

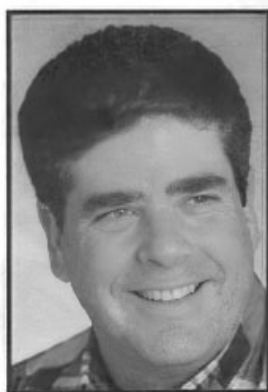
Monique Henderson, Morse High School



The San Diego Union-Tribune

Track & Field Guide 2002

U - T P r e p S p o r t s W r i t e r s



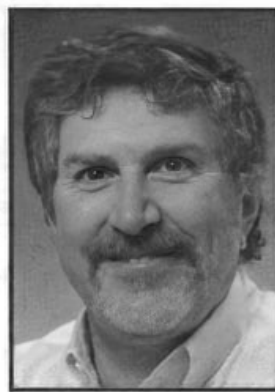
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LIFE WITHOUT MONIQUE

For four years, nothing was more predictable than knowing Morse High's Monique Henderson would win a state 400-meter title. Guaranteed. Gold.

Monique has left a lasting legacy, one that can only be equalled and never beaten. Along the way she set the National high school 400-meter record, qualified for the U.S. 2000 Olympic team and set section records in the 200 and 400.

Now that the four-time female athlete of the year has taken her massive talents to UCLA, the focus turns on others, many of whom have run in her shadow for the last three years.

Male athlete of the year Jeff Hunter, who destroyed the section 300-meter hurdle record en route to the state title, has also set his sights higher now that he's a freshman at the University of Arizona.

As usual, though, there are dozens of potential state champions lined up to have huge seasons in 2002.

Here are a few anticipated highlights:

Boys sprints _ Helix High's Reggie Bush didn't just dazzle on the football field, he was a star on the track as well, winning the section 100 and 200, placing in the state in both events and then leading the Scotties to the gold medal in the 4x100 relay. His times of 10.64 and 21.42 lead the way but he won't be alone. University City's Chauncey Smith, who has already signed with UCLA, clocked a 10.83, Mt. Carmel junior Mike Matison a 10.80 and UC's Blake Frazier a 10.69, although he is considered a state challenger in the hurdles.

Girls shot put _ Sweetwater's Aiga Marie Taumua reached a section record 46-feet, 10 1/4-inches last year second all-time only to the 49-6 by Mission Bay's Kathy Devine in 1974. With normal improvement, Taumua should approach that mark and be a serious state contender.

White and White _ Not a law firm, but the Rancho Bernardo brother act that with just a little help could make the Broncos a team to beat at Cerritos College, where this year's state meet will be held. Deun (100-200-400 and relay) and Keno (high jump-long jump-relay) figure to score a bundle of points.

Add in individuals like state cross country camp and elite 800-meter runner Jenna Timinsky of San Dieguito, Mt. Carmel distance ace Abadir Barre and RBV sprinter Nastassja Hall and it should be another golden year.

Thanks, Thanks, Thanks.

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Although dozens of individuals helped compile this book, special thanks go to Rick Smith, Tom Shanahan, the UT Photo Dept., Bill Dawson, Buzz Thom and long-time supporter and sponsor Richard Cota.

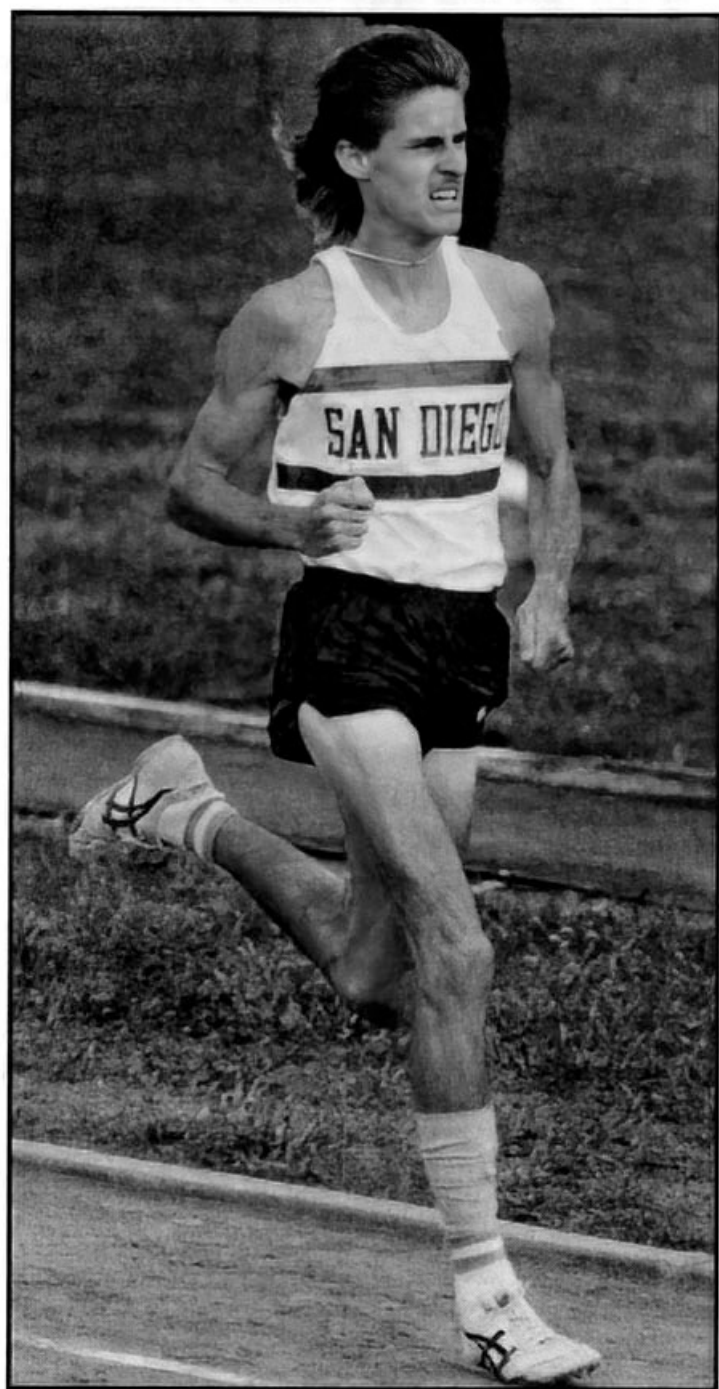
-- Steve Brand, Editor

Captions

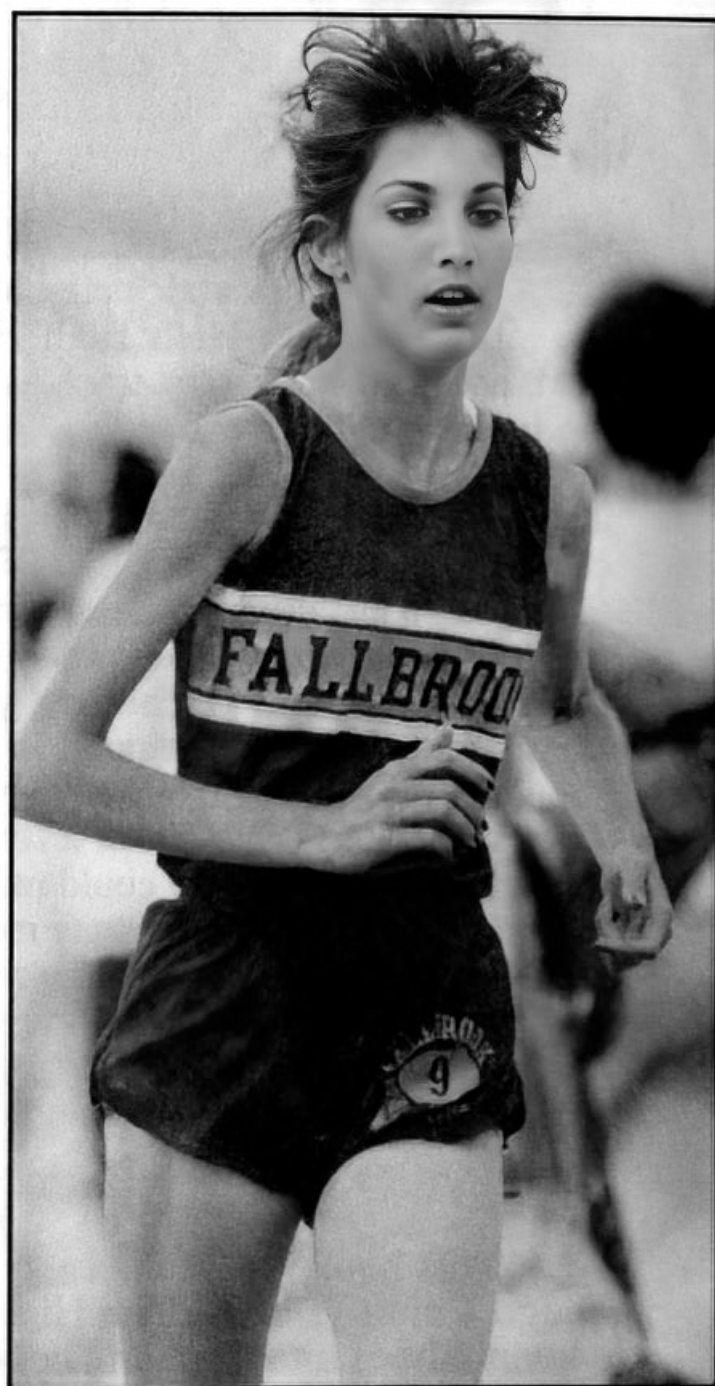
Front page: Morse's Monique Henderson, female athlete of the year
Back page: Jeff Hunter, male athlete of the year.

*--Junior, **--Sophomore, ***--Freshman.

