

Monique Henderson, Morse High School



The San Diego Union-Tribune

Track & Field Guide 2001

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ONE LAST HURRAH FOR MONIQUE

You know you're special when all you need is your first name to be recognized. Pele, Madonna, Marilyn come to mind. Add Monique to that list.

Morse High's Monique Henderson captured the hearts of track and field fans in San Diego, Sacramento and eventually world-wide last year when she became the first high school girl to make the United States Olympic team in 24 years.

Although she did not get to run in Sydney, she was there, a member of the team, marching in the opening ceremonies and soaking in the experience. Along the way, she set the National High School and American Junior (under 19) record for 400 meters at 50.74.

Finished? Not a chance.

This year she will attempt to become the first Californian to win four consecutive state titles at 400 meters. It's been her goal since she won with a badly injured leg as a freshman and now it's well within her grasp.

Records? Monique swears she isn't thinking records, just consistency, this year but it doesn't take much imagination to think how she'd react if someone ran faster than 50.74. And, of course, she still needs to improve a fraction of a second to top the section 200 meter list after winning the state last year at 23.19, just off the 23.18 run by Jackie Thompson in 1972.

Although she is the headliner who must not be missed, Henderson isn't the only outstanding individual to lace up spikes this season.

For the girls, look for big years from unsung Nastassja Hall of Rancho Buena Vista in the sprints and jumps, watch the distance races unfold with 4:54.23 1,600 standout Desiree Davila of Hilltop being challenged by a whole flood of distance runners and keep an eye on Sweetwater's Aiga Marie Taumua, who tossed the shot 42-4 1/4 in January.

Sprinter Michael Roberts of Henry, a double medalist at the state meet last year with bests of 10.67 in the 100 and 21.70 for the 200, tops the boys list. The 800 is as deep an event there is with 8 runners under 2:00 led by state fifth place finisher Aaron Powell of Poway leading the way at 1:52.59.

Versatile Trandon Harvey of Sweetwater, who placed seventh in the state triple jump last year, is looking to hit 50 feet this year after going 48-3 in 2000.

Thanks, Thanks, Thanks.

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

– Steve Brand, Editor

Captions

Front page: Morse's Monique Henderson, female athlete of the year
Back page: West Hills' Evan Fox, male athlete of the year.

ONE LAST HURRAH FOR MONIQUE

STARS OF THE PAST



Chula Vista's Tim Danielson is one of four sub-4 minute milers in prep track history.



Sweetwater's Gail Devers has gone on to be one of the best sprinter-hurdlers ever.

From prep track's brightest hurdler to world champion sprinter, Gail Devers has made a name for herself in the sport. Back home, West Vista, Gail has made a name for herself in the sport.

2000 Boys Leaders

100 (fully Electronic)

10.59	Lamont Long, University City	CIF Finals
10.67	*Mike Roberts, Henry	Eastern Finals
10.74	Stephen Hayes, University City	Pasadena Games
10.80	**Chauncey Smith, University City	Sundevil
10.83	Mark Tate, Hoover	Harbor Finals
10.84	*Boris McDaniel, Lincoln	Sundevil
10.85	**Nick Banks, Kearny	CIF Finals
10.86	R.J. Oliver, Escondido	Sundevil
10.87	Larry Miles, Crawford	Sundevil
10.89	Andre Davis, El Cajon Valley	Sundevil
10.92	*Richard DelRincon, Monte Vista	Grossmont Finals
10.99	**Shaunta Harper, Mission Bay	Western Finals
10.99	Nathan Cunningham, West Hills	Sundevil
11.00	***Reggie Bush, Helix	Sundevil
11.01	***Michael Matison, Mt. Carmel	Palomar Finals
11.01	Eric Thomas, Pt. Loma	Eastern Finals
11.03	**Jesse Bowman, University City	Eastern Finals
11.08	*Allen Thompson, Sweetwater	Sundevil
11.10	Philip Sanders, Morse	Eastern Finals
11.10	Daniel Alcaez, El Cajon Valley	CIF Prelims
11.13	Eric Williams, Rancho Bernardo	Dual
11.13	Lavell Anderson, Eastlake	Titan
11.14	**Blake Frazier, University City	Dual
11.14	David Hannibal, Bonita Vista	Titan
11.15	*J.T. Tripplett, Rancho Bernardo	Dual

200

21.47	Lamont Long, University City	State Finals
21.70	*Mike Roberts, Henry	Eastern Finals
21.80	*Boris McDaniel, Lincoln	CIF Finals
21.89	R.J. Oliver, Escondido	CIF Finals
21.91	**Chauncey Smith, University City	CIF Prelims
21.94	**Cory Jones, Lincoln	Harbor Finals
21.94	*Michael Johnson, Serra	CIF Finals
22.00	Eric Thomas, Pt. Loma	CIF Prelims
22.07	**Reggie Bush, Helix	CIF Prelims
22.07	*Jeff Berman, Rancho Bernardo	CIF Finals
22.15	**Jesse Bowman, University City	Eastern Finals
22.15	**Napolean McNeal, Montgomery	CIF Finals
22.17	**Brady Douglas, Mt. Miguel	CIF Prelims
22.22	Andre Davis, El Cajon Valley	CIF Prelims
22.28	David Hannibal, Bonita Vista	CIF Prelims
22.29	**D.J. Contreras, Valley Center	CIF Prelims
22.31	***Deon White, Rancho Bernardo	CIF Prelims
22.32	*Eder Mendoza, Mission Bay	Western Finals

22.37	*Galen O'Neal, Granite Hills	CIF Finals
22.41	**Nick Banks, Kearny	Western Finals
22.43	**Shaun Harper, Mission Bay	Western Finals
22.45	Matt Beckstead, Rancho Bernardo	Dual
22.49	Bobby Salimi, Rancho Bernardo	Valley Center
22.61	*J.T. Tripplett, Rancho Bernardo	CIF Finals
22.70	*Fiat Johnson, Serra	Eastern Prelims
400		
48.58	*Boris McDaniel, Lincoln	CIF Finals
48.85	Jamal Briggs, University City	CIF Prelims
49.07	*Eder Mendoza, Mission Bay	CIF Prelims
49.08	R.J. Oliver, San Pasqual	Valley Finals
49.22	**Brady Douglas, Mt. Miguel	CIF Finals
49.23	Matt Beckstead, Rancho Bernardo	Palomar Finals
49.24	***Deon White, Rancho Bernardo	CIF Finals
49.32	**D.J. Contreras, Valley Center	CIF Prelims
49.49	Mike Thayer, Pt. Loma	CIF Finals
49.67	**Fiat Johnson, Serra	CIF Prelims
49.68	Kevin Johnson, Eastlake	CIF Finals
49.73	*Aaron Powell, Poway	Dual
49.76	Nathan Cunningham, West Hills	Grossmont Finals
49.85	Jesus Nunez, San Pasqual	CIF Prelims
49.98	Lorenzo Nathan, Helix	Titan
50.18	David Hannibal, Bonita Vista	Valley Center
50.33	*Todd Watkins, Helix	Grossmont Finals
50.33	Derrick Waddell, RBV	Palomar Finals
50.37	**Tank Cannon, Lincoln	Harbor Finals
50.46	Joseph Miller, RBV	CIF Prelims
50.54	Ryan Blair, USDHS	CIF Prelims
50.58	**Steven Maldonado, Vista	Palomar Finals
50.63	*Rayshaen Madden, University City	CIF Prelims
50.87	*Chris Petit, Ramona	Valley Finals
50.89	Luis Quintana, San Pasqual	CIF Prelims
50.93	*Jeff Berman, Rancho Bernardo	Bronco
51.00	Ben Bresnahan, Fallbrook	CIF Prelims
800		
1:52.59	*Aaron Powell, Poway	State Prelims
1:52.69	Sean Ricketts, Rancho Bernardo	CIF Finals
1:53.13	Jared Emmons, Vista	CIF Finals
1:53.69	Nick Cueva, Escondido	CIF Finals
1:53.79	Evan Fox, West Hills	CIF Prelims
1:53.97	*Jimmy Ungricht, Fallbrook	CIF Finals
1:54.04	Nick Thornton, RBV	Arcadia
1:55.84	*Ben Aragon., West Hills	Sundevil
1:55.86	Ryan Moorcroft, St. Augustine	CIF Prelims
1:56.12	Justin Neuroth, Vista	Dual
1:56.59	Brian Bauerle, West Hills	CIF Prelims
1:57.50	Jeff McKnight, Pt. Loma	CIF Prelims

