

VARNER

**The San Diego
Union-Tribune**

***Track &
Field Guide
2000***

*The San Diego
Union-Tribune.*

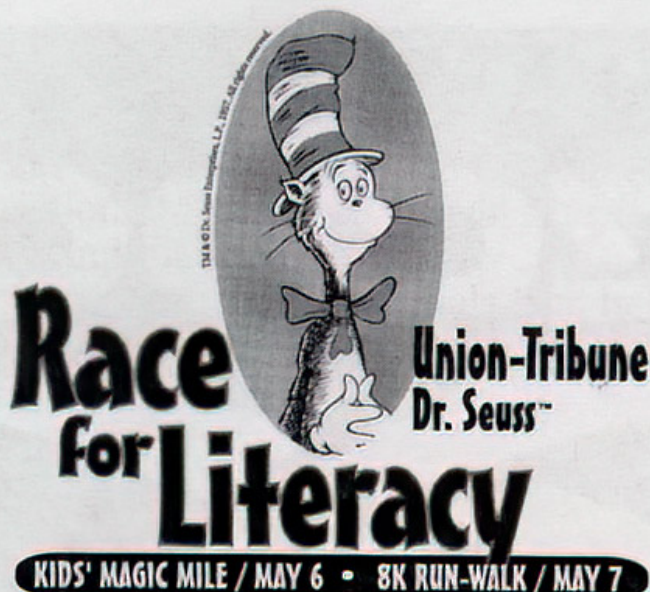


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Last year a record-breaking 10,000 people participated in the Union-Tribune Dr. Seuss Race for Literacy. Funds raised from the event made a significant contribution to the literacy programs of the San Diego Council on Literacy.

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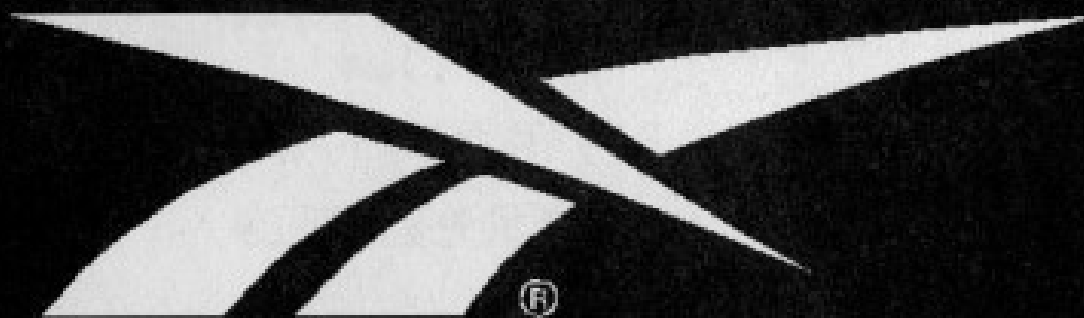
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Looking ahead, looking back

As Monique Henderson raced around the Sports Arena indoor track in January, Morse High boys coach Mike Klepper said, "I don't think people appreciate just what they have here."

Interesting, since it was the exact sentiment then-Sweetwater High track coach Gene Alim voiced 20 years earlier when a freshman named Yolanda Gail Devers stepped on the track.

Devers, who is still the all-time section leader in the 100-meter dash, the 300-meter hurdles and the long jump, has gone on to international fame as a multi-Olympic Games and World Championship gold medalist.

There are many who believe the same future awaits Henderson.

Her goals this year include a third straight state title, which would tie her with former Rancho Buena Vista distance running sensation Kira Jorgensen (1987-89, the first year at Vista High), and an assault on her own section record of 51.96 seconds, the second fastest performance ever by a high school sophomore.

While Henderson is the focal point, there is no shortage of potential state champions heading into the season.

For the boys, University City's Stephen Hayes (10.59) is the highest-placing returnee in the 100-meter dash after finishing fourth in State.

Although Serra's Marcus Chandler graduated, his state 1,600-meter title could be defended by any one of a handful of section standouts, including two-time section champ Evan Fox of West Hills, Vista's Justin Neuroth and St. Augustine's late-blooming Ryan Moorcroft.

In all, nine section champs return for the year 2,000.

Joining Henderson on the girls side will be distance standouts like Torrey Pines' Julie Komosinski, Hilltop's Desiree Davila, San Dieguito's Jenna Timinsky and Rancho Bernardo's Julie Manson.

The field events are headed by Hoover's Candace Hill, who defends her section titles in the shot put and discus throw. Hill was a fourth-place finisher in the state shot. She stands fourth on the all-time list at 43-8 1/2.

For the girls, champions return in seven events, with the big loss being the nation's No. 1-ranked pole vaulter, Kathleen Donoghue of Rancho Bernardo, who soared 12-8 1/4.

Thanks, Thanks, Thanks.

The San Diego Section record book returns after a 5-year hiatus thanks to sponsors like The San Diego Union-Tribune, Reebok, The High School Sports Association of San Diego, Movin Shoes and the San Diego chapter of USA Track and Field (USATF).

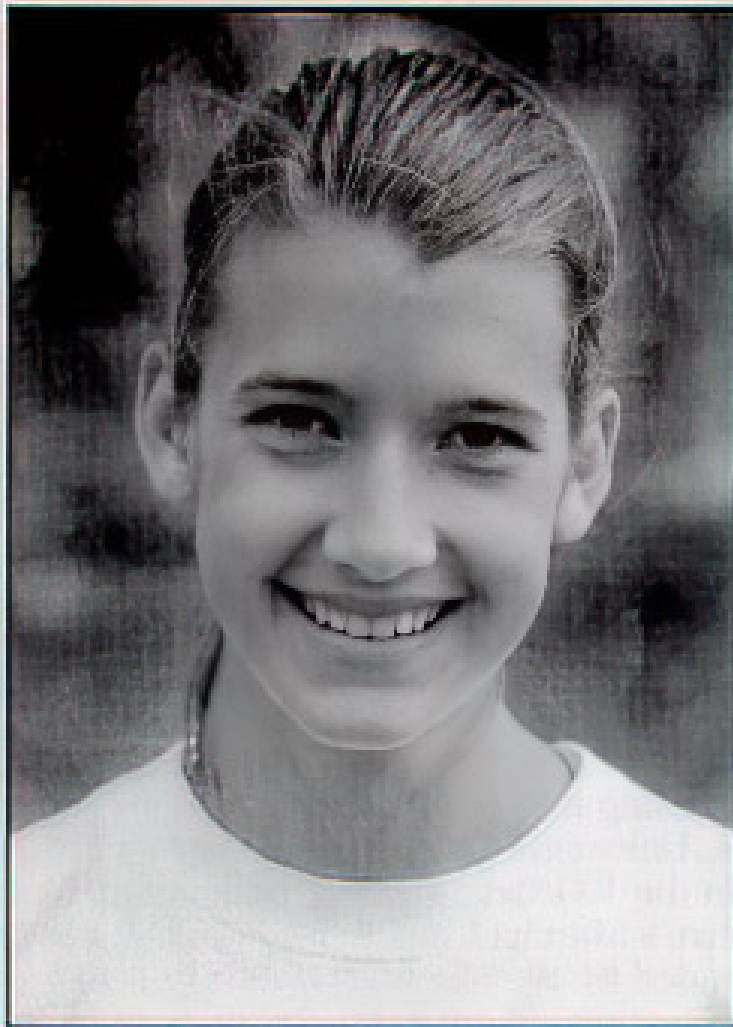
Although there are dozens of individuals who helped in compiling this book, special thanks go to Rick Smith, Tom Shanahan, Buzz Thom, the UT Photo Dept. and Richard Cota.

— Steve Brand, Editor

Captions

Front page: Morse's Monique Henderson, female athlete of the year

Back page: Serra's Marcus Chandler, male athlete of the year.



Torrey Pines' Julie Komosinski defends her 3,200-meter title.



West Hills' Evan Fox seeks his third section 1,600 gold medal.

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1999 Boys Leaders

100 (fully Electronic)

10.59	*Stephen Hayes, Uni. City	State Prelims
10.66	*R.J. Oliver, Escondido	State Prelims
10.73	*Larry Miles, Crawford	Div. Finals
10.75	*Lamont Long, Uni. City	Div. Finals
10.76	Wardell McNeal, Montgomery	Div. Finals
10.84	**Mike Roberts, Henry	Div. Prelims
10.98	Dan Cobler, Torrey Pines	Avocado Finals
11.02	*Antwane Collier, San Diego	Dual
11.04	Randy Evans, San Diego	Eastern Prelims
11.07	**Chauncey Smith, Uni. City	Div. Finals
11.07	*Claude Sanders, Madison	Div. Finals
11.08	Ernesto Jordan, Uni. City	Div. Prelims
11.08	*Mario Rivas, Mar Vista	Div. Prelims
11.09	Hanee Peterman, Helix	Div. Finals
11.09	**Boris McDaniel, Lincoln	Harbor Finals
11.11	**Michael Johnson, Serra	Frosh-Soph
11.13	DeAndre Harrington, West Hills	Div. Prelims
11.16	**Allen Thompson, Sweetwater	Div. Prelims
11.18	*Lavell Anderson, Eastlake	Titan
11.19	*Andre Davis, El Cajon	Div. Finals
11.19	*Joe Collins, Rancho Bernardo	Palomar Finals
11.20	**Joey Williams, Mt. Miguel	Frosh-Soph
11.23	Robert Turlock, La Jolla	Western Prelims
11.25	*Jonathon Ward, Poway	Palomar Finals
11.28	Mike Frazier, Castle Park	Titan

200

21.44	*Larry Miles, Crawford	Div. Finals
21.47	Maurice Douglas, San Diego	Div. Finals
21.49	*R.J. Oliver, Escondido	Div. Finals
21.52	*Stephen Hayes, Uni. City	State Prelims
21.74	Jay Hackett, Morse	Div. Finals
21.75	Wardell McNeal, Montgomery	Div. Finals
21.85	*Lamont Long, Uni. City	Div. Finals
21.86	*Philip Sanders, Morse	Div. Finals
21.90	Terron Franklin, Helix	Arcadia
22.09	Antonio Gonzalez, RBV	Palomar Finals
22.09	**Boris McDaniel, Lincoln	Div. Finals
22.12	**Mike Roberts, Henry	Div. Finals
22.15	*Andre Davis, El Cajon	Div. Finals
22.17	Hanee Peterman, Helix	Div. Finals
22.28	*Antwane Collier, San Diego	Eastern Prelims
22.38	**Michael Johnson, Serra	Div. Prelims
22.40	Philip Lucas, Crawford	Div. Finals
22.46	Roy Gaines, Morse	Div. Final
22.48	***Chauncey Smith, Uni. City	Div. Finals

