

San Diego Prep Track and Field Guide 1996



Torrey Pines' Mike Brown earned Male Athlete of the Year honors by winning the state pole vault title at Cerritos, in record fashion, clearing 16-4.

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Three section records, one state champion and two of the best best-ever times in the 400 meters were highlights for the 1995 track season and with 11 state finalists in 15 events returning, there is much to anticipate for 1996.

The record book took a beating when the final summer results of the 1995 season were posted, including a double-sweep by Torrey Pines' Mike Brown who picked a perfect time — the state finals — to obliterate the section record in the pole vault by soaring 16-4 for the gold medal.

He'll be attempting new heights at Notre Dame this spring.

Of particular interest, both because of the marks in 1995 and their implications for 1996, is that boys 400.

No one who was in attendance at the section championships will ever forget that stirring stretch drive at Poway High as first Henry's Clinton Lane led, then Morse's Lydell Burston, then Lane, then Burston and finally it took a photo to give Lane the win, as both clocked identical times of 47.07 — the third fastest all-time in San Diego.

Over the summer, Morse's Ray Carter moved up smartly to seventh all-time when he clocked a 47.23 in the semifinals of the TAC Junior meet in Las Vegas. The good news is both Burston and Carter return to push each other toward the section (and school) record of 46.98 by Michael Stevenson set in 1979. The all-time best is 46.94 — a converted hand time of 47.1 run by Lincoln Prep's Milton Mitchell in 1970.

The 14-second barrier in the 110-meter high hurdles, too, should be challenged what with new section record-holder Jake Kuritz of Torrey Pines returning. He'll be looking to improve on an educational eighth place finish in last year's state meet after running 14.19 in the section finals.

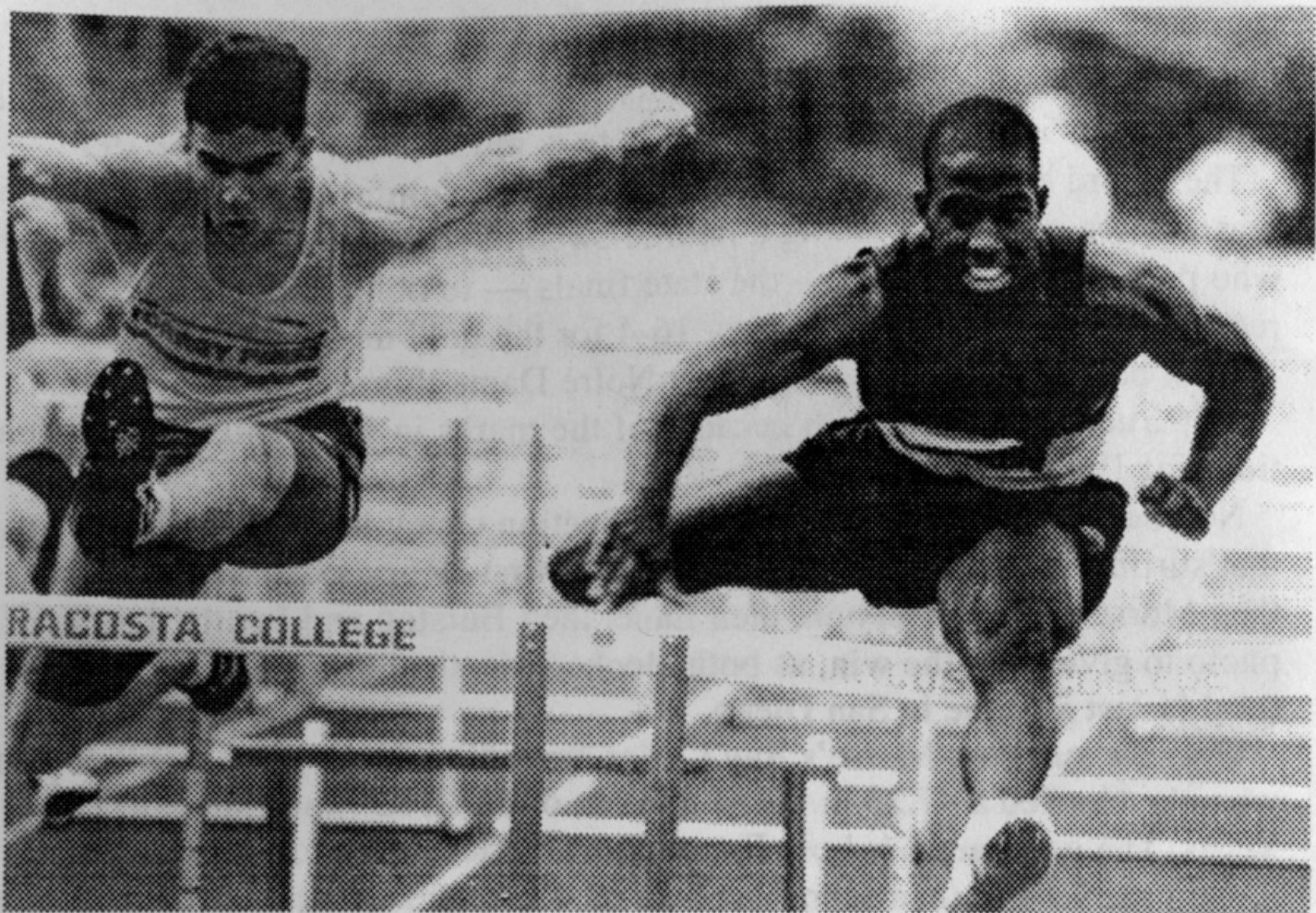
San Diego has had a rich history of producing top-flight sprinters and the latest to follow in the footsteps of Elijah Jefferson, David Russell and Riley Washington is University City's Vince Williams, who recorded bests of 10.58 and 21.28. After sweeping the section 100 and 200, Williams finished fourth in the state 100 and fifth in the 200. Look for Oceanside's Jamal Green (10.72-21.55) to provide a big push.

On the girls' side, 1995 female athlete of the year Akiba McKinney of Monte Vista is setting her sights even higher after winning the section 100, 200 and long jump last year.

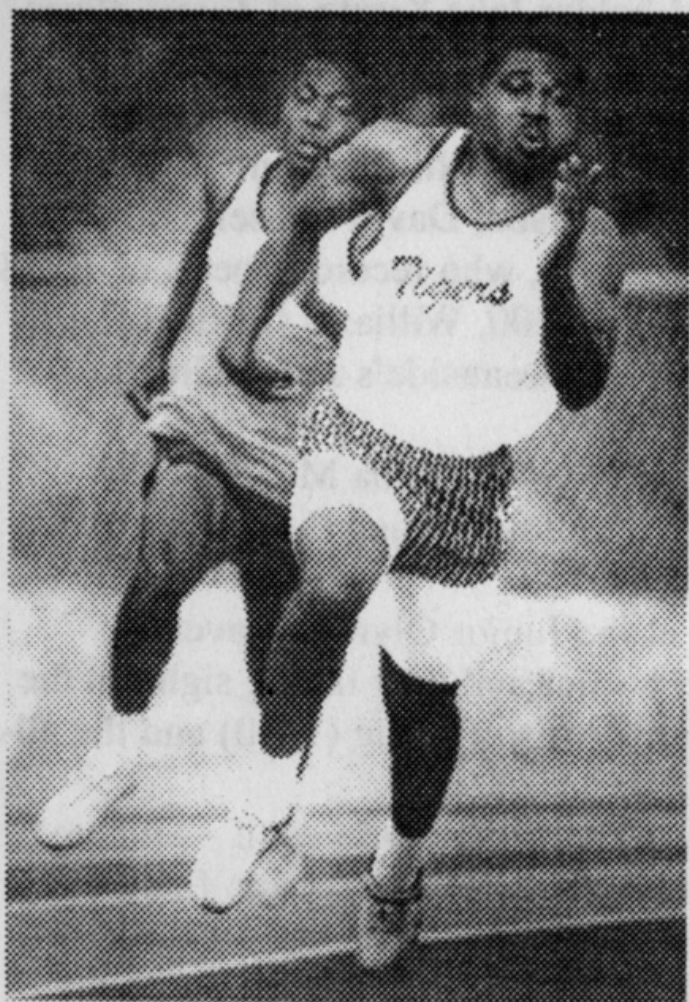
Morse's Lana Garner clocked a 54.53 at the Junior Olympics over the summer, crashing through the 55-second barrier and now taking sight on the the section record of 54.29 by Mt. Carmel's Allison Dring (1990) and the all-time best of 53.53 by La Jolla's Janice Wiser.

The third section record came in a new event — the pole vault — where Mira Mesa's acrobatic Kristi Draher soared 11-feet in the section finals en route to a second place finish in the state meet.

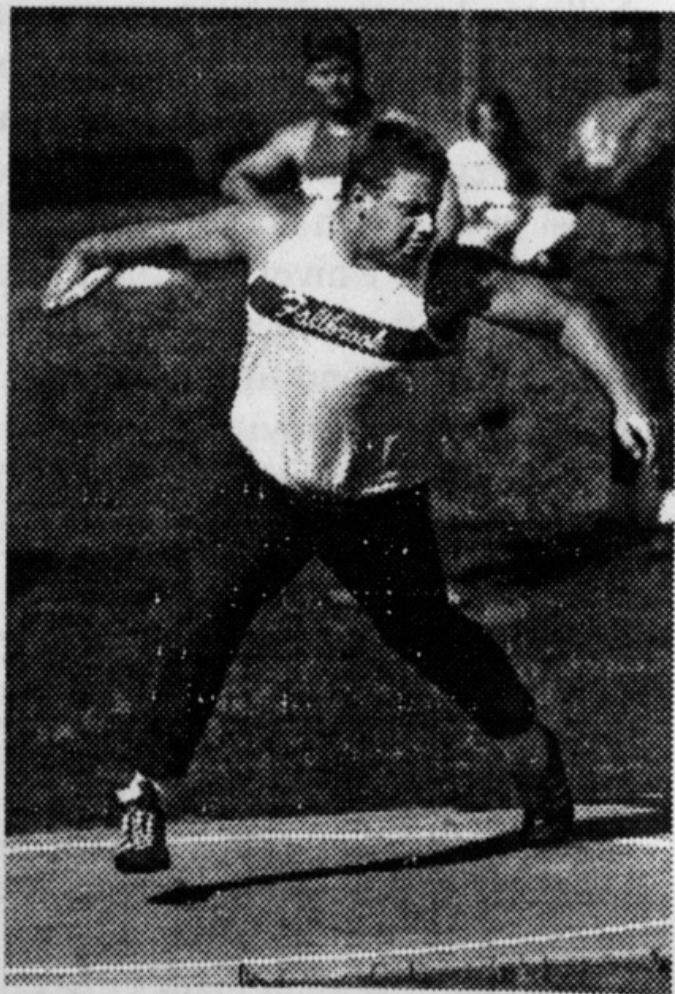
Once again, a giant thanks goes out to Richard Cota, without whom this book would not be possible, and to all of those who contributed marks that in many cases required extensive research.



Torrey Pines' Jake Kuritz (left) and El Camino's Steve Forte battle in the Avocado League 110-meter hurdle finals. Kuritz set a section record of 14.19 in the championships, beating Forte, who was also under the previous best, running 14.25



UCLA football standout Teddy Lawrence was a fine 100-200 sprinter while attending Morse High.



While at Fallbrook High, Brent Noon not only dominated the shot put, he was a 200-foot discus thrower. Noon will be a major contender for a spot on the United States Olympic team this July.

