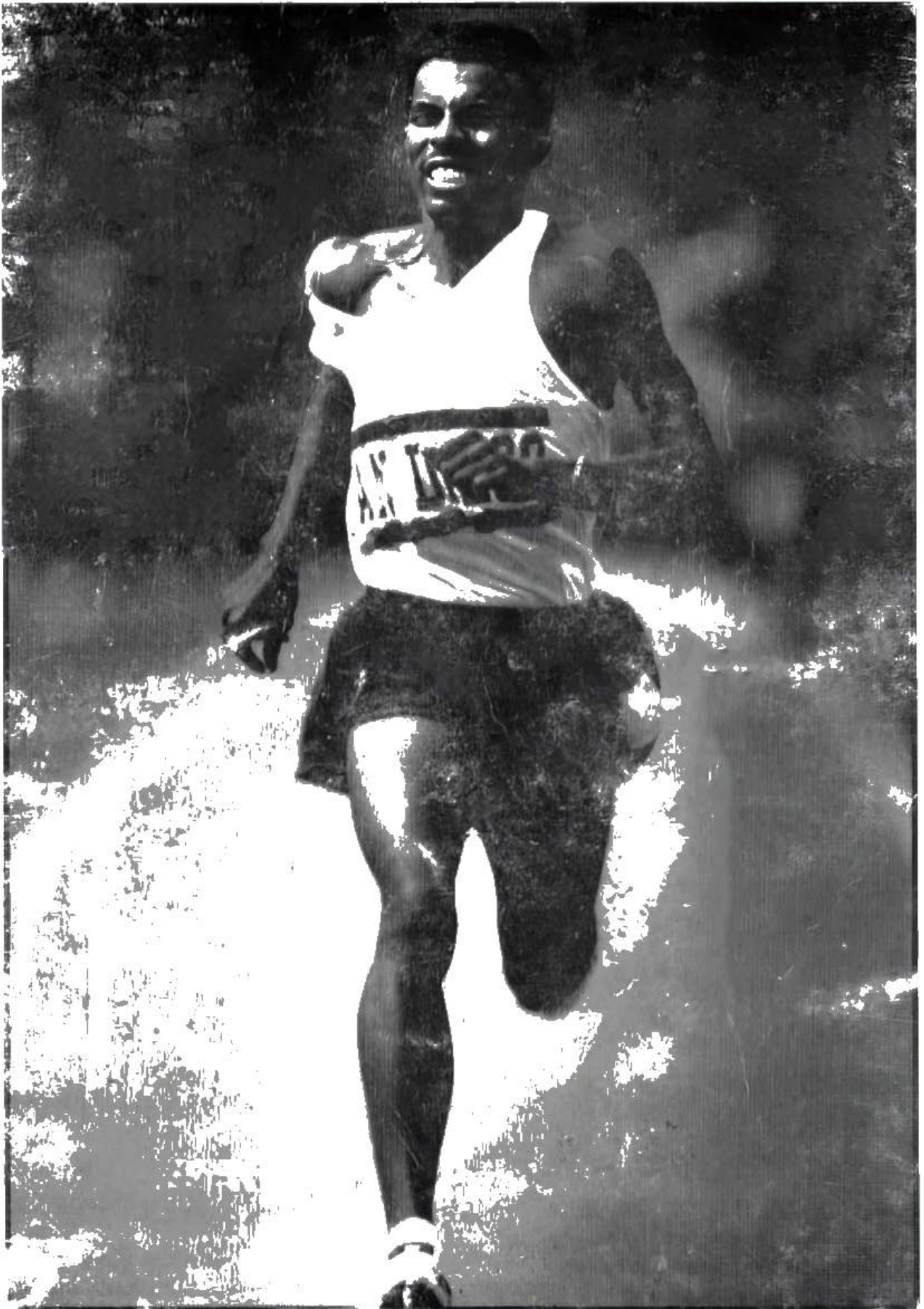


San Diego Prep Track and Field Guide 1995



The 1994 Boys Athlete of the Year, San Diego High's Mebrahtom Keflezighi, struck double gold at the state meet, winning both the 1,600 and 3,200-meter runs.

The spring of 1994 will long be remembered as one of the most successful in San Diego-area high school track history.

Five state champions were crowned and one runner, San Diego High's Mebrahtom Keflezighi, was selected by Track and Field News as the 1,600-meter runner of the year. And why not? All Keflezighi did was win state titles in the 1,600 and 3,200-meter runs, capture the state Division I cross country championship and cap it off with an impressive win in the mile at the Golden State Invitational. His yearly bests of 4:06.67 and 8:51.8 were one and two in the nation respectively.

In a first-ever achievement, the El Camino boys' 4x100 relay team, using slick baton-passing and four runners of equal ability, beat the best California had to offer. Along the way, the state champs set a section record. Even better, that quartet of Phillip Powell, Bryant Eubanks, Lawrence Owusu and Steve Forte returns for the 1995 season.

The Wildcats' time of 41.00 beat the 1983 section record of 41.45 by a Morse High foursome. The other two state titles came in the triple jump.

Rancho Buena Vista's Von Ware, coming off a heady win where he broke world record-holder Willie Banks' section record with a 52-footer, proved golden at Cerritos as well.

Orange Glen's Tamiaka Porter opened the season with a 39-foot, 7 1/2-inch jump at the Tiger Relays and, although she never again hit that mark, she did come away with the lone girls state championship.

And, although Forte finished just eighth in the state meet, he did manage to take down the section 110-meter high hurdle record, clocking a quick 14.30.

Forte leads nine individuals who qualified for the state finals and return this spring.

And, there are always the surprises and dreams. Who knows which boy who starts out running laps in PE class will turn out to be the next American record holder in the 2 mile, like Mark Davis of San Diego High. Or there may be a girl out there who can beat every boy on her block and soon become an Olympic gold medal winner and fastest woman on earth like Gail Devers of Sweetwater. That's what makes track and field so exciting.

Thanks again to Steve Brand, Tom Shanahan and Rich Cota for the San Diego Prep Track and Field record book.

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1994 LEADERS

BOYS

100-METERS (Automatic Times Only)

10.75	Bryant Eubanks	El Camino	State prelims
10.77	Johnny Robinson	Chula Vista	Section Finals
10.79	Vince Williams	Uni. City	Section Finals
10.80	Darris George	San Diego	Section Prelims
11.00	Lydell Burston	Morse	Balboa Relays
11.00	Richard Brown	Mt. Miguel	Section Finals
11.02	David Beida	Serra	Section Finals
11.09	Tony Graham	San Diego	Mt. Carmel Inv.
11.10	Leon Hawes	RBV	Section Finals
11.11	Clinton Lane	Henry	Section Finals
11.13	Maurice White	Helix	Titan Trackfest
11.14	Bennie Herron	Uni. City	Section Finals
11.19	Lawrence Owusu	El Camino	Section Prelims
11.24	Willis Jenkins	Uni. City	Bronco Inv.
11.26	Nima Salimi	Rancho Bern.	Mt. Carmel Inv.
11.26	Alim Shabazz	Serra	Mt. Carmel Inv.
11.27	Damis Dixon	Morse	Section Prelims
11.28	Sean Taylor	Fallbrook	Titan Trackfest
11.31	Gary Johnson	Scripps Ranch	Western Finals
11.34	Chris Fonss	Torrey Pines	Mt. Carmel Inv.

200-METERS

21.46	Jere Miller	Henry Bishop	Amat Invit.
21.56	Vince Williams	Uni. City	Section Prelims
21.81	Clinton Lane	Henry	Section Prelims
21.92	Lydell Burston	Morse	Section Prelims
22.12	Johnny Robinson	Chula Vista	Section Prelims
22.19	Tom Graham	San Diego	Eastern Finals
22.25	Mike Norris	RBV	Section Prelims
22.32	Maurice White	Helix	Section Prelims
22.38	Bennie Herron	Uni. City	Section Prelims
22.39	Damon Washington	Southwest	Section Prelims
22.45	Detrick Cofield	Helix	Section Prelims
22.48	Alim Shabazz	Serra	Section Prelims
22.50	Ollie Long	Lincoln	Section Prelims
22.73	Brian Lawson	Clairemont	Section Prelims
22.74	Chris Fonss	Torrey Pines	Section Prelims
22.75	Trevor Adams	RBV	Section Prelims
22.78	Sal Navarra	St. Augustine	Section Prelims

Leading Hand Times:

21.7	Darris George	San Diego	Dual meet
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22.0	Leon Hawes	RBV	Palomar Finals
22.1	Bryant Eubanks	El Camino	Dual meet
22.1	Damoon Hanley	Kearny	Dual meet
22.2	Johnny Martinez	Southwest	Dual meet
22.2	Brian Scott	Rancho Bern.	Dual meet
22.3	Tony Graham	San Diego	Dual meet
22.3	Antwan Taylor	Scripps Ranch	Western Prelims
22.4	Jason Boyer	San Pasqual	Avo. Prelims
22.5	Phillip Powell	El Camino	Dual meet
22.5	Sean Taylor	Fallbrook	Dual meet
22.5	David Bieda	Serra	Orange Glen

400 METERS

47.41	Jere Miller	Henry	Section Finals
47.75	Lydell Burston	Morse	State Prelims
48.5	Vince Williams	Uni. City	Dual meet
48.78	Brent Wingrath	Mt. Carmel	Section Finals
48.86	Mike Norris	RBV	Section Finals
49.0c	Maurice White	Helix	Dual meet
49.10	Antwan Taylor	Scripps Ranch	Western Finals
49.29	Michael Wakefield	Lincoln	Section Finals
49.30	Demetrius Ligon	San Diego	Section Prelims
49.2	Brian Scott	Rancho Bern.	Section Prelims
49.5	Phillip Powell	El Camino	Avocado Finals
49.65	Thomas Graham	San Diego	Eastern Finals
50.09	Mike Gross	Granite Hills	Section Prelims
50.0	Jason Boyer	San Pasqual	Orange Glen Inv.
50.1	Rick Braden	San Pasqual	Avocado Finals
50.33	Jason Stone	Henry	Section Prelims
50.61	Robby Jones	Santana	Section Prelims
50.5	Billy McNeil	Escondido	Avocado Finals
50.5	J.C. Gross	St. Augustine	Harbor Finals
50.70	Alonzo Jones	Helix	Section Prelims
50.6	Jesse Camp	El Capitan	Grossmont Prelims
50.7	Darris George	San Diego	Dual meet
50.87	John Glover	Lincoln	Section Prelims
50.8	Shane Melrose	St. Augustine	Dual meet
50.9c	Cory Edmonds	Montgomery	Dual meet

800 METERS

1:51.96	Jesse Camp	El Capitan	Section Finals
1:53.05	Mark Hauser	St. Augustine	Section Finals
1:53.65	Matt Silva	San Pasqual	State Finals
1:55.14	Mebrahtom Keflezighi	San Diego	Eastern Finals
1:55.51	James Jones	San Diego	Section Finals
1:56.63	Devin Elizondo	Mission Bay	Section Prelims