22.53	*Claude Sanders, Madison	Western Pre.
22.68	*Matt Beckstead, RBV	Palomar Finals
22.70	*Joe Collins, RB	Palomar Finals
22.72	*Eric Thomas, Pt. Loma	Div. Prelims
22.77	*Roger Mathis, Morse	Eastern Finals
22.87	**Jeff Berman, Calvin	Div. Finals
22.93	Robert Turlock, La Jolla	Western Pre.
22.98	**Clarence Cunningham, SR	Western Pre.
23.09	**Jaha Riley, Mission Bay	Western Finals

Other hand times

22.0	*Nathan Cunningham, West Hills	Dual
22.1	*Lavell Anderson, Eastlake	Dual
22.1	Bill Diller, Mt. Carmel	Dual
22.2	*Mark Tate, Hoover	Dual
22.2	Dan Cobler, Torrey Pines	Dual

400

47.71	Maurice Douglas, San Diego	Div. Finals
48.3	Terran Franklin, Helix	Valley Center
48.40	Jay Hackett, Morse	Div. Finals
49.08	*Stephen Hayes, Uni. City	Dual
49.34	Antonio Gonzalez, RBV	Div. Finals
49.59	*Matt Beckstead, RB	Masters
49.76	Roy Gaines, Morse	Masters
49.79	*Mark Tate, Hoover	Div. Finals
49.87	*Michael Thayer, Pt. Loma	Eastern Prelims
50.11	David Silva, Crawford	Div. Finals
50.12	Jason McKlevey, San Diego	Div. Finals
50.28	Randell Leyking, Poway	Palomar Finals
50.55	*Roger Mathis, Morse	Eastern Pre.
50.58	*Charles Vann, Crawford	Div. Finals
50.66	*Jason Davis, Poway	Palomar Finals
50.74	Michael Thomas, Parker	Div. Finals
50.8	*R.J. Oliver, Escondido	Dual
50.8	Brandon Jones, Mira Mesa	Dual
51.02	*Jamal Briggs, Mira Mesa	Eastern Prelims
51.02	Alex Maurer, La Jolla	Div. Finals
51.02	Lenchow Griffith, Mira Mesa	Eastern Finals
51.50	*Luis Quintana, Castle Park	Div. Finals
51.58	*Justin Hunt, Monte Vista	Sundevil Inv.
51.59	Russell Medina, Ramona	Valley Finals
51.59	*Joseph Miller, RBV	Palomar Finals
51.5	*Kyle Conerly, West Hills	Dual
51.5	*Steve Daniels, Carlsbad	Orange Glen
51.61	***Steve Maldonado, Vista	Palomar Finals
51.6	*Boris McDaniel, Lincoln	Dual
51.6	Jason Vestal, El Capitan	Dual

800

1:54.11	*Sean Ricketts, Rancho Bernardo	Div. Finals
1:54.19	*Jarred Emmons, Vista	Masters
1:54.43	*Nick Thornton, RBV	Masters
1:54.54	*Evan Fox, West Hills	Div. Finals
1:54.94	Mohamed Aden, Kearny	Masters
1:55.46	**Ben Aragon, West Hills	Div. Finals
1:55.62	**Nico Cueva, Escondido	Masters
1:55.93	Marcus Chandler, Serra	Div. Finals
1:56.59	**Aaron Powell, Poway	Div. Finals
1:56.65	**Jim Ungricht, Fallbrook	Arcadia
1:56.80	Alejandro Mares, La Jolla	Div. Finals
1:57.6	Steve Branson, Torrey Pines	Avocado Finals
1:58.00	*Jon Rankin, Monte Vista	Div. Pre.
1:58.20	Jason Finch, Granite Hills	Sundevil Inv.
1:58.2	*Josh Pope, Poway	Dual
1:58.2	*Justin Mattos, Fallbrook	Palomar Finals
1:58.68	*Troy Stroh, Valley Center	Masters
1:58.74	Jason McKlevey, San Diego	Eastern Finals
1:58.79	*Paul Whitford, Coronado	Div. Prelims
1:59.02	*Chad Young, Calvin	Div. Finals
1:59.07	*Peter Holland, Bishop's	Div. Finals
1:59.1	*Justin Neuroth, Vista	Dual
1:59.1	William Burer, Valhalla	Grossmont Finals
1:59.35	*Ryan Moorcroft, St. Aug.	Western Pre.
1:59.70	*Luis Mariscal, San Pasqual	Div. Pre.
1:59.87	**Matt Johnson, San Pasqual	Frosh-Soph
1:59.8	*Pat Prunty, Poway	Dual

1,600

4:10.44	Marcus Chandler, Serra	State Finals
4:11.68	*Evan Fox, West Hills	Div. Finals
4:15.33	*Justin Neuroth, Vista	Div. Finals
4:16.35	*Matt McInvale, Ramona	Div. Finals
4:17.20	Ken Nwadike, Chula Vista	Masters
4:20.65	*Jon Rankin, Monte Vista	Div. Pre.
4:20.72	Mohamed Aden, Kearny	Div. Prelims
4:20.80	*Travis Laird, San Marcos	Palomar Finals
4:21.18	Adam Van Wart, San Pasqual	Div. Finals
4:21.73	*Ryan Moorcroft, St. Augustine	Masters
4:22.10	*Josh Pope, Poway	Div. Pre.
4:24.7	Jason Finch, Granite Hills	Dual
4:25.50	*Sean Ricketts, RB	Dual
4:27.45	*Blake Swier, Mar Vista	Div. Pre.
4:27.47	Nick Jones, Orange Glen	Div. Finals
4:28.01	Thomas Jodion, Mira Mesa	Div. Pre.
4:28.48	Bart Conner, Calvin	Div. Pre.
4:29.2	*Nick Thornton, RBV	Dual
4:29.3	**Deviri Lyons-Quirk, Poway	Dual
4:29.58	Jon O'Connor, Uni. City	Dual
4:29.77	Pat Grimes, Scripps Ranch	Western Finals

4:30.0	**Ryan Montez, Vista	Dual
4:30.5	*Efrain Casarez, Fallbrook	Palomar Finals
4:30.80	*Pat Prunty, Poway	Palomar Finals
4:30.91	**Joe Robinette, Pt. Loma	Masters

3,200

9:02.22	Marcus Chandler, Serra	State Finals
9:05.09	*Matt McInvale, Ramona	State Finals
9:14.03	Jason Finch, Granite Hills	Arcadia
9:18.09	*Travis Laird, San Marcos	Masters
9:25.49	*Ryan Maynard, Granite Hills	Masters
9:27.48	Adam Van Wart, San Pasqual	Masters
9:31.89	Brian Paff, Bonita Vista	Masters
9:35.65	Pat Grimes, Scripps Ranch	Masters
9:44.08	*Justin Neuroth, Vista	Dual
9:44.5	*Sean Ricketts, RB	Orange Glen
9:45.47	**Ryan Montez, Vista	Div. Final
9:45.8	Ian Bartonicek, Granite Hills	Grossmont Finals
9:46.1	*Efrain Casarez, Fallbrook	Dual
9:46.87	*Chris Kenyon, Mt. Carmel	Palomar Finals
9:47.65	***Juan Mandragon, Escondido	Masters
9:48.1	Ken Nwadike, Chula Vista	Orange Glen
9:50.22	**Deviri Lyons-Quirk, Poway	Palomar Finals
9:50.58	**Christian Dominguez, San Diego	Eastern Finals
9:51.66	***Will Kraemer, Army-Navy	Div. Finals
9:51.9	*Michael Manzano, Chula Vista	Orange Glen
9:52.15	Alex Cocina, San Diego	Dual
9:53.12	Bart Conner, Calvin	Div. Finals
9:53.34	Thomas Jodoin, Mira Mesa	Eastern Final
9:53.4	Adrian Garcia, Sweetwater	Orange Glen
9:54.1	*Evan Fox, West Hills	Dual

110HH

14.31	*Tony Golston, Pt. Loma	Masters
14.45	*Bobby Salimi, RB	Div. Finals
14.76	Joe Gutierrez, Sweetwater	Div. Finals
14.90	Jeff Shoate, Serra	Div. Finals
14.97	**Jeff Hunter, Granite Hills	Frosh-Soph
15.00	Jason Gatewood, RBV	Div. Finals
15.06	Ben Church, Mira Mesa	Div. Finals
15.07	Justin Hunt, Monte Vista	Poway Inv.
15.09	Jared Stites, Mira Mesa	Div. Finals
15.11	Matt McLeod, West Hills	Div. Finals
15.18	*Terrance Johnson, Helix	Bronco Inv.
15.31	Tony Pricor, St. Aug.	Div. Finals
15.38	David Claggett, San Pasqual	Poway Inv.
15.42	**Jon Everette, San Pasqual	Div. Pre.
15.50	*Brett Simmons, Coronado	Div. Pre.
15.71	*Josh Nears, Kearny	Div. Finals
15.73	**John Dudeck, Torrey Pines	Frosh-Soph
15.78	Kevin Correnti, St. Aug.	Div. Finals

15.79	*Baron Hill, St. Aug.	Western Pre.
15.83	*Ben Knight, Mar Vista	Div. Pre.
15.92	Charles Bailey, Hoover	Div. Pre.
15.93	*Felipe Hernandez, Coronado	Div. Pre.
15.98	Sean Daley, Vista	Palomar Finals

Hand Times

14.5	Justin Hunt, Monte Vista	Dual
14.6	**Jeff Hunter, Granite Hills	Grossmont Finals
14.8	David Claggett, San Pasqual	Dual
14.9	Marc Daynes, El Capitan	Grossmont Finals
14.9	*Sean Sweat, El Camino	Valley Center

300IH

36.98	*Tony Golston, Pt. Loma	State Finals
37.38	*Bobby Salimi, RB	Masters
38.41	Marc Daynes, El Capitan	Div. Finals
38.73	**Jeff Hunter, Granite Hills	Frosh-Soph
38.75	Joe Gutierrez, Sweetwater	Div. Finals
38.8	*Sean Sweat, El Camino	Avocado Finals
39.58	Mike McCall, La Jolla	Div. Finals
39.65	*Kyle Conerly, West Hills	Div. Finals
39.69	David Claggett, San Pasqual	Div. Finals
39.7	Justin Hunt, Monte Vista	Dual
39.7	*Brett Simmons, Coronado	Dual
40.03	Jason Gatewood, RBV	Palomar Finals
40.0	*Jeff Failla, Escondido	Orange Glen
40.4	*Terance Johnson, Helix	Dual
40.74	*Jeff Orlando, Mira Mesa	Eastern Finals
40.75	*Travis Lyman, San Pasqual	Div. Final
40.8	*Steve Daniels, Carlsbad	Orange Glen
40.8	Marquis Davis, Castle Park	Metro Finals
40.97	Jeff Shoate, Serra	Div. Finals
41.1	Sean Daley, Vista	Orange Glen
41.1	Charles Bailey, Hoover	Dual
41.11	Mike Dobramsky, Poway	Palomar Finals
41.28	Brian Manley, Mt. Carmel	Palomar Finals
41.2	*Jordan Adams, Henry	Dual
41.31	Kevin Correnti, St. Aug.	Div. Pre.