1995 LEADERS BOYS

100-METERS (Automatic Times Only)

10.55	Bryant Eubanks	El Camino	State Prelims
10.58	Vince Williams	Uni. City	State Prelims
10.72	Jamal Green	Oceanside	State Prelims
10.74	Tony Graham	San Diego	Joyner Classic
10.79	Leon Hawes	Rancho BV	Palomar Finals
10.89	Gary Johnson	Scripps Ranch	CIF Finals
10.92	Majaliwa McKeaver	Ramona	CIF Finals
10.99	Trevor Adams	Rancho BV	Palomar Finals
11.00	Dawaiin Jones	Morse	Eastern Finals
11.05	Quentin Hill	Henry	Eastern Finals
11.07	Todd Barker	San Dieguito	CIF Finals
11.11	Tarius Richardson	Mira Mesa	Titan Trackfest
11.17	Clinton Lane	Henry	Balboa Relays
11.20	Aminifu Johnson	Helix	CIF Prelims
11.20	Jesse Green	Rancho BV	Palomar Finals
11.21	Chris Fonss	Torrey Pines	Titan Trackfest
11.21	Ian Miller	Monte Vista	Titan Trackfest
11.22	Sean Redding	Point Loma	Eastern Finals
11.23	Gavin Bachner	Granite Hills	CIF Prelims
11.24	Billy Bradley	Coronado	CIF Prelims
11.25	Mervyn Veracruz	Sweetwater	CIF Prelims
11.27	Nimo Salimi	Rancho Bern.	Palomar Finals
11.31	Eric Rohr	Hoover	Harbor Prelims
11.34	J. D. Watson	Lincoln Prep	Harbor Finals
11.39	Michael Wakefield	Lincoln Prep	Balboa Relays

200 METERS

21.28	Vince Williams	Uni. City	State Pelims
21.55	Jamal Green	Oceanside	CIF Finals
21.70	Leon Hawes	Rancho BV	Palomar Finals
21.82	Tony Graham	San Diego	Joyner Inv.
21.83	Clinton Lane	Henry	Eastern Finals
21.88	Brian Scott	Rancho Bernardo	Palomar Finals
21.99	Lydell Burston	Morse	Eastern Finals
22.09	Quinta Hill	Henry	CIF Prelims
22.12	Trevor Abrams	Rancho BV	Palomar Finals
22.18	Ray Carter	Morse	Eastern Finals
22.31	Todd Barker	San Dieguito	Palomar Finals
22.34	Alim Shabazz	Serra	CIF Prelims
22.40	Michael Wakefield	Lincoln Prep	Harbor Finals
22.56	Nima Salimi	Rancho Bernardo	Palomar Finals
22.57	Chris Fonss	Torrey Pines	CIF Prelims

22.59	Demetrious Ligon	San Diego	CIF Prelims
22.63	Ian Miller	Monte Vista	CIF Prelims
22.65	Kendall Pinson	Morse	Eastern Finals
22.65	Tarius Richardson	Mira Mesa	CIF Prelims
22.68	Isaiah Anderson	El Cajon	CIF Prelims
22.74	Gary Johnson	Scripps Ranch	Western Finals
22.83	Jayson Garrow	Mt. Carmel	Palomar Finals
22.95	Marvin Peterson	Mt. Carmel	CIF Prelims
22.97	Chris Morel	Poway	Palomar Finals
23.00	Greg Mitchell	Orange Glen	Palomar Final
23.08	Mark Bash	San Pasqual	CIF Prelims
23.09	Tony Gaabuchayan	Mar Vista	Harbor Finals

Leading Hand Times:

21.8	Lydell Burston	Morse	Orange Glen Inv.
21.9	Thomas Graham	San Diego	Dual meet
21.9	Bryant Eubanks	El Camino	Dual meet
21.9	Leon Hawes	Rancho BV	Dual meet
21.9	Clinton Lane	Henry	Eastern Prelims
22.0	Dawaiin Jones	Lincoln	Dual meet
22.0	Jamal Green	Oceanside	Dual meet
22.1	Quinta Hill	Henry	Dual meet
22.1	Aminifu Johnson	Helix	Grossmont Prelims
22.2	Demetrious Ligon	San Diego	Dual meet
22.3	Brian Scott	Rancho Bernardo	Dual meet
22.3	Isaiah Anderson	El Cajon	Dual meet
22.4	Ray Carter	Morse	Dual meet
22.4	James Lee	Mar Vista	Dual meet
22.5	Steve Waldheim	Uni. City	Dual meet
22.5	Felix Sanchez	Uni. City	Orange Glen
22.5	Todd Barker	San Dieguito	Dual meet
22.5	Dwayne Ross	San Diego	Dual meet
22.5	Kendall Pinson	Morse	Dual meet
22.5	Alim Shabazz	Serra	Dual meet
22.5	Mitch Hamilton	Mt. Miguel	Grossmont Prelims
22.5	Bryan Bartling	Grossmont	Grossmont Prelims
22.5	Soloman Frazier	Valhalla	Grossmont Prelims
22.5c	Raymond Fields	Valhalla	Dual meet
22.5c	Damon Washington	Southwest	Dual meet

400 METERS

47.07	Clinton Lane	Henry	CIF Finals
47.07	Lydell Burston	Morse	CIF Finals
47.23	Ray Carter	Morse	TAC, Las Vegas
48.4	Felix Sanchez	Uni. City	Western Prelims
48.85	Brian Scott	Rancho Bern.	CIF Finals

48.97	Michael Wakefield	Lincoln Prep	CIF Prelims
48.9	Dawaiin Jones	Morse	Eastern Prelims
49.03	Demetrius Ligon	San Diego	CIF Prelims
49.63	Richard Sanders	El Camino	CIF Finals
49.77	Tony Gaaybuchayan	Mar Vista	CIF Prelims
49.7c	Vince Williams	Uni. City	Dual meet
49.81	J.C. Gross	St. Augustine	CIF Prelims
49.88	Steve Waldheim	Uni. City	Western Finals
49.8	Brandon Sanchez	Escondido	Avocado Finals
49.90	Chris Jones	Serra	Eastern Finals
50.01	Mark Bash	San Pasqual	CIF Prelims
50.09	Gaston Lumbwele	Hoover	CIF Prelims
50.14	Kendall Pinson	Morse	Eastern Finals
50.7	Bryan Bartling	Grossmont	Dual meet
50.7c	Mike Gross	Granite Hills	Dual meet
50.99	Ricky Sharpe	Mt. Carmel	CIF Prelims
51.00	Scott Sims	San Dieguito	Palomar Finals

800 METERS

1:53.86	Larry Henderson	Mira Mesa	Eastern Finals
1:54.38	Diego Ash	San Pasqual	CIF Finals
1:54.85	Ajani Brown	Crawford	CIF Prelims
1:55.71	Ryan Sanders	Rancho Bern.	CIF Prelims
1:55.79	Jason White	Chula Vista	Arcadia Inv.
1:56.36	Greg Nett	Mt. Carmel	CIF Prelims
1:56.84	Matt Dunn	Chula Vista	CIF Finals
1:57.2	David Romero	Scripps Ranch	Orange Glen Inv
1:57.40	Brent Coe	Helix	CIF Finals
1:57.95	Brock Mathis	Mira Mesa	CIF Finals
1:58.02	Henry DeJesus	Hilltop	CIF Finals
1:58.9	Felix Sanchez	Uni. City	Dual meet
1:59.05	Ross Dammann	USDHS	CIF Prelims
1:59.1	Stewart Blain	West Hills	Orange Glen Inv.
1:59.23	Gavin Davis	Scripps Ranch	Western Finals
1:59.63	Jason Mavromatis	Mt. Miguel	CIF Prelims
1:59.85	Ben McClelland	Mt. Carmel	CIF prelims
1:59.91	Brett Weaver	Fallbrook	Palomar Finals
2:00.06	Ryan Short	Rancho Bern.	Palomar Prelims
2:00.13	Doug Singer	Santana	CIF Prelims
2:00.82	Chris Gabriel	San Dieguito	Palomar Prelims
2:00.8	Dustin Diaz	West Hills	Grossmont Finals
2:00.9	David McQuitty	Grossmont	Dual Meet
2:01.05	Mike Lebrecque	Rancho Bern.	Palomar Finals
2:01.17	William Halsey	Rancho BV	CIF Prelims
2:01.19	Trevor Sybert	Vista	Palomar Prelims

2:01.2	Ray Carter	Morse	Dual meet
2:01.3	Kevin Bowes	Scripps	Dual meet
2:01.46	Mike Staton	Henry	Eastern Finals
2:01.6c	Brent Bolton	Scripps Ranch	Dual meet
2:01.65	Martin Perez	Mar Vista	CIF Prelims

1600 METERS

4:09.58	Larry Henderson	Mira Mesa	State Finals
4:12.26	Greg Nett	Mt. Carmel	Arcadia Inv.
4:17.89	David McQuitty	Grossmont	CIF Prelims
4:19.1	David Romero	Scripps Ranch	Arcadia Inv.
4:19.93	Ross Dammann	USDHS	CIF Finals
4:20.0	Kevin Bowes	Scripps Ranch	Balboa Relays
4:20.31	Charlie Hulsey	Torrey Pines	CIF Prelims
4:21.20	Travis Kirtly	Poway	CIF Prelims
4:22.0	Stewart Blain	West Hills	Grossmont Finals
4:22.9	Manuel Romero	San Pasqual	Avocado Prelims
4:23.2	Ayub Abdusalam	Hoover	Harbor Finals
4:23.66	Galen Reed	Ramona	CIF Prelims
4:24.00	Ryan Short	Rancho Bernardo	CIF Finals
4:24.7	Ryan Larson	Rancho Bernardo	Dual meet
4:24.91	Ruben Carrillo	Chula Vista	CIF Prelims
4:24.93	Tom Kloos	El Camino	CIF Prelims
4:25.6	Brent Bolton	Scripps	Western Finals
4:25.8	Ajani Brown	Crawford	Harbor Finals
4:26.14	Chris Gabriel	San Dieguito	CIF Prelims
4:27.2	Ryan Sanders	Rancho Bernardo	Dual meet
4:27.31	Matt Galavin	Rancho Bernardo	CIF Prelims
4:28.27	Steve Daynes	Grossmont	CIF Prelims
4:28.7	Ricardo Guevarra	San Marcos	Avocado Finals
4:28.8	Andrew Schull	Mt. Carmel	Dual meet
4:30.53	Jon Holmes	Mission Bay	CIF Prelims

3200 METERS

9:10.44	David McQuitty	Grossmont	State Finals
9:16.0	Kevin Bowes	Scripps Ranch	Arcadia Inv.
9:19.8	Larry Henderson	Mira Mesa	Eastern Finals
9:24.93	Shilo Glass	Ramona	CIF Finals
9:27.12	Trevor Sybert	Vista	CIF Finals
9:29.8	Ryan Larson	Rancho Bern.	Palomar Finals
9:32.2	Ross Dammann	USDHS	Western Finals
9:34.2	Greg Nett	Mt. Carmel	Orange Glen Inv.
9:39.0	Manuel Romero	San Pasqual	Avocado Finals
9:39.4	Ivan Osuna	Mission Bay	Western Finals
9:40.67	Jeff Meisner	Rancho Bern.	Mt. Carmel Inv.