STARS OF THE PAST



**San Diego High's
Marc Davis dominated
national high school distance
running in the mid-'80s.**



**Fallbrook's Milena Glusac
won the state 1600 meter
and a pair of 3200 titles in
the early-'90s.**

2001 Boys Leaders

100 (fully Electronic)

10.64	**Reggie Bush, Helix	Grossmont Finals
10.67	*Blake Frazier, Uni. City	CIF Finals
10.75	*Shaun Harper, Mission Bay	CIF Finals
10.80	**Michael Matison, Mt. Carmel	CIF Finals
10.82	Richard DelRincon, Monte Vista	CIF Finals
10.85	Allen Thompson, Sweetwater	CIF Finals
10.83	*Chauncey Smith, Uni. City	CIF Finals
10.94	**Baumar Brumfield, Uni. City	CIF Finals
10.99	Michael Johnson, Serra	CIF Finals
11.00	*Cory Jones, Lincoln	CIF Finals
11.00	**Bryce Yeaton, Ramona	CIF Finals
11.01	Galen O'Neal, Granite Hills	Grossmont Final
11.02	Clarence Cunningham, Scripps Ranch	CIF Finals
11.05	**David Evans, Granite Hills	Orange Glen
11.13	**Darrel Hutsana, Helix	CIF Prelims
11.17	Nigel Martin, Vista	Palomar Prelims
11.19	Curtis Flowers, San Pasqual	CIF Prelims
11.21	Jamal Tate, Hoover	Harbor Finals
11.27	*DeAngelo Davies, Uni. City	Dual
11.27	Anthony Lewis, Uni. City	CIF Prelims
11.30	David Hinchak, Mt. Carmel	Palomar Pre

200

21.17	**Deun White, Rancho Bernardo	CIF Finals
21.42	**Reggie Bush, Helix	CIF Finals
21.70	*Chauncey Smith, Uni. City	CIF Finals
21.74	*Brady Douglas, Mt. Miguel	CIF Finals
21.77	Richard DelRincon, Monte Vista	CIF Finals
21.82	*Shaun Harper, Mission Bay	CIF Finals
21.88	*D.J. Contreras, Valley Center	CIF Prelims
21.94	*Cory Jones, Lincoln	Harbor Finals
21.98	Michael Johnson, Serra	CIF Finals
22.11	**Baumar Brumfield, Uni. City	CIF Prelims
22.17	Galen O'Neal, Granite Hill;s	CIF Finals
22.20	Nigel Martin, Vista	CIF Finals
22.21	Eddie Thomas, Monte Vista	CIF Prelims
22.27	*Bernard Lam, Bishop's	Coastal Finals
22.38	Clarence Cunningham, Scripps Ranch	CIF Finals
22.53	Eder Mendoza, Mission Bay	CIF Finals
22.58	*Pat Mahoney, Mt. Carmel	Dual
22.72	Curtis Flowers, San Pasqual	CIF Prelims

Hand

21.9	**Michael Matison, Mt. Carmel	Dual
21.9	**David Evans, Granite Hills	Gross. Prelims

400

47.36	**Deun White, Rancho Bernardo	CIF Finals
47.79	*Brady Douglas, Mt. Miguel	CIF Prelims
48.17	*D.J. Contreras, Valley Canter	CIF Finals
48.72	Eddie Thomas, Monte Vista	CIF Prelims
49.05	*Bernard Lam, Bishop's	CIF Prelims
49.20	Eder Mendoza, Mission Bay	CIF Prelims
49.28	*Ferris Galyon, RBV	Palomar Finals
49.3	Jeff Hunter, Granite Hills	Dual
49.66	William Buchanon, Oceanside	Valley Finals
49.8	Nico Cueva, Escondido	Dual
49.90	**David Evans, Granite Hills	CIF Prelims
49.93	*Pat Mahoney, Mt. Carmel	Palomar Finals
50.06	*Hunter Reddick, Morse	Bronco
50.07	*Steven Maldonado, Vista	Palomar Finals
50.20	Todd Watkins, Helix	Bronco
50.58	*Fiat Johnson, Serra	Bronco
50.61	*Jeff McNeal, Montgomery	CIF Prelims
50.8	Ben Aragon, West Hills	Dual
50.8	**Lester Cole, Lincoln	Frosh-soph
50.9	Herman Nuckles, San Marcos	Avocado prelims
50.89	*Paul Rosales, Poway	Dual
51.00	Matt Andre, San Pasqual	Dual
51.00	***DeMarco Sampson, Castle Park	Metro Finals
51.05	Walter Scott, Santana	CIF Prelims
51.05	Robert Keetch, Henry	CIF Prelims

800

1:52.7	Jimmy Ungricht, Fallbrook	Avocado finals
1:53.32	Aaron Powell, Poway	State finals
1:53.45	Ben Aragon, West Hills	Mt. SAC
1:54.26	Nico Cueva, Escondido	CIF Prelims
1:55.41	*Cooper Bachman, Valley Center	CIF Finals
1:56.94	*Chris Ferrier, La Jolla	Western Finals
1:56.99	Matt Johnson, San Pasqual	Orange Glen
1:57.58	*Mario Fierro, USDHS	CIF Finals
1:57.81	*Artemio Mateo, RBV	Palomar Final
1:58.0	*Abadir Barre, Mt. Carmel	Dual
1:58.48	*Steven Service, Escondido	Orange Glen
1:58.5	David Santos, Valhalla	Dual
1:58.70	**Jimmy Porter, La Costa Canyon	CIF Finals
1:58.71	Mark Baddas, Vista	Palomar Finals
1:58.9	Barrett Larson, La Costa Canyon	Avocado Prelims
1:59.23	*Wai John Wai, Christian	CIF Finals
1:59.5	*Alan Aradanas, Mt. Carmel	Dual
1:59.64	Devin Lyons-Quirk, Poway	Dual
1:59.6	Chris Gausepohl, Fallbrook	Avocado prelims
1:59.70	*Chris Tanks, Rancho Bernardo	Palomar Final
1:59.84	Sal Bono, Granite Hills	CIF Pelims

2:00.00	*Eric Dunn, Pt. Loma	Dual
2:00.0	**Anthony Fogelstrom, Carlsbad	Valley Final
2:00.19	**Zach Gribben, El Cajon valley	CIF Finals
2:00.22	Sean Savage, West Hills	Grossmont Final
2:00.24	*Kevin Schiebe, West Hills	Grossmont Final
2:00.3	Ricky Roane, Ramona	Dual
2:00.5	Ryan Montez, Vista	Dual
2:00.6	Leigh Carter, Helix	Dual
2:00.8	*Will Kraemer, Army-Navy	Sundevil
2:00.85	**Jason McMurray, Uni. City	CIF Finals
2:00.87	Raul Cobian, Brawley	CIF Finals

1,600

4:13.22	Ben Aragon, West Hills	State Prelims
4:16.69	*Abadir Barre, Mt. Carmel	Palomar Finals
4:20.05	Devin Lyons-Quirk, Poway	CIF Finals
4:20.84	•Chris Ferrier, La Jolla	CIF Finals
4:20.95	*Will Kraemer, Army-Navy	Arcadia
4:22.44	David Santos, Valhalla	CIF Finals
4:23.51	Ryan Montez, Vista	Palomar Finals
4:25.50	*Alan Aradanas, Mt. Carmel	CIF Prelims
4:25.73	***Troy Swier, Mar Vista	CIF Finals
4:25.7	Jimmy Ungricht, Fallbrook	Sundevil
4:27.21	**Gus Polito, Valley Center	Orange Glen
4:27.4	*Cooper Bachman, Valley Center	Sundevil
4:27.83	Chris Gausepohl, Fallbrook	CIF Prelims
4:27.99	***Tyler Middleton, LJCD	CIF Finals
4:29.02	Sean Bartonicek, Granite Hills	CIF Finals
4:29.39	Eric Hernandez, Vista	Palomar Prelims
4:29.41	**Brad Liber, Uni. City	CIF Prelims
4:30.1	*Eric Dunn, Point Loma	Bronco
4:30.20	**Sean Barrett, St. Augustine	CIF Prelims
4:30.27	**Daniel Driscoll, Monte Vista	CIF Finals
4:31.17	**Adam Goldberg, Mt. Carmel	Palomar Prelims
4:31.55	*Jimmy Rutherford, San Marcos	CIF Prelims
4:31.67	*Kevin Brock, Mission Bay	CIF Finals
4:31.80	Andrew Garrett, Uni. City	Valley Center
4:31.98	*Soloman Kumbi, Hoover	CIF Finals

3200

9:13.88	Ben Aragon, West Hills	Orange Glen
9:14.51	*Abadir Barre, Mt. Carmel	State Finals
9:25.41	**Benny Gandolfo, El Capitan	State Finals
9:38.43	***Babey Wagnew, Helix	CIF Prelims
9:29.11	*Brandon Zelones, Mira Mesa	CIF Finals
9:29.9	*Taylor Williams, Helix	Bronco
9:30.90	*Alan Aradanas, Mt. Carmel	CIF Finals
9:32.84	Luke Haywas, El Camino	CIF Finals
9:33.57	Ryan Montez, Vista	CIF Prelims

9:33.7	*Will Kraemer, Army-Navy	Sundevil
9:34.95	***Troy Swier, Mar Vista	CIF Finals
9:35.36	**Gus Polito, Valley Center	Valley Finals
9:35.76	Drew Bouchard, St. Augustine	CIF Finals
9:38.5	Eric Hernandez, Vista	Sundevil
9:39.2	Devin Lyons-Quirk, Poway	Titan
9:39.35	Andrew Garratt, Uni. City	CIF Prelims
9:39.77	David Santos, Valhalla	CIF Prelims
9:40.42	*Ryan Skerl, Valley Center	CIF Prelims
9:45.42	*Luke McGinnis, Poway	Dual
9:48.0	**Brad Liber, Uni. City	Titan
9:47.37	**Adam Goldberg, Mt. Carmel	Palomar Final
9:47.80	**Kip Madden, Valhalla	CIF Prelims
9:50.1	David Ignacio, San Marcos	Avocado Finals
9:50.21	*Carlos Sanchez, Ramona	CIF Finals
9:50.31	*Soloman Kumbi, Hoover	CIF Finals
9:50.5	**Ross Halleland, West Hills	Titan
9:50.89	*Eric Dunn, Pt. Loma	CIF Prelims
9:51.2	**Alex Casarez, Fallbrook	Avocado Final
9:51.28	**Kip Madden, Valhalla	Grossmont Final