4x100 Relay

41.24	University City	Masters
41.25	San Diego	Masters
41.79	Morse	Masters
42.29	Helix	Masters
42.56	West Hills	Masters
42.66	Rancho Bernardo	Masters
42.81	Crawford	Div. Finals
42.86	Sweetwater	Masters
42.9	Eastlake	Balboa
43.37	Mira Mesa	Eastern Finals

43.37	RBV	Palomar Finals
43.47	Escondido	Div. Finals
43.58	Hoover	Harbor Finals
43.61	Poway	Palomar Finals
43.61	Mt. Miguel	Balboa
43.64	La Jolla	Div. Pre.
43.69	Serra	Div. Finals
43.6	Torrey Pines	Avocado Finals
43.6	Bonita Vista	Eastlake
43.74	Lincoln	Div. Pre.
43.77	Kearny	Div. Finals
43.85	Henry	Eastern Finals
43.8	Mt. Carmel	Dual
43.90	Montgomery	Poway Inv.
44.0	Castle Park	Dual

4x400 Relay

3:17.17	Morse	Masters
3:20.12	RBV	Div. Finals
3:21.32	West Hills	Masters
3:21.57	San Diego	Div. Finals
3:22.14	Crawford	Div. Finals
3:22.93	Pt. Loma	Masters
3:23.02	Lincoln	Masters
3:23.53	Serra	Div. Finals
3:23.67	San Pasqual	Div. Finals
3:23.92	Poway	Palomar Finals
3:24.14	Rancho Bernardo	Div. Pre.
3:24.98	Escondido	Div. Prelims
3:25.05	La Jolla	Div. Finals
3:26.02	Uni. City	Eastern Finals
3:26.26	Vista	Palomar Finals
3:26.50	Mira Mesa	Eastern Finals
3:27.4	Helix	Orange Glen
3:27.50	Henry	Div. Prelims
3:28.98	Mt. Carmel	Palomar Finals
3:29.47	Fallbrook	Div. Pre.
3:29.7	Castle Park	Metro Finals
3:30.0	Bonita Vista	Metro Finals

High Jump

6-9	Jason Gatewood, RBV	Dual
6-7	*Chris Staton, Henry	Masters
6-5	*Tony Golston, Pt. Loma	Dual
6-5	Felix Descraccio, Bonita Vista	Masters
6-4	Lenchow Griffith, Mira Mesa	Dual
6-4	*Eric Williams, RB	Dual
6-4	*Jamal Randall, Monte Vista	Grossmont Finals
6-4	Robert Ma, Poway	Falcon
6-3	**Wade Curry, Eastlake	Dual
6-3	*Jon Takahashi, Grossmont	Dual

6-2	*Brandon Mundinger, Valhalla	Dual
6-2	**Nate Skrypczak, Valley Center	Dual
6-2	*Eric Williams, RBV	Valley Center
6-2	Jason Walker, Carlsbad	Dual
6-2	**Austin Neudheiser, BV	Dual
6-2	Keith McGuinness, GH	Dual
6-2	***Trent Stroh, Valley Center	Dual
6-2	*John Jackson, Morse	Dual
6-2	*Vernon Smith, MBay	Dual
6-1	*Josh Milligan, Castle Park	Dual
6-1	**Cory Evans, Eastlake	Dual

Pole Vault

15-6	Sean Daley, Vista	State Finals
15-0	Jimmy Barbour, Poway	Div. Finals
14-8	*Jon Takahashi, Grossmont	Valley Center
14-8	*Travis Offner, Mt. Carmel	Masters
14-8	Jamie Zolnierrek, RBV	Masters
14-7	Eric Somers, San Marcos	Valley Center
14-6	*Aaron Priest, RBV	Dual
14-6	Bobby Phimmason, Poway	Dual
14-0	*Javier Munoz, Castle Park	Masters
14-0	Nate Alder, Poway	Valley Center
14-0	Ken Covell, West Hills	Grossmont Finals
14-0	Phil Ball, El Capitan	Grossmont Finals
14-0	Dante Jerig, West Hills	Bronco
14-0	*John Jeter, Mt. Carmel	Palomar Finals
13-8	Jacob Chase, Orange Glen	Sundevil
13-7	David Cornejo, Chula Vista	Dual
13-6	David Long, Granite Hills	Orange Glen
13-6	Jason Charles, Orange Glen	Dual
13-6	Brent Stockton, Escondido	Dual
13-6	*Ricardo Murillo, Vista	Div. Pre.
13-1	*Chase Shelbourne, La Jolla	Dual
13-1	**Chris Dorminy, RB	Dual
13-0	*Gary Williams, Serra	Div. Finals
13-0	Matt Jensen, San Pasqual	Dual

Long Jump

22-9 1/4	*Jordan Adams, Henry	Master
22-8 1/2	Chris Pittman, Castle Park	Dual
22-8	**Rashard Holmes, RB	Dual
22-5 1/2	*Tony Ortiz, Helix	Grossmont Finals
22-2	Jason Gatewood, RBV	Dual
22-1	*Shannon Nowden, Mission Bay	Western Final
22-1	**Jeff Hunter, Granite Hills	Dual
21-11 1/2	*Chris Staton, Henry	Balboa
21-10 3/4	*Jon Reynolds, Serra	Masters
21-10	*David Hannibal, Bonita Vista	Dual
21-9 1/2	Ben Church, Mira Mesa	Sundevil Inv.
21-8 1/2	*Marcus Wooden, Morse	Dual

21-8	*Tony Golston, Pt. Loma	Dual
21-8	Mike McCall, La Jolla	Balboa
21-7	Josh Lipscomb, Mira Mesa	Dual
21-7	McKinley Jean-Gilles, Hoover	Div. Pre.
21-5 3/4	*Bobby Salimi, RB	Dual
21-5 1/2	Dan Cobler, Torrey Pines	Dual
21-5 1/2	Maurice Grant, Kearny	Div. Finals
21-4 1/2	Kuba Wasowski, San Marcos	Sundevil Inv.
21-4 1/2	Felix Deserachio, Bonita Vista	Metro Finals
21-4 1/2	Seth Andrews, Morse	Dual
21-4	**Eric Rogers, Morse	Dual
21-3	Robert Ma, Poway	Dual
21-1 1/4	**Richard Belcher, Hoover	Harbor Finals
21-1	*Jason Davis, Poway	Valley Center
21-1	Justin Hunt, Monte Vista	Dual

Wind-aided

23-4	*Jordan Adams, Henry	State Pre.
23-0 1/2	**Rashard Holmes, RB	Frosh-Soph

Triple Jump

48-1 1/2	*Tony Ortiz, Helix	Div. Finals
46-8 1/2	McKinley Jean-Gilles, Hoover	Sundevil Inv.
45-10 1/2	Robert Ma, Poway	Dual
45-7 1/2	Rashard Holmes, Ran. Bernardo	Dual
45-0 1/4	*Jon Reynolds, Serra	Div. Pre.
44-10	Josh Lipscomb, Mira Mesa	Div. Finals
44-9 1/2	Brian Guthrie, Sweetwater	Dual
44-9	**Trandon Harvey, Sweetwater	Div. Finals
44-4 1/2	Rashaan Green, Serra	Masters
44-3 1/4	Terrence Hibbler, Helix	Grossmont Finals
44-2	Mike McCall, La Jolla	Dual
44-1 1/2	*Jamal Randall, Monte Vista	Grossmont Finals
43-10 3/4	Jacob Chase, Orange Glen	Valley Finals
43-9	*Kareem Holmes, Montgomery	Valley Center
43-8	**Thomas Mootry, Morse	Dual
43-5 1/2	Ryan Kernion, Escondido	Valley Finals
43-4 1/2	*Marcus Wooden, Morse	Div. Pre.
43-3 3/4	**Anzio Gainey, RBV	Frosh-Soph
43-3 1/2	**Nate Skrypezak, Valley Center	Valley Finals
43-3 1/2	Mike Humphrey, San Pasqual	Valley Finals
43-2	Jim Barbour, Grossmont	Grossmont Finals
43-0	Chris Lundgren, Granite Hills	Dual
42-11 1/2	Carl LaGrone, Lincoln	Dual
42-10 1/2	Antonio Gonzalez, RBV	Dual
42-8	Dale Coke, Poway	Valley Center

Shot Put

63-10 3/4	Bernard Grady, Scripps Ranch	State Prelims
63-3 3/4	Dan Ames, El Capitan	Simplot Games
58-11 1/2	Wade Green, La Jolla	Western Finals
56-6 1/4	Wayne Hassey, El Capitan	Masters

55-8	*Travis Watkins, Helix	Div. Finals
55-5 3/4	*Travis Jones, Mira Mesa	Div. Finals
54-2	Dan Ybarra, Orange Glen	Valley Finals
53-5	David Nowotny, Fallbrook	Palomar Finals
52-11	Kendrick Brunson, Chula Vista	Dual
52-6 1/2	John Stokes, El Capitan	Grossmont Finals
52-6 1/2	Charles Tyson, Bonita Vista	Div. Pre.
51-2	*Steve Vieira, Carlsbad	Div. Pre.
51-0	Jahdai Pickett, Sweetwater	Metro Finals
50-11 3/4	*Rafiq Randall, Castle Park	Orange Glen
50-6 1/4	Jerald Sykes, Kearny	Div. Pre.
50-4 1/2	Steve Nelson, Hilltop	Metro Finals
50-4	*Mike Schardin, Eastlake	Dual
50-3	Kevin Vernoy, RBV	Palomar Pre.
50-1 1/2	Matt Saole, Oceanside	Avocado Finals
49-7 1/4	*Tyler Moazed, Mt. Carmel	Palomar Finals
48-11	Jeremy Read, RB	Dual
48-8 1/4	*Pana Faumuina, Carlsbad	Div. Pre.
48-7 3/4	Jake Dubinetsky, St. Augustine	Div. Pre.
48-1	*Onofre Gascon, Sweetwater	Dual

Discus

199-9	Dan Ames, El Capitan	State Finals
183-8	*Jonathon Ward, Poway	Div. Finals
182-1	Mike Armstrong, Uni. City	Dual
175-5	*Travis Jones, Mira Mesa	Dual
170-10	Bernard Grady, Scripps Ranch	Western Finals
168-0	Jahdai Pickett, Sweetwater	Dual
165-9	*Will Hunt, Hilltop	Orange Glen
165-2	Wade Green, La Jolla	Dual
163-3	Ronnie Stewart, Carlsbad	Avocado Finals
161-8	Charles Tyson, Bonita Vista	Masters
161-5	*Jason Teurk, RB	Palomar Final
160-2	*Travis Asch, El Capitan	Masters
155-9	*Travis Watkins, Helix	Dual
155-7	David Nowotny, Fallbrook	Dual
153-7	Zeph Carter, Mt. Miguel	Grossmont Finals
153-0	*Noel Eichen, Torrey Pines	Dual
151-4	Wayne Hassey, El Capitan	Dual
150-0	Kevin Vernoy, RBV	Dual
146-4	**Tagaia Savailinaea, Eastlake	Dual
146-0 *	Bernard Lofton, Serra	Dual
145-10	Darrell Collins, San Marcos	Div. Pre.
145-10	Matt Soale, Oceanside	Valley Center
145-7	*Nate Tavale, Carlsbad	Div. Pre.
144-4	*Chris Staton, Henry	Dual
144-0	*Robert Hanson, St. Aug.	Western Finals