1:56.91	Jason White	Chula Vista	Section Finals
1:56.95	Caleb Danley	Mt. Miguel	Section Prelims
1:56.96	Brock Mathis	Mira Mesa	Section Prelims
1:57.13	Adjani Brown	Crawford	Section Prelims
1:57.3	David Romero	Scripps Ranch	
1:58.33	Joe Koury	Escondido	Section Prelims
1:58.43	Ryan Sanders	Rancho Bern.	Palomar Finals
1:58.7	Greg Nett	Mt. Carmel	Palomar Finals
1:59.06	Oscar Laguardia	Mira Mesa	Section Prelims
1:59.9	Tony Lazzaro	Serra	
2:00.1	Ben McClelland	Mt. Carmel	Palomar Finals
2:00.19	James Gates	La Jolla	Section Prelims
2:00.25	Ryan Short	Rancho Bern.	Section Prelims
2:00.4	Ryan Newstrum	West Hills	Orange Glen Inv.
2:00.66	Aaron Smith	Hilltop	Section Prelims
2:01.05	Chris Cinnamo	Morse	Eastern Finals
2:01.5	Tom Kloos	El Camino	Guangzhou, China
2:02.3	Jesse Davis	Poway	Dual meet
2:02.4	Brent Bolton	Scripps Ranch	Dual meet

1600 METERS

4:06.67	Mebrahtom Keflezighi	San Diego	Section Finals
4:08.97	Mark Hauser	St. Augustine	State Finals
4:15.65	Larry Henderson	Mira Mesa	Section Finals
4:18.36	Devin Elizondo	Mission Bay	Section Prelims
4:18.53	David Romero	Scripps Ranch	Section Prelims
4:20.22	Stewart Blain	West Hills	Section Finals
4:20.29	Greg Nett	Mt. Carmel	Section Finals
4:23.55	Jose Melgar	San Diego	Eastern Finals
4:23.63	John Henry Cottrell	Orange Glen	Section Finals
4:24.3	Matt Silva	San Pasqual	Avocado Finals
4:24.88	Dave McQuitty	Grossmont	Section Prelims
4:25.6	Martin Reyes	Escondido	Avocado Finals
4:26.0	Travis Kirtley	Poway	Palomar Finals
4:26.0	Tom Kloos	El Camino	Avocado Finals
4:26.61	Ayab Abdusalam	Hoover	Western Finals
4:26.80	Ross Dammon	USDHS	Western Finals
4:26.91	Jason Kelly	Uni. City	Section Prelims
4:26.93	Armando Barajas	Sweetwater	Mt. Carmel Inv.
4:27.4	Kevin Bowes	Scripps Ranch	Mt. SAC Inv.
4:27.7	Mike Lang	West Hills	Orange Glen Inv.
4:28.4	Trevor Sybert	Vista	Dual meet
4:28.7	Manuel Romero	San Pasqual	Dual meet
4:28.8	Shilo Glass	Ramona	Dual meet
4:29.3	Ryan Bartell	West Hills	Dual meet
4:29.6	Aaron Smith	Hilltop	Balboa Relays

4:29.82 Brent Bolton Scripps Ranch Western Finals

3200 METERS

8:51.8	Mebrahtom Keflezighi	San Diego	Eastern Finals
9:06.35	Devin Elizondo	Mission Bay	Arcadia Inv.
9:14.8	Mark Hauser	St. Augustine	Dual meet
9:22.67	Jose Melgar	San Diego	Section Finals
9:31.22	Dave McQuitty	Grossmont	Section Finals
9:32.99	Ryan Bartell	West Hills	Section Finals
9:33.39	Ayab Abdusalam	Hoover	Section Finals
9:37.35	Martin Reyes	Escondido	Section Finals
9:38.25	Manuel Romero	San Pasqual	Section Finals
9:39.5	Jason Kelly	Uni. City	Western Finals
9:40.0	Trevor Sybert	Vista	Palomar Finals
9:40.1	Larry Henderson	Mira Mesa	Eastern Finals
9:42.0	Kevin Bowes	Scripps Ranch	Western Finals
9:42.7	Shilo Glass	Ramona	Orange Glen Inv.
9:43.0	Ty Stewart	Scripps Ranch	Western Finals
9:45.0	Kevin Chappell	Helix	Grossmont Finals
9:46.3	Ross Dammann	USDHS	Western Finals
9:48.2	John Henry Cottrell	Orange Glen	Palomar Finals
9:48.3	Jim Dunigan	Mt. Carmel	Palomar Finals
9:48.9	Jeff Meisner	Rancho Bern.	Palomar Finals
9:49.4	Martin Reyes	St. Augustine	Harbor Finals
9:49.2	Jon Holmes	Mission Bay	Western Finals
9:50.7	Jason Land	Vista	Palomar Finals

110 HIGH HURDLES

14.30	Steve Forte	El Camino	State Prelims
14.64	Brian Fell	Rancho Bern.	Section Finals
14.68	Marcus Thomas	Rancho Bern.	State Prelims
14.75	Ricky Barton	Granite Hills	Mt. Carmel Inv.
14.75	John Navarre	Orange Glen	Section Prelims
14.85	Sadat Piggee	Castle Park	Section Prelims
14.86	Brian Barton	Granite Hills	Mt. Carmel Inv.
14.92	Andy Blunt	San Pasqual	Section Prelims
15.02	Eddie Bautista	San Pasqual	Section Prelims
15.20	Cory Graves	San Diego	Mt. Carmel Inv.
15.35	Jake Kuritz	Torrey Pines	Section Prelims
15.37	Tedrick Rogers	Monte Vista	Section Prelims
15.57	Walter Jefferson	Imperial	Section Prelims
15.79	Mike Rattigan	Serra	Section Prelims
15.81	John Bernard	Morse	Section Prelims

HAND TIMES

14.9	Jared Hansen	San Dieguito	Section Prelims
15.0	Sheldon Pope	Rancho Bern.	Palomar Finals

15.1	Jay Chiaga	Hilltop	Metro Finals
15.3	Ruben Armendariz	Chula Vista	Dual meet
15.3	Mark John	RBV	Palomar Finals
15.3	Abdullah Zaki	Lincoln	Mt. Carmel Inv.
15.4	Duane Hill	El Camino	Avocado League
15.5	Nic Sliffe	RBV	Palomar Finals
15.5	Anwar Jenkins	Lincoln	Mt. Carmel Inv.
15.5	Reginald DePass	Montgomery	Orange Glen Inv.

300 INTERMEDIATE HURDLES

37.98	Steve Forte	El Camino	Section Finals
38.04	Felix Sanchez	Uni. City	Section Prelims
38.34	Brian Fell	Rancho Bernardo	Section Prelims
38.40	Sadat Piggee	Castle Park	Section Finals
38.78	Eddie Bautista	San Pasqual	Section Finals
39.15	Andy Blunt	San Pasqual	Section Prelims
39.28	Tedrick Rogers	Monte Vista	Section Finals
39.45	Terry Ruh	Mt. Miguel	Section Prelims
39.63	Walter Jefferson	Imperial	Section Prelims
39.3	Duane Hill	El Camino	Palomar Finals
39.3	Frans Thomassen	Orange Glen	Palomar Finals
40.39	Jon Clark	El Capitan	Titan Trackfest
40.42	Jay Bartletti	RBV	Section Prelims
40.3	Sheldon Pope	Rancho Bern.	Palomar Finals
40.81	John Bernard	Morse	Eastern Finals
40.4	Harold Carlisle	Ramona	Avocado Finals
40.5	Jake Kutitz	Torrey Pines	Avocado Finals
40.73	Ryan Jackson	Morse	Eastern Finals
40.78	John Bakker	Coronado	Section Prelims
40.84	Cory Graves	San Diego	Section Prelims
40.7	Karl Clinger	El Capitan	Grossmont Finals
40.7	John Navarre	Orange Glen	Dual meet
40.8	Neil Kocalis	RBV	Dual meet

400 METER RELAY

41.00	El Camino	State Prelims
41.52	Uni. City	Section Finals
41.60	San Diego	State Prelims
41.86	RBV	Section Finals
42.01	Rancho Bernardo	Section Finals
42.02	Helix	Section Finals
42.18	Lincoln	Section Finals
42.30	Henry	Section Finals
42.87	Morse	Eastern Finals
42.90	Chula Vista	Section Prelims
43.1	Ramona	Avocado Finals

43.2	Mt. Carmel	Palomar Finals
43.3c	Sweetwater	Metro Finals
43.47	Serra	Eastern Finals
43.80	Hoover	Western Finals
43.95	Monte Vista	Mt. Carmel Inv.
43.9	Torrey Pines	Avocado Finals
43.6	Orange Glen	Palomar Finals
44.28	El Capitan	Titan Trackfest
44.0	San Pasqual	Avocado Finals
44.1	St. Augustine	Dual meet
44.2	San Dieguito	Paomar Finals
44.2c	Southwest	Metro Finals
44.3	Fallbrook	Dual meet
44.3	Mt. Miguel	Grossmont Finals
44.3c	Montgomery	Metro Finals

1600 METER RELAY

3:14.69	Henry	State Finals
3:17.63	Lincoln	Section Finals
3:18.86	San Diego	Eastern Finals
3:19.56	RBV	Section Prelims
3:19.82	Morse	Section Finals
3:20.21	San Pasqual	Section Finals
3:20.3	El Camino	Avocado Prelims
3:21.3	Rancho Bernardo	Palomar Finals
3:23.30	Southwest	Section Prelims
3:24.82	El Capitan	Section Prelims
3:26.64	USDHS	Western Finals
3:27.8	Helix	Bronco Inv.
3:28.0c	Chula Vista	Metro Finals
3:28.6	St. Augustine	Harbor Finals
3:28.9	Sweetwater	Dual meet
3:29.0	Escondido	Avocado Finals
3:29.3	Uni. City	Dual meet
3:29.4	Ramona	Avocado Finals
3:30.21	Mira Mesa	Pacific Rim
3:31.1	Scripps Ranch	Dual meet
3:31.3	Orange Glen	Palomar Finals
3:31.8	Mt. Carmel	Palomar Finals
3:32.01	Hoover	Eastern Finals
3:32.0	Torrey Pines	Palomar Finals

HIGH JUMP

6-5	Nate Foreman	Bonita Vista	Metro Finals
6-5	Pat Ford	St. Augustine	Harbor Finals

6-5	Josh LaForrest	Mt. Miguel	Grossmont Finals
6-4	Simo Togoai	Vista	Dual meet
6-4	Todd Browning	El Capitan	Dual meet
6-4	Brian Jones	Eastlake	Metro Finals
6-4	Dan Harris	San Marcos	Avocado Finals
6-3	Ben King	RBV	Dual meet
6-2	Terry Philo	Granite Hills	Dual meet
6-2	Elliott Garrett	Rancho Bernardo	Dual meet
6-2	Oscar Hammons	Monte Vista	Dual meet
6-2	Jason Guild	Mt. Carmel	Dual meet
6-2	Jason Reno	Hilltop	Dual meet
6-2	Fred Green	Hilltop	Dual meet
6-2	Walter Williams	San Diego	Section Finals
6-2	Thanh Nguyen	Mt. Carmel	Palomar Finals
6-2	Von Ware	RBV	Dual meet
6-2	Antwan Taylor	Scripps Ranch	Mt. Carmel Inv.
6-2	Ryan Jessee	Army-Navy	Section Finals
6-1	Roger Grant	Bonita Vista	Dual meet
6-1	Carlos Lopez	Southwest	Dual meet

