Harbor finals
3:32.15	Mount Miguel	5-22, section prelims
3:32.81	Serra	5-22, section prelims
3:33.0	Montgomery	5-14, Metro finals
3:33.65	Monte Vista	4-17, Balboa
3:34.03	Carlsbad	5-22, section prelims
3:34.70	Valhalla	5-22, section prelims
3:35.0	La Jolla	5-14, Western finals

High Jump

Mark	Name, School	Event
6-8	Yusaf Hasan, San Diego	5-29, section finals
6-8	Mike Browning, El Capitan	3-11, Mustang
6-8	M. Browning	3-30, dual meet
6-7	M. Browning	6-19, state finals
6-7	M. Browning	6-4, state prelims
6-7	Demetrious Brown, Kearny	3-10, dual meet
6-6 1/2	Jerome Green, Chula Vista	5-6, dual meet
6-6	Andy Szilagyi, Torrey Pines	3-18, dual meet
6-6	Darryl Van Cleave, Serra	3-10, dual meet
6-4	Mike Kettler, San Pasqual	3-18, dual meet
6-4	Derenzol Sheppard, Uni City	4-16, dual meet
6-4	Todd Browning, El Capitan	5-11, Gross 2A prelims
6-4	Will Jenkins, San Diego	5-14, Central finals
6-3	Josh LaForest, Mount Miguel	4-22, dual meet
6-2	Ryan Belong, San Dieguito	3-20, Mustang
6-2	Adam Spragg, Torrey Pines	5-14, Avocado finals

6-2	Carlton Ingraim, El Camino	5-14, Avocado finals
6-2	Marc Baskin, Helix	5-14, Gross 3A finals
6-2	Kwali Baker, Helix	3-11, dual meet
6-2	Pat Ford, St. Augustine	3-30, dual meet
6-2	Terry Battle, Sweetwater	4-1, dual meet
6-2	Donald Harris, San Marcos	4-22, dual meet
6-2	Jason Hooper, Rancho Bernardo	4-28, dual meet
6-2	Mike Stepanovich, Torrey Pines	5-6, dual meet
6-1	Oscar Hammons, Monte Vista	4-22, dual meet
6-1	David Ugarte, Imperial	4-28, dual meet

Pole Vault

Mark	Name, School	Event
15-9	Chris Buddin, Orange Glen	5-22, section prelims
15-7	Jason Rice, Fallbrook	4-28, dual meet
15-6	Buddin	6-19, state finals
15-6	Buddin	4-16, Mt. SAC
15-5	David Fipp, La Jolla	4-16, Mt. SAC
15-4	Justin Wilson, Rancho BV	5-6, dual meet
15-0	Sean Taylor, Fallbrook	4-28, dual meet
14-6	Rob Murray, Mt. Carmel	5-11, Palomar prelims
14-3	Dan Shimooka, San Pasqual	5-1, Vaquero
14-0	Jeremy Sahgun, Vista	5-14, Palomar finals
13-9	John Drdek, Mt. Carmel	4-24, Sundevil
13-9	Dan Vardiman, West Hills	5-14, Gross 2A finals
13-6	Rody Severson, Rancho Bernardo	4-24, Sundevil
13-6	David Spector, La Jolla	4-27, dual meet
13-6	Ian Melcher, Poway	5-6, dual meet
13-6	Ken Smith, Granite Hills	5-6, dual meet
13-6	Brian Kneebone, Hilltop	5-29, section finals
13-0	Jeremiah Pray, San Dieguito	3-11, dual meet
13-0	Clint Phillips, Vista	3-25, dual meet
13-0	Bobby Vickery, El Capitan	4-17, Balboa
13-0	Scott Caudle, Escondido	4-22, dual meet
13-0	Matt Clapp, USDHS	4-24, Sundevil
13-0	Mike Brown, Torrey Pines	5-1, Vaquero
13-0	Jay Stevens, Helix	5-14, Gross 3A finals
12-6	Ben Norton, Helix	4-17, Balboa
12-6	Scott Aschbrenner, San Marcos	4-3, Titan
12-6	Matt Pourier, Mt. Carmel	4-22, dual meet
12-6	Cristian Montana, Crawford	4-22, dual meet
12-6	Walt Ladwig, USDHS	4-28, dual meet
12-6	Tommy Gregerson, Rancho Bernardo	5-1, Vaquero
12-6	Chez Malone, Chula Vista	5-6, dual meet
12-6	Dan Contreras, Hoover	5-6, dual meet
12-6	Andy Bowes, Mira Mesa	5-6, dual meet
12-6	Jon Jessey, Fallbrook	5-14, Palomar finals
12-6	Jon Heaps, El Capitan	5-14, Gross 2A finals

Long Jump

Mark	Name, School	Event
24-2	Corri Moore, Monte Vista	5-14, Gross 3A finals
23-6¼	Norman Hall, Mount Miguel	5-14, Gross 3A finals
23-5	Moore	7-11, AAU meet
23-2½	Greg Russell, University City	4-10, Arcadia
23-1½	Jerome Green, Chula Vista	5-29, section finals
23-0½	Keith Harrison, Helix	4-3, Titan

23-0	Maurice Taylor, University City	4-17, Balboa
22-9 ³ / ₄	Detric Cofield, Helix	5-22, section prelims
22-9 ¹ / ₂	Thomas Perry, Mira Mesa	5-22, section prelims
22-9	Terry Battle, Sweetwater	5-14, Metro finals
22-8	Maurice White, Helix	5-14, Gross 3A finals
22-5 ¹ / ₂	Colby Montgomery, Fallbrook	5-11, Palomar prelims
22-2 ¹ / ₂	Reggie Mitchell, Sweetwater	5-14, Metro finals
22-1	Russ Balina, Mt. Carmel	5-11, Palomar prelims
22-1	Yusuf Hasan, San Diego	5-10, Central prelims
22-0	Majajiwa McKeaver, Ramona	4-17, Balboa
21-9	Samaji Akili, Helix	5-14, Gross 3A finals
21-9	Anthony Sanford, Lincoln	4-28, dual meet
21-8 ¹ / ₂	Emmanuel Ned, Serra	5-14, Eastern finals
21-8	Charles DeJurnett, Mt. Carmel	5-11, Palomar prelims
21-7 ³ / ₄	Leon Hawes, Rancho BV	5-14, Palomar finals
21-7 ¹ / ₂	Sherman Colphus, University City	4-1, dual meet
21-7 ¹ / ₂	Lawrence Owusu, El Camino	5-14, Avocado finals
21-7	Rafid Butrus, Valhalla	4-22, dual meet
21-7	Rashee Johnson, Lincoln	4-17, Balboa
21-5 ³ / ₄	Jason Navarre, Orange Glen	4-28, dual meet
21-5 ¹ / ₂	Marc Baskin, Helix	5-22, section prelims
21-5	Brian Jones, Eastlake	5-11, Metro prelims
21-3 ¹ / ₂	Peter Soukthavong, Clairemont	4-20, dual meet
21-3	John Grover, Lincoln	5-10, Central prelims
21-3	Eric Rockhold, El Capitan	5-6, dual meet
21-2	Brian Lawson, Clairemont	3-11, dual meet
21-2	Von Ware, Rancho Buena Vista	5-6, dual meet
21-1 ¹ / ₂	Per Aslund, Oceanside	4-22, dual meet
21-1 ¹ / ₄	Larry Parham, Rancho Bernardo	4-28, dual meet
21-1	Dan Reeve, Ramona	4-17, Balboa
21-0 ¹ / ₂	Brian Barton, Granite Hills	5-14, Gross 3A finals
21-0	Billy Baker, Kearny	3-4, dual meet