110HH

13.98	Jeff Hunter, Granite Hills	State Finals
14.38	DarNell Talbert, Mt. Carmel	CIF Finals
14.80	**Nick Lewis, Monte Vista	CIF Finals
14.84	John Feehan, Escondido	CIF Finals
14.90	**Jake Symons, Clairemont	CIF Finals
14.93	Jon Everette, San Pasqual	Orange Glen
15.03	*Blake Frazier, Uni. City	Arcadia
15.04	*Nathan Enriquez, St. Augustine	CIF Finals
15.06	*Mike Cunningham, West Hills	CIF Finals
15.07	John Dudek, Torrey Pines	Palomar Finals
15.09	***Bryan Barmer, Helix	CIF Finals
15.22	*Trent Stroh, Valley Center	CIF Finals
15.36	*Tim Bailey, Uni. City	CIF Finals
15.37	Gabe Ibarra, Imperial	CIF Finals
15.37	Troy Muehlbach, Torrey Pines	Palomar Final
15.40	**Brandon Bornes, RBV	Dual
15.48	Pat Lockwood, Poway	Palomar Finals
15.53	Wade Curry, Eastlake	CIF Finals
15.54	**Chris Reina, Orange Glen	CIF Finals

Hand times

14.6	Trandon Harvey, Sweetwater	Metro Finals
14.9	*Ryan Bartsch, Eastlake	Dual
14.9	Richard Encinas, Brawley	IVL Finals
14.9	Oleg Kharatanov, La Jolla	Western Prelims
14.9	*Reggie Grigsby, El Camino	Avocado Prelims
15.1	*Tim Frinell, Fallbrook	Sundevil

300IH

36.25	Jeff Hunter, Granite Hills	State Finals
38.39	DarNell Talbert, Mt. Carmel	CIF Finals
39.0	Aaron Barnhill, San Marcos	Avocado Finals
39.23	*Mike Cunningham, West Hills	CIF Finals
39.26	*A.J. Hunt, Vista	Palomar Finals
39.31	Angelo Vargas, Bonita Vista	CIF Finals
39.65	*Nate Enriquez, St. Augustine	Western Finals
39.68	Shannon Nowden, Mission Bay	CIF Prelims
39.78	Pat Lockwood, Poway	Palomar Prelims
39.79	**Brandon Bornes, RBV	Dual
40.13	Darren Young, Valhalla	CIF Finals
40.1	*Trent Stroh, Valley Center	Sundevil
40.35	*Richard Encinas, Brawley	CIF Prelims
40.45	Scott LaCaze, Torrey Pines	Palomar Finals
40.52	Eddie Thomas, Monte Vista	Arcadia
40.5	**Nick Lewis, Monte Vista	Dual
40.6	Paul Oden, Chula Vista	Metro Finals
40.79	**Sal Herrera, Escondido	Valley Prelims
40.7	*Ryan Bartsch, Eastlake	Dual
40.7	**Ryan Welter, Granite Hills	Grossmont Pre.
40.82	Jeff Gadson, Serra	CIF Prelims
40.86	**Chris Reina, Orange Glen	CIF Finals
40.8	*Said Nelson, Rancho Bernardo	Dual
40.8	*Tim Frinell, Fallbrook	Sundevil
40.8	Jimmy Ungricht, Fallbrook	Dual
40.90	Alton Gilbert, Lincoln	CIF Finals
40.92	**Jake Symons, Clairemont	Harbor Finals

4x100 Relay

41.16	Granite Hills	State Prelims
41.17	Helix	State Finals
41.23	University City	State Finals
41.86	Serra	State Prelims
42.20	Monte Vista	CIF Finals
42.44	Mt. Carmel	CIF Finals
42.42	Lincoln	CIF Finals
42.57	Morse	CIF Prelims
42.63	Sweetwater	CIF Prelims
42.68	Vista	CIF Finals
42.72	Mission Bay	CIF Finals
42.72	Rancho Bernardo	CIF Finals
43.05	Ramona	CIF Prelims
43.06	Mt. Miguel	CIF Prelims
43.22	El Camino	CIF Prelims
43.26	Valley Center	Valley Finals
43.4	La Costa Canyon	Dual
43.56	San Pasqual	CIF Prelims

43.58	La Jolla	CIF Finals
43.6	San Marcos	Avocado Finals
43.8	Montgomery	Dual
43.85	Escondido	Orange Glen
43.97	RBV	Palomar Finals
43.97	Central	IVL Finals
44.00	Chula Vista	CIF Prelims

4x400 Relay

3:16.56	Granite Hills	CIF Prelims
3:17.96	Helix	CIF Prelims
3:19.52	Vista	CIF Prelims
3:20.06	Lincoln	Arcadia
3:20.20	Mt. Carmel	CIF Finals
3:22.05	San Pasqual	CIF Prelims
3:22.64	Escondido	CIF Prelims
3:23.62	RBV	CIF Prelims
3:23.94	West Hills	CIF Prelims
3:24.27	Serra	CIF Prelims
3:24.34	University City	CIF Finals
3:24.65	Monte Vista	CIF Prelims
3:25.29	La Costa Canyon	CIF Prelims
3:25.38	Poway	CIF Prelims
3:25.39	La Jolla	CIF Finals
3:25.65	USDHS	CIF Prelims
3:26.94	Valley Center	CIF Finals
3:27.20	Fallbrook	CIF Prelims
3:28.57	St. Augustine	CIF Finals
3:28.74	Horizon	CIF Prelims
3:29.20	Eastlake	CIF Prelims
3:29.43	Chula Vista	CIF Prelims
3:29.84	Torrey Pines	CIF Prelims
3:29.89	Rancho Bernardo	Palomar Finals
3:30.64	Morse	Bronco
3:30.7	Brawley	IVL Finals

High Jump

6-9	*Keno White, Rancho Bernardo	CIF Prelims
6-7	*Pat McDonough, La Costa Canyon	LCC Relays
6-7	Isaac Sims, Uni. City	Dual
6-6	Wade Curry, Eastlake	State Prelims
6-6	Bob Okenwa, Morse	Bronco
6-6	Austin Neudecker, Bonita Vista	Eastlake Inv.
6-3	Trandon Harvey, Sweetwater	Dual
6-2	**Cole Martin, Carlsbad	CIF Prelims
6-2	*Blake Frazier, Uni. City	Dual
6-2	**Jeremy Cross, RBV	Dual
6-2	Tony Pykles, Helix	Titan
6-2	**Zack Miller, Rancho Bernardo	Dual

6-2	*Jerrel Henderson, Central	IVL Finals
6-2	**Daniel Thedell, Valhalla	Grossmont Final
6-1	***Michael Menke, Vista	Dual
6-1	Nathan Armstrong, Calexico	CIF Finals

Pole Vault

15-0	Mike Hill, Rancho Bernardo	State Prelims
14-9	*Adrian Ruark, Pt. Loma	Dual
14-9	Greg Leavitt, Helix	Dual
14-7	**Zach Miller, Rancho Bernardo	Dual
14-6	*Ryan Spitz, Rancho Bernardo	Palomar Prelims
14-4	*Clayton Marshall, West Hills	CIF Finals
14-1	*Tim Warner, Carlsbad	Dual
14-1	Chris Dorminy, Rancho Bernardo	Dual
14-0	*Cameron Figueroa, Granite Hills	Valley Center
14-0	Tony Garcia, West Hills	Dual
14-0	Ryan Daley, Vista	Palomar Prelims
14-0	Bart Valle, Uni. City	Dual
13-9	*Zach Salazar, Poway	Dual
13-7	Chris Spehar, Rancho Bernardo	Dual
13-7	Casey Kaesar, Fallbrook	Dual
13-7	**Billy Matthies, Rancho Bernardo	Dual
13-6	**Eric Nyberg, Uni. City	Eastern Finals
13-6	Scott Sabin, San Pasqual	Dual
13-6	*Josh Malmuth, Torrey Pines	Dual
13-6	Josh Earhart, Mra Mesa	Dual
13-6	*Devon Aleman, Eastlake	Eastlake Inv.
13-6	*Frank Vasquez, Eastlake	Eastlake Inv.
13-1	*Joe Harlin, Fallbrook	Dual
13-0	Brian Hiemberg, Poway	Dual
13-0	**Fernando Romero, Sweetwater	Dual
13-0	Chris Schott, El Capitan	Sundevil
13-0	Jason Reeder, West Hills	Dual
13-0	*Mike Cunningham, West Hills	Sundevil
13-0	*Terrel Beanum, Valley Center	Dual
13-0	***Jonathon Hori, Orange Glen	Dual
13-0	*Brandon Hawkins, San Pasqual	Dual
13-0	*Daniel Poyner, Serra	CIF Prelims

Long Jump

23-7 1/4	Shannon Nowden, Mission Bay	CIF Prelims
22-11	Thomas Mootry, Morse	Bronco
22-10 1/4	Alton Gilbert, Lincoln	Harbor Finals
22-10	Trandon Harvey, Sweetwater	Dual
22-9	Nate Skrzyczak, Valley Center	Valley Finals
22-7	**Demetrius Westbrook, Morse	Dual
22-6 1/4	William Buchanan, Oceanside	Valley Center
22-5	*Keno White, Rancho Bernardo	CIF Prelims
22-4	Clarence Cunningham, Scripps Ranch	Dual