POLE VAULT

15-6 1/2	Dan Shimooka	San Pasqual	Section Finals
15-0	Sean Taylor	Fallbrook	Mt. Carmel Inv.
14-0	Matt Poirier	Mt. Carmel	Section Finals
14-0	Rody Severson	Rancho Bernardo	Section Finals
14-3	Tony Gregorson	Rancho Bernardo	Dual meet
14-6	Ian Melcher	Poway	Section Prelims
14-4	Brian Kneebone	Hilltop	Metro Prelims
14-0	Lee Smith	Valhalla	Grossmont Finals
15-6	Mike Brown	Torrey Pines	State Finals
13-6	Cristian Montana	Crawford	Dual meet
13-6	Neil Siggson	Orange Glen	Dual meet
13-6	Marcus Franzen	Rancho Bernardo	Palomar Finals
13-9	James Bakker	Coronado	Mt. Carmel Inv.
13-6	Karl Clinger	El Capitan	Grossmont Finals
13-0	Brian Goode	Helix	Section Prelims
13-0	Justin Bacalski	Mt. Carmel	Palomar Finals
13-0	Axel Page	Monte Vista	Grossmont Finals
13-0	Walter Ladwig	USDHS	Western Finals
13-0	Neil Kocalis	RBV	Dual meet
13-0	Frank Marino	Rancho Bernardo	Section Prelims
13-0	Adam Olson	Monte Vista	Grossmont Finals
13-0	Jeremiah Pray	San Dieguito	Dual meet
13-0	Chad Perry	El Capitan	Dual meet
13-0	Chezz Malone	Chula Vista	Metro Finals
13-0	John Jessey	Fallbrook	Orange Glen Inv.

13-0	Dwayne Grube	Granite Hills	Grossmont Prelims
13-0	Clay Elliott	Orange Glen	Section Prelims

LONG JUMP

23-10½	Anthony Sanford	Lincoln	Mt. Carmel Inv.
23-5 ½	Detric Cofield	Helix	Grossmont Finals
23-4 ¼	Maurice White	Helix	Mt. Carmel Inv.
23-3 ½	Corrie Moore	Monte Vista	Dual meet
23-3	Reggie Mitchell	Sweetwater	Metro Finals
23-1 ¾	Majaliwa McKeaver	Ramona	Section Finals
23-1	Von Ware	RBV	Dual meet
22-7 ½	Terry Battle	Sweetwater	Metro Finals
22-7 ¼	Sherman Clophus	Uni. City	Section Finals
22-3 ½	Marty Smith	Henry	Section Prelims
22-3	Leroy Parham	Rancho Bern.	Section Finals
22-1 ½	Peter Tahilramani	Southwest	Metro Finals
22-1 ½	Bobby Fields	Escondido	Mt. Carmel Inv.
22-1 ¼	Samaji Akili	Helix	Section Finals
22-1	Artimus Jones	RBV	Dual meet
21-11	Brian Jones	Eastlake	Metro prelims
21-10	Charles DeJurnett	Mt. Carmel	Dual meet
21-8 ¾	Clifford Marks	Hilltop	Metro Prelims
21-8 ¾	Robinson Reynolds	Carlsbad	Avocado Finals
21-8	Walter Bernard	Poway	Section Prelims
21-7	Amir Smith	San Marcos	Avocado Prelims
21-7	John Navarre	Orange Glen	Dual meet
21-6 ¼	John Grover	Lincoln	Mt. Carmel Inv.
21-5	Rashard Cook	Morse	Dual meet
21-5	Murat Walker	Sweetwater	Dual meet

TRIPLE JUMP

52-0	Von Ware	Rancho BV	Section Finals
48-11¾	Reggie Mitchell	Sweetwater	State Prelims
47-9	Anthony Sanford	Lincoln Prep	Mt. Carmel Inv.
47-8	Leroy Parham	Rancho Bernardo	Palomar Finals
46-1 ¾	Andru Clarke	Henry	Section Prelims
46-0 ¼	Bobby Fields	Escondido	Dual meet
45-11 ½	Corrie Moore	Monte Vista	Mt. Carmel Inv.
45-10	Ricky Barton	Granite Hills	Section Prelims
45-9	Sherman Clophus	Uni. City	Section Prelims
45-8	Peter Tahiramani	Southwest	Metro Prelims
45-8	Rico Little	Mt. Miguel	Grossmont Finals
45-7 ¼	Simo Togoai	Vista	Section Finals
45-2 ½	Nate Foreman	Bonita Vista	Dual meet
45-2 ¼	Marty Smith	Henry	Mt. Carmel Inv.
45-1 ½	Justin Cox	Rancho BV	Vaquero Inv.

45-1	Anthony Coons	Serra	Dual meet
44-10	David Rakoff	Torrey Pines	Dual meet
44-9 $\frac{3}{4}$	Brian Barton	Granite Hills	Dual meet
44-5	Ruben Armendariz	Chula Vista	Mt. Carmel Inv.
44-2 $\frac{1}{2}$	Jason Brown	Serra	Section Prelims
44-2 $\frac{1}{4}$	Detric Cofield	Helix	Dual meet
43-10	Majaliwa McKeaver	Ramona	Dual meet
43-6	Romana Prakash	Mt. Carmel	Mt. Carmel Inv.
43-4 $\frac{1}{4}$	Larry Chase	Rancho BV	Dual meet
43-2 $\frac{3}{4}$	Maurice White	Helix	Dual meet

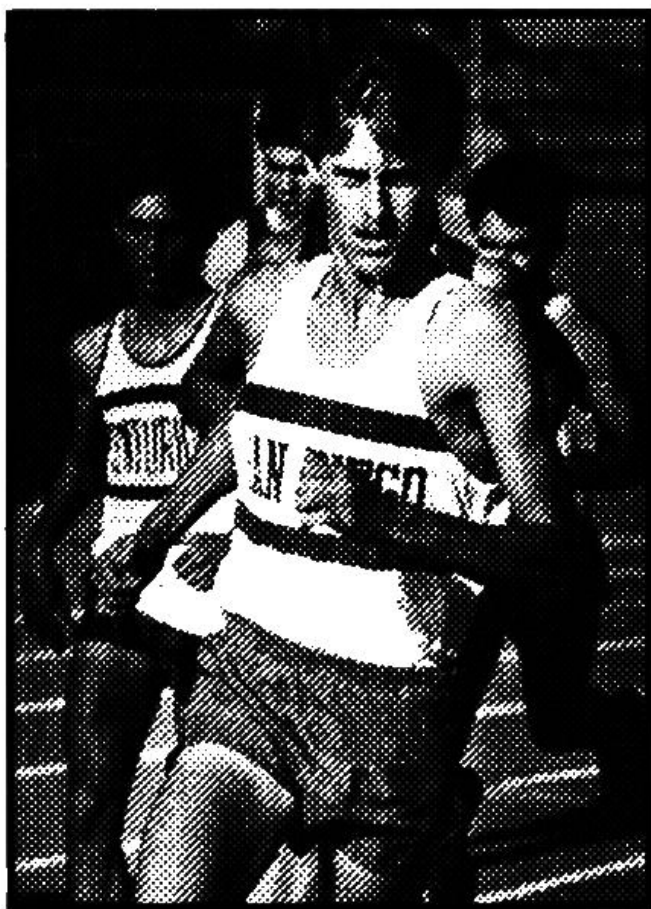
SHOT PUT

57-8	Brad Hisey	Fallbrook	Dual meet
55-0	Frank Diaz	Santana	Grossmont Prelims
53-5 $\frac{1}{2}$	Javier SanFilippo	USDHS	Orange Glen Inv.
52-11	Buddy Brown	El Camino	Section Prelims
52-10	Paul Gagnon	Clairemont	Section Finals
52-9 $\frac{1}{2}$	Tony Sotello	Ramona	Section Finals
51-6 $\frac{1}{2}$	Harry Koolen	Mt. Carmel	Section Prelims
51-6 $\frac{1}{2}$	Bryan Hargett	Carlsbad	Orange Glen Inv.
51-3 $\frac{1}{2}$	Eric Tierney	Orange Glen	Dual meet
51-3 $\frac{1}{4}$	Tony Matautia	El Camino	Dual meet
51-1 $\frac{1}{2}$	Darrell Russell	St. Augustine	Dual meet
50-1	Tom Hendrix	Fallbrook	Palomar Prelims
49-6 $\frac{3}{4}$	Johnny Warden	Hilltop	Metro Finals
49-4 $\frac{1}{2}$	Darryl Dalton	SF Christian	Orange Glen Inv.
48-11	Dempsey Holder	La Jolla CD	Dual meet
48-4 $\frac{1}{2}$	Adam Lancaster	Rancho BV	Dual meet
48-3 $\frac{1}{2}$	Jason Connerty	Mt. Carmel	Dual meet
48-3 $\frac{1}{2}$	Mohammed Farha	Hoover	Dual meet
48-1	Kip Maier	West Hills	Mt. Carmel Inv.
48-0 $\frac{1}{4}$	Matt Mitchell	Granite Hills	Dual meet
47-9	Kyle McComb	Granite Hills	Dual meet
47-9	Solo Tuatagaloa	Henry	Dual meet
47-0 $\frac{1}{2}$	Donald Bautiste	Oceanside	Avocado Finals
46-8	Gavin Graham	Fallbrook	Orange Glen Inv.
46-6 $\frac{3}{4}$	Juan Cerda	Helix	Dual meet
46-6	David Harrick	Mt. Carmel	Mt. Carmel Inv.

DISCUS

172-11	Buddy Brown	El Camino	Section Finals
168-2	Josh Liberty	San Diego	Dual meet
164-10	Brad Hisey	Fallbrook	Dual meet
162-2	Chris Gilmartin	St. Augustine	Harbor Finals
160-11	Frank Diaz	Santana	Mt. Carmel Inv.
160-4	Eric Tierney	Orange Glen	Orange Glen Inv.

158-7	Peter Kirchmer	Orange Glen	Orange Glen Inv.
156-6	Tooran Gillam	San Diego	Eastern Finals
152-7	Donald Bautiste	Oceanside	Section Finals
152-0	Gavin Graham	Fallbrook	Mt. Carmel Inv.
151-11	Harley Wallace	Granite Hills	Mt. Carmel Inv.
150-0	Jeff DeMott	Rancho Bernardo	Section Finals
148-10	Rico Curtis	Serra	Orange Glen Inv.
147-8	Jim Perkins	Scripps Ranch	Dual meet
147-5	Tony Sotello	Ramona	Avocado Prelims
146-4	Tom Hendrix	Fallbrook	Section Prelims
145-0	Kyle McComb	Granite Hills	Dual meet
144-11	Darrell Russell	St. Augustine	Mt. Carmel Inv.
143-2	Darrin Peet	West Hills	Grossmont Finals
143-1	Joey Brockmonte	Escondido	Dual meet
143-1	Mark Valdez	Mt. Carmel	Mt. Carmel Inv.
142-9	Paul Gagnon	Clairemont	Dual meet
142-7	Jason Connerty	Mt. Carmel	Dual meet
142-1	Darryl Dalton	SF Christian	Section Prelims



One of the nation's top steeple chasers and American 2 mile record holder, Marc Davis was unbeatable at San Diego High. Davis was a Kinney National Cross Country Champion as well.