1999 Girls Leaders

100

11.71	**Monique Henderson, Morse	Mt. SAC
12.21	*Autumn Wright, El Camino	State Pre.
12.28	DeCola Groce, Morse	Div. I Finals
12.29	*Kamellah Allen, Mt. Miguel	Div. Finals
12.34	Kristin Tucker, Monte Vista	Mt. SAC
12.40	***Jessica Thomas, El Camino	Div. Finals
12.45	**Anne James, RB	Div. I Finals
12.47	**Amber Carrington, Mt. Carmel	Palomar Finals
12.55	*Priscilla Parker, Mission Bay	Western Pre.
12.59	**Tiffany Lowrey, San Pasqual	Div. Finals
12.60	**Faith Lin, La Jolla	Balboa Inv.
12.74	Laura Martillo, Poway	Palomar Finals
12.77	**Kyle Lederer, RB	Palomar Finals
12.80	Jessica Walker, Mt. Carmel	Palomar Finals
12.88	*Stephanie Blake, Parker	Div. Finals
12.88	***Jill Young, Poway	Poway Inv.
12.89	Jasmine Blakeley, RB	Palomar Finals
12.90	Monica Clifton, Mira Mesa	Poway Inv.
12.91	Kristina DeLaRosa, RB	Div. Pre.
12.93	*Tashina Dears, Castle Park	Div. Pre.
12.93	**Latoya Emmanuel, San Marcos	Palomar Finals
12.94	*Devonne Hanke, Horizon	Div. Pre.
12.94	***Nina Herron, El Cajon	Div. Pre.
12.99	Tara Egipto, Castle Park	Div. Pre.

200

23.30	**Monique Henderson, Morse	State Prelims
25.35	*Priscilla Parker, MB	Div. Finals
25.54	***Nastassja Hall, RBV	Masters
25.60	***Laura Landry, RB	Palomar Finals
25.62	**Stephanie Blake, Parker	Div. Finals
25.76	Starla Henderson, Morse	Eastern Pre.
25.81	*Tashina Dears, Castle Park	Div. Finals
25.88	DeCola Groce, Morse	Masters
25.88	**Anne James, RB	Palomar Finals
25.91	**Tiffany Lowrey, San Pasqual	Div. Pre.
26.09	**Ashley Cunningham, Pt. Loma	Dual
26.34	***Crystal Hinton, Lincoln	Div. Pre.
26.43	**Naomi Mattos, Fallbrook	Frosh-Soph
26.46	Monica Clifton, Mira Mesa	Eastern Finals
26.52	**Latoya Summerville, SR	Western Finals
26.63	***Nina Herron, El Cajon	Div. Pre.
26.63	Jessica Walker, Mt. Carmel	Palomar Finals
26.70	*Natalie Soto, Carlsbad	Div. Pre.
26.71	**Unika Smith, Lincoln	Div. Pre.
26.77	*Kamellah Allen, Mt. Miguel	Div. Pre.

wind-aided

25.15	***Nastassja Hall, RBV	Broncos
25.22	DeCola Groce, Morse	Div. Finals
25.33	***Laura Landry, RB	Div. Finals
25.45	**Tiffany Lowrey, San Pasqual	Div. Finals

400

51.96	**Monique Henderson, Morse	Jr. Natls
57.0	Camille Dredge, Torrey Pines	Avocado Finals
57.56	Luci Downey, Orange Glen	Masters
57.80	***Laura Landry, RB	Div. Finals
58.08	Starla Henderson, Morse	Eastern Finals
58.26	*Jane Givens, La Jolla	Masters
59.05	**Ashley Cunningham, Pt. Loma	Masters
59.14	***Nastassja Hall, RBV	Sundevil Inv.
59.0	*Elizabeth Tsu, La Costa Cyn	Avocado Finals
59.44	**Unika Smith, Lincoln	Div. II Pre.
59.6	Amy Taylor, RB	Dual
59.8	**Naomi Mattos, Fallbrook	Avocado Finals
59.9	*Lesley Bravin, Valhalla	Dual
1:00.0	**Nadia Sanders, CV	Metro Finals
1:00.0	***Luketta Williams, Helix	Dual
1:00.06	*Phoebe Perkins, Monte Vista	Masters
1:00.14	**LaSheena Rice, San Diego	Eastern Finals
1:00.14	Katie Reardon, RB	Palomar Finals
1:00.36	***Ebony Adams, El Camino	Masters
1:00.54	**Kristine Schraeder, RB	Palomar Finals
1:00.59	**Talisha Clophus, Uni. City	Dual

800

2:11.79	Camille Dredge, TP	Div. Finals
2:14.40	**Desiree Davila, Hilltop	Div. Finals
2:16.30	Samantha Piper, Coronado	Masters
2:16.52	***Jenna Timinsky, SDgto	Masters
2:17.06	***Jill Steele, Mt. Carmel	Masters
2:17.67	**Amonica Phipps, Morse	Div. Finals
2:17.90	Monique Jouglet, Helix	Div. Finals
2:18.77	Cathy Picha, Fallbrook	Masters
2:19.00	***Allison Hall, RB	Sundevil Inv.
2:19.54	*Katherine Ziegler, Uni. City	Eastern Finals
2:19.60	***Nastassja Hall, RBV	Poway Inv.
2:19.71	Kennie Kwok, Ramona	Div. Finals
2:19.9	**Julie Komosinski, TP	Valley Center
2:20.5	Courtney Baird, Helix	Valley Center
2:22.5	*Lesley Bravin, Valhalla	Grossmont Finals
2:22.78	Carly Votolato, Uni. City	Eastern Pre.
2:22.8	**Kamaya Damwijk, Poway	Dual
2:23.0	***Deanna Sick, Mt. Carmel	Dual
2:23.82	**Talisha Clophus, Uni. City	Arcadia
2:23.9	Erin DeHahn, Hilltop	Metro Finals
2:23.97	*Katie Baker, Poway	Palomar Finals

2:24.43	Morgan Rounkles, Mt. Mig.	Div. Pre.
2:24.50	*Laura Crabtree, Parker	Div. Pre.
2:24.99	**Deanna Lynn, Carlsbad	Frosh-Soph

1,600

4:56.43	**Julie Komosinski, TP	Div. Finals
5:00.70	Courtney Baird, Helix	Div. Finals
5:03.03	**Desiree Davila, Hilltop	State Pre.
5:05.12	***Allison Hall, RB	Masters
5:10.93	**Morgan Soule, La Costa Cyn	Div. Finals
5:11.9	***Jenna Timinsky, San Dgto	Frosh-Soph
5:12.17	*Katherine Ziegler, Uni. City	Div. Pre.
5:13.02	**Kaleena Yee, RB	Palomar Finals
5:13.30	*Julie Manson, RB	Palomar Finals
5:15.1	Michelle Barrack, USDHS	Dual
5:15.9	Camille Dredge, Torrey Pines	Dual
5:16.69	**Chessa Adsit-Morris, UC	Eastern Finals
5:16.9	*Diana Dibble, Valley Center	Dual
5:18.24	**Katie O'Connell, Carlsbad	Div. Pre.
5:18.3	***Deanna Sick, Mt. Carmel	Palomar Pre.
5:18.46	Carly Votolato, UC	Eastern Finals
5:20.07	Lorena Jiminez, Orange Glen	Div. Finals
5:20.48	Lanele Cox, Escondido	Div. Pre.
5:20.65	Cathy Picha, Fallbrook	Mt. Carmel
5:21.0	Heather Shurtleff, West Hills	Dual
5:21.17	*Desiree Leek, La Jolla	Balboa
5:23.19	**Jasmine Marquez, ECap	Sundevil
5:23.41	**Roxanne Romo, San Diego	Eastern Finals
5:24.12	*Karen Vasco, Mt. Carmel	Palomar Finals
5:24.35	***Rose Serna, Mission Bay	Div. Finals

3,200

10:36.34	Courtney Baird, Helix	State Finals
11:04.0	***Jenna Timinsky, San Dgto	Dual
11:05.03	*Julie Manson, RB	Masters
11:05.06	Lanele Cox, Escondido	Masters
11:10.92	**Julie Komosinski, TP	Div. Finals
11:19.2	Michelle Barrack, USDHS	Tiger Relays
11:19.83	***Deanna Sick, Mt. Carmel	Div. Finals
11:21.82	Heather Shurtleff, WH	Masters
11:25.98	**Chessa Adsit-Morris, UC	Masters
11:26.1	Kim Pace, Santana	Grossmont Finals
11:27.91	**Katie O'Connell, Carlsbad	Masters
11:31.76	*Karen Vasco, Mt. Carmel	Dual
11:32.47	**Jasmine Marquez, El Cap.	Div. Finals
11:35.3	**Kaleena Yee, RB	Tiger Relays
11:39.3	**Desiree Davila, Hilltop	Frosh-Soph
11:40.43	**Manal Yamont, Mt. Carmel	Masters
11:42.33	*Rebecca Bartell, WH	Masters
11:46.43	**Ashlee Dere, Mt. Carmel	Masters
11:47.5	Kathy Read, Torrey Pines	Tiger Relays

11:51.91	***Maija Rohde, Fallbrook	Div. Finals
11:52.14	**Katie Boyd, RB	Palomar Finals
11:53.0	***Krista Romley, TP	Dual
11:53.0	***Stephanie Baird, Helix	Grossmont Finals
11:53.16	Morgan Rounkles, Mt. Miguel	Div. Finals
11:53.45	**Jamie Carmichael, Fall.	Masters

100 Hurdles

15.17	Maggie Escudero, El Cap.	Div. Finals
15.43	*Catie Coin, RB	Div. Finals
15.87	Porche Kelly, Mt. Miguel	Div. Finals
15.88	***Breanna Barmer, Helix	Sundevil
15.91	Amber Martin, West Hills	Masters
15.92	Jasmine Schuler, Pt. Loma	Div. Finals
15.93	Bethany McDowell, Lincoln	Div. Finals
15.97	Jennifer Fuller, Hilltop	Div. Finals
16.03	*Katy Camp, Monte Vista	Div. Pre.
16.04	***Aubrey Pound, Poway	Div. Finals
16.04	**Kiona Clark, Monte Vista	Div. Pre.
16.15	*Kristin Murphy, RB	Palomar Finals
16.20	Carla Valdez, Castle Park	Poway
16.34	*Laura-Lee Reid, VC	Div. Finals
16.48	Aneal Helms, Parker	Div. Finals
16.80	Michaela Jobes, Carlsbad	Div. Pre.
16.85	**Elise Orlando, Mira Mesa	Frosh-Soph
16.93	*Marie Carter, Mira Mesa	Bronco
17.15	**Katherine Dostal, West Hills	Div. Pre.
17.30	*Casey McGee, Carlsbad	Div. Pre.