9:42.4	Noah Randles	San Dieguito	Palomar Finals
9:42.7	Ayub Abdusalam	Hoover	Orange Glen Inv.
9:45.1	Jon Holmes	Mission Bay	Western Finals
9:46.1	Jim Dunigan	Mt. Carmel	Palomar Finals
9:46.8	Jorge Martinez	Chula Vista	Orange Glen Inv.
9:47.6	Travis Kirtly	Poway	Dual meet
9:48.3	Eron Tello	Rancho Bern.	Palomar Finals
9:49.02	Steve Ketcham	Vista	CIF Finals
9:49.9	Matt Galaviz	Rancho Bern.	Dual meet
9:50.28	Adrian Ramirez	Castle Park	CIF Finals

110 HIGH HURDLES

14.19	Jake Kuritz	Torrey Pines	CIF Finals
14.25	Steve Forte	El Camino	CIF Finals
14.44	Reginald DePass	Montgomery	National JOs
14.59	Brian Fell	Rancho Bern.	Palomar Finals
14.60	John Navarre	Orange Glen	Palomar Finals
14.90	Tedrick Rogers	Monte Vista	Mt. Carmel Inv.
14.91	Eric Benson	Orange Glen	CIF Finals
15.23	Tracy Smith	Rancho BV	CIF Prelims
15.25	Anwar Jenkins	Lincoln Prep	Joyner Classic
15.26	Jay Ciaga	Hilltop	CIF Finals
15.32	Laureano Jerrigan	Bonita Vista	CIF Prelims
15.39	Mark John	Rancho Bern.	Titan Trackfest
15.40	Patricio Flatts	Sweetwater	CIF Prelims
15.40	Mike Rattigan	Serra	Eastern Finals
15.46	Shawn Manzano	Mt. Carmel	Palomar Finals
15.48	Morgan Jones	Vista	Palomar Prelims
15.49	Mike Davis	Grossmont	CIF Prelims
15.53	Derrick Lewis	El Capitan	Titan Trackfest
15.61	Jeoff Kaiser	Mt. Carmel	Palomar Finals
15.66	Tim Dickman	Poway	Palomar Prelims
15.71	Charlie Cushman	Carlsbad	CIF Prelims
15.78	Jose Gomez	USDHS	CIF Prelims
15.84	Mike Chuang	Torrey Pines	CIF Prelims
15.91	Traniel Jackson	Uni. City	Titan Trackfest
15.95	David Markle	San Diego	Eastern Finals
15.99	Jay Tanjuan	USDHS	CIF Prelims

Hand Times

14.3	Jake Kurtiz	Torrey Pines	Dual meet
14.3	Steve Forte	El Camino	Avocado Finals
14.7	Reginald DePass	Montgomery	Dual meet
14.8	Mark John	Rancho BV	Dual meet
14.9	Tedrick Rogers	Monte Vista	Wolfpack Inv.

14.9	Eric Benson	Orange Glen	Dual meet
15.0	Patricio Flatts	Sweetwater	Metro Prelims

300 HURDLES

36.82	Felix Sanchez	Uni. City	CIF Prelims
37.47	Brian Fell	Rancho Bern.	CIF Finals
37.92	Jake Kuritz	Torrey Pines	CIF Finals
38.2	Steve Forte	El Camino	Avocado Finals
38.73	Terry Ruh	Mt. Miguel	CIF Finals
38.93	Karl Klinger	El Capitan	CIF Finals
38.99	Tedrick Rogers	Monte Vista	CIF Finals
39.44	Eric Benson	Orange Glen	Palmar Finals
39.60	Jon Clark	El Capitan	CIF Finals
39.62	Reginald DePass	Montgomery	CIF Prelims
39.71	Mark John	Rancho Bern.	CIF Prelims
40.47	Derrick Lewis	El Capitan	Mt. Carmel Inv.
40.4	David Markle	San Diego	Dual meet
40.50	Mike Rattigan	Serra	Eastern Finals
40.61	Mike Arns	Hilltop	CIF Prelims
40.62	Anwar Jenkins	Lincoln Prep	Joyner Classic
40.6	Shawn Bright	Escondido	Avocado Finals
40.6	Rodrigo Rios	Helix	Grossmont Finals
40.82	David Gissendanner	San Diego	Eastern Finals
41.0	Brian Amonn	Torrey Pines	Dual meet
41.12	Tracy Smith	Rancho BV	CIF Prelims

400 RELAY

41.22	Morse	CIF Finals
41.30	El Camino	CIF Finals
41.59	Uni. City	CIF Finals
41.62	RBV	CIF Finals
41.88	Rancho Bernardo	CIF Finals
42.29	San Diego	CIF Prelims
42.33	Serra	CIF Finals
42.8	Torrey Pines	Avocado Finals
43.1	Oceanside	Avocado Final
43.11	Ramona	CIF Finals
43.16	Henry	Eastern Finals
43.39	Monte Vista	CIF Prelims
43.46	Hoover	CIF Prelims
43.49	Mar Vista	CIF Prelims
43.51	Mt. Carmel	CIF Prelims
43.63	Sweetwater	CIF Prelims
43.8	Lincoln	Dual meet
44.0	Valhalla	Dual meet

44.13	San Dieguito	CIF Prelims
44.18	Scripps Ranch	CIF Prelims

1600 METERS

3:15.48	Uni. City	CIF Finals
3:16.77	Morse	State Prelims
3:18.01	San Diego	CIF Finals
3:20.76	Serra	CIF Finals
3:22.22	Rancho Bernardo	CIF Prelims
3:23.19	Mt. Carmel	CIF Finals
3:23.50	El Capitan	CIF Finals
3:24.60	Henry	CIF Finals
3:25.05	San Pasqual	CIF Finals
3:27.32	El Cajon Valley	CIF Prelims
3:27.38	Chula Vista	Mt. SAC
3:27.95	Hilltop	CIF Prelims
3:28.5	Mt. Miguel	Grossmont Finals
3:28.87	Mar Vista	CIF Prelims
3:29.12	Hoover	Harbor Finals
3:29.23	St. Augustine	CIF Prelims
3:29.3	Granite Hills	Dual meet
3:30.33	Torrey Pines	CIF Prelims
3:30.85	San Dieguito	Palomar Finals
3:30.96	Orange Glen	Palomar Finals

HIGH JUMP

6-6	Ryan Mitchell	Sweetwater	Mt. Carmel Inv.
6-5	Todd Browning	El Capitan	Dual meet
6-5	Kameron Daniel	Eastlake	Dual meet
6-5	Jeff Twining	San Dieguito	Dual meet
6-4	Ryan Jessee	Army-Navy	Coastal Finals
6-4	Nathan Brunsting	Calvin	CIF Finals
6-4	Brian McLaughlin	West Hills	CIF Finals
6-3	Lovell Swink	Serra	Dual meet
6-2	Marshall Linz	El Capitan	Dual meet
6-2	Rahul Hazarika	Rancho Bern.	Dual meet
6-2	Tyriff Rudder	Mt. Miguel	Grossmont Finals
6-2	Nate Foreman	Bonita Vista	Dual meet
6-2	Dwayne Ross	Uni. City	Western Finals
6-2	Onjane Lataillade	Chula Vista	Dual meet
6-2	Kenny Hollins	Escondido	CIF Finals
6-2	Darren West	Rancho BV	Dual meet
6-2	Ben King	Rancho BV	Palomar Finals
6-2	Fred Greene	Hilltop	Dual meet
6-2	Jason Wilding	Granite Hills	Grossmont Finals

6-2	Danny Schroeder	Hilltop	Dual meet
6-2	Alfredo Medina	La Jolla	Western Finals
6-1	Jan Frisch	Ramona	Dual meet
6-1	Jason Lofton	Mt. Miguel	Dual meet
6-1	Myron Reynolds	Serra	Eastern Finals
6-1	Jeremy Adams	Uni. City	Western Finals

POLE VAULT

16-4	Mike Brown	Torrey Pines	State Finals
15-9	Matt Poirier	Mt. Carmel	CIF Finals
15-9	Dan Shimooka	San Pasqual	Dual meet
14-9	Tony Gregorson	Rancho Bern.	CIF Finals
14-6	Brian McLaughlin	West Hills	Dual meet
14-4 1/2	Axel Page	Monte Vista	Dual meet
14-0	Frank Moreno	Rancho Bernardo	Dual meet
13-8	Jose Cintron	Eastlake	Mt. Carmel Inv.
13-8	Tom Sorenson	Hilltop	CIF Prelims
13-6	Brian Goode	Helix	Orange Glen Inv.
13-6	Rick Luce	Ramona	Dual meet
13-6	Eric Cheng	Rancho BV	Dual meet
13-6	Karl Clinger	El Capitan	Dual meet
13-6	Anthony Valdez	Chula Vista	Dual meet
13-6	Niel Siggson	Orange Glen	Palomar Prelims
13-6	Angel Ochoa	Valhalla	Dual meet
13-5	Dan Yates	La Jolla	Dual meet
13-0	Chris Catano	USDHS	Dual meet
13-0	Josh Dutson	Mira Mesa	Dual meet
13-0	Dwayne Grube	Granite Hills	Dual meet
13-0	Jay Pirtle	Mira Mesa	CIF Prelims
13-0	Mike Ponbtriant	Escondido	Avocado Finals

LONG JUMP

23-8	Majaliwa McKeaver	Ramona	State Prelims
23-0 1/2	Rashard Cook	Morse	Dual meet
22-8	Willy James	West Hills	Grossmont Finals
22-8	Jason Lewis	Mt. Miguel	Grossmont Finals
22-7	Dwayne Ross	Uni. City	Western Finals
22-6 3/4	Steve Forte	El Camino	Dual meet
22-6	Lovell Swink	Serra	Mustang Relays
22-5	Jesse Green	Rancho BV	Dual meet
22-5	Yanis Grayer	Castle Park	CIF Finals
22-0	Marvin Abbitt	Serra	Eastern Prelims
22-0	Harris To	San Pasqual	Avocado Finals
21-11 1/2	Walter Bernard	Poway	Dual meet

21-9	Todd Browning	El Capitan	Grossmont Finals
21-7	Willie Hemmer	Uni. City	Dual meet
21-6 3/4	Donald Haynes	Henry	Dual meet
21-6	Tyriff Rudder	Mt. Miguel	Grossmont Prelims
21-5 1/2	Leon Hawes	Rancho BV	Dual meet
21-5 1/4	Jamal Felton	Mt. Carmel	Dual meet
21-5	Jason Wilding	Granite Hills	Grossmont Prelims
21-3	Don Kemp	San Dieguito	Dual meet
21-2	Kennon Kwok	Ramona	Avocado Prelims
21-1 1/2	Nicholas Butler	Henry	Dual meet
21-1 1/2	Nate Foreman	Bonita Vista	Dual meet
21-1	Nick Larkin	Ramona	Dual meet
21-0	Morgan Jones	Vista	Dual meet
21-0	Kenny Nears	Kearny	Dual meet
21-0	Leonard Starks	Serra	Dual meet