22-4	**Travis Picou, Mt. Miguel	Dual
22-4	*Dean Wu, Uni. City	Valley Center
22-3	Eric Rogers, Morse	Dual
22-3	Herman Nuckles, San Marcos	Dual
22-2	*Avante Agours, Grossmont	Dual
22-0 3/4	*Chris Greene, Ramona	Valley Prelims
21-11 3/4	**Derrel Hutsana, Helix	Sundevil
21-11 3/4	Anthony Sabal, Central	CIF Prelims
21-10	*Marcus Barard, Vista	Dual
21-9	*Tim Bailey, Uni. City	Dual
21-8	John Long, Uni. City	Eastern Prelims
21-8	Jerel Woods, Lincoln	Dual
21-7 1/4	Alex Fromer, Mt. Carmel	CIF Prelims
21-7	John Feehan, Escondido	Valley Center
21-7	**Marcus Smith, Morse	Eastern Prelims
21-6 3/4	**Marcus Carroll, Helix	CIF Prelims
21-6 1/2	Austin Neudecker, Bonita Vista	Valley Center
21-6 1/2	*Arquis Lawson, Lincoln	Dual
21-5 3/4	***Vinnie Weathers, Serra	CIF Prelims

Triple Jump

49-5 1/2	*Keno White, Rancho Bernardo	State Prelims
48-3	Trandon Harvey, Sweetwater	Dual
46-8	William Buchanon, Oceanside	Valley Prelims
46-3 1/2	Nate Skrypczak, Valley Center	Valley Finals
45-10	**Marcus Carroll, Helix	Grossmont Final
45-9	Austin Neudecker, Bonita Vista	Valley Center
45-8	Ralph Haynes, Rancho Bernardo	CIF Prelims
45-2	Isaac Sims, Uni. City	Dual
45-0	*Avante Agurs, Grossmont	Grossmont Final
44-11 3/4	**Brandon Bornes, RBV	CIF Prelims
44-6	*Tim Bailey, Uni. City	Dual
44-5	Eric Rogers, Morse	Dual
44-4	Brandon Roberson, Morse	Dual
44-4	**Jamar Williams, Sweetwater	Frosh-Soph
44-1	Lue Torres, Mt. Carmel	Dual
43-11 3/4	Shannon Nowden, Mission Bay	CIF Finals
43-9 1/2	*Chris Greene, Ramona	CIF Prelims
43-9 1/4	Matt Lesenyie, Rancho Bernardo	CIF Prelims
43-8	*Ishjwan Sanders, Castle Park	Dual
43-6	*Chris Poche, San Pasqual	Dual
43-6	*Mike Iafe, St. Augustine	CIF Prelims
43-2 3/4	Thomas Mootry, Morse	Bronco
43-1	Rashard Holmes, Rancho Bernardo	Dual
42-11	*Marcus Barard, Vista	Dual
42-10	Nate Gillespie, El Cajon Valley	Grossmont Final
42-10	Rony Jean-Giles, Kearny	Dual

Shot Put

59-11	Vince Clark, Granite Hills	State Prelims
58-11	Eric Holzhauer, RBV	Dual
55-7 1/2	*Eder Arosemena, Vista	CIF Finals
54-6	Marco Gonzalez, Valley Center	CIF Finals
53-10	Anthony DeBoer, RBV	Dual
52-1	**Russell Foster, Bonita Vista	Valley Center
52-1	Jeremy Driggs, Sweetwater	Dual
51-7 1/2	Moses Rangel, Eastlake	Eastlake Inv:
51-2 1/4	Wesley Charles, Sweetwater	Orange Glen
50-11	Reynaldo Stephens, Castle Park	Dual
50-10 1/4	*Mike Moran, Fallbrook	CIF Finals
50-9 1/2	**Nick Allota, Rancho Bernardo	Dual
50-7 1/2	**Jared Bray, Mission Bay	Orange Glen
50-2 1/2	Sam Mendoza, Helix	Bronco
50-0	Jensen Cayas, Bonita Vista	CIF Prelims
49-10	Eric Hansen, Hilltop	CIF Finals
49-5	Richie Smith, Granite Hills	Dual
49-1 1/4	*Pat Fejaran, Sweetwater	Orange Glen
49-0 1/2	Mark Lozano, El Capitan	Grossmont Pre
48-9	**Tyler Ellis, Rancho Bernardo	Dual
48-8	David Abbott, Mission Bay	Dual
48-0 1/2	*Ryan Pulaski, Torrey Pines	Palomar Prelims

Discus

174-4	Anthony DeBoer, RBV	CIF Prelims
173-8	Vince Clarke, Granite Hills	CIF Finals
171-10	Richie Smith, Granite Hills	Orange Glen
167-6	Moses Rangel, Eastlake	Metro Finals
165-0	*Jarel Watson, El Camino	CIF Finals
164-10	Alex Thompson, San Marcos	Avocado Finals
164-4	Daniel Thompson, Fallbrook	Dual
161-10	*Eder Arosemena, Vista	Dual
160-5	Tagiaia Savaiinea, Eastlake	Dual
159-6	David Abbott, Mission Bay	Orange Glen
157-3	Jeremy Driggs, Sweetwater	Metro Finals
155-10	Jensen Cayas, Bonita Vista	Metro Finals
155-0	**Jared Bray, Mission Bay	CIF Prelims
153-3	Mark Lozano, El Capitan	Sundevil
152-9	Erik Holzhauer, RBV	CIF Prelims
151-2	Robert Ruzich, San Pasqual	Valley Final
150-10	Kevin Wilson, Santana	CIF Prelims
149-7	Adam Payne, Santana	Grossmont Pre.
149-3	*Clint Learn, La Jolla	Dual
149-0	Larry Alexander, Chula Vista	CIF Prelims
148-5	Jon Crite, Oceanside	Valley Center

2001 Girls Leaders

100

11.68	Monique Henderson, Morse	Mt. SAC
11.99	Zakirah Beverly, USDHS	CIF Finals
12.03	***Jolanda Diego, El Camino	State Prelims
12.23	Shannon Hawes, Helix	CIF Prelims
12.34	***Kristan Matison, Mt. Carmel	CIF Finals
12.34	*Nastassja Hall, RBV	Bronco
12.39	**Shauna Hackett, Morse	CIF Finals
12.41	Latoya Summerville, Scripps Ranch	CIF Finals
12.48	**Marla Mason, Chula Vista	CIF Finals
12.49	**Caitlyn Doe, Torrey Pines	CIF Finals
12.59	Stephanie Blake, Parker	Valley Center
12.60	***Jonelle Smiley, Serra	CIF Finals
12.61	***Taryn Jones, Hoover	Harbor Finals
12.69	***LaQuisha Rodgers, Castle Park	CIF Prelims
12.70	**Elise Holiday, Horizon	Coastal Finals
12.71	**Alicia Lowery, Morse	CIF Prelims
12.73	*Crystal Hinton, Lincoln	CIF Finals
12.73	Faith Lin, La Jolla	CIF Finals
12.74	**Sparkle Anderson, Serra	CIF Finals
12.78	*Deitra Manley, Lincoln	CIF Prelims
12.78	Anne James, Rancho Bernardo	Palomar Finals
12.81	***Tinisha Jackson, Kearny	CIF Prelims
12.86	***Bridget Fox, Grossmont	CIF Prelims
12.87	Lakendra McKenzie, Helix	CIF Prelims
12.90	***Jessica Gibbs, El Camino	CIF Prelims
12.94	Kristen Carlson, SF Christian	CIF Prelims
12.95	***Tamara Neal, Pt. Loma	Dual
12.98	Cassandra Patterson, Castle Park	CIF Prelims

200

23.16	Monique Henderson, Morse	Mt. SAC
24.64	Zakirrah Beverly, USDHS	CIF Finals
24.69	***Jonette Smiley, Serra	Eastern Prelims
24.86	*Nastassja Hall, RBV	CIF Finals
25.20	Stephanie Blake, Parker	CIF Finals
25.41	***Jolanda Diego, El Camino	CIF Prelims
25.47	***Kristan Matison, Mt. Carmel	Dual
25.65	*Laura Landry, Rancho Bernardo	Palomar Prelims
25.65	**Caitlyn Doe, Torrey Pines	CIF Finals
25.71	**Denisha Bryant, Mt. Miguel	CIF Prelims
25.82	**Shauna Hackett, Morse	CIF Finals
25.84	**Elisha Holiday, Horizon	CIF Prelims
26.05	**Marla Mason, Chula Vista	CIF Finals
26.19	*Dietra Manley, Lincoln	CIF Prelims

26.22	*Cassandra Patterson, Castle Park	CIF Prelims
26.22	**Nikki Hall, Serra	CIF Prelims
26.26	***Bridget Fox, Grossmont	CIF Prelims
26.30	*Crystal Hinton, Lincoln	CIF Prelims
26.30	Anne James, Rancho Bernardo	Palomar Finals
26.43	Tiffany Lowery, San Pasqual	Valley Prelims
26.43	*Valerie Evans, San Pasqual	CIF Prelims
26.45	**Jackie Mandy, Chula Vista	CIF Prelims
26.47	Latoya Summerville, Scripps Ranch	CIF Prelims
26.50	**Dominique Hankins, Mt. Miguel	CIF Prelims
26.51	***Laquisha Rogers, Castle Park	CIF Prelims
26.55	***Tinisha Jackson, Kearny	CIF Finals

400

51.34	Monique Henderson, Morse	State Finals
55.75	*Whitney Schumucker, La Jolla	CIF Finals
56.74	*Nastassja Hall, RBV	CIF Prelims
56.99	Naomi Mattos, Fallbrook	CIF Prelims
57.26	Stephanie Blake, Parker	Coastal Finals
57.53	**Nicole Rothert, Fallbrook	CIF Prelims
57.97	*Laura Landry, Rancho Bernardo	CIF Prelims
58.36	**Dominique Hankins, Mt. Miguel	CIF Prelims
58.41	Kristine Schroeder, Rancho Bernardo	Palomar Finals
58.63	***Holli Mayer, Monte Vista	CIF Finals
58.83	***Cassie McLean, Vista	CIF Finals
58.94	*Jenna Timinsky, San Dieguito	Coastal Finals
58.9	Shannon Hawes, Helix	Dual
59.12	Nadia Sanders, Hilltop	CIF Prelims
59.23	***Evon Willingham, Helix	CIF Prelims
59.3	**Danisha Bryant, Mt. Miguel	Dual
59.4	**Elisa Holiday, Horizon	Dual
59.68	***Courtney Easterling, Serra	Eastern Finals
59.6	Phoebe Perkins, Monte Vista	Dual
59.9	***Kristine Matison, Mt. Carmel	Dual
1:00.0	***Molly Gabriel, Uni. City	Dual
1:00.12	**Aubree Duff, Valley Center	Valley Finals
1:00.17	***Ocean Christian, Morse	CIF Prelims
1:00.19	**Jasmine Winfield, Oceanside	Valley Finals
1:00.19	**Jackie Mandy, Chula Vista	CIF Prelims