300 Hurdles

44.90	Erin DeHahn, Hilltop	Div. Finals
45.12	Amy Taylor, RB	Masters
45.33	***Breanna Barmer, Helix	Masters
45.76	Amber Martin, West Hills	Div. Finals
45.95	**Aubrey Pound, Poway	Div. Pre.
46.05	*Catie Coin, RB	Palomar Finals
46.46	Maggie Escudero, El Cap.	Sundevil
46.72	Delinda Tamagni, Henry	Eastern Finals
47.0	Michaela Jacobs, Carlsbad	Avocado Finals
47.12	Jennifer Fuller, Hilltop	Masters
47.28	*Abril Jimenez, Hilltop	Div. Finals
47.5	***Morgan Avery, Granite Hills	Grossmont Finals
48.03	**Erika Bolden, Morse	Eastern Finals
48.23	*Laura-Lee Reid, VC	Valley Finals
48.1	**Tamara Lewis, Torrey Pines	Avocado Finals
48.4	*Liz McNamara, Poway	Valley Center
48.5	Bethany McDowell, Lincoln	Sundevil
48.67	*Nikki Dulin, Rancho Bernardo	Valley Center
48.73	Carmela Hodgers, Chula Vista	Div. Pre.
48.80	Morgan Romine, La Jolla	Div. Finals
48.81	*Marie Carter, Mira Mesa	Eastern Finals

49.02	**Tenicia Major, Sweetwater	Frosh-Soph
49.34	*Katy Camp, Monte Vista	Grossmont Pre.
49.40	Rachel Aldous, OLP	Div. Pre.

4x100 Relay

47.54	Morse	Arcadia
48.30	Rancho Bernardo	State Pre.
49.04	Poway	Palomar Finals
49.12	Mt. Miguel	Masters
49.20	Monte Vista	Masters
49.46	Fallbrook	Div. Finals
49.6	El Camino	Avocado Finals
49.63	Lincoln	Harbor Finals
49.67	Mt. Carmel	Div. Finals
49.89	Castle Park	Div. Finals
50.06	Hilltop	Div. Finals
50.26	Helix	Div. Finals
50.26	La Jolla	Div. Finals
50.44	San Diego	Eastern Finals
50.76	Mira Mesa	Eastern Finals
50.78	West Hills	Div. Finals
50.91	Hoover	Harbor Finals
50.91	Coronado	Div. Finals
51.0	Valhalla	Dual
51.0	La Costa Canyon	Avocado Finals

4x400 Relay

3:51.38	Morse	Masters
3:57.39	Rancho Bernardo	Div. Finals
3:58.14	Hilltop	Masters
4:00.22	Helix	Masters
4:00.82	La Costa Canyon	Masters
4:01.74	Carlsbad	Masters
4:01.89	Monte Vista	Div. Finals
4:03.81	Poway	Div. Finals
4:04.02	Torrey Pines	Div. Finals
4:06.62	Rancho Buena Vista	Div. Pre.
4:06.77	Lincoln	Div. Finals
4:09.95	Mt. Carmel	Palomar Finals
4:10.22	Ramona	Div. Finals
4:10.71	Valhalla	Div. Pre.
4:10.9	West Hills	Grossmont Finals
4:11.68	San Diego	Eastern Finals
4:12.08	Parker	Div. Pre.
4:12.33	Castle Park	Div. Finals
4:12.60	USDHS	Div. Pre.
4:12.70	Coronado	Harbor Finals
4:13.00	Vista	Palomar Finals

High Jump

5-6	Aubrey Preston, Vista	L.A. Indoor
5-4	*Shannon Fleming, USDHS	Tiger
5-4	*Bridget Files, Ramona	Valley Finals
5-4	Erin DeHahn, Hilltop	Dual
5-3	**Lauren Jones, Torrey Pines	Masters
5-3	Jill Sonne, West Hills	Dual
5-2	Oni Mauga, El Cap.	Valley Center
5-2	Morgan Romine, La Jolla	Western Finals
5-2	Nicole Day, UC	Dual
5-2	Shatoya James, RB	Dual
5-2	*Mikaelyn Austin, RB	Tiger
5-2	*Qwenice Jackson, San Diego	Eastern Finals
5-2	*Kelsey Turner, G. Hills	Dual
5-2	*Sonfre Roberson, Morse	Dual
5-2	**Kristin Carlson, SFC	Sundevil

Pole Vault

12-8 1/4	Kathleen Donoghue, RB	State Finals
12-2 1/2	Natalie Dennison, RB	Jr. Nat'l's
11-0	Abby Huchel, Vista	Palomar Finals
10-8	Janna Smith, Carlsbad	Masters
10-8	**Molly Pascarella, RB	Masters
10-6	Jessica Shankland, Carlsbad	Tiger
10-0	*Nicolle Antonacci, Carlsbad	Div. Finals
10-0	**Elisa Orlando, Mira Mesa	Dual
10-0	**Julia Preston, Poway	Bronco
10-0	**Beth Vieira, Pt. Loma	Dual
9-8	**Marie Nowinski, Mira Mesa	Masters
9-6	Nicole Pavona, San Marcos	Palomar Finals
9-6	Nicole Robey, Orange Glen	Dual
9-6	Kelly Hobbs, Granite Hills	Dual
9-6	*Julie Hudlow, RB	Palomar Finals
9-2 3/4	**Jilian Mazarella, BV	Metro Finals
9-0 1/2	Meghan Hawkins, San Pasqual	Valley Finals

Long Jump

18-3 3/4	Adrienne Farrington, RB	State Pre.
17-7 3/4	Vicki Vidischak, Orange Glen	Valley Finals
17-6	*Devonne Hanke, Horizon	Div. Prelims
17-0 1/2	***Jessica Thomas, ECam	Dual
17-0	*Tiah Gray, Uni. City	Poway Inv
16-11 1/4	*Nina Ropes, Fallbrook	Div. Finals
16-11	*Sonfre Roberson, Morse	Div. Pre.
16-10	Katie Woolsey, Escondido	Avocado Finals
16-9 1/2	*Tinicia Wallace, Monte Vista	Dual
16-9	Laura Landry, RB	Dual
16-8 1/2	*Quenice Jackson, San Diego	Div. Pre.
16-7 1/4	***Nastassja Hall, RBV	Dual
16-6 1/4	Jackie Kenney, San Pasqual	Dual

16-5 1/2	**Arkasha Iverson, Hoover	Div. Pre.
16-5	**Naomi Mattos, Fallbrook	Sundevil
16-5	*Mariko Gaines, Monte Vista	Dual
16-4 1/2	Jill Sonne, West Hills	Grossmont Finals
16-3 1/2	Eureka Thompson, Morse	Eastern Pre.
16-3	**Megan Barnes, RBV	Palomar Finals
16-1 3/4	Laliesha Peterson, Morse	Dual
16-1 1/2	*Nadiyah Salahuddin, Hilltop	Dual
16-1	Jennifer Seaman, Mira Mesa	Dual
16-0	Christy Mulroy, OLP	Div. Finals
Wind-aided		
18-5 1/2	***Jessica Thomas, El Cam.	Frosh-Soph
17-10 1/4	***Nastassja Hall, RBV	Frosh-Soph
17-0 1/2	***Naomi Mattos, Fall.	Frosh-Soph

Triple Jump

38-8	**Arkasha Iverson, Hoover	Dual
37-10	Adrienne Farrington, RB	Masters
37-3	Merritt Singleton, Parker	Simplot Games
37-1 3/4	*Jane Givens, La Jolla	Div. Finals
37-0 3/4	*Nina Ropes, Fallbrook	Div. Finals
37-0 1/2	*Sryaeya George, Valhalla	Div. Finals
36-2 1/4	*Bridget Files, Ramona	Div. Finals
35-10 3/4	**Megan Barnes, RBV	Frosh-Soph
35-9 1/2	Silke Lorenzen, RB	Dual
35-4	*Mariko Gaines, MoVista	Div. Finals
35-3 1/2	*Tiniccia Wallace, MoVista	Dual
35-1	**Jennifer Green, RB	Palomar Finals
34-10 1/2	Kelly DeLeeuw, TP	Dual
34-9	*Tiah Gray, Uni. City	Dual
34-7	**Nadiyah Salahuddin, Hilltop	Div. Finals
34-4 3/4	*Danielle Rose, RB	Dual
34-2	Vicki Vidischak, Orange Glen	Valley Finals
33-11 1/4	***Katie Brown, Serra	Eastern Pre
33-11	*Kilie Weaver, RB	Dual
33-11	*Carey Holschlag, Poway	Palomar pre.
33-10	*Jessica Turner, Serra	Dual
33-10	**Simone Louviere, Helix	Dual
33-9	***Lauren Lavine, Ramona	Valley Finals

Shot Put

43-8 1/2	*Candace Hill, Hoover	State Finals
40-4	Malika Stirrup, Helix	Dual
39-11	Kendra Rhea, El Cap.	Tiger
39-11	*Mikaelyn Austin, RB	Dual
38-5	Kelli O'Laughlin, BVista	Metro Finals
38-5	Michelle Czapinski, Poway	Falcon
38-2	*Rhannon Henry, RBV	Dual
37-11	Amanda Poniktera, Escondido	Dual
37-11	*Beth Goins, El Capitan	Dual
37-4	**Shemika Morris, Scripps Ranch	Dual

37-3	Allison Bernardino, SR	Div. Pre.
37-1 1/2	Anna Pacheco, Carlsbad	Avocado Finals
36-2 1/2	**Amber Hood, Morse	Eastern Finals
36-4	Yvette Medina, Vista	Dual
35-10 3/4	**Candace Duong, Mt. Carmel	Palomar Pre.
35-6	***Martinique Akinfosile, LJCD	Coastal Finals
35-3 1/2	**Katie Ames, El Capitan	Grossmont Pre.
34-8 1/2	Marissa Lattin, EL Camino	Div. I Pre.
34-5 1/2	**Crystal Harrell, Fallbrook	Dual
34-4	*Michelle Vavra, Escondido	Grossmont Pre.
34-1	*Alicia Minette, La Jolla	Dual
34-0 3/4	*Angela Milazzo, Escondido	Dual