Triple Jump

Mark	Name, School	Event
49-8	Von Ware, Rancho Buena Vista	6-19, state finals
48-2 ¹ / ₂	Reggie Mitchell, Sweetwater	5-22, section prelims
48-1 ¹ / ₂	Ware	5-14, Palomar finals
47-11 ¹ / ₂	Ware	5-11, Palomar prelims
47-9 ³ / ₄	Ware	4-24, Sundevil
47-8 ¹ / ₄	Marc Baskin, Helix	4-24, Sundevil
47-4 ¹ / ₂	Thomas Perry, Mira Mesa	4-10, Lancer
46-10	Ware	4-16, Mt. SAC
46-7	Mitchell	5-14, Metro finals
45-11 ¹ / ₂	Detric Cofield, Helix	5-14, Gross 3A finals
45-9 ¹ / ₂	Lebron Butts, Morse	4-24, Sundevil
45-8 ¹ / ₂	Corri Moore, Monte Vista	5-22, section prelims
45-8	Kwali Baker, Helix	3-25, dual meet
45-0 ¹ / ₂	Maurice Taylor, University City	4-17, Balboa
44-9	Norman Hall, Mount Miguel	4-16, dual meet
44-3	Ricky Barton, Granite Hills	5-22, section prelims
44-4	Jason Navarre, Orange Glen	5-1, Vaquero
44-2	Leroy Parham, Rancho Bernardo	4-24, Sundevil
44-2	Rafid Butris, Valhalla	5-14, Gross 2A finals
44-0	Peter Tahilramani, Southwest	5-14, Metro finals
43-11 ¹ / ₂	Brian Barton, Granite Hills	5-6, dual meet
43-9 ³ / ₄	Mike Kettler, San Pasqual	5-14, Avocado finals

43-6½	Yusuf Hasan, San Diego	5-22, section prelims
43-6	Doug Harrell, La Jolla	4-17, Balboa
43-5	Aaron Durley, Oceanside	5-22, section prelims
43-4	Jerome Green, Chula Vista	4-1, dual meet
43-4	Keith Harrison, Helix	4-3, Titan
43-3½	Mike Browning, El Capitan	4-3, Titan
43-2	Marty Smith, Patrick Henry	4-17, Balboa
43-2	Colby Montgomery, Fallbrook	4-28, dual meet
43-1¾	Jeremy McDowell, Castle Park	3-25, dual meet
43-0	Bates, Marian Catholic	5-1, dual meet
43-0	Emmanuel Ned, Serra	5-22, section prelims

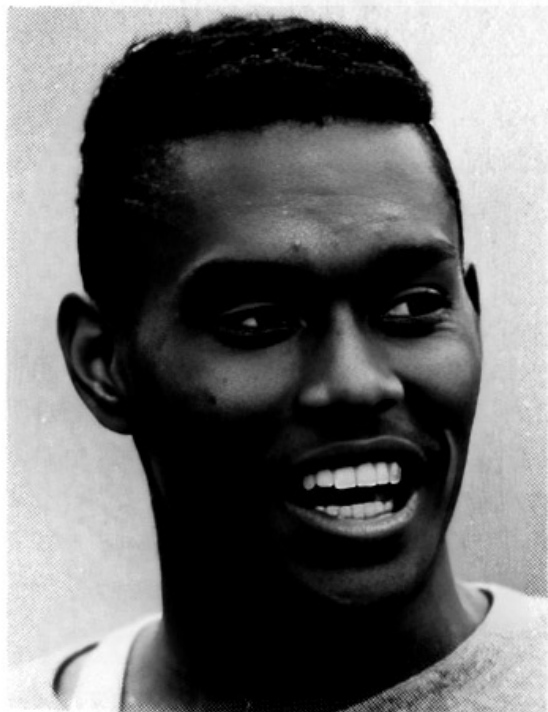
Shot Put

Mark	Name, School	Event
54-11	Jesus Renteria, El Capitan	5-14, Gross 2A finals
53-11	Renteria	5-11, Gross 3A prelims
53-5	Creston O'Neal, Rancho Bernardo	5-29, section finals
52-10	Javier San Fillippo, USDHS	5-6, dual meet
52-5¾	Joe Salave'a, Oceanside	5-22, section prelims
52-4	Brad Hisey, Fallbrook	5-14, Palomar finals
52-1	Rubin Flournoy, University City	4-30, dual meet
51-6½	Mitch Martin, Army-Navy	3-18, dual meet
50-7¼	Troy Davis, San Pasqual	3-18, dual meet
50-7¼	Darrell Dalton, SF Christian	3-6, dual meet
50-0	Frank Diaz, Santana	4-28, dual meet
49-11	Jamy Reynoldson, Granite Hills	4-16, dual meet
49-9½	Jeff Johnson, Orange Glen	5-29, section finals
48-11¾	Brian Chapman, El Camino	5-14, Avocado finals
48-10	Adam Lancaster, Rancho BV	5-6, dual meet
47-9	Tom Hendrix, Fallbrook	5-14, Palomar finals
47-8	Bill Hernandez, Fallbrook	5-22, section prelims
47-6	Darrell Russell, St. Augustine	3-30, dual meet
47-3¼	David Gonzalez, Bonita Vista	5-14, Metro finals
47-2	Ben Necochea, El Capitan	5-14, Gross 2A finals
47-1½	Larry Schow, Crawford	5-14, Central finals
46-10	Perez, Orange Glen	4-22, dual meet
46-10	Evan Stone, Valhalla	4-22, dual meet
46-7¼	Tafi Maugua, Carlsbad	4-14, dual meet
46-5¼	Josh Liberty, San Diego	3-25, dual meet
46-3½	Paul Gagnon, Clairemont	3-25, dual meet
46-2	Harry Koolen, Mt. Carmel	3-25, dual meet
45-10½	Dan Johnson, Helix	4-10, Lancer
45-9	Chris Basham, Kearny	5-11, Western prelims
45-9	Jason Dively, Santana	3-30, dual meet
45-8½	Alvin Evans, Christian	5-7, Harbor finals
45-6	Peter Kirchmer, Orange Glen	5-14, Palomar finals
45-5	David Whamsley, Ranch BV	5-11, Palomar prelims
45-5	Marlon McWilson, San Diego	4-1, dual meet
45-2¼	Gary Parker, Monte Vista	5-6, dual meet
45-2½	Duarte, Ramona	5-11, Avocado prelims

Discus Throw

Mark	Name, School	Event
168-9	Tighe Jaffe, Mt. Carmel	6-4, state prelims
167-0	Jaffe	5-29, section finals
164-7	Jaffe	6-19, state finals
165-11	Buddy Brown, El Camino	5-11, Avocado prelims