800

2:09.12	*Jenna Timinsky, San Dieguito	CIF Finals
2:12.48	Amonica Phipps, Morse	CIF Finals
2:14.3	Desiree Davila, Hilltop	Metro Finals
2:16.04	*Allison Hall, RB	State Prelims
2:17.79	***Marie Raffray, San Dieguito	CIF Finals
2:18.40	*Nicole Mier, San Marcos	CIF Finals
2:19.24	*Courtney Allen, RBV	Palomar Finals
2:20.0	***Mollie Gabriel, Uni. City	Sundevil

2:20.0	Julie Komosinski, Torrey Pines	Dual
2:20.52	**Emily Melendrez, Poway	Palomar Finals
2:20.52	Shawna Winfrey, West Hills	CIF Prelims
2:20.63	Desiree Leek, La Jolla	Western Finals
2:20.63	***Danielle Schuster, Torrey Pines	Palomar Finals
2:20.84	Camille Robinson, Chula Vista	CIF Prelims
2:20.96	***Jackie Paras, Eastlake	CIF Finals
2:21.23	*Kerry Kelly-Cochrane, USDHS	CIF Prelims
2:21.41	***Katherine Wingert, Coronado	CIF Finals
2:22.28	***Carley Mecklenberg, Torrey Pines	CIF Finals
2:22.45	**Lydia DeCarvalho, Uni. City	CIF Prelims
2:22.8	Deanna Lynn, Carlsbad	Avocado Finals
2:22.9	*Deanna Sick, Mt. Carmel	Dual
2:23.33	**Christina Velasco, San Pasqual	CIF Prelims
2:23.5	***Sariah St. Laurent, El Camino	Avocado Finals
2:23.97	Elizabeth Harns, Helix	CIF Prelims
2:24.10	Ashley Dere, Mt. Carmel	Dual
2:24.0	*Whitney Schumucker, La Jolla	Dual
2:24.46	**Jessie Ooms, Uni. City	Eastern Finals
2:24.52	*Anna Hough, Valley Center	CIF Finals
2:24.71	***Rebecca Bostwick, Uni. City	Valley Center
2:24.85	Christina Toland, Escondido	Valley Finals
2:24.8	***Jessica White, La Costa Canyon	Avocado Finals

1,600

4:54.93	Desiree Davila, Hilltop	Golden West
4:59.35	*Jenna Timinsky, San Dieguito	CIF Prelims
4:59.95	***Danielle Schuster, Torrey Pines	CIF Finals
5:03.37	*Allison Hall, Rancho Bernardo	CIF Finals
5:06.16	*Deanna Sick, Mt. Carmel	CIF Finals
5:07.47	*Katie Matlack, Fallbrook	CIF Finals
5:08.94	Jasmine Marquez, El Capitan	Arcadia
5:09.18	Loretta Kilmer, Ramona	CIF Prelims
5:11.92	Desiree Leek, La Jolla	CIF Prelims
5:12.04	*Stephanie Baird, Helix	Grossmont Final
5:12.68	*Courtney Allen, RBV	Palomar Finals
5:13.9	*Nicole Mier, San Marcos	Avocado Finals
5:14.3	**Rachel Farrior, Helix	Sundevil
5:15.3	Sabrina St. Laurent, El Camino	Avocado Finals
5:15.8	Kaleena Yee, Rancho Bernardo	Dual
5:16.15	***Lorin Scott, San Pasqual	CIF Prelims
5:16.15	Angela Petersen, Parker	CIF Finals
5:18.1	***Sariah St. Laurent, El Camino	Avocado Finals
5:18.81	***Mishon Stalnaker, Ramona	Valley Finals
5:19.08	*Rose Serna, Mission bay	Western Finals
5:19.17	***Brittany Bledsoe, Mt. Carmel	CIF Prelims
5:19.86	Amonica Phipps, Morse	Eastern Finals
5:20.28	**Jessie Ooms, Uni. City	CIF Finals
5:20.53	Kristina Maletz, Poway	CIF Prelims

5:21.00	*Kristina Nugent, West Hills	CIF Prelims
5:21.2	*Anna Hough, Valley Center	Sundevil
5:21.39	Ashley Dere, Mt. Carmel	Palomar Pre
5:21.85	***Elaine Gillespie, West Hills	CIF Prelims
5:21.4	Morgan Soule, La Costa Canyon	Avocado Finals

3,200

10:40.2	Desiree Davila, Hilltop	Sundevil
10:52.16	Loretta Kilmer, Ramona	CIF Finals
11:09.26	*Stephanie Baird, Helix	CIF Finals
11:14.61	***Mishon Stalnaker, Ramona	CIF Finals
11:15.36	***Halal Barre, Mt. Carmel	CIF Finals
11:17.2	*Jenna Timinsky, San Dieguito	Dual
11:17.2	Jasmine Marquez, El Capitan	Sundevil
11:17.46	Ashley Dere, Mt. Carmel	Arcadia
11:17.5	Kaleena Yee, Rancho Bernardo	Dual
11:19.46	***Claire Rethmeier, Ramona	CIF Finals
11:20.9	*Katie Matlack, Fallbrook	Sundevil
11:23.6	Chessa Adsit-Morris, Uni. City	Sundevil
11:25.99	Manal Yamout, Mt. Carmel	CIF Finals
11:27.6	*Allison Hall, Rancho Bernardo	Dual
11:28.7	*Rose Serna, Mission Bay	Sundevil
11:29.40	Desiree Leek, La Jolla	CIF Prelims
11:33.1	**Rachel Farrior, Helix	CIF Finals
11:34.8	*Deanna Sick, Mt. Carmel	Titan
11:35.9	Julie Komosinski, Torrey Pines	Bronco
11:37.6	***Rebecca Bostwick, Uni. City	Titan
11:39.37	***Danae Hough, Valley Center	CIF Finals
11:45.88	Silvia Mendez, Brawley	CIF Prelims
11:46.2	***Rachel Good, Poway	Titan
11:46.2	Kristina Maletz, Poway	Sundevil
11:48.6	Sabrina St. Laurent, El Camino	Titan
11:50.0	*Claudia Farnam, West Hills	Grossmont Final
11:50.43	**Melissa Moore, RBV	Dual

100H

15.25	Audrey Pound, Poway	CIF Prelims
15.25	**Jessica Eggleston, El Camino	State Prelims
15.30	*Bryeanna Barmer, Helix	Arcadia
15.31	**Meggie Afenir, Escondido	CIF Finals
15.33	**Ashleigh Davis, El Camino	CIF Prelims
15.53	***Breanna White, Rancho Bernardo	CIF Finals
15.61	Unika Smith, Lincoln	CIF Prelims
15.72	**Cheryl Hawkins, Morse	CIF Finals
15.80	*Keiana Shannon, Hoover	CIF Finals
15.82	Marquita Travis, Brawley	CIF Prelims
15.8	**Lyric Teigen, El Capitan	Grossmont Pre.
15.8	*Morgan Albin, San Pasqual	Sundevil
15.92	**Eva Tanner, Grossmont	CIF Finals

16.09	*Alex Sims, Chula Vista	CIF Prelims
16.23	*Tanera Jones, Mt. Carmel	CIF Prelims
16.2	Erin Asay, Sweetwater	Sundevil
16.36	Darcy Fox, West Hills	Grossmont Final
16.41	Katherine Dostal, West Hills	CIF Prelims
16.4	***Lisa Malchow, Eastlake	Metro Finals
16.50	**Christina Andrews, Poway	Palomar Finals
16.5	***Latasha Burton, Morse	Dual
16.5	Alie Ribner, Torrey Pines	Sundevil
16.62	B.J. Hayes, Eastlake	CIF Prelims
16.64	Lani Kuhlrow, Coronado	CIF Prelims
16.6	Creslyn Harnish, OLP	Dual
16.76	Aimee Rolls, Orange Glen	CIF Finals
16.78	**Malia McClurg, Granite Hills	CIF Prelims
16.8	**Brooke Alvord, Valley Center	Dual
16.8	**Beatrice Taunauu, Sweetwater	Metro Prelims
16.8	***Ashley Shriver, Monte Vista	Dual

300LH

43.86	Audrey Pound, Poway	Palomar Finals
45.15	*Bryeanna Barmer, Helix	CIF Finals
45.55	Unika Smith, Lincoln	Arcadia
45.65	Kristine Schroeder, Rancho Bernardo	CIF Finals
45.80	*Tanera Jones, Mt. Carmel	CIF Finals
46.20	**Meggie Afenir, Escondido	Valley Finals
46.24	*Morgan Albini, San Pasqual	Valley Finals
46.4	**Ashleigh Davis, El Camino	Avocado Finals
46.5	*Erica Schimm, La Costa Canyon	Avocado Finals
46.9	**Kayleigh Knudson, Bonita Vista	Metro Finals
47.1	**Jessica Eggleston, El Camino	Dual
47.35	**Keiana Shannon, Hoover	CIF Prelims
47.55	***Brianna White, Rancho Bernardo	Palomar Prelims
47.71	**Nicole Woiofolk, Mission Bay	CIF Finals
47.76	**Trista Turner, RBV	Palomar Finals
47.95	Jackie Johnson, Mt. Carmel	Palomar Finals
48.0	*Laura Maurer, Fallbrook	Avocado Finals
48.1	**Brooke Alvord, Valley Center	Dual
48.23	Erika Bolden, Morse	Eastern Finals
48.39	***Latasha Burton, Morse	CIF Prelims
48.46	Qadriyyah Abdullah, Mt. Miguel	CIF Prelims
48.54	*Maryann Lugo, Mission Bay	CIF Finals
48.5	*Alex Sims, Chula Vista	Metro Finals
48.76	**Lyric Teigen, El Capitan	Dual
48.9	*Rayceleen Holmes, Bonita Vista	Metro Finals
49.14	***Jennifer Black, Southwest (EC)	CIF Finals
49.2	Aimee Rolls, Orange Glen	Dual
49.3	*Louisa Diaz, Fallbrook	Avocado Finals
49.3	**Precious Beauford, El Camino	Avocado Finals