Discus

140-9	*Candace Hill, Hoover	Masters
137-3	Kendra Rhea, El Capitan	Dual
134-10	*Mikaelyn Austin, RB	Dual
128-5	Malika Stirrup, Helix	Div. Pre.
122-4	*Lisa Cannon, Escondido	Valley Finals
122-3	**Katie Ames, El Capitan	Grossmont Final
120-1	*Alicia Criado, RBV	Dual
119-8	Michelle Czapinski, Poway	Div. Pre.
117-11	Amanda Poniktera, Escondido	Dual
117-1	Sara Cobb, Hilltop	Dual
116-5	Cassie Keller, El Capitan	Div. Pre.
116-2	Shante Daniel, Serra	Dual
114-6	Allison Bernardino, SR	Sundevil
114-6	*Stacy Mickelson, RB	Dual
114-1	Bianca Peagues, Pt. Loma	Eastern Finals
113-1	*Beth Goins, El Cap.	Dual
112-5	Kelli O'Laughlin, BV	Dual
111-8	*Cassie Keller, El Capitan	Dual
111-5	*Rhiannon Henry, RBV	Sundevil
111-0	*Lael Roberts, Poway	Dual
110-10	Amy Krisch, Grossmont	Div. Pre.
110-7	Cathy Schmitt, La Costa Canyon	Dual

1999 State Meet Finalists (Top 9)

Boys

100	4. Stephens Hayes	University City	10.62
	6. R.J. Oliver	Escondido	10.69
200	7. R.J. Oliver	Escondido	21.83
400	4. Maurice Douglas	San Diego	47.79
800	7. Sean Ricketts	Rancho Bern.	1:56.51
	8. Nick Thornton	RBV	1:56.72
	9. Jared Emmons	Vista	1:57.35
1600	1. Marcus Chandler	Serra	4:10.44
	4. Evan Fox	West Hills	4:17.24
	8. Justin Neuroth	Vista	4:22.28
3,200	2. Marcus Chandler	Serra	9:02.22
	4. Matt McInvale	Ramona	9:05.09
300IH	3. Tony Golston	Pt. Loma	36.98
4x100	4. University City		41.29
	5. San Diego		41.47
Pole Vault	4. Sean Daley	Vista	15-6
Long Jump	8. Jordan Adams	Henry	23-1
Triple Jump	8. Tony Ortiz	Helix	46-5
Shot Put	2. Bernard Grady	Serra	60-1
Discus	1. Dan Ames	El Capitan	199-9

Girls

200	5. Monique Henderson	Morse	23.61
400	1. Monique Henderson	Morse	52.87
800	9. Desiree Davila	Hilltop	2:22.65
1,600	6. Julie Komosinski	Torrey Pines	5:02.55
	8. Desiree Davila	Hilltop	5:12.76
3,200	4. Courtney Baird	Helix	10:36.34
4x400	7. Morse		3:53.52
Pole Vault	1. Kathleen Donoghue	Rancho Bern.	12-8 1/4
	4. Natalie Dennison	Rancho Bern.	11-10
Long Jump	6. Adrienne Farrington	Rancho Bern.	18-9
Triple Jump	5. Adrienne Farrington	Rancho Bern.	38-8
Shot Put	4. Candace Hill	Hoover	43-8 1/2

CIF-San Diego Section

Track and Field Records

Boys

Year	Event	Name, School	Mark
1992	100 Meters	Riley Washington, Southwest	10.30
1998	200	Ike Okenwa, Morse	20.97
1996	400	Lydell Burston, Morse	46.85 (n)
1988	800	Mark Senior, Mt. Miguel	1:50.25
1972	1,600	Terry Cotton, El Cajon	4:04.04*(n)
1976	3,200	Thom Hunt, Patrick Henry	8:41.8*
1997	110HH	Reggie DePass, Montgomery	13.86
1988	300IH	Kevin Jones, Mt. Miguel	36.44
1998	4x100 Relay	University City	40.66
		(Long, Ward, Hayes, Douglas)	
1996	4x400 Relay	Morse	3:10.80 (n)
		(Jones, Carter, Pinson, Burston)	
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, RBV	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
1999	200	Monique Henderson, Morse	23.30
1999	400	Monique Henderson, Morse	52.87
1985	800	Lesley Noll, Mt. Carmel	2:08.00
1986	1,600	Darcy Arreola, Grossmont	4:42.77
1987	3,200	Kira Jorgensen, Vista	10:24.23
1984	100H (30')	Gail Devers, Sweetwater	13.41
1998	100H (33')	Andria Booker, El Camino	14.49
1983	300H	Gail Devers, Sweetwater	42.26
1977	4x100 Relay	Crawford	45.94*
		(Young, Reed, Gaston, Lovelady)	
1996	4x400 Relay	Morse	3:49.12h
		(Rankin, Henderson, Groce, Garner)	
1978	High Jump	Sue McNeal, Carlsbad	5-10 1/4
1998	Pole Vault	Kathleen Donoghue, RB	12-8 1/4
1984	Long Jump	Gail Devers, Sweetwater	20-7
1987	Triple Jump	Jackie Anderson, Mt. Miguel	41-8 1/4
1986	Shot Put	Tracy Crawford, Southwest	45-0 3/4
1986	Discus	Lori Parker, Ramona	162-0

(n) - Non-winning mark (h) hand time converted

* - Converted to metric time from yards time

NOTE: All section records must meet National Federation guidelines.

All-Time San Diego Track & Field Performances

Boys

100 Meters

Mark	Name	School	Year
10.50	Riley Washington	Southwest	1992
10.45	Vince Williams	Uni. City	1996
10.45	Darron Norris	El Camino	1984
10.46	Ike Okenwa	Morse	1998
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
10.55	Bryant Eubanks	El Camino	1995
10.59	Stephen Hayes	University City	1999
10.59	Darnay Scott	Kearny	1991
10.64h	Patrick Rowe	Lincoln	1987
10.64hc (9.5y)	Ed Buchanan	Kearny	1958
10.64h	James Milton	Morse	1972
10.64hc	Kipperr Bell	Henry	1979
10.64h	Kevin Shields	San Diego	1980
10.65	Scott Hammond	Lincoln	1992
10.65	Devon Ward	University City	1998
10.66	R.J. Oliver	Escondido	1999
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
10.73	Larry Miles	Crawford	1999
10.73	Lamont Long	University City	1998
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
10.75	Stephan Coleman	RBV	1997
10.76	Wardell McNeal	Montgomery	1999
10.76	Darrell Rosette	Morse	1983
10.76	Yanta Morrow	Serra	1998
10.77	Johnny Robinson	Chula Vista	1994
10.77	McKYLE Gordon	Chula Vista	1998
10.78	Terry Rodgers	Sweetwater	1986
10.78	Charles Brown	Lincoln	1990

10.78	Mike Akili	Helix	1998
10.79	Leon Hawes	Rancho BV	1995
10.80	Darris George	San Diego	1994
10.82	Matt Taylor	Chula Vista	1997

200 Meters

Mark	Name	School	Year
20.97	Ike Okenwa	Morse	1998
20.99	Vince Williams	Uni. City	1996
21.00	Ray Ethridge	Crawford	1987
21.07	Devon Ward	University City	1998
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
21.34	Lydell Burston	Morse	1996
21.34hc (21.2y)	Milton Weaver	Pt. Loma	1978
21.41	Arthur Orange	RBV	1998
21.42	Scott Hammond	Lincoln	1992
21.43	Paul Day	Kearny	1981
21.44	Larry Miles	Crawford	1999
21.45	R.J. Oliver	Escondido	1999
21.45	Steve Hayes	University City	1998
21.46	Jere Miller	Henry	1994
21.47	Maurice Douglas	San Diego	1999
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
21.62	Anthony Sanford	Lincoln	1996
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	DeAndre Douglas	University City	1998
21.72	Tawaun Jones	Morse	1996
21.72	Joel Davis	Mt. Miguel	1982

400 Meters

Mark	Name	School	Year
46.85	Lydell Burston	Morse	1996
46.98 (47.28y)	Tony Banks	Morse	1979
47.07	Clinton Lane	Henry	1995

47.14hc (47.3y)	Milton Mitchell	Lincoln	1970
47.14hc	Donald Tyler	Lincoln	1971
47.16	Vince Williams	University City	1996
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
47.71	Maurice Douglas	San Diego	1999
47.77	Arthur Orange	RBV	1998
47.88	Scott Sims	La Costa Canyon	1997
47.94hc (48.1y)	Therlee Murphy	Lincoln	1968
48.00	David Gayden	Morse	1985
48.04hc (48.2y)	Donald Moore	Morse	1974
48.09	Bryan Bartling	Grossmont	1997
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
48.34h	Devon Ward	University City	1998
48.34hc (48.5y)	Tom Agsten	Hoover	1963
48.40	Jay Hackett	Morse	1999
48.44	Ricky Sharpe	Mt. Carmel	1998
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
48.77	J. R. Price	San Pasqual	1998
48.78	Brent Wingrath	Mt. Carmel	1994
48.85	Brian Scott	Rancho Bern.	1995
48.86	Mike Norris	RBV	1994
48.87	Ricky Sharpe	Mt. Carmel	1997
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 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
1:52.77	Ajani Brown	Crawford	1996
1:52.87	Jorge Rodriguez	Fallbrook	1989
1:52.91	Dustin Diaz	West Hills	1998
1:53.03	Shan Forehand	Mt. Carmel	1987
1:53.05	Mark Hauser	St. Augustine	1994
1:53.51	Sean Ricketts	Rancho Bernardo	1998
1:53.61	Mohamed Aden	Kearny	1998
1:53.80	Rich Farmer	Mt. Miguel	1982
1:53.86	Larry Henderson	Mira Mesa	1995
1:53.89	Greg Robeson	Mt. Carmel	1990
1:54.11	Jarred Emmons	Vista	1999
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	Meb 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
4:10.44	Marcus Chandler	Serra	1999
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
4:11.68	Evan Fox	West Hills	1999
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	Meb 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 (8:49.1y)	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
9:02.22	Marcus Chandler	Serra	1999
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
9:05.09	Matt McInvale	Ramona	1999
9:05.94hc (9:09.2y)	Ricky Perez	Kearny	1977
9:06.24hc (9:09.5y)	Marc Keller	Helix	1977
9:06.32	Larry Henderson	Mira Mesa	1996
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
9:10.43	Mike Baskin	Mt. Carmel	1998
9:10.44	David McQuitty	Grossmont	1995

110 Meter High Hurdles

Mark	Name	School	Year
13.86	Reggie DePass	Montgomery	1997
14.19	Jake Kuritz	Torrey Pines	1995
14.25	Steve Forte	El Camino	1995
14.31	Tony Golston	Pt. Loma	1999
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
36.98	Tony Golston	Pt. Loma	1999
37.00	Tracy Smith	RBV	1997
37.04 (36.9)	Keith Williams	Escondido	1991
37.20	Jay Taylor	St. Augustine	1985
37.22	Reggie DePass	Montgomery	1996
37.47	Brian Fell	Rancho Bern.	1995
37.78	Bobby Salimi	Rancho Bern.	1999
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
38.47	James Travis	Orange Glen	1998
38.49	Bruce Stone	Uni. City	1986
38.53	Jason Anderson	San Diego	1991
38.55	Richard Bravin	Valhalla	1997
38.64	Jerry Black	Uni. City	1986
38.73	Terry Ruh	Mt. Miguel	1995