1:57.58	**Troy Stroh, Valley Center	CIF Finals
1:57.69	Jon Rankin, Monte Vista	Sundevil
1:57.71	John Green, Torrey Pines	CIF Prelims
1:57.78	**Kevin Schible, West Hills	CIF Finals
1:58.29	*Matt Johnson, San Pasqual	Valley Prelims
1:58.98	Brandon Virlguth, Granite Hills	CIF Prelims
1:58.9	Dale Hauser, Bonita Vista	Orange Glen
1:59.1	Josh Pope, Poway	Dual
1:59.2	*Mark Baddas, Vista	Azusa
1:59.39	*Devin Lyons-Quirk, Poway	Palomar Finals
1:59.40	Luis Mariscal, San Pasqual	Valley Finals
1:59.88	Rafael Machado, Scripps Ranch	Valley Center
1:59.91	*Chad Young, Calvin	CIF Prelims
2:00.12	*Kevin Nolan, Torrey Pines	Valley Center

1,600

4:09.44	Evan Fox, West Hills	State Finals
4:10.08	Jon Rankin, Monte Vista	Arcadia
4:12.08	*Ben Aragon, West Hills	CIF Finals
4:15.32	Josh Pope, Poway	CIF Finals
4:16.00	Justin Neuroth, Vista	CIF Prelims
4:17.2	Ryan Moorcroft, St. Augustine	Western Finals
4:17.52	Sean Ricketts, Rancho Bernardo	Palomar Finals
4:21.93	Mike Manzano, Chula Vista	Valley Center
4:22.2	*Aaron Powell, Poway	Dual
4:24.02	*Devin Lyons-Quirk, Poway	Dual
4:24.86	Mike Shannon, Rancho Bernardo	CIF Prelims
4:24.90	**Taylor Williams, Helix	CIF Prelims
4:25.06	Blake Swier, Mar Vista	Arcadia
4:25.78	**Alan Aradanas, Mt. Carmel	CIF Prelims
4:26.00	Rafael Machado, Scripps Ranch	CIF Prelims
4:26.50	Matt McInvale, Ramona	Valley Finals
4:26.69	**Kevin Schiebel, West Hills	CIF Prelims
4:26.86	Mohammad Mussa, Henry	CIF Prelims
4:28.73	*Dustin Whitson, Bonita Vista	CIF Prelims
4:29.32	***Benny Gandolfo, El Capitan	Sundevil
4:29.75	*David Santos, Valhalla	CIF Prelims
4:30.0	Nick Thornton, RBV	Dual
4:30.37	**Cooper Bachman, Valley Center	Sundevil
4:30.44	**Will Kraemer, Army-Navy	CIF Prelims
4:31.53	*Chris Ferrier, La Jolla	CIF Prelims
4:31.6	*Nico Cueva, Escondido	Orange Glen

3200

9:08.56	Travis Laird, San Marcos	State finals
9:10.36	Justin Neuroth, Vista	Arcadia
9:10.53	Matt McInvale, Ramona	Arcadia
9:20.2	Evan Fox, West Hills	Sundevil
9:22.62	*Ryan Montez, Vista	Arcadia
9:27.37	Ryan Maynard, Granite Hills	CIF Prelims

9:32.2	Sean Ricketts, Rancho Bernardo	Sundevil
9:32.89	**Abadir Barre, Mt. Carmel	Palomar Finals
9:34.74	Jon Rankin, Monte Vista	Grossmont Finals
9:36.28	*Devin Lyons-Quirk, Poway	CIF Prelims
9:37.06	**Brandon Zelones, Mira Mesa	CIF Prelims
9:37.50	Dan Sutton-Kane, West Hills	CIF Prelims
9:39.30	**Luke McGinnis, Poway	CIF Prelims
9:39.34	**Soloman Kumbi, San Diego	CIF Prelims
9:40.8	*Ben Aragon, West Hills	Dual
9:43.55	*Mike Cooke, Mt. Carmel	CIF Prelims
9:45.02	Efrain Casarez, Fallbrook	CIF Prelims
9:45.61	Tim Helms, Poway	Palomar Finals
9:47.6	Chris Kenyon, Mt. Carmel	Sundevil
9:48.17	***Gus Polito, Valley Canter	CIF Prelims
9:48.86	**Alan Aradanas, Mt. Carmel	Palomar Finals
9:49.4	Mike Manzano, Chula Vista	Orange Glen
9:50.70	Ruben Vences, Sweetwater	Titan
9:51.23	Josh Pope, Poway	Dual
9:52.74	Mike Zahalan, Mt. Carmel	Palomar Finals
9:54.63	*Christian Dominguez, San Diego	Valley Center

110HH

14.08	Bobby Salimi, Rancho Bernardo	CIF Finals
14.40	*Jeff Hunter, Granite Hills	CIF Finals
14.42	Tony Golston, Pt. Loma	Bronco
14.80	Darion Williamson, Morse	CIF Finals
14.89	*Trandon Harvey, Sweetwater	CIF Finals
14.93	*Darnell Talbert, Mt. Carmel	CIF Finals
14.94	*Jon Everett, San Pasqual	CIF Finals
15.06	*John Dudek, Torrey Pines	CIF Finals
15.0	Jeff Failla, Escondido	Dual
15.12	Baron Hill, St. Augustine	Western Finals
15.23	Ben Knight, Mar Vista	CIF Finals
15.24	Josh Nears, Serra	Eastern Finals
15.3	Jeff Orlando, Mira Mesa	Dual
15.31	Jon Takahashi, Grossmont	CIF Prelims
15.35	**Ryan Bartsch, Eastlake	CIF Finals
15.39	**Blake Frazier, University City	CIF Finals
15.4	***Jake Symons, Clairemont	Dual
15.5	*John Feehan, Escondido	Dual
15.5	Charles Cleveland, Sweetwater	Dual
15.5	Scott Miller, West Hills	Dual
15.58	*Pat Benitez, Mira Mesa	CIF Prelims
15.6	Greg Podreson, Henry	Dual
15.63	Tony Owens, Castle Park	CIF Finals
15.67	Brian Perdue, Bonita Vista	CIF Prelims

300IH

37.27	Bobby Salimi, Rancho Bernardo	CIF Finals
37.29	*Jeff Hunter, Granite Hills	CIF Finals
38.02	Tony Golston, Pt. Loma	Bronco
38.29	*Darnell Talbert, Mt. Carmel	CIF Finals
38.73	Josh Nears, Serra	CIF Finals
38.79	Ben Knight, Mar Vista	CIF Finals
39.38	Jason Davis, Poway	Dual
39.61	Danny Nenow, Granite Hills	CIF Finals
39.67	Jason Van, Helix	Grossmont Finals
39.96	Darian Williamson, Morse	CIF Prelims
40.14	*Alton Gilbert, Lincoln	CIF Finals
40.2	Travis Lyman, San Pasqual	CIF Finals
40.23	*Angelo Vargas, Bonita Vista	CIF Finals
40.26	Kyle Conerly, West Hills	CIF Prelims
40.31	Luis Quintana, Castle Park	CIF Finals
40.4	Brian Perdue, Bonita Vista	Orange Glen
40.5	**Ryan Bartsch, Eastlake	Dual
40.54	Jeff Orlando, Mira Mesa	Dual
40.7	**Chris Hayward, El Camino	Avocado Finals
40.74	*Aaron Barnhill, San Marcos	Palomar Finals
40.8	Chris Chan, Scripps Ranch	Dual
40.88	**Trent Stroh, Valley Center	Valley Finals
41.02	Chris Geddes, RBV	Palomar Finals
41.02	Malik Raimo, Mission Bay	CIF Prelims
41.05	*Eddie Thomas, Monte Vista	Grossmont Prelim

4x100 Relay

41.05	University City	State Finals
41.90	Lincoln	State Prelims
41.93	Rancho Bernardo	CIF Finals
42.3	Morse	Eastern Finals
42.32	Mt. Carmel	CIF Finals
42.79	El Cajon valley	CIF Finals
42.83	Mission Bay	CIF Finals
42.88	Granite Hills	CIF Finals
43.00	Eastlake	CIF Prelims
43.01	Bonita Vista	CIF Finals
43.05	Kearny	CIF Finals
43.13	Bishop's	CIF Finals
43.2	Henry	Dual
43.21	Helix	Sundevil
43.23	Sweetwater	CIF Prelims
43.29	Hoover	CIF Prelims
43.30	Serra	CIF Finals
43.32	Mt. Miguel	CIF Finals
43.5	Escondido	Dual
43.64	El Camino	CIF Finals