4x100 Relay

46.35	Morse	State Prelims
47.91	El Camino	CIF Finals
48.63	Serra	CIF Finals
48.67	Lincoln	CIF Finals
48.69	Helix	CIF Prelims
48.84	Mt. Miguel	CIF Finals
48.97	Rancho Bernardo	CIF Finals
49.01	Chula Vista	CIF Finals
49.44	San Pasqual	CIF Finals
49.83	Mt. Carmel	CIF Prelims
49.8	Castle Park	Dual
49.92	USDHS	CIF Finals
50.19	Escondido	CIF Prelims
50.60	Kearny	CIF Prelims
50.62	Poway	Palomar Finals
50.86	Scripps Ranch	CIF Prelims
50.92	Coronado	CIF Prelims
50.9	Valhalla	Dual
51.05	Fallbrook	Bronco
51.07	La Jolla	CIF Prelims
51.15	Parker	CIF Prelims
51.22	Valley Center	CIF Prelims
51.2	Hoover	Dual

4x400 Relay

3:52.72	Morse	CIF Prelims
3:56.45	Rancho Bernardo	CIF Finals
4:00.81	Monte Vista	CIF Finals
4:01.13	Helix	CIF Prelims
4:01.54	La Costa Canyon	CIF Prelims
4:01.61	Fallbrook	CIF Prelims
4:03.94	San Pasqual	CIF Finals
4:04.66	Poway	CIF Prelims
4:04.97	Castle Park	CIF Prelims
4:05.58	Torrey Pines	CIF Finals
4:07.07	USDHS	CIF Finals
4:07.76	Lincoln	CIF Finals
4:08.31	RBV	Valley Center
4:09.9	Hilltop	Metro Finals
4:10.01	Mt. Carmel	Dual
4:10.29	Coronado	CIF Finals
4:12.0	La Jolla	Dual
4:13.01	Southwest (El Centro)	CIF Prelims
4:13.28	Escondido	CIF Prelims
4:13.4	Vista	Dual
4:14.1	Southwest	Metro Finals
4:14.6	Bonita Vista	Metro Finals
4:15.05	Serra	Eastern Finals

High Jump

5-6	Lauren Jones, Torrey Pines	Dual
5-5	*Misty Brewster, Granite Hills	CIF Finals
5-4	***Tanisha Jackson, Kearny	CIF Finals
5-4	Kristen Carlson, SFC	Valley Center
5-4	**Eva Tanner, Grossmont	Titan
5-4	**Alex Jackson, Carlsbad	Dual
5-4	Alexis Tate, Rancho Bernardo	Dual
5-2	*Sharlene Gutierrez, Rancho Bernardo	CIF Finals
5-2	**Jaime Ransom, Santana	CIF Finals
5-2	*Taylor Cassidy, Oceanside	CIF Prelims
5-2	Megan Bornes, RBV	Dual
5-2	*Katy Bartkiewicz, Chula Vista	Dual
5-1	Katie Brown, San Marcos	Dual
5-0	Teresa Mello, Mt. Carmel	CIF Prelims
5-0	**Chanel Jefferson, Valhalla	CIF Prelims
5-0	**Sade Campbell, Valhalla	Frosh-Soph
5-0	*Leah Cole, Valley Center	Dual
5-0	*Colleen Walker, Torrey Pines	Dual
5-0	Amonica Phipps, Morse	Dual
5-0	Sheena Buckner, Lincoln	Dual
5-0	***Ashley Shiver, Monte Vista	Dual
5-0	*Kiera Toussaint, San Pasqual	Dual
5-0	*Valerie Evans, San Pasqual	Dual
5-0	**Beth Tronerud, West Hills	Dual
5-0	**Shanika White, Hoover	Dual

Pole Vault

12-3	Molly Pascarella, Rancho Bernardo	Palomar Prelims
12-0	Erin Asay, Sweetwater	CIF Finals
11-6	*Janea Russ, Granite Hills	Grossmont Pre.
11-6	*Marissa Earle, Rancho Bernardo	CIF Finals
11-2	Betsy Halliburton, Torrey Pines	CIF Finals
10-6	Marie Nowinski, Mira Mesa	CIF Finals
10-6	**Liz Leyvas, Rancho Bernardo	CIF Finals
10-4	Elise Orlando, Mira Mesa	CIF Prelims
10-3	***Nichol Kim, Rancho Bernardo	Frosh-Soph
10-3	**Breanna Moyer, Carlsbad	Dual
10-0	Beth Vieira, Pt. Loma	Dual
10-0	**Ama Navidi, Rancho Bernardo	Valley Center
10-0	**Megan Wilkinson, Eastlake	CIF Prelims
10-0	**Becky Gausepohl, Fallbrook	Avocado Finals
9-8	Megan Sage, Mt. Carmel	Dual
9-6	Suzanna Hodgers, Chula Vista	CIF Prelims
9-6	**Ann Walkush, Scripps Ranch	Frosh-Soph
9-6	**Christina Sloyer, La Jolla	Sweetwater
9-6	Jillian Debarros, Mt. Carmel	CIF Prelims

9-6	*Terri Lopez, West Hills	CIF Prelims
9-6	**Tabitha Pierce, Chula Vista	Dual
9-6	*Anastasia Fiehler, Valley Center	Dual
9-3	***Lindsey Scarborough, RVC	Dual
9-3	*Laura Betts, RBV	Dual

Long Jump

18-6 1/4	Usha Kuzhippallil, La Costa Canyon	CIF Finals
18-6 1/4	Naomi Mattos, Fallbrook	Dual
18-5	*Lasheena Rice, Morse	Eastern Prelims
18-0 1/2	*Nastassja Hall, RBV	Dual
18-0	*Jessica Thomas, El Camino	Arcadia
17-5	Megan Bornes, RBV	Dual
17-4	Zakirrah Beverly, USDHS	CIF Finals
17-3 1/2	***Kristie Ernau, San Pasqual	Valley Prelims
17-0 1/2	Kristen Carlson, SFC	CIF Prelims
17-1 1/4	**Nayelle Kryger, Valley Center	Valley Prelims
17-0	***Evon Willingham, Helix	Dual
16-11 3/4	***Nicole Newman, La Costa Canyon	CIF Finals
16-10	**Rachel Dulin, Rancho Bernardo	Frosh-Soph
16-9 3/4	**Sparkle Anderson, Serra	Eastern Finals
16-8	Qadriyyah Abdullah, Mt. Miguel	Grossmont Final
16-7	Angela Fazio, Grossmont	Dual
16-6	Cherice Brown, Henry	Dual
16-5 1/2	*Ashlee Hegner, West Hills	Dual
16-4 3/4	Darcy Fox, West Hills	Dual
16-4 1/2	B.J. Hayes, Eastlake	Metro Finals
16-4	*Taylor Cassidy, Oceanside	Valley Prelims
16-4	Marquita Travis, Brawley	IVL Finals
16-3 1/2	Julie Carnavale, Bishop's	CIF Prelims
16-3	Joy Hannibal, Bonita Vista	Dual
16-3	**Kara Filopowski, Valhalla	Grossmont Final
16-2	**Bre Priest, San Pasqual	Dual

Triple Jump

37-2	Megan Bornes, RBV	Dual
37-1 3/4	**Jessica Eggleston, El Camino	CIF Finals
36-4	**Sparkle Anderson, Serra	CIF Finals
36-2	Joy Hannibal, Bonita Vista	Eastlake
35-10 1/2	Qadriyyah Abdullah, Mt. Miguel	CIF Prelims
35-9	Dani McNeeley, La Costa Canyon	Avocado Finals
35-7 1/2	*Jessica Thomas, El Camino	Titan
35-6 1/4	Nadriyah Salahuddin, Hilltop	CIF Prelims
35-5	Marquita Travis, Brawley	IVL Finals
35-1 1/2	*Renee McKinney, RBV	Dual
35-1 1/2	**Katie Blakely, Escondido	CIF Prelims
35-1 1/2	*Devon Williamson, Morse	CIF Prelims
34-10 1/2	Jennifer Greene, Rancho Bernardo	CIF Prelims
34-9	Melody Williams, El Cajon Valley	Dual

34-8	Darcy Fox, West Hills	Grossmont Final
34-7	Melissa Cornett, West Hills	Grossmont Final
34-7	*Erica Trapps, San Pasqual	Valley Finals
34-4 1/2	**Desiree Williams, Monte Vista	Frosh-Soph
34-3	Cherise Brown, Henry	Eastern Prelims
34-2	***Tiara Rae, Eastlake	Dual
34-2	***Alise Coogan, La Costa Canyon	Avocado Prelims
33-11 1/2	**Beatrice Tauanuu, Sweetwater	Frosh-Soph
33-10	**Rachel Dulin, Rancho Bernardo	Palomar Prelims