400 Meter Relay

Mark	School	Year
40.66	University City	1998
41.00	El Camino	1994
41.06	Morse	1997
41.22	Morse	1995
41.24	University City	1999
41.25	San Diego	1999
41.30	El Camino	1995
41.34	University City	1997
41.40	University City	1996
41.41	Morse	1998
41.44hc (41.5y)	Lincoln	1968
41.44hc (41.5y)	San Diego	1971
41.44hc (41.5y)	Crawford	1975
41.46	Morse	1996
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
41.59	Uni. City	1995
41.60	San Diego	1994

1,600 Meter Relay

Mark	School	Year
3:10.80	Morse	1996
3:13.74hc (3:14.8y)	Morse	1979
3:14.44hc (3:15.5y)	Lincoln	1968
3:14.69	Henry	1994
3:15.08	Morse	1998
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
3:17.17	Morse	1999
3:17.54hc (3:18.6y)	Helix	1968
3:17.63	Lincoln	1994
3:17.64hc (3:18.7y)	Helix	1978
3:17.79	Morse	1997
3:17.83	University City	1998
3:17.84hc (3:18.9y)	Henry	1975
3:17.94hc (3:19.0y)	Henry	1969
3:17.94hc (3:19.0y)	Lincoln	1970

High Jump

Mark	Name	School	Year
7-2	Frank Schiefer	Madison	1979
7-0 1/4	Jerry Culp	Oceanside	1970
7-0	Eric Hollins	Escondido	1998
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
15-6	Sean Daley	Vista	1999
15-5	Brian Chase	Granite Hills	1989
15-5	David Fipp	La Jolla	1993
15-4	Chris Burns	Poway	1997
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	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
15-0	Aaron Hampton	Mt. Carmel	1998
15-0	Jimmy Barbour	Poway	1999

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
24-3 3/4	Dan Herman	Granite Hills	1998
24-2 3/4	Willie Banks	Oceanside	1974
24-2	Scott Hammond	Lincoln	1990
24-2	Corri Moore	Monte Vista	1993
24-2	Charles James	Morse	1997
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
50-5 1/2	Draper Rivers	Morse	1997
50-3 1/2	Charles Huff	La Jolla	1988
49-8 1/2	Cary Taylor	Morse	1992
49-7 1/2	Tyriff Rudder	Mt. Miguel	1997
48-11 1/4	Reggie Mitchell	Sweetwater	1994
48-10	Alan Osborne	El Cajon	1982
48-8 3/4	Craig Montgomery	El Camino	1978
48-8	Terry Sweet	Morse	1991
48-2	Anthony Sanford	Lincoln	1996
48-1 1/2	Tony Ortiz	Helix	1999
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
64-8	Dan Ames	El Capitan	1998
64-3 1/2	George Brown	Granite Hills	1967
63-10 3/4	Bernard Grady	Scripps Ranch	1999

63-4	Ken Pole	El Capitan	1978
62-7 1/2	Tony Sotelo	Ramona	1996
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 Boggress	El Capitan	1986

Discus

Mark	Name	School	Year
200-8	Brent Noon	Fallbrook	1990
199-9	Dan Ames	El Capitan	1999
195-8	Billy Joe Winchester	Mt. Miguel	1970
192-6	Mark Malone	El Cajon	1976
191-3	Brian Boggress	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
183-8	Jonathon Ward	Poway	1999
182-11	Mike Armstrong	University City	1999
182-9	Kris Lettow	Helix	1976
181-9	Bill Harvey	Vista	1973
180-3	Tooran Gilliam	San Diego	1997
178-3	Tony Sotelo	Ramona	1996
177-10	Paul Holborn	Valhalla	1980

Girls

100 Meters

Mark	Name	School	Year
11.51	Gail Devers	Sweetwater	1984
11.56	Jackie Thompson	Lincoln Prep	1973
11.71	Monique Henderson	Morse	1999
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 Wisner	La Jolla	1978
11.96	DeCola Groce	Morse	1997
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
23.30	Monique Henderson	Morse	1999
24.06	Kim Matthews	Morse	1987
24.14hc (24.0y)	Judy Reed	Crawford	1978
24.21	Angela Sullivan	Serra	1991
24.33	Lana Garner	Morse	1996
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	Kuneshia 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
24.62	DeCole Groce	Morse	1997
24.63	Monica Henderson	Morse	1990
24.69	Velisa Harris	Morse	1983
24.71	Angela Kimmey	University City	1990
24.72	Casey Loveland	Granite Hills	1996
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
24.92h	Atiba Green	University City	1996
24.94hc (24.8y)	Tracy Scott	Crawford	1979
24.96	Nichelle Milner	Morse	1991
24.99	Adria Booker	El Camino	1997
25.04	Christina Burton	Helix	1991
25.04h	Gail Devers	Sweetwater	1984
25.04h	April Freow	Morse	1985

400 Meters

Mark	Name	School	Year
51.96	Monique Henderson	Morse	1999
53.53	Janice Wiser	La Jolla	1974
54.09	Lana Garner	Morse	1996
54.29	Allison Dring	Mt. Carmel	1990
54.79	Charlotte Zepherin	Morse	1980
55.19	Shani Freeman	Crawford	1989
55.82	Lesley Noll	Mt. Carmel	1985
56.04hc (56.2y)	Tracy Baker	Monte Vista	1982

56.14h	Amy Jones	Henry	1981
56.17	Yolanda Fitch	Morse	1986
56.27	Gail Devers	Sweetwater	1982
56.46	Miriam White	Southwest	1985
56.54h	Karen Nielsen	Valhalla	1984
56.59	Sabrina Edge	Rancho BV	1996
56.64	Amy Taylor	Rancho Bernardo	1998
56.67	Tracy Baker	Monte Vista	1985
56.67	Starla Henderson	Morse	1998
56.73	Katina Bugg	Henry	1990
56.94hc (57.1y)	Helen Fulton	Bonita Vista	1977
56.95	Aroline Neal	Rancho BV	1998
57.04hc (57.2y)	Vanessa Thompson	San Diego	1976
57.14h	Camille Dredge	Torrey Pines	1999
57.20	Ryneshia Rankin	Morse	1996
57.20	Angel Mason	Rancho BV	1990
57.34	Allie Kemp	San Dieguito	1992
57.55	Samantha Piper	Coronado	1998
57.56	Luci Downey	Orange Glen	1999
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
2:11.79	Camille Dredge	Torrey Pines	1999
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 Fehrensén	La Jolla	1982
2:14.40	Desiree Davila	Hilltop	1999
2:14.44	Gina Westby	Torrey Pines	1988
2:14.54	Leslie Bravin	Valhalla [†]	1998
2:14.87	Lana Garner	Morse	1996

1,600 Meters

Mark	Name	School	Year
4:42.77	Darcy Arreola	Grossmont	1986
4:45.46	Tina Allen	Santana	1982

4:45.98	Kira Jorgensen	Vista	1987
4:49.53	Laura Chapel	University City	1986
4:50.83	Milena Glusac	Fallbrook	1993
4:53.66c	Kristi Bache	University	1988
4:54.24c (4:55.7y)	Cheryl Flowers	Valhalla	1977
4:55.08	Julie Ott	USDHS	1997
4:56.04h	Julie Bates	Mira Mesa	1984
4:56.16	Jennifer Sheflo	Poway	1984
4:56.20	Claire Becker	Bonita Vista	1993
4:56.43	Julie Komosinski	Torrey Pines	1999
4:57.88	Sandy Blakeslee	Vista	1983
4:59.21	Tricia Mattson	Fallbrook	1997
4:59.34	S. Fedorchak	Fallbrook	1984
4:59.59	Desiree Davila	Hilltop	1998
4:59.94	Kristina Hand	Fallbrook	1987
5:00.07	Melissa Keim	San Pasqual	1993
5:00.34h	Amy Haase	San Dieguito	1994
5:00.70	Courtney Baird	Helix	1999

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
10:36.34	Courtney Baird	Helix	1999
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
10.42.7	Julie Ott	USDHS	1997
10:43.18	Mira Hornbacher	Rancho BV	1989
10.43.8	Lori Giacinti	USDHS	1997
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')

Mark	Name	School	Year
14.49	Andria Booker	El Camino	1998
14.69	Alishia Carter	Rancho Bernardo	1998
14.82	Latanya Agurs	Grossmont	1998
14.99	Bahed Hernandez	Mt. Carmel	1996
15.03	Kiesha Porter	Mira Mesa	1994
15.17	Lisa Shepard	Orange Glen	1993
15.17	Maggie Escudero	El Capitan	1999
15.19	Kori Joiner	Rancho Bern.	1994
15.24	Carlene Jones	Morse	1994

15.32	Sharita Williams	El Camino	1997
15.34	Stacy Surratt	Rancho Bernardo	1994
15.36	Tisha Matthews	El Camino	1998
15.37	Brandie Scott	Crawford	1996
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
15.43	Catie Coin	Rancho Bernardo	1999
15.46	Amber Martin	West Hills	1997
15.48	Angela Romel	Serra	1995
15.49	Greta Tucker	Calvin Chr.	1998

100 Hurdles (30')

Mark	Name	School	Year
13.41	Gail Devers	Sweetwater	1984
13.94	Erin Blunt	San Pasqual	1992
14.04	Michelle Collum	Pt. Loma	1986
14.17	Michelle Outlaw	Lincoln	1986
14.17	Kim Dill	Poway	1990
14.19	Darla Vaughn	Mira Mesa	1986
14.44	Tracy Scott	Crawford	1981
14.44h	Kari Alexander	Crawford	1979
14.65	Annie King	La Jolla	1981
14.74h	Liz Pew	San Marcos	1981
14.74h	Stephanie Williams	University City	1987
14.80	Shannon Proffer	Santana	1990

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
44.60	Tisha Matthews	El Camino	1998
44.80	Cathy Stark	San Pasqual	1989
44.90	Julie Cartere	Southwest	1982
44.90	Erin DeHahn	Hilltop	1999
44.91	Annie King	La Jolla	1981
44.94	Nikki Dulin	Rancho Bernardo	1998
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
46.44	Morse	1996
46.68	Morse	1998
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
47.48	Morse	1997
47.54	Morse	1999
47.65	Lincoln	1998
47.68c (47.88y)	Morse	1977
47.83	Morse	1992
47.86	Monte Vista	1997
47.88	Morse	1993

1,600 Meter Relay

Mark	School	Year
3:49.12h	Morse	1996
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
3:51.38	Morse	1999
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
3:53.43	Morse	1997
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

High Jump

Mark	Name	School	Year
6-1 3/4	Sue McNeal	Carlsbad	1979
5-10	Lynn Patrick	Serra	1988
5-9	Lisa Underhill	RBV	1997
5-8 1/4	Chris Remmling	San Dieguito	1976
5-8 1/4	Karyn Armstrong	Torrey Pines	1988
5-8	Lisa Underhill	Rancho BV	1996
5-8	Jackie Anderson	Mt. Miguel	1986
5-8	Christy Kurras	Poway	1988