164-6	Jesus Renteria, El Capitan	5-11, Gross 2A prelims
163-5	Jaffe	4-22, dual meet
162-2	Mitch Martin, Army-Navy	4-24, Sundevil
161-5	Josh Liberty, San Diego	5-6, dual meet
157-9	Joe Salave'a, Oceanside	4-28, dual meet
155-3	Richard Horner, San Marcos	5-11, Avocado prelims
153-8	Brady Hisey, Fallbrook	5-14, Palomar finals
153-1	Eric Tierney, Orange Glen	4-14, dual meet
148-3	Jamy Reynoldson, Granite Hills	5-6, dual meet
148-0	Peter Kirchmer, Orange Glen	5-22, section prelims
147-10	Harley Wallace, Granite Hills	5-11, Gross 3A prelims
145-8	Brian Chapman, El Camino	4-3, Titan
144-5	Matt Roy, West Hills	5-22, section prelims
143-8	Paul Gagnon, Clairemont	5-22, section prelims
143-0	Frank Diaz, Santana	5-6, dual meet
141-1	Larry Schow, Crawford	42-8, dual meet
140-9	Ed Olson, Mission Bay	5-11, Western finals
140-6	Jeff Johnson, Orange Glen	4-24, Sundevil
139-8	Fabian Romo, Castle Park	5-14, Metro finals
139-8	Tom Hendrix, Fallbrook	5-14, Palomar finals
139-1	Darrin Peete, West Hills	5-6, dual meet
139-0	Jay Coon, Fallbrook	3-18, dual meet
138-8	Larry Dare, Bonita Vista	5-6, dual meet
137-9	Chris Gilmartin, St. Augustine	5-7, Harbor finals
137-6	Tafi Maugua, Carlsbad	5-14, Avocado finals
137-1	Rubin Flournoy, University City	4-22, dual meet
137-1	Joe Brocamonte, Escondido	5-6, dual meet
136-3	Pat Cragen, Rancho Bernardo	5-14, Palomar finals
136-0	Josh Garrett, Mar Vista	4-10, Lancer
135-4	David Viger, Vista	5-11, Palomar prelims
134-11	Ed Navarro, Mira Mesa	4-28, dual meet
134-4	Mike Davis, Rancho BV	4-28, dual meet
132-3	Alex Jameson, El Capitan	3-11, dual meet
131-11	Lenard Wojnowski, Mount Miguel	5-6, dual meet
131-9	Duarte, Ramona	3-18, dual meet
131-6	Jack Dailey, University City	3-11, dual meet
131-4	Ben Rioux, Orange Glen	5-1, Vaquero
130-6	Alex Jameson, El Capitan	4-22, dual meet
130-4	Lukas Smail, Coronado	4-20, dual meet



Mt. Miguel High's Kevin Jones dominated the 300-meter intermediate hurdles in 1988, setting the section record of 36.44.

1993 TOP PERFORMANCES GIRLS

100 Meters

Mark	Name, School	Event
12.10	Monica Henderson, Morse	5-29, section finals
12.14	Kuneshia Miller, Morse	5-29, section finals
12.29	Mari Kong, Bonita Vista	5-29, section finals
12.39	Henderson	4-3, Titan
12.39	Kaneesha Garner, Kearny	5-29, section finals
12.45	Wendy DeFord, Hilltop	5-29, section finals
12.46	Henderson	4-10, Arcadia
12.51	Miller	4-24, Sundevil
12.56	Kong	6-4, state prelims
12.60	Shanette Edington, Valhalla	5-29, section finals
12.64	Melissa Gibbs, San Pasqual	4-24, Sundevil
12.83	Dayshawna Littleton, University City	4-24, Sundevil
12.88	Latasha Lott, Morse	5-29, section finals
12.89	Richelle Perkins, Bishop's	5-29, section finals
12.94	Tomi Teagle, Chula Vista	4-17, Balboa
13.03	Aurora Romans, Escondido	4-3, Titan
13.16	Otessa Ford, Fallbrook	4-3, Titan

(Hand-times)

Mark	Name, School	Event
12.2	Lana Garner, Morse	5-1, Vaquero
12.4	Ana Diamond, Patrick Henry	4-20, dual meet
12.4	Otessa Ford, Fallbrook	4-14, dual meet
12.4	Shelly Fopiano, Fallbrook	5-1, Vaquero
12.5	Allie Kemp, San Dieguito	3-25, dual meet
12.5	Donna Miller, Rancho Bernardo	5-14, Palomar finals
12.5	Melinda Forest, Mount Miguel	4-22, dual meet
12.5	Michelle O'Connor, Mt. Carmel	5-6, dual meet
12.5	Detrina Edington, Valhalla	4-29, dual meet
12.6	Tiffany Arthur, San Diego	4-29, dual meet
12.6	Lashaunda Shelton, Montgomery	4-1, dual meet
12.6	Crystal Diamond, Patrick Henry	5-12, Eastern prelims
12.7	Jackson, Oceanside	3-25, dual meet
12.7	Danielle Ross, Valhalla	4-29, dual meet
12.7	Sara Helland, San Dieguito	4-28, dual meet
12.7	Tamiaka Porter, Orange Glen	5-6, dual meet
12.7	Melanie Regan, Chula Vista	5-6, dual meet
12.7	Lashe Williams, Poway	5-6, dual meet
12.7	Capri Collins, Helix	5-11, Gross 3A prelims

200 Meters

Mark	Name, School	Event
24.9	Lana Garner, Morse	5-14, Eastern finals
25.0	Henderson	5-14, Eastern finals
25.0	Miller	5-14, Eastern finals
25.07	Monica Henderson, Morse	5-29, section finals
25.22	Kuneshia Miller, Morse	5-29, section finals
25.2	Henderson	5-12, Eastern prelims
25.2	Miller	5-12, Eastern prelims
25.3	L. Garner	5-12, Eastern prelims
25.4	Tiffany Arthur, San Diego	5-14, Central finals

25.5	Melissa Gibbs, San Pasqual	5-6, dual meet
25.6	Allie Kemp, San Dieguito	5-14, Palomar finals
25.8	Shanette Edington, Valhalla	5-14, Gross 2A finals
25.9	Wendy DeFord, Hilltop	4-28, dual meet
25.9	Shelly Fopiano, Fallbrook	5-14, Palomar finals
25.9	Capri Collins, Helix	5-14, Gross 3A finals
26.0	Ana Diamond, Patrick Henry	5-12, Eastern prelims
26.0	Donna Miller, Rancho Bernardo	4-6, dual meet
26.2	Detrina Edington, Valhalla	4-28, dual meet
26.2	Aurora Romans, Escondido	5-1, Vaquero
26.2	Richelle Perkins, Bishop's	5-13, 1A finals
26.2c	Mari Kong, Bonita Vista	5-14, Metro finals
26.3	Kiesha Porter, Mira Mesa	5-12, Eastern prelims
26.44	Sarah Helland, San Dieguito	5-22, section prelims
26.4	Yahonna Ricks, Crawford	5-14, Central finals
26.5	Otessa Ford, Fallbrook	5-14, Palomar finals
26.5	Artea Dunn, Lincoln Prep	5-14, Central finals
26.5	Jarneelha Chapman, Hoover	5-14, Central finals
26.65	LaShaunda Shelton, Montgomery	4-24, Sundevil
26.6	Tomi Teagle, Chula Vista	5-11, Metro prelims
26.6	Crystal Diamond, Patrick Henry	5-12, Eastern prelims
26.74	LaTyka Allen, El Camino	5-29, section finals
26.7	Lashe Williams, Poway	5-11, Palomar prelims
26.7	Michelle O'Connor, Mt. Carmel	4-28, dual meet
26.7	Jamilia Tanner, Oceanside	5-14, Avocado finals
26.7	Melanie Hand, Fallbrook	5-11, Palomar prelims
26.7	Sabrina Edge, Rancho BV	5-11, Palomar prelims
26.7	Denielle Ross, Valhalla	5-11, Gross 2A prelims
26.7c	Tamieka Porter, Orange Glen	4-22, dual meet
26.9	Nikki Serlenga, San Pasqual	4-14, dual meet