Escondido's Keith Williams made it a sweep of the long hurdle Event in 1991 winning the state boys title in 37.28 seconds.

1994 LEADERS

GIRLS

100-METERS (Automatic Times Only)

11.99	Kunesha Miller	Morse	Section Prelims
12.10	Akiba McKinney	Monte Vista	Grossmont Finals
12.38	Joshara Brown	Morse	Section Prelims
12.46	Kareen Garner	Kearny	State Prelims
12.52	Wendy Deford	Hilltop	Mt. SAC
12.57	Dayshawna Littleton	Uni. City	Trabuco Hills
12.70	Mari Kong	Bonita Vista	Balboa Relays
12.80	Danielle Ross	Valhalla	Section Finals
12.87	Richelle Perkins	Bishop's	Section Finals
12.89	Tami Teagle	Chula Vista	Section Prelims
12.96	Nicole Cook	Kearny	Western Finals
12.99	Latka Allen	El Camino	Section Prelims

200 METERS

24.49	Kunesha Miller	Morse	Section Finals
24.99	Akiba McKinney	Monte Vista	Section Finals
25.03	Lana Garner	Morse	Section Prelims
25.60	Joshara Brown	Morse	Section Prelims
25.66	Kareen Garner	Kearny	Section Prelims
25.81	Artea Dunn	Lincoln	Section Prelims
26.13	Melissa Gibbs	San Pasqual	Section Prelims
26.17	Aurora Romans	Escondido	Section Prelims
26.23	Mari Kong	Bonita Vista	Section Prelims
26.34	Danielle Ross	Valhalla	Section Prelims
26.61	Yanna Ricks	Lincoln	Western Finals
26.82	Latyka Allen	El Camino	Section Prelims
26.90	Sevena Frazier	Point Loma	Eastern Finals
27.09	Sabrina Edge	Rancho BV	Pacific Rim
27.28	Ryneshia Rankin	Morse	Pacific Rim

LEADING HAND TIMES

25.7	Shelly Fopiano	Fallbrook	Palomar Prelims
25.9	Tiffany Arthur	San Diego	Dual meet
26.0	Shanette Eddington	Valhalla	Grossmont Prelims
26.3	Debra Ricci	Rancho Bernardo	Dual meet
26.3	Lisa Bostian	Rancho BV	Dual meet
26.3	Laura Carpenter	Rancho BV	Palomar Finals
26.3	Shea Ford	West Hills	Dual meet
26.3	Sarah Holland	San Dieguito	Palomar Prelims

400 METERS

55.22	Lana Garner	Morse	Arcadia Inv.
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57.59	Drisana Carey	USDHS	State Prelims
57.74	Melissa Gibbs	San Pasqual	Section Prelims
58.34	Sabrina Edge	Rancho BV	Section Finals
58.53	Laura Carpenter	Rancho BV	Section Prelims
59.12	Quawn Brown	Crawford	Section Prelims
59.14	Tiffany Arthur	San Diego	Section Prelims
59.32	Artea Dunn	Lincoln Prep	Section Prelims
1:00.3	Angela Shea	Vista	Palomar Finals
1:00.3	Melissa Carter	San Marcos	Avocado Prelims
1:00.46	Heather Holford	West Hills	Section Prelims
1:00.67	Iriz Stone	Rancho Bernardo	Section Prelims
1:00.6	LeShee Williams	Poway	Dual meet
1:00.7	Lindsey Krause	Rancho Bernardo	Dual meet
1:00.81	Trice Burton	Vista	Section Prelims
1:00.85	Stephanie Fischer	USDHS	Section Prelims
1:01.04	Noelle Sadler	La Jolla	Western Finals
1:01.14	Katie O'Brien	Pt. Loma	Eastern Finals
1:01.1	Stacey Murphy	Granite Hills	Grossmont Finals
1:01.46	Naomi Johnson	Castle Park	Section Prelims
1:01.4	Shannon Scaglione	Rancho Bernardo	Dual meet
1:01.4	Kelly Mochel	Orange Glen	Dual meet
1:01.5	Stacey Kerr	Fallbrook	Dual meet
1:01.58	Katie Eichorst	Valhalla	Section Prelims
1:01.67	Michelle Sites	Hilltop	Dual meet

800 METERS

2:14.87	Stacey Murphy	Granite Hills	Section Finals
2:15.81	Angela Shea	Vista	Section Finals
2:16.16	Vanessa Hanley	USDHS	Section Finals
2:17.21	Stacey Kerr	Fallbrook	Arcadia Inv.
2:18.40	Kristin Roth	Torrey Pines	Section Finals
2:18.85	Sara Benedict	West Hills	Section Prelims
2:19.91	Mariel Gray	Mira Mesa	Section Prelims
2:20.56	Kelly Mochel	Orange Glen	Section Finals
2:20.77	Tina August	Rancho BV	Section Prelims
2:20.93	Marcy Marcus	San Pasqual	Section Prelims
2:20.9	Carrie Barnett	Madison	Eastern Prelims
2:21.3	Drisana Carey	USDHS	Dual meet
2:21.6	Lisa Callan	Poway	Palomar Finals
2:21.92	Bree McCann	USDHS	Section Prelims
2:21.9	Erika Batiz	Vista	Palomar Finals
2:22.13	Kristin Branson	Torrey Pines	Section Prelims
2:22.76	Kristy Jenkins	El Capitan	Pacific Rim
2:22.7	Claire Becker	Bonita Vista	Metro Finals
2:23.0	Shannon Scaglione	Rancho Bernardo	Palomar Finals
2:23.21	Allyson Mallory	Poway	Section Prelims

2:23.5	Amy Haase	San Dieguito	Dual meet
2:23.7	Allison Mallory	Poway	Dual meet
2:23.67	Alicia Pedroza	Mira Mesa	Pacific Rim
2:24.0	Larissa Gregorson	El Capitan	Dual meet
2:24.0	Lana Garner	Morse	Dual meet
2:24.15	Shannon O'Connor	OLP	Section Prelims

1600 METERS

4:56.54	Claire Becker	Bonita Vista	Section Prelims
5:00.2	Amy Haase	San Dieguito	Palomar Finals
5:08.03	Dani Coleman	Mission Bay	Western Finals
5:13.5	Jessica Lunt	Coronado	Harbor Finals
5:13.88	Devon Straitiff	Torrey Pines	Section Prelims
5:15.25	Carrie Barnett	Madison	Section Finals
5:16.1	Jinna Rohde	Fallbrook	Palomar Finals
5:16.5	Karen Richter	Rancho Bernardo	Bronco Inv.
5:16.64	Kelly Peterson	Escondido	Section Finals
5:17.0	Sharon Rohde	Fallbrook	Palomar Finals
5:17.21	Ann Koscki	Poway	Section Finals
5:17.2	Laura Dockery	Mt. Carmel	Section Prelims
5:17.44	Larissa Gregorson	El Capitan	Section Finals
5:18.17	Nora Hawker	Grossmont	Section Prelims
5:18.3	Wendy Murphy	Granite Hills	Section Prelims
5:20.7	Vanessa Hanley	USDHS	Mt. SAC Inv.
5:20.8	Shannon O'Connor	OLP	Harbor Finals
5:21.34	Sara Schmidt	Scripps Ranch	Section Prelims
5:21.57	Stephanie Nelle	Valhalla	Section Prelims
5:21.92	Claire Wells	San Pasqual	Section Prelims
5:22.3	Lisa Roth	Torrey Pines	Avocado Finals
5:23.2	Alicia Pedroza	Mira Mesa	Dual meet
5:24.0	Mariel Gray	Mira Mesa	Eastern Finals
5:24.11	Julie Jones	Helix	Section Prelims
5:25.1	Jaymie Harper	Santana	Dual meet

3200 METERS

10:51.54	Amy Haase	San Dieguito	State finals
11:09.75	Jessica Pound	Poway	State finals
11:22.3	Dani Coleman	Mission Bay	Western Finals
11:27.17	Jinna Rohde	Fallbrook	Arcadia Inv.
11:31.7	Sarah Schmidt	Scripps Ranch	Western Finals
11:35.7	Alicia Pedroza	Mira Mesa	Dual meet
11:36.56	Sharon Rohde	Fallbrook	Arcadia Inv.
11:37.0	Nora Hawker	Grossmont	Grossmont Finals
11:37.53	Danica Buckley	Valhalla	Mt. Carmel
11:41.2	Karen Richter	Rancho Bernardo	Tiger Relays
11:46.7	Devon Thurber	Vista	Palomar Finals

11:47.8	Kelly Peterson	Escondido	Avocado Finals
11:48.0	Stephanie Nelle	Valhalla	Section Finals
11:53.0	Ann Koseki	Poway	Dual meet
11:53.56	Wendy Murphy	Granite Hills	Section Finals
11:54.5	Katie Ondash	Rancho BV	Dual meet
11:55.2	Sarah Percy	Torrey Pines	Avocado Finals
11:57.00	Leah Rogers	La Jolla	Section Finals
11:58.78	Larissa Gregorson	El Capitan	Pacific Rim
12:00.2	Melanie Pickett	Mt. Carmel	Dual meet
12:02.3	Sonia Rodriguez	Vista	Palomar Finals
12:03.2	Laura Dockery	Mt. Carmel	Dual meet
12:04.96	Lisa Vasek	Poway	Section Finals
12:05.1	Devin Lasiter	Vista	Dual meet
12:05.71	Margarita Walters	Poway	Section Finals

100 METER HURDLES

15.03	Kiesha Porter	Mira Mesa	Section Finals
15.19	Kori Joiner	Rancho Bernardo	Section Finals
15.24	Carlene Jones	Morse	Section Finals
15.34	Stacy Surratt	Rancho Bernardo	Section Finals
15.69	Eugenia Macrogiannis	Uni. City	Titan Trackfest
15.78	Angela Mellom	Vista	Section Prelims
15.94	Courtney Bright	Poway	Titan Trackfest
15.95	Maile Barrett	Oceanside	Section Finals
16.06	Elizabeth Khouri	Henry	Section Prelims
16.25	Carrie Vickery	El Capitan	Titan Trackfest
16.66	Falisha Ollison	Mira Mesa	Section Prelims
16.70	Brandie Scott	Crawford	Western Finals
16.73	Kristina Kingsbury	Montgomery	Section Prelims
16.74	Melissa Alvarado	Bonita Vista	Section Prelims
16.81	Cindy Wolmarans	Poway	Section Prelims