43.70	Poway	Palomar Finals
43.7	San Diego	Bronco
43.73	Monte Vista	Grossmont Finals
43.79	San Pasqual	CIF Finals

4x400 Relay

3:17.30	Serra	CIF Finals
3:18.00	West Hills	CIF Finals
3:18.45	Rancho Bernardo	State Prelims
3:19.82	Lincoln	CIF Prelims
3:20.77	Rancho Buena Vista	Palomar Finals
3:22.23	Granite Hills	CIF Prelims
3:22.26	University City	CIF Prelims
3:22.70	San Pasqual	CIF Finals
3:23.35	Mt. Carmel	CIF Prelims
3:23.60	Helix	CIF Finals
3:24.24	Fallbrook	CIF Finals
3:24.92	Valley Center	Valley Finals
3:25.02	Escondido	Valley Finals
3:25.53	Pt. Loma	City Eastern
3:25.90	Eastlake	Metro Finals
3:26.52	Vista	CIF Prelims
3:26.64	Poway	CIF Prelims
3:27.05	Henry	Sun Angel
3:27.5	Bonita Vista	Orange Glen
3:29.03	Mar Vista	CIF Finals
3:29.13	La Costa Canyon	CIF Prelims
3:29.94	Torrey Pines	CIF Prelims
3:30.77	Mar Vista	Metro Finals
3:30.81	Castle Park	Poway

High Jump

6-10	Chris Staton, Henry	Balboa
6-8	*Bob Okenwa, Morse	Eastern Finals
6-7	*Isaac Simms, University City	CIF Prelims
6-7	Shaun Smith, Southwest	Metro Finals
6-6	Eric Williams, Rancho Bernardo	Dual
6-6	Nik Traner, Fallbrook	Orange Glen
6-6	Brandon Munding, Valhalla	Grossmont Finals
6-6	**Keno White, Rancho Bernardo	CIF Finals
6-5	Vernon Smith, Mission Bay	Balboa
6-4	***Jeremy Cross, RBV	Dual
6-4	James Profit, Serra	Dual
6-4	*Wade Curry, Eastlake	CIF Prelims
6-4	Tony Ortiz, Helix	Titan
6-4	Jamal Randall, Monte Vista	Balboa
6-4	Ben Knight, Mar Vista	Dual
6-3	**Pat McDonough, La Costa Canyon	CIF Prelims
6-3	Corey Evans, Eastlake	Orange Glen

6-3	Tony Pykles, Helix	CIF Prelims
6-2	*John Feehan, Escondido	Dual
6-2	*Anzio Gainey, RBV	Dual
6-2	*Andrew Fisher, Rancho Bernardo	Dual
6-2	*Nate Skrzypczak, Valley Center	Dual
6-2	*Slater Traaen, Mt. Carmel	Palomar Finals
6-2	*Austin Neudecker, Bonita Vista	Long Beach
6-2	Matt Vaughn, Scripps Ranch	Dual
6-2	Jordan Adams, Henry	Balboa
6-2	Micah Holiday, Crawford	Harbor Finals

Pole Vault

16-2	Travis Offner, Mt. Carmel	Sundevil
15-8	Jonathon Takahashi, Grossmont	State Finals
14-8	Chris Dorminy, Rancho Bernardo	CIF Prelims
14-6	Alex Doria, Eastlake	Dual
14-4	**Tim Warner, Carlsbad	CIF Finals
14-2	Ricardo Murrillo, Vista	Sundevil
14-1	Javier Munoz, Castle Park	Sweetwater
14-1	*Greg Levitt, Helix	Grossmont Finals
14-0	*Mike Hill, Rancho Bernardo	Dual
14-0	Richard Baker, Bonita Vista	Metro Finals
14-0	Austin Priest, RBV	Dual
14-0	John Jeter, Mt. Carmel	Dual
13-8	*Chris Spehar, Rancho Bernardo	CIF Prelims
13-4	*Ryan Daley, Vista	CIF Prelims
13-1	**Clayton Marshall, West Hills	Grossmont Finals
13-0	*Casey Kaiser, Fallbrook	Dual
13-0	*Brian Heimberg, Poway	Bronco
13-0	*Tony Garcia, West Hills	Dual
13-0	**Cameron Figueroa, Granite Hills	CIF Prelims
13-0	Tim Ngo, Poway	Valley Center
13-0	**Adrian Ruark, Pt. Loma	CIF Finals
13-0	**Zach Salazar, Rancho Bernardo	Dual
13-0	**Allen Beck, RBV	Palomar Finals
13-0	**Terrel Beanum, Valley Center	Dual
13-0	**Ryan Spitz, Rancho Bernardo	Titan

Long Jump

23-11	Eric Williams, Rancho Bernardo	Dual
23-8 3/4	Tony Ortiz, Helix	CIF Finals
22-8	*Shannon Nowden, Mission Bay	CIF Prelims
22-7 1/2	*Jeff Hunter, Granite Hills	Grossmont Finals
22-7	Jonathon Reynolds, University City	Dual
22-5	*Nate Skrzypczak, Valley Center	CIF Prelims
22-5	*Alton Gilbert, Lincoln	Dual
22-4	Phillip Holley, Castle Park	Dual
22-3 3/4	Jamal Randall, Monte Vista	Grossmont Finals
22-2 1/2	*Mike Roberts, Henry	Balboa
22-1 3/4	Jonathon Takahashi, Grossmont	Grossmont Finals

22-1	*Trandon Harvey, Sweetwater	Metro Finals
21-11 1/2	Chris Staton, Henry	Balboa
21-11	**Dean Wu, University City	Dual
21-10	*Thomas Mootry, Morse	Bronco
21-9 1/4	Jordan Adams, Henry	SD Indoor
21-8 1/2	Trevor Rafferty, El Capitan	CIF Prelims
21-8	*Brandon Roberson, Morse	Dual
21-6 1/2	Desmond Benson, San Diego	Dual
21-6	*Bob Okenwa, Morse	Dual
21-4	*Eric Rogers, Morse	Sundevil
21-4	Andrew Goins, Serra	CIF Finals
21-4	**Keno White, Rancho Bernardo	Dual
21-3 1/2	*Steve Hawkins, El Capitan	Grossmont Finals
21-3	Marcus Wooten, Morse	Dual

Triple Jump

49-3	Tony Ortiz, Helix	CIF Finals
48-3	*Trandon Harvey, Sweetwater	State Prelims
46-5	Jonathon Reynolds, University City	Dual
46-4	Eric Williams, Rancho Bernardo	CIF Prelims
46-3	Jamal Randall, Monte Vista	CIF Finals
44-8	*Nate Skrzypczak, Valley Center	Valley Center
44-6	Vernon Smith, Mission Bay	Dual
44-5 1/2	Marcus Wooten, Morse	CIF Finals
44-5	**Keno White, Rancho Bernardo	CIF Finals
44-3 1/2	John Koummalasy, Clairemont	CIF Finals
44-2	*Brandon Roberson, Morse	Dual
44-0 1/2	Evan McCall, St. Augustine	Western Finals
44-0	**Keno White, Rancho Bernardo	Dual
43-11	*Isaac Simms, University City	Eastern Finals
43-10	*William Buchanon, Oceanside	Avocado Finals
43-9	**Wade Curry, Eastlake	Dual
43-8	Kyle Conerly, West Hills	Dual
43-7	*Eric Rogers, Morse	Eastern Finals
43-7	Jason Thomas, Pt. Loma	Balboa
43-6 1/2	*Austin Neudecker, Bonita Vista	Metro Finals
43-6	*Shannon Nowden, Mission Bay	Western Finals
43-4	Phillip Holley, Castle Park	Dual
43-4	Walter Weinman, Mt. Miguel	Grossmont Finals
43-4	*Austin Neudecker, Bonita Vista	Titan
43-3	Thomas Okuma, Hoover	Harbor Finals

Shot Put

59-11	Travis Watkins, Helix	State Prelims
58-6	Steve Vieira, Carlsbad	Dual
54-6	Travis Jones, Mira Mesa	Dual
52-11	Jason Teurk, Rancho Bernardo	Palomar Finals
52-5 1/2	Reynaldo Stephens, Castle Park	Dual
52-4	Tyler Moazed, Mt. Miguel	Dual