(Wind-aided)

Mark	Name, School	Event
24.96	L. Garner	6-4, state prelims

400 Meters

Mark	Name, School	Event
55.8	Lana Garner, Morse	6-27, AAU meet
56.04	Garner	6-4, state prelims
56.39	Garner	5-29, section finals
56.49	Garner	4-3, Titan
57.03	Garner	6-19, state finals
57.05	Garner	7-11, AAU Region 13
57.1	Melissa Gibbs, San Pasqual	5-14, Avocado finals
57.34	Garner	5-22, section prelims
57.4	Garner	3-11, dual meet
57.6	Gibbs	5-1, Vaquero
58.08	Keisha Porter, Mira Mesa	5-29, section finals
58.5	Tiffany Arthur, San Diego	5-14, Central finals
58.6c	Melanie Hand, Fallbrook	4-14, dual meet
58.9	Allie Kemp, San Dieguito	5-14, Palomar finals
58.9c	Monica Henderson, Morse	5-6, dual meet
59.4	Angela Mellam, San Dieguito	5-14, Palomar finals
59.56	Sabrina Edge, Rancho BV	5-22, section prelims
59.7	Angela Shea, Vista	5-14, Palomar finals
59.9	Nikki Serlinga, San Pasqual	5-14, Avocado finals
1:00.04	LaShaundra Shelton, Montgomery	5-22, section prelims

1:00.0	Missy Carter, San Marcos	5-14, Avocado finals
1:00.17	Michelle Sites, Hilltop	5-22, section prelims
1:00.22	Sandra Smith, Mira Mesa	5-22, section prelims
1:00.4	Katie O'Brian, Point Loma	3-11, dual meet
1:00.53	Jameela Chapman, Hoover	5-22, section prelims
1:00.5	Iriz Stone, Rancho Bernardo	5-14, Palomar finals
1:00.60	Erika Boone, Mt. Carmel	5-22, section prelims
1:00.86	Laura Carpenter, Rancho BV	5-22, section prelims
1:00.8	Chantise Clark, Serra	5-14, Eastern finals
1:00.8	Artea Dunn, Lincoln Prep	5-14, Central finals
1:00.98	Margo Hammerstrom, Orange Glen	4-3, Titan
1:00.99	Kelly Mochel, Orange Glen	5-22, section prelims
1:01.0c	Stacey Kerr, Fallbrook	4-14, dual meet
1:01.0	Kaite Eichorst, Valhalla	5-14, Gross 2A finals
1:01.1	Natasha Robins, Mission Bay	4-29, dual meet
1:01.3c	Jenny Yoney, Santana	4-29, dual meet
1:01.3	Linsay Urangu, Escondido	5-14, Avocado finals
1:01.64	Jenny Benrey, La Jolla	5-22, section prelims
1:01.6c	Aura DeTrinidad, Chula Vista	5-6, dual meet
1:01.6	Lindsey Krause, Rancho Bernardo	5-6, dual meet
1:01.9	Angela Kinlaw, Hoover	5-14, Central finals

800 Meters

Mark	Name, School	Event
2:13.41	Melanie Hand, Fallbrook	6-4, state prelims
2:13.84	Hand	5-29, section finals
2:13.9	Hand	5-14, Palomar finals
2:15.24	Hand	4-10, Arcadia
2:15.56	Hand	5-22, section prelims
2:15.81	Hand	4-24, Sundevil
2:17.45	Stacey Kerr, Fallbrook	5-29, section finals
2:17.65	Marcy Marcus, San Pasqual	5-29, section finals
2:18.46	Leah Brown, Rancho Bernardo	5-29, section finals
2:18.5	Kerr	5-14, Palomar finals
2:19.44	Amy Haase, San Dieguito	5-29, section finals
2:20.1	Milena Glusac, Fallbrook	4-22, dual meet
2:21.12	Dani Coleman, Mission Bay	5-22, section prelims
2:21.5	Jessica Graham, Orange Glen	5-11, Palomar prelims
2:21.5	Christy Beckman, San Pasqual	5-14, Avocado finals
2:21.7	Leticia Castaneda, Orange Glen	5-14, Palomar finals
2:22.33	Myrna Arana, Chula Vista	5-22, section prelims
2:22.3	Claire Becker, Bonita Vista	5-1, Vaquero
2:22.86	Alicia Pedroza, Mira Mesa	5-22, section prelims
2:23.0	Wendy Murphy, Granite Hills	5-14, Gross 3A finals
2:23.2	Tina August, Rancho BV	5-22, section prelims
2:23.3	Melissa Keim, San Pasqual	4-29, dual meet
2:23.4	Megan Dowd, USDHS	5-14, Western finals
2:23.4	Robin Milne, West Hills	5-14, Gross 2A finals
2:23.52	Carrie Barnett, Madison	5-22, section prelims
2:23.96	Michelle O'Connor, OLP	5-22, section prelims
2:23.9	Christina Mendoza, El Capitan	5-14, Gross 2A finals
2:24.52	Melinda McCoy, San Marcos	5-22, section prelims
2:24.7	Lana Garner, Morse	4-6, dual meet
2:25.0	Kristin Tomlinson, Valhalla	5-14, Gross 2A finals
2:25.3	Courtney Kurth, Mt. Carmel	5-14, Palomar finals
2:25.65	Beth Brushard, San Pasqual	5-22, section prelims
2:25.80	Liz Toye, USDHS	5-22, section prelims

2:26.5	Jennifer Vergith, Mt. Carmel	4-1, dual meet
2:26.6	Jennifer Williams, Orange Glen	5-11, Palomar prelims
2:26.7	Lisa Callan, Poway	4-28, dual meet
2:26.7	Erica Tupper, Mt. Carmel	5-14, Palomar finals
2:27.1	Pat Beltran, Hilltop	5-14, Metro finals
2:27.2	Larissa Gregorson, El Capitan	5-11, Gross 2A prelims
2:27.4	Michele Cox, Escondido	5-6, dual meet
2:27.5	Lynn Hermansen, Rancho BV	4-22, dual meet
2:27.90	Keegan Hanes, Torrey Pines	5-22, section prelims
2:27.93	Heather Uhring, San Marcos	5-22, section prelims
2:27.9	Vanessa Ringgold, Chula Vista	3-4, dual meet