TOP HAND TIMES

16.0	Erica McClelland	Eastlake	Dual meet
16.0	Cathy Bell	Ramona	Avocado Prelims
16.1	Angela Romel	Serra	Dual meet
16.1	Christina Eberhart	Mira Mesa	Frosh-Soph
16.2	Bahed Hernandez	Mt. Carmel	Palomar Finals
16.4	Tara O'Hara	Escondido	Avocado Finals
16.5	Valerie Graham	Lincoln Prep	Mt. Carmel Inv.
16.6	Marnia Atkerson	San Marcos	Avocado Finals
16.7	Kristen Medley	Vista	Dual meet
16.9	Angela Madurski	Castle Park	Metro Finals

300 METER HURDLES

44.60	Kiesha Porter	Mira Mesa	Section Finals
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44.76	Carlene Jones	Morse	Section Finals
45.97	Shannon Kimball	Vista	Section Finals
46.4	Carrie Vickery	El Capitan	Dual meet
46.61	Brianna Doolittle	Torrey Pines	Section Prelims
46.7	Kristen Medley	Vista	Palomar Finals
46.96	Angela Mellom	San Dieguito	Section Prelims
47.08	Kori Joiner	Rancho Bernardo	Section Finals
47.2	Jenny Butler	San Pasqual	Avocado Finals
47.84	Handi Mora	Henry	Amat Inv.
47.88	Erica McClelland	Eastlake	Section Prelims
47.98	Angela Romel	Serra	Section Prelims
48.10	Elizabeth Khouri	Henry	Amat Inv.
48.0	Ganelle Oldan	Rancho BV	Palomar Finals
48.21	Branca White	Lincoln Prep	Section Prelims
48.25	Cindy Rozmus	San Marcos	Section Prelims
48.2	Ruby Simms	Santana	Grossmont Finals
48.35	Nicole Rodriguez	Granite Hills	Section Prelims
48.3	Courtney Bright	Poway	Dual meet
48.4	Jayne Ray	Ramona	Avocado Prelims
48.58	Margarite Leavitt	Rancho Bernardo	Section Prelims
48.5	Tina August	Rancho BV	Dual meet
48.87	Jessica Stewart	Ramona	Section Prelims
49.01	Falisha Ollison	Mira Mesa	Section Prelims
49.15	Elizabeth Perez	Monte Vista	Mt. Carmel Inv.

400 METER RELAY

46.78	Morse	Section Finals
48.91	Lincoln Prep	Section Finals
49.49	San Dieguito	Section Prelims
49.54	Poway	Section Finals
49.72	Serra	Section Finals
49.72	Rancho Bernardo	Section Prelims
49.4	Rancho BV	Palomar Finals
50.19	El Capitan	Section Prelims
50.36	Crawford	Western Finals
50.7	El Camino	Avocado Finals
50.8	Escondido	Avocado Finals
51.0	Orange Glen	Palomar Finals
51.30	Bonita Vista	Mt. SAC
51.2	San Pasqual	Avocado Finals
51.2	Mt. Carmel	Dual meet
51.2	Castle Park	Metro Finals
51.38	San Diego	Titan Trackfest
51.40	Kearny	Western Finals
51.40	Uni. City	Titan Trackfest
51.41	Henry Bishop	Amat Inv.

51.4	Valhalla	Dual meet
51.6	Torrey Pines	Avocado Finals
51.6	West Hills	Grossmont Finals
51.6	Fallbrook	Dual meet
51.8	Ramona	Avocado Finals

1600 METER RELAY

3:56.38	Rancho BV	State Prelims
3:57.71	Morse	Arcadia Inv.
3:58.42	Poway	Section Finals
3:58.57	El Capitan	Section Finals
4:01.35	USDHS	Section Finals
4:01.77	Vista	Section Finals
4:01.88	Rancho Bernardo	Section Finals
4:04.78	Orange Glen	Section Finals
4:07.2	Fallbrook	Palomar Finals
4:09.43	West Hills	Section Prelims
4:11.25	Mira Mesa	Section Prelims
4:11.9	Torrey Pines	Palomar Finals
4:12.0	Granite Hills	Dual meet
4:13.0	Valhalla	Grossmont Finals
4:13.2	Lincoln Prep	Dual meet
4:14.2	Mt. Carmel	Palomar Finals
4:14.3	San Marcos	Tiger Relays
4:14.7	Bonita Vista	Metro Finals
4:15.82	La Jolla	Western Finals
4:16.43	Madison	Western Finals
4:16.5	Castle Park	Mt. Carmel Inv.
4:16.9	San Dieguito	Dual meet
4:18.72	Hilltop	Sweetwater Inv.
4:18.6	Chula Vista	Metro Finals
4:19.71	Henry	Eastern Finals

HIGH JUMP

5-5	Kathy Sorenson	Hilltop	Dual meet
5-4	Christine Eberhart	Mira Mesa	Dual meet
5-3	Clarise Chaney	Ramona	Guangzhou, China
5-2	Kathy Bell	Ramona	Section Finals
5-2	Drisanna Carey	USDHS	Western Finals
5-2	Kamilah McClain	Fallbrook	Vaquero Inv.
5-2	K.C. Potter	Torrey Pines	Vaquero Inv.
5-2	Eugenia Makrogiannis	Uni. City	Dual meet
5-2	Lei Ezell	Morse	Dual meet
5-1	Christine Keays	OLP	Harbor Finals
5-1	Heidi Nolte	OLP	Harbor Finals
5-1	Joy Gertsch	San Pasqual	Vaquero Inv.

5-1	Kori Joiner	Rancho Bernardo	Dual meet
5-0	Natalie Vittatue	Carlsbad	Avocado Finals
5-0	Karina Cox	Santana	Grossmont Finals
5-0	Arwen Cullen	Clairemont	Dual meet
5-0	Laura Standing	Bonita Vista	Dual meet
5-0	Tamika Underhill	Rancho BV	Dual meet
5-0	Becca Lech	Rancho Bernardo	Dual meet
5-0	Erin McGrath	Point Loma	Dual meet
5-0	Stacie Nixon	Ramona	Dual meet
5-0	Tiffany Barnett	Poway	Dual meet
5-0	Vanessa Miramontes	San Marcos	Dual meet
5-0	Sonia Steffler	Fallbrook	Dual meet
5-0	Teri Williams	Serra	Dual meet
5-0	Amy Williamson	Helix	Dual meet
5-0	Julie Jines	Santana	Dual meet
5-0	Zakirah Sanford	Lincoln Prep	Dual meet
5-0	Robyn Allen	Vista	Dual meet
5-0	Shennesa Sobers	Uni. City	Dual meet
5-0	Jannie Wilson	San Marcos	Dual meet

LONG JUMP

18-10	Carlene Jones	Morse	Dual meet
18-5	Rochelle Perkins	Bishop's	Section Finals
18-1 ½	Akiba McKinney	Monte Vista	Section Finals
18-0	Tamieka Porter	Orange Glen	Dual meet
17-6 ½	Kathy Sorenson	Hilltop	Dual meet
17-5	Zakirah Sanford	Lincoln Prep	Section Prelims
17-3	Shadesia Pearman	Mt. Miguel	Grossmont Prelims
17-1 ½	Stacie Terry	El Capitan	Section Finals
17-1	Shantise Clark	Serra	Dual meet
16-11 ½	Latoya Crews	Morse	Dual meet
16-10 ½	Brett Wilson	Poway	Section Prelims
16-10	Latasha Lott	Morse	Dual meet
16-9 ½	Kristen Medley	Vista	Palomar Finals
16-7 ¼	Spring Waller	La Jolla	Section Prelims
16-6 ½	Alana Harrell	La Jolla	Section Prelims
16-6 ¼	Marisa Taylor	El Camino	Section Prelims
16-6	Aimee Tongag	Mt. Miguel	Grossmont Prelims
16-6	Citli Gonzalez	Escondido	Avocado Finals
16-6	Artea Dunn	Lincoln Prep	Tiger Relays
16-5	Kamilah McClain	Fallbrook	Dual meet
16-4 ½	Nicole Gorton	Valhalla	Dual meet
16-4 ½	Nicole McAlister	Granite Hills	Dual meet
16-4 ¼	Lisa Bastian	Rancho BV	Dual meet

16-3 ½	Nikka Benjamin	Rancho BV	Dual meet
16-1 ½	Maisha Mahone	Lincoln Prep	Dual meet

Wind Aided

19-2	Carlene Jones	Morse	State Finals
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TRIPLE JUMP

39-7 ½	Tamieka Porter	Orange Glen	Tiger Relays
38-3	Kathy Sorenson	Hilltop	Dual meet
38-0 ¾	Shadesia Pearman	Mt. Miguel	Grossmont Prelims
37-10 ½	Zakirah Sanford	Lincoln Prep	Western Finals
37-7	Latoya Crews	Morse	Dual meet
36-11	Citli Gonzalez	Escondido	Avocado Finals
36-9	Alana Harrell	La Jolla	Western Finals
36-6 ½	Aimee Tongag	Mt. Miguel	Section Finals
36-3 ½	Erin Blair	USDHS	Section Finals
36-2	Mary Curran	Granite Hills	Section Finals
35-8 ½	Casey Whyte	San Pasqual	Avocado Finals
35-4	Maria Schwab	Orange Glen	Dual meet
35-2	Carlene Jones	Morse	Dual meet
35-1	Shennesa Sobers	Uni. City	Dual meet
34-8 ¾	Maisha Mahone	Lincoln Prep	Section prelims
34-4	Wendy Hall	San Dieguito	Dual meet
34-3 ¼	Nikki Benjamin	Rancho BV	Vaquero Inv.
34-2	Kamilah McClain	Fallbrook	Dual meet
34-2	Bahed Hernandez	Mt. Carmel	Palomar Finals
34-2	Paula Serrano	San Marcos	Avocado Prelims
34-1 ½	Janae Conley	Rancho BV	Palomar Finals
34-1	Rochelle Perkins	Bishop's	Coastal Finals
34-0	Lynn Hermanson	Rancho BV	Palomar Finals
33-10	Ebony Knight	Lincoln Prep	Mt. Carmel Inv.
33-10	Nicole McAlister	Granite Hills	Grossmont Prelims

SHOT PUT

40-0 ¾	Gloria Garcia	Valhalla	Section Finals
39-4 ¼	Katie Suppa	Torrey Pines	Pacific Rim
39-10	Margaret Ueligitone	Fallbrook	Section Finals
38-11 ¾	Eliska Ealy	Mission Bay	Section Prelims
38-10 ¼	Kim Matheny	Santana	Section Finals
37-6	Adia Barnes	Mission Bay	Section Finals
37-1	Tracy Smith	Mira Mesa	Section Finals
36-9 ¼	Lisann Logan	Orange Glen	Dual meet
36-6	Lisa Flores	Hilltop	Dual meet
35-3	Laura Richmond	Monte Vista	Section Prelims
35-2 ¼	Nancy Szumilas	Mt. Miguel	Dual meet
34-10	Lisa Birdine	San Diego	Dual meet