TRIPLE JUMP

46-8 1/2	Justin Cox	Rancho BV	CIF Prelims
45-10	Ryan Mitchell	Sweetwater	CIF Prelims
45-9 1/4	Anthony Sanford	Lincoln Prep	Sunkist
45-0 1/2	Willie James	West Hills	CIF Finals
44-9 1/2	Alvin Puma	Torrey Pines	Avocado Finals
44-8	Todd Browning	El Capitan	Grossmont Finals
44-7 1/2	Cornelius Jones	El Camino	Avocado Prelims
44-7	Erik Stewart	Rancho Bernardo	Palomar Finals
44-6 3/4	Don Kemp	San Dieguito	CIF Prelims
44-5 1/2	Tyriff Rudder	Mt. Miguel	CIF Finals
44-1	Marvin Abbitt	Serra	Eastern Prelims
44-0 3/4	Majaliwa McKeaver	Ramona	Dual meet
43-6 3/4	Nate Foreman	Bonita Vista	Mt. Carmel Inv.
43-6	Earl McClain	San Diego	Eastern Finals
43-4 1/2	Dulani Waterman	El Camino	Avocado Finals
43-2 1/2	Reggie Claiborne	Clairemont	CIF Prelims
43-1 1/4	Walter Bernard	Poway	Dual meet
43-0	Shy Marshall	Rancho BV	Dual meet

SHOT PUT

57-1	George Liebe	Granite Hills	Dual meet
55-3 1/2	Donald Batiste	Oceanside	CIF Finals
54-6 1/2	Tony Matautia	El Camino	CIF Finals
54-3 1/2	Tony Sotelo	Ramona	CIF Prelims
54-3 1/4	David Herrick	Mt. Carmel	Palomar Finals
52-9	Kyle McComb	Granite Hills	Dual meet
51-2 1/2	Gavin Graham	Fallbrook	Palomar Finals
51-0 1/4	Tooran Gilliam	San Diego	CIF Prelims

50-9 1/2	Dustin Collins	Fallbrook	Palomar Finals
50-7	Junior Rivas	Oceanside	Avocado Finals
50-7	Bryan Hargett	Carlsbad	Palomar Prelims
49-11 1/2	Jason Conerty	Mt. Carmel	Dual meet
49-7	Raul Guissa	San Diego	Eastern Prelims
49-0	Adam Cruz	Kearny	Dual meet
48-10 1/2	J.T. Gustafson	Orange Glen	Palomar Finals
48-6	Justin Byrd	El Capitan	Grossmont Finals
48-4 1/4	Matt Compton	Helix	Rancho Bernardo Inv.
48-0	Jim Perkins	Scripps Ranch	Dual meet
47-11	Jeremy Cross	Uni. City	Dual meet
47-9 1/2	Jimmy Malo	El Camino	CIF Prelims
47-6 1/2	Nick Padorke	Rancho Bern.	Mt. Carmel Inv.
47-1	Dan Hamann	Rancho Bern.	Palomar Finals

DISCUS

189-8	George Liebe	Granite Hills	Dual meet
177-0	Donald Bautiste	Oceanside	Dual meet
169-8	Gavin Graham	Fallbrook	Dual meet
167-6	David Herrick	Mt. Carmel	CIF Finals
165-9	Tony Sotelo	Ramona	Orange Glen Inv.
165-2	Tooran Gilliam	San Diego	CIF Finals
162-0	Mike McGrath	El Capitan	Dual meet
160-0	Tony Matautia	El Camino	Dual meet
159-0	Heath Bernstein	El Camino	Dual meet
156-5	Kyle McComb	Granite Hills	Dual meet
155-11	Joey Bracamonte	Escondido	CIF Prelims
151-6	Greg Comer	Poway	Dual meet
148-10	Rico Curtis	Serra	Dual meet
147-0	D. J. Walcott	Rancho BV	Avocado Prelims
147-0	Bryan Hargett	Carlsbad	Dual meet
146-10	Josh Stein	Ramona	Dual meet
146-1	Dwight Thompson	Fallbrook	CIF Prelims
144-9	Kyle Phillips	San Pasqual	Dual meet
144-8	Jerome Haywood	Castle Park	CIF Prelims
142-6	Jason Conerty	Mt. Carmel	CIF Prelims
141-0	Justin Byrd	El Capitan	Grossmont Finals
140-10	Bryon Buehler	Valhalla	Dual meet
140-7	Andy Fear	Uni. City	Dual meet
140-1	Kris McLaughlin	El Capitan	Dual meet

1995 LEADERS GIRLS

100-METERS (Automatic Times Only)

11.84	Akiba McKinney	Monte Vista	CIF Final
12.21	Dayshawna Littleton	Morse	CIF Finals
12.25	Tiffany Freow	Morse	State Prelims
12.39	Wendy DeFord	Hilltop	CIF Finals
12.45	Shelly Fopiano	Fallbrook	CIF Finals
12.48	LaShawnda Cole	Lincoln Prep	CIF Finals
12.53	Becky Silva	USDHS	CIF Finals
12.54	Renae Shannon	San Diego	CIF Finals
12.64	Lyn Splittgerber	Mt. Carmel	Palomar Finals
12.70	Leslie Wood	Mt. Carmel	CIF Finals
12.77	Atiba Green	Uni. City	Western Finals
12.77	Brett Wilson	Poway	Palomar Finals
12.79	Lana Garner	Morse	Balboa Relays
12.84	Danielle Ross	Valhalla	Poway Trackfest
12.89	Casey Loveland	Granite Hills	Balboa Relays
12.89	Aurora Romans	Escondido	Poway Trackfest
12.94	Richelle Perkins	Bishop's	CIF Prelims
12.95	Patty Booker	El Camino	CIF Prelims
12.96	Jamie Lynch	Rancho BV	Palomar Finals
12.99	Andria Booker	El Camino	CIF Prelims

Leading Hand Times

12.0	Lana Garner	Morse	Dual meet
12.1	Tiffany Freow	Morse	Eastern Finals
12.2	Lyn Splittgerber	Mt. Carmel	Dual meet
12.3	Akiba McKinney	Monte Vista	Wolfpack Inv.
12.3	Shelly Fopiano	Fallbrook	Dual meet

200-METERS

24.51	Akiba McKinney	Monte Vista	CIF Finals
24.61	Lana Garner	Morse	State Finals
25.46	Sabrina Edge	Rancho BV	Palomar Prelims
25.58	April Lee	Poway	Palomar Finals
25.62	Tiffany Freow	Morse	CIF Prelims
25.62	Dayshawna Littleton	Morse	CIF Prelims
25.82	Artea Dunn	Lincoln Prep	CIF Finals
26.14	Brett Wilson	Poway	CIF Prelims
26.33	LaShawnda Cole	Lincoln	CIF Prelims
26.33	Lyn Splittberger	Mt. Carmel	CIF Prelims
26.38	Shelly Fopiano	Fallbrook	CIF Prelims
26.41	Tamelia Shelton	Montgomery	CIF Prelim
26.41	Leslie Wood	Mt. Carmel	CIF Prelims

26.53	Becky Silva	USDHS	CIF Prelims
26.56	Danielle Ross	Valhalla	CIF Prelims
26.85	Kim Cocheran	Rancho BV	Palomar Prelims
26.91	Atiba Green	Uni. City	Trabuco Hills
26.99	Laura Carpenter	Rancho BV	Palomar Prelims

Leading Hand Times

24.7	Lana Garner	Morse	Eastern Prelims
25.4	Dayshawna Littleton	Morse	Eastern Prelims
25.4c	Akina McKinney	Monte Vista	Dual meet
25.5	Tiffany Freow	Morse	Frosh-Soph
25.6	Sabrina Edge	Rancho BV	Dual meet
25.7	Kuneshia Miller	Morse	Pacific Rim
26.0	Danielle Ross	Valhalla	Grossmont Prelims

400 METERS

54.53	Lana Garner	Morse	National JOs
56.96	Sabrina Edge	Rancho BV	CIF Finals
58.05	April Lee	Poway	CIF Prelims
58.09	Artea Dunn	Lincoln Prep	CIF Prelims
58.47	Drisana Carey	USDHS	CIF Finals
58.6	Laura Carpenter	Rancho BV	Pacific Rim
58.89	Melissa Gibbs	San Pasqual	Poway Trackfest
59.1	Carrie Vickery	El Capitan	Pacific Rim
59.38	Heather Holford	West Hills	CIF Finals
59.3	Kuneshia Miller	Morse	Pacific Rim
59.7	Casey Loveland	Granite Hills	Dual meet
59.81	Julie Plaxico	Mission Bay	CIF Prelims
59.9	Naomi Johnson	Castle Park	Frosh-Soph
1:00.11	Julie Carne	Torrey Pines	CIF Prelims
1:00.28	Michelle Ciccirelli	Mt. Carmel	CIF Prelims
1:00.2	April Lee	Poway	Dual meet
1:00.2	Iriz Stone	Rancho Bern.	Dual meet
1:00.6	Kristin Roth	Torrey Pines	CIF Prelims
1:00.40	Jaime Fitzpatrick	Scripps ranch	Western Finals
1:00.41	Raynesha Rankin	Morse	Eastern Finals
1:00.7	Angela Shea	Vista	Dual meet
1:00.7	Aidee Acero	Hilltop	Metro Finals
1:00.86	Justina Jupiter	Mt. Carmel	Palomar Prelims
1:00.8	Vanessa Hanley	USDHS	Dual meet
1:01.0	Kristin Branson	Torrey Pines	Avocado Prelims
1:01.0c	Akiba McKinney	Monte Vista	Dual meet

800 METERS

2:15.15	Vanessa Hanley	USDHS	CIF Finals
2:15.57	Lana Garner	Morse	National JOs

2:15.71	Angela Shea	Vista	CIF Finals
2:16.6	Mariel Gray	Mira Mesa	CIF Finals
2:17.93	Laura Carpenter	Rancho BV	CIF Finals
2:18.2	Melissa Carter	San Marcos	CIF Finals
2:18.30	Stacey Murphy	Granite Hills	CIF Prelims
2:18.93	Kristin Branson	Torrey Pines	CIF Prelims
2:19.76	Erika Batiz	Vista	CIF Prelims
2:20.2	Jessica Lunt	Coronado	Dual meet
2:20.4	Drisana Carey	USDHS	Frosh-Soph
2:20.5	Julie Ott	USDHS	Western Prelims
2:21.1	Shannon O'Connor	La Jolla	Western Prelims
2:21.39	Bethany Bogart	Torrey Pines	CIF Prelims
2:22.2	Jill Coad	Torrey Pines	Avocado Finals
2:22.17	Jill Hannaman	Scripps Ranch	CIF Prelims
2:23.19	Fatima El-Farah	Vista	Palomar Finals
2:23.23	Christine Kitchen	Rancho Bern.	CIF Prelims
2:23.44	Meghann Phillips	Bonita Vista	CIF Prelims
2:24.15	Jessica Pound	Poway	Palomar Prelims
2:24.22	Michelle O'Connor	OLP	Harbor Finals
2:24.55	Christy Beckman	Mt. Carmel	CIF Prelims
2:24.57	Denise Mullen	Poway	CIF Prelims
2:24.73	Danielle Saylor	Madison	CIF Prelims
2:24.74	Brittany Blunt	San Pasqual	CIF Prelims
2:24.93	Katie Wisniew	OLP	Western Finals