1,600 Meters

Mark	Name, School	Event
4:50.83	Milena Glusac, Fallbrook	6-19, state finals
4:51.66	Glusac	5-22, section prelims
4:52.86	Glusac	5-29, section finals
4:53.03c	Glusac	6-12, Golden West
4:53.7	Glusac	5-14, Palomar finals
4:56.20	Claire Becker, Bonita Vista	5-29, section prelims
4:56.4	Glusac	5-6, dual meet
4:57.05	Glusac	4-24, Sundevil
4:58.60	Becker	5-29, section finals
4:59.0	Glusac	3-18, dual meet
5:00.07	Melissa Keim, San Pasqual	5-29, section finals
5:05.2	Amy Haase, San Dieguito	5-14, Palomar finals
5:06.3	Melanie Hand, Fallbrook	4-30, Orange Glen
5:11.58	Karen Richter, Rancho Bernardo	5-22, section prelims
5:13.20	Jennifer Vergith, Mt. Carmel	5-22, section prelims
5:16.02	Wendy Murphy, Granite Hills	5-29, section finals
5:16.05	Christy Beckman, San Pasqual	5-29, section finals
5:16.10	Carrie Barnett, Madison	5-29, section finals
5:17.9	Michele Cox, Escondido	4-30, Orange Glen
5:18.26	Laura Dockery, Mt. Carmel	5-22, section prelims
5:18.88	Stephanie Nelle, Valhalla	5-22, section prelims
5:19.0	Larissa Gregerson, El Capitan	5-14, Gross 2A finals
5:19.96	Marissa Hurwitz, Bishop's	5-22, section prelims
5:20.77	Pat Beltran, Hilltop	5-22, section prelims
5:22.0	Mariel Gray, Mira Mesa	5-14, Eastern finals
5:23.02	Jessica Young, Poway	4-17, Balboa
5:23.10	Jinna Rohde, Fallbrook	5-22, section prelims
5:23.9	Susana Peinado, Point Loma	5-14, Eastern finals
5:24.3	Erin Farrell, San Pasqual	5-14, Avocado finals
5:24.41	Kelly Peterson, Escondido	5-22, section prelims
5:26.10	Michelle O'Connor, OLP	5-22, section prelims
5:29.91	Myrna Arana, Chula Vista	4-17, Balboa
5:30.06	Erin Kilian, Ramona	5-22, section prelims
5:30.0	Danica Buckley, Valhalla	4-29, dual meet
5:30.71	Jenny Card, El Capitan	4-17, Balboa
5:31.9	Alicia Pedroza, Mira Mesa	4-28, dual meet

3,200 Meters

Mark	Name, School	Event
10:26.72	Milena Glusac, Fallbrook	4-10, Arcadia
10:42.68	Glusac	6-19, state finals
10:42.9c	Glusac	3-20, Mustang
10:45.48	Melissa Keim, San Pasqual	6-12, Golden West

10:47.77	Glusac	5-29, section finals
10:47.7	Glusac	3-18, dual meet
10:51.37	Glusac	4-24, Sundevil
10:52.64	Keim	4-10, Arcadia
10:53.6	Glusac	5-14, Palomar finals
10:53.85	Keim	5-29, section finals
11:02.63	Karen Richter, Rancho Bernardo	5-29, section finals
11:14.4	Michele Cox, Escondido	4-1, dual meet
11:16.0	Claire Becker, Bonita Vista	4-29, dual meet
11:17.8	Melanie Hand, Fallbrook	5-6, dual meet
11:19.4	Amy Haase, San Dieguito	5-6, dual meet
11:32.29	Jennifer Vergith, Mt. Carmel	5-29, section finals
11:32.61	Kelly Peterson, Escondido	5-29, section finals
11:37.14	Marissa Hurwitz, Bishop's	5-29, section finals
11:40.86	Jinna Rohde, Fallbrook	5-29, section finals
11:44.59	Melanie Pickett, Mt. Carmel	5-29, section finals
11:44.7	Jessica Youngkin, Poway	3-25, dual meet
11:49.0	Jenny Card, El Capitan	5-14, Gross 2A finals
11:49.80	Ausana Peinado, Point Loma	5-29, section finals
11:51.5	Laura Dockery, Mt. Carmel	5-14, Palomar finals
11:54.0	Mariel Gray, Mira Mesa	5-12, Eastern finals
11:55.0	Danica Buckley, Valhalla	5-14, Gross 2A finals
11:56.2	Christy Beckman, San Pasqual	4-28, dual meet
11:57.4	Carrie Barnett, Madison	5-10, Central finals
11:57.8	Debbie Hughes, San Marcos	4-30, Orange Glen
12:00.8	Alicia Pedroza, Mira Mesa	5-12, Eastern finals
12:03.63	Nara Hawker, Grossmont	5-29, section finals
12:04.0	Katie Ondash, Rancho BV	5-14, Palomar finals
12:05.5	Sarah Granger, Poway	5-14, Palomar finals
12:06.0	Heather Smith, Bonita Vista	5-6, dual meet
12:07.2	Laura Leach, Rancho Bernardo	5-14, Palomar finals
12:09.0	Annie Chi, Rancho BV	5-14, Palomar finals
12:09.6	Danie Coleman, Mission Bay	5-11, Western finals
12:11.7	Michelle O'Connor, Mt. Carmel	3-13, Tiger

100 Hurdles

Mark	Name, School	Event
15.17	Lisa Shepard, Orange Glen	5-29, section finals
15.36	Stacy Surrat, Rancho Bernardo	5-29, section finals
15.39	Dana Blackwood, Valhalla	5-29, section finals
15.40	Lakesah Parker, Rancho Buena Vista	5-29, section finals
15.43	Eugenie Makrogiannis, University City	5-29, section finals
15.55	Kori Joiner, Rancho Bernardo	5-29, section finals

(Hand-times)

Mark	Name, School	Event
14.8	Korie Rogers, Poway	5-14, Palomar finals
15.4	Christina Stark, San Pasqual	5-6, dual meet
15.5	Carrie Vickery, El Capitan	5-1, Vaquero
15.9	Carlene Jones, Morse	5-6, dual meet
15.9	Jenny Bright, Poway	5-14, Palomar finals
16.0	Kristen Grebing, Mission Bay	5-14, Western finals
16.0	Maile Barrett, Oceanside	5-11, Avocado prelims
16.1	Michelle O'Connor, Mt. Camrel	4-22, dual meet
16.2	Sinthivahn Nomichinth, San Pasqual	5-11, Avocado prelims
16.2	Nashie Andrade, San Diego	5-14, Central finals
16.3	Kirsten Medley, Vista	3-25, dual meet

300 Hurdles

Mark	Name, School	Event
44.47	Carlene Jones, Morse	6-4, state prelims
44.73	Jones	5-29, section finals
44.82	Carrie Vickery, El Capitan	5-29, section finals
45.0	Michelle O'Connor, Mt. Carmel	5-14, Palomar finals
45.41	Vickery	4-3, Titan
45.4	Lisa Shepard, Orange Glen	5-14, Palomar finals
45.4	Vickery	5-22, section prelims
45.84	Lindsey Krause, Rancho Bernardo	5-29, section finals
45.8	Christina Stark, San Pasqual	5-22, section prelims
45.8	Jones	5-22, section prelims
46.18	Kristen Grebing, Mission Bay	5-29, section finals
46.6	Jenny Butler, San Pasqual	5-14, Avocado finals
46.7	Kristen Medley, Vista	5-11, Palomar prelims
47.0	Kori Joiner, Rancho Bernardo	5-22, section prelims
47.1	Beth Gower, Granite Hills	5-14, Palomar finals
47.2	Angela Mellom, San Dieguito	5-14, Palomar finals
47.4	Angela Romel, Serra	5-12, Eastern prelims
47.5	Cindy Rozmus, San Marcos	5-22, section prelims
47.9	Erica McClelland, Eastlake	5-22, section prelims
48.0	Margo Hammerstrom, Orange Glen	5-11, Palomar prelims
48.8	Brianna Doolittle, Torrey Pines	5-22, section prelims
48.8	Nashie Andrade, San Diego	5-14, Central finals
48.9	Tina August, Rancho BV	4-28, dual meet
48.9	Handi Mora, Patrick Henry	5-14, Eastern finals
49.1	Hernandez, Mt. Carmel	5-1, Vaquero
49.2	Debbie Artimez, University City	5-14, Western finals
49.4c	Kris Kingbury, Montgomery	5-14, Metro finals
49.5	Courtney Bright, Poway	5-11, Palomar prelims
49.6	Kendra Dose, La Jolla	5-14, Western finals
49.9	Leslie Pennock, West Hills	5-14, Gross 2A finals