Shot Put

46-10 1/4	*Aiga Marie Taumua, Sweetwater	CIF Prelims
42-5 1/2	*Carrie Johnson, Fallbrook	Dual
42-2	Amber Hood, Morse	Dual
41-0	*Raeanna Makihele, San Marcos	Arcadia
39-7	*Breanna Makihele, San Marcos	Dual
37-2	**Lauren Laurent, El Camino	Dual
37-1 3/4	*Cynthia Flores, Brawley	CIF Prelims
36-9	Shemika Morris, Scripps Ranch	Dual
36-8	*Becky Southward, El Capitan	Dual
36-6	*Crystal Barber, Vista	CIF Prelims
36-1	Crystel Harrell, Fallbrook	Dual
36-1	Rachel Johansen, Monte Vista	Grossmont Final
35-7 1/2	**Kim Griffin, West Hills	Bronco
35-7 1/2	Cynthia Concha, Sweetwater	Dual
35-7	Hilario Mateo, Castle Park	CIF Prelims
35-5	**Sandra Maginnis, El Capitan	Grossmont Final
35-5	Latoya Rickman, Oceanside	Dual
35-0	**Kali Vanderwort, San Pasqual	CIF Prelims
34-11	Candice Duong, Mt. Carmel	Dual
34-10	Cynthia Sorrell, Vista	Dual
34-9	*Martinique Askinfosile, LJCD	CIF Prelims
34-6	Marquita Travis, Brawley	Dual
34-5 1/4	Sarah Smitter, San Pasqual	CIF Prelims
34-5	**Brittany Moon-Batting, Poway	Bronco
34-3 1/2	Ruby Udeh, Morse	Bronco

Discus

143-8	*Carrie Johnson, Fallbrook	Arcadia
140-3	*Breanna Makihele, San Marcos	Dual
131-0	Amber Hood, Morse	Dual
123-4	*Alexandra Ray, Torrey Pines	Palomar Finals
122-7	**Shannon Young, Eastlake	Dual
120-6	Latoya Rickman, Oceanside	CIF Finals
119-3	**Samantha Singley, West Hills	Dual
118-8	*Raeanna Makihele, San Marcos	CIF Finals
118-1	*Brittany Moon-Batting, Poway	Palomar Prelims
117-7	*Lina Fanene, Carlsbad	Avocado Finals
117-4	**Jessica Kondrick, La Jolla	Western Finals

117-2	Danielle Mitchell, RBV	Palomar Finals
117-0	*Jackie Turpin, Santana	CIF Finals
114-9	Danielle Mitchell, RBV	Palomar Prelims
114-1	Anne Marie Zanazal, Carlsbad	Dual
113-11	***Whitney DeWeese, RBV	CIF Prelims
113-5	Hilario Mateo, Castle Park	CIF Prelims
111-6	Cynthia Concha, Sweetwater	Dual
111-4	Ruby Udeh, Morse	CIF Prelims
111-4	*Ashley Seilhan, Mt. Carmel	Palomar Finals
111-0	Heather Boles, Bonita Vista	Metro Prelims

2001 State Meet Finalists (Top 9)

Boys

100	6. Reggie Bush	Helix	10.70
	7. Blake Frazier	University City	10.73
200	4. Deun White	Rancho Bern.	21.40
	5. Reggie Bush	Helix	21.52
400	4. Deun White	Rancho Bern.	48.02
800	5. Aaron Powell	Poway	1:55.00
	6. Nico Cueva	Escondido	1:55.72
	7. Jimmy Ungricht	Fallbrook	1:55.77
1600	3. Ben Aragon	West Hills	4:14.24
3,200	6. Abadir Barre	Mt. Carmel	9:14.59
110HH	2. Jeff Hunter	Granite Hills	13.82
300IH	1. Jeff Hunter	Granite Hills	36.25
	9. DarNell Talbert	Mt. Carmel	38.85
4x100	1. Helix		41.17
	2. University City		41.23
	3. Granite Hills		41.56
4x400	6. Granite Hills		3:18.46
High Jump	8. Wade Curry	Eastlake	6-4
Pole Vault	6. Mike Hill	Rancho Bern.	14-8
Long Jump	4. Trandon Harvey	Sweetwater	22-8
Triple Jump	3. Keno White	Rancho Bern.	48-4
Shot Put	8. Vince Clarke	Granite Hills	57-7 1/2
Discus	8. Vince Clarke	Granite Hills	170-8

Girls

200	1. Monique Henderson	Morse	DNR
400	1. Monique Henderson	Morse	51.34
800	5. Jenna Timinsky	San Dieguito	2:12.80
	7. Amonica Phipps	Morse	2:16.88
3,200	4. Desiree Davila	Hilltop	10:41.55
	7. Loretta Kilmer	Ramona	10:47.26
4x100	2. Morse		46.47
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
2001	300IH	Jeff Hunter, Granite Hills	36.25
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
2001	200	Monique Henderson, Morse	23.16
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
2001	Shot Put	Aiga Marie Taumua, Sweet.	46-10 1/4
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
10.64	Reggie Bush	Helix	2001
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	Blake Frazier	University City	2001
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

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
21.17	Deun White	Rancho Bernardo	2001
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	Reggie Bush	Helix	2001
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	Chauncey Smith	Unniversity City	2001
21.70	Mike Roberts	Henry	2000
21.70	Leon Hawes	Rancho BV	1995

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
47.36	Deun White	Rancho Bernardo	2001
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
47.79	Brady Douglas	Mt. Miguel	2001
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	Terran Franklin	Helix	1999
48.14	Jerome Gross	Hoover	1989
48.17	D.J. Contreras	Valley Center	2001
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
48.72	Eddie Thomas	Monte Vista	2001
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

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 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
1:52.59	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
1:52.84	Jimmy Ungricht	Fallbrook	2001
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
1:53.45	Ben Aragon	West Hills	2001
1:53.61	Mohamed Aden	Kearny	1998
1:53.69	NicoCueva	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

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
13.98	Jeff Hunter	Granite Hills	2001
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
14.38	DarNell Talbert	Mt. Carmel	2001

300 Meter Intermediate Hurdles

36.25	Jeff Hunter	Granite Hills	2001
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
37.47	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
41.16	Granite Hills		2001
41.17	Helix		2001
41.22	Morse		1995
41.23	University City		2001
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

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
3:16.56	Granite Hills	2001
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
6-9	Keno White	Rancho Bernardo	2001
6-9	Jason Gatewood	RBV	1999
6-9	Johnny Green	Lincoln	1979
6-9	Dean Owens	El cajon	1970

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

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
49-5	Keno White	Rancho Bernardo	2001
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	2001
48-2	Anthony Sanford	Lincoln	1996
48-1	Willie Williams	Helix	1980
48-1	Lester Brown	San Diego	1984

Shot Put

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

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	Zakirrah Beverly	USDHS	2001
11.99	Kuneshia Miller	Morse	1994
12.03	Yolanda Diego	El Camino	2001
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

23.16	Monique Henderson	Morse	2001
23.18	Jackie Thompson	Lincoln	1972
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	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
24.64	Zikarrah Beverly	USDHS	2001
24.69	Jonette Smiley	Serra	2001
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
24.83	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

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
55.75	Whitney Schumucker	La Jolla	2001
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
56.74	Nastassja Hall	RBV	2001
56.94hc (57.1y)	Helen Fulton	Bonita Vista	1977
56.95	Aroline Neal	Rancho BV	1998
56.99	Naomi Mattos	Fallbrook	2001
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
57.53	Nicole Rothert	Fallbrook	2001
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

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
2:09.12	Jenna Timinsky	San Dieguito	2001
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
2:12.48	Amonica Phipps	Morse	2001
2:12.80	Tracy Baker	Monte Vista	1983
2:13.26	Kristi Bache	University	1988
2:13.44hc (2:14.0y)	Nel Griffith	Henry	1980
2:13.48	Charity Stowell	Mt. Carmel	1990
2:13.68	Susan Scott	Mt. Carmel	1991
2:14.10	Dorit Fehrensen	La Jolla	1982
2:14.40	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
4:45.46	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
4:54.23	Desiree Davila	Hilltop	2000
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
4:59.35	Jenna Timinsky	San Dieguito	2001
4:59.94	Kristina Hand	Fallbrook	1987
4:59.95	Danielle Schuster	Torrey Pines	2001

3,200 Meter

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
10:40.34	Desiree Davila	Hilltop	2001
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
10:47.26	Loretta Kilmer	Ramona	2001

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
15.25	Audrey Pound	Poway	2001
15.25	Jessica Eggleston	El Camino	2001
15.30	Bryeanna Barmer	Helix	2001
15.31	Meggie Afiner	Escondido	2001
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	Maile Barrett	Oceanside	1995
15.40	Lakesha Parker	Bonita Vista	1993
15.43	Eugenia Makrogiannis	University City	1993
15.46	Amber Martin	Helix	1997
15.48	Angela Romel	Serra	1995
15.49	Greta Tucker	Calvin	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

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
43.86	Audrey Pound	Poway	2001
43.94	Shannon Proffer	Santana	1990
43.96	Michelle Outlaw	Lincoln	1986
44.00	Janet Duffy	Mt. Carmel	1984
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

45.94c (46.14y)	Crawford	1977
46.35	Morse	2001
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
3:52.72	Morse	2001
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

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
5-6	Lauren Jones	Torrey Pines	2001

Pole Vault

13-3	Tracy O'Hara	Rancho Bernardo	1998
12-8 1/4	Kathleen Donoghue	Rancho Bernardo	1999
12-3	Molly Pascarella	Rancho Bernardo	2001
12-2 1/2	Natalie Dennison	Rancho Bernardo	1999
12-0	Erin Asay	Sweetwater	2001
11-9	Kylene Nixon	Poway	1997
11-8	Julie Stuart	Grossmont	1998
11-6	Marissa Earle	Rancho Bernardo	2001
11-6	Jenea Russ	Granite Hills	2001
11-6	Julie Hudlow	Rancho Bernardo	2000
11-3	Julia Preston	Poway	2000
11-2	Betsy Halliburton	Torrey Pines	2001
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

Long Jump

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

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

49-6	Kathy Devine	Mission Bay	1974
46-10 1/2	Aiga Maria Taumua	Sweetwater	2001
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
42-5	Carrie Johnson	Fallbrook	2001
42-3	Michelle Campbell	Crawford	1987
42-2	Amber Hood	Morse	2001
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
143-8	Carrie Johnson	Fallbrook	2001
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
140-3	Breanna Makihele	San Marcos	2001
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

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
300 Intermediate Hurdles			
1991	Keith Williams	Escondido	37.28
2001	Jeff Hunter	Granite Hills	36.25
400 Relay			
2001		Helix	41.17
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

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

2001	Monique Henderson	Morse	51.34
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

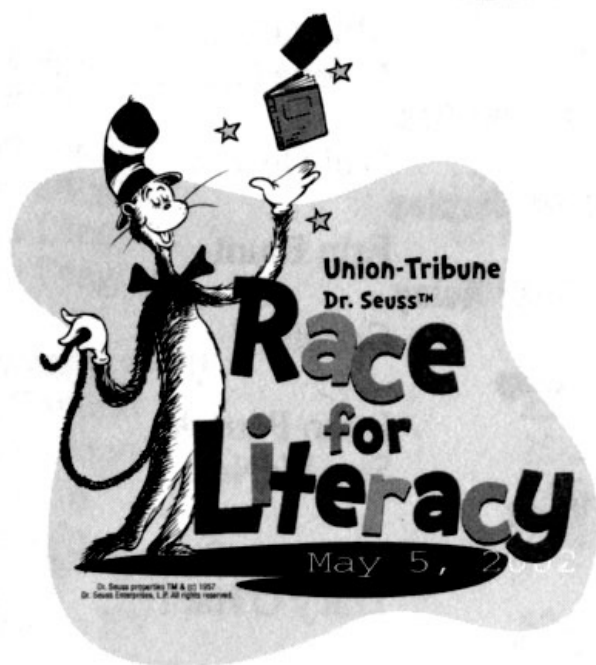
1975	Kathy Devine	Mission Bay	42-3 3/4
1974	Kathy Devine	Mission Bay	47-4 1/2

Discus

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

More Smiles Per Mile!