52-2 1/2	Jeremy Read, Rancho Bernardo	Palomar Final
51-10	Derrick Germain, Fallbrook	Orange Glen
51-6	**Jesse English, El Capitan	Dual
51-5 1/2	Andre Williams, Mission Bay	CIF Prelims
51-2	*Erik Hotzhower, RBV	Dual
50-9	*Richie Smith, Granite Hills	Dual
50-9	*Anthony DeBoer, RBV	Dual
50-9	Pana Faumuina, Carlsbad	Dual
50-8	Travis Asch, El Capitan	Sweetwater
50-6	Mike Schardin, Eastlake	Dual
49-7	*Vince Clark, Granite Hills	Dual
49-6	Onofre Gascon, Sweetwater	Orange Glen
49-5	*Brad Brittain, Torrey Pines	Titan
49-1 1/2	Nate Tavale, Carlsbad	Avocado Prelims
49-0	*David Abbott, Mission Bay	Western Finals
48-11	**Marco Arosemera, Vista	Dual
48-9	Jeff Wilson, Orange Glen	Dual
48-9	*Marco Gonzalez, Valley Center	Dual
48-8	Kha Le, Orange Glen	Orange Glen
48-7	**Josh Halsey, RBV	Dual

Discus

188-10	Travis Jones, Mira Mesa	Dual
186-9	Jonathon Ward, Poway	Dual
170-8	Jason Teurk, Rancho Bernardo	CIF Finals
169-3	Travis Asch, El Capitan	CIF Prelims
164-10	Robert Hanson, St. Augustine	Western Finals
163-5	*Reynaldo Stephans, Castle Park	Dual
163-3	Will Hunt, Hilltop	Metro Finals
161-3	Steve Vieira, Carlsbad	Dual
161-1	*Moses Rangel, Eastlake	CIF Prelims
160-3	*Richie Smith, Granite Hills	Dual
159-0	*Anthony DeBoer, RBV	CIF Prelims
158-0	*Jeremy Driggs, Sweetwater	Sundevil
157-8	Able Arambura, El Cajon Valley	Dual
157-8	**Jarel Watson, El Camino	CIF Prelims
156-7	**Jesse English, RBV	Valley Center
156-3	Andre Williams, Mission Bay	CIF Prelims
151-9	*Tagaia Savaiinea, Eastlake	Dual
150-7	John Pluth, Valley Center	Dual
150-4	Luke Holderby, Ramona	Valley Finals
148-10	*Daniel Thompson, Fallbrook	CIF Prelims
148-6	Anthony Pendleton, St. Augustine	Dual
148-4	Greg Padilla, Sweetwater	CIF Prelims
147-8	*Vince Clarke, Granite Hills	Dual
146-6	Ben Thompson, Bonita Vista	Metro Finals
146-0	*Marco Gonzalez, Valley Center	Dual
145-7	*Scott Colegrove, Escondido	Valley Finals
145-6	**Cliff Hearn, La Jolla	Dual
145-0	*Alex Thompson, San Marcos	Palomar Finals

2000 Girls Leaders

100

11.61	*Monique Henderson, Morse	Mt. SAC
12.13	**Nastassja Hall, RBV	CIF Prelims
12.22	Kameelah Allen, Mt. Miguel	CIF Prelims
12.27	*Zikarra Beverly, USDHS	CIF Finals
12.29	Autumn Wright, El Camino	CIF Prelims
12.32	Priscilla Parker, Mission Bay	Balboa
12.36	**Jessica Thomas, El Camino	Sundevil
12.36	Aroline Neal, RBV	Palomar Prelims
12.39	***Tanisha Johnson, Eastlake	CIF Prelims
12.45	***Shauna Hackett, Morse	Eastern Finals
12.46	Ciera Ray, Fallbrook	CIF Prelims
12.53	*Amber Carrington, Mt. Carmel	Bronco
12.55	Martina Allen, Serra	CIF Finals
12.57	**Nini Herron, El Cajon Valley	CIF Finals
12.66	*Latoya Summerville, Scripps Ranch	CIF Finals
12.67	*Faith Lin, La Jolla	CIF Finals
12.69	*Tiffany Lowrey, San Pasqual	Valley Prelims
12.71	**Crystal Hinton, Lincoln	CIF Finals
12.72	Stephanie Blake, Parker	Sundevil
12.74	***Alicia Lowery, Morse	CIF Finals
12.77	*Kyle Lederer, Rancho Bernardo	Palomar Prelims
12.79	***Elisa Holiday, West Hills	Grossmont Finals
12.83	**Deltra Manley, Lincoln	CIF Finals
12.84	***Daniella Fromer, Mt. Carmel	Palomar Prelims
12.84	***Caitlyn Doe, Torrey Pines	CIF Prelims
12.86	***Phylicia Reddick, Morse	Eastern Finals
12.88	**Cassandra Patterson, Castle Park	CIF Finals
12.95	Phoebe Perkins, Monte Vista	Balboa

200

23.19	*Monique Henderson, Morse	State Finals
24.46	**Nastassja Hall, RBV	CIF Finals
24.79	*Zikarra Beverly, USDHS	CIF Prelims
24.83	Ciera Ray, Fallbrook	CIF Finals
25.16	Aroline Neal, RBV	Palomar Finals
25.21	Priscilla Parker, Mission Bay	CIF Prelims
25.41	***Shauna Hackett, Morse	Eastern Finals
25.42	Stephanie Blake, Parker	CIF Prelims
25.43	Kameelah Allen, Mt. Miguel	CIF Prelims
25.56	**Nini Herron, El Cajon Valley	CIF Finals
25.67	**Tanera Jones, Mt. Carmel	CIF Prelims
25.80	Jane Givens, La Jolla	Western Finals
25.86	**Cassandra Patterson, Castle Park	CIF Finals
25.91	Phoebe Perkins, Monte Vista	CIF Prelims

25.96	**Mallane Dressel, Carlsbad	CIF Prelims
25.98	*Tiffany Lowrey, San Pasqual	CIF Prelims
26.02	**Laura Landry, Rancho Bernardo	Palomar Finals
26.14	*Kyle Lederer, Rancho Bernardo,	Dual
26.19	*Alexis Tate, Rancho Bernardo	Palomar Prelims
26.19	Martina Allen, Serra	CIF Prelims
26.25	**Crystal Hinton, Lincoln	CIF Prelims
26.48	Elizabeth Tsu, La Costa Canyon	CIF Prelims
26.49	Natalie Soto, Carlsbad	CIF Prelims
26.56	**Deltra Manley, Lincoln	CIF Prelims
26.61	**Tara Ricasa, Mt. Carmel	CIF Prelims
26.69	**Erin Willis, OLP	CIF Prelims
26.76	**Denise French, Bonita Vista	CIF Prelims
26.80	*Alexis Rampaul, Poway	Palomar Prelims
26.88	*Kristine Schroeder, Rancho Bernardo	Palomar Prelims
26.90	**Mimi Herron, El Cajon Valley	CIF Prelims
26.97	**Jackie Jenkins, Kearny	CIF Prelims
26.99	*LaKendra McKenzie, Helix	Valley Center

400

50.74	*Monique Henderson, Morse	State Finals
57.23	Stephanie Blake, Parker	CIF Finals
57.45	**Nastassja Hall, RBV	Arcadia
57.49	*Naomi Mattos, Fallbrook	CIF Finals
57.87	Jane Givens, La Jolla	CIF Finals
57.9	**Morgan Avery, Granite Hills	Grossmont Prelim
57.92	Phoebe Perkins, Monte Vista	CIF Finals
58.02	*Audrey Pound, Poway	Dual
58.2	**Whitney Schumacker, La Jolla	Western Finals
58.28	*Alexis Tate, Rancho Bernardo	CIF Finals
58.39	***Nicole Rothert, Fallbrook	CIF Finals
58.78	*Kristine Schroeder, Rancho Bernardo	Palomar Finals
58.86	**Jenna Timinsky, San Dieguito	Coastal Finals
58.90	**Mallane Dressel, Carlsbad	CIF Prelims
58.94	Tina Rosas, Monte Vista	CIF Prelims
58.98	*Alexis Rampaul, Poway	CIF Prelims
59.09	**Laura Landry, Rancho Bernardo	Palomar Finals
59.09	*Unika Smith, Lincoln	CIF Finals
59.16	Aroline Neal, RBV	Bronco
59.29	Liz Tsu, La Costa Canyon	CIF Prelims
59.4	**Ebony Adams, El Camino	Avocado Prelims
59.62	*Deanna Cartwright, Bonita Vista	CIF Prelims
1:00.0	***Bernadette Grantling, Morse	Dual
1:00.07	*Tiffany Lowery, San Pasqual	CIF Prelims
1:00.27	*Janell King, Serra	Eastern Finals
1:00.31	**Nicole Thomas, Henry	CIF Prelims
1:00.5	*Julie Komosinski, Torrey Pines	Dual