1600 METERS

5:07.0	Julia Roysdon	Valhalla	CIF Finals
5:08.2	Devon Straitiff	Torrey Pines	CIF Finals
5:09.35	Sarah Schmidt	Scripps Ranch	CIF Prelims
5:09.88	Kristina Stasko	Scripps Ranch	CIF Prelims
5:10.19	Julie Ott	USDHS	CIF Prelims
5:10.32	Jessica Lunt	Coronado	CIF Finals
5:12.00	Vanessa Hanley	USDHS	Western Finals
5:12.3	Larissa Gregorson	El Capitan	CIF Finals
5:12.8	Wendy Murphy	Granite Hills	CIF Finals
5:14.19	Jinna Rohde	Fallbrook	CIF prelims
5:14.24	Veronica Clark	Ramona	CIF Prelims
5:15.26	Jaymie Harper	Santana	Balboa Relays
5:16.25	Sharon Rohde	Fallbrook	CIF Prelims
5:16.86	Clodagh Rafferty	La Jolla	CIF Prelims
5:17.27	Kelly Peterson	Escondido	CIF Prelims
5:17.68	Tricia Mattson	Fallbrook	CIF Prelims
5:18.16	Christy Beckman	Mt. Carmel	Mt. SAC
5:19.54	Danielle Valentino	Torrey Pines	CIF Prelims
5:19.64	Shannon O'Connor	La Jolla	CIF Prelims

5:19.96	Angel Reed	El Camino	CIF Prelims
5:22.34	Jenny Card	El Capitan	Mt. Carmel Inv.
5:23.0	Nicole Caster	Granite Hills	Dual meet
5:23.79	Shannon Killian	Escondido	CIF Prelims
5:24.90	Cora Rumble	Orange Glen	CIF Prelims

3200 METERS

11:12.69	Sarah Schmidt	Scripps Ranch	State Finals
11:15.22	Veronica Clark	Ramona	State Finals
11:15.9	Jaymie Harper	Santana	Tiger Relays
11:17.95	Jessica Pound	Poway	CIF Finals
11:19.3	Jinna Rohde	Fallbrook	Tiger Relays
11:23.19	Devon Straitiff	Torrey Pines	Avocado Finals
11:23.4	Sonia Rodriguez	Vista	Tiger Relays
11:24.6	Jenny Card	El Capitan	Tiger Relays
11:27.0	Kristina Stasko	Scripps Ranch	Tiger Relays
11:34.65	Kelly Peterson	Escondido	CIF Finals
11:35.8	Larissa Gregorson	El Capitan	Tiger Relays
11:38.4	Clodagh Rafferty	La Jolla	Western Finals
11:39.0	Lorie Giacinti	USDHS	Tiger Relays
11:39.2	Devon Lassiter	Vista	Palomar Finals
11:43.3	Sharon Rohde	Fallbrook	Tiger Relays
11:44.81	Danielle Valentino	Torrey Pines	CIF Finals
11:45.6	Nicole Caster	Granite Hills	CIF Finals
11:46.2	Melanie Pickett	Poway	Dual meet
11:46.3	Christina Keays	OLP	Tiger Relays
11:49.4	Karen Richter	Rancho Bernardo	Palomar Finals
11:53.0	Cora Rumble	Orange Glen	CIF Finals
11:54.5	Kelly Grimes	Scripps Ranch	CIF Finals
11:55.6	Tricia Mattson	Fallbrook	Tiger Relays
11:57.0	Gina Rennix	Orange Glen	Palomar Finals
11:58.0	Jennifer Grooms	Mira Mesa	CIF Finals
11:58.1	Christine Kitchen	Rancho Bern.	Palomar Finals
11:59.1	Becka Instone	Torrey Pines	Avocado Finals

100 HURDLES

15.40	Maile Barrett	Oceanside	State Prelims
15.48	Angela Romel	Serra	CIF Finals
15.53	Carrie Vickery	El Capitan	State Prelims
15.54	Courtney Bright	Poway	Palomar Finals
15.68	Christina Eberhart	Mira Mesa	CIF Finals
15.72	Megan Bryant	Granite Hills	CIF Finals
15.74	Bahed Hernandez	Mt. Carmel	Palomar Prelims
15.80	Briana Doolittle	Torrey Pines	CIF Prelims
16.41	Zakirah Sanford	Lincoln Prep	Harbor Finals

16.41	Kristen Medley	Vista	Palomar Finals
16.64	Stacy Wilson	Rancho Bern.	Palomar Finals
16.76	Niesha Goodell	Poway	Palomar Finals
16.83	Lacy Frisch	Bonita Vista	Titan Trackfest
16.85	Emily Wisnowsky	Poway	Palomar Prelims
16.90	Alisha Carter	Rancho Bern.	Palomar Finals
16.90	Michelle Morgan	Serra	Eastern Finals
16.91	Jocelyn Manson	Mira Mesa	Eastern Finals

Top Hand Times

15.3	Carrie Vickery	El Capitan	CIF Prelims
15.5	Christina Eberhart	Mira Mesa	CIF Prelims
15.8	Maile Barrett	Oceanside	Avocado Prelims
15.8	Briana Doolittle	Torrey Pines	CIF Prelims
16.0	Courtney Bright	Poway	Palomar Finals
16.0	Angela Romel	Serra	Dual meet
16.0	Zakirah Sanford	Lincoln Prep	Dual meet

300 HURDLES

44.46	Carrie Vickery	El Capitan	CIF Finals
45.23	Aidee Acero	Hilltop	CIF Finals
45.63	Iriz Stone	Rancho Bern.	CIF Finals
46.25	Jyme Ray	Ramona	CIF Finals
46.9	Lana Garner	Morse	Dual meet
47.00	Nicole Rodriguez	Granite Hills	CIF Prelims
47.16	Bahed Hernandez	Mt. Carmel	Palomar Prelims
47.18	Kristen Medley	Vista	CIF Finals
47.50	Dawn Halfaker	Rancho Bern.	CIF Finals
47.54	Nicole Rodriguez	Granite Hills	CIF Finals
47.5c	Adriana Acero	Hilltop	Metro Finals
47.71	Summer Brown	Poway	CIF Prelims
47.7	Jocelyn Manson	Mira Mesa	Dual meet
47.9	Sara D'Alessio	Rancho Bern.	Dual meet
48.26	Beth Kucharski	Rancho BV	CIF Prelims
48.2c	Angela Madurski	Castle Park	Metro Finals
48.40	Julie Plaxico	Mission Bay	CIF Prelims
48.4	Megan Bryant	Granite Hills	Grossmont Prelims
48.52	Brandie Scott	Crawford	Harbor Finals
48.57	Tracy Washington	Crawford	Western Finals
48.60	Norma Morales	El Camino	CIF prelims
48.71	Elodie Ottow	La Jolla	CIF Prelims
48.72	Abby Gutowski	Madison	Western Finals
48.75	Courtney Bright	Poway	CIF Prelims
48.92	Sarah Van Hauser	San Dieguito	Palomar Finals
48.9	Lacy Frisch	Bonita Vista	Dual meet
49.0	Kim Sandler	Torrey Pines	Avocado Finals

400 RELAY

46.99	Morse	CIF Finals
48.49	Lincoln Prep	CIF Finals
48.51	Rancho BV	CIF Finals
48.79	El Camino	CIF Finals
49.15	Poway	CIF Prelims
49.26	Hilltop	CIF Finals
49.41	Mt. Carmel	CIF Finals
49.43	Valhalla	CIF Finals
50.11	Uni. City	Western Finals
50.40	USDHS	CIF Prelims
50.41	Point Loma	CIF Prelims
50.54	Fallbrook	Arcadia Inv.
50.94	Rancho Bernardo	Palomar Finals
51.01	San Diego	Eastern Finals
51.0	Escondido	Avocado Finals
51.12	Monte Vista	CIF Prelims
51.1	Sweetwater	Tiger Relays
51.31	Ramona	CIF Prelims
51.58	LJ Country Day	CIF Prelims
51.5	San Pasqual	Avocado Finals
51.60	Orange Glen	Palomar Finals
51.65	San Dieguito	Palomar Finals
51.7	Bonita Vista	Dual meet
51.81	Henry	CIF Prelims
51.83	Granite Hills	Balboa Relays
51.86	West Hills	CIF Prelims
51.8	Castle Park	Metro Finals
51.91	El Capitan	CIF Prelims
51.94	Mira Mesa	Eastern Finals

1600 RELAY

3:56.64	Rancho BV	CIF Finals
4:00.68	Morse	CIF Finals
4:01.50	Hilltop	CIF Finals
4:01.72	El Capitan	CIF Finals
4:02.82	Mt. Carmel	CIF Finals
4:02.93	USDHS	CIF Prelims
4:03.70	Vista	CIF Finals
4:05.92	Rancho Bernardo	CIF Prelims
4:08.94	Torrey Pines	Mt. Carmel Inv.
4:10.48	Granite Hills	CIF Prelims
4:11.28	El Camino	CIF Prelims
4:11.80	Helix	CIF Prelims
4:11.94	OLP	CIF Prelims

4:12.29	Valhalla	CIF Prelims
4:12.57	Poway	Palomar Finals
4:12.58	Castle Park	Poway Trackfest
4:13.29	San Pasqual	Poway Trackfest
4:13.88	West Hills	Poway Trackfest
4:14.25	Mira Mesa	Poway Trackfest
4:14.5	Sweetwater	Amat Inv.
4:15.0	Lincoln Prep	Dual meet
4:15.6	Bishop's	Poway Trackfest
4:17.59	Fallbrook	CIF Prelims
4:18.5	Uni. City	Dual meet
4:18.62	La Jolla	CIF Prelims
4:19.59	Ramona	CIF Prelims

HIGH JUMP

5-6	Kathy Bell	Ramona	CIF Finals
5-5	Lisa Underhill	Rancho BV	CIF Finals
5-5	Shennesa Sobers	Uni. City	Western Finals
5-4	Drisanna Carey	USDHS	Western Finals
5-4	Joy Gertsch	San Pasqual	Mustang Relays
5-4	Zakirah Sanford	Lincoln Prep	Balboa Relays
5-4	Christine Eberhart	Mira Mesa	Dual meet
5-4	Tiffany Barnett	Poway	Dual meet
5-4	Shani Hunter	Morse	Dual meet
5-3	Kamilah McClain	Fallbrook	Palomar Finals
5-3	Zekina Molden	Uni. City	Western Finals
5-3	Shirley Anku	Rancho BV	Palomar Finals
5-2	Klabada Roberson	LJCD	CIF Finals
5-2	Natalie Vittitoe	Carlsbad	Avocado Finals
5-2	Christine Keays	OLP	Tiger Relays
5-2	Lei Ezell	Morse	Dual meet
5-2	K.C. Potter	Torrey Pines	Dual meet
5-2	Clarise Chaney	Ramona	Dual meet
5-2	Gina English	Oceanside	Dual meet
5-2	Robyn Allen	Vista	Dual meet
5-2	Heidi Nolte	OLP	Dual meet
5-2	Vanessa Miramontes	San Marcos	Dual meet
5-1	Jennifer Wheaton	Orange Glen	Palomar Finals

POLE VAULT

11-0	Kristi Draher	Mira Mesa	CIF Finals
10-2	Paula Serrano	San Marcos	State Prelims
9-10	Kelly Ewing	Fallbrook	Dual meet
9-6	Rachel Hemingway	Torrey Pines	State Prelims
9-4	Klyene Nixon	Poway	CIF Prelims