Run or walk in the festive **Union-Tribune Dr. Seuss Race for Literacy 8K** which follows Highway 163 through Balboa Park and ends in downtown San Diego's Pantoja Park on Sunday, May 5. All proceeds benefit the San Diego Council on Literacy, which provides reading programs to more than 50,000 San Diegans in an effort to make San Diego a more literate community. Register now and get ready to see the smiles at every mile.



Register Online: www.ut-drseuss8k.com
Race Hotline: 858/792-2900

Partnering with youth, family and literacy programs in your community.

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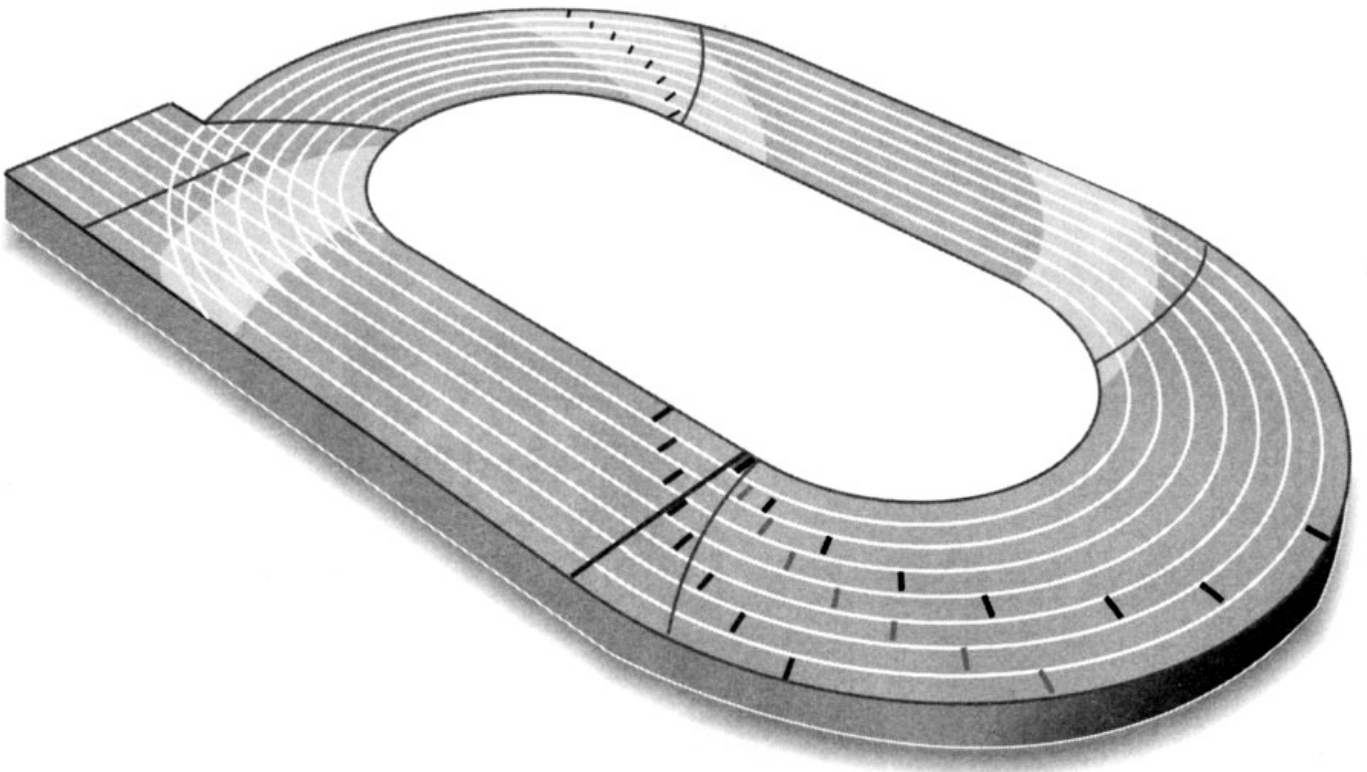
Salutes Track and field Coaches of the Year



Granite Hills' Jim Hunter



Morse's Gary MacDonald



Quiz time

Q: What do these four items have in common:

1. The best view in the house.
2. Olympic gold and bronze medalist Arnie Robinson.
3. A nifty blazer.
4. Ultra-friendly 4-minute miler Paul Greer.

A: They're all connected to the wonderful world of track & field officiating.

Factoid: It takes 50 officials to conduct a championship meet.

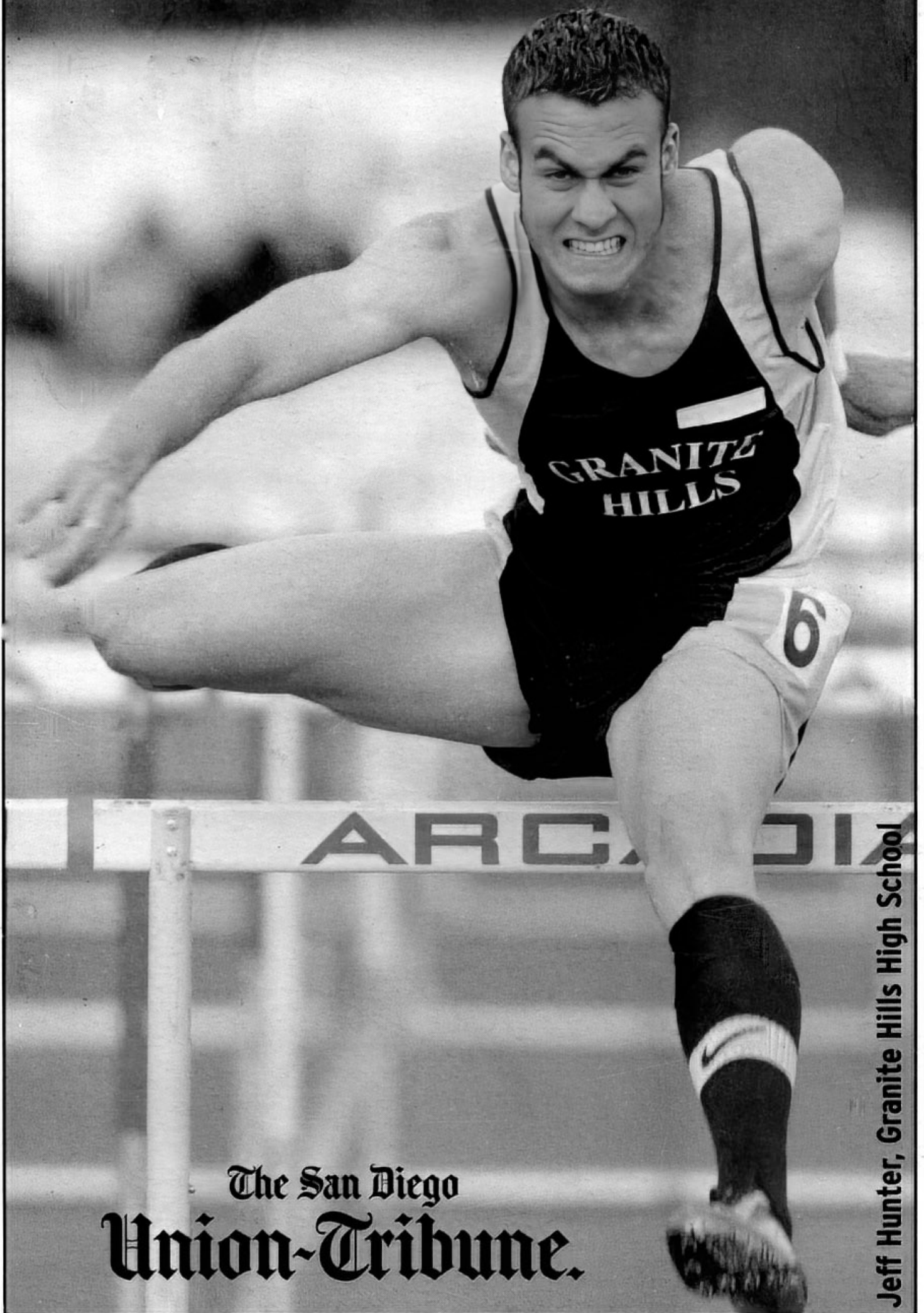
Factoid: TRACK ATHLETES NEED YOU TO VOLUNTEER NOW!

It's fun, it's rewarding, it's appreciated. We'll train you.

The only requirements are an interest (you wouldn't be reading this if you weren't interested) and a little time.

**Please contact Jim Skelly of USA Track and Field
at 619-258-0713 for more information.**

For information, call Steve Brand at 619/293-1854.



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Jeff Hunter, Granite Hills High School