800

2:13.38	**Jenna Timinsky, San Dieguito	CIF Finals
2:16.51	*Monique Henderson, Morse	Bronco
2:16.52	**Jill Steele, Mt. Carmel	CIF Finals
2:16.75	*Desiree Davila, Hilltop	CIF Prelims
2:16.87	*Julie Komosinski, Torrey Pines	Valley Center
2:17.16	**Courtery Allen, RBV	State Prelims
2:19.50	*Amonica Phipps, Morse	CIF Prelims
2:20.6	**Maria McGaffigan, Castle Park	Metro Finals
2:21.22	**Kerry Kelly-Cochrane, USDHS	CIF Finals
2:21.47	Katherine Ziegler, University City	Eastern Prelims
2:22.05	**Nicole Mier, San Marcos	CIF Prelims
2:22.5	**Tessa Conor, Torrey Pines	Avocado Finals
2:22.61	*Shawna Winfrey, West Hills	CIF Prelims
2:22.8	**Nastassja Hall, RBV	Dual
2:22.9	*Katie O'Connell, Carlsbad	Avocado Finals
2:22.98	Felisha Mariscal, Chula Vista	CIF Prelims
2:23.43	*Kamaya Damwijk, Poway	Palomar Finals
2:23.6	**Hailey Moore, Torrey Pines	Avocado Finals
2:23.78	**Jessie Ooms, University City	CIF Prelims
2:24.25	*Candace Flake, Morse	CIF Prelims
2:24.37	**Alexis Sampietro, Torrey Pines	CIF Finals
2:24.43	***Rachel Bombaci, Pt. Loma	CIF Finals
2:24.83	**Olivia Hudek, Hilltop	CIF Prelims
2:24.84	**Jackie Turpin, Santana	CIF Prelims
2:25.0	*Manal Yamout, Mt. Carmel	Dual

1,600

4:45.23	*Desiree Davila, Hilltop	State finals
5:03.80	*Julie Komosinski, Torrey Pines	Sundevil
5:04.89	*Angela Petersen, Torrey Pines	Bronco
5:06.11	Julie Manson, Rancho Bernardo	Bronco
5:10.42	Katie Baker, Poway	CIF Finals
5:11.93	**Nicole Mier, San Marcos	Palomar Finals
5:12.13	Katherine Ziegler, University City	Arcadia
5:14.90	Angela Rivas, Montgomery	CIF Finals
5:16.9c	**Stephanie Baird, Helix	Dual
5:17.30	Manal Yomout, Mt. Carmel	CIF Finals
5:17.39	**Katie Matlock, Fallbrook	CIF Finals
5:18.80	*Katie O'Connell, Carlsbad	CIF Prelims
5:18.88	*Kaleena Yee, Rancho Bernardo	Sundevil
5:19.18	*Loretta Kilmer, Ramona	Avocado Prelims
5:19.75	*Jasmine Marquez, El Capitan	CIF Prelims
5:20.3	**Deanna Sick, Mt. Carmel	Dual
5:20.38	**Kate Branson, Bonita Vista	CIF Finals
5:20.53	Karen Vasco, Mt. Carmel	Palomar Finals
5:21.0	*Chessa Adsit-Morris, University City	Eastern Finals
5:21.43	*Kristen Thompson, Bonita Vista	CIF Prelims
5:22.1	Claire Beck, OLP	Western Finals

5:24.20	*Michelle Guerrero, La Jolla	CIF Finals
5:24.3	**Krista Romley, Torrey Pines	Avocado Prelims
5:24.41	***Courtney Stolis, Granite Hills	CIF Prelims
5:24.64	Bertha Ojeda, Chula Vista	CIF Prelims
5:25.2c	*Morgan Soule, La Costa Canyon	LA Indoor

3,200

10:36.83	Julie Manson, Rancho Bernardo	Arcadia
10:52.10	*Desiree Davila, Hilltop	Golden West
10:59.57	*Angela Petersen, Torrey Pines	Arcadia
11:01.54	*Loretta Kilmer, Ramona	State.Finals
11:04.7	*Julie Komosinski, Torrey Pines	Tiger
11:12.40	**Stephanie Baird, Helix	CIF Prelims
11:19.9	*Kaleena Yee, Rancho Bernardo	Dual
11:23.2	**Deanna Sick, Mt. Carmel	CIF Prelims
11:25.5	*Jasmine Marquez, El Capitan	CIF Prelims
11:30.1	*Chessa Adsit-Morris, University City	Pasadena
11:34.7	*Manal Yomout, Mt. Carmel	CIF Prelims
11:36.0	*Ashlee Dere, Mt. Carmel	CIF Prelims
11:39.0	**Nicole Mier, San Marcos	Dual
11:42.7	*Maija Rhode, Fallbrook	CIF Prelims
11:44.8	Bertha Ojeda, Chula Vista	CIF Prelims
11:45.0	Katherine Ziegler, University City	Dual
11:45.62	Angela Rivas, Montgomery	Titan
11:47.3	Becca Bartell, West Hills	CIF Prelims
11:47.57	*Janet Mulvey, Mt. Carmel	Sundevil
11:47.92	*Audrey Harrer, Mt. Carmel	Palomar Finals
11:48.66	***Jessica Huepper, Rancho Bernardo	Palomar Finals
11:49.9	**Chaundra Farnham, West Hills	CIF Prelims
11:50.9	Claire Beck, OLP	CIF Prelims
11:53.5	*Dori McGuire, Mira Mesa	CIF Prelims
11:56.99	**Kristina Nugent, Carlsbad	Grossmont Finals
11:59.4	**Joanne Southard, West Hills	CIF Prelims

100H

14.86	***Tanisha Johnson, Eastlake	CIF Finals
14.86	Katie Coin, Rancho Bernardo	CIF Finals
15.32	Nikki Dulin, Rancho Bernardo	CIF Prelims
15.32	Melissa McGrath, Rancho Bernardo	Palomar Finals
15.40	***Cheryl Hawkins, Morse	Sundevil
15.40	**Bryeanna Barmer, Helix	CIF Finals
15.4	**Morgan Albini, San Pasqual	Dual
15.48	***Meggie Afenir, Escondido	Valley Finals
15.5	**Tanera Jones, Mt. Carmel	Dual
15.54	*Audrey Pound, Poway	Palomar Prelims
15.6	*Mary Macera, San Marcos	Dual
15.89	Marie Carter, Mira Mesa	Balboa
16.03	***Jessica Eggleston, El Camino	CIF Finals
16.1	*Erin Asay, Sweetwater	Metro Prelims

16.2	***Jill Alsup, Mt. Carmel	Dual
16.22	*Katherine Dostal, West Hills	Grossmont Finals
16.29	*Kiona Clark, Monte Vista	Titan
16.36	Katy Camp, Monte Vista	Grossmont Finals
16.41	Abril Jimenez, Hilltop	CIF Finals
16.46	Chantel Nemora, El Camino	CIF Prelims
16.51	*B.J. Hayes, Eastlake	CIF Prelims
16.54	Kristin Murphy, Rancho Bernardo	Valley Center
16.7	*Elizabeth McNamara, Poway	Dual
16.82	**Morgan Avery, Granite Hills	Balboa
16.86	*Kim Dombkowski, Valley Center	CIF Prelims
16.88	***Eva Tanner, Grossmont	CIF Prelims

300LH

43.04	***Tanisha Johnson, Eastlake	CIF Finals
43.82	Catie Coin, Rancho Bernardo	Palomar Finals
44.05	*Audrey Pound, Poway	Palomar Finals
44.51	**Bryeanna Barmer, Helix	CIF Finals
44.64	*Unike Smith, Lincoln	CIF Finals
45.92	Abril Jimenez, Hilltop	CIF Prelims
46.0	***Meggie Afiner, Escondido	Dual
46.02	**Morgan Avery, Granite Hills	CIF Finals
46.06	Nikki Dulin, Rancho Bernardo	CIF Prelims
46.5	**Morgan Albini, San Pasqual	Dual
46.59	**Erica Schim, La Costa Canyon	CIF Finals
46.8	Chantel Nemora, El Camino	Avocado Finals
46.95	Marie Carter, Mira Mesa	Titan
47.4	***Jessica Eggleston, El Camino	Avocado Finals
48.28	***Cheryl Hawkins, Morse	Eastern Finals
48.44	*Tynisha Major, Sweetwater	Metro Finals
48.62	Erin Martin, West Hills	CIF Prelims
48.68	Kristin Woodard, Mt. Carmel	Palomar Finals
48.8	Liz McNamara, Poway	Dual
48.8	*Deanna Lynn, Carlsbad	Avocado Finals
49.1	***Jasmine Winfield, Vista	Torrey Pines
49.1	**Laura Maurer, Fallbrook	Avocado Prelims
49.1c	Sara White, Orange Glen	Dual
49.2	***Jill Alsup, Mt. Carmel	Sundevil
49.29	Laura Crabtree, Parker	CIF Finals
49.29	*Qadriyyah Abdullah, Mt. Miguel	Grossmont Finals
49.4	**Lauren McCabe, La Costa Canyon	Dual