400 Meter Relay

Mark	School	Event
47.79	Morse	6-4, state prelims
47.88	Morse	5-29, section finals
48.21	Morse	6-19, state finals
48.59	Morse	5-22, section prelims
48.61	Morse	4-10, Arcadia
48.75	Morse	4-3, Titan
48.99	Patrick Henry	5-29, section finals
48.9	San Dieguito	5-14, Palomar finals
48.9	Fallbrook	5-14, Palomar finals
49.52	Valhalla	5-29, section finals
49.58	Mira Mesa	5-29, section finals
49.86	University City	5-22, section prelims
49.99	Serra	5-29, section finals
50.1	Rancho Bernardo	5-14, Palomar finals
50.1	Orange Glen	5-14, Palomar finals
50.26	El Capitan	5-29, section finals
50.2	Rancho Buena Vista	5-14, Palomar finals
50.3	San Pasqual	5-14, Avocado finals
50.5c	Hilltop	5-14, Metro finals
50.5	Crawford	5-14, Central finals
50.6	San Diego	5-14, Central finals

50.76	Lincoln Prep	5-22, section prelims
50.7	Poway	5-14, Palomar finals
50.8c	Chula Vista	5-14, Metro finals
50.9c	Poway	4-14, dual meet
51.08	Oceanside	5-14, Avocado prelims
51.10	Mt. Carmel	4-3, Titan
51.1	El Camino	5-14, Avocado finals
51.58	Mount Miguel	4-3, Titan
51.7	Mission Bay	4-1, dual meet
51.90	Helix	5-22, section prelims
51.94	West Hills	5-22, section prelims
51.9	Escondido	4-22, dual meet
52.15	Bishop's	5-22, section prelims

1,600 Meter Relay

Mark	School	Event
3:52.31	Morse	6-4, state prelims
3:54.44	Morse	5-29, section finals
3:57.36	Morse	4-3, Titan
3:58.13	Morse	5-22, section prelims
3:59.87	Rancho Buena Vista	5-29, section finals
3:59.11	San Pasqual	4-10, Arcadia
3:59.12	Morse	6-19, state finals
4:00.2	Fallbrook	5-14, Palomar finals
4:01.98	Fallbrook	4-3, Titan
4:02.29	San Pasqual	4-3, Titan
4:02.79	El Capitan	5-29, section finals
4:02.80	Mira Mesa	5-29, section finals
4:03.5	Orange Glen	5-14, Palomar finals
4:05.95	Poway	5-29, section finals
4:05.96	Mt. Carmel	5-29, section finals
4:08.47	Rancho Bernardo	5-22, section prelims
4:09.2	San Dieguito	5-14, Palomar finals
4:09.4	San Diego	5-14, Central finals
4:10.37	Escondido	4-3, Titan
4:10.54	Hilltop	5-22, section prelims
4:10.65	Valhalla	5-22, section prelims
4:11.39	Chula Vista	5-22, section prelims
4:11.76	San Marcos	5-22, section prelims
4:11.77	Granite Hills	5-22, section prelims
4:12.29	Lincoln Prep	5-22, section prelims
4:12.8	Torrey Pines	5-14, Avocado finals
4:13.47	Oceanside	5-22, section prelims
4:15.5	Hoover	5-14, Central finals
4:16.21	Patrick Henry	4-3, Titan
4:16.29	Bishop's	5-22, section prelims
4:17.1	La Jolla	5-14, Western finals
4:18.45	USDHS	5-22, section prelims
4:18.71	Torrey Pines	5-22, section prelims
4:21.7	Mission Bay	4-29, dual meet

High Jump

Mark	Name, School	Event
5-6	Jennifer Stadnyk, Carlsbad	4-1, dual meet
5-5	Kathy Sorenson, Hilltop	5-29, section finals
5-4½	Sorenson	5-14, Metro finals
5-4	Stadnyk	3-18, dual meet

5-4	Sorenson	6-4, state prelims
5-4	Sorenson	4-10, Lancer
5-3	Sarah Wilson, La Jolla	5-14, Western finals
5-2	Amy Littlepage, Mount Miguel	3-25, dual meet
5-2	Kristen Grebing, Mission Bay	5-14, Western finals
5-2	Ana Diamond, Patrick Henry	5-14, Eastern finals
5-1	Eugenie Makrogiannis, Uni City	5-14, Western finals
5-1	Christine Eberhart, Mira Mesa	5-1, Vaquero
5-0	Alison Weeks, Valhalla	5-6, dual meet
5-0	Julie Hines, Santana	4-10, Lancer
5-0	Jenny Butler, San Pasqual	3-18, dual meet
5-0	Kori Rogers, Poway	4-14, dual meet
5-0	Gabrielle Jones, Rancho Bernardo	4-14, dual meet
5-0	Tamara Campbell, University City	5-14, Western finals
5-0	Jennifer Kraleman, Chula Vista	3-13, Tiger
5-0	Curran Tiegan, El Capitan	3-13, Tiger
5-0	Kirsten Collingwood, Torrey Pines	4-14, dual meet
5-0	Millie Prior, USDHS	5-14, Western finals
5-0	Becky Steadman, USDHS	5-14, Western finals
5-0	Nicole Domeny, Fallbrook	5-14, Palomar finals
4-11	Lisa Weeks, Madison	5-6, dual meet
4-10	Tori Anderson, Rancho Buena Vista	3-18, dual meet
4-10	Jill Brackman, Mt. Carmel	3-18, dual meet
4-10	Celeste Siden, San Pasqual	4-10, Avocado finals
4-10	Heather Humphreys, San Dieguito	3-20, Mustang
4-10	Stacie Terry, El Capitan	3-30, dual meet
4-10	Lisa Birdine, San Diego	4-17, Balboa
4-10	Elizabeth Faber, Chula Vista	4-29, dual meet
4-10	Julie Jones, Santana	5-14, Gross 2A finals
4-10	Jennifer Wilson, San Marcos	4-24, Sundevil
4-10	March Luckman, Serra	3-10, dual meet
4-10	Kristie Jenkins, El Capitan	3-11, dual meet
4-10	Shelly Campbell, Valhalla	5-14, Valhalla
4-10	Kendra Wales, Mt. Carmel	5-1, Vaquero
4-10	Diane Rahmes, Mira Mesa	5-1, Vaquero
4-10	Chaney, Ramona	5-1, Vaquero
4-10	Robyn Allen, Vista	5-6, dual meet
4-10	Brooke Aston, Mt. Carmel	4-10, Palomar finals
4-10	Amy Williamson, Helix	4-10, Gross 3A finals