34-7	Rachel Pusztai	Orange Glen	Palomar Finals
34-6 ½	Evelyn Kaiwi	Rancho Bernardo	Palomar Prelims
34-5	Rene Harris	La Jolla	Western Prelims
34-4 ¾	Fonda McComack	El Capitan	Grossmont Prelims
34-3	Shannon McGrath	Point Loma	Dual meet
33-10 ¾	Becky Caron	Fallbrook	Dual meet
33-9 ½	Chrissy Maumausolo	Mt. Carmel	Palomar Finals
33-8 ½	Kimberly Hansen	Santana	Dual meet
33-6 ½	Jennifer Wheaton	Orange Glen	Dual meet
33-4	Regina Anderson	Crawford	Dual meet
33-4 ½	Kelly Sullivan	San Pasqual	Avocado Finals
33-2 ½	Stephanie Hojsack	Mt. Miguel	Mt. Carmel Inv.
33-2 ½	Cindy Parker	Ramona	Avocado Finals
33-1 ½	Chris Carr	Fallbrook	Palomar prelims

DISCUS

128-1	Kim Matheny	Santana	Dual meet
126-9	Fonda McComack	El Capitan	Section Finals
126-2	Kahrin Gonzalez	Hilltop	Poway Trackfest
125-11	Shannon McGrath	Point Loma	Mt. Carmel Inv.
124-2	Christina Magana	Fallbrook	State prelims
123-8	Keri Hayes	Fallbrook	Palomar Finals
121-3	Michelle Breaux	Bonita Vista	Mt. Carmel Inv.
120-0	Margaret Ueligitone	Fallbrook	Dual meet
120-0	Laura Richmond	Monte Vista	Grossmont Finals
119-7	Chrissy Maumausolo	Mt. Carmel	Dual meet
119-7	Tracy Smith	Mira Mesa	Dual meet
118-11	Lisann Logan	Orange Glen	Dual meet
115-1	Erin McGrath	Point Loma	Dual meet
114-2	Katie Suppa	Torrey Pines	Pacific Rim
113-10	Becky Caron	Fallbrook	Section Finals
111-5	Lisa Birdine	San Diego	Tiger relays
110-7	Rachel Pusztai	Orange Glen	Dual meet
110-5	Debbie Taylor	Ramona	Mt. Carmel Inv.
110-0	Karey Knowles	Rancho BV	Dual meet
110-0	Eliska Ealy	Mission Bay	Dual meet
109-3	Annette Baily	Kearny	Dual meet
108-9	Renee Harris	La Jolla	Western Finals
108-4	Megan McClurg	Granite Hills	Dual meet
107-2	Elizabeth Millan	Sweetwater	Mt. Carmel Inv.
107-1	Regina Anderson	Crawford	Western Finals

1994 STATE MEET FINALISTS (Top 9)**Boys**

100	8. Bryant Eubanks (11)	El Camino	10.92
200	7. Vince Williams (10)	University City	22.11
400	7. Lydell Burston (10)	Morse	48.25
800	3. Jessie Camp (12)	El Capitan	1:52.14
	6. Matt Silva (12)	San Pasqual	1:53.65
1600	1. Mebrahtom Keflezighi (12)	San Diego	4:07.67
	3. Mark Hauser (12)	St. Augustine	4:08.97
3,200	1. Mebrahtom Keflezighi (12)	San Diego	8:58.11
	8. Devin Elizondo (12)	Mission Bay	9:14.18
110HH	8. Steve Forte' (11)	El Camino	14.67
300IH	7. Brian Fell (11)	Rancho Bernardo	38.78
400R	1. El Camino	41.16	
	(Phillip Powell, Bryant Eubanks, Lawrence Owusu, Steve Forté)		
	5. University City	41.81	
	7. San Diego	42.10	
1600R	2. Patrick Henry	3:14.69	
Pole Vault	6. Mike Brown (11)	Torrey Pines	15-6
Triple Jump	1. Von Ware (12)	Rancho BV	50-6
	5. Leroy Parham (12)	Rancho Bernardo	47-5 ¼
	6. Reggie Mitchell (12)	Sweetwater	47-3 ½
Discus	5. Buddy Brown (12)	El Camino	164-9
Girls			
100	6. Kunesha Miller (11)	Morse	12.22
400	9. Lana Garner (10)	Morse	57.09
1600	2. Claire Becker (11)	Bonita Vista	4:59.11
3200	3. Amy Haase (10)	San Dieguio	10:51.54
400R	5. Morse	(Garner, Brown, Jones, Miller)	47.53
Long Jump	6. Carlene Jones (12)	Morse	18-3 ¾
Triple Jump	1. Tamiaka Porter (12)	Orange Glen	38-11 ½

CIF-San Diego Section

Track and Field Records

BOYS

Event	Name, School	Mark	Year
100 Meters	Riley Washington, Southwest	10.30	1992
200 Meters	Raymond Ethridge, Crawford	21.00 (n)	1987
400 Meters	Tony Banks, Morse	46.98*	1979
800 Meters	Mark Senior, Mt. Miguel	1:50.25	1988
1,600 Meters	Terry Cotton, El Cajon	4:04.04* (n)	1972
3,200 Meters	Thom Hunt, Patrick Henry	8:41.8*	1976
110 Meter HH	Keith Williams, Escondido	14.31	1991
300 Meter IH	Kevin Jones, Mt. Miguel	36.44	1988
400 Meter Relay	El Camino (Powell, Eubanks, Owusu, Forte)	41.00	1994
1600 Meter Relay	Morse (W. Ervin, Hawkins, Goodin, Banks)	3:13.7 (n)	1979
High Jump	Frank Schiefer, Madison	7-2	1979
Long Jump	Doyle Steele, San Diego	25-5 ¼	1966
Triple Jump	Von Ware, Rancho Buena Vista	52-0	1994
Pole Vault	Pat Alduenda, Ramona	16-0 ¼	1987
Shot Put	Brent Noon, Fallbrook	76-2	1990
Discus	Brent Noon, Fallbrook	200-8 (n)	1990

GIRLS

Event	Name, School	Mark	Year
100 Meters	Gail Devers, Sweetwater	11.51	1984
200 Meters	Kim Matthews, Morse	24.06	1987
400 Meters	Allison Dring, Mt. Carmel	54.29	1990
800 Meters	Lesley Noll, Mt. Carmel	2:08.00	1985
1,600 Meters	Darcy Arreola, Grossmont	4:42.77	1986
3,200 Meters	Kira Jorgensen, Vista	10:24.23	1987
(30') 100 Hurdles	Gail Devers, Sweetwater	13.41	1984
(33') 100 Hurdles	Keisha Porter, Mira Mesa	15.03	1993
300 Hurdles	Gail Devers, Sweetwater	42.26	1983
400 Meter Relay	Crawford (Young, Reed, Gaston, Lovelady)	45.94*	1977
1600 Meter Relay	Crawford (Lawson, Taylor, Johnson, Scott)	3:49.27	1978
High Jump	Sue McNeal, Carlsbad	5-10 ¼	1978
Long Jump	Gail Devers, Sweetwater	20-7	1984
Triple Jump	Jackie Anderson, Mt. Miguel	41-8 ¼	1987

Shot Put	Tracy Crawford, Southwest	45-0 $\frac{3}{4}$	1986
Discus	Lori Parker, Ramona	162-0	1986

(n) - Non-winning mark

* - Converted to metric time from yards time

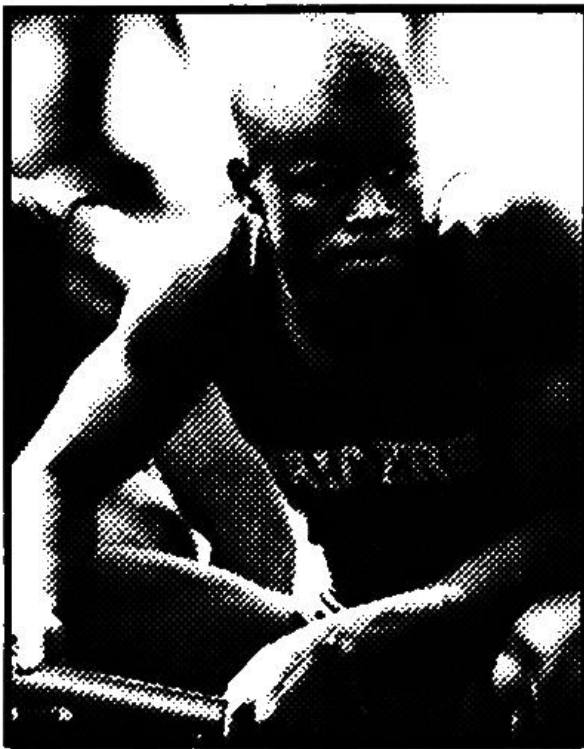
NOTE: All section records must meet National Federation guidelines.

ALL-TIME SAN DIEGO TRACK AND FIELD PERFORMANCES

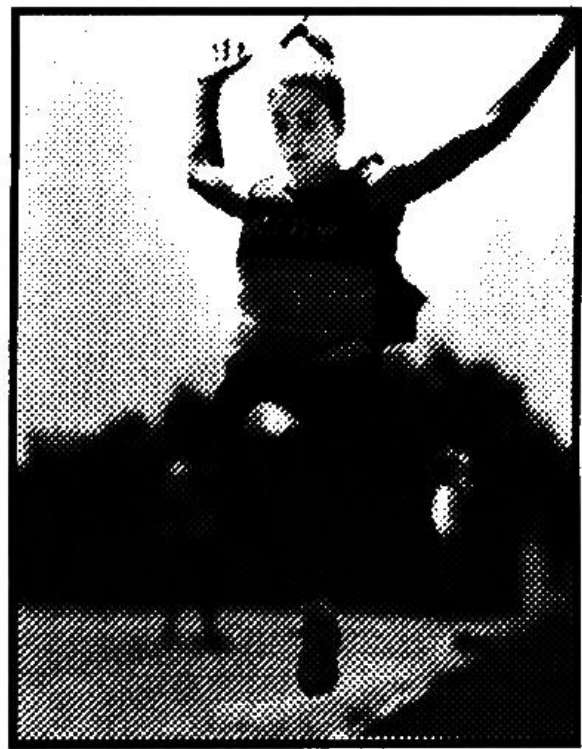
BOYS

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
10.64hc	James Milton	Morse	1972
10.64hc	Kipperr Bell	Henry	1979
10.64h	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
10.75	Bryant Eubanks	El Camino	1994
10.77	Johnny Robinson	Chula Vista	1994
10.78	Terry Rodgers	Sweetwater	1986
10.78	Charles Brown	Lincoln	1990
10.79	Vince Williams	Uni. City	1994
10.80	Darris George	San Diego	1994
10.84	Jamel Mitchell	Mt. Miguel	1993



No one in the history of the state track meet has won the legal 100-meter dash faster than Southwest's Riley Washington, who won the 1992 title with a time of 10.30.