9-4	Kira Homer	Mira Mesa	CIF Prelims
9-3	Kim Trout	Escondido	Avocado Finals
9-0	Kendra McGurk	Poway	CIF Prelims
9-0	Candice Barnes	Ramona	Dual meet
9-0	Jennifer Pratt	Fallbrook	Palomar Finals
9-0	Taylor Rodger	Poway	CIF Prelims
8-9	Lisa Fitzgerald	Grossmont	Grossmont Finals
8-6	Jessica Taft	Rancho BV	Dual meet
8-6	Melissa Shipp	Chula Vista	Dual meet
8-6	Maggie Nakota	Bonita Vista	Dual meet
8-4	Laurel Davis	Orange Glen	CIF Prelims
8-4	Michelle Roach	Vista	CIF Prelims
8-4	Joy Ward	Orange Glen	CIF Prelims
8-0	Leslie Smith	Orange Glen	Dual meet
8-0	Christi Richard	Granite Hills	CIF Prelims
8-0	Mandy Delmont	Poway	Palomar Finals
8-0	Natasha Wimberly	El Cajon Valley	Grossmont Finals
8-0	Faith Flugge	Orange Glen	Dual meet
8-0	Chava Ebeling	El Capitan	Dual meet
8-0	Jennifer Redman	Poway	Palomar Prelims
8-0	Erika Murdock	Helix	Dual meet
8-0	Tamara Espinoza	Hilltop	Metro Finals

LONG JUMP

19-5 1/4	Akiba McKinney	Monte Vista	State Prelims
18-3 1/2	Richelle Perkins	Bishop's	CIF Finals
17-9 1/4	Millie Prior	USDHS	CIF Prelims
17-7 1/4	Zakirah Sanford	Lincoln Prep	CIF Finals
17-7	Casey Loveland	Granite Hills	Dual meet
17-3 3/4	Brett Wilson	Poway	CIF Prelims
17-2 3/4	Joy Gersch	San Pasqual	Avocado Prelims
17-2 1/4	Kim McGehee	USDHS	CIF Prelims
17-1	Casey White	San Pasqual	Dual meet
16-11 1/2	Kristen Medley	Vista	CIF Finals
16-11 1/2	Angel Gwin	El Camino	Dual meet
16-9 1/2	Marisa Taylor	El Camino	Avocado Prelims
16-8	Kamilah McClain	Fallbrook	Dual meet
16-7 1/2	Andrea Booker	El Camino	Avocado Prelims
16-7	Megan Bryant	Granite Hills	Dual meet
16-7	Andrea Jackson	Serra	Dual meet
16-5 1/4	Nikki Castle	LJCD	Coastal Finals
16-5	Mary Curran	Granite Hills	Grossmont Finals
16-4	Christine Cooper	Granite Hills	Grossmont Finals
16-3	Paula Serrano	San Marcos	Avocado Finals
16-3	Alana Harrell	La Jolla	Dual Meet

16-3	Taminka Underhill	Rancho BV	Dual meet
16-2	Jaclyn Nolan	Torrey Pines	Dual meet
16-1 1/4	Stephanie Kindreich	El Capitan	Dual meet
16-1	Shanti Hunter	Morse	Dual meet

Wind-Aided

19-0 3/4	Akiba McKinney	Monte Vista	CIF Finals
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TRIPLE JUMP

38-0	Casey Whyte	San Pasqual	Dual meet
37-11	Richelle Perkins	Bishop's	CIF Finals
37-10	Andrea Booker	El Camino	Frosh-Soph
36-10 1/2	Nicole McAlister	Granite Hills	CIF Finals
36-3 1/2	Alana Harrell	La Jolla	CIF Prelims
36-1 1/2	Bahed Hernandez	Mt. Carmel	Palomar Finals
35-10 1/2	Naomi Johnson	Castle Park	CIF Finals
35-6	Autumn Dennison	Orange Glen	Palomar Finals
35-5	Shani Hunter	Morse	Dual meet
35-2	Haley Ciborowski	Granite Hills	Dual meet
35-2	Brandi Evans	Bonita Vista	Dual meet
35-1 1/2	Zakirah Sanford	Lincoln Prep	Mt. Carmel Inv.
34-9	Meghann Cameron	San Dieguito	Palomar Finals
34-9	Marisa Taylor	El Camino	Dual meet
34-8 1/2	Starr Branch	San Pasqual	Avocado Finals
34-7 1/2	Devlona Davis-Jones	El Camino	Avocado Finals
34-7	Maude Best	Rancho BV	Palomar Prelims
34-7	Shennesa Sobers	Uni. City	CIF Prelims
34-6	Mary Curran	Granite Hills	Frosh-Soph
34-5 1/2	Kamilah McClain	Fallbrook	Dual meet
34-5	Jennifer Bowen	Granite Hills	Grossmont Finals
34-4	Lynn Hermanson	Rancho BV	Dual meet
34-3 3/4	Christine Cooper	Granite Hills	CIF Prelims
34-1 1/2	Angel Gwin	El Camino	Avocado Finals

SHOT PUT

41-3	Katie Suppa	Torrey Pines	Dual meet
39-5 1/2	Kim Matheny	Santana	CIF Finals
39-2 1/2	Dee Holmes	Henry	CIF Finals
38-5 1/4	Nicole Sanders	Orange Glen	CIF Finals
38-4 1/2	Laura Richmond	Monte Vista	CIF Finals
37-10 1/2	Amanda Tagaleo'o	El Camino	CIF Prelims
37-8	Tracy Smith	Mira Mesa	Tiger Relays
37-0 1/2	Tamika English	Oceanside	Avocado Finals
36-5 1/2	Katrina Crouch	El Capitan	CIF Prelims
35-10	Mirna Hernandez	Escondido	Dual meet
35-9	Jessica McInish	Ramona	Avocado Prelims

35-8	Christina Magana	Fallbrook	Palomar Finals
35-6	Jessica Vander Pers	El Cajon Valley	Dual meet
34-7	Lisann Logan	Orange Glen	Dual meet
34-7	Evelyn Kaiwi	Rancho Bernardo	Palomar Finals
34-6 1/2	Stacy Rutherford	Mira Mesa	Eastern Finals
34-5	Christina Ciccarelli	Mt. Carmel	Mt. Carmel Inv.
34-5	Amy Hutchinson	Orange Glen	Palomar Finals
34-2	Natasha Broadus	El Capitan	Grossmont Finals
33-7	Jenna Clark	Rancho Bern.	Dual meet
33-6	Jennifer Cole	Rancho BV	Dual meet
33-5 3/4	Gina English	Oceanside	Avocado Finals
33-5	Amisha Askew	Bonita Vista	Metro Finals
33-4	Shawna Murray	Ramona	Dual meet

DISCUS

137-7	Laura Richmond	Monte Vista	CIF Finals
134-10	Christina Magana	Fallbrook	CIF Prelims
132-7	Katrina Crouch	El Capitan	Frosh-Soph
125-2	Lisann Logan	Orange Glen	State Prelims
123-3	Erin McGrath	Point Loma	Eastern Finals
122-3	Tracy Smith	Mira Mesa	CIF Prelims
121-2	Kim Matheny	Santana	Dual meet
119-2	Mira Hernandez	Escondido	Avocado Finals
118-10	Shannon McGrath	Point Loma	Dual meet
116-7	Rachel Fisk	Escondido	Dual meet
113-10	Elizabeth Millan	Sweetwater	CIF Finals
113-1	Gina English	Oceanside	Palomar Finals
112-2	Jenna Clark	Rancho Bern.	Dual meet
111-8	Allison Thompson	Orange Glen	Palomar Finals
110-10	Amber Shatzer	Rancho Bern.	CIF Finals
110-9	Lindy Tucker	Granite Hills	Dual meet
109-0	Katie Suppa	Orange Glen	Dual meet
108-1	Monica Dacumas	Vista	Dual meet
107-11	Jessica Vander Pers	El Cajon Valley	CIF Prelims

1995 STATE MEET FINALISTS (Top 9)

BOYS

100	4. Vince Williams (11)	University City	10.65
	6. Bryant Eubanks (12)	El Camino	10.72
200	5. Vince Williams (11)	University City	21.34
400	5. Clinton Lane (12)	Henry	47.80
	6. Lydell Burston (11)	Morse	48.25
	7. Ray Carter (11)	Morse	48.39
1600	3. Larry Henderson (11)	Mira Mesa	4:09.58
3,200	3. David McQuitty (11)	Grossmont	9:10.44
110HH	8. Jake Kuritz (11)	Torrey Pines	14.89
300IH	3. Felix Sanchez (12)	University City	37.30
	6. Brian Fell (12)	Rancho Bernardo	38.28
	7. Jake Kuritz (11)	Torrey Pines	38.87
400R	5. El Camino		41.84
	7. University City		41.96
1600R	3. Morse		3:16.27
	6. University City		3:18.36
	9. San Diego		3:21.72
Pole Vault	1. Mike Brown (12)	Torrey Pines	16-4
	4. Matt Poirier (12)	Mt. Carmel	15-6
	6. Dan Shimooka (12)	San Pasqual	15-2
Long Jump	4. Majaliwa McKeaver (12)	Ramona	22-11 1/2
Discus	9. David Herrick (11)	Mt. Carmel	139-8

GIRLS

100	7. Akiba McKinney (10)	Monte Vista	11.97
200	7. Lana Garner (11)	Morse	24.61
	9. Akiba McKinney (10)	Monte Vista	24.90
400	4. Lana Garner (11)	Morse	55.06
Pole Vault	2. Kristi Draher (12)	Mira Mesa	10-10
	3. Paula Serrano (12)	San Marcos	10-6
Long Jump	8. Akiba McKinney (11)	Monte Vista	18-3 1/4
	9. Richelle Perkins (11)	Bishop's	17-9 1/2

CIF-SAN DIEGO SECTION TRACK AND FIELD RECORDS

BOYS

Year Event	Name, School	Mark
1992 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
1972 1,600 Meters	Terry Cotton, El Cajon	4:04.04*(n)
1976 3,200 Meters	Thom Hunt, Patrick Henry	8:41.8*
1995 110 Meter HH	Jake Kuritz, Torrey Pines	14.19
1988 300 Meter IH	Kevin Jones, Mt. Miguel	36.44
1994 400 Meter Relay	El Camino (Powell, Eubanks, Owusu, Forte)	41.00
1979 1600 Meter Relay	Morse (W. Ervin, Hawkins, Goodin, Banks)	3:13.7 (n)
1979 High Jump	Frank Schiefer, Madison	7-2
1995 Pole Vault	Mike Brown, Torrey Pines	16-4
1966 Long Jump	Doyle Steele, San Diego	25-5 1/4
1994 Triple Jump	Von Ware, Rancho Buena Vista	52-0
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 (30') 100 Hurdles	Gail Devers, Sweetwater	13.41
1993 (33') 100 Hurdles	Keisha Porter, Mira Mesa	15.03
1983 300 Hurdles	Gail Devers, Sweetwater	42.26
1977 400 Meter Relay	Crawford (Young, Reed, Gaston, Lovelady)	45.94*
1978 1600 Meter Relay	Crawford (Lawson, Taylor, Johnson, Scott)	3:49.27
1978 High Jump	Sue McNeal, Carlsbad	5-10 1/4
1995 Pole Vault	Kristi Draher, Mira Mesa	11-0
1984 Long Jump	Gail Devers, Sweetwater	20-7
1987 Triple Jump	Jackie Anderson, Mt. Miguel	41-8 1/4
1986 Shot Put	Tracy Crawford, Southwest	45-0 3/4
1986 Discus	Lori Parker, Ramona	162-0

(n) - Non-winning mark

* - Converted to metric time from yards time

NOTE: All section records must meet National Federation guidelines.



Mt. Miguel's Amy Littlepage won four section titles in her high school career, two in the triple jump and another two in the long jump.



One of the most dominant runners in state track history was Rancho Buena Vista's Kira Jorgensen, who won 10 section and three state track titles.