5-7	Denise Parker	Hoover	1964
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
5-6	Kathy Bell	Ramona	1995
5-6	Yolanda McGirt	Lincoln	1996
5-6	Drisana Carey	USDHS	1996
5-6	Erin DeHahn	Hilltop	1997
5-6	Shirley Anku	RBV	1997
5-6	Joy Gersch	San Pasqual	1997
5-6	Aubrey Preston	Vista	1998

Pole Vault

Mark	Name	School	Year
13-3	Tracy O'Hara	Rancho Bernardo	1998
12-8 1/4	Kathleen Donoghue	Rancho Bernardo	1999
12-2 1/2	Natalie Dennison	Rancho Bernardo	1999
11-9	Kylene Nixon	Poway	1997
11-8	Julie Stuart	Grossmont	1998
11-0	Kristi Draher	Mira Mesa	1995
11-0	Mahogany Ayele	San Marcos	1997
11-0	Kim Trout	Escondido	1997
11-0	Emily Steadman	Mt. Carmel	1998
11-0	Janna Smith	Carlsbad	1998
11-0	Emily Tidwell	Poway	1998
11-0	Jessica Shankland	Carlsbad	1998
11-0	Abbey Huchel	Vista	1999
10-8	Molly Pascarella	Rancho Bernardo	1999
10-6	Candice Barnes	Ramona	1997
10-6	Kristin Cosgrove	Mt. Carmel	1998
10-2	Paula Serrano	San Marcos	1995

Long Jump

Mark	Name	School	Year
20-7	Gail Devers	Sweetwater	1984
20-6 1/2	Akiba McKinney	Monte Vista	1997
20-5	Amy Littlepage	Mt. Miguel	1993
19-6 1/2	Andria Booker	El Camino	1998
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
19-1	LaRonda Hite	Lincoln	1997
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
40-11 1/2	Andria Booker	El Camino	1998
40-8 3/4	LaFrancia West	Grossmont	1988
40-6 3/4	Rochelle Johnson	Henry	1989
40-6 1/4	Tamieka Porter	Orange Glen	1993
40-4	Amy Littlepage	Mt. Miguel	1993
39-7	Tamara Espinoza	Hilltop	1997
39-6	Gail Devers	Sweetwater	1984
39-2 1/4	Shadesia Pearman	Mt. Miguel	1993
39-2	Stacy Thompson	Morse	1988
39-1 1/4	Sherita Williams	El Camino	1997
39-0 1/2	Latanya Agurs	Grossmont	1998
38-11	Kathy Sorenson	Hilltop	1994
38-8 3/4	Adrienne Farrington	Rancho Bernardo	1998
38-8	Arkesha Iverson	Hoover	1999
38-7	Katina Harrison	Mt. Miguel	1991
38-6 1/4	Shirley Anku	RBV	1997
38-3 3/4	Angela Sims	El Camino	1990
38-3 1/2	Casey Whyte	San Pasqual	1996

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
43-8 1/2	Candace Hill	Hoover	1999
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
41-2	Nicole Sanders	Orange Glen	1997

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
146-8	Jessica Byrne	Ramona	1998
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
142-4	Christina Magana	Fallbrook	1996
142-1	Katrina Crouch	El Capitan	1997
141-8	Eric McGrath	Eastlake	1997
140-9	Candace Hill	Hoover	1999
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. h-Hand-timed. y - Yards

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
1966	Terry Rodgers	Hilltop	1:51.5y
1964	Bob Hose	Madison	1:51.1y
1957	Jim Cervený	Mission Bay	1:52.7y

1,600 Meters

1999	Marcus Chandler	Serra	4:10.44
1994	Meb 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	Meb Keflezighi	San Diego	8:58.11
1971	Dale Fleet	Clairemont	8:53.8y

110 High Hurdles

1938	John Beiwaner	San Diego	15.3y
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300 Intermediate Hurdles

1991	Keith Williams	Escondido	37.28
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High Jump

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

Pole Vault

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	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

Discus

1999	Dan Ames	El Capitan	199-9
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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
400 Meters			
1999	Monique Henderson	Morse	52.87
1998	Monique Henderson	Morse	53.41
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 Low Hurdles			
1984	Gail Devers	Sweetwater	13.41
300 Low 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 1/4
Pole Vault			
1999	Kathleen Donoghue	Rancho Bern.	12-8 1/4
1998	Tracy O'Hara	Rancho Bern.	12-8
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
1997	Andria Booker	El Camino	40-0
1998	Andria Booker	El Camino	40-0 1/4
Shot Put			
1975	Kathy Devine	Mission Bay	42-3 3/4
1974	Kathy Devine	Mission Bay	47-4 1/2
Discus			
1986	Tracy Crawford	Southwest	156-2
1976	Kathy Middleton	Poway	134-5

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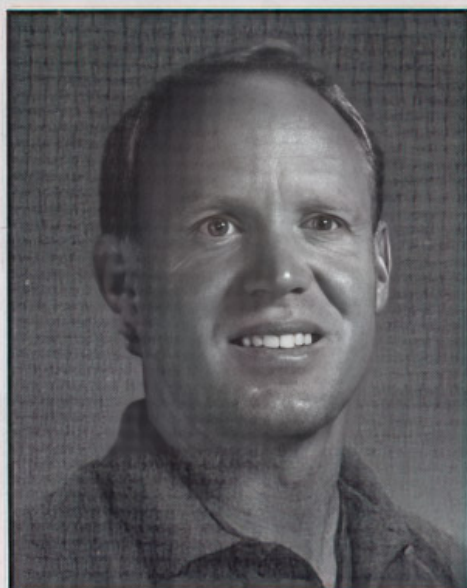
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Track and Field

Coaches of the Year



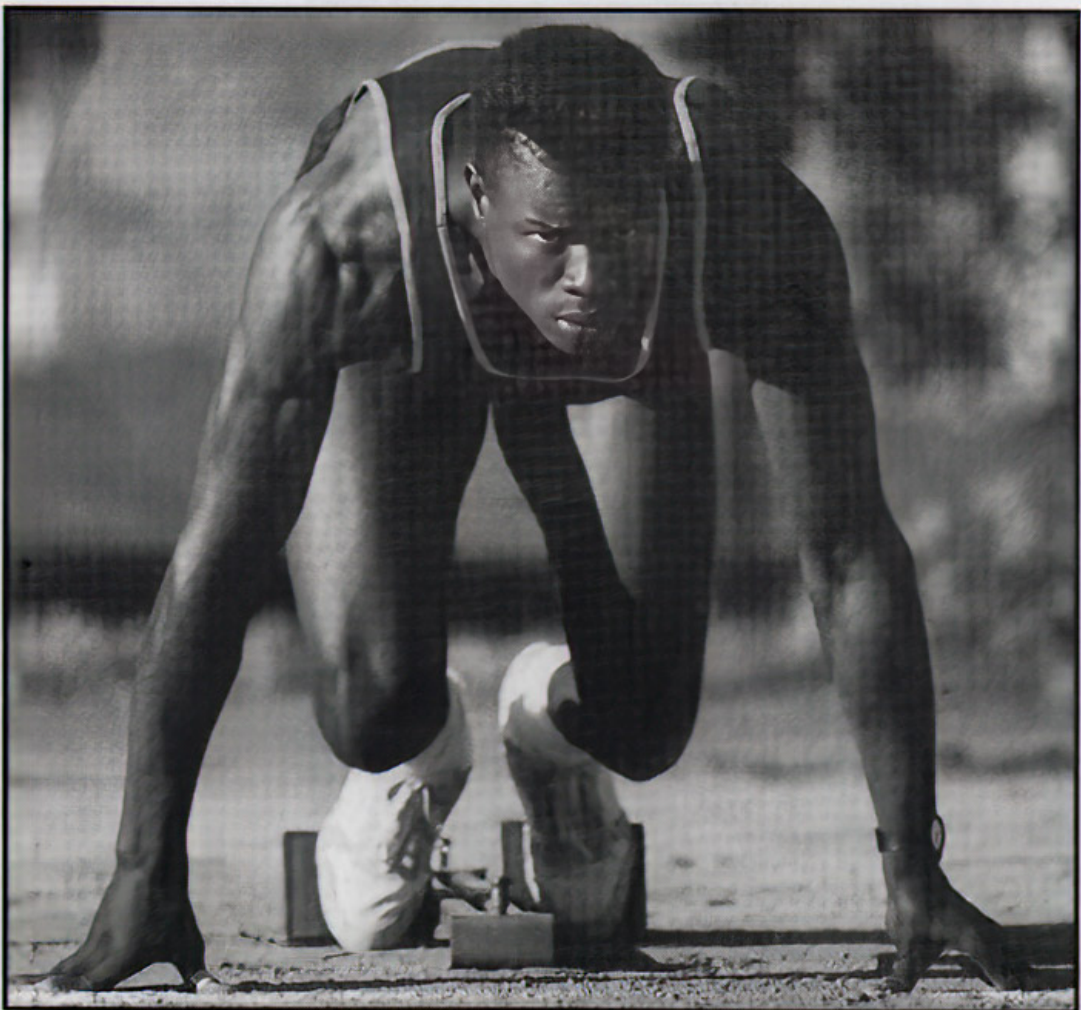
Rancho Bernardo's Don Jones



Rancho Buena Vista's Tom Lux



Henry coach Thom Hunt holds the indoor high school mile record.



Southwest High's Riley Washington set the state meet 100 mark.



San Pasqual's Erin Blunt was unbeatable in the hurdles.



Ramona's Lori Parker tossed the discus 162-feet in 1986 .



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SEX	AGE	DATE OF BIRTH	MEMBERSHIP CATEGORY CODES
M / F	TODAY	MM DD YY	
Make sure date of birth is verified at left if necessary.			Please check the codes on the cover flap for use here. You may indicate up to six member codes here.
USA CITIZEN? <input type="checkbox"/> YES <input type="checkbox"/> NO		IF NO. COUNTRY OF CITIZENSHIP	
PHONE NUMBER			
CLUB NO.	CLUB NAME		
E-MAIL			
Please check all applicable sport codes here: <input type="checkbox"/> T <input type="checkbox"/> F <input type="checkbox"/> RR <input type="checkbox"/> U <input type="checkbox"/> RW <input type="checkbox"/> XC			
By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.			
SIGNATURE	(If athlete is under age 18, parent or guardian must sign instead of athlete.)		
DATE OF APPLICATION			
ZIP PLUS FOUR			
AMOUNT ENCLOSED Fees: <input type="checkbox"/> 1-yr. <input type="checkbox"/> 2-yr. <input type="checkbox"/> 5-yr. Contributions: \$ _____ Tax-deductible <input type="checkbox"/> Unrestricted <input type="checkbox"/> National programs <input type="checkbox"/> Local Association		TOTAL \$ _____	
Please leave these boxes blank			



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For information, call Steve Brand 619/293-1854