Hilltop's Kathy Sorenson was one of the section's top multi-event competitors as well as the San Diego Union-Tribune's 1993-94 Student-Athlete of the Year

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 Meter

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
21.46	Jere Miller	Henry	1994
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
21.56	Vince Williams	Uni. City	1994
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
21.81	Clinton Lane	Henry	1994
21.88	Kiyoshi Moody	Castle Park	1989
21.92	Lydell Burston	Morse	1994
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
47.41	Jere Miller	Henry	1994
47.44hc (47.6)	Mike Singletary	San Diego	1965
47.59c	Mike Adkins	Bonita Vista	1979
47.75	Lydell Burston	Morse	1994
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
48.74c	Vince Williams	Uni. City	1994
48.78	Brent Wingrath	Mt. Carmel	1994
48.86	Mike Norris	RBV	1994
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
1:51.96	Jesse Camp	El Capitan	1994
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
1:52.23	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
1:53.05	Mark Hauser	St. Augustine	1994
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

1600 Meters

Mark	Name	School	Year
4:06.15	Mebrahtom Keflezighi	San Diego	1994
4:06.52	Shawn O'Neal	Oceanside	1980
4:08.36c	Daniel Das Neves	Helix	1992
4:08.97	Mark Hauser	St. Augustine	1994
4:10.09	John Seeman	Helix	1981
4:10.27	Joe Manuel	Kearny	1982
4:10.75	Paul Greer	St. Augustine	1982
4:10.78	Robert Fithen	Serra	1984
4:11.36	Marc Davis	San Diego	1987
4:11.52	Mark Dani	Valhalla	1986
4:11.64	Andy Davis	Henry	1987
4:11.75	Jason Martin	Fallbrook	1987

4:12.24	Nazario Romero	San Pasqual	1993
Mile			
Mark	Name	School	Year
3:59.4	Tim Danielson	Chula Vista	1966
4:02.7i	Thom Hunt	Henry	1976
4:05.5	Terry Cotton	El Cajon	1972
4:05.58	Mebrahtom Keflezighi	San Diego	1994
4:08.6	Steve Whitcomb	Helix	1979
4:08.8	Armando Valencia	El Cajon	1967
4:09.0	Francis O'Neill	San Pasqual	1989
4:09.1	Tom Davidson	El Cajon	1968
4:10.0	Ron Roberts	Morse	1979
4:10.6	Tom Smith	Granite Hills	1974
4:10.8	Thorn Bigley	Clairemont	1967
4:10.8	Jay Woods	Vista	1974
4:11.33i	Mark Hauser	St. Augustine	1994
4:11.8	Lloyd Apgar	Lincoln	1967
4:12.5	Dave Harper	Clairemont	1970
4:12.6	Jeff Woodland	La Jolla	1979
4:13.0	Steve Becker	Kearny	1970

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
8:51.94h	Mebrahtom Keflezighi	San Diego	1994
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
9:00.34hc (9:03.6y)	Jeff Woodland	La Jolla	1979
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
9:06.35	Devin Elizondo	Mission Bay	1994
9:07.14hc (9:10.4y)	Dave Carter	Monte Vista	1969
9:08.24hc (9:11.5y)	Robbie Lopes	Monte Vista	1986
9:08.14	Nazario Romero	San Pasqual	1992

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

110 Meter High Hurdles

Mark	Name	School	Year
14.30	Steve Forte	El Camino	1994
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

Wind-aided Marks

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
37.98	Steve Forte	El Camino	1994
38.04	Felix Sanchez	Uni. City	1994
38.05	Terry Herron	Oceanside	1985
38.14h	Dexter Monroe	Henry	1989
38.24h	Travis Knox	San Dieguito	1985
38.34	Brian Fell	Rancho Bern.	1994
38.39	Ahmed Dent	Mira Mesa	1990
38.40	Sadat Piggee	Castle Park	1994
38.44h	Mario 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
38.75h	Fred Dunn	Oceanside	1989

400 Meter Relay

Mark	School	Year
41.00	El Camino	1994
41.44hc (41.5y)	Lincoln	1968
41.44hc (41.5y)	San Diego	1971

41.44hc (41.5y)	Crawford	1975
41.5	Morse	1983
41.52	Uni. City	1994
41.54hc (41.6y)	Lincoln	1972
41.54hc (41.6y)	Lincoln	1973
41.54hc (41.6y)	Lincoln	1976
41.60	San Diego	1994
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
41.86	RBV	1994
41.88	Serra	1982
41.90	El Camino	1993
41.92	Uni. City	1990
42.00	Mira Mesa	1980
42.01	Rancho Bern.	1994
42.10	Lincoln	1987
42.10	Mira Mesa	1990
42.15	Lincoln	1992
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
3:14.69	Henry	1994
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
3:17.63	Lincoln	1994
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

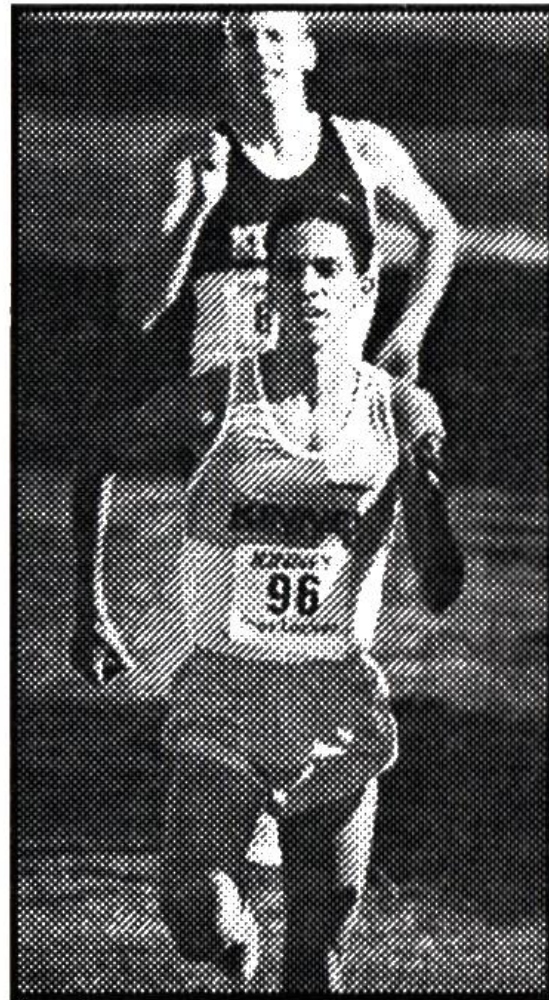
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3:19.37	Point Loma	1982

High Jump

Mark	Name	School	Year
7-2	Frank Schiefer	Madison	1979
7-0 ¼	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 ¾	Ed Hanks	Hoover	1964
6-9 ¼	Phil Singleton	San Diego	1967
6-9 ¼	Tim Brown	Morse	1967
6-9 ¼	Jim Geddes	La Jolla	1973
6-9 ¼	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



Daniel Das Neves, Helix High by way of Brazil, kept the San Diego-area dominance of the 1600-meter alive when he won the state title in 1991.

15-7	Jason Rice	Fallbrook	1993
15-6 ½	Dan Shimooka	San Pasqual	1994
15-6	Jay Rafail	Vista	1987
15-6	Rick Lotterer	San Pasqual	1988
15-6	Mike Brown	Torrey Pines	1994
15-5	Brian Chase	Granite Hills	1989
15-5	David Fipp	La Jolla	1993
15-3	Sean Hickey	Fallbrook	1985
15-2 ½	Jeff Mulligan	San Dieguito	1984
15-2	Wes Stephens	Orange Glen	1990
15-2	Scott Shimooka	San Pasqual	1991
15-1 ¼	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	1994

Long Jump

Mark	Name	School	Year
25-5 ¼	Doyle Steele	San Diego	1966
25-5	Jerome Price	Uni. City	1989
25-1 ¼	Dokie Williams	El Camino	1978
24-11	Lewis King	Lincoln	1967
24-9	Arnold Tripp	Crawford	1959
24-6 ¼	Tom Brown	Castle Park	1989
24-5 ¾	James Kennedy	Lincoln	1962
24-5 ½	Pierre Frazier	Hoover	1965
24-4	Bouncy Moore	San Diego	1968
24-2 ¾	Willie Banks	Oceanside	1974
24-2	Scott Hammond	Lincoln	1990
24-2	Corri Moore	Monte Vista	1993
24-0 ¾	Willie Steele	Hoover	1941
24-0 ¾	Eugene Gunn	Oceanside	1981
24-0 ¼	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

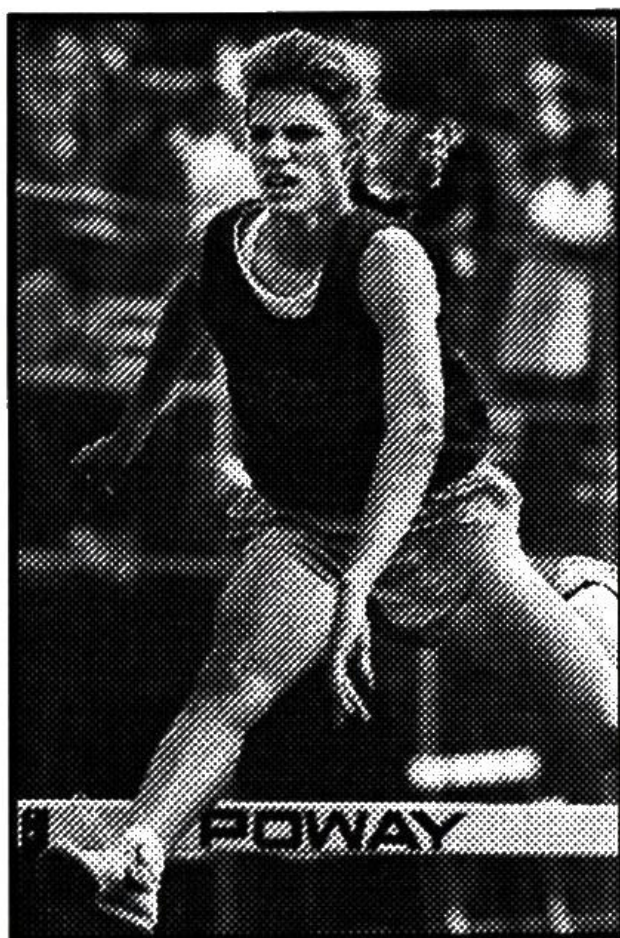
Mark	Name	School	Year
52-0	Von Ware	RBV	1994
51-3	Willie Banks	Oceanside	1974
51-2 ½	Dokie Williams	El Camino	1977
51-2	Lenny McGill	Orange Glen	1989
50-5 ½	Damon Carson	San Diego	1988
50-3 ½	Charles Huff	La Jolla	1988
49-8 ½	Cary Taylor	Morse	1992
48-11 ¼	Reggie Mitchell	Sweetwater	1994
48-10	Alan Osborne	El Cajon	1982
48-8 ¾	Craig Montgomery	El Camino	1978
48-8	Terry Sweet	Morse	1991
48-1	Willie Williams	Helix	1980
48-1	Lester Brown	San Diego	1984