Long Jump

Mark	Name, School	Event
20-5	Amy Littlepage, Mount Miguel	5-14, Gross 3A finals
19-8¼	Littlepage	4-24, Sundevil
19-4½	Littlepage	6-19, state finals
19-3	Littlepage	5-11, Gross 3A prelims
19-1¾	Littlepage	5-6, dual meet
19-1½	Littlepage	4-16, Mt. SAC
19-1	Littlepage	4-30, Orange Glen
18-11¾	Melinda Forest, Mount Miguel	5-14, Gross 3A finals
18-11¾	Littlepage	5-29, section finals
18-11½	Littlepage	5-22, section prelims
18-3½	Tamiaka Porter, Orange Glen	5-11, Palomar Prelims
17-9¼	Carlene Jones, Morse	4-16, Balboa
17-9¼	Kathy Sorenson, Hilltop	5-14, Metro finals
17-6	Tonja Curlee, Oceanside	3-25, dual meet
17-6	Latoya Crews, Morse	4-1, dual meet

17-6	Shadesia Pearman, Mount Miguel	5-14, Gross 3A finals
17-5½	Richelle Perkins, Bishop's	5-13, 1A finals
17-5½	Allie Kemp, San Dieguito	4-16, Mt. SAC
17-2¼	Nashie Andrade, San Diego	5-22, section prelims
17-1	Dana Blackwood, Valhalla	5-14, Gross 3A finals
16-11¼	Carol Clinger, Orange Glen	4-28, dual meet
16-11	Margo Hammerstrom, Orange Glen	4-28, dual meet
16-10	Nicole Gorton, Valhalla	5-14, Gross 2A finals
16-9	Melissa Gibbs, San Pasqual	4-22, dual meet
16-8¾	Kirsten Medley, Vista	5-1, Vaquero
16-8	Lisa Lott, Valhalla	5-14, Gross 2A finals
16-6¼	Shantise Clark, Serra	5-12, Eastern prelims
16-6	Tori Anderson, Rancho BV	3-18, dual meet
16-6	Aisha Sanford, Lincoln Prep	5-14, Central finals
16-4½	Tamara Campbell, Univeristy City	4-29, dual meet
16-4	Alana Harrell, La Jolla	5-1, Vaquero
16-3	Citli Gonzalez, Escondido	5-14, Avocado finals
16-2¼	Stacie Terry, El Capitan	5-6, dual meet
16-2	Colleen Sheils, Rancho Bernardo	4-28, dual meet
16-2	Michelle Brackman, Mt. Carmel	5-11, Palomar prelims
16-2	Millie Prior, USDHS	5-14, Western finals

Triple Jump

Mark	Name, School	Event
40-6¼	Tamieka Porter, Orange Glen	4-24, Sundevil
40-4	Amy Littlepage, Mount Miguel	5-14, Gross 3A finals
40-1	Littlepage	4-30, Orange Glen
39-8¼	Porter	4-10, Arcadia
39-8	Porter	5-29, section finals
39-7½	Littlepage	4-10, Arcadia
39-7	Porter	6-4, state prelims
39-6	Littlepage	5-29, section finals
39-2½	Shadesia Pearman, Mount Miguel	6-4, state prelims
39-2½	Porter	3-20, Mustang
37-7½	Carol Clinger, Orange Glen	5-6, dual meet
37-3	Latoya Crews, Morse	4-10, Lancer
36-8¼	Melinda Forest, Mount Miguel	5-29, section finals
36-5½	Kori Joiner, Rancho Bernardo	4-28, dual meet
36-4½	Kathy Sorenson, Hilltop	5-14, Metro finals
36-4¼	Alana Harrell, La Jolla	5-22, section prelims
35-11¾	Diana Collins, Chula Vista	5-22, section prelims
35-11	Dana Blackwood, Valhalla	3-25, dual meet
35-10½	Culture Elaster, Castle Park	5-11, Metro prelims
35-10	Cittie Gonzalez, Escondido	4-22, dual meet
35-8¾	Amy Myers, Granite Hills	5-6, dual meet
35-7	Tamara Campbell, University City	4-29, dual meet
35-7	Lisa Shepard, Orange Glen	5-6, dual meet
35-2¾	Sara Kinsky, Valhalla	4-24, Sundevil
34-7	Shelly Francil, Patrick Henry	3-13, Tiger
34-6½	Wendy Hall, San Dieguito	5-14, Palomar finals
34-5	Alexi Diggs, Patrick Henry	34-5, Eastern finals
34-5	Tee-Kishi Armstrong, Mission Bay	4-29, dual meet
34-3	Maisha Mahone, Lincoln Prep	4-17, Balboa
34-2	Tori Anderson, Rancho BV	4-22, dual meet
34-2	Carlene Jones, Morse	4-1, dual meet
34-2	Nikki Benjamins, Rancho BV	34-2, Vaquero

34-1¼	Nashie Andrade, San Diego
34-1	Fonda McComack, El Capitan
34-1	Amee Silk, Poway
34-0	Nicole Domerg, Fallbrook
33-8¾	Casey Whyte, San Pasqual
33-8½	Karen Armstrong, San Dieguito

5-10, Central finals
4-3, Titan
4-28, dual meet
5-11, Palomar prelims
4-10, Lancer
5-14, Palomar finals

(Wind-aided Mark)

Mark
40-10¾

Name, School
Porter

Event
4-24, Sundevil

Shot Put

Mark
43-2
42-0
41-0
38-8¼
38-1
38-1
37-7
37-4
37-3
36-6½
36-6
35-10½
35-8¼
35-8
35-6
35-5½
35-4½
35-0¾
34-2½
34-2
33-10½
33-7¾
33-6
33-5¾
33-2¾
33-2
33-1½

Name, School
Fernanda DeOliveira, Patrick Henry
DeOliveira
DeOliveira
Katie Suppa, Torrey Pines
Kellie Scott, West Hills
Scott
Gloria Garcia, Valhalla
Margaret Ueligitone, Fallbrook
Fonda McComack, El Capitan
Carol Clinger, Orange Glen
Leslie Flores, Hilltop
Culture Elaster, Castle Park
Kim Metheney, Santana
Tracy Smith, Mira Mesa
Sharon Rohde, Fallbrook
Renei Molifua, Carlsbad
Amee Silk, Poway
Lisa Birdine, San Diego
Joanna Whitley, University City
Lindy Tucker, Granite Hills
Nancy Hogsack, Mount Miguel
Cathy Tangonan, Rancho Bernardo
Alana Harrell, La Jolla
Lisann Logan, Orange Glen
Sarah Lundy, Montgomery
Emi Gwin, Mt. Carmel
Lakia McSwain, San Diego

Event
4-24, Sundevil
4-1, dual meet
3-24, dual meet
4-14, dual meet
5-29, section finals
5-14, Gross 2A finals
5-29, section finals
4-22, dual meet
4-6, dual meet
4-10, Arcadia
3-4, dual meet
5-11, Metro prelims
5-22, section prelims
4-28, dual meet
4-1, dual meet
4-24, Sundevil
4-14, dual meet
5-22, section prelims
5-14, Western finals
5-6, dual meet
4-24, Sundevil
3-25, dual meet
4-17, Balboa
5-22, section prelims
5-22, section prelims
5-14, Palomar finals
4-16, Balboa

Discus Throw

Mark
129-1
128-4
127-9
127-9
126-0
125-3
122-9
122-6
122-5
122-0
120-9
119-2
117-1
115-10

Name, School
Fernanda DeOliveira, Patrick Henry
Cindy Weems, Hoover
Weems
Kim Metheney, Santana
DeOliveira
Fonda McComack, El Capitan
McComack
Keri Hayes, Fallbrook
Kahrin Gonzalez, Hilltop
Michelle Breaux, Bonita Vista
Tracy Smith, Mira Mesa
Chrissy Maumausolo, Mt. Carmel
Lisa Birdine, San Diego
Shannon McGrath, USDHS