4x100 Relay

46.44	Morse	State Finals
47.62	El Camino	CIF Finals
48.36	Mt. Miguel	State Prelims
48.50	Fallbrook	CIF Finals
48.80	Lincoln	CIF Finals
48.91	Mt. Carmel	Palomar Finals

49.21	Eastlake	CIF Finals
49.23	Rancho Bernardo	Dual
49.39	Helix	CIF Finals
49.4	Carlsbad	Avocado Finals
49.7	Serra	Eastern Finals
49.9	Rancho Buena Vista	Dual
49.99	La Jolla	CIF Finals
50.01	Poway	Palomar Finals
50.08	San Pasqual	CIF Finals
50.11	West Hills	CIF Finals
50.40	El Cajon Valley	CIF Finals
50.52	USDHS	CIF Finals
50.6	San Diego	Eastlake
50.63	Scripps Ranch	CIF Finals
50.76	Monte Vista	Sundevil
50.85	Sweetwater	CIF Prelims
50.93	Chula Vista	CIF Prelims
51.01	Bonita Vista	CIF Prelims

4x400 Relay

3:54.59	Rancho Buena Vista	CIF Finals
3:55.32	Morse	CIF Prelims
3:55.82	Rancho Bernardo	CIF Finals
3:58.78	Monte Vista	CIF Prelims
3:59.04	Poway	CIF Finals
3:59.23	Mt. Carmel	CIF Prelims
3:59.46	La Costa Canyon	CIF Finals
4:02.92	Helix	CIF Prelims
4:02.99	Fallbrook	CIF Finals
4:04.68	Hilltop	CIF Prelims
4:05.0	Carlsbad	Avocado Finals
4:05.44	Serra	CIF Finals
4:05.54	Torrey Pines	CIF Prelims
4:06.27	Vista	CIF Finals
4:06.27	Lincoln	CIF Prelims
4:06.38	Castle Park	CIF Prelims
4:06.55	San Pasqual	CIF Prelims
4:08.01	West Hills	CIF Prelims
4:08.88	USDHS	CIF Prelims
4:08.99	Mt. Miguel	CIF Prelims
4:09.81	Parker	CIF Finals
4:10.0	Bonita Vista	Metro Finals
4:10.15	Chula Vista	CIF Prelims
4:10.2	El Camino	Sundevil
4:10.37	University City	CIF Prelims
4:10.79	El Cajon Valley	CIF Prelims
4:11.47	Granite Hills	CIF Prelims
4:11.71	Henry	Eastern Finals

High Jump

5-6	Kelsey Turner, Granite Hills	Grossmont Finals
5-4	*Megan Bornes, RBV	CIF Prelims
5-4	**Misty Brewster, Granite Hills	CIF Prelims
5-4	*Lauren Jones, Torrey Pines	Bronco
5-4	Shannon Fleming, USDHS	Tiger
5-4	Mikaelyn Austin, Rancho Bernardo	Palomar Finals
5-4	***Eva Tanner, Grossmont	CIF Prelims
5-4	Sonfre Roberson, Morse	SD Indoor
5-3	**Leah Cole, Valley Center	Valley Finals
5-2	**Katy Bartkiewicz, Chula Vista	Dual
5-2	**Colleen Walker, Torrey Pines	Titan
5-2	Bridget Files, Ramona	Torrey Pines
5-2	*Kristen Carlson, Santa Fe Christian	Tiger
5-2	***Alex Jackson, Carlsbad	Dual
5-2	Abril Jimenez, Hilltop	Dual
5-1	Kaylene Ivan, Escondido	Dual
5-0	*Katie Brown, San Marcos	CIF Prelims
5-0	Devonne Hanke, Horizon	Coastal Finals
5-0	Liz McNamara, Poway	Bronco
5-0	*Qadriyyah Abdullah, Mt. Miguel	Valley Center
5-0	**Tara Shields, Torrey Pines	Titan
5-0	Sraeya George, Valhalla	Dual
5-0	*Karen Adams, El Cajon Valley	Dual
5-0	***Amber Powell, San Marcos	Dual
5-0	**Moesha Jefferson, Southwest	Dual
5-0	***Jaime Ransom, Santana	Dual
5-0	**Jolene Thomas, Escondido	Dual

Pole Vault

11-7	*Molly Pascarella, Rancho Bernardo	Dual
11-6	Julie Hudlow, Rancho Bernardo	Dual
11-3	*Julia Preston, Poway	Dual
10-8	Katie Collins, Vista	CIF Finals
10-7	**Jenea Russ, Granite Hills	Grossmont Finals
10-6	Gretchen Allen, Poway	Dual
10-6	Beth Vieira, Pt. Loma	Dual
10-6	*Marie Nowinski, Mira Mesa	Dual
10-4	Charissa Cabrera, Mt. Carmel	CIF Finals
10-3	Beatrice Guapo, Eastlake	Dual
10-2	Nicole Holcomb, Torrey Pines	Sundevil
10-2	Nicole Antonacci, Carlsbad	Dual
10-1	Terri Vertulla, West Hills	Grossmont Finals
10-0	*Betsy Halliburton, Torrey Pines	CIF Prelims
10-0	*Elise Orlando, Mira Mesa	Dual
9-9	**Terry Lopez, West Hills	Dual
9-8	Laura Lafoya, Eastlake	Sundevil
9-6	**Megan Sage, Mt. Carmel	Palomar Prelims
9-6	***Ama Navidi, Rancho Bernardo	Palomar Finals

9-6	*Bev Robak, Mt. Carmel	Dual
9-6	*Erin Asay, Sweetwater	Dual
9-4	Lisa Pryzdylski, Grossmont	CIF Prelims
9-4	***Breanna Moyer, Carlsbad	CIF Prelims
9-2	**Jenna Mavity, RBV	Frosh-soph
9-1	**Terri Lopez, West Hills	Dual

Long Jump

18-11 1/2	**Jessica Thomas, El Camino	Dual
18-3 1/4	Aroline Neal, RBV	CIF Prelims
18-2 1/2	**Nastassja Hall, RBV	Dual
17-7	*Meagan Bornes	Dual
17-2	Tiah Gray, University City	Dual
17-2	Carrie McWhirter, San Marcos	Valley Center
17-2	Nina Ropes, Fallbrook	Dual
17-0 3/4	Devonne Hanke, Horizon	CIF Finals
17-0 1/2	*Simone Louviere, Helix	Bronco
16-9 1/2	Sonfre Roberson, Morse	Dual
16-8	*Angel Robinson, Chula Vista	Dual
16-8	*Naomi Mattos, Fallbrook	CIF Prelims
16-7 1/4	**LaSheena Rice, San Diego	CIF Prelims
16-7	***Kathy Farfan, Castle Park	Dual
16-6 1/2	*B.J. Hayes, Eastlake	Occidental
16-5 3/4	*Joy Hannibal, Bonita Vista	Valley Center
16-5	Sryaeya George, Valhalla	Grossmont Prelim
16-3 3/4	Mariko Gaines, Monte Vista	Grossmont Prelim
16-3	***Tanisha Johnson, Eastlake	Tiger
16-2 3/4	**Denise French, Bonita Vista	Valley Center
16-2	***Phylicia Reddick, Morse	Tiger
16-2	***Jackie Mandy, Chula Vista	Dual
16-2	**Kaitlyn Doe, Torrey Pines	Dual
16-2	Kelli Hewlitt, Henry	Eastern Finals

Triple Jump

37-11 3/4	Sryaeya George, Valhalla	CIF Finals
37-4 3/4	*Meagan Bornes, RBV	CIF Finals
37-1 1/2	Jane Givens, La Jolla	CIF Prelims
37-1	Nina Ropes, Fallbrook	Bronco
36-9	*Jenny Fairchild, Vista	Bronco
35-8 3/4	Tinicia Wallace, Monte Vista	Grossmont Prelim
35-4 3/4	Dana Copeland, Torrey Pines	Dual
35-4 1/4	*Angel Robinson, Chula Vista	CIF Finals
35-3	**Jessica Thomas, El Camino	Dual
35-3	*Dani McNeeley, la Costa Canyon	CIF Finals
35-2	*Nadiyyah Salahuddin, Hilltop	Metro Finals
35-0	Carrie McWhirter, San Marcos	Palomar Prelims
34-11	**Chang Tan, Crawford	Eastlake
34-10 1/2	**B.J. Hayes, Eastlake	Valley Center
34-9	Danielle Rose, Rancho Bernardo	CIF Prelims