The section 400 meter record of 54.29 set by Mt. Carmel High graduate Allison Dring (above), who went on to attend Arizona State, could be threatened this year by Morse High's Lana Garner, who ran 54.53 over the summer.

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
10.54hc (9.4y)	Elijah Jefferson	Crawford	1975
10.55	Bryant Eubanks	El Camino	1995
10.58	Vince Williams	Uni. City	1995
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
10.72	Jamal Green	Oceanside	1995
10.74	Tony Graham	San Diego	1995
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
10.77	Johnny Robinson	Chula Vista	1994
10.78	Terry Rodgers	Sweetwater	1986
10.78	Charles Brown	Lincoln	1990
10.79	Leon Hawes	Rancho BV	1995
10.80	Darris George	San Diego	1994
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
21.28	Vince Williams	Uni. City	1995
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
21.55	Jamal Green	Oceanside	1995
21.63	Jerome Price	Uni. City	1990
21.67	Vernon Shaver	Crawford	1990
21.70	Leon Hawes	Rancho BV	1995
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
21.82	Tony Graham	San Diego	1995
21.83	Clinton Lane	Henry	1995
21.88	Kiyoshi Moody	Castle Park	1989
21.88	Brian Scott	Rancho Bern.	1995

400 Meters

Mark	Name	School	Year
46.94hc (47.1y)	Milton Mitchell	Lincoln	1970
46.98	Tony Banks	Morse	1979
47.07	Clinton Lane	Henry	1995
47.07	Lydell Burston	Morse	1995

47.14hc (47.3y)	Donald Tyler	Lincoln	1971
47.22	Michael Stevenson	Morse	1988
47.23	Ray Carter	Morse	1995
47.41	Jere Miller	Henry	1994
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
48.74c	Vince Williams	Uni. City	1994
48.78	Brent Wingrath	Mt. Carmel	1994
48.85	Brian Scott	Rancho Bern.	1995
48.86	Mike Norris	RBV	1994
48.89	Sean Cahill	Mira Mesa	1990
48.90	Art Hernandez	Montgomery	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 Cerveney	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
1:53.86	Larry Henderson	Mira Mesa	1995
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
4:09.58	Larry Henderson	Mira Mesa	1995
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 Beck	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
9:01.74hc (9:05.0y)	Rick Rose	Helix	1979
9:03.14	Bill Cleves	Helix	1979
9:03.2	Rich Brownsberger	Valhalla	1988
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
9:10.44	David McQuitty	Grossmont	1995

110 Meter High Hurdles

Mark	Name	School	Year
14.19	Jake Kuritz	Torrey Pines	1995
14.25	Steve Forte	El Camino	1995
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
36.82	Felix Sanchez	Uni. City	1995
37.04 (36.9)	Keith Williams	Escondido	1991
37.20	Jay Taylor	St. Augustine	1985
37.47	Brian Fell	Rancho Bern.	1995
37.89	Michael Jones	Morse	1990
37.92	Jake Kuritz	Torrey Pines	1995
37.98	Steve Forte	El Camino	1994
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
38.40	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
38.73	Terry Ruh	Mt. Miguel	1995

400 Meter Relay

Mark	School	Year
41.00	El Camino	1994
41.22	Morse	1995
41.30	El Camino	1995
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	197
41.54hc (41.6y)	Lincoln	1973
41.54hc (41.6y)	Lincoln	1976
41.59	Uni. City	1995
41.60	San Diego	1994
41.62	Morse	1988

41.62	Rancho BV	1995
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
41.88	Rancho Bern.	1995
41.90	El Camino	1993
41.92	Uni. City	1990
42.00	Mira Mesa	1980
42.01	Rancho Bern.	1994

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
3:15.48	Uni. City	1995
3:15.54	Morse	1987
3:15.74hc (3:16.8y)	Morse	1974
3:15.77	Morse	1985
3:16.11	Mt. Miguel	1988
3:16.77	Morse	1995
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
3:18.01	San Diego	1995
3:18.59	Mira Mesa	1991
3:18.63	Henry	1989
3:18.84hc (3:19.9y)	Morse	1990
3:18.86	San Diego	1994
3:18.93	Morse	1988
3:19.04	Morse	1989

High Jump

Mark	Name	School	Year
7-2	Frank Schiefer	Madison	1979
7-0 1/4	Jerry Culp	Oceanside	1970
6-10	Greg LaCoste	Henry	1976

6-10	Alex Williams	El Camino	1978
6-10	Kelly Watkins	San Diego	1982
6-10	Matt Farmer	Monte Vista	1987
6-9 3/4	Ed Hanks	Hoover	1964
6-9 3/4	Brett Edmondson	Santana	1983
6-9 1/4	Phil Singleton	San Diego	1967
6-9 1/4	Tim Brown	Morse	1967
6-9 1/4	Jim Geddes	La Jolla	1973
6-9 1/4	Brian Negrete	El Cajon	1988

Pole Vault

Mark	Name	School	Year
16-4	Mike Brown	Torrey Pines	1995
16-1	Pat Alduenda	Ramona	1987
15-9	Chris Buddin	Orange Glen	1993
15-9	Dan Shimooka	San Pasqual	1995
15-9	Matt Poirier	Mt. Carmel	1995
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
15-2 1/2	Jeff Mulligan	San Dieguito	1984
15-2	Wes Stephens	Orange Glen	1990
15-2	Scott Shimooka	San Pasqual	1991
15-1 1/4	Bill Jorgensen	Orange Glen	1973
15-1	Scott Johnston	Mt. Carmel	1985
15-0	Rob Avant	Valhalla	1981
15-0	Jay Vavra	Valhalla	1983
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 1/4	Doyle Steele	San Diego	1966
25-5	Jerome Price	Uni. City	1989
25-1 1/4	Dokie Williams	El Camino	1978
24-11	Lewis King	Lincoln	1967
24-9	Arnold Tripp	Crawford	1959
24-6 1/4	Tom Brown	Castle Park	1989
24-5 3/4	James Kennedy	Lincoln	1962

24-5 1/2	Pierre Frazier	Hoover	1965
24-4	Bouncy Moore	San Diego	1968
24-2 3/4	Willie Banks	Oceanside	1974
24-2	Scott Hammond	Lincoln	1990
24-2	Corri Moore	Monte Vista	1993
24-0 3/4	Willie Steele	Hoover	1941
24-0 3/4	Eugene Gunn	Oceanside	1981
24-0 1/4	Ken Tucker	Lincoln	1959
24-0	Luther Hayes	Lincoln	1956
24-0	George Williams	Kearny	1958
24-0	Arnie Robinson	Morse	1966
24-0	Tony Hamilton	Castle Park	1978
24-0	Ray Howard	Montgomery	1979
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 1/2	Dokie Williams	El Camino	1977
51-2	Lenny McGill	Orange Glen	1989
50-5 1/2	Damon Carson	San Diego	1988
50-3 1/2	Charles Huff	La Jolla	1988
49-8 1/2	Cary Taylor	Morse	1992
48-11 1/4	Reggie Mitchell	weetwater	1994
48-10	Alan Osborne	El Cajon	1982
48-8 3/4	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 1/4	Curt Hampton	El Cajon	1974
64-11	Pete Schmock	San Dieguito	1968
64-11	Billy Joe Winchester	Mt. Miguel	1970
64-3 1/2	George Brown	Granite Hills	1967
63-4	Ken Pole	El Capitan	1978
62-7 1/2	Matt Gauthier	Valhalla	1978
61-6 1/4	Ed Speed	Grossmont	1961
61-5 3/4	Jim Wade	Grossmont	1957
61-4	Brian Boggess	El Capitan	1986

Discus

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
189-8	George Liebe	Granite Hills	1995
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
177-0	Donald Bautiste	El Camino	1995

1995 GIRLS

100 Meters

Mark	Name	School	Year
11.51	Gail Devers	Sweetwater	1984
11.56	Jackie Thompson	Lincoln Prep	1973
11.84	Akiba McKinney	Monte Vista	1995
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
11.99	Kunesha 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 Wiser	La Jolla	1974
24.44hc (24.3y)	Vicki Belser	Vista	1976
24.43	Allison Dring	Mt. Carmel	1990
24.49	Kunesha Miller	Morse	1994

24.51	Akiba McKinney	Monte Vista	1995
24.54hc (24.4y)	Danita Young	Crawford	1978
24.60c	Ellen Jones	Mt. Miguel	1981
24.61	Lana Garner	Morse	1995
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
54.53	Lana Garner	Morse	1995
54.79	Charlotte Zepherin	Morse	1980
55.19	Shani Freeman	Crawford	1980
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
56.96	Sabrina Edge	Rancho BV	1995
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

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 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
0.24.23	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

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	1993
15.39	Dana Blackwood	Valhalla	1993
15.40	Maile Barrett	Oceanside	1995
15.40	Lakesha Parker	Bonita Vista	1993
15.43	Eugenia Makrogiannis	University City	1993
15.48	Angela Romel	Serra	1995

100 Low Hurdles

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 Low 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
44.46	Carrie Vickery	El Capitan	1995
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
44.90	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
46.99	Morse	1995
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 3/4	Sue McNeal	Carlsbad	1979
5-10	Lynn Patrick	Serra	1987
5-10	Lynn Patrick	Serra	1988
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
5-6	Kathy Bell	Ramona	1995

Pole Vault

11-0	Kristi Draher	Mira Mesa	1995
10-2	Paula Serrano	San Marcos	1995
9-10	Kelly Ewing	Fallbrook	1995
9-6	Rachel Hemingway	Torrey Pines	1955
9-4	Klyene Nixon	Poway	1995
9-4	Kira Homer	Mira Mesa	1995
9-3	Kim Trout	Escondido	1995
9-0	Kendra McGurk	Poway	1995
9-0	Candice Barnes	Ramona	1995
9-0	Jennifer Pratt	Fallbrook	1995
9-0	Taylor Rodger	Poway	1995
8-9	Lisa Fitzgerald	Grossmont	1995
8-6	Jessica Taft	Rancho BV	1995
8-6	Melissa Shipp	Chula Vista	1995
8-6	Maggie Nakota	Bonita Vista	1995
8-4	Laurel Davis	Orange Glen	1995
8-4	Michelle Roach	Vista	1995
8-4	Joy Ward	Orange Glen	1995

Long Jump

Mark	Name	School	Year
20-7	Gail Devers	Sweetwater	1984
20-5	Amy Littlepage	Mt. Miguel	1993
19-5 1/4	Akiba McKinney	Monte Vista	1995
19-4	Nichelle Strahan	Mt. Miguel	1986
19-4	Latanya Canada	Castle Park	1987
19-3 1/2	Debbie Wilford	Castle Park	1977
19-1 1/4	Jewell Lovelady	Crawford	1977
19-1	Laura Stowe	Torrey Pines	1987
19-0 1/2	Michelle Outlaw	Lincoln	1987
18-11 3/4	Melinda Forest	Mt. Miguel	1993
18-10 3/4	Kim Huey	Santa Fe Christian	1985
18-10 3/4	Nedra Dillon	Mission Bay	1989
18-10 1/4	Chris Mose	El Cajon	1981
18-10	Rochelle Johnson	Henry	1989
18-10	Carlene Jones	Morse	1994