Event
4-22, dual meet
4-30, dual meet
3-13, Tiger
4-24, Sundevil
4-24, Sundevil
5-22, section prelims
4-24, Sundevil
5-14, Palomar finals
4-17, Balboa
4-24, Sundevil
4-28, dual meet
4-22, dual meet
5-22, section prelims
5-22, section prelims

115-9	Kristen Danielson, Granite Hills	5-11, Gross 3A finals
115-7	Margaret Ueligitone, Fallbrook	3-18, dual meet
111-10	Karey Knowles, Rancho Bernardo	5-14, Palomar finals
111-5	Urschila Allen, Hoover	5-10, Central finals
111-0	LiseAnn Logan, Orange Glen	5-6, dual meet
110-9	Laura Richmond, Monte Vista	5-11, Gross 3A prelims
110-3	Lakecia Watson, Hilltop	5-22, section prelims
109-3	Becky Caron, Fallbrook	5-11, Palomar prelims
109-1	Emi Gwin, Mt. Carmel	5-11, Palomar prelims
108-5	Sharon Rohde, Fallbrook	4-30, Orange Glen
108-3	Caroline Howard, Oceanside	5-11, Avocado prelims
108-0	Adreana Phillips, Mira Mesa	5-12, Eastern finals
108-0	Diana Stanoviccius, Torrey Pines	5-11, Palomar prelims
107-3	Heather Newman, Escondido	5-11, Avocado prelims
107-0	Christy Rojas, Granite Hills	5-6, dual meet
106-4	Christian Magana, Fallbrook	5-14, Palomar finals
105-0	Rachel Puztai, Orange Glen	3-18, dual meet
105-0	Gould, Granite Hills	5-6, dual meet
104-11	Rachel Puszati, Orange Glen	5-14, Palomar finals
104-10	Debbie Taylor, Ramona	4-28, dual meet
103-9	Amea Silk, Poway	4-28, dual meet
103-9	Sabrina Wilson, Patrick Henry	5-1, Vaquero
103-4	Kellie Scott, West Hills	5-14, Gross 3A finals
103-2	Joanna Whitley, University City	5-11, Western finals



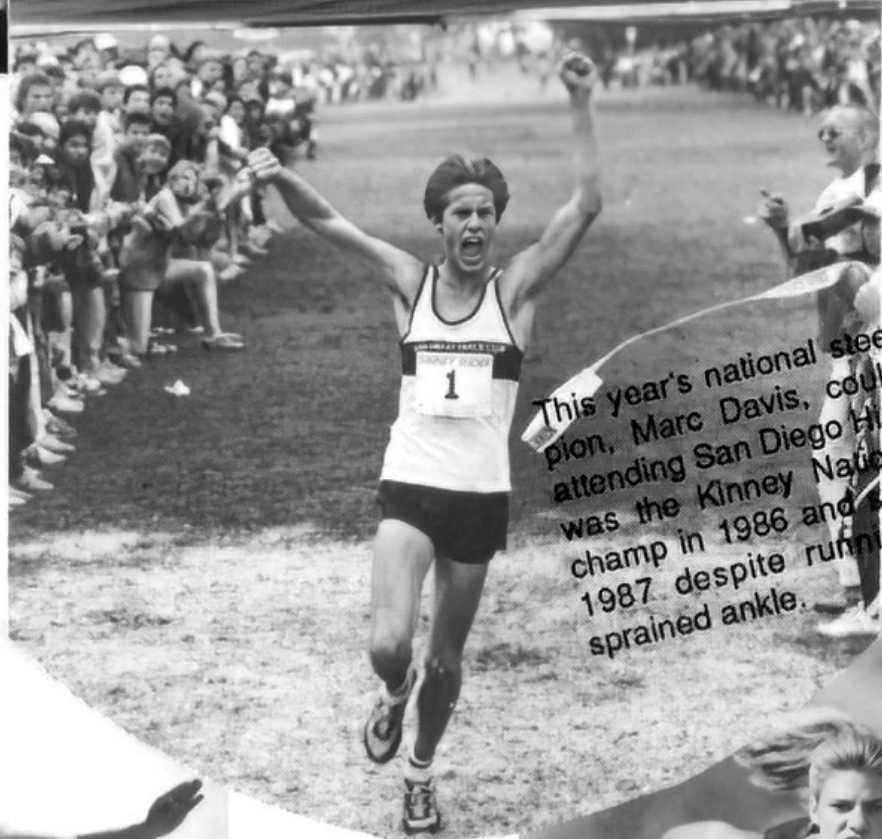
Kearny's Darnay Scott is pulling away from opponents on the football field these days but in high school he was just as overpowering on the track, finishing second in the state 200 at 21.23.

Dave Loshonkohl was an excellent discus thrower and shot putter for Granite Hills High but he really found his niche last year at San Diego Mesa College, shattering the state hammer throw record.

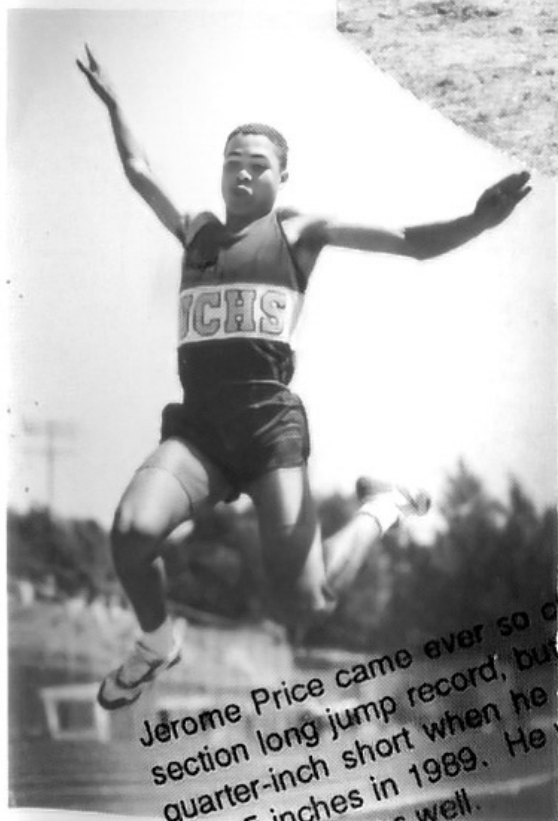


Former Male Track Athlete of the Year Brent Noon of Fallbrook didn't take long to establish himself at the University of Georgia. The state record-holder, with a best of 76 feet, 2-inches, is No. 2 all-time in the nation.

KINNEY
CROSS COUNTRY CHAMPIONSHIPS



This year's national steeplechase champion, Marc Davis, could do it all while attending San Diego High in 1987. Davis was the Kinney National cross country champ in 1986 and section mile titlist in 1987, despite running on a severely sprained ankle.



Jerome Price came ever so close to the section long jump record, but came up a quarter-inch short when he reached 25-feet, 5-inches in 1989. He won the state title that year as well.



San Pasqual's Erin Blunt adjusted quickly to the higher college hurdles at UCLA in 1993 after a sensational high school career that included one state and five section titles.



Mebrahtom Keflezighi, a junior at San Diego High, earned Male Athlete of the Year honors when he finished second in the state 3,200 and third in the 1,600, barely missing the school record in the latter event by just 12-hundredths of a second.