34-7 1/4	*Qadriyyah Abdullah, Mt. Miguel	CIF Finals
34-5	*Tywanda Harris, El Camino	Dual
34-5	***Amy Taylor, Granite Hills	Dual
34-4 1/2	Rachel Thurber, Rancho Bernardo	Palomar Finals
34-3	Mariko Gaines, Monte Vista	Dual
34-2 3/4	*Joy Hannibal, Bonita Vista	Valley Center
34-2	*Lauren Jones, Torrey Pines	Dual
34-1	**Renee McKinney, RBV	Palomar Finals
33-11	*Kim Dombrowski, Valley Center	Dual
33-10 1/2	***Beatrice Taunau, Sweetwater	Metro Finals

Shot Put

43-7 1/4	Candace Hill, Hoover	Arcadia
40-0 1/2	**Marie Taumua, Sweetwater	CIF Finals
39-2	*Amber Hood, Morse	Dual
38-11 1/2	**Carrie Johnson, Fallbrook	Avocado Finals
38-10	**Raeanna Makihele, San Marcos	Dual
38-8 1/2	*Shemika Morris, Scripps ranch	CIF Prelims
38-6 1/2	Rhiannon Henry, RBV	Bronco
38-2 1/2	Mikaelyn Austin, Rancho Bernardo	Palomar Finals
38-0 1/2	**Joy Boswell, El Capitan	Frosh-soph
37-9	Veronica Harper, Lincoln	Dual
37-7	Angela Milazzo, Escondido	Valley Finals
36-7 1/2	Michelle Vavra, Escondido	CIF Prelims
36-2 1/2	**Lena Fanene, Carlsbad	CIF Prelims
36-2	Ashley Ingoldt, Orange Glen	Valley Finals
36-1	**Brianna Makihele, San Marcos	Dual
35-8 1/4	**Laura Castellanos, Castle Park	Dual
35-0	*Katie Ames, El Capitan	Dual
34-9	**Brenda Brown, Serra	Dual
34-9	Amber Tiffany, Granite Hills	Dual
34-6	**Calvary Talaga, Mt. Miguel	Dual
33-10 1/2	Hanamalo Mauga, Oceanside	Avocado Finals
33-10	Alicia Criado, RBV	Dual
33-9 1/2	Alicia Minette, La Jolla	Western Prelims
33-9	Lisa Cannon, Escondido	Dual
33-8 1/4	*Rachel Johansen, Monte Vista	Grossmont Prelim

Discus

152-8	Candace Hill, Hoover	State Prelims
136-4	Rhiannon Henry, RBV	Dual
133-10	Mikaelyn Austin, Rancho Bernardo	CIF Finals
132-3	Angela Milazzo, Escondido	Valley Prelims
126-11	Lisa Cannon, Escondido	Arcadia
126-7	*Katie Ames, El Capitan	CIF Finals
126-7	**Carrie Johnson, Fallbrook	CIF Finals
126-0	**Raeanna Makihele, San Marcos	Dual
117-4	Alicia Criado, RBV	Dua
116-1	Michelle Vavra, Escondido	Valley Prelims

115-5	T.J. Gissentana, RBV	Valley Center
114-5	Stacy Mickelson, Rancho Bernardo	Titan
113-3	*Shemika Morris, Scripps Ranch	Valley Center
113-3	***Shannon Young, Eastlake	CIF Finals
112-8	*Amber Hood, Morse	Eastern Finals
112-5	*Anne Marie Zamazal, Carlsbad	Avocado Finals
112-4	*Cynthia Concha, Sweetwater	Dual
111-9	Rachel Thurber, Rancho Bernardo	Palomar Prelims
111-5	Lael Roberts, Poway	Dual
110-3	***Samantha Singley, West Hills	CIF Prelims

2000 State Meet Finalists (Top 9)

Boys

100	3. Lamont Long	University City	10.66
	6. Michael Roberts	Henry	10.86
	7. Nate Banks	Kearny	10.87
200	4. Lamont Long	University City	21.47
	6. Michael Roberts	Henry	21.89
800	5. Aaron Powell	Poway	1:53.48
	6. Jared Emmons	Vista	1:53.65
1600	1. Evan Fox	West Hills	4:09.44
	4. Ben Aragon	West Hills	4:14.25
	7. Josh Pope	Poway	4:20.42
3,200	3. Travis Laird	San Marcos	9:08.56
110HH	5. Bobby Salimi	Rancho Bern.	14.26
300IH	3. Bobby Salimi	Rancho Bern.	37.64
	6. Jeff Hunter	Granite Hills	38.16
4x100	2. University City		41.05
	6. Lincoln		42.04
4x400	8. Rancho Bernardo		3:20.86
High Jump	8. Chris Staton	Henry	6-4
Pole Vault	2. Travis Offner	Mt. Carmel	16-0
	4. Jon Takahashi	Grossmont	15-8
Long Jump	8. Tony Ortiz	Helix	22-8 1/2
Triple Jump	2. Tony Ortiz	Helix	48-10 3/4
	7. Trandon Harvey	Sweetwater	47-1 1/2
Shot Put	8. Travis Watkins	Helix	56-5

Girls

200	1. Monique Henderson	Morse	23.19
400	1. Monique Henderson	Morse	50.74
1,600	5. Desiree Davila	Hilltop	4:54.23
3,200	4. Julie Manson	Rancho Bern.	10:43.93
300LH	8. Tanisha Johnson	Eastlake	44.52
4x100	3. Morse		46.44
Long Jump	8. Nastassja Hall	RBV	17-3
Discus	2. Candace Hill	Hoover	150-5

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 (Long, Ward, Hayes, Douglas)	40.66
1996	4x400 Relay	Morse (Jones, Carter, Pinson, Burston)	3:10.80 (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, 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
2000	200	Monique Henderson, Morse	23.19
2000	400	Monique Henderson, Morse	50.74
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 (Young, Reed, Gaston, Lovelady)	45.94*
1996	4x400 Relay	Morse (Rankin, Henderson, Groce, Garner)	3:49.12h
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
10.30	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
10.53	Kevin Shields	San Diego	1981
10.54h	Paul Day	Kearny	1982
10.54hc (9.4y)	Elijah Jefferson	Crawford	1974
10.55	Bryant Eubanks	El Camino	1995
10.59	Lamont Long	University City	2000
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	Mike Roberts	Henry	2000
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
10.74	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	Chauncey Smith	University City	2000
10.80	Darius George	San Diego	1994

200 Meters

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	Lamont Long	University City	2000
21.47	Maurice Douglas	San Diego	1999
21.47	Glen Reyes	Orange Glen	1989
21.51	Gerald Johnson	Sweetwater	1982
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
21.56	Kevin Shields	San Diego	1981
21.62	Anthony Sanford	Lincoln	1996
21.63	Jerome Price	Uni. City	1990
21.67	Vernon Shaver	Crawford	1990
21.70	Mike Roberts	Henry	2000
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			
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
48.58	Boris McDaniel	Lincoln	2000
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	Jamal Briggs	University City	2000
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

800 Meters

1:48.64hc (1:49.2y)	Bob Hose	Madison	1964
1:49.84hc (1:50.4y)	Terry Rodgers	Hilltop	1966
1:50.25	Mark Senior	Mt. Miguel	1988
1:51.04hc (1:51.6y)	Jim Brennan	El Camino	1979
1:51.74hc (1:52.3y)	Paul Becklund	Henry	1975
1:51.96	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
1:52.59	Aaron Powell	Poway	2000
1:52.64hc (1:53.2y)	Tim Danielson	Chula Vista	1966
1:52.69	Sean Ricketts	Rancho Bernardo	2000
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
1:53.13	Jared Emmons	Vista	2000
1:53.61	Mohamed Aden	Kearny	1998
1:53.69	Nick Cueva	Escondido	2000
1:53.79	Evan Fox	West Hills	2000
1:53.80	Rich Farmer	Mt. Miguel	1982
1:53.86	Larry Henderson	Mira Mesa	1995
1:53.89	Greg Robeson	Mt. Carmel	1990
1:53.97	Jimmy Ungricht	Fallbrook	2000
1:54.04	Nick Thornton	RBV	2000
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

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
4:09.44	Evan Fox	West Hills	2000
4:09.58	Larry Henderson	Mira Mesa	1995
4:10.08	Jon Rankin	Monte Vista	2000
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
4:11.75	Jason Martin	Fallbrook	1987
4:12.08	Ben Aragon	West Hills	2000
4:12.24	Nazario Romero	San Pasqual	1993