Shot Put

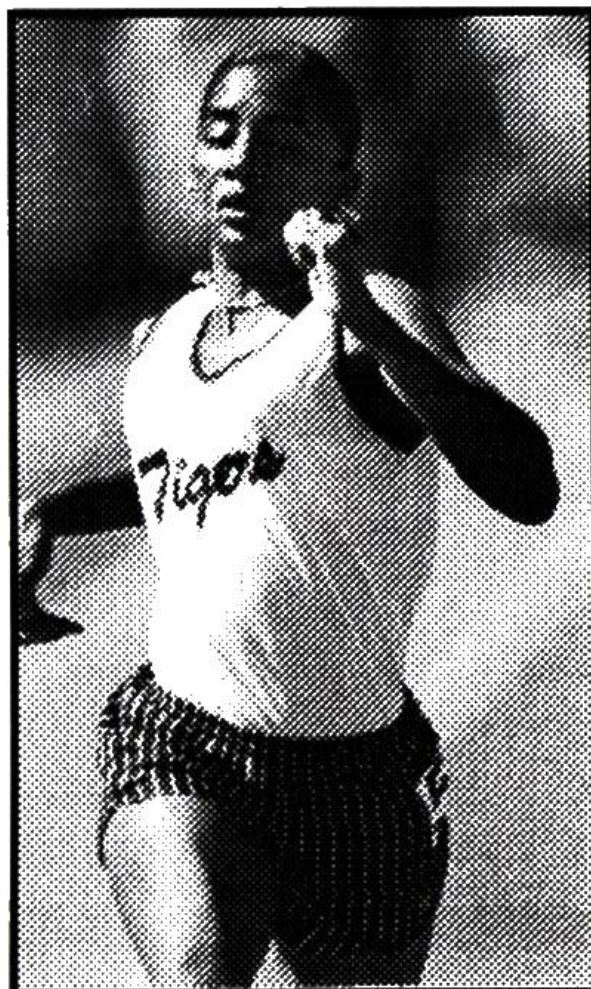
Mark	Name	School	Year
76-2	Brent Noon	Fallbrook	1990
65-11 ¼	Curt Hampton	El Cajon	1974
64-11	Pete Schmock	San Dieguito	1968
64-11	Billy Joe Winchester	Mt. Miguel	1970
64-3 ½	George Brown	Granite Hills	1967
63-4	Ken Pole	El Capitan	1978
62-7 ½	Matt Gauthier	Valhalla	1978
61-6 ¼	Ed Speed	Grossmont	1961
61-5 ¾	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



In 1991 San Pasqual's Erin Blunt became the first runner from the CIF-San Diego Section to win the state 300-meter hurdle champion, clocking a 43.02.



Morse High's Kunesha Miller returns for her senior year after finishing sixth in the state 100-meter dash at 12.22.

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 Wisner	La Jolla	1978
11.97	Ellen Jones	Mt. Miguel	1981
11.99	Kunsha Miller	Morse	1994
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 Wisner	La Jolla	1974
24.44hc (24.3y)	Vicki Belser	Vista	1976
24.43	Allison Dring	Mt. Carmel	1990
24.49	Kunsha Miller	Morse	1994
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
24.99	Akiba McKinney	Monte Vista	1994

24.96	Nichelle Milner	Morse	1991
25.03	Lana Garner	Morse	1994
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
55.22	Lana Garner	Morse	1994
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
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
57.59	Drisanna Carey	USDHS	1994
57.64hc (57.8y)	Nancy Eastern	Crawford	1977
57.70	Ayanna Bennett	Morse	1990
57.74hc (57.9y)	Judy Reed	Crawford	1976
57.74	Melissa Gibbs	San Pasqual	1994

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 Fehrensen	La Jolla	1982
2:14.44	Gina Westby	Torrey Pines	1988

1,600 Meter

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
4:53.66c	Kristi Bache	University	1988
4:54.24c (4:55.7y)	Cheryl Flowers	Valhalla	1977
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
5:00.34h	Amy Haase	San Dieguito	1994
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

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
10:45.48	Melissa Keim	San Pasqual	1993
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

100 Hurdles (33")

15.03	Kiesha Porter	Mira Mesa	1994
15.17	Lisa Shepard	Orange Glen	1993
15.19	Kori Joiner	Rancho Bern.	1994
15.24	Carlene Jones	Morse	1994
15.34	Stacy Surratt	Rancho Bernardo	1994
15.39	Dana Blackwood	Valhalla	1993

15.40	Lakesha Parker	Bonita Vista	1993
15.43	Eugenia Makrogiannis	University City	1993

100 Hurdles (30")

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

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
44.60	Kiesha Porter	Mira Mesa	1994
44.76	Carlene Jones	Morse	1994
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
46.78	Morse	1994
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
6-1 $\frac{3}{4}$	Sue McNeal	Carlsbad	1979
5-10	Lynn Patrick	Serra	1987,88
5-8 $\frac{1}{4}$	Chris Remmling	San Dieguito	1976
5-8 $\frac{1}{4}$	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
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
19-3 ½	Debbie Wilford	Castle Park	1977
19-1 ¼	Jewell Lovelady	Crawford	1977
19-1	Laura Stowe	Torrey Pines	1987
19-0 ½	Michelle Outlaw	Lincoln	1987
18-11 ¾	Melinda Forest	Mt. Miguel	1993
18-10 ¾	Kim Huey	Santa Fe Christian	1985
18-10 ¾	Nedra Dillon	Mission Bay	1989
18-10 ¼	Chris Mose	El Cajon	1981
18-10	Rochelle Johnson	Henry	1989
18-10	Carlene Jones	Morse	1994

Triple Jump

Mark	Name	School	Year
41-8 ¼	Jackie Anderson	Mt. Miguel	1987
40-8 ¾	LaFrancia West	Grossmont	1988
40-6 ¾	Rochelle Johnson	Henry	1989
40-6 ¼	Tamieka Porter	Orange Glen	1993
40-4	Amy Littlepage	Mt. Miguel	1993
39-6	Gail Devers	Sweetwater	1984
39-2 ¼	Shadesia Pearman	Mt. Miguel	1993
39-2	Stacy Thompson	Morse	1988
38-11	Kathy Sorenson	Hilltop	1994
38-7	Katina Harrison	Mt. Miguel	1991
38-3 ¾	Angela Sims	El Camino	1990
38-2	Cherise Poole	Henry	1987
37-10 ½	Zakirah Sanford	Lincoln	1994
37-10 ½	Yvonne Griffin	El Camino	1983
37-8	Carol Clinger	Orange Glen	1991
37-7	Latoya Crews	Morse	1994
37-6 ½	Margaret Warren	Mt. Miguel	1982

37-5 ½	Kim Loyd	Mt. Miguel	1986
Shot Put			
Mark	Name	School	Year
49-6	Kathy Devine	Mission Bay	1974
45-0 ¾	Tracy Crawford	Southwest	1986
43-10 ¼	Laura Hughes	Orange Glen	1988
43-2 ½	Kartsi Leppaluoto	Madison	1986
43-2 ¼	Kristina Mataafa	Orange Glen	1992
43-2	Fernanda deOliveira	Henry	1993
43-1 ¾	Jennifer Viavia	Madison	1988
42-11 ½	Susan Compton	Marian	1980
42-8 ¼	Mulu Tosi	Morse	1989
42-3	Michelle Campbell	Crawford	1987
41-8 ¾	Liz Mueller	Vista	1980
41-8	Pam Masterson	Carlsbad	1980
41-7 ¾	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

1992	Riley Washington	Southwest	10.30
1977	David Russell	Henry	9.61y
1974	Elijah Jefferson	Crawford	9.8y
1973	Elijah Jefferson	Crawford	9.6wy
1929	Jimmy Willson	San Diego	9.8y

200 Meters

1977	David Russell	Henry	20.97y
1941	Glen Willis	San Diego	21.7y

1929	Jimmy Willson	San Diego	21.4y
400 Meters			
1979	Tony Banks	Morse	47.28
1946	Norm Stocks	San Diego	49.3y
1929	Cotton Warburton	San Diego	49.6y
800 Meters			
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			
1994	Mebrahtom Keflezighi	San Diego	4:07.67
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			
1994	Mebrahtom Keflezighi	San Diego	8:58.11
1971	Dale Fleet	Clairemont	8:53.8y
110 High Hurdles			
1938	John Beiwaner	San Diego	15.3y
300 Intermediate Hurdles			
1991	Keith Williams	Escondido	37.28
High Jump			
1970	Jerry Culp	Oceanside	7-0 ¼
1953	Bernie Nelson	San Diego	6-4
1918	Harold Muller	San Diego	5-6
Pole Vault			
1961	Mike Graves	El Cajon	14-2 ¼
1929	Bill Miller	San Diego	12-6
1928	Bill Miller	San Diego	12-9 ½
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	11-11 ½
Long Jump			
1990	Jerome Price	University City	25-3 ¼
1978	Dokie Williams	El Camino	25-1 ¼
1966	Doyle Steele	San Diego	25-3 ¼
1962	James Kennedy	Lincoln	24-5 ¾
1957	Luther Hayes	Lincoln	23-8 ½
Triple Jump			
1989	Lenny McGill	Orange Glen	51-1 ¼
1978	Dokie Williams	El Camino	50-4 ¼

1977	Dokie Williams	El Camino	51-0 ½
1974	Willie Banks	Oceanside	50-9
1973	Willie Banks	Oceanside	49-7 ¼
Shot Put			
1990	Brent Noon	Fallbrook	74-4 ¾
1989	Brent Noon	Fallbrook	66-1 ½
1986	Brian Boggess	El Capitan	61-4
1968	Pete Schmock	San Dieguito	63-11
1954	Dick Bronson	Grossmont	59-7 ½
1950	Hal Norris	Grossmont	56-5 ¼
GIRLS			
100 Meters			
1984	Gail Devers	Sweetwater	11.51
1974	Janice Wiser	La Jolla	10.8y
200 Meters			
1974	Janice Wiser	La Jolla	24.2y
800 Meters			
1986	Laura Chapel	University City	2:08.66
1,600 Meters			
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			
1993	Milena Glusac	Fallbrook	10:42.68
1992	Milena Glusac	Fallbrook	10:28.62
100 Meter Hurdles			
1984	Gail Devers	Sweetwater	13.41
300 Meter Hurdles			
1991	Erin Blunt	San Pasqual	43.02
400 Meter Relay			
1977	Crawford		46.14y
High Jump			
1987	Lynn Patrick	Serra	5-10
1978	Sue McNeal	Carlsbad	5-10 ¼
Long Jump			
1983	Gail Devers	Sweetwater	19-6
1981	Chris Mose	El Cajon Valley	18-10 ¼
Shot Put			
1975	Kathy Devine	Mission Bay	42-3 ¾
1974	Kathy Devine	Mission Bay	47-4 ½
Discus			
1986	Tracy Crawford	Southwest	156-2
1976	Kathy Middleton	Poway	134-5



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Orange Glen's Tamieka Porter, the 1994 Girls Athlete of the Year, capped a fine career by winning the state triple jump title. Her seasonal best of 39-7½ ranks fourth all-time.