Triple Jump

Mark	Name	School	Year
41-8 1/4	Jackie Anderson	Mt. Miguel	1987
40-8 3/4	LaFrancia West	Grossmont	1988
40-6 3/4	Rochelle Johnson	Henry	1989
40-6 1/4	Tamiaka Porter	Orange Glen	1993
40-4	Amy Littlepage	Mt. Miguel	1993
39-6	Gail Devers	Sweetwater	1984
39-2 1/4	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 3/4	Angela Sims	El Camino	1990
38-2	Cherise Poole	Henry	1987
38-0	Casey Whyte	San Pasqual	1995
37-11	Richelle Perkins	Bishop's	1995
37-10 1/2	Zakirah Sanford	Lincoln	1994
37-10 1/2	Yvonne Griffin	El Camino	1983
37-10	Andrea Booker	El Camino	1995
37-8	Carol Clinger	Orange Glen	1991

Shot Put

Mark	Name	School	Year
49-6	Kathy Devine	Mission Bay	1974
45-0 3/4	Tracy Crawford	Southwest	1986
43-10 1/4	Laura Hughes	Orange Glen	1988
43-2 1/2	Kartsi Leppaluoto	Madison	1986
43-2 1/4	Kristina Mataafa	Orange Glen	1992
43-2	Fernanda deOliveria	Henry	1993

43-1 3/4	Jennifer Viavia	Madison	1988
42-11 1/2	Susan Compton	Marian	1980
42-8 1/4	Mulu Tosi	Morse	1989
42-3	Michelle Campbell	Crawford	1987
41-8 3/4	Liz Mueller	Vista	1980
41-8	Pam Masterson	Carlsbad	1980
41-7 3/4	Starla Ahu	Vista	1987

Discus

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	21.7
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
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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 1/4
1953	Bernie Nelson	San Diego	6-4
1918	Harold Muller	San Diego	5-6
Pole Vault			
1995	Mike Brown	Torrey Pines	16-4
1961	Mike Graves	El Cajon	14-2 1/4
1929	Bill Miller	San Diego	12-6
1928	Bill Miller	San Diego	12-9 1/2
1927	Bill Miller	San Diego	12-0
1926(4 Way tie)	Bill Hubbard	San Diego	12-4
1923(Co)	Harry Smith	San Diego	12-3 5/8
1922	Harry Smith	San Diego	11-11 1/2
Long Jump			
1990	Jerome Price	University City	25-3 1/4
1978	Dokie Williams	El Camino	25-1 1/4
1966	Doyle Steele	San Diego	25-3 1/4
1962	James Kennedy	Lincoln	24-5 3/4
1957	Luther Hayes	Lincoln	23-8 1/2
Triple Jump			
1994	Von Ware	Rancho BV	50-6
1989	Lenny McGill	Orange Glen	51-1 1/4
1978	Dokie Williams	El Camino	50-4 1/4
1977	Dokie Williams	El Camino	51-0 1/2
1974	Willie Banks	Oceanside	50-9
1973	Willie Banks	Oceanside	49-7 1/4
Shot Put			
1990	Brent Noon	Fallbrook	74-4 3/4

1989	Brent Noon	Fallbrook	66-1 1/2
1986	Brian Boggess	El Capitan	61-4
1968	Pete Schmock	San Dieguito	63-11
1954	Dick Bronson	Grossmont	59-7 1/8
1950	Hal Norris	Grossmont	56-5 1/4

GIRLS

100 Meters

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

200 Meters

1974	Janice Wiser	La Jolla	24.2y
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800 Meters

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

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 Low Hurdles

1984	Gail Devers	Sweetwater	13.41
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300 Low Hurdles

1991	Erin Blunt	San Pasqual	43.02
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400 Meter Relay

1977	Crawford		46.14y
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High Jump

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

Long Jump

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

Triple Jump

1994	Tamieka Porter	Orange Glen	38-11 1/2
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Shot Put

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

Discus

1986	Tracy Crawford	Southwest	156-2
1976	Kathy Middleton	Poway	134-5



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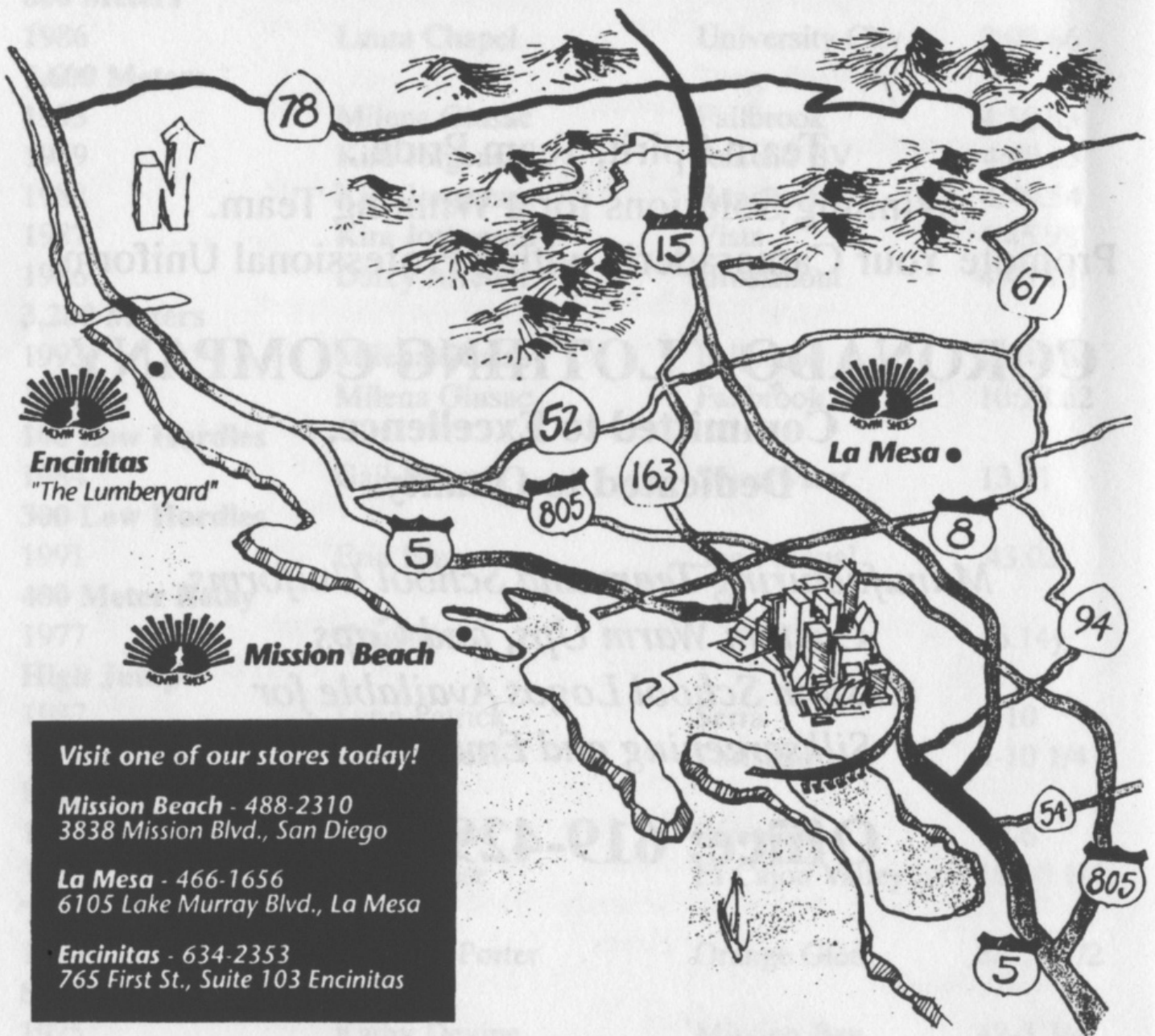
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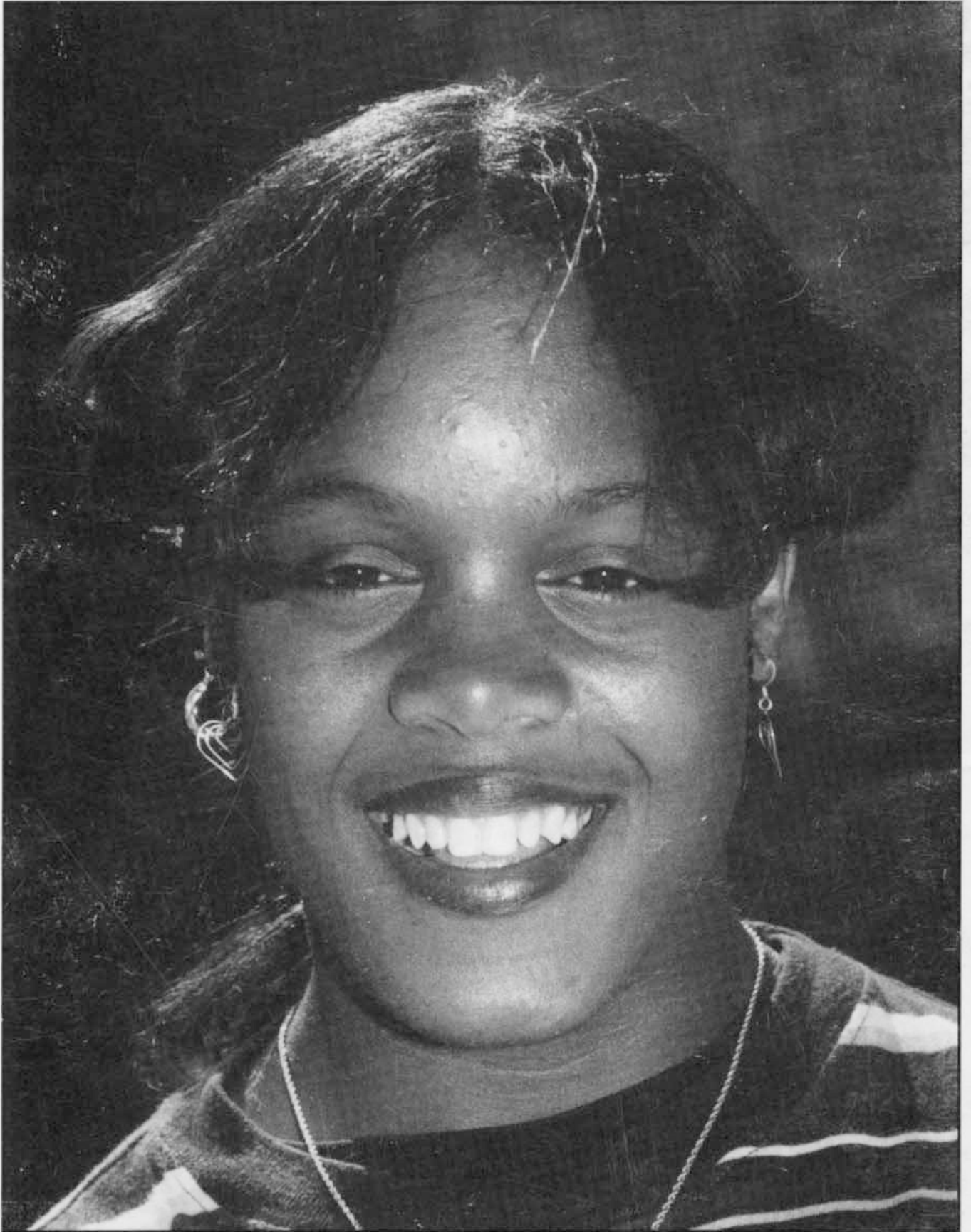
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Monte Vista's Akiba McKinney, the Female Athlete of the Year, returns as the defending section champion in the 100, 200 and long jump.