Mile

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

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
9:02.22	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
9:08.56	Travis Laird	San Marcos	2000
9:09.59	Javier Lozano	Helix	1991
9:10.36	Justin Neuroth	Vista	2000
9:10.43	Mike Baskin	Mt. Carmel	1998
9:10.44	David McQuitty	Grossmont	1995

110 Meter High Hurdles

13.86	Reggie DePass	Montgomery	1997
14.08	Bobby Salimi	Rancho Bernardo	2000
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

14.24	Jeff Smith	Serra	1982
14.24h	Bruce Mitchell	El Camino	1980

300 Meter Intermediate Hurdles

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
37.27	Bobby Salimi	Rancho Bern.	2000
37.29	Jeff Hunter	Granite Hills	2000

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
38.29	Darnell Talbert	Mt. Carmel	2000
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	Josh Nears	Kearny	2000
38.73	Terry Ruh	Mt. Miguel	1995

400 Meter Relay

40.66	University City		1998
41.00	El Camino		1994
41.05	University City		2000
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

1,600 Meter Relay

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
3:17.30	Serra	2000
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

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
6-10	Chris Staton	Henry	2000
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

16-4	Mike Brown	Torrey Pines	1995
16-2	Travis Offner	Mt. Carmel	2000
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
15-8	Jonathon Takahashi	Grossmont	2000
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

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

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
49-3	Tony Ortiz	Helix	2000
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
48-3	Trandon Harvey	Sweetwater	2000
48-2	Anthony Sanford	Lincoln	1996
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 Boggess	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 Boggess	El Capitan	1986
191-2	Matt Gauthier	Valhalla	1977
189-8	George Liebe	Granite Hills	1995
188-10	Travis Jones	Mira Mesa	2000
186-9	Jonathon Ward	Poway	2000
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
11.61	Monique Henderson	Morse	2000
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
11.96	DeCola Groce	Morse	1997
11.97	Ellen Jones	Mt. Miguel	1981
11.99	Kunesha Miller	Morse	1994
12.03	Kim Matthews	Morse	1987
12.04h	April Freow	Morse	1985
12.04h	Charlotte Zepherin	Morse	1980
12.06	Chris Cooksey	Hoover	1981
12.08	Ashley Rhodes	Mt. Miguel	1986
12.09	Yolanda Fitch	Morse	1987
12.09	Angela Kimmey	University City	1989

200 Meters

23.18	Jackie Thompson	Lincoln	1972
23.19	Monique Henderson	Morse	2000
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
24.43	Allison Dring	Mt. Carmel	1990
24.44hc (24.3y)	Vicki Belser	Vista	1976
24.46	Nastassja Hall	RBV	2000
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
24.62	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

24.79	Zikarra Beverly	USDHS	2000
24.82	Shani Freeman	Crawford	1990
24.83	Ciera Ray	Fallbrook	2000
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

50.74	Monique Henderson	Morse	2000
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
57.23	Stephanie Blake	Parker	2000
57.34	Allie Kemp	San Dieguito	1992
57.45	Nastassja Hall	RBV	2000
57.49	Naomi Mattos	Fallbrook	2000
57.55	Samantha Piper	Coronado	1998
57.56	Luci Downey	Orange Glen	1999
57.59	Drissanna 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

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
2:13.38	Jenna Timinsky	San Dieguito	2000
2:13.44hc (2:14.0y)	Nel Griffith	Henry	1980
2:13.48	Charity Stowell	Mt. Carmel	1990
2:13.68	Susan Scott	Mt. Carmel	1991
2:14.10	Dorit Fehrensen	La Jolla	1982
2:14.40	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

4:42.77	Darcy Arreola	Grossmont	1986
4:45.23	Desiree Davila	Hilltop	2000
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
4:59.94	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
10:36.83	Julie Manson	Rancho Bern.	2000
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')

14.49	Andria Booker	El Camino	1998
14.69	Alishia Carter	Rancho Bernardo	1998
14.82	Latanya Agurs	Grossmont	1998
14.86	Tanisha Johnson	Eastlake	2000
14.86	Katie Coin	Rancho Bernardo	2000
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	Nikki Dulin	Rancho Bernardo	2000
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	Cheryl Hawkins	Morse	2000
15.40	Bryeanna Barmer	Helix	2000
15.40	Maile Barrett	Oceanside	1995
15.40	Lakesha Parker	Bonita Vista	1993
15.43	Eugenia Makrogiannis	University City	1993
15.46	Amber Martin	West Hills	1997
15.48	Meggie Afiner	Escondido	2000
15.48	Angela Romel	Serra	1995
15.49	Greta Tucker	Calvin Chr.	1998

100 Low Hurdles (30')

13.41	Gail Devers	Sweetwater	1984
13.94	Erin Blunt	San Pasqual	1992

14.04	Michelle Collum	Pt. Loma	1986
14.17	Michelle Outlaw	Lincoln	1986
14.17	Kim Dill	Poway	1990
14.19	Darla Vaughn	Mira Mesa	1986
14.44	Tracy Scott	Crawford	1981
14.44h	Kari Alexander	Crawford	1979
14.65	Annie King	La Jolla	1981
14.74h	Liz Pew	San Marcos	1981
14.74h	Stephanie Williams	University City	1987
14.80	Shannon Proffer	Santana	1990

300 Low Hurdles

42.26	Gail Devers	Sweetwater	1983
42.69	Erin Blunt	San Pasqual	1991
43.04	Tanisha Johnson	Eastlake	2000
43.82	Catie Coin	Rancho Bernardo	2000
43.94	Shannon Proffer	Santana	1990
43.96	Michelle Outlaw	Lincoln	1986
44.00	Janet Duffy	Mt. Carmel	1989
44.05	Audrey Pound	Poway	2000
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
44.51	Bryeanna Barmer	Helix	2000
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
44.64	Unike Smith	Lincoln	2000
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	2000
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
47.62	El Camino	2000
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

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

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 1/2	Cindy Gilbert	Oceanside	1974
5-7	Denise Parker	Hoover	1964
5-7	Gabby LeClaire	Monte Vista	1981
5-7	Kim Reed	Valhalla	1984
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
5-6	Kelsey Turner	Granite Hills	2000

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
11-7	Molly Pascarella	Rancho Bernardo	2000
11-6	Julie Hudlow	Rancho Bernardo	2000
11-3	Julia Preston	Poway	2000
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	Katie Collins	Vista	2000
10-7	Jenea Russ	Granite Hills	2000

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

18-11 1/2	Jessica Thomas	El Camino	2000
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
38-7	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
38-2	Cherise Poole	Henry	1987

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
152-8	Candace Hill	Hoover	2000
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
140-1	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

2000	Evan Fox	West Hills	4:09.44
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

2000	Monique Henderson	Morse	23.19
1974	Janice Wiser	La Jolla	24.2y

400 Meters

2000	Monique Henderson	Morse	50.74
1999	Monique Henderson	Morse	52.87
1998	Monique Henderson	Morse	53.41

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

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

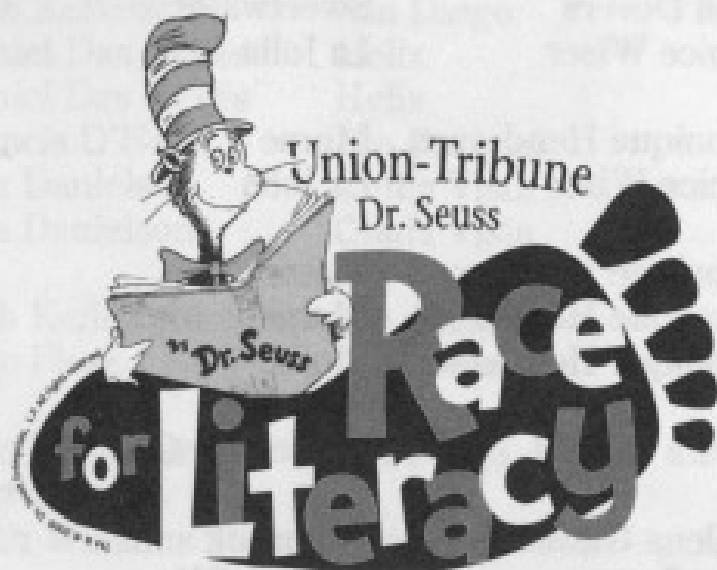
1994	Tamieka Porter	Orange Glen	38-11
1/2			
1997	Andria Booker	El Camino	40-0
1998	Andria Booker	El Camino	40-0 1/4

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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